

## Løp 1 - Kvernevik

## Strekketider

-23.03.2022

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Katrine Haaland Leveraas</b>	<b>54</b>	<b>19:10</b>								
01:48=	04:47=	06:31=	09:45=	10:06=	11:21=	12:42=	15:41=	16:51=	18:27=	18:44=	19:10=
01:48=	02:59=	01:44=	03:14=	00:21=	01:15=	01:21=	02:59=	01:10=	01:36=	00:17=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Silje Sundal</b>	<b>71</b>	<b>20:00</b>								
02:30+	05:23+	07:04+	09:04-	09:30-	10:58-	12:33-	15:51+	17:09+	19:08+	19:30+	20:00+
02:30+	02:53-	01:41-	02:00-	00:26+	01:28+	01:35+	03:18+	01:18+	01:59+	00:22+	00:30+
00:42&	00:06-	00:03-	01:14-	00:05#	00:13#	00:14#	00:19#	00:08#	00:23#	00:05&	00:04#
<b>3</b>	<b>Elin Graneland</b>	<b>39</b>	<b>20:38</b>								
02:16+	05:38+	07:12+	09:06-	09:36-	11:08-	12:36-	16:04+	17:37+	19:50+	20:10+	20:38+
02:16+	03:22+	01:34-	01:54-	00:30+	01:32+	01:28+	03:28+	01:33+	02:13+	00:20+	00:28+
00:28&	00:23#	00:10-	01:20-	00:09&	00:17#	00:07+	00:29#	00:23&	00:37&	00:03#	00:02+
<b>4</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>20:45</b>								
01:52+	05:30+	07:23+	09:37-	10:04-	11:26+	12:55+	16:18+	18:03+	19:59+	20:18+	20:45+
01:52+	03:38+	01:53+	02:14-	00:27+	01:22+	01:29+	03:23+	01:45+	01:56+	00:19+	00:27+
00:04+	00:39#	00:09+	01:00-	00:06&	00:07+	00:08+	00:24#	00:35&	00:20#	00:02#	00:01+
<b>5</b>	<b>Ann Torill Bakken</b>	<b>116</b>	<b>22:51</b>								
02:15+	05:41+	07:31+	10:02+	10:32+	12:20+	14:09+	18:14+	19:46+	22:00+	22:22+	22:51+
02:15+	03:26+	01:50+	02:31-	00:30+	01:48+	01:29+	04:05+	01:32+	02:14+	00:22+	00:29+
00:27#	00:27#	00:06+	00:43-	00:09&	00:33&	00:28&	01:06&	00:22&	00:38&	00:05&	00:03#
<b>6</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>23:11</b>								
01:49+	05:19+	08:01+	10:44+	11:01+	12:39+	14:29+	18:25+	19:50+	22:18+	22:36+	23:11+
01:49+	03:30+	02:42+	02:43-	00:17-	01:38+	01:50+	03:56+	01:25+	02:28+	00:18+	00:35+
00:01+	00:31#	00:58&	00:31-	00:04-	00:23&	00:29&	00:57&	00:15#	00:52&	00:01+	00:09&
<b>7</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>23:44</b>								
02:06+	05:42+	07:38+	10:40+	11:13+	13:03+	14:54+	19:21+	20:43+	22:54+	23:15+	23:44+
02:06+	03:36+	01:56+	03:02-	00:33+	01:50+	01:51+	04:27+	01:22+	02:11+	00:21+	00:29+
00:18#	00:37#	00:12#	00:12-	00:12&	00:35&	00:30&	01:28&	00:12#	00:35&	00:04#	00:03#
<b>8</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>24:52</b>								
02:13+	05:41+	08:03+	11:03+	11:34+	13:27+	15:26+	19:50+	21:24+	24:06+	24:30+	24:52+
02:13+	03:28+	02:22+	03:00-	00:31+	01:53+	01:59+	04:24+	01:34+	02:42+	00:24+	00:22-
00:25#	00:29#	00:38&	00:14-	00:10&	00:38&	00:38&	01:25&	00:24&	01:06&	00:07&	00:04-
<b>9</b>	<b>Camilla Frafjord Haarr</b>	<b>116</b>	<b>24:59</b>								
02:01+	06:06+	09:15+	12:33+	12:57+	14:23+	15:59+	20:07+	21:59+	24:13+	24:34+	24:59+
02:01+	04:05+	03:09+	03:18+	00:24+	01:26+	01:36+	04:08+	01:52+	02:14+	00:21+	00:25-
00:13#	01:06&	01:25&	00:04+	00:03#	00:11#	00:15#	01:09&	00:42&	00:38&	00:04#	00:01-
<b>10</b>	<b>Hanne Berg Aspøy</b>	<b>117</b>	<b>25:04</b>								
02:06+	05:41+	08:41+	12:00+	12:42+	14:43+	16:31+	20:22+	21:50+	24:15+	24:37+	25:04+
02:06+	03:35+	03:00+	03:19+	00:42+	02:01+	01:48+	03:51+	01:28+	02:25+	00:22+	00:27+
00:18#	00:36#	01:16&	00:05+	00:21&	00:46&	00:27&	00:52&	00:18&	00:49&	00:05&	00:01+
<b>11</b>	<b>Dina Bærheim</b>	<b>105</b>	<b>25:47</b>								
02:36+	06:17+	08:21+	11:31+	12:10+	13:53+	15:51+	20:55+	22:26+	24:45+	25:14+	25:47+
02:36+	03:41+	02:04+	03:10-	00:39+	01:43+	01:58+	05:04+	01:31+	02:19+	00:29+	00:33+
00:48&	00:42#	00:20#	00:04-	00:18&	00:28&	00:37&	02:05&	00:21&	00:43&	00:12&	00:07&
<b>12</b>	<b>Rønnaug Egeland</b>	<b>93</b>	<b>26:49</b>								
01:47-	04:56+	06:50+	14:07+	14:55+	16:29+	18:01+	22:07+	23:53+	25:56+	26:19+	26:49+
01:47-	03:09+	01:54+	07:17+	00:48+	01:34+	01:32+	04:06+	01:46+	02:03+	00:23+	00:30+
00:01-	00:10+	00:10+	04:03@	00:27@	00:19&	00:11#	01:07&	00:36&	00:27&	00:06&	00:04#
<b>13</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>27:24</b>								
02:12+	06:02+	07:43+	11:59+	12:24+	16:33+	18:48+	22:31+	24:17+	26:32+	26:51+	27:24+
02:12+	03:50+	01:41-	04:16+	00:25+	04:09+	02:15+	03:43+	01:46+	02:15+	00:19+	00:33+
00:24#	00:51&	00:03-	01:02&	00:04#	02:54@	00:54&	00:44#	00:36&	00:39&	00:02#	00:07&
<b>14</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>28:29</b>								
02:32+	06:41+	10:13+	15:06+	15:32+	17:31+	19:20+	23:50+	25:16+	27:31+	27:56+	28:29+
02:32+	04:09+	03:32+	04:53+	00:26+	01:59+	01:49+	04:30+	01:26+	02:15+	00:25+	00:33+
00:44&	01:10&	01:48@	01:39&	00:05#	00:44&	00:28&	01:31&	00:16#	00:39&	00:08&	00:07&

Class	Navn	Klasse										Tid
<b>15</b>	<b>Møyfrid Risdal</b>	<b>113</b>										<b>28:46</b>
02:26+	09:14+	11:37+	14:19+	15:14+	17:22+	19:29+	23:26+	25:01+	27:51+	28:16+	28:46+	
02:26+	06:48+	02:23+	02:42-	00:55+	02:08+	02:07+	03:57+	01:35+	02:50+	00:25+	00:30+	
00:38&	03:49@	00:39&	00:32-	00:34@	00:53&	00:46&	00:58&	00:25&	01:14&	00:08&	00:04#	
<b>16</b>	<b>Ingvild Amalixsen</b>	<b>116</b>										<b>30:58</b>
02:12+	06:13+	08:43+	18:49+	19:14+	20:37+	22:21+	26:31+	27:54+	30:00+	30:22+	30:58+	
02:12+	04:01+	02:30+	10:06+	00:25+	01:23+	01:44+	04:10+	01:23+	02:06+	00:22+	00:36+	
00:24#	01:02&	00:46&	06:52@	00:04#	00:08#	00:23&	01:11&	00:13#	00:30&	00:05&	00:10&	
<b>17</b>	<b>Kjersti Nordal</b>	<b>39</b>										<b>31:05</b>
02:29+	06:55+	12:33+	15:14+	15:54+	17:57+	19:47+	25:57+	27:33+	30:09+	30:30+	31:05+	
02:29+	04:26+	05:38+	02:41-	00:40+	02:03+	01:50+	06:10+	01:36+	02:36+	00:21+	00:35+	
00:41&	01:27&	03:54@	00:33-	00:19&	00:48&	00:29&	03:11@	00:26&	01:00&	00:04#	00:09&	
<b>18</b>	<b>Tone Hansen</b>	<b>76</b>										<b>31:10</b>
02:56+	07:00+	09:33+	13:51+	14:31+	16:24+	18:18+	22:38+	27:20+	29:56+	30:33+	31:10+	
02:56+	04:04+	02:33+	04:18+	00:40+	01:53+	01:54+	04:20+	04:42+	02:36+	00:37+	00:37+	
01:08&	01:05&	00:49&	01:04&	00:19&	00:38&	00:33&	01:21&	03:32@	01:00&	00:20@	00:11&	
<b>19</b>	<b>Heidi Langeland</b>	<b>117</b>										<b>32:35</b>
02:58+	08:31+	11:07+	14:44+	15:22+	17:33+	19:54+	25:57+	27:47+	31:20+	31:47+	32:35+	
02:58+	05:33+	02:36+	03:37+	00:38+	02:11+	02:21+	06:03+	01:50+	03:33+	00:27+	00:48+	
01:10&	02:34&	00:52&	00:23#	00:17&	00:56&	01:00&	03:04@	00:40&	01:57@	00:10&	00:22&	
<b>20</b>	<b>Siv Hilde Berg</b>	<b>53</b>										<b>41:57</b>
03:53+	09:40+	12:19+	21:21+	22:33+	24:47+	26:58+	32:37+	37:19+	40:53+	41:18+	41:57+	
03:53+	05:47+	02:39+	09:02+	01:12+	02:14+	02:11+	05:39+	04:42+	03:34+	00:25+	00:39+	
02:05@	02:48&	00:55&	05:48@	00:51@	00:59&	00:50&	02:40&	03:32@	01:58@	00:08&	00:13&	
<b>Beste strekktid for klassen</b>												
01:47	02:53	01:34	01:54	00:17	01:15	01:21	02:59	01:10	01:36	00:17	00:22	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Damer 40 - 49 år</b>												
<b>1</b>	<b>Brit Nilsen</b>	<b>88</b>										<b>20:06</b>
02:39=	07:31=	09:10=	09:42=	11:08=	12:49=	14:29=	18:27=	19:04=	20:06=			
02:39=	04:52=	01:39=	00:32=	01:26=	01:41=	01:40=	03:58=	00:37=	01:02=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Ida K. Kolstø</b>	<b>29</b>										<b>21:29</b>
02:27-	06:42-	10:17+	11:50+	13:32+	15:15+	16:49+	20:09+	20:38+	21:29+			
02:27-	04:15-	03:35+	01:33+	01:42+	01:43+	01:34-	03:20-	00:29-	00:51-			
00:12-	00:37-	01:56@	01:01@	00:16#	00:02+	00:06-	00:38-	00:08-	00:11-			
<b>3</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>										<b>22:48</b>
02:39=	08:54+	10:37+	11:37+	13:13+	14:46+	16:33+	21:13+	21:46+	22:48+			
02:39=	06:15+	01:43+	01:00+	01:36+	01:33-	01:47+	04:40+	00:33-	01:02=			
00:00=	01:23&	00:04+	00:28&	00:10#	00:08-	00:07+	00:42#	00:04-	00:00=			
<b>4</b>	<b>Helen Haneferd</b>	<b>27</b>										<b>22:51</b>
02:33-	08:03+	10:01+	11:18+	13:03+	14:41+	16:21+	21:13+	21:55+	22:51+			
02:33-	05:30+	01:58+	01:17+	01:45+	01:38-	01:40=	04:52+	00:42+	00:56-			
00:06-	00:38#	00:19#	00:45@	00:19#	00:03-	00:00=	00:54#	00:05#	00:06-			
<b>5</b>	<b>Christel Dahl</b>	<b>92</b>										<b>25:03</b>
03:20+	10:35+	13:07+	13:29+	15:28+	16:56+	18:52+	23:21+	23:55+	25:03+			
03:20+	07:15+	02:32+	00:22-	01:59+	01:28-	01:56+	04:29+	00:34-	01:08+			
00:41&	02:23&	00:53&	00:10-	00:33&	00:13-	00:16#	00:31#	00:03-	00:06+			
<b>6</b>	<b>Rikke Rostrup</b>	<b>116</b>										<b>26:45</b>
04:47+	14:30+	15:50+	16:25+	18:04+	19:22+	20:56+	25:16+	25:50+	26:45+			
04:47+	09:43+	01:20-	00:35+	01:39+	01:18-	01:34-	04:20+	00:34-	00:55-			
02:08&	04:51&	00:19-	00:03+	00:13#	00:23-	00:06-	00:22+	00:03-	00:07-			
<b>7</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>28:48</b>
02:59+	08:05+	10:35+	18:32+	20:28+	22:07+	23:52+	27:12+	27:48+	28:48+			
02:59+	05:06+	02:30+	07:57+	01:56+	01:39-	01:45+	03:20-	00:36-	01:00-			
00:20#	00:14+	00:51&	07:25@	00:30&	00:02-	00:05+	00:38-	00:01-	00:02-			

Class	Navn	Klasse	Tid
<b>8</b>	<b>Kathrin Sandstad</b>	<b>117</b>	<b>29:31</b>
03:14+	09:50+ 11:40+ 12:26+ 19:10+ 20:56+	22:52+ 27:42+	28:20+ 29:31+
03:14+	06:36+ 01:50+ 00:46+ 06:44+ 01:46+	01:56+ 04:50+	00:38+ 01:11+
00:35#	01:44& 00:11# 00:14& 05:18@	00:05+ 00:16# 00:52#	00:01+ 00:09#
<b>9</b>	<b>Toyah Bråtveit</b>	<b>43</b>	<b>30:02</b>
02:40+	09:01+ 10:45+ 12:02+ 19:55+ 22:02+	23:46+ 28:24+	28:58+ 30:02+
02:40+	06:21+ 01:44+ 01:17+ 07:53+ 02:07+	01:44+ 04:38+	00:34- 01:04+
00:01+	01:29& 00:05+ 00:45@ 06:27@	00:26& 00:04+ 00:40#	00:03- 00:02+
<b>10</b>	<b>Heidi Martby</b>	<b>105</b>	<b>30:12</b>
03:25+	09:37+ 12:42+ 13:11+ 20:13+ 21:52+	23:48+ 28:32+	29:07+ 30:12+
03:25+	06:12+ 03:05+ 00:29- 07:02+ 01:39-	01:56+ 04:44+	00:35- 01:05+
00:46&	01:20& 01:26& 00:03- 05:36@	00:02- 00:16# 00:46#	00:02- 00:03+
<b>11</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>40:10</b>
04:48+	14:05+ 17:58+ 19:18+ 24:03+ 26:48+	30:17+ 37:20+	38:23+ 40:10+
04:48+	09:17+ 03:53+ 01:20+ 04:45+ 02:45+	03:29+ 07:03+	01:03+ 01:47+
02:09&	04:25& 02:14@ 00:48@ 03:19@	01:04& 01:49@	03:05& 00:26& 00:45&
<b>12</b>	<b>Sølvi Jacobsen</b>	<b>43</b>	<b>45:03</b>
03:50+	20:21+ 22:34+ 26:26+ 29:19+ 32:22+	36:06+ 42:11+	43:17+ 45:03+
03:50+	16:31+ 02:13+ 03:52+ 02:53+ 03:03+	03:44+ 06:05+	01:06+ 01:46+
01:11&	11:39@ 00:34& 03:20@ 01:27@	01:22& 02:04@	02:07& 00:29& 00:44&
<b>Beste strekktid for klassen</b>			
02:27	04:15	01:20	00:22 01:26 01:18 01:34 03:20 00:29 00:51

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

## Damer 50 - 59 år

<b>1</b>	<b>Marianne Fuglestad</b>	<b>117</b>	<b>21:26</b>
02:53=	07:05= 08:43= 10:32= 13:36= 14:50=	16:24= 19:48=	20:22= 21:26=
02:53=	04:12= 01:38= 01:49= 03:04= 01:14=	01:34= 03:24=	00:34= 01:04=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00=
<b>2</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>	<b>21:35</b>
02:40-	08:02+ 10:02+ 10:47+ 12:14- 13:48-	15:36- 19:48=	20:30+ 21:35+
02:40-	05:22+ 02:00+ 00:45- 01:27- 01:34+	01:48+ 04:12+	00:42+ 01:05+
00:13-	01:10& 00:22# 01:04- 01:37- 00:20&	00:14# 00:48#	00:08# 00:01+
<b>3</b>	<b>Elisabeth Christie Ørke</b>	<b>117</b>	<b>21:37</b>
02:12-	07:31+ 09:01+ 10:43+ 12:51- 13:52-	15:46- 20:09+	20:38+ 21:37+
02:12-	05:19+ 01:30- 01:42- 02:08- 01:01-	01:54+ 04:23+	00:29- 00:59-
00:41-	01:07& 00:08- 00:07- 00:56- 00:13-	00:20# 00:59&	00:05- 00:05-
<b>4</b>	<b>Signe Ottesen</b>	<b>116</b>	<b>22:14</b>
03:01+	08:49+ 10:51+ 11:27+ 13:08- 14:36-	16:25+ 20:28+	21:10+ 22:14+
03:01+	05:48+ 02:02+ 00:36- 01:41- 01:28+	01:49+ 04:03+	00:42+ 01:04=
00:08+	01:36& 00:24# 01:13- 01:23- 00:14#	00:15# 00:39#	00:08# 00:00=
<b>5</b>	<b>Gerd Olaus Vikeså</b>	<b>101</b>	<b>23:09</b>
02:58+	08:17+ 11:36+ 12:32+ 14:07+ 15:38+	17:17+ 21:24+	21:59+ 23:09+
02:58+	05:19+ 03:19+ 00:56- 01:35- 01:31+	01:39+ 04:07+	00:35+ 01:10+
00:05+	01:07& 01:41@ 00:53- 01:29- 00:17#	00:05+ 00:43#	00:01+ 00:06+
<b>6</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>	<b>23:18</b>
02:58+	08:36+ 11:00+ 11:48+ 13:27- 14:59+	17:26+ 21:35+	22:12+ 23:18+
02:58+	05:38+ 02:24+ 00:48- 01:39- 01:32+	02:27+ 04:09+	00:37+ 01:06+
00:05+	01:26& 00:46& 01:01- 01:25- 00:18#	00:53& 00:45#	00:03+ 00:02+
<b>7</b>	<b>Siv Skretting</b>	<b>93</b>	<b>24:21</b>
03:13+	08:51+ 11:39+ 12:03+ 13:57+ 16:27+	18:14+ 22:40+	23:14+ 24:21+
03:13+	05:38+ 02:48+ 00:24- 01:54- 02:30+	01:47+ 04:26+	00:34= 01:07+
00:20#	01:26& 01:10& 01:25- 01:10- 01:16@	00:13# 01:02&	00:00= 00:03+
<b>8</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>24:54</b>
02:29-	08:26+ 10:02+ 13:51+ 16:58+ 18:10+	19:44+ 23:18+	23:57+ 24:54+
02:29-	05:57+ 01:36- 03:49+ 03:07+ 01:12-	01:34= 03:34+	00:39+ 00:57-
00:24-	01:45& 00:02- 02:00@ 00:03+	00:02- 00:00=	00:10+ 00:05# 00:07-

Class	Navn	Klasse	Tid
<b>9</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>25:00</b>
02:55+	08:29+ 10:31+ 11:29+ 14:48+ 16:42+ 19:31+ 23:07+	23:54+ 25:00+	
02:55+	05:34+ 02:02+ 00:58- 03:19+ 01:54+ 02:49+ 03:36+	00:47+ 01:06+	
00:02+	01:22& 00:24# 00:51- 00:15+ 00:40& 01:15& 00:12+	00:13& 00:02+	
<b>10</b>	<b>Tone Cecilie Nystrom</b>	<b>68</b>	<b>25:39</b>
03:01+	08:34+ 10:49+ 11:34+ 15:49+ 17:27+ 19:35+ 23:43+	24:27+ 25:39+	
03:01+	05:33+ 02:15+ 00:45- 04:15+ 01:38+ 02:08+ 04:08+	00:44+ 01:12+	
00:08+	01:21& 00:37& 01:04- 01:11& 00:24& 00:34& 00:44#	00:10& 00:08#	
<b>11</b>	<b>Nidunn Sandvik</b>	<b>228</b>	<b>26:54</b>
03:08+	08:31+ 12:51+ 14:46+ 17:05+ 18:51+ 20:54+ 25:04+	25:45+ 26:54+	
03:08+	05:23+ 04:20+ 01:55+ 02:19- 01:46+ 02:03+ 04:10+	00:41+ 01:09+	
00:15+	01:11& 02:42@ 00:06+ 00:45- 00:32& 00:29& 00:46#	00:07# 00:05+	
<b>12</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>	<b>27:01</b>
02:55+	10:52+ 13:22+ 13:59+ 17:01+ 18:36+ 20:51+ 24:58+	25:38+ 27:01+	
02:55+	07:57+ 02:30+ 00:37- 03:02- 01:35+ 02:15+ 04:07+	00:40+ 01:23+	
00:02+	03:45& 00:52& 01:12- 00:02- 00:21& 00:41& 00:43#	00:06# 00:19&	
<b>13</b>	<b>Liv Omdal</b>	<b>116</b>	<b>27:03</b>
02:57+	08:36+ 11:37+ 12:09+ 17:59+ 19:31+ 21:21+ 25:18+	25:58+ 27:03+	
02:57+	05:39+ 03:01+ 00:32- 05:50+ 01:32+ 01:50+ 03:57+	00:40+ 01:05+	
00:04+	01:27& 01:23& 01:17- 02:46& 00:18# 00:16# 00:33#	00:06# 00:01+	
<b>14</b>	<b>Linda Mari Vestvik</b>	<b>62</b>	<b>30:50</b>
03:29+	12:23+ 14:07+ 17:55+ 20:27+ 21:57+ 23:50+ 29:09+	29:44+ 30:50+	
03:29+	08:54+ 01:44+ 03:48+ 02:32- 01:30+ 01:53+ 05:19+	00:35+ 01:06+	
00:36#	04:42@ 00:06+ 01:59@ 00:32- 00:16# 00:19# 01:55&	00:01+ 00:02+	
<b>15</b>	<b>Synnøve Westermoen</b>	<b>116</b>	<b>31:21</b>
05:25+	10:53+ 12:27+ 16:19+ 18:32+ 21:28+ 25:21+ 29:40+	30:12+ 31:21+	
05:25+	05:28+ 01:34- 03:52+ 02:13- 02:56+ 03:53+ 04:19+	00:32- 01:09+	
02:32&	01:16& 00:04- 02:03@ 00:51- 01:42@ 02:19@ 00:55&	00:02- 00:05+	
<b>16</b>	<b>Birgitte Røe</b>	<b>125</b>	<b>31:44</b>
03:13+	10:45+ 14:38+ 15:06+ 19:57+ 21:55+ 24:19+ 29:14+	30:10+ 31:44+	
03:13+	07:32+ 03:53+ 00:28- 04:51+ 01:58+ 02:24+ 04:55+	00:56+ 01:34+	
00:20#	03:20& 02:15@ 01:21- 01:47& 00:44& 00:50& 01:31&	00:22& 00:30&	
<b>17</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>	<b>32:34</b>
04:39+	11:04+ 17:14+ 18:12+ 21:37+ 23:27+ 25:27+ 30:04+	31:03+ 32:34+	
04:39+	06:25+ 06:10+ 00:58- 03:25+ 01:50+ 02:00+ 04:37+	00:59+ 01:31+	
01:46&	02:13& 04:32@ 00:51- 00:21# 00:36& 00:26& 01:13&	00:25& 00:27&	
<b>18</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>	<b>32:49</b>
04:22+	10:39+ 13:23+ 17:58+ 22:12+ 24:14+ 26:32+ 30:56+	31:44+ 32:49+	
04:22+	06:17+ 02:44+ 04:35+ 04:14+ 02:02+ 02:18+ 04:24+	00:48+ 01:05+	
01:29&	02:05& 01:06& 02:46@ 01:10& 00:48& 00:44& 01:00&	00:14& 00:01+	
<b>19</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>	<b>38:44</b>
03:19+	15:02+ 17:11+ 20:22+ 26:29+ 28:17+ 30:47+ 36:43+	37:30+ 38:44+	
03:19+	11:43+ 02:09+ 03:11+ 06:07+ 01:48+ 02:30+ 05:56+	00:47+ 01:14+	
00:26#	07:31@ 00:31& 01:22& 03:03& 00:34& 00:56& 02:32&	00:13& 00:10#	
<b>Beste strekktid for klassen</b>			
02:12	04:12	01:30	00:24
01:27	01:01	01:34	03:24
00:29	00:57		

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

## Damer 60 - 64 år

<b>1</b>	<b>May Elinor Meling</b>	<b>125</b>	<b>20:35</b>
02:17=	06:15= 07:12= 09:12= 11:05= 12:48= 17:25= 19:09=	20:01= 20:35=	
02:17=	03:58= 00:57= 02:00= 01:53= 01:43= 04:37= 01:44=	00:52= 00:34=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00=	
<b>2</b>	<b>Ingunn Voilås</b>	<b>29</b>	<b>22:05</b>
02:06-	07:19+ 08:12+ 10:13+ 12:37+ 14:27+ 19:04+ 20:44+	21:25+ 22:05+	
02:06-	05:13+ 00:53- 02:01+ 02:24+ 01:50+ 04:37= 01:40-	00:41- 00:40+	
00:11-	01:15& 00:04- 00:01+ 00:31& 00:07+ 00:00= 00:04-	00:11- 00:06#	

Class	Navn	Klasse	Tid
<b>3</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>23:49</b>
02:38+	08:28+ 09:30+ 11:25+ 13:33+ 15:30+	20:31+ 22:20+ 23:08+ 23:49+	
02:38+	05:50+ 01:02+ 01:55- 02:08+ 01:57+	05:01+ 01:49+ 00:48- 00:41+	
00:21#	01:52& 00:05+ 00:05- 00:15# 00:14#	00:24+ 00:05+ 00:04- 00:07#	
<b>4</b>	<b>Berit Bakken</b>	<b>93</b>	<b>24:45</b>
02:43+	07:58+ 09:07+ 10:59+ 13:25+ 15:41+	21:06+ 23:13+ 24:03+ 24:45+	
02:43+	05:15+ 01:09+ 01:52- 02:26+ 02:16+	05:25+ 02:07+ 00:50- 00:42+	
00:26#	01:17& 00:12# 00:08- 00:33& 00:33&	00:48# 00:23# 00:02- 00:08#	
<b>5</b>	<b>Ellinor Nesse</b>	<b>116</b>	<b>37:09</b>
03:01+	07:34+ 08:49+ 12:45+ 22:26+ 24:48+	30:03+ 35:30+ 36:19+ 37:09+	
03:01+	04:33+ 01:15+ 03:56+ 09:41+ 02:22+	05:15+ 05:27+ 00:49- 00:50+	
00:44&	00:35# 00:18& 01:56& 07:48@ 00:39&	00:38# 03:43@ 00:03- 00:16&	
<b>6</b>	<b>Ingrid Øxnevad</b>	<b>18</b>	<b>44:13</b>
02:08-	23:57+ 24:47+ 26:46+ 33:11+ 35:32+	40:52+ 42:29+ 43:38+ 44:13+	
02:08-	21:49+ 00:50- 01:59- 06:25+ 02:21+	05:20+ 01:37- 01:09+ 00:35+	
00:09-	17:51@ 00:07- 00:01- 04:32@ 00:38&	00:43# 00:07- 00:17& 00:01+	
<b>7</b>	<b>Åse Franciska Møster</b>	<b>128</b>	<b>51:48</b>
02:57+	05:09- 15:08+ 17:19+ 21:08+ 30:13+	35:00+ 43:30+ 49:41+ 51:05+ 51:48+	
02:57+	02:12- 09:59+ 02:11+ 03:49+ 09:05+	04:47+ 08:30+ 06:11+ 01:24+ 00:43+	
00:40&	01:46- 09:02@ 00:11+ 01:56@ 07:22@	00:10+ 06:46@ 05:19@ 00:50@ 00:43+	

#### Beste strekktid for klassen

02:06 02:12 00:50 01:52 01:53 01:43 04:37 01:37 00:41 00:34

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

### Damer 65 - 69 år

<b>1</b>	<b>Margot Asheim</b>	<b>105</b>	<b>21:32</b>
01:57=	05:38= 06:33= 10:05= 12:21= 13:52=	18:20= 20:02= 21:01= 21:32=	
01:57=	03:41= 00:55= 03:32= 02:16= 01:31=	04:28= 01:42= 00:59= 00:31=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Eli Frafjord</b>	<b>94</b>	<b>23:39</b>
02:57+	07:02+ 08:09+ 10:13+ 12:22+ 14:19+	19:57+ 21:59+ 22:58+ 23:39+	
02:57+	04:05+ 01:07+ 02:04- 02:09- 01:57+	05:38+ 02:02+ 00:59= 00:41+	
01:00&	00:24# 00:12# 01:28- 00:07- 00:26&	01:10& 00:20# 00:00= 00:10&	
<b>3</b>	<b>Hanne Eik</b>	<b>117</b>	<b>27:18</b>
02:41+	07:35+ 08:52+ 12:31+ 14:52+ 17:33+	23:23+ 25:30+ 26:29+ 27:18+	
02:41+	04:54+ 01:17+ 03:39+ 02:21+ 02:41+	05:50+ 02:07+ 00:59= 00:49+	
00:44&	01:13& 00:22& 00:07+ 00:05+ 01:10&	01:22& 00:25# 00:00= 00:18&	
<b>4</b>	<b>Kari Blixhavn</b>	<b>228</b>	<b>29:40</b>
02:56+	08:17+ 09:49+ 13:20+ 15:58+ 18:42+	24:44+ 27:53+ 28:53+ 29:40+	
02:56+	05:21+ 01:32+ 03:31- 02:38+ 02:44+	06:02+ 03:09+ 01:00+ 00:47+	
00:59&	01:40& 00:37& 00:01- 00:22# 01:13&	01:34& 01:27& 00:01+ 00:16&	
<b>5</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>38:47</b>
02:18+	13:47+ 14:51+ 17:36+ 27:56+ 30:04+	34:50+ 37:14+ 38:07+ 38:47+	
02:18+	11:29+ 01:04+ 02:45- 10:20+ 02:08+	04:46+ 02:24+ 00:53- 00:40+	
00:21#	07:48@ 00:09# 00:47- 08:04@ 00:37&	00:18+ 00:42& 00:06- 00:09&	
<b>6</b>	<b>Berit Gramstad</b>	<b>113</b>	<b>39:41</b>
07:01+	11:45+ 13:20+ 18:25+ 20:44+ 23:11+	31:45+ 37:41+ 39:00+ 39:41+	
07:01+	04:44+ 01:35+ 05:05+ 02:19+ 02:27+	08:34+ 05:56+ 01:19+ 00:41+	
05:04@	01:03& 00:40& 01:33& 00:03+ 00:56&	04:06& 04:14@ 00:20& 00:10&	
<b>7</b>	<b>Åse Berg</b>	<b>105</b>	<b>43:14</b>
03:06+	13:44+ 15:12+ 17:56+ 21:33+ 24:36+	31:59+ 40:58+ 42:10+ 43:14+	
03:06+	10:38+ 01:28+ 02:44- 03:37+ 03:03+	07:23+ 08:59+ 01:12+ 01:04+	
01:09&	06:57@ 00:33& 00:48- 01:21& 01:32@	02:55& 07:17@ 00:13# 00:33@	

#### Beste strekktid for klassen

01:57 03:41 00:55 02:04 02:09 01:31 04:28 01:42 00:53 00:31

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

## Damer 70 - 74 år

**1 Inger Skretting Opstad 54 25:56**

02:46= 07:18= 08:38= 10:52= 13:50= 16:26= 22:00= 24:02= 25:11= 25:56=  
 02:46= 04:32= 01:20= 02:14= 02:58= 02:36= 05:34= 02:02= 01:09= 00:45=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Lillian Dahl Fitjar 117 28:02**

02:40- 08:10+ 09:27+ 12:19+ 14:51+ 17:30+ 23:51+ 26:17+ 27:10+ 28:02+  
 02:40- 05:30+ 01:17- 02:52+ 02:32- 02:39+ 06:21+ 02:26+ 00:53- 00:52+  
 00:06- 00:58# 00:03- 00:38& 00:26- 00:03+ 00:47# 00:24# 00:16- 00:07#

### Beste strekktid for klassen

02:40 04:32 01:17 02:14 02:32 02:36 05:34 02:02 00:53 00:45

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

## Damer 75 - 79 år

**1 Turid Nystrøm 68 23:56**

02:19= 07:50= 08:54= 11:04= 13:13= 15:59= 20:35= 22:22= 23:16= 23:56=  
 02:19= 05:31= 01:04= 02:10= 02:09= 02:46= 04:36= 01:47= 00:54= 00:40=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Haldis Glendrange 68 25:55**

02:41+ 06:50- 08:18- 10:54- 13:46+ 16:46+ 22:22+ 24:19+ 25:19+ 25:55+  
 02:41+ 04:09- 01:28+ 02:36+ 02:52+ 03:00+ 05:36+ 01:57+ 01:00+ 00:36-  
 00:22# 01:22- 00:24& 00:26# 00:43& 00:14+ 01:00# 00:10+ 00:06# 00:04-

**3 Gry Vikhamar Thengs 68 26:42**

02:35+ 08:27+ 09:49+ 12:08+ 14:43+ 17:18+ 23:07+ 25:00+ 25:56+ 26:42+  
 02:35+ 05:52+ 01:22+ 02:19+ 02:35+ 02:35- 05:49+ 01:53+ 00:56+ 00:46+  
 00:16# 00:21+ 00:18& 00:09+ 00:26# 00:11- 01:13& 00:06+ 00:02+ 00:06#

**4 Hedvig Anda 116 34:04**

03:19+ 08:13+ 09:33+ 11:54+ 20:51+ 23:31+ 29:53+ 32:07+ 33:22+ 34:04+  
 03:19+ 04:54- 01:20+ 02:21+ 08:57+ 02:40- 06:22+ 02:14+ 01:15+ 00:42+  
 01:00& 00:37- 00:16# 00:11+ 06:48# 00:06- 01:46& 00:27& 00:21& 00:02+

**5 Helga Klausen 62 37:33**

02:59+ 14:12+ 16:04+ 21:37+ 23:54+ 26:20+ 33:36+ 35:46+ 36:47+ 37:33+  
 02:59+ 11:13+ 01:52+ 05:33+ 02:17+ 02:26- 07:16+ 02:10+ 01:01+ 00:46+  
 00:40& 05:42@ 00:48& 03:23@ 00:08+ 00:20- 02:40& 00:23# 00:07# 00:06#

### Beste strekktid for klassen

02:19 04:09 01:04 02:10 02:09 02:26 04:36 01:47 00:54 00:36

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

## Damer 80 år og eldre

**1 Berit Ebbell Olsen 68 42:45**

03:15= 05:55= 12:22= 20:45= 25:06= 30:29= 33:30= 37:44= 40:28= 41:50= 42:45=  
 03:15= 02:40= 06:27= 08:23= 04:21= 05:23= 03:01= 04:14= 02:44= 01:22= 00:55=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Gørild Espedal 113 48:13**

03:45+ 07:46+ 15:01+ 22:49+ 24:55- 31:11+ 34:47+ 41:25+ 45:33+ 47:10+ 48:13+  
 03:45+ 04:01+ 07:15+ 07:48- 02:06- 06:16+ 03:36+ 06:38+ 04:08+ 01:37+ 01:03+  
 00:30# 01:21& 00:48# 00:35- 02:15- 00:53# 00:35# 02:24& 01:24& 00:15# 00:08#

### Beste strekktid for klassen

03:15 02:40 06:27 07:48 02:06 05:23 03:01 04:14 02:44 01:22 00:55

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

Class	Navn	Klasse	Tid
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## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>21:36</b>													
01:22=	02:08=	03:24=	04:52=	05:34=	05:56=	09:20=	09:51=	11:45=	12:42=	13:03=	14:48=	15:29=	17:44=	19:16=	21:03=	21:36=
01:22=	00:46=	01:16=	01:28=	00:42=	00:22=	03:24=	00:31=	01:54=	00:57=	00:21=	01:45=	00:41=	02:15=	01:32=	01:47=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anna Taksdal</b>	<b>194</b>	<b>23:24</b>													
01:38+	02:31+	04:02+	05:58+	06:40+	07:08+	10:54+	11:28+	12:19+	13:23+	13:51+	15:45+	16:31+	19:23+	21:09+	22:40+	23:24+
01:38+	00:53+	01:31+	01:56+	00:42=	00:28+	03:46+	00:34+	00:51-	01:04+	00:28+	01:54+	00:46+	02:52+	01:46+	01:31-	00:44+
00:16#	00:07#	00:15#	00:28&	00:00=	00:06&	00:22#	00:03+	01:03-	00:07#	00:07&	00:09+	00:05#	00:37&	00:14#	00:16-	00:11&
<b>3</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>23:58</b>													
01:25+	02:25+	04:36+	06:37+	07:23+	07:51+	11:21+	11:55+	12:46+	13:47+	14:10+	16:01+	16:45+	19:47+	21:30+	23:03+	23:58+
01:25+	01:00+	02:11+	02:01+	00:46+	00:28+	03:30+	00:34+	00:51-	01:01+	00:23+	01:51+	00:44+	03:02+	01:43+	01:33-	00:55+
00:03+	00:14&	00:55&	00:33&	00:04+	00:06&	00:06+	00:03+	01:03-	00:04+	00:02+	00:06+	00:03+	00:47&	00:11#	00:14-	00:22&
<b>4</b>	<b>Silje Skarpeid</b>	<b>101</b>	<b>27:17</b>													
01:31+	02:43+	04:21+	06:15+	07:03+	07:37+	11:58+	12:32+	13:34+	15:30+	15:54+	17:56+	18:48+	21:30+	23:49+	26:33+	27:17+
01:31+	01:12+	01:38+	01:54+	00:48+	00:34+	04:21+	00:34+	01:02-	01:56+	00:24+	02:02+	00:52+	02:42+	02:19+	02:44+	00:44+
00:09#	00:26&	00:22&	00:26&	00:06#	00:12&	00:57&	00:03+	00:52-	00:59@	00:03#	00:17#	00:11&	00:27#	00:47&	00:57&	00:11&
<b>5</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>29:38</b>													
01:44+	02:43+	04:20+	06:37+	07:32+	08:00+	11:59+	12:45+	17:12+	18:16+	18:44+	20:52+	21:53+	24:46+	26:49+	28:44+	29:38+
01:44+	00:59+	01:37+	02:17+	00:55+	00:28+	03:59+	00:46+	04:27+	01:04+	00:28+	02:08+	01:01+	02:53+	02:03+	01:55+	00:54+
00:22&	00:13&	00:21&	00:49&	00:13&	00:06&	00:35#	00:15&	02:33@	00:07#	00:07&	00:23#	00:20&	00:38&	00:31&	00:08+	00:21&
<b>6</b>	<b>Ingrid Simensen</b>	<b>101</b>	<b>29:58</b>													
01:45+	02:54+	04:36+	06:39+	09:33+	10:04+	14:41+	15:21+	16:41+	18:12+	18:39+	21:11+	22:08+	25:05+	27:22+	29:17+	29:58+
01:45+	01:09+	01:42+	02:03+	02:54+	00:31+	04:37+	00:40+	01:20-	01:31+	00:27+	02:32+	00:57+	02:57+	02:17+	01:55+	00:41+
00:23&	00:23&	00:26&	00:35&	02:12@	00:09&	01:13&	00:09&	00:34-	00:34&	00:06&	00:47&	00:16&	00:42&	00:45&	00:08+	00:08#

### Beste strekktid for klassen

01:22 00:46 01:16 01:28 00:42 00:22 03:24 00:31 00:51 00:57 00:21 01:45 00:41 02:15 01:32 01:31 00:33

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

## Damer B

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

Class	Navn	Klasse	Tid									
<b>7</b>	<b>Keth Berggraf</b>	<b>116</b>	<b>27:25</b>									
04:05+	05:27+	07:22+	11:23+	12:09+	13:13+	15:01+	17:48+	20:35+	23:07+	25:43+	26:54+	27:25+
04:05+	01:22=	01:55+	04:01+	00:46-	01:04+	01:48+	02:47-	02:47+	02:32+	02:36+	01:11+	00:31=
00:21+	00:00=	00:20#	00:34#	00:04-	00:11#	00:04+	00:01-	00:44&	00:24#	00:38&	00:12#	00:00=
<b>8</b>	<b>Ingunn Anda Haug</b>	<b>67</b>	<b>27:56</b>									
04:10+	05:51+	07:50+	12:03+	12:56+	14:00+	16:02+	18:23+	20:59+	23:35+	26:04+	27:20+	27:56+
04:10+	01:41+	01:59+	04:13+	00:53+	01:04+	02:02+	02:21-	02:36+	02:36+	02:29+	01:16+	00:36+
00:26#	00:19#	00:24&	00:46#	00:03+	00:11#	00:18#	00:27-	00:33&	00:28#	00:31&	00:17&	00:05#
<b>9</b>	<b>Kristin Breivold</b>	<b>92</b>	<b>27:57</b>									
03:59+	05:51+	07:28+	11:56+	12:48+	14:03+	15:54+	18:34+	21:04+	23:39+	26:12+	27:28+	27:57+
03:59+	01:52+	01:37+	04:28+	00:52+	01:15+	01:51+	02:40-	02:30+	02:35+	02:33+	01:16+	00:29-
00:15+	00:30&	00:02+	01:01&	00:02+	00:22&	00:07+	00:08-	00:27#	00:27#	00:35&	00:17&	00:02-
<b>10</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>29:09</b>									
04:58+	06:39+	08:43+	12:36+	13:48+	14:52+	16:39+	19:07+	21:57+	24:39+	27:08+	28:37+	29:09+
04:58+	01:41+	02:04+	03:53+	01:12+	01:04+	01:47+	02:28-	02:50+	02:42+	02:29+	01:29+	00:32+
01:14&	00:19#	00:29&	00:26#	00:22&	00:11#	00:03+	00:20-	00:47&	00:34&	00:31&	00:30&	00:01+
<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>	<b>30:07</b>									
04:00+	05:38+	07:44+	11:37+	12:33+	13:47+	15:35+	19:04+	23:04+	25:48+	28:10+	29:30+	30:07+
04:00+	01:38+	02:06+	03:53+	00:56+	01:14+	01:48+	03:29+	04:00+	02:44+	02:22+	01:20+	00:37+
00:16+	00:16#	00:31&	00:26#	00:06#	00:21&	00:04+	00:41#	01:57&	00:36&	00:24#	00:21&	00:06#
<b>12</b>	<b>Ingrid W. Hestness</b>	<b>117</b>	<b>37:02</b>									
04:49+	07:23+	13:18+	16:54+	20:39+	21:43+	22:50+	25:13+	27:34+	29:45+	32:25+	35:02+	37:02+
04:49+	02:34+	05:55+	03:36+	03:45+	01:04+	01:07-	02:23-	02:21+	02:11+	02:40+	02:37+	01:26+
01:05&	01:12&	04:20@	00:09+	02:55@	00:11#	00:37-	00:25-	00:18#	00:03+	00:42&	01:38@	00:55@
<b>Beste strekktid for klassen</b>												
03:32	01:19	01:35	03:27	00:46	00:51	01:07	01:57	02:02	02:08	01:58	00:59	00:29

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

## Damer Ny

<b>1</b>	<b>Ida Wølstad Malde</b>	<b>92</b>	<b>14:36</b>				
02:45=	05:00=	07:15=	09:31=	11:36=	13:06=	13:58=	14:36=
02:45=	02:15=	02:15=	02:16=	02:05=	01:30=	00:52=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anne Mette Riskjell Høyland</b>	<b>63</b>	<b>14:48</b>				
02:26-	05:07+	07:05-	09:09-	11:32-	13:28+	14:16+	14:48+
02:26-	02:41+	01:58-	02:04-	02:23+	01:56+	00:48-	00:32-
00:19-	00:26#	00:17-	00:12-	00:18#	00:26&	00:04-	00:06-
<b>3</b>	<b>Maria Hapnes von Schack</b>	<b>91</b>	<b>14:50</b>				
02:31-	05:11+	06:43-	09:23-	11:18-	13:21+	14:12+	14:50+
02:31-	02:40+	01:32-	02:40+	01:55-	02:03+	00:51-	00:38=
00:14-	00:25#	00:43-	00:24#	00:10-	00:33&	00:01-	00:00=
<b>4</b>	<b>Ingvild Marthinussen</b>	<b>63</b>	<b>14:58</b>				
02:42-	05:17+	07:21+	09:24-	11:40+	13:31+	14:24+	14:58+
02:42-	02:35+	02:04-	02:03-	02:16+	01:51+	00:53+	00:34-
00:03-	00:20#	00:11-	00:13-	00:11+	00:21#	00:01+	00:04-
<b>5</b>	<b>Bente Sola</b>	<b>80</b>	<b>15:34</b>				
02:36-	05:02+	07:11-	09:30-	11:44+	14:00+	14:52+	15:34+
02:36-	02:26+	02:09-	02:19+	02:14+	02:16+	00:52=	00:42+
00:09-	00:11+	00:06-	00:03+	00:09+	00:46&	00:00=	00:04#
<b>6</b>	<b>Deniz Jensen</b>	<b>63</b>	<b>15:50</b>				
02:12-	05:03+	07:06-	09:39+	11:53+	13:54+	15:16+	15:50+
02:12-	02:51+	02:03-	02:33+	02:14+	02:01+	01:22+	00:34-
00:33-	00:36&	00:12-	00:17#	00:09+	00:31&	00:30&	00:04-
<b>7</b>	<b>Svetlana Johnsen</b>	<b>63</b>	<b>15:57</b>				
02:47+	05:24+	07:21+	09:41+	11:52+	14:03+	15:18+	15:57+
02:47+	02:37+	01:57-	02:20+	02:11+	02:11+	01:15+	00:39+
00:02+	00:22#	00:18-	00:04+	00:06+	00:41&	00:23&	00:01+

Class	Navn	Klasse	Tid
<b>8</b>	<b>Grethe Mo</b>	<b>117</b>	<b>18:30</b>
03:27+	06:23+ 08:26+ 11:42+ 14:15+ 16:21+	17:35+ 18:30+	
03:27+	02:56+ 02:03- 03:16+ 02:33+ 02:06+	01:14+ 00:55+	
00:42&	00:41& 00:12- 01:00& 00:28#	00:36& 00:22& 00:17&	
<b>9</b>	<b>Elisabeth Horpestad</b>	<b>117</b>	<b>18:33</b>
03:40+	06:35+ 08:24+ 11:43+ 14:16+ 16:32+	17:39+ 18:33+	
03:40+	02:55+ 01:49- 03:19+ 02:33+ 02:16+	01:07+ 00:54+	
00:55&	00:40& 00:26- 01:03& 00:28#	00:46& 00:15& 00:16&	
<b>10</b>	<b>Anne Kristin Nybø</b>	<b>117</b>	<b>18:36</b>
03:30+	06:33+ 08:23+ 11:40+ 14:19+ 16:37+	17:45+ 18:36+	
03:30+	03:03+ 01:50- 03:17+ 02:39+ 02:18+	01:08+ 00:51+	
00:45&	00:48& 00:25- 01:01& 00:34& 00:48&	00:16& 00:13&	
<b>11</b>	<b>Noomi Sand</b>	<b>63</b>	<b>21:00</b>
03:45+	07:25+ 08:56+ 13:43+ 16:09+ 18:58+	20:12+ 21:00+	
03:45+	03:40+ 01:31- 04:47+ 02:26+ 02:49+	01:14+ 00:48+	
01:00&	01:25& 00:44- 02:31@ 00:21#	01:19& 00:22& 00:10&	
<b>12</b>	<b>Jannecke A. Moe</b>	<b>101</b>	<b>24:27</b>
03:20+	07:09+ 10:07+ 15:24+ 18:31+ 22:05+	23:28+ 24:27+	
03:20+	03:49+ 02:58+ 05:17+ 03:07+ 03:34+	01:23+ 00:59+	
00:35#	01:34& 00:43& 03:01@ 01:02& 02:04@	00:31& 00:21&	
<b>13</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>	<b>24:31</b>
03:32+	07:14+ 10:19+ 15:41+ 18:42+ 22:09+	23:38+ 24:31+	
03:32+	03:42+ 03:05+ 05:22+ 03:01+ 03:27+	01:29+ 00:53+	
00:47&	01:27& 00:50& 03:06@ 00:56& 01:57@	00:37& 00:15&	
<b>Beste strekktid for klassen</b>			
02:12	02:15	01:31	02:03
01:55	01:30	00:48	00:32

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

## Damer Trim

<b>1</b>	<b>Maryon Paulsen Strugstad</b>	<b>43</b>	<b>14:30</b>
02:42=	03:46= 05:22= 07:40= 07:59= 09:22=	11:30= 13:02= 13:32= 14:06= 14:30=	
02:42=	01:04= 01:36= 02:18= 00:19= 01:23=	02:08= 01:32= 00:30= 00:34= 00:24=	
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>Fride Wirak</b>	<b>88</b>	<b>16:06</b>
02:14-	04:25+ 06:18+ 08:19+ 08:37+ 10:09+	13:06+ 14:24+ 14:51+ 15:32+ 16:06+	
02:14-	02:11+ 01:53+ 02:01- 00:18- 01:32+	02:57+ 01:18- 00:27- 00:41+ 00:34+	
00:28-	01:07@ 00:17# 00:17- 00:01- 00:09#	00:49& 00:14- 00:03- 00:07# 00:10&	
<b>3</b>	<b>Ingrid Dagsland Halderaker</b>	<b>11</b>	<b>17:38</b>
03:37+	05:09+ 07:19+ 08:54+ 09:21+ 11:21+	14:16+ 15:44+ 16:19+ 17:03+ 17:38+	
03:37+	01:32+ 02:10+ 01:35- 00:27+ 02:00+	02:55+ 01:28- 00:35+ 00:44+ 00:35+	
00:55&	00:28& 00:34& 00:43- 00:08& 00:37&	00:47& 00:04- 00:05# 00:10& 00:11&	
<b>4</b>	<b>Elin Stueland</b>	<b>5</b>	<b>18:10</b>
02:36-	04:02+ 06:02+ 08:25+ 08:50+ 10:56+	15:28+ 16:11+ 16:51+ 17:37+ 18:10+	
02:36-	01:26+ 02:00+ 02:23+ 00:25+ 02:06+	04:32+ 00:43- 00:40+ 00:46+ 00:33+	
00:06-	00:22& 00:24# 00:05+ 00:06& 00:43&	02:24@ 00:49- 00:10& 00:12& 00:09&	
<b>5</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>18:18</b>
02:53+	04:35+ 07:30+ 09:16+ 09:44+ 12:40+	15:45+ 16:25+ 17:01+ 17:44+ 18:18+	
02:53+	01:42+ 02:55+ 01:46- 00:28+ 02:56+	03:05+ 00:40- 00:36+ 00:43+ 00:34+	
00:11+	00:38& 01:19& 00:32- 00:09& 01:33@	00:57& 00:52- 00:06# 00:09& 00:10&	
<b>6</b>	<b>Ingrid O. Foss</b>	<b>117</b>	<b>18:50</b>
02:52+	04:27+ 06:53+ 08:36+ 09:13+ 12:17+	15:24+ 16:26+ 17:20+ 18:09+ 18:50+	
02:52+	01:35+ 02:26+ 01:43- 00:37+ 03:04+	03:07+ 01:02- 00:54+ 00:49+ 00:41+	
00:10+	00:31& 00:50& 00:35- 00:18& 01:41@	00:59& 00:30- 00:24& 00:15& 00:17&	
<b>7</b>	<b>Tonje Tiley</b>	<b>27</b>	<b>19:07</b>
03:30+	04:59+ 07:18+ 08:59+ 09:36+ 12:44+	16:00+ 17:01+ 17:41+ 18:25+ 19:07+	
03:30+	01:29+ 02:19+ 01:41- 00:37+ 03:08+	03:16+ 01:01- 00:40+ 00:44+ 00:42+	
00:48&	00:25& 00:43& 00:37- 00:18& 01:45@	01:08& 00:31- 00:10& 00:10& 00:18&	

Class	Navn	Klasse	Tid
<b>8</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>20:05</b>
03:32+	05:07+ 07:05+ 09:05+ 09:32+ 12:25+	15:16+ 17:13+ 18:04+ 18:42+ 19:33+ 20:05+	
03:32+	01:35+ 01:58+ 02:00- 00:27+ 02:53+	02:51+ 01:57+ 00:51+ 00:38+ 00:51+ 00:32+	
00:50&	00:31& 00:22# 00:18- 00:08& 01:30@	00:43& 00:25& 00:21& 00:04# 00:27@ 00:32+	
<b>9</b>	<b>Marianne Høie</b>	<b>116</b>	<b>21:07</b>
03:44+	05:54+ 08:17+ 10:12+ 11:17+ 13:56+	17:44+ 18:40+ 19:26+ 20:30+ 21:07+	
03:44+	02:10+ 02:23+ 01:55- 01:05+ 02:39+	03:48+ 00:56- 00:46+ 01:04+ 00:37+	
01:02&	01:06@ 00:47& 00:23- 00:46@ 01:16&	01:40& 00:36- 00:16& 00:30& 00:13&	
<b>10</b>	<b>Inga Borge</b>	<b>43</b>	<b>21:56</b>
03:56+	06:07+ 08:21+ 10:03+ 10:34+ 13:29+	17:19+ 19:34+ 20:08+ 21:15+ 21:56+	
03:56+	02:11+ 02:14+ 01:42- 00:31+ 02:55+	03:50+ 02:15+ 00:34+ 01:07+ 00:41+	
01:14&	01:07@ 00:38& 00:36- 00:12& 01:32@	01:42& 00:43& 00:04# 00:33& 00:17&	
<b>11</b>	<b>Kine Strømstad</b>	<b>53</b>	<b>22:03</b>
03:24+	05:09+ 08:04+ 10:54+ 11:19+ 14:30+	19:19+ 19:58+ 20:41+ 21:31+ 22:03+	
03:24+	01:45+ 02:55+ 02:50+ 00:25+ 03:11+	04:49+ 00:39- 00:43+ 00:50+ 00:32+	
00:42&	00:41& 01:19& 00:32# 00:06& 01:48@	02:41@ 00:53- 00:13& 00:16& 00:08&	
<b>12</b>	<b>Esther Boenheim</b>	<b>268</b>	<b>22:03</b>
03:55+	05:26+ 08:06+ 11:20+ 11:42+ 14:39+	18:45+ 19:46+ 20:31+ 21:22+ 22:03+	
03:55+	01:31+ 02:40+ 03:14+ 00:22+ 02:57+	04:06+ 01:01- 00:45+ 00:51+ 00:41+	
01:13&	00:27& 01:04& 00:56& 00:03# 01:34@	01:58& 00:31- 00:15& 00:17& 00:17&	
<b>13</b>	<b>Mona Berntsen</b>	<b>43</b>	<b>22:42</b>
03:57+	08:54+ 11:48+ 13:50+ 14:15+ 16:21+	19:52+ 20:35+ 21:11+ 22:01+ 22:42+	
03:57+	04:57+ 02:54+ 02:02- 00:25+ 02:06+	03:31+ 00:43- 00:36+ 00:50+ 00:41+	
01:15&	03:53@ 01:18& 00:16- 00:06& 00:43&	01:23& 00:49- 00:06# 00:16& 00:17&	
<b>14</b>	<b>Marie Volline Nessler</b>	<b>18</b>	<b>22:47</b>
03:33+	05:49+ 08:27+ 12:37+ 13:09+ 15:43+	19:31+ 20:20+ 21:16+ 22:06+ 22:47+	
03:33+	02:16+ 02:38+ 04:10+ 00:32+ 02:34+	03:48+ 00:49- 00:56+ 00:50+ 00:41+	
00:51&	01:12@ 01:02& 01:52& 00:13& 01:11&	01:40& 00:43- 00:26& 00:16& 00:17&	
<b>15</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>22:59</b>
03:18+	05:09+ 07:42+ 10:03+ 10:30+ 15:58+	19:56+ 20:51+ 21:30+ 22:17+ 22:59+	
03:18+	01:51+ 02:33+ 02:21+ 00:27+ 05:28+	03:58+ 00:55- 00:39+ 00:47+ 00:42+	
00:36#	00:47& 00:57& 00:03+ 00:08& 04:05@	01:50& 00:37- 00:09& 00:13& 00:18&	
<b>16</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>23:35</b>
04:27+	06:54+ 10:09+ 12:23+ 12:58+ 15:17+	19:19+ 20:16+ 21:16+ 22:31+ 23:35+	
04:27+	02:27+ 03:15+ 02:14- 00:35+ 02:19+	04:02+ 00:57- 01:00+ 01:15+ 01:04+	
01:45&	01:23@ 01:39@ 00:04- 00:16& 00:56&	01:54& 00:35- 00:30& 00:41@ 00:40@	
<b>17</b>	<b>Ase Kristensen</b>	<b>94</b>	<b>24:43</b>
04:35+	06:46+ 09:44+ 12:18+ 12:56+ 16:11+	20:20+ 21:29+ 22:41+ 23:55+ 24:43+	
04:35+	02:11+ 02:58+ 02:34+ 00:38+ 03:15+	04:09+ 01:09- 01:12+ 01:14+ 00:48+	
01:53&	01:07@ 01:22& 00:16# 00:19& 01:52@	02:01& 00:23- 00:42@ 00:40@ 00:24&	
<b>18</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>24:56</b>
04:08+	07:04+ 10:30+ 12:39+ 13:17+ 16:35+	21:10+ 22:18+ 23:11+ 24:12+ 24:56+	
04:08+	02:56+ 03:26+ 02:09- 00:38+ 03:18+	04:35+ 01:08- 00:53+ 01:01+ 00:44+	
01:26&	01:52@ 01:50@ 00:09- 00:19& 01:55@	02:27@ 00:24- 00:23& 00:27& 00:20&	
<b>19</b>	<b>Elisabeth Melbø</b>	<b>128</b>	<b>24:56</b>
03:54+	07:20+ 10:34+ 11:55+ 12:38+ 15:51+	19:02+ 19:49+ 20:29+ 24:19+ 24:56+	
03:54+	03:26+ 03:14+ 01:21- 00:43+ 03:13+	03:11+ 00:47- 00:40+ 03:50+ 00:37+	
01:12&	02:22@ 01:38@ 00:57- 00:24@ 01:50@	01:03& 00:45- 00:10& 03:16@ 00:13&	
<b>20</b>	<b>Brit Svihus</b>	<b>92</b>	<b>26:01</b>
04:53+	08:05+ 11:31+ 13:44+ 14:22+ 17:30+	22:12+ 23:19+ 24:17+ 25:15+ 26:01+	
04:53+	03:12+ 03:26+ 02:13- 00:38+ 03:08+	04:42+ 01:07- 00:58+ 00:58+ 00:46+	
02:11&	02:08@ 01:50@ 00:05- 00:19& 01:45@	02:34@ 00:25- 00:28& 00:24& 00:22&	
<b>21</b>	<b>Shazia Ali Zade</b>	<b>43</b>	<b>27:41</b>
04:03+	06:13+ 11:52+ 14:33+ 15:15+ 20:20+	24:18+ 25:09+ 26:07+ 27:02+ 27:41+	
04:03+	02:10+ 05:39+ 02:41+ 00:42+ 05:05+	03:58+ 00:51- 00:58+ 00:55+ 00:39+	
01:21&	01:06@ 04:03@ 00:23# 00:23@ 03:42@	01:50& 00:41- 00:28& 00:21& 00:15&	
<b>22</b>	<b>Siv-Elin Bogfjelldal</b>	<b>66</b>	<b>27:57</b>
06:04+	08:28+ 11:46+ 14:30+ 14:56+ 18:36+	23:21+ 24:41+ 25:48+ 26:55+ 27:57+	
06:04+	02:24+ 03:18+ 02:44+ 00:26+ 03:40+	04:45+ 01:20- 01:07+ 01:07+ 01:02+	
03:22@	01:20@ 01:42@ 00:26# 00:07& 02:17@	02:37@ 00:12- 00:37@ 00:33& 00:38@	

Class	Navn	Klasse	Tid
<b>23</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>	<b>29:30</b>
05:10+	07:28+ 13:41+ 16:47+ 17:24+	21:42+ 26:04+ 26:53+ 27:54+ 28:47+ 29:30+	
05:10+	02:18+ 06:13+ 03:06+ 00:37+ 04:18+	04:22+ 00:49- 01:01+ 00:53+ 00:43+	
02:28&	01:14@ 04:37@ 00:48& 00:18&	02:55@ 02:14@ 00:43- 00:31@ 00:19& 00:19&	
<b>24</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>	<b>29:33</b>
05:39+	07:56+ 10:56+ 14:01+ 15:01+	18:44+ 25:27+ 26:44+ 27:38+ 28:50+ 29:33+	
05:39+	02:17+ 03:00+ 03:05+ 01:00+ 03:43+	06:43+ 01:17- 00:54+ 01:12+ 00:43+	
02:57@	01:13@ 01:24& 00:47& 00:41@	02:20@ 04:35@ 00:15- 00:24& 00:38@ 00:19&	
<b>25</b>	<b>Signe Lise Haaland</b>	<b>66</b>	<b>29:47</b>
05:35+	08:02+ 11:37+ 13:53+ 14:41+	18:43+ 23:50+ 25:02+ 26:41+ 28:29+ 29:47+	
05:35+	02:27+ 03:35+ 02:16- 00:48+ 04:02+	05:07+ 01:12- 01:39+ 01:48+ 01:18+	
02:53@	01:23@ 01:59@ 00:02- 00:29@ 02:39@	02:59@ 00:20- 01:09@ 01:14@ 00:54@	
<b>26</b>	<b>Bente Cecilie Lio</b>	<b>136</b>	<b>30:22</b>
04:34+	14:04+ 16:43+ 19:00+ 19:19+	22:40+ 26:56+ 28:00+ 28:50+ 29:43+ 30:22+	
04:34+	09:30+ 02:39+ 02:17- 00:19+	03:21+ 04:16+ 01:04- 00:50+ 00:53+ 00:39+	
01:52&	08:26@ 01:03& 00:01- 00:00=	01:58@ 02:08& 00:28- 00:20& 00:19& 00:15&	
<b>27</b>	<b>Marianne Steinkopf</b>	<b>5</b>	<b>30:50</b>
03:12+	06:21+ 19:39+ 21:45+ 22:08+	23:23+ 28:06+ 28:49+ 29:30+ 30:14+ 30:50+	
03:12+	03:09+ 13:18+ 02:06- 00:23+ 01:15-	04:43+ 00:43- 00:41+ 00:44+ 00:36+	
00:30#	02:05@ 11:42@ 00:12- 00:04#	00:08- 02:35@ 00:49- 00:11& 00:10& 00:12&	
<b>28</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>31:11</b>
04:47+	11:25+ 14:12+ 16:22+ 17:25+	21:57+ 26:11+ 28:51+ 29:35+ 30:27+ 31:11+	
04:47+	06:38+ 02:47+ 02:10- 01:03+ 04:32+	04:14+ 02:40+ 00:44+ 00:52+ 00:44+	
02:05&	05:34@ 01:11& 00:08- 00:44@ 03:09@	02:06& 01:08& 00:14& 00:18& 00:20&	
<b>29</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>	<b>31:19</b>
05:21+	07:37+ 11:01+ 13:32+ 14:06+	19:17+ 24:16+ 25:18+ 27:40+ 29:16+ 31:19+	
05:21+	02:16+ 03:24+ 02:31+ 00:34+ 05:11+	04:59+ 01:02- 02:22+ 01:36+ 02:03+	
02:39&	01:12@ 01:48@ 00:13+ 00:15& 03:48@	02:51@ 00:30- 01:52@ 01:02@ 01:39@	
<b>30</b>	<b>Sigrund Serigstad</b>	<b>128</b>	<b>39:14</b>
05:11+	15:49+ 18:18+ 27:05+ 27:22+	32:59+ 36:32+ 37:22+ 38:05+ 38:43+ 39:14+	
05:11+	10:38+ 02:29+ 08:47+ 00:17- 05:37+	03:33+ 00:50- 00:43+ 00:38+ 00:31+	
02:29&	09:34@ 00:53& 06:29@ 00:02- 04:14@	01:25& 00:42- 00:13& 00:04# 00:07&	
<b>31</b>	<b>Elise Auberg Vagle</b>	<b>366</b>	<b>40:10</b>
07:15+	11:02+ 16:22+ 21:04+ 21:48+	27:58+ 34:22+ 36:41+ 37:32+ 38:52+ 40:10+	
07:15+	03:47+ 05:20+ 04:42+ 00:44+ 06:10+	06:24+ 02:19+ 00:51+ 01:20+ 01:18+	
04:33@	02:43@ 03:44@ 02:24@ 00:25@ 04:47@	04:16@ 00:47& 00:21& 00:46@ 00:54@	
<b>32</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>	<b>41:43</b>
04:28+	16:00+ 23:56+ 26:16+ 26:59+	30:13+ 36:07+ 39:02+ 39:50+ 40:51+ 41:43+	
04:28+	11:32+ 07:56+ 02:20+ 00:43+ 03:14+	05:54+ 02:55+ 00:48+ 01:01+ 00:52+	
01:46&	10:28@ 06:20@ 00:02+ 00:24@ 01:51@	03:46@ 01:23& 00:18& 00:27& 00:28@	
<b>33</b>	<b>May Kristin Haaland</b>	<b>47</b>	<b>44:23</b>
07:20+	10:39+ 22:22+ 25:44+ 26:33+	35:14+ 39:56+ 40:58+ 42:20+ 43:33+ 44:23+	
07:20+	03:19+ 11:43+ 03:22+ 00:49+ 08:41+	04:42+ 01:02- 01:22+ 01:13+ 00:50+	
04:38@	02:15@ 10:07@ 01:04& 00:30@ 07:18@	02:34@ 00:30- 00:52@ 00:39@ 00:26@	
<b>Beste strekktid for klassen</b>	02:14 01:04 01:36 01:21 00:17 01:15 02:08 00:39 00:27 00:34 00:24		

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

## Herrer 16 - 39 år

<b>1</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>	<b>19:33</b>
03:25=	04:34= 05:46= 08:32= 09:16= 10:04=	11:20= 13:00= 14:41= 16:33= 18:21= 19:11= 19:33=	
03:25=	01:09= 01:12= 02:46= 00:44= 00:48=	01:16= 01:40= 01:41= 01:52= 01:48= 00:50= 00:22=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Joar Fuglestad</b>	<b>12</b>	<b>20:25</b>
03:12-	04:25- 05:42- 08:57+ 09:35+	10:21+ 11:47+ 13:29+ 15:15+ 17:12+ 19:08+ 20:06+ 20:25+	
03:12-	01:13+ 01:17+ 03:15+ 00:38-	00:46- 01:26+ 01:42+ 01:46+ 01:57+ 01:56+ 00:58+ 00:19-	
00:13-	00:04+ 00:05+ 00:29# 00:06-	00:02- 00:10# 00:02+ 00:05+ 00:05+ 00:08+ 00:08# 00:03-	

Class	Navn	Klasse										Tid	
<b>3</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>21:19</b>	
	02:56-	04:09-	05:31-	08:37+	09:10-	10:03-	11:19-	13:04+	15:05+	17:06+	20:04+	20:55+	21:19+
	02:56-	01:13+	01:22+	03:06+	00:33-	00:53+	01:16=	01:45+	02:01+	02:01+	02:58+	00:51+	00:24+
	00:29-	00:04+	00:10#	00:20#	00:11-	00:05#	00:00=	00:05+	00:20#	00:09+	01:10&	00:01+	00:02+
<b>4</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>										<b>21:37</b>	
	03:04-	04:22-	05:50+	09:31+	10:14+	11:02+	12:24+	14:17+	16:19+	18:33+	20:18+	21:11+	21:37+
	03:04-	01:18+	01:28+	03:41+	00:43-	00:48=	01:22+	01:53+	02:02+	02:14+	01:45-	00:53+	00:26+
	00:21-	00:09#	00:16#	00:55&	00:01-	00:00=	00:06+	00:13#	00:21#	00:22#	00:03-	00:03+	00:04#
<b>5</b>	<b>Gard Christophersen</b>	<b>48</b>										<b>23:35</b>	
	03:34+	04:51+	06:23+	09:30+	10:13+	11:13+	12:52+	16:02+	17:55+	20:07+	21:57+	23:05+	23:35+
	03:34+	01:17+	01:32+	03:07+	00:43-	01:00+	01:39+	03:10+	01:53+	02:12+	01:50+	01:08+	00:30+
	00:09+	00:08#	00:20&	00:21#	00:01-	00:12#	00:23&	01:30&	00:12#	00:20#	00:02+	00:18&	00:08&
<b>6</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>24:04</b>	
	02:54-	04:05-	05:30-	08:26-	09:05-	09:59-	11:35+	16:19+	18:02+	20:13+	22:41+	23:37+	24:04+
	02:54-	01:11+	01:25+	02:56+	00:39-	00:54+	01:36+	04:44+	01:43+	02:11+	02:28+	00:56+	00:27+
	00:31-	00:02+	00:13#	00:10+	00:05-	00:06#	00:20&	03:04@	00:02+	00:19#	00:40&	00:06#	00:05#
<b>7</b>	<b>Aleksander Claussen</b>	<b>74</b>										<b>24:24</b>	
	03:49+	05:27+	07:05+	10:09+	10:48+	11:42+	13:48+	16:25+	18:34+	20:50+	23:00+	23:54+	24:24+
	03:49+	01:38+	01:38+	03:04+	00:39-	00:54+	02:06+	02:37+	02:09+	02:16+	02:10+	00:54+	00:30+
	00:24#	00:29&	00:26&	00:18#	00:05-	00:06#	00:50&	00:57&	00:28&	00:24#	00:22#	00:04+	00:08&
<b>8</b>	<b>Sondre Aspøy</b>	<b>117</b>										<b>25:28</b>	
	03:39+	05:01+	06:43+	10:24+	11:13+	12:10+	14:17+	16:37+	18:54+	21:44+	24:06+	25:03+	25:28+
	03:39+	01:22+	01:42+	03:41+	00:49+	00:57+	02:07+	02:20+	02:17+	02:50+	02:22+	00:57+	00:25+
	00:14+	00:13#	00:30&	00:55&	00:05#	00:09#	00:51&	00:40&	00:36&	00:58&	00:34&	00:07#	00:03#
<b>9</b>	<b>David Wade</b>	<b>116</b>										<b>26:04</b>	
	02:53-	04:13-	07:41+	11:50+	12:25+	14:10+	15:29+	17:12+	20:48+	22:56+	24:42+	25:38+	26:04+
	02:53-	01:20+	03:28+	04:09+	00:35-	01:45+	01:19+	01:43+	03:36+	02:08+	01:46-	00:56+	00:26+
	00:32-	00:11#	02:16@	01:23&	00:09-	00:57@	00:03+	00:03+	01:55@	00:16#	00:02-	00:06#	00:04#
<b>10</b>	<b>Thomas Hinna</b>	<b>287</b>										<b>28:35</b>	
	04:12+	05:55+	07:17+	11:29+	12:42+	13:38+	15:54+	19:32+	21:49+	24:16+	27:02+	28:03+	28:35+
	04:12+	01:43+	01:22+	04:12+	01:13+	00:56+	02:16+	03:38+	02:17+	02:27+	02:46+	01:01+	00:32+
	00:47#	00:34&	00:10#	01:26&	00:29&	00:08#	01:00&	01:58@	00:36&	00:35&	00:58&	00:11#	00:10&
<b>11</b>	<b>Truls Thorkildsen</b>	<b>39</b>										<b>29:53</b>	
	04:20+	05:42+	07:14+	10:35+	11:16+	12:22+	14:03+	16:25+	19:04+	24:41+	28:28+	29:24+	29:53+
	04:20+	01:22+	01:32+	03:21+	00:41-	01:06+	01:41+	02:22+	02:39+	05:37+	03:47+	00:56+	00:29+
	00:55&	00:13#	00:20&	00:35#	00:18&	00:18&	00:25&	00:42&	00:58&	03:45@	01:59@	00:06#	00:07&
<b>12</b>	<b>Sondre Gjersdal Størkersen</b>	<b>117</b>										<b>31:32</b>	
	04:02+	05:35+	07:17+	11:33+	12:35+	13:34+	15:43+	18:09+	24:26+	27:01+	29:53+	31:04+	31:32+
	04:02+	01:33+	01:42+	04:16+	01:02+	00:59+	02:09+	02:26+	06:17+	02:35+	02:52+	01:11+	00:28+
	00:37#	00:24&	00:30&	01:30&	00:18&	00:11#	00:53&	00:46&	04:36@	00:43&	01:04&	00:21&	00:06&
<b>Beste strekktid for klassen</b>													
	02:53	01:09	01:12	02:46	00:33	00:46	01:16	01:40	01:41	01:52	01:45	00:50	00:19

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

## Herrer 40 - 49 år

<b>1</b>	<b>Thomas Johansen</b>	<b>111</b>										<b>21:04</b>	
	02:59=	04:08=	05:17=	08:23=	09:18=	10:00=	11:16=	13:46=	15:45=	17:33=	19:45=	20:41=	21:04=
	02:59=	01:09=	01:09=	03:06=	00:55=	00:42=	01:16=	02:30=	01:59=	01:48=	02:12=	00:56=	00:23=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>										<b>24:37</b>	
	03:15+	04:29+	06:10+	10:12+	10:58+	11:56+	13:58+	16:21+	18:47+	20:53+	22:52+	24:01+	24:37+
	03:15+	01:14+	01:41+	04:02+	00:46-	00:58+	02:02+	02:23-	02:26+	02:06+	01:59-	01:09+	00:36+
	00:16+	00:05+	00:32&	00:56&	00:09-	00:16&	00:46&	00:07-	00:27#	00:18#	00:13-	00:13#	00:13&
<b>3</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>24:44</b>	
	03:07+	04:32+	05:53+	09:57+	10:45+	11:44+	13:30+	15:38+	17:56+	20:17+	22:59+	24:10+	24:44+
	03:07+	01:25+	01:21+	04:04+	00:48-	00:59+	01:46+	02:08-	02:18+	02:21+	02:42+	01:11+	00:34+
	00:08+	00:16#	00:12#	00:58&	00:07-	00:17&	00:30&	00:22-	00:19#	00:33&	00:30#	00:15&	00:11&

Class	Navn	Klasse												Tid
<b>4</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>												<b>24:51</b>
03:16+	05:07+	06:58+	10:33+	11:26+	12:24+	14:17+	16:21+	18:33+	20:42+	23:24+	24:21+	24:51+		
03:16+	01:51+	01:51+	03:35+	00:53-	00:58+	01:53+	02:04-	02:12+	02:09+	02:42+	00:57+	00:30+		
00:17+	00:42&	00:42&	00:29#	00:02-	00:16&	00:37&	00:26-	00:13#	00:21#	00:30#	00:01+	00:07&		
<b>5</b>	<b>Rune Hatle</b>	<b>65</b>												<b>25:23</b>
03:35+	05:01+	06:46+	10:44+	11:29+	12:24+	14:22+	16:26+	18:46+	21:06+	23:47+	24:50+	25:23+		
03:35+	01:26+	01:45+	03:58+	00:45-	00:55+	01:58+	02:04-	02:20+	02:20+	02:41+	01:03+	00:33+		
00:36#	00:17#	00:36&	00:52&	00:10-	00:13&	00:42&	00:26-	00:21#	00:32&	00:29#	00:07#	00:10&		
<b>6</b>	<b>Kevin Thomas Foust</b>	<b>192</b>												<b>25:51</b>
03:22+	04:38+	06:24+	10:28+	11:11+	12:02+	13:41+	17:17+	19:36+	21:59+	24:26+	25:23+	25:51+		
03:22+	01:16+	01:46+	04:04+	00:43-	00:51+	01:39+	03:36+	02:19+	02:23+	02:27+	00:57+	00:28+		
00:23#	00:07#	00:37&	00:58&	00:12-	00:09#	00:23&	01:06&	00:20#	00:35&	00:15#	00:01+	00:05#		
<b>7</b>	<b>Terje Undheim</b>	<b>54</b>												<b>25:55</b>
03:23+	05:35+	07:14+	10:37+	11:27+	12:22+	14:59+	17:19+	19:38+	22:10+	24:19+	25:31+	25:55+		
03:23+	02:12+	01:39+	03:23+	00:50-	00:55+	02:37+	02:20-	02:19+	02:32+	02:09-	01:12+	00:24+		
00:24#	01:03&	00:30&	00:17+	00:05-	00:13&	01:21@	00:10-	00:20#	00:44&	00:03-	00:16&	00:01+		
<b>8</b>	<b>Reidar Mosvold</b>	<b>53</b>												<b>26:13</b>
03:57+	05:37+	07:15+	11:09+	11:53+	12:55+	14:45+	17:08+	19:21+	22:00+	24:23+	25:32+	26:13+		
03:57+	01:40+	01:38+	03:54+	00:44-	01:02+	01:50+	02:23-	02:13+	02:39+	02:23+	01:09+	00:41+		
00:58&	00:31&	00:29&	00:48&	00:11-	00:20&	00:34&	00:07-	00:14#	00:51&	00:11+	00:13#	00:18&		
<b>9</b>	<b>Frode Ungar</b>	<b>116</b>												<b>30:51</b>
03:39+	07:49+	09:26+	15:03+	15:54+	16:55+	19:12+	21:31+	24:00+	26:41+	29:04+	30:21+	30:51+		
03:39+	04:10+	01:37+	05:37+	00:51-	00:51-	02:17+	02:19-	02:29+	02:41+	02:23+	01:17+	00:30+		
00:40#	03:01@	00:28&	02:31&	00:04-	00:19&	01:01&	00:11-	00:30&	00:53&	00:11+	00:21&	00:07&		
<b>10</b>	<b>Knut Husdal</b>	<b>93</b>												<b>31:39</b>
04:01+	05:33+	07:49+	12:19+	13:25+	14:41+	16:59+	19:44+	22:58+	26:32+	29:50+	31:07+	31:39+		
04:01+	01:32+	02:16+	04:30+	01:06+	01:16+	02:18+	02:45+	03:14+	03:34+	03:18+	01:17+	00:32+		
01:02&	00:23&	01:07&	01:24&	00:11#	00:34&	01:02&	00:15#	01:15&	01:46&	01:06&	00:21&	00:09&		
<b>11</b>	<b>Ryan Squires</b>	<b>42</b>												<b>35:42</b>
04:09+	06:07+	07:56+	13:18+	14:33+	15:39+	17:56+	21:55+	25:53+	30:27+	34:08+	35:15+	35:42+		
04:09+	01:58+	01:49+	05:22+	01:15+	01:06+	02:17+	03:59+	03:58+	04:34+	03:41+	01:07+	00:27+		
01:10&	00:49&	00:40&	02:16&	00:20&	00:24&	01:01&	01:29&	01:59&	02:46@	01:29&	00:11#	00:04#		
<b>Beste strekketid for klassen</b>														
02:59	01:09	01:09	03:06	00:43	00:42	01:16	02:04	01:59	01:48	01:59	00:56	00:23		

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

## Herrer 50 - 59 år

<b>1</b>	<b>Terje Michaelsen</b>	<b>47</b>												<b>16:33</b>
02:24=	04:07=	04:54=	05:17=	08:02=	09:01=	09:33=	10:18=	12:20=	12:53=	15:08=	16:00=	16:33=		
02:24=	01:43=	00:47=	00:23=	02:45=	00:59=	00:32=	00:45=	02:02=	00:33=	02:15=	00:52=	00:33=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Harald Syse</b>	<b>93</b>												<b>21:14</b>
03:26+	05:19+	06:02+	06:28+	09:41+	11:08+	11:51+	12:51+	15:16+	16:02+	18:48+	20:36+	21:14+		
03:26+	01:53+	00:43-	00:26+	03:13+	01:27+	00:43+	01:00+	02:25+	00:46+	02:46+	01:48+	00:38+		
01:02&	00:10+	00:04-	00:03#	00:28#	00:28&	00:11&	00:15&	00:23#	00:13&	00:31#	00:56@	00:05#		
<b>3</b>	<b>Kjetil Roaldkvam</b>	<b>7</b>												<b>22:25</b>
03:01+	04:57+	05:47+	06:26+	09:40+	11:02+	11:54+	12:44+	15:04+	16:48+	20:13+	21:42+	22:25+		
03:01+	01:56+	00:50+	00:39+	03:14+	01:22+	00:52+	00:50+	02:20+	01:44+	03:25+	01:29+	00:43+		
00:37&	00:13#	00:03+	00:16&	00:29#	00:23&	00:20&	00:05#	00:18#	01:11@	01:10&	00:37&	00:10&		
<b>4</b>	<b>Lars Primstad</b>	<b>62</b>												<b>23:08</b>
04:18+	06:29+	07:09+	07:33+	10:48+	12:46+	13:16+	14:04+	18:02+	18:38+	21:15+	22:28+	23:08+		
04:18+	02:11+	00:40-	00:24+	03:15+	01:58+	00:30-	00:48+	03:58+	00:36+	02:37+	01:13+	00:40+		
01:54&	00:28&	00:07-	00:01+	00:30#	00:59&	00:02-	00:03+	01:56&	00:03+	00:22#	00:21&	00:07#		
<b>5</b>	<b>Arngrim Utskarpen</b>	<b>117</b>												<b>23:18</b>
03:37+	05:36+	06:25+	07:00+	11:17+	12:42+	13:36+	14:38+	17:10+	18:08+	21:05+	22:39+	23:18+		
03:37+	01:59+	00:49+	00:35+	04:17+	01:25+	00:54+	01:02+	02:32+	00:58+	02:57+	01:34+	00:39+		
01:13&	00:16#	00:02+	00:12&	01:32&	00:26&	00:22&	00:17&	00:30#	00:25&	00:42&	00:42&	00:06#		

Class	Navn	Klasse										Tid
<b>6</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>23:31</b>
03:07+	05:01+	05:39+	06:11+	10:17+	12:17+	13:20+	14:13+	16:57+	17:59+	21:12+	22:51+	23:31+
03:07+	01:54+	00:38-	00:32+	04:06+	02:00+	01:03+	00:53+	02:44+	01:02+	03:13+	01:39+	00:40+
00:43&	00:11#	00:09-	00:09&	01:21&	01:01@	00:31&	00:08#	00:42&	00:29&	00:58&	00:47&	00:07#
<b>7</b>	<b>Frode Dyrli</b>	<b>116</b>										<b>23:43</b>
03:50+	05:44+	06:44+	07:16+	11:09+	12:40+	13:26+	14:34+	17:32+	18:16+	21:28+	22:59+	23:43+
03:50+	01:54+	01:00+	00:32+	03:53+	01:31+	00:46+	01:08+	02:58+	00:44+	03:12+	01:31+	00:44+
01:26&	00:11#	00:13&	00:09&	01:08&	00:32&	00:14&	00:23&	00:56&	00:11&	00:57&	00:39&	00:11&
<b>8</b>	<b>John Breiland</b>	<b>352</b>										<b>23:46</b>
03:17+	05:12+	05:57+	06:45+	10:48+	12:23+	13:15+	14:09+	17:51+	18:30+	21:32+	22:57+	23:46+
03:17+	01:55+	00:45-	00:48+	04:03+	01:35+	00:52+	00:54+	03:42+	00:39+	03:02+	01:25+	00:49+
00:53&	00:12#	00:02-	00:25@	01:18&	00:36&	00:20&	00:09#	01:40&	00:06#	00:47&	00:33&	00:16&
<b>9</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>23:59</b>
04:14+	06:10+	06:58+	07:32+	11:44+	13:10+	13:55+	14:56+	18:00+	18:49+	22:04+	23:22+	23:59+
04:14+	01:56+	00:48+	00:34+	04:12+	01:26+	00:45+	01:01+	03:04+	00:49+	03:15+	01:18+	00:37+
01:50&	00:13#	00:01+	00:11&	01:27&	00:27&	00:13&	00:16&	01:02&	00:16&	01:00&	00:26&	00:04#
<b>10</b>	<b>Eilef Foss</b>	<b>76</b>										<b>24:04</b>
03:56+	05:52+	06:49+	07:22+	10:35+	11:56+	12:45+	13:40+	18:17+	18:48+	21:50+	23:29+	24:04+
03:56+	01:56+	00:57+	00:33+	03:13+	01:21+	00:49+	00:55+	04:37+	00:31-	03:02+	01:39+	00:35+
01:32&	00:13#	00:10#	00:10&	00:28#	00:22&	00:17&	00:10#	02:35@	00:02-	00:47&	00:47&	00:02+
<b>11</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>24:14</b>
03:08+	07:20+	07:55+	08:18+	11:40+	12:53+	13:38+	14:27+	18:00+	18:30+	21:24+	23:37+	24:14+
03:08+	04:12+	00:35-	00:23=	03:22+	01:13+	00:45+	00:49+	03:33+	00:30-	02:54+	02:13+	00:37+
00:44&	02:29@	00:12-	00:00=	00:37#	00:14#	00:13&	00:04+	01:31&	00:03-	00:39&	01:21@	00:04#
<b>12</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>24:22</b>
03:44+	05:57+	06:55+	07:50+	10:49+	12:08+	13:07+	14:01+	18:24+	19:09+	22:08+	23:42+	24:22+
03:44+	02:13+	00:58+	00:55+	02:59+	01:19+	00:59+	00:54+	04:23+	00:45+	02:59+	01:34+	00:40+
01:20&	00:30&	00:11#	00:32@	00:14+	00:20&	00:27&	00:09#	02:21@	00:12&	00:44&	00:42&	00:07#
<b>13</b>	<b>Anders Glenne</b>	<b>7</b>										<b>24:47</b>
03:30+	06:06+	07:00+	07:34+	10:44+	12:20+	13:16+	14:14+	18:17+	19:00+	19:36+	22:37+	24:07+
03:30+	02:36+	00:54+	00:34+	03:10+	01:36+	00:56+	00:58+	04:03+	00:43+	00:36-	03:01+	01:30+
01:06&	00:53&	00:07#	00:11&	00:25#	00:37&	00:24&	00:13&	02:01&	00:10&	01:39-	02:09@	00:57@
<b>14</b>	<b>Erik Bjørnbom</b>	<b>76</b>										<b>25:08</b>
03:34+	05:46+	06:46+	07:22+	10:58+	12:34+	13:25+	15:03+	18:16+	19:11+	22:39+	24:11+	25:08+
03:34+	02:12+	01:00+	00:36+	03:36+	01:36+	00:51+	01:38+	03:13+	00:55+	03:28+	01:32+	00:57+
01:10&	00:29&	00:13&	00:13&	00:51&	00:37&	00:19&	00:53@	01:11&	00:22&	01:13&	00:40&	00:24&
<b>15</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>25:09</b>
03:34+	06:19+	07:18+	08:00+	12:17+	14:07+	15:01+	16:04+	18:44+	19:34+	22:56+	24:17+	25:09+
03:34+	02:45+	00:59+	00:42+	04:17+	01:50+	00:54+	01:03+	02:40+	00:50+	03:22+	01:21+	00:52+
01:10&	01:02&	00:12&	00:19&	01:32&	00:51&	00:22&	00:18&	00:38&	00:17&	01:07&	00:29&	00:19&
<b>16</b>	<b>David Greig</b>	<b>93</b>										<b>25:25</b>
03:33+	05:40+	06:31+	07:12+	10:44+	13:45+	14:45+	15:52+	18:51+	19:46+	22:49+	24:43+	25:25+
03:33+	02:07+	00:51+	00:41+	03:32+	03:01+	01:00+	01:07+	02:59+	00:55+	03:03+	01:54+	00:42+
01:09&	00:24#	00:04+	00:18&	00:47&	02:02@	00:28&	00:22&	00:57&	00:22&	00:48&	01:02@	00:09&
<b>17</b>	<b>Frank Hansen</b>	<b>29</b>										<b>25:34</b>
04:19+	06:55+	07:53+	08:36+	12:18+	13:58+	14:51+	15:52+	18:54+	19:53+	23:17+	24:47+	25:34+
04:19+	02:36+	00:58+	00:43+	03:42+	01:40+	00:53+	01:01+	03:02+	00:59+	03:24+	01:30+	00:47+
01:55&	00:53&	00:11#	00:20&	00:57&	00:41&	00:21&	00:16&	01:00&	00:26&	01:09&	00:38&	00:14&
<b>18</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>26:01</b>
03:30+	05:17+	06:13+	10:35+	13:48+	15:13+	16:00+	16:58+	20:00+	20:52+	23:47+	25:13+	26:01+
03:30+	01:47+	00:56+	04:22+	03:13+	01:25+	00:47+	00:58+	03:02+	00:52+	02:55+	01:26+	00:48+
01:06&	00:04+	00:09#	03:59@	00:28#	00:26&	00:15&	00:13&	01:00&	00:19&	00:40&	00:34&	00:15&
<b>19</b>	<b>Arne Øvstebø</b>	<b>71</b>										<b>26:40</b>
04:32+	06:44+	07:53+	08:30+	13:33+	14:53+	15:52+	16:48+	19:56+	20:45+	24:04+	25:53+	26:40+
04:32+	02:12+	01:09+	00:37+	05:03+	01:20+	00:59+	00:56+	03:08+	00:49+	03:19+	01:49+	00:47+
02:08&	00:29&	00:22&	00:14&	02:18&	00:21&	00:27&	00:11#	01:06&	00:16&	01:04&	00:57@	00:14&
<b>20</b>	<b>Magnar Møller</b>	<b>62</b>										<b>26:40</b>
03:17+	06:15+	07:03+	07:48+	11:56+	14:24+	15:18+	16:24+	19:31+	20:33+	23:58+	25:51+	26:40+
03:17+	02:58+	00:48+	00:45+	04:08+	02:28+	00:54+	01:06+	03:07+	01:02+	03:25+	01:53+	00:49+
00:53&	01:15&	00:01+	00:22&	01:23&	01:29@	00:22&	00:21&	01:05&	00:29&	01:10&	01:01@	00:16&

Class	Navn	Klasse										Tid
<b>21</b>	<b>Kjell Seland</b>	<b>236</b>										<b>26:51</b>
05:25+	07:51+	08:46+	09:13+	13:35+	15:05+	15:54+	16:53+	19:53+	20:45+	24:10+	25:53+	26:51+
05:25+	02:26+	00:55+	00:27+	04:22+	01:30+	00:49+	00:59+	03:00+	00:52+	03:25+	01:43+	00:58+
03:01@	00:43&	00:08#	00:04#	01:37&	00:31&	00:17&	00:14&	00:58&	00:19&	01:10&	00:51&	00:25&
<b>22</b>	<b>Inge Skretting</b>	<b>165</b>										<b>27:07</b>
04:05+	07:36+	08:56+	09:25+	13:35+	15:32+	16:40+	17:39+	20:44+	21:33+	24:52+	26:21+	27:07+
04:05+	03:31+	01:20+	00:29+	04:10+	01:57+	01:08+	00:59+	03:05+	00:49+	03:19+	01:29+	00:46+
01:41&	01:48@	00:33&	00:06&	01:25&	00:58&	00:36@	00:14&	01:03&	00:16&	01:04&	00:37&	00:13&
<b>23</b>	<b>Håvard Håland</b>	<b>66</b>										<b>27:12</b>
04:21+	07:00+	07:59+	08:37+	12:19+	13:59+	15:04+	16:10+	18:58+	21:10+	24:37+	26:31+	27:12+
04:21+	02:39+	00:59+	00:38+	03:42+	01:40+	01:05+	01:06+	02:48+	02:12+	03:27+	01:54+	00:41+
01:57&	00:56&	00:12&	00:15&	00:57&	00:41&	00:33@	00:21&	00:46&	01:39@	01:12&	01:02@	00:08#
<b>24</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>27:35</b>
04:42+	07:08+	08:01+	08:40+	13:09+	14:50+	15:46+	16:59+	20:13+	21:22+	25:05+	26:46+	27:35+
04:42+	02:26+	00:53+	00:39+	04:29+	01:41+	00:56+	01:13+	03:14+	01:09+	03:43+	01:41+	00:49+
02:18&	00:43&	00:06#	00:16&	01:44&	00:42&	00:24&	00:28&	01:12&	00:36@	01:28&	00:49&	00:16&
<b>25</b>	<b>Tore Halset</b>	<b>114</b>										<b>28:06</b>
04:05+	06:09+	07:35+	08:08+	13:26+	15:03+	16:02+	17:03+	20:30+	21:37+	25:03+	27:20+	28:06+
04:05+	02:04+	01:26+	00:33+	05:18+	01:37+	00:59+	01:01+	03:27+	01:07+	03:26+	02:17+	00:46+
01:41&	00:21#	00:39&	00:10&	02:33&	00:38&	00:27&	00:16&	01:25&	00:34@	01:11&	01:25@	00:13&
<b>26</b>	<b>Ole J. Bakkevold</b>	<b>17</b>										<b>28:35</b>
04:11+	06:42+	07:57+	08:37+	12:30+	14:10+	15:21+	17:01+	20:31+	21:43+	25:27+	27:49+	28:35+
04:11+	02:31+	01:15+	00:40+	03:53+	01:40+	01:11+	01:40+	03:30+	01:12+	03:44+	02:22+	00:46+
01:47&	00:48&	00:28&	00:17&	01:08&	00:41&	00:39@	00:55@	01:28&	00:39@	01:29&	01:30@	00:13&
<b>27</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>28:45</b>
04:12+	06:30+	07:25+	08:06+	12:36+	14:20+	15:14+	16:45+	20:19+	21:20+	25:28+	27:51+	28:45+
04:12+	02:18+	00:55+	00:41+	04:30+	01:44+	00:54+	01:31+	03:34+	01:01+	04:08+	02:23+	00:54+
01:48&	00:35&	00:08#	00:18&	01:45&	00:45&	00:22&	00:46@	01:32&	00:28&	01:53&	01:31@	00:21&
<b>28</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>29:19</b>
04:11+	07:17+	08:34+	09:11+	13:54+	15:45+	16:49+	17:54+	21:16+	22:20+	26:20+	28:21+	29:19+
04:11+	03:06+	01:17+	00:37+	04:43+	01:51+	01:04+	01:05+	03:22+	01:04+	04:00+	02:01+	00:58+
01:47&	01:23&	00:30&	00:14&	01:58&	00:52&	00:32&	00:20&	01:20&	00:31&	01:45&	01:09@	00:25&
<b>29</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>29:24</b>
04:06+	06:57+	08:12+	08:57+	13:12+	15:19+	16:20+	17:30+	20:52+	22:10+	26:15+	28:25+	29:24+
04:06+	02:51+	01:15+	00:45+	04:15+	02:07+	01:01+	01:10+	03:22+	01:18+	04:05+	02:10+	00:59+
01:42&	01:08&	00:28&	00:22&	01:30&	01:08@	00:29&	00:25&	01:20&	00:45@	01:50&	01:18@	00:26&
<b>30</b>	<b>Arild Holm</b>	<b>114</b>										<b>30:19</b>
04:39+	07:18+	08:19+	09:02+	13:13+	15:11+	16:14+	17:24+	21:28+	22:58+	27:24+	29:22+	30:19+
04:39+	02:39+	01:01+	00:43+	04:11+	01:58+	01:03+	01:10+	04:04+	01:30+	04:26+	01:58+	00:57+
02:15&	00:56&	00:14&	00:20&	01:26&	00:59&	00:31&	00:25&	02:02&	00:57@	02:11&	01:06@	00:24&
<b>31</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>30:56</b>
04:55+	07:54+	09:25+	10:23+	14:42+	16:52+	19:47+	20:58+	24:02+	24:55+	28:15+	30:00+	30:56+
04:55+	02:59+	01:31+	00:58+	04:19+	02:10+	02:55+	01:11+	03:04+	00:53+	03:20+	01:45+	00:56+
02:31@	01:16&	00:44&	00:35@	01:34&	01:11@	02:23@	00:26&	01:02&	00:20&	01:05&	00:53@	00:23&
<b>32</b>	<b>Trond Sandal</b>	<b>42</b>										<b>31:19</b>
04:27+	07:01+	07:58+	08:46+	14:35+	16:26+	17:21+	18:35+	22:22+	23:24+	27:46+	30:15+	31:19+
04:27+	02:34+	00:57+	00:48+	05:49+	01:51+	00:55+	01:14+	03:47+	01:02+	04:22+	02:29+	01:04+
02:03&	00:51&	00:10#	00:25@	03:04@	00:52&	00:23&	00:29&	01:45&	00:29&	02:07&	01:37@	00:31&
<b>33</b>	<b>Erlend Kveinen</b>	<b>116</b>										<b>31:56</b>
03:14+	05:57+	16:36+	17:09+	19:46+	21:12+	22:55+	23:34+	25:43+	26:32+	29:14+	31:12+	31:56+
03:14+	02:43+	10:39+	00:33+	02:37-	01:26+	01:43+	00:39-	02:09+	00:49+	02:42+	01:58+	00:44+
00:50&	01:00&	09:52@	00:10&	00:08-	00:27&	01:11@	00:06-	00:07+	00:16&	00:27#	01:06@	00:11&
<b>34</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>34:48</b>
05:09+	07:54+	09:05+	09:53+	15:18+	17:21+	18:24+	20:15+	24:51+	26:04+	31:28+	33:23+	34:48+
05:09+	02:45+	01:11+	00:48+	05:25+	02:03+	01:03+	01:51+	04:36+	01:13+	05:24+	01:55+	01:25+
02:45@	01:02&	00:24&	00:25@	02:40&	01:04@	00:31&	01:06@	02:34@	00:40@	03:09@	01:03@	00:52@
<b>35</b>	<b>Cato Bjerkeli</b>	<b>237</b>										<b>35:15</b>
05:01+	07:18+	08:11+	08:49+	13:01+	21:05+	22:10+	23:18+	27:07+	28:13+	32:17+	34:16+	35:15+
05:01+	02:17+	00:53+	00:38+	04:12+	08:04+	01:05+	01:08+	03:49+	01:06+	04:04+	01:59+	00:59+
02:37@	00:34&	00:06#	00:15&	01:27&	07:05@	00:33@	00:23&	01:47&	00:33&	01:49&	01:07@	00:26&

Class	Navn	Klasse												Tid
<b>36</b>	<b>Ove Mæstad</b>	<b>67</b>												<b>38:05</b>
08:41+	11:02+	12:02+	12:55+	22:06+	25:09+	26:12+	27:26+	31:43+	35:24+	37:19+	38:05+			
08:41+	02:21+	01:00+	00:53+	09:11+	03:03+	01:03+	01:14+	03:16+	01:01+	03:41+	01:55+	00:46+		
06:17@	00:38&	00:13&	00:30@	06:26@	02:04@	00:31&	00:29&	01:14&	00:28&	01:26&	01:03@	00:13&		
<b>37</b>	<b>Ove Njå</b>	<b>53</b>												<b>40:22</b>
08:46+	11:32+	12:34+	13:20+	17:58+	22:47+	23:55+	25:10+	29:57+	31:13+	36:32+	39:15+	40:22+		
08:46+	02:46+	01:02+	00:46+	04:38+	04:49+	01:08+	01:15+	04:47+	01:16+	05:19+	02:43+	01:07+		
06:22@	01:03&	00:15&	00:23&	01:53&	03:50@	00:36@	00:30&	02:45@	00:43@	03:04@	01:51@	00:34@		
<b>Beste strekktid for klassen</b>														
02:24	01:43	00:35	00:23	02:37	00:59	00:30	00:39	02:02	00:30	00:36	00:52	00:33		

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

## Herrer 60 - 64 år

<b>1</b>	<b>Espen Krogh</b>	<b>7</b>												<b>17:41</b>
01:34=	04:23=	05:53=	07:48=	08:08=	09:21=	10:45=	13:57=	15:06=	16:04=	16:57=	17:13=	17:41=		
01:34=	02:49=	01:30=	01:55=	00:20=	01:13=	01:24=	03:12=	01:09=	00:58=	00:53=	00:16=	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=		
<b>2</b>	<b>Morten Johannessen</b>	<b>7</b>												<b>20:56</b>
02:02+	05:27+	07:05+	09:44+	10:09+	11:29+	12:55+	16:48+	18:11+	20:03+	20:23+	20:56+			
02:02+	03:25+	01:38+	02:39+	00:25+	01:20+	01:26+	03:53+	01:23+	01:52+	00:20-	00:33+			
00:28&	00:36#	00:08+	00:44&	00:05#	00:07+	00:02+	00:41#	00:14#	00:54&	00:33-	00:17@			
<b>3</b>	<b>Kjell Skjæveland</b>	<b>166</b>												<b>21:05</b>
01:48+	04:56+	06:44+	09:47+	10:14+	11:47+	13:27+	17:03+	18:23+	20:18+	20:37+	21:05+			
01:48+	03:08+	01:48+	03:03+	00:27+	01:33+	01:40+	03:36+	01:20+	01:55+	00:19-	00:28+			
00:14#	00:19#	00:18#	01:08&	00:07&	00:20&	00:16#	00:24#	00:11#	00:57&	00:34-	00:12&			
<b>4</b>	<b>Per Ingar Hadland</b>	<b>7</b>												<b>21:06</b>
02:03+	05:07+	06:46+	09:13+	09:58+	11:25+	12:57+	17:06+	18:24+	20:19+	20:38+	21:06+			
02:03+	03:04+	01:39+	02:27+	00:45+	01:27+	01:32+	04:09+	01:18+	01:55+	00:19-	00:28+			
00:29&	00:15+	00:09#	00:32&	00:25@	00:14#	00:08+	00:57&	00:09#	00:57&	00:34-	00:12&			
<b>5</b>	<b>Olav Tunheim</b>	<b>93</b>												<b>22:57</b>
01:56+	05:31+	07:28+	09:57+	10:25+	11:57+	13:40+	18:40+	20:01+	22:10+	22:32+	22:57+			
01:56+	03:35+	01:57+	02:29+	00:28+	01:32+	01:43+	05:00+	01:21+	02:09+	00:22-	00:25+			
00:22#	00:46&	00:27&	00:34&	00:08&	00:19&	00:19#	01:48&	00:12#	01:11@	00:31-	00:09&			
<b>6</b>	<b>Kjell Dale</b>	<b>93</b>												<b>23:06</b>
02:26+	06:03+	07:41+	09:58+	10:38+	12:32+	14:16+	18:13+	19:43+	21:58+	22:21+	23:06+			
02:26+	03:37+	01:38+	02:17+	00:40+	01:54+	01:44+	03:57+	01:30+	02:15+	00:23-	00:45+			
00:52&	00:48&	00:08+	00:22#	00:20&	00:41&	00:20#	00:45#	00:21&	01:17@	00:30-	00:29@			
<b>7</b>	<b>Lars Bergersen</b>	<b>116</b>												<b>24:26</b>
01:54+	05:44+	07:52+	11:58+	12:24+	14:01+	15:50+	19:48+	21:12+	23:32+	23:56+	24:26+			
01:54+	03:50+	02:08+	04:06+	00:26+	01:37+	01:49+	03:58+	01:24+	02:20+	00:24-	00:30+			
00:20#	01:01&	00:38&	02:11@	00:06&	00:24&	00:25&	00:46#	00:15#	01:22@	00:29-	00:14&			
<b>8</b>	<b>Kjell Ove Aksland</b>	<b>27</b>												<b>24:43</b>
02:12+	05:52+	07:34+	10:47+	12:06+	14:01+	15:36+	20:01+	21:39+	23:50+	24:18+	24:43+			
02:12+	03:40+	01:42+	03:13+	01:19+	01:55+	01:35+	04:25+	01:38+	02:11+	00:28-	00:25+			
00:38&	00:51&	00:12#	01:18&	00:59@	00:42&	00:11#	01:13&	00:29&	01:13@	00:25-	00:09&			
<b>9</b>	<b>Torbjørn Dahle</b>	<b>92</b>												<b>24:57</b>
02:23+	06:10+	07:56+	10:18+	12:38+	14:12+	15:54+	20:05+	21:32+	24:01+	24:24+	24:57+			
02:23+	03:47+	01:46+	02:22+	02:20+	01:34+	01:42+	04:11+	01:27+	02:29+	00:23-	00:33+			
00:49&	00:58&	00:16#	00:27#	02:00@	00:21&	00:18#	00:59&	00:18&	01:31@	00:30-	00:17@			
<b>10</b>	<b>John C. Sinnes</b>	<b>93</b>												<b>25:24</b>
02:26+	06:18+	08:23+	10:54+	11:28+	13:09+	15:09+	19:46+	21:21+	23:46+	24:29+	24:47+	25:24+		
02:26+	03:52+	02:05+	02:31+	00:34+	01:41+	02:00+	04:37+	01:35+	02:25+	00:43-	00:18+	00:37+		
00:52&	01:03&	00:35&	00:36&	00:14&	00:28&	00:36&	01:25&	00:26&	01:27@	00:10-	00:02#	00:09&		
<b>11</b>	<b>Sveinung Svebestad</b>	<b>46</b>												<b>29:14</b>
02:31+	06:14+	08:09+	10:57+	11:36+	16:23+	18:35+	23:12+	25:07+	27:51+	28:30+	29:14+			
02:31+	03:43+	01:55+	02:48+	00:39+	04:47+	02:12+	04:37+	01:55+	02:44+	00:39-	00:44+			
00:57&	00:54&	00:25&	00:53&	00:19&	03:34@	00:48&	01:25&	00:46&	01:46@	00:14-	00:28@			

Class	Navn	Klasse										Tid
<b>12</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>29:57</b>
02:17+	07:51+	10:06+	13:58+	14:38+	17:04+	19:18+	24:13+	25:44+	28:56+	29:21+	29:57+	
02:17+	05:34+	02:15+	03:52+	00:40+	02:26+	02:14+	04:55+	01:31+	03:12+	00:25-	00:36+	
00:43&	02:45&	00:45&	01:57@	00:20&	01:13&	00:50&	01:43&	00:22&	02:14@	00:28-	00:20@	
<b>13</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>31:04</b>
02:13+	08:19+	10:29+	14:55+	15:22+	17:08+	19:25+	25:04+	26:58+	29:56+	30:21+	31:04+	
02:13+	06:06+	02:10+	04:26+	00:27+	01:46+	02:17+	05:39+	01:54+	02:58+	00:25-	00:43+	
00:39&	03:17@	00:40&	02:31@	00:07&	00:33&	00:53&	02:27&	00:45&	02:00@	00:28-	00:27@	
<b>14</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>32:56</b>
02:22+	06:17+	10:24+	16:15+	17:05+	18:41+	23:13+	27:39+	29:14+	31:53+	32:23+	32:56+	
02:22+	03:55+	04:07+	05:51+	00:50+	01:36+	04:32+	04:26+	01:35+	02:39+	00:30-	00:33+	
00:48&	01:06&	02:37@	03:56@	00:30@	00:23&	03:08@	01:14&	00:26&	01:41@	00:23-	00:17@	
<b>15</b>	<b>Ommund Bakkevoold</b>	<b>68</b>										<b>33:22</b>
02:33+	07:34+	10:00+	14:02+	14:52+	16:55+	19:51+	25:57+	27:56+	32:16+	32:47+	33:22+	
02:33+	05:01+	02:26+	04:02+	00:50+	02:03+	02:56+	06:06+	01:59+	04:20+	00:31-	00:35+	
00:59&	02:12&	00:56&	02:07@	00:30@	00:50&	01:32@	02:54&	00:50&	03:22@	00:22-	00:19@	
<b>Beste strekktid for klassen</b>												
01:34	02:49	01:30	01:55	00:20	01:13	01:24	03:12	01:09	00:58	00:19	00:16	00:28
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 65 - 69 år</b>												
<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>16:35</b>
01:32=	03:48=	05:06=	07:04=	07:35=	08:46=	10:06=	12:53=	14:04=	15:48=	16:05=	16:35=	
01:32=	02:16=	01:18=	01:58=	00:31=	01:11=	01:20=	02:47=	01:11=	01:44=	00:17=	00:30=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>19:27</b>
01:41+	04:27+	06:13+	08:40+	09:05+	10:20+	11:42+	15:09+	16:21+	18:33+	18:58+	19:27+	
01:41+	02:46+	01:46+	02:27+	00:25-	01:15+	01:22+	03:27+	01:12+	02:12+	00:25+	00:29-	
00:09+	00:30#	00:28&	00:29#	00:06-	00:04+	00:02+	00:40#	00:01+	00:28&	00:08&	00:01-	
<b>3</b>	<b>Magne Vollen</b>	<b>374</b>										<b>21:48</b>
02:16+	05:38+	07:30+	09:52+	10:29+	12:01+	13:41+	17:09+	18:33+	20:51+	21:15+	21:48+	
02:16+	03:22+	01:52+	02:22+	00:37+	01:32+	01:40+	03:28+	01:24+	02:18+	00:24+	00:33+	
00:44&	01:06&	00:34&	00:24#	00:06#	00:21&	00:20#	00:41#	00:13#	00:34&	00:07&	00:03#	
<b>4</b>	<b>Tom Hetland</b>	<b>5</b>										<b>22:08</b>
01:48+	05:12+	06:57+	10:03+	10:27+	11:54+	13:29+	17:29+	18:53+	21:23+	21:42+	22:08+	
01:48+	03:24+	01:45+	03:06+	00:24-	01:27+	01:35+	04:00+	01:24+	02:30+	00:19+	00:26-	
00:16#	01:08&	00:27&	01:08&	00:07-	00:16#	00:15#	01:13&	00:13#	00:46&	00:02#	00:04-	
<b>5</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>22:11</b>
01:48+	05:03+	07:06+	10:03+	10:29+	12:06+	13:48+	17:33+	19:01+	21:14+	21:36+	22:11+	
01:48+	03:15+	02:03+	02:57+	00:26-	01:37+	01:42+	03:45+	01:28+	02:13+	00:22+	00:35+	
00:16#	00:59&	00:45&	00:59&	00:05-	00:26&	00:25&	00:58&	00:17#	00:29&	00:05&	00:05#	
<b>6</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>22:33</b>
02:02+	05:23+	07:35+	10:38+	11:03+	12:29+	14:14+	17:59+	19:24+	21:46+	22:03+	22:33+	
02:02+	03:21+	02:12+	03:03+	00:25-	01:26+	01:45+	03:45+	01:25+	02:22+	00:17=	00:30=	
00:30&	01:05&	00:54&	01:05&	00:06-	00:15#	00:25&	00:58&	00:14#	00:38&	00:00=	00:00=	
<b>7</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>26:29</b>
02:00+	05:33+	07:39+	10:09+	12:44+	13:15+	15:04+	17:05+	21:26+	22:57+	25:26+	25:51+	26:29+
02:00+	03:33+	02:06+	02:30+	02:35+	00:31-	01:49+	02:01-	04:21+	01:31-	02:29+	00:25-	00:38+
00:28&	01:17&	00:48&	00:32&	02:04@	00:40-	00:29&	00:46-	03:10@	00:13-	02:12@	00:05-	00:38+
<b>8</b>	<b>Jan Hetland</b>	<b>29</b>										<b>27:15</b>
02:15+	05:48+	07:29+	13:27+	14:24+	15:59+	17:44+	21:55+	23:25+	26:31+	26:49+	27:15+	
02:15+	03:33+	01:41+	05:58+	00:57+	01:35+	01:45+	04:11+	01:30+	03:06+	00:18+	00:26-	
00:43&	01:17&	00:23&	04:00@	00:26&	00:24&	00:25&	01:24&	00:19&	01:22&	00:01+	00:04-	
<b>9</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>28:06</b>
02:34+	06:21+	08:38+	11:14+	12:08+	14:18+	16:37+	22:34+	24:12+	27:01+	27:24+	28:06+	
02:34+	03:47+	02:17+	02:36+	00:54+	02:10+	02:19+	05:57+	01:38+	02:49+	00:23+	00:42+	
01:02&	01:31&	00:59&	00:38&	00:23&	00:59&	00:59&	03:10@	00:27&	01:05&	00:06&	00:12&	

Class	Navn	Klasse	Tid
<b>10</b>	<b>Bjørn Tore Aase</b>	<b>29</b>	<b>28:18</b>
02:31+	06:26+	09:54+	13:08+
02:31+	03:55+	03:28+	03:14+
00:59&	01:39&	02:10@	01:16&
00:06#	00:46&	00:55&	02:06&
00:39&	00:41&	00:11&	00:15&
<b>11</b>	<b>Rolf Kleppe</b>	<b>63</b>	<b>31:51</b>
02:57+	06:59+	09:50+	12:57+
02:57+	04:02+	02:51+	03:07+
01:25&	01:46&	01:33@	01:09&
00:03+	00:53&	00:50&	04:41@
01:37@	01:03&	00:07&	00:09&
<b>Beste strekktid for klassen</b>			
01:32	02:16	01:18	01:58
00:24	00:31	01:20	02:01
01:11	01:31	00:17	00:25

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

## Herrer 70 - 74 år

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>	<b>19:35</b>
01:54=	05:07=	06:43=	08:39=
01:54=	03:13=	01:36=	01:56=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Asgeir Bell</b>	<b>117</b>	<b>22:38</b>
01:52-	05:01-	06:37-	09:48+
01:52-	03:09-	01:36=	03:11+
00:02-	00:04-	00:00=	01:15&
00:01-	00:02-	00:03-	00:37#
<b>3</b>	<b>Kjell Svihus</b>	<b>154</b>	<b>23:52</b>
02:10+	05:53+	08:00+	10:56+
02:10+	03:43+	02:07+	02:56+
00:16#	00:30#	00:31&	01:00&
<b>4</b>	<b>Ragnvald Frøyland</b>	<b>128</b>	<b>25:13</b>
02:00+	07:22+	09:17+	12:10+
02:00+	05:22+	01:55+	02:53+
00:06+	02:09&	00:19#	00:57&
<b>5</b>	<b>Paul A. Paulsen</b>	<b>117</b>	<b>25:27</b>
02:01+	05:55+	08:07+	10:31+
02:01+	03:54+	02:12+	02:24+
00:07+	00:41#	00:36&	00:28#
<b>6</b>	<b>Olav Habbestad</b>	<b>116</b>	<b>26:45</b>
02:51+	07:14+	09:13+	11:48+
02:51+	04:23+	01:59+	02:35+
00:57&	01:10&	00:23#	00:39&
<b>7</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>	<b>26:50</b>
05:35+	08:23+	10:48+	14:06+
05:35+	02:48-	02:25+	03:18+
03:41@	00:25-	00:49&	01:22&
<b>8</b>	<b>Arne Østensen</b>	<b>90</b>	<b>28:02</b>
02:55+	06:36+	08:28+	11:32+
02:55+	03:41+	01:52+	03:04+
01:01&	00:28#	00:16#	01:08&
<b>9</b>	<b>Jan Inge Lunde</b>	<b>88</b>	<b>29:15</b>
02:22+	07:54+	10:06+	12:48+
02:22+	05:32+	02:12+	02:42+
00:28#	02:19&	00:36&	00:46&
<b>10</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>	<b>37:40</b>
04:49+	08:54+	11:05+	15:20+
04:49+	04:05+	02:11+	04:15+
02:55@	00:52&	00:35&	02:19@
<b>11</b>	<b>Jostein Tunheim</b>	<b>116</b>	<b>39:02</b>
02:07+	10:00+	12:44+	22:02+
02:07+	07:53+	02:44+	09:18+
00:13#	04:40@	01:08&	07:22@

Class	Navn	Klasse	Tid								
<b>12</b>	<b>John Abrahamsen</b>	<b>125</b>	<b>42:23</b>								
04:03+	09:34+	12:41+	19:30+	20:35+	23:34+	26:26+	33:32+	36:07+	41:05+	41:48+	42:23+
04:03+	05:31+	03:07+	06:49+	01:05+	02:59+	02:52+	07:06+	02:35+	04:58+	00:43+	00:35+
02:09@	02:18&	01:31&	04:53@	00:40@	01:32@	01:15&	03:48@	01:10&	03:11@	00:16&	00:05#
<b>13</b>	<b>Leif Kåre Lende</b>	<b>128</b>	<b>43:40</b>								
02:22+	11:01+	16:12+	19:03+	19:45+	21:36+	23:28+	30:33+	32:06+	42:29+	42:48+	43:40+
02:22+	08:39+	05:11+	02:51+	00:42+	01:51+	01:52+	07:05+	01:33+	10:23+	00:19-	00:52+
00:28#	05:26@	03:35@	00:55&	00:17&	00:24&	00:15#	03:47@	00:08+	08:36@	00:08-	00:22&
<b>Beste strekktid for klassen</b>											
01:52	02:48	01:36	01:56	00:21	00:22	01:30	01:40	01:24	01:21	00:19	00:22

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

## Herrer 75 - 79 år

<b>1</b>	<b>Finn Morten Årstad</b>	<b>115</b>	<b>20:07</b>								
02:15=	06:14=	07:10=	08:50=	10:37=	12:33=	17:12=	18:51=	19:33=	20:07=		
02:15=	03:59=	00:56=	01:40=	01:47=	01:56=	04:39=	01:39=	00:42=	00:34=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Knut Skjæveland</b>	<b>93</b>	<b>21:15</b>								
02:13-	05:40-	06:39-	08:25-	10:25-	12:16-	17:56+	19:52+	20:38+	21:15+		
02:13-	03:27-	00:59+	01:46+	02:00+	01:51-	05:40+	01:56+	00:46+	00:37+		
00:02-	00:32-	00:03+	00:06+	00:13#	00:05-	01:01#	00:17#	00:04+	00:03+		
<b>3</b>	<b>Øyvind Egeskog</b>	<b>5</b>	<b>21:34</b>								
02:14-	05:57-	07:08-	09:21+	11:17+	13:15+	18:08+	20:02+	20:54+	21:34+		
02:14-	03:43-	01:11+	02:13+	01:56+	01:58+	04:53+	01:54+	00:52+	00:40+		
00:01-	00:16-	00:15&	00:33&	00:09+	00:02+	00:14+	00:15#	00:10#	00:06#		
<b>4</b>	<b>Hans Klausen</b>	<b>62</b>	<b>21:44</b>								
02:11-	07:51+	08:39+	10:19+	12:11+	14:12+	18:37+	20:25+	21:12+	21:44+		
02:11-	05:40+	00:48-	01:40=	01:52+	02:01+	04:25-	01:48+	00:47+	00:32-		
00:04-	01:41&	00:08-	00:00=	00:05+	00:05+	00:14-	00:09+	00:05#	00:02-		
<b>5</b>	<b>Odd Garpestad</b>	<b>29</b>	<b>21:53</b>								
02:16+	06:59+	07:46+	09:14+	11:05+	12:44+	17:59+	19:43+	21:23+	21:53+		
02:16+	04:43+	00:47-	01:28-	01:51+	01:39-	05:15+	01:44+	01:40+	00:30-		
00:01+	00:44#	00:09-	00:12-	00:04+	00:17-	00:36#	00:05+	00:58@	00:04-		
<b>6</b>	<b>Hermann Skogsholm</b>	<b>53</b>	<b>22:15</b>								
02:30+	06:26+	07:34+	09:31+	11:26+	13:10+	18:12+	20:04+	21:35+	22:15+		
02:30+	03:56-	01:08+	01:57+	01:55+	01:44-	05:02+	01:52+	01:31+	00:40+		
00:15#	00:03-	00:12#	00:17#	00:08+	00:12-	00:23+	00:13#	00:49@	00:06#		
<b>7</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>22:37</b>								
02:14-	07:43+	08:43+	10:27+	12:49+	14:52+	19:15+	21:04+	21:57+	22:37+		
02:14-	05:29+	01:00+	01:44+	02:22+	02:03+	04:23-	01:49+	00:53+	00:40+		
00:01-	01:30&	00:04+	00:04+	00:35&	00:07+	00:16-	00:10#	00:11&	00:06#		
<b>8</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>25:08</b>								
02:43+	06:51+	08:14+	10:54+	13:00+	15:50+	21:27+	23:42+	24:33+	25:08+		
02:43+	04:08+	01:23+	02:40+	02:06+	02:50+	05:37+	02:15+	00:51+	00:35+		
00:28#	00:09+	00:27&	01:00&	00:19#	00:54&	00:58#	00:36&	00:09#	00:01+		
<b>9</b>	<b>Jan Værp</b>	<b>62</b>	<b>26:16</b>								
02:35+	07:05+	08:19+	10:24+	13:16+	15:28+	22:03+	24:35+	25:33+	26:16+		
02:35+	04:30+	01:14+	02:05+	02:52+	02:12+	06:35+	02:32+	00:58+	00:43+		
00:20#	00:31#	00:18&	00:25#	01:05&	00:16#	01:56&	00:53&	00:16&	00:09&		
<b>10</b>	<b>Olav Dag Borgersen</b>	<b>154</b>	<b>30:00</b>								
02:18+	09:32+	10:34+	13:17+	17:58+	19:51+	25:20+	28:48+	29:27+	30:00+		
02:18+	07:14+	01:02+	02:43+	04:41+	01:53-	05:29+	03:28+	00:39-	00:33-		
00:03+	03:15&	00:06#	01:03&	02:54@	00:03-	00:50#	01:49@	00:03-	00:01-		
<b>11</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>47:25</b>								
02:22+	06:29+	07:36+	11:02+	35:38+	37:39+	43:26+	45:38+	46:42+	47:25+		
02:22+	04:07+	01:07+	03:26+	24:36+	02:01+	05:47+	02:12+	01:04+	00:43+		
00:07+	00:08+	00:11#	01:46@	22:49@	00:05+	01:08#	00:33&	00:22&	00:09&		

Pluss	Navn	Klasse	Tid
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### Beste strekktid for klassen

02:11 03:27 00:47 01:28 01:47 01:39 04:23 01:39 00:39 00:30

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

## Herrer 80 år og eldre

### 1 Harald Vatne 67 29:28

02:34= 05:17= 11:42= 15:27= 16:24= 18:47= 20:53= 23:33= 28:04= 28:51= 29:28=  
 02:34= 02:43= 06:25= 03:45= 00:57= 02:23= 02:06= 02:40= 04:31= 00:47= 00:37=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Alf Gyland 92 32:57

02:46+ 08:11+ 09:03- 15:52+ 20:06+ 20:59+ 23:34+ 25:45+ 29:06+ 31:03+ 32:04+ 32:57+  
 02:46+ 05:25+ 00:52- 06:49+ 04:14+ 00:53- 02:35+ 02:11- 03:21- 01:57+ 01:01+ 00:53+  
 00:12+ 02:42& 05:33- 03:04& 03:17@ 01:30- 00:29# 00:29- 01:10- 01:10@ 00:24& 00:53+

### 3 Magne Westerheim 93 1:11:21

08:48+ 11:42+ 21:48+ 27:32+ 46:00+ 49:44+ 54:05+ 67:25+ 69:35+ 70:36+ 71:21+  
 08:48+ 02:54+ 10:06+ 05:44+ 18:28+ 03:44+ 04:21+ 13:20+ 02:10- 01:01+ 00:45+  
 06:14@ 00:11+ 03:41& 01:59& 17:31@ 01:21& 02:15@ 10:40@ 02:21- 00:14& 00:08#

### Beste strekktid for klassen

02:34 02:43 00:52 03:45 00:57 00:53 02:06 02:11 02:10 00:47 00:37

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

## Herrer A

### 1 Fredrik Omdal 375 22:03

01:42= 03:08= 05:02= 05:42= 06:11= 07:16= 10:09= 11:23= 12:22= 13:52= 14:16= 15:09= 15:43= 17:22= 17:50= 18:25= 18:50= 21:03= 21:22= 22:03=  
 01:42= 01:26= 01:54= 00:40= 00:29= 01:05= 02:53= 01:14= 00:59= 01:30= 00:24= 00:53= 00:34= 01:39= 00:28= 00:35= 00:25= 02:13= 00:19= 00:41=  
 00:00=

### 2 Harald Kalager 7 24:30

01:51+ 03:29+ 05:32+ 06:21+ 07:03+ 08:16+ 11:38+ 12:23+ 13:37+ 15:22+ 15:49+ 16:45+ 17:25+ 19:08+ 19:40+ 20:23+ 20:54+ 23:20+ 23:43+ 24:30+  
 01:51+ 01:38+ 02:03+ 00:49+ 00:42+ 01:13+ 03:22+ 00:45- 01:14+ 01:45+ 00:27+ 00:56+ 00:40+ 01:43+ 00:32+ 00:43+ 00:31+ 02:26+ 00:23+ 00:47+  
 00:09+ 00:12# 00:09+ 00:09# 00:13& 00:08# 00:29# 00:29- 00:15& 00:15# 00:03# 00:03+ 00:06# 00:04+ 00:04# 00:08# 00:06# 00:13+ 00:04# 00:06#

### 3 Thomas Olsen Schive 126 25:11

01:53+ 03:56+ 05:46+ 06:33+ 07:06+ 08:14+ 11:58+ 12:45+ 13:49+ 15:32+ 16:01+ 16:56+ 17:36+ 19:58+ 20:30+ 21:04+ 21:33+ 24:00+ 24:23+ 25:11+  
 01:53+ 02:03+ 01:50- 00:47+ 00:33+ 01:08+ 03:44+ 00:47- 01:04+ 01:43+ 00:29+ 00:55+ 00:40+ 02:22+ 00:32+ 00:34- 00:29+ 02:27+ 00:23+ 00:48+  
 00:11# 00:37& 00:04- 00:07# 00:04# 00:03+ 00:51& 00:27- 00:05+ 00:13# 00:05# 00:02+ 00:06# 00:43& 00:04# 00:01- 00:04# 00:14# 00:04# 00:07#

### 4 Svein Magnus Halsne 71 26:16

02:00+ 04:02+ 06:04+ 06:57+ 07:49+ 09:02+ 12:58+ 13:43+ 14:54+ 16:50+ 17:17+ 18:17+ 19:02+ 20:50+ 21:24+ 22:00+ 22:31+ 24:58+ 25:30+ 26:16+  
 02:00+ 02:02+ 02:02+ 00:53+ 00:52+ 01:13+ 03:56+ 00:45- 01:11+ 01:56+ 00:27+ 01:00+ 00:45+ 01:48+ 00:34+ 00:36+ 00:31+ 02:27+ 00:32+ 00:46+  
 00:18# 00:36& 00:08+ 00:13& 00:23& 00:08# 01:03& 00:29- 00:12# 00:26& 00:03# 00:07# 00:11& 00:06# 00:01+ 00:06# 00:01+ 00:06# 00:14# 00:13& 00:05#

### 5 Kristian Haarr 27 26:58

01:52+ 04:09+ 06:10+ 07:44+ 08:19+ 09:34+ 13:28+ 14:43+ 15:53+ 17:38+ 18:05+ 19:02+ 19:40+ 21:31+ 22:01+ 22:36+ 23:04+ 25:54+ 26:15+ 26:58+  
 01:52+ 02:17+ 02:01+ 01:34+ 00:35+ 01:15+ 03:54+ 01:15+ 01:10+ 01:45+ 00:27+ 00:57+ 00:38+ 01:51+ 00:30+ 00:35= 00:28+ 02:50+ 00:21+ 00:43+  
 00:10+ 00:51& 00:07+ 00:54@ 00:06# 00:10# 01:01& 00:01+ 00:11# 00:15# 00:03# 00:04+ 00:04# 00:12# 00:02+ 00:00= 00:03# 00:37& 00:02# 00:02+

### 6 Erik Lima 43 28:12

02:10+ 04:12+ 06:30+ 07:35+ 08:17+ 09:36+ 13:20+ 14:53+ 16:08+ 18:09+ 18:36+ 19:41+ 20:29+ 22:23+ 23:00+ 23:42+ 24:14+ 26:55+ 27:21+ 28:12+  
 02:10+ 02:02+ 02:18+ 01:05+ 00:42+ 01:19+ 03:44+ 01:33+ 01:15+ 02:01+ 00:27+ 01:05+ 00:48+ 01:54+ 00:37+ 00:42+ 00:32+ 02:41+ 00:26+ 00:51+  
 00:28& 00:36& 00:24# 00:25& 00:13& 00:14# 00:51& 00:19& 00:16& 00:31& 00:03# 00:12# 00:14& 00:15# 00:09& 00:07# 00:07& 00:28# 00:07& 00:10#

### 7 Martin Blystad 115 28:27

02:20+ 05:15+ 07:42+ 08:34+ 09:08+ 10:26+ 13:57+ 15:07+ 16:14+ 18:11+ 18:37+ 19:34+ 20:16+ 22:10+ 22:45+ 23:23+ 23:51+ 27:17+ 27:38+ 28:27+  
 02:20+ 02:55+ 02:27+ 00:52+ 00:34+ 01:18+ 03:31+ 01:10- 01:07+ 01:57+ 00:26+ 00:57+ 00:42+ 01:54+ 00:35+ 00:38+ 00:28+ 03:26+ 00:21+ 00:49+  
 00:38& 01:29@ 00:33& 00:12& 00:05# 00:13# 00:38# 00:04- 00:08# 00:27& 00:02+ 00:04+ 00:08# 00:15# 00:07# 00:03+ 00:03# 01:13& 00:02# 00:08#

### Beste strekktid for klassen

01:42 01:26 01:50 00:40 00:29 01:05 02:53 00:45 00:59 01:30 00:24 00:53 00:34 01:39 00:28 00:34 00:25 02:13 00:19 00:41

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

## Herrer B

<b>1</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>	<b>24:20</b>																
01:52=	03:42=	05:38=	06:28=	07:00=	08:16=	11:33=	12:22=	13:34=	15:23=	15:51=	16:48=	17:30=	19:13=	19:44=	20:20=	20:45=	23:12=	23:33=	24:20=
01:52=	01:50=	01:56=	00:50=	00:32=	01:16=	03:17=	00:49=	01:12=	01:49=	00:28=	00:57=	00:42=	01:43=	00:31=	00:36=	00:25=	02:27=	00:21=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Njål F. Vadla</b>	<b>93</b>	<b>24:23</b>																
01:43-	03:50+	05:45+	06:35+	07:05+	08:15-	11:28-	12:26+	13:27-	15:14-	15:39-	16:37-	17:23-	19:05-	19:37-	20:12-	20:36-	23:10-	23:30-	24:23+
01:43-	02:07+	01:55-	00:50=	00:30-	01:10-	03:13-	00:58+	01:01-	01:47-	00:25-	00:58+	00:46+	01:42-	00:32+	00:35-	00:24-	02:34+	00:20-	00:53+
00:09-	00:17#	00:01-	00:00=	00:02-	00:06-	00:04-	00:09#	00:11-	00:02-	00:03-	00:01+	00:04+	00:01-	00:01+	00:01-	00:01-	00:07+	00:01-	00:06#
<b>3</b>	<b>Magnus Landstad</b>	<b>66</b>	<b>25:13</b>																
01:57+	04:10+	06:17+	07:10+	07:46+	08:59+	12:14+	13:04+	14:17+	16:10+	16:37+	17:37+	18:19+	20:04+	20:36+	21:14+	21:43+	24:04+	24:25+	25:13+
01:57+	02:13+	02:07+	00:53+	00:36+	01:13-	03:15-	00:50+	01:13+	01:53+	00:27-	01:00+	00:42=	01:45+	00:32+	00:38+	00:29+	02:21-	00:21=	00:48+
00:05+	00:23#	00:11+	00:03+	00:04#	00:03-	00:02-	00:01+	00:01+	00:04+	00:01-	00:03+	00:00=	00:02+	00:01+	00:02+	00:04#	00:06-	00:00=	00:01+
<b>4</b>	<b>Tom Furland</b>	<b>62</b>	<b>27:19</b>																
02:01+	04:26+	06:46+	07:35+	08:17+	09:43+	13:34+	14:19+	15:32+	17:28+	17:57+	18:55+	19:38+	21:38+	22:12+	22:48+	23:20+	26:01+	26:26+	27:19+
02:01+	02:25+	02:20+	00:49-	00:42+	01:26+	03:51+	00:45-	01:13+	01:56+	00:29+	00:58+	00:43+	02:00+	00:34+	00:36=	00:32+	02:41+	00:25+	00:53+
00:09+	00:35&	00:24#	00:01-	00:10&	00:10#	00:34#	00:04-	00:01+	00:07+	00:01+	00:01+	00:01+	00:17#	00:03+	00:00=	00:07&	00:14+	00:04#	00:06#
<b>5</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>27:36</b>																
02:00+	04:40+	06:45+	07:46+	08:32+	09:54+	13:30+	14:25+	15:42+	17:31+	18:01+	19:05+	19:51+	21:44+	22:19+	23:00+	23:33+	26:18+	26:42+	27:36+
02:00+	02:40+	02:05+	01:01+	00:46+	01:22+	03:36+	00:55+	01:17+	01:49=	00:30+	01:04+	00:46+	01:53+	00:35+	00:41+	00:33+	02:45+	00:24+	00:54+
00:08+	00:50&	00:09+	00:11#	00:14&	00:06+	00:19+	00:06#	00:05+	00:00=	00:02+	00:07#	00:04+	00:10+	00:04#	00:05#	00:08&	00:18#	00:03#	00:07#
<b>6</b>	<b>Joar Eilevstjønn</b>	<b>67</b>	<b>27:42</b>																
01:43-	03:24-	05:51+	06:36+	07:20+	08:31+	11:41+	12:46+	16:11+	17:49+	18:17+	19:25+	20:05+	22:15+	22:46+	23:19+	23:46+	26:37+	26:58+	27:42+
01:43-	01:41-	02:27+	00:45-	00:44+	01:11-	03:10-	01:05+	03:25+	01:38-	00:28=	01:08+	00:40-	02:10+	00:31=	00:33-	00:27+	02:51+	00:21=	00:44-
00:09-	00:09-	00:31&	00:05-	00:12&	00:05-	00:07-	00:16&	02:13&	00:11-	00:00=	00:11#	00:02-	00:27&	00:00=	00:03-	00:02+	00:24#	00:00=	00:03-
<b>7</b>	<b>Per Olav Haarr</b>	<b>62</b>	<b>27:53</b>																
01:45-	03:42=	05:55+	06:47+	07:21+	08:37+	11:54+	14:02+	15:25+	18:07+	18:30+	19:25+	20:08+	22:01+	22:43+	23:24+	23:55+	26:45+	27:08+	27:53+
01:45-	01:57+	02:13+	00:52+	00:34+	01:16=	03:17=	02:08+	01:23+	02:42+	00:23-	00:55-	00:43+	01:53+	00:42+	00:41+	00:31+	02:50+	00:23+	00:45-
00:07-	00:07+	00:17#	00:02+	00:02+	00:00=	00:00=	01:19&	00:11#	00:53&	00:05-	00:02-	00:01+	00:10+	00:11&	00:05#	00:06#	00:23#	00:02+	00:02-
<b>8</b>	<b>Geir Sand</b>	<b>105</b>	<b>28:36</b>																
02:01+	03:51+	06:17+	07:16+	08:00+	09:17+	12:43+	14:11+	15:31+	17:20+	18:11+	20:01+	20:40+	22:58+	23:35+	24:16+	24:50+	27:19+	27:50+	28:36+
02:01+	01:50=	02:26+	00:59+	00:44+	01:17+	03:26+	01:28+	01:20+	01:49=	00:51+	01:50+	00:39-	02:18+	00:37+	00:41+	00:34+	02:29+	00:31+	00:46-
00:09+	00:00=	00:30&	00:09#	00:12&	00:01+	00:09+	00:39&	00:08#	00:00=	00:23&	00:53&	00:03-	00:35&	00:06#	00:05#	00:09&	00:02+	00:10&	00:01-
<b>9</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>	<b>28:41</b>																
02:54+	05:37+	07:50+	08:43+	09:27+	10:48+	14:38+	15:36+	16:49+	18:42+	19:12+	20:13+	21:00+	22:55+	23:28+	24:09+	24:42+	27:23+	27:49+	28:41+
02:54+	02:43+	02:13+	00:53+	00:44+	01:21+	03:50+	00:58+	01:13+	02:13+	00:30+	01:01+	00:47+	01:55+	00:33+	00:41+	00:33+	02:41+	00:26+	00:52+
01:02&	00:53&	00:17#	00:03+	00:12&	00:05+	00:33#	00:09#	00:01+	00:04+	00:02+	00:04+	00:05#	00:12#	00:02+	00:05#	00:08&	00:14+	00:05#	00:05#
<b>10</b>	<b>Oddvar Taksdal</b>	<b>194</b>	<b>28:51</b>																
02:01+	04:10+	06:17+	07:19+	07:53+	09:11+	12:30+	14:06+	17:38+	19:29+	19:57+	20:57+	21:41+	23:22+	23:57+	24:37+	25:09+	27:36+	28:01+	28:51+
02:01+	02:09+	02:07+	01:02+	00:34+	01:18+	03:19+	01:36+	03:32+	01:51+	00:28=	01:00+	00:44+	01:41-	00:35+	00:40+	00:32+	02:27=	00:25+	00:50+
00:09+	00:19#	00:11+	00:12#	00:02+	00:02+	00:02+	00:47&	02:20&	00:02+	00:00=	00:03+	00:02+	00:02-	00:04#	00:04#	00:07&	00:00=	00:04#	00:03+
<b>11</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>	<b>32:42</b>																
02:23+	04:19+	06:29+	07:24+	07:59+	09:32+	13:06+	16:28+	18:26+	21:38+	22:05+	23:10+	24:02+	25:53+	26:31+	27:09+	27:46+	30:57+	31:31+	32:42+
02:23+	01:56+	02:10+	00:55+	00:35+	01:33+	03:34+	03:22+	01:58+	03:12+	00:27-	01:05+	00:52+	01:51+	00:38+	00:38+	00:37+	03:11+	00:34+	01:11+
00:31&	00:06+	00:14#	00:05#	00:03+	00:17#	00:17+	02:33&	00:46&	01:23&	00:01-	00:08#	00:10#	00:08+	00:07#	00:02+	00:12&	00:44&	00:13&	00:24&
<b>12</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>	<b>38:10</b>																
02:11+	05:20+	08:22+	09:58+	10:53+	12:35+	17:04+	19:12+	21:23+	24:22+	25:00+	26:26+	27:26+	30:11+	31:06+	31:58+	33:03+	36:35+	37:12+	38:10+
02:11+	03:09+	03:02+	01:36+	00:55+	01:42+	04:29+	02:08+	02:11+	02:59+	00:38+	01:26+	01:00+	02:45+	00:55+	00:52+	01:05+	03:32+	00:37+	00:58+
00:19#	01:19&	01:06&	00:46&	00:23&	00:26&	01:12&	01:19&	00:59&	01:10&	00:10&	00:29&	00:18&	01:02&	00:24&	00:16&	00:40&	01:05&	00:16&	00:11#

### Beste strekktid for klassen

01:43 01:41 01:55 00:45 00:30 01:10 03:10 00:45 01:01 01:38 00:23 00:55 00:39 01:41 00:31 00:33 00:24 02:21 00:20 00:44

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

## Herrer C

Class	Navn	Klasse												Tid			
<b>1</b>	<b>Morten Aamodt</b>	<b>116</b>												<b>21:51</b>			
01:23=	02:13=	03:35=	05:18=	06:00=	06:32=	09:52=	10:32=	11:31=	12:33=	12:54=	14:37=	15:25=	17:49=	19:23=	21:11=	21:51=	
01:23=	00:50=	01:22=	01:43=	00:42=	00:32=	03:20=	00:40=	00:59=	01:02=	00:21=	01:43=	00:48=	02:24=	01:34=	01:48=	00:40=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Otte Omdal</b>	<b>65</b>												<b>22:10</b>			
01:17-	02:11-	03:41+	05:16-	05:54-	06:20-	09:39-	10:28-	11:22-	12:28-	12:59+	14:48+	15:32+	17:53+	19:47+	21:25+	22:10+	
01:17-	00:54+	01:30+	01:35-	00:38-	00:26-	03:19-	00:49+	00:54-	01:06+	00:31+	01:49+	00:44-	02:21-	01:54+	01:38-	00:45+	
00:06-	00:04+	00:08+	00:08-	00:04-	00:06-	00:01-	00:09#	00:05-	00:04+	00:10&	00:06+	00:04-	00:03-	00:20#	00:10-	00:05#	
<b>3</b>	<b>Nils John Vestøl</b>	<b>83</b>												<b>22:19</b>			
01:18-	02:09-	03:38+	05:10-	05:45-	06:14-	10:16+	10:56+	12:11+	13:06+	13:26+	15:18+	16:04+	18:36+	20:12+	21:43+	22:19+	
01:18-	00:51+	01:29+	01:32-	00:35-	00:29-	04:02+	00:40=	01:15+	00:55-	00:20-	01:52+	00:46-	02:32+	01:36+	01:31-	00:36-	
00:05-	00:01+	00:07+	00:11-	00:07-	00:03-	00:42#	00:00=	00:16&	00:07-	00:01-	00:09+	00:02-	00:08+	00:02+	00:17-	00:04-	
<b>4</b>	<b>Kjetil Wirak</b>	<b>114</b>												<b>22:20</b>			
01:15-	02:21+	03:42+	05:21+	06:03+	06:29-	10:22+	11:08+	11:57+	12:58+	13:18+	15:02+	15:50+	18:29+	20:05+	21:39+	22:20+	
01:15-	01:06+	01:21-	01:39-	00:42=	00:26-	03:53+	00:46+	00:49-	01:01-	00:20-	01:44+	00:48=	02:39+	01:36+	01:34-	00:41+	
00:08-	00:16&	00:01-	00:04-	00:00=	00:06-	00:33#	00:06#	00:10-	00:01-	00:01-	00:01+	00:00=	00:15#	00:02+	00:14-	00:01+	
<b>5</b>	<b>Jan Einar Øvremo</b>	<b>50</b>												<b>23:46</b>			
01:16-	02:29+	03:56+	05:49+	06:29+	06:56+	11:33+	12:12+	13:09+	14:10+	14:30+	16:15+	17:02+	19:34+	21:26+	23:05+	23:46+	
01:16-	01:13+	01:27+	01:53+	00:40-	00:27-	04:37+	00:39-	00:57-	01:01-	00:20-	01:45+	00:47-	02:32+	01:52+	01:39-	00:41+	
00:07-	00:23&	00:05+	00:10+	00:02-	00:05-	01:17&	00:01-	00:02-	00:01-	00:01-	00:02+	00:01-	00:08+	00:18#	00:09-	00:01+	
<b>6</b>	<b>Paul Terje Haarr</b>	<b>62</b>												<b>24:32</b>			
01:25+	02:20+	03:58+	05:44+	06:32+	07:10+	11:43+	12:20+	13:30+	14:43+	15:06+	16:56+	17:51+	20:29+	22:18+	23:51+	24:32+	
01:25+	00:55+	01:38+	01:46+	00:48+	00:38+	04:33+	00:37-	01:10+	01:13+	00:23+	01:50+	00:55+	02:38+	01:49+	01:33-	00:41+	
00:02+	00:05#	00:16#	00:03+	00:06#	00:06#	01:13&	00:03-	00:11#	00:11#	00:02+	00:07+	00:07#	00:14+	00:15#	00:15-	00:01+	
<b>7</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>												<b>24:36</b>			
01:37+	02:33+	04:08+	06:02+	06:43+	07:17+	11:30+	12:09+	13:06+	14:14+	14:34+	16:44+	17:32+	20:18+	22:07+	23:53+	24:36+	
01:37+	00:56+	01:35+	01:54+	00:41-	00:34+	04:13+	00:39-	00:57-	01:08+	00:20-	02:10+	00:48=	02:46+	01:49+	01:46-	00:43+	
00:14#	00:06#	00:13#	00:11#	00:01-	00:02+	00:53&	00:01-	00:02-	00:06+	00:01-	00:27&	00:00=	00:22#	00:15#	00:02-	00:03+	
<b>8</b>	<b>Knut Taugbøl</b>	<b>116</b>												<b>24:59</b>			
02:31+	03:24+	04:56+	06:41+	07:42+	08:10+	11:46+	12:22+	13:22+	14:50+	15:18+	17:17+	18:14+	20:40+	22:25+	24:14+	24:59+	
02:31+	00:53+	01:32+	01:45+	01:01+	00:28-	03:36+	00:36-	01:00+	01:28+	00:28+	01:59+	00:57+	02:26+	01:45+	01:49+	00:45+	
01:08&	00:03+	00:10#	00:02+	00:19&	00:04-	00:16+	00:04-	00:01+	00:26&	00:07&	00:16#	00:09#	00:02+	00:11#	00:01+	00:05#	
<b>9</b>	<b>Oddmund Nordgård</b>	<b>105</b>												<b>25:34</b>			
01:37+	02:35+	04:13+	06:37+	07:19+	07:58+	12:30+	13:10+	14:22+	15:38+	16:00+	17:56+	18:46+	21:30+	23:15+	24:57+	25:34+	
01:37+	00:58+	01:38+	02:24+	00:42=	00:39+	04:32+	00:40=	01:12+	01:16+	00:22+	01:56+	00:50+	02:44+	01:45+	01:42-	00:37-	
00:14#	00:08#	00:16#	00:04&	00:00=	00:07#	01:12&	00:00=	00:13#	00:14#	00:01+	00:13#	00:02+	00:20#	00:11#	00:06-	00:03-	
<b>10</b>	<b>Øivind Berggraf</b>	<b>116</b>												<b>25:55</b>			
01:32+	02:27+	04:07+	06:04+	06:50+	07:19+	11:06+	11:49+	13:59+	15:13+	15:38+	17:47+	18:32+	21:29+	23:22+	25:10+	25:55+	
01:32+	00:55+	01:40+	01:57+	00:46+	00:29-	03:47+	00:43+	02:10+	01:14+	00:25+	02:09+	00:45-	02:57+	01:53+	01:48=	00:45+	
00:09#	00:05#	00:18#	00:14#	00:04+	00:03-	00:27#	00:03+	01:11&	00:12#	00:04#	00:26&	00:03-	00:33#	00:19#	00:00=	00:05#	
<b>11</b>	<b>Geir Frøylog</b>	<b>29</b>												<b>26:11</b>			
01:41+	02:33+	04:11+	05:49+	06:34+	07:07+	10:56+	11:34+	14:47+	15:57+	16:21+	18:17+	19:08+	21:49+	23:46+	25:28+	26:11+	
01:41+	00:52+	01:38+	01:38-	00:45+	00:33+	03:49+	00:38-	03:13+	01:10+	00:24+	01:56+	00:51+	02:41+	01:57+	01:42-	00:43+	
00:18#	00:02+	00:16#	00:05-	00:03+	00:01+	00:29#	00:02-	02:14&	00:08#	00:03#	00:13#	00:03+	00:17#	00:23#	00:06-	00:03+	
<b>12</b>	<b>Henning Sundby</b>	<b>114</b>												<b>26:16</b>			
01:28+	02:19+	03:45+	05:25+	06:51+	07:11+	11:16+	11:51+	15:06+	16:07+	16:29+	18:23+	19:13+	21:56+	23:40+	25:36+	26:16+	
01:28+	00:51+	01:26+	01:40-	01:26+	00:20-	04:05+	00:35-	03:15+	01:01-	00:22+	01:54+	00:50+	02:43+	01:44+	01:56+	00:40=	
00:05+	00:01+	00:04+	00:03-	00:44&	00:12-	00:45#	00:05-	02:16&	00:01-	00:01+	00:11#	00:02+	00:19#	00:10#	00:08+	00:00=	
<b>13</b>	<b>Bertrand Denieul</b>	<b>42</b>												<b>26:40</b>			
01:35+	02:33+	04:01+	05:51+	06:37+	07:08+	10:59+	11:32+	14:27+	15:54+	16:19+	18:28+	19:20+	22:07+	24:00+	25:58+	26:40+	
01:35+	00:58+	01:28+	01:50+	00:46+	00:31-	03:51+	00:33-	02:55+	01:27+	00:25+	02:09+	00:52+	02:47+	01:53+	01:58+	00:42+	
00:12#	00:08#	00:06+	00:07+	00:04+	00:01-	00:31#	00:07-	01:56&	00:25&	00:04#	00:26&	00:04+	00:23#	00:19#	00:10+	00:02+	
<b>14</b>	<b>Svein Oddvar Netland</b>	<b>116</b>												<b>28:33</b>			
01:33+	02:35+	04:12+	06:17+	07:06+	07:55+	11:39+	12:20+	13:28+	16:35+	18:22+	20:33+	21:28+	24:13+	26:08+	27:54+	28:33+	
01:33+	01:02+	01:37+	02:05+	00:49+	00:49+	03:44+	00:41+	01:08+	03:07+	01:47+	02:11+	00:55+	02:45+	01:55+	01:46-	00:39-	
00:10#	00:12#	00:15#	00:22#	00:07#	00:17&	00:24#	00:01+	00:09#	02:05&	01:26&	00:28&	00:07#	00:21#	00:21#	00:02-	00:01-	
<b>15</b>	<b>Erling Mauland</b>	<b>83</b>												<b>28:41</b>			
01:47+	02:43+	04:47+	07:11+	08:00+	08:36+	13:21+	14:04+	16:40+	17:56+	18:22+	20:39+	21:32+	24:11+	26:18+	28:04+	28:41+	
01:47+	00:56+	02:04+	02:24+	00:49+	00:36+	04:45+	00:43+	02:36+	01:16+	00:26+	02:17+	00:53+	02:39+	02:07+	01:46-	00:37-	
00:24&	00:06#	00:42&	00:41&	00:07#	00:04#	01:25&	00:03+	01:37&	00:14#	00:05#	00:34&	00:05#	00:15#	00:33&	00:02-	00:03-	

Class	Navn	Klasse										Tid				
<b>16</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>30:23</b>				
01:23=	02:22+	03:49+	05:43+	06:32+	07:10+	10:57+	11:42+	18:41+	19:14+	21:04+	22:04+	26:00+	27:43+	29:46+	30:23+	
01:23=	00:59+	01:27+	01:54+	00:49+	00:38+	03:47+	00:45+	06:00+	00:59-	00:33+	01:50+	01:00+	03:56+	01:43+	02:03+	00:37-
00:00=	00:09#	00:05+	00:11#	00:07#	00:06#	00:27#	00:05#	05:01@	00:03-	00:12&	00:07+	00:12#	01:32&	00:09+	00:15#	00:03-
<b>17</b>	<b>Rune Christiansen</b>	<b>93</b>										<b>30:56</b>				
01:35+	02:34+	04:22+	06:34+	07:35+	08:15+	12:49+	13:47+	15:11+	16:46+	17:46+	20:31+	21:34+	24:58+	27:23+	30:05+	30:56+
01:35+	00:59+	01:48+	02:12+	01:01+	00:40+	04:34+	00:58+	01:24+	01:35+	01:00+	02:45+	01:03+	03:24+	02:25+	02:42+	00:51+
00:12#	00:09#	00:26&	00:29&	00:19&	00:08#	01:14&	00:18&	00:25&	00:33&	00:39@	01:02&	00:15&	01:00&	00:51&	00:54&	00:11&
<b>18</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>33:12</b>				
01:21-	02:24+	04:06+	06:19+	07:11+	07:45+	11:53+	15:05+	16:09+	17:33+	18:09+	20:17+	24:43+	27:42+	30:13+	32:27+	33:12+
01:21-	01:03+	01:42+	02:13+	00:52+	00:34+	04:08+	03:12+	01:04+	01:24+	00:36+	02:08+	04:26+	02:59+	02:31+	02:14+	00:45+
00:02-	00:13&	00:20#	00:30&	00:10#	00:02+	00:48#	02:32@	00:05+	00:22&	00:15&	00:25#	03:38@	00:35#	00:57&	00:26#	00:05#
<b>Beste strekktid for klassen</b>																
01:15	00:50	01:21	01:32	00:35	00:20	03:19	00:33	00:49	00:55	00:20	01:43	00:44	02:21	01:34	01:31	00:36

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

## Herrer Ny

<b>1</b>	<b>Espen Kristiansen</b>	<b>63</b>										<b>08:38</b>				
01:31=	02:59=	03:48=	05:33=	06:43=	07:50=	08:16=	08:38=									
01:31=	01:28=	00:49=	01:45=	01:10=	01:07=	00:26=	00:22=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
<b>2</b>	<b>Per Jan Erslund</b>	<b>43</b>										<b>10:12</b>				
02:08+	03:52+	04:53+	06:44+	08:06+	09:08+	09:39+	10:12+									
02:08+	01:44+	01:01+	01:51+	01:22+	01:02-	00:31+	00:33+									
00:37&	00:16#	00:12#	00:06+	00:12#	00:05-	00:05#	00:11&									
<b>3</b>	<b>Kyrre Indrebø</b>	<b>117</b>										<b>11:02</b>				
01:57+	03:33+	04:37+	07:20+	08:40+	09:54+	10:36+	11:02+									
01:57+	01:36+	01:04+	02:43+	01:20+	01:14+	00:42+	00:26+									
00:26&	00:08+	00:15&	00:58&	00:10#	00:07#	00:16&	00:04#									
<b>4</b>	<b>Rune Hagen Maudal</b>	<b>63</b>										<b>13:25</b>				
02:23+	04:38+	06:08+	08:21+	10:25+	12:00+	12:51+	13:25+									
02:23+	02:15+	01:30+	02:13+	02:04+	01:35+	00:51+	00:34+									
00:52&	00:47&	00:41&	00:28&	00:54&	00:28&	00:25&	00:12&									
<b>5</b>	<b>Erik Henriksen</b>	<b>116</b>										<b>15:27</b>				
02:39+	05:11+	06:48+	09:38+	11:48+	13:34+	14:36+	15:27+									
02:39+	02:32+	01:37+	02:50+	02:10+	01:46+	01:02+	00:51+									
01:08&	01:04&	00:48&	01:05&	01:00&	00:39&	00:36@	00:29@									
<b>6</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>										<b>17:24</b>				
02:59+	05:48+	07:28+	09:51+	12:53+	15:45+	16:43+	17:24+									
02:59+	02:49+	01:40+	02:23+	03:02+	02:52+	00:58+	00:41+									
01:28&	01:21&	00:51@	00:38&	01:52@	01:45@	00:32@	00:19&									
<b>7</b>	<b>Bjørn Sand</b>	<b>63</b>										<b>21:06</b>				
03:46+	07:23+	09:03+	13:45+	16:06+	19:09+	20:22+	21:06+									
03:46+	03:37+	01:40+	04:42+	02:21+	03:03+	01:13+	00:44+									
02:15@	02:09@	00:51@	02:57@	01:11@	01:56@	00:47@	00:22&									
<b>8</b>	<b>Ahmed Mahran</b>	<b>91</b>										<b>21:42</b>				
02:54+	05:49+	07:46+	14:25+	16:54+	19:37+	20:54+	21:42+									
02:54+	02:55+	01:57+	06:39+	02:29+	02:43+	01:17+	00:48+									
01:23&	01:27&	01:08@	04:54@	01:19@	01:36@	00:51@	00:26@									

### Beste strekktid for klassen

01:31 01:28 00:49 01:45 01:10 01:02 00:26 00:22

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

## Herrer Trim

Class	Navn	Klasse										Tid
<b>1</b>	<b>Rolf Frøyland</b>	<b>5</b>										<b>17:47</b>
	01:46=	02:58=	05:48=	10:01=	12:17=	13:51=	15:30=	16:56=	17:25=	17:47=		
	01:46=	01:12=	02:50=	04:13=	00:30=	01:46=	01:34=	01:39=	01:26=	00:29=	00:22=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Eivind Gjesteland</b>	<b>136</b>										<b>18:19</b>
	02:41+	03:55+	07:42+	10:09+	11:02+	12:25+	13:45-	16:00+	17:16+	17:56+	18:19+	
	02:41+	01:14+	03:47+	02:27-	00:53+	01:23-	01:20-	02:15+	01:16-	00:40+	00:23+	
	00:55&	00:02+	00:57&	01:46-	00:23&	00:23-	00:14-	00:36&	00:10-	00:11&	00:01+	
<b>3</b>	<b>Aslak Ihle Vike</b>	<b>117</b>										<b>19:07</b>
	01:57+	03:20+	06:04+	10:22+	11:04+	12:47+	14:18+	16:29+	17:52+	18:36+	19:07+	
	01:57+	01:23+	02:44-	04:18+	00:42+	01:43-	01:31-	02:11+	01:23-	00:44+	00:31+	
	00:11#	00:11#	00:06-	00:05+	00:12&	00:03-	00:03-	00:32&	00:03-	00:15&	00:09&	
<b>4</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>19:10</b>
	03:27+	04:46+	08:39+	11:31+	12:00+	13:19+	14:44+	16:53+	18:03+	18:39+	19:10+	
	03:27+	01:19+	03:53+	02:52-	00:29-	01:19-	01:25-	02:09+	01:10-	00:36+	00:31+	
	01:41&	00:07+	01:03&	01:21-	00:01-	00:27-	00:09-	00:30&	00:16-	00:07#	00:09&	
<b>5</b>	<b>Frode Lund</b>	<b>18</b>										<b>19:20</b>
	02:30+	04:10+	07:01+	10:44+	11:20+	12:59+	14:37+	16:46+	18:05+	18:47+	19:20+	
	02:30+	01:40+	02:51+	03:43-	00:36+	01:39-	01:38+	02:09+	01:19-	00:42+	00:33+	
	00:44&	00:28&	00:01+	00:30-	00:06#	00:07-	00:04+	00:30&	00:07-	00:13&	00:11&	
<b>6</b>	<b>Frank Terje Berge</b>	<b>126</b>										<b>19:48</b>
	02:13+	03:44+	06:53+	10:36+	11:21+	13:13+	14:56+	17:24+	18:33+	19:17+	19:48+	
	02:13+	01:31+	03:09+	03:43-	00:45+	01:52+	01:43+	02:28+	01:09-	00:44+	00:31+	
	00:27&	00:19&	00:19#	00:30-	00:15&	00:06+	00:09+	00:49&	00:17-	00:15&	00:09&	
<b>7</b>	<b>Magnus Bergøy</b>	<b>43</b>										<b>20:17</b>
	02:09+	03:59+	09:04+	11:46+	12:18+	13:50+	15:27+	17:44+	18:58+	19:43+	20:17+	
	02:09+	01:50+	05:05+	02:42-	00:32+	01:32-	01:37+	02:17+	01:14-	00:45+	00:34+	
	00:23#	00:38&	02:15&	01:31-	00:02+	00:14-	00:03+	00:38&	00:12-	00:16&	00:12&	
<b>8</b>	<b>Svein Mæle</b>	<b>43</b>										<b>20:48</b>
	01:57+	03:27+	06:41+	10:00-	10:48+	12:47+	14:36+	17:29+	19:33+	20:15+	20:48+	
	01:57+	01:30+	03:14+	03:19-	00:48+	01:59+	01:49+	02:53+	02:04+	00:42+	00:33+	
	00:11#	00:18#	00:24#	00:54-	00:18&	00:13#	00:15#	01:14&	00:38&	00:13&	00:11&	
<b>9</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>21:07</b>
	02:38+	04:39+	07:32+	10:36+	11:16+	14:14+	15:41+	18:06+	19:49+	20:35+	21:07+	
	02:38+	02:01+	02:53+	03:04-	00:40+	02:58+	01:27-	02:25+	01:43+	00:46+	00:32+	
	00:52&	00:49&	00:03+	01:09-	00:10&	01:12&	00:07-	00:46&	00:17#	00:17&	00:10&	
<b>10</b>	<b>Per-Olof Wallerstedt</b>	<b>376</b>										<b>22:22</b>
	03:26+	04:46+	09:00+	13:07+	14:07+	15:53+	17:24+	19:41+	21:07+	21:49+	22:22+	
	03:26+	01:20+	04:14+	04:07-	01:00+	01:46=	01:31-	02:17+	01:26=	00:42+	00:33+	
	01:40&	00:08#	01:24&	00:06-	00:30&	00:00=	00:03-	00:38&	00:00=	00:13&	00:11&	
<b>11</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>22:54</b>
	02:03+	04:09+	08:42+	11:57+	13:16+	15:10+	17:08+	19:59+	21:31+	22:16+	22:54+	
	02:03+	02:06+	04:33+	03:15-	01:19+	01:54+	01:58+	02:51+	01:32+	00:45+	00:38+	
	00:17#	00:54&	01:43&	00:58-	00:49#	00:08+	00:24&	01:12&	00:06+	00:16&	00:16&	
<b>12</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>23:32</b>
	02:14+	04:13+	08:55+	12:41+	13:26+	15:33+	17:35+	20:16+	21:52+	22:45+	23:32+	
	02:14+	01:59+	04:42+	03:46-	00:45+	02:07+	02:02+	02:41+	01:36+	00:53+	00:47+	
	00:28&	00:47&	01:52&	00:27-	00:15&	00:21#	00:28&	01:02&	00:10#	00:24&	00:25@	
<b>13</b>	<b>Steinar Polden Sæverud</b>	<b>109</b>										<b>23:51</b>
	02:09+	03:51+	07:56+	12:55+	13:58+	15:40+	17:44+	20:50+	22:37+	23:16+	23:51+	
	02:09+	01:42+	04:05+	04:59+	01:03+	01:42-	02:04+	03:06+	01:47+	00:39+	00:35+	
	00:23#	00:30&	01:15&	00:46#	00:33@	00:04-	00:30&	01:27&	00:21#	00:10&	00:13&	
<b>14</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>23:57</b>
	03:22+	05:14+	09:11+	12:52+	13:40+	16:04+	17:55+	20:32+	22:27+	23:18+	23:57+	
	03:22+	01:52+	03:57+	03:41-	00:48+	02:24+	01:51+	02:37+	01:55+	00:51+	00:39+	
	01:36&	00:40&	01:07&	00:32-	00:18&	00:38&	00:17#	00:58&	00:29&	00:22&	00:17&	
<b>15</b>	<b>Nils Egil Lie</b>	<b>376</b>										<b>23:59</b>
	02:02+	03:40+	08:08+	12:45+	13:37+	15:37+	17:49+	20:35+	22:44+	23:28+	23:59+	
	02:02+	01:38+	04:28+	04:37+	00:52+	02:00+	02:12+	02:46+	02:09+	00:44+	00:31+	
	00:16#	00:26&	01:38&	00:24+	00:22&	00:14#	00:38&	01:07&	00:43&	00:15&	00:09&	

Class	Navn	Klasse										Tid
<b>16</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>24:29</b>
02:52+	04:40+	08:21+	12:12+	13:12+	15:55+	18:00+	21:04+	23:00+	23:53+	24:29+		
02:52+	01:48+	03:41+	03:51-	01:00+	02:43+	02:05+	03:04+	01:56+	00:53+	00:36+		
01:06&	00:36&	00:51&	00:22-	00:30&	00:57&	00:31&	01:25&	00:30&	00:24&	00:14&		
<b>17</b>	<b>Arild Nesbø</b>	<b>71</b>										<b>24:53</b>
02:32+	04:43+	08:50+	12:39+	13:27+	15:46+	17:53+	21:48+	23:27+	24:16+	24:53+		
02:32+	02:11+	04:07+	03:49-	00:48+	02:19+	02:07+	03:55+	01:39+	00:49+	00:37+		
00:46&	00:59&	01:17&	00:24-	00:18&	00:33&	00:33&	02:16@	00:13#	00:20&	00:15&		
<b>18</b>	<b>Endre Gabrielsen</b>	<b>126</b>										<b>26:17</b>
02:12+	03:50+	08:10+	13:33+	16:16+	17:59+	19:58+	23:19+	24:54+	25:44+	26:17+		
02:12+	01:38+	04:20+	05:23+	02:43+	01:43-	01:59+	03:21+	01:35+	00:50+	00:33+		
00:26#	00:26&	01:30&	01:10&	02:13@	00:03-	00:25&	01:42@	00:09#	00:21&	00:11&		
<b>19</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>26:20</b>
03:02+	05:05+	08:40+	12:38+	13:52+	16:29+	18:47+	22:01+	24:53+	25:44+	26:20+		
03:02+	02:03+	03:35+	03:58-	01:14+	02:37+	02:18+	03:14+	02:52+	00:51+	00:36+		
01:16&	00:51&	00:45&	00:15-	00:44@	00:51&	00:44&	01:35&	01:26&	00:22&	00:14&		
<b>20</b>	<b>Kjell Helge Husebø</b>	<b>43</b>										<b>27:19</b>
02:23+	04:29+	08:51+	14:16+	15:18+	17:31+	19:38+	22:54+	25:41+	26:32+	27:19+		
02:23+	02:06+	04:22+	05:25+	01:02+	02:13+	02:07+	03:16+	02:47+	00:51+	00:47+		
00:37&	00:54&	01:32&	01:12&	00:32@	00:27&	00:33&	01:37&	01:21&	00:22&	00:25@		
<b>21</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>27:27</b>
02:47+	04:38+	08:02+	12:30+	16:22+	18:14+	20:55+	23:56+	25:55+	26:46+	27:27+		
02:47+	01:51+	03:24+	04:28+	03:52+	01:52+	02:41+	03:01+	01:59+	00:51+	00:41+		
01:01&	00:39&	00:34#	00:15+	03:22@	00:06+	01:07&	01:22&	00:33&	00:22&	00:19&		
<b>22</b>	<b>Arne Hope</b>	<b>43</b>										<b>27:39</b>
03:12+	05:37+	09:37+	14:02+	15:45+	18:55+	21:00+	23:43+	26:02+	26:58+	27:39+		
03:12+	02:25+	04:00+	04:25+	01:43+	03:10+	02:05+	02:43+	02:19+	00:56+	00:41+		
01:26&	01:13@	01:10&	00:12+	01:13@	01:24&	00:31&	01:04&	00:53&	00:27&	00:19&		
<b>23</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>28:45</b>
02:49+	05:02+	11:14+	15:44+	16:32+	19:17+	21:51+	25:17+	27:18+	28:08+	28:45+		
02:49+	02:13+	06:12+	04:30+	00:48+	02:45+	02:34+	03:26+	02:01+	00:50+	00:37+		
01:03&	01:01&	03:22@	00:17+	00:18&	00:59&	01:00&	01:47@	00:35&	00:21&	00:15&		
<b>24</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>29:29</b>
02:25+	06:54+	11:53+	16:00+	17:02+	20:09+	22:00+	25:28+	27:51+	28:55+	29:29+		
02:25+	04:29+	04:59+	04:07-	01:02+	03:07+	01:51+	03:28+	02:23+	01:04+	00:34+		
00:39&	03:17@	02:09&	00:06-	00:32@	01:21&	00:17#	01:49@	00:57&	00:35@	00:12&		
<b>25</b>	<b>Steinar Aase</b>	<b>268</b>										<b>31:33</b>
03:38+	06:29+	11:11+	16:26+	17:44+	21:09+	23:56+	27:39+	29:33+	30:40+	31:33+		
03:38+	02:51+	04:42+	05:15+	01:18+	03:25+	02:47+	03:43+	01:54+	01:07+	00:53+		
01:52@	01:39@	01:52&	01:02#	00:48@	01:39&	01:13&	02:04@	00:28&	00:38@	00:31@		
<b>26</b>	<b>Per Bakken</b>	<b>5</b>										<b>32:39</b>
02:37+	04:43+	10:25+	14:51+	15:39+	18:40+	21:14+	28:30+	31:00+	32:00+	32:39+		
02:37+	02:06+	05:42+	04:26+	00:48+	03:01+	02:34+	07:16+	02:30+	01:00+	00:39+		
00:51&	00:54&	02:52@	00:13+	00:18&	01:15&	01:00&	05:37@	01:04&	00:31@	00:17&		
<b>27</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>33:37</b>
05:44+	08:20+	13:30+	18:53+	20:08+	23:00+	26:23+	29:58+	31:55+	32:53+	33:37+		
05:44+	02:36+	05:10+	05:23+	01:15+	02:52+	03:23+	03:35+	01:57+	00:58+	00:44+		
03:58@	01:24@	02:20&	01:10&	00:45@	01:06&	01:49@	01:56@	00:31&	00:29&	00:22&		
<b>28</b>	<b>Inge Grødem</b>	<b>92</b>										<b>51:20</b>
06:38+	11:00+	17:25+	26:41+	28:36+	35:02+	39:35+	45:36+	49:06+	50:29+	51:20+		
06:38+	04:22+	06:25+	09:16+	01:55+	06:26+	04:33+	06:01+	03:30+	01:23+	00:51+		
04:52@	03:10@	03:35@	05:03@	01:25@	04:40@	02:59@	04:22@	02:04@	00:54@	00:29@		
<b>Beste strekktid for klassen</b>												
01:46	01:12	02:44	02:27	00:29	01:19	01:20	01:39	01:09	00:29	00:22		

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