

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Camilla Frafjord Haarr	116	38:54
00:23=	01:23= 05:02= 07:19= 10:42= 12:09= 14:53= 18:52= 22:32= 25:22= 27:20= 31:20= 34:55= 35:51= 37:55= 38:54=		
00:23=	01:00= 03:39= 02:17= 03:23= 01:27= 02:44= 03:59= 03:40= 02:50= 01:58= 04:00= 03:35= 00:56= 02:04= 00:59=		
00:00=	00:00= 00:00= 00:00= 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	Kjersti Fandrem Høivik	68	42:44
00:30+	01:15- 02:06- 07:15- 08:45- 12:16+ 13:48- 16:46- 20:36- 26:58+ 30:01+ 32:00+ 35:08+ 38:49+ 39:49+ 41:56+ 42:44+		
00:30+	00:45- 00:51- 05:09+ 01:30- 03:31+ 01:32- 02:58- 03:50+ 06:22+ 03:03+ 01:59- 03:08- 03:41+ 01:00- 02:07+ 00:48+		
00:07&	00:15- 02:48- 02:52@ 01:53- 02:04@ 01:12- 01:01- 00:10+ 03:32@ 01:05& 02:01- 00:27- 02:45@ 01:04- 01:08@ 00:48+		
3	Bodil Krogedal	126	43:11
00:34+	01:19- 02:12- 06:01- 08:29- 11:05- 12:49- 16:05- 21:05- 25:44+ 28:49+ 32:01+ 34:56+ 38:49+ 39:55+ 42:22+ 43:11+		
00:34+	00:45- 00:53- 03:49+ 02:28- 02:36+ 01:44- 03:16- 05:00+ 04:39+ 03:05+ 03:12- 02:55- 03:53+ 01:06- 02:27+ 00:49+		
00:11&	00:15- 02:46- 01:32& 00:55- 01:09& 01:00- 00:43- 01:20& 01:49& 01:07& 00:48- 00:40- 02:57@ 00:58- 01:28@ 00:49+		
4	Maren Heradstveit	76	45:14
00:33+	01:25+ 05:23+ 09:17+ 11:22+ 14:02+ 15:44+ 18:43- 22:50+ 27:11+ 29:52+ 32:39+ 34:37- 38:50+ 39:54+ 44:28+ 45:14+		
00:33+	00:52- 03:58+ 03:54+ 02:05- 02:40+ 01:42- 02:59- 04:07+ 04:21+ 02:41+ 02:47- 01:58- 04:13+ 01:04- 04:34+ 00:46+		
00:10&	00:08- 00:19+ 01:37& 01:18- 01:13& 01:02- 01:00- 00:27# 01:31& 00:43& 01:13- 01:37- 03:17@ 01:00- 03:35@ 00:46+		
5	Guro Fuglestad	46	45:31
00:50+	01:51+ 03:02- 08:14+ 10:13- 12:49+ 14:34- 18:34- 23:30+ 28:48+ 31:56+ 34:08+ 36:37+ 40:47+ 41:53+ 44:43+ 45:31+		
00:50+	01:01+ 01:11- 05:12+ 01:59- 02:36+ 01:45- 04:00+ 04:56+ 05:18+ 03:08+ 02:12- 02:29- 04:10+ 01:06- 02:50+ 00:48+		
00:27@	00:01+ 02:28- 02:55@ 01:24- 01:09& 00:59- 00:01+ 01:16& 02:28& 01:10& 01:48- 01:06- 03:14@ 00:58- 01:51@ 00:48+		
6	Ida K. Kolstø	29	46:40
00:34+	01:38+ 02:53- 08:05+ 10:31- 13:09+ 14:48- 18:04- 23:48+ 28:15+ 31:02+ 33:37+ 37:15+ 42:20+ 43:22+ 45:54+ 46:40+		
00:34+	01:04+ 01:15- 05:12+ 02:26- 02:38+ 01:39- 03:16- 05:44+ 04:27+ 02:47+ 02:35- 03:38+ 05:05+ 01:02- 02:32+ 00:46+		
00:11&	00:04+ 02:24- 02:55@ 00:57- 01:11& 01:05- 00:43- 02:04& 01:37& 00:49& 01:25- 00:03+ 04:09@ 01:02- 01:33@ 00:46+		
7	Anina Iselin Hadland	29	47:03
00:32+	01:20- 02:11- 07:54+ 10:02- 14:03+ 16:08+ 20:14+ 25:32+ 29:35+ 32:52+ 35:01+ 36:58+ 41:51+ 42:47+ 45:58+ 47:03+		
00:32+	00:48- 00:51- 05:43+ 02:08- 04:01+ 02:05- 04:06+ 05:18+ 04:03+ 03:17+ 02:09- 01:57- 04:53+ 00:56- 03:11+ 01:05+		
00:09&	00:12- 02:48- 03:26@ 01:15- 02:34@ 00:39- 00:07+ 01:38& 01:13& 01:19& 01:51- 01:38- 03:57@ 01:08- 02:12@ 01:05+		
8	Heidi Nordaunet	126	48:08
00:36+	01:30+ 02:19- 06:51- 09:14- 11:44- 13:53- 17:12- 21:26- 24:55- 28:36+ 33:16+ 37:29+ 41:58+ 42:57+ 47:09+ 48:08+		
00:36+	00:54- 00:49- 04:32+ 02:23- 02:30+ 02:09- 03:19- 04:14+ 03:29+ 03:41+ 04:40+ 04:13+ 04:29+ 00:59- 04:12+ 00:59+		
00:13&	00:06- 02:50- 02:15& 01:00- 01:03& 00:35- 00:40- 00:34# 00:39# 01:43& 00:40# 00:38# 03:33@ 01:05- 03:13@ 00:59+		
9	Ingrid Lycke Austbø	109	48:28
00:29+	01:15- 01:58- 05:48- 07:39- 10:13- 11:50- 14:49- 18:54- 25:48+ 30:02+ 32:38+ 36:23+ 43:20+ 44:08+ 47:40+ 48:28+		
00:29+	00:46- 00:43- 03:50+ 01:51- 02:34+ 01:37- 02:59- 04:05+ 06:54+ 04:14+ 02:36- 03:45+ 06:57+ 00:48- 03:32+ 00:48+		
00:06&	00:14- 02:56- 01:33& 01:32- 01:07& 01:07- 01:00- 00:25# 04:04@ 02:16@ 01:24- 00:10+ 06:01@ 01:16- 02:33@ 00:48+		
10	Guro Grimnes	126	50:17
00:41+	01:34+ 03:01- 12:06+ 14:11+ 16:38+ 18:26+ 22:04+ 26:14+ 30:15+ 37:45+ 39:14+ 41:45+ 45:52+ 47:01+ 49:28+ 50:17+		
00:41+	00:53+ 01:27- 09:05+ 02:05- 02:27+ 01:48- 03:38- 04:10+ 04:01+ 07:30+ 01:29- 02:31- 04:07+ 01:09- 02:27+ 00:49+		
00:18&	00:07- 02:12- 06:48@ 01:18- 01:00& 00:56- 00:21- 00:30# 01:11& 05:32@ 02:31- 01:04- 03:11@ 00:55- 01:28@ 00:49+		
11	Hanne Berg Nilsen	117	50:35
00:34+	01:31+ 02:31- 07:08- 10:10- 12:45+ 14:20- 17:35- 23:45+ 30:59+ 34:46+ 37:26+ 39:33+ 44:17+ 45:20+ 49:38+ 50:35+		
00:34+	00:57- 01:00- 04:37+ 03:02- 02:35+ 01:35- 03:15- 06:10+ 07:14+ 03:47+ 02:40- 02:07- 04:44+ 01:03- 04:18+ 00:57+		
00:11&	00:03- 02:39- 02:20@ 00:21- 01:08& 01:09- 00:44- 02:30& 04:24@ 01:49& 01:20- 01:28- 03:48@ 01:01- 03:19@ 00:57+		
12	Kjersti Nordal	39	53:43
00:38+	01:58+ 03:04- 10:06+ 12:17+ 15:58+ 17:33+ 21:09+ 25:08+ 33:36+ 36:51+ 41:43+ 45:33+ 49:13+ 50:27+ 52:50+ 53:43+		
00:38+	01:20+ 01:06- 07:02+ 02:11- 03:41+ 01:35- 03:36- 03:59+ 08:28+ 03:15+ 04:52+ 03:50+ 03:40+ 01:14- 02:23+ 00:53+		
00:15&	00:20& 02:33- 04:45@ 01:12- 02:14@ 01:09- 00:23- 00:19+ 05:38@ 01:17& 00:52# 00:15+ 02:44@ 00:50- 01:24@ 00:53+		
13	Kine Strømstad	53	54:23
00:40+	02:02+ 03:13- 08:39+ 10:52+ 14:00+ 16:13+ 20:25+ 25:28+ 31:26+ 34:20+ 37:03+ 41:07+ 48:36+ 50:00+ 53:27+ 54:23+		
00:40+	01:22+ 01:11- 05:26+ 02:13- 03:08+ 02:13- 04:12+ 05:03+ 05:58+ 02:54+ 02:43- 04:04+ 07:29+ 01:24- 03:27+ 00:56+		
00:17&	00:22& 02:28- 03:09@ 01:10- 01:41@ 00:31- 00:13+ 01:23& 03:08@ 00:56& 01:17- 00:29# 06:33@ 00:40- 02:28@ 00:56+		
14	Mette Langeland	117	54:49
00:47+	01:51+ 03:08- 08:24+ 11:13+ 14:01+ 16:12+ 20:06+ 25:51+ 31:03+ 35:35+ 38:56+ 42:56+ 48:40+ 49:59+ 53:36+ 54:49+		
00:47+	01:04+ 01:17- 05:16+ 02:49- 02:48+ 02:11- 03:54- 05:45+ 05:12+ 04:32+ 03:21- 04:00+ 05:44+ 01:19- 03:37+ 01:13+		
00:24@	00:04+ 02:22- 02:59@ 00:34- 01:21& 00:33- 00:05- 02:05& 02:22& 02:34@ 00:39- 00:25# 04:48@ 00:45- 02:38@ 01:13+		

Class	Navn	Klasse										Tid				
15	Tine Frantzen	66										56:16				
00:32+	01:54+	02:55-	12:15+	14:44+	16:54+	18:41+	22:19+	28:00+	32:32+	35:32+	42:09+	46:07+	51:13+	52:18+	55:15+	56:16+
00:32+	01:22+	01:01-	09:20+	02:29-	02:10+	01:47-	03:38-	05:41+	04:32+	03:00+	06:37+	03:58+	05:06+	01:05-	02:57+	01:01+
00:09&	00:22&	02:38-	07:03@	00:54-	00:43&	00:57-	00:21-	02:01&	01:42&	01:02&	02:37&	00:23#	04:10@	00:59-	01:58@	01:01+
16	Toyah Bråtveit	43										56:30				
00:32+	02:48+	03:48-	08:16+	11:56+	14:26+	16:11+	19:24+	24:13+	28:29+	34:28+	38:00+	40:17+	50:12+	52:12+	55:38+	56:30+
00:32+	02:16+	01:00-	04:28+	03:40+	02:30+	01:45-	03:13-	04:49+	04:16+	05:59+	03:32-	02:17-	09:55+	02:00-	03:26+	00:52+
00:09&	01:16@	02:39-	02:11&	00:17+	01:03&	00:59-	00:46-	01:09&	01:26&	04:01@	00:28-	01:18-	08:59@	00:04-	02:27@	00:52+
17	Christina Renshaw	101										56:40				
00:56+	02:07+	03:14-	08:31+	11:23+	14:33+	16:50+	21:19+	27:17+	34:19+	37:54+	40:42+	44:54+	49:38+	51:27+	55:19+	56:40+
00:56+	01:11+	01:07-	05:17+	02:52-	03:10+	02:17-	04:29+	05:58+	07:02+	03:35+	02:48-	04:12+	04:44+	01:49-	03:52+	01:21+
00:33@	00:11#	02:32-	03:00@	00:31-	01:43@	00:27-	00:30#	02:18&	04:12@	01:37&	01:12-	00:37#	03:48@	00:15-	02:53@	01:21+
18	Hege Bakken	93										58:05				
00:40+	02:24+	03:28-	11:00+	14:17+	18:08+	20:06+	23:20+	29:23+	35:02+	38:49+	41:52+	45:22+	52:33+	53:52+	56:54+	58:05+
00:40+	01:44+	01:04-	07:32+	03:17-	03:51+	01:58-	03:14-	06:03+	05:39+	03:47+	03:03-	03:30-	07:11+	01:19-	03:02+	01:11+
00:17&	00:44&	02:35-	05:15@	00:06-	02:24@	00:46-	00:45-	02:23&	02:49&	01:49&	00:57-	00:05-	06:15@	00:45-	02:03@	01:11+
19	Marie Sjursen	117										58:50				
00:45+	01:51+	02:50-	08:09+	10:48+	17:32+	19:21+	27:48+	33:46+	40:40+	43:55+	46:02+	49:00+	53:45+	55:09+	58:00+	58:50+
00:45+	01:06+	00:59-	05:19+	02:39-	06:44+	01:49-	08:27+	05:58+	06:54+	03:15+	02:07-	02:58-	04:45+	01:24-	02:51+	00:50+
00:22&	00:06#	02:40-	03:02@	00:44-	05:17@	00:55-	04:28@	02:18&	04:04@	01:17&	01:53-	00:37-	03:49@	00:40-	01:52@	00:50+
20	Mari Thu Randulff	39										1:04:51				
00:37+	01:21-	02:15-	14:09+	15:41+	26:09+	28:04+	30:41+	35:42+	43:30+	49:16+	51:39+	55:54+	60:12+	61:19+	63:54+	64:51+
00:37+	00:44-	00:54-	11:54+	01:32-	10:28+	01:55-	02:37-	05:01+	07:48+	05:46+	02:23-	04:15+	04:18+	01:07-	02:35+	00:57+
00:14&	00:16-	02:45-	09:37@	01:51-	09:01@	00:49-	01:22-	01:21&	04:58@	03:48@	01:37-	00:40#	03:22@	00:57-	01:36@	00:57+
21	Friederike Krahner	126										1:06:51				
00:34+	01:33+	03:04-	08:31+	11:31+	15:50+	17:38+	21:02+	25:22+	44:05+	47:23+	49:55+	53:30+	59:21+	60:51+	66:02+	66:51+
00:34+	00:59-	01:31-	05:27+	03:00-	04:19+	01:48-	03:24-	04:20+	18:43+	03:18+	02:32-	03:35-	05:51+	01:30-	05:11+	00:49+
00:11&	00:01-	02:08-	03:10@	00:23-	02:52@	00:56-	00:35-	00:40#	15:53@	01:20&	01:28-	00:00=	04:55@	00:34-	04:12@	00:49+
Beste strekktid for klassen																
00:23	00:44	00:43	02:17	01:30	01:27	01:32	02:37	03:40	02:50	01:58	01:29	01:57	00:56	00:48	00:59	

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

Damer 40 - 49 år

1	Heidi Martby	88										44:24				
00:44=	05:14=	09:48=	11:52=	13:43=	17:42=	22:15=	26:36=	28:36=	30:59=	34:12=	38:35=	42:27=	44:06=	44:24=		
00:44=	04:30=	04:34=	02:04=	01:51=	03:59=	04:33=	04:21=	02:00=	02:23=	03:13=	04:23=	03:52=	01:39=	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=		
2	Randi Helen Ladsten	128										46:10				
01:01+	06:30+	08:31-	10:55-	12:49-	16:53-	21:07-	26:29-	29:14+	32:22+	35:25+	40:38+	43:53+	45:52+	46:10+		
01:01+	05:29+	02:01-	02:24+	01:54+	04:04+	04:14-	05:22+	02:45+	03:08+	03:03-	05:13+	03:15-	01:59+	00:18=		
00:17&	00:59#	02:33-	00:20#	00:03+	00:05+	00:19-	01:01#	00:45&	00:45&	00:10-	00:50#	00:37-	00:20#	00:00=		
3	Hege Anita H. Nielsen	48										49:13				
02:56+	06:58+	10:25+	13:06+	15:12+	18:48+	24:25+	29:08+	30:43+	33:02+	35:25+	40:52+	46:33+	48:53+	49:13+		
02:56+	04:02-	03:27-	02:41+	02:06+	03:36-	05:37+	04:43+	01:35-	02:19-	02:23-	05:27+	05:41+	02:20+	00:20+		
02:12@	00:28-	01:07-	00:37&	00:15#	00:23-	01:04#	00:22+	00:25-	00:04-	00:50-	01:04#	01:49&	00:41&	00:02#		
4	Helene Lie	228										55:04				
01:08+	05:25+	09:04-	11:09-	13:26-	18:13+	26:44+	34:33+	36:56+	40:04+	43:03+	48:18+	52:00+	54:41+	55:04+		
01:08+	04:17-	03:39-	02:05+	02:17+	04:47+	08:31+	07:49+	02:23+	03:08+	02:59-	05:15+	03:42-	02:41+	00:23+		
00:24&	00:13-	00:55-	00:01+	00:26#	00:48#	03:58&	03:28&	00:23#	00:45&	00:14-	00:52#	00:10-	01:02&	00:05&		
5	Barbro Lunde Nedrebø	92										55:30				
01:57+	11:07+	12:29+	14:27+	16:38+	21:32+	25:48+	33:59+	35:47+	38:46+	42:18+	49:57+	53:32+	55:09+	55:30+		
01:57+	09:10+	01:22-	01:58-	02:11+	04:54+	04:16-	08:11+	01:48-	02:59+	03:32+	07:39+	03:35-	01:37-	00:21+		
01:13@	04:40@	03:12-	00:06-	00:20#	00:55#	00:17-	03:50&	00:12-	00:36&	00:19+	03:16&	00:17-	00:02-	00:03#		
6	Siri Warland	43										57:18				
00:53+	05:17+	08:43-	10:26-	14:08+	17:19-	29:10+	36:50+	39:58+	42:21+	45:03+	49:16+	55:22+	56:56+	57:18+		
00:53+	04:24-	03:26-	01:43-	03:42+	03:11-	11:51+	07:40+	03:08+	02:23=	02:42-	04:13-	06:06+	01:34-	00:22+		
00:09#	00:06-	01:08-	00:21-	01:51&	00:48-	07:18@	03:19&	01:08&	00:00=	00:31-	00:10-	02:14&	00:05-	00:04#		

Class	Navn	Klasse										Tid				
7	Toril Dahle	116										57:43				
	01:16+	05:28+	08:31-	10:55-	15:46+	19:37+	24:38+	28:03+	36:10+	37:50+	42:38+	46:18+	52:11+	55:25+	57:22+	57:43+
	01:16+	04:12-	03:03-	02:24+	04:51+	03:51-	05:01+	03:25-	08:07+	01:40-	04:48+	03:40-	05:53+	03:14+	01:57+	00:21+
	00:32&	00:18-	01:31-	00:20#	03:00#	00:08-	00:28#	00:56-	06:07#	00:43-	01:35&	00:43-	02:01&	01:35&	01:39#	00:21+
8	Nina Glendrange Wold	359										1:01:10				
	00:58+	10:20+	11:46+	14:33+	16:15+	20:09+	33:48+	41:02+	42:48+	45:51+	48:45+	54:15+	58:26+	60:48+	61:10+	
	00:58+	09:22+	01:26-	02:47+	01:42-	03:54-	13:39+	07:14+	01:46-	03:03+	02:54-	05:30+	04:11+	02:22+	00:22+	
	00:14&	04:52#	03:08-	00:43&	00:09-	00:05-	09:06#	02:53&	00:14-	00:40&	00:19-	01:07&	00:19+	00:43&	00:04#	
9	Siv Skretting	93										1:03:35				
	00:57+	05:11-	14:07+	16:33+	18:33+	23:51+	29:50+	37:41+	39:57+	47:45+	51:06+	56:50+	60:59+	63:14+	63:35+	
	00:57+	04:14-	08:56+	02:26+	02:00+	05:18+	05:59+	07:51+	02:16+	07:48+	03:21+	05:44+	04:09+	02:15+	00:21+	
	00:13&	00:16-	04:22&	00:22#	00:09+	01:19&	01:26&	03:30&	00:16#	05:25#	00:08+	01:21&	00:17+	00:36&	00:03#	
10	Tone Giske	7										1:07:07				
	01:45+	08:20+	12:45+	17:29+	20:31+	25:55+	33:34+	39:40+	42:36+	47:38+	53:33+	59:09+	63:48+	66:38+	67:07+	
	01:45+	06:35+	04:25-	04:44+	03:02+	05:24+	07:39+	06:06+	02:56+	05:02+	05:55+	05:36+	04:39+	02:50+	00:29+	
	01:01#	02:05&	00:09-	02:40#	01:11&	01:25&	03:06&	01:45&	00:56&	02:39#	02:42&	01:13&	00:47#	01:11&	00:11&	
11	Irene Sirevåg	53										1:19:59				
	02:11+	11:46+	15:40+	22:39+	26:37+	32:07+	38:48+	52:21+	54:53+	60:17+	64:25+	71:53+	76:59+	79:33+	79:59+	
	02:11+	09:35+	03:54-	06:59+	03:58+	05:30+	06:41+	13:33+	02:32+	05:24+	04:08+	07:28+	05:06+	02:34+	00:26+	
	01:27#	05:05#	00:40-	04:55#	02:07#	01:31&	02:08&	09:12#	00:32&	03:01#	00:55&	03:05&	01:14&	00:55&	00:08&	
Beste strekktid for klassen																
	00:44	04:02	01:22	01:43	01:42	03:11	04:14	03:25	01:35	01:40	02:23	03:40	03:15	01:34	00:18	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
Damer 50 - 59 år																
1	Kristin Skadsem	18										39:56				
	00:58=	04:51=	06:54=	08:42=	10:44=	14:53=	19:14=	23:19=	25:05=	27:29=	30:00=	34:32=	37:52=	39:35=	39:56=	
	00:58=	03:53=	02:03=	01:48=	02:02=	04:09=	04:21=	04:05=	01:46=	02:24=	02:31=	04:32=	03:20=	01:43=	00:21=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Grethe Anda Fuglestad	116										42:12				
	00:44-	07:24+	08:53+	10:52+	12:42+	17:07+	20:55+	26:25+	28:09+	30:58+	33:05+	37:24+	40:21+	41:54+	42:12+	
	00:44-	06:40+	01:29-	01:59+	01:50-	04:25+	03:48-	05:30+	01:44-	02:49+	02:07-	04:19-	02:57-	01:33-	00:18-	
	00:14-	02:47&	00:34-	00:11#	00:12-	00:16+	00:33-	01:25&	00:02-	00:25#	00:24-	00:13-	00:23-	00:10-	00:03-	
3	Trude Katrine Hermanrud	117										44:11				
	01:19+	05:16+	07:56+	09:49+	11:47+	15:50+	21:31+	25:32+	27:13+	29:29+	32:23+	38:07+	42:14+	43:51+	44:11+	
	01:19+	03:57+	02:40+	01:53+	01:58-	04:03-	05:41+	04:01-	01:41-	02:16-	02:54+	05:44+	04:07+	01:37-	00:20-	
	00:21&	00:04+	00:37&	00:05+	00:04-	00:06-	01:20&	00:04-	00:05-	00:08-	00:23#	01:12&	00:47#	00:06-	00:01-	
4	Iren Undheim Øgreid	62										48:35				
	00:49-	07:22+	09:02+	10:39+	12:40+	16:34+	20:51+	25:49+	28:47+	31:43+	34:31+	42:39+	46:02+	48:11+	48:35+	
	00:49-	06:33+	01:40-	01:37-	02:01-	03:54-	04:17-	04:58+	02:58+	02:56+	02:48+	08:08+	03:23+	02:09+	00:24+	
	00:09-	02:40&	00:23-	00:11-	00:01-	00:15-	00:04-	00:53#	01:12&	00:32#	00:17#	03:36&	00:03+	00:26&	00:03#	
5	Ragnhild Auglænd	62										49:34				
	01:01+	05:35+	07:27+	10:52+	13:22+	18:16+	23:05+	28:33+	30:33+	35:16+	38:18+	43:12+	47:25+	49:11+	49:34+	
	01:01+	04:34+	01:52-	03:25+	02:30+	04:54+	04:49+	05:28+	02:00+	04:43+	03:02+	04:54+	04:13+	01:46+	00:23+	
	00:03+	00:41#	00:11-	01:37&	00:28#	00:45#	00:28#	01:23&	00:14#	02:19&	00:31#	00:22+	00:53&	00:03+	00:02+	
6	Marie-Elizabeth Reinseth	27										51:35				
	00:58=	06:07+	09:33+	13:14+	15:16+	21:56+	26:51+	31:48+	35:35+	38:16+	41:02+	45:23+	48:49+	51:13+	51:35+	
	00:58=	05:09+	03:26+	03:41+	06:40+	04:04+	04:55+	04:57+	03:47+	02:41+	02:46+	04:21-	03:26+	02:24+	00:22+	
	00:00=	01:16&	01:23&	01:53#	00:00=	02:31&	00:34#	00:52#	02:01#	00:17#	00:15+	00:11-	00:06+	00:41&	00:01+	
7	Signe Ottesen	116										52:44				
	00:53-	04:56+	07:33+	09:29+	11:40+	15:33+	27:07+	35:01+	36:47+	39:51+	42:15+	47:13+	50:46+	52:23+	52:44+	
	00:53-	04:03+	02:37+	01:56+	02:11+	03:53-	11:34+	07:54+	01:46=	03:04+	02:24-	04:58+	03:33+	01:37-	00:21=	
	00:05-	00:10+	00:34&	00:08+	00:09+	00:16-	07:13#	03:49&	00:00=	00:40&	00:07-	00:26+	00:13+	00:06-	00:00=	
8	Nidunn Sandvik	228										54:42				
	01:07+	05:39+	08:02+	10:12+	12:27+	18:27+	25:25+	32:36+	34:18+	37:02+	41:35+	48:34+	51:51+	54:14+	54:42+	
	01:07+	04:32+	02:23+	02:10+	02:15+	06:00+	06:58+	07:11+	01:42-	02:44+	04:33+	06:59+	03:17-	02:23+	00:28+	
	00:09#	00:39#	00:20#	00:22#	00:13#	01:51&	02:37&	03:06&	00:04-	00:20#	02:02&	02:27&	00:03-	00:40&	00:07&	

Class	Navn	Klasse										Tid	
9	Hilde Frøylog Karlsen	228										55:41	
01:00+	07:04+	10:06+	12:26+	15:00+	19:37+	25:23+	30:39+	35:50+	39:38+	46:54+	52:56+	55:13+	55:41+
01:00+	06:04+	03:02+	02:20+	02:34+	04:37+	05:46+	05:16+	02:14+	02:57+	03:48+	07:16+	06:02+	00:28+
00:02+	02:11&	00:59&	00:32&	00:32&	00:28#	01:25&	01:11&	00:28&	00:33#	01:17&	02:44&	02:42&	00:34& 00:07&
10	Gøril Braut Aarsand	268										59:04	
02:08+	06:13+	08:16+	12:11+	14:09+	17:45+	29:59+	36:38+	39:04+	45:11+	47:43+	52:52+	56:39+	58:39+ 59:04+
02:08+	04:05+	02:03=	03:55+	01:58-	03:36-	12:14+	06:39+	02:26+	06:07+	02:32+	05:09+	03:47+	02:00+ 00:25+
01:10@	00:12+	00:00=	02:07@	00:04-	00:33-	07:53@	02:34&	00:40&	03:43@	00:01+	00:37#	00:27#	00:17# 00:04#
11	Målfrid Bjerkeli	237										59:11	
00:58=	07:31+	13:30+	17:12+	19:08+	23:05+	29:01+	36:13+	38:26+	41:29+	45:00+	53:10+	56:49+	58:48+ 59:11+
00:58=	06:33+	05:59+	03:42+	01:56-	03:57-	05:56+	07:12+	02:13+	03:03+	03:31+	08:10+	03:39+	01:59+ 00:23+
00:00=	02:40&	03:56@	01:54@	00:06-	00:12-	01:35&	03:07&	00:27&	00:39&	01:00&	03:38&	00:19+	00:16# 00:02+
12	Andrea Tapken	54										1:00:01	
02:07+	07:20+	09:43+	12:11+	14:37+	19:08+	28:12+	35:18+	37:53+	41:29+	45:29+	52:25+	56:55+	59:38+ 60:01+
02:07+	05:13+	02:23+	02:28+	02:26+	04:31+	09:04+	07:06+	02:35+	03:36+	04:00+	06:56+	04:30+	02:43+ 00:23+
01:09@	01:20&	00:20#	00:40&	00:24#	00:22+	04:43@	03:01&	00:49&	01:12&	01:29&	02:24&	01:10&	01:00& 00:02+
13	Anne Siv Gjertsen	27										1:02:40	
00:58=	11:44+	17:49+	21:46+	24:53+	29:11+	37:50+	43:19+	45:13+	48:30+	51:39+	56:46+	60:31+	62:20+ 62:40+
00:58=	10:46+	06:05+	03:57+	03:07+	04:18+	08:39+	05:29+	01:54+	03:17+	03:09+	05:07+	03:45+	01:49+ 00:20-
00:00=	06:53@	04:02@	02:09@	01:05&	00:09+	04:18&	01:24&	00:08+	00:53&	00:38&	00:35#	00:25#	00:06+ 00:01-
14	Birgitte Røe	125										1:03:35	
00:59+	09:33+	12:09+	16:20+	19:35+	24:31+	30:18+	37:23+	39:50+	43:43+	48:48+	55:53+	60:59+	63:08+ 63:35+
00:59+	08:34+	02:36+	04:11+	03:15+	04:56+	05:47+	07:05+	02:27+	03:53+	05:05+	07:05+	05:06+	02:09+ 00:27+
00:01+	04:41@	00:33&	02:23@	01:13&	00:47#	01:26&	03:00&	00:41&	01:29&	02:34@	02:33&	01:46&	00:26& 00:06&
15	Ragnhild Båtnes Berntsen	101										1:05:31	
01:00+	06:25+	10:00+	12:52+	15:28+	21:14+	34:25+	42:27+	44:25+	48:06+	51:15+	58:41+	62:51+	65:09+ 65:31+
01:00+	05:25+	03:35+	02:52+	02:36+	05:46+	13:11+	08:02+	01:58+	03:41+	03:09+	07:26+	04:10+	02:18+ 00:22+
00:02+	01:32&	01:32&	01:04&	00:34&	01:37&	08:50@	03:57&	00:12#	01:17&	00:38&	02:54&	00:50#	00:35& 00:01+
16	Gerd Olaug Vikeså	101										1:05:50	
01:49+	06:24+	08:45+	31:31+	33:19+	36:45+	42:19+	47:22+	49:11+	52:05+	54:47+	60:19+	64:01+	65:29+ 65:50+
01:49+	04:35+	02:21+	22:46+	01:48-	03:26-	05:34+	05:03+	01:49+	02:54+	02:42+	05:32+	03:42+	01:28- 00:21=
00:51&	00:42#	00:18#	20:58@	00:14-	00:43-	01:13&	00:58#	00:03+	00:30#	00:11+	01:00#	00:22#	00:15- 00:00=
17	Kari Smådal Turøy	115										1:07:51	
01:06+	07:47+	10:04+	23:12+	25:25+	31:11+	36:15+	42:18+	44:43+	49:14+	52:39+	61:33+	65:40+	67:30+ 67:51+
01:06+	06:41+	02:17+	13:08+	02:13+	05:46+	05:04+	06:03+	02:25+	04:31+	03:25+	08:54+	04:07+	01:50+ 00:21=
00:08#	02:48&	00:14#	11:20@	00:11+	01:37&	00:43#	01:58&	00:39&	02:07&	00:54&	04:22&	00:47#	00:07+ 00:00=
18	Liv Omdal	116										1:13:08	
00:57-	10:33+	25:39+	32:23+	34:43+	39:26+	44:14+	51:24+	53:29+	58:35+	61:15+	67:03+	70:59+	72:52+ 73:08+
00:57-	09:36+	15:06+	06:44+	02:20+	04:43+	04:48+	07:10+	02:05+	05:06+	02:40+	05:48+	03:56+	01:53+ 00:16-
00:01-	05:43@	13:03@	04:56@	00:18#	00:34#	00:27#	03:05&	00:19#	02:42@	00:09+	01:16&	00:36#	00:10+ 00:05-
19	Eli Tjøland Stokka	94										1:23:00	
01:06+	06:18+	18:18+	25:46+	28:45+	33:10+	44:37+	49:52+	51:51+	54:50+	58:54+	65:24+	80:17+	82:34+ 83:00+
01:06+	05:12+	12:00+	07:28+	02:59+	04:25+	11:27+	05:15+	01:59+	02:59+	04:04+	06:30+	14:53+	02:17+ 00:26+
00:08#	01:19&	09:57@	05:40@	00:57&	00:16+	07:06@	01:10&	00:13#	00:35#	01:33&	01:58&	11:33@	00:34& 00:05#
Beste strekktid for klassen													
00:44	03:53	01:29	01:37	01:48	03:26	03:48	04:01	01:41	02:16	02:07	04:19	02:57	01:28 00:16

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

Damer 60 - 64 år

1	Marit Karin Nygård	92										38:03	
01:23=	04:44=	08:00=	09:51=	11:01=	13:34=	18:08=	24:52=	26:56=	28:21=	31:20=	36:14=	37:32=	38:03=
01:23=	03:21=	03:16=	01:51=	01:10=	02:33=	04:34=	06:44=	02:04=	01:25=	02:59=	04:54=	01:18=	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=
2	Tove Bjerkreim	105										38:56	
01:14-	05:05+	08:53+	10:36+	11:43+	14:16+	19:15+	26:27+	28:29+	30:02+	32:47+	36:59+	38:19+	38:56+
01:14-	03:51+	03:48+	01:43-	01:07-	02:33=	04:59+	07:12+	02:02-	01:33+	02:45-	04:12-	01:20+	00:37+
00:09-	00:30#	00:32#	00:08-	00:03-	00:00=	00:25+	00:28+	00:02-	00:08+	00:14-	00:42-	00:02+	00:06#

Class	Navn	Klasse										Tid	
3	Ingrid Eik	88										42:59	
03:04+	08:55+	11:37+	13:46+	14:53+	17:26+	22:22+	28:39+	30:40+	32:35+	35:41+	40:59+	42:27+	42:59+
03:04+	05:51+	02:42-	02:09+	01:07-	02:33=	04:56+	06:17-	02:01-	01:55+	03:06+	05:18+	01:28+	00:32+
01:41@	02:30&	00:34-	00:18#	00:03-	00:00=	00:22+	00:27-	00:03-	00:30&	00:07+	00:24+	00:10#	00:01+
4	Liv-Grete Obrestad	113										43:24	
01:53+	05:28+	08:16+	10:14+	11:11+	15:21+	21:48+	28:12+	30:09+	31:24+	34:28+	41:24+	42:48+	43:24+
01:53+	03:35+	02:48-	01:58+	00:57-	04:10+	06:27+	06:24-	01:57-	01:15-	03:04+	06:56+	01:24+	00:36+
00:30&	00:14+	00:28-	00:07+	00:13-	01:37&	01:53&	00:20-	00:07-	00:10-	00:05+	02:02&	00:06+	00:05#
5	Liv Sissel Obrestad	54										49:39	
01:29+	07:27+	10:58+	13:32+	14:57+	20:37+	25:44+	32:50+	35:35+	37:38+	41:47+	47:32+	48:54+	49:39+
01:29+	05:58+	03:31+	02:34+	01:25+	05:40+	05:07+	07:06+	02:45+	02:03+	04:09+	05:45+	01:22+	00:45+
00:06+	02:37&	00:15+	00:43&	00:15#	03:07@	00:33#	00:22+	00:41&	00:38&	01:10&	00:51#	00:04+	00:14&
6	Ingunn Voilås	29										50:11	
01:41+	14:10+	16:44+	18:47+	20:08+	22:41+	27:34+	34:05+	36:24+	37:53+	43:42+	48:12+	49:30+	50:11+
01:41+	12:29+	02:34-	02:03+	01:21+	02:33=	04:53+	06:31-	02:19+	01:29+	05:49+	04:30-	01:18=	00:41+
00:18#	09:08@	00:42-	00:12#	00:11#	00:00=	00:19+	00:13-	00:15#	00:04+	02:50&	00:24-	00:00=	00:10&
7	Amanda Renshaw	101										52:59	
01:56+	09:35+	12:44+	14:46+	15:50+	18:14+	23:17+	31:10+	37:43+	39:53+	42:54+	51:01+	52:09+	52:59+
01:56+	07:39+	03:09-	02:02+	01:04-	02:24-	05:03+	07:53+	06:33+	02:10+	03:01+	08:07+	01:08-	00:50+
00:33&	04:18@	00:07-	00:11+	00:06-	00:09-	00:29#	01:09#	04:29@	00:45&	00:02+	03:13&	00:10-	00:19&
8	Berit Bakken	93										53:34	
01:37+	05:22+	09:13+	11:12+	12:20+	15:24+	24:52+	37:09+	39:11+	41:05+	44:27+	51:07+	52:41+	53:34+
01:37+	03:45+	03:51+	01:59+	01:08-	03:04+	09:28+	12:17+	02:02-	01:54+	03:22+	06:40+	01:34+	00:53+
00:14#	00:24#	00:35#	00:08+	00:02-	00:31#	04:54@	05:33&	00:02-	00:29&	00:23#	01:46&	00:16#	00:22&
9	Kari Blixhavn	228										54:10	
05:25+	09:48+	13:14+	16:04+	17:49+	21:05+	28:41+	37:31+	40:45+	42:25+	45:59+	51:47+	53:24+	54:10+
05:25+	04:23+	03:26+	02:50+	01:45+	03:16+	07:36+	08:50+	03:14+	01:40+	03:34+	05:48+	01:37+	00:46+
04:02@	01:02&	00:10+	00:59&	00:35&	00:43&	03:02&	02:06&	01:10&	00:15#	00:35#	00:54#	00:19#	00:15&
10	Eli Frafjord	94										56:00	
01:24+	05:53+	10:10+	12:17+	13:28+	16:27+	21:57+	35:01+	37:00+	39:17+	48:03+	54:01+	55:14+	56:00+
01:24+	04:29+	04:17+	02:07+	01:11+	02:59+	05:30+	13:04+	01:59-	02:17+	08:46+	05:58+	01:13-	00:46+
00:01+	01:08&	01:01&	00:16#	00:01+	00:26#	00:56#	06:20&	00:05-	00:52&	05:47@	01:04#	00:05-	00:15&
11	May Elinor Meling	125										57:57	
02:54+	07:38+	10:29+	12:35+	13:43+	17:01+	28:42+	38:13+	42:37+	44:01+	47:59+	54:46+	57:01+	57:57+
02:54+	04:44+	02:51-	02:06+	01:08-	03:18+	11:41+	09:31+	04:24+	01:24-	03:58+	06:47+	02:15+	00:56+
01:31@	01:23&	00:25-	00:15#	00:02-	00:45&	07:07@	02:47&	02:20@	00:01-	00:59&	01:53&	00:57&	00:25&
12	Anne Katrine Lycke	147										1:01:59	
08:03+	13:51+	17:38+	20:51+	22:07+	24:58+	31:47+	40:29+	43:18+	45:56+	51:06+	59:01+	60:58+	61:59+
08:03+	05:48+	03:47+	03:13+	01:16+	02:51+	06:49+	08:42+	02:49+	02:38+	05:10+	07:55+	01:57+	01:01+
06:40@	02:27&	00:31#	01:22&	00:06+	00:18#	02:15&	01:58&	00:45&	01:13&	02:11&	03:01&	00:39&	00:30&
13	Hanne Hermanrud	115										1:03:05	
03:17+	13:34+	17:49+	20:46+	21:57+	25:29+	32:56+	42:10+	45:12+	47:27+	51:44+	60:11+	61:51+	63:05+
03:17+	10:17+	04:15+	02:57+	01:11+	03:32+	07:27+	09:14+	03:02+	02:15+	04:17+	08:27+	01:40+	01:14+
01:54@	06:56@	00:59&	01:06&	00:01+	00:59&	02:53&	02:30&	00:58&	00:50&	01:18&	03:33&	00:22&	00:43@
14	Åse Berg	105										1:25:16	
03:00+	23:23+	27:58+	30:48+	32:26+	38:44+	44:43+	53:59+	61:33+	64:21+	69:08+	81:35+	84:10+	85:16+
03:00+	20:23+	04:35+	02:50+	01:38+	06:18+	05:59+	09:16+	07:34+	02:48+	04:47+	12:27+	02:35+	01:06+
01:37@	17:02@	01:19&	00:59&	00:28&	03:45@	01:25&	02:32&	05:30@	01:23&	01:48&	07:33@	01:17&	00:35@
Beste strekktid for klassen													
01:14	03:21	02:34	01:43	00:57	02:24	04:34	06:17	01:57	01:15	02:45	04:12	01:08	00:31
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Damer 65 - 69 år													
1	Mette Dagsland	68										48:02	
01:26=	06:18=	10:14=	12:41=	13:50=	19:15=	24:20=	31:31=	34:15=	36:00=	40:17=	45:37=	47:07=	48:02=
01:26=	04:52=	03:56=	02:27=	01:09=	05:25=	05:05=	07:11=	02:44=	01:45=	04:17=	05:20=	01:30=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse											Tid
2	Kirsten Carlsen	93											55:39
04:03+	08:09+	12:28+	14:51+	16:00+	19:25+	26:12+	34:58+	37:44+	39:18+	42:22+	53:03+	54:53+	55:39+
04:03+	04:06-	04:19+	02:23-	01:09=	03:25-	06:47+	08:46+	02:46+	01:34-	03:04-	10:41+	01:50+	00:46-
02:37@	00:46-	00:23+	00:04-	00:00=	02:00-	01:42&	01:35#	00:02+	00:11-	01:13-	05:21@	00:20#	00:09-
3	Synnøva Gausel	115											59:59
08:14+	13:27+	17:00+	19:24+	20:51+	26:40+	32:03+	39:11+	41:56+	43:42+	49:44+	57:02+	59:13+	59:59+
08:14+	05:13+	03:33-	02:24-	01:27+	05:49+	05:23+	07:08-	02:45+	01:46+	06:02+	07:18+	02:11+	00:46-
06:48@	00:21+	00:23-	00:03-	00:18&	00:24+	00:18+	00:03-	00:01+	00:01+	01:45&	01:58&	00:41&	00:09-
4	Lillian Dahl Fitjar	117											1:00:29
04:24+	12:34+	16:32+	19:05+	20:36+	24:16+	32:11+	42:20+	44:56+	47:04+	51:02+	57:45+	59:30+	60:29+
04:24+	08:10+	03:58+	02:33+	01:31+	03:40-	07:55+	10:09+	02:36-	02:08+	03:58-	06:43+	01:45+	00:59+
02:58@	03:18&	00:02+	00:06+	00:22&	01:45-	02:50&	02:58&	00:08-	00:23#	00:19-	01:23&	00:15#	00:04+
5	Berit Gramstad	113											1:04:25
05:14+	11:02+	15:35+	18:24+	19:59+	23:47+	29:46+	38:23+	41:22+	49:46+	54:22+	61:43+	63:30+	64:25+
05:14+	05:48+	04:33+	02:49+	01:35+	03:48-	05:59+	08:37+	02:59+	08:24+	04:36+	07:21+	01:47+	00:55+
03:48@	00:56#	00:37#	00:22#	00:26&	01:37-	00:54#	01:26#	00:15+	06:39@	00:19+	02:01&	00:17#	00:00=
6	Hanne Eik	117											1:04:46
05:04+	09:36+	12:57+	15:36+	17:26+	20:40+	27:28+	36:38+	45:30+	49:02+	53:28+	62:09+	63:49+	64:46+
05:04+	04:32-	03:21-	02:39+	01:50+	03:14-	06:48+	09:10+	08:52+	03:32+	04:26+	08:41+	01:40+	00:57+
03:38@	00:20-	00:35-	00:12+	00:41&	02:11-	01:43&	01:59&	06:08@	01:47@	00:09+	03:21&	00:10#	00:02+
7	Wenche Anda Haarr	92											1:18:06
05:33+	10:21+	14:47+	17:29+	18:56+	22:24+	32:27+	46:23+	49:28+	55:55+	60:14+	74:15+	77:09+	78:06+
05:33+	04:48-	04:26+	02:42+	01:27+	03:28-	10:03+	13:56+	03:05+	06:27+	04:19+	14:01+	02:54+	00:57+
04:07@	00:04-	00:30#	00:15#	00:18&	01:57-	04:58&	06:45&	00:21#	04:42@	00:02+	08:41@	01:24&	00:02+
Beste strekktid for klassen													
01:26	04:06	03:21	02:23	01:09	03:14	05:05	07:08	02:36	01:34	03:04	05:20	01:30	00:46

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

Damer 70 - 74 år

1	Inger Skretting Opstad	54											49:03
01:48=	06:31=	10:12=	12:40=	16:58=	25:15=	33:00=	35:41=	37:15=	41:11=	46:47=	48:17=	49:03=	49:03=
01:48=	04:43=	03:41=	02:28=	01:17=	03:01=	08:17=	07:45=	02:41=	01:34=	03:56=	05:36=	01:30=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Haldis Glendrange	68											51:20
03:37+	07:19+	10:35+	13:15+	14:35+	17:49+	23:52-	32:43-	35:33-	38:22+	42:32+	48:49+	50:32+	51:20+
03:37+	03:42-	03:16-	02:40+	01:20+	03:14+	06:03-	08:51+	02:50+	02:49+	04:10+	06:17+	01:43+	00:48+
01:49@	01:01-	00:25-	00:12+	00:03+	00:13+	02:14-	01:06#	00:09+	01:15&	00:14+	00:41#	00:13#	00:02+
Beste strekktid for klassen													
01:48	03:42	03:16	02:28	01:17	03:01	06:03	07:45	02:41	01:34	03:56	05:36	01:30	00:46

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

Damer 75 - 79 år

1	Gry Vikhamar Thengs	68											47:18
01:46=	05:54=	09:10=	11:13=	12:23=	15:01=	22:30=	29:34=	32:28=	34:20=	37:44=	44:55=	46:36=	47:18=
01:46=	04:08=	03:16=	02:03=	01:10=	02:38=	07:29=	07:04=	02:54=	01:52=	03:24=	07:11=	01:41=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helga Aaslid	54											48:37
04:43+	08:36+	12:20+	14:31+	16:23+	19:16+	25:35+	32:39+	36:10+	38:02+	41:34+	46:02+	47:38+	48:37+
04:43+	03:53-	03:44+	02:11+	01:52+	02:53+	06:19-	07:04=	03:31+	01:52=	03:32+	04:28-	01:36-	00:59+
02:57@	00:15-	00:28#	00:08+	00:42&	00:15+	01:10-	00:00=	00:37#	00:00=	00:08+	02:43-	00:05-	00:17&
3	Turid Nystrøm	68											51:03
04:36+	08:44+	12:29+	14:26+	15:39+	18:17+	25:52+	33:17+	36:22+	38:35+	42:38+	48:49+	50:08+	51:03+
04:36+	04:08=	03:45+	01:57-	01:13+	02:38=	07:35+	07:25+	03:05+	02:13+	04:03+	06:11-	01:19-	00:55+
02:50@	00:00=	00:29#	00:06-	00:03+	00:00=	00:06+	00:21+	00:11+	00:21#	00:39#	01:00-	00:22-	00:13&

Pluss	Navn	Klasse	Tid										
4	Berit Ebbell Olsen	68	1:09:13										
03:27+	10:07+	14:34+	18:13+	21:05+	26:09+	34:44+	44:58+	48:35+	51:16+	57:46+	65:40+	67:44+	69:13+
03:27+	06:40+	04:27+	03:39+	02:52+	05:04+	08:35+	10:14+	03:37+	02:41+	06:30+	07:54+	02:04+	01:29+
01:41&	02:32&	01:11&	01:36&	01:42@	02:26&	01:06#	03:10&	00:43#	00:49&	03:06&	00:43+	00:23#	00:47@

Beste strekktid for klassen

01:46 03:53 03:16 01:57 01:10 02:38 06:19 07:04 02:54 01:52 03:24 04:28 01:19 00:42

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

Damer 80 år og eldre

1	Liv Ertesvåg	83	1:49:40
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03:05= 20:36= 26:18= 44:07= 52:55= 64:44= 69:21= 81:20= 85:58= 91:57= 101:43= 103:29= 108:39= 109:40=
 03:05= 17:31= 05:42= 17:49= 08:48= 11:49= 04:37= 11:59= 04:38= 05:59= 09:46= 01:46= 05:10= 01:01=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

03:05 17:31 05:42 17:49 08:48 11:49 04:37 11:59 04:38 05:59 09:46 01:46 05:10 01:01

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

Damer A

1	Aud Hognestad Taksdal	92	37:09																			
00:25=	01:24=	04:22=	05:50=	06:55=	08:41=	12:37=	13:45=	16:31=	17:57=	18:42=	20:35=	21:25=	25:32=	26:58=	27:52=	31:13=	32:37=	33:42=	35:02=	35:52=	36:55=	37:09=
00:25=	00:59=	02:58=	01:28=	01:05=	01:46=	03:56=	01:08=	02:46=	01:26=	00:45=	01:53=	00:50=	04:07=	01:26=	00:54=	03:21=	01:24=	01:05=	01:20=	00:50=	01:03=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Trine Bolstad Scheie	62	46:06																			
00:33+	01:45+	05:21+	07:28+	08:45+	10:39+	15:47+	17:07+	20:02+	21:58+	22:58+	25:12+	26:35+	31:56+	33:28+	34:28+	38:24+	40:00+	41:52+	43:38+	44:39+	45:46+	46:06+
00:33+	01:12+	03:36+	02:07+	01:17+	01:54+	05:08+	01:20+	02:55+	01:56+	01:00+	02:14+	01:23+	05:21+	01:32+	01:00+	03:56+	01:36+	01:52+	01:46+	01:01+	01:07+	00:20+
00:08&	00:13#	00:38#	00:39&	00:12#	00:08+	01:12&	00:12#	00:09+	00:30&	00:15&	00:21#	00:33&	01:14&	00:06+	00:06#	00:35#	00:12#	00:47&	00:26&	00:11#	00:04+	00:06&

3	Tone Torgersen	27	49:25																			
00:29+	01:36+	05:38+	07:35+	08:42+	13:02+	18:03+	19:17+	23:26+	25:15+	26:02+	28:16+	29:20+	34:13+	36:23+	37:22+	41:28+	43:12+	45:16+	46:51+	47:49+	49:07+	49:25+
00:29+	01:07+	04:02+	01:57+	01:07+	04:20+	05:01+	01:14+	04:09+	01:49+	00:47+	02:14+	01:04+	04:53+	02:10+	00:59+	04:06+	01:44+	02:04+	01:35+	00:58+	01:18+	00:18+
00:04#	00:08#	01:04&	00:29&	00:02+	02:34@	01:05&	00:06+	01:23&	00:23&	00:02+	00:21#	00:14&	00:46#	00:44&	00:05+	00:45#	00:20#	00:59&	00:15#	00:08#	00:15#	00:04&

4	Ingrid Simensen	101	59:59																				
00:32+	01:49+	11:11+	13:40+	15:24+	18:20+	24:09+	25:30+	28:43+	31:09+	32:09+	35:05+	36:08+	42:25+	44:35+	46:04+	50:13+	52:04+	53:44+	55:28+	56:59+	58:04+	59:43+	59:59+
00:32+	01:17+	09:22+	02:29+	01:44+	02:56+	05:49+	01:21+	03:13+	02:26+	01:00+	02:56+	01:03+	06:17+	02:10+	01:29+	04:09+	01:51+	01:40+	01:44+	01:31+	01:05+	01:39+	00:16+
00:07&	00:18&	06:24@	01:01&	00:39&	01:10&	01:53&	00:13#	00:27#	01:00&	00:15&	01:03&	00:13&	02:10&	00:44&	00:35&	00:48#	00:27&	00:35&	00:24&	00:41&	00:02+	01:25@	00:16+

5	Maira Andersone	93	1:04:25																			
00:26+	01:46+	06:09+	08:22+	09:51+	15:08+	22:08+	23:49+	27:10+	30:10+	31:29+	34:12+	35:36+	42:30+	46:06+	47:29+	53:56+	56:05+	58:31+	61:02+	62:18+	64:07+	64:25+
00:26+	01:20+	04:23+	02:13+	01:29+	05:17+	07:00+	01:41+	03:21+	03:00+	01:19+	02:43+	01:24+	06:54+	03:36+	01:23+	06:27+	02:09+	02:26+	02:31+	01:16+	01:49+	00:18+
00:01+	00:21&	01:25&	00:45&	00:24&	03:31@	03:04&	00:33&	00:35#	01:34@	00:34&	00:50&	00:34&	02:47&	02:10@	00:29&	03:06&	00:45&	01:21@	01:11&	00:26&	00:46&	00:04&

6	Lene Bjelland	116	1:14:43																			
00:25=	01:51+	13:59+	16:48+	18:28+	21:34+	28:59+	30:45+	35:05+	38:21+	39:19+	42:50+	44:19+	52:39+	55:00+	57:13+	63:01+	66:04+	68:24+	70:52+	72:36+	74:30+	74:43+
00:25=	01:26+	12:08+	02:49+	01:40+	03:06+	07:25+	01:46+	04:20+	03:16+	00:58+	03:31+	01:29+	08:20+	02:21+	02:13+	05:48+	03:03+	02:20+	02:28+	01:44+	01:54+	00:13-
00:00=	00:27&	09:10@	01:21&	00:35&	01:20&	03:29&	00:38&	01:34&	01:50@	00:13&	01:38&	00:39&	04:13@	00:55&	01:19@	02:27&	01:39@	01:15@	01:08&	00:54@	00:51&	00:01-

7	Wibeke Lende	74	1:17:50																			
00:25=	01:41+	16:25+	22:02+	24:05+	26:41+	33:38+	35:26+	39:46+	42:02+	43:12+	46:20+	47:43+	56:29+	59:10+	60:13+	66:56+	69:48+	72:16+	74:20+	75:41+	77:29+	77:50+
00:25=	01:16+	14:44+	05:37+	02:03+	02:36+	06:57+	01:48+	04:20+	02:16+	01:10+	03:08+	01:23+	08:46+	02:41+	01:03+	06:43+	02:52+	02:28+	02:04+	01:21+	01:48+	00:21+
00:00=	00:17&	11:46@	04:09@	00:58&	00:50&	03:01&	00:40&	01:34&	00:50&	00:25&	01:15&	00:33&	04:39@	01:15&	00:09#	03:22@	01:28@	01:23@	00:44&	00:31&	00:45&	00:07&

Beste strekktid for klassen

00:25 00:59 02:58 01:28 01:05 01:46 03:56 01:08 02:46 01:26 00:45 01:53 00:50 04:07 01:26 00:54 03:21 01:24 01:05 01:20 00:50 01:03 00:13

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

Damer B

Class	Navn	Klasse											Tid										
1	Vibeke Lamark	46											40:25										
00:55=	01:34=	05:13=	07:57=	10:18=	12:08=	13:53=	15:08=	16:13=	21:39=	23:23=	27:37=	28:57=	31:58=	32:47=	34:32=	35:24=	38:59=	39:53=	40:25=				
00:55=	00:39=	03:39=	02:44=	02:21=	01:50=	01:45=	01:15=	01:05=	05:26=	01:44=	04:14=	01:20=	03:01=	00:49=	01:45=	00:52=	03:35=	00:54=	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=	00:00=	00:00=	00:00=	00:00=				
2	Jorunn Johannesen	116											42:12										
01:01+	01:54+	06:05+	08:46+	11:06+	12:59+	14:44+	16:43+	17:43+	23:00+	24:46+	29:13+	30:50+	33:38+	34:29+	36:18+	37:12+	40:42+	41:36+	42:12+				
01:01+	00:53+	04:11+	02:41-	02:20-	01:53+	01:45=	01:59+	01:00-	05:17-	01:46+	04:27+	01:37+	02:48-	00:51+	01:49+	00:54+	03:30-	00:54=	00:36+				
00:06#	00:14&	00:32#	00:03-	00:01-	00:03+	00:00=	00:44&	00:05-	00:09-	00:02+	00:13+	00:17#	00:13-	00:02+	00:04+	00:02+	00:05-	00:00=	00:04#				
3	Ann-Cathrin Nybak Urdal	118											46:29										
01:08+	01:49+	05:24+	08:19+	10:58+	13:11+	15:26+	17:02+	18:06+	24:06+	25:59+	31:20+	33:27+	36:40+	38:02+	40:01+	40:56+	44:51+	45:56+	46:29+				
01:08+	00:41+	03:35-	02:55+	02:39+	02:13+	02:15+	01:36+	01:04-	06:00+	01:53+	05:21+	02:07+	03:13+	01:22+	01:59+	00:55+	03:55+	01:05+	00:33+				
00:13#	00:02+	00:04-	00:11+	00:18#	00:23#	00:30&	00:21&	00:01-	00:34#	00:09+	01:07&	00:47&	00:12+	00:33&	00:14#	00:03+	00:20+	00:11#	00:01+				
4	Hilde Nordbø	93											46:49										
01:42+	02:44+	06:28+	09:19+	11:50+	13:44+	15:29+	16:59+	18:19+	24:26+	26:21+	31:14+	33:03+	36:15+	38:40+	40:30+	41:45+	45:07+	46:15+	46:49+				
01:42+	01:02+	03:44+	02:51+	02:31+	01:54+	01:45=	01:30+	01:20+	06:07+	01:55+	04:53+	01:49+	03:12+	02:25+	01:50+	01:15+	03:22-	01:08+	00:34+				
00:47&	00:23&	00:05+	00:07+	00:10+	00:04+	00:00=	00:15#	00:15#	00:41#	00:11#	00:39#	00:29&	00:11+	01:36#	00:05+	00:23&	00:13-	00:14&	00:02+				
5	Anita Glenne Kallhovd	29											47:44										
01:02+	02:03+	06:04+	09:35+	12:42+	15:01+	17:03+	19:17+	21:43+	27:29+	29:10+	33:23+	34:57+	37:45+	38:54+	40:50+	41:46+	46:00+	47:10+	47:44+				
01:02+	01:01+	04:01+	03:31+	03:07+	02:19+	02:02+	02:14+	02:26+	05:46+	01:41-	04:13-	01:34+	02:48-	01:09+	01:56+	00:56+	04:14+	01:10+	00:34+				
00:07#	00:22&	00:22#	00:47&	00:46&	00:29&	00:17#	00:59&	01:21#	00:20+	00:03-	00:01-	00:14#	00:13-	00:20&	00:11#	00:04+	00:39#	00:16&	00:02+				
6	Kristin Breivold	92											48:30										
01:10+	01:52+	05:40+	08:44+	12:25+	14:16+	16:32+	18:53+	20:09+	25:53+	27:35+	32:13+	34:02+	36:42+	38:59+	41:27+	42:22+	46:42+	47:53+	48:30+				
01:10+	00:42+	03:48+	03:04+	03:41+	01:51+	02:16+	02:21+	01:16+	05:44+	01:42-	04:38+	01:49+	02:40-	02:17+	02:28+	00:55+	04:20+	01:11+	00:37+				
00:15&	00:03+	00:09+	00:20#	01:20&	00:01+	00:31&	01:06&	00:11#	00:18+	00:02-	00:24+	00:29&	00:21-	01:28#	00:43&	00:03+	00:45#	00:17&	00:05#				
7	Ingrid W. Hestness	117											48:49										
01:07+	02:02+	06:39+	09:32+	13:13+	15:04+	17:07+	18:34+	20:02+	26:03+	28:02+	33:04+	36:05+	39:04+	40:09+	42:04+	42:58+	47:17+	48:13+	48:49+				
01:07+	00:55+	04:37+	02:53+	03:41+	01:51+	02:03+	01:27+	01:28+	06:01+	01:59+	05:02+	03:01+	02:59-	01:05+	01:55+	00:54+	04:19+	00:56+	00:36+				
00:12#	00:16&	00:58&	00:09+	01:20&	00:01+	00:18#	00:12#	00:23&	00:35#	00:15#	00:48#	01:41#	00:02-	00:16&	00:10+	00:02+	00:44#	00:02+	00:04#				
8	Anne Garsrud	90											49:37										
01:03+	01:49+	06:48+	09:18+	11:48+	13:42+	15:27+	16:42+	18:00+	28:18+	29:47+	34:55+	38:14+	40:42+	41:35+	43:21+	44:15+	48:08+	49:05+	49:37+				
01:03+	00:46+	04:59+	02:30-	02:30+	01:54+	01:45=	01:15=	01:18+	10:18+	01:29-	05:08+	03:19+	02:28-	00:53+	01:46+	00:54+	03:53+	00:57+	00:32=				
00:08#	00:07#	01:20&	00:14-	00:09+	00:04+	00:00=	00:00=	00:13#	04:52&	00:15-	00:54#	01:59#	00:33-	00:04+	00:01+	00:02+	00:18+	00:03+	00:00=				
9	Keth Berggraf	116											49:55										
01:01+	01:57+	05:56+	08:44+	11:08+	13:00+	14:47+	16:26+	17:36+	26:28+	28:16+	35:11+	36:49+	39:43+	40:45+	42:35+	43:55+	47:59+	49:17+	49:55+				
01:01+	00:56+	03:59+	02:48+	02:24+	01:52+	01:47+	01:39+	01:10+	08:52+	01:48+	06:55+	01:38+	02:54-	01:02+	01:50+	01:20+	04:04+	01:18+	00:38+				
00:06#	00:17&	00:20+	00:04+	00:03+	00:02+	00:02+	00:24&	00:05+	03:26&	00:04+	02:41&	00:18#	00:07-	00:13&	00:05+	00:28&	00:29#	00:24&	00:06#				
10	Helen Lomeland	105											50:28										
01:06+	02:49+	07:05+	10:45+	14:45+	16:39+	18:58+	20:26+	21:53+	30:19+	32:50+	37:37+	38:57+	42:02+	42:49+	44:38+	45:29+	49:03+	49:56+	50:28+				
01:06+	01:43+	04:16+	03:40+	04:00+	01:54+	02:19+	01:28+	01:27+	08:26+	02:31+	04:47+	01:20=	03:05+	00:47-	01:49+	00:51-	03:34-	00:53-	00:32=				
00:11#	01:04#	00:37#	00:56&	00:04+	00:34&	00:13#	00:22&	03:00&	00:47&	00:33#	00:00=	00:00=	00:04+	00:02-	00:04+	00:01-	00:01-	00:01-	00:00=				
11	Mariann Sveinsvoll	94											52:33										
01:17+	02:12+	06:17+	09:36+	12:22+	14:42+	16:36+	18:30+	20:16+	29:40+	31:47+	36:59+	39:08+	42:05+	43:22+	45:30+	46:33+	50:46+	51:50+	52:33+				
01:17+	00:55+	04:05+	03:19+	02:46+	02:20+	01:54+	01:54+	01:46+	09:24+	02:07+	05:12+	02:09+	02:57-	01:17+	02:08+	01:03+	04:13+	01:04+	00:43+				
00:22&	00:16&	00:26#	00:35#	00:25#	00:30&	00:09+	00:39&	00:41&	03:58&	00:23#	00:58#	00:49&	00:04-	00:28&	00:23#	00:11#	00:38#	00:10#	00:11&				
12	Ingunn Anda Haug	67											54:36										
01:14+	01:56+	06:36+	10:03+	13:04+	15:38+	18:03+	20:32+	21:51+	28:34+	30:45+	38:40+	40:22+	43:18+	44:16+	46:23+	47:23+	52:42+	53:53+	54:36+				
01:14+	00:42+	04:40+	03:27+	03:01+	02:34+	02:25+	02:29+	01:19+	06:43+	02:11+	07:55+	01:42+	02:56-	00:58+	02:07+	01:00+	05:19+	01:11+	00:43+				
00:19&	00:03+	01:01&	00:43&	00:40&	00:44&	00:40&	01:14&	00:14#	01:17#	00:27&	03:41&	00:22&	00:05-	00:09#	00:22#	00:08#	01:44&	00:17&	00:11&				
13	Lise Isachsen	165											55:00										
00:59+	01:52+	10:25+	14:51+	17:17+	18:56+	20:31+	21:55+	23:02+	30:20+	32:30+	36:54+	39:55+	43:50+	44:48+	46:54+	48:00+	52:41+	54:16+	55:00+				
00:59+	00:53+	08:33+	04:26+	02:26+	01:39-	01:35-	01:24+	01:07+	07:18+	02:10+	04:24+	03:01+	03:55+	00:58+	02:06+	01:06+	04:41+	01:35+	00:44+				
00:04+	00:14&	04:54#	01:42&	00:05+	00:11-	00:10-	00:09#	00:02+	01:52&	00:26#	00:10+	01:41#	00:54&	00:09#	00:21#	00:14&	01:06&	00:41&	00:12&				
14	Margrethe Roalsø	93											58:52										
01:01+	01:45+	08:33+	11:53+	14:29+	17:16+	21:56+	23:44+	27:01+	33:20+	35:22+	40:32+	43:03+	48:07+	49:05+	51:18+	52:24+	56:49+	58:17+	58:52+				
01:01+	00:44+	06:48+	03:20+	02:36+	02:47+	04:40+	01:48+	03:17+	06:19+	02:02+	05:10+	02:31+	05:04+	00:58+	02:13+	01:06+	04:25+	01:28+	00:35+				
00:06#	00:05#	03:09&	00:36#	00:15#	00:57&	02:55#	00:33&	02:12#	00:53#	00:18#	00:56#	01:11&	02:03&	00:09#	00:28&	00:14&	00:50#	00:34&	00:03+				
15	Anne Marie Gausel	105											59:45										
01:13+	02:01+	07:22+	10:51+	14:11+	17:02+	19:48+	22:02+	23:43+	31:33+	33:53+	39:52+	42:31+	47:11+	48:04+	50:21+	51:38+	57:16+	58:53+	59:45+				
01:13+	00:48+	05:21+	03:29+	03:20+	02:51+	02:46+	02:14+	01:41+	07:50+	02:20+	05:59+	02:39+	04:40+	00:53+	02:17+	01:17+	05:38+	01:37+	00:52+				
00:18&	00:09#	01:42&	00:45&	00:59&	01:01&	01:01&	00:59&	00:36&	02:24&	00:36&	01:45&	01:19&	01:39&	00:04+	00:32&	00:25&	02:03&	00:43&	00:20&				

Class	Navn	Klasse	Tid																
16	Irene Rummelhoff	116	1:03:57																
01:04+	02:01+	07:47+	11:09+	14:10+	16:10+	18:14+	19:59+	21:32+	26:36+	39:19+	45:06+	50:08+	53:04+	55:15+	57:17+	58:13+	61:54+	63:20+	63:57+
01:04+	00:57+	05:46+	03:22+	03:01+	02:00+	02:04+	01:45+	01:33+	15:04+	02:43+	05:47+	05:02+	02:56-	02:11+	02:02+	00:56+	03:41+	01:26+	00:37+
00:09#	00:18&	02:07&	00:38#	00:40&	00:10+	00:19#	00:30&	00:28&	09:38@	00:59&	01:33&	03:42@	00:05-	01:22@	00:17#	00:04+	00:06+	00:32&	00:05#
17	Berit Våg Aksland	116	1:05:21																
01:41+	02:40+	07:36+	11:02+	14:10+	16:10+	18:22+	20:14+	21:48+	32:55+	35:44+	42:50+	48:31+	52:12+	53:28+	55:24+	56:29+	63:14+	64:43+	65:21+
01:41+	00:59+	04:56+	03:26+	03:08+	02:00+	02:12+	01:52+	01:34+	11:07+	02:49+	07:06+	05:41+	03:41+	01:16+	01:56+	01:05+	06:45+	01:29+	00:38+
00:46&	00:20&	01:17&	00:42&	00:47&	00:10+	00:27&	00:37&	00:29&	05:41@	01:05&	02:52&	04:21@	00:40#	00:27&	00:11#	00:13#	03:10&	00:35&	00:06#
Beste strekktid for klassen																			
00:55	00:39	03:35	02:30	02:20	01:39	01:35	01:15	01:00	05:17	01:29	04:13	01:20	02:28	00:47	01:45	00:51	03:22	00:53	00:32

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

Damer Trim

1	Mette Baardsgaard	93	30:15										
02:31=	04:39=	05:54=	08:27=	10:18=	12:00=	14:47=	17:32=	18:41=	21:20=	25:32=	28:27=	29:54=	30:15=
02:31=	02:08=	01:15=	02:33=	01:51=	01:42=	02:47=	02:45=	01:09=	02:39=	04:12=	02:55=	01:27=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marianne Steinkopf	5	31:27										
00:49-	03:06-	04:11-	06:41-	08:41-	10:36-	13:14-	17:20-	18:40-	22:15+	25:48+	28:02-	31:07+	31:27+
00:49-	02:17+	01:05-	02:30-	02:00+	01:55+	02:38-	04:06+	01:20+	03:35+	03:33-	02:14-	03:05+	00:20-
01:42-	00:09+	00:10-	00:03-	00:09+	00:13#	00:09-	01:21&	00:11#	00:56&	00:39-	00:41-	01:38@	00:01-
3	Grete Stokke Seljeskog	128	33:55										
01:20-	03:38-	04:30-	08:17-	10:53+	12:43+	15:33+	19:20+	21:00+	23:41+	26:14+	31:01+	33:28+	33:55+
01:20-	02:18+	00:52-	03:47+	02:36+	01:50+	02:50+	03:47+	01:40+	02:41+	02:33-	04:47+	02:27+	00:27+
01:11-	00:10+	00:23-	01:14&	00:45&	00:08+	00:03+	01:02&	00:31&	00:02+	01:39-	01:52&	01:00&	00:06&
4	Margot Asheim	105	38:07										
00:47-	02:57-	03:51-	07:57-	10:29+	12:31+	15:40+	19:03+	20:41+	24:52+	27:13+	35:40+	37:46+	38:07+
00:47-	02:10+	00:54-	04:06+	02:32+	02:02+	03:09+	03:23+	01:38+	04:11+	02:21-	08:27+	02:06+	00:21=
01:44-	00:02+	00:21-	01:33&	00:41&	00:20#	00:22#	00:38#	00:29&	01:32&	01:51-	05:32@	00:39&	00:00=
5	Tonje Tiley	27	39:22										
01:09-	04:29-	06:00+	09:16+	14:57+	17:35+	21:29+	25:48+	27:45+	32:12+	34:16+	36:43+	38:54+	39:22+
01:09-	03:20+	01:31+	03:16+	05:41+	02:38+	03:54+	04:19+	01:57+	04:27+	02:04-	02:27-	02:11+	00:28+
01:22-	01:12&	00:16#	00:43&	03:50@	00:56&	01:07&	01:34&	00:48&	01:48&	02:08-	00:28-	00:44&	00:07&
6	Bjørng Engelhard	165	40:36										
00:55-	04:35-	05:45-	09:20+	11:49+	13:56+	18:01+	22:03+	24:11+	29:49+	32:47+	37:29+	40:05+	40:36+
00:55-	03:40+	01:10-	03:35+	02:29+	02:07+	04:05+	04:02+	02:08+	05:38+	02:58-	04:42+	02:36+	00:31+
01:36-	01:32&	00:05-	01:02&	00:38&	00:25#	01:18&	01:17&	00:59&	02:59@	01:14-	01:47&	01:09&	00:10&
7	Reidun Solli Skjørestad	47	40:47										
01:46-	04:47+	06:15+	09:51+	12:40+	15:12+	19:00+	23:17+	25:18+	29:31+	32:46+	37:26+	40:22+	40:47+
01:46-	03:01+	01:28+	03:36+	02:49+	02:32+	03:48+	04:17+	02:01+	04:13+	03:15-	04:40+	02:56+	00:25+
00:45-	00:53&	00:13#	01:03&	00:58&	00:50&	01:01&	01:32&	00:52&	01:34&	00:57-	01:45&	01:29@	00:04#
8	Gunvor Frafjord Tunesvik	228	40:47										
01:43-	04:55+	06:10+	09:52+	12:43+	15:09+	19:05+	23:12+	25:19+	29:33+	32:41+	37:36+	40:23+	40:47+
01:43-	03:12+	01:15=	03:42+	02:51+	02:26+	03:56+	04:07+	02:07+	04:14+	03:08-	04:55+	02:47+	00:24+
00:48-	01:04&	00:00=	01:09&	01:00&	00:44&	01:09&	01:22&	00:58&	01:35&	01:04-	02:00&	01:20&	00:03#
9	Astri Sandanger	93	40:49										
00:49-	03:58-	04:54-	08:25-	11:24+	14:37+	19:07+	23:43+	25:40+	29:57+	33:47+	37:32+	40:24+	40:49+
00:49-	03:09+	00:56-	03:31+	02:59+	03:13+	04:30+	04:36+	01:57+	04:17+	03:50-	03:45+	02:52+	00:25+
01:42-	01:01&	00:19-	00:58&	01:08&	01:31&	01:43&	01:51&	00:48&	01:38&	00:22-	00:50&	01:25&	00:04#
10	Anastasia Ollestad	93	42:03										
02:19-	07:05+	09:38+	14:52+	17:57+	19:55+	24:19+	28:05+	29:59+	33:57+	35:50+	39:33+	41:37+	42:03+
02:19-	04:46+	02:33+	05:14+	03:05+	01:58+	04:24+	03:46+	01:54+	03:58+	01:53-	03:43+	02:04+	00:26+
00:12-	02:38@	01:18@	02:41@	01:14&	00:16#	01:37&	01:01&	00:45&	01:19&	02:19-	00:48&	00:37&	00:05#
11	Solbjørg Borgersen	233	42:10										
02:11-	05:11+	06:15+	09:44+	14:39+	17:05+	20:31+	25:07+	27:41+	31:19+	33:32+	39:06+	41:39+	42:10+
02:11-	03:00+	01:04-	03:29+	04:55+	02:26+	03:26+	04:36+	02:34+	03:38+	02:13-	05:34+	02:33+	00:31+
00:20-	00:52&	00:11-	00:56&	03:04@	00:44&	00:39#	01:51&	01:25@	00:59&	01:59-	02:39&	01:06&	00:10&

Class	Navn	Klasse										Tid	
12	Nina Bækkelund Christiansen	105										42:26	
01:54-	05:22+	06:27+	10:43+	14:28+	16:46+	20:32+	24:46+	26:29+	30:28+	34:15+	39:04+	41:51+	42:26+
01:54-	03:28+	01:05-	04:16+	03:45+	02:18+	03:46+	04:14+	01:43+	03:59+	03:47-	04:49+	02:47+	00:35+
00:37-	01:20&	00:10-	01:43&	01:54@	00:36&	00:59&	01:29&	00:34&	01:20&	00:25-	01:54&	01:20&	00:14&
13	Bente Cecilie Lio	136										42:53	
01:43-	04:53+	06:04+	09:59+	12:56+	16:21+	20:22+	25:37+	27:44+	32:21+	35:18+	38:59+	42:27+	42:53+
01:43-	03:10+	01:11-	03:55+	02:57+	03:25+	04:01+	05:15+	02:07+	04:37+	02:57-	03:41+	03:28+	00:26+
00:48-	01:02&	00:04-	01:22&	01:06&	01:43@	01:14&	02:30&	00:58&	01:58&	01:15-	00:46&	02:01@	00:05#
14	Cecilie Kristine Karlsen	93										44:33	
01:14-	03:41-	05:04-	11:00+	13:18+	15:44+	19:12+	24:09+	30:22+	34:13+	39:10+	41:40+	44:08+	44:33+
01:14-	02:27+	01:23+	05:56+	02:18+	02:26+	03:28+	04:57+	06:13+	03:51+	04:57+	02:30-	02:28+	00:25+
01:17-	00:19#	00:08#	03:23@	00:27#	00:44&	00:41#	02:12&	05:04@	01:12&	00:45#	00:25-	01:01&	00:04#
15	Birte Briseid Langebro	47										44:54	
03:02+	09:01+	09:53+	12:55+	15:13+	17:16+	20:23+	23:45+	25:37+	35:42+	38:44+	41:54+	43:58+	44:54+
03:02+	05:59+	00:52-	03:02+	02:18+	02:03+	03:07+	03:22+	01:52+	10:05+	03:02-	03:10+	02:04+	00:56+
00:31#	03:51@	00:23-	00:29#	00:27#	00:21#	00:20#	00:37#	00:43&	07:26@	01:10-	00:15+	00:37&	00:35@
16	Esther Boenheim	268										45:42	
01:35-	05:33+	06:39+	10:47+	16:00+	18:24+	22:36+	27:19+	29:23+	33:42+	37:04+	40:39+	45:09+	45:42+
01:35-	03:58+	01:06-	04:08+	05:13+	02:24+	04:12+	04:43+	02:04+	04:19+	03:22-	03:35+	04:30+	00:33+
00:56-	01:50&	00:09-	01:35&	03:22@	00:42&	01:25&	01:58&	00:55&	01:40&	00:50-	00:40#	03:03@	00:12&
17	Maria Elina Pettersen	105										46:13	
03:45+	06:19+	07:11+	10:40+	12:58+	15:00+	19:38+	23:12+	25:15+	30:20+	33:11+	38:12+	45:36+	46:13+
03:45+	02:34+	00:52-	03:29+	02:18+	02:02+	04:38+	03:34+	02:03+	05:05+	02:51-	05:01+	07:24+	00:37+
01:14&	00:26#	00:23-	00:56&	00:27#	00:20#	01:51&	00:49&	00:54&	02:26&	01:21-	02:06&	05:57@	00:16&
18	Linda Haukås	113										48:54	
01:59-	05:29+	06:53+	11:15+	15:10+	18:00+	22:12+	27:12+	29:24+	34:43+	38:32+	45:30+	48:23+	48:54+
01:59-	03:30+	01:24+	04:22+	03:55+	02:50+	04:12+	05:00+	02:12+	05:19+	03:49-	06:58+	02:53+	00:31+
00:32-	01:22&	00:09#	01:49&	02:04@	01:08&	01:25&	02:15&	01:03&	02:40@	00:23-	04:03@	01:26&	00:10&
19	Åse Sellereite	27										49:03	
01:09-	03:48-	04:50-	10:08+	12:35+	18:57+	22:48+	26:48+	28:43+	35:09+	37:36+	44:19+	48:26+	49:03+
01:09-	02:39+	01:02-	05:18+	02:27+	06:22+	03:51+	04:00+	01:55+	06:26+	02:27-	06:43+	04:07+	00:37+
01:22-	00:31#	00:13-	02:45@	00:36&	04:40@	01:04&	01:15&	00:46&	03:47@	01:45-	03:48@	02:40@	00:16&
20	Sara Engevik	126										49:42	
03:26+	07:16+	08:06+	11:32+	14:18+	16:19+	22:28+	26:16+	30:11+	34:16+	40:51+	46:51+	49:03+	49:42+
03:26+	03:50+	00:50-	03:26+	02:46+	02:01+	06:09+	03:48+	03:55+	04:05+	06:35+	06:00+	02:12+	00:39+
00:55&	01:42&	00:25-	00:53&	00:55&	00:19#	03:22@	01:03&	02:46@	01:26&	02:23&	03:05@	00:45&	00:18&
21	Brit Svihus	92										49:50	
01:18-	08:19+	09:39+	15:21+	18:52+	21:30+	26:01+	30:42+	33:01+	36:51+	40:21+	44:39+	49:04+	49:50+
01:18-	07:01+	01:20+	05:42+	03:31+	02:38+	04:31+	04:41+	02:19+	03:50+	03:30-	04:18+	04:25+	00:46+
01:13-	04:53@	00:05+	03:09@	01:40&	00:56&	01:44&	01:56&	01:10@	01:11&	00:42-	01:23&	02:58@	00:25@
22	Hilde Christine Hoff	221										50:20	
01:30-	04:59+	06:20+	10:48+	13:41+	16:49+	20:46+	25:50+	28:04+	32:22+	35:08+	38:52+	49:36+	50:20+
01:30-	03:29+	01:21+	04:28+	02:53+	03:08+	03:57+	05:04+	02:14+	04:18+	02:46-	03:44+	10:44+	00:44+
01:01-	01:21&	00:06+	01:55&	01:02&	01:26&	01:10@	02:19&	01:05&	01:39&	01:26-	00:49&	09:17@	00:23@
23	Grethe Ask-Breivik	5										51:52	
01:38-	04:25-	05:32-	12:23+	14:56+	17:11+	20:54+	28:55+	30:32+	36:21+	43:13+	47:39+	51:22+	51:52+
01:38-	02:47+	01:07-	06:51+	02:33+	02:15+	03:43+	08:01+	01:37+	05:49+	06:52+	04:26+	03:43+	00:30+
00:53-	00:39&	00:08-	04:18@	00:42&	00:33&	00:56&	05:16@	00:28&	03:10@	02:40&	01:31&	02:16@	00:09&
24	Stephanie Loin	42										52:20	
02:13-	04:46+	07:13+	10:10+	16:20+	18:36+	22:00+	26:23+	28:25+	35:00+	40:14+	45:35+	51:58+	52:20+
02:13-	02:33+	02:27+	02:57+	06:10+	02:16+	03:24+	04:23+	02:02+	06:35+	05:14+	05:21+	06:23+	00:22+
00:18-	00:25#	01:12&	00:24#	04:19@	00:34&	00:37#	01:38&	00:53&	03:56@	01:02#	02:26&	04:56@	00:01+
25	Marita Navjord Nicolaysen	71										53:51	
01:15-	03:42-	04:59-	20:48+	23:05+	25:22+	30:05+	34:08+	37:53+	44:16+	46:50+	50:15+	53:16+	53:51+
01:15-	02:27+	01:17+	15:49+	02:17+	02:17+	04:43+	04:03+	03:45+	06:23+	02:34-	03:25+	03:01+	00:35+
01:16-	00:19#	00:02+	13:16@	00:26#	00:35&	01:56&	01:18&	02:36@	03:44@	01:38-	00:30#	01:34@	00:14&
26	Wenke Wannberg	116										55:06	
03:39+	06:57+	10:00+	15:47+	19:20+	22:13+	26:48+	31:33+	34:36+	39:18+	46:58+	50:36+	54:28+	55:06+
03:39+	03:18+	03:03+	05:47+	03:33+	02:53+	04:35+	04:45+	03:03+	04:42+	07:40+	03:38+	03:52+	00:38+
01:08&	01:10&	01:48@	03:14@	01:42&	01:11&	01:48&	02:00&	01:54@	02:03&	03:28&	00:43#	02:25@	00:17&

Class	Navn	Klasse	Tid
27	Aslaug Neteland	92	55:06
03:41+	07:00+ 10:01+ 15:50+	19:05+ 22:09+	26:53+ 31:35+ 34:32+ 39:22+ 47:00+ 50:39+ 54:28+
03:41+	03:19+ 03:01+ 05:49+	03:15+ 03:04+	04:44+ 04:42+ 02:57+ 04:50+ 07:38+ 03:39+ 03:49+
01:10&	01:11& 01:46@ 03:16@	01:24& 01:22&	01:57& 01:57& 01:48@ 02:11& 03:26& 00:44& 02:22@
28	Ruth Grødem	105	57:15
01:13-	07:23+ 11:06+ 26:16+	30:02+ 32:35+	36:49+ 41:18+ 43:36+ 47:03+ 49:49+ 52:53+ 56:42+
01:13-	06:10+ 03:43+ 15:10+	03:46+ 02:33+	04:14+ 04:29+ 02:18+ 03:27+ 02:46- 03:04+ 03:49+
01:18-	04:02@ 02:28@ 12:37@	01:55@ 00:51&	01:27& 01:44& 01:09& 00:48& 01:26- 00:09+ 02:22@
29	Kirsti Strand Salvesen	256	59:32
01:30-	05:05+ 06:29+ 13:28+	18:32+ 21:28+	25:19+ 30:11+ 32:32+ 37:31+ 43:18+ 54:14+ 58:45+
01:30-	03:35+ 01:24+ 06:59+	05:04+ 02:56+	03:51+ 04:52+ 02:21+ 04:59+ 05:47+ 10:56+ 04:31+
01:01-	01:27& 00:09# 04:26@	03:13@ 01:14&	01:04& 02:07& 01:12@ 02:20& 01:35& 08:01@ 03:04@
30	Kjersti Vasbø	126	59:33
03:46+	13:07+ 14:27+ 20:04+	23:40+ 26:34+	32:24+ 37:28+ 39:54+ 47:00+ 49:38+ 55:42+ 58:53+
03:46+	09:21+ 01:20+ 05:37+	03:36+ 02:54+	05:50+ 05:04+ 02:26+ 07:06+ 02:38- 06:04+ 03:11+
01:15&	07:13@ 00:05+ 03:04@	01:45& 01:12&	03:03@ 02:19& 01:17@ 04:27@ 01:34- 03:09@ 01:44@
31	Ingunn Fandrem	47	1:00:07
02:25-	05:59+ 07:19+ 12:38+	16:56+ 20:18+	24:54+ 29:58+ 34:13+ 40:18+ 47:00+ 54:31+ 59:35+
02:25-	03:34+ 01:20+ 05:19+	04:18+ 03:22+	04:36+ 05:04+ 04:15+ 06:05+ 06:42+ 07:31+ 05:04+
00:06-	01:26& 00:05+ 02:46@	02:27@ 01:40&	01:49& 02:19& 03:06@ 03:26@ 02:30& 04:36@ 03:37@
32	Solveig Marie Grønning	47	1:00:33
02:31=	06:01+ 07:26+ 12:41+	17:15+ 20:19+	25:00+ 30:01+ 34:24+ 40:25+ 46:57+ 54:33+ 59:38+
02:31=	03:30+ 01:25+ 05:15+	04:34+ 03:04+	04:41+ 05:01+ 04:23+ 06:01+ 06:32+ 07:36+ 05:05+
00:00=	01:22& 00:10# 02:42@	02:43@ 01:22&	01:54& 02:16& 03:14@ 03:22@ 02:20& 04:41@ 03:38@
33	Jenny Mazarino	101	1:01:23
03:05+	06:27+ 07:48+ 12:41+	16:52+ 19:23+	26:56+ 31:14+ 34:49+ 38:21+ 45:20+ 56:19+ 60:40+
03:05+	03:22+ 01:21+ 04:53+	04:11+ 02:31+	07:33+ 04:18+ 03:35+ 03:32+ 06:59+ 10:59+ 04:21+
00:34#	01:14& 00:06+ 02:20&	02:20@ 00:49&	04:46@ 01:33& 02:26@ 00:53& 02:47& 08:04@ 02:54@
34	Synnøve Ims Gjestad	101	1:01:34
05:06+	08:54+ 10:14+ 13:56+	16:37+ 18:42+	22:57+ 26:48+ 33:07+ 42:22+ 53:03+ 58:01+ 61:05+
05:06+	03:48+ 01:20+ 03:42+	02:41+ 02:05+	04:15+ 03:51+ 06:19+ 09:15+ 10:41+ 04:58+ 03:04+
02:35@	01:40& 00:05+ 01:09&	00:50& 00:23#	01:28& 01:06& 05:10@ 06:36@ 06:29@ 02:03& 01:37@
35	Randi Wesetvik	116	1:03:11
02:59+	06:52+ 09:49+ 16:12+	19:58+ 27:54+	33:20+ 38:46+ 42:16+ 48:00+ 54:14+ 57:40+ 62:32+
02:59+	03:53+ 02:57+ 06:23+	03:46+ 07:56+	05:26+ 05:26+ 03:30+ 05:44+ 06:14+ 03:26+ 04:52+
00:28#	01:45& 01:42@ 03:50@	01:55@ 06:14@	02:39& 02:41& 02:21@ 03:05@ 02:02& 00:31# 03:25@
36	Silje Strand	136	1:03:23
12:15+	14:21+ 16:47+ 21:18+	26:21+ 29:21+	34:18+ 39:13+ 42:43+ 47:28+ 50:56+ 57:05+ 62:41+
12:15+	02:06- 02:26+ 04:31+	05:03+ 03:00+	04:57+ 04:55+ 03:30+ 04:45+ 03:28- 06:09+ 05:36+
09:44@	00:02- 01:11& 01:58&	03:12@ 01:18&	02:10& 02:10& 02:21@ 02:06& 00:44- 03:14@ 04:09@
37	Unni Byberg Mæstad	92	1:03:47
03:32+	06:36+ 08:02+ 11:52+	14:44+ 17:34+	22:07+ 26:51+ 33:37+ 42:11+ 54:47+ 58:02+ 63:09+
03:32+	03:04+ 01:26+ 03:50+	02:52+ 02:50+	04:33+ 04:44+ 06:46+ 08:34+ 12:36+ 03:15+ 05:07+
01:01&	00:56& 00:11# 01:17&	01:01& 01:08&	01:46& 01:59& 05:37@ 05:55@ 08:24@ 00:20# 03:40@
38	Aase Sveinsvoll	94	1:19:49
02:39+	07:54+ 09:27+ 17:01+	21:16+ 25:41+	41:56+ 57:04+ 59:51+ 64:35+ 69:41+ 73:41+ 78:51+
02:39+	05:15+ 01:33+ 07:34+	04:15+ 04:25+	16:15+ 15:08+ 02:47+ 04:44+ 05:06+ 04:00+ 05:10+
00:08+	03:07@ 00:18# 05:01@	02:24@ 02:43@	13:28@ 12:23@ 01:38@ 02:05& 00:54# 01:05& 03:43@
39	Hilde Søndresen	93	1:22:47
03:36+	13:12+ 16:14+ 25:25+	29:07+ 33:34+	42:20+ 47:56+ 58:04+ 62:57+ 69:03+ 77:55+ 81:53+
03:36+	09:36+ 03:02+ 09:11+	03:42+ 04:27+	08:46+ 05:36+ 10:08+ 04:53+ 06:06+ 08:52+ 03:58+
01:05&	07:28@ 01:47@ 06:38@	01:51& 02:45@	05:59@ 02:51@ 08:59@ 02:14& 01:54& 05:57@ 02:31@
40	Inger Synnøve Sjørsten	92	1:22:48
03:30+	13:12+ 16:10+ 25:19+	28:59+ 33:32+	42:15+ 48:00+ 57:56+ 62:55+ 69:01+ 77:54+ 81:58+
03:30+	09:42+ 02:58+ 09:09+	03:40+ 04:33+	08:43+ 05:45+ 09:56+ 04:59+ 06:06+ 08:53+ 04:04+
00:59&	07:34@ 01:43@ 06:36@	01:49& 02:51@	05:56@ 03:00@ 08:47@ 02:20& 01:54& 05:58@ 02:37@
41	Ewelina Uscinska	287	1:23:34
02:01-	05:19+ 08:29+ 31:33+	34:59+ 37:21+	41:41+ 51:15+ 52:54+ 58:16+ 62:42+ 79:41+ 83:09+
02:01-	03:18+ 03:10+ 23:04+	03:26+ 02:22+	04:20+ 09:34+ 01:39+ 05:22+ 04:26+ 16:59+ 03:28+
00:30-	01:10& 01:55@ 20:31@	01:35& 00:40&	01:33& 06:49@ 00:30& 02:43@ 00:14+ 14:04@ 02:01@

Class	Navn	Klasse	Tid										
42	May Kristin Haaland	47	1:29:16										
01:16-	06:35+	08:45+	20:59+	24:29+	27:34+	47:49+	60:25+	62:39+	69:07+	80:30+	83:46+	88:33+	89:16+
01:16-	05:19+	02:10+	12:14+	03:30+	03:05+	20:15+	12:36+	02:14+	06:28+	11:23+	03:16+	04:47+	00:43+
01:15-	03:11@	00:55&	09:41@	01:39&	01:23&	17:28@	09:51@	01:05&	03:49@	07:11@	00:21#	03:20@	00:22@
43	Anette Wolff	113	1:42:54										
09:41+	12:54+	14:02+	31:25+	36:07+	45:34+	50:46+	77:52+	80:02+	89:20+	92:07+	97:12+	102:07+	102:54+
09:41+	03:13+	01:08-	17:23+	04:42+	09:27+	05:12+	27:06+	02:10+	09:18+	02:47-	05:05+	04:55+	00:47+
07:10@	01:05&	00:07-	14:50@	02:51@	07:45@	02:25&	24:21@	01:01&	06:39@	01:25-	02:10&	03:28@	00:26@

Beste strekktid for klassen

00:47 02:06 00:50 02:30 01:51 01:42 02:38 02:45 01:09 02:39 01:53 02:14 01:27 00:20

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

Herrer 16 - 39 år

1	Joar Fuglestad	12	34:04																
00:56=	01:25=	04:19=	06:22=	08:23=	09:48=	11:13=	12:15=	14:02=	18:18=	19:40=	23:19=	24:24=	26:22=	27:13=	28:38=	29:13=	32:50=	33:44=	34:04=
00:56=	00:29=	02:54=	02:03=	02:01=	01:25=	01:25=	01:02=	01:47=	04:16=	01:22=	03:39=	01:05=	01:58=	00:51=	01:25=	00:35=	03:37=	00:54=	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=	00:00=	00:00=
2	Jørgen Strømstad	50	34:06																
00:43-	01:13-	04:14-	06:30+	08:19-	09:46-	11:01-	11:58-	12:46-	16:54-	18:06-	21:33-	22:52-	25:28-	27:01-	28:29-	29:44+	32:40-	33:43-	34:06+
00:43-	00:30+	03:01+	02:16+	01:49-	01:27+	01:15-	00:57-	00:48-	04:08-	01:12-	03:27-	01:19+	02:36+	01:33+	01:28+	01:15+	02:56-	01:03+	00:23+
00:13-	00:01+	00:07+	00:13#	00:12-	00:02+	00:10-	00:05-	00:59-	00:08-	00:10-	00:12-	00:14#	00:38&	00:42&	00:03+	00:40@	00:41-	00:09#	00:03#
3	Svein Magnus Halsne	71	38:45																
01:39+	02:46+	05:50+	08:27+	10:15+	11:40+	12:57+	14:00+	14:53+	22:53+	24:10+	27:53+	29:09+	31:28+	32:14+	33:29+	34:17+	37:36+	38:19+	38:45+
01:39+	01:07+	03:04+	02:37+	01:48-	01:25=	01:17-	01:03+	00:53-	08:00+	01:17-	03:43+	01:16+	02:19+	00:46-	01:15-	00:48+	03:19-	00:43-	00:26+
00:43&	00:38@	00:10+	00:34&	00:13-	00:00=	00:08-	00:01+	00:54-	03:44&	00:05-	00:04+	00:11#	00:21#	00:05-	00:10-	00:13&	00:18-	00:11-	00:06&
4	Andreas Nybak Urdal	118	39:50																
00:47-	01:19-	04:06-	06:53+	08:59+	10:53+	12:16+	13:58+	14:59+	20:27+	22:02+	26:09+	27:27+	30:31+	31:44+	33:25+	35:16+	38:32+	39:23+	39:50+
00:47-	00:32+	02:47-	02:47+	02:06+	01:54+	01:23-	01:42+	01:01-	05:28+	01:35+	04:07+	01:18+	03:04+	01:13+	01:41+	01:51+	03:16-	00:51-	00:27+
00:09-	00:03#	00:07-	00:44&	00:05+	00:29&	00:02-	00:40&	00:46-	01:12&	00:13#	00:28#	00:13#	01:06&	00:22&	00:16#	01:16@	00:21-	00:03-	00:07&
5	Andreas Mykkeltveit Terjesen	43	41:04																
00:55-	01:28+	04:33+	06:42+	08:49+	10:19+	11:40+	12:46+	13:47-	22:25+	23:49+	28:06+	30:31+	33:18+	34:11+	35:32+	36:17+	39:32+	40:39+	41:04+
00:55-	00:33+	03:05+	02:09+	02:07+	01:30+	01:21-	01:06+	01:01-	08:38+	01:24+	04:17+	02:25+	02:47+	00:53+	01:21-	00:45+	03:15-	01:07+	00:25+
00:01-	00:04#	00:11+	00:06+	00:06+	00:05+	00:04-	00:04+	00:46-	04:22@	00:02+	00:38#	01:20@	00:49&	00:02+	00:04-	00:10&	00:22-	00:13#	00:05#
6	Svein Kyllingstad	71	41:08																
00:42-	01:22-	05:16+	07:42+	09:59+	11:55+	13:23+	15:17+	16:21+	22:55+	24:25+	28:14+	30:05+	32:56+	33:43+	35:14+	36:04+	39:43+	40:35+	41:08+
00:42-	00:40+	03:54+	02:26+	02:17+	01:56+	01:28+	01:54+	01:04-	06:34+	01:30+	03:49+	01:51+	02:51+	00:47-	01:31+	00:50+	03:39+	00:52-	00:33+
00:14-	00:11&	01:00&	00:23#	00:16#	00:31&	00:03+	00:52&	00:43-	02:18&	00:08+	00:10+	00:46&	00:53&	00:04-	00:06+	00:15&	00:02+	00:02-	00:13&
7	Asgeir Nærland	88	42:22																
00:52-	01:32+	08:04+	10:52+	13:23+	15:17+	16:44+	17:53+	18:54+	23:48+	25:33+	29:42+	30:54+	33:30+	34:35+	36:23+	37:14+	41:08+	41:53+	42:22+
00:52-	00:40+	06:32+	02:48+	02:31+	01:54+	01:27+	01:09+	01:01-	04:54+	01:45+	04:09+	01:12+	02:36+	01:05+	01:48+	00:51+	03:54+	00:45-	00:29+
00:04-	00:11&	03:38@	00:45&	00:30#	00:29&	00:02+	00:07#	00:46-	00:38#	00:23&	00:30#	00:07#	00:38&	00:14&	00:23&	00:16&	00:17+	00:09-	00:09&
8	Anders Lindaas Bringedal	116	43:39																
00:59+	01:44+	06:02+	09:35+	12:06+	14:11+	15:51+	17:29+	18:51+	24:19+	26:16+	30:41+	32:04+	34:17+	35:10+	36:50+	37:52+	41:57+	43:11+	43:39+
00:59+	00:45+	04:18+	03:33+	02:31+	02:05+	01:40+	01:38+	01:22-	05:28+	01:57+	04:25+	01:23+	02:13+	00:53+	01:40+	01:02+	04:05+	01:14+	00:28+
00:03+	00:16&	01:24&	01:30&	00:30#	00:40&	00:15#	00:36&	00:25-	01:12&	00:35&	00:46#	00:18&	00:15#	00:02+	00:15#	00:27&	00:28#	00:20&	00:08&
9	Håkon Eggebø	71	44:57																
00:55-	01:40+	07:38+	10:12+	13:13+	14:47+	16:15+	18:43+	20:12+	27:34+	29:12+	33:10+	34:28+	37:00+	37:40+	39:11+	40:02+	43:37+	44:27+	44:57+
00:55-	00:45+	05:58+	02:34+	03:01+	01:34+	01:28+	02:28+	01:29-	07:22+	01:38+	03:58+	01:18+	02:32+	00:40-	01:31+	00:51+	03:35-	00:50-	00:30+
00:01-	00:16&	03:04@	00:31&	01:00&	00:09#	00:03+	01:26@	00:18-	03:06&	00:16#	00:19+	00:13#	00:34&	00:11-	00:06+	00:16&	00:02-	00:04-	00:10&
10	Håvard Thomassen Lauritsen	116	45:48																
00:50-	01:21-	04:50+	07:57+	10:06+	11:54+	13:34+	15:03+	16:17+	23:32+	25:27+	30:25+	31:50+	35:29+	36:19+	38:30+	39:24+	44:06+	45:07+	45:48+
00:50-	00:31+	03:29+	03:07+	02:09+	01:48+	01:40+	01:29+	01:14-	07:15+	01:55+	04:58+	01:25+	03:39+	00:50-	02:11+	00:54+	04:42+	01:01+	00:41+
00:06-	00:02+	00:35#	01:04&	00:08+	00:23&	00:15#	00:27&	00:33-	02:59&	00:33&	01:19&	00:20&	01:41&	00:01-	00:46&	00:19&	01:05&	00:07#	00:21@
11	Torstein Birkelund	39	45:58																
01:02+	01:49+	07:41+	10:25+	12:54+	14:45+	16:19+	17:31+	18:53+	23:40+	25:41+	30:16+	31:57+	35:14+	36:22+	37:52+	38:42+	44:39+	45:21+	45:58+
01:02+	00:47+	05:52+	02:44+	02:29+	01:51+	01:34+	01:12+	01:22-	04:47+	02:01+	04:35+	01:41+	03:17+	01:08+	01:30+	00:50+	05:57+	00:42-	00:37+
00:06#	00:18&	02:58@	00:41&	00:28#	00:26&	00:09#	00:10#	00:25-	00:31#	00:39&	00:56&	00:36&	01:19&	00:17&	00:05+	00:15&	02:20&	00:12-	00:17&

Class	Navn	Klasse	Tid																	
12	Sindre Jacobsen	88	49:06																	
01:25+	02:24+	06:27+	09:10+	12:10+	14:49+	16:40+	18:36+	19:45+	27:35+	29:05+	33:54+	36:33+	39:51+	40:43+	42:40+	43:33+	47:01+	48:25+	49:06+	
01:25+	00:59+	04:03+	02:43+	03:00+	02:39+	01:51+	01:56+	01:09-	07:50+	01:30+	04:49+	02:39+	03:18+	00:52+	01:57+	00:53+	03:28-	01:24+	00:41+	
00:29&	00:30@	01:09&	00:40&	00:59&	01:14&	00:26&	00:54&	00:38-	03:34&	00:08+	01:10&	01:34@	01:20&	00:01+	00:32&	00:18&	00:09-	00:30&	00:21@	
13	Andreas Ente	66	49:36																	
01:04+	01:54+	07:12+	10:21+	12:55+	14:45+	16:26+	18:43+	20:17+	25:31+	29:59+	32:11+	36:28+	37:49+	40:32+	41:27+	43:15+	44:05+	48:04+	49:06+	49:36+
01:04+	00:50+	05:18+	03:09+	02:34+	01:50+	01:41+	02:17+	01:34-	05:14+	04:28+	02:12-	04:17+	01:21-	02:43+	00:55-	01:48+	00:50-	03:59+	01:02+	00:30+
00:08#	00:21&	02:24&	01:06&	00:33&	00:25&	00:16#	01:15@	00:13-	00:58#	03:06@	01:27-	03:12@	00:37-	01:52@	00:30-	01:13@	02:47-	03:05@	00:42@	00:30+
14	Jonas Bolstad Scheie	62	50:02																	
00:56=	02:44+	11:02+	13:05+	15:57+	17:38+	19:19+	20:56+	21:59+	27:30+	30:39+	34:31+	36:42+	40:06+	41:08+	42:44+	43:40+	48:29+	49:33+	50:02+	
00:56=	01:48+	08:18+	02:03=	02:52+	01:41+	01:41+	01:37+	01:03-	05:31+	03:09+	03:52+	02:11+	03:24+	01:02+	01:36+	00:56+	04:49+	01:04+	00:29+	
00:00=	01:19@	05:24@	00:00=	00:51&	00:16#	00:16#	00:35&	00:44-	01:15&	01:47@	00:13+	01:06@	01:26&	00:11#	00:11#	00:21&	01:12&	00:10#	00:09&	
15	Alexander Romanov	3	50:20																	
00:52-	04:08+	12:15+	15:25+	17:40+	19:31+	21:04+	22:09+	23:02+	30:22+	32:09+	37:35+	38:52+	41:11+	42:15+	43:49+	45:21+	48:53+	49:53+	50:20+	
00:52-	03:16+	08:07+	03:10+	02:15+	01:51+	01:33+	01:05+	00:53-	07:20+	01:47+	05:26+	01:17+	02:19+	01:04+	01:34+	01:32+	03:32-	01:00+	00:27+	
00:04-	02:47@	05:13@	01:07&	00:14#	00:26&	00:08+	00:03+	00:54-	03:04&	00:25&	01:47&	00:12#	00:21#	00:13&	00:09#	00:57@	00:05-	00:06#	00:07&	
16	Bernhard Haver Vagle	126	51:42																	
01:05+	02:28+	06:30+	10:10+	13:11+	14:53+	16:41+	18:05+	19:30+	27:29+	30:46+	35:15+	38:19+	41:17+	42:12+	44:16+	45:13+	49:49+	51:11+	51:42+	
01:05+	01:23+	04:02+	03:40+	03:01+	01:42+	01:48+	01:24+	01:25-	07:59+	03:17+	04:29+	03:04+	02:58+	00:55+	02:04+	00:57+	04:36+	01:22+	00:31+	
00:09#	00:54@	01:08&	01:37&	01:00&	00:17#	00:23&	00:22&	00:22-	03:43&	01:55@	00:50#	01:59@	01:00&	00:04+	00:39&	00:22&	00:59&	00:28&	00:11&	
17	Frode Stangeland	90	52:52																	
03:32+	05:42+	08:59+	11:36+	15:28+	17:15+	20:00+	21:35+	23:06+	28:15+	29:57+	34:34+	37:45+	40:56+	42:13+	44:06+	45:05+	50:46+	52:17+	52:52+	
03:32+	02:10+	03:17+	02:37+	03:52+	01:47+	02:45+	01:35+	01:31-	05:09+	01:42+	04:37+	03:11+	03:11+	01:17+	01:53+	00:59+	05:41+	01:31+	00:35+	
02:36@	01:41@	00:23#	00:34&	01:51&	00:22&	01:20&	00:33&	00:16-	00:53#	00:20#	00:58&	02:06@	01:13&	00:26&	00:28&	00:24&	02:04&	00:37&	00:15&	
18	Sondre Aspøy	117	55:11																	
02:38+	03:34+	08:27+	12:04+	15:18+	17:25+	19:21+	20:49+	23:50+	30:27+	32:30+	39:04+	40:49+	43:34+	45:05+	47:17+	48:22+	52:57+	54:25+	55:11+	
02:38+	00:56+	04:53+	02:37+	03:14+	02:07+	01:56+	01:28+	03:01+	06:37+	02:03+	06:34+	01:45+	02:45+	01:31+	02:12+	01:05+	04:35+	01:28+	00:46+	
01:42@	00:27&	01:59&	01:34&	01:13&	00:42&	00:31&	00:26&	01:14&	02:21&	00:41&	02:55&	00:40&	00:47&	00:40&	00:47&	00:30&	00:58&	00:34&	00:26@	
19	Tor Gunnar Osen	116	55:21																	
01:07+	02:01+	05:48+	08:55+	11:20+	13:23+	15:10+	16:35+	18:01+	25:09+	29:47+	37:33+	38:59+	41:47+	43:11+	45:17+	46:30+	53:15+	54:47+	55:21+	
01:07+	00:54+	03:47+	03:07+	02:25+	02:03+	01:47+	01:25+	01:26-	07:08+	04:38+	07:46+	01:26+	02:48+	01:24+	02:06+	01:13+	06:45+	01:32+	00:34+	
00:11#	00:25&	00:53&	01:04&	00:24#	00:38&	00:22&	00:23&	00:21-	02:52&	03:16@	04:07@	00:21&	00:50&	00:33&	00:41&	00:38@	03:08&	00:38&	00:14&	
20	Øivind Fandrem Høivik	66	56:29																	
01:33+	02:09+	06:06+	08:33+	11:16+	13:09+	14:38+	19:36+	20:59+	28:13+	31:31+	37:19+	38:28+	41:37+	42:32+	44:12+	49:36+	54:57+	56:01+	56:29+	
01:33+	00:36+	03:57+	02:27+	02:43+	01:53+	01:29+	04:58+	01:23-	07:14+	03:18+	05:48+	01:09+	03:09+	00:55+	01:40+	05:24+	05:21+	01:04+	00:28+	
00:37&	00:07#	01:03&	00:24#	00:42&	00:28&	00:04+	03:56@	00:24-	02:58&	01:56@	02:09&	00:04+	01:11&	00:04+	00:15#	04:49@	01:44&	00:10#	00:08&	
21	Jon Arne Bratås	239	1:02:39																	
01:02+	02:06+	07:38+	11:01+	14:28+	16:11+	17:57+	19:36+	22:44+	29:45+	31:57+	43:03+	45:51+	49:44+	50:54+	53:06+	54:48+	60:01+	62:02+	62:39+	
01:02+	01:04+	05:32+	03:23+	03:27+	01:43+	01:46+	01:39+	03:08+	07:01+	02:12+	11:06+	02:48+	03:53+	01:10+	02:12+	01:42+	05:13+	02:01+	00:37+	
00:06#	00:35@	02:38&	01:20&	01:26&	00:18#	00:21#	00:37&	01:21&	02:45&	00:50&	07:27@	01:43@	01:55&	00:19&	00:47&	01:07@	01:36&	01:07@	00:17&	
22	Truls Thorkildsen	39	1:07:04																	
01:51+	02:46+	10:01+	10:27+	14:04+	17:28+	19:36+	21:15+	24:17+	25:39+	33:50+	35:53+	45:06+	46:59+	49:49+	50:53+	54:26+	55:28+	64:51+	66:31+	67:04+
01:51+	00:55+	07:15+	00:26-	03:37+	03:24+	02:08+	01:39+	03:02+	01:22-	08:11+	02:03-	09:13+	01:53-	02:50+	01:04-	03:33+	01:02-	09:23+	01:40+	00:33+
00:55&	00:26&	04:21@	01:37-	01:36&	01:59@	00:43&	00:37&	01:15&	02:54-	06:49@	01:36-	08:08@	00:05-	01:59@	00:21-	02:58@	02:35-	08:29@	01:20@	00:33+
23	Mattis Stordlen Flister	165	1:10:44																	
03:39+	05:30+	10:07+	13:26+	18:39+	21:13+	23:35+	25:19+	27:34+	42:38+	45:18+	51:27+	54:21+	57:36+	59:25+	61:37+	62:52+	67:59+	69:34+	70:44+	
03:39+	01:51+	04:37+	03:19+	05:13+	02:34+	02:22+	01:44+	02:15+	15:40+	02:40+	06:09+	02:54+	03:15+	01:49+	02:12+	01:15+	05:07+	01:35+	01:10+	
02:43@	01:22@	01:43&	01:16&	03:12@	01:09&	00:57&	00:42&	00:28&	10:48@	01:18&	02:30&	01:49@	01:17&	00:58@	00:47&	00:40@	01:30&	00:41&	00:50@	
24	Arve Friestad	100	1:15:05																	
03:04+	04:12+	12:50+	19:13+	22:27+	24:57+	27:12+	29:09+	31:47+	37:39+	39:10+	54:55+	56:08+	59:33+	62:52+	65:58+	68:01+	72:58+	74:07+	75:05+	
03:04+	01:08+	08:38+	06:23+	03:14+	02:30+	02:15+	01:57+	02:38+	05:52+	01:31+	15:45+	01:13+	03:25+	03:19+	03:06+	02:03+	04:57+	01:09+	00:58+	
02:08@	00:39@	05:44@	04:20@	01:13&	01:05&	00:50&	00:55&	00:51&	01:36&	00:09#	12:06@	00:08#	01:27&	02:28@	01:41@	01:28@	01:20&	00:15&	00:38@	
25	Alexander Khorunzhiy	287	1:17:26																	
01:24+	02:55+	19:14+	21:51+	24:45+	26:51+	29:06+	34:32+	35:27+	48:41+	53:42+	59:46+	61:30+	64:14+	65:24+	68:38+	69:36+	74:47+	76:41+	77:26+	
01:24+	01:31+	16:19+	02:37+	02:54+	02:06+	02:15+	05:26+	00:55-	13:14+	05:01+	06:04+	01:44+	02:44+	01:10+	03:14+	00:58+	05:11+	01:54+	00:45+	
00:28&	01:02@	13:25@	00:34&	00:53&	00:41&	00:50&	04:24@	00:52-	08:58@	03:39@	02:25&	00:39&	00:46&	00:19&	01:49@	00:23&	01:34&	01:00@	00:25@	
26	Jørgen Fremstad	239	1:41:51																	
02:01+	04:44+	09:49+	17:06+	20:09+	27:38+	31:29+	36:47+	40:36+	61:37+	64:30+	71:42+	73:58+	82:30+	83:31+	85:38+	91:16+	100:13+	101:03+	101:51+	
02:01+	02:43+	05:05+	07:17+	03:03+	07:29+	03:51+	05:18+	03:49+	21:01+	02:53+	07:12+	02:16+	08:32+	01:01+	02:07+	05:38+	08:57+	00:50-	00:48+	
01:05@	02:14@	02:11&	05:14@	01:02&	06:04@	02:26@	04:16@	02:02@	16:45@	01:31@	03:33&	01:11@	06:34@	00:10#	00:42&	05:03@	05:20@	00:04-	00:28@	

Class	Navn	Klasse																		Tid
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Beste strekktid for klassen

00:42 00:29 02:47 00:26 01:48 01:25 01:15 00:57 00:48 01:22 01:12 02:03 01:05 01:21 00:40 00:55 00:35 00:50 00:42 00:20

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

Herrer 40 - 49 år

1 Thomas Johansen

111

38:23

00:51= 01:33= 04:40= 07:22= 09:24= 11:00= 12:27= 13:39= 15:19= 22:22= 23:47= 27:39= 28:52= 30:53= 31:41= 33:03= 33:48= 37:01= 37:58= 38:23=

2 Rune Dahl Fitjar

53

39:43

00:56+ 01:39+ 04:57+ 07:25+ 09:38+ 11:34+ 13:14+ 14:25+ 15:30+ 20:23- 22:09- 26:02- 27:34- 30:26- 31:31- 33:17+ 34:03+ 38:11+ 39:10+ 39:43+

3 Trond Sigurd Fotland

66

40:46

00:49- 01:26- 05:38+ 08:06+ 10:13+ 11:40+ 13:16+ 15:02+ 16:12+ 20:53- 22:17- 28:12+ 29:38+ 32:14+ 33:07+ 34:53+ 35:41+ 39:00+ 40:12+ 40:46+

4 Christian Ask

180

43:47

01:01+ 01:46+ 05:12+ 08:08+ 10:33+ 12:26+ 13:58+ 15:13+ 16:36+ 21:52- 23:30- 28:03+ 31:47+ 34:38+ 35:30+ 37:13+ 38:08+ 42:17+ 43:15+ 43:47+

5 Arngrim Utskarpen

117

44:19

01:17+ 02:06+ 06:15+ 08:54+ 11:26+ 13:28+ 15:12+ 16:33+ 17:47+ 22:58+ 24:50+ 29:39+ 31:11+ 34:07+ 35:33+ 37:14+ 38:23+ 42:42+ 43:50+ 44:19+

6 Frode Ungar

116

45:39

01:04+ 02:00+ 05:52+ 08:42+ 11:24+ 13:08+ 14:50+ 16:35+ 17:47+ 23:33+ 25:13+ 31:04+ 32:52+ 35:17+ 36:05+ 37:56+ 39:03+ 43:55+ 45:10+ 45:39+

7 Thomas Schanke Eikum

62

46:13

00:58+ 01:59+ 06:05+ 08:40+ 11:14+ 12:57+ 14:30+ 16:25+ 17:32+ 24:50+ 26:32+ 30:58+ 33:49+ 36:08+ 36:51+ 38:31+ 39:19+ 44:27+ 45:29+ 46:13+

8 Svend Vihovde

116

47:09

01:07+ 01:54+ 05:51+ 08:42+ 11:30+ 13:40+ 15:58+ 17:19+ 18:33+ 24:38+ 27:03+ 32:23+ 34:03+ 37:24+ 38:23+ 40:28+ 41:25+ 45:25+ 46:28+ 47:09+

9 Ole-Tobias Frich

116

48:38

01:08+ 02:03+ 05:26+ 08:03+ 11:16+ 13:53+ 15:45+ 17:37+ 18:50+ 24:16+ 26:03+ 32:05+ 33:37+ 38:37+ 39:30+ 41:28+ 42:29+ 46:46+ 48:02+ 48:38+

10 Håvard Svihus

267

48:39

01:19+ 02:02+ 05:35+ 08:10+ 10:24+ 12:30+ 14:13+ 15:37+ 17:13+ 23:14+ 24:51+ 32:16+ 34:39+ 39:12+ 40:35+ 42:22+ 43:16+ 47:02+ 47:59+ 48:39+

11 Erlend Kveinen

116

49:55

01:22+ 02:09+ 06:28+ 11:17+ 13:50+ 17:03+ 18:47+ 20:46+ 24:43+ 30:49+ 32:45+ 37:12+ 38:40+ 41:13+ 42:07+ 43:37+ 44:26+ 48:11+ 49:17+ 49:55+

12 Rolf André Svellingen

268

50:44

01:01+ 01:50+ 05:52+ 08:34+ 11:13+ 13:15+ 14:54+ 16:29+ 18:08+ 23:36+ 28:47+ 33:35+ 36:40+ 39:20+ 40:06+ 41:42+ 42:48+ 48:40+ 50:07+ 50:44+

13 Trondr Breiland

53

52:21

01:07+ 01:46+ 06:42+ 09:32+ 11:37+ 13:14+ 14:40+ 18:18+ 19:48+ 25:09+ 27:47+ 39:07+ 40:18+ 42:52+ 43:40+ 45:31+ 46:34+ 50:44+ 51:44+ 52:21+

Class	Navn	Klasse											Tid								
14	Eivind Lie	116											54:57								
00:59+	01:46+	09:15+	12:47+	16:39+	18:24+	20:20+	22:22+	24:04+	29:11+	32:08+	37:52+	40:44+	43:57+	46:39+	48:37+	49:26+	53:03+	54:19+	54:57+		
00:59+	00:47+	07:29+	03:32+	03:52+	01:45+	01:56+	02:02+	01:42+	05:07-	02:57+	05:44+	02:52+	03:13+	02:42+	01:58+	00:49+	03:37+	01:16+	00:38+		
00:08#	00:05#	04:22@	00:50&	01:50&	00:09+	00:29&	00:50&	00:02+	01:56-	01:32@	01:52&	01:39@	01:12&	01:54@	00:36&	00:04+	00:24#	00:19&	00:13&		
15	André Sirevåg	116											55:13								
02:11+	03:07+	08:06+	11:16+	14:39+	16:55+	18:59+	21:37+	23:09+	31:34+	33:24+	38:57+	41:41+	44:10+	45:14+	47:06+	48:12+	53:25+	54:37+	55:13+		
02:11+	00:56+	04:59+	03:10+	03:23+	02:16+	02:04+	02:38+	01:32-	08:25+	01:50+	05:33+	02:44+	02:29+	01:04+	01:52+	01:06+	05:13+	01:12+	00:36+		
01:20@	00:14&	01:52&	00:28#	01:21&	00:40&	00:37&	01:26@	00:08-	01:22#	00:25&	01:41&	01:31@	00:28#	00:16&	00:30&	00:21&	02:00&	00:15&	00:11&		
16	Jean-Sebastien Dorne	42											55:57								
01:14+	02:15+	09:54+	13:44+	16:48+	18:48+	21:11+	22:43+	26:21+	32:20+	34:25+	39:56+	41:48+	44:58+	46:06+	48:05+	49:27+	54:13+	55:16+	55:57+		
01:14+	01:01+	07:39+	03:50+	03:04+	02:00+	02:23+	01:32+	03:38+	05:59-	02:05+	05:31+	01:52+	03:10+	01:08+	01:59+	01:22+	04:46+	01:03+	00:41+		
00:23&	00:19&	04:32@	01:08&	01:02&	00:24#	00:56&	00:20&	01:58@	01:04-	00:40&	01:39&	00:39&	01:09&	00:20&	00:37&	00:37&	01:33&	00:06#	00:16&		
17	Oddgeir Nevland	51											56:40								
01:03+	01:53+	07:31+	10:26+	13:37+	15:48+	17:45+	19:12+	20:50+	31:18+	32:57+	38:36+	42:44+	46:02+	47:11+	49:12+	50:11+	55:06+	56:00+	56:40+		
01:03+	00:50+	05:38+	02:55+	03:11+	02:11+	01:57+	01:27+	01:38-	10:28+	01:39+	05:39+	04:08+	03:18+	01:09+	02:01+	00:59+	04:55+	00:54-	00:40+		
00:12#	00:08#	02:31&	00:13+	00:09&	00:35&	00:30&	00:15#	00:02-	03:25&	00:14#	01:47&	02:55@	01:17&	00:21&	00:39&	00:14&	01:42&	00:03-	00:15&		
18	Raymond B. Pettersen	105											57:23								
01:01+	01:43+	08:24+	12:11+	15:16+	17:58+	20:11+	21:49+	23:17+	30:38+	32:47+	38:39+	40:48+	44:26+	46:01+	48:36+	49:44+	55:29+	56:42+	57:23+		
01:01+	00:42#	06:41+	03:47+	03:05+	02:42+	02:13+	01:38+	01:28-	07:21+	02:09+	05:52+	02:09+	03:38+	01:35+	02:35+	01:08+	05:45+	01:13+	00:41+		
00:10#	00:00#	03:34@	01:05&	01:03&	01:06&	00:46&	00:26&	00:12-	00:18+	00:44&	02:00&	00:56&	01:37&	00:47&	01:13&	00:23&	02:32&	00:16&	00:16&		
19	Frode Dyrli	116											59:33								
00:58+	01:59+	07:29+	11:29+	14:16+	16:25+	18:40+	20:21+	22:29+	30:06+	32:22+	39:54+	42:08+	46:54+	48:07+	50:35+	52:01+	57:43+	58:55+	59:33+		
00:58+	01:01+	05:30+	04:00+	02:47+	02:09+	02:15+	01:41+	02:08+	07:37+	02:16+	07:32+	02:14+	04:46+	01:13+	02:28+	01:26+	05:42+	01:12+	00:38+		
00:07#	00:19&	02:23&	01:18&	00:45&	00:33&	00:48&	00:29&	00:28&	00:34+	00:51&	03:40&	01:01&	02:45@	00:25&	01:06&	00:41&	02:29&	00:15&	00:13&		
20	Jean-Michel Maurice	42											1:03:06								
02:27+	03:47+	10:55+	14:41+	17:27+	19:53+	21:49+	23:29+	25:47+	32:49+	35:17+	41:12+	45:47+	50:21+	51:24+	53:18+	55:00+	60:57+	62:19+	63:06+		
02:27+	01:20+	07:08+	03:46+	02:46+	02:26+	01:56+	01:40+	02:18+	07:02-	02:28+	05:55+	04:35+	04:34+	01:03+	01:54+	01:42+	05:57+	01:22+	00:47+		
01:36@	00:38&	04:01@	01:04&	00:44&	00:50&	00:29&	00:28&	00:38&	00:01-	01:03&	02:03&	03:22@	02:33@	00:15&	00:32&	00:57@	02:44&	00:25&	00:22&		
21	Jan-Kenneth Polle	83											1:03:32								
01:47+	02:31+	06:21+	09:51+	12:13+	14:03+	18:40+	20:41+	21:57+	37:46+	39:42+	46:39+	49:58+	53:06+	54:00+	56:03+	57:15+	61:58+	62:59+	63:32+		
01:47+	00:44+	03:50+	03:30+	02:22+	01:50+	04:37+	02:01+	01:16-	15:49+	01:56+	06:57+	03:19+	03:08+	00:54+	02:03+	01:12+	04:43+	01:01+	00:33+		
00:56@	00:02+	00:43#	00:48&	00:20#	00:14#	03:10@	00:49&	00:24-	08:46@	00:31&	03:05&	02:06@	01:07&	00:06#	00:41&	00:27&	01:30&	00:04+	00:08&		
22	Bjarte Harbo	88											1:06:40								
01:03+	02:14+	07:17+	10:30+	13:49+	15:59+	19:06+	20:48+	22:55+	30:14+	32:41+	37:40+	39:47+	44:49+	45:54+	58:58+	60:04+	64:26+	65:52+	66:40+		
01:03+	01:11+	05:03+	03:13+	03:19+	02:10+	03:07+	01:42+	02:07+	07:19+	02:27+	04:59+	02:07+	05:02+	01:05+	13:04+	01:06+	04:22+	01:26+	00:48+		
00:12#	00:29&	01:56&	00:31#	01:17&	00:34&	01:40@	00:30&	00:27&	00:16+	01:02&	01:07&	00:54&	03:01@	00:17&	11:42@	00:21&	01:09&	00:29&	00:23&		
23	Antal Jansen	115											1:11:30								
01:21+	02:16+	20:26+	24:11+	27:05+	28:52+	30:41+	38:26+	40:28+	49:50+	52:00+	57:17+	58:54+	62:00+	63:22+	64:59+	66:05+	69:49+	70:53+	71:30+		
01:21+	00:55+	18:10+	03:45+	02:54+	01:47+	01:49+	07:45+	02:02+	09:22+	02:10+	05:17+	01:37+	03:06+	01:22+	01:37+	01:06+	03:44+	01:04+	00:37+		
00:30&	00:13&	15:03@	01:03&	00:52&	00:11#	00:22&	06:33@	00:22#	02:19&	00:45&	01:25&	00:24&	01:05&	00:34&	00:15#	00:21&	00:31#	00:07#	00:12&		
24	Arne Mong Birkeland	39											1:13:40								
02:02+	02:46+	10:23+	13:07+	15:11+	16:49+	18:29+	21:04+	26:51+	39:57+	46:21+	55:04+	57:10+	62:19+	63:17+	64:37+	65:36+	69:49+	73:01+	73:40+		
02:02+	00:44+	07:37+	02:44+	02:04+	01:38+	01:40+	02:35+	05:47+	13:06+	06:24+	08:43+	02:06+	05:09+	00:58+	01:20-	00:59+	04:13+	03:12+	00:39+		
01:11@	00:02+	04:30@	00:02+	00:02+	00:02+	00:13#	01:23@	04:07@	06:03&	04:59@	04:51@	00:53&	03:08@	00:10#	00:02-	00:14&	01:00&	02:15@	00:14&		
25	Francois-Marie Duchesne	42											1:27:04								
01:43+	02:52+	10:02+	13:51+	17:46+	20:25+	23:38+	27:15+	29:26+	37:38+	39:49+	49:55+	53:11+	58:31+	60:50+	64:50+	66:25+	83:31+	85:07+	87:04+		
01:43+	01:09+	07:10+	03:49+	03:55+	02:39+	03:13+	03:37+	02:11+	08:12+	02:11+	10:06+	03:16+	05:20+	02:19+	04:00+	01:35+	17:06+	01:36+	01:57+		
00:52@	00:27&	04:03@	01:07&	01:53&	01:03&	01:46@	02:25@	00:31&	01:09#	00:46&	06:14@	02:03@	03:19@	01:31@	02:38@	00:50@	13:53@	00:39&	01:32@		
26	Thomas Thue	88											1:50:35								
02:40+	03:38+	18:23+	21:47+	25:06+	31:13+	40:07+	50:37+	52:11+	65:27+	67:19+	84:50+	92:12+	96:26+	99:03+	101:23+	102:50+	107:41+	109:48+	110:35+		
02:40+	00:58+	14:45+	03:24+	03:19+	06:07+	08:54+	10:30+	01:34-	13:16+	01:52+	17:31+	07:22+	04:14+	02:37+	02:20+	01:27+	04:51+	02:07+	00:47+		
01:49@	00:16&	11:38@	00:42&	01:17&	04:31@	07:27@	09:18@	00:06-	06:13&	00:27&	13:39@	06:09@	02:13@	01:49@	00:58&	00:42&	01:38&	01:10@	00:22&		
Beste strekktid for klassen																					
00:49	00:37	03:07	02:28	02:02	01:27	01:26	01:11	01:05	04:41	01:24	03:52	01:11	02:01	00:43	01:20	00:45	03:13	00:54	00:25		

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

Herrer 50 - 59 år

Class	Navn	Klasse	Tid
1	Arnfinn Rømuld	116	35:51
01:14=	01:53= 07:39= 08:57=	15:44= 16:23= 18:17= 19:27= 21:24= 25:38= 27:19=	30:17= 31:09= 34:13= 35:34= 35:51=
01:14=	00:39= 05:46= 01:18= 00:47= 03:05=	02:55= 00:39= 01:54= 01:10= 01:57= 04:14= 01:41=	02:58= 00:52= 03:04= 01:21= 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= 00:00=
2	Per Ingar Hadland	7	36:30
01:23+	02:08+ 07:39= 08:59+ 09:43-	12:34- 15:35- 16:26+ 18:27+ 19:34+	21:32+ 26:02+ 27:34+
01:23+	00:45+ 05:31- 01:20+	00:44- 02:51- 03:01+ 00:51+ 02:01+	01:07- 01:58+ 04:30+ 01:32-
00:09#	00:06# 00:15- 00:02+	00:03- 00:14- 00:06+ 00:12& 00:07+	00:03- 00:01+ 00:16+ 00:09-
3	Arne Øvstebø	71	39:20
01:22+	02:08+ 08:40+ 10:21+	11:07+ 14:40+	17:42+ 18:29+ 20:22+
01:22+	00:46+ 06:32+ 01:41+	00:46- 03:33+ 03:02+	00:47+ 01:53- 01:24+
00:08#	00:07# 00:46# 00:23&	00:01- 00:28# 00:07+	00:08# 00:01- 00:14# 00:05-
4	Lars Bergersen	116	39:26
01:14=	01:56+ 07:36- 09:00+	09:40- 12:35-	15:49+ 16:28+ 18:30+
01:14=	00:42+ 05:40- 01:24+	00:40- 02:55-	03:14+ 00:39= 02:02+
00:00=	00:03+ 00:06- 00:06+	00:07- 00:10- 00:19# 00:00=	00:08+ 00:06+ 00:13# 00:19+
5	Frank Hansen	29	39:58
01:22+	02:03+ 07:32- 08:54-	09:42- 12:35-	15:33- 16:18-
01:22+	00:41+ 05:29- 01:22+	00:48+ 02:53-	02:58+ 00:45+ 02:22+
00:08#	00:02+ 00:17- 00:04+	00:01+ 00:12-	00:03+ 00:06# 00:28# 00:00=
6	Tor Brekken	97	39:59
01:16+	01:58+ 06:56- 09:15+	09:55+ 12:51+	15:35- 16:21-
01:16+	00:42+ 04:58- 02:19+	00:40- 02:56-	02:44- 00:46+ 02:02+
00:02+	00:03+ 00:48- 01:01&	00:07- 00:09-	00:11- 00:07# 00:08+
7	Trygve Michaelsen	117	40:14
01:24+	02:01+ 08:26+ 10:11+	10:50+ 13:57+	17:11+ 17:50+
01:24+	00:37- 06:25+ 01:45+	00:39- 03:07+	03:14+ 00:39= 02:05+
00:10#	00:02- 00:39# 00:27&	00:08- 00:02+	00:19# 00:00= 00:11+
8	Kjell Seland	236	41:00
01:33+	02:21+ 07:50+ 09:21+	10:08+ 13:06+	16:29+ 17:18+
01:33+	00:48+ 05:29- 01:31+	00:47= 02:58-	03:23+ 00:49+ 02:18+
00:19&	00:09# 00:17- 00:13#	00:00= 00:07-	00:28# 00:10& 00:24# 00:02-
9	Øystein Fuglestad	46	41:10
01:21+	02:04+ 08:09+ 09:35+	10:28+ 13:32+	16:44+ 17:26+
01:21+	00:43+ 06:05+ 01:26+	00:53+ 03:04-	03:12+ 00:42+
00:07+	00:04# 00:19+ 00:08#	00:06# 00:01-	00:17+ 00:03+ 00:18# 00:03+
10	Arne Magne Søndresen	92	42:46
01:38+	02:23+ 07:29- 09:11+	09:54+ 14:09+	16:54+ 17:40+
01:38+	00:45+ 05:06- 01:42+	00:43- 04:15+	02:45- 00:46+ 02:33+
00:24&	00:06# 00:40- 00:24&	00:04- 01:10&	00:10- 00:07# 00:39& 00:29& 02:26&
11	Anders Glenne	7	42:52
01:39+	03:13+ 08:11+ 10:10+	10:53+ 13:44+	17:00+ 17:43+
01:39+	01:34+ 04:58- 01:59+	00:43- 02:51-	03:16+ 00:43+ 01:57+
00:25&	00:55& 00:48- 00:41&	00:04- 00:14-	00:21# 00:04# 00:03+
12	Lars Dymbe	116	42:57
01:21+	02:04+ 08:36+ 10:25+	10:48+ 13:51+	16:42+ 17:25+
01:21+	00:43+ 06:32+ 01:29+	00:43- 03:03-	02:51- 00:43+ 02:08+
00:07+	00:04# 00:46# 00:11#	00:04- 00:02-	00:04- 00:04# 00:14# 00:05+
13	Arne Hetlelid	98	43:52
01:31+	02:12+ 09:45+ 11:22+	12:12+ 15:18+	18:33+ 19:11+
01:31+	00:41+ 07:33+ 01:37+	00:50+ 03:06+	03:15+ 00:38-
00:17#	00:02+ 01:47& 00:19#	00:03+ 00:01+	00:20# 00:01- 00:29& 00:53& 00:11+
14	Håvard Håland	66	44:08
01:18+	02:17+ 09:27+ 10:56+	11:32+ 14:24+	17:20+ 18:18+
01:18+	00:59+ 07:10+ 01:29+	00:36- 02:52-	02:56+ 00:58+ 01:56+
00:04+	00:20& 01:24# 00:11#	00:11- 00:13-	00:01+ 00:19& 00:02+
15	Oddvar Dirdal Jonassen	66	46:04
01:58+	02:39+ 09:39+ 11:20+	12:22+ 15:47+	19:01+ 19:47+
01:58+	00:41+ 07:00+ 01:41+	01:02+ 03:25+	03:14+ 00:46+ 02:38+
00:44&	00:02+ 01:14# 00:23&	00:15& 00:20#	00:19# 00:07# 00:44& 00:32& 00:19#

Class	Navn	Klasse											Tid				
16	Geir Haugvaldstad	116											47:04				
02:52+	03:36+	08:27+	12:00+	12:48+	20:01+	22:45+	23:27+	25:16+	26:18+	28:19+	35:11+	36:41+	39:41+	40:39+	44:10+	46:51+	47:04+
02:52+	00:44+	04:51-	03:33+	00:48+	07:13+	02:44-	00:42+	01:49-	01:02-	02:01+	06:52+	01:30-	03:00+	00:58+	03:31+	02:41+	00:13-
01:38@	00:05#	00:55-	02:15@	00:01+	04:08@	00:11-	00:03+	00:05-	00:08-	00:04+	02:38&	00:11-	00:02+	00:06#	00:27#	01:20&	00:04-
17	Magnar Møller	62											47:29				
01:26+	02:13+	08:02+	09:35+	10:25+	15:38+	19:04+	20:00+	22:38+	24:00+	26:58+	31:57+	33:49+	37:05+	38:11+	45:45+	47:09+	47:29+
01:26+	00:47+	05:49+	01:33+	00:50+	05:13+	03:26+	00:56+	02:38+	01:22+	02:58+	04:59+	01:52+	03:16+	01:06+	07:34+	01:24+	00:20+
00:12#	00:08#	00:03+	00:15#	00:03+	02:08&	00:31#	00:17&	00:44&	00:12#	01:01&	00:45#	00:11#	00:18#	00:14&	04:30@	00:03+	00:03#
18	Tor Inge Halvorsen	5											48:01				
01:35+	02:17+	10:16+	12:05+	12:52+	17:06+	20:55+	21:42+	24:22+	26:09+	28:41+	34:18+	36:36+	40:29+	41:42+	45:45+	47:40+	48:01+
01:35+	00:42+	07:59+	01:49+	00:47=	04:14+	03:49+	00:47+	02:40+	01:47+	02:32+	05:37+	02:18+	03:53+	01:13+	04:03+	01:55+	00:21+
00:21&	00:03+	02:13&	00:31&	00:00=	01:09&	00:54&	00:08#	00:46&	00:37&	00:35&	01:23&	00:37&	00:55&	00:21&	00:59&	00:34&	00:04#
19	Kjell Ove Aksland	27											48:08				
01:21+	02:18+	08:04+	09:41+	10:34+	13:47+	17:31+	18:47+	21:15+	22:50+	25:37+	31:05+	36:47+	40:42+	41:56+	45:53+	47:51+	48:08+
01:21+	00:57+	05:46+	01:37+	00:53+	03:13+	03:44+	01:16+	02:28+	01:35+	02:47+	05:28+	05:42+	03:55+	01:14+	03:57+	01:58+	00:17=
00:07+	00:18&	00:00=	00:19#	00:06#	00:08+	00:49&	00:37&	00:34&	00:25&	00:50&	01:14&	04:01@	00:57&	00:22&	00:53&	00:37&	00:00=
20	Sveinung Rosenvinge	116											48:47				
02:38+	03:35+	10:26+	12:20+	13:20+	18:38+	22:24+	23:09+	25:55+	27:40+	30:33+	36:14+	37:58+	41:37+	42:51+	46:31+	48:27+	48:47+
02:38+	00:57+	06:51+	01:54+	01:00+	05:18+	03:46+	00:45+	02:46+	01:45+	02:53+	05:41+	01:44+	03:39+	01:14+	03:40+	01:56+	00:20+
01:24@	00:18&	01:05#	00:36&	00:13&	02:13&	00:51&	00:06#	00:52&	00:35&	00:56&	01:27&	00:03+	00:41#	00:22&	00:36#	00:35&	00:03#
21	John Breiland	352											50:00				
01:30+	02:09+	07:28-	10:37+	14:51+	18:05+	20:48+	21:27+	24:40+	26:02+	28:31+	33:34+	38:30+	41:58+	43:12+	47:49+	49:40+	50:00+
01:30+	00:39=	05:19-	03:09+	04:14+	03:14+	02:43-	00:39=	03:13+	01:22+	02:29+	05:03+	04:56+	03:28+	01:14+	04:37+	01:51+	00:20+
00:16#	00:00=	00:27-	01:51@	03:27@	00:09+	00:12-	00:00=	01:19&	00:12#	00:32&	00:49#	03:15@	00:30#	00:22&	01:33&	00:30&	00:03#
22	Per Ivar Hovstad	116											50:09				
01:26+	02:12+	08:12+	09:50+	10:43+	14:22+	18:13+	19:13+	21:52+	23:58+	26:12+	30:58+	38:12+	42:34+	43:45+	47:59+	49:53+	50:09+
01:26+	00:46+	06:00+	01:38+	00:53+	03:39+	03:51+	01:00+	02:39+	02:06+	02:14+	04:46+	07:14+	04:22+	01:11+	04:14+	01:54+	00:16-
00:12#	00:07#	00:14+	00:20&	00:06#	00:34#	00:56&	00:21&	00:45&	00:56&	00:17#	00:32#	05:33@	01:24&	00:19&	01:10&	00:33&	00:01-
23	Stein Arve Finnstad	287											50:49				
02:33+	03:23+	09:56+	11:53+	15:01+	18:13+	20:56+	21:40+	23:56+	25:32+	28:05+	32:38+	36:49+	41:27+	42:32+	47:49+	50:29+	50:49+
02:33+	00:50+	06:33+	01:57+	03:08+	03:12+	02:43-	00:44+	02:16+	01:36+	02:33+	04:33+	04:11+	04:38+	01:05+	05:17+	02:40+	00:20+
01:19@	00:11&	00:47#	00:39&	02:21@	00:07+	00:12-	00:05#	00:22#	00:26&	00:36&	00:19+	02:30@	01:40&	00:13#	02:13&	01:19&	00:03#
24	Erling Knutzen	128											51:38				
01:50+	02:51+	11:06+	13:01+	13:40+	16:45+	19:23+	20:07+	22:32+	23:43+	25:58+	31:04+	35:58+	44:52+	46:09+	50:05+	51:23+	51:38+
01:50+	01:01+	08:15+	01:55+	00:39-	03:05=	02:38-	00:44+	02:25+	01:11+	02:15+	05:06+	04:54+	08:54+	01:17+	03:56+	01:18-	00:15-
00:36&	00:22&	02:29&	00:37&	00:08-	00:00=	00:17-	00:05#	00:31&	00:01+	00:18#	00:52#	03:13@	05:56@	00:25&	00:52&	00:03-	00:02-
25	John C. Sinnes	93											53:52				
01:33+	02:21+	09:49+	12:29+	13:26+	16:55+	25:13+	26:19+	29:02+	30:26+	34:28+	39:39+	41:22+	45:36+	46:44+	50:36+	53:32+	53:52+
01:33+	00:48+	07:28+	02:40+	00:57+	03:29+	08:18+	01:06+	02:43+	01:24+	04:02+	05:11+	01:43+	04:14+	01:08+	03:52+	02:56+	00:20+
00:19&	00:09#	01:42&	01:22@	00:10#	00:24#	05:23@	00:27&	00:49&	00:14#	02:05@	00:57#	00:02+	01:16&	00:16&	00:48&	01:35@	00:03#
26	Geir Rune Seldal	192											55:01				
01:41+	02:33+	10:07+	12:58+	13:49+	18:39+	26:39+	27:21+	31:10+	33:09+	35:47+	41:06+	43:17+	47:20+	48:27+	52:44+	54:41+	55:01+
01:41+	00:52+	07:34+	02:51+	00:51+	04:50+	08:00+	00:42+	03:49+	01:59+	02:38+	05:19+	02:11+	04:03+	01:07+	04:17+	01:57+	00:20+
00:27&	00:13&	01:48&	01:33@	00:04+	01:45&	05:05@	00:03+	01:55@	00:49&	00:41&	01:05&	00:30&	01:05&	00:15&	01:13&	00:36&	00:03#
27	Arne Nygaard	66											55:07				
01:32+	02:23+	09:24+	11:34+	12:27+	16:41+	22:46+	23:48+	27:33+	29:18+	31:55+	36:57+	40:46+	47:06+	48:13+	52:47+	54:49+	55:07+
01:32+	00:51+	07:01+	02:10+	00:53+	04:14+	06:05+	01:02+	03:45+	01:45+	02:37+	05:02+	03:49+	06:20+	01:07+	04:34+	02:02+	00:18+
00:18#	00:12&	01:15#	00:52&	00:06#	01:09&	03:10@	00:23&	01:51&	00:35&	00:40&	00:48#	02:08@	03:22@	00:15&	01:30&	00:41&	00:01+
28	Ove Mæstad	67											55:11				
01:29+	02:19+	08:28+	10:39+	11:29+	15:35+	20:14+	21:14+	24:00+	25:52+	28:45+	34:56+	40:35+	44:47+	48:37+	53:10+	54:52+	55:11+
01:29+	00:50+	06:09+	02:11+	00:50+	04:06+	04:39+	01:00+	02:46+	01:52+	02:53+	06:11+	05:39+	04:12+	03:50+	04:33+	01:42+	00:19+
00:15#	00:11&	00:23+	00:53&	00:03+	01:01&	01:44&	00:21&	00:52&	00:42&	00:56&	01:57&	03:58@	01:14&	02:58@	01:29&	00:21&	00:02#
29	Harald Taksdal	236											55:45				
02:09+	03:14+	11:38+	13:32+	14:23+	22:58+	26:44+	27:42+	30:14+	31:56+	35:39+	41:16+	43:02+	47:27+	48:40+	53:20+	55:15+	55:45+
02:09+	01:05+	08:24+	01:54+	00:51+	08:35+	03:46+	00:58+	02:32+	01:42+	03:43+	05:37+	01:46+	04:25+	01:13+	04:40+	01:55+	00:30+
00:55&	00:26&	02:38&	00:36&	00:04+	05:30@	00:51&	00:19&	00:38&	00:32&	01:46&	01:23&	00:05+	01:27&	00:21&	01:36&	00:34&	00:13&
30	Christof Schätz	239											58:58				
01:41+	02:33+	10:33+	12:25+	13:36+	20:38+	23:50+	24:39+	28:10+	29:55+	33:20+	40:32+	45:23+	50:20+	51:40+	56:45+	58:35+	58:58+
01:41+	00:52+	08:00+	01:52+	01:11+	07:02+	03:12+	00:49+	03:31+	01:45+	03:25+	07:12+	04:51+	04:57+	01:20+	05:05+	01:50+	00:23+
00:27&	00:13&	02:14&	00:34&	00:24&	03:57@	00:17+	00:10&	01:37&	00:35&	01:28&	02:58&	03:10@	01:59&	00:28&	02:01&	00:29&	00:06&

Class	Navn	Klasse											Tid				
31	Ingve Vold	54											1:00:26				
02:36+	03:26+	09:57+	12:05+	12:46+	19:17+	22:11+	22:59+	26:14+	29:30+	35:02+	40:42+	49:32+	53:12+	54:25+	58:46+	60:09+	60:26+
02:36+	00:50+	06:31+	02:08+	00:41-	06:31+	02:54-	00:48+	03:15+	03:16+	05:32+	05:40+	08:50+	03:40+	01:13+	04:21+	01:23+	00:17=
01:22@	00:11&	00:45#	00:50&	00:06-	03:26@	00:01-	00:09#	01:21&	02:06@	03:35@	01:26&	07:09@	00:42#	00:21&	01:17&	00:02+	00:00=
32	Kjetil Heradstveit	76											1:05:56				
01:34+	02:20+	11:33+	15:40+	16:29+	19:37+	25:23+	25:56+	29:23+	30:44+	33:29+	40:36+	44:36+	50:12+	58:58+	62:36+	65:38+	65:56+
01:34+	00:46+	09:13+	04:07+	00:49+	03:08+	05:46+	00:33-	03:27+	01:21+	02:45+	07:07+	04:00+	05:36+	08:46+	03:38+	03:02+	00:18+
00:20&	00:07#	03:27&	02:49@	00:02+	00:03+	02:51&	00:06-	01:33&	00:11#	00:48&	02:53&	02:19@	02:38&	07:54@	00:34#	01:41@	00:01+
33	Frode Følgesvold	5											1:10:30				
02:46+	03:57+	13:27+	16:37+	17:47+	23:29+	33:41+	34:39+	37:56+	40:42+	44:06+	51:20+	54:16+	59:51+	61:55+	67:23+	70:07+	70:30+
02:46+	01:11+	09:30+	03:10+	01:10+	05:42+	10:12+	00:58+	03:17+	02:46+	03:24+	07:14+	02:56+	05:35+	02:04+	05:28+	02:44+	00:23+
01:32@	00:32&	03:44&	01:52@	00:23&	02:37&	07:17@	00:19&	01:23&	01:36@	01:27&	03:00&	01:15&	02:37&	01:12@	02:24&	01:23@	00:06&
34	Ove Njå	90											1:10:48				
01:28+	02:16+	13:43+	18:27+	19:15+	33:34+	36:48+	37:44+	40:38+	42:10+	45:08+	50:17+	52:10+	61:02+	63:12+	67:46+	70:21+	70:48+
01:28+	00:48+	11:27+	04:44+	00:48+	14:19+	03:14+	00:56+	02:54+	01:32+	02:58+	05:09+	01:53+	08:52+	02:10+	04:34+	02:35+	00:27+
00:14#	00:09#	05:41&	03:26@	00:01+	11:14@	00:19#	00:17&	01:00&	00:22&	01:01&	00:55#	00:12#	05:54@	01:18@	01:30&	01:14&	00:10&
35	Rune Paulsen	98											1:18:27				
02:05+	03:28+	23:50+	25:19+	25:58+	35:50+	38:41+	39:31+	41:23+	43:03+	48:20+	53:46+	65:56+	70:31+	72:51+	76:38+	78:13+	78:27+
02:05+	01:23+	20:22+	01:29+	00:39-	09:52+	02:51-	00:50+	01:52-	01:40+	05:17+	05:26+	12:10+	04:35+	02:20+	03:47+	01:35+	00:14-
00:51&	00:44@	14:36@	00:11#	00:08-	06:47@	00:04-	00:11&	00:02-	00:30&	03:20@	01:12&	10:29@	01:37&	01:28@	00:43#	00:14#	00:03-
Beste strekktid for klassen																	
01:14	00:37	04:51	01:18	00:36	02:51	02:38	00:33	01:49	01:02	01:52	04:10	01:26	02:58	00:50	03:04	01:08	00:13

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

Herrer 60 - 64 år

1	Morten Johannessen	7											35:21				
00:30=	01:16=	02:06=	05:24=	07:05=	09:15=	10:40=	13:04=	17:20=	20:48=	23:10=	26:25=	28:51=	31:42=	32:32=	34:31=	35:21=	
00:30=	00:46=	00:50=	03:18=	01:41=	02:10=	01:25=	02:24=	04:16=	03:28=	02:22=	03:15=	02:26=	02:51=	00:50=	01:59=	00:50=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kjell Skjæveland	166											35:48				
00:30=	01:11-	01:53-	05:36+	07:13+	09:14-	10:49+	13:50+	17:42+	22:04+	24:32+	26:31+	28:42-	31:49+	32:48+	34:55+	35:48+	
00:30=	00:41-	00:42-	03:43+	01:37-	02:01-	01:35+	03:01+	03:52-	04:22+	02:28+	01:59-	02:11-	03:07+	00:59+	02:07+	00:53+	
00:00=	00:05-	00:08-	00:25#	00:04-	00:09-	00:10#	00:37&	00:24-	00:54&	00:06+	01:16-	00:15-	00:16+	00:09#	00:08+	00:03+	
3	Espen Krogh	7											36:21				
00:25-	00:58-	01:44-	05:27+	07:02-	09:41+	11:12+	15:24+	19:37+	22:45+	25:06+	27:09+	29:21+	32:18+	33:03+	35:34+	36:21+	
00:25-	00:33-	00:46-	03:43+	01:35-	02:39+	01:31+	04:12+	04:13-	03:08-	02:21-	02:03-	02:12-	02:57+	00:45-	02:31+	00:47-	
00:05-	00:13-	00:04-	00:25#	00:06-	00:29#	00:06+	01:48&	00:03-	00:20-	00:01-	01:12-	00:14-	00:06+	00:05-	00:32&	00:03-	
4	Olav Tunheim	93											36:58				
00:32+	01:21+	02:09+	05:47+	07:21+	09:22+	11:01+	14:36+	18:35+	22:22+	25:11+	27:28+	29:59+	33:15+	34:09+	36:12+	36:58+	
00:32+	00:49+	00:48-	03:38+	01:34-	02:01-	01:39+	03:35+	03:59-	03:47+	02:49+	02:17-	02:31+	03:16+	00:54+	02:03+	00:46-	
00:02+	00:03+	00:02-	00:20#	00:07-	00:09-	00:14#	01:11&	00:17-	00:19+	00:27#	00:58-	00:05+	00:25#	00:04+	00:04+	00:04-	
5	Dag Helliksen	80											38:29				
00:30=	01:19+	03:23+	07:38+	09:37+	11:49+	13:35+	16:15+	20:03+	23:44+	26:14+	29:05+	30:56+	34:31+	35:27+	37:32+	38:29+	
00:30=	00:49+	02:04+	04:15+	01:59+	02:12+	01:46+	02:40+	03:48-	03:41+	02:30+	02:51-	01:51-	03:35+	00:56+	02:05+	00:57+	
00:00=	00:03+	01:14@	00:57&	00:18#	00:02+	00:21#	00:16#	00:28-	00:13+	00:08+	00:24-	00:35-	00:44&	00:06#	00:06+	00:07#	
6	Agnar Lien	7											43:09				
00:39+	01:32+	02:15+	06:39+	08:26+	11:04+	12:52+	15:58+	20:47+	26:03+	29:07+	32:04+	34:51+	38:38+	39:41+	42:05+	43:09+	
00:39+	00:53+	00:43-	04:24+	01:47+	02:38+	01:48+	03:06+	04:49+	05:16+	03:04+	02:57-	02:47+	03:47+	01:03+	02:24+	01:04+	
00:09&	00:07#	00:07-	01:06&	00:06+	00:28#	00:23&	00:42&	00:33#	01:48&	00:42&	00:18-	00:21#	00:56&	00:13&	00:25#	00:14&	
7	Bjørn H. Engseth	27											44:47				
00:38+	01:33+	02:35+	06:56+	09:23+	11:59+	13:58+	17:24+	21:59+	26:22+	29:58+	32:56+	35:50+	40:03+	41:13+	43:32+	44:47+	
00:38+	00:55+	01:02+	04:21+	02:27+	02:36+	01:59+	03:26+	04:35+	04:23+	03:36+	02:58-	02:54+	04:13+	01:10+	02:19+	01:15+	
00:08&	00:09#	00:12#	01:03&	00:46&	00:26#	00:34&	01:02&	00:19+	00:55&	01:14&	00:17-	00:28#	01:22&	00:20&	00:20#	00:25&	
8	Torbjørn Evensen	108											45:36				
00:31+	01:22+	02:14+	05:45+	08:05+	10:29+	12:14+	15:49+	21:21+	26:00+	28:43+	31:05+	34:08+	41:16+	42:10+	44:17+	45:36+	
00:31+	00:51+	00:52+	03:31+	02:20+	02:24+	01:45+	03:35+	05:32+	04:39+	02:43+	02:22-	03:03+	07:08+	00:54+	02:07+	01:19+	
00:01+	00:05#	00:02+	00:13+	00:39&	00:14#	00:20#	01:11&	01:16&	01:11&	00:21#	00:53-	00:37&	04:17@	00:04+	00:08+	00:29&	

Class	Navn	Klasse												Tid			
9	Kjell Lervik	239												52:44			
00:37+	01:47+	02:56+	09:09+	13:24+	17:54+	20:11+	23:24+	28:45+	33:33+	36:51+	39:45+	42:41+	47:23+	48:40+	51:26+	52:44+	
00:37+	01:10+	01:09+	06:13+	04:15+	04:30+	02:17+	03:13+	05:21+	04:48+	03:18+	02:54+	02:56+	04:42+	01:17+	02:46+	01:18+	
00:07#	00:24&	00:19&	02:55&	02:34@	02:20@	00:52&	00:49&	01:05&	01:20&	00:56&	00:21-	00:30#	01:51&	00:27&	00:47&	00:28&	
10	Jan Arendal	116												54:02			
00:53+	01:57+	03:01+	08:30+	11:25+	14:29+	16:50+	21:05+	26:42+	33:29+	37:08+	40:02+	43:18+	48:17+	49:36+	52:35+	54:02+	
00:53+	01:04+	01:04+	05:29+	02:55+	03:04+	02:21+	04:15+	05:37+	06:47+	03:39+	02:54-	03:16+	04:59+	01:19+	02:59+	01:27+	
00:23&	00:18&	00:14&	02:11&	01:14&	00:54&	00:56&	01:51&	01:21&	03:19&	01:17&	00:21-	00:50&	02:08&	00:29&	01:00&	00:37&	
11	Torbjørn Dahle	92												54:08			
00:36+	01:39+	02:25+	07:19+	23:21+	25:23+	27:04+	30:01+	33:53+	38:16+	40:52+	42:46+	44:46+	49:46+	50:35+	53:12+	54:08+	
00:36+	01:03+	00:46-	04:54+	16:02+	02:02-	01:41+	02:57+	03:52-	04:23+	02:36+	01:54-	02:00-	05:00+	00:49-	02:37+	00:56+	
00:06#	00:17&	00:04-	01:36&	14:21@	00:08-	00:16#	00:33#	00:24-	00:55&	00:14+	01:21-	00:26-	02:09&	00:01-	00:38&	00:06#	
12	Rolf Kleppe	63												54:37			
00:50+	02:04+	03:54+	09:19+	12:13+	15:03+	17:14+	21:06+	27:03+	32:16+	35:55+	39:06+	43:01+	48:36+	50:04+	53:30+	54:37+	
00:50+	01:14+	01:50+	05:25+	02:54+	02:50+	02:11+	03:52+	05:57+	05:13+	03:39+	03:11-	03:55+	05:35+	01:28+	03:26+	01:07+	
00:20&	00:28&	01:00@	02:07&	01:13&	00:40&	00:46&	01:28&	01:41&	01:45&	01:17&	00:04-	01:29&	02:44&	00:38&	01:27&	00:17&	
13	Øyvind Nagel-Alne	74												56:00			
00:45+	02:21+	03:41+	08:33+	14:27+	17:14+	19:15+	23:03+	27:15+	32:11+	37:54+	41:43+	44:24+	50:01+	51:06+	55:03+	56:00+	
00:45+	01:36+	01:20+	04:52+	05:54+	02:47+	02:01+	03:48+	04:12-	04:56+	05:43+	03:49+	02:41+	05:37+	01:05+	03:57+	00:57+	
00:15&	00:50@	00:30&	01:34&	04:13@	00:37&	00:36&	01:24&	00:04-	01:28&	03:21@	00:34#	00:15#	02:46&	00:15&	01:58&	00:07#	
14	Ommund Bakkevold	68												1:04:09			
00:49+	02:03+	03:22+	09:14+	13:10+	17:08+	19:46+	24:29+	31:01+	38:37+	43:25+	46:58+	52:09+	57:37+	59:15+	62:49+	64:09+	
00:49+	01:14+	01:19+	05:52+	03:56+	03:58+	02:38+	04:43+	06:32+	07:36+	04:48+	03:33+	05:11+	05:28+	01:38+	03:34+	01:20+	
00:19&	00:28&	00:29&	02:34&	02:15@	01:48&	01:13&	02:19&	02:16&	04:08@	02:26@	00:18+	02:45@	02:37&	00:48&	01:35&	00:30&	
Beste strekktid for klassen																	
00:25	00:33	00:42	03:18	01:34	02:01	01:25	02:24	03:48	03:08	02:21	01:54	01:51	02:51	00:45	01:59	00:46	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Herrer 65 - 69 år																	
1	Bjørn Alsaker	115												29:41			
00:27=	01:06=	01:40=	04:56=	06:19=	08:00=	09:19=	11:35=	14:55=	18:04=	20:16=	22:01=	23:40=	26:30=	27:18=	28:56=	29:41=	
00:27=	00:39=	00:34=	03:16=	01:23=	01:41=	01:19=	02:16=	03:20=	03:09=	02:12=	01:45=	01:39=	02:50=	00:48=	01:38=	00:45=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Arne Kristian Espedal	68												34:43			
00:28+	01:14+	01:44+	04:46-	06:32+	08:21+	09:38+	12:00+	15:10+	18:19+	20:52+	24:05+	26:13+	28:06+	31:32+	32:16+	33:57+	34:43+
00:28+	00:46+	00:30-	03:02-	01:46+	01:49+	01:17-	02:22+	03:10-	03:09=	02:33+	03:13+	02:08+	01:53-	03:26+	00:44-	01:41+	00:46+
00:01+	00:07#	00:04-	00:14-	00:23&	00:08+	00:02-	00:06+	00:10-	00:00=	00:21#	01:28&	00:29&	00:57-	02:38@	00:54-	00:56@	00:46+
3	Bjarne Gimre	88												37:46			
00:32+	01:24+	02:11+	05:56+	07:35+	09:39+	11:35+	14:36+	19:31+	23:30+	26:27+	28:18+	30:20+	33:49+	34:51+	36:58+	37:46+	
00:32+	00:52+	00:47+	03:45+	01:39+	02:04+	01:56+	03:01+	04:55+	03:59+	02:57+	01:51+	02:02+	03:29+	01:02+	02:07+	00:48+	
00:05#	00:13&	00:13&	00:29#	00:16#	00:23#	00:37&	00:45&	01:35&	00:50&	00:45&	00:06+	00:23#	00:39#	00:14&	00:29&	00:03+	
4	Hans Erik Terjesen	116												39:53			
00:32+	01:18+	02:12+	06:52+	08:48+	12:25+	14:03+	16:37+	20:38+	24:10+	26:59+	29:25+	32:28+	36:00+	36:54+	39:02+	39:53+	
00:32+	00:46+	00:54+	04:40+	01:56+	03:37+	01:38+	02:34+	04:01+	03:32+	02:49+	02:26+	03:03+	03:32+	00:54+	02:08+	00:51+	
00:05#	00:07#	00:20&	01:24&	00:33&	01:56@	00:19#	00:18#	00:41#	00:23#	00:37&	00:41&	01:24&	00:42#	00:06#	00:30&	00:06#	
5	Jan Inge Lunde	88												41:53			
00:35+	01:38+	02:28+	06:48+	08:29+	12:02+	14:07+	17:38+	22:35+	26:37+	29:39+	31:34+	33:42+	37:20+	38:27+	40:55+	41:53+	
00:35+	01:03+	00:50+	04:20+	01:41+	03:33+	02:05+	03:31+	04:57+	04:02+	03:02+	01:55+	02:08+	03:38+	01:07+	02:28+	00:58+	
00:08&	00:24&	00:16&	01:04&	00:18#	01:52@	00:46&	01:15&	01:37&	00:53&	00:50&	00:10+	00:29&	00:48&	00:19&	00:50&	00:13&	
6	Jan Hetland	29												41:55			
00:34+	01:35+	02:25+	06:09+	08:51+	13:08+	14:49+	17:36+	21:22+	25:36+	29:04+	31:21+	34:07+	37:22+	38:14+	41:13+	41:55+	
00:34+	01:01+	00:50+	03:44+	02:42+	04:17+	01:41+	02:47+	03:46+	04:14+	03:28+	02:17+	02:46+	03:15+	00:52+	02:59+	00:42-	
00:07&	00:22&	00:16&	00:28#	01:19&	02:36@	00:22&	00:31#	00:26#	01:05&	01:16&	00:32&	01:07&	00:25#	00:04+	01:21&	00:03-	
7	Eivind L. Rake	92												43:18			
00:35+	01:31+	02:14+	06:10+	07:51+	10:00+	11:55+	15:05+	20:01+	24:25+	27:43+	31:26+	33:54+	38:00+	39:04+	42:16+	43:18+	
00:35+	00:56+	00:43+	03:56+	01:41+	02:09+	01:55+	03:10+	04:56+	04:24+	03:18+	03:43+	02:28+	04:06+	01:04+	03:12+	01:02+	
00:08&	00:17&	00:09&	00:40#	00:18#	00:28&	00:36&	00:54&	01:36&	01:15&	01:06&	01:58@	00:49&	01:16&	00:16&	01:34&	00:17&	

Class	Navn	Klasse													Tid			
8	Tor Geir Espedal	115													43:20			
00:35+	01:25+	02:16+	06:19+	09:09+	11:11+	13:56+	17:25+	22:24+	26:50+	29:57+	32:27+	35:02+	38:45+	39:55+	42:20+	43:20+		
00:35+	00:50+	00:51+	04:03+	02:50+	02:02+	02:45+	03:29+	04:59+	04:26+	03:07+	02:30+	02:35+	03:43+	01:10+	02:25+	01:00+		
00:08&	00:11&	00:17&	00:47#	01:27@	00:21#	01:26@	01:13&	01:39&	01:17&	00:55&	00:45&	00:56&	00:53&	00:22&	00:47&	00:15&		
9	Svein Berge	126													43:38			
03:16+	03:59+	04:44+	09:58+	11:25+	14:56+	17:25+	20:22+	24:59+	28:18+	31:17+	33:20+	36:10+	39:37+	40:33+	42:41+	43:38+		
03:16+	00:43+	00:45+	05:14+	01:27+	03:31+	02:29+	02:57+	04:37+	03:19+	02:59+	02:03+	02:50+	03:27+	00:56+	02:08+	00:57+		
02:49@	00:04#	00:11&	01:58&	00:04+	01:50@	01:10&	00:41&	01:17&	00:10+	00:47&	00:18#	01:11&	00:37#	00:08#	00:30&	00:12&		
10	Arne Magne Handeland	92													44:19			
00:38+	01:35+	02:26+	06:52+	09:35+	12:10+	13:49+	17:01+	22:07+	27:03+	28:01+	31:16+	33:45+	35:52+	39:48+	40:57+	43:24+	44:19+	
00:38+	00:57+	00:51+	04:26+	02:43+	02:35+	01:39+	03:12+	05:06+	04:56+	00:58-	03:15+	02:29+	02:07-	03:56+	01:09-	02:27+	00:55+	
00:11&	00:18&	00:17&	01:10&	01:20&	00:54&	00:20&	00:56&	01:46&	01:47&	01:14-	01:30&	00:50&	00:43-	03:08@	00:29-	01:42@	00:55+	
11	Sveinung Tveit	236													45:06			
00:37+	01:30+	02:18+	06:47+	09:16+	12:09+	14:33+	17:55+	22:12+	28:50+	31:45+	34:04+	36:33+	40:34+	41:37+	44:04+	45:06+		
00:37+	00:53+	00:48+	04:29+	02:29+	02:53+	02:24+	03:22+	04:17+	06:38+	02:55+	02:19+	02:29+	04:01+	01:03+	02:27+	01:02+		
00:10&	00:14&	00:14&	01:13&	01:06&	01:12&	01:05&	01:06&	00:57&	03:29@	00:43&	00:34&	00:50&	01:11&	00:15&	00:49&	00:17&		
12	Bjørn Bjelland	83													46:22			
00:49+	01:56+	03:05+	07:55+	10:15+	12:53+	15:03+	18:50+	23:52+	28:32+	32:04+	34:51+	37:30+	41:37+	42:38+	45:08+	46:22+		
00:49+	01:07+	01:09+	04:50+	02:20+	02:38+	02:10+	03:47+	05:02+	04:40+	03:32+	02:47+	02:39+	04:07+	01:01+	02:30+	01:14+		
00:22&	00:28&	00:35@	01:34&	00:57&	00:57&	00:51&	01:31&	01:42&	01:31&	01:20&	01:02&	01:00&	01:17&	00:13&	00:52&	00:29&		
13	Bjørn Vidar Gunvaldsen	29													48:40			
01:38+	02:45+	03:39+	04:47-	09:12+	11:27+	14:29+	17:19+	21:11+	26:30+	31:29+	34:24+	37:12+	40:00+	43:53+	44:56+	47:09+	48:40+	
01:38+	01:07+	00:54+	01:08-	04:25+	02:15+	03:02+	02:50+	03:52+	05:19+	04:59+	02:55+	02:48+	02:48-	03:53+	01:03-	02:13+	01:31+	
01:11@	00:28&	00:20&	02:08-	03:02@	00:34&	01:43@	00:34#	00:32#	02:10&	02:47@	01:10&	01:09&	00:02-	03:05@	00:35-	01:28@	01:31+	
14	Tore R. Tvedt	90													50:16			
01:04+	02:22+	03:20+	09:03+	11:35+	17:06+	19:49+	24:04+	29:43+	34:43+	37:36+	39:48+	41:54+	45:30+	46:35+	49:02+	50:16+		
01:04+	01:18+	00:58+	05:43+	02:32+	05:31+	02:43+	04:15+	05:39+	05:00+	02:53+	02:12+	02:06+	03:36+	01:05+	02:27+	01:14+		
00:37@	00:39&	00:24&	02:27&	01:09&	03:50@	01:24@	01:59&	02:19&	01:51&	00:41&	00:27&	00:27&	00:46&	00:17&	00:49&	00:29&		
15	Kjell Ivar Skjørestad	92													52:28			
00:32+	01:24+	02:21+	14:47+	16:04+	18:45+	21:14+	24:23+	28:14+	32:46+	37:04+	39:36+	42:27+	47:52+	48:53+	51:36+	52:28+		
00:32+	00:52+	00:57+	12:26+	01:17-	02:41+	02:29+	03:09+	03:51+	04:32+	04:18+	02:32+	02:51+	05:25+	01:01+	02:43+	00:52+		
00:05#	00:13&	00:23&	09:10@	00:06-	01:00&	01:10&	00:53&	00:31#	01:23&	02:06&	00:47&	01:12&	02:35&	00:13&	01:05&	00:07#		
16	Svein Ims	65													54:52			
00:39+	01:34+	03:06+	08:17+	10:37+	15:17+	17:20+	20:28+	25:20+	29:58+	33:04+	35:01+	43:03+	49:47+	51:02+	53:44+	54:52+		
00:39+	00:55+	01:32+	05:11+	02:20+	04:40+	02:03+	03:08+	04:52+	04:38+	03:06+	01:57+	08:02+	06:44+	01:15+	02:42+	01:08+		
00:12&	00:16&	00:58@	01:55&	00:57&	02:59@	00:44&	00:52&	01:32&	01:29&	00:54&	00:12#	06:23@	03:54@	00:27&	01:04&	00:23&		
17	Tom Hetland	5													56:09			
00:30+	01:21+	02:17+	08:06+	10:31+	12:49+	14:21+	17:28+	21:58+	27:45+	30:47+	33:40+	45:28+	49:36+	50:34+	55:21+	56:09+		
00:30+	00:51+	00:56+	05:49+	02:25+	02:18+	01:32+	03:07+	04:30+	05:47+	03:02+	02:53+	11:48+	04:08+	00:58+	04:47+	00:48+		
00:03#	00:12&	00:22&	02:33&	01:02&	00:37&	00:13#	00:51&	01:10&	02:38&	00:50&	01:08&	10:09@	01:18&	00:10#	03:09@	00:03+		
18	Olav Habbestad	116													56:25			
00:33+	01:27+	02:19+	09:08+	10:39+	13:43+	15:30+	18:57+	31:04+	35:52+	38:39+	42:50+	46:23+	51:47+	52:46+	55:18+	56:25+		
00:33+	00:54+	00:52+	06:49+	01:31+	03:04+	01:47+	03:27+	12:07+	04:48+	02:47+	04:11+	03:33+	05:24+	00:59+	02:32+	01:07+		
00:06#	00:15&	00:18&	03:33@	00:08+	01:23&	00:28&	01:11&	08:47@	01:39&	00:35&	02:26@	01:54@	02:34&	00:11#	00:54&	00:22&		
19	Per Marthon Mæland	5													1:01:22			
00:47+	01:47+	02:46+	07:07+	09:44+	12:51+	15:06+	21:46+	26:58+	33:37+	37:34+	42:55+	48:00+	52:52+	54:23+	60:08+	61:22+		
00:47+	01:00+	00:59+	04:21+	02:37+	03:07+	02:15+	06:40+	05:12+	06:39+	03:57+	05:21+	05:05+	04:52+	01:31+	05:45+	01:14+		
00:20&	00:21&	00:25&	01:05&	01:14&	01:26&	00:56&	04:24@	01:52&	03:30@	01:45&	03:36@	03:26@	02:02&	00:43&	04:07@	00:29&		
20	Terje Langeland	98													1:01:51			
00:43+	01:42+	02:49+	07:18+	09:51+	14:18+	16:07+	19:41+	28:40+	33:03+	37:18+	42:15+	52:57+	56:36+	57:39+	60:43+	61:51+		
00:43+	00:59+	01:07+	04:29+	02:33+	04:27+	01:49+	03:34+	08:59+	04:23+	04:15+	04:57+	10:42+	03:39+	01:03+	03:04+	01:08+		
00:16&	00:20&	00:33&	01:13&	01:10&	02:46@	00:30&	01:18&	05:39@	01:14&	02:03&	03:12@	09:03@	00:49&	00:15&	01:26&	00:23&		
Beste strekktid for klassen		00:27	00:39	00:30	01:08	01:17	01:41	01:17	02:16	03:10	03:09	00:58	01:45	01:39	01:53	00:48	00:44	00:42

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

Herrer 70 - 74 år

Class	Navn	Klasse													Tid	
1	Asgeir Bell	117													31:20	
00:28=	01:05=	01:37=	04:43=	06:04=	08:17=	09:41=	12:07=	15:43=	18:59=	21:38=	23:35=	25:26=	28:00=	28:47=	30:32=	31:20=
00:28=	00:37=	00:32=	03:06=	01:21=	02:13=	01:24=	02:26=	03:36=	03:16=	02:39=	01:57=	01:51=	02:34=	00:47=	01:45=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Finn Morten Årstad	115													38:57	
00:39+	01:30+	02:21+	06:33+	08:29+	11:11+	13:03+	15:54+	19:59+	23:59+	26:52+	28:58+	31:21+	34:54+	35:59+	37:55+	38:57+
00:39+	00:51+	00:51+	04:12+	01:56+	02:42+	01:52+	02:51+	04:05+	04:00+	02:53+	02:06+	02:23+	03:33+	01:05+	01:56+	01:02+
00:11&	00:14&	00:19&	01:06&	00:35&	00:29#	00:28&	00:25#	00:29#	00:44#	00:14+	00:09+	00:32&	00:59&	00:18&	00:11#	00:14&
3	Kjell Svihus	154													39:07	
00:33+	01:28+	02:21+	06:39+	08:27+	10:42+	12:30+	16:01+	20:25+	24:35+	27:23+	29:14+	31:38+	35:08+	36:10+	38:14+	39:07+
00:33+	00:55+	00:53+	04:18+	01:48+	02:15+	01:48+	03:31+	04:24+	04:10+	02:48+	01:51-	02:24+	03:30+	01:02+	02:04+	00:53+
00:05#	00:18&	00:21&	01:12&	00:27&	00:02+	00:24&	01:05&	00:48#	00:54&	00:09+	00:06-	00:33&	00:56&	00:15&	00:19#	00:05#
4	Leif Gunnar Wikene	43													41:17	
00:34+	01:19+	02:17+	06:21+	08:13+	11:13+	12:47+	16:06+	19:48+	25:13+	27:57+	30:21+	32:47+	36:40+	37:57+	40:17+	41:17+
00:34+	00:45+	00:58+	04:04+	01:52+	03:00+	01:34+	03:19+	03:42+	05:25+	02:44+	02:24+	02:26+	03:53+	01:17+	02:20+	01:00+
00:06#	00:08#	00:26&	00:58&	00:31&	00:47&	00:10#	00:53&	00:06+	02:09&	00:05+	00:27#	00:35&	01:19&	00:30&	00:35&	00:12#
5	Jostein Tunheim	116													42:52	
00:34+	01:20+	02:10+	06:12+	08:55+	11:09+	12:50+	15:42+	20:10+	24:30+	29:09+	31:18+	34:36+	38:27+	39:18+	42:02+	42:52+
00:34+	00:46+	00:50+	04:02+	02:43+	02:14+	01:41+	02:52+	04:28+	04:20+	04:39+	02:09+	03:18+	03:51+	00:51+	02:44+	00:50+
00:06#	00:09#	00:18&	00:56&	01:22@	00:01+	00:17#	00:26#	00:52#	01:04&	02:00&	00:12#	01:27&	01:17&	00:04+	00:59&	00:02+
6	Hans Klausen	62													44:09	
00:40+	01:50+	02:44+	06:44+	09:06+	11:33+	13:16+	17:14+	22:08+	26:32+	30:09+	32:26+	35:25+	39:03+	40:14+	43:21+	44:09+
00:40+	01:10+	00:54+	04:00+	02:22+	02:27+	01:43+	03:58+	04:54+	04:24+	03:37+	02:17+	02:59+	03:38+	01:11+	03:07+	00:48=
00:12&	00:33&	00:22&	00:54&	01:01&	00:14#	00:19#	01:32&	01:18&	01:08&	00:58&	00:20#	01:08&	01:04&	00:24&	01:22&	00:00=
7	Ole Auklend	106													47:03	
00:36+	01:30+	02:16+	06:45+	09:03+	12:28+	14:28+	18:26+	23:44+	28:05+	31:45+	34:06+	36:48+	40:51+	42:08+	45:44+	47:03+
00:36+	00:54+	00:46+	04:29+	02:18+	03:25+	02:00+	03:58+	05:18+	04:21+	03:40+	02:21+	02:42+	04:03+	01:17+	03:36+	01:19+
00:08&	00:17&	00:14&	01:23&	00:57&	01:12&	00:36&	01:32&	01:42&	01:05&	01:01&	00:24#	00:51&	01:29&	00:30&	01:51@	00:31&
8	Ingjald Egeland	7													47:30	
00:47+	01:49+	02:49+	07:14+	10:57+	13:29+	15:18+	19:10+	24:56+	29:29+	33:23+	35:58+	39:08+	42:57+	43:57+	46:17+	47:30+
00:47+	01:02+	01:00+	04:25+	03:43+	02:32+	01:49+	03:52+	05:46+	04:33+	03:54+	02:35+	03:10+	03:49+	01:00+	02:20+	01:13+
00:19&	00:25&	00:28&	01:19&	02:22@	00:19#	00:25&	01:26&	02:10&	01:17&	01:15&	00:38&	01:19&	01:15&	00:13&	00:35&	00:25&
9	Arne Østensen	90													47:46	
00:34+	01:16+	02:02+	07:22+	09:14+	15:41+	17:21+	20:48+	26:37+	30:02+	32:33+	34:40+	37:11+	43:33+	44:33+	46:43+	47:46+
00:34+	00:42+	00:46+	05:20+	01:52+	06:27+	01:40+	03:27+	05:49+	03:25+	02:31-	02:07+	02:31+	06:22+	01:00+	02:10+	01:03+
00:06#	00:05#	00:14&	02:14&	00:31&	04:14@	00:16#	01:01&	02:13&	00:09+	00:08-	00:10+	00:40&	03:48@	00:13&	00:25#	00:15&
10	Olav Dag Borgersen	154													51:09	
00:59+	02:07+	03:11+	08:06+	10:36+	13:52+	18:13+	21:58+	28:23+	32:43+	36:00+	38:33+	41:19+	45:21+	46:53+	49:51+	51:09+
00:59+	01:08+	01:04+	04:55+	02:30+	03:16+	04:21+	03:45+	06:25+	04:20+	03:17+	02:33+	02:46+	04:02+	01:32+	02:58+	01:18+
00:31@	00:31&	00:32&	01:49&	01:09&	01:03&	02:57@	01:19&	02:49&	01:04&	00:38#	00:36&	00:55&	01:28&	00:45&	01:13&	00:30&
11	Paul A. Paulsen	117													52:27	
00:59+	02:10+	03:09+	08:07+	10:47+	13:55+	16:24+	20:48+	26:40+	31:39+	35:31+	38:53+	42:11+	46:56+	48:08+	50:55+	52:27+
00:59+	01:11+	00:59+	04:58+	02:40+	03:08+	02:29+	04:24+	05:52+	04:59+	03:52+	03:22+	03:18+	04:45+	01:12+	02:47+	01:32+
00:31@	00:34&	00:27&	01:52&	01:19&	00:55&	01:05&	01:58&	02:16&	01:43&	01:13&	01:25&	01:27&	02:11&	00:25&	01:02&	00:44&
12	Jan H. Sagen	92													1:02:43	
00:54+	02:02+	03:21+	09:58+	13:11+	17:49+	20:18+	24:44+	33:07+	38:10+	43:26+	46:46+	50:27+	56:10+	57:41+	61:16+	62:43+
00:54+	01:08+	01:19+	06:37+	03:13+	04:38+	02:29+	04:26+	08:23+	05:03+	05:16+	03:20+	03:41+	05:43+	01:31+	03:35+	01:27+
00:26&	00:31&	00:47@	03:31@	01:52@	02:25@	01:05&	02:00&	04:47@	01:47&	02:37&	01:23&	01:50&	03:09@	00:44&	01:50@	00:39&
13	Norvald Skretting	43													1:10:05	
00:39+	01:37+	02:29+	10:55+	13:17+	16:46+	25:24+	28:39+	38:34+	46:29+	54:17+	57:36+	60:27+	64:44+	65:58+	68:43+	70:05+
00:39+	00:58+	00:52+	08:26+	02:22+	03:29+	08:38+	03:15+	09:55+	07:55+	07:48+	03:19+	02:51+	04:17+	01:14+	02:45+	01:22+
00:11&	00:21&	00:20&	05:20@	01:01&	01:16&	07:14@	00:49&	06:19@	04:39@	05:09@	01:22&	01:00&	01:43&	00:27&	01:00&	00:34&
14	John Abrahamsen	125													1:18:39	
00:56+	02:30+	03:39+	10:54+	15:01+	19:07+	22:37+	28:42+	36:33+	42:43+	51:39+	58:27+	63:20+	72:01+	73:52+	77:36+	78:39+
00:56+	01:34+	01:09+	07:15+	04:07+	04:06+	03:30+	06:05+	07:51+	06:10+	08:56+	06:48+	04:53+	08:41+	01:51+	03:44+	01:03+
00:28&	00:57@	00:37@	04:09@	02:46@	01:53&	02:06@	03:39@	04:15@	02:54&	06:17@	04:51@	03:02@	06:07@	01:04@	01:59@	00:15&
Beste strekktid for klassen																
00:28	00:37	00:32	03:06	01:21	02:13	01:24	02:26	03:36	03:16	02:31	01:51	01:51	02:34	00:47	01:45	00:48

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

Class	Navn	Klasse	Tid
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Herrer 75 - 79 år

1	Svein Glendrange	68	37:53										
01:35=	04:58=	07:38=	09:44=	10:45=	13:24=	18:11=	24:13=	26:13=	27:36=	31:22=	35:58=	37:11=	37:53=
01:35=	03:23=	02:40=	02:06=	01:01=	02:39=	04:47=	06:02=	02:00=	01:23=	03:46=	04:36=	01:13=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Knut Skjæveland	93	37:55										
03:08+	06:21+	08:52+	10:39+	11:31+	15:22+	19:54+	25:44+	27:36+	28:49+	31:37+	35:37-	37:13+	37:55+
03:08+	03:13-	02:31-	01:47-	00:52-	03:51+	04:32-	05:50-	01:52-	01:13-	02:48-	04:00-	01:36+	00:42=
01:33&	00:10-	00:09-	00:19-	00:09-	01:12&	00:15-	00:12-	00:08-	00:10-	00:58-	00:36-	00:23&	00:00=
3	Jan Værp	62	40:06										
01:28-	05:11+	07:55+	09:54+	10:57+	13:39+	19:43+	26:40+	29:01+	30:53+	34:10+	38:26+	39:31+	40:06+
01:28-	03:43+	02:44+	01:59-	01:59-	01:03+	02:42+	06:04+	06:57+	02:21+	01:52+	03:17-	04:16-	01:05-
00:07-	00:20+	00:04+	00:07-	00:02+	00:03+	01:17&	00:55#	00:21#	00:29&	00:29-	00:20-	00:08-	00:07-
4	Steinar Undheim	54	40:12										
01:14-	05:03+	08:04+	10:04+	11:13+	13:42+	19:42+	26:10+	28:08+	29:58+	33:25+	37:59+	39:30+	40:12+
01:14-	03:49+	03:01+	02:00-	01:09+	02:29-	06:00+	06:28+	01:58-	01:50+	03:27-	04:34-	01:31+	00:42=
00:21-	00:26#	00:21#	00:06-	00:08#	00:10-	01:13&	00:26+	00:02-	00:27&	00:19-	00:02-	00:18#	00:00=
5	Kjell Langvik	93	46:11										
02:26+	06:35+	10:39+	13:19+	14:22+	17:15+	23:31+	30:14+	33:01+	34:47+	37:47+	43:38+	45:35+	46:11+
02:26+	04:09+	04:04+	02:40+	01:03+	02:53+	06:16+	06:43+	02:47+	01:46+	03:00-	05:51+	01:57+	00:36-
00:51&	00:46#	01:24&	00:34&	00:02+	00:14+	01:29&	00:41#	00:47&	00:23&	00:46-	01:15&	00:44&	00:06-
6	Terje Braut	92	47:28										
01:48+	06:00+	09:11+	11:40+	13:05+	16:14+	21:50+	28:53+	31:55+	33:41+	37:24+	44:36+	46:49+	47:28+
01:48+	04:12+	03:11+	02:29+	01:25+	03:09+	05:36+	07:03+	03:02+	01:46+	03:43-	07:12+	02:13+	00:39-
00:13#	00:49#	00:31#	00:23#	00:24&	00:30#	00:49#	01:01#	01:02&	00:23&	00:03-	02:36&	01:00&	00:03-
7	Jan Bekkeheien	92	51:13										
02:37+	06:39+	10:24+	12:37+	14:21+	17:27+	26:03+	34:38+	37:37+	39:23+	42:54+	48:44+	50:27+	51:13+
02:37+	04:02+	03:45+	02:13+	01:44+	03:06+	08:36+	08:35+	02:59+	01:46+	03:31-	05:50+	01:43+	00:46+
01:02&	00:39#	01:05&	00:07+	00:43&	00:27#	03:49&	02:33&	00:59&	00:23&	00:15-	01:14&	00:30&	00:04+
8	Harald Vatne	67	51:58										
03:49+	12:33+	16:33+	18:35+	19:51+	22:59+	28:11+	35:44+	38:22+	40:11+	43:55+	49:48+	51:16+	51:58+
03:49+	08:44+	04:00+	02:02-	01:16+	03:08+	05:12+	07:33+	02:38+	01:49+	03:44-	05:53+	01:28+	00:42=
02:14@	05:21@	01:20&	00:04-	00:15#	00:29#	00:25+	01:31&	00:38&	00:26&	00:02-	01:17&	00:15#	00:00=
9	Mangor Eikeland	92	57:46										
02:16+	07:49+	11:40+	14:24+	15:57+	19:17+	26:03+	35:31+	38:34+	40:52+	45:34+	54:58+	56:39+	57:46+
02:16+	05:33+	03:51+	02:44+	01:33+	03:20+	06:46+	09:28+	03:03+	02:18+	04:42+	09:24+	01:41+	01:07+
00:41&	02:10&	01:11&	00:38&	00:32&	00:41&	01:59&	03:26&	01:03&	00:55&	00:56#	04:48@	00:28&	00:25&
10	Arne Tveita	109	58:49										
02:00+	06:11+	09:11+	11:17+	12:21+	15:10+	25:55+	38:33+	41:06+	42:58+	46:45+	56:37+	58:19+	58:49+
02:00+	04:11+	03:00+	02:06=	01:04+	02:49+	10:45+	12:38+	02:33+	01:52+	03:47+	09:52+	01:42+	00:30-
00:25&	00:48#	00:20#	00:00=	00:03+	00:10+	05:58@	06:36@	00:33&	00:29&	00:01+	05:16@	00:29&	00:12-
11	Arne Brandsberg	29	1:02:01										
02:21+	08:21+	12:21+	15:12+	17:07+	21:05+	28:13+	37:39+	40:52+	43:12+	51:07+	58:53+	60:45+	62:01+
02:21+	06:00+	04:00+	02:51+	01:55+	03:58+	07:08+	09:26+	03:13+	02:20+	07:55+	07:46+	01:52+	01:16+
00:46&	02:37&	01:20&	00:45&	00:54&	01:19&	02:21&	03:24&	01:13&	00:57&	04:09@	03:10&	00:39&	00:34&
12	Kjell Maudal	63	1:17:09										
04:18+	13:23+	20:39+	23:29+	25:06+	29:10+	39:01+	51:07+	53:50+	55:33+	65:58+	73:59+	76:19+	77:09+
04:18+	09:05+	07:16+	02:50+	01:37+	04:04+	09:51+	12:06+	02:43+	01:43+	10:25+	08:01+	02:20+	00:50+
02:43@	05:42@	04:36@	00:44&	00:36&	01:25&	05:04@	06:04@	00:43&	00:20#	06:39@	03:25&	01:07&	00:08#
13	Rolv Nærland	63	1:18:08										
05:10+	14:22+	21:28+	24:17+	26:06+	30:00+	39:47+	51:59+	54:50+	56:32+	66:41+	74:59+	77:17+	78:08+
05:10+	09:12+	07:06+	02:49+	01:49+	03:54+	09:47+	12:12+	02:51+	01:42+	10:09+	08:18+	02:18+	00:51+
03:35@	05:49@	04:26@	00:43&	00:48&	01:15&	05:00@	06:10@	00:51&	00:19#	06:23@	03:42&	01:05&	00:09#

Beste strekktid for klassen

01:14 03:13 02:31 01:47 00:52 02:29 04:32 05:50 01:52 01:13 02:48 04:00 01:05 00:30

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

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Herrer 80 år og eldre

1 Magne Jakobsen 63 47:23

02:46= 07:13= 10:47= 14:40= 17:45= 23:52= 25:22= 34:54= 36:36= 39:03= 42:47= 44:19= 46:51= 47:23=
 02:46= 04:27= 03:34= 03:53= 03:05= 06:07= 01:30= 09:32= 01:42= 02:27= 03:44= 01:32= 02:32= 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=

2 Sigurd Krosli 93 52:31

01:12- 05:27- 08:33- 13:58- 18:01+ 24:13+ 30:59+ 37:31+ 39:37+ 43:13+ 48:19+ 49:29+ 51:54+ 52:31+
 01:12- 04:15- 03:06- 05:25+ 04:03+ 06:12+ 06:46+ 06:32- 02:06+ 03:36+ 05:06+ 01:10- 02:25- 00:37+
 01:34- 00:12- 00:28- 01:32& 00:58& 00:05+ 05:16@ 03:00- 00:24# 01:09& 01:22& 00:22- 00:07- 00:05#

3 Torleiv Møgedal 68 1:00:15

01:42- 07:44+ 11:54+ 17:06+ 21:50+ 30:18+ 33:21+ 42:24+ 44:23+ 47:59+ 52:53+ 54:46+ 58:08+ 60:15+
 01:42- 06:02+ 04:10+ 05:12+ 04:44+ 08:28+ 03:03+ 09:03- 01:59+ 03:36+ 04:54+ 01:53+ 03:22+ 02:07+
 01:04- 01:35& 00:36# 01:19& 01:39& 02:21& 01:33@ 00:29- 00:17# 01:09& 01:10& 00:21# 00:50& 01:35@

4 Peter Frafjord 116 1:18:19

01:17- 09:12+ 13:47+ 21:26+ 26:39+ 39:53+ 42:45+ 51:24+ 53:36+ 61:52+ 69:38+ 74:15+ 77:44+ 78:19+
 01:17- 07:55+ 04:35+ 07:39+ 05:13+ 13:14+ 02:52+ 08:39- 02:12+ 08:16+ 07:46+ 04:37+ 03:29+ 00:35+
 01:29- 03:28& 01:01& 03:46& 02:08& 07:07@ 01:22& 00:53- 00:30& 05:49@ 04:02@ 03:05@ 00:57& 00:03+

5 Magne Westerheim 93 1:49:10

31:29+ 38:56+ 44:03+ 57:01+ 66:30+ 77:49+ 83:33+ 89:27+ 91:16+ 96:44+ 103:57+ 105:50+ 108:44+ 109:10+
 31:29+ 07:27+ 05:07+ 12:58+ 09:29+ 11:19+ 05:44+ 05:54- 01:49+ 05:28+ 07:13+ 01:53+ 02:54+ 00:26-
 28:43@ 03:00& 01:33& 09:05@ 06:24@ 05:12& 04:14@ 03:38- 00:07+ 03:01@ 03:29& 00:21# 00:22# 00:06-

Beste strekktid for klassen

01:12 04:15 03:06 03:53 03:05 06:07 01:30 05:54 01:42 02:27 03:44 01:10 02:25 00:26

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

Herrer A

1 Fredrik Omdal 74 37:38

00:33= 01:10= 01:51= 04:51= 06:05= 08:49= 11:01= 12:54= 13:49= 14:22= 17:54= 18:19= 19:27= 20:30= 21:10= 24:48= 25:49= 27:09= 27:57= 31:12= 31:58= 32:43= 34:52= 35:29= 36:10= 37:02=
 00:33= 00:37= 00:41= 03:00= 01:14= 02:44= 02:12= 01:53= 00:55= 00:33= 03:32= 00:25= 01:08= 01:03= 00:40= 03:38= 01:01= 01:20= 00:48= 03:15= 00:46= 00:45= 02:09= 00:37= 00:41= 00:52=
 00:00=
 37:38=
 00:36=
 00:00=

2 Erik Lima 43 39:06

00:46+ 01:30+ 02:23+ 05:36+ 06:55+ 09:24+ 11:33+ 13:55+ 14:53+ 15:28+ 18:31+ 18:55+ 20:02+ 21:09+ 22:03+ 25:34+ 26:28+ 27:42+ 28:30+ 32:24+ 33:10+ 33:53+ 36:05+ 36:44+ 37:36+ 38:29+
 00:46+ 00:44+ 00:53+ 03:13+ 01:19+ 02:29- 02:09- 02:22+ 00:58+ 00:35+ 03:03- 00:24- 01:07- 01:07+ 00:54+ 03:31- 00:54- 01:14- 00:48= 03:54+ 00:46= 00:43- 02:12+ 00:39+ 00:52+ 00:53+
 00:13& 00:07# 00:12& 00:13+ 00:05+ 00:15- 00:03- 00:29& 00:03+ 00:02+ 00:29- 00:01- 00:01- 00:04+ 00:14& 00:07- 00:07- 00:06- 00:00= 00:39# 00:00= 00:02- 00:03+ 00:02+ 00:11& 00:01+
 39:06+
 00:37+
 00:01+

3 Kristian Haarr 27 41:31

00:47+ 01:33+ 02:19+ 05:42+ 07:00+ 09:36+ 11:46+ 14:09+ 15:10+ 15:49+ 19:02+ 19:34+ 20:44+ 21:55+ 22:36+ 26:49+ 27:30+ 29:17+ 30:10+ 34:14+ 35:01+ 35:50+ 38:19+ 39:11+ 39:49+ 40:39+
 00:47+ 00:46+ 00:46+ 03:23+ 01:18+ 02:36- 02:10- 02:23+ 01:01+ 00:39+ 03:13- 00:32+ 01:10+ 01:11+ 00:41+ 04:13+ 00:41- 01:47+ 00:53+ 04:04+ 00:47+ 00:49+ 02:29+ 00:52+ 00:38- 00:50-
 00:14& 00:09# 00:05# 00:23# 00:04+ 00:08- 00:02- 00:30& 00:06# 00:06# 00:19- 00:07& 00:02+ 00:08# 00:01+ 00:35# 00:20- 00:27& 00:05# 00:49& 00:01+ 00:04+ 00:20# 00:15& 00:03- 00:02-
 41:31+
 00:52+
 00:16&

4 Øyvind Lamark 46 43:46

00:39+ 01:24+ 02:19+ 05:41+ 07:09+ 09:31+ 11:51+ 13:56+ 14:57+ 15:32+ 20:55+ 21:22+ 22:40+ 24:06+ 24:59+ 29:05+ 30:10+ 31:29+ 32:24+ 36:32+ 37:13+ 38:01+ 40:34+ 41:18+ 42:01+ 43:02+
 00:39+ 00:45+ 00:55+ 03:22+ 01:28+ 02:22- 02:20+ 02:05+ 01:01+ 00:35+ 05:23+ 00:27+ 01:18+ 01:26+ 00:53+ 04:06+ 01:05+ 01:19- 00:55+ 04:08+ 00:41- 00:48+ 02:33+ 00:44+ 00:43+ 01:01+
 00:06# 00:08# 00:14& 00:22# 00:14# 00:22- 00:08+ 00:12# 00:06# 00:02+ 01:51& 00:02+ 00:10# 00:23& 00:13& 00:28# 00:04+ 00:01- 00:07# 00:53& 00:05- 00:03+ 00:24# 00:07# 00:02+ 00:09#
 43:46+
 00:44+
 00:08#

5 Stian Haugvaldstad 116 45:40

00:47+ 04:32+ 06:15+ 08:53+ 11:24+ 13:54+ 14:53+ 15:42+ 20:54+ 21:20+ 22:43+ 23:52+ 24:46+ 28:45+ 30:11+ 33:20+ 34:36+ 38:23+ 39:10+ 40:00+ 42:20+ 43:04+ 43:55+ 44:58+ 45:40+
 00:47+ 03:45+ 01:43+ 02:38- 02:31+ 02:30- 00:59- 00:49- 05:12+ 00:26- 01:23- 01:09+ 00:54- 03:59+ 01:26+ 03:09- 01:16+ 03:47+ 00:47- 00:50- 02:20+ 00:44- 00:51- 01:03+ 00:42+
 00:14& 03:08@ 01:02@ 00:22- 01:17@ 00:14- 01:13- 01:04- 04:17@ 00:07- 02:09- 00:44@ 00:14- 02:56@ 00:46@ 00:29- 00:15# 02:27@ 00:01- 02:25- 01:34@ 00:01- 01:18- 00:26& 00:01+

Class	Navn	Klasse										Tid														
6	Torbjørn Ims Østby	66										49:54														
00:38+	01:32+	02:27+	06:12+	08:01+	10:40+	13:30+	16:22+	17:44+	18:41+	21:28+	22:10+	23:40+	25:15+	26:22+	31:21+	32:41+	34:36+	35:47+	40:43+	41:42+	42:35+	45:32+	46:35+	48:04+	49:10+	
00:38+	00:54+	00:55+	03:45+	01:49+	02:39-	02:50+	02:52+	01:22+	00:57+	02:47-	00:42+	01:30+	01:35+	01:07+	04:59+	01:20+	01:55+	01:11+	04:56+	00:59+	00:53+	02:57+	01:03+	01:29+	01:06+	
00:05#	00:17&	00:14&	00:45#	00:35&	00:05-	00:38&	00:59&	00:27&	00:24&	00:45-	00:17&	00:22&	00:32&	00:27&	01:21&	00:19&	00:35&	00:23&	01:41&	00:13&	00:08#	00:48&	00:26&	00:48@	00:14&	
49:54+																										
00:44+																										
00:08#																										

Beste strekktid for klassen

00:33 00:37 00:41 02:38 01:14 02:22 00:59 00:49 00:55 00:26 01:23 00:24 00:54 01:03 00:40 03:09 00:41 01:14 00:47 00:50 00:41 00:43 00:51 00:37 00:38 00:50 00:36

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

Herrer B

1	Njål F. Vadla	93										41:39														
00:40=	01:20=	02:05=	05:22=	06:38=	09:49=	12:11=	14:29=	15:29=	16:06=	18:53=	19:19=	20:25=	21:36=	22:20=	26:48=	27:39=	29:16=	30:10=	33:53=	35:06=	35:54=	38:31=	39:17=	39:58=	40:55=	
00:40=	00:40=	00:45=	03:17=	01:16=	03:11=	02:22=	02:18=	01:00=	00:37=	02:47=	00:26=	01:06=	01:11=	00:44=	04:28=	00:51=	01:37=	00:54=	03:43=	01:13=	00:48=	02:37=	00:46=	00:41=	00:57=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
41:39=																										
00:44=																										
00:00=																										

2	Magnus Landstad	66										42:35														
00:47+	01:37+	02:26+	05:42+	07:16+	10:29+	12:51+	15:09+	16:09+	16:52+	20:21+	20:47+	22:00+	23:10+	23:57+	27:59+	28:54+	30:06+	31:04+	35:32+	36:23+	37:07+	39:30+	40:17+	41:00+	41:51+	
00:47+	00:50+	00:49+	03:16-	01:34+	03:13+	02:22=	02:18=	01:00=	00:43+	03:29+	00:26=	01:13+	01:10-	00:47+	04:02-	00:55+	01:12-	00:58+	04:28+	00:51-	00:44-	02:23-	00:47+	00:43+	00:51-	
00:07#	00:10#	00:04+	00:01-	00:18#	00:02+	00:00=	00:00=	00:00=	00:06#	00:42&	00:00=	00:07#	00:01-	00:03+	00:26-	00:04+	00:25-	00:04+	00:45#	00:22-	00:04-	00:14-	00:01+	00:02+	00:06-	
42:35+																										
00:44=																										
00:00=																										

3	Morten Aamodt	116										42:59														
00:40=	01:25+	02:12+	05:48+	07:19+	10:16+	12:34+	14:50+	15:52+	16:29+	18:43-	19:22+	20:27+	21:40+	22:25+	26:38-	27:57+	29:14-	30:14+	33:59+	34:55-	35:43-	38:15-	40:27+	41:06+	42:12+	
00:40=	00:45+	00:47+	03:36+	01:31+	02:57-	02:18-	02:16-	01:02+	00:37=	02:14-	00:39+	01:05-	01:13+	00:45+	04:13-	01:19+	01:17-	01:00+	03:45+	00:56-	00:48=	02:32-	02:12+	00:39-	01:06+	
00:00=	00:05#	00:02+	00:19+	00:15#	00:14-	00:04-	00:02-	00:02+	00:00=	00:33-	00:13&	00:01-	00:02+	00:01+	00:15-	00:28&	00:20-	00:06#	00:02+	00:17-	00:00=	00:05-	01:26@	00:02-	00:09#	
42:59+																										
00:47+																										
00:03+																										

4	Tor Gunnar Aksland	116										43:21														
00:42+	01:32+	02:23+	05:48+	07:20+	09:49=	12:01-	14:54+	15:54+	16:37+	19:05+	19:34+	20:47+	22:04+	22:54+	27:21+	28:21+	30:03+	31:02+	35:22+	36:19+	37:07+	39:34+	40:22+	41:37+	42:38+	
00:42+	00:50+	00:51+	03:25+	01:32+	02:29-	02:12-	02:53+	01:00=	00:43+	02:28-	00:29+	01:13+	01:17+	00:50+	04:27-	01:00+	01:42+	00:59+	04:20+	00:57-	00:48=	02:27-	00:48+	01:15+	01:01+	
00:02+	00:10#	00:06#	00:08+	00:16#	00:42-	00:10-	00:35&	00:00=	00:06#	00:19-	00:03#	00:07#	00:06+	00:06#	00:01-	00:09#	00:05+	00:05+	00:37#	00:16-	00:00=	00:10-	00:02+	00:34&	00:04+	
43:21+																										
00:43-																										
00:01-																										

5	Joar Eilevstjønn	67										43:56														
01:13+	01:56+	02:42+	06:28+	08:21+	11:32+	14:33+	17:19+	18:24+	19:02+	21:32+	22:02+	23:16+	24:30+	25:17+	29:47+	30:44+	32:02+	32:57+	36:40+	37:20+	38:04+	40:31+	41:13+	42:07+	43:20+	
01:13+	00:43+	00:46+	03:46+	01:53+	03:11=	03:01+	02:46+	01:05+	00:38+	02:30-	00:30+	01:14+	01:14+	00:47+	04:30+	00:57+	01:18-	00:55+	03:43=	00:40-	00:44-	02:27-	00:42-	00:54+	01:13+	
00:33&	00:03+	00:01+	00:29#	00:37&	00:00=	00:39&	00:28#	00:05+	00:01+	00:17-	00:04#	00:08#	00:03+	00:03+	00:02+	00:06#	00:19-	00:01+	00:00=	00:33-	00:04-	00:10-	00:04-	00:13&	00:16&	
43:56+																										
00:36-																										
00:08-																										

6	Oddvar Taksdal	194										44:01														
00:46+	01:36+	02:27+	06:00+	07:33+	10:19+	12:41+	14:58+	16:10+	16:53+	19:53+	20:23+	21:42+	22:57+	24:05+	28:31+	29:35+	31:14+	32:08+	36:28+	37:11+	38:00+	40:40+	41:27+	42:08+	43:06+	
00:46+	00:47+	00:54+	03:33+	01:33+	02:46-	02:22=	02:17-	01:12+	00:43+	03:00+	00:30+	01:19+	01:15+	01:08+	04:26-	01:04+	01:39+	00:54=	04:20+	00:43-	00:49+	02:40+	00:47+	00:41=	00:58+	
00:06#	00:07#	00:09#	00:16+	00:17#	00:25-	00:00=	00:01-	00:12#	00:06#	00:13+	00:04#	00:13#	00:04+	00:24&	00:02-	00:13&	00:02+	00:00=	00:37#	00:30-	00:01+	00:03+	00:01+	00:00=	00:01+	
44:01+																										
00:55+																										
00:11#																										

7	Geir Sand	105										44:33														
00:44+	01:36+	02:30+	06:09+	08:20+	10:48+	13:24+	15:43+	16:50+	17:33+	20:16+	20:47+	21:58+	23:16+	24:24+	28:29+	30:08+	31:38+	32:36+	36:45+	37:34+	38:19+	40:43+	41:31+	42:44+	43:53+	
00:44+	00:52+	00:54+	03:39+	02:11+	02:28-	02:36+	02:19+	01:07+	00:43+	02:43-	00:31+	01:11+	01:18+	01:08+	04:05-	01:39+	01:30-	00:58+	04:09+	00:49-	00:45-	02:24-	00:48+	01:13+	01:09+	
00:04#	00:12&	00:09#	00:22#	00:55&	00:43-	00:14+	00:01+	00:07#	00:06#	00:04-	00:05#	00:05+	00:07+	00:24&	00:23-	00:48&	00:07-	00:04+	00:26#	00:24-	00:03-	00:13-	00:02+	00:32&	00:12#	
44:33+																										
00:40-																										
00:04-																										

Pluss	Navn	Pluss	Klasse																			Tid					
8	Per Olav Haarr	62																				44:51					
00:41+	01:24+	02:13+	05:43+	07:23+	11:47+	14:32+	17:24+	18:22+	19:02+	21:26+	21:59+	23:19+	24:41+	25:25+	29:48+	30:36+	32:00+	32:57+	37:34+	38:36+	39:23+	41:45+	42:28+	43:13+	44:07+		
00:41+	00:43+	00:49+	03:30+	01:40+	04:24+	02:45+	02:52+	00:58-	00:40+	02:24-	00:33+	01:20+	01:22+	00:44=	04:23-	00:48-	01:24-	00:57+	04:37+	01:02-	00:47-	02:22-	00:43-	00:45+	00:54-		
00:01+	00:03+	00:04+	00:13+	00:24+	01:13&	00:23#	00:34#	00:02-	00:03+	00:23-	00:07&	00:14#	00:11#	00:00=	00:05-	00:03-	00:13-	00:03+	00:54#	00:11-	00:01-	00:15-	00:03-	00:04+	00:03-		
44:51+																											
00:44=																											
00:00=																											
9	Tom Furland	62																				44:54					
00:43+	01:28+	02:18+	05:55+	08:32+	11:28+	14:05+	16:33+	17:39+	18:21+	20:45+	21:15+	22:34+	23:51+	25:01+	29:32+	30:51+	32:25+	33:56+	37:49+	38:23+	39:13+	41:41+	42:27+	43:15+	44:07+		
00:43+	00:45+	00:50+	03:37+	02:37+	02:56-	02:37+	02:28+	01:06+	00:42+	02:24-	00:30+	01:19+	01:17+	01:10+	04:31+	01:19+	01:34-	01:31+	03:53+	00:34-	00:50+	02:28-	00:46=	00:48+	00:52-		
00:03+	00:05#	00:05#	00:20#	01:21#	00:15-	00:15#	00:10+	00:06#	00:05#	00:23-	00:04#	00:13#	00:06+	00:26&	00:03+	00:28&	00:03-	00:37&	00:10+	00:39-	00:02+	00:09-	00:00=	00:07#	00:05-		
44:54+																											
00:47+																											
00:03+																											
11	Svein Erik Kvame	116																				48:38					
00:44+	01:37+	02:36+	06:33+	08:21+	11:32+	14:18+	16:54+	18:09+	18:53+	22:40+	23:08+	24:32+	25:54+	26:44+	31:46+	32:41+	34:24+	35:32+	40:33+	41:19+	42:12+	45:12+	45:59+	46:50+	47:49+		
00:44+	00:53+	00:59+	03:57+	01:48+	03:11=	02:46+	02:36+	01:15+	00:44+	03:47+	00:28+	01:24+	01:22+	00:50+	05:02+	00:55+	01:43+	01:08+	05:01+	00:46-	00:53+	03:00+	00:47+	00:51+	00:59+		
00:04#	00:13&	00:14&	00:40#	00:32&	00:00=	00:24#	00:18#	00:15#	00:07#	01:00&	00:02+	00:18&	00:11#	00:06#	00:34#	00:04+	00:06+	00:14&	01:18&	00:27-	00:05#	00:23#	00:01+	00:10#	00:02+		
48:38+																											
00:49+																											
00:05#																											
12	Jan-Rune L. Basso	91																				50:10					
02:13+	02:56+	03:57+	07:38+	09:10+	12:26+	15:11+	18:04+	19:16+	20:15+	22:57+	23:36+	25:33+	27:04+	28:06+	33:09+	34:21+	36:14+	37:20+	41:28+	42:23+	43:25+	46:18+	47:06+	48:14+	49:22+		
02:13+	00:43+	01:01+	03:41+	01:32+	03:16+	02:45+	02:53+	01:12+	00:59+	02:42-	00:39+	01:57+	01:31+	01:02+	05:03+	01:12+	01:53+	01:06+	04:08+	00:55-	01:02+	02:53+	00:48+	01:08+	01:08+		
01:33@	00:03+	00:16&	00:24#	00:16#	00:05+	00:23#	00:35&	00:12#	00:22&	00:05-	00:13&	00:51&	00:20&	00:18&	00:35#	00:21&	00:16#	00:12#	00:25#	00:18-	00:14&	00:16#	00:02+	00:27&	00:11#		
50:10+																											
00:48+																											
00:04+																											
13	Oddmund Nordgård	105																				50:47					
00:55+	01:50+	02:51+	07:07+	09:02+	11:56+	15:04+	17:46+	19:04+	19:48+	25:27+	25:59+	27:26+	28:48+	29:52+	34:31+	35:37+	37:05+	38:08+	42:25+	43:18+	44:11+	47:03+	48:07+	49:02+	50:01+		
00:55+	00:55+	01:01+	04:16+	01:55+	02:54-	03:08+	02:42+	01:18+	00:44+	05:39+	00:32+	01:27+	01:22+	01:04+	04:39+	01:06+	01:28-	01:03+	04:17+	00:53-	00:53+	02:52+	01:04+	00:55+	00:59+		
00:15&	00:15&	00:16&	00:59&	00:39&	00:17-	00:46&	00:24#	00:18&	00:07#	02:52@	00:06#	00:21&	00:11#	00:20&	00:11+	00:15&	00:09-	00:09#	00:34#	00:20-	00:05#	00:15+	00:18&	00:14&	00:02+		
50:47+																											
00:46+																											
00:02+																											
14	Øyvind Rummelhoff	27																				51:06					
00:45+	01:37+	02:30+	06:32+	08:30+	11:00+	13:43+	16:45+	18:02+	18:53+	25:32+	26:13+	27:25+	28:32+	29:24+	33:45+	35:26+	36:52+	38:01+	42:34+	43:43+	44:34+	47:21+	48:03+	49:17+	50:18+		
00:45+	00:52+	00:53+	04:02+	01:58+	02:30-	02:43+	03:02+	01:17+	00:51+	06:39+	00:41+	01:12+	01:07-	00:52+	04:21-	01:41+	01:26-	01:09+	04:33+	01:09-	00:51+	02:47+	00:42-	01:14+	01:01+		
00:05#	00:12&	00:08#	00:45#	00:42&	00:41-	00:21#	00:44&	00:17&	00:14&	03:52@	00:15&	00:06+	00:04-	00:08#	00:07-	00:50&	00:11-	00:15&	00:50#	00:04-	00:03+	00:10+	00:04-	00:33&	00:04+		
51:06+																											
00:48+																											
00:04+																											
15	Terje Michaelsen	47																				51:08					
00:36-	01:23+	02:21+	08:48+	10:12+	14:01+	16:36+	18:53+	19:57+	20:33+	24:19+	24:59+	26:13+	27:30+	29:12+	33:58+	34:41+	36:10+	37:03+	43:05+	44:10+	44:42+	45:29+	48:01+	48:43+	49:26+		
00:36-	00:47+	00:58+	06:27+	01:24+	03:49+	02:35+	02:17-	01:04+	00:36-	03:46+	00:40+	01:14+	01:17+	01:42+	04:46+	00:43-	01:29-	00:53-	06:02+	01:05-	00:32-	00:47-	02:32+	00:42+	00:43-		
00:04-	00:07#	00:13&	03:10&	00:08#	00:38#	00:13+	00:01-	00:04+	00:01-	00:59&	00:14&	00:08#	00:06+	00:58@	00:18+	00:08-	00:08-	00:01-	02:19#	00:08-	00:16-	01:50-	01:46@	00:01+	00:14-		
50:30+	51:08+																										
01:04+	00:38+																										
00:20&	00:38+																										
16	Espen Fyhn Nilsen	116																				1:00:39					
00:59+	02:04+	03:24+	07:53+	09:48+	13:14+	16:34+	19:42+	21:24+	22:09+	28:11+	28:53+	30:47+	32:31+	33:45+	39:45+	41:05+	43:08+	44:21+	50:06+	51:23+	52:34+	55:59+	57:03+	58:11+	59:40+		
00:59+	01:05+	01:20+	04:29+	01:55+	03:26+	03:20+	03:08+	01:42+	00:45+	06:02+	00:42+	01:54+	01:44+	01:14+	06:00+	01:20+	02:03+	01:13+	05:45+	01:17+	01:11+	03:25+	01:04+	01:08+	01:29+		
00:19&	00:25&	00:35&	01:12&	00:39&	00:15+	00:58&	00:50&	00:42&	00:08#	03:15@	00:16&	00:48&	00:33&	00:30&	01:32&	00:29&	00:26&	00:19&	02:02&	00:04+	00:23&	00:48&	00:18&	00:27&	00:32&		
60:39+																											
00:59+																											
00:15&																											
Beste strekktid for klassen																											
00:36	00:40	00:45	03:16	01:16	02:28	02:12	02:16	00:58	00:36	02:14	00:26	01:05	01:07	00:44	04:02	00:43	01:12	00:53	03:43	00:34	00:32	00:47	00:42	00:39	00:43	00:36	

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

Herrer C

Class	Navn	Klasse	Tid
1	Henning Sundby	114	35:42
00:27=	01:20= 04:26= 05:45= 06:43= 08:58=	12:55= 13:54= 16:02= 17:26= 18:00=	19:47= 20:34= 24:28= 25:58= 26:46= 29:45= 31:07= 32:09= 33:27= 34:20= 35:25= 35:42=
00:27=	00:53= 03:06= 01:19= 00:58= 02:15=	03:57= 00:59= 02:08= 01:24= 00:34=	01:47= 00:47= 03:54= 01:30= 00:48= 02:59= 01:22= 01:02= 01:18= 00:53= 01:05= 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= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Otte Omdal	65	40:23
00:30+	01:32+ 04:43+ 06:16+ 07:32+ 09:25+	13:44+ 14:53+ 17:34+ 19:13+ 20:13+	22:08+ 22:57+ 27:50+ 29:14+ 30:09+ 33:43+ 35:24+ 36:33+ 38:06+ 38:53+ 40:08+ 40:23+
00:30+	01:02+ 03:11+ 01:33+ 01:16+ 01:53-	04:19+ 01:09+ 02:41+ 01:39+ 01:00+	01:55+ 00:49+ 04:53+ 01:24- 00:55+ 03:34+ 01:41+ 01:09+ 01:33+ 00:47- 01:15+ 00:15-
00:03#	00:09# 00:05+ 00:14# 00:18# 00:22-	00:22+ 00:10# 00:33# 00:15# 00:26#	00:08+ 00:02+ 00:59# 00:06- 00:07# 00:35# 00:19# 00:07# 00:15# 00:06- 00:10# 00:02-
3	Nils John Vestøl	83	40:39
00:20-	01:23+ 04:23- 06:13+ 07:13+ 09:01+	13:19# 14:29+ 17:02+ 18:40+ 19:22+	21:15+ 22:18+ 26:46+ 28:30+ 29:30+ 33:11+ 34:48+ 36:41+ 38:15+ 39:18+ 40:26+ 40:39+
00:20-	01:03+ 03:00- 01:50+ 01:00+ 01:48-	04:18+ 01:10+ 02:33+ 01:38+ 00:42+	01:53+ 01:03+ 04:28+ 01:44+ 01:00+ 03:41+ 01:37+ 01:53+ 01:34+ 01:03+ 01:08+ 00:13-
00:07-	00:10# 00:06- 00:31# 00:02+ 00:27-	00:21+ 00:11# 00:25# 00:14# 00:08#	00:06+ 00:16# 00:34# 00:14# 00:12# 00:42# 00:15# 00:51# 00:16# 00:10# 00:03+ 00:04-
4	Trond Nilsen Lamark	114	40:49
00:25-	01:29+ 04:52+ 06:29+ 07:36+ 09:40+	13:55+ 15:08+ 17:39+ 19:24+ 20:15+	22:20+ 23:16+ 27:54+ 29:38+ 30:31+ 34:15+ 35:48+ 37:00+ 38:26+ 39:23+ 40:33+ 40:49+
00:25-	01:04+ 03:23+ 01:37+ 01:07+ 02:04-	04:15+ 01:13+ 02:31+ 01:45+ 00:51+	02:05+ 00:56+ 04:38+ 01:44+ 00:53+ 03:44+ 01:33+ 01:12+ 01:26+ 00:57+ 01:10+ 00:16-
00:02-	00:11# 00:17+ 00:18# 00:09# 00:11-	00:07# 00:14# 00:23# 00:21# 00:17#	00:18# 00:09# 00:44# 00:14# 00:05# 00:45# 00:11# 00:10# 00:08# 00:04+ 00:05+ 00:01-
5	Kjetil Wirak	114	42:05
00:25-	01:24+ 04:46+ 06:18+ 07:16+ 12:13+	16:17+ 17:23+ 20:02+ 21:48+ 22:39+	24:14+ 25:05+ 29:31+ 30:58+ 31:55+ 35:18+ 36:43+ 38:15+ 39:35+ 40:39+ 41:46+ 42:05+
00:25-	00:59+ 03:22+ 01:32+ 00:58= 04:57+	04:04+ 01:06+ 02:39+ 01:46+ 00:51+	01:35- 00:51+ 04:26+ 01:27- 00:57+ 03:23+ 01:25+ 01:32+ 01:20+ 01:04+ 01:07+ 00:19+
00:02-	00:06# 00:16+ 00:13# 00:00= 02:42#	00:07# 00:07# 00:31# 00:22# 00:17#	00:12- 00:04+ 00:32# 00:27- 00:09# 00:24# 00:03+ 00:30# 00:02+ 00:11# 00:02+ 00:02#
6	Jan Einar Øvremo	50	42:12
00:22-	01:25+ 04:32+ 06:17+ 07:26+ 09:23+	13:49+ 14:58+ 17:45+ 19:40+ 20:29+	22:32+ 23:36+ 28:41+ 30:16+ 31:10+ 34:55+ 36:23+ 38:04+ 39:36+ 40:34+ 41:56+ 42:12+
00:22-	01:03+ 03:07+ 01:45+ 01:09+ 01:57-	01:04+ 02:47+ 01:55+ 00:49+ 02:03+	01:04+ 01:04+ 05:05+ 01:35+ 00:54+ 03:45+ 01:28+ 01:41+ 01:32+ 00:58+ 01:22+ 00:16-
00:05-	00:10# 00:01+ 00:26# 00:11# 00:18-	00:29# 00:10# 00:39# 00:31# 00:15#	00:16# 00:17# 01:11# 00:05+ 00:06# 00:46# 00:06+ 00:39# 00:14# 00:05+ 00:17# 00:01-
7	Geir Frøyttlog	29	43:36
00:31+	01:25+ 04:45+ 06:50+ 08:08+ 10:13+	14:46+ 15:56+ 19:02+ 21:05+ 21:50+	23:48+ 24:48+ 29:47+ 31:23+ 32:48+ 36:19+ 37:58+ 39:17+ 40:50+ 41:48+ 43:19+ 43:36+
00:31+	00:54+ 03:20+ 02:05+ 01:18+ 02:05-	04:33+ 01:10+ 03:06+ 02:03+ 00:45+	01:58# 01:00+ 04:59+ 01:36+ 01:25+ 03:31+ 01:39+ 01:19+ 01:33+ 00:58+ 01:31+ 00:17=
00:04#	00:01+ 00:14+ 00:46# 00:20# 00:10-	00:36# 00:11# 00:58# 00:39# 00:11#	00:13# 00:13# 01:05# 00:06+ 00:37# 00:32# 00:17# 00:17# 00:15# 00:05+ 00:26# 00:00=
8	Bjørn Serck-Hanssen	91	44:29
00:26-	01:30+ 04:46+ 06:36+ 07:41+ 09:44+	14:24+ 15:40+ 18:37+ 20:26+ 21:13+	23:17+ 24:30+ 29:43+ 31:25+ 32:27+ 36:46+ 38:43+ 40:05+ 41:43+ 42:51+ 44:10+ 44:29+
00:26-	01:04+ 03:16+ 01:50+ 01:05+ 02:03-	04:40+ 01:16+ 02:57+ 01:49+ 00:47+	02:04+ 01:13+ 05:13+ 01:42+ 01:02+ 04:19+ 01:57+ 01:22+ 01:38+ 01:08+ 01:19+ 00:19+
00:01-	00:11# 00:10+ 00:31# 00:07# 00:12-	00:43# 00:17# 00:49# 00:25# 00:13#	00:17# 00:26# 01:19# 00:12# 00:14# 01:20# 00:35# 00:20# 00:20# 00:15# 00:14# 00:02#
9	Paul Terje Haarr	62	45:08
00:23-	01:33+ 04:58+ 07:54+ 09:45+ 11:36+	16:17+ 17:31+ 20:29+ 22:20+ 23:21+	25:30+ 26:22+ 31:52+ 33:23+ 34:26+ 38:11+ 39:40+ 41:04+ 42:39+ 43:42+ 44:51+ 45:08+
00:23-	01:10+ 03:25+ 02:56+ 01:51+ 01:51-	04:41+ 01:14+ 02:58+ 01:51+ 01:01+	02:09# 00:52+ 05:30+ 01:31+ 01:03+ 03:45+ 01:29+ 01:24+ 01:35+ 01:03+ 01:09+ 00:17=
00:04-	00:17# 00:19# 01:37# 00:53# 00:24-	00:44# 00:15# 00:50# 00:27# 00:27#	00:22# 00:05# 01:36# 00:01+ 00:15# 00:46# 00:07+ 00:22# 00:17# 00:10# 00:04+ 00:00=
10	Geir Bjaanes	116	45:15
00:25-	01:24+ 05:01+ 06:38+ 07:43+ 11:33+	16:21+ 17:34+ 20:23+ 22:42+ 23:39+	25:53+ 26:49+ 32:12+ 33:43+ 34:38+ 38:20+ 40:03+ 41:11+ 42:43+ 43:43+ 44:58+ 45:15+
00:25-	00:59+ 03:37+ 01:37+ 01:05+ 03:50+	04:48+ 01:13+ 02:49+ 02:19+ 00:57+	02:14+ 00:56+ 05:23+ 01:31+ 00:55+ 03:42+ 01:43+ 01:08+ 01:32+ 01:00+ 01:15+ 00:17=
00:02-	00:06# 00:31# 00:18# 00:07# 01:35#	00:51# 00:14# 00:41# 00:55# 00:23#	00:27# 00:09# 01:29# 00:01+ 00:07# 00:43# 00:21# 00:06+ 00:14# 00:07# 00:10# 00:00=
11	Sturle Omdal	116	46:14
00:27=	01:44+ 05:21+ 07:47+ 09:04+ 11:41+	17:03+ 18:23+ 21:22+ 23:24+ 24:16+	26:21+ 27:28+ 32:43+ 34:27+ 35:29+ 39:17+ 40:43+ 42:09+ 43:46+ 44:46+ 46:00+ 46:14+
00:27=	01:17+ 03:37+ 02:26+ 01:17+ 02:37+	05:22+ 01:20+ 02:59+ 02:02+ 00:52+	02:05+ 01:07+ 05:15+ 01:44+ 01:02+ 03:48+ 01:26+ 01:26+ 01:37+ 01:00+ 01:14+ 00:14-
00:00=	00:24# 00:31# 01:07# 00:19# 00:22#	01:25# 00:21# 00:51# 00:38# 00:18#	00:20# 00:20# 01:21# 00:14# 00:14# 00:49# 00:04+ 00:24# 00:19# 00:07# 00:09# 00:03-
12	Pål Bårdsen	90	47:34
00:29+	01:38+ 05:18+ 07:14+ 08:30+ 11:14+	16:20+ 17:47+ 21:11+ 23:09+ 24:06+	26:19+ 27:26+ 33:03+ 34:42+ 35:55+ 40:04+ 41:39+ 43:09+ 45:02+ 46:05+ 47:16+ 47:34+
00:29+	01:09+ 03:40+ 01:56+ 01:16+ 02:44+	05:06+ 01:27+ 03:24+ 01:58+ 00:57+	02:13+ 01:07+ 05:37+ 01:39+ 01:13+ 04:09+ 01:35+ 01:30+ 01:53+ 01:03+ 01:11+ 00:18+
00:02+	00:16# 00:34# 00:37# 00:18# 00:29#	01:09# 00:28# 01:16# 00:34# 00:23#	00:26# 00:20# 01:43# 00:09# 00:25# 01:10# 00:13# 00:28# 00:35# 00:10# 00:06+ 00:01+
13	Øystein Huglen	27	48:38
00:27=	01:51+ 06:03+ 07:46+ 08:52+ 10:39+	15:38+ 16:53+ 20:01+ 23:51+ 24:40+	27:01+ 28:25+ 33:31+ 35:04+ 36:12+ 40:37+ 42:07+ 43:58+ 46:02+ 47:04+ 48:22+ 48:38+
00:27=	01:24+ 04:12+ 01:43+ 01:06+ 01:47-	04:59+ 01:15+ 03:08+ 03:50+ 00:49+	02:21+ 01:24+ 05:06+ 01:33+ 01:08+ 04:25+ 01:30+ 01:51+ 02:04+ 01:02+ 01:18+ 00:16-
00:00=	00:31# 01:06# 00:24# 00:08# 00:28-	01:02# 00:16# 01:00# 02:26# 00:15#	00:34# 00:37# 01:12# 00:03+ 00:20# 01:26# 00:08+ 00:49# 00:46# 00:09# 00:13# 00:01-
14	Svein Oddvar Netland	116	49:30
00:27=	01:37+ 05:30+ 07:36+ 09:02+ 11:18+	16:11+ 17:37+ 20:57+ 22:59+ 23:58+	26:16+ 27:17+ 32:39+ 34:28+ 35:30+ 39:47+ 41:32+ 45:04+ 46:51+ 48:02+ 49:16+ 49:30+
00:27=	01:10+ 03:53+ 02:06+ 01:26+ 02:16+	04:53+ 01:26+ 03:20+ 02:02+ 00:59+	02:18+ 01:01+ 05:22+ 01:49+ 01:02+ 04:17+ 01:45+ 03:32+ 01:47+ 01:11+ 01:14+ 00:14-
00:00=	00:17# 00:47# 00:47# 00:28# 00:01+	00:56# 00:27# 01:12# 00:38# 00:25#	00:31# 00:14# 01:28# 00:19# 00:14# 01:18# 00:23# 02:30# 00:29# 00:18# 00:09# 00:03-
15	Erling Mauland	83	49:43
00:30+	01:40+ 07:04+ 09:21+ 10:34+ 12:44+	17:59+ 19:15+ 22:22+ 24:42+ 25:34+	27:43+ 29:19+ 35:08+ 36:39+ 37:34+ 41:59+ 43:31+ 44:56+ 46:41+ 47:52+ 49:24+ 49:43+
00:30+	01:10+ 05:24+ 02:17+ 01:13+ 02:10-	05:15+ 01:16+ 03:07+ 02:20+ 00:52+	02:09# 01:36+ 05:49+ 01:31+ 00:55+ 04:25+ 01:32+ 01:25+ 01:45+ 01:11+ 01:32+ 00:19+
00:03#	00:17# 02:18# 00:58# 00:15# 00:05-	01:18# 00:17# 00:59# 00:56# 00:18#	00:22# 00:49# 01:55# 00:01+ 00:07# 01:26# 00:10# 00:23# 00:27# 00:18# 00:27# 00:02#

Class	Navn	Klasse	Tid																			
16	Øistein Haaland	116	50:26																			
00:32+	02:38+	06:21+	08:20+	09:38+	12:21+	17:52+	19:21+	22:44+	24:42+	25:40+	28:19+	29:35+	35:16+	37:18+	38:30+	42:35+	44:19+	46:10+	47:47+	48:55+	50:07+	50:26+
00:32+	02:06+	03:43+	01:59+	01:18+	02:43+	05:31+	01:29+	03:23+	01:58+	00:58+	02:39+	01:16+	05:41+	02:02+	01:12+	04:05+	01:44+	01:51+	01:37+	01:08+	01:12+	00:19+
00:05#	01:13#	00:37#	00:40&	00:20&	00:28#	01:34&	00:30&	01:15&	00:34&	00:24&	00:52&	00:29&	01:47&	00:32&	00:24&	01:06&	00:22&	00:49&	00:19#	00:15&	00:07#	00:02#
17	Bertrand Denieul	42	55:27																			
00:22-	01:22+	06:43+	08:24+	09:25+	17:22+	22:46+	24:01+	26:55+	29:33+	30:06+	33:08+	34:33+	39:34+	41:12+	42:10+	46:31+	48:12+	49:44+	51:29+	53:14+	55:14+	55:27+
00:22-	01:00+	05:21+	01:41+	01:01+	07:57+	05:24+	01:15+	02:54+	02:38+	00:33-	03:02+	01:25+	05:01+	01:38+	00:58+	04:21+	01:41+	01:32+	01:45+	01:45+	02:00+	00:13-
00:05-	00:07#	02:15&	00:22&	00:03+	05:42@	01:27&	00:16&	00:46&	01:14&	00:01-	01:15&	00:38&	01:07&	00:08+	00:10#	01:22&	00:19#	00:30&	00:27&	00:52&	00:55&	00:04-
18	Sveinung Svebestad	46	55:38																			
00:28+	01:49+	06:04+	07:51+	09:12+	11:43+	17:48+	19:19+	22:42+	24:49+	25:43+	28:15+	29:24+	35:48+	38:12+	39:42+	44:31+	46:30+	49:42+	51:33+	53:47+	55:14+	55:38+
00:28+	01:21+	04:15+	01:47+	01:21+	02:31+	06:05+	01:31+	03:23+	02:07+	00:54+	02:32+	01:09+	06:24+	02:24+	01:30+	04:49+	01:59+	03:12+	01:51+	02:14+	01:27+	00:24+
00:01+	00:28&	01:09&	00:28&	00:23&	00:16#	02:08&	00:32&	01:15&	00:43&	00:20&	00:45&	00:22&	02:30&	00:54&	00:42&	01:50&	00:37&	02:10@	00:33&	01:21@	00:22&	00:07&
19	Pål H. Gjerden	116	57:22																			
00:28+	01:46+	05:28+	07:16+	08:30+	15:49+	22:26+	24:02+	27:45+	30:00+	31:10+	33:38+	35:05+	41:29+	43:25+	44:43+	49:23+	51:11+	52:48+	54:28+	55:40+	57:05+	57:22+
00:28+	01:18+	03:42+	01:48+	01:14+	07:19+	06:37+	01:36+	03:43+	02:15+	01:10+	02:28+	01:27+	06:24+	01:56+	01:18+	04:40+	01:48+	01:37+	01:40+	01:12+	01:25+	00:17=
00:01+	00:25&	00:36#	00:29&	00:16&	05:04@	02:40&	00:37&	01:35&	00:51&	00:36@	00:41&	00:40&	02:30&	00:26&	00:30&	01:41&	00:26&	00:35&	00:22&	00:19&	00:20&	00:00=
20	Ove Oaland	116	59:00																			
00:41+	02:10+	07:22+	09:27+	10:56+	14:11+	20:18+	22:00+	25:46+	28:23+	29:41+	32:26+	33:39+	39:38+	42:21+	44:12+	48:58+	51:02+	53:30+	55:36+	56:54+	58:40+	59:00+
00:41+	01:29+	05:12+	02:05+	01:29+	03:15+	06:07+	01:42+	03:46+	02:37+	01:18+	02:45+	01:13+	05:59+	02:43+	01:51+	04:46+	02:04+	02:28+	02:06+	01:18+	01:46+	00:20+
00:14&	00:36&	02:06&	00:46&	00:31&	01:00&	02:10&	00:43&	01:38&	01:13&	00:44@	00:58&	00:26&	02:05&	01:13&	01:03@	01:47&	00:42&	01:26@	00:48&	00:25&	00:41&	00:03#

Beste strekktid for klassen

00:20 00:53 03:00 01:19 00:58 01:47 03:57 00:59 02:08 01:24 00:33 01:35 00:47 03:54 01:24 00:48 02:59 01:22 01:02 01:18 00:47 01:05 00:13

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

Herrer Trim

1	Sindre Mogen	27	28:31																			
00:36=	03:10=	05:08=	07:14=	09:20=	13:36=	14:38=	17:51=	18:43=	21:11=	23:40=	24:32=	28:14=	28:31=									
00:36=	02:34=	01:58=	02:06=	02:06=	04:16=	01:02=	03:13=	00:52=	02:28=	02:29=	00:52=	03:42=	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	Rolf Frøyland	5	32:59																			
00:35-	03:36+	05:25+	08:22+	10:36+	15:05+	16:38+	20:51+	25:11+	27:09+	30:04+	31:01+	32:40+	32:59+									
00:35-	03:01+	01:49-	02:57+	02:14+	04:29+	01:33+	04:13+	04:20+	01:58-	02:55+	00:57+	01:39-	00:19+									
00:01-	00:27#	00:09-	00:51&	00:08+	00:13+	00:31&	01:00&	03:28@	00:30-	00:26#	00:05+	02:03-	00:02#									
3	Roger Nyseth	92	34:15																			
00:53+	04:09+	06:38+	09:22+	11:52+	17:30+	18:45+	23:31+	24:55+	26:39+	30:25+	31:40+	33:46+	34:15+									
00:53+	03:16+	02:29+	02:44+	02:30+	05:38+	01:15+	04:46+	01:24+	01:44-	03:46+	01:15+	02:06-	00:29+									
00:17&	00:42&	00:31&	00:38&	00:24#	01:22&	00:13#	01:33&	00:32&	00:44-	01:17&	00:23&	01:36-	00:12&									
4	Stig Erlend Ollestad	51	34:59																			
00:53+	03:30+	05:28+	12:22+	14:09+	17:48+	18:53+	22:16+	25:24+	30:02+	32:36+	33:28+	34:45+	34:59+									
00:53+	02:37+	01:58=	06:54+	01:47-	03:39-	01:05+	03:23+	03:08+	04:38+	02:34+	00:52=	01:17-	00:14-									
00:17&	00:03+	00:00=	04:48@	00:19-	00:37-	00:03+	00:10+	02:16@	02:10&	00:05+	00:00=	02:25-	00:03-									
5	Cato Bjerkeli	237	36:46																			
00:52+	05:14+	07:38+	10:25+	14:17+	19:24+	20:46+	26:06+	28:01+	29:47+	32:32+	33:39+	36:22+	36:46+									
00:52+	04:22+	02:24+	02:47+	03:52+	05:07+	01:22+	05:20+	01:55+	01:46-	02:45+	01:07+	02:43-	00:24+									
00:16&	01:48&	00:26#	00:41&	01:46&	00:51#	00:20&	02:07&	01:03@	00:42-	00:16#	00:15&	00:59-	00:07&									
6	Tor Harald Lunde	47	37:14																			
00:57+	04:40+	07:36+	11:23+	14:18+	19:32+	21:05+	26:09+	27:42+	29:45+	33:19+	34:44+	36:53+	37:14+									
00:57+	03:43+	02:56+	03:47+	02:55+	05:14+	01:33+	05:04+	01:33+	02:03-	03:34+	01:25+	02:09-	00:21+									
00:21&	01:09&	00:58&	01:41&	00:49&	00:58#	00:31&	01:51&	00:41&	00:25-	01:05&	00:33&	01:33-	00:04#									
7	Anders H Foss	263	37:28																			
00:56+	03:55+	07:10+	10:46+	13:00+	19:08+	21:14+	26:33+	27:48+	30:04+	33:34+	34:58+	37:10+	37:28+									
00:56+	02:59+	03:15+	03:36+	02:14+	06:08+	02:06+	05:19+	01:15+	02:16-	03:30+	01:24+	02:12-	00:18+									
00:20&	00:25#	01:17&	01:30&	00:08+	01:52&	01:04@	02:06&	00:23&	00:12-	01:01&	00:32&	01:30-	00:01+									
8	Holger Pansch	117	38:51																			
00:49+	05:37+	08:07+	11:00+	13:36+	18:25+	20:32+	25:07+	26:34+	30:38+	34:48+	36:08+	38:29+	38:51+									
00:49+	04:48+	02:30+	02:53+	02:36+	04:49+	02:07+	04:35+	01:27+	04:04+	04:10+	01:20+	02:21-	00:22+									
00:13&	02:14&	00:32&	00:47&	00:30#	00:33#	01:05@	01:22&	00:35&	01:36&	01:41&	00:28&	01:21-	00:05&									

Class	Navn	Klasse										Tid	
9	Jon Jakobsen	116										39:00	
00:51+	05:22+	09:33+	12:55+	16:15+	20:53+	22:21+	26:58+	28:27+	31:17+	34:31+	35:23+	38:37+	39:00+
00:51+	04:31+	04:11+	03:22+	03:20+	04:38+	01:28+	04:37+	01:29+	02:50+	03:14+	00:52=	03:14-	00:23+
00:15&	01:57&	02:13@	01:16&	01:14&	00:22+	00:26&	01:24&	00:37&	00:22#	00:45&	00:00=	00:28-	00:06&
10	Jan Henrik Neuenkirchen	117										39:41	
01:05+	05:04+	07:43+	11:22+	14:40+	19:52+	21:25+	26:32+	28:04+	30:22+	35:27+	36:53+	39:08+	39:41+
01:05+	03:59+	02:39+	03:39+	03:18+	05:12+	01:33+	05:07+	01:32+	02:18-	05:05+	01:26+	02:15-	00:33+
00:29&	01:25&	00:41&	01:33&	01:12&	00:56#	00:31&	01:54&	00:40&	00:10-	02:36@	00:34&	01:27-	00:16&
11	Eilef Foss	27										42:13	
00:46+	11:37+	16:16+	21:33+	23:57+	27:39+	28:57+	33:56+	34:54+	36:24+	38:46+	39:43+	41:53+	42:13+
00:46+	10:51+	04:39+	05:17+	02:24+	03:42-	01:18+	04:59+	00:58+	01:30-	02:22-	00:57+	02:10-	00:20+
00:10&	08:17@	02:41@	03:11@	00:18#	00:34-	00:16&	01:46&	00:06#	00:58-	00:07-	00:05+	01:32-	00:03#
12	Per Kolbein Tonstad	66										42:18	
02:28+	06:55+	09:46+	13:06+	17:35+	23:13+	24:42+	30:12+	31:49+	34:07+	37:44+	39:24+	41:44+	42:18+
02:28+	04:27+	02:51+	03:20+	04:29+	05:38+	01:29+	05:30+	01:37+	02:18-	03:37+	01:40+	02:20-	00:34+
01:52@	01:53&	00:53&	01:14&	02:23@	01:22&	00:27&	02:17&	00:45&	00:10-	01:08&	00:48&	01:22-	00:17&
13	Ivar Aalbu	29										42:51	
01:03+	05:47+	08:29+	11:52+	15:00+	20:32+	22:08+	26:47+	31:36+	34:32+	38:41+	40:04+	42:18+	42:51+
01:03+	04:44+	02:42+	03:23+	03:08+	05:32+	01:36+	04:39+	04:49+	02:56+	04:09+	01:23+	02:14-	00:33+
00:27&	02:10&	00:44&	01:17&	01:02&	01:16&	00:34&	01:26&	03:57@	00:28#	01:40&	00:31&	01:28-	00:16&
14	Joar Fandrem	94										43:08	
01:07+	04:53+	07:44+	11:16+	14:15+	19:20+	21:07+	27:24+	31:44+	34:53+	38:52+	40:11+	42:44+	43:08+
01:07+	03:46+	02:51+	03:32+	02:59+	05:05+	01:47+	06:17+	04:20+	03:09+	03:59+	01:19+	02:33-	00:24+
00:31&	01:12&	00:53&	01:26&	00:53&	00:49#	00:45&	03:04&	03:28@	00:41&	01:30&	00:27&	01:09-	00:07&
15	Svein Erik Bjørnsen	91										43:36	
00:50+	07:11+	09:34+	13:17+	15:45+	20:47+	22:20+	31:35+	32:51+	34:27+	40:04+	41:18+	43:17+	43:36+
00:50+	06:21+	02:23+	03:43+	02:28+	05:02+	01:33+	09:15+	01:16+	01:36-	05:37+	01:14+	01:59-	00:19+
00:14&	03:47@	00:25#	01:37&	00:22#	00:46#	00:31&	06:02@	00:24&	00:52-	03:08@	00:22&	01:43-	00:02#
16	Leif Jarle Skåra	29										44:13	
01:00+	05:46+	08:20+	11:44+	14:37+	20:39+	22:08+	31:55+	33:27+	35:52+	39:35+	41:08+	43:43+	44:13+
01:00+	04:46+	02:34+	03:24+	02:53+	06:02+	01:29+	09:47+	01:32+	02:25-	03:43+	01:33+	02:35-	00:30+
00:24&	02:12&	00:36&	01:18&	00:47&	01:46&	00:27&	06:34@	00:40&	00:03-	01:14&	00:41&	01:07-	00:13&
17	Bruno Pierfelice	51										44:19	
00:39+	03:08-	04:55-	07:38+	10:59+	16:35+	18:08+	27:30+	29:58+	34:25+	37:28+	38:20+	44:07+	44:19+
00:39+	02:29-	01:47-	02:43+	03:21+	05:36+	01:33+	09:22+	02:28+	04:27+	03:03+	00:52=	05:47+	00:12-
00:03+	00:05-	00:11-	00:37&	01:15&	01:20&	00:31&	06:09@	01:36@	01:59&	00:34#	00:00=	02:05&	00:05-
18	Jan Erik Syvertsen	51										44:48	
00:42+	05:21+	08:06+	12:44+	15:56+	23:07+	24:30+	30:43+	32:31+	35:55+	39:07+	40:21+	44:24+	44:48+
00:42+	04:39+	02:45+	04:38+	03:12+	07:11+	01:23+	06:13+	01:48+	03:24+	03:12+	01:14+	04:03+	00:24+
00:06#	02:05&	00:47&	02:32@	01:06&	02:55&	00:21&	03:00&	00:56@	00:56&	00:43&	00:22&	00:21+	00:07&
19	Reidar Haver	4										45:05	
00:58+	06:52+	09:33+	13:44+	17:02+	22:05+	23:42+	29:38+	31:06+	36:52+	40:51+	42:15+	44:33+	45:05+
00:58+	05:54+	02:41+	04:11+	03:18+	05:03+	01:37+	05:56+	01:28+	05:46+	03:59+	01:24+	02:18-	00:32+
00:22&	03:20@	00:43&	02:05&	01:12&	00:47#	00:35&	02:43&	00:36&	03:18@	01:30&	00:32&	01:24-	00:15&
20	Arild Olsen	4										46:09	
01:15+	07:33+	11:06+	14:41+	18:32+	24:15+	26:02+	32:28+	34:41+	37:56+	41:48+	43:19+	45:36+	46:09+
01:15+	06:18+	03:33+	03:35+	03:51+	05:43+	01:47+	06:26+	02:13+	03:15+	03:52+	01:31+	02:17-	00:33+
00:39@	03:44@	01:35&	01:29&	01:45&	01:27&	00:45&	03:13&	01:21@	00:47&	01:23&	00:39&	01:25-	00:16&
21	Ole Morten Svendsen	66										47:14	
00:56+	05:00+	15:34+	18:46+	21:56+	26:21+	27:41+	32:32+	35:22+	38:47+	42:55+	44:18+	46:44+	47:14+
00:56+	04:04+	10:34+	03:12+	03:10+	04:25+	01:20+	04:51+	02:50+	03:25+	04:08+	01:23+	02:26-	00:30+
00:20&	01:30&	08:36@	01:06&	01:04&	00:09+	00:18&	01:38&	01:58@	00:57&	01:39&	00:31&	01:16-	00:13&
22	Arne Hope	43										47:39	
01:03+	05:46+	08:51+	12:54+	15:50+	21:22+	23:18+	28:54+	30:32+	32:25+	37:10+	38:13+	47:05+	47:39+
01:03+	04:43+	03:05+	04:03+	02:56+	05:32+	01:56+	05:36+	01:38+	01:53-	04:45+	01:03+	08:52+	00:34+
00:27&	02:09&	01:07&	01:57&	00:50&	01:16&	00:54&	02:23&	00:46&	00:35-	02:16&	00:11#	05:10@	00:17&
23	Lars Salvesen	50										47:40	
00:54+	05:01+	08:19+	11:23+	13:54+	18:57+	20:31+	25:52+	27:09+	29:28+	33:41+	45:00+	47:14+	47:40+
00:54+	04:07+	03:18+	03:04+	02:31+	05:03+	01:34+	05:21+	01:17+	02:19-	04:13+	11:19+	02:14-	00:26+
00:18&	01:33&	01:20&	00:58&	00:25#	00:47#	00:32&	02:08&	00:25&	00:09-	01:44&	10:27@	01:28-	00:09&

Class	Navn	Klasse										Tid	
24	Kristian Stormark	116										47:48	
01:05+	05:25+	09:21+	13:35+	15:39+	20:54+	22:59+	31:12+	34:55+	37:04+	42:15+	43:41+	47:17+	47:48+
01:05+	04:20+	03:56+	03:14+	03:04+	05:15+	02:05+	08:13+	03:43+	02:09-	05:11+	01:26+	03:36-	00:31+
00:29&	01:46&	01:58&	01:08&	00:58&	00:59#	01:03@	05:00@	02:51@	00:19-	02:42@	00:34&	00:06-	00:14&
25	Elvio Freitas	51										47:51	
00:35-	04:22+	07:11+	13:51+	17:20+	22:22+	24:01+	30:40+	40:17+	41:23+	44:05+	45:08+	47:30+	47:51+
00:35-	03:47+	02:49+	06:40+	03:29+	05:02+	01:39+	06:39+	09:37+	01:06-	02:42+	01:03+	02:22-	00:21+
00:01-	01:13&	00:51&	04:34@	01:23&	00:46#	00:37&	03:26@	08:45@	01:22-	00:13+	00:11#	01:20-	00:04#
26	Igor Muzdeka	74										49:14	
01:39+	06:46+	10:35+	17:33+	21:41+	28:16+	30:00+	35:52+	37:29+	41:04+	45:12+	46:20+	48:49+	49:14+
01:39+	05:07+	03:49+	06:58+	04:08+	06:35+	01:44+	05:52+	01:37+	03:35+	04:08+	01:08+	02:29-	00:25+
01:03@	02:33&	01:51&	04:52@	02:02&	02:19&	00:42&	02:39&	00:45&	01:07&	01:39&	00:16&	01:13-	00:08&
27	John Thorsnæs	51										49:21	
01:18+	07:16+	10:24+	14:05+	18:34+	25:27+	27:49+	34:32+	36:15+	40:06+	45:10+	46:33+	48:54+	49:21+
01:18+	05:58+	03:08+	03:41+	04:29+	06:53+	02:22+	06:43+	01:43+	03:51+	05:04+	01:23+	02:21-	00:27+
00:42@	03:24@	01:10&	01:35&	02:23@	02:37&	01:20@	03:30@	00:51&	01:23&	02:35@	00:31&	01:21-	00:10&
28	Steinar Amundsen	115										49:25	
01:00+	05:07+	14:16+	17:34+	20:15+	26:06+	28:05+	33:43+	35:15+	37:32+	45:30+	46:52+	48:59+	49:25+
01:00+	04:07+	09:09+	03:18+	02:41+	05:51+	01:59+	05:38+	01:32+	02:17-	07:58+	01:22+	02:07-	00:26+
00:24&	01:33&	07:11@	01:12&	00:35&	01:35&	00:57&	02:25&	00:40&	00:11-	05:29@	00:30&	01:35-	00:09&
29	Thomas Hinna	287										49:25	
00:40+	04:17+	06:51+	10:29+	13:23+	18:16+	20:03+	30:35+	32:21+	35:41+	45:11+	46:16+	48:44+	49:25+
00:40+	03:37+	02:34+	03:38+	02:54+	04:53+	01:47+	10:32+	01:46+	03:20+	09:30+	01:05+	02:28-	00:41+
00:04#	01:03&	00:36&	01:32&	00:48&	00:37#	00:45&	07:19@	00:54@	00:52&	07:01@	00:13#	01:14-	00:24@
30	Niklas Gustafsson	192										52:30	
00:56+	12:41+	15:37+	19:27+	23:04+	28:48+	31:06+	36:44+	41:13+	44:27+	48:02+	49:39+	52:01+	52:30+
00:56+	11:45+	02:56+	03:50+	03:37+	05:44+	02:18+	05:38+	04:29+	03:14+	03:35+	01:37+	02:22-	00:29+
00:20&	09:11@	00:58&	01:44&	01:31&	01:28&	01:16@	02:25&	03:37@	00:46&	01:06&	00:45&	01:20-	00:12&
31	Christoffer Soma	286										53:26	
01:42+	11:06+	14:26+	18:59+	22:19+	28:17+	31:15+	37:45+	39:07+	44:05+	48:13+	49:34+	53:04+	53:26+
01:42+	09:24+	03:20+	04:33+	03:20+	05:58+	02:58+	06:30+	01:22+	04:58+	04:08+	01:21+	03:30-	00:22+
01:06@	06:50@	01:22&	02:27@	01:14&	01:42&	01:56@	03:17@	00:30&	02:30@	01:39&	00:29&	00:12-	00:05&
32	Jens Arve Nygård	286										54:11	
10:18+	13:22+	16:17+	20:39+	22:53+	27:28+	31:53+	37:38+	39:50+	45:52+	49:11+	50:52+	53:53+	54:11+
10:18+	03:04+	02:55+	04:22+	02:14+	04:35+	04:25+	05:45+	02:12+	06:02+	03:19+	01:41+	03:01-	00:18+
09:42@	00:30#	00:57&	02:16@	00:08+	00:19+	03:23@	02:32&	01:20@	03:34@	00:50&	00:49&	00:41-	00:01+
33	Arnt Kristian Viland	27										55:12	
00:59+	07:37+	10:30+	15:04+	18:22+	23:26+	25:49+	32:28+	34:40+	37:07+	41:43+	52:17+	54:44+	55:12+
00:59+	06:38+	02:53+	04:34+	03:18+	05:04+	02:23+	06:39+	02:12+	02:27-	04:36+	10:34+	02:27-	00:28+
00:23&	04:04@	00:55&	02:28@	01:12&	00:48#	01:21@	03:26@	01:20@	00:01-	02:07&	09:42@	01:15-	00:11&
34	Asgeir Kleppa	47										55:56	
01:05+	06:31+	09:11+	16:15+	18:25+	24:53+	26:15+	42:32+	46:59+	49:06+	52:05+	53:21+	55:28+	55:56+
01:05+	05:26+	02:40+	07:04+	02:10+	06:28+	01:22+	16:17+	04:27+	02:07-	02:59+	01:16+	02:07-	00:28+
00:29&	02:52@	00:42&	04:58@	00:04+	02:12&	00:20&	13:04@	03:35@	00:21-	00:30#	00:24&	01:35-	00:11&
35	Tom Leveraas	188										56:16	
01:03+	07:04+	10:17+	13:36+	16:42+	22:58+	29:32+	38:09+	40:23+	46:18+	51:03+	52:41+	55:53+	56:16+
01:03+	06:01+	03:13+	03:19+	03:06+	06:16+	06:34+	08:37+	02:14+	05:55+	04:45+	01:38+	03:12-	00:23+
00:27&	03:27@	01:15&	01:13&	01:00&	02:00&	05:32@	05:24@	01:22@	03:27@	02:16&	00:46&	00:30-	00:06&
36	Steinar Aase	268										56:32	
01:05+	06:06+	10:40+	14:36+	18:48+	26:34+	28:50+	42:15+	44:07+	47:01+	51:47+	53:28+	56:02+	56:32+
01:05+	05:01+	04:34+	03:56+	04:12+	07:46+	02:16+	13:25+	01:52+	02:54+	04:46+	01:41+	02:34-	00:30+
00:29&	02:27&	02:36@	01:50&	02:06&	03:30&	01:14@	10:12@	01:00@	00:26#	02:17&	00:49&	01:08-	00:13&
37	Sverre Uhlvig	105										57:05	
01:59+	07:57+	11:28+	17:14+	21:30+	29:02+	31:30+	38:53+	41:07+	44:25+	49:05+	51:36+	56:28+	57:05+
01:59+	05:58+	03:31+	05:46+	04:16+	07:32+	02:28+	07:23+	02:14+	03:18+	04:40+	02:31+	04:52+	00:37+
01:23@	03:24@	01:33&	03:40@	02:10@	03:16&	01:26@	04:10@	01:22@	00:50&	02:11&	01:39@	01:10&	00:20@
38	Karl Johnny Braut	27										57:42	
01:14+	10:24+	15:28+	19:38+	23:40+	30:52+	32:37+	41:45+	43:22+	45:23+	52:43+	54:17+	57:11+	57:42+
01:14+	09:10+	05:04+	04:10+	04:02+	07:12+	01:45+	09:08+	01:37+	02:01-	07:20+	01:34+	02:54-	00:31+
00:38@	06:36@	03:06@	02:04&	01:56&	02:56&	00:43&	05:55@	00:45&	00:27-	04:51@	00:42&	00:48-	00:14&

Class	Navn	Klasse												Tid
39	Leif Kåre Lende	365												58:58
00:50+	03:53+	07:38+	11:12+	14:23+	20:19+	23:39+	30:54+	33:16+	35:31+	54:15+	55:11+	58:28+	58:58+	
00:50+	03:03+	03:45+	03:34+	03:11+	05:56+	03:20+	07:15+	02:22+	02:15-	18:44+	00:56+	03:17-	00:30+	
00:14&	00:29#	01:47&	01:28&	01:05&	01:40&	02:18@	04:02@	01:30@	00:13-	16:15@	00:04+	00:25-	00:13&	
40	Lars Tore Kvasheim	7												59:15
01:04+	10:15+	13:18+	22:48+	25:51+	31:40+	33:59+	45:29+	46:59+	50:01+	54:36+	56:13+	58:40+	59:15+	
01:04+	09:11+	03:03+	09:30+	03:03+	05:49+	02:19+	11:30+	01:30+	03:02+	04:35+	01:37+	02:27-	00:35+	
00:28&	06:37@	01:05&	07:24@	00:57&	01:33&	01:17@	08:17@	00:38&	00:34#	02:06&	00:45&	01:15-	00:18@	
41	Per Bakken	5												1:12:50
01:28+	10:23+	13:51+	23:50+	28:43+	37:09+	39:21+	46:46+	52:34+	57:57+	64:32+	66:32+	72:02+	72:50+	
01:28+	08:55+	03:28+	09:59+	04:53+	08:26+	02:12+	07:25+	05:48+	05:23+	06:35+	02:00+	05:30+	00:48+	
00:52@	06:21@	01:30&	07:53@	02:47@	04:10&	01:10@	04:12@	04:56@	02:55@	04:06@	01:08@	01:48&	00:31@	
42	Frederico Alves	7												1:19:46
00:45+	07:24+	10:15+	13:13+	17:31+	22:59+	24:42+	32:23+	33:51+	36:01+	69:19+	77:02+	79:15+	79:46+	
00:45+	06:39+	02:51+	02:58+	04:18+	05:28+	01:43+	07:41+	01:28+	02:10-	33:18+	07:43+	02:13-	00:31+	
00:09#	04:05@	00:53&	00:52&	02:12@	01:12&	00:41&	04:28@	00:36&	00:18-	30:49@	06:51@	01:29-	00:14&	
43	Svein Inge Sævereid	126												1:23:37
01:36+	11:40+	16:30+	24:47+	29:56+	39:27+	42:11+	50:06+	52:32+	57:19+	66:38+	78:12+	82:51+	83:37+	
01:36+	10:04+	04:50+	08:17+	05:09+	09:31+	02:44+	07:55+	02:26+	04:47+	09:19+	11:34+	04:39+	00:46+	
01:00@	07:30@	02:52@	06:11@	03:03@	05:15@	01:42@	04:42@	01:34@	02:19&	06:50@	10:42@	00:57&	00:29@	
44	Francesco Pierfelice	116												1:28:15
01:27+	09:48+	15:38+	21:54+	26:23+	34:32+	37:22+	47:02+	52:27+	63:52+	77:30+	84:06+	87:38+	88:15+	
01:27+	08:21+	05:50+	06:16+	04:29+	08:09+	02:50+	09:40+	05:25+	11:25+	13:38+	06:36+	03:32-	00:37+	
00:51@	05:47@	03:52@	04:10@	02:23@	03:53&	01:48@	06:27@	04:33@	08:57@	11:09@	05:44@	00:10-	00:20@	
45	Yasmeen Shabana	116												1:29:32
02:34+	10:54+	16:45+	22:55+	27:29+	35:42+	38:28+	48:14+	53:33+	65:04+	78:23+	85:15+	88:44+	89:32+	
02:34+	08:20+	05:51+	06:10+	04:34+	08:13+	02:46+	09:46+	05:19+	11:31+	13:19+	06:52+	03:29-	00:48+	
01:58@	05:46@	03:53@	04:04@	02:28@	03:57&	01:44@	06:33@	04:27@	09:03@	10:50@	06:00@	00:13-	00:31@	
Beste strekktid for klassen														
00:35	02:29	01:47	02:06	01:47	03:39	01:02	03:13	00:52	01:06	02:22	00:52	01:17	00:12	

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