

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Marie Lunde	43	22:38												
01:38=	02:56=	04:57=	06:11=	07:06=	08:46=	09:51=	10:48=	13:17=	15:09=	16:08=	17:52=	19:56=	21:30=	21:58=	22:38=
01:38=	01:18=	02:01=	01:14=	00:55=	01:40=	01:05=	00:57=	02:29=	01:52=	00:59=	01:44=	02:04=	01:34=	00:28=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Mari Thu Randulff	39	23:04												
01:49+	03:30+	05:22+	06:29+	07:31+	09:10+	10:10+	11:13+	13:58+	15:44+	16:39+	18:18+	20:28+	22:00+	22:28+	23:04+
01:49+	01:41+	01:52-	01:07-	01:02+	01:39-	01:00-	01:03+	02:45+	01:46-	00:55-	01:39-	02:10+	01:32-	00:28=	00:36-
00:11#	00:23&	00:09-	00:07-	00:07#	00:01-	00:05-	00:06#	00:16#	00:06-	00:04-	00:05-	00:06+	00:02-	00:00=	00:04-
3	Friederike Krahner	126	24:19												
01:54+	03:26+	05:55+	07:05+	08:10+	09:59+	11:20+	12:15+	14:22+	16:50+	18:00+	19:30+	21:40+	23:17+	23:43+	24:19+
01:54+	01:32+	02:29+	01:10-	01:05+	01:49+	01:21+	00:55-	02:07-	02:28+	01:10+	01:30-	02:10+	01:37+	00:26-	00:36-
00:16#	00:14#	00:28#	00:04-	00:10#	00:09+	00:16#	00:02-	00:22-	00:36&	00:11#	00:14-	00:06+	00:03+	00:02-	00:04-
4	Margrete Jian Øye	126	24:46												
01:34-	03:07+	05:38+	06:40+	07:49+	10:04+	11:16+	12:09+	14:12+	16:43+	17:50+	19:41+	22:00+	23:38+	24:13+	24:46+
01:34-	01:33+	02:31+	01:02-	01:09+	02:15+	01:12+	00:53-	02:03-	02:31+	01:07+	01:51+	02:19+	01:38+	00:35+	00:33-
00:04-	00:15#	00:30#	00:12-	00:14&	00:35&	00:07#	00:04-	00:26-	00:39&	00:08#	00:07+	00:15#	00:04+	00:07#	00:07-
5	Marie Brolev	126	24:54												
01:37-	03:40+	05:58+	07:10+	08:09+	10:19+	11:36+	12:47+	15:05+	17:36+	18:40+	20:08+	22:25+	23:53+	24:19+	24:54+
01:37-	02:03+	02:18+	01:12-	00:59+	02:10+	01:17+	01:11+	02:18-	02:31+	01:04+	01:28-	02:17+	01:28-	00:26-	00:35-
00:01-	00:45&	00:17#	00:02-	00:04+	00:30&	00:12#	00:14#	00:11-	00:39&	00:05+	00:16-	00:13#	00:06-	00:02-	00:05-
6	Maren Heradstveit	76	24:57												
01:43+	03:04+	05:16+	06:50+	08:14+	10:04+	11:20+	12:12+	14:21+	15:50+	17:26+	19:35+	22:14+	23:58+	24:27+	24:57+
01:43+	01:21+	02:12+	01:34+	01:24+	01:50+	01:16+	00:52-	02:09-	01:29-	01:36+	02:09+	02:39+	01:44+	00:29+	00:30-
00:05+	00:03+	00:11+	00:20&	00:29&	00:10#	00:11#	00:05-	00:20-	00:23-	00:37&	00:25#	00:35&	00:10#	00:01+	00:10-
7	Kjersti Fandrem Høivik	68	25:07												
01:37-	03:41+	05:52+	06:53+	07:51+	09:32+	10:36+	11:26+	13:24+	16:00+	16:55+	20:32+	22:46+	24:12+	24:33+	25:07+
01:37-	02:04+	02:11+	01:01-	00:58+	01:41+	01:04-	00:50-	01:58-	02:36+	00:55-	03:37+	02:14+	01:26-	00:21-	00:34-
00:01-	00:46&	00:10+	00:13-	00:03+	00:01+	00:01-	00:07-	00:31-	00:44&	00:04-	01:53@	00:10+	00:08-	00:07-	00:06-
8	Hanne Berg Nilsen	117	25:16												
01:53+	03:12+	05:41+	07:08+	08:10+	10:09+	11:23+	12:30+	14:35+	16:40+	17:49+	20:07+	22:27+	24:06+	24:39+	25:16+
01:53+	01:19+	02:29+	01:27+	01:02+	01:59+	01:14+	01:07+	02:05-	02:05+	01:09+	02:18+	02:20+	01:39+	00:33+	00:37-
00:15#	00:01+	00:28#	00:13#	00:07#	00:19#	00:09#	00:10#	00:24-	00:13#	00:10#	00:34&	00:16#	00:05+	00:05#	00:03-
9	Kjersti Nordal	39	26:20												
01:45+	03:09+	05:14+	06:29+	07:39+	10:01+	11:32+	12:28+	15:07+	17:03+	19:12+	21:09+	23:39+	25:16+	25:46+	26:20+
01:45+	01:24+	02:05+	01:15+	01:10+	02:22+	01:31+	00:56-	02:39+	01:56+	02:09+	01:57+	02:30+	01:37+	00:30+	00:34-
00:07+	00:06+	00:04+	00:01+	00:15&	00:42&	00:26&	00:01-	00:10+	00:04+	01:10@	00:13#	00:26#	00:03+	00:02+	00:06-
10	Bodil Krogedal	126	26:56												
01:46+	03:12+	05:33+	06:39+	07:53+	10:36+	11:57+	13:01+	15:15+	16:40+	18:09+	21:10+	23:40+	25:46+	26:26+	26:56+
01:46+	01:26+	02:21+	01:06-	01:14+	02:43+	01:21+	01:04+	02:14-	01:25-	01:29+	03:01+	02:30+	02:06+	00:40+	00:30-
00:08+	00:08#	00:20#	00:08-	00:19&	01:03&	00:16#	00:07#	00:15-	00:27-	00:30&	01:17&	00:26#	00:32&	00:12&	00:10-
11	Hege Bakken	93	27:45												
01:52+	03:35+	06:25+	07:36+	08:40+	11:14+	12:33+	13:35+	15:57+	18:25+	19:41+	21:36+	24:24+	26:30+	27:04+	27:45+
01:52+	01:43+	02:50+	01:11-	01:04+	02:34+	01:19+	01:02+	02:22-	02:28+	01:16+	01:55+	02:48+	02:06+	00:34+	00:41+
00:14#	00:25&	00:49&	00:03-	00:09#	00:54&	00:14#	00:05+	00:07-	00:36&	00:17&	00:11#	00:44&	00:32&	00:06#	00:01+
12	Christina Renshaw	101	28:12												
02:07+	03:45+	06:14+	07:30+	08:49+	11:06+	12:42+	13:49+	16:17+	18:55+	20:12+	22:11+	25:03+	26:52+	27:25+	28:12+
02:07+	01:38+	02:29+	01:16+	01:19+	02:17+	01:36+	01:07+	02:28-	02:38+	01:17+	01:59+	02:52+	01:49+	00:33+	00:47+
00:29&	00:20&	00:28#	00:02+	00:24&	00:37&	00:31&	00:10#	00:01-	00:46&	00:18&	00:15#	00:48&	00:15#	00:05#	00:07#
13	Elise Auberg Vagle	366	28:26												
01:58+	04:42+	07:07+	08:21+	10:14+	12:02+	13:37+	15:10+	17:55+	19:50+	20:56+	23:28+	25:52+	27:23+	27:50+	28:26+
01:58+	02:44+	02:25+	01:14=	01:53+	01:48+	01:35+	01:33+	02:45+	01:55+	01:06+	02:32+	02:24+	01:31-	00:27-	00:36-
00:20#	01:26@	00:24#	00:00=	00:58@	00:08+	00:30&	00:36&	00:16#	00:03+	00:07#	00:48&	00:20#	00:03-	00:01-	00:04-
14	Tine Frantzen	66	28:53												
02:13+	04:19+	06:44+	07:58+	09:11+	11:15+	12:39+	13:46+	16:15+	19:17+	20:45+	22:58+	25:45+	27:28+	28:12+	28:53+
02:13+	02:06+	02:25+	01:14=	01:13+	02:04+	01:24+	01:07+	02:29=	03:02+	01:28+	02:13+	02:47+	01:43+	00:44+	00:41+
00:35&	00:48&	00:24#	00:00=	00:18&	00:24#	00:19&	00:10#	00:00=	01:10&	00:29&	00:29&	00:43&	00:09+	00:16&	00:01+

Class	Navn	Klasse												Tid	
15	Marie Sjørsen	117												29:46	
02:05+	03:56+	06:19+	07:37+	08:46+	10:56+	12:09+	13:09+	15:54+	19:00+	20:23+	23:16+	26:54+	28:33+	29:06+	29:46+
02:05+	01:51+	02:23+	01:18+	01:09+	02:10+	01:13+	01:00+	02:45+	03:06+	01:23+	02:53+	03:38+	01:39+	00:33+	00:40=
00:27&	00:33&	00:22#	00:04+	00:14&	00:30&	00:08#	00:03+	00:16#	01:14&	00:24&	01:09&	01:34&	00:05+	00:05#	00:00=
16	Guro Fuglestad	46												29:47	
02:15+	03:54+	06:20+	07:43+	08:59+	11:43+	13:04+	14:12+	16:36+	18:44+	20:10+	23:19+	26:39+	28:38+	29:22+	29:47+
02:15+	01:39+	02:26+	01:23+	01:16+	02:44+	01:21+	01:08+	02:24-	02:08+	01:26+	03:09+	03:20+	01:59+	00:44+	00:25-
00:37&	00:21&	00:25#	00:09#	00:21&	01:04&	00:16#	00:11#	00:05-	00:16#	00:27&	01:25&	01:16&	00:25&	00:16&	00:15-
17	Guro Grimnes	126												30:28	
01:45+	03:52+	07:22+	08:24+	09:28+	11:44+	12:53+	14:08+	16:38+	18:56+	20:18+	22:42+	26:28+	28:28+	29:49+	30:28+
01:45+	02:07+	03:30+	01:02-	01:04+	02:16+	01:09+	01:15+	02:30+	02:18+	01:22+	02:24+	03:46+	02:00+	01:21+	00:39-
00:07+	00:49&	01:29&	00:12-	00:09#	00:36&	00:04+	00:18&	00:01+	00:26#	00:23&	00:40&	01:42&	00:26&	00:53#	00:01-
18	Anina Iselin Hadland	29												30:43	
01:55+	03:31+	06:25+	07:34+	08:44+	10:49+	12:14+	13:19+	15:53+	18:55+	20:10+	23:27+	27:22+	29:11+	29:53+	30:43+
01:55+	01:36+	02:54+	01:09-	01:10+	02:05+	01:25+	01:05+	02:34+	03:02+	01:15+	03:17+	03:55+	01:49+	00:42+	00:50+
00:17#	00:18#	00:53&	00:05-	00:15&	00:25#	00:20&	00:08#	00:05+	01:10&	00:16&	01:33&	01:51&	00:15#	00:14&	00:10#
19	Lise Nessa Di Lorenzo	93												31:39	
01:58+	03:31+	06:27+	07:35+	09:12+	11:11+	12:48+	15:32+	17:55+	20:44+	22:29+	24:22+	28:00+	29:36+	30:55+	31:39+
01:58+	01:33+	02:56+	01:08-	01:37+	01:59+	01:37+	02:44+	02:23-	02:49+	01:45+	01:53+	03:38+	01:36+	01:19+	00:44+
00:20#	00:15#	00:55&	00:06-	00:06-	00:19#	00:32&	01:47#	00:06-	00:57&	00:46&	00:09+	01:34&	00:02+	00:51#	00:04#
20	Toyah Bråtveit	43												31:39	
01:50+	04:20+	06:34+	07:46+	08:51+	10:56+	12:13+	13:29+	17:47+	23:15+	24:23+	26:24+	28:50+	30:37+	31:08+	31:39+
01:50+	02:30+	02:14+	01:12-	01:05+	02:05+	01:17+	01:16+	04:18+	05:28+	01:08+	02:01+	02:26+	01:47+	00:31+	00:31-
00:12#	01:12&	00:13#	00:02-	00:10#	00:25#	00:12#	00:19&	01:49&	03:36#	00:09#	00:17#	00:22#	00:13#	00:03#	00:09-
21	Synnøve Ims Gjestad	101												33:34	
01:59+	03:33+	09:06+	10:05+	12:14+	14:47+	16:07+	17:09+	19:18+	20:45+	23:08+	25:07+	31:05+	32:30+	32:58+	33:34+
01:59+	01:34+	05:33+	00:59-	02:09+	02:33+	01:20+	01:02+	02:09-	01:27-	02:23+	01:59+	05:58+	01:25-	00:28=	00:36-
00:21#	00:16#	03:32#	00:15-	01:14#	00:53&	00:15#	00:05+	00:20-	00:25-	01:24#	00:15#	03:54#	00:09-	00:00=	00:04-
22	Kine Strømstad	53												35:06	
02:15+	04:07+	06:51+	10:38+	11:52+	14:22+	16:34+	17:46+	20:22+	24:05+	25:33+	27:38+	31:14+	33:23+	34:02+	35:06+
02:15+	01:52+	02:44+	03:47+	01:14+	02:30+	02:12+	01:12+	02:36+	03:43+	01:28+	02:05+	03:36+	02:09+	00:39+	01:04+
00:37&	00:34&	00:43&	02:33#	00:19&	00:50&	01:07#	00:15&	00:07+	01:51&	00:29&	00:21#	01:32&	00:35&	00:11&	00:24&
23	Lene Bjørnø	92												45:31	
02:13+	04:05+	07:49+	09:18+	10:53+	13:46+	15:48+	17:34+	24:18+	30:02+	32:58+	36:34+	40:59+	44:02+	44:49+	45:31+
02:13+	01:52+	03:44+	01:29+	01:35+	02:53+	02:02+	01:46+	06:44+	05:44+	02:56+	03:36+	04:25+	03:03+	00:47+	00:42+
00:35&	00:34&	01:43&	00:15#	00:40&	01:13&	00:57&	00:49&	04:15#	03:52#	01:57#	01:52#	02:21#	01:29&	00:19&	00:02+
24	Gudrun Hegelstad	92												46:27	
02:42+	05:07+	08:46+	10:20+	11:55+	14:47+	16:45+	18:35+	25:20+	30:58+	34:00+	37:36+	42:01+	45:03+	45:51+	46:27+
02:42+	02:25+	03:39+	01:34+	01:35+	02:52+	01:58+	01:50+	06:45+	05:38+	03:02+	03:36+	04:25+	03:02+	00:48+	00:36-
01:04&	01:07&	01:38&	00:20&	00:40&	01:12&	00:53&	00:53&	04:16#	03:46#	02:03#	01:52#	02:21#	01:28&	00:20&	00:04-
Beste strekktid for klassen															
01:34	01:18	01:52	00:59	00:55	01:39	01:00	00:50	01:58	01:25	00:55	01:28	02:04	01:25	00:21	00:25

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

Damer 40 - 49 år

1	Nina Glendrange Wold	359												22:10	
00:58=	03:03=	06:00=	07:54=	08:56=	10:03=	12:47=	13:48=	16:31=	17:44=	18:49=	20:09=	21:30=	22:10=		
00:58=	02:05=	02:57=	01:54=	01:02=	01:07=	02:44=	01:01=	02:43=	01:13=	01:05=	01:20=	01:21=	00:40=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Christel Dahl	92												22:15	
01:09+	04:30+	06:35+	08:12+	09:10+	10:25+	13:16+	14:10+	17:33+	18:38+	19:36+	20:40+	21:36+	22:15+		
01:09+	03:21+	02:05-	01:37-	00:58-	01:15+	02:51+	00:54-	03:23+	01:05-	00:58-	01:04-	00:56-	00:39-		
00:11#	01:16&	00:52-	00:17-	00:04-	00:08#	00:07+	00:07-	00:40#	00:08-	00:07-	00:16-	00:25-	00:01-		
3	Randi Helen Ladsten	128												22:16	
01:10+	03:52+	06:23+	08:08+	09:19+	10:22+	13:23+	14:23+	17:01+	18:13+	19:20+	20:34+	21:35+	22:16+		
01:10+	02:42+	02:31-	01:45-	01:11+	01:03-	03:01+	01:00-	02:38-	01:12-	01:07+	01:14-	01:01-	00:41+		
00:12#	00:37&	00:26-	00:09-	00:09#	00:04-	00:17#	00:01-	00:05-	00:01-	00:02+	00:06-	00:20-	00:01+		

Class	Navn	Klasse										Tid	
4	Siri Warland	43										22:37	
01:07+	03:31+	06:11+	07:32-	08:42-	09:44-	12:31-	13:29-	16:21-	17:24-	18:21-	19:23-	21:57+	22:37+
01:07+	02:24+	02:40-	01:21-	01:10+	01:02-	02:47+	00:58-	02:52+	01:03-	00:57-	01:02-	02:34+	00:40=
00:09#	00:19#	00:17-	00:33-	00:08#	00:05-	00:03+	00:03-	00:09+	00:10-	00:08-	00:18-	01:13&	00:00=
5	Helene Lie	228										24:32	
01:08+	04:02+	07:10+	09:26+	10:32+	11:58+	15:08+	16:12+	19:08+	20:29+	21:26+	22:43+	23:52+	24:32+
01:08+	02:54+	03:08+	02:16+	01:06+	01:26+	03:10+	01:04+	02:56+	01:21+	00:57-	01:17-	01:09-	00:40=
00:10#	00:49&	00:11+	00:22#	00:04+	00:19&	00:26#	00:03+	00:13+	00:08#	00:08-	00:03-	00:12-	00:00=
6	Hege Anita H. Nielsen	48										27:00	
00:57-	03:29+	06:27+	08:49+	10:02+	11:20+	14:57+	16:05+	19:32+	23:05+	24:03+	25:11+	26:18+	27:00+
00:57-	02:32+	02:58+	02:22+	01:13+	01:18+	03:37+	01:08+	03:27+	03:33+	00:58-	01:08-	01:07-	00:42+
00:01-	00:27#	00:01+	00:28#	00:11#	00:11#	00:53&	00:07#	00:44&	02:20@	00:07-	00:12-	00:14-	00:02+
7	Irene Sirevåg	53										29:01	
01:22+	04:45+	07:53+	10:07+	11:44+	13:13+	17:09+	18:30+	22:24+	23:53+	25:13+	26:47+	28:08+	29:01+
01:22+	03:23+	03:08+	02:14+	01:37+	01:29+	03:56+	01:21+	03:54+	01:29+	01:20+	01:34+	01:21=	00:53+
00:24&	01:18&	00:11+	00:20#	00:35&	00:22&	01:12&	00:20&	01:11&	00:16#	00:15#	00:14#	00:00=	00:13&
8	Toril Dahle	116										29:41	
01:05+	03:47+	06:44+	10:15+	11:24+	12:30+	15:22+	16:28+	22:41+	24:01+	25:24+	26:42+	28:55+	29:41+
01:05+	02:42+	02:57=	03:31+	01:09+	01:06-	02:52+	01:06+	06:13+	01:20+	01:23+	01:18-	02:13+	00:46+
00:07#	00:37&	00:00=	01:37&	00:07#	00:01-	00:08+	00:05+	03:30@	00:07+	00:18&	00:02-	00:52&	00:06#
9	Gro Mariero Totland	59										42:18	
02:05+	06:33+	10:59+	13:44+	16:04+	18:12+	24:06+	25:46+	31:34+	34:29+	36:26+	38:42+	40:51+	42:18+
02:05+	04:28+	04:26+	02:45+	02:20+	02:08+	05:54+	01:40+	05:48+	02:55+	01:57+	02:16+	02:09+	01:27+
01:07@	02:23@	01:29&	00:51&	01:18@	01:01&	03:10@	00:39&	03:05@	01:42@	00:52&	00:56&	00:48&	00:47@
Beste strekktid for klassen													
00:57	02:05	02:05	01:21	00:58	01:02	02:44	00:54	02:38	01:03	00:57	01:02	00:56	00:39
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Damer 50 - 59 år													
1	Grethe Anda Fuglestad	116										21:13	
01:06=	03:16=	05:46=	07:16=	08:32=	09:36=	12:12=	13:26=	16:00=	17:10=	18:12=	19:30=	20:35=	21:13=
01:06=	02:10=	02:30=	01:30=	01:16=	01:04=	02:36=	01:14=	02:34=	01:10=	01:02=	01:18=	01:05=	00:38=
00:00=	00:00=	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	Gunn J. Grefstad	2										22:06	
01:08+	03:32+	06:02+	07:37+	08:45+	09:52+	13:00+	13:58+	16:44+	17:59+	19:05+	20:18+	21:22+	22:06+
01:08+	02:24+	02:30=	01:35+	01:08-	01:07+	03:08+	00:58-	02:46+	01:15+	01:06+	01:13-	01:04-	00:44+
00:02+	00:14#	00:00=	00:05+	00:08-	00:03+	00:32#	00:16-	00:12+	00:05+	00:04+	00:05-	00:01-	00:06#
3	Tone Cecilie Nystrom	68										22:38	
01:02-	03:33+	06:18+	07:54+	09:15+	10:28+	13:47+	15:03+	17:37+	18:48+	19:52+	21:02+	22:01+	22:38+
01:02-	02:31+	02:45+	01:36+	01:21+	01:13+	03:19+	01:16+	02:34=	01:11+	01:04+	01:10-	00:59-	00:37-
00:04-	00:21#	00:15#	00:06+	00:05+	00:09#	00:43&	00:02+	00:00=	00:01+	00:02+	00:08-	00:06-	00:01-
4	Torill Andersen	116										22:59	
01:10+	03:27+	05:53+	07:36+	08:48+	09:51+	12:39+	13:36+	17:02+	18:17+	19:19+	20:32+	22:12+	22:59+
01:10+	02:17+	02:26-	01:43+	01:12-	01:03-	02:48+	00:57-	03:26+	01:15+	01:02=	01:13-	01:40+	00:47+
00:04+	00:07+	00:04-	00:13#	00:04-	00:01-	00:12+	00:17-	00:52&	00:05+	00:00=	00:05-	00:35&	00:09#
5	Trude Katrine Hermanrud	117										23:28	
01:10+	03:28+	05:58+	08:09+	09:30+	11:09+	14:10+	15:13+	18:03+	19:17+	20:22+	21:34+	22:44+	23:28+
01:10+	02:18+	02:30=	02:11+	01:21+	01:39+	03:01+	01:03-	02:50+	01:14+	01:05+	01:12-	01:10+	00:44+
00:04+	00:08+	00:00=	00:41&	00:05+	00:35&	00:25#	00:11-	00:16#	00:04+	00:03+	00:06-	00:05+	00:06#
6	Marie-Elizabeth Reinseth	27										23:56	
01:06=	03:16=	05:37-	07:54+	09:15+	10:20+	13:29+	14:38+	18:26+	19:50+	20:39+	21:44+	23:20+	23:56+
01:06=	02:10=	02:21-	02:17+	01:21+	01:05+	03:09+	01:09-	03:48+	01:24+	00:49-	01:05-	01:36+	00:36-
00:00=	00:00=	00:09-	00:47&	00:05+	00:01+	00:33#	00:05-	01:14&	00:14#	00:13-	00:13-	00:31&	00:02-
7	Liv Omdal	116										24:13	
01:08+	04:10+	06:47+	08:27+	09:45+	10:57+	14:29+	15:39+	18:26+	19:46+	20:55+	22:11+	23:33+	24:13+
01:08+	03:02+	02:37+	01:40+	01:18+	01:12+	03:32+	01:10-	02:47+	01:20+	01:09+	01:16-	01:22+	00:40+
00:02+	00:52&	00:07+	00:10#	00:02+	00:08#	00:56&	00:04-	00:13+	00:10#	00:07#	00:02-	00:17&	00:02+

Class	Navn	Klasse										Tid		
8	Gerd Olaug Vikeså	101										24:28		
	01:33+	03:53+	07:22+	09:01+	10:11+	11:17+	15:03+	16:02+	19:20+	20:26+	21:26+	22:33+	23:40+	24:28+
	01:33+	02:20+	03:29+	01:39+	01:10-	01:06+	03:46+	00:59-	03:18+	01:06-	01:00-	01:07-	01:07+	00:48+
	00:27&	00:10+	00:59&	00:09#	00:06-	00:02+	01:10&	00:15-	00:44&	00:04-	00:02-	00:11-	00:02+	00:10&
9	Hilde Frøylog Karlsen	228										25:04		
	01:11+	03:54+	06:41+	08:53+	10:08+	11:27+	15:06+	16:24+	19:19+	20:38+	21:45+	23:07+	24:17+	25:04+
	01:11+	02:43+	02:47+	02:12+	01:15-	01:19+	03:39+	01:18+	02:55+	01:19+	01:07+	01:22+	01:10+	00:47+
	00:05+	00:33&	00:17#	00:42&	00:01-	00:15#	01:03&	00:04+	00:21#	00:09#	00:05+	00:04+	00:05+	00:09#
10	Anne Siv Gjertsen	27										25:05		
	01:13+	03:44+	06:35+	08:19+	09:33+	11:02+	14:31+	15:37+	19:09+	20:26+	21:41+	22:53+	24:06+	25:05+
	01:13+	02:31+	02:51+	01:44+	01:14-	01:29+	03:29+	01:06-	03:32+	01:17+	01:15+	01:12-	01:13+	00:59+
	00:07#	00:21#	00:21#	00:14#	00:02-	00:25&	00:53&	00:08-	00:58&	00:07#	00:13#	00:06-	00:08#	00:21&
11	Kari Smådal Turøy	115										25:47		
	01:10+	03:28+	05:58+	07:50+	09:01+	10:11+	16:11+	17:37+	20:14+	21:28+	22:32+	23:50+	25:02+	25:47+
	01:10+	02:18+	02:30=	01:52+	01:11-	01:10+	06:00+	01:26+	02:37+	01:14+	01:04+	01:18=	01:12+	00:45+
	00:04+	00:08+	00:00=	00:22#	00:05-	00:06+	03:24@	00:12#	00:03+	00:04+	00:02+	00:00=	00:07#	00:07#
12	Signe Ottesen	116										26:43		
	01:15+	03:55+	06:41+	08:32+	09:51+	11:16+	14:38+	15:43+	19:18+	20:30+	21:36+	22:57+	25:57+	26:43+
	01:15+	02:40+	02:46+	01:51+	01:19+	01:25+	03:22+	01:05-	03:35+	01:12+	01:06+	01:21+	03:00+	00:46+
	00:09#	00:30#	00:16#	00:21#	00:03+	00:21&	00:46&	00:09-	01:01&	00:02+	00:04+	00:03+	01:55@	00:08#
13	Ragnhild Auglænd	62										26:51		
	01:37+	04:41+	07:31+	09:25+	10:42+	12:16+	15:52+	17:11+	20:29+	21:53+	23:08+	24:32+	26:02+	26:51+
	01:37+	03:04+	02:50+	01:54+	01:17+	01:34+	03:36+	01:19+	03:18+	01:24+	01:15+	01:24+	01:30+	00:49+
	00:31&	00:54&	00:20#	00:24&	00:01+	00:30&	01:00&	00:05+	00:44&	00:14#	00:13#	00:06+	00:25&	00:11&
14	Gøril Braut Aarsand	268										26:53		
	01:43+	04:13+	06:46+	08:39+	09:46+	11:09+	16:04+	17:28+	20:48+	22:02+	23:19+	24:34+	25:49+	26:53+
	01:43+	02:30+	02:33+	01:53+	01:07-	01:23+	04:55+	01:24+	03:20+	01:14+	01:17+	01:15-	01:15+	01:04+
	00:37&	00:20#	00:03+	00:23&	00:09-	00:19&	02:19&	00:10#	00:46&	00:04+	00:15#	00:03-	00:10#	00:26&
15	Andrea Tapken	54										27:53		
	01:15+	04:13+	07:15+	09:35+	10:56+	12:29+	16:13+	17:33+	21:18+	22:44+	24:02+	25:28+	27:00+	27:53+
	01:15+	02:58+	03:02+	02:20+	01:21+	01:33+	03:44+	01:20+	03:45+	01:26+	01:18+	01:26+	01:32+	00:53+
	00:09#	00:48&	00:32#	00:50&	00:05+	00:29&	01:08&	00:06+	01:11&	00:16#	00:16&	00:08#	00:27&	00:15&
16	Marit Elin Aandahl	80										28:44		
	01:19+	04:33+	07:35+	09:45+	11:03+	12:49+	16:15+	17:39+	22:14+	23:35+	24:39+	26:11+	27:46+	28:44+
	01:19+	03:14+	03:02+	02:10+	01:18+	01:46+	03:26+	01:24+	04:35+	01:21+	01:04+	01:32+	01:35+	00:58+
	00:13#	01:04&	00:32#	00:40&	00:02+	00:42&	00:50&	00:10#	02:01&	00:11#	00:02+	00:14#	00:30&	00:20&
17	Målfrid Bjerkeli	237										31:11		
	01:21+	03:59+	07:13+	11:27+	12:42+	13:58+	18:26+	19:40+	24:47+	26:08+	27:19+	28:37+	30:22+	31:11+
	01:21+	02:38+	03:14+	04:14+	01:15-	01:16+	04:28+	01:14=	05:07+	01:21+	01:11+	01:18=	01:45+	00:49+
	00:15#	00:28#	00:44&	02:44@	00:01-	00:12#	01:52&	00:00=	02:33&	00:11#	00:09#	00:00=	00:40&	00:11&
18	Nidunn Sandvik	228										31:31		
	01:23+	03:46+	06:25+	07:58+	09:15+	12:00+	16:52+	19:59+	23:13+	24:34+	25:48+	28:00+	30:37+	31:31+
	01:23+	02:23+	02:39+	01:33+	01:17+	02:45+	04:52+	03:07+	03:14+	01:21+	01:14+	02:12+	02:37+	00:54+
	00:17&	00:13#	00:09+	00:03+	00:01+	01:41@	02:16&	01:53@	00:40&	00:11#	00:12#	00:54&	01:32@	00:16&
19	Ragnhild Båtnes Berntsen	101										33:09		
	01:12+	04:09+	07:26+	09:33+	11:07+	12:45+	16:12+	18:56+	26:47+	28:07+	29:26+	31:00+	32:23+	33:09+
	01:12+	02:57+	03:17+	02:07+	01:34+	01:38+	03:27+	02:44+	07:51+	01:20+	01:19+	01:34+	01:23+	00:46+
	00:06+	00:47&	00:47&	00:37&	00:18#	00:34&	00:51&	01:30@	05:17@	00:10#	00:17&	00:16#	00:18&	00:08#
20	Birgitte Røe	125										33:16		
	01:23+	04:13+	07:09+	09:07+	10:37+	12:02+	15:52+	17:23+	22:08+	23:56+	25:13+	30:47+	32:02+	33:16+
	01:23+	02:50+	02:56+	01:58+	01:30+	01:25+	03:50+	01:31+	04:45+	01:48+	01:17+	05:34+	01:15+	01:14+
	00:17&	00:40&	00:26#	00:28&	00:14#	00:21&	01:14&	00:17#	02:11&	00:38&	00:15#	04:16@	00:10#	00:36&
21	Brit Vivian Meling	116										36:14		
	01:55+	05:45+	09:32+	12:13+	14:00+	15:50+	20:45+	22:17+	27:15+	29:11+	30:49+	32:51+	34:44+	36:14+
	01:55+	03:50+	03:47+	02:41+	01:47+	01:50+	04:55+	01:32+	04:58+	01:56+	01:38+	02:02+	01:53+	01:30+
	00:49&	01:40&	01:17&	01:11&	00:31&	00:46&	02:19&	00:18#	02:24&	00:46&	00:36&	00:44&	00:48&	00:52@
Beste strekktid for klassen														
	01:02	02:10	02:21	01:30	01:07	01:03	02:36	00:57	02:34	01:06	00:49	01:05	00:59	00:36

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

Class	Navn	Klasse	Tid
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Damer 60 - 64 år

1	Amanda Renshaw	101	22:54													
01:59=	03:29=	06:39=	08:26=	09:36=	12:38=	15:06=	16:54=	18:28=	20:05=	21:54=	22:32=	22:54=				
01:59=	01:30=	03:10=	01:47=	01:10=	03:02=	02:28=	01:48=	01:34=	01:37=	01:49=	00:38=	00:22=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	May Elinor Meling	125	23:51													
02:07+	04:20+	07:04+	08:46+	10:01+	12:25-	14:45-	16:32-	18:48+	20:27+	22:28+	23:19+	23:51+				
02:07+	02:13+	02:44-	01:42-	01:15+	02:24-	02:20-	01:47-	02:16+	01:39+	02:01+	00:51+	00:32+				
00:08+	00:43&	00:26-	00:05-	00:05+	00:38-	00:08-	00:01-	00:42&	00:02+	00:12#	00:13&	00:10&				
3	Ingunn Voilås	29	23:52													
02:02+	03:55+	07:19+	09:09+	10:27+	12:45+	15:34+	17:29+	19:16+	21:09+	22:44+	23:23+	23:52+				
02:02+	01:53+	03:24+	01:50+	01:18+	02:18-	02:49+	01:55+	01:47+	01:53+	01:35-	00:39+	00:29+				
00:03+	00:23&	00:14+	00:03+	00:08#	00:44-	00:21#	00:07+	00:13#	00:16#	00:14-	00:01+	00:07&				
4	Berit Bakken	93	25:00													
02:13+	04:03+	07:02+	08:47+	09:58+	13:01+	15:32+	18:06+	20:20+	22:14+	23:52+	24:34+	25:00+				
02:13+	01:50+	02:59-	01:45-	01:11+	03:03+	02:31+	02:34+	02:14+	01:54+	01:38-	00:42+	00:26+				
00:14#	00:20#	00:11-	00:02-	00:01+	00:01+	00:03+	00:46&	00:40&	00:17#	00:11-	00:04#	00:04#				
5	Marit Karin Nygård	92	25:36													
02:11+	03:48+	07:05+	08:53+	10:05+	13:50+	16:55+	18:45+	20:34+	22:54+	24:33+	25:11+	25:36+				
02:11+	01:37+	03:17+	01:48+	01:12+	03:45+	03:05+	01:50+	01:49+	02:20+	01:39-	00:38=	00:25+				
00:12#	00:07+	00:07+	00:01+	00:02+	00:43#	00:37#	00:02+	00:15#	00:43&	00:10-	00:00=	00:03#				
6	Eli Frafjord	94	27:34													
02:22+	04:23+	07:52+	09:53+	11:22+	14:04+	17:34+	20:37+	22:26+	24:22+	26:15+	27:06+	27:34+				
02:22+	02:01+	03:29+	02:01+	01:29+	02:42-	03:30+	03:03+	01:49+	01:56+	01:53+	00:51+	00:28+				
00:23#	00:31&	00:19#	00:14#	00:19&	00:20-	01:02&	01:15&	00:15#	00:19#	00:04+	00:13&	00:06&				
7	Ingrid Eik	88	32:19													
01:45-	03:43+	06:42+	10:40+	11:47+	21:09+	23:36+	26:45+	28:10+	29:48+	31:11+	31:49+	32:19+				
01:45-	01:58+	02:59-	03:58+	01:07-	09:22+	02:27-	03:09+	01:25-	01:38+	01:23-	00:38=	00:30+				
00:14-	00:28&	00:11-	02:11@	00:03-	06:20@	00:01-	01:21&	00:09-	00:01+	00:26-	00:00=	00:08&				
8	Anne Katrine Lycke	147	33:43													
02:24+	04:29+	09:25+	11:33+	12:59+	18:04+	22:15+	24:20+	26:43+	29:31+	32:05+	32:49+	33:43+				
02:24+	02:05+	04:56+	02:08+	01:26+	05:05+	04:11+	02:05+	02:23+	02:48+	02:34+	00:44+	00:54+				
00:25#	00:35&	01:46&	00:21#	00:16#	02:03&	01:43&	00:17#	00:49&	01:11&	00:45&	00:06#	00:32@				
9	Åse Berg	105	40:03													
02:58+	04:51+	08:51+	11:11+	13:18+	21:01+	25:44+	28:34+	31:43+	34:01+	37:49+	39:07+	40:03+				
02:58+	01:53+	04:00+	02:20+	02:07+	07:43+	04:43+	02:50+	03:09+	02:18+	03:48+	01:18+	00:56+				
00:59&	00:23&	00:50&	00:33&	00:57&	04:41@	02:15&	01:02&	01:35@	00:41&	01:59@	00:40@	00:34@				
Beste strekktid for klassen				01:45	01:30	02:44	01:42	01:07	02:18	02:20	01:47	01:25	01:37	01:23	00:38	00:22

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

Damer 65 - 69 år

1	Hanne Eik	117	29:20										
02:30=	04:21=	08:04=	10:20=	12:23=	15:32=	18:45=	21:01=	23:42=	25:48=	27:33=	28:18=	29:20=	
02:30=	01:51=	03:43=	02:16=	02:03=	03:09=	03:13=	02:16=	02:41=	02:06=	01:45=	00:45=	01:02=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Mette Dagsland	68	35:31										
01:18-	02:35-	06:44-	12:49+	14:49+	16:39+	20:22+	22:59+	26:10+	28:40+	30:43+	32:33+	35:04+	35:31+
01:18-	01:17-	04:09+	06:05+	02:00-	01:50-	03:43+	02:37+	03:11+	02:30+	02:03+	01:50+	02:31+	00:27+
01:12-	00:34-	00:26#	03:49@	00:03-	01:19-	00:30#	00:21#	00:30#	00:24#	00:18#	01:05@	01:29@	00:27+
3	Lillian Dahl Fitjar	117	38:49										
02:20-	05:09+	09:02+	11:20+	12:43+	22:23+	25:47+	30:18+	31:57+	34:21+	36:54+	38:17+	38:49+	
02:20-	02:49+	03:53+	02:18+	01:23-	09:40+	03:24+	04:31+	01:39-	02:24+	02:33+	01:23+	00:32-	
00:10-	00:58&	00:10+	00:02+	00:40-	06:31@	00:11+	02:15&	01:02-	00:18#	00:48&	00:38&	00:30-	

Class	Navn	Klasse												Tid
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Beste strekktid for klassen

01:18 01:17 03:43 02:16 01:23 01:50 03:13 02:16 01:39 02:06 01:45 00:45 00:32

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

Damer 70 - 74 år

1 Hedvig Anda 116 35:46

02:37= 04:52= 08:14= 10:17= 15:39= 19:12= 23:37= 26:40= 29:12= 31:44= 34:04= 35:04= 35:46=
 02:37= 02:15= 03:22= 02:03= 05:22= 03:33= 04:25= 03:03= 02:32= 02:32= 02:20= 01:00= 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=

2 Helga Klausen 62 36:27

04:39+ 06:41+ 11:23+ 15:03+ 17:22+ 20:31+ 24:41+ 27:16+ 30:24+ 32:35+ 34:52+ 35:52+ 36:27+
 04:39+ 02:02- 04:42+ 03:40+ 02:19- 03:09- 04:10- 02:35- 03:08+ 02:11- 02:17- 01:00= 00:35-
 02:02& 00:13- 01:20& 01:37& 03:03- 00:24- 00:15- 00:28- 00:36# 00:21- 00:03- 00:00= 00:07-

3 Inger Skretting Opstad 54 44:55

02:43+ 04:38- 08:18+ 11:03+ 12:38- 19:34+ 22:35- 25:30- 33:11+ 35:46+ 37:59+ 40:42+ 43:00+ 44:12+ 44:55+
 02:43+ 01:55- 03:40+ 02:45+ 01:35- 06:56+ 03:01- 02:55- 07:41+ 02:35+ 02:13- 02:43+ 02:18+ 01:12+ 00:43+
 00:06+ 00:20- 00:18+ 00:42& 03:47- 03:23& 01:24- 00:08- 05:09& 00:03+ 00:07- 01:43& 01:36& 01:12+ 00:43+

Beste strekktid for klassen

02:37 01:55 03:22 02:03 01:35 03:09 03:01 02:35 02:32 02:11 02:13 01:00 00:35

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

Damer 75 - 79 år

1 Turid Nystrøm 68 25:15

02:11= 03:59= 06:57= 08:51= 10:10= 12:41= 15:08= 17:09= 19:42= 21:47= 23:48= 24:36= 25:15=
 02:11= 01:48= 02:58= 01:54= 01:19= 02:31= 02:27= 02:01= 02:33= 02:05= 02:01= 00:48= 00:39=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Helga Aaslid 54 31:19

02:37+ 04:36+ 08:31+ 11:12+ 12:47+ 17:40+ 22:54+ 24:33+ 26:18+ 28:13+ 29:46+ 30:51+ 31:19+
 02:37+ 01:59+ 03:55+ 02:41+ 01:35+ 04:53+ 05:14+ 01:39- 01:45- 01:55- 01:33- 01:05+ 00:28-
 00:26# 00:11# 00:57& 00:47& 00:16# 02:22& 02:47& 00:22- 00:48- 00:10- 00:28- 00:17& 00:11-

3 Gry Vikhamar Thengs 68 33:39

02:21+ 05:07+ 08:20+ 10:12+ 11:42+ 19:50+ 22:58+ 25:11+ 27:01+ 29:23+ 32:06+ 33:04+ 33:39+
 02:21+ 02:46+ 03:13+ 01:52- 01:30+ 08:08+ 03:08+ 02:13+ 01:50- 02:22+ 02:43+ 00:58+ 00:35-
 00:10+ 00:58& 00:15+ 00:02- 00:11# 05:37& 00:41& 00:12+ 00:43- 00:17# 00:42& 00:10# 00:04-

4 Berit Ebbell Olsen 68 35:13

02:57+ 05:48+ 10:04+ 12:41+ 14:54+ 18:42+ 22:39+ 25:26+ 27:55+ 30:42+ 33:13+ 34:25+ 35:13+
 02:57+ 02:51+ 04:16+ 02:37+ 02:13+ 03:48+ 03:57+ 02:47+ 02:29- 02:47+ 02:31+ 01:12+ 00:48+
 00:46& 01:03& 01:18& 00:43& 00:54& 01:17& 01:30& 00:46& 00:04- 00:42& 00:30# 00:24& 00:09#

Beste strekktid for klassen

02:11 01:48 02:58 01:52 01:19 02:31 02:27 01:39 01:45 01:55 01:33 00:48 00:28

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

Damer A

1 Aud Hognestad Taksdal 92 22:08

02:14= 02:59= 04:21= 05:28= 07:02= 09:03= 09:49= 10:45= 11:57= 13:23= 15:20= 16:19= 17:32= 18:48= 19:31= 19:56= 20:55= 21:49= 22:08=
 02:14= 00:45= 01:22= 01:07= 01:34= 02:01= 00:46= 00:56= 01:12= 01:26= 01:57= 00:59= 01:13= 01:16= 00:43= 00:25= 00:59= 00:54= 00:19=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Tone Torgersen 27 24:51

02:14= 02:58- 04:34+ 05:44+ 07:27+ 09:17+ 10:00+ 11:09+ 12:27+ 14:00+ 16:49+ 18:08+ 19:53+ 21:17+ 21:52+ 22:18+ 23:26+ 24:26+ 24:51+
 02:14= 00:44- 01:36+ 01:10+ 01:43+ 01:50- 00:43- 01:09+ 01:18+ 01:33+ 02:49+ 01:19+ 01:45+ 01:24+ 00:35- 00:26+ 01:08+ 01:00+ 00:25+
 00:00= 00:01- 00:14# 00:03+ 00:09+ 00:11- 00:03- 00:13# 00:06+ 00:07+ 00:52& 00:20& 00:32& 00:08# 00:08- 00:01+ 00:09# 00:06# 00:06&

Class	Navn	Klasse										Tid						
3	Katrine Prestvold	212										26:56						
02:44+	03:58+	05:55+	07:12+	09:09+	11:33+	12:21+	13:36+	15:10+	17:08+	18:31+	19:37+	21:10+	22:45+	23:39+	24:08+	25:17+	26:32+	26:56+
02:44+	01:14+	01:57+	01:17+	01:57+	02:24+	00:48+	01:15+	01:34+	01:58+	01:23-	01:06+	01:33+	01:35+	00:54+	00:29+	01:09+	01:15+	00:24+
00:30#	00:29&	00:35&	00:10#	00:23#	00:23#	00:02+	00:19&	00:22&	00:32&	00:34-	00:07#	00:20&	00:19#	00:11&	00:04#	00:10#	00:21&	00:05&
4	Trine Bolstad Scheie	62										27:06						
03:17+	04:15+	06:06+	07:26+	09:16+	11:27+	12:17+	13:39+	15:12+	16:57+	18:53+	19:56+	21:49+	23:20+	24:57+	24:25+	25:39+	26:45+	27:06+
03:17+	00:58+	01:51+	01:20+	01:50+	02:11+	00:50+	01:22+	01:33+	01:45+	01:56-	01:03+	01:53+	01:31+	00:37-	00:28+	01:14+	01:06+	00:21+
01:03&	00:13&	00:29&	00:13#	00:16#	00:10+	00:04+	00:26&	00:21&	00:19#	00:01-	00:04+	00:40&	00:15#	00:06-	00:03#	00:15&	00:12#	00:02#
5	Ingrid Simensen	101										27:07						
02:53+	03:45+	05:39+	06:47+	08:35+	10:36+	11:24+	12:42+	14:16+	16:19+	18:18+	19:40+	21:40+	23:18+	23:59+	24:26+	25:39+	26:45+	27:07+
02:53+	00:52+	01:54+	01:08+	01:48+	02:01=	00:48+	01:18+	01:34+	02:03+	01:59+	01:22+	02:00+	01:38+	00:41-	00:27+	01:13+	01:06+	00:22+
00:39&	00:07#	00:32&	00:01+	00:14#	00:00=	00:02+	00:22&	00:22&	00:37&	00:02+	00:23&	00:47&	00:22&	00:02-	00:02+	00:14#	00:12#	00:03#
6	Maira Andersone	93										29:18						
02:39+	03:33+	05:24+	06:44+	08:49+	11:09+	12:03+	13:54+	15:33+	17:53+	19:49+	21:04+	22:55+	24:42+	25:26+	25:57+	27:33+	28:49+	29:18+
02:39+	00:54+	01:51+	01:20+	02:05+	02:20+	00:54+	01:51+	01:39+	02:20+	01:56-	01:15+	01:51+	01:47+	00:44+	00:31+	01:36+	01:16+	00:29+
00:25#	00:09#	00:29&	00:13#	00:31&	00:19#	00:08#	00:55&	00:27&	00:54&	00:01-	00:16&	00:38&	00:31&	00:01+	00:06#	00:37&	00:22&	00:10&
7	Wibeke Lende	74										31:21						
03:59+	05:04+	06:50+	08:27+	10:30+	13:01+	14:02+	15:42+	17:22+	19:14+	22:06+	23:17+	25:41+	27:20+	28:10+	28:40+	29:57+	31:00+	31:21+
03:59+	01:05+	01:46+	01:37+	02:03+	02:31+	01:01+	01:40+	01:40+	01:52+	02:52+	01:11+	02:24+	01:39+	00:50+	00:30+	01:17+	01:03+	00:21+
01:45&	00:20&	00:24&	00:30&	00:29&	00:30#	00:15&	00:44&	00:28&	00:26&	00:55&	00:12#	01:11&	00:23&	00:07#	00:05#	00:18&	00:09#	00:02#
8	Lene Bjelland	116										32:49						
03:05+	05:30+	07:31+	09:16+	11:50+	14:26+	15:22+	16:58+	19:00+	21:26+	23:35+	24:55+	26:45+	28:32+	29:23+	30:03+	31:21+	32:29+	32:49+
03:05+	02:25+	02:01+	01:45+	02:34+	02:36+	00:56+	01:36+	02:02+	02:26+	02:09+	01:20+	01:50+	01:47+	00:51+	00:40+	01:18+	01:08+	00:20+
00:51&	01:40@	00:39&	00:38&	01:00&	00:35&	00:10#	00:40&	00:50&	01:00&	00:12#	00:21&	00:37&	00:31&	00:08#	00:15&	00:19&	00:14&	00:01+
9	Pernille Melleby	18										38:44						
03:31+	04:36+	07:16+	09:07+	11:59+	15:11+	16:31+	18:28+	20:57+	23:55+	26:54+	28:25+	31:25+	33:28+	34:30+	35:12+	36:48+	38:16+	38:44+
03:31+	01:05+	02:40+	01:51+	02:52+	03:12+	01:20+	01:57+	02:29+	02:58+	02:59+	01:31+	03:00+	02:03+	01:02+	00:42+	01:36+	01:28+	00:28+
01:17&	00:20&	01:18&	00:44&	01:18&	01:11&	00:34&	01:01@	01:17@	01:32@	01:02&	00:32&	01:47@	00:47&	00:19&	00:17&	00:37&	00:34&	00:09&

Beste strekktid for klassen

02:14 00:44 01:22 01:07 01:34 01:50 00:43 00:56 01:12 01:26 01:23 00:59 01:13 01:16 00:35 00:25 00:59 00:54 00:19

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

Damer B

1	Inger Tone Nygård	29										21:52							
01:28=	02:57=	04:07=	05:31=	06:58=	08:35=	10:09=	12:03=	13:51=	17:01=	18:21=	19:55=	21:03=	21:33=	21:52=					
01:28=	01:29=	01:10=	01:24=	01:27=	01:37=	01:34=	01:54=	01:48=	03:10=	01:20=	01:34=	01:08=	00:30=	00:19=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Kristin Breivold	92										22:36							
01:28=	03:06+	04:27+	05:54+	07:28+	09:11+	11:00+	13:18+	15:41+	17:11+	18:39+	20:24+	21:41+	22:15+	22:36+					
01:28=	01:38+	01:21+	01:27+	01:34+	01:43+	01:49+	02:18+	02:23+	01:30-	01:28+	01:45+	01:17+	00:34+	00:21+					
00:00=	00:09#	00:11#	00:03+	00:07+	00:06+	00:15#	00:24#	00:35&	01:40-	00:08#	00:11#	00:09#	00:04#	00:02#					
3	Vibeke Lamark	46										23:04							
01:33+	03:05+	04:22+	05:47+	07:58+	10:23+	12:00+	14:00+	16:11+	17:37+	19:05+	20:48+	22:04+	22:42+	23:04+					
01:33+	01:32+	01:17+	01:25+	02:11+	02:25+	01:37+	02:00+	02:11+	01:26-	01:28+	01:43+	01:16+	00:38+	00:22+					
00:05+	00:03+	00:07#	00:01+	00:44&	00:48&	00:03+	00:06+	00:23#	01:44-	00:08#	00:09+	00:08#	00:08&	00:03#					
4	Ingrid W. Hestness	117										23:21							
01:45+	03:34+	05:03+	06:34+	08:10+	09:51+	11:27+	13:22+	15:56+	17:44+	19:13+	20:54+	22:11+	22:50+	23:21+					
01:45+	01:49+	01:29+	01:31+	01:36+	01:41+	01:36+	01:55+	02:34+	01:48-	01:29+	01:41+	01:17+	00:39+	00:31+					
00:17#	00:20#	00:19&	00:07+	00:09#	00:04+	00:02+	00:01+	00:46&	01:22-	00:09#	00:07+	00:09#	00:09&	00:12&					
5	Irene Rummelhoff	116										23:36							
01:33+	03:05+	04:35+	06:03+	07:53+	09:39+	11:24+	13:33+	16:02+	17:26+	19:39+	21:21+	22:43+	23:15+	23:36+					
01:33+	01:32+	01:30+	01:28+	01:50+	01:46+	01:45+	02:09+	02:29+	01:24-	02:13+	01:42+	01:22+	00:32+	00:21+					
00:05+	00:03+	00:20&	00:04+	00:23&	00:09+	00:11#	00:15#	00:41&	01:46-	00:53&	00:08+	00:14#	00:02+	00:02#					
6	Jorunn Johannesen	116										23:39							
01:41+	03:26+	04:42+	06:17+	07:51+	09:37+	11:29+	13:22+	15:35+	17:08+	18:54+	20:41+	22:37+	23:14+	23:39+					
01:41+	01:45+	01:16+	01:35+	01:34+	01:46+	01:52+	01:53-	02:13+	01:33-	01:46+	01:47+	01:56+	00:37+	00:25+					
00:13#	00:16#	00:06+	00:11#	00:07+	00:09+	00:18#	00:01-	00:25#	01:37-	00:26&	00:13#	00:48&	00:07#	00:06&					

Class	Navn	Klasse												Tid
7	Ann-Cathrin Nybak Urdal	118												23:52
01:37+	03:15+	04:38+	06:15+	08:13+	09:59+	11:43+	13:45+	16:09+	17:43+	19:42+	21:27+	22:51+	23:27+	23:52+
01:37+	01:38+	01:23+	01:37+	01:58+	01:46+	01:44+	02:02+	02:24+	01:34-	01:59+	01:45+	01:24+	00:36+	00:25+
00:09#	00:09#	00:13#	00:13#	00:31&	00:09+	00:10#	00:08+	00:36&	01:36-	00:39&	00:11#	00:16#	00:06#	00:06&
8	Anita Glenne Kallhovd	29												23:55
01:45+	03:33+	05:08+	06:28+	08:22+	09:59+	11:39+	13:32+	16:21+	18:29+	20:09+	21:46+	22:58+	23:34+	23:55+
01:45+	01:48+	01:35+	01:20-	01:54+	01:37=	01:40+	01:53-	02:49+	02:08-	01:40+	01:37+	01:12+	00:36+	00:21+
00:17#	00:19#	00:25&	00:04-	00:27&	00:00=	00:06+	00:01-	01:01&	01:02-	00:20#	00:03+	00:04+	00:06#	00:02#
9	Ann Karin Tjørhom	93												24:47
01:36+	03:23+	04:46+	06:27+	08:11+	10:07+	11:54+	14:09+	16:17+	17:58+	20:17+	22:14+	23:37+	24:17+	24:47+
01:36+	01:47+	01:23+	01:41+	01:44+	01:56+	01:47+	02:15+	02:08+	01:41-	02:19+	01:57+	01:23+	00:40+	00:30+
00:08+	00:18#	00:13#	00:17#	00:17#	00:19#	00:13#	00:21#	00:20#	01:29-	00:59&	00:23#	00:15#	00:10&	00:11&
10	Hilde Nordbø	93												24:47
01:51+	03:33+	04:50+	07:47+	09:36+	11:25+	13:21+	15:23+	17:24+	18:54+	20:26+	22:14+	23:40+	24:23+	24:47+
01:51+	01:42+	01:17+	02:57+	01:49+	01:49+	01:56+	02:02+	02:01+	01:30-	01:32+	01:48+	01:26+	00:43+	00:24+
00:23&	00:13#	00:07#	01:33@	00:22&	00:12#	00:22#	00:08+	00:13#	01:40-	00:12#	00:14#	00:18&	00:13&	00:05&
11	Helen Lomeland	105												25:45
01:35+	03:19+	05:10+	06:35+	08:18+	09:59+	12:06+	15:09+	17:41+	19:16+	21:27+	23:15+	24:47+	25:26+	25:45+
01:35+	01:44+	01:51+	01:25+	01:43+	01:41+	02:07+	03:03+	02:32+	01:35-	02:11+	01:48+	01:32+	00:39+	00:19=
00:07+	00:15#	00:41&	00:01+	00:16#	00:04+	00:33&	01:09&	00:44&	01:35-	00:51&	00:14#	00:24&	00:09&	00:00=
12	Mariann Sveinsvoll	94												25:48
01:44+	03:37+	05:07+	06:47+	08:37+	10:50+	12:45+	14:47+	17:31+	19:58+	21:34+	23:25+	24:49+	25:26+	25:48+
01:44+	01:53+	01:30+	01:40+	01:50+	02:13+	02:44+	02:27-	01:36+	01:51+	01:24+	00:37+	00:22+	00:07#	00:03#
00:16#	00:24&	00:20&	00:16#	00:23&	00:36&	00:21#	00:08+	00:56&	00:43-	00:16#	00:17#	00:16#	00:07#	00:03#
13	Anne Garsrud	90												25:59
01:31+	03:33+	05:57+	07:30+	09:16+	11:14+	13:05+	15:07+	17:23+	19:18+	21:47+	23:27+	24:53+	25:33+	25:59+
01:31+	02:02+	02:24+	01:33+	01:46+	01:58+	01:51+	02:02+	02:16+	01:55-	02:29+	01:40+	01:26+	00:40+	00:26+
00:03+	00:33&	01:14@	00:09#	00:19#	00:21#	00:17#	00:08+	00:28&	01:15-	01:09&	00:06+	00:18&	00:10&	00:07&
14	Margrethe Roalsø	93												28:04
01:46+	03:38+	05:10+	06:48+	08:46+	10:37+	12:41+	16:41+	19:05+	22:09+	23:40+	25:31+	26:55+	27:31+	28:04+
01:46+	01:52+	01:32+	01:38+	01:58+	01:51+	02:04+	04:00+	02:24+	03:04-	01:31+	01:51+	01:24+	00:36+	00:33+
00:18#	00:23&	00:22&	00:14#	00:31&	00:14#	00:30&	02:06@	00:36&	00:06-	00:11#	00:17#	00:16#	00:06#	00:14&
15	Keth Berggraf	116												31:04
01:33+	03:11+	04:34+	06:07+	07:44+	09:17+	11:05+	22:20+	24:26+	25:54+	27:26+	28:58+	30:09+	30:45+	31:04+
01:33+	01:38+	01:23+	01:33+	01:37+	01:33-	01:48+	11:15+	02:06+	01:28-	01:32+	01:32-	01:11+	00:36+	00:19=
00:05+	00:09#	00:13#	00:09#	00:10#	00:04-	00:14#	09:21@	00:18#	01:42-	00:12#	00:02-	00:03+	00:06#	00:00=
Beste strekktid for klassen														
01:28	01:29	01:10	01:20	01:27	01:33	01:34	01:53	01:48	01:24	01:20	01:32	01:08	00:30	00:19

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

Damer Trim

1	Monica Gilje Rennemo	92												17:30
01:03=	02:44=	05:52=	06:56=	08:39=	09:44=	12:04=	14:01=	15:07=	16:55=	17:30=				
01:03=	01:41=	03:08=	01:04=	01:43=	01:05=	02:20=	01:57=	01:06=	01:48=	00:35=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Anastasia Ollestad	93												17:51
01:09+	02:25-	05:39-	07:05+	08:32-	09:28-	11:50-	14:27+	15:09+	17:12+	17:51+				
01:09+	01:16-	03:14+	01:26+	01:27-	00:56-	02:22+	02:37+	00:42-	02:03+	00:39+				
00:06+	00:25-	00:06+	00:22&	00:16-	00:09-	00:02+	00:40&	00:24-	00:15#	00:04#				
3	Sara Engevik	126												18:04
01:02-	02:33-	05:36-	06:28-	08:40+	09:47+	12:09+	14:08+	14:56-	17:23+	18:04+				
01:02-	01:31-	03:03-	00:52-	02:12+	01:07+	02:22+	01:59+	00:48-	02:27+	00:41+				
00:01-	00:10-	00:05-	00:12-	00:29&	00:02+	00:02+	00:02+	00:18-	00:39&	00:06#				
4	Margot Asheim	105												19:27
00:55-	02:35-	05:43-	06:40-	08:19-	09:27-	13:17+	15:26+	16:16+	18:44+	19:27+				
00:55-	01:40-	03:08=	00:57-	01:39-	01:08+	03:50+	02:09+	00:50-	02:28+	00:43+				
00:08-	00:01-	00:00=	00:07-	00:04-	00:03+	01:30&	00:12#	00:16-	00:40&	00:08#				

Class	Navn	Klasse										Tid
5	Gunhild Nordbø	117										19:45
	01:08+	02:47+	05:49-	07:00+	08:53+	10:14+	12:43+	15:21+	16:28+	19:02+	19:45+	
	01:08+	01:39-	03:02-	01:11+	01:53+	01:21+	02:29+	02:38+	01:07+	02:34+	00:43+	
	00:05+	00:02-	00:06-	00:07#	00:10+	00:16#	00:09+	00:41&	00:01+	00:46&	00:08#	
6	Ingrid O. Foss	117										20:16
	01:10+	02:53+	06:31+	07:38+	09:34+	10:51+	13:30+	16:12+	17:06+	19:28+	20:16+	
	01:10+	01:43+	03:38+	01:07+	01:56+	01:17+	02:39+	02:42+	00:54-	02:22+	00:48+	
	00:07#	00:02+	00:30#	00:03+	00:13#	00:12#	00:19#	00:45&	00:12-	00:34&	00:13&	
7	Herdís Sigurgrímsdóttir	43										20:26
	01:57+	03:30+	06:47+	07:46+	09:28+	10:47+	13:07+	15:52+	16:47+	19:29+	20:26+	
	01:57+	01:33-	03:17+	00:59-	01:42-	01:19+	02:20=	02:45+	00:55-	02:42+	00:57+	
	00:54&	00:08-	00:09+	00:05-	00:01-	00:14#	00:00=	00:48&	00:11-	00:54&	00:22&	
8	Tone Hansen	76										20:27
	01:26+	03:29+	06:43+	08:01+	09:40+	11:00+	13:13+	16:21+	17:15+	19:31+	20:27+	
	01:26+	02:03+	03:14+	01:18+	01:39-	01:20+	02:13-	03:08+	00:54-	02:16+	00:56+	
	00:23&	00:22#	00:06+	00:14#	00:04-	00:15#	00:07-	01:11&	00:12-	00:28&	00:21&	
9	Elin Stueland	5										20:28
	01:29+	02:55+	05:56+	07:10+	08:37-	09:39-	12:43+	15:29+	17:42+	19:49+	20:28+	
	01:29+	01:26-	03:01-	01:14+	01:27-	01:02-	03:04+	02:46+	02:13+	02:07+	00:39+	
	00:26&	00:15-	00:07-	00:10#	00:16-	00:03-	00:44&	00:49&	01:07@	00:19#	00:04#	
10	Gunn Vagle	126										21:21
	01:22+	03:08+	06:43+	07:58+	09:52+	11:06+	13:48+	16:12+	17:33+	19:56+	21:21+	
	01:22+	01:46+	03:35+	01:15+	01:54+	01:14+	02:42+	02:24+	01:21+	02:23+	01:25+	
	00:19&	00:05+	00:27#	00:11#	00:11#	00:09#	00:22#	00:27#	00:15#	00:35&	00:50@	
11	Stephanie Loin	42										21:25
	01:22+	03:03+	06:09+	07:19+	10:29+	12:02+	14:31+	17:11+	18:04+	20:40+	21:25+	
	01:22+	01:41=	03:06-	01:10+	03:10+	01:33+	02:29+	02:40+	00:53-	02:36+	00:45+	
	00:19&	00:00=	00:02-	00:06+	01:27&	00:28&	00:09+	00:43&	00:13-	00:48&	00:10&	
12	Marianne Steinkopf	5										21:29
	01:10+	02:52+	05:49-	06:51-	09:28+	10:31+	13:00+	15:36+	16:45+	20:53+	21:29+	
	01:10+	01:42+	02:57-	01:02-	02:37+	01:03-	02:29+	02:36+	01:09+	04:08+	00:36+	
	00:07#	00:01+	00:11-	00:02-	00:54&	00:02-	00:09+	00:39&	00:03+	02:20@	00:01+	
13	Synnøve Hognestad	43										21:59
	01:21+	03:05+	07:13+	08:20+	10:22+	11:33+	14:05+	17:19+	18:45+	21:13+	21:59+	
	01:21+	01:44+	04:08+	01:07+	02:02+	01:11+	02:32+	03:14+	01:26+	02:28+	00:46+	
	00:18&	00:03+	01:00&	00:03+	00:19#	00:06+	00:12+	01:17&	00:20&	00:40&	00:11&	
14	Linda Haukås	113										22:02
	01:25+	03:28+	07:35+	08:53+	10:57+	12:18+	15:26+	17:37+	18:38+	21:18+	22:02+	
	01:25+	02:03+	04:07+	01:18+	02:04+	01:21+	03:08+	02:11+	01:01-	02:40+	00:44+	
	00:22&	00:22#	00:59&	00:14#	00:21#	00:16#	00:48&	00:14#	00:05-	00:52&	00:09&	
15	Jenny Mazarino	101										22:07
	01:53+	03:48+	07:28+	08:42+	10:43+	11:57+	15:08+	17:59+	18:51+	21:17+	22:07+	
	01:53+	01:55+	03:40+	01:14+	02:01+	01:14+	03:11+	02:51+	00:52-	02:26+	00:50+	
	00:50&	00:14#	00:32#	00:10#	00:18#	00:09#	00:51&	00:54&	00:14-	00:38&	00:15&	
16	Esther Boenheim	268										22:19
	01:38+	03:29+	07:17+	08:40+	10:40+	12:00+	14:47+	17:25+	18:34+	21:21+	22:19+	
	01:38+	01:51+	03:48+	01:23+	02:00+	01:20+	02:47+	02:38+	01:09+	02:47+	00:58+	
	00:35&	00:10+	00:40#	00:19&	00:17#	00:15#	00:27#	00:41&	00:03+	00:59&	00:23&	
17	Tonje Tiley	27										22:28
	01:20+	03:16+	06:54+	08:11+	10:23+	11:37+	14:20+	18:22+	19:07+	21:09+	22:28+	
	01:20+	01:56+	03:38+	01:17+	02:12+	01:14+	02:43+	04:02+	00:45-	02:02+	01:19+	
	00:17&	00:15#	00:30#	00:13#	00:29&	00:09#	00:23#	02:05@	00:21-	00:14#	00:44@	
18	Bjørng Engelhard	165										22:49
	01:06+	02:36-	05:59+	07:10+	09:15+	10:50+	15:00+	17:36+	19:04+	22:02+	22:49+	
	01:06+	01:30-	03:23+	01:11+	02:05+	01:35+	04:10+	02:36+	01:28+	02:58+	00:47+	
	00:03+	00:11-	00:15+	00:07#	00:22#	00:30&	01:50&	00:39&	00:22&	01:10&	00:12&	
19	Marianne Høie	116										23:05
	01:30+	03:21+	07:05+	08:08+	10:34+	11:51+	14:36+	18:25+	19:24+	22:07+	23:05+	
	01:30+	01:51+	03:44+	01:03-	02:26+	01:17+	02:45+	03:49+	00:59-	02:43+	00:58+	
	00:27&	00:10+	00:36#	00:01-	00:43&	00:12#	00:25#	01:52&	00:07-	00:55&	00:23&	

Class	Navn	Klasse									Tid
20	Ase Sellereite	27									23:24
04:41+	06:21+	09:35+	10:54+	12:43+	13:54+	16:40+	19:38+	22:35+	23:24+		
04:41+	01:40-	03:14+	01:19+	01:49+	01:11+	02:46+	02:58+	00:50-	02:07+	00:49+	
03:38@	00:01-	00:06+	00:15#	00:06+	00:06+	00:26#	01:01&	00:16-	00:19#	00:14&	
21	Ritva Aiko Halsne	105									24:26
01:29+	03:18+	07:29+	08:48+	11:09+	13:12+	15:53+	19:01+	20:01+	23:07+	24:26+	
01:29+	01:49+	04:11+	01:19+	02:21+	02:03+	02:41+	03:08+	01:00-	03:06+	01:19+	
00:26&	00:08+	01:03&	00:15#	00:38&	00:58&	00:21#	01:11&	00:06-	01:18&	00:44@	
22	Lise Løv Løhre	39									24:33
01:48+	03:23+	08:21+	09:47+	11:49+	13:21+	16:44+	19:33+	20:34+	23:40+	24:33+	
01:48+	01:35-	04:58+	01:26+	02:02+	01:32+	03:23+	02:49+	01:01-	03:06+	00:53+	
00:45&	00:06-	01:50&	00:22&	00:19#	00:27&	01:03&	00:52&	00:05-	01:18&	00:18&	
23	Kristin Harbo	92									24:37
01:31+	03:33+	07:33+	08:45+	11:51+	13:25+	16:39+	19:13+	20:17+	23:36+	24:37+	
01:31+	02:02+	04:00+	01:12+	03:06+	01:34+	03:14+	02:34+	01:04-	03:19+	01:01+	
00:28&	00:21#	00:52&	00:08#	01:23&	00:29&	00:54&	00:37&	00:02-	01:31&	00:26&	
24	Unni Byberg Mæstad	92									24:41
01:27+	03:29+	07:28+	08:55+	11:05+	12:53+	15:52+	19:32+	20:34+	23:40+	24:41+	
01:27+	02:02+	03:59+	01:27+	02:10+	01:48+	02:59+	03:40+	01:02-	03:06+	01:01+	
00:24&	00:21#	00:51&	00:23&	00:27&	00:43&	00:39&	01:43&	00:04-	01:18&	00:26&	
25	Bente Karin Dirdal	54									25:07
01:34+	03:23+	07:33+	08:34+	10:43+	11:54+	14:17+	20:40+	21:55+	24:22+	25:07+	
01:34+	01:49+	04:10+	01:01-	02:09+	01:11+	02:23+	06:23+	01:15+	02:27+	00:45+	
00:31&	00:08+	01:02&	00:03-	00:26&	00:06+	00:03+	04:26@	00:09#	00:39&	00:10&	
26	Liv Margot Sviland	54									25:09
01:34+	03:27+	07:34+	08:44+	10:40+	11:54+	14:18+	20:40+	21:52+	24:22+	25:09+	
01:34+	01:53+	04:07+	01:10+	01:56+	01:14+	02:24+	06:22+	01:12+	02:30+	00:47+	
00:31&	00:12#	00:59&	00:06+	00:13#	00:09#	00:04+	04:25@	00:06+	00:42&	00:12&	
27	Ruth Grødem	105									25:44
01:41+	03:40+	07:43+	09:03+	11:21+	12:42+	15:57+	20:23+	21:44+	24:41+	25:44+	
01:41+	01:59+	04:03+	01:20+	02:18+	01:21+	03:15+	04:26+	01:21+	02:57+	01:03+	
00:38&	00:18#	00:55&	00:16#	00:35&	00:16#	00:55&	02:29@	00:15#	01:09&	00:28&	
28	Anette Wolff	113									26:07
01:29+	03:23+	07:22+	08:33+	11:44+	13:12+	16:31+	20:03+	21:24+	25:07+	26:07+	
01:29+	01:54+	03:59+	01:11+	03:11+	01:28+	03:19+	03:32+	01:21+	03:43+	01:00+	
00:26&	00:13#	00:51&	00:07#	01:28&	00:23&	00:59&	01:35&	00:15#	01:55@	00:25&	
29	Brit Svihus	92									26:45
01:48+	03:50+	07:48+	09:50+	12:22+	13:49+	16:58+	21:27+	22:49+	25:48+	26:45+	
01:48+	02:02+	03:58+	02:02+	02:32+	01:27+	03:09+	04:29+	01:22+	02:59+	00:57+	
00:45&	00:21#	00:50&	00:58&	00:49&	00:22&	00:49&	02:32@	00:16#	01:11&	00:22&	
30	Jane-Britt Arild	47									26:52
02:20+	04:37+	08:49+	10:31+	12:50+	14:13+	17:37+	21:05+	22:13+	25:45+	26:52+	
02:20+	02:17+	04:12+	01:42+	02:19+	01:23+	03:24+	03:28+	01:08+	03:32+	01:07+	
01:17@	00:36&	01:04&	00:38&	00:36&	00:18&	01:04&	01:31&	00:02+	01:44&	00:32&	
31	Birte Briseid Langebro	47									26:55
02:25+	04:40+	08:54+	10:40+	12:51+	14:22+	17:47+	21:07+	22:15+	25:48+	26:55+	
02:25+	02:15+	04:14+	01:46+	02:11+	01:31+	03:25+	03:20+	01:08+	03:33+	01:07+	
01:22@	00:34&	01:06&	00:42&	00:28&	00:26&	01:05&	01:23&	00:02+	01:45&	00:32&	
32	Reidun Solli Skjørestad	47									26:59
01:20+	05:48+	09:45+	11:36+	13:57+	15:30+	18:30+	22:03+	23:13+	26:06+	26:59+	
01:20+	04:28+	03:57+	01:51+	02:21+	01:33+	03:00+	03:33+	01:10+	02:53+	00:53+	
00:17&	02:47@	00:49&	00:47&	00:38&	00:28&	00:40&	01:36&	00:04+	01:05&	00:18&	
33	Gunvor Frafjord Tungesvik	228									26:59
01:21+	05:51+	09:46+	11:33+	13:52+	15:31+	18:26+	22:04+	23:15+	26:03+	26:59+	
01:21+	04:30+	03:55+	01:47+	02:19+	01:39+	02:55+	03:38+	01:11+	02:48+	00:56+	
00:18&	02:49@	00:47#	00:43&	00:36&	00:34&	00:35#	01:41&	00:05+	01:00&	00:21&	
34	Marianne Gjesdal Lyngås	92									27:27
01:37+	07:18+	11:10+	12:37+	14:58+	16:42+	19:54+	22:38+	23:47+	26:29+	27:27+	
01:37+	05:41+	03:52+	01:27+	02:21+	01:44+	03:12+	02:44+	01:09+	02:42+	00:58+	
00:34&	04:00@	00:44#	00:23&	00:38&	00:39&	00:52&	00:47&	00:03+	00:54&	00:23&	

Class	Navn	Klasse	Tid
35	Kirsti Strand Salvesen	256	27:51
01:48+	04:22+ 08:43+ 10:07+ 13:27+ 15:05+	18:34+ 22:01+	23:27+ 26:37+ 27:51+
01:48+	02:34+ 04:21+ 01:24+ 03:20+ 01:38+	03:29+ 03:27+	01:26+ 03:10+ 01:14+
00:45&	00:53& 01:13& 00:20& 01:37& 00:33&	01:09& 01:30&	00:20& 01:22& 00:39&
36	Lene Haver Schmidt	88	28:39
01:58+	04:48+ 09:30+ 11:04+ 13:34+ 15:28+	19:09+ 22:41+	24:02+ 27:28+ 28:39+
01:58+	02:50+ 04:42+ 01:34+ 02:30+ 01:54+	03:41+ 03:32+	01:21+ 03:26+ 01:11+
00:55&	01:09& 01:34& 00:30& 00:47& 00:49&	01:21& 01:35&	00:15# 01:38& 00:36@
37	Lene Skotnes	66	29:39
02:13+	04:00+ 06:56+ 07:52+ 10:30+ 11:36+	22:03+ 24:32+	26:18+ 29:03+ 29:39+
02:13+	01:47+ 02:56- 00:56- 02:38+ 01:06+	10:27+ 02:29+	01:46+ 02:45+ 00:36+
01:10@	00:06+ 00:12- 00:08- 00:55& 00:01+	08:07@ 00:32&	00:40& 00:57& 00:01+
38	Ingunn Fandrem	47	30:56
01:51+	04:11+ 08:06+ 09:57+ 12:11+ 13:51+	17:29+ 23:11+	24:29+ 30:04+ 30:56+
01:51+	02:20+ 03:55+ 01:51+ 02:14+ 01:40+	03:38+ 05:42+	01:18+ 05:35+ 00:52+
00:48&	00:39& 00:47# 00:47& 00:31& 00:35&	01:18& 03:45@	00:12# 03:47@ 00:17&
39	Solveig Marie Grønning	47	30:58
01:54+	04:10+ 08:10+ 10:00+ 12:15+ 13:54+	17:33+ 23:15+	24:33+ 30:08+ 30:58+
01:54+	02:16+ 04:00+ 01:50+ 02:15+ 01:39+	03:39+ 05:42+	01:18+ 05:35+ 00:50+
00:51&	00:35& 00:52& 00:46& 00:32& 00:34&	01:19& 03:45@	00:12# 03:47@ 00:15&
40	Randi Wesetvik	116	31:40
01:38+	04:04+ 08:31+ 10:28+ 14:05+ 15:45+	19:16+ 24:01+	25:19+ 30:35+ 31:40+
01:38+	02:26+ 04:27+ 01:57+ 03:37+ 01:40+	03:31+ 04:45+	01:18+ 05:16+ 01:05+
00:35&	00:45& 01:19& 00:53& 01:54@ 00:35&	01:11& 02:48@	00:12# 03:28@ 00:30&
41	Sigrund Serigstad	128	33:01
01:00-	02:23- 06:43+ 08:33+ 15:17+ 16:48+	19:19+ 28:28+	29:51+ 32:23+ 33:01+
01:00-	01:23- 04:20+ 01:50+ 06:44+ 01:31+	02:31+ 09:09+	01:23+ 02:32+ 00:38+
00:03-	00:18- 01:12& 00:46& 05:01@ 00:26&	00:11+ 07:12@	00:17& 00:44& 00:03+
42	Hazel Grayston	263	33:11
02:02+	04:51+ 10:18+ 12:05+ 15:19+ 17:15+	22:30+ 26:16+	27:49+ 31:51+ 33:11+
02:02+	02:49+ 05:27+ 01:47+ 03:14+ 01:56+	05:15+ 03:46+	01:33+ 04:02+ 01:20+
00:59&	01:08& 02:19& 00:43& 01:31& 00:51&	02:55@ 01:49&	00:27& 02:14@ 00:45@
43	May Kristin Haaland	47	36:58
01:37+	05:19+ 10:30+ 11:48+ 19:35+ 21:18+	24:47+ 28:49+	30:03+ 36:00+ 36:58+
01:37+	03:42+ 05:11+ 01:18+ 07:47+ 01:43+	03:29+ 04:02+	01:14+ 05:57+ 00:58+
00:34&	02:01@ 02:03& 00:14# 06:04@ 00:38&	01:09& 02:05@	00:08# 04:09@ 00:23&
44	Aase Sveinsvoll	94	38:21
01:59+	05:15+ 11:14+ 14:08+ 17:13+ 19:35+	24:03+ 29:23+	31:03+ 37:17+ 38:21+
01:59+	03:16+ 05:59+ 02:54+ 03:05+ 02:22+	04:28+ 05:20+	01:40+ 06:14+ 01:04+
00:56&	01:35& 02:51& 01:50@ 01:22& 01:17@	02:08& 03:23@	00:34& 04:26@ 00:29&
45	Priya Chilamkurthi	136	43:00
05:38+	07:43+ 14:24+ 16:28+ 20:21+ 22:24+	26:58+ 33:35+	35:29+ 41:32+ 43:00+
05:38+	02:05+ 06:41+ 02:04+ 03:53+ 02:03+	04:34+ 06:37+	01:54+ 06:03+ 01:28+
04:35@	00:24# 03:33@ 01:00& 02:10@ 00:58&	02:14& 04:40@	00:48& 04:15@ 00:53@
46	Maria Elina Pettersen	105	43:54
01:54+	03:41+ 07:48+ 09:08+ 28:56+ 30:31+	33:20+ 36:46+	38:14+ 42:58+ 43:54+
01:54+	01:47+ 04:07+ 01:20+ 19:48+ 01:35+	02:49+ 03:26+	01:28+ 04:44+ 00:56+
00:51&	00:06+ 00:59& 00:16# 18:05@ 00:30&	00:29# 01:29&	00:22& 02:56@ 00:21&
47	Aslaug Neteland	92	45:13
01:51+	04:42+ 08:34+ 09:56+ 30:08+ 31:35+	34:23+ 37:43+	39:20+ 44:01+ 45:13+
01:51+	02:51+ 03:52+ 01:22+ 20:12+ 01:27+	02:48+ 03:20+	01:37+ 04:41+ 01:12+
00:48&	01:10& 00:44# 00:18& 18:29@ 00:22&	00:28# 01:23&	00:31& 02:53@ 00:37@
48	Wenke Wannberg	116	45:14
01:50+	04:47+ 08:34+ 09:57+ 30:07+ 31:37+	34:27+ 37:43+	39:24+ 44:05+ 45:14+
01:50+	02:57+ 03:47+ 01:23+ 20:10+ 01:30+	02:50+ 03:16+	01:41+ 04:41+ 01:09+
00:47&	01:16& 00:39# 00:19& 18:27@ 00:25&	00:30# 01:19&	00:35& 02:53@ 00:34&

Beste strekktid for klassen

00:55 01:16 02:56 00:52 01:27 00:56 02:13 01:57 00:42 01:48 00:35

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

Herrer 16 - 39 år

1	Andreas Mykkeltveit Terjesen	43	17:38											
01:19=	02:31=	03:32=	04:45=	06:01=	07:17=	08:28=	10:12=	11:57=	13:19=	14:35=	15:54=	16:54=	17:21=	17:38=
01:19=	01:12=	01:01=	01:13=	01:16=	01:16=	01:11=	01:44=	01:45=	01:22=	01:16=	01:19=	01:00=	00:27=	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=
2	Svein Magnus Halsne	71	17:58											
01:01-	02:12-	03:22-	04:24-	05:47-	07:12-	08:19-	09:49-	11:26-	13:06-	14:55+	16:03+	17:12+	17:39+	17:58+
01:01-	01:11-	01:10+	01:02-	01:23+	01:25+	01:07-	01:30-	01:37-	01:40+	01:49+	01:08-	01:09+	00:27=	00:19+
00:18-	00:01-	00:09#	00:11-	00:07+	00:09#	00:04-	00:14-	00:08-	00:18#	00:33&	00:11-	00:09#	00:00=	00:02#
3	Andreas Nybak Urdal	118	18:09											
01:12-	02:31=	03:38+	04:47+	06:19+	07:47+	09:02+	10:37+	12:22+	13:47+	14:59+	16:23+	17:24+	17:51+	18:09+
01:12-	01:19+	01:07+	01:09-	01:32+	01:28+	01:15+	01:35-	01:45=	01:25+	01:12-	01:24+	01:01+	00:27=	00:18+
00:07-	00:07+	00:06+	00:04-	00:16#	00:12#	00:04+	00:09-	00:00=	00:03+	00:04-	00:05+	00:01+	00:00=	00:01+
4	Øivind Fandrem Høivik	66	18:48											
01:29+	02:49+	03:51+	04:59+	06:24+	07:49+	09:06+	10:42+	12:18+	13:58+	15:32+	16:57+	18:00+	18:30+	18:48+
01:29+	01:20+	01:02+	01:08-	01:25+	01:25+	01:17+	01:36-	01:36-	01:40+	01:34+	01:25+	01:03+	00:30+	00:18+
00:10#	00:08#	00:01+	00:05-	00:09#	00:09#	00:06+	00:08-	00:09-	00:18#	00:18#	00:06+	00:03+	00:03#	00:01+
5	Brostrup Landstad	66	19:19											
02:20+	03:34+	04:30+	05:34+	06:52+	08:16+	09:47+	11:21+	12:49+	14:56+	16:22+	17:39+	18:37+	19:04+	19:19+
02:20+	01:14+	00:56-	01:04-	01:18+	01:24+	01:31+	01:34-	01:28-	02:07+	01:26+	01:17-	00:58-	00:27=	00:15-
01:01&	00:02+	00:05-	00:09-	00:02+	00:08#	00:20&	00:10-	00:17-	00:45&	00:10#	00:02-	00:02-	00:00=	00:02-
6	Joakim B. Enne Haug	71	19:23											
01:42+	03:09+	04:21+	05:28+	06:47+	08:08+	09:25+	11:01+	13:16+	14:31+	16:01+	17:23+	18:33+	19:04+	19:23+
01:42+	01:27+	01:12+	01:07-	01:19+	01:21+	01:17+	01:36-	02:15+	01:15-	01:30+	01:22+	01:10+	00:31+	00:19+
00:23&	00:15#	00:11#	00:06-	00:03+	00:05+	00:06+	00:08-	00:30&	00:07-	00:14#	00:03+	00:10#	00:04#	00:02#
7	Alexander Romanov	3	19:23											
01:13-	02:29-	03:39+	04:44-	06:15+	07:44+	09:12+	10:52+	12:46+	14:54+	16:01+	17:30+	18:35+	19:04+	19:23+
01:13-	01:16+	01:10+	01:05-	01:31+	01:29+	01:28+	01:40-	01:54+	02:08+	01:07-	01:29+	01:05+	00:29+	00:19+
00:06-	00:04+	00:09#	00:08-	00:15#	00:13#	00:17#	00:04-	00:09+	00:46&	00:09-	00:10#	00:05+	00:02+	00:02#
8	Vegard Hausken	80	19:47											
01:30+	03:01+	03:56+	05:14+	06:45+	08:28+	09:54+	11:43+	13:36+	15:20+	16:26+	17:53+	18:53+	19:24+	19:47+
01:30+	01:31+	00:55-	01:18+	01:31+	01:43+	01:26+	01:49+	01:53+	01:44+	01:06-	01:27+	01:00=	00:31+	00:23+
00:11#	00:19&	00:06-	00:05+	00:15#	00:27&	00:15#	00:05+	00:08+	00:22&	00:10-	00:08#	00:00=	00:04#	00:06&
9	Audun Rostad	126	19:47											
01:21+	02:44+	04:10+	05:21+	06:39+	08:04+	09:19+	10:59+	13:03+	15:03+	16:14+	17:43+	18:51+	19:26+	19:47+
01:21+	01:23+	01:26+	01:11-	01:18+	01:25+	01:15+	01:40-	02:04+	02:00+	01:11-	01:29+	01:08+	00:35+	00:21+
00:02+	00:11#	00:25&	00:02-	00:02+	00:09#	00:04+	00:04-	00:19#	00:38&	00:05-	00:10#	00:08#	00:08&	00:04#
10	Håkon Eggebø	71	20:05											
01:14-	02:28-	03:35+	04:46+	06:19+	07:55+	09:15+	11:07+	13:11+	15:26+	16:51+	18:15+	19:19+	19:45+	20:05+
01:14-	01:14+	01:07+	01:11-	01:33+	01:36+	01:20+	01:52+	02:04+	02:15+	01:25+	01:24+	01:04+	00:26-	00:20+
00:05-	00:02+	00:06+	00:02-	00:17#	00:20&	00:09#	00:08+	00:19#	00:53&	00:09#	00:05+	00:04+	00:01-	00:03#
11	Bernhard Haver Vagle	126	20:07											
01:23+	03:13+	04:24+	05:40+	07:13+	08:47+	10:05+	11:54+	13:55+	15:19+	16:33+	18:15+	19:21+	19:50+	20:07+
01:23+	01:50+	01:11+	01:16+	01:33+	01:34+	01:18+	01:49+	02:01+	01:24+	01:14-	01:42+	01:06+	00:29+	00:17=
00:04+	00:38&	00:10#	00:03+	00:17#	00:18#	00:07+	00:05+	00:16#	00:02+	00:02-	00:23&	00:06#	00:02+	00:00=
12	Sondre Aspøy	117	20:58											
01:13-	02:40+	03:49+	05:14+	06:43+	08:10+	09:30+	11:12+	13:06+	15:20+	16:48+	18:54+	20:08+	20:37+	20:58+
01:13-	01:27+	01:09+	01:25+	01:29+	01:27+	01:20+	01:42-	01:54+	02:14+	01:28+	02:06+	01:14+	00:29+	00:21+
00:06-	00:15#	00:08#	00:12#	00:13#	00:11#	00:09#	00:02-	00:09+	00:52&	00:12#	00:47&	00:14#	00:02+	00:04#
13	Svein Kyllingstad	71	21:13											
01:10-	02:29-	03:37+	04:53+	07:05+	08:41+	10:04+	11:55+	14:14+	16:36+	17:46+	19:10+	20:21+	20:54+	21:13+
01:10-	01:19+	01:08+	01:16+	02:12+	01:36+	01:23+	01:51+	02:19+	02:22+	01:10-	01:24+	01:11+	00:33+	00:19+
00:09-	00:07+	00:07#	00:03+	00:56&	00:20&	00:12#	00:07+	00:34&	01:00&	00:06-	00:05+	00:11#	00:06#	00:02#
14	Alexander Khorunzhiy	287	21:38											
01:34+	03:07+	04:36+	05:57+	07:28+	09:11+	10:36+	12:28+	14:36+	16:05+	17:42+	19:27+	20:44+	21:19+	21:38+
01:34+	01:33+	01:29+	01:21+	01:31+	01:43+	01:25+	01:52+	02:08+	01:29+	01:37+	01:45+	01:17+	00:35+	00:19+
00:15#	00:21&	00:28&	00:08#	00:15#	00:27&	00:14#	00:08+	00:23#	00:07+	00:21&	00:26&	00:17&	00:08&	00:02#

Class	Navn	Klasse												Tid
15	Håvard Thomassen Lauritsen	116												22:08
01:32+	02:56+	04:07+	05:34+	07:28+	08:58+	10:29+	12:16+	14:22+	16:52+	18:02+	19:31+	21:15+	21:49+	22:08+
01:32+	01:24+	01:11+	01:27+	01:54+	01:30+	01:31+	01:47+	02:06+	02:30+	01:10-	01:29+	01:44+	00:34+	00:19+
00:13#	00:12#	00:10#	00:14#	00:38&	00:14#	00:20&	00:03+	00:21#	01:08&	00:06-	00:10#	00:44&	00:07&	00:02#
16	Andreas Ente	66												22:16
01:43+	03:26+	04:37+	06:03+	07:37+	09:12+	10:44+	12:25+	14:31+	16:31+	18:10+	19:46+	21:23+	21:53+	22:16+
01:43+	01:43+	01:11+	01:26+	01:34+	01:35+	01:32+	01:41-	02:06+	02:00+	01:39+	01:36+	01:37+	00:30+	00:23+
00:24&	00:31&	00:10#	00:13#	00:18#	00:19#	00:21&	00:03-	00:21#	00:38&	00:23&	00:17#	00:37&	00:03#	00:06&
17	Jonas Bolstad Scheie	62												22:20
01:33+	03:11+	04:27+	05:40+	07:01+	08:41+	10:04+	11:58+	13:58+	17:03+	18:33+	20:17+	21:30+	22:04+	22:20+
01:33+	01:38+	01:16+	01:13=	01:21+	01:40+	01:23+	01:54+	02:00+	03:05+	01:30+	01:44+	01:13+	00:34+	00:16-
00:14#	00:26&	00:15#	00:00=	00:05+	00:24&	00:12#	00:10+	00:15#	01:43@	00:14#	00:25&	00:13#	00:07&	00:01-
18	Tor Gunnar Osen	116												22:54
01:33+	03:14+	04:34+	06:09+	07:50+	09:30+	11:04+	12:59+	15:14+	16:49+	18:49+	20:23+	21:42+	22:34+	22:54+
01:33+	01:41+	01:20+	01:35+	01:41+	01:40+	01:34+	01:55+	02:15+	01:35+	02:00+	01:34+	01:19+	00:52+	00:20+
00:14#	00:29&	00:19&	00:22&	00:25&	00:24&	00:23&	00:11#	00:30&	00:13#	00:44&	00:15#	00:19&	00:25&	00:03#
19	Håvard Barkved	71												23:10
01:48+	04:09+	05:13+	06:35+	07:58+	09:20+	11:03+	12:46+	15:21+	17:00+	18:31+	20:23+	21:39+	22:36+	23:10+
01:48+	02:21+	01:04+	01:22+	01:23+	01:22+	01:43+	01:43-	02:35+	01:39+	01:31+	01:52+	01:16+	00:57+	00:34+
00:29&	01:09&	00:03+	00:09#	00:07+	00:06+	00:32&	00:01-	00:50&	00:17#	00:15#	00:33&	00:16&	00:30@	00:17&
20	Truls Thorkildsen	39												23:34
01:23+	03:03+	04:21+	05:47+	07:40+	09:40+	11:26+	13:33+	16:14+	17:49+	19:09+	21:03+	22:40+	23:13+	23:34+
01:23+	01:40+	01:18+	01:26+	01:53+	02:00+	01:46+	02:07+	02:41+	01:35+	01:20+	01:54+	01:37+	00:33+	00:21+
00:04+	00:28&	00:17&	00:13#	00:37&	00:44&	00:35&	00:23#	00:56&	00:13#	00:04+	00:35&	00:37&	00:06#	00:04#
21	Rune Hatle	65												24:35
01:36+	03:19+	04:43+	06:20+	08:00+	09:48+	11:49+	14:03+	16:27+	18:01+	20:09+	22:07+	23:29+	24:09+	24:35+
01:36+	01:43+	01:24+	01:37+	01:40+	01:48+	02:01+	02:14+	02:24+	01:34+	02:08+	01:58+	01:22+	00:40+	00:26+
00:17#	00:31&	00:23&	00:24&	00:24&	00:32&	00:50&	00:30&	00:39&	00:12#	00:52&	00:39&	00:22&	00:13&	00:09&
22	Jon Arne Bratås	239												30:06
01:32+	03:18+	04:47+	06:15+	07:57+	09:41+	11:24+	13:10+	15:35+	22:03+	25:00+	26:43+	28:38+	29:17+	30:06+
01:32+	01:46+	01:29+	01:28+	01:42+	01:44+	01:43+	01:46+	02:25+	06:28+	02:57+	01:43+	01:55+	00:39+	00:49+
00:13#	00:34&	00:28&	00:15#	00:26&	00:28&	00:32&	00:02+	00:40&	05:06@	01:41@	00:24&	00:55&	00:12&	00:32@
Beste strekktid for klassen														
01:01	01:11	00:55	01:02	01:16	01:16	01:07	01:30	01:28	01:15	01:06	01:08	00:58	00:26	00:15

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

Herrer 40 - 49 år

1	Thomas Johansen	111												18:41
01:15=	02:31=	03:31=	04:37=	05:51=	07:20=	08:34=	10:13=	12:12=	13:50=	15:32=	16:54=	17:54=	18:24=	18:41=
01:15=	01:16=	01:00=	01:06=	01:14=	01:29=	01:14=	01:39=	01:59=	01:38=	01:42=	01:22=	01:00=	00:30=	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=
2	Rune Dahl Fitjar	53												18:47
01:23+	02:48+	03:57+	05:09+	06:36+	08:10+	09:36+	11:23+	13:05+	14:23+	15:33+	17:00+	18:01+	18:29+	18:47+
01:23+	01:25+	01:09+	01:12+	01:27+	01:34+	01:26+	01:47+	01:42-	01:18-	01:10-	01:27+	01:01+	00:28-	00:18+
00:08#	00:09#	00:09#	00:06+	00:13#	00:05+	00:12#	00:08+	00:17-	00:20-	00:32-	00:05+	00:01+	00:02-	00:01+
3	Erlend Kveinen	116												18:50
01:22+	02:43+	03:43+	04:50+	06:09+	07:39+	08:53+	10:31+	12:22+	14:10+	15:29-	16:56+	18:00+	18:30+	18:50+
01:22+	01:21+	01:00=	01:07+	01:19+	01:30+	01:14=	01:38-	01:51-	01:48+	01:19-	01:27+	01:04+	00:30=	00:20+
00:07+	00:05+	00:00=	00:01+	00:05+	00:01+	00:00=	00:01-	00:08-	00:10#	00:23-	00:05+	00:04+	00:00=	00:03#
4	Trond Sigurd Fotland	66												19:22
01:20+	02:43+	03:46+	04:58+	06:20+	07:52+	09:25+	11:12+	13:17+	14:54+	16:01+	17:29+	18:36+	19:05+	19:22+
01:20+	01:23+	01:03+	01:12+	01:22+	01:32+	01:33+	01:47+	02:05+	01:37-	01:07-	01:28+	01:07+	00:29-	00:17=
00:05+	00:07+	00:03+	00:06+	00:08#	00:03+	00:19&	00:08+	00:06+	00:01-	00:35-	00:06+	00:07#	00:01-	00:00=
5	Eivind Lie	116												21:30
01:23+	03:22+	04:20+	05:37+	07:09+	08:52+	10:42+	12:29+	14:20+	16:12+	17:42+	19:06+	20:37+	21:08+	21:30+
01:23+	01:59+	00:58-	01:17+	01:32+	01:43+	01:50+	01:47+	01:51-	01:52+	01:30-	01:24+	01:31+	00:31+	00:22+
00:08#	00:43&	00:02-	00:11#	00:18#	00:14#	00:36&	00:08+	00:08-	00:14#	00:12-	00:02+	00:31&	00:01+	00:05&

Class	Navn	Klasse												Tid
6	Magne Habbestad	111												21:54
01:21+	02:53+	04:15+	05:33+	07:16+	08:56+	10:46+	12:55+	14:56+	16:27+	17:55+	19:42+	20:56+	21:31+	21:54+
01:21+	01:32+	01:22+	01:18+	01:43+	01:40+	01:50+	02:09+	02:01+	01:31-	01:28-	01:47+	01:14+	00:35+	00:23+
00:06+	00:16#	00:22&	00:12#	00:29&	00:11#	00:36&	00:30&	00:02+	00:07-	00:14-	00:25&	00:14#	00:05#	00:06&
7	Arngrim Utskarpen	117												22:00
01:22+	03:08+	04:27+	05:50+	07:25+	09:12+	10:45+	13:00+	15:10+	16:43+	18:33+	19:56+	21:09+	21:41+	22:00+
01:22+	01:46+	01:19+	01:23+	01:35+	01:47+	01:33+	02:15+	02:10+	01:33-	01:50+	01:23+	01:13+	00:32+	00:19+
00:07+	00:30&	00:19&	00:17&	00:21&	00:18#	00:19&	00:36&	00:11+	00:05-	00:08+	00:01+	00:13#	00:02+	00:02#
8	Ole-Tobias Frich	116												22:02
01:32+	03:10+	04:27+	05:53+	07:37+	09:27+	10:57+	12:55+	15:02+	16:34+	17:52+	19:36+	21:02+	21:38+	22:02+
01:32+	01:38+	01:17+	01:26+	01:44+	01:50+	01:30+	01:58+	02:07+	01:32-	01:18-	01:44+	01:26+	00:36+	00:24+
00:17#	00:22&	00:17&	00:20&	00:30&	00:21#	00:16#	00:19#	00:08+	00:06-	00:24-	00:22&	00:26&	00:06#	00:07&
9	Svend Vihovde	116												23:31
01:38+	03:25+	04:54+	06:39+	08:23+	10:20+	12:16+	14:22+	16:29+	18:07+	19:32+	21:14+	22:31+	23:07+	23:31+
01:38+	01:47+	01:29+	01:45+	01:44+	01:57+	01:56+	02:06+	02:07+	01:38=	01:25-	01:42+	01:17+	00:36+	00:24+
00:23&	00:31&	00:29&	00:39&	00:30&	00:28&	00:42&	00:27&	00:08+	00:00=	00:17-	00:20#	00:17&	00:06#	00:07&
10	Trondr Breiland	53												23:57
01:44+	03:23+	04:35+	05:47+	07:34+	09:17+	10:46+	12:42+	15:03+	18:46+	20:01+	21:47+	23:00+	23:36+	23:57+
01:44+	01:39+	01:12+	01:12+	01:47+	01:43+	01:29+	01:56+	02:21+	03:43+	01:15-	01:46+	01:13+	00:36+	00:21+
00:29&	00:23&	00:12#	00:06+	00:33&	00:14#	00:15#	00:17#	00:22#	02:05@	00:27-	00:24&	00:13#	00:06#	00:04#
11	Terje Undheim	54												24:04
01:46+	03:27+	04:38+	06:00+	07:47+	09:36+	11:16+	13:18+	15:39+	17:59+	19:55+	21:44+	23:15+	23:45+	24:04+
01:46+	01:41+	01:11+	01:22+	01:47+	01:49+	01:40+	02:02+	02:21+	02:20+	01:56+	01:49+	01:31+	00:30=	00:19+
00:31&	00:25&	00:11#	00:16#	00:33&	00:20#	00:26&	00:23#	00:22#	00:42&	00:14#	00:27&	00:31&	00:00=	00:02#
12	Oddgeir Nevland	51												24:13
01:47+	03:23+	04:40+	06:10+	07:54+	10:36+	12:09+	14:10+	17:01+	18:50+	20:23+	22:01+	23:18+	23:53+	24:13+
01:47+	01:36+	01:17+	01:30+	01:44+	02:42+	01:33+	02:01+	02:51+	01:49+	01:33-	01:38+	01:17+	00:35+	00:20+
00:32&	00:20&	00:17&	00:24&	00:30&	01:13&	00:19&	00:22#	00:52&	00:11#	00:09-	00:16#	00:17&	00:05#	00:03#
13	Christian Ask	180												24:25
01:33+	03:01+	04:23+	05:42+	07:21+	09:01+	10:46+	12:32+	14:44+	18:40+	20:40+	22:21+	23:33+	24:06+	24:25+
01:33+	01:28+	01:22+	01:19+	01:39+	01:40+	01:45+	01:46+	02:12+	03:56+	02:00+	01:41+	01:12+	00:33+	00:19+
00:18#	00:12#	00:22&	00:13#	00:25&	00:11#	00:31&	00:07+	00:13#	02:18@	00:18#	00:19#	00:12#	00:03#	00:02#
14	Frode Ungar	116												24:44
01:33+	03:24+	04:45+	06:06+	07:59+	09:37+	11:16+	13:31+	16:08+	18:56+	20:22+	22:24+	23:55+	24:25+	24:44+
01:33+	01:51+	01:21+	01:21+	01:53+	01:38+	01:39+	02:15+	02:37+	02:48+	01:26-	02:02+	01:31+	00:30=	00:19+
00:18#	00:35&	00:21&	00:15#	00:39&	00:09#	00:25&	00:36&	00:38&	01:10&	00:16-	00:40&	00:31&	00:00=	00:02#
15	Thomas Chruickshank	48												24:47
02:11+	03:37+	05:08+	06:29+	08:01+	09:31+	11:26+	13:19+	16:20+	18:32+	20:16+	22:02+	23:20+	24:26+	24:47+
02:11+	01:26+	01:31+	01:21+	01:32+	01:30+	01:55+	01:53+	03:01+	02:12+	01:44+	01:46+	01:18+	01:06+	00:21+
00:56&	00:10#	00:31&	00:15#	00:18#	00:01+	00:41&	00:14#	01:02&	00:34&	00:02+	00:24&	00:18&	00:36@	00:04#
16	André Sirevåg	116												25:36
01:33+	02:59+	04:19+	05:36+	07:04+	10:21+	12:04+	14:17+	16:34+	19:24+	21:04+	23:02+	24:34+	25:13+	25:36+
01:33+	01:26+	01:20+	01:17+	01:28+	03:17+	01:43+	02:13+	02:17+	02:50+	01:40-	01:58+	01:32+	00:39+	00:23+
00:18#	00:10#	00:20&	00:11#	00:14#	01:48@	00:29&	00:34&	00:18#	01:12&	00:02-	00:36&	00:32&	00:09&	00:06&
17	Øyvind Melkevik	66												26:22
01:47+	03:10+	05:16+	06:47+	08:28+	10:41+	12:24+	14:50+	17:26+	18:53+	20:45+	23:33+	24:50+	25:55+	26:22+
01:47+	01:23+	02:06+	01:31+	01:41+	02:13+	01:43+	02:26+	02:36+	01:27-	01:52+	02:48+	01:17+	01:05+	00:27+
00:32&	00:07+	01:06@	00:25&	00:27&	00:44&	00:29&	00:47&	00:37&	00:11-	00:10+	01:26@	00:17&	00:35@	00:10&
18	Jean-Michel Maurice	42												26:27
02:08+	03:56+	05:38+	07:13+	09:19+	11:05+	12:53+	15:53+	18:20+	20:44+	22:21+	24:07+	25:19+	26:00+	26:27+
02:08+	01:48+	01:42+	01:35+	02:06+	01:46+	01:48+	03:00+	02:27+	02:24+	01:37-	01:46+	01:12+	00:41+	00:27+
00:53&	00:32&	00:42&	00:29&	00:52&	00:17#	00:34&	01:21&	00:28#	00:46&	00:05-	00:24&	00:12#	00:11&	00:10&
19	Frode Dyrliid	116												26:45
01:43+	03:30+	05:15+	06:55+	08:39+	10:46+	12:36+	15:06+	18:13+	20:24+	22:20+	24:17+	25:41+	26:19+	26:45+
01:43+	01:47+	01:45+	01:40+	01:44+	02:07+	01:50+	02:30+	03:07+	02:11+	01:56+	01:57+	01:24+	00:38+	00:26+
00:28&	00:31&	00:45&	00:34&	00:30&	00:38&	00:36&	00:51&	01:08&	00:33&	00:14#	00:35&	00:24&	00:08&	00:09&
20	Antal Jansen	115												26:46
01:53+	03:20+	04:49+	06:16+	09:24+	11:08+	12:25+	14:26+	19:01+	21:12+	22:37+	24:10+	25:42+	26:25+	26:46+
01:53+	01:27+	01:29+	01:27+	03:08+	01:44+	01:17+	02:01+	04:35+	02:11+	01:25-	01:33+	01:32+	00:43+	00:21+
00:38&	00:11#	00:29&	00:21&	01:54@	00:15#	00:03+	00:22#	02:36@	00:33&	00:17-	00:11#	00:32&	00:13&	00:04#

Class	Navn	Klasse										Tid		
21	Ludvig Mellemstrand	105										26:52		
01:49+	03:35+	05:00+	06:28+	08:15+	09:57+	11:39+	14:54+	18:37+	21:14+	22:48+	24:32+	25:54+	26:29+	26:52+
01:49+	01:46+	01:25+	01:28+	01:47+	01:42+	01:42+	03:15+	03:43+	02:37+	01:34-	01:44+	01:22+	00:35+	00:23+
00:34&	00:30&	00:25&	00:22&	00:33&	00:13#	00:28&	01:36&	01:44&	00:59&	00:08-	00:22&	00:22&	00:05#	00:06&
22	Bjørn Kristian Røyland	43										27:06		
01:33+	03:28+	04:52+	06:32+	08:44+	10:33+	12:13+	14:13+	16:46+	19:19+	23:13+	24:52+	26:13+	26:43+	27:06+
01:33+	01:55+	01:24+	01:40+	02:12+	01:49+	01:40+	02:00+	02:33+	02:33+	03:54+	01:39+	01:21+	00:30=	00:23+
00:18#	00:39&	00:24&	00:34&	00:58&	00:20#	00:26&	00:21#	00:34&	00:55&	02:12@	00:17#	00:21&	00:00=	00:06&
23	Dag Andre Kvernstrøm	66										28:01		
01:29+	03:11+	04:30+	05:57+	07:25+	09:30+	11:30+	16:59+	18:31+	20:08+	22:20+	24:04+	26:45+	27:27+	28:01+
01:29+	01:42+	01:19+	01:27+	01:28+	02:05+	02:00+	05:29+	01:32-	01:37-	02:12+	01:44+	02:41+	00:42+	00:34+
00:14#	00:26&	00:19&	00:21&	00:14#	00:36&	00:46&	03:50@	00:27-	00:01-	00:30&	00:22&	01:41@	00:12&	00:17&
24	Knut Husdal	93										29:04		
02:02+	04:00+	05:49+	07:26+	09:30+	11:49+	13:40+	16:08+	19:30+	21:47+	23:32+	26:01+	27:48+	28:36+	29:04+
02:02+	01:58+	01:49+	01:37+	02:04+	02:19+	01:51+	02:28+	03:22+	02:17+	01:45+	02:29+	01:47+	00:48+	00:28+
00:47&	00:42&	00:49&	00:31&	00:50&	00:50&	00:37&	00:49&	01:23&	00:39&	00:03+	01:07&	00:47&	00:18&	00:11&
25	Raymond B. Pettersen	105										29:25		
01:40+	03:41+	05:06+	07:05+	09:11+	11:37+	14:01+	16:26+	19:48+	22:12+	24:38+	26:46+	28:15+	28:57+	29:25+
01:40+	02:01+	01:25+	01:59+	02:06+	02:26+	02:24+	02:25+	03:22+	02:24+	02:26+	02:08+	01:29+	00:42+	00:28+
00:25&	00:45&	00:25&	00:53&	00:52&	00:57&	01:10&	00:46&	01:23&	00:46&	00:44&	00:46&	00:29&	00:12&	00:11&
26	Francois-Marie Duchesne	42										35:21		
02:29+	04:33+	06:21+	08:13+	10:50+	13:01+	15:04+	17:54+	22:00+	26:38+	28:40+	31:39+	33:53+	34:43+	35:21+
02:29+	02:04+	01:48+	01:52+	02:37+	02:11+	02:03+	02:50+	04:06+	04:38+	02:02+	02:59+	02:14+	00:50+	00:38+
01:14&	00:48&	00:48&	00:46&	01:23@	00:42&	00:49&	01:11&	02:07@	03:00@	00:20#	01:37@	01:14@	00:20&	00:21@
Beste strekktid for klassen														
01:15	01:16	00:58	01:06	01:14	01:29	01:14	01:38	01:32	01:18	01:07	01:22	01:00	00:28	00:17

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

Herrer 50 - 59 år

1	Arjen Leendertse	91										20:12		
03:36=	04:33=	05:56=	07:30=	08:27=	09:43=	11:12=	12:20=	14:03=	15:26=	16:13=	17:39=	18:19=	19:39=	20:12=
03:36=	00:57=	01:23=	01:34=	00:57=	01:16=	01:29=	01:08=	01:43=	01:23=	00:47=	01:26=	00:40=	01:20=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Lars Primstad	62										20:49		
02:17-	03:15-	04:51-	06:31-	08:02-	09:06-	10:29-	12:30+	14:08+	15:49+	16:35+	18:33+	19:09+	20:22+	20:49+
02:17-	00:58+	01:36+	01:40+	01:31+	01:04-	01:23-	02:01+	01:38-	01:41+	00:46-	01:58+	00:36-	01:13-	00:27-
01:19-	00:01+	00:13#	00:06+	00:34&	00:12-	00:06-	00:53&	00:05-	00:18#	00:01-	00:32&	00:04-	00:07-	00:06-
3	Anders Glenne	7										21:24		
03:36=	04:41+	06:14+	07:46+	08:44+	10:02+	11:31+	12:52+	15:00+	16:42+	17:29+	18:59+	19:34+	20:49+	21:24+
03:36=	01:05+	01:33+	01:32-	00:58+	01:18+	01:29=	01:21+	02:08+	01:42+	00:47=	01:30+	00:35-	01:15-	00:35+
00:00=	00:08#	00:10#	00:02-	00:01+	00:02+	00:00=	00:13#	00:25#	00:19#	00:00=	00:04+	00:05-	00:05-	00:02+
4	Arne Hetlelid	98										21:28		
02:56-	04:06-	05:57+	07:53+	09:01+	10:16+	11:45+	12:57+	14:39+	16:14+	17:09+	18:50+	19:31+	20:46+	21:28+
02:56-	01:10+	01:51+	01:56+	01:08+	01:15-	01:29=	01:12+	01:42-	01:35+	00:55+	01:41+	00:41+	01:15-	00:42+
00:40-	00:13#	00:28&	00:22#	00:11#	00:01-	00:00=	00:04+	00:01-	00:12#	00:08#	00:15#	00:01+	00:05-	00:09&
5	Magnar Møller	62										21:41		
02:55-	04:04-	05:45-	07:33+	08:28+	09:45+	11:31+	12:46+	14:28+	16:15+	17:09+	19:09+	19:51+	21:07+	21:41+
02:55-	01:09+	01:41+	01:48+	00:55-	01:17+	01:46+	01:15+	01:42-	01:47+	00:54+	02:00+	00:42+	01:16-	00:34+
00:41-	00:12#	00:18#	00:14#	00:02-	00:01+	00:17#	00:07#	00:01-	00:24&	00:07#	00:34&	00:02+	00:04-	00:01+
6	Øystein Fuglestad	46										21:42		
02:46-	04:00-	05:44-	07:37+	08:47+	10:00+	11:35+	12:55+	14:44+	16:35+	17:31+	19:04+	19:45+	21:06+	21:42+
02:46-	01:14+	01:44+	01:53+	01:10+	01:13-	01:35+	01:20+	01:49+	01:51+	00:56+	01:33+	00:41+	01:21+	00:36+
00:50-	00:17&	00:21&	00:19#	00:13#	00:03-	00:06+	00:12#	00:06+	00:28&	00:09#	00:07+	00:01+	00:01+	00:03+
7	Per Ingar Hadland	7										22:03		
03:17-	04:32-	06:20+	08:23+	09:18+	10:53+	12:40+	13:59+	15:42+	17:16+	18:11+	19:36+	20:16+	21:28+	22:03+
03:17-	01:15+	01:48+	02:03+	00:55-	01:35+	01:47+	01:19+	01:43=	01:34+	00:55+	01:25-	00:40=	01:12-	00:35+
00:19-	00:18&	00:25&	00:29&	00:02-	00:19#	00:18#	00:11#	00:00=	00:11#	00:08#	00:01-	00:00=	00:08-	00:02+

Class	Navn	Klasse										Tid		
8	Håvard Håland	66										22:24		
02:41-	03:52-	05:25-	07:08-	08:10-	09:43=	11:11-	12:18-	13:52-	15:36+	16:24+	18:34+	20:06+	21:38+	22:24+
02:41-	01:11+	01:33+	01:43+	01:02+	01:33+	01:28-	01:07-	01:34-	01:44+	00:48+	02:10+	01:32+	01:32+	00:46+
00:55-	00:14#	00:10#	00:09+	00:05+	00:17#	00:01-	00:01-	00:09-	00:21&	00:01+	00:44&	00:52@	00:12#	00:13&
9	Rune Paulsen	98										22:37		
02:59-	04:11-	06:11+	08:12+	09:13+	10:38+	12:09+	13:22+	15:37+	17:44+	18:40+	20:02+	20:39+	22:05+	22:37+
02:59-	01:12+	02:00+	02:01+	01:01+	01:25+	01:31+	01:13+	02:15+	02:07+	00:56+	01:22-	00:37-	01:26+	00:32-
00:37-	00:15&	00:37&	00:27&	00:04+	00:09#	00:02+	00:05+	00:32&	00:44&	00:09#	00:04-	00:03-	00:06+	00:01-
10	Erling Knutzen	128										22:43		
02:56-	04:10-	06:04+	07:53+	08:46+	10:06+	11:42+	12:59+	14:42+	17:05+	17:54+	19:21+	19:59+	22:13+	22:43+
02:56-	01:14+	01:54+	01:49+	00:53-	01:20+	01:36+	01:17+	01:43=	02:23+	00:49+	01:27+	00:38-	02:14+	00:30-
00:40-	00:17&	00:31&	00:15#	00:04-	00:04+	00:07+	00:09#	00:00=	01:00&	00:02+	00:01+	00:02-	00:54&	00:03-
11	Arne Magne Søndresen	92										23:02		
03:25-	04:34+	06:22+	08:10+	09:05+	10:24+	12:16+	13:29+	15:15+	17:35+	18:35+	20:12+	20:50+	22:05+	23:02+
03:25-	01:09+	01:48+	01:48+	00:55-	01:19+	01:52+	01:13+	01:46+	02:20+	01:00+	01:37+	00:38-	01:15-	00:57+
00:11-	00:12#	00:25&	00:14#	00:02-	00:03+	00:23&	00:05+	00:03+	00:57&	00:13&	00:11#	00:02-	00:05-	00:24&
12	Lars Bergersen	116										23:59		
02:59-	04:07-	06:00+	07:52+	09:13+	10:32+	12:09+	13:19+	14:57+	16:43+	17:34+	21:09+	21:57+	23:15+	23:59+
02:59-	01:08+	01:53+	01:52+	01:21+	01:19+	01:37+	01:10+	01:38-	01:46+	00:51+	03:35+	00:48+	01:18-	00:44+
00:37-	00:11#	00:30&	00:18#	00:24&	00:03+	00:08+	00:02+	00:05-	00:23&	00:04+	02:09@	00:08#	00:02-	00:11&
13	Stein Arve Finnestad	287										23:59		
02:51-	04:15-	05:57+	07:50+	08:47+	10:05+	11:35+	12:54+	15:00+	16:53+	17:51+	20:59+	21:41+	23:21+	23:59+
02:51-	01:24+	01:42+	01:53+	00:57=	01:18+	01:30+	01:19+	02:06+	01:53+	00:58+	03:08+	00:42+	01:40+	00:38+
00:45-	00:27&	00:19#	00:19#	00:00=	00:02+	00:01+	00:11#	00:23#	00:30&	00:11#	01:42@	00:02+	00:20#	00:05#
14	Asbjørn Brådlund	297										24:19		
03:09-	04:24-	06:04+	07:50+	08:58+	10:15+	11:48+	13:21+	16:08+	17:40+	18:32+	20:04+	21:03+	23:42+	24:19+
03:09-	01:15+	01:40+	01:46+	01:08+	01:17+	01:33+	01:33+	02:47+	01:32+	00:52+	01:32+	00:59+	02:39+	00:37+
00:27-	00:18&	00:17#	00:12#	00:11#	00:01+	00:04+	00:25&	01:04&	00:09#	00:05#	00:06+	00:19&	01:19&	00:04#
15	Kjell Seland	236										24:22		
03:57+	05:18+	07:10+	09:23+	10:15+	11:39+	13:23+	14:53+	16:40+	18:54+	19:58+	21:36+	22:16+	23:43+	24:22+
03:57+	01:21+	01:52+	02:13+	00:52-	01:24+	01:44+	01:30+	01:47+	02:14+	01:04+	01:38+	00:40=	01:27+	00:39+
00:21+	00:24&	00:29&	00:39&	00:05-	00:08#	00:15#	00:22&	00:04+	00:51&	00:17&	00:12#	00:00=	00:07+	00:06#
16	Kjell Ove Aksland	27										24:39		
03:07-	04:21-	06:17+	08:28+	09:34+	11:08+	12:46+	14:13+	16:44+	18:58+	19:59+	21:40+	22:21+	23:51+	24:39+
03:07-	01:14+	01:56+	02:11+	01:06+	01:34+	01:38+	01:27+	02:31+	02:14+	01:01+	01:41+	00:41+	01:30+	00:48+
00:29-	00:17&	00:33&	00:37&	00:09#	00:18#	00:09#	00:19&	00:48&	00:51&	00:14&	00:15#	00:01+	00:10#	00:15&
17	Jone Kalheim	93										24:45		
07:20+	08:21+	09:56+	11:25+	12:18+	13:34+	14:49+	16:04+	17:58+	19:55+	20:40+	21:54+	22:33+	24:03+	24:45+
07:20+	01:01+	01:35+	01:29-	00:53-	01:16=	01:15-	01:15+	01:54+	01:57+	00:45-	01:14-	00:39-	01:30+	00:42+
03:44@	00:04+	00:12#	00:05-	00:04-	00:00=	00:14-	00:07#	00:11#	00:34&	00:02-	00:12-	00:01-	00:10#	00:09&
18	Arne Nygaard	66										24:53		
02:58-	04:09-	05:58+	07:45+	08:50+	10:15+	12:00+	13:34+	16:04+	18:08+	19:25+	21:57+	22:45+	24:18+	24:53+
02:58-	01:11+	01:49+	01:47+	01:05+	01:25+	01:45+	01:34+	02:30+	02:04+	01:17+	02:32+	00:48+	01:33+	00:35+
00:38-	00:14#	00:26&	00:13#	00:08#	00:09#	00:16#	00:26&	00:47&	00:41&	00:30&	01:06&	00:08#	00:13#	00:02+
19	Trygve Michaelsen	117										24:55		
02:36-	03:47-	05:35-	07:15-	08:47+	10:09+	11:52+	13:17+	14:51+	16:33+	17:30+	19:19+	23:03+	24:18+	24:55+
02:36-	01:11+	01:48+	01:40+	01:32+	01:22+	01:43+	01:25+	01:34+	01:42+	00:57+	01:49+	03:44+	01:15-	00:37+
01:00-	00:14#	00:25&	00:06+	00:35&	00:06+	00:14#	00:17#	00:09-	00:19#	00:10#	00:23&	03:04@	00:05-	00:04#
20	Lars Dymbe	116										25:05		
02:57-	04:13-	06:20+	08:13+	09:12+	10:36+	12:33+	14:06+	16:06+	19:41+	20:34+	21:59+	22:49+	24:21+	25:05+
02:57-	01:16+	02:07+	01:53+	00:59+	01:24+	01:57+	01:33+	02:00+	03:35+	00:53+	01:25-	00:50+	01:32+	00:44+
00:39-	00:19&	00:44&	00:19#	00:02+	00:08#	00:28&	00:25&	00:17#	02:12@	00:06#	00:01-	00:10#	00:12#	00:11&
21	Per Ivar Hovstad	116										25:11		
03:06-	04:22-	06:12+	08:02+	08:51+	10:20+	12:08+	13:38+	16:45+	19:02+	20:12+	21:58+	22:40+	24:33+	25:11+
03:06-	01:16+	01:50+	01:50+	00:49-	01:29+	01:48+	01:30+	03:07+	02:17+	01:10+	01:46+	00:42+	01:53+	00:38+
00:30-	00:19&	00:27&	00:16#	00:08-	00:13#	00:19#	00:22&	01:24&	00:54&	00:23&	00:20#	00:02+	00:33&	00:05#
22	Tor Brekken	97										25:16		
03:12-	04:32-	06:19+	08:10+	09:01+	10:17+	15:19+	16:29+	18:03+	19:40+	20:31+	22:14+	23:01+	24:27+	25:16+
03:12-	01:20+	01:47+	01:51+	00:51-	01:16=	05:02+	01:10+	01:34-	01:37+	00:51+	01:43+	00:47+	01:26+	00:49+
00:24-	00:23&	00:24&	00:17#	00:06-	00:00=	03:33@	00:02+	00:09-	00:14#	00:04+	00:17#	00:07#	00:06+	00:16&

Class	Navn	Klasse												Tid
23	Oddvar Dirdal Jonassen	66												25:49
03:09-	04:42+	06:27+	08:53+	10:08+	11:42+	13:27+	15:02+	17:05+	19:40+	20:46+	22:45+	23:39+	25:08+	25:49+
03:09-	01:33+	01:45+	02:26+	01:15+	01:34+	01:45+	01:35+	02:03+	02:35+	01:06+	01:59+	00:54+	01:29+	00:41+
00:27-	00:36&	00:22&	00:52&	00:18&	00:18#	00:16#	00:27&	00:20#	01:12&	00:19&	00:33&	00:14&	00:09#	00:08#
24	Frank Hansen	29												25:50
02:44-	03:55-	05:49-	07:50+	08:46+	10:10+	12:02+	13:26+	18:25+	20:40+	21:29+	22:56+	23:31+	25:16+	25:50+
02:44-	01:11+	01:54+	02:01+	00:56-	01:24+	01:52+	01:24+	04:59+	02:15+	00:49+	01:27+	00:35-	01:45+	00:34+
00:52-	00:14#	00:31&	00:27&	00:01-	00:08#	00:23&	00:16#	03:16@	00:52&	00:02+	00:01+	00:05-	00:25&	00:01+
25	Arnfinn Rømuld	116												26:03
03:21-	04:37+	06:26+	08:12+	09:04+	10:34+	13:02+	15:10+	16:41+	18:36+	21:40+	23:23+	24:14+	25:31+	26:03+
03:21-	01:16+	01:49+	01:46+	00:52-	01:30+	02:28+	02:08+	01:31-	01:55+	03:04+	01:43+	00:51+	01:17-	00:32-
00:15-	00:19&	00:26&	00:12#	00:05-	00:14#	00:59&	01:00&	00:12-	00:32&	02:17@	00:17#	00:11&	00:03-	00:01-
26	Sveinung Rosenvinge	116												26:20
03:31-	04:54+	06:54+	08:56+	09:59+	11:34+	13:27+	15:06+	17:01+	19:17+	20:19+	21:48+	23:18+	25:41+	26:20+
03:31-	01:23+	02:00+	02:02+	01:03+	01:35+	01:53+	01:39+	01:55+	02:16+	01:02+	01:29+	01:30+	02:23+	00:39+
00:05-	00:26&	00:37&	00:28&	00:06#	00:19#	00:24&	00:31&	00:12#	00:53&	00:15&	00:03+	00:50@	01:03&	00:06#
27	Christof Schätz	239												26:27
03:05-	04:22-	06:27+	08:18+	09:39+	11:00+	12:34+	14:08+	16:54+	19:03+	19:58+	23:34+	24:27+	25:45+	26:27+
03:05-	01:17+	02:05+	01:51+	01:21+	01:21+	01:34+	01:34+	02:46+	02:09+	00:55+	03:36+	00:53+	01:18-	00:42+
00:31-	00:20&	00:42&	00:17#	00:24&	00:05+	00:05+	00:26&	01:03&	00:46&	00:08#	02:10@	00:13&	00:02-	00:09&
28	Ingve Vold	54												27:21
03:37+	05:01+	07:04+	08:59+	10:28+	11:57+	13:47+	15:16+	18:02+	20:16+	21:21+	24:09+	25:02+	26:28+	27:21+
03:37+	01:24+	02:03+	01:55+	01:29+	01:29+	01:50+	01:29+	02:46+	02:14+	01:05+	02:48+	00:53+	01:26+	00:53+
00:01+	00:27&	00:40&	00:21#	00:32&	00:13#	00:21#	00:21&	01:03&	00:51&	00:18&	01:22&	00:13&	00:06+	00:20&
29	Torbjørn Salthe	125												27:49
03:17-	04:49+	06:45+	08:35+	10:30+	12:29+	14:35+	16:04+	17:49+	20:29+	21:40+	23:36+	24:40+	27:07+	27:49+
03:17-	01:32+	01:56+	01:50+	01:55+	01:59+	02:06+	01:29+	01:45+	02:40+	01:11+	01:56+	01:04+	02:27+	00:42+
00:19-	00:35&	00:33&	00:16#	00:58@	00:43&	00:37&	00:21&	00:02+	01:17&	00:24&	00:30&	00:24&	01:07&	00:09&
30	Josef Ludoid	228												28:22
03:39+	05:13+	07:26+	09:37+	11:15+	13:04+	15:00+	16:51+	19:20+	21:49+	22:55+	24:58+	25:58+	27:33+	28:22+
03:39+	01:34+	02:13+	02:11+	01:38+	01:49+	01:56+	01:51+	02:29+	02:29+	01:06+	02:03+	01:00+	01:35+	00:49+
00:03+	00:37&	00:50&	00:37&	00:41&	00:33&	00:27&	00:43&	00:46&	01:06&	00:19&	00:37&	00:20&	00:15#	00:16&
31	Ove Mæstad	67												28:32
04:26+	05:47+	07:45+	09:57+	10:52+	12:23+	14:23+	15:54+	18:39+	20:38+	22:01+	25:04+	25:46+	27:55+	28:32+
04:26+	01:21+	01:58+	02:12+	00:55-	01:31+	02:00+	01:31+	02:45+	01:59+	01:23+	03:03+	00:42+	02:09+	00:37+
00:50#	00:24&	00:35&	00:38&	00:02-	00:15#	00:31&	00:23&	01:02&	00:36&	00:36&	01:37@	00:02+	00:49&	00:04#
32	Frode Følgesvold	5												30:41
03:22-	05:06+	07:38+	10:01+	12:11+	13:48+	16:27+	18:10+	20:41+	24:09+	25:22+	27:22+	28:13+	29:58+	30:41+
03:22-	01:44+	02:32+	02:23+	02:10+	01:37+	02:39+	01:43+	02:31+	03:28+	01:13+	02:00+	00:51+	01:45+	00:43+
00:14-	00:47&	01:09&	00:49&	01:13@	00:21&	01:10&	00:35&	00:48&	02:05@	00:26&	00:34&	00:11&	00:25&	00:10&
33	Dag Arnesen	116												32:55
05:42+	06:55+	08:25+	10:53+	11:53+	13:26+	21:11+	22:28+	24:45+	26:44+	27:57+	29:38+	30:41+	32:23+	32:55+
05:42+	01:13+	01:30+	02:28+	01:00+	01:33+	07:45+	01:17+	02:17+	01:59+	01:13+	01:41+	01:03+	01:42+	00:32-
02:06&	00:16&	00:07+	00:54&	00:03+	00:17#	06:16@	00:09#	00:34&	00:36&	00:26&	00:15#	00:23&	00:22&	00:01-
Beste strekktid for klassen														
02:17	00:57	01:23	01:29	00:49	01:04	01:15	01:07	01:31	01:23	00:45	01:14	00:35	01:12	00:27

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

Herrer 60 - 64 år

1	Espen Krogh	7												22:07	
01:29=	02:52=	04:33=	05:37=	06:33=	08:22=	09:27=	10:20=	12:17=	14:26=	15:34=	17:11=	19:24=	20:58=	21:30=	22:07=
01:29=	01:23=	01:41=	01:04=	00:56=	01:49=	01:05=	00:53=	01:57=	02:09=	01:08=	01:37=	02:13=	01:34=	00:32=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Johannessen	7												22:30	
01:42+	02:55+	04:58+	05:57+	06:52+	08:45+	09:45+	10:36+	12:24+	14:05-	15:08-	16:50-	19:15-	20:48-	21:53+	22:30+
01:42+	01:13-	02:03+	00:59-	00:55-	01:53+	01:00-	00:51-	01:48-	01:41-	01:03-	01:42+	02:25+	01:33-	01:05+	00:37=
00:13#	00:10-	00:22#	00:05-	00:01-	00:04+	00:05-	00:02-	00:09-	00:28-	00:05-	00:05+	00:12+	00:01-	00:33@	00:00=

Class	Navn	Klasse										Tid				
3	Torbjørn Evensen	108										25:40				
01:49+	03:19+	05:37+	06:48+	08:28+	10:21+	11:32+	12:36+	15:40+	17:24+	18:39+	20:23+	22:47+	24:32+	24:59+	25:40+	
01:49+	01:30+	02:18+	01:11+	01:40+	01:53+	01:11+	01:04+	03:04+	01:44-	01:15+	01:44+	02:24+	01:45+	00:27-	00:41+	
00:20#	00:07+	00:37&	00:07#	00:44&	00:04+	00:06+	00:11#	01:07&	00:25-	00:07#	00:07+	00:11+	00:11#	00:05-	00:04#	
4	Kjell Skjæveland	166										27:34				
01:48+	04:16+	06:22+	07:46+	08:46+	10:39+	11:59+	13:19+	15:21+	18:44+	19:52+	21:44+	24:47+	26:23+	26:49+	27:34+	
01:48+	02:28+	02:06+	01:24+	01:00+	01:53+	01:20+	01:20+	02:02+	03:23+	01:08=	01:52+	03:03+	01:36+	00:26-	00:45+	
00:19#	01:05&	00:25#	00:20&	00:04+	00:04+	00:15#	00:27&	00:05+	01:14&	00:00=	00:15#	00:50&	00:02+	00:06-	00:08#	
5	Torbjørn Dahle	92										29:33				
01:58+	03:35+	07:48+	09:00+	10:05+	12:07+	13:30+	14:38+	17:19+	20:01+	21:31+	23:27+	26:34+	28:16+	28:49+	29:33+	
01:58+	01:37+	04:13+	01:12+	01:05+	02:02+	01:23+	01:08+	02:41+	02:42+	01:30+	01:56+	03:07+	01:42+	00:33+	00:44+	
00:29&	00:14#	02:32@	00:08#	00:09#	00:13#	00:18&	00:15&	00:44&	00:33&	00:22&	00:19#	00:54&	00:08+	00:01+	00:07#	
6	Øyvind Nagel-Alne	74										32:28				
02:01+	03:28+	06:38+	08:15+	09:38+	12:55+	14:26+	15:28+	17:49+	21:36+	23:44+	25:34+	29:09+	31:03+	31:46+	32:28+	
02:01+	01:27+	03:10+	01:37+	01:23+	03:17+	01:31+	01:02+	02:21+	03:47+	02:08+	01:50+	03:35+	01:54+	00:43+	00:42+	
00:32&	00:04+	01:29&	00:33&	00:27&	01:28&	00:26&	00:09#	00:24#	01:38&	01:00&	00:13#	01:22&	00:20#	00:11&	00:05#	
7	Ivar Bergset	35										32:41				
02:01+	03:52+	06:11+	07:18+	08:29+	10:28+	12:06+	13:35+	15:55+	21:20+	22:58+	25:43+	29:14+	30:56+	31:31+	32:41+	
02:01+	01:51+	02:19+	01:07+	01:11+	01:59+	01:38+	01:29+	02:20+	05:25+	01:38+	02:45+	03:31+	01:42+	00:35+	01:10+	
00:32&	00:28&	00:38&	00:03+	00:15&	00:10+	00:33&	00:36&	00:23#	03:16@	00:30&	01:08&	01:18&	00:08+	00:03+	00:33&	
8	Jan Arendal	116										33:08				
02:27+	04:23+	07:17+	08:40+	10:05+	12:46+	14:28+	15:53+	18:33+	21:38+	23:21+	26:13+	29:19+	31:28+	32:11+	33:08+	
02:27+	01:56+	02:54+	01:23+	01:25+	02:41+	01:42+	01:25+	02:40+	03:05+	01:43+	02:52+	03:06+	02:09+	00:43+	00:57+	
00:58&	00:33&	01:13&	00:19&	00:29&	00:52&	00:37&	00:32&	00:43&	00:56&	00:35&	01:15&	00:53&	00:35&	00:11&	00:20&	
9	Rolf Kleppe	63										41:51				
02:37+	05:30+	08:14+	09:35+	11:00+	13:37+	15:25+	16:43+	19:57+	29:12+	30:56+	33:40+	38:10+	40:09+	40:54+	41:51+	
02:37+	02:53+	02:44+	01:21+	01:25+	02:37+	01:48+	01:18+	03:14+	09:15+	01:44+	02:44+	04:30+	01:59+	00:45+	00:57+	
01:08&	01:30@	01:03&	00:17&	00:29&	00:48&	00:43&	00:25&	01:17&	07:06@	00:36&	01:07&	02:17@	00:25&	00:13&	00:20&	
10	Sverre Magnar Nordal	116										44:56				
03:00+	05:43+	07:26+	10:31+	11:40+	17:58+	21:17+	23:08+	24:22+	27:26+	31:21+	33:01+	35:40+	40:18+	42:46+	43:45+	44:56+
03:00+	02:43+	01:43+	03:05+	01:09+	06:18+	03:19+	01:51+	01:14-	03:04+	03:55+	01:40+	02:39+	04:38+	02:28+	00:59+	01:11+
01:31@	01:20&	00:02+	02:01@	00:13#	04:29@	02:14@	00:58@	00:43-	00:55&	02:47@	00:03+	00:26#	03:04@	01:56@	00:22&	01:11+
Beste strekktid for klassen																
01:29	01:13	01:41	00:59	00:55	01:49	01:00	00:51	01:14	01:41	01:03	01:37	02:13	01:33	00:26	00:37	

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

Herrer 65 - 69 år

1	Arne Kristian Espedal	68										19:40			
01:22=	02:24=	04:33=	05:23=	06:12=	07:44=	08:43=	09:32=	11:07=	12:55=	13:49=	15:13=	17:27=	18:44=	19:07=	19:40=
01:22=	01:02=	02:09=	00:50=	00:49=	01:32=	00:59=	00:49=	01:35=	01:48=	00:54=	01:24=	02:14=	01:17=	00:23=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørn Alsaker	115										20:43			
01:43+	02:46+	04:27-	05:21-	06:16+	07:50+	08:51+	09:40+	11:32+	13:04+	14:04+	15:50+	18:19+	19:42+	20:07+	20:43+
01:43+	01:03+	01:41-	00:54+	00:55+	01:34+	01:01+	00:49=	01:52+	01:32-	01:00+	01:46+	02:29+	01:23+	00:25+	00:36+
00:21&	00:01+	00:28-	00:04+	00:06#	00:02+	00:02+	00:00=	00:17#	00:16-	00:06#	00:22&	00:15#	00:06+	00:02+	00:03+
3	Gunnar Sakseid	116										23:35			
01:39+	03:01+	04:49+	05:46+	06:44+	08:19+	09:30+	10:27+	12:28+	14:11+	15:08+	17:14+	20:06+	22:33+	22:55+	23:35+
01:39+	01:22+	01:48-	00:57+	00:58+	01:35+	01:11+	00:57+	02:01+	01:43-	00:57+	02:06+	02:52+	02:27+	00:22-	00:40+
00:17#	00:20&	00:21-	00:07#	00:09#	00:03+	00:12#	00:08#	00:26&	00:05-	00:03+	00:42&	00:38&	01:10&	00:01-	00:07#
4	Svein Berge	126										23:51			
01:40+	03:06+	05:10+	06:13+	07:10+	08:55+	10:01+	11:05+	13:14+	15:45+	16:51+	18:23+	20:58+	22:29+	23:12+	23:51+
01:40+	01:26+	02:04-	01:03+	00:57+	01:45+	01:06+	01:04+	02:09+	02:31+	01:06+	01:32+	02:35+	01:31+	00:43+	00:39+
00:18#	00:24&	00:05-	00:13&	00:08#	00:13#	00:07#	00:15&	00:34&	00:43&	00:12#	00:08+	00:21#	00:14#	00:20&	00:06#
5	Bjarne Gimre	88										26:56			
01:56+	03:26+	05:51+	06:55+	08:06+	10:22+	11:47+	13:02+	15:14+	18:10+	19:18+	21:22+	24:01+	25:51+	26:20+	26:56+
01:56+	01:30+	02:25+	01:04+	01:11+	02:16+	01:25+	01:15+	02:12+	02:56+	01:08+	02:04+	02:39+	01:50+	00:29+	00:36+
00:34&	00:28&	00:16#	00:14&	00:22&	00:44&	00:26&	00:26&	00:37&	01:08&	00:14&	00:40&	00:25#	00:33&	00:06&	00:03+

Class	Navn	Klasse											Tid			
6	Eivind L. Rake	92											28:43			
01:56+	03:23+	05:47+	06:55+	08:03+	09:56+	13:28+	14:44+	17:01+	19:09+	21:39+	23:22+	25:52+	27:26+	28:00+	28:43+	
01:56+	01:27+	02:24+	01:08+	01:08+	01:53+	03:32+	01:16+	02:17+	02:08+	02:30+	01:43+	02:30+	01:34+	00:34+	00:43+	
00:34&	00:25&	00:15#	00:18&	00:19&	00:21#	02:33@	00:27&	00:42&	00:20#	01:36@	00:19#	00:16#	00:17#	00:11&	00:10&	
7	Tor Geir Espedal	115											28:44			
01:46+	03:21+	05:46+	07:02+	08:16+	10:16+	11:38+	12:40+	15:25+	17:59+	19:09+	21:22+	24:43+	26:30+	27:51+	28:44+	
01:46+	01:35+	02:25+	01:16+	01:14+	02:00+	01:22+	01:02+	02:45+	02:34+	01:10+	02:13+	03:21+	01:47+	01:21+	00:53+	
00:24&	00:33&	00:16#	00:26&	00:25&	00:28&	00:23&	00:13&	01:10&	00:46&	00:16&	00:49&	01:07&	00:30&	00:58@	00:20&	
8	Jan Hetland	29											29:15			
01:50+	03:06+	05:08+	06:21+	07:26+	09:27+	10:49+	12:06+	14:46+	19:06+	20:33+	22:39+	25:53+	28:06+	28:39+	29:15+	
01:50+	01:16+	02:02-	01:13+	01:05+	02:01+	01:22+	01:17+	02:40+	04:20+	01:27+	02:06+	03:14+	02:13+	00:33+	00:36+	
00:28&	00:14#	00:07-	00:23&	00:16&	00:29&	00:23&	00:28&	01:05&	02:32@	00:33&	00:42&	01:00&	00:56&	00:10&	00:03+	
9	Arne Magne Handeland	92											29:36			
01:59+	03:39+	06:20+	07:30+	08:46+	11:14+	12:53+	14:03+	16:27+	19:10+	20:24+	22:15+	25:46+	27:48+	28:41+	29:36+	
01:59+	01:40+	02:41+	01:10+	01:16+	02:28+	01:39+	01:10+	02:24+	02:43+	01:14+	01:51+	03:31+	02:02+	00:53+	00:55+	
00:37&	00:38&	00:32#	00:20&	00:27&	00:56&	00:40&	00:21&	00:49&	00:55&	00:20&	00:27&	01:17&	00:45&	00:30@	00:22&	
10	Tom Hetland	5											29:40			
01:37+	04:19+	06:39+	07:50+	08:58+	10:57+	12:24+	13:18+	15:38+	18:59+	20:12+	23:10+	26:42+	28:30+	29:06+	29:40+	
01:37+	02:42+	02:20+	01:11+	01:08+	01:59+	01:27+	00:54+	02:20+	03:21+	01:13+	02:58+	03:32+	01:48+	00:36+	00:34+	
00:15#	01:40@	00:11+	00:21&	00:19&	00:27&	00:28&	00:05#	00:45&	01:33&	00:19&	01:34@	01:18&	00:31&	00:13&	00:01+	
11	Jan Inge Lunde	88											29:47			
02:02+	03:49+	06:36+	08:49+	10:01+	12:24+	14:03+	15:09+	17:33+	20:16+	21:34+	23:30+	26:23+	28:27+	29:01+	29:47+	
02:02+	01:47+	02:47+	02:13+	01:12+	02:23+	01:39+	01:06+	02:24+	02:43+	01:18+	01:56+	02:53+	02:04+	00:34+	00:46+	
00:40&	00:45&	00:38&	01:23@	00:23&	00:51&	00:40&	00:17&	00:49&	00:55&	00:24&	00:32&	00:39&	00:47&	00:11&	00:13&	
12	Sveinung Tveit	236											30:08			
02:02+	03:40+	06:58+	08:05+	09:55+	13:12+	14:41+	15:55+	18:22+	20:56+	22:26+	24:10+	27:11+	28:52+	29:23+	30:08+	
02:02+	01:38+	03:18+	01:07+	01:50+	03:17+	01:29+	01:14+	02:27+	02:34+	01:30+	01:44+	03:01+	01:41+	00:31+	00:45+	
00:40&	00:36&	01:09&	00:17&	01:01@	01:45@	00:30&	00:25&	00:52&	00:46&	00:36&	00:20#	00:47&	00:24&	00:08&	00:12&	
13	Odd Arild Werness	88											32:59			
02:19+	04:19+	07:15+	08:39+	10:05+	12:14+	13:47+	15:01+	18:07+	21:42+	23:28+	25:46+	29:13+	31:20+	31:58+	32:59+	
02:19+	02:00+	02:56+	01:24+	01:26+	02:09+	01:33+	01:14+	03:06+	03:35+	01:46+	02:18+	03:27+	02:07+	00:38+	01:01+	
00:57&	00:58&	00:47&	00:34&	00:37&	00:37&	00:34&	00:25&	01:31&	01:47&	00:52&	00:54&	01:13&	00:50&	00:15&	00:28&	
14	Bjørn Bjelland	83											34:12			
02:25+	04:29+	07:30+	09:25+	10:41+	12:45+	14:10+	16:21+	18:52+	22:52+	24:18+	27:01+	30:31+	32:35+	33:14+	34:12+	
02:25+	02:04+	03:01+	01:55+	01:16+	02:04+	01:25+	02:11+	02:31+	04:00+	01:26+	02:43+	03:30+	02:04+	00:39+	00:58&	
01:03&	01:02&	00:52&	01:05@	00:27&	00:32&	00:26&	01:22@	00:56&	02:12@	00:32&	01:19&	01:16&	00:47&	00:16&	00:25&	
15	Hans Erik Terjesen	116											34:13			
01:43+	03:11+	06:19+	07:19+	08:30+	11:32+	12:50+	13:55+	15:59+	22:59+	24:26+	27:56+	30:57+	32:22+	33:40+	34:13+	
01:43+	01:28+	03:08+	01:00+	01:11+	03:02+	01:18+	01:05+	02:04+	07:00+	01:27+	03:30+	03:01+	01:25+	01:18+	00:33=	
00:21&	00:26&	00:59&	00:10#	00:22&	01:30&	00:19&	00:16&	00:29&	05:12@	00:33&	02:06@	00:47&	00:08#	00:55@	00:00=	
16	Ragnar Rossavik	109											34:21			
06:16+	07:20+	08:45+	11:24+	12:37+	13:49+	15:37+	16:49+	17:43+	19:39+	22:04+	23:05+	26:42+	31:03+	32:57+	33:28+	34:21+
06:16+	01:04+	01:25-	02:39+	01:13+	01:12-	01:48+	01:12+	00:54-	01:56+	02:25+	01:01-	03:37+	04:21+	01:54+	00:31-	00:53+
04:54@	00:02+	00:44-	01:49@	00:24&	00:20-	00:49&	00:23&	00:41-	00:08+	01:31@	00:23-	01:23&	03:04@	01:31@	00:02-	00:53+
17	Olav Habbestad	116											35:57			
01:45+	03:27+	05:38+	06:54+	08:02+	10:23+	11:55+	14:42+	18:03+	19:49+	20:57+	22:52+	29:50+	33:57+	34:45+	35:57+	
01:45+	01:42+	02:11+	01:16+	01:08+	02:21+	01:32+	02:47+	03:21+	01:46-	01:08+	01:55+	06:58+	04:07+	00:48+	01:12+	
00:23&	00:40&	00:02+	00:26&	00:19&	00:49&	00:33&	01:58@	01:46@	00:02-	00:14&	00:31&	04:44@	02:50@	00:25@	00:39@	
18	Svein Ims	65											38:56			
02:49+	04:34+	07:23+	08:39+	10:22+	13:24+	15:07+	16:19+	18:46+	20:55+	22:14+	24:29+	32:19+	34:22+	35:08+	38:56+	
02:49+	01:45+	02:49+	01:16+	01:43+	03:02+	01:43+	01:12+	02:27+	02:09+	01:19+	02:15+	07:50+	02:03+	00:46+	03:48+	
01:27@	00:43&	00:40&	00:26&	00:54@	01:30&	00:44&	00:23&	00:52&	00:21#	00:25&	00:51&	05:36@	00:46&	00:23&	03:15@	
19	Roar Fitjar	101											39:14			
02:47+	05:00+	08:43+	10:22+	11:54+	15:15+	17:33+	19:11+	22:22+	25:43+	27:22+	30:45+	34:40+	37:13+	38:07+	39:14+	
02:47+	02:13+	03:43+	01:39+	01:32+	03:21+	02:18+	01:38+	03:11+	03:21+	01:39+	03:23+	03:55+	02:33+	00:54+	01:07+	
01:25@	01:11@	01:34&	00:49&	00:43&	01:49@	01:19@	00:49&	01:36@	01:33&	00:45&	01:59@	01:41&	01:16&	00:31@	00:34@	
Beste strekktid for klassen																
01:22	01:02	01:25	00:50	00:49	01:12	00:59	00:49	00:54	01:32	00:54	01:01	02:14	01:17	00:22	00:31	

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

Herrer 70 - 74 år

1	Harry Breiland	66	24:23												
01:44=	03:18=	05:13=	06:15=	07:21=	09:13=	10:31=	11:28=	13:25=	14:47=	15:56=	18:19=	21:29=	23:00=	23:35=	24:23=
01:44=	01:34=	01:55=	01:02=	01:06=	01:52=	01:18=	00:57=	01:57=	01:22=	01:09=	02:23=	03:10=	01:31=	00:35=	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=
2	Asgeir Bell	117	24:36												
01:40=	03:07=	04:52=	05:51=	06:46=	08:14=	09:15=	10:07=	12:02=	16:43+	17:38+	20:10+	22:18+	23:33+	23:59+	24:36+
01:40=	01:27=	01:45=	00:59=	00:55=	01:28=	01:01=	00:52=	01:55=	04:41+	00:55=	02:32+	02:08=	01:15=	00:26=	00:37=
00:04=	00:07=	00:10=	00:03=	00:11=	00:24=	00:17=	00:05=	00:02=	03:19@	00:14=	00:09+	01:02=	00:16=	00:09=	00:11=
3	Finn Morten Årstad	115	27:05												
02:04+	03:48+	06:19+	07:29+	08:37+	10:36+	11:56+	13:00+	15:44+	17:50+	19:05+	20:59+	24:04+	25:56+	26:22+	27:05+
02:04+	01:44+	02:31+	01:10+	01:08+	01:59+	01:20+	01:04+	02:44+	02:06+	01:15+	01:54=	03:05=	01:52+	00:26=	00:43=
00:20#	00:10#	00:36&	00:08#	00:02+	00:07+	00:02+	00:07#	00:47&	00:44&	00:06+	00:29=	00:05=	00:21#	00:09=	00:05=
4	Hilmar Røthing	128	27:47												
01:41=	04:03+	06:14+	07:13+	08:29+	10:09+	11:31+	12:40+	14:39+	18:51+	20:26+	22:00+	25:00+	26:28+	27:10+	27:47+
01:41=	02:22+	02:11+	00:59=	01:16+	01:40=	01:22+	01:09+	01:59+	04:12+	01:35+	01:34=	03:00=	01:28=	00:42+	00:37=
00:03=	00:48&	00:16#	00:03=	00:10#	00:12=	00:04+	00:12#	00:02+	02:50@	00:26&	00:49=	00:10=	00:03=	00:07#	00:11=
5	Kjell Svihus	154	30:05												
02:07+	04:07+	08:28+	09:39+	10:54+	12:58+	14:21+	15:25+	17:54+	20:17+	21:32+	23:55+	26:39+	28:17+	28:51+	30:05+
02:07+	02:00+	04:21+	01:11+	01:15+	02:04+	01:23+	01:04+	02:29+	02:23+	01:15+	02:23=	02:44=	01:38+	00:34=	01:14+
00:23#	00:26&	02:26@	00:09#	00:09#	00:12#	00:05+	00:07#	00:32&	01:01&	00:06+	00:00=	00:26=	00:07+	00:01=	00:26&
6	Leif Gunnar Wikene	43	30:48												
01:45+	03:21+	05:30+	06:46+	07:47+	09:35+	10:55+	11:54+	16:18+	19:26+	20:26+	24:43+	28:14+	29:43+	30:12+	30:48+
01:45+	01:36+	02:09+	01:16+	01:01=	01:48=	01:20+	00:59+	04:24+	03:08+	01:00=	04:17+	03:31+	01:29=	00:29=	00:36=
00:01+	00:02+	00:14#	00:14#	00:05=	00:04=	00:02+	00:02+	02:27@	01:46@	00:09=	01:54&	00:21#	00:02=	00:06=	00:12=
7	Norvald Skretting	43	31:19												
01:59+	03:33+	06:55+	08:05+	09:57+	12:03+	13:29+	15:08+	17:12+	20:04+	21:24+	23:52+	27:45+	29:40+	30:15+	31:19+
01:59+	01:34=	03:22+	01:10+	01:52+	02:06+	01:26+	01:39+	02:04+	02:52+	01:20+	02:28+	03:53+	01:55+	00:35=	01:04+
00:15#	00:00=	01:27&	00:08#	00:46&	00:14#	00:08#	00:42&	00:07+	01:30@	00:11#	00:05+	00:43#	00:24&	00:00=	00:16&
8	Arne Østensen	90	32:22												
02:13+	04:52+	07:24+	08:38+	09:41+	11:43+	13:10+	14:26+	16:33+	18:10+	19:28+	21:15+	29:03+	30:37+	31:40+	32:22+
02:13+	02:39+	02:32+	01:14+	01:03=	02:02+	01:27+	01:16+	02:07+	01:37+	01:18+	01:47=	07:48+	01:34+	01:03+	00:42=
00:29&	01:05&	00:37&	00:12#	00:03=	00:10+	00:09#	00:19&	00:10+	00:15#	00:09#	00:36=	04:38@	00:03+	00:28&	00:06=
9	Paul A. Paulsen	117	36:00												
02:54+	05:03+	07:59+	09:33+	11:04+	13:25+	15:17+	16:59+	19:54+	23:20+	24:54+	27:37+	31:33+	34:01+	34:41+	36:00+
02:54+	02:09+	02:56+	01:34+	01:31+	02:21+	01:52+	01:42+	02:55+	03:26+	01:34+	02:43+	03:56+	02:28+	00:40+	01:19+
01:10&	00:35&	01:01&	00:32&	00:25&	00:29&	00:34&	00:45&	00:58&	02:04@	00:25&	00:20#	00:46#	00:57&	00:05#	00:31&
10	Hans Klausen	62	39:07												
03:49+	06:18+	09:08+	10:30+	12:05+	14:31+	16:13+	17:24+	20:47+	26:31+	27:54+	30:44+	35:20+	37:47+	38:23+	39:07+
03:49+	02:29+	02:50+	01:22+	01:35+	02:26+	01:42+	01:11+	03:23+	05:44+	01:23+	02:50+	04:36+	02:27+	00:36+	00:44=
02:05@	00:55&	00:55&	00:20&	00:29&	00:34&	00:24&	00:14#	01:26&	04:22@	00:14#	00:27#	01:26&	00:56&	00:01+	00:04=
11	Jostein Tunheim	116	40:56												
07:41+	08:58+	14:02+	15:20+	16:41+	19:37+	21:14+	22:23+	25:05+	26:43+	31:20+	33:23+	36:55+	38:34+	40:17+	40:56+
07:41+	01:17=	05:04+	01:18+	01:21+	02:56+	01:37+	01:09+	02:42+	01:38+	04:37+	02:03=	03:32+	01:39+	01:43+	00:39=
05:57@	00:17=	03:09@	00:16&	00:15#	01:04&	00:19#	00:12#	00:45&	00:16#	03:28@	00:20=	00:22#	00:08+	01:08@	00:09=
12	Jan H. Sagen	92	47:58												
02:56+	05:51+	09:15+	10:51+	12:25+	15:18+	17:37+	21:51+	29:01+	32:58+	34:41+	37:57+	43:23+	45:51+	46:52+	47:58+
02:56+	02:55+	03:24+	01:36+	01:34+	02:53+	02:19+	04:14+	07:10+	03:57+	01:43+	03:16+	05:26+	02:28+	01:01+	01:06+
01:12&	01:21&	01:29&	00:34&	00:28&	01:01&	01:01&	03:17@	05:13@	02:35@	00:34&	00:53&	02:16&	00:57&	00:26&	00:18&
13	John Abrahamsen	125	55:15												
03:04+	05:12+	11:53+	13:29+	15:07+	18:25+	26:21+	27:57+	31:42+	35:41+	37:44+	45:56+	50:38+	53:29+	54:21+	55:15+
03:04+	02:08+	06:41+	01:36+	01:38+	03:18+	07:56+	01:36+	03:45+	03:59+	02:03+	08:12+	04:42+	02:51+	00:52+	00:54+
01:20&	00:34&	04:46@	00:34&	00:32&	01:26&	06:38@	00:39&	01:48&	02:37@	00:54&	05:49@	01:32&	01:20&	00:17&	00:06#
14	Arvid Thorsen	5	1:01:29												
02:29+	06:11+	08:32+	09:38+	10:53+	13:18+	14:50+	16:06+	30:59+	41:45+	43:05+	44:59+	54:51+	56:31+	60:38+	61:29+
02:29+	03:42+	02:21+	01:06+	01:15+	02:25+	01:32+	01:16+	14:53+	10:46+	01:20+	01:54=	09:52+	01:40+	04:07+	00:51+
00:45&	02:08@	00:26#	00:04+	00:09#	00:33&	00:14#	00:19&	12:56@	09:24@	00:11#	00:29=	06:42@	00:09+	03:32@	00:03+

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:40 01:17 01:45 00:59 00:55 01:28 01:01 00:52 01:55 01:22 00:55 01:34 02:08 01:15 00:26 00:36

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

Herrer 75 - 79 år

1	Øyvind Egeskog	5	22:45
02:00=	03:31=	06:34=	08:27=
02:00=	01:31=	03:03=	01:53=
00:00=	00:00=	00:00=	00:00=
2	Jan Værp	62	25:14
02:16+	03:58+	07:26+	09:22+
02:16+	01:42+	03:28+	01:56+
00:16#	00:11#	00:25#	00:03+
3	Knut Skjæveland	93	27:17
02:14+	04:24+	07:35+	09:24+
02:14+	02:10+	03:11+	01:49-
00:14#	00:39&	00:08+	00:04-
4	Harald Vatne	67	29:08
02:45+	04:48+	09:24+	11:45+
02:45+	02:03+	04:36+	02:21+
00:45&	00:32&	01:33&	00:28#
5	Steinar Undheim	54	30:05
02:39+	04:17+	09:19+	11:22+
02:39+	01:38+	05:02+	02:03+
00:39&	00:07+	01:59&	00:10+
6	Kjell Langvik	93	31:04
02:28+	04:50+	08:27+	10:47+
02:28+	02:22+	03:37+	02:20+
00:28#	00:51&	00:34#	00:27#
7	Terje Braut	92	31:25
02:27+	04:32+	08:14+	12:35+
02:27+	02:05+	03:42+	04:21+
00:27#	00:34&	00:39#	02:28@
8	Alf Gyland	92	33:51
02:33+	04:38+	08:02+	10:40+
02:33+	02:05+	03:24+	02:38+
00:33&	00:34&	00:21#	00:07#
9	Tormod Aaslid	54	36:28
03:28+	05:50+	10:53+	13:29+
03:28+	02:22+	05:03+	02:36+
01:28&	00:51&	02:00&	00:43&
10	Mangor Eikeland	92	38:24
03:00+	05:34+	09:56+	12:27+
03:00+	02:34+	04:22+	02:31+
01:00&	01:03&	01:19&	00:38&
11	Hermann Skogsholm	53	40:28
02:29+	05:44+	09:17+	11:06+
02:29+	03:15+	03:33+	01:49-
00:29#	01:44@	00:30#	00:04-
12	Kjell Maudal	63	48:21
02:52+	06:13+	13:43+	16:37+
02:52+	03:21+	07:30+	02:54+
00:52&	01:50@	04:27@	01:01&
13	Rolv Nærland	63	49:18
03:48+	07:07+	14:38+	17:29+
03:48+	03:19+	07:31+	02:51+
01:48&	01:48@	04:28@	00:58&

Pluss	Navn	Klasse	Tid
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Beste strekktid for klassen

02:00 01:31 03:03 01:49 01:09 02:21 02:33 01:46 01:21 01:51 01:24 00:38 00:24

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

Herrer 80 år og eldre

1 Magne Jakobsen 63 26:45

02:13= 04:59= 07:35= 09:52= 13:23= 15:00= 17:52= 19:54= 21:46= 23:18= 25:44= 26:45=
 02:13= 02:46= 02:36= 02:17= 03:31= 01:37= 02:52= 02:02= 01:52= 01:32= 02:26= 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=

2 Sigurd Krosli 93 40:08

05:37+ 08:35+ 14:13+ 16:13+ 21:40+ 23:18+ 30:02+ 32:30+ 34:37+ 36:36+ 39:08+ 40:08+
 05:37+ 02:58+ 05:38+ 02:00= 05:27+ 01:38+ 06:44+ 02:28+ 02:07+ 01:59+ 02:32+ 01:00=
 03:24@ 00:12+ 03:02@ 00:17- 01:56& 00:01+ 03:52@ 00:26# 00:15# 00:27& 00:06+ 00:01-

3 Magne Westerheim 93 45:32

02:40+ 05:34+ 10:38+ 28:06+ 32:08+ 33:30+ 36:16+ 38:50+ 40:50+ 42:21+ 44:45+ 45:32+
 02:40+ 02:54+ 05:04+ 17:28+ 04:02+ 01:22- 02:46- 02:34+ 02:00+ 01:31- 02:24- 00:47-
 00:27# 00:08+ 02:28& 15:11@ 00:31# 00:15- 00:06- 00:32& 00:08+ 00:01- 00:02- 00:14-

Beste strekktid for klassen

02:13 02:46 02:36 02:00 03:31 01:22 02:46 02:02 01:52 01:31 02:24 00:47

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

Herrer A

1 Fredrik Omdal 74 20:23

01:10= 02:05= 02:50= 03:43= 04:40= 05:38= 06:44= 07:23= 08:49= 09:24= 10:18= 10:45= 11:30= 12:50= 14:24= 15:09= 16:02= 16:35= 17:52= 18:45= 20:06= 20:23=
 01:10= 00:55= 00:45= 00:53= 00:57= 00:58= 01:06= 00:39= 01:26= 00:35= 00:54= 00:27= 00:45= 01:20= 01:34= 00:45= 00:53= 00:33= 01:17= 00:53= 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= 00:00= 00:00= 00:00=

2 Erik Lima 43 22:28

01:19+ 02:15+ 03:06+ 04:01+ 05:07+ 06:07+ 07:12+ 08:07+ 09:42+ 10:22+ 11:14+ 11:44+ 12:41+ 14:20+ 15:37+ 16:27+ 17:34+ 18:14+ 19:30+ 20:34+ 22:06+ 22:28+
 01:19+ 00:56+ 00:45+ 00:51+ 00:55+ 01:06+ 01:00+ 01:05= 00:55+ 01:35+ 00:40+ 00:52- 00:30+ 00:57+ 01:39+ 01:17- 00:50+ 01:07+ 00:40+ 01:16- 01:04+ 01:32+ 00:22+
 00:09# 00:01+ 00:06# 00:02+ 00:09# 00:02+ 00:01- 00:16& 00:09# 00:05# 00:02- 00:03# 00:12& 00:19# 00:17- 00:05# 00:14& 00:07# 00:01- 00:11# 00:11# 00:05&

3 Emmanuel Mondesert 116 23:01

01:20+ 02:24+ 03:13+ 04:18+ 05:24+ 06:25+ 07:44+ 08:31+ 10:06+ 10:50+ 11:38+ 12:07+ 12:50+ 14:19+ 15:39+ 16:45+ 18:22+ 18:58+ 20:17+ 21:15+ 22:42+ 23:01+
 01:20+ 01:04+ 00:49+ 01:05+ 01:06+ 01:01+ 01:19+ 00:47+ 01:35+ 00:44+ 00:48- 00:29+ 00:43- 01:29+ 01:20- 01:06+ 01:37+ 00:36+ 01:19+ 00:58+ 01:27+ 00:19+
 00:10# 00:09# 00:04+ 00:12# 00:09# 00:03+ 00:13# 00:08# 00:09# 00:09# 00:06- 00:02+ 00:02- 00:09# 00:14- 00:21& 00:44& 00:03+ 00:02+ 00:05+ 00:06+ 00:02#

4 Markus Breivold 92 23:20

01:14+ 02:13+ 03:05+ 04:04+ 05:02+ 06:35+ 07:43+ 08:23+ 09:49+ 10:32+ 11:24+ 11:54+ 12:35+ 14:00+ 15:36+ 16:22+ 17:49+ 18:27+ 19:44+ 21:36+ 23:04+ 23:20+
 01:14+ 00:59+ 00:52+ 00:59+ 00:58+ 01:33+ 01:08+ 00:40+ 01:26= 00:43+ 00:52- 00:30+ 00:41- 01:25+ 01:36+ 00:46+ 01:27+ 00:38+ 01:17= 01:52+ 01:28+ 00:16-
 00:04+ 00:04+ 00:07# 00:06# 00:01+ 00:35& 00:02+ 00:01+ 00:00= 00:08# 00:02- 00:03# 00:04- 00:05+ 00:02+ 00:01+ 00:34& 00:05# 00:00= 00:59@ 00:07+ 00:01-

5 Dag Eivind Watsend 92 25:23

01:31+ 02:36+ 03:41+ 04:48+ 06:01+ 07:08+ 08:30+ 09:20+ 11:00+ 11:44+ 12:57+ 13:30+ 14:40+ 16:22+ 17:54+ 18:55+ 20:10+ 20:49+ 22:24+ 23:25+ 25:06+ 25:23+
 01:31+ 01:05+ 01:05+ 01:07+ 01:13+ 01:07+ 01:22+ 00:50+ 01:40+ 00:44+ 01:13+ 00:33+ 01:10+ 01:42+ 01:32- 01:01+ 01:15+ 00:39+ 01:35+ 01:01+ 01:41+ 00:17=
 00:21& 00:10# 00:20& 00:14& 00:16& 00:09# 00:16# 00:11& 00:14# 00:09& 00:19& 00:06# 00:25& 00:22& 00:02- 00:16& 00:22& 00:06# 00:18# 00:08# 00:20# 00:00=

6 Martin Blystad 115 25:56

01:25+ 02:26+ 03:19+ 04:27+ 05:37+ 06:54+ 08:11+ 08:56+ 10:31+ 11:13+ 12:14+ 12:47+ 13:57+ 15:36+ 17:30+ 19:21+ 20:54+ 21:38+ 22:56+ 24:03+ 25:38+ 25:56+
 01:25+ 01:01+ 00:53+ 01:21+ 01:10+ 01:17+ 01:17+ 00:45+ 01:35+ 00:42+ 01:01+ 00:33+ 01:10+ 01:39+ 01:54+ 01:51+ 01:33+ 00:44+ 01:18+ 01:07+ 01:35+ 00:18+
 00:15# 00:06# 00:08# 00:15& 00:13# 00:19& 00:11# 00:06# 00:09# 00:07# 00:07# 00:06# 00:25& 00:19# 00:20# 01:06@ 00:40& 00:11& 00:01+ 00:14& 00:14# 00:01+

7 Torbjørn Ims Østby 66 28:04

01:35+ 02:49+ 03:54+ 05:15+ 06:27+ 07:42+ 09:08+ 10:00+ 11:47+ 13:08+ 14:15+ 14:50+ 15:45+ 17:31+ 19:17+ 20:27+ 22:22+ 23:03+ 24:37+ 25:35+ 27:44+ 28:04+
 01:35+ 01:14+ 00:53+ 01:21+ 01:12+ 01:15+ 01:26+ 00:52+ 01:47+ 01:21+ 01:07+ 00:35+ 00:55+ 01:46+ 01:46+ 01:10+ 01:55+ 00:41+ 01:34+ 00:58+ 02:09+ 00:20+
 00:25& 00:19& 00:20& 00:28& 00:15& 00:17& 00:20& 00:13& 00:21# 00:46@ 00:13# 00:08& 00:10# 00:26& 00:12# 00:25& 01:02@ 00:08# 00:17# 00:05+ 00:48& 00:03#

Beste strekktid for klassen

01:10 00:55 00:45 00:53 00:57 00:58 01:05 00:39 01:26 00:35 00:48 00:27 00:41 01:20 01:17 00:45 00:53 00:33 01:16 00:53 01:21 00:16

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

Herrer B

1	Aart Joakim in't Veld	93	22:14																		
01:15=	02:12=	03:02=	03:58=	05:04=	06:00=	07:09=	07:52=	09:18=	09:58=	10:51=	11:21=	12:05=	13:31=	15:10=	16:00=	17:25=	18:06=	19:14=	20:20=	21:56=	22:14=
01:15=	00:57=	00:50=	00:56=	01:06=	00:56=	01:09=	00:43=	01:26=	00:40=	00:53=	00:30=	00:44=	01:26=	01:39=	00:50=	01:25=	00:41=	01:08=	01:06=	01:36=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Geir Sand	105	22:43																		
01:14=	02:29+	03:21+	04:18+	05:23+	06:30+	07:46+	08:30+	09:54+	10:39+	11:33+	12:02+	12:49+	14:22+	15:47+	16:40+	17:54+	18:33+	19:51+	20:52+	22:27+	22:43+
01:14=	01:15+	00:52+	00:57+	01:05=	01:07+	01:16+	00:44+	01:24=	00:45+	00:54+	00:29=	00:47+	01:33+	01:25=	00:53+	01:14=	00:39=	01:18+	01:01=	01:35=	00:16=
00:01=	00:18&	00:02+	00:01+	00:01=	00:11#	00:07#	00:01+	00:02=	00:05#	00:01+	00:01=	00:03+	00:07+	00:14=	00:03+	00:11=	00:02=	00:10#	00:05=	00:01=	00:02=

3	Magnus Landstad	66	22:57																		
01:26+	02:28+	03:24+	04:26+	05:31+	06:32+	07:41+	08:25+	09:55+	10:35+	11:32+	12:07+	12:53+	14:31+	16:02+	16:52+	18:16+	18:56+	20:09+	21:09+	22:38+	22:57+
01:26+	01:02+	00:56+	01:02+	01:05=	01:01+	01:09=	00:44+	01:30+	00:40=	00:57+	00:35+	00:46+	01:38+	01:31=	00:50+	01:24=	00:40=	01:13+	01:00=	01:29=	00:19+
00:11#	00:05+	00:06#	00:06#	00:01=	00:05+	00:00=	00:01+	00:04+	00:00=	00:04+	00:05#	00:02+	00:12#	00:08=	00:00=	00:01=	00:01=	00:05+	00:06=	00:07=	00:01+

4	Joar Eilevstjønn	67	23:48																		
01:21+	02:18+	03:10+	04:11+	05:17+	07:06+	08:19+	09:13+	10:48+	11:30+	12:23+	12:51+	13:34+	14:59+	16:39+	17:30+	18:41+	19:29+	20:47+	21:45+	23:32+	23:48+
01:21+	00:57=	00:52+	01:01+	01:06=	01:49+	01:13+	00:54+	01:35+	00:42+	00:53=	00:28=	00:43=	01:25=	01:40+	00:51+	01:11=	00:48+	01:18+	00:58=	01:47+	00:16=
00:06+	00:00=	00:02+	00:05+	00:00=	00:53&	00:04+	00:11&	00:09#	00:02+	00:00=	00:02=	00:01=	00:01=	00:01+	00:01+	00:14=	00:07#	00:10#	00:08=	00:11#	00:02=

5	Stein Arne Olsen	68	23:52																		
01:24+	02:30+	03:31+	04:38+	05:46+	06:54+	08:05+	08:52+	10:21+	11:03+	12:01+	12:32+	13:19+	15:12+	16:31+	17:26+	18:39+	19:20+	20:57+	22:00+	23:35+	23:52+
01:24+	01:06+	01:01+	01:07+	01:08+	01:08+	01:11+	00:47+	01:29+	00:42+	00:58+	00:31+	00:47+	01:53+	01:19=	00:55+	01:13=	00:41=	01:37+	01:03=	01:35=	00:17=
00:09#	00:09#	00:11#	00:11#	00:02+	00:12#	00:02+	00:04+	00:03+	00:02+	00:05+	00:01+	00:03+	00:27&	00:20=	00:05#	00:12=	00:00=	00:29&	00:03=	00:01=	00:01=

6	Øyvind Rummelhoff	27	24:16																		
01:22+	03:05+	04:04+	05:11+	06:21+	07:34+	09:00+	09:44+	11:15+	11:57+	12:55+	13:25+	14:09+	15:44+	16:56+	18:00+	19:41+	20:17+	21:29+	22:25+	23:57+	24:16+
01:22+	01:43+	00:59+	01:07+	01:10+	01:13+	01:26+	00:44+	01:31+	00:42+	00:58+	00:30=	00:44=	01:35+	01:12=	01:04+	01:41+	00:36=	01:12+	00:56=	01:32=	00:19+
00:07+	00:46&	00:09#	00:11#	00:04+	00:17&	00:17#	00:01+	00:05+	00:02+	00:05+	00:00=	00:00=	00:09#	00:27=	00:14&	00:16#	00:05=	00:04+	00:10=	00:04=	00:01+

7	Oddgeir Eikeskog	93	24:40																		
01:19+	02:27+	03:19+	04:26+	05:35+	06:42+	07:51+	08:40+	10:23+	11:07+	12:20+	12:51+	13:41+	15:15+	17:15+	18:07+	19:37+	20:19+	21:37+	22:41+	24:20+	24:40+
01:19+	01:08+	00:52+	01:07+	01:09+	01:07+	01:09=	00:49+	01:43+	00:44+	01:13+	00:31+	00:50+	01:34+	02:00+	00:52+	01:30+	00:42+	01:18+	01:04=	01:39+	00:20+
00:04+	00:11#	00:02+	00:11#	00:03+	00:11#	00:00=	00:06#	00:17#	00:04#	00:20&	00:01+	00:06#	00:08+	00:21#	00:02+	00:05+	00:01+	00:10#	00:02=	00:03+	00:02#

8	Jørgen Breivold	54	25:16																		
01:23+	02:23+	03:13+	04:13+	05:13+	06:13+	07:14+	07:59+	09:46+	10:39+	11:38+	12:06+	12:51+	14:47+	16:45+	17:44+	19:42+	20:25+	21:55+	23:25+	24:59+	25:16+
01:23+	01:00+	00:50=	01:00+	01:00=	01:00+	01:01=	00:45+	01:47+	00:53+	00:59+	00:28=	00:45+	01:56+	01:58+	00:59+	01:58+	00:43+	01:30+	01:30+	01:34=	00:17=
00:08#	00:03+	00:00=	00:04+	00:06=	00:04+	00:08=	00:02+	00:21#	00:13&	00:06#	00:02=	00:01+	00:30&	00:19#	00:09#	00:33&	00:02+	00:22&	00:24&	00:02=	00:01=

9	Morten Aamodt	116	25:52																		
01:27+	02:32+	03:24+	04:38+	05:42+	06:51+	08:31+	09:33+	11:29+	12:15+	13:10+	13:39+	14:24+	16:09+	17:51+	18:45+	20:27+	21:07+	22:39+	23:38+	25:29+	25:52+
01:27+	01:05+	00:52+	01:14+	01:04=	01:09+	01:40+	01:02+	01:56+	00:46+	00:55+	00:29=	00:45+	01:45+	01:42+	00:54+	01:42+	00:40=	01:32+	00:59=	01:51+	00:23+
00:12#	00:08#	00:02+	00:18&	00:02=	00:13#	00:31&	00:19&	00:30&	00:06#	00:02+	00:01=	00:01+	00:19#	00:03+	00:04+	00:17#	00:01=	00:24&	00:07=	00:15#	00:05&

10	Morten S. Ronæss	27	26:35																		
01:27+	03:33+	04:29+	05:46+	07:04+	08:16+	09:26+	10:17+	11:57+	12:39+	13:44+	14:18+	15:09+	16:56+	18:39+	19:41+	21:15+	22:03+	23:25+	24:29+	26:13+	26:35+
01:27+	02:06+	00:56+	01:17+	01:18+	01:12+	01:10+	00:51+	01:40+	00:42+	01:05+	00:34+	00:51+	01:47+	01:43+	01:02+	01:34+	00:48+	01:22+	01:04=	01:44+	00:22+
00:12#	01:09&	00:06#	00:21&	00:12#	00:16&	00:01+	00:08#	00:14#	00:02+	00:12#	00:04#	00:07#	00:21#	00:04+	00:12#	00:09#	00:07#	00:14#	00:02=	00:08+	00:04#

11	Terje Michaelsen	47	27:00																		
01:36+	02:42+	03:54+	04:54+	06:02+	07:03+	08:15+	08:57+	10:30+	11:17+	12:19+	12:47+	13:33+	17:27+	18:43+	20:13+	21:47+	22:30+	23:58+	24:56+	26:44+	27:00+
01:36+	01:06+	01:12+	01:00+	01:08+	01:01+	01:12+	00:42=	01:33+	00:47+	01:02+	00:28=	00:46+	03:54+	01:16=	01:30+	01:34+	00:43+	01:28+	00:58=	01:48+	00:16=
00:21&	00:09#	00:22&	00:04+	00:02+	00:05+	00:03+	00:01=	00:07+	00:07#	00:09#	00:02=	00:02+	02:28&	00:23=	00:40&	00:09#	00:02+	00:20&	00:08=	00:12#	00:02=

12	Oddmund Nordgård	105	28:03																		
01:30+	02:52+	03:55+	05:03+	06:14+	07:22+	08:44+	09:34+	11:26+	12:13+	13:25+	13:58+	14:58+	16:42+	19:03+	20:07+	22:13+	23:08+	24:45+	25:59+	27:44+	28:03+
01:30+	01:22+	01:03+	01:08+	01:11+	01:08+	01:22+	00:50+	01:52+	00:47+	01:12+	00:33+	01:00+	01:44+	02:21+	01:04+	02:06+	00:55+	01:37+	01:14+	01:45+	00:19+
00:15#	00:25&	00:13&	00:12#	00:05+	00:12#	00:13#	00:07#	00:26&	00:07#	00:19&	00:03#	00:16&	00:18#	00:42&	00:14&	00:41&	00:14&	00:29&	00:08#	00:09+	00:01+

13	Leif Kjetil Hinna Gausel	116	29:18																		
01:27+	02:45+	03:43+	05:01+	06:22+	07:59+	09:33+	10:44+	12:50+	13:38+	15:03+	15:40+	16:35+	18:32+	20:19+	21:20+	23:00+	23:47+	25:25+	26:50+	28:56+	29:18+
01:27+	01:18+	00:58+	01:18+	01:21+	01:37+	01:34+	01:11+	02:06+	00:48+	01:25+	00:37+	00:55+	01:57+	01:47+	01:01+	01:40+	00:47+	01:38+	01:25+	02:06+	00:22+
00:12#	00:21&	00:08#	00:22&	00:15#	00:41&	00:25&	00:28&	00:40&	00:08#	00:32&	00:07#	00:11#	00:31&	00:08+	00:11#	00:15#	00:06#	00:30&	00:19&	00:30&	00:04#

14	Espen Fyhn Nilsen	116	29:27																		
01:35+	02:54+	03:55+	05:18+	06:44+	08:18+	09:50+	10:53+	12:55+	13:41+	15:11+	15:49+	16:40+	18:56+	20:51+	21:57+	23:30+	24:23+	25:50+	27:10+	29:02+	29:27+
01:35+	01:19+	01:01+	01:23+	01:26+	01:34+	01:32+	01:03+	02:02+	00:46+	01:30+	00:38+	00:51+	02:16+	01:55+	01:06+	01:33+	00:53+	01:27+	01:20+	01:52+	00:25+
00:20&	00:22&	00:11#	00:27&	00:20&	00:38&	00:23&	00:20&	00:36&	00:06#	00:37&	00:08&	00:07#	00:50&	00:16#	00:16&	00:08+	00:12&	00:19&	00:14#	00:16#	00:07&

Class	Navn	Klasse															Tid							
15	Svein Erik Kvame	116															30:24							
01:40+	02:56+	04:00+	05:25+	06:40+	08:03+	09:37+	11:08+	12:57+	13:45+	14:59+	15:37+	16:40+	18:33+	20:52+	21:51+	23:44+	24:32+	26:37+	28:04+	29:59+	30:24+			
01:40+	01:16+	01:04+	01:25+	01:15+	01:23+	01:34+	01:31+	01:49+	00:48+	01:14+	00:38+	01:03+	01:53+	02:19+	00:59+	01:53+	00:48+	02:05+	01:27+	01:55+	00:25+			
00:25&	00:19&	00:14&	00:29&	00:09#	00:27&	00:25&	00:48@	00:23&	00:08#	00:21&	00:08&	00:19&	00:27&	00:40&	00:09#	00:28&	00:07#	00:57&	00:21&	00:19#	00:07&			
Beste strekktid for klassen																								
01:14	00:57	00:50	00:56	01:00	00:56	01:01	00:42	01:24	00:40	00:53	00:28	00:43	01:25	01:12	00:50	01:11	00:36	01:08	00:56	01:29	00:16			

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

Herrer C

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

Class	Navn	Klasse	Tid
13	Svein Oddvar Netland	116	28:05
02:22+	03:13+ 04:48+ 06:00+ 07:56+	10:38+ 11:31+ 12:47+ 14:50+ 16:45+ 18:44+	19:49+ 21:37+ 23:15+ 24:09+ 24:52+ 25:58+ 27:49+ 28:05+
02:22+	00:51+ 01:35+ 01:12+ 01:56+	02:42+ 00:53+ 01:16+ 02:03+ 01:55+ 01:59+	01:05+ 01:48+ 01:38+ 00:54+ 00:43+ 01:06+ 01:51+ 00:16-
00:17#	00:08# 00:14# 00:14# 00:25# 00:59#	00:13# 00:21# 00:51# 00:28# 00:34#	00:03+ 00:27# 00:22# 00:18# 00:18# 00:09# 00:55# 00:03-
14	Erling Mauland	83	30:22
03:38+	05:02+ 06:48+ 08:11+ 10:03+	12:51+ 13:40+ 15:02+ 16:42+ 18:32+	20:43+ 21:46+ 23:18+ 26:03+ 27:03+ 27:37+ 28:57+ 30:00+ 30:22+
03:38+	01:24+ 01:46+ 01:23+ 01:52+	02:48+ 00:49+ 01:22+ 01:40+ 01:50+	02:11+ 01:03+ 01:32+ 02:45+ 01:00+ 00:34+ 01:20+ 01:03+ 00:22+
01:33#	00:41# 00:25# 00:25# 00:21# 01:05#	00:09# 00:27# 00:28# 00:23# 00:46#	00:01+ 00:11# 01:29# 00:24# 00:09# 00:23# 00:07# 00:03#
15	Sveinung Svebestad	46	32:01
02:56+	03:55+ 05:47+ 07:11+ 09:12+	13:01+ 14:17+ 15:46+ 17:22+ 19:14+	21:40+ 22:56+ 24:43+ 27:21+ 28:03+ 28:37+ 30:05+ 31:32+ 32:01+
02:56+	00:59+ 01:52+ 01:24+ 02:01+	03:49+ 01:16+ 01:29+ 01:36+ 01:52+	02:26+ 01:16+ 01:47+ 02:38+ 00:42+ 00:34+ 01:28+ 01:27+ 00:29+
00:51#	00:16# 00:31# 00:26# 00:30# 02:06#	00:36# 00:34# 00:24# 00:25# 01:01#	00:14# 00:26# 01:22# 00:06# 00:09# 00:31# 00:31# 00:10#
16	Ove Oaland	116	32:42
03:27+	04:28+ 06:36+ 07:58+ 09:59+	12:19+ 13:15+ 14:57+ 16:39+ 18:47+	22:59+ 24:10+ 26:21+ 28:05+ 28:52+ 29:30+ 30:59+ 32:17+ 32:42+
03:27+	01:01+ 02:08+ 01:22+ 02:01+	02:20+ 00:56+ 01:42+ 01:42+ 02:08+	04:12+ 01:11+ 02:11+ 01:44+ 00:47+ 00:38+ 01:29+ 01:18+ 00:25+
01:22#	00:18# 00:47# 00:24# 00:30# 00:37#	00:16# 00:47# 00:30# 00:41# 02:47#	00:09# 00:50# 00:28# 00:11# 00:13# 00:32# 00:22# 00:06#

Beste strekktid for klassen

02:05 00:42 01:21 00:58 01:28 01:42 00:40 00:55 01:12 01:23 01:12 00:52 01:16 01:13 00:31 00:22 00:57 00:50 00:16

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

Herrer Ny

1	Anton Zhao Hetland	77	24:15
01:59=	05:26= 07:08= 11:04= 13:09= 14:08=	16:34= 17:23= 19:14= 23:10= 24:15=	
01:59=	03:27= 01:42= 03:56= 02:05= 00:59=	02:26= 00:49= 01:51= 03:56= 01:05=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	

Beste strekktid for klassen

01:59 03:27 01:42 03:56 02:05 00:59 02:26 00:49 01:51 03:56 01:05

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

Herrer Trim

1	Sindre Mogen	27	15:03
01:10=	02:27= 03:55= 05:16= 07:09= 08:08=	09:35= 11:00= 12:18= 13:21= 14:29=	15:03=
01:10=	01:17= 01:28= 01:21= 01:53= 00:59=	01:27= 01:25= 01:18= 01:03= 01:08=	00:34=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	
2	Bruno Pierfelice	51	16:51
01:09-	02:28+ 04:26+ 05:40+ 07:55+ 08:54+	10:56+ 12:22+ 13:43+ 14:49+ 16:21+	16:51+
01:09-	01:19+ 01:58+ 01:14- 02:15+ 00:59=	02:02+ 01:26+ 01:21+ 01:06+ 01:32+	00:30-
00:01-	00:02+ 00:30# 00:07- 00:22# 00:00=	00:35# 00:01+ 00:03+ 00:03+ 00:24#	00:04-
3	Stig Erlend Ollestad	51	17:19
01:15+	03:13+ 05:11+ 06:09+ 08:05+ 09:00+	10:59+ 12:15+ 13:25+ 14:25+ 16:53+	17:19+
01:15+	01:58+ 01:58+ 00:58- 01:56+ 00:55-	01:59+ 01:16- 01:10- 01:00- 02:28+	00:26-
00:05+	00:41# 00:30# 00:23- 00:03+ 00:04-	00:32# 00:09- 00:08- 00:03- 01:20#	00:08-
4	Aslak Ihle Vike	117	17:20
01:28+	02:57+ 04:48+ 06:04+ 08:08+ 09:06+	11:01+ 12:40+ 14:05+ 15:21+ 16:44+	17:20+
01:28+	01:29+ 01:51+ 01:16- 02:04+ 00:58-	01:55+ 01:39+ 01:25+ 01:16+ 01:23+	00:36+
00:18#	00:12# 00:23# 00:05- 00:11+ 00:01-	00:28# 00:14# 00:07+ 00:13# 00:15#	00:02+
5	Rolf Frøyland	5	18:45
01:17+	02:47+ 04:26+ 05:42+ 08:26+ 10:01+	12:14+ 14:13+ 15:34+ 16:43+ 17:56+	18:45+
01:17+	01:30+ 01:39+ 01:16- 02:44+ 01:35+	02:13+ 01:59+ 01:21+ 01:09+ 01:13+	00:49+
00:07#	00:13# 00:11# 00:05- 00:51# 00:36#	00:46# 00:34# 00:03+ 00:06+ 00:05+	00:15#
6	Eilef Foss	27	19:35
01:38+	03:28+ 05:21+ 06:46+ 09:22+ 10:48+	12:55+ 14:46+ 16:09+ 17:14+ 18:39+	19:35+
01:38+	01:50+ 01:53+ 01:25+ 02:36+ 01:26+	02:07+ 01:51+ 01:23+ 01:05+ 01:25+	00:56+
00:28#	00:33# 00:25# 00:04+ 00:43# 00:27#	00:40# 00:26# 00:05+ 00:02+ 00:17#	00:22#

Pluss	Navn	Klasse	Tid
7	Johan Dahl	116	20:04
01:48+	04:00+ 05:55+ 07:24+ 10:20+ 11:31+	13:38+ 15:20+ 16:51+ 18:08+ 19:18+ 20:04+	
01:48+	02:12+ 01:55+ 01:29+ 02:56+ 01:11+	02:07+ 01:42+ 01:31+ 01:17+ 01:10+ 00:46+	
00:38&	00:55& 00:27& 00:08+ 01:03& 00:12#	00:40& 00:17# 00:13# 00:14# 00:02+ 00:12&	
8	Elvio Freitas	51	20:12
02:08+	03:39+ 05:25+ 07:07+ 10:32+ 11:34+	13:39+ 15:14+ 16:38+ 17:49+ 19:35+ 20:12+	
02:08+	01:31+ 01:46+ 01:42+ 03:25+ 01:02+	02:05+ 01:35+ 01:24+ 01:11+ 01:46+ 00:37+	
00:58&	00:14# 00:18# 00:21& 01:32& 00:03+	00:38& 00:10# 00:06+ 00:08# 00:38& 00:03+	
9	Svein Erik Bjørnsen	91	20:15
01:31+	03:06+ 04:58+ 06:14+ 09:08+ 10:08+	12:49+ 15:14+ 16:43+ 18:05+ 19:26+ 20:15+	
01:31+	01:35+ 01:52+ 01:16- 02:54+ 01:00+	02:41+ 02:25+ 01:29+ 01:22+ 01:21+ 00:49+	
00:21&	00:18# 00:24& 00:05- 01:01& 00:01+	01:14& 01:00& 00:11# 00:19& 00:13# 00:15&	
10	Cato Bjerkeli	237	20:20
01:50+	03:34+ 05:51+ 07:20+ 10:18+ 11:28+	13:28+ 15:13+ 16:51+ 18:11+ 19:38+ 20:20+	
01:50+	01:44+ 02:17+ 01:29+ 02:58+ 01:10+	02:00+ 01:45+ 01:38+ 01:20+ 01:27+ 00:42+	
00:40&	00:27& 00:49& 00:08+ 01:05& 00:11#	00:33& 00:20# 00:20& 00:17& 00:19& 00:08#	
11	Kristian Stormark	116	20:23
01:49+	03:25+ 05:25+ 06:52+ 09:21+ 11:10+	13:03+ 14:44+ 16:38+ 17:43+ 19:11+ 20:23+	
01:49+	01:36+ 02:00+ 01:27+ 02:29+ 01:49+	01:53+ 01:41+ 01:54+ 01:05+ 01:28+ 01:12+	
00:39&	00:19# 00:32& 00:06+ 00:36& 00:50&	00:26& 00:16# 00:36& 00:02+ 00:20& 00:38@	
12	Andreas Molin Edlund	136	20:49
01:33+	03:04+ 04:50+ 06:25+ 08:55+ 10:17+	12:37+ 14:16+ 16:10+ 17:35+ 19:40+ 20:49+	
01:33+	01:31+ 01:46+ 01:35+ 02:30+ 01:22+	02:20+ 01:39+ 01:54+ 01:25+ 02:05+ 01:09+	
00:23&	00:14# 00:18# 00:14# 00:37& 00:23&	00:53& 00:14# 00:36& 00:22& 00:57& 00:35@	
13	Anders H Foss	263	21:17
01:49+	03:56+ 05:50+ 07:37+ 10:31+ 11:59+	14:42+ 16:12+ 17:47+ 19:06+ 20:40+ 21:17+	
01:49+	02:07+ 01:54+ 01:47+ 02:54+ 01:28+	02:43+ 01:30+ 01:35+ 01:19+ 01:34+ 00:37+	
00:39&	00:50& 00:26& 00:26& 01:01& 00:29&	01:16& 00:05+ 00:17# 00:16& 00:26& 00:03+	
14	Thomas Hinna	287	21:27
01:33+	03:20+ 06:57+ 08:18+ 11:14+ 12:31+	14:43+ 16:36+ 18:34+ 19:40+ 20:49+ 21:27+	
01:33+	01:47+ 03:37+ 01:21= 02:56+ 01:17+	02:12+ 01:53+ 01:58+ 01:06+ 01:09+ 00:38+	
00:23&	00:30& 02:09@ 00:00= 01:03& 00:18&	00:45& 00:28& 00:40& 00:03+ 00:01+ 00:04#	
15	Frederico Alves	7	21:39
01:36+	02:58+ 04:55+ 06:38+ 09:18+ 10:31+	13:16+ 14:50+ 16:26+ 17:36+ 21:05+ 21:39+	
01:36+	01:22+ 01:57+ 01:43+ 02:40+ 01:13+	02:45+ 01:34+ 01:36+ 01:10+ 03:29+ 00:34=	
00:26&	00:05+ 00:29& 00:22& 00:47& 00:14#	01:18& 00:09# 00:18# 00:07# 02:21@ 00:00=	
16	Jan Henrik Neuenkirchen	117	21:40
01:40+	03:38+ 06:20+ 07:54+ 10:24+ 11:34+	13:53+ 15:37+ 17:45+ 19:13+ 20:59+ 21:40+	
01:40+	01:58+ 02:42+ 01:34+ 02:30+ 01:10+	02:19+ 01:44+ 02:08+ 01:28+ 01:46+ 00:41+	
00:30&	00:41& 01:14& 00:13# 00:37& 00:11#	00:52& 00:19# 00:50& 00:25& 00:38& 00:07#	
17	Roger Nyseth	92	22:06
02:01+	04:16+ 06:34+ 08:12+ 11:09+ 12:42+	14:50+ 16:39+ 18:19+ 19:55+ 21:19+ 22:06+	
02:01+	02:15+ 02:18+ 01:38+ 02:57+ 01:33+	02:08+ 01:49+ 01:40+ 01:36+ 01:24+ 00:47+	
00:51&	00:58& 00:50& 00:17# 01:04& 00:34&	00:41& 00:24& 00:22& 00:33& 00:16# 00:13&	
18	Lars Salvesen	50	22:24
01:52+	03:43+ 05:57+ 08:09+ 10:58+ 12:15+	14:49+ 16:38+ 18:22+ 19:50+ 21:26+ 22:24+	
01:52+	01:51+ 02:14+ 02:12+ 02:49+ 01:17+	02:34+ 01:49+ 01:44+ 01:28+ 01:36+ 00:58+	
00:42&	00:34& 00:46& 00:51& 00:56& 00:18&	01:07& 00:24& 00:26& 00:25& 00:28& 00:24&	
19	Arne Hope	43	22:48
01:48+	03:58+ 06:26+ 08:08+ 10:59+ 12:13+	14:30+ 16:42+ 18:14+ 19:56+ 21:44+ 22:48+	
01:48+	02:10+ 02:28+ 01:42+ 02:51+ 01:14+	02:17+ 02:12+ 01:32+ 01:42+ 01:48+ 01:04+	
00:38&	00:53& 01:00& 00:21& 00:58& 00:15&	00:50& 00:47& 00:14# 00:39& 00:40& 00:30&	
20	Arild Svihus	92	23:02
02:05+	04:00+ 06:09+ 07:39+ 11:09+ 12:21+	14:42+ 16:32+ 19:07+ 20:34+ 22:20+ 23:02+	
02:05+	01:55+ 02:09+ 01:30+ 03:30+ 01:12+	02:21+ 01:50+ 02:35+ 01:27+ 01:46+ 00:42+	
00:55&	00:38& 00:41& 00:09# 01:37& 00:13#	00:54& 00:25& 01:17& 00:24& 00:38& 00:08#	
21	Steinar Amundsen	115	23:27
01:58+	04:18+ 06:46+ 08:25+ 11:58+ 13:12+	15:47+ 17:44+ 19:37+ 21:05+ 22:44+ 23:27+	
01:58+	02:20+ 02:28+ 01:39+ 03:33+ 01:14+	02:35+ 01:57+ 01:53+ 01:28+ 01:39+ 00:43+	
00:48&	01:03& 01:00& 00:18# 01:40& 00:15&	01:08& 00:32& 00:35& 00:25& 00:31& 00:09&	

Class	Navn	Klasse	Tid								
22	Christoffer Soma	286	24:10								
01:48+	03:46+	06:22+	08:11+	11:43+	13:02+	15:50+	18:14+	20:16+	21:38+	23:35+	24:10+
01:48+	01:58+	02:36+	01:49+	03:32+	01:19+	02:48+	02:24+	02:02+	01:22+	01:57+	00:35+
00:38&	00:41&	01:08&	00:28&	01:39&	00:20&	01:21&	00:59&	00:44&	00:19&	00:49&	00:01+
23	Jan Erik Syvertsen	51	24:26								
01:46+	03:42+	05:56+	07:33+	10:17+	12:31+	14:43+	16:38+	18:45+	20:15+	23:55+	24:26+
01:46+	01:56+	02:14+	01:37+	02:44+	02:14+	02:12+	01:55+	02:07+	01:30+	03:40+	00:31-
00:36&	00:39&	00:46&	00:16#	00:51&	01:15@	00:45&	00:30&	00:49&	00:27&	02:32@	00:03-
24	Audun Sjøen	111	24:30								
01:51+	03:48+	06:14+	08:13+	12:03+	13:41+	16:07+	18:40+	20:40+	22:02+	23:46+	24:30+
01:51+	01:57+	02:26+	01:59+	03:50+	01:38+	02:26+	02:33+	02:00+	01:22+	01:44+	00:44+
00:41&	00:40&	00:58&	00:38&	01:57@	00:39&	00:59&	01:08&	00:42&	00:19&	00:36&	00:10&
25	Leif Jarle Skåra	29	24:47								
02:01+	04:13+	06:36+	08:42+	11:41+	13:08+	15:44+	18:15+	20:15+	21:42+	23:56+	24:47+
02:01+	02:12+	02:23+	02:06+	02:59+	01:27+	02:36+	02:31+	02:00+	01:27+	02:14+	00:51+
00:51&	00:55&	00:55&	00:45&	01:06&	00:28&	01:09&	01:06&	00:42&	00:24&	01:06&	00:17&
26	Lars Tore Kvasheim	7	25:24								
01:47+	03:51+	06:08+	07:50+	11:37+	13:04+	15:38+	17:52+	19:47+	21:10+	23:37+	25:24+
01:47+	02:04+	02:17+	01:42+	03:47+	01:27+	02:34+	02:14+	01:55+	01:23+	02:27+	01:47+
00:37&	00:47&	00:49&	00:21&	01:54@	00:28&	01:07&	00:49&	00:37&	00:20&	01:19@	01:13@
27	Ivar Aalbu	29	26:12								
01:46+	03:41+	06:16+	10:17+	13:06+	14:34+	16:55+	18:41+	21:39+	23:08+	25:19+	26:12+
01:46+	01:55+	02:35+	04:01+	02:49+	01:28+	02:21+	01:46+	02:58+	01:29+	02:11+	00:53+
00:36&	00:38&	01:07&	02:40@	00:56&	00:29&	00:54&	00:21#	01:40@	00:26&	01:03&	00:19&
28	Per Kolbein Tonstad	66	26:32								
02:18+	04:44+	07:13+	09:14+	12:35+	14:22+	16:55+	19:27+	21:39+	23:16+	25:32+	26:32+
02:18+	02:26+	02:29+	02:01+	03:21+	01:47+	02:33+	02:32+	02:12+	01:37+	02:16+	01:00+
01:08&	01:09&	01:01&	00:40&	01:28&	00:48&	01:06&	01:07&	00:54&	00:34&	01:08&	00:26&
29	Asgeir Kleppa	47	26:59								
02:08+	05:21+	08:14+	09:55+	14:07+	16:02+	18:13+	20:23+	22:39+	24:12+	26:01+	26:59+
02:08+	03:13+	02:53+	01:41+	04:12+	01:55+	02:11+	02:10+	02:16+	01:33+	01:49+	00:58+
00:58&	01:56@	01:25&	00:20#	02:19@	00:56&	00:44&	00:45&	00:58&	00:30&	00:41&	00:24&
30	Igor Muzdeka	74	27:09								
02:05+	04:10+	06:50+	08:36+	11:45+	13:03+	17:45+	20:13+	21:56+	23:23+	25:04+	27:09+
02:05+	02:05+	02:40+	01:46+	03:09+	01:18+	04:42+	02:28+	01:43+	01:27+	01:41+	02:05+
00:55&	00:48&	01:12&	00:25&	01:16&	00:19&	03:15@	01:03&	00:25&	00:24&	00:33&	01:31@
31	Bjarte Hetland	77	27:41								
02:04+	04:48+	07:36+	09:53+	13:37+	15:24+	18:34+	21:16+	23:19+	24:53+	26:51+	27:41+
02:04+	02:44+	02:48+	02:17+	03:44+	01:47+	03:10+	02:42+	02:03+	01:34+	01:58+	00:50+
00:54&	01:27@	01:20&	00:56&	01:51&	00:48&	01:43@	01:17&	00:45&	00:31&	00:50&	00:16&
32	Leif Kåre Lende	365	28:15								
01:50+	04:14+	06:19+	07:51+	11:36+	12:57+	15:51+	22:16+	24:05+	25:27+	27:34+	28:15+
01:50+	02:24+	02:05+	01:32+	03:45+	01:21+	02:54+	06:25+	01:49+	01:22+	02:07+	00:41+
00:40&	01:07&	00:37&	00:11#	01:52&	00:22&	01:27&	05:00@	00:31&	00:19&	00:59&	00:07#
33	Jon Grepstad	111	28:29								
03:15+	05:50+	08:56+	11:00+	14:58+	16:19+	19:00+	21:41+	23:39+	25:14+	27:40+	28:29+
03:15+	02:35+	03:06+	02:04+	03:58+	01:21+	02:41+	02:41+	01:58+	01:35+	02:26+	00:49+
02:05@	01:18@	01:38@	00:43&	02:05@	00:22&	01:14&	01:16&	00:40&	00:32&	01:18@	00:15&
34	John Thorsnæs	51	30:12								
02:25+	04:50+	09:34+	11:16+	15:43+	17:25+	21:29+	24:04+	25:43+	27:18+	29:32+	30:12+
02:25+	02:25+	04:44+	01:42+	04:27+	01:42+	04:04+	02:35+	01:39+	01:35+	02:14+	00:40+
01:15@	01:08&	03:16@	00:21&	02:34@	00:43&	02:37@	01:10&	00:21&	00:32&	01:06&	00:06#
35	Tom Leveraas	188	31:00								
02:03+	04:48+	06:50+	08:43+	12:26+	13:50+	20:47+	23:12+	24:58+	26:31+	29:45+	31:00+
02:03+	02:45+	02:02+	01:53+	03:43+	01:24+	06:57+	02:25+	01:46+	01:33+	03:14+	01:15+
00:53&	01:28@	00:34&	00:32&	01:50&	00:25&	05:30@	01:00&	00:28&	00:30&	02:06@	00:41@
36	Geir Sperre Jørgensen	268	31:10								
02:11+	04:18+	06:22+	08:21+	11:37+	19:50+	22:52+	24:45+	26:27+	27:55+	30:31+	31:10+
02:11+	02:07+	02:04+	01:59+	03:16+	08:13+	03:02+	01:53+	01:42+	01:28+	02:36+	00:39+
01:01&	00:50&	00:36&	00:38&	01:23&	07:14@	01:35@	00:28&	00:24&	00:25&	01:28@	00:05#

Class	Navn	Klasse										Tid
37	Steinar Aase	268										31:32
02:24+	04:41+	07:09+	09:38+	15:40+	17:17+	21:45+	24:31+	26:37+	28:37+	30:40+	31:32+	
02:24+	02:17+	02:28+	02:29+	06:02+	01:37+	04:28+	02:46+	02:06+	02:00+	02:03+	00:52+	
01:14@	01:00&	01:00&	01:08&	04:09@	00:38&	03:01@	01:21&	00:48&	00:57&	00:55&	00:18&	
38	Joar Fandrem	94										32:05
02:07+	04:20+	13:30+	15:04+	18:54+	20:25+	22:55+	24:58+	27:11+	28:50+	31:24+	32:05+	
02:07+	02:13+	09:10+	01:34+	03:50+	01:31+	02:30+	02:03+	02:13+	01:39+	02:34+	00:41+	
00:57&	00:56&	07:42@	00:13#	01:57@	00:32&	01:03&	00:38&	00:55&	00:36&	01:26@	00:07#	
39	Karl Johnny Braut	27										32:22
02:09+	04:41+	08:28+	11:32+	16:33+	18:14+	21:46+	24:07+	25:43+	27:22+	31:02+	32:22+	
02:09+	02:32+	03:47+	03:04+	05:01+	01:41+	03:32+	02:21+	01:36+	01:39+	03:40+	01:20+	
00:59&	01:15&	02:19@	01:43@	03:08@	00:42&	02:05@	00:56&	00:18#	00:36&	02:32@	00:46@	
40	Reidar Haver	4										33:33
02:56+	05:53+	08:58+	11:02+	15:20+	17:20+	21:25+	24:25+	27:03+	29:27+	31:58+	33:33+	
02:56+	02:57+	03:05+	02:04+	04:18+	02:00+	04:05+	03:00+	02:38+	02:24+	02:31+	01:35+	
01:46@	01:40@	01:37@	00:43&	02:25@	01:01@	02:38@	01:35@	01:20@	01:21@	01:23@	01:01@	
41	Einar Tommy Sundal	368										33:44
02:20+	04:45+	08:06+	10:21+	15:21+	17:06+	20:20+	24:36+	27:05+	29:30+	32:37+	33:44+	
02:20+	02:25+	03:21+	02:15+	05:00+	01:45+	03:14+	04:16+	02:29+	02:25+	03:07+	01:07+	
01:10&	01:08&	01:53@	00:54&	03:07@	00:46&	01:47@	02:51@	01:11&	01:22@	01:59@	00:33&	
42	Terje Hodne Nilsen	115										35:12
02:36+	05:43+	09:10+	11:18+	16:30+	18:28+	21:55+	24:57+	27:18+	29:15+	33:56+	35:12+	
02:36+	03:07+	03:27+	02:08+	05:12+	01:58+	03:27+	03:02+	02:21+	01:57+	04:41+	01:16+	
01:26@	01:50@	01:59@	00:47&	03:19@	00:59&	02:00@	01:37@	01:03&	00:54&	03:33@	00:42@	
43	Svein Atle Thorsen	79										35:34
03:03+	06:31+	09:51+	12:22+	17:29+	19:37+	23:28+	26:15+	29:03+	31:32+	34:16+	35:34+	
03:03+	03:28+	03:20+	02:31+	05:07+	02:08+	03:51+	02:47+	02:48+	02:29+	02:44+	01:18+	
01:53@	02:11@	01:52@	01:10&	03:14@	01:09@	02:24@	01:22&	01:30@	01:26@	01:36@	00:44@	
44	Svein Inge Sævereid	126										35:46
03:12+	06:36+	10:07+	12:27+	17:44+	19:51+	22:56+	25:36+	28:47+	31:23+	34:24+	35:46+	
03:12+	03:24+	03:31+	02:20+	05:17+	02:07+	03:05+	02:40+	03:11+	02:36+	03:01+	01:22+	
02:02@	02:07@	02:03@	00:59&	03:24@	01:08@	01:38@	01:15&	01:53@	01:33@	01:53@	00:48@	
45	Per Bakken	5										35:55
03:15+	06:05+	08:51+	11:06+	16:07+	17:56+	24:02+	27:45+	30:05+	32:16+	35:03+	35:55+	
03:15+	02:50+	02:46+	02:15+	05:01+	01:49+	06:06+	03:43+	02:20+	02:11+	02:47+	00:52+	
02:05@	01:33@	01:18&	00:54&	03:08@	00:50&	04:39@	02:18@	01:02&	01:08@	01:39@	00:18&	
46	Arild Olsen	4										36:04
01:57+	04:04+	07:28+	09:10+	13:31+	15:14+	23:08+	25:35+	28:59+	30:34+	35:16+	36:04+	
01:57+	02:07+	03:24+	01:42+	04:21+	01:43+	07:54+	02:27+	03:24+	01:35+	04:42+	00:48+	
00:47&	00:50&	01:56@	00:21&	02:28@	00:44&	06:27@	01:02&	02:06@	00:32&	03:34@	00:14&	
47	Paul Richard Carr	136										38:13
02:07+	04:36+	06:48+	08:49+	12:10+	13:30+	16:38+	18:41+	33:31+	35:12+	37:14+	38:13+	
02:07+	02:29+	02:12+	02:01+	03:21+	01:20+	03:08+	02:03+	14:50+	01:41+	02:02+	00:59+	
00:57&	01:12&	00:44&	00:40&	01:28&	00:21&	01:41@	00:38&	13:32@	00:38&	00:54&	00:25&	
48	Francesco Pierfelice	116										50:28
02:27+	08:33+	16:33+	20:36+	25:59+	28:30+	32:25+	37:13+	39:59+	41:54+	49:03+	50:28+	
02:27+	06:06+	08:00+	04:03+	05:23+	02:31+	03:55+	04:48+	02:46+	01:55+	07:09+	01:25+	
01:17@	04:49@	06:32@	02:42@	03:30@	01:32@	02:28@	03:23@	01:28@	00:52&	06:01@	00:51@	
49	Yasmeen Shabana	116										51:29
03:24+	09:31+	17:28+	21:32+	27:01+	29:31+	33:27+	38:10+	40:57+	42:46+	50:00+	51:29+	
03:24+	06:07+	07:57+	04:04+	05:29+	02:30+	03:56+	04:43+	02:47+	01:49+	07:14+	01:29+	
02:14@	04:50@	06:29@	02:43@	03:36@	01:31@	02:29@	03:18@	01:29@	00:46&	06:06@	00:55@	
Beste strekktid for klassen												
01:09	01:17	01:28	00:58	01:53	00:55	01:27	01:16	01:10	01:00	01:08	00:26	

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