

Plass Navn

Klasse

Tid

Damer 16 - 39 år

**1 Wibeke Lende****74****44:04**

01:42=	03:54=	09:56=	13:27=	14:42=	20:02=	23:05=	24:47=	25:56=	26:56=	29:40=	32:22=	34:21=	37:02=	39:49=	41:16=	42:15=	43:47=	44:04=
01:42=	02:12=	06:02=	03:31=	01:15=	05:20=	03:03=	01:42=	01:09=	01:00=	02:44=	02:42=	01:59=	02:41=	02:47=	01:27=	00:59=	01:32=	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 Elin Graneland****39****46:36**

03:07+	05:02+	12:05+	14:19+	15:55+	18:28-	22:10-	24:30-	25:51-	26:54-	29:40=	32:20-	34:30+	39:47+	42:33+	43:56+	44:44+	46:21+	46:36+
03:07+	01:55-	07:03+	02:14-	01:36+	02:33-	03:42+	02:20+	01:21+	01:03+	02:46+	02:40-	02:10+	05:17+	02:46-	01:23-	00:48-	01:37+	00:15-
01:25&	00:17-	01:01#	01:17-	01:38&	02:47-	00:39#	00:38&	00:12#	00:03+	00:02+	00:02-	00:11+	02:36&	00:01-	00:04-	00:11-	00:05+	00:02-

**3 Anina Iselin Hadland****29****50:31**

02:19+	04:28+	07:53-	13:02-	14:01-	16:28-	19:44-	21:20-	22:51-	23:46-	26:22-	38:32+	41:02+	43:45+	46:48+	48:21+	48:59+	50:18+	50:31+
02:19+	02:09-	03:25-	05:09+	00:59-	02:27-	03:16+	01:36-	01:31+	00:55-	02:36-	12:10+	02:30+	02:43+	03:03+	01:33+	00:38-	01:19-	00:13-
00:37&	00:03-	02:37-	01:38&	00:16-	02:53-	00:13+	00:06-	00:22&	00:05-	00:08-	09:28@	00:31&	00:02+	00:16+	00:06+	00:21-	00:13-	00:04-

**4 Mari Thu Randulff****39****50:34**

01:09-	02:57-	12:44+	21:42+	22:47+	26:46+	30:30+	32:05+	33:08-	34:42+	37:22+	39:23+	41:34+	43:48+	46:25+	47:53+	48:28+	50:18+	50:34+
01:09-	01:48-	09:47+	08:58+	01:05-	03:59-	03:44+	01:35-	01:03-	01:34+	02:40-	02:01-	02:11+	02:14-	02:37-	01:28+	00:35-	01:50+	00:16-
00:33-	00:24-	03:45&	05:27@	00:10-	01:21-	00:41#	00:07-	00:06-	00:34&	00:04-	00:41-	00:12#	00:27-	00:10-	00:01+	00:24-	00:18#	00:01-

**5 Anastasia Ollestad****93****51:34**

02:21+	04:54+	10:26+	14:31+	16:07+	19:41-	23:31+	26:42+	28:06+	29:08+	32:57+	35:22+	38:25+	42:57+	46:32+	48:34+	49:22+	51:16+	51:34+
02:21+	02:33+	05:32-	04:05+	01:36+	03:34-	03:50+	03:11+	01:24+	01:02+	03:49+	02:25-	03:03+	04:32+	03:35+	02:02+	00:48-	01:54+	00:18+
00:39&	00:21#	00:30-	00:34#	00:21&	01:46-	00:47&	01:29&	00:15#	00:02+	01:05&	00:17-	01:04&	01:51&	00:48&	00:35&	00:11-	00:22#	00:01+

**6 Kjersti Nordal****39****52:49**

01:08-	03:56+	16:29+	19:06+	20:32+	24:04+	28:57+	30:49+	32:07+	33:01+	36:24+	38:44+	40:39+	44:30+	47:36+	49:04+	50:41+	52:34+	52:49+
01:08-	02:48+	12:33+	02:37-	01:26+	03:32-	04:53+	01:52+	01:18+	00:54-	03:23+	02:20-	01:55-	03:51+	03:06+	01:28+	01:37+	01:53+	00:15-
00:34-	00:36&	06:31@	00:54-	00:11#	01:48-	01:50&	00:10+	00:09#	00:06-	00:39#	00:22-	00:04-	01:10&	00:19#	00:01+	00:38&	00:21#	00:02-

**7 Tina Louise Langeland****74****54:27**

01:22-	03:51-	17:03+	19:44+	21:32+	25:12+	29:16+	31:04+	32:44+	33:33+	36:21+	41:02+	43:04+	46:09+	48:53+	51:51+	52:36+	54:12+	54:27+
01:22-	02:29+	13:12+	02:41-	01:48+	03:40-	04:04+	01:48+	01:40+	00:49-	02:48+	04:41+	02:02+	03:05+	02:44-	02:58+	00:45-	01:36+	00:15-
00:20-	00:17#	07:10@	00:50-	00:33&	01:40-	01:01&	00:06+	00:31&	00:11-	00:04+	01:59&	00:03+	00:24#	00:03-	01:31@	00:14-	00:04+	00:02-

**8 Maren Heradstveit****76****56:35**

02:05+	04:35+	09:10-	19:15+	20:56+	24:27+	28:24+	32:58+	34:32+	37:21+	40:04+	42:22+	44:20+	47:39+	51:08+	53:05+	54:36+	56:20+	56:35+
02:05+	02:30+	04:35-	10:05+	01:41+	03:31-	03:57+	04:34+	01:34+	02:49+	02:43-	02:18-	01:58-	03:19+	03:29+	01:57+	01:31+	01:44+	00:15-
00:23#	00:18#	01:27-	06:34@	00:26&	01:49-	00:54&	02:52@	00:25&	01:49@	00:01-	00:24-	00:01-	00:38#	00:42&	00:30&	00:32&	00:12#	00:02-

**9 Katrine Haaland Leveraas****54****56:38**

02:38+	04:31+	11:48+	22:23+	26:23+	30:08+	33:56+	36:53+	38:03+	38:54+	41:45+	43:44+	45:15+	49:00+	51:42+	54:21+	54:58+	56:23+	56:38+
02:38+	01:53-	07:17+	10:35+	04:00+	03:45-	03:48+	02:57+	01:10+	00:51-	02:51+	01:59-	01:31-	03:45+	02:42-	02:39+	00:37-	01:25-	00:15-
00:56&	00:19-	01:15#	07:04@	02:45@	01:35-	00:45#	01:15&	00:01+	00:09-	00:07+	00:43-	00:28-	01:04&	00:05-	01:12&	00:22-	00:07-	00:02-

**10 Hege Bakken****93****58:49**

01:29-	04:16+	12:04+	16:55+	18:12+	27:57+	32:12+	34:38+	36:14+	37:03+	40:08+	43:58+	46:04+	49:33+	52:59+	54:56+	56:03+	58:30+	58:49+
01:29-	02:47+	07:48+	04:51+	01:17+	09:45+	04:15+	02:26+	01:36+	00:49-	03:05+	03:50+	02:06+	03:29+	03:26+	01:57+	01:07+	02:27+	00:19+
00:13-	00:35&	01:46&	01:20&	00:02+	04:25&	01:12&	00:44&	00:27&	00:11-	00:21#	01:08&	00:07+	00:48&	00:39#	00:30&	00:08#	00:55&	00:02#

**11 Margrete Jian Øye****126****59:06**

02:06+	04:54+	14:05+	19:33+	20:48+	26:22+	31:56+	36:36+	38:13+	39:21+	42:31+	45:18+	47:59+	51:06+	54:46+	56:13+	57:08+	58:48+	59:06+
02:06+	02:48+	09:11+	05:28+	01:15=	05:34+	05:34+	04:40+	01:37+	01:08+	03:10+	02:47+	02:41+	03:07+	03:40+	01:27=	00:55-	01:40+	00:18+
00:24#	00:36&	03:09&	01:57&	00:00=	00:14+	02:31&	02:58@	00:28&	00:08#	00:26#	00:05+	00:42&	00:26#	00:53&	00:00=	00:04-	00:08+	00:01+

**12 Tone Hansen****76****1:04:17**

05:37+	08:28+	17:12+	22:43+	25:20+	32:50+	37:13+	40:13+	41:39+	42:46+	45:37+	48:26+	50:44+	54:01+	58:07+	60:24+	61:36+	63:53+	64:17+
05:37+	02:51+	08:44+	05:31+	02:37+	07:30+	04:23+	03:00+	01:26+	01:07+	02:51+	02:49+	02:18+	03:17+	04:06+	02:17+	01:12+	02:17+	00:24+
03:55@	00:39&	02:42&	02:00&	01:22@	02:10&	01:20&	01:18&	00:17#	00:07#	00:07+	00:07+	00:19#	00:36#	01:19&	00:50&	00:13#	00:45&	00:07&

**13 Lene Skotnes****66****1:25:50**

02:26+	06:26+	13:58+	19:11+	21:45+	28:56+	35:46+	42:35+	44:12+	45:36+	50:08+	60:20+	65:00+	74:39+	77:35+	82:11+	83:58+	85:33+	85:50+
02:26+	04:00+	07:32+	05:13+	02:34+	07:11+	06:50+	06:49+	01:37+	01:24+	04:32+	10:12+	04:40+	09:39+	02:56+	04:36+	01:47+	01:35+	00:17=
00:44&	01:48&	01:30#	01:42&	01:19@	01:51&	03:47@	05:07@	00:28&	00:24&	01:48&	07:30@	02:41@	06:58@	00:09+	03:09@	00:48&	00:03+	00:00=

**Beste strekketid for klassen**

01:08	01:48	03:25	02:14	00:59	02:27	03:03	01:35	01:03	00:49	02:36	01:59	01:31	02:14	02:37	01:23	00:35	01:19	00:13
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= Som klassevinner , - raskere, + senere, # 10% tap, &amp; 25% tap, @ 100% tap.

Class	Navn	Klasse	Tid
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### Damer 40 - 49 år

<b>1</b>	<b>Agnes Haker</b>	<b>43</b>	<b>40:02</b>																
01:46=	03:57=	11:23=	13:04=	15:11=	17:52=	19:19=	21:19=	22:41=	25:03=	26:06=	27:05=	31:00=	32:32=	35:27=	37:14=	38:29=	39:48=	40:02=	
01:46=	02:11=	07:26=	01:41=	02:07=	02:41=	01:27=	02:00=	01:22=	02:22=	01:03=	00:59=	03:55=	01:32=	02:55=	01:47=	01:15=	01:19=	00:14=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Ida K. Kolstø</b>	<b>29</b>	<b>46:57</b>																
02:31+	04:29+	11:11-	17:17+	18:34+	23:19+	24:23+	28:47+	29:39+	31:45+	33:09+	34:32+	38:44+	40:02+	42:35+	44:20+	45:23+	46:42+	46:57+	
02:31+	01:58-	06:42-	06:06+	01:17-	04:45+	01:04-	04:24+	00:52-	02:06-	01:24+	01:23+	04:12+	01:18-	02:33-	01:45-	01:03-	01:19=	00:15+	
00:45&	00:13-	00:44-	04:25@	00:50-	02:04&	00:23-	02:24@	00:30-	00:16-	00:21&	00:24&	00:17+	00:14-	00:22-	00:02-	00:12-	00:00=	00:01+	
<b>3</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>	<b>55:17</b>																
02:16+	05:00+	18:14+	20:42+	27:44+	30:55+	32:14+	34:37+	36:03+	38:04+	39:54+	41:04+	46:16+	47:54+	50:44+	52:26+	53:40+	55:01+	55:17+	
02:16+	02:44+	13:14+	02:28+	07:02+	03:11+	01:19-	02:23+	01:26+	02:01-	01:50+	01:10+	05:12+	01:38+	02:50-	01:42-	01:14-	01:21+	00:16+	
00:30&	00:33&	05:48&	00:47&	04:55@	00:30#	00:08-	00:23#	00:04+	00:21-	00:47&	00:11#	01:17&	00:06+	00:05-	00:05-	00:01-	00:02+	00:02#	
<b>4</b>	<b>Helen Haneferd</b>	<b>27</b>	<b>58:03</b>																
02:48+	05:29+	12:44+	20:26+	24:08+	33:04+	34:29+	37:15+	38:38+	40:39+	41:56+	42:58+	48:03+	49:37+	52:58+	55:17+	56:23+	57:44+	58:03+	
02:48+	02:41+	07:15-	07:42+	03:42+	08:56+	01:25-	02:46+	01:23+	02:01-	01:17+	01:02+	05:05+	01:34+	03:21+	02:19+	01:06-	01:21+	00:19+	
01:02&	00:30#	00:11-	06:01@	01:35&	06:15@	00:02-	00:46&	00:01+	00:21-	00:14#	00:03+	01:10&	00:02+	00:26#	00:32&	00:09-	00:02+	00:05&	
<b>5</b>	<b>Toril Dahle</b>	<b>116</b>	<b>1:06:27</b>																
04:19+	06:42+	12:38+	22:09+	26:22+	30:54+	32:53+	36:07+	38:17+	41:01+	46:59+	48:03+	53:02+	54:59+	58:31+	62:48+	64:04+	66:09+	66:27+	
04:19+	02:23+	05:56-	09:31+	04:13+	04:32+	01:59+	03:14+	02:10+	02:44+	05:58+	01:04+	04:59+	01:57+	03:32+	04:17+	01:16+	02:05+	00:18+	
02:33@	00:12+	01:30-	07:50@	02:06&	01:51&	00:32&	01:14&	00:48&	00:22#	04:55@	00:05+	01:04&	00:25&	00:37#	02:30@	00:01+	00:46&	00:04&	
<b>6</b>	<b>Kathrin Sandstad</b>	<b>117</b>	<b>1:06:54</b>																
02:45+	06:35+	18:40+	25:26+	28:25+	31:38+	33:33+	35:46+	37:22+	41:01+	42:33+	45:57+	51:38+	53:29+	58:12+	60:30+	62:45+	66:38+	66:54+	
02:45+	03:50+	12:05+	06:46+	02:59+	03:13+	01:55+	02:13+	01:36+	03:39+	01:32+	03:24+	05:41+	01:51+	04:43+	02:18+	02:15+	03:53+	00:16+	
00:59&	01:39&	04:39&	05:05@	00:52&	00:32#	00:28&	00:13#	00:14#	01:17&	00:29&	02:25@	01:46&	00:19#	01:48&	00:31&	01:00&	02:34@	00:02#	
<b>7</b>	<b>Toyah Bråtveit</b>	<b>43</b>	<b>1:19:00</b>																
02:17+	04:17+	35:00+	36:04+	37:20+	40:49+	42:38+	35:39+	54:32+	57:01+	58:45+	60:12+	67:26+	69:15+	71:35+	73:34+	75:23+	76:40+	78:43+	79:00+
02:17+	02:00-	30:43+	01:04-	01:16-	03:29+	01:49+	11:01+	00:53-	02:29+	01:44+	01:27+	07:14+	01:49+	02:20-	01:59+	01:49+	01:17-	02:03+	00:17+
00:31&	00:11-	23:17@	00:37-	00:51-	00:48&	00:22&	09:01@	00:29-	00:07+	00:41&	00:28&	03:19&	00:17#	00:35-	00:12#	00:34&	00:02-	01:49@	00:17+

### Beste strekktid for klassen

01:46 01:58 05:56 01:04 01:16 02:41 01:04 02:00 00:52 02:01 01:03 00:59 03:55 01:18 02:20 01:42 01:03 01:17 00:14

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

### Damer 50 - 59 år

<b>1</b>	<b>Gerd Olaug Vikeså</b>	<b>101</b>	<b>43:17</b>															
02:22=	04:56=	10:58=	12:56=	14:49=	18:21=	20:21=	22:08=	23:46=	25:41=	26:56=	28:02=	33:20=	35:01=	37:46=	40:09=	41:39=	43:00=	43:17=
02:22=	02:34=	06:02=	01:58=	01:53=	03:32=	02:00=	01:47=	01:38=	01:55=	01:15=	01:06=	05:18=	01:41=	02:45=	02:23=	01:30=	01:21=	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=
<b>2</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>	<b>44:13</b>															
02:05-	04:16-	12:21+	14:17+	16:23+	19:57+	21:16+	23:19+	25:14+	27:44+	29:03+	30:13+	34:46+	36:24+	39:32+	41:13+	42:24+	43:53+	44:13+
02:05-	02:11-	08:05+	01:56-	02:06+	03:34+	01:19-	02:03+	01:55+	02:30+	01:19+	01:10+	04:33-	01:38-	03:08+	01:41-	01:11-	01:29+	00:20+
00:17-	00:23-	02:03&	00:02-	00:13#	00:02+	00:41-	00:16#	00:17#	00:35&	00:04+	00:04+	00:45-	00:03-	00:23#	00:42-	00:19-	00:08+	00:03#
<b>3</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>	<b>46:06</b>															
02:18-	04:08-	11:39+	13:24+	17:27+	21:26+	22:48+	26:03+	27:18+	29:28+	30:39+	32:08+	36:31+	38:00+	40:28+	43:28+	44:31+	45:49+	46:06+
02:18-	01:50-	07:31+	01:45-	04:03+	03:59+	01:22-	03:15+	01:15-	02:10+	01:11-	01:29+	04:23-	01:29-	02:28-	03:00+	01:03-	01:18-	00:17=
00:04-	00:44-	01:29#	00:13-	02:10@	00:27#	00:38-	01:28&	00:23-	00:15#	00:04-	00:23&	00:55-	00:12-	00:17-	00:37&	00:27-	00:03-	00:00=
<b>4</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>	<b>47:51</b>															
02:06-	04:11-	11:31+	15:51+	17:42+	22:27+	24:09+	26:18+	27:49+	29:56+	31:18+	32:38+	37:24+	39:07+	42:07+	44:08+	45:46+	47:32+	47:51+
02:06-	02:05-	07:20+	04:20+	01:51-	04:45+	01:42-	02:09+	01:31-	02:07+	01:22+	01:20+	04:46-	01:43+	03:00+	02:01-	01:38+	01:46+	00:19+
00:16-	00:29-	01:18#	00:02-	01:13&	00:18&	00:22#	00:07-	00:12#	00:07+	00:07+	00:14#	00:32-	00:02+	00:15+	00:22-	00:08+	00:25&	00:02#
<b>5</b>	<b>Ragnhild Auglænd</b>	<b>62</b>	<b>51:36</b>															
05:33+	07:27+	13:29+	16:12+	19:45+	23:33+	26:16+	28:07+	29:20+	32:27+	33:45+	35:02+	40:21+	41:50+	46:26+	49:00+	50:05+	51:20+	51:36+
05:33+	01:54-	06:02=	02:43+	03:33+	03:48+	02:43+	01:51+	01:13-	03:07+	01:18+	01:17+	05:19+	01:29-	04:36+	02:34+	01:05-	01:15-	00:16-
03:11@	00:40-	00:00=	00:45&	01:40&	00:16+	00:43&	00:04+	00:25-	01:12&	00:03+	00:11#	00:01+	00:12-	01:51&	00:11+	00:25-	00:06-	00:01-

Class	Navn	Klasse														Tid					
<b>6</b>	<b>Gunn J. Grefstad</b>	<b>2</b>														<b>51:43</b>					
02:43+	05:08+	13:11+	16:56+	19:08+	23:25+	25:20+	28:55+	30:46+	33:41+	34:56+	36:26+	42:10+	43:55+	46:34+	48:46+	50:00+	51:25+	51:43+			
02:43+	02:25-	08:03+	03:45+	02:12+	04:17+	01:55-	03:35+	01:51+	02:55+	01:15=	01:30+	05:44+	01:45+	02:39-	02:12-	01:14-	01:25+	00:18+			
00:21#	00:09-	02:01&	01:47&	00:19#	00:45#	00:05-	01:48@	00:13#	01:00&	00:00=	00:24&	00:26+	00:04+	00:06-	00:11-	00:16-	00:04+	00:01+			
<b>7</b>	<b>Siv Skretting</b>	<b>93</b>														<b>55:30</b>					
02:38+	05:07+	15:14+	18:04+	19:53+	24:19+	26:21+	29:59+	31:49+	35:17+	36:26+	37:42+	44:39+	46:30+	49:25+	51:42+	53:10+	55:11+	55:30+			
02:38+	02:29-	10:07+	02:50+	01:49-	04:26+	02:02+	03:38+	01:50+	03:28+	01:09-	01:16+	06:57+	01:51+	02:55+	02:17-	01:28-	02:01+	00:19+			
00:16#	00:05-	04:05&	00:52&	00:04-	00:54&	00:02+	01:51@	00:12#	01:33&	00:06-	00:10#	01:39&	00:10+	00:10+	00:06-	00:02-	00:40&	00:02#			
<b>8</b>	<b>Evy Klausen Mjølsnes</b>	<b>62</b>														<b>56:37</b>					
02:28+	04:50-	10:02-	13:47+	15:37+	32:26+	33:37+	35:25+	37:15+	39:11+	40:57+	42:05+	46:16+	48:25+	51:32+	53:53+	54:55+	56:21+	56:37+			
02:28+	02:22-	05:12-	03:45+	01:50-	16:49+	01:11-	01:48+	01:50+	01:56+	01:46+	01:08+	04:11-	02:09+	03:07+	02:21-	01:02-	01:26+	00:16-			
00:06+	00:12-	00:50-	01:47&	00:03-	13:17@	00:49-	00:01+	00:12#	00:01+	00:31&	00:02+	01:07-	00:28&	00:22#	00:02-	00:28-	00:05+	00:01-			
<b>9</b>	<b>Signe Ottesen</b>	<b>116</b>														<b>59:06</b>					
04:07+	07:13+	18:58+	23:37+	25:41+	31:07+	33:03+	35:27+	37:23+	39:41+	41:52+	43:14+	47:57+	49:40+	53:27+	56:11+	57:21+	58:50+	59:06+			
04:07+	03:06+	11:45+	04:39+	02:04+	05:26+	01:56-	02:24+	01:56+	02:18+	02:11+	01:22+	04:43-	01:43+	03:47+	02:44+	01:10-	01:29+	00:16-			
01:45&	00:32#	05:43&	02:41@	00:11+	01:54&	00:04-	00:37&	00:18#	00:23#	00:56&	00:16#	00:35-	00:02+	01:02&	00:21#	00:20-	00:08+	00:01-			
<b>10</b>	<b>Kristin Skadsem</b>	<b>18</b>														<b>59:19</b>					
02:23+	04:38-	16:04+	22:53+	29:38+	33:51+	34:58+	37:31+	39:22+	41:13+	42:24+	43:37+	48:44+	50:21+	53:13+	56:23+	57:34+	59:00+	59:19+			
02:23+	02:15-	11:26+	06:49+	06:45+	04:13+	01:07-	02:33+	01:51+	01:51-	01:11-	01:13+	05:07-	01:37-	02:52+	03:10+	01:11-	01:26+	00:19+			
00:01+	00:19-	05:24&	04:51@	04:52@	00:41#	00:53-	00:46&	00:13#	00:04-	00:04-	00:07#	00:11-	00:04-	00:07+	00:47&	00:19-	00:05+	00:02#			
<b>11</b>	<b>Eli Tjøland Stokka</b>	<b>94</b>														<b>1:03:54</b>					
02:30+	05:26+	12:08+	19:12+	25:57+	34:44+	36:13+	38:20+	40:18+	42:29+	44:50+	46:28+	52:25+	55:15+	58:28+	60:25+	61:38+	63:31+	63:54+			
02:30+	02:56+	06:42+	07:04+	06:45+	08:47+	01:29-	02:07+	01:58+	02:11+	02:21+	01:38+	05:57+	02:50+	03:13+	01:57-	01:13-	01:53+	00:23+			
00:08+	00:22#	00:40#	05:06@	04:52@	05:15@	00:31-	00:20#	00:20#	00:16#	01:06&	00:32&	00:39#	01:09&	00:28#	00:26-	00:17-	00:32&	00:06&			
<b>12</b>	<b>Kari Smådal Turøy</b>	<b>115</b>														<b>1:04:29</b>					
02:30+	08:30+	17:58+	22:17+	25:39+	30:16+	32:26+	37:48+	41:19+	42:29+	45:49+	47:10+	48:54+	53:53+	55:39+	59:13+	60:50+	62:09+	64:07+	64:29+		
02:30+	06:00+	09:28+	04:19+	03:22+	04:37+	02:10+	05:22+	03:31+	01:10-	03:20+	01:21+	01:44-	04:59+	01:46-	03:34+	01:37+	01:19-	01:58+	00:22+		
00:08+	03:26@	03:26&	02:21@	01:29&	01:05&	00:10+	03:35@	01:53@	00:45-	02:05@	00:15#	03:34-	03:18@	00:59-	01:11&	00:07+	00:02-	01:41@	00:22+		
<b>13</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>														<b>1:04:48</b>					
06:33+	09:33+	18:49+	22:00+	25:07+	30:38+	36:25+	38:39+	40:29+	43:16+	44:51+	46:16+	52:25+	54:15+	58:41+	60:51+	62:25+	64:28+	64:48+			
06:33+	03:00+	09:16+	03:11+	03:07+	05:31+	05:47+	02:14+	01:50+	02:47+	01:35+	01:25+	06:09+	01:50+	04:26+	02:10-	01:34+	02:03+	00:20+			
04:11@	00:26#	03:14&	01:13&	01:14&	01:59&	03:47@	00:27&	00:12#	00:52&	00:20&	00:19&	00:51#	00:09+	01:41&	00:13-	00:04+	00:42&	00:03#			
<b>14</b>	<b>Liv Margot Sviland</b>	<b>54</b>														<b>1:05:50</b>					
04:30+	07:15+	14:57+	24:57+	29:07+	34:35+	36:09+	38:37+	40:25+	44:38+	46:09+	47:19+	54:27+	56:16+	59:39+	61:46+	63:14+	65:30+	65:50+			
04:30+	02:45+	07:42+	10:00+	04:10+	05:28+	01:34-	02:28+	01:48+	04:13+	01:31+	01:10+	07:08+	01:49+	03:23+	02:07-	01:28-	02:16+	00:20+			
02:08&	00:11+	01:40&	08:02@	02:17@	01:56&	00:26-	00:41&	00:10#	02:18@	00:16#	00:04+	01:50&	00:08+	00:38#	00:16-	00:02-	00:55&	00:03#			
<b>15</b>	<b>Tove Irene Asheim</b>	<b>116</b>														<b>1:07:36</b>					
04:04+	07:03+	14:48+	19:24+	22:24+	33:21+	34:41+	37:18+	39:46+	42:36+	45:00+	46:36+	52:41+	54:37+	58:51+	62:29+	64:43+	67:15+	67:36+			
04:04+	02:59+	07:45+	04:36+	03:00+	10:57+	01:20-	02:37+	02:28+	02:50+	02:24+	01:36+	06:05+	01:56+	04:14+	03:38+	02:14+	02:32+	00:21+			
01:42&	00:25#	01:43&	02:38@	01:07&	07:25@	00:40-	00:50&	00:50&	00:55&	01:09&	00:30&	00:47#	00:15#	01:29&	01:15&	00:44&	01:11&	00:04#			
<b>16</b>	<b>Siri Bjerkreim Hamre</b>	<b>93</b>														<b>1:07:38</b>					
03:02+	10:00+	20:43+	22:38+	24:35+	28:25+	30:32+	38:29+	39:40+	44:07+	45:38+	47:01+	52:15+	54:21+	62:01+	63:53+	65:23+	67:18+	67:38+			
03:02+	06:58+	10:43+	01:55-	01:57+	03:50+	02:07+	07:57+	01:11-	04:27+	01:31+	01:23+	05:14-	02:06+	07:40+	01:52-	01:30=	01:55+	00:20+			
00:40&	04:24@	04:41&	00:03-	00:04+	00:18+	00:07+	06:10@	00:27-	02:32@	00:16#	00:17&	00:04-	00:25#	04:55@	00:31-	00:00=	00:34&	00:03#			
<b>17</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>														<b>1:14:23</b>					
03:19+	06:40+	15:50+	30:29+	36:18+	41:24+	45:21+	47:51+	49:48+	52:35+	54:06+	55:37+	61:51+	63:41+	67:57+	70:19+	71:40+	74:04+	74:23+			
03:19+	03:21+	09:10+	14:39+	05:49+	05:06+	03:57+	02:30+	01:57+	02:47+	01:31+	01:31+	06:14+	01:50+	04:16+	02:22-	01:21-	02:24+	00:19+			
00:57&	00:47&	03:08&	12:41@	03:56@	01:34&	01:57&	00:43&	00:19#	00:52&	00:16#	00:25&	00:56#	00:09+	01:31&	00:01-	00:09-	01:03&	00:02#			
<b>18</b>	<b>Brit Vivian Meling</b>	<b>116</b>														<b>1:32:58</b>					
03:39+	08:20+	27:58+	30:57+	34:29+	40:19+	43:35+	46:34+	48:43+	54:12+	56:05+	58:59+	66:17+	69:08+	73:49+	80:23+	82:39+	92:17+	92:58+			
03:39+	04:41+	19:38+	02:59+	03:32+	05:50+	03:16+	02:59+	02:09+	05:29+	01:53+	02:54+	07:18+	02:51+	04:41+	06:34+	02:16+	09:38+	00:41+			
01:17&	02:07&	13:36@	01:01&	01:39&	02:18&	01:16&	01:12&	00:31&	03:34@	00:38&	01:48@	02:00&	01:10&	01:56&	04:11@	00:46&	08:17@	00:24@			
<b>Beste strekktid for klassen</b>																					
02:05	01:50	05:12	01:45	01:49	03:32	01:07	01:47	01:11	01:10	01:09	01:06	01:44	01:29	01:46	01:41	01:02	01:15	00:16			

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

**Damer 60 - 64 år**

Class	Navn	Klasse												Tid					
<b>1</b>	<b>Ingunn Voilås</b>	<b>29</b>												<b>42:27</b>					
02:20=	04:21=	07:30=	09:53=	11:03=	12:29=	16:24=	18:15=	23:43=	25:07=	27:07=	28:13=	30:47=	35:04=	37:16=	39:14=	40:11=	42:06=	42:27=	
02:20=	02:01=	03:09=	02:23=	01:10=	01:26=	03:55=	01:51=	05:28=	01:24=	02:00=	01:06=	02:34=	04:17=	02:12=	01:58=	00:57=	01:55=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>May Elinor Meling</b>	<b>125</b>												<b>52:13</b>					
02:27+	05:35+	11:54+	17:52+	19:36+	21:12+	26:32+	29:32+	32:17+	33:38+	35:24+	37:05+	40:01+	44:08+	46:19+	48:43+	49:32+	51:56+	52:13+	
02:27+	03:08+	06:19+	05:58+	01:44+	01:36+	05:20+	03:00+	02:45-	01:21-	01:46-	01:41+	02:56+	04:07-	02:11-	02:24+	00:49-	02:24+	00:17-	
00:07+	01:07&	03:10@	03:35@	00:34&	00:10#	01:25&	01:09&	02:43-	00:03-	00:14-	00:35&	00:22#	00:10-	00:01-	00:26#	00:08-	00:29&	00:04-	
<b>3</b>	<b>Berit Bakken</b>	<b>93</b>												<b>53:43</b>					
02:40+	04:30+	10:29+	13:07+	17:21+	18:44+	22:55+	25:03+	28:32+	30:18+	32:32+	35:49+	40:00+	45:04+	47:33+	49:58+	50:55+	53:20+	53:43+	
02:40+	01:50-	05:59+	02:38+	04:14+	01:23-	04:11+	02:08+	03:29-	01:46+	02:14+	03:17+	04:11+	05:04+	02:29+	02:25+	00:57=	02:25+	00:23+	
00:20#	00:11-	02:50&	00:15#	03:04@	00:03-	00:16+	00:17#	01:59-	00:22&	00:14#	02:11@	01:37&	00:47#	00:17#	00:27#	00:00=	00:30&	00:02+	
<b>4</b>	<b>Marit Karin Nygård</b>	<b>92</b>												<b>54:28</b>					
03:20+	05:26+	10:40+	17:06+	18:41+	20:22+	27:32+	29:24+	33:11+	34:54+	37:00+	39:03+	42:32+	47:12+	49:44+	51:15+	52:07+	54:05+	54:28+	
03:20+	02:06+	05:14+	06:26+	01:35+	01:41+	07:10+	01:52+	03:47-	01:43+	02:06+	02:03+	03:29+	04:40+	02:32+	01:31-	00:52-	01:58+	00:23+	
01:00&	00:05+	02:05&	04:03@	00:25&	00:15#	03:15&	00:01+	01:41-	00:19#	00:06+	00:57&	00:55&	00:23+	00:20#	00:27-	00:05-	00:03+	00:02+	
<b>5</b>	<b>Ingrid Eik</b>	<b>88</b>												<b>55:27</b>					
02:39+	05:07+	15:15+	17:18+	20:45+	22:09+	26:08+	28:59+	34:40+	36:28+	38:00+	39:23+	41:46+	46:18+	48:35+	52:25+	53:02+	55:10+	55:27+	
02:39+	02:28+	10:08+	02:03-	03:27+	01:24-	03:59+	02:51+	05:41+	01:48+	01:32-	01:23+	02:23-	04:32+	02:17+	03:50+	00:37-	02:08+	00:17-	
00:19#	00:27#	06:59@	00:20-	02:17@	00:02-	00:04+	01:00&	00:13+	00:24&	00:28-	00:17&	00:11-	00:15+	00:05+	01:52&	00:20-	00:13#	00:04-	
<b>6</b>	<b>Amanda Renshaw</b>	<b>101</b>												<b>55:31</b>					
02:56+	06:06+	12:23+	18:12+	19:33+	21:27+	28:42+	30:47+	34:18+	36:02+	38:07+	40:31+	43:48+	48:24+	50:42+	52:10+	53:13+	55:11+	55:31+	
02:56+	03:10+	06:17+	05:49+	01:21+	01:54+	07:15+	02:05+	03:31-	01:44+	02:05+	02:24+	03:17+	04:36+	02:18+	01:28-	01:03+	01:58+	00:20-	
00:36&	01:09&	03:08&	03:26@	00:11#	00:28&	03:20&	00:14#	01:57-	00:20#	00:05+	01:18@	00:43&	00:19+	00:06+	00:30-	00:06#	00:03+	00:01-	
<b>7</b>	<b>Eli Frafjord</b>	<b>94</b>												<b>1:03:50</b>					
02:33+	05:01+	18:56+	21:31+	23:06+	28:07+	32:02+	34:21+	41:05+	42:22+	44:20+	45:33+	48:42+	53:49+	58:37+	60:16+	61:26+	63:28+	63:50+	
02:33+	02:28+	13:55+	02:35+	01:35+	05:01+	03:55=	02:19+	06:44+	01:17-	01:58-	01:13+	03:09+	05:07+	04:48+	01:39-	01:10+	02:02+	00:22+	
00:13+	00:27#	10:46@	00:12+	00:25&	03:35@	00:00=	00:28&	01:16#	00:07-	00:02-	00:07#	00:35#	00:50#	02:36@	00:19-	00:13#	00:07+	00:01+	
<b>8</b>	<b>Bente Karin Dirdal</b>	<b>54</b>												<b>1:47:03</b>					
04:35+	06:48+	11:32+	25:18+	35:50+	42:11+	58:09+	70:54+	75:51+	78:13+	82:43+	84:19+	92:39+	98:04+	100:23+	103:03+	103:55+	106:36+	107:03+	
04:35+	02:13+	04:44+	13:46+	10:32+	06:21+	15:58+	12:45+	04:57-	02:22+	04:30+	01:36+	08:20+	05:25+	02:19+	02:40+	00:52-	02:41+	00:27+	
02:15&	00:12+	01:35&	11:23@	09:22@	04:55@	12:03@	10:54@	00:31-	00:58&	02:30@	00:30&	05:46@	01:08&	00:07+	00:42&	00:05-	00:46&	00:06&	
<b>9</b>	<b>Åse Berg</b>	<b>105</b>												<b>2:02:31</b>					
03:11+	06:03+	33:56+	51:01+	56:09+	57:59+	72:22+	76:29+	82:35+	84:29+	88:52+	91:04+	94:55+	101:40+	109:27+	115:04+	118:44+	121:56+	122:31+	
03:11+	02:52+	27:53+	17:05+	05:08+	01:50+	14:23+	04:07+	06:06+	01:54+	04:23+	02:12+	03:51+	06:45+	07:47+	05:37+	03:40+	03:12+	00:35+	
00:51&	00:51&	24:44@	14:42@	03:58@	00:24&	10:28@	02:16@	00:38#	00:30&	02:23@	01:06&	01:17&	02:28&	05:35@	03:39@	02:43@	01:17&	00:14&	
<b>Beste strekktid for klassen</b>																			
02:20	01:50	03:09	02:03	01:10	01:23	03:55	01:51	02:45	01:17	01:32	01:06	02:23	04:07	02:11	01:28	00:37	01:55	00:17	

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

## Damer 65 - 69 år

<b>1</b>	<b>Hanne Eik</b>	<b>117</b>												<b>1:01:17</b>					
02:40=	04:58=	10:10=	14:12=	18:02=	19:49=	24:38=	27:09=	30:36=	33:07=	37:35=	39:20=	43:16=	50:11=	53:42=	57:02=	58:19=	60:51=	61:17=	
02:40=	02:18=	05:12=	04:02=	03:50=	01:47=	04:49=	02:31=	03:27=	02:31=	04:28=	01:45=	03:56=	06:55=	03:31=	03:20=	01:17=	02:32=	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=	
<b>2</b>	<b>Berit Gramstad</b>	<b>113</b>												<b>1:02:37</b>					
03:25+	05:58+	13:30+	26:15+	27:51+	30:16+	35:02+	37:34+	40:50+	42:53+	44:46+	46:18+	49:15+	53:49+	56:50+	59:12+	60:28+	62:15+	62:37+	
03:25+	02:33+	07:32+	12:45+	01:36-	02:25+	04:46-	02:32+	03:16-	02:03-	01:53-	01:32-	02:57-	04:34-	03:01-	02:22-	01:16-	01:47-	00:22-	
00:45&	00:15#	02:20&	08:43@	02:14-	00:38&	00:03-	00:01+	00:11-	00:28-	02:35-	00:13-	00:59-	02:21-	00:30-	00:58-	00:01-	00:45-	00:04-	
<b>3</b>	<b>Halldis Handeland</b>	<b>92</b>												<b>1:06:58</b>					
03:21+	07:27+	15:05+	20:08+	21:33+	23:25+	29:20+	31:53+	38:32+	40:47+	43:29+	45:02+	49:31+	56:26+	59:35+	63:12+	64:19+	66:37+	66:58+	
03:21+	04:06+	07:38+	05:03+	01:25-	01:52+	05:55+	02:33+	06:39+	02:15-	02:42-	01:33-	04:29+	06:55=	03:09-	03:37+	01:07-	02:18-	00:21-	
00:41&	01:48&	02:26&	01:01&	02:25-	00:05+	01:06#	00:02+	03:12&	00:16-	01:46-	00:12-	00:33#	00:00=	00:22-	00:17+	00:10-	00:14-	00:05-	
<b>4</b>	<b>Mette Dagsland</b>	<b>68</b>												<b>1:08:48</b>					
10:24+	12:30+	16:46+	23:40+	25:13+	27:12+	32:45+	36:21+	41:38+	44:02+	45:19+	49:22+	51:02+	53:37+	60:37+	63:39+	65:10+	66:33+	68:28+	68:48+
10:24+	02:06-	04:16-	06:54+	01:33-	01:59+	05:33+	03:36+	05:17+	02:24-	01:17-	04:03+	01:40-	02:35-	07:00+	03:02-	01:31+	01:23-	01:55+	00:20+
07:44@	00:12-	00:56-	02:52&	02:17-	00:12#	00:44#	01:05&	01:50&	00:07-	03:11-	02:18@	02:16-	04:20-	03:29&	00:18-	00:14#	01:09-	01:29@	00:20+

Class	Navn	Klasse																Tid
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### Beste strekktid for klassen

02:40 02:06 04:16 04:02 01:25 01:47 04:46 02:31 03:16 02:03 01:17 01:32 01:40 02:35 03:01 02:22 01:07 01:23 00:21

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

## Damer 70 - 74 år

### 1 Inger Skretting Opstad

54

55:52

03:49= 09:10= 14:05= 16:49= 18:44= 20:03= 25:05= 27:27= 31:11= 33:18= 35:26= 36:48= 39:54= 45:18= 49:49= 52:22= 53:29= 55:30= 55:52=  
 03:49= 05:21= 04:55= 02:44= 01:55= 01:19= 05:02= 02:22= 03:44= 02:07= 02:08= 01:22= 03:06= 05:24= 04:31= 02:33= 01:07= 02:01= 00:22=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Synnøva Gausel

115

59:29

02:50- 05:01- 12:06- 21:43+ 23:30+ 26:20+ 31:54+ 34:27+ 37:39+ 39:36+ 41:36+ 43:05+ 46:01+ 50:36+ 53:37+ 56:11+ 57:16+ 59:08+ 59:29+  
 02:50- 02:11- 07:05+ 09:37+ 01:47- 02:50+ 05:34+ 02:33+ 03:12- 01:57- 02:00- 01:29+ 02:56- 04:35- 03:01- 02:34+ 01:05- 01:52- 00:21-  
 00:59- 03:10- 02:10& 06:53@ 00:08- 01:31@ 00:32# 00:11+ 00:32- 00:10- 00:08- 00:07+ 00:10- 00:49- 01:30- 00:01+ 00:02- 00:09- 00:01-

### 3 Helga Klausen

62

1:05:56

02:59- 05:32- 15:34+ 19:20+ 21:55+ 23:47+ 32:19+ 34:46+ 39:54+ 41:45+ 45:19+ 46:43+ 51:02+ 56:50+ 59:39+ 62:07+ 63:10+ 65:35+ 65:56+  
 02:59- 02:33- 10:02+ 03:46+ 02:35+ 01:52+ 08:32+ 02:27+ 05:08+ 01:51- 03:34+ 01:24+ 04:19+ 05:48+ 02:49- 02:28- 01:03- 02:25+ 00:21-  
 00:50- 02:48- 05:07@ 01:02& 00:40& 00:33& 03:30& 00:05+ 01:24& 00:16- 01:26& 00:02+ 01:13& 00:24+ 01:42- 00:05- 00:04- 00:24# 00:01-

### 4 Hedvig Anda

116

1:16:24

03:09- 05:35- 21:13+ 24:23+ 27:09+ 29:28+ 35:32+ 40:06+ 45:28+ 47:28+ 50:40+ 52:12+ 55:38+ 61:24+ 65:05+ 72:03+ 73:14+ 75:57+ 76:24+  
 03:09- 02:26- 15:38+ 03:10+ 02:46+ 02:19+ 06:04+ 04:34+ 05:22+ 02:00- 03:12+ 01:32+ 03:26+ 05:46+ 03:41- 06:58+ 01:11+ 02:43+ 00:27+  
 00:40- 02:55- 10:43@ 00:26# 00:51& 01:00& 01:02# 02:12& 01:38& 00:07- 01:04& 00:10# 00:20# 00:22+ 00:50- 04:25@ 00:04+ 00:42& 00:05#

### Beste strekktid for klassen

02:50 02:11 04:55 02:44 01:47 01:19 05:02 02:22 03:12 01:51 02:00 01:22 02:56 04:35 02:49 02:28 01:03 01:52 00:21

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

## Damer 75 - 79 år

### 1 Turid Nystrøm

68

53:43

03:47= 08:09= 14:10= 17:43= 19:15= 21:13= 26:45= 29:10= 32:32= 34:27= 37:21= 38:55= 41:29= 45:52= 48:14= 50:08= 51:18= 53:15= 53:43=  
 03:47= 04:22= 06:01= 03:33= 01:32= 01:58= 05:32= 02:25= 03:22= 01:55= 02:54= 01:34= 02:34= 04:23= 02:22= 01:54= 01:10= 01:57= 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= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Gry Vikhamar Thengs

68

54:28

02:41- 04:38- 13:00- 17:04- 19:02- 21:28+ 26:54+ 29:25+ 32:33+ 34:33+ 36:29- 38:07- 40:59- 45:35- 49:08+ 51:03+ 52:23+ 54:09+ 54:28+  
 02:41- 01:57- 08:22+ 04:04+ 01:58+ 02:26+ 05:26- 02:31+ 03:08- 02:00+ 01:56- 01:38+ 02:52+ 04:36+ 03:33+ 01:55+ 01:20+ 01:46- 00:19-  
 01:06- 02:25- 02:21& 00:31# 00:26& 00:28# 00:06- 00:06+ 00:14- 00:05+ 00:58- 00:04+ 00:18# 00:13+ 01:11& 00:01+ 00:10# 00:11- 00:09-

### 3 Haldis Glendrange

68

55:57

03:02- 05:24- 11:32- 14:20- 16:12- 18:20- 25:24- 27:59- 32:08- 34:13- 36:41- 38:19- 41:11- 46:04+ 48:43+ 51:54+ 53:21+ 55:33+ 55:57+  
 03:02- 02:22- 06:08+ 02:48- 01:52+ 02:08+ 07:04+ 02:35+ 04:09+ 02:05+ 02:28- 01:38+ 02:52+ 04:53+ 02:39+ 03:11+ 01:27+ 02:12+ 00:24-  
 00:45- 02:00- 00:07+ 00:45- 00:20# 00:10+ 01:32& 00:10+ 00:47# 00:10+ 00:26- 00:04+ 00:18# 00:30# 00:17# 01:17& 00:17# 00:15# 00:04-

### 4 Helga Aaslid

54

1:06:56

02:55- 05:08- 13:05- 16:14- 23:19+ 27:56+ 32:30+ 37:44+ 47:13+ 48:30+ 50:44+ 52:05+ 54:44+ 59:10+ 61:12+ 63:14+ 64:10+ 66:31+ 66:56+  
 02:55- 02:13- 07:57+ 03:09- 07:05+ 04:37+ 04:34- 05:14+ 09:29+ 01:17- 02:14- 01:21- 02:39+ 04:26+ 02:02- 02:02+ 00:56- 02:21+ 00:25-  
 00:52- 02:09- 01:56& 00:24- 05:33@ 02:39@ 00:58- 02:49@ 06:07@ 00:38- 00:40- 00:13- 00:05+ 00:03+ 00:20- 00:08+ 00:14- 00:24# 00:03-

### 5 Berit Ebbell Olsen

68

1:32:19

04:33+ 07:30- 17:52+ 23:56+ 26:41+ 29:26+ 43:13+ 48:54+ 55:41+ 58:19+ 64:19+ 68:18+ 72:08+ 79:57+ 83:22+ 87:06+ 88:53+ 91:46+ 92:19+  
 04:33+ 02:57- 10:22+ 06:04+ 02:45+ 02:45+ 13:47+ 05:41+ 06:47+ 02:38+ 06:00+ 03:59+ 03:50+ 07:49+ 03:25+ 03:44+ 01:47+ 02:53+ 00:33+  
 00:46# 01:25- 04:21& 02:31& 01:13& 00:47& 08:15@ 03:16@ 03:25@ 00:43& 03:06@ 02:25@ 01:16& 03:26& 01:03& 01:50& 00:37& 00:56& 00:05#

### Beste strekktid for klassen

02:41 01:57 06:01 02:48 01:32 01:58 04:34 02:25 03:08 01:17 01:56 01:21 02:34 04:23 02:02 01:54 00:56 01:46 00:19

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

## Damer A

Class	Navn	Klasse	Tid																				
<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>36:23</b>																				
01:06=	02:37=	05:17=	07:05=	09:11=	10:13=	12:27=	13:21=	14:23=	16:03=	17:03=	18:30=	22:34=	23:53=	26:15=	28:16=	30:12=	32:28=	33:48=	35:00=	35:33=	36:11=	36:23=	
01:06=	01:31=	02:40=	01:48=	02:06=	01:02=	02:14=	00:54=	01:02=	01:40=	01:00=	01:27=	04:04=	01:19=	02:22=	02:01=	01:56=	02:16=	01:20=	01:12=	00:33=	00:38=	00:12=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>36:47</b>																				
01:12+	02:47+	05:39+	07:13+	09:06-	10:35+	12:26-	13:27+	14:43+	16:27+	18:47+	20:20+	21:53-	23:15-	25:29-	27:55-	30:00-	32:34+	33:52+	35:10+	35:47+	36:31+	36:47+	
01:12+	01:35+	02:52+	01:34-	01:53-	01:29+	01:51-	01:01+	01:16+	01:44+	02:20+	01:33+	01:33-	01:22+	02:14-	02:26+	02:05+	02:34+	01:18-	01:18+	00:37+	00:44+	00:16+	
00:06+	00:04+	00:12+	00:14-	00:13-	00:27&	00:23-	00:07#	00:14#	00:04+	01:20@	00:06+	02:31-	00:03+	00:08-	00:25#	00:09+	00:18#	00:02-	00:06+	00:04#	00:06#	00:04&	
<b>3</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>42:42</b>																				
01:07+	02:34-	05:12-	09:38+	11:49+	13:06+	16:02+	17:28+	18:49+	21:12+	22:35+	24:23+	26:00+	27:19+	30:23+	32:57+	35:13+	37:51+	39:15+	40:50+	41:30+	42:28+	42:42+	
01:07+	01:27-	02:38-	04:26+	02:11+	01:17+	02:56+	01:26+	01:21+	02:23+	01:23+	01:48+	01:37-	01:19+	03:04+	02:34+	02:16+	02:38+	01:24+	01:35+	00:40+	00:58+	00:14+	
00:01+	00:04-	00:02-	02:38@	00:05+	00:15#	00:42&	00:32&	00:19&	00:43&	00:23&	00:21#	02:27-	00:00=	00:42&	00:33&	00:20#	00:22#	00:04+	00:23&	00:07#	00:20&	00:02#	
<b>4</b>	<b>Katrine Prestvold</b>	<b>212</b>	<b>49:40</b>																				
01:24+	03:52+	07:31+	12:25+	14:29+	16:49+	19:28+	20:47+	22:35+	24:33+	26:13+	29:20+	30:52+	32:24+	34:51+	37:32+	40:34+	45:06+	46:40+	47:58+	48:34+	49:27+	49:40+	
01:24+	02:28+	03:39+	04:54+	02:04-	02:20+	02:39+	01:19+	01:48+	01:58+	01:40+	03:07+	01:32-	01:32+	02:27+	02:41+	03:02+	04:32+	01:34+	01:18+	00:36+	00:53+	00:13+	
00:18&	00:57&	00:59&	03:06@	00:02-	01:18@	00:25#	00:25&	00:46&	00:18#	00:40&	00:30&	00:34&	01:05-	00:13#	00:05+	00:40&	01:06&	02:16&	00:14#	00:06+	00:03+	00:01+	
<b>5</b>	<b>Silje Skarpeid</b>	<b>101</b>	<b>55:31</b>																				
01:18+	03:57+	11:18+	14:42+	18:01+	19:42+	22:28+	24:00+	26:16+	28:36+	30:06+	32:07+	35:06+	36:37+	39:20+	44:16+	47:01+	49:53+	51:28+	52:46+	53:26+	55:14+	55:31+	
01:18+	02:39+	07:21+	03:24+	03:19+	01:41+	02:46+	01:32+	02:16+	02:20+	01:30+	02:01+	02:59-	01:31+	02:43+	04:56+	02:45+	02:52+	01:35+	01:18+	00:40+	01:48+	00:17+	
00:12#	01:08&	04:41@	01:36&	01:13&	00:39&	00:32#	00:38&	01:14@	00:40&	00:30&	00:34&	01:05-	00:12#	00:21#	02:55@	00:49&	00:36&	00:15#	00:06+	00:07#	01:10@	00:05&	
<b>6</b>	<b>Ingrid Simensen</b>	<b>101</b>	<b>58:31</b>																				
01:15+	03:26+	08:40+	10:26+	15:15+	16:39+	22:42+	23:55+	28:48+	31:01+	35:50+	37:59+	40:13+	42:18+	44:40+	47:47+	50:12+	53:09+	55:04+	56:30+	57:13+	58:15+	58:31+	
01:15+	02:11+	05:14+	01:46-	04:49+	01:24+	06:03+	01:13+	04:53+	02:13+	04:49+	02:09+	02:14-	02:05+	02:22=	03:07+	02:25+	01:55+	01:26+	00:43+	01:02+	00:16+		
00:09#	00:40&	02:34&	00:02-	02:43@	00:22&	03:49@	00:19&	03:51@	00:33&	03:49@	00:42&	01:50-	00:46&	00:00=	01:06&	00:29#	00:41&	00:35&	00:14#	00:10&	00:24&	00:04&	
<b>7</b>	<b>Pernille Melleby</b>	<b>18</b>	<b>1:09:59</b>																				
03:21+	05:49+	13:55+	17:48+	21:36+	24:13+	28:30+	30:12+	32:56+	35:48+	37:42+	39:59+	43:18+	45:16+	49:14+	53:34+	58:14+	63:32+	65:53+	67:53+	68:43+	69:43+	69:59+	
03:21+	02:28+	08:06+	03:53+	03:48+	02:37+	04:17+	01:42+	02:44+	02:52+	01:54+	02:17+	03:19-	01:58+	03:58+	04:20+	04:40+	05:18+	02:21+	02:00+	00:50+	01:00+	00:16+	
02:15@	00:57&	05:26@	02:05@	01:42&	01:35@	02:03&	00:48&	01:42@	01:12&	00:54&	00:50&	00:45-	00:39&	01:36&	02:19@	02:44@	03:02@	01:01&	00:48&	00:17&	00:22&	00:04&	
<b>Beste strekktid for klassen</b>	01:06	01:27	02:38	01:34	01:53	01:02	01:51	00:54	01:02	01:40	01:00	01:27	01:32	01:19	02:14	02:01	01:56	02:16	01:18	01:12	00:33	00:38	00:12

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

## Damer B

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

Class	Navn	Klasse										Tid					
<b>7</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>47:03</b>					
03:00+	04:46+	08:17+	12:49+	17:48+	20:57+	23:41+	24:51+	27:49+	29:57+	31:54+	34:42+	36:46+	40:53+	44:10+	45:23+	46:48+	47:03+
03:00+	01:46+	03:31+	04:32+	04:59+	03:09+	02:44+	01:10-	02:58+	02:08+	01:57+	02:48+	02:04+	04:07+	03:17-	01:13=	01:25+	00:15-
00:57&	00:22&	00:10+	02:54@	03:33@	00:32#	00:54&	00:05-	00:08+	00:47&	00:06+	01:23&	00:05+	00:50&	00:06-	00:00=	00:06+	00:01-
<b>8</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>48:09</b>					
02:12+	03:57+	07:22+	13:19+	14:59+	19:21+	22:00+	23:24+	27:22+	30:27+	32:53+	34:33+	37:02+	41:01+	44:53+	46:19+	47:51+	48:09+
02:12+	01:45+	03:25+	05:57+	01:40+	04:22+	02:39+	01:24+	03:58+	03:05+	02:26+	01:40+	02:29+	03:59+	03:52+	01:26+	01:32+	00:18+
00:09+	00:21#	00:04+	04:19@	00:14#	01:45&	00:49&	00:09#	01:08&	01:44@	00:35&	00:15#	00:30&	00:42#	00:29#	00:13#	00:13#	00:02#
<b>9</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>50:19</b>					
02:40+	04:38+	10:42+	13:14+	15:26+	19:32+	23:27+	24:56+	28:54+	30:58+	33:13+	35:05+	37:30+	41:48+	46:23+	48:10+	50:01+	50:19+
02:40+	01:58+	06:04+	02:32+	02:12+	04:06+	03:55+	01:29+	03:58+	02:04+	02:15+	01:52+	02:25+	04:18+	04:35+	01:47+	01:51+	00:18+
00:37&	00:34&	02:43&	00:54&	00:46&	01:29&	02:05@	00:14#	01:08&	00:43&	00:24#	00:27&	00:26#	01:01&	01:12&	00:34&	00:32&	00:02#
<b>10</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>50:57</b>					
03:20+	05:07+	09:52+	16:57+	18:47+	24:02+	26:16+	28:00+	31:28+	33:24+	35:16+	36:43+	38:52+	43:04+	47:43+	49:03+	50:42+	50:57+
03:20+	01:47+	04:45+	07:05+	01:50+	05:15+	02:14+	01:44+	03:28+	01:56+	01:52+	01:27+	02:09+	04:12+	04:39+	01:20+	01:39+	00:15-
01:17&	00:23&	01:24&	05:27@	00:24&	02:38@	00:24#	00:29&	00:38#	00:35&	00:01+	00:02+	00:10+	00:55&	01:16&	00:07+	00:20&	00:01-
<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>51:18</b>					
02:16+	03:56+	13:57+	15:56+	17:49+	21:40+	24:31+	26:02+	29:37+	33:18+	36:30+	38:05+	40:11+	44:05+	47:46+	49:14+	51:02+	51:18+
02:16+	01:40+	10:01+	01:59+	01:53+	03:51+	02:51+	01:31+	03:35+	03:41+	03:12+	01:35+	02:06+	03:54+	03:41+	01:28+	01:48+	00:16=
00:13#	00:16#	06:40@	00:21#	00:27&	01:14&	01:01+	00:16#	00:45&	02:20@	01:21&	00:10#	00:07+	00:37#	00:18+	00:15#	00:29&	00:00=
<b>12</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>51:45</b>					
02:27+	04:20+	09:21+	12:01+	14:19+	20:19+	23:26+	25:04+	28:55+	31:17+	33:25+	35:05+	40:03+	43:57+	47:39+	49:00+	51:27+	51:45+
02:27+	01:53+	05:01+	02:40+	02:18+	06:00+	03:07+	01:38+	03:51+	02:22+	02:08+	01:40+	04:58+	03:54+	03:42+	01:21+	02:27+	00:18+
00:24#	00:29&	01:40&	01:02&	00:52&	03:23@	01:17&	00:23&	01:01&	01:01&	00:17#	00:15#	02:59@	00:37#	00:19+	00:08#	01:08&	00:02#
<b>Beste strekktid for klassen</b>																	
01:39	01:12	03:21	01:36	01:26	02:20	01:50	01:04	02:42	01:21	01:34	01:13	01:40	02:56	03:09	01:09	01:10	00:14
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
<b>Damer Ny</b>																	
<b>1</b>	<b>Sølvi Sjøgren Amundrud</b>	<b>80</b>										<b>36:49</b>					
01:45=	03:48=	05:10=	08:58=	12:43=	14:36=	19:52=	23:48=	24:43=	25:55=	28:28=	32:27=	33:15=	35:10=	36:25=	36:49=		
01:45=	02:03=	01:22=	03:48=	03:45=	01:53=	05:16=	03:56=	00:55=	01:12=	02:33=	03:59=	00:48=	01:55=	01:15=	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=		
<b>Beste strekktid for klassen</b>																	
01:45	02:03	01:22	03:48	03:45	01:53	05:16	03:56	00:55	01:12	02:33	03:59	00:48	01:55	01:15	00:24		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
<b>Damer Trim</b>																	
<b>1</b>	<b>Ann Helen Johannesen</b>	<b>71</b>										<b>28:30</b>					
01:57=	03:47=	04:59=	06:15=	07:39=	09:03=	10:54=	13:17=	15:34=	19:18=	21:38=	22:57=	24:50=	25:26=	27:11=	28:13=	28:30=	
01:57=	01:50=	01:12=	01:16=	01:24=	01:24=	01:51=	02:23=	02:17=	03:44=	02:20=	01:19=	01:53=	00:36=	01:45=	01:02=	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=	
<b>2</b>	<b>Marie Sjørnsen</b>	<b>117</b>										<b>30:38</b>					
02:32+	04:26+	05:34+	07:20+	09:03+	10:37+	12:26+	16:49+	18:59+	20:40+	22:58+	25:01+	27:06+	27:41+	29:28+	30:22+	30:38+	
02:32+	01:54+	01:08=	01:46+	01:43+	01:34+	01:49=	04:23+	02:10=	01:41=	02:18=	02:03+	02:05+	00:35=	01:47+	00:54=	00:16=	
00:35&	00:04+	00:04-	00:30&	00:19#	00:10#	00:02-	02:00&	00:07-	02:03-	00:02-	00:44&	00:12#	00:01-	00:02+	00:08-	00:01-	
<b>3</b>	<b>Mette Langeland</b>	<b>117</b>										<b>31:16</b>					
02:39+	05:06+	06:42+	09:16+	10:57+	12:35+	14:40+	17:26+	20:20+	22:11+	24:46+	26:20+	27:27+	28:05+	29:48+	30:56+	31:16+	
02:39+	02:27+	01:36+	02:34+	01:41+	01:38+	02:05+	02:46+	02:54+	01:51=	02:35+	01:34+	01:07=	00:38+	01:43=	01:08+	00:20+	
00:42&	00:37&	00:24&	01:18@	00:17#	00:14#	00:14#	00:23#	00:37&	01:53-	00:15#	00:15#	00:46-	00:02+	00:02-	00:06+	00:03#	
<b>4</b>	<b>Maren Hope Blå</b>	<b>43</b>										<b>32:12</b>					
02:02+	04:37+	05:44+	07:10+	08:48+	10:20+	12:01+	18:14+	20:48+	23:07+	25:30+	27:09+	28:19+	28:55+	30:21+	31:44+	32:12+	
02:02+	02:35+	01:07-	01:26+	01:38+	01:32+	01:41=	06:13+	02:34+	02:19-	02:23+	01:39+	01:10-	00:36=	01:26-	01:23+	00:28+	
00:05+	00:45&	00:05-	00:10#	00:14#	00:08+	00:10-	03:50@	00:17#	01:25-	00:03+	00:20&	00:43-	00:00=	00:19-	00:21&	00:11&	

Class	Navn	Klasse										Tid				
<b>5</b>	<b>Margot Asheim</b>	<b>105</b>										<b>33:43</b>				
02:50+	04:48+	06:08+	08:19+	11:24+	13:09+	16:08+	18:38+	21:44+	24:26+	25:50+	27:14+	28:16+	30:24+	33:24+	33:43+	
02:50+	01:58+	01:20+	02:11+	01:31+	01:34+	01:45-	02:59+	02:30+	03:06-	02:42+	01:24+	01:24-	01:02+	02:08+	03:00+	00:19+
00:53&	00:08+	00:08#	00:55&	00:07+	00:10#	00:06-	00:36&	00:13+	00:38-	00:22#	00:05+	00:29-	00:26&	00:23#	01:58@	00:02#
<b>6</b>	<b>Sara Engevik</b>	<b>126</b>										<b>34:31</b>				
02:42+	05:43+	07:08+	08:43+	10:35+	11:59+	14:58+	18:43+	21:48+	24:42+	27:15+	28:41+	30:45+	31:23+	33:02+	34:06+	34:31+
02:42+	03:01+	01:25+	01:35+	01:52+	01:24=	02:59+	03:45+	03:05+	02:54-	02:33+	01:26+	02:04+	00:38+	01:39-	01:04+	00:25+
00:45&	01:11&	00:13#	00:19#	00:28&	00:00=	01:08&	01:22&	00:48&	00:50-	00:13+	00:07+	00:11+	00:02+	00:06-	00:02+	00:08&
<b>7</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>										<b>38:36</b>				
05:53+	07:53+	09:10+	11:17+	12:42+	14:18+	16:38+	25:08+	27:47+	30:14+	32:14+	33:49+	34:58+	35:33+	37:15+	38:18+	38:36+
05:53+	02:00+	01:17+	02:07+	01:25+	01:36+	02:20+	08:30+	02:39+	02:27-	02:00-	01:35+	01:09-	00:35-	01:42-	01:03+	00:18+
03:56@	00:10+	00:05+	00:51&	00:01+	00:12#	00:29&	06:07@	00:22#	01:17-	00:20-	00:16#	00:44-	00:01-	00:03-	00:01+	00:01+
<b>8</b>	<b>Elin Stueland</b>	<b>5</b>										<b>38:38</b>				
02:50+	04:49+	06:31+	07:52+	09:22+	10:58+	13:40+	17:22+	19:44+	22:34+	27:00+	30:21+	33:04+	33:30+	35:30+	38:21+	38:38+
02:50+	01:59+	01:42+	01:21+	01:30+	01:36+	02:42+	03:42+	02:22+	02:50-	04:26+	03:21+	02:43+	00:26-	02:00+	02:51+	00:17=
00:53&	00:09+	00:30&	00:05+	00:06+	00:12#	00:51&	01:19&	00:05+	00:54-	02:06&	02:02@	00:50&	00:10-	00:15#	01:49@	00:00=
<b>9</b>	<b>Kirsten Carlsen</b>	<b>93</b>										<b>38:39</b>				
03:32+	06:24+	07:48+	10:01+	12:23+	14:40+	17:36+	21:22+	24:52+	27:36+	30:45+	32:41+	34:11+	34:48+	36:48+	38:13+	38:39+
03:32+	02:52+	01:24+	02:13+	02:22+	02:17+	02:56+	03:46+	03:30+	02:44-	03:09+	01:56+	01:30-	00:37+	02:00+	01:25+	00:26+
01:35&	01:02&	00:12#	00:57&	00:58&	00:53&	01:05&	01:23&	01:13&	01:00-	00:49&	00:37&	00:23-	00:01+	00:15#	00:23&	00:09&
<b>10</b>	<b>Irene Frøyland</b>	<b>71</b>										<b>38:50</b>				
02:43+	05:47+	07:28+	10:08+	13:46+	15:32+	17:42+	20:13+	23:57+	26:13+	31:43+	33:33+	35:03+	35:43+	37:16+	38:31+	38:50+
02:43+	03:04+	01:41+	02:40+	03:38+	01:46+	02:10+	02:31+	03:44+	02:16-	05:30+	01:50+	01:30-	00:40+	01:33-	01:15+	00:19+
00:46&	01:14&	00:29&	01:24@	02:14@	00:22&	00:19#	00:08+	01:27&	01:28-	03:10@	00:31&	00:23-	00:04#	00:12-	00:13#	00:02#
<b>11</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>40:21</b>				
04:05+	06:29+	07:56+	10:36+	12:19+	14:06+	16:21+	25:08+	29:06+	31:04+	33:35+	34:55+	36:21+	36:51+	38:50+	40:00+	40:21+
04:05+	02:24+	01:27+	02:40+	01:43+	01:47+	02:15+	08:47+	03:58+	01:58-	02:31+	01:20+	01:26-	00:30-	01:59+	01:10+	00:21+
02:08@	00:34&	00:15#	01:24@	00:19#	00:23&	00:24#	06:24@	01:41&	01:46-	00:11+	00:01+	00:27-	00:06-	00:14#	00:08#	00:04#
<b>12</b>	<b>Kristin Harbo</b>	<b>92</b>										<b>40:56</b>				
03:44+	06:15+	07:44+	09:52+	11:54+	13:57+	16:04+	19:19+	22:49+	25:09+	29:19+	31:30+	34:09+	35:05+	39:14+	40:33+	40:56+
03:44+	02:31+	01:29+	02:08+	02:02+	02:03+	02:07+	03:15+	03:30+	02:20-	04:10+	02:11+	02:39+	00:56+	04:09+	01:19+	00:23+
01:47&	00:41&	00:17#	00:52&	00:38&	00:39&	00:16#	00:52&	01:13&	01:24-	01:50&	00:52&	00:46&	00:20&	02:24@	00:17&	00:06&
<b>13</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>41:42</b>				
03:46+	06:46+	08:23+	10:38+	13:15+	15:33+	18:05+	21:29+	25:18+	30:01+	33:12+	35:15+	36:47+	37:38+	39:32+	41:05+	41:42+
03:46+	03:00+	01:37+	02:15+	02:37+	02:18+	02:32+	03:24+	03:49+	04:43+	03:11+	02:03+	01:32-	00:51+	01:54+	01:33+	00:37+
01:49&	01:10&	00:25&	00:59&	01:13&	00:54&	00:41&	01:01&	01:32&	00:59&	00:51&	00:44&	00:21-	00:15&	00:09+	00:31&	00:20@
<b>14</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>41:53</b>				
02:40+	07:45+	08:50+	10:43+	12:26+	15:56+	17:56+	25:07+	28:19+	30:18+	33:00+	34:57+	38:15+	38:39+	40:23+	41:37+	41:53+
02:40+	05:05+	01:05-	01:53+	01:43+	03:30+	02:00+	07:11+	03:12+	01:59-	02:42+	01:57+	03:18+	00:24-	01:44-	01:14+	00:16-
00:43&	03:15@	00:07-	00:37&	00:19#	02:06@	00:09+	04:48@	00:55&	01:45-	00:22#	00:38&	01:25&	00:12-	00:01-	00:12#	00:01-
<b>15</b>	<b>Lise Nessa Di Lorenzo</b>	<b>93</b>										<b>42:19</b>				
09:31+	11:21+	12:30+	15:31+	17:11+	18:43+	20:34+	27:17+	29:54+	33:32+	35:55+	37:16+	38:42+	39:10+	40:59+	41:58+	42:19+
09:31+	01:50=	01:09-	03:01+	01:40+	01:32+	01:51=	06:43+	02:37+	03:38-	02:23+	01:21+	01:26-	00:28-	01:49+	00:59-	00:21+
07:34@	00:00=	00:03-	01:45@	00:16#	00:08+	00:00=	04:20@	00:20#	00:06-	00:03+	00:02+	00:27-	00:08-	00:04+	00:03-	00:04#
<b>16</b>	<b>Mona Berntsen</b>	<b>43</b>										<b>43:15</b>				
02:43+	05:46+	06:58+	09:15+	10:59+	12:26+	14:18+	27:18+	29:53+	31:48+	34:12+	38:45+	39:38+	40:02+	41:52+	42:55+	43:15+
02:43+	03:03+	01:12=	02:17+	01:44+	01:27+	01:52+	13:00+	02:35+	01:55-	02:24+	04:33+	00:53-	00:24-	01:50+	01:03+	00:20+
00:46&	01:13&	00:00=	01:01&	00:20#	00:03+	00:01+	10:37@	00:18#	01:49-	00:04+	03:14@	01:00-	00:12-	00:05+	00:01+	00:03#
<b>17</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>46:02</b>				
04:06+	07:19+	09:06+	12:45+	15:12+	17:45+	20:36+	25:00+	29:51+	32:42+	36:46+	38:47+	40:36+	41:27+	44:06+	45:42+	46:02+
04:06+	03:13+	01:47+	03:39+	02:27+	02:33+	02:51+	04:24+	04:51+	02:51-	04:04+	02:01+	01:49-	00:51+	02:39+	01:36+	00:20+
02:09@	01:23&	00:35&	02:23@	01:03&	01:09&	01:00&	02:01&	02:34@	00:53-	01:44&	00:42&	00:04-	00:15&	00:54&	00:34&	00:03#
<b>18</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>										<b>46:25</b>				
02:56+	04:59+	06:19+	10:01+	11:48+	13:35+	15:27+	23:23+	26:36+	30:03+	33:25+	40:38+	42:09+	43:00+	44:59+	46:06+	46:25+
02:56+	02:03+	01:20+	03:42+	01:47+	01:47+	01:52+	07:56+	03:13+	03:27-	03:22+	07:13+	01:31-	00:51+	01:59+	01:07+	00:19+
00:59&	00:13#	00:08#	02:26@	00:23&	00:23&	00:01+	05:33@	00:56&	00:17-	01:02&	05:54@	00:22-	00:15&	00:14#	00:05+	00:02#
<b>19</b>	<b>Linda Haukås</b>	<b>113</b>										<b>46:39</b>				
03:25+	06:26+	08:21+	11:03+	13:30+	15:42+	18:07+	26:41+	30:48+	34:02+	37:15+	39:02+	42:04+	42:44+	44:42+	46:15+	46:39+
03:25+	03:01+	01:55+	02:42+	02:27+	02:12+	02:25+	08:34+	04:07+	03:14-	03:13+	01:47+	03:02+	00:40+	01:58+	01:33+	00:24+
01:28&	01:11&	00:43&	01:26@	01:03&	00:48&	00:34&	06:11@	01:50&	00:30-	00:53&	00:28&	01:09&	00:04#	00:13#	00:31&	00:07&



Class	Navn	Klasse											Tid			
<b>20</b>	<b>Randi Roth</b>	<b>68</b>											<b>46:44</b>			
04:56+	08:07+	09:45+	12:39+	15:42+	18:31+	21:16+	25:00+	29:02+	31:44+	35:40+	37:47+	39:57+	40:54+	44:37+	46:21+	46:44+
04:56+	03:11+	01:38+	02:54+	03:03+	02:49+	02:45+	03:44+	04:02+	02:42-	03:56+	02:07+	02:10+	00:57+	03:43+	01:44+	00:23+
02:59@	01:21&	00:26&	01:38@	01:39@	01:25@	00:54&	01:21&	01:45&	01:02-	01:36&	00:48&	00:17#	00:21&	01:58@	00:42&	00:06&
<b>21</b>	<b>May Kristin Haaland</b>	<b>47</b>											<b>46:51</b>			
03:36+	06:38+	09:08+	11:38+	14:05+	16:11+	20:08+	23:56+	28:50+	31:01+	34:34+	36:27+	38:43+	39:25+	44:52+	46:24+	46:51+
03:36+	03:02+	02:30+	02:30+	02:27+	02:06+	03:57+	03:48+	04:54+	02:11-	03:33+	01:53+	02:16+	00:42+	05:27+	01:32+	00:27+
01:39&	01:12&	01:18@	01:14&	01:03&	00:42&	02:06@	01:25&	02:37@	01:33-	01:13&	00:34&	00:23#	00:06#	03:42@	00:30&	00:10&
<b>22</b>	<b>Ewelina Uscinska</b>	<b>287</b>											<b>47:46</b>			
05:47+	08:13+	09:56+	13:05+	15:13+	17:03+	19:22+	26:12+	29:10+	32:05+	34:40+	37:30+	39:44+	40:25+	45:51+	47:27+	47:46+
05:47+	02:26+	01:43+	03:09+	02:08+	01:50+	02:19+	06:50+	02:58+	02:55-	02:35+	02:50+	02:14+	00:41+	05:26+	01:36+	00:19+
03:50@	00:36&	00:31&	01:53@	00:44&	00:26&	00:28&	04:27@	00:41&	00:49-	00:15#	01:31@	00:21#	00:05#	03:41@	00:34&	00:02#
<b>23</b>	<b>Irene Møland Torgersen</b>	<b>92</b>											<b>48:10</b>			
03:51+	08:08+	09:52+	12:18+	15:02+	18:02+	20:42+	27:35+	31:37+	34:11+	37:51+	40:27+	42:36+	43:31+	46:05+	47:46+	48:10+
03:51+	04:17+	01:44+	02:26+	02:44+	03:00+	02:40+	06:53+	04:02+	02:34-	03:40+	02:36+	02:09+	00:55+	02:34+	01:41+	00:24+
01:54&	02:27@	00:32&	01:10&	01:20@	01:36@	00:49&	04:30@	01:45&	01:10-	01:20&	01:17&	00:16#	00:19&	00:49&	00:39&	00:07&
<b>24</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>											<b>48:12</b>			
03:52+	08:07+	09:52+	12:33+	15:03+	18:08+	20:50+	27:30+	31:37+	34:13+	37:51+	40:34+	42:36+	43:31+	46:04+	47:47+	48:12+
03:52+	04:15+	01:45+	02:41+	02:30+	03:05+	02:42+	06:40+	04:07+	02:36-	03:38+	02:43+	02:02+	00:55+	02:33+	01:43+	00:25+
01:55&	02:25@	00:33&	01:25@	01:06&	01:41@	00:51&	04:17@	01:50&	01:08-	01:18&	01:24@	00:09+	00:19&	00:48&	00:41&	00:08&
<b>25</b>	<b>Ann-Mari Vold</b>	<b>371</b>											<b>49:48</b>			
02:43+	06:23+	07:28+	15:25+	17:49+	19:26+	21:38+	30:21+	34:12+	36:21+	38:38+	40:01+	46:25+	46:44+	48:22+	49:31+	49:48+
02:43+	03:40+	01:05-	07:57+	02:24+	01:37+	02:12+	08:43+	03:51+	02:09-	02:17-	01:23+	06:24+	00:19-	01:38-	01:09+	00:17-
00:46&	01:50&	00:07-	06:41@	01:00&	00:13#	00:21#	06:20@	01:34&	01:35-	00:03-	00:04+	04:31@	00:17-	00:07-	00:07#	00:00-
<b>26</b>	<b>Lina Dahle</b>	<b>372</b>											<b>50:51</b>			
05:02+	07:49+	09:35+	11:15+	14:02+	15:43+	25:18+	31:12+	34:18+	36:27+	39:36+	45:04+	46:23+	47:11+	49:03+	50:26+	50:51+
05:02+	02:47+	01:46+	01:40+	02:47+	01:41+	09:35+	05:54+	03:06+	02:09-	03:09+	05:28+	01:19-	00:48+	01:52+	01:23+	00:25+
03:05@	00:57&	00:34&	00:24&	01:23&	00:17#	07:44@	03:31@	00:49&	01:35-	00:49&	04:09@	00:34-	00:12&	00:07+	00:21&	00:08&
<b>27</b>	<b>Brit Svihus</b>	<b>92</b>											<b>52:13</b>			
03:43+	13:25+	14:46+	17:08+	19:16+	21:11+	25:08+	28:07+	31:36+	35:14+	39:14+	41:18+	43:44+	44:25+	49:54+	51:45+	52:13+
03:43+	09:42+	01:21+	02:22+	02:08+	01:55+	03:57+	02:59+	03:29+	03:38-	04:00+	02:04+	02:26+	00:41+	05:29+	01:51+	00:28+
01:46&	07:52@	00:09#	01:06&	00:44&	00:31&	02:06@	00:36&	01:12&	00:06-	01:40&	00:45&	00:33&	00:05#	03:44@	00:49&	00:11&
<b>28</b>	<b>Stina Huynh</b>	<b>372</b>											<b>54:27</b>			
10:25+	13:43+	14:52+	17:06+	19:32+	21:23+	23:32+	32:01+	35:03+	37:19+	40:08+	43:15+	46:39+	47:03+	53:21+	54:07+	54:27+
10:25+	03:18+	01:09-	02:14+	02:26+	01:51+	02:09+	08:29+	03:02+	02:16-	02:49+	03:07+	03:24+	00:24-	06:18+	00:46-	00:20+
08:28@	01:28&	00:03-	00:58&	01:02&	00:27&	00:18#	06:06@	00:45&	01:28-	00:29#	01:48@	01:31&	00:12-	04:33@	00:16-	00:03#
<b>29</b>	<b>Ruth Grødem</b>	<b>105</b>											<b>55:00</b>			
03:16+	06:08+	08:03+	10:16+	13:10+	15:10+	18:12+	32:40+	36:31+	38:20+	42:11+	44:22+	46:35+	47:15+	52:43+	54:37+	55:00+
03:16+	02:52+	01:55+	02:13+	02:54+	02:00+	03:02+	14:28+	03:51+	01:49-	03:51+	02:11+	02:13+	00:40+	05:28+	01:54+	00:23+
01:19&	01:02&	00:43&	00:57&	01:30@	00:36&	01:11&	12:05@	01:34&	01:55-	01:31&	00:52&	00:20#	00:04#	03:43@	00:52&	00:06&
<b>30</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>											<b>59:05</b>			
03:44+	09:09+	10:26+	12:16+	16:28+	18:41+	21:19+	30:10+	34:33+	38:32+	44:13+	46:36+	48:56+	49:38+	57:09+	58:43+	59:05+
03:44+	05:25+	01:17+	01:50+	04:12+	02:13+	02:38+	08:51+	04:23+	03:59+	05:41+	02:23+	02:20+	00:42+	07:31+	01:34+	00:22+
01:47&	03:35@	00:05+	00:34&	02:48@	00:49&	00:47&	06:28@	02:06&	00:15+	03:21@	01:04&	00:27#	00:06#	05:46@	00:32&	00:05&
<b>31</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>											<b>1:02:02</b>			
05:10+	08:14+	09:37+	12:51+	15:03+	18:52+	21:15+	35:31+	40:03+	43:40+	48:40+	51:22+	56:03+	57:02+	59:59+	61:37+	62:02+
05:10+	03:04+	01:23+	03:14+	02:12+	03:49+	02:23+	14:16+	04:32+	03:37-	05:00+	02:42+	04:41+	00:59+	02:57+	01:38+	00:25+
03:13@	01:14&	00:11#	01:58@	00:48&	02:25@	00:32&	11:53@	02:15&	00:07-	02:40@	01:23@	02:48@	00:23&	01:12&	00:36&	00:08&
<b>32</b>	<b>Aslaug Neteland</b>	<b>92</b>											<b>1:07:08</b>			
03:26+	06:37+	08:13+	11:44+	15:05+	17:07+	19:53+	41:10+	45:01+	47:51+	51:18+	53:03+	57:31+	58:19+	64:53+	66:45+	67:08+
03:26+	03:11+	01:36+	03:31+	03:21+	02:02+	02:46+	21:17+	03:51+	02:50-	03:27+	01:45+	04:28+	00:48+	06:34+	01:52+	00:23+
01:29&	01:21&	00:24&	02:15@	01:57@	00:38&	00:55&	18:54@	01:34&	00:54-	01:07&	00:26&	02:35@	00:12&	04:49@	00:50&	00:06&
<b>33</b>	<b>Wenke Wannberg</b>	<b>116</b>											<b>1:07:10</b>			
03:33+	06:34+	08:12+	11:39+	15:06+	17:05+	19:52+	41:01+	45:00+	47:51+	51:18+	53:03+	57:29+	58:20+	64:59+	66:46+	67:10+
03:33+	03:01+	01:38+	03:27+	03:27+	01:59+	02:47+	21:09+	03:59+	02:51-	03:27+	01:45+	04:26+	00:51+	06:39+	01:47+	00:24+
01:36&	01:11&	00:26&	02:11@	02:03@	00:35&	00:56&	18:46@	01:42&	00:53-	01:07&	00:26&	02:33@	00:15&	04:54@	00:45&	00:07&
<b>34</b>	<b>Signe Lise Haaland</b>	<b>66</b>											<b>1:13:59</b>			
04:56+	09:06+	11:40+	16:15+	19:01+	24:17+	27:08+	41:01+	46:23+	56:51+	62:07+	64:24+	67:27+	68:25+	71:30+	73:18+	73:59+
04:56+	04:10+	02:34+	04:35+	02:46+	05:16+	02:51+	13:53+	05:22+	10:28+	05:16+	02:17+	03:03+	00:58+	03:05+	01:48+	00:41+
02:59@	02:20@	01:22@	03:19@	01:22&	03:52@	01:00&	11:30@	03:05@	06:44@	02:56@	00:58&	01:10&	00:22&	01:20&	00:46&	00:24@

Class	Navn	Klasse										Tid					
<b>35</b>	<b>Priya Chilamkurthi</b>	<b>136</b>										<b>1:21:43</b>					
15:45+	19:05+	21:47+	26:37+	30:36+	33:35+	37:04+	45:53+	52:37+	58:40+	63:58+	69:19+	74:55+	75:24+	78:11+	81:16+	81:43+	
15:45+	03:20+	02:42+	04:50+	03:59+	02:59+	03:29+	08:49+	06:44+	06:03+	05:18+	05:21+	05:36+	00:29-	02:47+	03:05+	00:27+	
13:48@	01:30@	01:30@	03:34@	02:35@	01:35@	01:38@	06:26@	04:27@	02:19@	02:58@	04:02@	03:43@	00:07-	01:02@	02:03@	00:10@	

### Beste strekktid for klassen

01:57 01:50 01:05 01:16 01:24 01:24 01:41 02:23 02:10 01:41 02:00 01:19 00:53 00:19 01:26 00:46 00:16

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

## Herrer 16 - 39 år

<b>1</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>										<b>30:40</b>					
01:40=	03:11=	06:05=	08:05=	09:24=	11:23=	13:44=	14:49=	17:53=	19:16=	20:49=	21:52=	23:35=	25:57=	28:28=	29:26=	30:28=	30:40=
01:40=	01:31=	02:54=	02:00=	01:19=	01:59=	02:21=	01:05=	03:04=	01:23=	01:33=	01:03=	01:43=	02:22=	02:31=	00:58=	01:02=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>34:50</b>					
01:43+	03:06-	06:33+	08:46+	10:01+	12:55+	14:46+	15:49+	18:41+	20:13+	21:48+	22:58+	25:08+	29:06+	32:02+	33:41+	34:38+	34:50+
01:43+	01:23-	03:27+	02:13+	01:15-	02:54+	01:51-	01:03-	02:52-	01:32+	01:35+	01:10+	02:10+	03:58+	02:56+	01:39+	00:57-	00:12=
00:03+	00:08-	00:33#	00:13#	00:04-	00:55@	00:22-	00:02-	00:12-	00:09#	00:02+	00:07#	00:27&	01:36&	00:25#	00:41&	00:05-	00:00=
<b>3</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>36:13</b>					
01:31-	02:58-	06:11+	08:01-	10:10+	12:52+	14:51+	15:56+	19:15+	21:05+	22:32+	23:43+	26:59+	30:39+	33:24+	34:40+	36:02+	36:13+
01:31-	01:27-	03:13+	01:50-	02:09+	02:42+	01:59-	01:05-	03:19+	01:50+	01:27-	01:11+	03:16+	03:40+	02:45+	01:16+	01:22+	00:11-
00:09-	00:04-	00:19#	00:10-	00:50@	00:43&	00:22-	00:00=	00:15+	00:27&	00:06-	00:08#	01:33&	01:18&	00:14+	00:18&	00:20&	00:01-
<b>4</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>										<b>38:11</b>					
02:09+	03:25+	06:52+	09:27+	10:50+	13:59+	16:24+	17:43+	20:14+	24:20+	25:53+	26:59+	30:16+	32:54+	35:42+	36:42+	37:58+	38:11+
02:09+	01:16-	03:27+	02:35+	01:23+	03:09+	02:25+	01:19+	02:31-	04:06+	01:33=	01:06+	03:17+	02:38+	02:48+	01:00+	01:16+	00:13+
00:29&	00:15-	00:33#	00:35&	00:04+	01:10&	00:04+	00:14#	00:33-	02:43@	00:00=	00:03+	01:34&	00:16#	00:17#	00:02+	00:14#	00:01+
<b>5</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>39:06</b>					
01:45+	02:59-	07:58+	10:27+	13:46+	17:57+	19:49+	21:03+	23:46+	24:59+	26:25+	27:44+	31:12+	33:47+	36:43+	37:40+	38:55+	39:06+
01:45+	01:14-	04:59+	02:29+	03:19+	04:11+	01:52-	01:14+	02:43-	01:13-	01:26-	01:19+	03:28+	02:35+	02:56+	00:57-	01:15+	00:11-
00:05+	00:17-	02:05&	00:29#	02:00@	02:12@	00:29-	00:09#	00:21-	00:10-	00:07-	00:16&	01:45@	00:13+	00:25#	00:01-	00:13#	00:01-
<b>6</b>	<b>Omund Thu Landstad</b>	<b>66</b>										<b>39:38</b>					
01:38-	03:47+	06:36+	11:13+	12:30+	14:52+	17:30+	18:39+	24:15+	25:50+	27:31+	28:45+	30:40+	33:50+	37:05+	38:10+	39:22+	39:38+
01:38-	02:09+	02:49-	04:37+	01:17-	02:22+	02:38+	01:09+	05:36+	01:35+	01:41+	01:14+	01:55+	03:10+	03:15+	01:05+	01:12+	00:16+
00:02-	00:38&	00:05-	02:37@	00:02-	00:23#	00:17#	00:04+	02:32&	00:12#	00:08+	00:11#	00:12#	00:48&	00:44&	00:07#	00:10#	00:04&
<b>7</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>										<b>40:02</b>					
01:43+	02:57-	07:18+	11:29+	15:21+	18:02+	19:59+	21:13+	23:58+	26:58+	28:32+	29:47+	31:38+	35:03+	37:39+	38:39+	39:50+	40:02+
01:43+	01:14-	04:21+	04:11+	03:52+	02:41+	01:57-	01:14+	02:45-	03:00+	01:34+	01:15+	01:51+	03:25+	02:36+	01:00+	01:11+	00:12=
00:03+	00:17-	01:27&	02:11@	02:33@	00:42&	00:24-	00:09#	00:19-	01:37@	00:01+	00:12#	00:08+	01:03&	00:05+	00:02+	00:09#	00:00=
<b>8</b>	<b>Peter Sæbbø</b>	<b>305</b>										<b>40:40</b>					
01:46+	02:50-	06:00-	07:16-	15:25+	18:26+	20:28+	21:27+	23:55+	25:24+	26:48+	27:50+	29:27+	36:12+	38:38+	39:34+	40:27+	40:40+
01:46+	01:04-	03:10+	01:16-	08:09+	03:01+	02:02-	00:59-	02:28-	01:29+	01:24-	01:02-	01:37-	06:45+	02:26-	00:56-	00:53-	00:13+
00:06+	00:27-	00:16+	00:44-	06:50@	01:02&	00:19+	00:06-	00:36-	00:06+	00:09-	00:01-	00:06-	04:23@	00:05-	00:02-	00:09-	00:01+
<b>9</b>	<b>Håvard Barkved</b>	<b>71</b>										<b>40:51</b>					
02:02+	03:53+	07:24+	09:24+	11:10+	13:24+	17:05+	18:36+	23:22+	25:57+	27:35+	29:06+	31:46+	34:35+	37:30+	38:51+	40:35+	40:51+
02:02+	01:51+	03:31+	02:00=	01:46+	02:14+	03:41+	01:31+	04:46+	02:35+	01:38+	01:31+	02:40+	02:49+	02:55+	01:21+	01:44+	00:16+
00:22#	00:20#	00:37#	00:00=	00:27&	00:15#	01:20#	00:26&	01:42&	01:12&	00:05+	00:28&	00:57&	00:27#	00:24#	00:23&	00:42&	00:04&
<b>10</b>	<b>Thomas Hinna</b>	<b>287</b>										<b>44:41</b>					
01:55+	03:19+	07:12+	09:40+	13:25+	16:37+	18:44+	20:14+	25:15+	26:37+	28:18+	29:58+	32:55+	36:45+	41:44+	43:03+	44:27+	44:41+
01:55+	01:24-	03:53+	02:28+	03:45+	03:12+	02:07-	01:30+	05:01+	01:22-	01:41+	01:40+	02:57+	03:50+	04:59+	01:19+	01:24+	00:14+
00:15#	00:07-	00:59&	00:28#	02:26@	01:13&	00:14-	00:25&	01:57&	00:01-	00:08+	00:37&	01:14&	01:28&	02:28&	00:21&	00:22&	00:02#
<b>11</b>	<b>Truls Thorkildsen</b>	<b>39</b>										<b>45:44</b>					
01:34-	02:51-	06:15+	11:43+	15:03+	18:49+	20:45+	22:08+	24:47+	26:33+	29:45+	30:50+	34:00+	39:44+	42:59+	44:09+	45:30+	45:44+
01:34-	01:17-	03:24+	05:28+	03:20+	03:46+	01:56-	01:23+	02:39-	01:46+	03:12+	01:05+	03:10+	05:44+	03:15+	01:10+	01:21+	00:14+
00:06-	00:14-	00:30#	03:28@	02:01@	01:47&	00:25-	00:18&	00:25-	00:23&	01:39@	00:02+	01:27&	03:22@	00:44&	00:12#	00:19&	00:02#
<b>12</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>										<b>47:03</b>					
01:46+	03:03-	07:46+	10:21+	13:37+	17:06+	19:42+	21:05+	24:35+	29:28+	31:49+	33:15+	37:00+	40:16+	43:56+	45:13+	46:47+	47:03+
01:46+	01:17-	04:43+	02:35+	03:16+	03:29+	02:36+	01:23+	03:30+	04:53+	02:21+	01:26+	03:45+	03:16+	03:40+	01:17+	01:34+	00:16+
00:06+	00:14-	01:49&	00:35&	01:57@	01:30&	00:15#	00:18&	00:26#	03:30@	00:48&	00:23&	02:02@	00:54&	01:09&	00:19&	00:32&	00:04&

Class	Navn	Klasse	Tid																		
<b>13</b>	<b>Arthur Fayemendy</b>	<b>116</b>	<b>47:45</b>																		
01:48+	03:23+	12:46+	14:11+	18:54+	21:39+	23:37+	24:52+	29:37+	31:34+	33:19+	34:29+	39:27+	42:10+	45:05+	46:10+	47:28+	47:45+				
01:48+	01:35+	09:23+	01:25-	04:43+	02:45+	01:58-	01:15+	04:45+	01:57+	01:45+	01:10+	04:58+	02:43+	02:55+	01:05+	01:18+	00:17+				
00:08+	00:04+	06:29@	00:35-	03:24@	00:46&	00:23-	00:10#	01:41&	00:34&	00:12#	00:07#	03:15@	00:21#	00:24#	00:07#	00:16&	00:05&				
<b>14</b>	<b>Torstein Birkeland</b>	<b>39</b>	<b>47:53</b>																		
01:39-	06:17+	11:42+	18:15+	21:09+	23:56+	26:32+	27:42+	30:00+	31:45+	33:29+	37:02+	38:55+	41:57+	45:00+	46:28+	47:40+	47:53+				
01:39-	04:38+	05:25+	06:33+	02:54+	02:47+	02:36+	01:10+	02:18-	01:45+	01:44+	03:33+	01:53+	03:02+	03:03+	01:28+	01:12+	00:13+				
00:01-	03:07@	02:31&	04:33@	01:35@	00:48&	00:15#	00:05+	00:46-	00:22&	00:11#	02:30@	00:10+	00:40&	00:32#	00:30&	00:10#	00:01+				
<b>15</b>	<b>Tor Gunnar Osen</b>	<b>116</b>	<b>50:00</b>																		
04:01+	05:15+	16:45+	19:37+	21:02+	24:11+	26:25+	27:54+	31:19+	33:21+	35:16+	36:59+	38:58+	42:29+	45:57+	47:58+	49:44+	50:00+				
04:01+	01:14-	11:30+	02:52+	01:25+	03:09+	02:14-	01:29+	03:25+	02:02+	01:55+	01:43+	01:59+	03:31+	03:28+	02:01+	01:46+	00:16+				
02:21@	00:17-	08:36@	00:52&	00:06+	01:10&	00:07-	00:24&	00:21#	00:39&	00:22#	00:40&	00:16#	01:09&	00:57&	01:03@	00:44&	00:04&				
<b>16</b>	<b>Anders Kristensen</b>	<b>304</b>	<b>54:19</b>																		
01:56+	03:39+	09:33+	17:45+	21:43+	26:21+	31:29+	32:56+	36:01+	39:10+	41:25+	42:40+	44:25+	47:53+	51:05+	52:17+	54:03+	54:19+				
01:56+	01:43+	05:54+	08:12+	03:58+	04:38+	05:08+	01:27+	03:05+	03:09+	02:15+	01:15+	01:45+	03:28+	03:12+	01:12+	01:46+	00:16+				
00:16#	00:12#	03:00@	06:12@	02:39@	02:47@	00:44&	00:22&	00:01+	01:46@	00:42&	00:12#	00:02+	01:06&	00:41&	00:14#	00:44&	00:04&				
<b>17</b>	<b>Håvard Heldal Lehne</b>	<b>116</b>	<b>1:03:52</b>																		
04:11+	05:34+	09:36+	26:37+	33:42+	36:43+	39:48+	41:36+	44:33+	46:46+	48:49+	50:17+	54:06+	57:29+	60:56+	62:11+	63:36+	63:52+				
04:11+	01:23-	04:02+	17:01+	07:05+	03:01+	03:05+	01:48+	02:57-	02:13+	02:03+	01:28+	03:49+	03:23+	03:27+	01:15+	01:25+	00:16+				
02:31@	00:08-	01:08&	15:01@	05:46@	01:02&	00:44&	00:43&	00:07-	00:50&	00:30&	00:25&	02:06@	01:01&	00:56&	00:17&	00:23&	00:04&				
<b>18</b>	<b>Bjarte Sola</b>	<b>165</b>	<b>1:31:41</b>																		
02:51+	05:17+	22:09+	25:10+	28:11+	40:09+	46:03+	49:12+	54:00+	57:33+	62:12+	64:46+	75:24+	81:03+	86:41+	88:43+	91:15+	91:41+				
02:51+	02:26+	16:52+	03:01+	03:01+	11:58+	05:54+	03:09+	04:48+	03:33+	04:39+	02:34+	10:38+	05:39+	05:38+	02:02+	02:32+	00:26+				
01:11&	00:55&	13:58@	01:01&	01:42@	09:59@	03:33@	02:04@	01:44&	02:10@	03:06@	01:31@	08:55@	03:17@	03:07@	01:04@	01:30@	00:14@				
<b>Beste strekktid for klassen</b>				01:31	01:04	02:49	01:16	01:15	01:59	01:51	00:59	02:18	01:13	01:24	01:02	01:37	02:22	02:26	00:56	00:53	00:11

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

## Herrer 40 - 49 år

<b>1</b>	<b>Bjørnar André Haug</b>	<b>80</b>	<b>32:38</b>														
01:38=	02:46=	06:19=	07:41=	09:31=	12:22=	14:10=	15:25=	18:07=	19:28=	20:56=	22:10=	23:43=	27:34=	30:14=	31:21=	32:25=	32:38=
01:38=	01:08=	03:33=	01:22=	01:50=	02:51=	01:48=	01:15=	02:42=	01:21=	01:28=	01:14=	01:33=	03:51=	02:40=	01:07=	01:04=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>36:18</b>														
01:59+	03:19+	06:17-	08:33+	10:06+	13:05+	15:02+	16:23+	19:37+	21:40+	23:28+	24:47+	26:38+	30:10+	33:34+	34:46+	36:03+	36:18+
01:59+	01:20+	02:58-	02:16+	01:33-	02:59+	01:57+	01:21+	03:14+	02:03+	01:48+	01:19+	01:51+	03:32-	03:24+	01:12+	01:17+	00:15+
00:21#	00:12#	00:35-	00:54&	00:17-	00:08+	00:09+	00:06+	00:32#	00:42&	00:20#	00:05+	00:18#	00:19-	00:44&	00:05+	00:13#	00:02#
<b>3</b>	<b>Eivind Lie</b>	<b>116</b>	<b>37:55</b>														
01:45+	02:59+	06:33+	09:43+	11:02+	16:49+	18:50+	20:08+	22:52+	24:29+	26:03+	27:45+	29:34+	32:15+	35:17+	36:25+	37:41+	37:55+
01:45+	01:14+	03:34+	03:10+	01:19-	05:47+	02:01+	01:18+	02:44+	01:37+	01:34+	01:42+	01:49+	02:41-	03:02+	01:08+	01:16+	00:14+
00:07+	00:06+	00:01+	01:48@	00:31-	02:56@	00:13#	00:03+	00:02+	00:16#	00:06+	00:28&	00:16#	01:10-	00:22#	00:01+	00:12#	00:01+
<b>4</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>	<b>38:22</b>														
01:57+	03:25+	07:09+	08:27+	09:54+	12:53+	15:06+	16:27+	19:31+	21:08+	22:49+	24:17+	27:31+	32:01+	35:39+	36:48+	38:05+	38:22+
01:57+	01:28+	03:44+	01:18-	01:27-	02:59+	02:13+	01:21+	03:04+	01:37+	01:41+	01:28+	03:14+	04:30+	03:38+	01:09+	01:17+	00:17+
00:19#	00:20&	00:11+	00:04-	00:23-	00:08+	00:25#	00:06+	00:22#	00:16#	00:13#	00:14#	01:41@	00:39#	00:58&	00:02+	00:13#	00:04&
<b>5</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>	<b>38:31</b>														
01:48+	03:09+	09:00+	10:20+	11:49+	15:27+	17:35+	18:52+	21:29+	23:12+	24:56+	26:57+	29:02+	32:35+	35:43+	36:54+	38:16+	38:31+
01:48+	01:21+	05:51+	01:20-	01:29-	03:38+	02:08+	01:17+	02:37-	01:43+	01:44+	02:01+	02:05+	03:33-	03:08+	01:11+	01:22+	00:15+
00:10#	00:13#	02:18&	00:02-	00:21-	00:47&	00:20#	00:02+	00:05-	00:22&	00:16#	00:47&	00:32&	00:18-	00:28#	00:04+	00:18&	00:02#
<b>6</b>	<b>Ole-Tobias Frich</b>	<b>116</b>	<b>39:43</b>														
02:08+	03:20+	08:59+	10:42+	14:29+	16:55+	18:54+	20:02+	22:35+	25:41+	27:28+	28:49+	30:39+	33:53+	37:05+	38:12+	39:28+	39:43+
02:08+	01:12+	05:39+	01:43+	03:47+	02:26-	01:59+	01:08-	02:33-	03:06+	01:47+	01:21+	01:50+	03:14-	03:12+	01:07=	01:16+	00:15+
00:30&	00:04+	02:06&	00:21&	01:57@	00:25-	00:11#	00:07-	00:09-	01:45@	00:19#	00:07+	00:17#	00:37-	00:32#	00:00=	00:12#	00:02#
<b>7</b>	<b>Christian Ask</b>	<b>180</b>	<b>41:05</b>														
01:48+	03:03+	06:20+	09:18+	11:13+	14:21+	16:16+	17:32+	20:31+	26:53+	28:40+	29:58+	31:45+	34:46+	37:59+	39:04+	40:54+	41:05+
01:48+	01:15+	03:17-	02:58+	01:55+	03:08+	01:55+	01:16+	02:59+	06:22+	01:47+	01:18+	01:47+	03:01-	03:13+	01:05-	01:50+	00:11-
00:10#	00:07#	00:16-	01:36@	00:05+	00:17+	00:07+	00:01+	00:17#	05:01@	00:19#	00:04+	00:14#	00:50-	00:33#	00:02-	00:46&	00:02-

Class	Navn	Klasse										Tid						
<b>8</b>	<b>Bjarte Harbo</b>	<b>88</b>										<b>41:45</b>						
02:23+	03:50+	07:24+	11:28+	13:11+	17:17+	19:36+	21:10+	24:55+	26:41+	28:41+	30:03+	32:26+	35:25+	38:50+	40:08+	41:30+	41:45+	
02:23+	01:27+	03:34+	04:04+	01:43-	04:06+	02:19+	01:34+	03:45+	01:46+	02:00+	01:22+	02:23+	02:59-	03:25+	01:18+	01:22+	00:15+	
00:45&	00:19&	00:01+	02:42@	00:07-	01:15&	00:31&	00:19&	01:03&	00:25&	00:32&	00:08#	00:50&	00:52-	00:45&	00:11#	00:18&	00:02#	
<b>9</b>	<b>Jean-Michel Maurice</b>	<b>42</b>										<b>41:45</b>						
01:56+	03:38+	08:15+	10:38+	12:54+	16:00+	18:20+	19:40+	23:21+	24:49+	26:47+	28:13+	32:13+	35:11+	38:13+	39:24+	41:32+	41:45+	
01:56+	01:42+	04:37+	02:23+	02:16+	03:06+	02:20+	01:20+	03:41+	01:28+	01:58+	01:26+	04:00+	02:58-	03:02+	01:11+	02:08+	00:13=	
00:18#	00:34&	01:04&	01:01&	00:26#	00:15+	00:32&	00:05+	00:59&	00:07+	00:30&	00:12#	02:27@	00:53-	00:22#	00:04+	01:04&	00:00=	
<b>10</b>	<b>Rune Hatle</b>	<b>65</b>										<b>44:13</b>						
02:12+	03:37+	09:04+	11:25+	12:59+	18:05+	20:56+	23:06+	26:13+	28:20+	30:16+	31:46+	33:51+	37:27+	41:11+	42:46+	43:56+	44:13+	
02:12+	01:25+	05:27+	02:21+	01:34-	05:06+	02:51+	02:10+	03:07+	02:07+	01:56+	01:30+	02:05+	03:36-	03:44+	01:35+	01:10+	00:17+	
00:34&	00:17#	01:54&	00:59&	00:16-	02:15&	01:03&	00:55&	00:25#	00:46&	00:28&	00:16#	00:32&	00:15-	01:04&	00:28&	00:06+	00:04&	
<b>11</b>	<b>Kristian Lenning</b>	<b>116</b>										<b>45:17</b>						
02:00+	03:19+	06:41+	08:40+	10:48+	17:05+	21:04+	22:49+	25:34+	31:55+	33:42+	34:53+	36:28+	39:21+	42:07+	43:28+	45:04+	45:17+	
02:00+	01:19+	03:22-	01:59+	02:08+	06:17+	03:59+	01:45+	02:45+	06:21+	01:47+	01:11-	01:35+	02:53-	02:46+	01:21+	01:36+	00:13=	
00:22#	00:11#	00:11-	00:37&	00:18#	03:26@	02:11@	00:30&	00:03+	05:00@	00:19#	00:03-	00:02+	00:58-	00:06+	00:14#	00:32&	00:00=	
<b>12</b>	<b>Tore Halset</b>	<b>114</b>										<b>45:32</b>						
02:04+	04:02+	11:00+	13:45+	15:25+	18:58+	21:09+	23:06+	26:24+	28:34+	30:50+	32:29+	34:34+	38:11+	42:07+	43:23+	45:15+	45:32+	
02:04+	01:58+	06:58+	02:45+	01:40-	03:33+	02:11+	01:57+	03:18+	02:10+	02:16+	01:39+	02:05+	03:37-	03:56+	01:16+	01:52+	00:17+	
00:26&	00:50&	03:25&	01:23@	00:10-	00:42#	00:23#	00:42&	00:36#	00:49&	00:48&	00:25&	00:32&	00:14-	01:16&	00:09#	00:48&	00:04&	
<b>13</b>	<b>Reidar Mosvold</b>	<b>53</b>										<b>45:43</b>						
03:47+	05:16+	11:12+	14:12+	16:27+	19:46+	22:12+	24:06+	27:29+	29:20+	31:34+	33:01+	35:09+	38:52+	42:39+	44:10+	45:25+	45:43+	
03:47+	01:29+	05:56+	03:00+	02:15+	03:19+	02:26+	01:54+	03:23+	01:51+	02:14+	01:27+	02:08+	03:43-	03:47+	01:31+	01:15+	00:18+	
02:09@	00:21&	02:23&	01:38@	00:25#	00:28#	00:38&	00:39&	00:41&	00:30&	00:46&	00:13#	00:35&	00:08-	01:07&	00:24&	00:11#	00:05&	
<b>14</b>	<b>Bjørn Kristian Røyland</b>	<b>43</b>										<b>46:06</b>						
02:06+	03:38+	07:19+	08:57+	11:19+	14:19+	17:03+	18:23+	21:33+	23:56+	25:57+	27:26+	29:43+	39:46+	43:20+	44:34+	45:52+	46:06+	
02:06+	01:32+	03:41+	01:38+	02:22+	03:00+	02:44+	01:20+	03:10+	02:23+	02:01+	01:29+	02:17+	10:03+	03:34+	01:14+	01:18+	00:14+	
00:28&	00:24&	00:08+	00:16#	00:32&	00:09+	00:56&	00:05+	00:28#	01:02&	00:33&	00:15#	00:44&	06:12@	00:54&	00:07#	00:14#	00:01+	
<b>15</b>	<b>Thomas Chruickshank</b>	<b>48</b>										<b>46:43</b>						
01:41+	03:17+	15:21+	16:39+	18:21+	20:49+	23:58+	26:37+	30:36+	31:50+	33:41+	35:17+	37:13+	40:25+	43:59+	45:12+	46:29+	46:43+	
01:41+	01:36+	12:04+	01:18-	01:42-	02:28-	03:09+	02:39+	03:59+	01:14-	01:51+	01:36+	01:56+	03:12-	03:34+	01:13+	01:17+	00:14+	
00:03+	00:28&	08:31@	00:04-	00:08-	00:23-	01:21&	01:24@	01:17&	00:07-	00:23&	00:22&	00:23#	00:39-	00:54&	00:06+	00:13#	00:01+	
<b>16</b>	<b>Cedric Fayemendy</b>	<b>116</b>										<b>49:02</b>						
02:52+	04:18+	11:11+	16:31+	18:09+	20:52+	23:04+	24:38+	28:51+	32:32+	34:17+	35:37+	40:02+	42:58+	46:17+	47:30+	48:46+	49:02+	
02:52+	01:26+	06:53+	05:20+	01:38-	02:43-	02:12+	01:34+	04:13+	03:41+	01:45+	01:20+	04:25+	02:56-	03:19+	01:13+	01:16+	00:16+	
01:14&	00:18&	03:20&	03:58@	00:12-	00:08-	00:24#	00:19&	01:31&	02:20@	00:17#	00:06+	02:52@	00:55-	00:39#	00:06+	00:12#	00:03#	
<b>17</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>										<b>49:54</b>						
01:38=	03:09+	08:26+	09:53+	12:09+	15:51+	18:05+	19:48+	30:07+	31:38+	33:29+	35:02+	40:49+	43:49+	47:00+	48:16+	49:39+	49:54+	
01:38=	01:31+	05:17+	01:27+	02:16+	03:42+	02:14+	01:43+	10:19+	01:31+	01:51+	01:33+	05:47+	03:00-	03:11+	01:16+	01:23+	00:15+	
00:00=	00:23&	01:44&	00:05+	00:26#	00:51&	00:26#	00:28&	07:37@	00:10#	00:23&	00:19&	04:14@	00:51-	00:31#	00:09#	00:19&	00:02#	
<b>18</b>	<b>Frode Ungar</b>	<b>116</b>										<b>52:01</b>						
01:56+	03:37+	09:12+	13:30+	17:22+	19:07+	23:22+	26:26+	28:03+	33:38+	35:40+	37:36+	39:14+	41:27+	44:42+	48:25+	49:50+	51:45+	52:01+
01:56+	01:41+	05:35+	04:18+	03:52+	01:45-	04:15+	03:04+	01:37-	05:35+	02:02+	01:56+	01:38+	02:13-	03:15+	03:43+	01:25+	01:55+	00:16+
00:18#	00:33&	02:02&	02:56@	02:02@	01:06-	02:27@	01:49@	01:05-	04:14@	00:34&	00:42&	00:05+	01:38-	00:35#	02:36@	00:21&	01:42@	00:16+
<b>19</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>52:53</b>						
02:48+	04:42+	11:01+	14:03+	16:26+	20:27+	23:13+	24:34+	27:34+	29:50+	31:44+	33:23+	35:51+	46:03+	49:39+	51:14+	52:38+	52:53+	
02:48+	01:54+	06:19+	03:02+	02:23+	04:01+	02:46+	01:21+	03:00+	02:16+	01:54+	01:39+	02:28+	10:12+	03:36+	01:35+	01:24+	00:15+	
01:10&	00:46&	02:46&	01:40@	00:33&	01:10&	00:58&	00:06+	00:18#	00:55&	00:26&	00:25&	00:55&	06:21@	00:56&	00:28&	00:20&	00:02#	
<b>20</b>	<b>Lars Husdal</b>	<b>93</b>										<b>53:31</b>						
02:59+	04:44+	13:34+	16:39+	18:59+	23:27+	26:01+	27:33+	31:34+	34:20+	36:53+	38:42+	41:50+	45:30+	49:56+	51:18+	53:15+	53:31+	
02:59+	01:45+	08:50+	03:05+	02:20+	04:28+	02:34+	01:32+	04:01+	02:46+	02:33+	01:49+	03:08+	03:40-	04:26+	01:22+	01:57+	00:16+	
01:21&	00:37&	05:17@	01:43@	00:30&	01:37&	00:46&	00:17#	01:19&	01:25@	01:05&	00:35&	01:35@	00:11-	01:46&	00:15#	00:53&	00:03#	
<b>21</b>	<b>André Sirevåg</b>	<b>116</b>										<b>53:41</b>						
02:09+	06:28+	13:02+	16:37+	18:39+	21:42+	26:46+	28:25+	31:58+	34:32+	36:46+	38:12+	40:56+	44:59+	49:09+	51:43+	53:25+	53:41+	
02:09+	04:19+	06:34+	03:35+	02:02+	03:03+	05:04+	01:39+	03:33+	02:34+	02:14+	01:26+	02:44+	04:03+	04:10+	02:34+	01:42+	00:16+	
00:31&	03:11@	03:01&	02:13@	00:12#	00:12+	03:16@	00:24&	00:51&	01:13&	00:46&	00:12#	01:11&	00:12+	01:30&	01:27@	00:38&	00:03#	
<b>22</b>	<b>Terje Undheim</b>	<b>54</b>										<b>57:31</b>						
01:43+	03:27+	07:19+	10:18+	18:35+	22:52+	25:12+	27:41+	31:02+	37:06+	38:39+	41:46+	43:45+	46:38+	54:16+	55:50+	57:17+	57:31+	
01:43+	01:44+	03:52+	02:59+	08:17+	04:17+	02:20+	02:29+	03:21+	06:04+	01:33+	03:07+	01:59+	02:53-	07:38+	01:34+	01:27+	00:14+	
00:05+	00:36&	00:19+	01:37@	06:27@	01:26&	00:32&	01:14&	00:39#	04:43@	00:05+	01:53@	00:26&	00:58-	04:58@	00:27&	00:23&	00:01+	

**Beste strekktid for klassen**

01:38 01:08 02:58 01:18 01:19 01:45 01:48 01:08 01:37 01:14 01:28 01:11 01:33 02:13 02:40 01:05 01:04 00:11

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

**Herrer 50 - 59 år****1 Kjetil Roaldkvam**

02:00= 05:33= 07:14= 08:09= 08:59= 11:58= 13:15= 15:19= 16:33= 17:47= 19:01= 21:11= 23:25= 25:25= 27:01= 27:49= 29:33= 31:03= 32:32= 32:44=  
02:00= 03:33= 01:41= 00:55= 00:50= 02:59= 01:17= 02:04= 01:14= 01:14= 01:14= 02:10= 02:14= 02:00= 01:36= 00:48= 01:44= 01:30= 01:29= 00:12=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Pål Bårdsen**

02:23+ 05:57+ 07:59+ 08:57+ 09:50+ 13:05+ 14:14+ 16:12+ 17:32+ 18:59+ 20:17+ 22:01+ 24:14+ 26:40+ 27:57+ 28:44+ 30:32+ 31:54+ 33:24+ 33:39+  
02:23+ 03:34+ 02:02+ 00:58+ 00:53+ 03:15+ 01:09- 01:58- 01:20+ 01:27+ 01:18+ 01:44- 02:13- 02:26+ 01:17- 00:47- 01:48+ 01:22- 01:30+ 00:15+  
00:23# 00:01+ 00:21# 00:00+ 00:03+ 00:16+ 00:08- 00:06- 00:06+ 00:13# 00:04+ 00:26- 00:01- 00:26# 00:19- 00:01- 00:04+ 00:08- 00:01+ 00:03#

**3 Jørgen Nilsen**

01:43- 05:36+ 07:38+ 08:50+ 10:10+ 13:49+ 15:11+ 17:58+ 19:20+ 20:51+ 22:06+ 24:03+ 26:18+ 29:20+ 30:46+ 31:33+ 33:40+ 35:11+ 36:51+ 37:06+  
01:43- 03:53+ 02:02+ 01:12+ 01:20+ 03:39+ 01:22+ 02:47+ 01:22+ 01:31+ 01:15+ 01:57- 02:15+ 03:02+ 01:26- 00:47- 02:07+ 01:31+ 01:40+ 00:15+  
00:17- 00:20+ 00:21# 00:17& 00:30& 00:40# 00:05+ 00:43& 00:08# 00:17# 00:01+ 00:13- 00:01+ 00:10- 00:01- 00:02# 00:01+ 00:11# 00:03#

**4 Svend Vihovde**

02:18+ 07:40+ 09:29+ 10:50+ 11:50+ 14:53+ 16:27+ 19:00+ 20:46+ 22:22+ 23:51+ 26:00+ 29:10+ 32:04+ 33:42+ 34:25+ 36:07+ 37:49+ 39:37+ 39:55+  
02:18+ 05:22+ 01:49+ 01:21+ 01:00+ 03:03+ 01:34+ 02:33+ 01:46+ 01:36+ 01:29+ 02:09- 03:10+ 02:54+ 01:38+ 00:43- 01:42+ 01:42+ 01:48+ 00:18+  
00:18# 01:49& 00:08+ 00:26& 00:10# 00:04+ 00:17# 00:29# 00:32& 00:08# 00:22& 00:15# 00:01- 00:56& 00:54& 00:02+ 00:05- 00:02- 00:12# 00:19# 00:06&

**5 Magnar Møller**

02:39+ 07:26+ 09:58+ 11:06+ 12:11+ 16:04+ 17:44+ 20:30+ 22:22+ 24:09+ 25:44+ 28:04+ 30:32+ 32:51+ 34:32+ 35:17+ 37:07+ 38:47+ 40:40+ 40:58+  
02:39+ 04:47+ 02:32+ 01:08+ 01:05+ 03:53+ 01:40+ 02:46+ 01:52+ 01:47+ 01:35+ 02:20+ 02:28+ 02:19+ 01:41+ 00:45- 01:50+ 01:40+ 01:53+ 00:18+  
00:39& 01:14& 00:51& 00:13# 00:15& 00:54& 00:23& 00:42& 00:38& 00:33& 00:21& 00:10+ 00:14# 00:19# 00:05+ 00:03- 00:06+ 00:10# 00:24& 00:06&

**6 Trygve Michaelsen**

02:09+ 05:49+ 07:24+ 08:49+ 09:52+ 15:58+ 17:17+ 19:50+ 21:13+ 22:04+ 23:32+ 25:33+ 30:31+ 33:09+ 34:40+ 35:35+ 37:19+ 38:53+ 41:03+ 41:16+  
02:09+ 03:40+ 01:35- 01:25+ 01:03+ 06:06+ 01:19+ 02:33+ 01:23+ 00:51- 01:28+ 02:01- 04:58+ 02:38+ 01:31- 00:55+ 01:44= 01:34+ 02:10+ 00:13+  
00:09+ 00:07+ 00:06- 00:30& 00:13& 03:07@ 00:02+ 00:29# 00:09# 00:23- 00:14# 00:09- 02:44@ 00:38& 00:05- 00:07# 00:00= 00:04+ 00:41& 00:01+

**7 Håvard Håland**

01:51- 05:57+ 08:42+ 10:53+ 12:03+ 15:31+ 17:02+ 19:41+ 21:00+ 23:00+ 24:33+ 26:57+ 29:36+ 32:23+ 34:03+ 34:46+ 36:34+ 38:13+ 41:09+ 41:22+  
01:51- 04:06+ 02:45+ 02:11+ 01:10+ 03:28+ 01:31+ 02:39+ 01:19+ 02:00+ 01:33+ 02:24+ 02:39+ 02:47+ 01:40+ 00:43- 01:48+ 01:39+ 02:56+ 00:13+  
00:09- 00:33# 01:04& 01:16@ 00:20& 00:29# 00:14# 00:35& 00:05+ 00:46& 00:19& 00:14# 00:25# 00:47& 00:04+ 00:05- 00:04+ 00:09# 01:27& 00:01+

**8 Arnfinn Rømuld**

01:49- 07:41+ 10:21+ 13:51+ 14:35+ 17:23+ 19:05+ 21:40+ 23:09+ 24:25+ 25:49+ 27:34+ 29:44+ 31:57+ 33:42+ 36:55+ 39:11+ 40:48+ 42:34+ 42:50+  
01:49- 05:52+ 02:40+ 03:30+ 00:44- 02:48- 01:42+ 02:35+ 01:29+ 01:16+ 01:24+ 01:45- 02:10- 02:13+ 01:45+ 03:13+ 02:16+ 01:37+ 01:46+ 00:16+  
00:11- 02:19& 00:59& 02:35@ 00:06- 00:11- 00:25& 00:31# 00:15# 00:02+ 00:10# 00:25- 00:04- 00:13# 00:09+ 02:25@ 00:32& 00:07+ 00:17# 00:04&

**9 Øystein Fuglestad**

01:51- 06:02+ 09:49+ 11:05+ 12:04+ 15:26+ 16:50+ 20:02+ 21:20+ 22:31+ 24:08+ 26:25+ 30:08+ 33:07+ 34:50+ 37:42+ 39:35+ 41:44+ 43:26+ 43:42+  
01:51- 04:11+ 03:47+ 01:16+ 00:59+ 03:22+ 01:24+ 03:12+ 01:18+ 01:11- 01:37+ 02:17+ 03:43+ 02:59+ 01:43+ 02:52+ 01:53+ 02:09+ 01:42+ 00:16+  
00:09- 00:38# 02:06@ 00:21& 00:09# 00:23# 00:07+ 01:08& 00:04+ 00:03- 00:23& 00:07+ 01:29& 00:59& 00:07+ 02:04@ 00:09+ 00:39& 00:13# 00:04&

**10 Kjell Seland**

02:16+ 06:28+ 09:38+ 12:42+ 13:38+ 17:26+ 19:00+ 22:25+ 23:34+ 24:59+ 26:35+ 28:47+ 31:04+ 33:30+ 35:22+ 36:14+ 40:16+ 41:41+ 44:03+ 44:17+  
02:16+ 04:12+ 03:10+ 03:04+ 00:56+ 03:48+ 01:34+ 03:25+ 01:09- 01:25+ 01:36+ 02:12+ 02:17+ 02:26+ 01:52+ 00:52+ 04:02+ 01:25- 02:22+ 00:14+  
00:16# 00:39# 01:29& 01:29& 02:09@ 00:06# 00:49& 00:17# 01:21& 00:05- 00:11# 00:22& 00:02+ 00:03+ 00:26# 00:16# 00:04+ 02:18@ 00:05- 00:53& 00:02#

**11 Erling Knutzen**

02:23+ 07:42+ 09:47+ 11:14+ 12:44+ 16:52+ 18:56+ 23:02+ 24:36+ 26:24+ 28:03+ 30:28+ 33:22+ 36:51+ 38:27+ 39:17+ 41:07+ 42:42+ 44:14+ 44:26+  
02:23+ 05:19+ 02:05+ 01:27+ 01:30+ 04:08+ 02:04+ 04:06+ 01:34+ 01:48+ 01:39+ 02:25+ 02:54+ 03:29+ 01:36= 00:50+ 01:50+ 01:35+ 01:32+ 00:12=  
00:23# 01:46& 00:24# 00:32& 00:40& 01:09& 00:47& 02:02& 00:20& 00:34& 00:25& 00:15# 00:40& 01:29& 00:00= 00:02+ 00:06+ 00:05+ 00:03+ 00:00=

**12 Stein Arve Finnestad**

02:39+ 06:42+ 08:51+ 10:38+ 12:46+ 16:21+ 17:53+ 20:34+ 21:56+ 23:32+ 25:01+ 28:43+ 31:43+ 35:48+ 37:23+ 38:11+ 39:58+ 42:54+ 44:32+ 44:49+  
02:39+ 04:03+ 02:09+ 01:47+ 02:08+ 03:35+ 01:32+ 02:41+ 01:22+ 01:36+ 01:29+ 03:42+ 03:00+ 04:05+ 01:35- 00:48= 01:47+ 02:56+ 01:38+ 00:17+  
00:39& 00:30# 00:28& 00:52& 01:18@ 00:36# 00:15# 00:37& 00:08# 00:22& 00:15# 01:32& 00:46& 02:05@ 00:01- 00:00= 00:03+ 01:26& 00:09# 00:05&

**13 Geir Haugvaldstad**

02:03+ 06:54+ 13:48+ 15:03+ 17:22+ 22:30+ 23:40+ 27:00+ 28:20+ 29:44+ 31:22+ 33:22+ 35:50+ 38:28+ 39:58+ 40:46+ 42:35+ 44:10+ 45:38+ 45:50+  
02:03+ 04:51+ 06:54+ 01:15+ 02:19+ 05:08+ 01:10- 03:20+ 01:20+ 01:24+ 01:38+ 02:00- 02:28+ 02:38+ 01:30- 00:48= 01:49+ 01:35+ 01:28- 00:12=  
00:03+ 01:18& 05:13@ 00:20& 01:29@ 02:09& 00:07- 01:16& 00:06+ 00:10# 00:24& 00:10- 00:14# 00:38& 00:06- 00:00= 00:05+ 00:05+ 00:01- 00:00=

Class	Navn	Klasse														Tid													
<b>14</b>	<b>David Greig</b>	<b>93</b>														<b>46:51</b>													
02:13+	06:08+	12:26+	13:34+	14:54+	18:35+	19:54+	24:15+	25:32+	27:25+	29:04+	32:16+	35:18+	38:56+	40:36+	41:22+	43:07+	44:38+	46:34+	46:51+										
02:13+	03:55+	06:18+	01:08+	01:20+	03:41+	01:19+	04:21+	01:17+	01:53+	01:39+	03:12+	03:02+	03:38+	01:40+	00:46-	01:45+	01:31+	01:56+	00:17+										
00:13#	00:22#	04:37@	00:13#	00:30#	00:42#	00:02+	02:17@	00:03+	00:39#	00:25#	01:02#	00:48#	01:38#	00:04+	00:02-	00:01+	00:01+	00:27#	00:05#										
<b>15</b>	<b>Trond Sandal</b>	<b>42</b>														<b>48:59</b>													
02:22+	07:29+	11:09+	12:32+	14:05+	17:49+	20:17+	25:12+	26:40+	28:27+	30:18+	32:50+	35:41+	39:27+	41:20+	42:09+	44:31+	46:30+	48:40+	48:59+										
02:22+	05:07+	03:40+	01:23+	01:33+	03:44+	02:28+	04:55+	01:28+	01:47+	01:51+	02:32+	02:51+	03:46+	01:53+	00:49+	02:22+	01:59+	02:10+	00:19+										
00:22#	01:34#	01:59@	00:28#	00:43#	00:45#	01:11#	02:51@	00:14#	00:33#	00:37#	00:22#	00:37#	01:46#	00:17#	00:01+	00:38#	00:29#	00:41#	00:07#										
<b>16</b>	<b>Harald Taksdal</b>	<b>236</b>														<b>49:27</b>													
02:38+	10:05+	12:33+	13:50+	15:07+	20:12+	22:03+	25:21+	26:49+	28:46+	30:40+	33:21+	36:08+	39:20+	41:05+	42:03+	44:13+	46:41+	49:07+	49:27+										
02:38+	07:27+	02:28+	01:17+	01:17+	05:05+	01:51+	03:18+	01:28+	01:57+	01:54+	02:41+	02:47+	03:12+	01:45+	00:58+	02:10+	02:28+	02:26+	00:20+										
00:38#	03:54@	00:47#	00:22#	00:27#	02:06#	00:34#	01:14#	00:14#	00:43#	00:40#	00:31#	00:33#	01:12#	00:09+	00:10#	00:26#	00:58#	00:57#	00:08#										
<b>17</b>	<b>Trond Birkeland</b>	<b>27</b>														<b>54:08</b>													
05:15+	15:08+	17:43+	19:06+	20:39+	24:20+	26:08+	29:23+	31:01+	33:08+	34:54+	37:39+	40:18+	43:14+	45:00+	45:59+	49:30+	51:16+	53:49+	54:08+										
05:15+	09:53+	02:35+	01:23+	01:33+	03:41+	01:48+	03:15+	01:38+	02:07+	01:46+	02:45+	02:39+	02:56+	01:46+	00:59+	03:31+	01:46+	02:33+	00:19+										
03:15@	06:20@	00:54#	00:28#	00:43#	00:42#	00:31#	01:11#	00:24#	00:53#	00:32#	00:35#	00:25#	00:56#	00:10#	00:11#	01:47@	00:16#	01:04#	00:07#										
<b>18</b>	<b>Oddvar Dirdal Jonassen</b>	<b>66</b>														<b>57:06</b>													
02:46+	09:37+	12:06+	14:01+	17:49+	22:25+	24:55+	29:20+	31:14+	33:18+	34:58+	39:42+	42:51+	46:51+	48:38+	49:37+	52:27+	54:33+	56:47+	57:06+										
02:46+	06:51+	02:29+	01:55+	03:48+	04:36+	02:30+	04:25+	01:54+	02:04+	01:40+	04:44+	03:09+	04:00+	01:47+	00:59+	02:50+	02:06+	02:14+	00:19+										
00:46#	03:18#	00:48#	01:00@	02:58@	01:37#	01:13#	02:21@	00:40#	00:50#	00:26#	02:34@	00:55#	02:00#	00:11#	00:11#	01:06#	00:36#	00:45#	00:07#										
<b>19</b>	<b>Jone Kalheim</b>	<b>93</b>														<b>57:13</b>													
02:11+	12:17+	14:35+	15:59+	17:35+	22:57+	24:43+	35:03+	36:32+	39:03+	40:48+	43:09+	45:10+	47:56+	49:35+	50:21+	52:13+	54:01+	56:59+	57:13+										
02:11+	10:06+	02:18+	01:24+	01:36+	05:22+	01:46+	10:20+	01:29+	02:31+	01:45+	02:21+	02:01-	02:46+	01:39+	00:46-	01:52+	01:48+	02:58+	00:14+										
00:11+	06:33@	00:37#	00:29#	00:46#	02:23#	00:29#	08:16@	00:15#	01:17@	00:31#	00:11+	00:13-	00:46#	00:03+	00:02-	00:08+	00:18#	01:29#	00:02#										
<b>20</b>	<b>Inge Skretting</b>	<b>165</b>														<b>57:42</b>													
02:25+	07:18+	09:16+	20:00+	22:42+	27:08+	29:08+	32:36+	34:00+	35:54+	37:42+	40:14+	43:06+	47:04+	48:53+	49:43+	53:14+	55:24+	57:25+	57:42+										
02:25+	04:53+	01:58+	10:44+	02:42+	04:26+	02:00+	03:28+	01:24+	01:54+	01:48+	02:32+	02:52+	03:58+	01:49+	00:50+	03:31+	02:10+	02:01+	00:17+										
00:25#	01:20#	00:17#	09:49@	01:52@	01:27#	00:43#	01:24#	00:10#	00:40#	00:34#	00:22#	00:38#	01:58#	00:13#	00:02+	01:47@	00:40#	00:32#	00:05#										
<b>21</b>	<b>Raymond B. Pettersen</b>	<b>105</b>														<b>58:16</b>													
02:10+	16:51+	19:01+	22:18+	23:40+	27:15+	29:25+	32:30+	34:02+	36:06+	38:00+	40:37+	45:15+	48:36+	50:36+	51:34+	53:31+	55:49+	57:59+	58:16+										
02:10+	14:41+	02:10+	03:17+	01:22+	03:35+	02:10+	03:05+	01:32+	02:04+	01:54+	02:37+	04:38+	03:21+	02:00+	00:58+	01:57+	02:18+	02:10+	00:17+										
00:10+	11:08@	00:29#	02:22@	00:32#	00:36#	00:53#	01:01#	00:18#	00:50#	00:40#	00:27#	02:24@	01:21#	00:24#	00:10#	00:13#	00:48#	00:41#	00:05#										
<b>22</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>														<b>58:24</b>													
02:42+	07:55+	10:32+	11:54+	26:04+	30:09+	31:46+	34:43+	35:55+	38:43+	40:19+	43:12+	46:19+	50:01+	51:44+	52:39+	54:24+	56:05+	58:10+	58:24+										
02:42+	05:13+	02:37+	01:22+	14:10+	04:05+	01:37+	02:57+	01:12-	02:48+	01:36+	02:53+	03:07+	03:42+	01:43+	00:55+	01:45+	01:41+	02:05+	00:14+										
00:42#	01:40#	00:56#	00:27#	13:20@	01:06#	00:20#	00:53#	00:02-	01:34@	00:22#	00:43#	00:53#	01:42#	00:07+	00:07#	00:01+	00:11#	00:36#	00:02#										
<b>23</b>	<b>Christof Schätz</b>	<b>239</b>														<b>1:03:25</b>													
02:15+	12:42+	16:26+	18:19+	20:52+	27:01+	29:18+	35:07+	36:43+	38:49+	40:36+	46:09+	49:32+	54:51+	56:31+	57:31+	59:26+	61:13+	63:06+	63:25+										
02:15+	10:27+	03:44+	01:53+	02:33+	06:09+	02:17+	05:49+	01:36+	02:06+	01:47+	05:33+	03:23+	05:19+	01:40+	01:00+	01:55+	01:47+	01:53+	00:19+										
00:15#	06:54@	02:03@	00:58@	01:43@	03:10@	01:00#	03:45@	00:22#	00:52#	00:33#	03:23@	01:09#	03:19@	00:04+	00:12#	00:11#	00:17#	00:24#	00:07#										
<b>24</b>	<b>Kjell Ove Aksland</b>	<b>27</b>														<b>1:03:27</b>													
01:56-	20:13+	24:10+	25:39+	27:02+	30:26+	34:39+	36:15+	39:12+	40:36+	42:58+	44:32+	46:55+	50:08+	52:47+	54:37+	55:31+	59:19+	61:13+	63:08+	63:27+									
01:56-	18:17+	03:57+	01:29+	01:23+	03:24+	04:13+	01:36-	02:57+	01:24+	02:22+	01:34-	02:23+	03:13+	02:39+	01:50+	00:54-	03:48+	01:54+	01:55+	00:19+									
00:04-	14:44@	02:16@	00:34#	00:33#	00:25#	02:56@	00:28-	01:43@	00:10#	01:08#	00:36-	00:09+	01:13#	01:03#	01:02@	00:50-	02:18@	00:25#	01:43@	00:19+									
<b>25</b>	<b>Ove Njå</b>	<b>53</b>														<b>1:03:40</b>													
02:52+	10:57+	14:39+	17:32+	20:29+	21:57+	31:19+	33:37+	39:41+	41:17+	43:02+	45:03+	47:26+	50:38+	53:44+	55:53+	57:00+	58:56+	61:09+	63:18+	63:40+									
02:52+	08:05+	03:42+	02:53+	02:57+	01:28-	09:22+	02:18+	06:04+	01:36+	01:45+	02:01-	02:23+	03:12+	03:06+	02:09+	01:07+	01:56+	02:13+	02:09+	00:22+									
00:52#	04:32@	02:01@	01:58@	02:07@	01:31-	08:05@	00:14#	04:50@	00:22#	00:31#	00:09-	00:09+	01:12#	01:30#	01:21@	00:37-	00:26#	00:44#	01:57@	00:22+									
<b>26</b>	<b>Erik Bjørnbom</b>	<b>76</b>														<b>1:07:43</b>													
01:41-	07:31+	19:55+	21:11+	23:19+	36:59+	39:32+	42:52+	44:28+	46:10+	47:55+	49:58+	53:44+	56:38+	58:29+	59:19+	63:03+	64:36+	67:24+	67:43+										
01:41-	05:50+	12:24+	01:16+	02:08+	13:40+	02:33+	03:20+	01:36+	01:42+	01:45+	02:03-	03:46+	02:54+	01:51+	00:50+	03:44+	01:33+	02:48+	00:19+										
00:19-	02:17#	10:43@	00:21#	01:18@	10:41@	01:16#	01:16#	00:22#	00:28#	00:31#	00:07-	01:32#	00:54#	00:15#	00:02+	02:00@	00:03+	01:19#	00:07#										
<b>Beste strekktid for klassen</b>																													
01:41	03:33	01:35	00:55	00:44	01:28	01:09	01:36	01:09	00:51	01:14	01:34	02:01	02:00	01:17	00:43	00:54	01:22	01:28	00:12										

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

## Herrer 60 - 64 år

Class	Navn	Klasse														Tid		
<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>														<b>33:02</b>		
01:01=	02:55=	06:04=	07:54=	08:59=	11:42=	14:37=	16:26=	17:30=	18:23=	20:50=	22:54=	24:38=	26:52=	29:43=	30:56=	31:35=	32:49=	33:02=
01:01=	01:54=	03:09=	01:50=	01:05=	02:43=	02:55=	01:49=	01:04=	00:53=	02:27=	02:04=	01:44=	02:14=	02:51=	01:13=	00:39=	01:14=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Per Ingar Hadland</b>	<b>7</b>														<b>39:15</b>		
01:59+	04:06+	07:14+	09:55+	11:01+	13:16+	16:34+	18:56+	20:03+	21:03+	25:25+	27:51+	30:05+	32:55+	35:34+	36:55+	37:45+	39:02+	39:15+
01:59+	02:07+	03:08-	02:41+	01:06+	02:15-	03:18+	02:22+	01:07+	01:00+	04:22+	02:26+	02:14+	02:50+	02:39-	01:21+	00:50+	01:17+	00:13=
00:58&	00:13#	00:01-	00:51&	00:01+	00:28-	00:23#	00:33&	00:03+	00:07#	01:55&	00:22#	00:30&	00:36&	00:12-	00:08#	00:11&	00:03+	00:00=
<b>3</b>	<b>Lars Bergersen</b>	<b>116</b>														<b>42:25</b>		
01:18+	03:43+	07:23+	09:47+	11:18+	17:22+	20:28+	22:31+	23:51+	24:59+	27:49+	30:13+	32:24+	35:07+	38:06+	40:03+	40:49+	42:08+	42:25+
01:18+	02:25+	03:40+	02:24+	01:31+	06:04+	03:06+	02:03+	01:20+	01:08+	02:50+	02:24+	02:11+	02:43+	02:59+	01:57+	00:46+	01:19+	00:17+
00:17&	00:31&	00:31#	00:34&	00:26&	03:21@	00:11+	00:14#	00:16#	00:15&	00:23#	00:20#	00:27&	00:29#	00:08+	00:44&	00:07#	00:05+	00:04&
<b>4</b>	<b>Olav Tunheim</b>	<b>93</b>														<b>42:26</b>		
01:16+	03:43+	09:45+	12:41+	13:54+	16:53+	20:58+	22:42+	23:43+	24:31+	27:49+	30:14+	32:19+	34:47+	37:25+	39:57+	40:45+	42:14+	42:26+
01:16+	02:27+	06:02+	02:56+	01:13+	02:59+	04:05+	01:44-	01:01-	00:48-	03:18+	02:25+	02:05+	02:28+	02:38-	02:32+	00:48+	01:29+	00:12-
00:15#	00:33&	02:53&	01:06&	00:08#	00:16+	01:10&	00:05-	00:03-	00:05-	00:51&	00:21#	00:21#	00:14#	00:13-	01:19@	00:09#	00:15#	00:01-
<b>5</b>	<b>Dag Helliksen</b>	<b>80</b>														<b>42:27</b>		
01:17+	03:32+	10:08+	12:37+	13:56+	16:46+	20:58+	23:03+	24:16+	25:13+	28:16+	30:34+	32:33+	34:56+	38:08+	39:49+	40:32+	42:10+	42:27+
01:17+	02:15+	06:36+	02:29+	01:19+	02:50+	04:12+	02:05+	01:13+	00:57+	03:03+	02:18+	01:59+	02:23+	03:12+	01:41+	00:43+	01:38+	00:17+
00:16&	00:21#	03:27@	00:39&	00:14#	00:07+	01:17&	00:16#	00:09#	00:04+	00:36#	00:14#	00:15#	00:09+	00:21#	00:28&	00:04#	00:24&	00:04&
<b>6</b>	<b>Torbjørn Evensen</b>	<b>108</b>														<b>43:10</b>		
01:25+	03:30+	07:10+	10:20+	15:13+	19:30+	22:44+	24:38+	25:49+	26:49+	29:27+	31:40+	33:57+	36:19+	39:07+	40:31+	41:22+	42:51+	43:10+
01:25+	02:05+	03:40+	03:10+	04:53+	04:17+	03:14+	01:54+	01:11+	01:00+	02:38+	02:13+	02:17+	02:22+	02:48-	01:24+	00:51+	01:29+	00:19+
00:24&	00:11+	00:31#	01:20&	03:48@	01:34&	00:19#	00:05+	00:07#	00:07#	00:11+	00:09+	00:33&	00:08+	00:03-	00:11#	00:12&	00:15#	00:06&
<b>7</b>	<b>Morten Johannessen</b>	<b>7</b>														<b>43:54</b>		
02:02+	03:58+	07:35+	09:32+	10:49+	14:41+	18:42+	20:48+	21:52+	22:48+	25:15+	27:21+	29:17+	36:50+	39:15+	41:17+	42:09+	43:38+	43:54+
02:02+	01:56+	03:37+	01:57+	01:17+	03:52+	04:01+	02:06+	01:04=	00:56+	02:27=	02:06+	01:56+	07:33+	02:25-	02:02+	00:52+	01:29+	00:16+
01:01&	00:02+	00:28#	00:07+	00:12#	01:09&	01:06&	00:17#	00:00=	00:03+	00:00=	00:02+	00:12#	05:19@	00:26-	00:49&	00:13&	00:15#	00:03#
<b>8</b>	<b>John C. Sinnes</b>	<b>93</b>														<b>52:23</b>		
02:36+	05:17+	14:44+	18:17+	19:42+	23:04+	27:01+	28:51+	30:36+	33:27+	36:11+	39:13+	41:21+	44:41+	47:41+	49:28+	50:22+	52:07+	52:23+
02:36+	02:41+	09:27+	03:33+	01:25+	03:22+	03:57+	01:50+	01:45+	02:51+	02:44+	03:02+	02:08+	03:20+	03:00+	01:47+	00:54+	01:45+	00:16+
01:35@	00:47&	06:18@	01:43&	00:20&	00:39#	01:02&	00:01+	00:41&	01:58@	00:17#	00:58&	00:24#	01:06&	00:09+	00:34&	00:15&	00:31&	00:03#
<b>9</b>	<b>Jan Arendal</b>	<b>116</b>														<b>53:42</b>		
01:41+	04:35+	08:41+	11:50+	13:26+	17:04+	22:39+	25:21+	26:57+	28:17+	32:39+	35:54+	38:47+	42:37+	46:57+	49:49+	51:01+	53:18+	53:42+
01:41+	02:54+	04:06+	03:09+	01:36+	03:38+	05:35+	02:42+	01:36+	01:20+	04:22+	03:15+	02:53+	03:50+	04:20+	02:52+	01:12+	02:17+	00:24+
00:40&	01:00&	00:57&	01:19&	00:31&	00:55&	02:40&	00:53&	00:32&	00:27&	01:55&	01:11&	01:09&	01:36&	01:29&	01:39@	00:33&	01:03&	00:11&
<b>10</b>	<b>Torbjørn Dahle</b>	<b>92</b>														<b>55:23</b>		
03:01+	05:17+	11:01+	20:02+	21:05+	24:33+	33:07+	35:09+	36:31+	37:33+	40:29+	42:52+	45:03+	48:10+	50:53+	53:07+	53:44+	55:05+	55:23+
03:01+	02:16+	05:44+	09:01+	01:03-	03:28+	08:34+	02:02+	01:22+	01:02+	02:56+	02:23+	02:11+	03:07+	02:43-	02:14+	00:37-	01:21+	00:18+
02:00@	00:22#	02:35&	07:11@	00:02-	00:45&	05:39@	00:13#	00:18&	00:09#	00:29#	00:19#	00:27&	00:53&	00:08-	01:01&	00:02-	00:07+	00:05&
<b>11</b>	<b>Tor Brekken</b>	<b>97</b>														<b>55:43</b>		
01:48+	04:16+	08:24+	20:35+	21:46+	25:24+	29:07+	31:20+	32:30+	33:59+	36:41+	39:29+	41:59+	46:41+	49:29+	52:08+	53:45+	55:25+	55:43+
01:48+	02:28+	04:08+	12:11+	01:11+	03:38+	03:43+	02:13+	01:10+	01:29+	02:42+	02:48+	02:30+	04:42+	02:48-	02:39+	01:37+	01:40+	00:18+
00:47&	00:34&	00:59&	10:21@	00:06+	00:55&	00:48&	00:24#	00:06+	00:36&	00:15#	00:44&	00:46&	02:28@	00:03-	01:26@	00:58@	00:26&	00:05&
<b>12</b>	<b>Svein Magne Gloppen</b>	<b>93</b>														<b>57:16</b>		
02:00+	04:57+	12:17+	15:59+	17:20+	22:07+	25:59+	28:40+	29:58+	31:06+	34:00+	41:36+	44:09+	47:04+	52:28+	54:22+	55:18+	56:56+	57:16+
02:00+	02:57+	07:20+	03:42+	01:21+	04:47+	03:52+	02:41+	01:18+	01:08+	02:54+	07:36+	02:33+	02:55+	05:24+	01:54+	00:56+	01:38+	00:20+
00:59&	01:03&	04:11@	01:52@	00:16#	02:04&	00:57&	00:52&	00:14#	00:15&	00:27#	05:32@	00:49&	00:41&	02:33&	00:41&	00:17&	00:24&	00:07&
<b>13</b>	<b>Kjell Lervik</b>	<b>239</b>														<b>57:20</b>		
01:55+	04:48+	14:51+	18:31+	20:11+	23:55+	28:19+	30:50+	32:12+	33:33+	37:10+	40:05+	43:12+	46:01+	50:31+	52:34+	54:45+	57:03+	57:20+
01:55+	02:53+	10:03+	03:40+	01:40+	03:44+	04:24+	02:31+	01:22+	01:21+	03:37+	02:55+	03:07+	02:49+	04:30+	02:03+	02:11+	02:18+	00:17+
00:54&	00:59&	06:54@	01:50&	00:35&	01:01&	01:29&	00:42&	00:18&	00:28&	01:10&	00:51&	01:23&	00:35&	01:39&	00:50&	01:32@	01:04&	00:04&
<b>14</b>	<b>Rolf Kleppe</b>	<b>63</b>														<b>1:06:06</b>		
03:50+	06:47+	18:58+	23:49+	25:40+	31:50+	36:13+	39:21+	41:02+	42:34+	46:28+	49:31+	52:27+	57:23+	60:49+	62:30+	63:48+	65:46+	66:06+
03:50+	02:57+	12:11+	04:51+	01:51+	06:10+	04:23+	03:08+	01:41+	01:32+	03:54+	03:03+	02:56+	04:56+	03:26+	01:41+	01:18+	01:58+	00:20+
02:49@	01:03&	09:02@	03:01@	00:46&	03:27@	01:28&	01:19&	00:37&	00:39&	01:27&	00:59&	01:12&	02:42@	00:35#	00:28&	00:39&	00:44&	00:07&
<b>15</b>	<b>Gunnar V. Søiland</b>	<b>80</b>														<b>1:08:45</b>		
03:22+	06:16+	11:25+	17:19+	18:34+	30:06+	35:29+	38:04+	39:39+	40:55+	44:18+	48:32+	51:35+	55:20+	61:51+	64:04+	65:30+	68:22+	68:45+
03:22+	02:54+	05:09+	05:54+	01:15+	11:32+	05:23+	02:35+	01:35+	01:16+	03:23+	04:14+	03:03+	03:45+	06:31+	02:13+	01:26+	02:52+	00:23+
02:21@	01:00&	02:00&	04:04@	00:10#	08:49@	02:28&	00:46&	00:31&	00:23&	00:56&	02:10@	01:19&	01:31&	03:40@	01:00&	00:47@	01:38@	00:10&

Class	Navn	Klasse										Tid								
<b>16</b>	<b>Ommund Bakkevold</b>	<b>68</b>										<b>1:15:35</b>								
02:00+	05:57+	12:23+	16:47+	19:08+	23:43+	28:46+	34:34+	38:11+	39:31+	43:47+	48:08+	51:17+	62:37+	67:05+	70:05+	72:07+	75:09+	75:35+		
02:00+	03:57+	06:26+	04:24+	02:21+	04:35+	05:03+	03:22+	02:26+	03:37+	01:20-	04:16+	04:21+	03:09+	11:20+	04:28+	03:00+	02:02+	03:02+	00:26+	
00:59&	02:03@	03:17@	02:34@	01:16@	01:52&	02:08&	01:33&	01:22@	02:44@	01:07-	02:12@	02:37@	00:55&	08:29@	03:15@	02:21@	00:48&	02:49@	00:26+	
<b>17</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>1:19:01</b>								
07:41+	11:17+	24:54+	28:09+	29:45+	34:19+	39:38+	42:15+	43:48+	44:57+	49:19+	61:07+	64:54+	70:07+	73:15+	75:36+	76:50+	78:42+	79:01+		
07:41+	03:36+	13:37+	03:15+	01:36+	04:34+	05:19+	02:37+	01:33+	01:09+	04:22+	11:48+	03:47+	05:13+	03:08+	02:21+	01:14+	01:52+	00:19+		
06:40@	01:42&	10:28@	01:25&	00:31&	01:51&	02:24&	00:48&	00:29&	00:16&	01:55&	09:44@	02:03@	02:59@	00:17+	01:08&	00:35&	00:38&	00:06&		
<b>Beste strekktid for klassen</b>		01:01	01:54	03:08	01:50	01:03	02:15	02:55	01:44	01:01	00:48	01:20	02:04	01:44	02:14	02:25	01:13	00:37	01:14	00:12

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>31:26</b>							
01:03=	02:41=	06:57=	08:57=	09:50=	11:45=	14:15=	15:56=	16:55=	17:56=	19:54=	21:54=	23:46=	25:54=	28:05=	29:21=	30:00=	31:11=	31:26=	
01:03=	01:38=	04:16=	02:00=	00:53=	01:55=	02:30=	01:41=	00:59=	01:01=	01:58=	02:00=	01:52=	02:08=	02:11=	01:16=	00:39=	01:11=	00:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>42:26</b>							
01:29+	03:53+	07:47+	10:12+	11:26+	14:25+	17:50+	19:58+	21:21+	22:30+	25:35+	28:07+	30:20+	33:18+	37:20+	39:05+	40:23+	42:07+	42:26+	
01:29+	02:24+	03:54-	02:25+	01:14+	02:59+	03:25+	02:08+	01:23+	01:09+	03:05+	02:32+	02:13+	02:58+	04:02+	01:45+	01:18+	01:44+	00:19+	
00:26&	00:46&	00:22-	00:25#	00:21&	01:04&	00:55&	00:27&	00:24&	00:08#	01:07&	00:32&	00:21#	00:50&	01:51&	00:29&	00:39&	00:33&	00:04&	
<b>3</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>42:57</b>							
01:35+	04:08+	08:06+	11:05+	12:13+	14:43+	18:22+	20:19+	21:40+	22:49+	26:26+	29:33+	32:01+	35:31+	38:51+	40:30+	41:10+	42:42+	42:57+	
01:35+	02:33+	03:58-	02:59+	01:08+	02:30+	03:39+	01:57+	01:21+	01:09+	03:37+	03:07+	02:28+	03:30+	03:20+	01:39+	00:40+	01:32+	00:15=	
00:32&	00:55&	00:18-	00:59&	00:15&	00:35&	01:09&	00:16#	00:22&	00:08#	01:39&	01:07&	00:36&	01:22&	01:09&	00:23&	00:01+	00:21&	00:00=	
<b>4</b>	<b>Arne Magne Handeland</b>	<b>92</b>										<b>44:09</b>							
04:06+	06:43+	11:42+	14:36+	15:46+	19:23+	22:31+	24:27+	25:44+	27:05+	30:28+	32:56+	34:51+	37:27+	40:05+	41:46+	42:28+	43:53+	44:09+	
04:06+	02:37+	04:59+	02:54+	01:10+	03:37+	03:08+	01:56+	01:17+	01:21+	03:23+	02:28+	01:55+	02:36+	02:38+	01:41+	00:42+	01:25+	00:16+	
03:03@	00:59&	00:43#	00:54&	00:17&	01:42&	00:38&	00:15#	00:18&	00:20&	01:25&	00:28#	00:03+	00:28#	00:27#	00:25&	00:03+	00:14#	00:01+	
<b>5</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>44:50</b>							
01:28+	03:55+	07:27+	09:53+	11:11+	14:52+	18:14+	19:52+	21:32+	24:13+	26:58+	29:34+	31:37+	35:35+	38:19+	42:00+	42:52+	44:34+	44:50+	
01:28+	02:27+	03:32-	02:26+	01:18+	03:41+	03:22+	01:38-	01:40+	02:41+	02:45+	02:36+	02:03+	03:58+	02:44+	03:41+	00:52+	01:42+	00:16+	
00:25&	00:49&	00:44-	00:26#	00:25&	01:46&	00:52&	00:03-	00:41&	01:40@	00:47&	00:36&	00:11+	01:50&	00:33&	02:25@	00:13&	00:31&	00:01+	
<b>6</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>49:46</b>							
01:58+	05:13+	09:05+	11:27+	12:59+	16:15+	20:23+	23:13+	24:42+	26:43+	30:22+	32:59+	35:40+	41:45+	44:48+	46:27+	47:39+	49:27+	49:46+	
01:58+	03:15+	03:52-	02:22+	01:32+	03:16+	04:08+	02:50+	01:29+	02:01+	03:39+	02:37+	02:41+	06:05+	03:03+	01:39+	01:12+	01:48+	00:19+	
00:55&	01:37&	00:24-	00:22#	00:39&	01:21&	01:38&	01:09&	00:30&	01:00&	01:41&	00:37&	00:49&	03:57@	00:52&	00:23&	00:33&	00:37&	00:04&	
<b>7</b>	<b>Terje Stokkeland</b>	<b>69</b>										<b>50:43</b>							
01:24+	04:26+	13:59+	16:55+	18:15+	20:48+	24:14+	26:30+	28:06+	29:13+	34:44+	37:05+	39:11+	41:37+	44:18+	47:35+	48:06+	50:26+	50:43+	
01:24+	03:02+	09:33+	02:56+	01:20+	02:33+	03:26+	02:16+	01:36+	01:07+	05:31+	02:21+	02:06+	02:26+	02:41+	03:17+	00:31-	02:20+	00:17+	
00:21&	01:24&	05:17@	00:56&	00:27&	00:38&	00:56&	00:35&	00:37&	00:06+	03:33@	00:21#	00:14#	00:18#	00:30#	02:01@	00:08-	01:09&	00:02#	
<b>8</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>53:27</b>							
01:21+	03:39+	13:11+	18:13+	19:20+	21:52+	25:27+	27:53+	29:07+	30:28+	33:26+	37:21+	39:27+	42:38+	47:56+	49:59+	51:36+	53:08+	53:27+	
01:21+	02:18+	09:32+	05:02+	01:07+	02:32+	03:35+	02:26+	01:14+	01:21+	02:58+	03:55+	02:06+	03:11+	05:18+	02:03+	01:37+	01:32+	00:19+	
00:18&	00:40&	05:16@	03:02@	00:14&	00:37&	01:05&	00:45&	00:15&	00:20&	01:00&	01:55&	00:14#	01:03&	03:07@	00:47&	00:58@	00:21&	00:04&	
<b>9</b>	<b>Jan Hetland</b>	<b>29</b>										<b>54:10</b>							
01:45+	04:00+	09:17+	13:48+	16:42+	26:03+	30:52+	33:00+	34:13+	35:59+	38:56+	41:09+	44:12+	46:49+	49:26+	51:50+	52:31+	53:55+	54:10+	
01:45+	02:15+	05:17+	04:31+	02:54+	09:21+	04:49+	02:08+	01:13+	01:46+	02:57+	02:13+	03:03+	02:37+	02:37+	02:24+	00:41+	01:24+	00:15=	
00:42&	00:37&	01:01#	02:31@	02:01@	07:26@	02:19&	00:27&	00:14#	00:45&	00:59&	00:13#	01:11&	00:29#	00:26#	01:08&	00:02+	00:13#	00:00=	
<b>10</b>	<b>Odd Arild Werness</b>	<b>88</b>										<b>55:15</b>							
02:56+	05:45+	09:49+	13:07+	14:33+	19:15+	23:25+	25:47+	27:37+	29:02+	33:06+	35:59+	41:30+	45:49+	49:30+	51:29+	52:51+	54:55+	55:15+	
02:56+	02:49+	04:04-	03:18+	01:26+	04:42+	04:10+	02:22+	01:50+	01:25+	04:04+	02:53+	05:31+	04:19+	03:41+	01:59+	01:22+	02:04+	00:20+	
01:53@	01:11&	00:12-	01:18&	00:33&	02:47@	01:40&	00:41&	00:51&	00:24&	02:06@	00:53&	03:39@	02:11@	01:30&	00:43&	00:43@	00:53&	00:05&	
<b>11</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>1:01:40</b>							
01:40+	11:08+	16:11+	22:25+	23:43+	26:53+	31:22+	33:39+	35:06+	36:13+	39:38+	48:02+	50:16+	54:01+	57:01+	58:50+	59:50+	61:20+	61:40+	
01:40+	09:28+	05:03+	06:14+	01:18+	03:10+	04:29+	02:17+	01:27+	01:07+	03:25+	08:24+	02:14+	03:45+	03:00+	01:49+	01:00+	01:30+	00:20+	
00:37&	07:50@	00:47#	04:14@	00:25&	01:15&	01:59&	00:36&	00:28&	00:06+	01:27&	06:24@	00:22#	01:37&	00:49&	00:33&	00:21&	00:19&	00:05&	



Class	Navn	Klasse										Tid						
<b>12</b>	<b>Tom Hetland</b>	<b>5</b>										<b>1:05:14</b>						
01:54+	04:38+	09:47+	13:41+	15:02+	18:29+	22:51+	39:18+	40:32+	41:47+	45:53+	48:59+	51:41+	54:22+	59:25+	61:58+	63:06+	64:58+	65:14+
01:54+	02:44+	05:09+	03:54+	01:21+	03:27+	04:22+	16:27+	01:14+	01:15+	04:06+	03:06+	02:42+	02:41+	05:03+	02:33+	01:08+	01:52+	00:16+
00:51&	01:06&	00:53#	01:54&	00:28&	01:32&	01:52&	14:46@	00:15&	00:14#	02:08@	01:06&	00:50&	00:33&	02:52@	01:17@	00:29&	00:41&	00:01+
<b>13</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>1:08:18</b>						
04:40+	08:14+	11:57+	15:53+	17:14+	21:18+	25:39+	31:39+	34:18+	38:16+	41:52+	51:12+	53:55+	57:26+	60:42+	62:43+	65:21+	67:44+	68:18+
04:40+	03:34+	03:43-	03:56+	01:21+	04:04+	04:21+	06:00+	02:39+	03:58+	03:36+	09:20+	02:43+	03:31+	03:16+	02:01+	02:38+	02:23+	00:34+
03:37@	01:56@	00:33-	01:56&	00:28&	02:09@	01:51&	04:19@	01:40@	02:57@	01:38&	07:20@	00:51&	01:23&	01:05&	00:45&	01:59@	01:12@	00:19@
<b>Beste strekktid for klassen</b>																		
01:03	01:38	03:32	02:00	00:53	01:55	02:30	01:38	00:59	01:01	01:58	02:00	01:52	02:08	02:11	01:16	00:31	01:11	00:15

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

## Herrer 70 - 74 år

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>										<b>38:57</b>						
01:16=	03:28=	07:28=	09:59=	11:01=	13:41=	17:10=	18:58=	20:06=	21:00=	23:33=	26:02=	28:08=	32:24=	35:13=	36:38=	37:34=	38:41=	38:57=
01:16=	02:12=	04:00=	02:31=	01:02=	02:40=	03:29=	01:48=	01:08=	00:54=	02:33=	02:29=	02:06=	04:16=	02:49=	01:25=	00:56=	01:07=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>41:08</b>						
03:15+	05:30+	09:12+	11:35+	12:42+	16:11+	19:26+	21:25+	23:06+	24:07+	27:15+	29:50+	31:47+	34:24+	37:07+	38:32+	39:22+	40:51+	41:08+
03:15+	02:15+	03:42-	02:23-	01:07+	03:29+	03:15-	01:59+	01:41+	01:01+	03:08+	02:35+	01:57-	02:37-	02:43-	01:25=	00:50=	01:29+	00:17+
01:59@	00:03+	00:18-	00:08-	00:05+	00:49&	00:14-	00:11#	00:33&	00:07#	00:35#	00:06+	00:09-	01:39-	00:06-	00:00=	00:06-	00:22&	00:01+
<b>3</b>	<b>Gudmund Gausel</b>	<b>115</b>										<b>45:18</b>						
01:23+	05:57+	09:37+	12:50+	13:55+	16:41+	20:01+	22:07+	23:19+	24:51+	28:24+	30:45+	33:14+	36:37+	41:06+	42:45+	43:30+	45:01+	45:18+
01:23+	04:34+	03:40-	03:13+	01:05+	02:46+	03:20-	02:06+	01:12+	01:32+	03:33+	02:21-	02:29+	03:23-	04:29+	01:39+	00:45-	01:31+	00:17+
00:07+	02:22@	00:20-	00:42&	00:03+	00:06+	00:09-	00:18#	00:04+	00:38&	01:00&	00:08-	00:23#	00:53-	01:40&	00:14#	00:11-	00:24&	00:01+
<b>4</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>46:24</b>						
01:16=	03:41+	08:09+	10:46+	13:58+	16:31+	19:19+	21:15+	22:44+	23:55+	27:10+	31:39+	33:43+	36:18+	39:52+	42:11+	44:22+	46:06+	46:24+
01:16=	02:25+	04:28+	02:37+	03:12+	02:33-	02:48-	01:56+	01:29+	01:11+	03:15+	04:29+	02:04-	02:35-	03:34+	02:19+	02:11+	01:44+	00:18+
00:00=	00:13+	00:28#	00:06+	02:10@	00:07-	00:41-	00:08+	00:21&	00:17&	00:42&	02:00&	00:02-	01:41-	00:45&	00:54&	01:15@	00:37&	00:02#
<b>5</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>56:35</b>						
01:53+	04:58+	09:09+	11:39+	13:26+	17:28+	21:34+	23:49+	25:23+	26:35+	32:03+	36:01+	38:29+	47:35+	51:47+	53:30+	54:21+	56:15+	56:35+
01:53+	03:05+	04:11+	02:30-	01:47+	04:02+	04:06+	02:15+	01:34+	01:12+	05:28+	03:58+	02:28+	09:06+	04:12+	01:43+	00:51-	01:54+	00:20+
00:37&	00:53&	00:11+	00:01-	00:45&	01:22&	00:37#	00:27#	00:26&	00:18&	02:55@	01:29&	00:22#	04:50@	01:23&	00:18#	00:05-	00:47&	00:04#
<b>6</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>56:51</b>						
01:58+	04:15+	11:14+	18:56+	20:01+	24:01+	27:27+	29:59+	31:14+	33:05+	35:47+	40:54+	43:21+	48:04+	50:36+	52:00+	54:28+	56:34+	56:51+
01:58+	02:17+	06:59+	07:42+	01:05+	04:00+	03:26-	02:32+	01:15+	01:51+	02:42+	05:07+	02:27+	04:43+	02:32-	01:24-	02:28+	02:06+	00:17+
00:42&	00:05+	02:59&	05:11@	00:03+	01:20&	00:03-	00:44&	00:07#	00:57@	00:09+	02:38@	00:21#	00:27#	00:17-	00:01-	01:32@	00:59&	00:01+
<b>7</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>58:30</b>						
01:24+	04:05+	20:20+	24:23+	25:42+	28:23+	31:40+	34:06+	35:38+	36:46+	39:54+	42:42+	44:51+	48:42+	51:58+	53:53+	56:31+	58:10+	58:30+
01:24+	02:41+	16:15+	04:03+	01:19+	02:41+	03:17-	02:26+	01:32+	01:08+	03:08+	02:48+	02:09+	03:51-	03:16+	01:55+	02:38+	01:39+	00:20+
00:08#	00:29#	12:15@	01:32&	00:17&	00:01+	00:12-	00:38&	00:24&	00:14&	00:35#	00:19#	00:03+	00:25-	00:27#	00:30&	01:42@	00:32&	00:04#
<b>8</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>1:07:34</b>						
01:13-	03:28=	19:42+	22:20+	23:26+	30:29+	34:26+	36:52+	37:59+	39:21+	42:41+	47:43+	50:07+	53:44+	58:19+	65:05+	65:53+	67:17+	67:34+
01:13-	02:15+	16:14+	02:38+	01:06+	07:03+	03:57+	02:26+	01:07-	01:22+	03:20+	05:02+	02:24+	03:37-	04:35+	06:46+	00:48-	01:24+	00:17+
00:03-	00:03+	12:14@	00:07+	00:04+	04:23@	00:28#	00:38&	00:01-	00:28&	00:47&	02:33@	00:18#	00:39-	01:46&	05:21@	00:08-	00:17&	00:01+
<b>9</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:33:06</b>						
03:05+	06:44+	14:17+	21:40+	23:11+	34:38+	43:50+	51:31+	53:02+	54:50+	60:16+	66:03+	70:32+	78:32+	83:48+	88:35+	89:48+	92:36+	93:06+
03:05+	03:39+	07:33+	07:23+	01:31+	11:27+	09:12+	07:41+	01:31+	01:48+	05:26+	05:47+	04:29+	08:00+	05:16+	04:47+	01:13+	02:48+	00:30+
01:49@	01:27&	03:33&	04:52@	00:29&	08:47@	05:43@	05:53@	00:23&	00:54&	02:53@	03:18@	02:23@	03:44&	02:27&	03:22@	00:17&	01:41@	00:14&
<b>Beste strekktid for klassen</b>																		
01:13	02:12	03:40	02:23	01:02	02:33	02:48	01:48	01:07	00:54	02:33	02:21	01:57	02:35	02:32	01:24	00:45	01:07	00:16

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

## Herrer 75 - 79 år

Class	Navn	Klasse	Tid
<b>1</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>47:17</b>
03:05=	06:58= 11:13= 13:49= 16:15= 17:57=	22:31= 24:40= 27:42= 29:08= 31:35= 33:01= 35:38=	40:03= 42:27= 44:06= 45:07= 46:55= 47:17=
03:05=	03:53= 04:15= 02:36= 02:26= 01:42= 04:34= 02:09= 03:02= 01:26= 02:27= 01:26= 02:37=	04:25= 02:24= 01:39= 01:01= 01:48= 00:22=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>47:18</b>
02:45-	04:48- 09:45- 12:09- 13:56- 15:22-	19:28- 21:31- 26:18- 28:01- 29:31- 30:53- 34:07-	39:54- 42:19- 44:13+ 45:20+ 47:00+ 47:18+
02:45-	02:03- 04:57+ 02:24- 01:47- 01:26-	04:06- 02:03- 04:47+ 01:43+ 01:30- 01:22- 03:14+	05:47+ 02:25+ 01:54+ 01:07+ 01:40- 00:18-
00:20-	01:50- 00:42# 00:12- 00:39- 00:16-	00:28- 00:06- 01:45& 00:17# 00:57- 00:04- 00:37#	01:22& 00:01+ 00:15# 00:06+ 00:08- 00:04-
<b>3</b>	<b>Knut Skjæveland</b>	<b>93</b>	<b>47:26</b>
02:40-	04:43- 09:39- 11:59- 15:53- 17:28-	21:59- 24:09- 27:07- 28:32- 30:23-	32:08- 35:14- 39:28- 42:02- 44:26+ 45:30+ 47:05+ 47:26+
02:40-	02:03- 04:56+ 02:20- 03:54+ 01:35-	04:31- 02:10+ 02:58- 01:25- 01:51- 01:45+ 03:06+	04:14- 02:34+ 02:24+ 01:04+ 01:35- 00:21-
00:25-	01:50- 00:41# 00:16- 01:28& 00:07-	00:03- 00:01+ 00:04- 00:01- 00:36- 00:19# 00:29#	00:11- 00:10+ 00:45& 00:03+ 00:13- 00:01-
<b>4</b>	<b>Steinar Undheim</b>	<b>54</b>	<b>51:40</b>
02:25-	04:33- 13:12+ 17:17+ 18:32+ 20:18+	23:34+ 25:00+ 32:08+ 33:23+ 35:30+ 37:01+ 39:42+	43:59+ 46:09+ 48:08+ 49:04+ 51:21+ 51:40+
02:25-	02:08- 08:39+ 04:05+ 01:15- 01:46+	03:16- 01:26- 07:08+ 01:15- 02:07- 01:31+ 02:41+	04:17- 02:10- 01:59+ 00:56- 02:17+ 00:19-
00:40-	01:45- 04:24@ 01:29& 01:11-	00:40+ 01:18- 00:43- 04:06@ 00:11-	00:08- 00:14- 00:20# 00:05- 00:29& 00:03-
<b>5</b>	<b>Ingjald Egeland</b>	<b>7</b>	<b>53:33</b>
02:32-	04:35- 09:33- 19:38+ 20:48+ 22:32+	30:01+ 32:04+ 34:53+ 36:27+ 38:27+ 39:41+ 42:24+	46:43+ 49:05+ 50:36+ 51:39+ 53:15+ 53:33+
02:32-	02:03- 04:58+ 10:05+ 01:10- 01:44+	07:29+ 02:03- 02:49- 01:34+ 02:00- 01:14- 02:43+	04:19- 02:22- 01:31- 01:03+ 01:36- 00:18-
00:33-	01:50- 00:43# 07:29@ 01:16-	00:02+ 02:55& 00:06- 00:13- 00:08+	00:06- 00:02- 00:08- 00:02+ 00:12- 00:04-
<b>6</b>	<b>Harald Vatne</b>	<b>67</b>	<b>1:02:50</b>
02:46-	04:38- 08:51- 21:41+ 23:51+ 25:37+	29:52+ 32:41+ 39:42+ 41:08+ 43:04+ 44:25+ 47:15+	52:40+ 55:36+ 59:28+ 60:07+ 62:32+ 62:50+
02:46-	01:52- 04:13- 12:50+ 02:10- 01:46+	04:15- 02:49+ 07:01+ 01:26= 01:56- 01:21- 02:50+	05:25+ 02:56+ 03:52+ 00:39- 02:25+ 00:18-
00:19-	02:01- 00:02- 10:14@ 00:16-	00:04+ 00:19- 00:40& 03:59@ 00:00= 00:31- 00:05-	00:13+ 01:00# 00:32# 02:13@ 00:22- 00:37& 00:04-
<b>7</b>	<b>Geir Husdal</b>	<b>93</b>	<b>1:05:32</b>
02:54-	05:00- 12:48+ 20:07+ 27:56+ 29:44+	34:14+ 36:17+ 42:24+ 44:24+ 46:37+ 48:17+ 51:05+	58:02+ 60:30+ 62:07+ 63:20+ 65:15+ 65:32+
02:54-	02:06- 07:48+ 07:19+ 07:49+ 01:48+	04:30- 02:03- 06:07+ 02:00+ 02:13- 01:40+ 02:48+	06:57+ 02:28+ 01:37- 01:13+ 01:55+ 00:17-
00:11-	01:47- 03:33& 04:43@ 05:23@ 00:06+	00:04- 00:06- 03:05@ 00:34& 00:14-	00:14# 00:11+ 02:32& 00:04+ 00:02- 00:12# 00:07+ 00:05-
<b>8</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>1:05:49</b>
02:30-	04:13- 15:18+ 19:39+ 22:08+ 23:31+	26:15+ 31:26+ 33:49+ 42:32+ 44:01+ 46:37+ 49:18+	52:26+ 57:25+ 59:55+ 61:51+ 63:13+ 65:21+ 65:49+
02:30-	01:43- 11:05+ 04:21+ 02:29+ 01:23-	02:44- 05:11+ 02:23- 08:43+ 01:29- 02:36+ 02:41+	03:08- 04:59+ 02:30+ 01:56+ 01:22- 02:08+ 00:28+
00:35-	02:10- 06:50@ 01:45& 00:03+	00:19- 01:50- 03:02@ 00:39- 07:17@ 00:58-	01:17- 02:35@ 00:51& 00:55& 00:26- 01:46@ 00:28+
<b>9</b>	<b>Hermann Skogsholm</b>	<b>53</b>	<b>1:07:31</b>
02:46-	04:33- 10:00- 14:30+ 25:42+ 28:39+	30:04+ 35:47+ 38:21+ 44:55+ 46:26+ 48:33+ 50:33+	53:31+ 58:22+ 62:11+ 63:46+ 64:52+ 67:09+ 67:31+
02:46-	01:47- 05:27+ 04:30+ 11:12+ 02:57+	01:25- 05:43+ 02:34- 06:34+ 01:31- 02:07+ 02:00-	02:58- 04:51+ 03:49+ 01:35+ 01:06- 02:17+ 00:22+
00:19-	02:06- 01:12& 01:54& 08:46@ 01:15&	03:09- 03:34@ 00:28- 05:08@ 00:56-	00:41& 00:37- 01:27- 02:27@ 02:10@ 00:34& 00:42- 01:55@ 00:22+
<b>10</b>	<b>Terje Braut</b>	<b>92</b>	<b>1:09:00</b>
02:57-	10:42+ 16:52+ 19:20+ 22:06+ 26:11+	33:02+ 36:30+ 46:09+ 47:41+ 49:40+ 50:55+ 53:54+	58:36+ 61:38+ 64:14+ 65:56+ 68:38+ 69:00+
02:57-	07:45+ 06:10+ 02:28- 02:46+ 04:05+	06:51+ 03:28+ 09:39+ 01:32+ 01:59-	01:15- 02:59+ 04:42+ 03:02+ 02:36+ 01:42+ 02:42+ 00:22=
00:08-	03:52& 01:55& 00:08-	00:20# 02:23@ 02:17& 01:19& 06:37@ 00:06+	00:28- 00:11- 00:22# 00:17+ 00:38& 00:57& 00:41& 00:54& 00:00=
<b>11</b>	<b>Mangor Eikeland</b>	<b>92</b>	<b>1:17:02</b>
04:10+	07:09+ 13:38+ 19:21+ 22:05+ 25:52+	33:20+ 36:28+ 45:36+ 47:50+ 52:17+ 54:24+ 58:24+	64:52+ 68:16+ 72:03+ 73:46+ 76:33+ 77:02+
04:10+	02:59- 06:29+ 05:43+ 02:44+ 03:47+	07:28+ 03:08+ 09:08+ 02:14+ 04:27+ 02:07+ 04:00+	06:28+ 03:24+ 03:47+ 01:43+ 02:47+ 00:29+
01:05&	00:54- 02:14& 03:07@ 00:18# 02:05@	02:54& 00:59& 06:06@ 00:48& 02:00& 00:41& 01:23&	02:03& 01:00& 02:08@ 00:42& 00:59& 00:07&
<b>12</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>1:18:15</b>
03:58+	07:27+ 15:30+ 22:00+ 25:06+ 27:36+	34:01+ 36:30+ 43:13+ 44:49+ 53:28+ 57:17+ 61:19+	69:00+ 71:53+ 74:10+ 75:20+ 77:46+ 78:15+
03:58+	03:29- 08:03+ 06:30+ 03:06+ 02:30+	06:25+ 02:29+ 06:43+ 01:36+ 08:39+ 03:49+ 04:02+	07:41+ 02:53+ 02:17+ 01:10+ 02:26+ 00:29+
00:53&	00:24- 03:48& 03:54@ 00:40& 00:48&	01:51& 00:20# 03:41@ 00:10# 06:12@ 02:23@ 01:25&	03:16& 00:29# 00:38& 00:09# 00:38& 00:07&
<b>13</b>	<b>Alf Gyland</b>	<b>92</b>	<b>1:21:06</b>
03:30+	06:58= 12:12+ 15:14+ 19:41+ 21:17+	42:31+ 45:30+ 50:28+ 52:21+ 55:05+	56:57+ 61:00+ 70:08+ 73:43+ 76:27+ 77:44+ 80:39+ 81:06+
03:30+	03:28- 05:14+ 03:02+ 04:27+ 01:36-	21:14+ 02:59+ 04:58+ 01:53+ 02:44+	01:52+ 04:03+ 09:08+ 03:35+ 02:44+ 01:17+ 02:55+ 00:27+
00:25#	00:25- 00:59# 00:26# 02:01& 00:06-	16:40@ 00:50& 01:56& 00:27& 00:17#	00:26& 01:26& 04:43@ 01:11& 01:05& 00:16& 01:07& 00:05#
<b>Beste strekktid for klassen</b>			
	02:25 01:43 04:13 02:20 01:10 01:23 01:25 01:26 02:23 01:15 01:29 01:14 02:00 02:58 02:10 01:31 00:39 01:06 00:17		

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

## Herrer 80 år og eldre

Class	Navn	Klasse												Tid					
<b>1</b>	<b>Sigurd Krosli</b>	<b>93</b>												<b>53:27</b>					
		04:20=	05:51=	07:06=	08:53=	12:34=	27:19=	31:40=	35:07=	38:57=	41:57=	43:01=	44:29=	45:59=	47:08=	51:37=	53:06=	53:27=	
		02:25=	01:55=	01:31=	01:15=	01:47=	03:41=	14:45=	04:21=	03:27=	03:50=	03:00=	01:04=	01:28=	01:30=	01:09=	04:29=	01:29=	00:21=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Arne Karlsen</b>	<b>105</b>												<b>1:10:15</b>					
		06:40+	09:40+	12:05+	13:26+	15:49+	22:02+	37:25+	44:22+	48:04+	54:37+	57:32+	59:29+	61:58+	64:13+	65:52+	68:17+	69:48+	70:15+
		06:40+	03:00+	02:25+	01:21+	02:23+	06:13+	15:23+	06:57+	03:42+	06:33+	02:55-	01:57+	02:29+	02:15+	01:39+	02:25-	01:31+	00:27+
		04:15@	01:05&	00:54&	00:06+	00:36&	02:32&	00:38+	02:36&	00:15+	02:43&	00:05-	00:53&	01:01&	00:45&	00:30&	02:04-	00:02+	00:06&
<b>3</b>	<b>Magne Jakobsen</b>	<b>63</b>												<b>1:16:21</b>					
		02:03-	04:36+	05:52+	07:20+	11:42+	15:34+	41:23+	47:55+	53:49+	59:47+	62:27+	63:55+	65:38+	67:44+	69:25+	74:11+	75:55+	76:21+
		02:03-	02:33+	01:16-	01:28+	04:22+	03:52+	25:49+	06:32+	05:54+	05:58+	02:40-	01:28+	01:43+	02:06+	01:41+	04:46+	01:44+	00:26+
		00:22-	00:38&	00:15-	00:13#	02:35@	00:11+	11:04&	02:11&	02:27&	02:08&	00:20-	00:24&	00:15#	00:36&	00:32&	00:17+	00:15#	00:05#
<b>4</b>	<b>Peter Frafjord</b>	<b>116</b>												<b>1:17:24</b>					
		02:14-	04:40+	06:27+	08:11+	10:31+	16:13+	28:21+	46:42+	51:05+	56:59+	60:28+	63:58+	66:30+	68:38+	70:21+	74:53+	76:57+	77:24+
		02:14-	02:26+	01:47+	01:44+	02:20+	05:42+	12:08-	18:21+	04:23+	05:54+	03:29+	03:30+	02:32+	02:08+	01:43+	04:32+	02:04+	00:27+
		00:11-	00:31&	00:16#	00:29&	00:33&	02:01&	02:37-	14:00@	00:56&	02:04&	00:29#	02:26@	01:04&	00:38&	00:34&	00:03+	00:35&	00:06&
<b>Beste strekktid for klassen</b>		02:03	01:55	01:16	01:15	01:47	03:41	12:08	04:21	03:27	03:50	02:40	01:04	01:28	01:30	01:09	02:25	01:29	00:21

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

## Herrer A

<b>1</b>	<b>Fredrik Sandal</b>	<b>88</b>												<b>32:46</b>										
		01:23=	02:29=	05:05=	06:21=	07:19=	08:02=	10:05=	12:09=	13:41=	14:27=	15:33=	16:55=	18:24=	20:26=	22:07=	23:12=	24:30=	25:35=	27:46=	29:29=	30:35=	31:43=	32:46=
		01:23=	01:06=	02:36=	01:16=	00:58=	00:43=	02:03=	02:04=	01:32=	00:46=	01:06=	01:22=	01:29=	02:02=	01:41=	01:05=	01:18=	01:05=	02:11=	01:43=	01:06=	01:08=	01:03=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Erik Lima</b>	<b>43</b>												<b>36:23</b>										
		01:42+	02:49+	04:59-	07:32+	08:08+	08:55+	10:42+	12:48+	14:40+	15:52+	18:24+	19:55+	21:21+	23:29+	25:15+	26:23+	27:58+	29:21+	31:13+	32:44+	34:06+	35:17+	36:23+
		01:42+	01:07+	02:10-	02:33+	00:36-	00:47+	01:47-	02:06+	01:52+	01:12+	02:32+	01:31+	01:26-	02:08+	01:46+	01:08+	01:35+	01:23+	01:52-	01:31-	01:22+	01:11+	01:06+
		00:19#	00:01+	00:26-	01:17@	00:22-	00:04+	00:16-	00:02+	00:20#	00:26&	01:26@	00:09#	00:03-	00:06+	00:05+	00:03+	00:17#	00:18&	00:19-	00:12-	00:16#	00:03+	00:03+
<b>3</b>	<b>Kristian Haarr</b>	<b>27</b>												<b>37:31</b>										
		01:58+	03:12+	05:45+	07:13+	08:05+	08:52+	10:33+	12:54+	14:59+	16:49+	18:02+	19:32+	21:07+	23:27+	25:38+	26:56+	28:51+	29:58+	32:00+	33:35+	34:52+	36:20+	37:31+
		01:58+	01:14+	02:33-	01:28+	00:52-	00:47+	01:41-	02:21+	02:05+	01:50+	01:13+	01:30+	01:35+	02:20+	02:11+	01:18+	01:55+	01:07+	02:02-	01:35-	01:17+	01:28+	01:11+
		00:35&	00:08#	00:03-	00:12#	00:06-	00:04+	00:22-	00:17#	00:33&	01:04@	00:07#	00:08+	00:06+	00:18#	00:30&	00:13#	00:37&	00:02+	00:09-	00:08-	00:11#	00:20&	00:08#
<b>4</b>	<b>Thomas Olsen Schive</b>	<b>126</b>												<b>40:17</b>										
		01:36+	02:42+	07:26+	08:57+	09:43+	10:33+	12:27+	14:29+	16:23+	17:20+	19:12+	20:53+	22:10+	25:51+	27:59+	29:05+	30:38+	33:13+	34:57+	36:45+	38:04+	39:10+	40:17+
		01:36+	01:06=	04:44+	01:31+	00:46-	00:50+	01:54-	02:02-	01:54+	00:57+	01:52+	01:41+	01:17-	03:41+	02:08+	01:06+	01:33+	02:35+	01:44-	01:48+	01:19+	01:06-	01:07+
		00:13#	00:00=	02:08&	00:15#	00:12-	00:07#	00:09-	00:02-	00:22#	00:11#	00:46&	00:19#	00:12-	01:39&	00:27&	00:01+	00:15#	01:30@	00:27-	00:05+	00:13#	00:02-	00:04+
<b>5</b>	<b>Svein Magnus Halsne</b>	<b>71</b>												<b>40:55</b>										
		01:16-	02:25-	05:04-	08:27+	09:19+	09:59+	12:25+	14:35+	16:18+	17:28+	19:10+	20:41+	22:27+	26:05+	28:04+	29:28+	31:28+	32:57+	35:14+	36:54+	38:12+	39:43+	40:55+
		01:16-	01:09+	02:39+	03:23+	00:52-	00:40-	02:26+	02:10+	01:43+	01:10+	01:42+	01:31+	01:46+	03:38+	01:59+	01:24+	02:00+	01:29+	02:17+	01:40-	01:18+	01:31+	01:12+
		00:07-	00:03+	00:03+	02:07@	00:06-	00:03-	00:23#	00:06+	00:11#	00:24&	00:36&	00:09#	00:17#	01:36&	00:18#	00:19&	00:42&	00:24&	00:06+	00:03-	00:12#	00:23&	00:09#
<b>Beste strekktid for klassen</b>		01:16	01:06	02:10	01:16	00:36	00:40	01:41	02:02	01:32	00:46	01:06	01:22	01:17	02:02	01:41	01:05	01:18	01:05	01:44	01:31	01:06	01:06	01:03

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

## Herrer B

<b>1</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>												<b>34:19</b>										
		01:29=	02:33=	04:43=	05:52=	07:04=	08:07=	09:59=	12:02=	13:41=	14:40=	15:46=	17:14=	18:46=	21:30=	23:12=	24:21=	25:54=	27:07=	29:09=	30:51=	32:05=	33:11=	34:19=
		01:29=	01:04=	02:10=	01:09=	01:12=	01:03=	01:52=	02:03=	01:39=	00:59=	01:06=	01:28=	01:32=	02:44=	01:42=	01:09=	01:33=	01:13=	02:02=	01:42=	01:14=	01:06=	01:08=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Geir Sand</b>	<b>105</b>												<b>37:23</b>										
		01:38+	02:48+	05:56+	07:11+	08:06+	09:02+	11:29+	13:47+	15:30+	16:28+	17:47+	19:25+	21:08+	23:50+	26:40+	27:40+	29:22+	30:29+	32:03+	33:42+	34:51+	35:59+	37:23+
		01:38+	01:10+	03:08+	01:15+	00:55-	00:56-	02:27+	02:18+	01:43+	00:58-	01:19+	01:38+	01:43+	02:42-	02:50+	01:00-	01:42+	01:07-	01:34-	01:39-	01:09-	01:08+	01:24+
		00:09#	00:06+	00:58&	00:06+	00:17-	00:07-	00:35&	00:15#	00:04+	00:01-	00:13#	00:10#	00:11#	00:02-	01:08&	00:09-	00:09+	00:06-	00:28-	00:03-	00:05-	00:02+	00:16#

Class	Navn	Klasse										Tid										
<b>3</b>	<b>Stein Arne Olsen</b>	<b>68</b>										<b>37:25</b>										
01:40+	02:51+	05:07+	06:52+	07:36+	08:21+	10:18+	12:45+	14:41+	15:44+	18:05+	19:38+	21:13+	23:53+	25:53+	27:07+	28:41+	30:06+	32:00+	33:39+	35:01+	36:10+	37:25+
01:40+	01:11+	02:16+	01:45+	00:44-	00:45-	01:57+	02:27+	01:56+	01:03+	02:21+	01:33+	01:35+	02:40-	02:00+	01:14+	01:34+	01:25+	01:54-	01:39-	01:22+	01:09+	01:15+
00:11#	00:07#	00:06+	00:36#	00:28-	00:18-	00:05+	00:24#	00:17#	00:04+	01:15@	00:05+	00:03+	00:04-	00:18#	00:05+	00:01+	00:12#	00:08-	00:03-	00:08#	00:03+	00:07#
<b>4</b>	<b>Tom Furland</b>	<b>62</b>										<b>37:29</b>										
01:37+	02:56+	05:05+	06:20+	07:08+	07:54-	09:31-	11:49-	14:01+	15:15+	16:52+	18:39+	20:17+	23:15+	25:09+	26:23+	28:18+	29:26+	31:51+	33:36+	34:58+	36:18+	37:29+
01:37+	01:19+	02:09-	01:15+	00:48-	00:46-	01:37-	02:18+	02:12+	01:14+	01:37+	01:47+	01:38+	02:58+	01:54+	01:14+	01:55+	01:08-	02:25+	01:45+	01:22+	01:20+	01:11+
00:08+	00:15#	00:01-	00:06+	00:24-	00:17-	00:15-	00:15#	00:33#	00:15#	00:31#	00:19#	00:06+	00:14+	00:12#	00:05+	00:22#	00:05-	00:23#	00:03+	00:08#	00:14#	00:03+
<b>5</b>	<b>Jan-Rune L. Basso</b>	<b>91</b>										<b>37:32</b>										
01:41+	02:57+	05:26+	06:39+	07:40+	08:29+	10:26+	12:42+	14:44+	15:41+	16:48+	18:29+	20:06+	23:37+	25:38+	26:48+	28:26+	29:47+	32:02+	33:42+	35:01+	36:11+	37:32+
01:41+	01:16+	02:29+	01:13+	01:01-	00:49-	01:57+	02:16+	02:02+	00:57-	01:07+	01:41+	01:37+	03:31+	02:01+	01:10+	01:38+	01:21+	02:15+	01:40-	01:19+	01:10+	01:21+
00:12#	00:12#	00:19#	00:04+	00:11-	00:14-	00:05+	00:13#	00:23#	00:02-	00:01+	00:13#	00:05+	00:47#	00:19#	00:01+	00:05+	00:08#	00:13#	00:02-	00:05+	00:04+	00:13#
<b>6</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>37:37</b>										
01:33+	02:43+	05:13+	06:12+	08:30+	09:22+	11:34+	13:52+	15:33+	16:32+	17:39+	19:12+	20:43+	24:05+	26:13+	27:31+	29:22+	30:49+	32:30+	34:18+	35:31+	36:34+	37:37+
01:33+	01:10+	02:30+	00:59-	02:18+	00:52-	02:12+	02:18+	01:41+	00:59+	01:07+	01:33+	01:31-	03:22+	02:08+	01:18+	01:51+	01:27+	01:41-	01:48+	01:13-	01:03-	01:03-
00:04+	00:06+	00:20#	00:10-	01:06#	00:11-	00:20#	00:15#	00:02+	00:00+	00:01+	00:05+	00:01-	00:38#	00:26#	00:09#	00:18#	00:14#	00:21-	00:06+	00:01-	00:03-	00:05-
<b>7</b>	<b>Oddvar Taksdal</b>	<b>194</b>										<b>38:47</b>										
01:48+	03:01+	05:49+	07:16+	08:42+	09:32+	11:24+	14:00+	15:51+	16:57+	18:32+	20:08+	21:50+	24:42+	26:48+	28:04+	29:38+	30:59+	32:48+	34:32+	35:52+	37:23+	38:47+
01:48+	01:13+	02:48+	01:27+	01:26+	00:50-	01:52=	02:36+	01:51+	01:06+	01:35+	01:36+	01:42+	02:52+	02:06+	01:16+	01:34+	01:21+	01:49-	01:44+	01:20+	01:31+	01:24+
00:19#	00:09#	00:38#	00:18#	00:14#	00:13-	00:00#	00:33#	00:12#	00:07#	00:29#	00:08+	00:10#	00:08+	00:24#	00:07#	00:01+	00:08#	00:13-	00:02+	00:06+	00:25#	00:16#
<b>8</b>	<b>Morten Aamodt</b>	<b>116</b>										<b>40:07</b>										
01:45+	03:20+	06:12+	07:21+	08:16+	09:07+	13:34+	16:02+	17:52+	18:39+	19:37+	21:03+	22:37+	25:32+	27:54+	29:08+	31:33+	32:39+	34:25+	36:12+	37:24+	38:49+	40:07+
01:45+	01:35+	02:52+	01:09#	00:55-	00:51-	04:27+	02:28+	01:50+	00:47-	00:58-	01:26-	01:34+	02:55+	02:22+	01:14+	02:25+	01:06-	01:46-	01:47+	01:12-	01:25+	01:18+
00:16#	00:31#	00:42#	00:00=	00:17-	00:12-	02:35@	00:25#	00:11#	00:12-	00:08-	00:02-	00:02+	00:11+	00:40#	00:05+	00:52#	00:07-	00:16-	00:05+	00:02-	00:19#	00:10#
<b>9</b>	<b>Njål F. Vadla</b>	<b>93</b>										<b>40:17</b>										
01:39+	02:47+	06:39+	08:01+	08:49+	09:52+	11:42+	13:54+	15:46+	17:26+	19:00+	20:38+	22:14+	25:25+	27:29+	29:02+	30:41+	32:03+	34:20+	36:13+	38:03+	39:10+	40:17+
01:39+	01:08+	03:52+	01:22+	00:48-	01:03=	01:50-	02:12+	01:52+	01:40+	01:34+	01:38+	01:36+	03:11+	02:04+	01:33+	01:39+	01:22+	02:17+	01:53+	01:50+	01:07+	01:07-
00:10#	00:04+	01:42#	00:13#	00:24-	00:00=	00:02-	00:09+	00:13#	00:41#	00:28#	00:10#	00:04+	00:27#	00:22#	00:24#	00:06+	00:09#	00:15#	00:11#	00:36#	00:01+	00:01-
<b>10</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>										<b>41:31</b>										
02:00+	03:06+	06:54+	07:58+	09:23+	10:09+	12:22+	15:26+	17:11+	18:16+	21:06+	22:34+	24:12+	26:57+	29:44+	31:06+	32:45+	34:00+	35:59+	37:39+	38:56+	40:25+	41:31+
02:00+	01:06+	03:48+	01:04-	01:25+	00:46-	02:13+	03:04+	01:45+	01:05+	02:50+	01:28=	01:38+	02:45+	02:47+	01:22+	01:39+	01:15+	01:59-	01:40-	01:17+	01:29+	01:06-
00:31#	00:02+	01:38#	00:05-	00:13#	00:17-	00:21#	01:01#	00:06+	00:06#	01:44@	00:00=	00:06+	00:01+	01:05#	00:13#	00:06+	00:02+	00:03-	00:02-	00:03+	00:23#	00:02-
<b>11</b>	<b>Joar Eilevstjønn</b>	<b>67</b>										<b>41:37</b>										
01:31+	02:45+	09:21+	10:49+	11:39+	12:27+	15:38+	17:41+	19:15+	20:20+	23:57+	25:14+	26:26+	28:29+	30:35+	31:36+	33:02+	34:44+	36:36+	38:12+	39:23+	40:27+	41:37+
01:31+	01:14+	06:36+	01:28+	00:50-	00:48-	03:11+	02:03=	01:34-	01:05+	03:37+	01:17-	01:12-	02:03-	02:06+	01:01-	01:26-	01:42+	01:52-	01:36-	01:11-	01:04-	01:10+
00:02+	00:10#	04:26@	00:19#	00:22-	00:15-	01:19#	00:00=	00:05-	00:06#	02:31@	00:11-	00:20-	00:41-	00:24#	00:08-	00:07-	00:29#	00:10-	00:06-	00:03-	00:02-	00:02+
<b>12</b>	<b>Per Olav Haarr</b>	<b>62</b>										<b>44:37</b>										
01:45+	03:02+	06:14+	07:18+	09:21+	10:21+	12:54+	14:56+	16:37+	17:29+	18:43+	21:00+	25:43+	28:30+	32:15+	33:29+	35:06+	36:23+	38:32+	40:11+	41:41+	43:23+	44:37+
01:45+	01:17+	03:12+	01:04-	02:03+	01:00-	02:33+	02:02-	01:41+	00:52-	01:14+	02:17+	04:43+	02:47+	03:45+	01:14+	01:37+	01:17+	02:09+	01:39-	01:30+	01:42+	01:14+
00:16#	00:13#	01:02#	00:05-	00:51#	00:03-	00:41#	00:01-	00:02+	00:07-	00:08#	00:49#	03:11@	00:03+	02:03@	00:05+	00:04+	00:04+	00:07+	00:03-	00:16#	00:36#	00:06+
<b>13</b>	<b>Bård Skogsholm</b>	<b>194</b>										<b>47:08</b>										
02:06+	03:51+	09:40+	11:36+	12:31+	13:41+	16:08+	18:55+	21:31+	23:24+	24:59+	26:43+	28:31+	31:34+	34:00+	35:18+	37:09+	38:27+	40:51+	42:56+	44:23+	45:47+	47:08+
02:06+	01:45+	05:49+	01:56+	00:55-	01:10+	02:27+	02:47+	02:36+	01:53+	01:35+	01:44+	01:48+	03:03+	02:26+	01:18+	01:51+	01:18+	02:24+	02:05+	01:27+	01:24+	01:21+
00:37#	00:41#	03:39@	00:47#	00:17-	00:07#	00:35#	00:44#	00:57#	00:54#	00:29#	00:16#	00:16#	00:19#	00:44#	00:09#	00:18#	00:05+	00:22#	00:23#	00:13#	00:18#	00:13#
<b>14</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>										<b>49:24</b>										
02:20+	03:52+	07:09+	09:39+	10:52+	11:54+	14:43+	17:15+	20:58+	22:15+	23:55+	25:44+	27:35+	31:25+	34:28+	35:56+	38:32+	40:07+	42:41+	44:39+	46:12+	47:49+	49:24+
02:20+	01:32+	03:17+	02:30+	01:13+	01:02-	02:49+	02:32+	03:43+	01:17+	01:40+	01:49+	01:51+	03:50+	03:03+	01:28+	02:36+	01:35+	02:34+	01:58+	01:33+	01:37+	01:35+
00:51#	00:28#	01:07#	01:21@	00:01+	00:01-	00:57#	00:29#	02:04@	00:18#	00:34#	00:21#	00:19#	01:06#	01:21#	00:19#	01:03#	00:22#	00:32#	00:16#	00:19#	00:31#	00:27#
<b>15</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>										<b>49:48</b>										
01:59+	03:19+	08:24+	09:28+	10:28+	11:29+	14:23+	18:22+	20:26+	21:49+	24:25+	27:14+	29:07+	33:32+	36:13+	37:31+	39:42+	41:00+	43:19+	45:19+	46:54+	48:13+	49:48+
01:59+	01:20+	05:05+	01:04-	01:00-	01:01-	02:54+	03:59+	02:04+	01:23+	02:36+	02:49+	01:53+	04:25+	02:41+	01:18+	02:11+	01:18+	02:19+	02:00+	01:35+	01:19+	01:35+
00:30#	00:16#	02:55@	00:05-	00:12-	00:02-	01:02#	01:56#	00:25#	00:24#	01:30@	01:21#	00:21#	01:41#	00:59#	00:09#	00:38#	00:05+	00:17#	00:18#	00:21#	00:13#	00:27#
<b>16</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>										<b>51:57</b>										
01:42+	03:12+	12:19+	14:10+	15:36+	17:19+	20:14+	22:58+	25:11+	26:40+	28:01+	29:48+	31:37+	34:30+	36:53+	38:22+	40:41+	42:20+	45:18+	47:23+	48:54+	50:29+	51:57+
01:42+	01:30+	09:07+	01:51+	01:26+	01:43+	02:55+	02:44+	02:13+	01:29+	01:21+	01:47+	01:49+	02:53+	02:23+	01:29+	02:19+	01:39+	02:58+	02:05+	01:31+	01:35+	01:28+
00:13#	00:26#	06:57@	00:42#	00:14#	00:40#	01:03#	00:41#	00:34#	00:30#	00:15#	00:19#	00:17#	00:09+	00:41#	00:20#	00:46#	00:26#	00:56#	00:23#	00:17#	00:29#	00:20#
<b>17</b>	<b>Jørgen Breivold</b>	<b>54</b>										<b>52:09</b>										
01:38+	02:51+	08:24+	09:49+	13:26+	14:26+	17:34+	19:53+	21:52+	23:46+	30:04+	32											

Class	Navn	Klasse										Tid										
<b>18</b>	<b>Øystein Amundrud</b>	<b>90</b>										<b>53:37</b>										
02:04+	03:44+	07:16+	14:23+	15:18+	16:08+	18:50+	22:07+	24:45+	26:09+	30:53+	32:35+	34:05+	37:14+	39:41+	41:07+	43:17+	44:51+	47:12+	49:08+	50:34+	52:01+	53:37+
02:04+	01:40+	03:32+	07:07+	00:55-	00:50-	02:42+	03:17+	02:38+	01:24+	04:44+	01:42+	01:30-	03:09+	02:27+	01:26+	02:10+	01:34+	02:21+	01:56+	01:26+	01:27+	01:36+
00:35&	00:36&	01:22&	05:58@	00:17-	00:13-	00:50&	01:14&	00:59&	00:25&	03:38@	00:14#	00:02-	00:25#	00:45&	00:17#	00:37&	00:21&	00:19#	00:14#	00:12#	00:21&	00:28&
<b>19</b>	<b>Magnus Landstad</b>	<b>66</b>										<b>1:06:47</b>										
03:03+	04:52+	08:45+	12:14+	13:17+	14:32+	18:13+	22:31+	25:53+	27:35+	29:51+	34:10+	36:49+	41:11+	44:44+	47:00+	50:36+	53:29+	57:00+	59:39+	62:13+	64:20+	66:47+
03:03+	01:49+	03:53+	03:29+	01:03-	01:15+	03:41+	04:18+	03:22+	01:42+	02:16+	04:19+	02:39+	04:22+	03:33+	02:16+	03:36+	02:53+	03:31+	02:39+	02:34+	02:07+	02:27+
01:34@	00:45&	01:43&	02:20@	00:09-	00:12#	01:49&	02:15@	01:43@	00:43&	01:10@	02:51@	01:07&	01:38&	01:51@	01:07&	02:03@	01:40@	01:29&	00:57&	01:20@	01:01&	01:19@
<b>Beste strekktid for klassen</b>																						
01:29	01:04	02:09	00:59	00:44	00:45	01:37	02:02	01:34	00:47	00:58	01:17	01:12	02:03	01:42	01:00	01:26	01:06	01:34	01:36	01:09	01:03	01:03

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

## Herrer C

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

Class	Navn	Klasse															Tid									
<b>12</b>	<b>Bertrand Denieul</b>	<b>42</b>															<b>46:36</b>									
01:12+	04:23+	08:56+	10:31+	12:33+	14:48+	17:17+	18:37+	20:18+	22:36+	23:39+	25:19+	27:26+	30:24+	32:55+	35:40+	38:26+	41:39+	43:22+	44:57+	45:34+	46:23+	46:36+				
01:12+	03:11+	04:33+	01:35-	02:02+	02:15+	02:29+	01:20+	01:41+	02:18+	01:03-	01:40+	02:07+	02:58+	02:31+	02:45+	02:46+	03:13+	01:43+	01:35+	00:37=	00:49+	00:13=				
00:08#	01:37@	01:47&	00:17-	00:22#	00:58&	00:29#	00:24&	00:36&	00:24#	00:04-	00:16#	00:21#	01:31@	00:26#	00:11+	00:32#	00:37#	00:16#	00:17#	00:00=	00:09#	00:00=				
<b>13</b>	<b>Sveinung Svebestad</b>	<b>46</b>															<b>49:40</b>									
01:12+	03:02+	05:59+	08:25+	11:55+	14:15+	16:55+	18:06+	19:34+	24:30+	25:32+	27:24+	29:23+	31:09+	33:47+	36:38+	40:19+	44:00+	45:48+	47:32+	48:20+	49:22+	49:40+				
01:12+	01:50+	02:57+	02:26+	03:30+	02:20+	02:40+	01:11+	01:28+	04:56+	01:02-	01:52+	01:59+	01:46+	02:38+	02:51+	03:41+	03:41+	01:48+	01:44+	00:48+	01:02+	00:18+				
00:08#	00:16#	00:11+	00:34&	01:50@	01:03&	00:40&	00:15&	00:23&	03:02@	00:05-	00:28&	00:13#	00:19#	00:33&	00:17#	01:27&	01:05&	00:21#	00:26&	00:11&	00:22&	00:05&				
<b>14</b>	<b>Erling Mauland</b>	<b>83</b>															<b>1:06:55</b>									
01:34+	03:49+	15:32+	19:59+	25:47+	29:34+	32:29+	33:56+	38:13+	40:30+	41:52+	44:07+	46:57+	48:49+	51:33+	54:35+	57:11+	61:25+	63:04+	64:53+	65:40+	66:37+	66:55+				
01:34+	02:15+	11:43+	04:27+	05:48+	03:47+	02:55+	01:27+	04:17+	02:17+	01:22+	02:15+	02:50+	01:52+	02:44+	03:02+	02:36+	04:14+	01:39+	01:49+	00:47+	00:57+	00:18+				
00:30&	00:41&	08:57@	02:35@	04:08@	02:30@	00:55&	00:31&	03:12@	00:23#	00:15#	00:51&	01:04&	00:25&	00:39&	00:28#	00:22#	01:38&	00:12#	00:31&	00:10&	00:17&	00:05&				

**Beste strekktid for klassen**

01:04 01:33 02:30 01:21 01:37 01:03 01:57 00:56 01:01 01:42 01:02 01:07 01:29 01:19 02:02 02:16 02:05 02:24 01:12 01:10 00:35 00:35 00:13

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

**Herrer Ny**

<b>1</b>	<b>Bård Christian Jensen</b>	<b>76</b>															<b>34:54</b>									
07:30=	08:51=	09:41=	12:11=	15:30=	17:03=	20:29=	25:33=	26:12=	27:04=	29:39=	31:25=	31:55=	33:34=	34:36=	34:54=											
07:30=	01:21=	00:50=	02:30=	03:19=	01:33=	03:26=	05:04=	00:39=	00:52=	02:35=	01:46=	00:30=	01:39=	01:02=	00:18=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
<b>2</b>	<b>Parthasarathi Jena</b>	<b>115</b>															<b>54:02</b>									
12:13+	13:54+	16:34+	17:40+	19:48+	22:19+	27:21+	30:21+	31:56+	38:11+	40:20+	48:50+	49:19+	51:47+	53:28+	54:02+											
12:13+	01:41+	02:40+	01:06-	02:08-	02:31+	05:02+	03:00-	01:35+	06:15+	02:09-	08:30+	00:29-	02:28+	01:41+	00:34+											
04:43&	00:20#	01:50@	01:24-	01:11-	00:58&	01:36&	02:04-	00:56@	05:23@	00:26-	06:44@	00:01-	00:49&	00:39&	00:16&											

**Beste strekktid for klassen**

07:30 01:21 00:50 01:06 02:08 01:33 03:26 03:00 00:39 00:52 02:09 01:46 00:29 01:39 01:02 00:18

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

**Herrer Trim**

<b>1</b>	<b>Arne Magne Sondresen</b>	<b>92</b>															<b>29:41</b>									
01:16=	02:42=	03:38=	04:39=	05:56=	08:28=	14:03=	17:06=	19:00=	21:46=	23:23=	24:09=	25:19=	26:16=	27:08=	28:28=	29:22=	29:41=									
01:16=	01:26=	00:56=	01:01=	01:17=	02:32=	05:35=	03:03=	01:54=	02:46=	01:37=	00:46=	01:10=	00:57=	00:52=	01:20=	00:54=	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=			
<b>2</b>	<b>Andreas Eide Skjæveland</b>	<b>304</b>															<b>30:00</b>									
01:12-	02:52+	03:53+	04:41+	06:09+	08:26-	12:43-	14:37-	16:34-	20:09-	22:18-	23:18-	24:51-	26:02-	26:48-	28:35+	29:45+	30:00+									
01:12-	01:40+	01:01+	00:48-	01:28+	02:17-	04:17-	01:54-	01:57+	03:35+	02:09+	01:00+	01:33+	01:11+	00:46-	01:47+	01:10+	00:15-									
00:04-	00:14#	00:05+	00:13-	00:11#	00:15-	01:18-	01:09-	00:03+	00:49&	00:32&	00:14&	00:23&	00:14#	00:06-	00:27&	00:16&	00:04-									
<b>3</b>	<b>Bruno Pierfelice</b>	<b>51</b>															<b>31:00</b>									
01:02-	02:43+	03:52+	04:42+	05:51-	08:19-	13:58-	17:02-	19:13+	22:25+	24:12+	25:03+	26:14+	27:42+	28:34+	29:59+	30:47+	31:00+									
01:02-	01:41+	01:09+	00:50-	01:09-	02:28-	05:39+	03:04+	02:11+	03:12+	01:47+	00:51+	01:11+	01:28+	00:52=	01:25+	00:48-	00:13-									
00:14-	00:15#	00:13#	00:11-	00:08-	00:04-	00:04+	00:01+	00:17#	00:26#	00:10#	00:05#	00:01+	00:31&	00:00=	00:05+	00:06-	00:06-									
<b>4</b>	<b>Lars Salvesen</b>	<b>50</b>															<b>34:26</b>									
01:29+	03:05+	04:19+	05:18+	06:44+	10:08+	16:08+	19:17+	21:21+	24:47+	26:39+	27:30+	28:43+	30:02+	31:11+	33:01+	34:10+	34:26+									
01:29+	01:36+	01:14+	00:59-	01:26+	03:24+	06:00+	03:09+	02:04+	03:26+	01:52+	00:51+	01:13+	01:19+	01:09+	01:50+	01:09+	00:16-									
00:13#	00:10#	00:18&	00:02-	00:09#	00:52&	00:25+	00:06+	00:10+	00:40#	00:15#	00:05#	00:03+	00:22&	00:17&	00:30&	00:15&	00:03-									
<b>5</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>															<b>36:46</b>									
04:09+	05:17+	06:05+	06:43+	08:02+	21:16+	24:39+	26:12+	29:12+	30:39+	31:19+	32:46+	33:42+	34:20+	35:49+	36:34+	36:46+										
04:09+	01:08-	00:48-	00:38-	01:19+	01:55-	11:19+	03:23+	01:33-	03:00+	01:27-	00:40-	01:27+	00:56-	00:38-	01:29+	00:45-	00:12-									
02:53@	00:18-	00:08-	00:23-	00:02+	00:37-	05:44@	00:20#	00:21-	00:14+	00:10-	00:06-	00:17#	00:01-	00:14-	00:09#	00:09-	00:07-									
<b>6</b>	<b>Pål Ommund Refvem</b>	<b>116</b>															<b>37:09</b>									
02:02+	03:40+	04:33+	05:23+	06:52+	09:36+	16:38+	18:23+	20:11+	25:23+	27:17+	28:41+	31:25+	32:46+	33:35+	36:01+	36:54+	37:09+									
02:02+	01:38+	00:53-	00:50-	01:29+	02:44+	07:02+	01:45-	01:48-	05:12+	01:54+	01:24+	02:44+	01:21+	00:49-	02:26+	00:53-	00:15-									
00:46&	00:12#	00:03-	00:11-	00:12#	00:12+	01:27&	01:18-	00:06-	02:26&	00:17#	00:38&	01:34@	00:24&	00:03-	01:06&	00:01-	00:04-									

Class	Navn	Klasse										Tid					
<b>7</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>38:48</b>					
03:22+	05:54+	06:55+	07:48+	09:17+	12:07+	19:21+	23:19+	25:37+	28:37+	30:41+	32:12+	33:34+	34:34+	35:39+	37:21+	38:33+	38:48+
03:22+	02:32+	01:01+	00:53-	01:29+	02:50+	07:14+	03:58+	02:18+	03:00+	02:04+	01:31+	01:22+	01:00+	01:05+	01:42+	01:12+	00:15-
02:06@	01:06&	00:05+	00:08-	00:12#	00:18#	01:39&	00:55&	00:24#	00:14+	00:27&	00:45&	00:12#	00:03+	00:13#	00:22&	00:18&	00:04-
<b>8</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>40:01</b>					
03:54+	05:29+	06:40+	07:51+	09:07+	12:41+	19:38+	22:26+	24:51+	29:11+	31:11+	32:00+	34:03+	35:20+	36:35+	38:24+	39:46+	40:01+
03:54+	01:35+	01:11+	01:11+	01:16-	03:34+	06:57+	02:48-	02:25+	04:20+	02:00+	00:49+	02:03+	01:17+	01:15+	01:49+	01:22+	00:15-
02:38@	00:09#	00:15&	00:10#	00:01-	01:02&	01:22#	00:15-	00:31&	01:34&	00:23#	00:03+	00:53&	00:20&	00:23&	00:29&	00:28&	00:04-
<b>9</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>40:11</b>					
01:25+	03:26+	04:31+	05:25+	07:02+	09:49+	18:36+	22:03+	24:02+	29:05+	31:03+	31:55+	34:38+	35:52+	36:57+	38:48+	39:51+	40:11+
01:25+	02:01+	01:05+	00:54-	01:37+	02:47+	08:47+	03:27+	01:59+	05:03+	01:58+	00:52+	02:43+	01:14+	01:05+	01:51+	01:03+	00:20+
00:09#	00:35&	00:09#	00:07-	00:20&	00:15+	03:12&	00:24#	00:05+	02:17&	00:21#	00:06#	01:33@	00:17&	00:13#	00:31&	00:09#	00:01+
<b>10</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>41:15</b>					
01:36+	03:20+	04:47+	05:54+	07:35+	11:07+	19:39+	22:40+	26:28+	29:27+	31:32+	32:26+	33:49+	34:59+	37:59+	39:44+	40:52+	41:15+
01:36+	01:44+	01:27+	01:07+	01:41+	03:32+	08:32+	03:01-	03:48+	02:59+	02:05+	00:54+	01:23+	01:10+	03:00+	01:45+	01:08+	00:23+
00:20&	00:18#	00:31&	00:06+	00:24&	01:00&	02:57&	00:02-	01:54&	00:13+	00:28&	00:08#	00:13#	00:13#	02:08@	00:25&	00:14&	00:04#
<b>11</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>41:52</b>					
05:34+	07:02+	07:58+	08:44+	10:07+	12:31+	18:42+	21:55+	24:06+	26:53+	29:12+	31:51+	33:13+	34:20+	35:28+	38:28+	41:36+	41:52+
05:34+	01:28+	00:56-	00:46-	01:23+	02:24+	06:11+	03:13+	02:11+	02:47+	02:19+	02:39+	01:22+	01:07+	01:08+	03:00+	03:08+	00:16-
04:18@	00:02+	00:00=	00:15-	00:06+	00:08-	00:36#	00:10+	00:17#	00:01+	00:42&	01:53@	00:12#	00:10#	00:16&	01:40@	02:14@	00:03-
<b>12</b>	<b>Rolf Kristian Folgeroe</b>	<b>27</b>										<b>43:59</b>					
02:46+	04:23+	05:30+	06:21+	07:53+	10:41+	18:49+	26:10+	28:56+	33:18+	35:29+	36:52+	38:35+	39:35+	40:33+	42:32+	43:37+	43:59+
02:46+	01:37+	01:07+	00:51-	01:32+	02:48+	08:08+	07:21+	02:46+	04:22+	02:11+	01:23+	01:43+	01:00+	00:58+	01:59+	01:05+	00:22+
01:30@	00:11#	00:11#	00:10-	00:15#	00:16#	02:33&	04:18@	00:52&	01:36&	00:34&	00:37&	00:33&	00:03+	00:06#	00:39&	00:11#	00:03#
<b>13</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>45:39</b>					
02:53+	04:46+	06:21+	07:28+	09:05+	13:36+	23:13+	26:32+	29:27+	33:24+	35:59+	37:03+	39:04+	40:25+	41:49+	44:07+	45:15+	45:39+
02:53+	01:53+	01:35+	01:07+	01:37+	04:31+	09:37+	03:19+	02:54+	03:58+	02:35+	01:04+	02:01+	01:21+	01:24+	02:18+	01:08+	00:24+
01:37@	00:27&	00:39&	00:06+	00:20&	01:59&	04:02&	00:16+	01:00&	01:12&	00:58&	00:18&	00:51&	00:24&	00:32&	00:58&	00:14&	00:05&
<b>14</b>	<b>Tom Leveraas</b>	<b>93</b>										<b>45:51</b>					
01:32+	03:13+	04:30+	06:18+	09:23+	12:46+	18:58+	22:21+	30:42+	35:17+	37:03+	38:03+	39:34+	40:40+	41:53+	44:24+	45:31+	45:51+
01:32+	01:41+	01:17+	01:48+	03:05+	03:23+	06:12+	03:23+	08:21+	04:35+	01:46+	01:00+	01:31+	01:06+	01:13+	02:31+	01:07+	00:20+
00:16#	00:15#	00:21&	00:47&	01:48@	00:51&	00:37#	00:20#	06:27@	01:49&	00:09+	00:14&	00:21&	00:09#	00:21&	01:11&	00:13#	00:01+
<b>15</b>	<b>Kjell Helge Husebø</b>	<b>43</b>										<b>46:43</b>					
02:16+	05:49+	07:11+	09:03+	10:50+	14:29+	23:02+	26:14+	28:54+	32:37+	34:51+	35:55+	39:19+	40:49+	42:05+	44:47+	46:21+	46:43+
02:16+	03:33+	01:22+	01:52+	01:47+	03:39+	08:33+	03:12+	02:40+	03:43+	02:14+	01:04+	03:24+	01:30+	01:16+	02:42+	01:34+	00:22+
01:00&	02:07@	00:26&	00:51&	00:30&	01:07&	02:58&	00:09+	00:46&	00:57&	00:37&	00:18&	02:14@	00:33&	00:24&	01:22@	00:40&	00:03#
<b>16</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>46:51</b>					
02:07+	03:54+	05:14+	06:10+	07:59+	11:13+	22:33+	30:08+	32:13+	35:30+	37:47+	38:45+	40:18+	41:37+	42:48+	45:19+	46:32+	46:51+
02:07+	01:47+	01:20+	00:56-	01:49+	03:14+	11:20+	07:35+	02:05+	03:17+	02:17+	00:58+	01:33+	01:19+	01:11+	02:31+	01:13+	00:19=
00:51&	00:21#	00:24&	00:05-	00:32&	00:42&	05:45@	04:32@	00:11+	00:31#	00:40&	00:12&	00:23&	00:22&	00:19&	01:11&	00:19&	00:00=
<b>17</b>	<b>Frank Gulbrandsen</b>	<b>105</b>										<b>48:06</b>					
02:40+	04:24+	06:17+	07:59+	10:43+	14:29+	23:30+	27:44+	31:01+	36:10+	38:44+	39:59+	41:40+	42:50+	43:52+	46:29+	47:45+	48:06+
02:40+	01:44+	01:53+	01:42+	02:44+	03:46+	09:01+	04:14+	03:17+	05:09+	02:34+	01:15+	01:41+	01:10+	01:02+	02:37+	01:16+	00:21+
01:24@	00:18#	00:57@	00:41&	01:27@	01:14&	03:26&	01:11&	01:23&	02:23&	00:57&	00:29&	00:31&	00:13#	00:10#	01:17&	00:22&	00:02#
<b>18</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>48:36</b>					
03:02+	04:32+	05:33+	06:24+	07:50+	10:49+	29:28+	33:09+	35:46+	39:12+	41:28+	42:30+	43:48+	45:01+	45:46+	47:16+	48:18+	48:36+
03:02+	01:30+	01:01+	00:51-	01:26+	02:59+	18:39+	03:41+	02:37+	03:26+	02:16+	01:18+	01:18+	01:13+	00:45-	01:30+	01:02+	00:18-
01:46@	00:04+	00:05+	00:10-	00:09#	00:27#	13:04@	00:38#	00:43&	00:40#	00:39&	00:16&	00:08#	00:16&	00:07-	00:10#	00:08#	00:01-
<b>19</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>50:09</b>					
02:44+	06:17+	07:31+	08:40+	10:36+	14:36+	27:20+	31:10+	33:51+	37:27+	40:18+	41:48+	43:15+	45:16+	46:17+	48:42+	49:52+	50:09+
02:44+	03:33+	01:14+	01:09+	01:56+	04:00+	12:44+	03:50+	02:41+	03:36+	02:51+	01:30+	01:27+	02:01+	01:01+	02:25+	01:10+	00:17-
01:28@	02:07@	00:18&	00:08#	00:39&	01:28&	07:09@	00:47&	00:47&	00:50&	01:14&	00:44&	00:17#	01:04@	00:09#	01:05&	00:16&	00:02-
<b>20</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>51:25</b>					
02:07+	04:03+	05:53+	07:02+	09:00+	13:23+	21:15+	27:28+	31:23+	36:27+	39:00+	40:25+	42:50+	44:16+	45:52+	49:17+	51:05+	51:25+
02:07+	01:56+	01:50+	01:09+	01:58+	04:23+	07:52+	06:13+	03:55+	05:04+	02:33+	01:25+	02:25+	01:26+	01:36+	03:25+	01:48+	00:20+
00:51&	00:30&	00:54&	00:08#	00:41&	01:51&	02:17&	03:10@	02:01@	02:18&	00:56&	00:39&	01:15@	00:29&	00:44&	02:05@	00:54&	00:01+
<b>21</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>51:33</b>					
02:00+	04:00+	05:23+	06:37+	08:35+	12:27+	21:50+	30:20+	32:15+	37:11+	40:03+	41:14+	42:53+	44:38+	46:14+	49:49+	51:19+	51:33+
02:00+	02:00+	01:23+	01:14+	01:58+	03:52+	09:23+	08:30+	01:55+	04:56+	02:52+	01:11+	01:39+	01:45+	01:36+	03:35+	01:30+	00:14-
00:44&	00:34&	00:27&	00:13#	00:41&	01:20&	03:48&	05:27@	00:01+	02:10&	01:15&	00:25&	00:29&	00:48&	00:44&	02:15@	00:36&	00:05-

Class	Navn	Klasse										Tid					
<b>22</b>	<b>Per Bakken</b>	<b>5</b>										<b>52:21</b>					
01:48+	04:42+	06:19+	07:51+	10:18+	14:13+	24:41+	31:40+	33:56+	38:33+	40:42+	41:54+	43:56+	45:19+	46:33+	50:28+	51:58+	52:21+
01:48+	02:54+	01:37+	01:32+	02:27+	03:55+	10:28+	06:59+	02:16+	04:37+	02:09+	01:12+	02:02+	01:23+	01:14+	03:55+	01:30+	00:23+
00:32&	01:28@	00:41&	00:31&	01:10&	01:23&	04:53&	03:56@	00:22#	01:51&	00:32&	00:26&	00:52&	00:26&	00:22&	02:35@	00:36&	00:04#
<b>23</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>53:09</b>					
01:48+	03:52+	05:19+	06:35+	08:28+	12:22+	21:57+	28:04+	34:18+	38:23+	41:04+	42:12+	43:45+	45:59+	47:47+	51:34+	52:48+	53:09+
01:48+	02:04+	01:27+	01:16+	01:53+	03:54+	09:35+	06:07+	06:14+	04:05+	02:41+	01:08+	01:33+	02:14+	01:48+	03:47+	01:14+	00:21+
00:32&	00:38&	00:31&	00:15#	00:36&	01:22&	04:00&	03:04@	04:20@	01:19&	01:04&	00:22&	00:23&	01:17@	00:56@	02:27@	00:20&	00:02#
<b>24</b>	<b>Terje Langeland</b>	<b>98</b>										<b>53:40</b>					
04:13+	05:55+	07:19+	08:18+	09:53+	13:10+	21:26+	30:49+	33:16+	41:24+	43:12+	44:59+	46:34+	48:13+	49:25+	51:51+	53:18+	53:40+
04:13+	01:42+	01:24+	00:59-	01:35+	03:17+	08:16+	09:23+	02:27+	08:08+	01:48+	01:47+	01:35+	01:39+	01:12+	02:26+	01:27+	00:22+
02:57@	00:16#	00:28&	00:02-	00:18#	00:45&	02:41&	06:20@	00:33&	05:22@	00:11#	01:01@	00:25&	00:42&	00:20&	01:06&	00:33&	00:03#
<b>25</b>	<b>Arild Svihus</b>	<b>92</b>										<b>54:42</b>					
02:32+	05:22+	07:06+	08:30+	10:48+	15:38+	26:36+	30:10+	34:46+	39:15+	41:52+	43:00+	45:06+	47:26+	48:46+	52:31+	54:05+	54:42+
02:32+	02:50+	01:44+	01:24+	02:18+	04:50+	10:58+	03:34+	04:36+	04:29+	02:37+	01:08+	02:06+	02:20+	01:20+	03:45+	01:34+	00:37+
01:16&	01:24&	00:48&	00:23&	01:01&	02:18&	05:23&	00:31#	02:42@	01:43&	01:00&	00:22&	00:56&	01:23@	00:28&	02:25@	00:40&	00:18&
<b>26</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>										<b>57:41</b>					
01:53+	03:46+	05:11+	06:18+	08:17+	11:56+	21:32+	25:42+	29:02+	37:55+	40:50+	42:17+	44:03+	45:43+	46:53+	56:00+	57:14+	57:41+
01:53+	01:53+	01:25+	01:07+	01:59+	03:39+	09:36+	04:10+	03:20+	08:53+	02:55+	01:27+	01:46+	01:40+	01:10+	09:07+	01:14+	00:27+
00:37&	00:27&	00:29&	00:06+	00:42&	01:07&	04:01&	01:07&	01:26&	06:07@	01:18&	00:41&	00:36&	00:43&	00:18&	07:47@	00:20&	00:08&
<b>27</b>	<b>Svein Mæle</b>	<b>43</b>										<b>58:56</b>					
01:42+	03:32+	04:45+	05:56+	07:23+	10:19+	17:10+	41:39+	43:44+	47:27+	49:10+	50:01+	51:30+	52:24+	54:14+	57:33+	58:38+	58:56+
01:42+	01:50+	01:13+	01:11+	01:27+	02:56+	06:51+	24:29+	02:05+	03:43+	01:43+	00:51+	01:29+	00:54-	01:50+	03:19+	01:05+	00:18-
00:26&	00:24&	00:17&	00:10#	00:10#	00:24#	01:16#	21:26@	00:11+	00:57&	00:06+	00:05#	00:19&	00:03-	00:58@	01:59@	00:11#	00:01-
<b>28</b>	<b>Per Aspøy</b>	<b>117</b>										<b>1:00:47</b>					
03:56+	06:10+	07:33+	09:31+	11:45+	16:09+	27:57+	38:04+	40:46+	46:03+	48:18+	49:44+	51:27+	53:48+	55:33+	58:55+	60:16+	60:47+
03:56+	02:14+	01:23+	01:58+	02:14+	04:24+	11:48+	10:07+	02:42+	05:17+	02:15+	01:26+	01:43+	02:21+	01:45+	03:22+	01:21+	00:31+
02:40@	00:48&	00:27&	00:57&	00:57&	01:52&	06:13@	07:04@	00:48&	02:31&	00:38&	00:40&	00:33&	01:24@	00:53@	02:02@	00:27&	00:12&
<b>29</b>	<b>Sverre Uhlvig</b>	<b>105</b>										<b>1:01:56</b>					
02:00+	04:08+	06:08+	07:46+	09:54+	14:44+	30:10+	38:10+	41:07+	46:25+	49:14+	50:33+	52:23+	54:24+	55:54+	59:50+	61:35+	61:56+
02:00+	02:08+	02:00+	01:38+	02:08+	04:50+	15:26+	08:00+	02:57+	05:18+	02:49+	01:19+	01:50+	02:01+	01:30+	03:56+	01:45+	00:21+
00:44&	00:42&	01:04@	00:37&	00:51&	02:18&	09:51@	04:57@	01:03&	02:32&	01:12&	00:33&	00:40&	01:04@	00:38&	02:36@	00:51&	00:02#
<b>30</b>	<b>Viktor Klippen</b>	<b>5</b>										<b>1:05:23</b>					
05:32+	06:52+	07:55+	08:44+	11:16+	14:00+	43:37+	47:35+	50:23+	54:01+	56:08+	57:00+	58:26+	60:03+	61:00+	64:21+	65:04+	65:23+
05:32+	01:20-	01:03+	00:49-	02:32+	02:44+	29:37+	03:58+	02:48+	03:38+	02:07+	00:52+	01:26+	01:37+	00:57+	03:21+	00:43-	00:19=
04:16@	00:06-	00:07#	00:12-	01:15&	00:12+	24:02@	00:55&	00:54&	00:52&	00:30&	00:06#	00:16#	00:40&	00:05+	02:01@	00:11-	00:00=
<b>31</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>1:15:01</b>					
02:14+	04:41+	06:26+	08:13+	10:30+	14:47+	32:29+	39:45+	43:29+	49:14+	51:47+	52:53+	55:39+	68:42+	70:31+	73:02+	74:31+	75:01+
02:14+	02:27+	01:45+	01:47+	02:17+	04:17+	17:42+	07:16+	03:44+	05:45+	02:33+	01:06+	02:46+	13:03+	01:49+	02:31+	01:29+	00:30+
00:58&	01:01&	00:49&	00:46&	01:00&	01:45&	12:07@	04:13@	01:50&	02:59@	00:56&	00:20&	01:36@	12:06@	00:57@	01:11&	00:35&	00:11&
<b>32</b>	<b>Svein Inge Sævereid</b>	<b>126</b>										<b>1:15:29</b>					
07:49+	10:50+	12:58+	14:29+	17:00+	21:17+	30:36+	34:49+	39:00+	57:03+	60:15+	61:37+	63:55+	68:21+	70:43+	73:08+	74:55+	75:29+
07:49+	03:01+	02:08+	01:31+	02:31+	04:17+	09:19+	04:13+	04:11+	18:03+	03:12+	01:22+	02:18+	04:26+	02:22+	02:25+	01:47+	00:34+
06:33@	01:35@	01:12@	00:30&	01:14&	01:45&	03:44&	01:10&	02:17@	15:17@	01:35&	00:36&	01:08&	03:29@	01:30@	01:05&	00:53&	00:15&
<b>33</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>1:24:07</b>					
01:52+	03:38+	04:49+	06:09+	12:50+	17:02+	40:26+	51:35+	55:58+	62:43+	66:26+	68:25+	70:33+	72:40+	75:23+	81:23+	83:26+	84:07+
01:52+	01:46+	01:11+	01:20+	06:41+	04:12+	23:24+	11:09+	04:23+	06:45+	03:43+	01:59+	02:08+	02:07+	02:43+	06:00+	02:03+	00:41+
00:36&	00:20#	00:15&	00:19&	05:24@	01:40&	17:49@	08:06@	02:29@	03:59@	02:06@	01:13@	00:58&	01:10@	01:51@	04:40@	01:09@	00:22@
<b>34</b>	<b>Inge Grødem</b>	<b>92</b>										<b>1:31:24</b>					
02:38+	05:14+	07:01+	08:37+	11:10+	17:32+	35:42+	54:57+	61:34+	74:23+	77:34+	79:34+	81:34+	83:38+	85:26+	89:00+	90:55+	91:24+
02:38+	02:36+	01:47+	01:36+	02:33+	06:22+	18:10+	19:15+	06:37+	12:49+	03:11+	02:00+	02:00+	02:04+	01:48+	03:34+	01:55+	00:29+
01:22@	01:10&	00:51&	00:35&	01:16&	03:50@	12:35@	16:12@	04:43@	10:03@	01:34&	01:14@	00:50&	01:07@	00:56@	02:14@	01:01@	00:10&
<b>35</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>1:31:55</b>					
06:37+	30:46+	32:54+	34:35+	37:09+	42:03+	53:36+	59:12+	63:21+	72:47+	75:45+	77:45+	80:21+	85:18+	87:00+	89:41+	91:25+	91:55+
06:37+	24:09+	02:08+	01:41+	02:34+	04:54+	11:33+	05:36+	04:09+	09:26+	02:58+	02:00+	02:36+	04:57+	01:42+	02:41+	01:44+	00:30+
05:21@	22:43@	01:12@	00:40&	01:17&	02:22&	05:58@	02:33&	02:15@	06:40@	01:21&	01:14@	01:26@	04:00@	00:50&	01:21@	00:50&	00:11&
<b>36</b>	<b>Torgeir Færevåg</b>	<b>125</b>										<b>1:34:33</b>					
06:10+	08:16+	09:51+	11:16+	12:57+	17:06+	46:51+	52:23+	56:54+	61:15+	63:35+	70:04+	84:15+	87:10+	89:01+	92:24+	94:06+	94:33+
06:10+	02:06+	01:35+	01:25+	01:41+	04:09+	29:45+	05:32+	04:31+	04:21+	02:20+	06:29+	14:11+	02:55+	01:51+	03:23+	01:42+	00:27+
04:54@	00:40&	00:39&	00:24&	00:24&	01:37&	24:10@	02:29&	02:37@	01:35&	00:43&	05:43@	13:01@	01:58@	00:59@	02:03@	00:48&	00:08&



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

01:02 01:08 00:48 00:38 01:09 01:55 04:17 01:45 01:33 02:46 01:27 00:40 01:10 00:54 00:38 01:20 00:43 00:12

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