

Plass Navn

Klasse

Tid

## Damer 16 - 39 år

<b>1</b>	<b>Toyah Bråtveit</b>	<b>43</b>	<b>25:32</b>												
01:44=	04:12=	04:57=	09:02=	09:55=	11:47=	14:32=	15:47=	17:26=	18:42=	19:10=	21:03=	22:01=	23:37=	24:51=	25:32=
01:44=	02:28=	00:45=	04:05=	00:53=	01:52=	02:45=	01:15=	01:39=	01:16=	00:28=	01:53=	00:58=	01:36=	01:14=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marie Brolev</b>	<b>126</b>	<b>25:42</b>												
01:38-	03:52-	04:35-	08:22-	09:00-	10:17-	13:05-	14:39-	15:41-	17:06-	17:50-	19:28-	21:37-	23:27-	24:54+	25:42+
01:38-	02:14-	00:43-	03:47-	00:38-	01:17-	02:48+	01:34+	01:02-	01:25+	00:44+	01:38-	02:09+	01:50+	01:27+	00:48+
00:06-	00:14-	00:02-	00:18-	00:15-	00:35-	00:03+	00:19&	00:37-	00:09#	00:16&	00:15-	01:11@	00:14#	00:13#	00:07#
<b>3</b>	<b>Elise Auberg Vagle</b>	<b>366</b>	<b>26:50</b>												
01:54+	05:09+	05:53+	08:23-	09:40-	11:15-	14:22-	15:42-	16:45-	18:21-	18:55-	21:59+	22:38+	24:32+	26:05+	26:50+
01:54+	03:15+	00:44-	02:30-	01:17+	01:35-	03:07+	01:20+	01:03-	01:36+	00:34+	03:04+	00:39-	01:54+	01:33+	00:45+
00:10+	00:47&	00:01-	01:35-	00:24&	00:17-	00:22#	00:05+	00:36-	00:20&	00:06#	01:11&	00:19-	00:18#	00:13#	00:04+
<b>4</b>	<b>Ida K. Kolstø</b>	<b>29</b>	<b>27:28</b>												
01:49+	04:27+	05:12+	10:36+	11:38+	12:54+	15:42+	17:07+	18:14+	19:44+	20:19+	22:15+	23:11+	25:07+	26:44+	27:28+
01:49+	02:38+	00:45=	05:24+	01:02+	01:16-	02:48+	01:25+	01:07-	01:30+	00:35+	01:56+	00:56-	01:56+	01:37+	00:44+
00:05+	00:10+	00:00=	01:19&	00:09#	00:36-	00:03+	00:10#	00:32-	00:14#	00:07#	00:03+	00:02-	00:20#	00:23&	00:03+
<b>5</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>28:57</b>												
01:48+	04:44+	05:23+	08:08-	09:06-	11:18-	14:22-	15:44-	17:04-	18:25-	18:57-	21:37+	22:37+	24:55+	28:10+	28:57+
01:48+	02:56+	00:39-	02:45-	00:58+	02:12+	03:04+	01:22+	01:20-	01:21+	00:32+	02:40+	01:00+	02:18+	03:15+	00:47+
00:04+	00:28#	00:06-	01:20-	00:05+	00:20#	00:19#	00:07+	00:19-	00:05+	00:04#	00:47&	00:02+	00:42&	02:01@	00:06#
<b>6</b>	<b>Hege Bakken</b>	<b>93</b>	<b>29:05</b>												
01:57+	04:37+	05:27+	08:18-	10:06+	12:12+	15:32+	16:59+	18:12+	20:34+	21:33+	23:56+	24:50+	26:43+	28:13+	29:05+
01:57+	02:40+	00:50+	02:51-	01:48+	02:06+	03:20+	01:27+	01:13-	02:22+	00:59+	02:23+	00:54-	01:53+	01:30+	00:52+
00:13#	00:12+	00:05#	01:14-	00:55@	00:14#	00:35#	00:12#	00:26-	01:06&	00:31@	00:30&	00:04-	00:17#	00:16#	00:11&
<b>7</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>31:06</b>												
02:08+	05:24+	06:14+	08:22-	10:01+	11:27-	15:13+	16:43+	18:21+	19:57+	20:27+	22:37+	23:46+	26:53+	29:27+	31:06+
02:08+	03:16+	00:50+	02:08-	01:39+	01:26-	03:46+	01:30+	01:38-	01:36+	00:30+	02:10+	01:09+	03:07+	02:34+	01:39+
00:24#	00:48&	00:05#	01:57-	00:46&	00:26-	01:01&	00:15#	00:01-	00:20&	00:02+	00:17#	00:11#	01:31&	01:20@	00:58@
<b>8</b>	<b>Kine Strømstad</b>	<b>53</b>	<b>32:24</b>												
02:02+	05:10+	06:11+	09:38+	11:40+	14:28+	17:52+	19:19+	21:07+	23:07+	23:52+	26:28+	27:26+	30:07+	31:38+	32:24+
02:02+	03:08+	01:01+	03:27-	02:02+	02:48+	03:24+	01:27+	01:48+	02:00+	00:45+	02:36+	00:58=	02:41+	01:31+	00:46+
00:18#	00:40&	00:16&	00:38-	01:09@	00:56&	00:39#	00:12#	00:09+	00:44&	00:17&	00:43&	00:00=	01:05&	00:17#	00:05#
<b>9</b>	<b>Lene Taugbøl Lomeland</b>	<b>105</b>	<b>34:17</b>												
02:49+	06:08+	08:06+	13:57+	15:02+	16:33+	20:31+	21:55+	23:46+	25:12+	25:52+	27:48+	29:04+	31:53+	33:27+	34:17+
02:49+	03:19+	01:58+	05:51+	01:05+	01:31-	03:58+	01:24+	01:51+	01:26+	00:40+	01:56+	01:16+	02:49+	01:34+	00:50+
01:05&	00:51&	01:13@	01:46&	00:12#	00:21-	01:13&	00:09#	00:12#	00:10#	00:12&	00:03+	00:18&	01:13&	00:20&	00:09#
<b>10</b>	<b>Synnøve Ims Gjestad</b>	<b>101</b>	<b>37:13</b>												
02:20+	05:07+	05:55+	12:01+	17:36+	19:57+	23:38+	25:06+	26:28+	27:54+	28:35+	30:53+	31:57+	33:53+	36:20+	37:13+
02:20+	02:47+	00:48+	06:06+	05:35+	02:21+	03:41+	01:28+	01:22-	01:26+	00:41+	02:18+	01:04+	01:56+	02:27+	00:53+
00:36&	00:19#	00:03+	02:01&	04:42@	00:29&	00:56&	00:13#	00:17-	00:10#	00:13&	00:25#	00:06#	00:20#	01:13&	00:12&
<b>Beste strekketid for klassen</b>															
01:38	02:14	00:39	02:08	00:38	01:16	02:45	01:15	01:02	01:16	00:28	01:38	00:39	01:36	01:14	00:41

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

## Damer 40 - 49 år

<b>1</b>	<b>Nina Glendrange Wold</b>	<b>359</b>	<b>27:13</b>													
00:52=	03:55=	05:37=	07:47=	09:57=	11:58=	14:19=	16:25=	16:51=	19:26=	20:31=	21:06=	22:16=	22:58=	25:23=	26:26=	27:13=
00:52=	03:03=	01:42=	02:10=	02:10=	02:01=	02:21=	02:06=	00:26=	02:35=	01:05=	00:35=	01:10=	00:42=	02:25=	01:03=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kari Sjursen</b>	<b>117</b>	<b>29:48</b>													
00:36-	03:48-	05:34-	08:24+	13:19+	14:52+	17:33+	19:09+	19:30+	20:58+	22:13+	22:54+	24:36+	25:22+	27:53+	29:00+	29:48+
00:36-	03:12+	01:46+	02:50+	04:55+	01:33-	02:41+	01:36-	00:21-	01:28-	01:15+	00:41+	01:42+	00:46+	02:31+	01:07+	00:48+
00:16-	00:09+	00:04+	00:40&	02:45@	00:28-	00:20#	00:30-	00:05-	01:07-	00:10#	00:06#	00:32&	00:04+	00:06+	00:04+	00:01+

Class	Navn	Klasse												Tid				
<b>3</b>	<b>Randi Helen Ladsten</b>	<b>128</b>												<b>30:27</b>				
	00:58+	05:00+	07:08+	09:54+	12:39+	15:34+	18:21+	20:33+	22:36+	23:38+	24:12+	25:14+	25:58+	28:35+	29:36+	30:27+		
	00:58+	04:02+	02:08+	02:46+	02:45+	02:55+	02:47+	02:12+	00:26+	01:37-	01:02-	00:34-	01:02-	00:44+	02:37+	01:01-	00:51+	
	00:06#	00:59&	00:26&	00:36&	00:35&	00:54&	00:26#	00:06+	00:00=	00:58-	00:03-	00:01-	00:08-	00:02+	00:12+	00:02-	00:04+	
<b>4</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>												<b>32:38</b>				
	00:46-	04:19+	07:20+	10:06+	12:31+	14:19+	17:42+	19:44+	20:13+	22:16+	23:48+	24:31+	26:02+	26:53+	29:56+	31:47+	32:38+	
	00:46-	03:33+	03:01+	02:46+	02:25+	01:48-	03:23+	02:02-	00:29+	02:03-	01:32+	00:43+	01:31+	00:51+	03:03+	01:51+	00:51+	
	00:06-	00:30#	01:19&	00:36&	00:15#	00:13-	01:02&	00:04-	00:03#	00:32-	00:27&	00:08#	00:21&	00:09#	00:38&	00:48&	00:04+	
<b>5</b>	<b>Siv Skretting</b>	<b>93</b>												<b>34:03</b>				
	00:42-	04:15+	06:46+	09:55+	12:49+	14:47+	17:40+	19:40+	20:04+	21:44+	22:55+	23:38+	24:59+	28:10+	28:55+	31:45+	33:01+	34:03+
	00:42-	03:33+	02:31+	03:09+	02:54+	01:58-	02:53+	02:00-	00:24-	01:40-	01:11+	00:43+	01:21+	03:11+	00:45-	02:50+	01:16+	01:02+
	00:10-	00:30#	00:49&	00:59&	00:44&	00:03-	00:32#	00:06-	00:02-	00:55-	00:06+	00:08#	00:11#	02:29@	01:40-	01:47@	00:29&	01:02+
<b>6</b>	<b>Barbro Lunde Nedrebø</b>	<b>92</b>												<b>38:56</b>				
	01:40+	05:33+	07:43+	11:03+	15:40+	17:16+	21:28+	25:37+	25:56+	27:42+	29:18+	30:26+	31:39+	32:55+	36:40+	37:57+	38:56+	
	01:40+	03:53+	02:10+	03:20+	04:37+	01:36-	04:12+	04:09+	00:19-	01:46-	01:36+	01:08+	01:13+	01:16+	03:45+	01:17+	00:59+	
	00:48&	00:50&	00:28&	01:10&	02:27@	00:25-	01:51&	02:03&	00:07-	00:49-	00:31&	00:33&	00:03+	00:34&	01:20&	00:14#	00:12&	
<b>7</b>	<b>Irene Sirevåg</b>	<b>53</b>												<b>41:06</b>				
	00:47-	05:06+	07:31+	11:42+	16:01+	18:05+	21:50+	24:13+	26:53+	29:01+	30:49+	31:44+	33:23+	34:31+	38:10+	39:51+	41:06+	
	00:47-	04:19+	02:25+	04:11+	04:19+	02:04+	03:45+	02:23+	02:40+	02:08-	01:48+	00:55+	01:39+	01:08+	03:39+	01:41+	01:15+	
	00:05-	01:16&	00:43&	02:01&	02:09&	00:03+	01:24&	00:17#	02:14@	00:27-	00:43&	00:20&	00:29&	00:26&	01:14&	00:38&	00:28&	
<b>Beste strekktid for klassen</b>																		
	00:36	03:03	01:42	02:10	02:10	01:33	02:21	01:36	00:19	01:28	01:02	00:34	01:02	00:42	00:45	01:01	00:47	

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

## Damer 50 - 59 år

<b>1</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>												<b>27:58</b>			
	00:46=	04:03=	06:25=	08:27=	10:23=	12:21=	14:52=	16:47=	17:23=	19:00=	20:13=	20:54=	22:13=	23:07=	26:00=	27:09=	27:58=
	00:46=	03:17=	02:22=	02:02=	01:56=	01:58=	02:31=	01:55=	00:36=	01:37=	01:13=	00:41=	01:19=	00:54=	02:53=	01:09=	00:49=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>												<b>30:33</b>			
	00:39-	04:08+	06:03-	08:23-	11:28+	13:38+	16:56+	19:07+	19:31+	21:18+	22:33+	23:21+	24:43+	25:32+	28:15+	29:36+	30:33+
	00:39-	03:29+	01:55-	02:20+	03:05+	02:10+	03:18+	02:11+	00:24-	01:47+	01:15+	00:48+	01:22+	00:49-	02:43-	01:21+	00:57+
	00:07-	00:12+	00:27-	00:18#	01:09&	00:12#	00:47&	00:16#	00:12-	00:10#	00:02+	00:07#	00:03+	00:05-	00:10-	00:12#	00:08#
<b>3</b>	<b>Kristin Skadsem</b>	<b>18</b>												<b>32:00</b>			
	00:45-	04:09+	06:27+	08:40+	12:11+	13:58+	17:01+	19:22+	20:06+	22:00+	23:40+	24:25+	25:42+	26:53+	29:41+	31:02+	32:00+
	00:45-	03:24+	02:18-	02:13+	03:31+	01:47-	03:03+	02:21+	00:44+	01:54+	01:40+	00:45+	01:17-	01:11+	02:48-	01:21+	00:58+
	00:01-	00:07+	00:04-	00:11+	01:35&	00:11-	00:32#	00:26#	00:08#	00:17#	00:27&	00:04+	00:02-	00:17&	00:05-	00:12#	00:09#
<b>4</b>	<b>Torill Andersen</b>	<b>116</b>												<b>33:08</b>			
	00:46=	04:09+	06:02-	08:06-	13:57+	15:40+	18:17+	20:32+	20:59+	23:32+	24:48+	25:28+	26:55+	27:58+	30:34+	32:15+	33:08+
	00:46=	03:23+	01:53-	02:04+	05:51+	01:43-	02:37+	02:15+	00:27-	02:33+	01:16+	00:40-	01:27+	01:03+	02:36-	01:41+	00:53+
	00:00=	00:06+	00:29-	00:02+	03:55@	00:15-	00:06+	00:20#	00:09-	00:56&	00:03+	00:01-	00:08#	00:09#	00:17-	00:32&	00:04+
<b>5</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>												<b>42:51</b>			
	00:48+	06:31+	08:56+	14:27+	17:07+	19:55+	23:53+	26:57+	27:15+	30:15+	31:59+	32:47+	34:31+	35:35+	40:22+	41:53+	42:51+
	00:48+	05:43+	02:25+	05:31+	02:40+	02:48+	03:58+	03:04+	00:18-	03:00+	01:44+	00:48+	01:44+	01:04+	04:47+	01:31+	00:58+
	00:02+	02:26&	00:03+	03:29@	00:44&	00:50&	01:27&	01:09&	00:18-	01:23&	00:31&	00:07#	00:25&	00:10#	01:54&	00:22&	00:09#
<b>6</b>	<b>Sarah Denieul</b>	<b>42</b>												<b>45:45</b>			
	00:59+	03:55-	11:08+	14:42+	18:45+	22:09+	25:53+	31:39+	32:00+	33:54+	35:26+	36:07+	39:31+	40:41+	43:48+	45:01+	45:45+
	00:59+	02:56-	07:13+	03:34+	04:03+	03:24+	03:44+	05:46+	00:21-	01:54+	01:32+	00:41=	03:24+	01:10+	03:07+	01:13+	00:44-
	00:13&	00:21-	04:51@	01:32&	02:07@	01:26&	01:13&	03:51@	00:15-	00:17#	00:19&	00:00=	02:05@	00:16&	00:14+	00:04+	00:05-
<b>Beste strekktid for klassen</b>																	
	00:39	02:56	01:53	02:02	01:56	01:43	02:31	01:55	00:18	01:37	01:13	00:40	01:17	00:49	02:36	01:09	00:44

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

## Damer 60 - 64 år

Class	Navn	Klasse	Tid									
<b>1</b>	<b>Tove Bjerkreim</b>	<b>105</b>	<b>23:11</b>									
01:36=	03:51=	06:51=	09:26=	11:45=	13:54=	15:01=	15:40=	17:56=	19:54=	21:12=	22:20=	23:11=
01:36=	02:15=	03:00=	02:35=	02:19=	02:09=	01:07=	00:39=	02:16=	01:58=	01:18=	01:08=	00:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>24:15</b>									
01:42+	04:11+	07:12+	08:29-	10:51-	13:23-	14:48-	15:36-	18:22+	20:37+	22:04+	23:22+	24:15+
01:42+	02:29+	03:01+	01:17-	02:22+	02:32+	01:25+	00:48+	02:46+	02:15+	01:27+	01:18+	00:53+
00:06+	00:14#	00:01+	01:18-	00:03+	00:23#	00:18#	00:09#	00:30#	00:17#	00:09#	00:10#	00:02+

<b>3</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>	<b>25:48</b>									
01:38+	03:26-	06:36-	07:45-	09:52-	12:34-	16:07+	16:30+	19:59+	22:08+	23:33+	24:58+	25:48+
01:38+	01:48-	03:10+	01:09-	02:07-	02:42+	03:33+	00:23-	03:29+	02:09+	01:25+	01:25+	00:50-
00:02+	00:27-	00:10+	01:26-	00:12-	00:33#	02:26@	00:16-	01:13#	00:11+	00:07+	00:17#	00:01-

<b>4</b>	<b>Berit Bakken</b>	<b>93</b>	<b>25:50</b>									
02:29+	04:44+	08:23+	09:52+	12:52+	15:18+	16:47+	17:33+	20:00+	22:07+	23:28+	24:48+	25:50+
02:29+	02:15=	03:39+	01:29-	03:00+	02:26+	01:29+	00:46+	02:27+	02:07+	01:21+	01:20+	01:02+
00:53#	00:00=	00:39#	01:06-	00:41#	00:17#	00:22#	00:07#	00:11+	00:09+	00:03+	00:12#	00:11#

<b>5</b>	<b>May Elinor Meling</b>	<b>125</b>	<b>38:22</b>									
09:12+	11:36+	15:10+	21:03+	24:05+	26:45+	28:52+	29:28+	32:11+	34:31+	35:58+	37:14+	38:22+
09:12+	02:24+	03:34+	05:53+	03:02+	02:40+	02:07+	00:36-	02:43+	02:20+	01:27+	01:16+	01:08+
07:36@	00:09+	00:34#	03:18@	00:43#	00:31#	01:00#	00:03-	00:27#	00:22#	00:09#	00:08#	00:17#

<b>6</b>	<b>Åse Berg</b>	<b>105</b>	<b>41:00</b>									
03:48+	07:46+	12:06+	16:00+	19:25+	22:37+	29:02+	29:39+	33:17+	36:00+	37:57+	39:47+	41:00+
03:48+	03:58+	04:20+	03:54+	03:25+	03:12+	06:25+	00:37-	03:38+	02:43+	01:57+	01:50+	01:13+
02:12@	01:43#	01:20#	01:19#	01:06#	01:03#	05:18@	00:02-	01:22#	00:45#	00:39#	00:42#	00:22#

<b>Beste strekktid for klassen</b>												
01:36	01:48	03:00	01:09	02:07	02:09	01:07	00:23	02:16	01:58	01:18	01:08	00:50

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

### Damer 65 - 69 år

<b>1</b>	<b>Hanne Eik</b>	<b>117</b>	<b>29:34</b>									
01:55=	04:31=	08:17=	10:01=	13:16=	16:02=	17:28=	18:14=	22:01=	24:57=	26:52=	28:31=	29:34=
01:55=	02:36=	03:46=	01:44=	03:15=	02:46=	01:26=	00:46=	03:47=	02:56=	01:55=	01:39=	01:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Synnøva Gausel</b>	<b>115</b>	<b>33:25</b>									
03:48+	08:54+	12:39+	14:17+	17:27+	20:09+	21:34+	22:18+	25:34+	29:28+	31:01+	32:23+	33:25+
03:48+	05:06+	03:45-	01:38-	03:10-	02:42-	01:25-	00:44-	03:16-	03:54+	01:33-	01:22-	01:02-
01:53#	02:30#	00:01-	00:06-	00:05-	00:04-	00:01-	00:02-	00:31-	00:58#	00:22-	00:17-	00:01-

<b>3</b>	<b>Berit Gramstad</b>	<b>113</b>	<b>33:28</b>									
02:44+	05:08+	08:36+	11:43+	16:26+	20:25+	21:58+	22:59+	25:56+	29:06+	30:34+	32:26+	33:28+
02:44+	02:24-	03:28-	03:07+	04:43+	03:59+	01:33+	01:01+	02:57-	03:10+	01:28-	01:52+	01:02-
00:49#	00:12-	00:18-	01:23#	01:28#	01:13#	00:07+	00:15#	00:50-	00:14+	00:27-	00:13#	00:01-

<b>Beste strekktid for klassen</b>												
01:55	02:24	03:28	01:38	03:10	02:42	01:25	00:44	02:57	02:56	01:28	01:22	01:02

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

### Damer 70 - 74 år

<b>1</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>30:44</b>									
02:02=	04:33=	07:37=	09:40=	15:07=	18:07=	20:06=	20:47=	23:44=	26:07=	28:13=	29:46=	30:44=
02:02=	02:31=	03:04=	02:03=	05:27=	03:00=	01:59=	00:41=	02:57=	02:23=	02:06=	01:33=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>31:21</b>									
02:17+	06:02+	11:04+	13:14+	16:16+	19:13+	20:46+	21:29+	24:13+	26:44+	28:46+	30:26+	31:21+
02:17+	03:45+	05:02+	02:10+	03:02-	02:57-	01:33-	00:43+	02:44-	02:31+	02:02-	01:40+	00:55-
00:15#	01:14#	01:58#	00:07+	02:25-	00:03-	00:26-	00:02+	00:13-	00:08+	00:04-	00:07+	00:03-

Class	Navn	Klasse										Tid
<b>3</b>	<b>Helga Klausen</b>	<b>62</b>										<b>38:31</b>
02:01-	06:07+	11:03+	13:25+	17:12+	21:44+	23:52+	25:10+	30:52+	33:48+	35:35+	37:24+	38:31+
02:01-	04:06+	04:56+	02:22+	03:47-	04:32+	02:08+	01:18+	05:42+	02:56+	01:47-	01:49+	01:07+
00:01-	01:35&	01:52&	00:19#	01:40-	01:32&	00:09+	00:37&	02:45&	00:33#	00:19-	00:16#	00:09#

**Beste strekktid for klassen**

02:01 02:31 03:04 02:03 03:02 02:57 01:33 00:41 02:44 02:23 01:47 01:33 00:55

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

**Damer 75 - 79 år**

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>										<b>26:24</b>
01:49=	04:24=	07:54=	09:29=	12:55=	15:30=	16:48=	17:43=	20:26=	22:33=	24:14=	25:29=	26:24=
01:49=	02:35=	03:30=	01:35=	03:26=	02:35=	01:18=	00:55=	02:43=	02:07=	01:41=	01:15=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>										<b>30:58</b>
01:51+	04:32+	09:16+	11:29+	15:14+	18:21+	19:52+	20:54+	23:49+	26:35+	28:19+	29:52+	30:58+
01:51+	02:41+	04:44+	02:13+	03:45+	03:07+	01:31+	01:02+	02:55+	02:46+	01:44+	01:33+	01:06+
00:02+	00:06+	01:14&	00:38&	00:19+	00:32#	00:13#	00:07#	00:12+	00:39&	00:03+	00:18#	00:11#

<b>3</b>	<b>Helga Aaslid</b>	<b>54</b>										<b>35:06</b>
02:05+	05:17+	10:12+	11:52+	16:09+	19:22+	21:29+	23:00+	25:51+	29:40+	32:38+	34:13+	35:06+
02:05+	03:12+	04:55+	01:40+	04:17+	03:13+	02:07+	01:31+	02:51+	03:49+	02:58+	01:35+	00:53-
00:16#	00:37#	01:25&	00:05+	00:51#	00:38#	00:49&	00:36&	00:08+	01:42&	01:17&	00:20&	00:02-

<b>4</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>										<b>45:41</b>
03:48+	08:01+	13:19+	17:56+	24:46+	28:48+	30:35+	31:36+	36:25+	39:39+	42:26+	44:18+	45:41+
03:48+	04:13+	05:18+	04:37+	06:50+	04:02+	01:47+	01:01+	04:49+	03:14+	02:47+	01:52+	01:23+
01:59@	01:38&	01:48&	03:02@	03:24&	01:27&	00:29&	00:06#	02:06&	01:07&	01:06&	00:37&	00:28&

**Beste strekktid for klassen**

01:49 02:35 03:30 01:35 03:26 02:35 01:18 00:55 02:43 02:07 01:41 01:15 00:53

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

**Damer 80 år og eldre**

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>										<b>45:47</b>
01:38=	05:02=	09:02=	13:54=	18:24=	21:42=	25:27=	32:21=	35:50=	39:28=	42:15=	44:26=	45:47=
01:38=	03:24=	04:00=	04:52=	04:30=	03:18=	03:45=	06:54=	03:29=	03:38=	02:47=	02:11=	01:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**Beste strekktid for klassen**

01:38 03:24 04:00 04:52 04:30 03:18 03:45 06:54 03:29 03:38 02:47 02:11 01:21

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

**Damer A**

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>										<b>19:47</b>
00:58=	03:57=	04:47=	05:49=	06:43=	09:50=	10:22=	11:04=	12:18=	13:26=	14:19=	14:41=	15:54=
00:58=	02:59=	00:50=	01:02=	00:54=	03:07=	00:32=	00:42=	01:14=	01:08=	00:53=	00:22=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>										<b>23:36</b>
01:05+	04:17+	05:12+	06:19+	07:18+	11:51+	12:38+	13:22+	14:42+	16:09+	17:13+	17:39+	19:01+
01:05+	03:12+	00:55+	01:07+	00:59+	04:33+	00:47+	00:44+	01:20+	01:27+	01:04+	00:26+	01:22+
00:07#	00:13+	00:05#	00:05+	00:05+	01:26&	00:15&	00:02+	00:06+	00:19&	00:11#	00:04#	00:09#

<b>3</b>	<b>Tone Torgersen</b>	<b>27</b>										<b>26:09</b>
01:06+	04:29+	06:16+	07:38+	08:37+	13:23+	14:11+	15:02+	16:36+	17:59+	19:08+	19:38+	21:33+
01:06+	03:23+	01:47+	01:22+	00:59+	04:46+	00:48+	00:51+	01:34+	01:23+	01:09+	00:30+	01:55+
00:08#	00:24#	00:57@	00:20&	00:05+	01:39&	00:16&	00:09#	00:20&	00:15#	00:16&	00:08&	00:42&

Class	Navn	Klasse											Tid			
<b>4</b>	<b>Katrine Prestvold</b>	<b>212</b>											<b>27:36</b>			
01:14+	04:46+	05:51+	07:09+	08:18+	13:35+	14:42+	15:14+	16:55+	18:26+	19:36+	20:20+	22:00+	24:47+	25:58+	27:02+	27:36+
01:14+	03:32+	01:05+	01:18+	01:09+	05:17+	01:07+	00:32-	01:41+	01:31+	01:10+	00:44+	01:40+	02:47+	01:11+	01:04+	00:34-
00:16&	00:33#	00:15&	00:16&	00:15&	02:10&	00:35@	00:10-	00:27&	00:23&	00:17&	00:22&	00:27&	01:06&	00:28&	00:14&	00:05-
<b>5</b>	<b>Ingrid Simensen</b>	<b>101</b>											<b>27:38</b>			
01:10+	04:39+	05:33+	07:42+	08:46+	13:06+	13:52+	15:08+	16:49+	18:11+	19:36+	20:13+	21:56+	24:17+	25:49+	26:54+	27:38+
01:10+	03:29+	00:54+	02:09+	01:04+	04:20+	00:46+	01:16+	01:41+	01:22+	01:25+	00:37+	01:43+	02:21+	01:32+	01:05+	00:44+
00:12#	00:30#	00:04+	01:07@	00:10#	01:13&	00:14&	00:34&	00:27&	00:14#	00:32&	00:15&	00:30&	00:40&	00:49@	00:15&	00:05#
<b>6</b>	<b>Wibeke Lende</b>	<b>74</b>											<b>30:38</b>			
01:22+	05:28+	06:40+	08:23+	09:41+	14:57+	15:51+	16:51+	18:33+	20:19+	21:45+	22:21+	24:23+	27:01+	28:38+	29:51+	30:38+
01:22+	04:06+	01:12+	01:43+	01:18+	05:16+	00:54+	01:00+	01:42+	01:46+	01:26+	00:36+	02:02+	02:38+	01:37+	01:13+	00:47+
00:24&	01:07&	00:22&	00:41&	00:24&	02:09&	00:22&	00:18&	00:28&	00:38&	00:33&	00:14&	00:49&	00:57&	00:54@	00:23&	00:08#
<b>7</b>	<b>Lene Bjelland</b>	<b>116</b>											<b>35:11</b>			
01:22+	05:51+	07:24+	09:02+	10:34+	17:58+	18:59+	20:01+	21:58+	23:55+	25:33+	26:13+	28:18+	31:55+	32:59+	34:20+	35:11+
01:22+	04:29+	01:33+	01:38+	01:32+	07:24+	01:01+	01:02+	01:57+	01:57+	01:38+	00:40+	02:05+	03:37+	01:04+	01:21+	00:51+
00:24&	01:30&	00:43&	00:36&	00:38&	04:17@	00:29&	00:20&	00:43&	00:49&	00:45&	00:18&	00:52&	01:56@	00:21&	00:31&	00:12&
<b>8</b>	<b>Pernille Melleby</b>	<b>18</b>											<b>36:59</b>			
01:40+	06:50+	08:29+	10:16+	12:01+	17:44+	19:01+	20:18+	22:45+	25:01+	26:29+	27:24+	29:43+	33:12+	34:30+	36:00+	36:59+
01:40+	05:10+	01:39+	01:47+	01:45+	05:43+	01:17+	01:17+	02:27+	02:16+	01:28+	00:55+	02:19+	03:29+	01:18+	01:30+	00:59+
00:42&	02:11&	00:49&	00:45&	00:51&	02:36&	00:45@	00:35&	01:13&	01:08&	00:35&	00:33@	01:06&	01:48@	00:35&	00:40&	00:20&
<b>Beste strekktid for klassen</b>																
00:58	02:59	00:50	01:02	00:54	03:07	00:32	00:32	01:14	01:08	00:53	00:22	01:13	01:41	00:43	00:50	00:34

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

## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>											<b>19:06</b>			
01:16=	02:37=	04:40=	05:18=	06:59=	07:38=	08:12=	09:41=	11:06=	12:27=	13:17=	14:58=	16:34=	17:29=	18:23=	19:06=	
01:16=	01:21=	02:03=	00:38=	01:41=	00:39=	00:34=	01:29=	01:25=	01:21=	00:50=	01:41=	01:36=	00:55=	00:54=	00:43=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>22:44</b>			
01:34+	03:20+	05:38+	06:28+	08:34+	09:15+	09:55+	12:11+	13:40+	15:13+	16:01+	18:13+	19:58+	20:54+	21:59+	22:44+	
01:34+	01:46+	02:18+	00:50+	02:06+	00:41+	00:40+	02:16+	01:29+	01:33+	00:48-	02:12+	01:45+	00:56+	01:05+	00:45+	
00:18#	00:25&	00:15#	00:12&	00:25#	00:02+	00:06#	00:47&	00:04+	00:12#	00:02-	00:31&	00:09+	00:01+	00:11#	00:02+	
<b>3</b>	<b>Keth Berggraf</b>	<b>116</b>											<b>23:11</b>			
01:28+	03:01+	05:51+	06:36+	08:48+	09:35+	10:33+	11:40+	13:29+	15:11+	16:09+	18:18+	20:12+	21:21+	22:25+	23:11+	
01:28+	01:33+	02:50+	00:45+	02:12+	00:47+	00:58+	01:07-	01:49+	01:42+	00:58+	02:09+	01:54+	01:09+	01:04+	00:46+	
00:12#	00:12#	00:47&	00:07#	00:31&	00:08#	00:24&	00:22-	00:24&	00:21&	00:08#	00:28&	00:18#	00:14&	00:10#	00:03+	
<b>4</b>	<b>Irene Rummelhoff</b>	<b>116</b>											<b>23:39</b>			
01:34+	03:02+	05:41+	06:23+	08:38+	09:21+	10:04+	12:04+	13:54+	15:29+	16:22+	18:46+	20:42+	21:43+	22:52+	23:39+	
01:34+	01:28+	02:39+	00:42+	02:15+	00:43+	00:43+	02:00+	01:50+	01:35+	00:53+	02:24+	01:56+	01:01+	01:09+	00:47+	
00:18#	00:07+	00:36&	00:04#	00:34&	00:04#	00:09&	00:31&	00:25&	00:14#	00:03+	00:43&	00:20#	00:06#	00:15&	00:04+	
<b>5</b>	<b>Kristin Breivold</b>	<b>92</b>											<b>24:08</b>			
01:43+	03:06+	06:48+	07:28+	10:04+	10:58+	11:40+	13:29+	15:12+	16:59+	17:54+	19:50+	21:31+	22:29+	23:25+	24:08+	
01:43+	01:23+	03:42+	00:40+	02:36+	00:54+	00:42+	01:49+	01:43+	01:47+	00:55+	01:56+	01:41+	00:58+	00:56+	00:43=	
00:27&	00:02+	01:39&	00:02+	00:55&	00:15&	00:08#	00:20#	00:18#	00:26&	00:05#	00:15#	00:05+	00:03+	00:02+	00:00=	
<b>6</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>24:12</b>			
01:41+	03:19+	05:38+	06:23+	08:30+	09:19+	11:19+	12:59+	14:41+	16:21+	17:16+	19:10+	21:10+	22:15+	23:20+	24:12+	
01:41+	01:38+	02:19+	00:45+	02:07+	00:49+	02:00+	01:40+	01:42+	01:40+	00:55+	01:54+	02:00+	01:05+	01:05+	00:52+	
00:25&	00:17#	00:16#	00:07#	00:26&	00:10&	01:26@	00:11#	00:17#	00:19#	00:05#	00:13#	00:24#	00:10#	00:11#	00:09#	
<b>7</b>	<b>Helen Lomeland</b>	<b>105</b>											<b>25:42</b>			
01:33+	03:39+	06:15+	07:01+	10:03+	10:48+	11:26+	12:45+	14:50+	16:47+	18:33+	20:48+	22:44+	23:49+	24:53+	25:42+	
01:33+	02:06+	02:36+	00:46+	03:02+	00:45+	00:38+	01:19-	02:05+	01:57+	01:46+	02:15+	01:56+	01:05+	01:04+	00:49+	
00:17#	00:45&	00:33&	00:08#	01:21&	00:06#	00:04#	00:10-	00:40&	00:36&	00:56@	00:34&	00:20#	00:10#	00:10#	00:06#	
<b>8</b>	<b>Vibeke Lamark</b>	<b>46</b>											<b>26:05</b>			
01:30+	04:16+	07:11+	07:54+	10:32+	11:13+	12:38+	14:23+	16:06+	17:42+	18:42+	21:11+	23:04+	24:10+	25:11+	26:05+	
01:30+	02:46+	02:55+	00:43+	02:38+	00:41+	01:25+	01:45+	01:43+	01:36+	01:00+	02:29+	01:53+	01:06+	01:01+	00:54+	
00:14#	01:25@	00:52&	00:05#	00:57&	00:02+	00:51@	00:16#	00:18#	00:15#	00:10#	00:48&	00:17#	00:11#	00:07#	00:11&	

Class	Navn	Klasse	Tid												
<b>9</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>26:15</b>												
01:32+	03:31+	06:29+	07:22+	09:48+	10:51+	11:37+	13:32+	15:19+	17:33+	18:32+	20:47+	22:58+	24:13+	25:27+	26:15+
01:32+	01:59+	02:58+	00:53+	02:26+	01:03+	00:46+	01:55+	01:47+	02:14+	00:59+	02:15+	02:11+	01:15+	01:14+	00:48+
00:16#	00:38&	00:55&	00:15&	00:45&	00:24&	00:12&	00:26&	00:22&	00:53&	00:09#	00:34&	00:35&	00:20&	00:20&	00:05#
<b>10</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>27:47</b>												
01:36+	03:14+	06:26+	07:13+	10:55+	11:44+	12:33+	14:48+	16:42+	18:55+	19:54+	22:25+	24:29+	25:33+	26:52+	27:47+
01:36+	01:38+	03:12+	00:47+	03:42+	00:49+	00:49+	02:15+	01:54+	02:13+	00:59+	02:31+	02:04+	01:04+	01:19+	00:55+
00:20&	00:17#	01:09&	00:09#	02:01@	00:10&	00:15&	00:46&	00:29&	00:52&	00:09#	00:50&	00:28&	00:09#	00:25&	00:12&
<b>11</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>	<b>30:10</b>												
01:19+	02:52+	05:49+	06:30+	08:48+	09:36+	13:06+	15:58+	18:56+	20:27+	21:26+	23:47+	25:47+	28:20+	29:24+	30:10+
01:19+	01:33+	02:57+	00:41+	02:18+	00:48+	03:30+	02:52+	02:58+	01:31+	00:59+	02:21+	02:00+	02:33+	01:04+	00:46+
00:03+	00:12#	00:54&	00:03+	00:37&	00:09#	02:56@	01:23&	01:33@	00:10#	00:09#	00:40&	00:24#	01:38@	00:10#	00:03+
<b>12</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>31:57</b>												
01:32+	03:18+	05:57+	06:41+	10:45+	11:45+	12:41+	15:08+	18:12+	19:56+	20:59+	23:19+	25:08+	26:19+	31:11+	31:57+
01:32+	01:46+	02:39+	00:44+	04:04+	01:00+	00:56+	02:27+	03:04+	01:44+	01:03+	02:20+	01:49+	01:11+	04:52+	00:46+
00:16#	00:25&	00:36&	00:06#	02:23@	00:21&	00:22&	00:58&	01:39@	00:23&	00:13&	00:39&	00:13#	00:16&	03:58@	00:03+

Beste strekktid for klassen

01:16	01:21	02:03	00:38	01:41	00:39	00:34	01:07	01:25	01:21	00:48	01:41	01:36	00:55	00:54	00:43
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## Damer Trim

<b>1</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>17:42</b>												
00:42=	01:46=	02:40=	04:25=	06:47=	08:18=	09:27=	12:19=	13:36=	15:53=	16:54=	17:42=				
00:42=	01:04=	00:54=	01:45=	02:22=	01:31=	01:09=	02:52=	01:17=	02:17=	01:01=	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=				
<b>2</b>	<b>Stephanie Loin</b>	<b>42</b>	<b>18:45</b>												
00:52+	02:11+	03:18+	04:18-	07:22+	09:25+	10:47+	12:12-	13:44+	16:38+	17:52+	18:45+				
00:52+	01:19+	01:07+	01:00-	03:04+	02:03+	01:22+	01:25-	01:32+	02:54+	01:14+	00:53+				
00:10#	00:15#	00:13#	00:45-	00:42&	00:32&	00:13#	01:27-	00:15#	00:37&	00:13#	00:05#				
<b>3</b>	<b>Mette Baardsgaard</b>	<b>93</b>	<b>19:20</b>												
01:42+	03:28+	04:23+	05:12+	07:41+	09:09+	10:48+	11:40-	12:59-	16:56+	18:14+	19:20+				
01:42+	01:46+	00:55+	00:49-	02:29+	01:28-	01:39+	00:52-	01:19+	03:57+	01:18+	01:06+				
01:00@	00:42&	00:01+	00:56-	00:07+	00:03-	00:30&	02:00-	00:02+	01:40&	00:17&	00:18&				
<b>4</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>	<b>19:32</b>												
00:42=	02:06+	03:04+	04:16-	07:03+	09:01+	10:23+	13:33+	15:05+	17:19+	18:37+	19:32+				
00:42=	01:24+	00:58+	01:12-	02:47+	01:58+	01:22+	03:10+	01:32+	02:14-	01:18+	00:55+				
00:00=	00:20&	00:04+	00:33-	00:25#	00:27&	00:13#	00:18#	00:15#	00:03-	00:17&	00:07#				
<b>5</b>	<b>Margot Asheim</b>	<b>105</b>	<b>20:52</b>												
01:36+	02:53+	03:56+	05:04+	08:07+	09:59+	11:32+	13:15+	15:47+	18:44+	19:58+	20:52+				
01:36+	01:17+	01:03+	01:08-	03:03+	01:52+	01:33+	01:43-	02:32+	02:57+	01:14+	00:54+				
00:54@	00:13#	00:09#	00:37-	00:41&	00:21#	00:24&	01:09-	01:15&	00:40&	00:13#	00:06#				
<b>6</b>	<b>Tonje Tiley</b>	<b>27</b>	<b>22:07</b>												
00:52+	02:23+	03:34+	05:14+	10:02+	12:18+	13:51+	15:19+	17:14+	19:47+	21:13+	22:07+				
00:52+	01:31+	01:11+	01:40-	04:48+	02:16+	01:33+	01:28-	01:55+	02:33+	01:26+	00:54+				
00:10#	00:27&	00:17&	00:05-	02:26@	00:45&	00:24&	01:24-	00:38&	00:16#	00:25&	00:06#				
<b>7</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>22:08</b>												
00:56+	02:31+	03:38+	05:21+	09:10+	11:35+	13:32+	14:54+	17:10+	19:50+	21:10+	22:08+				
00:56+	01:35+	01:07+	01:43-	03:49+	02:25+	01:57+	01:22-	02:16+	02:40+	01:20+	00:58+				
00:14&	00:31&	00:13#	00:02-	01:27&	00:54&	00:48&	01:30-	00:59&	00:23#	00:19&	00:10#				
<b>8</b>	<b>Synnøve Hognestad</b>	<b>43</b>	<b>22:12</b>												
00:51+	02:19+	03:33+	04:32+	07:59+	10:24+	12:12+	13:19+	16:11+	19:38+	21:07+	22:12+				
00:51+	01:28+	01:14+	00:59-	03:27+	02:25+	01:48+	01:07-	02:52+	03:27+	01:29+	01:05+				
00:09#	00:24&	00:20&	00:46-	01:05&	00:54&	00:39&	01:45-	01:35@	01:10&	00:28&	00:17&				
<b>9</b>	<b>Gunn Vagle</b>	<b>126</b>	<b>23:11</b>												
00:55+	02:30+	03:42+	05:29+	09:04+	11:24+	13:07+	14:20+	17:58+	20:37+	22:05+	23:11+				
00:55+	01:35+	01:12+	01:47+	03:35+	02:20+	01:43+	01:13-	03:38+	02:39+	01:28+	01:06+				
00:13&	00:31&	00:18&	00:02+	01:13&	00:49&	00:34&	01:39-	02:21@	00:22#	00:27&	00:18&				

Class	Navn	Klasse										Tid
<b>10</b>	<b>Ann-Mari Vold</b>	<b>371</b>										<b>23:51</b>
00:57+	02:42+	03:45+	06:57+	12:05+	13:46+	16:16+	17:45+	21:45+	22:56+	23:51+		
00:57+	01:45+	01:03+	03:12+	03:01+	02:07+	01:41+	02:30-	01:29+	04:00+	01:11+	00:55+	
00:15&	00:41&	00:09#	01:27&	00:39&	00:36&	00:32&	00:22-	00:12#	01:43&	00:10#	00:07#	
<b>11</b>	<b>Lene Skotnes</b>	<b>66</b>										<b>25:17</b>
01:00+	02:41+	03:43+	05:01+	08:08+	09:56+	12:14+	17:32+	19:25+	23:18+	24:30+	25:17+	
01:00+	01:41+	01:02+	01:18-	03:07+	01:48+	02:18+	05:18+	01:53+	03:53+	01:12+	00:47-	
00:18&	00:37&	00:08#	00:27-	00:45&	00:17#	01:09&	02:26&	00:36&	01:36&	00:11#	00:01-	
<b>12</b>	<b>Thea S. Johannessen</b>	<b>74</b>										<b>25:29</b>
00:56+	02:11+	03:01+	11:18+	14:08+	16:07+	17:18+	20:23+	21:45+	23:39+	24:42+	25:29+	
00:56+	01:15+	00:50-	08:17+	02:50+	01:59+	01:11+	03:05+	01:22+	01:54-	01:03+	00:47-	
00:14&	00:11#	00:04-	06:32&	00:28#	00:28&	00:02+	00:13+	00:05+	00:23-	00:02+	00:01-	
<b>13</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>										<b>25:43</b>
00:56+	02:36+	03:56+	06:34+	10:12+	13:20+	15:26+	17:38+	19:58+	23:10+	24:41+	25:43+	
00:56+	01:40+	01:20+	02:38+	03:38+	03:08+	02:06+	02:12-	02:20+	03:12+	01:31+	01:02+	
00:14&	00:36&	00:26&	00:53&	01:16&	01:37&	00:57&	00:40-	01:03&	00:55&	00:30&	00:14&	
<b>14</b>	<b>Eli Våge</b>	<b>117</b>										<b>26:52</b>
01:13+	03:08+	04:46+	06:39+	11:26+	13:55+	15:49+	17:56+	20:18+	23:45+	25:44+	26:52+	
01:13+	01:55+	01:38+	01:53+	04:47+	02:29+	01:54+	02:07-	02:22+	03:27+	01:59+	01:08+	
00:31&	00:51&	00:44&	00:08+	02:25&	00:58&	00:45&	00:45-	01:05&	01:10&	00:58&	00:20&	
<b>15</b>	<b>Elin Stueland</b>	<b>5</b>										<b>27:12</b>
01:48+	03:06+	04:08+	05:05+	07:55+	09:54+	11:20+	12:38+	22:32+	24:50+	26:20+	27:12+	
01:48+	01:18+	01:02+	00:57-	02:50+	01:59+	01:26+	01:18-	09:54+	02:18+	01:30+	00:52+	
01:06&	00:14#	00:08#	00:48-	00:28#	00:28&	00:17#	01:34-	08:37&	00:01+	00:29&	00:04+	
<b>16</b>	<b>Linda Haukås</b>	<b>113</b>										<b>27:55</b>
01:00+	02:47+	04:09+	06:12+	10:57+	13:39+	15:37+	17:26+	21:20+	25:06+	26:53+	27:55+	
01:00+	01:47+	01:22+	02:03+	04:45+	02:42+	01:58+	01:49-	03:54+	03:46+	01:47+	01:02+	
00:18&	00:43&	00:28&	00:18#	02:23&	01:11&	00:49&	01:03-	02:37&	01:29&	00:46&	00:14&	
<b>17</b>	<b>Wenke Wannberg</b>	<b>116</b>										<b>28:14</b>
01:09+	02:59+	04:19+	06:55+	11:11+	13:57+	15:42+	18:17+	20:24+	25:38+	27:17+	28:14+	
01:09+	01:50+	01:20+	02:36+	04:16+	02:46+	01:45+	02:35-	02:07+	05:14+	01:39+	00:57+	
00:27&	00:46&	00:26&	00:51&	01:54&	01:15&	00:36&	00:17-	00:50&	02:57&	00:38&	00:09#	
<b>18</b>	<b>Aslaug Neteland</b>	<b>92</b>										<b>28:15</b>
01:09+	02:57+	04:20+	06:56+	11:13+	13:58+	15:43+	18:18+	20:25+	25:33+	27:18+	28:15+	
01:09+	01:48+	01:23+	02:36+	04:17+	02:45+	01:45+	02:35-	02:07+	05:08+	01:45+	00:57+	
00:27&	00:44&	00:29&	00:51&	01:55&	01:14&	00:36&	00:17-	00:50&	02:51&	00:44&	00:09#	
<b>19</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>29:04</b>
01:14+	03:41+	05:18+	06:52+	11:11+	14:15+	16:37+	18:39+	21:17+	25:32+	27:31+	29:04+	
01:14+	02:27+	01:37+	01:34-	04:19+	03:04+	02:22+	02:02-	02:38+	04:15+	01:59+	01:33+	
00:32&	01:23&	00:43&	00:11-	01:57&	01:33&	01:13&	00:50-	01:21&	01:58&	00:58&	00:45&	
<b>20</b>	<b>Esther Boenheim</b>	<b>268</b>										<b>29:16</b>
00:54+	02:24+	03:43+	05:30+	09:25+	11:38+	20:22+	21:57+	23:37+	26:57+	28:20+	29:16+	
00:54+	01:30+	01:19+	01:47+	03:55+	02:13+	08:44+	01:35-	01:40+	03:20+	01:23+	00:56+	
00:12&	00:26&	00:25&	00:02+	01:33&	00:42&	07:35&	01:17-	00:23&	01:03&	00:22&	00:08#	
<b>21</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>30:33</b>
01:01+	02:54+	04:19+	07:24+	10:51+	13:11+	14:55+	18:40+	23:38+	27:47+	29:37+	30:33+	
01:01+	01:53+	01:25+	03:05+	03:27+	02:20+	01:44+	03:45+	04:58+	04:09+	01:50+	00:56+	
00:19&	00:49&	00:31&	01:20&	01:05&	00:49&	00:35&	00:53&	03:41&	01:52&	00:49&	00:08#	
<b>22</b>	<b>Randi Wesetvik</b>	<b>116</b>										<b>30:41</b>
01:14+	03:12+	04:40+	07:17+	12:10+	15:24+	19:10+	21:21+	23:27+	27:22+	29:15+	30:41+	
01:14+	01:58+	01:28+	02:37+	04:53+	03:14+	03:46+	02:11-	02:06+	03:55+	01:53+	01:26+	
00:32&	00:54&	00:34&	00:52&	02:31&	01:43&	02:37&	00:41-	00:49&	01:38&	00:52&	00:38&	
<b>23</b>	<b>Sigrund Serigstad</b>	<b>128</b>										<b>31:55</b>
00:40-	12:35+	13:34+	15:28+	21:20+	23:01+	24:28+	26:04+	27:26+	29:31+	31:03+	31:55+	
00:40-	11:55+	00:59+	01:54+	05:52+	01:41+	01:27+	01:36-	01:22+	02:05-	01:32+	00:52+	
00:02-	10:51&	00:05+	00:09+	03:30&	00:10#	00:18&	01:16-	00:05+	00:12-	00:31&	00:04+	
<b>24</b>	<b>Aase Sveinsvoll</b>	<b>94</b>										<b>33:54</b>
02:00+	04:20+	06:07+	08:29+	13:47+	17:08+	20:00+	22:05+	25:30+	29:46+	32:22+	33:54+	
02:00+	02:20+	01:47+	02:22+	05:18+	03:21+	02:52+	02:05-	03:25+	04:16+	02:36+	01:32+	
01:18&	01:16&	00:53&	00:37&	02:56&	01:50&	01:43&	00:47-	02:08&	01:59&	01:35&	00:44&	

Class	Navn	Klasse										Tid
<b>25</b>	<b>Brit Svihus</b>	<b>92</b>										<b>34:37</b>
02:39+	04:18+	05:47+	07:34+	11:49+	15:46+	17:40+	22:00+	24:46+	31:34+	33:30+	34:37+	
02:39+	01:39+	01:29+	01:47+	04:15+	03:57+	01:54+	04:20+	02:46+	06:48+	01:56+	01:07+	
01:57@	00:35&	00:35&	00:02+	01:53&	02:26@	00:45&	01:28&	01:29@	04:31@	00:55&	00:19&	
<b>26</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>										<b>35:45</b>
01:54+	03:41+	04:43+	06:03+	09:16+	10:59+	13:39+	18:05+	28:08+	33:34+	34:56+	35:45+	
01:54+	01:47+	01:02+	01:20-	03:13+	01:43+	02:40+	04:26+	10:03+	05:26+	01:22+	00:49+	
01:12@	00:43&	00:08#	00:25-	00:51&	00:12#	01:31@	01:34&	08:46@	03:09@	00:21&	00:01+	
<b>27</b>	<b>Marianne Steinkopf</b>	<b>5</b>										<b>38:52</b>
00:47+	08:32+	09:34+	18:55+	22:23+	24:44+	29:13+	31:28+	33:34+	36:26+	37:54+	38:52+	
00:47+	07:45+	01:02+	09:21+	03:28+	02:21+	04:29+	02:15-	02:06+	02:52+	01:28+	00:58+	
00:05#	06:41@	00:08#	07:36@	01:06&	00:50&	03:20@	00:37-	00:49&	00:35&	00:27&	00:10#	
<b>28</b>	<b>Siv Hilde Berg</b>	<b>105</b>										<b>44:51</b>
00:59+	03:06+	04:44+	08:58+	12:55+	15:43+	17:41+	19:29+	22:41+	40:54+	43:20+	44:51+	
00:59+	02:07+	01:38+	04:14+	03:57+	02:48+	01:58+	01:48-	03:12+	18:13+	02:26+	01:31+	
00:17&	01:03&	00:44&	02:29@	01:35&	01:17&	00:49&	01:04-	01:55@	15:56@	01:25@	00:43&	
<b>Beste strekktid for klassen</b>												
00:40	01:04	00:50	00:49	02:22	01:28	01:09	00:52	01:17	01:54	01:01	00:47	

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

## Herrer 16 - 39 år

<b>1</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>										<b>17:28</b>			
01:07=	02:09=	04:26=	05:02=	06:46=	07:14=	07:41=	08:52=	10:10=	11:14=	11:57=	13:53=	15:14=	16:01=	16:50=	17:28=
01:07=	01:02=	02:17=	00:36=	01:44=	00:28=	00:27=	01:11=	01:18=	01:04=	00:43=	01:56=	01:21=	00:47=	00:49=	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=	00:00=	00:00=
<b>2</b>	<b>Svein Magnus Halsne</b>	<b>71</b>										<b>17:39</b>			
00:55-	02:14+	04:09-	04:40-	07:15+	07:44+	08:07+	09:28+	10:48+	12:03+	12:47+	14:13+	15:30+	16:16+	17:01+	17:39+
00:55-	01:19+	01:55-	00:31-	02:35+	00:29+	00:23-	01:21+	01:20+	01:15+	00:44+	01:26-	01:17-	00:46-	00:45-	00:38=
00:12-	00:17&	00:22-	00:05-	00:51&	00:01+	00:04-	00:10#	00:02+	00:11#	00:01+	00:30-	00:04-	00:01-	00:04-	00:00=
<b>3</b>	<b>Andreas Nybak Urdal</b>	<b>118</b>										<b>19:21</b>			
01:06-	02:18+	04:21-	04:55-	06:19-	06:58-	07:34-	08:43-	10:15+	11:57+	12:45+	14:31+	16:16+	17:13+	18:38+	19:21+
01:06-	01:12+	02:03-	00:34-	01:24-	00:39+	00:36+	01:09-	01:32+	01:42+	00:48+	01:46-	01:45+	00:57+	01:25+	00:43+
00:01-	00:10#	00:14-	00:02-	00:20-	00:11&	00:09&	00:02-	00:14#	00:38&	00:05#	00:10-	00:24&	00:10#	00:36&	00:05#
<b>4</b>	<b>Alexander Romanov</b>	<b>3</b>										<b>19:26</b>			
01:10+	02:24+	05:05+	05:39+	07:47+	08:15+	08:43+	09:40+	11:15+	12:33+	13:12+	15:10+	16:59+	17:52+	18:42+	19:26+
01:10+	01:14+	02:41+	00:34-	02:08+	00:28=	00:28+	00:57-	01:35+	01:18+	00:39-	01:58+	01:49+	00:53+	00:50+	00:44+
00:03+	00:12#	00:24#	00:02-	00:24#	00:00=	00:01+	00:14-	00:17#	00:14#	00:04-	00:02+	00:28&	00:06#	00:01+	00:06#
<b>5</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>										<b>20:11</b>			
01:12+	02:41+	04:42+	05:19+	07:03+	07:39+	08:13+	09:41+	11:27+	13:06+	13:52+	15:32+	17:29+	18:27+	19:25+	20:11+
01:12+	01:29+	02:01-	00:37+	01:44=	00:36+	00:34+	01:28+	01:46+	01:39+	00:46+	01:40-	01:57+	00:58+	00:58+	00:46+
00:05+	00:27&	00:16-	00:01+	00:00=	00:08&	00:07&	00:17#	00:28&	00:35&	00:03+	00:16-	00:36&	00:11#	00:09#	00:08#
<b>6</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>20:24</b>			
01:24+	03:41+	05:51+	06:35+	08:22+	09:00+	09:39+	10:37+	12:07+	13:30+	14:18+	16:03+	17:48+	18:48+	19:44+	20:24+
01:24+	02:17+	02:10-	00:44+	01:47+	00:38+	00:39+	00:58-	01:30+	01:23+	00:48+	01:45-	01:45+	01:00+	00:56+	00:40+
00:17&	01:15@	00:07-	00:08#	00:03+	00:10&	00:12&	00:13-	00:12#	00:19&	00:05#	00:11-	00:24&	00:13&	00:07#	00:02+
<b>7</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>21:11</b>			
01:11+	03:05+	05:45+	06:19+	08:15+	08:52+	09:35+	10:34+	12:32+	13:52+	14:45+	16:47+	18:41+	19:36+	20:34+	21:11+
01:11+	01:54+	02:40+	00:34-	01:56+	00:37+	00:43+	00:59-	01:58+	01:20+	00:53+	02:02+	01:54+	00:55+	00:58+	00:37-
00:04+	00:52&	00:23#	00:02-	00:12#	00:09&	00:16&	00:12-	00:40&	00:16#	00:10#	00:06+	00:33&	00:08#	00:09#	00:01-
<b>8</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>										<b>21:34</b>			
01:16+	02:50+	04:52+	05:27+	07:34+	08:25+	09:11+	11:05+	12:43+	14:24+	15:22+	17:14+	19:08+	20:02+	20:56+	21:34+
01:16+	01:34+	02:02-	00:35-	02:07+	00:51+	00:46+	01:54+	01:38+	01:41+	00:58+	01:52-	01:54+	00:54+	00:54+	00:38=
00:09#	00:32&	00:15-	00:01-	00:23#	00:23&	00:19&	00:43&	00:20&	00:37&	00:15&	00:04-	00:33&	00:07#	00:05#	00:00=
<b>9</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>22:41</b>			
01:51+	03:44+	06:23+	07:04+	09:13+	10:25+	11:02+	12:16+	13:52+	15:23+	16:12+	18:05+	19:58+	20:59+	21:56+	22:41+
01:51+	01:53+	02:39+	00:41+	02:09+	01:12+	00:37+	01:14+	01:36+	01:31+	00:49+	01:53-	01:53+	01:01+	00:57+	00:45+
00:44&	00:51&	00:22#	00:05#	00:25#	00:44@	00:10&	00:03+	00:18#	00:27&	00:06#	00:03-	00:32&	00:14&	00:08#	00:07#



Class	Navn	Klasse	Tid												
<b>10</b>	<b>Oddbjørn Oseland</b>	<b>39</b>	<b>24:09</b>												
01:17+	04:20+	06:41+	07:19+	08:46+	09:54+	10:16+	12:35+	14:24+	16:13+	16:57+	20:09+	22:02+	22:49+	23:35+	24:09+
01:17+	03:03+	02:21+	00:38+	01:27-	01:08+	00:22-	02:19+	01:49+	01:49+	00:44+	03:12+	01:53+	00:47=	00:46-	00:34-
00:10#	02:01#	00:04+	00:02+	00:17-	00:40#	00:05-	01:08&	00:31&	00:45&	00:01+	01:16&	00:32&	00:00=	00:03-	00:04-

**Beste strekktid for klassen**

00:55 01:02 01:55 00:31 01:24 00:28 00:22 00:57 01:18 01:04 00:39 01:26 01:17 00:46 00:45 00:34

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

**Herrer 40 - 49 år**

<b>1</b>	<b>Arngrim Utskarpen</b>	<b>117</b>	<b>20:03</b>												
01:21=	02:45=	04:53=	05:35=	07:14=	07:51=	08:31=	09:40=	11:26=	12:50=	13:44=	15:45=	17:33=	18:31=	19:24=	20:03=
01:21=	01:24=	02:08=	00:42=	01:39=	00:37=	00:40=	01:09=	01:46=	01:24=	00:54=	02:01=	01:48=	00:58=	00:53=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>	<b>21:33</b>												
01:19-	02:41-	04:57+	05:37+	08:21+	08:59+	09:35+	11:20+	13:12+	14:36+	15:19+	17:25+	19:04+	19:59+	20:52+	21:33+
01:19-	01:22-	02:16+	00:40-	02:44+	00:38+	00:36-	01:45+	01:52+	01:24=	00:43-	02:06+	01:39-	00:55-	00:53=	00:41+
00:02-	00:02-	00:08+	00:02-	01:05&	00:01+	00:04-	00:36&	00:06+	00:00=	00:11-	00:05+	00:09-	00:03-	00:00=	00:02+

<b>3</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>22:07</b>												
01:18-	02:39-	04:50-	05:32-	07:19+	07:59+	08:42+	10:47+	12:30+	14:10+	14:58+	17:26+	19:17+	20:17+	21:22+	22:07+
01:18-	01:21-	02:11+	00:42=	01:47+	00:40+	00:43+	02:05+	01:43-	01:40+	00:48-	02:28+	01:51+	01:00+	01:05+	00:45+
00:03-	00:03-	00:03+	00:00=	00:08+	00:03+	00:03-	00:56&	00:03-	00:16#	00:06-	00:27#	00:03+	00:02+	00:12#	00:06#

<b>4</b>	<b>Ole-Tobias Frich</b>	<b>116</b>	<b>22:12</b>												
01:26+	02:49+	05:02+	05:47+	07:50+	08:37+	09:21+	11:43+	13:29+	14:50+	15:46+	17:41+	19:28+	20:31+	21:29+	22:12+
01:26+	01:23-	02:13+	00:45+	02:03+	00:47+	00:44+	02:22+	01:46=	01:21-	00:56+	01:55-	01:47-	01:03+	00:58+	00:43+
00:05+	00:01-	00:05+	00:03+	00:24#	00:10&	00:04#	01:13#	00:00=	00:03-	00:02+	00:06-	00:01-	00:05+	00:05+	00:04#

<b>5</b>	<b>Svend Vihovde</b>	<b>116</b>	<b>22:55</b>												
01:23+	03:18+	05:32+	06:24+	08:33+	09:20+	10:08+	12:00+	13:32+	15:14+	16:10+	18:09+	20:00+	21:01+	22:06+	22:55+
01:23+	01:55+	02:14+	00:52+	02:09+	00:47+	00:48+	01:52+	01:32-	01:42+	00:56+	01:59-	01:51+	01:01+	01:05+	00:49+
00:02+	00:31&	00:06+	00:10#	00:30&	00:10&	00:08#	00:43&	00:14-	00:18#	00:02+	00:02-	00:03+	00:03+	00:12#	00:10&

<b>6</b>	<b>Dag Andre Kvernstrøm</b>	<b>66</b>	<b>23:21</b>												
01:22+	03:26+	05:50+	06:33+	10:05+	10:33+	11:12+	12:14+	14:12+	15:48+	16:50+	18:59+	20:47+	21:44+	22:38+	23:21+
01:22+	02:04+	02:24+	00:43+	03:32+	00:28-	00:39-	01:02-	01:58+	01:36+	01:02+	02:09+	01:48=	00:57-	00:54+	00:43+
00:01+	00:40&	00:16#	00:01+	01:53#	00:09-	00:01-	00:07-	00:12#	00:12#	00:08#	00:08+	00:00=	00:01-	00:01+	00:04#

<b>7</b>	<b>Thomas Chruickshank</b>	<b>48</b>	<b>23:39</b>												
01:32+	02:45=	05:40+	06:16+	10:04+	11:17+	12:05+	13:08+	14:59+	16:22+	17:05+	19:17+	20:59+	22:07+	23:00+	23:39+
01:32+	01:13-	02:55+	00:36-	03:48+	01:13+	00:48+	01:03-	01:51+	01:23-	00:43-	02:12+	01:42-	01:08+	00:53=	00:39=
00:11#	00:11-	00:47&	00:06-	02:09#	00:36&	00:08#	00:06-	00:05+	00:01-	00:11-	00:11+	00:06-	00:10#	00:00=	00:00=

<b>8</b>	<b>André Sirevåg</b>	<b>116</b>	<b>26:38</b>												
01:29+	03:11+	06:13+	06:54+	08:52+	09:29+	13:48+	15:07+	17:06+	18:29+	19:29+	21:30+	23:06+	24:14+	25:59+	26:38+
01:29+	01:42+	03:02+	00:41-	01:58+	00:37=	04:19+	01:19+	01:59+	01:23-	01:00+	02:01=	01:36-	01:08+	01:45+	00:39=
00:08+	00:18#	00:54&	00:01-	00:19#	00:00=	03:39#	00:10#	00:13#	00:01-	00:06#	00:00=	00:12-	00:10#	00:52&	00:00=

<b>9</b>	<b>Frode Dyrliid</b>	<b>116</b>	<b>27:10</b>												
02:10+	04:14+	07:24+	08:23+	11:21+	12:25+	13:42+	15:32+	18:07+	19:37+	20:33+	22:29+	24:21+	25:19+	26:21+	27:10+
02:10+	02:04+	03:10+	00:59+	02:58+	01:04+	01:17+	01:50+	02:35+	01:30+	00:56+	01:56-	01:52+	00:58=	01:02+	00:49+
00:49&	00:40&	01:02&	00:17&	01:19&	00:27&	00:37&	00:41&	00:49&	00:06+	00:02+	00:05-	00:04+	00:00=	00:09#	00:10&

<b>10</b>	<b>Knut Husdal</b>	<b>93</b>	<b>28:15</b>												
01:29+	03:37+	06:33+	07:28+	10:23+	11:29+	12:33+	14:15+	16:51+	18:41+	19:57+	22:23+	24:42+	26:00+	27:24+	28:15+
01:29+	02:08+	02:36+	00:55+	02:55+	01:06+	01:04+	01:42+	02:36+	01:50+	01:16+	02:26+	02:19+	01:18+	01:24+	00:51+
00:08+	00:44&	00:48&	00:13&	01:16&	00:29&	00:24&	00:33&	00:50&	00:26&	00:22&	00:25#	00:31&	00:20&	00:31&	00:12&

<b>11</b>	<b>Antal Jansen</b>	<b>115</b>	<b>30:28</b>												
01:35+	03:17+	05:50+	06:37+	11:00+	11:39+	12:18+	13:51+	17:09+	18:47+	19:35+	23:23+	25:06+	26:02+	28:48+	30:28+
01:35+	01:42+	02:33+	00:47+	04:23+	00:39+	00:39-	01:33+	03:18+	01:38+	00:48-	03:48+	01:43-	00:56-	02:46+	01:40+
00:14#	00:18#	00:25#	00:05#	02:44#	00:02+	00:01-	00:24&	01:32&	00:14#	00:06-	01:47&	00:05-	00:02-	01:53#	01:01#

<b>12</b>	<b>Raymond B. Pettersen</b>	<b>105</b>	<b>30:34</b>												
01:27+	03:49+	06:41+	07:37+	11:02+	11:56+	12:39+	15:09+	17:40+	19:48+	20:56+	23:51+	26:38+	27:59+	29:40+	30:34+
01:27+	02:22+	02:52+	00:56+	03:25+	00:54+	00:43+	02:30+	02:31+	02:08+	01:08+	02:55+	02:47+	01:21+	01:41+	00:54+
00:06+	00:58&	00:44&	00:14&	01:46#	00:17&	00:03+	01:21#	00:45&	00:44&	00:14&	00:54&	00:59&	00:23&	00:48&	00:15&

Class	Navn	Klasse											Tid		
<b>13</b>	<b>Jean-Michel Maurice</b>	<b>42</b>											<b>34:00</b>		
05:31+	07:17+	10:09+	10:47+	18:18+	19:07+	19:43+	21:53+	24:02+	25:34+	26:29+	28:54+	30:57+	31:57+	33:17+	34:00+
05:31+	01:46+	02:52+	00:38-	07:31+	00:49+	00:36-	02:10+	02:09+	01:32+	00:55+	02:25+	02:03+	01:00+	01:20+	00:43+
04:10@	00:22&	00:44&	00:04-	05:52@	00:12&	00:04-	01:01&	00:23#	00:08+	00:01+	00:24#	00:15#	00:02+	00:27&	00:04#
<b>14</b>	<b>Terje Undheim</b>	<b>54</b>											<b>36:41</b>		
03:31+	05:50+	08:54+	09:38+	21:39+	22:46+	23:28+	25:52+	27:35+	29:00+	30:16+	32:19+	34:05+	35:08+	36:04+	36:41+
03:31+	02:19+	03:04+	00:44+	12:01+	01:07+	00:42+	02:24+	01:43-	01:25+	01:16+	02:03+	01:46-	01:03+	00:56+	00:37-
02:10@	00:55&	00:56&	00:02+	10:22@	00:30&	00:02+	01:15@	00:03-	00:01+	00:22&	00:02+	00:02-	00:05+	00:03+	00:02-
<b>15</b>	<b>Ryan Squires</b>	<b>42</b>											<b>53:31</b>		
05:50+	08:33+	13:29+	14:16+	31:32+	32:18+	33:00+	37:56+	40:36+	42:47+	44:11+	48:11+	49:56+	51:21+	52:42+	53:31+
05:50+	02:43+	04:56+	00:47+	17:16+	00:46+	00:42+	04:56+	02:40+	02:11+	01:24+	04:00+	01:45-	01:25+	01:21+	00:49+
04:29@	01:19&	02:48@	00:05#	15:37@	00:09#	00:02+	03:47@	00:54&	00:47&	00:30&	01:59&	00:03-	00:27&	00:28&	00:10&
<b>Beste strekktid for klassen</b>															
01:18	01:13	02:08	00:36	01:39	00:28	00:36	01:02	01:32	01:21	00:43	01:55	01:36	00:55	00:53	00:37

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

## Herrer 50 - 59 år

<b>1</b>	<b>Rune Paulsen</b>	<b>98</b>											<b>23:33</b>		
00:45=	03:53=	04:48=	05:58=	09:44=	11:30=	12:26=	15:07=	16:35=	16:50=	17:39=	18:52=	21:53=	22:52=	23:33=	
00:45=	03:08=	00:55=	01:10=	03:46=	01:46=	00:56=	02:41=	01:28=	00:15=	00:49=	01:13=	03:01=	00:59=	00:41=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Per Ingar Hadland</b>	<b>7</b>											<b>23:54</b>		
00:36-	03:42-	04:49+	06:09+	09:19-	11:04-	12:00-	15:00-	16:44+	17:14+	17:53+	19:10+	21:52-	23:02+	23:54+	
00:36-	03:06-	01:07+	01:20+	03:10-	01:45-	00:56=	03:00+	01:44+	00:30+	00:39-	01:17+	02:42-	01:10+	00:52+	
00:09-	00:02-	00:12#	00:10#	00:36-	00:01-	00:00=	00:19#	00:16#	00:15&	00:10-	00:04+	00:19-	00:11#	00:11&	
<b>3</b>	<b>Erling Knutzen</b>	<b>128</b>											<b>24:21</b>		
00:45=	04:05+	05:06+	06:30+	09:47+	11:30=	12:10-	15:12+	17:01+	17:35+	18:20+	19:38+	22:26+	23:30+	24:21+	
00:45=	03:20+	01:01+	01:24+	03:17-	01:43-	00:40-	03:02+	01:49+	00:34+	00:45-	01:18+	02:48-	01:04+	00:51+	
00:00=	00:12+	00:06#	00:14#	00:29-	00:03-	00:16-	00:21#	00:21#	00:19@	00:04-	00:05+	00:13-	00:05+	00:10#	
<b>4</b>	<b>Magnar Møller</b>	<b>62</b>											<b>24:39</b>		
00:41-	03:38-	04:40-	05:58=	09:03-	10:52-	11:50-	14:52-	17:01+	17:17+	17:55+	19:11+	22:35+	23:48+	24:39+	
00:41-	02:57-	01:02+	01:18+	03:05-	01:49+	00:58+	03:02+	02:09+	00:16+	00:38-	01:16+	03:24+	01:13+	00:51+	
00:04-	00:11-	00:07#	00:08#	00:41-	00:03+	00:02+	00:21#	00:41&	00:01+	00:11-	00:03+	00:23#	00:14#	00:10#	
<b>5</b>	<b>Øystein Fuglestad</b>	<b>46</b>											<b>25:13</b>		
00:47+	03:50-	04:50+	06:20+	09:52+	11:47+	12:48+	15:49+	17:33+	17:51+	18:50+	20:14+	23:08+	24:24+	25:13+	
00:47+	03:03-	01:00+	01:30+	03:32-	01:55+	01:01+	03:01+	01:44+	00:18+	00:59+	01:24+	02:54-	01:16+	00:49+	
00:02+	00:05-	00:05+	00:20&	00:14-	00:09+	00:05+	00:20#	00:16#	00:03#	00:10#	00:11#	00:07-	00:17&	00:08#	
<b>6</b>	<b>Frank Hansen</b>	<b>29</b>											<b>25:28</b>		
00:40-	03:38-	04:41-	06:44+	11:19+	12:51+	14:12+	16:57+	18:38+	19:07+	19:42+	20:54+	23:38+	24:37+	25:28+	
00:40-	02:58-	01:03+	02:03+	04:35+	01:32-	01:21+	02:45+	01:41+	00:29+	00:35-	01:12-	02:44-	00:59=	00:51+	
00:05-	00:10-	00:08#	00:53&	00:49#	00:14-	00:25&	00:04+	00:13#	00:14&	00:14-	00:01-	00:17-	00:00=	00:10#	
<b>7</b>	<b>Arne Hetlelid</b>	<b>98</b>											<b>25:56</b>		
00:44-	04:02+	05:13+	06:34+	09:40-	12:32+	13:43+	16:37+	19:00+	19:18+	19:48+	21:21+	23:55+	24:57+	25:56+	
00:44-	03:18+	01:11+	01:21+	03:06-	02:52+	01:11+	02:54+	02:23+	00:18+	00:30-	01:33+	02:34-	01:02+	00:59+	
00:01-	00:10+	00:16&	00:11#	00:40-	01:06&	00:15&	00:13+	00:55&	00:03#	00:19-	00:20&	00:27-	00:03+	00:18&	
<b>8</b>	<b>Trygve Michaelsen</b>	<b>117</b>											<b>26:13</b>		
00:33-	05:08+	06:07+	07:23+	11:12+	13:05+	14:02+	17:11+	19:09+	19:24+	20:13+	21:25+	24:23+	25:26+	26:13+	
00:33-	04:35+	00:59+	01:16+	03:49+	01:53+	00:57+	03:09+	01:58+	00:15=	00:49=	01:12-	02:58-	01:03+	00:47+	
00:12-	01:27&	00:04+	00:06+	00:03+	00:07+	00:01+	00:28#	00:30&	00:00=	00:00=	00:01-	00:03-	00:04+	00:06#	
<b>9</b>	<b>Arne Nygaard</b>	<b>66</b>											<b>27:25</b>		
00:45=	04:05+	05:05+	06:49+	10:46+	13:05+	14:17+	18:03+	19:51+	20:13+	20:51+	22:24+	25:21+	26:35+	27:25+	
00:45=	03:20+	01:00+	01:44+	03:57+	02:19+	01:12+	03:46+	01:48+	00:22+	00:38-	01:33+	02:57-	01:14+	00:50+	
00:00=	00:12+	00:05+	00:34&	00:11+	00:33&	00:16&	01:05&	00:20#	00:07&	00:11-	00:20&	00:04-	00:15&	00:09#	
<b>10</b>	<b>Arne Magne Sondresen</b>	<b>92</b>											<b>27:49</b>		
00:40-	05:04+	05:58+	07:16+	10:06+	12:15+	13:14+	16:02+	17:45+	18:34+	20:02+	21:26+	25:58+	27:02+	27:49+	
00:40-	04:24+	00:54-	01:18+	02:50-	02:09+	00:59+	02:48+	01:43+	00:49+	01:28+	01:24+	04:32+	01:04+	00:47+	
00:05-	01:16&	00:01-	00:08#	00:56-	00:23#	00:03+	00:07+	00:15#	00:34@	00:39&	00:11#	01:31&	00:05+	00:06#	

Class	Navn	Klasse												Tid
<b>11</b>	<b>Lars Primstad</b>	<b>62</b>												<b>28:11</b>
00:43-	03:17-	04:10-	05:33-	11:51+	13:50+	15:25+	18:51+	21:00+	22:12+	22:56+	24:00+	26:39+	27:35+	28:11+
00:43-	02:34-	00:53-	01:23+	06:18+	01:59+	01:35+	03:26+	02:09+	01:12+	00:44-	01:04-	02:39-	00:56-	00:36-
00:02-	00:34-	00:02-	00:13#	02:32&	00:13#	00:39&	00:45&	00:41&	00:57@	00:05-	00:09-	00:22-	00:03-	00:05-
<b>12</b>	<b>Oddvar Dirdal Jonassen</b>	<b>66</b>												<b>28:55</b>
00:52+	04:25+	05:29+	07:00+	11:11+	13:22+	14:00+	17:38+	20:05+	20:42+	21:27+	23:14+	26:41+	28:05+	28:55+
00:52+	03:33+	01:04+	01:31+	04:11+	02:11+	00:38-	03:38+	02:27+	00:37+	00:45-	01:47+	03:27+	01:24+	00:50+
00:07#	00:25#	00:09#	00:21&	00:25#	00:25#	00:18-	00:57&	00:59&	00:22@	00:04-	00:34&	00:26#	00:25&	00:09#
<b>13</b>	<b>Harald Taksdal</b>	<b>236</b>												<b>30:00</b>
00:43-	04:08+	05:24+	07:27+	11:29+	14:48+	15:50+	19:16+	21:22+	21:51+	22:50+	24:21+	27:50+	29:04+	30:00+
00:43-	03:25+	01:16+	02:03+	04:02+	03:19+	01:02+	03:26+	02:06+	00:29+	00:59+	01:31+	03:29+	01:14+	00:56+
00:02-	00:17+	00:21&	00:53&	00:16+	01:33&	00:06#	00:45&	00:38&	00:14&	00:10#	00:18#	00:28#	00:15&	00:15&
<b>14</b>	<b>Ingve Vold</b>	<b>54</b>												<b>33:31</b>
00:41-	04:21+	05:41+	07:27+	12:19+	16:15+	17:24+	20:52+	23:35+	24:02+	25:50+	27:59+	31:25+	32:43+	33:31+
00:41-	03:40+	01:20+	01:46+	04:52+	03:56+	01:09+	03:28+	02:43+	00:27+	01:48+	02:09+	03:26+	01:18+	00:48+
00:04-	00:32#	00:25&	00:36&	01:06&	02:10@	00:13#	00:47&	01:15&	00:12&	00:59@	00:56&	00:25#	00:19&	00:07#
<b>15</b>	<b>Christof Schätz</b>	<b>239</b>												<b>33:59</b>
00:40-	03:45-	04:46-	06:20+	10:28+	13:24+	14:45+	23:43+	25:31+	26:01+	27:18+	28:43+	31:52+	33:00+	33:59+
00:40-	03:05-	01:01+	01:34+	04:08+	02:56+	01:21+	08:58+	01:48+	00:30+	01:17+	01:25+	03:09+	01:08+	00:59+
00:05-	00:03-	00:06#	00:24&	00:22+	01:10&	00:25&	06:17@	00:20#	00:15&	00:28&	00:12#	00:08+	00:09#	00:18&
<b>Beste strekktid for klassen</b>														
00:33	02:34	00:53	01:10	02:50	01:32	00:38	02:41	01:28	00:15	00:30	01:04	02:34	00:56	00:36

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

## Herrer 60 - 64 år

<b>1</b>	<b>Morten Johannessen</b>	<b>7</b>												<b>21:55</b>	
01:47=	03:55=	04:36=	06:35=	08:16=	09:31=	12:02=	13:04=	14:02=	15:18=	15:45=	17:25=	18:10=	19:46=	21:07=	21:55=
01:47=	02:08=	00:41=	01:59=	01:41=	01:15=	02:31=	01:02=	00:58=	01:16=	00:27=	01:40=	00:45=	01:36=	01:21=	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=
<b>2</b>	<b>Espen Krogh</b>	<b>7</b>												<b>23:11</b>	
01:29-	03:34-	04:09-	06:49+	07:41-	08:54-	11:52-	12:54-	13:50-	15:26+	15:54+	17:42+	18:26+	21:11+	22:26+	23:11+
01:29-	02:05-	00:35-	02:40+	00:52-	01:13-	02:58+	01:02=	00:56-	01:36+	00:28+	01:48+	00:44-	02:45+	01:15-	00:45-
00:18-	00:03-	00:06-	00:41&	00:49-	00:02-	00:27#	00:00=	00:02-	00:20&	00:01+	00:08+	00:01-	01:09&	00:06-	00:03-
<b>3</b>	<b>Dag Helliksen</b>	<b>80</b>												<b>23:45</b>	
01:41-	04:02+	04:43+	06:39+	07:28-	08:45-	11:59-	13:16+	14:19+	15:41+	16:09+	18:24+	19:19+	21:09+	22:57+	23:45+
01:41-	02:21+	00:41=	01:56-	00:49-	01:17+	03:14+	01:17+	01:03+	01:22+	00:28+	02:15+	00:55+	01:50+	01:48+	00:48=
00:06-	00:13#	00:00=	00:03-	00:52-	00:02+	00:43&	00:15#	00:05+	00:06+	00:01+	00:35&	00:10#	00:14#	00:27&	00:00=
<b>4</b>	<b>Kjell Skjæveland</b>	<b>166</b>												<b>25:58</b>	
01:44-	04:01+	04:48+	06:47+	08:21+	10:02+	12:37+	13:53+	14:57+	16:03+	16:33+	20:05+	21:05+	23:32+	25:07+	25:58+
01:44-	02:17+	00:47+	01:59=	01:34-	01:41+	02:35+	01:16+	01:04+	01:06-	00:30+	03:32+	01:00+	02:27+	01:35+	00:51+
00:03-	00:09+	00:06#	00:00=	00:07-	00:26&	00:04+	00:14#	00:06#	00:10-	00:03#	01:52@	00:15&	00:51&	00:14#	00:03+
<b>5</b>	<b>Torbjørn Evensen</b>	<b>108</b>												<b>27:00</b>	
01:45-	04:22+	06:03+	08:36+	09:29+	10:57+	14:23+	15:44+	17:17+	18:44+	19:21+	21:24+	22:18+	24:25+	26:07+	27:00+
01:45-	02:37+	01:41+	02:33+	00:53-	01:28+	03:26+	01:21+	01:33+	01:27+	00:37+	02:03+	00:54+	02:07+	01:42+	00:53+
00:02-	00:29#	01:00@	00:34&	00:48-	00:13#	00:55&	00:19&	00:35&	00:11#	00:10&	00:23#	00:09#	00:31&	00:21&	00:05#
<b>6</b>	<b>Olav Tunheim</b>	<b>93</b>												<b>28:40</b>	
01:56+	04:36+	05:21+	07:44+	09:17+	10:38+	13:43+	15:01+	16:12+	20:56+	21:28+	23:43+	24:30+	26:08+	27:57+	28:40+
01:56+	02:40+	00:45+	02:23+	01:33-	01:21+	03:05+	01:18+	01:11+	04:44+	00:32+	02:15+	00:47+	01:38+	01:49+	00:43-
00:09+	00:32#	00:04+	00:24#	00:08-	00:06+	00:34#	00:16&	00:13#	03:28@	00:05#	00:35&	00:02+	00:02+	00:28&	00:05-
<b>7</b>	<b>Agnar Lien</b>	<b>7</b>												<b>31:13</b>	
02:07+	05:08+	06:15+	09:26+	11:32+	13:17+	16:58+	18:31+	19:58+	21:59+	22:40+	25:01+	26:01+	28:18+	30:07+	31:13+
02:07+	03:01+	01:07+	03:11+	02:06+	01:45+	03:41+	01:33+	01:27+	02:01+	00:41+	02:21+	01:00+	02:17+	01:49+	01:06+
00:20#	00:53&	00:26&	01:12&	00:25#	00:30&	01:10&	00:31&	00:29&	00:45&	00:14&	00:41&	00:15&	00:41&	00:28&	00:18&
<b>8</b>	<b>Kjell Lervik</b>	<b>239</b>												<b>34:31</b>	
02:28+	05:51+	07:10+	11:36+	13:25+	15:33+	18:59+	20:41+	22:25+	24:26+	25:01+	28:23+	29:18+	31:35+	33:28+	34:31+
02:28+	03:23+	01:19+	04:26+	01:49+	02:08+	03:26+	01:42+	01:44+	02:01+	00:35+	03:22+	00:55+	02:17+	01:53+	01:03+
00:41&	01:15&	00:38&	02:27@	00:08+	00:53&	00:55&	00:40&	00:46&	00:45&	00:08&	01:42@	00:10#	00:41&	00:32&	00:15&

Class	Navn	Klasse												Tid		
<b>9</b>	<b>Ommund Bakkevold</b>	<b>68</b>												<b>36:25</b>		
	02:25+	05:31+	06:32+	10:26+	12:57+	15:08+	18:52+	20:51+	22:14+	24:09+	25:31+	28:19+	30:39+	33:08+	35:23+	36:25+
	02:25+	03:06+	01:01+	03:54+	02:31+	02:11+	03:44+	01:59+	01:23+	01:55+	01:22+	02:48+	02:20+	02:29+	02:15+	01:02+
	00:38&	00:58&	00:20&	01:55&	00:50&	00:56&	01:13&	00:57&	00:25&	00:39&	00:55&	01:08&	01:35&	00:53&	00:54&	00:14&

**Beste strekktid for klassen**

01:29 02:05 00:35 01:56 00:49 01:13 02:31 01:02 00:56 01:06 00:27 01:40 00:44 01:36 01:15 00:43

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

**Herrer 65 - 69 år**

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>												<b>20:01</b>		
	01:37=	03:38=	04:13=	06:06=	06:49=	08:05=	10:25=	11:29=	12:34=	13:46=	14:08=	15:37=	16:26=	18:01=	19:19=	20:01=
	01:37=	02:01=	00:35=	01:53=	00:43=	01:16=	02:20=	01:04=	01:05=	01:12=	00:22=	01:29=	00:49=	01:35=	01:18=	00:42=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Jan Hetland</b>	<b>29</b>												<b>24:21</b>		
	01:53+	04:19+	05:00+	07:09+	08:12+	09:32+	12:53+	14:06+	15:10+	16:42+	17:18+	19:13+	20:13+	22:22+	23:44+	24:21+
	01:53+	02:26+	00:41+	02:09+	01:03+	01:20+	03:21+	01:13+	01:04-	01:32+	00:36+	01:55+	01:00+	02:09+	01:22+	00:37-
	00:16#	00:25#	00:06#	00:16#	00:20&	00:04+	01:01&	00:09#	00:01-	00:20&	00:14&	00:26&	00:11#	00:34&	00:04+	00:05-

<b>3</b>	<b>Terje Stokkeland</b>	<b>69</b>												<b>25:55</b>		
	01:50+	04:18+	05:04+	07:48+	08:56+	10:29+	13:40+	15:02+	16:09+	17:40+	18:17+	20:36+	21:25+	23:33+	25:02+	25:55+
	01:50+	02:28+	00:46+	02:44+	01:08+	01:33+	03:11+	01:22+	01:07+	01:31+	00:37+	02:19+	00:49=	02:08+	01:29+	00:53+
	00:13#	00:27#	00:11&	00:51&	00:25&	00:17#	00:51&	00:18&	00:02+	00:19&	00:15&	00:50&	00:00=	00:33&	00:11#	00:11&

<b>4</b>	<b>Hans Erik Terjesen</b>	<b>116</b>												<b>25:58</b>		
	01:43+	04:06+	04:48+	07:24+	09:00+	10:22+	13:40+	14:58+	16:16+	17:49+	18:33+	20:39+	21:36+	23:22+	25:06+	25:58+
	01:43+	02:23+	00:42+	02:36+	01:36+	01:22+	03:18+	01:18+	01:18+	01:33+	00:44+	02:06+	00:57+	01:46+	01:44+	00:52+
	00:06+	00:22#	00:07#	00:43&	00:53&	00:06+	00:58&	00:14#	00:13#	00:21&	00:22&	00:37&	00:08#	00:11#	00:26&	00:10#

<b>5</b>	<b>Arne Magne Handeland</b>	<b>92</b>												<b>27:09</b>		
	02:01+	04:40+	05:29+	08:10+	10:09+	11:42+	14:58+	16:26+	17:36+	19:14+	19:53+	21:47+	22:36+	24:43+	26:22+	27:09+
	02:01+	02:39+	00:49+	02:41+	01:59+	01:33+	03:16+	01:28+	01:10+	01:38+	00:39+	01:54+	00:49=	02:07+	01:39+	00:47+
	00:24#	00:38&	00:14&	00:48&	01:16&	00:17#	00:56&	00:24&	00:05+	00:26&	00:17&	00:25&	00:00=	00:32&	00:21&	00:05#

<b>6</b>	<b>Bjarne Gimre</b>	<b>88</b>												<b>27:34</b>		
	01:56+	04:28+	05:13+	10:07+	10:59+	12:26+	15:26+	16:50+	17:58+	19:49+	20:19+	22:14+	23:21+	25:11+	26:45+	27:34+
	01:56+	02:32+	00:45+	04:54+	00:52+	01:27+	03:00+	01:24+	01:08+	01:51+	00:30+	01:55+	01:07+	01:50+	01:34+	00:49+
	00:19#	00:31&	00:10&	03:01&	00:09#	00:11#	00:40&	00:20&	00:03+	00:39&	00:08&	00:26&	00:18&	00:15#	00:16#	00:07#

<b>7</b>	<b>Tom Hetland</b>	<b>5</b>												<b>27:58</b>		
	01:44+	04:15+	05:02+	09:51+	10:32+	12:23+	15:36+	16:58+	18:45+	20:25+	21:04+	22:47+	23:47+	25:37+	27:14+	27:58+
	01:44+	02:31+	00:47+	04:49+	00:41-	01:51+	03:13+	01:22+	01:47+	01:40+	00:39+	01:43+	01:00+	01:50+	01:37+	00:44+
	00:07+	00:30#	00:12&	02:56&	00:02-	00:35&	00:53&	00:18&	00:42&	00:28&	00:17&	00:14#	00:11#	00:15#	00:19#	00:02+

<b>8</b>	<b>Sveinung Tveit</b>	<b>236</b>												<b>29:47</b>		
	02:07+	05:00+	05:47+	07:52+	10:35+	12:01+	15:30+	16:55+	18:14+	21:34+	22:22+	24:19+	25:13+	27:06+	28:48+	29:47+
	02:07+	02:53+	00:47+	02:05+	02:43+	01:26+	03:29+	01:25+	01:19+	03:20+	00:48+	01:57+	00:54+	01:53+	01:42+	00:59+
	00:30&	00:52&	00:12&	00:12#	02:00&	00:10#	01:09&	00:21&	00:14#	02:08&	00:26&	00:28&	00:05#	00:18#	00:24&	00:17&

<b>9</b>	<b>Bjørn Tore Aase</b>	<b>29</b>												<b>31:11</b>		
	02:23+	05:35+	06:33+	10:02+	11:18+	12:53+	16:38+	18:46+	20:05+	22:12+	22:55+	25:12+	26:02+	28:24+	30:10+	31:11+
	02:23+	03:12+	00:58+	03:29+	01:16+	01:35+	03:45+	02:08+	01:19+	02:07+	00:43+	02:17+	00:50+	02:22+	01:46+	01:01+
	00:46&	01:11&	00:23&	01:36&	00:33&	00:19#	01:25&	01:04&	00:14#	00:55&	00:21&	00:48&	00:01+	00:47&	00:28&	00:19&

<b>10</b>	<b>Jan Inge Lunde</b>	<b>88</b>												<b>31:13</b>		
	02:06+	05:07+	06:05+	10:18+	11:12+	13:30+	17:01+	18:38+	20:04+	22:01+	22:38+	24:36+	25:43+	28:31+	30:19+	31:13+
	02:06+	03:01+	00:58+	04:13+	00:54+	02:18+	03:31+	01:37+	01:26+	01:57+	00:37+	01:58+	01:07+	02:48+	01:48+	00:54+
	00:29&	01:00&	00:23&	02:20&	00:11&	01:02&	01:11&	00:33&	00:21&	00:45&	00:15&	00:29&	00:18&	01:13&	00:30&	00:12&

<b>11</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>												<b>38:45</b>		
	02:21+	05:26+	06:14+	11:26+	12:40+	16:59+	21:07+	23:03+	25:06+	27:10+	28:15+	30:57+	32:24+	34:50+	37:45+	38:45+
	02:21+	03:05+	00:48+	05:12+	01:14+	04:19+	04:08+	01:56+	02:03+	02:04+	01:05+	02:42+	01:27+	02:26+	02:55+	01:00+
	00:44&	01:04&	00:13&	03:19&	00:31&	03:03&	01:48&	00:52&	00:58&	00:52&	00:43&	01:13&	00:38&	00:51&	01:37&	00:18&

**Beste strekktid for klassen**

01:37 02:01 00:35 01:53 00:41 01:16 02:20 01:04 01:04 01:12 00:22 01:29 00:49 01:35 01:18 00:37

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

Class	Navn	Klasse	Tid
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## Herrer 70 - 74 år

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

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

## Herrer 75 - 79 år

<b>1</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>24:51</b>									
01:35=	04:01=	07:15=	08:26=	11:31=	13:57=	15:19=	15:58=	18:55=	21:01=	22:35=	23:51=	24:51=
01:35=	02:26=	03:14=	01:11=	03:05=	02:26=	01:22=	00:39=	02:57=	02:06=	01:34=	01:16=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Knut Skjæveland</b>	<b>93</b>	<b>25:00</b>									
01:42+	03:57-	08:36+	09:45+	11:51+	14:14+	15:31+	16:10+	18:41-	20:52-	22:42+	23:58+	25:00+
01:42+	02:15-	04:39+	01:09-	02:06-	02:23-	01:17-	00:39=	02:31-	02:11+	01:50+	01:16=	01:02+
00:07+	00:11-	01:25&	00:02-	00:59-	00:03-	00:05-	00:00=	00:26-	00:05+	00:16#	00:00=	00:02+
<b>3</b>	<b>Tormod Aaslid</b>	<b>54</b>	<b>25:47</b>									
01:57+	03:59-	07:26+	08:51+	11:32+	13:38-	14:54-	15:31-	19:01+	21:25+	23:27+	24:58+	25:47+
01:57+	02:02-	03:27+	01:25+	02:41-	02:06-	01:16-	00:37-	03:30+	02:24+	02:02+	01:31+	00:49-
00:22#	00:24-	00:13+	00:14#	00:24-	00:20-	00:06-	00:02-	00:33#	00:18#	00:28&	00:15#	00:11-

Class	Navn	Klasse										Tid	
<b>4</b>	<b>Jan Værp</b>	<b>62</b>										<b>26:26</b>	
	01:53+	04:11+	09:20+	10:38+	13:07+	15:32+	17:16+	17:58+	20:30+	22:42+	24:23+	25:36+	26:26+
	01:53+	02:18-	05:09+	01:18+	02:29-	02:25-	01:44+	00:42+	02:32-	02:12+	01:41+	01:13-	00:50-
	00:18#	00:08-	01:55&	00:07+	00:36-	00:01-	00:22&	00:03+	00:25-	00:06+	00:07+	00:03-	00:10-
<b>5</b>	<b>Geir Husdal</b>	<b>93</b>										<b>26:47</b>	
	01:47+	04:31+	07:12-	08:27+	11:00-	13:24-	14:30-	15:12-	21:17+	23:26+	24:46+	25:56+	26:47+
	01:47+	02:44+	02:41-	01:15+	02:33-	02:24-	01:06-	00:42+	06:05+	02:09+	01:20-	01:10-	00:51-
	00:12#	00:18#	00:33-	00:04+	00:32-	00:02-	00:16-	00:03+	03:08@	00:03+	00:14-	00:06-	00:09-
<b>6</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>26:50</b>	
	02:09+	05:06+	08:46+	10:48+	13:32+	16:00+	17:17+	18:01+	20:26+	22:41+	24:18+	25:56+	26:50+
	02:09+	02:57+	03:40+	02:02+	02:44-	02:28+	01:17-	00:44+	02:25-	02:15+	01:37+	01:38+	00:54-
	00:34&	00:31#	00:26#	00:51&	00:21-	00:02+	00:05-	00:05#	00:32-	00:09+	00:03+	00:22&	00:06-
<b>7</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>27:07</b>	
	01:40+	03:53-	07:13-	10:36+	13:59+	16:17+	18:06+	18:41+	20:58+	23:11+	24:47+	26:08+	27:07+
	01:40+	02:13-	03:20+	03:23+	03:23+	02:18-	01:49+	00:35-	02:17-	02:13+	01:36+	01:21+	00:59-
	00:05+	00:13-	00:06+	02:12@	00:18+	00:08-	00:27&	00:04-	00:40-	00:07+	00:02+	00:05+	00:01-
<b>8</b>	<b>Harald Vatne</b>	<b>67</b>										<b>27:53</b>	
	03:11+	06:00+	09:53+	11:51+	14:40+	17:03+	18:24+	19:09+	21:33+	23:46+	25:23+	27:02+	27:53+
	03:11+	02:49+	03:53+	01:58+	02:49-	02:23-	01:21-	00:45+	02:24-	02:13+	01:37+	01:39+	00:51-
	01:36@	00:23#	00:39#	00:47&	00:16-	00:03-	00:01-	00:06#	00:33-	00:07+	00:03+	00:23&	00:09-
<b>9</b>	<b>Terje Braut</b>	<b>92</b>										<b>30:20</b>	
	02:08+	04:41+	08:23+	12:04+	14:55+	18:08+	19:44+	20:23+	22:52+	25:13+	27:37+	29:18+	30:20+
	02:08+	02:33+	03:42+	03:41+	02:51-	03:13+	01:36+	00:39#	02:29-	02:21+	02:24+	01:41+	01:02+
	00:33&	00:07+	00:28#	02:30@	00:14-	00:47&	00:14#	00:00#	00:28-	00:15#	00:50&	00:25&	00:02+
<b>10</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>34:47</b>	
	02:07+	05:55+	09:04+	10:30+	13:35+	15:54+	17:21+	17:55+	20:32+	30:35+	32:24+	33:43+	34:47+
	02:07+	03:48+	03:09-	01:26+	03:05#	02:19-	01:27+	00:34-	02:37-	10:03+	01:49+	01:19+	01:04+
	00:32&	01:22&	00:05-	00:15#	00:00#	00:07-	00:05+	00:05-	00:20-	07:57@	00:15#	00:03+	00:04+
<b>11</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>34:58</b>	
	02:37+	05:37+	09:56+	12:12+	16:12+	19:51+	21:38+	22:27+	25:57+	29:02+	31:14+	33:19+	34:58+
	02:37+	03:00+	04:19+	02:16+	04:00+	03:39+	01:47+	00:49+	03:30+	03:05+	02:12+	02:05+	01:39+
	01:02&	00:34#	01:05&	01:05&	00:55&	01:13&	00:25&	00:10&	00:33#	00:59&	00:38&	00:49&	00:39&
<b>12</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>35:51</b>	
	02:09+	05:23+	09:48+	11:28+	15:16+	18:24+	20:49+	22:33+	26:36+	30:46+	32:34+	34:39+	35:51+
	02:09+	03:14+	04:25+	01:40+	03:48+	03:08+	02:25+	01:44+	04:03+	04:10+	01:48+	02:05+	01:12+
	00:34&	00:48&	01:11&	00:29&	00:43#	00:42&	01:03&	01:05@	01:06&	02:04&	00:14#	00:49&	00:12#
<b>13</b>	<b>Odd Aarreberg</b>	<b>5</b>										<b>38:28</b>	
	03:19+	06:17+	10:48+	14:08+	20:56+	24:01+	25:46+	26:45+	30:10+	32:48+	35:54+	37:19+	38:28+
	03:19+	02:58+	04:31+	03:20+	06:48+	03:05+	01:45+	00:59+	03:25+	02:38+	03:06+	01:25+	01:09+
	01:44@	00:32#	01:17&	02:09@	03:43@	00:39&	00:23&	00:20&	00:28#	00:32&	01:32&	00:09#	00:09#
<b>14</b>	<b>Alf Gyland</b>	<b>92</b>										<b>40:20</b>	
	03:46+	06:21+	10:05+	12:01+	19:32+	24:15+	25:41+	27:11+	30:52+	33:25+	37:33+	39:09+	40:20+
	03:46+	02:35+	03:44+	01:56+	07:31+	04:43+	01:26+	01:30+	03:41+	02:33+	04:08+	01:36+	01:11+
	02:11@	00:09+	00:30#	00:45&	04:26@	02:17&	00:04+	00:51@	00:44#	00:27#	02:34@	00:20&	00:11#
<b>15</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>42:05</b>	
	03:20+	11:10+	15:48+	18:04+	22:12+	26:08+	27:59+	28:49+	32:36+	36:02+	38:22+	40:26+	42:05+
	03:20+	07:50+	04:38+	02:16+	04:08+	04:08+	01:51+	00:50+	03:47+	03:26+	02:20+	02:04+	01:39+
	01:45@	05:24@	01:24&	01:05&	01:03&	01:30&	00:29&	00:11&	00:50&	01:20&	00:46&	00:48&	00:39&
<b>16</b>	<b>Arne Tveita</b>	<b>109</b>										<b>42:27</b>	
	03:56+	06:42+	12:10+	19:28+	23:34+	26:26+	30:22+	31:00+	34:50+	37:56+	39:38+	41:24+	42:27+
	03:56+	02:46+	05:28+	07:18+	04:06+	02:52+	03:56+	00:38-	03:50+	03:06+	01:42+	01:46+	01:03+
	02:21@	00:20#	02:14&	06:07@	01:01&	00:26#	02:34@	00:01-	00:53&	01:00&	00:08+	00:30&	00:03+
<b>17</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>47:13</b>	
	06:30+	10:35+	16:16+	20:57+	25:09+	29:45+	31:46+	33:46+	37:49+	42:16+	44:03+	45:56+	47:13+
	06:30+	04:05+	05:41+	04:41+	04:12+	04:36+	02:01+	02:00+	04:03+	04:27+	01:47+	01:53+	01:17+
	04:55@	01:39&	02:27&	03:30@	01:07&	02:10&	00:39&	01:21@	01:06&	02:21@	00:13#	00:37&	00:17&
<b>Beste strekktid for klassen</b>													
	01:35	02:02	02:41	01:09	02:06	02:06	01:06	00:34	02:17	02:06	01:20	01:10	00:49

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

Class	Navn	Klasse	Tid
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## Herrer 80 år og eldre

**1 Magne Jakobsen 63 28:52**

00:54= 04:27= 07:17= 10:30= 13:04= 14:56= 17:11= 20:05= 22:12= 24:55= 26:17= 27:50= 28:52=  
 00:54= 03:33= 02:50= 03:13= 02:34= 01:52= 02:15= 02:54= 02:07= 02:43= 01:22= 01:33= 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 Arne Karlsen 105 33:02**

01:01+ 04:07- 06:48- 09:16- 14:15+ 16:27+ 19:35+ 22:44+ 25:10+ 28:42+ 30:16+ 31:54+ 33:02+  
 01:01+ 03:06- 02:41- 02:28- 04:59+ 02:12+ 03:08+ 03:09+ 02:26+ 03:32+ 01:34+ 01:38+ 01:08+  
 00:07# 00:27- 00:09- 00:45- 02:25& 00:20# 00:53& 00:15+ 00:19# 00:49& 00:12# 00:05+ 00:06+

**3 Sigurd Krosli 93 38:59**

01:29+ 08:25+ 10:50+ 14:00+ 19:30+ 21:27+ 23:38+ 27:23+ 29:34+ 32:22+ 34:02+ 37:58+ 38:59+  
 01:29+ 06:56+ 02:25- 03:10- 05:30+ 01:57+ 02:11- 03:45+ 02:11+ 02:48+ 01:40+ 03:56+ 01:01-  
 00:35& 03:23& 00:25- 00:03- 02:56& 00:05+ 00:04- 00:51& 00:04+ 00:05+ 00:18# 02:23& 00:01-

### Beste strekktid for klassen

00:54 03:06 02:25 02:28 02:34 01:52 02:11 02:54 02:07 02:43 01:22 01:33 01:01

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

## Herrer A

**1 Fredrik Omdal 74 20:10**

00:39= 02:29= 03:16= 04:16= 05:03= 07:20= 08:41= 09:35= 11:00= 11:52= 12:34= 13:37= 14:12= 15:26= 16:35= 17:08= 18:51= 19:35= 20:10=  
 00:39= 01:50= 00:47= 01:00= 00:47= 02:17= 01:21= 00:54= 01:25= 00:52= 00:42= 01:03= 00:35= 01:14= 01:09= 00:33= 01:43= 00:44= 00:35=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Markus Breivold 92 21:37**

00:43+ 02:32+ 03:12- 04:03- 04:49- 07:29+ 08:55+ 09:37+ 11:02+ 12:01+ 13:27+ 14:28+ 15:02+ 16:26+ 17:36+ 18:21+ 20:15+ 21:02+ 21:37+  
 00:43+ 01:49- 00:40- 00:51- 00:46- 02:40+ 01:26+ 00:42- 01:25= 00:59+ 01:26+ 01:01- 00:34- 01:24+ 01:10+ 00:45+ 01:54+ 00:47+ 00:35=  
 00:04# 00:01- 00:07- 00:09- 00:01- 00:23# 00:05+ 00:12- 00:00= 00:07# 00:44@ 00:02- 00:01- 00:10# 00:01+ 00:12& 00:11# 00:03+ 00:00=

**3 Erik Lima 43 21:57**

00:46+ 02:41+ 03:31+ 04:31+ 05:21+ 07:42+ 09:13+ 10:02+ 11:35+ 12:53+ 13:38+ 14:50+ 15:29+ 16:43+ 18:01+ 18:43+ 20:36+ 21:25+ 21:57+  
 00:46+ 01:55+ 00:50+ 01:00= 00:50+ 02:21+ 01:31+ 00:49- 01:33+ 01:18+ 00:45+ 01:12+ 00:39+ 01:14= 01:18+ 00:42+ 01:53+ 00:49+ 00:32-  
 00:07# 00:05+ 00:03+ 00:00= 00:03+ 00:04+ 00:10# 00:05- 00:08+ 00:26& 00:03+ 00:09# 00:04# 00:00= 00:09# 00:09& 00:10+ 00:05# 00:03-

**4 Øyvind Lamark 46 23:26**

00:44+ 02:49+ 03:44+ 04:50+ 05:42+ 08:23+ 09:59+ 10:58+ 12:37+ 13:38+ 14:39+ 16:00+ 16:45+ 18:04+ 19:17+ 19:58+ 21:56+ 22:47+ 23:26+  
 00:44+ 02:05+ 00:55+ 01:06+ 00:52+ 02:41+ 01:36+ 00:59+ 01:39+ 01:01+ 01:01+ 01:21+ 00:45+ 01:19+ 01:13+ 00:41+ 01:58+ 00:51+ 00:39+  
 00:05# 00:15# 00:08# 00:06# 00:05# 00:24# 00:15# 00:05+ 00:14# 00:09# 00:19& 00:18& 00:10& 00:05+ 00:04+ 00:08# 00:15# 00:07# 00:04#

### Beste strekktid for klassen

00:39 01:49 00:40 00:51 00:46 02:17 01:21 00:42 01:25 00:52 00:42 01:01 00:34 01:14 01:09 00:33 01:43 00:44 00:32

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

## Herrer B

**1 Aart Joakim in't Veld 93 21:58**

00:44= 02:38= 03:21= 04:16= 05:16= 07:43= 09:12= 10:09= 11:44= 12:39= 13:25= 14:29= 15:07= 16:31= 17:56= 18:27= 20:36= 21:23= 21:58=  
 00:44= 01:54= 00:43= 00:55= 01:00= 02:27= 01:29= 00:57= 01:35= 00:55= 00:46= 01:04= 00:38= 01:24= 01:25= 00:31= 02:09= 00:47= 00:35=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Geir Sand 105 22:54**

00:43- 02:39+ 03:27+ 04:35+ 05:25+ 08:18+ 09:44+ 10:44+ 12:20+ 13:18+ 14:05+ 15:17+ 16:18+ 17:50+ 19:03+ 19:39+ 21:33+ 22:19+ 22:54+  
 00:43- 01:56+ 00:48+ 01:08+ 00:50- 02:53+ 01:26- 01:00+ 01:36+ 00:58+ 00:47+ 01:12+ 01:01+ 01:32+ 01:13- 00:36+ 01:54- 00:46- 00:35=  
 00:01- 00:02+ 00:05# 00:13# 00:10- 00:26# 00:03- 00:03+ 00:01+ 00:03+ 00:01+ 00:08# 00:23& 00:08+ 00:12- 00:05# 00:15- 00:01- 00:00=

**3 Joar Eilevstjønn 67 23:18**

00:47+ 02:47+ 03:38+ 04:42+ 05:42+ 08:50+ 10:16+ 11:12+ 12:43+ 13:38+ 14:22+ 15:37+ 16:39+ 18:09+ 19:24+ 19:55+ 21:56+ 22:45+ 23:18+  
 00:47+ 02:00+ 00:51+ 01:04+ 01:00= 03:08+ 01:26- 00:56- 01:31- 00:55= 00:44- 01:15+ 01:02+ 01:30+ 01:15- 00:31= 02:01- 00:49+ 00:33-  
 00:03+ 00:06+ 00:08# 00:09# 00:00= 00:41& 00:03- 00:01- 00:04- 00:00= 00:02- 00:11# 00:24& 00:06+ 00:10- 00:00= 00:08- 00:02+ 00:02-

Class	Navn	Klasse											Tid					
<b>4</b>	<b>Njål F. Vadla</b>	<b>93</b>											<b>24:13</b>					
00:51+	02:55+	03:45+	04:49+	05:44+	08:18+	09:56+	10:51+	12:37+	13:38+	14:30+	16:06+	16:48+	18:18+	19:39+	20:17+	22:29+	23:25+	24:13+
00:51+	02:04+	00:50+	01:04+	00:55-	02:34+	01:38+	00:55-	01:46+	01:01+	00:52+	01:36+	00:42+	01:30+	01:21-	00:38+	02:12+	00:56+	00:48+
00:07#	00:10+	00:07#	00:09#	00:05-	00:07+	00:09#	00:02-	00:11#	00:06#	00:06#	00:32&	00:04#	00:06+	00:04-	00:07#	00:03+	00:09#	00:13&
<b>5</b>	<b>Stein Arne Olsen</b>	<b>68</b>											<b>24:57</b>					
00:46+	03:02+	03:54+	05:13+	06:07+	08:50+	10:45+	11:45+	13:34+	14:39+	15:34+	16:46+	17:28+	19:04+	20:34+	21:19+	23:22+	24:16+	24:57+
00:46+	02:16+	00:52+	01:19+	00:54-	02:43+	01:55+	01:00+	01:49+	01:05+	00:55+	01:12+	00:42+	01:36+	01:30+	00:45+	02:03-	00:54+	00:41+
00:02+	00:22#	00:09#	00:24&	00:06-	00:16#	00:26&	00:03+	00:14#	00:10#	00:09#	00:08#	00:04#	00:12#	00:05+	00:14&	00:06-	00:07#	00:06#
<b>6</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>											<b>25:46</b>					
00:49+	02:54+	03:46+	05:47+	09:35+	11:00+	11:50+	13:31+	14:52+	15:46+	17:00+	18:01+	19:30+	20:54+	21:47+	24:05+	25:05+	25:46+	
00:49+	02:05+	00:52+	01:05+	00:56-	03:48+	01:25-	00:50-	01:41+	01:21+	00:54+	01:14+	01:01+	01:29+	01:24-	00:53+	02:18+	01:00+	00:41+
00:05#	00:11+	00:09#	00:10#	00:04-	01:21&	00:04-	00:07-	00:06+	00:26&	00:08#	00:10#	00:23&	00:05+	00:01-	00:22&	00:09+	00:13&	00:06#
<b>7</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>											<b>25:59</b>					
00:47+	02:54+	03:44+	04:49+	05:43+	09:04+	10:38+	11:42+	13:26+	14:29+	15:27+	16:55+	17:56+	19:40+	21:22+	22:01+	24:29+	25:21+	25:59+
00:47+	02:07+	00:50+	01:05+	00:54-	03:21+	01:34+	01:04+	01:44+	01:03+	00:58+	01:28+	01:01+	01:44+	01:42+	00:39+	02:28+	00:52+	00:38+
00:03+	00:13#	00:07#	00:10#	00:06-	00:54&	00:05+	00:07#	00:09+	00:08#	00:12&	00:24&	00:23&	00:20#	00:17#	00:08&	00:19#	00:05#	00:03+
<b>8</b>	<b>Per Olav Haarr</b>	<b>62</b>											<b>26:09</b>					
00:44=	02:44+	03:33+	04:36+	05:30+	08:15+	11:03+	11:57+	13:42+	14:46+	15:37+	17:08+	17:53+	19:25+	20:50+	21:25+	24:34+	25:28+	26:09+
00:44=	02:00+	00:49+	01:03+	00:54-	02:45+	02:48+	00:54-	01:45+	01:04+	00:51+	01:31+	00:45+	01:32+	01:25=	00:35+	03:09+	00:54+	00:41+
00:00=	00:06+	00:06#	00:08#	00:06-	00:18#	01:19&	00:03-	00:10#	00:09#	00:05#	00:27&	00:07#	00:08+	00:00=	00:04#	01:00&	00:07#	00:06#
<b>9</b>	<b>Svein Erik Kvame</b>	<b>116</b>											<b>28:13</b>					
00:51+	03:28+	04:21+	05:31+	06:35+	10:21+	11:57+	13:00+	14:58+	16:18+	17:10+	18:36+	19:58+	21:33+	23:03+	24:03+	26:26+	27:25+	28:13+
00:51+	02:37+	00:53+	01:10+	01:04+	03:46+	01:36+	01:03+	01:20+	00:52+	01:26+	01:22+	01:35+	01:35+	01:30+	01:00+	02:23+	00:59+	00:48+
00:07#	00:43&	00:10#	00:15&	00:04+	01:19&	00:07+	00:06#	00:23#	00:25&	00:06#	00:22&	00:44&	00:11#	00:05+	00:29&	00:14#	00:12&	00:13&
<b>10</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>											<b>30:13</b>					
00:53+	03:34+	04:44+	05:57+	07:13+	10:59+	13:22+	14:35+	16:37+	17:44+	18:48+	20:26+	21:24+	23:22+	25:00+	25:46+	28:18+	29:21+	30:13+
00:53+	02:41+	01:10+	01:13+	01:16+	03:46+	02:23+	01:13+	02:02+	01:07+	01:04+	01:38+	00:58+	01:58+	01:38+	00:46+	02:32+	01:03+	00:52+
00:09#	00:47&	00:27&	00:18&	00:16&	01:19&	00:54&	00:16&	00:27&	00:12#	00:18&	00:34&	00:20&	00:34&	00:13#	00:15&	00:23#	00:16&	00:17&
<b>Beste strekktid for klassen</b>																		
00:43	01:54	00:43	00:55	00:50	02:27	01:25	00:50	01:31	00:55	00:44	01:04	00:38	01:24	01:13	00:31	01:54	00:46	00:33

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

## Herrer C

<b>1</b>	<b>Kjetil Wirak</b>	<b>114</b>											<b>20:21</b>			
01:00=	04:00=	04:50=	05:51=	06:45=	09:43=	10:25=	11:07=	12:25=	13:32=	14:34=	14:53=	16:18=	18:05=	18:49=	19:40=	20:21=
01:00=	03:00=	00:50=	01:01=	00:54=	02:58=	00:42=	00:42=	01:18=	01:07=	01:02=	00:19=	01:25=	01:47=	00:44=	00:51=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Nils John Vestøl</b>	<b>83</b>											<b>22:04</b>			
00:58-	03:59-	04:57+	06:02+	07:01+	10:16+	10:59+	11:42+	13:10+	14:24+	15:34+	16:00+	17:45+	19:46+	20:32+	21:28+	22:04+
00:58-	03:01+	00:58+	01:05+	00:59+	03:15+	00:43+	00:43+	01:28+	01:14+	01:10+	00:26+	01:45+	02:01+	00:46+	00:56+	00:36-
00:02-	00:01+	00:08#	00:04+	00:05+	00:17+	00:01+	00:01+	00:10#	00:07#	00:08#	00:07&	00:20#	00:14#	00:02+	00:05+	00:05-
<b>3</b>	<b>Paul Terje Haarr</b>	<b>62</b>											<b>22:59</b>			
01:11+	04:25+	05:26+	06:43+	07:45+	11:03+	11:47+	12:39+	14:13+	15:33+	16:40+	17:06+	18:29+	20:28+	21:15+	22:16+	22:59+
01:11+	03:14+	01:01+	01:17+	01:02+	03:18+	00:44+	00:52+	01:34+	01:20+	01:07+	00:26+	01:23-	01:59+	00:47+	01:01+	00:43+
00:11#	00:14+	00:11#	00:16&	00:08#	00:20#	00:02+	00:10#	00:16#	00:13#	00:05+	00:07&	00:02-	00:12#	00:03+	00:10#	00:02+
<b>4</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>											<b>23:08</b>			
01:12+	04:27+	05:22+	06:43+	07:50+	11:23+	12:06+	12:54+	14:15+	15:36+	16:47+	17:13+	18:42+	20:35+	21:27+	22:26+	23:08+
01:12+	03:15+	00:55+	01:21+	01:07+	03:33+	00:43+	00:48+	01:21+	01:21+	01:11+	00:26+	01:29+	01:53+	00:52+	00:59+	00:42+
00:12#	00:15+	00:05#	00:20&	00:13#	00:35#	00:01+	00:06#	00:03+	00:14#	00:09#	00:07&	00:04+	00:06+	00:08#	00:08#	00:01+
<b>5</b>	<b>Otte Omdal</b>	<b>65</b>											<b>23:33</b>			
01:02+	04:13+	05:01+	06:27+	07:19+	13:04+	13:32+	14:18+	15:36+	16:50+	17:52+	18:12+	19:28+	21:10+	21:57+	22:52+	23:33+
01:02+	03:11+	00:48-	01:26+	00:52-	05:45+	00:28+	00:46+	01:18=	01:14+	01:02=	00:20+	01:16-	01:42-	00:47+	00:55+	00:41=
00:02+	00:11+	00:02-	00:25&	00:02-	02:47&	00:14-	00:04+	00:00=	00:07#	00:00=	00:01+	00:09-	00:05-	00:03+	00:04+	00:00=
<b>6</b>	<b>Bertrand Denieul</b>	<b>42</b>											<b>23:45</b>			
01:21+	04:45+	05:38+	06:51+	07:53+	11:35+	12:31+	13:26+	15:09+	16:22+	17:30+	17:53+	19:29+	21:26+	22:15+	23:08+	23:45+
01:21+	03:24+	00:53+	01:13+	01:02+	03:42+	00:56+	00:55+	01:43+	01:13+	01:08+	00:23+	01:36+	01:57+	00:49+	00:53+	00:37-
00:21&	00:24#	00:03+	00:12#	00:08#	00:44#	00:14&	00:13&	00:25&	00:06+	00:06+	00:04#	00:11#	00:10+	00:05#	00:02+	00:04-



Class	Navn	Klasse												Tid		
<b>7</b>	<b>Øivind Berggraf</b>	<b>116</b>												<b>28:15</b>		
01:03+	04:26+	07:28+	08:51+	09:52+	14:23+	15:05+	16:00+	17:40+	19:11+	20:25+	21:00+	22:38+	24:57+	26:30+	27:28+	28:15+
01:03+	03:23+	03:02+	01:23+	01:01+	04:31+	00:42=	00:55+	01:40+	01:31+	01:14+	00:35+	01:38+	02:19+	01:33+	00:58+	00:47+
00:03+	00:23#	02:12@	00:22&	00:07#	01:33&	00:00=	00:13&	00:22&	00:24&	00:12#	00:16&	00:13#	00:32&	00:49@	00:07#	00:06#
<b>8</b>	<b>Øistein Haaland</b>	<b>116</b>												<b>30:27</b>		
01:12+	04:37+	05:32+	08:09+	09:30+	15:38+	16:38+	17:38+	19:14+	20:50+	22:09+	22:43+	25:18+	27:23+	26:38+	29:39+	30:27+
01:12+	03:25+	00:55+	02:37+	01:21+	06:08+	01:00+	01:00+	01:36+	01:36+	01:19+	00:34+	02:35+	02:05+	01:15+	01:01+	00:48+
00:12#	00:25#	00:05#	01:36@	00:27&	03:10@	00:18&	00:18&	00:18#	00:29&	00:17&	00:15&	01:10&	00:18#	00:31&	00:10#	00:07#
<b>Beste strekktid for klassen</b>																
00:58	03:00	00:48	01:01	00:52	02:58	00:28	00:42	01:18	01:07	01:02	00:19	01:16	01:42	00:44	00:51	00:36

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

## Herrer Trim

<b>1</b>	<b>Bruno Pierfelice</b>	<b>51</b>												<b>18:14</b>		
00:30=	02:35=	04:11=	06:01=	07:35=	08:34=	10:09=	11:53=	13:13=	15:10=	16:17=	17:24=	18:14=				
00:30=	02:05=	01:36=	01:50=	01:34=	00:59=	01:35=	01:44=	01:20=	01:57=	01:07=	01:07=	00:50=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Pål Wathne</b>	<b>74</b>												<b>18:40</b>		
00:37+	02:23-	03:54-	05:44-	07:11-	08:29-	10:07-	13:27+	14:47+	16:22+	17:15+	18:04+	18:40+				
00:37+	01:46-	01:31-	01:50=	01:27-	01:18+	01:38+	03:20+	01:20=	01:35-	00:53-	00:49-	00:36-				
00:07#	00:19-	00:05-	00:00=	00:07-	00:19&	00:03+	01:36&	00:00=	00:22-	00:14-	00:18-	00:14-				
<b>3</b>	<b>Johan Dahl</b>	<b>116</b>												<b>21:26</b>		
00:45+	03:08+	05:24+	07:16+	09:08+	10:41+	12:25+	14:26+	16:07+	18:14+	19:28+	20:40+	21:26+				
00:45+	02:23+	02:16+	01:52+	01:52+	01:33+	01:44+	02:01+	01:41+	02:07+	01:14+	01:12+	00:46-				
00:15&	00:18#	00:40&	00:02+	00:18#	00:34&	00:09+	00:17#	00:21&	00:10+	00:07#	00:05+	00:04-				
<b>4</b>	<b>Eilef Foss</b>	<b>27</b>												<b>21:41</b>		
00:43+	02:40+	04:24+	06:18+	07:51+	09:19+	11:10+	15:18+	16:51+	18:40+	19:56+	21:07+	21:41+				
00:43+	01:57-	01:44+	01:54+	01:33-	01:28+	01:51+	04:08+	01:33+	01:49-	01:16+	01:11+	00:34-				
00:13&	00:08-	00:08+	00:04+	00:01-	00:29&	00:16#	02:24@	00:13#	00:08-	00:09#	00:04+	00:16-				
<b>5</b>	<b>Roger Nyseth</b>	<b>92</b>												<b>22:11</b>		
00:43+	03:06+	05:10+	07:04+	09:03+	10:37+	12:54+	14:42+	16:23+	18:36+	19:49+	21:03+	22:11+				
00:43+	02:23+	02:04+	01:54+	01:59+	01:34+	02:17+	01:48+	01:41+	02:13+	01:13+	01:14+	01:08+				
00:13&	00:18#	00:28&	00:04+	00:25&	00:35&	00:42&	00:04+	00:21&	00:16#	00:06+	00:07#	00:18&				
<b>6</b>	<b>Holger Pansch</b>	<b>117</b>												<b>22:43</b>		
00:39+	02:22-	04:18+	05:45-	07:19-	08:35+	10:17+	12:24+	18:17+	20:07+	21:04+	22:07+	22:43+				
00:39+	01:43-	01:56+	01:27-	01:34=	01:16+	01:42+	02:07+	05:53+	01:50-	00:57-	01:03-	00:36-				
00:09&	00:22-	00:20#	00:23-	00:00=	00:17&	00:07+	00:23#	04:33@	00:07-	00:10-	00:04-	00:14-				
<b>7</b>	<b>Elvio Freitas</b>	<b>51</b>												<b>23:24</b>		
00:36+	03:02+	05:03+	06:43+	08:43+	10:57+	12:44+	15:17+	16:48+	18:55+	21:27+	22:36+	23:24+				
00:36+	02:26+	02:01+	01:40-	02:00+	02:14+	01:47+	02:33+	01:31+	02:07+	02:32+	01:09+	00:48-				
00:06#	00:21#	00:25&	00:10-	00:26&	01:15@	00:12#	00:49&	00:11#	00:10+	01:25@	00:02+	00:02-				
<b>8</b>	<b>Arild Svihus</b>	<b>92</b>												<b>24:32</b>		
00:56+	04:01+	06:30+	08:31+	10:38+	12:22+	14:33+	16:53+	18:58+	21:09+	22:21+	23:40+	24:32+				
00:56+	03:05+	02:29+	02:01+	02:07+	01:44+	02:11+	02:20+	02:05+	02:11+	01:12+	01:19+	00:52+				
00:26&	01:00&	00:53&	00:11#	00:33&	00:45&	00:36&	00:36&	00:45&	00:14#	00:05+	00:12#	00:02+				
<b>9</b>	<b>Lars Tore Kvasheim</b>	<b>7</b>												<b>24:41</b>		
00:46+	03:07+	05:32+	07:58+	10:16+	11:56+	14:07+	16:19+	18:19+	20:44+	22:07+	23:41+	24:41+				
00:46+	02:21+	02:25+	02:26+	02:18+	01:40+	02:11+	02:12+	02:00+	02:25+	01:23+	01:34+	01:00+				
00:16&	00:16#	00:49&	00:36&	00:44&	00:41&	00:36&	00:28&	00:40&	00:28#	00:16#	00:27&	00:10#				
<b>10</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>												<b>25:21</b>		
00:44+	03:35+	05:01+	06:37+	08:38+	09:37+	10:51+	12:10+	20:18+	22:11+	23:09+	24:45+	25:21+				
00:44+	02:51+	01:26-	01:36-	02:01+	00:59=	01:14-	01:19-	08:08+	01:53-	00:58-	01:36+	00:36-				
00:14&	00:46&	00:10-	00:14-	00:27&	00:00=	00:21-	00:25-	06:48@	00:04-	00:09-	00:29&	00:14-				
<b>11</b>	<b>Arne Hope</b>	<b>43</b>												<b>25:58</b>		
00:54+	03:24+	05:38+	07:49+	09:57+	11:44+	13:55+	15:55+	18:00+	20:52+	22:13+	24:51+	25:58+				
00:54+	02:30+	02:14+	02:11+	02:08+	01:47+	02:11+	02:00+	02:05+	02:52+	01:21+	02:38+	01:07+				
00:24&	00:25#	00:38&	00:21#	00:34&	00:48&	00:36&	00:16#	00:45&	00:55&	00:14#	01:31@	00:17&				

Class	Navn	Klasse												Tid
<b>12</b>	<b>Ivar Aalbu</b>	<b>29</b>												<b>26:34</b>
	00:46+	03:13+	05:43+	08:21+	10:46+	12:23+	14:20+	16:57+	20:39+	22:57+	24:17+	25:31+	26:34+	
	00:46+	02:27+	02:30+	02:38+	02:25+	01:37+	01:57+	02:37+	03:42+	02:18+	01:20+	01:14+	01:03+	
	00:16&	00:22#	00:54&	00:48&	00:51&	00:38&	00:22#	00:53&	02:22@	00:21#	00:13#	00:07#	00:13&	
<b>13</b>	<b>Steinar Aase</b>	<b>268</b>												<b>27:42</b>
	00:50+	03:31+	06:01+	09:02+	11:24+	13:22+	16:28+	18:38+	20:53+	23:38+	25:08+	26:35+	27:42+	
	00:50+	02:41+	02:30+	03:01+	02:22+	01:58+	03:06+	02:10+	02:15+	02:45+	01:30+	01:27+	01:07+	
	00:20&	00:36&	00:54&	01:11&	00:48&	00:59&	01:31&	00:26#	00:55&	00:48&	00:23&	00:20&	00:17&	
<b>14</b>	<b>Lars Salvesen</b>	<b>50</b>												<b>30:21</b>
	00:47+	03:40+	07:05+	10:32+	13:54+	15:12+	17:02+	19:00+	24:20+	26:55+	28:05+	29:22+	30:21+	
	00:47+	02:53+	03:25+	03:27+	03:22+	01:18+	01:50+	01:58+	05:20+	02:35+	01:10+	01:17+	00:59+	
	00:17&	00:48&	01:49@	01:37&	01:48@	00:19&	00:15#	00:14#	04:00@	00:38&	00:03+	00:10#	00:09#	
<b>15</b>	<b>Geir Sperre Jørgensen</b>	<b>268</b>												<b>31:47</b>
	00:48+	04:12+	06:36+	15:27+	17:23+	19:09+	21:25+	23:39+	25:27+	28:13+	29:31+	30:51+	31:47+	
	00:48+	03:24+	02:24+	08:51+	01:56+	01:46+	02:16+	02:14+	01:48+	02:46+	01:18+	01:20+	00:56+	
	00:18&	01:19&	00:48&	07:01@	00:22#	00:47&	00:41&	00:30&	00:28&	00:49&	00:11#	00:13#	00:06#	
<b>16</b>	<b>John Thorsnæs</b>	<b>51</b>												<b>32:32</b>
	01:11+	04:04+	06:33+	09:23+	14:05+	16:09+	18:20+	23:49+	26:07+	28:48+	30:09+	31:36+	32:32+	
	01:11+	02:53+	02:29+	02:50+	04:42+	02:04+	02:11+	05:29+	02:18+	02:41+	01:21+	01:27+	00:56+	
	00:41@	00:48&	00:53&	01:00&	03:08@	01:05@	00:36&	03:45@	00:58&	00:44&	00:14#	00:20&	00:06#	
<b>17</b>	<b>Mohamed Fawzy</b>	<b>98</b>												<b>35:20</b>
	01:57+	04:32+	07:39+	10:40+	13:00+	16:16+	18:54+	20:50+	22:51+	25:43+	28:06+	34:17+	35:20+	
	01:57+	02:35+	03:07+	03:01+	02:20+	03:16+	02:38+	01:56+	02:01+	02:52+	02:23+	06:11+	01:03+	
	01:27@	00:30#	01:31&	01:11&	00:46&	02:17@	01:03&	00:12#	00:41&	00:55&	01:16@	05:04@	00:13&	
<b>18</b>	<b>Leif Jarle Skåra</b>	<b>29</b>												<b>35:39</b>
	00:41+	05:20+	07:58+	15:02+	17:31+	19:13+	21:30+	24:41+	27:34+	30:35+	31:51+	34:36+	35:39+	
	00:41+	04:39+	02:38+	07:04+	02:29+	01:42+	02:17+	03:11+	02:53+	03:01+	01:16+	02:45+	01:03+	
	00:11&	02:34@	01:02&	05:14@	00:55&	00:43&	00:42&	01:27&	01:33@	01:04&	00:09#	01:38@	00:13&	
<b>19</b>	<b>Jon Grepstad</b>	<b>111</b>												<b>36:15</b>
	01:08+	04:44+	09:01+	12:30+	15:26+	17:36+	20:36+	24:49+	28:20+	31:32+	33:10+	35:02+	36:15+	
	01:08+	03:36+	04:17+	03:29+	02:56+	02:10+	03:00+	04:13+	03:31+	03:12+	01:38+	01:52+	01:13+	
	00:38@	01:31&	02:41@	01:39&	01:22&	01:11@	01:25&	02:29@	02:11@	01:15&	00:31&	00:45&	00:23&	
<b>20</b>	<b>Francesco Pierfelice</b>	<b>116</b>												<b>36:47</b>
	00:44+	03:29+	07:30+	11:38+	18:27+	20:11+	23:16+	25:33+	28:31+	31:20+	32:45+	35:47+	36:47+	
	00:44+	02:45+	04:01+	04:08+	06:49+	01:44+	03:05+	02:17+	02:58+	02:49+	01:25+	03:02+	01:00+	
	00:14&	00:40&	02:25@	02:18@	05:15@	00:45&	01:30&	00:33&	01:38@	00:52&	00:18&	01:55@	00:10#	
<b>21</b>	<b>Per Bakken</b>	<b>5</b>												<b>38:58</b>
	00:57+	04:15+	07:22+	11:01+	19:36+	21:46+	24:47+	28:00+	32:08+	34:54+	36:30+	37:52+	38:58+	
	00:57+	03:18+	03:07+	03:39+	08:35+	02:10+	03:01+	03:13+	04:08+	02:46+	01:36+	01:22+	01:06+	
	00:27&	01:13&	01:31&	01:49&	07:01@	01:11@	01:26&	01:29&	02:48@	00:49&	00:29&	00:15#	00:16&	
<b>Beste strekktid for klassen</b>														
	00:30	01:43	01:26	01:27	01:27	00:59	01:14	01:19	01:20	01:35	00:53	00:49	00:34	

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