

Plass Navn

Klasse

Tid

Damer 16 - 39 år

Plass	Navn	Klasse	Tid
<b>1</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>34:15</b>
00:25=	01:04=	02:33=	03:19=
00:25=	00:39=	01:29=	00:46=
00:00=	00:00=	00:00=	00:00=
27:04=	27:45=	28:53=	30:04=
01:22=	00:41=	01:08=	01:11=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Katrine Haaland Leveraas</b>	<b>54</b>	<b>37:57</b>
00:29+	01:37+	03:25+	04:10+
00:29+	01:08+	01:48+	00:45-
00:04#	00:29#	00:19#	00:01-
29:14+	30:02+	31:39+	33:26+
01:20-	00:48+	01:37+	01:47+
00:02-	00:07#	00:29&	00:36&
<b>3</b>	<b>Elin Graneland</b>	<b>39</b>	<b>41:22</b>
00:33+	01:26+	04:50+	05:36+
00:33+	00:53+	03:24+	00:46=
00:08&	00:14&	01:55@	00:00=
33:51+	34:39+	35:46+	37:15+
01:28+	00:48+	01:07-	01:29+
00:06+	00:07#	00:01-	00:18&
<b>4</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>48:45</b>
00:44+	01:50+	03:25+	05:07+
00:44+	01:06+	01:35+	01:42+
00:19&	00:27&	00:06+	00:56@
38:41+	39:45+	41:53+	43:39+
02:27+	01:04+	02:08+	01:46+
01:05&	00:23&	01:00&	00:35&
<b>5</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>52:40</b>
00:30+	03:09+	04:49+	05:34+
00:30+	02:39+	01:40+	00:45-
00:05#	02:00@	00:11#	00:01-
42:53+	43:51+	45:03+	46:46+
01:30+	00:58+	01:12+	01:43+
00:08+	00:17&	00:04+	00:32&
<b>6</b>	<b>Kjersti Nordal</b>	<b>39</b>	<b>56:34</b>
00:43+	01:58+	04:00+	04:50+
00:43+	01:15+	02:02+	00:50+
00:18&	00:36&	00:33&	00:04+
43:10+	46:49+	49:06+	50:56+
01:38+	03:39+	02:17+	01:50+
00:16#	02:58@	01:09@	00:39&
<b>7</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>57:27</b>
00:43+	02:49+	04:44+	05:39+
00:43+	02:06+	01:55+	00:55+
00:18&	01:27@	00:26&	00:09#
43:45+	45:07+	48:42+	50:49+
02:03+	01:22+	03:35+	02:07+
00:41&	00:41&	02:27@	00:56&
<b>8</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>	<b>58:42</b>
00:45+	01:47+	04:52+	06:03+
00:45+	01:02+	03:05+	01:11+
00:20&	00:23&	01:36@	00:25&
46:01+	47:12+	49:29+	51:55+
01:57+	01:11+	02:17+	02:26+
00:35&	00:30&	01:09@	01:15@

Class	Navn	Klasse										Tid													
<b>9</b>	<b>Hege Bakken</b>	<b>93</b>										<b>59:59</b>													
00:58+	02:06+	10:20+	11:15+	11:58+	12:47+	17:05+	19:09+	20:25+	21:20+	22:53+	27:15+	31:36+	33:28+	35:25+	38:11+	40:30+	40:58+	42:12+	42:55+	44:52+	46:14+	47:11+	48:12+	49:16+	
00:58+	01:08+	08:14+	00:55+	00:43+	00:49+	04:18+	02:04+	00:37+	00:39+	00:55+	01:33+	04:22+	04:21+	01:52+	01:57+	02:46+	02:19+	00:28+	01:14+	00:43+	01:57+	01:22+	00:57+	01:01+	01:04+
00:33@	00:29&	06:45@	00:09#	00:07#	00:08#	02:54@	00:27&	00:05#	00:09&	00:07#	00:20&	02:45@	01:58&	01:32@	00:41&	01:45@	01:20@	00:05#	00:17&	00:02+	00:22#	00:07+	00:07#	00:10#	00:10#
50:54+	51:38+	52:51+	54:32+	57:37+	58:44+	59:34+	59:59+																		
01:38+	00:44+	01:13+	01:41+	03:05+	01:07+	00:50+	00:25+																		
00:16#	00:03+	00:05+	00:30&	00:36#	00:25&	00:10#	00:05#																		

### Beste strekktid for klassen

00:25 00:39 01:29 00:45 00:31 00:38 01:23 01:37 00:32 00:30 00:43 01:06 01:11 01:55 00:20 01:16 01:01 00:59 00:23 00:46 00:37 01:22 01:07 00:47 00:43 00:45 01:20 00:41

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

## Damer 40 - 49 år

<b>1</b>	<b>Ida K. Kolstø</b>	<b>29</b>										<b>38:47</b>													
00:47=	01:17=	02:45=	03:36=	04:30=	05:36=	06:41=	07:18=	08:23=	11:24=	12:50=	14:34=	16:05=	17:20=	18:16=	19:39=	20:37=	21:45=	23:55=	25:39=	26:50=	28:13=	28:58=	31:17=	33:07=	35:37=
00:47=	00:30=	01:28=	00:51=	00:54=	01:06=	01:05=	00:37=	01:05=	03:01=	01:26=	01:44=	01:31=	01:15=	00:56=	01:23=	00:58=	01:08=	02:10=	01:44=	01:11=	01:23=	00:45=	02:19=	01:50=	02:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
36:26=	36:51=	38:26=	38:47=																						
00:49=	00:25=	01:35=	00:21=																						
00:00=	00:00=	00:00=	00:00=																						

<b>2</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>										<b>44:40</b>													
00:45-	01:17=	02:58+	04:07+	04:56+	06:33+	08:30+	09:15+	10:37+	12:47+	13:37+	15:18+	17:05+	18:04+	21:32+	23:54+	25:05+	26:12+	28:41+	31:00+	32:36+	34:14+	34:56+	37:20+	38:49+	41:03+
00:45-	00:32+	01:41+	01:09+	00:49-	01:37+	01:57+	00:45+	01:22+	02:10-	00:50-	01:41-	01:47+	00:59-	03:28+	02:22+	01:11+	01:07-	02:29+	02:19+	01:36+	01:38+	00:42-	02:24+	01:29-	02:14-
00:02-	00:02+	00:13#	00:18&	00:05-	00:31&	00:52&	00:08#	00:17&	00:51-	00:36-	00:03-	00:16#	00:16-	02:32@	00:59&	00:13#	00:01-	00:19#	00:35&	00:25&	00:15#	00:03-	00:05+	00:21-	00:16-
43:00+	43:16+	44:21+	44:40+																						
01:57+	00:16-	01:05-	00:19-																						
01:08@	00:09-	00:30-	00:02-																						

<b>3</b>	<b>Heidi Martby</b>	<b>105</b>										<b>48:06</b>													
00:42-	01:42+	03:16+	04:45+	05:36+	06:57+	08:37+	10:12+	11:22+	13:50+	14:40+	16:42+	18:01+	19:02+	21:14+	23:40+	24:46+	26:19+	30:33+	32:33+	33:44+	35:29+	36:20+	39:40+	41:27+	43:22+
00:42-	01:00+	01:34+	01:29+	00:51-	01:21+	01:40+	01:35+	01:10+	02:28-	00:50-	02:02+	01:19-	01:01-	02:12+	02:26+	01:06+	01:33+	04:14+	02:00+	01:11=	01:45+	00:51+	03:20+	01:47-	01:55-
00:05-	00:30&	00:06+	00:38&	00:03-	00:15#	00:35&	00:58@	00:05+	00:33-	00:36-	00:18#	00:12-	00:14-	01:16@	01:03&	00:08#	00:25&	02:04&	00:16#	00:00=	00:22&	00:06#	01:01&	00:03-	00:35-
46:30+	46:48+	47:44+	48:06+																						
03:08+	00:18-	00:56-	00:22+																						
02:19@	00:07-	00:39-	00:01+																						

<b>4</b>	<b>Anne Marie Gausel</b>	<b>105</b>										<b>52:23</b>													
00:39-	01:08-	02:36-	03:26-	03:59-	05:44+	06:50+	07:32+	11:46+	17:14+	17:48+	21:57+	23:43+	24:39+	25:17+	26:21+	27:55+	29:26+	31:52+	33:35+	36:25+	38:39+	40:49+	42:26+	44:47+	49:41+
00:39-	00:29-	01:28=	00:50-	00:33-	01:45+	01:06+	00:42+	04:14+	05:28+	00:34-	04:09+	01:46+	00:56-	00:38-	01:04-	01:34+	01:31+	02:26+	01:43-	02:50+	02:14+	02:10+	01:37-	02:21+	04:54+
00:08-	00:01-	00:00=	00:01-	00:21-	00:39&	00:01+	00:05#	03:09@	02:27&	00:52-	02:25@	00:15#	00:19-	00:18-	00:19-	00:36&	00:23&	00:16#	00:01-	01:39@	00:51&	01:25@	00:42-	00:31&	02:24&
50:33+	50:53+	52:02+	52:23+																						
00:52+	00:20-	01:09-	00:21=																						
00:03+	00:05-	00:26-	00:00=																						

<b>5</b>	<b>Toyah Bråtveit</b>	<b>43</b>										<b>1:01:55</b>													
01:20+	01:53+	03:07+	03:50+	04:39+	07:13+	08:21+	09:02+	10:21+	18:10+	20:53+	23:40+	26:20+	27:41+	31:05+	32:35+	33:45+	35:09+	37:06+	39:05+	47:48+	50:37+	51:14+	53:46+	55:18+	58:55+
01:20+	00:33+	01:14-	00:43-	00:49-	02:34+	01:08+	00:41+	01:19+	07:49+	02:43+	02:47+	02:40+	01:21+	03:24+	01:30+	01:10+	01:24+	01:57-	01:59+	08:43+	02:49+	00:37-	02:32+	01:32-	03:37+
00:33&	00:03#	00:14-	00:08-	00:05-	01:28@	00:03+	00:04#	00:14#	04:48@	01:17&	01:03&	01:09&	00:06+	02:28@	00:07+	00:12#	00:16#	00:13-	00:15#	07:32@	01:26@	00:08-	00:13+	00:18-	01:07&
59:52+	60:23+	61:36+	61:55+																						
00:57+	00:31+	01:13-	00:19-																						
00:08#	00:06#	00:22-	00:02-																						

<b>6</b>	<b>Toril Dahle</b>	<b>116</b>										<b>1:02:12</b>													
00:54+	01:55+	04:00+	04:55+	05:53+	07:41+	09:50+	10:38+	11:57+	15:19+	16:34+	19:33+	21:14+	22:37+	23:46+	28:00+	29:15+	30:52+	36:50+	39:25+	43:22+	45:04+	47:09+	50:32+	52:46+	55:13+
00:54+	01:01+	02:05+	00:55+	00:58+	01:48+	02:09+	00:48+	01:19+	03:22+	01:15-	02:59+	01:41+	01:23+	01:09+	04:14+	01:15+	01:37+	05:58+	02:35+	03:57+	01:42+	02:05+	03:23+	02:14+	02:27-
00:07#	00:31@	00:37&	00:04+	00:04+	00:42&	01:04&	00:11&	00:14#	00:21#	00:11-	01:15&	00:10#	00:08#	00:13#	02:51@	00:17&	00:29&	03:48@	00:51&	02:46@	00:19#	01:20@	01:04&	00:24#	00:03-
56:31+	59:03+	61:48+	62:12+																						
01:18+	02:32+	02:45+	00:24+																						
00:29&	02:07@	01:10&	00:03#																						

### Beste strekktid for klassen

00:39 00:29 01:14 00:43 00:33 01:06 01:05 00:37 01:05 02:10 00:34 01:41 01:19 00:56 00:38 01:04 00:58 01:07 01:57 01:43 01:11 01:23 00:37 01:37 01:29 01:55 00:49 00:16

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

## Damer 50 - 59 år

Class	Navn	Klasse	Tid
<b>1</b>	<b>Kristin Skadsem</b>	<b>18</b>	<b>40:26</b>
00:44=	01:18= 02:36= 03:26=	04:11= 05:43= 07:02=	07:45= 10:40= 12:48= 13:41= 15:22= 16:36=
00:44=	00:34= 01:18= 00:50=	00:45= 01:32= 01:19=	00:43= 02:55= 02:08= 00:53= 01:41= 01:14=
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=
38:32=	38:51= 40:04= 40:26=		
01:12=	00:19= 01:13= 00:22=		
00:00=	00:00= 00:00=		
<b>2</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>	<b>40:38</b>
00:38-	01:17- 02:43+ 03:29+	04:13+ 05:28-	06:41- 07:17-
00:38-	00:39+ 01:26+ 00:46-	00:44- 01:15-	01:13- 00:36-
00:06-	00:05# 00:08# 00:04-	00:01- 00:17-	00:06- 00:07-
38:20-	38:39- 40:17+	40:38+	
01:35+	00:19= 01:38+	00:21-	
00:23&	00:00= 00:25&	00:01-	
<b>3</b>	<b>Gunn J. Grefstad</b>	<b>2</b>	<b>42:31</b>
00:50+	01:27+ 02:49+ 03:40+	04:27+ 06:06+	07:22+ 08:06+
00:50+	00:37+ 01:22+ 00:51+	00:47+ 01:39+	01:16- 00:44+
00:06#	00:03+ 00:04+ 00:01+	00:02+ 00:07+	00:03- 00:01+
39:36+	40:03+ 42:07+	42:31+	
01:02-	00:27+ 02:04+	00:24+	
00:10-	00:08& 00:51&	00:02+	
<b>4</b>	<b>Gerd Olaug Vikeså</b>	<b>101</b>	<b>44:04</b>
00:43-	01:18= 02:53+ 03:43+	04:26+ 05:57+	07:16+ 08:07+
00:43-	00:35+ 01:35+ 00:50=	00:43- 01:31-	01:19= 00:51+
00:01-	00:01+ 00:17# 00:00=	00:02- 00:01-	00:00= 00:08#
40:25+	40:46+ 43:07+	44:04+	
01:04-	00:21+ 02:21+	00:57+	
00:08-	00:02# 01:08&	00:35&	
<b>5</b>	<b>Ragnhild Auglænd</b>	<b>62</b>	<b>45:11</b>
00:48+	01:33+ 04:07+ 04:55+	06:37+ 08:03+	09:17+ 10:01+
00:48+	00:45+ 02:34+ 00:48-	01:42+ 01:26-	01:14- 00:44+
00:04+	00:11& 01:16& 00:02-	00:57& 00:06-	00:05- 00:01+
43:09+	43:28+ 44:49+	45:11+	
00:57-	00:19= 01:21+	00:22=	
00:15-	00:00= 00:08#	00:00=	
<b>6</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>	<b>47:05</b>
00:47+	01:23+ 02:54+ 03:51+	04:34+ 07:36+	09:12+ 10:01+
00:47+	00:36+ 01:31+ 00:57+	00:43- 03:02+	01:36+ 00:49+
00:03+	00:02+ 00:13# 00:07#	00:02- 01:30&	00:17# 00:06#
45:00+	45:27+ 46:39+	47:05+	
01:07-	00:27+ 01:12-	00:26+	
00:05-	00:08& 00:01-	00:04#	
<b>7</b>	<b>Evy Klausen Mjølunes</b>	<b>62</b>	<b>48:18</b>
00:42-	01:19+ 03:01+ 03:53+	04:43+ 06:34+	07:48+ 08:36+
00:42-	00:37+ 01:42+ 00:52+	00:50+ 01:51+	01:14- 00:48+
00:02-	00:03+ 00:24+ 00:02+	00:05# 00:19#	00:05- 00:05#
46:00+	46:23+ 47:59+	48:18+	
00:50-	00:23+ 01:36+	00:19-	
00:22-	00:04# 00:23&	00:03-	
<b>8</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>	<b>49:00</b>
01:00+	01:42+ 03:14+ 04:12+	05:08+ 06:54+	08:19+ 09:24+
01:00+	00:42+ 01:32+ 00:58+	00:56+ 01:46+	01:25+ 01:05+
00:16&	00:08# 00:14# 00:08#	00:11# 00:14#	00:06+ 00:22&
46:42+	47:08+ 48:36+	49:00+	
01:14+	00:26+ 01:28+	00:24+	
00:02+	00:07& 00:15#	00:02+	
<b>9</b>	<b>Signe Ottesen</b>	<b>116</b>	<b>49:13</b>
00:43-	01:35+ 03:56+ 05:01+	06:50+ 09:08+	10:40+ 11:51+
00:43-	00:52+ 02:21+ 01:05+	01:49+ 02:18+	01:32+ 01:11+
00:01-	00:18& 01:03& 00:15&	01:04& 00:46&	00:13# 00:28&
47:00+	47:29+ 48:50+	49:13+	
01:06-	00:29+ 01:21+	00:23+	
00:06-	00:10& 00:08#	00:01+	

Class	Navn	Klasse										Tid													
<b>10</b>	<b>Torill Andersen</b>	<b>116</b>										<b>50:56</b>													
01:45+	02:23+	03:57+	04:57+	05:41+	07:15+	08:58+	09:52+	11:11+	14:23+	15:29+	17:37+	20:04+	21:08+	23:31+	26:17+	28:15+	29:49+	32:41+	34:51+	36:13+	38:06+	38:55+	41:33+	43:27+	45:29+
01:45+	00:38+	01:34+	01:00+	00:44-	01:34+	01:43+	00:54+	01:19-	03:12+	01:06+	02:08+	02:27+	01:04-	02:23+	02:46+	01:58+	01:34+	02:52+	02:10+	01:22+	01:53-	00:49-	02:38+	01:54+	02:02+
01:01@	00:04#	00:16#	00:10#	00:01-	00:02+	00:24&	00:11&	01:36-	01:04&	00:13#	00:27&	01:13&	00:05-	01:38@	01:03&	00:39&	00:17#	00:21#	00:10+	00:10#	00:36-	00:15-	00:41&	00:28&	00:10+
48:30+	48:49+	50:15+	50:56+	03:01+	00:19=	01:26+	00:41+	01:49@	00:00=	00:13#	00:19&														
<b>11</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>51:28</b>													
01:11+	01:44+	03:57+	04:51+	05:38+	07:10+	08:41+	09:41+	10:53+	13:16+	14:11+	16:10+	18:54+	20:03+	20:48+	22:44+	23:53+	25:04+	28:27+	30:46+	32:12+	34:35+	35:24+	37:54+	39:39+	46:52+
01:11+	00:33-	02:13+	00:54+	00:47+	01:32=	01:31+	01:00+	01:12-	02:23+	00:55+	01:59+	02:44+	01:09=	00:45=	01:56+	01:09-	01:11-	03:23+	02:19+	01:26+	02:23-	00:49-	02:30+	01:45+	07:13+
00:27&	00:01-	00:55&	00:04+	00:02+	00:00=	00:12#	00:17&	01:43-	00:15#	00:02+	00:18#	01:30@	00:00=	00:00=	00:13#	00:10-	00:06-	00:52&	00:19#	00:14#	00:06-	00:15-	00:33&	00:19#	05:21@
49:42+	50:00+	51:03+	51:28+	02:50+	00:18-	01:03-	00:25+	01:38@	00:01-	00:10-	00:03#														
<b>12</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>										<b>53:31</b>													
00:38-	01:11-	02:23-	03:12-	04:01-	05:28-	07:00-	07:46+	09:06-	11:54-	12:56-	19:02+	20:36+	21:31+	26:28+	28:28+	30:32+	31:43+	35:35+	37:34+	38:59+	40:22+	41:09+	43:27+	48:13+	50:10+
00:38-	00:33-	01:12-	00:49-	00:49+	01:27-	01:32+	00:46+	01:20-	02:48+	01:02+	06:06+	01:34+	00:55-	04:57+	02:00+	02:04+	01:11-	03:52+	01:59-	01:25+	01:23-	00:47-	02:18+	04:46+	01:57+
00:06-	00:01-	00:06-	00:01-	00:04+	00:05-	00:13#	00:03+	01:35-	00:40&	00:09#	04:25@	00:20&	00:14-	04:12@	00:17#	00:45&	00:06-	01:21&	00:01-	00:13#	01:06-	00:17-	00:21#	03:20@	00:05+
51:29+	52:01+	53:06+	53:31+	01:19+	00:32+	01:05-	00:25+	00:07+	00:13&	00:08-	00:03#														
<b>13</b>	<b>Siri Bjerkreim Hamre</b>	<b>93</b>										<b>54:12</b>													
00:55+	01:57+	04:21+	05:28+	06:22+	08:51+	10:25+	11:34+	13:00+	15:58+	17:26+	19:31+	21:20+	23:04+	24:15+	25:55+	27:33+	28:43+	31:39+	33:53+	35:39+	37:41+	38:44+	45:30+	47:59+	50:38+
00:55+	01:02+	02:24+	01:07+	00:54+	02:29+	01:34+	01:09+	01:26-	02:58+	01:28+	02:05+	01:49+	01:44+	01:11+	01:40-	01:38+	01:10-	02:56+	02:14+	01:46+	02:02-	01:03-	06:46+	02:29+	02:39+
00:11#	00:28&	01:06&	00:17&	00:09#	00:57&	00:15#	00:26&	01:29-	00:50&	00:35&	00:24#	00:35&	00:35&	00:26&	00:03-	00:19#	00:07-	00:25#	00:14#	00:34&	00:27-	00:01-	04:49@	01:03&	00:47&
51:51+	52:15+	53:43+	54:12+	01:13+	00:24+	01:28+	00:29+	00:01+	00:05&	00:15#	00:07&														
<b>14</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>										<b>56:39</b>													
00:55+	01:37+	03:11+	05:00+	05:57+	08:52+	10:22+	11:16+	12:42+	15:34+	17:06+	19:37+	22:23+	23:46+	26:04+	28:01+	29:30+	31:01+	35:27+	37:57+	39:46+	42:31+	43:33+	46:52+	48:36+	52:03+
00:55+	00:42+	01:34+	01:49+	00:57+	02:55+	01:30+	00:54+	01:26-	02:52+	01:32+	02:31+	02:46+	01:23+	02:18+	01:57+	01:29+	01:31+	04:26+	02:30+	01:49+	02:45+	01:02-	03:19+	01:44+	03:27+
00:11#	00:08#	00:16#	00:59@	00:12&	01:23&	00:11#	00:11&	01:29-	00:44&	00:39&	00:50&	01:32@	00:14#	01:33@	00:14#	00:10#	00:14#	01:55&	00:30#	00:37&	00:16#	00:02-	01:22&	00:18#	01:35&
53:57+	54:21+	56:10+	56:39+	01:54+	00:24+	01:49+	00:29+	00:42&	00:05&	00:36&	00:07&														
<b>15</b>	<b>Eli Tjøland Stokka</b>	<b>94</b>										<b>1:03:01</b>													
00:57+	01:40+	07:28+	13:36+	14:18+	18:16+	19:52+	20:42+	22:27+	25:00+	28:15+	30:29+	32:42+	34:55+	35:46+	37:16+	38:31+	39:49+	42:31+	44:43+	46:23+	48:07+	50:36+	53:47+	55:17+	58:44+
00:57+	00:43+	05:48+	06:08+	00:42-	03:58+	01:36+	00:50+	01:45-	02:33+	03:15+	02:14+	02:13+	02:13+	00:51+	01:30-	01:15-	01:18+	02:42+	02:12+	01:40+	01:44-	02:29+	03:11+	01:30+	03:27+
00:13&	00:09&	04:30@	05:18@	00:03-	02:26@	00:17#	00:07#	01:10-	00:25#	02:22@	00:33&	00:59&	01:04&	00:06#	00:13-	00:04-	00:01+	00:11+	00:12#	00:28&	00:45-	01:25@	01:14&	00:04+	01:35&
59:49+	60:59+	62:28+	63:01+	01:05-	01:10+	01:29+	00:33+	00:07-	00:51@	00:16#	00:11&														
<b>16</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>1:03:31</b>													
01:10+	02:04+	03:59+	05:24+	09:03+	11:59+	14:28+	15:24+	17:02+	19:51+	21:16+	23:35+	25:16+	26:38+	27:54+	30:01+	32:28+	34:48+	38:18+	41:02+	42:40+	44:52+	45:42+	49:37+	53:17+	56:15+
01:10+	00:54+	01:55+	01:25+	03:39+	02:56+	02:29+	00:56+	01:38-	02:49+	01:25+	02:19+	01:41+	01:22+	01:16+	02:07+	02:27+	02:20+	03:30+	02:44+	01:38+	02:12-	00:50-	03:55+	03:40+	02:58+
00:26&	00:20&	00:37&	00:35&	02:54@	01:24&	01:10&	00:13&	01:17-	00:41&	00:32&	00:38&	00:27&	00:13#	00:31&	00:24#	01:08&	01:03&	00:59&	00:44&	00:26&	00:17-	00:14-	01:58@	02:14@	01:06&
58:44+	59:14+	62:45+	63:31+	02:29+	00:30+	03:31+	00:46+	01:17@	00:11&	02:18@	00:24@														
<b>17</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>1:05:53</b>													
00:44=	01:28+	04:28+	05:42+	06:36+	08:26+	09:47+	13:46+	17:27+	21:20+	22:26+	28:57+	30:45+	31:54+	33:58+	35:38+	37:55+	39:29+	42:30+	44:43+	46:46+	48:34+	50:14+	54:10+	56:01+	58:59+
00:44=	00:44+	03:00+	01:14+	00:54+	01:50+	01:21+	03:59+	03:41+	03:53+	01:06+	06:31+	01:48+	01:09=	02:04+	01:40-	02:17+	01:34+	03:01+	02:13+	02:03+	01:48-	01:40+	03:56+	01:51+	02:58+
00:00=	00:10&	01:42@	00:24&	00:09#	00:18#	00:02+	03:16@	00:46&	01:45&	00:13#	04:50@	00:34&	00:00=	01:19@	00:03-	00:58&	00:17#	00:30#	00:13#	00:51&	00:41-	00:36&	01:59@	00:25&	01:06&
61:35+	62:14+	65:03+	65:53+	02:36+	00:39+	02:49+	00:50+	01:24@	00:20@	01:36@	00:28@														
<b>18</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>1:12:14</b>													
01:15+	01:56+	03:57+	04:58+	05:52+	08:17+	09:54+	11:06+	12:33+	15:25+	16:37+	19:11+	21:48+	29:31+	30:29+	32:34+	33:59+	36:38+	40:02+	43:02+	45:11+	47:18+	48:14+	51:36+	54:26+	57:12+
01:15+	00:41+	02:01+	01:01+	00:54+	02:25+	01:37+	01:12+	01:27-	02:52+	01:12+	02:34+	02:37+	07:43+	00:58+	02:05+	01:25+	02:39+	03:24+	03:00+	02:09+	02:07-	00:56-	03:22+	02:50+	02:46+
00:31&	00:07#	00:43&	00:11#	00:09#	00:53&	00:18#	00:29&	01:28-	00:44&	00:19&	00:53&	01:23@	06:34@	00:13&	00:22#	00:06+	01:22@	00:53&	01:00&	00:57&	00:22-	00:08-	01:25&	01:24&	00:54&
59:04+	70:01+	71:30+	72:14+	01:52+	10:57+	01:29+	00:44+	00:40&	10:38@	00:16#	00:22&														



Class	Navn	Klasse																			Tid									
<b>6</b>	<b>Eli Frafjord</b>	<b>94</b>																			<b>58:42</b>									
00:43+	02:55+	04:05+	06:39+	07:58+	08:46+	09:29+	12:16+	14:36+	16:25+	19:58+	22:08+	23:52+	26:58+	27:22+	33:53+	34:32+	35:37+	37:03+	38:41+	40:32+	42:30+	44:00+	45:33+	48:37+	50:08+					
00:43+	02:12+	01:10+	02:34+	01:19+	00:48+	00:43+	02:47+	02:20+	01:49+	03:33+	02:10+	01:44-	03:06+	00:24-	06:31+	00:39-	01:05-	01:26-	01:38+	01:51+	01:58+	01:30+	01:33+	03:04+	01:31+					
00:01+	00:37&	00:15&	01:11&	00:05+	00:04+	00:02+	01:23&	01:03&	00:14#	00:32#	00:38&	00:35-	02:34@	00:59-	05:55@	00:18-	00:10-	00:01-	00:05+	00:22#	00:51&	00:16#	00:51@	01:15&	00:03+					
50:51+	55:03+	57:06+	58:07+	58:42+																										
00:43-	04:12+	02:03+	01:01+	00:35+																										
00:37-	03:25@	01:38@	01:01+	00:35+																										

**Beste strekktid for klassen**

00:39 01:35 00:55 01:23 01:10 00:41 00:39 01:24 01:17 01:35 02:14 01:22 01:44 00:27 00:24 00:33 00:39 01:05 01:26 01:31 01:21 00:59 01:12 00:42 01:40 01:19 00:43 00:47

= 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>52:15</b>									
00:45=	02:53=	04:09=	07:07=	08:44=	09:52=	10:47=	12:22=	13:54=	16:04=	20:13=	21:40=	25:46=	26:23=	28:44=	29:25=	30:31=	32:09=	34:14=	36:05=	38:23=	39:51=	41:16=	42:27=	46:14=	48:43=					
00:45=	02:08=	01:16=	02:58=	01:37=	01:08=	00:55=	01:35=	01:32=	02:10=	04:09=	01:27=	04:06=	00:37=	02:21=	00:41=	01:06=	01:38=	02:05=	01:51=	02:18=	01:28=	01:25=	01:11=	03:47=	02:29=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
50:28=	51:38=	52:15=																												
01:45=	01:10=	00:37=																												
00:00=	00:00=	00:00=																												

<b>2</b>	<b>Halldis Handeland</b>	<b>92</b>																			<b>52:24</b>									
00:59+	03:28+	04:58+	06:48-	08:34-	09:44-	10:46-	12:45+	14:28+	16:36+	20:32+	22:32+	25:01-	25:49-	27:30-	28:47-	29:42-	33:25+	35:43+	38:06+	40:42+	42:02+	43:40+	44:45+	46:49+	48:45+					
00:59+	02:29+	01:30+	01:50-	01:46+	01:10+	01:02+	01:59+	01:43+	02:08-	03:56-	02:00+	02:29-	00:48+	01:41-	01:17+	00:55-	03:43+	02:18+	02:23+	02:36+	01:20-	01:38+	01:05-	02:04-	01:56-					
00:14&	00:21#	00:14#	01:08-	00:09+	00:02+	00:07#	00:24&	00:11#	00:02-	00:13-	00:33&	01:37-	00:11&	00:40-	00:36&	00:11-	02:05@	00:13#	00:32&	00:18#	00:08-	00:13#	00:06-	01:43-	00:33-					
50:25-	51:40+	52:24+																												
01:40-	01:15+	00:44+																												
00:05-	00:05+	00:07#																												

<b>3</b>	<b>Mette Dagsland</b>	<b>68</b>																			<b>1:15:34</b>									
00:54+	02:49-	04:12+	05:59-	08:10-	09:31-	10:26-	12:44+	28:02+	30:13+	36:05+	37:47+	41:57+	42:34+	45:23+	46:10+	51:57+	54:23+	56:29+	60:50+	63:42+	65:02+	66:34+	67:49+	69:46+	71:43+					
00:54+	01:55-	01:23+	01:47-	02:11+	01:21+	00:55=	02:18+	15:18+	02:11+	05:52+	01:42+	04:10+	00:37=	02:49+	00:47+	05:47+	02:26+	02:06+	04:21+	02:52+	01:20-	01:32+	01:15+	01:57-	01:57-					
00:09#	00:13-	00:07+	01:11-	00:34&	00:13#	00:00=	00:43&	13:46@	00:01+	01:43&	00:15#	00:04+	00:00=	00:28#	00:06#	04:41@	00:48&	00:01+	02:30@	00:34#	00:08-	00:07+	00:04+	01:50-	00:32-					
72:54+	74:58+	75:34+																												
01:11-	02:04+	00:36-																												
00:34-	00:54&	00:01-																												

<b>4</b>	<b>Berit Gramstad</b>	<b>113</b>																			<b>1:20:19</b>									
01:00+	12:12+	14:06+	16:52+	19:21+	21:13+	22:22+	24:41+	30:59+	34:01+	39:30+	43:51+	48:10+	49:02+	50:35+	51:25+	52:28+	54:33+	56:34+	58:44+	60:40+	61:57+	63:39+	65:04+	67:04+	76:54+					
01:00+	11:12+	01:54+	02:46-	02:29+	01:52+	01:09+	02:19+	06:18+	03:02+	05:29+	04:21+	04:19+	00:52+	01:33-	00:50+	01:03-	02:05+	02:01-	02:10+	01:56-	01:17-	01:42+	01:25+	02:00-	09:50+					
00:15&	09:04@	00:38&	00:12-	00:52&	00:44&	00:14&	00:44&	04:46@	00:52&	01:20&	02:54@	00:13+	00:15&	00:48-	00:09#	00:03-	00:27&	00:04-	00:19#	00:22-	00:11-	00:17#	00:14#	01:47-	07:21@					
78:22+	79:41+	80:19+																												
01:28-	01:19+	00:38+																												
00:17-	00:09#	00:01+																												

**Beste strekktid for klassen**

00:45 01:55 01:16 01:47 01:37 01:08 00:55 01:35 01:32 02:08 03:56 01:27 02:29 00:37 01:33 00:41 00:55 01:38 02:01 01:51 01:56 01:17 01:25 01:05 01:57 01:56 01:11 01:10

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

**Damer 70 - 74 år**

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>																			<b>50:48</b>									
00:51=	02:53=	04:12=	05:52=	07:20=	08:17=	09:00=	10:39=	12:44=	14:41=	18:29=	20:13=	26:10=	26:45=	28:29=	29:11=	30:06=	33:24=	35:24=	37:30=	39:10=	40:38=	42:09=	43:18=	45:47=	47:36=					
00:51=	02:02=	01:19=	01:40=	01:28=	00:57=	00:43=	01:39=	02:05=	01:57=	03:48=	01:44=	05:57=	00:35=	01:44=	00:42=	00:55=	03:18=	02:00=	02:06=	01:40=	01:28=	01:31=	01:09=	02:29=	01:49=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
49:17=	50:15=	50:48=																												
01:41=	00:58=	00:33=																												
00:00=	00:00=	00:00=																												

<b>2</b>	<b>Helga Klausen</b>	<b>62</b>																			<b>51:38</b>									
00:56+	03:16+	04:44+	06:27+	07:50+	08:43+	09:40+	11:12+	13:11+	16:04+	21:32+	23:20+	27:13+	27:38+	29:55+	30:45+	31:46+	33:23-	35:16-	37:28-	39:28+	40:47+	42:18+	43:30+	45:37-	47:27-					
00:56+	02:20+	01:28+	01:43+	01:23-	00:53-	00:57+	01:32-	01:59-	02:53+	05:28+	01:48+	03:53-	00:25-	02:17+	00:50+	01:01+	01:37-	01:53-	02:12+	02:00+	01:19-	01:31=	01:12+	02:07-	01:50+					
00:05+	00:18#	00:09#	00:03+	00:05-	00:04-	00:14&	00:07-	00:06-	00:56&	01:40&	00:04+	02:04-	00:10-	00:33&	00:08#	00:06#	01:41-	00:07-	00:06+	00:20#	00:09-	00:00=	00:03+	00:22-	00:01+					
49:39+	51:00+	51:38+																												
02:12+	01:21+	00:38+																												
00:31&	00:23&	00:05#																												

Class	Navn	Klasse																			Tid									
<b>3</b>	<b>Hedvig Anda</b>	<b>116</b>																			<b>57:04</b>									
01:00+	03:19+	05:18+	07:09+	08:42+	09:49+	10:35+	12:58+	15:33+	19:09+	23:52+	26:24+	30:15+	30:56+	32:51+	33:45+	34:54+	36:33+	38:32+	40:38+	42:27+	43:50+	45:10+	47:28+	49:28+	52:53+					
01:00+	02:19+	01:59+	01:51+	01:33+	01:07+	00:46+	02:23+	02:35+	03:36+	04:43+	02:32+	03:51-	00:41+	01:55+	00:54+	01:09+	01:39-	01:59-	02:06=	01:49+	01:23-	01:20-	02:18+	02:00-	03:25+					
00:09#	00:17#	00:40&	00:11#	00:05+	00:10#	00:03+	00:44&	00:30#	01:39&	00:55#	00:48&	02:06-	00:06#	00:11#	00:12&	00:14&	01:39-	00:01-	00:00=	00:09+	00:05-	00:11-	01:09&	00:29-	01:36&					
55:02+	56:26+	57:04+																												
02:09+	01:24+	00:38+																												
00:28&	00:26&	00:05#																												

<b>4</b>	<b>Synnøva Gausel</b>	<b>115</b>																			<b>1:11:01</b>									
01:29+	05:49+	07:41+	11:16+	12:23+	13:26+	14:18+	16:10+	17:32+	21:03+	29:49+	31:26+	33:16+	35:34+	38:36+	39:11+	40:10+	42:05+	43:55+	47:01+	49:01+	51:11+	54:36+	55:29+	57:15+	66:30+					
01:29+	04:20+	01:52+	03:35+	01:07-	01:03+	00:52+	01:52+	01:22-	03:31+	08:46+	01:37-	01:50-	02:18+	03:02+	00:35-	00:59+	01:55-	01:50-	03:06+	02:00+	02:10+	03:25+	00:53-	01:46-	09:15+					
00:38&	02:18@	00:33&	01:55@	00:21-	00:06#	00:09#	00:13#	00:43-	01:34&	04:58@	00:07-	04:07-	01:43@	01:18&	00:07-	00:04+	01:23-	00:10-	01:00&	00:20#	00:42&	01:54@	00:16-	00:43-	07:26@					
68:32+	70:34+	71:01+																												
02:02+	02:02+	00:27-																												
00:21#	01:04@	00:06-																												

### Beste strekktid for klassen

00:51 02:02 01:19 01:40 01:07 00:53 00:43 01:32 01:22 01:57 03:48 01:37 01:50 00:25 01:44 00:35 00:55 01:37 01:50 02:06 01:40 01:19 01:20 00:53 01:46 01:49 01:41 00:58

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

## Damer 75 - 79 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>																			<b>44:59</b>									
01:00=	03:06=	04:28=	06:47=	08:10=	10:07=	10:50=	12:37=	14:09=	16:11=	19:17=	21:24=	23:04=	23:35=	25:06=	25:44=	26:37=	28:20=	30:07=	32:05=	33:56=	35:03=	36:21=	37:08=	39:07=	41:38=					
01:00=	02:06=	01:22=	02:19=	01:23=	01:57=	00:43=	01:47=	01:32=	02:02=	03:06=	02:07=	01:40=	00:31=	01:31=	00:38=	00:53=	01:43=	01:47=	01:58=	01:51=	01:07=	01:18=	00:47=	01:59=	02:31=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
43:29=	44:28=	44:59=																												
01:51=	00:59=	00:31=																												
00:00=	00:00=	00:00=																												

<b>2</b>	<b>Haldis Glendrange</b>	<b>68</b>																			<b>53:24</b>									
00:59-	03:33+	05:38+	07:44+	09:18+	10:21+	11:13+	12:59+	15:18+	18:06+	21:37+	24:19+	27:23+	27:58+	29:32+	30:19+	31:24+	33:29+	35:32+	37:41+	39:37+	40:54+	42:32+	43:57+	46:14+	48:40+					
00:59-	02:34+	02:05+	02:06-	01:34+	01:03-	00:52+	01:46-	02:19+	02:48+	03:31+	02:42+	03:04+	00:35+	01:34+	00:47+	01:05+	02:05+	02:03+	02:09+	01:56+	01:17+	01:38+	01:25+	02:17+	02:26-					
00:01-	00:28#	00:43&	00:13-	00:11#	00:54-	00:09#	00:01-	00:47&	00:46&	00:25#	00:35&	01:24&	00:04#	00:03+	00:09#	00:12#	00:22#	00:16#	00:11+	00:05+	00:10#	00:20&	00:38&	00:18#	00:05-					
51:41+	52:42+	53:24+																												
03:01+	01:01+	00:42+																												
01:10&	00:02+	00:11&																												

<b>3</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>																			<b>1:14:03</b>									
01:39+	05:22+	07:11+	09:49+	11:54+	13:20+	14:38+	17:38+	20:29+	26:06+	30:39+	33:11+	36:12+	37:11+	39:28+	40:45+	42:30+	44:45+	47:43+	51:07+	54:19+	56:00+	57:51+	59:06+	62:15+	68:35+					
01:39+	03:43+	01:49+	02:38+	02:05+	01:26-	01:18+	03:00+	02:51+	05:37+	04:33+	02:32+	03:01+	00:59+	02:17+	01:17+	01:45+	02:15+	02:58+	03:24+	03:12+	01:41+	01:51+	01:15+	03:09+	06:20+					
00:39&	01:37&	00:27&	00:19#	00:42&	00:31-	00:35&	01:13&	01:19&	03:35@	01:27&	00:25#	01:21&	00:28&	00:46&	00:39@	00:52&	00:32&	01:11&	01:26&	01:21&	00:34&	00:33&	00:28&	01:10&	03:49@					
71:03+	73:20+	74:03+																												
02:28+	02:17+	00:43+																												
00:37&	01:18@	00:12&																												

<b>4</b>	<b>Helga Aaslid</b>	<b>54</b>																			<b>1:21:43</b>									
00:55-	02:29-	05:13+	07:47+	09:13+	10:18+	10:56+	12:31-	13:48-	15:38-	35:05+	40:15+	44:36+	45:15+	48:36+	49:41+	53:27+	56:19+	58:22+	69:01+	70:46+	71:55+	73:25+	74:13+	76:00+	78:36+					
00:55-	01:34+	02:44+	02:34+	01:26+	01:05-	00:38-	01:35-	01:17-	01:50-	19:27+	05:10+	04:21+	00:39+	03:21+	01:05+	03:46+	02:52+	02:03+	10:39+	01:45-	01:09+	01:30+	00:48+	01:47-	02:36+					
00:05-	00:32-	01:22&	00:15#	00:03+	00:52-	00:05-	00:12-	00:15-	00:12-	16:21@	03:03@	02:41@	00:08&	01:50@	00:27&	02:53@	01:09&	00:16#	08:41@	00:06-	00:02+	00:12#	00:01+	00:12-	00:05+					
80:20+	81:11+	81:43+																												
01:44-	00:51-	00:32+																												
00:07-	00:08-	00:01+																												

### Beste strekktid for klassen

00:55 01:34 01:22 02:06 01:23 01:03 00:38 01:35 01:17 01:50 03:06 02:07 01:40 00:31 01:31 00:38 00:53 01:43 01:47 01:58 01:45 01:07 01:18 00:47 01:47 02:26 01:44 00:51

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>																			<b>1:17:02</b>									
01:48=	03:12=	05:27=	07:03=	09:55=	13:36=	17:21=	19:30=	23:43=	24:54=	28:06=	29:07=	31:51=	34:58=	36:32=	39:57=	43:27=	44:22=	46:31=	52:42=	65:33=	69:02=	71:35=	76:06=	77:02=						
01:48=	01:24=	02:15=	01:36=	02:52=	03:41=	03:45=	02:09=	04:13=	01:11=	03:12=	01:01=	02:44=	03:07=	01:34=	03:25=	03:30=	00:55=	02:09=	06:11=	12:51=	03:29=	02:33=	04:31=	00:56=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

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

01:48 01:24 02:15 01:36 02:52 03:41 03:45 02:09 04:13 01:11 03:12 01:01 02:44 03:07 01:34 03:25 03:30 00:55 02:09 06:11 12:51 03:29 02:33 04:31 00:56

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

**Damer A**

**1 Aud Hognestad Taksdal**

**92**

**32:43**

00:37= 01:31= 02:09= 03:08= 04:04= 04:34= 05:07= 06:30= 07:21= 08:22= 08:50= 09:17= 09:55= 10:48= 12:02= 14:06= 14:54= 15:51= 16:38= 17:13= 18:08= 19:00= 19:18= 20:01= 20:37= 20:50=  
 00:37= 00:54= 00:38= 00:59= 00:56= 00:30= 00:33= 01:23= 00:51= 01:01= 00:28= 00:27= 00:38= 00:53= 01:14= 02:04= 00:48= 00:57= 00:47= 00:35= 00:55= 00:52= 00:18= 00:43= 00:36= 00:13=  
 00:00=  
 21:59= 22:46= 23:24= 24:11= 24:59= 26:00= 27:07= 28:04= 28:57= 29:44= 31:08= 31:38= 32:02= 32:26= 32:43=  
 01:09= 00:47= 00:38= 00:47= 00:48= 01:01= 01:07= 00:57= 00:53= 00:47= 01:24= 00:30= 00:24= 00:24= 00:17=  
 00:00= 00:04= 00:00= 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 Anna Taksdal**

**194**

**34:08**

00:40+ 01:39+ 02:14+ 02:57- 03:53- 04:23- 05:03- 06:22- 07:18- 08:15- 08:49- 09:19+ 09:55= 10:49+ 12:01- 14:41+ 16:08+ 17:08+ 17:53+ 18:32+ 19:24+ 20:12+ 20:28+ 21:11+ 21:50+ 22:02+  
 00:40+ 00:59+ 00:35- 00:43- 00:56= 00:30= 00:40+ 01:19- 00:56+ 00:57- 00:34+ 00:30+ 00:36- 00:54+ 01:12- 02:40+ 01:27+ 01:00+ 00:45- 00:39+ 00:52- 00:48- 00:16- 00:43= 00:39+ 00:12-  
 00:03+ 00:05+ 00:03- 00:16- 00:00= 00:00= 00:07# 00:04- 00:05+ 00:04- 00:06# 00:03# 00:02- 00:01+ 00:02- 00:36& 00:39& 00:03+ 00:02- 00:04# 00:03- 00:04- 00:02- 00:00= 00:03+ 00:01-  
 23:11+ 23:54+ 24:34+ 25:25+ 26:05+ 27:10+ 28:18+ 29:26+ 30:17+ 31:05+ 32:27+ 33:02+ 33:26+ 33:51+ 34:08+  
 01:09= 00:43- 00:40+ 00:51+ 00:40- 01:05+ 01:08+ 01:08+ 00:51- 00:48+ 01:22- 00:35+ 00:24= 00:25+ 00:17=  
 00:00= 00:04- 00:02+ 00:04+ 00:08- 00:04+ 00:01+ 00:11# 00:02- 00:01+ 00:02- 00:05# 00:00= 00:01+ 00:00=

**3 Jorunn Hadland**

**29**

**43:19**

00:44+ 01:53+ 02:36+ 03:33+ 04:43+ 05:17+ 05:57+ 08:42+ 10:02+ 11:24+ 11:58+ 12:30+ 13:30+ 14:28+ 15:49+ 18:08+ 19:21+ 20:34+ 21:28+ 22:27+ 23:24+ 24:50+ 25:19+ 26:07+ 26:57+ 27:15+  
 00:44+ 01:09+ 00:43+ 00:57- 01:10+ 00:34+ 00:40+ 02:45+ 01:20+ 01:22+ 00:34+ 00:32+ 01:00+ 00:58+ 01:21+ 02:19+ 02:13+ 01:13+ 00:54+ 00:59+ 00:57+ 01:26+ 00:29+ 00:48+ 00:50+ 00:18+  
 00:07# 00:15& 00:05# 00:02- 00:14# 00:04# 00:07# 01:22& 00:29& 00:21& 00:06# 00:05# 00:22& 00:05+ 00:07+ 00:15# 00:25& 00:16& 00:07# 00:24& 00:02+ 00:34& 00:11& 00:05# 00:14& 00:05&  
 29:14+ 30:10+ 31:00+ 32:07+ 32:52+ 33:58+ 35:16+ 36:10+ 36:34+ 37:42+ 38:48+ 41:00+ 41:40+ 42:14+ 43:00+ 43:19+  
 01:59+ 00:56+ 00:50+ 01:07+ 00:45- 01:06+ 01:18+ 00:54- 00:24- 01:08+ 01:06- 02:12+ 00:40+ 00:34+ 00:46+ 00:19+  
 00:50& 00:09# 00:12& 00:20& 00:03- 00:05+ 00:11# 00:03- 00:29- 00:21& 00:18- 01:42@ 00:16& 00:10& 00:29@ 00:19+

**4 Katrine Prestvold**

**212**

**49:17**

00:57+ 02:24+ 03:52+ 04:54+ 06:45+ 07:24+ 08:17+ 10:07+ 11:26+ 12:51+ 13:44+ 14:12+ 15:04+ 16:08+ 18:07+ 21:30+ 22:46+ 24:51+ 26:25+ 27:13+ 28:16+ 29:14+ 29:48+ 30:34+ 31:37+ 31:48+  
 00:57+ 01:27+ 01:28+ 01:02+ 01:51+ 00:39+ 00:53+ 01:50+ 01:19+ 01:25+ 00:53+ 00:28+ 00:52+ 01:04+ 01:59+ 03:23+ 01:16+ 02:05+ 01:34+ 00:48+ 01:03+ 00:58+ 00:34+ 00:46+ 01:03+ 00:11-  
 00:20& 00:33& 00:50@ 00:03+ 00:55& 00:09& 00:20& 00:27& 00:28& 00:24& 00:25& 00:01+ 00:14& 00:11# 00:45& 01:19& 00:28& 01:08@ 00:47& 00:13& 00:08# 00:06# 00:16& 00:03+ 00:27& 00:02-  
 33:38+ 34:45+ 35:35+ 36:42+ 37:47+ 39:39+ 41:12+ 42:40+ 44:44+ 45:27+ 47:05+ 47:42+ 48:24+ 48:58+ 49:17+  
 01:50+ 01:07+ 00:50+ 01:07+ 01:05+ 01:52+ 01:33+ 01:28+ 02:04+ 00:43- 01:38+ 00:37+ 00:42+ 00:34+ 00:19+  
 00:41& 00:20& 00:12& 00:20& 00:17& 00:51& 00:26& 00:31& 01:11@ 00:04- 00:14# 00:07# 00:18& 00:10& 00:02#

**5 Trine Bolstad Scheie**

**62**

**1:14:32**

01:15+ 03:03+ 04:47+ 06:09+ 07:59+ 09:14+ 10:39+ 13:54+ 15:33+ 17:30+ 20:01+ 20:50+ 22:23+ 24:04+ 26:49+ 31:52+ 34:19+ 36:38+ 38:43+ 40:35+ 42:29+ 44:10+ 44:45+ 46:17+ 47:22+ 47:42+  
 01:15+ 01:48+ 01:44+ 01:22+ 01:50+ 01:15+ 01:25+ 03:15+ 01:39+ 01:57+ 02:31+ 00:49+ 01:33+ 01:41+ 02:45+ 05:03+ 02:27+ 02:19+ 02:05+ 01:52+ 01:54+ 01:41+ 00:35+ 01:32+ 01:05+ 00:20+  
 00:38@ 00:54& 01:06@ 00:23& 00:54& 00:45@ 00:52@ 01:52@ 00:48& 00:56& 02:03@ 00:22& 00:55@ 00:48& 01:31@ 02:59@ 01:39@ 01:22@ 01:18@ 01:17@ 00:59@ 00:49& 00:17& 00:49@ 00:29& 00:07&  
 50:35+ 52:08+ 53:29+ 55:13+ 56:19+ 58:37+ 61:14+ 63:17+ 65:09+ 66:58+ 70:43+ 71:51+ 72:50+ 73:47+ 74:32+  
 02:53+ 01:33+ 01:21+ 01:44+ 01:06+ 02:18+ 02:37+ 02:03+ 01:52+ 01:49+ 03:45+ 01:08+ 00:59+ 00:57+ 00:45+  
 01:44@ 00:46& 00:43@ 00:57@ 00:18& 01:17@ 01:30@ 01:06@ 00:59@ 01:02@ 02:21@ 00:38@ 00:35@ 00:33@ 00:28@

**Beste strekktid for klassen**

00:37 00:54 00:35 00:43 00:56 00:30 00:33 01:19 00:51 00:57 00:28 00:27 00:36 00:53 01:12 02:04 00:48 00:57 00:45 00:35 00:52 00:48 00:16 00:43 00:36 00:11 01:09 00:43

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

**Damer B**

**1 Inger Tone Nygård**

**29**

**34:12**

00:37= 01:42= 03:05= 04:10= 05:00= 06:15= 06:58= 08:23= 09:24= 09:57= 11:20= 12:26= 14:15= 15:24= 16:11= 18:00= 19:12= 20:06= 21:46= 22:40= 23:57= 25:26= 26:50= 27:33= 28:10= 29:37=  
 00:37= 01:05= 01:23= 01:05= 00:50= 01:15= 00:43= 01:25= 01:01= 00:33= 01:23= 01:06= 01:49= 01:09= 00:47= 01:49= 01:12= 00:54= 01:40= 00:54= 01:17= 01:29= 01:24= 00:43= 00:37= 01:27=  
 00:00=  
 30:33= 31:03= 32:41= 33:15= 33:51= 34:12=  
 00:56= 00:30= 01:38= 00:34= 00:36= 00:21=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Grethe Anda Fuglestad**

**116**

**39:36**

00:45+ 01:51+ 03:12+ 04:23+ 06:11+ 07:36+ 08:27+ 10:05+ 11:18+ 11:59+ 13:26+ 14:31+ 16:27+ 17:54+ 18:40+ 19:52+ 22:01+ 23:12+ 25:20+ 26:07+ 27:41+ 29:24+ 30:48+ 31:37+ 32:08+ 33:39+  
 00:45+ 01:06+ 01:21- 01:11+ 01:48+ 01:25+ 00:51+ 01:38+ 01:13+ 00:41+ 01:27+ 01:05- 01:56+ 01:27+ 00:46- 01:12- 02:09+ 01:11+ 02:08+ 00:47- 01:34+ 01:43+ 01:24= 00:49+ 00:31- 01:31+  
 00:08# 00:01+ 00:02- 00:06+ 00:58@ 00:10# 00:08# 00:13# 00:12# 00:08# 00:04+ 00:01- 00:07+ 00:18& 00:01- 00:37- 00:57& 00:17& 00:28& 00:07- 00:17# 00:14# 00:00= 00:06# 00:06- 00:04+  
 34:38+ 35:09+ 36:46+ 37:24+ 39:03+ 39:36+  
 00:59+ 00:31+ 01:37- 00:38+ 01:39+ 00:33+  
 00:03+ 00:01+ 00:01- 00:04# 01:03@ 00:12&



Class	Navn	Klasse										Tid													
<b>3</b>	<b>Vibeke Lamark</b>	<b>46</b>										<b>40:57</b>													
00:43+	02:12+	03:22+	04:21+	05:16+	06:39+	07:20+	09:30+	10:39+	11:23+	13:06+	14:12+	16:20+	17:34+	18:24+	20:05+	21:36+	22:25+	24:26+	25:18+	26:41+	28:36+	30:01+	31:04+	31:45+	33:27+
00:43+	01:29+	01:10-	00:59-	00:55+	01:23+	00:41-	02:10+	01:09+	00:44+	01:43+	01:06+	02:08+	01:14+	00:50+	01:41-	01:31+	00:49-	02:01+	00:52-	01:23+	01:55+	01:25+	01:03+	00:41+	01:42+
00:06#	00:24&	00:13-	00:06-	00:05#	00:08#	00:02-	00:45&	00:08#	00:11&	00:20#	00:00=	00:19#	00:05+	00:03+	00:08-	00:19&	00:05-	00:21#	00:02-	00:06+	00:26&	00:01+	00:20&	00:04#	00:15#
34:49+	35:51+	36:23+	39:23+	40:02+	40:36+	40:57+																			
01:22+	01:02+	00:32-	03:00+	00:39+	00:34+	00:21+																			
00:26&	00:32@	01:06-	02:26@	00:03+	00:13&	00:21+																			
<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>44:23</b>													
00:58+	01:41-	03:00-	04:12+	05:05+	06:33+	07:23+	10:02+	11:17+	11:57+	13:22+	14:17+	16:21+	17:46+	18:34+	19:56+	21:29+	22:48+	24:51+	25:45+	27:07+	28:50+	30:55+	31:48+	35:00+	36:51+
00:58+	00:43-	01:19-	01:12+	00:53+	01:28+	00:50+	02:39+	01:15+	00:40+	01:25+	00:55-	02:04+	01:25+	00:48+	01:22-	01:33+	01:19+	02:03+	00:54=	01:22+	01:43+	02:05+	00:53+	03:12+	01:51+
00:21&	00:22-	00:04-	00:07#	00:03+	00:13#	00:07#	01:14&	00:14#	00:07#	00:02+	00:11-	00:15#	00:16#	00:01+	00:27-	00:21&	00:25&	00:23#	00:00=	00:05+	00:14#	00:41&	00:10#	02:35@	00:24&
38:00+	39:03+	42:23+	43:04+	43:49+	44:23+																				
01:09+	01:03+	03:20+	00:41+	00:45+	00:34+																				
00:13#	00:33@	01:42@	00:07#	00:09#	00:13&																				
<b>5</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>46:19</b>													
01:11+	04:32+	06:16+	07:35+	08:46+	10:06+	11:31+	13:23+	14:35+	15:45+	17:46+	19:13+	21:55+	24:17+	25:00+	26:17+	27:35+	28:47+	30:48+	31:53+	33:18+	35:19+	37:00+	38:01+	38:38+	40:21+
01:11+	03:21+	01:44+	01:19+	01:11+	01:20+	01:25+	01:52+	01:12+	01:10+	02:01+	01:27+	02:42+	02:22+	00:43-	01:17-	01:18+	01:12+	02:01+	01:05+	01:25+	02:01+	01:41+	01:01+	00:37=	01:43+
00:34&	02:16@	00:21&	00:14#	00:21&	00:05+	00:42&	00:27&	00:11#	00:37@	00:38&	00:21&	00:53&	01:13@	00:04-	00:32-	00:06+	00:18&	00:21#	00:11#	00:08#	00:32&	00:17#	00:18&	00:00=	00:16#
41:27+	42:21+	44:20+	45:16+	45:58+	46:19+																				
01:06+	00:54+	01:59+	00:56+	00:42+	00:21=																				
00:10#	00:24&	00:21#	00:22&	00:06#	00:00=																				
<b>6</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>46:28</b>													
00:49+	01:56+	03:28+	04:42+	05:43+	07:16+	08:03+	11:48+	12:56+	14:02+	17:27+	18:48+	21:39+	23:01+	23:49+	25:56+	27:37+	28:47+	30:57+	31:48+	33:08+	34:56+	36:48+	37:49+	38:23+	40:08+
00:49+	01:07+	01:32+	01:14+	01:01+	01:33+	00:47+	03:45+	01:08+	01:06+	03:25+	01:21+	02:51+	01:22+	00:48+	02:07+	01:41+	01:10+	02:10+	00:51-	01:20+	01:48+	01:52+	01:01+	00:34-	01:45+
00:12&	00:02+	00:09#	00:09#	00:11#	00:18#	00:04+	02:20@	00:07#	00:33&	02:02@	00:15#	01:02&	00:13#	00:01+	00:18#	00:29&	00:16&	00:30&	00:03-	00:03+	00:19#	00:28&	00:18&	00:03-	00:18#
41:13+	41:59+	44:14+	45:24+	46:10+	46:28+																				
01:05+	00:46+	02:15+	01:10+	00:46+	00:18-																				
00:09#	00:16&	00:37&	00:36@	00:10&	00:03-																				
<b>7</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>46:37</b>													
00:42+	02:52+	04:13+	05:24+	06:22+	07:49+	08:39+	12:40+	14:01+	15:01+	18:23+	19:28+	21:20+	22:32+	23:16+	24:37+	26:52+	28:01+	30:02+	31:40+	33:00+	34:41+	36:50+	37:44+	38:30+	40:19+
00:42+	02:10+	01:21-	01:11+	00:58+	01:27+	00:50+	04:01+	01:21+	01:00+	03:22+	01:05-	01:52+	01:12+	00:44-	01:21-	02:15+	01:09+	02:01+	01:38+	01:20+	01:41+	02:09+	00:54+	00:46+	01:49+
00:05#	01:05&	00:02-	00:06+	00:08#	00:12#	00:07#	02:36@	00:20&	00:27&	01:59@	00:01-	00:03+	00:03+	00:03-	00:28-	01:03&	00:15&	00:21#	00:44&	00:03+	00:12#	00:45&	00:11&	00:09#	00:22&
41:29+	42:16+	44:23+	45:11+	46:00+	46:37+																				
01:10+	00:47+	02:07+	00:48+	00:49+	00:37+																				
00:14#	00:17&	00:29&	00:14&	00:13&	00:16&																				
<b>8</b>	<b>Berit Våg Aksland</b>	<b>116</b>										<b>47:40</b>													
00:45+	01:36-	03:05=	04:46+	05:55+	07:43+	08:28+	10:22+	11:38+	12:23+	14:13+	15:33+	17:42+	19:22+	20:17+	21:50+	23:46+	25:36+	27:48+	28:50+	31:35+	33:34+	35:26+	36:58+	38:20+	40:15+
00:45+	00:51-	01:29+	01:41+	01:09+	01:48+	00:45+	01:54+	01:16+	00:45+	01:50+	01:20+	02:09+	01:40+	00:55+	01:33-	01:56+	01:50+	02:12+	01:02+	02:45+	01:59+	01:52+	01:32+	01:22+	01:55+
00:08#	00:14-	00:06+	00:36&	00:19&	00:33&	00:02+	00:29&	00:15#	00:12&	00:27&	00:14#	00:20#	00:31&	00:08#	00:16-	00:44&	00:56@	00:32&	00:08#	01:28@	00:30&	00:28&	00:49@	00:45@	00:28&
41:46+	42:47+	45:18+	46:18+	47:20+	47:40+																				
01:31+	01:01+	02:31+	01:00+	01:02+	00:20-																				
00:35&	00:31@	00:53&	00:26&	00:26&	00:01-																				
<b>9</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>48:58</b>													
00:58+	03:41+	04:55+	06:03+	07:11+	08:36+	09:25+	11:18+	12:29+	13:09+	14:40+	16:00+	19:42+	21:18+	22:08+	24:10+	26:56+	28:31+	30:53+	31:43+	33:21+	37:07+	39:22+	40:27+	41:35+	43:18+
00:58+	02:43+	01:14-	01:08+	01:08+	01:25+	00:49+	01:53+	01:11+	00:40+	01:31+	01:20+	03:42+	01:36+	00:50+	02:02+	02:46+	01:35+	02:22+	00:50-	01:38+	03:46+	02:15+	01:05+	01:08+	01:43+
00:21&	01:38@	00:09-	00:03+	00:18&	00:10#	00:06#	00:28&	00:10#	00:07#	00:08+	00:14#	01:53@	00:27&	00:03+	00:13#	01:34@	00:41&	00:42&	00:04-	00:21&	02:17@	00:51&	00:22&	00:31&	00:16#
44:28+	45:14+	47:12+	47:51+	48:39+	48:58+																				
01:10+	00:46+	01:58+	00:39+	00:48+	00:19-																				
00:14#	00:16&	00:20#	00:05#	00:12&	00:02-																				
<b>10</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>49:47</b>													
00:57+	01:48+	03:07+	04:08-	05:07+	06:28+	07:16+	09:41+	10:46+	11:35+	13:07+	14:12+	18:58+	20:16+	21:03+	27:50+	29:18+	30:15+	32:10+	33:06+	34:51+	36:29+	38:21+	39:56+	40:58+	42:59+
00:57+	00:51-	01:19-	01:01-	00:59+	01:21+	00:48+	02:25+	01:05+	00:49+	01:32+	01:05-	04:46+	01:18+	00:47=	06:47+	01:28+	00:57+	01:55+	00:56+	01:45+	01:38+	01:52+	01:35+	01:02+	02:01+
00:20&	00:14-	00:04-	00:04-	00:09#	00:06+	00:05#	01:00&	00:04+	00:16&	00:09#	00:01-	02:57@	00:09#	00:00=	04:58@	00:16#	00:03+	00:15#	00:02+	00:28&	00:09#	00:28&	00:52@	00:25&	00:34&
44:04+	44:52+	47:40+	48:34+	49:26+	49:47+																				
01:05+	00:48+	02:48+	00:54+	00:52+	00:21=																				
00:09#	00:18&	01:10&	00:20&	00:16&	00:00=																				
<b>11</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>53:56</b>													
00:45+	01:40-	03:14+	04:29+	06:06+	07:36+	08:45+	11:16+	12:43+	13:31+	17:42+	19:03+	25:13+	27:06+	28:03+	29:35+	31:25+	32:37+	35:44+	36:42+	38:27+	40:44+	43:13+	44:28+	45:1	

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

00:37 00:43 01:10 00:59 00:50 01:15 00:41 01:25 01:01 00:33 01:23 00:55 01:49 01:09 00:43 01:12 01:12 00:49 01:40 00:47 01:17 01:29 01:24 00:43 00:31 01:27 00:56 00:30

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

**Damer Trim**

<b>1</b>	<b>Lise Nessa Di Lorenzo</b>	<b>93</b>	<b>24:51</b>																		
00:58=	02:22=	04:25=	05:01=	05:49=	06:09=	07:27=	08:56=	10:26=	11:20=	12:53=	14:12=	15:50=	16:15=	16:29=	18:07=	19:05=	20:35=	22:48=	24:22=	24:51=	
00:58=	01:24=	02:03=	00:36=	00:48=	00:20=	01:18=	01:29=	01:30=	00:54=	01:33=	01:19=	01:38=	00:25=	00:14=	01:38=	00:58=	01:30=	02:13=	01:34=	00:29=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Ann-Mari Vold</b>	<b>371</b>	<b>32:03</b>																		
00:56-	02:50+	05:18+	05:51+	06:57+	07:25+	11:11+	12:37+	14:24+	15:48+	17:30+	18:34+	20:16+	20:53+	21:12+	22:52+	23:57+	25:57+	28:25+	31:41+	32:03+	
00:56-	01:54+	02:28+	00:33-	01:06+	00:28+	03:46+	01:26-	01:47+	01:24+	01:42+	01:04-	01:42+	00:37+	00:19+	01:40+	01:05+	02:00+	02:28+	03:16+	00:22-	
00:02-	00:30&	00:25#	00:03-	00:18&	00:08&	02:28@	00:03-	00:17#	00:30&	00:09+	00:15-	00:04+	00:12&	00:05&	00:02+	00:07#	00:30&	00:15#	01:42@	00:07-	
<b>3</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>37:47</b>																		
01:16+	02:58+	05:27+	06:03+	07:17+	07:50+	09:14+	11:15+	18:19+	19:18+	21:47+	23:06+	25:27+	26:00+	26:20+	28:30+	30:07+	32:04+	34:35+	37:13+	37:47+	
01:16+	01:42+	02:29+	00:36=	01:14+	00:33+	01:24+	02:01+	07:04+	00:59+	02:29+	01:19=	02:21+	00:33+	00:20+	02:10+	01:37+	01:57+	02:31+	02:38+	00:34+	
00:18&	00:18#	00:26#	00:00=	00:26&	00:13&	00:06+	00:32&	05:34@	00:05+	00:56&	00:00=	00:43&	00:08&	00:06&	00:32&	00:39&	00:27&	00:18#	01:04&	00:05#	
<b>4</b>	<b>Margot Asheim</b>	<b>105</b>	<b>38:06</b>																		
00:47-	02:10-	04:47+	05:19+	06:21+	06:42+	07:52+	11:30+	15:16+	16:42+	18:00+	20:00+	20:55+	22:13+	24:39+	25:04+	26:45+	27:46+	32:59+	35:37+	37:40+	38:06+
00:47-	01:23-	02:37+	00:32-	01:02+	00:21+	01:10-	03:38+	03:46+	01:26+	01:18-	02:00+	00:55-	01:18+	02:26+	00:25-	01:41+	01:01-	05:13+	02:38+	02:03+	00:26+
00:11-	00:01-	00:34&	00:04-	00:14&	00:01+	00:08-	02:09@	02:16@	00:32&	00:15-	00:41&	00:43-	00:53@	02:12@	01:13-	00:43&	00:29-	03:00@	01:04&	01:34@	00:26+
<b>5</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>40:24</b>																		
01:34+	04:01+	06:12+	07:03+	08:36+	09:12+	11:00+	13:26+	16:27+	17:45+	20:55+	22:16+	24:18+	25:11+	25:33+	28:03+	30:52+	33:14+	36:48+	39:53+	40:24+	
01:34+	02:27+	02:11+	00:51+	01:33+	00:36+	01:48+	02:26+	03:01+	01:18+	03:10+	01:21+	02:02+	00:53+	00:22+	02:30+	02:49+	02:22+	03:34+	03:05+	00:31+	
00:36&	01:03&	00:08+	00:15&	00:45&	00:16&	00:30&	00:57&	01:31@	00:24&	01:37@	00:02+	00:24#	00:28@	00:08&	00:52&	01:51@	00:52&	01:21&	01:31&	00:02+	
<b>6</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>	<b>40:41</b>																		
02:04+	04:31+	07:57+	09:02+	10:30+	11:09+	13:22+	15:08+	17:39+	18:55+	21:45+	23:40+	25:22+	26:02+	26:30+	29:08+	30:51+	33:27+	37:22+	40:12+	40:41+	
02:04+	02:27+	03:26+	01:05+	01:28+	00:39+	02:13+	01:46+	02:31+	01:16+	02:50+	01:55+	01:42+	00:40+	00:28+	02:38+	01:43+	02:36+	03:55+	02:50+	00:29=	
01:06@	01:03&	01:23&	00:29&	00:40&	00:19&	00:55&	00:17#	01:01&	00:22&	01:17&	00:36&	00:04+	00:15&	00:14&	01:00&	00:45&	01:06&	01:42&	01:16&	00:00=	
<b>7</b>	<b>Irene Mæland Torgersen</b>	<b>92</b>	<b>40:42</b>																		
02:02+	04:35+	07:59+	09:05+	10:33+	11:12+	13:25+	15:11+	17:43+	18:57+	21:49+	23:42+	25:25+	26:05+	26:35+	29:14+	30:54+	33:31+	37:24+	40:15+	40:42+	
02:02+	02:33+	03:24+	01:06+	01:28+	00:39+	02:13+	01:46+	02:32+	01:14+	02:52+	01:53+	01:43+	00:40+	00:30+	02:39+	01:40+	02:37+	03:53+	02:51+	00:27-	
01:04@	01:09&	01:21&	00:30&	00:40&	00:19&	00:55&	00:17#	01:02&	00:20&	01:19&	00:34&	00:05+	00:15&	00:16@	01:01&	00:42&	01:07&	01:40&	01:17&	00:02-	
<b>8</b>	<b>Linda Haukås</b>	<b>113</b>	<b>40:45</b>																		
01:28+	03:42+	06:16+	07:13+	08:30+	09:04+	10:49+	12:21+	14:38+	15:44+	17:59+	20:11+	21:39+	22:48+	23:08+	25:31+	27:27+	34:02+	37:25+	40:12+	40:45+	
01:28+	02:14+	02:34+	00:57+	01:17+	00:34+	01:45+	01:32+	02:17+	01:06+	02:15+	02:12+	01:28-	01:09+	00:20+	02:23+	01:56+	06:35+	03:23+	02:47+	00:33+	
00:30&	00:50&	00:31&	00:21&	00:29&	00:14&	00:27&	00:03+	00:47&	00:12#	00:42&	00:53&	00:10-	00:44@	00:06&	00:45&	00:58&	05:05@	01:10&	01:13&	00:04#	
<b>9</b>	<b>Maria Haukalid</b>	<b>47</b>	<b>41:50</b>																		
01:55+	04:26+	07:18+	08:02+	09:34+	10:11+	11:52+	13:16+	15:31+	16:46+	19:18+	21:16+	22:46+	24:01+	24:19+	26:27+	28:22+	34:57+	38:31+	41:07+	41:50+	
01:55+	02:31+	02:52+	00:44+	01:32+	00:37+	01:41+	01:24-	02:15+	01:15+	02:32+	01:58+	01:30-	01:15+	00:18+	02:08+	01:55+	06:35+	03:34+	02:36+	00:43+	
00:57&	01:07&	00:49&	00:08#	00:44&	00:17&	00:23&	00:05-	00:45&	00:21&	00:59&	00:39&	00:08-	00:50@	00:04&	00:30&	00:57&	05:05@	01:21&	01:02&	00:14&	
<b>10</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>45:08</b>																		
01:06+	03:08+	06:39+	07:28+	08:56+	09:26+	11:04+	12:20+	15:02+	18:17+	21:50+	23:12+	24:51+	29:20+	29:40+	31:58+	33:07+	37:31+	41:54+	44:39+	45:08+	
01:06+	02:02+	03:31+	00:49+	01:28+	00:30+	01:38+	01:16-	02:42+	03:15+	03:33+	01:22+	01:39+	04:29+	00:20+	02:18+	01:09+	04:24+	04:23+	02:45+	00:29=	
00:08#	00:38&	01:28&	00:13&	00:40&	00:10&	00:20&	00:13-	01:12&	02:21@	02:00@	00:03+	00:01+	04:04@	00:06&	00:40&	00:11#	02:54@	02:10&	01:11&	00:00=	
<b>11</b>	<b>Eli Våge</b>	<b>117</b>	<b>45:27</b>																		
01:16+	03:27+	06:40+	07:21+	08:42+	09:27+	14:23+	16:09+	18:34+	21:04+	24:10+	25:59+	27:39+	29:53+	30:14+	32:19+	33:53+	39:07+	42:06+	44:57+	45:27+	
01:16+	02:11+	03:13+	00:41+	01:21+	00:45+	04:56+	01:46+	02:25+	02:30+	03:06+	01:49+	01:40+	02:14+	00:21+	02:05+	01:34+	02:59+	02:51+	00:30+		
00:18&	00:47&	01:10&	00:05#	00:33&	00:25@	03:38@	00:17#	00:55&	01:36@	01:33&	00:30&	00:02+	01:49@	00:07&	00:27&	00:36&	03:44@	00:46&	01:17&	00:01+	
<b>12</b>	<b>Kirsten Carlsen</b>	<b>93</b>	<b>46:40</b>																		
01:22+	04:41+	07:56+	08:45+	16:47+	17:12+	19:12+	20:39+	22:57+	24:01+	27:09+	28:24+	30:02+	30:41+	31:11+	33:57+	35:20+	37:57+	41:43+	46:04+	46:40+	
01:22+	03:19+	03:15+	00:49+	08:02+	00:25+	02:00+	01:27-	02:18+	01:04+	03:08+	01:15-	01:38=	00:39+	00:30+	02:46+	01:23+	02:37+	03:46+	04:21+	00:36+	
00:24&	01:55@	01:12&	00:13&	07:14@	00:05#	00:42&	00:02-	00:48&	00:10#	01:35@	00:04-	00:00=	00:14&	00:16@	01:08&	00:25&	01:07&	01:33&	02:47@	00:07#	
<b>13</b>	<b>Martine Halvorsen Sønju</b>	<b>66</b>	<b>49:52</b>																		
01:08+	03:11+	05:53+	06:45+	08:03+	08:37+	14:13+	15:19+	17:35+	18:47+	21:28+	22:33+	30:35+	31:17+	31:41+	33:22+	34:26+	38:59+	41:54+	49:32+	49:52+	
01:08+	02:03+	02:42+	00:52+	01:18+	00:34+	05:36+	01:06-	02:16+	01:12+	02:41+	01:05-	08:02+	00:42+	00:24+	01:41+	01:04+	04:33+	02:55+	07:38+	00:20-	
00:10#	00:39&	00:39&	00:16&	00:30&	00:14&	04:18@	00:23-	00:46&	00:18&	01:08&	00:14-	06:24@	00:17&	00:10&	00:03+	00:06#	03:03@	00:42&	06:04@	00:09-	

Class	Navn	Klasse										Tid									
<b>14</b>	<b>Siv-Elin Bogfjelldal</b>	<b>66</b>										<b>49:56</b>									
01:18+	08:11+	16:35+	17:09+	18:38+	19:10+	20:36+	25:33+	28:23+	29:49+	32:03+	34:01+	35:47+	36:30+	36:54+	38:39+	39:48+	42:36+	45:39+	49:24+	49:56+	
01:18+	06:53+	08:24+	00:34-	01:29+	00:32+	01:26+	04:57+	02:50+	01:26+	02:14+	01:58+	01:46+	00:43+	00:24+	01:45+	01:09+	02:48+	03:03+	03:45+	00:32+	
00:20&	05:29@	06:21@	00:02-	00:41&	00:12&	00:08#	03:28@	01:20&	00:32&	00:41&	00:39&	00:08+	00:18&	00:10&	00:07+	00:11#	01:18&	00:50&	02:11@	00:03#	
<b>15</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>51:46</b>									
01:08+	03:30+	07:06+	07:57+	09:43+	10:42+	13:02+	14:28+	17:08+	20:35+	23:31+	25:10+	26:50+	31:17+	31:39+	34:08+	35:21+	43:05+	46:49+	51:15+	51:46+	
01:08+	02:22+	03:36+	00:51+	01:46+	00:59+	02:20+	01:26-	02:40+	03:27+	02:56+	01:39+	01:40+	04:27+	00:22+	02:29+	01:13+	07:44+	03:44+	04:26+	00:31+	
00:10#	00:58&	01:33&	00:15&	00:58@	00:39@	01:02&	00:03-	01:10&	02:33@	01:23&	00:20&	00:02+	04:02@	00:08&	00:51&	00:15&	06:14@	01:31&	02:52@	00:02+	
<b>16</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>52:15</b>									
01:44+	04:13+	06:59+	07:54+	10:30+	11:08+	13:46+	15:59+	18:41+	20:07+	23:37+	25:03+	33:09+	33:59+	34:30+	36:54+	38:24+	41:27+	45:19+	51:35+	52:15+	
01:44+	02:29+	02:46+	00:55+	02:36+	00:38+	02:38+	02:13+	02:42+	01:26+	03:30+	01:26+	08:06+	00:50+	00:31+	02:24+	01:30+	03:03+	03:52+	06:16+	00:40+	
00:46&	01:05&	00:43&	00:19&	01:48@	00:18&	01:20@	00:44&	01:12&	00:32&	01:57@	00:07+	06:28@	00:25&	00:17@	00:46&	00:32&	01:33@	01:39&	04:42@	00:11&	
<b>17</b>	<b>Kristin Harbo</b>	<b>92</b>										<b>52:30</b>									
01:14+	03:15+	06:19+	07:15+	08:31+	13:46+	15:42+	23:15+	25:53+	27:16+	31:27+	33:27+	36:40+	37:48+	38:09+	40:22+	41:59+	45:37+	48:51+	51:53+	52:30+	
01:14+	02:01+	03:04+	00:56+	01:16+	05:15+	01:56+	07:33+	02:38+	01:23+	04:11+	02:00+	03:13+	01:08+	00:21+	02:13+	01:37+	03:38+	03:14+	03:02+	00:37+	
00:16&	00:37&	01:01&	00:20&	00:28&	04:55@	00:38&	06:04@	01:08&	00:29&	02:38@	00:41&	01:35&	00:43@	00:07&	00:35&	00:39&	02:08@	01:01&	01:28&	00:08&	
<b>18</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>										<b>54:53</b>									
01:09+	03:23+	06:24+	07:13+	08:35+	09:11+	11:29+	13:15+	16:00+	17:09+	34:25+	36:18+	38:21+	39:10+	39:50+	43:20+	44:59+	47:21+	50:52+	54:01+	54:53+	
01:09+	02:14+	03:01+	00:49+	01:22+	00:36+	02:18+	01:46+	02:45+	01:09+	17:16+	01:53+	02:03+	00:49+	00:40+	03:30+	01:39+	02:22+	03:31+	03:09+	00:52+	
00:11#	00:50&	00:58&	00:13&	00:34&	00:16&	01:00&	00:17#	01:15&	00:15&	15:43@	00:34&	00:25&	00:24&	00:26@	01:52@	00:41&	00:52&	01:18&	01:35@	00:23&	
<b>19</b>	<b>Marianne Høie</b>	<b>116</b>										<b>56:30</b>									
00:58=	02:52+	11:47+	12:25+	13:25+	14:06+	17:07+	19:00+	22:26+	24:09+	26:33+	27:54+	34:44+	35:15+	35:40+	40:35+	41:34+	43:23+	46:02+	55:55+	56:30+	
00:58=	01:54+	08:55+	00:38+	01:00+	00:41+	03:01+	01:53+	03:26+	01:43+	02:24+	01:21+	06:50+	00:31+	00:25+	04:55+	00:59+	01:49+	02:39+	09:53+	00:35+	
00:00=	00:30&	06:52@	00:02+	00:12#	00:21@	01:43@	00:24&	01:56@	00:49&	00:51&	00:02+	05:12@	00:06#	00:11&	03:17@	00:01+	00:19#	00:26#	08:19@	00:06#	
<b>20</b>	<b>Linda Olsen</b>	<b>39</b>										<b>58:46</b>									
00:57-	02:49+	06:09+	06:51+	07:47+	08:25+	09:56+	11:02+	13:54+	15:29+	17:46+	27:51+	35:40+	36:13+	36:37+	38:20+	39:24+	51:04+	55:22+	58:09+	58:46+	
00:57-	01:52+	03:20+	00:42+	00:56+	00:38+	01:31+	01:06-	02:52+	01:35+	02:17+	10:05+	07:49+	00:33+	00:24+	01:43+	01:04+	11:40+	04:18+	02:47+	00:37+	
00:01-	00:28&	01:17&	00:06#	00:08#	00:18&	00:13#	00:23-	01:22&	00:41&	00:44&	08:46@	06:11@	00:08&	00:10&	00:05+	00:06#	10:10@	02:05&	01:13&	00:08&	
<b>21</b>	<b>Ragnhild Christiansen</b>	<b>93</b>										<b>1:00:43</b>									
02:42+	05:52+	09:09+	10:23+	12:08+	12:58+	16:04+	18:12+	22:09+	24:11+	27:59+	30:59+	33:16+	34:36+	35:37+	39:06+	41:24+	50:24+	55:16+	59:35+	60:43+	
02:42+	03:10+	03:17+	01:14+	01:45+	00:50+	03:06+	02:08+	03:57+	02:02+	03:48+	03:00+	02:17+	01:20+	01:01+	03:29+	02:18+	09:00+	04:52+	04:19+	01:08+	
01:44@	01:46@	01:14&	00:38@	00:57@	00:30@	01:48@	00:39&	02:27@	01:08@	02:15@	01:41@	00:39&	00:55@	00:47@	01:51@	01:20@	07:30@	02:39@	02:45@	00:39@	
<b>22</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>										<b>1:00:45</b>									
02:45+	05:56+	09:06+	10:20+	12:12+	13:01+	16:07+	18:19+	22:13+	24:08+	28:05+	30:55+	33:20+	34:40+	35:45+	39:12+	41:31+	50:21+	55:22+	59:40+	60:45+	
02:45+	03:11+	03:10+	01:14+	01:52+	00:49+	03:06+	02:12+	03:54+	01:55+	03:57+	02:50+	02:25+	01:20+	01:05+	03:27+	02:19+	08:50+	05:01+	04:18+	01:05+	
01:47@	01:47@	01:07&	00:38@	01:04@	00:29@	01:48@	00:43&	02:24@	01:01@	02:24@	01:31@	00:47&	00:55@	00:51@	01:49@	01:21@	07:20@	02:48@	02:44@	00:36@	
<b>23</b>	<b>Sigrund Serigstad</b>	<b>128</b>										<b>1:01:31</b>									
00:52-	02:20-	05:27+	05:55+	14:25+	16:43+	18:40+	21:03+	23:43+	24:36+	35:40+	38:15+	42:33+	43:24+	44:06+	45:59+	47:21+	49:03+	58:51+	61:06+	61:31+	
00:52-	01:28+	03:07+	00:28-	08:30+	02:18+	01:57+	02:23+	02:40+	00:53-	11:04+	02:35+	04:18+	00:51+	00:42+	01:53+	01:22+	01:42+	09:48+	02:15+	00:25-	
00:06-	00:04+	01:04&	00:08-	07:42@	01:58@	00:39&	00:54&	01:10&	00:01-	09:31@	01:16&	02:40@	00:26@	00:28@	00:15#	00:24&	00:12#	07:35@	00:41&	00:04-	
<b>24</b>	<b>Brit Svihus</b>	<b>92</b>										<b>1:02:07</b>									
01:38+	07:57+	21:55+	23:04+	24:29+	25:20+	27:43+	29:34+	31:59+	33:16+	35:34+	37:25+	39:56+	40:52+	41:35+	44:49+	46:26+	52:58+	56:28+	61:19+	62:07+	
01:38+	06:19+	13:58+	01:09+	01:25+	00:51+	02:23+	01:51+	02:25+	01:17+	02:18+	01:51+	02:31+	00:56+	00:43+	03:14+	01:37+	06:32+	03:30+	04:51+	00:48+	
00:40&	04:55@	11:55@	00:33&	00:37&	00:31@	01:05&	00:22#	00:55&	00:23&	00:45&	00:32&	00:53&	00:31@	00:29@	01:36&	00:39&	05:02@	01:17&	03:17@	00:19&	
<b>Beste strekktid for klassen</b>																					
00:47	01:23	02:03	00:28	00:48	00:20	01:10	01:06	01:30	00:53	01:18	01:04	00:55	00:25	00:14	00:25	00:58	01:01	02:13	01:34	00:20	

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

## Herrer 16 - 39 år

<b>1</b>	<b>Omund Thu Landstad</b>	<b>66</b>										<b>34:02</b>													
00:31=	01:39=	02:43=	03:58=	04:45=	05:48=	06:30=	07:50=	08:54=	09:32=	10:55=	11:46=	15:13=	16:18=	17:00=	18:27=	19:29=	20:19=	22:10=	23:00=	24:08=	25:30=	26:47=	27:36=	28:13=	29:31=
00:31=	01:08=	01:04=	01:15=	00:47=	01:03=	00:42=	01:20=	01:04=	00:38=	01:23=	00:51=	03:27=	01:05=	00:42=	01:27=	01:02=	00:50=	01:51=	00:50=	01:08=	01:22=	01:17=	00:49=	00:37=	01:18=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
30:28=	31:06=	32:44=	33:12=	33:46=	34:02=	00:57=	00:38=	01:38=	00:28=	00:34=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid																								
<b>2</b>	<b>Martin Skogland</b>	<b>98</b>	<b>36:15</b>																								
00:41+	02:04+	03:03+	04:54+	05:51+	06:52+	07:30+	09:09+	10:07+	10:40+	11:52+	12:52+	14:47-	16:01-	16:42-	17:44-	18:55-	21:50+	23:35+	24:11+	25:26+	26:51+	28:52+	29:45+	30:16+	31:45+		
00:41+	01:23+	00:59-	01:51+	00:57+	01:01-	00:38-	01:39+	00:58-	00:33-	01:12-	01:00+	01:55-	01:14+	00:41-	01:02-	01:11+	02:55+	01:45-	00:36-	01:15+	01:25+	02:01+	00:53+	00:31-	01:29+		
00:10&	00:15#	00:05-	00:36&	00:10#	00:02-	00:04-	00:19#	00:06-	00:05-	00:11-	00:09#	01:32-	00:09#	00:01-	00:25-	00:09#	02:05@	00:06-	00:14-	00:07#	00:03+	00:44&	00:04+	00:06-	00:11#		
32:44+	33:25+	34:55+	35:21+	35:54+	36:15+																						
00:59+	00:41+	01:30-	00:26-	00:33-	00:21+																						
00:02+	00:03+	00:08-	00:02-	00:01-	00:05&																						
<b>3</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>	<b>37:20</b>																								
00:58+	02:26+	03:46+	04:48+	05:40+	06:44+	07:27+	08:53+	10:00+	10:35+	11:56+	13:04+	17:22+	18:34+	19:22+	20:41+	21:55+	22:50+	24:31+	25:12+	26:20+	27:36+	29:17+	30:06+	30:44+	32:37+		
00:58+	01:28+	01:20+	01:02-	00:52+	01:04+	00:43+	01:26+	01:07+	00:35-	01:21-	01:08+	04:18+	01:12+	00:48+	01:19-	01:14+	00:55+	01:41-	00:41-	01:08=	01:16-	01:41+	00:49=	00:38+	01:53+		
00:27&	00:20&	00:16#	00:13-	00:05#	00:01+	00:01+	00:06+	00:03+	00:03-	00:02-	00:17&	00:51#	00:07#	00:06#	00:08-	00:12#	00:05#	00:10-	00:09-	00:00=	00:06-	00:24&	00:00=	00:01+	00:35&		
33:38+	34:23+	35:54+	36:33+	37:02+	37:20+																						
01:01+	00:45+	01:31-	00:39+	00:29-	00:18+																						
00:04+	00:07#	00:07-	00:11&	00:05-	00:02#																						
<b>4</b>	<b>Asgeir Nærland</b>	<b>88</b>	<b>37:34</b>																								
00:49+	02:40+	03:42+	04:47+	05:41+	06:44+	07:44+	09:13+	10:35+	11:14+	12:25+	13:24+	16:34+	17:38+	18:20+	19:41+	20:47+	22:03+	23:38+	24:19+	25:35+	27:06+	28:44+	29:43+	30:40+	32:10+		
00:49+	01:51+	01:02-	01:05-	00:54+	01:03=	01:00+	01:29+	01:22+	00:39+	01:11-	00:59+	03:10-	01:04-	00:42=	01:21-	01:06+	01:16+	01:35-	00:41-	01:16+	01:31+	01:38+	00:59+	00:57+	01:30+		
00:18&	00:43&	00:02-	00:10-	00:07#	00:00=	00:18&	00:09#	00:18&	00:01+	00:12-	00:08#	00:17-	00:01-	00:00=	00:06-	00:04+	00:26&	00:16-	00:09-	00:08#	00:09#	00:21&	00:10#	00:20&	00:12#		
33:05+	33:45+	35:55+	36:33+	37:13+	37:34+																						
00:55-	00:40+	02:10+	00:38+	00:40+	00:21+																						
00:02-	00:02+	00:32&	00:10&	00:06#	00:05&																						
<b>5</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>	<b>37:35</b>																								
00:36+	02:56+	04:10+	05:09+	05:56+	07:02+	07:39+	09:42+	10:51+	11:32+	12:44+	13:49+	18:11+	19:27+	20:04+	21:19+	22:35+	23:38+	25:15+	25:55+	27:01+	28:26+	29:55+	30:53+	31:42+	33:03+		
00:36+	02:20+	01:14+	00:59-	00:47=	01:06+	00:37-	02:03+	01:09+	00:41+	01:12-	01:05+	04:22+	01:16+	00:37-	01:15-	01:16+	01:03+	01:37-	00:40-	01:06-	01:25+	01:29+	00:58+	00:49+	01:21+		
00:05#	01:12@	00:10#	00:16-	00:00=	00:03+	00:05-	00:43&	00:05+	00:03+	00:11-	00:14&	00:55&	00:11#	00:05-	00:12-	00:14#	00:13&	00:14-	00:10-	00:02-	00:03+	00:12#	00:09#	00:12&	00:03+		
33:55+	34:32+	35:58+	36:29+	37:20+	37:35+																						
00:52-	00:37-	01:26-	00:31+	00:51+	00:15-																						
00:05-	00:01-	00:12-	00:03#	00:17&	00:01-																						
<b>6</b>	<b>Tor Gunnar Osen</b>	<b>116</b>	<b>41:27</b>																								
00:35+	02:23+	03:53+	04:53+	05:49+	07:00+	07:53+	09:51+	11:11+	11:44+	13:18+	14:22+	16:05+	17:40+	18:30+	20:17+	21:52+	22:49+	25:27+	26:11+	27:23+	29:03+	33:11+	34:04+	34:44+	36:17+		
00:35+	01:48+	01:30+	01:00-	00:56+	01:11+	00:53+	01:58+	01:20+	00:33-	01:34+	01:04+	01:43-	01:35+	00:50+	01:47+	01:35+	00:57+	02:38+	00:44-	01:12+	01:40+	04:08+	00:53+	00:40+	01:33+		
00:04#	00:40&	00:26&	00:15-	00:09#	00:08#	00:11&	00:38&	00:16#	00:05-	00:11#	00:13&	01:44-	00:30&	00:08#	00:20#	00:33&	00:07#	00:47&	00:06-	00:04+	00:18#	02:51@	00:04+	00:03+	00:15#		
37:16+	38:06+	39:56+	40:31+	41:09+	41:27+																						
00:59+	00:50+	01:50+	00:35+	00:38+	00:18+																						
00:02+	00:12&	00:12#	00:07#	00:04#	00:02#																						
<b>7</b>	<b>Truls Thorkildsen</b>	<b>39</b>	<b>42:14</b>																								
00:30-	02:48+	03:55+	04:50+	06:38+	08:09+	08:54+	11:15+	12:15+	12:59+	14:17+	15:14+	16:58+	18:12+	18:55+	20:11+	21:31+	22:42+	24:48+	25:28+	26:57+	28:29+	31:07+	32:01+	32:48+	35:01+		
00:30-	02:18+	01:07+	00:55-	01:48+	01:31+	00:45+	02:21+	01:00-	00:44+	01:18-	00:57+	01:44-	01:14+	00:43+	01:16-	01:20+	01:11+	02:06+	00:40-	01:29+	01:32+	02:38+	00:54+	00:47+	02:13+		
00:01-	01:10@	00:03+	00:20-	01:01@	00:28&	00:03+	01:01&	00:04-	00:06#	00:05-	00:06#	01:43-	00:09#	00:01+	00:11-	00:18&	00:21&	00:15#	00:10-	00:21&	00:10#	01:21@	00:05#	00:10&	00:55&		
35:59+	36:32+	39:35+	41:07+	41:54+	42:14+																						
00:58+	00:33-	03:03+	01:32+	00:47+	00:20+																						
00:01+	00:05-	01:25&	01:04@	00:13&	00:04#																						
<b>8</b>	<b>Arthur Fayemendy</b>	<b>116</b>	<b>43:09</b>																								
00:42+	01:32+	02:48+	03:50+	04:48+	05:55+	08:23+	11:08+	12:30+	13:01+	14:24+	15:29+	17:05+	18:38+	19:21+	20:48+	21:55+	22:43+	24:14+	24:56+	26:32+	28:22+	31:54+	33:08+	33:43+	35:12+		
00:42+	00:50-	01:16+	01:02-	00:58+	01:07+	02:28+	02:45+	01:22+	00:31-	01:23=	01:05+	01:36-	01:33+	00:43+	01:27=	01:07+	00:48-	01:31-	00:42-	01:36+	01:50+	03:32+	01:14+	00:35-	01:29+		
00:11&	00:18-	00:12#	00:13-	00:11#	00:04+	01:46@	01:25@	00:18&	00:07-	00:00=	00:14&	01:51-	00:28&	00:01+	00:00=	00:05+	00:02-	00:20-	00:08-	00:28&	00:28&	02:15@	00:25&	00:02-	00:11#		
36:10+	36:55+	41:45+	42:13+	42:48+	43:09+																						
00:58+	00:45+	04:50+	00:28=	00:35+	00:21+																						
00:01+	00:07#	03:12@	00:00=	00:01+	00:05&																						
<b>9</b>	<b>Bjarte Sola</b>	<b>165</b>	<b>1:47:03</b>																								
01:02+	04:18+	06:49+	09:53+	13:20+	15:33+	17:02+	20:36+	23:05+	24:03+	26:06+	41:15+	48:03+	50:24+	52:05+	64:21+	67:09+	68:35+	72:26+	74:11+	75:42+	79:11+	81:46+	87:08+	89:30+	93:31+		
01:02+	03:16+	02:31+	03:04+	03:27+	02:13+	01:29+	03:34+	02:29+	00:58+	02:03+	15:09+	06:48+	02:21+	01:41+	12:16+	02:48+	01:26+	03:51+	01:45+	01:31+	03:29+	02:35+	05:22+	02:22+	04:01+		
00:31&	02:08@	01:27@	01:49@	02:40@	01:10@	00:47@	02:14@	01:25@	00:20&	00:40&	14:18@	03:21&	01:16@	00:59@	10:49@	01:46@	00:36&	02:00@	00:55@	00:23&	02:07@	01:18@	04:33@	01:45@	02:43@		
95:37+	97:33+	104:04+	105:12+	106:35+	107:03+																						
02:06+	01:56+	06:31+	01:08+	01:23+	00:28+																						
01:09@	01:18@	04:53@	00:40@	00:49@	00:12&																						
<b>Beste strekketid for klassen</b>																											
00:30	00:50	00:59	00:55	00:47	01:01	00:37	01:20	00:58	00:31	01:11	00:51	01:36	01:04	00:37	01:02	01:02	00:48	01:31	00:36	01:06	01:16	01:17	00:49	00:31	01:18	00:52	00:33

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

Class	Navn	Klasse	Tid																						
<b>1</b>	<b>Bjørnar André Haug</b>	<b>80</b>	<b>35:21</b>																						
00:31=	01:07=	02:08=	03:07=	03:55=	05:04=	05:41=	06:54=	07:50=	08:23=	09:33=	10:30=	15:38=	16:38=	17:15=	21:02=	21:57=	22:43=	24:20=	25:01=	25:55=	27:10=	28:14=	29:00=	30:01=	31:16=
00:31=	00:36=	01:01=	00:59=	00:48=	01:09=	00:37=	01:13=	00:56=	00:33=	01:10=	00:57=	05:08=	00:37=	03:47=	00:55=	00:46=	01:37=	00:41=	00:54=	01:15=	01:04=	00:46=	01:01=	01:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
32:09=	32:45=	34:10=	34:37=	35:04=	35:21=																				
00:53=	00:36=	01:25=	00:27=	00:27=	00:17=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				
<b>2</b>	<b>Jean-Michel Maurice</b>	<b>42</b>	<b>37:03</b>																						
00:46+	01:31+	02:52+	03:55+	04:45+	05:59+	06:45+	08:16+	09:38+	10:16+	11:52+	13:06+	15:18-	16:31-	17:14-	19:02-	20:05-	21:00-	23:09-	24:00-	25:19-	26:53-	29:46+	30:43+	31:18+	32:39+
00:46+	00:45+	01:21+	01:03+	00:50+	01:14+	00:46+	01:31+	01:22+	00:38+	01:36+	01:14+	02:12-	01:13+	00:43+	01:48-	01:03+	00:55+	02:09+	00:51+	01:19+	01:34+	02:53+	00:57+	00:35-	01:21+
00:15&	00:09#	00:20&	00:04+	00:02+	00:05+	00:09#	00:18#	00:26&	00:05#	00:26&	00:17&	02:56-	00:13#	00:06#	01:59-	00:08#	00:09#	00:32&	00:10#	00:25&	00:19&	01:49@	00:11#	00:26-	00:06+
33:35+	34:09+	35:53+	36:21+	36:47+	37:03+																				
00:56+	00:34-	01:44+	00:28+	00:26-	00:16-																				
00:03+	00:02-	00:19#	00:01+	00:01-	00:01-																				
<b>3</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>	<b>37:10</b>																						
00:41+	04:04+	05:02+	06:01+	07:24+	08:27+	09:12+	10:42+	11:41+	12:16+	14:06+	14:56+	16:23+	17:41+	18:34+	19:59-	21:21-	22:11-	24:05-	24:46-	25:50-	27:26+	28:51+	30:01+	30:36+	32:01+
00:41+	03:23+	00:58-	00:59=	01:23+	01:03-	00:45+	01:30+	00:59+	00:35+	01:50+	00:50-	01:27-	01:18+	00:53+	01:25-	01:22+	00:50+	01:54+	00:41=	01:04+	01:36+	01:25+	01:10+	00:35-	01:25+
00:10&	02:47@	00:03-	00:00=	00:35&	00:06-	00:08#	00:17#	00:03+	00:02+	00:40&	00:07-	03:41-	00:18&	00:16&	02:22-	00:27&	00:04+	00:17#	00:00=	00:10#	00:21&	00:21&	00:24&	00:26-	00:10#
33:01+	33:42+	35:28+	36:15+	36:51+	37:10+																				
01:00+	00:41+	01:46+	00:47+	00:36+	00:19+																				
00:07#	00:05#	00:21#	00:20&	00:09&	00:02#																				
<b>4</b>	<b>Thomas Johansen</b>	<b>111</b>	<b>37:44</b>																						
00:31=	01:14+	02:14+	03:03-	03:45-	04:39-	05:14-	07:08+	07:57+	08:46+	09:51+	13:40+	19:09+	20:09+	20:50+	21:54+	23:03+	23:46+	25:19+	26:10+	27:12+	28:33+	30:05+	30:54+	31:32+	32:59+
00:31=	00:43+	01:00-	00:49-	00:42-	00:54-	00:35-	01:54+	00:49-	00:49+	01:05-	03:49+	05:29+	01:00=	00:41+	01:04-	01:09+	00:43-	01:33-	00:51+	01:02+	01:21+	01:32+	00:49+	00:38-	01:27+
00:00=	00:07#	00:01-	00:10-	00:06-	00:15-	00:02-	00:41&	00:07-	00:16&	00:05-	02:52@	00:21+	00:00=	00:04#	02:43-	00:14&	00:03-	00:04-	00:10#	00:08#	00:06+	00:28&	00:03+	00:23-	00:12#
34:01+	34:38+	36:11+	36:40+	37:27+	37:44+																				
01:02+	00:37+	01:33+	00:29+	00:47+	00:17=																				
00:09#	00:01+	00:08+	00:02+	00:20&	00:00=																				
<b>5</b>	<b>Reidar Mosvold</b>	<b>53</b>	<b>40:20</b>																						
00:48+	02:56+	04:09+	05:13+	06:10+	07:36+	08:17+	10:00+	11:08+	12:03+	13:27+	14:28+	16:43+	18:00+	18:53+	20:03-	21:16-	22:17-	24:15-	25:03+	26:22+	28:13+	29:44+	30:43+	31:43+	33:37+
00:48+	02:08+	01:13+	01:04+	00:57+	01:26+	00:41+	01:43+	01:08+	00:55+	01:24+	01:01+	02:15-	01:17+	00:53+	01:10-	01:13+	01:01+	01:58+	00:48+	01:19+	01:51+	01:31+	00:59+	01:00-	01:54+
00:17&	01:32@	00:12#	00:05+	00:09#	00:17#	00:04#	00:30&	00:12#	00:22&	00:14#	00:04+	02:53-	00:17&	00:16&	02:37-	00:18&	00:15&	00:21#	00:07#	00:25&	00:36&	00:27&	00:13&	00:01-	00:39&
34:53+	35:34+	38:11+	39:10+	39:57+	40:20+																				
01:16+	00:41+	02:37+	00:59+	00:47+	00:23+																				
00:23&	00:05#	01:12&	00:32@	00:20&	00:06&																				
<b>6</b>	<b>Thomas Chruickshank</b>	<b>48</b>	<b>40:22</b>																						
00:47+	01:48+	03:03+	04:20+	05:30+	06:39+	07:20+	10:08+	11:16+	11:48+	13:14+	14:16+	17:17+	18:38+	19:31+	21:59+	23:04+	24:18+	26:19+	27:04+	28:30+	29:59+	31:18+	32:12+	33:01+	34:45+
00:47+	01:01+	01:15+	01:17+	01:10+	01:09=	00:41+	02:48+	01:08+	00:32-	01:26+	01:02+	03:01-	01:21+	00:53+	02:28-	01:05+	01:14+	02:01+	00:45+	01:26+	01:29+	01:19+	00:54+	00:49-	01:44+
00:16&	00:25&	00:14#	00:18&	00:22&	00:00=	00:04#	01:35@	00:12#	00:01-	00:16#	00:05+	02:07-	00:21&	00:16&	01:19-	00:10#	00:28&	00:24#	00:04+	00:32&	00:14#	00:15#	00:08#	00:12-	00:29&
36:18+	36:56+	38:41+	39:27+	40:01+	40:22+																				
01:33+	00:38+	01:45+	00:46+	00:34+	00:21+																				
00:40&	00:02+	00:20#	00:19&	00:07&	00:04#																				
<b>7</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>40:40</b>																						
00:41+	01:56+	03:06+	04:06+	05:42+	06:46+	07:27+	08:52+	09:51+	10:32+	12:09+	13:01+	14:56-	16:04-	16:48-	18:36-	19:40-	20:31-	22:33-	23:18-	24:26-	25:56-	30:19+	31:09+	31:46+	33:26+
00:41+	01:15+	01:10+	01:00+	01:36+	01:04-	00:41+	01:25+	00:59+	00:41+	01:37+	00:52-	01:55-	01:08+	00:44+	01:48-	01:04+	00:51+	02:02+	00:45+	01:08+	01:30+	04:23+	00:50+	00:37-	01:40+
00:10&	00:39@	00:09#	00:01+	00:48&	00:05-	00:04#	00:12#	00:03+	00:08#	00:27&	00:05-	03:13-	00:08#	00:07#	01:59-	00:09#	00:05#	00:25&	00:04+	00:14&	00:15#	03:19@	00:04+	00:24-	00:25&
34:22+	34:59+	36:46+	37:47+	40:20+	40:40+																				
00:56+	00:37+	01:47+	01:01+	02:33+	00:20+																				
00:03+	00:01+	00:22&	00:34@	02:06@	00:03#																				
<b>8</b>	<b>Christian Ask</b>	<b>180</b>	<b>41:07</b>																						
00:51+	02:41+	03:52+	05:01+	05:55+	07:00+	07:39+	09:17+	10:19+	10:50+	12:05+	13:04+	15:52+	18:59+	19:46+	21:17+	22:37+	23:26+	25:19+	25:57+	27:11+	28:43+	30:22+	31:11+	31:51+	33:16+
00:51+	01:50+	01:11+	01:09+	00:54+	01:05-	00:39+	01:38+	01:02+	00:31-	01:15+	00:59+	02:48-	03:07+	00:47+	01:31-	01:20+	00:49+	01:53+	00:38-	01:14+	01:32+	01:39+	00:49+	00:40-	01:25+
00:20&	01:14@	00:10#	00:10#	00:06#	00:04-	00:02+	00:25&	00:06#	00:02-	00:05+	00:02+	02:20-	02:07@	00:10&	02:16-	00:25&	00:03+	00:16#	00:03-	00:20&	00:17#	00:35&	00:03+	00:21-	00:10#
34:14+	35:02+	36:58+	37:33+	40:06+	40:46+	41:07+																			
00:58+	00:48+	01:56+	00:35+	02:33+	00:40+	00:21+																			
00:05+	00:12&	00:31&	00:08&	02:06@	00:23@	00:21+																			
<b>9</b>	<b>Arngrim Utskarpen</b>	<b>117</b>	<b>41:27</b>																						
00:44+	03:43+	04:52+	06:57+	07:58+	09:30+	10:25+	12:00+	13:08+	13:46+	15:21+	16:24+	18:21+	19:26+	20:06+	21:17+	22:43+	23:45+	25:42+	26:35+	28:12+	30:10+	32:11+	33:06+	34:01+	35:32+
00:44+																									

Class	Navn	Klasse										Tid													
<b>10</b>	<b>Bjarte Harbo</b>	<b>88</b>										<b>41:33</b>													
00:43+	02:42+	03:39+	04:38+	05:26+	06:30+	07:35+	09:42+	10:44+	11:18+	12:27+	13:17+	14:52-	16:24-	17:11-	18:37-	19:56-	20:50-	22:27-	23:20-	25:09-	26:40-	29:29+	30:46+	31:37+	33:09+
00:43+	01:59+	00:57-	00:59=	00:48=	01:04-	01:05+	02:07+	01:02+	00:34+	01:09-	00:50-	01:35-	01:32+	00:47+	01:26-	01:19+	00:54+	01:37=	00:53+	01:49+	01:31+	02:49+	01:17+	00:51-	01:32+
00:12&	01:23&	00:04-	00:00=	00:00=	00:05-	00:28&	00:54&	00:06#	00:01+	00:01-	00:07-	03:33-	00:32&	00:10&	02:21-	00:24&	00:08#	00:00=	00:12&	00:55&	00:16#	01:45&	00:31&	00:10-	00:17#
34:06+	34:54+	39:57+	40:38+	41:12+	41:33+																				
00:57+	00:48+	05:03+	00:41+	00:34+	00:21+																				
00:04+	00:12&	03:38&	00:14&	00:07&	00:04#																				
<b>11</b>	<b>Tore Halset</b>	<b>114</b>										<b>41:37</b>													
00:45+	01:30+	02:48+	03:51+	05:05+	07:00+	07:45+	09:24+	10:41+	11:25+	13:08+	14:06+	16:15+	17:35+	18:36+	19:59-	21:46-	22:45+	25:15+	26:13+	27:51+	29:55+	31:36+	32:42+	33:35+	35:25+
00:45+	00:45+	01:18+	01:03+	01:14+	01:55+	00:45+	01:39+	01:17+	00:44+	01:43+	00:58+	02:09-	01:20+	01:01+	01:23-	01:47+	00:59+	02:30+	00:58+	01:38+	02:04+	01:41+	01:06+	00:53-	01:50+
00:14&	00:09#	00:17&	00:04+	00:26&	00:46&	00:08#	00:26&	00:21&	00:11&	00:33&	00:01+	02:59-	00:20&	00:24&	02:24-	00:52&	00:13&	00:53&	00:17&	00:44&	00:49&	00:37&	00:20&	00:08-	00:35&
36:37+	37:23+	39:37+	40:24+	41:12+	41:37+																				
01:12+	00:46+	02:14+	00:47+	00:48+	00:25+																				
00:19&	00:10&	00:49&	00:20&	00:21&	00:08&																				
<b>12</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>41:52</b>													
00:50+	01:53+	02:57+	03:53+	04:40+	06:13+	06:59+	10:12+	11:15+	11:54+	13:10+	14:03+	15:51+	17:19+	18:08+	22:47+	24:41+	26:04+	28:07+	28:54+	30:29+	32:05+	33:39+	34:30+	35:00+	36:40+
00:50+	01:03+	01:04+	00:56-	00:47-	01:33+	00:46+	03:13+	01:03+	00:39+	01:16+	00:53-	01:48-	01:28+	00:49+	04:39+	01:54+	01:23+	02:03+	00:47+	01:35+	01:36+	01:34+	00:51+	00:30-	01:40+
00:19&	00:27&	00:03+	00:03-	00:01-	00:24&	00:09#	02:00&	00:07#	00:06#	00:06+	00:04-	03:20-	00:28&	00:12&	00:52#	00:59&	00:37&	00:26&	00:06#	00:41&	00:21&	00:30&	00:05#	00:31-	00:25&
37:45+	38:25+	40:14+	40:54+	41:31+	41:52+																				
01:05+	00:40+	01:49+	00:40+	00:37+	00:21+																				
00:12#	00:04#	00:24&	00:13&	00:10&	00:04#																				
<b>13</b>	<b>Frode Ungar</b>	<b>116</b>										<b>42:29</b>													
00:40+	01:19+	02:36+	03:51+	04:50+	06:20+	07:05+	08:54+	09:57+	10:33+	11:59+	13:04+	15:43+	16:44+	18:12+	19:01-	21:49-	23:28+	24:46+	26:38+	27:30+	28:55+	31:09+	32:46+	33:50+	34:30+
00:40+	00:39+	01:17+	01:15+	00:59+	01:30+	00:45+	01:49+	01:03+	00:36+	01:26+	01:05+	02:39-	01:01+	01:28+	00:49-	02:48+	01:39+	01:18-	01:52+	00:52-	01:25+	02:14+	01:37+	01:04+	00:40-
00:09&	00:03+	00:16&	00:16&	00:11#	00:21&	00:08#	00:36&	00:07#	00:03+	00:16#	00:08#	02:29-	00:01+	00:51&	02:58-	01:53&	00:53&	00:19-	01:11&	00:02-	00:10#	01:10&	00:51&	00:03+	00:35-
36:20+	37:28+	38:22+	40:23+	41:13+	42:02+	42:29+																			
01:50+	01:08+	00:54-	02:01+	00:50+	00:49+	00:27+																			
00:57&	00:32&	00:31-	01:34&	00:23&	00:32&	00:27+																			
<b>14</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>43:08</b>													
00:42+	01:37+	02:51+	03:57+	05:23+	06:44+	07:29+	09:33+	10:39+	11:37+	13:16+	14:19+	18:14+	19:39+	20:37+	21:58+	23:24+	24:32+	26:37+	27:20+	28:39+	30:57+	32:39+	33:43+	34:28+	36:13+
00:42+	00:55+	01:14+	01:06+	01:26+	01:21+	00:45+	02:04+	01:06+	00:58+	01:39+	01:03+	03:55-	01:25+	00:58+	01:21-	01:26+	01:08+	02:05+	00:43+	01:19+	02:18+	01:42+	01:04+	00:45-	01:45+
00:11&	00:19&	00:13#	00:07#	00:38&	00:12#	00:08#	00:51&	00:10#	00:25&	00:29&	00:06#	01:13-	00:25&	00:21&	02:26-	00:31&	00:22&	00:28&	00:02+	00:25&	01:03&	00:38&	00:18&	00:16-	00:30&
37:25+	38:17+	40:18+	42:00+	42:46+	43:08+																				
01:12+	00:52+	02:01+	01:42+	00:46+	00:22+																				
00:19&	00:16&	00:36&	01:15&	00:19&	00:05&																				
<b>15</b>	<b>Cedric Fayemendy</b>	<b>116</b>										<b>43:20</b>													
00:37+	01:41+	02:43+	03:41+	04:26+	05:44+	06:26+	09:29+	10:50+	11:18+	12:45+	15:55+	17:33+	18:57+	19:41+	20:52-	22:03+	23:56+	26:39+	27:26+	31:43+	33:16+	35:11+	35:53+	36:33+	38:21+
00:37+	01:04+	01:02+	00:58-	00:45-	01:18+	00:42+	03:03+	01:21+	00:28-	01:27+	03:10+	01:38-	01:24+	00:44+	01:11-	01:11+	01:53+	02:43+	00:47+	04:17+	01:33+	01:55+	00:42-	00:40-	01:48+
00:06#	00:28&	00:01+	00:01-	00:03-	00:09#	00:05#	01:50&	00:25&	00:05-	00:17#	02:13&	03:30-	00:24&	00:07#	02:36-	00:16&	01:07&	01:06&	00:06#	03:23&	00:18#	00:51&	00:04-	00:21-	00:33&
39:20+	40:01+	42:07+	42:33+	43:01+	43:20+																				
00:59+	00:41+	02:06+	00:26-	00:28+	00:19+																				
00:06#	00:05#	00:41&	00:01-	00:01+	00:02#																				
<b>16</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>47:44</b>													
00:50+	02:24+	03:41+	04:42+	05:45+	07:06+	08:01+	09:38+	10:49+	11:26+	13:05+	14:05+	19:34+	21:58+	22:33+	24:13+	26:15+	27:43+	29:50+	30:35+	32:18+	33:57+	35:22+	36:17+	37:03+	39:02+
00:50+	01:34+	01:17+	01:01+	01:03+	01:21+	00:55+	01:37+	01:11+	00:37+	01:39+	01:00+	05:29+	02:24+	00:35-	01:40-	02:02+	01:28+	02:07+	00:45+	01:43+	01:39+	01:25+	00:55+	00:46-	01:59+
00:19&	00:58&	00:16&	00:02+	00:15&	00:12#	00:18&	00:24&	00:15&	00:04#	00:29&	00:03+	00:21+	01:24&	00:02-	02:07-	01:07&	01:42&	00:30&	00:04+	00:49&	00:24&	00:21&	00:09#	00:15-	00:44&
40:06+	41:56+	46:00+	46:51+	47:25+	47:44+																				
01:04+	01:50+	04:04+	00:51+	00:34+	00:19+																				
00:11#	01:14&	02:39&	00:24&	00:07&	00:02#																				
<b>17</b>	<b>André Sirevåg</b>	<b>116</b>										<b>48:02</b>													
00:40+	01:37+	03:17+	04:46+	05:55+	07:23+	08:13+	10:13+	11:25+	12:03+	13:36+	15:03+	18:19+	19:40+	20:34+	23:04+	24:32+	25:18+	27:20+	28:35+	32:23+	34:36+	36:28+	37:38+	38:47+	40:27+
00:40+	00:57+	01:40+	01:29+	01:09+	01:28+	00:50+	02:00+	01:12+	00:38+	01:33+	01:27+	03:16-	01:21+	00:54+	02:30-	01:28+	00:46=	02:02+	01:15+	03:48+	02:13+	01:52+	01:10+	01:09+	01:40+
00:09&	00:21&	00:39&	00:30&	00:21&	00:19&	00:13&	00:47&	00:16&	00:05#	00:23&	00:30&	01:52-	00:21&	00:17&	01:17-	00:33&	00:00=	00:25&	00:34&	02:54&	00:58&	00:48&	00:24&	00:08#	00:25&
41:35+	42:12+	46:18+	47:01+	47:44+	48:02+																				
01:08+	00:37+	04:06+	00:43+	00:43+	00:18+																				
00:15&	00:01+	02:41&	00:16&	00:16&	00:01+																				
<b>18</b>	<b>Ludvig Mellemstrand</b>	<b>105</b>										<b>48:07</b>													
00:49+	03:48+	05:46+	07:25+	09:00+	10:11+	10:59+	13:25+	14:33+	15:16+	16:45+	18:03+	20:23+	22:36+	23:16+	25:21+	26:39+	27:52+	29:58+	30:50+	32:01+	33:57+	35:44+	36:42+		

Class	Navn	Klasse										Tid													
<b>19</b>	<b>Eivind Lie</b>	<b>116</b>										<b>48:14</b>													
00:39+	01:33+	03:15+	04:11+	05:05+	06:27+	07:13+	09:16+	10:19+	10:59+	12:28+	13:35+	17:48+	18:58+	19:48+	21:06+	22:32+	23:37+	25:24+	26:16+	27:37+	29:10+	32:34+	38:26+	39:32+	41:23+
00:39+	00:54+	01:42+	00:56-	00:54+	01:22+	00:46+	02:03+	01:03+	00:40+	01:29+	01:07+	04:13-	01:10+	00:50+	01:18-	01:26+	01:05+	01:47+	00:52+	01:21+	01:33+	03:24+	05:52+	01:06+	01:51+
00:08&	00:18&	00:41&	00:03-	00:06#	00:13#	00:09#	00:50&	00:07#	00:07#	00:19&	00:10#	00:55-	00:10#	00:13&	02:29-	00:31&	00:19&	00:10#	00:11&	00:27&	00:18#	02:20@	05:06@	00:05+	00:36&
42:24+	43:26+	45:41+	46:41+	47:28+	48:14+																				
01:01+	01:02+	02:15+	01:00+	00:47+	00:46+																				
00:08#	00:26&	00:50&	00:33@	00:20&	00:29@																				

<b>20</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>										<b>1:01:47</b>													
00:48+	05:27+	06:50+	08:24+	09:16+	10:58+	11:46+	14:59+	16:25+	17:09+	18:43+	20:10+	24:25+	25:33+	26:26+	27:50+	29:48+	30:53+	33:42+	34:41+	36:15+	37:54+	39:22+	40:27+	41:36+	43:14+
00:48+	04:39+	01:23+	01:34+	00:52+	01:42+	00:48+	03:13+	01:26+	00:44+	01:34+	01:27+	04:15-	01:08+	00:53+	01:24-	01:58+	01:05+	02:49+	00:59+	01:34+	01:39+	01:28+	01:05+	01:09+	01:38+
00:17&	04:03@	00:22&	00:35&	00:04+	00:33&	00:11&	02:00@	00:30&	00:11&	00:24&	00:30&	00:53-	00:08#	00:16&	02:23-	01:03@	00:19&	01:12&	00:18&	00:40&	00:24&	00:24&	00:19&	00:08#	00:23&
44:38+	45:58+	59:34+	60:17+	61:24+	61:47+																				
01:24+	01:20+	13:36+	00:43+	01:07+	00:23+																				
00:31&	00:44@	12:11@	00:16&	00:40@	00:06&																				

### Beste strekktid for klassen

00:31 00:36 00:57 00:49 00:42 00:54 00:35 01:13 00:49 00:28 01:05 00:50 01:27 01:00 00:35 00:49 00:55 00:43 01:18 00:38 00:52 01:15 01:04 00:42 00:30 00:40 00:53 00:34

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

## Herrer 50 - 59 år

<b>1</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>37:34</b>													
00:36+	01:44+	03:30+	04:13+	04:51+	05:29+	06:33+	08:55+	10:16+	11:37+	12:04+	12:55+	14:18+	16:16+	17:14+	17:54+	18:34+	19:30+	20:51+	22:09+	23:22+	24:10+	24:52+	26:34+	27:52+	28:30+
00:36+	01:08+	01:46+	00:43+	00:38+	00:38+	01:04+	02:22+	01:21+	01:21+	00:27+	00:51+	01:23+	01:58+	00:58+	00:40+	00:40+	00:56+	01:21+	01:18+	01:13+	00:48+	00:42+	01:42+	01:18+	00:38+
00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+
28:55+	30:09+	31:39+	33:15+	35:10+	36:41+	37:10+	37:34+																		
00:25+	01:14+	01:30+	01:36+	01:55+	01:31+	00:29+	00:24+																		
00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+	00:00+																		

<b>2</b>	<b>John Breiland</b>	<b>352</b>										<b>37:36</b>													
00:42+	01:40-	03:03-	03:48-	04:22-	04:59-	07:03+	09:02+	10:23+	11:40+	12:15+	13:02+	14:22+	16:11-	17:10-	17:46-	18:37+	19:55+	21:17+	22:36+	23:53+	24:29+	25:10+	27:23+	28:39+	29:05+
00:42+	00:58-	01:23-	00:45+	00:34-	00:37-	02:04+	01:59-	01:21+	01:17-	00:35+	00:47-	01:20-	01:49-	00:59+	00:36-	00:51+	01:18+	01:22+	01:19+	01:17+	00:36-	00:41-	02:13+	01:16-	00:26-
00:06#	00:10-	00:23-	00:02+	00:04-	00:01-	01:00&	00:23-	00:00+	00:04-	00:08&	00:04-	00:03-	00:09-	00:01+	00:04-	00:11&	00:22&	00:01+	00:01+	00:04+	00:12-	00:01-	00:31&	00:02-	00:12-
29:29+	30:43+	32:12+	34:31+	35:24+	36:41+	37:15+	37:36+																		
00:24-	01:14+	01:29-	02:19+	00:53-	01:17-	00:34+	00:21-																		
00:01-	00:00+	00:01-	00:43&	01:02-	00:14-	00:05#	00:03-																		

<b>3</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>39:20</b>													
00:33-	02:28+	03:45+	04:22+	04:53+	05:35+	06:32-	08:37-	09:47-	10:52-	11:22-	12:43-	14:08-	16:12-	17:12-	19:24+	20:39+	21:43+	23:01+	24:23+	25:35+	26:12+	26:58+	28:36+	29:51+	30:25+
00:33-	01:55+	01:17-	00:37-	00:31-	00:42+	00:57-	02:05-	01:10-	01:05-	00:30+	01:21+	01:25+	02:04+	01:00+	02:12+	01:15+	01:04+	01:18-	01:22+	01:12-	00:37-	00:46+	01:38-	01:15-	00:34-
00:03-	00:47&	00:29-	00:06-	00:07-	00:04#	00:07-	00:17-	00:11-	00:16-	00:03#	00:30&	00:02+	00:06+	00:02+	01:32@	00:35&	00:08#	00:03-	00:04+	00:01-	00:11-	00:04+	00:04-	00:03-	00:04-
30:53+	32:09+	33:26+	35:01+	37:34+	38:30+	39:02+	39:20+																		
00:28+	01:16+	01:17-	01:35-	02:33+	00:56-	00:32+	00:18-																		
00:03#	00:02+	00:13-	00:01-	00:38&	00:35-	00:03#	00:06-																		

<b>4</b>	<b>Nils Tore Puntervold</b>	<b>7</b>										<b>40:37</b>													
00:34-	04:38+	06:11+	06:44+	07:14+	07:50+	09:23+	11:32+	12:42+	14:00+	14:30+	15:12+	16:39+	18:28+	19:29+	20:05+	20:51+	21:40+	22:59+	26:04+	27:15+	27:49+	28:46+	30:37+	32:00+	32:36+
00:34-	02:04+	01:33-	00:33-	00:30-	00:36-	01:33+	02:09-	01:10-	01:18-	00:30+	00:42-	01:27+	01:49-	01:01+	00:36-	00:46+	00:49-	01:19-	03:05+	01:11-	00:34-	00:57+	01:51+	01:23+	00:36-
00:02-	02:56@	00:13-	00:10-	00:08-	00:02-	00:29&	00:13-	00:11-	00:03-	00:03#	00:09-	00:04+	00:09-	00:03+	00:04-	00:06#	00:07-	00:02-	01:47@	00:02-	00:14-	00:15&	00:09+	00:05+	00:02-
33:03+	34:31+	36:00+	37:28+	38:25+	39:47+	40:18+	40:37+																		
00:27+	01:28+	01:29-	01:28-	00:57-	01:22-	00:31+	00:19-																		
00:02+	00:14#	00:01-	00:08-	00:58-	00:09-	00:02+	00:05-																		

<b>5</b>	<b>Kjell Seland</b>	<b>236</b>										<b>40:53</b>													
00:42+	02:10+	04:02+	04:42+	05:16+	05:55+	06:56+	09:43+	10:55+	12:11+	12:40+	13:30+	15:02+	18:23+	19:21+	20:03+	20:46+	21:58+	23:23+	25:03+	26:32+	27:21+	28:30+	30:20+	31:53+	32:37+
00:42+	01:28+	01:52+	00:40-	00:34-	00:39+	01:01-	02:47+	01:12-	01:16-	00:29+	00:50-	01:32+	03:21+	00:58+	00:42+	00:43+	01:12+	01:25+	01:40+	01:29+	00:49+	01:09+	01:50+	01:33+	00:44+
00:06#	00:20&	00:06+	00:03-	00:04-	00:01+	00:03-	00:25#	00:09-	00:05-	00:02+	00:01-	00:09#	01:23&	00:00+	00:02+	00:03+	00:16&	00:04+	00:22&	00:16#	00:01+	00:27&	00:08+	00:15#	00:06#
33:37+	34:56+	36:08+	37:35+	39:09+	40:07+	40:33+	40:53+																		
01:00+	01:19+	01:12-	01:27-	01:34-	00:58-	00:26-	00:20-																		
00:35@	00:05+	00:18-	00:09-	00:21-	00:33-	00:03-	00:04-																		

<b>6</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>41:21</b>													
00:34-	01:22-	02:51-	03:23-	03:59-	04:41-	08:55+	11:04+	12:10+	13:30+	13:59+	14:44+	16:57+	18:54+	19:53+	22:32+	23:04+	23:52+	25:12+	26:27+	27:42+	28:27+	29:23+	31:20+	32:40+	33:17+
00:34-	00:48-	01:29-	00:32-	00:36-	00:42+	04:14+	02:09-	01:06-	01:20-	00:29+	00:45-	02:13+	01:57-	00:59+	02:39+	00:32-	00:48-	01:20-	01:15-	01:15+	00:45-	00:56+	01:57+	01:20+	00:37-
00:02-	00:20-	00:17-	00:11-	00:02-	00:04#	03:10@	00:13-	00:15-	00:01-	00:02+	00:06-	00:50&	00:01-	00:01+	01:59@	00:08-	00:08-	00:01-	00:03-	00:02+	00:03-	00:14&	00:15#	00:02+	00:01-
33:38+	34:44+	36:18+	37:56+	39:10+	40:25+	41:03+	41:21+	</																	

Class	Navn	Klasse										Tid													
<b>7</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>41:25</b>													
00:35-	02:20+	03:59+	04:29+	05:07+	05:42+	06:31-	09:42+	11:49+	13:04+	13:27+	14:07+	15:27+	17:24+	18:18+	19:08+	20:40+	21:45+	23:20+	24:30+	25:48+	27:23+	28:15+	30:21+	31:43+	32:22+
00:35-	01:45+	01:39-	00:30-	00:38=	00:35-	00:49-	03:11+	02:07+	01:15-	00:23-	00:40-	01:20-	01:57-	00:54-	00:50+	01:32+	01:05+	01:35+	01:10-	01:18+	01:35+	00:52+	02:06+	01:22+	00:39+
00:01-	00:37&	00:07-	00:13-	00:00=	00:03-	00:15-	00:49&	00:46&	00:06-	00:04-	00:11-	00:03-	00:01-	00:04-	00:10#	00:52@	00:09#	00:14#	00:08-	00:05+	00:47&	00:10#	00:24#	00:04+	00:01+
33:12+	34:19+	35:38+	37:05+	39:12+	40:25+	41:02+	41:25+																		
00:50+	01:07-	01:19-	01:27-	02:07+	01:13-	00:37+	00:23-																		
00:25&	00:07-	00:11-	00:09-	00:12#	00:18-	00:08&	00:01-																		
<b>8</b>	<b>Magnar Møller</b>	<b>62</b>										<b>42:23</b>													
00:41+	01:45+	03:10-	03:52-	04:33-	05:13-	07:36+	09:58+	11:21+	12:45+	13:18+	14:20+	15:53+	17:45+	18:41+	19:21+	20:09+	21:22+	23:15+	24:45+	26:12+	26:54+	27:41+	29:31+	31:00+	31:34+
00:41+	01:04-	01:25-	00:42-	00:41+	00:40+	02:23+	02:22=	01:23+	01:24+	00:33+	01:02+	01:33+	01:52-	00:56-	00:40=	00:48+	01:13+	01:53+	01:30+	01:27+	00:42-	00:47+	01:50+	01:29+	00:34-
00:05#	00:04-	00:21-	00:01-	00:03+	00:02+	01:19@	00:00=	00:02+	00:03+	00:06#	00:11#	00:10#	00:06-	00:02-	00:00=	00:08#	00:17&	00:32&	00:12#	00:14#	00:06-	00:05#	00:08+	00:11#	00:04-
32:19+	33:16+	34:39+	37:01+	38:07+	39:35+	40:10+	42:23+																		
00:45+	00:57-	01:23-	02:22+	01:06-	01:28-	00:35+	02:13+																		
00:20&	00:17-	00:07-	00:46&	00:49-	00:03-	00:06#	01:49@																		
<b>9</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>43:30</b>													
00:59+	02:16+	03:44+	04:21+	05:01+	05:53+	07:08+	09:22+	10:39+	11:54+	12:21+	13:07+	14:51+	16:38+	17:42+	18:26+	18:56+	19:58+	21:29+	22:55+	24:16+	24:59+	25:44+	28:17+	30:02+	30:45+
00:59+	01:17+	01:28-	00:37-	00:40+	00:52+	01:15+	02:14-	01:17-	01:15-	00:27=	00:46-	01:44+	01:47-	01:04+	00:44+	00:30-	01:02+	01:31+	01:26+	01:21+	00:43-	00:45+	02:33+	01:45+	00:43+
00:23&	00:09#	00:18-	00:06-	00:02+	00:14&	00:11#	00:08-	00:04-	00:06-	00:00=	00:05-	00:21&	00:11-	00:06#	00:04#	00:10-	00:06#	00:10#	00:08#	00:08#	00:05-	00:03+	00:51&	00:27&	00:05#
31:08+	32:13+	33:40+	39:40+	40:59+	42:31+	43:09+	43:30+																		
00:23-	01:05-	01:27-	06:00+	01:19-	01:32+	00:38+	00:21-																		
00:02-	00:09-	00:03-	04:24@	00:36-	00:01+	00:09&	00:03-																		
<b>10</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>44:07</b>													
00:39+	01:50+	03:12-	03:49-	04:30-	05:08-	06:44+	09:25+	11:14+	12:44+	13:14+	13:57+	15:32+	17:38+	18:38+	19:45+	20:41+	21:58+	23:54+	25:09+	27:01+	27:59+	28:45+	30:47+	32:46+	33:23+
00:39+	01:11+	01:22-	00:37-	00:41+	00:38=	01:36+	02:41+	01:49+	01:30+	00:30+	00:43-	01:35+	02:06+	01:00+	01:07+	00:56+	01:17+	01:56+	01:15-	01:52+	00:58+	00:46+	02:02+	01:59+	00:37-
00:03+	00:03+	00:24-	00:06-	00:03+	00:00=	00:32&	00:19#	00:28&	00:09#	00:03#	00:08-	00:12#	00:08+	00:02+	00:27&	00:16&	00:21&	00:35&	00:03-	00:39&	00:10#	00:04+	00:20#	00:41&	00:01-
33:48+	35:26+	37:19+	39:47+	41:46+	43:00+	43:48+	44:07+																		
00:25=	01:38+	01:53+	02:28+	01:59+	01:14-	00:48+	00:19-																		
00:00=	00:24&	00:23&	00:52&	00:04+	00:17-	00:19&	00:05-																		
<b>11</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>44:49</b>													
00:42+	01:56+	03:31+	04:24+	05:05+	05:42+	06:23-	08:17-	09:38-	10:40-	11:12-	12:01-	13:14-	15:00-	23:28+	24:01+	25:45+	26:26+	28:18+	29:30+	30:53+	31:44+	32:26+	34:07+	35:59+	36:34+
00:42+	01:14+	01:35-	00:53+	00:41+	00:37-	00:41-	01:54-	01:21=	01:02-	00:32+	00:49-	01:13-	01:46-	08:28+	00:33-	01:44+	00:41-	01:52+	01:12-	01:23+	00:51+	00:42=	01:41-	01:52+	00:35-
00:06#	00:06+	00:11-	00:10#	00:03+	00:01-	00:23-	00:28-	00:00=	00:19-	00:05#	00:02-	00:10-	00:12-	07:30@	00:07-	01:04@	00:15-	00:31&	00:06-	00:10#	00:03+	00:00=	00:01-	00:34&	00:03-
37:46+	38:50+	39:57+	41:26+	43:08+	44:01+	44:29+	44:49+																		
01:12+	01:04-	01:07-	01:29-	01:42-	00:53-	00:28-	00:20-																		
00:47@	00:10-	00:23-	00:07-	00:13-	00:38-	00:01-	00:04-																		
<b>12</b>	<b>Frank Hansen</b>	<b>29</b>										<b>45:18</b>													
00:38+	03:29+	05:12+	07:09+	07:48+	08:26+	09:47+	12:02+	13:29+	14:55+	15:25+	16:10+	18:43+	20:45+	21:44+	22:22+	23:06+	24:09+	25:28+	27:20+	28:47+	29:28+	30:28+	32:24+	33:55+	34:42+
00:38+	02:51+	01:43-	01:57+	00:39+	00:38=	01:21+	02:15-	01:27+	01:26+	00:30+	00:45-	02:33+	02:02+	00:59+	00:38-	00:44+	01:03+	01:19-	01:52+	01:27+	00:41-	01:00+	01:56+	01:31+	00:47+
00:02+	01:43@	00:03-	01:14@	00:01+	00:00=	00:17&	00:07-	00:06+	00:05+	00:03#	00:06-	01:10&	00:04+	00:01+	00:02-	00:04#	00:07#	00:02-	00:34&	00:14#	00:07-	00:18&	00:14#	00:13#	00:09#
36:40+	37:54+	39:24+	41:45+	42:45+	44:07+	44:50+	45:18+																		
01:58+	01:14=	01:30=	02:21+	01:00-	01:22-	00:43+	00:28+																		
01:33@	00:00=	00:00=	00:45&	00:55-	00:09-	00:14&	00:04#																		
<b>13</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>45:45</b>													
00:34-	01:21-	03:04-	04:06-	04:36-	05:14-	06:15-	08:25-	09:49-	12:54+	13:19+	14:01+	15:25+	19:11+	20:25+	21:13+	25:27+	26:16+	27:47+	29:18+	30:41+	31:34+	32:16+	34:17+	35:47+	36:28+
00:34-	00:47-	01:43-	01:02+	00:30-	00:38=	01:01-	02:10-	01:24+	03:05+	00:25-	00:42-	01:24+	03:46+	01:14+	00:48+	04:14+	00:49-	01:31+	01:31+	01:23+	00:53+	00:42=	02:01+	01:30+	00:41+
00:02-	00:21-	00:03-	00:19&	00:08-	00:00=	00:03-	00:12-	00:03+	01:44@	00:02-	00:09-	00:01+	01:48&	00:16&	00:08#	03:34@	00:07-	00:10#	00:13#	00:10#	00:05#	00:00=	00:19#	00:12#	00:03+
36:52+	38:08+	40:40+	42:24+	43:41+	44:49+	45:29+	45:45+																		
00:24-	01:16+	02:32+	01:44+	01:17-	01:08-	00:40+	00:16-																		
00:01-	00:02+	01:02&	00:08+	00:38-	00:23-	00:11&	00:08-																		
<b>14</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>47:04</b>													
00:46+	01:33-	10:06+	10:57+	11:22+	12:04+	13:02+	15:03+	16:08+	17:21+	17:47+	18:39+	20:34+	22:18+	23:16+	23:56+	25:34+	26:40+	28:26+	30:02+	31:18+	32:05+	32:52+	34:40+	36:09+	36:46+
00:46+	00:47-	08:33+	00:51+	00:25-	00:42+	00:58-	02:01-	01:05-	01:13-	00:26-	00:52+	01:55+	01:44-	00:58=	00:40=	01:38+	01:06+	01:46+	01:36+	01:16+	00:47-	00:47+	01:48+	01:29+	00:37-
00:10&	00:21-	06:47@	00:08#	00:13-	00:04#	00:06-	00:21-	00:16-	00:08-	00:01-	00:01+	00:32&	00:14-	00:00=	00:00=	00:58@	00:10#	00:25&	00:18#	00:03+	00:01-	00:05#	00:06+	00:11#	00:01-
38:11+	40:00+	41:35+	43:13+	45:16+	46:13+	46:46+	47:04+																		
01:25+	01:49+	01:35+	01:38+	02:03+	00:57-	00:33+	00:18-																		
01:00@	00:35&	00:05+	00:02+	00:08+	00:34-	00:04#	00:06-																		
<b>15</b>	<b>Ingve Vold</b>	<b>54</b>										<b>47:33</b>													
00:49+	01:57+	05:09+	06:38+	07:21+																					



Class	Navn	Klasse										Tid													
<b>16</b>	<b>Kjell Ove Aksland</b>	<b>27</b>										<b>47:50</b>													
01:26+	02:25+	04:39+	05:16+	05:53+	06:37+	08:17+	10:31+	11:52+	13:24+	13:53+	15:10+	16:50+	20:40+	21:45+	22:30+	23:29+	24:55+	27:01+	28:37+	30:17+	31:12+	32:47+	34:38+	36:44+	37:22+
01:26+	00:59-	02:14+	00:37-	00:37-	00:44+	01:40+	02:14-	01:21=	01:32+	00:29+	01:17+	01:40+	03:50+	01:05+	00:45+	00:59+	01:26+	02:06+	01:36+	01:40+	00:55+	01:35+	01:51+	02:06+	00:38=
00:50#	00:09-	00:28&	00:06-	00:01-	00:06#	00:36&	00:08-	00:00=	00:11#	00:02+	00:26&	00:17#	01:52&	00:07#	00:05#	00:19&	00:30&	00:45&	00:18#	00:27&	00:07#	00:53#	00:09+	00:48&	00:00=
37:53+	39:00+	40:32+	43:53+	44:49+	46:52+	47:30+	47:50+																		
00:31+	01:07-	01:32+	03:21+	00:56-	02:03+	00:38+	00:20-																		
00:06#	00:07-	00:02+	01:45#	00:59-	00:32&	00:09&	00:04-																		
<b>17</b>	<b>Trond Sandal</b>	<b>42</b>										<b>48:07</b>													
00:51+	01:46+	03:28-	04:11-	04:51=	05:41+	06:57+	09:49+	11:00+	12:35+	13:06+	13:58+	15:46+	18:06+	19:31+	20:17+	27:23+	28:45+	30:19+	32:05+	33:24+	34:20+	35:08+	37:15+	38:50+	39:30+
00:51+	00:55-	01:42-	00:43=	00:40+	00:50+	01:16+	02:52+	01:11-	01:35+	00:31+	00:52+	01:48+	02:20+	01:25+	00:46+	07:06+	01:22+	01:34+	01:46+	01:19+	00:56+	00:48+	02:07+	01:35+	00:40+
00:15&	00:13-	00:04-	00:00=	00:02+	00:12&	00:12#	00:30#	00:10-	00:14#	00:04#	00:01+	00:25&	00:22#	00:27&	00:06#	06:26#	00:26&	00:13#	00:28&	00:06+	00:08#	00:06#	00:25#	00:17#	00:02+
39:55+	41:09+	42:49+	44:35+	45:46+	47:06+	47:47+	48:07+																		
00:25=	01:14=	01:40+	01:46+	01:11-	01:20-	00:41+	00:20-																		
00:00=	00:00=	00:10#	00:10#	00:44-	00:11-	00:12&	00:04-																		
<b>18</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>49:01</b>													
00:36=	01:31-	03:15-	05:00+	05:34+	06:11+	07:17+	10:03+	11:32+	12:46+	13:20+	14:29+	16:18+	18:17+	19:30+	22:20+	23:14+	25:07+	27:05+	30:57+	32:22+	33:32+	34:26+	36:26+	37:54+	39:32+
00:36=	00:55-	01:44-	01:45+	00:34-	00:37-	01:06+	02:46+	01:29+	01:14-	00:34+	01:09+	01:49+	01:59+	01:13+	02:50+	00:54+	01:53+	01:58+	03:52+	01:25+	01:10+	00:54+	02:00+	01:28+	01:38+
00:00=	00:13-	00:02-	01:02#	00:04-	00:01-	00:02+	00:24#	00:08+	00:07-	00:07&	00:18&	00:26&	00:01+	00:15&	02:10#	00:14&	00:57#	00:37&	02:34#	00:12#	00:22&	00:12&	00:18#	00:10#	01:00#
40:18+	41:41+	43:11+	44:56+	46:43+	47:51+	48:36+	49:01+																		
00:46+	01:23+	01:30=	01:45+	01:47-	01:08-	00:45+	00:25+																		
00:21&	00:09#	00:00=	00:09+	00:08-	00:23-	00:16&	00:01+																		
<b>19</b>	<b>Håvard Håland</b>	<b>66</b>										<b>49:04</b>													
00:46+	02:38+	04:14+	06:14+	06:38+	07:22+	09:44+	15:50+	17:27+	18:46+	19:16+	20:08+	22:01+	24:10+	25:39+	26:25+	27:12+	28:47+	30:14+	31:55+	33:10+	33:56+	34:51+	36:40+	38:43+	39:28+
00:46+	01:52+	01:36-	02:00+	00:24-	00:44+	02:22+	06:06+	01:37+	01:19-	00:30+	00:52+	01:53+	02:09+	01:29+	00:46+	00:47+	01:35+	01:27+	01:41+	01:15+	00:46-	00:55+	01:49+	02:03+	00:45+
00:10&	00:44&	00:10-	01:17#	00:14-	00:06#	01:18#	03:44#	00:16#	00:02-	00:03#	00:01+	00:30&	00:11+	00:31&	00:06#	00:07#	00:39&	00:06+	00:23&	00:02+	00:02-	00:13&	00:07+	00:45&	00:07#
41:09+	42:33+	44:04+	45:38+	47:17+	48:16+	48:42+	49:04+																		
01:41+	01:24+	01:31+	01:34-	01:39-	00:59-	00:26-	00:22-																		
01:16#	00:10#	00:01+	00:02-	00:16-	00:32-	00:03-	00:02-																		
<b>20</b>	<b>Inge Skretting</b>	<b>165</b>										<b>49:22</b>													
00:54+	04:23+	05:56+	06:39+	07:17+	08:00+	09:27+	12:04+	14:07+	15:56+	16:28+	17:24+	19:08+	21:00+	22:08+	22:51+	23:35+	25:03+	26:42+	28:05+	30:10+	31:13+	32:05+	34:05+	35:31+	36:10+
00:54+	03:29+	01:33-	00:43=	00:38=	00:43+	01:27+	02:37+	02:03+	01:49+	00:32+	00:56+	01:44+	01:52-	01:08+	00:43+	00:44+	01:28+	01:39+	01:23+	02:05+	01:03+	00:52+	02:00+	01:26+	00:39+
00:18&	02:21#	00:13-	00:00=	00:00=	00:05#	00:23&	00:15#	00:42&	00:28&	00:05#	00:05+	00:21&	00:06-	00:10#	00:03+	00:04#	00:32&	00:18#	00:05+	00:52&	00:15&	00:10#	00:18#	00:08#	00:01+
36:41+	37:58+	39:46+	41:29+	43:57+	45:03+	48:47+	49:22+																		
00:31+	01:17+	01:48+	01:43+	02:28+	01:06-	03:44+	00:35+																		
00:06#	00:03+	00:18#	00:07+	00:33&	00:25-	03:15#	00:11&																		
<b>21</b>	<b>Lars Primstad</b>	<b>62</b>										<b>50:40</b>													
00:30-	01:45+	04:32+	06:18+	07:06+	07:41+	10:02+	12:32+	13:44+	14:54+	15:42+	16:28+	17:47+	22:52+	23:45+	32:01+	32:41+	34:00+	35:53+	37:03+	38:20+	39:03+	39:51+	41:33+	42:59+	43:52+
00:30-	01:15+	02:47+	01:46+	00:48+	00:35-	02:21+	02:30+	01:12-	01:10-	00:48+	00:46-	01:19-	05:05+	00:53-	08:16+	00:40=	01:19+	01:53+	01:10-	01:17+	00:43-	00:48+	01:42=	01:26+	00:53+
00:06-	00:07#	01:01&	01:03#	00:10&	00:03-	01:17#	00:08+	00:09-	00:11-	00:21&	00:05-	00:04-	03:07#	00:05-	07:36#	00:00=	00:23&	00:32&	00:08-	00:04+	00:05-	00:06#	00:00=	00:08#	00:15&
44:17+	45:27+	46:31+	47:58+	48:52+	49:51+	50:22+	50:40+																		
00:25=	01:10-	01:04-	01:27-	00:54-	00:59-	00:31+	00:18-																		
00:00=	00:04-	00:26-	00:09-	01:01-	00:32-	00:02+	00:06-																		
<b>22</b>	<b>Asbjørn Bråndland</b>	<b>297</b>										<b>51:23</b>													
00:40+	01:32-	07:31+	11:08+	11:34+	12:14+	13:54+	17:14+	18:42+	20:02+	20:40+	21:27+	22:57+	24:52+	25:57+	26:38+	27:07+	28:12+	29:49+	31:11+	32:40+	33:29+	34:34+	36:36+	38:02+	38:46+
00:40+	00:52-	05:59+	03:37+	00:26-	00:40+	01:40+	03:20+	01:28+	01:20-	00:38+	00:47+	01:30+	01:55-	01:05+	00:41+	00:29-	01:05+	01:37+	01:22+	01:29+	00:49+	01:05+	02:02+	01:26+	00:44+
00:04#	00:16-	04:13#	02:54#	00:12-	00:02+	00:36&	00:58&	00:07+	00:01-	00:11&	00:04-	00:07+	00:03-	00:07#	00:01+	00:11-	00:09#	00:16#	00:04+	00:16#	00:01+	00:23&	00:20#	00:08#	00:06#
39:17+	40:23+	41:56+	45:07+	46:09+	47:36+	50:52+	51:23+																		
00:31+	01:06-	01:33+	03:11+	01:02-	01:27-	03:16+	00:31+																		
00:06#	00:08-	00:03+	01:35&	00:53-	00:04-	02:47#	00:07&																		
<b>23</b>	<b>Christof Schätz</b>	<b>239</b>										<b>53:20</b>													
00:44+	03:11+	05:10+	05:54+	06:40+	07:31+	09:09+	12:07+	13:59+	16:00+	16:32+	17:30+	19:37+	21:59+	23:06+	24:37+	25:16+	27:18+	29:15+	30:44+	32:04+	32:45+	33:34+	35:59+	38:04+	39:16+
00:44+	02:27+	01:59+	00:44+	00:46+	00:51+	01:38+	02:58+	01:52+	02:01+	00:32+	00:58+	02:07+	02:22+	01:07+	01:31+	00:39-	02:02+	01:57+	01:29+	01:20+	00:41-	00:49+	02:25+	02:05+	01:12+
00:08#	01:19#	00:13#	00:01+	00:08#	00:13&	00:34&	00:36&	00:31&	00:40&	00:05#	00:07#	00:44&	00:24#	00:09#	00:51#	00:01-	01:06#	00:36&	00:11#	00:07+	00:07-	00:07#	00:43&	00:47&	00:34&
39:46+	41:15+	43:00+	45:51+	47:22+	49:06+	52:50+	53:20+																		
00:30+	01:29+	01:45+	02:51+	01:31-	01:44+	03:44+	00:30+																		
00:05#	00:15#	00:15#	01:15&	00:24-	00:13#	03:15#	00:06#																		
<b>24</b>	<b>Ove Njå</b>	<b>53</b>										<b>53:33</b>													
00:																									

Class	Navn	Klasse	Tid																						
<b>25</b>	<b>Stein Arve Finnestad</b>	<b>287</b>	<b>55:01</b>																						
00:38+	02:07+	03:30=	06:37+	07:16+	11:13+	14:46+	15:59+	17:15+	17:43+	18:38+	20:33+	22:23+	23:26+	25:35+	26:20+	27:18+	28:48+	30:04+	31:27+	32:35+	33:37+	35:44+	37:05+	39:18+	
00:38+	01:29+	01:23-	03:07+	00:39+	00:41+	03:16+	03:33+	01:13-	01:16-	00:28+	00:55+	01:55+	01:50-	01:03+	02:09+	00:45+	00:58+	01:30+	01:16-	01:23+	01:08+	01:02+	02:07+	01:21+	02:13+
00:02+	00:21&	00:23-	02:24@	00:01+	00:03+	02:12@	01:11&	00:08-	00:05-	00:01+	00:04+	00:32&	00:08-	00:05+	01:29@	00:05#	00:02+	00:09#	00:02-	00:10#	00:20&	00:20&	00:25#	00:03+	01:35@
43:51+	46:51+	48:34+	50:12+	52:56+	54:03+	54:39+	55:01+																		
04:33+	03:00+	01:43+	01:38+	02:44+	01:07-	00:36+	00:22-																		
04:08@	01:46@	00:13#	00:02+	00:49&	00:24-	00:07#	00:02-																		

<b>26</b>	<b>Harald Taksdal</b>	<b>236</b>	<b>58:30</b>																						
01:00+	04:08+	06:13+	07:02+	07:42+	08:33+	10:05+	16:17+	17:38+	19:07+	19:40+	21:22+	23:27+	25:45+	27:15+	28:59+	32:46+	34:41+	36:26+	38:29+	40:21+	41:16+	42:27+	44:33+	46:38+	47:32+
01:00+	03:08+	02:05+	00:49+	00:40+	00:51+	01:32+	06:12+	01:21=	01:29+	00:33+	01:42+	02:05+	02:18+	01:30+	01:44+	03:47+	01:55+	01:45+	02:03+	01:52+	00:55+	01:11+	02:06+	02:05+	00:54+
00:24&	02:00@	00:19#	00:06#	00:02+	00:13&	00:28&	03:50@	00:00=	00:08+	00:06#	00:51&	00:42&	00:20#	00:32&	01:04@	03:07@	00:59@	00:24&	00:45&	00:39&	00:07#	00:29&	00:24#	00:47&	00:16&
48:19+	49:47+	51:34+	53:45+	56:01+	57:24+	58:02+	58:30+																		
00:47+	01:28+	01:47+	02:11+	02:16+	01:23-	00:38+	00:28+																		
00:22&	00:14#	00:17#	00:35&	00:21#	00:08-	00:09&	00:04#																		

### Beste strekktid for klassen

00:30 00:47 01:17 00:30 00:24 00:35 00:41 01:54 01:05 01:02 00:23 00:40 01:13 01:44 00:53 00:33 00:29 00:41 01:18 01:10 01:11 00:34 00:41 01:38 01:15 00:26 00:21 00:57

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

## Herrer 60 - 64 år

<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>36:32</b>																						
00:25=	01:14=	02:31=	03:12=	03:42=	04:18=	05:39=	07:00=	07:30=	08:01=	08:48=	09:49=	11:06=	12:43=	13:09=	14:47=	15:36=	16:32=	17:10=	18:18=	19:14=	20:24=	21:28=	22:30=	23:23=	24:09=
00:25=	00:49=	01:17=	00:41=	00:30=	00:36=	01:21=	01:21=	00:30=	00:31=	00:47=	01:01=	01:17=	01:37=	00:26=	01:38=	00:49=	00:56=	00:38=	01:08=	00:56=	01:10=	01:04=	01:02=	00:53=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
25:49=	27:25=	28:58=	30:01=	33:12=	33:51=	36:16=	36:32=																		
01:40=	01:36=	01:33=	01:03=	03:11=	00:39=	02:25=	00:16=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		

<b>2</b>	<b>Tor Brekken</b>	<b>97</b>	<b>44:10</b>																						
00:32+	03:09+	04:49+	05:35+	06:12+	06:52+	08:15+	10:15+	10:51+	11:25+	13:21+	14:35+	15:46+	17:50+	18:26+	21:10+	22:10+	23:52+	24:36+	25:28+	26:03+	27:33+	28:44+	29:31+	30:20+	31:38+
00:32+	02:37+	01:40+	00:46+	00:37+	00:40+	01:23+	02:00+	00:36+	00:34+	01:56+	01:14+	01:11-	02:04+	00:36+	02:44+	01:00+	01:42+	00:44+	00:52-	00:35-	01:30+	01:11+	00:47-	00:49-	01:18+
00:07&	01:48@	00:23&	00:05#	00:07#	00:04#	00:02+	00:39&	00:06#	00:03+	01:09@	00:13#	00:06-	00:27&	00:10&	01:06&	00:11#	00:46&	00:06#	00:16-	00:21-	00:20&	00:07#	00:15-	00:04-	00:32&
33:17+	34:03+	36:01+	37:13+	42:04+	42:53+	43:46+	44:10+																		
01:39-	00:46-	01:58+	01:12+	04:51+	00:49+	00:53-	00:24+																		
00:01-	00:50-	00:25&	00:09#	01:40&	00:10&	01:32-	00:08&																		

<b>3</b>	<b>Olav Tunheim</b>	<b>93</b>	<b>48:47</b>																						
00:31+	01:46+	03:25+	04:10+	04:49+	05:34+	09:14+	11:13+	11:50+	12:29+	13:27+	15:42+	17:57+	20:45+	21:41+	25:08+	26:21+	27:33+	28:42+	29:49+	30:38+	32:19+	33:57+	34:56+	36:03+	37:36+
00:31+	01:15+	01:39+	00:45+	00:39+	00:45+	03:40+	01:59+	00:37+	00:39+	00:58+	02:15+	02:15+	02:48+	00:56+	03:27+	01:13+	01:12+	01:09+	01:07-	00:49-	01:41+	01:38+	00:59-	01:07+	01:33+
00:06#	00:26&	00:22&	00:04+	00:09&	00:09#	02:19@	00:38&	00:07#	00:08&	00:11#	01:14@	00:58&	01:11&	00:30@	01:49@	00:24&	00:16&	00:31&	00:01-	00:07-	00:31&	00:34&	00:03-	00:14&	00:47@
39:13+	40:08+	42:15+	43:55+	46:54+	47:40+	48:26+	48:47+																		
01:37-	00:55-	02:07+	01:40+	02:59-	00:46+	00:46-	00:21+																		
00:03-	00:41-	00:34&	00:37&	00:12-	00:07#	01:39-	00:05&																		

<b>4</b>	<b>Torbjørn Dahle</b>	<b>92</b>	<b>55:21</b>																						
00:40+	01:56+	03:42+	04:51+	05:31+	06:41+	08:33+	10:31+	11:11+	11:57+	13:00+	14:17+	16:04+	19:48+	20:25+	23:07+	24:32+	25:38+	26:24+	27:27+	28:07+	29:48+	31:15+	35:24+	36:13+	38:35+
00:40+	01:16+	01:46+	01:09+	00:40+	01:10+	01:52+	01:58+	00:40+	00:46+	01:03+	01:17+	01:47+	03:44+	00:37+	02:42+	01:25+	01:06+	00:46+	01:03-	00:40-	01:41+	01:27+	04:09+	00:49-	02:22+
00:15&	00:27&	00:29&	00:28&	00:10&	00:34&	00:31&	00:37&	00:10&	00:15&	00:16&	00:16&	00:30&	02:07@	00:11&	01:04&	00:10#	00:08#	00:05-	00:16-	00:31&	00:23&	03:07@	00:04-	00:49-	01:36@
40:00+	40:51+	42:47+	44:27+	47:41+	48:23+	54:59+	55:21+																		
01:25-	00:51-	01:56+	01:40+	00:14+	00:42+	06:36+	00:22+																		
00:15-	00:45-	00:23#	00:37&	00:03+	00:03+	04:11@	00:06&																		

<b>5</b>	<b>Kjell Lervik</b>	<b>239</b>	<b>59:37</b>																						
00:39+	03:59+	05:54+	06:46+	07:30+	08:25+	10:27+	12:32+	13:17+	14:07+	15:22+	16:50+	19:07+	26:17+	27:14+	31:27+	33:52+	35:59+	36:52+	38:10+	38:58+	40:49+	43:27+	44:49+	45:57+	47:10+
00:39+	03:20+	01:55+	00:52+	00:44+	00:55+	02:02+	02:05+	00:45+	00:50+	01:15+	01:28+	02:17+	07:10+	00:57+	04:13+	02:25+	02:07+	00:53+	01:18+	00:48-	01:51+	02:38+	01:22+	01:08+	01:13+
00:14&	02:31@	00:38&	00:11&	00:14&	00:19&	00:41&	00:44&	00:15&	00:19&	00:28&	00:27&	01:00&	05:33@	00:31@	02:35@	01:36@	01:11@	00:15&	00:10#	00:08-	00:41&	01:34@	00:20&	00:15&	00:27&
49:12+	50:13+	51:51+	53:18+	56:43+	57:54+	59:14+	59:37+																		
02:02+	01:01-	01:38+	01:27+	03:25+	01:11+	01:20-	00:23+																		
00:22#	00:35-	00:05+	00:24&	00:14+	00:32&	01:05-	00:07&																		

<b>6</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>	<b>1:01:13</b>																						
00:37+	01:54+	04:09+	05:18+	06:14+	07:08+	10:21+	12:56+	13:45+	14:33+	16:00+	17:42+	19:42+	23:06+	24:59+	27:06+	28:24+	30:15+	31:08+	32:13+	33:05+	35:19+	40:03+	42:22+	43:55+	45:05+
00:37+	01:17+	02:15+	01:09+	00:56+	00:54+	03:13+	02:35+	00:49+	00:48+	01:27+	01:42+	02:00+	03:24+	01:53+	02:07+	01:18+	01:51+	00:53+	01:05-	00:52-	02:14+	04:44+	02:19+	01:33+	01:10+
00:12&	00:28&	00:58&	00:28&	00:26&	00:18&	01:52@	01:14&	00:19&	00:17&	00:40&	00:41&	00:43&	01:47@	01:27@	00:29&	00:29&	00:55&	00:15&	00:03-						

Class	Navn	Klasse	Tid																						
<b>7</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>	<b>1:05:02</b>																						
00:55+	02:20+	04:30+	05:45+	06:34+	07:30+	09:21+	11:54+	12:37+	13:26+	14:48+	16:42+	18:35+	21:31+	22:22+	27:33+	29:03+	31:49+	33:05+	35:29+	36:22+	38:44+	44:51+	46:24+	47:50+	49:26+
00:55+	01:25+	02:10+	01:15+	00:49+	00:56+	01:51+	02:33+	00:43+	00:49+	01:22+	01:54+	01:53+	02:56+	00:51+	05:11+	01:30+	02:46+	01:16+	02:24+	00:53-	02:22+	06:07+	01:33+	01:26+	01:36+
00:30@	00:36@	00:53&	00:34&	00:19&	00:20&	00:30&	01:12&	00:13&	00:18&	00:35&	00:53&	00:36&	01:19&	00:25&	03:33@	00:41&	01:50@	00:38&	01:16@	00:03-	01:12@	05:03@	00:31&	00:33&	00:50@
51:35+	52:46+	55:20+	57:50+	62:07+	62:56+	64:36+	65:02+																		
02:09+	01:11-	02:34+	02:30+	04:17+	00:49+	01:40-	00:26+																		
00:29&	00:25-	01:01&	01:27@	01:06&	00:10&	00:45-	00:10&																		

<b>8</b>	<b>Rolf Kleppe</b>	<b>63</b>	<b>1:22:04</b>																						
01:06+	03:06+	05:22+	06:41+	07:34+	08:26+	11:12+	14:30+	15:23+	16:07+	17:19+	18:49+	20:58+	26:50+	27:53+	30:21+	34:09+	36:45+	37:44+	38:53+	40:28+	42:41+	44:45+	46:19+	47:26+	48:46+
01:06+	02:00+	02:16+	01:19+	00:53+	00:52+	02:46+	03:18+	00:53+	00:44+	01:12+	01:30+	02:09+	05:52+	01:03+	02:28+	03:48+	02:36+	00:59+	01:09+	01:35+	02:13+	02:04+	01:34+	01:07+	01:20+
00:41@	01:11@	00:59&	00:38&	00:23&	00:16&	01:25@	01:57@	00:23&	00:13&	00:25&	00:29&	00:52&	04:15@	00:37@	00:50&	02:59@	01:40@	00:21&	00:01+	00:39&	01:03&	01:00&	00:32&	00:14&	00:34&
52:23+	53:51+	56:51+	58:41+	79:02+	80:25+	81:35+	82:04+																		
03:37+	01:28-	03:00+	01:50+	20:21+	01:23+	01:10-	00:29+																		
01:57@	00:08-	01:27&	00:47&	17:10@	00:44@	01:15-	00:13&																		

### Beste strekktid for klassen

00:25 00:49 01:17 00:41 00:30 00:36 01:21 01:21 00:30 00:31 00:47 01:01 01:11 01:37 00:26 01:38 00:49 00:56 00:38 00:52 00:35 01:10 01:04 00:47 00:49 00:46 01:25 00:46

= 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>36:10</b>																						
00:26=	01:00=	02:06=	02:44=	03:13=	03:46=	05:02=	06:21=	06:54=	07:27=	09:51=	10:41=	13:05=	14:48=	15:13=	16:17=	17:22=	20:00=	20:57=	21:25=	22:05=	22:34=	23:40=	24:48=	25:28=	26:19=
00:26=	00:34=	01:06=	00:38=	00:29=	00:33=	01:16=	01:19=	00:33=	00:33=	02:24=	00:50=	02:04=	01:43=	00:25=	01:04=	01:05=	02:38=	00:57=	00:28=	00:40=	00:29=	01:06=	01:08=	00:40=	00:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
27:39=	28:49=	29:53=	31:00=	32:12=	34:24=	35:14=	35:50=	36:10=																	
01:20=	01:10=	01:04=	01:07=	01:12=	02:12=	00:50=	00:36=	00:20=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	

<b>2</b>	<b>Bjarne Gimre</b>	<b>88</b>	<b>39:29</b>																						
00:31+	01:25+	02:56+	03:44+	04:23+	05:12+	06:50+	08:45+	09:20+	10:01+	10:59+	12:16+	13:30+	16:17+	16:46+	18:08+	19:13+	20:39+	21:17+	22:13+	22:52+	24:31+	26:05+	26:55+	27:56+	29:25+
00:31+	00:54+	01:31+	00:48+	00:39+	00:49+	01:38+	01:55+	00:35+	00:41+	00:58-	01:17+	01:14-	02:47+	00:29+	01:22+	01:05=	01:26-	00:38-	00:56+	00:39-	01:39+	01:34+	00:50-	01:01+	01:29+
00:05#	00:20&	00:25&	00:10&	00:10&	00:16&	00:22&	00:36&	00:02+	00:08#	01:26-	00:27&	01:10-	01:04&	00:04#	00:18&	00:00=	01:12-	00:19-	00:28&	00:01-	01:10@	00:28&	00:18-	00:21&	00:38&
31:08+	31:54+	33:29+	34:45+	37:37+	38:25+	39:11+	39:29+																		
01:43+	00:46-	01:35+	01:16+	02:52+	00:48-	00:46-	00:18-																		
00:23&	00:24-	00:31&	00:09#	01:40@	01:24-	00:04-	00:18-																		

<b>3</b>	<b>Bjørn Alsaker</b>	<b>115</b>	<b>40:13</b>																						
00:29+	01:24+	02:38+	03:22+	03:52+	04:27+	05:54+	07:29+	08:05+	08:35+	09:24-	10:31-	13:13+	16:32+	17:01+	18:50+	20:52+	22:12+	22:42+	23:28+	23:58+	25:10+	26:23+	27:04+	27:48+	28:46+
00:29+	00:55+	01:14+	00:44+	00:30+	00:35+	01:27+	01:35+	00:36+	00:30-	00:49-	01:07+	02:42+	03:19+	00:29+	01:49+	02:02+	01:20-	00:30-	00:46+	00:30-	01:12+	01:13+	00:41-	00:44+	00:58+
00:03#	00:21&	00:08#	00:06#	00:01+	00:02+	00:11#	00:16#	00:03+	00:03-	01:35-	00:17&	00:18#	01:36&	00:04#	00:45&	00:57&	01:18-	00:27-	00:18&	00:10-	00:43@	00:07#	00:27-	00:04#	00:07#
29:59+	30:40+	33:08+	34:28+	36:55+	39:11+	39:55+	40:13+																		
01:13-	00:41-	02:28+	01:20+	02:27+	02:16+	00:44-	00:18-																		
00:07-	00:29-	01:24@	00:13#	01:15@	00:04+	00:06-	00:18-																		

<b>4</b>	<b>Magne Vollen</b>	<b>374</b>	<b>42:05</b>																						
00:38+	01:54+	03:28+	04:11+	04:58+	05:36+	07:07+	08:53+	09:27+	09:58+	10:53+	12:00+	13:06+	16:58+	17:25+	18:55+	19:57+	22:36+	23:59+	24:53+	25:29+	27:14+	28:23+	29:13+	30:03+	31:02+
00:38+	01:16+	01:34+	00:43+	00:47+	00:38+	01:31+	01:46+	00:34+	00:31-	00:55-	01:07+	01:06-	03:52+	00:27+	01:30+	01:02-	02:39+	01:23+	00:54+	00:36-	01:45+	01:09+	00:50-	00:50+	00:59+
00:12&	00:42@	00:28&	00:05#	00:17&	00:05#	00:15#	00:27&	00:01+	00:02-	01:29-	00:17&	01:18-	02:09@	00:02+	00:26&	00:03-	00:01+	00:26&	00:26&	00:04-	01:16@	00:03+	00:18-	00:10#	00:08#
32:21+	33:42+	34:57+	36:13+	38:57+	41:08+	41:44+	42:05+																		
01:19-	01:21+	01:15+	01:16+	02:44+	02:11-	00:36-	00:21-																		
00:01-	00:11#	00:11#	00:09#	01:32@	00:01-	00:14-	00:15-																		

<b>5</b>	<b>Bjørn Sivertsen</b>	<b>99</b>	<b>44:23</b>																						
00:38+	01:30+	03:19+	04:09+	04:45+	05:31+	07:57+	09:40+	10:28+	11:04+	11:57+	13:13+	14:20+	16:43+	17:18+	18:54+	20:04+	22:10+	22:47+	23:49+	24:35+	26:27+	27:58+	28:59+	29:57+	32:31+
00:38+	00:52+	01:49+	00:50+	00:36+	00:46+	02:26+	01:43+	00:48+	00:36+	00:53-	01:16+	01:07-	02:23+	00:35+	01:36+	01:10+	02:06-	00:37-	01:02+	00:46+	01:52+	01:31+	01:01-	00:58+	02:34+
00:12&	00:18&	00:43&	00:12&	00:07#	00:13&	01:10&	00:24&	00:15&	00:03+	01:31-	00:26&	01:17-	00:40&	00:10&	00:32&	00:05+	00:32-	00:20-	00:34@	00:06#	01:23@	00:25&	00:07-	00:18&	01:43@
34:35+	35:39+	37:23+	38:42+	42:00+	42:54+	43:56+	44:23+																		
02:04+	01:04-	01:44+	01:19+	03:18+	00:54-	01:02+	00:27-																		
00:44&	00:06-	00:40&	00:12#	02:06@	01:18-	00:12#	00:09-																		

<b>6</b>	<b>Jan Hetland</b>	<b>29</b>	<b>48:04</b>																						
00:52+	01:58+	03:21+	05:14+	05:55+	06:39+	08:26+	10:36+	11:29+	12:08+	13:25+	14:38+	16:23+	18:28+	19:01+	21:44+	23:22+	25:19+	25:56+	27:13+	28:54+	30:28+	32:03+	33:50+	34:49+	36:06+
00:52+	01:06+	01:23+	01:53+	00:41+	00:44+	01:47+	02:10+	00:53+	00:39+	01:17-	01:13+	01:45-	02:05+	00:33+	02:43+	01:38+	01:57-	00:37-	01:17+	01:41+	01:34+	01:35+	01:47+	00:59+	01:17+
00:26&	00:32&	00:17&	01:15@	00:12&	00:11&	00:31&	00:51&	00:20&	00:06#	01:07-	00:23&	00:39-	00:22#	00:08&	01:39@	00:33&	00:41-	00:20							

Class	Navn	Klasse										Tid													
<b>7</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>48:13</b>													
00:40+	01:51+	03:31+	04:19+	05:04+	05:59+	08:02+	09:48+	10:27+	11:06+	12:17+	13:35+	15:31+	19:16+	19:51+	21:34+	22:54+	24:23+	25:07+	26:07+	28:04+	30:03+	31:39+	32:40+	33:42+	34:44+
00:40+	01:11+	01:40+	00:48+	00:45+	00:55+	02:03+	01:46+	00:39+	00:39+	01:11-	01:18+	01:56-	03:45+	00:35+	01:43+	01:20+	01:29-	00:44-	01:00+	01:57+	01:59+	01:36+	01:01-	01:02+	01:02+
00:14#	00:37#	00:34#	00:10#	00:16#	00:22#	00:47#	00:27#	00:06#	00:06#	01:13-	00:28#	00:28-	02:02#	00:10#	00:39#	00:15#	01:09-	00:13-	00:32#	01:17#	01:30#	00:30#	00:07-	00:22#	00:11#
36:18+	37:37+	41:12+	42:29+	46:04+	46:50+	47:48+	48:13+																		
01:34+	01:19+	03:35+	01:17+	03:35+	00:46-	00:58+	00:25-																		
00:14#	00:09#	02:31#	00:10#	02:23#	01:26-	00:08#	00:11-																		
<b>8</b>	<b>Tom Hetland</b>	<b>5</b>										<b>50:33</b>													
00:44+	02:07+	04:17+	05:17+	06:14+	07:06+	09:21+	11:25+	12:01+	12:43+	14:04+	15:28+	17:47+	21:08+	21:49+	24:32+	26:03+	28:42+	29:19+	30:12+	30:46+	32:30+	33:52+	34:59+	35:47+	37:00+
00:44+	01:23+	02:10+	01:00+	00:57+	00:52+	02:15+	02:04+	00:36+	00:42+	01:21-	01:24+	02:19-	03:21+	00:41+	02:43+	01:31+	02:39+	00:37-	00:53+	00:34-	01:44+	01:22+	01:07-	00:48+	01:13+
00:18#	00:49#	01:04#	00:22#	00:28#	00:19#	00:59#	00:45#	00:03+	00:09#	01:03-	00:34#	00:05-	01:38#	00:16#	01:39#	00:26#	00:01+	00:20-	00:25#	00:06-	01:15#	00:16#	00:01-	00:08#	00:22#
38:48+	39:54+	41:35+	44:48+	48:21+	49:04+	50:00+	50:33+																		
01:48+	01:06-	01:41+	03:13+	03:33+	00:43-	00:56+	00:33-																		
00:28#	00:04-	00:37#	02:06#	02:21#	01:29-	00:06#	00:03-																		
<b>9</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>51:24</b>													
00:36+	01:46+	03:41+	04:30+	05:16+	06:05+	07:55+	10:02+	10:41+	11:18+	13:07+	14:25+	15:47+	20:27+	21:03+	24:08+	25:19+	26:42+	27:27+	28:57+	30:50+	32:32+	34:12+	36:58+	37:59+	40:12+
00:36+	01:10+	01:55+	00:49+	00:46+	00:49+	01:50+	02:07+	00:39+	00:37+	01:49-	01:18+	01:22-	04:40+	00:36+	03:05+	01:11+	01:23-	00:45-	01:30+	01:53+	01:42+	01:40+	02:46+	01:01+	02:13+
00:10#	00:36#	00:49#	00:11#	00:17#	00:16#	00:34#	00:48#	00:06#	00:04#	00:35-	00:28#	01:02-	02:57#	00:11#	02:01#	00:06+	01:15-	00:12-	01:02#	01:13#	01:13#	00:34#	01:38#	00:21#	01:22#
41:56+	43:01+	44:23+	46:03+	49:20+	50:10+	51:01+	51:24+																		
01:44+	01:05-	01:22+	01:40+	03:17+	00:50-	00:51+	00:23-																		
00:24#	00:05-	00:18#	00:33#	02:05#	01:22-	00:01+	00:13-																		
<b>10</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>53:09</b>													
00:44+	01:37+	04:25+	05:14+	05:54+	06:45+	08:37+	10:29+	12:40+	13:28+	14:48+	20:22+	21:54+	24:31+	25:05+	26:41+	28:52+	30:43+	31:17+	32:15+	33:04+	34:43+	36:21+	39:16+	40:12+	41:32+
00:44+	00:53+	02:48+	00:49+	00:40+	00:51+	01:52+	01:52+	02:11+	00:48+	01:20-	05:34+	01:32-	02:37+	00:34+	01:36+	02:11+	01:51-	00:34-	00:58+	00:49+	01:39+	01:38+	02:55+	00:56+	01:20+
00:18#	00:19#	01:42#	00:11#	00:11#	00:18#	00:36#	00:33#	01:38#	00:15#	01:04-	04:44#	00:52-	00:54#	00:09#	00:32#	01:06#	00:47-	00:23-	00:30#	00:09#	01:10#	00:32#	01:47#	00:16#	00:29#
43:26+	44:24+	46:18+	47:57+	50:58+	51:46+	52:44+	53:09+																		
01:54+	00:58-	01:54+	01:39+	03:01+	00:48-	00:58+	00:25-																		
00:34#	00:12-	00:50#	00:32#	01:49#	01:24-	00:08#	00:11-																		
<b>11</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>55:10</b>													
01:45+	02:54+	05:13+	06:23+	07:16+	08:16+	10:24+	12:49+	13:40+	14:24+	16:27+	18:08+	19:55+	24:29+	25:33+	28:51+	30:35+	32:42+	33:35+	34:41+	35:46+	37:40+	39:20+	40:33+	41:55+	43:08+
01:45+	01:09+	02:19+	01:10+	00:53+	01:00+	02:08+	02:25+	00:51+	00:44+	02:03-	01:41+	01:47-	04:34+	01:04+	03:18+	01:44+	02:07-	00:53-	01:06+	01:05+	01:54+	01:40+	01:13+	01:22+	01:13+
01:19#	00:35#	01:13#	00:32#	00:24#	00:27#	00:52#	01:06#	00:18#	00:11#	00:21-	00:51#	00:37-	02:51#	00:39#	02:14#	00:39#	00:31-	00:04-	00:38#	00:25#	01:25#	00:34#	00:05+	00:42#	00:22#
44:50+	45:56+	47:21+	49:03+	52:43+	53:50+	54:48+	55:10+																		
01:42+	01:06-	01:25+	01:42+	03:40+	01:07-	00:58+	00:22-																		
00:22#	00:04-	00:35#	02:28#	01:05-	00:08#	00:14-																			
<b>12</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>55:58</b>													
00:30+	01:45+	07:18+	08:15+	09:01+	09:45+	11:30+	13:10+	13:49+	14:39+	15:53+	17:20+	18:35+	20:59+	22:10+	25:50+	32:07+	34:03+	34:47+	35:59+	36:41+	38:23+	40:05+	41:06+	42:05+	43:11+
00:30+	01:15+	05:33+	00:57+	00:46+	00:44+	01:45+	01:40+	00:39+	00:50+	01:14-	01:27+	01:15-	02:24+	01:11+	03:40+	06:17+	01:56-	00:44-	01:12+	00:42+	01:42+	01:42+	01:01-	00:59+	01:06+
00:04#	00:41#	04:27#	00:19#	00:17#	00:11#	00:29#	00:21#	00:06#	00:17#	01:10-	00:37#	01:09-	00:41#	00:46#	02:36#	05:12#	00:42-	00:13-	00:44#	00:02+	01:13#	00:36#	00:07-	00:19#	00:15#
44:56+	45:40+	48:31+	50:47+	53:27+	54:16+	55:35+	55:58+																		
01:45+	00:44-	02:51+	02:16+	02:40+	00:49-	01:19+	00:23-																		
00:25#	00:26-	01:47#	01:09#	01:28#	01:23-	00:29#	00:13-																		
<b>13</b>	<b>Arne Magne Handeland</b>	<b>92</b>										<b>56:12</b>													
00:40+	02:26+	05:21+	08:26+	09:17+	10:16+	12:08+	14:20+	15:04+	15:45+	17:21+	18:48+	20:23+	24:24+	25:38+	27:08+	31:51+	33:16+	34:10+	35:08+	36:04+	38:09+	39:46+	40:58+	41:57+	44:22+
00:40+	01:46+	02:55+	03:05+	00:51+	00:59+	01:52+	02:12+	00:44+	00:41+	01:36-	01:27+	01:35-	04:01+	01:14+	01:30+	04:43+	01:25-	00:54-	00:58+	00:56+	02:05+	01:37+	01:12+	00:59+	02:25+
00:14#	01:12#	01:49#	02:27#	00:22#	00:26#	00:36#	00:53#	00:11#	00:08#	00:48-	00:37#	00:49-	02:18#	00:49#	00:26#	03:38#	01:13-	00:03-	00:30#	00:16#	01:36#	00:31#	00:04+	00:19#	01:34#
46:03+	46:51+	49:06+	50:42+	53:30+	54:31+	55:49+	56:12+																		
01:41+	00:48-	02:15+	01:36+	02:48+	01:01-	01:18+	00:23-																		
00:21#	00:22-	01:11#	00:29#	01:36#	01:11-	00:28#	00:13-																		
<b>14</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>1:14:56</b>													
00:59+	02:33+	04:48+	07:48+	08:49+	09:51+	12:10+	14:29+	15:17+	16:12+	19:08+	20:45+	23:29+	33:23+	34:20+	38:14+	39:35+	40:53+	41:34+	43:08+	49:28+	51:32+	55:52+	57:09+	58:09+	59:13+
00:59+	01:34+	02:15+	03:00+	01:01+	01:02+	02:19+	02:19+	00:48+	00:55+	02:56+	01:37+	02:44+	09:54+	00:57+	03:54+	01:21+	01:18-	00:41-	01:34+	06:20+	02:04+	04:20+	01:17+	01:00+	01:04+
00:33#	01:00#	01:09#	02:22#	00:32#	00:29#	01:03#	01:00#	00:15#	00:22#	00:32#	00:47#	00:20#	08:11#	00:32#	02:50#	00:16#	01:20-	00:16-	01:06#	05:40#	01:35#	03:14#	00:09#	00:20#	00:13#
60:49+	61:39+	63:04+	64:37+	67:24+	68:16+	73:56+	74:56+																		
01:36+	00:50-	01:25+	01:33+	02:47+	00:52-	05:40+	01:00+																		
00:16#	00:20-	00:21#	00:26#	01:35#	01:20-	04:50#	00:24#																		

**Beste strekktid for klassen**





Class	Navn	Klasse										Tid													
<b>5</b>	<b>Harald Vatne</b>	<b>67</b>										<b>53:15</b>													
00:57+	03:04+	04:44+	07:55+	09:09+	10:08+	11:01+	12:47+	14:08+	16:12+	23:08+	26:44+	28:22+	29:10+	31:30+	32:12+	33:16+	34:52+	36:36+	39:34+	41:13+	42:29+	43:49+	45:41+	47:56+	50:01+
00:57+	02:07+	01:40+	03:11+	01:14-	00:59=	00:53+	01:46+	01:21-	02:04+	06:56+	03:36+	01:38=	00:48+	02:20+	00:42+	01:04+	01:36+	01:44-	02:58+	01:39+	01:16+	01:20-	01:52+	02:15+	02:05+
00:02+	00:26&	00:33&	01:22&	00:05-	00:00=	00:11&	00:14#	01:53-	00:14#	04:42@	01:45&	00:00=	00:17&	01:01&	00:05#	00:15&	00:11#	00:28-	01:16&	00:02+	00:07#	00:01-	01:06@	00:30&	00:20#
51:48+	52:48+	53:15+																							
01:47+	01:00+	00:27-																							
00:10#	00:14&	00:02-																							

<b>6</b>	<b>Geir Husdal</b>	<b>93</b>										<b>54:50</b>													
00:47-	02:39+	03:37-	05:00-	06:21-	07:08-	07:42-	09:23-	12:48-	14:57-	19:39+	24:25+	26:15+	27:11+	29:04+	30:00+	31:20+	33:31+	35:12+	37:01+	40:48+	41:56+	43:31+	44:22+	47:37+	51:45+
00:47-	01:52+	00:58-	01:23-	01:21+	00:47-	00:34-	01:41+	03:25+	02:09+	04:42+	04:46+	01:50+	00:56+	01:53+	00:56+	01:20+	02:11+	01:41-	01:49+	03:47+	01:08-	01:35+	00:51+	03:15+	04:08+
00:08-	00:11#	00:09-	00:26-	00:02+	00:12-	00:08-	00:09+	00:11+	00:19#	02:28@	02:55@	00:12#	00:25&	00:34&	00:19&	00:31&	00:46&	00:31-	00:07+	02:10@	00:01-	00:14#	00:05#	01:30&	02:23@
53:36+	54:24+	54:50+																							
01:51+	00:48+	00:26-																							
00:14#	00:02+	00:03-																							

<b>7</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>1:09:21</b>													
01:20+	03:31+	04:54+	09:12+	11:09+	12:38+	14:15+	16:24+	23:08+	26:55+	32:35+	35:06+	38:09+	39:16+	42:39+	43:41+	44:55+	46:58+	49:08+	51:37+	53:53+	55:41+	57:30+	60:26+	62:49+	65:28+
01:20+	02:11+	01:23+	04:18+	01:57+	01:29+	01:37+	02:09+	06:44+	03:47+	05:40+	02:31+	03:03+	01:07+	03:23+	01:02+	01:14+	02:03+	02:10-	02:29+	02:16+	01:48+	01:49+	02:56+	02:23+	02:39+
00:25&	00:30&	00:16#	02:29@	00:38&	00:30&	00:55@	00:37&	03:30@	01:57@	03:26@	00:40&	01:25&	00:36@	02:04@	00:25&	00:25&	00:38&	00:02-	00:47&	00:39&	00:39&	00:28&	02:10@	00:38&	00:54&
67:21+	68:38+	69:21+																							
01:53+	01:17+	00:43+																							
00:16#	00:31&	00:14&																							

<b>8</b>	<b>Alf Gyland</b>	<b>92</b>										<b>1:12:46</b>													
01:00+	03:37+	05:08+	07:49+	10:57+	11:58+	12:57+	17:18+	24:22+	30:17+	37:16+	39:47+	48:31+	49:24+	51:56+	52:54+	53:57+	56:04+	57:50+	61:03+	63:07+	64:18+	65:39+	66:25+	68:13+	69:55+
01:00+	02:37+	01:31+	02:41+	03:08+	01:01+	00:59+	04:21+	07:04+	05:55+	06:59+	02:31+	08:44+	00:53+	02:32+	00:58+	01:03+	02:07+	01:46-	03:13+	02:04+	01:11+	01:21=	00:46=	01:48+	01:42-
00:05+	00:56&	00:24&	00:52&	01:49@	00:02+	00:17&	02:49@	03:50@	04:05@	04:45@	00:40&	07:06@	00:22&	01:13&	00:21&	00:14&	00:42&	00:26-	01:31&	00:27&	00:02+	00:00=	00:00=	00:03+	00:03-
71:31+	72:17+	72:46+																							
01:36-	00:46=	00:29=																							
00:01-	00:00=	00:00=																							

<b>9</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:18:28</b>													
02:02+	04:28+	05:56+	07:38+	09:04+	10:06+	10:54+	12:47+	16:23+	19:33+	24:25+	27:09+	33:17+	33:56+	35:53+	36:41+	38:02+	48:51+	51:53+	54:49+	57:29+	60:07+	62:21+	64:40+	71:00+	73:49+
02:02+	02:26+	01:28+	01:42-	01:26+	01:02+	00:48+	01:53+	03:36+	03:10+	04:52+	02:44+	06:08+	00:39+	01:57+	00:48+	01:21+	10:49+	03:02+	02:56+	02:40+	02:38+	02:14+	02:19+	06:20+	02:49+
01:07@	00:45&	00:21&	00:07-	00:07+	00:03+	00:06#	00:21#	00:22#	01:20&	02:38@	00:53&	04:30@	00:08&	00:38&	00:11&	00:32&	09:24@	00:50&	01:14&	01:03&	01:29@	00:53&	01:33@	04:35@	01:04&
76:30+	77:45+	78:28+																							
02:41+	01:15+	00:43+																							
01:04&	00:29&	00:14&																							

<b>10</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>1:23:50</b>													
01:02+	03:28+	04:56+	07:36+	09:06+	10:00+	10:51+	15:32+	23:51+	27:52+	30:45+	33:14+	35:24+	36:09+	39:38+	40:34+	44:26+	47:03+	49:35+	52:10+	55:21+	58:31+	67:14+	68:29+	71:06+	79:25+
01:02+	02:26+	01:28+	02:40+	01:30+	00:54-	00:51+	04:41+	08:19+	04:01+	02:53+	02:29+	02:10+	00:45+	03:29+	00:56+	03:52+	02:37+	02:32+	02:35+	03:11+	03:10+	08:43+	01:15+	02:37+	08:19+
00:07#	00:45&	00:21&	00:51&	00:11#	00:05-	00:09#	03:09@	05:05@	02:11@	00:39&	00:38&	00:32&	00:14&	02:10@	00:19&	03:03@	01:12&	00:20#	00:53&	01:34&	02:01@	07:22@	00:29&	00:52&	06:34@
82:00+	83:23+	83:50+																							
02:35+	01:23+	00:27-																							
00:58&	00:37&	00:02-																							

### Beste strekktid for klassen

00:47 01:33 00:58 01:23 01:07 00:47 00:34 00:45 01:04 01:04 01:26 01:21 01:32 00:25 00:22 00:37 00:42 00:49 01:17 01:27 01:34 01:06 01:05 00:46 01:01 01:40 01:36 00:46

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

## Herrer 80 år og eldre

<b>1</b>	<b>Sigurd Krosli</b>	<b>93</b>										<b>55:05</b>												
01:00=	05:06=	06:26=	07:30=	08:51=	11:40=	13:27=	14:33=	18:17=	19:11=	20:39=	21:34=	22:54=	24:58=	25:38=	30:22=	31:36=	32:12=	34:34=	36:22=	39:11=	41:25=	42:52=	54:27=	55:05=
01:00=	04:06=	01:20=	01:04=	01:21=	02:49=	01:47=	01:06=	03:44=	00:54=	01:28=	00:55=	01:20=	02:04=	00:40=	04:44=	01:14=	00:36=	02:22=	01:48=	02:49=	02:14=	01:27=	11:35=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Peter Frafjord</b>	<b>116</b>										<b>1:05:58</b>												
01:46+	03:15-	05:13-	06:34-	08:11-	11:22-	14:02+	15:35+	18:45+	19:41+	22:10+	23:38+	27:21+	30:17+	31:24+	36:29+	38:11+	39:01+	41:41+	44:57+	49:49+	58:09+	62:08+	65:09+	65:58+
01:46+	01:29-	01:58+	01:21+	01:37+	03:11+	02:40+	01:33+	03:10-	00:56+	02:29+	01:28+	03:43+	02:56+	01:07+	05:05+	01:42+	00:50+	02:40+	03:16+	04:52+	08:20+	03:59+	03:01-	00:49+
00:46&	02:37-	00:38&	00:17&	00:16#	00:22#	00:53&	00:27&	00:34-	00:02+	01:01&	00:33&	02:23@	00:52&	00:27&	00:21+	00:28&	00:14&	00:18#	01:28&	02:03&	06:06@	02:32@	08:34-	00:11&
<b>3</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>1:28:00</b>												
01:10+	02:09-	04:57-	06:15-	08:51=	11:44+	14:49+	16:14+	25:07+	26:19+	30:40+	31:29+	40:04+	41:58+	42:44+	57:52+	61:32+	65:21+	67:43+	69:30+	72:20+	74:42+	76:04+	87:17+	88:00+
01:10+	00:59-	02:48+	01:18+	02:36+	02:53+	03:05+	01:25+	08:53+	01:12+	04:21+	00:49-	08:35+	01:54-	00:46+	15:08+	03:40+	03:49+	02:22=	01:47-	02:50+	02:22+	01:22-	11:13-	00:43+
00:10#	03:07-	01:28@	00:14#	01:15&	00:04+	01:18&	00:19&	05:09@	00:18&	02:53@	00:06-	07:15@	00:10-	00:06#	10:24@	02:26@	03:13@	00:00=	00:01-	00:01+	00:08+	00:05-	00:22-	00:05#





Class	Navn	Klasse																		Tid									
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### Beste strekktid for klassen

00:25 00:38 00:50 00:39 00:22 00:36 00:46 00:35 00:18 00:21 00:06 00:29 00:42 00:39 00:23 00:24 00:53 00:47 00:46 00:25 00:26 00:25 00:39 00:43 01:06 00:22 00:24 00:23

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

## Herrer B

1	Stein Arne Olsen	68	36:06																						
00:28=	01:22=	02:18=	03:05=	03:39=	04:24=	05:20=	06:02=	06:24=	06:55=	07:27=	08:43=	09:33=	10:26=	10:53=	12:14=	13:18=	14:14=	15:16=	15:49=	16:20=	17:15=	17:58=	19:19=	21:03=	21:31=
00:28=	00:54=	00:56=	00:47=	00:34=	00:45=	00:56=	00:42=	00:22=	00:31=	00:32=	01:16=	00:50=	00:53=	00:27=	01:21=	01:04=	00:56=	01:02=	00:33=	00:31=	00:55=	00:43=	01:21=	01:44=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
22:20=	22:48=	24:34=	25:33=	26:16=	27:19=	28:29=	29:31=	30:47=	31:18=	32:58=	34:57=	35:27=	35:50=	36:06=											
00:49=	00:28=	01:46=	00:59=	00:43=	01:03=	01:10=	01:02=	01:16=	00:31=	01:40=	01:59=	00:30=	00:23=	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=											

2	Tor Gunnar Aksland	116	36:10																						
00:33+	01:32+	02:31+	03:20+	04:06+	04:57+	05:47+	06:26+	06:47+	07:10+	07:39+	09:06+	09:55+	10:49+	11:13+	12:22+	13:25+	14:20+	15:22+	15:49+	16:17-	16:51-	17:40-	18:42-	21:00-	21:23-
00:33+	00:59+	00:59+	00:49+	00:46+	00:51+	00:50-	00:39-	00:21-	00:23-	00:29-	01:27+	00:49-	00:54+	00:24-	01:09-	01:03-	00:55-	01:02=	00:27-	00:28-	00:34-	00:49+	01:02-	02:18+	00:23-
00:05#	00:05+	00:03+	00:02+	00:12&	00:06#	00:06-	00:03-	00:01-	00:08-	00:03-	00:11#	00:01-	00:01+	00:03-	00:12-	00:01-	00:01-	00:00=	00:06-	00:03-	00:21-	00:06#	00:19-	00:34&	00:05-
22:19-	23:06+	24:49+	25:55+	26:37+	27:55+	29:00+	29:54+	30:57+	31:28+	32:58=	34:59+	35:28+	35:53+	36:10+											
00:56+	00:47+	01:43-	01:06+	00:42-	01:18+	01:05-	00:54-	01:03-	00:31=	01:30-	02:01+	00:29-	00:25+	00:17+											
00:07#	00:19&	00:03-	00:07#	00:01-	00:15#	00:05-	00:08-	00:13-	00:00=	00:10-	00:02+	00:01-	00:02+	00:01+											

3	Oddvar Taksdal	194	37:38																						
00:30+	01:13-	02:07-	02:52-	03:16-	04:44+	05:34+	06:12+	06:34+	07:09+	07:42+	08:59+	09:47+	10:38+	11:05+	12:32+	13:34+	14:28+	15:20+	15:57+	16:27+	17:06-	17:51-	19:01-	20:50-	21:16-
00:30+	00:43-	00:54-	00:45-	00:24-	01:28+	00:50-	00:38-	00:22=	00:35+	00:33+	01:17+	00:48-	00:51-	00:27=	01:27+	01:02-	00:54-	00:52-	00:37+	00:30-	00:39-	00:45+	01:10-	01:49+	00:26-
00:02+	00:11-	00:02-	00:02-	00:10-	00:43&	00:06-	00:04-	00:00=	00:04#	00:01+	00:01+	00:02-	00:02-	00:00=	00:06+	00:02-	00:02-	00:10-	00:04#	00:01-	00:16-	00:02+	00:11-	00:05+	00:02-
21:59-	22:38-	24:37+	25:37+	26:26+	27:39+	28:44+	29:42+	30:46-	31:15-	32:44-	34:42-	36:37+	37:21+	37:38+											
00:43-	00:39+	01:59+	01:00+	00:49+	01:13+	01:05-	00:58-	01:04-	00:29-	01:29-	01:58-	01:55+	00:44+	00:17+											
00:06-	00:11&	00:13#	00:01+	00:06#	00:10#	00:05-	00:04-	00:12-	00:02-	00:11-	00:01-	01:25&	00:21&	00:01+											

4	Tom Furland	62	37:53																						
00:25-	01:06-	02:04-	02:59-	03:43+	04:31+	05:25+	06:05+	06:30+	06:59+	07:33+	09:01+	09:49+	10:45+	11:14+	12:31+	13:34+	14:33+	15:27+	15:56+	16:48+	17:31+	18:16+	19:31+	21:17+	21:45+
00:25-	00:41-	00:58+	00:55+	00:44+	00:48+	00:54-	00:40-	00:25+	00:29-	00:34+	01:28+	00:48-	00:56+	00:29+	01:17-	01:03-	00:59+	00:54-	00:29-	00:52+	00:43-	00:45+	01:15-	01:46+	00:28=
00:03-	00:13-	00:02+	00:08#	00:10&	00:03+	00:02-	00:02-	00:03#	00:02-	00:02+	00:12#	00:02-	00:03+	00:02+	00:04-	00:01-	00:03+	00:08-	00:04-	00:21&	00:12-	00:02+	00:06-	00:02+	00:00=
22:29+	22:56+	24:48+	26:11+	26:59+	28:17+	29:48+	30:47+	31:53+	32:25+	34:11+	36:11+	37:08+	37:33+	37:53+											
00:44-	00:27-	01:52+	01:23+	00:48+	01:18+	01:31+	00:59-	01:06-	00:32+	01:46+	02:00+	00:57+	00:25+	00:20+											
00:05-	00:01-	00:06+	00:24&	00:05#	00:15#	00:21&	00:03-	00:10-	00:01+	00:06+	00:01+	00:27&	00:02+	00:04#											

5	Aart Joakim in't Veld	93	38:07																						
00:28=	01:11-	02:07-	02:57-	03:44+	07:04+	07:58+	08:43+	09:04+	09:30+	10:06+	11:12+	11:57+	12:49+	13:14+	14:27+	15:24+	16:16+	17:07+	17:41+	18:25+	19:14+	20:02+	21:17+	23:08+	23:35+
00:28=	00:43-	00:56=	00:50+	00:47+	03:20+	00:54-	00:45+	00:21-	00:26-	00:36+	01:06-	00:45-	00:52-	00:25-	01:13-	00:57-	00:52-	00:51-	00:34+	00:44+	00:49-	00:48+	01:15-	01:54+	00:27-
00:00=	00:11-	00:00=	00:03+	00:13&	02:35&	00:02-	00:03+	00:01-	00:05-	00:04#	00:10-	00:05-	00:01-	00:02-	00:08-	00:07-	00:04-	00:11-	00:01+	00:13&	00:06-	00:05#	00:06-	00:07+	00:01-
24:18+	24:51+	26:34+	27:28+	28:12+	29:18+	30:29+	31:54+	32:56+	33:22+	35:03+	36:56+	37:26+	37:51+	38:07+											
00:43-	00:33+	01:43-	00:54-	00:44+	01:06+	01:11+	01:25+	01:02-	00:26-	01:41+	01:53-	00:30=	00:25+	00:16=											
00:06-	00:05#	00:03-	00:05-	00:01+	00:03+	00:01+	00:23&	00:14-	00:05-	00:01+	00:06-	00:00=	00:02+	00:00=											

6	Geir Sand	105	39:07																						
00:25-	01:04-	01:58-	02:45-	03:19-	04:37+	05:24+	06:04+	06:23-	06:46-	07:17-	08:36-	09:23-	10:03-	10:29-	12:04-	13:48+	14:44+	16:00+	16:36+	17:06+	17:39+	18:19+	19:28+	21:16+	21:57+
00:25-	00:39-	00:54-	00:47+	00:34=	01:18+	00:47-	00:40-	00:19-	00:23-	00:31-	01:19-	00:47-	00:40-	00:26-	01:35+	01:44+	00:56=	01:16+	00:36+	00:30-	00:33-	00:40-	01:09-	01:48+	00:41+
00:03-	00:15-	00:02-	00:00=	00:00=	00:33&	00:09-	00:02-	00:03-	00:08-	00:01-	00:03+	00:03-	00:13-	00:01-	00:14#	00:40+	00:00=	00:14#	00:03+	00:01-	00:22-	00:03-	00:12-	00:04+	00:13&
22:54+	23:27+	25:23+	26:22+	27:07+	28:47+	29:55+	32:20+	33:23+	33:59+	35:46+	37:53+	38:29+	38:50+	39:07+											
00:57+	00:33+	01:56+	00:59=	00:45+	01:40+	01:08-	02:25+	01:03-	00:36+	01:47+	02:07+	00:36+	00:21-	00:17+											
00:08#	00:05#	00:10+	00:00=	00:02+	00:37&	00:02-	01:23&	00:13-	00:05#	00:07+	00:08+	00:06#	00:02-	00:01+											

7	Morten Aamodt	116	40:54																						
00:30+	01:22=	02:22+	03:05=	03:37-	04:51+	06:27+	07:13+	07:37+	08:11+	09:02+	10:31+	11:24+	12:27+	12:52+	14:10+	15:22+	16:16+	18:04+	18:51+	19:38+	20:23+	21:22+	22:41+	24:35+	25:04+
00:30+	00:52-	01:00+	00:43-	00:32-	01:14+	01:36+	00:46+	00:24+	00:34+	00:51+	01:29+	00:53+	01:03+	00:25-	01:18-	01:12+	00:54-	01:48+	00:47+	00:47+	00:45-	00:59+	01:19-	01:54+	00:29+
00:02+	00:02-	00:04+	00:04-	00:02-	00:29&	00:40&	00:04+	00:02+	00:03+	00:19&	00:13#	00:03+	00:10#	00:02-	00:03-	00:08#	00:02-	00:46&	00:14&	00:16&	00:10-	00:16&	00:02-	00:10+	00:01+
26:05+	26:39+	28:28+	29:37+	30:26+	32:04+	33:16+	34:12+	35:25+	35:54+	37:32+	39:28+	40:10+	40:33+	40:54+											
01:01+	00:34+	01:49+	01:09+	00:49+	01:38+	01:12+	00:56-	01:13-	00:29-	01:38-	01:56-	00:42+	00:23=	00:21+											
00:12#	00:06#	00:03+	00:10#	00:06#	00:35&	00:02+	00:06-	00:03-	00:02-	00:02-	00:03-	00:12&	00:00=	00:05&											

8	Joar Eilevstjønn	67	41:42																						
00:28=	01:07-	02:02-	02:47-	03:18-	04:22-	05:10-	05:50-	06:11-	06:33-	07:06-	09:27+	10:16+	11:08+	11:31+	12:57+	14:10+	15:10+	16:24+	17:00+	17:28+	18:17+	20:00+	21:34+	23:24+	23:52+
00:28=	00:39-	00:55-	00:45-	00:31-	01:04+	00:48-	00:40-	00:21-	00:22-	00:33+	02:21+	00:49-	00:52-	00:23-	01:26+	01:13+	01:00+	01:14+	00:36+	00:28-	00:49-	01:43+	01:34+	01:50+	00:28=
00:00=	00:15-	00:01-	00:02-	00:03-	00:19&	00:08-	00:02-	00:01-	00:09-	00:01+	01:05&	00:01-	00:01-	00:04-	00:05+	00:09#	00:04+	00:12#	00:03+	00:03-	00:06-	01:00&	00:13#	00:06+	00:00=
25:01+	25:31+	27:36+	28:55+	29:37+	31:18+	32:31+	33:30+	34:40+	35:06+	37:17+	40:39+	41:08+	41:26+	41:42+											
01:09+	00:30+	02:05+	01:19+																						

Class	Navn	Klasse										Tid														
<b>9</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>42:16</b>														
00:26-	03:28+	04:27+	05:09+	05:37+	07:13+	08:00+	08:33+	08:53+	09:21+	09:57+	11:16+	12:07+	12:52+	13:16+	15:04+	16:06+	17:00+	17:53+	19:49+	20:22+	20:59+	21:48+	23:14+	24:43+	25:51+	
00:26-	03:02+	00:59+	00:42-	00:28-	01:36+	00:47-	00:33-	00:20-	00:28-	00:36+	01:19+	00:51+	00:45-	00:24-	01:48+	01:02-	00:54-	00:53-	01:56+	00:33+	00:37-	00:49+	01:26+	01:29-	01:08+	
00:02-	02:08@	00:03+	00:05-	00:06-	00:51@	00:09-	00:09-	00:02-	00:03-	00:04#	00:03+	00:01+	00:08-	00:03-	00:27#	00:02-	00:02-	00:09-	01:23@	00:02+	00:18-	00:06#	00:05+	00:15-	00:40@	
26:35+	26:57+	29:07+	30:07+	30:55+	32:08+	32:57+	34:18+	35:21+	36:34+	37:13+	39:10+	40:59+	41:36+	42:02+	42:16+											
00:44-	00:22-	02:10+	01:00+	00:48+	01:13+	00:49-	01:21+	01:03-	01:13+	00:39-	01:57-	01:49+	00:37+	00:26+	00:14+											
00:05-	00:06-	00:24#	00:01+	00:05#	00:10#	00:21-	00:19&	00:13-	00:42@	01:01-	00:02-	01:19@	00:14&	00:10&	00:14+											
<b>10</b>	<b>Øystein Amundrud</b>	<b>90</b>										<b>44:21</b>														
00:33+	01:40+	02:59+	03:32+	04:17+	05:16+	06:10+	06:49+	07:11+	07:36+	08:14+	10:22+	11:15+	12:13+	12:42+	14:04+	15:15+	16:17+	17:24+	17:59+	18:31+	19:34+	20:34+	22:44+	24:55+	25:26+	
00:33+	01:07+	00:59+	00:53+	00:45+	00:59+	00:54-	00:39-	00:22#	00:25-	00:38+	02:08+	00:53+	00:58+	00:29+	01:22+	01:11+	01:02+	01:07+	00:35+	00:32+	01:03+	01:00+	02:10+	02:11+	00:31+	
00:05#	00:13#	00:03+	00:06#	00:11&	00:14&	00:02-	00:03-	00:00-	00:06-	00:06#	00:52&	00:03+	00:05+	00:02+	00:01+	00:07#	00:06#	00:05+	00:02+	00:01+	00:08#	00:17&	00:49&	00:27&	00:03#	
26:45+	27:34+	29:38+	31:41+	32:33+	33:50+	35:55+	36:55+	38:14+	38:45+	40:46+	43:00+	43:38+	44:03+	44:21+												
01:19+	00:49+	02:04+	02:03#	00:52+	01:17+	02:05+	01:00-	01:19+	00:31-	02:01+	02:14+	00:38+	00:25+	00:18+												
00:30&	00:21&	00:18#	01:04@	00:09#	00:14#	00:55&	00:02-	00:03+	00:00=	00:21#	00:15#	00:08&	00:02+	00:02#												
<b>11</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>										<b>45:45</b>														
00:33+	01:33+	02:38+	03:37+	04:40+	05:53+	06:53+	07:41+	08:06+	08:39+	09:20+	10:58+	11:57+	12:46+	13:17+	14:49+	16:17+	17:21+	18:50+	19:27+	19:57+	20:47+	21:52+	23:21+	25:40+	26:09+	
00:33+	01:00+	01:05+	00:59+	01:03+	01:13+	01:00+	00:48+	00:25+	00:33+	00:41+	01:38+	00:59+	00:49-	00:31+	01:32+	01:28+	01:04+	01:29+	00:37+	00:30-	00:50-	01:05+	01:29+	02:19+	00:29+	
00:05#	00:06#	00:09#	00:12&	00:29&	00:28&	00:04+	00:06#	00:03#	00:02+	00:09&	00:22&	00:09#	00:04-	00:04#	00:11#	00:24&	00:08#	00:27&	00:04#	00:01-	00:05-	00:22&	00:08+	00:35&	00:01+	
27:00+	27:30+	29:48+	31:49+	32:49+	34:27+	35:53+	37:06+	38:35+	39:13+	41:12+	43:56+	45:01+	45:24+	45:45+												
00:51+	00:30+	02:18+	02:01+	01:00+	01:38+	01:26+	01:13+	01:29+	00:38+	01:59+	02:44+	01:05+	00:23+	00:21+												
00:02+	00:02+	00:32&	01:02@	00:17&	00:35&	00:16#	00:11#	00:13#	00:07#	00:19#	00:45&	00:35@	00:00=	00:05&												
<b>12</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>										<b>47:25</b>														
00:29+	01:51+	02:59+	03:58+	04:39+	05:45+	06:46+	07:44+	08:08+	08:39+	09:29+	11:00+	11:57+	13:49+	14:18+	16:06+	17:30+	18:29+	19:44+	20:19+	20:58+	21:54+	22:58+	24:39+	27:27+	28:04+	
00:29+	01:22+	01:08+	00:59+	00:41+	01:06+	01:01+	00:58+	00:24+	00:31-	00:50+	01:31+	00:57+	01:52+	00:29+	01:48+	01:24+	00:59+	01:15+	00:35+	00:39+	00:56+	01:04+	01:41+	02:48+	00:37+	
00:01+	00:28&	00:12#	00:12&	00:07#	00:21&	00:05+	00:16&	00:02+	00:00=	00:18&	00:15#	00:07#	00:59@	00:02+	00:27&	00:20&	00:03+	00:13#	00:02+	00:08&	00:01+	00:21&	00:20#	01:04&	00:09&	
28:59+	29:44+	31:56+	33:17+	34:13+	35:52+	37:21+	38:37+	40:09+	41:06+	43:11+	45:43+	46:33+	47:03+	47:25+												
00:55+	00:45+	02:12+	01:21+	00:56+	01:39+	01:29+	01:16+	01:32+	00:57+	02:05+	02:32+	00:50+	00:30+	00:22+												
00:06#	00:17&	00:26#	00:22&	00:13&	00:36&	00:19&	00:14#	00:16#	00:26&	00:25#	00:33&	00:20&	00:07&	00:06&												
<b>13</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>										<b>49:37</b>														
00:27-	01:37+	02:35+	03:59+	04:59+	08:00+	08:53+	09:42+	10:05+	10:29+	11:04+	12:25+	13:17+	14:12+	14:36+	17:32+	18:36+	19:37+	21:07+	21:49+	25:22+	26:37+	27:44+	29:28+	31:17+	31:47+	
00:27-	01:10+	00:58+	01:24+	01:00+	03:01+	00:53-	00:49+	00:23+	00:24-	00:35+	01:21+	00:52+	00:55+	00:24-	02:56+	01:04=	01:01+	01:30+	00:42+	03:33+	01:15+	01:07+	01:44+	01:49+	00:30+	
00:01-	00:16@	00:02+	00:37&	00:26&	02:16@	00:03-	00:07#	00:01+	00:07-	00:03+	00:05+	00:02+	00:02+	00:03-	01:35@	00:00=	00:05+	00:28&	00:09&	03:02@	00:20&	00:24&	00:23&	00:05+	00:02+	
34:02+	34:36+	36:33+	37:49+	38:36+	39:55+	41:14+	42:24+	43:58+	44:32+	46:18+	48:16+	48:57+	49:20+	49:37+												
02:15+	00:34+	01:57+	01:16+	00:47+	01:19+	01:19+	01:10+	01:34+	00:34+	01:46+	01:58-	00:41+	00:23=	00:17+												
01:26@	00:06#	00:11#	00:17&	00:04+	00:16&	00:09#	00:08#	00:18#	00:03+	00:06+	00:01-	00:11&	00:00=	00:01+												

**Beste strekktid for klassen**

00:25 00:39 00:54 00:42 00:24 00:45 00:47 00:33 00:19 00:22 00:29 01:06 00:45 00:40 00:23 01:09 00:57 00:52 00:51 00:27 00:28 00:33 00:40 01:02 01:29 00:23 00:43 00:22

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

**Herrer C**

<b>1</b>	<b>Jan Einar Øvremo</b>	<b>50</b>										<b>37:27</b>														
00:43=	01:52=	02:33=	03:18=	04:55=	05:22=	06:02=	07:31=	08:23=	09:35=	10:07=	10:37=	11:19=	12:13=	13:29=	15:47=	16:44=	17:52=	18:56=	19:35=	20:34=	21:24=	21:49=	22:36=	23:19=	23:31=	
00:43=	01:09=	00:41=	00:45=	01:37=	00:27=	00:40=	01:29=	00:52=	01:12=	00:32=	00:30=	00:42=	00:54=	01:16=	02:18=	00:57=	01:08=	01:04=	00:39=	00:59=	00:50=	00:25=	00:47=	00:43=	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=	00:00=	00:00=	00:00=	00:00=
24:48=	25:36=	26:17=	27:15=	28:05=	29:15=	30:30=	31:57=	32:58=	33:54=	35:33=	36:04=	36:41=	37:07=	37:27=												
01:17=	00:48=	00:41=	00:58=	00:50=	01:10=	01:15=	01:27=	01:01=	00:56=	01:39=	00:31=	00:37=	00:26=	00:20=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>										<b>37:55</b>														
00:42-	02:55+	04:23+	05:05+	06:04+	06:34+	07:18+	08:57+	09:49+	11:00+	11:32+	11:57+	12:37+	13:34+	14:47+	16:59+	17:57+	19:14+	20:09+	20:47+	21:50+	22:38+	22:56+	23:40+	24:26+	24:38+	
00:42-	02:13+	01:28+	00:42-	00:59-	00:30+	00:44+	01:39+	00:52+	01:11-	00:32=	00:25-	00:40-	00:57+	01:13-	02:12-	00:58+	01:17+	00:55-	00:38-	01:03+	00:48-	00:18-	00:44-	00:46+	00:12=	
00:01-	01:04&	00:47@	00:03-	00:38-	00:03#	00:04#	00:10#	00:00=	00:01-	00:00=	00:05-	00:02-	00:03+	00:03-	00:06-	00:01+	00:09#	00:09-	00:01-	00:04+	00:02-	00:07-	00:03-	00:03+	00:00=	
26:01+	26:51+	27:32+	28:27+	29:10+	30:40+	31:46+	32:59+	33:56+	34:52+	36:21+	36:47+	37:15+	37:38+	37:55+												
01:23+	00:50+	00:41=	00:55-	00:43=	01:30+	01:06+	01:13-	00:57-	00:56=	01:29-	00:26-	00:28-	00:23-	00:17-												
00:06+	00:02+	00:00=	00:03-	00:07-	00:20&	00:09-	00:14-	00:04-	00:00=	00:10-	00:05-	00:09-	00:03-	00:03-												
<b>3</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>39:00</b>														

Class	Navn	Klasse										Tid													
<b>4</b>	<b>Henning Sundby</b>	<b>114</b>										<b>39:01</b>													
00:42-	01:39-	02:39+	03:22+	04:19-	04:44-	05:23-	07:52+	08:50+	09:59+	10:28+	10:57+	11:45+	12:43+	13:54+	17:09+	18:03+	19:25+	20:09+	20:44+	21:28+	22:17+	22:34+	23:15+	24:08+	24:20+
00:42-	00:57-	01:00+	00:43-	00:57-	00:25-	00:39-	02:29+	00:58+	01:09-	00:29-	00:29-	00:48+	00:58+	01:11-	03:15+	00:54-	01:22+	00:44-	00:35-	00:44-	00:49-	00:17-	00:41-	00:53+	00:12=
00:01-	00:12-	00:19&	00:02-	00:40-	00:02-	00:01-	01:00&	00:06#	00:03-	00:03-	00:01-	00:06#	00:04+	00:05-	00:57&	00:03-	00:14#	00:20-	00:04-	00:15-	00:01-	00:08-	00:06-	00:10#	00:00=
25:36+	26:27+	27:02+	27:58+	28:42+	29:59+	31:27+	32:31+	33:31+	34:22+	35:52+	36:28+	37:44+	38:46+	39:01+											
01:16-	00:51+	00:35-	00:56-	00:44-	01:17+	01:28+	01:04-	01:00-	00:51-	01:30-	00:36+	01:16+	01:02+	00:15-											
00:01-	00:03+	00:06-	00:02-	00:06-	00:07#	00:13#	00:23-	00:01-	00:05-	00:09-	00:05#	00:39#	00:36#	00:05-											
<b>5</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>										<b>40:12</b>													
00:46+	01:44-	02:54+	03:42+	04:40-	05:17-	05:55-	08:04+	09:00+	10:08+	10:39+	11:08+	12:08+	13:07+	14:32+	16:48+	18:17+	19:33+	20:26+	21:11+	22:00+	22:59+	23:16+	24:03+	24:50+	25:02+
00:46+	00:58-	01:10+	00:48+	00:58-	00:37+	00:38-	02:09+	00:56+	01:08-	00:31-	00:29-	01:00+	00:59+	01:25+	02:16-	01:29+	01:16+	00:53-	00:45+	00:49-	00:59+	00:17-	00:47=	00:47+	00:12=
00:03+	00:11-	00:29&	00:03+	00:39-	00:10&	00:02-	00:40&	00:04+	00:04-	00:01-	00:01-	00:18&	00:05+	00:09#	00:02-	00:32&	00:08#	00:11-	00:06#	00:10-	00:09#	00:08-	00:00=	00:04+	00:00=
26:28+	27:22+	28:10+	29:13+	30:05+	31:04+	32:41+	34:13+	35:19+	36:14+	38:03+	38:40+	39:13+	39:53+	40:12+											
01:26+	00:54+	00:48+	01:03+	00:52+	00:59-	01:37+	01:32+	01:06+	00:55-	01:49+	00:37+	00:33-	00:40+	00:19-											
00:09#	00:06#	00:07#	00:05+	00:02+	00:11-	00:22&	00:05+	00:05+	00:01-	00:10#	00:06#	00:04-	00:14&	00:01-											
<b>6</b>	<b>Otte Omdal</b>	<b>65</b>										<b>41:21</b>													
00:40-	01:33-	02:09-	02:52-	03:52-	04:30-	05:06-	06:30-	07:53-	09:14-	10:56+	11:22+	11:59+	13:04+	14:44+	17:53+	18:43+	19:58+	21:00+	21:54+	22:44+	23:32+	24:07+	24:56+	25:43+	26:04+
00:40-	00:53-	00:36-	00:43-	01:00-	00:38+	00:36-	01:24-	01:23+	01:21+	01:42+	00:26-	00:37-	01:05+	01:40+	03:09+	00:50-	01:15+	01:02-	00:54+	00:50-	00:48-	00:35+	00:49+	00:47+	00:21+
00:03-	00:16-	00:05-	00:02-	00:37-	00:11&	00:04-	00:05-	00:31&	00:09#	01:10#	00:04-	00:05-	00:11#	00:24&	00:51&	00:07-	00:07#	00:02-	00:15&	00:09-	00:02-	00:10&	00:02+	00:04+	00:09&
27:40+	28:33+	29:12+	30:13+	30:56+	32:22+	33:32+	34:43+	35:46+	36:34+	38:05+	38:36+	39:08+	41:05+	41:21+											
01:36+	00:53+	00:39-	01:01+	00:43-	01:26+	01:10-	01:11-	01:03+	00:48-	01:31-	00:31=	00:32-	01:57+	00:16-											
00:19#	00:05#	00:02-	00:03+	00:07-	00:16#	00:05-	00:16-	00:02+	00:08-	00:08-	00:00=	00:05-	01:31#	00:04-											
<b>7</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>42:39</b>													
00:40-	01:45-	02:53+	03:46+	04:55=	05:30+	06:18+	09:22+	10:21+	11:32+	12:04+	12:36+	13:21+	14:17+	15:42+	18:17+	19:37+	21:23+	22:36+	23:18+	24:07+	25:26+	25:46+	26:33+	27:15+	27:30+
00:40-	01:05-	01:08+	00:53+	01:09-	00:35+	00:48+	03:04+	00:59+	01:11-	00:32=	00:32+	00:45+	00:56+	01:25+	02:35+	01:20+	01:46+	01:13+	00:42+	00:49-	01:19+	00:20-	00:47=	00:42-	00:15+
00:03-	00:04-	00:27&	00:08#	00:28-	00:08&	00:08#	01:35#	00:07#	00:01-	00:00=	00:02+	00:03+	00:02+	00:09#	00:17#	00:23&	00:38&	00:09#	00:03+	00:10-	00:29&	00:05-	00:00=	00:01-	00:03#
28:58+	30:02+	30:51+	32:01+	32:49+	33:55+	35:21+	36:54+	38:00+	38:49+	40:31+	41:15+	41:45+	42:17+	42:39+											
01:28+	01:04+	00:49+	01:10+	00:48-	01:06-	01:26+	01:33+	01:06+	00:49-	01:42+	00:44+	00:30-	00:32+	00:22+											
00:11#	00:16&	00:08#	00:12#	00:02-	00:04-	00:11#	00:06+	00:05+	00:07-	00:03+	00:13&	00:07-	00:06#	00:02#											
<b>8</b>	<b>Paul Terje Haarr</b>	<b>62</b>										<b>44:51</b>													
00:50+	02:16+	04:24+	05:12+	06:25+	06:57+	07:38+	09:19+	10:21+	11:35+	12:50+	13:30+	14:15+	15:21+	16:50+	19:29+	20:31+	21:48+	22:50+	23:59+	25:01+	26:13+	26:35+	27:24+	28:02+	28:18+
00:50+	01:26+	02:08+	00:48+	01:13-	00:32+	00:41+	01:41+	01:02+	01:14+	01:15+	00:40+	00:45+	01:06+	01:29+	02:39+	01:02+	01:17+	01:02-	01:09+	01:02+	01:12+	00:22-	00:49+	00:38-	00:16+
00:07#	00:17#	01:27#	00:03+	00:24-	00:05#	00:01+	00:12#	00:10#	00:02+	00:43#	00:10&	00:03+	00:12#	00:13#	00:21#	00:05+	00:09#	00:02-	00:30&	00:03+	00:22&	00:03-	00:02+	00:05-	00:04&
29:56+	30:54+	31:44+	32:55+	33:39+	35:38+	37:11+	38:43+	39:50+	40:57+	42:40+	43:18+	43:50+	44:26+	44:51+											
01:38+	00:58+	00:50+	01:11+	00:44-	01:59+	01:33+	01:32+	01:07+	01:07+	01:43+	00:38+	00:32-	00:36+	00:25+											
00:21&	00:10#	00:09#	00:13#	00:06-	00:49&	00:18#	00:05+	00:06+	00:11#	00:04+	00:07#	00:05-	00:10&	00:05#											
<b>9</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>46:32</b>													
00:54+	01:58+	02:41+	03:37+	04:54-	05:27+	06:22+	08:10+	09:04+	10:29+	11:01+	11:38+	12:23+	13:31+	14:58+	19:05+	20:42+	22:20+	23:31+	24:13+	25:19+	26:32+	26:56+	27:52+	28:47+	29:03+
00:54+	01:04-	00:43+	00:56+	01:17-	00:33+	00:55+	01:48+	00:54+	01:25+	00:32=	00:37+	00:45+	01:08+	01:27+	04:07+	01:37+	01:38+	01:11+	00:42+	01:06+	01:13+	00:24-	00:56+	00:55+	00:16+
00:11&	00:05-	00:02+	00:11#	00:20-	00:06#	00:15&	00:19#	00:02+	00:13#	00:00=	00:07#	00:03+	00:14&	00:11#	01:49&	00:40&	00:30&	00:07#	00:03+	00:07#	00:23&	00:01-	00:09#	00:12&	00:04&
30:40+	31:51+	32:49+	33:59+	35:02+	36:56+	38:25+	39:49+	41:03+	42:22+	44:07+	44:51+	45:32+	46:07+	46:32+											
01:37+	01:11+	00:58+	01:10+	01:03+	01:54+	01:29+	01:24-	01:14+	01:19+	01:45+	00:44+	00:41+	00:35+	00:25+											
00:20&	00:23&	00:17&	00:12#	00:13&	00:44&	00:14#	00:03-	00:13#	00:23&	00:06+	00:13&	00:04#	00:09&	00:05#											
<b>10</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>47:09</b>													
00:53+	02:01+	02:48+	03:47+	05:16+	05:51+	06:38+	08:19+	09:30+	10:41+	11:12+	11:55+	12:41+	14:11+	15:41+	18:22+	19:26+	22:23+	24:38+	25:30+	26:24+	27:42+	28:04+	29:13+	30:08+	30:20+
00:53+	01:08-	00:47+	00:59+	01:29-	00:35+	00:47+	01:41+	01:11+	01:11-	00:31-	00:43+	00:46+	01:30+	01:30+	02:41+	01:04+	02:57+	02:15+	00:52+	00:54-	01:18+	00:22-	01:09+	00:55+	00:12=
00:10#	00:01-	00:06#	00:14&	00:08-	00:08&	00:07#	00:12#	00:19&	00:01-	00:03-	00:13&	00:04+	00:36&	00:14#	00:23#	00:07#	01:49#	01:11#	00:13&	00:05-	00:28&	00:03-	00:22&	00:12&	00:00=
32:10+	33:29+	34:23+	35:32+	36:33+	37:33+	39:13+	40:45+	41:45+	42:53+	44:41+	45:31+	46:10+	46:46+	47:09+											
01:50+	01:19+	00:54+	01:09+	01:01+	01:00-	01:40+	01:32+	01:00-	01:08+	01:48+	00:50+	00:39+	00:36+	00:23+											
00:33&	00:31&	00:13&	00:11#	00:11#	00:10-	00:25&	00:05+	00:01-	00:12#	00:09+	00:19&	00:02+	00:10&	00:03#											
<b>11</b>	<b>Sveinung Svebestad</b>	<b>46</b>										<b>47:54</b>													
00:42-	01:52=	02:56+	04:12+	05:21+	06:02+	06:48+	08:44+	09:51+	11:05+	11:42+	12:15+	13:06+	15:20+	16:41+	19:09+	20:53+	22:13+	23:47+	24:36+	25:37+	26:38+	27:04+	28:04+	28:45+	29:04+
00:42-	01:10+	01:04+	01:16+	01:09-	00:41+	00:46+	01:56+	01:07+	01:14+	00:37+	00:33+	00:51+	02:14+	01:21+	02:28+	01:44+	01:20+	01:34+	00:49+	01:01+	01:01+	00:26+	01:00+	00:41-	00:19+
00:01-	00:01+	00:23&	00:31&	00:28-	00:14																				

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

<b>14</b>	<b>Knut Taugbøl</b>	<b>116</b>										<b>50:34</b>													
01:19+	02:34+	03:23+	04:23+	05:45+	06:19+	07:09+	10:50+	11:49+	13:22+	13:57+	14:41+	15:29+	16:54+	18:35+	21:07+	23:27+	25:43+	26:40+	27:44+	29:01+	30:17+	30:42+	31:46+	32:33+	33:01+
01:19+	01:15+	00:49+	01:00+	01:22-	00:34+	00:50+	03:41+	00:59+	01:33+	00:35+	00:44+	00:48+	01:25+	01:41+	02:32+	02:20+	02:16+	00:57-	01:04+	01:17+	01:16+	00:25=	01:04+	00:47+	00:28+
00:36&	00:06+	00:08#	00:15&	00:15-	00:07&	00:10#	02:12@	00:07#	00:21&	00:03+	00:14&	00:06#	00:31&	00:25&	00:14#	01:23@	01:08&	00:07-	00:25&	00:18&	00:26&	00:00=	00:17&	00:04+	00:16@
34:42+	35:45+	36:35+	38:13+	39:22+	41:07+	42:39+	44:13+	45:24+	46:30+	48:21+	48:55+	49:33+	50:13+	50:34+											
01:41+	01:03+	00:50+	01:38+	01:09+	01:45+	01:32+	01:34+	01:11+	01:06+	01:51+	00:34+	00:38+	00:40+	00:21+											
00:24&	00:15&	00:09#	00:40&	00:19&	00:35&	00:17#	00:07+	00:10#	00:10#	00:12#	00:03+	00:01+	00:14&	00:01+											

### Beste strekktid for klassen

00:40 00:53 00:36 00:42 00:57 00:25 00:36 01:24 00:52 01:06 00:29 00:25 00:37 00:54 01:11 02:12 00:50 01:08 00:44 00:35 00:44 00:48 00:17 00:41 00:38 00:12 00:18 00:48

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

## Herrer Trim

<b>1</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>26:57</b>												
00:36=	01:11=	02:16=	03:06=	04:00=	05:44=	06:57=	07:44=	09:05=	09:42=	10:40=	11:09=	12:01=	13:03=	13:41=	14:58=	15:43=	16:17=	17:27=	18:30=	20:18=	21:44=	23:00=	26:32=	26:57=
00:36=	00:35=	01:05=	00:50=	00:54=	01:44=	01:13=	00:47=	01:21=	00:37=	00:58=	00:29=	00:52=	01:02=	00:38=	01:17=	00:45=	00:34=	01:10=	01:03=	01:48=	01:26=	01:16=	03:32=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Frode Lund</b>	<b>18</b>										<b>29:06</b>												
00:57+	01:32+	02:30+	03:16+	04:26+	06:11+	07:23+	08:20+	12:04+	12:45+	14:09+	14:36+	15:23+	16:47+	17:18+	18:40+	19:22+	19:51+	20:47+	22:07+	24:15+	25:54+	27:07+	28:45+	29:06+
00:57+	00:35=	00:58-	00:46-	01:10+	01:45+	01:12-	00:57+	03:44+	00:41+	01:24+	00:27-	00:47-	01:24+	00:31-	01:22+	00:42-	00:29-	00:56-	01:20+	02:08+	01:39+	01:13-	01:38-	00:21-
00:21&	00:00=	00:07-	00:04-	00:16&	00:01+	00:01-	00:10#	02:23@	00:04#	00:26&	00:02-	00:05-	00:22&	00:07-	00:05+	00:03-	00:05-	00:14-	00:17&	00:20#	00:13#	00:03-	01:54-	00:04-
<b>3</b>	<b>Knut Husdal</b>	<b>93</b>										<b>30:11</b>												
00:59+	01:35+	02:34+	04:06+	05:02+	06:53+	08:27+	09:18+	10:42+	11:18+	12:22+	12:52+	13:55+	15:36+	16:17+	17:54+	18:38+	18:57+	19:57+	21:12+	23:58+	25:34+	27:06+	29:46+	30:11+
00:59+	00:36+	00:59-	01:32+	00:56+	01:51+	01:34+	00:51+	01:24+	00:36-	01:04+	00:30+	01:03+	01:41+	00:41+	01:37+	00:44-	00:19-	01:00-	01:15+	02:46+	01:36+	01:32+	02:40-	00:25=
00:23&	00:01+	00:06-	00:42&	00:02+	00:07+	00:21&	00:04+	00:03+	00:01-	00:06#	00:01+	00:11#	00:39&	00:03+	00:20&	00:01-	00:15-	00:10-	00:12#	00:58&	00:10#	00:16#	00:52-	00:00=
<b>4</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>30:57</b>												
00:35-	01:14+	02:02-	03:51-	05:25-	06:35-	07:14-	08:38-	09:05-	11:41+	12:01+	15:48+	16:25+	17:01+	18:04+	18:45+	19:03+	20:00+	22:12+	24:21+	25:35+	26:39+	30:42+	30:57+	
00:35-	00:39+	00:48-	00:49-	01:00+	01:34-	01:10-	00:39-	01:24+	00:27-	02:36+	00:20-	03:47+	00:37-	00:36-	01:03-	00:41-	00:18-	00:57-	02:12+	02:09+	01:14-	01:04-	04:03+	00:15-
00:01-	00:04#	00:17-	00:01-	00:06#	00:10-	00:03-	00:08-	00:03+	00:10-	01:38@	00:09-	02:55@	00:25-	00:02-	00:14-	00:04-	00:16-	00:13-	01:09@	00:21#	00:12-	00:12-	00:31#	00:10-
<b>5</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>31:20</b>												
00:47+	01:20+	02:16=	03:14+	04:18+	05:48+	07:07+	07:45+	09:59+	10:31+	11:48+	12:17+	14:06+	15:46+	16:19+	18:13+	19:12+	19:59+	21:03+	22:51+	24:57+	26:41+	27:52+	30:49+	31:20+
00:47+	00:33-	00:56-	00:58+	01:04+	01:30-	01:19+	00:38-	02:14+	00:32-	01:17+	00:29=	01:49+	01:40+	00:33-	01:54+	00:59+	00:47+	01:04-	01:48+	02:06+	01:44+	01:11-	02:57-	00:31+
00:11&	00:02-	00:09-	00:08#	00:10#	00:14-	00:06+	00:09-	00:53&	00:05-	00:19&	00:00=	00:57@	00:38&	00:05-	00:37&	00:14&	00:13&	00:06-	00:45&	00:18#	00:18#	00:05-	00:35-	00:06#
<b>6</b>	<b>Arne Magne Sondresen</b>	<b>92</b>										<b>31:31</b>												
00:50+	01:28+	02:24+	03:03-	04:12+	05:59+	07:08+	08:09+	09:32+	10:02+	11:31+	12:01+	12:57+	13:56+	14:30+	15:46+	16:26+	17:55+	19:47+	20:54+	22:50+	24:13+	25:16+	31:07+	31:31+
00:50+	00:38+	00:56-	00:39-	01:09+	01:47+	01:09-	01:01+	01:23+	00:30-	01:29+	00:30+	00:56+	00:59-	00:34-	01:16-	00:40-	01:29+	01:52+	01:07+	01:56+	01:23-	01:03-	05:51+	00:24-
00:14&	00:03#	00:09-	00:11-	00:15&	00:03+	00:04-	00:14&	00:02+	00:07-	00:31&	00:01+	00:04+	00:03-	00:04-	00:01-	00:05-	00:55@	00:42&	00:04+	00:08+	00:03-	00:13-	02:19&	00:01-
<b>7</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>31:31</b>												
00:53+	01:25+	02:33+	03:11+	04:02+	06:25+	07:45+	08:25+	09:55+	10:26+	11:29+	11:53+	12:59+	14:33+	15:05+	16:20+	16:59+	20:47+	21:38+	22:41+	24:25+	26:17+	28:41+	31:10+	31:31+
00:53+	00:32-	01:08+	00:38-	00:51-	02:23+	01:20+	00:40-	01:30+	00:31-	01:03+	00:24-	01:06+	01:34+	00:32-	01:15-	00:39-	03:48+	00:51-	01:03=	01:44-	01:52+	02:24+	02:29-	00:21-
00:17&	00:03-	00:03+	00:12-	00:03-	00:39&	00:07+	00:07-	00:09#	00:06-	00:05+	00:05-	00:14&	00:32&	00:06-	00:02-	00:06-	03:14@	00:19-	00:00=	00:04-	00:26&	01:08&	01:03-	00:04-
<b>8</b>	<b>Cato Bjerkeli</b>	<b>237</b>										<b>31:49</b>												
00:56+	01:33+	02:31+	03:17+	04:26+	06:03+	07:19+	08:04+	09:30+	10:10+	11:06+	11:46+	12:33+	13:59+	14:34+	16:56+	18:17+	18:39+	22:38+	24:05+	26:17+	28:04+	29:27+	31:24+	31:49+
00:56+	00:37+	00:58-	00:46-	01:09+	01:37-	01:16+	00:45-	01:26+	00:40+	00:56-	00:40+	00:47-	01:26+	00:35-	02:22+	01:21+	00:22-	03:59+	01:27+	02:12+	01:47+	01:23+	01:57-	00:25=
00:20&	00:02+	00:07-	00:04-	00:15&	00:07-	00:03+	00:02-	00:05+	00:03+	00:02-	00:11&	00:05-	00:24&	00:03-	01:05&	00:36&	00:12-	02:49@	00:24&	00:24#	00:21#	00:07+	01:35-	00:00=
<b>9</b>	<b>Svein Mæle</b>	<b>43</b>										<b>32:32</b>												
00:58+	01:38+	02:37+	03:43+	04:51+	06:46+	08:01+	08:41+	11:30+	12:09+	14:18+	14:50+	16:13+	17:39+	18:16+	19:49+	20:59+	21:22+	22:17+	23:51+	26:03+	27:42+	28:57+	32:06+	32:32+
00:58+	00:40+	00:59-	01:06+	01:08+	01:55+	01:15+	00:40-	02:49+	00:39+	02:09+	00:32+	01:23+	01:26+	00:37-	01:33+	01:10+	00:23-	00:55-	01:34+	02:12+	01:39+	01:15-	03:09-	00:26+
00:22&	00:05#	00:06-	00:16&	00:14&	00:11#	00:02+	00:07-	01:28@	00:02+	01:11@	00:03#	00:31&	00:24&	00:01-	00:16#	00:25&	00:11-	00:15-	00:31&	00:24#	00:13#	00:01-	00:23-	00:01+
<b>10</b>	<b>Steinar Polden Sæverud</b>	<b>109</b>										<b>32:32</b>												
01:19+	01:56+	02:47+	04:14+	0																				

Class	Navn	Klasse										Tid													
<b>11</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>33:11</b>													
00:44+	01:31+	02:40+	04:04+	05:07+	06:58+	09:32+	10:20+	12:06+	12:46+	14:05+	14:37+	15:59+	17:14+	17:54+	19:36+	20:51+	21:18+	22:17+	23:43+	27:03+	28:57+	30:45+	32:31+	33:11+	
00:44+	00:47+	01:09+	01:24+	01:03+	01:51+	02:34+	00:48+	01:46+	00:40+	01:19+	00:32+	01:22+	01:15+	00:40+	01:42+	01:15+	00:27-	00:59-	01:26+	03:20+	01:54+	01:48+	01:46-	00:40+	
00:08#	00:12&	00:04+	00:34&	00:09#	00:07+	01:21@	00:01+	00:25&	00:03+	00:21&	00:03#	00:30&	00:13#	00:02+	00:25&	00:30&	00:07-	00:11-	00:23&	01:32&	00:28&	00:32&	01:46-	00:15&	
<b>12</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>33:30</b>													
00:44+	01:10-	01:53-	02:20-	03:11-	04:29-	05:41-	06:16-	08:47-	09:20-	10:01-	10:25-	11:00-	11:43-	12:10-	23:13+	24:52+	25:04+	25:55+	26:52+	28:44+	30:03+	30:57+	33:14+	33:30+	
00:44+	00:26-	00:43-	00:27-	00:51-	01:18-	01:12-	00:35-	02:31+	00:33-	00:41-	00:24-	00:35-	00:43-	00:27-	11:03+	01:39+	00:12-	00:51-	00:57-	01:52+	01:19-	00:54-	02:17-	00:16-	
00:08#	00:09-	00:22-	00:23-	00:03-	00:26-	00:01-	00:12-	01:10&	00:04-	00:17-	00:05-	00:17-	00:19-	00:11-	09:46@	00:54@	00:22-	00:19-	00:06-	00:04+	00:07-	00:22-	01:15-	00:09-	
<b>13</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>33:31</b>													
00:51+	01:41+	02:55+	04:00+	05:20+	07:09+	08:37+	09:38+	12:35+	13:10+	14:35+	15:14+	17:20+	18:37+	19:14+	21:21+	22:16+	22:50+	23:56+	25:01+	28:03+	29:49+	30:58+	33:12+	33:31+	
00:51+	00:50+	01:14+	01:05+	01:20+	01:49+	01:28+	01:01+	02:57+	00:35-	01:25+	00:39+	02:06+	01:17+	00:37-	02:07+	00:55+	00:34=	01:06-	01:05+	03:02+	01:46+	01:09-	02:14-	00:19-	
00:15&	00:15&	00:09#	00:15&	00:26&	00:05+	00:15#	00:14&	01:36@	00:02-	00:27&	00:10&	01:14@	00:15#	00:01-	00:50&	00:10#	00:00=	00:04-	00:02+	01:14&	00:20#	00:07-	01:18-	00:06-	
<b>14</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>39:31</b>													
00:50+	01:23+	02:22+	03:10+	04:34+	07:05+	08:45+	09:51+	11:17+	12:08+	13:15+	13:47+	15:55+	17:21+	17:56+	23:44+	24:37+	25:06+	26:23+	28:02+	30:19+	31:52+	33:08+	39:05+	39:31+	
00:50+	00:33-	00:59-	00:48-	01:24+	02:31+	01:40+	01:06+	01:26+	00:51+	01:07+	00:32+	02:08+	01:26+	00:35-	05:48+	00:53+	00:29-	01:17+	01:39+	02:17+	01:33+	01:16=	05:57+	00:26+	
00:14&	00:02-	00:06-	00:02-	00:30&	00:47&	00:27&	00:19&	00:05+	00:14&	00:09#	00:03#	01:16@	00:24&	00:03-	04:31@	00:08#	00:05-	00:07#	00:36&	00:29&	00:07+	00:00=	02:25&	00:01+	
<b>15</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>41:17</b>													
01:06+	02:03+	03:30+	04:40+	06:16+	09:00+	10:42+	11:39+	13:44+	14:32+	15:45+	16:23+	17:35+	19:30+	20:13+	22:05+	23:11+	24:04+	26:48+	29:05+	33:22+	35:52+	38:40+	40:34+	41:17+	
01:06+	00:57+	01:27+	01:10+	01:36+	02:44+	01:42+	00:57+	02:05+	00:48+	01:13+	00:38+	01:12+	01:55+	00:43+	01:52+	01:06+	00:53+	02:44+	02:17+	04:17+	02:30+	02:48+	01:54-	00:43+	
00:30&	00:22&	00:22&	00:20&	00:42&	01:00&	00:22&	00:10#	00:44&	00:11&	00:15&	00:09&	00:20&	00:53&	00:05#	00:35&	00:21&	00:19&	01:34@	01:14@	02:29@	01:04&	01:32@	01:38-	00:18&	
<b>16</b>	<b>Per Bakken</b>	<b>5</b>										<b>41:58</b>													
01:08+	01:55+	03:26+	04:50+	06:41+	09:31+	11:37+	12:57+	15:05+	16:06+	18:18+	19:33+	20:38+	22:23+	23:06+	25:09+	26:36+	27:49+	29:12+	31:16+	34:13+	36:14+	38:06+	41:28+	41:58+	
01:08+	00:47+	01:31+	01:24+	01:51+	02:50+	02:06+	01:20+	02:08+	01:01+	02:12+	01:15+	01:05+	01:45+	00:43+	02:03+	01:27+	01:13+	01:23+	02:04+	02:57+	02:01+	01:52+	03:22-	00:30+	
00:32&	00:12&	00:26&	00:34&	00:57@	01:06&	00:53&	00:33&	00:47&	00:24&	01:14@	00:46@	00:13#	00:43&	00:05#	00:46&	00:42&	00:39@	00:13#	01:01&	01:09&	00:35&	00:36&	00:10-	00:05#	
<b>17</b>	<b>Arild Svihus</b>	<b>92</b>										<b>42:00</b>													
01:28+	02:25+	03:58+	05:07+	06:14+	09:01+	11:09+	12:26+	14:38+	15:23+	19:02+	19:44+	20:53+	22:54+	23:38+	26:24+	27:18+	27:57+	30:05+	31:43+	35:32+	37:55+	39:33+	41:22+	42:00+	
01:28+	00:57+	01:33+	01:09+	01:07+	02:47+	02:08+	01:17+	02:12+	00:45+	03:39+	00:42+	01:09+	02:01+	00:44+	02:46+	00:54+	00:39+	02:08+	01:38+	03:49+	02:23+	01:38+	01:49-	00:38+	
00:52@	00:22&	00:28&	00:19&	00:13#	01:03&	00:55&	00:30&	00:51&	00:08#	02:41@	00:13&	00:17&	00:59&	00:06#	01:29@	00:09#	00:05#	00:58&	00:35&	02:01@	00:57&	00:22&	01:43-	00:13&	
<b>18</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>43:08</b>													
01:11+	02:02+	03:15+	04:19+	05:58+	08:50+	10:50+	11:50+	13:41+	15:22+	21:15+	22:02+	23:05+	24:36+	25:24+	27:04+	28:07+	28:58+	30:44+	32:59+	36:03+	38:26+	39:51+	42:35+	43:08+	
01:11+	00:51+	01:13+	01:04+	01:39+	02:52+	02:00+	01:00+	01:51+	01:41+	05:53+	00:47+	01:03+	01:31+	00:48+	01:40+	01:03+	00:51+	01:46+	02:15+	03:04+	02:23+	01:25+	02:44-	00:33+	
00:35&	00:16&	00:08#	00:14&	00:45&	01:08&	00:47&	00:13&	00:30&	01:04@	04:55@	00:18&	00:11#	00:29&	00:10&	00:23&	00:18&	00:17&	00:36&	01:12@	01:16&	00:57&	00:09#	00:48-	00:08&	
<b>19</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>44:27</b>													
00:58+	02:03+	03:14+	04:23+	05:55+	08:04+	09:30+	10:25+	11:48+	12:32+	13:30+	19:32+	20:09+	21:39+	23:07+	23:53+	30:42+	31:29+	33:12+	34:18+	35:39+	37:56+	39:34+	40:49+	43:27+	44:27+
00:58+	01:05+	01:11+	01:09+	01:32+	02:09+	01:26+	00:55+	01:23+	00:44+	00:58=	06:02+	00:37-	01:30+	01:28+	00:46-	06:49+	00:47+	01:43+	01:06+	01:21-	02:17+	01:38+	01:15-	02:38+	01:00+
00:22&	00:30&	00:06+	00:19&	00:38&	00:25#	00:13#	00:08#	00:02+	00:07#	00:00=	05:33@	00:15-	00:28&	00:50@	00:31-	06:04@	00:13&	00:33&	00:03+	00:27-	00:51&	00:22&	02:17-	02:13@	01:00+
<b>20</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>46:12</b>													
00:49+	01:35+	03:04+	03:52+	06:51+	08:38+	14:56+	15:54+	19:41+	20:34+	22:50+	23:26+	26:20+	27:58+	28:38+	32:29+	33:34+	34:03+	35:24+	36:58+	40:00+	42:17+	44:01+	45:37+	46:12+	
00:49+	00:46+	01:29+	00:48-	02:59+	01:47+	06:18+	00:58+	03:47+	00:53+	02:16+	00:36+	02:54+	01:38+	00:40+	03:51+	01:05+	00:29-	01:21+	01:34+	03:02+	02:17+	01:44+	01:36-	00:35+	
00:13&	00:11&	00:24&	00:02-	02:05@	00:03+	05:05@	00:11#	02:26@	00:16&	01:18@	00:07#	02:02@	00:36&	00:02+	02:34@	00:20&	00:05-	00:11#	00:31&	01:14&	00:51&	00:28&	01:56-	00:10&	
<b>21</b>	<b>Rolf Kristian Folgeroe</b>	<b>27</b>										<b>48:23</b>													
00:58+	01:41+	02:46+	04:26+	05:25+	07:25+	15:24+	16:28+	17:49+	18:20+	19:35+	20:11+	21:28+	23:20+	23:56+	25:09+	25:55+	26:24+	27:44+	29:07+	31:32+	33:08+	34:18+	47:47+	48:23+	
00:58+	00:43+	01:05=	01:40+	00:59+	02:00+	07:59+	01:04+	01:21=	00:31-	01:15+	00:36+	01:17+	01:52+	00:36-	01:13-	00:46+	00:29-	01:20+	01:23+	02:25+	01:36+	01:10-	13:29+	00:36+	
00:22&	00:08#	00:00=	00:50&	00:05+	00:16#	06:46@	00:17&	00:00=	00:06-	00:50&	00:17&	00:07#	00:25&	00:02-	00:04-	00:01+	00:05-	00:10#	00:20&	00:37&	00:10#	00:06-	09:57@	00:11&	
<b>22</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>50:08</b>													
00:58+	01:40+	04:55+	05:39+	06:40+	08:53+	11:08+	12:04+	13:41+	14:18+	15:28+	16:05+	17:38+	19:48+	20:31+	31:36+	32:34+	36:08+	37:39+	39:16+	42:11+	45:06+	46:42+	49:32+	50:08+	
00:58+	00:42+	03:15+	00:44-	01:01+	02:13+	02:15+	00:56+	01:37+	00:37=	01:10+	00:37+	01:33+	02:10+	00:43+	11:05+	00:58+	03:34+	01:31+	01:37+	02:55+	02:55+	01:36+	02:50-	00:36+	
00:22&	00:07#	02:10@	00:06-	00:07#	00:29&	01:02&	00:09#	00:16#	00:00=	00:12#	00:08&	00:41&	01:08@	00:05#	09:48@	00:13&	03:00@	00:21&	00:34&	01:07&	01:29@	00:20&	00:42-	00:11&	
<b>23</b>	<b>Steinar Aase</b>	<b>268</b>										<b>52:41</b>													
01:13+	02:16+	03:28+	04:15+	05:40+	08:09+	10:30+	11:34+	13:36+	14:34+	16:54+	17:49+	19:04+	20:57+	21:50+	28:29+	30:06+	30:46+	37:03+	38:51+	42:43+	45:25+	50:10+	51:54+	52:41+	
01:13+	01:03+	01:12+	00:47-	01:25+	02:29+	02:21+	01:04+	02:02+	00:58+	02:20+	00:55+	01:15+	01:53+	00:53+	06:39+	01:37+	00:40+	06:17+	01:48+	03:52+	02:42+	04:45+	01:44-	00:47+	
00:37@	00:28&	00:07#	00:03-	00:31&	00:45&	01:08&	00:17&	00:41&	00:21&	01:22@	00:26&	00:23&	00:51&	00:15&	05:22@	00:52@	00:06#	05:07@	00:45&	02:04@	01:16&	03:29@	01:48-	00:22&	
<b>24</b>	<b>Svein Inge Sæverid</b>	<b>126</b>										<b>1:01:39</b>													
01:25+	02:34+																								

Class	Navn	Klasse																			Tid									
<b>26</b>	<b>Inge Grødem</b>	<b>92</b>																			<b>1:15:15</b>									
01:16+	02:17+	04:06+	05:28+	07:22+	11:10+	14:33+	15:49+	18:36+	19:42+	22:17+	23:22+	25:28+	27:37+	28:39+	48:23+	50:08+	50:51+	55:42+	60:13+	64:46+	67:29+	69:51+	74:26+	75:15+						
01:16+	01:01+	01:49+	01:22+	01:54+	03:48+	03:23+	01:16+	02:47+	01:06+	02:35+	01:05+	02:06+	02:09+	01:02+	19:44+	01:45+	00:43+	04:51+	04:31+	04:33+	02:43+	02:22+	04:35+	00:49+						
00:40@	00:26&	00:44&	00:32&	01:00@	02:04@	02:10@	00:29&	01:26@	00:29&	01:37@	00:36@	01:14@	01:07@	00:24&	18:27@	01:00@	00:09&	03:41@	03:28@	02:45@	01:17&	01:06&	01:03&	00:24&						
<b>Beste strekktid for klassen</b>																														
00:35	00:26	00:43	00:27	00:51	01:18	01:09	00:35	01:21	00:27	00:41	00:20	00:35	00:37	00:27	00:46	00:39	00:12	00:51	00:57	01:21	01:14	00:54	01:15	00:15						

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