

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Hanne Berg Nilsen	117	52:46												
01:36=	05:16=	08:12=	10:05=	14:34=	18:01=	20:18=	24:33=	29:35=	36:12=	39:25=	43:06=	46:18=	47:28=	51:30=	52:46=
01:36=	03:40=	02:56=	01:53=	04:29=	03:27=	02:17=	04:15=	05:02=	06:37=	03:13=	03:41=	03:12=	01:10=	04:02=	01:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Lycke Austbø	109	1:01:21												
01:35-	06:00+	15:46+	18:09+	22:37+	26:06+	28:47+	32:40+	41:08+	46:57+	49:13+	51:57+	54:23+	55:20+	58:38+	61:21+
01:35-	04:25+	09:46+	02:23+	04:28-	03:29+	02:41+	03:53-	08:28+	05:49-	02:16-	02:44-	02:26-	00:57-	03:18-	02:43+
00:01-	00:45#	06:50@	00:30&	00:01-	00:02+	00:24#	00:22-	03:26&	00:48-	00:57-	00:57-	00:46-	00:13-	00:44-	01:27@
3	Margrete Jian Øye	126	1:02:28												
01:32-	07:18+	12:52+	23:59+	27:43+	31:21+	33:45+	37:55+	41:54+	45:44+	48:38+	53:34+	56:49+	57:59+	61:25+	62:28+
01:32-	05:46+	05:34+	11:07+	03:44-	03:38+	02:24+	04:10-	03:59-	03:50-	02:54-	04:56+	03:15+	01:10=	03:26-	01:03-
00:04-	02:06&	02:38&	09:14@	00:45-	00:11+	00:07+	00:05-	01:03-	02:47-	00:19-	01:15&	00:03+	00:00=	00:36-	00:13-
4	Kine Strømstad	53	1:08:16												
01:43+	06:42+	11:03+	16:03+	21:29+	31:30+	34:24+	40:47+	44:30+	50:12+	54:12+	57:51+	61:22+	62:20+	66:43+	68:16+
01:43+	04:59+	04:21+	05:00+	05:26+	10:01+	02:54+	06:23+	03:43-	05:42-	04:00+	03:39-	03:31+	00:58-	04:23+	01:33+
00:07+	01:19&	01:25&	03:07@	00:57#	06:34@	00:37&	02:08&	01:19-	00:55-	00:47#	00:02-	00:19+	00:12-	00:21+	00:17#
5	Ingvild Amalixsen	116	1:10:50												
01:38+	05:16=	07:56-	13:17+	18:19+	23:26+	25:50+	30:41+	35:27+	40:39+	44:33+	60:36+	64:43+	65:38+	69:22+	70:50+
01:38+	03:38-	02:40-	05:21+	05:02+	05:07+	02:24+	04:51+	04:46-	05:12-	03:54+	16:03+	04:07+	00:55-	03:44-	01:28+
00:02+	00:02-	00:16-	03:28@	00:33#	01:40&	00:07+	00:36#	00:16-	01:25-	00:41#	12:22@	00:55&	00:15-	00:18-	00:12#
6	Anina Iselin Hadland	29	1:14:49												
02:05+	16:01+	18:45+	20:59+	31:21+	34:26+	37:49+	42:54+	45:58+	51:22+	55:50+	62:17+	67:21+	68:59+	72:21+	74:49+
02:05+	13:56+	02:44-	02:14+	10:22+	03:05-	03:23+	05:05+	03:04-	05:24-	04:28+	06:27+	05:04+	01:38+	03:22-	02:28+
00:29&	10:16@	00:12-	00:21#	05:53@	00:22-	01:06&	00:50#	01:58-	01:13-	01:15&	02:46&	01:52&	00:28&	00:40-	01:12&

Beste strekketid for klassen

01:32 03:38 02:40 01:53 03:44 03:05 02:17 03:53 03:04 03:50 02:16 02:44 02:26 00:55 03:18 01:03

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

Damer 40 - 49 år

1	Anne Marie Gausel	105	42:03											
02:19=	05:13=	07:09=	10:37=	14:03=	15:42=	21:35=	25:05=	26:48=	29:50=	34:39=	37:17=	38:17=	40:57=	42:03=
02:19=	02:54=	01:56=	03:28=	03:26=	01:39=	05:53=	03:30=	01:43=	03:02=	04:49=	02:38=	01:00=	02:40=	01:06=
00:00=	00:00=	00:00=	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	Siri Warland	43	49:27											
02:28+	06:15+	09:25+	12:05+	14:22+	18:11+	22:22+	24:24-	31:17+	34:22+	40:50+	43:41+	44:46+	48:00+	49:27+
02:28+	03:47+	03:10+	02:40-	02:17-	03:49+	04:11-	02:02-	06:53+	03:05+	06:28+	02:51+	01:05+	03:14+	01:27+
00:09+	00:53&	01:14&	00:48-	01:09-	02:10@	01:42-	01:28-	05:10@	00:03+	01:39&	00:13+	00:05+	00:34#	00:21&
3	Ida K. Kolstø	29	50:19											
02:49+	05:37+	08:21+	13:29+	15:37+	21:50+	26:33+	28:53+	32:19+	36:01+	42:28+	45:12+	46:18+	49:04+	50:19+
02:49+	02:48-	02:44+	05:08+	02:08-	06:13+	04:43-	02:20-	03:26+	03:42+	06:27+	02:44+	01:06+	02:46+	01:15+
00:30#	00:06-	00:48&	01:40&	01:18-	04:34@	01:10-	01:10-	01:43&	00:40#	01:38&	00:06+	00:06#	00:06+	00:09#
4	Heidi Martby	88	1:04:08											
03:17+	06:59+	11:11+	14:40+	16:55+	23:17+	34:30+	38:12+	42:15+	47:35+	54:51+	58:15+	59:20+	62:48+	64:08+
03:17+	03:42+	04:12+	03:29+	02:15-	06:22+	11:13+	03:42+	04:03+	05:20+	07:16+	03:24+	01:05+	03:28+	01:20+
00:58&	00:48&	02:16@	00:01+	01:11-	04:43@	05:20&	00:12+	02:20@	02:18&	02:27&	00:46&	00:05+	00:48&	00:14#
5	Toyah Bråtveit	43	1:16:35											
06:20+	10:04+	13:02+	16:30+	18:56+	22:40+	36:25+	40:21+	54:16+	57:27+	66:00+	69:00+	70:43+	75:35+	76:35+
06:20+	03:44+	02:58+	03:28=	02:26-	03:44+	13:45+	03:56+	13:55+	03:11+	08:33+	03:00+	01:43+	04:52+	01:00-
04:01@	00:50&	01:02&	00:00=	01:00-	02:05@	07:52@	00:26#	12:12@	00:09+	03:44&	00:22#	00:43&	02:12&	00:06-
6	Irene Sirevåg	53	1:25:54											
04:06+	09:58+	14:52+	19:48+	23:48+	28:09+	42:09+	47:07+	52:27+	57:26+	66:36+	74:26+	76:19+	83:35+	85:54+
04:06+	05:52+	04:54+	04:56+	04:00+	04:21+	14:00+	04:58+	05:20+	04:59+	09:10+	07:50+	01:53+	07:16+	02:19+
01:47&	02:58@	02:58@	01:28&	00:34#	02:42@	08:07@	01:28&	03:37@	01:57&	04:21&	05:12@	00:53&	04:36@	01:13@

Class	Navn	Klasse												Tid
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Beste strekktid for klassen

02:19 02:48 01:56 02:40 02:08 01:39 04:11 02:02 01:43 03:02 04:49 02:38 01:00 02:40 01:00

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

Damer 50 - 59 år

1	Anne Siv Gjertsen	27	47:23											
03:32=	08:27=	11:06=	13:47=	16:10=	19:46=	23:14=	25:29=	28:15=	31:52=	38:23=	41:26=	42:50=	46:03=	47:23=
03:32=	04:55=	02:39=	02:41=	02:23=	03:36=	03:28=	02:15=	02:46=	03:37=	06:31=	03:03=	01:24=	03:13=	01:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Trude Katrine Hermanrud	117	47:38											
02:32-	05:49-	08:26-	11:41-	14:23-	17:16-	20:50-	22:44-	27:39-	31:57+	37:39-	41:10-	42:35-	46:01-	47:38+
02:32-	03:17-	02:37-	03:15+	02:42+	02:53-	03:34+	01:54-	04:55+	04:18+	05:42-	03:31+	01:25+	03:26+	01:37+
01:00-	01:38-	00:02-	00:34#	00:19#	00:43-	00:06+	00:21-	02:09&	00:41#	00:49-	00:28#	00:01+	00:13+	00:17#
3	Ragnhild Auglænd	62	48:11											
03:37+	06:21-	08:56-	16:35+	19:09+	21:52+	25:51+	28:02+	30:15+	33:33+	39:00+	42:02+	43:08+	47:03+	48:11+
03:37+	02:44-	02:35-	07:39+	02:34+	02:43-	03:59+	02:11-	02:13-	03:18-	05:27-	03:02-	01:06-	03:55+	01:08-
00:05+	02:11-	00:04-	04:58@	00:11+	00:53-	00:31#	00:04-	00:33-	00:19-	01:04-	00:01-	00:18-	00:42#	00:12-
4	Keth Berggraf	116	48:56											
02:13-	06:52-	09:22-	18:10+	21:23+	24:28+	29:02+	30:47+	33:15+	36:22+	41:06+	43:54+	44:58+	47:40+	48:56+
02:13-	04:39-	02:30-	08:48+	03:13+	03:05-	04:34+	01:45-	02:28-	03:07-	04:44-	02:48-	01:04-	02:42-	01:16-
01:19-	00:16-	00:09-	06:07@	00:50&	00:31-	01:06&	00:30-	00:18-	00:30-	01:47-	00:15-	00:20-	00:31-	00:04-
5	Tone Cecilie Nystrøm	68	50:35											
02:33-	05:52-	09:26-	12:30-	15:48-	19:38-	23:41+	25:55+	28:38+	32:29+	39:33+	43:40+	44:56+	48:51+	50:35+
02:33-	03:19-	03:34+	03:04+	03:18+	03:50+	04:03+	02:14-	02:43-	03:51+	07:04+	04:07+	01:16-	03:55+	01:44+
00:59-	01:36-	00:55&	00:23#	00:55&	00:14+	00:35#	00:01-	00:03-	00:14+	00:33+	01:04&	00:08-	00:42#	00:24&
6	Kristin Skadsem	18	51:11											
02:34-	06:12-	08:42-	11:23-	13:18-	19:45-	27:02+	28:58+	31:17+	35:13+	40:54+	44:12+	45:20+	48:38+	51:11+
02:34-	03:38-	02:30-	02:41=	01:55-	06:27+	07:17+	01:56-	02:19-	03:56+	05:41-	03:18+	01:08-	03:18+	02:33+
00:58-	01:17-	00:09-	00:00=	00:28-	02:51&	03:49@	00:19-	00:27-	00:19+	00:50-	00:15+	00:16-	00:05+	01:13&
7	Anita Glenne Kallhovd	29	53:53											
02:17-	05:05-	08:49-	11:45-	15:28-	18:58-	21:41-	23:39-	31:52+	38:15+	43:39+	47:01+	49:47+	52:36+	53:53+
02:17-	02:48-	03:44+	02:56+	03:43+	03:30-	02:43-	01:58-	08:13+	06:23+	05:24-	03:22+	02:46+	02:49-	01:17-
01:15-	02:07-	01:05&	00:15+	01:20&	00:06-	00:45-	00:17-	05:27@	02:46&	01:07-	00:19#	01:22&	00:24-	00:03-
8	Gerd Olaug Vikeså	101	56:13											
04:40+	10:04+	17:10+	19:54+	22:05+	26:25+	30:22+	35:24+	38:11+	41:31+	46:59+	50:13+	51:19+	54:51+	56:13+
04:40+	05:24+	07:06+	02:44+	02:11-	04:20+	03:57+	05:02+	02:47+	03:20-	05:28-	03:14+	01:06-	03:32+	01:22+
01:08&	00:29+	04:27@	00:03+	00:12-	00:44#	00:29#	02:47@	00:01+	00:17-	01:03-	00:11+	00:18-	00:19+	00:02+
9	Signe Ottesen	116	1:05:26											
02:34-	06:14-	09:27-	16:25+	18:36+	26:26+	31:05+	34:30+	37:21+	47:37+	54:36+	58:13+	59:30+	63:29+	65:26+
02:34-	03:40-	03:13+	06:58+	02:11-	07:50+	04:39+	03:25+	02:51+	10:16+	06:59+	03:37+	01:17-	03:59+	01:57+
00:58-	01:15-	00:34#	04:17@	00:12-	04:14@	01:11&	01:10&	00:05+	06:39@	00:28+	00:34#	00:07-	00:46#	00:37&
10	Marie-Elizabeth Reinseth	27	1:09:22											
03:03-	05:58-	09:51-	14:34+	17:36+	23:09+	30:14+	35:39+	38:30+	50:03+	56:05+	59:23+	63:41+	68:15+	69:22+
03:03-	02:55-	03:53+	04:43+	03:02+	05:33+	07:05+	05:25+	02:51+	11:33+	06:02-	03:18+	04:18+	04:34+	01:07-
00:29-	02:00-	01:14&	02:02&	00:39&	01:57&	03:37@	03:10@	00:05+	07:56@	00:29-	00:15+	02:54@	01:21&	00:13-
11	Evy Klausen Mjølunes	62	1:11:44											
13:55+	18:34+	22:13+	24:55+	26:59+	35:39+	43:51+	48:06+	50:09+	54:20+	61:43+	65:13+	66:38+	70:35+	71:44+
13:55+	04:39-	03:39+	02:42+	02:04-	08:40+	08:12+	04:15+	02:03-	04:11+	07:23+	03:30+	01:25+	03:57+	01:09-
10:23@	00:16-	01:00&	00:01+	00:19-	05:04@	04:44@	02:00&	00:43-	00:34#	00:52#	00:27#	00:01+	00:44#	00:11-
12	Siri Bjerkreim Hamre	93	1:12:04											
05:41+	10:54+	14:18+	23:04+	25:32+	28:52+	42:02+	45:57+	48:24+	52:52+	59:47+	63:50+	65:15+	69:59+	72:04+
05:41+	05:13+	03:24+	08:46+	02:28+	03:20-	13:10+	03:55+	02:27-	04:28+	06:55+	04:03+	01:25+	04:44+	02:05+
02:09&	00:18+	00:45&	06:05@	00:05+	00:16-	09:42@	01:40&	00:19-	00:51#	00:24+	01:00&	00:01+	01:31&	00:45&
13	Eli Tjåland Stokka	94	1:12:16											
05:15+	09:49+	15:12+	21:15+	23:55+	32:21+	41:03+	43:48+	48:20+	53:04+	60:51+	64:30+	65:40+	70:24+	72:16+
05:15+	04:34-	05:23+	06:03+	02:40+	08:26+	08:42+	02:45+	04:32+	04:44+	07:47+	03:39+	01:10-	04:44+	01:52+
01:43&	00:21-	02:44@	03:22@	00:17#	04:50@	05:14@	00:30#	01:46&	01:07&	01:16#	00:36#	00:14-	01:31&	00:32&

Class	Navn	Klasse										Tid		
14	Brit Vivian Meling	116										1:13:28		
03:30+	07:23-	10:23-	20:38+	24:39+	29:25+	34:37+	37:18+	45:35+	50:32+	58:39+	62:41+	64:02+	71:40+	73:28+
03:30-	03:53-	03:00+	10:15+	04:01+	04:46+	05:12+	02:41+	08:17+	04:57+	08:07+	04:02+	01:21-	07:38+	01:48+
00:02-	01:02-	00:21#	07:34@	01:38&	01:10&	01:44&	00:26#	05:31@	01:20&	01:36#	00:59&	00:03-	04:25@	00:28&
15	Tove Irene Asheim	116										1:14:49		
03:52+	08:03-	12:54+	16:38+	22:51+	28:02+	32:16+	34:55+	38:41+	53:15+	60:26+	64:19+	66:06+	73:02+	74:49+
03:52+	04:11-	04:51+	03:44+	06:13+	05:11+	04:14+	02:39+	03:46+	14:34+	07:11+	03:53+	01:47+	06:56+	01:47+
00:20+	00:44-	02:12&	01:03&	03:50@	01:35&	00:46#	00:24#	01:00&	10:57@	00:40#	00:50&	00:23&	03:43@	00:27&
16	Ase Sellereite	27										1:17:55		
03:44+	10:10+	15:15+	19:26+	22:00+	25:51+	42:48+	45:31+	53:12+	58:32+	65:41+	70:31+	71:38+	75:59+	77:55+
03:44+	06:26+	05:05+	04:11+	02:34+	03:51+	16:57+	02:43+	07:41+	05:20+	07:09+	04:50+	01:07-	04:21+	01:56+
00:12+	01:31&	02:26&	01:30&	00:11+	00:15+	13:29@	00:28#	04:55@	01:43&	00:38+	01:47&	00:17-	01:08&	00:36&
17	Ragnhild Båtnes Berntsen	101										1:19:32		
04:06+	11:24+	19:57+	25:18+	28:09+	31:12+	46:44+	50:04+	55:07+	59:50+	67:17+	71:50+	73:12+	77:40+	79:32+
04:06+	07:18+	08:33+	05:21+	02:51+	03:03-	15:32+	03:20+	05:03+	04:43+	07:27+	04:33+	01:22-	04:28+	01:52+
00:34#	02:23&	05:54@	02:40&	00:28#	00:33-	12:04@	01:05&	02:17&	01:06&	00:56#	01:30&	00:02-	01:15&	00:32&
18	Grethe Thu Skadberg	128										1:21:35		
09:16+	14:21+	22:05+	25:12+	32:49+	37:37+	44:33+	52:37+	55:44+	59:36+	66:51+	70:30+	71:56+	76:47+	81:35+
09:16+	05:05+	07:44+	03:07+	07:37+	04:48+	06:56+	08:04+	03:07+	03:52+	07:15+	03:39+	01:26+	04:51+	04:48+
05:44@	00:10+	05:05@	00:26#	05:14@	01:12&	03:28&	05:49@	00:21#	00:15+	00:44#	00:36#	00:02+	01:38&	03:28@
19	Sarah Denieul	42										1:24:44		
03:35+	07:04-	11:03-	28:35+	36:23+	40:30+	44:34+	49:41+	53:27+	65:33+	73:45+	77:22+	79:25+	82:47+	84:44+
03:35+	03:29-	03:59+	17:32+	07:48+	04:07+	04:04+	05:07+	03:46+	12:06+	08:12+	03:37+	02:03+	03:22+	01:57+
00:03+	01:26-	01:20&	14:51@	05:25@	00:31#	00:36#	02:52@	01:00&	08:29@	01:41&	00:34#	00:39&	00:09+	00:37&
Beste strekktid for klassen														
02:13	02:44	02:30	02:41	01:55	02:43	02:43	01:45	02:03	03:07	04:44	02:48	01:04	02:42	01:07

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

Damer 60 - 64 år

1	Tove Bjerkreim	105										43:55			
01:55=	05:08=	06:37=	11:25=	13:36=	15:45=	17:32=	21:58=	24:35=	27:49=	30:50=	34:32=	37:41=	38:53=	42:27=	43:55=
01:55=	03:13=	01:29=	04:48=	02:11=	02:09=	01:47=	04:26=	02:37=	03:14=	03:01=	03:42=	03:09=	01:12=	03:34=	01:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Eik	88										46:26			
01:26-	03:45-	04:53-	06:36-	13:14-	16:56+	20:14+	25:45+	28:47+	30:51+	33:11+	37:31+	40:43+	41:57+	45:10+	46:26+
01:26-	02:19-	01:08-	01:43-	06:38+	03:42+	03:18+	05:31+	03:02+	02:04-	02:20-	04:20+	03:12+	01:14+	03:13-	01:16-
00:29-	00:54-	00:21-	03:05-	04:27@	01:33&	01:31&	01:05#	00:25#	01:10-	00:41-	00:38#	00:03+	00:02+	00:21-	00:12-
3	Eli Frafjord	94										59:18			
01:57+	05:47+	07:15+	10:17-	13:43+	15:57+	24:17+	29:14+	34:32+	37:04+	42:27+	47:30+	51:17+	52:33+	57:47+	59:18+
01:57+	03:50+	01:28-	03:02-	03:26+	02:14+	08:20+	04:57+	05:18+	02:32-	05:23+	05:03+	03:47+	01:16+	05:14+	01:31+
00:02+	00:37#	00:01-	01:46-	01:15&	00:05+	06:33@	00:31#	02:41@	00:42-	02:22&	01:21&	00:38#	00:04+	01:40&	00:03+
4	Marit Karin Nygård	92										1:16:23			
02:59+	07:53+	10:02+	14:16+	22:55+	26:23+	29:44+	38:32+	42:43+	47:28+	51:59+	59:43+	66:13+	68:02+	73:30+	76:23+
02:59+	04:54+	02:09+	04:14-	08:39+	03:28+	03:21+	08:48+	04:11+	04:45+	04:31+	07:44+	06:30+	01:49+	05:28+	02:53+
01:04&	01:41&	00:40&	00:34-	06:28@	01:19&	01:34&	04:22&	01:34&	01:31&	01:30&	04:02@	03:21@	00:37&	01:54&	01:25&
5	Ase Berg	105										1:30:59			
03:21+	07:11+	09:18+	12:19+	28:31+	31:08+	35:40+	42:29+	63:07+	65:31+	69:39+	75:49+	80:20+	84:41+	89:04+	90:59+
03:21+	03:50+	02:07+	03:01-	16:12+	02:37+	04:32+	06:49+	20:38+	02:24-	04:08+	06:10+	04:31+	04:21+	04:23+	01:55+
01:26&	00:37#	00:38&	01:47-	14:01@	00:28#	02:45@	02:23&	18:01@	00:50-	01:07&	02:28&	01:22&	03:09@	00:49#	00:27&
Beste strekktid for klassen															
01:26	02:19	01:08	01:43	02:11	02:09	01:47	04:26	02:37	02:04	02:20	03:42	03:09	01:12	03:13	01:16

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

Damer 65 - 69 år

Class	Navn	Klasse												Tid	
1	Mette Dagsland	68												50:16	
01:54=	04:57=	08:42=	10:56=	14:53=	18:24=	22:42=	27:43=	30:28=	32:56=	36:20=	40:19=	43:48=	45:13=	48:54=	50:16=
01:54=	03:03=	03:45=	02:14=	03:57=	03:31=	04:18=	05:01=	02:45=	02:28=	03:24=	03:59=	03:29=	01:25=	03:41=	01:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Halldis Handeland	92												1:10:34	
02:06+	06:57+	08:53+	12:29+	19:01+	21:54+	24:35+	36:06+	39:31+	43:10+	48:48+	56:47+	61:04+	62:34+	68:44+	70:34+
02:06+	04:51+	01:56-	03:36+	06:32+	02:53-	02:41-	11:31+	03:25+	03:39+	05:38+	07:59+	04:17+	01:30+	06:10+	01:50+
00:12#	01:48&	01:49-	01:22&	02:35&	00:38-	01:37-	06:30@	00:40#	01:11&	02:14&	04:00@	00:48#	00:05+	02:29&	00:28&
3	Hanne Eik	117												1:13:18	
01:55+	04:49-	06:15-	08:28-	14:56+	23:29+	29:16+	42:32+	48:13+	51:24+	55:03+	61:18+	65:57+	67:24+	71:05+	73:18+
01:55+	02:54-	01:26-	02:13-	06:28+	08:33+	05:47+	13:16+	05:41+	03:11+	03:39+	06:15+	04:39+	01:27+	03:41=	02:13+
00:01+	00:09-	02:19-	00:01-	02:31&	05:02@	01:29&	08:15@	02:56@	00:43&	00:15+	02:16&	01:10&	00:02+	00:00=	00:51&
4	Berit Gramstad	113												1:41:03	
11:36+	28:27+	33:26+	43:06+	60:02+	63:04+	68:57+	74:54+	78:08+	80:35+	83:55+	88:35+	92:26+	94:18+	99:14+	101:03+
11:36+	16:51+	04:59+	09:40+	16:56+	03:02-	05:53+	05:57+	03:14+	02:27-	03:20-	04:40+	03:51+	01:52+	04:56+	01:49+
09:42@	13:48@	01:14&	07:26@	12:59@	00:29-	01:35&	00:56#	00:29#	00:01-	00:04-	00:41#	00:22#	00:27&	01:15&	00:27&
Beste strekktid for klassen															
01:54	02:54	01:26	02:13	03:57	02:53	02:41	05:01	02:45	02:27	03:20	03:59	03:29	01:25	03:41	01:22

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

Damer 70 - 74 år

1	Lillian Dahl Fitjar	117												1:02:14	
02:01=	06:19=	07:59=	10:06=	13:11=	15:22=	23:47=	29:33=	33:58=	36:50=	43:20=	49:01=	53:31=	55:22=	60:31=	62:14=
02:01=	04:18=	01:40=	02:07=	03:05=	02:11=	08:25=	05:46=	04:25=	02:52=	06:30=	05:41=	04:30=	01:51=	05:09=	01:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Synnøva Gausel	115												1:02:25	
02:11+	10:38+	12:17+	14:49+	18:04+	25:15+	30:33+	36:01+	38:55+	41:58+	47:22+	52:52+	56:32+	57:42+	60:47+	62:25+
02:11+	08:27+	01:39-	02:32+	03:15+	07:11+	05:18-	05:28-	02:54-	03:03+	05:24-	05:30-	03:40-	01:10-	03:05-	01:38-
00:10+	04:09&	00:01-	00:25#	00:10+	05:00@	03:07-	00:18-	01:31-	00:11+	01:06-	00:11-	00:50-	00:41-	02:04-	00:05-
3	Inger Skretting Opstad	54												1:03:33	
02:13+	05:40-	07:34-	10:26+	15:06+	21:39+	25:17+	31:53+	35:10+	38:10+	44:39+	50:30+	54:56+	56:46+	61:41+	63:33+
02:13+	03:27-	01:54+	02:52+	04:40+	06:33+	03:38-	06:36+	03:17-	03:00+	06:29-	05:51+	04:26-	01:50-	04:55-	01:52+
00:12+	00:51-	00:14#	00:45&	01:35&	04:22@	04:47-	00:50#	01:08-	00:08+	00:01-	00:10+	00:04-	00:01-	00:14-	00:09+
Beste strekktid for klassen															
02:01	03:27	01:39	02:07	03:05	02:11	03:38	05:28	02:54	02:52	05:24	05:30	03:40	01:10	03:05	01:38

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

Damer 75 - 79 år

1	Turid Nystrøm	68												42:09	
01:35=	04:34=	05:55=	08:01=	11:09=	13:06=	16:04=	20:27=	23:04=	25:19=	28:04=	32:34=	36:04=	37:09=	40:43=	42:09=
01:35=	02:59=	01:21=	02:06=	03:08=	01:57=	02:58=	04:23=	02:37=	02:15=	02:45=	04:30=	03:30=	01:05=	03:34=	01:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gry Vikhamar Thengs	68												49:07	
01:56+	04:45+	06:12+	09:06+	12:44+	15:31+	19:48+	25:51+	29:01+	31:26+	34:42+	39:14+	42:48+	43:58+	47:37+	49:07+
01:56+	02:49-	01:27+	02:54+	03:38+	02:47+	04:17+	06:03+	03:10+	02:25+	03:16+	04:32+	03:34+	01:10+	03:39+	01:30+
00:21#	00:10-	00:06+	00:48&	00:30#	00:50&	01:19&	01:40&	00:33#	00:10+	00:31#	00:02+	00:04+	00:05+	00:05+	00:04+
3	Haldis Glendrange	68												51:00	
01:57+	05:08+	06:31+	08:24+	11:45+	14:47+	19:24+	24:39+	27:12+	30:07+	32:53+	38:12+	42:11+	43:32+	46:43+	51:00+
01:57+	03:11+	01:23+	01:53-	03:21+	03:02+	04:37+	05:15+	02:33-	02:55+	02:46+	05:19+	03:59+	01:21+	03:11-	04:17+
00:22#	00:12+	00:02+	00:13-	00:13+	01:05&	01:39&	00:52#	00:04-	00:40&	00:01+	00:49#	00:29#	00:16#	00:23-	02:51@
4	Helga Aaslid	54												1:03:38	
02:17+	05:29+	07:38+	10:31+	15:10+	21:44+	25:10+	31:58+	35:15+	38:14+	44:44+	50:42+	54:50+	56:52+	61:45+	63:38+
02:17+	03:12+	02:09+	02:53+	04:39+	06:34+	03:26+	06:48+	03:17+	02:59+	06:30+	05:58+	04:08+	02:02+	04:53+	01:53+
00:42&	00:13+	00:48&	00:47&	01:31&	04:37@	00:28#	02:25&	00:40&	00:44&	03:45@	01:28&	00:38#	00:57&	01:19&	00:27&

Class	Navn	Klasse										Tid				
5	Berit Ebbell Olsen	68										1:15:53				
	02:48+	08:09+	10:36+	14:09+	19:22+	23:03+	27:19+	35:05+	39:49+	43:46+	49:07+	56:01+	64:45+	66:40+	72:22+	75:53+
	02:48+	05:21+	02:27+	03:33+	05:13+	03:41+	04:16+	07:46+	04:44+	03:57+	05:21+	06:54+	08:44+	01:55+	05:42+	03:31+
	01:13&	02:22&	01:06&	01:27&	02:05&	01:44&	01:18&	03:23&	02:07&	01:42&	02:36&	02:24&	05:14@	00:50&	02:08&	02:05@

Beste strekktid for klassen

01:35 02:49 01:21 01:53 03:08 01:57 02:58 04:23 02:33 02:15 02:45 04:30 03:30 01:05 03:11 01:26

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

Damer 80 år og eldre

1	Gørild Espedal	113										1:09:31				
----------	-----------------------	------------	--	--	--	--	--	--	--	--	--	----------------	--	--	--	--

04:06= 08:29= 16:14= 19:41= 23:37= 29:35= 35:50= 39:00= 42:40= 46:43= 52:18= 64:02= 67:32= 69:31=
 04:06= 04:23= 07:45= 03:27= 03:56= 05:58= 06:15= 03:10= 03:40= 04:03= 05:35= 11:44= 03:30= 01:59=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

04:06 04:23 07:45 03:27 03:56 05:58 06:15 03:10 03:40 04:03 05:35 11:44 03:30 01:59

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

Damer A

1	Aud Hognestad Taksdal	92										37:37						
	01:36=	03:41=	05:59=	11:13=	12:20=	13:54=	16:12=	17:36=	19:18=	20:53=	24:53=	26:44=	28:37=	31:56=	34:02=	34:52=	36:45=	37:37=
	01:36=	02:05=	02:18=	05:14=	01:07=	01:34=	02:18=	01:24=	01:42=	01:35=	04:00=	01:51=	01:53=	03:19=	02:06=	00:50=	01:53=	00:52=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Pernille Melleby	18										1:17:17						
	03:13+	06:36+	10:06+	13:58+	16:38+	23:06+	27:43+	30:15+	42:11+	44:50+	52:17+	57:28+	60:03+	67:20+	71:09+	72:21+	75:59+	77:17+
	03:13+	03:23+	03:30+	03:52-	02:40+	06:28+	04:37+	02:32+	11:56+	02:39+	07:27+	05:11+	02:35+	07:17+	03:49+	01:12+	03:38+	01:18+
	01:37@	01:18&	01:12&	01:22-	01:33@	04:54@	02:19@	01:08&	10:14@	01:04&	03:27&	03:20@	00:42&	03:58@	01:43&	00:22&	01:45&	00:26&

3	Ingrid Simensen	101										1:21:59						
	02:51+	06:13+	09:20+	13:32+	15:52+	32:42+	36:49+	39:27+	41:51+	46:21+	53:18+	63:27+	66:48+	71:56+	75:18+	76:33+	79:50+	81:59+
	02:51+	03:22+	03:07+	04:12-	02:20+	16:50+	04:07+	02:38+	02:24+	04:30+	06:57+	10:09+	03:21+	05:08+	03:22+	01:15+	03:17+	02:09+
	01:15&	01:17&	00:49&	01:02-	01:13@	15:16@	01:49&	01:14&	00:42&	02:55@	02:57&	08:18@	01:28&	01:49&	01:16&	00:25&	01:24&	01:17@

Beste strekktid for klassen

01:36 02:05 02:18 03:52 01:07 01:34 02:18 01:24 01:42 01:35 04:00 01:51 01:53 03:19 02:06 00:50 01:53 00:52

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

Damer B

1	Wenche M. Sæbbø	117										43:15					
	01:20=	04:01=	06:30=	09:05=	13:35=	16:32=	17:53=	21:40=	23:52=	26:04=	29:24=	32:01=	34:30=	37:13=	39:06=	42:03=	43:15=
	01:20=	02:41=	02:29=	02:35=	04:30=	02:57=	01:21=	03:47=	02:12=	02:12=	03:20=	02:37=	02:29=	02:43=	01:53=	02:57=	01:12=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Inger Tone Nygård	29										43:56					
	01:16-	03:36-	05:57-	08:22-	11:53-	14:46-	16:29-	19:24-	25:45+	28:24+	31:31+	33:57+	36:53+	39:29+	40:17+	42:51+	43:56+
	01:16-	02:20-	02:21-	02:25-	03:31-	02:53-	01:43+	02:55-	06:21+	02:39+	03:07-	02:26-	02:56+	02:36-	00:48-	02:34-	01:05-
	00:04-	00:21-	00:08-	00:10-	00:59-	00:04-	00:22&	00:52-	04:09@	00:27#	00:13-	00:11-	00:27#	00:07-	01:05-	00:23-	00:07-

3	Anne Garsrud	90										46:06					
	01:16-	04:40+	07:03+	09:38+	14:41+	17:47+	19:51+	22:54+	27:56+	30:59+	34:14+	36:56+	39:01+	41:48+	42:39+	45:05+	46:06+
	01:16-	03:24+	02:23-	02:35=	05:03+	03:06+	02:04+	03:03-	05:02+	03:03+	03:15-	02:42+	02:05-	02:47+	00:51-	02:26-	01:01-
	00:04-	00:43&	00:06-	00:00=	00:33#	00:09+	00:43&	00:44-	02:50@	00:51&	00:05-	00:05+	00:24-	00:04+	01:02-	00:31-	00:11-

4	Kristin Breivold	92										54:12					
	01:24+	04:08+	07:20+	10:06+	14:42+	19:07+	21:16+	25:16+	32:24+	34:47+	38:29+	41:56+	44:41+	47:54+	49:15+	52:42+	54:12+
	01:24+	02:44+	03:12+	02:46+	04:36+	04:25+	02:09+	04:00+	07:08+	02:23+	03:42+	03:27+	02:45+	03:13+	01:21-	03:27+	01:30+
	00:04+	00:03+	00:43&	00:11+	00:06+	01:28&	00:48&	00:13+	04:56@	00:11+	00:22#	00:50&	00:16#	00:30#	00:32-	00:30#	00:18#

Class	Navn	Klasse														Tid
5	Vibeke Lamark	46														55:15
01:16-	05:09+	07:42+	10:41+	15:14+	20:49+	22:44+	26:49+	32:23+	34:34+	38:16+	41:03+	46:37+	49:36+	50:24+	54:05+	55:15+
01:16-	03:53+	02:33+	02:59+	04:33+	05:35+	01:55+	04:05+	05:34+	02:11-	03:42+	02:47+	05:34+	02:59+	00:48-	03:41+	01:10-
00:04-	01:12&	00:04+	00:24#	00:03+	02:38&	00:34&	00:18+	03:22@	00:01-	00:22#	00:10+	03:05@	00:16+	01:05-	00:44#	00:02-
6	Grethe Anda Fuglestad	116														59:45
01:37+	09:32+	12:29+	15:38+	20:16+	23:47+	25:44+	29:47+	32:45+	35:43+	39:57+	42:40+	50:00+	53:35+	54:40+	58:06+	59:45+
01:37+	07:55+	02:57+	03:09+	04:38+	03:31+	01:57+	04:03+	02:58+	02:58+	04:14+	02:43+	07:20+	03:35+	01:05-	03:26+	01:39+
00:17#	05:14@	00:28#	00:34#	00:08+	00:34#	00:36&	00:16+	00:46&	00:46&	00:54&	00:06+	04:51@	00:52&	00:48-	00:29#	00:27&
7	Ingrid W. Hestness	117														59:47
01:32+	05:07+	08:31+	20:07+	25:59+	30:07+	33:06+	36:39+	40:07+	42:32+	46:33+	49:16+	52:00+	55:26+	56:18+	58:37+	59:47+
01:32+	03:35+	03:24+	11:36+	05:52+	04:08+	02:59+	03:33-	03:28+	02:25+	04:01+	02:43+	02:44+	03:26+	00:52-	02:19-	01:10-
00:12#	00:54&	00:55&	09:01@	01:22&	01:11&	01:38@	00:14-	01:16&	00:13+	00:41#	00:06+	00:15#	00:43&	01:01-	00:38-	00:02-
8	Hilde Nordbø	93														1:00:36
01:19-	04:09+	07:32+	10:31+	15:26+	19:58+	21:54+	26:04+	36:15+	39:20+	43:39+	46:42+	50:49+	53:41+	54:34+	59:16+	60:36+
01:19-	02:50+	03:23+	02:59+	04:55+	04:32+	01:56+	04:10+	10:11+	03:05+	04:19+	03:03+	04:07+	02:52+	00:53-	04:42+	01:20+
00:01-	00:09+	00:54&	00:24#	00:25+	01:35&	00:35&	00:23#	07:59@	00:53&	00:59&	00:26#	01:38&	00:09+	01:00-	01:45&	00:08#
9	Ann Karin Tjørhom	93														1:01:15
01:38+	05:17+	08:32+	12:29+	17:12+	23:11+	25:19+	29:24+	34:46+	39:50+	43:52+	48:14+	51:34+	55:02+	56:28+	59:53+	61:15+
01:38+	03:39+	03:15+	03:57+	04:43+	05:59+	02:08+	04:05+	05:22+	05:04+	04:02+	04:22+	03:20+	03:28+	01:26-	03:25+	01:22+
00:18#	00:58&	00:46&	01:22&	00:13+	03:02@	00:47&	00:18+	03:10@	02:52@	00:42#	01:45&	00:51&	00:45&	00:27-	00:28#	00:10#
10	Mariann Sveinsvoll	94														1:03:23
01:29+	07:40+	10:35+	13:45+	18:16+	24:30+	26:45+	31:21+	36:17+	43:25+	47:22+	50:28+	54:06+	57:11+	58:23+	61:59+	63:23+
01:29+	06:11+	02:55+	03:10+	04:31+	06:14+	02:15+	04:36+	04:56+	07:08+	03:57+	03:06+	03:38+	03:05+	01:12-	03:36+	01:24+
00:09#	03:30@	00:26#	00:35#	00:01+	03:17@	00:54&	00:49#	02:44@	04:56@	00:37#	00:29#	01:09&	00:22#	00:41-	00:39#	00:12#
11	Helen Lomeland	105														1:09:31
01:41+	05:36+	08:59+	18:37+	23:54+	30:52+	32:55+	39:00+	46:25+	49:19+	53:25+	56:23+	60:30+	63:35+	64:39+	68:00+	69:31+
01:41+	03:55+	03:23+	09:38+	05:17+	06:58+	02:03+	06:05+	07:25+	02:54+	04:06+	02:58+	04:07+	03:05+	01:04-	03:21+	01:31+
00:21&	01:14&	00:54&	07:03@	00:47#	04:01@	00:42&	02:18&	05:13@	00:42&	00:46#	00:21#	01:38&	00:22#	00:49-	00:24#	00:19&
Beste strekktid for klassen																
01:16	02:20	02:21	02:25	03:31	02:53	01:21	02:55	02:12	02:11	03:07	02:26	02:05	02:36	00:48	02:19	01:01

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

Damer Trim

1	Gerd Katrin Kro	117														21:55
01:29=	03:43=	05:05=	07:47=	09:42=	11:16=	12:32=	14:20=	16:40=	18:59=	20:55=	21:55=					
01:29=	02:14=	01:22=	02:42=	01:55=	01:34=	01:16=	01:48=	02:20=	02:19=	01:56=	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=					
2	Tina Louise Langeland	74														23:52
01:14-	03:40-	05:04-	07:57+	10:56+	12:27+	13:54+	16:02+	18:28+	20:56+	22:48+	23:52+					
01:14-	02:26+	01:24+	02:53+	02:59+	01:31-	01:27+	02:08+	02:26+	02:28+	01:52-	01:04+					
00:15-	00:12+	00:02+	00:11+	01:04&	00:03-	00:11#	00:20#	00:06+	00:09+	00:04-	00:04+					
3	Maren Hope Blå	43														25:34
01:04-	03:36-	05:08+	08:41+	11:46+	13:10+	14:30+	16:46+	19:35+	21:56+	24:19+	25:34+					
01:04-	02:32+	01:32+	03:33+	03:05+	01:24-	01:20+	02:16+	02:49+	02:21+	02:23+	01:15+					
00:25-	00:18#	00:10#	00:51&	01:10&	00:10-	00:04+	00:28&	00:29#	00:02+	00:27#	00:15#					
4	Margot Asheim	105														26:11
01:14-	05:25+	06:56+	09:55+	12:32+	14:23+	15:39+	18:04+	20:31+	22:46+	25:08+	26:11+					
01:14-	04:11+	01:31+	02:59+	02:37+	01:51+	01:16=	02:25+	02:27+	02:15-	02:22+	01:03+					
00:15-	01:57&	00:09#	00:17#	00:42&	00:17#	00:00=	00:37&	00:07+	00:04-	00:26#	00:03+					
5	Nina Bækkelund Christiansen	105														30:33
01:12-	03:55+	05:34+	08:35+	11:29+	13:02+	14:43+	17:02+	20:01+	22:32+	29:12+	30:33+					
01:12-	02:43+	01:39+	03:01+	02:54+	01:33-	01:41+	02:19+	02:59+	02:31+	06:40+	01:21+					
00:17-	00:29#	00:17#	00:19#	00:59&	00:01-	00:25&	00:31&	00:39&	00:12+	04:44@	00:21&					
6	Mette Langeland	117														31:22
01:02-	05:51+	07:32+	11:25+	14:53+	16:19+	17:53+	20:20+	23:54+	26:57+	29:48+	31:22+					
01:02-	04:49+	01:41+	03:53+	03:28+	01:26-	01:34+	02:27+	03:34+	03:03+	02:51+	01:34+					
00:27-	02:35@	00:19#	01:11&	01:33&	00:08-	00:18#	00:39&	01:14&	00:44&	00:55&	00:34&					

Class	Navn	Klasse										Tid
7	Wibeke Lende	74										33:52
00:48-	07:42+	09:17+	13:28+	16:14+	17:41+	19:16+	21:39+	24:22+	27:01+	32:14+	33:52+	
00:48-	06:54+	01:35+	04:11+	02:46+	01:27-	01:35+	02:23+	02:43+	02:39+	05:13+	01:38+	
00:41-	04:40@	00:13#	01:29&	00:51&	00:07-	00:19#	00:35&	00:23#	00:20#	03:17@	00:38&	
8	Esther Boenheim	268										34:00
03:24+	06:21+	08:28+	12:34+	17:31+	19:22+	21:02+	24:01+	27:15+	29:47+	32:44+	34:00+	
03:24+	02:57+	02:07+	04:06+	04:57+	01:51+	01:40+	02:59+	03:14+	02:32+	02:57+	01:16+	
01:55@	00:43&	00:45&	01:24&	03:02@	00:17#	00:24&	01:11&	00:54&	00:13+	01:01&	00:16&	
9	Marianne Gjesdal Lyngås	92										34:48
02:16+	05:38+	07:33+	12:25+	15:57+	18:25+	20:38+	23:29+	27:09+	30:13+	33:02+	34:48+	
02:16+	03:22+	01:55+	04:52+	03:32+	02:28+	02:13+	02:51+	03:40+	03:04+	02:49+	01:46+	
00:47&	01:08&	00:33&	02:10&	01:37&	00:54&	00:57&	01:03&	01:20&	00:45&	00:53&	00:46&	
10	Laila Ueland Lunde	116										35:24
02:25+	05:46+	11:34+	14:47+	19:20+	21:19+	22:44+	24:57+	28:00+	30:09+	33:36+	35:24+	
02:25+	03:21+	05:48+	03:13+	04:33+	01:59+	01:25+	02:13+	03:03+	02:09-	03:27+	01:48+	
00:56&	01:07&	04:26@	00:31#	02:38@	00:25&	00:09#	00:25#	00:43&	00:10-	01:31&	00:48&	
11	Marianne Steinkopf	5										35:30
02:29+	05:49+	11:43+	14:56+	19:25+	21:25+	22:52+	25:05+	28:04+	30:40+	33:43+	35:30+	
02:29+	03:20+	05:54+	03:13+	04:29+	02:00+	01:27+	02:13+	02:59+	02:36+	03:03+	01:47+	
01:00&	01:06&	04:32@	00:31#	02:34@	00:26&	00:11#	00:25#	00:39&	00:17#	01:07&	00:47&	
12	Ingrid O. Foss	117										35:52
01:21-	04:40+	06:22+	10:04+	15:14+	17:58+	20:28+	24:24+	28:08+	31:06+	34:27+	35:52+	
01:21-	03:19+	01:42+	03:42+	05:10+	02:44+	02:30+	03:56+	03:44+	02:58+	03:21+	01:25+	
00:08-	01:05&	00:20#	01:00&	03:15@	01:10&	01:14&	02:08@	01:24&	00:39&	01:25&	00:25&	
13	Brit Svihus	92										35:54
01:28-	05:01+	08:01+	12:57+	16:50+	18:40+	21:04+	24:18+	27:47+	30:36+	34:23+	35:54+	
01:28-	03:33+	03:00+	04:56+	03:53+	01:50+	02:24+	03:14+	03:29+	02:49+	03:47+	01:31+	
00:01-	01:19&	01:38@	02:14&	01:58@	00:16#	01:08&	01:26&	01:09&	00:30#	01:51&	00:31&	
14	Ruth Grødem	105										36:57
01:51+	05:37+	07:47+	12:19+	16:25+	18:55+	21:00+	23:45+	28:13+	31:12+	35:29+	36:57+	
01:51+	03:46+	02:10+	04:32+	04:06+	02:30+	02:05+	02:45+	04:28+	02:59+	04:17+	01:28+	
00:22#	01:32&	00:48&	01:50&	02:11@	00:56&	00:49&	00:57&	02:08&	00:40&	02:21@	00:28&	
15	Eli Våge	117										37:14
01:49+	05:38+	07:50+	12:03+	15:49+	18:27+	20:25+	23:31+	28:21+	31:30+	35:18+	37:14+	
01:49+	03:49+	02:12+	04:13+	03:46+	02:38+	01:58+	03:06+	04:50+	03:09+	03:48+	01:56+	
00:20#	01:35&	00:50&	01:31&	01:51&	01:04&	00:42&	01:18&	02:30@	00:50&	01:52&	00:56&	
16	Linda Haukås	113										38:34
02:14+	06:04+	08:49+	13:14+	17:15+	19:53+	21:50+	25:01+	29:00+	32:23+	36:57+	38:34+	
02:14+	03:50+	02:45+	04:25+	04:01+	02:38+	01:57+	03:11+	03:59+	03:23+	04:34+	01:37+	
00:45&	01:36&	01:23@	01:43&	02:06@	01:04&	00:41&	01:23&	01:39&	01:04&	02:38@	00:37&	
17	Kirsti Strand Salvesen	256										42:31
04:21+	08:09+	10:40+	15:23+	19:26+	21:46+	24:03+	27:25+	32:47+	36:07+	40:12+	42:31+	
04:21+	03:48+	02:31+	04:43+	04:03+	02:20+	02:17+	03:22+	05:22+	03:20+	04:05+	02:19+	
02:52@	01:34&	01:09&	02:01&	02:08@	00:46&	01:01&	01:34&	03:02@	01:01&	02:09@	01:19@	
18	Ritva Aiko Halsne	105										47:23
02:27+	05:45+	07:54+	12:01+	15:41+	18:13+	21:03+	23:50+	28:24+	33:55+	45:36+	47:23+	
02:27+	03:18+	02:09+	04:07+	03:40+	02:32+	02:50+	02:47+	04:34+	05:31+	11:41+	01:47+	
00:58&	01:04&	00:47&	01:25&	01:45&	00:58&	01:34@	00:59&	02:14&	03:12@	09:45@	00:47&	
19	Unni Byberg Mæstad	92										47:40
05:42+	09:06+	11:16+	15:48+	19:46+	26:55+	28:43+	32:40+	38:01+	42:21+	45:53+	47:40+	
05:42+	03:24+	02:10+	04:32+	03:58+	07:09+	01:48+	03:57+	05:21+	04:20+	03:32+	01:47+	
04:13@	01:10&	00:48&	01:50&	02:03@	05:35@	00:32&	02:09@	03:01@	02:01&	01:36&	00:47&	
20	Åse Kristensen	94										51:23
06:30+	11:21+	21:33+	26:45+	30:45+	33:03+	35:09+	38:05+	42:19+	45:34+	49:39+	51:23+	
06:30+	04:51+	10:12+	05:12+	04:00+	02:18+	02:06+	02:56+	04:14+	03:15+	04:05+	01:44+	
05:01@	02:37@	08:50@	02:30&	02:05@	00:44&	00:50&	01:08&	01:54&	00:56&	02:09@	00:44&	
21	Kirsten Carlsen	93										55:00
02:07+	16:09+	18:56+	24:12+	31:52+	34:45+	37:31+	40:59+	45:11+	48:35+	52:30+	55:00+	
02:07+	14:02+	02:47+	05:16+	07:40+	02:53+	02:46+	03:28+	04:12+	03:24+	03:55+	02:30+	
00:38&	11:48@	01:25@	02:34&	05:45@	01:19&	01:30@	01:40&	01:52&	01:05&	01:59@	01:30@	

Class	Navn	Klasse										Tid
22	Vanessa Hove	27										57:03
04:05+	07:33+	09:29+	13:02+	27:51+	28:46+	32:02+	36:21+	49:59+	52:04+	55:38+	57:03+	
04:05+	03:28+	01:56+	03:33+	14:49+	00:55-	03:16+	04:19+	13:38+	02:05-	03:34+	01:25+	
02:36@	01:14&	00:34&	00:51&	12:54@	00:39-	02:00@	02:31@	11:18@	00:14-	01:38&	00:25&	
23	Sigrund Serigstad	128										57:38
01:14-	04:40+	06:39+	09:46+	27:45+	29:59+	31:38+	38:31+	42:05+	52:38+	55:45+	57:38+	
01:14-	03:26+	01:59+	03:07+	17:59+	02:14+	01:39+	03:53+	06:34+	10:33+	03:07+	01:53+	
00:15-	01:12&	00:37&	00:25#	16:04@	00:40&	00:23&	02:05@	04:14@	08:14@	01:11&	00:53&	
24	Bente Cecilie Lio	136										1:03:07
02:06+	05:25+	22:10+	27:34+	31:14+	33:14+	34:58+	38:37+	42:02+	44:41+	61:13+	63:07+	
02:06+	03:19+	16:45+	05:24+	03:40+	02:00+	01:44+	03:39+	03:25+	02:39+	16:32+	01:54+	
00:37&	01:05&	15:23@	02:42&	01:45&	00:26&	00:28&	01:51@	01:05&	00:20#	14:36@	00:54&	
Beste strekktid for klassen												
00:48	02:14	01:22	02:42	01:55	00:55	01:16	01:48	02:20	02:05	01:52	01:00	

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

Herrer 16 - 39 år

1	Andreas Mykkeltveit Terjesen	43										38:51				
01:05=	03:06=	05:03=	07:47=	11:37=	14:18=	15:52=	18:21=	21:46=	23:47=	26:32=	30:09=	32:32=	35:08=	35:49=	37:59=	38:51=
01:05=	02:01=	01:57=	02:44=	03:50=	02:41=	01:34=	02:29=	03:25=	02:01=	02:45=	03:37=	02:23=	02:36=	00:41=	02:10=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	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	Joakim B. Enne Haug	71										41:16				
00:59-	04:51+	07:30+	10:04+	14:00+	16:37+	18:27+	21:07+	24:02+	27:41+	30:22+	32:45+	34:48+	37:20+	38:13+	40:27+	41:16+
00:59-	03:52+	02:39+	02:34-	03:56+	02:37-	01:50+	02:40+	02:55-	03:39+	02:41-	02:23-	02:03-	02:32-	00:53+	02:14+	00:49-
00:06-	01:51&	00:42&	00:10-	00:06+	00:04-	00:16#	00:11+	00:30-	01:38&	00:04-	01:14-	00:20-	00:04-	00:12&	00:04+	00:03-
3	Jørgen Strømstad	50										41:31				
01:02-	03:53+	07:17+	09:51+	13:21+	15:52+	17:15+	20:19+	22:23+	24:17+	27:02+	29:39-	33:18+	35:38+	38:12+	40:19+	41:31+
01:02-	02:51+	03:24+	02:34-	03:30-	02:31-	01:23-	03:04+	02:04-	01:54-	02:45=	02:37-	03:39+	02:20-	02:34+	02:07-	01:12+
00:03-	00:50&	01:27&	00:10-	00:20-	00:10-	00:11-	00:35#	01:21-	00:07-	00:00=	01:00-	01:16&	00:16-	01:53@	00:03-	00:20&
4	Omund Thu Landstad	66										42:43				
01:09+	03:51+	06:15+	08:35+	12:01+	14:43+	16:20+	19:11+	21:53+	24:08+	28:05+	31:12+	35:04+	37:43+	39:21+	41:52+	42:43+
01:09+	02:42+	02:24+	02:20-	03:26-	02:42+	01:37+	02:51+	02:42-	02:15+	03:57+	03:07-	03:52+	02:39+	01:38+	02:31+	00:51-
00:04+	00:41&	00:27#	00:24-	00:24-	00:01+	00:03+	00:22#	00:43-	00:14#	01:12&	00:30-	01:29&	00:03+	00:57@	00:21#	00:01-
5	Svein Kyllingstad	71										45:50				
01:03-	04:06+	06:17+	08:40+	12:37+	18:28+	20:12+	25:18+	27:52+	30:05+	33:55+	36:19+	39:00+	41:44+	42:35+	44:50+	45:50+
01:03-	03:03+	02:11+	02:23-	03:57+	05:51+	01:44+	05:06+	02:34-	02:13+	03:50+	02:24-	02:41+	02:44+	00:51+	02:15+	01:00+
00:02-	01:02&	00:14#	00:21-	00:07+	03:10@	00:10#	02:37@	00:51-	00:12+	01:05&	01:13-	00:18#	00:08+	00:10#	00:05+	00:08#
6	Håkon Eggebø	71										46:29				
01:20+	04:25+	06:48+	09:10+	13:45+	19:07+	20:43+	25:44+	28:36+	31:01+	34:35+	37:05+	39:45+	42:20+	43:04+	45:23+	46:29+
01:20+	03:05+	02:23+	02:22-	04:35+	05:22+	01:36+	05:01+	02:52-	02:25+	03:34+	02:30-	02:40+	02:35-	00:44+	02:19+	01:06+
00:15#	01:04&	00:26#	00:22-	00:45#	02:41&	00:02+	02:32@	00:33-	00:24#	00:49&	01:07-	00:17#	00:01-	00:03+	00:09+	00:14&
7	Martin Skogland	98										51:07				
01:29+	06:33+	09:06+	12:00+	16:20+	19:50+	21:42+	26:54+	30:27+	33:22+	37:11+	40:06+	42:38+	45:53+	46:49+	49:49+	51:07+
01:29+	05:04+	02:33+	02:54+	04:20+	03:30+	01:52+	05:12+	03:33+	02:55+	03:49+	02:55-	02:32+	03:15+	00:56+	03:00+	01:18+
00:24&	03:03@	00:36&	00:10+	00:30#	00:49&	00:18#	02:43@	00:08+	00:54&	01:04&	00:42-	00:09+	00:39#	00:15&	00:50&	00:26&
8	Brostrup Landstad	66										51:56				
02:09+	03:57+	05:56+	09:16+	12:12+	16:38+	18:17+	21:00+	27:59+	31:39+	35:59+	39:19+	43:14+	47:16+	48:53+	51:01+	51:56+
02:09+	01:48-	01:59+	03:20+	02:56-	04:26+	01:39+	02:43+	06:59+	03:40+	04:20+	03:55+	03:20-	04:02+	01:37+	02:08-	00:55+
01:04&	00:13-	00:02+	00:36#	00:54-	01:45&	00:05+	00:14+	03:34@	01:39&	01:35&	00:17-	01:32&	01:26&	00:56@	00:02-	00:03+
9	Bernhard Haver Vagle	126										54:27				
01:10+	04:34+	07:35+	13:07+	17:22+	22:18+	24:07+	27:21+	31:05+	35:09+	39:06+	41:30+	44:11+	47:39+	49:05+	53:25+	54:27+
01:10+	03:24+	03:01+	05:32+	04:15+	04:56+	01:49+	03:14+	03:44+	04:04+	03:57+	02:24-	02:41+	03:28+	01:26+	04:20+	01:02+
00:05+	01:23&	01:04&	02:48@	00:25#	02:15&	00:15#	00:45&	00:19+	02:03@	01:12&	01:13-	00:18#	00:52&	00:45@	02:10&	00:10#
10	Sondre Aspøy	117										54:44				
01:08+	03:33+	06:42+	09:46+	14:06+	22:51+	24:33+	28:07+	31:40+	35:18+	40:01+	43:01+	46:19+	49:03+	49:45+	53:35+	54:44+
01:08+	02:25+	03:09+	03:04+	04:20+	08:45+	01:42+	03:34+	03:33+	03:38+	04:43+	03:00-	03:18+	02:44+	00:42+	03:50+	01:09+
00:03+	00:24#	01:12&	00:20#	00:30#	06:04@	00:08+	01:05&	00:08+	01:37&	01:58&	00:37-	00:55&	00:08+	00:01+	01:40&	00:17&

Class	Navn	Klasse											Tid			
11	Alexander Romanov	3											58:31			
01:04-	07:57+	11:10+	17:13+	22:18+	25:50+	27:40+	31:03+	34:52+	38:44+	42:18+	46:47+	50:40+	53:44+	54:29+	57:14+	58:31+
01:04-	06:53+	03:13+	06:03+	05:05+	03:32+	01:50+	03:23+	03:49+	03:52+	03:34+	04:29+	03:53+	03:04+	00:45+	02:45+	01:17+
00:01-	04:52@	01:16&	03:19@	01:15&	00:51&	00:16#	00:54&	00:24#	01:51&	00:49&	00:52#	01:30&	00:28#	00:04+	00:35&	00:25&
12	Truls Thorkildsen	39											1:01:38			
01:13+	03:44+	07:00+	13:36+	19:03+	22:06+	25:10+	28:15+	34:04+	38:09+	41:27+	44:48+	51:23+	54:16+	57:28+	60:27+	61:38+
01:13+	02:31+	03:16+	06:36+	05:27+	03:03+	03:04+	03:05+	05:49+	04:05+	03:18+	03:21-	06:35+	02:53+	03:12+	02:59+	01:11+
00:08#	00:30#	01:19&	03:52@	01:37&	00:22#	01:30&	00:36#	02:24&	02:04@	00:33#	00:16-	04:12@	00:17#	02:31@	00:49&	00:19&
13	David Wade	116											1:03:30			
01:28+	04:53+	07:48+	18:40+	23:40+	27:39+	32:48+	35:51+	40:01+	42:50+	46:59+	51:01+	55:32+	58:23+	59:12+	62:19+	63:30+
01:28+	03:25+	02:55+	10:52+	05:00+	03:59+	05:09+	03:03+	04:10+	02:49+	04:09+	04:02+	04:31+	02:51+	00:49+	03:07+	01:11+
00:23&	01:24&	00:58&	08:08@	01:10&	01:18&	03:35@	00:34#	00:45#	00:48&	01:24&	00:25#	02:08&	00:15+	00:08#	00:57&	00:19&
14	Håvard Thomassen Lauritsen	116											1:04:40			
01:31+	04:15+	07:20+	09:47+	14:19+	18:53+	24:52+	29:19+	37:03+	41:46+	46:48+	49:44+	54:53+	58:13+	59:02+	63:18+	64:40+
01:31+	02:44+	03:05+	02:27-	04:32+	04:34+	05:59+	04:27+	07:44+	04:43+	05:02+	02:56-	05:09+	03:20+	00:49+	04:16+	01:22+
00:26&	00:43&	01:08&	00:17-	00:42#	01:53&	04:25@	01:58&	04:19@	02:42@	02:17&	00:41-	02:46@	00:44&	00:08#	02:06&	00:30&
15	Roger Vassbakk	51											1:08:29			
01:22+	07:02+	11:19+	16:45+	22:46+	27:48+	31:59+	36:45+	40:22+	44:18+	48:05+	51:26+	56:15+	60:41+	62:04+	66:30+	68:29+
01:22+	05:40+	04:17+	05:26+	06:01+	05:02+	04:11+	04:46+	03:37+	03:56+	03:47+	03:21-	04:49+	04:26+	01:23+	04:26+	01:59+
00:17&	03:39@	02:20@	02:42&	02:11&	02:21&	02:37@	02:17&	00:12+	01:55&	01:02&	00:16-	02:26@	01:50&	00:42@	02:16@	01:07@
16	Sverre Dørheim	136											1:12:14			
01:26+	05:52+	09:30+	13:05+	18:03+	24:13+	28:51+	33:17+	40:26+	43:22+	48:37+	53:06+	62:14+	66:13+	67:03+	70:14+	72:14+
01:26+	04:26+	03:38+	03:35+	04:58+	06:10+	04:38+	04:26+	07:09+	02:56+	05:15+	04:29+	09:08+	03:59+	00:50+	03:11+	02:00+
00:21&	02:25@	01:41&	00:51&	01:08&	03:29@	03:04@	01:57&	03:44@	00:55&	02:30&	00:52#	06:45@	01:23&	00:09#	01:01&	01:08@
17	Tor Gunnar Osen	116											1:15:21			
01:12+	04:22+	13:12+	22:30+	29:42+	35:19+	40:25+	46:42+	50:11+	55:59+	59:54+	64:07+	66:57+	69:58+	70:39+	74:19+	75:21+
01:12+	03:10+	08:50+	09:18+	07:12+	05:37+	05:06+	06:17+	03:29+	05:48+	03:55+	04:13+	02:50+	03:01+	00:41=	03:40+	01:02+
00:07#	01:09&	06:53@	06:34@	03:22&	02:56@	03:32@	03:48@	00:04+	03:47@	01:10&	00:36#	00:27#	00:25#	00:00=	01:30&	00:10#
18	Åsbjørn Enerstvedt	18											1:20:32			
01:40+	04:34+	07:55+	15:27+	23:28+	27:00+	29:28+	36:43+	46:49+	49:31+	56:08+	59:10+	64:43+	68:07+	75:54+	79:17+	80:32+
01:40+	02:54+	03:21+	07:32+	08:01+	03:32+	02:28+	07:15+	10:06+	02:42+	06:37+	03:02-	05:33+	03:24+	07:47+	03:23+	01:15+
00:35&	00:53&	01:24&	04:48@	04:11@	00:51&	00:54&	04:46@	06:41@	00:41&	03:52@	00:35-	03:10@	00:48&	07:06@	01:13&	00:23&
19	Håvard Barkved	71											1:35:13			
01:24+	13:51+	17:16+	45:46+	50:32+	54:36+	56:48+	60:01+	73:21+	76:19+	79:36+	83:03+	85:53+	89:14+	90:49+	94:12+	95:13+
01:24+	12:27+	03:25+	28:30+	04:46+	04:04+	02:12+	03:13+	13:20+	02:58+	03:17+	03:27-	02:50+	03:21+	01:35+	03:23+	01:01+
00:19&	10:26@	01:28&	25:46@	00:56#	01:23&	00:38&	00:44&	09:55@	00:57&	00:32#	00:10-	00:27#	00:45&	00:54@	01:13&	00:09#
Beste strekketid for klassen																
00:59	01:48	01:57	02:20	02:56	02:31	01:23	02:29	02:04	01:54	02:41	02:23	02:03	02:20	00:41	02:07	00:49

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

Herrer 40 - 49 år

1	Bjørnar André Haug	80											39:44			
01:04=	03:12=	05:15=	08:36=	12:16=	15:14=	16:48=	20:18=	22:46=	25:08=	28:47=	30:52=	33:19=	35:47=	36:25=	38:44=	39:44=
01:04=	02:08=	02:03=	03:21=	03:40=	02:58=	01:34=	03:30=	02:28=	02:22=	03:39=	02:05=	02:27=	02:28=	00:38=	02:19=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan-Kenneth Polle	83											47:42			
00:58-	04:16+	06:46+	10:27+	14:22+	17:24+	19:23+	23:34+	26:43+	30:02+	33:28+	36:20+	38:49+	41:27+	42:34+	46:39+	47:42+
00:58-	03:18+	02:30+	03:41+	03:55+	03:02+	01:59+	04:11+	03:09+	03:19+	03:26-	02:52+	02:29+	02:38+	01:07+	04:05+	01:03+
00:06-	01:10&	00:27#	00:20+	00:15+	00:04+	00:25&	00:41#	00:41&	00:57&	00:13-	00:47&	00:02+	00:10+	00:29&	01:46&	00:03+
3	Thomas Johansen	111											50:19			
01:50+	05:12+	08:47+	10:45+	14:28+	19:20+	21:25+	24:32+	28:48+	31:46+	37:12+	39:36+	42:46+	45:21+	46:30+	49:14+	50:19+
01:50+	03:22+	03:35+	01:58-	03:43+	04:52+	02:05+	03:07-	04:16+	02:58+	05:26+	02:24+	03:10+	02:35+	01:09+	02:44+	01:05+
00:46&	01:14&	01:32&	01:23-	00:03+	01:54&	00:31&	00:23-	01:48&	00:36&	01:47&	00:19#	00:43&	00:07+	00:31&	00:25#	00:05+
4	Eivind Lie	116											52:11			
00:56-	03:34+	06:25+	09:38+	13:05+	16:43+	18:53+	22:17+	26:25+	29:23+	32:43+	35:35+	44:28+	47:02+	47:54+	51:06+	52:11+
00:56-	02:38+	02:51+	03:13-	03:27-	03:38+	02:10+	03:24-	04:08+	02:58+	03:20-	02:52+	08:53+	02:34+	00:52+	03:12+	01:05+
00:08-	00:30#	00:48&	00:08-	00:13-	00:40#	00:36&	00:06-	01:40&	00:36&	00:19-	00:47&	06:26@	00:06+	00:14&	00:53&	00:05+

Class	Navn	Klasse										Tid					
5	Magne Habbestad	111										52:44					
01:16+	03:38+	05:49+	09:10+	14:19+	17:24+	19:05+	22:38+	29:08+	34:08+	38:19+	41:14+	44:34+	47:37+	48:42+	51:19+	52:44+	
01:16+	02:22+	02:11+	03:21+	05:09+	03:05+	01:41+	03:33+	06:30+	05:00+	04:11+	02:55+	03:20+	03:03+	01:05+	02:37+	01:25+	
00:12#	00:14#	00:08+	00:00=	01:29&	00:07+	00:07+	00:03+	04:02@	02:38@	00:32#	00:50&	00:53&	00:35#	00:27&	00:18#	00:25&	
6	Gunnar Thorset	117										53:21					
01:37+	04:14+	09:19+	12:17+	16:15+	19:38+	21:33+	26:10+	29:59+	34:14+	38:25+	41:07+	45:07+	48:13+	49:03+	52:04+	53:21+	
01:37+	02:37+	05:05+	02:58-	03:58+	03:23+	01:55+	04:37+	03:49+	04:15+	04:11+	02:42+	04:00+	03:06+	00:50+	03:01+	01:17+	
00:33&	00:29#	03:02@	00:23-	00:18+	00:25#	00:21#	01:07&	01:21&	01:53&	00:32#	00:37&	01:33&	00:38&	00:12&	00:42&	00:17&	
7	Rune Hatle	65										55:47					
01:06+	04:07+	06:51+	09:44+	15:57+	19:28+	21:11+	26:59+	31:17+	37:08+	41:16+	43:59+	46:44+	50:40+	51:39+	54:38+	55:47+	
01:06+	03:01+	02:44+	02:53-	06:13+	03:31+	01:43+	05:48+	04:18+	05:51+	04:08+	02:43+	02:45+	03:56+	00:59+	02:59+	01:09+	
00:02+	00:53&	00:41&	00:28-	02:33&	00:33#	00:09+	02:18&	01:50&	03:29@	00:29#	00:38&	00:18#	01:28&	00:21&	00:40&	00:09#	
8	Frode Dyrliid	116										1:01:01					
01:18+	05:33+	08:13+	11:36+	16:15+	20:19+	22:35+	31:54+	37:22+	40:02+	44:47+	47:34+	51:42+	55:28+	56:38+	59:37+	61:01+	
01:18+	04:15+	02:40+	03:23+	04:39+	04:04+	02:16+	09:19+	05:28+	02:40+	04:45+	02:47+	04:08+	03:46+	01:10+	02:59+	01:24+	
00:14#	02:07&	00:37&	00:02+	00:59&	01:06&	00:42&	05:49@	03:00@	00:18#	01:06&	00:42&	01:41&	01:18&	00:32&	00:40&	00:24&	
9	Audun Thomassen	65										1:03:47					
01:16+	03:31+	05:45+	11:24+	15:32+	18:55+	21:04+	23:53+	27:14+	38:18+	41:28+	44:22+	54:05+	57:26+	59:02+	62:23+	63:47+	
01:16+	02:15+	02:14+	05:39+	04:08+	03:23+	02:09+	02:49-	03:21+	11:04+	03:10-	02:54+	09:43+	03:21+	01:36+	03:21+	01:24+	
00:12#	00:07+	00:11+	02:18&	00:28#	00:25#	00:35#	00:41-	00:53&	08:42@	00:29-	00:49&	07:16@	00:53&	00:58@	01:02&	00:24&	
10	Jean-Michel Maurice	42										1:04:52					
01:19+	04:23+	07:07+	09:40+	13:58+	18:03+	20:42+	24:00+	32:18+	42:35+	48:27+	52:06+	55:40+	58:46+	60:02+	63:15+	64:52+	
01:19+	03:04+	02:44+	02:33-	04:18+	04:05+	02:39+	03:18-	08:18+	10:17+	05:52+	03:39+	03:34+	03:06+	01:16+	03:13+	01:37+	
00:15#	00:56&	00:41&	00:48-	00:38#	01:07&	01:05&	00:12-	05:50@	07:55@	02:13&	01:34&	01:07&	00:38&	00:38&	00:54&	00:37&	
11	Tore Halset	114										1:07:51					
01:10+	09:52+	12:52+	16:29+	22:45+	27:29+	29:16+	34:11+	39:23+	42:30+	47:34+	52:30+	56:39+	60:35+	61:35+	66:17+	67:51+	
01:10+	08:42+	03:00+	03:37+	06:16+	04:44+	01:47+	04:55+	05:12+	03:07+	05:04+	04:56+	04:09+	03:56+	01:00+	04:42+	01:34+	
00:06+	06:34@	00:57&	00:16+	02:36&	01:46&	00:13#	01:25&	02:44@	00:45&	01:25&	02:51@	01:42&	01:28&	00:22&	02:23@	00:34&	
12	Ole-Tobias Frich	116										1:10:36					
01:07+	04:10+	06:41+	17:39+	22:02+	31:36+	36:05+	39:43+	44:21+	46:59+	51:07+	54:04+	61:37+	64:46+	66:40+	69:14+	70:36+	
01:07+	03:03+	02:31+	10:58+	04:23+	09:34+	04:29+	03:38+	04:38+	02:38+	04:08+	02:57+	07:33+	03:09+	01:54+	02:34+	01:22+	
00:03+	00:55&	00:28#	07:37@	00:43#	06:36@	02:55@	00:08+	02:10&	00:16#	00:29#	00:52&	05:06@	00:41&	01:16@	00:15#	00:22&	
13	André Sirevåg	116										1:14:35					
01:24+	04:24+	08:02+	19:43+	24:43+	29:26+	31:29+	39:07+	42:56+	46:39+	51:48+	59:10+	63:55+	67:06+	68:15+	73:10+	74:35+	
01:24+	03:00+	03:38+	11:41+	05:00+	04:43+	02:03+	07:38+	03:49+	03:43+	05:09+	07:22+	04:45+	03:11+	01:09+	04:55+	01:25+	
00:20&	00:52&	01:35&	08:20@	01:20&	01:45&	00:29&	04:08@	01:21&	01:21&	01:30&	05:17@	02:18&	00:43&	00:31&	02:36@	00:25&	
14	Lars Husdal	93										1:18:47					
01:35+	05:50+	11:38+	20:59+	27:23+	31:46+	34:23+	44:26+	50:04+	55:17+	59:34+	63:51+	68:14+	71:34+	72:43+	77:07+	78:47+	
01:35+	04:15+	05:48+	09:21+	06:24+	04:23+	02:37+	10:03+	05:38+	05:13+	04:17+	04:17+	04:23+	03:20+	01:09+	04:24+	01:40+	
00:31&	02:07&	03:45@	06:00@	02:44&	01:25&	01:03&	06:33@	03:10@	02:51@	00:38#	02:12@	01:56&	00:52&	00:31&	02:05&	00:40&	
15	Terje Undheim	54										1:19:29					
01:23+	08:41+	19:14+	28:51+	33:32+	38:44+	41:39+	45:59+	53:33+	57:32+	61:35+	64:07+	70:16+	73:10+	74:05+	78:11+	79:29+	
01:23+	07:18+	10:33+	09:37+	04:41+	05:12+	02:55+	04:20+	07:34+	03:59+	04:03+	02:32+	06:09+	02:54+	00:55+	04:06+	01:18+	
00:19&	05:10@	08:30@	06:16@	01:01&	02:14&	01:21&	00:50#	05:06@	01:37&	00:24#	00:27#	03:42@	00:26#	00:17&	01:47&	00:18&	
16	Ryan Squires	42										2:10:07					
02:03+	05:50+	17:23+	35:19+	43:59+	52:35+	66:27+	72:06+	78:28+	85:41+	91:17+	101:50+	116:37+	120:17+	121:34+	128:42+	130:07+	
02:03+	03:47+	11:33+	17:56+	08:40+	08:36+	13:52+	05:39+	06:22+	07:13+	05:36+	10:33+	14:47+	03:40+	01:17+	07:08+	01:25+	
00:59&	01:39&	09:30@	14:35@	05:00@	05:38@	12:18@	02:09&	03:54@	04:51@	01:57&	08:28@	12:20@	01:12&	00:39@	04:49@	00:25&	
Beste strekktid for klassen																	
00:56	02:08	02:03	01:58	03:27	02:58	01:34	02:49	02:28	02:22	03:10	02:05	02:27	02:28	00:38	02:19	01:00	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Herrer 50 - 59 år																	
1	Pål Bårdsen	90										42:32					
02:28=	04:33=	06:58=	09:45=	12:25=	14:55=	16:55=	19:25=	21:09=	23:39=	28:25=	32:35=	34:50=	38:36=	41:09=	42:32=		
02:28=	02:05=	02:25=	02:47=	02:40=	02:30=	02:00=	02:30=	01:44=	02:30=	04:46=	04:10=	02:15=	03:46=	02:33=	01:23=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Class	Navn	Klasse	Tid												
2	Ludovic Antresangle	42	49:07												
01:36-	03:41-	06:18-	09:14-	11:45-	15:57+	18:21+	20:57+	22:38+	24:59+	29:38+	32:58+	35:11+	43:32+	48:06+	49:07+
01:36-	02:05=	02:37+	02:56+	02:31-	04:12+	02:24+	02:36+	01:41-	02:21-	04:39-	03:20-	02:13-	08:21+	04:34+	01:01-
00:52-	00:00=	00:12+	00:09+	00:09-	01:42&	00:24#	00:06+	00:03-	00:09-	00:07-	00:50-	00:02-	04:35@	02:01&	00:22-
3	Jørgen Nilsen	53	52:14												
01:46-	03:36-	05:48-	12:25+	13:58+	17:17+	23:28+	26:28+	29:27+	31:47+	37:03+	42:06+	44:34+	48:13+	50:56+	52:14+
01:46-	01:50-	02:12-	06:37+	01:33-	03:19+	06:11+	03:00+	02:59+	02:20-	05:16+	05:03+	02:28+	03:39-	02:43+	01:18-
00:42-	00:15-	00:13-	03:50@	01:07-	00:49&	04:11@	00:30#	01:15&	00:10-	00:30#	00:53#	00:13+	00:07-	00:10+	00:05-
4	Tor Inge Halvorsen	5	53:29												
02:10-	04:54+	07:42+	10:21+	13:53+	18:02+	21:45+	25:04+	28:34+	32:00+	37:58+	42:01+	44:26+	49:01+	52:12+	53:29+
02:10-	02:44+	02:48+	02:39-	03:32+	04:09+	03:43+	03:19+	03:30+	03:26+	05:58+	04:03-	02:25+	04:35+	03:11+	01:17-
00:18-	00:39&	00:23#	00:08-	00:52&	01:39&	01:43&	00:49&	01:46@	00:56&	01:12&	00:07-	00:10+	00:49#	00:38#	00:06-
5	Øystein Fuglestad	46	53:48												
02:12-	04:39+	07:43+	10:51+	12:38+	17:23+	19:38+	22:20+	26:10+	29:55+	38:40+	43:03+	45:51+	49:41+	52:19+	53:48+
02:12-	02:27+	03:04+	03:08+	01:47-	04:45+	02:15+	02:42+	03:50+	03:45+	08:45+	04:23+	02:48+	03:50+	02:38+	01:29+
00:16-	00:22#	00:39&	00:21#	00:53-	02:15&	00:15#	00:12+	02:06@	01:15&	03:59&	00:13+	00:33#	00:04+	00:05+	00:06+
6	Jone Kalheim	93	54:33												
04:25+	07:47+	10:57+	15:57+	18:08+	23:40+	25:51+	28:29+	31:37+	34:15+	38:32+	42:30+	45:36+	49:43+	53:08+	54:33+
04:25+	03:22+	03:10+	05:00+	02:11-	05:32+	02:11+	02:38+	03:08+	02:38+	04:17-	03:58-	03:06+	04:07+	03:25+	01:25+
01:57&	01:17&	00:45&	02:13&	00:29-	03:02@	00:11+	00:08+	01:24&	00:08+	00:29-	00:12-	00:51&	00:21+	00:52&	00:02+
7	Magnar Møller	62	54:54												
02:28=	04:41+	07:41+	10:47+	13:40+	20:03+	23:02+	26:26+	30:14+	33:05+	37:50+	42:29+	45:14+	49:08+	53:39+	54:54+
02:28=	02:13+	03:00+	03:06+	02:53+	06:23+	02:59+	03:24+	03:48+	02:51+	04:45-	04:39+	02:45+	03:54+	04:31+	01:15-
00:00=	00:08+	00:35#	00:19#	00:13+	03:53@	00:59&	00:54&	02:04@	00:21#	00:01-	00:29#	00:30#	00:08+	01:58&	00:08-
8	Svend Vihovde	116	58:00												
02:29+	06:42+	09:58+	15:04+	17:03+	20:18+	22:05+	24:43+	31:35+	35:29+	40:40+	46:00+	48:47+	53:10+	56:22+	58:00+
02:29+	04:13+	03:16+	05:06+	01:59-	03:15+	01:47-	02:38+	06:52+	03:54+	05:11+	05:20+	02:47+	04:23+	03:12+	01:38+
00:01+	02:08@	00:51&	02:19&	00:41-	00:45&	00:13-	00:08+	05:08@	01:24&	00:25+	01:10&	00:32#	00:37#	00:39&	00:15#
9	Frank Hansen	29	59:16												
02:49+	04:49+	09:48+	14:53+	17:21+	21:54+	24:08+	26:43+	29:17+	33:40+	42:19+	46:05+	50:26+	54:24+	57:43+	59:16+
02:49+	02:00-	04:59+	05:05+	02:28-	04:33+	02:14+	02:35+	02:34+	04:23+	08:39+	03:46-	04:21+	03:58+	03:19+	01:33+
00:21#	00:05-	02:34@	02:18&	00:12-	02:03&	00:14#	00:05+	00:50&	01:53&	03:53&	00:24-	02:06&	00:12+	00:46&	00:10#
10	Rune Paulsen	98	1:00:30												
02:06-	04:49+	07:16+	11:48+	14:14+	18:54+	24:29+	27:54+	30:48+	34:37+	40:16+	43:53+	49:41+	53:59+	59:19+	60:30+
02:06-	02:43+	02:27+	04:32+	02:26-	04:40+	05:35+	03:25+	02:54+	03:49+	05:39+	03:37-	05:48+	04:18+	05:20+	01:11-
00:22-	00:38&	00:02+	01:45&	00:14-	02:10&	03:35@	00:55&	01:10&	01:19&	00:53#	00:33-	03:33@	00:32#	02:47@	00:12-
11	Christof Schätz	239	1:01:00												
03:00+	05:26+	09:14+	18:13+	20:45+	25:40+	27:45+	30:38+	32:47+	36:29+	42:05+	46:44+	52:17+	56:16+	59:21+	61:00+
03:00+	02:26+	03:48+	08:59+	02:32-	04:55+	02:05+	02:53+	02:09+	03:42+	05:36+	04:39+	05:33+	03:59+	03:05+	01:39+
00:32#	00:21#	01:23&	06:12@	00:08-	02:25&	00:05+	00:23#	00:25#	01:12&	00:50#	00:29#	03:18@	00:13+	00:32#	00:16#
12	Trygve Michaelsen	117	1:04:02												
02:06-	04:31-	08:11+	11:26+	18:50+	21:30+	25:12+	29:56+	32:41+	35:53+	49:04+	53:21+	55:50+	59:57+	62:25+	64:02+
02:06-	02:25+	03:40+	03:15+	07:24+	02:40+	03:42+	04:44+	02:45+	03:12+	13:11+	04:17+	02:29+	04:07+	02:28-	01:37+
00:22-	00:20#	01:15&	00:28#	04:44@	00:10+	01:42&	02:14&	01:01&	00:42&	08:25@	00:07+	00:14#	00:21+	00:05-	00:14#
13	Trond Sandal	42	1:04:37												
03:30+	06:14+	09:09+	18:55+	21:31+	25:44+	27:54+	30:58+	33:27+	41:14+	46:53+	51:53+	54:58+	59:52+	63:15+	64:37+
03:30+	02:44+	02:55+	09:46+	02:36-	04:13+	02:10+	03:04+	02:29+	07:47+	05:39+	05:00+	03:05+	04:54+	03:23+	01:22-
01:02&	00:39&	00:30#	06:59@	00:04-	01:43&	00:10+	00:34#	00:45&	05:17@	00:53#	00:50#	00:50&	01:08&	00:50&	00:01-
14	Per Ivar Hovstad	116	1:04:52												
02:38+	05:16+	10:44+	15:51+	18:21+	24:03+	27:55+	32:35+	35:16+	41:32+	47:45+	53:14+	56:10+	60:49+	63:44+	64:52+
02:38+	02:38+	05:28+	05:07+	02:30-	05:42+	03:52+	04:40+	02:41+	06:16+	06:13+	05:29+	02:56+	04:39+	02:55+	01:08-
00:10+	00:33&	03:03@	02:20&	00:10-	03:12@	01:52&	02:10&	00:57&	03:46@	01:27&	01:19&	00:41&	00:53#	00:22#	00:15-
15	Kjell Ove Aksland	27	1:09:56												
06:07+	09:14+	12:18+	27:23+	31:10+	35:11+	39:41+	43:32+	45:36+	49:11+	53:48+	58:07+	61:12+	65:04+	68:23+	69:56+
06:07+	03:07+	03:04+	15:05+	03:47+	04:01+	04:30+	03:51+	02:04+	03:35+	04:37-	04:19+	03:05+	03:52+	03:19+	01:33+
03:39@	01:02&	00:39&	12:18@	01:07&	01:31&	02:30@	01:21&	00:20#	01:05&	00:09-	00:09+	00:50&	00:06+	00:46&	00:10#
16	Anders Glenne	7	1:10:50												
02:35+	04:17-	08:00+	26:15+	29:54+	33:24+	36:15+	39:19+	47:07+	49:53+	56:22+	60:16+	62:36+	65:56+	69:41+	70:50+
02:35+	01:42-	03:43+	18:15+	03:39+	03:30+	02:51+	03:04+	07:48+	02:46+	06:29+	03:54-	02:20+	03:20-	03:45+	01:09-
00:07+	00:23-	01:18&	15:28@	00:59&	01:00&	00:51&	00:34#	06:04@	00:16#	01:43&	00:16-	00:05+	00:26-	01:12&	00:14-

Class	Navn	Klasse										Tid				
17	Ingve Vold	54										1:13:03				
02:53+	05:35+	08:25+	13:22+	27:15+	31:56+	35:35+	42:18+	44:39+	49:31+	54:42+	59:15+	63:13+	67:30+	71:42+	73:03+	
02:53+	02:42+	02:50+	04:57+	13:53+	04:41+	03:39+	06:43+	02:21+	04:52+	05:11+	04:33+	03:58+	04:17+	04:12+	01:21-	
00:25#	00:37&	00:25#	02:10&	11:13@	02:11&	01:39&	04:13@	00:37&	02:22&	00:25+	00:23+	01:43&	00:31#	01:39&	00:02-	
18	Ove Mæstad	67										1:32:04				
03:21+	05:51+	10:49+	26:44+	33:45+	42:20+	45:48+	50:14+	60:48+	64:43+	73:13+	77:41+	81:02+	85:18+	90:29+	92:04+	
03:21+	02:30+	04:58+	15:55+	07:01+	08:35+	03:28+	04:26+	10:34+	03:55+	08:30+	04:28+	03:21+	04:16+	05:11+	01:35+	
00:53&	00:25#	02:33@	13:08@	04:21@	06:05@	01:28&	01:56&	08:50@	01:25&	03:44&	00:18+	01:06&	00:30#	02:38@	00:12#	
Beste strekktid for klassen																
01:36	01:42	02:12	02:39	01:33	02:30	01:47	02:30	01:41	02:20	04:17	03:20	02:13	03:20	02:28	01:01	

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

Herrer 60 - 64 år

1	Ole Petter Haukaas	109										38:09				
01:11=	04:25=	08:12=	10:44=	12:52=	15:51=	18:19=	21:27=	23:56=	27:08=	29:19=	31:15=	33:47=	34:53=	37:10=	38:09=	
01:11=	03:14=	03:47=	02:32=	02:08=	02:59=	02:28=	03:08=	02:29=	03:12=	02:11=	01:56=	02:32=	01:06=	02:17=	00:59=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Morten Johannessen	7										43:16				
01:27+	04:44+	09:33+	11:23+	14:31+	17:14+	19:47+	23:13+	25:28+	28:48+	32:12+	35:22+	38:05+	39:13+	42:06+	43:16+	
01:27+	03:17+	04:49+	01:50-	03:08+	02:43-	02:03-	03:26+	02:15-	03:20+	03:24+	03:10+	02:43+	01:08+	02:53+	01:10+	
00:16#	00:03+	01:02&	00:42-	01:00&	00:16-	00:05+	00:18+	00:14-	00:08+	01:13&	01:14&	00:11+	00:02+	00:36&	00:11#	
3	Lars Bergersen	116										43:18				
01:19+	05:05+	07:20-	08:49-	12:26-	15:10-	17:13-	21:26-	23:55-	27:56+	30:40+	33:25+	36:35+	37:51+	42:03+	43:18+	
01:19+	03:46+	02:15-	01:29-	03:37+	02:44-	02:03-	04:13+	02:29=	04:01+	02:44+	02:45+	03:10+	01:16+	04:12+	01:15+	
00:08#	00:32#	01:32-	01:03-	01:29&	00:15-	00:25-	01:05&	00:00=	00:49&	00:33&	00:49&	00:38#	00:10#	01:55&	00:16&	
4	Dag Helliksen	80										43:44				
01:13+	04:38+	06:54-	08:47-	11:46-	14:43-	16:53-	23:43+	26:02+	29:50+	33:09+	35:57+	38:57+	39:53+	42:34+	43:44+	
01:13+	03:25+	02:16-	01:53-	02:59+	02:57-	02:10-	06:50+	02:19-	03:48+	03:19+	02:48+	03:00+	00:56-	02:41+	01:10+	
00:02+	00:11+	01:31-	00:39-	00:51&	00:02-	00:18-	03:42@	00:10-	00:36#	01:08&	00:52&	00:28#	00:10-	00:24#	00:11#	
5	Torbjørn Evensen	108										45:38				
01:15+	04:47+	06:52-	08:28-	15:59+	18:36+	21:18+	24:55+	28:54+	32:55+	35:36+	37:54+	40:54+	41:53+	44:29+	45:38+	
01:15+	03:32+	02:05-	01:36-	07:31+	02:37-	02:42+	03:37+	03:59+	04:01+	02:41+	02:18+	03:00+	00:59-	02:36+	01:09+	
00:04+	00:18+	01:42-	00:56-	05:23@	00:22-	00:14+	00:29#	01:30&	00:49&	00:30#	00:22#	00:28#	00:07-	00:19#	00:10#	
6	Ivar Johan Larsen	46										47:23				
01:29+	05:32+	08:03-	10:20-	13:32+	17:42+	20:19+	25:01+	28:23+	32:42+	35:44+	38:37+	41:59+	43:22+	46:01+	47:23+	
01:29+	04:03+	02:31-	02:17-	03:12+	04:10+	02:37+	04:42+	03:22+	04:19+	03:02+	02:53+	03:22+	01:23+	02:39+	01:22+	
00:18&	00:49&	01:16-	00:15-	01:04&	01:11&	00:09+	01:34&	00:53&	01:07&	00:51&	00:57&	00:50&	00:17&	00:22#	00:23&	
7	Olav Tunheim	93										50:59				
01:22+	04:47+	07:20-	08:59-	12:18-	15:46-	20:22+	26:56+	31:16+	36:29+	39:22+	41:46+	44:39+	45:55+	49:45+	50:59+	
01:22+	03:25+	02:33-	01:39-	03:19+	03:28+	04:36+	06:34+	04:20+	05:13+	02:53+	02:24+	02:53+	01:16+	03:50+	01:14+	
00:11#	00:11+	01:14-	00:53-	01:11&	00:29#	02:08&	03:26@	01:51&	02:01&	00:42&	00:28#	00:21#	00:10#	01:33&	00:15&	
8	Per Ingar Hadland	7										57:40				
01:43+	05:26+	10:54+	12:56+	15:41+	19:04+	21:20+	29:27+	37:26+	41:54+	44:55+	48:06+	51:37+	52:45+	56:12+	57:40+	
01:43+	03:43+	05:28+	02:02-	02:45+	03:23+	02:16-	08:07+	07:59+	04:28+	03:01+	03:11+	03:31+	01:08+	03:27+	01:28+	
00:32&	00:29#	01:41&	00:30-	00:37&	00:24#	00:12-	04:59@	05:30@	01:16&	00:50&	01:15&	00:59&	00:02+	01:10&	00:29&	
9	Agnar Lien	7										1:00:06				
01:43+	07:25+	10:23+	13:21+	20:38+	24:14+	30:03+	34:48+	37:34+	42:22+	45:56+	50:22+	53:54+	55:04+	58:32+	60:06+	
01:43+	05:42+	02:58-	02:58+	07:17+	03:36+	05:49+	04:45+	02:46+	04:48+	03:34+	04:26+	03:32+	01:10+	03:28+	01:34+	
00:32&	02:28&	00:49-	00:26#	05:09@	00:37#	03:21@	01:37&	00:17#	01:36&	01:23&	02:30@	01:00&	00:04+	01:11&	00:35&	
10	Kjell Lervik	239										1:02:05				
01:49+	06:05+	10:10+	13:04+	17:22+	21:23+	24:16+	33:58+	36:58+	43:06+	48:28+	52:19+	55:54+	57:07+	60:40+	62:05+	
01:49+	04:16+	04:05+	02:54+	04:18+	04:01+	02:53+	09:42+	03:00+	06:08+	05:22+	03:51+	03:35+	01:13+	03:33+	01:25+	
00:38&	01:02&	00:18+	00:22#	02:10@	01:02&	00:25#	06:34@	00:31#	02:56&	03:11@	01:55&	01:03&	00:07#	01:16&	00:26&	
11	John C. Sinnes	93										1:15:42				
01:50+	05:57+	15:56+	18:36+	23:23+	27:46+	31:05+	41:24+	45:30+	51:00+	55:04+	67:02+	70:15+	71:17+	74:24+	75:42+	
01:50+	04:07+	09:59+	02:40+	04:47+	04:23+	03:19+	10:19+	04:06+	05:30+	04:04+	11:58+	03:13+	01:02-	03:07+	01:18+	
00:39&	00:53&	06:12@	00:08+	02:39@	01:24&	00:51&	07:11@	01:37&	02:18&	01:53&	10:02@	00:41&	00:04-	00:50&	00:19&	

Class	Navn	Klasse										Tid					
12	Roar Fitjar	101										1:07:33					
		01:52+	06:10+	14:13+	16:43+	23:36+	28:21+	31:17+	37:46+	42:09+	47:35+	51:04+	55:33+	59:29+	61:10+	66:10+	67:33+
		01:52+	04:18+	08:03+	02:30+	06:53+	04:45+	02:56+	06:29+	04:23+	05:26+	03:29+	04:29+	03:56+	01:41+	05:00+	01:23+
		00:45&	01:17&	06:30@	00:47&	04:49@	02:25@	01:14&	03:25@	02:30@	02:54@	01:15&	02:30@	01:30&	00:51@	02:24&	00:28&

Beste strekktid for klassen

01:01 02:50 01:33 01:29 02:04 02:14 01:38 02:59 01:53 02:32 01:59 01:43 02:24 00:46 02:12 00:55

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

Herrer 70 - 74 år

1	Gudmund Gausel	115										44:50					
		01:30=	05:17=	07:13=	08:29=	11:05=	14:03=	16:30=	21:13=	24:04=	28:18=	31:25=	34:16=	37:33=	39:02=	41:40=	44:50=
		01:30=	03:47=	01:56=	01:16=	02:36=	02:58=	02:27=	04:43=	02:51=	04:14=	03:07=	02:51=	03:17=	01:29=	02:38=	03:10=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Kjell Svihus	154										47:06					
		01:39+	05:38+	07:52+	10:50+	13:43+	18:38+	22:07+	26:03+	28:37+	32:41+	36:07+	38:34+	41:43+	42:56+	45:52+	47:06+
		01:39+	03:59+	02:14+	02:58+	02:53+	04:55+	03:29+	03:56-	02:34-	04:04-	03:26+	02:27-	03:09-	01:13-	02:56+	01:14-
		00:09#	00:12+	00:18#	01:42@	00:17#	01:57&	01:02&	00:47-	00:17-	00:10-	00:19#	00:24-	00:08-	00:16-	00:18#	01:56-

3	Jan Inge Lunde	88										48:22					
		01:44+	06:04+	08:43+	11:06+	14:06+	17:11+	19:27+	23:49+	27:35+	31:59+	35:19+	39:12+	42:53+	44:08+	46:49+	48:22+
		01:44+	04:20+	02:39+	02:23+	03:00+	03:05+	02:16-	04:22-	03:46+	04:24+	03:20+	03:53+	03:41+	01:15-	02:41+	01:33-
		00:14#	00:33#	00:43&	01:07&	00:24#	00:07+	00:11-	00:21-	00:55&	00:10+	00:13+	01:02&	00:24#	00:14-	00:03+	01:37-

4	Harry Breiland	66										48:25					
		01:23-	04:44-	07:04-	11:14+	13:59+	18:33+	21:18+	28:18+	31:32+	34:50+	37:07+	40:11+	42:58+	43:58+	46:25+	48:25+
		01:23-	03:21-	02:20+	04:10+	02:45+	04:34+	02:45+	07:00+	03:14+	03:18-	02:17-	03:04+	02:47-	01:00-	02:27-	02:00-
		00:07-	00:26-	00:24#	02:54@	00:09+	01:36&	00:18#	02:17&	00:23#	00:56-	00:50-	00:13+	00:30-	00:29-	00:11-	01:10-

5	Asgeir Bell	117										49:07					
		01:11-	04:29-	11:43+	15:05+	17:39+	20:12+	21:55+	25:25+	32:55+	35:51+	39:28+	41:55+	44:32+	45:38+	48:01+	49:07+
		01:11-	03:18-	07:14+	03:22+	02:34-	02:33-	01:43-	03:30-	07:30+	02:56-	03:37+	02:27-	02:37-	01:06-	02:23-	01:06-
		00:19-	00:29-	05:18@	02:06@	00:02-	00:25-	00:44-	01:13-	04:39@	01:18-	00:30#	00:24-	00:40-	00:23-	00:15-	02:04-

6	Paul A. Paulsen	117										54:03					
		01:31+	05:43+	08:11+	16:47+	20:07+	23:36+	26:08+	30:26+	33:18+	37:58+	41:01+	44:46+	48:07+	49:18+	52:24+	54:03+
		01:31+	04:12+	02:28+	08:36+	03:20+	03:29+	02:32+	04:18-	02:52+	04:40+	03:03-	03:45+	03:21+	01:11-	03:06+	01:39-
		00:01+	00:25#	00:32&	07:20@	00:44&	00:31#	00:05+	00:25-	00:01+	00:26#	00:04-	00:54&	00:04+	00:18-	00:28#	01:31-

7	Finn Morten Årstad	115										54:22					
		01:44+	06:08+	10:46+	14:04+	16:57+	20:09+	24:43+	29:55+	35:04+	39:09+	42:07+	44:33+	47:56+	49:06+	51:59+	54:22+
		01:44+	04:24+	04:38+	03:18+	02:53+	03:12+	04:34+	05:12+	05:09+	04:05-	02:58-	02:26-	03:23+	01:10-	02:53+	02:23-
		00:14#	00:37#	02:42@	02:02@	00:17#	00:14+	02:07&	00:29#	02:18&	00:09-	00:09-	00:25-	00:06+	00:19-	00:15+	00:47-

8	Arne Østensen	90										55:42					
		01:14-	05:44+	13:00+	15:30+	23:19+	26:47+	30:44+	34:34+	37:02+	41:26+	44:41+	47:03+	50:00+	51:10+	54:36+	55:42+
		01:14-	04:30+	07:16+	02:30+	07:49+	03:28+	03:57+	03:50-	02:28-	04:24+	03:15+	02:22-	02:57-	01:10-	03:26+	01:06-
		00:16-	00:43#	05:20@	01:14&	05:13@	00:30#	01:30&	00:53-	00:23-	00:10+	00:08+	00:29-	00:20-	00:19-	00:48&	02:04-

9	Olav Habbestad	116										59:48					
		03:33+	10:32+	14:43+	16:15+	20:42+	24:07+	26:20+	32:35+	35:44+	39:34+	44:52+	50:24+	53:21+	54:45+	58:32+	59:48+
		03:33+	06:59+	04:11+	01:32+	04:27+	03:25+	02:13-	06:15+	03:09+	03:50-	05:18+	05:32+	02:57-	01:24-	03:47+	01:16-
		02:03@	03:12&	02:15@	00:16#	01:51&	00:27#	00:14-	01:32&	00:18#	00:24-	02:11&	02:41&	00:20-	00:05-	01:09&	01:54-

10	Leif Gunnar Wikene	43										1:02:18					
		01:27-	05:02-	16:38+	17:59+	24:05+	28:26+	31:05+	35:12+	38:56+	44:31+	47:21+	53:20+	56:41+	57:37+	60:57+	62:18+
		01:27-	03:35-	11:36+	01:21+	06:06+	04:21+	02:39+	04:07-	03:44+	05:35+	02:50-	05:59+	03:21+	00:56-	03:20+	01:21-
		00:03-	00:12-	09:40@	00:05+	03:30@	01:23&	00:12+	00:36-	00:53&	01:21&	00:17-	03:08@	00:04+	00:33-	00:42&	01:49-

Beste strekktid for klassen

01:11 03:18 01:56 01:16 02:34 02:33 01:43 03:30 02:28 02:56 02:17 02:22 02:37 00:56 02:23 01:06

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

Herrer 75 - 79 år

Class	Navn	Klasse														Tid
1	Svein Glendrange	68														40:39
01:49=	04:37=	06:04=	08:10=	10:32=	12:36=	14:40=	19:10=	21:35=	23:55=	26:25=	30:56=	34:32=	35:53=	39:05=	40:39=	
01:49=	02:48=	01:27=	02:06=	02:22=	02:04=	02:04=	04:30=	02:25=	02:20=	02:30=	04:31=	03:36=	01:21=	03:12=	01:34=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kjell Langvik	93														42:13
01:57+	04:38+	06:07+	08:19+	10:20-	12:07-	14:35-	19:35+	21:57+	23:58+	28:40+	33:42+	36:55+	38:05+	41:01+	42:13+	
01:57+	02:41-	01:29+	02:12+	02:01-	01:47-	02:28+	05:00+	02:22-	02:01-	04:42+	05:02+	03:13-	01:10-	02:56-	01:12-	
00:08+	00:07-	00:02+	00:06+	00:21-	00:17-	00:24#	00:30#	00:03-	00:19-	02:12&	00:31#	00:23-	00:11-	00:16-	00:22-	
3	Øyvind Egeskog	5														43:45
01:46-	04:48+	06:02-	08:15+	13:37+	15:47+	17:48+	22:21+	25:01+	27:07+	29:38+	33:58+	37:36+	38:46+	42:26+	43:45+	
01:46-	03:02+	01:14-	02:13+	05:22+	02:10+	02:01-	04:33+	02:40+	02:06-	02:31+	04:20-	03:38+	01:10-	03:40+	01:19-	
00:03-	00:14+	00:13-	00:07+	03:00#	00:06+	00:03-	00:03+	00:15#	00:14-	00:01+	00:11-	00:02+	00:11-	00:28#	00:15-	
4	Geir Husdal	93														45:22
01:40-	06:42+	07:56+	10:12+	15:13+	16:52+	18:43+	23:15+	26:02+	28:33+	30:48+	36:06+	39:21+	40:36+	44:00+	45:22+	
01:40-	05:02+	01:14-	02:16+	05:01+	01:39-	01:51-	04:32+	02:47+	02:31+	02:15-	05:18+	03:15-	01:15-	03:24+	01:22-	
00:09-	02:14&	00:13-	00:10+	02:39#	00:25-	00:13-	00:02+	00:22#	00:11+	00:15-	00:47#	00:21-	00:06-	00:12+	00:12-	
5	Harald Vatne	67														46:24
02:24+	05:32+	07:17+	10:36+	15:32+	17:18+	19:14+	24:21+	26:59+	29:16+	32:41+	36:52+	40:17+	41:31+	45:12+	46:24+	
02:24+	03:08+	01:45+	03:19+	04:56+	01:46-	01:56-	05:07+	02:38+	02:17-	03:25+	04:11-	03:25-	01:14-	03:41+	01:12-	
00:35&	00:20#	00:18#	01:13&	02:34#	00:18-	00:08-	00:02+	00:13+	00:03-	00:55&	00:20-	00:11-	00:07-	00:29#	00:22-	
6	Steinar Undheim	54														47:13
01:48-	05:10+	06:30+	08:32+	16:05+	18:00+	19:57+	25:02+	27:45+	29:46+	33:32+	37:38+	41:03+	42:18+	45:47+	47:13+	
01:48-	03:22+	01:20-	02:02-	07:33+	01:55-	01:57-	05:05+	02:43+	02:01-	03:46+	04:06+	03:25-	01:15-	03:29+	01:26-	
00:01-	00:34#	00:07-	00:04-	05:11#	00:09-	00:07-	00:35#	00:18#	00:19-	01:16&	00:25-	00:11-	00:06-	00:17+	00:08-	
7	Tormod Aaslid	54														48:19
02:01+	05:30+	07:01+	11:58+	16:01+	18:49+	21:05+	26:15+	28:50+	31:02+	34:27+	38:36+	42:03+	43:18+	47:01+	48:19+	
02:01+	03:29+	01:31+	04:57+	04:03+	02:48+	02:16+	05:10+	02:35+	02:12-	03:25+	04:09+	03:27-	01:15-	03:43+	01:18-	
00:12#	00:41#	00:04+	02:51#	01:41&	00:44&	00:12+	00:40#	00:10+	00:08-	00:55&	00:22-	00:09-	00:06-	00:31#	00:16-	
8	Arvid Thorsen	5														53:27
01:34-	04:29-	05:37-	07:39-	14:16+	17:48+	21:21+	26:50+	29:45+	31:34+	36:01+	41:34+	45:09+	47:59+	52:09+	53:27+	
01:34-	02:55+	01:08-	02:02-	06:37+	03:32+	03:33+	05:29+	02:55+	01:49-	04:27+	05:33+	03:35-	02:50+	04:10+	01:18-	
00:15-	00:07+	00:19-	00:04-	04:15#	01:28&	01:29&	00:59#	00:30#	00:31-	01:57&	01:02#	00:01-	01:29#	00:58&	00:16-	
9	Norvald Skretting	43														1:00:54
01:44-	05:22+	06:37+	13:22+	17:23+	19:26+	23:07+	29:44+	38:10+	40:21+	45:56+	50:53+	54:32+	55:43+	59:25+	60:54+	
01:44-	03:38+	01:15-	06:45+	04:01+	02:03-	03:41+	06:37+	08:26+	02:11-	05:35+	04:57+	03:39+	01:11-	03:42+	01:29-	
00:05-	00:50&	00:12-	04:39#	01:39&	00:01-	01:37&	02:07&	06:01#	00:09-	03:05#	00:26+	00:03+	00:10-	00:30#	00:05-	
10	Ingjald Egeland	7														1:04:30
01:38-	04:00-	07:45+	14:11+	18:38+	24:11+	26:37+	28:05+	37:41+	40:46+	43:03+	48:41+	53:32+	56:47+	60:03+	62:58+	64:30+
01:38-	02:22-	03:45+	06:26+	04:27+	05:33+	02:26+	01:28-	09:36+	03:05+	02:17-	05:38+	04:51+	03:15+	03:16+	02:55+	01:32+
00:11-	00:26-	02:18#	04:20#	02:05&	03:29#	00:22#	03:02-	07:11#	00:45&	00:13-	01:07#	01:15&	01:54#	00:04+	01:21&	01:32+
11	Terje Braut	92														1:13:52
02:54+	06:07+	07:52+	16:02+	21:52+	29:20+	31:04+	37:14+	41:00+	44:21+	51:34+	59:35+	64:52+	66:45+	71:38+	73:52+	
02:54+	03:13+	01:45+	08:10+	05:50+	07:28+	01:44-	06:10+	03:46+	03:21+	07:13+	08:01+	05:17+	01:53+	04:53+	02:14+	
01:05&	00:25#	00:18#	06:04#	03:28#	05:24#	00:20-	01:40&	01:21&	01:01&	04:43#	03:30&	01:41&	00:32&	01:41&	00:40&	
12	Arne Brandsberg	29														1:13:58
03:01+	07:33+	09:38+	12:16+	15:41+	19:04+	23:35+	26:51+	34:02+	38:24+	42:01+	46:31+	55:45+	62:43+	64:40+	71:13+	73:58+
03:01+	04:32+	02:05+	02:38+	03:25+	03:23+	04:31+	03:16-	07:11+	04:22+	03:37+	04:30-	09:14+	06:58+	01:57-	06:33+	02:45+
01:12&	01:44&	00:38&	00:32&	01:03&	01:19&	02:27#	01:14-	04:46#	02:02&	01:07&	00:01-	05:38#	05:37#	01:15-	04:59#	02:45+
13	Hans Klausen	62														1:14:38
01:59+	07:33+	09:31+	12:03+	20:18+	28:08+	31:05+	37:18+	48:12+	50:36+	54:32+	58:48+	62:51+	67:23+	72:47+	74:38+	
01:59+	05:34+	01:58+	02:32+	08:15+	07:50+	02:57+	06:13+	10:54+	02:24+	03:56+	04:16+	04:03+	04:32+	05:24+	01:51+	
00:10+	02:46&	00:31&	00:26#	05:53#	05:46#	00:53&	01:43&	08:29#	00:04+	01:26&	00:15-	00:27#	03:11#	02:12&	00:17#	
14	Kjell Maudal	63														2:13:36
02:52+	18:17+	23:14+	28:39+	35:46+	41:23+	46:49+	63:01+	86:37+	91:58+	96:09+	115:57+	121:44+	123:35+	129:28+	133:36+	
02:52+	15:25+	04:57+	05:25+	07:07+	05:37+	05:26+	16:12+	23:36+	05:21+	04:11+	19:48+	05:47+	01:51+	05:53+	04:08+	
01:03&	12:37#	03:30#	03:19#	04:45#	03:33#	03:22#	11:42#	21:11#	03:01#	01:41&	15:17#	02:11&	00:30&	02:41&	02:34#	
Beste strekktid for klassen																
01:34	02:22	01:08	02:02	02:01	01:39	01:44	01:28	02:22	01:49	02:15	04:06	03:13	01:10	01:57	01:12	

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

Herrer 80 år og eldre

1 Magne Jakobsen 63 1:08:40

08:33= 15:18= 22:44= 29:08= 32:06= 37:56= 42:16= 44:25= 52:08= 55:47= 59:26= 62:40= 66:17= 68:40=
 08:33= 06:45= 07:26= 06:24= 02:58= 05:50= 04:20= 02:09= 07:43= 03:39= 03:39= 03:14= 03:37= 02:23=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Magne Westerheim 93 1:39:35

05:02- 08:44- 36:19+ 40:55+ 45:54+ 64:49+ 74:02+ /6:24+ 83:11+ 86:18+ 89:58+ 94:12+ 97:22+ 99:35+
 05:02- 03:42- 27:35+ 04:36- 04:59+ 18:55+ 09:13+ 02:22+ 06:47- 03:07- 03:40+ 04:14+ 03:10- 02:13-
 03:31- 03:03- 20:09@ 01:48- 02:01& 13:05@ 04:53@ 00:13# 00:56- 00:32- 00:01+ 01:00& 00:27- 00:10-

Beste strekktid for klassen

05:02 03:42 07:26 04:36 02:58 05:50 04:20 02:09 06:47 03:07 03:39 03:14 03:10 02:13

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

Herrer A

1 Fredrik Omdal 74 32:52

01:40= 02:58= 04:34= 05:59= 08:12= 10:24= 12:34= 15:10= 16:35= 17:54= 19:29= 20:49= 22:39= 23:58= 25:12= 28:06= 29:55= 30:33= 32:09= 32:52=
 01:40= 01:18= 01:36= 01:25= 02:13= 02:12= 02:10= 02:36= 01:25= 01:19= 01:35= 01:20= 01:50= 01:19= 01:14= 02:54= 01:49= 00:38= 01:36= 00:43=
 00:00=

2 Clemens Øxnevad 114 33:07

01:23- 02:37- 04:41+ 06:14+ 07:55- 10:07- 12:25- 14:56- 17:21+ 18:34+ 20:01+ 21:14+ 22:45+ 23:58= 25:08- 27:59- 29:56+ 30:32- 32:17+ 33:07+
 01:23- 01:14- 02:04+ 01:33+ 01:41- 02:12= 02:18+ 02:31- 02:25+ 01:13- 01:27- 01:13- 01:31- 01:13- 01:10- 02:51- 01:57+ 00:36- 01:45+ 00:50+
 00:17- 00:04- 00:28& 00:08+ 00:32- 00:00= 00:08+ 00:05- 01:00& 00:06- 00:08- 00:07- 00:19- 00:06- 00:04- 00:03- 00:08+ 00:02- 00:09+ 00:07#

3 Erik Lima 43 35:21

01:43+ 03:16+ 04:54+ 07:01+ 08:42+ 11:00+ 13:32+ 16:34+ 18:25+ 19:58+ 21:43+ 22:59+ 24:51+ 26:03+ 27:21+ 30:18+ 32:13+ 32:53+ 34:30+ 35:21+
 01:43+ 01:33+ 01:38+ 02:07+ 01:41- 02:18+ 02:32+ 03:02+ 01:51+ 01:33+ 01:45+ 01:16- 01:52+ 01:12- 01:18+ 02:57+ 01:55+ 00:40+ 01:37+ 00:51+
 00:03+ 00:15# 00:02+ 00:42& 00:32- 00:06+ 00:22# 00:26# 00:26& 00:14# 00:10# 00:04- 00:02+ 00:07- 00:04+ 00:03+ 00:06+ 00:02+ 00:01+ 00:08#

4 Kristian Haarr 27 40:43

01:52+ 03:42+ 05:37+ 07:38+ 09:31+ 12:24+ 15:10+ 18:25+ 20:09+ 22:03+ 23:57+ 25:29+ 27:49+ 29:38+ 31:03+ 34:46+ 36:58+ 38:09+ 39:54+ 40:43+
 01:52+ 01:50+ 01:55+ 02:01+ 01:53- 02:53+ 02:46+ 03:15+ 01:44+ 01:54+ 01:54+ 01:32+ 02:20+ 01:49+ 01:25+ 03:43+ 02:12+ 01:11+ 01:45+ 00:49+
 00:12# 00:32& 00:19# 00:36& 00:20- 00:41& 00:36& 00:39# 00:19# 00:35& 00:19# 00:12# 00:30& 00:11# 00:49& 00:23# 00:33& 00:09+ 00:06#

5 Martin Blystad 115 43:41

01:47+ 03:21+ 05:16+ 07:07+ 11:41+ 14:01+ 17:07+ 20:16+ 22:42+ 24:18+ 27:30+ 29:03+ 31:08+ 33:16+ 34:38+ 37:58+ 40:02+ 40:53+ 42:47+ 43:41+
 01:47+ 01:34+ 01:55+ 01:51+ 04:34+ 02:20+ 03:06+ 03:09+ 02:26+ 01:36+ 03:12+ 01:33+ 02:05+ 02:08+ 01:22+ 03:20+ 02:04+ 00:51+ 01:54+ 00:54+
 00:07+ 00:16# 00:19# 00:26& 02:21@ 00:08+ 00:56& 00:33# 01:01& 00:17# 01:37@ 00:13# 00:15# 00:49& 00:08# 00:26# 00:15# 00:13& 00:18# 00:11&

6 Marius Stene 27 46:19

01:40= 03:20+ 05:56+ 09:08+ 11:11+ 14:05+ 17:15+ 21:36+ 24:18+ 25:45+ 27:48+ 29:51+ 33:17+ 35:08+ 36:47+ 40:22+ 42:36+ 43:23+ 45:26+ 46:19+
 01:40= 01:40+ 02:36+ 03:12+ 02:03- 02:54+ 03:10+ 04:21+ 02:42+ 01:27+ 02:03+ 02:03+ 02:03+ 03:26+ 01:51+ 01:39+ 03:35+ 02:14+ 00:47+ 02:03+ 00:53+
 00:00= 00:22& 01:00& 01:47@ 00:10- 00:42& 01:00& 01:45& 01:17& 00:08# 00:28& 00:43& 01:36& 00:32& 00:25& 00:41# 00:25# 00:09# 00:27& 00:10#

7 Svein Magnus Halsne 71 51:36

01:23- 03:45+ 06:31+ 08:13+ 10:02+ 12:37+ 17:17+ 22:17+ 24:05+ 26:17+ 28:47+ 35:01+ 37:42+ 39:23+ 41:01+ 44:45+ 46:58+ 47:47+ 50:09+ 51:36+
 01:23- 02:22+ 02:46+ 01:42+ 01:49- 02:35+ 04:40+ 05:00+ 01:48+ 02:12+ 02:30+ 06:14+ 02:41+ 01:41+ 01:38+ 03:44+ 02:13+ 00:49+ 02:22+ 01:27+
 00:17- 01:04& 01:10& 00:17# 00:24- 00:23# 02:30@ 02:24& 00:23& 00:53& 00:55& 04:54@ 00:51& 00:22& 00:24& 00:50& 00:24# 00:11& 00:46& 00:44@

Beste strekktid for klassen

01:23 01:14 01:36 01:25 01:41 02:12 02:10 02:31 01:25 01:13 01:27 01:13 01:31 01:12 01:10 02:51 01:49 00:36 01:36 00:43

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

Herrer B

1 Per Olav Haarr 62 38:36

01:30= 03:01= 04:50= 07:48= 10:12= 12:50= 15:43= 19:01= 20:51= 22:29= 24:46= 26:01= 27:49= 29:01= 30:20= 33:15= 35:22= 36:01= 37:38= 38:36=
 01:30= 01:31= 01:49= 02:58= 02:24= 02:38= 02:53= 03:18= 01:50= 01:38= 02:17= 01:15= 01:48= 01:12= 01:19= 02:55= 02:07= 00:39= 01:37= 00:58=
 00:00=

Class	Navn	Klasse													Tid					
2	Stein Arne Olsen	68													39:36					
	01:49+	03:32+	05:30+	07:10-	09:01-	11:40-	14:48-	17:55-	19:46-	21:23-	23:13-	24:50-	27:03-	28:50-	30:25+	33:43+	35:58+	36:45+	38:37+	39:36+
	01:49+	01:43+	01:58+	01:40-	01:51-	02:39+	03:08+	03:07-	01:51+	01:37-	01:50-	01:37+	02:13+	01:47+	01:35+	03:18+	02:15+	00:47+	01:52+	00:59+
	00:19#	00:12#	00:09+	01:18-	00:33-	00:01+	00:15+	00:11-	00:01+	00:01-	00:27-	00:22#	00:25#	00:35#	00:16#	00:23#	00:08+	00:08#	00:15#	00:01+
3	Magnus Landstad	66													40:57					
	01:43+	03:29+	05:21+	07:15-	09:01-	11:19-	13:58-	17:10-	19:15-	20:50-	22:38-	24:20-	27:02-	28:28-	29:58-	33:02-	35:14-	36:16+	39:37+	40:57+
	01:43+	01:46+	01:52+	01:54-	01:46-	02:18-	02:39-	03:12-	02:05+	01:35-	01:48-	01:42+	02:42+	01:26+	01:30+	03:04+	02:12+	01:02+	03:21+	01:20+
	00:13#	00:15#	00:03+	01:04-	00:38-	00:20-	00:14-	00:06-	00:15#	00:03-	00:29-	00:27#	00:54#	00:14#	00:11#	00:09+	00:05+	00:23#	01:44#	00:22#
4	Morten Aamodt	116													40:57					
	01:39+	03:13+	05:09+	07:03-	08:56-	11:19-	13:59-	18:17-	20:50-	22:20-	24:14-	25:42-	28:32+	30:05+	31:31+	35:02+	37:20+	38:12+	39:58+	40:57+
	01:39+	01:34+	01:56+	01:54-	01:53-	02:23-	02:40-	04:18+	02:33+	01:30-	01:54-	01:28+	02:50+	01:33+	01:26+	03:31+	02:18+	00:52+	01:46+	00:59+
	00:09#	00:03+	00:07+	01:04-	00:31-	00:15-	00:13-	01:00#	00:43#	00:08-	00:23-	00:13#	01:02#	00:21#	00:07+	00:36#	00:11+	00:13#	00:09+	00:01+
5	Oddgeir Eikeskog	93													41:50					
	01:46+	03:20+	05:02+	06:38-	08:21-	11:04-	13:38-	18:02-	19:51-	21:22-	23:28-	25:04-	28:57+	30:41+	32:18+	35:39+	37:46+	38:48+	41:02+	41:50+
	01:46+	01:34+	01:42-	01:36-	01:43-	02:43+	02:34-	04:24+	01:49-	01:31-	02:06-	01:36+	03:53+	01:44+	01:37+	03:21+	02:07#	01:02+	02:14+	00:48-
	00:16#	00:03+	00:07-	01:22-	00:41-	00:05+	00:19-	01:06#	00:01-	00:07-	00:11-	00:21#	02:05#	00:32#	00:18#	00:26#	00:00#	00:23#	00:37#	00:10-
6	Oddvar Taksdal	194													42:03					
	02:02+	03:53+	05:51+	07:39-	09:36-	12:18-	15:30-	18:47-	20:36-	22:09-	24:28-	26:11+	28:31+	30:15+	31:42+	35:14+	37:49+	38:40+	40:48+	42:03+
	02:02+	01:51+	01:58+	01:48-	01:57-	02:42+	03:12+	03:17-	01:49-	01:33-	02:19+	01:43+	02:20+	01:44+	01:27+	03:32+	02:35+	00:51+	02:08+	01:15+
	00:32#	00:20#	00:09+	01:10-	00:27-	00:04+	00:19#	00:01-	00:01-	00:05-	00:02+	00:28#	00:32#	00:32#	00:08#	00:37#	00:28#	00:12#	00:31#	00:17#
7	Tom Furland	62													42:30					
	01:43+	03:22+	05:11+	07:04-	09:05-	11:35-	17:38+	20:41+	22:35+	24:19+	26:11+	27:56+	29:52+	31:41+	33:01+	36:17+	38:41+	39:24+	41:19+	42:30+
	01:43+	01:39+	01:49#	01:53-	02:01-	02:30-	06:03+	03:03-	01:54+	01:44+	01:52-	01:45+	01:56+	01:49+	01:20+	03:16+	02:24+	00:43+	01:55+	01:11+
	00:13#	00:08+	00:00#	01:05-	00:23-	00:08-	03:10#	00:15-	00:04+	00:06+	00:25-	00:30#	00:08+	00:37#	00:01+	00:21#	00:17#	00:04#	00:18#	00:13#
8	Njål F. Vadla	93													42:50					
	01:30#	03:05+	04:46-	06:40-	08:32-	10:55-	13:36-	20:58+	22:29+	23:50+	25:45+	27:30+	29:24+	31:11+	32:26+	37:09+	39:16+	40:05+	41:56+	42:50+
	01:30#	01:35+	01:41-	01:54-	01:52-	02:23-	02:41-	07:22+	01:31-	01:21-	01:55-	01:45+	01:54+	01:47+	01:15-	04:43+	02:07#	00:49+	01:51+	00:54-
	00:00#	00:04+	00:08-	01:04-	00:32-	00:15-	00:12-	04:04#	00:19-	00:17-	00:22-	00:30#	00:06+	00:35#	00:04-	01:48#	00:00#	00:10#	00:14#	00:04-
9	Morten S. Ronæss	27													47:21					
	02:05+	04:00+	05:55+	07:49+	09:40-	12:28-	16:55+	21:09+	23:23+	25:46+	27:57+	29:55+	32:25+	35:08+	36:45+	40:24+	42:46+	43:34+	46:06+	47:21+
	02:05+	01:55+	01:55+	01:54-	01:51-	02:48+	04:27+	04:14+	02:14+	02:23+	02:11-	01:58+	02:30+	02:43+	01:37+	03:39+	02:22+	00:48+	02:32+	01:15+
	00:35#	00:24#	00:06+	01:04-	00:33-	00:10+	01:34#	00:56#	00:24#	00:45#	00:06-	00:43#	00:42#	01:31#	00:18#	00:44#	00:15#	00:09#	00:55#	00:17#
10	Øystein Amundrud	90													49:08					
	01:38+	03:17+	05:15+	07:35-	11:48+	14:35+	18:31+	22:14+	24:30+	26:18+	28:12+	29:50+	35:40+	38:05+	39:34+	42:58+	45:13+	46:04+	48:10+	49:08+
	01:38+	01:39+	01:58+	02:20-	04:13+	02:47+	03:56+	03:43+	02:16+	01:48+	01:54-	01:38+	05:50+	02:25+	01:29+	03:24+	02:15+	00:51+	02:06+	00:58#
	00:08+	00:08+	00:09+	00:38-	01:49#	00:09+	01:03#	00:25#	00:26#	00:10#	00:23-	00:23#	04:02#	01:13#	00:10#	00:29#	00:08+	00:12#	00:29#	00:00#
11	Geir Sand	105													49:25					
	01:43+	03:20+	05:28+	08:14+	10:10-	13:20+	16:16+	19:31+	24:55+	26:30+	29:18+	30:52+	35:16+	37:05+	38:55+	42:33+	44:59+	46:10+	48:14+	49:25+
	01:43+	01:37+	02:08+	02:46-	01:56-	03:10+	02:56+	03:15-	05:24+	01:35-	02:48+	01:34+	04:24+	01:49+	01:50+	03:38+	02:26+	01:11+	02:04+	01:11+
	00:13#	00:06+	00:19#	00:12-	00:28-	00:32#	00:03+	00:03-	03:34#	00:03-	00:31#	00:19#	02:36#	00:37#	00:31#	00:43#	00:19#	00:32#	00:27#	00:13#
12	Trond Sigurd Fotland	66													51:50					
	01:47+	03:38+	05:41+	08:39+	10:58+	14:10+	17:33+	21:47+	24:16+	27:14+	30:21+	32:20+	35:30+	38:34+	40:20+	44:27+	46:37+	48:11+	50:51+	51:50+
	01:47+	01:51+	02:03+	02:58-	02:19-	03:12+	03:23+	04:14+	02:29+	02:58+	03:07+	01:59+	03:10+	03:04+	01:46+	04:07+	02:10+	01:34+	02:40+	00:59+
	00:17#	00:20#	00:14#	00:00#	00:05-	00:34#	00:30#	00:56#	00:39#	01:20#	00:50#	00:44#	01:22#	01:52#	00:27#	01:12#	00:03+	00:55#	01:03#	00:01+
13	Jørgen Breivold	54													52:35					
	01:43+	03:22+	05:21+	07:40-	11:03+	13:56+	16:44+	21:19+	23:13+	24:55+	27:16+	32:44+	37:16+	38:44+	41:20+	46:20+	48:38+	49:21+	51:40+	52:35+
	01:43+	01:39+	01:59+	02:19-	03:23+	02:53+	02:48+	04:35+	01:54+	01:42+	02:21+	02:28+	04:32+	01:28+	02:36+	05:00+	02:18+	00:43+	02:19+	00:55-
	00:13#	00:08+	00:10+	00:39-	00:59#	00:15+	00:05-	01:17#	00:04+	00:04+	00:04+	04:13#	02:44#	00:16#	01:17#	02:05#	00:11+	00:04#	00:42#	00:03-
14	Leif Kjetil Hinna Gausel	116													57:16					
	02:16+	04:10+	07:20+	10:03+	12:47+	15:57+	19:37+	23:21+	27:33+	30:08+	35:48+	37:48+	42:13+	44:22+	46:02+	49:57+	52:33+	53:32+	56:11+	57:16+
	02:16+	01:54+	03:10+	02:43-	02:44+	03:10+	03:40+	03:44+	04:12+	02:35+	05:40+	02:00+	04:25+	02:09+	01:40+	03:55+	02:36+	00:59+	02:39+	01:05+
	00:46#	00:23#	01:21#	00:15-	00:20#	00:32#	00:47#	00:26#	02:22#	00:57#	03:23#	00:45#	02:37#	00:57#	00:21#	01:00#	00:29#	00:20#	01:02#	00:07#
15	Espen Fyhn Nilsen	116													59:08					
	02:27+	04:27+	07:14+	12:20+	15:08+	18:50+	23:59+	28:15+	30:45+	32:44+	35:21+	37:25+	41:57+	44:04+	46:09+	50:25+	53:25+	54:33+	57:36+	59:08+
	02:27+	02:00+	02:47+	05:06+	02:48+	03:42+	05:09+	04:16+	02:30+	01:59+	02:37+	02:04+	04:32+	02:07+	02:05+	04:16+	03:00+	01:08+	03:03+	01:32+
	00:57#	00:29#	00:58#	02:08#	00:24#	01:04#	02:16#	00:58#	00:40#	00:21#	00:20#	00:49#	02:44#	00:55#	00:46#	01:21#	00:53#	00:29#	01:26#	00:34#
Beste strekktid for klassen	01:30	01:31	01:41	01:36	01:43	02:18	02:34	03:03	01:31	01:21	01:48	01:15	01:48	01:12	01:15	02:55	02:07	00:39	01:37	00:48

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

Herrer C

1	Kjetil Wirak	114	36:44															
01:29=	03:44=	05:43=	08:20=	09:30=	11:24=	14:07=	15:34=	17:31=	19:03=	23:20=	25:27=	27:06=	30:42=	32:55=	33:47=	35:44=	36:44=	
01:29=	02:15=	01:59=	02:37=	01:10=	01:54=	02:43=	01:27=	01:57=	01:32=	04:17=	02:07=	01:39=	03:36=	02:13=	00:52=	01:57=	01:00=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Henning Sundby	114	40:52															
02:29+	04:19+	06:25+	08:45+	11:03+	13:32+	16:01+	17:28+	19:36+	21:08+	25:51+	27:47+	30:41+	34:23+	36:36+	37:49+	39:41+	40:52+	
02:29+	01:50-	02:06+	02:20-	02:18+	02:29+	02:29-	01:27=	02:08+	01:32=	04:43+	01:56-	02:54+	03:42+	02:13=	01:13+	01:52-	01:11+	
01:00&	00:25-	00:07+	00:17-	01:08&	00:35&	00:14-	00:00=	00:11+	00:00=	00:26#	00:11-	01:15&	00:06+	00:00=	00:21&	00:05-	00:11#	
3	Sturle Omdal	116	42:22															
01:47+	04:37+	06:48+	09:28+	11:08+	13:24+	16:30+	18:25+	20:54+	22:46+	27:14+	29:47+	31:46+	35:42+	38:11+	39:06+	41:18+	42:22+	
01:47+	02:50+	02:11+	02:40+	01:40+	02:16+	03:06+	01:55+	02:29+	01:52+	04:28+	02:33+	01:59+	03:56+	02:29+	00:55+	02:12+	01:04+	
00:18#	00:35&	00:12#	00:03+	00:30&	00:22#	00:23#	00:28&	00:32&	00:20#	00:11+	00:26#	00:20#	00:20+	00:16#	00:03+	00:15#	00:04+	
4	Trond Nilsen Lamark	114	44:16															
02:06+	04:39+	06:59+	09:16+	10:37+	14:20+	17:17+	18:56+	20:48+	22:49+	27:32+	30:10+	33:03+	36:57+	39:44+	40:37+	43:02+	44:16+	
02:06+	02:33+	02:20+	02:17-	01:21+	03:43+	02:57+	01:39+	01:52-	02:01+	04:43+	02:38+	02:53+	03:54+	02:47+	00:53+	02:25+	01:14+	
00:37&	00:18#	00:21#	00:20-	00:11#	01:49&	00:14+	00:12#	00:05-	00:29&	00:26#	00:31#	01:14&	00:18+	00:34&	00:01+	00:28#	00:14#	
5	Paul Terje Haarr	62	44:39															
01:56+	04:14+	06:17+	08:57+	10:19+	14:43+	17:43+	19:21+	21:22+	23:24+	28:37+	30:39+	33:31+	37:10+	39:42+	40:43+	43:24+	44:39+	
01:56+	02:18+	02:03+	02:40+	01:22+	04:24+	03:00+	01:38+	02:01+	02:02+	05:13+	02:02-	02:52+	03:39+	02:32+	01:01+	02:41+	01:15+	
00:27&	00:03+	00:04+	00:03+	00:12#	02:30@	00:17#	00:11#	00:04+	00:30&	00:56#	00:05-	01:13&	00:03+	00:19#	00:09#	00:44&	00:15#	
6	Geir Frøylog	29	44:55															
01:37+	04:15+	06:59+	09:27+	11:24+	13:59+	16:40+	18:54+	21:33+	23:21+	29:04+	31:57+	33:48+	37:34+	40:04+	40:57+	43:36+	44:55+	
01:37+	02:38+	02:44+	02:28-	01:57+	02:35+	02:41-	02:14+	02:39+	01:48+	05:43+	02:53+	01:51+	03:46+	02:30+	00:53+	02:39+	01:19+	
00:08+	00:23#	00:45&	00:09-	00:47&	00:41&	00:02-	00:47&	00:42&	00:16#	01:26&	00:46&	00:12#	00:10+	00:17#	00:01+	00:42&	00:19&	
7	Otte Omdal	65	45:19															
01:43+	05:50+	07:57+	13:53+	15:17+	17:49+	20:15+	22:38+	24:21+	26:05+	31:20+	33:20+	35:49+	39:16+	41:28+	42:22+	44:32+	45:19+	
01:43+	04:07+	02:07+	05:56+	01:24+	02:32+	02:26-	02:23+	01:43-	01:44+	05:15+	02:00-	02:29+	03:27-	02:12-	00:54+	02:10+	00:47-	
00:14#	01:52&	00:08+	03:19@	00:14#	00:38&	00:17-	00:56&	00:14-	00:12#	00:58#	00:07-	00:50&	00:09-	00:01-	00:02+	00:13#	00:13-	
8	Bertrand Denieul	42	53:31															
02:05+	06:16+	09:05+	10:56+	16:52+	18:12+	20:05+	22:22+	23:59+	28:32+	30:17+	35:29+	37:36+	40:36+	45:07+	47:48+	48:46+	52:31+	53:31+
02:05+	04:11+	02:49+	01:51-	05:56+	01:20-	01:53-	02:17+	01:37-	04:33+	01:45-	05:12+	02:07+	03:00-	04:31+	02:41+	00:58-	03:45+	01:00+
00:36&	01:56&	00:50&	00:46-	04:46@	00:34-	00:50-	00:50&	00:20-	03:01@	02:32-	03:05@	00:28&	00:36-	02:18@	01:49@	00:59-	02:45@	01:00+
9	Øistein Haaland	116	55:03															
04:22+	06:44+	08:50+	11:38+	12:56+	14:52+	17:24+	18:56+	21:14+	23:45+	29:17+	32:44+	38:10+	46:06+	48:44+	49:52+	52:26+	55:03+	
04:22+	02:22+	02:06+	02:48+	01:18+	01:56+	02:32-	01:32+	02:18+	02:31+	05:32+	03:27+	05:26+	07:56+	02:38+	01:08+	02:34+	02:37+	
02:53@	00:07+	00:07+	00:11+	00:08#	00:02+	00:11-	00:05+	00:21#	00:59&	01:15&	01:20&	03:47@	04:20@	00:25#	00:16&	00:37&	01:37@	
10	Sveinung Svebestad	46	57:51															
01:52+	04:30+	06:47+	10:09+	13:16+	16:39+	20:47+	26:55+	29:22+	31:37+	37:46+	41:13+	43:48+	48:16+	51:29+	52:48+	56:09+	57:51+	
01:52+	02:38+	02:17+	03:22+	03:07+	03:23+	04:08+	06:08+	02:27+	02:15+	06:09+	03:27+	02:35+	04:28+	03:13+	01:19+	03:21+	01:42+	
00:23&	00:23#	00:18#	00:45&	01:57@	01:29&	01:25&	04:41@	00:30&	00:43&	01:52&	01:20&	00:56&	00:52#	01:00&	00:27&	01:24&	00:42&	
11	Erling Mauland	83	1:07:06															
02:18+	04:44+	07:16+	17:20+	18:28+	20:02+	24:50+	28:11+	30:27+	33:19+	39:32+	46:43+	54:25+	58:56+	62:12+	63:04+	65:56+	67:06+	
02:18+	02:26+	02:32+	10:04+	01:08-	01:34-	04:48+	03:21+	02:16+	02:52+	06:13+	07:11+	07:42+	04:31+	03:16+	00:52=	02:52+	01:10+	
00:49&	00:11+	00:33&	07:27@	00:02-	00:20-	02:05&	01:54@	00:19#	01:20&	01:56&	05:04@	06:03@	00:55&	01:03&	00:00=	00:55&	00:10#	
12	Ove Oaland	116	1:19:27															
02:06+	04:46+	13:02+	23:31+	28:05+	31:35+	34:57+	37:09+	40:05+	42:50+	49:08+	54:31+	62:23+	67:52+	71:23+	74:25+	78:15+	79:27+	
02:06+	02:40+	08:16+	10:29+	04:34+	03:30+	03:22+	02:12+	02:56+	02:45+	06:18+	05:23+	07:52+	05:29+	03:31+	03:02+	03:50+	01:12+	
00:37&	00:25#	06:17@	07:52@	03:24@	01:36&	00:39#	00:45&	00:59&	01:13&	02:01&	03:16@	06:13@	01:53&	01:18&	02:10@	01:53&	00:12#	

Beste strekktid for klassen

01:29 01:50 01:59 01:51 01:08 01:20 01:53 01:27 01:37 01:32 01:45 01:56 01:39 03:00 02:12 00:52 00:58 00:47

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

Herrer Ny

Class	Navn	Klasse	Tid
1	Håvard Jektnes	111	34:36
	01:52= 05:41= 08:00= 11:16= 15:57= 23:00= 26:19= 30:26= 34:36=		
	01:52= 03:49= 02:19= 03:16= 04:41= 07:03= 03:19= 04:07= 04:10=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste strekktid for klassen

01:52 03:49 02:19 03:16 04:41 07:03 03:19 04:07 04:10

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

Herrer Trim

1	Vegard Hausken	80	28:26
	00:53= 02:58= 07:32= 08:57= 10:39= 13:46= 16:40= 18:16= 19:37= 21:13= 23:28= 25:12= 27:27= 28:26=		
	00:53= 02:05= 04:34= 01:25= 01:42= 03:07= 02:54= 01:36= 01:21= 01:36= 02:15= 01:44= 02:15= 00:59=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Bruno Pierfelice	51	29:05
	00:41- 03:05+ 07:01- 08:29- 10:25- 13:46= 17:04+ 18:12- 19:24- 20:58- 23:15- 25:30+ 27:39+ 29:05+		
	00:41- 02:24+ 03:56- 01:28+ 01:56+ 03:21+ 03:18+ 01:08- 01:12- 01:34- 02:17+ 02:15+ 02:09- 01:26+		
	00:12- 00:19# 00:38- 00:03+ 00:14# 00:14+ 00:24# 00:28- 00:09- 00:02- 00:02+ 00:31& 00:06- 00:27&		
3	Eivind Lillestø	27	31:31
	00:53= 02:52- 08:29+ 10:11+ 12:23+ 15:35+ 18:37+ 20:39+ 22:05+ 23:46+ 26:12+ 28:10+ 30:21+ 31:31+		
	00:53= 01:59- 05:37+ 01:42+ 02:12+ 03:12+ 03:02+ 02:02+ 01:26+ 01:41+ 02:26+ 01:58+ 02:11- 01:10+		
	00:00= 00:06- 01:03# 00:17# 00:30& 00:05+ 00:08+ 00:26& 00:05+ 00:05+ 00:11+ 00:14# 00:04- 00:11#		
4	Arild Svihus	92	34:05
	00:49- 03:40+ 07:23- 09:27+ 11:21+ 15:02+ 18:21+ 19:46+ 21:11+ 23:20+ 26:02+ 28:21+ 33:00+ 34:05+		
	00:49- 02:51+ 03:43- 02:04+ 01:54+ 03:41+ 03:19+ 01:25- 01:25+ 02:09+ 02:42+ 02:19+ 04:39+ 01:05+		
	00:04- 00:46& 00:51- 00:39& 00:12# 00:34# 00:25# 00:11- 00:04+ 00:33& 00:27# 00:35& 02:24@ 00:06#		
5	Stig Erlend Ollestad	51	35:36
	01:00+ 03:01+ 14:15+ 15:30+ 17:30+ 20:31+ 23:58+ 25:29+ 26:37+ 28:12+ 30:55+ 32:45+ 34:40+ 35:36+		
	01:00+ 02:01- 11:14+ 01:15- 02:00+ 03:01- 03:27+ 01:31- 01:08- 01:35- 02:43+ 01:50+ 01:55- 00:56-		
	00:07# 00:04- 06:40@ 00:10- 00:18# 00:06- 00:33# 00:05- 00:13- 00:01- 00:28# 00:06+ 00:20- 00:03-		
6	Roger Nyseth	92	37:37
	01:20+ 04:43+ 09:03+ 11:22+ 13:21+ 17:18+ 19:54+ 21:45+ 23:49+ 26:38+ 29:54+ 32:38+ 35:49+ 37:37+		
	01:20+ 03:23+ 04:20- 02:19+ 01:59+ 03:57+ 02:36- 01:51+ 02:04+ 02:49+ 03:16+ 02:44+ 03:11+ 01:48+		
	00:27& 01:18& 00:14- 00:54& 00:17# 00:50& 00:18- 00:15# 00:43& 01:13& 01:01& 01:00& 00:56& 00:49&		
7	Svein Mæle	43	39:52
	01:27+ 04:01+ 07:56+ 10:20+ 12:34+ 19:12+ 22:23+ 24:38+ 26:27+ 29:01+ 32:08+ 34:55+ 38:42+ 39:52+		
	01:27+ 02:34+ 03:55- 02:24+ 02:14+ 06:38+ 03:11+ 02:15+ 01:49+ 02:34+ 03:07+ 02:47+ 03:47+ 01:10+		
	00:34& 00:29# 00:39- 00:59& 00:32& 03:31@ 00:17+ 00:39& 00:28& 00:58& 00:52& 01:03& 01:32& 00:11#		
8	Per Kolbein Tonstad	66	41:56
	01:17+ 04:49+ 11:23+ 13:55+ 16:07+ 20:10+ 24:00+ 26:32+ 28:36+ 31:40+ 35:13+ 37:37+ 40:15+ 41:56+		
	01:17+ 03:32+ 06:34+ 02:32+ 02:12+ 04:03+ 03:50+ 02:32+ 02:04+ 03:04+ 03:33+ 02:24+ 02:38+ 01:41+		
	00:24& 01:27& 02:00& 01:07& 00:30& 00:56& 00:56& 00:56& 00:43& 01:28& 01:18& 00:40& 00:23# 00:42&		
9	Frode Følgesvold	5	42:51
	00:57+ 04:09+ 10:57+ 14:09+ 16:20+ 21:01+ 24:02+ 26:48+ 28:54+ 31:39+ 35:08+ 38:03+ 41:06+ 42:51+		
	00:57+ 03:12+ 06:48+ 03:12+ 02:11+ 04:41+ 03:01+ 02:46+ 02:06+ 02:45+ 03:29+ 02:55+ 03:03+ 01:45+		
	00:04+ 01:07& 02:14& 01:47@ 00:29& 01:34& 00:07+ 01:10& 00:45& 01:09& 01:14& 01:11& 00:48& 00:46&		
10	Per Bakken	5	44:16
	01:37+ 05:27+ 10:51+ 13:09+ 15:19+ 19:38+ 27:45+ 29:19+ 31:00+ 33:36+ 36:53+ 39:41+ 42:52+ 44:16+		
	01:37+ 03:50+ 05:24+ 02:18+ 02:10+ 04:19+ 08:07+ 01:34- 01:41+ 02:36+ 03:17+ 02:48+ 03:11+ 01:24+		
	00:44& 01:45& 00:50# 00:53& 00:28& 01:12& 05:13@ 00:02- 00:20# 01:00& 01:02& 01:04& 00:56& 00:25&		
11	Asgeir Kleppa	47	44:18
	06:10+ 09:33+ 14:10+ 16:18+ 18:31+ 23:21+ 26:11+ 27:57+ 29:42+ 31:48+ 37:03+ 39:36+ 42:40+ 44:18+		
	06:10+ 03:23+ 04:37+ 02:08+ 02:13+ 04:50+ 02:50- 01:46+ 01:45+ 02:06+ 05:15+ 02:33+ 03:04+ 01:38+		
	05:17@ 01:18& 00:03+ 00:43& 00:31& 01:43& 00:04- 00:10# 00:24& 00:30& 03:00@ 00:49& 00:49& 00:39&		
12	Jon Grepstad	111	47:03
	01:16+ 04:54+ 10:10+ 14:56+ 17:44+ 22:31+ 27:45+ 29:37+ 31:52+ 34:21+ 38:51+ 42:03+ 45:14+ 47:03+		
	01:16+ 03:38+ 05:16+ 04:46+ 02:48+ 04:47+ 05:14+ 01:52+ 02:15+ 02:29+ 04:30+ 03:12+ 03:11+ 01:49+		
	00:23& 01:33& 00:42# 03:21@ 01:06& 01:40& 02:20& 00:16# 00:54& 00:53& 02:15& 01:28& 00:56& 00:50&		

Class	Navn	Klasse											Tid
13	Jan Erik Syvertsen	51											49:24
01:01+	04:08+	22:42+	25:11+	27:18+	31:18+	34:45+	36:04+	37:22+	39:40+	42:33+	44:54+	48:17+	49:24+
01:01+	03:07+	18:34+	02:29+	02:07+	04:00+	03:27+	01:19-	01:18-	02:18+	02:53+	02:21+	03:23+	01:07+
00:08#	01:02&	14:00@	01:04&	00:25#	00:53&	00:33#	00:17-	00:03-	00:42&	00:38&	00:37&	01:08&	00:08#
14	John Thorsnæs	51											49:29
01:23+	05:38+	14:49+	17:05+	19:49+	24:32+	28:39+	30:50+	32:28+	36:26+	40:04+	43:38+	47:41+	49:29+
01:23+	04:15+	09:11+	02:16+	02:44+	04:43+	04:07+	02:11+	01:38+	03:58+	03:38+	03:34+	04:03+	01:48+
00:30&	02:10@	04:37@	00:51&	01:02&	01:36&	01:13&	00:35&	00:17#	02:22@	01:23&	01:50@	01:48&	00:49&
15	Samuel Denieul	42											50:05
02:57+	05:41+	12:12+	17:02+	19:06+	24:41+	37:11+	38:37+	39:58+	41:47+	44:40+	46:54+	49:19+	50:05+
02:57+	02:44+	06:31+	04:50+	02:04+	05:35+	12:30+	01:26-	01:21=	01:49+	02:53+	02:14+	02:25+	00:46-
02:04@	00:39&	01:57&	03:25@	00:22#	02:28&	09:36@	00:10-	00:00=	00:13#	00:38&	00:30&	00:10+	00:13-
16	Sverre Uhlving	105											50:15
01:28+	04:46+	11:03+	15:05+	18:10+	23:03+	27:29+	30:09+	32:56+	36:13+	40:47+	43:59+	48:17+	50:15+
01:28+	03:18+	06:17+	04:02+	03:05+	04:53+	04:26+	02:40+	02:47+	03:17+	04:34+	03:12+	04:18+	01:58+
00:35&	01:13&	01:43&	02:37@	01:23&	01:46&	01:32&	01:04&	01:26@	01:41@	02:19@	01:28&	02:03&	00:59&
17	Arne Hope	43											50:40
08:14+	11:19+	16:04+	18:32+	21:13+	26:15+	30:41+	33:26+	35:20+	38:13+	42:07+	45:16+	48:39+	50:40+
08:14+	03:05+	04:45+	02:28+	02:41+	05:02+	04:26+	02:45+	01:54+	02:53+	03:54+	03:09+	03:23+	02:01+
07:21@	01:00&	00:11+	01:03&	00:59&	01:55&	01:32&	01:09&	00:33&	01:17&	01:39&	01:25&	01:08&	01:02@
18	Leif Kåre Lende	128											50:42
01:19+	04:07+	11:51+	17:22+	19:18+	23:20+	29:54+	31:15+	33:06+	35:22+	38:14+	40:48+	49:01+	50:42+
01:19+	02:48+	07:44+	05:31+	01:56+	04:02+	06:34+	01:21-	01:51+	02:16+	02:52+	02:34+	08:13+	01:41+
00:26&	00:43&	03:10&	04:06@	00:14#	00:55&	03:40@	00:15-	00:30&	00:40&	00:37&	00:50&	05:58@	00:42&
19	Thomas Andreassen	27											51:00
01:57+	05:19+	11:18+	13:42+	16:01+	20:10+	23:52+	27:14+	32:26+	34:04+	37:14+	39:12+	48:46+	51:00+
01:57+	03:22+	05:59+	02:24+	02:19+	04:09+	03:42+	03:22+	05:12+	01:38+	03:10+	01:58+	09:34+	02:14+
01:04@	01:17&	01:25&	00:59&	00:37&	01:02&	00:48&	01:46@	03:51@	00:02+	00:55&	00:14#	07:19@	01:15@
20	Lars Salvesen	50											51:47
01:33+	05:26+	22:23+	24:30+	27:09+	30:36+	35:15+	37:52+	39:22+	41:51+	44:57+	47:37+	50:23+	51:47+
01:33+	03:53+	16:57+	02:07+	02:39+	03:27+	04:39+	02:37+	01:30+	02:29+	03:06+	02:40+	02:46+	01:24+
00:40&	01:48&	12:23@	00:42&	00:57&	00:20#	01:45&	01:01&	00:09#	00:53&	00:51&	00:56&	00:31#	00:25&
21	Aslak Ihle Vike	117											58:42
00:58+	11:14+	32:23+	34:56+	36:44+	40:23+	44:29+	46:04+	47:19+	48:59+	51:32+	53:44+	57:29+	58:42+
00:58+	10:16+	21:09+	02:33+	01:48+	03:39+	04:06+	01:35-	01:15-	01:40+	02:33+	02:12+	03:45+	01:13+
00:05+	08:11@	16:35@	01:08&	00:06+	00:32#	01:12&	00:01-	00:06-	00:04+	00:18#	00:28&	01:30&	00:14#
22	Tom Leveraas	93											1:01:43
05:17+	08:11+	22:40+	25:10+	27:19+	32:37+	36:56+	38:59+	40:50+	43:25+	46:27+	56:03+	60:19+	61:43+
05:17+	02:54+	14:29+	02:30+	02:09+	05:18+	04:19+	02:03+	01:51+	02:35+	03:02+	09:36+	04:16+	01:24+
04:24@	00:49&	09:55@	01:05&	00:27&	02:11&	01:25&	00:27&	00:30&	00:59&	00:47&	07:52@	02:01&	00:25&
23	John Helge Svandal	111											1:03:47
02:38+	05:18+	29:09+	31:41+	34:35+	40:07+	44:49+	46:50+	48:53+	51:31+	55:01+	58:07+	61:50+	63:47+
02:38+	02:40+	23:51+	02:32+	02:54+	05:32+	04:42+	02:01+	02:03+	02:38+	03:30+	03:06+	03:43+	01:57+
01:45@	00:35&	19:17@	01:07&	01:12&	02:25&	01:48&	00:25&	00:42&	01:02&	01:15&	01:22&	01:28&	00:58&
24	Inge Grødem	92											1:11:38
02:57+	06:53+	16:16+	29:35+	34:01+	41:48+	47:19+	50:18+	52:54+	57:00+	61:37+	65:02+	69:41+	71:38+
02:57+	03:56+	09:23+	13:19+	04:26+	07:47+	05:31+	02:59+	02:36+	04:06+	04:37+	03:25+	04:39+	01:57+
02:04@	01:51&	04:49@	11:54@	02:44@	04:40@	02:37&	01:23&	01:15&	02:30@	02:22@	01:41&	02:24@	00:58&
25	Steinar Aase	268											1:22:22
01:50+	15:13+	23:47+	30:57+	33:10+	38:30+	51:31+	53:54+	56:03+	60:00+	65:57+	77:06+	80:16+	82:22+
01:50+	13:23+	08:34+	07:10+	02:13+	05:20+	13:01+	02:23+	02:09+	03:57+	05:57+	11:09+	03:10+	02:06+
00:57@	11:18@	04:00&	05:45@	00:31&	02:13&	10:07@	00:47&	00:48&	02:21@	03:42@	09:25@	00:55&	01:07@
Beste strekktid for klassen													
00:41	01:59	03:43	01:15	01:42	03:01	02:36	01:08	01:08	01:34	02:15	01:44	01:55	00:46

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