

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Margrete Jian Øye	126	45:39										
06:49=	11:51=	13:18=	14:33=	15:25=	18:14=	23:42=	25:29=	29:36=	32:05=	37:39=	43:29=	44:41=	45:39=
06:49=	05:02=	01:27=	01:15=	00:52=	02:49=	05:28=	01:47=	04:07=	02:29=	05:34=	05:50=	01:12=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ann Torill Bakken	116	46:10										
04:47-	10:32-	12:26-	14:09-	14:50-	19:00+	23:48+	26:06+	29:33-	31:42-	37:24-	43:43+	45:05+	46:10+
04:47-	05:45+	01:54+	01:43+	00:41-	04:10+	04:48-	02:18+	03:27-	02:09-	05:42+	06:19+	01:22+	01:05+
02:02-	00:43#	00:27&	00:28&	00:11-	01:21&	00:40-	00:31&	00:40-	00:20-	00:08+	00:29+	00:10#	00:07#
3	Marie Lunde	43	47:40										
04:18-	11:21-	12:35-	13:53-	15:14-	18:23+	23:35-	26:12+	31:43+	34:08+	39:06+	45:28+	46:51+	47:40+
04:18-	07:03+	01:14-	01:18+	01:21+	03:09+	05:12-	02:37+	05:31+	02:25-	04:58-	06:22+	01:23+	00:49-
02:31-	02:01&	00:13-	00:03+	00:29&	00:20#	00:16-	00:50&	01:24&	00:04-	00:36-	00:32+	00:11#	00:09-
4	Hege Bakken	93	47:43										
05:33-	10:55-	13:01-	14:34+	15:25=	18:30+	23:03-	25:49+	30:12+	32:48+	39:53+	45:18+	46:39+	47:43+
05:33-	05:22+	02:06+	01:33+	00:51-	03:05+	04:33-	02:46+	04:23+	02:36+	07:05+	05:25-	01:21+	01:04+
01:16-	00:20+	00:39&	00:18#	00:01-	00:16+	00:55-	00:59&	00:16+	00:07+	01:31&	00:25-	00:09#	00:06#
5	Rønnaug Egeland	93	49:33										
03:53-	09:02-	13:07-	15:26+	15:59+	20:07+	26:49+	29:34+	33:48+	35:49+	41:04+	47:07+	48:34+	49:33+
03:53-	05:09+	04:05+	02:19+	00:33-	04:08+	06:42+	02:45+	04:14+	02:01-	05:15-	06:03+	01:27+	00:59+
02:56-	00:07+	02:38@	01:04&	00:19-	01:19&	01:14#	00:58&	00:07+	00:28-	00:19-	00:13+	00:15#	00:01+
6	Kjersti Nordal	39	51:18										
05:12-	13:19+	15:21+	17:46+	19:05+	22:34+	27:55+	30:15+	34:37+	36:43+	42:56+	49:03+	50:18+	51:18+
05:12-	08:07+	02:02+	02:25+	01:19+	03:29+	05:21-	02:20+	04:22+	02:06-	06:13+	06:07+	01:15+	01:00+
01:37-	03:05&	00:35&	01:10&	00:27&	00:40#	00:07-	00:33&	00:15+	00:23-	00:39#	00:17+	00:03+	00:02+
7	Bodil Krogedal	126	53:38										
06:09-	10:42-	14:36+	15:52+	16:37+	20:54+	29:22+	31:35+	36:13+	37:54+	43:41+	51:31+	52:38+	53:38+
06:09-	04:33-	03:54+	01:16+	00:45-	04:17+	08:28+	02:13+	04:38+	01:41-	05:47+	07:50+	01:07-	01:00+
00:40-	00:29-	02:27@	00:01+	00:07-	01:28&	03:00&	00:26#	00:31#	00:48-	00:13+	02:00&	00:05-	00:02+
8	Maren Heradstveit	76	55:44										
14:13+	20:30+	21:57+	23:24+	24:14+	28:42+	35:47+	38:26+	41:57+	44:16+	48:50+	54:00+	54:54+	55:44+
14:13+	06:17+	01:27=	01:27+	00:50-	04:28+	07:05+	02:39+	03:31-	02:19-	04:34-	05:10-	00:54-	00:50-
07:24@	01:15#	00:00=	00:12#	00:02-	01:39&	01:37&	00:52&	00:36-	00:10-	01:00-	00:40-	00:18-	00:08-
9	Ingunn Bergheim Landsnes	92	1:08:22										
05:33-	13:28+	18:49+	21:03+	22:20+	27:05+	32:50+	36:16+	40:43+	44:49+	55:41+	65:25+	67:02+	68:22+
05:33-	07:55+	05:21+	02:14+	01:17+	04:45+	05:45+	03:26+	04:27+	04:06+	10:52+	09:44+	01:37+	01:20+
01:16-	02:53&	03:54@	00:59&	00:25&	01:56&	00:17+	01:39&	00:20+	01:37&	05:18&	03:54&	00:25&	00:22&
10	Tone Hansen	76	1:23:07										
12:07+	27:47+	29:25+	31:10+	32:39+	36:33+	55:36+	57:20+	63:48+	66:15+	72:24+	80:45+	81:57+	83:07+
12:07+	15:40+	01:38+	01:45+	01:29+	03:54+	19:03+	01:44-	06:28+	02:27-	06:09+	08:21+	01:12=	01:10+
05:18&	10:38@	00:11#	00:30&	00:37&	01:05&	13:35@	00:03-	02:21&	00:02-	00:35#	02:31&	00:00=	00:12#
11	Anastasia Ollestad	93	1:45:25										
30:45+	36:52+	44:04+	46:08+	46:42+	61:44+	73:04+	75:35+	80:35+	87:03+	95:14+	102:41+	104:26+	105:25+
30:45+	06:07+	07:12+	02:04+	00:34-	15:02+	11:20+	02:31+	05:00+	06:28+	08:11+	07:27+	01:45+	00:59+
23:56@	01:05#	05:45@	00:49&	00:18-	12:13@	05:52@	00:44&	00:53#	03:59@	02:37&	01:37&	00:33&	00:01+

Beste strekketid for klassen

03:53 04:33 01:14 01:15 00:33 02:49 04:33 01:44 03:27 01:41 04:34 05:10 00:54 00:49

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

Damer 40 - 49 år

1	Agnes Haker	43	46:30									
03:33=	06:54=	11:03=	12:05=	15:55=	19:07=	24:57=	27:05=	30:11=	38:11=	43:42=	45:41=	46:30=
03:33=	03:21=	04:09=	01:02=	03:50=	03:12=	05:50=	02:08=	03:06=	08:00=	05:31=	01:59=	00:49=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse												Tid
2	Kari Sjursen	117												47:23
	03:49+	10:09+	13:39+	14:55+	18:13+	21:13+	24:17-	26:56-	31:27+	38:15+	45:04+	46:28+	47:23+	
	03:49+	06:20+	03:30-	01:16+	03:18-	03:00-	03:04-	02:39+	04:31+	06:48-	06:49+	01:24-	00:55+	
	00:16+	02:59&	00:39-	00:14#	00:32-	00:12-	02:46-	00:31#	01:25&	01:12-	01:18#	00:35-	00:06#	
3	Siri Warland	43												47:32
	04:24+	07:45+	11:24+	12:46+	16:17+	18:56-	25:21+	28:31+	31:56+	39:05+	44:31+	46:37+	47:32+	
	04:24+	03:21=	03:39-	01:22+	03:31-	02:39-	06:25+	03:10+	03:25+	07:09-	05:26-	02:06+	00:55+	
	00:51#	00:00=	00:30-	00:20&	00:19-	00:33-	00:35#	01:02&	00:19#	00:51-	00:05-	00:07+	00:06#	
4	Ida K. Kolstø	29												47:49
	06:51+	10:25+	16:06+	17:14+	21:16+	24:12+	28:07+	30:26+	33:48+	39:32+	45:12+	46:59+	47:49+	
	06:51+	03:34+	05:41+	01:08+	04:02+	02:56-	03:55-	02:19+	03:22+	05:44-	05:40+	01:47-	00:50+	
	03:18&	00:13+	01:32&	00:06+	00:12+	00:16-	01:55-	00:11+	00:16+	02:16-	00:09+	00:12-	00:01+	
5	Heidi Martby	88												51:49
	09:21+	12:39+	18:34+	19:45+	23:34+	26:52+	30:33+	33:04+	36:47+	43:21+	49:21+	50:55+	51:49+	
	09:21+	03:18-	05:55+	01:11+	03:49-	03:18+	03:41-	02:31+	03:43+	06:34-	06:00+	01:34-	00:54+	
	05:48@	00:03-	01:46&	00:09#	00:01-	00:06+	02:09-	00:23#	00:37#	01:26-	00:29+	00:25-	00:05#	
6	May Bente Valdøl	116												53:37
	06:40+	13:07+	18:45+	20:37+	25:08+	28:08+	31:26+	34:18+	38:04+	44:03+	50:56+	52:28+	53:37+	
	06:40+	06:27+	05:38+	01:52+	04:31+	03:00-	03:18-	02:52+	03:46+	05:59-	06:53+	01:32-	01:09+	
	03:07&	03:06&	01:29&	00:50&	00:41#	00:12-	02:32-	00:44&	00:40#	02:01-	01:22#	00:27-	00:20&	
7	Toyah Bråtveit	43												1:02:58
	05:11+	16:07+	22:32+	23:28+	27:55+	31:25+	34:17+	40:15+	44:35+	52:35+	60:25+	62:06+	62:58+	
	05:11+	10:56+	06:25+	00:56-	04:27+	03:30+	02:52-	05:58+	04:20+	08:00=	07:50+	01:41-	00:52+	
	01:38&	07:35@	02:16&	00:06-	00:37#	00:18+	02:58-	03:50@	01:14&	00:00=	02:19&	00:18-	00:03+	
8	Nina Svensen	2												1:08:08
	06:49+	19:40+	24:50+	26:09+	31:04+	35:56+	42:15+	47:14+	51:54+	59:23+	65:18+	67:07+	68:08+	
	06:49+	12:51+	05:10+	01:19+	04:55+	04:52+	06:19+	04:59+	04:40+	07:29-	05:55+	01:49-	01:01+	
	03:16&	09:30@	01:01#	00:17&	01:05&	01:40&	00:29+	02:51@	01:34&	00:31-	00:24+	00:10-	00:12#	
9	Irene Sirevåg	53												1:20:37
	05:45+	14:10+	21:28+	24:29+	29:51+	35:17+	44:22+	47:42+	52:18+	60:37+	76:19+	79:05+	80:37+	
	05:45+	08:25+	07:18+	03:01+	05:22+	05:26+	09:05+	03:20+	04:36+	08:19+	15:42+	02:46+	01:32+	
	02:12&	05:04@	03:09&	01:59@	01:32&	02:14&	03:15&	01:12&	01:30&	00:19+	10:11@	00:47&	00:43&	
Beste strekketid for klassen														
	03:33	03:18	03:30	00:56	03:18	02:39	02:52	02:08	03:06	05:44	05:26	01:24	00:49	

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

Damer 50 - 59 år

1	Evy Klausen Mjølshes	62												42:13
	05:26=	08:53=	12:56=	14:10=	17:28=	20:41=	23:30=	26:15=	29:47=	34:57=	39:51=	41:20=	42:13=	
	05:26=	03:27=	04:03=	01:14=	03:18=	03:13=	02:49=	02:45=	03:32=	05:10=	04:54=	01:29=	00:53=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Gunn J. Grefstad	2												42:40
	04:12-	07:22-	10:25-	11:53-	15:23-	18:41-	21:46-	24:58-	27:58-	34:16-	39:34-	41:41+	42:40+	
	04:12-	03:10-	03:03-	01:28+	03:30+	03:18+	03:05+	03:12+	03:00-	06:18+	05:18+	02:07+	00:59+	
	01:14-	00:17-	01:00-	00:14#	00:12+	00:05+	00:16+	00:27#	00:32-	01:08#	00:24+	00:38&	00:06#	
3	Iren Undheim Øgreid	62												44:01
	04:48-	07:55-	11:01-	12:55-	16:46-	20:01-	23:00-	26:19+	30:00+	36:12+	41:35+	42:58+	44:01+	
	04:48-	03:07-	03:06-	01:54+	01:54+	03:15+	02:59+	03:19+	03:41+	06:12+	05:23+	01:23-	01:03+	
	00:38-	00:20-	00:57-	00:40&	00:33#	00:02+	00:10+	00:34#	00:09+	01:02#	00:29+	00:06-	00:10#	
4	Kristin Skadsem	18												44:24
	05:50+	09:06+	12:29-	13:45-	17:56+	21:14+	24:36+	26:38+	29:42-	35:44+	41:36+	43:23+	44:24+	
	05:50+	03:16-	03:23-	01:16+	04:11+	03:18+	03:22+	02:02-	03:04-	06:02+	05:52+	01:47+	01:01+	
	00:24+	00:11-	00:40-	00:02+	00:53&	00:05+	00:33#	00:43-	00:28-	00:52#	00:58#	00:18#	00:08#	
5	Tone Cecilie Nystrøm	68												46:02
	04:10-	07:49-	11:27-	12:53-	16:42-	19:41-	22:45-	25:44-	29:31-	36:53+	42:58+	44:51+	46:02+	
	04:10-	03:39+	03:38-	01:26+	03:49+	02:59-	03:04+	02:59+	03:47+	07:22+	06:05+	01:53+	01:11+	
	01:16-	00:12+	00:25-	00:12#	00:31#	00:14-	00:15+	00:14+	00:15+	02:12&	01:11#	00:24&	00:18&	

Class	Navn	Klasse										Tid	
6	Trude Katrine Hermanrud	117										46:30	
	04:32-	09:51+	14:00+	15:37+	19:33+	22:33+	26:53+	29:30+	32:31+	38:43+	43:54+	45:30+	46:30+
	04:32-	05:19+	04:09+	01:37+	03:56+	03:00-	04:20+	02:37-	03:01-	06:12+	05:11+	01:36+	01:00+
	00:54-	01:52&	00:06+	00:23&	00:38#	00:13-	01:31&	00:08-	00:31-	01:02#	00:17+	00:07+	00:07#
7	Gerd Olaug Vikeså	101										47:05	
	04:05-	06:59-	10:50-	12:12-	16:04-	19:12-	23:45+	27:12+	30:41+	37:34+	44:32+	45:59+	47:05+
	04:05-	02:54-	03:51-	01:22+	03:52+	03:08-	04:33+	03:27+	03:29-	06:53+	06:58+	01:27-	01:06+
	01:21-	00:33-	00:12-	00:08#	00:34#	00:05-	01:44&	00:42&	00:03-	01:43&	02:04&	00:02-	00:13#
8	Anita Glenne Kallhovd	29										49:12	
	07:34+	11:11+	15:06+	16:29+	20:27+	23:37+	26:49+	30:20+	33:45+	39:07+	45:48+	48:14+	49:12+
	07:34+	03:37+	03:55-	01:23+	03:58+	03:10-	03:12+	03:31+	03:25-	05:22+	06:41+	02:26+	00:58+
	02:08&	00:10+	00:08-	00:09#	00:40#	00:03-	00:23#	00:46&	00:07-	00:12+	01:47&	00:57&	00:05+
9	Kari Smådal Turøy	115										1:02:17	
	08:14+	14:16+	19:11+	20:31+	26:44+	30:59+	34:20+	37:29+	42:54+	51:38+	59:01+	61:08+	62:17+
	08:14+	06:02+	04:55+	01:20+	06:13+	04:15+	03:21+	03:09+	05:25+	08:44+	07:23+	02:07+	01:09+
	02:48&	02:35&	00:52#	00:06+	02:55&	01:02&	00:32#	00:24#	01:53&	03:34&	02:29&	00:38&	00:16&
10	Anne Siv Gjertsen	27										1:03:11	
	08:00+	14:55+	23:44+	25:06+	29:31+	33:05+	38:21+	40:51+	45:54+	54:28+	60:18+	62:06+	63:11+
	08:00+	06:55+	08:49+	01:22+	04:25+	03:34+	05:16+	02:30-	05:03+	08:34+	05:50+	01:48+	01:05+
	02:34&	03:28@	04:46@	00:08#	01:07&	00:21#	02:27&	00:15-	01:31&	03:24&	00:56#	00:19#	00:12#
11	Marie-Elizabeth Reinseth	27										1:04:07	
	06:54+	16:02+	24:47+	26:09+	30:32+	34:07+	39:44+	42:01+	46:42+	55:30+	61:22+	63:06+	64:07+
	06:54+	09:08+	08:45+	01:22+	04:23+	03:35+	05:37+	02:17-	04:41+	08:48+	05:52+	01:44+	01:01+
	01:28&	05:41@	04:42@	00:08#	01:05&	00:22#	02:48&	00:28-	01:09&	03:38&	00:58#	00:15#	00:08#
12	Siri Bjerkreim Hamre	93										1:07:05	
	04:33-	18:41+	22:54+	24:53+	30:33+	33:43+	44:23+	46:14+	50:12+	57:50+	63:21+	65:48+	67:05+
	04:33-	14:08+	04:13+	01:59+	05:40+	03:10-	10:40+	01:51-	03:58+	07:38+	05:31+	02:27+	01:17+
	00:53-	10:41@	00:10+	00:45&	02:22&	00:03-	07:51@	00:54-	00:26#	02:28&	00:37#	00:58&	00:24&
13	Ragnhild Båtnes Berntsen	101										1:08:49	
	06:12+	12:13+	19:13+	21:05+	27:20+	31:28+	39:17+	41:51+	46:29+	55:40+	65:10+	67:39+	68:49+
	06:12+	06:01+	07:00+	01:52+	06:15+	04:08+	07:49+	02:34-	04:38+	09:11+	09:30+	02:29+	01:10+
	00:46#	02:34&	02:57&	00:38&	02:57&	00:55&	05:00@	00:11-	01:06&	04:01&	04:36&	01:00&	00:17&
14	Andrea Tapken	54										1:11:09	
	13:00+	18:19+	24:50+	26:43+	32:35+	37:09+	43:21+	47:34+	51:44+	59:28+	67:41+	70:00+	71:09+
	13:00+	05:19+	06:31+	01:53+	05:52+	04:34+	06:12+	04:13+	04:10+	07:44+	08:13+	02:19+	01:09+
	07:34@	01:52&	02:28&	00:39&	02:34&	01:21&	03:23@	01:28&	00:38#	02:34&	03:19&	00:50&	00:16&
15	Marit Elin Aandahl	80										1:11:22	
	06:18+	12:24+	17:38+	20:09+	32:35+	36:37+	40:59+	43:59+	48:33+	58:57+	67:28+	70:03+	71:22+
	06:18+	06:06+	05:14+	02:31+	12:26+	04:02+	04:22+	03:00+	04:34+	10:24+	08:31+	02:35+	01:19+
	00:52#	02:39&	01:11&	01:17@	09:08@	00:49&	01:33&	00:15+	01:02&	05:14@	03:37&	01:06&	00:26&
16	Synnøve Westermoen	116										1:17:54	
	05:58+	16:14+	27:48+	30:01+	36:29+	44:36+	49:32+	52:12+	57:30+	66:34+	74:27+	76:38+	77:54+
	05:58+	10:16+	11:34+	02:13+	06:28+	08:07+	04:56+	02:40-	05:18+	09:04+	07:53+	02:11+	01:16+
	00:32+	06:49@	07:31@	00:59&	03:10&	04:54@	02:07&	00:05-	01:46&	03:54&	02:59&	00:42&	00:23&
17	Brit Vivian Meling	116										1:42:52	
	11:23+	26:09+	39:24+	41:07+	51:09+	56:56+	67:12+	71:25+	78:04+	87:04+	98:58+	101:14+	102:52+
	11:23+	14:46+	13:15+	01:43+	10:02+	05:47+	10:16+	04:13+	06:39+	09:00+	11:54+	02:16+	01:38+
	05:57@	11:19@	09:12@	00:29&	06:44@	02:34&	07:27@	01:28&	03:07&	03:50&	07:00@	00:47&	00:45&
Beste strekktid for klassen													
	04:05	02:54	03:03	01:14	03:18	02:59	02:49	01:51	03:00	05:10	04:54	01:23	00:53

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

Damer 60 - 64 år

1	Liv-Grete Obrestad	113										39:44
	02:29=	07:18=	10:05=	12:54=	16:30=	23:01=	26:00=	27:45=	31:52=	37:21=	38:38=	39:44=
	02:29=	04:49=	02:47=	02:49=	03:36=	06:31=	02:59=	01:45=	04:07=	05:29=	01:17=	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=

Class	Navn	Klasse											Tid
2	Ingrid Eik	88											43:18
	03:58+	11:53+	13:14+	14:40+	18:25+	21:18-	25:02-	27:04-	31:17-	38:57+	40:55+	42:11+	43:18+
	03:58+	07:55+	01:21-	01:26-	03:45+	02:53-	03:44+	02:02+	04:13+	07:40+	01:58+	01:16+	01:07+
	01:29&	03:06&	01:26-	01:23-	00:09+	03:38-	00:45&	00:17#	00:06+	02:11&	00:41&	00:10#	01:07+
3	Ingunn Voilås	29											44:00
	02:12-	08:36+	09:58-	11:34-	18:07+	21:52-	26:02+	28:59+	33:47+	41:15+	42:48+	44:00+	
	02:12-	06:24+	01:22-	01:36-	06:33+	03:45-	04:10+	02:57+	04:48+	07:28+	01:33+	01:12+	
	00:17-	01:35&	01:25-	01:13-	02:57&	02:46-	01:11&	01:12&	00:41#	01:59&	00:16#	00:06+	
4	Eli Frafjord	94											44:31
	03:45+	09:50+	13:11+	15:12+	19:16+	22:51-	25:40-	28:33+	34:48+	41:37+	43:11+	44:31+	
	03:45+	06:05+	03:21+	02:01-	04:04+	03:35-	02:49-	02:53+	06:15+	06:49+	01:34+	01:20+	
	01:16&	01:16&	00:34#	00:48-	00:28#	02:56-	00:10-	01:08&	02:08&	01:20#	00:17#	00:14#	
5	Marit Karin Nygård	92											49:04
	03:37+	14:11+	16:00+	17:49+	21:40+	26:05+	29:14+	31:08+	38:15+	46:28+	47:54+	49:04+	
	03:37+	10:34+	01:49-	01:49-	03:51+	04:25-	03:09+	01:54+	07:07+	08:13+	01:26+	01:10+	
	01:08&	05:45@	00:58-	01:00-	00:15+	02:06-	00:10+	00:09+	03:00&	02:44&	00:09#	00:04+	
6	Ellinor Nesse	116											55:02
	06:00+	14:43+	16:27+	18:18+	25:51+	29:32+	33:26+	36:04+	43:19+	51:57+	53:38+	55:02+	
	06:00+	08:43+	01:44-	01:51-	07:33+	03:41-	03:54+	02:38+	07:15+	08:38+	01:41+	01:24+	
	03:31@	03:54&	01:03-	00:58-	03:57@	02:50-	00:55&	00:53&	03:08&	03:09&	00:24&	00:18&	
7	Hanne-Keth Qvale	113											55:17
	06:33+	23:05+	25:02+	27:38+	31:28+	34:58+	38:53+	41:16+	46:35+	52:41+	54:19+	55:17+	
	06:33+	16:32+	01:57-	02:36-	03:30-	03:50+	03:30-	02:23+	05:19+	06:06+	01:38+	00:58-	
	04:04@	11:43@	00:50-	00:13-	00:14+	03:01-	00:56&	00:38&	01:12&	00:37#	00:21&	00:08-	
8	Kari Blixhavn	228											55:29
	03:25+	13:13+	17:01+	19:29+	24:21+	28:36+	33:34+	36:22+	43:34+	51:51+	53:55+	55:29+	
	03:25+	09:48+	03:48+	02:28-	04:52+	04:15-	04:58+	02:48+	07:12+	08:17+	02:04+	01:34+	
	00:56&	04:59@	01:01&	00:21-	01:16&	02:16-	01:59&	01:03&	03:05&	02:48&	00:47&	00:28&	
9	Åse Berg	105											1:11:51
	03:37+	16:28+	18:46+	21:46+	36:05+	41:11+	46:07+	49:22+	59:38+	68:31+	70:34+	71:51+	
	03:37+	12:51+	02:18-	03:00+	14:19+	05:06-	04:56+	03:15+	10:16+	08:53+	02:03+	01:17+	
	01:08&	08:02@	00:29-	00:11+	10:43@	01:25-	01:57&	01:30&	06:09@	03:24&	00:46&	00:11#	
Beste strekktid for klassen													
	02:12	04:49	01:21	01:26	03:36	02:53	02:49	01:45	04:07	05:29	01:17	00:58	

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

Damer 65 - 69 år

1	Mette Dagsland	68											43:57
	07:19=	13:18=	14:39=	16:00=	19:19=	22:36=	26:26=	29:10=	34:45=	41:15=	42:48=	43:57=	
	07:19=	05:59=	01:21=	01:21=	03:19=	03:17=	03:50=	02:44=	05:35=	06:30=	01:33=	01:09=	
	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	Berit Gramstad	113											1:24:22
	06:20-	21:42+	23:31+	26:42+	36:15+	49:55+	55:52+	59:38+	72:34+	81:17+	82:59+	84:22+	
	06:20-	15:22+	01:49+	03:11+	09:33+	13:40+	05:57+	03:46+	12:56+	08:43+	01:42+	01:23+	
	00:59-	09:23@	00:28&	01:50@	06:14@	10:23@	02:07&	01:02&	07:21@	02:13&	00:09+	00:14#	
Beste strekktid for klassen													
	06:20	05:59	01:21	01:21	03:19	03:17	03:50	02:44	05:35	06:30	01:33	01:09	

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

Damer 70 - 74 år

1	Helga Klausen	62											54:11
	03:08=	10:18=	12:07=	14:32=	18:46=	24:28=	31:32=	34:48=	42:29=	50:55=	52:47=	54:11=	
	03:08=	07:10=	01:49=	02:25=	04:14=	05:42=	07:04=	03:16=	07:41=	08:26=	01:52=	01:24=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Class	Navn	Klasse	Tid								
2	Inger Skretting Opstad	54	54:46								
03:13+	13:13+	14:57+	16:55+	22:07+	25:21+	31:11-	34:11-	41:07-	51:32+	53:23+	54:46+
03:13+	10:00+	01:44-	01:58-	05:12+	03:14-	05:50-	03:00-	06:56-	10:25+	01:51-	01:23-
00:05+	02:50&	00:05-	00:27-	00:58#	02:28-	01:14-	00:16-	00:45-	01:59#	00:01-	00:01-
3	Hedvig Anda	116	1:11:07								
04:59+	13:37+	22:30+	24:39+	32:35+	36:57+	42:44+	46:32+	59:29+	68:09+	69:55+	71:07+
04:59+	08:38+	08:53+	02:09-	07:56+	04:22-	05:47-	03:48+	12:57+	08:40+	01:46-	01:12-
01:51&	01:28#	07:04@	00:16-	03:42&	01:20-	01:17-	00:32#	05:16&	00:14+	00:06-	00:12-
Beste strekktid for klassen											
03:08	07:10	01:44	01:58	04:14	03:14	05:47	03:00	06:56	08:26	01:46	01:12

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

Damer 75 - 79 år

1	Turid Nystrøm	68	41:02								
03:28=	09:57=	11:22=	12:46=	16:17=	19:54=	23:20=	26:07=	31:44=	38:13=	39:54=	41:02=
03:28=	06:29=	01:25=	01:24=	03:31=	03:37=	03:26=	02:47=	05:37=	06:29=	01:41=	01:08=
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	49:27								
03:13-	12:35+	14:34+	16:23+	20:16+	23:59+	27:50+	31:31+	39:35+	46:42+	48:12+	49:27+
03:13-	09:22+	01:59+	01:49+	03:53+	03:43+	03:51+	03:41+	08:04+	07:07+	01:30-	01:15+
00:15-	02:53&	00:34&	00:25&	00:22#	00:06+	00:25#	00:54&	02:27&	00:38+	00:11-	00:07#
3	Haldis Glendrange	68	53:35								
04:47+	12:37+	14:09+	16:13+	23:49+	27:22+	31:36+	34:25+	42:17+	50:17+	52:17+	53:35+
04:47+	07:50+	01:32+	02:04+	07:36+	03:33-	04:14+	02:49+	07:52+	08:00+	02:00+	01:18+
01:19&	01:21#	00:07+	00:40&	04:05@	00:04-	00:48#	00:02+	02:15&	01:31#	00:19#	00:10#
4	Helga Aaslid	54	54:50								
03:19-	13:17+	15:04+	16:49+	22:12+	25:32+	31:31+	34:17+	41:18+	51:36+	53:27+	54:50+
03:19-	09:58+	01:47+	01:45+	05:23+	03:20-	05:59+	02:46-	07:01+	10:18+	01:51+	01:23+
00:09-	03:29&	00:22&	00:21#	01:52&	00:17-	02:33&	00:01-	01:24#	03:49&	00:10+	00:15#
5	Berit Ebbell Olsen	68	1:17:05								
05:23+	17:33+	19:46+	22:26+	29:30+	34:34+	46:56+	50:28+	61:21+	73:21+	75:25+	77:05+
05:23+	12:10+	02:13+	02:40+	07:04+	05:04+	12:22+	03:32+	10:53+	12:00+	02:04+	01:40+
01:55&	05:41&	00:48&	01:16&	03:33@	01:27&	08:56@	00:45&	05:16&	05:31&	00:23#	00:32&
Beste strekktid for klassen											
03:13	06:29	01:25	01:24	03:31	03:20	03:26	02:46	05:37	06:29	01:30	01:08

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

Damer 80 år og eldre

1	Gørild Espedal	113	1:10:06								
09:42=	14:30=	21:43=	24:03=	25:18=	31:58=	37:43=	44:56=	54:11=	65:21=	68:17=	70:06=
09:42=	04:48=	07:13=	02:20=	01:15=	06:40=	05:45=	07:13=	09:15=	11:10=	02:56=	01:49=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen											
09:42	04:48	07:13	02:20	01:15	06:40	05:45	07:13	09:15	11:10	02:56	01:49

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

Damer A

1	Aud Hognestad Taksdal	92	35:54																
02:17=	04:51=	06:02=	07:16=	10:50=	11:38=	15:04=	16:11=	17:48=	19:57=	21:01=	22:38=	24:57=	26:29=	27:16=	28:11=	30:58=	34:09=	35:12=	35:54=
02:17=	02:34=	01:11=	01:14=	03:34=	00:48=	03:26=	01:07=	01:37=	02:09=	01:04=	01:37=	02:19=	01:32=	00:47=	00:55=	02:47=	03:11=	01:03=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse															Tid			
2	Anna Taksdal	194															40:55			
02:41+	05:41+	07:04+	08:33+	12:46+	13:41+	17:41+	18:51+	20:38+	23:09+	24:27+	26:24+	28:54+	30:37+	31:32+	32:30+	35:50+	38:53+	40:04+	40:55+	
02:41+	03:00+	01:23+	01:29+	04:13+	00:55+	04:00+	01:10+	01:47+	02:31+	01:18+	01:57+	02:30+	01:43+	00:55+	00:58+	03:20+	03:03-	01:11+	00:51+	
00:24#	00:26#	00:12#	00:15#	00:39#	00:07#	00:34#	00:03+	00:10#	00:22#	00:14#	00:20#	00:11+	00:11#	00:08#	00:03+	00:33#	00:08-	00:08#	00:09#	
3	Jorunn Hadland	29															44:02			
02:43+	06:51+	08:14+	09:40+	13:33+	14:30+	17:09+	19:22+	20:30+	22:11+	24:35+	25:47+	27:41+	30:11+	32:49+	33:50+	34:54+	38:06+	41:47+	43:13+	44:02+
02:43+	04:08+	01:23+	01:26+	03:53+	00:57+	02:39-	02:13+	01:08-	01:41-	02:24+	01:12-	01:54-	02:30+	02:38+	01:01+	01:04-	03:12+	03:41+	01:26+	00:49+
00:26#	01:34&	00:12#	00:12#	00:19+	00:09#	00:47-	01:06&	00:29-	00:28-	01:20@	00:25-	00:25-	00:58&	01:51@	00:06#	01:43-	00:01+	02:38@	00:44@	00:49+
4	Tone Torgersen	27															45:30			
03:02+	06:21+	07:49+	09:19+	13:37+	14:34+	18:46+	19:58+	22:25+	25:13+	26:25+	28:27+	31:21+	33:02+	34:17+	35:19+	38:42+	43:18+	44:38+	45:30+	
03:02+	03:19+	01:28+	01:30+	04:18+	00:57+	04:12+	01:12+	02:27+	02:48+	01:12+	02:02+	02:54+	01:41+	01:15+	01:02+	03:23+	04:36+	01:20+	00:52+	
00:45&	00:45&	00:17#	00:16#	00:44#	00:09#	00:46#	00:05+	00:50&	00:39&	00:08#	00:25&	00:35&	00:09+	00:28&	00:07#	00:36#	01:25&	00:17&	00:10#	
5	Trine Bolstad Scheie	62															1:09:59			
04:38+	09:05+	11:30+	13:40+	21:36+	22:49+	30:46+	32:26+	35:36+	39:24+	41:11+	43:55+	47:55+	51:12+	52:43+	54:18+	59:00+	65:45+	68:39+	69:59+	
04:38+	04:27+	02:25+	02:10+	07:56+	01:13+	07:57+	01:40+	03:10+	03:48+	01:47+	02:44+	04:00+	03:17+	01:31+	01:35+	04:42+	06:45+	02:54+	01:20+	
02:21@	01:53&	01:14@	00:56&	04:22@	00:25&	04:31@	00:33&	01:33&	01:39&	00:43&	01:07&	01:41&	01:45@	00:44&	00:40&	01:55&	03:34@	01:51@	00:38&	
6	Lene Bjelland	116															1:13:34			
04:27+	10:28+	12:34+	14:32+	22:13+	23:43+	33:46+	35:23+	37:52+	40:53+	42:41+	46:10+	50:29+	53:27+	55:13+	56:46+	62:45+	70:52+	72:43+	73:34+	
04:27+	06:01+	02:06+	01:58+	07:41+	01:30+	10:03+	01:37+	02:29+	03:01+	01:48+	03:29+	04:19+	02:58+	01:46+	01:33+	05:59+	08:07+	01:51+	00:51+	
02:10&	03:27@	00:55&	00:44&	04:07@	00:42&	06:37@	00:30&	00:52&	00:52&	00:44&	01:52@	02:00&	01:26&	00:59@	00:38&	03:12@	04:56@	00:48&	00:09#	
Beste strekktid for klassen																				
02:17	02:34	01:11	01:14	03:34	00:48	02:39	01:07	01:08	01:41	01:04	01:12	01:54	01:32	00:47	00:55	01:04	03:03	01:03	00:42	

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

Damer B

1	Wenche M. Sæbbø	117															41:55	
02:14=	03:56=	07:34=	09:09=	10:34=	14:59=	15:36=	17:11=	20:54=	23:20=	25:24=	28:15=	30:06=	32:43=	35:30=	38:01=	39:47=	41:01=	41:55=
02:14=	01:42=	03:38=	01:35=	01:25=	04:25=	00:37=	01:35=	03:43=	02:26=	02:04=	02:51=	01:51=	02:37=	02:47=	02:31=	01:46=	01:14=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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															42:49	
01:54-	06:16+	09:58+	11:26+	13:17+	17:55+	18:26+	20:11+	23:47+	24:59+	27:14+	30:14+	31:29+	34:18+	36:57+	39:09+	40:54+	42:01+	42:49+
01:54-	04:22+	03:42+	01:28-	01:51+	04:38+	00:31-	01:45+	03:36-	01:12-	02:15+	03:00+	01:15-	02:49+	02:39-	02:12-	01:45-	01:07-	00:48-
00:20-	02:40@	00:04+	00:07-	00:26&	00:13+	00:06-	00:10#	00:07-	01:14-	00:11+	00:09+	00:36-	00:12+	00:08-	00:19-	00:01-	00:07-	00:06-
3	Vibeke Lamark	46															46:39	
02:10-	03:58+	09:16+	11:32+	12:49+	17:56+	18:31+	22:05+	25:41+	26:59+	28:51+	31:42+	33:02+	36:32+	39:07+	41:20+	43:20+	45:40+	46:39+
02:10-	01:48+	05:18+	02:16+	01:17-	05:07+	00:35-	03:34+	03:36-	01:18-	01:52-	02:51=	01:20-	03:30+	02:35-	02:13-	02:00+	02:20+	00:59+
00:04-	00:06+	01:40&	00:41&	00:08-	00:42#	00:02-	01:59@	00:07-	01:08-	00:12-	00:00=	00:31-	00:53&	00:12-	00:18-	00:14#	01:06&	00:05+
4	Grethe Anda Fuglestad	116															47:10	
02:39+	04:32+	09:54+	11:43+	13:27+	18:50+	19:22+	20:57+	25:07+	27:00+	29:38+	33:09+	34:39+	37:49+	40:46+	42:55+	44:49+	46:13+	47:10+
02:39+	01:53+	05:22+	01:49+	01:44+	05:23+	00:32-	01:35=	04:10+	01:53-	02:38+	03:31+	01:30-	03:10+	02:57+	02:09-	01:54+	01:24+	00:57+
00:25#	00:11#	01:44&	00:14#	00:19#	00:58#	00:05-	00:00=	00:27#	00:33-	00:34&	00:40#	00:21-	00:33#	00:10+	00:22-	00:08+	00:10#	00:03+
5	Kristin Breivold	92															49:45	
02:28+	04:51+	09:21+	11:31+	13:08+	19:11+	19:49+	22:21+	26:30+	28:27+	31:43+	34:50+	36:21+	39:28+	42:25+	45:32+	47:30+	48:54+	49:45+
02:28+	02:23+	04:30+	02:10+	01:37+	06:03+	00:38+	02:32+	04:09+	01:57-	03:16+	03:07+	01:31-	03:07+	02:57+	03:07+	01:58+	01:24+	00:51-
00:14#	00:41&	00:52#	00:35&	00:12#	01:38&	00:01+	00:57&	00:26#	00:29-	01:12&	00:16+	00:20-	00:30#	00:10+	00:36#	00:12#	00:10#	00:03-
6	Ann Karin Tjørhom	93															50:02	
02:47+	04:56+	09:30+	11:26+	13:03+	18:43+	19:27+	21:26+	25:55+	27:31+	30:24+	33:45+	35:20+	38:47+	42:16+	44:54+	47:23+	48:55+	50:02+
02:47+	02:09+	04:34+	01:56+	01:37+	05:40+	00:44+	01:59+	04:29+	01:36-	02:53+	03:21+	01:35-	03:27+	03:29+	02:38+	02:29+	01:32+	01:07+
00:33#	00:27&	00:56&	00:21#	00:12#	01:15&	00:07#	00:24&	00:46#	00:50-	00:49&	00:30#	00:16-	00:50&	00:42&	00:07+	00:43&	00:18#	00:13#
7	Helen Lomeland	105															50:25	
02:29+	04:25+	08:35+	10:43+	11:58+	17:02+	17:38+	20:53+	25:09+	27:09+	30:11+	33:56+	35:19+	38:25+	43:33+	45:39+	48:11+	49:31+	50:25+
02:29+	01:56+	04:10+	02:08+	01:15-	05:04+	00:36-	03:15+	04:16+	02:00-	03:02+	03:45+	01:23-	03:06+	05:08+	02:06-	02:32+	01:20+	00:54=
00:15#	00:14#	00:32#	00:33&	00:10-	00:39#	00:01-	01:40@	00:33#	00:26-	00:58&	00:54&	00:28-	00:29#	02:21&	00:25-	00:46&	00:06+	00:00=
8	Ingunn Anda Haug	67															52:54	
02:18+	04:38+	09:07+	11:10+	12:59+	19:26+	20:06+	22:02+	26:48+	28:26+	31:11+	34:57+	36:32+	40:03+	43:19+	46:12+	50:20+	51:50+	52:54+
02:18+	02:20+	04:29+	02:03+	01:49+	06:27+	00:40+	01:56+	04:46+	01:38-	02:45+	03:46+	01:35-	03:31+	03:16+	02:53+	04:08+	01:30+	01:04+
00:04+	00:38&	00:51#	00:28&	00:24&	02:02&	00:03+	00:21#	01:03&	00:48-	00:41&	00:55&	00:16-	00:54&	00:29#	00:22#	02:22@	00:16#	00:10#

Class	Navn	Klasse										Tid						
9	Anne Garsrud	90										53:34						
02:11-	04:21+	08:34+	10:13+	11:35+	16:37+	17:37+	19:27+	23:16+	24:53+	27:41+	30:38+	32:38+	35:35+	42:19+	48:15+	51:00+	52:42+	53:34+
02:11-	02:10+	04:13+	01:39+	01:22-	05:02+	01:00+	01:50+	03:49+	01:37-	02:48+	02:57+	02:00+	02:57+	06:44+	05:56+	02:45+	01:42+	00:52-
00:03-	00:28&	00:35#	00:04+	00:03-	00:37#	00:23&	00:15#	00:06+	00:49-	00:44&	00:06+	00:09+	00:20#	03:57@	03:25@	00:59&	00:28&	00:02-
10	Keth Berggraf	116										55:24						
03:11+	05:09+	10:38+	16:10+	17:48+	23:09+	23:50+	26:08+	30:47+	32:14+	34:56+	38:07+	39:47+	43:06+	47:22+	50:58+	52:59+	54:29+	55:24+
03:11+	01:58+	05:29+	05:32+	01:38+	05:21+	00:41+	02:18+	04:39+	01:27-	02:42+	03:11+	01:40-	03:19+	04:16+	03:36+	02:01+	01:30+	00:55+
00:57&	00:16#	01:51&	03:57@	00:13#	00:56#	00:04#	00:43&	00:56&	00:59-	00:38&	00:20#	00:11-	00:42&	01:29&	01:05&	00:15#	00:16#	00:01+
11	Ingrid W. Hestness	117										56:19						
02:01-	05:35+	09:30+	12:42+	14:12+	20:03+	20:45+	22:39+	26:51+	29:23+	32:43+	36:00+	38:28+	44:26+	48:40+	51:11+	53:58+	55:22+	56:19+
02:01-	03:34+	03:55+	03:12+	01:30+	05:51+	00:42+	01:54+	04:12+	02:32+	03:20+	03:17+	02:28+	05:58+	04:14+	02:31=	02:47+	01:24+	00:57+
00:13-	01:52@	00:17+	01:37@	00:05+	01:26&	00:05#	00:19#	00:29#	00:06+	01:16&	00:26#	00:37&	03:21@	01:27&	00:00=	01:01&	00:10#	00:03+
12	Lise Isachsen	165										56:27						
02:23+	09:20+	13:49+	15:33+	16:58+	21:38+	22:20+	23:56+	28:04+	29:32+	32:01+	39:20+	40:40+	43:35+	46:51+	52:07+	54:08+	55:32+	56:27+
02:23+	06:57+	04:29+	01:44+	01:25=	04:40+	00:42+	01:36+	04:08+	01:28-	02:29+	07:19+	01:20-	02:55+	03:16+	05:16+	02:01+	01:24+	00:55+
00:09+	05:15@	00:51#	00:09+	00:00=	00:15+	00:05#	00:01+	00:25#	00:58-	00:25#	04:28@	00:31-	00:18#	00:29#	02:45@	00:15#	00:10#	00:01+
13	Hilde Nordbø	93										57:39						
02:13-	03:59+	11:06+	14:39+	16:19+	24:53+	25:43+	27:26+	33:32+	35:01+	37:54+	41:35+	43:18+	47:14+	49:56+	52:33+	55:08+	56:35+	57:39+
02:13-	01:46+	07:07+	03:33+	01:40+	08:34+	00:50+	01:43+	06:06+	01:29-	02:53+	03:41+	01:43-	03:56+	02:42-	02:37+	02:35+	01:27+	01:04+
00:01-	00:04+	03:29&	01:58@	00:15#	04:09&	00:13&	00:08+	02:23&	00:57-	00:49&	00:50&	00:08-	01:19&	00:05-	00:06+	00:49&	00:13#	00:10#
14	Mariann Sveinsvoll	94										59:05						
02:53+	04:56+	09:38+	11:50+	13:26+	19:03+	20:15+	20:55+	23:05+	28:32+	31:56+	35:36+	39:42+	41:20+	45:08+	48:54+	52:33+	56:35+	58:07+
02:53+	02:03+	04:42+	02:12+	01:36+	05:37+	01:12+	00:40-	05:27+	03:24+	03:40+	04:06+	01:38-	03:48+	03:46+	03:39+	04:02+	01:32+	00:58+
00:39&	00:21#	01:04&	00:37&	00:11#	01:12&	00:35&	00:55-	01:33-	03:01@	01:20&	00:49&	02:15@	00:59-	01:01&	01:15&	01:53@	02:48@	00:38&
15	Irene Rummelhoff	116										1:08:30						
02:13-	13:07+	22:14+	27:30+	29:12+	35:46+	36:31+	38:56+	44:02+	45:27+	49:17+	52:53+	54:41+	57:58+	60:57+	63:27+	66:06+	67:36+	68:30+
02:13-	10:54+	09:07+	05:16+	01:42+	06:34+	00:45+	02:25+	05:06+	01:25-	03:50+	03:36+	01:48-	03:17+	02:59+	02:30-	02:39+	01:30+	00:54=
00:01-	09:12@	05:29@	03:41@	00:17#	02:09&	00:08#	00:50&	01:23&	01:01-	01:46&	00:45&	00:03-	00:40&	00:12+	00:01-	00:53&	00:16#	00:00=
16	Randi Helen Ladsten	128										1:15:19						
03:14+	06:40+	12:59+	19:51+	21:59+	28:08+	29:06+	31:47+	37:19+	39:03+	45:19+	51:00+	52:43+	57:20+	62:00+	69:37+	72:33+	74:18+	75:19+
03:14+	03:26+	06:19+	06:52+	02:08+	06:09+	00:58+	02:41+	05:32+	01:44-	06:16+	05:41+	01:43-	04:37+	04:40+	07:37+	02:56+	01:45+	01:01+
01:00&	01:44@	02:41&	05:17@	00:43&	01:44&	00:21&	01:06&	01:49&	00:42-	04:12@	02:50&	00:08-	02:00&	01:53&	05:06@	01:10&	00:31&	00:07#
Beste strekktid for klassen																		
01:54	01:42	03:38	01:28	01:15	04:25	00:31	00:40	02:10	01:12	01:52	02:51	01:15	01:38	02:35	02:06	01:45	01:07	00:48

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

Damer Ny

1	Laila Ueland Lunde	116										30:49						
06:33=	09:27=	11:35=	13:31=	18:55=	23:27=	28:34=	29:45=	30:49=										
06:33=	02:54=	02:08=	01:56=	05:24=	04:32=	05:07=	01:11=	01:04=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Ingvild Elin Ringodd	117										32:31						
06:21-	09:40+	11:49+	13:56+	18:42-	23:16-	29:40+	31:25+	32:31+										
06:21-	03:19+	02:09+	02:07+	04:46-	04:34+	06:24+	01:45+	01:06+										
00:12-	00:25#	00:01+	00:11+	00:38-	00:02+	01:17&	00:34&	00:02+										
3	Marit Wirak	105										32:40						
05:16-	09:10-	11:57+	14:11+	17:59-	23:22-	29:40+	31:23+	32:40+										
05:16-	03:54+	02:47+	02:14+	03:48-	05:23+	06:18+	01:43+	01:17+										
01:17-	01:00&	00:39&	00:18#	01:36-	00:51#	01:11#	00:32&	00:13#										
4	Thea Sophie Johannessen	74										43:03						
07:42+	11:50+	16:10+	18:07+	20:54+	37:35+	40:24+	41:52+	43:03+										
07:42+	04:08+	04:20+	01:57+	02:47-	16:41+	02:49-	01:28+	01:11+										
01:09#	01:14&	02:12@	00:01+	02:37-	12:09@	02:18-	00:17#	00:07#										

Beste strekktid for klassen

05:16 02:54 02:08 01:56 02:47 04:32 02:49 01:11 01:04

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

Damer Trim

1	Tina Louise Langeland	74	29:11							
04:24=	07:57=	09:43=	13:01=	16:32=	17:58=	19:20=	22:14=	26:51=	28:04=	29:11=
04:24=	03:33=	01:46=	03:18=	03:31=	01:26=	01:22=	02:54=	04:37=	01:13=	01:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjersti Fandrem Høivik	68	34:40							
04:58+	09:10+	11:29+	15:28+	19:24+	20:47+	22:26+	26:43+	32:07+	33:36+	34:40+
04:58+	04:12+	02:19+	03:59+	03:56+	01:23-	01:39+	04:17+	05:24+	01:29+	01:04-
00:34#	00:39#	00:33&	00:41#	00:25#	00:03-	00:17#	01:23&	00:47#	00:16#	00:03-
3	Wibeke Lende	74	35:02							
08:54+	12:18+	14:23+	17:44+	21:29+	22:44+	24:05+	27:31+	32:37+	33:56+	35:02+
08:54+	03:24-	02:05+	03:21+	03:45+	01:15-	01:21-	03:26+	05:06+	01:19+	01:06-
04:30@	00:09-	00:19#	00:03+	00:14+	00:11-	00:01-	00:32#	00:29#	00:06+	00:01-
4	Mette Langeland	117	37:25							
04:59+	08:53+	11:11+	15:27+	20:58+	22:35+	24:17+	28:14+	34:35+	36:07+	37:25+
04:59+	03:54+	02:18+	04:16+	05:31+	01:37+	01:42+	03:57+	06:21+	01:32+	01:18+
00:35#	00:21#	00:32&	00:58&	02:00&	00:11#	00:20#	01:03&	01:44&	00:19&	00:11#
5	Mette Baardsgaard	93	39:00							
07:23+	14:50+	16:45+	20:31+	24:19+	25:35+	27:05+	30:31+	36:46+	38:00+	39:00+
07:23+	07:27+	01:55+	03:46+	03:48+	01:16-	01:30+	03:26+	06:15+	01:14+	01:00-
02:59&	03:54@	00:09+	00:28#	00:17+	00:10-	00:08+	00:32#	01:38&	00:01+	00:07-
6	Nina Bækkelund Christiansen	105	39:06							
06:43+	10:23+	12:34+	16:28+	21:03+	22:41+	24:34+	30:34+	36:29+	37:59+	39:06+
06:43+	03:40+	02:11+	03:54+	04:35+	01:38+	01:53+	06:00+	05:55+	01:30+	01:07=
02:19&	00:07+	00:25#	00:36#	01:04&	00:12#	00:31&	03:06@	01:18&	00:17#	00:00=
7	Margot Asheim	105	41:15							
04:18-	14:23+	16:22+	20:58+	25:53+	27:32+	29:03+	33:19+	38:56+	40:15+	41:15+
04:18-	10:05+	01:59+	04:36+	04:55+	01:39+	01:31+	04:16+	05:37+	01:19+	01:00-
00:06-	06:32@	00:13#	01:18&	01:24&	00:13#	00:09#	01:22&	01:00#	00:06+	00:07-
8	Hanne Berg Nilsen	117	41:41							
07:27+	13:15+	15:13+	19:01+	25:11+	26:49+	28:26+	33:29+	39:00+	40:32+	41:41+
07:27+	05:48+	01:58+	03:48+	06:10+	01:38+	01:37+	05:03+	05:31+	01:32+	01:09+
03:03&	02:15&	00:12#	00:30#	02:39&	00:12#	00:15#	02:09&	00:54#	00:19&	00:02+
9	Bente Cecilie Lio	136	43:57							
05:39+	10:15+	13:00+	19:08+	25:12+	26:55+	29:10+	33:46+	41:09+	42:43+	43:57+
05:39+	04:36+	02:45+	06:08+	06:04+	01:43+	02:15+	04:36+	07:23+	01:34+	01:14+
01:15&	01:03&	00:59&	02:50&	02:33&	00:17#	00:53&	01:42&	02:46&	00:21&	00:07#
10	Brit Svihus	92	44:33							
06:16+	11:00+	13:42+	18:07+	24:06+	27:39+	29:46+	34:22+	41:34+	43:19+	44:33+
06:16+	04:44+	02:42+	04:25+	05:59+	03:33+	02:07+	04:36+	07:12+	01:45+	01:14+
01:52&	01:11&	00:56&	01:07&	02:28&	02:07@	00:45&	01:42&	02:35&	00:32&	00:07#
11	Linda Haukås	113	45:56							
05:58+	11:26+	14:05+	19:11+	24:20+	26:44+	28:46+	35:19+	42:25+	44:20+	45:56+
05:58+	05:28+	02:39+	05:06+	05:09+	02:24+	02:02+	06:33+	07:06+	01:55+	01:36+
01:34&	01:55&	00:53&	01:48&	01:38&	00:58&	00:40&	03:39@	02:29&	00:42&	00:29&
12	Esther Boenheim	268	48:00							
07:22+	16:31+	19:05+	23:12+	29:56+	31:42+	34:05+	38:15+	44:50+	46:38+	48:00+
07:22+	09:09+	02:34+	04:07+	06:44+	01:46+	02:23+	04:10+	06:35+	01:48+	01:22+
02:58&	05:36@	00:48&	00:49#	03:13&	00:20#	01:01&	01:16&	01:58&	00:35&	00:15#
13	Ann-Mari Vold	371	48:16							
10:10+	14:08+	17:36+	21:14+	25:48+	30:34+	35:30+	39:10+	45:46+	47:15+	48:16+
10:10+	03:58+	03:28+	03:38+	04:34+	04:46+	04:56+	03:40+	06:36+	01:29+	01:01-
05:46@	00:25#	01:42&	00:20#	01:03&	03:20@	03:34@	00:46&	01:59&	00:16#	00:06-
14	Marianne Høie	116	48:57							
05:15+	10:50+	13:26+	20:07+	30:49+	32:29+	35:54+	39:28+	46:02+	47:38+	48:57+
05:15+	05:35+	02:36+	06:41+	10:42+	01:40+	03:25+	03:34+	06:34+	01:36+	01:19+
00:51#	02:02&	00:50&	03:23@	07:11@	00:14#	02:03@	00:40#	01:57&	00:23&	00:12#

Class	Navn	Klasse	Tid							
15	Solbjørg Borgersen	233	49:09							
05:42+	14:07+	17:43+	24:00+	31:15+	33:15+	35:26+	39:41+	46:10+	47:52+	49:09+
05:42+	08:25+	03:36+	06:17+	07:05+	02:10+	02:11+	04:15+	06:29+	01:42+	01:17+
01:18&	04:52@	01:50@	02:59&	03:34@	00:44&	00:49&	01:21&	01:52&	00:29&	00:10#
16	Hilde Christine Hoff	221	50:26							
06:35+	15:46+	18:48+	23:48+	29:31+	32:06+	34:27+	38:48+	46:30+	48:40+	50:26+
06:35+	09:11+	03:02+	05:00+	05:43+	02:35+	02:21+	04:21+	07:42+	02:10+	01:46+
02:11&	05:38@	01:16&	01:42&	02:12&	01:09&	00:59&	01:27&	03:05&	00:57&	00:39&
17	Kirsten Carlsen	93	52:50							
06:52+	12:09+	15:13+	19:42+	31:42+	34:07+	36:26+	41:34+	49:23+	51:11+	52:50+
06:52+	05:17+	03:04+	04:29+	12:00+	02:25+	02:19+	05:08+	07:49+	01:48+	01:39+
02:28&	01:44&	01:18&	01:11&	08:29@	00:59&	00:57&	02:14&	03:12&	00:35&	00:32&
18	Kirsti Strand Salvesen	256	53:32							
06:46+	16:38+	19:26+	24:42+	31:03+	33:13+	35:42+	40:30+	49:38+	51:48+	53:32+
06:46+	09:52+	02:48+	05:16+	06:21+	02:10+	02:29+	04:48+	09:08+	02:10+	01:44+
02:22&	06:19@	01:02&	01:58&	02:50&	00:44&	01:07&	01:54&	04:31&	00:57&	00:37&
19	Sara Engevik	126	56:02							
04:41+	25:26+	27:39+	30:45+	36:02+	37:45+	39:53+	45:06+	53:15+	54:49+	56:02+
04:41+	20:45+	02:13+	03:06-	05:17+	01:43+	02:08+	05:13+	08:09+	01:34+	01:13+
00:17+	17:12@	00:27&	00:12-	01:46&	00:17#	00:46&	02:19&	03:32&	00:21&	00:06+
20	Ruth Grødem	105	56:33							
06:02+	18:50+	22:35+	27:41+	33:54+	36:08+	38:43+	46:04+	53:18+	55:11+	56:33+
06:02+	12:48+	03:45+	05:06+	06:13+	02:14+	02:35+	07:21+	07:14+	01:53+	01:22+
01:38&	09:15@	01:59@	01:48&	02:42&	00:48&	01:13&	04:27@	02:37&	00:40&	00:15#
21	Marianne Steinkopf	5	58:21							
05:30+	10:45+	13:50+	18:37+	25:12+	36:18+	44:11+	48:23+	55:31+	57:11+	58:21+
05:30+	05:15+	03:05+	04:47+	06:35+	11:06+	07:53+	04:12+	07:08+	01:40+	01:10+
01:06#	01:42&	01:19&	01:29&	03:04&	09:40@	06:31@	01:18&	02:31&	00:27&	00:03+
22	Gro Mariero Totland	59	58:36							
13:12+	19:52+	23:20+	29:02+	36:10+	38:26+	41:05+	46:04+	54:26+	56:57+	58:36+
13:12+	06:40+	03:28+	05:42+	07:08+	02:16+	02:39+	04:59+	08:22+	02:31+	01:39+
08:48@	03:07&	01:42&	02:24&	03:37@	00:50&	01:17&	02:05&	03:45&	01:18@	00:32&
23	Siv Hilde Berg	53	58:57							
05:18+	09:07+	11:31+	15:34+	23:37+	25:50+	32:04+	43:17+	56:05+	57:41+	58:57+
05:18+	03:49+	02:24+	04:03+	08:03+	02:13+	06:14+	11:13+	12:48+	01:36+	01:16+
00:54#	00:16+	00:38&	00:45#	04:32@	00:47&	04:52@	08:19@	08:11@	00:23&	00:09#
24	Linda Olsen	39	59:24							
09:46+	20:10+	23:13+	28:02+	37:58+	39:28+	41:45+	46:31+	56:15+	58:09+	59:24+
09:46+	10:24+	03:03+	04:49+	09:56+	01:30+	02:17+	04:46+	09:44+	01:54+	01:15+
05:22@	06:51@	01:17&	01:31&	06:25@	00:04+	00:55&	01:52&	05:07@	00:41&	00:08#
25	Randi Roth	68	1:01:55							
08:22+	13:33+	22:22+	29:09+	35:23+	38:00+	41:02+	46:04+	56:43+	59:26+	61:55+
08:22+	05:11+	08:49+	06:47+	06:14+	02:37+	03:02+	05:02+	10:39+	02:43+	02:29+
03:58&	01:38&	07:03@	03:29@	02:43&	01:11&	01:40@	02:08&	06:02@	01:30@	01:22@
26	Liv Margot Sviland	54	1:08:38							
18:40+	24:13+	26:42+	32:53+	39:55+	41:45+	44:17+	48:21+	65:23+	67:18+	68:38+
18:40+	05:33+	02:29+	06:11+	07:02+	01:50+	02:32+	04:04+	17:02+	01:55+	01:20+
14:16@	02:00&	00:43&	02:53&	03:31&	00:24&	01:10&	01:10&	12:25@	00:42&	00:13#
27	Bente Karin Dirdal	54	1:08:38							
18:42+	24:14+	26:42+	32:59+	39:51+	41:43+	44:14+	48:23+	65:28+	67:22+	68:38+
18:42+	05:32+	02:28+	06:17+	06:52+	01:52+	02:31+	04:09+	17:05+	01:54+	01:16+
14:18@	01:59&	00:42&	02:59&	03:21&	00:26&	01:09&	01:15&	12:28@	00:41&	00:09#
28	Aslaug Neteland	92	1:15:32							
06:32+	32:20+	35:41+	41:08+	49:40+	53:43+	56:17+	60:57+	71:46+	73:53+	75:32+
06:32+	25:48+	03:21+	05:27+	08:32+	04:03+	02:34+	04:40+	10:49+	02:07+	01:39+
02:08&	22:15@	01:35&	02:09&	05:01@	02:37@	01:12&	01:46&	06:12@	00:54&	00:32&
29	Wenke Wannberg	116	1:15:43							
06:28+	32:20+	35:36+	41:04+	49:41+	53:43+	56:08+	60:52+	71:43+	73:55+	75:43+
06:28+	25:52+	03:16+	05:28+	08:37+	04:02+	02:25+	04:44+	10:51+	02:12+	01:48+
02:04&	22:19@	01:30&	02:10&	05:06@	02:36@	01:03&	01:50&	06:14@	00:59&	00:41&

Class	Navn	Klasse										Tid
30	Anne Malmin	113										1:22:02
10:47+	18:22+	22:44+	31:01+	43:35+	46:49+	59:22+	65:08+	76:55+	79:46+	82:02+		
10:47+	07:35+	04:22+	08:17+	12:34+	03:14+	12:33+	05:46+	11:47+	02:51+	02:16+		
06:23@	04:02@	02:36@	04:59@	09:03@	01:48@	11:11@	02:52&	07:10@	01:38@	01:09@		
31	Marit Kløvstad Braut	92										1:23:33
09:01+	17:15+	25:48+	36:11+	47:23+	49:55+	60:32+	67:37+	78:16+	80:55+	83:33+		
09:01+	08:14+	08:33+	10:23+	11:12+	02:32+	10:37+	07:05+	10:39+	02:39+	02:38+		
04:37@	04:41@	06:47@	07:05@	07:41@	01:06&	09:15@	04:11@	06:02@	01:26@	01:31@		
32	Ritva Aiko Halsne	105										1:30:35
16:29+	22:12+	24:39+	29:10+	35:09+	37:10+	39:48+	79:41+	87:40+	89:18+	90:35+		
16:29+	05:43+	02:27+	04:31+	05:59+	02:01+	02:38+	39:53+	07:59+	01:38+	01:17+		
12:05@	02:10&	00:41&	01:13&	02:28&	00:35&	01:16&	36:59@	03:22&	00:25&	00:10#		
Beste strekktid for klassen												
04:18	03:24	01:46	03:06	03:31	01:15	01:21	02:54	04:37	01:13	01:00		

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

Herrer 16 - 39 år

1	Thomas Olsen Schive	126										31:19							
01:10=	02:26=	05:36=	06:52=	07:58=	11:38=	12:03=	13:25=	16:30=	17:32=	19:02=	21:22=	22:33=	24:42=	26:31=	28:26=	29:39=	30:37=	31:19=	
01:10=	01:16=	03:10=	01:16=	01:06=	03:40=	00:25=	01:22=	03:05=	01:02=	01:30=	02:20=	01:11=	02:09=	01:49=	01:55=	01:13=	00:58=	00:42=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Omund Thu Landstad	66										39:30							
02:14+	03:49+	07:01+	08:33+	09:47+	15:45+	16:10+	17:37+	20:48+	21:59+	23:52+	26:37+	27:44+	32:01+	34:16+	36:09+	37:40+	38:46+	39:30+	
02:14+	01:35+	03:12+	01:32+	01:14+	05:58+	00:25=	01:27+	03:11+	01:11+	01:53+	02:45+	01:07-	04:17+	02:15+	01:53-	01:31+	01:06+	00:44+	
01:04&	00:19#	00:02+	00:16#	00:08#	02:18&	00:00=	00:05+	00:06+	00:09#	00:23&	00:25#	00:04-	02:08&	00:26#	00:02-	00:18#	00:08#	00:02+	
3	Andreas Mykkeltveit Terjesen	43										39:34							
01:55+	03:34+	06:58+	08:32+	09:48+	13:52+	14:32+	16:14+	21:42+	22:49+	25:00+	27:20+	29:41+	32:01+	34:13+	36:07+	37:49+	38:57+	39:34+	
01:55+	01:39+	03:24+	01:34+	01:16+	04:04+	00:40+	01:42+	05:28+	01:07+	02:11+	02:20=	02:21+	02:20+	02:12+	01:54-	01:42+	01:08+	00:37-	
00:45&	00:23&	00:14+	00:18#	00:10#	00:24#	00:15&	00:20#	02:23&	00:05+	00:41&	00:00=	01:10&	00:11+	00:23#	00:01-	00:29&	00:10#	00:05-	
4	Brostrup Landstad	66										40:07							
01:37+	04:56+	07:56+	09:20+	10:34+	16:31+	17:02+	18:07+	22:23+	23:46+	25:45+	27:57+	29:29+	32:21+	34:27+	36:54+	38:24+	39:29+	40:07+	
01:37+	03:19+	03:00-	01:24+	01:14+	05:57+	00:31+	01:05-	04:16+	01:23+	01:59+	02:12-	01:32+	02:52+	02:06+	02:27+	01:30+	01:05+	00:38-	
00:27&	02:03@	00:10-	00:08#	00:08#	02:17&	00:06#	00:17-	01:11&	00:21&	00:29&	00:08-	00:21&	00:43&	00:17#	00:32&	00:17#	00:07#	00:04-	
5	Asgeir Nærland	88										40:58							
01:51+	03:23+	06:59+	08:28+	10:05+	14:24+	15:00+	16:27+	21:03+	22:34+	25:12+	27:31+	28:53+	31:59+	34:52+	37:04+	38:51+	40:19+	40:58+	
01:51+	01:32+	03:36+	01:29+	01:37+	04:19+	00:36+	01:27+	04:36+	01:31+	02:38+	02:19-	01:22+	03:06+	02:53+	02:12+	01:47+	01:28+	00:39-	
00:41&	00:16#	00:26#	00:13#	00:31&	00:39#	00:11&	00:05+	01:31&	00:29&	01:08&	00:01-	00:11#	00:57&	01:04&	00:17#	00:34&	00:30&	00:03-	
6	Håkon Eggebø	71										41:36							
01:43+	04:35+	07:54+	09:23+	10:46+	15:08+	15:39+	17:09+	20:58+	22:16+	24:16+	26:59+	28:10+	31:15+	35:23+	37:40+	39:43+	40:49+	41:36+	
01:43+	02:52+	03:19+	01:29+	01:23+	04:22+	00:31+	01:30+	03:49+	01:18+	02:00+	02:43+	01:11=	03:05+	04:08+	02:17+	02:03+	01:06+	00:47+	
00:33&	01:36@	00:09+	00:13#	00:17&	00:42#	00:06#	00:08+	00:44#	00:16&	00:30&	00:23#	00:00=	00:56&	02:19@	00:22#	00:50&	00:08#	00:05#	
7	Tor Gunnar Osen	116										46:44							
02:08+	03:57+	08:10+	10:26+	12:00+	17:36+	18:04+	19:46+	25:50+	27:16+	29:48+	32:36+	33:50+	37:34+	40:08+	42:13+	44:29+	45:52+	46:44+	
02:08+	01:49+	04:13+	02:16+	01:34+	05:36+	00:28+	01:42+	06:04+	01:26+	02:32+	02:48+	01:14+	03:44+	02:34+	02:05+	02:16+	01:23+	00:52+	
00:58&	00:33&	01:03&	01:00&	00:28&	01:56&	00:03#	00:20#	02:59&	00:24&	01:02&	00:28#	00:03+	01:35&	00:45&	00:10+	01:03&	00:25&	00:10#	
8	Øivind Fandrem Høivik	66										50:43							
02:37+	04:51+	08:48+	10:19+	11:40+	16:51+	17:23+	19:20+	26:39+	31:17+	32:40+	35:05+	37:35+	39:37+	42:01+	44:30+	46:54+	48:50+	50:00+	50:43+
02:37+	02:14+	03:57+	01:31+	01:21+	05:11+	00:32+	01:57+	07:19+	04:38+	01:23-	02:25+	02:30+	02:02-	02:24+	02:29+	02:24+	01:56+	01:10+	00:43+
01:27@	00:58&	00:47#	00:15#	00:15#	01:31&	00:07&	00:35&	04:14@	03:36@	00:07-	00:05+	01:19@	00:07-	00:35&	00:34&	01:11&	00:58&	00:28&	00:43+
9	Thomas Hinna	287										52:08							
02:34+	04:09+	08:51+	10:44+	12:27+	19:39+	20:03+	22:29+	27:05+	28:32+	33:13+	36:35+	37:59+	40:31+	45:21+	47:37+	49:59+	51:22+	52:08+	
02:34+	01:35+	04:42+	01:53+	01:43+	07:12+	00:24-	02:26+	04:36+	01:27+	04:41+	03:22+	01:24+	02:32+	04:50+	02:16+	02:22+	01:23+	00:46+	
01:24@	00:19#	01:32&	00:37&	00:37&	03:32&	00:01-	01:04&	01:31&	00:25&	03:11@	01:02&	00:13#	00:23#	03:01@	00:21#	01:09&	00:25&	00:04+	
10	Sondre Aspøy	117										53:16							
02:40+	07:59+	13:07+	15:22+	16:58+	22:56+	23:27+	25:43+	30:44+	32:21+	35:23+	38:58+	40:19+	43:18+	46:14+	48:47+	51:03+	52:24+	53:16+	
02:40+	05:19+	05:08+	02:15+	01:36+	05:58+	00:31+	02:16+	05:01+	01:37+	03:02+	03:35+	01:21+	02:59+	02:56+	02:33+	02:16+	01:21+	00:52+	
01:30@	04:03@	01:58&	00:59&	00:30&	02:18&	00:06#	00:54&	01:56&	00:35&	01:32@	01:15&	00:10#	00:50&	01:07&	00:38&	01:03&	00:23&	00:10#	

Class	Navn	Klasse												Tid					
11	Martin Skogland	98												55:44					
01:56+	03:21+	20:03+	21:56+	23:17+	28:27+	29:08+	31:12+	35:59+	37:30+	39:56+	42:48+	44:08+	47:09+	49:36+	51:58+	53:46+	54:56+	55:44+	
01:56+	01:25+	16:42+	01:53+	01:21+	05:10+	00:41+	02:04+	04:47+	01:31+	02:26+	02:52+	01:20+	03:01+	02:27+	02:22+	01:48+	01:10+	00:48+	
00:46&	00:09#	13:32@	00:37&	00:15#	01:30&	00:16&	00:42&	01:42&	00:29&	00:56&	00:32#	00:09#	00:52&	00:38&	00:27#	00:35&	00:12#	00:06#	
12	Håvard Thomassen Lauritsen	116												56:48					
02:04+	03:48+	08:03+	11:11+	12:46+	18:12+	18:57+	23:47+	30:20+	32:13+	34:42+	37:37+	43:59+	47:20+	50:21+	52:47+	54:28+	55:57+	56:48+	
02:04+	01:44+	04:15+	03:08+	01:35+	05:26+	00:45+	04:50+	06:33+	01:53+	02:29+	02:55+	06:22+	03:21+	03:01+	02:26+	01:41+	01:29+	00:51+	
00:54&	00:28&	01:05&	01:52@	00:29&	01:46&	00:20&	03:28@	03:28@	00:51&	00:59&	00:35#	05:11@	01:12&	01:12&	00:31&	00:28&	00:31&	00:09#	
13	Håvard Barkved	71												59:48					
02:03+	04:30+	09:34+	11:39+	14:28+	21:21+	22:00+	26:36+	32:27+	33:57+	37:23+	39:48+	41:00+	48:14+	51:45+	55:45+	57:44+	59:05+	59:48+	
02:03+	02:27+	05:04+	02:05+	02:49+	06:53+	00:39+	04:36+	05:51+	01:30+	03:26+	02:25+	01:12+	07:14+	03:31+	04:00+	01:59+	01:21+	00:43+	
00:53&	01:11&	01:54&	00:49&	01:43@	03:13&	00:14&	03:14@	02:46&	00:28&	01:56@	00:05+	00:01+	05:05@	01:42&	02:05@	00:46&	00:23&	00:01+	
14	Arthur Fayemendy	116												1:18:52					
04:18+	07:02+	17:20+	19:30+	21:04+	28:43+	29:07+	31:12+	54:02+	55:36+	58:44+	61:49+	64:57+	68:17+	70:39+	73:56+	76:13+	78:10+	78:52+	
04:18+	02:44+	10:18+	02:10+	01:34+	07:39+	00:24-	02:05+	22:50+	01:34+	03:08+	03:05+	03:08+	03:20+	02:22+	03:17+	02:17+	01:57+	00:42=-	
03:08@	01:28@	07:08@	00:54&	00:28&	03:59@	00:01=-	00:43&	19:45@	00:32&	01:38@	00:45&	01:57@	01:11&	00:33&	01:22&	01:04&	00:59@	00:00=-	
15	Bjarte Sola	165												1:40:38					
05:16+	07:57+	14:53+	22:24+	24:49+	35:56+	36:50+	41:08+	51:42+	54:28+	60:22+	67:22+	70:51+	79:48+	89:02+	93:25+	96:46+	99:16+	100:38+	
05:16+	02:41+	06:56+	07:31+	02:25+	11:07+	00:54+	04:18+	10:34+	02:46+	05:54+	07:00+	03:29+	08:57+	09:14+	04:23+	03:21+	02:30+	01:22+	
04:06@	01:25@	03:46@	06:15@	01:19@	07:27@	00:29@	02:56@	07:29@	01:44@	04:24@	04:40@	02:18@	06:48@	07:25@	02:28@	02:08@	01:32@	00:40&	
Beste strekktid for klassen																			
01:10	01:16	03:00	01:16	01:06	03:40	00:24	01:05	03:05	01:02	01:23	02:12	01:07	02:02	01:49	01:53	01:13	00:58	00:37	

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

Herrer 40 - 49 år

1	Bjørnar André Haug	80												38:56					
01:48=	03:20=	06:41=	08:09=	09:23=	13:50=	14:23=	16:12=	19:35=	20:46=	23:11=	26:00=	27:45=	30:16=	32:41=	34:54=	36:49=	38:08=	38:56=	
01:48=	01:32=	03:21=	01:28=	01:14=	04:27=	00:33=	01:49=	03:23=	01:11=	02:25=	02:49=	01:45=	02:31=	02:25=	02:13=	01:55=	01:19=	00:48=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Oddmund Nordgård	105												42:44					
01:58+	04:00+	07:55+	09:26+	10:44+	15:25+	15:59+	18:07+	22:06+	24:05+	26:13+	29:14+	30:30+	33:57+	36:30+	38:31+	40:31+	41:58+	42:44+	
01:58+	02:02+	03:55+	01:31+	01:18+	04:41+	00:34+	02:08+	03:59+	01:59+	02:08-	03:01+	01:16-	03:27+	02:33+	02:01-	02:00+	01:27+	00:46-	
00:10+	00:30&	00:34#	00:03+	00:04+	00:14+	00:01+	00:19#	00:36#	00:48&	00:17-	00:12+	00:29-	00:56&	00:08+	00:12-	00:05+	00:08#	00:02-	
3	Stig Erlend Bjønness	105												42:54					
01:56+	03:30+	07:15+	09:52+	11:09+	16:43+	17:06+	18:35+	22:22+	24:07+	26:57+	29:44+	30:51+	34:36+	36:58+	38:53+	40:44+	41:51+	42:54+	
01:56+	01:34+	03:45+	02:37+	01:17+	05:34+	00:23-	01:29-	03:47+	01:45+	02:50+	02:47-	01:07-	03:45+	02:22-	01:55-	01:51-	01:07-	01:03+	
00:08+	00:02+	00:24#	01:09&	00:03+	01:07&	00:10-	00:20-	00:24#	00:34&	00:25#	00:02-	00:38-	01:14&	00:03-	00:18-	00:04-	00:12-	00:15&	
4	Leif Kjetil Hinna Gausel	116												43:04					
02:31+	04:30+	08:40+	10:14+	11:33+	16:53+	17:25+	19:12+	23:28+	24:52+	27:19+	30:08+	31:28+	34:16+	36:58+	39:09+	41:04+	42:15+	43:04+	
02:31+	01:59+	04:10+	01:34+	01:19+	05:20+	00:32-	01:47-	04:16+	01:24+	02:27+	02:49=	01:20-	02:48+	02:42+	02:11-	01:55=	01:11-	00:49+	
00:43&	00:27&	00:49#	00:06+	00:05+	00:53#	00:01-	00:02-	00:53&	00:13#	00:02+	00:00=	00:25-	00:17#	00:17#	00:02-	00:00=	00:08-	00:01+	
5	Jan Eirik Gjerdevik	76												44:58					
02:38+	11:05+	14:29+	16:29+	17:36+	21:32+	21:58+	23:23+	26:43+	28:18+	31:13+	33:51+	35:01+	37:30+	39:43+	41:35+	43:14+	44:16+	44:58+	
02:38+	08:27+	03:24+	02:00+	01:07-	03:56-	00:26-	01:25-	03:20-	01:35+	02:55+	02:38-	01:10-	02:29-	02:13-	01:52-	01:39-	01:02-	00:42-	
00:50&	06:55@	00:03+	00:32&	00:07-	00:31-	00:07-	00:24-	00:03-	00:24&	00:30#	00:11-	00:35-	00:02-	00:12-	00:21-	00:16-	00:17-	00:06-	
6	Eivind Lie	116												45:30					
02:01+	03:47+	09:36+	12:03+	13:31+	19:29+	20:14+	22:12+	25:21+	26:45+	29:20+	32:49+	34:04+	36:56+	39:32+	41:42+	43:26+	44:41+	45:30+	
02:01+	01:46+	05:49+	02:27+	01:28+	05:58+	00:45+	01:58+	03:09-	01:24+	02:35+	03:29+	01:15-	02:52+	02:36+	02:10-	01:44-	01:15-	00:49+	
00:13#	00:14#	02:28&	00:59&	00:14#	01:31&	00:12&	00:09+	00:14-	00:13#	00:10+	00:40#	00:30-	00:21#	00:11+	00:03-	00:11-	00:04-	00:01+	
7	Magne Habbestad	111												45:58					
02:05+	03:59+	07:59+	09:35+	11:02+	16:03+	16:36+	18:25+	22:45+	24:13+	26:37+	30:05+	31:28+	35:15+	38:09+	41:29+	43:39+	45:05+	45:58+	
02:05+	01:54+	04:00+	01:36+	01:27+	05:01+	00:33=	01:49=	04:20+	01:28+	02:24-	03:28+	01:23-	03:47+	02:54+	03:20+	02:10+	01:26+	00:53+	
00:17#	00:22#	00:39#	00:08+	00:13#	00:34#	00:00=	00:00=	00:57&	00:17#	00:01-	00:39#	00:22-	01:16&	00:29#	01:07&	00:15#	00:07+	00:05#	
8	Frode Ungar	116												46:35					
02:07+	04:04+	08:08+	10:26+	12:03+	17:30+	18:00+	19:46+	24:18+	25:37+	27:46+	31:09+	32:28+	35:34+	38:53+	41:31+	44:13+	45:44+	46:35+	
02:07+	01:57+	04:04+	02:18+	01:37+	05:27+	00:30-	01:46-	04:32+	01:19+	02:09-	03:23+	01:19-	03:06+	03:19+	02:38+	02:42+	01:31+	00:51+	
00:19#	00:25&	00:43#	00:50&	00:23&	01:00#	00:03-	00:03-	01:09&	00:08#	00:16-	00:34#	00:26-	00:35#	00:54&	00:25#	00:47&	00:12#	00:03+	

Class	Navn	Klasse										Tid						
24	Trondr Breiland	53										1:00:10						
01:54+	04:34+	08:55+	12:22+	14:04+	26:38+	27:10+	29:02+	34:37+	36:03+	39:08+	42:53+	44:28+	48:58+	52:05+	55:23+	58:06+	59:27+	60:10+
01:54+	02:40+	04:21+	03:27+	01:42+	12:34+	00:32-	01:52+	05:35+	01:26+	03:05+	03:45+	01:35-	04:30+	03:07+	03:18+	02:43+	01:21+	00:43-
00:06+	01:08&	01:00&	01:59@	00:28&	08:07@	00:01-	00:03+	02:12&	00:15#	00:40&	00:56&	00:10-	01:59&	00:42&	01:05&	00:48&	00:02+	00:05-
25	Håvard Svihus	55										1:02:12						
03:56+	06:49+	11:49+	19:48+	21:25+	26:49+	27:34+	29:41+	35:22+	37:21+	40:09+	43:27+	44:48+	49:14+	52:34+	55:50+	59:34+	61:25+	62:12+
03:56+	02:53+	05:00+	07:59+	01:37+	05:24+	00:45+	02:07+	05:41+	01:59+	02:48+	03:18+	01:21-	04:26+	03:20+	03:16+	03:44+	01:51+	00:47-
02:08@	01:21&	01:39&	06:31@	00:23&	00:57#	00:12&	00:18#	02:18&	00:48&	00:23#	00:29#	00:24-	01:55&	00:55&	01:03&	01:49&	00:32&	00:01-
26	Terje Undheim	54										1:06:56						
07:24+	09:31+	15:52+	20:08+	21:32+	28:58+	29:27+	31:25+	37:16+	38:49+	41:51+	44:20+	45:32+	53:03+	58:43+	62:38+	64:47+	66:11+	66:56+
07:24+	02:07+	06:21+	04:16+	01:24+	07:26+	00:29-	01:58+	05:51+	01:33+	03:02+	02:29-	01:12-	07:31+	05:40+	03:55+	02:09+	01:24+	00:45-
05:36@	00:35&	03:00&	02:48@	00:10#	02:59&	00:04-	00:09+	02:28&	00:22&	00:37&	00:20-	00:33-	05:00@	03:15@	01:42&	00:14#	00:05+	00:03-
27	Andreas Molin Edlund	287										1:07:25						
06:21+	08:35+	13:44+	15:33+	17:34+	26:59+	27:29+	29:32+	35:17+	36:56+	42:01+	45:25+	47:00+	50:55+	58:46+	62:14+	64:56+	66:27+	67:25+
06:21+	02:14+	05:09+	01:49+	02:01+	09:25+	00:30-	02:03+	05:45+	01:39+	05:05+	03:24+	01:35-	03:55+	07:51+	03:28+	02:42+	01:31+	00:58+
04:33@	00:42&	01:48&	00:21#	00:47&	04:58@	00:03-	00:14#	02:22&	00:28&	02:40@	00:35#	00:10-	01:24&	05:26@	01:15&	00:47&	00:12#	00:10#
28	Antal Jansen	115										1:08:21						
01:55+	03:21+	17:10+	19:04+	20:32+	26:41+	27:06+	29:09+	33:27+	34:46+	38:25+	44:59+	46:10+	49:25+	60:49+	63:05+	65:02+	67:27+	68:21+
01:55+	01:26-	13:49+	01:54+	01:28+	06:09+	00:25-	02:03+	04:18+	01:19+	03:39+	06:34+	01:11-	03:15+	11:24+	02:16+	01:57+	02:25+	00:54+
00:07+	00:06-	10:28@	00:26&	00:14#	01:42&	00:08-	00:14#	00:55&	00:08#	01:14&	03:45@	00:34-	00:44&	08:59@	00:03+	00:02+	01:06&	00:06#
29	Rolf André Svellingen	268										1:14:27						
02:06+	05:30+	14:54+	17:28+	19:07+	26:53+	27:25+	31:43+	41:30+	43:10+	46:17+	50:00+	52:08+	55:45+	61:10+	64:24+	67:53+	73:16+	74:27+
02:06+	03:24+	09:24+	02:34+	01:39+	07:46+	00:32-	04:18+	09:47+	01:40+	03:07+	03:43+	02:08+	03:37+	05:25+	03:14+	03:29+	05:23+	01:11+
00:18#	01:52@	06:03@	01:06&	00:25&	03:19&	00:01-	02:29@	06:24@	00:29&	00:42&	00:54&	00:23#	01:06&	03:00@	01:01&	01:34&	04:04@	00:23&
30	Cedric Fayemendy	116										1:27:45						
01:52+	07:17+	11:45+	17:01+	19:39+	25:01+	25:42+	27:15+	34:58+	36:23+	39:05+	42:30+	44:05+	48:41+	51:30+	83:00+	85:40+	86:53+	87:45+
01:52+	05:25+	04:28+	05:16+	02:38+	05:22+	00:41+	01:33-	07:43+	01:25+	02:42+	03:25+	01:35-	04:36+	02:49+	31:30+	02:40+	01:13-	00:52+
00:04+	03:53@	01:07&	03:48@	01:24@	00:55#	00:08#	00:16-	04:20@	00:14#	00:17#	00:36#	00:10-	02:05&	00:24#	29:17@	00:45&	00:06-	00:04+
Beste strekktid for klassen																		
01:41	01:26	03:21	01:28	01:07	03:56	00:22	01:25	03:09	01:05	02:08	02:29	01:07	02:29	02:13	01:52	01:39	01:02	00:41

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

Herrer 50 - 59 år

1	Pål Bårdsen	90										41:32						
02:10=	04:49=	08:40=	09:47=	11:05=	16:08=	17:18=	19:02=	23:15=	24:30=	26:30=	29:24=	30:42=	32:58=	37:11=	39:06=	40:44=	41:32=	
02:10=	02:39=	03:51=	01:07=	01:18=	05:03=	01:10=	01:44=	04:13=	01:15=	02:00=	02:54=	01:18=	02:16=	04:13=	01:55=	01:38=	00:48=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Øystein Fuglestad	46										43:33						
02:02-	04:16-	08:41+	09:54+	11:20+	15:59-	17:15-	18:53-	22:55-	24:28-	27:49+	30:57+	32:20+	34:58+	39:25+	41:16+	42:39+	43:33+	
02:02-	02:14-	04:25+	01:13+	01:26+	04:39-	01:16+	01:38-	04:02-	01:33+	03:21+	03:08+	01:23+	02:38+	04:27+	01:51-	01:23-	00:54+	
00:08-	00:25-	00:34#	00:06+	00:08#	00:24-	00:06+	00:06-	00:11-	00:18#	01:21&	00:14+	00:05+	00:22#	00:14+	00:04-	00:15-	00:06#	
3	John Breiland	352										46:24						
01:50-	03:55-	08:15-	09:25-	10:47-	15:13-	16:45-	19:07+	23:48+	26:53+	29:20+	32:08+	35:02+	37:50+	42:08+	44:04+	45:25+	46:24+	
01:50-	02:05-	04:20+	01:10+	01:22+	04:26-	01:32+	02:22+	04:41+	03:05+	02:27+	02:48-	02:54+	02:48+	04:18+	01:56+	01:21-	00:59+	
00:20-	00:34-	00:29#	00:03+	00:04+	00:37-	00:22&	00:38&	00:28#	01:50@	00:27#	00:06-	01:36@	00:32#	00:05+	00:01+	00:17-	00:11#	
4	Trygve Michaelsen	117										47:27						
01:55-	04:19-	09:05+	10:25+	11:58+	16:30+	18:02+	19:28+	23:19+	24:54+	27:20+	30:29+	32:28+	35:14+	43:04+	45:11+	46:26+	47:27+	
01:55-	02:24-	04:46+	01:20+	01:33+	04:32-	01:32+	01:26-	03:51-	01:35+	02:26+	03:09+	01:59+	02:46+	07:50+	02:07+	01:15-	01:01+	
00:15-	00:15-	00:55#	00:13#	00:15#	00:31-	00:22&	00:18-	00:22-	00:20&	00:26#	00:15+	00:41&	00:30#	03:37&	00:12#	00:23-	00:13&	
5	Jone Kalheim	93										48:29						
01:37-	04:53+	09:46+	10:45+	12:03+	18:32+	21:32+	23:21+	27:06+	28:42+	32:38+	36:07+	37:17+	40:02+	44:30+	46:18+	47:41+	48:29+	
01:37-	03:16+	04:53+	00:59-	01:18=	06:29+	03:00+	01:49+	03:45-	01:36+	03:56+	03:29+	01:10-	02:45+	04:28+	01:48-	01:23-	00:48=	
00:33-	00:37#	01:02&	00:08-	00:00=	01:26&	01:50@	00:05+	00:28-	00:21&	01:56&	00:35#	00:08-	00:29#	00:15+	00:07-	00:15-	00:00=	
6	Kjell Seland	236										49:39						
02:16+	05:20+	10:28+	11:55+	13:34+	18:21+	20:12+	21:35+	25:15+	27:03+	29:25+	32:58+	34:40+	37:27+	45:17+	47:08+	48:31+	49:39+	
02:16+	03:04+	05:08+	01:27+	01:39+	04:47-	01:51+	01:23-	03:40-	01:48+	02:22+	03:33+	01:42+	02:47+	07:50+	01:51-	01:23-	01:08+	
00:06+	00:25#	01:17&	00:20&	00:21&	00:16-	00:41&	00:21-	00:33-	00:33&	00:22#	00:39#	00:24&	00:31#	03:37&	00:04-	00:15-	00:20&	

Class	Navn	Klasse										Tid						
7	Stein Arve Finnestad	287										49:49						
01:59-	05:35+	10:50+	12:09+	13:40+	19:40+	21:13+	23:13+	28:05+	29:35+	32:08+	35:31+	36:51+	40:36+	45:29+	47:20+	48:51+	49:49+	
01:59-	03:36+	05:15+	01:19+	01:31+	06:00+	01:33+	02:00+	04:52+	01:30+	02:33+	03:23+	01:20+	03:45+	04:53+	01:51-	01:31-	00:58+	
00:11-	00:57&	01:24&	00:12#	00:13#	00:57#	00:23&	00:16#	00:39#	00:15#	00:33&	00:29#	00:02+	01:29&	00:40#	00:04-	00:07-	00:10#	
8	Geir Haugvaldstad	116										50:06						
01:51-	09:04+	14:16+	15:33+	16:54+	20:25+	21:51+	23:34+	27:15+	28:59+	31:58+	37:35+	39:00+	41:33+	45:18+	47:27+	49:23+	50:06+	
01:51-	07:13+	05:12+	01:17+	01:21+	03:31-	01:26+	01:43-	03:41-	01:44+	02:59+	05:37+	01:25+	02:33+	03:45-	02:09+	01:56+	00:43-	
00:19-	04:34@	01:21&	00:10#	00:03+	01:32-	00:16#	00:01-	00:32-	00:29&	00:59&	02:43&	00:07+	00:17#	00:28-	00:14#	00:18#	00:05-	
9	Svend Vihovde	116										52:10						
02:00-	04:32-	10:01+	11:21+	13:02+	18:36+	20:01+	21:39+	26:23+	28:10+	30:37+	33:42+	35:14+	38:13+	47:19+	49:48+	51:10+	52:10+	
02:00-	02:32-	05:29+	01:20+	01:41+	05:34+	01:25+	01:38-	04:44+	01:47+	02:27+	03:05+	01:32+	02:59+	09:06+	02:29+	01:22-	01:00+	
00:10-	00:07-	01:38&	00:13#	00:23&	00:31#	00:15#	00:06-	00:31#	00:32&	00:27#	00:11+	00:14#	00:43&	04:53@	00:34&	00:16-	00:12#	
10	Trond Sandal	42										52:15						
02:57+	06:15+	11:21+	12:50+	14:31+	19:56+	21:33+	23:11+	27:56+	30:02+	32:32+	36:14+	38:15+	41:33+	47:02+	49:36+	51:09+	52:15+	
02:57+	03:18+	05:06+	01:29+	01:41+	05:25+	01:37+	01:38-	04:45+	02:06+	02:30+	03:42+	02:01+	03:18+	05:29+	02:34+	01:33-	01:06+	
00:47&	00:39#	01:15&	00:22&	00:23&	00:22+	00:27&	00:06-	00:32#	00:51&	00:30#	00:48&	00:43&	01:02&	01:16&	00:39&	00:05-	00:18&	
11	Magnar Møller	62										54:36						
01:53-	04:40-	10:20+	12:00+	13:45+	20:12+	23:19+	25:19+	30:30+	32:59+	35:50+	39:02+	40:44+	44:06+	49:39+	52:01+	53:32+	54:36+	
01:53-	02:47+	05:40+	01:40+	01:45+	06:27+	03:07+	02:00+	05:11+	02:29+	02:51+	03:12+	01:42+	03:22+	05:33+	02:22+	01:31-	01:04+	
00:17-	00:08+	01:49&	00:33&	00:27&	01:24&	01:57@	00:16#	00:58#	01:14&	00:51&	00:18#	00:24&	01:06&	01:20&	00:27#	00:07-	00:16&	
12	Per Ivar Hovstad	116										54:54						
02:49+	05:41+	13:09+	14:18+	15:59+	20:59+	22:48+	25:05+	30:13+	32:41+	36:30+	40:39+	42:16+	45:43+	50:16+	52:41+	54:09+	54:54+	
02:49+	02:52+	07:28+	01:09+	01:41+	05:00-	01:43+	02:17+	05:08+	02:28+	03:49+	04:09+	01:37+	03:27+	04:33+	02:25+	01:28-	00:45-	
00:39&	00:13+	03:37&	00:02+	00:23&	00:03-	00:39&	00:33&	00:55#	01:13&	01:49&	01:15&	00:19#	01:11&	00:20+	00:30&	00:10-	00:03-	
13	Erling Knutzen	128										56:00						
02:30+	05:18+	10:38+	12:05+	13:42+	18:45+	20:28+	22:47+	31:17+	33:04+	36:21+	40:19+	41:55+	44:39+	50:24+	53:11+	54:56+	56:00+	
02:30+	02:48+	05:20+	01:27+	01:37+	05:03=	01:43+	02:19+	08:30+	01:47+	03:17+	03:58+	01:36+	02:44+	05:45+	02:47+	01:45+	01:04+	
00:20#	00:09+	01:29&	00:20&	00:19#	00:00=	00:33&	00:35&	04:17@	00:32&	01:17&	01:04&	00:18#	00:28#	01:32&	00:52&	00:07+	00:16&	
14	Tor Inge Halvorsen	5										57:56						
02:07-	05:00+	11:27+	13:29+	16:38+	25:13+	26:28+	28:05+	32:46+	34:31+	38:16+	42:01+	44:18+	47:51+	52:58+	55:21+	56:48+	57:56+	
02:07-	02:53+	06:27+	02:02+	03:09+	08:35+	01:15+	01:37-	04:41+	01:45+	03:45+	03:45+	02:17+	03:33+	05:07+	02:23+	01:27-	01:08+	
00:03-	00:14+	02:36&	00:55&	01:51@	03:32&	00:05+	00:07-	00:28#	00:30&	01:45&	00:51&	00:59&	01:17&	00:54#	00:28#	00:11-	00:20&	
15	Frank Hansen	29										58:59						
02:18+	05:04+	10:44+	12:57+	14:34+	19:35+	21:09+	22:50+	28:53+	31:55+	33:30+	36:21+	42:03+	44:31+	47:20+	52:01+	56:19+	58:03+	58:59+
02:18+	02:46+	05:40+	02:13+	01:37+	05:01-	01:34+	01:41-	06:03+	03:02+	01:35-	02:51-	05:42+	02:28+	02:49-	04:41+	04:18+	01:44+	00:56+
00:08+	00:07+	01:49&	01:06&	00:19#	00:02-	00:24&	00:03-	01:50&	01:47@	00:25-	00:03-	04:24@	00:12+	01:24-	02:46@	02:40@	00:56@	00:56+
16	Christof Schätz	239										1:00:10						
03:08+	06:38+	14:58+	16:18+	18:15+	24:01+	25:46+	28:01+	34:00+	35:39+	38:23+	42:01+	45:12+	49:59+	55:08+	57:30+	59:08+	60:10+	
03:08+	03:30+	08:20+	01:20+	01:57+	05:46+	01:45+	02:15+	05:59+	01:39+	02:44+	03:38+	03:11+	04:47+	05:09+	02:22+	01:38=	01:02+	
00:58&	00:51&	04:29@	00:13#	00:39&	00:43#	00:35&	00:31&	01:46&	00:24&	00:44&	00:44&	01:53@	02:31@	00:56#	00:27#	00:00=	00:14&	
17	Harald Taksdal	236										1:01:32						
02:48+	06:09+	13:32+	15:32+	17:56+	23:41+	25:39+	27:59+	33:48+	35:38+	38:46+	42:56+	45:56+	49:08+	54:42+	58:20+	60:32+	61:32+	
02:48+	03:21+	07:23+	02:00+	02:24+	05:45+	01:58+	02:20+	05:49+	01:50+	03:08+	04:10+	03:00+	03:12+	05:34+	03:38+	02:12+	01:00+	
00:38&	00:42&	03:32&	00:53&	01:06&	00:42#	00:48&	00:36&	01:36&	00:35&	01:08&	01:16&	01:42@	00:56&	01:21&	01:43&	00:34&	00:12#	
18	Lars Primstad	62										1:03:02						
01:58-	07:51+	14:13+	15:20+	16:39+	23:05+	24:26+	27:29+	32:04+	38:04+	41:43+	44:35+	51:41+	54:21+	58:33+	60:36+	62:17+	63:02+	
01:58-	05:53+	06:22+	01:07=	01:19+	06:26+	01:21+	03:03+	04:35+	06:00+	03:39+	02:52-	07:06+	02:40+	04:12-	02:03+	01:41+	00:45-	
00:12-	03:14@	02:31&	00:00=	00:01+	01:23&	00:11#	01:19&	00:22+	04:45@	01:39&	00:02-	05:48@	00:24#	00:01-	00:08+	00:03+	00:03-	
19	Arne Hetlelid	98										1:03:11						
02:31+	16:15+	24:03+	25:22+	27:08+	31:44+	33:49+	35:42+	40:18+	41:47+	44:49+	48:18+	49:43+	53:18+	58:19+	60:45+	62:16+	63:11+	
02:31+	13:44+	07:48+	01:19+	01:46+	04:36-	02:05+	01:53+	04:36+	01:29+	03:02+	03:29+	01:25+	03:35+	05:01+	02:26+	01:31-	00:55+	
00:21#	11:05@	03:57@	00:12#	00:28&	00:27-	00:55&	00:09+	00:23+	00:14#	01:02&	00:35#	00:07+	01:19&	00:48#	00:31&	00:07-	00:07#	
20	Ingve Vold	54										1:05:04						
02:37+	05:38+	11:43+	13:02+	14:50+	21:26+	23:22+	25:20+	34:06+	35:56+	39:24+	42:19+	47:45+	50:25+	60:33+	63:00+	64:12+	65:04+	
02:37+	03:01+	06:05+	01:19+	01:48+	06:36+	01:56+	01:58+	08:46+	01:50+	03:28+	02:55+	05:26+	02:40+	10:08+	02:27+	01:12-	00:52+	
00:27#	00:22#	02:14&	00:12#	00:30&	01:33&	00:46&	00:14#	04:33@	00:35&	01:28&	00:01+	04:08@	00:24#	05:55@	00:32&	00:26-	00:04+	

Beste strekktid for klassen

01:37 02:05 03:51 00:59 01:18 03:31 01:10 01:23 03:40 01:15 01:35 02:48 01:10 02:16 02:49 01:48 01:12 00:43

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

Herrer 60 - 64 år

1	Ole Petter Haukaas	109	35:34										
05:39=	09:50=	10:49=	11:56=	12:34=	15:18=	19:32=	21:44=	24:04=	25:47=	29:10=	33:42=	34:47=	35:34=
05:39=	04:11=	00:59=	01:07=	00:38=	02:44=	04:14=	02:12=	02:20=	01:43=	03:23=	04:32=	01:05=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Espen Krogh	7	37:13										
02:59-	06:28-	07:21-	08:28-	09:09-	12:08-	18:43-	20:49-	23:58-	25:41-	30:28+	35:08+	36:23+	37:13+
02:59-	03:29-	00:53-	01:07=	00:41+	02:59+	06:35+	02:06-	03:09+	01:43=	04:47+	04:40+	01:15+	00:50+
02:40-	00:42-	00:06-	00:00=	00:03+	00:15+	02:21&	00:06-	00:49&	00:00=	01:24&	00:08+	00:10#	00:03+
3	Lars Bergersen	116	37:19										
03:44-	07:56-	09:07-	10:24-	11:11-	14:12-	18:44-	20:57-	23:37-	25:29-	29:20+	35:05+	36:24+	37:19+
03:44-	04:12+	01:11+	01:17+	00:47+	03:01+	04:32+	02:13+	02:40+	01:52+	03:51+	05:45+	01:19+	00:55+
01:55-	00:01+	00:12#	00:10#	00:09#	00:17#	00:18+	00:01+	00:20#	00:09+	00:28#	01:13&	00:14#	00:08#
4	Torbjørn Evensen	108	37:53										
02:58-	07:15-	08:45-	10:02-	10:42-	13:43-	18:30-	20:37-	23:58-	25:46-	30:12+	35:24+	36:43+	37:53+
02:58-	04:17+	01:30+	01:17+	00:40+	03:01+	04:47+	02:07-	03:21+	01:48+	04:26+	05:12+	01:19+	01:10+
02:41-	00:06+	00:31&	00:10#	00:02+	00:17#	00:33#	00:05-	01:01&	00:05+	01:03&	00:40#	00:14#	00:23&
5	Tor Brekken	97	43:00										
02:53-	06:50-	08:53-	09:56-	10:35-	13:53-	19:12-	21:03-	25:26+	27:11+	33:49+	40:55+	42:07+	43:00+
02:53-	03:57-	02:03+	01:03-	00:39+	03:18+	05:19+	01:51-	04:23+	01:45+	06:38+	07:06+	01:12+	00:53+
02:46-	00:14-	01:04@	00:04-	00:01+	00:34#	01:05&	00:21-	02:03&	00:02+	03:15&	02:34&	00:07#	00:06#
6	Ernst Kristensen	116	43:29										
05:02-	09:38-	10:47-	12:14+	12:55+	16:08+	21:22+	24:26+	27:46+	29:42+	35:17+	41:08+	42:25+	43:29+
05:02-	04:36+	01:09+	01:27+	00:41+	03:13+	05:14+	03:04+	03:20+	01:56+	05:35+	05:51+	01:17+	01:04+
00:37-	00:25+	00:10#	00:20&	00:03+	00:29#	01:00#	00:52&	01:00&	00:13#	02:12&	01:19&	00:12#	00:17&
7	Dag Helliksen	80	44:52										
04:16-	09:17-	11:26+	13:25+	13:55+	17:24+	21:55+	24:24+	27:33+	30:22+	34:39+	42:43+	43:55+	44:52+
04:16-	05:01+	02:09+	01:59+	00:30-	03:29+	04:31+	02:29+	03:09+	02:49+	04:17+	08:04+	01:12+	00:57+
01:23-	00:50#	01:10@	00:52&	00:08-	00:45&	00:17+	00:17#	00:49&	01:06&	00:54&	03:32&	00:07#	00:10#
8	Olav Tunheim	93	50:58										
04:06-	18:37+	19:58+	21:14+	21:55+	25:17+	29:45+	33:08+	36:28+	38:38+	43:41+	48:55+	50:03+	50:58+
04:06-	14:31+	01:21+	01:16+	00:41+	03:22+	04:28+	03:23+	03:20+	02:10+	05:03+	05:14+	01:08+	00:55+
01:33-	10:20@	00:22&	00:09#	00:03+	00:38#	00:14+	01:11&	01:00&	00:27&	01:40&	00:42#	00:03+	00:08#
9	Agnar Lien	7	53:19										
04:42-	09:54+	11:23+	12:47+	13:36+	17:08+	23:21+	27:08+	31:09+	33:27+	44:20+	50:32+	52:05+	53:19+
04:42-	05:12+	01:29+	01:24+	00:49+	03:32+	06:13+	03:47+	04:01+	02:18+	10:53+	06:12+	01:33+	01:14+
00:57-	01:01#	00:30&	00:17&	00:11&	00:48&	01:59&	01:35&	01:41&	00:35&	07:30@	01:40&	00:28&	00:27&
10	Sverre Magnar Nordal	116	56:33										
05:12-	10:28+	11:54+	14:08+	15:11+	19:11+	25:43+	28:06+	31:15+	34:03+	43:24+	52:32+	54:10+	55:22+
05:12-	05:16+	01:26+	02:14+	01:03+	04:00+	06:32+	02:23+	03:09+	02:48+	09:21+	09:08+	01:38+	01:12+
00:27-	01:05&	00:27&	01:07&	00:25&	01:16&	02:18&	00:11+	00:49&	01:05&	05:58@	04:36@	00:33&	00:25&
11	Ivar Bergset	35	56:40										
04:44-	15:32+	17:07+	19:25+	20:08+	24:04+	31:31+	33:44+	37:15+	39:19+	45:48+	53:45+	55:31+	56:40+
04:44-	10:48+	01:35+	02:18+	00:43+	03:56+	07:27+	02:13+	03:31+	02:04+	06:29+	07:57+	01:46+	01:09+
00:55-	06:37@	00:36&	01:11@	00:05#	01:12&	03:13&	00:01+	01:11&	00:21#	03:06&	03:25&	00:41&	00:22&
12	Bjørn H. Engseth	27	56:55										
05:16-	10:29+	12:30+	14:04+	14:53+	18:47+	24:35+	27:10+	31:21+	33:27+	40:11+	53:27+	55:18+	56:55+
05:16-	05:13+	02:01+	01:34+	00:49+	03:54+	05:48+	02:35+	04:11+	02:06+	06:44+	13:16+	01:51+	01:37+
00:23-	01:02#	01:02@	00:27&	00:11&	01:10&	01:34&	00:23#	01:51&	00:23#	03:21&	08:44@	00:46&	00:50@
13	Stein Sigbjørnsen	27	1:01:50										
04:59-	13:26+	19:39+	21:29+	22:15+	26:16+	33:30+	36:05+	42:16+	45:04+	52:45+	59:12+	60:45+	61:50+
04:59-	08:27+	06:13+	01:50+	00:46+	04:01+	07:14+	02:35+	06:11+	02:48+	07:41+	06:27+	01:33+	01:05+
00:40-	04:16@	05:14@	00:43&	00:08#	01:17&	03:00&	00:23#	03:51@	01:05&	04:18@	01:55&	00:28&	00:18&
14	Kjell Lervik	239	1:09:00										
15:32+	23:19+	27:50+	30:42+	31:31+	35:37+	42:30+	44:58+	49:05+	51:20+	58:52+	66:16+	67:49+	69:00+
15:32+	07:47+	04:31+	02:52+	00:49+	04:06+	06:53+	02:28+	04:07+	02:15+	07:32+	07:24+	01:33+	01:11+
09:53@	03:36&	03:32@	01:45@	00:11&	01:22&	02:39&	00:16#	01:47&	00:32&	04:09@	02:52&	00:28&	00:24&

Class	Navn	Klasse											Tid
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Beste strekktid for klassen

02:53 03:29 00:53 01:03 00:30 02:44 04:14 01:51 02:20 01:43 03:23 04:32 01:05 00:47

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115	31:51											
02:44=	06:12=	07:12=	08:22=	08:55=	11:21=	15:17=	17:01=	19:26=	20:49=	24:15=	30:03=	31:05=	31:51=	
02:44=	03:28=	01:00=	01:10=	00:33=	02:26=	03:56=	01:44=	02:25=	01:23=	03:26=	05:48=	01:02=	00:46=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Arne Kristian Espedal	68	36:00											
02:30-	09:56+	11:35+	12:21+	13:20+	13:48+	16:04+	19:41+	21:22+	23:35+	24:57+	28:25-	33:52+	35:08+	36:00+
02:30-	07:26+	01:39+	00:46-	00:59+	00:28-	02:16-	03:37+	01:41-	02:13+	01:22-	03:28-	05:27+	01:16+	00:52+
00:14-	03:58@	00:39&	00:24-	00:26&	01:58-	01:40-	01:53@	00:44-	00:50&	02:04-	02:20-	04:25@	00:30&	00:52+
3	Bjarne Gimre	88	37:54											
03:53+	07:47+	09:03+	10:23+	11:01+	14:20+	18:46+	20:36+	23:33+	25:20+	29:37+	35:41+	36:56+	37:54+	
03:53+	03:54+	01:16+	01:20+	00:38+	03:19+	04:26+	01:50+	02:57+	01:47+	04:17+	06:04+	01:15+	00:58+	
01:09&	00:26#	00:16&	00:10#	00:05#	00:53&	00:30#	00:06+	00:32#	00:24&	00:51#	00:16+	00:13#	00:12&	
4	Ragnvald Frøyland	128	39:45											
03:45+	07:48+	09:07+	10:23+	11:01+	14:23+	18:57+	22:06+	25:20+	27:23+	32:05+	37:22+	38:44+	39:45+	
03:45+	04:03+	01:19+	01:16+	00:38+	03:22+	04:34+	03:09+	03:14+	02:03+	04:42+	05:17-	01:22+	01:01+	
01:01&	00:35#	00:19&	00:06+	00:05#	00:56&	00:38#	01:25&	00:49&	00:40&	01:16&	00:31-	00:20&	00:15&	
5	Tor Geir Espedal	115	41:42											
06:59+	10:46+	12:08+	13:20+	13:59+	17:17+	21:37+	23:47+	26:52+	28:42+	33:19+	39:25+	40:43+	41:42+	
06:59+	03:47+	01:22+	01:12+	00:39+	03:18+	04:20+	02:10+	03:05+	01:50+	04:37+	06:06+	01:18+	00:59+	
04:15@	00:19+	00:22&	00:02+	00:06#	00:52&	00:24#	00:26#	00:40&	00:27&	01:11&	00:18+	00:16&	00:13&	
6	Bjørn Sivertsen	99	44:05											
04:03+	09:01+	11:09+	12:33+	13:20+	16:46+	21:37+	23:57+	27:32+	29:39+	34:15+	41:33+	43:00+	44:05+	
04:03+	04:58+	02:08+	01:24+	00:47+	03:26+	04:51+	02:20+	03:35+	02:07+	04:36+	07:18+	01:27+	01:05+	
01:19&	01:30&	01:08@	00:14#	00:14&	01:00&	00:55#	00:36&	01:10&	00:44&	01:10&	01:30&	00:25&	00:19&	
7	Sveinung Tveit	236	46:44											
06:20+	10:57+	12:15+	13:45+	14:29+	18:25+	23:38+	25:32+	30:18+	32:19+	37:40+	44:02+	45:33+	46:44+	
06:20+	04:37+	01:18+	01:30+	00:44+	03:56+	05:13+	01:54+	04:46+	02:01+	05:21+	06:22+	01:31+	01:11+	
03:36@	01:09&	00:18&	00:20&	00:11&	01:30&	01:17&	00:10+	02:21&	00:38&	01:55&	00:34+	00:29&	00:25&	
8	Tom Hetland	5	47:15											
04:06+	10:34+	11:43+	13:21+	14:05+	17:17+	24:51+	27:12+	31:05+	33:30+	38:45+	45:05+	46:23+	47:15+	
04:06+	06:28+	01:09+	01:38+	00:44+	03:12+	07:34+	02:21+	03:53+	02:25+	05:15+	06:20+	01:18+	00:52+	
01:22&	03:00&	00:09#	00:28&	00:11&	00:46&	03:38&	00:37&	01:28&	01:02&	01:49&	00:32+	00:16&	00:06#	
9	Svein Berge	126	48:19											
05:20+	09:55+	16:37+	17:59+	19:03+	23:54+	28:37+	30:09+	34:43+	36:29+	41:13+	46:16+	47:24+	48:19+	
05:20+	04:35+	06:42+	01:22+	01:04+	04:51+	04:43+	01:32-	04:34+	01:46+	04:44+	05:03-	01:08+	00:55+	
02:36&	01:07&	05:42@	00:12#	00:31&	02:25&	00:47#	00:12-	02:09&	00:23&	01:18&	00:45-	00:06+	00:09#	
10	Terje Stokkeland	69	49:07											
11:57+	16:16+	17:54+	19:09+	19:47+	23:54+	28:33+	31:11+	34:20+	36:06+	41:54+	46:53+	48:03+	49:07+	
11:57+	04:19+	01:38+	01:15+	00:38+	04:07+	04:39+	02:38+	03:09+	01:46+	05:48+	04:59-	01:10+	01:04+	
09:13@	00:51#	00:38&	00:05+	00:05#	01:41&	00:43#	00:54&	00:44&	00:23&	02:22&	00:49-	00:08#	00:18&	
11	Jan Hetland	29	57:46											
05:09+	09:51+	18:05+	20:10+	20:43+	26:17+	38:49+	40:50+	43:52+	45:42+	50:02+	55:43+	56:58+	57:46+	
05:09+	04:42+	08:14+	02:05+	00:33=	05:34+	12:32+	02:01+	03:02+	01:50+	04:20+	05:41-	01:15+	00:48+	
02:25&	01:14&	07:14@	00:55&	00:00=	03:08@	08:36@	00:17#	00:37&	00:27&	00:54&	00:07-	00:13#	00:02+	
12	Eivind L. Rake	92	1:07:05											
22:40+	27:11+	28:37+	30:10+	32:25+	36:54+	41:59+	44:44+	48:11+	50:31+	57:11+	63:57+	65:45+	67:05+	
22:40+	04:31+	01:26+	01:33+	02:15+	04:29+	05:05+	02:45+	03:27+	02:20+	06:40+	06:46+	01:48+	01:20+	
19:56@	01:03&	00:26&	00:23&	01:42@	02:03&	01:09&	01:01&	01:02&	00:57&	03:14&	00:58#	00:46&	00:34&	
13	Tore R. Tvedt	90	1:10:48											
05:45+	14:16+	15:41+	17:38+	18:38+	28:58+	39:08+	42:05+	47:50+	52:21+	60:38+	67:31+	69:22+	70:48+	
05:45+	08:31+	01:25+	01:57+	01:00+	10:20+	10:10+	02:57+	05:45+	04:31+	08:17+	06:53+	01:51+	01:26+	
03:01@	05:03@	00:25&	00:47&	00:27&	07:54@	06:14@	01:13&	03:20@	03:08@	04:51@	01:05#	00:49&	00:40&	

Class	Navn	Klasse												Tid
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Beste strekktid for klassen

02:30 03:28 01:00 00:46 00:33 00:28 02:16 01:32 01:41 01:23 01:22 03:28 01:02 00:46

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

Herrer 70 - 74 år

1	Harry Breiland	66	36:39											
07:05=	10:30=	11:22=	12:26=	12:59=	15:29=	19:37=	21:18=	23:57=	25:53=	29:38=	34:42=	35:48=	36:39=	
07:05=	03:25=	00:52=	01:04=	00:33=	02:30=	04:08=	01:41=	02:39=	01:56=	03:45=	05:04=	01:06=	00:51=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kjell Svihus	154	39:57											
03:51-	08:02-	09:27-	10:48-	11:36-	14:50-	20:11+	22:02+	25:02+	26:51+	31:16+	37:04+	38:45+	39:57+	
03:51-	04:11+	01:25+	01:21+	00:48+	03:14+	05:21+	01:51+	03:00+	01:49-	04:25+	05:48+	01:41+	01:12+	
03:14-	00:46#	00:33&	00:17&	00:15&	00:44&	01:13&	00:10+	00:21#	00:07-	00:40#	00:44#	00:35&	00:21&	
3	Finn Morten Årstad	115	45:39											
03:47-	11:02+	12:21+	13:49+	14:36+	17:57+	24:42+	26:55+	30:16+	32:14+	37:03+	43:10+	44:36+	45:39+	
03:47-	07:15+	01:19+	01:28+	00:47+	03:21+	06:45+	02:13+	03:21+	01:58+	04:49+	06:07+	01:26+	01:03+	
03:18-	03:50@	00:27&	00:24&	00:14&	00:51&	02:37&	00:32&	00:42&	00:02+	01:04&	01:03#	00:20&	00:12#	
4	Jan Inge Lunde	88	48:15											
07:19+	11:52+	13:11+	14:40+	15:29+	19:22+	24:39+	27:42+	31:12+	33:15+	38:38+	45:23+	46:59+	48:15+	
07:19+	04:33+	01:19+	01:29+	00:49+	03:53+	05:17+	03:03+	03:30+	02:03+	05:23+	06:45+	01:36+	01:16+	
00:14+	01:08&	00:27&	00:25&	00:16&	01:23&	01:09&	01:22&	00:51&	00:07+	01:38&	01:41&	00:30&	00:25&	
5	Jostein Tunheim	116	50:45											
04:32-	09:16-	11:16-	12:31+	13:24+	21:02+	25:38+	29:16+	32:38+	35:08+	40:01+	48:33+	49:44+	50:45+	
04:32-	04:44+	02:00+	01:15+	00:53+	07:38+	04:36+	03:38+	03:22+	02:30+	04:53+	08:32+	01:11+	01:01+	
02:33-	01:19&	01:08@	00:11#	00:20&	05:08@	00:28#	01:57@	00:43&	00:34&	01:08&	03:28&	00:05+	00:10#	
6	Olav Dag Borgersen	154	58:09											
07:37+	11:59+	13:16+	14:51+	15:33+	18:53+	24:15+	28:20+	34:42+	38:01+	43:15+	51:11+	55:27+	56:56+	58:09+
07:37+	04:22+	01:17+	01:35+	00:42+	03:20+	05:22+	04:05+	06:22+	03:19+	05:14+	07:56+	04:16+	01:29+	01:13+
00:32+	00:57&	00:25&	00:31&	00:09&	00:50&	01:14&	02:24@	03:43@	01:23&	01:29&	02:52&	03:10@	00:38&	01:13+
7	Arne Østensen	90	59:32											
11:12+	17:24+	18:52+	20:07+	20:47+	24:23+	31:33+	37:07+	42:13+	43:51+	50:39+	57:25+	58:34+	59:32+	
11:12+	06:12+	01:28+	01:15+	00:40+	03:36+	07:10+	05:34+	05:06+	01:38-	06:48+	06:46+	01:09+	00:58+	
04:07&	02:47&	00:36&	00:11#	00:07#	01:06&	03:02&	03:53@	02:27&	00:18-	03:03&	01:42&	00:03+	00:07#	
8	Leif Gunnar Wikene	43	1:15:21											
05:08-	11:43+	13:13+	15:05+	16:05+	20:32+	26:11+	29:11+	34:10+	39:56+	65:20+	72:16+	74:24+	75:21+	
05:08-	06:35+	01:30+	01:52+	01:00+	04:27+	05:39+	03:00+	04:59+	05:46+	25:24+	06:56+	02:08+	00:57+	
01:57-	03:10&	00:38&	00:48&	00:27&	01:57&	01:31&	01:19&	02:20&	03:50@	21:39@	01:52&	01:02&	00:06#	
9	John Abrahamsen	125	1:51:25											
24:53+	39:30+	41:52+	44:01+	45:30+	52:41+	63:06+	69:32+	82:49+	87:08+	97:44+	107:20+	109:24+	111:25+	
24:53+	14:37+	02:22+	02:09+	01:29+	07:11+	10:25+	06:26+	13:17+	04:19+	10:36+	09:36+	02:04+	02:01+	
17:48@	11:12@	01:30@	01:05@	00:56@	04:41@	06:17@	04:45@	10:38@	02:23@	06:51@	04:32&	00:58&	01:10@	

Beste strekktid for klassen

03:47 03:25 00:52 01:04 00:33 02:30 04:08 01:41 02:39 01:38 03:45 05:04 01:06 00:51

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

Herrer 75 - 79 år

1	Knut Skjæveland	93	38:25								
02:17=	09:48=	11:07=	12:53=	16:15=	19:04=	22:40=	24:56=	29:58=	35:50=	37:20=	38:25=
02:17=	07:31=	01:19=	01:46=	03:22=	02:49=	03:36=	02:16=	05:02=	05:52=	01:30=	01:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Geir Husdal	93	41:39								
02:44+	08:57-	10:09-	11:43-	16:10-	18:55-	23:46+	25:57+	31:00+	39:01+	40:31+	41:39+
02:44+	06:13-	01:12-	01:34-	04:27+	02:45-	04:51+	02:11-	05:03+	08:01+	01:30=	01:08+
00:27#	01:18-	00:07-	00:12-	01:05&	00:04-	01:15&	00:05-	00:01+	02:09&	00:00=	00:03+

Class	Navn	Klasse										Tid
3	Øyvind Egeskog	5										42:28
	02:49+	10:06+	11:26+	13:16+	17:07+	20:20+	23:37+	25:57+	31:26+	39:17+	40:56+	42:28+
	02:49+	07:17-	01:20+	01:50+	03:51+	03:13+	03:17-	02:20+	05:29+	07:51+	01:39+	01:32+
	00:32#	00:14-	00:01+	00:04+	00:29#	00:24#	00:19-	00:04+	00:27+	01:59&	00:09#	00:27&
4	Svein Glendrange	68										42:34
	03:26+	11:12+	12:28+	13:56+	17:38+	20:51+	24:42+	28:01+	33:32+	39:48+	41:22+	42:34+
	03:26+	07:46+	01:16-	01:28-	03:42+	03:13+	03:51+	03:19+	05:31+	06:16+	01:34+	01:12+
	01:09&	00:15+	00:03-	00:18-	00:20+	00:24#	00:15+	01:03&	00:29+	00:24+	00:04+	00:07#
5	Ingjald Egeland	7										45:11
	02:52+	10:48+	12:05+	13:34+	16:53+	20:07+	26:19+	29:21+	35:40+	42:20+	44:00+	45:11+
	02:52+	07:56+	01:17-	01:29-	03:19-	03:14+	06:12+	03:02+	06:19+	06:40+	01:40+	01:11+
	00:35&	00:25+	00:02-	00:17-	00:03-	00:25#	02:36&	00:46&	01:17&	00:48#	00:10#	00:06+
6	Terje Braut	92										49:44
	04:02+	10:30+	11:51+	13:56+	18:18+	21:26+	25:15+	27:24+	35:52+	47:06+	48:27+	49:44+
	04:02+	06:28-	01:21+	02:05+	04:22+	03:08+	03:49+	02:09-	08:28+	11:14+	01:21-	01:17+
	01:45&	01:03-	00:02+	00:19#	01:00&	00:19#	00:13+	00:07-	03:26&	05:22&	00:09-	00:12#
7	Harald Vatne	67										50:30
	04:00+	11:08+	12:32+	16:51+	20:22+	24:54+	28:24+	31:11+	38:56+	48:00+	49:22+	50:30+
	04:00+	07:08-	01:24+	04:19+	03:31+	04:32+	03:30-	02:47+	07:45+	09:04+	01:22-	01:08+
	01:43&	00:23-	00:05+	02:33@	00:09+	01:43&	00:06-	00:31#	02:43&	03:12&	00:08-	00:03+
8	Steinar Undheim	54										51:06
	02:12-	12:03+	13:22+	17:53+	21:15+	25:48+	29:11+	32:12+	39:58+	48:53+	50:05+	51:06+
	02:12-	09:51+	01:19=	04:31+	03:22=	04:33+	03:23-	03:01+	07:46+	08:55+	01:12-	01:01-
	00:05-	02:20&	00:00=	02:45@	00:00=	01:44&	00:13-	00:45&	02:44&	03:03&	00:18-	00:04-
9	Kjell Langvik	93										51:07
	02:31+	16:17+	18:06+	21:06+	25:06+	28:30+	32:32+	34:52+	41:37+	48:30+	49:58+	51:07+
	02:31+	13:46+	01:49+	03:00+	04:00+	03:24+	04:02+	02:20+	06:45+	06:53+	01:28-	01:09+
	00:14#	06:15&	00:30&	01:14&	00:38#	00:35#	00:26#	00:04+	01:43&	01:01#	00:02-	00:04+
10	Norvald Skretting	43										56:50
	02:40+	08:02-	09:22-	11:00-	15:05-	18:38-	38:03+	41:55+	47:35+	53:57+	55:39+	56:50+
	02:40+	05:22-	01:20+	01:38-	04:05+	03:33+	19:25+	03:52+	05:40+	06:22+	01:42+	01:11+
	00:23#	02:09-	00:01+	00:08-	00:43#	00:44&	15:49@	01:36&	00:38#	00:30+	00:12#	00:06+
11	Hans Klausen	62										59:13
	06:51+	12:21+	13:52+	15:47+	19:10+	21:52+	37:46+	39:54+	50:07+	56:26+	57:59+	59:13+
	06:51+	05:30-	01:31+	01:55+	03:23+	02:42-	15:54+	02:08-	10:13+	06:19+	01:33+	01:14+
	04:34@	02:01-	00:12#	00:09+	00:01+	00:07-	12:18@	00:08-	05:11@	00:27+	00:03+	00:09#
12	Mangor Eikeland	92										1:03:40
	04:32+	17:36+	19:40+	21:46+	27:37+	32:44+	37:18+	40:37+	50:19+	59:24+	61:36+	63:40+
	04:32+	13:04+	02:04+	02:06+	05:51+	05:07+	04:34+	03:19+	09:42+	09:05+	02:12+	02:04+
	02:15&	05:33&	00:45&	00:20#	02:29&	02:18&	00:58&	01:03&	04:40&	03:13&	00:42&	00:59&
13	Kjell Maudal	63										1:23:05
	04:23+	26:07+	30:22+	33:10+	39:05+	49:31+	53:03+	56:47+	68:52+	79:13+	81:23+	83:05+
	04:23+	21:44+	04:15+	02:48+	05:55+	10:26+	03:32-	03:44+	12:05+	10:21+	02:10+	01:42+
	02:06&	14:13@	02:56@	01:02&	02:33&	07:37@	00:04-	01:28&	07:03@	04:29&	00:40&	00:37&
Beste strekktid for klassen												
	02:12	05:22	01:12	01:28	03:19	02:42	03:17	02:08	05:02	05:52	01:12	01:01

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

Herrer 80 år og eldre

1	Magne Jakobsen	63										41:23
	07:14=	09:34=	13:55=	15:12=	19:07=	22:10=	26:23=	31:41=	38:05=	40:00=	41:23=	
	07:14=	02:20=	04:21=	01:17=	03:55=	03:03=	04:13=	05:18=	06:24=	01:55=	01:23=	
	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										1:41:45
	07:25+	43:07+	50:22+	51:50+	56:53+	72:55+	79:28+	89:37+	98:38+	100:23+	101:45+	
	07:25+	35:42+	07:15+	01:28+	05:03+	16:02+	06:33+	10:09+	09:01+	01:45-	01:22-	
	00:11+	33:22@	02:54&	00:11#	01:08&	12:59@	02:20&	04:51&	02:37&	00:10-	00:01-	

Class	Navn	Klasse										Tid							
12	Rune Christiansen	93										56:26							
03:19+	07:05+	08:46+	10:36+	16:28+	17:30+	23:10+	24:42+	30:18+	32:30+	35:26+	39:04+	41:30+	43:33+	44:52+	49:15+	53:52+	55:29+	56:26+	
03:19+	03:46+	01:41+	01:50+	05:52+	01:02-	05:40+	01:32+	02:34-	03:02+	02:12+	02:56+	03:38+	02:26+	02:03+	01:19+	04:23+	04:37+	01:37+	00:57+
00:34#	00:48&	00:12#	00:26&	02:04&	00:06-	01:18&	00:26&	00:59-	00:39&	00:58&	00:55&	01:00&	00:25#	01:09@	00:11#	00:39#	01:23&	00:28&	00:10#
13	Erling Mauland	83										57:20							
04:27+	09:49+	11:36+	13:11+	18:30+	19:42+	25:45+	27:23+	29:49+	32:51+	34:06+	36:47+	40:30+	42:50+	44:21+	46:08+	51:01+	54:56+	56:32+	57:20+
04:27+	05:22+	01:47+	01:35+	05:19+	01:12+	06:03+	01:38+	02:26-	03:02+	01:15+	02:41+	03:43+	02:20+	01:31+	01:47+	04:53+	03:55+	01:36+	00:48+
01:42&	02:24&	00:18#	00:11#	01:31&	00:04+	01:41&	00:32&	01:07-	00:39&	00:01+	00:40&	01:05&	00:19#	00:37&	00:39&	01:09&	00:41#	00:27&	00:01+
14	Pål H. Gjerden	116										57:35							
03:04+	06:46+	08:20+	10:00+	15:34+	16:37+	22:17+	24:55+	27:30+	30:53+	32:29+	34:58+	38:53+	41:24+	43:27+	44:47+	49:52+	54:58+	56:34+	57:35+
03:04+	03:42+	01:34+	01:40+	05:34+	01:03-	05:40+	02:38+	02:35-	03:23+	01:36+	02:29+	03:55+	02:31+	02:03+	01:20+	05:05+	05:06+	01:36+	01:01+
00:19#	00:44#	00:05+	00:16#	01:46&	00:05-	01:18&	01:32@	00:58-	01:00&	00:22&	00:28#	01:17&	00:30#	01:09@	00:12#	01:21&	01:52&	00:27&	00:14&
15	Svein Oddvar Netland	116										59:22							
03:30+	07:54+	09:32+	10:59+	16:45+	17:43+	24:03+	25:42+	28:05+	31:10+	32:31+	34:46+	38:13+	41:11+	42:22+	43:37+	51:20+	57:01+	58:36+	59:22+
03:30+	04:24+	01:38+	01:27+	05:46+	00:58-	06:20+	01:39+	02:23-	03:05+	01:21+	02:15+	03:27+	02:58+	01:11+	01:15+	07:43+	05:41+	01:35+	00:46-
00:45&	01:26&	00:09#	00:03+	01:58&	00:10-	01:58&	00:33&	01:10-	00:42&	00:07+	00:14#	00:49&	00:57&	00:17&	00:07#	03:59@	02:27&	00:26&	00:01-
16	Ove Oaland	116										59:48							
03:53+	08:12+	10:18+	11:56+	16:57+	18:20+	24:50+	26:37+	29:14+	33:07+	34:42+	37:42+	41:06+	43:42+	45:17+	46:46+	52:34+	57:16+	58:55+	59:48+
03:53+	04:19+	02:06+	01:38+	05:01+	01:23+	06:30+	01:47+	02:37-	03:53+	01:35+	03:00+	03:24+	02:36+	01:35+	01:29+	05:48+	04:42+	01:39+	00:53+
01:08&	01:21&	00:37&	00:14#	01:13&	00:15#	02:08&	00:41&	00:56-	01:30&	00:21&	00:59&	00:46&	00:35&	00:41&	00:21&	02:04&	01:28&	00:30&	00:06#
17	Geir Bjaanes	116										1:04:54							
03:36+	20:15+	21:41+	23:08+	28:05+	29:16+	34:11+	35:37+	37:51+	40:39+	42:03+	44:36+	47:43+	50:10+	53:15+	54:32+	58:56+	62:39+	63:57+	64:54+
03:36+	16:39+	01:26-	01:27+	04:57+	01:11+	04:55+	01:26+	02:14-	02:48+	01:24+	02:33+	03:07+	02:27+	03:05+	01:17+	04:24+	03:43+	01:18+	00:57+
00:51&	13:41@	00:03-	00:03+	01:09&	00:03+	00:33#	00:20&	01:19-	00:25#	00:10#	00:32&	00:29#	00:26#	02:11@	00:09#	00:40#	00:29#	00:09#	00:10#
Beste strekktid for klassen																			
02:45	02:58	00:52	01:16	01:25	00:52	00:57	01:06	01:24	01:48	01:07	01:38	01:38	02:01	00:54	00:59	00:56	03:10	01:08	00:42

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

Herrer Ny

1	Viktor Klippen	5										27:31							
06:12=	08:33=	10:40=	12:49=	15:09=	19:56=	25:12=	26:25=	27:31=											
06:12=	02:21=	02:07=	02:09=	02:20=	04:47=	05:16=	01:13=	01:06=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
2	Håvard Jektnes	111										39:35							
06:09-	10:42+	14:38+	18:02+	21:04+	30:46+	35:03+	37:35+	39:35+											
06:09-	04:33+	03:56+	03:24+	03:02+	09:42+	04:17-	02:32+	02:00+											
00:03-	02:12&	01:49&	01:15&	00:42&	04:55@	00:59-	01:19@	00:54&											
Beste strekktid for klassen																			
06:09	02:21	02:07	02:09	02:20	04:47	04:17	01:13	01:06											

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

Herrer Trim

1	Rolf Frøyland	5										25:20							
03:17=	05:55=	08:37=	09:19=	12:05=	14:10=	17:09=	19:40=	23:39=	24:40=	25:20=									
03:17=	02:38=	02:42=	00:42=	02:46=	02:05=	02:59=	02:31=	03:59=	01:01=	00:40=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Arne Magne Sondresen	92										29:19							
04:05+	06:16+	09:34+	10:20+	13:38+	15:40+	18:44+	22:05+	27:03+	28:18+	29:19+									
04:05+	02:11-	03:18+	00:46+	03:18+	02:02-	03:04+	03:21+	04:58+	01:15+	01:01+									
00:48#	00:27-	00:36#	00:04+	00:32#	00:03-	00:05+	00:50&	00:59#	00:14#	00:21&									
3	Bruno Pierfelice	51										31:35							
03:22+	05:41-	09:59+	10:21+	14:29+	17:32+	21:15+	24:44+	29:38+	30:44+	31:35+									
03:22+	02:19-	04:18+	00:22-	04:08+	03:03+	03:43+	03:29+	04:54+	01:06+	00:51+									
00:05+	00:19-	01:36&	00:20-	01:22&	00:58&	00:44#	00:58&	00:55#	00:05+	00:11&									

Class	Navn	Klasse										Tid
4	Asgeir Kleppa	47										33:35
	04:42+	07:39+	11:41+	12:34+	15:45+	18:36+	22:13+	25:14+	31:16+	32:37+	33:35+	
	04:42+	02:57+	04:02+	00:53+	03:11+	02:51+	03:37+	03:01+	06:02+	01:21+	00:58+	
	01:25&	00:19#	01:20&	00:11&	00:25#	00:46&	00:38#	00:30#	02:03&	00:20&	00:18&	
5	Roger Nyseth	92										33:42
	04:09+	06:16+	09:54+	10:44+	14:08+	16:43+	20:15+	24:49+	30:58+	32:29+	33:42+	
	04:09+	02:07-	03:38+	00:50+	03:24+	02:35+	03:32+	04:34+	06:09+	01:31+	01:13+	
	00:52&	00:31-	00:56&	00:08#	00:38#	00:30#	00:33#	02:03&	02:10&	00:30&	00:33&	
6	Stig Erlend Ollestad	51										35:38
	08:57+	12:38+	17:24+	18:55+	21:45+	24:06+	27:14+	29:32+	33:40+	34:48+	35:38+	
	08:57+	03:41+	04:46+	01:31+	02:50+	02:21+	03:08+	02:18-	04:08+	01:08+	00:50+	
	05:40@	01:03&	02:04&	00:49@	00:04+	00:16#	00:09+	00:13-	00:09+	00:07#	00:10#	
7	Ivar Aalbu	29										35:57
	04:30+	08:12+	12:34+	13:22+	17:41+	20:27+	24:16+	27:49+	33:15+	34:46+	35:57+	
	04:30+	03:42+	04:22+	00:48+	04:19+	02:46+	03:49+	03:33+	05:26+	01:31+	01:11+	
	01:13&	01:04&	01:40&	00:06#	01:33&	00:41&	00:50&	01:02&	01:27&	00:30&	00:31&	
8	Frode Lund	18										36:01
	04:19+	08:05+	11:47+	13:08+	16:29+	18:57+	22:36+	26:00+	33:39+	35:00+	36:01+	
	04:19+	03:46+	03:42+	01:21+	03:21+	02:28+	03:39+	03:24+	07:39+	01:21+	01:01+	
	01:02&	01:08&	01:00&	00:39&	00:35#	00:23#	00:40#	00:53&	03:40&	00:20&	00:21&	
9	Samuel Denieul	42										36:53
	03:47+	07:54+	13:38+	14:06+	17:43+	20:19+	24:12+	28:54+	34:48+	36:05+	36:53+	
	03:47+	04:07+	05:44+	00:28-	03:37+	02:36+	03:53+	04:42+	05:54+	01:17+	00:48+	
	00:30#	01:29&	03:02@	00:14-	00:51&	00:31#	00:54&	02:11&	01:55&	00:16&	00:08#	
10	Svein Mæle	43										38:52
	06:25+	10:23+	14:18+	15:07+	18:32+	22:41+	26:52+	30:19+	36:07+	37:34+	38:52+	
	06:25+	03:58+	03:55+	00:49+	03:25+	04:09+	04:11+	03:27+	05:48+	01:27+	01:18+	
	03:08&	01:20&	01:13&	00:07#	00:39#	02:04&	01:12&	00:56&	01:49&	00:26&	00:38&	
11	Reidar Haver	4										39:18
	05:43+	10:20+	15:10+	16:03+	20:10+	23:00+	27:18+	30:26+	36:44+	38:08+	39:18+	
	05:43+	04:37+	04:50+	00:53+	04:07+	02:50+	04:18+	03:08+	06:18+	01:24+	01:10+	
	02:26&	01:59&	02:08&	00:11&	01:21&	00:45&	01:19&	00:37#	02:19&	00:23&	00:30&	
12	Leif Jarle Skåra	29										39:43
	05:05+	09:02+	13:35+	14:21+	18:21+	21:11+	25:54+	30:14+	36:30+	38:27+	39:43+	
	05:05+	03:57+	04:33+	00:46+	04:00+	02:50+	04:43+	04:20+	06:16+	01:57+	01:16&	
	01:48&	01:19&	01:51&	00:04+	01:14&	00:45&	01:44&	01:49&	02:17&	00:56&	00:36&	
13	Leif Kåre Lende	128										39:56
	04:10+	07:11+	12:02+	12:50+	18:18+	21:07+	25:25+	31:33+	36:56+	38:41+	39:56+	
	04:10+	03:01+	04:51+	00:48+	05:28+	02:49+	04:18+	06:08+	05:23+	01:45+	01:15+	
	00:53&	00:23#	02:09&	00:06#	02:42&	00:44&	01:19&	03:37@	01:24&	00:44&	00:35&	
14	Joar Fandrem	94										40:19
	04:17+	09:42+	13:53+	16:53+	20:35+	23:28+	28:08+	31:41+	37:42+	39:18+	40:19+	
	04:17+	05:25+	04:11+	03:00+	03:42+	02:53+	04:40+	03:33+	06:01+	01:36+	01:01+	
	01:00&	02:47@	01:29&	02:18@	00:56&	00:48&	01:41&	01:02&	02:02&	00:35&	00:21&	
15	Frode Følgesvold	5										41:23
	04:48+	08:26+	13:06+	14:11+	19:58+	23:57+	27:45+	31:46+	38:29+	40:14+	41:23+	
	04:48+	03:38+	04:40+	01:05+	05:47+	03:59+	03:48+	04:01+	06:43+	01:45+	01:09+	
	01:31&	01:00&	01:58&	00:23&	03:01@	01:54&	00:49&	01:30&	02:44&	00:44&	00:29&	
16	Terje Langeland	98										41:57
	04:37+	08:10+	12:46+	13:53+	23:00+	26:00+	29:53+	33:22+	39:11+	40:42+	41:57+	
	04:37+	03:33+	04:36+	01:07+	09:07+	03:00+	03:53+	03:29+	05:49+	01:31+	01:15+	
	01:20&	00:55&	01:54&	00:25&	06:21@	00:55&	00:54&	00:58&	01:50&	00:30&	00:35&	
17	Per Kolbein Tonstad	66										42:13
	05:24+	09:50+	14:26+	15:52+	21:06+	24:33+	28:32+	32:19+	38:51+	40:56+	42:13+	
	05:24+	04:26+	04:36+	01:26+	05:14+	03:27+	03:59+	03:47+	06:32+	02:05+	01:17+	
	02:07&	01:48&	01:54&	00:44@	02:28&	01:22&	01:00&	01:16&	02:33&	01:04@	00:37&	
18	Rolf Øystein Kluge	7										44:39
	05:38+	08:41+	13:17+	14:55+	22:01+	26:31+	31:03+	35:14+	41:46+	43:25+	44:39+	
	05:38+	03:03+	04:36+	01:38+	07:06+	04:30+	04:32+	04:11+	06:32+	01:39+	01:14+	
	02:21&	00:25#	01:54&	00:56@	04:20@	02:25@	01:33&	01:40&	02:33&	00:38&	00:34&	

Pluss	Navn	Klasse										Tid
19	Arild Olsen	4										45:34
06:52+	11:13+	17:13+	17:58+	21:53+	26:05+	30:31+	35:28+	42:25+	44:11+	45:34+		
06:52+	04:21+	06:00+	00:45+	03:55+	04:12+	04:26+	04:57+	06:57+	01:46+	01:23+		
03:35@	01:43&	03:18@	00:03+	01:09&	02:07@	01:27&	02:26&	02:58&	00:45&	00:43@		
20	Asle Schanke Grude	92										46:20
13:11+	16:07+	20:31+	21:18+	27:18+	31:20+	35:52+	39:19+	44:03+	45:24+	46:20+		
13:11+	02:56+	04:24+	00:47+	06:00+	04:02+	04:32+	03:27+	04:44+	01:21+	00:56+		
09:54@	00:18#	01:42&	00:05#	03:14@	01:57&	01:33&	00:56&	00:45#	00:20&	00:16&		
21	Jan Henrik Neuenkirchen	117										46:23
13:05+	17:03+	21:41+	22:49+	26:37+	29:43+	33:41+	38:08+	43:32+	45:09+	46:23+		
13:05+	03:58+	04:38+	01:08+	03:48+	03:06+	03:58+	04:27+	05:24+	01:37+	01:14+		
09:48@	01:20&	01:56&	00:26&	01:02&	01:01&	00:59&	01:56&	01:25&	00:36&	00:34&		
22	Jan Erik Rasmussen	51										46:40
06:40+	11:40+	16:51+	18:52+	23:48+	28:13+	33:00+	36:57+	43:38+	45:23+	46:40+		
06:40+	05:00+	05:11+	02:01+	04:56+	04:25+	04:47+	03:57+	06:41+	01:45+	01:17+		
03:23@	02:22&	02:29&	01:19@	02:10&	02:20@	01:48&	01:26&	02:42&	00:44&	00:37&		
23	Per Marthon Mæland	5										48:25
05:42+	08:39+	12:19+	13:05+	20:24+	23:05+	26:54+	30:16+	45:44+	47:15+	48:25+		
05:42+	02:57+	03:40+	00:46+	07:19+	02:41+	03:49+	03:22+	15:28+	01:31+	01:10+		
02:25&	00:19#	00:58&	00:04+	04:33@	00:36&	00:50&	00:51&	11:29@	00:30&	00:30&		
24	John Øgreid	27										49:10
05:31+	10:50+	16:30+	17:49+	25:20+	28:58+	33:50+	38:05+	45:35+	47:33+	49:10+		
05:31+	05:19+	05:40+	01:19+	07:31+	03:38+	04:52+	04:15+	07:30+	01:58+	01:37+		
02:14&	02:41@	02:58@	00:37&	04:45@	01:33&	01:53&	01:44&	03:31&	00:57&	00:57@		
25	Arild Svihus	92										50:58
06:18+	11:31+	18:21+	19:18+	24:18+	29:23+	34:42+	38:56+	46:47+	49:08+	50:58+		
06:18+	05:13+	06:50+	00:57+	05:00+	05:05+	05:19+	04:14+	07:51+	02:21+	01:50+		
03:01&	02:35&	04:08@	00:15&	02:14&	03:00@	02:20&	01:43&	03:52&	01:20@	01:10@		
26	Jon Grepstad	111										54:12
07:06+	11:35+	18:44+	19:38+	27:33+	31:20+	37:21+	41:39+	49:45+	52:17+	54:12+		
07:06+	04:29+	07:09+	00:54+	07:55+	03:47+	06:01+	04:18+	08:06+	02:32+	01:55+		
03:49@	01:51&	04:27@	00:12&	05:09@	01:42&	03:02@	01:47&	04:07@	01:31@	01:15@		
27	Stephen Colgrave	43										55:59
09:47+	12:14+	21:24+	22:12+	25:59+	31:47+	37:53+	43:59+	53:01+	54:50+	55:59+		
09:47+	02:27-	09:10+	00:48+	03:47+	05:48+	06:06+	06:06+	09:02+	01:49+	01:09+		
06:30@	00:11-	06:28@	00:06#	01:01&	03:43@	03:07@	03:35@	05:03@	00:48&	00:29&		
28	Lars Salvesen	50										56:45
05:31+	12:13+	24:34+	25:18+	29:25+	33:23+	37:41+	44:37+	54:05+	55:32+	56:45+		
05:31+	06:42+	12:21+	00:44+	04:07+	03:58+	04:18+	06:56+	09:28+	01:27+	01:13+		
02:14&	04:04@	09:39@	00:02+	01:21&	01:53&	01:19&	04:25@	05:29@	00:26&	00:33&		
29	Audun Sjøen	111										56:54
06:50+	12:40+	25:10+	26:30+	30:45+	34:39+	40:26+	46:53+	53:30+	55:34+	56:54+		
06:50+	05:50+	12:30+	01:20+	04:15+	03:54+	05:47+	06:27+	06:37+	02:04+	01:20+		
03:33@	03:12@	09:48@	00:38&	01:29&	01:49&	02:48&	03:56@	02:38&	01:03@	00:40&		
30	Arne Hope	43										59:20
05:04+	11:40+	16:41+	18:21+	27:57+	30:55+	35:43+	40:37+	56:28+	58:00+	59:20+		
05:04+	06:36+	05:01+	01:40+	09:36+	02:58+	04:48+	04:54+	15:51+	01:32+	01:20+		
01:47&	03:58@	02:19&	00:58@	06:50@	00:53&	01:49&	02:23&	11:52@	00:31&	00:40&		
31	John Thorsnæs	51										59:32
06:26+	09:14+	16:25+	17:06+	23:15+	27:27+	33:19+	38:20+	56:35+	58:13+	59:32+		
06:26+	02:48+	07:11+	00:41-	06:09+	04:12+	05:52+	05:01+	18:15+	01:38+	01:19+		
03:09&	00:10+	04:29@	00:01-	03:23@	02:07@	02:53&	02:30&	14:16@	00:37&	00:39&		
32	Steinar Aase	268										1:05:28
07:20+	13:39+	20:54+	21:55+	27:38+	32:28+	38:17+	53:16+	61:48+	64:04+	65:28+		
07:20+	06:19+	07:15+	01:01+	05:43+	04:50+	05:49+	14:59+	08:32+	02:16+	01:24+		
04:03@	03:41@	04:33@	00:19&	02:57@	02:45@	02:50&	12:28@	04:33@	01:15@	00:44@		
33	Svein Inge Sævereid	126										1:07:58
08:46+	18:35+	26:52+	28:37+	34:15+	41:27+	47:06+	53:35+	63:32+	66:00+	67:58+		
08:46+	09:49+	08:17+	01:45+	05:38+	07:12+	05:39+	06:29+	09:57+	02:28+	01:58+		
05:29@	07:11@	05:35@	01:03@	02:52@	05:07@	02:40&	03:58@	05:58@	01:27@	01:18@		

Class	Navn	Klasse										Tid
34	Steinar Polden Sæverud	109										1:15:11
08:32+	32:21+	36:37+	37:38+	41:12+	44:04+	48:19+	53:11+	72:33+	74:10+	75:11+		
08:32+	23:49+	04:16+	01:01+	03:34+	02:52+	04:15+	04:52+	19:22+	01:37+	01:01+		
05:15@	21:11@	01:34&	00:19&	00:48&	00:47&	01:16&	02:21&	15:23@	00:36&	00:21&		
35	Per Bakken	5										1:18:36
23:06+	28:00+	34:54+	36:01+	42:39+	46:56+	52:52+	66:59+	75:10+	77:16+	78:36+		
23:06+	04:54+	06:54+	01:07+	06:38+	04:17+	05:56+	14:07+	08:11+	02:06+	01:20+		
19:49@	02:16&	04:12@	00:25&	03:52@	02:12@	02:57&	11:36@	04:12@	01:05@	00:40&		
36	Alf Inge Jåtten	63										1:35:53
07:11+	11:11+	20:18+	21:40+	44:24+	49:30+	69:12+	75:18+	89:37+	93:50+	95:53+		
07:11+	04:00+	09:07+	01:22+	22:44+	05:06+	19:42+	06:06+	14:19+	04:13+	02:03+		
03:54@	01:22&	06:25@	00:40&	19:58@	03:01@	16:43@	03:35@	10:20@	03:12@	01:23@		
37	Inge Grødem	92										1:49:17
08:32+	16:02+	35:25+	37:04+	42:32+	48:27+	57:11+	62:21+	104:10+	107:10+	109:17+		
08:32+	07:30+	19:23+	01:39+	05:28+	05:55+	08:44+	05:10+	41:49+	03:00+	02:07+		
05:15@	04:52@	16:41@	00:57@	02:42&	03:50@	05:45@	02:39@	37:50@	01:59@	01:27@		
Beste strekktid for klassen												
03:17	02:07	02:42	00:22	02:46	02:02	02:59	02:18	03:59	01:01	00:40		

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