

Pluss Navn Klasse
Damer 16 - 39 år

Klasse

Tid

1 Katrine Haaland Leveraas**54****41:21**

01:25= 04:04= 06:34= 08:44= 10:23= 12:09= 14:37= 15:31= 17:19= 19:47= 22:16= 23:34= 26:00= 28:13= 29:55= 32:31= 38:32= 40:56= 41:21=

01:25= 02:39= 02:30= 02:10= 01:39= 01:46= 02:28= 00:54= 01:48= 02:28= 02:29= 01:18= 02:26= 02:13= 01:42= 02:36= 06:01= 02:24= 00:25=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Silje Sundal**71****43:30**

01:32+ 04:16+ 06:45+ 08:58+ 10:50+ 12:38+ 15:44+ 16:48+ 19:10+ 21:29+ 24:11+ 25:46+ 29:42+ 31:58+ 33:58+ 36:54+ 40:57+ 43:07+ 43:30+

01:32+ 02:44+ 02:29= 02:13+ 01:52+ 01:48+ 03:06+ 01:04+ 02:22+ 02:19= 02:42+ 01:35+ 03:56+ 02:16+ 02:00+ 02:56+ 04:03= 02:10= 00:23=

00:07+ 00:05+ 00:01= 00:03+ 00:13# 00:02+ 00:38& 00:10# 00:34& 00:09= 00:13+ 00:17# 01:30& 00:18# 00:20# 01:58= 00:14= 00:02=

3 Anina Iselin Hadland**29****44:08**

01:46+ 06:38+ 08:53+ 10:12+ 12:02+ 14:02+ 17:00+ 18:00+ 19:31+ 22:16+ 24:34+ 26:16+ 28:58+ 31:26+ 33:41+ 36:30+ 41:26+ 43:46+ 44:08+

01:46+ 04:52+ 02:15= 01:19= 01:50+ 02:00+ 02:58+ 01:00+ 01:31+ 02:45+ 02:18= 01:42+ 02:42+ 02:28+ 02:15+ 02:49+ 04:56= 02:20= 00:22=

00:21# 02:13& 00:15= 00:51= 00:11# 00:14# 00:30# 00:06# 00:17= 00:17# 00:11= 00:24& 00:16# 00:15# 00:33& 00:13+ 01:05= 00:04= 00:03=

4 Elin Graneland**39****44:16**

01:41+ 04:15+ 07:50+ 09:27+ 12:18+ 14:08+ 17:15+ 18:15+ 19:52+ 21:38+ 24:18+ 25:43+ 29:43+ 32:46+ 34:46+ 37:33+ 41:47+ 43:51+ 44:16+

01:41+ 02:34= 03:35+ 01:37= 02:51+ 01:50+ 03:07+ 01:00+ 01:37= 01:46= 02:40+ 01:25+ 04:00+ 03:03+ 02:00+ 02:47+ 04:14= 02:04= 00:25=

00:16# 00:05= 01:05& 00:33= 01:12& 00:04+ 00:39& 00:06# 00:11= 00:42= 00:11+ 00:07+ 01:34& 00:50& 00:18# 00:11+ 01:47= 00:20= 00:00=

5 Heidi Langeland**117****46:38**

02:02+ 05:18+ 07:45+ 09:54+ 12:06+ 14:35+ 17:52+ 18:54+ 20:42+ 23:40+ 25:51+ 27:33+ 30:53+ 33:55+ 36:17+ 39:56+ 44:22+ 46:13+ 46:38+

02:02+ 03:16+ 02:27= 02:09= 02:12+ 02:29+ 03:17+ 01:02+ 01:48= 02:58+ 02:11= 01:42+ 03:20+ 03:02+ 02:22+ 03:39+ 04:26= 01:51= 00:25=

00:37& 00:37# 00:03= 00:01= 00:33& 00:43& 00:49& 00:08# 00:00= 00:30# 00:18= 00:24& 00:54& 00:49& 00:40& 01:03& 01:35= 00:33= 00:00=

6 Wibeke Lende**74****49:13**

01:48+ 04:43+ 08:07+ 09:57+ 11:34+ 13:26+ 17:25+ 18:32+ 20:25+ 22:41+ 25:11+ 27:25+ 30:19+ 33:49+ 36:05+ 39:52+ 45:22+ 48:43+ 49:13+

01:48+ 02:55+ 03:24+ 01:50= 01:37= 01:52+ 03:59+ 01:07+ 01:53+ 02:16= 02:30+ 02:14+ 02:54+ 03:30+ 02:16+ 03:47+ 05:30= 03:21+ 00:30+

00:23& 00:16# 00:54& 00:20= 00:02= 00:06+ 01:31& 00:13# 00:05+ 00:12= 00:01+ 00:56& 00:28# 01:17& 00:34& 01:11& 00:31= 00:57& 00:05#

7 Hanne Thu**18****51:01**

01:46+ 05:38+ 09:01+ 11:34+ 13:25+ 16:16+ 19:52+ 21:00+ 22:45+ 25:09+ 27:34+ 29:08+ 32:20+ 35:17+ 37:46+ 42:17+ 46:14+ 50:29+ 51:01+

01:46+ 03:52+ 03:23+ 02:33+ 01:51+ 02:51+ 03:36+ 01:08+ 01:45= 02:24= 02:25= 01:34+ 03:12+ 02:57+ 02:29+ 04:31+ 03:57= 04:15+ 00:32+

00:21# 01:13& 00:53& 00:23# 00:12# 01:05& 01:08& 00:14& 00:03= 00:04= 00:04= 00:16# 00:46& 00:44& 00:47& 01:55& 02:04= 01:51& 00:07&

8 Anastasia Ollestad**93****51:37**

01:31+ 04:26+ 06:20= 10:29+ 13:19+ 15:35+ 18:18+ 20:04+ 21:51+ 24:21+ 27:08+ 29:33+ 32:34+ 34:42+ 36:58+ 41:17+ 48:15+ 51:08+ 51:37+

01:31+ 02:55+ 01:54= 04:09+ 02:50+ 02:16+ 02:43+ 01:46+ 01:47= 02:30+ 02:47+ 02:25+ 03:01+ 02:08= 02:16+ 04:19+ 06:58+ 02:53+ 00:29+

00:06+ 00:16# 00:36= 01:59& 01:11& 00:30& 00:15# 00:52& 00:01= 00:02+ 00:18# 01:07& 00:35# 00:05= 00:34& 01:43& 00:57# 00:29# 00:04#

9 Rønnaug Egeland**93****52:01**

01:36+ 05:37+ 08:01+ 09:52+ 11:44+ 16:36+ 19:43+ 20:46+ 24:12+ 26:25+ 29:06+ 31:04+ 35:50+ 38:07+ 40:12+ 43:21+ 48:50+ 51:35+ 52:01+

01:36+ 04:01+ 02:24= 01:51= 01:52+ 04:52+ 03:07+ 01:03+ 03:26+ 02:13= 02:41+ 01:58+ 04:46+ 02:17+ 02:05+ 03:09+ 05:29= 02:45+ 00:26+

00:11# 01:22& 00:06= 00:19= 00:13# 03:06@ 00:39& 00:09# 01:38& 00:15= 00:12+ 00:40& 02:20& 00:04+ 00:23# 00:33# 00:32= 00:21# 00:01+

10 Ann Torill Bakken**116****52:50**

01:36+ 04:37+ 09:59+ 13:09+ 14:57+ 17:56+ 22:04+ 23:03+ 25:06+ 30:42+ 32:52+ 34:34+ 37:13+ 39:38+ 42:07+ 45:43+ 50:22+ 52:21+ 52:50+

01:36+ 03:01+ 05:22+ 03:10+ 01:48+ 02:59+ 04:08+ 00:59+ 02:03+ 05:36+ 02:10= 01:42+ 02:39+ 02:25+ 02:29+ 03:36+ 04:39= 01:59= 00:29+

00:11# 00:22# 02:52@ 01:00& 00:09+ 01:13& 01:40& 00:05+ 00:15# 03:08@ 00:19= 00:24& 00:13+ 00:12+ 00:47& 01:00& 01:22= 00:25= 00:04#

11 Hege Bakken**93****54:00**

06:12+ 10:25+ 14:47+ 16:49+ 18:41+ 20:59+ 24:22+ 25:32+ 27:25+ 30:03+ 32:38+ 34:13+ 37:08+ 40:58+ 43:22+ 46:33+ 50:55+ 53:25+ 54:00+

06:12+ 04:13+ 04:22+ 02:02= 01:52+ 02:18+ 03:23+ 01:10+ 01:53+ 02:38+ 02:35+ 01:35+ 02:55+ 03:50+ 02:24+ 03:11+ 04:22= 02:30+ 00:35+

04:47@ 01:34& 01:52& 00:08= 00:13# 00:32& 00:55& 00:16& 00:05+ 00:10+ 00:06+ 00:17# 00:29# 01:37& 00:42& 00:35# 01:39= 00:06+ 00:10&

Beste strekketid for klassen

01:25 02:34 01:54 01:19 01:37 01:46 02:28 00:54 01:31 01:46 02:10 01:18 02:26 02:08 01:42 02:36 03:57 01:51 00:22

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

Damer 40 - 49 år**1 Kari Sjursen****117****44:18**

01:08= 03:23= 05:21= 07:54= 08:52= 10:34= 15:03= 17:04= 18:05= 23:21= 25:59= 28:41= 32:43= 34:42= 36:43= 39:10= 41:36= 43:01= 43:48= 44:18=

01:08= 02:15= 01:58= 02:33= 00:58= 01:42= 04:29= 02:01= 01:01= 05:16= 02:38= 02:42= 04:02= 01:59= 02:01= 02:27= 02:26= 01:25= 00:47= 00:30=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse												Tid						
2	Ida K. Kolstø	29												48:32						
01:00-	03:17-	05:00-	06:41-	07:45-	09:55-	14:38-	16:52-	17:48-	25:34+	28:02+	30:48+	34:06+	37:43+	39:52+	42:56+	44:42+	46:56+	48:10+	48:32+	
01:00-	02:17+	01:43-	01:41-	01:04+	02:10+	04:43+	02:14+	00:56-	07:46+	02:28-	02:46+	03:18-	03:37+	02:09+	03:04+	01:46-	02:14+	01:14+	00:22-	
00:08-	00:02+	00:15-	00:52-	00:06#	00:28&	00:14+	00:13#	00:05-	02:30&	00:10-	00:04+	00:44-	01:38&	00:08+	00:37&	00:40-	00:49&	00:27&	00:08-	
3	Heidi Martby	105												49:23						
01:15+	03:53+	05:36+	07:58+	09:01+	11:11+	16:18+	18:20+	19:20+	27:01+	29:52+	32:12+	35:33+	38:51+	41:21+	44:26+	46:11+	48:11+	48:58+	49:23+	
01:15+	02:38+	01:43-	02:22-	01:03+	02:10+	05:07+	02:02+	01:00-	07:41+	02:51+	02:20-	03:21-	03:18+	02:30+	03:05+	01:45-	02:00+	00:47=	00:25-	
00:07#	00:23#	00:15-	00:11-	00:05+	00:28&	00:38#	00:01+	00:01-	02:25&	00:13+	00:22-	00:41-	01:19&	00:29#	00:38&	00:41-	00:35&	00:00=	00:05-	
4	Toril Dahle	116												1:11:25						
01:20+	03:57+	05:45+	08:20+	09:23+	11:49+	19:53+	22:21+	23:50+	42:28+	45:56+	48:44+	53:05+	56:37+	59:43+	62:40+	65:12+	69:58+	70:55+	71:25+	
01:20+	02:37+	01:48-	02:35+	01:03+	02:26+	08:04+	02:28+	01:29+	18:38+	03:28+	02:48+	04:21+	03:32+	03:06+	02:57+	02:32+	04:46+	00:57+	00:30=	
00:12#	00:22#	00:10-	00:02+	00:05+	00:44&	03:35&	00:27#	00:28&	13:22@	00:50&	00:06+	00:19+	01:33&	01:05&	00:30#	00:06+	03:21@	00:10#	00:00=	

Beste strekktid for klassen

01:00 02:15 01:43 01:41 00:58 01:42 04:29 02:01 00:56 05:16 02:28 02:20 03:18 01:59 02:01 02:27 01:45 01:25 00:47 00:22

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

Damer 50 - 59 år

1	Ragnhild Auglænd	62												45:05						
01:09=	03:38=	05:18=	08:31=	09:36=	12:40=	18:33=	20:34=	21:59=	26:08=	29:05=	30:45=	33:04=	35:17=	37:50=	40:13=	42:05=	44:02=	44:41=	45:05=	
01:09=	02:29=	01:40=	03:13=	01:05=	03:04=	05:53=	02:01=	01:25=	04:09=	02:57=	01:40=	02:19=	02:13=	02:33=	02:23=	01:52=	01:57=	00:39=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Gunn J. Grefstad	2												45:23						
01:01-	04:07+	05:47+	07:58-	08:59-	11:25-	15:23-	17:47-	18:55-	24:48-	27:58-	29:55-	32:40-	35:16-	37:42-	40:17+	42:18+	44:04+	44:52+	45:23+	
01:01-	03:06+	01:40=	02:11-	01:01-	02:26-	03:58-	02:24+	01:08-	05:53+	03:10+	01:57+	02:45+	02:36+	02:26-	02:35+	02:01+	01:46-	00:48+	00:31+	
00:08-	00:37#	00:00=	01:02-	00:04-	00:38-	01:55-	00:23#	00:17-	01:44&	00:13+	00:17#	00:26#	00:23#	00:07-	00:12+	00:09+	00:11-	00:09#	00:07&	
3	Signe Ottesen	116												47:58						
01:10+	03:36-	05:32+	08:02-	09:07-	11:15-	15:52-	20:25-	21:31-	28:07+	30:56+	32:49+	35:16+	37:25+	39:57+	43:00+	44:49+	46:36+	47:30+	47:58+	
01:10+	02:26-	01:56+	02:30-	01:05=	02:08-	04:37-	04:33+	01:06-	06:36+	02:49-	01:53+	02:27+	02:09-	02:32-	03:03+	01:49-	01:47-	00:54+	00:28+	
00:01+	00:03-	00:16#	00:43-	00:00=	00:56-	01:16-	02:32@	00:19-	02:27&	00:08-	00:13#	00:08+	00:04-	00:01-	00:40&	00:03-	00:10-	00:15&	00:04#	
4	Kristin Skadsem	18												48:27						
01:07-	04:31+	06:39+	08:58+	09:59+	13:42+	18:28-	20:21-	21:25-	26:09+	29:21+	31:43+	34:18+	37:27+	39:56+	42:19+	44:22+	46:36+	47:59+	48:27+	
01:07-	03:24+	02:08+	02:19-	01:01-	03:43+	04:46-	01:53-	01:04-	04:44+	03:12+	02:22+	02:35+	03:09+	02:29-	02:23=	02:03+	02:14+	01:23+	00:28+	
00:02-	00:55&	00:28&	00:54-	00:04-	00:39#	01:07-	00:08-	00:21-	00:35#	00:15+	00:42&	00:16#	00:56&	00:04-	00:00=	00:11+	00:17#	00:44@	00:04#	
5	Anita Glenne Kallhovd	29												50:10						
01:08-	03:21-	04:53-	06:54-	07:55-	10:03-	14:50-	17:13-	18:10-	21:27-	28:12-	30:06-	38:10+	40:19+	42:46+	45:01+	46:59+	48:47+	49:43+	50:10+	
01:08-	02:13-	01:32-	02:01-	01:01-	02:08-	04:47-	02:23+	00:57-	03:17-	06:45+	01:54+	08:04+	02:09-	02:27-	02:15-	01:58+	01:48-	00:56+	00:27+	
00:01-	00:16-	00:08-	01:12-	00:04-	00:56-	01:06-	00:22#	00:28-	00:52-	03:48@	00:14#	05:45@	00:04-	00:06-	00:08-	00:06+	00:09-	00:17&	00:03#	
6	Evy Klausen Mjølslens	62												50:42						
01:10+	03:42+	05:41+	07:58-	09:06-	11:13-	16:12-	18:34-	21:26-	25:39-	28:18-	30:37-	33:28+	35:44+	38:20+	40:44+	47:02+	49:36+	50:18+	50:42+	
01:10+	02:32+	01:59+	02:17-	01:08+	02:07-	04:59-	02:22+	02:52+	04:13+	02:39-	02:19+	02:51+	02:16+	02:36+	02:24+	06:18+	02:34+	00:42+	00:24=	
00:01+	00:03+	00:19#	00:56-	00:03+	00:57-	00:54-	00:21#	01:27@	00:04+	00:18-	00:39&	00:32#	00:03+	00:03+	00:01+	04:26@	00:37&	00:03+	00:00=	
7	Marie-Elizabeth Reinseth	27												51:06						
01:13+	05:28+	08:17+	11:40+	12:49+	15:24+	21:49+	24:35+	25:54+	30:25+	33:49+	35:54+	38:24+	40:34+	43:04+	45:51+	47:42+	49:53+	50:40+	51:06+	
01:13+	04:15+	02:49+	03:23+	01:09+	02:35-	06:25+	02:46+	01:19-	04:31+	03:24+	02:05+	02:30+	02:10-	02:30-	02:47+	01:51-	02:11+	00:47+	00:26+	
00:04+	01:46&	01:09&	00:10+	00:04+	00:29-	00:32+	00:45&	00:06-	00:22+	00:27#	00:25#	00:11+	00:03-	00:03-	00:24#	00:01-	00:14#	00:08#	00:02+	
8	Eli Tjøland Stokka	94												53:01						
01:07-	03:36-	05:52+	07:57-	09:15-	12:37-	21:21+	23:44+	25:16+	30:21+	33:16+	36:28+	39:34+	42:24+	44:36+	47:04+	49:26+	51:26+	52:34+	53:01+	
01:07-	02:29=	02:16+	02:05-	01:18+	03:22+	08:44+	02:23+	01:32+	05:05+	02:55-	03:12+	03:06+	02:50+	02:12-	02:28+	02:22+	02:00+	01:08+	00:27+	
00:02-	00:00=	00:36&	01:08-	00:13#	00:18+	02:51&	00:22#	00:07+	00:56#	00:02-	01:32&	00:47&	00:37&	00:21-	00:05+	00:30&	00:03+	00:29&	00:03#	
9	Torill Andersen	116												54:59						
01:12+	03:47+	05:42+	08:14-	09:27-	11:34-	16:20-	18:18-	19:42-	27:24+	30:26+	38:51+	41:20+	43:28+	46:31+	48:59+	51:11+	53:32+	54:31+	54:59+	
01:12+	02:35+	01:55+	02:32-	01:13+	02:07-	04:46-	01:58-	01:24-	07:42+	03:02+	08:25+	02:29+	02:08-	03:03+	02:28+	02:12+	02:21+	00:59+	00:28+	
00:03+	00:06+	00:15#	00:41-	00:08#	00:57-	01:07-	00:03-	00:01-	03:33&	00:05+	06:45@	00:10+	00:05-	00:30#	00:05+	00:20#	00:24#	00:20&	00:04#	
10	Trude Katrine Hermanrud	117												55:23						
00:49-	03:20-	05:08-	10:10+	11:13+	13:16+	19:15+	21:47+	22:56+	32:32+	35:30+	37:50+	40:39+	43:52+	46:14+	49:39+	51:51+	54:01+	54:57+	55:23+	
00:49-	02:31+	01:48+	05:02+	01:03-	02:03-	05:59+	02:32+	01:09-	09:36+	02:58+	02:20+	02:49+	03:13+	02:22-	03:25+	02:12+	02:10+	00:56+	00:26+	
00:20-	00:02+	00:08+	01:49&	00:02-	01:01-	00:06+	00:31&	00:16-	05:27@	00:01+	00:40&	00:30#	01:00&	00:11-	01:02&	00:20#	00:13#	00:17&	00:02+	

Class	Navn	Klasse	Tid
11	Iren Undheim Øgreid	62	57:16
01:01-	05:24+	06:55+	08:50+
01:01-	04:23+	01:31-	01:55-
00:08-	01:54&	00:09-	01:18-
	00:02-	00:43#	02:01-
	00:21#	00:18-	01:03&
	00:04+	03:15@	07:01@
	00:22#	00:18#	00:05+
	00:07+	00:16#	00:30&
	00:08&		
12	Målfrid Bjerkeli	237	1:01:08
01:06-	04:09+	06:14+	09:23+
01:06-	03:03+	02:05+	03:09-
00:03-	00:34#	00:25#	00:04-
	00:40&	00:04-	00:06-
	00:29#	00:09-	04:33@
	00:55&	01:33&	03:15@
	01:57&	00:06-	00:30#
	00:17#	01:00&	00:22&
	00:05#	00:22&	00:05#
13	Hilde Frøytlog Karlsen	228	1:01:13
01:19+	04:39+	06:37+	09:13+
01:19+	03:20+	01:58+	02:36-
00:10#	00:51&	00:18#	00:37-
	00:10#	00:38-	00:28-
	00:19#	00:03-	02:30&
	00:53&	04:11@	02:00&
	03:12@	00:02+	01:02&
	00:22#	00:50&	00:51@
	00:13&		
14	Siv Skretting	93	1:03:50
01:06-	03:41+	06:28+	09:02+
01:06-	02:35+	02:47+	02:34-
00:03-	00:06+	01:07&	00:39-
	00:03+	01:03&	03:47&
	00:21#	00:00=	01:34&
	03:36@	01:06&	00:54&
	04:28+	02:34+	02:33+
	02:03+	03:14+	02:29+
	00:30+	00:06#	
15	Tove Irene Asheim	116	1:06:01
01:51+	05:36+	08:31+	12:36+
01:51+	03:45+	02:55+	04:05+
00:42&	01:16&	01:15&	00:52&
	00:43&	00:28#	00:46#
	00:39&	00:22&	05:10@
	00:32#	02:18@	00:57&
	03:16+	03:43+	02:27+
	02:34+	01:01+	00:48+
	00:24&		
16	Kari Smådal Turøy	115	1:11:55
01:08-	04:34+	07:11+	15:55+
01:08-	03:26+	02:37+	08:44+
00:01-	00:57&	00:57&	05:31@
	00:14#	00:02+	00:29-
	00:23#	00:44&	05:44@
	00:47&	03:33@	02:30@
	56:53+	62:25+	65:59+
	67:55+	70:23+	71:15+
	71:55+		
17	Ragnhild Båtnes Berntsen	101	1:20:03
02:09+	05:49+	12:29+	15:26+
02:09+	03:40+	06:40+	02:57-
01:00&	01:11&	05:00@	00:16-
	01:01&	00:06-	00:39#
	03:58@	00:17#	09:19@
	01:25&	03:48@	02:05&
	01:14&	00:46&	01:16&
	00:33&	01:05&	00:32&
	00:11&		
18	Brit Vivian Meling	116	1:36:39
02:56+	08:47+	12:12+	15:27+
02:56+	05:51+	03:25+	03:15+
01:47@	03:22@	01:45@	00:02+
	00:33&	00:09-	00:24+
	00:37&	00:25&	23:39@
	01:23&	07:30@	00:59&
	01:33&	01:05&	00:59&
	00:41&	04:12@	00:25&
	00:22&		

Beste strekktid for klassen

00:49 02:13 01:31 01:55 01:01 02:03 03:52 01:53 00:57 03:17 02:39 01:40 02:19 02:08 02:12 02:15 01:49 01:46 00:39 00:24

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

Damer 60 - 64 år

1	Ingrid Eik	88	33:48
02:59=	04:43=	07:16=	12:05=
02:59=	01:44=	02:33=	04:49=
00:00=	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
2	Marit Karin Nygård	92	37:44
03:26+	05:32+	08:23+	13:45+
03:26+	02:06+	02:51+	05:22+
00:27#	00:22#	00:18#	00:33#
	00:21&	00:07+	00:37&
	00:35&	00:29+	00:11#
	00:01+	00:12+	00:19-
	00:00=	00:00=	00:00=
3	Ingunn Voilås	29	39:40
03:20+	05:01+	08:10+	13:37+
03:20+	01:41-	03:09+	05:27+
00:21#	00:03-	00:36#	00:38#
	00:01+	01:00&	00:03+
	00:03+	00:03+	00:45#
	00:02+	00:09+	01:49&
	00:22#	00:06&	
4	May Elinor Meling	125	43:07
04:04+	05:49+	09:56+	15:43+
04:04+	01:45+	04:07+	05:47+
01:05&	00:01+	01:34&	00:58#
	00:06+	01:49@	00:32#
	00:04+	00:00=	02:07@
	00:05-	01:05&	00:01-
	00:04#		
5	Hanne-Keth Qvale	113	43:19
06:28+	08:15+	11:25+	17:26+
06:28+	01:47+	03:10+	06:01+
03:29@	00:03+	00:37#	01:12#
	00:05-	00:07+	00:14+
	00:33&	00:01+	00:24&
	00:15-	01:46&	01:18&
	00:07&		

Class	Navn	Klasse												Tid
6	Berit Bakken	93												48:32
03:37+	05:35+	13:14+	19:10+	20:30+	23:39+	26:29+	30:16+	36:11+	38:04+	41:20+	44:58+	48:01+	48:32+	
03:37+	01:58+	07:39+	05:56+	01:20+	03:09+	02:50+	03:47+	05:55+	01:53+	03:16+	03:38+	03:03+	00:31+	
00:38#	00:14#	05:06@	01:07#	00:17&	01:24&	00:25#	01:40&	00:50#	00:28&	00:29#	00:58&	01:00&	00:08&	
7	Tove Bjerkreim	105												50:55
03:01+	04:50+	09:29+	14:48+	15:51+	18:26+	21:43+	23:53+	30:04+	31:54+	34:29+	47:50+	50:22+	50:55+	
03:01+	01:49+	04:39+	05:19+	01:03=	02:35+	03:17+	02:10+	06:11+	01:50+	02:35-	13:21+	02:32+	00:33+	
00:02+	00:05+	02:06&	00:30#	00:00=	00:50&	00:52&	00:03+	01:06#	00:25&	00:12-	10:41@	00:29#	00:10&	
8	Liv Sissel Obrestad	54												51:44
04:31+	08:50+	12:47+	20:04+	21:24+	24:32+	29:07+	32:13+	38:35+	42:11+	45:16+	48:39+	51:14+	51:44+	
04:31+	04:19+	03:57+	07:17+	01:20+	03:08+	04:35+	03:06+	06:22+	03:36+	03:05+	03:23+	02:35+	00:30+	
01:32&	02:35@	01:24&	02:28&	00:17&	01:23&	02:10&	00:59&	01:17&	02:11@	00:18#	00:43&	00:32&	00:07&	
9	Ingrid Øxnevad	18												54:48
03:02+	05:00+	12:12+	18:20+	19:33+	22:03+	26:04+	29:04+	35:08+	40:47+	44:10+	51:46+	54:23+	54:48+	
03:02+	01:58+	07:12+	06:08+	01:13+	02:30+	04:01+	03:00+	06:04+	05:39+	03:23+	07:36+	02:37+	00:25+	
00:03+	00:14#	04:39@	01:19&	00:10#	00:45&	01:36&	00:53&	00:59#	04:14@	00:36#	04:56@	00:34&	00:02+	
10	Ellinor Nesse	116												56:50
07:31+	09:48+	13:38+	19:55+	21:16+	26:13+	29:17+	32:43+	41:58+	43:57+	47:05+	53:18+	56:18+	56:50+	
07:31+	02:17+	03:50+	06:17+	01:21+	04:57+	03:04+	03:26+	09:15+	01:59+	03:08+	06:13+	03:00+	00:32+	
04:32@	00:33&	01:17&	01:28&	00:18&	03:12@	00:39&	01:19&	04:10&	00:34&	00:21#	03:33@	00:57&	00:09&	
11	Olaug Mydland	29												57:46
04:29+	06:27+	09:34+	20:41+	21:47+	29:28+	32:43+	35:21+	41:05+	43:34+	46:59+	54:24+	57:18+	57:46+	
04:29+	01:58+	03:07+	11:07+	01:06+	07:41+	03:15+	02:38+	05:44+	02:29+	03:25+	07:25+	02:54+	00:28+	
01:30&	00:14#	00:34#	06:18@	00:03+	05:56@	00:50&	00:31#	00:39#	01:04&	00:38#	04:45@	00:51&	00:05#	
12	Kari Blixhavn	228												1:01:52
05:29+	11:55+	15:57+	26:51+	28:28+	31:49+	36:50+	39:56+	47:43+	50:14+	53:52+	58:01+	61:10+	61:52+	
05:29+	06:26+	04:02+	10:54+	01:37+	03:21+	05:01+	03:06+	07:47+	02:31+	03:38+	04:09+	03:09+	00:42+	
02:30&	04:42@	01:29&	06:05@	00:34&	01:36&	02:36@	00:59&	02:42&	01:06&	00:51&	01:29&	01:06&	00:19&	
13	Eli Frafjord	94												1:04:33
03:33+	05:27+	08:53+	14:35+	15:55+	17:47+	20:25+	22:58+	28:02+	37:46+	40:58+	60:53+	63:56+	64:33+	
03:33+	01:54+	03:26+	05:42+	01:20+	01:52+	02:38+	02:33+	05:04-	09:44+	03:12+	19:55+	03:03+	00:37+	
00:34#	00:10+	00:53&	00:53#	00:17&	00:07+	00:13+	00:26#	00:01-	08:19@	00:25#	17:15@	01:00&	00:14&	
14	Ase Berg	105												1:07:27
07:28+	12:01+	18:22+	25:28+	27:08+	31:15+	39:28+	42:33+	48:10+	50:19+	54:09+	63:05+	66:33+	67:27+	
07:28+	04:33+	06:21+	07:06+	01:40+	04:07+	08:13+	03:05+	05:37+	02:09+	03:50+	08:56+	03:28+	00:54+	
04:29@	02:49@	03:48@	02:17&	00:37&	02:22@	05:48@	00:58&	00:32#	00:44&	01:03&	06:16@	01:25&	00:31@	

Beste strekktid for klassen

02:59 01:41 02:33 04:49 00:58 01:45 02:25 02:07 05:04 01:25 02:32 02:40 01:44 00:23

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

Damer 65 - 69 år

1	Hanne Eik	117												45:23
03:28=	05:30=	09:19=	15:27=	16:50=	19:53=	24:00=	26:43=	33:39=	35:55=	39:17=	42:13=	44:55=	45:23=	
03:28=	02:02=	03:49=	06:08=	01:23=	03:03=	04:07=	02:43=	06:56=	02:16=	03:22=	02:56=	02:42=	00:28=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Halldis Handeland	92												1:02:15
04:30+	06:57+	17:05+	24:07+	25:43+	28:53+	33:21+	36:33+	44:17+	47:04+	51:16+	57:33+	61:39+	62:15+	
04:30+	02:27+	10:08+	07:02+	01:36+	03:10+	04:28+	03:12+	07:44+	02:47+	04:12+	06:17+	04:06+	00:36+	
01:02&	00:25#	06:19@	00:54#	00:13#	00:07+	00:21+	00:29#	00:48#	00:31#	00:50#	03:21@	01:24&	00:08&	
3	Berit Gramstad	113												1:04:42
04:23+	07:34+	23:44+	31:05+	32:35+	35:18+	38:50+	41:50+	47:53+	50:42+	54:22+	61:09+	64:06+	64:42+	
04:23+	03:11+	16:10+	07:21+	01:30+	02:43-	03:32-	03:00+	06:03-	02:49+	03:40+	06:47+	02:57+	00:36+	
00:55&	01:09&	12:21@	01:13#	00:07+	00:20-	00:35-	00:17#	00:53-	00:33#	00:18+	03:51@	00:15+	00:08&	

Beste strekktid for klassen

03:28 02:02 03:49 06:08 01:23 02:43 03:32 02:43 06:03 02:16 03:22 02:56 02:42 00:28

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

Class	Navn	Klasse	Tid
-------	------	--------	-----

Damer 70 - 74 år

1	Inger Skretting Opstad	54	42:41										
03:49=	06:16=	09:17=	15:30=	16:54=	19:01=	22:08=	24:41=	30:28=	32:02=	35:41=	39:09=	42:05=	42:41=
03:49=	02:27=	03:01=	06:13=	01:24=	02:07=	03:07=	02:33=	05:47=	01:34=	03:39=	03:28=	02:56=	00:36=
00:00=	00:00=	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	Hedvig Anda	116	50:44										
04:03+	06:35+	10:27+	17:46+	19:11+	21:38+	26:14+	28:52+	35:01+	37:07+	40:07+	46:54+	50:07+	50:44+
04:03+	02:32+	03:52+	07:19+	01:25+	02:27+	04:36+	02:38+	06:09+	02:06+	03:00-	06:47+	03:13+	00:37+
00:14+	00:05+	00:51&	01:06#	00:01+	00:20#	01:29&	00:05+	00:22+	00:32&	00:39-	03:19&	00:17+	00:01+
3	Lillian Dahl Fitjar	117	51:40										
03:45-	06:00-	10:40+	18:09+	19:41+	22:21+	25:55+	28:48+	34:57+	37:45+	41:29+	48:12+	51:05+	51:40+
03:45-	02:15-	04:40+	07:29+	01:32+	02:40+	03:34+	02:53+	06:09+	02:48+	03:44+	06:43+	02:53-	00:35-
00:04-	00:12-	01:39&	01:16#	00:08+	00:33&	00:27#	00:20#	00:22+	01:14&	00:05+	03:15&	00:03-	00:01-
4	Helga Klausen	62	56:39										
04:01+	06:18+	16:48+	24:35+	25:59+	30:48+	35:01+	38:04+	44:00+	45:50+	49:17+	53:09+	56:06+	56:39+
04:01+	02:17-	10:30+	07:47+	01:24=	04:49+	04:13+	03:03+	05:56+	01:50+	03:27-	03:52+	02:57+	00:33-
00:12+	00:10-	07:29@	01:34&	00:00=	02:42@	01:06&	00:30#	00:09+	00:16#	00:12-	00:24#	00:01+	00:03-
5	Synnøva Gausel	115	58:31										
03:51+	06:31+	12:35+	20:04+	21:19+	29:42+	33:17+	35:58+	41:55+	43:45+	47:12+	53:46+	57:53+	58:31+
03:51+	02:40+	06:04+	07:29+	01:15-	08:23+	03:35+	02:41+	05:57+	01:50+	03:27-	06:34+	04:07+	00:38+
00:02+	00:13+	03:03@	01:16#	00:09-	06:16@	00:28#	00:08+	00:10+	00:16#	00:12-	03:06&	01:11&	00:02+

Beste strekktid for klassen

03:45 02:15 03:01 06:13 01:15 02:07 03:07 02:33 05:47 01:34 03:00 03:28 02:53 00:33

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

Damer 75 - 79 år

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

Beste strekktid for klassen

03:16 02:04 03:12 05:32 01:05 01:57 02:19 02:11 04:49 01:38 02:45 02:51 02:39 00:29

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

Damer 80 år og eldre

Class	Navn		Klasse								Tid											
7	Ingrid W. Hestness		117								51:37											
	01:30+	05:48+	07:26+	09:43+	13:22+	16:01+	24:43+	27:05+	29:25+	31:54+	33:55+	36:48+	38:45+	39:59+	41:08+	43:20+	45:38+	47:36+	49:06+	51:13+	51:37+	
	01:30+	04:18+	01:38+	02:17-	03:39+	02:39=	08:42+	02:22+	02:20+	02:29+	02:01+	02:53+	01:57+	01:14+	01:09-	02:12+	02:18+	01:58+	01:30+	02:07-	00:24=	
	00:37&	00:33#	00:21&	00:11-	00:48&	00:00=	06:26@	01:06&	00:24#	00:40&	00:20#	01:09&	00:03+	00:02+	00:27-	00:17#	00:27#	00:24&	00:11#	01:42-	00:00=	
8	Keth Berggraf		116								51:56											
	01:23+	05:26+	07:06+	09:45+	14:04+	16:59+	24:55+	26:39+	28:59+	30:59+	34:12+	37:11+	39:18+	40:37+	41:43+	43:52+	46:06+	47:54+	49:30+	51:34+	51:56+	
	01:23+	04:03+	01:40+	02:39+	04:19+	02:55+	07:56+	01:44+	02:20+	02:00+	03:13+	02:59+	02:07+	01:19+	01:06-	02:09+	02:14+	01:48+	01:36+	02:04-	00:22-	
	00:30&	00:18+	00:23&	00:11+	01:28&	00:16#	05:40@	00:28&	00:24#	00:11#	01:32&	01:15&	00:13#	00:07+	00:30-	00:14#	00:23#	00:14#	00:17#	01:45-	00:02-	
9	Ann Karin Tjørhom		93								55:39											
	01:27+	05:39+	07:12+	10:18+	13:46+	17:03+	27:51+	28:58+	31:27+	33:42+	35:45+	39:30+	41:53+	43:17+	44:31+	46:51+	49:14+	51:10+	52:52+	55:12+	55:39+	
	01:27+	04:12+	01:33+	03:06+	03:28+	03:17+	10:48+	01:07-	02:29+	02:15+	02:03+	03:45+	02:23+	01:24+	01:14-	02:20+	02:23+	01:56+	01:42+	02:20-	00:27+	
	00:34&	00:27#	00:16#	00:38&	00:37#	00:38#	08:32@	00:09-	00:33&	00:26#	00:22#	02:01@	00:29&	00:12#	00:22-	00:25#	00:32&	00:22#	00:23&	01:29-	00:03#	
10	Ingunn Anda Haug		67								57:31											
	01:19+	09:08+	11:31+	13:57+	17:13+	20:16+	27:52+	28:58+	31:24+	33:46+	36:51+	40:17+	42:52+	44:14+	45:22+	48:04+	50:59+	52:53+	54:29+	57:01+	57:31+	
	01:19+	07:49+	02:23+	02:26-	03:16+	03:03+	07:36+	01:06-	02:26+	02:22+	03:05+	03:26+	02:35+	01:22+	01:08-	02:42+	02:55+	01:54+	01:36+	02:32-	00:30+	
	00:26&	04:04@	01:06&	00:02-	00:25#	00:24#	05:20@	00:10-	00:30&	00:33&	01:24&	01:42&	00:41&	00:10#	00:28-	00:47&	01:04&	00:20#	00:17#	01:17-	00:06#	
11	Helen Lomeland		105								1:00:58											
	01:25+	07:47+	09:35+	11:51+	15:18+	17:59+	33:58+	35:42+	38:01+	40:05+	43:07+	46:14+	48:30+	49:39+	50:46+	52:55+	54:54+	56:44+	58:27+	60:36+	60:58+	
	01:25+	06:22+	01:48+	02:16-	03:27+	02:41+	15:59+	01:44+	02:19+	02:04+	03:02+	03:07+	02:16+	01:09-	01:07-	02:09+	01:59+	01:50+	01:43+	02:09-	00:22-	
	00:32&	02:37&	00:31&	00:12-	00:36#	00:02+	13:43@	00:28&	00:23#	00:15#	01:21&	01:23&	00:22#	00:03-	00:29-	00:14#	00:08+	00:16#	00:24&	01:40-	00:02-	
12	Mariann Sveinsvoll		94								1:04:15											
	01:32+	10:14+	12:12+	14:41+	18:39+	22:11+	25:25+	28:02+	34:02+	36:52+	39:33+	41:31+	45:05+	46:35+	47:54+	51:19+	53:54+	56:27+	60:42+	63:42+	64:15+	
	01:32+	08:42+	01:58+	02:29+	03:58+	03:32+	03:14+	02:37+	06:00+	02:50+	02:41+	01:58+	03:34+	01:30+	01:19-	03:25+	02:35+	02:33+	04:15+	03:00-	00:33+	
	00:39&	04:57@	00:41&	00:01+	01:07&	00:53&	00:58&	01:21@	04:04@	01:01&	01:00&	00:14#	01:40&	00:18#	00:17-	01:30&	00:44&	00:59&	02:56@	00:49-	00:09&	
Beste strekktid for klassen																						
	00:53	03:15	01:17	01:48	02:51	02:39	02:16	01:06	01:56	01:49	01:33	01:44	01:54	00:57	01:00	01:48	01:51	01:34	01:18	02:04	00:17	

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

Damer Trim

1	Marie Sjursen		117								25:57										
	01:53=	04:46=	09:49=	11:52=	14:30=	15:46=	17:47=	18:40=	20:52=	22:45=	25:24=	25:57=									
	01:53=	02:53=	05:03=	02:03=	02:38=	01:16=	02:01=	00:53=	02:12=	01:53=	02:39=	00:33=									
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Astri Sandanger		93								28:10										
	01:58+	04:56+	09:34-	10:42-	13:52-	15:09-	17:31-	18:47+	22:15+	24:44+	27:45+	28:10+									
	01:58+	02:58+	04:38-	01:08-	03:10+	01:17+	02:22+	01:16+	03:28+	02:29+	03:01+	00:25-									
	00:05+	00:05+	00:25-	00:55-	00:32#	00:01+	00:21#	00:23&	01:16&	00:36&	00:22#	00:08-									
3	Lise Nessa Di Lorenzo		93								31:37										
	01:34-	04:15-	10:10+	11:16-	14:11-	15:10-	17:20-	19:23+	21:51+	23:21+	27:41+	31:01+	31:37+								
	01:34-	02:41-	05:55+	01:06-	02:55+	00:59-	02:10+	02:03+	02:28+	01:30-	04:20+	03:20+	00:36+								
	00:19-	00:12-	00:52#	00:57-	00:17#	00:17-	00:09+	01:10@	00:16#	00:23-	01:41&	02:47@	00:36+								
4	Kjersti Fandrem Høivik		68								32:48										
	02:02+	04:44-	09:59+	11:01-	14:47+	16:18+	23:02+	24:49+	27:34+	29:37+	32:22+	32:48+									
	02:02+	02:42-	05:15+	01:02-	03:46+	01:31+	06:44+	01:47+	02:45+	02:03+	02:45+	00:26-									
	00:09+	00:11-	00:12+	01:01-	01:08&	00:15#	04:43@	00:54@	00:33#	00:10+	00:06+	00:07-									
5	Sigrund Serigstad		128								34:11										
	01:36-	04:02-	08:38-	10:15-	13:42-	15:13-	19:06+	20:03+	26:49+	28:40+	33:46+	34:11+									
	01:36-	02:26-	04:36-	01:37-	03:27+	01:31+	03:53+	00:57+	06:46+	01:51-	05:06+	00:25-									
	00:17-	00:27-	00:27-	00:26-	00:49&	00:15#	01:52&	00:04+	04:34@	00:02-	02:27&	00:08-									
6	Sølvi Utbø Sakseid		116								34:19										
	01:48-	04:59+	12:07+	13:39+	16:29+	20:40+	24:12+	25:22+	27:57+	30:55+	33:53+	34:19+									
	01:48-	03:11+	07:08+	01:32-	02:50+	04:11+	03:32+	01:10+	02:35+	02:58+	02:58+	00:26-									
	00:05-	00:18#	02:05&	00:31-	00:12+	02:55@	01:31&	00:17&	00:23#	01:05&	00:19#	00:07-									
7	Linda Haukås		113								34:58										
	02:37+	05:54+	12:03+	13:19+	16:57+	18:25+	21:41+	23:53+	27:29+	30:25+	34:17+	34:58+									
	02:37+	03:17+	06:09+	01:16-	03:38+	01:28+	03:16+	02:12+	03:36+	02:56+	03:52+	00:41+									
	00:44&	00:24#	01:06#	00:47-	01:00&	00:12#	01:15&	01:19@	01:24&	01:03&	01:13&	00:08#									

Class	Navn	Klasse										Tid
8	Margot Asheim	105										35:24
01:44-	04:25-	08:25-	09:23-	13:18-	15:56-	17:17-	27:18+	30:52+	34:52+	35:24+		
01:44-	02:41-	04:00-	00:58-	02:44+	01:11-	02:38+	01:21+	10:01+	03:34+	04:00+	00:32-	
00:09-	00:12-	01:03-	01:05-	00:06+	00:05-	00:37&	00:28&	07:49@	01:41&	01:21&	00:01-	
9	Solbjørg Borgersen	233										35:51
02:27+	06:48+	12:26+	13:55+	17:51+	19:09+	22:17+	24:25+	29:05+	32:05+	35:17+	35:51+	
02:27+	04:21+	05:38+	01:29-	03:56+	01:18+	03:08+	02:08+	04:40+	03:00+	03:12+	00:34+	
00:34&	01:28&	00:35#	00:34-	01:18&	00:02+	01:07&	01:15@	02:28@	01:07&	00:33#	00:01+	
10	Nina Bækkelund Christiansen	105										36:09
02:02+	04:36-	14:16+	18:35+	21:05+	22:57+	25:35+	27:00+	30:02+	32:17+	35:36+	36:09+	
02:02+	02:34-	09:40+	04:19+	02:30-	01:52+	02:38+	01:25+	03:02+	02:15+	03:19+	00:33=	
00:09+	00:19-	04:37&	02:16@	00:08-	00:36&	00:37&	00:32&	00:50&	00:22#	00:40&	00:00=	
11	Kirsti Strand Salvesen	256										36:22
02:43+	06:25+	13:08+	14:24+	17:54+	19:34+	22:46+	24:46+	28:47+	31:20+	35:33+	36:22+	
02:43+	03:42+	06:43+	01:16-	03:30+	01:40+	03:12+	02:00+	04:01+	02:33+	04:13+	00:49+	
00:50&	00:49&	01:40&	00:47-	00:52&	00:24&	01:11&	01:07@	01:49&	00:40&	01:34&	00:16&	
12	Ruth Grødem	105										38:51
02:23+	05:24+	11:55+	13:30+	17:00+	18:25+	26:27+	27:37+	31:10+	33:39+	38:10+	38:51+	
02:23+	03:01+	06:31+	01:35-	03:30+	01:25+	08:02+	01:10+	03:33+	02:29+	04:31+	00:41+	
00:30&	00:08+	01:28&	00:28-	00:52&	00:09#	06:01@	00:17&	01:21&	00:36&	01:52&	00:08#	
13	Siv-Elin Bogfjelldal	66										40:11
02:37+	09:03+	15:22+	16:51+	20:18+	22:52+	26:35+	29:24+	32:47+	35:49+	39:36+	40:11+	
02:37+	06:26+	06:19+	01:29-	03:27+	02:34+	03:43+	02:49+	03:23+	03:02+	03:47+	00:35+	
00:44&	03:33@	01:16&	00:34-	00:49&	01:18@	01:42&	01:56@	01:11&	01:09&	01:08&	00:02+	
14	Hilde Christine Hoff	221										41:11
02:52+	06:56+	14:09+	15:29+	19:32+	21:17+	24:47+	26:27+	31:36+	34:39+	40:22+	41:11+	
02:52+	04:04+	07:13+	01:20-	04:03+	01:45+	03:30+	01:40+	05:09+	03:03+	05:43+	00:49+	
00:59&	01:11&	02:10&	00:43-	01:25&	00:29&	01:29&	00:47&	02:57@	01:10&	03:04@	00:16&	
15	Randi Roth	68										41:24
02:41+	07:29+	14:11+	15:46+	20:08+	21:59+	26:34+	28:19+	33:18+	36:32+	40:46+	41:24+	
02:41+	04:48+	06:42+	01:35-	04:22+	01:51+	04:35+	01:45+	04:59+	03:14+	04:14+	00:38+	
00:48&	01:55&	01:39&	00:28-	01:44&	00:35&	02:34@	00:52&	02:47@	01:21&	01:35&	00:05#	
16	Gro Mariero Totland	59										41:32
02:55+	07:13+	14:15+	16:12+	20:19+	22:13+	25:26+	27:18+	32:52+	36:05+	40:50+	41:32+	
02:55+	04:18+	07:02+	01:57-	04:07+	01:54+	03:13+	01:52+	05:34+	03:13+	04:45+	00:42+	
01:02&	01:25&	01:59&	00:06-	01:29&	00:38&	01:12&	00:59@	03:22@	01:20&	02:06&	00:09&	
17	Kirsten Carlsen	93										42:15
02:52+	06:42+	12:49+	15:50+	19:46+	21:08+	28:34+	29:53+	33:14+	36:00+	41:19+	42:15+	
02:52+	03:50+	06:07+	03:01+	03:56+	01:22+	07:26+	01:19+	03:21+	02:46+	05:19+	00:56+	
00:59&	00:57&	01:04#	00:58&	01:18&	00:06+	05:25@	00:26&	01:09&	00:53&	02:40@	00:23&	
18	Marianne Gjesdal Lyngås	92										43:30
02:36+	06:57+	19:03+	23:52+	27:08+	28:40+	31:25+	32:52+	36:17+	39:07+	42:51+	43:30+	
02:36+	04:21+	12:06+	04:49+	03:16+	01:32+	02:45+	01:27+	03:25+	02:50+	03:44+	00:39+	
00:43&	01:28&	07:03@	02:46@	00:38#	00:16#	00:44&	00:34&	01:13&	00:57&	01:05&	00:06#	
19	May Kristin Haaland	47										47:36
02:40+	12:12+	21:36+	23:14+	27:04+	28:51+	32:40+	34:05+	39:25+	42:58+	46:43+	47:36+	
02:40+	09:32+	09:24+	01:38-	03:50+	01:47+	03:49+	01:25+	05:20+	03:33+	03:45+	00:53+	
00:47&	06:39@	04:21&	00:25-	01:12&	00:31&	01:48&	00:32&	03:08@	01:40&	01:06&	00:20&	
20	Ann-Mari Vold	54										48:05
02:03+	04:53+	19:42+	25:28+	28:15+	29:52+	32:40+	33:43+	36:52+	44:54+	47:38+	48:05+	
02:03+	02:50-	14:49+	05:46+	02:47+	01:37+	02:48+	01:03+	03:09+	08:02+	02:44+	00:27-	
00:10+	00:03-	09:46@	03:43@	00:09+	00:21&	00:47&	00:10#	00:57&	06:09@	00:05+	00:06-	
21	Martine Halvorsen Sønju	66										50:55
17:22+	20:23+	24:55+	28:37+	31:17+	33:34+	39:06+	40:37+	44:48+	46:51+	50:24+	50:55+	
17:22+	03:01+	04:32-	03:42+	02:40+	02:17+	05:32+	01:31+	04:11+	02:03+	03:33+	00:31-	
15:29@	00:08+	00:31-	01:39&	00:02+	01:01&	03:31@	00:38&	01:59&	00:10+	00:54&	00:02-	
22	Ritva Aiko Halsne	105										51:09
03:21+	07:48+	14:23+	16:00+	20:05+	22:29+	26:04+	28:53+	35:25+	37:38+	50:31+	51:09+	
03:21+	04:27+	06:35+	01:37-	04:05+	02:24+	03:35+	02:49+	06:32+	02:13+	12:53+	00:38+	
01:28&	01:34&	01:32&	00:26-	01:27&	01:08&	01:34&	01:56@	04:20@	00:20#	10:14@	00:05#	

Class	Navn	Klasse	Tid
23	Marit Kløvstad Braut	92	55:59
04:33+	09:45+ 18:03+ 20:34+ 26:12+ 28:41+ 32:40+ 35:08+ 41:09+ 46:30+ 55:01+ 55:59+		
04:33+	05:12+ 08:18+ 02:31+ 05:38+ 02:29+ 03:59+ 02:28+ 06:01+ 05:21+ 08:31+ 00:58+		
02:40@	02:19& 03:15& 00:28# 03:00@ 01:13& 01:58& 01:35@ 03:49@ 03:28@ 05:52@ 00:25&		

24	Aase Sveinsvoll	94	56:52
03:05+	09:57+ 23:45+ 25:23+ 29:40+ 31:42+ 36:32+ 38:59+ 47:03+ 50:39+ 55:43+ 56:52+		
03:05+	06:52+ 13:48+ 01:38- 04:17+ 02:02+ 04:50+ 02:27+ 08:04+ 03:36+ 05:04+ 01:09+		
01:12&	03:59@ 08:45@ 00:25- 01:39& 00:46& 02:49@ 01:34@ 05:52@ 01:43& 02:25& 00:36@		

Beste strekktid for klassen
01:34 02:26 04:00 00:58 02:30 00:59 02:01 00:53 02:12 01:30 02:39 00:25

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

Herrer 16 - 39 år

1	Omund Thu Landstad	66	33:42
01:09=	03:47= 04:54= 06:31= 08:44= 11:11= 13:08= 13:59= 16:04= 17:53= 19:27= 21:08= 23:39= 24:29= 25:17= 26:58= 28:56= 30:19= 31:28= 33:25= 33:42=		
01:09=	02:38= 01:07= 01:37= 02:13= 02:27= 01:57= 00:51= 02:05= 01:49= 01:34= 01:41= 02:31= 00:50= 00:48= 01:41= 01:58= 01:23= 01:09= 01:57= 00:17=		
00:00=	00:00= 00:00=		

2	Asgeir Nærland	88	38:06
01:09=	03:39- 04:52- 06:36+ 09:24+ 12:07+ 14:49+ 15:50+ 18:00+ 19:45+ 21:31+ 23:44+ 26:47+ 27:45+ 28:49+ 30:59+ 32:57+ 34:22+ 35:43+ 37:47+ 38:06+		
01:09=	02:30- 01:13+ 01:44+ 02:48+ 02:43+ 02:42+ 01:01+ 02:10+ 01:45- 01:46+ 02:13+ 03:03+ 00:58+ 01:04+ 02:10+ 01:58= 01:25+ 01:21+ 02:04+ 00:19+		
00:00=	00:08- 00:06+ 00:07+ 00:35& 00:16# 00:45& 00:10# 00:05+ 00:04- 00:12# 00:32& 00:32# 00:08# 00:16& 00:29& 00:00= 00:02+ 00:12# 00:07+ 00:02#		

3	Martin Skogland	98	42:26
01:31+	07:43+ 08:51+ 10:54+ 13:25+ 16:24+ 19:39+ 21:05+ 23:14+ 25:15+ 26:58+ 28:25+ 30:25+ 31:15+ 32:22+ 34:50+ 36:58+ 38:28+ 39:44+ 42:03+ 42:26+		
01:31+	06:12+ 01:08+ 02:03+ 02:31+ 02:59+ 03:15+ 01:26+ 02:09+ 02:01+ 01:43+ 01:27- 02:00- 00:50= 01:07+ 02:28+ 02:08+ 01:30+ 01:16+ 02:19+ 00:23+		
00:22&	03:34@ 00:01+ 00:26& 00:18# 00:32# 01:18& 00:35& 00:04+ 00:12# 00:09+ 00:14- 00:31- 00:00= 00:19& 00:47& 00:10+ 00:07+ 00:07# 00:22# 00:06&		

4	Håkon Eggebø	71	47:22
01:17+	03:44- 07:14+ 09:00+ 14:59+ 17:43+ 19:51+ 21:20+ 23:25+ 25:24+ 27:03+ 28:54+ 36:05+ 37:01+ 38:06+ 40:03+ 42:18+ 43:36+ 44:53+ 47:04+ 47:22+		
01:17+	02:27- 03:30+ 01:46+ 05:59+ 02:44+ 02:08+ 01:29+ 02:05= 01:59+ 01:39+ 01:51+ 07:11+ 00:56+ 01:05+ 01:57+ 02:15+ 01:18- 01:17+ 02:11+ 00:18+		
00:08#	00:11- 02:23@ 00:09+ 03:46@ 00:17# 00:11+ 00:38& 00:00= 00:10+ 00:05+ 00:10+ 04:40@ 00:06# 00:17& 00:16# 00:17# 00:05- 00:08# 00:14# 00:01+		

5	Bernhard Haver Vagle	126	48:58
00:56-	05:37+ 07:52+ 09:48+ 13:52+ 16:56+ 25:33+ 27:09+ 29:09+ 31:11+ 33:05+ 34:51+ 37:34+ 38:43+ 39:43+ 41:32+ 43:45+ 45:22+ 46:42+ 48:37+ 48:58+		
00:56-	04:41+ 02:15+ 01:56+ 04:04+ 03:04+ 08:37+ 01:36+ 02:00- 02:02+ 01:54+ 01:46+ 02:43+ 01:09+ 01:00+ 01:49+ 02:13+ 01:37+ 01:20+ 01:55- 00:21+		
00:13-	02:03& 01:08@ 00:19# 01:51& 00:37& 06:40@ 00:45& 00:05- 00:13# 00:20# 00:05+ 00:12+ 00:19& 00:12# 00:08+ 00:15# 00:14# 00:11# 00:02- 00:04#		

6	Håvard Thomassen Lauritsen	116	51:23
08:02+	11:38+ 13:42+ 15:50+ 18:49+ 21:43+ 24:24+ 26:34+ 29:29+ 32:01+ 33:59+ 36:10+ 38:20+ 39:15+ 41:02+ 43:21+ 45:48+ 47:31+ 48:50+ 51:01+ 51:23+		
08:02+	03:36+ 02:04+ 02:08+ 02:59+ 02:54+ 02:41+ 02:10+ 02:55+ 02:32+ 01:58+ 02:11+ 02:10- 00:55+ 01:47+ 02:19+ 02:27+ 01:43+ 01:19+ 02:11+ 00:22+		
06:53@	00:58& 00:57& 00:31& 00:46& 00:27# 00:44& 01:19@ 00:50& 00:43& 00:24& 00:30& 00:21- 00:05# 00:59@ 00:38& 00:29# 00:20# 00:10# 00:14# 00:05&		

7	Truls Thorkildsen	39	51:53
01:03-	04:55+ 06:05+ 08:04+ 10:56+ 17:16+ 23:28+ 24:42+ 27:07+ 33:30+ 35:48+ 37:48+ 39:28+ 40:34+ 41:39+ 43:41+ 45:43+ 47:25+ 49:22+ 51:33+ 51:53+		
01:03-	03:52+ 01:10+ 01:59+ 02:52+ 06:20+ 06:12+ 01:14+ 02:25+ 06:23+ 02:18+ 02:00+ 01:40- 01:06+ 01:05+ 02:02+ 02:02+ 01:42+ 01:57+ 02:11+ 00:20+		
00:06-	01:14& 00:03+ 00:22# 00:39& 03:53@ 04:15@ 00:23& 00:20# 04:34@ 00:44& 00:19# 00:51- 00:16& 00:17& 00:21# 00:04+ 00:19# 00:48& 00:14# 00:03#		

8	Arthur Fayemendy	116	53:11
01:34+	05:35+ 08:35+ 10:56+ 14:31+ 18:03+ 21:07+ 22:34+ 25:17+ 28:05+ 30:11+ 32:29+ 37:37+ 39:03+ 40:16+ 42:27+ 44:34+ 46:32+ 48:58+ 52:45+ 53:11+		
01:34+	04:01+ 03:00+ 02:21+ 03:35+ 03:32+ 03:04+ 01:27+ 02:43+ 02:48+ 02:06+ 02:18+ 05:08+ 01:26+ 01:13+ 02:11+ 02:07+ 01:58+ 02:26+ 03:47+ 00:26+		
00:25&	01:23& 01:53@ 00:44& 01:22& 01:05& 01:07& 00:36& 00:38& 00:59& 00:32& 00:37& 02:37@ 00:36& 00:25& 00:30& 00:09+ 00:35& 01:17@ 01:50& 00:09&		

Beste strekktid for klassen
00:56 02:27 01:07 01:37 02:13 02:27 01:57 00:51 02:00 01:45 01:34 01:27 01:40 00:50 00:48 01:41 01:58 01:18 01:09 01:55 00:17

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

Herrer 40 - 49 år

1	Thomas Johansen	111	35:26
00:57=	03:51= 04:57= 06:22= 08:44= 11:16= 13:48= 14:52= 17:04= 18:58= 20:26= 22:17= 23:52= 24:39= 25:30= 27:50= 29:23= 32:00= 33:15= 35:09= 35:26=		
00:57=	02:54= 01:06= 01:25= 02:22= 02:32= 02:32= 01:04= 02:12= 01:54= 01:28= 01:51= 01:35= 00:47= 00:51= 02:20= 01:33= 02:37= 01:15= 01:54= 00:17=		
00:00=	00:00= 00:00=		

Class	Navn	Klasse										Tid									
2	Oddmund Nordgård	105										38:20									
01:07+	04:51+	06:38+	08:40+	11:35+	14:10+	16:23+	17:26+	19:25+	21:27+	23:01+	25:24+	27:24+	28:13+	29:16+	31:05+	32:57+	34:32+	35:56+	37:56+	38:20+	
01:07+	03:44+	01:47+	02:02+	02:55+	02:35+	02:13-	01:03-	01:59-	02:02+	01:34+	02:23+	02:00+	00:49+	01:03+	01:49-	01:52+	01:35-	01:24+	02:00+	00:24+	
00:10#	00:50&	00:41&	00:37&	00:33#	00:03+	00:19-	00:01-	00:13-	00:08+	00:06+	00:32&	00:25&	00:02+	00:12#	00:31-	00:19#	01:02-	00:09#	00:06+	00:07&	
3	Ove Nygaard	116										39:59									
01:09+	04:42+	06:09+	07:52+	10:13+	12:34+	14:48+	16:17+	18:22+	20:34+	22:14+	23:58+	27:20+	28:37+	29:58+	31:57+	35:09+	36:45+	37:56+	39:41+	39:59+	
01:09+	03:33+	01:27+	01:43+	02:21-	02:21-	02:14-	01:29+	02:05-	02:12+	01:40+	01:44-	03:22+	01:17+	01:21+	01:59-	03:12+	01:36-	01:11-	01:45-	00:18+	
00:12#	00:39#	00:21&	00:18#	00:01-	00:11-	00:18-	00:25&	00:07-	00:18#	00:12#	00:07-	01:47@	00:30&	00:30&	00:21-	01:39@	01:01-	00:04-	00:09-	00:01+	
4	Leif Kjetil Hinna Gausel	116										40:22									
01:02+	04:58+	06:48+	08:35+	11:11+	14:13+	16:48+	18:07+	20:08+	22:17+	23:49+	26:00+	28:15+	29:27+	30:28+	32:32+	34:36+	36:16+	37:58+	40:00+	40:22+	
01:02+	03:56+	01:50+	01:47+	02:36+	03:02+	02:35+	01:19+	02:01-	02:09+	01:32+	02:11+	02:15+	01:12+	01:01+	02:04-	02:04+	01:40-	01:42+	02:02+	00:22+	
00:05+	01:02&	00:44&	00:22&	00:14+	00:30#	00:03+	00:15#	00:11-	00:15#	00:04+	00:20#	00:40&	00:25&	00:10#	00:16-	00:31&	00:57-	00:27&	00:08+	00:05&	
5	Magne Habbestad	111										41:53									
01:05+	04:02+	05:15+	07:08+	10:30+	13:20+	16:23+	17:48+	20:13+	22:11+	24:05+	26:01+	27:56+	29:02+	30:08+	32:39+	34:52+	37:17+	38:47+	41:30+	41:53+	
01:05+	02:57+	01:13+	01:53+	03:22+	02:50+	03:03+	01:25+	02:25+	01:58+	01:54+	01:56+	01:55+	01:06+	01:06+	02:31+	02:13+	02:25-	01:30+	02:43+	00:23+	
00:08#	00:03+	00:07#	00:28&	01:00&	00:18#	00:31#	00:21&	00:13+	00:04+	00:26&	00:05+	00:20#	00:19&	00:15&	00:11+	00:40&	00:12-	00:15#	00:49&	00:06&	
6	Thomas Chruickshank	48										41:59									
01:17+	04:43+	06:04+	08:11+	11:13+	14:08+	16:55+	18:27+	20:36+	22:37+	24:24+	26:38+	29:20+	30:47+	32:10+	34:39+	36:40+	38:38+	39:55+	41:42+	41:59+	
01:17+	03:26+	01:21+	02:07+	03:02+	02:55+	02:47+	01:32+	02:09-	02:01+	01:47+	02:14+	02:42+	01:27+	01:23+	02:29+	02:01+	01:58-	01:17+	01:47-	00:17#	
00:20&	00:32#	00:15#	00:42&	00:40&	00:23#	00:15#	00:28&	00:03-	00:07+	00:19#	00:23#	01:07&	00:40&	00:32&	00:09+	00:28&	00:39-	00:02+	00:07-	00:00#	
7	Trondr Breiland	53										43:13									
00:54-	04:26+	06:05+	08:06+	10:37+	14:29+	17:15+	18:15+	20:34+	22:42+	25:26+	27:05+	30:46+	31:41+	32:59+	35:30+	37:35+	39:09+	40:38+	42:53+	43:13+	
00:54-	03:32+	01:39+	02:01+	02:31+	03:52+	02:46+	01:00-	02:19+	02:08+	02:44+	01:39-	03:41+	00:55+	01:18+	02:31+	02:05+	01:34-	01:29+	02:15+	00:20+	
00:03-	00:38#	00:33&	00:36&	00:09+	01:20&	00:14+	00:04-	00:07+	00:14#	01:16&	00:12-	02:06@	00:08#	00:27&	00:11+	00:32&	01:03-	00:14#	00:21#	00:03#	
8	Arngrim Utskarpen	117										45:03									
01:22+	05:45+	07:10+	09:55+	13:12+	16:36+	19:12+	20:31+	22:46+	25:04+	27:03+	28:59+	33:06+	34:02+	35:00+	37:11+	39:26+	41:11+	42:32+	44:42+	45:03+	
01:22+	04:23+	01:25+	02:45+	03:17+	03:24+	02:36+	01:19+	02:15+	02:18+	01:59+	01:56+	04:07+	00:56+	00:58+	02:11-	02:15+	01:45-	01:21+	02:10+	00:21+	
00:25&	01:29&	00:19&	01:20&	00:55&	00:52&	00:04+	00:15#	00:03+	00:24#	00:31&	00:05+	02:32@	00:09#	00:07#	00:09-	00:42&	00:52-	00:06+	00:16#	00:04#	
9	Rune Hatle	65										45:21									
01:13+	06:42+	08:40+	11:03+	14:29+	17:26+	20:42+	21:55+	24:10+	26:12+	28:03+	30:28+	32:19+	33:26+	34:38+	37:00+	39:21+	41:01+	42:39+	45:01+	45:21+	
01:13+	05:29+	01:58+	02:23+	03:26+	02:57+	03:16+	01:13+	02:15+	02:02+	01:51+	02:25+	01:51+	01:07+	01:12+	02:22+	02:21+	01:40-	01:38+	02:22+	00:20+	
00:16&	02:35&	00:52&	00:58&	01:04&	00:25#	00:44&	00:09#	00:03+	00:08+	00:23&	00:34&	00:16#	00:20&	00:21&	00:02+	00:48&	00:57-	00:23&	00:28#	00:03#	
10	Jan Eirik Gjerdevik	76										45:27									
00:59+	04:03+	05:42+	07:52+	10:30+	13:07+	16:04+	17:42+	19:46+	27:35+	30:03+	31:52+	33:36+	34:29+	35:26+	37:24+	39:21+	41:00+	42:57+	45:05+	45:27+	
00:59+	03:04+	01:39+	02:10+	02:38+	02:37+	02:57+	01:38+	02:04-	07:49+	02:28+	01:49-	01:44+	00:53+	00:57+	01:58-	01:57+	01:39-	01:57+	02:08+	00:22+	
00:02+	00:10+	00:33&	00:45&	00:16#	00:05+	00:25#	00:34&	00:08-	05:55@	01:00&	00:02-	00:09+	00:06#	00:06#	00:22-	00:24&	00:58-	00:42&	00:14#	00:05&	
11	Gunnar Thorset	117										48:00									
01:01+	05:35+	07:17+	09:25+	12:55+	16:13+	20:36+	21:46+	24:13+	26:28+	28:33+	30:51+	33:01+	34:10+	35:21+	38:00+	40:53+	43:03+	45:08+	47:32+	48:00+	
01:01+	04:34+	01:42+	02:08+	03:30+	03:18+	04:23+	01:10+	02:27+	02:15+	02:05+	02:18+	02:10+	01:09+	01:11+	02:39+	02:53+	02:10-	02:05+	02:24+	00:28+	
00:04+	01:40&	00:36&	00:43&	01:08&	00:46&	01:51&	00:06+	00:15#	00:21#	00:37&	00:27#	00:35&	00:22&	00:20&	00:19#	01:20&	00:27-	00:50&	00:30&	00:11&	
12	Reidar Mosvold	53										50:11									
01:19+	06:22+	08:09+	10:38+	14:28+	18:10+	21:11+	24:03+	25:07+	27:42+	29:45+	31:36+	33:15+	35:09+	36:23+	37:42+	40:35+	43:30+	45:36+	47:17+	49:45+	50:11+
01:19+	05:03+	01:47+	02:29+	03:50+	03:42+	03:01+	02:52+	01:04-	02:35+	02:03+	01:51=	01:39+	01:54+	01:14+	01:19-	02:53+	02:55+	02:06+	01:41-	02:28+	00:26+
00:22&	02:09&	00:41&	01:04&	01:28&	01:10&	00:29#	01:48@	01:08-	00:41&	00:35&	00:00=	00:04+	01:07@	00:23&	01:01-	01:20&	00:18#	00:51&	00:13-	02:11@	00:26+
13	Jan-Kenneth Polle	83										51:58									
01:18+	05:08+	07:41+	09:43+	12:40+	16:19+	24:36+	25:31+	28:14+	30:27+	32:40+	34:32+	37:33+	38:29+	39:56+	42:40+	45:14+	47:27+	49:21+	51:33+	51:58+	
01:18+	03:50+	02:33+	02:02+	02:57+	03:39+	08:17+	00:55-	02:43+	02:13+	02:13+	01:52+	03:01+	00:56+	01:27+	02:44+	02:34+	02:13-	01:54+	02:12+	00:25+	
00:21&	00:56&	01:27@	00:37&	00:35#	01:07&	05:45@	00:09-	00:31#	00:19#	00:45&	00:01+	01:26&	00:09#	00:36&	00:24#	01:01&	00:24-	00:39&	00:18#	00:08&	
14	Steinar Hansen	27										52:55									
01:28+	06:21+	07:50+	09:56+	13:24+	16:30+	19:47+	21:09+	23:39+	26:01+	28:24+	30:17+	36:23+	37:39+	39:03+	42:26+	45:24+	48:07+	50:05+	52:33+	52:55+	
01:28+	04:53+	01:29+	02:06+	03:28+	03:06+	03:17+	01:22+	02:30+	02:22+	02:23+	01:53+	06:06+	01:16+	01:24+	03:23+	02:58+	02:43+	01:58+	02:28+	00:22+	
00:31&	01:59&	00:23&	00:41&	01:06&	00:34#	00:45&	00:18&	00:18#	00:28#	00:55&	00:02+	04:31@	00:29&	00:33&	01:03&	01:25&	00:06+	00:43&	00:34&	00:05&	
15	Ludvig Mellestrand	105										55:56									
01:25+	06:20+	08:40+	10:28+	13:03+	16:03+	18:59+	20:55+	23:14+	25:15+	27:30+	30:04+	32:03+	33:21+	34:36+	43:02+	45:35+	47:43+	53:02+	55:33+	55:56+	
01:25+	04:55+	02:20+	01:48+	02:35+	03:00+	02:56+	01:56+	02:19+	02:01+	02:15+	02:34+	01:59+	01:18+	01:15+	08:26+	02:33+	02:08-	05:19+	02:31+	00:23+	
00:28&	02:01&	01:14@	00:23&	00:13+	00:28#	00:24#	00:52&	00:07+	00:07+	00:47&	00:43&	00:24&	00:31&	00:24&	06:06@	01:00&	00:29-	04:04@	00:37&	00:06&	
16	Tore Halset	114										57:11									
01:31+	06:04+	07:31+	09:41+	13:45+	17:39+	21:25+	23:09+	26:13+	28:40+	35:33+	37:34+	40:07+	41:20+	43:03+	45:29+	48:25+	50:28+	53:40+	56:39+	57:11+	
01:31+	04:33+	01:27+	02:10+	04:04+	03:54+	03:46+	01:44+	03:04+	02:27+	06:53+	02:01+	02:33+	01:13+	01:43+	02:26+	02:56+	02:03-	03:12+	02:59+	00:32+	
00:34&	01:39&	00:21&	00:45&	01:42&	01:22&	01:14&	00:40&	00:52&	00:33&	05:25@	00:10+	00:58&	00:26&	00:52@	00:06+	01:23&	00:34-	01:57@	01:05&	00:15&	

Class	Navn	Klasse															Tid									
17	Terje Undheim	54															58:05									
01:29+	05:14+	07:42+	09:55+	13:47+	17:34+	21:34+	23:33+	26:07+	28:54+	31:41+	34:08+	36:26+	37:53+	39:16+	43:26+	49:54+	51:55+	55:20+	57:43+	58:05+						
01:29+	03:45+	02:28+	02:13+	03:52+	03:47+	04:00+	01:59+	02:34+	02:47+	02:47+	02:27+	02:18+	01:27+	01:23+	04:10+	06:28+	02:01-	03:25+	02:23+	00:22+						
00:32&	00:51&	01:22@	00:48&	01:30&	01:15&	01:28&	00:55&	00:22#	00:53&	01:19&	00:36&	00:43&	00:40&	00:32&	01:50&	04:55@	00:36-	02:10@	00:29&	00:05&						
18	Andreas Molin Edlund	287															58:48									
01:53+	10:27+	12:20+	14:38+	17:48+	21:06+	24:55+	28:31+	31:08+	33:20+	35:13+	40:03+	43:22+	45:02+	46:26+	49:20+	51:47+	54:27+	56:04+	58:26+	58:48+						
01:53+	08:34+	01:53+	02:18+	03:10+	03:18+	03:49+	03:36+	02:37+	02:12+	01:53+	04:50+	03:19+	01:40+	01:24+	02:54+	02:27+	02:40+	01:37+	02:22+	00:22+						
00:56&	05:40@	00:47&	00:53&	00:48&	00:46&	01:17&	02:32@	00:25#	00:18#	00:25&	02:59@	01:44@	00:53@	00:33&	00:34#	00:54&	00:03+	00:22&	00:28#	00:05&						
19	Cedric Fayemendy	116															1:00:09									
01:27+	11:54+	13:07+	15:13+	18:32+	22:21+	24:56+	26:20+	30:29+	33:02+	35:02+	41:24+	47:49+	48:58+	50:03+	52:24+	54:36+	56:02+	57:19+	59:47+	60:09+						
01:27+	10:27+	01:13+	02:06+	03:19+	03:49+	02:35+	01:24+	04:09+	02:33+	02:00+	06:22+	06:25+	01:09+	01:05+	02:21+	02:12+	01:26-	01:17+	02:28+	00:22+						
00:30&	07:33@	00:07#	00:41&	00:57&	01:17&	00:03+	00:20&	01:57&	00:39&	00:32&	04:31@	04:50@	00:22&	00:14&	00:01+	00:39&	01:11-	00:02+	00:34&	00:05&						
Beste strekktid for klassen																										
00:54	02:54	01:06	01:25	02:21	02:21	02:13	00:55	01:04	01:54	01:28	01:39	01:35	00:47	00:51	01:19	01:33	01:26	01:11	01:41	00:17						

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

Herrer 50 - 59 år

1	Pål Bårdsen	90															36:00									
04:27=	06:55=	08:14=	09:26=	12:57=	14:58=	16:11=	17:28=	19:17=	22:51=	24:25=	25:34=	26:22=	27:34=	30:44=	32:37=	33:36=	34:37=	35:37=	36:00=							
04:27=	02:28=	01:19=	01:12=	03:31=	02:01=	01:13=	01:17=	01:49=	03:34=	01:34=	01:09=	00:48=	01:12=	03:10=	01:53=	00:59=	01:01=	01:00=	00:23=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Anders Glenne	7															40:27									
04:46+	07:22+	10:19+	11:55+	15:41+	17:30+	18:41+	20:33+	22:36+	25:12+	26:41+	27:55+	28:51+	30:17+	33:53+	36:04+	37:27+	38:54+	40:03+	40:27+							
04:46+	02:36+	02:57+	01:36+	03:46+	01:49-	01:11-	01:52+	02:03+	02:36-	01:29-	01:14+	00:56+	01:26+	03:36+	02:11+	01:23+	01:27+	01:09+	00:24+							
00:19+	00:08+	01:38@	00:24&	00:15+	00:12-	00:02-	00:35&	00:14#	00:58-	00:05-	00:05+	00:08#	00:14#	00:26#	00:18#	00:24&	00:26&	00:09#	00:01+							
3	Svend Vihovde	116															42:30									
05:58+	08:56+	11:10+	12:31+	16:41+	18:42+	20:03+	21:37+	23:39+	26:32+	28:21+	29:32+	30:27+	31:57+	35:46+	38:30+	39:47+	41:01+	42:03+	42:30+							
05:58+	02:58+	02:14+	01:21+	04:10+	02:01=	01:21+	01:34+	02:02+	02:53-	01:49+	01:11+	00:55+	01:30+	03:49+	02:44+	01:17+	01:14+	01:02+	00:27+							
01:31&	00:30#	00:55&	00:09#	00:39#	00:00=	00:08#	00:17#	00:13#	00:41-	00:15#	00:02+	00:07#	00:18#	00:39#	00:51&	00:18&	00:13#	00:02+	00:04#							
4	John Breiland	352															43:09									
05:23+	08:25+	10:11+	11:59+	16:22+	18:30+	20:28+	22:15+	24:10+	27:52+	29:23+	30:43+	31:31+	32:56+	36:21+	38:40+	39:52+	41:48+	42:46+	43:09+							
05:23+	03:02+	01:46+	01:48+	04:23+	02:08+	01:58+	01:47+	01:55+	03:42+	01:31-	01:20+	00:48=	01:25+	03:25+	02:19+	01:12+	01:56+	00:58-	00:23=							
00:56#	00:34#	00:27&	00:36&	00:52#	00:07+	00:45&	00:30&	00:06+	00:08+	00:03-	00:11#	00:00=	00:13#	00:15+	00:26#	00:13#	00:55&	00:02-	00:00=							
5	Lars Primstad	62															43:48									
05:13+	07:28+	09:37+	10:39+	14:21+	16:26+	17:40+	19:10+	21:36+	26:24+	27:40+	28:54+	29:58+	31:27+	36:44+	39:12+	40:35+	42:37+	43:29+	43:48+							
05:13+	02:15-	02:09+	01:02-	03:42+	02:05+	01:14+	01:30+	02:26+	04:48+	01:16-	01:14+	01:04+	01:29+	05:17+	02:28+	01:23+	02:02+	00:52-	00:19-							
00:46#	00:13-	00:50&	00:10-	00:11+	00:04+	00:01+	00:13#	00:37&	01:14&	00:18-	00:05+	00:16&	00:17#	02:07&	00:35&	00:24&	01:01&	00:08-	00:04-							
6	David Greig	93															44:17									
06:06+	09:20+	11:11+	12:27+	16:37+	18:39+	19:59+	22:17+	24:34+	27:24+	29:06+	30:48+	31:48+	33:21+	37:03+	39:38+	41:05+	42:40+	43:50+	44:17+							
06:06+	03:14+	01:51+	01:16+	04:10+	02:02+	01:20+	02:18+	02:17+	02:50-	01:42+	01:42+	01:00+	01:33+	03:42+	02:35+	01:27+	01:35+	01:10+	00:27+							
01:39&	00:46&	00:32&	00:04+	00:39#	00:01+	00:07+	01:01&	00:28&	00:44-	00:08+	00:33&	00:12#	00:21&	00:32#	00:42&	00:28&	00:34&	00:10#	00:04#							
7	Kjell Seland	236															44:25									
06:29+	09:25+	11:06+	14:09+	18:20+	20:35+	22:10+	23:48+	26:00+	28:40+	30:18+	31:25+	32:26+	34:01+	37:30+	39:51+	41:31+	43:07+	44:05+	44:25+							
06:29+	02:56+	01:41+	03:03+	04:11+	02:15+	01:35+	01:38+	02:12+	02:40-	01:38+	01:07-	01:01+	01:35+	03:29+	02:21+	01:40+	01:36+	00:58-	00:20-							
02:02&	00:28#	00:22&	01:51@	00:40#	00:14#	00:22&	00:21&	00:23#	00:54-	00:04+	00:02-	00:13&	00:23&	00:19#	00:28#	00:41&	00:35&	00:02-	00:03-							
8	Håvard Håland	66															45:51									
06:17+	09:04+	11:52+	13:08+	16:59+	19:32+	20:48+	23:22+	25:33+	28:21+	30:19+	31:42+	32:46+	34:21+	38:25+	40:32+	42:41+	44:09+	45:25+	45:51+							
06:17+	02:47+	02:48+	01:16+	03:51+	02:33+	01:16+	02:34+	02:11+	02:48-	01:58+	01:23+	01:04+	01:35+	04:04+	02:07+	02:09+	01:28+	01:16+	00:26+							
01:50&	00:19#	01:29@	00:04+	00:20+	00:32&	00:03+	01:17&	00:22#	00:46-	00:24&	00:14#	00:16&	00:23&	00:54&	00:14#	01:10@	00:27&	00:16&	00:03#							
9	Stein Arve Finnestad	287															46:26									
05:07+	08:13+	10:25+	12:29+	17:28+	19:37+	20:58+	23:08+	25:25+	29:26+	31:15+	32:38+	33:34+	35:06+	39:05+	41:34+	43:22+	44:47+	46:00+	46:26+							
05:07+	03:06+	02:12+	02:04+	04:59+	02:09+	01:21+	02:10+	02:17+	04:01+	01:49+	01:23+	00:56+	01:32+	03:59+	02:29+	01:48+	01:25+	01:13+	00:26+							
00:40#	00:38&	00:53&	00:52&	01:28&	00:08+	00:08#	00:53&	00:28&	00:27#	00:15#	00:14#	00:08#	00:20&	00:49&	00:36&	00:49&	00:24&	00:13#	00:03#							
10	Trond Sandal	42															47:58									
05:43+	08:52+	12:02+	13:24+	17:54+	20:21+	21:57+	23:40+	26:02+	29:44+	31:42+	32:54+	34:05+	35:50+	40:34+	42:57+	44:47+	46:15+	47:30+	47:58+							
05:43+	03:09+	03:10+	01:22+	04:30+	02:27+	01:36+	01:43+	02:22+	03:42+	01:58+	01:12+	01:11+	01:45+	04:44+	02:23+	01:50+	01:28+	01:15+	00:28+							
01:16&	00:41&	01:51@	00:10#	00:59&	00:26#	00:23&	00:26&	00:33&	00:08+	00:24&	00:03+	00:23&	00:33&	01:34&	00:30&	00:51&	00:27&	00:15#	00:05#							

Pllass	Navn	Klasse										Tid									
--------	------	--------	--	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--	--	--

26	Tor Inge Halvorsen	5										1:05:25									
12:58+	15:46+	18:54+	21:03+	25:29+	27:36+	29:19+	36:42+	39:34+	46:39+	49:02+	50:33+	51:51+	53:27+	57:24+	59:58+	61:48+	63:07+	65:01+	65:25+		
12:58+	02:48+	03:08+	02:09+	04:26+	02:07+	01:43+	07:23+	02:52+	07:05+	02:23+	01:31+	01:18+	01:36+	03:57+	02:34+	01:50+	01:19+	01:54+	00:24+		
08:31@	00:20#	01:49@	00:57&	00:55&	00:06+	00:30&	06:06@	01:03&	03:31&	00:49&	00:22&	00:30&	00:24&	00:47#	00:41&	00:51&	00:18&	00:54&	00:01+		

Beste strekktid for klassen
04:27 02:15 01:19 01:02 03:31 01:47 01:06 01:17 01:45 02:31 01:16 01:07 00:48 01:12 03:10 01:53 00:59 01:01 00:52 00:19

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

Herrer 60 - 64 år

1	Ole Petter Haukaas	109										35:46									
01:22=	05:36=	08:42=	09:58=	11:16=	12:52=	15:17=	16:04=	17:21=	19:34=	21:12=	22:23=	24:34=	26:30=	28:30=	30:50=	34:04=	35:29=	35:46=			
01:22=	04:14=	03:06=	01:16=	01:18=	01:36=	02:25=	00:47=	01:17=	02:13=	01:38=	01:11=	02:11=	01:56=	02:00=	02:20=	03:14=	01:25=	00:17=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

2	Espen Krogh	7										36:57									
01:18-	03:34-	06:30-	07:59-	09:20-	11:15-	13:41-	14:29-	15:56-	18:37-	20:30-	21:54-	23:44-	25:35-	27:03-	28:55-	31:15-	34:07-	36:32+	36:57+		
01:18-	02:16-	02:56-	01:29+	01:21+	01:55+	02:26+	00:48+	01:27+	02:41+	01:53+	01:24+	01:50-	01:51-	01:28-	01:52-	02:20-	02:52+	02:25+	00:25+		
00:04-	01:58-	00:10-	00:13#	00:03+	00:19#	00:01+	00:01+	00:10#	00:28#	00:15#	00:13#	00:21-	00:05-	00:32-	00:28-	00:54-	01:27@	02:08@	00:25+		

3	Per Ingar Hadland	7										39:18									
01:48+	04:24-	06:47-	08:24-	10:07-	12:00-	14:55-	15:53-	17:27+	19:38+	21:29+	23:09+	25:35+	27:45+	29:42+	32:30+	37:15+	38:58+	39:18+			
01:48+	02:36-	02:23-	01:37+	01:43+	01:53+	02:55+	00:58+	01:34+	02:11-	01:51+	01:40+	02:26+	02:10+	01:57-	02:48+	04:45+	01:43+	00:20+			
00:26&	01:38-	00:43-	00:21&	00:25&	00:17#	00:30#	00:11#	00:17#	00:02-	00:13#	00:29&	00:15#	00:14#	00:03-	00:28#	01:31&	00:18#	00:03#			

4	Morten Johannessen	7										40:36									
01:32+	05:19-	07:13-	09:01-	10:38-	12:31-	17:39+	18:32+	20:00+	21:55+	24:02+	25:37+	28:02+	29:45+	31:55+	34:06+	38:05+	40:10+	40:36+			
01:32+	03:47-	01:54-	01:48+	01:37+	01:53+	05:08+	00:53+	01:28+	01:55-	02:07+	01:35+	02:25+	01:43-	02:10+	02:11-	03:59+	02:05+	00:26+			
00:10#	00:27-	01:12-	00:32&	00:19#	00:17#	02:43@	00:06#	00:11#	00:18-	00:29&	00:24&	00:14#	00:13-	00:10+	00:09-	00:45#	00:40&	00:09&			

5	Dag Helliksen	80										43:16									
01:37+	04:48-	09:13+	10:56+	13:08+	14:54+	17:35+	18:37+	20:46+	23:00+	25:03+	26:30+	30:13+	32:11+	34:16+	37:01+	40:54+	42:51+	43:16+			
01:37+	03:11-	04:25+	01:43+	02:12+	01:46+	02:41+	01:02+	02:09+	02:14+	02:03+	01:27+	03:43+	01:58+	02:05+	02:45+	03:53+	01:57+	00:25+			
00:15#	01:03-	01:19&	00:27&	00:54&	00:10#	00:16#	00:15&	00:52&	00:01+	00:25&	00:16#	01:32&	00:02+	00:05+	00:25#	00:39#	00:32&	00:08&			

6	Torbjørn Dahle	92										45:06									
01:46+	05:20-	07:37-	09:44-	11:22+	13:21+	16:23+	17:33+	19:23+	22:12+	25:28+	26:50+	29:40+	33:21+	35:35+	38:41+	42:49+	44:43+	45:06+			
01:46+	03:34-	02:17-	02:07+	01:38+	01:59+	03:02+	01:10+	01:50+	02:49+	03:16+	01:22+	02:50+	03:41+	02:14+	03:06+	04:08+	01:54+	00:23+			
00:24&	00:40-	00:49-	00:51&	00:20&	00:23#	00:37&	00:23&	00:33&	00:36&	01:38&	00:11#	00:39&	01:45&	00:14#	00:46&	00:54&	00:29&	00:06&			

7	Lars Bergersen	116										45:32									
01:40+	06:18+	08:28-	09:59+	11:35+	14:02+	17:09+	18:16+	20:12+	22:30+	24:46+	26:29+	30:16+	32:41+	35:04+	38:13+	43:13+	45:06+	45:32+			
01:40+	04:38+	02:10-	01:31+	01:36+	02:27+	03:07+	01:07+	01:56+	02:18+	02:16+	01:43+	03:47+	02:25+	02:23+	03:09+	05:00+	01:53+	00:26+			
00:18#	00:24+	00:56-	00:15#	00:18#	00:51&	00:42&	00:20&	00:39&	00:05+	00:38&	00:32&	01:36&	00:29#	00:23#	00:49&	01:46&	00:28&	00:09&			

8	Olav Tunheim	93										47:07									
01:30+	05:33-	07:35-	09:06-	10:42-	12:50-	15:48+	16:51+	18:57+	21:17+	27:41+	29:33+	32:53+	35:18+	37:38+	40:26+	43:45+	46:35+	47:07+			
01:30+	04:03-	02:02-	01:31+	01:36+	02:08+	02:58+	01:03+	02:06+	02:20+	06:24+	01:52+	03:20+	02:25+	02:20+	02:48+	03:19+	02:50+	00:32+			
00:08+	00:11-	01:04-	00:15#	00:18#	00:32&	00:33#	00:16&	00:49&	00:07+	04:46@	00:41&	01:09&	00:29#	00:20#	00:28#	00:05+	01:25&	00:15&			

9	Stein Sigbjørnsen	27										54:47									
01:43+	09:07+	11:57+	13:56+	16:13+	18:57+	22:37+	23:50+	26:31+	29:30+	32:23+	34:25+	38:06+	41:04+	43:40+	47:31+	51:48+	54:17+	54:47+			
01:43+	07:24+	02:50-	01:59+	02:17+	02:44+	03:40+	01:13+	02:41+	02:59+	02:53+	02:02+	03:41+	02:58+	02:36+	03:51+	04:17+	02:29+	00:30+			
00:21&	03:10&	00:16-	00:43&	00:59&	01:08&	01:15&	00:26&	01:24@	00:46&	01:15&	00:51&	01:30&	01:02&	00:36&	01:31&	01:03&	01:04&	00:13&			

10	John C. Sinnes	93										55:01									
02:12+	06:10+	08:53+	10:36+	12:39+	18:25+	21:51+	23:07+	25:19+	29:14+	32:15+	36:04+	39:32+	42:27+	44:43+	47:55+	52:01+	54:38+	55:01+			
02:12+	03:58-	02:43-	01:43+	02:03+	05:46+	03:26+	01:16+	02:12+	03:55+	03:01+	03:49+	03:28+	02:55+	02:16+	03:12+	04:06+	02:37+	00:23+			
00:50&	00:16-	00:23-	00:27&	00:45&	04:10@	01:01&	00:29&	00:55&	01:42&	01:23&	02:38@	01:17&	00:59&	00:16#	00:52&	00:52&	01:12&	00:06&			

11	Ernst Kristensen	116										56:25									
01:52+	06:59+	10:04+	12:17+	14:19+	16:40+	19:51+	21:48+	23:55+	33:28+	36:02+	37:56+	40:51+	43:09+	45:31+	48:55+	53:35+	55:56+	56:25+			
01:52+	05:07+	03:05-	02:13+	02:02+	02:21+	03:11+	01:57+	02:07+	09:33+	02:34+	01:54+	02:55+	02:18+	02:22+	03:24+	04:40+	02:21+	00:29+			
00:30&	00:53#	00:01-	00:57&	00:44&	00:45&	00:46&	01:10@	00:50&	07:20@	00:56&	00:43&	00:44&	00:22#	00:22#	01:04&	01:26&	00:56&	00:12&			

12	Svein Magne Gloppen	93										57:06									
02:19+	06:44+	10:57+	13:08+	15:23+	18:54+	23:37+	24:50+	26:53+	30:27+	33:06+	35:20+	40:53+	43:54+	47:12+	50:27+	54:35+	56:39+	57:06+			
02:19+	04:25+	04:13+	02:11+	02:15+	03:31+	04:43+	01:13+	02:03+	03:34+	02:39+	02:14+	05:33+	03:01+	03:18+	03:15+	04:08+	02:04+	00:27+			
00:57&	00:11+	01:07&	00:55&	00:57&	01:55@	02:18&	00:26&	00:46&	01:21&	01:01&	01:03&	03:22@	01:05&	01:18&	00:55&	00:54&	00:39&	00:10&			

Class	Navn	Klasse										Tid								
13	Bjørn H. Engseth	27										59:30								
02:09+	06:00+	08:52+	11:03+	13:12+	16:15+	21:24+	22:41+	25:06+	27:43+	30:53+	32:54+	37:32+	42:38+	45:24+	49:51+	55:41+	58:43+	59:30+		
02:09+	03:51-	02:52-	02:11+	02:09+	03:03+	05:09+	01:17+	02:25+	02:37+	03:10+	02:01+	04:38+	05:06+	02:46+	04:27+	05:50+	03:02+	00:47+		
00:47&	00:23-	00:14-	00:55&	00:51&	01:27&	02:44&	00:30&	01:08&	00:24#	01:32&	00:50&	02:27&	03:10&	00:46&	02:07&	02:36&	01:37&	00:30&		
14	Gunnar V. Søiland	80										59:44								
02:04+	05:31-	08:11-	10:59+	12:57+	15:46+	19:04+	20:12+	22:24+	25:59+	28:35+	31:09+	36:13+	39:30+	42:47+	46:40+	56:27+	59:12+	59:44+		
02:04+	03:27-	02:40-	02:48+	01:58+	02:49+	03:18+	01:08+	02:12+	03:35+	02:36+	02:34+	05:04+	03:17+	03:17+	03:53+	09:47+	02:45+	00:32+		
00:42&	00:47-	00:26-	01:32&	00:40&	01:13&	00:53&	00:21&	00:55&	01:22&	00:58&	01:23&	02:53&	01:21&	01:17&	01:33&	06:33&	01:20&	00:15&		
15	Torbjørn Evensen	108										1:02:27								
01:57+	04:55-	18:38+	20:32+	22:14+	29:48+	32:43+	33:48+	35:24+	37:43+	39:55+	41:33+	46:26+	49:39+	52:24+	55:32+	59:48+	61:59+	62:27+		
01:57+	02:58-	13:43+	01:54+	01:42+	07:34+	02:55+	01:05+	01:36+	02:19+	02:12+	01:38+	04:53+	03:13+	02:45+	03:08+	04:16+	02:11+	00:28+		
00:35&	01:16-	10:37&	00:38&	00:24&	05:58&	00:30#	00:18&	00:19#	00:06+	00:34&	00:27&	02:42&	01:17&	00:45&	00:48&	01:02&	00:46&	00:11&		
16	Kjell Lervik	239										1:13:53								
01:53+	11:54+	13:54+	16:07+	24:26+	28:09+	31:43+	33:01+	40:33+	43:24+	46:01+	48:18+	53:36+	56:34+	59:34+	63:00+	71:08+	73:20+	73:53+		
01:53+	10:01+	02:00-	02:13+	08:19+	03:43+	03:34+	01:18+	07:32+	02:51+	02:37+	02:17+	05:18+	02:58+	03:00+	03:26+	08:08+	02:12+	00:33+		
00:31&	05:47&	01:06-	00:57&	07:01&	02:07&	01:09&	00:31&	06:15&	00:38&	00:59&	01:06&	03:07&	01:02&	01:00&	01:06&	04:54&	00:47&	00:16&		
17	Sverre Magnar Nordal	116										1:18:57								
02:57+	06:17+	09:18+	11:29+	15:46+	27:03+	34:22+	35:29+	48:39+	50:49+	53:31+	55:15+	58:48+	61:36+	63:53+	68:01+	74:15+	78:29+	78:57+		
02:57+	03:20-	03:01-	02:11+	04:17+	11:17+	07:19+	01:07+	13:10+	02:10-	02:42+	01:44+	03:33+	02:48+	02:17+	04:08+	06:14+	04:14+	00:28+		
01:35&	00:54-	00:05-	00:55&	02:59&	09:41&	04:54&	00:20&	11:53&	00:03-	01:04&	00:33&	01:22&	00:52&	00:17#	01:48&	03:00&	02:49&	00:11&		
18	Rolf Kleppe	63										1:21:41								
02:16+	09:27+	12:21+	14:30+	17:01+	26:25+	31:33+	32:48+	36:03+	43:36+	46:34+	48:44+	57:38+	64:48+	68:15+	72:43+	78:19+	81:06+	81:41+		
02:16+	07:11+	02:54-	02:09+	02:31+	09:24+	05:08+	01:15+	03:15+	07:33+	02:58+	02:10+	08:54+	07:10+	03:27+	04:28+	05:36+	02:47+	00:35+		
00:54&	02:57&	00:12-	00:53&	01:13&	07:48&	02:43&	00:28&	01:58&	05:20&	01:20&	00:59&	06:43&	05:14&	01:27&	02:08&	02:22&	01:22&	00:18&		
Beste strekktid for klassen		01:18	02:16	01:54	01:16	01:18	01:36	02:25	00:47	01:17	01:55	01:38	01:11	01:50	01:43	01:28	01:52	02:20	01:25	00:17

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

Herrer 65 - 69 år

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

Class	Navn	Klasse											Tid							
8	Eivind L. Rake	92											45:58							
	01:57+	06:02+	07:52+	09:40+	11:39+	14:23+	17:42+	18:58+	20:46+	23:13+	25:17+	26:47+	29:50+	32:27+	35:18+	38:54+	43:33+	45:28+	45:58+	
	01:57+	04:05+	01:50+	01:48+	01:59+	02:44+	03:19+	01:16+	01:48+	02:27+	02:04+	01:30+	03:03+	02:37+	02:51+	03:36+	04:39+	01:55+	00:30+	
	00:42&	01:37&	00:16#	00:20#	00:11#	01:17&	01:16&	00:27&	00:13#	00:46&	00:23#	00:32&	00:54&	00:28#	01:17&	01:19&	01:35&	00:21#	00:10&	
9	Bjørn Sivertsen	99											47:54							
	01:59+	05:34+	07:45+	10:11+	12:14+	14:36+	17:52+	18:53+	20:53+	23:15+	25:19+	27:13+	33:11+	35:40+	37:46+	41:04+	45:22+	47:27+	47:54+	
	01:59+	03:35+	02:11+	02:26+	02:03+	02:22+	03:16+	01:01+	02:00+	02:22+	02:04+	01:54+	05:58+	02:29+	02:06+	03:18+	04:18+	02:05+	00:27+	
	00:44&	01:07&	00:37&	00:58&	00:15#	00:55&	01:13&	00:12#	00:25&	00:41&	00:23#	00:56&	03:49@	00:20#	00:32&	01:01&	01:14&	00:31&	00:07&	
10	Sveinung Tveit	236											47:59							
	02:06+	06:29+	11:12+	12:56+	14:45+	17:00+	20:37+	21:43+	23:28+	26:04+	28:06+	29:56+	32:46+	35:33+	37:52+	41:06+	45:18+	47:34+	47:59+	
	02:06+	04:23+	04:43+	01:44+	01:49+	02:15+	03:37+	01:06+	01:45+	02:36+	02:02+	01:50+	02:50+	02:47+	02:19+	03:14+	04:12+	02:16+	00:25+	
	00:51&	01:55&	03:09@	00:16#	00:01+	00:48&	01:34&	00:17&	00:10#	00:55&	00:21#	00:52&	00:41&	00:38&	00:45&	00:57&	01:08&	00:42&	00:05#	
11	Ragnvald Frøyland	128											49:04							
	01:50+	04:20+	06:00+	07:54+	09:39+	11:58+	16:16+	17:15+	18:57+	20:58+	23:09+	24:37+	27:42+	30:09+	32:33+	35:16+	46:32+	48:34+	49:04+	
	01:50+	02:30+	01:40+	01:54+	01:45-	02:19+	04:18+	00:59+	01:42+	02:01+	02:11+	01:28+	03:05+	02:27+	02:24+	02:43+	11:16+	02:02+	00:30+	
	00:35&	00:02+	00:06+	00:26&	00:03-	00:52&	02:15@	00:10#	00:07+	00:20#	00:30&	00:30&	00:56&	00:18#	00:50&	00:26#	08:12@	00:28&	00:10&	
12	Tore R. Tvedt	90											51:40							
	03:03+	07:12+	10:32+	12:44+	14:49+	19:11+	22:42+	23:55+	26:38+	29:05+	31:36+	33:09+	36:11+	39:32+	41:49+	44:56+	49:09+	51:10+	51:40+	
	03:03+	04:09+	03:20+	02:12+	02:05+	04:22+	03:31+	01:13+	02:43+	02:27+	02:31+	01:33+	03:02+	03:21+	02:17+	03:07+	04:13+	02:01+	00:30+	
	01:48@	01:41&	01:46@	00:44&	00:17#	02:55@	01:28&	00:24&	01:08&	00:46&	00:50&	00:35&	00:53&	01:12&	00:43&	00:50&	01:09&	00:27&	00:10&	
13	Tom Hetland	5											1:00:57							
	01:38+	05:11+	09:59+	12:20+	16:06+	18:24+	22:37+	23:34+	25:33+	29:44+	32:16+	39:32+	43:59+	47:35+	49:56+	53:34+	58:28+	60:34+	60:57+	
	01:38+	03:33+	04:48+	02:21+	03:46+	02:18+	04:13+	00:57+	01:59+	04:11+	02:32+	07:16+	04:27+	03:36+	02:21+	03:38+	04:54+	02:06+	00:23+	
	00:23&	01:05&	03:14@	00:53&	01:58@	00:51&	02:10@	00:08#	00:24&	02:30@	00:51&	06:18@	02:18@	01:27&	00:47&	01:21&	01:50&	00:32&	00:03#	
Beste strekktid for klassen		01:15	02:09	01:34	01:10	01:23	01:27	02:03	00:49	01:17	01:20	01:31	00:58	02:09	01:42	01:34	02:10	03:04	01:16	00:19

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

Herrer 70 - 74 år

1	Harry Breiland	66											33:58						
	01:37=	04:17=	06:08=	07:26=	08:57=	10:41=	13:01=	13:54=	15:29=	17:01=	18:46=	20:08=	22:37=	24:32=	26:21=	28:46=	31:56=	33:32=	33:58=
	01:37=	02:40=	01:51=	01:18=	01:31=	01:44=	02:20=	00:53=	01:35=	01:32=	01:45=	01:22=	02:29=	01:55=	01:49=	02:25=	03:10=	01:36=	00:26=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asgeir Bell	117											40:06						
	01:45+	05:00+	07:05+	08:34+	10:02+	12:26+	16:06+	17:08+	18:44+	21:04+	22:50+	24:34+	26:51+	28:56+	30:57+	33:44+	37:50+	39:41+	40:06+
	01:45+	03:15+	02:05+	01:29+	01:28-	02:24+	03:40+	01:02+	01:36+	02:20+	01:46+	01:44+	02:17-	02:05+	02:01+	02:47+	04:06+	01:51+	00:25-
	00:08+	00:35#	00:14#	00:11#	00:03-	00:40&	01:20&	00:09#	00:01+	00:48&	00:01+	00:22&	00:12-	00:10+	00:12#	00:22#	00:56&	00:15#	00:01-
3	Gudmund Gausel	115											45:30						
	01:48+	04:55+	06:31+	08:24+	10:08+	13:20+	16:57+	18:00+	19:35+	21:51+	23:59+	26:32+	30:49+	33:46+	35:43+	38:33+	43:26+	45:07+	45:30+
	01:48+	03:07+	01:36-	01:53+	01:44+	03:12+	03:37+	01:03+	01:35=	02:16+	02:08+	02:33+	04:17+	02:57+	01:57+	02:50+	04:53+	01:41+	00:23-
	00:11#	00:27#	00:15-	00:35&	00:13#	01:28&	01:17&	00:10#	00:00=	00:44&	00:23#	01:11&	01:48&	01:02&	00:08+	00:25#	01:43&	00:05+	00:03-
4	Jan Inge Lunde	88											46:25						
	02:02+	05:55+	08:54+	10:32+	12:27+	15:03+	18:30+	19:41+	21:37+	23:51+	26:25+	28:00+	31:00+	34:17+	36:39+	39:47+	43:59+	45:59+	46:25+
	02:02+	03:53+	02:59+	01:38+	01:55+	02:36+	03:27+	01:11+	01:56+	02:14+	02:34+	01:35+	03:00+	03:17+	02:22+	03:08+	04:12+	02:00+	00:26=
	00:25&	01:13&	01:08&	00:20&	00:24&	00:52&	01:07&	00:18&	00:21#	00:42&	00:49&	00:13#	00:31#	01:22&	00:33&	00:43&	01:02&	00:24#	00:00=
5	Finn Morten Årstad	115											46:55						
	02:04+	05:05+	09:20+	11:08+	13:12+	15:40+	18:51+	19:54+	21:28+	25:41+	28:02+	29:32+	32:27+	34:42+	37:02+	40:27+	44:27+	46:30+	46:55+
	02:04+	03:01+	04:15+	01:48+	02:04+	02:28+	03:11+	01:03+	01:34-	04:13+	02:21+	01:30+	02:55+	02:15+	02:20+	03:25+	04:00+	02:03+	00:25-
	00:27&	00:21#	02:24@	00:30&	00:33&	00:44&	00:51&	00:10#	00:01-	02:41@	00:36&	00:08+	00:26#	00:20#	00:31&	01:00&	00:50&	00:27&	00:01-
6	Kjell Svihus	154											47:55						
	01:58+	05:28+	11:28+	13:06+	15:11+	17:46+	20:54+	21:58+	23:49+	26:27+	28:28+	29:51+	32:37+	34:30+	36:50+	39:51+	45:14+	47:30+	47:55+
	01:58+	03:30+	06:00+	01:38+	02:05+	02:35+	03:08+	01:04+	01:51+	02:38+	02:01+	01:23+	02:46+	01:53-	02:20+	03:01+	05:23+	02:16+	00:25-
	00:21#	00:50&	04:09@	00:20&	00:34&	00:51&	00:48&	00:11#	00:16#	01:06&	00:16#	00:01+	00:17#	00:02-	00:31&	00:36#	02:13&	00:40&	00:01-
7	Paul A. Paulsen	117											49:22						
	01:48+	05:00+	07:53+	09:33+	11:27+	13:52+	16:48+	17:51+	20:10+	25:16+	27:38+	29:28+	32:59+	37:11+	39:38+	42:51+	46:54+	48:57+	49:22+
	01:48+	03:12+	02:53+	01:40+	01:54+	02:25+	02:56+	01:03+	02:19+	05:06+	02:22+	01:50+	03:31+	04:12+	02:27+	03:13+	04:03+	02:03+	00:25-
	00:11#	00:32#	01:02&	00:22&	00:23&	00:41&	00:36&	00:10#	00:44&	03:34@	00:37&	00:28&	01:02&	02:17@	00:38&	00:48&	00:53&	00:27&	00:01-

Class	Navn	Klasse	Tid																			
8	Leif Gunnar Wikene	43	54:30																			
01:51+	05:09+	09:35+	11:33+	13:57+	16:37+	21:05+	22:43+	25:02+	29:05+	33:34+	35:37+	38:51+	42:24+	44:50+	48:14+	51:53+	53:55+	54:30+				
01:51+	03:18+	04:26+	01:58+	02:24+	02:40+	04:28+	01:38+	02:19+	04:03+	04:29+	02:03+	03:14+	03:33+	02:26+	03:24+	03:39+	02:02+	00:35+				
00:14#	00:38#	02:35@	00:40&	00:53&	00:56&	02:08&	00:45&	00:44&	02:31@	02:44@	00:41&	00:45&	01:38&	00:37&	00:59&	00:29#	00:26&	00:09&				
9	Olav Dag Borgersen	154	1:00:32																			
02:29+	08:18+	11:26+	13:38+	19:26+	23:52+	27:40+	28:57+	31:03+	33:14+	36:40+	38:19+	42:11+	45:12+	47:59+	51:28+	57:50+	59:55+	60:32+				
02:29+	05:49+	03:08+	02:12+	05:48+	04:26+	03:48+	01:17+	02:06+	02:11+	03:26+	01:39+	03:52+	03:01+	02:47+	03:29+	06:22+	02:05+	00:37+				
00:52&	03:09@	01:17&	00:54&	04:17@	02:42@	01:28&	00:24&	00:31&	00:39&	01:41&	00:17#	01:23&	01:06&	00:58&	01:04&	03:12@	00:29&	00:11&				
10	Arne Østensen	90	1:06:57																			
01:50+	04:25+	13:24+	15:08+	17:32+	24:27+	27:32+	28:36+	37:40+	40:32+	43:53+	46:24+	50:16+	52:37+	55:35+	58:52+	64:28+	66:31+	66:57+				
01:50+	02:35-	08:59+	01:44+	02:24+	06:55+	03:05+	01:04+	09:04+	02:52+	03:21+	02:31+	03:52+	02:21+	02:58+	03:17+	05:36+	02:03+	00:26+				
00:13#	00:05-	07:08@	00:26&	00:53&	05:11@	00:45&	00:11#	07:29@	01:20&	01:36&	01:09&	01:23&	00:26#	01:09&	00:52&	02:26&	00:27&	00:00-				
11	Ole Auklend	106	1:07:53																			
02:44+	06:33+	10:16+	15:07+	17:29+	21:17+	25:15+	27:05+	31:02+	34:52+	38:17+	40:39+	47:10+	50:13+	53:40+	58:02+	63:45+	67:04+	67:53+				
02:44+	03:49+	03:43+	04:51+	02:22+	03:48+	03:58+	01:50+	03:57+	03:50+	03:25+	02:22+	06:31+	03:03+	03:27+	04:22+	05:43+	03:19+	00:49+				
01:07&	01:09&	01:52@	03:33@	00:51&	02:04@	01:38&	00:57@	02:22@	02:18@	01:40&	01:00&	04:02@	01:08&	01:38&	01:57&	02:33&	01:43@	00:23&				
12	Olav Habbestad	116	1:09:02																			
01:52+	05:02+	08:54+	11:03+	12:48+	21:50+	26:11+	27:13+	29:19+	35:13+	41:41+	43:42+	46:40+	49:16+	52:35+	60:28+	65:19+	68:38+	69:02+				
01:52+	03:10+	03:52+	02:09+	01:45+	09:02+	04:21+	01:02+	02:06+	05:54+	06:28+	02:01+	02:58+	02:36+	03:19+	07:53+	04:51+	03:19+	00:24-				
00:15#	00:30#	02:01@	00:51&	00:14#	07:18@	02:01&	00:09#	00:31&	04:22@	04:43@	00:39&	00:29#	00:41&	01:30&	05:28@	01:41&	01:43@	00:02-				
13	Knut Jonas Espedal	53	1:49:28																			
03:47+	10:44+	18:01+	23:08+	28:26+	33:10+	38:36+	40:38+	44:07+	58:35+	62:59+	66:33+	78:25+	84:55+	89:05+	95:22+	103:20+	108:26+	109:28+				
03:47+	06:57+	07:17+	05:07+	05:18+	04:44+	05:26+	02:02+	03:29+	14:28+	04:24+	03:34+	11:52+	06:30+	04:10+	06:17+	07:58+	05:06+	01:02+				
02:10@	04:17@	05:26@	03:49@	03:47@	03:00@	03:06@	01:09@	01:54@	12:56@	02:39@	02:12@	09:23@	04:35@	02:21@	03:52@	04:48@	03:30@	00:36@				
14	John Abrahamsen	125	1:56:55																			
07:04+	13:22+	27:04+	30:29+	37:23+	40:51+	55:16+	56:39+	60:23+	70:22+	74:26+	78:10+	83:47+	88:02+	92:14+	97:59+	111:18+	116:10+	116:55+				
07:04+	06:18+	13:42+	03:25+	06:54+	03:28+	14:25+	01:23+	03:44+	09:59+	04:04+	03:44+	05:37+	04:15+	04:12+	05:45+	13:19+	04:52+	00:45+				
05:27@	03:38@	11:51@	02:07@	05:23@	01:44&	12:05@	00:30&	02:09@	08:27@	02:19@	02:22@	03:08@	02:20@	02:23@	03:20@	10:09@	03:16@	00:19&				
Beste strekktid for klassen				01:37	02:35	01:36	01:18	01:28	01:44	02:20	00:53	01:34	01:32	01:45	01:22	02:17	01:53	01:49	02:25	03:10	01:36	00:23

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

Herrer 75 - 79 år

1	Steinar Undheim	54	38:35										
03:33=	05:34=	08:08=	13:02=	14:07=	15:58=	18:16=	20:21=	26:19=	27:44=	30:39=	35:59=	38:11=	38:35=
03:33=	02:01=	02:34=	04:54=	01:05=	01:51=	02:18=	02:05=	05:58=	01:25=	02:55=	05:20=	02:12=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Svein Glendrange	68	39:19										
04:07+	05:59+	08:42+	13:46+	14:56+	16:45+	19:42+	22:02+	26:43+	28:24+	31:20+	36:28+	38:45+	39:19+
04:07+	01:52-	02:43+	05:04+	01:10+	01:49-	02:57+	02:20+	04:41-	01:41+	02:56+	05:08-	02:17+	00:34+
00:34#	00:09-	00:09+	00:10+	00:05+	00:02-	00:39&	00:15#	01:17-	00:16#	00:01+	00:12-	00:05+	00:10&
3	Knut Skjæveland	93	39:49										
03:19-	05:12-	08:44+	16:32+	17:33+	20:40+	23:07+	25:11+	30:21+	31:52+	34:32+	37:09+	39:21+	39:49+
03:19-	01:53-	03:32+	07:48+	01:01-	03:07+	02:27+	02:04-	05:10-	01:31+	02:40-	02:37-	02:12=	00:28+
00:14-	00:08-	00:58&	02:54&	00:04-	01:16&	00:09+	00:01-	00:48-	00:06+	00:15-	02:43-	00:00=	00:04#
4	Hans Klausen	62	39:50										
06:55+	08:41+	11:52+	17:18+	18:18+	20:00+	22:59+	25:39+	30:03+	31:19+	34:00+	36:32+	39:27+	39:50+
06:55+	01:46-	03:11+	05:26+	01:00-	01:42-	02:59+	02:40+	04:24-	01:16-	02:41-	02:32-	02:55+	00:23-
03:22&	00:15-	00:37#	00:32#	00:05-	00:09-	00:41&	00:35&	01:34-	00:09-	00:14-	02:48-	00:43&	00:01-
5	Geir Husdal	93	41:00										
05:38+	07:21+	10:51+	16:55+	18:07+	20:26+	23:30+	26:05+	30:23+	31:57+	35:03+	38:15+	40:37+	41:00+
05:38+	01:43-	03:30+	06:04+	01:12+	02:19+	03:04+	02:35+	04:18-	01:34+	03:06+	03:12-	02:22+	00:23-
02:05&	00:18-	00:56&	01:10#	00:07#	00:28&	00:46&	00:30#	01:40-	00:09#	00:11+	02:08-	00:10+	00:01-
6	Kjell Langvik	93	41:55										
03:22-	05:13-	08:50+	14:13+	15:20+	17:41+	22:30+	24:46+	29:49+	33:05+	35:59+	39:23+	41:30+	41:55+
03:22-	01:51-	03:37+	05:23+	01:07+	02:21+	04:49+	02:16+	05:03-	03:16+	02:54-	03:24-	02:07-	00:25+
00:11-	00:10-	01:03&	00:29+	00:02+	00:30&	02:31@	00:11+	00:55-	01:51@	00:01-	01:56-	00:05-	00:01+

Class	Navn	Klasse										Tid	
7	Ingjald Egeland	7										49:07	
03:36+	05:33-	08:45+	14:24+	15:38+	19:13+	22:24+	25:55+	32:15+	34:00+	37:04+	45:57+	48:36+	49:07+
03:36+	01:57-	03:12+	05:39+	01:14+	03:35+	03:11+	03:31+	06:20+	01:45+	03:04+	08:53+	02:39+	00:31+
00:03+	00:04-	00:38#	00:45#	00:09#	01:44&	00:53&	01:26&	00:22+	00:20#	00:09+	03:33&	00:27#	00:07&
8	Terje Braut	92										51:18	
04:00+	06:17+	10:03+	17:14+	18:51+	21:38+	25:24+	28:40+	36:26+	38:54+	42:15+	46:35+	50:50+	51:18+
04:00+	02:17+	03:46+	07:11+	01:37+	02:47+	03:46+	03:16+	07:46+	02:28+	03:21+	04:20-	04:15+	00:28+
00:27#	00:16#	01:12&	02:17&	00:32&	00:56&	01:28&	01:11&	01:48&	01:03&	00:26#	01:00-	02:03&	00:04#
9	Norvald Skretting	43										51:48	
03:07-	07:51+	11:49+	17:19+	18:39+	21:59+	28:51+	31:32+	38:34+	40:27+	43:58+	48:06+	51:17+	51:48+
03:07-	04:44+	03:58+	05:30+	01:20+	03:20+	06:52+	02:41+	07:02+	01:53+	03:31+	04:08-	03:11+	00:31+
00:26-	02:43@	01:24&	00:36#	00:15#	01:29&	04:34@	00:36&	01:04#	00:28&	00:36#	01:12-	00:59&	00:07&
10	Harald Vatne	67										53:58	
04:02+	06:11+	16:06+	22:00+	23:23+	26:08+	30:27+	33:51+	39:39+	41:39+	44:46+	49:51+	53:29+	53:58+
04:02+	02:09+	09:55+	05:54+	01:23+	02:45+	04:19+	03:24+	05:48-	02:00+	03:07+	05:05-	03:38+	00:29+
00:29#	00:08+	07:21@	01:00#	00:18&	00:54&	02:01&	01:19&	00:10-	00:35&	00:12+	00:15-	01:26&	00:05#
11	Jan Bekkeheien	92										1:06:29	
04:11+	06:36+	10:15+	17:23+	18:44+	24:48+	31:51+	35:13+	47:49+	52:48+	57:14+	62:17+	65:53+	66:29+
04:11+	02:25+	03:39+	07:08+	01:21+	06:04+	07:03+	03:22+	12:36+	04:59+	04:26+	05:03-	03:36+	00:36+
00:38#	00:24#	01:05&	02:14&	00:16#	04:13@	04:45@	01:17&	06:38@	03:34@	01:31&	00:17-	01:24&	00:12&
12	Reidar Magne Liland	66										1:16:03	
07:03+	09:41+	31:54+	39:47+	41:34+	44:51+	49:22+	53:26+	60:21+	62:49+	67:08+	71:33+	74:58+	76:03+
07:03+	02:38+	22:13+	07:53+	01:47+	03:17+	04:31+	04:04+	06:55+	02:28+	04:19+	04:25-	03:25+	01:05+
03:30&	00:37&	19:39@	02:59&	00:42&	01:26&	02:13&	01:59&	00:57#	01:03&	01:24&	00:55-	01:13&	00:41@
13	Kjell Maudal	63										1:24:39	
08:33+	12:05+	15:34+	25:23+	27:26+	33:25+	38:59+	43:46+	51:49+	53:50+	58:06+	79:21+	83:42+	84:39+
08:33+	03:32+	03:29+	09:49+	02:03+	05:59+	05:34+	04:47+	08:03+	02:01+	04:16+	21:15+	04:21+	00:57+
05:00@	01:31&	00:55&	04:55@	00:58&	04:08@	03:16@	02:42@	02:05&	00:36&	01:21&	15:55@	02:09&	00:33@
Beste strekktid for klassen													
03:07	01:43	02:34	04:54	01:00	01:42	02:18	02:04	04:18	01:16	02:40	02:32	02:07	00:23

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

Herrer 80 år og eldre

1	Sigurd Krosli	93										41:24	
02:39=	05:35=	10:43=	14:08=	18:12=	23:32=	27:37=	29:18=	33:55=	38:48=	40:52=	41:24=		
02:39=	02:56=	05:08=	03:25=	04:04=	05:20=	04:05=	01:41=	04:37=	04:53=	02:04=	00:32=		
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										47:14	
02:31-	05:56+	11:23+	17:25+	21:52+	29:16+	33:54+	36:19+	40:09+	45:03+	46:33+	47:14+		
02:31-	03:25+	05:27+	06:02+	04:27+	07:24+	04:38+	02:25+	03:50-	04:54+	01:30-	00:41+		
00:08-	00:29#	00:19+	02:37&	00:23+	02:04&	00:33#	00:44&	00:47-	00:01+	00:34-	00:09&		
3	Magne Westerheim	93										49:12	
02:55+	06:31+	12:47+	19:29+	23:53+	31:10+	35:55+	38:15+	42:05+	46:55+	48:37+	49:12+		
02:55+	03:36+	06:16+	06:42+	04:24+	07:17+	04:45+	02:20+	03:50-	04:50-	01:42-	00:35+		
00:16#	00:40#	01:08#	03:17&	00:20+	01:57&	00:40#	00:39&	00:47-	00:03-	00:22-	00:03+		
4	Arne Karlsen	105										53:29	
02:58+	07:38+	13:32+	17:19+	24:13+	32:42+	38:32+	40:28+	44:02+	50:16+	52:19+	53:29+		
02:58+	04:40+	05:54+	03:47+	06:54+	08:29+	05:50+	01:56+	03:34-	06:14+	02:03-	01:10+		
00:19#	01:44&	00:46#	00:22#	02:50&	03:09&	01:45&	00:15#	01:03-	01:21&	00:01-	00:38@		
5	Peter Frafjord	116										1:11:25	
02:47+	08:56+	15:23+	20:03+	26:26+	32:30+	38:28+	41:40+	48:23+	65:20+	70:42+	71:25+		
02:47+	06:09+	06:27+	04:40+	06:23+	06:04+	05:58+	03:12+	06:43+	16:57+	05:22+	00:43+		
00:08+	03:13@	01:19&	01:15&	02:19&	00:44#	01:53&	01:31&	02:06&	12:04@	03:18@	00:11&		

Beste strekktid for klassen
02:31 02:56 05:08 03:25 04:04 05:20 04:05 01:41 03:34 04:50 01:30 00:32

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

Herrer A

1	Fredrik Omdal	74	35:41
00:43=	01:42= 02:39= 03:52= 05:31= 06:05= 07:55= 09:17= 11:44= 13:59= 14:45= 15:24= 18:46= 20:01= 21:55= 23:20= 25:55= 27:15= 29:26= 30:23= 31:18= 32:54= 33:46= 34:55= 35:23= 35:41=		
00:43=	00:59= 00:57= 01:13= 01:39= 00:34= 01:50= 01:22= 02:27= 02:15= 00:46= 00:39= 03:22= 01:15= 01:54= 01:25= 02:35= 01:20= 02:11= 00:57= 00:55= 01:36= 00:52= 01:09= 00:28= 00:18=		
00:00=	00:00= 00:00=		
2	Kenneth Mydland	29	37:50
01:00+	02:00+ 03:03+ 04:20+ 06:04+ 06:34+ 07:58+ 09:24+ 11:50+ 14:18+ 15:14+ 15:56+ 19:19+ 20:34+ 22:58+ 24:26+ 27:15+ 28:34+ 31:23+ 32:17+ 33:12+ 34:52+ 35:52+ 37:05+ 37:31+ 37:50+		
01:00+	01:00+ 01:03+ 01:17+ 01:44+ 00:30- 01:24- 01:26+ 02:26- 02:28+ 00:56+ 00:42+ 03:23+ 01:15= 02:24+ 01:28+ 02:49+ 01:19- 02:49+ 00:54- 00:55= 01:40+ 01:00+ 01:13+ 00:26- 00:19+		
00:17&	00:01+ 00:06# 00:04+ 00:05+ 00:04- 00:26- 00:04+ 00:01- 00:13+ 00:10# 00:03+ 00:01+ 00:00= 02:24+ 01:28+ 02:49+ 01:19- 02:49+ 00:54- 00:55= 01:40+ 01:00+ 01:13+ 00:26- 00:19+		
3	Fredrik Sandal	88	37:59
00:50+	01:59+ 03:02+ 04:13+ 06:04+ 06:34+ 07:57+ 10:24+ 12:14+ 14:35+ 15:32+ 16:15+ 18:50+ 20:08+ 22:18+ 23:41+ 26:26+ 28:56+ 31:17+ 32:14+ 33:04+ 34:55+ 35:55+ 37:08+ 37:37+ 37:59+		
00:50+	01:09+ 01:03+ 01:11- 01:51+ 00:30- 01:23- 02:27+ 01:50- 02:21+ 00:57+ 00:43+ 02:35- 01:18+ 02:10+ 01:23- 02:45+ 02:30+ 02:21+ 00:57= 00:50- 01:51+ 01:00+ 01:13+ 00:29+ 00:22+		
00:07#	00:10# 00:06# 00:02- 00:12# 00:04- 00:27- 01:05& 00:37- 00:06+ 00:11# 00:04# 00:47- 00:03+ 00:16# 00:02- 00:10+ 01:10& 00:10+ 00:00= 00:05- 00:15# 00:08# 00:04+ 00:01+ 00:04#		
4	Thomas Olsen Schive	126	39:23
00:43=	01:41- 02:45+ 03:58+ 05:39+ 06:24+ 07:36- 08:53- 10:58- 14:16+ 15:00+ 15:46+ 18:34- 20:32+ 23:00+ 24:26+ 27:24+ 29:34+ 32:41+ 33:33+ 34:35+ 36:09+ 37:13+ 38:36+ 39:04+ 39:23+		
00:43=	00:58- 01:04+ 01:13= 01:41+ 00:45+ 01:12- 01:17- 02:05- 03:18+ 00:44- 00:46+ 02:48- 01:58+ 02:28+ 01:26+ 02:58+ 02:10+ 03:07+ 00:52- 01:02+ 01:34- 01:04+ 01:23+ 00:28= 00:19+		
00:00=	00:01- 00:07# 00:00= 00:02+ 00:11& 00:38- 00:05- 00:22- 01:03& 00:02- 00:07# 00:34- 00:43& 00:34& 00:01+ 00:23# 00:50& 00:56& 00:05- 00:07# 00:02- 00:12# 00:14# 00:00= 00:01+		
5	Kristian Haarr	27	43:54
01:18+	02:30+ 03:52+ 05:16+ 07:14+ 07:59+ 09:25+ 11:02+ 13:14+ 16:22+ 17:17+ 18:02+ 22:29+ 24:08+ 26:46+ 28:22+ 31:47+ 33:43+ 36:36+ 37:38+ 38:46+ 40:33+ 41:36+ 43:01+ 43:32+ 43:54+		
01:18+	01:12+ 01:22+ 01:24+ 01:58+ 00:45+ 01:26- 01:37+ 02:12- 03:08+ 00:55+ 00:45+ 04:27+ 01:39+ 02:38+ 01:36+ 03:25+ 01:56+ 02:53+ 01:02+ 01:08+ 01:47+ 01:03+ 01:25+ 00:31+ 00:22+		
00:35&	00:13# 00:25& 00:11# 00:19# 00:11& 00:24- 00:15# 00:15- 00:53& 00:09# 00:06# 01:05& 00:24& 00:44& 00:11# 00:50& 00:36& 00:42& 00:05+ 00:13# 00:11# 00:11# 00:16# 00:03# 00:04#		
6	Martin Blystad	115	47:10
00:49+	01:56+ 03:27+ 04:55+ 06:53+ 07:31+ 09:30+ 11:12+ 14:38+ 17:38+ 18:32+ 19:21+ 23:30+ 25:17+ 28:07+ 29:38+ 32:40+ 34:09+ 39:12+ 40:23+ 41:33+ 43:43+ 44:49+ 46:18+ 46:50+ 47:10+		
00:49+	01:07+ 01:31+ 01:28+ 01:58+ 00:38+ 01:59+ 01:42+ 03:26+ 03:00+ 00:54+ 00:49+ 04:09+ 01:47+ 02:50+ 01:31+ 03:02+ 01:29+ 05:03+ 01:11+ 01:10+ 02:10+ 01:06+ 01:29+ 00:32+ 00:20+		
00:06#	00:08# 00:34& 00:15# 00:19# 00:04# 00:09+ 00:20# 00:59& 00:45& 00:08# 00:10& 00:47# 00:32& 00:56& 00:06+ 00:27# 00:09# 02:52@ 00:14# 00:15& 00:34& 00:14& 00:20& 00:04# 00:02#		
7	Mathias Nødland	194	49:52
01:08+	02:21+ 03:50+ 05:12+ 07:16+ 08:05+ 09:51+ 11:22+ 14:05+ 16:54+ 18:07+ 19:29+ 23:40+ 25:35+ 29:14+ 30:42+ 34:09+ 35:50+ 39:52+ 41:17+ 43:10+ 45:39+ 47:13+ 48:44+ 49:31+ 49:52+		
01:08+	01:13+ 01:29+ 01:22+ 02:04+ 00:49+ 01:46- 01:31+ 02:43+ 02:49+ 01:13+ 01:22+ 04:11+ 01:55+ 03:39+ 01:28+ 03:27+ 01:41+ 04:02+ 01:25+ 01:53+ 02:29+ 01:34+ 01:31+ 00:47+ 00:21+		
00:25&	00:14# 00:32& 00:09# 00:25& 00:15& 00:04- 00:09# 00:16# 00:34& 00:27& 00:43@ 00:49# 00:40& 01:45& 00:03+ 00:52& 00:21& 01:51& 00:28& 00:58@ 00:53& 00:42& 00:22& 00:19& 00:03#		

Beste strekktid for klassen
 00:43 00:58 00:57 01:11 01:39 00:30 01:12 01:17 01:50 02:15 00:44 00:39 02:35 01:15 01:54 01:23 02:35 01:19 02:11 00:52 00:50 01:34 00:52 01:09 00:26 00:18

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

Herrer B

1	Morten Aamodt	116	39:44
00:47=	01:52= 02:56= 04:22= 06:17= 06:53= 08:37= 10:32= 12:54= 15:52= 16:47= 17:35= 19:54= 21:38= 23:53= 25:21= 28:33= 29:53= 32:33= 33:28= 34:45= 36:28= 37:24= 38:55= 39:24= 39:44=		
00:47=	01:05= 01:04= 01:26= 01:55= 00:36= 01:44= 01:55= 02:22= 02:58= 00:55= 00:48= 02:19= 01:44= 02:15= 01:28= 03:12= 01:20= 02:40= 00:55= 01:17= 01:43= 00:56= 01:31= 00:29= 00:20=		
00:00=	00:00= 00:00=		
2	Stein Arne Olsen	68	40:52
00:52+	02:00+ 03:10+ 04:57+ 06:56+ 07:30+ 09:06+ 11:27+ 13:37+ 16:20+ 17:15+ 18:06+ 20:36+ 21:57+ 24:31+ 26:12+ 29:12+ 31:41+ 34:17+ 35:20+ 36:17+ 37:57+ 38:53+ 40:07+ 40:34+ 40:52+		
00:52+	01:08+ 01:10+ 01:47+ 01:59+ 00:34- 01:36- 02:21+ 02:10- 02:43- 00:55= 00:51+ 02:30+ 01:21- 02:34+ 01:41+ 03:00- 02:29+ 02:36- 01:03+ 00:57- 01:40- 00:56= 01:14- 00:27- 00:18-		
00:05#	00:03+ 00:06+ 00:21# 00:04+ 00:02- 00:08- 00:26# 00:12- 00:15- 00:00= 00:03+ 00:11+ 00:23- 00:19# 00:13# 00:12- 01:09& 00:04- 00:08# 00:20- 00:03- 00:00= 00:17- 00:02- 00:02-		
3	Geir Sand	105	41:40
00:55+	02:06+ 03:19+ 04:40+ 06:27+ 07:00+ 08:24- 09:49- 11:50- 14:46- 15:39- 16:22- 18:40- 20:04- 23:02- 24:35- 27:44- 31:08+ 34:05+ 35:19+ 36:29+ 38:46+ 39:43+ 40:55+ 41:23+ 41:40+		
00:55+	01:11+ 01:13+ 01:21- 01:47- 00:33- 01:24- 01:25- 02:01- 02:56- 00:53- 00:43- 02:18- 01:24- 02:58+ 01:33+ 03:09- 03:24+ 02:57+ 01:14+ 01:10- 02:17+ 00:57+ 01:12- 00:28- 00:17-		
00:08#	00:06+ 00:09# 00:05- 00:08- 00:03- 00:20- 00:30- 00:21- 00:02- 00:02- 00:05- 00:01- 00:20- 00:43& 00:05+ 00:03- 02:04@ 00:17# 00:19& 00:07- 00:34& 00:01+ 00:19- 00:01- 00:03-		
4	Per Olav Haarr	62	41:42
01:08+	02:26+ 03:33+ 05:06+ 07:00+ 07:40+ 09:04+ 11:12+ 13:35+ 16:10+ 17:06+ 17:50+ 21:03+ 22:37+ 24:53+ 26:24+ 29:38+ 31:18+ 34:18+ 35:24+ 36:48+ 38:29+ 39:25+ 40:56+ 41:24+ 41:42+		
01:08+	01:18+ 01:07+ 01:33+ 01:54- 00:40+ 01:24- 02:08+ 02:23+ 02:35- 00:56+ 00:44- 03:13+ 01:34- 02:16+ 01:31+ 03:14+ 01:40+ 03:00+ 01:06+ 01:24+ 01:41- 00:56= 01:31= 00:28- 00:18-		
00:21&	00:13# 00:03+ 00:07+ 00:01- 00:04# 00:20- 00:13# 00:01+ 00:23- 00:01+ 00:04- 00:54& 00:10- 00:01+ 00:03+ 00:02+ 00:20# 00:20# 00:11# 00:07+ 00:02- 00:00= 00:00= 00:01- 00:02-		
5	Tom Furland	62	42:09
00:46-	01:59+ 03:12+ 04:50+ 06:51+ 07:25+ 08:52+ 10:31- 12:54= 15:53+ 16:43- 17:32- 19:53- 21:32- 26:08+ 27:41+ 31:00+ 32:40+ 35:22+ 36:22+ 37:16+ 39:03+ 40:02+ 41:19+ 41:46+ 42:09+		
00:46-	01:13+ 01:13+ 01:38+ 02:01+ 00:34- 01:27- 01:39- 02:23+ 02:59+ 00:50- 00:49+ 02:21+ 01:39- 04:36+ 01:33+ 03:19+ 01:40+ 02:42+ 01:00+ 00:54- 01:47+ 00:59+ 01:17- 00:27- 00:23+		
00:01-	00:08# 00:09# 00:12# 00:06+ 00:02- 00:17- 00:16- 00:01+ 00:01+ 00:05- 00:01+ 00:02+ 00:05- 02:21@ 00:05+ 00:07+ 00:20# 00:02+ 00:05+ 00:23- 00:04+ 00:03+ 00:14- 00:02- 00:03#		

Class	Navn	Klasse	Tid																						
6	Joar Eilevstjønn	67	42:50																						
00:45-	01:48-	02:49-	04:10-	06:03-	06:37-	08:03-	10:12-	12:26-	15:28-	17:43+	18:27+	22:39+	24:27+	26:49+	28:13+	31:08+	33:54+	36:19+	37:23+	38:19+	39:59+	40:54+	42:08+	42:32+	42:50+
00:45-	01:03-	01:01-	01:21-	01:53-	00:34-	01:26-	02:09+	02:14-	03:02+	02:15+	00:44-	04:12+	01:48+	02:22+	01:24-	02:55-	02:46+	02:25-	01:04+	00:56-	01:40-	00:55-	01:14-	00:24-	00:18-
00:02-	00:02-	00:03-	00:05-	00:02-	00:02-	00:18-	00:14#	00:08-	00:04+	01:20#	00:04-	01:53&	00:04+	00:07+	00:04-	00:17-	01:26#	00:15-	00:09#	00:21-	00:03-	00:01-	00:17-	00:05-	00:02-
7	Jørgen Breivold	54	46:10																						
01:09+	02:34+	04:41+	06:05+	08:06+	08:41+	10:58+	12:50+	15:33+	18:08+	18:59+	19:47+	22:35+	24:23+	27:25+	29:11+	32:28+	34:15+	37:02+	38:13+	39:21+	41:30+	42:41+	45:21+	45:49+	46:10+
01:09+	01:25+	02:07+	01:24-	02:01+	00:35-	02:17+	01:52-	02:43+	02:35-	00:51-	00:48-	02:48+	01:48+	03:02+	01:46+	03:17+	01:47+	02:47+	01:11+	01:08-	02:09+	01:11+	02:40+	00:28-	00:21+
00:22&	00:20&	01:03&	00:02-	00:06+	00:01-	00:33&	00:03-	00:21#	00:23-	00:04-	00:00-	00:29#	00:04+	00:47&	00:18#	00:05+	00:27&	00:07+	00:16&	00:09-	00:26&	00:15&	01:09&	00:01-	00:01+
8	Terje Michaelsen	47	49:26																						
00:44-	01:47-	02:59+	04:39+	06:31+	07:16+	09:00+	10:46+	13:18+	17:13+	18:07+	18:49+	26:36+	27:59+	30:22+	32:01+	35:33+	36:58+	39:59+	41:07+	42:23+	44:51+	46:07+	48:37+	49:07+	49:26+
00:44-	01:03-	01:12+	01:40+	01:52-	00:45+	01:44-	01:46-	02:32+	03:55+	00:54-	00:42-	07:47+	01:23-	02:23+	01:39+	03:32+	01:25+	03:01+	01:08+	01:16-	02:28+	01:16+	02:30+	00:30+	00:19-
00:03-	00:02-	00:08#	00:14#	00:03-	00:09#	00:00-	00:09-	00:10+	00:57&	00:01-	00:06-	05:28#	00:21-	00:08+	00:11#	00:20#	00:05+	00:21#	00:13#	00:01-	00:45&	00:20&	00:59&	00:01+	00:01-
9	Øyvind Rummelhoff	27	51:27																						
00:55+	01:59+	03:10+	04:36+	06:34+	09:06+	10:44+	12:09+	16:41+	19:58+	20:47+	21:32+	24:42+	26:33+	28:45+	30:18+	33:11+	38:04+	40:55+	42:21+	45:08+	47:28+	48:37+	50:11+	50:58+	51:27+
00:55+	01:04-	01:11+	01:26-	01:58+	02:32+	01:38-	01:25-	04:32+	03:17+	00:49-	00:45-	03:10+	01:51+	02:12-	01:33+	02:53-	04:53+	02:51+	01:26+	02:47+	02:20+	01:09+	01:34+	00:47+	00:29+
00:08#	00:01-	00:07#	00:00-	00:03+	01:56#	00:06-	00:30-	02:10&	00:19#	00:06-	00:03-	00:51&	00:07+	00:03-	00:05+	00:19-	03:33#	00:11+	00:31&	01:30#	00:37&	00:13#	00:03+	00:18&	00:09&
10	Trond Sigurd Fotland	66	53:10																						
01:16+	02:34+	03:58+	05:38+	07:51+	09:08+	10:57+	12:33+	15:13+	18:37+	21:50+	22:39+	27:34+	29:39+	33:53+	35:37+	39:25+	41:15+	44:30+	45:50+	46:57+	49:14+	50:28+	52:02+	52:47+	53:10+
01:16+	01:18+	01:24+	01:40+	02:13+	01:17+	01:49+	01:36-	02:40+	03:24+	03:13+	00:49+	04:55+	02:05+	04:14+	01:44+	03:48+	01:50+	03:15+	01:20+	01:07-	02:17+	01:14+	01:34+	00:45+	00:23+
00:29&	00:13#	00:20&	00:14#	00:18#	00:41#	00:05+	00:19-	00:18#	00:26#	02:18#	00:01+	02:36#	00:21#	01:59&	00:16#	00:36#	00:30&	00:35#	00:25&	00:10-	00:34&	00:18&	00:03+	00:16&	00:03#
11	Espen Fyhn Nilsen	116	56:32																						
00:59+	02:31+	03:48+	05:33+	08:19+	09:18+	11:08+	13:29+	16:45+	20:40+	21:45+	22:47+	28:32+	30:59+	34:48+	36:46+	40:49+	42:40+	46:16+	47:40+	49:21+	52:12+	53:42+	55:21+	56:05+	56:32+
00:59+	01:32+	01:17+	01:45+	02:46+	00:59+	01:50+	02:21+	03:16+	02:40+	01:05+	01:02+	05:45+	02:27+	03:49+	01:58+	04:03+	01:51+	03:36+	01:24+	01:51+	02:51+	01:30+	01:39+	00:44+	00:27+
00:12&	00:27&	00:13#	00:19#	00:51&	00:23&	00:06+	00:26#	00:54&	00:57&	00:10#	00:14&	03:26#	00:43&	01:34&	00:30&	00:51&	00:31&	00:56&	00:29&	00:24&	01:08&	00:34&	00:08+	00:15&	00:07&
12	Øystein Amundrud	90	58:35																						
01:00+	02:17+	03:43+	05:19+	07:31+	09:08+	12:32+	14:30+	17:48+	22:14+	23:18+	24:11+	28:08+	29:59+	35:23+	37:26+	41:34+	43:22+	48:11+	49:38+	50:56+	53:29+	54:58+	57:18+	58:08+	58:35+
01:00+	01:17+	01:26+	01:36+	02:12+	01:37+	03:24+	01:58+	03:18+	04:26+	01:04+	00:53+	03:57+	01:51+	05:24+	02:03+	04:08+	01:48+	04:49+	01:27+	01:18+	02:33+	01:29+	02:20+	00:50+	00:27+
00:13&	00:12#	00:22&	00:10#	00:17#	01:01#	01:40&	00:03+	00:56&	01:28&	00:09#	00:05#	01:38&	00:07+	03:09#	00:35&	00:56&	00:28&	02:09&	00:32&	00:01+	00:50&	00:33&	00:49&	00:21&	00:07&

Beste strekktid for klassen
00:44 01:03 01:01 01:21 01:47 00:33 01:24 01:25 02:01 02:35 00:49 00:42 02:18 01:21 02:12 01:24 02:53 01:20 02:25 00:55 00:54 01:40 00:55 01:12 00:24 00:17

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

Herrer C

1	Trond Nilsen Lamark	114	41:00																				
01:38=	02:55=	04:44=	07:26=	10:52=	13:03=	14:43=	15:52=	18:18=	19:58=	20:42=	22:24=	23:56=	24:57=	27:24=	29:20=	32:16=	34:41=	35:47=	37:59=	39:03=	40:07=	40:41=	41:00=
01:38=	01:17=	01:49=	02:42=	03:26=	02:11=	01:40=	01:09=	02:26=	01:40=	00:44=	01:42=	01:32=	01:01=	02:27=	01:56=	02:56=	02:25=	01:06=	02:12=	01:04=	01:04=	00:34=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Nils John Vestøl	83	43:19																				
01:20-	02:48-	04:45+	07:08-	11:11+	13:26+	16:01+	17:25+	19:50+	20:56+	21:42+	23:15+	24:41+	25:37+	27:55+	32:22+	35:04+	36:52+	38:07+	40:13+	41:14+	42:30+	43:01+	43:19+
01:20-	01:28+	01:57+	02:13-	04:03+	02:15+	02:35+	01:24+	02:25-	01:06-	00:46+	01:33-	01:26-	00:56-	02:18-	04:27+	02:42-	01:48-	01:15+	02:06-	01:01-	01:16+	00:31-	00:18-
00:18-	00:11#	00:08+	00:19-	00:37#	00:04+	00:55&	00:15#	00:01-	00:34-	00:02+	00:09-	00:06-	00:05-	00:09-	02:31#	00:14-	00:37-	00:09#	00:06-	00:03-	00:12#	00:03-	00:01-
3	Henning Sundby	114	43:22																				
01:18-	02:34-	03:59-	06:17-	11:25+	13:34+	14:52+	16:19+	18:32+	19:45-	20:46+	22:24=	24:30+	25:24+	27:41+	29:29+	31:55-	33:33-	38:09+	40:17+	41:18+	42:24+	43:02+	43:22+
01:18-	01:16-	01:25-	02:18-	05:08+	02:09-	01:18-	01:27+	02:13-	01:13-	01:01+	01:38-	02:06+	00:54+	02:17-	01:48-	02:26-	01:38-	04:36+	02:08-	01:01-	01:06+	00:38+	00:20+
00:20-	00:01-	00:24-	00:19-	01:42&	00:02-	00:22-	00:18&	00:13-	00:27-	00:17&	00:04-	00:34&	00:07-	00:10-	00:08-	00:30-	00:47-	03:30#	00:04-	00:03-	00:02+	00:04#	00:01+
4	Harald Klippenberg	59	45:33																				
01:28-	03:34+	05:20+	08:35+	11:57+	14:45+	16:12+	17:46+	20:35+	22:01+	22:58+	24:45+	26:19+	27:20+	29:45+	31:59+	34:57+	36:59+	38:23+	41:44+	43:05+	44:22+	45:12+	45:33+
01:28-	02:06+	01:46-	03:15+	03:22-	02:48+	01:27-	01:34+	02:49+	01:26-	00:57+	01:47+	01:34+	01:01=	02:25-	02:14+	02:58+	02:02-	01:24+	03:21+	01:21+	01:17+	00:50+	00:21+
00:10-	00:49&	00:03-	00:33#	00:04-	00:37&	00:13-	00:25&	00:23#	00:14-	00:13&	00:05+	00:02+	00:00=	00:02-	00:18#	00:02+	00:23-	00:18&	01:09&	00:17&	00:13#	00:16&	00:02#
5	Øivind Berggraf	116	47:10																				
01:28-	03:15+	05:08+	07:56+	10:49-	13:19+	15:06+	16:36+	19:01+	20:36+	22:37+	24:43+	26:22+	27:26+	30:01+	32:23+	35:44+	38:59+	40:30+	43:14+	44:22+	46:04+	46:49+	47:10+
01:28-	01:47+	01:53+	02:48+	02:53-	02:30+	01:47+	01:30+	02:25-	01:35-	02:01+	02:06+	01:39+	01:04+	02:35+	02:22+	03:21+	03:15+	01:31+	02:44+	01:08+	01:42+	00:45+	00:21+
00:10-	00:30&	00:04+	00:06+	00:33-	00:19#	00:07+	00:21&	00:01-	00:05-	01:17#	00:24#	00:07+	00:03+	00:08+	00:26#	00:25#	00:50&	00:25&	00:32#	00:04+	00:38&	00:11&	00:02#
6	Sturle Omdal	116	47:54																				
01:25-	02:48-	04:32-	08:14+	11:19+	13:51+	15:18+	17:10+	19:51+	21:22+	22:33+	24:34+	26:13+	27:25+	30:04+	32:17+	35:13+	37:39+	42:00+	44:19+	45:49+	47:03+	47:35+	47:54+
01:25-	01:23+	01:44-	03:42+	03:05-	02:32+	01:27-	01:52+	02:41+	01:31-	01:11+	02:01+	01:39+	01:12+	02:39+	02:13+	02:56=	02:26+	04:21+	02:19+	01:30+	01:14+	00:32-	00:19=
00:13-	00:06+	00:05-	01:00&	00:21-	00:21#	00:13-	00:43&	00:15#	00:09-	00:27&	00:19#	00:07+											

Class	Navn	Klasse										Tid											
7	Erling Mauland	83										50:42											
01:47+	05:04+	07:10+	10:27+	13:34+	16:40+	18:43+	20:07+	23:02+	24:28+	25:41+	27:43+	29:37+	30:36+	33:24+	36:22+	39:41+	42:08+	43:30+	46:26+	47:51+	49:28+	50:20+	50:42+
01:47+	03:17+	02:06+	03:17+	03:07-	03:06+	02:03+	01:24+	02:55+	01:26-	01:13+	02:02+	01:54+	00:59-	02:48+	02:58+	03:19+	02:27+	01:22+	02:56+	01:25+	01:37+	00:52+	00:22+
00:09+	02:00#	00:17#	00:35#	00:19-	00:55&	00:23#	00:15#	00:29#	00:14-	00:29&	00:20#	00:22#	00:02-	00:21#	01:02&	00:23#	00:02+	00:16#	00:44&	00:21&	00:33&	00:18&	00:03#
8	Sveinung Svebestad	46										53:11											
01:33-	03:17+	04:59+	08:36+	11:17+	14:10+	16:00+	17:52+	20:43+	22:16+	23:10+	25:10+	27:03+	28:09+	30:44+	36:56+	40:31+	43:21+	44:44+	49:08+	50:36+	52:03+	52:44+	53:11+
01:33-	01:44+	01:42-	03:37+	02:41-	02:53+	01:50+	01:52+	02:51+	01:33-	00:54+	02:00+	01:53+	01:06+	02:35+	06:12+	03:35+	02:50+	01:23+	04:24+	01:28+	01:27+	00:41+	00:27+
00:05-	00:27&	00:07-	00:55&	00:45-	00:42&	00:10#	00:43&	00:25#	00:07-	00:10#	00:18#	00:21#	00:05+	00:08+	04:16@	00:39#	00:25#	00:17&	02:12&	00:24&	00:23&	00:07#	00:08&
9	Bertrand Denieul	42										53:58											
01:38=	03:02+	04:43-	07:20-	09:54-	15:48+	17:37+	18:48+	21:14+	22:46+	23:33+	26:01+	27:47+	31:48+	34:22+	37:08+	42:36+	44:54+	47:42+	50:40+	51:46+	52:54+	53:38+	53:58+
01:38=	01:24+	01:41-	02:37-	02:34-	05:54+	01:49+	01:11+	02:26=	01:32-	00:47+	02:28+	01:46+	04:01+	02:34+	02:46+	05:28+	02:18-	02:48+	02:58+	01:06+	01:08+	00:44+	00:20+
00:00=	00:07+	00:08-	00:05-	00:52-	03:43@	00:09+	00:02+	00:00=	00:08-	00:03+	00:46&	00:14#	03:00#	00:07+	00:50&	02:32&	00:07-	01:42@	00:46&	00:02+	00:04+	00:10&	00:01+
10	Øistein Haaland	116										54:07											
06:12+	07:55+	09:51+	12:49+	15:24+	18:57+	20:53+	21:59+	24:53+	26:27+	27:12+	29:19+	31:03+	32:10+	35:03+	37:14+	40:23+	42:56+	46:04+	48:54+	50:23+	52:58+	53:40+	54:07+
06:12+	01:43+	01:56+	02:58+	02:35-	03:33+	01:56+	01:06-	02:54+	01:34-	00:45+	02:07+	01:44+	01:07+	02:53+	02:11+	03:09+	02:33+	03:08+	02:50+	01:29+	02:35+	00:42+	00:27+
04:34@	00:26&	00:07+	00:16+	00:51-	01:22&	00:16#	00:03-	00:28#	00:06-	00:01+	00:25#	00:12#	00:06+	00:26#	00:15#	00:13+	00:08+	02:02@	00:38&	00:25&	01:31@	00:08#	00:08&
11	Svein Oddvar Netland	116										54:59											
01:47+	03:27+	08:52+	11:15+	14:28+	17:12+	20:36+	22:31+	27:01+	28:42+	29:33+	31:43+	33:36+	34:40+	37:20+	39:47+	43:41+	46:29+	47:58+	50:19+	51:56+	53:50+	54:36+	54:59+
01:47+	01:40+	05:25+	02:23-	03:13-	02:44+	03:24+	01:55+	04:30+	01:41+	00:51+	02:10+	01:53+	01:04+	02:40+	02:27+	03:54+	02:48+	01:29+	02:21+	01:37+	01:54+	00:46+	00:23+
00:09+	00:23&	03:36@	00:19-	00:13-	00:33&	01:44@	00:46&	02:04&	00:01+	00:07#	00:28&	00:21#	00:03+	00:13+	00:31&	00:58&	00:23#	00:23&	00:09+	00:33&	00:50&	00:12&	00:04#
12	Pål H. Gjerden	116										1:02:24											
01:45+	04:51+	08:43+	12:40+	16:20+	19:38+	21:31+	23:28+	26:43+	29:00+	30:33+	32:56+	35:01+	36:33+	39:38+	42:19+	46:16+	48:33+	53:00+	56:39+	58:01+	60:58+	61:54+	62:24+
01:45+	03:06+	03:52+	03:57+	03:40+	03:18+	01:53+	01:57+	03:15+	02:17+	01:33+	02:23+	02:05+	01:32+	03:05+	02:41+	03:57+	02:17-	04:27+	03:39+	01:22+	02:57+	00:56+	00:30+
00:07+	01:49@	02:03@	01:15&	00:14+	01:07&	00:13#	00:48&	00:49&	00:37&	00:49@	00:41&	00:33&	00:31&	00:38&	00:45&	01:01&	00:08-	03:21@	01:27&	00:18&	01:53@	00:22&	00:11&
Beste strekktid for klassen																							
01:18	01:16	01:25	02:18	02:34	02:09	01:18	01:06	02:13	01:06	00:44	01:33	01:26	00:54	02:17	01:48	02:26	01:38	01:06	02:06	01:01	01:04	00:31	00:18

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

Herrer Ny

1	Carlos Lluna	287										33:38											
01:48=	16:53=	17:31=	18:33=	20:20=	22:41=	24:15=	27:50=	28:51=	29:52=	32:48=	33:38=												
01:48=	15:05=	00:38=	01:02=	01:47=	02:21=	01:34=	03:35=	01:01=	01:01=	02:56=	00:50=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												

Beste strekktid for klassen

01:48 15:05 00:38 01:02 01:47 02:21 01:34 03:35 01:01 01:01 02:56 00:50

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

Herrer Trim

1	Bruno Pierfelice	51										26:35											
01:18=	03:21=	06:22=	09:00=	13:26=	16:08=	19:16=	20:20=	22:11=	25:16=	26:17=	26:35=												
01:18=	02:03=	03:01=	02:38=	04:26=	02:42=	03:08=	01:04=	01:51=	03:05=	01:01=	00:18=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Stig Erlend Ollestad	51										28:03											
01:24+	03:12-	07:35+	10:26+	13:10-	18:40+	21:24+	22:17+	23:40+	26:55+	27:44+	28:03+												
01:24+	01:48-	04:23+	02:51+	02:44-	05:30+	02:44-	00:53-	01:23-	03:15+	00:49-	00:19+												
00:06+	00:15-	01:22&	00:13+	01:42-	02:48@	00:24-	00:11-	00:28-	00:10+	00:12-	00:01+												
3	Rune Jonassen	372										30:10											
01:26+	02:49-	06:52+	10:03+	13:11-	17:45+	21:09+	23:08+	24:51+	28:40+	29:44+	30:10+												
01:26+	01:23-	04:03+	03:11+	03:08-	04:34+	03:24+	01:59+	01:43-	03:49+	01:04+	00:26+												
00:08#	00:40-	01:02&	00:33#	01:18-	01:52&	00:16+	00:55&	00:08-	00:44#	00:03+	00:08&												
4	Svein Erik Bjørnsen	91										30:11											
01:50+	03:36+	07:29+	10:21+	13:50+	17:07+	20:18+	23:03+	25:00+	28:29+	29:44+	30:11+												
01:50+	01:46-	03:53+	02:52+	03:29-	03:17+	03:11+	02:45+	01:57+	03:29+	01:15+	00:27+												
00:32&	00:17-	00:52&	00:14+	00:57-	00:35#	00:03+	01:41@	00:06+	00:24#	00:14#	00:09&												

Class	Navn	Klasse	Tid
5	Roger Nyseth	92	30:20
01:55+	03:34+	08:15+	10:34+
01:55+	01:39-	04:41+	02:19-
00:37&	00:24-	01:40&	00:19-
14:03+	17:39+	21:23+	22:42+
03:36+	03:44+	01:19+	01:51=
00:54&	00:36#	00:15#	00:00=
28:34+	29:46+	30:20+	00:16&
6	Arne Magne Sondresen	92	30:27
01:39+	03:46+	07:25+	10:45+
01:39+	02:07+	03:39+	03:20+
00:21&	00:04+	00:38#	00:42&
13:37+	16:58+	20:05+	21:01+
03:21+	03:07-	00:56-	01:26-
00:39#	00:01-	00:08-	00:25-
28:51+	29:56+	30:27+	00:13&
7	Per Marthon Møland	5	32:56
01:47+	03:46+	07:54+	10:34+
01:47+	01:59-	04:08+	02:40+
00:29&	00:04-	01:07&	00:02+
13:44+	17:08+	20:32+	21:48+
03:24+	03:24+	01:16+	02:31+
00:42&	00:16+	00:12#	00:40&
31:11+	32:29+	32:56+	00:09&
8	Knut Husdal	93	33:54
01:51+	03:57+	08:07+	10:28+
01:51+	02:06+	04:10+	02:21-
00:33&	00:03+	01:09&	00:17-
14:06+	18:41+	24:08+	25:23+
04:35+	05:27+	01:15+	01:49-
01:53&	02:19&	00:11#	00:02-
27:12+	32:17+	33:29+	33:54+
9	Lars Salvesen	50	34:15
02:21+	04:27+	08:58+	13:12+
02:21+	02:06+	04:31+	04:14+
01:03&	00:03+	01:30&	01:36&
17:18+	20:59+	24:46+	26:27+
03:41+	03:47+	01:41+	02:06+
00:59&	00:39#	00:37&	00:15#
32:28+	33:46+	34:15+	00:11&
10	Jarl Steinar Berntsen	27	34:29
02:01+	06:08+	10:13+	14:12+
02:01+	04:07+	04:05+	03:59+
00:43&	02:04@	01:04&	01:21&
17:25+	20:38+	24:26+	25:37+
03:13-	03:13-	03:48+	01:11+
00:31#	00:40#	00:07#	00:19#
34:29+	00:30+	00:12&	00:18&
11	Rolf Kristian Folgeroe	27	37:01
02:04+	05:54+	09:49+	13:27+
02:04+	03:50+	03:55+	03:38+
00:46&	01:47&	00:54&	01:00&
20:45+	24:35+	25:45+	28:02+
03:56+	03:50+	01:10+	02:17+
01:14&	00:42#	00:06+	00:26#
34:51+	36:27+	37:01+	00:16&
12	Sivert Alf Sivertsen	372	37:22
03:05+	07:26+	11:56+	16:18+
03:05+	04:21+	04:30+	04:22+
01:47@	02:18@	01:29&	01:44&
19:40+	22:50+	26:45+	28:16+
03:10+	03:55+	01:31+	02:13+
00:28#	00:47#	00:27&	00:22#
35:33+	36:51+	37:22+	00:13&
13	Reidar Haver	4	37:25
01:53+	04:26+	08:51+	11:43+
01:53+	02:33+	04:25+	02:52+
00:35&	00:30#	01:24&	00:14+
14:49+	19:12+	22:56+	24:19+
01:41&	00:36#	00:19&	00:21#
35:37+	36:54+	37:25+	00:13&
14	Ivar Aalbu	29	38:11
02:05+	08:32+	14:00+	16:16+
02:05+	06:27+	05:28+	02:16-
00:47&	04:24@	02:27&	00:22-
19:45+	24:17+	27:59+	29:07+
04:32+	03:42+	01:08+	02:09+
01:50&	00:34#	00:04+	00:18#
31:16+	36:03+	37:37+	38:11+
15	Svein Mæle	43	38:24
01:45+	04:24+	08:24+	10:51+
01:45+	02:39+	04:00+	02:27-
00:27&	00:36&	00:59&	00:11-
14:52+	18:28+	22:23+	26:35+
03:36+	03:55+	04:12+	03:41+
00:54&	00:47#	03:08@	01:50&
36:39+	37:57+	38:24+	00:09&
16	Arne Hope	43	40:11
02:14+	05:35+	11:11+	14:32+
02:14+	03:21+	05:36+	03:21+
00:56&	01:18&	02:35&	00:43&
18:21+	24:00+	28:16+	30:00+
03:49-	05:39+	04:16+	01:44+
02:57@	01:08&	00:40&	00:36&
32:27+	37:44+	39:40+	40:11+
17	Cato Bjerkeli	237	40:40
01:50+	04:16+	08:12+	10:42+
01:50+	02:26+	03:56+	02:30-
00:32&	00:23#	00:55&	00:08-
24:01+	28:01+	29:23+	31:29+
01:04&	00:52&	00:18&	00:15#
38:50+	40:08+	40:40+	00:14&
18	Frode Følgesvold	5	41:24
02:08+	04:34+	09:09+	16:14+
02:08+	02:26+	04:35+	07:05+
00:50&	00:23#	01:34&	04:27@
19:44+	23:13+	27:57+	31:36+
03:29+	04:44+	03:39+	02:18+
00:47&	01:36&	02:35@	00:27#
39:12+	40:58+	41:24+	00:08&
19	Jan Henrik Neuenkirchen	117	41:36
01:56+	04:39+	10:53+	15:32+
01:56+	02:43+	06:14+	04:39+
00:38&	00:40&	03:13@	02:01&
19:06+	23:24+	27:16+	28:36+
04:18+	03:52+	01:20+	04:37+
01:36&	00:44#	00:16#	02:46@
38:59+	41:01+	41:36+	00:35+
08.09.2021 20.51.05			Side:21

Class	Navn	Klasse										Tid
20	John Thorsnæs	51										42:27
02:22+	05:34+	12:08+	16:33+	20:46+	26:12+	30:40+	32:09+	34:45+	40:08+	41:56+	42:27+	
02:22+	03:12+	06:34+	04:25+	04:13-	05:26+	04:28+	01:29+	02:36+	05:23+	01:48+	00:31+	
01:04&	01:09&	03:33@	01:47&	00:13-	02:44@	01:20&	00:25&	00:45&	02:18&	00:47&	00:13&	
21	Leif Jarle Skåra	29										42:52
02:03+	05:11+	11:19+	12:44+	20:21+	24:16+	28:12+	32:36+	33:54+	36:20+	40:48+	42:23+	
02:03+	03:08+	06:08+	01:25-	07:37+	03:55+	03:56+	04:24+	01:18-	02:26-	04:28+	01:35+	
00:45&	01:05&	03:07@	01:13-	03:11&	01:13&	00:48&	03:20@	00:33-	00:39-	03:27@	01:17@	
22	Tom Leveraas	93										45:23
02:47+	08:30+	13:36+	16:20+	22:07+	29:18+	32:53+	34:23+	37:23+	43:16+	44:50+	45:23+	
02:47+	05:43+	05:06+	02:44+	05:47+	07:11+	03:35+	01:30+	03:00+	05:53+	01:34+	00:33+	
01:29@	03:40@	02:05&	00:06+	01:21&	04:29@	00:27#	00:26&	01:09&	02:48&	00:33&	00:15&	
23	Arild Svihus	92										47:16
02:56+	06:16+	12:01+	16:18+	21:14+	26:20+	32:13+	33:59+	37:00+	43:48+	46:06+	47:16+	
02:56+	03:20+	05:45+	04:17+	04:56+	05:06+	05:53+	01:46+	03:01+	06:48+	02:18+	01:10+	
01:38@	01:17&	02:44&	01:39&	00:30#	02:24&	02:45&	00:42&	01:10&	03:43@	01:17@	00:52@	
24	Per Bakken	5										50:50
03:07+	06:26+	17:46+	20:31+	26:27+	30:11+	35:29+	37:24+	39:42+	48:28+	50:07+	50:50+	
03:07+	03:19+	11:20+	02:45+	05:56+	03:44+	05:18+	01:55+	02:18+	08:46+	01:39+	00:43+	
01:49@	01:16&	08:19@	00:07+	01:30&	01:02&	02:10&	00:51&	00:27#	05:41@	00:38&	00:25@	
25	Sverre Uhlving	105										52:06
03:05+	07:19+	12:47+	17:53+	22:21+	29:21+	34:57+	37:42+	41:07+	49:19+	51:26+	52:06+	
03:05+	04:14+	05:28+	05:06+	04:28+	07:00+	05:36+	02:45+	03:25+	08:12+	02:07+	00:40+	
01:47@	02:11@	02:27&	02:28&	00:02+	04:18@	02:28&	01:41@	01:34&	05:07@	01:06@	00:22@	
26	Steinar Aase	268										52:14
02:23+	13:25+	19:27+	23:13+	28:07+	33:02+	38:22+	39:52+	43:44+	49:38+	51:41+	52:14+	
02:23+	11:02+	06:02+	03:46+	04:54+	04:55+	05:20+	01:30+	03:52+	05:54+	02:03+	00:33+	
01:05&	08:59@	03:01&	01:08&	00:28#	02:13&	02:12&	00:26&	02:01@	02:49&	01:02@	00:15&	
27	Jan Erik Rasmussen	51										52:25
02:17+	06:53+	14:03+	20:17+	26:03+	31:19+	36:47+	39:40+	42:29+	49:41+	51:50+	52:25+	
02:17+	04:36+	07:10+	06:14+	05:46+	05:16+	05:28+	02:53+	02:49+	07:12+	02:09+	00:35+	
00:59&	02:33@	04:09@	03:36@	01:20&	02:34&	02:20&	01:49@	00:58&	04:07@	01:08@	00:17&	
28	Rolf Øystein Kluge	7										53:53
02:21+	08:02+	19:24+	23:08+	28:26+	32:39+	37:06+	38:24+	40:53+	50:56+	53:14+	53:53+	
02:21+	05:41+	11:22+	03:44+	05:18+	04:13+	04:27+	01:18+	02:29+	10:03+	02:18+	00:39+	
01:03&	03:38@	08:21@	01:06&	00:52#	01:31&	01:19&	00:14#	00:38&	06:58@	01:17@	00:21@	
29	Svein Inge Sævereid	126										56:18
03:11+	07:32+	15:36+	21:58+	27:12+	34:11+	41:03+	43:51+	46:52+	53:16+	55:24+	56:18+	
03:11+	04:21+	08:04+	06:22+	05:14+	06:59+	06:52+	02:48+	03:01+	06:24+	02:08+	00:54+	
01:53@	02:18@	05:03@	03:44@	00:48#	04:17@	03:44@	01:44@	01:10&	03:19@	01:07@	00:36@	
30	Asgeir Kleppa	47										56:32
02:16+	13:06+	17:45+	21:00+	24:30+	28:48+	32:51+	36:27+	47:25+	54:02+	55:29+	56:32+	
02:16+	10:50+	04:39+	03:15+	03:30-	04:18+	04:03+	03:36+	10:58+	06:37+	01:27+	01:03+	
00:58&	08:47@	01:38&	00:37#	00:56-	01:36&	00:55&	02:32@	09:07@	03:32@	00:26&	00:45@	
31	Arild Olsen	4										59:06
02:03+	11:15+	23:46+	28:01+	33:14+	37:43+	41:33+	43:04+	45:23+	56:06+	58:19+	59:06+	
02:03+	09:12+	12:31+	04:15+	05:13+	04:29+	03:50+	01:31+	02:19+	10:43+	02:13+	00:47+	
00:45&	07:09@	09:30@	01:37&	00:47#	01:47&	00:42#	00:27&	00:28&	07:38@	01:12@	00:29@	
32	Terje Hodne Nilsen	115										59:21
02:57+	08:09+	17:10+	23:40+	28:48+	34:55+	40:31+	43:41+	50:02+	56:00+	58:25+	59:21+	
02:57+	05:12+	09:01+	06:30+	05:08+	06:07+	05:36+	03:10+	06:21+	05:58+	02:25+	00:56+	
01:39@	03:09@	06:00@	03:52@	00:42#	03:25@	02:28&	02:06@	04:30@	02:53&	01:24@	00:38@	
33	Erling Aniksdal	128										1:45:27
03:12+	32:00+	51:29+	58:41+	66:28+	73:39+	79:52+	83:40+	87:14+	100:17+	104:22+	105:27+	
03:12+	28:48+	19:29+	07:12+	07:47+	07:11+	06:13+	03:48+	03:34+	13:03+	04:05+	01:05+	
01:54@	26:45@	16:28@	04:34@	03:21&	04:29@	03:05&	02:44@	01:43&	09:58@	03:04@	00:47@	

Beste strekktid for klassen

01:18 01:23 03:01 01:25 02:44 02:42 02:44 00:53 01:18 02:26 00:49 00:18

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