

Plass Navn

Klasse

Tid

Damer 16 - 39 år

**1 Katrine Haaland Leveraas****54****17:13**

00:27= 00:51= 01:21= 02:52= 03:55= 04:42= 05:19= 05:47= 06:03= 06:22= 06:40= 06:53= 07:27= 08:32= 09:33= 10:14= 11:02= 11:44= 12:30= 14:17= 14:33= 15:29= 16:54= 17:13=  
 00:27= 00:24= 00:30= 01:31= 01:03= 00:47= 00:37= 00:28= 00:16= 00:19= 00:18= 00:13= 00:34= 01:05= 01:01= 00:41= 00:48= 00:42= 00:46= 01:47= 00:16= 00:56= 01:25= 00:19=  
 00:00=

**2 Hanne Berg Aspøy****117****19:53**

00:58+ 01:26+ 01:54+ 03:32+ 05:02+ 05:51+ 06:35+ 07:06+ 07:23+ 07:47+ 08:04+ 08:19+ 08:59+ 10:19+ 10:53+ 11:42+ 12:37+ 13:32+ 14:31+ 16:35+ 16:51+ 17:54+ 19:30+ 19:53+  
 00:58+ 00:28+ 00:28- 01:38+ 01:30+ 00:49+ 00:44+ 00:31+ 00:17+ 00:24+ 00:17- 00:15+ 00:40+ 01:20+ 00:34- 00:49+ 00:55+ 00:55+ 00:59+ 02:04+ 00:16= 01:03+ 01:36+ 00:23+  
 00:31@ 00:04# 00:02- 00:07+ 00:27& 00:02+ 00:07# 00:03# 00:01+ 00:05& 00:01- 00:02# 00:06# 00:15# 00:27- 00:08# 00:07# 00:13& 00:13& 00:17# 00:00= 00:07# 00:11# 00:04#

**3 Tina Louise Langeland****74****20:36**

00:25- 00:53+ 01:23+ 03:10+ 04:26+ 05:27+ 06:10+ 06:44+ 07:00+ 07:22+ 07:50+ 08:09+ 08:52+ 10:26+ 11:21+ 11:58+ 12:51+ 13:45+ 14:38+ 16:55+ 17:17+ 18:30+ 20:14+ 20:36+  
 00:25- 00:28+ 00:30= 01:47+ 01:16+ 01:01+ 00:43+ 00:34+ 00:16= 00:22+ 00:28+ 00:19+ 00:43+ 01:34+ 00:55- 00:37- 00:53+ 00:54+ 00:53+ 02:17+ 00:22+ 01:13+ 01:44+ 00:22+  
 00:02- 00:04# 00:00= 00:16# 00:13# 00:14& 00:06# 00:06# 00:00= 00:03# 00:10& 00:06& 00:09& 00:29& 00:06- 00:04- 00:05# 00:12& 00:07# 00:12& 00:06& 00:17& 00:19# 00:03#

**4 Kjersti Nordal****39****21:15**

00:34+ 01:08+ 01:54+ 03:51+ 05:15+ 06:29+ 07:14+ 07:48+ 08:04+ 08:36+ 08:57+ 09:10+ 09:52+ 11:20+ 12:02+ 12:43+ 13:52+ 14:43+ 15:42+ 17:51+ 18:09+ 19:13+ 20:53+ 21:15+  
 00:34+ 00:34+ 00:46+ 01:57+ 01:24+ 01:14+ 00:45+ 00:34+ 00:16= 00:32+ 00:21+ 00:13= 00:42+ 01:28+ 00:42- 00:41= 01:09+ 00:51+ 00:59+ 02:09+ 00:18+ 01:04+ 01:40+ 00:22+  
 00:07& 00:10& 00:16& 00:26& 00:21& 00:27& 00:08# 00:06# 00:00= 00:13& 00:03# 00:00= 00:08# 00:23& 00:19- 00:00= 00:21& 00:09# 00:13& 00:22# 00:02# 00:08# 00:15# 00:03#

**5 Margrete Jian Øye****126****21:24**

00:26- 00:56+ 01:34+ 03:31+ 04:50+ 05:44+ 06:30+ 07:00+ 07:22+ 07:45+ 08:07+ 08:26+ 09:15+ 10:42+ 11:24+ 12:18+ 13:15+ 14:17+ 15:17+ 17:50+ 18:09+ 19:21+ 21:02+ 21:24+  
 00:26- 00:30+ 00:38+ 01:57+ 01:19+ 00:54+ 00:46+ 00:30+ 00:22+ 00:23+ 00:22+ 00:19+ 00:49+ 01:27+ 00:42- 00:54+ 00:57+ 01:02+ 01:00+ 02:33+ 00:19+ 01:12+ 01:41+ 00:22+  
 00:01- 00:06# 00:08& 00:26& 00:16& 00:07# 00:09# 00:02+ 00:06& 00:04# 00:04# 00:06& 00:15& 00:22& 00:19- 00:13& 00:09# 00:20& 00:14& 00:46& 00:03# 00:16& 00:16# 00:03#

**6 Ingvild Amalixsen****116****21:53**

00:28+ 00:55+ 01:21= 03:20+ 04:48+ 05:49+ 06:37+ 07:07+ 07:24+ 07:52+ 08:17+ 08:33+ 09:15+ 11:03+ 11:52+ 12:45+ 13:44+ 14:40+ 15:50+ 18:10+ 18:33+ 19:42+ 21:28+ 21:53+  
 00:28+ 00:27+ 00:26- 01:59+ 01:28+ 01:01+ 00:48+ 00:30+ 00:17+ 00:28+ 00:25+ 00:16+ 00:42+ 01:48+ 00:49- 00:53+ 00:59+ 00:56+ 01:10+ 02:20+ 00:23+ 01:09+ 01:46+ 00:25+  
 00:01+ 00:03# 00:04- 00:28& 00:25& 00:14& 00:11& 00:02+ 00:01+ 00:09& 00:07& 00:03# 00:08# 00:43& 00:12- 00:12& 00:11# 00:14& 00:24& 00:33& 00:07& 00:13# 00:21# 00:06&

**7 Wibeke Lende****74****22:22**

00:27= 00:57+ 02:39+ 04:19+ 05:39+ 06:41+ 07:23+ 07:54+ 08:14+ 08:39+ 09:00+ 09:16+ 10:02+ 11:27+ 12:02+ 12:53+ 13:52+ 14:51+ 15:50+ 18:48+ 19:06+ 20:13+ 21:57+ 22:22+  
 00:27= 00:30+ 01:42+ 01:40+ 01:20+ 01:02+ 00:42+ 00:31+ 00:20+ 00:25+ 00:21+ 00:16+ 00:46+ 01:25+ 00:35- 00:51+ 00:59+ 00:59+ 00:59+ 02:58+ 00:18+ 01:07+ 01:44+ 00:25+  
 00:00= 00:06# 01:12@ 00:09+ 00:17& 00:15& 00:05# 00:03# 00:04# 00:06& 00:03# 00:03# 00:12& 00:20& 00:26- 00:10# 00:11# 00:17& 00:13& 01:11& 00:02# 00:11# 00:19# 00:06&

**8 Møyfrid Risdal****113****22:23**

00:29+ 01:01+ 01:34+ 03:35+ 04:51+ 05:52+ 06:40+ 07:13+ 07:30+ 07:54+ 08:15+ 08:34+ 09:17+ 10:37+ 12:38+ 13:14+ 14:11+ 15:03+ 15:56+ 18:03+ 18:21+ 19:26+ 22:05+ 22:23+  
 00:29+ 00:32+ 00:33+ 02:01+ 01:16+ 01:01+ 00:48+ 00:33+ 00:17+ 00:24+ 00:21+ 00:19+ 00:43+ 01:20+ 02:01+ 00:36- 00:57+ 00:52+ 00:53+ 02:07+ 00:18+ 01:05+ 02:39+ 00:18-  
 00:02+ 00:08& 00:03# 00:30& 00:13# 00:14& 00:11& 00:05# 00:01+ 00:05& 00:03# 00:06& 00:09& 00:06& 00:09& 00:15# 01:00& 00:05- 00:09# 00:10# 00:07# 00:20# 00:02# 00:09# 01:14& 00:01-

**9 Ingrid Lycke Austbø****109****22:25**

00:22- 00:52+ 01:45+ 03:37+ 04:59+ 05:47+ 07:29+ 07:55+ 08:22+ 08:49+ 09:17+ 09:30+ 10:12+ 11:31+ 12:35+ 13:14+ 14:11+ 15:02+ 16:02+ 18:58+ 19:13+ 20:13+ 22:06+ 22:25+  
 00:22- 00:30+ 00:53+ 01:52+ 01:22+ 00:48+ 01:42+ 00:26- 00:27+ 00:27+ 00:28+ 00:13= 00:42+ 01:19+ 01:04+ 00:39- 00:57+ 00:51+ 01:00+ 02:56+ 00:15- 01:00+ 01:53+ 00:19=  
 00:05- 00:06# 00:23& 00:21# 00:19& 00:01+ 01:05@ 00:02- 00:11& 00:08& 00:10& 00:00= 00:08# 00:14# 00:03+ 00:02- 00:09# 00:09# 00:14& 01:09& 00:01- 00:04+ 00:28& 00:00=

**10 Anina Iselin Hadland****29****23:39**

00:20- 00:46- 01:27+ 03:23+ 04:49+ 05:46+ 06:30+ 06:57+ 07:10+ 07:33+ 08:04+ 08:23+ 09:28+ 12:07+ 13:36+ 14:12+ 15:12+ 16:11+ 17:18+ 19:46+ 20:02+ 21:22+ 23:14+ 23:39+  
 00:20- 00:26+ 00:41+ 01:56+ 01:26+ 00:57+ 00:44+ 00:27- 00:13- 00:23+ 00:31+ 00:19+ 01:05+ 02:39+ 01:29+ 00:36- 01:00+ 00:59+ 01:07+ 02:28+ 00:16= 01:20+ 01:52+ 00:25+  
 00:07- 00:02+ 00:11& 00:25& 00:23& 00:10# 00:07# 00:01- 00:03- 00:04# 00:13& 00:06& 00:31& 01:34@ 00:28& 00:05- 00:12# 00:17& 00:21& 00:41& 00:00= 00:24& 00:27& 00:06&

**11 Lene Bjelland****116****23:55**

00:21- 00:48- 01:19- 03:37+ 04:56+ 05:50+ 06:32+ 07:00+ 07:18+ 07:40+ 08:11+ 08:29+ 09:21+ 10:45+ 11:28+ 12:25+ 14:47+ 15:53+ 17:09+ 19:48+ 20:08+ 21:28+ 23:34+ 23:55+  
 00:21- 00:27+ 00:31+ 02:18+ 01:19+ 00:54+ 00:42+ 00:28= 00:18+ 00:22+ 00:31+ 00:18+ 00:52+ 01:24+ 00:43- 00:57+ 02:22+ 01:06+ 01:16+ 02:39+ 00:20+ 01:20+ 02:06+ 00:21+  
 00:06- 00:03# 00:01+ 00:47& 00:16& 00:07# 00:05# 00:00= 00:02# 00:03# 00:13& 00:05& 00:18& 00:19& 00:18- 00:16& 01:34@ 00:24& 00:30& 00:52& 00:04# 00:24& 00:41& 00:02#

**12 Heidi Nordaunet****126****24:15**

01:51+ 02:18+ 02:55+ 05:02+ 06:27+ 07:24+ 08:11+ 08:43+ 09:00+ 09:27+ 09:59+ 10:17+ 11:12+ 12:50+ 13:38+ 14:19+ 15:21+ 16:27+ 17:34+ 20:16+ 20:33+ 21:57+ 23:52+ 24:15+  
 01:51+ 00:27+ 00:37+ 02:07+ 01:25+ 00:57+ 00:47+ 00:32+ 00:17+ 00:27+ 00:32+ 00:18+ 00:55+ 01:38+ 00:48- 00:41= 01:02+ 01:06+ 01:07+ 02:42+ 00:17+ 01:24+ 01:55+ 00:23+  
 01:24@ 00:03# 00:07# 00:36& 00:22& 00:10# 00:10& 00:04# 00:01+ 00:08& 00:14& 00:05& 00:21& 00:33& 00:13- 00:00= 00:14& 00:24& 00:21& 00:55& 00:01+ 00:28& 00:30& 00:04#

**13 Heidi Langeland****117****24:29**

00:28+ 00:59+ 02:16+ 04:31+ 05:58+ 06:49+ 07:36+ 08:08+ 08:24+ 08:48+ 09:10+ 09:28+ 10:20+ 12:00+ 12:40+ 13:29+ 14:30+ 15:28+ 16:39+ 19:39+ 19:57+ 21:30+ 23:57+ 24:29+  
 00:28+ 00:31+ 01:17+ 02:15+ 01:27+ 00:51+ 00:47+ 00:32+ 00:16= 00:24+ 00:22+ 00:18+ 00:52+ 01:40+ 00:40- 00:49+ 01:01+ 00:58+ 01:11+ 03:00+ 00:18+ 01:33+ 02:27+ 00:32+  
 00:01+ 00:07& 00:47@ 00:44& 00:24& 00:04+ 00:10& 00:04# 00:00= 00:05& 00:04# 00:05& 00:18& 00:35& 00:21- 00:08# 00:13& 00:16& 00:25& 01:13& 00:02# 00:37& 01:02& 00:13&

**14 Lise Nessa Di Lorenzo****93****26:20**

00:35+ 01:22+ 02:03+ 04:10+ 05:49+ 06:52+ 07:48+ 08:31+ 08:47+ 09:15+ 09:37+ 09:56+ 10:39+ 12:16+ 13:44+ 14:24+ 15:53+ 17:03+ 18:11+ 21:59+ 22:24+ 23:49+ 25:51+ 26:20+  
 00:35+ 00:47+ 00:41+ 02:07+ 01:39+ 01:03+ 00:56+ 00:43+ 00:16= 00:28+ 00:22+ 00:19+ 00:43+ 01:37+ 01:28+ 00:40- 01:29+ 01:10+ 01:08+ 03:48+ 00:25+ 01:25+ 02:02+ 00:29+  
 00:08& 00:23& 00:11& 00:36& 00:36& 00:16& 00:19& 00:15& 00:00= 00:09& 00:04# 00:06& 00:09& 00:32& 00:27& 00:01- 00:41& 00:28& 00:22& 02:01@ 00:09& 00:29& 00:37& 00:10&

Class	Navn	Klasse										Tid											
<b>15</b>	<b>Marie Brolev</b>	<b>126</b>										<b>30:07</b>											
00:39+	01:15+	01:51+	04:04+	12:57+	14:08+	15:18+	15:52+	16:11+	16:37+	16:55+	17:11+	17:56+	19:28+	20:52+	21:25+	22:17+	23:13+	24:10+	26:22+	26:40+	27:50+	29:42+	30:07+
00:39+	00:36+	00:36+	02:13+	08:53+	01:11+	01:10+	00:34+	00:19+	00:26+	00:18=	00:16+	00:45+	01:32+	01:24+	00:33-	00:52+	00:56+	00:57+	02:12+	00:18+	01:10+	01:52+	00:25+
00:12&	00:12&	00:06#	00:42&	07:50@	00:24&	00:33&	00:06#	00:03#	00:07&	00:00=	00:03#	00:11&	00:27&	00:23&	00:08-	00:04+	00:14&	00:11#	00:25#	00:02#	00:14#	00:27&	00:06&

**Beste strekktid for klassen**

00:20 00:24 00:26 01:31 01:03 00:47 00:37 00:26 00:13 00:19 00:17 00:13 00:34 01:05 00:34 00:33 00:48 00:42 00:46 01:47 00:15 00:56 01:25 00:18

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

**Damer 40 - 49 år**

<b>1</b>	<b>Kari Sjursen</b>	<b>117</b>										<b>18:56</b>												
01:10=	01:53=	03:40=	04:57=	05:26=	06:38=	07:01=	07:31=	07:52=	08:23=	09:40=	10:48=	11:33=	12:14=	12:38=	13:09=	14:52=	16:31=	18:04=	18:30=	18:56=				
01:10=	00:43=	01:47=	01:17=	00:29=	01:12=	00:23=	00:30=	00:21=	00:31=	01:17=	01:08=	00:45=	00:41=	00:24=	00:31=	01:43=	01:39=	01:33=	00:26=	00:26=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Ida K. Kolstø</b>	<b>29</b>										<b>19:10</b>												
00:56-	01:48-	03:33-	05:22+	05:47+	07:02+	07:24+	07:55+	08:16+	08:46+	10:02+	10:57+	11:45+	12:35+	13:00+	13:30+	15:01+	16:49+	18:05+	18:42+	19:10+				
00:56-	00:52+	01:45-	01:49+	00:25-	01:15+	00:22-	00:31+	00:21=	00:30-	01:16-	00:55-	00:48+	00:50+	00:25+	00:30-	01:31-	01:48+	01:16-	00:37+	00:28+				
00:14-	00:09#	00:02-	00:32&	00:04-	00:03+	00:01-	00:01+	00:00=	00:01-	00:01-	00:13-	00:03+	00:09#	00:01+	00:01-	00:12-	00:09+	00:17-	00:11&	00:02+				

<b>3</b>	<b>Toyah Bråtveit</b>	<b>43</b>										<b>19:38</b>												
01:05-	02:02+	03:37-	04:52-	05:19-	06:40+	07:02+	07:34+	07:58+	08:27+	09:46+	10:42-	12:18+	13:07+	13:31+	13:55+	15:42+	17:15+	18:46+	19:15+	19:38+				
01:05-	00:57+	01:35-	01:15-	00:27-	01:21+	00:22-	00:32+	00:24+	00:29-	01:19+	00:56-	01:36+	00:49+	00:24=	00:24-	01:47+	01:33-	01:31-	00:29+	00:23-				
00:05-	00:14&	00:12-	00:02-	00:02-	00:09#	00:01-	00:02+	00:03#	00:02-	00:02+	00:12-	00:51@	00:08#	00:00=	00:07-	00:04+	00:06-	00:02-	00:03#	00:03-				

<b>4</b>	<b>Marit Bø Reitan</b>	<b>116</b>										<b>20:11</b>												
01:07-	01:55+	03:49+	05:12+	05:39+	06:53+	07:18+	07:48+	08:17+	09:06+	10:28+	11:29+	12:18+	13:03+	13:28+	14:02+	15:49+	17:25+	19:01+	19:39+	20:11+				
01:07-	00:48+	01:54+	01:23+	00:27-	01:14+	00:25+	00:30=	00:29+	00:49+	01:22+	01:01-	00:49+	00:45+	00:25+	00:34+	01:47+	01:36-	01:36+	00:38+	00:32+				
00:03-	00:05#	00:07+	00:06+	00:02-	00:02+	00:02+	00:00=	00:08&	00:18&	00:05+	00:07-	00:04+	00:04+	00:01+	00:03+	00:04+	00:03-	00:03+	00:12&	00:06#				

<b>5</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>20:19</b>												
01:11+	01:57+	03:48+	05:08+	05:39+	06:58+	07:20+	07:47+	08:17+	09:01+	10:35+	11:39+	12:26+	12:59+	13:57+	14:18+	14:48-	16:21-	17:50-	19:05+	19:44+	20:19+			
01:11+	00:46+	01:51+	01:20+	00:31+	01:19+	00:22+	00:27-	00:30+	00:44+	01:34+	01:04-	00:47+	00:33-	00:58+	00:21-	00:30-	01:33-	01:29-	01:15+	00:39+	00:35+			
00:01+	00:03+	00:04+	00:03+	00:02+	00:07+	00:01-	00:03-	00:09&	00:13&	00:17#	00:04-	00:02+	00:08-	00:34@	00:10-	01:13-	00:06-	00:04-	00:49@	00:13&	00:35+			

<b>6</b>	<b>Elin Stueland</b>	<b>5</b>										<b>22:28</b>												
01:02-	01:53=	04:08+	05:48+	06:19+	08:09+	08:34+	09:02+	09:26+	10:02+	11:21+	12:19+	13:19+	13:51+	14:27+	15:10+	15:42+	17:23+	19:43+	21:11+	21:56+	22:28+			
01:02-	00:51+	02:15+	01:40+	00:31+	01:50+	00:25+	00:28-	00:24+	00:36+	01:19+	00:58-	01:00+	00:32-	00:36+	00:43+	00:32-	01:41+	02:20+	01:28+	00:45+	00:32+			
00:08-	00:08#	00:28&	00:23&	00:02+	00:38&	00:02+	00:02-	00:03#	00:05#	00:02+	00:10-	00:15&	00:09-	00:12&	00:12&	01:11-	00:02+	00:47&	01:02@	00:19&	00:32+			

<b>7</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>										<b>22:41</b>												
01:37+	02:21+	04:28+	05:59+	06:30+	07:57+	08:27+	09:06+	09:36+	10:16+	11:39+	12:43+	13:37+	14:07+	15:02+	15:25+	16:06+	18:03+	20:02+	21:34+	22:09+	22:41+			
01:37+	00:44+	02:07+	01:31+	00:31+	01:27+	00:30+	00:39+	00:30+	00:40+	01:23+	01:04-	00:54+	00:30-	00:55+	00:23-	00:41-	01:57+	01:59+	01:32+	00:35+	00:32+			
00:27&	00:01+	00:20#	00:14#	00:02+	00:15#	00:07&	00:09&	00:09&	00:09&	00:06+	00:04-	00:09#	00:11-	00:31@	00:08-	01:02-	00:18#	00:26&	01:06@	00:09&	00:32+			

<b>8</b>	<b>Rikke Rostrup</b>	<b>116</b>										<b>24:33</b>												
02:12+	03:26+	05:50+	07:14+	07:50+	09:05+	09:30+	10:01+	10:30+	11:08+	12:51+	13:56+	14:51+	16:12+	16:34+	17:03+	18:51+	20:48+	23:26+	24:02+	24:33+				
02:12+	01:14+	02:24+	01:24+	00:36+	01:15+	00:25+	00:31+	00:29+	00:38+	01:43+	01:05-	00:55+	01:21+	00:22-	00:29-	01:48+	01:57+	02:38+	00:36+	00:31+				
01:02&	00:31&	00:37&	00:07+	00:03+	00:03+	00:02+	00:01+	00:08&	00:07#	00:26&	00:03-	00:10#	00:40&	00:02-	00:02-	00:05+	00:18#	01:05&	00:10&	00:05#				

<b>9</b>	<b>Sølvi Jacobsen</b>	<b>43</b>										<b>33:20</b>												
02:20+	04:25+	06:32+	09:14+	11:49+	14:14+	14:52+	15:42+	16:15+	19:57+	21:25+	22:39+	23:49+	24:50+	25:30+	26:06+	28:03+	29:56+	32:01+	32:43+	33:20+				
02:20+	02:05+	02:07+	02:42+	02:35+	02:25+	00:38+	00:50+	00:33+	03:42+	01:28+	01:14+	01:10+	01:01+	00:40+	00:36+	01:57+	01:53+	02:05+	00:42+	00:37+				
01:10&	01:22@	00:20#	01:25@	02:06@	01:13@	00:15&	00:20&	00:12&	03:11@	00:11#	00:06+	00:25&	00:20&	00:16&	00:05#	00:14#	00:14#	00:32&	00:16&	00:11&				

<b>10</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>37:23</b>												
01:39+	02:49+	06:44+	09:32+	10:38+	13:08+	13:52+	14:41+	15:20+	16:18+	19:02+	21:11+	23:08+	25:30+	26:17+	27:19+	30:16+	33:16+	35:36+	36:29+	37:23+				
01:39+	01:10+	03:55+	02:48+	01:06+	02:30+	00:44+	00:49+	00:39+	00:58+	02:44+	02:09+	01:57+	02:22+	00:49+	01:02+	02:57+	03:00+	02:20+	00:53+	00:54+				
00:29&	00:27&	02:08@	01:31@	00:37@	01:18@	00:21&	00:19&	00:18&	00:27&	01:27@	01:01&	01:12@	01:41@	00:23&	00:31&	01:14&	01:21&	00:47&	00:27@	00:28@				

**Beste strekktid for klassen**

00:56 00:43 01:35 01:15 00:25 01:12 00:22 00:27 00:21 00:29 01:16 00:55 00:45 00:30 00:22 00:21 00:30 01:33 01:16 00:26 00:23

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

**Damer 50 - 59 år**

Class	Navn	Klasse										Tid									
<b>1</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>19:55</b>									
01:03=	01:54=	04:01=	05:37=	06:04=	07:12=	07:37=	08:04=	08:28=	09:02=	10:34=	11:29=	12:13=	12:57=	13:27=	13:56=	15:29=	17:01=	18:16=	19:31=	19:55=	
01:03=	00:51=	02:07=	01:36=	00:27=	01:08=	00:25=	00:27=	00:24=	00:34=	01:32=	00:55=	00:44=	00:44=	00:30=	00:29=	01:33=	01:32=	01:15=	01:15=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Tone Cecilie Nystrom</b>	<b>68</b>										<b>21:36</b>									
00:59-	01:50-	03:51-	05:17-	05:49-	07:09-	07:39+	08:18+	08:47+	09:20+	11:11+	12:20+	13:10+	13:53+	14:19+	14:56+	16:48+	18:46+	20:23+	20:59+	21:36+	
00:59-	00:51=	02:01-	01:26-	00:32+	01:20+	00:30+	00:39+	00:29+	00:33-	01:51+	01:09+	00:50+	00:43-	00:26-	00:37+	01:52+	01:58+	01:37+	00:36-	00:37+	
00:04-	00:00=	00:06-	00:10-	00:05#	00:12#	00:05#	00:12&	00:05#	00:01-	00:19#	00:14&	00:06#	00:01-	00:04-	00:08&	00:19#	00:26&	00:22&	00:39-	00:13&	
<b>3</b>	<b>May Bente Valdal</b>	<b>116</b>										<b>21:43</b>									
01:14+	01:55+	03:57-	05:23-	06:00-	07:29+	07:54+	08:29+	08:55+	09:35+	11:08+	12:36+	13:38+	15:00+	15:25+	15:56+	17:36+	19:10+	20:35+	21:10+	21:43+	
01:14+	00:41-	02:02-	01:26-	00:37+	01:29+	00:25=	00:35+	00:26+	00:40+	01:33+	01:28+	01:02+	01:22+	00:25-	00:31+	01:40+	01:34+	01:25+	00:35-	00:33+	
00:11#	00:10-	00:05-	00:10-	00:10&	00:21&	00:00=	00:08&	00:02+	00:06#	00:01+	00:33&	00:18&	00:38&	00:05-	00:02+	00:07+	00:02+	00:10#	00:40-	00:09&	
<b>4</b>	<b>Margrethe Roalsø</b>	<b>93</b>										<b>21:51</b>									
01:04+	02:35+	04:27+	05:59+	06:38+	08:02+	08:27+	08:59+	09:37+	10:18+	11:40+	12:44+	13:39+	14:32+	15:01+	15:34+	17:34+	19:13+	20:37+	21:17+	21:51+	
01:04+	01:31+	01:52-	01:32-	00:39+	01:24+	00:25=	00:32+	00:38+	00:41+	01:22-	01:04+	00:55+	00:53+	00:29-	00:33+	02:00+	01:39+	01:24+	00:40-	00:34+	
00:01+	00:40&	00:15-	00:04-	00:12&	00:16#	00:00=	00:05#	00:14&	00:07#	00:10-	00:09#	00:11#	00:09#	00:01-	00:04#	00:27&	00:07+	00:09#	00:35-	00:10&	
<b>5</b>	<b>Evy Klausen Mjølunes</b>	<b>62</b>										<b>21:55</b>									
01:33+	02:58+	05:26+	06:59+	07:27+	09:12+	09:41+	10:13+	10:39+	11:12+	12:33+	13:28+	14:13+	15:07+	15:44+	16:14+	17:49+	19:31+	20:58+	21:22+	21:55+	
01:33+	01:25+	02:28+	01:33-	00:28+	01:45+	00:29+	00:32+	00:26+	00:33-	01:21-	00:55=	00:45+	00:54+	00:37+	00:30+	01:35+	01:42+	01:27+	00:24-	00:33+	
00:30&	00:34&	00:21#	00:03-	00:01+	00:37&	00:04#	00:05#	00:02+	00:01-	00:11-	00:00=	00:01+	00:10#	00:07#	00:01+	00:02+	00:10#	00:12#	00:51-	00:09&	
<b>6</b>	<b>Gerd Olaug Vikeså</b>	<b>101</b>										<b>21:58</b>									
01:02-	01:58+	03:59-	05:33-	06:37+	08:15+	08:40+	09:13+	09:46+	10:21+	11:47+	13:04+	14:00+	14:59+	15:23+	15:55+	17:33+	19:14+	20:43+	21:23+	21:58+	
01:02-	00:56+	02:01-	01:34-	01:04+	01:38+	00:25=	00:33+	00:33+	00:35+	01:26-	01:17+	00:56+	00:59+	00:24-	00:32+	01:38+	01:41+	01:29+	00:40-	00:35+	
00:01-	00:05+	00:06-	00:02-	00:37#	00:30&	00:00=	00:06#	00:09&	00:01+	00:06-	00:22&	00:12&	00:15&	00:06-	00:03#	00:05+	00:09+	00:14#	00:35-	00:11&	
<b>7</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>22:18</b>									
01:03=	02:12+	04:14+	05:38+	06:15+	07:27+	08:04+	08:30+	08:56+	09:31+	11:17+	12:26+	13:25+	14:24+	14:44+	15:23+	17:15+	19:05+	20:44+	21:51+	22:18+	
01:03=	01:09+	02:02-	01:24-	00:37+	01:12+	00:37+	00:26-	00:26+	00:35+	01:46+	01:09+	00:59+	00:59+	00:20-	00:39+	01:52+	01:50+	01:39+	01:07-	00:27+	
00:00=	00:18&	00:05-	00:12-	00:10&	00:04+	00:12&	00:01-	00:02+	00:01+	00:14#	00:14&	00:15&	00:15&	00:10-	00:10&	00:19#	00:18#	00:24&	00:08-	00:03#	
<b>8</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>22:22</b>									
01:34+	02:30+	04:36+	06:13+	06:40+	08:00+	08:27+	09:09+	09:32+	10:05+	11:27+	13:17+	14:09+	14:51+	15:20+	15:58+	17:44+	19:30+	21:04+	21:44+	22:22+	
01:34+	00:56+	02:06-	01:37+	00:27=	01:20+	00:27+	00:42+	00:23-	00:33-	01:22-	01:50+	00:52+	00:42-	00:29-	00:38+	01:46+	01:46+	01:34+	00:40-	00:38+	
00:31&	00:05+	00:01-	00:01+	00:00=	00:12#	00:02+	00:15&	00:01-	00:01-	00:10-	00:55&	00:08#	00:02-	00:01-	00:09&	00:13#	00:14#	00:19&	00:35-	00:14&	
<b>9</b>	<b>Liv Omdal</b>	<b>116</b>										<b>22:45</b>									
01:13+	01:58+	04:17+	05:54+	06:20+	08:49+	09:12+	09:46+	10:09+	10:47+	12:16+	13:16+	14:09+	15:26+	15:51+	16:23+	18:05+	19:50+	21:18+	22:16+	22:45+	
01:13+	00:45-	02:19+	01:37+	00:26-	02:29+	00:23-	00:34+	00:23-	00:38+	01:29-	01:00+	00:53+	01:17+	00:25-	00:32+	01:42+	01:45+	01:28+	00:58-	00:29+	
00:10#	00:06-	00:12+	00:01+	00:01-	01:21#	00:02-	00:07&	00:01-	00:04#	00:03-	00:05+	00:09#	00:33&	00:05-	00:03#	00:09+	00:13#	00:13#	00:17-	00:05#	
<b>10</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>										<b>22:55</b>									
01:32+	02:14+	04:17+	05:40+	06:13+	07:54+	08:22+	08:56+	09:24+	09:56+	11:24+	12:39+	13:29+	14:13+	14:38+	15:10+	18:31+	20:28+	21:51+	22:21+	22:55+	
01:32+	00:42-	02:03-	01:23-	00:33+	01:41+	00:28+	00:34+	00:28+	00:32-	01:28-	01:15+	00:50+	00:44+	00:25-	00:32+	03:21+	01:57+	01:23+	00:30-	00:34+	
00:29&	00:09-	00:04-	00:13-	00:06#	00:33&	00:03#	00:07&	00:04#	00:02-	00:04-	00:20&	00:06#	00:00=	00:05-	00:03#	01:48#	00:25&	00:08#	00:45-	00:10&	
<b>11</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>										<b>23:35</b>									
01:22+	02:47+	05:11+	07:01+	07:36+	09:26+	09:50+	10:41+	11:05+	11:41+	13:10+	14:19+	15:38+	16:33+	16:59+	17:30+	19:29+	21:07+	22:30+	23:03+	23:35+	
01:22+	01:25+	02:24+	01:50+	00:35+	01:50+	00:24-	00:51+	00:24+	00:36+	01:29-	01:09+	01:19+	00:55+	00:26-	00:31+	01:59+	01:38+	01:23+	00:33-	00:32+	
00:19&	00:34&	00:17#	00:18&	00:08&	00:42&	00:01-	00:24&	00:00=	00:02+	00:03-	00:14&	00:35&	00:11#	00:04-	00:02+	00:26&	00:06+	00:08#	00:42-	00:08&	
<b>12</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>24:30</b>									
01:25+	02:21+	04:48+	07:01+	07:33+	09:25+	09:55+	10:31+	10:59+	11:40+	13:03+	14:26+	15:17+	16:04+	16:36+	17:11+	19:47+	21:40+	23:23+	23:57+	24:30+	
01:25+	00:56+	02:27+	02:13+	00:32+	01:52+	00:30+	00:36+	00:28+	00:41+	01:23-	01:23+	00:51+	00:47+	00:32+	00:35+	02:36+	01:53+	01:43+	00:34-	00:33+	
00:22&	00:05+	00:20#	00:37&	00:05#	00:44&	00:05#	00:09&	00:04#	00:07#	00:09-	00:28&	00:07#	00:03+	00:02+	00:06#	01:03&	00:21#	00:28&	00:41-	00:09&	
<b>13</b>	<b>Torill Andersen</b>	<b>116</b>										<b>25:11</b>									
02:12+	02:55+	04:55+	06:51+	07:19+	09:02+	09:25+	09:53+	10:25+	11:00+	12:19+	13:45+	14:34+	15:08+	17:15+	17:39+	18:10+	20:32+	22:19+	24:04+	24:36+	
02:12+	00:43-	02:00-	01:56+	00:28+	01:43+	00:23-	00:28+	00:32+	00:35+	01:19-	01:26+	00:49+	00:34-	02:07+	00:24-	00:31-	02:22+	01:47+	01:45+	00:32+	
01:09#	00:08-	00:07-	00:20#	00:01+	00:35&	00:02-	00:01+	00:08&	00:01+	00:13-	00:31&	00:05#	00:10-	01:37#	00:05-	01:02-	00:50&	00:32&	00:30&	00:08&	
<b>14</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>25:28</b>									
01:15+	02:06+	04:47+	06:40+	07:10+	09:00+	09:30+	10:13+	10:42+	11:45+	13:23+	14:45+	15:46+	17:04+	17:34+	18:08+	20:09+	22:11+	24:08+	24:50+	25:28+	
01:15+	00:51=	02:41+	01:53+	00:30+	01:50+	00:30+	00:43+	00:29+	01:03+	01:38+	01:22+	01:01+	01:18+	00:30=	00:34+	02:01+	02:02+	01:57+	00:42-	00:38+	
00:12#	00:00=	00:34&	00:17#	00:03#	00:42&	00:05#	00:16&	00:05#	00:29&	00:06+	00:27&	00:17&	00:34&	00:00=	00:05#	00:28&	00:30&	00:42&	00:33-	00:14&	
<b>15</b>	<b>Eli Tjøland Stokka</b>	<b>94</b>										<b>26:18</b>									
03:05+	03:57+	06:04+	07:59+	08:45+	10:17+	10:44+	11:21+	11:52+	12:35+	14:51+	16:04+	17:26+	18:32+	19:11+	19:45+	21:36+	23:32+	25:06+	25:40+	26:18+	
03:05+	00:52+	02:07=	01:55+	00:46+	01:32+	00:27+	00:37+	00:31+	00:43+	02:16+	01:13+	01:22+	01:06+	00:39+	00:34+	01:51+	01:56+	01:34+	00:34-	00:38+	
02:02#	00:01+	00:00=	00:19#	00:19&	00:24&	00:02+	00:10&	00:07&	00:09&	00:44&	00:18&	00:38&	00:22&	00:09&	00:05#	00:18#	00:24&	00:19&	00:41-	00:14&	

Class	Navn	Klasse										Tid									
<b>16</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>26:20</b>									
01:24+	02:27+	04:57+	06:48+	07:23+	08:59+	09:27+	10:01+	11:13+	13:00+	14:21+	15:18+	16:03+	17:25+	17:53+	18:31+	20:47+	23:11+	24:55+	25:36+	26:20+	
01:24+	01:03+	02:30+	01:51+	00:35+	01:36+	00:28+	00:34+	00:32+	00:40+	01:47+	01:21+	00:57+	00:45+	01:22+	00:28-	00:38-	02:16+	02:24+	01:44+	00:41+	00:44+
00:21&	00:12#	00:23#	00:15#	00:08&	00:28&	00:03#	00:07&	00:08&	00:06#	00:15#	00:26&	00:13&	00:01+	00:52@	00:01-	00:55-	00:44&	01:09&	00:29&	00:17&	00:44+
<b>17</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>28:58</b>									
01:21+	02:29+	05:11+	07:32+	08:25+	10:44+	11:14+	12:19+	12:57+	13:35+	15:41+	16:59+	18:09+	19:13+	20:06+	20:32+	21:12+	23:14+	25:33+	27:28+	28:13+	28:58+
01:21+	01:08+	02:42+	02:21+	00:53+	02:19+	00:30+	01:05+	00:38+	00:38+	02:06+	01:18+	01:10+	01:04+	00:53+	00:26-	00:40-	02:02+	02:19+	01:55+	00:45+	00:45+
00:18&	00:17&	00:35&	00:45&	00:26&	01:11@	00:05#	00:38@	00:14&	00:04#	00:34&	00:23&	00:26&	00:20&	00:23&	00:03-	00:53-	00:30&	01:04&	00:40&	00:21&	00:45+
<b>18</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>30:05</b>									
02:25+	03:12+	05:09+	07:21+	07:56+	11:26+	12:01+	12:26+	12:48+	13:29+	14:55+	15:57+	21:20+	22:29+	22:55+	23:33+	25:14+	27:11+	28:58+	29:25+	30:05+	
02:25+	00:47-	01:57-	02:12+	00:35+	03:30+	00:35+	00:25-	00:22-	00:41+	01:26-	01:02+	05:23+	01:09+	00:26-	00:38+	01:41+	01:57+	01:47+	00:27-	00:40+	
01:22@	00:04-	00:10-	00:36&	00:08&	02:22@	00:10&	00:02-	00:02-	00:07#	00:06-	00:07#	04:39@	00:25&	00:04-	00:09&	00:08+	00:25&	00:32&	00:48-	00:16&	
<b>19</b>	<b>Linda Mari Vestvik</b>	<b>62</b>										<b>31:08</b>									
01:08+	04:28+	08:31+	10:37+	11:13+	13:17+	13:45+	14:09+	14:33+	15:07+	16:40+	17:52+	18:46+	19:28+	19:56+	20:29+	26:40+	28:33+	30:09+	30:39+	31:08+	
01:08+	03:20+	04:03+	02:06+	00:36+	02:04+	00:28+	00:24-	00:24+	00:34+	01:33+	01:12+	00:54+	00:42-	00:28-	00:33+	06:11+	01:53+	01:36+	00:30-	00:29+	
00:05+	02:29@	01:56&	00:30&	00:09&	00:56&	00:03#	00:03-	00:00+	00:00+	00:01+	00:17&	00:10#	00:02-	00:02-	00:04#	04:38@	00:21#	00:21&	00:45-	00:05#	
<b>20</b>	<b>Synnøve Westermoen</b>	<b>116</b>										<b>41:40</b>									
01:12+	03:15+	08:53+	20:52+	21:25+	25:12+	25:39+	26:17+	26:48+	27:25+	28:59+	30:09+	31:21+	33:05+	33:30+	34:07+	36:05+	37:56+	40:20+	40:57+	41:40+	
01:12+	02:03+	05:38+	11:59+	00:33+	03:47+	00:27+	00:38+	00:31+	00:37+	01:34+	01:10+	01:12+	01:44+	00:25-	00:37+	01:58+	01:51+	02:24+	00:37-	00:43+	
00:09#	01:12@	03:31@	10:23@	00:06#	02:39@	00:02+	00:11&	00:07&	00:03+	00:02+	00:15&	00:28&	01:00@	00:05-	00:08&	00:25&	00:19#	01:09&	00:38-	00:19&	
<b>Beste strekktid for klassen</b>																					
00:59	00:41	01:52	01:23	00:26	01:08	00:23	00:24	00:22	00:32	01:19	00:55	00:44	00:34	00:20	00:24	00:31	01:32	01:15	00:24	00:24	

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

## Damer 60 - 64 år

<b>1</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>18:51</b>									
00:30=	01:20=	01:45=	02:12=	03:09=	04:18=	05:09=	05:37=	06:23=	07:21=	08:22=	09:36=	10:29=	11:05=	11:54=	13:05=	14:05=	15:28=	17:06=	18:19=	18:51=	
00:30=	00:50=	00:25=	00:27=	00:57=	01:09=	00:51=	00:28=	00:46=	00:58=	01:01=	01:14=	00:53=	00:36=	00:49=	01:11=	01:00=	01:23=	01:38=	01:13=	00:32=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Berit Bakken</b>	<b>93</b>										<b>20:59</b>									
00:28-	01:34+	02:03+	02:40+	03:40+	05:06+	06:05+	06:32+	07:19+	08:31+	09:42+	10:38+	11:21+	12:08+	13:36+	14:26+	16:02+	17:31+	19:16+	20:26+	20:59+	
00:28-	01:06+	00:29+	00:37+	01:00+	01:26+	00:59+	00:27-	00:47+	01:12+	01:11+	00:56-	00:43-	00:47+	01:28+	00:50-	01:36+	01:29+	01:45+	01:10-	00:33+	
00:02-	00:16&	00:04#	00:10&	00:03+	00:17#	00:08#	00:01-	00:01+	00:14#	00:10#	00:18-	00:10-	00:11&	00:39&	00:21-	00:36&	00:06+	00:07+	00:03-	00:01+	
<b>3</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>21:59</b>									
00:43+	01:39+	02:03+	02:40+	06:00+	07:25+	08:13+	08:39+	09:29+	10:42+	11:53+	13:19+	13:55+	14:29+	15:18+	16:14+	17:19+	18:51+	20:26+	21:30+	21:59+	
00:43+	00:56+	00:24-	00:37+	03:20+	01:25+	00:48-	00:26-	00:50+	01:13+	01:11+	01:26+	00:36-	00:34-	00:49=	00:56-	01:05+	01:32+	01:35-	01:04-	00:29-	
00:13&	00:06#	00:01-	00:10&	02:23@	00:16#	00:03-	00:02-	00:04+	00:15&	00:10#	00:12#	00:17-	00:02-	00:00=	00:15-	00:05+	00:09#	00:03-	00:09-	00:03-	
<b>4</b>	<b>May Elinor Meling</b>	<b>125</b>										<b>22:09</b>									
00:24-	01:26+	01:51+	03:55+	04:41+	05:53+	06:35+	07:00+	09:42+	10:42+	11:51+	12:46+	14:03+	14:45+	15:29+	16:43+	17:45+	19:12+	20:46+	21:42+	22:09+	
00:24-	01:02+	00:25=	02:04+	00:46-	01:12+	00:42-	00:25-	02:42+	01:00+	01:09+	00:55-	01:17+	00:42+	00:44-	01:14+	01:02+	01:27+	01:34-	00:56-	00:27-	
00:06-	00:12#	00:00=	01:37@	00:11-	00:03+	00:09-	00:03-	01:56@	00:02+	00:08#	00:19-	00:24&	00:06#	00:05-	00:03+	00:02+	00:04+	00:04-	00:17-	00:05-	
<b>5</b>	<b>Hanne Hermanrud</b>	<b>115</b>										<b>24:19</b>									
00:33+	02:06+	02:40+	03:19+	04:29+	05:52+	06:58+	07:31+	08:35+	09:44+	11:03+	13:24+	14:12+	14:50+	15:40+	16:45+	18:15+	20:21+	22:20+	23:42+	24:19+	
00:33+	01:33+	00:34+	00:39+	01:10+	01:23+	01:06+	00:33+	01:04+	01:09+	01:19+	02:21+	00:48-	00:38+	00:50+	01:05-	01:30+	02:06+	01:59+	01:22+	00:37+	
00:03#	00:43&	00:09&	00:12&	00:13#	00:14#	00:15&	00:05#	00:18&	00:11#	00:18&	01:07&	00:05-	00:02+	00:01+	00:06-	00:30&	00:43&	00:21#	00:09#	00:05#	
<b>6</b>	<b>Ingrid Øxnevad</b>	<b>18</b>										<b>26:49</b>									
01:44+	02:45+	04:32+	05:03+	06:20+	08:59+	09:52+	10:17+	12:56+	14:12+	15:23+	16:28+	17:27+	18:24+	19:09+	20:11+	21:31+	22:59+	25:15+	26:28+	26:49+	
01:44+	01:01+	01:47+	00:31+	01:17+	02:39+	00:53+	00:25-	02:39+	01:16+	01:11+	01:05+	00:59+	00:57+	00:45-	01:02-	01:20+	01:28+	02:16+	01:13=	00:21-	
01:14@	00:11#	01:22@	00:04#	00:20&	01:30@	00:02+	00:03-	01:53@	00:18&	00:10#	00:09-	00:06#	00:21&	00:04-	00:09-	00:20&	00:05+	00:38&	00:00=	00:11-	
<b>7</b>	<b>Olau Mydland</b>	<b>29</b>										<b>27:11</b>									
01:07+	02:22+	02:43+	03:29+	06:35+	08:19+	10:02+	10:29+	11:37+	12:58+	14:21+	17:09+	17:40+	18:32+	19:21+	20:38+	21:56+	23:40+	25:26+	26:34+	27:11+	
01:07+	01:15+	00:21-	00:46+	03:06+	01:44+	01:43+	00:27-	01:08+	01:21+	01:23+	02:48+	00:31-	00:52+	00:49=	01:17+	01:18+	01:44+	01:46+	01:08-	00:37+	
00:37@	00:25&	00:04-	00:19&	02:09@	00:35&	00:52@	00:01-	00:22&	00:23&	00:22&	01:34@	00:22-	00:16&	00:00=	00:06+	00:18&	00:21&	00:08+	00:05-	00:05#	
<b>Beste strekktid for klassen</b>																					
00:24	00:50	00:21	00:27	00:46	01:09	00:42	00:25	00:46	00:58	01:01	00:55	00:31	00:34	00:44	00:50	01:00	01:23	01:34	00:56	00:21	

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

### Damer 65 - 69 år

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

#### Beste strekktid for klassen

00:26 00:48 00:23 00:33 01:04 01:27 00:49 00:26 00:48 01:00 01:00 00:50 00:37 00:39 00:40 00:56 00:46 01:31 01:41 00:53 00:27

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

### Damer 70 - 74 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>																		<b>23:49</b>		
		00:36=	01:26=	01:54=	02:30=	03:40=	05:04=	06:05=	06:41=	07:37=	09:11=	11:22=	12:54=	13:36=	14:30=	15:26=	16:32=	17:48=	19:38=	21:46=	23:07=	23:49=
		00:36=	00:50=	00:28=	00:36=	01:10=	01:24=	01:01=	00:36=	00:56=	01:34=	02:11=	01:32=	00:42=	00:54=	00:56=	01:06=	01:16=	01:50=	02:08=	01:21=	00:42=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Kirsten Carlsen</b>	<b>93</b>																		<b>26:34</b>		
		00:27-	01:27+	02:08+	02:39+	03:45+	05:16+	06:21+	06:54+	07:55+	09:07-	10:57-	12:09-	13:08-	14:01-	15:11-	16:19-	17:55+	19:49+	24:40+	25:59+	26:34+
		00:27-	01:00+	00:41+	00:31-	01:06-	01:31+	01:05+	00:33-	01:01+	01:12-	01:50-	01:12-	00:59+	00:53-	01:10+	01:08+	01:36+	01:54+	04:51+	01:19-	00:35-
		00:09-	00:10#	00:13&	00:05-	00:04-	00:07+	00:04+	00:03-	00:05+	00:22-	00:21-	00:20-	00:17&	00:01-	00:14#	00:02+	00:20&	00:04+	02:43@	00:02-	00:07-
<b>3</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>																		<b>28:38</b>		
		00:50+	01:53+	02:43+	03:22+	05:19+	07:13+	08:16+	08:51+	09:52+	11:10+	12:54+	14:12+	15:09+	15:58+	17:07+	18:16+	19:57+	21:51+	26:41+	28:00+	28:38+
		00:50+	01:03+	00:50+	00:39+	01:57+	01:54+	01:03+	00:35-	01:01+	01:18-	01:44-	01:18-	00:57+	00:49-	01:09+	01:09+	01:41+	01:54+	04:50+	01:19-	00:38-
		00:14&	00:13&	00:22&	00:03+	00:47&	00:30&	00:02+	00:01-	00:05+	00:16-	00:27-	00:14-	00:15&	00:05-	00:13#	00:03+	00:25&	00:04+	02:42@	00:02-	00:04-

#### Beste strekktid for klassen

00:27 00:50 00:28 00:31 01:06 01:24 01:01 00:33 00:56 01:12 01:44 01:12 00:42 00:49 00:56 01:06 01:16 01:50 02:08 01:19 00:35

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

### Damer 75 - 79 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>																		<b>20:49</b>		
		00:26=	01:45=	02:15=	04:14=	05:17=	06:31=	07:23=	07:49=	08:37=	09:47=	11:17=	12:15=	12:52=	13:33=	14:17=	15:13=	16:15=	17:48=	19:20=	20:23=	20:49=
		00:26=	01:19=	00:30=	01:59=	01:03=	01:14=	00:52=	00:26=	00:48=	01:10=	01:30=	00:58=	00:37=	00:41=	00:44=	00:56=	01:02=	01:33=	01:32=	01:03=	00:26=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid																	
<b>2</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>	<b>23:42</b>																	
00:34+	01:50+	02:32+	04:56+	06:33+	08:32+	09:24+	09:50+	10:37+	11:56+	13:10+	14:08+	14:58+	15:40+	16:22+	17:30+	18:43+	20:20+	21:55+	23:12+	23:42+
00:34+	01:16-	00:42+	02:24+	01:37+	01:59+	00:52=	00:26=	00:47-	01:19+	01:14-	00:58=	00:50+	00:42+	00:42-	01:08+	01:13+	01:37+	01:35+	01:17+	00:30+
00:08&	00:03-	00:12&	00:25#	00:34&	00:45&	00:00=	00:00=	00:01-	00:09#	00:16-	00:00=	00:13&	00:01+	00:02-	00:12#	00:11#	00:04+	00:03+	00:14#	00:04#

<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>23:47</b>																	
00:34+	01:21-	02:17+	02:47-	03:50-	06:42+	07:37+	08:15+	09:09+	10:37+	12:04+	13:26+	14:03+	14:48+	15:49+	16:52+	18:09+	19:55+	21:49+	23:19+	23:47+
00:34+	00:47-	00:56+	00:30-	01:03=	02:52+	00:55+	00:38+	00:54+	01:28+	01:27-	01:22+	00:37=	00:45+	01:01+	01:03+	01:17+	01:46+	01:54+	01:30+	00:28+
00:08&	00:32-	00:26&	01:29-	00:00=	01:38#	00:03+	00:12&	00:06#	00:18&	00:03-	00:24&	00:00=	00:04+	00:17&	00:07#	00:15#	00:13#	00:22#	00:27&	00:02+

<b>4</b>	<b>Helga Klausen</b>	<b>62</b>	<b>24:48</b>																	
00:27+	01:55+	02:40+	03:20-	04:39-	06:42+	08:16+	08:51+	10:01+	11:18+	12:41+	13:45+	14:40+	15:21+	16:19+	17:29+	19:02+	20:53+	22:49+	24:09+	24:48+
00:27+	01:28+	00:45+	00:40-	01:19+	02:03+	01:34+	00:35+	01:10+	01:17+	01:23-	01:04+	00:55+	00:41=	00:58+	01:10+	01:33+	01:51+	01:56+	01:20+	00:39+
00:01+	00:09#	00:15&	01:19-	00:16&	00:49&	00:42&	00:09&	00:22&	00:07#	00:07-	00:06#	00:18&	00:00=	00:14&	00:14#	00:31&	00:18#	00:24&	00:17&	00:13&

<b>5</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>30:22</b>																	
00:50+	02:14+	03:04+	04:04-	05:45+	07:42+	10:03+	10:29+	12:00+	13:41+	15:31+	17:23+	18:37+	19:52+	21:05+	22:25+	24:06+	26:07+	28:30+	29:52+	30:22+
00:50+	01:24+	00:50+	01:00-	01:41+	01:57+	02:21+	00:26=	01:31+	01:41+	01:50+	01:52+	01:14+	01:15+	01:13+	01:20+	01:41+	02:01+	02:23+	01:22+	00:30+
00:24&	00:05+	00:20&	00:59-	00:38&	00:43&	01:29#	00:00=	00:43&	00:31&	00:20#	00:54&	00:37&	00:34&	00:29&	00:24&	00:39&	00:28&	00:51&	00:19&	00:04#

<b>Beste strekktid for klassen</b>																					
00:26	00:47	00:30	00:30	01:03	01:14	00:52	00:26	00:47	01:10	01:14	00:58	00:37	00:41	00:42	00:56	01:02	01:33	01:32	01:03	00:26	

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

## Damer 80 år og eldre

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>31:38</b>																	
04:22=	05:41=	07:20=	08:40=	10:21=	11:31=	13:16=	13:40=	14:16=	15:14=	17:08=	18:54=	20:59=	22:23=	23:39=	25:25=	26:51=	29:05=	30:33=	31:38=	
04:22=	01:19=	01:39=	01:20=	01:41=	01:10=	01:45=	00:24=	00:36=	00:58=	01:54=	01:46=	02:05=	01:24=	01:16=	01:46=	01:26=	02:14=	01:28=	01:05=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Gørild Espedal</b>	<b>113</b>	<b>49:41</b>																	
11:54+	13:12+	15:39+	17:40+	19:52+	21:06+	23:11+	23:42+	24:57+	26:19+	29:39+	31:57+	34:47+	37:20+	38:43+	40:59+	43:25+	46:09+	48:33+	49:41+	
11:54+	01:18-	02:27+	02:01+	02:12+	01:14+	02:05+	00:31+	01:15+	01:22+	03:20+	02:18+	02:50+	02:33+	01:23+	02:16+	02:26+	02:44+	02:24+	01:08+	
07:32#	00:01-	00:48&	00:41&	00:31&	00:04+	00:20#	00:07&	00:39#	00:24&	01:26&	00:32&	00:45&	01:09&	00:07+	00:30&	01:00&	00:30#	00:56&	00:03+	

<b>Beste strekktid for klassen</b>																					
04:22	01:18	01:39	01:20	01:41	01:10	01:45	00:24	00:36	00:58	01:54	01:46	02:05	01:24	01:16	01:46	01:26	02:14	01:28	01:05		

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>21:03</b>																						
00:34=	02:18=	02:51=	03:46=	06:40=	07:33=	08:13=	09:05=	09:55=	10:13=	10:23=	10:41=	11:15=	12:06=	13:20=	13:46=	14:15=	14:55=	15:26=	16:20=	17:20=	18:16=	18:31=	19:26=	20:42=	21:03=
00:34=	01:44=	00:33=	00:55=	02:54=	00:53=	00:40=	00:52=	00:50=	00:18=	00:10=	00:18=	00:34=	00:51=	01:14=	00:26=	00:29=	00:40=	00:31=	00:54=	01:00=	00:56=	00:15=	00:55=	01:16=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>22:58</b>																						
00:38+	02:34+	03:06+	04:08+	07:22+	08:27+	09:09+	10:03+	10:34+	10:55+	11:07+	11:27+	12:05+	13:09+	14:40+	15:07+	15:33+	16:10+	16:41+	17:39+	18:47+	19:56+	20:12+	21:12+	22:35+	22:58+
00:38+	01:56+	00:32-	01:02+	03:14+	01:05+	00:42+	00:54+	00:31-	00:21+	00:12+	00:20+	00:38+	01:04+	01:31+	00:27+	00:26-	00:37-	00:31=	00:58+	01:08+	01:09+	00:16+	01:00+	01:23+	00:23+
00:04#	00:12#	00:01-	00:07#	00:20#	00:12#	00:02+	00:02+	00:19-	00:03#	00:02#	00:02#	00:04#	00:13&	00:17#	00:01+	00:03-	00:03-	00:00=	00:04+	00:08#	00:13#	00:01+	00:05+	00:07+	00:02+

<b>3</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>24:59</b>																						
00:37+	03:15+	03:43+	04:49+	08:12+	09:17+	10:17+	11:09+	11:44+	12:03+	12:18+	12:39+	13:16+	14:22+	15:53+	16:19+	16:43+	17:23+	17:57+	18:59+	20:12+	21:21+	21:38+	22:47+	24:31+	24:59+
00:37+	02:38+	00:40+	01:06+	03:23+	01:05+	01:00+	00:52=	00:35-	00:19+	00:15+	00:37+	01:06+	01:31+	00:26=	00:24=	00:40=	00:34+	01:02+	01:13+	01:09+	00:17+	01:09+	00:17+	01:44+	00:28+
00:03+	00:54&	00:05-	00:11#	00:29#	00:12#	00:20&	00:00=	00:15-	00:01+	00:05&	00:03#	00:03+	00:15&	00:17#	00:00=	00:05-	00:00=	00:03+	00:08#	00:13#	00:13#	00:02#	00:14&	00:28&	00:07&

<b>4</b>	<b>Andrea Sætre</b>	<b>101</b>	<b>25:15</b>																						
00:46+	02:59+	03:39+	04:49+	08:40+	09:47+	11:09+	12:07+	12:39+	13:01+	13:15+	13:35+	14:13+	15:19+	16:43+	17:09+	17:39+	18:22+	18:53+	19:57+	21:04+	22:08+	22:24+	23:26+	24:54+	25:15+
00:46+	02:13+	00:40+	01:10+	03:51+	01:07+	01:22+	00:58+	00:32-	00:22+	00:14+	00:20+	00:38+	01:06+	01:24+	00:26=	00:30+	00:43+	00:31=	01:04+	01:07+	01:04+	00:16+	01:02+	01:28+	00:21=
00:12&	00:29&	00:07#	00:15&	00:57&	00:14&	00:42#	00:06#	00:18-	00:04#	00:04&	00:02#	00:04#	00:15&	00:10#	00:00=	00:01+	00:03+	00:00=	00:10#	00:07#	00:08#	00:01+	00:07#	00:12#	00:00=

<b>5</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>26:22</b>																						
00:39+	02:27+	03:06+	04:06+	09:22+	10:31+	11:20+	12:17+	12:57+	13:22+	13:35+	13:57+	14:34+	15:32+	17:17+	17:50+	18:17+	19:14+	19:48+	20:49+	21:59+	23:01+	23:17+	24:36+	26:00+	26:22+
00:39+	01:48+	00:39+	01:00+	05:16+	01:09+	00:49+	00:57+	00:40-	00:25+	00:13+	00:22+	00:37+	00:58+	01:45+	00:33+	00:27-	00:57+	00:34+	01:01+	01:10+	01:02+	00:16+	01:19+	01:24+	00:22+
00:05#	00:04+	00:06#	00:05+	02:22&	00:16&	00:09#	00:05+	00:10-	00:07&	00:03&	00:04#	00:03+	00:07#	00:31&	00:07&	00:02-	00:17&	00:03+	00:07#	00:10#	00:06#	00:01+	00:24&	00:08#	00:01+

Class	Navn	Klasse										Tid													
<b>6</b>	<b>Silje Skarpeid</b>	<b>101</b>										<b>26:29</b>													
00:48+	02:59+	03:48+	05:05+	09:04+	10:05+	11:03+	12:33+	13:09+	13:37+	13:52+	14:13+	14:55+	16:06+	17:41+	18:11+	18:45+	19:33+	20:10+	21:10+	22:20+	23:22+	23:40+	24:46+	26:07+	26:29+
00:48+	02:11+	00:49+	01:17+	03:59+	01:01+	00:58+	01:30+	00:36-	00:28+	00:15+	00:21+	00:42+	01:11+	01:35+	00:30+	00:34+	00:48+	00:37+	01:00+	01:10+	01:02+	00:18+	01:06+	01:21+	00:22+
00:14&	00:27&	00:16&	00:22&	01:05&	00:08#	00:18&	00:38&	00:14-	00:10&	00:05&	00:03#	00:08#	00:20&	00:21&	00:04#	00:05#	00:08#	00:06#	00:06#	00:10#	00:06#	00:03#	00:11#	00:05+	00:01+

**Beste strekktid for klassen**

00:34 01:44 00:28 00:55 02:54 00:53 00:40 00:52 00:31 00:18 00:10 00:18 00:34 00:51 01:14 00:26 00:24 00:37 00:31 00:54 01:00 00:56 00:15 00:55 01:16 00:21

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

**Damer B**

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>										<b>21:39</b>														
00:53=	01:38=	03:36=	04:17=	08:27=	09:15=	10:13=	10:45=	11:00=	11:36=	12:03=	13:26=	14:32=	15:01=	15:43=	16:13=	16:46=	17:36=	19:11=	20:26=	21:19=	21:39=					
00:53=	00:45=	01:58=	00:41=	04:10=	00:48=	00:58=	00:32=	00:15=	00:36=	00:27=	01:23=	01:06=	00:29=	00:42=	00:30=	00:33=	00:50=	01:35=	01:15=	00:53=	00:20=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>23:01</b>														
01:05+	01:59+	03:44+	04:28+	08:40+	09:31+	10:41+	11:18+	11:35+	12:23+	12:52+	14:32+	15:23+	15:55+	16:43+	17:30+	18:00+	18:43+	20:23+	21:47+	22:40+	23:01+					
01:05+	00:54+	01:45-	00:44+	04:12+	00:51+	01:10+	00:37+	00:17+	00:48+	00:29+	01:40+	00:51-	00:32+	00:48+	00:47+	00:30-	00:43-	01:40+	01:24+	00:53=	00:21+					
00:12#	00:09#	00:13-	00:03+	00:02+	00:03+	00:13#	00:05#	00:02#	00:12&	00:02+	00:17#	00:15-	00:03#	00:06#	00:17&	00:03-	00:07-	00:05+	00:09#	00:00=	00:01+					

<b>3</b>	<b>Vibeke Lamark</b>	<b>46</b>										<b>23:23</b>														
00:51-	01:45+	03:31-	04:07-	09:12+	10:09+	11:20+	11:55+	12:09+	12:48+	13:22+	14:50+	15:44+	16:16+	17:01+	17:37+	18:06+	18:53+	20:36+	21:57+	23:02+	23:23+					
00:51-	00:54+	01:46-	00:36-	05:05+	00:57+	01:11+	00:35+	00:14-	00:39+	00:34+	01:28+	00:54-	00:32+	00:45+	00:36+	00:29-	00:47-	01:43+	01:21+	01:05+	00:21+					
00:02-	00:09#	00:12-	00:05-	00:55#	00:09#	00:13#	00:03+	00:01-	00:03+	00:07&	00:05+	00:12-	00:03#	00:03+	00:06#	00:04-	00:03-	00:08+	00:06+	00:12#	00:01+					

<b>4</b>	<b>Wenche M. Sæbbø</b>	<b>117</b>										<b>23:37</b>														
01:01+	01:51+	03:26-	04:03-	08:50+	09:40+	10:54+	11:33+	11:48+	12:28+	13:00+	15:05+	16:10+	16:41+	17:25+	18:03+	18:33+	19:20+	21:02+	22:20+	23:15+	23:37+					
01:01+	00:50+	01:35-	00:37-	04:47+	00:50+	01:14+	00:39+	00:15=	00:40+	00:32+	02:05+	01:05-	00:31+	00:44+	00:38+	00:30-	00:47-	01:42+	01:18+	00:55+	00:22+					
00:08#	00:05#	00:23-	00:04-	00:37#	00:02+	00:16&	00:07#	00:00=	00:04#	00:05#	00:42&	00:01-	00:02+	00:02+	00:08&	00:03-	00:03-	00:07+	00:03+	00:02+	00:02#					

<b>5</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>24:55</b>														
01:03+	01:54+	03:56+	04:50+	09:10+	10:08+	11:15+	12:04+	12:23+	13:08+	13:41+	15:15+	16:30+	17:06+	18:01+	18:47+	19:19+	20:15+	21:58+	23:17+	24:31+	24:55+					
01:03+	00:51+	02:02+	00:54+	04:20+	00:58+	01:07+	00:49+	00:19+	00:45+	00:33+	01:34+	01:15+	00:36+	00:55+	00:46+	00:32-	00:56+	01:43+	01:19+	01:14+	00:24+					
00:10#	00:06#	00:04+	00:13&	00:10+	00:10#	00:09#	00:17&	00:04&	00:09#	00:06#	00:11#	00:09#	00:07#	00:13&	00:16&	00:01-	00:06#	00:08+	00:04+	00:21&	00:04#					

<b>6</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>25:18</b>														
01:01+	01:49+	04:04+	05:05+	09:07+	09:59+	11:24+	11:57+	12:23+	13:37+	14:09+	15:49+	16:44+	17:13+	18:01+	18:37+	19:09+	20:20+	21:59+	23:49+	24:58+	25:18+					
01:01+	00:48+	02:15+	01:01+	04:02-	00:52+	01:25+	00:33+	00:26+	01:14+	00:32+	01:40+	00:55-	00:29=	00:48+	00:36+	00:32-	01:11+	01:39+	01:50+	01:09+	00:20=					
00:08#	00:03+	00:17#	00:20&	00:08-	00:04+	00:27&	00:01+	00:11&	00:38&	00:05#	00:17#	00:11-	00:00=	00:06#	00:06#	00:01-	00:21&	00:04+	00:35&	00:16&	00:00=					

<b>7</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>26:06</b>														
01:03+	02:02+	04:09+	05:07+	09:58+	10:54+	12:04+	12:49+	13:06+	14:01+	14:39+	16:18+	17:22+	17:54+	18:45+	19:26+	20:02+	20:52+	22:41+	24:17+	25:40+	26:06+					
01:03+	00:59+	02:07+	00:58+	04:51+	00:56+	01:10+	00:45+	00:17+	00:55+	00:38+	01:39+	01:04-	00:32+	00:51+	00:41+	00:36+	00:50=	01:49+	01:36+	01:23+	00:26+					
00:10#	00:14&	00:09+	00:17&	00:41#	00:08#	00:12#	00:13&	00:02#	00:19&	00:11&	00:16#	00:02-	00:03#	00:09#	00:11&	00:03+	00:00=	00:14#	00:21&	00:30&	00:06&					

<b>8</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>26:12</b>														
00:59+	01:46+	03:26-	04:18+	10:40+	11:28+	13:13+	13:49+	14:03+	15:13+	15:44+	17:16+	18:16+	19:21+	20:08+	20:46+	21:17+	22:00+	23:39+	25:00+	25:51+	26:12+					
00:59+	00:47+	01:40-	00:52+	06:22+	00:48=	01:45+	00:36+	00:14-	01:10+	00:31+	01:32+	01:00-	01:05+	00:47+	00:38+	00:31-	00:43-	01:39+	01:21+	00:51-	00:21+					
00:06#	00:02+	00:18-	00:11&	02:12&	00:00=	00:47&	00:04#	00:01-	00:34&	00:04#	00:09#	00:06-	00:36&	00:05#	00:08&	00:02-	00:07-	00:04+	00:06+	00:02-	00:01+					

<b>9</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>27:57</b>														
01:02+	02:05+	03:53+	04:37+	11:17+	12:20+	14:10+	14:50+	15:09+	15:52+	16:29+	18:12+	19:18+	19:48+	20:44+	21:25+	21:58+	22:53+	24:42+	26:16+	27:30+	27:57+					
01:02+	01:03+	01:48-	00:44+	06:40+	01:03+	01:50+	00:40+	00:19+	00:43+	00:37+	01:43+	01:06=	00:30+	00:56+	00:41+	00:33=	00:55+	01:49+	01:34+	01:14+	00:27+					
00:09#	00:18&	00:10-	00:03+	02:30&	00:15&	00:52&	00:08#	00:04&	00:07#	00:10&	00:20#	00:00=	00:01+	00:14&	00:11&	00:03=	00:05#	00:14#	00:19&	00:21&	00:07&					

<b>10</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>28:38</b>														
01:11+	02:40+	04:28+	05:12+	12:54+	13:50+	15:01+	15:36+	15:55+	16:44+	17:19+	18:55+	19:54+	20:24+	21:22+	22:19+	22:53+	23:41+	25:38+	27:06+	28:16+	28:38+					
01:11+	01:29+	01:48-	00:44+	07:42+	00:56+	01:11+	00:35+	00:19+	00:49+	00:35+	01:36+	00:59-	00:30+	00:58+	00:34+	00:48-	01:57+	01:28+	01:10+	00:22+						
00:18&	00:44&	00:10-	00:03+	03:32&	00:08#	00:13#	00:03+	00:04&	00:13&	00:08&	00:13#	00:07-	00:01+	00:16&	00:27&	00:01+	00:02-	00:22#	00:13#	00:17&	00:02#					

<b>11</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>30:09</b>														
01:06+	02:00+	03:50+	04:29+	13:01+	14:06+	15:29+	16:05+	16:27+	17:34+	18:04+	19:51+	20:56+	21:36+	22:32+	23:11+	23:43+	24:25+	26:18+	28:45+	29:47+	30:09+					
01:06+	00:54+	01:50-	00:39-	08:32+	01:05+	01:23+	00:36+	00:22+	01:07+	00:30+	01:47+	01:05-	00:40+	00:56+	00:39+	00:32-	00:42-	01:53+	02:27+	01:02+	00:22+					
00:13#	00:09#	00:08-	00:02-	04:22&	00:17&	00:25&	00:04#	00:07&	00:31&	00:03#	00:24&	00:01-	00:11&	00:14&	00:09&	00:01-	00:08-	00:18#	01:12&	00:09#	00:02#					

**Beste strekktid for klassen**

00:51 00:45 01:35 00:36 04:02 00:48 00:58 00:32 00:14 00:36 00:27 01:23 00:51 00:29 00:42 00:30 00:29 00:42 01:35 01:15 00:51 00:20

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

## Damer Ny

<b>1</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>	<b>24:53</b>								
03:03=	05:09=	06:25=	07:36=	08:30=	09:41=	14:44=	17:57=	20:20=	22:58=	24:07=	24:53=
03:03=	02:06=	01:16=	01:11=	00:54=	01:11=	05:03=	03:13=	02:23=	02:38=	01:09=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Liv Berit Wannberg Thorsen</b>	<b>92</b>	<b>45:45</b>								
03:28+	07:37+	10:46+	12:09+	13:46+	15:37+	20:30+	25:02+	39:01+	43:22+	44:41+	45:45+
03:28+	04:09+	03:09+	01:23+	01:37+	01:51+	04:53-	04:32+	13:59+	04:21+	01:19+	01:04+
00:25#	02:03&	01:53@	00:12#	00:43&	00:40&	00:10-	01:19&	11:36@	01:43&	00:10#	00:18&

### Beste strekktid for klassen

03:03	02:06	01:16	01:11	00:54	01:11	04:53	03:13	02:23	02:38	01:09	00:46
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Damer Trim

<b>1</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>15:36</b>													
00:25=	01:43=	02:57=	03:35=	04:31=	05:02=	05:33=	07:10=	07:51=	08:55=	09:41=	10:41=	11:31=	12:21=	14:14=	15:07=	15:36=
00:25=	01:18=	01:14=	00:38=	00:56=	00:31=	00:31=	01:37=	00:41=	01:04=	00:46=	01:00=	00:50=	00:50=	01:53=	00:53=	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=

<b>2</b>	<b>Trine Selvikvåg</b>	<b>62</b>	<b>15:41</b>													
00:24-	01:46+	03:31+	04:00+	05:08+	05:39+	06:11+	07:39+	08:11+	09:02+	09:51+	10:48+	11:34+	12:32+	14:27+	15:15+	15:41+
00:24-	01:22+	01:45+	00:29-	01:08+	00:31=	00:32+	01:28-	00:32-	00:51-	00:49+	00:57-	00:46-	00:58+	01:55+	00:48-	00:26-
00:01-	00:04+	00:31&	00:09-	00:12#	00:00=	00:01+	00:09-	00:09-	00:13-	00:03+	00:03-	00:04-	00:08#	00:02+	00:05-	00:03-

<b>3</b>	<b>Maryon Paulsen Strugstad</b>	<b>43</b>	<b>15:49</b>													
00:21-	01:48+	02:42-	03:07-	03:43-	04:08-	04:49-	06:18-	06:44-	07:26-	08:30-	09:27-	11:00-	11:47-	14:51+	15:29+	15:49+
00:21-	01:27+	00:54-	00:25-	00:36-	00:25-	00:41+	01:29-	00:26-	00:42-	01:04+	00:57-	01:33+	00:47-	03:04+	00:38-	00:20-
00:04-	00:09#	00:20-	00:13-	00:20-	00:06-	00:10&	00:08-	00:15-	00:22-	00:18&	00:03-	00:43&	00:03-	01:11&	00:15-	00:09-

<b>4</b>	<b>Maria Hapnes von Schack</b>	<b>91</b>	<b>16:18</b>													
00:40+	01:44+	03:21+	03:54+	04:45+	05:24+	06:01+	07:31+	08:02+	09:05+	10:03+	10:56+	11:59+	12:50+	14:57+	15:44+	16:18+
00:40+	01:04+	01:37+	00:33-	00:51-	00:39+	00:37+	01:30-	00:31-	01:03-	00:58+	00:53-	01:03+	00:51+	02:07+	00:47-	00:34+
00:15&	00:14-	00:23&	00:05-	00:05-	00:08&	00:06#	00:07-	00:10-	00:01-	00:12&	00:07-	00:13&	00:01+	00:14#	00:06-	00:05#

<b>5</b>	<b>Sara Engevik</b>	<b>126</b>	<b>16:24</b>													
00:23-	01:40-	02:54-	03:28-	04:25-	05:09+	05:47+	07:33+	08:19+	09:05+	09:56+	10:58+	11:46+	12:37+	14:43+	15:50+	16:24+
00:23-	01:17-	01:14=	00:34-	00:57+	00:44+	00:38+	01:46+	00:46+	00:46-	00:51+	01:02+	00:48-	00:51+	02:06+	01:07+	00:34+
00:02-	00:01-	00:00=	00:04-	00:01+	00:13&	00:07#	00:09+	00:05#	00:18-	00:05#	00:02+	00:02-	00:01+	00:13#	00:14&	00:05#

<b>6</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>16:34</b>													
00:22-	02:17+	04:07+	04:43+	05:42+	06:19+	06:58+	08:29+	09:09+	09:53+	10:39+	11:34+	12:22+	13:12+	15:11+	16:07+	16:34+
00:22-	01:55+	01:50+	00:36-	00:59+	00:37+	00:39+	01:31-	00:40-	00:44-	00:46=	00:55-	00:48-	00:50=	01:59+	00:56+	00:27-
00:03-	00:37&	00:36&	00:02-	00:03+	00:06#	00:08&	00:06-	00:01-	00:20-	00:00=	00:05-	00:02-	00:00=	00:06+	00:03+	00:02-

<b>7</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>	<b>18:32</b>													
00:23-	03:55+	05:02+	05:41+	06:36+	07:14+	07:47+	09:25+	09:58+	10:40+	11:26+	12:34+	13:29+	14:21+	16:44+	17:53+	18:32+
00:23-	03:32+	01:07-	00:39+	00:55-	00:38+	00:33+	01:38+	00:33-	00:42-	00:46=	01:08+	00:55+	00:52+	02:23+	01:09+	00:39+
00:02-	02:14@	00:07-	00:01+	00:01-	00:07#	00:02+	00:01+	00:08-	00:22-	00:00=	00:08#	00:05#	00:02+	00:30&	00:16&	00:10&

<b>8</b>	<b>Mette Langeland</b>	<b>117</b>	<b>19:00</b>													
01:06+	02:30+	03:56+	04:35+	05:40+	06:37+	07:20+	09:19+	10:09+	10:56+	11:50+	12:57+	13:55+	14:54+	17:29+	18:31+	19:00+
01:06+	01:24+	01:26+	00:39+	01:05+	00:57+	00:43+	01:59+	00:50+	00:47-	00:54+	01:07+	00:58+	00:59+	02:35+	01:02+	00:29=
00:41@	00:06+	00:12#	00:01+	00:09#	00:26&	00:12&	00:22#	00:09#	00:17-	00:08#	00:07#	00:08#	00:09#	00:42&	00:09#	00:00=

<b>9</b>	<b>Tonje Tiley</b>	<b>27</b>	<b>19:02</b>													
00:34+	02:42+	03:59+	04:43+	05:39+	06:18+	06:59+	08:46+	09:34+	10:29+	11:21+	12:26+	13:19+	14:21+	17:23+	18:25+	19:02+
00:34+	02:08+	01:17+	00:44+	00:56=	00:39+	00:41+	01:47+	00:48+	00:55-	00:52+	01:05+	00:53+	01:02+	03:02+	01:02+	00:37+
00:09&	00:50&	00:03+	00:06#	00:00=	00:08&	00:10&	00:10#	00:07#	00:09-	00:06#	00:05+	00:03+	00:12#	01:09&	00:09#	00:08&

<b>10</b>	<b>Inga Borge</b>	<b>43</b>	<b>19:20</b>													
01:01+	02:35+	04:13+	04:55+	06:01+	06:48+	07:27+	09:20+	10:05+	11:40+	12:30+	13:39+	14:36+	15:31+	17:37+	18:48+	19:20+
01:01+	01:34+	01:38+	00:42+	01:06+	00:47+	00:39+	01:53+	00:45+	01:35+	00:50+	01:09+	00:57+	00:55+	02:06+	01:11+	00:32+
00:36@	00:16#	00:24&	00:04#	00:10#	00:16&	00:08&	00:16#	00:04+	00:31&	00:04+	00:09#	00:07#	00:05#	00:13#	00:18&	00:03#

Class	Navn	Klasse										Tid				
<b>11</b>	<b>Ida Wølstad Malde</b>	<b>92</b>										<b>19:23</b>				
00:45+	03:21+	04:43+	05:21+	06:16+	07:06+	07:44+	09:25+	10:05+	11:06+	12:06+	13:26+	14:22+	15:20+	17:42+	18:48+	19:23+
00:45+	02:36+	01:22+	00:38=	00:55-	00:50+	00:38+	01:41+	00:40-	01:01-	01:00+	01:20+	00:56+	00:58+	02:22+	01:06+	00:35+
00:20&	01:18&	00:08#	00:00=	00:01-	00:19&	00:07#	00:04+	00:01-	00:03-	00:14&	00:20&	00:06#	00:08#	00:29&	00:13#	00:06#
<b>12</b>	<b>Mathilde Skjæveland Skår</b>	<b>114</b>										<b>19:23</b>				
00:28+	02:19+	06:11+	06:49+	07:25+	07:54+	08:26+	09:59+	10:28+	12:22+	13:05+	14:13+	15:18+	16:07+	17:54+	18:54+	19:23+
00:28+	01:51+	03:52+	00:38=	00:36-	00:29-	00:32+	01:33-	00:29-	01:54+	00:43-	01:08+	01:05+	00:49-	01:47-	01:00+	00:29=
00:03#	00:33&	02:38@	00:00=	00:20-	00:02-	00:01+	00:04-	00:12-	00:50&	00:03-	00:08#	00:15&	00:01-	00:06-	00:07#	00:00=
<b>13</b>	<b>Anastasia Ollestad</b>	<b>93</b>										<b>20:02</b>				
00:31+	02:38+	04:07+	04:47+	05:39+	06:17+	06:55+	08:38+	09:10+	11:13+	12:15+	13:28+	14:37+	15:41+	18:07+	19:26+	20:02+
00:31+	02:07+	01:29+	00:40+	00:52-	00:38+	00:38+	01:43+	00:32-	02:03+	01:02+	01:13+	01:09+	01:04+	02:26+	01:19+	00:36+
00:06#	00:49&	00:15#	00:02+	00:04-	00:07#	00:07#	00:06+	00:09-	00:59&	00:16&	00:13#	00:19&	00:14&	00:33&	00:26&	00:07#
<b>14</b>	<b>Lina Dahle</b>	<b>372</b>										<b>20:06</b>				
00:30+	03:30+	05:35+	06:15+	07:27+	08:11+	08:53+	10:27+	11:14+	12:00+	12:55+	14:03+	15:17+	16:19+	18:31+	19:28+	20:06+
00:30+	03:00+	02:05+	00:40+	01:12+	00:44+	00:42+	01:34-	00:47+	00:46-	00:55+	01:08+	01:14+	01:02+	02:12+	00:57+	00:38+
00:05#	01:42@	00:51&	00:02+	00:16&	00:13&	00:11&	00:03-	00:06#	00:18-	00:09#	00:08#	00:24&	00:12#	00:19#	00:04+	00:09&
<b>15</b>	<b>Gunhild Nordbø</b>	<b>117</b>										<b>20:10</b>				
00:54+	02:17+	03:54+	04:50+	05:50+	06:37+	07:23+	09:34+	10:09+	11:35+	12:29+	14:09+	15:09+	16:10+	18:32+	19:31+	20:10+
00:54+	01:23+	01:37+	00:56+	01:00+	00:47+	00:46+	02:11+	00:35-	01:26+	00:54+	01:40+	01:00+	01:01+	02:22+	00:59+	00:39+
00:29@	00:05+	00:23&	00:18&	00:04+	00:16&	00:15&	00:34&	00:06-	00:22&	00:08#	00:40&	00:10#	00:11#	00:29&	00:06#	00:10&
<b>16</b>	<b>Bente Sola</b>	<b>80</b>										<b>20:16</b>				
00:43+	02:30+	03:55+	04:34+	06:12+	07:03+	07:49+	09:54+	10:33+	12:00+	13:03+	14:03+	15:03+	16:06+	18:21+	19:43+	20:16+
00:43+	01:47+	01:25+	00:39+	01:38+	00:51+	00:46+	02:05+	00:39-	01:27+	01:03+	01:00=	01:00+	01:03+	02:15+	01:22+	00:33+
00:18&	00:29&	00:11#	00:01+	00:42&	00:20&	00:15&	00:28&	00:02-	00:23&	00:17&	00:00=	00:10#	00:13&	00:22#	00:29&	00:04#
<b>17</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>20:17</b>				
00:29+	02:01+	03:28+	04:20+	05:26+	06:13+	06:53+	08:43+	09:26+	10:31+	11:39+	12:54+	13:53+	15:00+	18:45+	19:46+	20:17+
00:29+	01:32+	01:27+	00:52+	01:06+	00:47+	00:40+	01:50+	00:43+	01:05+	01:08+	01:15+	00:59+	01:07+	03:45+	01:01+	00:31+
00:04#	00:14#	00:13#	00:14&	00:10#	00:16&	00:09&	00:13#	00:02+	00:01+	00:22&	00:15#	00:09#	00:17&	01:52&	00:08#	00:02+
<b>18</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>20:21</b>				
00:41+	02:28+	03:51+	04:31+	05:39+	06:34+	07:14+	09:11+	09:57+	11:03+	13:08+	14:03+	15:04+	16:05+	18:35+	19:41+	20:21+
00:41+	01:47+	01:23+	00:40+	01:08+	00:55+	00:40+	01:57+	00:46+	01:06+	02:05+	00:55-	01:01+	01:01+	02:30+	01:06+	00:40+
00:16&	00:29&	00:09#	00:02+	00:12#	00:24&	00:09&	00:20#	00:05#	00:02+	01:19@	00:05-	00:11#	00:11#	00:37&	00:13#	00:11&
<b>19</b>	<b>Ewelina Uscinska</b>	<b>287</b>										<b>20:31</b>				
00:36+	02:18+	03:51+	04:34+	05:57+	06:50+	07:33+	09:37+	10:13+	11:04+	12:05+	13:24+	14:38+	15:54+	18:41+	19:53+	20:31+
00:36+	01:42+	01:33+	00:43+	01:23+	00:53+	00:43+	02:04+	00:36-	00:51-	01:01+	01:19+	01:14+	01:16+	02:47+	01:12+	00:38+
00:11&	00:24&	00:19&	00:05#	00:27&	00:22&	00:12&	00:27&	00:05-	00:13-	00:15&	00:19&	00:24&	00:26&	00:54&	00:19&	00:09&
<b>20</b>	<b>Kristin Yoon</b>	<b>372</b>										<b>20:52</b>				
00:52+	04:18+	06:27+	07:07+	08:19+	08:59+	09:46+	11:18+	12:03+	12:51+	13:46+	14:55+	16:08+	17:09+	19:22+	20:11+	20:52+
00:52+	03:26+	02:09+	00:40+	01:12+	00:40+	00:47+	01:32-	00:45+	00:48-	00:55+	01:09+	01:13+	01:01+	02:13+	00:49-	00:41+
00:27@	02:08@	00:55&	00:02+	00:16&	00:09&	00:16&	00:05-	00:04+	00:16-	00:09#	00:09#	00:23&	00:11#	00:20#	00:04-	00:12&
<b>21</b>	<b>Linn Skadberg</b>	<b>113</b>										<b>21:31</b>				
00:35+	02:30+	04:01+	04:48+	06:33+	07:27+	08:00+	09:49+	10:35+	12:00+	13:01+	14:23+	15:23+	16:37+	19:36+	20:40+	21:31+
00:35+	01:55+	01:31+	00:47+	01:45+	00:54+	00:33+	01:49+	00:46+	01:25+	01:01+	01:22+	01:00+	01:14+	02:59+	01:04+	00:51+
00:10&	00:37&	00:17#	00:09#	00:49&	00:23&	00:02+	00:12#	00:05#	00:21&	00:15&	00:22&	00:10#	00:24&	01:06&	00:11#	00:22&
<b>22</b>	<b>Kjersti Vasbø</b>	<b>126</b>										<b>21:50</b>				
00:30+	02:46+	04:11+	04:55+	06:28+	07:27+	08:05+	10:11+	10:54+	11:48+	13:04+	14:22+	15:35+	16:51+	19:42+	20:55+	21:50+
00:30+	02:16+	01:25+	00:44+	01:33+	00:59+	00:38+	02:06+	00:43+	00:54-	01:16+	01:18+	01:13+	01:16+	02:51+	01:13+	00:55+
00:05#	00:58&	00:11#	00:06#	00:37&	00:28&	00:07#	00:29&	00:02+	00:10-	00:30&	00:18&	00:23&	00:26&	00:58&	00:20&	00:26&
<b>23</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>										<b>21:50</b>				
00:34+	02:42+	04:30+	05:19+	06:29+	07:18+	08:13+	10:20+	11:33+	12:24+	13:25+	14:40+	15:51+	17:05+	19:49+	21:11+	21:50+
00:34+	02:08+	01:48+	00:49+	01:10+	00:49+	00:55+	02:07+	01:13+	00:51-	01:01+	01:15+	01:11+	01:14+	02:44+	01:22+	00:39+
00:09&	00:50&	00:34&	00:11&	00:14#	00:18&	00:24&	00:30&	00:32&	00:13-	00:15&	00:15#	00:21&	00:24&	00:51&	00:29&	00:10&
<b>24</b>	<b>Bente Cecilie Lio</b>	<b>136</b>										<b>22:18</b>				
00:35+	02:27+	04:22+	05:42+	07:06+	08:00+	08:48+	11:17+	12:04+	13:12+	14:00+	15:24+	16:25+	17:40+	20:37+	21:50+	22:18+
00:35+	01:52+	01:55+	01:20+	01:24+	00:54+	00:48+	02:29+	00:47+	01:08+	00:48+	01:24+	01:01+	01:15+	02:57+	01:13+	00:28-
00:10&	00:34&	00:41&	00:42@	00:28&	00:23&	00:17&	00:52&	00:06#	00:04+	00:02+	00:24&	00:11#	00:25&	01:04&	00:20&	00:01-
<b>25</b>	<b>Sigrund Serigstad</b>	<b>128</b>										<b>23:24</b>				
02:10+	04:02+	07:22+	07:48+	08:36+	09:20+	09:58+	11:36+	12:24+	14:13+	15:07+	16:24+	18:00+	19:09+	21:36+	22:59+	23:24+
02:10+	01:52+	03:20+	00:26-	00:48-	00:44+	00:38+	01:38+	00:48+	01:49+	00:54+	01:17+	01:36+	01:09+	02:27+	01:23+	00:25-
01:45@	00:34&	02:06@	00:12-	00:08-	00:13&	00:07#	00:01+	00:07#	00:45&	00:08#	00:17&	00:46&	00:19&	00:34&	00:30&	00:04-

Class	Navn	Klasse											Tid			
<b>26</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>											<b>23:47</b>			
00:34+	03:24+	04:51+	05:44+	07:02+	07:39+	08:27+	10:29+	11:14+	15:00+	16:03+	17:26+	18:33+	19:41+	22:01+	23:16+	23:47+
00:34+	02:50+	01:27+	00:53+	01:18+	00:37+	00:48+	02:02+	00:45+	03:46+	01:03+	01:23+	01:07+	01:08+	02:20+	01:15+	00:31+
00:09&	01:32@	00:13#	00:15&	00:22&	00:06#	00:17&	00:25&	00:04+	02:42@	00:17&	00:23&	00:17&	00:18&	00:27#	00:22&	00:02+
<b>27</b>	<b>Solbjørg Borgersen</b>	<b>233</b>											<b>23:53</b>			
00:57+	03:02+	04:53+	05:37+	06:58+	07:55+	08:55+	11:13+	12:07+	13:07+	14:31+	15:47+	16:57+	18:14+	21:53+	23:11+	23:53+
00:57+	02:05+	01:51+	00:44+	01:21+	00:57+	01:00+	02:18+	00:54+	01:00-	01:24+	01:16+	01:10+	01:17+	03:39+	01:18+	00:42+
00:32@	00:47&	00:37&	00:06#	00:25&	00:26&	00:29&	00:41&	00:13&	00:04-	00:38&	00:16&	00:20&	00:27&	01:46&	00:25&	00:13&
<b>28</b>	<b>Marianne Steinkopf</b>	<b>5</b>											<b>23:54</b>			
00:25=	02:53+	06:24+	06:57+	08:06+	08:50+	09:28+	11:07+	12:50+	13:34+	14:29+	15:31+	16:26+	17:29+	22:22+	23:18+	23:54+
00:25=	02:28+	03:31+	00:33-	01:09+	00:44+	00:38+	01:39+	01:43+	00:44-	00:55+	01:02+	00:55+	01:03+	04:53+	00:56+	00:36+
00:00=	01:10&	02:17@	00:05-	00:13#	00:13&	00:07#	00:02+	01:02@	00:20-	00:09#	00:02+	00:05#	00:13&	03:00@	00:03+	00:07#
<b>29</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>											<b>26:05</b>			
00:33+	03:56+	05:29+	07:02+	10:10+	10:59+	11:52+	14:03+	14:44+	15:49+	16:51+	18:26+	19:37+	20:46+	24:20+	25:25+	26:05+
00:33+	03:23+	01:33+	01:33+	03:08+	00:49+	00:53+	02:11+	00:41=	01:05+	01:02+	01:35+	01:11+	01:09+	03:34+	01:05+	00:40+
00:08&	02:05@	00:19&	00:55@	02:12@	00:18&	00:22&	00:34&	00:00=	00:01+	00:16&	00:35&	00:21&	00:19&	01:41&	00:12#	00:11&
<b>30</b>	<b>May Kristin Haaland</b>	<b>47</b>											<b>26:37</b>			
00:33+	02:57+	06:08+	07:09+	08:40+	09:36+	10:48+	13:06+	14:07+	15:02+	16:21+	17:45+	19:05+	20:19+	24:38+	25:55+	26:37+
00:33+	02:24+	03:11+	01:01+	01:31+	00:56+	01:12+	02:18+	01:01+	00:55-	01:19+	01:24+	01:20+	01:14+	04:19+	01:17+	00:42+
00:08&	01:06&	01:57@	00:23&	00:35&	00:25&	00:41@	00:41&	00:20&	00:09-	00:33&	00:24&	00:30&	00:24&	02:26@	00:24&	00:13&
<b>31</b>	<b>Signe Lise Haaland</b>	<b>66</b>											<b>26:51</b>			
00:40+	03:12+	05:41+	06:35+	08:03+	08:53+	09:43+	12:22+	13:09+	15:17+	16:44+	18:18+	19:39+	21:06+	24:33+	26:02+	26:51+
00:40+	02:32+	02:29+	00:54+	01:28+	00:50+	00:50+	02:39+	00:47+	02:08+	01:27+	01:34+	01:21+	01:27+	03:27+	01:29+	00:49+
00:15&	01:14&	01:15@	00:16&	00:32&	00:19&	00:19&	01:02&	00:06#	01:04&	00:41&	00:34&	00:31&	00:37&	01:34&	00:36&	00:20&
<b>32</b>	<b>Brit Svihus</b>	<b>92</b>											<b>26:58</b>			
01:06+	03:54+	07:22+	08:17+	09:52+	10:50+	11:47+	14:17+	15:13+	16:09+	17:36+	18:52+	20:01+	21:20+	24:57+	26:14+	26:58+
01:06+	02:48+	03:28+	00:55+	01:35+	00:58+	00:57+	02:30+	00:56+	00:56-	01:27+	01:16+	01:09+	01:19+	03:37+	01:17+	00:44+
00:41@	01:30@	02:14@	00:17&	00:39&	00:27&	00:26&	00:53&	00:15&	00:08-	00:41&	00:16&	00:19&	00:29&	01:44&	00:24&	00:15&
<b>33</b>	<b>Stina Huynh</b>	<b>372</b>											<b>27:33</b>			
01:26+	05:13+	10:38+	11:25+	12:19+	12:56+	13:38+	16:04+	16:47+	18:29+	19:45+	21:00+	21:50+	22:59+	25:45+	27:07+	27:33+
01:26+	03:47+	05:25+	00:47+	00:54-	00:37+	00:42+	02:26+	00:43+	01:42+	01:16+	01:15+	00:50=	01:09+	02:46+	01:22+	00:26-
01:01@	02:29@	04:11@	00:09#	00:02-	00:06#	00:11&	00:49&	00:02+	00:38&	00:30&	00:15#	00:00=	00:19&	00:53&	00:29&	00:03-
<b>34</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>											<b>28:24</b>			
00:40+	03:24+	05:24+	06:26+	08:05+	09:02+	10:02+	13:07+	14:03+	15:24+	16:47+	18:22+	19:47+	21:16+	26:04+	27:28+	28:24+
00:40+	02:44+	02:00+	01:02+	01:39+	00:57+	01:00+	03:05+	00:56+	01:21+	01:23+	01:35+	01:25+	01:29+	04:48+	01:24+	00:56+
00:15&	01:26@	00:46&	00:24&	00:43&	00:26&	00:29&	01:28&	00:15&	00:17&	00:37&	00:35&	00:35&	00:39&	02:55@	00:31&	00:27&
<b>35</b>	<b>Esther Boenheim</b>	<b>268</b>											<b>29:35</b>			
00:47+	03:24+	05:39+	06:40+	08:01+	08:57+	09:54+	13:07+	13:59+	15:13+	16:47+	18:58+	20:26+	22:07+	26:54+	28:45+	29:35+
00:47+	02:37+	02:15+	01:01+	01:21+	00:56+	00:57+	03:13+	00:52+	01:14+	01:34+	02:11+	01:28+	01:41+	04:47+	01:51+	00:50+
00:22&	01:19@	01:01&	00:23&	00:25&	00:25&	00:26&	01:36&	00:11&	00:10#	00:48@	01:11@	00:38&	00:51@	02:54@	00:58@	00:21&
<b>36</b>	<b>Ingunn Fandrem</b>	<b>47</b>											<b>31:45</b>			
00:56+	03:14+	06:01+	07:05+	09:38+	11:13+	12:34+	15:10+	16:06+	17:19+	18:36+	20:36+	22:04+	23:38+	28:04+	31:03+	31:45+
00:56+	02:18+	02:47+	01:04+	02:33+	01:35+	01:21+	02:36+	00:56+	01:13+	01:17+	02:00+	01:28+	01:34+	04:26+	02:59+	00:42+
00:31@	01:00&	01:33@	00:26&	01:37@	01:04@	00:50@	00:59&	00:15&	00:09#	00:31&	01:00&	00:38&	00:44&	02:33@	02:06@	00:13&
<b>37</b>	<b>Solveig Marie Grønning</b>	<b>47</b>											<b>31:53</b>			
00:59+	03:19+	06:05+	07:08+	09:41+	11:17+	12:38+	15:09+	16:09+	17:22+	18:39+	20:40+	22:07+	23:40+	28:08+	31:13+	31:53+
00:59+	02:20+	02:46+	01:03+	02:33+	01:36+	01:21+	02:31+	01:00+	01:13+	01:17+	02:01+	01:27+	01:33+	04:28+	03:05+	00:40+
00:34@	01:02&	01:32@	00:25&	01:37@	01:05@	00:50@	00:54&	00:19&	00:09#	00:31&	01:01@	00:37&	00:43&	02:35@	02:12@	00:11&
<b>38</b>	<b>Elisabeth Melbø</b>	<b>128</b>											<b>36:52</b>			
00:43+	03:09+	05:59+	06:40+	07:33+	08:11+	08:45+	14:19+	14:54+	15:33+	17:09+	20:19+	26:52+	27:46+	35:12+	36:20+	36:52+
00:43+	02:26+	02:50+	00:41+	00:53-	00:38+	00:34+	05:34+	00:35-	00:39-	01:36+	03:10+	06:33+	00:54+	07:26+	01:08+	00:32+
00:18&	01:08&	01:36@	00:03+	00:03-	00:07#	00:03+	03:57@	00:06-	00:25-	00:50@	02:10@	05:43@	00:04+	05:33@	00:15&	00:03#
<b>39</b>	<b>Laila Ueland Lunde</b>	<b>116</b>											<b>45:28</b>			
00:23-	16:16+	19:28+	20:01+	21:53+	22:30+	23:06+	25:02+	25:49+	26:29+	27:59+	29:18+	35:24+	36:26+	43:47+	45:00+	45:28+
00:23-	15:53+	03:12+	00:33-	01:52+	00:37+	00:36+	01:56+	00:47+	00:40-	01:30+	01:19+	06:06+	01:02+	07:21+	01:13+	00:28-
00:02-	14:35@	01:58@	00:05-	00:56&	00:06#	00:05#	00:19#	00:06#	00:24-	00:44&	00:19&	05:16@	00:12#	05:28@	00:20&	00:01-
<b>Beste strekktid for klassen</b>																
00:21	01:04	00:54	00:25	00:36	00:25	00:31	01:28	00:26	00:39	00:43	00:53	00:46	00:47	01:47	00:38	00:20

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

## Herrer 16 - 39 år

<b>1</b>	<b>David Wade</b>	<b>116</b>	<b>19:12</b>																		
00:43=	01:20=	02:35=	03:05=	07:15=	08:00=	09:13=	09:45=	09:56=	10:22=	10:50=	12:39=	13:22=	13:45=	14:21=	14:50=	15:14=	15:46=	17:04=	18:06=	18:55=	19:12=
00:43=	00:37=	01:15=	00:30=	04:10=	00:45=	01:13=	00:32=	00:11=	00:26=	00:28=	01:49=	00:43=	00:23=	00:36=	00:29=	00:24=	00:32=	01:18=	01:02=	00:49=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>	<b>19:35</b>																		
00:44+	01:26+	03:04+	03:37+	08:04+	08:45+	09:44+	10:23+	10:35+	11:15+	11:40+	12:48+	13:29+	14:04+	14:47+	15:16+	15:41+	16:17+	17:33+	18:38+	19:20+	19:35+
00:44+	00:42+	01:38+	00:33+	04:27+	00:41-	00:59-	00:39+	00:12+	00:40+	00:25-	01:08-	00:41-	00:35+	00:43+	00:29=	00:25+	00:36+	01:16-	01:05+	00:42-	00:15-
00:01+	00:05#	00:23&	00:03#	00:17+	00:04-	00:14-	00:07#	00:01+	00:14&	00:03-	00:41-	00:02-	00:12&	00:07#	00:00=	00:01+	00:04#	00:02-	00:03+	00:07-	00:02-
<b>3</b>	<b>Gard Christophersen</b>	<b>48</b>	<b>20:30</b>																		
01:00+	01:43+	02:59+	03:28+	07:59+	08:45+	09:50+	10:14+	10:29+	11:00+	11:29+	12:56+	13:47+	14:27+	15:09+	15:40+	16:06+	16:42+	18:07+	19:13+	20:13+	20:30+
01:00+	00:43+	01:16+	00:29-	04:31+	00:46+	01:05-	00:24-	00:15+	00:31+	00:29+	01:27-	00:51+	00:40+	00:42+	00:31+	00:26+	00:36+	01:25+	01:06+	01:00+	00:17=
00:17&	00:06#	00:01+	00:01-	00:21+	00:01+	00:08-	00:08-	00:04&	00:05#	00:01+	00:22-	00:08#	00:17&	00:06#	00:02+	00:02+	00:04#	00:07+	00:04+	00:11#	00:00=
<b>4</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>20:35</b>																		
00:47+	01:31+	02:49+	03:40+	07:58+	08:47+	10:23+	10:52+	11:07+	11:48+	12:16+	13:37+	14:22+	14:48+	15:32+	15:59+	16:25+	17:00+	18:19+	19:31+	20:16+	20:35+
00:47+	00:44+	01:18+	00:51+	04:18+	00:49+	01:36+	00:29-	00:15+	00:41+	00:28=	01:21-	00:45+	00:26+	00:44+	00:27-	00:26+	00:35+	01:19+	01:12+	00:45-	00:19+
00:04+	00:07#	00:03+	00:21&	00:08+	00:04+	00:23&	00:03-	00:04&	00:15&	00:00=	00:28-	00:02+	00:03#	00:08#	00:02-	00:02+	00:03+	00:01+	00:10#	00:04-	00:02#
<b>5</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>	<b>20:54</b>																		
01:15+	02:01+	03:31+	04:03+	08:25+	09:10+	10:12+	10:40+	10:57+	11:30+	11:56+	13:20+	14:10+	14:47+	15:25+	15:59+	16:24+	17:03+	18:36+	19:44+	20:36+	20:54+
01:15+	00:46+	01:30+	00:32+	04:22+	00:45=	01:02-	00:28-	00:17+	00:33+	00:26-	01:24-	00:50+	00:37+	00:38+	00:34+	00:25+	00:39+	01:33+	01:08+	00:52+	00:18+
00:32&	00:09#	00:15#	00:02+	00:12+	00:00=	00:11-	00:04-	00:06&	00:07&	00:02-	00:25-	00:07#	00:14&	00:02+	00:05#	00:01+	00:07#	00:15#	00:06+	00:03+	00:01+
<b>6</b>	<b>Sondre Aspøy</b>	<b>117</b>	<b>21:52</b>																		
01:00+	02:09+	03:40+	04:24+	08:50+	09:36+	10:30+	10:58+	11:14+	12:00+	12:30+	14:05+	14:53+	15:22+	16:10+	16:43+	17:10+	17:49+	19:23+	20:34+	21:34+	21:52+
01:00+	01:09+	01:31+	00:44+	04:26+	00:46+	00:54-	00:28-	00:16+	00:46+	00:30+	01:35-	00:48+	00:29+	00:48+	00:33+	00:27+	00:39+	01:34+	01:11+	01:00+	00:18+
00:17&	00:32&	00:16#	00:14&	00:16+	00:01+	00:19-	00:04-	00:05&	00:20&	00:02+	00:14-	00:05#	00:06&	00:12&	00:04#	00:03#	00:07#	00:16#	00:09#	00:11#	00:01+
<b>7</b>	<b>Rune Svihus</b>	<b>62</b>	<b>22:27</b>																		
00:52+	01:35+	03:00+	03:36+	08:45+	09:27+	10:46+	11:41+	11:53+	12:24+	12:53+	14:35+	15:27+	16:04+	17:04+	17:36+	18:05+	18:40+	20:02+	21:21+	22:08+	22:27+
00:52+	00:43+	01:25+	00:36+	05:09+	00:42-	01:19+	00:55+	00:12+	00:31+	00:29+	01:42-	00:52+	00:37+	01:00+	00:32+	00:29+	00:35+	01:22+	01:19+	00:47-	00:19+
00:09#	00:06#	00:10#	00:06#	00:59#	00:03-	00:06+	00:23&	00:01+	00:05#	00:01+	00:07-	00:09#	00:14&	00:24&	00:03#	00:05#	00:03+	00:04+	00:17&	00:02-	00:02#
<b>8</b>	<b>Aleksander Claussen</b>	<b>74</b>	<b>23:02</b>																		
00:48+	01:34+	03:19+	04:02+	08:50+	09:35+	10:39+	11:06+	11:20+	11:52+	12:17+	13:49+	14:34+	15:17+	17:03+	17:39+	18:05+	18:41+	20:21+	21:40+	22:37+	23:02+
00:48+	00:46+	01:45+	00:43+	04:48+	00:45=	01:04-	00:27-	00:14+	00:32+	00:25-	01:32-	00:45+	00:43+	01:46+	00:36+	00:26+	00:36+	01:40+	01:19+	00:57+	00:25+
00:05#	00:09#	00:30&	00:13&	00:38#	00:00=	00:09-	00:05-	00:03&	00:06#	00:03-	00:17-	00:02+	00:20&	01:10&	00:07#	00:02+	00:04#	00:22&	00:17&	00:08#	00:08&
<b>9</b>	<b>Torstein Birkeland</b>	<b>39</b>	<b>24:03</b>																		
01:04+	01:53+	03:26+	04:04+	10:31+	11:16+	12:36+	13:10+	13:24+	14:16+	14:43+	16:07+	16:55+	17:34+	18:19+	18:49+	19:13+	20:11+	21:52+	23:00+	23:46+	24:03+
01:04+	00:49+	01:33+	00:38+	06:27+	00:45=	01:20+	00:34+	00:14+	00:52+	00:27-	01:24-	00:48+	00:39+	00:45+	00:30+	00:24=	00:58+	01:41+	01:08+	00:46-	00:17=
00:21&	00:12&	00:18#	00:08&	02:17&	00:00=	00:07+	00:02+	00:03&	00:26&	00:01-	00:25-	00:05#	00:16&	00:09#	00:01+	00:00=	00:26&	00:23&	00:06+	00:03-	00:00=
<b>10</b>	<b>Arthur Fayemendy</b>	<b>116</b>	<b>25:48</b>																		
00:51+	01:46+	03:38+	04:14+	10:07+	11:10+	12:34+	13:15+	13:28+	14:21+	14:52+	16:49+	17:42+	18:12+	19:14+	19:50+	20:16+	21:11+	23:16+	24:38+	25:26+	25:48+
00:51+	00:55+	01:52+	00:36+	05:53+	01:03+	01:24+	00:41+	00:13+	00:53+	00:31+	01:57+	00:53+	00:30+	01:02+	00:36+	00:26+	00:55+	02:05+	01:22+	00:48-	00:22+
00:08#	00:18&	00:37&	00:06#	01:43&	00:18&	00:11#	00:09&	00:02#	00:27@	00:03#	00:08+	00:10#	00:07&	00:26&	00:07#	00:02+	00:23&	00:47&	00:20&	00:01-	00:05&
<b>11</b>	<b>Jone Klemo Øverland</b>	<b>165</b>	<b>26:09</b>																		
01:11+	02:14+	03:51+	04:28+	10:16+	11:10+	12:54+	13:23+	13:49+	15:10+	15:43+	17:23+	18:16+	18:53+	19:41+	20:32+	21:07+	21:52+	23:34+	25:00+	25:48+	26:09+
01:11+	01:03+	01:37+	00:37+	05:48+	00:54+	01:44+	00:29-	00:26+	01:21+	00:33+	01:40-	00:53+	00:37+	00:48+	00:51+	00:35+	00:45+	01:42+	01:26+	00:48-	00:21+
00:28&	00:26&	00:22&	00:07#	01:38&	00:09#	00:31&	00:03-	00:15@	00:55@	00:05#	00:09-	00:10#	00:14&	00:12&	00:22&	00:11&	00:13&	00:24&	00:24&	00:01-	00:04#
<b>12</b>	<b>Aslak Ihle Vike</b>	<b>117</b>	<b>26:55</b>																		
00:55+	01:43+	04:33+	05:07+	10:18+	11:09+	12:40+	13:13+	13:27+	14:07+	15:36+	17:20+	18:21+	18:54+	19:52+	20:36+	21:07+	21:47+	23:27+	25:52+	26:34+	26:55+
00:55+	00:48+	02:50+	00:34+	05:11+	00:51+	01:31+	00:33+	00:14+	00:40+	01:29+	01:44-	01:01+	00:33+	00:58+	00:44+	00:31+	00:40+	01:40+	02:25+	00:42-	00:21+
00:12&	00:11&	01:35@	00:04#	01:01#	00:06#	00:18#	00:01+	00:03&	00:14&	01:01@	00:05-	00:18&	00:10&	00:22&	00:15&	00:07&	00:08#	00:22&	01:23@	00:07-	00:04#
<b>13</b>	<b>Åsbjørn Enerstvedt</b>	<b>18</b>	<b>27:06</b>																		
01:32+	02:28+	04:12+	04:53+	11:28+	12:34+	14:10+	14:39+	14:58+	15:39+	16:13+	17:51+	18:45+	19:28+	21:02+	21:42+	22:08+	22:49+	24:34+	25:55+	26:45+	27:06+
01:32+	00:56+	01:44+	00:41+	06:35+	01:06+	01:36+	00:29-	00:19+	00:41+	00:34+	01:38-	00:54+	00:43+	01:34+	00:40+	00:26+	00:41+	01:45+	01:21+	00:50+	00:21+
00:49@	00:19&	00:29&	00:11&	02:25&	00:21&	00:23&	00:03-	00:08&	00:15&	00:06#	00:11-	00:11&	00:20&	00:58@	00:11&	00:02+	00:09&	00:27&	00:19&	00:01+	00:04#
<b>14</b>	<b>Tor Gunnar Osen</b>	<b>116</b>	<b>27:45</b>																		
02:24+	03:23+	04:58+	05:34+	11:58+	12:51+	14:45+	15:11+	15:26+	16:04+	16:39+	18:21+	19:21+	19:52+	21:09+	21:43+	22:23+	23:30+	25:12+	26:31+	27:25+	27:45+
02:24+	00:59+	01:35+	00:36+	06:24+	00:53+	01:54+	00:26-	00:15+	00:38+	00:35+	01:42-	01:00+	00:31+	01:17+	00:34+	00:40+	01:07+	01:42+	01:19+	00:54+	00:20+
01:41@	00:22&	00:20&	00:06#	02:14&	00:08#	00:41&	00:06-	00:04&	00:12&	00:07#	00:07-	00:17&	00:08&	00:41@	00:05#	00:16&	00:35@	00:24&	00:17&	00:05#	00:03#

Class	Navn	Klasse										Tid									
<b>15</b>	<b>Sverre Dørheim</b>	<b>136</b>										<b>31:24</b>									
00:58+	02:05+	04:03+	04:41+	13:34+	14:44+	16:17+	16:58+	17:17+	18:08+	18:46+	21:04+	22:15+	22:56+	23:55+	24:30+	25:08+	26:10+	28:10+	29:47+	30:52+	31:24+
00:58+	01:07+	01:58+	00:38+	08:53+	01:10+	01:33+	00:41+	00:19+	00:51+	00:38+	02:18+	01:11+	00:41+	00:59+	00:35+	00:38+	01:02+	02:00+	01:37+	01:05+	00:32+
00:15&	00:30&	00:43&	00:08&	04:43&	00:25&	00:20&	00:09&	00:08&	00:25&	00:10&	00:29&	00:28&	00:18&	00:23&	00:06#	00:14&	00:30&	00:42&	00:35&	00:16&	00:15&

<b>16</b>	<b>Bjarte Sola</b>	<b>165</b>										<b>46:19</b>									
01:14+	02:23+	04:50+	05:56+	22:55+	24:24+	26:42+	27:29+	27:46+	28:34+	29:37+	32:07+	33:48+	35:05+	36:15+	37:25+	38:12+	39:22+	42:10+	44:19+	45:54+	46:19+
01:14+	01:09+	02:27+	01:06+	16:59+	01:29+	02:18+	00:47+	00:17+	00:48+	01:03+	02:30+	01:41+	01:17+	01:10+	01:10+	00:47+	01:10+	02:48+	02:09+	01:35+	00:25+
00:31&	00:32&	01:12&	00:36@	12:49@	00:44&	01:05&	00:15&	00:06&	00:22&	00:35@	00:41&	00:58@	00:54@	00:34&	00:41@	00:23&	00:38@	01:30@	01:07@	00:46&	00:08&

Beste strekktid for klassen																					
00:43	00:37	01:15	00:29	04:10	00:41	00:54	00:24	00:11	00:26	00:25	01:08	00:41	00:23	00:36	00:27	00:24	00:32	01:16	01:02	00:42	00:15

= 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>18:25</b>									
00:49=	01:28=	02:41=	03:24=	07:04=	07:46=	08:55=	09:21=	09:33=	10:05=	10:30=	11:39=	12:22=	12:46=	13:20=	13:47=	14:15=	14:48=	16:10=	17:17=	18:08=	18:25=
00:49=	00:39=	01:13=	00:43=	03:40=	00:42=	01:09=	00:26=	00:12=	00:32=	00:25=	01:09=	00:43=	00:24=	00:34=	00:27=	00:28=	00:33=	01:22=	01:07=	00:51=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>21:04</b>									
00:54+	01:33+	03:03+	04:00+	08:09+	08:55+	10:09+	10:38+	11:07+	11:40+	12:05+	13:45+	14:41+	15:03+	15:41+	16:19+	16:50+	17:25+	18:48+	19:59+	20:48+	21:04+
00:54+	00:39=	01:30+	00:57+	04:09+	00:46+	01:14+	00:29+	00:29+	00:33+	00:25=	01:40+	00:56+	00:22=	00:38+	00:38+	00:31+	00:35+	01:23+	01:11+	00:49=	00:16=
00:05#	00:00=	00:17#	00:14&	00:29#	00:04+	00:05+	00:03#	00:17@	00:01+	00:00=	00:31&	00:13&	00:02=	00:04#	00:11&	00:03#	00:02+	00:01+	00:04+	00:02=	00:01=

<b>3</b>	<b>Eivind Lie</b>	<b>116</b>										<b>21:08</b>									
00:59+	01:45+	03:16+	03:54+	06:21=	07:15=	08:25=	09:00=	09:17=	10:11+	10:44+	12:08+	12:53+	13:52+	14:44+	16:25+	16:54+	17:31+	18:51+	20:00+	20:48+	21:08+
00:59+	00:46+	01:31+	00:38=	02:27=	00:54+	01:10+	00:35+	00:17+	00:54+	00:33+	01:24+	00:45+	00:59+	00:52+	01:41+	00:29+	00:37+	01:20=	01:09+	00:48=	00:20+
00:10#	00:07#	00:18#	00:05=	01:13=	00:12&	00:01+	00:09&	00:05&	00:22&	00:08&	00:15#	00:02+	00:35@	00:18&	01:14@	00:01+	00:04#	00:02=	00:02+	00:03=	00:03#

<b>4</b>	<b>Audun Thomassen</b>	<b>65</b>										<b>22:35</b>									
01:13+	01:57+	03:28+	03:58+	09:48+	10:58+	11:30+	11:50+	12:29+	13:09+	14:29+	15:20+	15:55+	16:42+	17:24+	18:11+	18:56+	20:25+	21:34+	22:20+	22:35+	
01:13+	00:44+	01:31+	00:30=	05:00+	00:50+	01:10+	00:32+	00:20+	00:39+	00:40+	01:20+	00:51+	00:35+	00:47+	00:42+	00:47+	00:45+	01:29+	01:09+	00:46=	00:15=
00:24&	00:05#	00:18#	00:13=	01:20&	00:08#	00:01+	00:06#	00:08&	00:07#	00:15&	00:11#	00:08#	00:11&	00:13&	00:15&	00:19&	00:12&	00:07+	00:02+	00:05=	00:02=

<b>5</b>	<b>Rune Hatle</b>	<b>65</b>										<b>22:38</b>									
00:47=	01:40+	03:30+	04:08+	08:23+	09:14+	10:19+	10:59+	11:13+	11:51+	12:22+	14:02+	15:01+	15:26+	16:08+	16:47+	17:15+	18:07+	19:44+	21:08+	22:16+	22:38+
00:47=	00:53+	01:50+	00:38=	04:15+	00:51+	01:05=	00:40+	00:14+	00:38+	00:31+	01:40+	00:59+	00:25+	00:42+	00:39+	00:28=	00:52+	01:37+	01:24+	01:08+	00:22+
00:02=	00:14&	00:37&	00:05=	00:35#	00:09#	00:04=	00:14&	00:02#	00:06#	00:06#	00:31&	00:16&	00:01+	00:08#	00:12&	00:00=	00:19&	00:15#	00:17&	00:17&	00:05&

<b>6</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>22:53</b>									
01:09+	01:57+	03:32+	04:22+	09:39+	10:27+	11:27+	11:55+	12:09+	12:47+	13:20+	14:48+	15:47+	16:13+	16:56+	17:35+	18:00+	18:45+	20:26+	21:40+	22:34+	22:53+
01:09+	00:48+	01:35+	00:50+	05:17+	00:48+	01:00=	00:28+	00:14+	00:38+	00:33+	01:28+	00:59+	00:26+	00:43+	00:39+	00:25=	00:45+	01:41+	01:14+	00:54+	00:19+
00:20&	00:09#	00:22&	00:07#	01:37&	00:06#	00:09=	00:02+	00:02#	00:06#	00:08&	00:19&	00:16&	00:02+	00:09&	00:12&	00:03=	00:12&	00:19#	00:07#	00:03+	00:02#

<b>7</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>22:55</b>									
00:53+	01:34+	03:13+	03:56+	08:27+	09:22+	10:21+	10:55+	11:09+	11:50+	12:19+	13:51+	14:55+	15:49+	16:41+	17:19+	17:45+	18:28+	20:06+	21:35+	22:35+	22:55+
00:53+	00:41+	01:39+	00:43=	04:31+	00:55+	00:59=	00:34+	00:14+	00:41+	00:29+	01:32+	01:04+	00:54+	00:52+	00:38+	00:26=	00:43+	01:38+	01:29+	01:00+	00:20+
00:04+	00:02+	00:26&	00:00=	00:51#	00:13&	00:10=	00:08&	00:02#	00:09&	00:04#	00:23&	00:21&	00:30@	00:18&	00:11&	00:02=	00:10&	00:16#	00:22&	00:09#	00:03#

<b>8</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>23:31</b>									
01:03+	01:51+	03:24+	04:03+	09:41+	10:34+	11:38+	12:09+	12:27+	13:05+	13:40+	15:05+	15:55+	16:24+	17:14+	17:50+	18:19+	19:10+	20:56+	22:16+	23:09+	23:31+
01:03+	00:48+	01:33+	00:39=	05:38+	00:53+	01:04=	00:31+	00:18+	00:38+	00:35+	01:25+	00:50+	00:29+	00:50+	00:36+	00:29+	00:51+	01:46+	01:20+	00:53+	00:22+
00:14&	00:09#	00:20&	00:04=	01:58&	00:11&	00:05=	00:05#	00:06&	00:06#	00:10&	00:16#	00:07#	00:05#	00:16&	00:09&	00:01+	00:18&	00:24&	00:13#	00:02+	00:05&

<b>9</b>	<b>André Sirevåg</b>	<b>116</b>										<b>24:04</b>									
01:02+	02:00+	03:37+	04:48+	10:11+	11:03+	11:58+	12:26+	12:43+	13:26+	14:02+	15:39+	16:28+	16:57+	17:51+	18:29+	18:58+	19:55+	21:29+	22:51+	23:41+	24:04+
01:02+	00:58+	01:37+	01:11+	05:23+	00:52+	00:55=	00:28+	00:17+	00:43+	00:36+	01:37+	00:49+	00:29+	00:54+	00:38+	00:29+	00:57+	01:34+	01:22+	00:50=	00:23+
00:13&	00:19&	00:24&	00:28&	01:43&	00:10#	00:14=	00:02+	00:05&	00:11&	00:11&	00:28&	00:06#	00:05#	00:20&	00:11&	00:01+	00:24&	00:12#	00:15#	00:01=	00:06&

<b>10</b>	<b>Antal Jansen</b>	<b>115</b>										<b>24:33</b>									
01:10+	02:08+	03:47+	04:48+	10:27+	11:21+	12:31+	13:05+	13:23+	14:03+	14:32+	15:59+	17:03+	17:49+	18:42+	19:15+	19:54+	20:33+	22:08+	23:31+	24:16+	24:33+
01:10+	00:58+	01:39+	01:01+	05:39+	00:54+	01:10+	00:34+	00:18+	00:40+	00:29+	01:27+	01:04+	00:46+	00:53+	00:33+	00:39+	00:39+	01:35+	01:23+	00:45=	00:17=
00:21&	00:19&	00:26&	00:18&	01:59&	00:12&	00:01+	00:08&	00:06&	00:08#	00:04#	00:18&	00:21&	00:22&	00:19&	00:06#	00:11&	00:06#	00:13#	00:16#	00:06=	00:00=

<b>11</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>24:34</b>									
01:11+	02:11+	04:27+	05:00+	10:04+	10:45+	12:19+	12:50+	13:05+	13:43+	14:14+	15:50+	16:54+	17:30+	18:19+	19:25+	19:52+	20:31+	22:02+	23:18+	24:17+	24:34+
01:11+	01:00+	02:16+	00:33=	05:04+	00:41=	01:34+	00:31+	00:15+	00:38+	00:31+	01:36+	01:04+	00:36+	00:49+	01:06+	00:27=	00:39+	01:31+	01:16+	00:59+	00:17=
00:22&	00:21&	01:03&	00:10=	01:24&	00:01=	00:25&	00:05#	00:03#	00:06#	00:06#	00:27&	00:21&	00:12&	00:15&	00:39@	00:01=	00:06#	00:09#	00:09#	00:08#	00:00=

Class	Navn	Klasse										Tid									
<b>12</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>										<b>25:05</b>									
01:00+	01:49+	03:19+	03:57+	11:35+	12:20+	13:44+	14:14+	14:26+	15:09+	15:37+	16:55+	17:48+	18:14+	18:54+	19:33+	20:03+	20:54+	22:27+	23:55+	24:45+	25:05+
01:00+	00:49+	01:30+	00:38-	07:38+	00:45+	01:24+	00:30+	00:12=	00:43+	00:28+	01:18+	00:53+	00:26+	00:40+	00:39+	00:30+	00:51+	01:33+	01:28+	00:50-	00:20+
00:11#	00:10&	00:17#	00:05-	03:58@	00:03+	00:15#	00:04#	00:00=	00:11&	00:03#	00:09#	00:10#	00:02+	00:06#	00:12&	00:02+	00:18&	00:11#	00:21&	00:01-	00:03#
<b>13</b>	<b>Frode Ungar</b>	<b>116</b>										<b>25:30</b>									
00:59+	01:46+	03:22+	04:04+	09:36+	10:42+	11:44+	12:37+	12:53+	13:44+	14:16+	15:45+	16:35+	17:08+	17:50+	18:25+	18:56+	19:49+	21:18+	24:08+	25:11+	25:30+
00:59+	00:47+	01:36+	00:42-	05:32+	01:06+	01:02-	00:53+	00:16+	00:51+	00:32+	01:29+	00:50+	00:33+	00:42+	00:35+	00:31+	00:53+	01:29+	02:50+	01:03+	00:19+
00:10#	00:08#	00:23&	00:01-	01:52&	00:24&	00:07-	00:27@	00:04&	00:19&	00:07&	00:20&	00:07#	00:09&	00:08#	00:08&	00:03#	00:20&	00:07+	01:43@	00:12#	00:02#
<b>14</b>	<b>Cedric Fayemdy</b>	<b>76</b>										<b>25:57</b>									
00:52+	01:50+	03:51+	04:22+	10:16+	11:16+	12:30+	13:04+	13:21+	14:44+	15:11+	16:37+	17:26+	18:00+	19:13+	19:53+	20:20+	21:07+	23:09+	24:39+	25:34+	25:57+
00:52+	00:58+	02:01+	00:31-	05:54+	01:00+	01:14+	00:34+	00:17+	01:23+	00:27+	01:26+	00:49+	00:34+	01:13+	00:40+	00:27-	00:47+	02:02+	01:30+	00:55+	00:23+
00:03+	00:19&	00:48&	00:12-	02:14&	00:18&	00:05+	00:08&	00:05&	00:51@	00:02+	00:17#	00:06#	00:10&	00:39@	00:13&	00:01-	00:14&	00:40&	00:23&	00:04+	00:06&
<b>15</b>	<b>Reidar Mosvold</b>	<b>53</b>										<b>26:08</b>									
00:58+	01:51+	03:35+	04:36+	11:45+	12:37+	13:55+	14:41+	14:58+	15:35+	16:10+	17:43+	18:36+	19:09+	19:49+	20:27+	21:00+	21:46+	23:28+	24:51+	25:47+	26:08+
00:58+	00:53+	01:44+	01:01+	07:09+	00:52+	01:18+	00:46+	00:17+	00:37+	00:35+	01:33+	00:53+	00:33+	00:40+	00:38+	00:33+	00:46+	01:42+	01:23+	00:56+	00:21+
00:09#	00:14&	00:31&	00:18&	03:29&	00:10#	00:09#	00:20&	00:05&	00:05#	00:10&	00:24&	00:10#	00:09&	00:06#	00:11&	00:05#	00:13&	00:20#	00:16#	00:05+	00:04#
<b>16</b>	<b>Geir Inge Høvik</b>	<b>194</b>										<b>27:24</b>									
01:03+	01:47+	03:34+	04:13+	11:14+	12:10+	13:41+	14:12+	14:27+	15:45+	16:37+	18:39+	19:43+	20:14+	21:01+	21:37+	22:06+	22:52+	24:38+	25:59+	27:00+	27:24+
01:03+	00:44+	01:47+	00:39-	07:01+	00:56+	01:31+	00:31+	00:15+	01:18+	00:52+	02:02+	01:04+	00:31+	00:47+	00:36+	00:29+	00:46+	01:46+	01:21+	01:01+	00:24+
00:14&	00:05#	00:34&	00:04-	03:21&	00:14&	00:22&	00:05#	00:03#	00:46@	00:27@	00:53&	00:21&	00:07&	00:13&	00:09&	00:01+	00:13&	00:24&	00:14#	00:10#	00:07&
<b>17</b>	<b>Per Jan Erslund</b>	<b>43</b>										<b>27:41</b>									
04:08+	05:00+	06:27+	07:11+	13:55+	14:42+	16:18+	16:55+	17:09+	17:41+	18:07+	19:40+	20:29+	20:57+	22:10+	22:44+	23:13+	23:52+	25:34+	26:38+	27:23+	27:41+
04:08+	00:52+	01:27+	00:44+	06:44+	00:47+	01:36+	00:37+	00:14+	00:32=	00:26+	01:33+	00:49+	00:28+	01:13+	00:34+	00:29+	00:39+	01:42+	01:04-	00:45-	00:18+
03:19@	00:13&	00:14#	00:01+	03:04&	00:05#	00:27&	00:11&	00:02#	00:00=	00:01+	00:24&	00:06#	00:04#	00:39@	00:07&	00:01+	00:06#	00:20#	00:03-	00:06-	00:01+
<b>Beste strekktid for klassen</b>																					
00:47	00:39	01:13	00:30	02:27	00:41	00:55	00:26	00:12	00:32	00:25	01:09	00:43	00:22	00:34	00:27	00:25	00:33	01:20	01:04	00:45	00:15

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

## Herrer 50 - 59 år

<b>1</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>20:48</b>									
00:37=	01:45=	03:49=	06:55=	07:36=	08:26=	09:00=	09:54=	10:08=	10:25=	10:36=	11:07=	12:22=	14:55=	15:15=	15:48=	16:30=	17:30=	19:39=	20:27=	20:48=	
00:37=	01:08=	02:04=	03:06=	00:41=	00:50=	00:34=	00:54=	00:14=	00:17=	00:11=	00:31=	01:15=	02:33=	00:20=	00:33=	00:42=	01:00=	02:09=	00:48=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>21:26</b>									
00:22-	00:57-	03:07-	06:24-	07:04-	07:51-	08:26-	09:31-	09:48-	10:10-	10:23-	11:10+	12:34+	14:07-	14:32-	14:59-	16:02-	17:11-	20:03+	21:05+	21:26+	
00:22-	00:35-	02:10+	03:17+	00:40-	00:47-	00:35+	01:05+	00:17+	00:22+	00:13+	00:47+	01:24+	01:33-	00:25+	00:27-	01:03+	01:09+	02:52+	01:02+	00:21=	
00:15-	00:33-	00:06+	00:11+	00:01-	00:03-	00:01+	00:11#	00:03#	00:05&	00:02#	00:16&	00:09#	01:00-	00:05#	00:06-	00:21&	00:09#	00:43&	00:14&	00:00=	
<b>3</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>21:52</b>									
00:31-	01:07-	03:44-	07:37+	08:25+	09:16+	09:48+	10:47+	11:02+	11:25+	11:38+	12:22+	13:38+	15:10+	15:33+	16:03+	16:59+	18:00+	20:28+	21:30+	21:52+	
00:31-	00:36-	02:37+	03:53+	00:48+	00:51+	00:32-	00:59+	00:15+	00:23+	00:13+	00:44+	01:16+	01:32-	00:23+	00:30-	00:56+	01:01+	02:28+	01:02+	00:22+	
00:06-	00:32-	00:33&	00:47&	00:07#	00:01+	00:02-	00:05+	00:01+	00:06&	00:02#	00:13&	00:01+	01:01-	00:03#	00:03-	00:14&	00:01+	00:19#	00:14&	00:01+	
<b>4</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>22:34</b>									
00:27-	01:02-	03:15-	06:50-	07:34-	08:20-	09:01+	09:59+	10:18+	10:40+	10:50+	11:31+	12:53+	14:45-	15:13-	16:16+	17:14+	18:23+	21:00+	22:05+	22:34+	
00:27-	00:35-	02:13+	03:35+	00:44+	00:46-	00:41+	00:58+	00:19+	00:22+	00:10-	00:41+	01:22+	01:52-	00:28+	01:03+	00:58+	01:09+	02:37+	01:05+	00:29+	
00:10-	00:33-	00:09+	00:29#	00:03+	00:04-	00:07#	00:04+	00:05&	00:01-	00:10&	00:07+	00:07+	00:41-	00:08&	00:30&	00:16&	00:09#	00:28#	00:17&	00:08&	
<b>5</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>23:25</b>									
00:26-	01:02-	02:58-	07:23+	07:58+	08:55+	10:07+	11:03+	11:20+	11:40+	11:56+	12:31+	13:49+	16:57+	17:20+	18:00+	18:46+	19:44+	22:04+	23:05+	23:25+	
00:26-	00:36-	01:56-	04:25+	00:35-	00:57+	01:12+	00:56+	00:17+	00:20+	00:16+	00:35+	01:18+	03:08+	00:23+	00:40+	00:46+	00:58-	02:20+	01:01+	00:20-	
00:11-	00:32-	00:08-	01:19&	00:06-	00:07#	00:38@	00:02+	00:03#	00:03#	00:05&	00:04#	00:03+	00:35#	00:03#	00:07#	00:04+	00:02-	00:11+	00:13&	00:01-	
<b>6</b>	<b>Anders Glenne</b>	<b>7</b>										<b>24:09</b>									
01:37+	02:07+	04:11+	08:34+	09:15+	11:25+	11:57+	12:51+	13:09+	13:30+	13:43+	14:25+	15:38+	17:02+	17:33+	17:59+	18:49+	19:49+	22:48+	23:48+	24:09+	
01:37+	00:30-	02:04=	04:23+	00:41=	02:10+	00:32-	00:54=	00:18+	00:21+	00:13+	00:42+	01:13-	01:24-	00:31+	00:26-	00:50+	01:00=	02:59+	01:00+	00:21=	
01:00@	00:38-	00:00=	01:17&	00:00=	01:20@	00:02-	00:00=	00:04&	00:04#	00:02#	00:11&	00:02-	01:09-	00:11&	00:07-	00:08#	00:00=	00:50&	00:12#	00:00=	
<b>7</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>24:20</b>									
00:42+	01:32-	04:57+	08:08+	08:51+	10:09+	10:46+	12:00+	12:17+	12:40+	12:52+	13:35+	15:05+	17:06+	17:33+	18:04+	19:05+	20:17+	23:05+	24:02+	24:20+	
00:42+	00:50-	03:25+	03:11+	00:43+	01:18+	00:37+	01:14+	00:17+	00:23+	00:12+	00:43+	01:30+	02:01-	00:27+	00:31-	01:01+	01:12+	02:48+	00:57+	00:18-	
00:05#	00:18-	01:21&	00:05+	00:02+	00:28&	00:03+	00:20&	00:03#	00:06&	00:01+	00:12&	00:15#	00:32-	00:07&	00:02-	00:19&	00:12#	00:39&	00:09#	00:03-	

Class	Navn	Klasse										Tid									
<b>8</b>	<b>Tore Halset</b>	<b>114</b>										<b>25:59</b>									
00:36-	01:19-	04:02+	07:40+	08:34+	09:31+	10:11+	11:21+	11:43+	12:06+	12:21+	13:10+	15:29+	18:05+	18:38+	19:17+	20:18+	21:28+	24:27+	25:34+	25:59+	
00:36-	00:43-	02:43+	03:38+	00:54+	00:57+	00:40+	01:10+	00:22+	00:23+	00:15+	00:49+	02:19+	02:36+	00:33+	00:39+	01:01+	01:10+	02:59+	01:07+	00:25+	
00:01-	00:25-	00:39%	00:32#	00:13&	00:07#	00:06#	00:16&	00:08&	00:06&	00:04&	00:18&	01:04&	00:03+	00:13&	00:06#	00:19&	00:10#	00:50&	00:19&	00:04#	
<b>9</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>26:16</b>									
01:14+	02:07+	04:25+	08:02+	12:10+	13:25+	13:55+	15:07+	15:23+	15:43+	16:12+	16:50+	18:06+	20:04+	20:24+	20:50+	21:40+	22:43+	25:05+	25:55+	26:16+	
01:14+	00:53-	02:18+	03:37+	04:08+	01:15+	00:30-	01:12+	00:16+	00:20+	00:29+	00:38+	01:16+	01:58-	00:20=	00:26-	00:50+	01:03+	02:22+	00:50+	00:21=	
00:37&	00:15-	00:14#	00:31#	03:27@	00:25&	00:04-	00:18&	00:02#	00:03#	00:18@	00:07#	00:01+	00:35-	00:00=	00:07-	00:08#	00:03+	00:13#	00:02+	00:00=	
<b>10</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>26:26</b>									
00:39+	01:23-	04:03+	08:42+	09:28+	10:24+	11:46+	13:02+	13:23+	13:48+	14:06+	14:48+	16:17+	18:17+	18:43+	19:09+	20:05+	21:18+	24:27+	25:59+	26:26+	
00:39+	00:44-	02:40+	04:39+	00:46+	00:56+	01:22+	01:16+	00:21+	00:25+	00:18+	00:42+	01:29+	02:00-	00:26+	00:26-	00:56+	01:13+	03:09+	01:32+	00:27+	
00:02+	00:24-	00:36&	01:33&	00:05#	00:06#	00:48@	00:22&	00:07&	00:08&	00:07&	00:11&	00:14#	00:33-	00:06&	00:07-	00:14&	00:13#	01:00&	00:44&	00:06&	
<b>11</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>26:51</b>									
00:25-	01:43-	03:53+	07:28+	08:20+	09:09+	09:44+	10:45+	11:02+	11:26+	11:47+	12:30+	14:05+	16:30+	16:55+	19:23+	20:18+	21:37+	25:01+	26:18+	26:51+	
00:25-	01:18+	02:10+	03:35+	00:52+	00:49-	00:35+	01:01+	00:17+	00:24+	00:21+	00:43+	01:35+	02:25-	00:25+	02:28+	00:55+	01:19+	03:24+	01:17+	00:33+	
00:12-	00:10#	00:06+	00:29#	00:11&	00:01-	00:01+	00:07#	00:03#	00:07&	00:10&	00:12&	00:20&	00:08-	00:05#	01:55@	00:13&	00:19&	01:15&	00:29&	00:12&	
<b>12</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>27:43</b>									
00:28-	01:07-	04:37+	09:57+	10:41+	11:36+	12:13+	13:17+	13:31+	13:59+	14:20+	15:11+	16:40+	18:35+	19:01+	19:39+	21:00+	22:29+	26:00+	27:16+	27:43+	
00:28-	00:39-	03:30+	05:20+	00:44+	00:55+	00:37+	01:04+	00:14=	00:28+	00:21+	00:51+	01:29+	01:55-	00:26+	00:38+	01:21+	01:29+	03:31+	01:16+	00:27+	
00:09-	00:29-	01:26&	02:14&	00:03+	00:05#	00:03+	00:10#	00:00=	00:11&	00:10&	00:20&	00:14#	00:38-	00:06&	00:05#	00:39&	00:29&	01:22&	00:28&	00:06&	
<b>13</b>	<b>Inge Skretting</b>	<b>165</b>										<b>28:02</b>									
00:30-	02:27+	04:46+	08:46+	09:45+	10:54+	11:28+	12:40+	13:00+	13:23+	13:37+	14:18+	16:07+	18:03+	18:28+	21:36+	22:31+	23:40+	26:19+	27:40+	28:02+	
00:30-	01:57+	02:19+	04:00+	01:09+	01:09+	00:34=	01:12+	00:20+	00:23+	00:14+	00:41+	01:49+	01:56-	00:25+	03:08+	00:55+	01:09+	02:39+	01:21+	00:22+	
00:07-	00:49&	00:15#	00:54&	00:18&	00:19&	00:00=	00:18&	00:06&	00:06&	00:03&	00:10&	00:34&	00:37-	00:05#	02:35@	00:13&	00:09#	00:30#	00:33&	00:01+	
<b>14</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>28:06</b>									
00:24-	01:03-	04:01+	08:05+	08:57+	10:08+	10:46+	12:09+	12:30+	12:55+	13:13+	14:14+	15:58+	18:17+	18:52+	19:27+	20:28+	22:08+	26:04+	27:26+	28:06+	
00:24-	00:39-	02:58+	04:04+	00:52+	01:11+	00:38+	01:23+	00:21+	00:25+	00:18+	01:01+	01:44+	02:19-	00:35+	00:35+	01:01+	01:40+	03:56+	01:22+	00:40+	
00:13-	00:29-	00:54&	00:58&	00:11&	00:21&	00:04#	00:29&	00:07&	00:08&	00:07&	00:30&	00:29&	00:14-	00:15&	00:02+	00:19&	00:40&	01:47&	00:34&	00:19&	
<b>15</b>	<b>Kjetil Roaldkvam</b>	<b>7</b>										<b>28:15</b>									
00:28-	02:12+	04:00+	12:45+	13:21+	14:10+	14:42+	15:43+	16:04+	16:28+	17:07+	17:41+	19:00+	21:07+	21:31+	21:57+	22:51+	23:47+	26:05+	27:55+	28:15+	
00:28-	01:44+	01:48-	08:45+	00:36-	00:49-	00:32-	01:01+	00:21+	00:24+	00:39+	00:34+	01:19+	02:07-	00:24+	00:26-	00:54+	00:56-	02:18+	01:50+	00:20-	
00:09-	00:36&	00:16-	05:39@	00:05-	00:01-	00:02-	00:07#	00:07&	00:07&	00:28@	00:03+	00:04+	00:26-	00:04#	00:07-	00:12&	00:04-	00:09+	01:02@	00:01-	
<b>16</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>28:20</b>									
00:32-	01:26-	04:21+	10:03+	10:59+	12:10+	12:51+	14:09+	14:28+	14:53+	15:08+	17:32+	19:32+	20:03+	20:41+	21:58+	23:20+	26:33+	27:51+	28:20+		
00:32-	00:54-	02:55+	05:42+	00:56+	01:11+	00:41+	01:18+	00:19+	00:25+	00:15+	02:24+	02:00+	00:31-	00:38+	01:17+	01:22+	03:13+	01:18-	00:29-		
00:05-	00:14-	00:51&	02:36&	00:15&	00:21&	00:07#	00:24&	00:05&	00:08&	00:04&	01:53@	00:45&	02:02-	00:18&	00:44@	00:40&	02:13@	00:51-	00:19-		
<b>17</b>	<b>Eilef Foss</b>	<b>76</b>										<b>30:18</b>									
00:36-	01:15-	04:08+	08:51+	10:02+	10:47+	11:25+	12:58+	13:14+	13:50+	14:06+	14:51+	16:22+	22:19+	22:37+	23:44+	24:36+	26:25+	29:02+	29:58+	30:18+	
00:36-	00:39-	02:53+	04:43+	01:11+	00:45-	00:38+	01:33+	00:16+	00:36+	00:16+	00:45+	01:31+	05:57+	00:18-	01:07+	00:52+	01:49+	02:37+	00:56+	00:20-	
00:01-	00:29-	00:49&	01:37&	00:30&	00:05-	00:04#	00:39&	00:02#	00:19@	00:05&	00:14&	00:16#	03:24@	00:02-	00:34@	00:10#	00:49&	00:28#	00:08#	00:01-	
<b>18</b>	<b>Torbjørn Salthe</b>	<b>125</b>										<b>34:40</b>									
03:01+	04:28+	08:27+	11:58+	13:56+	15:15+	16:05+	17:45+	18:05+	18:33+	18:49+	19:39+	22:00+	24:55+	25:33+	26:11+	27:18+	28:38+	32:15+	34:16+	34:40+	
03:01+	01:27+	03:59+	03:31+	01:58+	01:19+	00:50+	01:40+	00:20+	00:28+	00:16+	00:50+	02:21+	02:55+	00:38+	00:38+	01:07+	01:20+	03:37+	02:01+	00:24+	
02:24@	00:19&	01:55&	00:25#	01:17@	00:29&	00:16&	01:55&	00:46&	00:06&	00:11&	00:05&	01:06&	00:22#	00:18&	00:05#	00:25&	00:20&	01:28&	01:13@	00:03#	
<b>19</b>	<b>Stein Arve Finnstad</b>	<b>287</b>										<b>34:49</b>									
00:27-	01:30-	01:51+	15:18+	16:09+	17:48+	18:31+	19:42+	20:01+	20:26+	20:43+	21:32+	23:16+	25:09+	25:37+	26:12+	27:18+	29:07+	32:32+	34:26+	34:49+	
00:27-	01:03-	09:21+	04:27+	00:51+	01:39+	00:43+	01:11+	00:19+	00:25+	00:17+	00:49+	01:44+	01:53-	00:28+	00:35+	01:06+	01:49+	03:25+	01:54+	00:23+	
00:10-	00:05-	07:17@	01:21&	00:10#	00:49&	00:09&	00:17&	00:05&	00:08&	00:06&	00:18&	00:29&	00:40-	00:08&	00:02+	00:24&	00:49&	01:16&	01:06@	00:02+	
<b>Beste strekktid for klassen</b>																					
00:22	00:30	01:48	03:06	00:35	00:45	00:30	00:54	00:14	00:17	00:10	00:31	01:13	00:31	00:18	00:26	00:42	00:56	01:18	00:29	00:18	

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

## Herrer 60 - 64 år

<b>1</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>20:05</b>											
00:25=	00:53=	01:39=	03:28=	04:45=	05:29=	06:18=	06:48=	07:02=	07:24=	07:50=	08:05=	08:47=	09:57=	11:03=	11:36=	12:27=	13:14=	14:02=	16:07=	16:28=	17:32=	19:44=	20:05=
00:25=	00:28=	00:46=	01:49=	01:17=	00:44=	00:49=	00:30=	00:14=	00:22=	00:26=	00:15=	00:42=	01:10=	01:06=	00:33=	00:51=	00:47=	00:48=	02:05=	00:21=	01:04=	02:12=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
<b>2</b>	<b>Kjell Skjæveland</b>	<b>166</b>	<b>20:26</b>
00:20-	00:53=	01:39=	03:25-
00:20-	00:33+	00:46=	01:46-
00:05-	00:05#	00:00=	00:03-
<b>3</b>	<b>Lars Bergersen</b>	<b>116</b>	<b>21:00</b>
00:27+	00:58+	01:33-	03:19-
00:27+	00:31+	00:35-	01:46-
00:02+	00:03#	00:11-	00:03-
<b>4</b>	<b>Per Ingar Hadland</b>	<b>7</b>	<b>21:27</b>
00:22-	00:52-	01:37-	03:40+
00:22-	00:30+	00:45-	02:03+
00:03-	00:02+	00:01-	00:14#
<b>5</b>	<b>Olav Tunheim</b>	<b>93</b>	<b>22:30</b>
00:34+	01:12+	01:44+	04:16+
00:34+	00:38+	00:32-	02:32+
00:09#	00:10#	00:14-	00:43#
<b>6</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>	<b>23:26</b>
00:28+	01:05+	01:40+	03:47+
00:28+	00:37+	00:35-	02:07+
00:03#	00:09#	00:11-	00:18#
<b>7</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>23:53</b>
00:25=	00:57+	01:25-	03:21-
00:25=	00:32+	00:28-	01:56+
00:00=	00:04#	00:18-	00:07+
<b>8</b>	<b>Kjell Ove Aksland</b>	<b>27</b>	<b>24:04</b>
00:31+	01:05+	01:33-	03:24-
00:31+	00:34+	00:28-	01:51+
00:06#	00:06#	00:18-	00:02+
<b>9</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>	<b>25:00</b>
00:44+	01:19+	02:15+	04:54+
00:44+	00:35+	00:56+	02:39+
00:19#	00:07#	00:10#	00:50#
<b>10</b>	<b>John C. Sinnes</b>	<b>93</b>	<b>25:21</b>
01:53+	02:23+	02:59+	05:55+
01:53+	00:30+	00:36-	02:56+
01:28#	00:02+	00:10-	01:07#
<b>11</b>	<b>Svein Magne Gløppen</b>	<b>93</b>	<b>26:05</b>
01:02+	01:39+	02:43+	04:48+
01:02+	00:37+	01:04+	02:05+
00:37#	00:09#	00:18#	00:16#
<b>12</b>	<b>Kjell Lervik</b>	<b>239</b>	<b>27:36</b>
01:55+	02:48+	03:22+	05:39+
01:55+	00:53+	00:34-	02:17+
01:30#	00:25#	00:12-	00:28#
<b>13</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>	<b>33:17</b>
00:47+	01:33+	02:14+	05:43+
00:47+	00:46+	00:41-	03:29+
00:22#	00:18#	00:05-	01:40#
<b>Beste strekktid for klassen</b>			
00:20	00:28	00:28	01:46
= 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>17:30</b>
00:15=	00:39=	00:59=	02:28=
00:15=	00:24=	00:20=	01:29=
00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid											
<b>2</b>	<b>Jan Hetland</b>	<b>29</b>										<b>21:20</b>											
00:28+	01:03+	01:49+	03:35+	04:50+	06:04+	06:56+	07:27+	07:44+	08:05+	08:25+	08:40+	09:26+	10:46+	11:30+	12:10+	13:25+	14:37+	15:35+	17:54+	18:21+	19:31+	21:01+	21:20+
00:28+	00:35+	00:46+	01:46+	01:15+	01:14+	00:52+	00:31+	00:17+	00:21+	00:20+	00:15+	00:46+	01:20-	00:44+	00:40+	01:15+	01:12+	00:58+	02:19+	00:27-	01:10+	01:30+	00:19=
00:13&	00:11&	00:26@	00:17#	00:10#	00:35&	00:05#	00:03#	00:04&	00:02#	00:03#	00:03#	00:07#	00:16-	00:08#	00:07#	00:33&	00:28&	00:10#	00:17#	00:07-	00:10#	00:01+	00:00=
<b>3</b>	<b>Svein Berge</b>	<b>126</b>										<b>21:42</b>											
00:25+	00:56+	01:32+	03:08+	04:57+	05:32+	07:12+	07:40+	07:54+	08:13+	08:32+	08:46+	09:24+	10:40+	12:08+	12:58+	14:06+	15:10+	16:09+	18:12+	18:30+	19:37+	21:23+	21:42+
00:25+	00:31+	00:36+	01:36+	01:49+	00:35-	01:40+	00:28=	00:14+	00:19=	00:19+	00:14+	00:38-	01:16-	01:28+	00:50+	01:08+	01:04+	00:59+	02:03+	00:18-	01:07+	01:46+	00:19=
00:10&	00:07&	00:16&	00:07+	00:44&	00:04-	00:53@	00:00=	00:01+	00:00=	00:02#	00:02#	00:01-	00:20-	00:52@	00:17&	00:26&	00:20&	00:11#	00:01+	00:16-	00:07#	00:17#	00:00=
<b>4</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>22:04</b>											
00:25+	01:06+	01:51+	03:31+	04:43+	05:25+	06:34+	07:09+	07:30+	07:51+	08:26+	08:42+	09:23+	10:42+	13:26+	13:59+	14:46+	15:34+	16:23+	18:37+	18:55+	20:01+	21:44+	22:04+
00:25+	00:41+	00:45+	01:40+	01:12+	00:42+	01:09+	00:35+	00:21+	00:21+	00:35+	00:16+	00:41+	01:19-	02:44+	00:33=	00:47+	00:48+	00:49+	02:14+	00:18-	01:06+	01:43+	00:20+
00:10&	00:17&	00:25@	00:11#	00:07#	00:03+	00:22&	00:07#	00:08&	00:02#	00:18@	00:04&	00:02+	00:17-	02:08@	00:00=	00:05#	00:04+	00:01+	00:12+	00:16-	00:06#	00:14#	00:01+
<b>5</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>22:13</b>											
00:19+	01:09+	01:50+	03:44+	05:21+	06:19+	07:09+	07:45+	07:59+	08:23+	09:00+	09:15+	10:09+	11:29+	12:10+	12:50+	13:56+	14:53+	16:08+	18:33+	18:53+	20:09+	21:51+	22:13+
00:19+	00:50+	00:41+	01:54+	01:37+	00:58+	00:50+	00:36+	00:14+	00:24+	00:37+	00:15+	00:54+	01:20-	00:41+	00:40+	01:06+	00:57+	01:15+	02:25+	00:20-	01:16+	01:42+	00:22+
00:04&	00:26@	00:21@	00:25&	00:32&	00:19&	00:03+	00:08&	00:01+	00:05&	00:20@	00:03#	00:15&	00:16-	00:05#	00:07#	00:24&	00:13&	00:27&	00:23#	00:14-	00:16&	00:13#	00:03#
<b>6</b>	<b>Tom Hetland</b>	<b>5</b>										<b>23:09</b>											
00:26+	00:55+	01:26+	03:16+	05:45+	06:32+	07:24+	08:15+	08:31+	08:55+	09:22+	09:41+	10:20+	11:41+	13:20+	13:51+	15:08+	16:07+	17:11+	19:36+	19:53+	20:57+	22:50+	23:09+
00:26+	00:29+	00:31+	01:50+	02:29+	00:47+	00:52+	00:51+	00:16+	00:24+	00:27+	00:19+	00:39=	01:21-	01:39+	00:31-	01:17+	00:59+	01:04+	02:25+	00:17-	01:04+	01:53+	00:19=
00:11&	00:05#	00:11&	00:21#	01:24@	00:08#	00:05#	00:23&	00:03#	00:05&	00:10&	00:07&	00:00=	00:15-	01:03@	00:02-	00:35&	00:15&	00:16&	00:23#	00:17-	00:04+	00:24&	00:00=
<b>7</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>26:05</b>											
01:06+	01:44+	03:24+	05:45+	07:08+	07:59+	08:45+	09:13+	09:28+	09:59+	10:24+	10:42+	11:33+	13:03+	13:43+	14:39+	16:58+	18:01+	19:19+	22:01+	22:21+	23:42+	25:42+	26:05+
01:06+	00:38+	01:40+	02:21+	01:23+	00:51+	00:46-	00:28=	00:15+	00:31+	00:25+	00:18+	00:51+	01:30-	00:40+	00:56+	02:19+	01:03+	01:18+	02:42+	00:20-	01:21+	02:00+	00:23+
00:51@	00:14&	01:20@	00:52&	00:18&	00:12&	00:01-	00:00=	00:02#	00:12&	00:08&	00:06&	00:12&	00:06-	00:04#	00:23&	01:37@	00:19&	00:30&	00:40&	00:14-	00:21&	00:31&	00:04#
<b>8</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>32:00</b>											
00:54+	02:27+	03:19+	05:43+	08:11+	09:46+	11:10+	12:26+	13:01+	13:31+	14:04+	15:37+	17:35+	18:31+	19:22+	20:40+	22:17+	23:35+	26:54+	27:22+	28:54+	31:33+	32:00+	
00:54+	01:33+	00:52+	02:24+	02:28+	01:35+	01:24+	01:16+	00:35+	00:30+	00:33+	00:24+	01:09+	01:58+	00:56+	00:51+	01:18+	01:37+	01:18+	03:19+	00:28-	01:32+	02:39+	00:27+
00:39@	01:09@	00:32@	00:55&	01:23@	00:56@	00:37&	00:48@	00:22@	00:11&	00:16&	00:12&	00:30&	00:22#	00:20&	00:18&	00:36&	00:53@	00:30&	01:17&	00:06-	00:32&	01:10&	00:08&
<b>Beste strekktid for klassen</b>																							
00:15	00:24	00:20	01:29	01:05	00:35	00:46	00:28	00:13	00:19	00:17	00:12	00:38	01:16	00:36	00:31	00:42	00:44	00:48	02:02	00:17	01:00	01:29	00:19

= 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>21:31</b>												
00:27=	01:04=	02:24=	04:06=	05:15=	05:59=	06:37=	07:03=	07:18=	07:39=	08:03=	08:22=	08:59=	10:12=	10:45=	13:00=	14:07=	14:56=	15:53=	18:04=	18:22=	19:25=	21:07=	21:31=	
00:27=	00:37=	01:20=	01:42=	01:09=	00:44=	00:38=	00:26=	00:15=	00:21=	00:24=	00:19=	00:37=	01:13=	00:33=	02:15=	01:07=	00:49=	00:57=	02:11=	00:18=	01:03=	01:42=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>23:06</b>												
00:53+	01:23+	02:01-	03:59-	05:22+	06:10+	06:56+	07:35+	08:02+	08:42+	09:09+	09:27+	09:43+	10:29+	11:58+	13:14+	13:51-	14:44-	15:43-	17:00-	19:12+	19:32+	20:49-	22:41+	23:06+
00:53+	00:30-	00:38-	01:58+	01:23+	00:48+	00:46+	00:39+	00:27+	00:40+	00:27+	00:18-	00:16-	00:46-	01:29+	01:16-	00:37-	00:53+	00:59+	01:17-	02:12+	00:20-	01:17-	01:52+	00:25+
00:26&	00:07-	00:42-	00:16#	00:14#	00:04+	00:08#	00:13&	00:12&	00:19&	00:03#	00:01-	00:21-	00:27-	00:56@	00:59-	00:30-	00:04+	00:02+	00:54-	01:54@	00:43-	00:25-	01:28@	00:25+
<b>3</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>24:54</b>												
00:30+	01:03-	01:39-	03:58-	05:58+	06:48+	07:37+	08:10+	08:28+	10:00+	10:26+	10:44+	11:39+	13:04+	13:42+	14:26+	15:38+	16:55+	18:03+	20:47+	21:09+	22:36+	24:29+	24:54+	
00:30+	00:33-	00:36-	02:19+	02:00+	00:50+	00:49+	00:33+	00:18+	01:32+	00:26+	00:18-	00:55+	01:25+	00:38+	00:44-	01:12+	01:17+	01:08+	02:44+	00:22+	01:27+	01:53+	00:25+	
00:03#	00:04-	00:44-	00:37&	00:51&	00:06#	00:11&	00:07&	00:03#	01:11@	00:02+	00:01-	00:18&	00:12#	00:05#	01:31-	00:05+	00:28&	00:11#	00:33&	00:04#	00:24&	00:11#	00:01+	
<b>4</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>26:26</b>												
00:39+	01:13+	01:55-	04:08+	05:57+	07:00+	07:51+	08:40+	09:00+	09:27+	09:52+	10:10+	11:01+	12:36+	14:03+	15:03+	16:47+	17:41+	18:49+	21:39+	22:04+	23:27+	26:04+	26:26+	
00:39+	00:34-	00:42-	02:13+	01:49+	01:03+	00:51+	00:49+	00:20+	00:27+	00:25+	00:18-	00:51+	01:35+	01:27+	01:00-	01:44+	00:54+	01:08+	02:50+	00:25+	01:23+	02:37+	00:22-	
00:12&	00:03-	00:38-	00:31&	00:40&	00:19&	00:13&	00:23&	00:05&	00:06&	00:01+	00:01-	00:14&	00:22&	00:54@	01:15-	00:37&	00:05#	00:11#	00:39&	00:07&	00:20&	00:55&	00:02-	
<b>5</b>	<b>Arne Østensen</b>	<b>90</b>										<b>27:45</b>												
00:29+	01:06+	01:36-	03:27-	05:40+	07:04+	07:52+	08:26+	08:45+	09:13+	09:39+	09:52+	10:32+	13:47+	14:31+	15:11+	16:11+	17:13+	19:10+	22:33+	22:52+	24:29+	27:21+	27:45+	
00:29+	00:37=	00:30-	01:51+	02:13+	01:24+	00:48+	00:34+	00:19+	00:28+	00:26+	00:13-	00:40+	03:15+	00:44+	00:40-	01:00-	01:02+	01:57+	03:23+	00:19+	01:37+	02:52+	00:24=	
00:02+	00:00=	00:50-	00:09+	01:04&	00:40&	00:10&	00:08&	00:04&	00:07&	00:02+	00:06-	00:03+	02:02@	00:11&	01:35-	00:07-	00:13&	01:00@	01:12&	00:01+	00:34&	01:10&	00:00=	
<b>6</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>27:53</b>												
00:39+	01:55+	03:04+	05:48+	07:28+	08:46+	09:39+	10:13+	10:31+	10:52+	11:13+	11:27+	12:09+	13:26+	14:57+	16:45+	17:38+	18:43+	19:48+	23:59+	24:30+	25:46+	27:31+	27:53+	
00:39+	01:16+	01:09-	02:44+	01:40+	01:18+	00:53+	00:34+	00:18+	00:21=	00:21-	00:14-	00:42+	01:17+	01:31+	01:48-	00:53-	01:05+	01:05+	04:11+	00:31+	01:16+	01:45+	00:22-	
00:12&	00:39@	00:11-	01:02&	00:31&	00:34&	00:15&	00:08&	00:03#	00:00=	00:03-	00:05-	00:05#	00:04+	00:58@	00:27-	00:14-	00:16&	00:08#	02:00&	00:13&	00:13#	00:03+	00:02-	

Class	Navn	Klasse										Tid												
<b>7</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>29:31</b>												
00:47+	01:23+	02:46+	05:00+	06:43+	07:36+	08:24+	08:58+	09:18+	09:49+	10:17+	10:38+	12:04+	13:40+	15:12+	15:55+	17:06+	18:15+	19:31+	25:18+	25:41+	27:04+	29:02+	29:31+	
00:47+	00:36-	01:23+	02:14+	01:43+	00:53+	00:48+	00:34+	00:20+	00:31+	00:28+	00:21+	01:26+	01:36+	01:32+	00:43-	01:11+	01:09+	01:16+	05:47+	00:23+	01:23+	01:58+	00:29+	
00:20&	00:01-	00:03+	00:32&	00:34&	00:09#	00:10&	00:08&	00:05&	00:10&	00:04#	00:02#	00:49#	00:23&	00:59#	01:32-	00:04+	00:20&	00:19&	03:36#	00:05&	00:20&	00:16#	00:05#	
<b>8</b>	<b>Hans Klausen</b>	<b>62</b>										<b>33:00</b>												
01:45+	02:29+	02:59+	05:33+	07:13+	11:29+	12:31+	13:27+	13:45+	14:25+	14:57+	15:18+	16:28+	17:54+	18:36+	19:32+	21:13+	22:18+	24:18+	28:22+	29:10+	29:25+	30:40+	32:37+	33:00+
01:45+	00:44+	00:30-	02:34+	01:40+	04:16+	01:02+	00:56+	00:18+	00:40+	00:32+	00:21+	01:10+	01:26+	00:42+	00:56-	01:41+	01:05+	02:00+	04:04+	00:48+	00:15-	01:15-	01:57+	00:23+
01:18#	00:07#	00:50-	00:52&	00:31&	03:32#	00:24&	00:30#	00:03#	00:19&	00:08&	00:02#	00:33&	00:13#	00:09&	01:19-	00:34&	00:16&	01:03#	01:53&	00:30#	00:48-	00:27-	01:33#	00:23+
<b>9</b>	<b>Ole Auklend</b>	<b>106</b>										<b>35:30</b>												
00:39+	03:33+	04:08+	06:36+	09:04+	10:32+	11:30+	12:15+	12:51+	13:34+	14:34+	14:58+	16:10+	18:26+	20:16+	21:33+	23:06+	25:02+	26:24+	30:02+	30:36+	32:27+	34:53+	35:30+	
00:39+	02:54+	00:35-	02:28+	02:28+	01:28+	00:58+	00:45+	00:36+	00:43+	01:00+	00:24+	01:12+	02:16+	01:50+	01:17-	01:33+	01:56+	01:22+	03:38+	00:34+	01:51+	02:26+	00:37+	
00:12&	02:17#	00:45-	00:46&	01:19#	00:44&	00:20&	00:19&	00:21#	00:22#	00:36#	00:05&	00:35&	01:03&	01:17#	00:58-	00:26&	01:07#	00:25&	01:27&	00:16&	00:48&	00:44&	00:13&	
<b>10</b>	<b>Leif Kåre Lende</b>	<b>128</b>										<b>48:29</b>												
01:04+	02:01+	02:53+	06:18+	10:34+	13:34+	15:10+	16:18+	17:34+	18:17+	18:55+	19:22+	20:38+	23:35+	25:01+	26:32+	33:07+	34:48+	36:41+	41:52+	42:19+	44:32+	47:49+	48:29+	
01:04+	00:57+	00:52-	03:25+	04:16+	03:00+	01:36+	01:08+	01:16+	00:43+	00:38+	00:27+	01:16+	02:57+	01:26+	01:31-	06:35+	01:41+	01:53+	05:11+	00:27+	02:13+	03:17+	00:40+	
00:37#	00:20&	00:28-	01:43#	03:07#	02:16#	00:58#	00:42#	01:01#	00:22#	00:14&	00:08&	00:39#	01:44#	00:53#	00:44-	05:28#	00:52#	00:56&	03:00#	00:09&	01:10#	01:35&	00:16&	
<b>Beste strekktid for klassen</b>																								
00:27	00:30	00:30	01:42	01:09	00:44	00:38	00:26	00:15	00:21	00:21	00:13	00:16	00:46	00:33	00:40	00:37	00:49	00:57	01:17	00:18	00:15	01:15	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>20:04</b>											
00:30=	01:33=	02:00=	02:36=	03:34=	04:57=	06:20=	06:45=	07:35=	08:45=	10:05=	11:01=	11:37=	12:13=	12:58=	14:19=	15:18=	16:50=	18:26=	19:41=	20:04=			
00:30=	01:03=	00:27=	00:36=	00:58=	01:23=	01:23=	00:25=	00:50=	01:10=	01:20=	00:56=	00:36=	00:36=	00:45=	01:21=	00:59=	01:32=	01:36=	01:15=	00:23=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>20:10</b>											
00:30=	01:35+	02:00=	03:20+	04:14+	05:27+	06:17-	06:41-	07:30-	08:49+	10:06+	11:46+	12:20+	12:55+	13:35+	14:36+	15:38+	17:03+	18:33+	19:44+	20:10+			
00:30=	01:05+	00:25-	00:36=	00:54-	01:13-	00:50-	00:24-	00:49-	01:19+	01:17-	01:40+	00:34-	00:35-	00:40-	01:01-	01:02+	01:25-	01:30-	01:11-	00:26+			
00:00=	00:02+	00:02-	00:44#	00:04-	00:10-	00:33-	00:01-	00:01-	00:09#	00:03-	00:44&	00:02-	00:01-	00:05-	00:20-	00:03+	00:07-	00:06-	00:04-	00:03#			
<b>3</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>20:45</b>											
00:35+	01:19-	01:50-	02:30-	03:32-	05:23+	06:40+	07:06+	08:01+	09:09+	10:16+	11:48+	12:26+	13:07+	13:45+	14:49+	15:53+	17:37+	19:16+	20:20+	20:45+			
00:35+	00:44-	00:31+	00:40+	01:02+	01:51+	01:17-	00:26+	00:55+	01:08-	01:07-	01:32+	00:38+	00:41+	00:38-	01:04-	01:04+	01:44+	01:39+	01:04-	00:25+			
00:05#	00:19-	00:04#	00:04#	00:04+	00:28&	00:06-	00:01+	00:05#	00:02-	00:13-	00:36&	00:02+	00:05#	00:07-	00:17-	00:05+	00:12#	00:03+	00:11-	00:02+			
<b>4</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>20:49</b>											
00:28-	01:09-	01:43-	02:27-	03:16-	05:59+	07:16+	07:43+	08:34+	09:39+	10:47+	11:42+	12:18+	12:57+	13:48+	14:49+	15:54+	17:28+	19:11+	20:19+	20:49+			
00:28-	00:41-	00:34+	00:44+	00:49-	02:43+	01:17-	00:27+	00:51+	01:05-	01:08-	00:55-	00:36=	00:39+	00:51+	01:01-	01:05+	01:34+	01:43+	01:08-	00:30+			
00:02-	00:22-	00:07&	00:08#	00:09-	01:20&	00:06-	00:02+	00:01+	00:05-	00:12-	00:01-	00:00=	00:03+	00:06#	00:20-	00:06#	00:02+	00:07+	00:07-	00:07&			
<b>5</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>22:16</b>											
00:25-	01:16-	01:49-	02:48+	03:48+	07:09+	08:22+	08:54+	09:51+	11:13+	12:28+	13:54+	14:31+	15:02+	15:48+	16:39+	17:49+	19:13+	20:48+	21:51+	22:16+			
00:25-	00:51-	00:33+	00:59+	01:00+	03:21+	01:13-	00:32+	00:57+	01:22+	01:15-	01:26+	00:37+	00:31-	00:46+	00:51-	01:10+	01:24-	01:35-	01:03-	00:25+			
00:05-	00:12-	00:06#	00:23&	00:02+	01:58#	00:10-	00:07&	00:07#	00:12#	00:05-	00:30&	00:01+	00:05-	00:01+	00:30-	00:11#	00:08-	00:01-	00:12-	00:02+			
<b>6</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>24:07</b>											
00:39+	01:25-	02:54+	03:23+	04:22+	06:05+	07:27+	07:54+	08:42+	09:52+	11:31+	15:15+	15:58+	16:33+	17:19+	18:08+	19:18+	20:42+	22:32+	23:43+	24:07+			
00:39+	00:46-	01:29+	00:29-	00:59+	01:43+	01:22+	00:27+	00:48-	01:10=	01:39+	03:44+	00:43+	00:35-	00:46+	00:49-	01:10+	01:24-	01:50+	01:11-	00:24+			
00:09&	00:17-	01:02#	00:07-	00:01+	00:20#	00:01-	00:02+	00:02-	00:00=	00:19#	02:48#	00:07#	00:01-	00:01+	00:32-	00:11#	00:08-	00:14#	00:04-	00:01+			
<b>7</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>25:28</b>											
00:38+	01:58+	02:40+	03:18+	04:47+	06:41+	08:31+	08:57+	09:55+	11:19+	12:27+	14:17+	14:50+	15:25+	16:11+	17:17+	18:48+	20:32+	23:42+	24:51+	25:28+			
00:38+	01:20+	00:42+	00:38+	01:29+	01:54+	01:50+	00:26+	00:58+	01:24+	01:08-	01:50+	00:33-	00:35-	00:46+	01:06-	01:44+	03:10+	01:09-	00:37+				
00:08&	00:17&	00:15&	00:02+	00:31&	00:31&	00:27&	00:01+	00:08#	00:14#	00:12-	00:54&	00:03-	00:01-	00:01+	00:15-	00:32&	00:12#	01:34&	00:06-	00:14&			
<b>8</b>	<b>Jan Værp</b>	<b>62</b>										<b>29:19</b>											
00:28-	03:34+	04:08+	04:34+	05:42+	07:38+	09:12+	09:46+	10:56+	12:24+	13:53+	15:00+	15:42+	16:24+	18:03+	19:30+	20:41+	22:31+	25:35+	28:42+	29:19+			
00:28-	03:06+	00:34+	00:26-	01:08+	01:56+	01:34+	00:34+	01:10+	01:28+	01:29+	01:07+	00:42+	00:42+	01:39+	01:27+	01:11+	01:50+	03:04+	03:07+	00:37+			
00:02-	02:03#	00:07&	00:10-	00:10#	00:33&	00:11#	00:09&	00:20&	00:18&	00:09#	00:11#	00:06#	00:06#	00:54#	00:06+	00:12#	00:18#	01:28&	01:52#	00:14&			
<b>9</b>	<b>Reidar Magne Liland</b>	<b>66</b>										<b>29:41</b>											
00:47+	02:04+	02:50+	03:35+	04:42+	06:27+	07:43+	08:13+	09:11+	10:27+	11:43+	15:44+	16:40+	17:44+	19:11+	20:25+	21:55+	24:28+	26:39+	29:07+	29:41+			
00:47+	01:17+	00:46+	00:45+	01:07+	01:45+	01:16-	00:30+	00:58+	01:16+	01:16-	04:01+	00:56+	01:04+	01:27+	01:14-	01:30+	02:33+	02:11+	02:28+	00:34+			
00:17&	00:14#	00:19&	00:09#	00:09#	00:22&	00:07-	00:05#	00:08#	00:06+	00:04-	03:05#	00:20&	00:28&	00:42&	00:07-	00:31&	01:01&	00:35&	01:13&	00:11&			

Class	Navn	Klasse										Tid									
<b>10</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>30:14</b>									
00:51+	02:14+	03:03+	03:58+	05:43+	07:42+	09:57+	10:30+	12:00+	13:44+	15:31+	17:22+	18:36+	19:57+	21:11+	22:28+	24:05+	26:06+	28:29+	29:49+	30:14+	
00:51+	01:23+	00:49+	00:55+	01:45+	01:59+	02:15+	00:33+	01:30+	01:44+	01:47+	01:51+	01:14+	01:21+	01:14+	01:17-	01:37+	02:01+	02:23+	01:20+	00:25+	
00:21&	00:20&	00:22&	00:19&	00:47&	00:36&	00:52&	00:08&	00:40&	00:34&	00:27&	00:55&	00:38&	00:45&	00:29&	00:04-	00:38&	00:29&	00:47&	00:05+	00:02+	

**Beste strekktid for klassen**

00:25 00:41 00:25 00:26 00:49 01:13 00:50 00:24 00:48 01:05 01:07 00:55 00:33 00:31 00:38 00:49 00:59 01:24 01:30 01:03 00:23

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

**Herrer 80 år og eldre**

<b>1</b>	<b>Harald Vatne</b>	<b>67</b>										<b>24:28</b>									
01:07=	01:35=	04:10=	05:19=	06:49=	07:51=	09:07=	09:27=	10:06=	12:03=	13:32=	14:51=	16:30=	17:33=	18:17=	19:34=	20:55=	22:43=	23:55=	24:28=		
01:07=	00:28=	02:35=	01:09=	01:30=	01:02=	01:16=	00:20=	00:39=	01:57=	01:29=	01:19=	01:39=	01:03=	00:44=	01:17=	01:21=	01:48=	01:12=	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=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Terje Braut</b>	<b>92</b>										<b>24:46</b>									
01:16+	01:41+	03:41-	04:44-	06:19-	07:26-	09:16+	09:33+	10:10+	11:12-	13:01-	14:54+	16:22-	17:27-	18:19+	19:51+	20:57+	22:52+	24:03+	24:46+		
01:16+	00:25-	02:00-	01:03-	01:35+	01:07+	01:50+	00:17-	00:37-	01:02-	01:49+	01:53+	01:28-	01:05+	00:52+	01:32+	01:06-	01:55+	01:11-	00:43+		
00:09#	00:03-	00:35-	00:06-	00:05+	00:05+	00:34&	00:03-	00:02-	00:55-	00:20#	00:34&	00:11-	00:02+	00:08#	00:15#	00:15-	00:07+	00:01-	00:10&		
<b>3</b>	<b>Sigurd Krosli</b>	<b>93</b>										<b>28:24</b>									
01:22+	01:52+	03:16-	04:41-	07:20+	10:06+	11:31+	11:57+	12:25+	13:17+	15:55+	17:33+	19:23+	20:40+	21:34+	23:04+	24:28+	26:21+	27:36+	28:24+		
01:22+	00:30+	01:24-	01:25+	02:39+	02:46+	01:25+	00:26+	00:28-	00:52-	02:38+	01:38+	01:50+	01:17+	00:54+	01:30+	01:24+	01:53+	01:15+	00:48+		
00:15#	00:02+	01:11-	00:16#	01:09&	01:44&	00:09#	00:06&	00:11-	01:05-	01:09&	00:19#	00:11#	00:14#	00:10#	00:13#	00:03+	00:05+	00:03+	00:15&		
<b>4</b>	<b>Alf Gyland</b>	<b>92</b>										<b>34:13</b>									
02:46+	07:31+	10:19+	11:41+	13:25+	14:20+	17:19+	17:42+	18:15+	19:04+	20:55+	23:06+	24:46+	26:03+	26:59+	28:48+	30:09+	32:17+	33:33+	34:13+		
02:46+	04:45+	02:48+	01:22+	01:44+	00:55-	02:59+	00:23+	00:33-	00:49-	01:51+	02:11+	01:40+	01:17+	00:56+	01:49+	01:21=	02:08+	01:16+	00:40+		
01:39&	04:17&	00:13+	00:13#	00:14#	00:07-	01:43&	00:03#	00:06-	01:08-	00:22#	00:52&	00:01+	00:14#	00:12&	00:32&	00:00=	00:20#	00:04+	00:07#		
<b>5</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>37:14</b>									
01:40+	02:13+	05:49+	07:30+	10:03+	11:16+	13:08+	13:41+	14:37+	16:00+	18:42+	20:57+	23:36+	26:07+	27:10+	29:24+	31:04+	33:38+	36:09+	37:14+		
01:40+	00:33+	03:36+	01:41+	02:33+	01:13+	01:52+	00:33+	00:56+	01:23-	02:42+	02:15+	02:39+	02:31+	01:03+	02:14+	01:40+	02:34+	02:31+	01:05+		
00:33&	00:05#	01:01&	00:32&	01:03&	00:11#	00:36&	00:13&	00:17&	00:34-	01:13&	00:56&	01:00&	01:28&	00:19&	00:57&	00:19#	00:46&	01:19&	00:32&		
<b>6</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>37:18</b>									
04:25+	06:19+	09:17+	13:44+	16:17+	19:06+	20:31+	21:00+	21:33+	22:17+	24:39+	26:25+	28:23+	29:37+	30:31+	32:05+	33:26+	35:21+	36:34+	37:18+		
04:25+	01:54+	02:58+	04:27+	02:33+	02:49+	01:25+	00:29+	00:33-	00:44-	02:22+	01:46+	01:58+	01:14+	00:54+	01:34+	01:21=	01:55+	01:13+	00:44+		
03:18&	01:26&	00:23#	03:18&	01:03&	01:47&	00:09#	00:09&	00:06-	01:13-	00:53&	00:27&	00:19#	00:11#	00:10#	00:17#	00:00=	00:07+	00:01+	00:11&		
<b>7</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>37:33</b>									
01:43+	02:24+	07:25+	09:18+	11:34+	12:46+	14:36+	15:04+	15:44+	16:50+	19:40+	22:11+	24:34+	26:12+	27:30+	29:59+	31:44+	34:31+	36:33+	37:33+		
01:43+	00:41+	05:01+	01:53+	02:16+	01:12+	01:50+	00:28+	00:40+	01:06-	02:50+	02:31+	02:23+	01:38+	01:18+	02:29+	01:45+	02:47+	02:02+	01:00+		
00:36&	00:13&	02:26&	00:44&	00:46&	00:10#	00:34&	00:08&	00:01+	00:51-	01:21&	01:12&	00:44&	00:35&	00:34&	01:12&	00:24&	00:59&	00:50&	00:27&		
<b>8</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>38:04</b>									
02:37+	03:09+	06:39+	08:28+	10:54+	12:14+	14:08+	14:44+	15:37+	16:46+	19:42+	21:48+	24:36+	27:04+	28:05+	30:12+	32:01+	34:34+	36:55+	38:04+		
02:37+	00:32+	03:30+	01:49+	02:26+	01:20+	01:54+	00:36+	00:53+	01:09-	02:56+	02:06+	02:48+	02:28+	01:01+	02:07+	01:49+	02:33+	02:21+	01:09+		
01:30&	00:04#	00:55&	00:40&	00:56&	00:18&	00:38&	00:16&	00:14&	00:48-	01:27&	00:47&	01:09&	01:25&	00:17&	00:50&	00:28&	00:45&	01:09&	00:36&		
<b>9</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>55:07</b>									
07:59+	08:18+	10:39+	12:15+	14:08+	16:30+	18:12+	18:34+	19:10+	20:06+	35:23+	36:34+	43:14+	44:18+	45:27+	47:13+	49:00+	53:23+	54:21+	55:07+		
07:59+	00:19-	02:21-	01:36+	01:53+	02:22+	01:42+	00:22+	00:36-	00:56-	15:17+	01:11-	06:40+	01:04+	01:09+	01:46+	01:47+	04:23+	00:58-	00:46+		
06:52&	00:09-	00:14-	00:27&	00:23&	01:20&	00:26&	00:02#	00:03-	01:01-	13:48&	00:08-	05:01&	00:01+	00:25&	00:29&	00:26&	02:35&	00:14-	00:13&		

**Beste strekktid for klassen**

01:07 00:19 01:24 01:03 01:30 00:55 01:16 00:17 00:28 00:44 01:29 01:11 01:28 01:03 00:44 01:17 01:06 01:48 00:58 00:33

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

**Herrer A**

<b>1</b>	<b>Harald Kalager</b>	<b>7</b>										<b>21:49</b>													
00:19=	00:46=	01:12=	02:28=	03:06=	03:55=	05:31=	07:54=	08:27=	09:03=	09:14=	10:00=	10:26=	10:51=	11:20=	11:41=	12:32=	13:30=	14:01=	14:44=	15:23=	16:14=	16:42=	17:48=	18:30=	19:10=
00:19=	00:27=	00:26=	01:16=	00:38=	00:49=	01:36=	02:23=	00:33=	00:36=	00:11=	00:46=	00:26=	00:25=	00:29=	00:21=	00:51=	00:58=	00:31=	00:43=	00:39=	00:51=	00:28=	01:06=	00:42=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
19:57=	20:10=	20:57=	21:29=	21:49=	00:47=	00:13=	00:47=	00:32=	00:20=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid																						
<b>2</b>	<b>Stian Haugvaldstad</b>	<b>116</b>	<b>22:00</b>																						
00:16-	00:39-	01:03-	02:19-	02:47-	03:36-	06:04+	08:33+	09:07+	09:45+	09:55+	10:35+	11:03+	11:29+	11:57+	12:16+	13:07+	13:58+	14:26+	15:06+	15:47+	16:36+	17:03+	18:13+	18:52+	19:32+
00:16-	00:23-	00:24-	01:16-	00:28-	00:49=	02:28+	02:29+	00:34+	00:38+	00:10-	00:40-	00:28+	00:26+	00:28-	00:19-	00:51=	00:51-	00:28-	00:40-	00:41+	00:49-	00:27-	01:10+	00:39-	00:40=
00:03-	00:04-	00:02-	00:00=	00:10-	00:00=	00:52&	00:06+	00:01+	00:02+	00:01-	00:06-	00:02+	00:01+	00:01-	00:02-	00:00=	00:07-	00:03-	00:03-	00:02+	00:02-	00:01-	00:04+	00:03-	00:00=
20:15+	20:27+	21:10+	21:40+	22:00+																					
00:43-	00:12-	00:43-	00:30-	00:20=																					
00:04-	00:01-	00:04-	00:02-	00:00=																					
<b>3</b>	<b>Jone Valdal</b>	<b>116</b>	<b>22:19</b>																						
00:20+	00:44-	01:11-	02:29+	03:09+	04:05+	05:36+	08:03+	08:40+	09:17+	09:28+	10:10+	10:33+	11:01+	11:33+	11:55+	12:53+	13:42+	14:26+	15:09+	15:50+	16:35+	17:05+	18:17+	18:57+	19:37+
00:20+	00:24-	00:27+	01:18+	00:40+	00:56+	01:31-	02:27+	00:37+	00:37+	00:11=	00:42-	00:23-	00:28+	00:32+	00:22+	00:58+	00:49-	00:44+	00:43=	00:41+	00:45-	00:30+	01:12+	00:40-	00:40=
00:01+	00:03-	00:01+	00:02+	00:02+	00:07#	00:05-	00:04+	00:04#	00:01+	00:00=	00:04-	00:03-	00:03#	00:03#	00:01+	00:07#	00:09-	00:13&	00:00=	00:02+	00:06-	00:02+	00:06+	00:02-	00:00=
20:31+	20:43+	21:27+	22:01+	22:19+																					
00:54+	00:12-	00:44-	00:34+	00:18-																					
00:07#	00:01-	00:03-	00:02+	00:02-																					
<b>4</b>	<b>Torgeir Nevland</b>	<b>202</b>	<b>22:33</b>																						
00:21+	00:46=	01:12=	02:32+	03:32+	04:26+	05:52+	09:01+	09:32+	10:11+	10:22+	11:04+	11:26+	11:52+	12:22+	12:43+	13:31+	14:25+	14:55+	15:38+	16:20+	17:11+	17:40+	18:45+	19:22+	20:05+
00:21+	00:25-	00:26=	01:20+	01:00+	00:54+	01:26-	03:09+	00:31-	00:39+	00:11=	00:42-	00:22-	00:26+	00:30+	00:21=	00:48-	00:54-	00:30-	00:43=	00:42+	00:51=	00:29+	01:05-	00:37-	00:43+
00:02#	00:02-	00:00=	00:04+	00:22&	00:05#	00:10-	00:46&	00:02-	00:03+	00:00=	00:04-	00:04-	00:01+	00:01+	00:00=	00:03-	00:04-	00:01-	00:00=	00:03+	00:00=	00:01+	00:01-	00:05-	00:03+
20:44+	20:58+	21:43+	22:14+	22:33+																					
00:39-	00:14+	00:45-	00:31-	00:19-																					
00:08-	00:01+	00:02-	00:01-	00:01-																					
<b>5</b>	<b>Svein Magnus Halsne</b>	<b>71</b>	<b>23:50</b>																						
00:24+	00:48+	01:15+	02:23-	02:58-	03:52-	05:18-	10:09+	10:42+	11:18+	11:29+	12:15+	12:36+	13:00+	13:45+	14:05+	14:56+	15:39+	16:14+	16:55+	17:32+	18:12+	18:51+	19:57+	20:33+	21:11+
00:24+	00:24-	00:27+	01:08-	00:35-	00:54+	01:26-	04:51+	00:33=	00:36=	00:11=	00:46=	00:21-	00:24-	00:45+	00:20-	00:51=	00:43-	00:35+	00:41-	00:37-	00:40-	00:39+	01:06=	00:36-	00:38-
00:05&	00:03-	00:01+	00:08-	00:03-	00:05#	00:10-	02:28@	00:00=	00:00=	00:00=	00:00=	00:05-	00:01-	00:16&	00:01-	00:00=	00:15-	00:04#	00:02-	00:02-	00:11-	00:11&	00:00=	00:06-	00:02-
21:58+	22:13+	23:03+	23:33+	23:50+																					
00:47=	00:15+	00:50+	00:30-	00:17-																					
00:00=	00:02#	00:03+	00:02-	00:03-																					
<b>6</b>	<b>Mathias Nødland</b>	<b>194</b>	<b>24:46</b>																						
00:30+	00:53+	01:23+	02:45+	03:40+	04:33+	06:19+	09:37+	10:15+	10:56+	11:07+	11:54+	12:23+	12:52+	13:25+	13:49+	14:54+	15:51+	16:31+	17:18+	18:03+	18:51+	19:22+	20:45+	21:24+	22:05+
00:30+	00:23-	00:30+	01:22+	00:55+	00:53+	01:46+	03:18+	00:38+	00:41+	00:11=	00:47+	00:29+	00:29+	00:33+	00:24+	01:05+	00:57-	00:40+	00:47+	00:45+	00:48-	00:31+	01:23+	00:39-	00:41+
00:11&	00:04-	00:04#	00:06+	00:17&	00:04+	00:10#	00:55&	00:05#	00:05#	00:00=	00:01+	00:03#	00:04#	00:04#	00:03#	00:14&	00:01-	00:09&	00:04+	00:06#	00:03-	00:03#	00:17&	00:03-	00:01+
22:53+	23:06+	23:52+	24:28+	24:46+																					
00:48+	00:13=	00:46-	00:36+	00:18-																					
00:01+	00:00=	00:01-	00:04#	00:02-																					

**Beste strekketid for klassen**

00:16 00:23 00:24 01:08 00:28 00:49 01:26 02:23 00:31 00:36 00:10 00:40 00:21 00:24 00:28 00:19 00:48 00:43 00:28 00:40 00:37 00:40 00:27 01:05 00:36 00:38 00:39 00:12

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

**Herrer B**

<b>1</b>	<b>Joar Eilevstjønn</b>	<b>67</b>	<b>21:07</b>																						
00:17=	00:41=	01:07=	02:23=	02:55=	03:48=	05:21=	07:52=	08:27=	09:07=	09:17=	09:58=	10:18=	10:47=	11:16=	11:35=	12:24=	13:06=	13:38=	14:18=	14:58=	15:47=	16:14=	17:21=	18:00=	18:41=
00:17=	00:24=	00:26=	01:16=	00:32=	00:53=	01:33=	02:31=	00:35=	00:40=	00:10=	00:41=	00:20=	00:29=	00:29=	00:19=	00:49=	00:42=	00:32=	00:40=	00:40=	00:49=	00:27=	01:07=	00:39=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
19:24=	19:36=	20:19=	20:49=	21:07=																					
00:43=	00:12=	00:43=	00:30=	00:18=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					
<b>2</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>	<b>21:19</b>																						
00:15-	00:38-	01:05-	02:21-	02:49-	03:41-	05:19-	07:44-	08:16-	08:53-	09:05-	09:44-	10:06-	10:35-	11:07-	11:28-	12:18-	13:11+	13:41+	14:23+	15:04+	15:45-	16:15+	17:24+	18:01+	18:42+
00:15-	00:23-	00:27+	01:16=	00:28-	00:52-	01:38+	02:25-	00:32-	00:37-	00:12+	00:39-	00:22+	00:29=	00:32+	00:21+	00:50+	00:53+	00:30-	00:42+	00:41+	00:41-	00:30+	01:09+	00:37-	00:41=
00:02-	00:01-	00:01+	00:00=	00:04-	00:01-	00:05+	00:06-	00:03-	00:03-	00:02#	00:02-	00:02#	00:00=	00:03#	00:02#	00:01+	00:11&	00:02-	00:02+	00:01+	00:08-	00:03#	00:02+	00:02-	00:00=
19:29+	19:41+	20:29+	21:00+	21:19+																					
00:47+	00:12=	00:48+	00:31+	00:19+																					
00:04+	00:00=	00:05#	00:01+	00:01+																					
<b>3</b>	<b>Njål F. Vadla</b>	<b>93</b>	<b>23:33</b>																						
01:20+	01:47+	02:14+	03:36+	04:06+	04:57+	06:27+	09:28+	10:01+	10:39+	10:49+	11:44+	12:06+	12:36+	13:08+	13:28+	14:23+	15:09+	15:36+	16:21+	17:03+	17:47+	18:16+	19:31+	20:11+	20:53+
01:20+	00:27+	00:27+	01:22+	00:30-	00:51-	01:30-	03:01+	00:33-	00:38-	00:10=	00:55+	00:22+	00:30+	00:32+	00:20+	00:55+	00:46+	00:27-	00:45+	00:42+	00:44-	00:29+	01:15+	00:40+	00:42+
01:03@	00:03#	00:01+	00:06+	00:02-	00:02-	00:03-	00:30#	00:02-	00:02-	00:00=	00:14&	00:02#	00:01+	00:03#	00:01+	00:06#	00:04+	00:05-	00:05#	00:02+	00:05-	00:02+	00:08#	00:01+	00:01+
21:40+	21:53+	22:44+	23:13+	23:33+																					
00:47+	00:13+	00:51+	00:29-	00:20+																					
00:04+	00:01+	00:08#	00:01-	00:02#																					

Class	Navn	Klasse										Tid															
<b>4</b>	<b>Jan-Rune L. Basso</b>	<b>91</b>										<b>24:05</b>															
01:04+	01:29+	01:56+	03:16+	03:52+	04:48+	06:19+	09:45+	10:20+	11:00+	11:13+	11:53+	12:16+	12:47+	13:19+	13:41+	14:30+	15:21+	15:52+	16:37+	17:18+	18:14+	18:41+	19:52+	20:33+	21:12+		
01:04+	00:25+	00:27+	01:20+	00:36+	00:56+	01:31-	03:26+	00:35=	00:40=	00:13+	00:40-	00:23+	00:31+	00:32+	00:22+	00:49=	00:51+	00:31-	00:45+	00:41+	00:56+	00:27=	01:11+	00:41+	00:39-		
00:47@	00:01+	00:01+	00:04+	00:04#	00:03+	00:02-	00:55&	00:00=	00:00=	00:03&	00:01-	00:03#	00:02+	00:03#	00:03#	00:00=	00:09#	00:01-	00:05#	00:01+	00:07#	00:00=	00:04+	00:02+	00:02-		
22:07+	22:21+	23:06+	23:44+	24:05+																							
00:55+	00:14+	00:45+	00:38+	00:21+																							
00:12&	00:02#	00:02+	00:08&	00:03#																							
<b>5</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>										<b>24:21</b>															
00:23+	00:50+	01:19+	02:42+	03:21+	04:16+	06:03+	08:48+	09:22+	10:00+	10:12+	10:53+	11:16+	11:45+	12:16+	12:38+	13:41+	14:27+	15:40+	16:22+	17:06+	17:56+	18:31+	19:50+	20:31+	21:15+		
00:23+	00:27+	00:29+	01:23+	00:39+	00:55+	01:47+	02:45+	00:34-	00:38-	00:12+	00:41=	00:23+	00:29=	00:31+	00:22+	01:03+	00:46+	01:13+	00:42+	00:44+	00:50+	00:35+	01:19+	00:41+	00:44+		
00:06&	00:03#	00:03#	00:07+	00:07#	00:02+	00:14#	00:14+	00:01-	00:02-	00:02#	00:00=	00:03#	00:00=	00:02+	00:03#	00:14&	00:04+	00:41@	00:02+	00:04#	00:01+	00:08&	00:12#	00:02+	00:03+		
22:05+	22:20+	23:11+	24:02+	24:21+																							
00:50+	00:15+	00:51+	00:51+	00:19+																							
00:07#	00:03#	00:08#	00:21&	00:01+																							
<b>6</b>	<b>Oddvar Taksdal</b>	<b>194</b>										<b>24:37</b>															
00:21+	01:00+	01:34+	02:00-	03:25+	04:02+	04:56-	06:36-	09:10+	09:48+	10:31+	10:43+	11:27+	11:51+	12:25+	12:58+	13:38+	14:30+	15:25+	15:57+	16:43+	17:28+	18:35+	19:08+	20:22+	21:02+		
00:21+	00:39+	00:34+	00:26-	01:25+	00:37-	00:54-	01:40-	02:34+	00:38-	00:43+	00:12-	00:44+	00:24-	00:34+	00:33+	00:40-	00:52+	00:55+	00:32-	00:46+	00:45-	01:07+	00:33-	01:14+	00:40-		
00:04#	00:15&	00:08&	00:50-	00:53@	00:16-	00:39-	00:51-	01:59@	00:02-	00:33@	00:29-	00:24@	00:05-	00:05#	00:14&	00:09-	00:10#	00:23&	00:08-	00:06#	00:04-	00:40@	00:34-	00:35&	00:01-		
21:45+	22:33+	22:49+	23:38+	24:15+	24:37+																						
00:43=	00:48+	00:16-	00:49+	00:37+	00:22+																						
00:00=	00:36@	00:27-	00:19&	00:19@	00:22+																						
<b>7</b>	<b>Morten S. Ronæss</b>	<b>27</b>										<b>25:21</b>															
00:17=	00:42+	01:21+	02:46+	03:44+	04:38+	06:15+	10:25+	10:58+	11:39+	11:52+	12:33+	12:56+	13:29+	14:00+	14:25+	15:17+	16:02+	16:39+	17:25+	18:08+	18:54+	19:37+	21:03+	21:42+	22:23+		
00:17=	00:25+	00:39+	01:25+	00:58+	00:54+	01:37+	04:10+	00:33-	00:41+	00:13+	00:41=	00:23+	00:33+	00:31+	00:25+	00:52+	00:45+	00:37+	00:46+	00:43+	00:46-	00:43+	01:26+	00:39=	00:41=		
00:00=	00:01+	00:13&	00:09#	00:26&	00:01+	00:04+	01:39&	00:02-	00:01+	00:03&	00:00=	00:03#	00:04#	00:02+	00:06&	00:03+	00:03+	00:05#	00:06#	00:03+	00:03-	00:16&	00:19&	00:00=	00:00=		
23:15+	23:30+	24:21+	24:56+	25:21+																							
00:52+	00:15+	00:51+	00:35+	00:25+																							
00:09#	00:03#	00:08#	00:05#	00:07&																							
<b>8</b>	<b>Geir Sand</b>	<b>105</b>										<b>25:26</b>															
00:22+	00:50+	01:15+	02:37+	03:13+	04:08+	05:39+	08:37+	09:15+	10:06+	10:16+	11:29+	11:55+	12:27+	12:58+	13:21+	14:14+	14:58+	15:34+	18:11+	18:56+	19:47+	20:14+	21:26+	22:07+	22:43+		
00:22+	00:28+	00:25-	01:22+	00:36+	00:55+	01:31-	02:58+	00:38+	00:51+	00:10=	01:13+	00:26+	00:32+	00:31+	00:23+	00:53+	00:44+	00:36+	02:37+	00:45+	00:51+	00:27=	01:12+	00:41+	00:36-		
00:05&	00:04#	00:01-	00:06+	00:04#	00:02+	00:02-	00:27#	00:03+	00:11&	00:00=	00:32&	00:06&	00:03#	00:02+	00:04#	00:04+	00:02+	00:04#	01:57@	00:05#	00:02+	00:00=	00:05+	00:02+	00:05-		
23:32+	23:49+	24:33+	25:06+	25:26+																							
00:49+	00:17+	00:44+	00:33+	00:20+																							
00:06#	00:05&	00:01+	00:03#	00:02#																							
<b>9</b>	<b>Bård Skogsholm</b>	<b>194</b>										<b>25:53</b>															
00:29+	00:53+	01:26+	03:06+	03:43+	04:44+	06:28+	09:40+	10:18+	11:00+	11:09+	11:52+	12:23+	12:56+	13:32+	13:56+	15:05+	16:01+	16:43+	17:31+	18:18+	19:09+	19:46+	21:18+	22:03+	22:48+		
00:29+	00:24=	00:33+	01:40+	00:37+	01:01+	01:44+	03:12+	00:38+	00:42+	00:09-	00:43+	00:31+	00:33+	00:36+	00:24+	01:09+	00:56+	00:42+	00:48+	00:47+	00:51+	00:37+	01:32+	00:45+	00:45+		
00:12&	00:00=	00:07&	00:24&	00:05#	00:08#	00:11#	00:41&	00:03+	00:02+	00:01-	00:02+	00:11&	00:04#	00:07#	00:05&	00:20&	00:14&	00:10&	00:08#	00:07#	00:02+	00:10&	00:25&	00:06#	00:04+		
23:45+	24:02+	24:55+	25:31+	25:53+																							
00:57+	00:17+	00:53+	00:36+	00:22+																							
00:14&	00:05&	00:10#	00:06#	00:04#																							
<b>10</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>29:10</b>															
00:32+	01:02+	01:33+	03:10+	04:26+	05:36+	07:17+	11:33+	12:16+	13:01+	13:14+	14:04+	14:29+	15:03+	15:49+	16:15+	17:16+	18:33+	19:12+	20:05+	20:59+	22:00+	22:38+	24:00+	24:49+	25:38+		
00:32+	00:30+	00:31+	01:37+	01:16+	01:10+	01:41+	04:16+	00:43+	00:45+	00:13+	00:50+	00:25+	00:34+	00:46+	00:26+	01:01+	01:17+	00:39+	00:53+	00:54+	01:01+	00:38+	01:22+	00:49+	00:49+		
00:15&	00:06#	00:05#	00:21&	00:44@	00:17&	00:08+	01:45&	00:08#	00:05#	00:03&	00:09#	00:05#	00:05#	00:07&	00:17&	00:07&	00:12#	00:35&	00:07#	00:13&	00:14&	00:12#	00:11&	00:15#	00:10&		
26:42+	26:59+	28:03+	28:45+	29:10+																							
01:04+	00:17+	01:04+	00:42+	00:25+																							
00:21&	00:05&	00:21&	00:12&	00:07&																							
<b>Beste strekktid for klassen</b>																											
00:15	00:23	00:25	00:26	00:28	00:37	00:54	01:40	00:32	00:37	00:09	00:12	00:20	00:24	00:29	00:19	00:40	00:42	00:27	00:32	00:40	00:41	00:27	00:33	00:37	00:36	00:43	00:12

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

## Herrer C

<b>1</b>	<b>Henning Sundby</b>	<b>114</b>										<b>22:31</b>													
00:43=	02:31=	03:02=	03:56+	08:08=	09:06=	09:42=	10:34=	11:10=	11:27=	11:38=	11:53=	12:31=	13:35=	14:58=	15:21=	15:46=	16:20=	16:50=	17:41=	18:43=	19:40=	19:55=	20:46=	22:11=	22:31=
00:43=	01:48=	00:31=	00:54=	04:12=	00:58=	00:36=	00:52=	00:36=	00:17=	00:11=	00:15=	00:38=	01:04=	01:23=	00:23=	00:25=	00:34=	00:30=	00:51=	01:02=	00:57=	00:15=	00:51=	01:25=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>										<b>22:34</b>													
01:06+	02:50+	03:19+	04:24+	07:48-	09:20+	10:05+	10:52+	11:26+	11:44+	11:53+	12:22+	12:56+	13:52+	15:02+	15:25+	15:47+	16:32+	17:01+	17:54+	18:56+	19:52+	20:04+	21:01+	22:15+	22:34+
01:06+	01:44-	00:29-	01:05+	03:24-	01:32+	00																			

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

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

## Herrer Ny

<b>1</b>	<b>Rune Hagen Maudal</b>	<b>63</b>										<b>14:29</b>																							
00:23=	01:43=	02:34=	03:15=	03:54=	04:42=	06:55=	09:06=	11:03=	13:14=	14:00=	14:29=	00:23=	01:20=	00:51=	00:41=	00:39=	00:48=	02:13=	02:11=	01:57=	02:11=	00:46=	00:29=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>										<b>19:04</b>																							
00:36+	02:25+	03:27+	04:23+	05:05+	06:11+	09:25+	13:19+	15:24+	17:44+	18:32+	19:04+	00:36+	01:49+	01:02+	00:56+	00:42+	01:06+	03:14+	03:54+	02:05+	02:20+	00:48+	00:32+	00:13&	00:29&	00:11#	00:15&	00:03+	00:18&	01:01&	01:43&	00:08+	00:09+	00:02+	00:03#
<b>3</b>	<b>Erik Henriksen</b>	<b>116</b>										<b>24:47</b>																							
02:55+	04:54+	06:06+	07:19+	08:15+	09:32+	14:26+	17:47+	20:11+	22:50+	24:02+	24:47+	02:55+	01:59+	01:12+	01:13+	00:56+	01:17+	04:54+	03:21+	02:24+	02:39+	01:12+	00:45+	02:32@	00:39&	00:21&	00:32&	00:17&	00:29&	02:41@	01:10&	00:27#	00:28#	00:26&	00:16&

Class	Navn	Klasse										Tid				
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### Beste strekktid for klassen

00:23 01:20 00:51 00:41 00:39 00:48 02:13 02:11 01:57 02:11 00:46 00:29

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

## Herrer Trim

<b>1</b>	<b>Jørgen Breivold</b>	<b>54</b>	<b>15:17</b>																
00:48=	01:03=	01:49=	02:33=	03:20=	03:46=	05:28=	05:39=	06:00=	06:26=	07:26=	08:38=	09:30=	10:12=	10:46=	11:44=	12:31=	13:37=	14:49=	15:17=
00:48=	00:15=	00:46=	00:44=	00:47=	00:26=	01:42=	00:11=	00:21=	00:26=	01:00=	01:12=	00:52=	00:42=	00:34=	00:58=	00:47=	01:06=	01:12=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Per-Olof Wallerstedt</b>	<b>376</b>	<b>15:54</b>																
01:24+	01:39+	02:17+	03:08+	04:10+	04:38+	05:24-	05:40+	06:02+	06:35+	07:44+	08:57+	10:01+	10:45+	11:18+	12:22+	13:08+	14:32+	15:26+	15:54+
01:24+	00:15=	00:38-	00:51+	01:02+	00:28+	00:46-	00:16+	00:22+	00:33+	01:09+	01:13+	01:04+	00:44+	00:33-	01:04+	00:46-	01:24+	00:54-	00:28=
00:36&	00:00=	00:08-	00:07#	00:15&	00:02+	00:56-	00:05&	00:01+	00:07&	00:09#	00:01+	00:12#	00:02+	00:01-	00:06#	00:01-	00:18&	00:18-	00:00=
<b>3</b>	<b>Bruno Pierfelice</b>	<b>51</b>	<b>16:40</b>																
00:41-	01:04+	01:52+	02:41+	04:05+	04:33+	05:20-	05:45+	06:07+	06:36+	07:52+	08:48+	09:51+	10:46+	11:17+	12:34+	13:22+	14:45+	16:02+	16:40+
00:41-	00:23+	00:48+	00:49+	01:24+	00:28+	00:47-	00:25+	00:22+	00:29+	01:16+	00:56-	01:03+	00:55+	00:31-	01:17+	00:48+	01:23+	01:17+	00:38+
00:07-	00:08&	00:02+	00:05#	00:37&	00:02+	00:55-	00:14@	00:01+	00:03#	00:16&	00:16-	00:11#	00:13&	00:03-	00:19&	00:01+	00:17&	00:05+	00:10&
<b>4</b>	<b>Arne Nygaard</b>	<b>66</b>	<b>17:43</b>																
01:15+	01:37+	02:26+	03:19+	04:23+	04:54+	05:59+	06:14+	06:40+	07:13+	08:32+	09:37+	10:48+	11:44+	12:23+	13:27+	14:23+	16:24+	17:11+	17:43+
01:15+	00:22+	00:49+	00:53+	01:04+	00:31+	01:05-	00:15+	00:26+	00:33+	01:19+	01:05-	01:11+	00:56+	00:39+	01:04+	00:56+	02:01+	00:47-	00:32+
00:27&	00:07&	00:03+	00:09#	00:17&	00:05#	00:37-	00:04&	00:05#	00:07&	00:19&	00:07-	00:19&	00:14&	00:05#	00:06#	00:09#	00:55&	00:25-	00:04#
<b>5</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>18:05</b>																
01:23+	01:40+	02:34+	03:14+	06:43+	07:16+	07:57+	08:41+	09:02+	09:28+	10:25+	11:26+	12:24+	13:11+	13:44+	14:44+	15:27+	16:47+	17:40+	18:05+
01:23+	00:17+	00:54+	00:40-	03:29+	00:33+	00:41-	00:44+	00:21=	00:26=	00:57-	01:01-	00:58+	00:47+	00:33-	01:00+	00:43-	01:20+	00:53-	00:25-
00:35&	00:02#	00:08#	00:04-	02:42@	00:07&	01:01-	00:33@	00:00=	00:00=	00:03-	00:11-	00:06#	00:05#	00:01-	00:02+	00:04-	00:14#	00:19-	00:03-
<b>6</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>	<b>18:39</b>																
00:50+	01:49+	02:36+	03:44+	04:52+	05:30+	06:53+	07:30+	07:50+	08:27+	09:35+	10:39+	11:57+	12:49+	13:35+	14:38+	15:39+	17:17+	18:12+	18:39+
00:50+	00:59+	00:47+	01:08+	01:08+	00:38+	01:23-	00:37+	00:20-	00:37+	01:08+	01:04-	01:18+	00:52+	00:46+	01:03+	01:01+	01:38+	00:55-	00:27-
00:02+	00:44@	00:01+	00:24&	00:21&	00:12&	00:19-	00:26@	00:01-	00:11&	00:08#	00:08-	00:26&	00:10#	00:12&	00:05+	00:14&	00:32&	00:17-	00:01-
<b>7</b>	<b>Ketil Vestbakke</b>	<b>116</b>	<b>19:25</b>																
01:08+	02:22+	03:16+	04:16+	05:46+	06:19+	07:13+	07:30+	08:05+	08:50+	10:09+	12:09+	13:08+	14:07+	14:47+	15:44+	16:36+	18:09+	18:58+	19:25+
01:08+	01:14+	00:54+	01:00+	01:30+	00:33+	00:54-	00:17+	00:35+	00:45+	01:19+	02:00+	00:59+	00:59+	00:40+	00:57-	00:52+	01:33+	00:49-	00:27-
00:20&	00:59@	00:08#	00:16&	00:43&	00:07&	00:48-	00:06&	00:14&	00:19&	00:19&	00:48&	00:07#	00:17&	00:06#	00:01-	00:05#	00:27&	00:23-	00:01-
<b>8</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>	<b>19:32</b>																
02:28+	03:08+	04:02+	04:58+	05:59+	06:28+	07:23+	07:47+	08:15+	08:48+	10:03+	11:06+	12:36+	13:35+	14:22+	15:20+	16:26+	17:49+	19:10+	19:32+
02:28+	00:40+	00:54+	00:56+	01:01+	00:29+	00:55-	00:24+	00:28+	00:33+	01:15+	01:03-	01:30+	00:59+	00:47+	00:58=	01:06+	01:23+	01:21+	00:22-
01:40@	00:25@	00:08#	00:12&	00:14&	00:03#	00:47-	00:13@	00:07&	00:07&	00:15#	00:09-	00:38&	00:17&	00:13&	00:00=	00:19&	00:17&	00:09#	00:06-
<b>9</b>	<b>Håvard Høie</b>	<b>378</b>	<b>19:52</b>																
00:55+	01:24+	03:00+	04:30+	06:10+	06:44+	07:42+	07:58+	08:35+	09:10+	10:18+	11:23+	12:28+	13:45+	14:42+	15:41+	16:33+	18:17+	19:25+	19:52+
00:55+	00:29+	01:36+	01:30+	01:40+	00:34+	00:58-	00:16+	00:37+	00:35+	01:08+	01:05-	01:05+	01:17+	00:57+	00:59+	00:52+	01:44+	01:08-	00:27-
00:07#	00:14&	00:50@	00:46@	00:53@	00:08&	00:44-	00:05&	00:16&	00:09&	00:08#	00:07-	00:13#	00:35&	00:23&	00:01+	00:05#	00:38&	00:04-	00:01-
<b>10</b>	<b>Arild Nesbø</b>	<b>71</b>	<b>20:33</b>																
01:20+	01:44+	03:21+	04:32+	05:57+	06:37+	07:35+	07:55+	08:28+	09:05+	10:23+	11:31+	12:46+	13:38+	14:49+	16:05+	17:08+	18:58+	19:59+	20:33+
01:20+	00:24+	01:37+	01:11+	01:25+	00:40+	00:58-	00:20+	00:33+	00:37+	01:18+	01:08-	01:15+	00:52+	01:11+	01:16+	01:03+	01:50+	01:01-	00:34+
00:32&	00:09&	00:51@	00:27&	00:38&	00:14&	00:44-	00:09&	00:12&	00:11&	00:18&	00:04-	00:23&	00:10#	00:37@	00:18&	00:16&	00:44&	00:11-	00:06#
<b>11</b>	<b>Per Marthon Mæland</b>	<b>5</b>	<b>21:19</b>																
00:45-	01:01-	01:54+	02:42+	05:42+	08:04+	08:50+	09:06+	09:49+	10:21+	11:44+	12:55+	13:59+	14:49+	15:32+	16:41+	17:47+	19:33+	20:44+	21:19+
00:45-	00:16+	00:53+	00:48+	03:00+	02:22+	00:46-	00:16+	00:43+	00:32+	01:23+	01:11-	01:04+	00:50+	00:43+	01:09+	01:06+	01:46+	01:11-	00:35+
00:03-	00:01+	00:07#	00:04+	02:13@	01:56@	00:56-	00:05&	00:22@	00:06#	00:23&	00:01-	00:12#	00:08#	00:09&	00:11#	00:19&	00:40&	00:01-	00:07#
<b>12</b>	<b>Arnstein Skretting</b>	<b>54</b>	<b>21:34</b>																
01:26+	01:48+	03:01+	03:58+	05:48+	06:30+	07:22+	07:41+	08:07+	08:50+	10:33+	11:54+	13:32+	14:34+	15:16+	16:44+	17:40+	19:45+	20:56+	21:34+
01:26+	00:22+	01:13+	00:57+	01:50+	00:42+	00:52-	00:19+	00:26+	00:43+	01:43+	01:21+	01:38+	01:02+	00:42+	01:28+	00:56+	02:05+	01:11-	00:38+
00:38&	00:07&	00:27&	00:13&	01:03@	00:16&	00:50-	00:08&	00:05#	00:17&	00:43&	00:09#	00:46&	00:20&	00:08#	00:30&	00:09#	00:59&	00:01-	00:10&
<b>13</b>	<b>Terje Langeland</b>	<b>98</b>	<b>21:48</b>																
01:13+	01:38+	02:59+	03:55+	05:28+	06:08+	07:29+	07:50+	08:26+	09:22+	11:02+	12:22+	13:40+	15:03+	15:52+	17:25+	18:29+	20:11+	21:11+	21:48+
01:13+	00:25+	01:21+	00:56+	01:33+	00:40+	01:21-	00:21+	00:36+	00:56+	01:40+	01:20+	01:18+	01:23+	00:49+	01:33+	01:04+	01:42+	01:00-	00:37+
00:25&	00:10&	00:35&	00:12&	00:46&	00:14&	00:21-	00:10&	00:15&	00:30@	00:40&	00:08#	00:26&	00:41&	00:15&	00:35&	00:17&	00:36&	00:12-	00:09&

Class	Navn	Klasse										Tid							
<b>14</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>22:09</b>							
01:05+	01:39+	03:01+	03:54+	05:15+	05:50+	06:47+	07:05+	08:24+	09:46+	10:55+	12:28+	14:00+	14:44+	15:43+	16:46+	19:40+	21:43+	22:09+	
01:05+	00:34+	01:22+	00:53+	01:21+	00:35+	00:57-	00:18+	00:31+	00:48+	01:22+	01:09-	01:33+	01:32+	00:44+	00:59+	01:03+	02:54+	02:03+	00:26-
00:17&	00:19@	00:36&	00:09#	00:34&	00:09&	00:45-	00:07&	00:10&	00:22&	00:22&	00:03-	00:41&	00:50@	00:10&	00:01+	00:16&	01:48@	00:51&	00:02-
<b>15</b>	<b>Nils Egil Lie</b>	<b>376</b>										<b>22:22</b>							
02:10+	02:26+	04:10+	05:00+	06:11+	06:48+	08:10+	08:25+	08:57+	09:43+	10:52+	13:19+	14:50+	15:57+	16:38+	17:47+	19:04+	20:50+	21:52+	22:22+
02:10+	00:16+	01:44+	00:50+	01:11+	00:37+	01:22-	00:15+	00:32+	00:46+	01:09+	02:27+	01:31+	01:07+	00:41+	01:09+	01:17+	01:46+	01:02-	00:30+
01:22@	00:01+	00:58@	00:06#	00:24&	00:11&	00:20-	00:04&	00:11&	00:20&	00:09#	01:15@	00:39&	00:25&	00:07#	00:11#	00:30&	00:40&	00:10-	00:02+
<b>16</b>	<b>Johan Rasmussen</b>	<b>93</b>										<b>22:28</b>							
02:13+	02:47+	03:48+	05:04+	06:33+	07:26+	08:33+	08:57+	09:26+	10:15+	11:45+	12:58+	14:47+	15:49+	16:51+	18:16+	19:19+	20:57+	21:57+	22:28+
02:13+	00:34+	01:01+	01:16+	01:29+	00:53+	01:07-	00:24+	00:29+	00:49+	01:30+	01:13+	01:49+	01:02+	01:02+	01:25+	01:03+	01:38+	01:00-	00:31+
01:25@	00:19@	00:15&	00:32&	00:42&	00:27@	00:35-	00:13@	00:08&	00:23&	00:30&	00:01+	00:57@	00:20&	00:28&	00:27&	00:16&	00:32&	00:12-	00:03#
<b>17</b>	<b>Trond Karlsen</b>	<b>228</b>										<b>22:41</b>							
01:14+	01:35+	02:28+	03:26+	04:49+	05:31+	06:24+	06:42+	07:06+	07:54+	09:36+	10:55+	12:11+	16:13+	16:43+	18:19+	19:21+	21:09+	22:10+	22:41+
01:14+	00:21+	00:53+	00:58+	01:23+	00:42+	00:53-	00:18+	00:24+	00:48+	01:42+	01:19+	01:16+	04:02+	00:30-	01:36+	01:02+	01:48+	01:01-	00:31+
00:26&	00:06&	00:07#	00:14&	00:36&	00:16&	00:49-	00:07&	00:03#	00:22&	00:42&	00:07+	00:24&	03:20@	00:04-	00:38&	00:15&	00:42&	00:11-	00:03#
<b>18</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>22:54</b>							
01:34+	02:04+	02:55+	03:51+	05:34+	06:29+	07:46+	08:04+	08:38+	09:26+	11:11+	12:36+	14:01+	15:11+	15:53+	17:30+	18:48+	20:39+	22:09+	22:54+
01:34+	00:30+	00:51+	00:56+	01:43+	00:55+	01:17-	00:18+	00:34+	00:48+	01:45+	01:25+	01:25+	01:10+	00:42+	01:37+	01:18+	01:51+	01:30+	00:45+
00:46&	00:15&	00:05#	00:12&	00:56@	00:29@	00:25-	00:07&	00:13&	00:22&	00:45&	00:13#	00:33&	00:28&	00:08#	00:39&	00:31&	00:45&	00:18#	00:17&
<b>19</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>23:13</b>							
02:56+	03:11+	04:11+	05:05+	08:25+	08:58+	10:09+	10:29+	10:55+	11:35+	12:49+	14:13+	15:34+	16:33+	17:20+	18:35+	19:39+	21:20+	22:42+	23:13+
02:56+	00:15+	01:00+	00:54+	03:20+	00:33+	01:11-	00:20+	00:26+	00:40+	01:14+	01:24+	01:21+	00:59+	00:47+	01:15+	01:04+	01:41+	01:22+	00:31+
02:08@	00:00=	00:14&	00:10#	02:33@	00:07&	00:31-	00:09&	00:05#	00:14&	00:14#	00:12#	00:29&	00:17&	00:13&	00:17&	00:17&	00:35&	00:10#	00:03#
<b>20</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>23:40</b>							
01:34+	02:00+	03:38+	04:45+	06:21+	06:58+	08:20+	08:46+	09:16+	10:11+	11:46+	13:11+	14:34+	15:58+	16:54+	18:44+	19:48+	22:01+	23:06+	23:40+
01:34+	00:26+	01:38+	01:07+	01:36+	00:37+	01:22-	00:26+	00:30+	00:55+	01:35+	01:25+	01:23+	01:24+	00:56+	01:50+	01:04+	02:13+	01:05-	00:34+
00:46&	00:11&	00:52@	00:23&	00:49@	00:11&	00:20-	00:15@	00:09&	00:29@	00:35&	00:13#	00:31&	00:42&	00:22&	00:52&	00:17&	01:07@	00:07-	00:06#
<b>21</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>23:53</b>							
01:44+	02:13+	03:03+	04:15+	05:50+	06:50+	08:08+	08:49+	09:51+	10:50+	12:31+	13:51+	15:46+	16:54+	17:46+	19:13+	20:20+	22:14+	23:22+	23:53+
01:44+	00:29+	00:50+	01:12+	01:35+	01:00+	01:18-	00:41+	01:02+	00:59+	01:41+	01:20+	01:55+	01:08+	00:52+	01:27+	01:07+	01:54+	01:08-	00:31+
00:56@	00:14&	00:04+	00:28&	00:48@	00:34@	00:24-	00:30@	00:41@	00:33@	00:41&	00:08#	01:03@	00:26&	00:18&	00:29&	00:20&	00:48&	00:04-	00:03#
<b>22</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>24:06</b>							
01:16+	01:36+	02:44+	03:58+	05:12+	05:50+	07:23+	07:39+	08:14+	08:59+	10:12+	13:29+	14:40+	15:45+	16:51+	18:28+	19:28+	22:13+	23:38+	24:06+
01:16+	00:20+	01:08+	01:14+	01:14+	00:38+	01:33-	00:16+	00:35+	00:45+	01:13+	03:17+	01:11+	01:05+	01:06+	01:37+	01:00+	02:45+	01:25+	00:28=
00:28&	00:05&	00:22&	00:30&	00:27&	00:12&	00:09-	00:05&	00:14&	00:19&	00:13#	02:05@	00:19&	00:23&	00:32&	00:39&	00:13&	01:39@	00:13#	00:00=
<b>23</b>	<b>Arild Olsen</b>	<b>4</b>										<b>24:40</b>							
04:25+	04:58+	05:48+	07:04+	08:28+	09:07+	10:11+	10:34+	11:00+	11:46+	13:30+	14:37+	16:28+	17:35+	18:19+	19:36+	20:46+	22:38+	24:02+	24:40+
04:25+	00:33+	00:50+	01:16+	01:24+	00:39+	01:04-	00:23+	00:26+	00:46+	01:44+	01:07-	01:51+	01:07+	00:44+	01:17+	01:10+	01:52+	01:24+	00:38+
03:37@	00:18@	00:04+	00:32&	00:37&	00:13&	00:38-	00:12@	00:05#	00:20&	00:44&	00:05-	00:59@	00:25&	00:10&	00:19&	00:23&	00:46&	00:12#	00:10&
<b>24</b>	<b>Sverre Uhling</b>	<b>105</b>										<b>25:03</b>							
02:49+	03:23+	04:57+	06:19+	07:56+	08:34+	09:41+	10:12+	10:50+	11:37+	12:59+	14:24+	16:20+	17:39+	18:32+	20:06+	21:16+	23:04+	24:26+	25:03+
02:49+	00:34+	01:34+	01:22+	01:37+	00:38+	01:07-	00:31+	00:38+	00:47+	01:22+	01:25+	01:56+	01:19+	00:53+	01:34+	01:10+	01:48+	01:22+	00:37+
02:01@	00:19@	00:48@	00:38&	00:50@	00:12&	00:35-	00:20@	00:17&	00:21&	00:22&	00:13#	01:04@	00:37&	00:19&	00:36&	00:23&	00:42&	00:10#	00:09&
<b>25</b>	<b>Per Bakken</b>	<b>5</b>										<b>26:25</b>							
01:14+	01:40+	03:28+	05:33+	07:07+	07:51+	09:10+	09:33+	10:05+	10:51+	12:58+	14:29+	16:15+	17:32+	18:39+	20:31+	22:11+	24:21+	25:51+	26:25+
01:14+	00:26+	01:48+	02:05+	01:34+	00:44+	01:19-	00:23+	00:32+	00:46+	02:07+	01:31+	01:46+	01:17+	01:07+	01:52+	01:40+	02:10+	01:30+	00:34+
00:26&	00:11&	01:02@	01:21@	00:47&	00:18&	00:23-	00:12@	00:11&	00:20&	01:07@	00:19&	00:54@	00:35&	00:33&	00:54&	00:53@	01:04&	00:18#	00:06#
<b>26</b>	<b>Pål August Graff</b>	<b>43</b>										<b>26:52</b>							
07:24+	07:53+	10:24+	11:09+	12:03+	12:53+	14:35+	14:52+	15:11+	15:54+	16:54+	17:46+	18:42+	19:27+	20:21+	21:08+	21:41+	25:34+	26:32+	26:52+
07:24+	00:29+	02:31+	00:45+	00:54+	00:50+	01:42=	00:17+	00:19-	00:43+	01:00=	00:52-	00:56+	00:45+	00:54+	00:47-	00:33-	03:53+	00:58-	00:20-
06:36@	00:14&	01:45@	00:01+	00:07#	00:24&	00:00=	00:06&	00:02-	00:17&	00:00=	00:20-	00:04+	00:03+	00:20&	00:11-	00:14-	02:47@	00:14-	00:08-
<b>27</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>27:04</b>							
00:58+	01:20+	06:27+	07:45+	09:03+	09:39+	10:44+	11:01+	11:28+	12:21+	16:30+	17:42+	19:00+	19:51+	20:31+	21:47+	22:46+	25:31+	26:32+	27:04+
00:58+	00:22+	05:07+	01:18+	01:18+	00:36+	01:05-	00:17+	00:27+	00:53+	04:09+	01:12=	01:18+	00:51+	00:40+	01:16+	00:59+	02:45+	01:01-	00:32+
00:10#	00:07&	04:21@	00:34&	00:31&	00:10&	00:37-	00:06&	00:06&	00:27@	03:09@	00:00=	00:26&	00:09#	00:06#	00:18&	00:12&	01:39@	00:11-	00:04#
<b>28</b>	<b>Svein Atle Thorsen</b>	<b>79</b>										<b>29:08</b>							
01:20+	01:55+	03:24+	04:54+	07:13+	08:08+	09:44+	10:13+	10:56+	11:49+	13:49+	15:42+	17:36+	19:32+	20:38+	22:38+	24:09+	26:42+	28:12+	29:08+
01:20+	00:35+	01:29+	01:30+	02:19+	00:55+	01:36-	00:29+	00:43+	00:53+	02:00+	01:53+	01:54+	01:56+	01:06+	02:00+	01:31+	02:33+	01:30+	00:56+
00:32&	00:20@	00:43&	00:46@	01:32@	00:29@	00:06-	00:18@	00:22@	00:27@	01:00&	00:41&	01:02@	01:14@	00:32&	01:02@	00:44&	01:27@	00:18#	00:28&

Class	Navn	Klasse															Tid				
<b>29</b>	<b>William John Larsen</b>	<b>372</b>															<b>29:44</b>				
02:43+	06:26+	07:30+	09:27+	11:00+	11:38+	12:25+	12:59+	13:19+	14:09+	18:02+	19:31+	20:54+	22:16+	23:04+	24:08+	25:19+	27:24+	29:15+	29:44+		
02:43+	03:43+	01:04+	01:57+	01:33+	00:38+	00:47-	00:34+	00:20-	00:50+	03:53+	01:29+	01:23+	01:22+	00:48+	01:04+	01:11+	02:05+	01:51+	00:29+		
01:55@	03:28@	00:18&	01:13@	00:46&	00:12&	00:55-	00:23@	00:01-	00:24&	02:53@	00:17#	00:31&	00:40&	00:14&	00:06#	00:24&	00:59&	00:39&	00:01+		
<b>30</b>	<b>Asgeir Kleppa</b>	<b>47</b>															<b>31:54</b>				
02:01+	02:25+	03:58+	05:14+	06:49+	07:26+	08:56+	09:10+	09:37+	10:43+	12:04+	13:19+	18:51+	20:05+	20:55+	22:03+	23:03+	30:15+	31:08+	31:54+		
02:01+	00:24+	01:33+	01:16+	01:35+	00:37+	01:30-	00:14+	00:27+	01:06+	01:21+	01:15+	05:32+	01:14+	00:50+	01:08+	01:00+	07:12+	00:53-	00:46+		
01:13@	00:09&	00:47@	00:32&	00:48@	00:11&	00:12-	00:03&	00:06&	00:40@	00:21&	00:03+	04:40@	00:32&	00:16&	00:10#	00:13&	06:06@	00:19-	00:18&		
<b>31</b>	<b>Kenneth Eide</b>	<b>74</b>															<b>35:46</b>				
01:41+	02:05+	04:11+	10:42+	12:18+	13:11+	14:57+	15:20+	15:51+	16:48+	18:45+	20:10+	21:41+	23:43+	24:26+	29:30+	31:04+	33:50+	35:07+	35:46+		
01:41+	00:24+	02:06+	06:31+	01:36+	00:53+	01:46+	00:23+	00:31+	00:57+	01:57+	01:25+	01:31+	02:02+	00:43+	05:04+	01:34+	02:46+	01:17+	00:39+		
00:53@	00:09&	01:20@	05:47@	00:49@	00:27@	00:04+	00:12@	00:10&	00:31@	00:57&	00:13#	00:39&	01:20@	00:09&	04:06@	00:47&	01:40@	00:05+	00:11&		
<b>32</b>	<b>Torgeir Færevåg</b>	<b>125</b>															<b>39:38</b>				
01:21+	01:52+	04:43+	06:12+	08:01+	08:39+	10:18+	10:36+	11:22+	12:23+	13:36+	15:06+	16:31+	17:35+	18:31+	19:43+	20:42+	38:16+	39:05+	39:38+		
01:21+	00:31+	02:51+	01:29+	01:49+	00:38+	01:39-	00:18+	00:46+	01:01+	01:13+	01:30+	01:25+	01:04+	00:56+	01:12+	00:59+	17:34+	00:49-	00:33+		
00:33&	00:16@	02:05@	00:45@	01:02@	00:12&	00:03-	00:07&	00:25@	00:35@	00:13#	00:18#	00:33&	00:22&	00:22&	00:14#	00:12&	16:28@	00:23-	00:05#		
<b>Beste strekktid for klassen</b>																					
00:41	00:15	00:38	00:40	00:47	00:26	00:41	00:11	00:19	00:26	00:57	00:52	00:52	00:42	00:30	00:47	00:33	01:06	00:47	00:20		

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