

Plass Navn

Klasse

Tid

## Damer 16 - 39 år

**1 Margrete Jian Øye 126 1:04:34**

12:36= 18:50= 24:08= 26:02= 29:59= 33:41= 34:48= 43:11= 50:34= 54:04= 60:59= 64:08= 64:34=  
 12:36= 06:14= 05:18= 01:54= 03:57= 03:42= 01:07= 08:23= 07:23= 03:30= 06:55= 03:09= 00:26=  
 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=

**2 Silje Sundal 71 1:07:32**

04:13- 23:39+ 26:38+ 28:56+ 32:28+ 37:47+ 39:22+ 50:39+ 56:37+ 59:47+ 64:45+ 67:07+ 67:32+  
 04:13- 19:26+ 02:59- 02:18+ 03:32- 05:19+ 01:35+ 11:17+ 05:58- 03:10- 04:58- 02:22- 00:25-  
 08:23- 13:12@ 02:19- 00:24# 00:25- 01:37& 00:28& 02:54& 01:25- 00:20- 01:57- 00:47- 00:01-

**3 Maren Heradstveit 76 1:14:35**

03:02- 17:35- 22:53- 26:07+ 30:05+ 34:43+ 35:40+ 44:11+ 51:09+ 56:14+ 70:07+ 74:07+ 74:35+  
 03:02- 14:33+ 05:18- 03:14+ 03:58+ 04:38+ 00:57- 08:31+ 06:58- 05:05+ 13:53+ 04:00+ 00:28+  
 09:34- 08:19@ 00:00= 01:20& 00:01+ 00:56& 00:10- 00:08+ 00:25- 01:35& 06:58@ 00:51& 00:02+

**4 Hege Bakken 93 1:26:19**

04:38- 14:49- 28:50+ 31:18+ 38:25+ 43:04+ 45:06+ 57:01+ 64:23+ 68:33+ 80:26+ 85:53+ 86:19+  
 04:38- 10:11+ 14:01+ 02:28+ 07:07+ 04:39+ 02:02+ 11:55+ 07:22- 04:10+ 11:53+ 05:27+ 00:26=  
 07:58- 03:57& 08:43@ 00:34& 03:10& 00:57& 00:55& 03:32& 00:01- 00:40# 04:58& 02:18& 00:00=

**5 Ingrid Lycke Austbø 109 1:26:55**

13:09+ 26:43+ 30:35+ 32:15+ 36:20+ 41:10+ 42:22+ 52:39+ 60:57+ 64:24+ 70:14+ 86:31+ 86:55+  
 13:09+ 13:34+ 03:52- 01:40- 04:05+ 04:50+ 01:12+ 10:17+ 08:18+ 03:27- 05:50- 16:17+ 00:24-  
 00:33+ 07:20@ 01:26- 00:14- 00:08+ 01:08& 00:05+ 01:54# 00:55# 00:03- 01:05- 13:08@ 00:02-

**Beste strekketid for klassen**

03:02 06:14 02:59 01:40 03:32 03:42 00:57 08:23 05:58 03:10 04:58 02:22 00:24

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

## Damer 40 - 49 år

**1 Anne Marie Gausel 105 1:04:39**

03:52= 09:34= 12:40= 14:32= 17:26= 22:35= 23:29= 29:26= 34:08= 37:38= 57:28= 62:15= 63:39= 64:19= 64:39=  
 03:52= 05:42= 03:06= 01:52= 02:54= 05:09= 00:54= 05:57= 04:42= 03:30= 19:50= 04:47= 01:24= 00:40= 00:20=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Ida K. Kolstø 29 1:16:46**

08:02+ 15:10+ 17:56+ 19:36+ 25:40+ 35:55+ 37:07+ 44:40+ 50:38+ 57:47+ 68:50+ 73:33+ 75:05+ 76:25+ 76:46+  
 08:02+ 07:08+ 02:46- 01:40- 06:04+ 10:15+ 01:12+ 07:33+ 05:58+ 07:09+ 11:03- 04:43- 01:32+ 01:20+ 00:21+  
 04:10@ 01:26& 00:20- 00:12- 03:10@ 05:06& 00:18& 01:36& 01:16& 03:39@ 08:47- 00:04- 00:08+ 00:40& 00:01+

**3 Toyah Bråtveit 43 1:16:49**

11:06+ 16:21+ 19:58+ 21:51+ 24:53+ 38:36+ 39:48+ 50:19+ 60:48+ 64:58+ 69:48+ 73:53+ 75:20+ 76:21+ 76:49+  
 11:06+ 05:15- 03:37+ 01:53+ 03:02+ 13:43+ 01:12+ 10:31+ 10:29+ 04:10+ 04:50- 04:05- 01:27+ 01:01+ 00:28+  
 07:14@ 00:27- 00:31# 00:01+ 00:08+ 08:34@ 00:18& 04:34& 05:47@ 00:40# 15:00- 00:42- 00:03+ 00:21& 00:08&

**4 May Bente Valdøl 116 1:19:15**

04:58+ 10:54+ 14:28+ 16:32+ 20:35+ 32:03+ 33:16+ 47:56+ 56:22+ 63:12+ 71:29+ 75:46+ 77:19+ 78:47+ 79:15+  
 04:58+ 05:56+ 03:34+ 02:04+ 04:03+ 11:28+ 01:13+ 14:40+ 08:26+ 06:50+ 08:17- 04:17- 01:33+ 01:28+ 00:28+  
 01:06& 00:14+ 00:28# 00:12# 01:09& 06:19@ 00:19& 08:43@ 03:44& 03:20& 11:33- 00:30- 00:09# 00:48@ 00:08&

**5 Hege Anita H. Nielsen 48 1:21:13**

03:42- 08:19- 12:39- 14:57+ 20:27+ 29:34+ 30:56+ 48:34+ 58:10+ 62:49+ 69:04+ 78:22+ 79:51+ 80:49+ 81:13+  
 03:42- 04:37- 04:20+ 02:18+ 05:30+ 09:07+ 01:22+ 17:38+ 09:36+ 04:39+ 06:15- 09:18+ 01:29+ 00:58+ 00:24+  
 00:10- 01:05- 01:14& 00:26# 02:36& 03:58& 00:28& 11:41@ 04:54@ 01:09& 13:35- 04:31& 00:05+ 00:18& 00:04#

**Beste strekketid for klassen**

03:42 04:37 02:46 01:40 02:54 05:09 00:54 05:57 04:42 03:30 04:50 04:05 01:24 00:40 00:20

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

## Damer 50 - 59 år

Class	Navn	Klasse										Tid		
<b>1</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>1:06:55</b>		
04:00=	14:08=	18:21=	20:33=	25:21=	33:28=	34:44=	42:47=	53:44=	59:19=	62:40=	64:49=	66:25=	66:55=	
04:00=	10:08=	04:13=	02:12=	04:48=	08:07=	01:16=	08:03=	05:56=	05:01=	05:35=	03:21=	02:09=	01:36=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Evy Klausen Mjøltnes</b>	<b>62</b>										<b>1:07:32</b>		
04:25+	13:23-	17:31-	19:35-	22:48-	28:09-	29:22-	37:24-	46:15-	51:00-	58:46-	64:48+	66:27+	67:09+	67:32+
04:25+	08:58-	04:08-	02:04-	03:13-	05:21-	01:13-	08:02-	08:51+	04:45-	07:46+	06:02+	01:39-	00:42-	00:23-
00:25#	01:10-	00:05-	00:08-	01:35-	02:46-	00:03-	00:01-	02:55&	00:16-	02:11&	02:41&	00:30-	00:54-	00:07-
<b>3</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>										<b>1:09:23</b>		
07:04+	13:11-	16:58-	19:45-	23:41-	32:51-	33:57-	43:03+	49:05+	55:10+	60:13+	66:19+	68:06+	68:59+	69:23+
07:04+	06:07-	03:47-	02:47+	03:56-	09:10+	01:06-	09:06+	06:02+	06:05+	05:03-	06:06+	01:47-	00:53-	00:24-
03:04&	04:01-	00:26-	00:35&	00:52-	01:03#	00:10-	01:03#	00:06+	01:04#	00:32-	02:45&	00:22-	00:43-	00:06-
<b>4</b>	<b>Gunn J. Grefstad</b>	<b>2</b>										<b>1:09:29</b>		
09:10+	18:31+	22:40+	25:08+	31:05+	35:40+	36:49+	44:50+	52:39+	57:33+	63:00+	66:46+	68:19+	69:04+	69:29+
09:10+	09:21-	04:09-	02:28+	05:57+	04:35-	01:09-	08:01-	07:49+	04:54-	05:27-	03:46+	01:33-	00:45-	00:25-
05:10#	00:47-	00:04-	00:16#	01:09#	03:32-	00:07-	00:02-	01:53&	00:07-	00:08-	00:25#	00:36-	00:51-	00:05-
<b>5</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>1:13:25</b>		
04:25+	09:56-	15:29-	17:42-	23:47-	28:54-	30:12-	41:47-	50:17+	54:48+	65:29+	69:50+	71:29+	73:00+	73:25+
04:25+	05:31-	05:33+	02:13+	06:05+	05:07-	01:18+	11:35+	08:30+	04:31-	10:41+	04:21+	01:39-	01:31-	00:25-
00:25#	04:37-	01:20&	00:01+	01:17&	03:00-	00:02+	03:32&	02:34&	00:30-	05:06&	01:00&	00:30-	00:05-	00:05-
<b>6</b>	<b>Gerd Olaug Vikeså</b>	<b>101</b>										<b>1:18:53</b>		
04:03+	18:05+	21:43+	23:38+	27:07+	39:47+	40:57+	51:38+	62:22+	67:06+	71:55+	75:45+	77:38+	78:26+	78:53+
04:03+	14:02+	03:38-	01:55-	03:29-	12:40+	01:10-	10:41+	10:44+	04:44-	04:49-	03:50+	01:53-	00:48-	00:27-
00:03+	03:54&	00:35-	00:17-	01:19-	04:33&	00:06-	02:38&	04:48&	00:17-	00:46-	00:29#	00:16-	00:48-	00:03-
<b>7</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:36:12</b>		
05:20+	13:34-	17:38-	20:19-	25:16-	33:00-	34:36-	46:48+	54:30+	59:31+	66:45+	92:17+	94:45+	95:42+	96:12+
05:20+	08:14-	04:04-	02:41+	04:57+	07:44-	01:36+	12:12+	07:42+	05:01-	07:14+	25:32+	02:28+	00:57-	00:30=
01:20&	01:54-	00:09-	00:29#	00:09+	00:23-	00:20&	04:09&	01:46&	00:00=	01:39&	22:11#	00:19#	00:39-	00:00=
<b>8</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>1:42:14</b>		
07:43+	15:42+	19:46+	22:03+	38:45+	46:03+	47:12+	67:14+	74:03+	82:47+	90:37+	97:48+	99:44+	101:44+	102:14+
07:43+	07:59-	04:04-	02:17+	16:42+	07:18-	01:09-	20:02+	06:49+	08:44+	07:50+	07:11+	01:56-	02:00+	00:30=
03:43&	02:09-	00:09-	00:05+	11:54#	00:49-	00:07-	11:59#	00:53#	03:43&	02:15&	03:50#	00:13-	00:24#	00:00=
<b>9</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:53:19</b>		
06:31+	15:00+	19:27+	23:32+	29:25+	36:19+	37:44+	69:06+	75:33+	81:19+	95:27+	108:28+	110:37+	112:29+	113:19+
06:31+	08:29-	04:27+	04:05+	05:53+	06:54-	01:25+	31:22+	06:27+	05:46+	14:08+	13:01+	02:09=	01:52+	00:50+
02:31&	01:39-	00:14+	01:53&	01:05#	01:13-	00:09#	23:19#	00:31+	00:45#	08:33#	09:40#	00:00=	00:16#	00:20&
<b>Beste strekktid for klassen</b>														
04:00	05:31	03:38	01:55	03:13	04:35	01:06	08:01	05:56	04:31	04:49	03:21	01:33	00:42	00:23

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

## Damer 60 - 64 år

<b>1</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>45:50</b>		
04:17=	14:50=	18:28=	20:57=	28:27=	32:54=	37:45=	41:04=	43:04=	45:17=	45:50=				
04:17=	10:33=	03:38=	02:29=	07:30=	04:27=	04:51=	03:19=	02:00=	02:13=	00:33=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>48:29</b>		
04:23+	08:06-	13:17-	15:56-	24:35-	28:59-	38:30+	43:20+	45:37+	48:00+	48:29+				
04:23+	03:43-	05:11+	02:39+	08:39+	04:24-	09:31+	04:50+	02:17+	02:23+	00:29-				
00:06+	06:50-	01:33&	00:10+	01:09#	00:03-	04:40&	01:31&	00:17#	00:10+	00:04-				
<b>3</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>48:54</b>		
03:38-	20:32+	23:23+	25:38+	30:56+	34:30+	39:08+	43:37+	45:43+	48:21+	48:54+				
03:38-	16:54+	02:51-	02:15-	05:18-	03:34-	04:38-	04:29+	02:06+	02:38+	00:33=				
00:39-	06:21&	00:47-	00:14-	02:12-	00:53-	00:13-	01:10&	00:06+	00:25#	00:00=				
<b>4</b>	<b>May Elinor Meling</b>	<b>125</b>										<b>1:00:22</b>		
03:56-	15:14+	31:13+	34:04+	39:26+	45:43+	51:05+	55:36+	57:29+	59:55+	60:22+				
03:56-	11:18+	15:59+	02:51+	05:22-	06:17+	05:22+	04:31+	01:53-	02:26+	00:27-				
00:21-	00:45+	12:21#	00:22#	02:08-	01:50&	00:31#	01:12&	00:07-	00:13+	00:06-				

Class	Navn	Klasse	Tid							
<b>5</b>	<b>Hanne-Keth Qvale</b>	<b>113</b>	<b>1:00:39</b>							
04:01-	16:32+	20:50+	24:42+	37:52+	42:37+	48:20+	55:28+	57:44+	60:10+	60:39+
04:01-	12:31+	04:18+	03:52+	13:10+	04:45+	05:43+	07:08+	02:16+	02:26+	00:29-
00:16-	01:58#	00:40#	01:23&	05:40&	00:18+	00:52#	03:49@	00:16#	00:13+	00:04-

**Beste strekktid for klassen**  
03:38 03:43 02:51 02:15 05:18 03:34 04:38 03:19 01:53 02:13 00:27

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

## Damer 65 - 69 år

<b>1</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>55:07</b>							
07:41=	25:21=	28:28=	31:15=	35:48=	39:42=	44:18=	49:18=	51:19=	54:31=	55:07=
07:41=	17:40=	03:07=	02:47=	04:33=	03:54=	04:36=	05:00=	02:01=	03:12=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Berit Gramstad</b>	<b>113</b>	<b>59:05</b>							
05:45-	12:32-	23:25-	26:02-	32:18-	37:59-	45:45+	52:16+	55:24+	58:35+	59:05+
05:45-	06:47-	10:53+	02:37-	06:16+	05:41+	07:46+	06:31+	03:08+	03:11-	00:30-
01:56-	10:53-	07:46@	00:10-	01:43&	01:47&	03:10&	01:31&	01:07&	00:01-	00:06-

**Beste strekktid for klassen**  
05:45 06:47 03:07 02:37 04:33 03:54 04:36 05:00 02:01 03:11 00:30

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

## Damer 70 - 74 år

<b>1</b>	<b>Helga Klausen</b>	<b>62</b>	<b>49:49</b>							
08:25=	11:45=	17:51=	21:26=	27:35=	32:57=	39:59=	44:22=	46:49=	49:17=	49:49=
08:25=	03:20=	06:06=	03:35=	06:09=	05:22=	07:02=	04:23=	02:27=	02:28=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>56:14</b>							
04:26-	13:23+	18:23+	21:27+	29:47+	35:00+	44:05+	50:15+	52:50+	55:44+	56:14+
04:26-	08:57+	05:00-	03:04-	08:20+	05:13-	09:05+	06:10+	02:35+	02:54+	00:30-
03:59-	05:37@	01:06-	00:31-	02:11&	00:09-	02:03&	01:47&	00:08+	00:26#	00:02-

<b>3</b>	<b>Synnøva Gausel</b>	<b>115</b>	<b>57:23</b>							
04:18-	19:57+	23:40+	26:25+	34:21+	38:50+	46:03+	51:35+	53:56+	56:56+	57:23+
04:18-	15:39+	03:43-	02:45-	07:56+	04:29-	07:13+	05:32+	02:21-	03:00+	00:27-
04:07-	12:19@	02:23-	00:50-	01:47&	00:53-	00:11+	01:09&	00:06-	00:32#	00:05-

**Beste strekktid for klassen**  
04:18 03:20 03:43 02:45 06:09 04:29 07:02 04:23 02:21 02:28 00:27

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

## Damer 75 - 79 år

<b>1</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>49:56</b>							
06:00=	09:59=	14:12=	16:51=	23:13=	28:56=	36:48=	43:10=	46:29=	49:28=	49:56=
06:00=	03:59=	04:13=	02:39=	06:22=	05:43=	07:52=	06:22=	03:19=	02:59=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>	<b>51:12</b>							
04:03-	11:12+	15:32+	18:31+	25:01+	29:41+	42:02+	46:26+	48:38+	50:43+	51:12+
04:03-	07:09+	04:20+	02:59+	06:30+	04:40-	12:21+	04:24-	02:12-	02:05-	00:29+
01:57-	03:10&	00:07+	00:20#	00:08+	01:03-	04:29&	01:58-	01:07-	00:54-	00:01+

**Beste strekktid for klassen**  
04:03 03:59 04:13 02:39 06:22 04:40 07:52 04:24 02:12 02:05 00:28

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

## Damer 80 år og eldre

**1 Gørild Espedal 113 1:25:23**

04:17= 11:31= 21:36= 24:38= 36:37= 43:56= 49:33= 58:35= 83:01= 84:32= 85:23=  
 04:17= 07:14= 10:05= 03:02= 11:59= 07:19= 05:37= 09:02= 24:26= 01:31= 00:51=  
 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

04:17 07:14 10:05 03:02 11:59 07:19 05:37 09:02 24:26 01:31 00:51

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

## Damer A

**1 Anna Taksdal 194 43:09**

02:40= 04:48= 08:54= 10:10= 12:51= 15:49= 16:32= 21:36= 25:12= 27:27= 34:59= 38:27= 40:18= 42:44= 43:09=  
 02:40= 02:08= 04:06= 01:16= 02:41= 02:58= 00:43= 05:04= 03:36= 02:15= 07:32= 03:28= 01:51= 02:26= 00:25=  
 00:00= 00:00= 00:00= 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 Aud Hognestad Taksdal 92 43:39**

02:28- 05:06+ 09:25+ 10:41+ 13:50+ 16:22+ 17:17+ 22:34+ 26:48+ 28:39+ 35:19+ 39:01+ 41:02+ 43:19+ 43:39+  
 02:28- 02:38+ 04:19+ 01:16= 03:09+ 02:32- 00:55+ 05:17+ 04:14+ 01:51- 06:40- 03:42+ 02:01+ 02:17- 00:20-  
 00:12- 00:30# 00:13+ 00:00= 00:28# 00:26- 00:12& 00:13+ 00:38# 00:24- 00:52- 00:14+ 00:10+ 00:09- 00:05-

**3 Jorunn Hadland 29 45:19**

02:54+ 05:14+ 09:56+ 11:17+ 14:02+ 17:04+ 17:56+ 23:56+ 27:32+ 29:58+ 37:37+ 41:05+ 42:45+ 44:58+ 45:19+  
 02:54+ 02:20+ 04:42+ 01:21+ 02:45+ 03:02+ 00:52+ 06:00+ 03:36= 02:26+ 07:39+ 03:28= 01:40- 02:13- 00:21-  
 00:14+ 00:12+ 00:36# 00:05+ 00:04+ 00:04+ 00:09# 00:56# 00:00= 00:11+ 00:07+ 00:00= 00:11- 00:13- 00:04-

**4 Trine Bolstad Scheie 62 1:23:28**

06:07+ 10:57+ 19:48+ 22:13+ 27:33+ 34:43+ 36:08+ 43:56+ 51:18+ 56:00+ 68:17+ 75:15+ 78:46+ 82:50+ 83:28+  
 06:07+ 04:50+ 08:51+ 02:25+ 05:20+ 07:10+ 01:25+ 07:48+ 07:22+ 04:42+ 12:17+ 06:58+ 03:31+ 04:04+ 00:38+  
 03:27@ 02:42@ 04:45@ 01:09& 02:39& 04:12@ 00:42& 02:44& 03:46@ 02:27@ 04:45& 03:30@ 01:40& 01:38& 00:13&

**5 Ingrid Simensen 101 1:32:27**

06:28+ 16:14+ 35:49+ 39:00+ 43:35+ 47:10+ 48:28+ 58:22+ 65:30+ 69:24+ 79:50+ 84:56+ 89:01+ 92:03+ 92:27+  
 06:28+ 09:46+ 19:35+ 03:11+ 04:35+ 03:35+ 01:18+ 09:54+ 07:08+ 03:54+ 10:26+ 05:06+ 04:05+ 03:02+ 00:24-  
 03:48@ 07:38@ 15:29@ 01:55@ 01:54& 00:37# 00:35& 04:50& 03:32& 01:39& 02:54& 01:38& 02:14@ 00:36# 00:01-

### Beste strekktid for klassen

02:28 02:08 04:06 01:16 02:41 02:32 00:43 05:04 03:36 01:51 06:40 03:28 01:40 02:13 00:20

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

## Damer B

**1 Inger Tone Nygård 29 46:57**

03:01= 05:03= 10:35= 13:01= 16:59= 20:52= 26:21= 27:06= 29:48= 32:28= 42:28= 44:52= 46:01= 46:36= 46:57=  
 03:01= 02:02= 05:32= 02:26= 03:58= 03:53= 05:29= 00:45= 02:42= 02:40= 10:00= 02:24= 01:09= 00:35= 00:21=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Ingrid W. Hestness 117 54:29**

02:25- 05:19+ 12:31+ 14:16+ 18:27+ 23:02+ 28:58+ 30:05+ 33:23+ 36:45+ 47:59+ 51:34+ 53:15+ 54:05+ 54:29+  
 02:25- 02:54+ 07:12+ 01:45- 04:11+ 04:35+ 05:56+ 01:07+ 03:18+ 03:22+ 11:14+ 03:35+ 01:41+ 00:50+ 00:24+  
 00:36- 00:52& 01:40& 00:41- 00:13+ 00:42# 00:27+ 00:22& 00:36# 00:42& 01:14# 01:11& 00:32& 00:15& 00:03#

**3 Anne Garsrud 90 55:44**

02:11- 05:18+ 11:17+ 13:14+ 17:44+ 21:41+ 28:34+ 29:26+ 37:09+ 40:13+ 49:59+ 53:25+ 54:41+ 55:20+ 55:44+  
 02:11- 03:07+ 05:59+ 01:57- 04:30+ 03:57+ 06:53+ 00:52+ 07:43+ 03:04+ 09:46- 03:26+ 01:16+ 00:39+ 00:24+  
 00:50- 01:05& 00:27+ 00:29- 00:32# 00:04+ 01:24& 00:07# 05:01@ 00:24# 00:14- 01:02& 00:07# 00:04# 00:03#

**4 Wenche M. Sæbbø 117 57:02**

02:24- 07:11+ 12:19+ 14:53+ 18:54+ 23:21+ 29:01+ 29:45+ 36:13+ 39:41+ 51:15+ 54:34+ 55:56+ 56:37+ 57:02+  
 02:24- 04:47+ 05:08- 02:34+ 04:01+ 04:27+ 05:40+ 00:44- 06:28+ 03:28+ 11:34+ 03:19+ 01:22+ 00:41+ 00:25+  
 00:37- 02:45@ 00:24- 00:08+ 00:03+ 00:34# 00:11+ 00:01- 03:46@ 00:48& 01:34# 00:55& 00:13# 00:06# 00:04#

Class	Navn	Klasse												Tid
<b>5</b>	<b>Keth Berggraf</b>	<b>116</b>												<b>58:10</b>
02:42-	05:23+	13:31+	15:10+	20:23+	25:38+	33:00+	37:27+	40:35+	52:34+	55:18+	56:54+	57:50+	58:10+	
02:42-	02:41+	08:08+	01:39-	05:13+	05:15+	07:22+	00:52+	03:35+	03:08+	11:59+	02:44+	01:36+	00:56+	
00:19-	00:39&	02:36&	00:47-	01:15&	01:22&	01:53&	00:07#	00:53&	00:28#	01:59#	00:20#	00:27&	00:21&	
<b>6</b>	<b>Hilde Nordbø</b>	<b>93</b>												<b>59:24</b>
02:56-	05:45+	12:20+	14:36+	20:00+	24:52+	32:59+	33:55+	37:32+	40:56+	53:36+	56:50+	58:16+	58:58+	
02:56-	02:49+	06:35+	02:16-	05:24+	04:52+	08:07+	00:56+	03:37+	03:24+	12:40+	03:14+	01:26+	00:42+	
00:05-	00:47&	01:03#	00:10-	01:26&	00:59&	02:38&	00:11#	00:55&	00:44&	02:40&	00:50&	00:17#	00:07#	
<b>7</b>	<b>Vibeke Lamark</b>	<b>46</b>												<b>59:28</b>
02:44-	05:22+	15:37+	17:25+	21:42+	26:38+	32:31+	33:20+	36:45+	40:10+	52:42+	56:18+	57:43+	58:59+	
02:44-	02:38+	10:15+	01:48-	04:17+	04:56+	05:53+	00:49+	03:25+	03:25+	12:32+	03:36+	01:25+	01:16+	
00:17-	00:36&	04:43&	00:38-	00:19+	01:03&	00:24+	00:04+	00:43&	00:45&	02:32&	01:12&	00:16#	00:41@	
<b>8</b>	<b>Ingunn Anda Haug</b>	<b>67</b>												<b>1:01:38</b>
03:29+	06:42+	11:57+	14:16+	19:11+	25:02+	32:21+	33:18+	36:36+	40:39+	55:31+	58:56+	60:33+	61:13+	
03:29+	03:13+	05:15-	02:19-	04:55+	05:51+	07:19+	00:57+	03:18+	04:03+	14:52+	03:25+	01:37+	00:40+	
00:28#	01:11&	00:17-	00:07-	00:57#	01:58&	01:50&	00:12&	00:36#	01:23&	04:52&	01:01&	00:28&	00:05#	
<b>9</b>	<b>Anne Sæbø Vik</b>	<b>116</b>												<b>1:02:49</b>
04:05+	07:04+	13:36+	15:42+	16:50-	20:55+	26:02-	37:01+	37:52+	41:19+	44:38+	57:15+	60:03+	61:35+	
04:05+	02:59+	06:32+	02:06-	01:08-	04:05+	05:07-	10:59+	00:51-	03:27+	03:19-	12:37+	02:48+	01:32+	
01:04&	00:57&	01:00#	00:20-	02:50-	00:12+	00:22-	10:14@	01:51-	00:47&	06:41-	10:13@	01:39@	00:57@	
<b>10</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>												<b>1:05:23</b>
04:43+	07:50+	13:05+	14:46+	22:57+	27:55+	35:23+	36:19+	41:25+	44:47+	59:53+	62:51+	64:15+	64:58+	
04:43+	03:07+	05:15-	01:41-	08:11+	04:58+	07:28+	00:56+	05:06+	03:22+	15:06+	02:58+	01:24+	00:43+	
01:42&	01:05&	00:17-	00:45-	04:13@	01:05&	01:59&	00:11#	02:24&	00:42&	05:06&	00:34#	00:15#	00:08#	
<b>11</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>												<b>1:05:26</b>
02:44-	07:23+	16:20+	18:24+	23:48+	30:08+	36:51+	37:52+	41:48+	45:01+	58:25+	62:02+	63:41+	64:57+	
02:44-	04:39+	08:57+	02:04-	05:24+	06:20+	06:43+	01:01+	03:56+	03:13+	13:24+	03:37+	01:39+	01:16+	
00:17-	02:37@	03:25&	00:22-	01:26&	02:27&	01:14#	00:16&	01:14&	00:33#	03:24&	01:13&	00:30&	00:41@	
<b>12</b>	<b>Kristin Breivold</b>	<b>92</b>												<b>1:12:23</b>
03:41+	06:20+	12:33+	14:48+	19:45+	26:21+	45:18+	46:13+	50:43+	54:08+	66:30+	69:16+	70:55+	71:44+	
03:41+	02:39+	06:13+	02:15-	04:57+	06:36+	18:57+	00:55+	04:30+	03:25+	12:22+	02:46+	01:39+	00:49+	
00:40#	00:37&	00:41#	00:11-	00:59#	02:43&	13:28@	00:10#	01:48&	00:45&	02:22#	00:22#	00:30&	00:14&	
<b>13</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>												<b>1:22:30</b>
05:09+	08:40+	16:35+	19:03+	25:59+	32:46+	44:25+	45:13+	52:19+	57:16+	71:57+	78:57+	80:37+	82:06+	
05:09+	03:31+	07:55+	02:28+	06:56+	06:47+	11:39+	00:48+	07:06+	04:57+	14:41+	07:00+	01:40+	01:29+	
02:08&	01:29&	02:23&	00:02+	02:58&	02:54&	06:10@	00:03+	04:24@	02:17&	04:41&	04:36@	00:31&	00:54@	
<b>Beste strekktid for klassen</b>														
02:11	02:02	05:08	01:39	01:08	03:53	05:07	00:44	00:51	02:40	03:19	02:24	01:09	00:35	

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

## Damer Ny

<b>1</b>	<b>Martine Halvorsen Sønju</b>	<b>66</b>												<b>26:20</b>
03:27=	09:29=	12:07=	15:32=	17:33=	21:06=	24:04=	25:44=	26:20=						
03:27=	06:02=	02:38=	03:25=	02:01=	03:33=	02:58=	01:40=	00:36=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

### Beste strekktid for klassen

03:27 06:02 02:38 03:25 02:01 03:33 02:58 01:40 00:36

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

## Damer Trim

<b>1</b>	<b>Wibeke Lende</b>	<b>74</b>												<b>31:02</b>
03:25=	05:11=	07:46=	09:02=	14:17=	18:23=	24:42=	29:56=	30:36=	31:02=					
03:25=	01:46=	02:35=	01:16=	05:15=	04:06=	06:19=	05:14=	00:40=	00:26=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

Class	Navn	Klasse										Tid
<b>2</b>	<b>Margot Asheim</b>	<b>105</b>										<b>33:35</b>
	03:22-	06:05+	08:40+	10:34+	18:43+	25:17+	31:39+	33:09+	33:35+			
	03:22-	02:43+	02:35=	01:54+	04:33-	03:36-	06:34+	06:22+	01:30+	00:26=		
	00:03-	00:57&	00:00=	00:38&	00:42-	00:30-	00:15+	01:08#	00:50@	00:00=		
<b>3</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>39:20</b>
	03:48+	05:48+	08:48+	10:25+	17:28+	21:41+	31:10+	37:39+	38:54+	39:20+		
	03:48+	02:00+	03:00+	01:37+	07:03+	04:13+	09:29+	06:29+	01:15+	00:26=		
	00:23#	00:14#	00:25#	00:21&	01:48&	00:07+	03:10&	01:15#	00:35&	00:00=		
<b>4</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>										<b>49:31</b>
	11:14+	14:02+	17:04+	18:44+	30:54+	41:09+	46:45+	49:05+	49:31+			
	11:14+	02:48+	03:02+	01:40+	12:10+	04:07+	06:08-	05:36+	02:20+	00:26=		
	07:49@	01:02&	00:27#	00:24&	06:55@	00:01+	00:11-	00:22+	01:40@	00:00=		
<b>5</b>	<b>Siv Hilde Berg</b>	<b>53</b>										<b>50:06</b>
	04:36+	07:07+	15:29+	17:24+	27:34+	31:54+	39:06+	48:31+	49:25+	50:06+		
	04:36+	02:31+	08:22+	01:55+	10:10+	04:20+	07:12+	09:25+	00:54+	00:41+		
	01:11&	00:45&	05:47@	00:39&	04:55&	00:14+	00:53#	04:11&	00:14&	00:15&		
<b>6</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>52:15</b>
	05:13+	07:51+	15:21+	18:17+	31:48+	36:54+	44:05+	50:18+	51:42+	52:15+		
	05:13+	02:38+	07:30+	02:56+	13:31+	05:06+	07:11+	06:13+	01:24+	00:33+		
	01:48&	00:52&	04:55@	01:40@	08:16@	01:00#	00:52#	00:59#	00:44@	00:07&		
<b>7</b>	<b>Liv Margot Sviland</b>	<b>54</b>										<b>52:34</b>
	07:22+	10:09+	16:05+	19:36+	25:26+	31:19+	41:54+	50:42+	52:02+	52:34+		
	07:22+	02:47+	05:56+	03:31+	05:50+	05:53+	10:35+	08:48+	01:20+	00:32+		
	03:57@	01:01&	03:21@	02:15@	00:35#	01:47&	04:16&	03:34&	00:40&	00:06#		
<b>8</b>	<b>Bente Karin Dirdal</b>	<b>54</b>										<b>52:36</b>
	07:18+	10:11+	16:10+	19:39+	25:21+	31:23+	41:58+	50:44+	51:59+	52:36+		
	07:18+	02:53+	05:59+	03:29+	05:42+	06:02+	10:35+	08:46+	01:15+	00:37+		
	03:53@	01:07&	03:24@	02:13@	00:27+	01:56&	04:16&	03:32&	00:35&	00:11&		
<b>9</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>										<b>53:05</b>
	05:29+	07:44+	15:07+	17:10+	27:10+	31:51+	39:04+	50:34+	52:36+	53:05+		
	05:29+	02:15+	07:23+	02:03+	10:00+	04:41+	07:13+	11:30+	02:02+	00:29+		
	02:04&	00:29&	04:48@	00:47&	04:45&	00:35#	00:54#	06:16@	01:22@	00:03#		
<b>10</b>	<b>Hanne Berg Nilsen</b>	<b>117</b>										<b>54:24</b>
	04:16+	06:15+	09:10+	12:26+	35:31+	39:50+	44:49+	52:47+	53:55+	54:24+		
	04:16+	01:59+	02:55+	03:16+	23:05+	04:19+	04:59-	07:58+	01:08+	00:29+		
	00:51#	00:13#	00:20#	02:00@	17:50@	00:13+	01:20-	02:44&	00:28&	00:03#		
<b>11</b>	<b>Linda Haukås</b>	<b>113</b>										<b>57:04</b>
	06:43+	09:16+	14:53+	18:15+	31:05+	37:48+	45:46+	54:25+	56:26+	57:04+		
	06:43+	02:33+	05:37+	03:22+	12:50+	06:43+	07:58+	08:39+	02:01+	00:38+		
	03:18&	00:47&	03:02@	02:06@	07:35@	02:37&	01:39&	03:25&	01:21@	00:12&		
<b>12</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>58:48</b>
	06:34+	09:07+	14:03+	16:41+	31:25+	37:06+	45:55+	55:35+	57:57+	58:48+		
	06:34+	02:33+	04:56+	02:38+	14:44+	05:41+	08:49+	09:40+	02:22+	00:51+		
	03:09&	00:47&	02:21&	01:22@	09:29@	01:35&	02:30&	04:26&	01:42@	00:25&		
<b>13</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>1:03:13</b>
	15:00+	17:46+	22:24+	27:35+	39:18+	47:05+	54:48+	61:05+	62:37+	63:13+		
	15:00+	02:46+	04:38+	05:11+	11:43+	07:47+	07:43+	06:17+	01:32+	00:36+		
	11:35@	01:00&	02:03&	03:55@	06:28@	03:41&	01:24#	01:03#	00:52@	00:10&		
<b>14</b>	<b>Anne Malmin</b>	<b>113</b>										<b>1:10:18</b>
	12:52+	14:55+	21:32+	24:01+	36:34+	42:19+	51:48+	67:39+	69:15+	70:18+		
	12:52+	02:03+	06:37+	02:29+	12:33+	05:45+	09:29+	15:51+	01:36+	01:03+		
	09:27@	00:17#	04:02@	01:13&	07:18@	01:39&	03:10&	10:37@	00:56@	00:37@		
<b>15</b>	<b>Ann-Mari Vold</b>	<b>371</b>										<b>1:37:33</b>
	05:25+	09:40+	12:25+	22:41+	52:00+	75:44+	82:20+	94:42+	96:14+	97:33+		
	05:25+	04:15+	02:45+	10:16+	29:19+	23:44+	06:36+	12:22+	01:32+	01:19+		
	02:00&	02:29@	00:10+	09:00@	24:04@	19:38@	00:17+	07:08@	00:52@	00:53@		

**Beste strekktid for klassen**

03:22 01:46 02:35 01:16 04:33 03:36 04:59 05:14 00:40 00:26

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

Class	Navn	Klasse	Tid
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## Herrer 16 - 39 år

<b>1</b>	<b>Thomas Olsen Schive</b>	<b>126</b>	<b>37:42</b>											
01:46=	03:20=	06:43=	08:06=	11:30=	14:42=	18:46=	19:17=	21:25=	24:00=	33:43=	35:36=	36:35=	37:24=	37:42=
01:46=	01:34=	03:23=	01:23=	03:24=	03:12=	04:04=	00:31=	02:08=	02:35=	09:43=	01:53=	00:59=	00:49=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Håkon Eggebø</b>	<b>71</b>	<b>47:26</b>											
02:03+	04:09+	08:14+	10:57+	15:26+	19:50+	26:14+	26:56+	30:27+	32:51+	42:37+	44:59+	46:24+	47:06+	47:26+
02:03+	02:06+	04:05+	02:43+	04:29+	04:24+	06:24+	00:42+	03:31+	02:24+	09:46+	02:22+	01:25+	00:42+	00:20+
00:17#	00:32#	00:42#	01:20#	01:05#	01:12#	02:20#	00:11#	01:23#	00:11-	00:03+	00:29#	00:26#	00:07-	00:02#
<b>3</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>	<b>48:13</b>											
01:50+	03:49+	11:33+	13:06+	16:32+	20:35+	26:16+	26:54+	30:12+	32:34+	43:46+	46:05+	47:19+	47:56+	48:13+
01:50+	01:59+	07:44+	01:33+	03:26+	04:03+	05:41+	00:38+	03:18+	02:22-	11:12+	02:19+	01:14+	00:37-	00:17-
00:04+	00:25#	04:21@	00:10#	00:02+	00:51#	01:37#	00:07#	01:10#	00:13-	01:29#	00:26#	00:15#	00:12-	00:01-
<b>4</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>	<b>51:01</b>											
03:05+	05:20+	12:01+	13:45+	17:08+	20:50+	29:14+	30:02+	32:53+	35:16+	46:18+	48:48+	50:01+	50:42+	51:01+
03:05+	02:15+	06:41+	01:44+	03:23-	03:42+	08:24+	00:48+	02:51+	02:23-	11:02+	02:30+	01:13+	00:41-	00:19+
01:19#	00:41#	03:18#	00:21#	00:01-	00:30#	04:20#	00:17#	00:43#	00:12-	01:19#	00:37#	00:14#	00:08-	00:01+
<b>5</b>	<b>Martin Skogland</b>	<b>98</b>	<b>53:42</b>											
01:45-	03:59+	11:21+	13:16+	19:30+	25:09+	30:50+	31:49+	35:46+	38:25+	48:32+	51:35+	52:39+	53:21+	53:42+
01:45-	02:14+	07:22+	01:55+	06:14+	05:39+	05:41+	00:59+	03:57+	02:39+	10:07+	03:03+	01:04+	00:42-	00:21+
00:01-	00:40#	03:59@	00:32#	02:50#	02:27#	01:37#	00:28#	01:49#	00:04+	00:24+	01:10#	00:05+	00:07-	00:03#
<b>6</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>57:55</b>											
02:50+	05:53+	11:23+	13:19+	17:59+	22:18+	30:23+	30:58+	34:17+	37:18+	53:08+	55:20+	56:50+	57:34+	57:55+
02:50+	03:03+	05:30+	01:56+	04:40+	04:19+	08:05+	00:35+	03:19+	03:01+	15:50+	02:12+	01:30+	00:44-	00:21+
01:04#	01:29#	02:07#	00:33#	01:16#	01:07#	04:01#	00:04#	01:11#	00:26#	06:07#	00:19#	00:31#	00:05-	00:03#
<b>7</b>	<b>Sondre Aspøy</b>	<b>117</b>	<b>59:23</b>											
05:43+	08:19+	15:46+	18:18+	22:16+	27:50+	35:48+	36:40+	39:49+	42:26+	54:20+	56:58+	58:22+	59:03+	59:23+
05:43+	02:36+	07:27+	02:32+	03:58+	05:34+	07:58+	00:52+	03:09+	02:37+	11:54+	02:38+	01:24+	00:41-	00:20+
03:57@	01:02#	04:04@	01:09#	00:34#	02:22#	03:54#	00:21#	01:01#	00:02+	02:11#	00:45#	00:25#	00:08-	00:02#
<b>8</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>	<b>1:00:48</b>											
03:23+	06:21+	11:01+	13:24+	19:01+	24:25+	33:12+	33:56+	38:03+	41:34+	53:56+	57:20+	59:09+	60:20+	60:48+
03:23+	02:58+	04:40+	02:23+	05:37+	05:24+	08:47+	00:44+	04:07+	03:31+	12:22+	03:24+	01:49+	01:11+	00:28+
01:37#	01:24#	01:17#	01:00#	02:13#	02:12#	04:43@	00:13#	01:59#	00:56#	02:39#	01:31#	00:50#	00:22#	00:10#
<b>9</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>	<b>1:06:14</b>											
04:21+	06:48+	17:55+	19:29+	24:17+	28:22+	43:04+	43:46+	47:06+	49:38+	62:11+	64:09+	65:12+	65:50+	66:14+
04:21+	02:27+	11:07+	01:34+	04:48+	04:05+	14:42+	00:42+	03:20+	02:32-	12:33+	01:58+	01:03+	00:38-	00:24+
02:35@	00:53#	07:44@	00:11#	01:24#	00:53#	10:38@	00:11#	01:12#	00:03-	02:50#	00:05+	00:04+	00:11-	00:06#
<b>10</b>	<b>Tor Gunnar Osen</b>	<b>116</b>	<b>1:08:51</b>											
02:17+	04:47+	12:30+	14:12+	19:21+	26:18+	35:34+	37:16+	44:51+	48:17+	63:07+	66:03+	67:43+	68:23+	68:51+
02:17+	02:30+	07:43+	01:42+	05:09+	06:57+	09:16+	01:42+	07:35+	03:26+	14:50+	02:56+	01:40+	00:40-	00:28+
00:31#	00:56#	04:20@	00:19#	01:45#	03:45@	05:12@	01:11@	05:27@	00:51#	05:07#	01:03#	00:41#	00:09-	00:10#
<b>11</b>	<b>Truls Thorkildsen</b>	<b>39</b>	<b>1:09:48</b>											
03:39+	06:10+	10:00+	11:44+	17:25+	22:39+	29:58+	30:25+	35:47+	38:49+	63:28+	67:16+	68:42+	69:25+	69:48+
03:39+	02:31+	03:50+	01:44+	05:41+	05:14+	07:19+	00:27-	05:22+	03:02+	24:39+	03:48+	01:26+	00:43-	00:23+
01:53@	00:57#	00:27#	00:21#	02:17#	02:02#	03:15#	00:04-	03:14@	00:27#	14:56@	01:55@	00:27#	00:06-	00:05#
<b>12</b>	<b>Øivind Fandrem Høivik</b>	<b>66</b>	<b>1:20:03</b>											
03:17+	05:53+	14:38+	16:36+	20:27+	25:05+	42:51+	43:52+	56:12+	58:49+	70:43+	77:17+	78:34+	79:43+	80:03+
03:17+	02:36+	08:45+	01:58+	03:51+	04:38+	17:46+	01:01+	12:20+	02:37+	11:54+	06:34+	01:17+	01:09+	00:20+
01:31#	01:02#	05:22@	00:35#	00:27#	01:26#	13:42@	00:30#	10:12@	00:02+	02:11#	04:41@	00:18#	00:20#	00:02#
<b>13</b>	<b>Arthur Fayemendy</b>	<b>116</b>	<b>1:38:57</b>											
03:29+	06:50+	40:26+	44:44+	51:34+	56:42+	66:06+	66:43+	72:04+	75:07+	89:36+	94:30+	96:51+	98:36+	98:57+
03:29+	03:21+	33:36+	04:18+	06:50+	05:08+	09:24+	00:37+	05:21+	03:03+	14:29+	04:54+	02:21+	01:45+	00:21+
01:43#	01:47@	30:13@	02:55@	03:26@	01:56#	05:20@	00:06#	03:13@	00:28#	04:46#	03:01@	01:22@	00:56@	00:03#

### Beste strekktid for klassen

01:45 01:34 03:23 01:23 03:23 03:12 04:04 00:27 02:08 02:22 09:43 01:53 00:59 00:37 00:17

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

## Herrer 40 - 49 år

<b>1</b>	<b>Bjørnar André Haug</b>	<b>80</b>	<b>47:43</b>											
02:51=	04:57=	09:54=	11:28=	15:18=	18:43=	24:09=	24:56=	28:38=	32:10=	42:33=	45:23=	46:25=	47:22=	47:43=
02:51=	02:06=	04:57=	01:34=	03:50=	03:25=	05:26=	00:47=	03:42=	03:32=	10:23=	02:50=	01:02=	00:57=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ole-Tobias Frich</b>	<b>116</b>	<b>51:23</b>											
02:57+	05:12+	11:39+	13:34+	17:31+	22:07+	28:10+	28:59+	32:25+	35:40+	45:44+	47:55+	49:37+	51:00+	51:23+
02:57+	02:15+	06:27+	01:55+	03:57+	04:36+	06:03+	00:49+	03:26-	03:15-	10:04-	02:11-	01:42+	01:23+	00:23+
00:06+	00:09+	01:30&	00:21#	00:07+	01:11&	00:37#	00:02+	00:16-	00:17-	00:19-	00:39-	00:40&	00:26&	00:02+
<b>3</b>	<b>Christian Ask</b>	<b>180</b>	<b>52:57</b>											
01:48-	04:18-	08:38-	10:25-	14:21-	18:46+	24:34+	25:15+	28:13-	30:58-	47:47+	50:03+	51:45+	52:35+	52:57+
01:48-	02:30+	04:20-	01:47+	03:56+	04:25+	05:48+	00:41-	02:58-	02:45-	16:49+	02:16-	01:42+	00:50-	00:22+
01:03-	00:24#	00:37-	00:13#	00:06+	01:00&	00:22+	00:06-	00:44-	00:47-	06:26&	00:34-	00:40&	00:07-	00:01+
<b>4</b>	<b>Thomas Johansen</b>	<b>111</b>	<b>54:02</b>											
05:55+	07:59+	15:20+	16:50+	20:27+	24:12+	32:37+	33:20+	36:22+	39:03+	49:25+	51:50+	53:00+	53:44+	54:02+
05:55+	02:04-	07:21+	01:30-	03:37-	03:45+	08:25+	00:43-	03:02-	02:41-	10:22-	02:25-	01:10+	00:44-	00:18-
03:04&	00:02-	02:24&	00:04-	00:13-	00:20+	02:59&	00:04-	00:40-	00:51-	00:01-	00:25-	00:08#	00:13-	00:03-
<b>5</b>	<b>Audun Thomassen</b>	<b>65</b>	<b>54:45</b>											
02:33-	04:52-	10:37+	13:16+	17:40+	22:26+	27:58+	28:45+	31:34+	34:23+	47:33+	51:35+	53:26+	54:18+	54:45+
02:33-	02:19+	05:45+	02:39+	04:24+	04:46+	05:32+	00:47=	02:49-	02:49-	13:10+	04:02+	01:51+	00:52-	00:27+
00:18-	00:13#	00:48#	01:05&	00:34#	01:21&	00:06+	00:00=	00:53-	00:43-	02:47&	01:12&	00:49&	00:05-	00:06&
<b>6</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>	<b>56:56</b>											
02:46-	05:14+	11:52+	13:24+	18:30+	23:02+	31:20+	32:01+	35:46+	38:22+	51:06+	53:36+	56:01+	56:36+	56:56+
02:46-	02:28+	06:38+	01:32-	05:06+	04:32+	08:18+	00:41-	03:45+	02:36-	12:44+	02:30-	02:25+	00:35-	00:20-
00:05-	00:22#	01:41&	00:02-	01:16&	01:07&	02:52&	00:06-	00:03+	00:56-	02:21#	00:20-	01:23&	00:22-	00:01-
<b>7</b>	<b>Eivind Lie</b>	<b>116</b>	<b>57:18</b>											
02:07-	04:29-	17:10+	18:52+	22:31+	26:24+	34:25+	35:14+	39:01+	41:56+	51:44+	54:22+	56:02+	56:55+	57:18+
02:07-	02:22#	12:41+	01:42+	03:39-	03:53+	08:01+	00:49+	03:47+	02:55-	09:48-	02:38-	01:40+	00:53-	00:23+
00:44-	00:16#	07:44&	00:08+	00:11-	00:28#	02:35&	00:02+	00:05+	00:37-	00:35-	00:12-	00:38&	00:04-	00:02+
<b>8</b>	<b>Jean-Michel Maurice</b>	<b>42</b>	<b>1:00:12</b>											
04:08+	07:28+	14:04+	15:41+	22:09+	26:43+	34:53+	35:38+	39:20+	42:17+	54:51+	57:24+	59:00+	59:49+	60:12+
04:08+	03:20+	06:36+	01:37+	06:28+	04:34+	08:10+	00:45-	03:42=	02:57-	12:34+	02:33-	01:36+	00:49-	00:23+
01:17&	01:14&	01:39&	00:03+	02:38&	01:09&	02:44&	00:02-	00:00=	00:35-	02:11#	00:17-	00:34&	00:08-	00:02+
<b>9</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>1:00:36</b>											
02:59+	05:32+	11:35+	13:46+	20:30+	25:17+	32:39+	33:34+	36:58+	40:39+	54:00+	57:37+	59:22+	60:12+	60:36+
02:59+	02:33+	06:03+	02:11+	06:44+	04:47+	07:22+	00:55+	03:24-	03:41+	13:21+	03:37+	01:45+	00:50-	00:24+
00:08+	00:27#	01:06#	00:37&	02:54&	01:22&	01:56&	00:08#	00:18-	00:09+	02:58&	00:47&	00:43&	00:07-	00:03#
<b>10</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>	<b>1:03:05</b>											
06:48+	09:04+	17:03+	19:26+	23:29+	27:58+	35:03+	35:57+	39:40+	43:06+	55:16+	59:10+	61:12+	62:41+	63:05+
06:48+	02:16+	07:59+	02:23+	04:03+	04:29+	07:05+	00:54+	03:43+	03:26-	12:10+	03:54+	02:02+	01:29+	00:24+
03:57&	00:10+	03:02&	00:49&	00:13+	01:04&	01:39&	00:07#	00:01+	00:06-	01:47#	01:04&	01:00&	00:32&	00:03#
<b>11</b>	<b>Oddgeir Nevland</b>	<b>51</b>	<b>1:04:19</b>											
04:50+	07:38+	14:12+	16:14+	20:57+	25:44+	33:22+	34:09+	38:40+	41:24+	56:42+	61:20+	62:50+	63:54+	64:19+
04:50+	02:48+	06:34+	02:02+	04:43+	04:47+	07:38+	00:47=	04:31+	02:44-	15:18+	04:38+	01:30+	01:04+	00:25+
01:59&	00:42&	01:37&	00:28&	00:53#	01:22&	02:12&	00:00=	00:49#	00:48-	04:55&	01:48&	00:28&	00:07#	00:04#
<b>12</b>	<b>Antal Jansen</b>	<b>115</b>	<b>1:04:24</b>											
12:48+	15:50+	22:15+	24:12+	29:25+	33:55+	40:38+	41:45+	44:59+	47:48+	59:29+	61:57+	63:10+	63:59+	64:24+
12:48+	03:02+	06:25+	01:57+	05:13+	04:30+	06:43+	01:07+	03:14-	02:49-	11:41+	02:28-	01:13+	00:49-	00:25+
09:57&	00:56&	01:28&	00:23#	01:23&	01:05&	01:17#	00:20&	00:28-	00:43-	01:18#	00:22-	00:11#	00:08-	00:04#
<b>13</b>	<b>André Sirevåg</b>	<b>116</b>	<b>1:10:22</b>											
05:03+	08:24+	18:26+	21:36+	26:36+	31:38+	42:40+	43:27+	47:38+	52:16+	64:34+	67:31+	68:58+	69:58+	70:22+
05:03+	03:21+	10:02+	03:10+	05:00+	05:02+	11:02+	00:47=	04:11+	04:38+	12:18+	02:57+	01:27+	01:00+	00:24+
02:12&	01:15&	05:05&	01:36&	01:10&	01:37&	05:36&	00:00=	00:29#	01:06&	01:55#	00:07+	00:25&	00:03+	00:03#
<b>14</b>	<b>Frode Dyrliid</b>	<b>116</b>	<b>1:10:50</b>											
06:36+	09:28+	17:18+	19:51+	25:44+	30:31+	40:35+	41:44+	45:55+	49:06+	63:56+	67:27+	69:10+	70:19+	70:50+
06:36+	02:52+	07:50+	02:33+	05:53+	04:47+	10:04+	01:09+	04:11+	03:11-	14:50+	03:31+	01:43+	01:09+	00:31+
03:45&	00:46&	02:53&	00:59&	02:03&	01:22&	04:38&	00:22&	00:29#	00:21-	04:27&	00:41#	00:41&	00:12#	00:10&



Class	Navn	Klasse										Tid			
<b>15</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>1:15:17</b>			
03:55+	06:36+	15:02+	17:18+	21:34+	26:13+	31:54+	32:31+	48:42+	52:40+	64:39+	72:31+	74:01+	74:56+	75:17+	
03:55+	02:41+	08:26+	02:16+	04:16+	04:39+	05:41+	00:37-	16:11+	03:58+	11:59+	07:52+	01:30+	00:55-	00:21=	
01:04&	00:35&	03:29&	00:42&	00:26#	01:14&	00:15+	00:10-	12:29@	00:26#	01:36#	05:02@	00:28&	00:02-	00:00=	
<b>16</b>	<b>Rune Hatle</b>	<b>65</b>										<b>1:17:24</b>			
04:23+	07:55+	18:41+	20:12+	25:58+	31:17+	39:08+	40:06+	56:29+	59:28+	71:39+	74:39+	76:14+	77:05+	77:24+	
04:23+	03:32+	10:46+	01:31-	05:46+	05:19+	07:51+	00:58+	16:23+	02:59-	12:11+	03:00+	01:35+	00:51-	00:19-	
01:32&	01:26&	05:49@	00:03-	01:56&	01:54&	02:25&	00:11#	12:41@	00:33-	01:48#	00:10+	00:33&	00:06-	00:02-	
<b>17</b>	<b>Frode Ungar</b>	<b>116</b>										<b>1:18:27</b>			
04:04+	06:37+	14:29+	16:36+	29:46+	38:42+	49:54+	50:44+	54:20+	59:02+	72:47+	75:54+	77:22+	78:02+	78:27+	
04:04+	02:33+	07:52+	02:07+	13:10+	08:56+	11:12+	00:50+	03:36-	04:42+	13:45+	03:07+	01:28+	00:40-	00:25+	
01:13&	00:27#	02:55&	00:33&	09:20@	05:31@	05:46@	00:03+	00:06-	01:10&	03:22&	00:17#	00:26&	00:17-	00:04#	
<b>18</b>	<b>Cedric Fayemendy</b>	<b>116</b>										<b>1:35:47</b>			
03:30+	07:56+	31:44+	33:24+	45:27+	52:04+	62:32+	63:46+	69:42+	73:42+	89:11+	92:58+	94:47+	95:27+	95:47+	
03:30+	04:26+	23:48+	01:40+	12:03+	06:37+	10:28+	01:14+	05:56+	04:00+	15:29+	03:47+	01:49+	00:40-	00:20-	
00:39#	02:20@	18:51@	00:06+	08:13@	03:12&	05:02&	00:27&	02:14&	00:28#	05:06&	00:57&	00:47&	00:17-	00:01-	
<b>19</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>1:36:15</b>			
07:57+	12:18+	26:01+	28:16+	34:04+	40:25+	53:28+	54:22+	59:49+	63:43+	88:37+	92:49+	94:09+	95:48+	96:15+	
07:57+	04:21+	13:43+	02:15+	05:48+	06:21+	13:03+	00:54+	05:27+	03:54+	24:54+	04:12+	01:20+	01:39+	00:27+	
05:06@	02:15@	08:46@	00:41&	01:58&	02:56&	07:37@	00:07#	01:45&	00:22#	14:31@	01:22&	00:18&	00:42&	00:06&	
<b>Beste strekktid for klassen</b>															
01:48	02:04	04:20	01:30	03:37	03:25	05:26	00:37	02:49	02:36	09:48	02:11	01:02	00:35	00:18	

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

## Herrer 50 - 59 år

<b>1</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>47:09</b>			
02:05=	09:00=	10:55=	14:53=	17:38=	21:04=	28:00=	30:39=	34:58=	38:56=	42:16=	43:51=	45:48=	46:47=	47:09=	
02:05=	06:55=	01:55=	03:58=	02:45=	03:26=	06:56=	02:39=	04:19=	03:58=	03:20=	01:35=	01:57=	00:59=	00:22=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>48:15</b>			
01:58-	12:19+	14:02+	17:45+	21:59+	24:35+	31:01+	33:43+	38:21+	41:34+	44:27+	46:00+	47:13+	47:51+	48:15+	
01:58-	10:21+	01:43-	03:43-	04:14+	02:36-	06:26-	02:42+	04:38+	03:13-	02:53-	01:33-	01:13-	00:38-	00:24+	
00:07-	03:26&	00:12-	00:15-	01:29&	00:50-	00:30-	00:03+	00:19+	00:45-	00:27-	00:02-	00:44-	00:21-	00:02+	
<b>3</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>52:28</b>			
05:40+	12:46+	15:03+	19:02+	22:08+	25:31+	31:59+	35:18+	41:01+	45:02+	47:55+	49:43+	51:21+	52:05+	52:28+	
05:40+	07:06+	02:17+	03:59+	03:06+	03:23-	06:28-	03:19+	05:43+	04:01+	02:53-	01:48+	01:38-	00:44-	00:23+	
03:35@	00:11+	00:22#	00:01+	00:21#	00:03-	00:28-	00:40&	01:24&	00:03+	00:27-	00:13#	00:19-	00:15-	00:01+	
<b>4</b>	<b>Kjetil Roaldkvam</b>	<b>7</b>										<b>55:16</b>			
05:53+	13:21+	14:58+	18:20+	20:54+	24:29+	33:41+	36:32+	42:01+	46:47+	50:39+	52:00+	54:09+	54:54+	55:16+	
05:53+	07:28+	01:37-	03:22-	02:34-	03:35+	09:12+	02:51+	05:29+	04:46+	03:52+	01:21-	02:09+	00:45-	00:22=	
03:48@	00:33+	00:18-	00:36-	00:11-	00:09+	02:16&	00:12+	01:10&	00:48#	00:32#	00:14-	00:12#	00:14-	00:00=	
<b>5</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>57:54</b>			
02:02-	08:06-	09:41-	13:19-	15:47-	22:12+	28:20+	31:16+	36:24+	39:57+	53:45+	55:21+	56:52+	57:31+	57:54+	
02:02-	06:04-	01:35-	03:38-	02:28-	06:25+	06:08-	02:56+	05:08+	03:33-	13:48+	01:36+	01:31-	00:39-	00:23+	
00:03-	00:51-	00:20-	00:20-	00:17-	02:59&	00:48-	00:17#	00:49#	00:25-	10:28@	00:01+	00:26-	00:20-	00:01+	
<b>6</b>	<b>Anders Glenne</b>	<b>7</b>										<b>58:07</b>			
06:54+	15:32+	17:35+	21:56+	24:38+	27:52+	34:15+	37:43+	46:56+	50:45+	53:54+	55:34+	56:49+	57:46+	58:07+	
06:54+	08:38+	02:03+	04:21+	02:42-	03:14-	06:23-	03:28+	09:13+	03:49-	03:09-	01:40+	01:15-	00:57-	00:21-	
04:49@	01:43#	00:08+	00:23+	00:03-	00:12-	00:33-	00:49&	04:54@	00:09-	00:11-	00:05+	00:42-	00:02-	00:01-	
<b>7</b>	<b>Magnar Møller</b>	<b>62</b>										<b>58:39</b>			
07:29+	15:21+	17:27+	21:18+	24:22+	27:18+	38:14+	41:02+	46:37+	51:28+	54:15+	55:56+	57:33+	58:14+	58:39+	
07:29+	07:52+	02:06+	03:51-	03:04+	02:56-	10:56+	02:48+	05:35+	04:51+	02:47-	01:41+	01:37-	00:41-	00:25+	
05:24@	00:57#	00:11+	00:07-	00:19#	00:30-	04:00&	00:09+	01:16&	00:53#	00:33-	00:06+	00:20-	00:18-	00:03#	
<b>8</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>1:00:34</b>			
02:30+	13:52+	15:53+	19:28+	22:55+	26:20+	34:49+	38:15+	45:32+	51:15+	55:48+	57:33+	59:19+	60:04+	60:34+	
02:30+	11:22+	02:01+	03:35-	03:27+	03:25-	08:29+	03:26+	07:17+	05:43+	04:33+	01:45+	01:46-	00:45-	00:30+	
00:25#	04:27&	00:06+	00:23-	00:42&	00:01-	01:33#	00:47&	02:58&	01:45&	01:13&	00:10#	00:11-	00:14-	00:08&	

Class	Navn	Klasse										Tid	
<b>9</b>	<b>Kjetil Solbakken</b>	<b>66</b>										<b>1:00:48</b>	
04:45+	12:18+	14:20+	18:36+	22:32+	30:44+	37:55+	45:46+	52:22+	55:55+	57:48+	59:44+	60:22+	60:48+
04:45+	07:33+	02:02+	04:16+	03:56+	08:12+	07:11+	02:33-	05:18+	06:36+	03:33+	01:53+	01:56-	00:26+
02:40@	00:38+	00:07+	00:18+	01:11&	04:46@	00:15+	00:06-	00:59#	02:38&	00:13+	00:18#	00:01-	00:04#
<b>10</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>1:01:11</b>	
03:06+	12:57+	15:00+	20:52+	24:04+	27:36+	35:41+	38:57+	44:36+	52:38+	56:04+	57:57+	59:36+	60:45+
03:06+	09:51+	02:03+	05:52+	03:12+	03:32+	08:05+	03:16+	05:39+	08:02+	03:26+	01:53+	01:39-	01:09+
01:01&	02:56&	00:08+	01:54&	00:27#	00:06+	01:09#	00:37#	01:20&	04:04@	00:06+	00:18#	00:18-	00:10#
<b>11</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>1:03:07</b>	
09:12+	17:00+	18:46+	22:11+	25:17+	28:33+	36:00+	39:25+	44:53+	53:35+	58:15+	59:54+	61:23+	62:46+
09:12+	07:48+	01:46-	03:25-	03:06+	03:16-	07:27+	03:25+	05:28+	08:42+	04:40+	01:39+	01:29-	01:23+
07:07@	00:53#	00:09-	00:33-	00:21#	00:10-	00:31+	00:46&	01:09&	04:44@	01:20&	00:04+	00:28-	00:24&
<b>12</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>1:03:12</b>	
07:19+	16:24+	19:47+	23:14+	25:56+	29:28+	36:36+	40:25+	46:58+	53:04+	56:35+	59:20+	60:59+	62:48+
07:19+	09:05+	03:23+	03:27-	02:42-	03:32+	07:08+	03:49+	06:33+	06:06+	03:31+	02:45+	01:39-	01:49+
05:14@	02:10&	01:28&	00:31-	00:03-	00:06+	00:12+	01:10&	02:14&	02:08&	00:11+	01:10&	00:18-	00:50&
<b>13</b>	<b>Lars Primstad</b>	<b>62</b>										<b>1:04:20</b>	
02:26+	13:24+	16:07+	20:33+	31:38+	34:30+	44:07+	46:41+	53:16+	57:13+	60:24+	61:57+	63:25+	64:01+
02:26+	10:58+	02:43+	04:26+	11:05+	02:52-	09:37+	02:34-	06:35+	03:57-	03:11-	01:33-	01:28-	00:36-
00:21#	04:03&	00:48&	00:28#	08:20@	00:34-	02:41&	00:05-	02:16&	00:01-	00:09-	00:02-	00:29-	00:23-
<b>14</b>	<b>Frank Hansen</b>	<b>29</b>										<b>1:05:38</b>	
05:57+	15:57+	17:52+	23:38+	30:17+	34:26+	42:27+	46:06+	52:26+	56:57+	61:08+	62:48+	64:11+	65:11+
05:57+	10:00+	01:55=	05:46+	06:39+	04:09+	08:01+	03:39+	06:20+	04:31+	04:11+	01:40+	01:23-	01:00+
03:52@	03:05&	00:00=	01:48&	03:54@	00:43#	01:05#	01:00&	02:01&	00:33#	00:51&	00:05+	00:34-	00:01+
<b>15</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>1:12:25</b>	
02:56+	18:35+	20:54+	26:06+	30:03+	34:22+	43:50+	47:16+	56:45+	62:59+	67:37+	69:41+	71:16+	72:05+
02:56+	15:39+	02:19+	05:12+	03:57+	04:19+	09:28+	03:26+	09:29+	06:14+	04:38+	02:04+	01:35-	00:49-
00:51&	08:44@	00:24#	01:14&	01:12&	00:53&	02:32&	00:47&	05:10@	02:16&	01:18&	00:29&	00:22-	00:10-
<b>16</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>1:12:30</b>	
10:41+	18:26+	21:06+	30:25+	34:57+	40:39+	47:49+	51:28+	59:19+	63:45+	67:45+	69:33+	71:16+	72:10+
10:41+	07:45+	02:40+	09:19+	04:32+	05:42+	07:10+	03:39+	07:51+	04:26+	04:00+	01:48+	01:43-	00:54-
08:36@	00:50#	00:45&	05:21@	01:47&	02:16&	00:14+	01:00&	03:32&	00:28#	00:40#	00:13#	00:14-	00:05-
<b>17</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>1:17:52</b>	
04:19+	15:27+	17:16+	21:56+	26:33+	31:56+	42:48+	46:57+	58:50+	66:48+	72:05+	74:18+	75:55+	77:20+
04:19+	11:08+	01:49-	04:40+	04:37+	05:23+	10:52+	04:09+	11:53+	07:58+	05:17+	02:13+	01:37-	01:25+
02:14@	04:13&	00:06-	00:42#	01:52&	01:57&	03:56&	01:30&	07:34@	04:00@	01:57&	00:38&	00:20-	00:26&
<b>18</b>	<b>Ingve Vold</b>	<b>54</b>										<b>1:23:25</b>	
06:42+	23:21+	25:13+	29:21+	32:06+	47:44+	56:04+	59:44+	66:06+	73:30+	78:11+	80:16+	81:44+	82:59+
06:42+	16:39+	01:52-	04:08+	02:45=	15:38+	08:20+	03:40+	06:22+	07:24+	04:41+	02:05+	01:28-	01:15+
04:37@	09:44@	00:03-	00:10+	00:00=	12:12@	01:24#	01:01&	02:03&	03:26&	01:21&	00:30&	00:29-	00:16&
<b>19</b>	<b>Christof Schätz</b>	<b>239</b>										<b>1:33:17</b>	
03:11+	24:08+	27:09+	33:23+	38:21+	42:34+	54:13+	59:58+	69:45+	78:15+	83:29+	88:09+	90:57+	92:46+
03:11+	20:57+	03:01+	06:14+	04:58+	04:13+	11:39+	05:45+	09:47+	08:30+	05:14+	04:40+	02:48+	01:49+
01:06&	14:02@	01:06&	02:16&	02:13&	00:47#	04:43&	03:06@	05:28@	04:32@	01:54&	03:05@	00:51&	00:50&
<b>Beste strekktid for klassen</b>													
01:58	06:04	01:35	03:22	02:28	02:36	06:08	02:33	04:19	03:13	02:47	01:21	01:13	00:36

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

## Herrer 60 - 64 år

<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>										<b>45:29</b>	
01:56=	06:27=	12:16=	13:45=	16:40=	22:36=	23:42=	30:22=	34:32=	37:18=	41:54=	45:06=	45:29=	
01:56=	04:31=	05:49=	01:29=	02:55=	05:56=	01:06=	06:40=	04:10=	02:46=	04:36=	03:12=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>46:41</b>	
05:07+	11:32+	14:18+	15:53+	19:34+	22:39+	23:32-	28:49-	33:51-	36:56-	42:33+	46:18+	46:41+	
05:07+	06:25+	02:46-	01:35+	03:41+	03:05-	00:53-	05:17-	05:02+	03:05+	05:37+	03:45+	00:23=	
03:11@	01:54&	03:03-	00:06+	00:46&	02:51-	00:13-	01:23-	00:52#	00:19#	01:01#	00:33#	00:00=	

Class	Navn	Klasse										Tid
<b>3</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>47:11</b>
02:33+	07:13+	10:30-	12:24-	16:38-	20:16-	21:20-	28:01-	33:35-	36:45-	43:05+	46:46+	47:11+
02:33+	04:40+	03:17-	01:54+	04:14+	03:38-	01:04-	06:41+	05:34+	03:10+	06:20+	03:41+	00:25+
00:37&	00:09+	02:32-	00:25&	01:19&	02:18-	00:02-	00:01+	01:24&	00:24#	01:44&	00:29#	00:02+
<b>4</b>	<b>Tor Brekken</b>	<b>97</b>										<b>57:41</b>
04:09+	08:50+	12:36+	14:38+	17:54+	30:02+	30:53+	38:54+	45:05+	48:40+	54:24+	57:17+	57:41+
04:09+	04:41+	03:46-	02:02+	03:16+	12:08+	00:51-	08:01+	06:11+	03:35+	05:44+	02:53-	00:24+
02:13@	00:10+	02:03-	00:33&	00:21#	06:12@	00:15-	01:21#	02:01&	00:49&	01:08#	00:19-	00:01+
<b>5</b>	<b>Agnar Lien</b>	<b>7</b>										<b>1:02:51</b>
04:46+	12:05+	16:21+	18:21+	22:15+	27:21+	28:37+	36:03+	46:21+	50:33+	58:15+	62:16+	62:51+
04:46+	07:19+	04:16-	02:00+	03:54+	05:06-	01:16+	07:26+	10:18+	04:12+	07:42+	04:01+	00:35+
02:50@	02:48&	01:33-	00:31&	00:59&	00:50-	00:10#	00:46#	06:08@	01:26&	03:06&	00:49&	00:12&
<b>6</b>	<b>Lars Bergersen</b>	<b>116</b>										<b>1:05:02</b>
02:43+	18:24+	21:33+	23:26+	27:26+	31:36+	32:57+	41:29+	47:17+	51:09+	60:31+	64:30+	65:02+
02:43+	15:41+	03:09-	01:53+	04:00+	04:10-	01:21+	08:32+	05:48+	03:52+	09:22+	03:59+	00:32+
00:47&	11:10@	02:40-	00:24&	01:05&	01:46-	00:15#	01:52&	01:38&	01:06&	04:46@	00:47#	00:09&
<b>7</b>	<b>Ernst Kristensen</b>	<b>116</b>										<b>1:10:06</b>
04:00+	22:56+	26:15+	28:12+	32:41+	37:00+	38:13+	46:25+	52:31+	56:22+	63:44+	69:41+	70:06+
04:00+	18:56+	03:19-	01:57+	04:29+	04:19-	01:13+	08:12+	06:06+	03:51+	07:22+	05:57+	00:25+
02:04@	14:25@	02:30-	00:28&	01:34&	01:37-	00:07#	01:32#	01:56&	01:05&	02:46&	02:45&	00:02+
<b>8</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>1:13:05</b>
06:13+	11:55+	15:52+	18:22+	22:49+	27:29+	28:38+	41:44+	50:01+	53:57+	67:19+	72:29+	73:05+
06:13+	05:42+	03:57-	02:30+	04:27+	04:40-	01:09+	13:06+	08:17+	03:56+	13:22+	05:10+	00:36+
04:17@	01:11&	01:52-	01:01&	01:32&	01:16-	00:03+	06:26&	04:07&	01:10&	08:46@	01:58&	00:13&
<b>9</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>1:17:54</b>
08:24+	14:34+	17:45+	20:04+	24:32+	28:49+	30:11+	37:48+	60:38+	64:59+	71:55+	77:21+	77:54+
08:24+	06:10+	03:11-	02:19+	04:28+	04:17-	01:22+	07:37+	22:50+	04:21+	06:56+	05:26+	00:33+
06:28@	01:39&	02:38-	00:50&	01:33&	01:39-	00:16#	00:57#	18:40@	01:35&	02:20&	02:14&	00:10&
<b>10</b>	<b>Jan Arendal</b>	<b>116</b>										<b>1:23:09</b>
03:57+	16:20+	21:13+	24:12+	29:23+	35:58+	38:01+	53:46+	63:12+	69:05+	77:33+	82:30+	83:09+
03:57+	12:23+	04:53-	02:59+	05:11+	06:35+	02:03+	15:45+	09:26+	05:53+	08:28+	04:57+	00:39+
02:01@	07:52@	00:56-	01:30@	02:16&	00:39#	00:57&	09:05@	05:16@	03:07@	03:52&	01:45&	00:16&

### Beste strekktid for klassen

01:56 04:31 02:46 01:29 02:55 03:05 00:51 05:17 04:10 02:46 04:36 02:53 00:23

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>36:50</b>
02:52=	06:31=	09:08=	11:11=	14:09=	17:25=	18:20=	22:47=	26:40=	29:07=	33:26=	36:28=	36:50=
02:52=	03:39=	02:37=	02:03=	02:58=	03:16=	00:55=	04:27=	03:53=	02:27=	04:19=	03:02=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Arvid Mydland</b>	<b>29</b>										<b>41:23</b>
01:44-	07:17+	10:46+	13:06+	14:35+	17:19-	20:11+	21:07-	25:39-	29:28+	34:52+	38:37+	41:01+
01:44-	05:33+	03:29+	02:20+	01:29-	02:44-	02:52+	00:56-	04:32+	03:49+	05:24+	03:45+	02:24+
01:08-	01:54&	00:52&	00:17#	01:29-	00:32-	01:57@	03:31-	00:39#	01:22&	01:05&	00:43#	02:02@
<b>3</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>46:08</b>
02:39-	11:44+	14:03+	15:43+	19:25+	23:01+	24:03+	31:18+	35:55+	38:43+	43:31+	45:49+	46:08+
02:39-	09:05+	02:19-	01:40-	03:42+	03:36+	01:02+	07:15+	04:37+	02:48+	04:48+	02:18-	00:19-
00:13-	05:26@	00:18-	00:23-	00:44#	00:20#	00:07#	02:48&	00:44#	00:21#	00:29#	00:44-	00:03-
<b>4</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>52:28</b>
02:37-	09:20+	12:51+	14:40+	18:30+	22:42+	24:02+	33:03+	38:23+	41:53+	48:43+	52:04+	52:28+
02:37-	06:43+	03:31+	01:49-	03:50+	04:12+	01:20+	09:01+	05:20+	03:30+	06:50+	03:21+	00:24+
00:15-	03:04&	00:54&	00:14-	00:52&	00:56&	00:25&	04:34@	01:27&	01:03&	02:31&	00:19#	00:02+
<b>5</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>55:48</b>
04:05+	09:42+	12:47+	14:45+	18:59+	25:26+	26:49+	35:19+	41:22+	45:28+	51:31+	55:15+	55:48+
04:05+	05:37+	03:05+	01:58-	04:14+	06:27+	01:23+	08:30+	06:03+	04:06+	06:03+	03:44+	00:33+
01:13&	01:58&	00:28#	00:05-	01:16&	03:11&	00:28&	04:03&	02:10&	01:39&	01:44&	00:42#	00:11&

Class	Navn	Klasse										Tid	
<b>6</b>	<b>Jan Hetland</b>	<b>29</b>										<b>55:49</b>	
	02:52=	10:00+	14:08+	16:15+	19:56+	25:18+	26:39+	33:46+	40:49+	44:04+	49:25+	55:27+	55:49+
	02:52=	07:08+	04:08+	02:07+	03:41+	05:22+	01:21+	07:07+	07:03+	03:15+	05:21+	06:02+	00:22=
	00:00=	03:29&	01:31&	00:04+	00:43#	02:06&	00:26&	02:40&	03:10&	00:48&	01:02#	03:00&	00:00=
<b>7</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>57:27</b>	
	03:23+	08:55+	12:27+	15:02+	18:57+	23:19+	24:31+	31:15+	42:26+	46:24+	53:06+	56:57+	57:27+
	03:23+	05:32+	03:32+	02:35+	03:55+	04:22+	01:12+	06:44+	11:11+	03:58+	06:42+	03:51+	00:30+
	00:31#	01:53&	00:55&	00:32&	00:57&	01:06&	00:17&	02:17&	07:18@	01:31&	02:23&	00:49&	00:08&
<b>8</b>	<b>Arne Magne Handeland</b>	<b>92</b>										<b>58:30</b>	
	03:40+	12:59+	15:51+	17:37+	21:17+	28:29+	29:26+	38:11+	43:45+	47:39+	54:28+	58:02+	58:30+
	03:40+	09:19+	02:52+	01:46-	03:40+	07:12+	00:57+	08:45+	05:34+	03:54+	06:49+	03:34+	00:28+
	00:48&	05:40@	00:15+	00:17-	00:42#	03:56@	00:02+	04:18&	01:41&	01:27&	02:30&	00:32#	00:06&
<b>9</b>	<b>Tom Hetland</b>	<b>5</b>										<b>1:02:50</b>	
	02:32-	08:04+	14:16+	16:37+	21:00+	25:09+	26:18+	34:01+	42:48+	46:59+	57:27+	62:26+	62:50+
	02:32-	05:32+	06:12+	02:21+	04:23+	04:09+	01:09+	07:43+	08:47+	04:11+	10:28+	04:59+	00:24+
	00:20-	01:53&	03:35@	00:18#	01:25&	00:53&	00:14&	03:16&	04:54@	01:44&	06:09@	01:57&	00:02+
<b>10</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>										<b>1:08:53</b>	
	08:43+	20:16+	24:08+	26:41+	30:54+	38:25+	39:41+	48:07+	53:56+	57:52+	64:48+	68:24+	68:53+
	08:43+	11:33+	03:52+	02:33+	04:13+	07:31+	01:16+	08:26+	05:49+	03:56+	06:56+	03:36+	00:29+
	05:51@	07:54@	01:15&	00:30#	01:15&	04:15@	00:21&	03:59&	01:56&	01:29&	02:37&	00:34#	00:07&
<b>11</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>1:18:09</b>	
	03:31+	28:56+	32:58+	35:37+	39:57+	48:11+	49:21+	57:21+	63:46+	67:41+	73:38+	77:19+	78:09+
	03:31+	25:25+	04:02+	02:39+	04:20+	08:14+	01:10+	08:00+	06:25+	03:55+	05:57+	03:41+	00:50+
	00:39#	21:46@	01:25&	00:36&	01:22&	04:58@	00:15&	03:33&	02:32&	01:28&	01:38&	00:39#	00:28@
<b>12</b>	<b>Johan Rasmussen</b>	<b>93</b>										<b>2:17:27</b>	
	19:28+	29:32+	35:04+	38:50+	50:52+	59:55+	60:56+	90:41+	103:36+	111:43+	123:33+	136:55+	137:27+
	19:28+	10:04+	05:32+	03:46+	12:02+	09:03+	01:01+	29:45+	12:55+	08:07+	11:50+	13:22+	00:32+
	16:36@	06:25@	02:55@	01:43&	09:04@	05:47@	00:06#	25:18@	09:02@	05:40@	07:31@	10:20@	00:10&
<b>Beste strekktid for klassen</b>													
	01:44	03:39	02:19	01:40	01:29	02:44	00:55	00:56	03:53	02:27	04:19	02:18	00:19

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

## Herrer 70 - 74 år

<b>1</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>55:47</b>	
	03:09=	08:48=	14:05=	16:17=	20:37=	25:46=	27:06=	36:10=	41:25=	44:58=	51:52=	55:18=	55:47=
	03:09=	05:39=	05:17=	02:12=	04:20=	05:09=	01:20=	09:04=	05:15=	03:33=	06:54=	03:26=	00:29=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Gudmund Gausel</b>	<b>115</b>										<b>56:52</b>	
	02:35-	08:08-	10:56-	14:28-	18:48-	27:24+	29:38+	36:44+	42:18+	46:36+	52:45+	56:18+	56:52+
	02:35-	05:33-	02:48-	03:32+	04:20=	08:36+	02:14+	07:06-	05:34+	04:18+	06:09-	03:33+	00:34+
	00:34-	00:06-	02:29-	01:20&	00:00=	03:27&	00:54&	01:58-	00:19+	00:45#	00:45-	00:07+	00:05#
<b>3</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>57:27</b>	
	03:04-	10:52+	13:48-	15:39-	19:39-	27:08+	28:18+	36:33+	43:31+	47:31+	53:45+	57:02+	57:27+
	03:04-	07:48+	02:56-	01:51-	04:00-	07:29+	01:10-	08:15-	06:58+	04:00+	06:14-	03:17-	00:25-
	00:05-	02:09&	02:21-	00:21-	00:20-	02:20&	00:10-	00:49-	01:43&	00:27#	00:40-	00:09-	00:04-
<b>4</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>1:00:21</b>	
	02:33-	08:23-	13:29-	15:35-	20:26-	28:28+	29:31+	37:38+	45:08+	48:38+	55:28+	59:55+	60:21+
	02:33-	05:50+	05:06-	02:06-	04:51+	08:02+	01:03-	08:07-	07:30+	03:30-	06:50-	04:27+	00:26-
	00:36-	00:11+	00:11-	00:06-	00:31#	02:53&	00:17-	00:57-	02:15&	00:03-	00:04-	01:01&	00:03-
<b>5</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>1:01:44</b>	
	08:20+	15:19+	19:11+	21:12+	26:09+	35:26+	36:33+	43:15+	49:03+	52:39+	58:39+	61:17+	61:44+
	08:20+	06:59+	03:52-	02:01-	04:57+	09:17+	01:07-	06:42-	05:48+	03:36+	06:00-	02:38-	00:27-
	05:11@	01:20#	01:25-	00:11-	00:37#	04:08&	00:13-	02:22-	00:33#	00:03+	00:54-	00:48-	00:02-
<b>6</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>1:06:21</b>	
	05:13+	09:45+	13:22-	15:30-	19:23-	25:29-	31:48+	32:56-	40:06-	47:38+	50:56-	61:09+	65:57+
	05:13+	04:32-	03:37-	02:08-	03:53-	06:06+	06:19+	01:08-	07:10+	07:32+	03:18-	10:13+	04:48+
	02:04&	01:07-	01:40-	00:04-	00:27-	00:57#	04:59@	07:56-	01:55&	03:59@	03:36-	06:47@	04:19@

Class	Navn	Klasse	Tid
<b>7</b>	<b>Odd Garpestad</b>	<b>29</b>	<b>1:06:22</b>
03:01-	17:08+ 21:23+ 23:18+	35:17+ 41:13+ 42:09+ 50:59+ 55:56+ 58:49+ 63:39+ 65:56+	66:22+
03:01-	14:07+ 04:15- 01:55- 11:59+	05:56+ 00:56- 08:50- 04:57- 02:53- 04:50- 02:17- 00:26-	
00:08-	08:28@ 01:02- 00:17- 07:39@	00:47# 00:24- 00:14- 00:18- 00:40- 02:04- 01:09- 00:03-	
<b>8</b>	<b>Olav Dag Borgersen</b>	<b>154</b>	<b>1:06:51</b>
05:58+	11:20+ 16:44+ 19:01+ 30:16+	36:56+ 38:02+ 44:41+ 50:01+ 53:55+ 62:29+ 66:27+ 66:51+	
05:58+	05:22- 05:24+ 02:17+ 11:15+	06:40+ 01:06- 06:39- 05:20+ 03:54+ 08:34+ 03:58+ 00:24-	
02:49&	00:17- 00:07+ 00:05+ 06:55@	01:31& 00:14- 02:25- 00:05+ 00:21+ 01:40# 00:32# 00:05-	
<b>9</b>	<b>Arne Østensen</b>	<b>90</b>	<b>1:07:21</b>
03:30+	12:17+ 16:09+ 18:42+ 22:21+	28:05+ 29:03+ 43:38+ 49:42+ 55:11+ 61:41+ 66:53+ 67:21+	
03:30+	08:47+ 03:52- 02:33+ 03:39-	05:44+ 00:58- 14:35+ 06:04+ 05:29+ 06:30- 05:12+ 00:28-	
00:21#	03:08& 01:25- 00:21# 00:41-	00:35# 00:22- 05:31& 00:49# 01:56& 00:24- 01:46& 00:01-	
<b>Beste strekktid for klassen</b>			
02:33	04:32	02:48	01:51
03:39	05:09	00:56	01:08
04:57	02:53	03:18	02:17
00:24			

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

## Herrer 75 - 79 år

<b>1</b>	<b>Steinar Undheim</b>	<b>54</b>	<b>34:31</b>
03:52=	07:09= 10:20= 12:28= 16:53=	20:43= 24:52= 28:54= 31:18= 34:02= 34:31=	
03:52=	03:17= 03:11= 02:08= 04:25=	03:50= 04:09= 04:02= 02:24= 02:44= 00:29=	
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Knut Skjæveland</b>	<b>93</b>	<b>35:12</b>
03:32-	06:39- 10:16- 12:14- 19:30+	23:02+ 27:29+ 31:02+ 32:48+ 34:44+ 35:12+	
03:32-	03:07- 03:37+ 01:58- 07:16+	03:32- 04:27+ 03:33- 01:46- 01:56- 00:28-	
00:20-	00:10- 00:26# 00:10- 02:51&	00:18- 00:18+ 00:29- 00:38- 00:48- 00:01-	
<b>3</b>	<b>Harald Vatne</b>	<b>67</b>	<b>35:31</b>
04:12+	07:25+ 11:17+ 13:30+ 18:06+	21:58+ 26:43+ 29:50+ 32:24+ 35:03+ 35:31+	
04:12+	03:13- 03:52+ 02:13+ 04:36+	03:52+ 04:45+ 03:07- 02:34+ 02:39- 00:28-	
00:20+	00:04- 00:41# 00:05+ 00:11+	00:02+ 00:36# 00:55- 00:10+ 00:05- 00:01-	
<b>4</b>	<b>Hermann Skogsholm</b>	<b>53</b>	<b>36:43</b>
04:04+	07:25+ 11:23+ 13:48+ 18:20+	22:33+ 26:37+ 30:54+ 33:08+ 36:07+ 36:43+	
04:04+	03:21+ 03:58+ 02:25+ 04:32+	04:13+ 04:04- 04:17+ 02:14- 02:59+ 00:36+	
00:12+	00:04+ 00:47# 00:17# 00:07+	00:23# 00:05- 00:15+ 00:10- 00:15+ 00:07#	
<b>5</b>	<b>Jan Værp</b>	<b>62</b>	<b>44:52</b>
03:59+	06:51- 11:07+ 13:24+ 19:25+	23:34+ 36:12+ 40:10+ 42:18+ 44:27+ 44:52+	
03:59+	02:52- 04:16+ 02:17+ 06:01+	04:09+ 12:38+ 03:58- 02:08- 02:09- 00:25-	
00:07+	00:25- 01:05& 00:09+ 01:36&	00:19+ 08:29@ 00:04- 00:16- 00:35- 00:04-	
<b>6</b>	<b>Arvid Thorsen</b>	<b>5</b>	<b>48:37</b>
03:14-	06:16- 09:24- 11:12- 15:38-	36:18+ 41:03+ 44:24+ 46:16+ 48:10+ 48:37+	
03:14-	03:02- 03:08- 01:48- 04:26+	20:40+ 04:45+ 03:21- 01:52- 01:54- 00:27-	
00:38-	00:15- 00:03- 00:20- 00:01+	16:50@ 00:36# 00:41- 00:32- 00:50- 00:02-	
<b>7</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>49:57</b>
04:08+	08:33+ 16:59+ 19:52+ 26:25+	30:58+ 39:51+ 44:47+ 47:04+ 49:27+ 49:57+	
04:08+	04:25+ 08:26+ 02:53+ 06:33+	04:33+ 08:53+ 04:56+ 02:17- 02:23- 00:30+	
00:16+	01:08& 05:15@ 00:45& 02:08&	00:43# 04:44@ 00:54# 00:07- 00:21- 00:01+	
<b>8</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>53:11</b>
04:47+	13:13+ 17:23+ 19:55+ 24:54+	29:34+ 43:48+ 48:04+ 50:16+ 52:41+ 53:11+	
04:47+	08:26+ 04:10+ 02:32+ 04:59+	04:40+ 14:14+ 04:16+ 02:12- 02:25- 00:30+	
00:55#	05:09@ 00:59& 00:24# 00:34#	00:50# 10:05@ 00:14+ 00:12- 00:19- 00:01+	
<b>9</b>	<b>Jan Bekkeheien</b>	<b>92</b>	<b>55:25</b>
04:36+	09:04+ 15:18+ 18:12+ 26:09+	31:29+ 40:47+ 47:28+ 50:14+ 54:50+ 55:25+	
04:36+	04:28+ 06:14+ 02:54+ 07:57+	05:20+ 09:18+ 06:41+ 02:46+ 04:36+ 00:35+	
00:44#	01:11& 03:03& 00:46& 03:32&	01:30& 05:09@ 02:39& 00:22# 01:52& 00:06#	
<b>10</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>57:26</b>
06:45+	11:20+ 17:41+ 20:38+ 28:24+	33:50+ 42:57+ 49:34+ 52:19+ 56:53+ 57:26+	
06:45+	04:35+ 06:21+ 02:57+ 07:46+	05:26+ 09:07+ 06:37+ 02:45+ 04:34+ 00:33+	
02:53&	01:18& 03:10& 00:49& 03:21&	01:36& 04:58@ 02:35& 00:21# 01:50& 00:04#	

Class	Navn	Klasse										Tid
<b>11</b>	<b>Hans Klausen</b>	<b>62</b>										<b>1:00:12</b>
	04:08+	16:54+	19:54+	22:30+	30:02+	35:09+	45:07+	53:33+	56:46+	59:33+	60:12+	
	04:08+	12:46+	03:00-	02:36+	07:32+	05:07+	09:58+	08:26+	03:13+	02:47+	00:39+	
	00:16+	09:29@	00:11-	00:28#	03:07&	01:17&	05:49@	04:24@	00:49&	00:03+	00:10&	

### Beste strekktid for klassen

03:14 02:52 03:00 01:48 04:25 03:32 04:04 03:07 01:46 01:54 00:25

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

## Herrer 80 år og eldre

<b>1</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>59:23</b>
	03:34=	10:10=	15:29=	17:09=	25:32=	28:56=	34:51=	47:14=	58:11=	58:55=	59:23=	
	03:34=	06:36=	05:19=	01:40=	08:23=	03:24=	05:55=	12:23=	10:57=	00:44=	00:28=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>1:07:12</b>
	02:25-	05:11-	17:40+	20:12+	36:05+	42:47+	46:36+	50:45+	64:18+	66:35+	67:12+	
	02:25-	02:46-	12:29+	02:32+	15:53+	06:42+	03:49-	04:09-	13:33+	02:17+	00:37+	
	01:09-	03:50-	07:10@	00:52&	07:30&	03:18&	02:06-	08:14-	02:36#	01:33@	00:09&	

### Beste strekktid for klassen

02:25 02:46 05:19 01:40 08:23 03:24 03:49 04:09 10:57 00:44 00:28

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

## Herrer A

<b>1</b>	<b>Fredrik Omdal</b>	<b>74</b>															<b>40:46</b>	
	01:58=	03:38=	04:53=	06:36=	10:42=	11:53=	14:38=	17:28=	21:20=	22:34=	24:02=	26:11=	28:27=	34:05=	37:06=	38:34=	40:28=	40:46=
	01:58=	01:40=	01:15=	01:43=	04:06=	01:11=	02:45=	02:50=	03:52=	01:14=	01:28=	02:09=	02:16=	05:38=	03:01=	01:28=	01:54=	00:18=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Erik Lima</b>	<b>43</b>															<b>45:06</b>	
	02:26+	04:04+	05:14+	07:18+	11:40+	13:04+	16:11+	19:08+	23:25+	24:54+	26:37+	29:15+	31:59+	37:53+	40:52+	42:30+	44:48+	45:06+
	02:26+	01:38-	01:10-	02:04+	04:22+	01:24+	03:07+	02:57+	04:17+	01:29+	01:43+	02:38+	02:44+	05:54+	02:59-	01:38+	02:18+	00:18=
	00:28#	00:02-	00:05-	00:21#	00:16+	00:13#	00:22#	00:07+	00:25#	00:15#	00:15#	00:29#	00:28#	00:16+	00:02-	00:10#	00:24#	00:00=

<b>3</b>	<b>Stian Haugvaldstad</b>	<b>116</b>															<b>48:47</b>		
	02:19+	04:20+	05:49+	07:35+	11:40+	13:06+	13:45-	16:56-	20:13-	24:56+	26:33+	28:29+	31:01+	33:36-	40:48+	44:05+	46:18+	48:30+	48:47+
	02:19+	02:01+	01:29+	01:46+	04:05-	01:26+	00:39-	03:11+	03:17-	04:43+	01:37+	01:56-	02:32+	02:35-	07:12+	03:17+	02:13+	02:12+	00:17+
	00:21#	00:21#	00:14#	00:03+	00:01-	00:15#	02:06-	00:21#	00:35-	03:29@	00:09#	00:13-	00:16#	03:03-	04:11@	01:49@	00:19#	01:54@	00:17+

<b>4</b>	<b>Kristian Haarr</b>	<b>27</b>															<b>55:57</b>	
	02:29+	04:52+	06:09+	08:04+	20:25+	21:50+	25:40+	29:19+	33:38+	34:59+	37:02+	39:14+	42:02+	48:15+	51:25+	53:18+	55:33+	55:57+
	02:29+	02:23+	01:17+	01:55+	12:21+	01:25+	03:50+	03:39+	04:19+	01:21+	02:03+	02:12+	02:48+	06:13+	03:10+	01:53+	02:15+	00:24+
	00:31&	00:43&	00:02+	00:12#	08:15@	00:14#	01:05&	00:49&	00:27#	00:07+	00:35&	00:03+	00:32#	00:35#	00:09+	00:25&	00:21#	00:06&

<b>5</b>	<b>Martin Blystad</b>	<b>115</b>															<b>1:02:23</b>		
	04:22+	12:45+	14:56+	16:22+	18:38+	24:28+	26:04+	29:36+	32:58+	37:30+	39:26+	41:28+	43:55+	47:04+	53:20+	57:16+	59:35+	61:58+	62:23+
	04:22+	08:23+	02:11+	01:26-	02:16-	05:50+	01:36-	03:32+	03:22-	04:32+	01:56+	02:02-	02:27+	03:09-	06:16+	03:56+	02:19+	02:23+	00:25+
	02:24@	06:43@	00:56&	00:17-	01:50-	04:39@	01:09-	00:42#	00:30-	03:18@	00:28&	00:07-	00:11+	02:29-	03:15@	02:28@	00:25#	02:05@	00:25+

<b>6</b>	<b>Svein Magnus Halsne</b>	<b>71</b>															<b>1:02:55</b>	
	01:48-	03:54+	05:42+	13:01+	17:37+	22:17+	25:27+	29:27+	35:05+	39:19+	41:49+	44:29+	47:12+	53:45+	57:54+	60:05+	62:31+	62:55+
	01:48-	02:06+	01:48+	07:19+	04:36+	04:40+	03:10+	04:00+	05:38+	04:14+	02:30+	02:40+	02:43+	06:33+	04:09+	02:11+	02:26+	00:24+
	00:10-	00:26&	00:33&	05:36@	00:30#	03:29@	00:25#	01:10&	01:46&	03:00@	01:02&	00:31#	00:27#	00:55#	01:08&	00:43&	00:32&	00:06&

<b>7</b>	<b>Dag Eivind Watsend</b>	<b>92</b>															<b>1:04:19</b>	
	03:09+	05:31+	07:11+	10:30+	17:38+	19:09+	23:22+	27:19+	34:09+	36:11+	38:34+	41:20+	44:15+	52:30+	59:00+	61:22+	63:55+	64:19+
	03:09+	02:22+	01:40+	03:19+	07:08+	01:31+	04:13+	03:57+	06:50+	02:02+	02:23+	02:46+	02:55+	08:15+	06:30+	02:22+	02:33+	00:24+
	01:11&	00:42&	00:25&	01:36&	03:02&	00:20&	01:28&	01:07&	02:58&	00:48&	00:55&	00:37&	00:39&	02:37&	03:29@	00:54&	00:39&	00:06&

<b>8</b>	<b>Runar Eike Toft</b>	<b>116</b>															<b>1:06:11</b>	
	04:13+	06:30+	07:51+	10:28+	15:42+	16:58+	21:11+	24:20+	31:37+	33:45+	35:59+	38:09+	42:01+	54:24+	60:19+	63:16+	65:50+	66:11+
	04:13+	02:17+	01:21+	02:37+	05:14+	01:16+	04:13+	03:09+	07:17+	02:08+	02:14+	02:10+	03:52+	12:23+	05:55+	02:57+	02:34+	00:21+
	02:15@	00:37&	00:06+	00:54&	01:08&	00:05+	01:28&	00:19#	03:25&	00:54&	00:46&	00:01+	01:36&	06:45@	02:54&	01:29@	00:40&	00:03#

Class	Navn	Klasse															Tid
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**Beste strekktid for klassen**

01:48 01:38 01:10 01:26 02:16 01:11 00:39 02:50 03:17 01:14 01:28 01:56 02:16 02:35 02:59 01:28 01:54 00:18

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

**Herrer B**

**1 Tom Furland 62 45:28**  
 01:40= 03:52= 05:15= 07:29= 12:30= 13:49= 17:26= 20:58= 24:58= 26:18= 27:46= 30:05= 32:31= 38:01= 40:52= 42:38= 45:03= 45:28=  
 01:40= 02:12= 01:23= 02:14= 05:01= 01:19= 03:37= 03:32= 04:00= 01:20= 01:28= 02:19= 02:26= 05:30= 02:51= 01:46= 02:25= 00:25=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Per Olav Haarr 62 47:27**  
 02:30+ 04:33+ 06:10+ 09:10+ 14:33+ 15:45+ 19:12+ 22:41+ 27:01+ 28:22+ 29:53+ 32:00+ 34:23+ 40:04+ 42:57+ 44:42+ 47:06+ 47:27+  
 02:30+ 02:03- 01:37+ 03:00+ 05:23+ 01:12- 03:27- 03:29- 04:20+ 01:21+ 01:31+ 02:07- 02:23- 05:41+ 02:53+ 01:45- 02:24- 00:21-  
 00:50& 00:09- 00:14# 00:00= 00:46& 00:22+ 00:07- 00:10- 00:03- 00:20+ 00:01+ 00:03+ 00:12- 00:03- 00:11+ 00:02+ 00:01- 00:01- 00:04-

**3 Oddvar Taksdal 194 48:00**  
 01:43+ 03:39- 04:58- 07:12- 11:24- 13:02- 16:25- 20:00- 24:37- 26:19+ 28:36+ 30:56+ 33:17+ 40:00+ 43:18+ 45:15+ 47:36+ 48:00+  
 01:43+ 01:56- 01:19- 02:14= 04:12- 01:38+ 03:23- 03:35+ 04:37+ 01:42+ 02:17+ 02:20+ 02:21- 06:43+ 03:18+ 01:57+ 02:21- 00:24-  
 00:03+ 00:16- 00:04- 00:00= 00:49- 00:19# 00:14- 00:03+ 00:37# 00:22& 00:49& 00:01+ 00:05- 01:13# 00:27# 00:11# 00:04- 00:01-

**4 Aart Joakim in't Veld 93 53:50**  
 01:30- 03:23- 04:37- 06:25- 13:22+ 14:42+ 18:40+ 22:10+ 26:32+ 28:00+ 30:04+ 32:08+ 34:46+ 42:27+ 47:05+ 51:20+ 53:28+ 53:50+  
 01:30- 01:53- 01:14- 01:48- 06:57+ 01:20+ 03:58+ 03:30- 04:22+ 01:28+ 02:04+ 02:04- 02:38+ 07:41+ 04:38+ 04:15+ 02:08- 00:22-  
 00:10- 00:19- 00:09- 00:26- 01:56& 00:01+ 00:21+ 00:02- 00:22+ 00:08# 00:36& 00:15- 00:12+ 02:11& 01:47& 02:29@ 00:17- 00:03-

**5 Jørgen Breivold 54 58:03**  
 04:49+ 07:12+ 08:43+ 11:03+ 19:33+ 21:16+ 24:59+ 28:33+ 33:23+ 35:21+ 37:38+ 40:00+ 43:02+ 49:13+ 53:14+ 55:28+ 57:44+ 58:03+  
 04:49+ 02:23+ 01:31+ 02:20+ 08:30+ 01:43+ 03:43+ 03:34+ 04:50+ 01:58+ 02:17+ 02:22+ 03:02+ 06:11+ 04:01+ 02:14+ 02:16- 00:19-  
 03:09@ 00:11+ 00:08+ 00:06+ 03:29& 00:24& 00:06+ 00:02+ 00:50# 00:38& 00:49& 00:03+ 00:36# 00:41# 01:10& 00:28& 00:09- 00:06-

**6 Joar Eilevstjønn 67 59:35**  
 02:20+ 04:10+ 06:03+ 10:41+ 16:31+ 18:23+ 21:43+ 25:31+ 31:10+ 37:50+ 39:12+ 41:08+ 43:42+ 50:40+ 54:19+ 56:56+ 59:18+ 59:35+  
 02:20+ 01:50- 01:53+ 04:38+ 05:50+ 01:52+ 03:20- 03:48+ 05:39+ 06:40+ 01:22- 01:56- 02:34+ 06:58+ 03:39+ 02:37+ 02:22- 00:17-  
 00:40& 00:22- 00:30& 02:24@ 00:49# 00:33& 00:17- 00:16+ 01:39& 05:20@ 00:06- 00:23- 00:08+ 01:28& 00:48& 00:51& 00:03- 00:08-

**7 Øystein Amundrud 90 1:00:21**  
 02:00+ 05:10+ 08:22+ 10:53+ 15:58+ 17:41+ 21:57+ 26:37+ 32:17+ 34:07+ 36:28+ 39:04+ 41:52+ 50:55+ 54:45+ 57:05+ 59:57+ 60:21+  
 02:00+ 03:10+ 03:12+ 02:31+ 05:05+ 01:43+ 04:16+ 04:40+ 05:40+ 01:50+ 02:21+ 02:36+ 02:48+ 09:03+ 03:50+ 02:20+ 02:52+ 00:24-  
 00:20# 00:58& 01:49@ 00:17# 00:04+ 00:24& 00:39# 01:08& 01:40& 00:30& 00:53& 00:17# 00:22# 03:33& 00:59& 00:34& 00:27# 00:01-

**8 Geir Sand 105 1:03:59**  
 01:57+ 04:05+ 05:41+ 08:35+ 14:01+ 15:27+ 19:00+ 22:16+ 30:05+ 34:08+ 38:30+ 41:32+ 44:50+ 55:15+ 58:54+ 61:15+ 63:41+ 63:59+  
 01:57+ 02:08- 01:36+ 02:54+ 05:26+ 01:26+ 03:33- 03:16- 07:49+ 04:03+ 04:22+ 03:02+ 03:18+ 10:25+ 03:39+ 02:21+ 02:26+ 00:18-  
 00:17# 00:04- 00:13# 00:40& 00:25+ 00:07+ 00:04- 00:16- 03:49& 02:43@ 02:54@ 00:43& 00:52& 04:55& 00:48& 00:35& 00:01+ 00:07-

**9 Trond Sigurd Fotland 66 1:05:26**  
 02:33+ 04:33+ 05:58+ 08:38+ 14:50+ 16:29+ 20:46+ 25:08+ 30:39+ 32:30+ 35:47+ 38:43+ 41:36+ 55:41+ 59:28+ 62:37+ 65:07+ 65:26+  
 02:33+ 02:00- 01:25+ 02:40+ 06:12+ 01:39+ 04:17+ 04:22+ 05:31+ 01:51+ 03:17+ 02:56+ 02:53+ 14:05+ 03:47+ 03:09+ 02:30+ 00:19-  
 00:53& 00:12- 00:02+ 00:26# 01:11# 00:20& 00:40- 00:50# 01:31& 00:31& 01:49@ 00:37& 00:27# 08:35@ 00:56& 01:23& 00:05+ 00:06-

**10 Rune Dahl Fitjar 53 1:11:07**  
 02:42+ 05:40+ 07:27+ 10:46+ 16:45+ 18:29+ 23:10+ 28:21+ 37:11+ 39:14+ 41:37+ 44:58+ 48:19+ 59:25+ 64:01+ 67:08+ 70:38+ 71:07+  
 02:42+ 02:58+ 01:47+ 03:19+ 05:59+ 01:44+ 04:41+ 05:11+ 08:50+ 02:03+ 02:23+ 03:17+ 03:21+ 11:06+ 04:36+ 03:07+ 03:30+ 00:29+  
 01:02& 00:46& 00:24& 01:05& 00:58# 00:25& 01:04& 01:39& 04:50@ 00:43& 00:55& 01:02& 00:55& 05:36@ 01:45& 01:21& 01:05& 00:04#

**11 Jone Sæbbø 90 1:18:09**  
 09:03+ 11:25+ 15:14+ 19:33+ 28:33+ 30:27+ 34:56+ 39:07+ 45:39+ 48:02+ 50:52+ 54:16+ 57:59+ 66:53+ 72:34+ 75:07+ 77:43+ 78:09+  
 09:03+ 02:22+ 03:49+ 04:19+ 09:00+ 01:54+ 04:29+ 04:11+ 06:32+ 02:23+ 02:50+ 03:24+ 03:43+ 08:54+ 05:41+ 02:33+ 02:36+ 00:26+  
 07:23@ 00:10+ 02:26@ 02:05& 03:59& 00:35& 00:52# 00:39# 02:32& 01:03& 01:22& 01:05& 01:17& 03:24& 02:50& 00:47& 00:11+ 00:01+

**12 Espen Fyhn Nilsen 116 1:19:45**  
 02:24+ 04:59+ 07:19+ 10:29+ 17:23+ 20:00+ 25:25+ 31:21+ 40:28+ 43:26+ 47:14+ 51:12+ 54:32+ 66:36+ 71:28+ 76:09+ 79:18+ 79:45+  
 02:24+ 02:35+ 02:20+ 03:10+ 06:54+ 02:37+ 05:25+ 05:56+ 09:07+ 02:58+ 03:48+ 03:58+ 03:20+ 12:04+ 04:52+ 04:41+ 03:09+ 00:27+  
 00:44& 00:23# 00:57& 00:56& 01:53& 01:18& 01:48& 02:24& 05:07@ 01:38@ 02:20@ 01:39& 00:54& 06:34@ 02:01& 02:55@ 00:44& 00:02+

**Beste strekktid for klassen**

01:30 01:50 01:14 01:48 04:12 01:12 03:20 03:16 04:00 01:20 01:22 01:56 02:21 05:30 02:51 01:45 02:08 00:17

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

## Herrer C

<b>1</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>49:03</b>												
02:40=	05:47=	11:23=	13:06=	16:13=	20:37=	21:10=	26:48=	31:25=	33:30=	40:50=	44:08=	46:08=	48:39=	49:03=	
02:40=	03:07=	05:36=	01:43=	03:07=	04:24=	00:33=	05:38=	04:37=	02:05=	07:20=	03:18=	02:00=	02:31=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Otte Omdal</b>	<b>65</b>	<b>49:09</b>												
02:56+	05:10-	10:00-	11:27-	14:19-	17:19-	18:23-	23:28-	29:39-	31:55-	39:04-	43:43-	45:55-	48:49+	49:09+	
02:56+	02:14-	04:50-	01:27-	02:52-	03:00-	01:04+	05:05-	06:11+	02:16+	07:09-	04:39+	02:12+	02:54+	00:20-	
00:16#	00:53-	00:46-	00:16-	00:15-	01:24-	00:31#	00:33-	01:34#	00:11+	00:11-	01:21#	00:12#	00:23#	00:04-	
<b>3</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>50:15</b>												
02:35-	05:17-	09:28-	13:53+	17:03+	19:32-	22:12+	23:11-	28:39-	32:56-	34:51-	41:38-	45:20-	47:23-	49:54+	50:15+
02:35-	02:42-	04:11-	04:25+	03:10+	02:29-	02:40+	00:59-	05:28+	04:17+	01:55-	06:47+	03:42+	02:03-	02:31+	00:21+
00:05-	00:25-	01:25-	02:42#	00:03+	01:55-	02:07#	04:39-	00:51#	02:12#	05:25-	03:29#	01:42#	00:28-	02:07#	00:21+
<b>4</b>	<b>Henning Sundby</b>	<b>114</b>	<b>52:03</b>												
02:29-	04:45-	12:41+	14:23+	17:10+	19:53-	20:49-	25:45-	30:17-	32:54-	39:54-	46:44+	49:08+	51:41+	52:03+	
02:29-	02:16-	07:56+	01:42-	02:47-	02:43-	00:56+	04:56-	04:32-	02:37+	07:00-	06:50+	02:24+	02:33+	00:22-	
00:11-	00:51-	02:20#	00:01-	00:20-	01:41-	00:23#	00:42-	00:05-	00:32#	00:20-	03:32#	00:24#	00:02+	00:02-	
<b>5</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>55:38</b>												
03:19+	05:50+	11:14-	12:49-	15:47-	19:35-	20:39-	27:34+	35:06+	38:11+	45:18+	50:18+	52:37+	55:14+	55:38+	
03:19+	02:31-	05:24-	01:35-	02:58-	03:48-	01:04+	06:55+	07:32+	03:05+	07:07-	05:00+	02:19+	02:37+	00:24=	
00:39#	00:36-	00:12-	00:08-	00:09-	00:36-	00:31#	01:17#	02:55#	01:00#	00:13-	01:42#	00:19#	00:06+	00:00=	
<b>6</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>1:02:49</b>												
03:17+	06:13+	11:51+	13:32+	17:21+	21:03+	22:16+	29:33+	35:50+	38:36+	51:34+	56:25+	59:41+	62:27+	62:49+	
03:17+	02:56-	05:38+	01:41-	03:49+	03:42-	01:13+	07:17+	06:17+	02:46+	12:58+	04:51+	03:16+	02:46+	00:22-	
00:37#	00:11-	00:02+	00:02-	00:42#	00:42-	00:40#	01:39#	01:40#	00:41#	05:38#	01:33#	01:16#	00:15+	00:02-	
<b>7</b>	<b>Pål H. Gjerden</b>	<b>116</b>	<b>1:06:41</b>												
02:54+	07:16+	13:32+	15:41+	19:37+	24:13+	25:32+	32:07+	41:27+	45:15+	54:39+	60:07+	62:54+	66:16+	66:41+	
02:54+	04:22+	06:16+	02:09+	03:56+	04:36+	01:19+	06:35+	09:20+	03:48+	09:24+	05:28+	02:47+	03:22+	00:25+	
00:14+	01:15#	00:40#	00:26#	00:49#	00:12+	00:46#	00:57#	04:43#	01:43#	02:04#	02:10#	00:47#	00:51#	00:01+	
<b>8</b>	<b>Ove Oaland</b>	<b>116</b>	<b>1:07:45</b>												
04:34+	08:27+	15:19+	17:32+	23:59+	27:55+	29:06+	35:41+	41:50+	44:49+	54:35+	59:31+	63:31+	67:21+	67:45+	
04:34+	03:53+	06:52+	02:13+	06:27+	03:56-	01:11+	06:35+	06:09+	02:59+	09:46+	04:56+	04:00+	03:50+	00:24=	
01:54#	00:46#	01:16#	00:30#	03:20#	00:28-	00:38#	00:57#	01:32#	00:54#	02:26#	01:38#	02:00#	01:19#	00:00=	
<b>9</b>	<b>Bertrand Denieul</b>	<b>42</b>	<b>1:12:41</b>												
03:36+	09:05+	14:50+	16:19+	19:22+	22:27+	23:53+	29:59+	34:33+	38:22+	53:33+	64:20+	69:04+	72:17+	72:41+	
03:36+	05:29+	05:45+	01:29-	03:03-	03:05-	01:26+	06:06+	04:34-	03:49+	15:11+	10:47+	04:44+	03:13+	00:24=	
00:56#	02:22#	00:09+	00:14-	00:04-	01:19-	00:53#	00:28+	00:03-	01:44#	07:51#	07:29#	02:44#	00:42#	00:00=	
<b>10</b>	<b>Øivind Berggraf</b>	<b>116</b>	<b>1:18:16</b>												
05:53+	19:37+	29:45+	31:17+	34:54+	40:24+	41:21+	47:25+	54:47+	58:48+	67:10+	71:58+	74:51+	77:53+	78:16+	
05:53+	13:44+	10:08+	01:32-	03:37+	05:30+	00:57+	06:04+	07:22+	04:01+	08:22+	04:48+	02:53+	03:02+	00:23-	
03:13#	10:37#	04:32#	00:11-	00:30#	01:06#	00:24#	00:26+	02:45#	01:56#	01:02#	01:30#	00:53#	00:31#	00:01-	
<b>11</b>	<b>Åsbjørn Enerstvedt</b>	<b>18</b>	<b>1:24:02</b>												
09:15+	15:23+	23:28+	25:25+	30:00+	35:36+	36:34+	46:04+	52:29+	57:05+	70:04+	74:43+	78:37+	83:36+	84:02+	
09:15+	06:08+	08:05+	01:57+	04:35+	05:36+	00:58+	09:30+	06:25+	04:36+	12:59+	04:39+	03:54+	04:59+	00:26+	
06:35#	03:01#	02:29#	00:14#	01:28#	01:12#	00:25#	03:52#	01:48#	02:31#	05:39#	01:21#	01:54#	02:28#	00:02+	

### Beste strekketid for klassen

02:29 02:14 04:11 01:27 02:47 02:29 00:33 00:59 04:32 02:05 01:55 03:18 02:00 02:03 00:20

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

## Herrer Trim

<b>1</b>	<b>Roger Nyseth</b>	<b>92</b>	<b>30:13</b>							
02:02=	04:26=	07:59=	09:24=	14:07=	18:47=	21:18=	24:12=	28:49=	29:38=	30:13=
02:02=	02:24=	03:33=	01:25=	04:43=	04:40=	02:31=	02:54=	04:37=	00:49=	00:35=
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							
<b>2</b>	<b>Arne Magne Sondresen</b>	<b>92</b>	<b>30:43</b>							
02:20+	04:34+	08:57+	10:42+	15:37+	18:59+	21:38+	24:12=	29:29+	30:18+	30:43+
02:20+	02:14-	04:23+	01:45+	04:55+	03:22-	02:39+	02:34-	05:17+	00:49=	00:25-
00:18#	00:10-	00:50#	00:20#	00:12+	01:18-	00:08+	00:20-	00:40#	00:00=	00:10-
<b>3</b>	<b>Frode Følgesvold</b>	<b>5</b>	<b>37:04</b>							
02:00-	05:07+	09:39+	12:21+	19:02+	22:46+	25:47+	28:56+	35:37+	36:41+	37:04+
02:00-	03:07+	04:32+	02:42+	06:41+	03:44-	03:01+	03:09+	06:41+	01:04+	00:23-
00:02-	00:43&	00:59&	01:17&	01:58&	00:56-	00:30#	00:15+	02:04&	00:15&	00:12-
<b>4</b>	<b>Asle Schanke Grude</b>	<b>92</b>	<b>39:41</b>							
03:55+	06:03+	09:18+	10:37+	22:16+	24:39+	27:04+	31:58+	38:10+	39:17+	39:41+
03:55+	02:08-	03:15-	01:19-	11:39+	02:23-	02:25-	04:54+	06:12+	01:07+	00:24-
01:53&	00:16-	00:18-	00:06-	06:56&	02:17-	00:06-	02:00&	01:35&	00:18&	00:11-
<b>5</b>	<b>John Thorsnæs</b>	<b>51</b>	<b>40:56</b>							
02:30+	08:15+	13:35+	15:41+	21:25+	25:04+	28:20+	32:27+	38:45+	40:27+	40:56+
02:30+	05:45+	05:20+	02:06+	05:44+	03:39-	03:16+	04:07+	06:18+	01:42+	00:29-
00:28#	03:21&	01:47&	00:41&	01:01#	01:01-	00:45&	01:13&	01:41&	00:53&	00:06-
<b>6</b>	<b>Ivar Aalbu</b>	<b>29</b>	<b>43:18</b>							
02:10+	04:35+	11:46+	15:50+	23:15+	26:56+	30:02+	33:25+	41:07+	42:47+	43:18+
02:10+	02:25+	07:11+	04:04+	07:25+	03:41-	03:06+	03:23+	07:42+	01:40+	00:31-
00:08+	00:01+	03:38&	02:39&	02:42&	00:59-	00:35#	00:29#	03:05&	00:51&	00:04-
<b>7</b>	<b>Svein Mæle</b>	<b>43</b>	<b>46:01</b>							
02:09+	04:23-	07:42-	11:03+	26:39+	30:24+	33:39+	36:38+	44:25+	45:33+	46:01+
02:09+	02:14-	03:19-	03:21+	15:36+	03:45-	03:15+	02:59+	07:47+	01:08+	00:28-
00:07+	00:10-	00:14-	01:56&	10:53&	00:55-	00:44&	00:05+	03:10&	00:19&	00:07-
<b>8</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>	<b>58:10</b>							
03:29+	06:04+	11:58+	17:52+	30:07+	34:09+	37:25+	40:08+	55:25+	57:41+	58:10+
03:29+	02:35+	05:54+	05:54+	12:15+	04:02-	03:16+	02:43-	15:17+	02:16+	00:29-
01:27&	00:11+	02:21&	04:29&	07:32&	00:38-	00:45&	00:11-	10:40&	01:27&	00:06-
<b>9</b>	<b>Per Bakken</b>	<b>5</b>	<b>59:07</b>							
02:47+	06:28+	15:09+	17:31+	33:26+	37:50+	41:50+	50:36+	56:58+	58:38+	59:07+
02:47+	03:41+	08:41+	02:22+	15:55+	04:24-	04:00+	08:46+	06:22+	01:40+	00:29-
00:45&	01:17&	05:08&	00:57&	11:12&	00:16-	01:29&	05:52&	01:45&	00:51&	00:06-
<b>10</b>	<b>Arne Hope</b>	<b>43</b>	<b>1:00:35</b>							
06:18+	11:46+	16:54+	19:02+	30:52+	37:06+	44:44+	50:13+	58:47+	60:07+	60:35+
06:18+	05:28+	05:08+	02:08+	11:50+	06:14+	07:38+	05:29+	08:34+	01:20+	00:28-
04:16&	03:04&	01:35&	00:43&	07:07&	01:34&	05:07&	02:35&	03:57&	00:31&	00:07-
<b>11</b>	<b>Audun Sjøen</b>	<b>111</b>	<b>1:01:49</b>							
03:02+	06:03+	11:36+	13:12+	20:02+	25:01+	30:52+	51:00+	60:11+	61:08+	61:49+
03:02+	03:01+	05:33+	01:36+	06:50+	04:59+	05:51+	20:08+	09:11+	00:57+	00:41+
01:00&	00:37&	02:00&	00:11#	02:07&	00:19+	03:20&	17:14&	04:34&	00:08#	00:06#
<b>12</b>	<b>Steinar Aase</b>	<b>268</b>	<b>1:01:57</b>							
04:01+	07:06+	13:58+	18:11+	30:09+	36:34+	41:42+	45:41+	59:27+	61:18+	61:57+
04:01+	03:05+	06:52+	04:13+	11:58+	06:25+	05:08+	03:59+	13:46+	01:51+	00:39+
01:59&	00:41&	03:19&	02:48&	07:15&	01:45&	02:37&	01:05&	09:09&	01:02&	00:04#
<b>13</b>	<b>Samuel Denieul</b>	<b>42</b>	<b>1:03:01</b>							
02:37+	04:31+	08:07+	09:34+	41:41+	48:40+	52:28+	56:00+	62:03+	62:38+	63:01+
02:37+	01:54-	03:36+	01:27+	32:07+	06:59+	03:48+	03:32+	06:03+	00:35-	00:23-
00:35&	00:30-	00:03+	00:02+	27:24&	02:19&	01:17&	00:38#	01:26&	00:14-	00:12-
<b>14</b>	<b>Inge Grødem</b>	<b>92</b>	<b>1:04:28</b>							
03:38+	07:26+	16:49+	23:09+	36:58+	44:48+	49:20+	53:42+	62:08+	63:52+	64:28+
03:38+	03:48+	09:23+	06:20+	13:49+	07:50+	04:32+	04:22+	08:26+	01:44+	00:36+
01:36&	01:24&	05:50&	04:55&	09:06&	03:10&	02:01&	01:28&	03:49&	00:55&	00:01+
<b>15</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>	<b>1:09:17</b>							
03:43+	07:09+	13:32+	19:01+	43:49+	50:40+	54:27+	57:44+	67:03+	68:38+	69:17+
03:43+	03:26+	06:23+	05:29+	24:48+	06:51+	03:47+	03:17+	09:19+	01:35+	00:39+
01:41&	01:02&	02:50&	04:04&	20:05&	02:11&	01:16&	00:23#	04:42&	00:46&	00:04#
<b>16</b>	<b>John Helge Svandal</b>	<b>111</b>	<b>1:10:28</b>							
03:30+	06:37+	12:22+	15:08+	34:16+	38:01+	41:26+	51:26+	68:10+	69:45+	70:28+
03:30+	03:07+	05:45+	02:46+	19:08+	03:45-	03:25+	10:00+	16:44+	01:35+	00:43+
01:28&	00:43&	02:12&	01:21&	14:25&	00:55-	00:54&	07:06&	12:07&	00:46&	00:08#

Plass	Navn	Klasse										Tid
<b>17</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>1:11:49</b>
06:13+	08:14+	10:45+	12:01+	52:00+	58:47+	61:12+	65:46+	70:34+	71:22+	71:49+		
06:13+	02:01-	02:31-	01:16-	39:59+	06:47+	02:25-	04:34+	04:48+	00:48-	00:27-		
04:11@	00:23-	01:02-	00:09-	35:16@	02:07&	00:06-	01:40&	00:11+	00:01-	00:08-		

**Beste strekktid for klassen**

02:00 01:54 02:31 01:16 04:43 02:23 02:25 02:34 04:37 00:35 00:23

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