

Plass Navn

Klasse

Tid

## Damer 16 - 39 år

<b>1</b>	<b>Katrine Haaland Leveraas</b>	<b>54</b>	<b>32:18</b>											
01:34=	03:52=	05:08=	06:08=	08:20=	10:31=	11:52=	16:52=	19:57=	23:20=	27:34=	29:11=	30:08=	31:22=	32:18=
01:34=	02:18=	01:16=	01:00=	02:12=	02:11=	01:21=	05:00=	03:05=	03:23=	04:14=	01:37=	00:57=	01:14=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>32:23</b>											
01:12=	02:57=	04:33=	05:44=	08:08=	09:57=	11:26=	15:30=	18:10=	21:52=	26:41=	28:41=	30:01=	31:14=	32:23=
01:12=	01:45=	01:36+	01:11+	02:24+	01:49=	01:29+	04:04=	02:40=	03:42+	04:49+	02:00+	01:20+	01:13=	01:09+
00:22=	00:33=	00:20&	00:11#	00:12+	00:22=	00:08+	00:56=	00:25=	00:19+	00:35#	00:23#	00:23&	00:01=	00:13#
<b>3</b>	<b>Marie Lunde</b>	<b>43</b>	<b>33:52</b>											
01:25=	03:18=	04:51=	05:39=	07:47=	10:15=	11:40=	16:42=	19:21=	22:37=	28:13+	30:17+	31:28+	32:49+	33:52+
01:25=	01:53=	01:33+	00:48=	02:08=	02:28+	01:25+	05:02+	02:39=	03:16=	05:36+	02:04+	01:11+	01:21+	01:03+
00:09=	00:25=	00:17#	00:12=	00:04=	00:17#	00:04+	00:02+	00:26=	00:07=	01:22&	00:27&	00:14#	00:07+	00:07#
<b>4</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>35:23</b>											
01:37+	04:22+	05:58+	07:14+	09:34+	11:56+	13:20+	17:37+	19:54=	23:44+	29:03+	31:00+	32:32+	34:11+	35:23+
01:37+	02:45+	01:36+	01:16+	02:20+	02:22+	01:24+	04:17=	02:17=	03:50+	05:19+	01:57+	01:32+	01:39+	01:12+
00:03+	00:27#	00:20&	00:16&	00:08+	00:11+	00:03+	00:43=	00:48=	00:27#	01:05&	00:20#	00:35&	00:25&	00:16&
<b>5</b>	<b>Mette Baardsgaard</b>	<b>93</b>	<b>35:35</b>											
01:43+	04:12+	05:40+	07:21+	09:27+	12:00+	13:48+	18:30+	20:46+	24:14+	29:21+	31:57+	33:14+	34:27+	35:35+
01:43+	02:29+	01:28+	01:41+	02:06=	02:33+	01:48+	04:42=	02:16=	03:28+	05:07+	02:36+	01:17+	01:13=	01:08+
00:09+	00:11+	00:12#	00:41&	00:06=	00:22#	00:27&	00:18=	00:49=	00:05+	00:53#	00:59&	00:20&	00:01=	00:12#
<b>6</b>	<b>Rønnaug Egeland</b>	<b>93</b>	<b>36:58</b>											
01:12=	03:33=	05:11+	06:16+	08:21+	10:54+	12:29+	19:12+	21:52+	25:13+	30:18+	32:38+	34:09+	35:48+	36:58+
01:12=	02:21+	01:38+	01:05+	02:05=	02:33+	01:35+	06:43+	02:40=	03:21=	05:05+	02:20+	01:31+	01:39+	01:10+
00:22=	00:03+	00:22&	00:05+	00:07=	00:22#	00:14#	01:43&	00:25=	00:02=	00:51#	00:43&	00:34&	00:25&	00:14#
<b>7</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>40:03</b>											
01:58+	04:05+	05:37+	06:58+	09:32+	11:36+	15:21+	19:59+	24:39+	28:12+	34:24+	36:27+	37:39+	39:03+	40:03+
01:58+	02:07=	01:32+	01:21+	02:34+	02:04=	03:45+	04:38=	04:40+	03:33+	06:12+	02:03+	01:12+	01:24+	01:00+
00:24&	00:11=	00:16#	00:21&	00:22#	00:07=	02:24@	00:22=	01:35&	00:10+	01:58&	00:26&	00:15&	00:10#	00:04+
<b>8</b>	<b>Ann Torill Bakken</b>	<b>116</b>	<b>40:24</b>											
01:59+	03:53+	05:46+	06:47+	09:36+	12:21+	13:51+	19:17+	24:14+	28:17+	33:44+	36:16+	37:39+	39:20+	40:24+
01:59+	01:54=	01:53+	01:01+	02:49+	02:45+	01:30+	05:26+	04:57+	04:03+	05:27+	02:32+	01:23+	01:41+	01:04+
00:25&	00:24=	00:37&	00:01+	00:37&	00:34&	00:09#	00:26+	01:52&	00:40#	01:13&	00:55&	00:26&	00:27&	00:08#
<b>9</b>	<b>Hege Bakken</b>	<b>93</b>	<b>45:09</b>											
02:51+	04:54+	06:48+	09:05+	11:42+	14:38+	17:43+	23:01+	25:35+	32:38+	38:06+	40:46+	42:15+	44:04+	45:09+
02:51+	02:03=	01:54+	02:17+	02:37+	02:56+	03:05+	05:18+	02:34=	07:03+	05:28+	02:40+	01:29+	01:49+	01:05+
01:17&	00:15=	00:38&	01:17@	00:25#	00:45&	01:44@	00:18+	00:31=	03:40@	01:14&	01:03&	00:32&	00:35&	00:09#
<b>10</b>	<b>Hanne Thu</b>	<b>18</b>	<b>48:02</b>											
12:23+	15:06+	16:59+	18:06+	20:50+	23:24+	25:08+	29:56+	32:39+	36:01+	41:26+	44:01+	45:21+	46:44+	48:02+
12:23+	02:43+	01:53+	01:07+	02:44+	02:34+	01:44+	04:48=	02:43=	03:22=	05:25+	02:35+	01:20+	01:23+	01:18+
10:49@	00:25#	00:37&	00:07#	00:32#	00:23#	00:23&	00:12=	00:22=	00:01=	01:11&	00:58&	00:23&	00:09#	00:22&
<b>11</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>	<b>54:35</b>											
01:54+	04:51+	07:28+	09:02+	12:08+	15:25+	17:57+	25:48+	31:44+	36:43+	45:45+	48:42+	50:47+	53:08+	54:35+
01:54+	02:57+	02:37+	01:34+	03:06+	03:17+	02:32+	07:51+	05:56+	04:59+	09:02+	02:57+	02:05+	02:21+	01:27+
00:20#	00:39&	01:21@	00:34&	00:54&	01:06&	01:11&	02:51&	02:51&	01:36&	04:48@	01:20&	01:08@	01:07&	00:31&

## Beste strekktid for klassen

01:12 01:45 01:16 00:48 02:05 01:49 01:21 04:04 02:16 03:16 04:14 01:37 00:57 01:13 00:56

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

## Damer 40 - 49 år

<b>1</b>	<b>Ida K. Kolstø</b>	<b>29</b>	<b>33:42</b>										
01:12=	03:49=	06:10=	08:30=	11:02=	14:42=	17:26=	20:54=	23:14=	25:47=	29:49=	31:13=	32:46=	33:42=
01:12=	02:37=	02:21=	02:20=	02:32=	03:40=	02:44=	03:28=	02:20=	02:33=	04:02=	01:24=	01:33=	00:56=
00:00=	00:00=	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
<b>2</b>	<b>Kari Sjursen</b>	<b>117</b>											<b>37:21</b>
01:03-	03:35-	06:35+	08:54+	10:44-	16:29+	19:49+	23:23+	26:26+	28:33+	32:37+	34:35+	36:19+	37:21+
01:03-	02:32-	03:00+	02:19-	01:50-	05:45+	03:20+	03:34+	03:03+	02:07-	04:04+	01:58+	01:44+	01:02+
00:09-	00:05-	00:39&	00:01-	00:42-	02:05&	00:36#	00:06+	00:43&	00:26-	00:02+	00:34&	00:11#	00:06#
<b>3</b>	<b>Heidi Martby</b>	<b>88</b>											<b>40:16</b>
02:04+	04:43+	07:58+	10:10+	11:55+	17:10+	20:22+	24:01+	26:19+	31:03+	35:16+	37:24+	39:15+	40:16+
02:04+	02:39+	03:15+	02:12-	01:45-	05:15+	03:12+	03:39+	02:18-	04:44+	04:13+	02:08+	01:51+	01:01+
00:52&	00:02+	00:54&	00:08-	00:47-	01:35&	00:28#	00:11+	00:02-	02:11&	00:11+	00:44&	00:18#	00:05+
<b>4</b>	<b>Nina Svensen</b>	<b>2</b>											<b>45:44</b>
01:33+	04:10+	07:03+	09:51+	12:48+	17:27+	23:07+	28:02+	31:47+	35:37+	40:16+	42:17+	44:22+	45:44+
01:33+	02:37#	02:53+	02:48+	02:57+	04:39+	05:40+	04:55+	03:45+	03:50+	04:39+	02:01+	02:05+	01:22+
00:21&	00:00#	00:32#	00:25#	00:59&	02:56@	01:27&	01:25&	01:17&	00:37#	00:37&	00:32&	00:26&	
<b>Beste strekktid for klassen</b>													
01:03	02:32	02:21	02:12	01:45	03:40	02:44	03:28	02:18	02:07	04:02	01:24	01:33	00:56

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

## Damer 50 - 59 år

<b>1</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>											<b>35:52</b>
01:10=	03:33=	05:48=	07:42=	10:02=	14:17=	17:20=	20:38=	22:49=	25:28=	29:31=	32:02=	34:36=	35:52=
01:10=	02:23=	02:15=	01:54=	02:20=	04:15=	03:03=	03:18=	02:11=	02:39=	04:03=	02:31=	02:34=	01:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ragnhild Auglænd</b>	<b>62</b>											<b>36:37</b>
01:20+	04:05+	06:26+	08:33+	10:30+	15:12+	18:50+	22:45+	25:12+	27:44+	31:58+	33:40+	35:22+	36:37+
01:20+	02:45+	02:21+	02:07+	01:57-	04:42+	03:38+	03:55+	02:27+	02:32-	04:14+	01:42-	01:42-	01:15-
00:10#	00:22#	00:06+	00:13#	00:23-	00:27#	00:35#	00:37#	00:16#	00:07-	00:11+	00:49-	00:52-	00:01-
<b>3</b>	<b>Gerd Olaug Vikeså</b>	<b>101</b>											<b>37:15</b>
01:17+	03:52+	06:14+	08:24+	11:57+	16:21+	18:54+	23:31+	25:49+	28:28+	32:33+	34:00+	36:10+	37:15+
01:17+	02:35+	02:22+	02:10+	03:33+	04:24+	02:33-	04:37+	02:18+	02:39=	04:05+	01:27-	02:10-	01:05-
00:07#	00:12+	00:07+	00:16#	01:13&	00:09+	00:30-	01:19&	00:07+	00:00=	00:02+	01:04-	00:24-	00:11-
<b>4</b>	<b>Kristin Skadsem</b>	<b>18</b>											<b>37:41</b>
01:15+	03:52+	06:20+	08:18+	10:05+	15:14+	18:00+	21:42+	23:59+	28:56+	33:06+	34:40+	36:22+	37:41+
01:15+	02:37+	02:28+	01:58+	01:47-	05:09+	02:46-	03:42+	02:17+	04:57+	04:10+	01:34-	01:42-	01:19+
00:05+	00:14+	00:13+	00:04+	00:33-	00:54#	00:17-	00:24#	00:06+	02:18&	00:07+	00:57-	00:52-	00:03+
<b>5</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>											<b>40:17</b>
01:22+	04:01+	06:44+	09:13+	11:37+	16:36+	19:12+	23:23+	26:11+	29:35+	34:50+	36:44+	38:57+	40:17+
01:22+	02:39+	02:43+	02:29+	02:24+	04:59+	02:36-	04:11+	02:48+	03:24+	05:15+	01:54-	02:13-	01:20+
00:12#	00:16#	00:28#	00:35&	00:04+	00:44#	00:27-	00:53&	00:37&	00:45&	01:12&	00:37-	00:21-	00:04+
<b>6</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>											<b>40:20</b>
02:50+	05:23+	07:50+	10:22+	12:19+	17:21+	20:49+	24:46+	27:18+	30:12+	34:21+	36:25+	39:03+	40:20+
02:50+	02:33+	02:27+	02:32+	01:57-	05:02+	03:28+	03:57+	02:32+	02:54+	04:09+	02:04-	02:38+	01:17+
01:40@	00:10+	00:12+	00:38&	00:23-	00:47#	00:25+	00:39#	00:21#	00:15+	00:06+	00:27-	00:04+	00:01+
<b>7</b>	<b>Tone Cecilie Nystrom</b>	<b>68</b>											<b>40:42</b>
01:33+	04:31+	07:22+	09:44+	12:39+	17:21+	20:05+	24:14+	26:49+	30:11+	35:04+	36:53+	39:02+	40:42+
01:33+	02:58+	02:51+	02:22+	02:55+	04:42+	02:44-	04:09+	02:35+	03:22+	04:53+	01:49-	02:09-	01:40+
00:23&	00:35#	00:36&	00:28#	00:35#	00:27#	00:19-	00:51&	00:24#	00:43&	00:50#	00:42-	00:25-	00:24&
<b>8</b>	<b>Siv Skretting</b>	<b>93</b>											<b>40:46</b>
01:16+	04:20+	07:28+	09:47+	12:10+	16:55+	20:58+	25:11+	28:08+	30:57+	35:24+	37:34+	39:17+	40:46+
01:16+	03:04+	03:08+	02:19+	02:23+	04:45+	04:03+	04:13+	02:57+	02:49+	04:27+	02:10-	01:43-	01:29+
00:06+	00:41&	00:53&	00:25#	00:03+	00:30#	01:00&	00:55&	00:46&	00:10+	00:24+	00:21-	00:51-	00:13#
<b>9</b>	<b>Liv Margot Sviland</b>	<b>54</b>											<b>41:45</b>
01:34+	04:13+	07:21+	09:30+	12:38+	17:19+	20:28+	24:41+	28:33+	31:48+	35:59+	38:19+	40:28+	41:45+
01:34+	02:39+	03:08+	02:09+	03:08+	04:41+	03:09+	04:13+	03:52+	03:15+	04:11+	02:20-	02:09-	01:17+
00:24&	00:16#	00:53&	00:15#	00:48&	00:26#	00:06+	00:55&	01:41&	00:36#	00:08+	00:11-	00:25-	00:01+
<b>10</b>	<b>Gunn J. Grefstad</b>	<b>2</b>											<b>43:48</b>
01:48+	04:08+	07:20+	09:52+	12:17+	16:51+	25:23+	29:25+	31:49+	34:31+	38:52+	40:33+	42:26+	43:48+
01:48+	02:20-	03:12+	02:32+	02:25+	04:34+	08:32+	04:02+	02:24+	02:42+	04:21+	01:41-	01:53-	01:22+
00:38&	00:03-	00:57&	00:38&	00:05+	00:19+	05:29@	00:44#	00:13+	00:03+	00:18+	00:50-	00:41-	00:06+

Class	Navn	Klasse										Tid	
<b>11</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>46:27</b>	
01:36+	04:34+	07:25+	10:48+	13:14+	18:04+	20:58+	25:25+	28:26+	33:06+	37:33+	42:57+	45:08+	46:27+
01:36+	02:58+	02:51+	03:23+	02:26+	04:50+	02:54+	04:27+	03:01+	04:40+	04:27+	05:24+	02:11-	01:19+
00:26&	00:35#	00:36&	01:29&	00:06+	00:35#	00:09-	01:09&	00:50&	02:01&	00:24+	02:53@	00:23-	00:03+
<b>12</b>	<b>Eli Tjåland Stokka</b>	<b>94</b>										<b>50:28</b>	
01:37+	05:22+	09:21+	13:22+	16:10+	22:40+	26:37+	31:44+	34:49+	38:13+	44:02+	46:12+	48:50+	50:28+
01:37+	03:45+	03:59+	04:01+	02:48+	06:30+	03:57+	05:07+	03:05+	03:24+	05:49+	02:10-	02:38+	01:38+
00:27&	01:22&	01:44&	02:07@	00:28#	02:15&	00:54&	01:49&	00:54&	00:45&	01:46&	00:21-	00:04+	00:22&
<b>13</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>50:44</b>	
02:10+	05:31+	08:59+	11:38+	16:04+	21:31+	26:02+	31:50+	35:06+	38:34+	44:15+	46:34+	49:12+	50:44+
02:10+	03:21+	03:28+	02:39+	04:26+	05:27+	04:31+	05:48+	03:16+	03:28+	05:41+	02:19-	02:38+	01:32+
01:00&	00:58&	01:13&	00:45&	02:06&	01:12&	01:28&	02:30&	01:05&	00:49&	01:38&	00:12-	00:04+	00:16#
<b>14</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>50:55</b>	
01:21+	04:54+	08:21+	11:07+	13:43+	18:33+	23:53+	32:33+	35:24+	39:20+	43:47+	46:28+	48:57+	50:55+
01:21+	03:33+	03:27+	02:46+	02:36+	04:50+	05:20+	08:40+	02:51+	03:56+	04:27+	02:41+	02:29-	01:58+
00:11#	01:10&	01:12&	00:52&	00:16#	00:35#	02:17&	05:22@	00:40&	01:17&	00:24+	00:10+	00:05-	00:42&
<b>15</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>55:18</b>	
01:32+	05:44+	10:30+	13:25+	16:50+	22:38+	27:03+	32:39+	35:51+	39:50+	49:13+	51:16+	53:53+	55:18+
01:32+	04:12+	04:46+	02:55+	03:25+	05:48+	04:25+	05:36+	03:12+	03:59+	09:23+	02:03-	02:37+	01:25+
00:22&	01:49&	02:31@	01:01&	01:05&	01:33&	01:22&	02:18&	01:01&	01:20&	05:20@	00:28-	00:03+	00:09#
<b>16</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:05:10</b>	
07:17+	11:41+	20:03+	25:27+	28:24+	34:24+	38:01+	43:45+	46:45+	50:27+	55:36+	60:15+	63:28+	65:10+
07:17+	04:24+	08:22+	05:24+	02:57+	06:00+	03:37+	05:44+	03:00+	03:42+	05:09+	04:39+	03:13+	01:42+
06:07@	02:01&	06:07@	03:30@	00:37&	01:45&	00:34#	02:26&	00:49&	01:03&	01:06&	02:08&	00:39&	00:26&
<b>17</b>	<b>Synnøve Westermoen</b>	<b>116</b>										<b>1:07:35</b>	
01:40+	04:59+	08:28+	11:29+	24:12+	33:28+	37:03+	46:24+	49:25+	54:07+	58:32+	63:54+	66:09+	67:35+
01:40+	03:19+	03:29+	03:01+	12:43+	09:16+	03:35+	09:21+	03:01+	04:42+	04:25+	05:22+	02:15-	01:26+
00:30&	00:56&	01:14&	01:07&	10:23@	05:01@	00:32#	06:03@	00:50&	02:03&	00:22+	02:51@	00:19-	00:10#
<b>18</b>	<b>Siri Bjerkreim Hamre</b>	<b>93</b>										<b>1:14:45</b>	
01:47+	11:32+	18:43+	30:33+	39:17+	45:29+	51:28+	56:45+	59:58+	63:15+	68:00+	70:28+	73:08+	74:45+
01:47+	09:45+	07:11+	11:50+	08:44+	06:12+	05:59+	05:17+	03:13+	03:17+	04:45+	02:28-	02:40+	01:37+
00:37&	07:22@	04:56@	09:56@	06:24@	01:57&	02:56&	01:59&	01:02&	00:38#	00:42#	00:03-	00:06+	00:21&
<b>Beste strekktid for klassen</b>													
01:10	02:20	02:15	01:54	01:47	04:15	02:33	03:18	02:11	02:32	04:03	01:27	01:42	01:05

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

## Damer 60 - 64 år

<b>1</b>	<b>Hanne-Keth Qvale</b>	<b>113</b>										<b>35:06</b>	
02:52=	05:21=	07:58=	09:36=	13:43=	15:40=	19:00=	21:36=	24:19=	26:57=	28:17=	30:39=	33:53=	35:06=
02:52=	02:29=	02:37=	01:38=	04:07=	01:57=	03:20=	02:36=	02:43=	02:38=	01:20=	02:22=	03:14=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>35:38</b>	
03:04+	05:40+	08:45+	10:09+	14:18+	16:24+	19:25+	22:02+	25:19+	27:23+	29:10+	31:36+	34:19+	35:38+
03:04+	02:36+	03:05+	01:24-	04:09+	02:06+	03:01-	02:37+	03:17+	02:04-	01:47+	02:26+	02:43-	01:19+
00:12+	00:07+	00:28#	00:14-	00:02+	00:09+	00:19-	00:01+	00:34#	00:34-	00:27&	00:04+	00:31-	00:06+
<b>3</b>	<b>Ingrid Eik</b>	<b>88</b>										<b>38:34</b>	
03:11+	05:48+	08:40+	10:20+	14:33+	16:54+	20:45+	23:23+	28:50+	30:56+	32:25+	35:04+	37:30+	38:34+
03:11+	02:37+	02:52+	01:40+	04:13+	02:21+	03:51+	02:38+	05:27+	02:06-	01:29+	02:39+	02:26-	01:04-
00:19#	00:08+	00:15+	00:02+	00:06+	00:24#	00:31#	00:02+	02:44@	00:32-	00:09#	00:17#	00:48-	00:09-
<b>4</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>39:20</b>	
03:02+	05:50+	08:34+	10:22+	15:00+	17:23+	20:54+	23:57+	27:28+	29:40+	31:45+	34:58+	38:05+	39:20+
03:02+	02:48+	02:44+	01:48+	04:38+	02:23+	03:31+	03:03+	03:31+	02:12-	02:05+	03:13+	03:07-	01:15+
00:10+	00:19#	00:07+	00:10#	00:31#	00:26#	00:11+	00:27#	00:48&	00:26-	00:45&	00:51&	00:07-	00:02+
<b>5</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>39:37</b>	
02:58+	06:10+	09:18+	11:06+	15:56+	18:41+	22:19+	25:15+	28:52+	31:03+	32:55+	35:37+	38:21+	39:37+
02:58+	03:12+	03:08+	01:48+	04:50+	02:45+	03:38+	02:56+	03:37+	02:11-	01:52+	02:42+	02:44-	01:16+
00:06+	00:43&	00:31#	00:10#	00:43#	00:48&	00:18+	00:20#	00:54&	00:27-	00:32&	00:20#	00:30-	00:03+

Class	Navn	Klasse												Tid
<b>6</b>	<b>Olaug Mydland</b>	<b>29</b>												<b>41:36</b>
03:09+	05:43+	09:39+	11:25+	17:35+	20:08+	23:26+	26:09+	30:29+	33:23+	35:03+	37:35+	40:10+	41:36+	
03:09+	02:34+	03:56+	01:46+	06:10+	02:33+	03:18-	02:43+	04:20+	02:54+	01:40+	02:32+	02:35-	01:26+	
00:17+	00:05+	01:19&	00:08+	02:03&	00:36&	00:02-	00:07+	01:37&	00:16#	00:20#	00:10+	00:39-	00:13#	
<b>7</b>	<b>Tove Bjerkreim</b>	<b>105</b>												<b>46:11</b>
03:08+	07:00+	09:43+	11:19+	15:29+	17:26+	22:09+	25:22+	28:27+	30:31+	32:12+	42:56+	45:00+	46:11+	
03:08+	03:52+	02:43+	01:36-	04:10+	01:57=	04:43+	03:13+	03:05+	02:04-	01:41+	10:44+	02:04-	01:11-	
00:16+	01:23&	00:06+	00:02-	00:03+	00:00=	01:23&	00:37#	00:22#	00:34-	00:21&	08:22@	01:10-	00:02-	
<b>8</b>	<b>Kari Blixhavn</b>	<b>228</b>												<b>49:58</b>
03:46+	07:06+	10:47+	12:52+	18:13+	21:08+	25:35+	29:12+	34:05+	36:49+	41:41+	45:01+	48:30+	49:58+	
03:46+	03:20+	03:41+	02:05+	05:21+	02:55+	04:27+	03:37+	04:53+	02:44+	04:52+	03:20+	03:29+	01:28+	
00:54&	00:51&	01:04&	00:27&	01:14&	00:58&	01:07&	01:01&	02:10&	00:06+	03:32@	00:58&	00:15+	00:15#	
<b>9</b>	<b>Ingrid Øxnevad</b>	<b>18</b>												<b>51:29</b>
03:10+	06:11+	09:14+	11:21+	15:43+	17:59+	28:07+	32:45+	36:41+	40:40+	43:08+	47:13+	50:06+	51:29+	
03:10+	03:01+	03:03+	02:07+	04:22+	02:16+	10:08+	04:38+	03:56+	03:59+	02:28+	04:05+	02:53-	01:23+	
00:18#	00:32#	00:26#	00:29&	00:15+	00:19#	06:48@	02:02&	01:13&	01:21&	01:08&	01:43&	00:21-	00:10#	
<b>10</b>	<b>May Elinor Meling</b>	<b>125</b>												<b>54:06</b>
09:04+	17:52+	21:06+	23:04+	27:20+	29:28+	37:17+	39:52+	42:53+	44:53+	46:21+	50:22+	52:51+	54:06+	
09:04+	08:48+	03:14+	01:58+	04:16+	02:08+	07:49+	02:35-	03:01+	02:00-	01:28+	04:01+	02:29-	01:15+	
06:12@	06:19@	00:37#	00:20#	00:09+	00:11+	04:29@	00:01-	00:18#	00:38-	00:08#	01:39&	00:45-	00:02+	
<b>11</b>	<b>Åse Berg</b>	<b>105</b>												<b>55:07</b>
03:35+	07:40+	11:24+	16:09+	22:09+	24:46+	32:05+	35:58+	40:28+	43:51+	46:11+	50:16+	53:30+	55:07+	
03:35+	04:05+	03:44+	04:45+	06:00+	02:37+	07:19+	03:53+	04:30+	03:23+	02:20+	04:05+	03:14=	01:37+	
00:43#	01:36&	01:07&	03:07@	01:53&	00:40&	03:59@	01:17&	01:47&	00:45&	01:00&	01:43&	00:00=	00:24&	
<b>12</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>												<b>55:17</b>
03:42+	07:24+	11:00+	12:55+	18:08+	20:47+	33:26+	36:53+	41:55+	44:55+	47:26+	50:38+	53:57+	55:17+	
03:42+	03:42+	03:36+	01:55+	05:13+	02:39+	12:39+	03:27+	05:02+	03:00+	02:31+	03:12+	03:19+	01:20+	
00:50&	01:13&	00:59&	00:17#	01:06&	00:42&	09:19@	00:51&	02:19&	00:22#	01:11&	00:50&	00:05+	00:07+	
<b>13</b>	<b>Ellinor Nesse</b>	<b>116</b>												<b>1:01:45</b>
07:42+	12:04+	15:17+	17:16+	21:49+	25:15+	31:17+	34:28+	38:00+	41:05+	54:07+	57:15+	60:11+	61:45+	
07:42+	04:22+	03:13+	01:59+	04:33+	03:26+	06:02+	03:11+	03:32+	03:05+	13:02+	03:08+	02:56-	01:34+	
04:50@	01:53&	00:36#	00:21#	00:26#	01:29&	02:42&	00:35#	00:49&	00:27#	11:42@	00:46&	00:18-	00:21&	
<b>Beste strekktid for klassen</b>														
	02:52	02:29	02:37	01:24	04:07	01:57	03:01	02:35	02:43	02:00	01:20	02:22	02:04	01:04

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

## Damer 65 - 69 år

<b>1</b>	<b>Mette Dagsland</b>	<b>68</b>												<b>46:46</b>
02:39=	05:53=	08:50=	10:24=	15:27=	21:19=	26:20=	31:26=	34:56=	36:51=	39:01=	42:58=	45:33=	46:46=	
02:39=	03:14=	02:57=	01:34=	05:03=	05:52=	05:01=	05:06=	03:30=	01:55=	02:10=	03:57=	02:35=	01:13=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Halldis Handeland</b>	<b>92</b>												<b>48:24</b>
03:50+	08:27+	12:02+	13:55+	19:12+	21:39+	26:00-	29:39-	34:44-	38:06+	40:37+	43:51+	47:03+	48:24+	
03:50+	04:37+	03:35+	01:53+	05:17+	02:27-	04:21-	03:39-	05:05+	03:22+	02:31+	03:14-	03:12+	01:21+	
01:11&	01:23&	00:38#	00:19#	00:14+	03:25-	00:40-	01:27-	01:35&	01:27&	00:21#	00:43-	00:37#	00:08#	
<b>3</b>	<b>Berit Gramstad</b>	<b>113</b>												<b>1:05:35</b>
13:01+	16:12+	20:16+	22:25+	28:07+	31:15+	35:30+	39:09+	43:49+	47:46+	50:42+	60:50+	64:03+	65:35+	
13:01+	03:11-	04:04+	02:09+	05:42+	03:08-	04:15-	03:39-	04:40+	03:57+	02:56+	10:08+	03:13+	01:32+	
10:22@	00:03-	01:07&	00:35&	00:39#	02:44-	00:46-	01:27-	01:10&	02:02@	00:46&	06:11@	00:38#	00:19&	
<b>Beste strekktid for klassen</b>														
	02:39	03:11	02:57	01:34	05:03	02:27	04:15	03:39	03:30	01:55	02:10	03:14	02:35	01:13

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

## Damer 70 - 74 år

Class	Navn	Klasse													Tid
<b>1</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>													<b>58:37</b>
	05:56=	09:14=	13:12=	15:20=	21:10=	24:10=	28:25=	32:09=	36:51=	40:40=	43:38=	53:43=	57:04=	58:37=	
	05:56=	03:18=	03:58=	02:08=	05:50=	03:00=	04:15=	03:44=	04:42=	03:49=	02:58=	10:05=	03:21=	01:33=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Synnøva Gausel</b>	<b>115</b>													<b>1:00:30</b>
	04:03-	09:40+	15:02+	17:42+	23:18+	26:17+	30:31+	34:27+	38:54+	42:35+	45:35+	55:46+	58:57+	60:30+	
	04:03-	05:37+	05:22+	02:40+	05:36-	02:59-	04:14-	03:56+	04:27-	03:41-	03:00+	10:11+	03:11-	01:33=	
	01:53-	02:19&	01:24&	00:32#	00:14-	00:01-	00:01-	00:12+	00:15-	00:08-	00:02+	00:06+	00:10-	00:00=	

Beste strekktid for klassen														
04:03	03:18	03:58	02:08	05:36	02:59	04:14	03:44	04:27	03:41	02:58	10:05	03:11	01:33	

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

## Damer 75 - 79 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>													<b>38:55</b>
	03:18=	06:06=	09:27=	11:22=	15:46=	18:03=	21:49=	24:53=	28:39=	30:50=	32:36=	35:21=	37:45=	38:55=	
	03:18=	02:48=	03:21=	01:55=	04:24=	02:17=	03:46=	03:04=	03:46=	02:11=	01:46=	02:45=	02:24=	01:10=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>													<b>44:00</b>
	03:12-	06:26+	09:13-	10:56-	15:35-	18:00-	21:45-	28:14+	32:18+	34:24+	36:00+	38:36+	42:49+	44:00+	
	03:12-	03:14+	02:47-	01:43-	04:39+	02:25+	03:45-	06:29+	04:04+	02:06-	01:36-	02:36-	04:13+	01:11+	
	00:06-	00:26#	00:34-	00:12-	00:15+	00:08+	00:01-	03:25@	00:18+	00:05-	00:10-	00:09-	01:49&	00:01+	

<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>													<b>48:07</b>
	03:45+	07:26+	12:03+	13:58+	19:29+	22:10+	25:45+	29:04+	33:38+	36:31+	38:30+	41:43+	46:40+	48:07+	
	03:45+	03:41+	04:37+	01:55=	05:31+	02:41+	03:35-	03:19+	04:34+	02:53+	01:59+	03:13+	04:57+	01:27+	
	00:27#	00:53&	01:16&	00:00=	01:07&	00:24#	00:11-	00:15+	00:48#	00:42&	00:13#	00:28#	02:33@	00:17#	

<b>4</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>													<b>1:05:34</b>
	04:46+	10:21+	14:57+	17:17+	24:25+	28:14+	34:05+	38:46+	44:09+	49:40+	52:58+	59:59+	63:53+	65:34+	
	04:46+	05:35+	04:36+	02:20+	07:08+	03:49+	05:51+	04:41+	05:23+	05:31+	03:18+	07:01+	03:54+	01:41+	
	01:28&	02:47&	01:15&	00:25#	02:44&	01:32&	02:05&	01:37&	01:37&	03:20@	01:32&	04:16@	01:30&	00:31&	

Beste strekktid for klassen														
03:12	02:48	02:47	01:43	04:24	02:17	03:35	03:04	03:46	02:06	01:36	02:36	02:24	01:10	

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>													<b>57:48</b>
	01:11=	03:24=	07:57=	18:25=	23:15=	31:57=	36:33=	41:26=	46:27=	50:03=	54:34=	57:48=			
	01:11=	02:13=	04:33=	10:28=	04:50=	08:42=	04:36=	04:53=	05:01=	03:36=	04:31=	03:14=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Beste strekktid for klassen														
01:11	02:13	04:33	10:28	04:50	08:42	04:36	04:53	05:01	03:36	04:31	03:14			

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>													<b>30:42</b>
	01:30=	04:47=	06:25=	08:40=	10:41=	12:10=	14:33=	17:12=	18:54=	20:31=	21:14=	22:51=	25:01=	27:03=	
	01:30=	03:17=	01:38=	02:15=	02:01=	01:29=	02:23=	02:39=	01:42=	01:37=	00:43=	01:37=	02:10=	02:02=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Anna Taksdal</b>	<b>194</b>													<b>35:01</b>
	02:19+	06:23+	08:01+	10:18+	13:19+	14:52+	17:16+	20:31+	22:20+	24:11+	24:57+	26:41+	28:56+	31:02+	
	02:19+	04:04+	01:38=	02:17+	03:01+	01:33+	02:24+	03:15+	01:49+	01:51+	00:46+	01:44+	02:15+	02:06+	
	00:49&	00:47#	00:00=	00:02+	01:00&	00:04+	00:01+	00:36#	00:07+	00:14#	00:03+	00:07+	00:05+	00:04+	

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

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

## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>												<b>34:45</b>	
02:53=	03:24=	04:40=	07:22=	09:41=	11:34=	13:57=	16:48=	18:58=	20:14=	21:58=	23:11=	28:33=	30:38=	33:23=	34:45=
02:53=	00:31=	01:16=	02:42=	02:19=	01:53=	02:23=	02:51=	02:10=	01:16=	01:44=	01:13=	05:22=	02:05=	02:45=	01:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Wenche M. Sæbbø</b>	<b>117</b>												<b>35:19</b>	
02:53=	03:18-	04:46+	07:53+	10:09+	12:05+	14:38+	17:58+	20:14+	21:52+	23:35+	24:38+	28:49+	31:06+	33:47+	35:19+
02:53=	00:25-	01:28+	03:07+	02:16-	01:56+	02:33+	03:20+	02:16+	01:38+	01:43-	01:03-	04:11-	02:17+	02:41-	01:32+
00:00=	00:06-	00:12#	00:25#	00:03-	00:03+	00:10+	00:29#	00:06+	00:22&	00:01-	00:10-	01:11-	00:12+	00:04-	00:10#
<b>3</b>	<b>Keth Berggraf</b>	<b>116</b>												<b>40:44</b>	
03:46+	04:11+	05:44+	09:15+	12:16+	14:26+	18:44+	21:52+	24:32+	25:57+	27:44+	29:04+	33:06+	35:47+	39:04+	40:44+
03:46+	00:25-	01:33+	03:31+	03:01+	02:10+	04:18+	03:08+	02:40+	01:25+	01:47+	01:20+	04:02-	02:41+	03:17+	01:40+
00:53&	00:06-	00:17#	00:49&	00:42&	00:17#	01:55&	00:17+	00:30#	00:09#	00:03+	00:07+	01:20-	00:36&	00:32#	00:18#
<b>4</b>	<b>Ingrid W. Hestness</b>	<b>117</b>												<b>41:23</b>	
02:56+	03:33+	05:44+	09:21+	12:49+	15:06+	17:38+	21:01+	23:22+	24:45+	26:35+	28:18+	33:32+	36:24+	39:36+	41:23+
02:56+	00:37+	02:11+	03:37+	03:28+	02:17+	02:32+	03:23+	02:21+	01:23+	01:50+	01:43+	05:14-	02:52+	03:12+	01:47+
00:03+	00:06#	00:55&	00:55&	01:09&	00:24#	00:09+	00:32#	00:11+	00:07+	00:06+	00:30&	00:08-	00:47&	00:27#	00:25&
<b>5</b>	<b>Helen Lomeland</b>	<b>105</b>												<b>43:44</b>	
03:32+	04:04+	05:34+	10:39+	15:59+	18:08+	20:53+	24:38+	26:47+	28:10+	30:28+	31:40+	36:37+	39:14+	42:15+	43:44+
03:32+	00:32+	01:30+	05:05+	05:20+	02:09+	02:45+	03:45+	02:09-	01:23+	02:18+	01:12-	04:57-	02:37+	03:01+	01:29+
00:39#	00:01+	00:14#	02:23&	03:01@	00:16#	00:22#	00:54&	00:01-	00:07+	00:34&	00:01-	00:25-	00:32&	00:16+	00:07+
<b>6</b>	<b>Hilde Nordbø</b>	<b>93</b>												<b>44:56</b>	
03:10+	04:19+	06:05+	10:09+	16:18+	18:45+	21:21+	25:23+	28:05+	29:24+	31:15+	32:44+	37:31+	40:09+	43:15+	44:56+
03:10+	01:09+	01:46+	04:04+	06:09+	02:27+	02:36+	04:02+	02:42+	01:19+	01:51+	01:29+	04:47-	02:38+	03:06+	01:41+
00:17+	00:38@	00:30&	01:22&	03:50@	00:34&	00:13#	01:11&	00:32#	00:03+	00:07+	00:16#	00:35-	00:33&	00:21#	00:19#
<b>7</b>	<b>Ingunn Anda Haug</b>	<b>67</b>												<b>45:23</b>	
03:31+	04:02+	05:44+	09:44+	13:20+	15:39+	18:47+	23:12+	26:10+	28:45+	30:55+	32:26+	36:55+	39:46+	43:32+	45:23+
03:31+	00:31=	01:42+	04:00+	03:36+	02:19+	03:08+	04:25+	02:58+	02:35+	02:10+	01:31+	04:29-	02:51+	03:46+	01:51+
00:38#	00:00=	00:26&	01:18&	00:26#	00:45&	01:34&	00:48&	01:19@	00:26#	00:18#	00:53-	00:46&	01:01&	00:29&	
<b>8</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>												<b>46:15</b>	
03:25+	04:06+	06:08+	09:50+	13:08+	15:43+	18:43+	22:33+	25:13+	26:54+	29:11+	31:38+	38:12+	40:53+	44:14+	46:15+
03:25+	00:41+	02:02+	03:42+	03:18+	02:35+	03:00+	03:50+	02:40+	01:41+	02:17+	02:27+	06:34+	02:41+	03:21+	02:01+
00:32#	00:10&	00:46&	01:00&	00:59&	00:42&	00:37&	00:59&	00:30#	00:25&	00:33&	01:14@	01:12#	00:36&	00:36#	00:39&
<b>9</b>	<b>Vibeke Lamark</b>	<b>46</b>												<b>46:20</b>	
02:45-	03:17-	05:05+	08:38+	13:16+	15:26+	18:06+	21:02+	23:33+	24:50+	30:37+	32:28+	37:37+	42:01+	44:52+	46:20+
02:45-	00:32+	01:48+	03:33+	04:38+	02:10+	02:40+	02:56+	02:31+	01:17+	05:47+	01:51+	05:09-	04:24+	02:51+	01:28+
00:08-	00:01+	00:32&	00:51&	02:19&	00:17#	00:17#	00:05+	00:21#	00:01+	04:03@	00:38&	00:13-	02:19@	00:06+	00:06+
<b>10</b>	<b>Anne Garsrud</b>	<b>90</b>												<b>47:33</b>	
03:06+	03:51+	06:09+	13:52+	19:00+	21:23+	24:06+	27:56+	30:06+	31:17+	33:30+	36:07+	39:31+	42:02+	46:01+	47:33+
03:06+	00:45+	02:18+	07:43+	05:08+	02:23+	02:43+	03:50+	02:10=	01:11-	02:13+	02:37+	03:24-	02:31+	03:59+	01:32+
00:13+	00:14&	01:02&	05:01@	02:49@	00:30&	00:20#	00:59&	00:00=	00:05-	00:29&	01:24@	01:58-	00:26#	01:14&	00:10#

Class	Navn	Klasse	Tid
<b>11</b>	<b>Irene Rummelhoff</b>	<b>116</b>	<b>48:56</b>
03:19+	04:16+	06:04+	12:53+
17:09+	19:34+	23:37+	27:04+
29:43+	31:05+	33:03+	35:25+
40:10+	43:28+	47:05+	48:56+
03:19+	00:57+	01:48+	06:49+
04:16+	02:25+	04:03+	03:27+
02:39+	01:22+	01:58+	02:22+
04:45-	03:18+	03:37+	01:51+
00:26#	00:26&	00:32&	04:07@
01:57&	00:32&	01:40&	00:36#
00:29#	00:06+	00:14#	01:09&
00:37-	01:13&	00:52&	00:29&
<b>12</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>52:43</b>
04:12+	04:48+	06:48+	10:45+
14:47+	19:19+	22:25+	26:44+
29:25+	32:12+	34:24+	36:02+
43:56+	47:30+	50:53+	52:43+
04:12+	00:36+	02:00+	03:57+
04:02+	04:32+	03:06+	04:19+
02:41+	02:47+	02:12+	01:38+
07:54+	03:34+	03:23+	01:50+
01:19&	00:05#	00:44&	01:15&
01:43&	02:39@	00:43&	01:28&
00:31#	01:31@	00:28&	00:25&
02:32&	01:29&	00:38#	00:28&
<b>Beste strekktid for klassen</b>			
02:45	00:25	01:16	02:42
02:16	01:53	02:23	02:51
02:09	01:11	01:43	01:03
03:24	02:05	02:41	01:22

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

## Damer Trim

<b>1</b>	<b>Sigrund Serigstad</b>	<b>128</b>	<b>23:45</b>
01:23=	05:39=	07:25=	10:12=
12:44=	15:11=	17:38=	19:50=
22:34=	23:45=	01:23=	04:16=
01:46=	02:47=	02:32=	02:27=
02:27=	02:27=	02:12=	02:44=
01:11=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Lise Nessa Di Lorenzo</b>	<b>93</b>	<b>24:16</b>
01:09-	04:24-	06:48-	09:32-
11:06-	13:27-	16:14-	19:02-
22:49+	24:16+	01:09-	03:15-
02:24+	02:44-	01:34-	02:21-
02:47+	02:48+	03:47+	01:27+
00:14-	01:01-	00:38&	00:03-
00:58-	00:06-	00:20#	00:36&
01:03&	00:16#	<b>3</b>	<b>Margot Asheim</b>
<b>105</b>	<b>27:59</b>	01:33+	04:45-
06:27-	09:10-	11:17-	13:50-
17:42+	20:26+	26:45+	27:59+
01:33+	03:12-	01:42-	02:43-
02:07-	02:33+	03:52+	02:44+
06:19+	01:14+	00:10#	01:04-
00:04-	00:04-	00:25-	00:06+
01:25&	00:32#	03:35@	00:03+
<b>4</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>	<b>28:10</b>
01:43+	05:12-	06:39-	09:18-
11:22-	16:40+	19:38+	22:07+
26:44+	28:10+	01:43+	03:29-
01:27-	02:39-	02:04-	05:18+
02:58+	02:29+	04:37+	01:26+
00:20#	00:47-	00:19-	00:08-
00:28-	02:51@	00:31#	00:17#
01:53&	00:15#	<b>5</b>	<b>Nina Bækkelund Christiansen</b>
<b>105</b>	<b>28:22</b>	03:22+	06:32+
08:10+	10:39+	12:24-	15:04-
18:52+	21:27+	26:47+	28:22+
03:22+	03:10-	01:38-	02:29-
01:45-	02:40+	03:48+	02:35+
05:20+	01:35+	01:59@	01:06-
00:08-	00:18-	00:47-	00:13+
01:21&	00:23#	02:36&	00:24&
<b>6</b>	<b>Laila Ueland Lunde</b>	<b>116</b>	<b>32:16</b>
02:40+	09:27+	11:36+	14:08+
16:30+	20:29+	24:07+	26:58+
31:10+	32:16+	02:40+	06:47+
02:09+	02:32-	02:22-	03:59+
03:38+	02:51+	04:12+	01:06-
01:17&	02:31&	00:23#	00:15-
00:10-	01:32&	01:11&	00:39&
01:28&	00:05-	<b>7</b>	<b>Marianne Steinkopf</b>
<b>5</b>	<b>32:37</b>	02:40+	09:31+
11:35+	14:15+	16:30+	20:32+
24:09+	26:59+	31:13+	32:37+
02:40+	06:51+	02:04+	02:40-
02:15-	04:02+	03:37+	02:50+
04:14+	01:24+	01:17&	02:35&
00:18#	00:07-	00:17-	01:35&
01:10&	00:38&	01:30&	00:13#
<b>8</b>	<b>Esther Boenheim</b>	<b>268</b>	<b>33:08</b>
02:19+	06:10+	08:07+	12:21+
14:34+	17:25+	21:37+	25:11+
30:34+	33:08+	02:19+	03:51-
01:57+	04:14+	02:13-	02:51+
04:12+	03:34+	05:23+	02:34+
00:56&	00:25-	00:11#	01:27&
00:19-	00:24#	01:45&	01:22&
02:39&	01:23@	<b>9</b>	<b>Irene Sirevåg</b>
<b>53</b>	<b>33:35</b>	01:51+	06:27+
08:55+	12:58+	15:34+	19:58+
23:22+	26:51+	31:49+	33:35+
01:51+	04:36+	02:28+	04:03+
02:36+	04:24+	03:24+	03:29+
04:58+	01:46+	00:28&	00:20+
00:42&	01:16&	00:04+	01:57&
00:57&	01:17&	02:14&	00:35&
<b>10</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>33:40</b>
01:56+	06:36+	09:06+	11:50+
14:05+	18:38+	25:09+	28:02+
32:08+	33:40+	01:56+	04:40+
02:30+	02:44-	02:15-	04:33+
06:31+	02:53+	04:06+	01:32+
00:33&	00:24+	00:44&	00:03-
00:17-	02:06&	04:04@	00:41&
01:22&	00:21&	<b>11</b>	<b>Unni Byberg Mæstad</b>
<b>92</b>	<b>33:42</b>	02:06+	06:24+
08:28+	13:29+	16:01+	18:57+
23:42+	26:56+	31:39+	33:42+
02:06+	04:18+	02:04+	05:01+
02:32=	02:56+	04:45+	03:14+
04:43+	02:03+	00:43&	00:00=
00:29#	02:18&	01:02&	01:59&
00:52&			

Class	Navn	Klasse	Tid						
<b>12</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>34:14</b>						
01:46+	06:00+	07:59+	11:18+	18:24+	21:56+	25:34+	28:37+	32:41+	34:14+
01:46+	04:14-	01:59+	03:19+	07:06+	03:32+	03:38+	03:03+	04:04+	01:33+
00:23&	00:02-	00:13#	00:32#	04:34@	01:05&	01:11&	00:51&	01:20&	00:22&
<b>13</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>34:34</b>						
02:18+	07:17+	09:37+	13:47+	16:37+	20:01+	24:05+	27:32+	32:14+	34:34+
02:18+	04:59+	02:20+	04:10+	02:50+	03:24+	04:04+	03:27+	04:42+	02:20+
00:55&	00:43#	00:34&	01:23&	00:18#	00:57&	01:37&	01:15&	01:58&	01:09&
<b>14</b>	<b>Maria Haukalid</b>	<b>47</b>	<b>34:35</b>						
03:27+	07:21+	09:12+	12:11+	14:22+	19:06+	24:34+	27:26+	32:58+	34:35+
03:27+	03:54-	01:51+	02:59+	02:11-	04:44+	05:28+	02:52+	05:32+	01:37+
02:04@	00:22-	00:05+	00:12+	00:21-	02:17&	03:01@	00:40&	02:48@	00:26&
<b>15</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>34:40</b>						
02:08+	06:50+	10:27+	14:27+	17:08+	20:54+	25:37+	28:38+	33:04+	34:40+
02:08+	04:42+	03:37+	04:00+	02:41+	03:46+	04:43+	03:01+	04:26+	01:36+
00:45&	00:26#	01:51@	01:13&	00:09+	01:19&	02:16&	00:49&	01:42&	00:25&
<b>16</b>	<b>Kirsten Carlsen</b>	<b>93</b>	<b>34:49</b>						
01:53+	06:42+	09:06+	13:19+	15:45+	19:25+	23:20+	27:17+	32:38+	34:49+
01:53+	04:49+	02:24+	04:13+	02:26-	03:40+	03:55+	03:57+	05:21+	02:11+
00:30&	00:33#	00:38&	01:26&	00:06-	01:13&	01:28&	01:45&	02:37&	01:00&
<b>17</b>	<b>Brit Svihus</b>	<b>92</b>	<b>34:58</b>						
02:16+	06:25+	10:45+	14:55+	17:53+	21:29+	25:43+	28:52+	33:16+	34:58+
02:16+	04:09-	04:20+	04:10+	02:58+	03:36+	04:14+	03:09+	04:24+	01:42+
00:53&	00:07-	02:34@	01:23&	00:26#	01:09&	01:47&	00:57&	01:40&	00:31&
<b>18</b>	<b>Ann-Mari Vold</b>	<b>371</b>	<b>35:51</b>						
03:55+	07:50+	13:24+	15:50+	18:15+	24:46+	27:38+	30:14+	34:34+	35:51+
03:55+	03:55-	05:34+	02:26-	02:25-	06:31+	02:52+	02:36+	04:20+	01:17+
02:32@	00:21-	03:48@	00:21-	00:07-	04:04@	00:25#	00:24#	01:36&	00:06+
<b>19</b>	<b>Eli Våge</b>	<b>117</b>	<b>39:03</b>						
02:12+	06:48+	09:07+	13:32+	16:07+	19:38+	24:20+	28:20+	36:45+	39:03+
02:12+	04:36+	02:19+	04:25+	02:35+	03:31+	04:42+	04:00+	08:25+	02:18+
00:49&	00:20+	00:33&	01:38&	00:03+	01:04&	02:15&	01:48&	05:41@	01:07&
<b>20</b>	<b>Hilde Christine Hoff</b>	<b>221</b>	<b>39:29</b>						
02:21+	07:51+	10:13+	14:22+	17:08+	20:59+	25:07+	30:25+	37:41+	39:29+
02:21+	05:30+	02:22+	04:09+	02:46+	03:51+	04:08+	05:18+	07:16+	01:48+
00:58&	01:14&	00:36&	01:22&	00:14+	01:24&	01:41&	03:06@	04:32@	00:37&
<b>21</b>	<b>May Kristin Haaland</b>	<b>47</b>	<b>39:33</b>						
03:01+	07:58+	11:19+	15:41+	18:35+	22:51+	26:56+	30:32+	37:30+	39:33+
03:01+	04:57+	03:21+	04:22+	02:54+	04:16+	04:05+	03:36+	06:58+	02:03+
01:38@	00:41#	01:35&	01:35&	00:22#	01:49&	01:38&	01:24&	04:14@	00:52&
<b>22</b>	<b>Stina Huynh</b>	<b>372</b>	<b>40:59</b>						
11:38+	15:26+	17:31+	20:23+	22:24+	25:17+	31:48+	34:24+	39:20+	40:59+
11:38+	03:48-	02:05+	02:52+	02:01-	02:53+	06:31+	02:36+	04:56+	01:39+
10:15@	00:28-	00:19#	00:05+	00:31-	00:26#	04:04@	00:24#	02:12&	00:28&
<b>23</b>	<b>Randi Roth</b>	<b>68</b>	<b>41:06</b>						
01:59+	07:54+	10:41+	15:32+	18:30+	22:56+	27:50+	32:22+	38:32+	41:06+
01:59+	05:55+	02:47+	04:51+	02:58+	04:26+	04:54+	04:32+	06:10+	02:34+
00:36&	01:39&	01:01&	02:04&	00:26#	01:59&	02:27&	02:20@	03:26@	01:23@
<b>24</b>	<b>Lina Dahle</b>	<b>372</b>	<b>41:13</b>						
11:41+	15:29+	17:38+	20:25+	22:33+	25:22+	30:05+	34:27+	39:21+	41:13+
11:41+	03:48-	02:09+	02:47=	02:08-	02:49+	04:43+	04:22+	04:54+	01:52+
10:18@	00:28-	00:23#	00:00=	00:24-	00:22#	02:16&	02:10&	02:10&	00:41&
<b>25</b>	<b>Linda Haukås</b>	<b>113</b>	<b>46:01</b>						
04:57+	09:28+	13:05+	17:10+	19:52+	23:11+	28:32+	39:26+	44:13+	46:01+
04:57+	04:31+	03:37+	04:05+	02:42+	03:19+	05:21+	10:54+	04:47+	01:48+
03:34@	00:15+	01:51@	01:18&	00:10+	00:52&	02:54@	08:42@	02:03&	00:37&
<b>26</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>	<b>47:26</b>						
03:50+	07:47+	09:58+	13:37+	15:56+	22:40+	29:18+	41:34+	45:23+	47:26+
03:50+	03:57-	02:11+	03:39+	02:19-	06:44+	06:38+	12:16+	03:49+	02:03+
02:27@	00:19-	00:25#	00:52&	00:13-	04:17@	04:11@	10:04@	01:05&	00:52&



Class	Navn	Klasse	Tid
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### Beste strekktid for klassen

01:09 03:10 01:27 02:26 01:34 02:21 02:27 02:12 02:44 01:06

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

## Herrer 16 - 39 år

<b>1</b>	<b>Thomas Olsen Schive</b>	<b>126</b>	<b>27:40</b>												
01:54=	02:18=	03:32=	05:42=	07:58=	09:33=	11:45=	14:28=	16:02=	18:05=	19:27=	20:21=	22:32=	24:21=	26:29=	27:40=
01:54=	00:24=	01:14=	02:10=	02:16=	01:35=	02:12=	02:43=	01:34=	02:03=	01:22=	00:54=	02:11=	01:49=	02:08=	01:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>	<b>30:28</b>												
02:21+	02:49+	04:03+	06:44+	09:21+	12:47+	15:01+	18:13+	19:27+	20:50+	22:15+	25:01+	27:05+	29:19+	30:28+	
02:21+	00:28+	01:14=	02:41+	02:37+	01:31-	01:55-	02:14-	03:12+	01:14-	01:23+	01:25+	02:46+	02:04+	02:14+	01:09-
00:27#	00:04#	00:00=	00:31#	00:21#	00:04-	00:17-	00:29-	01:38@	00:49-	00:01+	00:31&	00:35&	00:15#	00:06+	00:02-
<b>3</b>	<b>Asgeir Nærland</b>	<b>88</b>	<b>36:55</b>												
02:23+	02:51+	04:16+	09:06+	12:42+	14:26+	16:25+	19:44+	21:42+	22:57+	24:47+	26:09+	31:09+	33:11+	35:47+	36:55+
02:23+	00:28+	01:25+	04:50+	03:36+	01:44+	01:59-	03:19+	01:58+	01:15-	01:50+	01:22+	05:00+	02:02+	02:36+	01:08-
00:29&	00:04#	00:11#	02:40@	01:20&	00:09+	00:13-	00:36#	00:24&	00:48-	00:28&	00:28&	02:49@	00:13#	00:28#	00:03-
<b>4</b>	<b>Omund Thu Landstad</b>	<b>66</b>	<b>38:19</b>												
02:27+	02:56+	05:01+	12:06+	14:54+	16:42+	18:51+	22:13+	24:05+	25:24+	26:54+	28:53+	31:49+	34:27+	37:11+	38:19+
02:27+	00:29+	02:05+	07:05+	02:48+	01:48+	02:09-	03:22+	01:52+	01:19-	01:30+	01:59+	02:56+	02:38+	02:44+	01:08-
00:33&	00:05#	00:51&	04:55@	00:32#	00:13#	00:03-	00:39#	00:18#	00:44-	00:08+	01:05@	00:45&	00:49&	00:36&	00:03-
<b>5</b>	<b>Håkon Eggebø</b>	<b>71</b>	<b>39:03</b>												
02:27+	03:09+	04:43+	07:18+	09:39+	12:48+	15:00+	17:42+	19:45+	22:23+	23:58+	25:57+	33:01+	35:13+	37:46+	39:03+
02:27+	00:42+	01:34+	02:35+	02:21+	03:09+	02:12=	02:42-	02:03+	02:38+	01:35+	01:59+	07:04+	02:12+	02:33+	01:17+
00:33&	00:18&	00:20&	00:25#	00:05+	01:34&	00:00=	00:01-	00:29&	00:35&	00:13#	01:05@	04:53@	00:23#	00:25#	00:06+
<b>6</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>	<b>42:11</b>												
03:42+	04:15+	06:00+	14:24+	16:57+	19:23+	21:35+	24:38+	26:54+	28:05+	29:54+	31:15+	35:30+	38:12+	40:57+	42:11+
03:42+	00:33+	01:45+	08:24+	02:33+	02:26+	02:12=	03:03+	02:16+	01:11-	01:49+	01:21+	04:15+	02:42+	02:45+	01:14+
01:48&	00:09&	00:31&	06:14@	00:17#	00:51&	00:00=	00:20#	00:42&	00:52-	00:27&	00:27&	02:04&	00:53&	00:37&	00:03+
<b>7</b>	<b>Arthur Fayemendy</b>	<b>116</b>	<b>42:14</b>												
02:36+	03:17+	05:09+	08:12+	11:24+	13:49+	16:46+	20:36+	23:05+	25:15+	26:50+	28:19+	34:56+	37:25+	40:53+	42:14+
02:36+	00:41+	01:52+	03:03+	03:12+	02:25+	02:57+	03:50+	02:29+	02:10+	01:35+	01:29+	06:37+	02:29+	03:28+	01:21+
00:42&	00:17&	00:38&	00:53&	00:56&	00:50&	00:45&	01:07&	00:55&	00:07+	00:13#	00:35&	04:26@	00:40&	01:20&	00:10#
<b>8</b>	<b>Tor Gunnar Osen</b>	<b>116</b>	<b>43:23</b>												
03:45+	04:15+	06:03+	09:17+	13:07+	15:31+	18:17+	23:11+	26:24+	27:49+	31:03+	32:40+	36:20+	38:35+	41:53+	43:23+
03:45+	00:30+	01:48+	03:14+	03:50+	02:24+	02:46+	04:54+	03:13+	01:25-	03:14+	01:37+	03:40+	02:15+	03:18+	01:30+
01:51&	00:06#	00:34&	01:04&	01:34&	00:49&	00:34&	02:11&	01:39@	00:38-	01:52@	00:43&	01:29&	00:26#	01:10&	00:19&
<b>9</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>	<b>43:43</b>												
03:08+	03:45+	05:21+	07:48+	13:09+	17:09+	19:55+	22:56+	25:32+	26:50+	28:45+	30:31+	35:18+	38:17+	41:48+	43:43+
03:08+	00:37+	01:36+	02:27+	05:21+	04:00+	02:46+	03:01+	02:36+	01:18-	01:55+	01:46+	04:47+	02:59+	03:31+	01:55+
01:14&	00:13&	00:22&	00:17#	03:05@	02:25@	00:34&	00:18#	01:02&	00:45-	00:33&	00:52&	02:36@	01:10&	01:23&	00:44&
<b>10</b>	<b>Martin Skogland</b>	<b>98</b>	<b>44:11</b>												
08:06+	08:44+	10:09+	13:32+	16:34+	18:35+	21:03+	24:44+	26:49+	28:08+	29:53+	32:30+	36:00+	38:48+	42:08+	44:11+
08:06+	00:38+	01:25+	03:23+	03:02+	02:01+	02:28+	03:41+	02:05+	01:19-	01:45+	02:37+	03:30+	02:48+	03:20+	02:03+
06:12@	00:14&	00:11#	01:13&	00:46&	00:26&	00:16#	00:58&	00:31&	00:44-	00:23&	01:43@	01:19&	00:59&	01:12&	00:52&
<b>11</b>	<b>Eirik Mehus</b>	<b>228</b>	<b>50:25</b>												
04:59+	06:09+	08:24+	13:40+	16:50+	19:08+	22:03+	25:54+	30:45+	32:17+	34:28+	37:22+	41:33+	44:10+	48:29+	50:25+
04:59+	01:10+	02:15+	05:16+	03:10+	02:18+	02:55+	03:51+	04:51+	01:32-	02:11+	02:54+	04:11+	02:37+	04:19+	01:56+
03:05@	00:46@	01:01&	03:06@	00:54&	00:43&	00:43&	01:08&	03:17@	00:31-	00:49&	02:00@	02:00&	00:48&	02:11@	00:45&
<b>12</b>	<b>Jone Klemo Øverland</b>	<b>165</b>	<b>1:04:54</b>												
03:39+	04:13+	06:07+	09:26+	12:54+	20:07+	35:39+	39:39+	42:41+	44:19+	46:36+	50:00+	54:26+	59:17+	63:14+	64:54+
03:39+	00:34+	01:54+	03:19+	03:28+	07:13+	15:32+	04:00+	03:02+	01:38-	02:17+	03:24+	04:26+	04:51+	03:57+	01:40+
01:45&	00:10&	00:40&	01:09&	01:12&	05:38@	13:20@	01:17&	01:28&	00:25-	00:55&	02:30@	02:15@	03:02@	01:49&	00:29&
<b>13</b>	<b>Bjarte Sola</b>	<b>165</b>	<b>1:17:34</b>												
04:32+	05:24+	08:33+	13:46+	18:53+	29:25+	34:09+	41:28+	45:15+	47:23+	50:27+	53:19+	59:22+	69:27+	75:43+	77:34+
04:32+	00:52+	03:09+	05:13+	05:07+	10:32+	04:44+	07:19+	03:47+	02:08+	03:04+	02:52+	06:03+	10:05+	06:16+	01:51+
02:38@	00:28@	01:55@	03:03@	02:51@	08:57@	02:32@	04:36@	02:13@	00:05+	01:42@	01:58@	03:52@	08:16@	04:08@	00:40&

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

01:54 00:24 01:14 02:10 02:16 01:31 01:55 02:14 01:34 01:11 01:22 00:54 02:11 01:49 02:08 01:08

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

**Herrer 40 - 49 år**

<b>1</b>	<b>Thomas Chruickshank</b>	<b>48</b>	<b>37:49</b>												
03:12=	03:54=	05:33=	09:26=	12:42=	17:25=	19:45=	22:46=	24:35=	25:49=	27:14=	28:48=	31:25=	33:40=	36:36=	37:49=
03:12=	00:42=	01:39=	03:53=	03:16=	04:43=	02:20=	03:01=	01:49=	01:14=	01:25=	01:34=	02:37=	02:15=	02:56=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>	<b>38:06</b>												
02:47-	03:27-	05:15-	09:16-	12:55+	15:16-	17:44-	21:17-	23:22-	24:49-	27:02-	28:41-	31:19-	33:37-	36:35-	38:06+
02:47-	00:40-	01:48+	04:01+	03:39+	02:21-	02:28+	03:33+	02:05+	01:27+	02:13+	01:39+	02:38+	02:18+	02:58+	01:31+
00:25-	00:02-	00:09+	00:08+	00:23#	02:22-	00:08+	00:32#	00:16#	00:13#	00:48&	00:05+	00:01+	00:03+	00:02+	00:18#
<b>3</b>	<b>Trondr Breiland</b>	<b>53</b>	<b>39:39</b>												
02:55-	03:31-	04:58-	09:01-	11:32-	13:21-	16:01-	19:35-	22:33-	24:54-	26:50-	28:20-	32:06+	34:17+	38:22+	39:39+
02:55-	00:36-	01:27-	04:03+	02:31-	01:49-	02:40+	03:34+	02:58+	02:21+	01:56+	01:30-	03:46+	02:11-	04:05+	01:17+
00:17-	00:06-	00:12-	00:10+	00:45-	02:54-	00:20#	00:33#	01:09&	01:07&	00:31&	00:04-	01:09&	00:04-	01:09&	00:04+
<b>4</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>40:47</b>												
02:44-	03:42-	05:22-	08:46-	11:04-	14:37-	17:29-	20:16-	22:04-	23:34-	25:19-	26:34-	35:02+	37:11+	39:35+	40:47+
02:44-	00:58+	01:40+	03:24-	02:18-	03:33-	02:52+	02:47-	01:48-	01:30+	01:45+	01:15-	08:28+	02:09-	02:24-	01:12-
00:28-	00:16&	00:01+	00:29-	00:58-	01:10-	00:32#	00:14-	00:01-	00:16#	00:20#	00:19-	05:51@	00:06-	00:32-	00:01-
<b>5</b>	<b>Bjarte Harbo</b>	<b>88</b>	<b>41:22</b>												
03:58+	04:26+	06:10+	11:40+	15:09+	17:02-	20:07+	23:35+	26:12+	27:35+	29:19+	30:57+	34:04+	37:01+	40:01+	41:22+
03:58+	00:28-	01:44+	05:30+	03:29+	01:53-	03:05+	03:28+	02:37+	01:23+	01:44+	01:38+	03:07+	02:57+	03:00+	01:21+
00:46#	00:14-	00:05+	01:37&	00:13+	02:50-	00:45&	00:27#	00:48&	00:09#	00:19#	00:04+	00:30#	00:42&	00:04+	00:08#
<b>6</b>	<b>Cedric Fayemendy</b>	<b>116</b>	<b>42:31</b>												
02:35-	03:17-	05:14-	08:11-	11:15-	13:55-	16:45-	20:35-	23:12-	25:12-	26:49-	28:14-	35:18+	37:35+	40:51+	42:31+
02:35-	00:42=	01:57+	02:57-	03:04-	02:40-	02:50+	03:50+	02:37+	02:00+	01:37+	01:25-	07:04+	02:17+	03:16+	01:40+
00:37-	00:00=	00:18#	00:56-	00:12-	02:03-	00:30#	00:49&	00:48&	00:46&	00:12#	00:09-	04:27@	00:02+	00:20#	00:27&
<b>7</b>	<b>Frode Ungar</b>	<b>116</b>	<b>44:39</b>												
03:16+	03:51-	05:46+	09:07-	13:12+	16:11-	22:41+	26:11+	28:54+	30:16+	32:13+	33:38+	37:16+	39:57+	43:00+	44:39+
03:16+	00:35-	01:55+	03:21-	04:05+	02:59-	06:30+	03:30+	02:43+	01:22+	01:57+	01:25-	03:38+	02:41+	03:03+	01:39+
00:04+	00:07-	00:16#	00:32-	00:49#	01:44-	04:10@	00:29#	00:54&	00:08#	00:32&	00:09-	01:01&	00:26#	00:07+	00:26&
<b>8</b>	<b>Eivind Lie</b>	<b>116</b>	<b>45:29</b>												
06:02+	07:16+	08:49+	16:05+	19:56+	22:38+	25:28+	28:49+	31:09+	32:45+	34:20+	35:39+	39:02+	41:05+	43:59+	45:29+
06:02+	01:14+	01:33-	07:16+	03:51+	02:42-	02:50+	03:21+	02:20+	01:36+	01:35+	01:19-	03:23+	02:03-	02:54-	01:30+
02:50&	00:32&	00:06-	03:23&	00:35#	02:01-	00:30#	00:20#	00:31&	00:22&	00:10#	00:15-	00:46&	00:12-	00:02-	00:17#
<b>9</b>	<b>Tore Halset</b>	<b>114</b>	<b>45:34</b>												
03:04-	03:54=	05:27-	08:50-	12:27-	14:54-	19:01-	23:06+	26:28+	28:07+	30:20+	31:34+	36:10+	39:56+	43:51+	45:34+
03:04-	00:50+	01:33-	03:23-	03:37+	02:27-	04:07+	04:05+	03:22+	01:39+	02:13+	01:14-	04:36+	03:46+	03:55+	01:43+
00:08-	00:08#	00:06-	00:30-	00:21#	02:16-	01:47&	01:04&	01:33&	00:25&	00:48&	00:20-	01:59&	01:31&	00:59&	00:30&
<b>10</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>46:08</b>												
02:46-	03:44-	11:18+	15:44+	19:05+	21:24+	25:21+	28:35+	31:10+	32:28+	34:29+	35:54+	38:56+	41:14+	44:31+	46:08+
02:46-	00:58+	07:34+	04:26+	03:21+	02:19-	03:57+	03:14+	02:35+	01:18+	02:01+	01:25-	03:02+	02:18+	03:17+	01:37+
00:26-	00:16&	05:55@	00:33#	00:05+	02:24-	01:37&	00:13+	00:46&	00:04+	00:36&	00:09-	00:25#	00:03+	00:21#	00:24&
<b>11</b>	<b>André Sirevåg</b>	<b>116</b>	<b>46:44</b>												
04:58+	05:48+	07:32+	11:58+	15:40+	18:04+	20:43+	25:04+	27:50+	29:15+	31:43+	34:10+	38:21+	41:07+	45:06+	46:44+
04:58+	00:50+	01:44+	04:26+	03:42+	02:24-	02:39+	04:21+	02:46+	01:25+	02:28+	02:27+	04:11+	02:46+	03:59+	01:38+
01:46&	00:08#	00:05+	00:33#	00:26#	02:19-	00:19#	01:20&	00:57&	00:11#	01:03&	00:53&	01:34&	00:31#	01:03&	00:25&
<b>12</b>	<b>Steinar Hansen</b>	<b>27</b>	<b>47:30</b>												
02:46-	03:17-	04:45-	08:03-	13:33+	15:57-	18:13-	21:54-	24:16-	29:44+	31:51+	34:28+	40:46+	43:08+	46:13+	47:30+
02:46-	00:31-	01:28-	03:18-	05:30+	02:24-	02:16-	03:41+	02:22+	05:28+	02:07+	02:37+	06:18+	02:22+	03:05+	01:17+
00:26-	00:11-	00:11-	00:35-	02:14&	02:19-	00:04-	00:40#	00:33&	04:14@	00:42&	01:03&	03:41@	00:07+	00:09+	00:04+
<b>13</b>	<b>Jean-Michel Maurice</b>	<b>42</b>	<b>56:47</b>												
03:17+	03:43-	05:06-	20:02+	23:54+	26:02+	29:08+	35:18+	38:44+	39:54+	41:37+	43:22+	46:18+	48:41+	52:08+	56:47+
03:17+	00:26-	01:23-	14:56+	03:52+	02:08-	03:06+	06:10+	03:26+	01:10-	01:43+	01:45+	02:56+	02:23+	03:27+	04:39+
00:05+	00:16-	00:16-	11:03@	00:36#	02:35-	00:46&	03:09@	01:37&	00:04-	00:18#	00:11#	00:19#	00:08+	00:31#	03:26@

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

02:35 00:26 01:23 02:57 02:18 01:49 02:16 02:47 01:48 01:10 01:25 01:14 02:37 02:03 02:24 01:12

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

**Herrer 50 - 59 år**

<b>1</b>	<b>Pål Bårdsen</b>	<b>90</b>	<b>33:57</b>											
01:29=	03:16=	06:05=	09:03=	10:08=	11:52=	13:56=	16:47=	19:13=	21:49=	24:46=	27:17=	29:57=	33:01=	33:57=
01:29=	01:47=	02:49=	02:58=	01:05=	01:44=	02:04=	02:51=	02:26=	02:36=	02:57=	02:31=	02:40=	03:04=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjell Seland</b>	<b>236</b>	<b>37:07</b>											
01:37+	03:52+	07:32+	11:10+	12:20+	14:13+	16:32+	18:36+	21:07+	23:55+	27:10+	29:36+	32:21+	36:02+	37:07+
01:37+	02:15+	03:40+	03:38+	01:10+	01:53+	02:19+	02:04-	02:31+	02:48+	03:15+	02:26-	02:45+	03:41+	01:05+
00:08+	00:28&	00:51&	00:40#	00:05+	00:09+	00:15#	00:47-	00:05+	00:12+	00:18#	00:05-	00:05+	00:37#	00:09#
<b>3</b>	<b>Anders Glenne</b>	<b>7</b>	<b>37:54</b>											
01:06-	03:09-	06:21+	09:29+	10:27+	12:03+	14:00+	16:16-	18:25-	20:51-	24:15-	31:04+	33:53+	37:01+	37:54+
01:06-	02:03+	03:12+	03:08+	00:58-	01:36-	01:57-	02:16-	02:09-	02:26-	03:24+	06:49+	02:49+	03:08+	00:53-
00:23-	00:16#	00:23#	00:10+	00:07-	00:08-	00:07-	00:35-	00:17-	00:10-	00:27#	04:18@	00:09+	00:04+	00:03-
<b>4</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>38:26</b>											
01:56+	04:15+	08:03+	11:31+	12:39+	14:07+	16:22+	18:27+	21:52+	24:17+	27:34+	29:59+	33:08+	37:28+	38:26+
01:56+	02:19+	03:48+	03:28+	01:08+	01:28-	02:15+	02:05-	03:25+	02:25-	03:17+	02:25-	03:09+	04:20+	00:58+
00:27&	00:32&	00:59&	00:30#	00:03+	00:16-	00:11+	00:46-	00:59&	00:11-	00:20#	00:06-	00:29#	01:16&	00:02+
<b>5</b>	<b>Jone Kalheim</b>	<b>93</b>	<b>38:47</b>											
00:57-	04:05+	07:29+	10:11+	11:18+	13:00+	15:16+	17:53+	21:15+	23:35+	27:16+	30:05+	34:40+	37:53+	38:47+
00:57-	03:08+	03:24+	02:42-	01:07+	01:42-	02:16+	02:37-	03:22+	02:20-	03:41+	02:49+	04:35+	03:13+	00:54-
00:32-	01:21&	00:35#	00:16-	00:02+	00:02-	00:12+	00:14-	00:56&	00:16-	00:44#	00:18#	01:55&	00:09+	00:02-
<b>6</b>	<b>Per Ivar Hovstad</b>	<b>116</b>	<b>39:46</b>											
01:26-	03:58+	07:18+	10:31+	12:19+	14:07+	16:29+	18:50+	21:22+	24:19+	27:34+	30:46+	34:52+	38:34+	39:46+
01:26-	02:32+	03:20+	03:13+	01:48+	01:48+	02:22+	02:21-	02:32+	02:57+	03:15+	03:12+	04:06+	03:42+	01:12+
00:03-	00:45&	00:31#	00:15+	00:43&	00:04+	00:18#	00:30-	00:06+	00:21#	00:18#	00:41&	01:26&	00:38#	00:16&
<b>7</b>	<b>Rune Paulsen</b>	<b>98</b>	<b>39:48</b>											
01:53+	04:15+	07:38+	10:54+	12:07+	13:37+	15:44+	17:55+	20:05+	22:41+	25:24+	31:26+	34:49+	38:39+	39:48+
01:53+	02:22+	03:23+	03:16+	01:13+	01:30-	02:07+	02:11-	02:10-	02:36=	02:43-	06:02+	03:23+	03:50+	01:09+
00:24&	00:35&	00:34#	00:18#	00:08#	00:14-	00:03+	00:40-	00:16-	00:00=	00:14-	03:31@	00:43&	00:46#	00:13#
<b>8</b>	<b>John Breiland</b>	<b>352</b>	<b>41:01</b>											
01:07-	03:17+	06:15+	09:32+	10:46+	12:12+	14:19+	17:20+	22:00+	24:34+	29:04+	32:07+	35:01+	39:54+	41:01+
01:07-	02:10+	02:58+	03:17+	01:14+	01:26-	02:07+	03:01+	04:40+	02:34-	04:30+	03:03+	02:54+	04:53+	01:07+
00:22-	00:23#	00:09+	00:19#	00:09#	00:18-	00:03+	00:10+	02:14&	00:02-	01:33&	00:32#	00:14+	01:49&	00:11#
<b>9</b>	<b>Magnar Møller</b>	<b>62</b>	<b>41:16</b>											
01:16-	03:28+	06:53+	10:46+	12:00+	14:41+	17:13+	20:11+	22:25+	25:06+	28:38+	30:52+	36:12+	40:08+	41:16+
01:16-	02:12+	03:25+	03:53+	01:14+	02:41+	02:32+	02:58+	02:14-	02:41+	03:32+	02:14-	05:20+	03:56+	01:08+
00:13-	00:25#	00:36#	00:55&	00:09#	00:57&	00:28#	00:07+	00:12-	00:05+	00:35#	00:17-	02:40&	00:52&	00:12#
<b>10</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>	<b>41:45</b>											
01:27-	04:04+	07:26+	12:28+	13:40+	16:17+	18:52+	21:21+	23:35+	26:11+	29:19+	32:09+	35:17+	40:36+	41:45+
01:27-	02:37+	03:22+	05:02+	01:12+	02:37+	02:35+	02:29-	02:14-	02:36=	03:08+	02:50+	03:08+	05:19+	01:09+
00:02-	00:50&	00:33#	02:04&	00:07#	00:53&	00:31#	00:22-	00:12-	00:00=	00:11+	00:19#	00:28#	02:15&	00:13#
<b>11</b>	<b>Trond Sandal</b>	<b>42</b>	<b>41:51</b>											
01:53+	04:12+	07:31+	11:39+	12:58+	14:56+	17:40+	20:12+	23:09+	26:16+	30:01+	32:53+	36:00+	40:22+	41:51+
01:53+	02:19+	03:19+	04:08+	01:19+	01:58+	02:44+	02:32-	02:57+	03:07+	03:45+	02:52+	03:07+	04:22+	01:29+
00:24&	00:32&	00:30#	01:10&	00:14#	00:14#	00:40&	00:19-	00:31#	00:31#	00:48&	00:21#	00:27#	01:18&	00:33&
<b>12</b>	<b>Arne Hetlelid</b>	<b>98</b>	<b>42:07</b>											
01:33+	05:23+	09:33+	13:10+	14:26+	16:06+	18:25+	21:25+	24:16+	27:16+	30:50+	33:33+	36:48+	40:53+	42:07+
01:33+	03:50+	04:10+	03:37+	01:16+	01:40-	02:19+	03:00+	02:51+	03:00+	03:34+	02:43+	03:15+	04:05+	01:14+
00:04+	02:03@	01:21&	00:39#	00:11#	00:04-	00:15#	00:09+	00:25#	00:24#	00:37#	00:12+	00:35#	01:01&	00:18&
<b>13</b>	<b>Asbjørn Brådlund</b>	<b>297</b>	<b>43:40</b>											
02:05+	04:20+	08:37+	11:58+	13:14+	15:15+	17:41+	20:12+	23:13+	25:55+	29:39+	34:54+	38:23+	42:33+	43:40+
02:05+	02:15+	04:17+	03:21+	01:16+	02:01+	02:26+	02:31-	03:01+	02:42+	03:44+	05:15+	03:29+	04:10+	01:07+
00:36&	00:28&	01:28&	00:23#	00:11#	00:17#	00:22#	00:20-	00:35#	00:06+	00:47&	02:44@	00:49&	01:06&	00:11#

Class	Navn	Klasse												Tid
<b>14</b>	<b>Håvard Håland</b>	<b>66</b>												<b>44:31</b>
01:13-	03:42+	08:31+	11:40+	14:37+	16:26+	18:36+	23:52+	27:08+	29:41+	32:58+	35:54+	39:29+	43:18+	44:31+
01:13-	02:29+	04:49+	03:09+	02:57+	01:49+	02:10+	05:16+	03:16+	02:33-	03:17+	02:56+	03:35+	03:49+	01:13+
00:16-	00:42&	02:00&	00:11+	01:52@	00:05+	00:06+	02:25&	00:50&	00:03-	00:20#	00:25#	00:55&	00:45#	00:17&
<b>15</b>	<b>Arnfinn Rømuld</b>	<b>116</b>												<b>44:41</b>
01:12-	07:51+	12:05+	15:27+	16:52+	18:48+	21:08+	24:12+	26:36+	29:13+	32:44+	37:00+	39:34+	43:38+	44:41+
01:12-	06:39+	04:14+	03:22+	01:25+	01:56+	02:20+	03:04+	02:24-	02:37+	03:31+	04:16+	02:34-	04:04+	01:03+
00:17-	04:52@	01:25&	00:24#	00:20&	00:12#	00:16#	00:13+	00:02-	00:01+	00:34#	01:45&	00:06-	01:00&	00:07#
<b>16</b>	<b>Harald Taksdal</b>	<b>236</b>												<b>45:49</b>
01:18-	04:22+	09:12+	14:34+	15:56+	18:07+	20:58+	23:38+	26:11+	29:33+	33:01+	37:02+	40:15+	44:26+	45:49+
01:18-	03:04+	04:50+	05:22+	01:22+	02:11+	02:51+	02:40-	02:33+	03:22+	03:28+	04:01+	03:13+	04:11+	01:23+
00:11-	01:17&	02:01&	02:24&	00:17&	00:27&	00:47&	00:11-	00:07+	00:46&	00:31#	01:30&	00:33#	01:07&	00:27&
<b>17</b>	<b>Stein Arve Finnstad</b>	<b>287</b>												<b>49:13</b>
01:23-	03:41+	06:50+	10:46+	12:05+	13:56+	16:36+	19:55+	29:42+	32:35+	35:42+	38:56+	43:48+	48:02+	49:13+
01:23-	02:18+	03:09+	03:56+	01:19+	01:51+	02:40+	03:19+	09:47+	02:53+	03:07+	03:14+	04:52+	04:14+	01:11+
00:06-	00:31&	00:20#	00:58&	00:14#	00:07+	00:36&	00:28#	07:21@	00:17#	00:10+	00:43&	02:12&	01:10&	00:15&
<b>18</b>	<b>Frank Hansen</b>	<b>29</b>												<b>50:07</b>
01:45+	05:49+	09:14+	12:47+	14:09+	16:04+	18:30+	21:08+	23:35+	27:03+	30:39+	40:41+	44:59+	49:00+	50:07+
01:45+	04:04+	03:25+	03:33+	01:22+	01:55+	02:26+	02:38-	02:27+	03:28+	03:36+	10:02+	04:18+	04:01+	01:07+
00:16#	02:17@	00:36#	00:35#	00:17&	00:11#	00:22#	00:13-	00:01+	00:52&	00:39#	07:31@	01:38&	00:57&	00:11#
<b>19</b>	<b>Ove Mæstad</b>	<b>67</b>												<b>51:20</b>
02:29+	05:04+	08:46+	13:10+	14:44+	16:54+	19:56+	22:27+	27:08+	30:18+	33:42+	42:17+	45:43+	49:51+	51:20+
02:29+	02:35+	03:42+	04:24+	01:34+	02:10+	03:02+	02:31-	04:41+	03:10+	03:24+	08:35+	03:26+	04:08+	01:29+
01:00&	00:48&	00:53&	01:26&	00:29&	00:26#	00:58&	00:20-	02:15&	00:34#	00:27#	06:04@	00:46&	01:04&	00:33&
<b>Beste strekktid for klassen</b>														
00:57	01:47	02:49	02:42	00:58	01:26	01:57	02:04	02:09	02:20	02:43	02:14	02:34	03:04	00:53

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

## Herrer 60 - 64 år

<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>												<b>27:37</b>
01:06=	02:41=	04:03=	04:49=	06:52=	09:16=	10:47=	14:30=	16:16=	19:03=	22:49=	24:53=	25:46=	26:49=	27:37=
01:06=	01:35=	01:22=	00:46=	02:03=	02:24=	01:31=	03:43=	01:46=	02:47=	03:46=	02:04=	00:53=	01:03=	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=
<b>2</b>	<b>Per Ingar Hadland</b>	<b>7</b>												<b>30:27</b>
01:16+	03:07+	04:40+	05:33+	07:49+	10:11+	11:32+	15:53+	17:58+	20:24+	24:59+	27:18+	28:14+	29:27+	30:27+
01:16+	01:51+	01:33+	00:53+	02:16+	02:22-	01:21-	04:21+	02:05+	02:26-	04:35+	02:19+	00:56+	01:13+	01:00+
00:10#	00:16#	00:11#	00:07#	00:13#	00:02-	00:10-	00:38#	00:19#	00:21-	00:49#	00:15#	00:03+	00:10#	00:12#
<b>3</b>	<b>Espen Krogh</b>	<b>7</b>												<b>30:29</b>
01:01-	02:27-	03:51-	04:40-	06:40-	08:43-	10:04-	13:55-	18:52+	21:16+	25:10+	26:59+	28:07+	29:28+	30:29+
01:01-	01:26-	01:24+	00:49+	02:00-	02:03-	01:21-	03:51+	04:57+	02:24-	03:54+	01:49-	01:08+	01:21+	01:01+
00:05-	00:09-	00:02+	00:03+	00:03-	00:21-	00:10-	00:08+	03:11@	00:23-	00:08+	00:15-	00:15&	00:18&	00:13&
<b>4</b>	<b>Torbjørn Evensen</b>	<b>108</b>												<b>35:36</b>
01:29+	03:11+	04:50+	05:46+	08:00+	10:26+	12:04+	16:43+	19:40+	24:13+	29:11+	31:28+	32:41+	34:27+	35:36+
01:29+	01:42+	01:39+	00:56+	02:14+	02:26+	01:38+	04:39+	02:57+	04:33+	04:58+	02:17+	01:13+	01:46+	01:09+
00:23&	00:07+	00:17#	00:10#	00:11+	00:02+	00:07+	00:56&	01:11&	01:46&	01:12&	00:13#	00:20&	00:43&	00:21&
<b>5</b>	<b>Lars Bergersen</b>	<b>116</b>												<b>36:17</b>
01:23+	03:22+	05:09+	06:24+	08:55+	11:28+	12:52+	18:23+	21:51+	24:50+	29:45+	32:20+	33:32+	35:08+	36:17+
01:23+	01:59+	01:47+	01:15+	02:31+	02:33+	01:24-	05:31+	03:28+	02:59+	04:55+	02:35+	01:12+	01:36+	01:09+
00:17&	00:24&	00:25&	00:29&	00:28#	00:09+	00:07-	01:48&	01:42&	00:12+	01:09&	00:31#	00:19&	00:33&	00:21&
<b>6</b>	<b>Ernst Kristensen</b>	<b>116</b>												<b>37:39</b>
01:33+	04:09+	05:59+	07:10+	09:30+	12:14+	13:48+	18:34+	22:15+	25:28+	31:02+	33:27+	34:45+	36:28+	37:39+
01:33+	02:36+	01:50+	01:11+	02:20+	02:44+	01:34+	04:46+	03:41+	03:13+	05:34+	02:25+	01:18+	01:43+	01:11+
00:27&	01:01&	00:28&	00:25&	00:17#	00:20#	00:03+	01:03&	01:55@	00:26#	01:48&	00:21#	00:25&	00:40&	00:23&
<b>7</b>	<b>Olav Tunheim</b>	<b>93</b>												<b>37:47</b>
01:26+	03:02+	04:43+	06:07+	08:21+	10:55+	13:05+	17:49+	23:48+	26:49+	31:39+	33:49+	35:15+	36:50+	37:47+
01:26+	01:36+	01:41+	01:24+	02:14+	02:34+	02:10+	04:44+	05:59+	03:01+	04:50+	02:10+	01:26+	01:35+	00:57+
00:20&	00:01+	00:19#	00:38&	00:11+	00:10+	00:39&	01:01&	04:13@	00:14+	01:04&	00:06+	00:33&	00:32&	00:09#

Class	Navn	Klasse										Tid			
<b>8</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>42:58</b>			
04:34+	06:58+	08:48+	10:08+	12:41+	15:22+	17:49+	24:30+	30:56+	35:55+	38:26+	39:58+	41:34+	42:58+		
04:34+	02:24+	01:50+	01:20+	02:33+	02:41+	02:27+	06:41+	02:53+	03:33+	04:59+	02:31+	01:32+	01:36+		
03:28@	00:49&	00:28&	00:34&	00:30#	00:17#	00:56&	02:58&	01:07&	00:46&	01:13&	00:27#	00:39&	00:33&		
<b>9</b>	<b>Jan Arendal</b>	<b>116</b>										<b>47:22</b>			
02:10+	04:41+	06:54+	08:18+	11:47+	15:12+	17:19+	23:56+	27:33+	32:26+	38:47+	41:45+	43:25+	45:36+		
02:10+	02:31+	02:13+	01:24+	03:29+	03:25+	02:07+	06:37+	03:37+	04:53+	06:21+	02:58+	01:40+	02:11+		
01:04&	00:56&	00:51&	00:38&	01:26&	01:01&	00:36&	02:54&	01:51@	02:06&	02:35&	00:54&	00:47&	01:08@		
<b>10</b>	<b>Torbjørn Dahle</b>	<b>92</b>										<b>48:35</b>			
01:36+	03:38+	05:26+	06:26+	08:57+	11:48+	13:17+	18:22+	32:22+	35:52+	41:37+	44:19+	45:33+	46:55+		
01:36+	02:02+	01:48+	01:00+	02:31+	02:51+	01:29-	05:05+	14:00+	03:30+	05:45+	02:42+	01:14+	01:22+		
00:30&	00:27&	00:26&	00:14&	00:28#	00:27#	00:02-	01:22&	12:14@	00:43&	01:59&	00:38&	00:21&	00:19&		
<b>11</b>	<b>Dag Helliksen</b>	<b>80</b>										<b>48:52</b>			
01:36+	03:28+	05:25+	06:48+	09:10+	11:51+	13:12+	17:59+	22:19+	25:27+	42:47+	44:51+	46:23+	48:00+		
01:36+	01:52+	01:57+	01:23+	02:22+	02:41+	01:21-	04:47+	04:20+	03:08+	17:20+	02:04=	01:32+	01:37+		
00:30&	00:17#	00:35&	00:37&	00:19#	00:17#	00:10-	01:04&	02:34@	00:21#	13:34@	00:00=	00:39&	00:34&		
<b>12</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>49:01</b>			
01:54+	04:54+	06:48+	08:23+	11:12+	14:22+	16:32+	23:14+	28:23+	36:11+	42:00+	44:47+	46:10+	47:46+		
01:54+	03:00+	01:54+	01:35+	02:49+	03:10+	02:10+	06:42+	05:09+	07:48+	05:49+	02:47+	01:23+	01:36+		
00:48&	01:25&	00:32&	00:49@	00:46&	00:46&	00:39&	02:59&	03:23@	05:01@	02:03&	00:43&	00:30&	00:33&		
<b>13</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>49:36</b>			
01:44+	04:19+	06:35+	08:18+	11:42+	14:30+	17:44+	26:03+	29:28+	34:27+	41:15+	44:05+	45:39+	47:43+		
01:44+	02:35+	02:16+	01:43+	03:24+	04:48+	03:14+	08:19+	03:25+	04:59+	06:48+	02:50+	01:34+	02:04+		
00:38&	01:00&	00:54&	00:57@	01:21&	00:24#	01:43@	04:36@	01:39&	02:12&	03:02&	00:46&	00:41&	01:01&		
<b>14</b>	<b>Bjørn H. Engseth</b>	<b>27</b>										<b>57:24</b>			
01:43+	05:43+	07:52+	09:04+	13:25+	17:16+	19:19+	26:27+	31:55+	35:53+	48:42+	51:33+	53:20+	55:44+		
01:43+	04:00+	02:09+	01:12+	04:21+	03:51+	02:03+	07:08+	05:28+	03:58+	12:49+	02:51+	01:47+	02:24+		
00:37&	02:25@	00:47&	00:26&	02:18@	01:27&	00:32&	03:25&	03:42@	01:11&	09:03@	00:47&	00:54@	01:21@		
<b>15</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>57:33</b>			
02:03+	04:54+	07:28+	08:46+	11:47+	15:13+	17:50+	25:07+	28:24+	32:58+	47:32+	52:58+	54:34+	56:20+		
02:03+	02:51+	02:34+	01:18+	03:01+	03:26+	02:37+	07:17+	03:17+	04:34+	14:34+	05:26+	01:36+	01:46+		
00:57&	01:16&	01:12&	00:32&	00:58&	01:02&	01:06&	03:34&	01:31&	01:47&	10:48@	03:22@	00:43&	00:43&		
<b>Beste strekktid for klassen</b>															
01:01	01:26	01:22	00:46	02:00	02:03	01:21	03:43	01:46	02:24	03:46	01:49	00:53	01:03		

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>25:45</b>			
01:04=	02:23=	03:43=	04:29=	06:13=	08:13=	09:23=	13:37=	15:21=	17:32=	21:20=	23:02=	23:49=	24:54=		
01:04=	01:19=	01:20=	00:46=	01:44=	02:00=	01:10=	04:14=	01:44=	02:11=	03:48=	01:42=	00:47=	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=	00:00=	00:00=		
<b>2</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>26:57</b>			
01:16+	02:45+	04:08+	04:59+	06:52+	08:56+	10:04+	13:47+	15:53+	18:09+	22:07+	24:03+	24:59+	26:08+		
01:16+	01:29+	01:23+	00:51+	01:53+	02:04+	01:08-	03:43-	02:06+	02:16+	03:58+	01:56+	00:56+	01:09+		
00:12#	00:10#	00:03+	00:05#	00:09+	00:04+	00:02-	00:31-	00:22#	00:05+	00:10+	00:14#	00:09#	00:04+		
<b>3</b>	<b>Arvid Mydland</b>	<b>29</b>										<b>29:53</b>			
01:12+	02:49+	04:17+	05:04+	07:00+	09:02+	10:10+	14:11+	17:56+	20:14+	24:27+	26:57+	27:59+	29:04+		
01:12+	01:37+	01:28+	00:47+	01:56+	02:02+	01:08-	04:01-	03:45+	02:18+	04:13+	02:30+	01:02+	01:05=		
00:08#	00:18#	00:08#	00:01+	00:12#	00:02+	00:02-	00:13-	02:01@	00:07+	00:25#	00:48&	00:15&	00:00=		
<b>4</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>30:20</b>			
01:34+	03:10+	04:33+	05:25+	07:22+	09:28+	10:44+	14:52+	17:55+	20:36+	25:14+	27:09+	28:07+	29:23+		
01:34+	01:36+	01:23+	00:52+	01:57+	02:06+	01:16+	04:08-	03:03+	02:41+	04:38+	01:55+	00:58+	01:16+		
00:30&	00:17#	00:03+	00:06#	00:13#	00:06+	00:06+	00:06-	01:19&	00:30#	00:50#	00:13#	00:11#	00:11#		
<b>5</b>	<b>Jan Hetland</b>	<b>29</b>										<b>30:47</b>			
03:32+	05:07+	06:37+	07:39+	09:54+	11:58+	13:30+	17:07+	19:05+	21:40+	25:52+	27:52+	28:43+	29:49+		
03:32+	01:35+	01:30+	01:02+	02:15+	02:04+	01:32+	03:37-	01:58+	02:35+	04:12+	02:00+	00:51+	01:06+		
02:28@	00:16#	00:10#	00:16&	00:31&	00:04+	00:22&	00:37-	00:14#	00:24#	00:24#	00:18#	00:04+	00:01+		

Class	Navn	Klasse										Tid		
<b>6</b>	<b>Terje Stokkeland</b>	<b>69</b>										<b>33:02</b>		
01:25+	03:10+	04:49+	05:48+	07:58+	10:30+	12:07+	16:49+	19:31+	23:00+	27:41+	29:49+	30:51+	32:02+	33:02+
01:25+	01:45+	01:39+	00:59+	02:10+	02:32+	01:37+	04:42+	02:42+	03:29+	04:41+	02:08+	01:02+	01:11+	01:00+
00:21&	00:26&	00:19#	00:13&	00:26#	00:32&	00:27&	00:28#	00:58&	01:18&	00:53#	00:26&	00:15&	00:06+	00:09#
<b>7</b>	<b>Svein Berge</b>	<b>126</b>										<b>33:36</b>		
01:18+	03:10+	05:05+	05:56+	08:07+	10:37+	12:02+	17:01+	20:13+	23:18+	28:03+	30:02+	31:08+	32:36+	33:36+
01:18+	01:52+	01:55+	00:51+	02:11+	02:30+	01:25+	04:59+	03:12+	03:05+	04:45+	01:59+	01:06+	01:28+	01:00+
00:14#	00:33&	00:35&	00:05#	00:27&	00:30#	00:15#	00:45#	01:28&	00:54&	00:57#	00:17#	00:19&	00:23&	00:09#
<b>8</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>34:46</b>		
01:30+	03:34+	05:17+	06:13+	08:38+	11:24+	13:14+	18:02+	20:27+	24:05+	28:50+	31:06+	32:14+	33:39+	34:46+
01:30+	02:04+	01:43+	00:56+	02:25+	02:46+	01:50+	04:48+	02:25+	03:38+	04:45+	02:16+	01:08+	01:25+	01:07+
00:26&	00:45&	00:23&	00:10#	00:41&	00:46&	00:40&	00:34#	00:41&	01:27&	00:57#	00:34&	00:21&	00:20&	00:16&
<b>9</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>36:07</b>		
01:21+	03:25+	05:06+	06:06+	08:24+	11:16+	13:46+	18:29+	21:57+	24:57+	29:56+	32:25+	33:32+	34:52+	36:07+
01:21+	02:04+	01:41+	01:00+	02:18+	02:52+	02:30+	04:43+	03:28+	03:00+	04:59+	02:29+	01:07+	01:20+	01:15+
00:17&	00:45&	00:21&	00:14&	00:34&	00:52&	01:20&	00:29#	01:44&	00:49&	01:11&	00:47&	00:20&	00:15#	00:24&
<b>10</b>	<b>Tom Hetland</b>	<b>5</b>										<b>36:27</b>		
02:15+	04:14+	05:59+	06:59+	09:20+	11:32+	13:07+	18:06+	20:47+	23:37+	30:39+	32:44+	33:50+	35:25+	36:27+
02:15+	01:59+	01:45+	01:00+	02:21+	02:12+	01:35+	04:59+	02:41+	02:50+	07:02+	02:05+	01:06+	01:35+	01:02+
01:11@	00:40&	00:25&	00:14&	00:37&	00:12#	00:25&	00:45#	00:57&	00:39&	03:14&	00:23#	00:19&	00:30&	00:11#
<b>11</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>37:43</b>		
01:33+	03:54+	05:53+	06:54+	09:17+	12:05+	13:39+	18:58+	21:25+	25:19+	30:48+	33:34+	34:47+	36:16+	37:43+
01:33+	02:21+	01:59+	01:01+	02:23+	02:48+	01:34+	05:19+	02:27+	03:54+	05:29+	02:46+	01:13+	01:29+	01:27+
00:29&	01:02&	00:39&	00:15&	00:39&	00:48&	00:24&	01:05&	00:43&	01:43&	01:41&	01:04&	00:26&	00:24&	00:36&
<b>12</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>38:53</b>		
01:34+	03:55+	05:37+	06:54+	09:23+	11:54+	13:29+	18:06+	20:58+	27:38+	32:39+	35:04+	36:11+	37:44+	38:53+
01:34+	02:21+	01:42+	01:17+	02:29+	02:31+	01:35+	04:37+	02:52+	06:40+	05:01+	02:25+	01:07+	01:33+	01:09+
00:30&	01:02&	00:22&	00:31&	00:45&	00:31&	00:25&	00:23+	01:08&	04:29@	01:13&	00:43&	00:20&	00:28&	00:18&
<b>13</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>39:05</b>		
01:49+	04:19+	06:16+	07:31+	10:05+	13:02+	14:43+	20:53+	23:18+	26:42+	32:10+	34:52+	36:19+	37:43+	39:05+
01:49+	02:30+	01:57+	01:15+	02:34+	02:57+	01:41+	06:10+	02:25+	03:24+	05:28+	02:42+	01:27+	01:24+	01:22+
00:45&	01:11&	00:37&	00:29&	00:50&	00:57&	00:31&	01:56&	00:41&	01:13&	01:40&	01:00&	00:40&	00:19&	00:31&
<b>14</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>39:34</b>		
02:24+	04:58+	06:50+	07:49+	10:31+	13:15+	14:52+	21:01+	23:25+	26:33+	32:16+	35:08+	36:26+	38:05+	39:34+
02:24+	02:34+	01:52+	00:59+	02:42+	02:44+	01:37+	06:09+	02:24+	03:08+	05:43+	02:52+	01:18+	01:39+	01:29+
01:20@	01:15&	00:32&	00:13&	00:58&	00:44&	00:27&	01:55&	00:40&	00:57&	01:55&	01:10&	00:31&	00:34&	00:38&
<b>15</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>41:26</b>		
02:05+	04:08+	06:19+	07:41+	10:35+	13:42+	15:22+	21:31+	24:47+	28:22+	34:06+	36:41+	38:10+	40:07+	41:26+
02:05+	02:03+	02:11+	01:22+	02:54+	03:07+	01:40+	06:09+	03:16+	03:35+	05:44+	02:35+	01:29+	01:57+	01:19+
01:01&	00:44&	00:51&	00:36&	01:10&	01:07&	00:30&	01:55&	01:32&	01:24&	01:56&	00:53&	00:42&	00:52&	00:28&
<b>16</b>	<b>Arne Magne Handeland</b>	<b>92</b>										<b>43:13</b>		
03:52+	05:57+	08:01+	09:11+	11:39+	14:25+	16:20+	22:15+	24:59+	29:25+	34:50+	37:12+	38:40+	42:06+	43:13+
03:52+	02:05+	02:04+	01:10+	02:28+	02:46+	01:55+	05:55+	02:44+	04:26+	05:25+	02:22+	01:28+	03:26+	01:07+
02:48@	00:46&	00:44&	00:24&	00:44&	00:46&	00:45&	01:41&	01:00&	02:15@	01:37&	00:40&	00:41&	02:21@	00:16&
<b>17</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>										<b>44:39</b>		
04:48+	06:39+	08:54+	10:33+	13:32+	16:09+	17:48+	23:51+	26:42+	30:42+	37:23+	39:50+	41:29+	43:14+	44:39+
04:48+	01:51+	02:15+	01:39+	02:59+	02:37+	01:39+	06:03+	02:51+	04:00+	06:41+	02:27+	01:39+	01:45+	01:25+
03:44@	00:32&	00:55&	00:53@	01:15&	00:37&	00:29&	01:49&	01:07&	01:49&	02:53&	00:45&	00:52@	00:40&	00:34&
<b>18</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>51:26</b>		
02:07+	04:39+	06:47+	08:19+	12:55+	16:32+	19:26+	25:00+	34:43+	38:54+	44:11+	46:38+	48:20+	50:04+	51:26+
02:07+	02:32+	02:08+	01:32+	04:36+	03:37+	02:54+	05:34+	09:43+	04:11+	05:17+	02:27+	01:42+	01:44+	01:22+
01:03&	01:13&	00:48&	00:46&	02:52@	01:37&	01:44@	01:20&	07:59@	02:00&	01:29&	00:45&	00:55@	00:39&	00:31&
<b>Beste strekktid for klassen</b>														
01:04	01:19	01:20	00:46	01:44	02:00	01:08	03:37	01:44	02:11	03:48	01:42	00:47	01:05	00:49

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

## Herrer 70 - 74 år

Class	Navn	Klasse										Tid		
<b>1</b>	<b>Harry Breiland</b>	<b>66</b>										<b>28:38</b>		
01:23=	02:57=	04:33=	05:42=	07:48=	09:53=	11:14=	14:56=	16:55=	19:31=	23:29=	25:23=	26:20=	27:39=	28:38=
01:23=	01:34=	01:36=	01:09=	02:06=	02:05=	01:21=	03:42=	01:59=	02:36=	03:58=	01:54=	00:57=	01:19=	00:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>35:05</b>		
01:14-	03:40+	05:19+	06:46+	09:00+	11:30+	13:00+	18:43+	20:53+	24:00+	29:01+	31:26+	32:23+	33:51+	35:05+
01:14-	02:26+	01:39+	01:27+	02:14+	02:30+	01:30+	05:43+	02:10+	03:07+	05:01+	02:25+	00:57=	01:28+	01:14+
00:09-	00:52&	00:03+	00:18&	00:08+	00:25#	00:09#	02:01&	00:11+	00:31#	01:03&	00:31&	00:00=	00:09#	00:15&
<b>3</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>37:05</b>		
01:29+	04:31+	06:29+	07:24+	09:47+	12:26+	13:52+	19:14+	21:56+	26:11+	31:01+	33:19+	34:18+	35:51+	37:05+
01:29+	03:02+	01:58+	00:55-	02:23+	02:39+	01:26+	05:22+	02:42+	04:15+	04:50+	02:18+	00:59+	01:33+	01:14+
00:06+	01:28&	00:22#	00:14-	00:17#	00:34&	00:05+	01:40&	00:43&	01:39&	00:52#	00:24#	00:02+	00:14#	00:15&
<b>4</b>	<b>Arne Østensen</b>	<b>90</b>										<b>40:45</b>		
01:32+	03:34+	05:17+	06:19+	09:12+	12:01+	13:15+	17:58+	21:14+	25:06+	34:09+	36:17+	37:49+	39:24+	40:45+
01:32+	02:02+	01:43+	01:02-	02:53+	02:49+	01:14-	04:43+	03:16+	03:52+	09:03+	02:08+	01:32+	01:35+	01:21+
00:09#	00:28&	00:07+	00:07-	00:47&	00:44&	00:07-	01:01&	01:17&	01:16&	05:05@	00:14#	00:35&	00:16#	00:22&
<b>5</b>	<b>Gudmund Gausel</b>	<b>115</b>										<b>41:32</b>		
01:25+	06:11+	07:53+	08:51+	11:19+	13:57+	15:40+	21:37+	24:13+	27:38+	34:32+	37:01+	38:07+	39:37+	41:32+
01:25+	04:46+	01:42+	00:58-	02:28+	02:38+	01:43+	05:57+	02:36+	03:25+	06:54+	02:29+	01:06+	01:30+	01:55+
00:02+	03:12@	00:06+	00:11-	00:22#	00:33&	00:22&	02:15&	00:37&	00:49&	02:56&	00:35&	00:09#	00:11#	00:56&
<b>6</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>43:03</b>		
02:00+	04:15+	06:05+	08:43+	11:58+	14:37+	16:10+	20:49+	25:47+	30:56+	36:22+	38:47+	40:14+	41:54+	43:03+
02:00+	02:15+	01:50+	02:38+	03:15+	02:39+	01:33+	04:39+	04:58+	05:09+	05:26+	02:25+	01:27+	01:40+	01:09+
00:37&	00:41&	00:14#	01:29@	01:09&	00:34&	00:12#	00:57&	02:59@	02:33&	01:28&	00:31&	00:30&	00:21&	00:10#
<b>7</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>46:11</b>		
05:10+	07:28+	09:25+	10:34+	13:29+	16:31+	18:24+	26:08+	28:53+	32:35+	38:21+	41:09+	42:57+	44:46+	46:11+
05:10+	02:18+	01:57+	01:09=	02:55+	03:02+	01:53+	07:44+	02:45+	03:42+	05:46+	02:48+	01:48+	01:49+	01:25+
03:47@	00:44&	00:21#	00:00=	00:49&	00:57&	00:32&	04:02@	00:46&	01:06&	01:48&	00:54&	00:51&	00:30&	00:26&
<b>8</b>	<b>Ole Auklend</b>	<b>106</b>										<b>48:19</b>		
02:10+	04:34+	06:24+	07:42+	11:01+	14:35+	16:33+	23:14+	26:42+	31:10+	37:41+	42:10+	44:10+	46:34+	48:19+
02:10+	02:24+	01:50+	01:18+	03:19+	03:34+	01:58+	06:41+	03:28+	04:28+	06:31+	04:29+	02:00+	02:24+	01:45+
00:47&	00:50&	00:14#	00:09#	01:13&	01:29&	00:37&	02:59&	01:29&	01:52&	02:33&	02:35@	01:03@	01:05&	00:46&
<b>9</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>49:39</b>		
03:50+	06:08+	11:10+	12:40+	16:09+	19:33+	21:30+	29:35+	32:45+	36:44+	42:22+	45:02+	46:35+	48:11+	49:39+
03:50+	02:18+	05:02+	01:30+	03:29+	03:24+	01:57+	08:05+	03:10+	03:59+	05:38+	02:40+	01:33+	01:36+	01:28+
02:27@	00:44&	03:26@	00:21&	01:23&	01:19&	00:36&	04:23@	01:11&	01:23&	01:40&	00:46&	00:36&	00:17#	00:29&
<b>10</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>1:01:01</b>		
01:20-	03:02+	05:00+	05:59+	08:16+	10:30+	14:39+	20:32+	40:09+	45:27+	52:34+	54:50+	56:32+	59:11+	61:01+
01:20-	01:42+	01:58+	00:59-	02:17+	02:14+	04:09+	05:53+	19:37+	05:18+	07:07+	02:16+	01:42+	02:39+	01:50+
00:03-	00:08+	00:22#	00:10-	00:11+	00:09+	02:48@	02:11&	17:38@	02:42@	03:09&	00:22#	00:45&	01:20@	00:51&
<b>11</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:07:13</b>		
02:54+	06:17+	09:42+	12:22+	16:23+	21:52+	25:30+	33:54+	38:21+	44:10+	54:45+	58:23+	61:07+	65:16+	67:13+
02:54+	03:23+	03:25+	02:40+	04:01+	05:29+	03:38+	08:24+	04:27+	05:49+	10:35+	03:38+	02:44+	04:09+	01:57+
01:31@	01:49@	01:49@	01:31@	01:55&	03:24@	02:17@	04:42@	02:28@	03:13@	06:37@	01:44&	01:47@	02:50@	00:58&
<b>12</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>1:08:21</b>		
04:31+	08:06+	11:01+	12:56+	17:01+	21:40+	24:25+	33:38+	38:39+	46:55+	56:36+	60:14+	62:51+	66:13+	68:21+
04:31+	03:35+	02:55+	01:55+	04:05+	04:39+	02:45+	09:13+	05:01+	08:16+	09:41+	03:38+	02:37+	03:22+	02:08+
03:08@	02:01@	01:19&	00:46&	01:59&	02:34@	01:24@	05:31@	03:02@	05:40@	05:43@	01:44&	01:40@	02:03@	01:09@
<b>Beste strekktid for klassen</b>														
01:14	01:34	01:36	00:55	02:06	02:05	01:14	03:42	01:59	02:36	03:58	01:54	00:57	01:19	00:59

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

## Herrer 75 - 79 år

<b>1</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>37:38</b>		
02:32=	05:07=	07:39=	09:08=	13:34=	15:51=	18:55=	20:20=	22:58=	26:23=	28:35=	30:39=	33:19=	36:25=	37:38=
02:32=	02:35=	02:32=	01:29=	04:26=	02:17=	03:04=	01:25=	02:38=	03:25=	02:12=	02:04=	02:40=	03:06=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid		
<b>2</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>38:25</b>		
02:54+	05:57+	08:45+	10:15+	14:44+	17:01+	20:05+	22:49+	26:36+	29:20+	31:45+	34:27+	36:50+	38:25+	
02:54+	03:03+	02:48+	01:30+	04:29+	02:17=	03:04=	02:44+	03:47+	02:44-	02:25+	02:42+	02:23-	01:35-	
00:22#	00:28#	00:16#	00:01+	00:03+	00:00=	00:00=	01:19&	01:09&	00:41-	00:13+	00:38&	00:17-	01:31-	
<b>3</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>38:48</b>		
02:28-	05:36+	08:10+	09:41+	14:16+	16:25+	22:49+	25:24+	28:26+	30:47+	32:18+	34:49+	37:39+	38:48+	
02:28-	03:08+	02:34+	01:31+	04:35+	02:09-	06:24+	02:35+	03:02+	02:21-	01:31-	02:31+	02:50+	01:09-	
00:04-	00:33#	00:02+	00:02+	00:09+	00:08-	03:20@	01:10&	00:24#	01:04-	00:41-	00:27#	00:10+	01:57-	
<b>4</b>	<b>Hans Klausen</b>	<b>62</b>										<b>39:28</b>		
02:56+	06:52+	09:56+	11:57+	15:51+	17:54+	21:28+	24:13+	27:13+	31:57+	33:28+	35:53+	38:20+	39:28+	
02:56+	03:56+	03:04+	02:01+	03:54-	02:03-	03:34+	02:45+	03:00+	04:44+	01:31-	02:25+	02:27-	01:08-	
00:24#	01:21&	00:32#	00:32&	00:32-	00:14-	00:30#	01:20&	00:22#	01:19&	00:41-	00:21#	00:13-	01:58-	
<b>5</b>	<b>Harald Vatne</b>	<b>67</b>										<b>41:13</b>		
03:30+	06:29+	09:20+	11:12+	16:06+	18:44+	22:23+	25:44+	29:17+	32:05+	34:03+	37:04+	40:00+	41:13+	
03:30+	02:59+	02:51+	01:52+	04:54+	02:38+	03:39+	03:21+	03:33+	02:48-	01:58-	03:01+	02:56+	01:13-	
00:58&	00:24#	00:19#	00:23&	00:28#	00:21#	00:35#	01:56@	00:55&	00:37-	00:14-	00:57&	00:16#	01:53-	
<b>6</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>43:07</b>		
02:58+	05:48+	08:35+	10:34+	15:25+	17:58+	23:13+	26:08+	31:57+	34:25+	36:27+	39:21+	42:03+	43:07+	
02:58+	02:50+	02:47+	01:59+	04:51+	02:33+	05:15+	02:55+	05:49+	02:28-	02:02-	02:54+	02:42+	01:04-	
00:26#	00:15+	00:15+	00:30&	00:25+	00:16#	02:11&	01:30@	03:11@	00:57-	00:10-	00:50&	00:02+	02:02-	
<b>7</b>	<b>Geir Husdal</b>	<b>93</b>										<b>43:12</b>		
02:27-	06:23+	09:12+	11:02+	15:08+	17:24+	23:55+	29:07+	33:00+	35:18+	36:51+	39:25+	41:49+	43:12+	
02:27-	03:56+	02:49+	01:50+	04:06-	02:16-	06:31+	05:12+	03:53+	02:18-	01:33-	02:34+	02:24-	01:23-	
00:05-	01:21&	00:17#	00:21#	00:20-	00:01-	03:27@	03:47@	01:15&	01:07-	00:39-	00:30#	00:16-	01:43-	
<b>8</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>43:15</b>		
02:31-	05:10+	08:01+	09:38+	18:10+	20:27+	24:55+	28:03+	31:30+	34:12+	36:45+	39:27+	42:06+	43:15+	
02:31-	02:39+	02:51+	01:37+	08:32+	02:17=	04:28+	03:08+	03:27+	02:42-	02:33+	02:42+	02:39-	01:09-	
00:01-	00:04+	00:19#	00:08+	04:06&	00:00=	01:24&	01:43@	00:49&	00:43-	00:21#	00:38&	00:01-	01:57-	
<b>9</b>	<b>Ingjald Egeland</b>	<b>7</b>										<b>44:48</b>		
02:41+	07:09+	09:55+	11:41+	15:43+	17:45+	25:59+	29:44+	33:28+	35:54+	38:31+	41:07+	43:42+	44:48+	
02:41+	04:28+	02:46+	01:46+	04:02-	02:02-	08:14+	03:45+	03:44+	02:26-	02:37+	02:36+	02:35-	01:06-	
00:09+	01:53&	00:14+	00:17#	00:24-	00:15-	05:10@	02:20@	01:06&	00:59-	00:25#	00:32&	00:05-	02:00-	
<b>10</b>	<b>Arvid Thorsen</b>	<b>5</b>										<b>45:59</b>		
02:16-	09:40+	13:03+	14:40+	22:31+	26:03+	30:01+	32:27+	35:16+	37:54+	39:36+	42:27+	44:46+	45:59+	
02:16-	07:24+	03:23+	01:37+	07:51+	03:32+	03:58+	02:26+	02:49+	02:38-	01:42-	02:51+	02:19-	01:13-	
00:16-	04:49@	00:51&	00:08+	03:25&	01:15&	00:54&	01:01&	00:11+	00:47-	00:30-	00:47&	00:21-	01:53-	
<b>11</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>48:55</b>		
03:04+	06:34+	09:40+	11:10+	20:38+	22:52+	31:19+	34:15+	38:28+	40:31+	42:13+	44:55+	47:34+	48:55+	
03:04+	03:30+	03:06+	01:30+	09:28+	02:14-	08:27+	02:56+	04:13+	02:03-	01:42-	02:42+	02:39-	01:21-	
00:32#	00:55&	00:34#	00:01+	05:02@	00:03-	05:23@	01:31@	01:35&	01:22-	00:30-	00:38&	00:01-	01:45-	
<b>12</b>	<b>Reidar Magne Liland</b>	<b>66</b>										<b>1:07:10</b>		
06:21+	10:07+	14:57+	17:18+	23:03+	26:29+	32:44+	37:04+	43:24+	47:47+	49:52+	55:12+	65:45+	67:10+	
06:21+	03:46+	04:50+	02:21+	05:45+	03:26+	06:15+	04:20+	06:20+	04:23+	02:05-	05:20+	10:33+	01:25-	
03:49@	01:11&	02:18&	00:52&	01:19&	01:09&	03:11@	02:55@	03:42@	00:58&	00:07-	03:16@	07:53@	01:41-	
<b>13</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:07:52</b>		
04:17+	10:27+	16:02+	19:24+	26:57+	31:18+	38:35+	42:32+	48:58+	52:20+	56:59+	61:48+	66:15+	67:52+	
04:17+	06:10+	05:35+	03:22+	07:33+	04:21+	07:17+	03:57+	06:26+	03:22-	04:39+	04:49+	04:27+	01:37-	
01:45&	03:35@	03:03@	01:53@	03:07&	02:04&	04:13@	02:32@	03:48@	00:03-	02:27@	02:45@	01:47&	01:29-	
<b>Beste strekktid for klassen</b>														
02:16	02:35	02:32	01:29	03:54	02:02	03:04	01:25	02:38	02:03	01:31	02:04	02:19	01:04	01:13

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

## Herrer 80 år og eldre

<b>1</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>40:21</b>	
00:32=	02:13=	05:23=	10:21=	14:25=	20:09=	23:42=	27:50=	31:18=	34:45=	37:55=	40:21=		
00:32=	01:41=	03:10=	04:58=	04:04=	05:44=	03:33=	04:08=	03:28=	03:27=	03:10=	02:26=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		



Class	Navn	Klasse										Tid
<b>2</b>	<b>Sigurd Krosli</b>	<b>93</b>										<b>58:59</b>
	00:38+	02:08-	05:34+	19:30+	23:15+	32:09+	35:58+	39:18+	42:44+	45:59+	54:58+	58:59+
	00:38+	01:30-	03:26+	13:56+	03:45-	08:54+	03:49+	03:20-	03:26-	03:15-	08:59+	04:01+
	00:06#	00:11-	00:16+	08:58@	00:19-	03:10&	00:16+	00:48-	00:02-	00:12-	05:49@	01:35&
<b>3</b>	<b>Peter Frafjord</b>	<b>116</b>										<b>1:13:39</b>
	01:07+	03:08+	07:01+	12:17+	17:42+	24:27+	29:21+	35:23+	46:26+	53:28+	70:29+	73:39+
	01:07+	02:01+	03:53+	05:16+	05:25+	06:45+	04:54+	06:02+	11:03+	07:02+	17:01+	03:10+
	00:35@	00:20#	00:43#	00:18+	01:21&	01:01#	01:21&	01:54&	07:35@	03:35@	13:51@	00:44&
<b>4</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>1:37:24</b>
	00:39+	02:19+	30:50+	36:01+	40:01+	57:22+	61:20+	67:59+	71:29+	90:21+	93:37+	97:24+
	00:39+	01:40-	28:31+	05:11+	04:00-	17:21+	03:58+	06:39+	03:30+	18:52+	03:16+	03:47+
	00:07#	00:01-	25:21@	00:13+	00:04-	11:37@	00:25#	02:31&	00:02+	15:25@	00:06+	01:21&
<b>Beste strekktid for klassen</b>												
	00:32	01:30	03:10	04:58	03:45	05:44	03:33	03:20	03:26	03:15	03:10	02:26

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

## Herrer A

<b>1</b>	<b>Morten Bjerga Sundli</b>	<b>194</b>										<b>34:01</b>							
	00:57=	02:37=	04:23=	06:15=	09:17=	11:37=	13:24=	17:17=	17:59=	19:30=	21:40=	22:56=	24:34=	25:07=	27:19=	29:17=	31:22=	32:50=	34:01=
	00:57=	01:40=	01:46=	01:52=	03:02=	02:20=	01:47=	03:53=	00:42=	01:31=	02:10=	01:16=	01:38=	00:33=	02:12=	01:58=	02:05=	01:28=	01:11=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Fredrik Sandal</b>	<b>88</b>										<b>36:33</b>							
	00:50-	02:41+	04:32+	08:25+	11:05+	13:52+	15:43+	19:56+	20:44+	22:13+	24:01+	25:24+	26:57+	27:28+	29:34+	31:26+	33:20+	35:24+	36:33+
	00:50-	01:51+	01:51+	03:53+	02:40-	02:47+	01:51+	04:13+	00:48+	01:29-	01:48-	01:23+	01:33-	00:31-	02:06-	01:52-	01:54-	02:04+	01:09-
	00:07-	00:11#	00:05+	02:01@	00:22-	00:27#	00:04+	00:20+	00:06#	00:02-	00:22-	00:07+	00:05-	00:02-	00:06-	00:06-	00:11-	00:36&	00:02-
<b>3</b>	<b>Stian Haugvaldstad</b>	<b>116</b>										<b>36:35</b>							
	00:49-	03:29+	05:27+	07:24+	10:42+	12:16+	14:07+	17:58+	18:42+	20:11+	22:33+	23:48+	25:28+	26:03+	29:17+	31:21+	33:29+	34:57+	36:35+
	00:49-	02:40+	01:58+	01:57+	03:18+	01:34-	01:51+	03:51-	00:44+	01:29-	02:22+	01:15-	01:40+	00:35+	03:14+	02:04+	02:08+	01:28=	01:38+
	00:08-	01:00&	00:12#	00:05+	00:16+	00:46-	00:04+	00:02-	00:02+	00:02-	00:12+	00:01-	00:02+	00:02+	01:02&	00:06+	00:03+	00:00=	00:27&
<b>4</b>	<b>Kristian Haarr</b>	<b>27</b>										<b>37:53</b>							
	00:56-	02:52+	04:59+	07:04+	10:33+	12:08+	14:15+	18:45+	19:40+	21:28+	23:42+	24:59+	27:07+	27:45+	30:03+	32:16+	34:40+	36:26+	37:53+
	00:56-	01:56+	02:07+	02:05+	03:29+	01:35-	02:07+	04:30+	00:55+	01:48+	02:14+	01:17+	02:08+	00:38+	02:18+	02:13+	02:24+	01:46+	01:27+
	00:01-	00:16#	00:21#	00:13#	00:27#	00:45-	00:20#	00:37#	00:13&	00:17#	00:04+	00:01+	00:30&	00:05#	00:06+	00:15#	00:19#	00:18#	00:16#
<b>5</b>	<b>Svein Magnus Halsne</b>	<b>71</b>										<b>38:53</b>							
	01:24+	03:19+	05:30+	08:17+	11:20+	13:46+	15:54+	20:21+	21:21+	23:07+	25:25+	26:50+	28:34+	29:16+	31:20+	33:51+	35:58+	37:35+	38:53+
	01:24+	01:55+	02:11+	02:47+	03:03+	02:26+	02:08+	04:27+	01:00+	01:46+	02:18+	01:25+	01:44+	00:42+	02:04-	02:31+	02:07+	01:37+	01:18+
	00:27&	00:15#	00:25#	00:55&	00:01+	00:06+	00:21#	00:34#	00:18&	00:15#	00:08+	00:09#	00:06+	00:09&	00:08-	00:33&	00:02+	00:09#	00:07+
<b>6</b>	<b>Martin Blystad</b>	<b>115</b>										<b>39:24</b>							
	00:57=	03:13+	05:17+	07:39+	11:08+	13:45+	15:54+	20:20+	21:18+	23:05+	25:45+	27:35+	29:21+	29:58+	32:12+	34:19+	36:36+	38:08+	39:24+
	00:57=	02:16+	02:04+	02:22+	03:29+	02:37+	02:09+	04:26+	00:58+	01:47+	02:40+	01:50+	01:46+	00:37+	02:14+	02:07+	02:17+	01:32+	01:16+
	00:00=	00:36&	00:18#	00:30&	00:27#	00:17#	00:22#	00:33#	00:16&	00:16#	00:30#	00:34&	00:08+	00:04#	00:02+	00:09+	00:12+	00:04+	00:05+
<b>Beste strekktid for klassen</b>																			
	00:49	01:40	01:46	01:52	02:40	01:34	01:47	03:51	00:42	01:29	01:48	01:15	01:33	00:31	02:04	01:52	01:54	01:28	01:09

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

## Herrer B

<b>1</b>	<b>Oddvar Taksdal</b>	<b>194</b>										<b>35:33</b>							
	00:54=	02:47=	04:51=	06:49=	09:42=	11:15=	13:21=	17:52=	18:58=	20:34=	22:34=	23:46=	25:40=	26:15=	28:25=	30:36=	32:45=	34:16=	35:33=
	00:54=	01:53=	02:04=	01:58=	02:53=	01:33=	02:06=	04:31=	01:06=	01:36=	02:00=	01:12=	01:54=	00:35=	02:10=	02:11=	02:09=	01:31=	01:17=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>										<b>35:49</b>							
	00:54=	02:44-	04:50-	07:32+	10:29+	12:07+	14:02+	18:21+	19:08+	20:41+	22:49+	24:11+	25:58+	26:33+	28:39+	30:46+	32:58+	34:31+	35:49+
	00:54=	01:50-	02:06+	02:42+	02:57+	01:38+	01:55-	04:19-	00:47-	01:33-	02:08+	01:22+	01:47-	00:35=	02:06-	02:07-	02:12+	01:33+	01:18+
	00:00=	00:03-	00:02+	00:44&	00:04+	00:05+	00:11-	00:12-	00:19-	00:03-	00:08+	00:10#	00:07-	00:00=	00:04-	00:04-	00:03+	00:02+	00:01+



## Herrer C

<b>1</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>32:40</b>
01:49=	04:26= 06:08= 08:28= 10:44= 12:16= 14:35= 18:02= 20:06= 21:55= 22:42= 24:29= 26:49= 28:50= 30:58= 32:00= 32:40=		
01:49=	02:37= 01:42= 02:20= 02:16= 01:32= 02:19= 03:27= 02:04= 01:49= 00:47= 01:47= 02:20= 02:01= 02:08= 01:02= 00:40=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Henning Sundby</b>	<b>114</b>	<b>33:51</b>
02:13+	05:40+ 06:56+ 09:22+ 11:58+ 13:25+ 15:41+ 18:48+ 20:44+ 22:30+ 23:22+ 25:12+ 27:14+ 29:52+ 31:53+ 33:00+ 33:51+		
02:13+	03:27+ 01:16- 02:26+ 02:36+ 01:27- 02:16- 03:07- 01:56- 01:46- 00:52+ 01:50+ 02:02- 02:38+ 02:01- 01:07+ 00:51+		
00:24#	00:50& 00:26- 00:06+ 00:20# 00:05- 00:03- 00:20- 00:08- 00:03- 00:05# 00:03+ 00:18- 00:37& 00:07- 00:05+ 00:11&		
<b>3</b>	<b>Otte Omdal</b>	<b>65</b>	<b>35:45</b>
01:44-	04:41+ 06:08= 09:48+ 12:14+ 13:45+ 16:31+ 19:50+ 22:09+ 23:59+ 24:52+ 26:43+ 29:04+ 31:41+ 33:45+ 34:58+ 35:45+		
01:44-	02:57+ 01:27- 03:40+ 02:26+ 01:31- 02:46+ 03:19- 02:19+ 01:50+ 00:53+ 01:51+ 02:21+ 02:37+ 02:04- 01:13+ 00:47+		
00:05-	00:20# 00:15- 01:20& 00:10+ 00:01- 00:27# 00:08- 00:15# 00:01+ 00:06# 00:04+ 00:01+ 00:36& 00:04- 00:11# 00:07#		
<b>4</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>	<b>36:06</b>
01:51+	05:12+ 07:02+ 09:29+ 12:07+ 13:50+ 16:40+ 19:52+ 22:07+ 24:09+ 25:02+ 26:53+ 29:16+ 31:36+ 33:57+ 35:05+ 36:06+		
01:51+	03:21+ 01:50+ 02:27+ 02:38+ 01:43+ 02:50+ 03:12- 02:15+ 02:02+ 00:53+ 01:51+ 02:23+ 02:20+ 02:21+ 01:08+ 01:01+		
00:02+	00:44& 00:08+ 00:07+ 00:22# 00:11# 00:31# 00:15- 00:11+ 00:13# 00:06# 00:04+ 00:03+ 00:19# 00:13# 00:06+ 00:21&		
<b>5</b>	<b>Sturle Omdal</b>	<b>116</b>	<b>38:16</b>
02:15+	05:12+ 07:20+ 09:40+ 12:16+ 14:01+ 17:00+ 20:34+ 23:08+ 25:15+ 26:26+ 28:24+ 31:04+ 33:42+ 36:03+ 37:19+ 38:16+		
02:15+	02:57+ 02:08+ 02:20= 02:36+ 01:45+ 02:59+ 03:34+ 02:34+ 02:07+ 01:11+ 01:58+ 02:40+ 02:38+ 02:21+ 01:16+ 00:57+		
00:26#	00:20# 00:26& 00:00= 00:20# 00:13# 00:40& 00:07+ 00:30# 00:18# 00:24& 00:11# 00:20# 00:37& 00:13# 00:14# 00:17&		
<b>6</b>	<b>Jan Einar Øvremo</b>	<b>50</b>	<b>38:30</b>
01:44-	04:29+ 06:17+ 09:54+ 12:13+ 13:57+ 16:57+ 20:26+ 22:54+ 25:11+ 26:08+ 28:11+ 30:50+ 33:40+ 36:16+ 37:32+ 38:30+		
01:44-	02:45+ 01:48+ 03:37+ 02:19+ 01:44+ 03:00+ 03:29+ 02:28+ 02:17+ 00:57+ 02:03+ 02:39+ 02:50+ 02:36+ 01:16+ 00:58+		
00:05-	00:08+ 00:06+ 01:17& 00:03+ 00:12# 00:41& 00:02+ 00:24# 00:28& 00:10# 00:16# 00:19# 00:49& 00:28# 00:14# 00:18&		
<b>7</b>	<b>Harald Klippenberg</b>	<b>59</b>	<b>38:53</b>
01:58+	04:50+ 06:30+ 10:43+ 13:23+ 14:57+ 17:58+ 21:26+ 23:45+ 25:49+ 26:40+ 28:40+ 31:14+ 34:06+ 36:36+ 37:52+ 38:53+		
01:58+	02:52+ 01:40- 04:13+ 02:40+ 01:34+ 03:01+ 03:28+ 02:19+ 02:04+ 00:51+ 02:00+ 02:34+ 02:52+ 02:30+ 01:16+ 01:01+		
00:09+	00:15+ 00:02- 01:53& 00:24# 00:02+ 00:42& 00:01+ 00:15# 00:15# 00:04+ 00:13# 00:14# 00:51& 00:22# 00:14# 00:21&		
<b>8</b>	<b>Bertrand Denieul</b>	<b>42</b>	<b>39:55</b>
02:23+	05:27+ 06:58+ 09:26+ 12:27+ 14:11+ 17:22+ 21:31+ 24:06+ 26:23+ 27:18+ 29:37+ 32:11+ 34:47+ 37:28+ 39:00+ 39:55+		
02:23+	03:04+ 01:31- 02:28+ 03:01+ 01:44+ 03:11+ 04:09+ 02:35+ 02:17+ 00:55+ 02:19+ 02:34+ 02:36+ 02:41+ 01:32+ 00:55+		
00:34&	00:27# 00:11- 00:08+ 00:45& 00:12# 00:52& 00:42# 00:31# 00:28& 00:08# 00:32& 00:14# 00:35& 00:33& 00:30& 00:15&		
<b>9</b>	<b>Øivind Berggraf</b>	<b>116</b>	<b>40:56</b>
01:44-	04:59+ 06:54+ 09:44+ 13:03+ 14:30+ 17:20+ 21:19+ 23:34+ 26:24+ 27:11+ 29:01+ 32:34+ 36:01+ 38:28+ 39:59+ 40:56+		
01:44-	03:15+ 01:55+ 02:50+ 03:19+ 01:27- 02:50+ 03:59+ 02:15+ 02:50+ 00:47= 01:50+ 03:33+ 03:27+ 02:27+ 01:31+ 00:57+		
00:05-	00:38# 00:13# 00:30# 01:03& 00:05- 00:31# 00:32# 00:11+ 01:01& 00:00= 00:03+ 01:13& 01:26& 00:19# 00:29& 00:17&		
<b>10</b>	<b>Erling Mauland</b>	<b>83</b>	<b>44:55</b>
02:18+	06:04+ 07:49+ 12:22+ 15:12+ 17:04+ 20:28+ 24:26+ 27:36+ 29:53+ 30:54+ 33:32+ 36:12+ 39:35+ 42:28+ 43:50+ 44:55+		
02:18+	03:46+ 01:45+ 04:33+ 02:50+ 01:52+ 03:24+ 03:58+ 03:10+ 02:17+ 01:01+ 02:38+ 02:40+ 03:23+ 02:53+ 01:22+ 01:05+		
00:29&	01:09& 00:03+ 02:13& 00:34# 00:20# 01:05& 00:31# 01:06& 00:28& 00:14& 00:51& 00:20# 01:22& 00:45& 00:20& 00:25&		
<b>11</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>45:28</b>
01:56+	05:06+ 06:48+ 09:34+ 13:39+ 17:00+ 20:08+ 23:56+ 27:16+ 29:45+ 30:49+ 33:08+ 36:06+ 39:19+ 42:31+ 44:09+ 45:28+		
01:56+	03:10+ 01:42= 02:46+ 04:05+ 03:21+ 03:08+ 03:48+ 03:20+ 02:29+ 01:04+ 02:19+ 02:58+ 03:13+ 03:12+ 01:38+ 01:19+		
00:07+	00:33# 00:00= 00:26# 01:49& 01:49@ 00:49& 00:21# 01:16& 00:40& 00:17& 00:32& 00:38& 01:12& 01:04& 00:36& 00:39&		
<b>12</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>45:58</b>
05:43+	09:30+ 11:00+ 13:35+ 17:12+ 18:59+ 22:32+ 26:03+ 28:26+ 30:55+ 31:48+ 33:42+ 36:28+ 38:53+ 40:54+ 42:55+ 44:51+ 45:58+		
05:43+	03:47+ 01:30- 02:35+ 03:37+ 01:47+ 03:33+ 03:31+ 02:23+ 02:29+ 00:53+ 01:54+ 02:46+ 02:25+ 02:01- 02:01+ 01:56+ 01:07+		
03:54@	01:10& 00:12- 00:15# 01:21& 00:15# 01:14& 00:04+ 00:19# 00:40& 00:06# 00:07+ 00:26# 00:24# 00:07- 00:59& 01:16@ 01:07+		
<b>13</b>	<b>Rune Christiansen</b>	<b>93</b>	<b>46:15</b>
02:09+	05:33+ 07:42+ 10:35+ 13:35+ 16:02+ 19:18+ 24:03+ 26:58+ 30:17+ 31:13+ 33:33+ 36:40+ 40:17+ 43:19+ 44:56+ 46:15+		
02:09+	03:24+ 02:09+ 02:53+ 03:00+ 02:27+ 03:16+ 04:45+ 02:55+ 03:19+ 00:56+ 02:20+ 03:07+ 03:37+ 03:02+ 01:37+ 01:19+		
00:20#	00:47& 00:27& 00:33# 00:44& 00:55& 00:57& 01:18& 00:51& 01:30& 00:09# 00:33& 00:47& 01:36& 00:54& 00:35& 00:39&		
<b>14</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>47:05</b>
02:16+	06:35+ 08:28+ 11:16+ 14:49+ 18:11+ 21:24+ 25:15+ 28:14+ 32:50+ 33:49+ 36:08+ 38:48+ 41:48+ 44:28+ 45:59+ 47:05+		
02:16+	04:19+ 01:53+ 02:48+ 03:33+ 03:22+ 03:13+ 03:51+ 02:59+ 04:36+ 00:59+ 02:19+ 02:40+ 03:00+ 02:40+ 01:31+ 01:06+		
00:27#	01:42& 00:11# 00:28# 01:17& 01:50@ 00:54& 00:24# 00:55& 02:47@ 00:12& 00:32& 00:20# 00:59& 00:32# 00:29& 00:26&		

Class	Navn	Klasse	Tid
<b>15</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>48:44</b>
01:59+	06:50+	08:37+	12:22+
01:59+	04:51+	01:47+	03:45+
00:10+	02:14&	00:05+	01:25&
00:00+	00:43&	00:30&	00:57&
00:00+	00:40#	00:16#	00:30&
00:00+	00:31&	00:26#	00:23#
00:00+	01:29&	05:04&	00:28&
00:00+	00:13&		
<b>16</b>	<b>Ove Oaland</b>	<b>116</b>	<b>56:09</b>
02:43+	06:13+	07:39+	10:08+
02:43+	03:30+	01:26-	02:29+
00:54&	00:53&	00:16-	00:09+
00:00+	03:39&	02:07@	00:10-
00:00+	04:52@	02:19@	01:16&
00:00+	01:51@	00:45-	00:08-
00:00+	01:20&	00:49&	02:06@
00:00+	01:12@	01:21+	01:21+
01:44	02:37	01:16	02:20
02:16	01:27	02:09	03:07
01:56	01:46	00:47	01:02
02:02	02:01	02:01	01:02
00:40			

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

## Herrer Trim

<b>1</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>22:49</b>
00:16=	01:03=	04:00=	06:14=
00:16=	00:47=	02:57=	02:14=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Frode Lund</b>	<b>18</b>	<b>28:12</b>
00:22+	01:24+	03:51-	07:03+
00:22+	01:02+	02:27-	03:12+
00:06&	00:15&	00:30-	00:58&
00:00+	00:41&	00:52&	00:33&
00:00+	00:42&	00:29#	00:32&
00:00+	00:24#	00:21&	
<b>3</b>	<b>Arne Magne Sondresen</b>	<b>92</b>	<b>28:21</b>
00:22+	01:20+	03:49-	06:34+
00:22+	00:58+	02:29-	02:45+
00:06&	00:11#	00:28-	00:31#
00:00+	00:17#	00:39#	00:14#
00:00+	00:03+	00:14#	03:07@
00:00+	00:17#	00:21&	
<b>4</b>	<b>Roger Nyseth</b>	<b>92</b>	<b>30:56</b>
00:25+	01:30+	04:15+	07:32+
00:25+	01:05+	02:45-	03:17+
00:09&	00:18&	00:12-	01:03&
00:00+	00:51&	01:31&	00:25#
00:00+	00:43&	00:45&	00:59&
00:00+	00:40&	00:55&	
<b>5</b>	<b>Rune Jonassen</b>	<b>372</b>	<b>32:57</b>
00:27+	01:20+	03:54-	10:32+
00:27+	00:53+	02:34-	06:38+
00:11&	00:06#	00:23-	04:24@
00:00+	00:54&	01:55&	00:19#
00:00+	00:22#	00:59&	00:33&
00:00+	00:21#	00:27&	
<b>6</b>	<b>Bruno Pierfelice</b>	<b>51</b>	<b>33:51</b>
00:19+	03:01+	05:57+	12:38+
00:19+	02:42+	02:56-	06:41+
00:03#	01:55@	00:01-	04:27@
00:00+	00:10+	01:43&	00:25#
00:00+	00:20#	00:36&	00:14#
00:00+	00:54&	00:16#	
<b>7</b>	<b>Svein Mæle</b>	<b>43</b>	<b>34:43</b>
00:39+	02:04+	04:55+	09:10+
00:39+	01:25+	02:51-	04:15+
00:23@	00:38&	00:06-	02:01&
00:00+	00:46&	01:48&	00:37&
00:00+	01:09&	01:21&	00:58&
00:00+	01:38@	00:41&	
<b>8</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>36:00</b>
00:45+	02:13+	10:35+	13:40+
00:45+	01:28+	08:22+	03:05+
00:29@	00:41&	05:25@	00:51&
00:00+	00:47&	01:20&	00:28#
00:00+	00:30#	00:36&	00:31&
00:00+	01:05&	00:28&	
<b>9</b>	<b>Per Marthon Mæland</b>	<b>5</b>	<b>36:33</b>
00:27+	01:36+	04:18+	07:21+
00:27+	01:09+	02:42-	03:03+
00:11&	00:22&	00:15-	00:49&
00:00+	01:05&	01:06&	00:25#
00:00+	01:03&	07:07@	00:27#
00:00+	00:41&	00:43&	
<b>10</b>	<b>Thomas Tønnesen</b>	<b>372</b>	<b>38:27</b>
00:47+	02:24+	04:46+	10:19+
00:47+	01:37+	02:22-	05:33+
00:31@	00:50@	00:35-	03:19@
00:00+	01:15&	01:05&	02:50@
00:00+	00:37&	00:14#	00:34&
00:00+	04:31@	00:27&	
<b>11</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>	<b>38:58</b>
00:33+	01:48+	04:47+	12:37+
00:33+	01:15+	02:59+	07:50+
00:17@	00:28&	00:02+	05:36@
00:00+	01:15&	01:35&	00:45&
00:00+	01:21&	01:00&	01:04&
00:00+	02:00@	00:46&	

Class	Navn	Klasse	Tid
<b>12</b>	<b>Frode Følgesvold</b>	<b>5</b>	<b>39:08</b>
00:27+	01:41+ 05:41+ 09:02+ 12:57+ 19:50+	22:51+ 26:33+ 31:40+ 34:13+ 36:29+ 39:08+	
00:27+	01:14+ 04:00+ 03:21+ 03:55+ 06:53+	03:01+ 03:42+ 05:07+ 02:33+ 02:16+ 02:39+	
00:11&	00:27& 01:03& 01:07& 01:40& 03:40&	01:08& 01:24& 03:07& 00:37& 00:39& 01:16&	
<b>13</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>	<b>39:38</b>
00:33+	02:03+ 05:17+ 10:09+ 13:56+ 19:55+	23:29+ 27:10+ 30:23+ 33:32+ 36:25+ 39:38+	
00:33+	01:30+ 03:14+ 04:52+ 03:47+ 05:59+	03:34+ 03:41+ 03:13+ 03:09+ 02:53+ 03:13+	
00:17@	00:43& 00:17+ 02:38@ 01:32& 02:46&	01:41& 01:23& 01:13& 01:13& 01:16& 01:50@	
<b>14</b>	<b>Leif Jarle Skåra</b>	<b>29</b>	<b>40:22</b>
00:25+	01:33+ 05:10+ 15:22+ 18:37+ 23:09+	25:18+ 28:29+ 32:23+ 35:12+ 38:06+ 40:22+	
00:25+	01:08+ 03:37+ 10:12+ 03:15+ 04:32+	02:09+ 03:11+ 03:54+ 02:49+ 02:54+ 02:16+	
00:09&	00:21& 00:40# 07:58@ 01:00& 01:19&	00:16# 00:53& 01:54& 00:53& 01:17& 00:53&	
<b>15</b>	<b>Steinar Aase</b>	<b>268</b>	<b>42:23</b>
01:35+	02:58+ 07:29+ 11:52+ 16:09+ 22:34+	25:51+ 30:00+ 33:25+ 37:14+ 39:54+ 42:23+	
01:35+	01:23+ 04:31+ 04:23+ 04:17+ 06:25+	03:17+ 04:09+ 03:25+ 03:49+ 02:40+ 02:29+	
01:19@	00:36& 01:34& 02:09& 02:02& 03:12&	01:24& 01:51& 01:25& 01:53& 01:03& 01:06&	
<b>16</b>	<b>Arne Hope</b>	<b>43</b>	<b>42:41</b>
00:30+	01:55+ 09:43+ 13:50+ 17:21+ 23:08+	25:43+ 29:17+ 32:24+ 35:44+ 40:39+ 42:41+	
00:30+	01:25+ 07:48+ 04:07+ 03:31+ 05:47+	02:35+ 03:34+ 03:07+ 03:20+ 04:55+ 02:02+	
00:14&	00:38& 04:51@ 01:53& 01:16& 02:34&	00:42& 01:16& 01:07& 01:24& 03:18@ 00:39&	
<b>17</b>	<b>Reidar Haver</b>	<b>4</b>	<b>44:29</b>
01:44+	03:09+ 06:24+ 10:55+ 13:58+ 18:54+	21:28+ 24:46+ 27:41+ 30:25+ 41:00+ 44:29+	
01:44+	01:25+ 03:15+ 04:31+ 03:03+ 04:56+	02:34+ 03:18+ 02:55+ 02:44+ 10:35+ 03:29+	
01:28@	00:38& 00:18# 02:17@ 00:48& 01:43&	00:41& 01:00& 00:55& 00:48& 08:58@ 02:06@	
<b>18</b>	<b>John Thorsnæs</b>	<b>51</b>	<b>44:40</b>
00:25+	02:07+ 06:16+ 11:15+ 14:55+ 20:49+	23:40+ 32:13+ 35:35+ 38:44+ 41:58+ 44:40+	
00:25+	01:42+ 04:09+ 04:59+ 03:40+ 05:54+	02:51+ 08:33+ 03:22+ 03:09+ 03:14+ 02:42+	
00:09&	00:55@ 01:12& 02:45@ 01:25& 02:41&	00:58& 06:15@ 01:22& 01:13& 01:37& 01:19&	
<b>19</b>	<b>Arild Olsen</b>	<b>4</b>	<b>44:50</b>
02:49+	04:13+ 08:06+ 11:51+ 15:04+ 20:12+	22:51+ 25:58+ 28:48+ 31:34+ 42:28+ 44:50+	
02:49+	01:24+ 03:53+ 03:45+ 03:13+ 05:08+	02:39+ 03:07+ 02:50+ 02:46+ 10:54+ 02:22+	
02:33@	00:37& 00:56& 01:31& 00:58& 01:55&	00:46& 00:49& 00:50& 00:50& 09:17@ 00:59&	
<b>20</b>	<b>Arild Svihus</b>	<b>92</b>	<b>45:13</b>
00:58+	02:44+ 06:41+ 12:41+ 17:57+ 24:01+	26:45+ 31:06+ 35:06+ 39:24+ 42:04+ 45:13+	
00:58+	01:46+ 03:57+ 06:00+ 05:16+ 06:04+	02:44+ 04:21+ 04:00+ 04:18+ 02:40+ 03:09+	
00:42@	00:59@ 01:00& 03:46@ 03:01@ 02:51&	00:51& 02:03& 02:00& 02:22@ 01:03& 01:46@	
<b>21</b>	<b>Sivert Alf Sivertsen</b>	<b>372</b>	<b>46:28</b>
05:52+	09:54+ 12:26+ 16:43+ 21:26+ 27:15+	29:25+ 32:49+ 35:30+ 42:43+ 44:47+ 46:28+	
05:52+	04:02+ 02:32- 04:17+ 04:43+ 05:49+	02:10+ 03:24+ 02:41+ 07:13+ 02:04+ 01:41+	
05:36@	03:15@ 00:25- 02:03& 02:28@ 02:36&	00:17# 01:06& 00:41& 05:17@ 00:27& 00:18#	
<b>22</b>	<b>Per Bakken</b>	<b>5</b>	<b>47:26</b>
00:39+	02:42+ 06:05+ 11:46+ 15:48+ 23:10+	30:01+ 33:45+ 38:33+ 41:51+ 45:04+ 47:26+	
00:39+	02:03+ 03:23+ 05:41+ 04:02+ 07:22+	06:51+ 03:44+ 04:48+ 03:18+ 03:13+ 02:22+	
00:23@	01:16@ 00:26# 03:27@ 01:47& 04:09@	04:58@ 01:26& 02:48@ 01:22& 01:36& 00:59&	
<b>23</b>	<b>Svein Inge Sævereid</b>	<b>126</b>	<b>49:39</b>
00:56+	02:34+ 06:36+ 11:51+ 17:02+ 23:57+	28:14+ 33:20+ 38:16+ 42:27+ 46:44+ 49:39+	
00:56+	01:38+ 04:02+ 05:15+ 05:11+ 06:55+	04:17+ 05:06+ 04:56+ 04:11+ 04:17+ 02:55+	
00:40@	00:51@ 01:05& 03:01@ 02:56@ 03:42@	02:24@ 02:48@ 02:56@ 02:15@ 02:40@ 01:32@	
<b>24</b>	<b>Audun Sjøen</b>	<b>111</b>	<b>50:05</b>
04:36+	06:13+ 10:17+ 19:32+ 23:42+ 30:10+	33:56+ 37:18+ 41:08+ 44:18+ 47:43+ 50:05+	
04:36+	01:37+ 04:04+ 09:15+ 04:10+ 06:28+	03:46+ 03:22+ 03:50+ 03:10+ 03:25+ 02:22+	
04:20@	00:50@ 01:07& 07:01@ 01:55& 03:15@	01:53& 01:04& 01:50& 01:14& 01:48@ 00:59&	
<b>25</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>	<b>52:38</b>
01:05+	03:08+ 08:28+ 14:41+ 19:24+ 26:33+	30:26+ 35:15+ 39:20+ 44:43+ 49:34+ 52:38+	
01:05+	02:03+ 05:20+ 06:13+ 04:43+ 07:09+	03:53+ 04:49+ 04:05+ 05:23+ 04:51+ 03:04+	
00:49@	01:16@ 02:23& 03:59@ 02:28@ 03:56@	02:00@ 02:31@ 02:05@ 03:27@ 03:14@ 01:41@	
<b>26</b>	<b>Asgeir Kleppa</b>	<b>47</b>	<b>52:58</b>
00:35+	05:04+ 09:06+ 20:16+ 23:16+ 27:25+	31:23+ 37:02+ 46:06+ 48:47+ 51:05+ 52:58+	
00:35+	04:29+ 04:02+ 11:10+ 03:00+ 04:09+	03:58+ 05:39+ 09:04+ 02:41+ 02:18+ 01:53+	
00:19@	03:42@ 01:05& 08:56@ 00:45& 00:56&	02:05@ 03:21@ 07:04@ 00:45& 00:41& 00:30&	

Class	Navn	Klasse										Tid
<b>27</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>54:08</b>
00:59+	06:41+	10:23+	17:30+	21:26+	32:18+	36:02+	39:31+	43:02+	46:43+	51:13+	54:08+	
00:59+	05:42+	03:42+	07:07+	03:56+	10:52+	03:44+	03:29+	03:31+	03:41+	04:30+	02:55+	
00:43@	04:55@	00:45&	04:53@	01:41&	07:39@	01:51&	01:11&	01:31&	01:45&	02:53@	01:32@	
<b>28</b>	<b>Leif Kåre Lende</b>	<b>128</b>										<b>56:47</b>
00:42+	02:12+	24:12+	27:20+	30:11+	36:39+	39:34+	43:02+	46:51+	50:05+	53:42+	56:47+	
00:42+	01:30+	22:00+	03:08+	02:51+	06:28+	02:55+	03:28+	03:49+	03:14+	03:37+	03:05+	
00:26@	00:43&	19:03@	00:54&	00:36&	03:15@	01:02&	01:10&	01:49&	01:18&	02:00@	01:42@	
<b>29</b>	<b>Frank Gulbrandsen</b>	<b>105</b>										<b>1:11:45</b>
00:53+	02:22+	34:43+	39:10+	43:24+	48:42+	52:18+	57:16+	60:23+	64:25+	68:13+	71:45+	
00:53+	01:29+	32:21+	04:27+	04:14+	05:18+	03:36+	04:58+	03:07+	04:02+	03:48+	03:32+	
00:37@	00:42&	29:24@	02:13&	01:59&	02:05&	01:43&	02:40@	01:07&	02:06@	02:11@	02:09@	
<b>Beste strekktid for klassen</b>												
00:16	00:47	02:22	02:14	02:15	03:13	01:53	02:18	02:00	01:56	01:37	01:23	

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