

Damer 50 - 59 år

1	Anita Glenne Kallhovd	29	24:44
	00:38= 01:20= 02:49= 03:42= 04:06= 06:12= 07:18= 09:14= 11:17= 12:41= 14:10= 16:46= 17:23= 17:46= 18:44= 20:14= 21:50= 22:24= 23:35= 24:04= 24:44=		
	00:38= 00:42= 01:29= 00:53= 00:24= 02:06= 01:06= 01:56= 02:03= 01:24= 01:29= 02:36= 00:37= 00:23= 00:58= 01:30= 01:36= 00:34= 01:11= 00:29= 00:40=		
	00:00= 00:00=		
2	Kristin Skadsem	18	27:16
	00:39+ 01:16- 02:31- 03:18- 03:43- 08:35+ 09:33+ 11:12+ 13:19+ 15:01+ 16:36+ 19:41+ 20:20+ 20:46+ 21:43+ 23:04+ 24:36+ 25:15+ 26:10+ 26:37+ 27:16+		
	00:39+ 00:37- 01:15- 00:47- 00:25+ 04:52+ 00:58- 01:39- 02:07+ 01:42+ 01:35+ 03:05+ 00:39+ 00:26+ 00:57- 01:21- 01:32- 00:39+ 00:55- 00:27- 00:39-		
	00:01+ 00:05- 00:14- 00:06- 00:01+ 02:46 00:08- 00:17- 00:04+ 00:18# 00:06+ 00:29# 00:02+ 00:03# 00:01- 00:09- 00:04- 00:05# 00:16- 00:02- 00:01-		
3	Trude Katrine Hermanrud	117	27:20
	00:54+ 01:41+ 02:53+ 04:24+ 04:42+ 06:56+ 08:20+ 10:32+ 13:00+ 14:29+ 15:54+ 18:40+ 20:00+ 20:38+ 21:41+ 23:01+ 24:28+ 25:06+ 26:20+ 26:46+ 27:20+		
	00:54+ 00:47+ 01:12- 01:31+ 00:18- 02:14+ 01:24+ 02:12+ 02:28+ 01:29+ 01:25- 02:46+ 01:20+ 00:38+ 01:03+ 01:20- 01:27- 00:38+ 01:14+ 00:26- 00:34-		
	00:16 00:05# 00:17- 00:38 00:06- 00:08+ 00:18 00:16# 00:25# 00:05+ 00:04- 00:10+ 00:43 00:15 00:05+ 00:10- 00:09- 00:04# 00:03+ 00:03- 00:06-		
4	May Bente Valdalen	116	28:52
	01:03+ 01:52+ 03:50+ 05:24+ 05:45+ 07:57+ 09:22+ 11:28+ 13:34+ 15:16+ 17:15+ 20:32+ 21:16+ 21:48+ 23:01+ 24:15+ 25:50+ 26:31+ 27:52+ 28:18+ 28:52+		
	01:03+ 00:49+ 01:58+ 01:34+ 00:21- 02:12+ 01:25+ 02:06+ 02:06+ 01:42+ 01:59+ 03:17+ 00:44+ 00:32+ 01:13+ 01:14- 01:35- 00:41+ 01:21+ 00:26- 00:34-		
	00:25 00:07# 00:29 00:41 00:03- 00:06+ 00:19 00:10+ 00:03+ 00:18# 00:30 00:41 00:07# 00:09 00:15 00:16- 00:01- 00:07# 00:10# 00:03- 00:06-		
5	Anne Siv Gjertsen	27	28:59
	00:53+ 01:35+ 03:12+ 04:03+ 04:26+ 06:16+ 07:34+ 10:07+ 12:01+ 15:54+ 17:36+ 20:18+ 21:00+ 21:29+ 22:33+ 24:12+ 25:28+ 26:07+ 27:47+ 28:20+ 28:59+		
	00:53+ 00:42= 01:37+ 00:51- 00:23- 01:50- 01:18+ 02:33+ 01:54- 03:53+ 01:42+ 02:42+ 00:42+ 00:29+ 01:04+ 01:39+ 01:16- 00:39+ 01:40+ 00:33+ 00:39-		
	00:15 00:00= 00:08+ 00:02- 00:01- 00:16- 00:12# 00:37 00:09- 02:29 00:13# 00:06+ 00:05# 00:06 00:06# 00:09# 00:20- 00:05# 00:29 00:04# 00:01-		
6	Evy Klausen Mjølslnes	62	29:00
	00:44+ 01:25+ 03:46+ 04:51+ 05:14+ 07:39+ 09:07+ 11:07+ 13:34+ 15:30+ 17:13+ 21:03+ 21:45+ 22:16+ 23:34+ 25:01+ 26:20+ 26:54+ 27:57+ 28:23+ 29:00+		
	00:44+ 00:41- 02:21+ 01:05+ 00:23- 02:25+ 01:28+ 02:00+ 02:27+ 01:56+ 01:43+ 03:50+ 00:42+ 00:31+ 01:18+ 01:27- 01:19- 00:34= 01:03- 00:26- 00:37-		
	00:06# 00:01- 00:52 00:12# 00:01- 00:19# 00:22 00:04+ 00:24# 00:32 00:14# 01:14 00:05# 00:08 00:20 00:03- 00:17- 00:00= 00:08- 00:03- 00:03-		
7	Signe Ottesen	116	29:04
	00:43+ 01:32+ 03:05+ 04:14+ 04:37+ 06:59+ 08:25+ 10:40+ 12:52+ 15:22+ 17:16+ 21:20+ 22:01+ 22:28+ 23:37+ 25:06+ 26:18+ 27:00+ 28:03+ 28:30+ 29:04+		
	00:43+ 00:49+ 01:33+ 01:09+ 00:23- 02:22+ 01:26+ 02:15+ 02:12+ 02:30+ 01:54+ 04:04+ 00:41+ 00:27+ 01:09+ 01:29- 01:12- 00:42+ 01:03- 00:27- 00:34-		
	00:05# 00:07# 00:04+ 00:16 00:01- 00:16# 00:20 00:19# 00:09+ 01:06 00:25 01:28 00:04# 00:04# 00:11# 00:01- 00:24- 00:08# 00:08- 00:02- 00:06-		
8	Margrethe Roalsø	93	29:10
	02:36+ 03:23+ 04:46+ 06:27+ 06:54+ 08:40+ 10:06+ 12:13+ 14:03+ 16:01+ 17:34+ 20:05+ 20:41+ 21:07+ 23:52+ 25:13+ 26:19+ 26:58+ 28:07+ 28:31+ 29:10+		
	02:36+ 00:47+ 01:23- 01:41+ 00:27+ 01:46- 01:26+ 02:07+ 01:50- 01:58+ 01:33+ 02:31- 00:36- 00:26+ 02:45+ 01:21- 01:06- 00:39+ 01:09- 00:24- 00:39-		
	01:58 00:05# 00:06- 00:48 00:03# 00:20- 00:20 00:11+ 00:13- 00:34 00:04+ 00:05- 00:01- 00:03# 01:47 00:09- 00:30- 00:05# 00:02- 00:05- 00:01-		
9	Toril Dahle	116	30:19
	00:39+ 01:14- 02:57+ 03:51+ 04:26+ 06:16+ 08:04+ 13:50+ 16:10+ 18:00+ 19:27+ 21:53+ 22:30+ 22:57+ 23:52+ 26:17+ 27:21+ 28:06+ 29:22+ 29:46+ 30:19+		
	00:39+ 00:35- 01:43+ 00:54+ 00:35+ 01:50- 01:48+ 05:46+ 02:20+ 01:50+ 01:27- 02:26- 00:37= 00:27+ 00:55- 02:25+ 01:04- 00:45+ 01:16+ 00:24- 00:33-		
	00:01+ 00:07- 00:14# 00:01+ 00:11 00:16- 00:42 03:50 00:17# 00:26 00:02- 00:10- 00:00= 00:04# 00:03- 00:55 00:32- 00:11 00:05+ 00:05- 00:07-		
10	Ragnhild Båtnes Berntsen	101	31:59
	00:41+ 01:26+ 03:12+ 04:36+ 04:59+ 07:28+ 09:12+ 11:22+ 13:51+ 16:52+ 18:46+ 22:48+ 23:45+ 24:18+ 25:26+ 26:52+ 28:13+ 28:55+ 30:44+ 31:15+ 31:59+		
	00:41+ 00:45+ 01:46+ 01:24+ 00:23- 02:29+ 01:44+ 02:10+ 02:29+ 03:01+ 01:54+ 04:02+ 00:57+ 00:33+ 01:08+ 01:26- 01:21- 00:42+ 01:49+ 00:31+ 00:44+		
	00:03+ 00:03+ 00:17# 00:31 00:01- 00:23# 00:38 00:14# 00:26# 01:37 00:25 01:26 00:20 00:10 00:10# 00:04- 00:15- 00:08# 00:38 00:02+ 00:04#		
11	Hilde Frøytlog Karlsen	228	38:31
	00:50+ 01:40+ 03:23+ 04:42+ 05:12+ 08:08+ 12:52+ 15:31+ 18:06+ 21:23+ 23:55+ 28:25+ 29:16+ 29:48+ 31:16+ 33:38+ 35:11+ 36:03+ 37:11+ 37:44+ 38:31+		
	00:50+ 00:50+ 01:43+ 01:19+ 00:30+ 02:56+ 04:44+ 02:39+ 02:35+ 03:17+ 02:32+ 04:30+ 00:51+ 00:32+ 01:28+ 02:22+ 01:33- 00:52+ 01:08- 00:33+ 00:47+		
	00:12 00:08# 00:14# 00:26 00:06# 00:50 03:38 00:43 00:32 01:53 01:03 01:54 00:14 00:09 00:30 00:52 00:03- 00:18 00:03- 00:04# 00:07#		
12	Marie-Elizabeth Reinseth	27	41:12
	00:48+ 01:35+ 03:38+ 04:45+ 05:12+ 11:32+ 13:01+ 15:37+ 19:46+ 22:40+ 24:46+ 32:02+ 32:41+ 33:09+ 34:21+ 35:53+ 37:28+ 38:16+ 40:05+ 40:35+ 41:12+		
	00:48+ 00:47+ 02:03+ 01:07+ 00:27+ 06:20+ 01:29+ 02:36+ 04:09+ 02:54+ 02:06+ 07:16+ 00:39+ 00:28+ 01:12+ 01:32+ 01:35- 00:48+ 01:49+ 00:30+ 00:37-		
	00:10 00:05# 00:34 00:14 00:03# 04:14 00:23 00:40 02:06 01:30 00:37 04:40 00:02+ 00:05# 00:14# 00:02+ 00:01- 00:14 00:38 00:01+ 00:03-		
13	Liv Margot Sviland	54	41:34
	01:03+ 03:37+ 05:33+ 06:53+ 09:37+ 12:10+ 14:27+ 17:19+ 19:43+ 21:58+ 24:41+ 30:35+ 31:46+ 32:12+ 33:35+ 35:33+ 36:47+ 37:47+ 40:16+ 40:51+ 41:34+		
	01:03+ 02:34+ 01:56+ 01:20+ 02:44+ 02:33+ 02:17+ 02:52+ 02:24+ 02:15+ 02:43+ 05:54+ 01:11+ 00:26+ 01:23+ 01:58+ 01:14- 01:00+ 02:29+ 00:35+ 00:43+		
	00:25 01:52 00:27 00:27 02:20 00:27# 01:11 00:56 00:21# 00:51 01:14 03:18 00:34 00:03# 00:25 00:28 00:22- 00:26 01:18 00:06# 00:03+		
14	Marianne Fuglestad	117	43:39
	00:52+ 01:33+ 03:30+ 04:56+ 05:25+ 07:00+ 08:37+ 11:08+ 17:21+ 19:36+ 30:21+ 33:19+ 33:45+ 34:14+ 36:44+ 38:47+ 40:10+ 40:59+ 42:32+ 43:06+ 43:39+		
	00:52+ 00:41- 01:57+ 01:26+ 00:29+ 01:35- 01:37+ 02:31+ 06:13+ 02:15+ 10:45+ 02:58+ 00:26- 00:29+ 02:30+ 02:03+ 01:23- 00:49+ 01:33+ 00:34+ 00:33-		
	00:14 00:01- 00:28 00:33 00:05# 00:31- 00:31 00:35 04:10 00:51 09:16 00:22# 00:11- 00:06 01:32 00:33 00:13- 00:15 00:22 00:05# 00:07-		

Class	Navn	Klasse	Tid
1	Margot Asheim	105	27:10
00:34=	01:28= 02:35= 03:32=	05:20= 06:33= 07:53= 08:46= 10:36= 15:40= 17:09= 19:40= 21:38=	23:17= 24:07= 24:30= 25:30= 25:49= 26:40= 27:10=
00:34=	00:54= 01:07= 00:57=	01:48= 01:13= 01:20= 00:53= 01:50= 05:04= 01:29= 02:31= 01:58=	01:39= 00:50= 00:23= 01:00= 00:19= 00:51= 00:30=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Eli Frafjord	94	27:20
00:38+	01:44+ 03:06+ 04:08+	05:55+ 07:01+ 08:46+ 09:48+ 12:05+ 13:53- 15:05- 18:03- 20:34-	22:38- 23:57- 24:26- 25:25- 25:48- 26:39- 27:20+
00:38+	01:06+ 01:22+ 01:02+	01:47- 01:06- 01:45+ 01:02+ 02:17+ 01:48- 01:12- 02:58+ 02:31+	02:04+ 01:19+ 00:29+ 00:59- 00:23+ 00:51= 00:41+
00:04#	00:12# 00:15# 00:05+	00:01- 00:07- 00:25# 00:09# 00:27# 03:16- 00:17- 00:27# 00:33#	00:25# 00:29# 00:06# 00:01- 00:04# 00:00= 00:11#
3	Tove Bjerkreim	105	27:30
00:49+	01:54+ 03:09+ 03:59+	05:32+ 06:26- 07:36- 08:39- 10:25- 13:53- 15:10- 17:41- 20:01-	21:36- 22:35- 23:09- 25:37+ 26:00+ 26:52+ 27:30+
00:49+	01:05+ 01:15+ 00:50-	01:33- 00:54- 01:10- 01:03+ 01:46- 03:28- 01:17- 02:31= 02:20+	01:35- 00:59+ 00:34+ 02:28+ 00:23+ 00:52+ 00:38+
00:15&	00:11# 00:08# 00:07-	00:15- 00:19- 00:10- 00:10# 00:04- 01:36- 00:12- 00:00= 00:22#	00:04- 00:09# 00:11# 01:28@ 00:04# 00:01+ 00:08#
4	Hanne Eik	117	32:23
00:49+	02:36+ 03:57+ 04:59+	06:49+ 07:54+ 10:27+ 11:34+ 13:51+ 15:52+ 17:10+	20:25+ 25:05+ 27:27+ 28:34+ 29:07+ 30:14+ 30:39+ 31:42+ 32:23+
00:49+	01:47+ 01:21+ 01:02+	01:50+ 01:05- 02:33+ 01:07+ 02:17+ 02:01- 01:18- 03:15+ 04:40+	02:22+ 01:07+ 00:33+ 01:07+ 00:25+ 01:03+ 00:41+
00:15&	00:53& 00:14# 00:05+	00:02+ 00:08- 01:13& 00:14& 00:27# 03:03- 00:11- 00:44& 02:42@	00:43& 00:17& 00:10& 00:07# 00:06& 00:11& 00:12# 00:11&
5	Halldis Handeland	92	38:49
01:01+	02:33+ 04:34+ 05:40+	09:25+ 10:42+ 12:22+ 13:42+ 16:26+ 20:42+ 22:26+	25:52+ 28:46+ 31:24+ 33:16+ 33:58+ 35:34+ 36:04+ 38:02+ 38:49+
01:01+	01:32+ 02:01+ 01:06+	03:45+ 01:17+ 01:40+ 01:20+ 02:44+ 04:16- 01:44+ 03:26+ 02:54+	02:38+ 01:52+ 00:42+ 01:36+ 00:30+ 01:58+ 00:47+
00:27&	00:38& 00:54& 00:09#	01:57@ 00:04+ 00:20# 00:27& 00:54& 00:48- 00:15# 00:55& 00:56&	00:59& 01:02@ 00:19& 00:36& 00:11& 01:07@ 00:17&
6	Kari Blixhavn	228	40:50
00:51+	02:11+ 04:09+ 05:19+	07:35+ 09:13+ 11:58+ 13:32+ 16:35+ 19:45+ 21:10+	24:56+ 31:15+ 33:57+ 35:18+ 36:15+ 37:28+ 38:07+ 40:00+ 40:50+
00:51+	01:20+ 01:58+ 01:10+	02:16+ 01:38+ 02:45+ 01:34+ 03:03+ 03:10- 01:25- 03:46+ 06:19+	02:42+ 01:21+ 00:57+ 01:13+ 00:39+ 01:53+ 00:50+
00:17&	00:26& 00:51& 00:13#	00:28& 00:25& 01:25@ 00:41& 01:13& 01:54- 00:04- 01:15& 04:21@	01:03& 00:31& 00:34@ 00:13# 00:20@ 01:02@ 00:20&
7	Mette Dagsland	68	44:15
00:45+	08:17+ 10:08+ 11:13+	13:03+ 14:01+ 19:12+ 20:49+ 23:26+ 25:15+ 26:16+	28:26+ 32:05+ 36:53+ 38:01+ 40:03+ 42:01+ 42:19+ 43:35+ 44:15+
00:45+	07:32+ 01:51+ 01:05+	01:50+ 00:58- 05:11+ 01:37+ 02:37+ 01:49- 01:01- 02:10- 03:39+	04:48+ 01:08+ 02:02+ 01:58+ 00:18- 01:16+ 00:40+
00:11&	06:38@ 00:44& 00:08#	00:02+ 00:15- 03:51@ 00:44& 00:47& 03:15- 00:28- 00:21- 01:41&	03:09@ 00:18& 01:39@ 00:58& 00:01- 00:25& 00:10&
8	Åse Berg	105	49:53
00:37+	10:21+ 12:45+ 14:02+	16:20+ 17:55+ 20:48+ 22:29+ 25:27+ 29:15+ 31:26+	35:14+ 39:27+ 42:33+ 43:55+ 44:45+ 47:10+ 47:36+ 49:04+ 49:53+
00:37+	09:44+ 02:24+ 01:17+	02:18+ 01:35+ 02:53+ 01:41+ 02:58+ 03:48- 02:11+ 03:48+ 04:13+	03:06+ 01:22+ 00:50+ 02:25+ 00:26+ 01:28+ 00:49+
00:03+	08:50@ 01:17@ 00:20&	00:30& 00:22& 01:33@ 00:48& 01:08& 01:16- 00:42& 01:17& 02:15@	01:27& 00:32& 00:27@ 01:25@ 00:07& 00:37& 00:19&

Beste strekktid for klassen

00:34 00:54 01:07 00:50 01:33 00:54 01:10 00:53 01:46 01:48 01:01 02:10 01:58 01:35 00:50 00:23 00:59 00:18 00:51 00:30

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

Damer 70 - 74 år

1	Inger Skretting Opstad	54	32:28
00:47=	02:02= 03:56= 05:03=	07:24= 08:38= 10:50= 12:02= 14:27= 16:42= 18:16= 21:24= 24:21=	26:53= 28:15= 28:48= 30:00= 30:32= 31:39= 32:28=
00:47=	01:15= 01:54= 01:07=	02:21= 01:14= 02:12= 01:12= 02:25= 02:15= 01:34= 03:08= 02:57=	02:32= 01:22= 00:33= 01:12= 00:32= 01:07= 00:49=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Lillian Dahl Fitjar	117	36:52
00:47=	06:14+ 08:04+ 09:15+	11:16+ 12:30+ 14:46+ 15:55+ 18:44+ 21:04+ 22:23+	25:47+ 28:46+ 31:08+ 32:33+ 33:07+ 34:16+ 34:49+ 36:01+ 36:52+
00:47=	05:27+ 01:50- 01:11+	02:01- 01:14= 02:16+ 01:09- 02:49+ 02:20+ 01:19- 03:24+ 02:59+	02:22- 01:25+ 00:34+ 01:09- 00:33+ 01:12+ 00:51+
00:00=	04:12@ 00:04- 00:04+	00:20- 00:00= 00:04+ 00:03- 00:24# 00:05+ 00:15- 00:16+ 00:02+	00:10- 00:03+ 00:01+ 00:03- 00:01+ 00:05+ 00:02+
3	Kirsten Carlsen	93	43:06
00:54+	02:45+ 04:45+ 05:55+	08:00+ 09:08+ 11:49+ 13:01+ 15:45+ 18:58+ 20:08+	23:09+ 34:24+ 36:53+ 38:08+ 39:09+ 40:23+ 40:50+ 42:19+ 43:06+
00:54+	01:51+ 02:00+ 01:10+	02:05- 01:08- 02:41+ 01:12= 02:44+ 03:13+ 01:10- 03:01-	11:15+ 02:29- 01:15- 01:01+ 01:14+ 00:27- 01:29+ 00:47-
00:07#	00:36& 00:06+ 00:03+	00:16- 00:06- 00:29# 00:00= 00:19# 00:58& 00:24-	00:07- 08:18@ 00:03- 00:07- 00:28& 00:02+ 00:05- 00:22& 00:02-
4	Synnøva Gausel	115	1:08:03
00:54+	05:29+ 10:55+ 12:06+	14:17+ 15:40+ 21:51+ 23:43+ 26:43+ 29:49+ 31:02+	35:20+ 58:31+ 62:44+ 63:53+ 64:27+ 65:36+ 66:07+ 67:16+ 68:03+
00:54+	04:35+ 05:26+ 01:11+	02:11- 01:23+ 06:11+ 01:52+ 03:00+ 03:06+ 01:13- 04:18+	23:11+ 04:13+ 01:09- 00:34+ 01:09- 00:31- 01:09+ 00:47-
00:07#	03:20@ 03:32@ 00:04+	00:10- 00:09# 03:59@ 00:40& 00:35# 00:51& 00:21-	01:10& 20:14@ 01:41& 00:13- 00:01+ 00:03- 00:01- 00:02+ 00:02-

Beste strekktid for klassen

00:47 01:15 01:50 01:07 02:01 01:08 02:12 01:09 02:25 02:15 01:10 03:01 02:57 02:22 01:09 00:33 01:09 00:27 01:07 00:47

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

Class	Navn	Klasse	Tid
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Damer 75 - 79 år

1	Turid Nystrøm	68	28:13																
00:50=	01:55=	03:32=	04:30=	06:10=	07:17=	08:49=	09:56=	11:54=	14:28=	15:42=	18:58=	21:34=	23:30=	24:44=	25:15=	26:12=	26:39=	27:36=	28:13=
00:50=	01:05=	01:37=	00:58=	01:40=	01:07=	01:32=	01:07=	01:58=	02:34=	01:14=	03:16=	02:36=	01:56=	01:14=	00:31=	00:57=	00:27=	00:57=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gry Vikhamar Thengs	68	28:54																
00:46-	01:59+	03:23-	04:34+	06:27+	08:27+	10:12+	11:34+	13:35+	15:25+	16:33+	19:01+	21:34=	23:34+	24:42-	25:28+	26:32+	26:58+	28:12+	28:54+
00:46-	01:13+	01:24-	01:11+	01:53+	02:00+	01:45+	01:22+	02:01+	01:50-	01:08-	02:28-	02:33-	02:00+	01:08-	00:46+	01:04+	00:26-	01:14+	00:42+
00:04-	00:08#	00:13-	00:13#	00:13#	00:53&	00:13#	00:15#	00:03+	00:44-	00:06-	00:48-	00:03-	00:04+	00:06-	00:15&	00:07#	00:01-	00:17&	00:05#
3	Haldis Glendrange	68	31:43																
00:42-	02:02+	03:23-	04:20-	06:11+	07:39+	09:03+	10:17+	13:43+	15:54+	17:22+	20:44+	23:55+	26:24+	27:38+	28:25+	29:29+	29:56+	31:04+	31:43+
00:42-	01:20+	01:21-	00:57-	01:51+	01:28+	01:24-	01:14+	03:26+	02:11-	01:28+	03:22+	03:11+	02:29+	01:14=	00:47+	01:04+	00:27=	01:08+	00:39+
00:08-	00:15#	00:16-	00:01-	00:11#	00:21&	00:08-	00:07#	01:28&	00:23-	00:14#	00:06+	00:35#	00:33&	00:00=	00:16&	00:07#	00:00=	00:11#	00:02+
4	Hedvig Anda	116	35:37																
00:59+	02:24+	03:53+	04:57+	06:52+	08:29+	10:15+	11:25+	13:51+	16:39+	18:07+	21:20+	26:58+	29:29+	30:49+	31:22+	33:01+	33:27+	34:54+	35:37+
00:59+	01:25+	01:29-	01:04+	01:55+	01:37+	01:46+	01:10+	02:26+	02:48+	01:28+	03:13-	05:38+	02:31+	01:20+	00:33+	01:39+	00:26-	01:27+	00:43+
00:09#	00:20&	00:08-	00:06#	00:15#	00:30&	00:14#	00:03+	00:28#	00:14+	00:14#	00:03-	03:02@	00:35&	00:06+	00:02+	00:42&	00:01-	00:30&	00:06#
5	Helga Klausen	62	36:19																
00:41-	02:02+	04:12+	05:20+	08:03+	09:23+	11:00+	12:30+	15:40+	18:16+	19:42+	23:17+	27:33+	30:54+	32:13+	32:47+	33:54+	34:21+	35:26+	36:19+
00:41-	01:21+	02:10+	01:08+	02:43+	01:20+	01:37+	01:30+	03:10+	02:36+	01:26+	03:35+	04:16+	03:21+	01:19+	00:34+	01:07+	00:27=	01:05+	00:53+
00:09-	00:16#	00:33&	00:10#	01:03&	00:13#	00:05+	00:23&	01:12&	00:02+	00:12#	00:19+	01:40&	01:25&	00:05+	00:03+	00:10#	00:00=	00:08#	00:16&
6	Helga Aaslid	54	50:56																
01:49+	04:11+	07:17+	09:44+	13:21+	15:16+	18:33+	21:03+	24:50+	29:22+	31:35+	35:00+	38:56+	42:14+	44:33+	45:25+	47:41+	48:26+	49:48+	50:56+
01:49+	02:22+	03:06+	02:27+	03:37+	01:55+	03:17+	02:30+	03:47+	04:32+	02:13+	03:25+	03:56+	03:18+	02:19+	00:52+	02:16+	00:45+	01:22+	01:08+
00:59@	01:17@	01:29&	01:29@	01:57@	00:48&	01:45@	01:23@	01:49&	01:58&	00:59&	00:09+	01:20&	01:22&	01:05&	00:21&	01:19@	00:18&	00:25&	00:31&

Beste strekktid for klassen

00:41 01:05 01:21 00:57 01:40 01:07 01:24 01:07 01:58 01:50 01:08 02:28 02:33 01:56 01:08 00:31 00:57 00:26 00:57 00:37

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68	37:25													
01:10=	03:59=	05:36=	07:29=	08:28=	10:05=	11:28=	15:05=	18:38=	21:14=	26:20=	27:54=	29:50=	30:45=	33:57=	35:39=	37:25=
01:10=	02:49=	01:37=	01:53=	00:59=	01:37=	01:23=	03:37=	03:33=	02:36=	05:06=	01:34=	01:56=	00:55=	03:12=	01:42=	01:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gørild Espedal	113	1:10:31													
01:33+	04:40+	14:28+	16:27+	17:47+	19:42+	21:51+	25:41+	29:21+	31:43+	41:15+	44:17+	46:29+	47:37+	62:07+	68:53+	70:31+
01:33+	03:07+	09:48+	01:59+	01:20+	01:55+	02:09+	03:50+	03:40+	02:22-	09:32+	03:02+	02:12+	01:08+	14:30+	06:46+	01:38-
00:23&	00:18#	08:11@	00:06+	00:21&	00:18#	00:46&	00:13+	00:07+	00:14-	04:26&	01:28&	00:16#	00:13#	11:18@	05:04@	00:08-

Beste strekktid for klassen

01:10 02:49 01:37 01:53 00:59 01:37 01:23 03:37 03:33 02:22 05:06 01:34 01:56 00:55 03:12 01:42 01:38

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

Damer A

1	Aud Hognestad Taksdal	92	22:08																						
00:23=	00:43=	01:30=	02:22=	03:18=	04:36=	05:39=	06:12=	06:43=	07:10=	08:29=	09:57=	10:33=	11:15=	12:48=	13:43=	14:40=	15:47=	16:49=	17:18=	17:46=	18:35=	19:32=	19:48=	20:19=	21:40=
00:23=	00:20=	00:47=	00:52=	00:56=	01:18=	01:03=	00:33=	00:31=	00:27=	01:19=	01:28=	00:36=	00:42=	01:33=	00:55=	00:57=	01:07=	01:02=	00:29=	00:28=	00:49=	00:57=	00:16=	00:31=	01:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
22:08=	00:28=	00:00=																							

Class	Navn	Klasse	Tid
4	Elisabeth Horpestad	117	28:59
00:36+	02:20+ 04:29+ 05:04+ 05:37+ 07:53+	18:38+ 21:01+ 22:57+ 25:27+ 27:41+ 28:21+ 28:59+	
00:36+	01:44- 02:09+ 00:35- 00:33- 02:16-	10:45+ 02:23- 01:56+ 02:30+ 02:14+ 00:40+ 00:38+	
00:05#	00:04- 00:39& 00:02- 00:08- 00:06-	09:09# 01:02- 00:33& 00:25# 00:44& 00:09& 00:06#	
5	Anne Kristin Nybø	117	29:08
00:40+	02:23+ 04:39+ 05:16+ 05:54+ 07:57+	18:47+ 21:10+ 22:57+ 25:37+ 27:44+ 28:24+ 29:08+	
00:40+	01:43- 02:16+ 00:37= 00:38- 02:03-	10:50+ 02:23- 01:47+ 02:40+ 02:07+ 00:40+ 00:44+	
00:09&	00:05- 00:46& 00:00= 00:03- 00:19-	09:14# 01:02- 00:24& 00:35& 00:37& 00:09& 00:12&	
6	Grethe Mo	117	29:09
00:33+	02:14- 04:26+ 05:03+ 05:38+ 07:50+	18:39+ 21:09+ 23:05+ 25:25+ 27:48+ 28:26+ 29:09+	
00:33+	01:41- 02:12+ 00:37= 00:35- 02:12-	10:49+ 02:30- 01:56+ 02:20+ 02:23+ 00:38+ 00:43+	
00:02+	00:07- 00:42& 00:00= 00:06- 00:10-	09:13# 00:55- 00:33& 00:15# 00:53& 00:07# 00:11&	
Beste strekktid for klassen			
00:31	01:40	01:30	00:34
00:33	02:03	01:36	02:23
01:20	02:04	01:30	00:30
00:32			

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

Damer Trim

1	Fride Wirak	88	18:33
01:07=	02:13= 03:08= 03:43= 04:08= 05:11=	06:00= 07:23= 08:10= 10:12= 10:58= 11:45= 12:52=	13:26= 14:14= 15:08= 16:16= 17:41= 18:04= 18:33=
01:07=	01:06= 00:55= 00:35= 00:25= 01:03=	00:49= 01:23= 00:47= 02:02= 00:46= 00:47= 01:07=	00:34= 00:48= 00:54= 01:08= 01:25= 00:23= 00:29=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Trine Selvikvåg	62	18:56
00:49-	02:02- 02:55- 03:24- 03:43- 04:51-	05:39- 07:08- 08:05- 10:00- 10:49-	11:31- 12:31- 13:09- 14:20+ 15:22+ 16:30+ 17:56+ 18:25+ 18:56+
00:49-	01:13+ 00:53- 00:29- 00:19- 01:08+	00:48- 01:29+ 00:57+ 01:55- 00:49+	00:42- 01:00- 00:38+ 01:11+ 01:02+ 01:08= 01:26+ 00:29+ 00:31+
00:18-	00:07# 00:02- 00:06- 00:06- 00:05+	00:01- 00:06+ 00:10# 00:07- 00:03+	00:05- 00:07- 00:04# 00:23& 00:08# 00:00= 00:01+ 00:06& 00:02+
3	Marita Navjord Nicolaysen	71	21:09
00:39-	01:31- 02:34- 03:10- 03:35- 04:50-	05:43- 07:58+ 08:50+ 11:44+ 12:39+	13:28+ 14:43+ 15:21+ 16:26+ 17:27+ 18:50+ 20:11+ 20:36+ 21:09+
00:39-	00:52- 01:03+ 00:36+ 00:25= 01:15+	00:53+ 02:15+ 00:52+ 02:54+ 00:55+	00:49+ 01:15+ 00:38+ 01:05+ 01:01+ 01:23+ 01:21- 00:25+ 00:33+
00:28-	00:14- 00:08# 00:01+ 00:00= 00:12#	00:04+ 00:52& 00:05# 00:52& 00:09#	00:02+ 00:08# 00:04# 00:17& 00:07# 00:15# 00:04- 00:02+ 00:04#
4	Maryon Paulsen Strugstad	43	21:37
00:41-	01:37- 02:23- 02:47- 03:05- 03:54-	06:35+ 08:25+ 09:06+ 10:46+ 11:33+	12:19+ 14:18+ 14:43+ 15:25+ 16:15+ 19:46+ 20:48+ 21:11+ 21:37+
00:41-	00:56- 00:46- 00:24- 00:18- 00:49-	02:41+ 01:50+ 00:41- 01:40- 00:47+	00:46- 01:59+ 00:25- 00:42- 00:50- 03:31+ 01:02- 00:23= 00:26-
00:26-	00:10- 00:09- 00:11- 00:07- 00:14-	01:52# 00:27& 00:06- 00:22- 00:01+	00:01- 00:52& 00:09- 00:06- 00:04- 02:23# 00:23- 00:00= 00:03-
5	Mette Langeland	117	22:02
00:38-	01:35- 02:41- 03:18- 03:44- 05:54+	06:55+ 08:27+ 09:26+ 11:51+ 12:52+	13:37+ 14:54+ 15:35+ 16:35+ 17:50+ 19:21+ 20:52+ 21:24+ 22:02+
00:38-	00:57- 01:06+ 00:37+ 00:26+ 02:10+	01:01+ 01:32+ 00:59+ 02:25+ 01:01+	00:45- 01:17+ 00:41+ 01:00+ 01:15+ 01:31+ 01:31+ 00:32+ 00:38+
00:29-	00:09- 00:11# 00:02+ 00:01+ 01:07#	00:12# 00:09# 00:12& 00:23# 00:15& 00:02-	00:10# 00:07# 00:12# 00:21& 00:21& 00:23& 00:06+ 00:09& 00:09&
6	Grete Stokke Seljeskog	128	22:17
01:09+	02:17+ 03:15+ 03:48+ 04:11+ 05:15+	06:09+ 08:46+ 09:43+ 12:03+ 13:19+	14:08+ 15:15+ 15:57+ 17:08+ 18:08+ 19:25+ 21:11+ 21:41+ 22:17+
01:09+	01:08+ 00:58+ 00:33- 00:23- 01:04+	00:54+ 02:37+ 00:57+ 02:20+ 01:16+	00:49+ 01:07= 00:42+ 01:11+ 01:00+ 01:17+ 01:46+ 00:30+ 00:36+
00:02+	00:02+ 00:03+ 00:02- 00:02- 00:01+	00:05# 01:14& 00:10# 00:18# 00:30&	00:02+ 00:00= 00:08# 00:23& 00:06# 00:09# 00:21# 00:07& 00:07#
7	Sara Engevik	126	22:41
00:39-	01:45- 03:00- 03:34- 04:00- 05:16+	06:35+ 08:47+ 09:38+ 12:13+ 13:24+	14:25+ 15:39+ 16:19+ 17:25+ 18:37+ 20:04+ 21:29+ 22:00+ 22:41+
00:39-	01:06= 01:15+ 00:34- 00:26+ 01:16+	01:19+ 02:12+ 00:51+ 02:35+ 01:11+	01:01+ 01:14+ 00:40+ 01:06+ 01:12+ 01:27+ 01:25= 00:31+ 00:41+
00:28-	00:00= 00:20& 00:01- 00:01+ 00:13#	00:30& 00:49& 00:04+ 00:33& 00:25&	00:14& 00:07# 00:06# 00:18& 00:18& 00:19& 00:00= 00:08& 00:12&
8	Aina Kalsas Urstad	356	23:28
00:44-	04:44+ 05:44+ 06:12+ 06:33+ 09:08+	09:59+ 11:19+ 12:18+ 14:11+ 15:06+	15:55+ 17:02+ 17:47+ 18:34+ 19:32+ 20:41+ 22:30+ 22:54+ 23:28+
00:44-	04:00+ 01:00+ 00:28- 00:21- 02:35+	00:51+ 01:20- 00:59+ 01:53- 00:55+	00:49+ 01:07= 00:45+ 00:47- 00:58+ 01:09+ 01:49+ 00:24+ 00:34+
00:23-	02:54# 00:05+ 00:07- 00:04- 01:32#	00:02+ 00:03- 00:12& 00:09- 00:09#	00:02+ 00:00= 00:11& 00:01- 00:04+ 00:01+ 00:24& 00:01+ 00:05#
9	Marit Lindtveit Undheim	54	23:30
01:08+	02:53+ 03:58+ 04:30+ 04:56+ 06:05+	07:16+ 09:27+ 10:26+ 12:25+ 13:38+	14:24+ 15:33+ 16:09+ 17:03+ 18:04+ 21:04+ 22:27+ 22:53+ 23:30+
01:08+	01:45+ 01:05+ 00:32- 00:26+ 01:09+	01:11+ 02:11+ 00:59+ 01:59- 01:13+	00:46- 01:09+ 00:36+ 00:54+ 01:01+ 03:00+ 01:23- 00:26+ 00:37+
00:01+	00:39& 00:10# 00:03- 00:01+ 00:06+	00:22& 00:48& 00:12& 00:03-	00:27& 00:01- 00:02+ 00:02+ 00:06# 00:07# 01:52# 00:02- 00:03# 00:08&
10	Irene Frøyland	71	24:29
00:38-	01:49- 02:54- 03:27- 04:00- 05:28+	06:45+ 08:40+ 09:58+ 12:44+ 13:40+	14:34+ 16:11+ 16:57+ 18:19+ 19:41+ 21:47+ 23:08+ 23:45+ 24:29+
00:38-	01:11+ 01:05+ 00:33- 00:33+ 01:28+	01:17+ 01:55+ 01:18+ 02:46+ 00:56+	00:54+ 01:37+ 00:46+ 01:22+ 01:22+ 02:06+ 01:21- 00:37+ 00:44+
00:29-	00:05+ 00:10# 00:02- 00:08& 00:25&	00:28& 00:32& 00:31& 00:44& 00:10#	00:07# 00:30& 00:12& 00:34& 00:28& 00:58& 00:04- 00:14& 00:15&

Class	Navn	Klasse	Tid																		
27	Ove Mæstad	67	35:28																		
00:51+	01:32+ 02:46+ 03:36+	04:19+ 05:17+	07:49+ 10:23+ 15:06+ 16:03+ 18:02+ 19:39+ 21:44+	24:38+ 26:26+ 28:02+ 28:35+ 29:10+ 31:45+ 33:21+ 34:20+ 35:28+																	
00:51+	00:41+ 01:14+ 00:50+	00:43+ 00:58+	02:32+ 02:34+ 04:43+ 00:57+ 01:59+ 01:37+ 02:05+	02:54+ 01:48+ 01:36+ 00:33+ 00:35+ 02:35+ 01:36+ 00:59+ 01:08+																	
00:26@	00:01+ 00:01+ 00:04+	00:11& 00:32@	00:58& 00:45& 02:33@ 00:07# 00:37& 00:10# 00:53&	00:31# 00:21# 00:26& 00:04# 00:09& 01:22@ 00:30& 00:20& 00:28&																	
28	Harald Taksdal	236	35:41																		
01:23+	02:11+ 03:44+ 04:54+	05:53+ 06:39+	08:57+ 11:37+ 14:56+ 16:18+ 18:16+ 19:55+ 21:55+	25:17+ 27:06+ 28:34+ 29:14+ 30:07+ 31:37+ 32:55+ 33:51+ 35:41+																	
01:23+	00:48+ 01:33+ 01:10+	00:59+ 00:46+	02:18+ 02:40+ 03:19+ 01:22+ 01:58+ 01:39+ 02:00+	03:22+ 01:49+ 01:28+ 00:40+ 00:53+ 01:30+ 01:18+ 00:56+ 01:50+																	
00:58@	00:08# 00:20& 00:24&	00:27& 00:20&	00:44& 00:51& 01:09& 00:32& 00:36& 00:12# 00:48&	00:59& 00:22& 00:18& 00:11& 00:27@ 00:17# 00:12# 00:17& 01:10@																	
29	Erik Bjørnbom	76	35:42																		
01:19+	01:46+ 02:54+ 03:49+	06:05+ 06:36+	08:30+ 10:20+ 13:01+ 14:07+	15:44+ 18:40+ 20:24+	24:08+ 28:26+ 30:03+ 30:40+ 31:16+ 32:24+ 33:50+ 34:47+ 35:42+																
01:19+	00:27- 01:08- 00:55+	02:16+ 00:31+	01:54+ 01:50+	02:41+ 01:06+ 01:37+ 02:56+ 01:44+	03:44+ 04:18+ 01:37+ 00:37+ 00:36+ 01:08- 01:26+ 00:57+ 00:55+																
00:54@	00:13- 00:05- 00:09#	01:44@ 00:05#	00:20# 00:01+	00:31# 00:16& 00:15# 01:29@ 00:32&	01:21& 02:51@ 00:27& 00:08& 00:10& 00:05- 00:20& 00:18& 00:15&																
30	Jone Kalheim	93	36:08																		
00:48+	05:48+ 07:05+ 08:08+	08:53+ 09:25+	11:36+ 14:09+	16:36+ 17:37+	19:10+ 21:13+ 23:16+	26:25+ 30:00+ 31:22+ 31:55+ 32:37+ 33:35+ 34:46+ 35:28+ 36:08+															
00:48+	05:00+ 01:17+ 01:03+	00:45+ 00:32+	02:11+ 02:33+ 02:27+	01:01+ 01:33+ 02:03+	02:03+	03:09+ 03:35+ 01:22+ 00:33+ 00:42+ 00:58- 01:11+ 00:42+ 00:40=															
00:23&	04:20@ 00:04+ 00:17&	00:13& 00:06#	00:37& 00:44&	00:17# 00:11# 00:11# 00:36& 00:51&	00:46& 02:08@ 00:12# 00:04# 00:16& 00:15- 00:05+ 00:03+ 00:00=																
31	Trond Birkeland	27	38:12																		
00:54+	01:38+ 02:56+ 03:55+	04:39+ 05:10+	07:17+ 10:00+ 17:39+	18:38+ 20:27+ 21:53+ 23:34+	27:02+ 28:41+ 31:33+ 32:09+ 32:55+ 35:12+ 36:16+ 37:02+ 38:12+																
00:54+	00:44+ 01:18+ 00:59+	00:44+ 00:31+	02:07+ 02:43+ 07:39+	00:59+ 01:49+ 01:26- 01:41+	03:28+ 01:39+ 02:52+ 00:36+ 00:46+ 02:17+ 01:04- 00:46+ 01:10+																
00:29@	00:04# 00:05+ 00:13&	00:12& 00:05#	00:33& 00:54&	05:29@ 00:09# 00:27& 00:01-	00:29& 00:12# 01:42@ 00:07# 00:20& 01:04& 00:02- 00:07# 00:30&																
32	Rune Paulsen	98	39:23																		
00:32+	01:04- 02:23+ 03:26+	04:07+ 04:43+	13:41+ 16:00+	21:30+ 22:24+ 24:01+	25:20+ 27:47+	30:12+ 32:13+ 33:12+ 33:46+ 34:15+ 35:20+ 36:53+ 37:35+ 39:23+															
00:32+	00:32- 01:19+ 01:03+	00:41+ 00:36+	08:58+ 02:19+	05:30+ 00:54+	01:37+ 01:19- 02:27+	02:25+ 02:01+ 00:59- 00:34+ 00:29+ 01:05- 01:33+ 00:42+ 01:48+															
00:07&	00:08- 00:06+ 00:17&	00:09& 00:10&	07:24@ 00:30&	03:20@ 00:04+	00:15# 00:08- 01:15@	00:02+ 00:34& 00:11- 00:05# 00:03# 00:08- 00:27& 00:03+ 01:08@															
33	Christof Schätz	239	39:41																		
01:05+	01:44+ 03:43+ 04:40+	05:34+ 06:05+	12:49+ 15:22+	18:44+ 20:01+	22:30+ 24:52+ 26:39+	29:49+ 31:18+ 32:58+ 33:53+ 34:41+ 36:00+ 37:30+ 38:39+ 39:41+															
01:05+	00:39- 01:59+ 00:57+	00:54+ 00:31+	06:44+ 02:33+	03:22+ 01:17+ 02:29+ 02:22+ 01:47+	03:10+ 01:29+ 01:40+ 00:55+ 00:48+ 01:19+ 01:30+ 01:09+ 01:02+																
00:40@	00:01- 00:46& 00:11#	00:22& 00:05#	05:10@ 00:44&	01:12& 00:27& 01:07&	00:55& 00:35&	00:47& 00:02+ 00:30& 00:26& 00:22& 00:06+ 00:24& 00:30& 00:22&															
34	Cato Bjerkeli	237	48:47																		
02:20+	02:58+ 04:10+ 05:20+	06:05+ 06:48+	15:47+ 19:31+	22:30+ 24:51+	28:24+ 30:20+ 32:24+	36:12+ 39:25+ 41:28+ 42:18+ 43:08+ 44:35+ 46:19+ 47:46+ 48:47+															
02:20+	00:38- 01:12- 01:10+	00:45+ 00:43+	08:59+ 03:44+	02:59+ 02:21+ 03:33+	01:56+ 02:04+	03:48+ 03:13+ 02:03+ 00:50+ 00:50+ 01:27+ 01:44+ 01:27+ 01:01+															
01:55@	00:02- 00:01- 00:24&	00:13& 00:17&	07:25@ 01:55@	00:49& 01:31@ 02:11@	00:29& 00:52&	01:25& 01:46@ 00:53& 00:21& 00:24& 00:14# 00:38& 00:48@ 00:21&															
35	Ove Njå	53	51:55																		
01:05+	04:13+ 05:36+ 06:41+	09:41+ 10:26+	13:06+ 15:43+	29:22+ 30:38+	32:26+ 34:29+ 37:48+	41:11+ 43:03+ 45:34+ 46:09+ 46:53+ 48:15+ 49:52+ 50:50+ 51:55+															
01:05+	03:08+ 01:23+ 01:05+	03:00+ 00:45+	02:40+ 02:37+	13:39+ 01:16+ 01:48+	02:03+ 03:19+	03:23+ 01:52+ 02:31+ 00:35+ 00:44+ 01:22+ 01:37+ 00:58+ 01:05+															
00:40@	02:28@ 00:10# 00:19&	02:28@ 00:19&	01:06& 00:48&	11:29@ 00:26& 00:26&	00:36& 02:07@	01:00& 00:25& 01:21@ 00:06# 00:18& 00:09# 00:31& 00:19& 00:25&															
36	Harald Syse	93	53:24																		
07:44+	08:43+ 10:34+ 11:23+	12:58+ 13:18+	15:18+ 19:25+	24:40+ 25:40+	27:14+ 29:08+ 39:04+	42:01+ 43:53+ 46:43+ 47:19+ 47:59+ 49:22+ 50:35+ 52:25+ 53:24+															
07:44+	00:59+ 01:51+ 00:49+	01:35+ 00:20-	02:00+ 04:07+	05:15+ 01:00+	01:34+ 01:54+	09:56+ 02:57+ 01:52+ 02:50+ 00:36+ 00:40+ 01:23+ 01:13+ 01:50+ 00:59+															
07:19@	00:19& 00:38& 00:03+	01:03@ 00:06-	00:26& 02:18@	03:05@ 00:10# 00:12#	00:27& 08:44@	00:34# 00:25& 01:40@ 00:07# 00:14& 00:10# 00:07# 01:11@ 00:19&															
Beste strekketid for klassen																					
00:25	00:27	00:59	00:45	00:31	00:20	01:34	01:33	02:04	00:45	01:17	01:17	01:02	02:16	01:04	00:58	00:26	00:23	00:45	01:01	00:35	00:31

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

Herrer 60 - 64 år

1	Ole Petter Haukaas	109	20:51			
00:57=	02:29= 03:09= 03:51= 04:41=	06:15= 07:34= 09:25=	10:08= 12:48= 13:57= 16:05= 17:04= 17:43= 18:39= 19:19= 19:40= 20:22= 20:51=			
00:57=	01:32= 00:40= 00:42= 00:50=	01:34= 01:19= 01:51= 00:43= 00:42=	01:58= 01:09= 02:08= 00:59= 00:39= 00:56= 00:40= 00:21= 00:42= 00:29=			
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Morten Johannessen	7	22:27			
02:27+	03:54+ 04:36+ 05:17+ 06:08+	08:11+ 09:20+	11:12+ 12:10+ 12:51+ 14:19+	15:47+ 17:49+	18:46+ 19:24+	20:11+ 20:54+ 21:16+ 21:58+ 22:27+
02:27+	01:27- 00:42+ 00:41- 00:51+	02:03+ 01:09- 01:52+	00:58+ 00:41- 01:28- 01:28+ 02:02-	00:57- 00:38- 00:47- 00:43+ 00:22+ 00:42= 00:29=		
01:30@	00:05- 00:02+ 00:01- 00:01+	00:29& 00:10- 00:01+	00:15& 00:01- 00:30-	00:19& 00:06-	00:02- 00:01- 00:09-	00:03+ 00:01+ 00:00= 00:00=
3	Kjell Skjæveland	166	23:27			
01:06+	03:05+ 03:50+ 04:42+	05:35+ 07:14+	08:46+ 10:41+	11:24+ 12:23+ 14:09+	15:27+ 18:03+ 19:07+ 19:47+ 21:04+ 21:47+ 22:06+ 22:55+ 23:27+	
01:06+	01:59+ 00:45+ 00:52+	00:53+ 01:39+	01:32+ 01:55+	00:43= 00:59+ 01:46-	01:18+ 02:36+ 01:04+ 00:40+ 01:17+ 00:43+ 00:19- 00:49+ 00:32+	
00:09#	00:27& 00:05# 00:10#	00:03+ 00:05+	00:13# 00:04+	00:00= 00:17& 00:12-	00:09# 00:28#	00:05+ 00:01+ 00:21& 00:03+ 00:02- 00:07# 00:03#

Class	Navn	Klasse	Tid
4	Olav Habbestad	116	26:21
01:13+	02:54+	04:04+	04:52+
01:13+	01:41+	01:10+	00:48+
00:21&	00:06+	00:31&	00:06#
5	Kjell Ivar Skjørestad	92	27:47
01:13+	03:26+	04:55+	06:03+
01:13+	02:13+	01:29+	01:08+
00:21&	00:38&	00:50@	00:26&
6	Jan Inge Lunde	88	28:05
01:14+	03:13+	04:10+	05:04+
01:14+	01:59+	00:57+	00:54+
00:22&	00:24&	00:18&	00:12&
7	Kjell Svihus	154	28:26
01:02+	03:09+	04:25+	05:15+
01:02+	02:07+	01:16+	00:50+
00:10#	00:32&	00:37&	00:08#
8	Arne Østensen	90	28:29
01:55+	03:43+	04:35+	05:20+
01:55+	01:48+	00:52+	00:45+
01:03@	00:13#	00:13&	00:03+
9	Ole Auklend	106	28:41
00:53+	03:00+	04:21+	05:10+
00:53+	02:07+	01:21+	00:49+
00:01+	00:32&	00:42@	00:07#
10	Gudmund Gausel	115	29:07
01:06+	02:51+	03:42+	04:26+
01:06+	01:45+	00:51+	00:44+
00:14&	00:10#	00:12&	00:02+
11	Jostein Tunheim	116	29:08
01:09+	03:18+	04:39+	05:30+
01:09+	02:09+	01:21+	00:51+
00:17&	00:34&	00:42@	00:09#
12	Leif Gunnar Wikene	43	33:54
04:29+	06:15+	10:30+	11:59+
04:29+	01:46+	04:15+	01:29+
03:37@	00:11#	03:36@	00:47@
13	Leif Kåre Lende	128	45:11
03:42+	07:19+	09:06+	10:35+
03:42+	03:37+	01:47+	01:29+
02:50@	02:02@	01:08@	00:47@
14	John Abrahamsen	125	49:31
03:38+	06:36+	08:13+	09:45+
03:38+	02:58+	01:37+	01:32+
02:46@	01:23&	00:58@	00:50@
Beste strekketid for klassen			
00:52	01:35	00:39	00:42
00:42	01:04	01:10	01:30
00:45	00:42	00:52	01:14
01:38	00:51	00:40	00:43
00:38	00:19	00:19	00:30

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

Herrer 75 - 79 år

1	Knut Skjæveland	93	22:45
00:41=	01:33=	02:48=	03:36=
00:41=	00:52=	01:15=	00:48=
00:00=	00:00=	00:00=	00:00=
2	Geir Husdal	93	26:13
01:10+	01:59+	04:01+	04:50+
01:10+	00:49-	02:02+	00:49+
00:29&	00:03-	00:47&	00:01+

Class	Navn	Klasse	Tid
5	Erik Lima	43	30:00
00:49+	02:07+	03:17+	05:18+
00:49+	01:18+	01:10+	02:01+
00:18&	00:18&	00:17&	00:55&
27:58+	29:17+	30:00+	
01:35+	01:19+	00:43+	
00:30&	00:39&	00:11&	
6	Svein Magnus Halsne	71	30:24
00:51+	02:15+	03:19+	04:41+
00:51+	01:24+	01:04+	01:22+
00:20&	00:24&	00:11#	00:16#
28:57+	29:44+	30:24+	
01:27+	00:47+	00:40+	
00:22&	00:07#	00:08#	
7	Trond Valdøl	116	31:22
01:01+	02:18+	03:15+	04:58+
01:01+	01:17+	00:57+	01:43+
00:30&	00:17&	00:04+	00:37&
29:48+	30:42+	31:22+	
01:37+	00:54+	00:40+	
00:32&	00:14&	00:08#	
8	Mathias Nødland	194	31:27
00:55+	02:29+	03:40+	05:20+
00:55+	01:34+	01:11+	01:40+
00:24&	00:34&	00:18&	00:34&
30:12+	30:57+	31:27+	
02:04+	00:45+	00:30-	
00:59&	00:05#	00:02-	
9	Martin Blystad	115	34:17
00:46+	02:00+	04:00+	05:39+
00:46+	01:14+	02:00+	01:39+
00:15&	00:14#	01:07@	00:33&
30:55+	32:30+	33:27+	34:17+
00:25-	01:35+	00:57+	00:50+
00:40-	00:55@	00:25&	00:50+
10	Marius Stene	27	35:51
02:49+	06:13+	07:39+	09:13+
02:49+	03:24+	01:26+	01:34+
02:18@	02:24@	00:33&	00:28&
34:14+	35:02+	35:51+	
01:30+	00:48+	00:49+	
00:25&	00:08#	00:17&	

Beste strekktid for klassen

00:31 00:58 00:53 01:06 00:36 00:45 00:27 00:48 00:26 00:17 01:09 00:32 00:45 00:35 00:39 01:01 00:50 00:42 03:18 00:46 00:16 00:44 00:50 00:21 00:23 00:21 00:25 00:40

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

Herrer B

1	Aart Joakim in't Veld	93	25:39
00:36=	01:42=	02:34=	03:48=
00:36=	01:06=	00:52=	01:14=
00:00=	00:00=	00:00=	00:00=
24:17=	25:08=	25:39=	
01:20=	00:51=	00:31=	
00:00=	00:00=	00:00=	
2	Oddvar Taksdal	194	27:17
00:47+	01:57+	02:54+	04:19+
00:47+	01:10+	00:57+	01:25+
00:11&	00:04+	00:05+	00:11#
25:40+	26:31+	27:17+	
01:21+	00:51=	00:46+	
00:01+	00:00=	00:15&	

Class	Navn	Klasse	Tid
12	Morten S. Ronæss	27	34:44
01:00+	02:31+	03:40+	05:16+
01:00+	01:31+	01:09+	01:36+
00:24&	00:25&	00:17&	00:22&
31:05+	33:06+	34:05+	34:44+
00:42-	02:01+	00:59+	00:39+
00:38-	01:10@	00:28&	00:39+
13	Øyvind Rummelhoff	27	35:03
00:50+	03:12+	07:56+	09:32+
00:50+	02:22+	04:44+	01:36+
00:14&	01:16@	03:52@	00:22&
33:32+	34:21+	35:03+	
01:43+	00:49-	00:42+	
00:23&	00:02-	00:11&	
14	Øystein Amundrud	90	36:43
02:55+	04:19+	05:23+	06:57+
02:55+	01:24+	01:04+	01:34+
02:19@	00:18&	00:12#	00:20&
35:14+	36:05+	36:43+	
01:29+	00:51=	00:38+	
00:09#	00:00=	00:07#	
15	Leif Kjetil Hinna Gausel	116	38:25
01:19+	02:59+	04:09+	05:57+
01:19+	01:40+	01:10+	01:48+
00:43@	00:34&	00:18&	00:34&
36:13+	37:36+	38:25+	
02:10+	01:23+	00:49+	
00:50&	00:32&	00:18&	
16	Espen Fyhn Nilsen	116	45:16
00:55+	02:40+	03:52+	05:50+
00:55+	01:45+	01:12+	01:58+
00:19&	00:39&	00:20&	00:44&
34:51+	44:12+	45:16+	
02:03+	09:21+	01:04+	
00:43&	08:30@	00:33@	
Beste strekketid for klassen			
00:36	01:06	00:52	01:13
00:39	00:49	00:28	00:50
00:24	00:17	00:25	00:34
00:52	00:36	00:40	00:59
00:50	00:43	01:04	00:52
00:16	00:20	00:55	00:20
00:27	00:21	00:42	00:45

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

Herrer C

1	Otte Omdal	65	24:37
00:51=	01:22=	02:13=	03:43=
00:51=	00:31=	00:51=	01:30=
00:00=	00:00=	00:00=	00:00=
24:37=			
00:32=			
00:00=			
2	Henning Sundby	114	24:45
00:37-	01:04-	01:52-	03:18-
00:37-	00:27-	00:48-	01:26-
00:14-	00:04-	00:03-	00:04-
24:45+			
00:35+			
00:03+			
3	Nils John Vestøl	83	25:30
00:23-	00:45-	01:36-	02:49-
00:23-	00:22-	00:51=	01:13-
00:28-	00:09-	00:00=	00:17-
25:30+			
00:32=			
00:00=			

Pluss	Navn	Klasse	Tid
4	Kjetil Wirak	114	26:04
00:29-	00:54-	01:54-	03:53+
00:29-	00:25-	01:00+	01:59+
00:22-	00:06-	00:09#	00:29&
26:04+	00:13#	00:02-	00:02-
00:34+	00:25-	00:08-	00:21&
00:02+	00:08-	00:21&	00:04-
	00:15#	00:08-	00:28&
	00:05-	00:01+	00:02+
	00:05+	00:02+	00:05+
	00:14#	00:08-	00:04#
	00:19&	00:16&	00:01+
	00:02-	00:02-	00:02-
	00:02-	00:02-	00:00=
5	Bjørnar André Haug	80	26:18
00:33-	01:04-	02:00-	03:12-
00:33-	00:31=	00:56+	01:12-
00:18-	00:00=	00:05+	00:18-
26:18+	00:16&	00:09#	00:21-
00:36+	00:07-	00:01+	00:05#
00:04#	00:18#	00:05+	00:07#
	00:05-	00:26&	00:06-
	00:12#	00:23&	00:36&
	00:01-	00:04-	00:06#
	00:10#	00:00=	00:03-
	00:01+	00:03-	01:00+
6	Paul Terje Haarr	62	26:55
00:32-	01:03-	02:07-	03:08-
00:32-	00:31=	01:04+	01:01-
00:19-	00:00=	00:13&	00:29-
26:55+	00:17&	00:03+	00:11-
00:39+	00:03-	00:25&	00:07#
00:07#	00:08#	00:10+	00:10&
	00:14+	00:48+	00:59+
	01:14+	00:48+	01:03-
	00:10&	00:26&	00:03-
	00:13&	00:26&	00:10#
	00:11#	00:00=	00:05-
	00:09#	00:12#	00:12#
	00:01-	00:06#	00:19&
	00:06#	00:19&	00:09#
7	Oddmund Nordgård	105	27:40
00:47-	01:18-	02:17+	03:25-
00:47-	00:31=	00:59+	01:08-
00:04-	00:00=	00:08#	00:22-
27:40+	00:37&	00:10-	00:21-
00:39+	00:06-	00:02+	00:06#
00:07#	00:06#	00:56&	00:04+
	00:11&	00:03+	00:06+
	00:03+	00:03+	00:07#
	00:04+	00:32&	00:02-
	00:08#	00:18&	00:19&
	00:05-	00:09#	00:13#
	00:09#	00:13#	00:09#
8	Geir Frøylog	29	27:53
00:27-	00:53-	01:53-	02:58-
00:27-	00:26-	01:00+	01:05-
00:24-	00:05-	00:09#	00:25-
27:53+	00:07#	00:12#	00:13-
00:46+	00:08#	00:08#	00:21&
00:14&	00:02-	00:42@	00:07#
	00:20#	00:04-	00:04+
	00:23&	00:43&	00:02-
	00:01+	00:16&	00:09#
	00:04#	00:04#	00:04#
	00:04#	00:04#	00:24&
9	Jan Einar Øvremo	50	27:55
01:10+	01:38+	02:32+	03:41-
01:10+	00:28-	00:54+	01:09-
00:19&	00:03-	00:03+	00:21-
27:55+	00:09#	00:09#	00:34&
00:37+	00:06#	00:04-	00:09&
00:05#	00:03+	00:03+	00:03+
	00:11-	00:40@	00:00=
	00:20#	00:04-	00:05+
	00:04-	00:05+	00:29&
	00:07+	00:01-	00:07-
	00:23&	00:23&	00:03-
	00:06-	00:14#	00:14#
10	Lars Helgeland	23	29:18
00:24-	00:55-	01:54-	03:47+
00:24-	00:31=	00:59+	01:53+
00:27-	00:00=	00:08#	00:23&
29:18+	00:13#	00:19#	00:19#
00:41+	00:02-	00:09#	01:10@
00:09&	00:11&	00:08#	00:11#
	00:11#	00:07#	00:06#
	00:14#	00:04-	00:07#
	00:36&	00:13#	00:07#
	00:02+	00:08#	00:20&
	00:01+	00:05#	00:07#
	00:05#	00:23+	00:41+
	00:07#	00:41+	01:06+
11	Terje Michaelsen	47	30:26
00:51=	01:25+	02:11-	03:06-
00:51=	00:34+	00:46-	00:55-
00:00=	00:03+	00:05-	00:35-
30:26+	00:05+	00:05-	00:05-
00:35+	00:05-	00:03-	00:12-
00:03+	00:06+	00:01+	00:06+
	00:31&	01:03@	00:10-
	01:45+	17:45+	18:46+
	00:36-	04:00+	01:01-
	00:05-	00:06#	00:15#
	00:39&	00:05-	01:54@
	00:02-	00:01-	00:07-
	00:09-	00:15-	00:27-
	00:22&	01:21+	00:22&
12	Svein Oddvar Netland	116	31:07
00:32-	01:05-	02:15+	03:51+
00:32-	00:33+	01:10+	01:36+
00:19-	00:02+	00:19&	00:06+
31:07+	00:15&	00:18#	00:18#
00:44+	00:04-	00:05#	00:02+
00:12&	00:18&	00:45&	00:06+
	00:15&	00:06+	00:15&
	00:06#	00:20#	00:11#
	00:23&	00:26&	01:44@
	00:05#	00:04#	00:09#
	00:14#	00:02+	00:16&
	00:10#	00:10#	00:10#

Class	Navn	Klasse	Tid
1	Espen Kristiansen	63	12:57
00:37=	01:40= 02:35= 02:56= 03:11= 05:38=	06:18= 08:51= 11:04= 12:14= 12:31= 12:57=	
00:37=	01:03= 00:55= 00:21= 00:15= 02:27=	00:40= 02:33= 00:38= 01:35= 01:10= 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= 00:00=	
2	Rune Hagen Maudal	63	19:05
00:33-	01:46+ 02:41+ 03:14+ 03:38+ 05:23-	06:17- 08:59+ 09:30+ 10:59- 12:37+ 13:31+ 18:29+	19:05+
00:33-	01:13+ 00:55= 00:33+ 00:24+ 01:45-	00:54+ 02:42+ 00:31- 01:29- 01:38+ 00:54+ 04:58+	00:36+
00:04-	00:10# 00:00= 00:12& 00:09& 00:42-	00:14& 00:09+ 00:07- 00:06- 00:28& 00:37@ 04:32@	00:36+
3	Kjell-Ole Topnes	116	41:43
00:59+	02:46+ 04:32+ 05:12+ 05:49+ 15:36+	18:28+ 33:34+ 34:38+ 37:51+ 40:17+ 41:06+ 41:43+	
00:59+	01:47+ 01:46+ 00:40+ 00:37+ 09:47+	02:52+ 15:06+ 01:04+ 03:13+ 02:26+ 00:49+ 00:37+	
00:22&	00:44& 00:51& 00:19& 00:22@ 07:20@	02:12@ 12:33@ 00:26& 01:38@ 01:16@ 00:32@ 00:11&	
4	Ahmed Mahran	91	49:00
00:48+	02:18+ 03:51+ 04:32+ 05:11+ 07:11+	08:49+ 41:13+ 42:45+ 44:54+ 47:13+ 48:06+ 49:00+	
00:48+	01:30+ 01:33+ 00:41+ 00:39+ 02:00-	01:38+ 32:24+ 01:32+ 02:09+ 02:19+ 00:53+ 00:54+	
00:11&	00:27& 00:38& 00:20& 00:24@ 00:27-	00:58@ 29:51@ 00:54@ 00:34& 01:09& 00:36@ 00:28@	

Beste strekktid for klassen

00:33 01:03 00:55 00:21 00:15 01:45 00:40 02:33 00:31 01:29 01:10 00:17 00:26

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

Herrer Trim

1	Rolf Frøyland	5	17:03
00:29=	01:43= 02:41= 03:33= 04:33= 05:12=	05:49= 07:16= 09:09= 09:51= 11:47= 12:27= 13:27=	13:56= 15:33= 16:26= 17:03=
00:29=	01:14= 00:58= 00:52= 01:00= 00:39=	00:37= 01:27= 01:53= 00:42= 01:56= 00:40= 01:00=	00:29= 01:37= 00:53= 00:37=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
2	Torkel Schibevaag	114	17:07
00:33+	02:14+ 02:53+ 03:44+ 04:06- 04:42-	05:30- 07:10- 08:51- 09:39- 11:23- 12:02- 13:18-	13:47- 15:55+ 16:36+ 17:07+
00:33+	01:41+ 00:39- 00:51- 00:22- 00:36-	00:48+ 01:40+ 01:41- 00:48+ 01:44- 00:39- 01:16+	00:29= 02:08+ 00:41- 00:31-
00:04#	00:27& 00:19- 00:01- 00:38- 00:03-	00:11& 00:13# 00:12- 00:06# 00:12- 00:01- 00:16&	00:00= 00:31& 00:12- 00:06-
3	Per-Olof Wallerstedt	376	20:00
00:43+	02:14+ 03:19+ 04:03+ 04:27- 05:14+	05:58+ 08:13+ 10:06+ 11:16+ 13:18+ 14:17+ 15:31+	15:58+ 18:08+ 19:13+ 20:00+
00:43+	01:31+ 01:05+ 00:44- 00:24- 00:47+	00:44+ 02:15+ 01:53= 01:10+ 02:02+ 00:59+ 01:14+	00:27- 02:10+ 01:05+ 00:47+
00:14&	00:17# 00:07# 00:08- 00:36- 00:08#	00:07# 00:48& 00:00= 00:28& 00:06+ 00:19& 00:14#	00:02- 00:33& 00:12# 00:10&
4	Frode Lund	18	20:08
00:34+	02:05+ 02:48+ 03:43+ 04:10- 04:49-	05:33- 08:01+ 10:19+ 11:11+ 13:32+ 14:16+ 15:24+	15:54+ 18:17+ 19:26+ 20:08+
00:34+	01:31+ 00:43- 00:55+ 00:27- 00:39=	00:44+ 02:28+ 02:18+ 00:52+ 02:21+ 00:44+ 01:08+	00:30+ 02:23+ 01:09+ 00:42+
00:05#	00:17# 00:15- 00:03+ 00:33- 00:00=	00:07# 01:01& 00:25# 00:10# 00:25# 00:04# 00:08#	00:01+ 00:46& 00:16& 00:05#
5	Svein Mæle	43	20:08
00:47+	02:14+ 02:51+ 03:35+ 04:00- 04:43-	05:34- 07:17+ 09:22+ 10:21+ 12:47+ 14:23+ 15:18+	16:07+ 18:17+ 19:19+ 20:08+
00:47+	01:27+ 00:37- 00:44- 00:25- 00:43+	00:51+ 01:43+ 02:05+ 00:59+ 02:26+ 01:36+ 00:55-	00:49+ 02:10+ 01:02+ 00:49+
00:18&	00:13# 00:21- 00:08- 00:35- 00:04#	00:14& 00:16# 00:12# 00:17& 00:30& 00:56@ 00:05-	00:20& 00:33& 00:09# 00:12&
6	Jan Erik Syvertsen	51	20:21
00:40+	02:29+ 03:24+ 04:29+ 05:01+ 05:42+	06:24+ 08:11+ 10:20+ 11:25+ 13:38+ 14:22+ 15:31+	16:11+ 18:22+ 19:39+ 20:21+
00:40+	01:49+ 00:55- 01:05+ 00:32- 00:41+	00:42+ 01:47+ 02:09+ 01:05+ 02:13+ 00:44+ 01:09+	00:40+ 02:11+ 01:17+ 00:42+
00:11&	00:35& 00:03- 00:13# 00:28-	00:05# 00:20# 00:16# 00:23& 00:17# 00:04# 00:09#	00:11& 00:34& 00:24& 00:05#
7	Roger Nyseth	92	21:19
00:34+	02:04+ 02:54+ 03:45+ 04:19- 05:03-	05:50+ 07:52+ 10:08+ 11:44+ 14:17+ 14:59+ 16:22+	17:02+ 19:15+ 20:26+ 21:19+
00:34+	01:30+ 00:50- 00:51- 00:34- 00:44+	00:47+ 02:02+ 02:16+ 01:36+ 02:33+ 00:42+ 01:23+	00:40+ 02:13+ 01:11+ 00:53+
00:05#	00:16# 00:08- 00:01- 00:26- 00:05#	00:10& 00:35& 00:23# 00:54@ 00:37& 00:02+ 00:23&	00:11& 00:36& 00:18& 00:16&
8	Svein Erik Bjørnsen	91	21:49
01:04+	03:20+ 04:20+ 05:26+ 05:54+ 06:48+	07:41+ 09:30+ 11:51+ 12:59+ 15:17+ 15:59+ 17:08+	17:46+ 20:16+ 21:08+ 21:49+
01:04+	02:16+ 01:00+ 01:06+ 00:28- 00:54+	00:53+ 01:49+ 02:21+ 01:08+ 02:18+ 00:42+ 01:09+	00:38+ 02:30+ 00:52- 00:41+
00:35@	01:02& 00:02+ 00:14& 00:32-	00:15& 00:16& 00:22& 00:28# 00:26& 00:22# 00:02+ 00:09#	00:09& 00:53& 00:01- 00:04#
9	Per Marthon Mæland	5	22:19
00:39+	02:13+ 03:01+ 03:58+ 04:25-	05:02- 05:51+ 09:16+ 11:36+ 13:03+	15:47+ 16:25+ 17:23+ 18:03+
00:39+	01:34+ 00:48- 00:57+ 00:27-	00:37- 00:49+ 03:25+ 02:20+ 01:27+	02:44+ 00:38- 00:58- 00:40+
00:10&	00:20& 00:10- 00:05+ 00:33-	00:02- 00:12& 01:58@ 00:27# 00:45@ 00:48& 00:02-	00:02- 00:11& 00:50& 00:13# 00:06#

Class	Navn	Klasse											Tid					
25	Rolf Øystein Kluge	7											29:37					
00:55+	03:00+	04:16+	05:35+	06:28+	07:22+	08:53+	11:53+	15:15+	17:02+	20:58+	21:56+	23:14+	23:56+	26:38+	28:38+	29:37+		
00:55+	02:05+	01:16+	01:19+	00:53-	00:54+	01:31+	03:00+	03:22+	01:47+	03:56+	00:58+	01:18+	00:42+	02:42+	02:00+	00:59+		
00:26&	00:51&	00:18&	00:27&	00:07-	00:15&	00:54@	01:33@	01:29&	01:05@	02:00@	00:18&	00:18&	00:13&	01:05&	01:07@	00:22&		
26	John Helge Svandal	111											30:36					
00:56+	03:03+	03:58+	05:19+	05:57+	06:54+	07:51+	10:22+	13:29+	16:17+	19:58+	22:47+	24:12+	24:56+	28:45+	29:42+	30:36+		
00:56+	02:07+	00:55-	01:21+	00:38-	00:57+	00:57+	02:31+	03:07+	02:48+	03:41+	02:49+	01:25+	00:44+	03:49+	00:57+	00:54+		
00:27&	00:53&	00:03-	00:29&	00:22-	00:18&	00:20&	01:04&	01:14&	02:06@	01:45&	02:09@	00:25&	00:15&	02:12@	00:04+	00:17&		
27	Frank Gulbrandsen	105											31:05					
00:55+	03:50+	04:54+	06:36+	07:16+	08:31+	09:37+	11:48+	16:33+	18:11+	23:41+	24:34+	25:53+	26:48+	29:00+	30:15+	31:05+		
00:55+	02:55+	01:04+	01:42+	00:40-	01:15+	01:06+	02:11+	04:45+	01:38+	05:30+	00:53+	01:19+	00:55+	02:12+	01:15+	00:50+		
00:26&	01:41@	00:06#	00:50+	00:20-	00:36&	00:29&	00:44&	02:52@	00:56@	03:34@	00:13&	00:19&	00:26&	00:35&	00:22&	00:13&		
28	Holger Pansch	117											31:21					
00:47+	02:49+	03:43+	04:47+	05:22+	06:11+	06:53+	18:20+	20:50+	21:59+	24:11+	24:53+	26:02+	26:40+	29:31+	30:34+	31:21+		
00:47+	02:02+	00:54-	01:04+	00:35-	00:49+	00:42+	11:27+	02:30+	01:09+	02:12+	00:42+	01:09+	00:38+	02:51+	01:03+	00:47+		
00:18&	00:48&	00:04-	00:12#	00:25-	00:10&	00:05#	10:00@	00:37&	00:27&	00:16#	00:02+	00:09#	00:09&	01:14&	00:10#	00:10&		
29	Arild Olsen	4											32:19					
01:07+	03:01+	04:58+	07:03+	07:41+	09:08+	10:50+	13:20+	16:29+	17:46+	22:30+	23:21+	24:44+	25:44+	28:23+	31:17+	32:19+		
01:07+	01:54+	01:57+	02:05+	00:38-	01:27+	01:42+	02:30+	03:09+	01:17+	04:44+	00:51+	01:23+	01:00+	02:39+	02:54+	01:02+		
00:38@	00:40&	00:59@	01:13@	00:22-	00:48@	01:05@	01:03&	01:16&	00:35&	02:48@	00:11&	00:23&	00:31@	01:02&	02:01@	00:25&		
30	Bruno Pierfelice	51											32:21					
05:58+	06:47+	10:50+	11:36+	11:59+	12:39+	13:21+	15:14+	16:54+	17:45+	23:35+	24:05+	24:57+	25:28+	27:25+	30:38+	31:31+	32:21+	
05:58+	00:49-	04:03+	00:46-	00:23-	00:40+	00:42+	01:53+	01:40-	00:51+	05:50+	00:30-	00:52-	00:31+	01:57+	03:13+	00:53+	00:50+	
05:29@	00:25-	03:05@	00:06-	00:37-	00:01+	00:05#	00:26&	00:13-	00:09#	03:54@	00:10-	00:08-	00:02+	00:20#	02:20@	00:16&	00:50+	
31	Arne Hope	43											33:33					
01:03+	03:12+	04:24+	05:44+	06:26+	07:23+	08:26+	10:44+	13:10+	16:09+	25:27+	26:17+	27:44+	28:23+	31:00+	32:19+	33:33+		
01:03+	02:09+	01:12+	01:20+	00:42-	00:57+	01:03+	02:18+	02:26+	02:59+	09:18+	00:50+	01:27+	00:39+	02:37+	01:19+	01:14+		
00:34@	00:55&	00:14#	00:28&	00:18-	00:18&	00:26&	00:51&	00:33&	02:17@	07:22@	00:10#	00:27&	00:10&	01:00&	00:26&	00:37&		
32	Sverre Uhling	105											38:19					
01:41+	05:35+	07:09+	08:58+	09:52+	12:20+	13:45+	20:14+	23:06+	24:34+	29:10+	30:17+	31:48+	32:40+	35:52+	37:11+	38:19+		
01:41+	03:54+	01:34+	01:49+	00:54-	02:28+	01:25+	06:29+	02:52+	01:28+	04:36+	01:07+	01:31+	00:52+	03:12+	01:19+	01:08+		
01:12@	02:40@	00:36&	00:57@	00:06-	01:49@	00:48@	05:02@	00:59&	00:46@	02:40@	00:27&	00:31&	00:23&	01:35&	00:26&	00:31&		
33	Per Bakken	5											38:48					
01:07+	04:27+	05:54+	06:54+	07:29+	08:36+	09:42+	12:00+	14:23+	17:15+	26:35+	27:31+	28:56+	29:37+	31:48+	32:21+	36:13+	37:40+	38:48+
01:07+	03:20+	01:27+	01:00+	00:35-	01:07+	01:06+	02:18+	02:23+	02:52+	09:20+	00:56+	01:25+	00:41+	02:11+	00:33-	03:52+	01:27+	01:08+
00:38@	02:06@	00:29&	00:08#	00:25-	00:28&	00:29&	00:51&	00:30&	02:10@	07:24@	00:16&	00:25&	00:12&	00:34&	00:20-	03:15@	01:27+	01:08+
34	Arild Svihus	92											39:15					
00:44+	02:14+	03:13+	04:04+	04:30-	05:17+	06:09+	10:14+	18:04+	20:27+	25:58+	27:35+	30:16+	31:35+	35:37+	37:33+	39:15+		
00:44+	01:30+	00:59+	00:51-	00:26-	00:47+	00:52+	04:05+	07:50+	02:23+	05:31+	01:37+	02:41+	01:19+	04:02+	01:56+	01:42+		
00:15&	00:16#	00:01+	00:01-	00:34-	00:08#	00:15&	02:38@	05:57@	01:41@	03:35@	00:57@	01:41@	00:50@	02:25@	01:03@	01:05@		
35	William John Larsen	372											44:32					
02:23+	08:09+	10:36+	12:00+	12:53+	13:57+	15:09+	17:40+	23:20+	24:17+	31:08+	31:50+	33:04+	34:11+	42:50+	43:38+	44:32+		
02:23+	05:46+	02:27+	01:24+	00:53-	01:04+	01:12+	02:31+	05:40+	00:57+	06:51+	00:42+	01:14+	01:07+	08:39+	00:48-	00:54+		
01:54@	04:32@	01:29@	00:32&	00:07-	00:25&	00:35&	01:04&	03:47@	00:15&	04:55@	00:02+	00:14#	00:38@	07:02@	00:05-	00:17&		
36	Endre Gabrielsen	126											46:36					
01:15+	03:37+	05:05+	07:36+	08:16+	10:30+	11:14+	13:37+	16:32+	33:00+	38:14+	39:15+	40:30+	41:36+	44:20+	45:44+	46:36+		
01:15+	02:22+	01:28+	02:31+	00:40-	02:14+	00:44+	02:23+	02:55+	16:28+	05:14+	01:15+	01:15+	01:06+	02:44+	01:24+	00:52+		
00:46@	01:08&	00:30&	01:39@	00:20-	01:35@	00:07#	00:56&	01:02&	15:46@	03:18@	00:21&	00:15#	00:37@	01:07&	00:31&	00:15&		
37	Asgeir Kleppa	47											57:00					
00:56+	02:54+	06:25+	14:37+	15:15+	17:52+	18:59+	32:23+	40:53+	41:57+	44:22+	45:17+	47:30+	50:56+	52:53+	53:59+	57:00+		
00:56+	01:58+	03:31+	08:12+	00:38-	02:37+	01:07+	13:24+	08:30+	01:04+	02:25+	00:55+	02:13+	03:26+	01:57+	01:06+	03:01+		
00:27&	00:44&	02:33@	07:20@	00:22-	01:58@	00:30&	11:57@	06:37@	00:22&	00:29#	00:15&	01:13@	02:57@	00:20#	00:13#	02:24@		
Beste strekketid for klassen																		
00:29	00:49	00:37	00:43	00:22	00:36	00:37	01:27	01:26	00:42	01:43	00:30	00:52	00:27	01:24	00:33	00:30		

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