

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Anina Iselin Hadland	29	54:20								
05:21=	08:45=	13:00=	22:35=	25:00=	29:25=	33:58=	44:09=	46:44=	50:47=	53:12=	54:20=
05:21=	03:24=	04:15=	09:35=	02:25=	04:25=	04:33=	10:11=	02:35=	04:03=	02:25=	01:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ann Torill Bakken	116	58:22								
04:35-	08:20-	12:43-	23:44+	26:17+	32:42+	36:08+	48:35+	51:57+	55:11+	57:10+	58:22+
04:35-	03:45+	04:23+	11:01+	02:33+	06:25+	03:26-	12:27+	03:22+	03:14-	01:59-	01:12+
00:46-	00:21#	00:08+	01:26#	00:08+	02:00&	01:07-	02:16#	00:47&	00:49-	00:26-	00:04+
3	Margrete Jian Øye	126	59:21								
04:37-	08:35-	13:38+	23:34+	26:26+	30:28+	35:08+	46:07+	49:17+	55:40+	58:10+	59:21+
04:37-	03:58+	05:03+	09:56+	02:52+	04:02-	04:40+	10:59+	03:10+	06:23+	02:30+	01:11+
00:44-	00:34#	00:48#	00:21+	00:27#	00:23-	00:07+	00:48+	00:35#	02:20&	00:05+	00:03+
4	Katrine Haaland Leveraas	54	1:02:05								
09:14+	12:36+	16:35+	33:52+	36:26+	39:57+	43:31+	53:01+	56:00+	59:18+	61:02+	62:05+
09:14+	03:22-	03:59-	17:17+	02:34+	03:31-	03:34-	09:30-	02:59+	03:18-	01:44-	01:03-
03:53&	00:02-	00:16-	07:42&	00:09+	00:54-	00:59-	00:41-	00:24#	00:45-	00:41-	00:05-
5	Wibeke Lende	74	1:03:27								
05:22+	09:29+	14:34+	26:34+	29:38+	34:05+	38:53+	51:54+	57:01+	60:16+	62:10+	63:27+
05:22+	04:07+	05:05+	12:00+	03:04+	04:27+	04:48+	13:01+	05:07+	03:15-	01:54-	01:17+
00:01+	00:43#	00:50#	02:25&	00:39&	00:02+	00:15+	02:50&	02:32&	00:48-	00:31-	00:09#
6	Elin Graneland	39	1:09:18								
15:20+	18:53+	23:02+	38:45+	41:25+	44:51+	48:27+	57:42+	63:21+	66:23+	68:09+	69:18+
15:20+	03:33+	04:09-	15:43+	02:40+	03:26-	03:36-	09:15-	05:39+	03:02-	01:46-	01:09+
09:59@	00:09+	00:06-	06:08&	00:15#	00:59-	00:57-	00:56-	03:04@	01:01-	00:39-	00:01+
7	Hege Bakken	93	1:09:31								
04:42-	08:53+	14:23+	29:29+	32:38+	37:35+	43:53+	57:22+	61:06+	65:30+	68:08+	69:31+
04:42-	04:11+	05:30+	15:06+	03:09+	04:57+	06:18+	13:29+	03:44+	04:24+	02:38+	01:23+
00:39-	00:47#	01:15&	05:31&	00:44&	00:32#	01:45&	03:18&	01:09&	00:21+	00:13+	00:15#
8	Maren Heradstveit	76	1:10:03								
14:19+	17:41+	31:11+	40:33+	42:57+	46:36+	52:00+	60:42+	63:47+	67:13+	68:57+	70:03+
14:19+	03:22-	13:30+	09:22-	02:24-	03:39-	05:24+	08:42-	03:05+	03:26-	01:44-	01:06-
08:58@	00:02-	09:15@	00:13-	00:01-	00:46-	00:51#	01:29-	00:30#	00:37-	00:41-	00:02-
9	Lene Taugbøl Lomeland	105	1:10:47								
08:55+	12:07+	16:41+	28:41+	31:44+	46:25+	49:46+	60:26+	63:20+	67:26+	69:29+	70:47+
08:55+	03:12-	04:34+	12:00+	03:03+	14:41+	03:21-	10:40+	02:54+	04:06+	02:03-	01:18+
03:34&	00:12-	00:19+	02:25&	00:38&	10:16@	01:12-	00:29+	00:19#	00:03+	00:22-	00:10#
10	Anastasia Ollestad	93	1:13:04								
04:53-	09:19+	14:31+	26:05+	28:28+	38:28+	45:26+	57:43+	66:02+	69:50+	71:54+	73:04+
04:53-	04:26+	05:12+	11:34+	02:23-	10:00+	06:58+	12:17+	08:19+	03:48-	02:04-	01:10+
00:28-	01:02&	00:57#	01:59#	00:02-	05:35@	02:25&	02:06#	05:44@	00:15-	00:21-	00:02+
11	Mette Baardsgaard	93	1:19:01								
14:03+	17:18+	21:34+	36:21+	38:44+	44:18+	48:24+	63:41+	72:54+	75:58+	77:54+	79:01+
14:03+	03:15-	04:16+	14:47+	02:23-	05:34+	04:06-	15:17+	09:13+	03:04-	01:56-	01:07-
08:42@	00:09-	00:01+	05:12&	00:02-	01:09&	00:27-	05:06&	06:38@	00:59-	00:29-	00:01-
12	Tone Hansen	76	1:49:20								
14:32+	18:25+	23:43+	60:46+	63:28+	68:02+	74:48+	87:20+	99:39+	103:37+	108:02+	109:20+
14:32+	03:53+	05:18+	37:03+	02:42+	04:34+	06:46+	12:32+	12:19+	03:58-	04:25+	01:18+
09:11@	00:29#	01:03#	27:28@	00:17#	00:09+	02:13&	02:21#	09:44@	00:05-	02:00&	00:10#
Beste strekktid for klassen											
04:35	03:12	03:59	09:22	02:23	03:26	03:21	08:42	02:35	03:02	01:44	01:03

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

Damer 40 - 49 år

Class	Navn	Klasse	Tid
1	Anne Marie Gausel	105	49:50
	01:56= 03:01= 07:13= 15:22= 23:29= 27:54= 32:39= 41:47= 44:45= 48:03= 49:50=		
	01:56= 01:05= 04:12= 08:09= 08:07= 04:25= 04:45= 09:08= 02:58= 03:18= 01:47=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Hege Anita H. Nielsen	48	51:45
	03:29+ 05:20+ 10:08+ 15:18- 19:48- 24:38- 30:46- 42:28+ 45:36+ 49:48+ 51:45+		
	03:29+ 01:51+ 04:48+ 05:10- 04:30- 04:50+ 06:08+ 11:42+ 03:08+ 04:12+ 01:57+		
	01:33& 00:46& 00:36# 02:59- 03:37- 00:25+ 01:23& 02:34& 00:10+ 00:54& 00:10+		
3	Agnes Haker	43	58:15
	01:54- 03:36+ 08:01+ 20:31+ 24:15+ 31:23+ 37:21+ 47:24+ 50:19+ 55:19+ 58:15+		
	01:54- 01:42+ 04:25+ 12:30+ 03:44- 07:08+ 05:58+ 10:03+ 02:55- 05:00+ 02:56+		
	00:02- 00:37& 00:13+ 04:21& 04:23- 02:43& 01:13& 00:55# 00:03- 01:42& 01:09&		
4	Toril Dahle	116	1:25:00
	03:39+ 06:37+ 12:11+ 20:11+ 47:34+ 52:05+ 58:43+ 71:16+ 74:59+ 81:38+ 85:00+		
	03:39+ 02:58+ 05:34+ 08:00- 27:23+ 04:31+ 06:38+ 12:33+ 03:43+ 06:39+ 03:22+		
	01:43& 01:53@ 01:22& 00:09- 19:16@ 00:06+ 01:53& 03:25& 00:45& 03:21@ 01:35&		
5	Heidi Martby	88	1:27:09
	04:11+ 07:07+ 12:23+ 31:13+ 48:51+ 53:15+ 61:24+ 72:29+ 75:39+ 85:30+ 87:09+		
	04:11+ 02:56+ 05:16+ 18:50+ 17:38+ 04:24- 08:09+ 11:05+ 03:10+ 09:51+ 01:39-		
	02:15@ 01:51@ 01:04& 10:41@ 09:31@ 00:01- 03:24& 01:57# 00:12+ 06:33@ 00:08-		
6	Helen Haneferd	27	1:29:53
	03:20+ 10:35+ 17:20+ 26:42+ 32:13+ 39:40+ 46:39+ 78:41+ 83:28+ 86:46+ 89:53+		
	03:20+ 07:15+ 06:45+ 09:22+ 05:31- 07:27+ 06:59+ 32:02+ 04:47+ 03:18= 03:07+		
	01:24& 06:10@ 02:33& 01:13# 02:36- 03:02& 02:14& 22:54@ 01:49& 00:00= 01:20&		
7	Toyah Bråtveit	43	1:40:11
	09:36+ 10:47+ 16:07+ 47:00+ 64:54+ 69:23+ 77:35+ 87:53+ 91:06+ 98:57+ 100:11+		
	09:36+ 01:11+ 05:20+ 30:53+ 17:54+ 04:29+ 08:12+ 10:18+ 03:13+ 07:51+ 01:14-		
	07:40@ 00:06+ 01:08& 22:44@ 09:47@ 00:04+ 03:27& 01:10# 00:15+ 04:33@ 00:33-		

Beste strekktid for klassen

01:54 01:05 04:12 05:10 03:44 04:24 04:45 09:08 02:55 03:18 01:14

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

Damer 50 - 59 år

1	Signe Ottesen	116	50:54
	03:02= 04:09= 09:32= 14:36= 19:14= 23:47= 30:01= 42:02= 45:54= 48:29= 50:54=		
	03:02= 01:07= 05:23= 05:04= 04:38= 04:33= 06:14= 12:01= 03:52= 02:35= 02:25=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ragnhild Auglænd	62	51:33
	03:04+ 05:31+ 10:25+ 16:01+ 20:19+ 24:13+ 30:57+ 41:46- 45:19- 50:18+ 51:33+		
	03:04+ 02:27+ 04:54- 05:36+ 04:18- 03:54- 06:44+ 10:49- 03:33- 04:59+ 01:15-		
	00:02+ 01:20@ 00:29- 00:32# 00:20- 00:39- 00:30+ 01:12- 00:19- 02:24& 01:10-		
3	Evy Klausen Mjølunes	62	52:42
	02:41- 03:55- 08:48- 15:22+ 26:07+ 29:35+ 35:12+ 45:29+ 48:51+ 51:25+ 52:42+		
	02:41- 01:14+ 04:53- 06:34+ 10:45+ 03:28- 05:37- 10:17- 03:22- 02:34- 01:17-		
	00:21- 00:07# 00:30- 01:30& 06:07@ 01:05- 00:37- 01:44- 00:30- 00:01- 01:08-		
4	Anita Glenne Kallhovd	29	53:03
	08:17+ 09:33+ 14:15+ 18:54+ 22:36+ 26:34+ 33:00+ 44:12+ 47:34+ 51:02+ 53:03+		
	08:17+ 01:16+ 04:42- 04:39- 03:42- 03:58- 06:26+ 11:12- 03:22- 03:28+ 02:01-		
	05:15@ 00:09# 00:41- 00:25- 00:56- 00:35- 00:12+ 00:49- 00:30- 00:53& 00:24-		
5	Marie-Elizabeth Reinseth	27	53:04
	03:45+ 05:41+ 11:37+ 16:54+ 21:19+ 25:51+ 32:15+ 44:16+ 47:56+ 50:34+ 53:04+		
	03:45+ 01:56+ 05:56+ 05:17+ 04:25- 04:32- 06:24+ 12:01= 03:40- 02:38+ 02:30+		
	00:43# 00:49& 00:33# 00:13+ 00:13- 00:01- 00:10+ 00:00= 00:12- 00:03+ 00:05+		
6	Trude Katrine Hermanrud	117	56:29
	02:52- 05:30+ 11:08+ 16:42+ 21:33+ 25:52+ 33:05+ 44:12+ 48:51+ 54:02+ 56:29+		
	02:52- 02:38+ 05:38+ 05:34+ 04:51+ 04:19- 07:13+ 11:07- 04:39+ 05:11+ 02:27+		
	00:10- 01:31@ 00:15+ 00:30+ 00:13+ 00:14- 00:59# 00:54- 00:47# 02:36@ 00:02+		

Class	Navn	Klasse	Tid							
7	Tone Cecilie Nystrøm	68	57:31							
04:32+	05:49+	12:22+	17:43+	22:23+	27:32+	35:03+	46:31+	54:00+	57:31+	
04:32+	01:17+	06:33+	05:21+	04:40+	05:09+	07:31+	11:28-	04:17+	03:12+	03:31+
01:30&	00:10#	01:10#	00:17+	00:02+	00:36#	01:17#	00:33-	00:25#	00:37#	01:06&
8	Gerd Olaug Vikeså	101	1:00:56							
02:23-	06:40+	11:17+	17:33+	21:54+	25:53+	32:48+	46:34+	50:45+	58:54+	60:56+
02:23-	04:17+	04:37-	06:16+	04:21-	03:59-	06:55+	13:46+	04:11+	08:09+	02:02-
00:39-	03:10@	00:46-	01:12#	00:17-	00:34-	00:41#	01:45#	00:19+	05:34@	00:23-
9	Nidunn Sandvik	228	1:03:32							
03:54+	05:11+	10:43+	16:49+	25:30+	31:05+	39:56+	51:05+	55:24+	60:28+	63:32+
03:54+	01:17+	05:32+	06:06+	08:41+	05:35+	08:51+	11:09-	04:19+	05:04+	03:04+
00:52&	00:10#	00:09+	01:02#	04:03&	01:02#	02:37&	00:52-	00:27#	02:29&	00:39&
10	Anne Siv Gjertsen	27	1:04:33							
03:44+	05:19+	10:51+	25:11+	29:38+	34:16+	41:30+	53:15+	56:50+	63:03+	64:33+
03:44+	01:35+	05:32+	14:20+	04:27-	04:38+	07:14+	11:45-	03:35-	06:13+	01:30-
00:42#	00:28&	00:09+	09:16@	00:11-	00:05+	01:00#	00:16-	00:17-	03:38@	00:55-
11	Hilde Frøylog Karlsen	228	1:06:31							
06:54+	08:06+	14:34+	22:14+	27:36+	34:06+	41:58+	56:30+	61:05+	64:55+	66:31+
06:54+	01:12+	06:28+	07:40+	05:22+	06:30+	07:52+	14:32+	04:35+	03:50+	01:36-
03:52@	00:05+	01:05#	02:36&	00:44#	01:57&	01:38&	02:31#	00:43#	01:15&	00:49-
12	Kristin Skadsem	18	1:10:26							
02:59-	05:28+	10:54+	27:13+	40:55+	45:00+	50:36+	62:47+	66:13+	69:08+	70:26+
02:59-	02:29+	05:26+	16:19+	13:42+	04:05-	05:36-	12:11+	03:26-	02:55+	01:18-
00:03-	01:22@	00:03+	11:15@	09:04@	00:28-	00:38-	00:10+	00:26-	00:20#	01:07-
13	Ragnhild Båtnes Berntsen	101	1:13:59							
03:10+	04:37+	11:42+	18:46+	24:06+	30:30+	39:00+	56:10+	61:28+	70:25+	73:59+
03:10+	01:27+	07:05+	07:04+	05:20+	06:24+	08:30+	17:10+	05:18+	08:57+	03:34+
00:08+	00:20&	01:42&	02:00&	00:42#	01:51&	02:16&	05:09&	01:26&	06:22@	01:09&
14	Eli Tjåland Stokka	94	1:23:13							
03:55+	05:24+	11:37+	17:31+	37:01+	42:10+	56:25+	69:05+	73:27+	78:16+	83:13+
03:55+	01:29+	06:13+	05:54+	19:30+	05:09+	14:15+	12:40+	04:22+	04:49+	04:57+
00:53&	00:22&	00:50#	00:50#	14:52@	00:36#	08:01@	00:39+	00:30#	02:14&	02:32@
15	Andrea Tapken	54	1:24:45							
03:59+	06:24+	12:52+	20:12+	46:24+	51:34+	59:06+	73:23+	78:02+	82:51+	84:45+
03:59+	02:25+	06:28+	07:20+	26:12+	05:10+	07:32+	14:17+	04:39+	04:49+	01:54-
00:57&	01:18@	01:05#	02:16&	21:34@	00:37#	01:18#	02:16#	00:47#	02:14&	00:31-
16	Liv Margot Sviland	54	1:36:51							
04:43+	06:14+	12:04+	19:03+	34:04+	38:08+	64:29+	77:52+	81:50+	94:34+	96:51+
04:43+	01:31+	05:50+	06:59+	15:01+	04:04-	26:21+	13:23+	03:58+	12:44+	02:17-
01:41&	00:24&	00:27+	01:55&	10:23@	00:29-	20:07@	01:22#	00:06+	10:09@	00:08-
17	Brit Vivian Meling	116	1:45:02							
18:11+	19:38+	27:27+	34:07+	57:28+	64:40+	76:45+	91:10+	97:09+	100:52+	105:02+
18:11+	01:27+	07:49+	06:40+	23:21+	07:12+	12:05+	14:25+	05:59+	03:43+	04:10+
15:09@	00:20&	02:26&	01:36&	18:43@	02:39&	05:51&	02:24#	02:07&	01:08&	01:45&
Beste strekktid for klassen										
02:23	01:07	04:37	04:39	03:42	03:28	05:36	10:17	03:22	02:34	01:15

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

Damer 60 - 64 år

1	Ingunn Voilås	29	48:42								
04:38=	07:11=	08:50=	11:52=	20:14=	23:34=	25:20=	30:16=	35:32=	42:09=	47:27=	48:42=
04:38=	02:33=	01:39=	03:02=	08:22=	03:20=	01:46=	04:56=	05:16=	06:37=	05:18=	01:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marit Karin Nygård	92	53:34								
02:47-	05:16-	07:13-	10:58-	18:39-	21:54-	25:14-	30:32+	37:22+	44:41+	52:06+	53:34+
02:47-	02:29-	01:57+	03:45+	07:41-	03:15-	03:20+	05:18+	06:50+	07:19+	07:25+	01:28+
01:51-	00:04-	00:18#	00:43#	00:41-	00:05-	01:34&	00:22+	01:34&	00:42#	02:07&	00:13#

Class	Navn	Klasse										Tid
3	Tove Bjerkreim	105										58:05
05:36+	08:04+	09:37+	12:59+	21:00+	32:48+	35:50+	39:37+	50:03+	56:30+	58:05+		
05:36+	02:28-	01:33-	03:22+	08:01-	11:48+	03:02+	03:47-	04:30-	05:56-	06:27+	01:35+	
00:58#	00:05-	00:06-	00:20#	00:21-	08:28@	01:16&	01:09-	00:46-	00:41-	01:09#	00:20&	
4	Ellinor Nesse	116										1:03:01
08:37+	11:05+	13:13+	17:10+	25:03+	29:11+	31:45+	36:45+	44:25+	53:19+	61:15+	63:01+	
08:37+	02:28-	02:08+	03:57+	07:53-	04:08+	02:34+	05:00+	07:40+	08:54+	07:56+	01:46+	
03:59&	00:05-	00:29&	00:55&	00:29-	00:48#	00:48&	00:04+	02:24&	02:17&	02:38&	00:31&	
5	Ingrid Eik	88										1:03:18
02:27-	05:54-	08:11-	12:19+	20:01-	23:02-	25:25+	39:55+	45:56+	53:39+	61:21+	63:18+	
02:27-	03:27+	02:17+	04:08+	07:42-	03:01-	02:23+	14:30+	06:01+	07:43+	07:42+	01:57+	
02:11-	00:54&	00:38&	01:06&	00:40-	00:19-	00:37&	09:34@	00:45#	01:06#	02:24&	00:42&	
6	Berit Bakken	93										1:04:03
02:49-	05:28-	07:07-	12:13+	20:41+	24:08+	26:01+	31:25+	38:28+	46:29+	59:22+	64:03+	
02:49-	02:39+	01:39=	05:06+	08:28+	03:27+	01:53+	05:24+	07:03+	08:01+	12:53+	04:41+	
01:49-	00:06+	00:00=	02:04&	00:06+	00:07+	00:07+	00:28+	01:47&	01:24#	07:35@	03:26@	
7	Hanne-Keth Qvale	113										1:11:24
02:51-	06:38-	12:42+	16:21+	23:12+	25:56+	29:27+	34:49+	41:36+	50:22+	67:36+	71:24+	
02:51-	03:47+	06:04+	03:39+	06:51-	02:44+	03:31+	05:22+	06:47+	08:46+	17:14+	03:48+	
01:47-	01:14&	04:25@	00:37#	01:31-	00:36-	01:45&	00:26+	01:31&	02:09&	11:56@	02:33@	
8	Liv-Grete Obrestad	113										1:12:10
02:27-	15:22+	16:53+	26:38+	35:22+	38:47+	41:12+	47:33+	58:44+	64:31+	69:46+	72:10+	
02:27-	12:55+	01:31-	09:45+	08:44+	03:25+	02:25+	06:21+	11:11+	05:47-	05:15-	02:24+	
02:11-	10:22@	00:08-	06:43@	00:22+	00:05+	00:39&	01:25&	05:55@	00:50-	00:03-	01:09&	
9	May Elinor Meling	125										1:15:13
02:31-	05:02-	06:48-	23:47+	31:51+	35:00+	37:25+	45:41+	50:47+	57:23+	71:57+	75:13+	
02:31-	02:31-	01:46+	16:59+	08:04+	03:09-	02:25+	08:16+	05:06-	06:36-	14:34+	03:16+	
02:07-	00:02-	00:07+	13:57@	00:18-	00:11-	00:39&	03:20&	00:10-	00:01-	09:16@	02:01@	
10	Liv Sissel Obrestad	54										1:23:44
03:08-	06:05-	08:13-	28:05+	39:56+	44:57+	50:49+	55:57+	63:00+	71:29+	79:58+	83:44+	
03:08-	02:57+	02:08+	19:52+	11:51+	05:01+	05:52+	05:08+	07:03+	08:29+	08:29+	03:46+	
01:30-	00:24#	00:29&	16:50@	03:29&	01:41&	04:06@	00:12+	01:47&	01:52&	03:11&	02:31@	
11	Ase Berg	105										1:27:25
03:49-	07:04-	09:28+	13:43+	23:55+	27:42+	48:46+	59:17+	66:48+	75:16+	83:29+	87:25+	
03:49-	03:15+	02:24+	04:15+	10:12+	03:47+	21:04+	10:31+	07:31+	08:28+	08:13+	03:56+	
00:49-	00:42&	00:45&	01:13&	01:50#	00:27#	19:18@	05:35@	02:15&	01:51&	02:55&	02:41@	
Beste strekktid for klassen												
02:27	02:28	01:31	03:02	06:51	02:44	01:46	03:47	04:30	05:47	05:15	01:15	

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

Damer 65 - 69 år

1	Hanne Eik	117										1:12:58
02:58=	05:58=	07:54=	16:38=	25:29=	29:56=	32:59=	41:56=	49:54=	59:11=	69:47=	72:58=	
02:58=	03:00=	01:56=	08:44=	08:51=	04:27=	03:03=	08:57=	07:58=	09:17=	10:36=	03:11=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Halldis Handeland	92										1:18:33
03:28+	07:10+	09:16+	20:55+	29:57+	35:02+	38:45+	44:43+	52:25+	66:05+	77:01+	78:33+	
03:28+	03:42+	02:06+	11:39+	09:02+	05:05+	03:43+	05:58-	07:42-	13:40+	10:56+	01:32-	
00:30#	00:42#	00:10+	02:55&	00:11+	00:38#	00:40#	02:59-	00:16-	04:23&	00:20+	01:39-	
3	Berit Gramstad	113										1:20:50
08:39+	12:29+	14:26+	19:42+	31:32+	36:06+	38:27+	45:37+	53:19+	61:50+	77:29+	80:50+	
08:39+	03:50+	01:57+	05:16-	11:50+	04:34+	02:21-	07:10-	07:42-	08:31-	15:39+	03:21+	
05:41@	00:50&	00:01+	03:28-	02:59&	00:07+	00:42-	01:47-	00:16-	00:46-	05:03&	00:10+	
4	Mette Dagsland	68										1:48:24
03:42+	06:17+	07:45-	11:30-	33:00+	36:27+	38:51+	68:38+	81:15+	88:53+	102:58+	108:24+	
03:42+	02:35-	01:28-	03:45-	21:30+	03:27-	02:24-	29:47+	12:37+	07:38-	14:05+	05:26+	
00:44#	00:25-	00:28-	04:59-	12:39@	01:00-	00:39-	20:50@	04:39&	01:39-	03:29&	02:15&	

Class	Navn	Klasse										Tid
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Beste strekktid for klassen

02:58 02:35 01:28 03:45 08:51 03:27 02:21 05:58 07:42 07:38 10:36 01:32

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

Damer 70 - 74 år

1 Helga Klausen 62 1:14:42

03:11= 06:02= 07:55= 12:27= 23:25= 28:03= 35:47= 41:43= 48:33= 57:23= 72:25= 74:42=
 03:11= 02:51= 01:53= 04:32= 10:58= 04:38= 07:44= 05:56= 06:50= 08:50= 15:02= 02:17=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Lillian Dahl Fitjar 117 1:25:30

03:11= 06:52+ 09:07+ 13:32+ 22:34- 27:00- 29:40- 41:48+ 52:45+ 67:43+ 80:06+ 85:30+
 03:11= 03:41+ 02:15+ 04:25- 09:02- 04:26- 02:40- 12:08+ 10:57+ 14:58+ 12:23- 05:24+
 00:00= 00:50& 00:22# 00:07- 01:56- 00:12- 05:04- 06:12@ 04:07& 06:08& 02:39- 03:07@

Beste strekktid for klassen

03:11 02:51 01:53 04:25 09:02 04:26 02:40 05:56 06:50 08:50 12:23 02:17

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

Damer 75 - 79 år

1 Turid Nystrøm 68 59:44

02:58= 05:36= 07:17= 11:29= 20:56= 24:12= 26:34= 31:51= 38:09= 45:18= 54:04= 59:44=
 02:58= 02:38= 01:41= 04:12= 09:27= 03:16= 02:22= 05:17= 06:18= 07:09= 08:46= 05:40=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Haldis Glendrange 68 1:11:44

03:09+ 06:04+ 07:56+ 14:29+ 26:43+ 30:58+ 33:14+ 40:30+ 48:13+ 56:44+ 68:11+ 71:44+
 03:09+ 02:55+ 01:52+ 06:33+ 12:14+ 04:15+ 02:16- 07:16+ 07:43+ 08:31+ 11:27+ 03:33-
 00:11+ 00:17# 00:11# 02:21& 02:47& 00:59& 00:06- 01:59& 01:25# 01:22# 02:41& 02:07-

3 Gry Vikhamar Thengs 68 1:20:50

03:03+ 05:51+ 08:28+ 18:33+ 29:11+ 33:12+ 35:46+ 44:42+ 51:38+ 70:08+ 78:36+ 80:50+
 03:03+ 02:48+ 02:37+ 10:05+ 10:38+ 04:01+ 02:34+ 08:56+ 06:56+ 18:30+ 08:28- 02:14-
 00:05+ 00:10+ 00:56& 05:53@ 01:11# 00:45# 00:12+ 03:39& 00:38# 11:21@ 00:18- 03:26-

4 Berit Ebbell Olsen 68 1:58:38

04:14+ 08:35+ 11:51+ 19:00+ 31:34+ 37:15+ 50:22+ 60:58+ 75:55+ 90:14+ 113:32+ 118:38+
 04:14+ 04:21+ 03:16+ 07:09+ 12:34+ 05:41+ 13:07+ 10:36+ 14:57+ 14:19+ 23:18+ 05:06-
 01:16& 01:43& 01:35& 02:57& 03:07& 02:25& 10:45@ 05:19@ 08:39@ 07:10@ 14:32@ 00:34-

Beste strekktid for klassen

02:58 02:38 01:41 04:12 09:27 03:16 02:16 05:17 06:18 07:09 08:28 02:14

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

Damer A

1 Aud Hognestad Taksdal 92 41:01

01:33= 02:56= 05:22= 09:30= 11:28= 12:45= 16:03= 18:14= 20:13= 25:33= 29:02= 31:40= 37:02= 39:02= 41:01=
 01:33= 01:23= 02:26= 04:08= 01:58= 01:17= 03:18= 02:11= 01:59= 05:20= 03:29= 02:38= 05:22= 02:00= 01:59=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Jorunn Hadland 29 43:39

01:46+ 04:37+ 07:19+ 10:25+ 12:19+ 13:40+ 16:54+ 19:09+ 20:51+ 26:22+ 30:07+ 33:02+ 39:20+ 41:39+ 43:39+
 01:46+ 02:51+ 02:42+ 03:06- 01:54- 01:21+ 03:14- 02:15+ 01:42- 05:31+ 03:45+ 02:55+ 06:18+ 02:19+ 02:00+
 00:13# 01:28@ 00:16# 01:02- 00:04- 00:04+ 00:04- 00:04+ 00:17- 00:11+ 00:16+ 00:17# 00:56# 00:19# 00:01+

3 Anna Taksdal 194 49:12

03:06+ 05:52+ 08:36+ 12:13+ 14:53+ 16:14+ 19:29+ 23:13+ 25:17+ 31:24+ 35:29+ 38:01+ 43:56+ 47:07+ 49:12+
 03:06+ 02:46+ 02:44+ 03:37- 02:40+ 01:21+ 03:15- 03:44+ 02:04+ 06:07+ 04:05+ 02:32- 05:55+ 03:11+ 02:05+
 01:33& 01:23& 00:18# 00:31- 00:42& 00:04+ 00:03- 01:33& 00:05+ 00:47# 00:36# 00:06- 00:33# 01:11& 00:06+

Class	Navn	Klasse										Tid			
4	Tone Torgersen	27										1:02:55			
	01:55+	03:50+	06:48+	11:12+	15:10+	16:59+	21:41+	24:23+	27:02+	34:45+	39:23+	43:42+	56:41+	60:07+	62:55+
	01:55+	01:55+	02:58+	04:24+	03:58+	01:49+	04:42+	02:42+	02:39+	07:43+	04:38+	04:19+	12:59+	03:26+	02:48+
	00:22#	00:32&	00:32#	00:16+	02:00#	00:32&	01:24&	00:31#	00:40&	02:23&	01:09&	01:41&	07:37#	01:26&	00:49&
5	Katrine Prestvold	212										1:14:05			
	08:32+	14:48+	17:46+	22:09+	24:25+	26:10+	30:05+	35:43+	40:19+	47:57+	51:55+	55:03+	69:05+	72:05+	74:05+
	08:32+	06:16+	02:58+	04:23+	02:16+	01:45+	03:55+	05:38+	04:36+	07:38+	03:58+	03:08+	14:02+	03:00+	02:00+
	06:59#	04:53#	00:32#	00:15+	00:18#	00:28&	00:37#	03:27#	02:37#	02:18&	00:29#	00:30#	08:40#	01:00&	00:01+
6	Trine Bolstad Scheie	62										1:28:16			
	03:46+	06:17+	10:50+	16:49+	21:18+	24:38+	31:25+	35:48+	39:52+	52:30+	59:23+	66:41+	78:25+	83:41+	88:16+
	03:46+	02:31+	04:33+	05:59+	04:29+	03:20+	06:47+	04:23+	04:04+	12:38+	06:53+	07:18+	11:44+	05:16+	04:35+
	02:13#	01:08&	02:07&	01:51&	02:31#	02:03#	03:29#	02:12#	02:05#	07:18#	03:24&	04:40#	06:22#	03:16#	02:36#
7	Pernille Melleby	18										1:28:40			
	02:54+	06:15+	10:59+	16:36+	20:36+	23:45+	30:03+	34:12+	39:38+	50:41+	57:30+	61:50+	80:30+	84:27+	88:40+
	02:54+	03:21+	04:44+	05:37+	04:00+	03:09+	06:18+	04:09+	05:26+	11:03+	06:49+	04:20+	18:40+	03:57+	04:13+
	01:21&	01:58#	02:18&	01:29&	02:02#	01:52#	03:00&	01:58&	03:27#	05:43#	03:20&	01:42&	13:18#	01:57&	02:14#

Beste strekktid for klassen

01:33 01:23 02:26 03:06 01:54 01:17 03:14 02:11 01:42 05:20 03:29 02:32 05:22 02:00 01:59

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

Damer B

1	Inger Tone Nygård	29										50:35			
	03:47=	06:57=	10:07=	12:30=	19:10=	22:59=	28:38=	30:02=	33:05=	36:33=	42:28=	46:08=	47:56=	49:32=	50:35=
	03:47=	03:10=	03:10=	02:23=	06:40=	03:49=	05:39=	01:24=	03:03=	03:28=	05:55=	03:40=	01:48=	01:36=	01:03=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne Garsrud	90										54:01			
	04:01+	07:45+	12:04+	14:58+	19:06-	20:58-	27:18-	28:49-	33:00-	37:03+	45:16+	48:56+	51:12+	52:51+	54:01+
	04:01+	03:44+	04:19+	02:54+	04:08-	01:52-	06:20+	01:31+	04:11+	04:03+	08:13+	03:40=	02:16+	01:39+	01:10+
	00:14+	00:34#	01:09&	00:31#	02:32-	01:57-	00:41#	00:07+	01:08&	00:35#	02:18&	00:00=	00:28&	00:03+	00:07#
3	Vibeke Lamark	46										54:59			
	05:47+	09:09+	12:46+	15:24+	21:18+	25:10+	31:15+	32:44+	36:48+	40:16+	46:31+	50:02+	51:59+	53:48+	54:59+
	05:47+	03:22+	03:37+	02:38+	05:54-	03:52+	06:05+	01:29+	04:04+	03:28=	06:15+	03:31-	01:57+	01:49+	01:11+
	02:00&	00:12+	00:27#	00:15#	00:46-	00:03+	00:26+	00:05+	01:01&	00:00=	00:20+	00:09-	00:09+	00:13#	00:08#
4	Lise Isachsen	165										55:05			
	04:39+	07:45+	11:26+	14:43+	20:10+	21:26-	27:22-	28:43-	32:21-	39:26+	46:23+	49:15+	51:51+	53:59+	55:05+
	04:39+	03:06-	03:41+	03:17+	05:27-	01:16-	05:56+	01:21-	03:38+	07:05+	06:57+	02:52-	02:36+	02:08+	01:06+
	00:52#	00:04-	00:31#	00:54&	01:13-	02:33-	00:17+	00:03-	00:35#	03:37#	01:02#	00:48-	00:48&	00:32&	00:03+
5	Ingrid W. Hestness	117										55:35			
	03:50+	06:56-	10:42+	13:19+	18:09-	19:17-	25:52-	27:13-	32:00-	35:55-	46:38+	50:10+	52:24+	54:27+	55:35+
	03:50+	03:06-	03:46+	02:37+	04:50-	01:08-	06:35+	01:21-	04:47+	03:55+	10:43+	03:32-	02:14+	02:03+	01:08+
	00:03+	00:04-	00:36#	00:14+	01:50-	02:41-	00:56#	00:03-	01:44&	00:27#	04:48&	00:08-	00:26#	00:27&	00:05+
6	Hilde Nordbø	93										55:48			
	05:56+	09:23+	13:20+	16:19+	20:53+	22:19-	28:34-	30:19+	33:46+	38:26+	46:11+	49:13+	52:21+	54:39+	55:48+
	05:56+	03:27+	03:57+	02:59+	04:34-	01:26-	06:15+	01:45+	03:27+	04:40+	07:45+	03:02-	03:08+	02:18+	01:09+
	02:09&	00:17+	00:47#	00:36&	02:06-	02:23-	00:36#	00:21#	00:24#	01:12&	01:50&	00:38-	01:20&	00:42&	00:06+
7	Jorunn Johannesen	116										56:03			
	03:42-	06:53-	12:43+	15:47+	19:53+	22:37-	29:08+	30:21+	36:03+	39:36+	46:18+	50:32+	52:44+	54:51+	56:03+
	03:42-	03:11+	05:50+	03:04+	04:06-	02:44-	06:31+	01:13-	05:42+	03:33+	06:42+	04:14+	02:12+	02:07+	01:12+
	00:05-	00:01+	02:40&	00:41&	02:34-	01:05-	00:52#	00:11-	02:39&	00:05+	00:47#	00:34#	00:24#	00:31&	00:09#
8	Grethe Anda Fuglestad	116										56:50			
	04:31+	08:05+	12:21+	15:19+	24:43+	26:03+	32:34+	33:53+	37:22+	40:56+	49:33+	52:12+	54:08+	55:46+	56:50+
	04:31+	03:34+	04:16+	02:58+	09:24+	01:20-	06:31+	01:19-	03:29+	03:34+	08:37+	02:39-	01:56+	01:38+	01:04+
	00:44#	00:24#	01:06&	00:35#	02:44&	02:29-	00:52#	00:05-	00:26#	00:06+	02:42&	01:01-	00:08+	00:02+	00:01+
9	Irene Rummelhoff	116										58:09			
	03:51+	07:35+	11:43+	15:25+	20:28+	22:45-	28:49+	32:13+	38:03+	41:53+	49:19+	52:55+	55:09+	56:59+	58:09+
	03:51+	03:44+	04:08+	03:42+	05:03-	02:17-	06:04+	03:24+	05:50+	03:50+	07:26+	03:36-	02:14+	01:50+	01:10+
	00:04+	00:34#	00:58&	01:19&	01:37-	01:32-	00:25+	02:00#	02:47&	00:22#	01:31&	00:04-	00:26#	00:14#	00:07#

Class	Navn	Klasse										Tid		
10	Keth Berggraf	116										59:41		
07:04+	10:38+	14:36+	18:00+	22:22+	30:09+	36:28+	37:44+	41:15+	44:43+	51:42+	54:48+	56:52+	58:42+	59:41+
07:04+	03:34+	03:58+	03:24+	04:22-	07:47+	06:19+	01:16-	03:31+	03:28=	06:59+	03:06-	02:04+	01:50+	00:59-
03:17&	00:24#	00:48&	01:01&	02:18-	03:58@	00:40#	00:08-	00:28#	00:00=	01:04#	00:34-	00:16#	00:14#	00:04-
11	Wenche M. Sæbbø	117										59:50		
03:21-	06:30-	12:05+	14:42+	18:59-	26:10+	33:14+	34:52+	39:20+	43:28+	50:45+	54:21+	56:35+	58:30+	59:50+
03:21-	03:09-	05:35+	02:37+	04:17-	07:11+	07:04+	01:38+	04:28+	04:08+	07:17+	03:36-	02:14+	01:55+	01:20+
00:26-	00:01-	02:25&	00:14+	02:23-	03:22&	01:25&	00:14#	01:25&	00:40#	01:22#	00:04-	00:26#	00:19#	00:17&
12	Ingunn Anda Haug	67										1:00:31		
07:47+	11:37+	16:08+	19:14+	24:11+	26:12+	33:16+	35:09+	39:26+	43:40+	51:31+	54:46+	57:19+	59:20+	60:31+
07:47+	03:50+	04:31+	03:06+	04:57-	02:01-	07:04+	01:53+	04:17+	04:14+	07:51+	03:15-	02:33+	02:01+	01:11+
04:00@	00:40#	01:21&	00:43&	01:43-	01:48-	01:25&	00:29&	01:14&	00:46#	01:56&	00:25-	00:45&	00:25&	00:08#
13	Helen Lomeland	105										1:00:32		
08:30+	11:38+	15:33+	18:12+	23:00+	24:09+	31:41+	33:12+	40:08+	44:30+	52:37+	55:34+	57:47+	59:25+	60:32+
08:30+	03:08-	03:55+	02:39+	04:48-	01:09-	07:32+	01:31+	06:56+	04:22+	08:07+	02:57-	02:13+	01:38+	01:07+
04:43@	00:02-	00:45#	00:16#	01:52-	02:40-	01:53&	00:07+	03:53@	00:54&	02:12&	00:43-	00:25#	00:02+	00:04+
14	Kristin Breivold	92										1:06:59		
04:09+	07:53+	13:37+	19:48+	29:32+	30:43+	38:53+	40:41+	45:06+	50:02+	57:15+	60:43+	63:32+	65:31+	66:59+
04:09+	03:44+	05:44+	06:11+	09:44+	01:11-	08:10+	01:48+	04:25+	04:56+	07:13+	03:28-	02:49+	01:59+	01:28+
00:22+	00:34#	02:34&	03:48@	03:04&	02:38-	02:31&	00:24&	01:22&	01:28&	01:18#	00:12-	01:01&	00:23#	00:25&
15	Ann Karin Tjørhom	93										1:07:34		
04:40+	09:08+	13:22+	16:44+	21:53+	32:24+	39:54+	41:37+	45:53+	50:34+	58:01+	61:12+	64:04+	66:12+	67:34+
04:40+	04:28+	04:14+	03:22+	05:09-	10:31+	07:30+	01:43+	04:16+	04:41+	07:27+	03:11-	02:52+	02:08+	01:22+
00:53#	01:18&	01:04&	00:59&	01:31-	06:42@	01:51&	00:19#	01:13&	01:13&	01:32&	00:29-	01:04&	00:32&	00:19&
16	Mariann Sveinsvoll	94										1:10:22		
06:04+	10:00+	15:05+	18:38+	24:09+	27:20+	35:25+	37:35+	43:44+	48:56+	59:09+	63:28+	66:20+	69:04+	70:22+
06:04+	03:56+	05:05+	03:33+	05:31-	03:11-	08:05+	02:10+	06:09+	05:12+	10:13+	04:19+	02:52+	02:44+	01:18+
02:17&	00:46#	01:55&	01:10&	01:09-	00:38-	02:26&	00:46&	03:06@	01:44&	04:18&	00:39#	01:04&	01:08&	00:15#
17	Berit Våg Aksland	116										1:13:59		
06:39+	10:19+	14:30+	17:19+	22:09+	31:29+	38:14+	40:51+	45:03+	50:05+	61:24+	68:16+	71:00+	72:42+	73:59+
06:39+	03:40+	04:11+	02:49+	04:50-	09:20+	06:45+	02:37+	04:12+	05:02+	11:19+	06:52+	02:44+	01:42+	01:17+
02:52&	00:30#	01:01&	00:26#	01:50-	05:31@	01:06#	01:13&	01:09&	01:34&	05:24&	03:12&	00:56&	00:06+	00:14#

Beste strekktid for klassen

03:21 03:06 03:10 02:23 04:06 01:08 05:39 01:13 03:03 03:28 05:55 02:39 01:48 01:36 00:59

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

Damer Trim

1	Margot Asheim	105										40:51		
03:44=	06:00=	09:58=	11:45=	20:16=	23:45=	31:27=	33:10=	37:48=	40:51=					
03:44=	02:16=	03:58=	01:47=	08:31=	03:29=	07:42=	01:43=	04:38=	03:03=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Marianne Gjesdal Lyngås	92										44:13		
04:33+	08:04+	13:23+	15:47+	20:10-	23:46+	34:32+	36:37+	40:40+	44:13+					
04:33+	03:31+	05:19+	02:24+	04:23-	03:36+	10:46+	02:05+	04:03-	03:33+					
00:49#	01:15&	01:21&	00:37&	04:08-	00:07+	03:04&	00:22#	00:35-	00:30#					
3	Nina Bækkelund Christiansen	105										44:44		
03:43-	06:38+	11:15+	16:57+	20:37+	24:34+	34:33+	37:35+	41:09+	44:44+					
03:43-	02:55+	04:37+	05:42+	03:40-	03:57+	09:59+	03:02+	03:34-	03:35+					
00:01-	00:39&	00:39#	03:55@	04:51-	00:28#	02:17&	01:19&	01:04-	00:32#					
4	Marit Elin Aandahl	80										45:21		
04:10+	07:01+	13:11+	16:30+	21:17+	25:03+	35:16+	37:34+	41:39+	45:21+					
04:10+	02:51+	06:10+	03:19+	04:47-	03:46+	10:13+	02:18+	04:05-	03:42+					
00:26#	00:35&	02:12&	01:32&	03:44-	00:17+	02:31&	00:35&	00:33-	00:39#					
5	Laila Ueland Lunde	116										46:30		
04:31+	06:43+	10:32+	13:58+	18:37-	22:28-	33:26+	34:50+	38:51+	46:30+					
04:31+	02:12-	03:49-	03:26+	04:39-	03:51+	10:58+	01:24-	04:01-	07:39+					
00:47#	00:04-	00:09-	01:39&	03:52-	00:22#	03:16&	00:19-	00:37-	04:36@					

Class	Navn	Klasse	Tid
6	Solbjørg Borgersen	233	47:04
04:31+	07:21+ 12:25+ 15:50+ 20:29+	25:11+ 36:55+ 39:03+ 43:05+	47:04+
04:31+	02:50+ 05:04+ 03:25+ 04:39-	04:42+ 11:44+ 02:08+ 04:02-	03:59+
00:47#	00:34# 01:06& 01:38& 03:52-	01:13& 04:02& 00:25# 00:36-	00:56&
7	Marianne Steinkopf	5	47:22
04:44+	06:45+ 10:51+ 13:59+ 19:12-	22:32- 33:41+ 35:57+ 41:12+	47:22+
04:44+	02:01- 04:06+ 03:08+ 05:13-	03:20- 11:09+ 02:16+ 05:15+	06:10+
01:00&	00:15- 00:08+ 01:21& 03:18-	00:09- 03:27& 00:33& 00:37#	03:07@
8	Kristin Harbo	92	50:51
04:07+	12:15+ 18:32+ 22:04+ 26:55+	32:14+ 40:51+ 42:56+ 47:20+	50:51+
04:07+	08:08+ 06:17+ 03:32+ 04:51-	05:19+ 08:37+ 02:05+ 04:24-	03:31+
00:23#	05:52@ 02:19& 01:45& 03:40-	01:50& 00:55# 00:22# 00:14-	00:28#
9	Tone Giske	7	52:57
05:58+	09:50+ 15:32+ 18:48+ 23:18+	28:08+ 38:37+ 40:57+ 47:25+	52:57+
05:58+	03:52+ 05:42+ 03:16+ 04:30-	04:50+ 10:29+ 02:20+ 06:28+	05:32+
02:14&	01:36& 01:44& 01:29& 04:01-	01:21& 02:47& 00:37& 01:50&	02:29&
10	Lina Dahle	372	52:57
06:17+	08:48+ 14:20+ 16:41+ 22:26+	26:32+ 40:29+ 42:35+ 47:54+	52:57+
06:17+	02:31+ 05:32+ 02:21+ 05:45-	04:06+ 13:57+ 02:06+ 05:19+	05:03+
02:33&	00:15# 01:34& 00:34& 02:46-	00:37# 06:15& 00:23# 00:41#	02:00&
11	Marianne Høie	116	53:14
03:54+	09:59+ 14:33+ 17:51+ 21:49+	28:51+ 40:25+ 43:20+ 47:27+	53:14+
03:54+	06:05+ 04:34+ 03:18+ 03:58-	07:02+ 11:34+ 02:55+ 04:07-	05:47+
00:10+	03:49@ 00:36# 01:31& 04:33-	03:33@ 03:52& 01:12& 00:31-	02:44&
12	Grete Stokke Seljeskog	128	53:31
04:43+	11:25+ 16:12+ 18:51+ 23:02+	27:19+ 40:16+ 43:06+ 47:00+	53:31+
04:43+	06:42+ 04:47+ 02:39+ 04:11-	04:17+ 12:57+ 02:50+ 03:54-	06:31+
00:59&	04:26@ 00:49# 00:52& 04:20-	00:48# 05:15& 01:07& 00:44-	03:28@
13	Hilde Christine Hoff	221	55:25
06:08+	10:44+ 16:36+ 19:30+ 25:22+	30:08+ 42:24+ 45:30+ 50:23+	55:25+
06:08+	04:36+ 05:52+ 02:54+ 05:52-	04:46+ 12:16+ 03:06+ 04:53+	05:02+
02:24&	02:20@ 01:54& 01:07& 02:39-	01:17& 04:34& 01:23& 00:15+	01:59&
14	Ingvild Elin Ringodd	117	56:15
05:47+	09:50+ 14:26+ 22:05+ 31:37+	36:30+ 45:58+ 48:03+ 52:21+	56:15+
05:47+	04:03+ 04:36+ 07:39+ 09:32+	04:53+ 09:28+ 02:05+ 04:18-	03:54+
02:03&	01:47& 00:38# 05:52@ 01:01#	01:24& 01:46# 00:22# 00:20-	00:51&
15	Tove Kristin K. Helvig	105	56:22
05:47+	08:32+ 17:30+ 20:29+ 28:23+	32:11+ 44:30+ 46:50+ 51:54+	56:22+
05:47+	02:45+ 08:58+ 02:59+ 07:54-	03:48+ 12:19+ 02:20+ 05:04+	04:28+
02:03&	00:29# 05:00@ 01:12& 00:37-	00:19+ 04:37& 00:37& 00:26+	01:25&
16	Sigrund Serigstad	128	57:30
02:57-	05:11- 11:55+ 18:14+ 26:05+	36:00+ 49:14+ 50:35+ 54:48+	57:30+
02:57-	02:14- 06:44+ 06:19+ 07:51-	09:55+ 13:14+ 01:21- 04:13-	02:42-
00:47-	00:02- 02:46& 04:32@ 00:40-	06:26@ 05:32& 00:22- 00:25-	00:21-
17	Ane Kristine Helvig	105	58:28
05:19+	08:21+ 17:09+ 20:07+ 28:02+	31:52+ 44:10+ 46:33+ 52:07+	58:28+
05:19+	03:02+ 08:48+ 02:58+ 07:55-	03:50+ 12:18+ 02:23+ 05:34+	06:21+
01:35&	00:46& 04:50@ 01:11& 00:36-	00:21# 04:36& 00:40& 00:56#	03:18@
18	Ase Franciska Møster	128	58:56
04:55+	08:51+ 14:29+ 19:12+ 25:10+	30:24+ 45:28+ 49:18+ 54:36+	58:56+
04:55+	03:56+ 05:38+ 04:43+ 05:58-	05:14+ 15:04+ 03:50+ 05:18+	04:20+
01:11&	01:40& 01:40& 02:56@ 02:33-	01:45& 07:22& 02:07@ 00:40#	01:17&
19	May Kristin Haaland	47	1:00:01
05:41+	10:06+ 16:06+ 20:15+ 26:12+	33:00+ 46:54+ 49:48+ 55:10+	60:01+
05:41+	04:25+ 06:00+ 04:09+ 05:57-	06:48+ 13:54+ 02:54+ 05:22+	04:51+
01:57&	02:09& 02:02& 02:22@ 02:34-	03:19& 06:12& 01:11& 00:44#	01:48&
20	Kirsti Strand Salvesen	256	1:01:03
05:19+	08:31+ 16:43+ 20:49+ 26:50+	31:36+ 47:02+ 49:27+ 55:08+	61:03+
05:19+	03:12+ 08:12+ 04:06+ 06:01-	04:46+ 15:26+ 02:25+ 05:41+	05:55+
01:35&	00:56& 04:14@ 02:19@ 02:30-	01:17& 07:44@ 00:42& 01:03#	02:52&

Class	Navn	Klasse										Tid
21	Brit Svihus	92										1:01:07
05:04+	12:38+	20:13+	24:59+	31:01+	35:47+	47:22+	50:49+	56:17+	61:07+			
05:04+	07:34+	07:35+	04:46+	06:02-	04:46+	11:35+	03:27+	05:28+	04:50+			
01:20&	05:18@	03:37&	02:59@	02:29-	01:17&	03:53&	01:44@	00:50#	01:47&			
22	Linda Olsen	39										1:03:30
09:00+	20:23+	29:44+	33:07+	37:33+	42:00+	52:25+	54:49+	59:03+	63:30+			
09:00+	11:23+	09:21+	03:23+	04:26-	04:27+	10:25+	02:24+	04:14-	04:27+			
05:16@	09:07@	05:23@	01:36&	04:05-	00:58&	02:43&	00:41&	00:24-	01:24&			
23	Malgorzata Gumos	372										1:09:13
08:57+	13:23+	20:17+	23:32+	29:08+	35:45+	46:32+	50:37+	58:34+	69:13+			
08:57+	04:26+	06:54+	03:15+	05:36-	06:37+	10:47+	04:05+	07:57+	10:39+			
05:13@	02:10&	02:56&	01:28&	02:55-	03:08&	03:05&	02:22@	03:19&	07:36@			
24	Maria Haukalid	47										1:12:40
04:19+	11:24+	25:25+	28:18+	37:55+	41:51+	58:37+	61:20+	68:26+	72:40+			
04:19+	07:05+	14:01+	02:53+	09:37+	03:56+	16:46+	02:43+	07:06+	04:14+			
00:35#	04:49@	10:03@	01:06&	01:06#	00:27#	09:04@	01:00&	02:28&	01:11&			
25	Astri Sandanger	93										1:17:36
04:13+	08:05+	13:14+	18:34+	24:03+	33:11+	67:06+	69:06+	73:58+	77:36+			
04:13+	03:52+	05:09+	05:20+	05:29-	09:08+	33:55+	02:00+	04:52+	03:38+			
00:29#	01:36&	01:11&	03:33@	03:02-	05:39@	26:13@	00:17#	00:14+	00:35#			
26	Stina Huynh	372										1:33:15
06:11+	34:22+	39:51+	42:22+	50:44+	54:59+	84:32+	86:03+	89:53+	93:15+			
06:11+	28:11+	05:29+	02:31+	08:22-	04:15+	29:33+	01:31-	03:50-	03:22+			
02:27&	25:55@	01:31&	00:44&	00:09-	00:46#	21:51@	00:12-	00:48-	00:19#			
Beste strekktid for klassen												
02:57	02:01	03:49	01:47	03:40	03:20	07:42	01:21	03:34	02:42			

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

Herrer 16 - 39 år

1	Joar Fuglestad	12										38:10		
03:25=	05:48=	08:43=	10:50=	14:10=	15:17=	20:01=	21:44=	24:18=	27:22=	32:06=	34:31=	36:22=	37:30=	38:10=
03:25=	02:23=	02:55=	02:07=	03:20=	01:07=	04:44=	01:43=	02:34=	03:04=	04:44=	02:25=	01:51=	01:08=	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=
2	Bernhard Haver Vagle	126										47:00		
04:01+	06:55+	09:49+	11:52+	15:19+	20:54+	25:48+	28:01+	31:10+	34:08+	39:43+	43:12+	44:48+	46:08+	47:00+
04:01+	02:54+	02:54-	02:03-	03:27+	05:35+	04:54+	02:13+	03:09+	02:58-	05:35+	03:29+	01:36-	01:20+	00:52+
00:36#	00:31#	00:01-	00:04-	00:07+	04:28@	00:10+	00:30&	00:35#	00:06-	00:51#	01:04&	00:15-	00:12#	00:12&
3	Omund Thu Landstad	66										47:12		
06:30+	09:03+	12:24+	15:19+	18:57+	21:06+	26:42+	28:13+	31:20+	34:46+	40:48+	43:10+	44:57+	46:22+	47:12+
06:30+	02:33+	03:21+	02:55+	03:38+	02:09+	05:36+	01:31-	03:07+	03:26+	06:02+	02:22-	01:47-	01:25+	00:50+
03:05&	00:10+	00:26#	00:48&	00:18+	01:02&	00:52#	00:12-	00:33#	00:22#	01:18&	00:03-	00:04-	00:17#	00:10#
4	Thomas Hinna	287										48:13		
04:46+	07:35+	10:50+	13:23+	17:35+	19:03+	24:46+	26:24+	29:40+	32:58+	39:50+	43:09+	45:30+	47:07+	48:13+
04:46+	02:49+	03:15+	02:33+	04:12+	01:28+	05:43+	01:38-	03:16+	03:18+	06:52+	03:19+	02:21+	01:37+	01:06+
01:21&	00:26#	00:20#	00:26#	00:52&	00:21&	00:59#	00:05-	00:42&	00:14+	02:08&	00:54&	00:30&	00:29&	00:26&
5	Jan Eirik Gjerdevik	76										49:48		
07:46+	10:34+	14:01+	16:29+	19:46+	24:07+	29:04+	31:15+	34:17+	37:16+	43:24+	46:05+	47:30+	48:54+	49:48+
07:46+	02:48+	03:27+	02:28+	03:17-	04:21+	04:57+	02:11+	03:02+	02:59-	06:08+	02:41+	01:25-	01:24+	00:54+
04:21@	00:25#	00:32#	00:21#	00:03-	03:14@	00:13+	00:28&	00:28#	00:05-	01:24&	00:16#	00:26-	00:16#	00:14&
6	Andreas Mykkeltveit Terjesen	43										54:18		
05:57+	08:24+	11:07+	13:37+	17:12+	28:37+	33:39+	35:17+	38:55+	41:45+	48:45+	50:54+	52:10+	53:26+	54:18+
05:57+	02:27+	02:43-	02:30+	03:35+	11:25+	05:02+	01:38-	03:38+	02:50-	07:00+	02:09-	01:16-	01:16+	00:52+
02:32&	00:04+	00:12-	00:23#	00:15+	10:18@	00:18+	00:05-	01:04&	00:14-	02:16&	00:16-	00:35-	00:08#	00:12&
7	Vetle Moen Hurum	71										55:18		
02:59-	05:43-	08:36-	10:37-	17:08+	22:40+	27:30+	33:29+	37:26+	40:53+	45:54+	50:38+	52:40+	54:23+	55:18+
02:59-	02:44+	02:53-	02:01-	06:31+	05:32+	04:50+	05:59+	03:57+	03:27+	05:01+	04:44+	02:02+	01:43+	00:55+
00:26-	00:21#	00:02-	00:06-	03:11&	04:25@	00:06+	04:16@	01:23&	00:23#	00:17+	02:19&	00:11+	00:35&	00:15&

Class	Navn	Klasse												Tid
8	Håkon Eggebø	71												56:56
13:54+	16:37+	19:45+	21:47+	25:15+	30:57+	35:54+	38:10+	41:08+	44:06+	49:48+	52:44+	54:30+	55:58+	56:56+
13:54+	02:43+	03:08+	02:02-	03:28+	05:42+	04:57+	02:16+	02:58+	02:58-	05:42+	02:56+	01:46-	01:28+	00:58+
10:29@	00:20#	00:13+	00:05-	00:08+	04:35@	00:13+	00:33&	00:24#	00:06-	00:58#	00:31#	00:05-	00:20&	00:18&
9	Tor Gunnar Osen	116												58:47
03:14-	06:35+	11:25+	14:46+	19:03+	24:19+	29:54+	32:05+	37:15+	40:51+	51:07+	54:03+	56:06+	57:43+	58:47+
03:14-	03:21+	04:50+	03:21+	04:17+	05:16+	05:35+	02:11+	05:10+	03:36+	10:16+	02:56+	02:03+	01:37+	01:04+
00:11-	00:58&	01:55&	01:14&	00:57&	04:09@	00:51#	00:28&	02:36@	00:32#	05:32@	00:31#	00:12#	00:29&	00:24&
10	Martin Skogland	98												1:03:45
03:00-	05:25-	08:33-	14:30+	23:50+	30:25+	35:58+	39:46+	43:25+	46:53+	56:20+	58:48+	60:53+	62:41+	63:45+
03:00-	02:25+	03:08+	05:57+	09:20+	06:35+	05:33+	03:48+	03:39+	03:28+	09:27+	02:28+	02:05+	01:48+	01:04+
00:25-	00:02+	00:13+	03:50@	06:00@	05:28@	00:49#	02:05@	01:05&	00:24#	04:43&	00:03+	00:14#	00:40&	00:24&
11	Arthur Fayemendy	116												1:05:06
05:58+	10:19+	14:18+	17:32+	24:09+	25:59+	32:30+	34:16+	40:43+	47:28+	53:43+	59:29+	62:31+	64:12+	65:06+
05:58+	04:21+	03:59+	03:14+	06:37+	01:50+	06:31+	01:46+	06:27+	06:45+	06:15+	05:46+	03:02+	01:41+	00:54+
02:33&	01:58&	01:04&	01:07&	03:17&	00:43&	01:47&	00:03+	03:53@	03:41@	01:31&	03:21@	01:11&	00:33&	00:14&
12	Åsbjørn Enerstvedt	18												1:06:19
04:45+	08:05+	11:48+	14:25+	18:40+	22:51+	28:50+	33:12+	37:46+	42:08+	56:21+	61:01+	63:21+	65:09+	66:19+
04:45+	03:20+	03:43+	02:37+	04:15+	04:11+	05:59+	04:22+	04:34+	04:22+	14:13+	04:40+	02:20+	01:48+	01:10+
01:20&	00:57&	00:48&	00:30#	00:55&	03:04@	01:15&	02:39@	02:00&	01:18&	09:29@	02:15&	00:29&	00:40&	00:30&
13	Truls Thorkildsen	39												1:07:38
14:37+	18:06+	22:21+	25:27+	31:50+	36:37+	42:25+	43:52+	47:56+	51:55+	59:25+	62:25+	64:38+	66:36+	67:38+
14:37+	03:29+	04:15+	03:06+	06:23+	04:47+	05:48+	01:27-	04:04+	03:59+	07:30+	03:00+	02:13+	01:58+	01:02+
11:12@	01:06&	01:20&	00:59&	03:03&	03:40@	01:04#	00:16-	01:30&	00:55&	02:46&	00:35#	00:22#	00:50&	00:22&
14	Håvard Barkved	71												1:12:32
14:40+	17:38+	20:51+	23:11+	27:48+	33:44+	38:52+	46:27+	52:14+	55:37+	62:50+	67:44+	70:09+	71:43+	72:32+
14:40+	02:58+	03:13+	02:20+	04:37+	05:56+	05:08+	07:35+	05:47+	03:23+	07:13+	04:54+	02:25+	01:34+	00:49+
11:15@	00:35#	00:18#	00:13#	01:17&	04:49@	00:24+	05:52@	03:13@	00:19#	02:29&	02:29@	00:34&	00:26&	00:09#
15	Sondre Aspøy	117												1:12:51
12:17+	16:00+	21:29+	31:40+	36:57+	38:35+	45:18+	46:52+	50:52+	55:36+	63:44+	67:49+	70:05+	71:53+	72:51+
12:17+	03:43+	05:29+	10:11+	05:17+	01:38+	06:43+	01:34-	04:00+	04:44+	08:08+	04:05+	02:16+	01:48+	00:58+
08:52@	01:20&	02:34&	08:04@	01:57&	00:31&	01:59&	00:09-	01:26&	01:40&	03:24&	01:40&	00:25#	00:40&	00:18&
16	Eirik Mehus	228												1:13:11
07:32+	11:30+	16:23+	21:22+	26:56+	31:31+	38:25+	45:27+	50:02+	54:10+	62:26+	67:28+	70:11+	72:02+	73:11+
07:32+	03:58+	04:53+	04:59+	05:34+	04:35+	06:54+	07:02+	04:35+	04:08+	08:16+	05:02+	02:43+	01:51+	01:09+
04:07@	01:35&	01:58&	02:52@	02:14&	03:28@	02:10&	05:19@	02:01&	01:04&	03:32&	02:37@	00:52&	00:43&	00:29&
17	Håvard Thomassen Lauritsen	116												1:19:26
23:44+	26:36+	30:28+	33:24+	37:44+	44:21+	49:29+	54:35+	58:14+	63:05+	70:59+	74:07+	76:21+	78:14+	79:26+
23:44+	02:52+	03:52+	02:56+	04:20+	06:37+	05:08+	05:06+	03:39+	04:51+	07:54+	03:08+	02:14+	01:53+	01:12+
20:19@	00:29#	00:57&	00:49&	01:00&	05:30@	00:24+	03:23@	01:05&	01:47&	03:10&	00:43&	00:23#	00:45&	00:32&

Beste strekktid for klassen

02:59 02:23 02:43 02:01 03:17 01:07 04:44 01:27 02:34 02:50 04:44 02:09 01:16 01:08 00:40

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

Herrer 40 - 49 år

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

Class	Navn	Klasse										Tid		
4	Oddmund Nordgård	105										46:59		
03:48+	06:37-	09:52+	12:10+	15:35+	21:33+	26:31+	27:57+	31:00+	34:30+	40:00+	42:53+	44:36+	46:02+	46:59+
03:48-	02:49=	03:15+	02:18+	03:25+	05:58+	04:58+	01:26-	03:03+	03:30+	05:30+	02:53-	01:43-	01:26+	00:57-
00:03-	00:00=	00:30#	00:20#	00:09+	04:43@	04:03@	03:10-	01:55@	00:11+	02:38&	04:48-	01:17-	00:03+	00:23-
5	Erlend Kveinen	116										52:35		
04:22+	07:27+	10:23+	12:23+	22:27+	26:58+	31:38+	34:41+	37:52+	41:02+	46:07+	48:45+	50:13+	51:33+	52:35+
04:22+	03:05+	02:56+	02:00+	10:04+	04:31+	04:40+	03:03-	03:11+	03:10-	05:05+	02:38-	01:28-	01:20-	01:02-
00:31#	00:16+	00:11+	00:02+	06:48@	03:16@	03:45@	01:33-	02:03@	00:09-	02:13&	05:03-	01:32-	00:03-	00:18-
6	Gunnar Thorset	117										53:14		
04:08+	07:33+	11:31+	14:54+	19:23+	20:56+	27:44+	29:40+	33:39+	37:49+	44:40+	47:49+	49:52+	51:55+	53:14+
04:08+	03:25+	03:58+	03:23+	04:29+	01:33+	06:48+	01:56-	03:59+	04:10+	06:51+	03:09-	02:03-	02:03+	01:19-
00:17+	00:36#	01:13&	01:25&	01:13&	00:18#	05:53@	02:40-	02:51@	00:51&	03:59@	04:32-	00:57-	00:40&	00:01-
7	Thomas Schanke Eikum	62										53:53		
03:27-	06:23-	11:15+	14:07+	20:31+	22:12+	28:42+	30:02+	33:37+	36:57+	44:37+	48:59+	51:07+	52:50+	53:53+
03:27-	02:56+	04:52+	02:52+	06:24+	01:41+	06:30+	01:20-	03:35+	03:20+	07:40+	04:22-	02:08-	01:43+	01:03-
00:24-	00:07+	02:07&	00:54&	03:08&	00:26&	05:35@	03:16-	02:27@	00:01+	04:48@	03:19-	00:52-	00:20#	00:17-
8	Jan-Kenneth Polle	83										54:17		
05:39+	08:48+	12:21+	15:24+	20:13+	22:04+	27:56+	29:40+	33:54+	37:52+	44:58+	48:37+	50:55+	53:12+	54:17+
05:39+	03:09+	03:33+	03:03+	04:49+	01:51+	05:52+	01:44-	04:14+	03:58+	07:06+	03:39-	02:18-	02:17+	01:05-
01:48&	00:20#	00:48&	01:05&	01:33&	00:36&	04:57@	02:52-	03:06@	00:39#	04:14@	04:02-	00:42-	00:54&	00:15-
9	Steinar Hansen	27										56:00		
05:04+	08:10+	12:09+	15:41+	20:36+	24:16+	31:54+	33:21+	36:57+	40:43+	47:23+	51:10+	53:16+	54:56+	56:00+
05:04+	03:06+	03:59+	03:32+	04:55+	03:40+	04:55+	01:27-	03:46+	03:46+	06:40+	03:47-	02:06-	01:40+	01:04-
01:13&	00:17#	01:14&	01:34&	01:39&	02:25@	06:43@	03:09-	02:28@	00:27#	03:48@	03:54-	00:54-	00:17#	00:16-
10	Trondr Breiland	53										58:17		
02:32-	05:14-	08:28-	11:33+	15:23+	17:52+	23:20+	24:35+	37:40+	41:46+	48:34+	53:50+	56:09+	57:25+	58:17+
02:32-	02:42-	03:14+	03:05+	03:50+	02:29+	05:28+	01:15-	13:05+	04:06+	06:48+	05:16-	02:19-	01:16-	00:52-
01:19-	00:07-	00:29#	01:07&	00:34#	01:14&	04:33@	03:21-	11:57@	00:47#	03:56@	02:25-	00:41-	00:07-	00:28-
11	Frode Ungar	116										58:21		
03:53+	07:20+	11:00+	15:03+	19:25+	21:32+	28:15+	29:50+	36:27+	40:51+	49:32+	53:12+	55:21+	57:14+	58:21+
03:53+	03:27+	03:40+	04:03+	04:22+	02:07+	06:43+	01:35-	06:37+	04:24+	08:41+	03:40-	02:09-	01:53+	01:07-
00:02+	00:38#	00:55&	02:05@	01:06&	00:52&	05:48@	03:01-	05:29@	01:05&	05:49@	04:01-	00:51-	00:30&	00:13-
12	Magne Habbestad	111										58:35		
09:25+	12:38+	16:12+	19:11+	24:21+	25:37+	33:04+	35:02+	40:19+	44:32+	51:11+	53:52+	55:46+	57:25+	58:35+
09:25+	03:13+	03:34+	02:59+	05:10+	01:16+	07:27+	01:58-	05:17+	04:13+	06:39+	02:41-	01:54-	01:39+	01:10-
05:34@	00:24#	00:49&	01:01&	01:54&	00:01+	06:32@	02:38-	04:09@	00:54&	03:47@	05:00-	01:06-	00:16#	00:10-
13	Thomas Chruickshank	48										59:14		
09:52+	12:58+	15:57+	19:18+	22:49+	30:17+	35:32+	36:58+	40:28+	44:04+	49:10+	55:19+	56:54+	58:17+	59:14+
09:52+	03:06+	02:59+	03:21+	03:31+	07:28+	05:15+	01:26-	03:30+	03:36+	05:06+	06:09-	01:35-	01:23=	00:57-
06:01@	00:17#	00:14+	01:23&	00:15+	06:13@	04:20@	03:10-	02:22@	00:17+	02:14&	01:32-	01:25-	00:00=	00:23-
14	Cedric Fayemendy	116										1:03:18		
04:43+	07:47+	13:38+	16:02+	22:56+	29:35+	35:40+	38:03+	41:48+	45:12+	52:52+	57:53+	60:17+	62:16+	63:18+
04:43+	03:04+	05:51+	02:24+	06:54+	06:39+	06:05+	02:23-	03:45+	03:24+	07:40+	05:01-	02:24-	01:59+	01:02-
00:52#	00:15+	03:06@	00:26#	03:38@	05:24@	05:10@	02:13-	02:37@	00:05+	04:48@	02:40-	00:36-	00:36&	00:18-
15	Jean-Michel Maurice	42										1:07:15		
17:47+	20:31+	24:07+	26:59+	32:06+	33:15+	39:36+	41:03+	46:29+	50:38+	57:28+	62:18+	64:40+	66:16+	67:15+
17:47+	02:44-	03:36+	02:52+	05:07+	01:09-	06:21+	01:27-	05:26+	04:09+	06:50+	04:50-	02:22-	01:36+	00:59-
13:56@	00:05-	00:51&	00:54&	01:51&	00:06-	05:26@	03:09-	04:18@	00:50&	03:58@	02:51-	00:38-	00:13#	00:21-
16	Antal Jansen	115										1:08:15		
12:32+	17:12+	21:09+	23:56+	29:01+	31:17+	38:11+	41:37+	48:14+	52:21+	58:54+	63:16+	65:31+	67:14+	68:15+
12:32+	04:40+	03:57+	02:47+	05:05+	02:16+	06:54+	03:26-	06:37+	04:07+	06:33+	04:22-	02:15-	01:43+	01:01-
08:41@	01:51&	01:12&	00:49&	01:49&	01:01&	05:59@	01:10-	05:29@	00:48#	03:41@	03:19-	00:45-	00:20#	00:19-
17	Bjørn Kristian Røyland	43										1:13:07		
05:59+	09:37+	13:52+	17:06+	29:17+	32:00+	39:12+	41:19+	47:38+	52:57+	63:58+	67:06+	69:32+	71:59+	73:07+
05:59+	03:38+	04:15+	03:14+	12:11+	02:43+	07:12+	02:07-	06:19+	05:19+	11:01+	03:08-	02:26-	02:27+	01:08-
02:08&	00:49&	01:30&	01:16&	08:55@	01:28@	06:17@	02:29-	05:11@	02:00&	08:09@	04:33-	00:34-	01:04&	00:12-
18	Terje Undheim	54										1:37:10		
31:28+	34:55+	39:58+	43:18+	47:30+	61:39+	66:29+	74:34+	77:35+	80:53+	90:22+	93:06+	94:43+	96:15+	97:10+
31:28+	03:27+	05:03+	03:20+	04:12+	14:09+	04:50+	08:05+	03:01+	03:18-	09:29+	02:44-	01:37-	01:32+	00:55-
27:37@	00:38#	02:18&	01:22&	00:56&	12:54@	03:55@	03:29&	01:53@	00:01-	06:37@	04:57-	01:23-	00:09#	00:25-

Class	Navn	Klasse												Tid
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Beste strekktid for klassen

02:32 02:42 02:45 01:58 03:16 01:08 00:55 01:15 01:08 03:10 02:52 02:14 01:28 01:16 00:52 00:53

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

Herrer 50 - 59 år

1	Arnfinn Rømuld	116	42:27										
01:59=	02:46=	06:43=	10:36=	15:46=	18:28=	21:38=	26:16=	33:16=	35:59=	37:52=	39:39=	41:21=	42:27=
01:59=	00:47=	03:57=	03:53=	05:10=	02:42=	03:10=	04:38=	07:00=	02:43=	01:53=	01:47=	01:42=	01:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Pål Bårdsen	90	42:30										
02:12+	03:27+	07:07+	10:57+	16:01+	18:32+	20:57-	25:10-	32:53-	35:29-	37:52=	39:53+	41:28+	42:30+
02:12+	01:15+	03:40-	03:50-	05:04-	02:31-	02:25-	04:13-	07:43+	02:36-	02:23+	02:01+	01:35-	01:02-
00:13#	00:28&	00:17-	00:03-	00:06-	00:11-	00:45-	00:25-	00:43#	00:07-	00:30&	00:14#	00:07-	00:04-
3	Lars Primstad	62	47:40										
01:47-	02:44-	07:01+	10:58+	15:13-	17:45-	21:29-	32:56+	38:54+	41:56+	43:41+	45:25+	46:53+	47:40+
01:47-	00:57+	04:17+	03:57+	04:15-	02:32-	03:44+	11:27+	05:58-	03:02+	01:45-	01:44-	01:28-	00:47-
00:12-	00:10#	00:20+	00:04+	00:55-	00:10-	00:34#	06:49@	01:02-	00:19#	00:08-	00:03-	00:14-	00:19-
4	Anders Glenne	7	48:18										
02:36+	04:15+	10:11+	14:12+	19:04+	21:44+	25:12+	30:26+	37:02+	39:45+	43:03+	44:55+	46:26+	48:18+
02:36+	01:39+	05:56+	04:01+	04:52-	02:40-	03:28+	05:14+	06:36-	02:43=	03:18+	01:52+	01:31-	01:52+
00:37&	00:52@	01:59&	00:08+	00:18-	00:02-	00:18+	00:36#	00:24-	00:00=	01:25&	00:05+	00:11-	00:46&
5	Trygve Michaelsen	117	48:55										
01:58-	02:53+	07:04+	11:15+	18:32+	21:26+	24:35+	29:32+	37:52+	40:58+	43:25+	46:05+	47:56+	48:55+
01:58-	00:55+	04:11+	04:11+	07:17+	02:54+	03:09-	04:57+	08:20+	03:06+	02:27+	02:40+	01:51+	00:59-
00:01-	00:08#	00:14+	00:18+	02:07&	00:12+	00:01-	00:19+	01:20#	00:23#	00:34&	00:53&	00:09+	00:07-
6	Kjell Seland	236	50:15										
02:38+	03:26+	09:32+	14:20+	20:01+	22:47+	25:49+	32:09+	40:15+	42:58+	45:27+	47:38+	49:03+	50:15+
02:38+	00:48+	06:06+	04:48+	05:41+	02:46+	03:02-	06:20+	08:06+	02:43=	02:29+	02:11+	01:25-	01:12+
00:39&	00:01+	02:09&	00:55#	00:31#	00:04+	00:08-	01:42&	01:06#	00:00=	00:36&	00:24#	00:17-	00:06+
7	Svend Vihovde	116	51:20										
02:18+	03:28+	08:46+	13:32+	20:28+	23:35+	26:43+	32:01+	40:02+	43:08+	45:29+	47:51+	49:57+	51:20+
02:18+	01:10+	05:18+	04:46+	06:56+	03:07+	03:08-	05:18+	08:01+	03:06+	02:21+	02:22+	02:06+	01:23+
00:19#	00:23&	01:21&	00:53#	01:46&	00:25#	00:02-	00:40#	01:01#	00:23#	00:28#	00:35&	00:24#	00:17&
8	Inge Skretting	165	51:33										
02:36+	04:08+	08:40+	13:08+	18:41+	21:23+	25:00+	29:55+	38:45+	41:51+	46:12+	48:29+	50:26+	51:33+
02:36+	01:32+	04:32+	04:28+	05:33+	02:42=	03:37+	04:55+	08:50+	03:06+	04:21+	02:17+	01:57+	01:07+
00:37&	00:45&	00:35#	00:23+	00:00=	00:27#	00:17+	01:50&	00:23#	02:28@	00:30&	00:15#		00:01+
9	Stein Arve Finnestad	287	52:03										
02:07+	03:07+	07:54+	12:24+	18:31+	21:38+	27:26+	32:53+	40:33+	44:08+	47:03+	49:04+	50:56+	52:03+
02:07+	01:00+	04:47+	04:30+	06:07+	03:07+	05:48+	05:27+	07:40+	03:35+	02:55+	02:01+	01:52+	01:07+
00:08+	00:13&	00:50#	00:37#	00:57#	00:25#	02:38&	00:49#	00:40+	00:52&	01:02&	00:14#	00:10+	00:01+
10	Frank Hansen	29	52:16										
02:17+	05:02+	09:32+	14:02+	19:25+	22:44+	25:54+	30:39+	39:34+	42:48+	47:18+	49:18+	50:57+	52:16+
02:17+	02:45+	04:30+	04:30+	05:23+	03:19+	03:10=	04:45+	08:55+	03:14+	04:30+	02:00+	01:39-	01:19+
00:18#	01:58@	00:33#	00:37#	00:13+	00:37#	00:00=	00:07+	01:55&	00:31#	02:37@	00:13#	00:03-	00:13#
11	Jone Kalheim	93	55:28										
02:00+	02:59+	07:26+	11:06+	15:52+	18:45+	21:49+	34:45+	42:57+	46:05+	49:50+	52:23+	54:21+	55:28+
02:00+	00:59+	04:27+	03:40-	04:46-	02:53+	03:04-	12:56+	08:12+	03:08+	03:45+	02:33+	01:58+	01:07+
00:01+	00:12&	00:30#	00:13-	00:24-	00:11+	00:06-	08:18@	01:12#	00:25#	01:52&	00:46&	00:16#	00:01+
12	Magnar Møller	62	55:54										
02:16+	03:25+	08:08+	12:47+	20:26+	23:13+	26:23+	36:17+	44:41+	47:53+	50:27+	52:44+	54:38+	55:54+
02:16+	01:09+	04:43+	04:39+	07:39+	02:47+	03:10=	09:54+	08:24+	03:12+	02:34+	02:17+	01:54+	01:16+
00:17#	00:22&	00:46#	00:46#	02:29&	00:05+	00:00=	05:16@	01:24#	00:29#	00:41&	00:30&	00:12#	00:10#
13	Erling Knutzen	128	55:57										
02:53+	04:28+	09:28+	14:22+	20:45+	23:48+	28:54+	34:46+	43:23+	46:47+	49:52+	52:31+	54:53+	55:57+
02:53+	01:35+	05:00+	04:54+	06:23+	03:03+	05:06+	05:52+	08:37+	03:24+	03:05+	02:39+	02:22+	01:04-
00:54&	00:48@	01:03&	01:01&	01:13#	00:21#	01:56&	01:14&	01:37#	00:41&	01:12&	00:52&	00:40&	00:02-

Class	Navn	Klasse										Tid	
14	Ole J. Bakkevold	17										59:52	
04:05+	05:00+	11:18+	16:14+	23:06+	26:46+	30:20+	36:23+	46:51+	50:32+	53:37+	56:34+	58:37+	59:52+
04:05+	00:55+	06:18+	04:56+	06:52+	03:40+	03:34+	06:03+	10:28+	03:41+	03:05+	02:57+	02:03+	01:15+
02:06@	00:08#	02:21&	01:03&	01:42&	00:58&	00:24#	01:25&	03:28&	00:58&	01:12&	01:10&	00:21#	00:09#
15	Kjetil Roaldkvam	7										1:00:35	
02:21+	05:55+	10:26+	14:47+	30:25+	32:32+	35:25+	39:46+	48:58+	51:50+	56:28+	58:11+	59:39+	60:35+
02:21+	03:34+	04:31+	04:21+	15:38+	02:07-	02:53-	04:21-	09:12+	02:52+	04:38+	01:43-	01:28-	00:56-
00:22#	02:47@	00:34#	00:28#	10:28@	00:35-	00:17-	00:17-	02:12&	00:09+	02:45@	00:04-	00:14-	00:10-
16	Øystein Fuglestad	46										1:00:39	
02:27+	03:16+	20:26+	25:15+	31:10+	34:00+	36:47+	41:40+	48:59+	52:20+	55:48+	57:53+	59:31+	60:39+
02:27+	00:49+	17:10+	04:49+	05:55+	02:50+	02:47-	04:53+	07:19+	03:21+	03:28+	02:05+	01:38-	01:08+
00:28#	00:02+	13:13@	00:56#	00:45#	00:08+	00:23-	00:15+	00:19+	00:38#	01:35&	00:18#	00:04-	00:02+
17	Rune Paulsen	98										1:01:43	
02:08+	03:34+	08:03+	26:18+	31:58+	35:07+	38:27+	43:13+	50:57+	53:31+	56:15+	58:48+	60:57+	61:43+
02:08+	01:26+	04:29+	18:15+	05:40+	03:09+	03:20+	04:46+	07:44+	02:34-	02:44+	02:33+	02:09+	00:46-
00:09+	00:39&	00:32#	14:22@	00:30+	00:27#	00:10+	00:08+	00:44#	00:09-	00:51&	00:46&	00:27&	00:20-
18	Trond Sandal	42										1:03:21	
03:37+	04:52+	09:43+	16:30+	23:00+	26:16+	30:34+	36:32+	46:38+	49:58+	56:01+	59:13+	61:56+	63:21+
03:37+	01:15+	04:51+	06:47+	06:30+	03:16+	04:18+	05:58+	10:06+	03:20+	06:03+	03:12+	02:43+	01:25+
01:38&	00:28&	00:54#	02:54&	01:20&	00:34#	01:08&	01:20&	03:06&	00:37#	04:10@	01:25&	01:01&	00:19&
19	Ingve Vold	54										1:03:58	
03:37+	04:48+	09:22+	22:03+	27:57+	30:41+	33:36+	38:24+	48:24+	52:14+	58:00+	60:20+	62:09+	63:58+
03:37+	01:11+	04:34+	12:41+	05:54+	02:44+	02:55-	04:48+	10:00+	03:50+	05:46+	02:20+	01:49+	01:49+
01:38&	00:24&	00:37#	08:48@	00:44#	00:02+	00:15-	00:10+	03:00&	01:07&	03:53@	00:33&	00:07+	00:43&
20	John Breiland	352										1:03:59	
04:25+	08:45+	13:58+	18:42+	25:09+	28:27+	33:09+	38:09+	47:30+	53:37+	57:12+	59:44+	62:37+	63:59+
04:25+	04:20+	05:13+	04:44+	06:27+	03:18+	04:42+	05:00+	09:21+	06:07+	03:35+	02:32+	02:53+	01:22+
02:26@	03:33@	01:16&	00:51#	01:17#	00:36#	01:32&	00:22+	02:21&	03:24@	01:42&	00:45&	01:11&	00:16#
21	Harald Taksdal	236										1:05:47	
03:41+	04:39+	10:34+	23:03+	29:40+	32:57+	37:04+	43:09+	52:31+	56:19+	58:57+	61:19+	64:23+	65:47+
03:41+	00:58+	05:55+	12:29+	06:37+	03:17+	04:07+	06:05+	09:22+	03:48+	02:38+	02:22+	03:04+	01:24+
01:42&	00:11#	01:58&	08:36@	01:27&	00:35#	00:57&	01:27&	02:22&	01:05&	00:45&	00:35&	01:22&	00:18&
22	Arne Hetlelid	98										1:10:12	
15:54+	16:47+	23:08+	27:58+	34:09+	37:14+	40:28+	46:36+	56:05+	59:45+	62:48+	66:05+	68:39+	70:12+
15:54+	00:53+	06:21+	04:50+	06:11+	03:05+	03:14+	06:08+	09:29+	03:40+	03:03+	03:17+	02:34+	01:33+
13:55@	00:06#	02:24&	00:57#	01:01#	00:23#	00:04+	01:30&	02:29&	00:57&	01:10&	01:30&	00:52&	00:27&
23	Christof Schätz	239										1:11:53	
04:21+	05:46+	11:36+	18:06+	26:23+	30:32+	35:45+	42:26+	54:07+	59:03+	63:28+	67:39+	70:06+	71:53+
04:21+	01:25+	05:50+	06:30+	08:17+	04:09+	05:13+	06:41+	11:41+	04:56+	04:25+	04:11+	02:27+	01:47+
02:22@	00:38&	01:53&	02:37&	03:07&	01:27&	02:03&	02:03&	04:41&	02:13&	02:32@	02:24@	00:45&	00:41&
24	Tor Inge Halvorsen	5										1:12:50	
09:12+	09:54+	16:40+	29:14+	35:43+	38:42+	42:13+	50:55+	59:30+	63:15+	67:22+	69:35+	71:30+	72:50+
09:12+	00:42-	06:46+	12:34+	06:29+	02:59+	03:31+	08:42+	08:35+	03:45+	04:07+	02:13+	01:55+	01:20+
07:13@	00:05-	02:49&	08:41@	01:19&	00:17#	00:21#	04:04&	01:35#	01:02&	02:14@	00:26#	00:13#	00:14#
25	Trond Birkeland	27										1:16:09	
02:43+	10:00+	14:22+	21:11+	31:24+	35:08+	41:03+	53:44+	61:04+	65:13+	69:35+	72:53+	75:00+	76:09+
02:43+	07:17+	04:22+	06:49+	10:13+	03:44+	05:55+	12:41+	07:20+	04:09+	04:22+	03:18+	02:07+	01:09+
00:44&	06:30@	00:25#	02:56&	05:03&	01:02&	02:45&	08:03@	00:20+	01:26&	02:29@	01:31&	00:25#	00:03+
26	Ove Mæstad	67										1:16:54	
03:04+	04:51+	10:34+	15:19+	30:05+	33:04+	36:44+	49:03+	59:37+	63:27+	71:15+	73:31+	75:45+	76:54+
03:04+	01:47+	05:43+	04:45+	14:46+	02:59+	03:40+	12:19+	10:34+	03:50+	07:48+	02:16+	02:14+	01:09+
01:05&	01:00@	01:46&	00:52#	09:36@	00:17#	00:30#	07:41@	03:34&	01:07&	05:55@	00:29&	00:32&	00:03+
27	Jørgen Nilsen	53										1:18:32	
02:33+	21:25+	22:14+	27:09+	31:26+	38:14+	41:12+	46:26+	52:45+	63:52+	67:30+	71:02+	73:51+	76:18+
02:33+	18:52+	00:49-	04:55+	04:17-	06:48+	02:58-	05:14+	06:19-	11:07+	03:38+	03:32+	02:49+	02:27+
00:34&	18:05@	03:08-	01:02&	00:53-	04:06@	00:12-	00:36#	00:41-	08:24@	01:45&	01:45&	01:07&	01:21@
28	Raymond B. Pettersen	105										1:22:59	
09:27+	10:50+	15:43+	34:28+	45:33+	49:56+	57:55+	67:51+	72:05+	75:08+	77:47+	80:10+	82:59+	82:59+
09:27+	01:23+	04:53+	18:45+	07:38+	03:27+	04:23+	07:59+	09:56+	04:14+	03:03+	02:39+	02:23+	02:49+
07:28@	00:36&	00:56#	14:52@	02:28&	00:45&	01:13&	03:21&	02:56&	01:31&	01:10&	00:52&	00:41&	01:43@

Class	Navn	Klasse												Tid
29	David Greig	93												1:26:45
03:18+	04:21+	10:55+	26:02+	39:18+	46:13+	52:15+	61:19+	70:40+	76:11+	80:22+	82:59+	85:27+	86:45+	
03:18+	01:03+	06:34+	15:07+	13:16+	06:55+	06:02+	09:04+	09:21+	05:31+	04:11+	02:37+	02:28+	01:18+	
01:19&	00:16&	02:37&	11:14@	08:06@	04:13@	02:52&	04:26&	02:21&	02:48@	02:18@	00:50&	00:46&	00:12#	

Beste strekktid for klassen

01:47 00:42 00:49 03:40 04:15 02:07 02:25 04:13 05:58 02:34 01:45 01:43 01:25 00:46

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

Herrer 60 - 64 år

1	Dag Helliksen	80												42:14
03:36=	06:41=	10:09=	16:47=	19:01=	22:22=	25:33=	34:29=	36:43=	39:38=	41:12=	42:14=			
03:36=	03:05=	03:28=	06:38=	02:14=	03:21=	03:11=	08:56=	02:14=	02:55=	01:34=	01:02=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Espen Krogh	7												43:21
03:49+	06:30-	09:52-	18:40+	20:32+	23:34+	27:48+	35:29+	38:13+	40:57+	42:22+	43:21+			
03:49+	02:41-	03:22-	08:48+	01:52-	03:02-	04:14+	07:41-	02:44+	02:44-	01:25-	00:59-			
00:13+	00:24-	00:06-	02:10&	00:22-	00:19-	01:03&	01:15-	00:30#	00:11-	00:09-	00:03-			
3	Ole Petter Haukaas	109												44:00
05:59+	08:40+	12:02+	19:34+	21:51+	26:02+	29:04+	36:56+	39:30+	41:37+	43:05+	44:00+			
05:59+	02:41-	03:22-	07:32+	02:17+	04:11+	03:02-	07:52-	02:34+	02:07-	01:28-	00:55-			
02:23&	00:24-	00:06-	00:54#	00:03+	00:50#	00:09-	01:04-	00:20#	00:48-	00:06-	00:07-			
4	Per Ingar Hadland	7												44:44
03:44+	06:57+	10:58+	18:15+	20:31+	23:48+	27:15+	36:41+	38:30+	41:45+	43:35+	44:44+			
03:44+	03:13+	04:01+	07:17+	02:16+	03:17-	03:27+	09:26+	01:49-	03:15+	01:50+	01:09+			
00:08+	00:08+	00:33#	00:39+	00:02+	00:04-	00:16+	00:30+	00:25-	00:20#	00:16#	00:07#			
5	Olav Tunheim	93												50:50
05:29+	09:53+	13:49+	23:02+	25:26+	29:05+	32:29+	41:45+	44:49+	48:06+	49:47+	50:50+			
05:29+	04:24+	03:56+	09:13+	02:24+	03:39+	03:24+	09:16+	03:04+	03:17+	01:41+	01:03+			
01:53&	01:19&	00:28#	02:35&	00:10+	00:18+	00:13+	00:20+	00:50&	00:22#	00:07+	00:01+			
6	Morten Johannessen	7												51:26
03:13-	06:17-	10:00-	17:15+	19:14+	28:51+	33:08+	41:25+	45:21+	48:27+	50:20+	51:26+			
03:13-	03:04-	03:43+	07:15+	01:59-	09:37+	04:17+	08:17-	03:56+	03:06+	01:53+	01:06+			
00:23-	00:01-	00:15+	00:37+	00:15-	06:16@	01:06&	00:39-	01:42&	00:11+	00:19#	00:04+			
7	Tor Brekken	97												56:24
11:37+	15:14+	19:01+	26:44+	29:03+	32:52+	36:51+	46:02+	48:39+	52:14+	54:21+	56:24+			
11:37+	03:37+	03:47+	07:43+	02:19+	03:49+	03:59+	09:11+	02:37+	03:35+	02:07+	02:03+			
08:01@	00:32#	00:19+	01:05#	00:05+	00:28#	00:48&	00:15+	00:23#	00:40#	00:33&	01:01&			
8	Torbjørn Evensen	108												56:33
05:08+	08:48+	12:22+	20:06+	22:40+	26:19+	31:14+	40:36+	43:51+	50:25+	55:05+	56:33+			
05:08+	03:40+	03:34+	07:44+	02:34+	03:39+	04:55+	09:22+	03:15+	06:34+	04:40+	01:28+			
01:32&	00:35#	00:06+	01:06#	00:20#	00:18+	01:44&	00:26+	01:01&	03:39@	03:06@	00:26&			
9	Ernst Kristensen	116												1:00:10
07:46+	11:25+	15:53+	29:01+	31:39+	35:38+	39:37+	49:59+	52:50+	56:41+	58:46+	60:10+			
07:46+	03:39+	04:28+	13:08+	02:38+	03:59+	03:59+	10:22+	02:51+	03:51+	02:05+	01:24+			
04:10@	00:34#	01:00&	06:30&	00:24#	00:38#	00:48&	01:26#	00:37&	00:56&	00:31&	00:22&			
10	Kjell Lervik	239												1:02:36
04:24+	09:23+	13:53+	23:58+	26:53+	31:46+	36:03+	49:03+	54:23+	58:37+	61:01+	62:36+			
04:24+	04:59+	04:30+	10:05+	02:55+	04:53+	04:17+	13:00+	05:20+	04:14+	02:24+	01:35+			
00:48#	01:54&	01:02&	03:27&	00:41&	01:32&	01:06&	04:04&	03:06@	01:19&	00:50&	00:33&			
11	John C. Sinnes	93												1:04:05
11:03+	15:01+	20:51+	29:40+	32:24+	39:30+	43:01+	55:00+	57:46+	61:02+	62:57+	64:05+			
11:03+	03:58+	05:50+	08:49+	02:44+	07:06+	03:31+	11:59+	02:46+	03:16+	01:55+	01:08+			
07:27@	00:53&	02:22&	02:11&	00:30#	03:45@	00:20#	03:03&	00:32#	00:21#	00:21#	00:06+			
12	Lars Bergersen	116												1:04:28
03:52+	07:23+	11:45+	24:57+	27:36+	31:36+	36:38+	49:03+	56:24+	60:25+	62:51+	64:28+			
03:52+	03:31+	04:22+	13:12+	02:39+	04:00+	05:02+	12:25+	07:21+	04:01+	02:26+	01:37+			
00:16+	00:26#	00:54&	06:34&	00:25#	00:39#	01:51&	03:29&	05:07@	01:06&	00:52&	00:35&			

Class	Navn	Klasse										Tid
10	Magne Vollen	374										57:39
04:14+	07:28+	11:09+	22:40+	25:06+	28:52+	32:58+	43:50+	47:44+	53:55+	56:07+	57:39+	
04:14+	03:14+	03:41+	11:31+	02:26+	03:46+	04:06-	10:52+	03:54+	06:11+	02:12+	01:32+	
01:12&	00:33#	00:31#	05:45&	00:32&	00:55&	00:23-	03:46&	01:52&	02:40&	00:30&	00:23&	
11	Bjørn Sivertsen	99										1:01:39
05:09+	08:57+	13:37+	23:14+	26:13+	30:21+	37:32+	48:19+	53:09+	57:03+	59:39+	61:39+	
05:09+	03:48+	04:40+	09:37+	02:59+	04:08+	07:11+	10:47+	04:50+	03:54+	02:36+	02:00+	
02:07&	01:07&	01:30&	03:51&	01:05&	01:17&	02:42&	03:41&	02:48@	00:23#	00:54&	00:51&	
12	Sveinung Tveit	236										1:02:18
09:26+	13:27+	18:05+	26:57+	29:49+	35:43+	39:10+	51:19+	54:18+	58:33+	60:54+	62:18+	
09:26+	04:01+	04:38+	08:52+	02:52+	05:54+	03:27-	12:09+	02:59+	04:15+	02:21+	01:24+	
06:24@	01:20&	01:28&	03:06&	00:58&	03:03@	01:02-	05:03&	00:57&	00:44#	00:39&	00:15#	
13	Eivind L. Rake	92										1:05:31
06:30+	10:42+	15:33+	29:13+	32:32+	37:23+	41:20+	53:02+	56:04+	60:54+	64:00+	65:31+	
06:30+	04:12+	04:51+	13:40+	03:19+	04:51+	03:57-	11:42+	03:02+	04:50+	03:06+	01:31+	
03:28@	01:31&	01:41&	07:54@	01:25&	02:00&	00:32-	04:36&	01:00&	01:19&	01:24&	00:22&	
14	Svein Berge	126										1:08:20
18:24+	21:37+	25:25+	34:07+	36:19+	39:39+	43:42+	52:15+	62:06+	65:35+	67:17+	68:20+	
18:24+	03:13+	03:48+	08:42+	02:12+	03:20+	04:03-	08:33+	09:51+	03:29-	01:42=	01:03-	
15:22@	00:32#	00:38#	02:56&	00:18#	00:29#	00:26-	01:27#	07:49@	00:02-	00:00=	00:06-	
Beste strekktid for klassen												
03:02	02:41	03:10	05:46	01:54	02:46	03:02	07:06	02:02	02:24	01:31	00:54	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 70 - 74 år												
1	Gudmund Gausel	115										58:12
06:46=	10:53=	15:14=	23:11=	25:44=	32:26=	35:37=	46:48=	50:39=	54:27=	56:50=	58:12=	
06:46=	04:07=	04:21=	07:57=	02:33=	06:42=	03:11=	11:11=	03:51=	03:48=	02:23=	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=	
2	Jan Inge Lunde	88										59:46
04:44-	09:03-	13:41-	26:22+	29:17+	33:51+	37:54+	48:50+	51:35+	56:07+	58:15+	59:46+	
04:44-	04:19+	04:38+	12:41+	02:55+	04:34-	04:03+	10:56-	02:45-	04:32+	02:08-	01:31+	
02:02-	00:12+	00:17+	04:44&	00:22#	02:08-	00:52&	00:15-	01:06-	00:44#	00:15-	00:09#	
3	Paul A. Paulsen	117										1:04:26
07:09+	12:23+	17:25+	28:27+	31:16+	35:51+	39:48+	50:57+	56:58+	60:34+	63:03+	64:26+	
07:09+	05:14+	05:02+	11:02+	02:49+	04:35-	03:57+	11:09-	06:01+	03:36-	02:29+	01:23+	
00:23+	01:07&	00:41#	03:05&	00:16#	02:07-	00:46#	00:02-	02:10&	00:12-	00:06+	00:01+	
4	Kjell Svihus	154										1:06:14
05:51-	09:38-	13:47-	35:57+	38:49+	42:49+	46:42+	56:49+	59:43+	63:18+	65:03+	66:14+	
05:51-	03:47-	04:09-	22:10+	02:52+	04:00-	03:53+	10:07-	02:54-	03:35-	01:45-	01:11-	
00:55-	00:20-	00:12-	14:13@	00:19#	02:42-	00:42#	01:04-	00:57-	00:13-	00:38-	00:11-	
5	Olav Dag Borgersen	154										1:07:03
05:50-	10:36-	15:16+	25:31+	29:13+	37:13+	41:57+	55:28+	59:40+	63:26+	65:14+	67:03+	
05:50-	04:46+	04:40+	10:15+	03:42+	08:00+	04:44+	13:31+	04:12+	03:46-	01:48-	01:49+	
00:56-	00:39#	00:19+	02:18&	01:09&	01:18#	01:33&	02:20#	00:21+	00:02-	00:35-	00:27&	
6	Arne Østensen	90										1:07:18
19:56+	23:10+	28:12+	37:13+	39:45+	43:55+	48:14+	57:55+	61:11+	63:56+	65:59+	67:18+	
19:56+	03:14-	05:02+	09:01+	02:32-	04:10-	04:19+	09:41-	03:16-	02:45-	02:03-	01:19-	
13:10@	00:53-	00:41#	01:04#	00:01-	02:32-	01:08&	01:30-	00:35-	01:03-	00:20-	00:03-	
7	Jostein Tunheim	116										1:07:59
09:15+	12:52+	17:02+	34:50+	37:29+	42:19+	46:06+	56:02+	59:46+	63:37+	66:42+	67:59+	
09:15+	03:37-	04:10-	17:48+	02:39+	04:50-	03:47+	09:56-	03:44-	03:51+	03:05+	01:17-	
02:29&	00:30-	00:11-	09:51@	00:06+	01:52-	00:36#	01:15-	00:07-	00:03+	00:42&	00:05-	
8	Olav Habbestad	116										1:08:09
10:59+	14:17+	20:25+	33:05+	35:27+	39:01+	45:17+	54:15+	61:18+	65:14+	67:06+	68:09+	
10:59+	03:18-	06:08+	12:40+	02:22-	03:34-	06:16+	08:58-	07:03+	03:56+	01:52-	01:03-	
04:13&	00:49-	01:47&	04:43&	00:11-	03:08-	03:05&	02:13-	03:12&	00:08+	00:31-	00:19-	

Pluss	Navn	Klasse	Tid								
9	John Abrahamsen	125	1:58:01								
17:14+	23:46+	32:53+	50:22+	56:01+	63:56+	74:29+	94:43+	103:28+	110:31+	115:09+	118:01+
17:14+	06:32+	09:07+	17:29+	05:39+	07:55+	10:33+	20:14+	08:45+	07:03+	04:38+	02:52+
10:28@	02:25&	04:46@	09:32@	03:06@	01:13#	07:22@	09:03&	04:54@	03:15&	02:15&	01:30@

Beste strekktid for klassen

04:44 03:14 04:09 07:57 02:22 03:34 03:11 08:58 02:45 02:45 01:45 01:03

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

Herrer 75 - 79 år

1	Knut Skjæveland	93	47:17								
02:45=	05:20=	06:47=	10:30=	17:23=	20:18=	22:13=	26:45=	32:06=	38:39=	44:50=	47:17=
02:45=	02:35=	01:27=	03:43=	06:53=	02:55=	01:55=	04:32=	05:21=	06:33=	06:11=	02:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arvid Thorsen	5	49:31								
02:27-	05:30+	07:12+	12:09+	18:49+	21:37+	23:23+	27:45+	32:38+	38:33-	47:25+	49:31+
02:27-	03:03+	01:42+	04:57+	06:40-	02:48-	01:46-	04:22-	04:53-	05:55-	08:52+	02:06-
00:18-	00:28#	00:15#	01:14&	00:13-	00:07-	00:09-	00:10-	00:28-	00:38-	02:41&	00:21-
3	Geir Husdal	93	53:45								
02:35-	05:04-	06:57+	10:18-	22:00+	25:22+	27:26+	31:54+	37:29+	45:28+	52:11+	53:45+
02:35-	02:29-	01:53+	03:21-	11:42+	03:22+	02:04+	04:28-	05:35+	07:59+	06:43+	01:34-
00:10-	00:06-	00:26&	00:22-	04:49&	00:27#	00:09+	00:04-	00:14+	01:26#	00:32+	00:53-
4	Svein Glendrange	68	56:26								
02:56+	05:31+	07:04+	11:09+	19:53+	23:33+	25:47+	32:07+	38:05+	45:06+	54:09+	56:26+
02:56+	02:35=	01:33+	04:05+	08:44+	03:40+	02:14+	06:20+	05:58+	07:01+	09:03+	02:17-
00:11+	00:00=	00:06+	00:22+	01:51&	00:45&	00:19#	01:48&	00:37#	00:28+	02:52&	00:10-
5	Hermann Skogsholm	53	57:25								
02:32-	05:07-	06:49+	10:02-	17:14-	20:17-	23:25+	30:05+	36:43+	43:31+	55:43+	57:25+
02:32-	02:35=	01:42+	03:13-	07:12+	03:03+	03:08+	06:40+	06:38+	06:48+	12:12+	01:42-
00:13-	00:00=	00:15#	00:30-	00:19+	00:08+	01:13&	02:08&	01:17#	00:15+	06:01&	00:45-
6	Terje Braut	92	59:35								
06:01+	08:54+	10:42+	13:58+	22:46+	26:14+	28:35+	36:14+	42:44+	49:10+	56:42+	59:35+
06:01+	02:53+	01:48+	03:16-	08:48+	03:28+	02:21+	07:39+	06:30+	06:26-	07:32+	02:53+
03:16@	00:18#	00:21#	00:27-	01:55&	00:33#	00:26#	03:07&	01:09#	00:07-	01:21#	00:26#
7	Hans Klausen	62	1:00:39								
02:16-	04:42-	06:03-	08:45-	16:09-	19:03-	20:46-	24:54-	39:39+	45:11+	58:38+	60:39+
02:16-	02:26-	01:21-	02:42-	07:24+	02:54-	01:43-	04:08-	14:45+	05:32-	13:27+	02:01-
00:29-	00:09-	00:06-	01:01-	00:31+	00:01-	00:12-	00:24-	09:24@	01:01-	07:16@	00:26-
8	Steinar Undheim	54	1:01:25								
02:37-	06:02+	07:30+	10:28-	16:59-	20:06-	23:08+	28:15+	46:11+	53:12+	60:15+	61:25+
02:37-	03:25+	01:28+	02:58-	06:31-	03:07+	03:02+	05:07+	17:56+	07:01+	07:03+	01:10-
00:08-	00:50&	00:01+	00:45-	00:22-	00:12+	01:07&	00:35#	12:35@	00:28+	00:52#	01:17-
9	Harald Vatne	67	1:02:36								
02:49+	05:27+	07:07+	11:01+	18:06+	21:19+	24:18+	28:44+	47:22+	54:18+	61:18+	62:36+
02:49+	02:38+	01:40+	03:54+	07:05+	03:13+	02:59+	04:26-	18:38+	06:56+	07:00+	01:18-
00:04+	00:03+	00:13#	00:11+	00:12+	00:18#	01:04&	00:06-	13:17@	00:23+	00:49#	01:09-
10	Reidar Magne Liland	66	1:06:56								
03:15+	06:03+	07:44+	11:10+	22:19+	25:54+	28:55+	34:48+	41:08+	51:43+	65:20+	66:56+
03:15+	02:48+	01:41+	03:26-	11:09+	03:35+	03:01+	05:53+	06:20+	10:35+	13:37+	01:36-
00:30#	00:13+	00:14#	00:17-	04:16&	00:40#	01:06&	01:21&	00:59#	04:02&	07:26@	00:51-
11	Kjell Langvik	93	1:08:33								
05:02+	07:58+	09:24+	12:57+	20:52+	24:32+	26:37+	43:38+	50:17+	57:33+	67:03+	68:33+
05:02+	02:56+	01:26-	03:33-	07:55+	03:40+	02:05+	17:01+	06:39+	07:16+	09:30+	01:30-
02:17&	00:21#	00:01-	00:10-	01:02#	00:45&	00:10+	12:29@	01:18#	00:43#	03:19&	00:57-
12	Jan Bekkeheien	92	1:14:45								
02:57+	06:18+	08:16+	13:34+	25:29+	30:00+	32:19+	39:41+	47:30+	55:53+	71:21+	74:45+
02:57+	03:21+	01:58+	05:18+	11:55+	04:31+	02:19+	07:22+	07:49+	08:23+	15:28+	03:24+
00:12+	00:46&	00:31&	01:35&	05:02&	01:36&	00:24#	02:50&	02:28&	01:50&	09:17@	00:57&

Class	Navn	Klasse	Tid								
13	Norvald Skretting	43	1:22:34								
02:43-	05:22+	07:03+	10:41+	29:24+	32:54+	35:10+	40:21+	47:55+	56:13+	78:32+	82:34+
02:43-	02:39+	01:41+	03:38-	18:43+	03:30+	02:16+	05:11+	07:34+	08:18+	22:19+	04:02+
00:02-	00:04+	00:14#	00:05-	11:50#	00:35#	00:21#	00:39#	02:13&	01:45&	16:08#	01:35&
14	Kjell Maudal	63	1:56:47								
03:57+	08:39+	11:13+	34:41+	53:01+	59:15+	63:39+	77:33+	87:15+	98:38+	114:39+	116:47+
03:57+	04:42+	02:34+	23:28+	18:20+	06:14+	04:24+	13:54+	09:42+	11:23+	16:01+	02:08-
01:12&	02:07&	01:07&	19:45#	11:27#	03:19#	02:29#	09:22#	04:21&	04:50&	09:50#	00:19-
Beste strekktid for klassen											
02:16	02:26	01:21	02:42	06:31	02:48	01:43	04:08	04:53	05:32	06:11	01:10

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

Herrer 80 år og eldre

1	Sigurd Krosli	93	55:50								
03:33=	06:54=	08:55=	12:11=	17:16=	25:49=	29:54=	33:37=	43:19=	48:34=	52:57=	55:50=
03:33=	03:21=	02:01=	03:16=	05:05=	08:33=	04:05=	03:43=	09:42=	05:15=	04:23=	02:53=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Magne Jakobsen	63	1:09:06								
09:55+	13:02+	15:09+	18:18+	22:56+	34:03+	37:39+	43:13+	55:03+	60:25+	65:45+	69:06+
09:55+	03:07-	02:07+	03:09-	04:38-	11:07+	03:36-	05:34+	11:50+	05:22+	05:20+	03:21+
06:22#	00:14-	00:06+	00:07-	00:27-	02:34&	00:29-	01:51&	02:08#	00:07+	00:57#	00:28#
3	Peter Frafjord	116	1:33:12								
14:35+	18:08+	21:27+	24:25+	27:15+	38:24+	42:20+	48:13+	76:07+	81:38+	88:34+	93:12+
14:35+	03:33+	03:19+	02:58-	02:50-	11:09+	03:56-	05:53+	27:54+	05:31+	06:56+	04:38+
11:02#	00:12+	01:18&	00:18-	02:15-	02:36&	00:09-	02:10&	18:12#	00:16+	02:33&	01:45&
4	Arne Karlsen	105	1:34:32								
09:43+	13:46+	16:36+	22:54+	26:22+	38:36+	44:10+	50:24+	74:14+	80:40+	89:33+	94:32+
09:43+	04:03+	02:50+	06:18+	03:28-	12:14+	05:34+	06:14+	23:50+	06:26+	08:53+	04:59+
06:10#	00:42#	00:49&	03:02&	01:37-	03:41&	01:29&	02:31&	14:08#	01:11#	04:30#	02:06&

Beste strekktid for klassen

03:33 03:07 02:01 02:58 02:50 08:33 03:36 03:43 09:42 05:15 04:23 02:53

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

Herrer A

1	Morten Bjerga Sundli	194	40:51														
02:20=	04:35=	07:41=	09:03=	10:05=	13:13=	15:17=	18:34=	20:46=	22:40=	29:14=	32:14=	34:51=	36:53=	38:57=	40:04=	40:51=	
02:20=	02:15=	03:06=	01:22=	01:02=	03:08=	02:04=	03:17=	02:12=	01:54=	06:34=	03:00=	02:37=	02:02=	02:04=	01:07=	00:47=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Fredrik Sandal	88	44:08														
03:41+	05:57+	09:47+	11:20+	12:22+	15:20+	17:19+	20:44+	23:02+	25:21+	31:50+	34:53+	38:05+	40:08+	42:03+	43:11+	44:08+	
03:41+	02:16+	03:50+	01:33+	01:02=	02:58-	01:59-	03:25+	02:18+	02:19+	06:29-	03:03+	03:12+	02:03+	01:55-	01:08+	00:57+	
01:21&	00:01+	00:44#	00:11#	00:00=	00:10-	00:05-	00:08+	00:06+	00:25#	00:05-	00:03+	00:35#	00:01+	00:09-	00:01+	00:10#	
3	Fredrik Omdal	74	44:46														
02:52+	05:03+	08:29+	10:18+	11:43+	12:52-	15:45+	18:04-	21:12+	23:36+	25:22-	31:45-	35:10+	39:10+	40:57+	42:56+	43:59+	44:46+
02:52+	02:11-	03:26+	01:49+	01:25+	01:09-	02:53+	02:19-	03:08+	02:24+	01:46-	06:23+	03:25+	04:00+	01:47-	01:59+	01:03+	00:47+
00:32#	00:04-	00:20#	00:27&	00:23&	01:59-	00:49&	00:58-	00:56&	00:30&	04:48-	03:23#	00:48&	01:58&	00:17-	00:52&	00:16&	00:47+
4	Thomas Olsen Schive	126	45:19														
02:27+	04:44+	07:33-	09:19+	10:21+	13:16+	16:01+	19:33+	22:58+	25:31+	32:21+	35:50+	39:18+	41:16+	43:18+	44:21+	45:19+	
02:27+	02:17+	02:49-	01:46+	01:02=	02:55-	02:45+	03:32+	03:25+	02:33+	06:50+	03:29+	03:28+	01:58-	02:02-	01:03-	00:58+	
00:07+	00:02+	00:17-	00:24&	00:00=	00:13-	00:41&	00:15+	01:13&	00:39&	00:16+	00:29#	00:51&	00:04-	00:02-	00:04-	00:11#	
5	Kenneth Mydland	29	51:37														
03:48+	06:21+	10:06+	11:31+	12:32+	15:38+	17:47+	20:54+	23:20+	26:25+	33:17+	36:42+	44:31+	47:20+	49:23+	50:36+	51:37+	
03:48+	02:33+	03:45+	01:25+	01:01-	03:06-	02:09+	03:07-	02:26+	03:05+	06:52+	03:25+	07:49+	02:49+	02:03-	01:13+	01:01+	
01:28&	00:18#	00:39#	00:03+	00:01-	00:02-	00:05+	00:10-	00:14#	01:11&	00:18+	00:25#	05:12#	00:47&	00:01-	00:06+	00:14&	

Class	Navn	Klasse										Tid				
6	Erik Lima	43										53:23				
02:47+	05:06+	18:59+	20:32+	21:38+	24:34+	26:34+	30:00+	32:43+	34:52+	41:18+	44:05+	47:32+	49:24+	51:18+	52:31+	53:23+
02:47+	02:19+	13:53+	01:33+	01:06+	02:56-	02:00-	03:26+	02:43+	02:09+	06:26-	02:47-	03:27+	01:52-	01:54-	01:13+	00:52+
00:27#	00:04+	10:47@	00:11#	00:04+	00:12-	00:04-	00:09+	00:31#	00:15#	00:08-	00:13-	00:50&	00:10-	00:10-	00:06+	00:05#
7	Svein Magnus Halsne	71										58:41				
09:26+	12:05+	15:56+	17:57+	19:17+	22:44+	25:08+	29:04+	33:14+	36:36+	43:15+	46:58+	51:52+	54:31+	56:34+	57:40+	58:41+
09:26+	02:39+	03:51+	02:01+	01:20+	03:27+	02:24+	03:56+	04:10+	03:22+	06:39+	03:43+	04:54+	02:39+	02:03-	01:06-	01:01+
07:06@	00:24#	00:45#	00:39#	00:18&	00:19#	00:20#	00:39#	01:58&	01:28&	00:05+	00:43#	02:17&	00:37&	00:01-	00:01-	00:14&
8	Torbjørn Ims Østby	66										1:02:30				
03:41+	06:35+	11:12+	12:56+	14:29+	18:44+	21:38+	26:15+	29:15+	31:41+	41:09+	45:22+	54:51+	57:19+	59:55+	61:31+	62:30+
03:41+	02:54+	04:37+	01:44+	01:33+	04:15+	02:54+	04:37+	03:00+	02:26+	09:28+	04:13+	09:29+	02:28+	02:36+	01:36+	00:59+
01:21&	00:39&	01:31&	00:22&	00:31&	01:07&	00:50&	01:20&	00:48&	00:32&	02:54&	01:13&	06:52@	00:26#	00:32&	00:29&	00:12&
9	Kristian Haarr	27										1:03:36				
04:09+	06:46+	10:34+	20:03+	21:20+	25:07+	27:27+	31:34+	34:02+	36:58+	44:30+	47:54+	56:33+	59:12+	61:19+	62:38+	63:36+
04:09+	02:37+	03:48+	09:29+	01:17+	03:47+	02:20+	04:07+	02:28+	02:56+	07:32+	03:24+	08:39+	02:39+	02:07+	01:19+	00:58+
01:49&	00:22#	00:42#	00:15#	00:39#	00:16#	00:50&	00:16#	01:02&	00:58#	00:24#	06:02@	00:37&	00:03+	00:12#	00:11#	
10	Martin Blystad	115										1:05:10				
02:54+	05:45+	09:41+	12:10+	14:00+	18:05+	20:59+	25:45+	29:25+	32:56+	42:46+	47:55+	53:24+	57:59+	61:27+	63:40+	65:10+
02:54+	02:51+	03:56+	02:29+	01:50+	04:05+	02:54+	04:46+	03:40+	03:31+	09:50+	05:09+	05:29+	04:35+	03:28+	02:13+	01:30+
00:34#	00:36&	00:50&	01:07&	00:48&	00:57&	00:50&	01:29&	01:28&	01:37&	03:16&	02:09&	02:52@	02:33@	01:24&	01:06&	00:43&
11	Marius Stene	27										1:08:49				
03:41+	06:47+	10:09+	12:31+	14:14+	18:00+	26:16+	30:50+	33:55+	38:01+	47:57+	53:38+	60:02+	63:16+	66:24+	68:02+	68:49+
03:41+	03:06+	03:22+	02:22+	01:43+	03:46+	08:16+	04:34+	03:05+	04:06+	09:56+	05:41+	06:24+	03:14+	03:08+	01:38+	00:47#
01:21&	00:51&	00:16+	01:00&	00:41&	00:38#	06:12@	01:17&	00:53&	02:12@	03:22&	02:41&	03:47@	01:12&	01:04&	00:31&	00:00=
Beste strekktid for klassen																
02:20	02:11	02:49	01:22	01:01	01:09	01:59	02:19	02:12	01:54	01:46	02:47	02:37	01:52	01:47	01:03	00:47

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

Herrer B

1	Njål F. Vadla	93										45:15				
02:35=	04:58=	08:37=	10:01=	11:15=	14:37=	16:45=	20:01=	22:27=	24:20=	31:34=	34:58=	38:17=	40:27=	42:53=	44:19=	45:15=
02:35=	02:23=	03:39=	01:24=	01:14=	03:22=	02:08=	03:16=	02:26=	01:53=	07:14=	03:24=	03:19=	02:10=	02:26=	01:26=	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=	00:00=	00:00=
2	Tor Gunnar Aksland	116										46:05				
03:03+	05:36+	08:54+	10:56+	12:05+	15:25+	17:36+	20:59+	23:42+	26:22+	33:21+	36:29+	40:01+	41:58+	43:56+	45:09+	46:05+
03:03+	02:33+	03:18-	02:02+	01:09-	03:20-	02:11+	03:23+	02:43+	02:40+	06:59-	03:08-	03:32+	01:57-	01:58-	01:13-	00:56=
00:28#	00:10+	00:21-	00:38&	00:05-	00:02-	00:03+	00:07+	00:17#	00:47&	00:15-	00:16-	00:13+	00:13-	00:28-	00:13-	00:00=
3	Magnus Landstad	66										46:11				
02:42+	05:03+	08:01-	09:38-	10:52-	16:16+	18:33+	21:44+	24:06+	26:17+	33:01+	36:28+	40:05+	42:16+	44:07+	45:17+	46:11+
02:42+	02:21-	02:58-	01:37+	01:14=	05:24+	02:17+	03:11-	02:22-	02:11+	06:44-	03:27+	03:37+	02:11+	01:51-	01:10-	00:54-
00:07+	00:02-	00:41-	00:13#	00:00=	02:02&	00:09+	00:05-	00:04-	00:18#	00:30-	00:03+	00:18+	00:01+	00:35-	00:16-	00:02-
4	Oddvar Taksdal	194										46:40				
03:05+	05:37+	08:47+	10:22+	11:41+	15:05+	17:17+	21:00+	23:36+	26:33+	33:29+	36:56+	40:20+	42:20+	44:27+	45:42+	46:40+
03:05+	02:32+	03:10-	01:35+	01:19+	03:24+	02:12+	03:43+	02:36+	02:57+	06:56-	03:27+	03:24+	02:00-	02:07-	01:15-	00:58+
00:30#	00:09+	00:29-	00:11#	00:05+	00:02+	00:04+	00:27#	00:10+	01:04&	00:18-	00:03+	00:05+	00:10-	00:19-	00:11-	00:02+
5	Oddgeir Eikeskog	93										48:09				
03:26+	05:53+	08:59+	10:41+	11:51+	15:10+	17:48+	21:03+	23:29+	25:54+	32:41+	36:04+	40:57+	43:29+	45:47+	47:11+	48:09+
03:26+	02:27+	03:06-	01:42+	01:10-	03:19-	02:38+	03:15-	02:26=	02:25+	06:47-	03:23-	04:53+	02:32+	02:18-	01:24-	00:58+
00:51&	00:04+	00:33-	00:18#	00:04-	00:03-	00:30#	00:01-	00:00=	00:32&	00:27-	00:01-	01:34&	00:22#	00:08-	00:02-	00:02+
6	Tom Furland	62										49:06				
03:03+	05:47+	09:36+	11:08+	12:24+	16:18+	18:41+	22:34+	25:08+	27:33+	35:22+	39:06+	42:10+	44:19+	46:38+	47:59+	49:06+
03:03+	02:44+	03:49+	01:32+	01:16+	03:54+	02:23+	03:53+	02:34+	02:25+	07:49+	03:44+	03:04-	02:09-	02:19-	01:21-	01:07+
00:28#	00:21#	00:10+	00:08+	00:02+	00:32#	00:15#	00:37#	00:08+	00:32&	00:35+	00:20+	00:15-	00:01-	00:07-	00:05-	00:11#
7	Morten Aamodt	116										50:18				
04:06+	06:32+	09:27+	10:53+	11:59+	15:12+	17:42+	21:05+	23:48+	26:32+	34:51+	38:13+	43:33+	45:29+	48:01+	49:22+	50:18+
04:06+	02:26+	02:55-	01:26+	01:06-	03:13-	02:30+	03:23+	02:43+	02:44+	08:19+	03:22-	05:20+	01:56-	02:32+	01:21-	00:56=
01:31&	00:03+	00:44-	00:02+	00:08-	00:09-	00:22#	00:07+	00:17#	00:51&	01:05#	00:02-	02:01&	00:14-	00:06+	00:05-	00:00=

Class	Navn	Klasse										Tid				
8	Joar Eilevstjønn	67										50:29				
04:14+	06:50+	10:03+	11:46+	13:27+	16:41+	19:07+	22:44+	25:25+	27:58+	34:34+	37:57+	42:50+	45:27+	48:15+	49:31+	50:29+
04:14+	02:36+	03:13-	01:43+	01:41+	03:14-	02:26+	03:37+	02:41+	02:33+	06:36-	03:23-	04:53+	02:37+	02:48+	01:16-	00:58+
01:39&	00:13+	00:26-	00:19#	00:27&	00:08-	00:18#	00:21#	00:15#	00:40&	00:38-	00:01-	01:34&	00:27#	00:22#	00:10-	00:02+
9	Øystein Amundrud	90										51:24				
03:04+	05:57+	09:32+	11:09+	12:28+	16:32+	19:46+	23:48+	26:34+	29:14+	37:09+	40:52+	44:30+	46:46+	49:11+	50:25+	51:24+
03:04+	02:53+	03:35-	01:37+	01:19+	04:04+	03:14+	04:02+	02:46+	02:40+	07:55+	03:43+	03:38+	02:16+	02:25-	01:14-	00:59+
00:29#	00:30#	00:04-	00:13#	00:05+	00:42#	01:06&	00:46#	00:20#	00:47&	00:41+	00:19+	00:19+	00:06+	00:01-	00:12-	00:03+
10	Bård Skogsholm	194										52:38				
03:24+	06:16+	10:15+	12:01+	13:18+	16:59+	19:17+	24:10+	26:49+	29:26+	37:34+	41:17+	45:31+	48:13+	50:25+	51:41+	52:38+
03:24+	02:52+	03:59+	01:46+	01:17+	03:41+	02:18+	04:53+	02:39+	02:37+	08:08+	03:43+	04:14+	02:42+	02:12-	01:16-	00:57+
00:49&	00:29#	00:20+	00:22&	00:03+	00:19+	00:10+	01:37&	00:13+	00:44&	00:54#	00:19+	00:55&	00:32#	00:14-	00:10-	00:01+
11	Aart Joakim in't Veld	93										53:15				
02:50+	05:14+	11:28+	13:49+	14:53+	18:38+	20:56+	24:24+	27:24+	30:07+	37:56+	41:34+	45:57+	48:29+	50:52+	52:18+	53:15+
02:50+	02:24+	06:14+	02:21+	01:04-	03:45+	02:18+	03:28+	03:00+	02:43+	07:49+	03:38+	04:23+	02:32+	02:23-	01:26=	00:57+
00:15+	00:01+	02:35&	00:57&	00:10-	00:23#	00:10+	00:12+	00:34#	00:50&	00:35+	00:14+	01:04&	00:22#	00:03-	00:00=	00:01+
12	Terje Michaelsen	47										54:14				
03:06+	05:30+	09:00+	10:46+	13:48+	17:12+	20:00+	25:15+	27:37+	29:54+	37:23+	42:18+	48:00+	49:56+	52:00+	53:25+	54:14+
03:06+	02:24+	03:30-	01:46+	03:02+	03:24+	02:48+	05:15+	02:22-	02:17+	07:29+	04:55+	05:42+	01:56-	02:04-	01:25-	00:49-
00:31#	00:01+	00:09-	00:22&	01:48&	00:02+	00:40&	01:59&	00:04-	00:24#	00:15+	01:31&	02:23&	00:14-	00:22-	00:01-	00:07-
13	Geir Sand	105										54:30				
04:12+	06:48+	10:18+	12:18+	13:58+	17:44+	20:03+	23:38+	26:49+	29:11+	36:36+	40:04+	46:35+	48:56+	52:00+	53:28+	54:30+
04:12+	02:36+	03:30-	02:00+	01:40+	03:46+	02:19+	03:35+	03:11+	02:22+	07:25+	03:28+	06:31+	02:21+	03:04+	01:28+	01:02+
01:37&	00:13+	00:09-	00:36&	00:26&	00:24#	00:11+	00:19+	00:45&	00:29&	00:11+	00:04+	03:12&	00:11+	00:38&	00:02+	00:06#
14	Stein Arne Olsen	68										56:28				
04:36+	07:42+	11:26+	13:03+	14:45+	18:48+	20:50+	25:59+	29:04+	32:03+	40:59+	45:13+	48:38+	51:28+	53:52+	55:20+	56:28+
04:36+	03:06+	03:44+	01:37+	01:42+	04:03+	02:02-	05:09+	03:05+	02:59+	08:56+	04:14+	03:25+	02:50+	02:24-	01:28+	01:08+
02:01&	00:43&	00:05+	00:13#	00:28&	00:41#	00:06-	01:53&	00:39&	01:06&	01:42#	00:50#	00:06+	00:40&	00:02-	00:02+	00:12#
15	Per Olav Haarr	62										57:20				
03:04+	05:32+	09:29+	11:06+	12:30+	16:06+	18:19+	21:49+	26:35+	28:55+	38:11+	42:08+	49:07+	52:00+	54:37+	56:09+	57:20+
03:04+	02:28+	03:57+	01:37+	01:24+	03:36+	02:13+	03:30+	04:46+	02:20+	09:16+	03:57+	06:59+	02:53+	02:37+	01:32+	01:11+
00:29#	00:05+	00:18+	00:13#	00:10#	00:14+	00:05+	00:14+	02:20&	00:27#	02:02&	00:33#	03:40&	00:43&	00:11+	00:06+	00:15&
16	Rune Dahl Fitjar	53										1:04:40				
03:26+	06:49+	11:16+	13:40+	15:17+	20:22+	23:36+	28:05+	31:47+	35:12+	45:53+	51:00+	55:40+	58:47+	61:33+	63:30+	64:40+
03:26+	03:23+	04:27+	02:24+	01:37+	05:05+	03:14+	04:29+	03:42+	03:25+	10:41+	05:07+	04:40+	03:07+	02:46+	01:57+	01:10+
00:51&	01:00&	00:48#	01:00&	00:23&	01:43&	01:06&	01:13&	01:16&	01:32&	03:27&	01:43&	01:21&	00:57&	00:20#	00:31&	00:14#
17	Espen Fyhn Nilsen	116										1:10:14				
04:08+	07:41+	12:13+	15:00+	16:56+	22:00+	24:59+	30:35+	34:31+	39:19+	50:26+	54:57+	59:42+	63:41+	66:54+	68:52+	70:14+
04:08+	03:33+	04:32+	02:47+	01:56+	05:04+	02:59+	05:36+	03:56+	04:48+	11:07+	04:31+	04:45+	03:59+	03:13+	01:58+	01:22+
01:33&	01:10&	00:53#	01:23&	00:42&	01:42&	00:51&	02:20&	01:30&	02:55&	03:53&	01:07&	01:26&	01:49&	00:47&	00:32&	00:26&
Beste strekktid for klassen																
02:35	02:21	02:55	01:24	01:04	03:13	02:02	03:11	02:22	01:53	06:36	03:08	03:04	01:56	01:51	01:10	00:49

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

Herrer C

1	Nils John Vestøl	83										45:19				
01:37=	02:59=	05:36=	09:06=	11:19=	12:55=	17:11=	19:41=	21:38=	28:20=	32:13=	34:56=	41:01=	43:36=	45:19=		
01:37=	01:22=	02:37=	03:30=	02:13=	01:36=	04:16=	02:30=	01:57=	06:42=	03:53=	02:43=	06:05=	02:35=	01:43=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Otte Omdal	65										48:23				
01:45+	04:55+	07:46+	11:07+	13:35+	14:55+	18:10+	20:37+	22:57+	28:42+	32:43+	35:25+	43:41+	45:54+	48:23+		
01:45+	03:10+	02:51+	03:21-	02:28+	01:20-	03:15-	02:27-	02:20+	05:45-	04:01+	02:42-	08:16+	02:13-	02:29+		
00:08+	01:48&	00:14+	00:09-	00:15#	00:16-	01:01-	00:03-	00:23#	00:57-	00:08+	00:01-	02:11&	00:22-	00:46&		
3	Trond Nilsen Lamark	114										50:21				
02:06+	03:20+	06:13+	12:22+	14:44+	16:12+	20:00+	22:28+	24:40+	31:00+	35:23+	38:51+	45:45+	48:00+	50:21+		
02:06+	01:14-	02:53+	06:09+	02:22+	01:28-	03:48-	02:28-	02:12+	06:20-	04:23+	03:28+	06:54+	02:15-	02:21+		
00:29&	00:08-	00:16#	02:39&	00:09+	00:08-	00:28-	00:02-	00:15#	00:22-	00:30#	00:45&	00:49#	00:20-	00:38&		

Class	Navn	Klasse												Tid
4	Sturle Omdal	116												50:39
01:53+	04:00+	06:56+	10:43+	13:08+	14:40+	18:38+	21:15+	23:35+	30:27+	34:39+	39:06+	46:15+	48:39+	50:39+
01:53+	02:07+	02:56+	03:47+	02:25+	01:32-	03:58-	02:37+	02:20+	06:52+	04:12+	04:27+	07:09+	02:24-	02:00+
00:16#	00:45&	00:19#	00:17+	00:12+	00:04-	00:18-	00:07+	00:23#	00:10+	00:19+	01:44&	01:04#	00:11-	00:17#
5	Henning Sundby	114												53:21
03:31+	05:03+	07:52+	12:55+	15:30+	16:49+	20:23+	22:53+	26:44+	33:36+	37:39+	40:37+	47:39+	50:33+	53:21+
03:31+	01:32+	02:49+	05:03+	02:35+	01:19-	03:34-	02:30=	03:51+	06:52+	04:03+	02:58+	07:02+	02:54+	02:48+
01:54@	00:10#	00:12+	01:33&	00:22#	00:17-	00:42-	00:00=	01:54&	00:10+	00:10+	00:15+	00:57#	00:19#	01:05&
6	Knut Taugbøl	116												54:13
04:24+	06:09+	09:12+	13:12+	15:18+	16:46+	20:31+	23:05+	25:16+	31:44+	36:07+	39:27+	48:26+	51:29+	54:13+
04:24+	01:45+	03:03+	04:00+	02:06-	01:28-	03:45-	02:34+	02:11+	06:28-	04:23+	03:20+	08:59+	03:03+	02:44+
02:47@	00:23&	00:26#	00:30#	00:07-	00:08-	00:31-	00:04+	00:14#	00:14-	00:30#	00:37#	02:54&	00:28#	01:01&
7	Øivind Berggraf	116												55:18
01:49+	05:05+	08:15+	12:07+	14:28+	16:09+	20:20+	23:16+	26:32+	34:41+	39:08+	42:30+	50:31+	53:04+	55:18+
01:49+	03:16+	03:10+	03:52+	02:21+	01:41+	04:11-	02:56+	03:16+	08:09+	04:27+	03:22+	08:01+	02:33-	02:14+
00:12#	01:54@	00:33#	00:22#	00:08+	00:05+	00:05-	00:26#	01:19&	01:27#	00:34#	00:39#	01:56&	00:02-	00:31&
8	Svein Oddvar Netland	116												1:01:47
02:14+	04:15+	07:43+	12:07+	15:10+	17:11+	21:20+	24:31+	27:15+	36:05+	40:38+	43:37+	56:53+	59:15+	61:47+
02:14+	02:01+	03:28+	04:24+	03:03+	02:01+	04:09-	03:11+	02:44+	08:50+	04:33+	02:59+	13:16+	02:22-	02:32+
00:37&	00:39&	00:51&	00:54&	00:50&	00:25&	00:07-	00:41&	00:47&	02:08&	00:40#	00:16+	07:11@	00:13-	00:49&
9	Sveinung Svebestad	46												1:02:50
02:08+	03:53+	07:03+	11:10+	13:59+	15:51+	21:55+	25:00+	27:31+	36:29+	43:08+	47:35+	55:40+	59:29+	62:50+
02:08+	01:45+	03:10+	04:07+	02:49+	01:52+	06:04+	03:05+	02:31+	08:58+	06:39+	04:27+	08:05+	03:49+	03:21+
00:31&	00:23&	00:33#	00:37#	00:36&	00:16#	01:48&	00:35#	00:34&	02:16&	02:46&	01:44&	02:00&	01:14&	01:38&
10	Pål H. Gjerden	116												1:03:16
02:40+	04:25+	07:50+	12:46+	16:12+	18:05+	23:15+	26:51+	29:36+	37:36+	43:09+	47:19+	56:38+	59:53+	63:16+
02:40+	01:45+	03:25+	04:56+	03:26+	01:53+	05:10+	03:36+	02:45+	08:00+	05:33+	04:10+	09:19+	03:15+	03:23+
01:03&	00:23&	00:48&	01:26&	01:13&	00:17#	00:54#	01:06&	00:48&	01:18#	01:40&	01:27&	03:14&	00:40&	01:40&
11	Øistein Haaland	116												1:10:36
02:03+	05:26+	08:48+	21:41+	25:08+	26:43+	30:34+	36:22+	40:43+	48:21+	53:07+	56:24+	64:51+	67:45+	70:36+
02:03+	03:23+	03:22+	12:53+	03:27+	01:35-	03:51-	05:48+	04:21+	07:38+	04:46+	03:17+	08:27+	02:54+	02:51+
00:26&	02:01@	00:45&	09:23@	01:14&	00:01-	00:25-	03:18@	02:24@	00:56#	00:53#	00:34#	02:22&	00:19#	01:08&
12	Erling Mauland	83												1:18:40
02:15+	04:11+	07:58+	12:47+	15:46+	17:38+	29:42+	32:44+	37:59+	49:16+	54:10+	61:04+	72:07+	76:04+	78:40+
02:15+	01:56+	03:47+	04:49+	02:59+	01:52+	12:04+	03:02+	05:15+	11:17+	04:54+	06:54+	11:03+	03:57+	02:36+
00:38&	00:34&	01:10&	01:19&	00:46&	00:16#	07:48@	00:32#	03:18@	04:35&	01:01&	04:11@	04:58&	01:22&	00:53&
Beste strekketid for klassen														
01:37	01:14	02:37	03:21	02:06	01:19	03:15	02:27	01:57	05:45	03:53	02:42	06:05	02:13	01:43

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

Herrer Trim

1	Bruno Pierfelice	51												35:14
02:51=	04:54=	06:10=	07:55=	09:14=	14:50=	17:05=	19:16=	27:05=	30:06=	33:17=	35:14=			
02:51=	02:03=	01:16=	01:45=	01:19=	05:36=	02:15=	02:11=	07:49=	03:01=	03:11=	01:57=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Arne Magne Sondresen	92												37:13
02:22-	04:39-	06:34+	08:05+	10:23+	16:58+	20:07+	22:44+	29:46+	33:03+	35:50+	37:13+			
02:22-	02:17+	01:55+	01:31-	02:18+	06:35+	03:09+	02:37+	07:02-	03:17+	02:47-	01:23-			
00:29-	00:14#	00:39&	00:14-	00:59&	00:59#	00:54&	00:26#	00:47-	00:16+	00:24-	00:34-			
3	Stig Erlend Ollestad	51												37:24
04:56+	07:02+	09:13+	11:00+	12:16+	17:32+	20:18+	24:06+	31:20+	34:16+	36:31+	37:24+			
04:56+	02:06+	02:11+	01:47+	01:16-	05:16-	02:46+	03:48+	07:14-	02:56-	02:15-	00:53-			
02:05&	00:03+	00:55&	00:02+	00:03-	00:20-	00:31#	01:37&	00:35-	00:05-	00:56-	01:04-			
4	Rolf Frøyland	5												39:01
01:58-	03:59-	05:03-	07:10-	08:29-	13:34-	16:51-	18:55-	25:19-	28:52-	37:23+	39:01+			
01:58-	02:01-	01:04-	02:07+	01:19=	05:05-	03:17+	02:04-	06:24-	03:33+	08:31+	01:38-			
00:53-	00:02-	00:12-	00:22#	00:00=	00:31-	01:02&	00:07-	01:25-	00:32#	05:20@	00:19-			

Class	Navn	Klasse										Tid
5	Roger Nyseth	92										41:02
02:39-	05:11+	06:44+	08:57+	11:14+	18:33+	21:10+	24:21+	32:15+	35:39+	38:26+	41:02+	
02:39-	02:32+	01:33+	02:13+	02:17+	07:19+	02:37+	03:11+	07:54+	03:24+	02:47-	02:36+	
00:12-	00:29#	00:17#	00:28&	00:58&	01:43&	00:22#	01:00&	00:05+	00:23#	00:24-	00:39&	
6	Asle Grude	92										44:00
04:06+	06:12+	09:31+	11:21+	14:14+	20:06+	23:18+	25:43+	32:35+	39:05+	41:45+	44:00+	
04:06+	02:06+	03:19+	01:50+	02:53+	05:52+	03:12+	02:25+	06:52-	06:30+	02:40-	02:15+	
01:15&	00:03+	02:03@	00:05+	01:34@	00:16+	00:57&	00:14#	00:57-	03:29@	00:31-	00:18#	
7	Tor Harald Lunde	47										44:28
02:48-	05:31+	07:07+	08:50+	11:07+	18:56+	22:27+	25:33+	34:12+	38:08+	42:33+	44:28+	
02:48-	02:43+	01:36+	01:43-	02:17+	07:49+	03:31+	03:06+	08:39+	03:56+	04:25+	01:55-	
00:03-	00:40&	00:20&	00:02-	00:58&	02:13&	01:16&	00:55&	00:50#	00:55&	01:14&	00:02-	
8	Knut Husdal	93										44:28
02:43-	05:14+	06:53+	09:32+	12:13+	19:50+	23:15+	26:31+	35:54+	39:38+	42:53+	44:28+	
02:43-	02:31+	01:39+	02:39+	02:41+	07:37+	03:25+	03:16+	09:23+	03:44+	03:15+	01:35-	
00:08-	00:28#	00:23&	00:54&	01:22@	02:01&	01:10&	01:05&	01:34#	00:43#	00:04+	00:22-	
9	Niklas Gustafsson	192										45:10
02:41-	06:45+	08:11+	10:21+	11:54+	18:31+	21:48+	24:30+	34:54+	38:40+	43:30+	45:10+	
02:41-	04:04+	01:26+	02:10+	01:33+	06:37+	03:17+	02:42+	10:24+	03:46+	04:50+	01:40-	
00:10-	02:01&	00:10#	00:25#	00:14#	01:01#	01:02&	00:31#	02:35&	00:45#	01:39&	00:17-	
10	Leif Jarle Skåra	29										46:20
02:49-	05:29+	07:03+	08:57+	11:10+	19:11+	22:43+	26:17+	36:16+	40:44+	43:56+	46:20+	
02:49-	02:40+	01:34+	01:54+	02:13+	08:01+	03:32+	03:34+	09:59+	04:28+	03:12+	02:24+	
00:02-	00:37&	00:18#	00:09+	00:54&	02:25&	01:17&	01:23&	02:10&	01:27&	00:01+	00:27#	
11	Rolf Kristian Folgeroe	27										47:58
05:03+	07:23+	08:59+	10:45+	12:44+	19:33+	23:30+	26:38+	37:23+	40:49+	44:04+	47:58+	
05:03+	02:20+	01:36+	01:46+	01:59+	06:49+	03:57+	03:08+	10:45+	03:26+	03:15+	03:54+	
02:12&	00:17#	00:20&	00:01+	00:40&	01:13#	01:42&	00:57&	02:56&	00:25#	00:04+	01:57&	
12	Frode Følgesvold	5										48:52
02:38-	05:43+	07:31+	09:35+	13:08+	20:43+	23:54+	27:09+	37:28+	42:47+	46:25+	48:52+	
02:38-	03:05+	01:48+	02:04+	03:33+	07:35+	03:11+	03:15+	10:19+	05:19+	03:38+	02:27+	
00:13-	01:02&	00:32&	00:19#	02:14@	01:59&	00:56&	01:04&	02:30&	02:18&	00:27#	00:30&	
13	Lars Salvesen	50										49:36
03:12+	06:38+	08:05+	10:34+	13:14+	21:29+	25:03+	27:54+	36:01+	40:36+	48:14+	49:36+	
03:12+	03:26+	01:27+	02:29+	02:40+	08:15+	03:34+	02:51+	08:07+	04:35+	07:38+	01:22-	
00:21#	01:23&	00:11#	00:44&	01:21@	02:39&	01:19&	00:40&	00:18+	01:34&	04:27@	00:35-	
14	Asgeir Kleppa	47										50:23
03:03+	05:37+	07:20+	10:00+	13:47+	20:45+	24:15+	29:07+	38:51+	42:21+	47:51+	50:23+	
03:03+	02:34+	01:43+	02:40+	03:47+	06:58+	03:30+	04:52+	09:44+	03:30+	05:30+	02:32+	
00:12+	00:31&	00:27&	00:55&	02:28@	01:22#	01:15&	02:41@	01:55#	00:29#	02:19&	00:35&	
15	Jan Henrik Neuenkirchen	117										50:26
04:01+	08:50+	10:35+	13:25+	17:41+	24:16+	27:48+	30:54+	40:03+	43:54+	47:30+	50:26+	
04:01+	04:49+	01:45+	02:50+	04:16+	06:35+	03:32+	03:06+	09:09+	03:51+	03:36+	02:56+	
01:10&	02:46@	00:29&	01:05&	02:57@	00:59#	01:17&	00:55&	01:20#	00:50&	00:25#	00:59&	
16	Terje Langeland	98										50:58
02:39-	05:31+	07:28+	09:29+	11:29+	18:44+	22:08+	25:26+	34:25+	39:07+	47:46+	50:58+	
02:39-	02:52+	01:57+	02:01+	02:00+	07:15+	03:24+	03:18+	08:59+	04:42+	08:39+	03:12+	
00:12-	00:49&	00:41&	00:16#	00:41&	01:39&	01:09&	01:07&	01:10#	01:41&	05:28@	01:15&	
17	Per Marthon Mæland	5										51:18
08:46+	11:50+	13:16+	16:05+	17:46+	25:12+	29:23+	31:58+	39:34+	42:57+	48:33+	51:18+	
08:46+	03:04+	01:26+	02:49+	01:41+	07:26+	04:11+	02:35+	07:36-	03:23+	05:36+	02:45+	
05:55@	01:01&	00:10#	01:04&	00:22&	01:50&	01:56&	00:24#	00:13-	00:22#	02:25&	00:48&	
18	Svein Mæle	43										53:55
13:24+	16:30+	17:56+	20:31+	22:18+	28:25+	32:03+	34:59+	43:10+	48:15+	51:30+	53:55+	
13:24+	03:06+	01:26+	02:35+	01:47+	06:07+	03:38+	02:56+	08:11+	05:05+	03:15+	02:25+	
10:33@	01:03&	00:10#	00:50&	00:28&	00:31+	01:23&	00:45&	00:22+	02:04&	00:04+	00:28#	
19	Jarl Steinar Berntsen	27										55:16
02:41-	05:50+	07:16+	15:54+	21:55+	28:26+	32:06+	34:58+	43:33+	47:53+	51:53+	55:16+	
02:41-	03:09+	01:26+	08:38+	06:01+	06:31+	03:40+	02:52+	08:35+	04:20+	04:00+	03:23+	
00:10-	01:06&	00:10#	06:53@	04:42@	00:55#	01:25&	00:41&	00:46+	01:19&	00:49&	01:26&	

Class	Navn	Klasse	Tid
20	Sivert Alf Sivertsen	372	55:29
06:41+	09:21+ 10:55+ 14:20+ 17:47+	24:10+ 26:51+ 29:53+ 38:31+ 44:38+ 53:43+ 55:29+	
06:41+	02:40+ 01:34+ 03:25+ 03:27+	06:23+ 02:41+ 03:02+ 08:38+ 06:07+ 09:05+ 01:46-	
03:50@	00:37& 00:18# 01:40& 02:08@	00:47# 00:26# 00:51& 00:49# 03:06@ 05:54@ 00:11-	
21	John Thorsnæs	51	56:03
03:12+	06:10+ 08:20+ 10:43+ 13:36+	23:50+ 27:51+ 31:52+ 44:25+ 49:02+ 54:37+ 56:03+	
03:12+	02:58+ 02:10+ 02:23+ 02:53+	10:14+ 04:01+ 04:01+ 12:33+ 04:37+ 05:35+ 01:26-	
00:21#	00:55& 00:54& 00:38& 01:34@	04:38& 01:46& 01:50& 04:44& 01:36& 02:24& 00:31-	
22	Per Kolbein Tonstad	66	57:04
03:10+	06:55+ 08:45+ 11:21+ 13:36+	22:23+ 26:42+ 30:32+ 41:42+ 46:10+ 54:21+ 57:04+	
03:10+	03:45+ 01:50+ 02:36+ 02:15+	08:47+ 04:19+ 03:50+ 11:10+ 04:28+ 08:11+ 02:43+	
00:19#	01:42& 00:34& 00:51& 00:56&	03:11& 02:04& 01:39& 03:21& 01:27& 05:00@ 00:46&	
23	Jon Grepstad	111	57:15
04:29+	07:59+ 10:36+ 13:02+ 15:30+	24:31+ 28:47+ 32:47+ 45:23+ 50:01+ 55:12+ 57:15+	
04:29+	03:30+ 02:37+ 02:26+ 02:28+	09:01+ 04:16+ 04:00+ 12:36+ 04:38+ 05:11+ 02:03+	
01:38&	01:27& 01:21@ 00:41& 01:09&	03:25& 02:01& 01:49& 04:47& 01:37& 02:00& 00:06+	
24	Svein Erik Bjørnsen	91	58:12
12:01+	14:28+ 15:45+ 18:06+ 19:55+	26:57+ 32:12+ 38:03+ 45:41+ 49:16+ 56:04+ 58:12+	
12:01+	02:27+ 01:17+ 02:21+ 01:49+	07:02+ 05:15+ 05:51+ 07:38- 03:35+ 06:48+ 02:08+	
09:10@	00:24# 00:01+ 00:36& 00:30&	01:26& 03:00@ 03:40@ 00:11- 00:34# 03:37@ 00:11+	
25	Arild Olsen	4	59:53
02:50-	05:04+ 06:34+ 11:45+ 13:41+	23:50+ 27:06+ 31:03+ 46:15+ 50:45+ 58:24+ 59:53+	
02:50-	02:14+ 01:30+ 05:11+ 01:56+	10:09+ 03:16+ 03:57+ 15:12+ 04:30+ 07:39+ 01:29-	
00:01-	00:11+ 00:14# 03:26@ 00:37&	04:33& 01:01& 01:46& 07:23& 01:29& 04:28@ 00:28-	
26	Jan Erik Rasmussen	51	59:59
03:29+	06:43+ 08:55+ 11:54+ 14:14+	22:35+ 27:37+ 33:37+ 43:13+ 48:16+ 56:10+ 59:59+	
03:29+	03:14+ 02:12+ 02:59+ 02:20+	08:21+ 05:02+ 06:00+ 09:36+ 05:03+ 07:54+ 03:49+	
00:38#	01:11& 00:56& 01:14& 01:01&	02:45& 02:47@ 03:49@ 01:47# 02:02& 04:43@ 01:52&	
27	Ivar Aalbu	29	1:01:43
18:19+	22:30+ 24:17+ 26:16+ 28:59+	36:27+ 39:31+ 43:45+ 52:23+ 56:16+ 59:26+ 61:43+	
18:19+	04:11+ 01:47+ 01:59+ 02:43+	07:28+ 03:04+ 04:14+ 08:38+ 03:53+ 03:10- 02:17+	
15:28@	02:08@ 00:31& 00:14# 01:24@	01:52& 00:49& 02:03& 00:49# 00:52& 00:01- 00:20#	
28	Per Bakken	5	1:03:11
03:32+	06:51+ 09:05+ 14:41+ 22:08+	30:22+ 35:43+ 39:39+ 49:38+ 53:36+ 61:28+ 63:11+	
03:32+	03:19+ 02:14+ 05:36+ 07:27+	08:14+ 05:21+ 03:56+ 09:59+ 03:58+ 07:52+ 01:43-	
00:41#	01:16& 00:58& 03:51@ 06:08@	02:38& 03:06@ 01:45& 02:10& 00:57& 04:41@ 00:14-	
29	Frank Gulbrandsen	105	1:03:37
05:04+	08:21+ 10:05+ 12:39+ 15:28+	23:15+ 29:37+ 33:17+ 42:58+ 48:12+ 60:46+ 63:37+	
05:04+	03:17+ 01:44+ 02:34+ 02:49+	07:47+ 06:22+ 03:40+ 09:41+ 05:14+ 12:34+ 02:51+	
02:13&	01:14& 00:28& 00:49& 01:30@	02:11& 04:07@ 01:29& 01:52# 02:13& 09:23@ 00:54&	
30	Arild Svihus	92	1:06:25
03:58+	08:02+ 10:22+ 13:06+ 15:41+	26:21+ 30:36+ 34:41+ 45:54+ 51:40+ 63:36+ 66:25+	
03:58+	04:04+ 02:20+ 02:44+ 02:35+	10:40+ 04:15+ 04:05+ 11:13+ 05:46+ 11:56+ 02:49+	
01:07&	02:01& 01:04& 00:59& 01:16&	05:04& 02:00& 01:54& 03:24& 02:45& 08:45@ 00:52&	
31	Per Aspøy	117	1:06:36
06:07+	13:15+ 15:18+ 18:04+ 24:25+	32:22+ 36:03+ 39:26+ 50:49+ 54:36+ 62:32+ 66:36+	
06:07+	07:08+ 02:03+ 02:46+ 06:21+	07:57+ 03:41+ 03:23+ 11:23+ 03:47+ 07:56+ 04:04+	
03:16@	05:05@ 00:47& 01:01& 05:02@	02:21& 01:26& 01:12& 03:34& 00:46& 04:45@ 02:07@	
32	Torgeir Færevåg	125	1:06:55
05:43+	08:54+ 11:04+ 13:21+ 15:21+	37:11+ 41:06+ 44:14+ 54:02+ 59:46+ 64:12+ 66:55+	
05:43+	03:11+ 02:10+ 02:17+ 02:00+	21:50+ 03:55+ 03:08+ 09:48+ 05:44+ 04:26+ 02:43+	
02:52@	01:08& 00:54& 00:32& 00:41&	16:14@ 01:40& 00:57& 01:59& 02:43& 01:15& 00:46&	
33	Ørjahn Andersen	372	1:07:02
19:01+	22:48+ 24:35+ 27:07+ 29:10+	37:39+ 41:51+ 45:07+ 54:47+ 58:28+ 65:18+ 67:02+	
19:01+	03:47+ 01:47+ 02:32+ 02:03+	08:29+ 04:12+ 03:16+ 09:40+ 03:41+ 06:50+ 01:44-	
16:10@	01:44& 00:31& 00:47& 00:44&	02:53& 01:57& 01:05& 01:51# 00:40# 03:39@ 00:13-	
34	Svein Inge Sævereid	126	1:12:17
04:30+	08:35+ 13:34+ 19:48+ 22:52+	34:20+ 40:31+ 46:07+ 60:42+ 65:06+ 70:40+ 72:17+	
04:30+	04:05+ 04:59+ 06:14+ 03:04+	11:28+ 06:11+ 05:36+ 14:35+ 04:24+ 05:34+ 01:37-	
01:39&	02:02& 03:43@ 04:29@ 01:45@	05:52@ 03:56@ 03:25@ 06:46& 01:23& 02:23& 00:20-	

Class	Navn	Klasse										Tid
35	Terje Hodne Nilsen	115										1:12:54
04:11+	08:52+	11:31+	18:02+	24:24+	37:35+	41:42+	46:26+	58:42+	64:15+	70:12+	72:54+	
04:11+	04:41+	02:39+	06:31+	06:22+	13:11+	04:07+	04:44+	12:16+	05:33+	05:57+	02:42+	
01:20&	02:38@	01:23@	04:46@	05:03@	07:35@	01:52&	02:33@	04:27&	02:32&	02:46&	00:45&	
36	John Helge Svandal	111										1:17:07
03:10+	05:52+	07:45+	24:28+	28:52+	36:34+	41:06+	45:09+	60:08+	65:20+	72:53+	77:07+	
03:10+	02:42+	01:53+	16:43+	04:24+	07:42+	04:32+	04:03+	14:59+	05:12+	07:33+	04:14+	
00:19#	00:39&	00:37&	14:58@	03:05@	02:06&	02:17@	01:52&	07:10&	02:11&	04:22@	02:17@	
37	Steinar Aase	268										1:27:00
03:31+	07:48+	09:38+	13:15+	19:12+	28:28+	36:08+	40:48+	70:11+	75:43+	85:22+	87:00+	
03:31+	04:17+	01:50+	03:37+	05:57+	09:16+	07:40+	04:40+	29:23+	05:32+	09:39+	01:38-	
00:40#	02:14@	00:34&	01:52@	04:38@	03:40&	05:25@	02:29@	21:34@	02:31&	06:28@	00:19-	
Beste strekktid for klassen												
01:58	02:01	01:04	01:31	01:16	05:05	02:15	02:04	06:24	02:56	02:15	00:53	

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