

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Anina Iselin Hadland	29	59:33
03:29=	12:40= 15:15= 17:34= 22:23= 29:41= 34:06= 37:09= 44:36= 48:08= 49:06= 50:37= 53:55= 57:15= 59:09= 59:33=		
03:29=	09:11= 02:35= 02:19= 04:49= 07:18= 04:25= 03:03= 07:27= 03:32= 00:58= 01:31= 03:18= 03:20= 01:54= 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=		

2	Lene Bjelland	116	1:11:48
04:30+	10:27- 13:41- 17:26- 22:34+ 28:12- 35:04+ 39:46+ 48:48+ 52:18+ 54:19+ 56:07+ 59:29+ 68:53+ 71:23+ 71:48+		
04:30+	05:57- 03:14+ 03:45+ 05:08+ 05:38- 06:52+ 04:42+ 09:02+ 03:30- 02:01+ 01:48+ 03:22+ 09:24+ 02:30+ 00:25+		
01:01&	03:14- 00:39& 01:26& 00:19+ 01:40- 02:27& 01:39& 01:35# 00:02- 01:03@ 00:17# 00:04+ 06:04@ 00:36& 00:01+		

3	Katrine Haaland Leveraas	54	1:15:16
05:22+	14:22+ 20:26+ 35:10+ 40:56+ 45:28+ 50:17+ 54:22+ 60:57+ 64:37+ 66:05+ 67:52+ 70:42+ 72:58+ 74:45+ 75:16+		
05:22+	09:00- 06:04+ 14:44+ 05:46+ 04:32- 04:49+ 04:05+ 06:35- 03:40+ 01:28+ 01:47+ 02:50- 02:16- 01:47- 00:31+		
01:53&	00:11- 03:29@ 12:25@ 00:57# 02:46- 00:24+ 01:02& 00:52- 00:08+ 00:30& 00:16# 00:28- 01:04- 00:07- 00:07&		

Beste strekktid for klassen

03:29 05:57 02:35 02:19 04:49 04:32 04:25 03:03 06:35 03:30 00:58 01:31 02:50 02:16 01:47 00:24

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

Damer 40 - 49 år

1	Ida K. Kolstø	29	57:31
04:07=	11:28= 18:19= 22:32= 29:41= 35:34= 44:13= 47:55= 49:17= 54:02= 57:02= 57:31=		
04:07=	07:21= 06:51= 04:13= 07:09= 05:53= 08:39= 03:42= 01:22= 04:45= 03:00= 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=		

2	Heidi Martby-Skogsholm	105	1:14:30
04:14+	13:49+ 19:20+ 22:48+ 38:27+ 48:22+ 58:47+ 64:05+ 65:06+ 69:27+ 73:50+ 74:30+		
04:14+	09:35+ 05:31- 03:28- 15:39+ 09:55+ 10:25+ 05:18+ 01:01- 04:21- 04:23+ 00:40+		
00:07+	02:14& 01:20- 00:45- 08:30@ 04:02& 01:46# 01:36& 00:21- 00:24- 01:23& 00:11&		

Beste strekktid for klassen

04:07 07:21 05:31 03:28 07:09 05:53 08:39 03:42 01:01 04:21 03:00 00:29

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

Damer 50 - 59 år

1	Anita Glenne Kallhovd	29	53:12
06:10=	12:45= 16:59= 20:38= 28:50= 33:12= 38:24= 43:45= 44:37= 48:51= 52:35= 53:12=		
06:10=	06:35= 04:14= 03:39= 08:12= 04:22= 05:12= 05:21= 00:52= 04:14= 03:44= 00:37=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Hilde Frøylog Karlsen	228	1:19:38
06:36+	15:48+ 22:50+ 28:20+ 41:50+ 51:47+ 59:44+ 65:46+ 67:28+ 73:11+ 78:44+ 79:38+		
06:36+	09:12+ 07:02+ 05:30+ 13:30+ 09:57+ 07:57+ 06:02+ 01:42+ 05:43+ 05:33+ 00:54+		
00:26+	02:37& 02:48& 01:51& 05:18& 05:35@ 02:45& 00:41# 00:50& 01:29& 01:49& 00:17&		

3	Toril Dahle	116	1:23:20
06:37+	21:42+ 26:52+ 31:33+ 39:51+ 55:18+ 62:36+ 67:52+ 69:00+ 73:51+ 82:47+ 83:20+		
06:37+	15:05+ 05:10+ 04:41+ 08:18+ 15:27+ 07:18+ 05:16- 01:08+ 04:51+ 08:56+ 00:33-		
00:27+	08:30@ 00:56# 01:02& 00:06+ 11:05@ 02:06& 00:05- 00:16& 00:37# 05:12@ 00:04-		

4	Liv Omdal	116	1:32:15
10:40+	29:07+ 36:23+ 41:12+ 52:06+ 58:23+ 64:53+ 76:56+ 79:23+ 84:30+ 91:40+ 92:15+		
10:40+	18:27+ 07:16+ 04:49+ 10:54+ 06:17+ 06:30+ 12:03+ 02:27+ 05:07+ 07:10+ 00:35-		
04:30&	11:52@ 03:02& 01:10& 02:42& 01:55& 01:18# 06:42@ 01:35@ 00:53# 03:26& 00:02-		

5	Liv Margot Sviland	54	1:40:45
12:10+	28:47+ 39:55+ 46:33+ 62:01+ 73:43+ 79:28+ 88:16+ 90:28+ 95:42+ 100:06+ 100:45+		
12:10+	16:37+ 11:08+ 06:38+ 15:28+ 11:42+ 05:45+ 08:48+ 02:12+ 05:14+ 04:24+ 00:39+		
06:00&	10:02@ 06:54@ 02:59& 07:16& 07:20@ 00:33# 03:27& 01:20@ 01:00# 00:40# 00:02+		

Class	Navn	Klasse	Tid								
6	Siri Bjerkreim Hamre	93	1:43:23								
07:09+	31:29+	40:07+	44:04+	56:59+	65:23+	77:00+	87:02+	90:15+	95:26+	102:20+	103:23+
07:09+	24:20+	08:38+	03:57+	12:55+	08:24+	11:37+	10:02+	03:13+	05:11+	06:54+	01:03+
00:59#	17:45@	04:24@	00:18+	04:43&	04:02&	06:25@	04:41&	02:21@	00:57#	03:10&	00:26&

Beste strekktid for klassen
06:10 06:35 04:14 03:39 08:12 04:22 05:12 05:16 00:52 04:14 03:44 00:33

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

Damer 60 - 64 år

1	Ingunn Voilås	29	40:39								
03:55=	07:17=	11:13=	13:09=	18:59=	24:22=	29:29=	31:04=	32:53=	36:51=	39:49=	40:39=
03:55=	03:22=	03:56=	01:56=	05:50=	05:23=	05:07=	01:35=	01:49=	03:58=	02:58=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Olaug Mydland	29	50:00								
04:09+	11:15+	16:13+	19:27+	26:13+	31:35+	37:53+	40:01+	42:02+	46:07+	49:22+	50:00+
04:09+	07:06+	04:58+	03:14+	06:46+	05:22-	06:18+	02:08+	02:01+	04:05+	03:15+	00:38-
00:14+	03:44@	01:02&	01:18&	00:56#	00:01-	01:11#	00:33&	00:12#	00:07+	00:17+	00:12-

3	Marit Karin Nygård	92	56:48								
07:25+	12:31+	17:12+	20:10+	26:25+	32:06+	38:04+	41:10+	42:48+	52:35+	56:04+	56:48+
07:25+	05:06+	04:41+	02:58+	06:15+	05:41+	05:58+	03:06+	01:38-	09:47+	03:29+	00:44-
03:30&	01:44&	00:45#	01:02&	00:25+	00:18+	00:51#	01:31&	00:11-	05:49@	00:31#	00:06-

4	May Elinor Meling	125	57:58								
06:21+	11:03+	15:22+	18:11+	25:28+	36:24+	47:54+	49:37+	51:25+	54:47+	57:18+	57:58+
06:21+	04:42+	04:19+	02:49+	07:17+	10:56+	11:30+	01:43+	01:48-	03:22-	02:31-	00:40-
02:26&	01:20&	00:23+	00:53&	01:27#	05:33@	06:23@	00:08+	00:01-	00:36-	00:27-	00:10-

5	Ingrid Øxnevad	18	1:04:11								
09:41+	17:26+	24:34+	27:52+	35:47+	43:18+	49:21+	50:46+	52:56+	61:08+	63:38+	64:11+
09:41+	07:45+	07:08+	03:18+	07:55+	07:31+	06:03+	01:25-	02:10+	08:12+	02:30-	00:33-
05:46@	04:23@	03:12&	01:22&	02:05&	02:08&	00:56#	00:10-	00:21#	04:14@	00:28-	00:17-

Beste strekktid for klassen
03:55 03:22 03:56 01:56 05:50 05:22 05:07 01:25 01:38 03:22 02:30 00:33

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

Damer 65 - 69 år

1	Hanne Eik	117	59:21								
05:45=	11:50=	17:37=	20:33=	30:06=	37:49=	44:41=	46:36=	49:01=	54:25=	58:31=	59:21=
05:45=	06:05=	05:47=	02:56=	09:33=	07:43=	06:52=	01:55=	02:25=	05:24=	04:06=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Tove Bjerkreim	105	1:08:14								
06:04+	09:14-	27:44+	29:17+	38:28+	44:26+	49:47+	51:10+	53:03+	65:05+	67:30+	68:14+
06:04+	03:10-	18:30+	01:33-	09:11-	05:58-	05:21-	01:23-	01:53-	12:02+	02:25-	00:44-
00:19+	02:55-	12:43@	01:23-	00:22-	01:45-	01:31-	00:32-	00:32-	06:38@	01:41-	00:06-

3	Margot Asheim	105	1:16:08								
31:10+	35:32+	39:39+	41:57+	47:59+	54:04+	61:54+	63:32+	65:39+	70:50+	75:37+	76:08+
31:10+	04:22-	04:07-	02:18-	06:02-	06:05-	07:50+	01:38-	02:07-	05:11-	04:47+	00:31-
25:25@	01:43-	01:40-	00:38-	03:31-	01:38-	00:58#	00:17-	00:18-	00:13-	00:41#	00:19-

4	Kari Blixhavn	228	1:16:53								
13:58+	19:48+	26:43+	30:31+	40:05+	48:13+	56:45+	60:49+	64:25+	71:32+	76:03+	76:53+
13:58+	05:50-	06:55+	03:48+	09:34+	08:08+	08:32+	04:04+	03:36+	07:07+	04:31+	00:50=
08:13@	00:15-	01:08#	00:52&	00:01+	00:25+	01:40#	02:09@	01:11&	01:43&	00:25#	00:00=

Beste strekktid for klassen
05:45 03:10 04:07 01:33 06:02 05:58 05:21 01:23 01:53 05:11 02:25 00:31

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

Damer 70 - 74 år

1 Inger Skretting Opstad 54 1:05:14

07:24= 13:12= 25:29= 28:50= 36:42= 42:51= 50:20= 52:32= 55:11= 60:31= 64:27= 65:14=
 07:24= 05:48= 12:17= 03:21= 07:52= 06:09= 07:29= 02:12= 02:39= 05:20= 03:56= 00:47=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Kirsten Carlsen 93 1:27:20

09:20+ 16:36+ 44:38+ 48:04+ 56:10+ 63:33+ 71:46+ 73:47+ 76:14+ 82:25+ 86:34+ 87:20+
 09:20+ 07:16+ 28:02+ 03:26+ 08:06+ 07:23+ 08:13+ 02:01- 02:27- 06:11+ 04:09+ 00:46-
 01:56& 01:28& 15:45@ 00:05+ 00:14+ 01:14# 00:44+ 00:11- 00:12- 00:51# 00:13+ 00:01-

Beste strekktid for klassen

07:24 05:48 12:17 03:21 07:52 06:09 07:29 02:01 02:27 05:20 03:56 00:46

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

Damer 75 - 79 år

1 Turid Nystrøm 68 52:19

06:16= 10:59= 17:28= 20:29= 28:01= 33:44= 39:55= 41:44= 43:58= 48:48= 51:29= 52:19=
 06:16= 04:43= 06:29= 03:01= 07:32= 05:43= 06:11= 01:49= 02:14= 04:50= 02:41= 00:50=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Gry Vikhamar Thengs 68 1:05:37

08:04+ 12:56+ 19:47+ 22:16+ 28:56+ 41:03+ 48:45+ 50:22+ 53:18+ 61:18+ 64:49+ 65:37+
 08:04+ 04:52+ 06:51+ 02:29- 06:40- 12:07+ 07:42+ 01:37- 02:56+ 08:00+ 03:31+ 00:48-
 01:48& 00:09+ 00:22+ 00:32- 00:52- 06:24@ 01:31# 00:12- 00:42& 03:10& 00:50& 00:02-

3 Helga Aaslid 54 1:07:42

09:31+ 15:28+ 26:43+ 30:57+ 38:52+ 44:55+ 52:24+ 54:41+ 57:16+ 62:35+ 66:22+ 67:42+
 09:31+ 05:57+ 11:15+ 04:14+ 07:55+ 06:03+ 07:29+ 02:17+ 02:35+ 05:19+ 03:47+ 01:20+
 03:15& 01:14& 04:46& 01:13& 00:23+ 00:20+ 01:18# 00:28& 00:21# 00:29# 01:06& 00:30&

4 Hedvig Anda 116 1:17:06

06:16= 10:38- 28:06+ 30:48+ 37:45+ 52:21+ 59:35+ 62:05+ 64:54+ 71:47+ 76:06+ 77:06+
 06:16= 04:22- 17:28+ 02:42- 06:57- 14:36+ 07:14+ 02:30+ 02:49+ 06:53+ 04:19+ 01:00+
 00:00= 00:21- 10:59@ 00:19- 00:35- 08:53@ 01:03# 00:41& 00:35& 02:03& 01:38& 00:10#

Beste strekktid for klassen

06:16 04:22 06:29 02:29 06:40 05:43 06:11 01:37 02:14 04:50 02:41 00:48

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

Damer A

1 Aud Hognestad Taksdal 92 45:58

02:00= 07:35= 12:14= 14:14= 16:42= 19:22= 22:04= 25:43= 27:41= 30:18= 32:22= 35:50= 36:36= 38:35= 40:31= 41:38= 43:17= 44:32= 45:35= 45:58=
 02:00= 05:35= 04:39= 02:00= 02:28= 02:40= 02:42= 03:39= 01:58= 02:37= 02:04= 03:28= 00:46= 01:59= 01:56= 01:07= 01:39= 01:15= 01:03= 00:23=
 00:00=

Beste strekktid for klassen

02:00 05:35 04:39 02:00 02:28 02:40 02:42 03:39 01:58 02:37 02:04 03:28 00:46 01:59 01:56 01:07 01:39 01:15 01:03 00:23

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

Damer B

1 Inger Tone Nygård 29 56:48

02:19= 12:16= 14:37= 17:57= 20:22= 23:07= 27:48= 30:26= 35:47= 38:00= 41:08= 42:59= 46:13= 47:12= 48:37= 50:49= 52:20= 54:50= 56:20= 56:48=
 02:19= 09:57= 02:21= 03:20= 02:25= 02:45= 04:41= 02:38= 05:21= 02:13= 03:08= 01:51= 03:14= 00:59= 01:25= 02:12= 01:31= 02:30= 01:30= 00:28=
 00:00=

Class	Navn	Klasse										Tid									
2	Hilde Nordbø	93										1:13:38									
02:47+	10:24-	13:58-	17:46-	21:01+	28:24+	33:31+	38:14+	43:35+	48:14+	52:04+	55:10+	59:24+	60:44+	62:17+	65:02+	67:24+	70:56+	72:58+	73:38+		
02:47+	07:37-	03:34+	03:48+	03:15+	07:23+	05:07+	04:43+	05:21=	04:39+	03:50+	03:06+	04:14+	01:20+	01:33+	02:45+	02:22+	03:32+	02:02+	00:40+		
00:28#	02:20-	01:13&	00:28#	00:50&	04:38@	00:26+	02:05&	00:00=	02:26@	00:42#	01:15&	01:00&	00:21&	00:08+	00:33#	00:51&	01:02&	00:32&	00:12&		
3	Helen Lomeland	105										1:20:43									
04:24+	15:49+	18:25+	23:37+	35:09+	39:20+	44:20+	47:52+	54:02+	57:03+	62:31+	64:55+	68:16+	69:13+	70:39+	72:51+	74:42+	78:21+	80:15+	80:43+		
04:24+	11:25+	02:36+	05:12+	11:32+	04:11+	05:00+	03:32+	06:10+	03:01+	05:28+	02:24+	03:21+	00:57-	01:26+	02:12=	01:51+	03:39+	01:54+	00:28=		
02:05&	01:28#	00:15#	01:52&	09:07@	01:26&	00:19+	00:54&	00:49#	00:48&	02:20&	00:33&	00:07+	00:02-	00:01+	00:00=	00:20#	01:09&	00:24&	00:00=		
4	Ann Karin Tjørhom	93										1:22:04									
05:24+	10:48-	13:37-	18:59+	23:11+	32:45+	38:47+	42:20+	50:17+	53:12+	58:34+	60:50+	64:49+	66:14+	67:59+	73:09+	75:54+	78:44+	81:28+	82:04+		
05:24+	05:24-	02:49+	05:22+	04:12+	09:34+	06:02+	03:33+	07:57+	02:55+	05:22+	02:16+	03:59+	01:25+	01:45+	05:10+	02:45+	02:50+	02:44+	00:36+		
03:05@	04:33-	00:28#	02:02&	01:47&	06:49@	01:21&	00:55&	02:36&	00:42&	02:14&	00:25#	00:45#	00:26&	00:20#	02:58@	01:14&	00:20#	01:14&	00:08&		
5	Anne Garsrud	53										1:22:48									
03:39+	08:59-	11:44-	23:48+	26:38+	31:30+	38:38+	42:54+	48:38+	51:33+	56:57+	60:17+	64:04+	65:29+	67:18+	70:05+	76:04+	79:23+	82:08+	82:48+		
03:39+	05:20-	02:45+	12:04+	02:50+	04:52+	07:08+	04:16+	05:44+	02:55+	05:24+	03:20+	03:47+	01:25+	01:49+	02:47+	05:59+	03:19+	02:45+	00:40+		
01:20&	04:37-	00:24#	08:44@	00:25#	02:07&	02:27&	01:38&	00:23+	00:42&	02:16&	01:29&	00:33#	00:26&	00:24&	00:35&	04:28@	00:49&	01:15&	00:12&		
6	Ingunn Anda Haug	67										1:29:22									
03:05+	18:17+	21:16+	30:35+	34:45+	39:12+	44:16+	48:03+	56:43+	62:53+	69:45+	71:45+	75:45+	77:02+	78:46+	81:33+	83:35+	86:45+	88:46+	89:22+		
03:05+	15:12+	02:59+	09:19+	04:10+	04:27+	05:04+	03:47+	08:40+	06:10+	06:52+	02:00+	04:00+	01:17+	01:44+	02:47+	02:02+	03:10+	02:01+	00:36+		
00:46&	05:15&	00:38&	05:59@	01:45&	01:42&	00:23+	01:09&	03:19&	03:57@	03:44@	00:09+	00:46#	00:18&	00:19#	00:35&	00:31&	00:40&	00:31&	00:08&		
7	Grethe Anda Fuglestad	116										1:33:44									
03:40+	15:29+	18:20+	29:51+	33:40+	38:09+	52:56+	57:27+	63:42+	66:28+	71:01+	74:05+	77:44+	79:03+	81:01+	83:46+	87:56+	91:08+	93:09+	93:44+		
03:40+	11:49+	02:51+	11:31+	03:49+	04:29+	14:47+	04:31+	06:15+	02:46+	04:33+	03:04+	03:39+	01:19+	01:58+	02:45+	04:10+	03:12+	02:01+	00:35+		
01:21&	01:52#	00:30#	08:11@	01:24&	01:44&	10:06@	01:53&	00:54#	00:33#	01:25&	01:13&	00:25#	00:20&	00:33&	00:33#	02:39@	00:42&	00:31&	00:07#		
Beste strekktid for klassen																					
02:19	05:20	02:21	03:20	02:25	02:45	04:41	02:38	05:21	02:13	03:08	01:51	03:14	00:57	01:25	02:12	01:31	02:30	01:30	00:28		

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

Damer Trim

1	Astri Sandanger	93										38:49									
03:40=	07:04=	15:03=	22:54=	26:17=	31:01=	32:49=	36:17=	38:03=	38:49=												
03:40=	03:24=	07:59=	07:51=	03:23=	04:44=	01:48=	03:28=	01:46=	00:46=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Marianne Steinkopf	5										41:53									
03:34-	06:39-	20:18+	24:10+	27:39+	29:55-	36:19+	39:40+	41:06+	41:53+												
03:34-	03:05-	13:39+	03:52-	03:29+	02:16-	06:24+	03:21-	01:26-	00:47+												
00:06-	00:19-	05:40&	03:59-	00:06+	02:28-	04:36@	00:07-	00:20-	00:01+												
3	Reidun Solli Skjørestad	47										42:13									
05:35+	09:40+	18:32+	23:39+	27:36+	31:01=	32:48-	38:47+	41:16+	42:13+												
05:35+	04:05+	08:52+	05:07-	03:57+	03:25-	01:47-	05:59+	02:29+	00:57+												
01:55&	00:41#	00:53#	02:44-	00:34#	01:19-	00:01-	02:31&	00:43&	00:11#												
4	Ruth Grødem	105										44:07									
05:14+	09:07+	18:30+	24:24+	28:25+	35:01+	36:54+	41:26+	43:22+	44:07+												
05:14+	03:53+	09:23+	05:54-	04:01+	06:36+	01:53+	04:32+	01:56+	00:45-												
01:34&	00:29#	01:24#	01:57-	00:38#	01:52&	00:05+	01:04&	00:10+	00:01-												
5	Brit Svihus	92										45:11									
06:24+	10:17+	19:35+	25:31+	29:29+	36:08+	37:58+	42:23+	44:19+	45:11+												
06:24+	03:53+	09:18+	05:56-	03:58+	06:39+	01:50+	04:25+	01:56+	00:52+												
02:44&	00:29#	01:19#	01:55-	00:35#	01:55&	00:02+	00:57&	00:10+	00:06#												
6	Lene Vignes	54										46:28									
04:29+	08:10+	17:42+	23:11+	29:05+	32:02+	40:52+	43:51+	45:40+	46:28+												
04:29+	03:41+	09:32+	05:29-	05:54+	02:57-	08:50+	02:59-	01:49+	00:48+												
00:49#	00:17+	01:33#	02:22-	02:31&	01:47-	07:02@	00:29-	00:03+	00:02+												
7	May Kristin Haaland	47										50:23									
06:20+	10:46+	20:01+	26:46+	31:55+	35:18+	42:38+	46:45+	49:41+	50:23+												
06:20+	04:26+	09:15+	06:45-	05:09+	03:23-	07:20+	04:07+	02:56+	00:42-												
02:40&	01:02&	01:16#	01:06-	01:46&	01:21-	05:32@	00:39#	01:10&	00:04-												

Class	Navn	Klasse	Tid
8	Grethe Ask-Breivik	5	51:46
04:38+	09:28+ 18:40+ 33:12+ 37:41+	40:29+ 44:25+ 49:42+ 51:09+	51:46+
04:38+	04:50+ 09:12+ 14:32+ 04:29+	02:48- 03:56+ 05:17+ 01:27-	00:37-
00:58&	01:26& 01:13# 06:41& 01:06&	01:56- 02:08@ 01:49& 00:19-	00:09-
9	Bente Karin Dirdal	54	59:37
04:09+	19:13+ 25:41+ 31:39+ 35:51+	44:34+ 53:53+ 56:43+ 58:35+	59:37+
04:09+	15:04+ 06:28- 05:58- 04:12+	08:43+ 09:19+ 02:50- 01:52+	01:02+
00:29#	11:40@ 01:31- 01:53- 00:49#	03:59& 07:31@ 00:38- 00:06+	00:16&
10	Anastasia Ollestad	93	1:05:56
10:02+	29:49+ 42:11+ 47:56+ 53:00+	56:29+ 60:16+ 63:26+ 65:00+	65:56+
10:02+	19:47+ 12:22+ 05:45- 05:04+	03:29- 03:47+ 03:10- 01:34-	00:56+
06:22@	16:23@ 04:23& 02:06- 01:41&	01:15- 01:59@ 00:18- 00:12-	00:10#
11	Gro Mariero Totland	59	1:06:10
06:39+	25:42+ 35:21+ 44:03+ 50:26+	54:21+ 57:22+ 62:42+ 64:58+	66:10+
06:39+	19:03+ 09:39+ 08:42+ 06:23+	03:55- 03:01+ 05:20+ 02:16+	01:12+
02:59&	15:39@ 01:40# 00:51# 03:00&	00:49- 01:13& 01:52& 00:30&	00:26&
12	Ritva Aiko Halsne	105	1:06:10
06:46+	25:49+ 35:29+ 43:39+ 50:30+	54:26+ 57:26+ 62:46+ 65:03+	66:10+
06:46+	19:03+ 09:40+ 08:10+ 06:51+	03:56- 03:00+ 05:20+ 02:17+	01:07+
03:06&	15:39@ 01:41# 00:19+ 03:28@	00:48- 01:12& 01:52& 00:31&	00:21&
13	Elisabeth Melbø	128	1:16:07
17:48+	26:57+ 40:24+ 46:16+ 60:36+	63:10+ 69:28+ 73:46+ 75:29+	76:07+
17:48+	09:09+ 13:27+ 05:52- 14:20+	02:34- 06:18+ 04:18+ 01:43-	00:38-
14:08@	05:45@ 05:28& 01:59- 10:57@	02:10- 04:30@ 00:50# 00:03-	00:08-
Beste strekktid for klassen			
03:34	03:05	06:28	03:52
03:23	02:16	01:47	02:50
01:26	00:37		

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

Herrer 16 - 39 år

1	Andreas Mykkeltveit Terjesen	43	55:01
03:37=	07:18= 08:55= 11:11= 13:21=	20:30= 25:22= 27:42= 32:02=	35:43= 38:55= 40:38= 43:14=
03:37=	03:41= 01:37= 02:16= 02:10=	07:09= 04:52= 02:20= 04:20=	03:41= 03:12= 01:43= 02:36=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
2	Svein Kyllingstad	71	57:02
03:12-	07:15- 10:02+ 13:23+ 15:57+	22:15+ 26:06+ 28:30+ 34:02+	36:29+ 39:58+ 41:33+ 44:16+
03:12-	04:03+ 02:47+ 03:21+ 02:34+	06:18- 03:51- 02:24+ 05:32+	02:27- 03:29+ 01:35- 02:43+
00:25-	00:22+ 01:10& 01:05& 00:24#	00:51- 01:01- 00:04+ 01:12&	01:14- 00:17+ 00:08- 00:07+
3	Torbjørn Fuglestad	46	1:25:28
03:34-	13:17+ 16:12+ 24:11+ 27:31+	33:33+ 38:53+ 42:23+ 49:12+	52:39+ 59:13+ 61:46+ 66:59+
03:34-	09:43+ 02:55+ 07:59+ 03:20+	06:02- 05:20+ 03:30+ 06:49+	03:27- 06:34+ 02:33+ 05:13+
00:03-	06:02@ 01:18& 05:43@ 01:10&	01:07- 00:28+ 01:10& 02:29&	00:14- 03:22@ 00:50& 02:37@
4	Jone Klemo Øverland	165	2:02:51
04:02+	25:58+ 29:17+ 46:47+ 50:49+	59:23+ 72:07+ 76:11+ 85:12+	89:08+ 95:32+ 98:21+ 102:33+
04:02+	21:56+ 03:19+ 17:30+ 04:02+	08:34+ 12:44+ 04:04+ 09:01+	03:56+ 06:24+ 02:49+ 04:12+
00:25#	18:15@ 01:42@ 15:14@ 01:52&	01:25# 07:52@ 01:44& 04:41@	00:15+ 03:12& 01:06& 01:36&
Beste strekktid for klassen			
03:12	03:41	01:37	02:16
02:10	06:02	03:51	02:20
04:20	02:27	03:12	01:35
02:36	01:05	01:19	02:32
02:06	02:17	01:37	00:22

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

Herrer 40 - 49 år

1	Kjetil Torgersen	29	56:13
02:02=	08:47= 10:27= 13:50= 16:02=	22:58= 27:07= 29:14= 33:36=	35:22= 37:47= 42:20= 45:13=
02:02=	06:45= 01:40= 03:23= 02:12=	06:56= 04:09= 02:07= 04:22=	01:46= 02:25= 04:33= 02:53=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
00:00=	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							
2	Sjur Sigmo	116										58:00							
02:28+	06:00-	08:19-	11:42-	15:05-	19:59-	24:20-	28:05-	34:23+	36:51+	40:13+	42:02-	45:22+	46:30+	47:58-	50:50+	52:28+	55:54+	57:23+	58:00+
02:28+	03:32-	02:19+	03:23=	03:23+	04:54-	04:21+	03:45+	06:18+	02:28+	03:22+	01:49-	03:20+	01:08+	01:28-	02:52+	01:38+	03:26+	01:29-	00:37+
00:26#	03:13-	00:39&	00:00=	01:11&	02:02-	00:12+	01:38&	01:56&	00:42&	00:57&	02:44-	00:27#	00:05+	00:24-	00:43&	00:16#	01:03&	00:12-	00:07#
3	Rune Dahl Fitjar	53										1:01:56							
03:05+	07:08-	09:39-	12:51-	15:34-	21:16-	27:11+	30:24+	36:38+	39:12+	42:49+	46:20+	49:45+	50:46+	52:23+	55:37+	57:17+	59:55+	61:27+	61:56+
03:05+	04:03-	02:31+	03:12-	02:43+	05:42-	05:55+	03:13+	06:14+	02:34+	03:37+	03:31-	03:25+	01:01-	01:37-	03:14+	01:40+	02:38+	01:32-	00:29-
01:03&	02:42-	00:51&	00:11-	00:31#	01:14-	01:46&	01:06&	01:52&	00:48&	01:12&	01:02-	00:32#	00:02-	00:15-	01:05&	00:18#	00:15#	00:09-	00:01-
4	Magne Habbestad	111										1:13:45							
03:06+	10:56+	13:42+	17:21+	20:35+	27:28+	35:55+	38:58+	45:53+	48:25+	52:55+	55:33+	59:39+	61:11+	63:12+	66:15+	68:11+	71:07+	73:06+	73:45+
03:06+	07:50+	02:46+	03:39+	03:14+	06:53-	08:27+	03:03+	06:55+	02:32+	04:30+	02:38-	04:06+	01:32+	02:01+	03:03+	01:56+	02:56+	01:59+	00:39+
01:04&	01:05#	01:06&	00:16+	01:02&	00:03-	04:18@	00:56&	02:33&	00:46&	02:05&	01:55-	01:13&	00:29&	00:09+	00:54&	00:34&	00:33#	00:18#	00:09&
5	Asgeir Nærland	88										1:22:15							
03:05+	07:56-	10:03-	30:08+	33:13+	42:06+	46:47+	49:44+	56:11+	59:05+	63:17+	65:09+	68:23+	69:43+	71:30+	75:31+	77:37+	80:01+	81:49+	82:15+
03:05+	04:51-	02:07+	20:05+	03:05+	08:53+	04:41+	02:57+	06:27+	02:54+	04:12+	01:52-	03:14+	01:20+	01:47-	04:01+	02:06+	02:24+	01:48+	00:26-
01:03&	01:54-	00:27&	16:42@	00:53&	01:57&	00:32#	00:50&	02:05&	01:08&	01:47&	02:41-	00:21#	00:17&	00:05-	01:52&	00:44&	00:01+	00:07+	00:04-
6	Geir Inge Høvik	194										1:29:35							
04:47+	17:22+	21:34+	30:36+	33:42+	42:51+	47:27+	51:44+	60:19+	64:44+	68:39+	70:52+	74:37+	76:07+	77:44+	81:04+	83:22+	86:13+	89:00+	89:35+
04:47+	12:35+	04:12+	09:02+	03:06+	09:09+	04:36+	04:17+	08:35+	04:25+	03:55+	02:13-	03:45+	01:30+	01:37-	03:20+	02:18+	02:51+	02:47+	00:35+
02:45@	05:50&	02:32@	05:39@	00:54&	02:13&	00:27#	02:10@	04:13&	02:39@	01:30&	02:20-	00:52&	00:27&	00:15-	01:11&	00:56&	00:28#	01:06&	00:05#
7	Bjarte Harbo	88										1:42:29							
03:08+	11:22+	16:07+	23:57+	27:44+	44:52+	51:36+	56:03+	62:34+	69:32+	75:02+	80:09+	83:54+	88:22+	90:24+	93:40+	95:43+	99:45+	101:57+	102:29+
03:08+	08:14+	04:45+	07:50+	03:47+	17:08+	06:44+	04:27+	06:31+	06:58+	05:30+	05:07+	03:45+	04:28+	02:02+	03:16+	02:03+	04:02+	02:12+	00:32+
01:06&	01:29#	03:05@	04:27@	01:35&	10:12@	02:35&	02:20@	02:09&	05:12@	03:05@	00:34#	00:52&	03:25@	00:10+	01:07&	00:41&	01:39&	00:31&	00:02+
Beste strekktid for klassen																			
02:02	03:32	01:40	03:12	02:12	04:54	04:09	02:07	04:22	01:46	02:25	01:49	02:53	01:01	01:28	02:09	01:22	02:23	01:29	00:26

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

Herrer 50 - 59 år

1	Øystein Fuglestad	46										1:00:11							
04:05=	09:21=	15:46=	23:42=	26:29=	34:09=	38:22=	41:57=	44:47=	48:20=	49:30=	51:02=	54:46=	57:26=	59:38=	60:11=				
04:05=	05:16=	06:25=	07:56=	02:47=	07:40=	04:13=	03:35=	02:50=	03:33=	01:10=	01:32=	03:44=	02:40=	02:12=	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=				
2	Kjell Seland	236										1:00:30							
05:02+	11:54+	20:58+	24:47+	27:04+	35:13+	39:20+	42:27+	45:28+	49:40+	50:50+	52:17+	55:23+	57:42+	59:59+	60:30+				
05:02+	06:52+	09:04+	03:49-	02:17-	08:09+	04:07-	03:07-	03:01+	04:12+	01:10=	01:27-	03:06-	02:19-	02:17+	00:31-				
00:57#	01:36&	02:39&	04:07-	00:30-	00:29+	00:06-	00:28-	00:11+	00:39#	00:00=	00:05-	00:38-	00:21-	00:05+	00:02-				
3	Nils Tore Puntervold	7										1:03:07							
03:50-	23:31+	28:04+	31:01+	34:01+	40:36+	43:54+	46:53+	49:25+	52:28+	53:35+	55:00+	57:53+	60:22+	62:29+	63:07+				
03:50-	19:41+	04:33-	02:57-	03:00+	06:35-	03:18-	02:59-	02:32-	03:03-	01:07-	01:25-	02:53-	02:29-	02:07-	00:38+				
00:15-	14:25@	01:52-	04:59-	00:13+	01:05-	00:55-	00:36-	00:18-	00:30-	00:03-	00:07-	00:51-	00:11-	00:05-	00:05#				
4	Arngrim Utskarpen	117										1:03:35							
03:49-	12:00+	20:21+	23:10-	30:55+	38:00+	41:58+	44:55+	49:39+	52:47+	54:01+	55:30+	59:02+	61:08+	63:07+	63:35+				
03:49-	08:11+	08:21+	02:49-	07:45+	07:05-	03:58-	02:57-	04:44+	03:08-	01:14+	01:29-	03:32-	02:06-	01:59-	00:28-				
00:16-	02:55&	01:56&	05:07-	04:58@	00:35-	00:15-	00:38-	01:54&	00:25-	00:04+	00:03-	00:12-	00:34-	00:13-	00:05-				
5	Harald Taksdal	236										1:04:31							
04:54+	11:13+	17:08+	21:03-	23:20-	34:10+	38:55+	42:57+	48:20+	52:40+	53:50+	55:34+	59:25+	61:41+	63:50+	64:31+				
04:54+	06:19+	05:55-	03:55-	02:17-	10:50+	04:45+	04:02+	05:23+	04:20+	01:10=	01:44+	03:51+	02:16-	02:09-	00:41+				
00:49#	01:03#	00:30-	04:01-	00:30-	03:10&	00:32#	00:27#	02:33&	00:47#	00:00=	00:12#	00:07+	00:24-	00:03-	00:08#				
6	Stein Arve Finnestad	287										1:09:11							
07:51+	14:18+	20:17+	24:16+	27:00+	37:33+	42:14+	46:41+	51:02+	54:53+	56:13+	58:04+	63:37+	65:55+	68:34+	69:11+				
07:51+	06:27+	05:59-	03:59-	02:44-	10:33+	04:41+	04:27+	04:21+	03:51+	01:20+	01:51+	05:33+	02:18-	02:39+	00:37+				
03:46&	01:11#	00:26-	03:57-	00:03-	02:53&	00:28#	00:52#	01:31&	00:18+	00:10#	00:19#	01:49&	00:22-	00:27#	00:04#				
7	Erlend Kveinen	116										1:09:24							
03:49-	10:57+	16:18+	21:25-	29:16+	37:21+	44:41+	50:25+	56:12+	58:59+	60:15+	62:02+	64:49+	66:46+	69:00+	69:24+				
03:49-	07:08+	05:21-	05:07-	07:51+	08:05+	07:20+	05:44+	05:47+	02:47-	01:16+	01:47+	02:47-	01:57-	02:14+	00:24-				
00:16-	01:52&	01:04-	02:49-	05:04@	00:25+	03:07&	02:09&	02:57@	00:46-	00:06+	00:15#	00:57-	00:43-	00:02+	00:09-				

Class	Navn	Klasse										Tid					
8	Frank Hansen	29										1:10:46					
04:20+	10:21+	18:15+	21:42-	32:57-	37:55-	42:03+	54:59+	58:25+	59:50+	61:30+	64:37+	67:44+	70:08+	70:46+			
04:20+	06:01+	07:54+	03:27-	03:34+	07:41+	04:58+	04:08+	12:56+	03:26-	01:25+	01:40+	03:07+	02:24+	00:38+			
00:15+	00:45#	01:29#	04:29-	00:47&	00:01+	00:45#	00:33#	10:06@	00:07-	00:15#	00:08+	00:37-	00:27#	00:12+	00:05#		
9	Trygve Michaelsen	117										1:15:05					
04:11+	10:05+	14:27-	20:05-	23:46-	31:29-	41:41+	45:42+	52:32+	56:16+	57:17+	58:42+	63:34+	72:16+	74:30+	75:05+		
04:11+	05:54+	04:22-	05:38-	03:41+	07:43+	10:12+	04:01+	06:50+	03:44+	01:01-	01:25-	04:52+	08:42+	02:14+	00:35+		
00:06+	00:38#	02:03-	02:18-	00:54&	00:03+	05:59@	00:26#	04:00@	00:11+	00:09-	00:07-	01:08&	06:02@	00:02+	00:02+		
10	Raymond B. Pettersen	105										1:19:14					
04:28+	19:08+	26:09+	30:20+	34:26+	44:40+	50:21+	54:14+	57:47+	62:05+	64:18+	67:28+	72:22+	75:24+	78:30+	79:14+		
04:28+	14:40+	07:01+	04:11-	04:06+	10:14+	05:41+	03:53+	03:33+	04:18+	02:13+	03:10+	04:54+	03:02+	03:06+	00:44+		
00:23+	09:24@	00:36+	03:45-	01:19&	02:34&	01:28&	00:18+	00:43&	00:45#	01:03&	01:38@	01:10&	00:22#	00:54&	00:11&		
11	Inge Skretting	165										1:20:37					
04:17+	14:21+	25:14+	29:17+	35:54+	45:40+	56:54+	60:19+	64:11+	67:55+	69:33+	71:21+	75:23+	77:36+	80:03+	80:37+		
04:17+	10:04+	10:53+	04:03-	06:37+	09:46+	11:14+	03:25-	03:52+	03:44+	01:38+	01:48+	04:02+	02:13-	02:27+	00:34+		
00:12+	04:48&	04:28&	03:53-	03:50@	02:06&	07:01@	00:10-	01:02&	00:11+	00:28&	00:16#	00:18+	00:27-	00:15#	00:01+		
12	Anders Glenne	7										1:20:48					
03:29-	30:39+	38:59+	42:34+	46:02+	53:30+	58:12+	61:30+	66:54+	69:57+	71:01+	72:36+	75:25+	78:18+	80:18+	80:48+		
03:29-	27:10+	08:20+	03:35-	03:28+	07:28-	04:42+	03:18-	05:24+	03:03-	01:04-	01:35+	02:49-	02:53+	02:00-	00:30-		
00:36-	21:54@	01:55&	04:21-	00:41#	00:12-	00:29#	00:17-	02:34&	00:30-	00:06-	00:03+	00:55-	00:13+	00:12-	00:03-		
13	Erling Knutzen	128										1:20:51					
04:40+	10:41+	20:34+	24:39+	33:03+	44:39+	53:08+	57:35+	61:36+	67:56+	69:22+	71:20+	75:17+	77:38+	80:27+	80:51+		
04:40+	06:01+	09:53+	04:05-	08:24+	11:36+	08:29+	04:27+	04:01+	06:20+	01:26+	01:58+	03:57+	02:21-	02:49+	00:24-		
00:35#	00:45#	03:28&	03:51-	05:37@	03:56&	04:16@	00:52#	01:11&	02:47&	00:16#	00:26&	00:13+	00:19-	00:37&	00:09-		
14	Eilef Foss	76										1:25:32					
05:25+	13:34+	24:19+	28:15+	30:42+	39:50+	47:12+	54:22+	70:21+	74:05+	75:22+	77:19+	80:06+	82:52+	85:03+	85:32+		
05:25+	08:09+	10:45+	03:56-	02:27-	09:08+	07:22+	07:10+	15:59+	03:44+	01:17+	01:57+	02:47-	02:46+	02:11-	00:29-		
01:20&	02:53&	04:20&	04:00-	00:20-	01:28#	03:09&	03:35&	13:09@	00:11+	00:07#	00:25&	00:57-	00:06+	00:01-	00:04-		
15	Jone Kalheim	93										1:25:53					
06:43+	18:41+	33:39+	37:57+	44:30+	54:51+	60:59+	64:40+	70:09+	73:55+	75:37+	77:26+	81:28+	83:45+	85:30+	85:53+		
06:43+	11:58+	14:58+	04:18-	06:33+	10:21+	06:08+	03:41+	05:29+	03:46+	01:42+	01:49+	04:02+	02:17-	01:45-	00:23-		
02:38&	06:42@	08:33@	03:38-	03:46@	02:41&	01:55&	00:06+	02:39&	00:13+	00:32&	00:17#	00:18+	00:23-	00:27-	00:10-		
16	Asbjørn Bråndland	297										1:27:29					
05:54+	11:56+	21:57+	25:35+	42:51+	52:55+	61:35+	64:59+	67:51+	71:57+	73:06+	75:02+	81:08+	84:05+	86:53+	87:29+		
05:54+	06:02+	10:01+	03:38-	17:16+	10:04+	08:40+	03:24-	02:52+	04:06+	01:09-	01:56+	06:06+	02:57+	02:48+	00:36+		
01:49&	00:46#	03:36&	04:18-	14:29@	02:24&	04:27@	00:11-	00:02+	00:33#	00:01-	00:24&	02:22&	00:17#	00:36&	00:03+		
17	Geir Rune Seldal	192										1:28:04					
06:18+	19:58+	28:12+	37:12+	40:49+	51:26+	57:04+	60:59+	64:38+	68:49+	71:00+	74:23+	80:15+	84:22+	87:28+	88:04+		
06:18+	13:40+	08:14+	09:00+	03:37+	10:37+	05:38+	03:55+	03:39+	04:11+	02:11+	03:23+	05:52+	04:07+	03:06+	00:36+		
02:13&	08:24@	01:49&	01:04#	00:50&	02:57&	01:25&	00:20+	00:49&	00:38#	01:01&	01:51@	02:08&	01:27&	00:54&	00:03+		
18	Magnar Møller	62										1:32:15					
05:11+	27:16+	32:02+	35:29+	38:47+	52:27+	60:48+	65:17+	70:13+	74:55+	76:16+	78:05+	86:20+	89:12+	91:35+	92:15+		
05:11+	22:05+	04:46-	03:27-	03:18+	13:40+	08:21+	04:29+	04:56+	04:42+	01:21+	01:49+	08:15+	02:52+	02:23+	00:40+		
01:06&	16:49@	01:39-	04:29-	00:31#	06:00&	04:08&	00:54&	02:06&	01:09&	00:11#	00:17#	04:31@	00:12+	00:11+	00:07#		
19	Ove Njå	53										1:38:04					
06:31+	14:37+	21:00+	32:48+	36:36+	57:35+	62:59+	67:26+	70:19+	75:17+	76:44+	79:49+	84:17+	90:19+	97:01+	98:04+		
06:31+	08:06+	06:23-	11:48+	03:48+	20:59+	05:24+	04:27+	02:53+	04:58+	01:27+	03:05+	04:28+	06:02+	06:42+	01:03+		
02:26&	02:50&	00:02-	03:52&	01:01&	13:19@	01:11&	00:52#	00:03+	01:25&	00:17#	01:33@	00:44#	03:22@	04:30@	00:30&		
20	Steinar Hansen	27										1:41:19					
06:05+	27:26+	38:06+	41:42+	45:05+	56:08+	61:05+	64:41+	78:19+	85:06+	89:33+	91:23+	95:51+	98:14+	100:34+	101:19+		
06:05+	21:21+	10:40+	03:36-	03:23+	11:03+	04:57+	03:36+	13:38+	06:47+	04:27+	01:50+	04:28+	02:23-	02:20+	00:45+		
02:00&	16:05@	04:15&	04:20-	00:36#	03:23&	00:44#	00:01+	10:48@	03:14&	03:17@	00:18#	00:44#	00:17-	00:08+	00:12&		

Beste strekktid for klassen

03:29 05:16 04:22 02:49 02:17 06:35 03:18 02:57 02:32 02:47 01:01 01:25 02:47 01:57 01:45 00:23

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

Herrer 60 - 64 år

Class	Navn	Klasse													Tid	
1	Ole Petter Haukaas	109													49:47	
	03:41=	07:56=	10:30=	12:39=	16:47=	21:37=	27:44=	30:50=	33:31=	37:35=	38:36=	41:06=	44:03=	47:44=	49:19=	49:47=
	03:41=	04:15=	02:34=	02:09=	04:08=	04:50=	06:07=	03:06=	02:41=	04:04=	01:01=	02:30=	02:57=	03:41=	01:35=	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=
2	Per Ingar Hadland	7													50:25	
	03:55+	12:45+	15:27+	17:38+	21:54+	26:19+	30:27+	33:33+	36:00+	39:38+	40:46+	42:15+	45:21+	48:00+	49:49+	50:25+
	03:55+	08:50+	02:42+	02:11+	04:16+	04:25-	04:08-	03:06=	02:27-	03:38-	01:08+	01:29-	03:06+	02:39-	01:49+	00:36+
	00:14+	04:35@	00:08+	00:02+	00:08+	00:25-	01:59-	00:00=	00:14-	00:26-	00:07#	01:01-	00:09+	01:02-	00:14#	00:08&
3	Espen Krogh	7													57:41	
	02:51-	16:10+	18:40+	25:28+	29:30+	33:42+	38:15+	40:48+	43:17+	47:57+	48:50+	50:44+	53:16+	55:33+	57:16+	57:41+
	02:51-	13:19+	02:30-	06:48+	04:02-	04:12-	04:33-	02:33-	02:29-	04:40+	00:53-	01:54-	02:32-	02:17-	01:43+	00:25-
	00:50-	09:04@	00:04-	04:39@	00:06-	00:38-	01:34-	00:33-	00:12-	00:36#	00:08-	00:36-	00:25-	01:24-	00:08+	00:03-
4	Sveinung Svebestad	46													1:01:44	
	04:42+	10:11+	13:23+	17:35+	22:43+	28:54+	34:53+	38:55+	43:26+	48:05+	49:29+	51:22+	55:15+	58:43+	60:55+	61:44+
	04:42+	05:29+	03:12+	04:12+	05:08+	06:11+	05:59-	04:02+	04:31+	04:39+	01:24+	01:53-	03:53+	03:28-	02:12+	00:49+
	01:01&	01:14&	00:38#	02:03&	01:00#	01:21&	00:08-	00:56&	01:50&	00:35#	00:23&	00:37-	00:56&	00:13-	00:37&	00:21&
5	Ernst Kristensen	116													1:02:18	
	04:54+	12:00+	15:38+	21:37+	26:46+	31:52+	37:09+	40:42+	43:23+	47:38+	49:08+	51:32+	55:02+	58:35+	61:40+	62:18+
	04:54+	07:06+	03:38+	05:59+	05:09+	05:06+	05:17-	03:33+	02:41=	04:15+	01:30+	02:24-	03:30+	03:33-	03:05+	00:38+
	01:13&	02:51&	01:04&	03:50@	01:01#	00:16+	00:50-	00:27#	00:00=	00:11+	00:29&	00:06-	00:33#	00:08-	01:30&	00:10&
6	Olav Tunheim	93													1:02:33	
	05:33+	16:03+	18:58+	21:31+	27:18+	32:27+	39:19+	42:45+	46:20+	50:36+	51:49+	53:47+	57:30+	60:09+	62:07+	62:33+
	05:33+	10:30+	02:55+	02:33+	05:47+	05:09+	06:52+	03:26+	03:35+	04:16+	01:13+	01:58+	03:43+	02:39-	01:58+	00:26-
	01:52&	06:15@	00:21#	00:24#	01:39&	00:19+	00:45#	00:20#	00:54&	00:12+	00:12#	00:32-	00:46&	01:02-	00:23#	00:02-
7	Kjell Skjæveland	166													1:03:28	
	06:56+	19:23+	22:20+	25:30+	31:05+	36:08+	41:40+	44:49+	48:12+	52:02+	53:35+	55:06+	58:26+	61:07+	62:59+	63:28+
	06:56+	12:27+	02:57+	03:10+	05:35+	05:03+	05:32-	03:09+	03:23+	03:50-	01:33+	01:31-	03:20+	02:41-	01:52+	00:29+
	03:15&	08:12@	00:23#	01:01&	01:27&	00:13+	00:35-	00:03+	00:42&	00:14-	00:32&	00:59-	00:23#	01:00-	00:17#	00:01+
8	John C. Sinnes	93													1:17:03	
	10:31+	20:37+	23:47+	26:27+	32:21+	39:11+	46:12+	49:37+	59:44+	63:55+	65:52+	67:30+	70:33+	73:19+	76:23+	77:03+
	10:31+	10:06+	03:10+	02:40+	05:54+	06:50+	07:01+	03:25+	10:07+	04:11+	01:57+	01:38-	03:03+	02:46-	03:04+	00:40+
	06:50@	05:51@	00:36#	00:31#	01:46&	02:00&	00:54#	00:19#	07:26@	00:07+	00:56&	00:52-	00:06+	00:55-	01:29&	00:12&
9	Ommund Bakkevold	68													1:24:40	
	06:11+	15:42+	19:25+	25:28+	33:57+	41:15+	49:37+	54:29+	60:09+	65:42+	67:44+	70:28+	75:24+	81:10+	83:53+	84:40+
	06:11+	09:31+	03:43+	06:03+	08:29+	07:18+	08:22+	04:52+	05:40+	05:33+	02:02+	02:44+	04:56+	05:46+	02:43+	00:47+
	02:30&	05:16@	01:09&	03:54@	04:21@	02:28&	02:15&	01:46&	02:59@	01:29&	01:01&	00:14+	01:59&	02:05&	01:08&	00:19&
10	Svein Magne Gloppen	93													1:32:03	
	07:29+	26:25+	29:35+	32:53+	38:26+	44:18+	54:52+	64:54+	69:18+	73:10+	74:37+	76:30+	84:08+	88:14+	91:21+	92:03+
	07:29+	18:56+	03:10+	03:18+	05:33+	05:52+	10:34+	10:02+	04:24+	03:52-	01:27+	01:53-	07:38+	04:06+	03:07+	00:42+
	03:48@	14:41@	00:36#	01:09&	01:25&	01:02#	04:27&	06:56@	01:43&	00:12-	00:26&	00:37-	04:41@	00:25#	01:32&	00:14&
11	Steinar Barmen	105													1:42:47	
	05:42+	22:04+	43:45+	47:13+	53:38+	63:58+	74:01+	79:34+	83:34+	87:20+	88:30+	90:05+	96:05+	100:15+	102:12+	102:47+
	05:42+	16:22+	21:41+	03:28+	06:25+	10:20+	10:03+	05:33+	04:00+	03:46-	01:10+	01:35-	06:00+	04:10+	01:57+	00:35+
	02:01&	12:07@	19:07@	01:19&	02:17&	05:30@	03:56&	02:27&	01:19&	00:18-	00:09#	00:55-	03:03@	00:29#	00:22#	00:07#
Beste strekktid for klassen																
	02:51	04:15	02:30	02:09	04:02	04:12	04:08	02:33	02:27	03:38	00:53	01:29	02:32	02:17	01:35	00:25

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

Herrer 65 - 69 år

1	Arvid Mydland	29													39:37	
	03:13=	06:26=	08:23=	10:10=	13:43=	17:19=	20:22=	22:53=	27:37=	30:27=	31:19=	33:22=	35:57=	37:55=	39:12=	39:37=
	03:13=	03:13=	01:57=	01:47=	03:33=	03:36=	03:03=	02:31=	04:44=	02:50=	00:52=	02:03=	02:35=	01:58=	01:17=	00:25=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arne Kristian Espedal	68													40:14	
	03:50+	07:31+	09:39+	11:27+	14:53+	18:28+	23:19+	25:38+	28:55+	31:46+	32:29+	33:48+	36:07+	38:19+	39:46+	40:14+
	03:50+	03:41+	02:08+	01:48+	03:26-	03:35-	04:51+	02:19-	03:17-	02:51+	00:43-	01:19-	02:19-	02:12+	01:27+	00:28+
	00:37#	00:28#	00:11+	00:01+	00:07-	00:01-	01:48&	00:12-	01:27-	00:01+	00:09-	00:44-	00:16-	00:14#	00:10#	00:03#

Class	Navn	Klasse												Tid		
3	Bjarne Gimre	88												55:00		
04:33+	11:10+	14:26+	16:58+	22:02+	27:36+	32:33+	35:46+	38:25+	42:48+	44:06+	45:49+	49:22+	52:28+	54:31+	55:00+	
04:33+	06:37+	03:16+	02:32+	05:04+	05:34+	04:57+	03:13+	02:39-	04:23+	01:18+	01:43-	03:33+	03:06+	02:03+	00:29+	
01:20&	03:24@	01:19&	00:45&	01:31&	01:58&	01:54&	00:42&	02:05-	01:33&	00:26&	00:20-	00:58&	01:08&	00:46&	00:04#	
4	Bjørn Vidar Gunvaldsen	29												1:04:20		
04:04+	17:41+	20:55+	24:30+	29:26+	34:40+	39:41+	43:28+	46:28+	50:49+	52:00+	54:25+	57:57+	61:13+	63:34+	64:20+	
04:04+	13:37+	03:14+	03:35+	04:56+	05:14+	05:01+	03:47+	03:00-	04:21+	01:11+	02:25+	03:32+	03:16+	02:21+	00:46+	
00:51&	10:24@	01:17&	01:48@	01:23&	01:38&	01:58&	01:16&	01:44-	01:31&	00:19&	00:22#	00:57&	01:18&	01:04&	00:21&	
5	Bjørn Sivertsen	99												1:05:43		
04:26+	14:47+	17:40+	20:52+	26:59+	32:51+	39:26+	43:27+	46:51+	51:00+	52:41+	54:33+	59:07+	63:08+	65:06+	65:43+	
04:26+	10:21+	02:53+	03:12+	06:07+	05:52+	06:35+	04:01+	03:24-	04:09+	01:41+	01:52-	04:34+	04:01+	01:58+	00:37+	
01:13&	07:08@	00:56&	01:25&	02:34&	02:16&	03:32@	01:30&	01:20-	01:19&	00:49&	00:11-	01:59&	02:03@	00:41&	00:12&	
6	Arne Magne Handeland	92												1:09:03		
04:41+	11:08+	14:56+	18:00+	23:31+	29:53+	35:52+	40:03+	44:19+	48:37+	50:09+	52:26+	61:14+	64:11+	68:21+	69:03+	
04:41+	06:27+	03:48+	03:04+	05:31+	06:22+	05:59+	04:11+	04:16-	04:18+	01:32+	02:17+	08:48+	02:57+	04:10+	00:42+	
01:28&	03:14@	01:51&	01:17&	01:58&	02:46&	02:56&	01:40&	00:28-	01:28&	00:40&	00:14#	06:13@	00:59&	02:53@	00:17&	
7	Bjørn Bjelland	83												1:15:06		
05:48+	13:36+	16:52+	20:37+	26:05+	31:17+	38:20+	43:01+	51:53+	55:27+	57:22+	59:15+	62:35+	72:16+	74:30+	75:06+	
05:48+	07:48+	03:16+	03:45+	05:28+	05:12+	07:03+	04:41+	08:52+	03:34+	01:55+	01:53-	03:20+	09:41+	02:14+	00:36+	
02:35&	04:35@	01:19&	01:58@	01:55&	01:36&	04:00@	02:10&	04:08&	00:44&	01:03@	00:10-	00:45&	07:43@	00:57&	00:11&	
8	Eivind L. Rake	92												1:15:20		
07:07+	15:17+	19:08+	21:58+	28:04+	34:12+	43:59+	48:01+	55:57+	60:50+	62:12+	64:16+	68:16+	72:05+	74:36+	75:20+	
07:07+	08:10+	03:51+	02:50+	06:06+	06:08+	09:47+	04:02+	07:56+	04:53+	01:22+	02:04+	04:00+	03:49+	02:31+	00:44+	
03:54@	04:57@	01:54&	01:03&	02:33&	02:32&	06:44@	01:31&	03:12&	02:03&	00:30&	00:01+	01:25&	01:51&	01:14&	00:19&	
9	Terje Stokkeland	69												1:18:29		
05:05+	19:50+	22:53+	26:39+	32:30+	38:30+	46:33+	50:20+	58:46+	62:26+	66:25+	68:48+	72:21+	75:16+	77:44+	78:29+	
05:05+	14:45+	03:03+	03:46+	05:51+	06:00+	08:03+	03:47+	08:26+	03:40+	03:59+	02:23+	03:33+	02:55+	02:28+	00:45+	
01:52&	11:32@	01:06&	01:59@	02:18&	02:24&	05:00@	01:16&	03:42&	00:50&	03:07@	00:20#	00:58&	00:57&	01:11&	00:20&	
10	Rolf Kleppe	63												1:45:38		
09:54+	22:54+	28:16+	33:52+	42:43+	51:49+	62:23+	69:37+	77:36+	84:58+	86:31+	88:43+	94:37+	100:52+	104:53+	105:38+	
09:54+	13:00+	05:22+	05:36+	08:51+	09:06+	10:34+	07:14+	07:59+	07:22+	01:33+	02:12+	05:54+	06:15+	04:01+	00:45+	
06:41@	09:47@	03:25@	03:49@	05:18@	05:30@	07:31@	04:43@	03:15&	04:32@	00:41&	00:09+	03:19@	04:17@	02:44@	00:20&	
Beste strekketid for klassen	03:13	03:13	01:57	01:47	03:26	03:35	03:03	02:19	02:39	02:50	00:43	01:19	02:19	01:58	01:17	00:25

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

Herrer 70 - 74 år

1	Harry Breiland	66												45:33	
04:48=	09:05=	11:13=	13:31=	18:07=	22:41=	26:34=	29:24=	32:06=	35:20=	36:17=	37:48=	40:59=	43:31=	45:04=	45:33=
04:48=	04:17=	02:08=	02:18=	04:36=	04:34=	03:53=	02:50=	02:42=	03:14=	00:57=	01:31=	03:11=	02:32=	01:33=	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=
2	Paul A. Paulsen	117												1:03:40	
04:12-	11:33+	14:43+	17:42+	23:12+	30:46+	36:20+	40:50+	44:21+	48:42+	50:28+	52:33+	55:50+	59:36+	63:05+	63:40+
04:12-	07:21+	03:10+	02:59+	05:30+	07:34+	05:34+	04:30+	03:31+	04:21+	01:46+	02:05+	03:17+	03:46+	03:29+	00:35+
00:36-	03:04&	00:00&	00:41&	00:54#	03:00&	01:41&	01:40&	00:49&	01:07&	00:49&	00:34&	00:06+	01:14&	01:56@	00:06#
3	Jostein Tunheim	116												1:06:44	
08:13+	19:11+	22:26+	25:31+	30:55+	36:16+	41:59+	46:30+	50:28+	54:43+	55:54+	57:55+	60:59+	63:54+	66:11+	66:44+
08:13+	10:58+	03:15+	03:05+	05:24+	05:21+	05:43+	04:31+	03:58+	04:15+	01:11+	02:01+	03:04-	02:55+	02:17+	00:33+
03:25&	06:41@	01:07&	00:47&	00:48#	00:47#	01:50&	01:41&	01:16&	01:01&	00:14#	00:30&	00:07-	00:23#	00:44&	00:04#
4	Kjell Ivar Skjørestad	92												1:07:17	
06:39+	12:08+	14:51+	17:49+	23:09+	29:03+	37:04+	41:36+	48:18+	52:22+	53:53+	56:23+	60:08+	64:51+	66:43+	67:17+
06:39+	05:29+	02:43+	02:58+	05:20+	05:54+	08:01+	04:32+	06:42+	04:04+	01:31+	02:30+	03:45+	04:43+	01:52+	00:34+
01:51&	01:12&	00:35&	00:40&	00:44#	01:20&	04:08@	01:42&	04:00@	00:50&	00:34&	00:59&	00:34#	02:11&	00:19#	00:05#
5	Arne Østensen	53												1:13:37	
04:05-	17:29+	27:20+	30:38+	36:02+	42:27+	48:21+	53:31+	57:11+	61:13+	62:47+	64:41+	67:58+	70:43+	73:03+	73:37+
04:05-	13:24+	09:51+	03:18+	05:24+	06:25+	05:54+	05:10+	03:40+	04:02+	01:34+	01:54+	03:17+	02:45+	02:20+	00:34+
00:43-	09:07@	07:43@	01:00&	00:48#	01:51&	02:01&	02:20&	00:58&	00:48#	00:37&	00:23&	00:06+	00:13+	00:47&	00:05#

Class	Navn	Klasse										Tid					
6	Jan Inge Lunde	88										1:15:49					
	04:59+	12:38+	16:19+	22:33+	28:52+	37:58+	45:17+	49:32+	53:31+	58:43+	60:43+	63:30+	68:01+	72:31+	74:54+	75:49+	
	04:59+	07:39+	03:41+	06:14+	06:19+	09:06+	07:19+	04:15+	03:59+	05:12+	02:00+	02:47+	04:31+	04:30+	02:23+	00:55+	
	00:11+	03:22&	01:33&	03:56@	01:43&	04:32&	03:26&	01:25&	01:17&	01:58&	01:03@	01:16&	01:20&	01:58&	00:50&	00:26&	
7	Olav Habbestad	116										1:18:14					
	05:10+	11:53+	14:53+	19:48+	24:54+	30:43+	38:16+	41:28+	52:10+	54:58+	64:41+	66:04+	67:51+	71:26+	75:12+	77:36+	78:14+
	05:10+	06:43+	03:00+	04:55+	05:06+	05:49+	07:33+	03:12+	10:42+	02:48-	09:43+	01:23-	01:47-	03:35+	03:46+	02:24+	00:38+
	00:22+	02:26&	00:52&	02:37@	00:30#	01:15&	03:40&	00:22#	08:00@	00:26-	08:46@	00:08-	01:24-	01:03&	02:13@	01:55@	00:38+
8	Leif Gunnar Wikene	43										1:25:22					
	09:27+	23:47+	28:10+	32:01+	39:22+	46:59+	60:09+	63:43+	66:32+	70:41+	72:08+	74:33+	78:07+	81:50+	84:43+	85:22+	
	09:27+	14:20+	04:23+	03:51+	07:21+	07:37+	13:10+	03:34+	02:49+	04:09+	01:27+	02:25+	03:34+	03:43+	02:53+	00:39+	
	04:39&	10:03@	02:15@	01:33&	02:45&	03:03&	09:17@	00:44&	00:07+	00:55&	00:30&	00:54&	00:23#	01:11&	01:20&	00:10&	
9	Leif Kåre Lende	128										1:48:51					
	06:29+	32:50+	37:25+	40:42+	49:57+	58:56+	66:10+	70:14+	77:38+	83:11+	85:08+	87:50+	100:10+	103:25+	108:09+	108:51+	
	06:29+	26:21+	04:35+	03:17+	09:15+	08:59+	07:14+	04:04+	07:24+	05:33+	01:57+	02:42+	12:20+	03:15+	04:44+	00:42+	
	01:41&	22:04@	02:27@	00:59&	04:39@	04:25&	03:21&	01:14&	04:42@	02:19&	01:00@	01:11&	09:09@	00:43&	03:11@	00:13&	
Beste strekktid for klassen																	
	04:05	04:17	02:08	02:18	04:36	04:34	03:53	02:50	02:42	02:48	00:57	01:23	01:47	02:32	01:33	00:29	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Herrer 75 - 79 år																	
1	Finn Morten Årstad	115										42:34					
	04:57=	08:34=	13:02=	15:14=	21:07=	26:15=	32:30=	33:49=	35:51=	39:26=	41:59=	42:34=					
	04:57=	03:37=	04:28=	02:12=	05:53=	05:08=	06:15=	01:19=	02:02=	03:35=	02:33=	00:35=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Knut Skjæveland	93										45:55					
	04:25-	08:34=	12:42-	15:01-	22:42+	29:05+	33:57+	35:44+	37:58+	42:21+	45:06+	45:55+					
	04:25-	04:09+	04:08-	02:19+	07:41+	06:23+	04:52-	01:47+	02:14+	04:23+	02:45+	00:49+					
	00:32-	00:32#	00:20-	00:07+	01:48&	01:15#	01:23-	00:28&	00:12+	00:48#	00:12+	00:14&					
3	Øyvind Egeskog	5										47:37					
	04:39-	09:15+	13:04+	15:25+	22:54+	28:44+	34:57+	36:44+	38:57+	43:57+	46:56+	47:37+					
	04:39-	04:36+	03:49-	02:21+	07:29+	05:50+	06:13-	01:47+	02:13+	05:00+	02:59+	00:41+					
	00:18-	00:59&	00:39-	00:09+	01:36&	00:42#	00:02-	00:28&	00:11+	01:25&	00:26#	00:06#					
4	Hermann Skogsholm	53										49:50					
	05:46+	09:47+	15:08+	17:24+	23:48+	29:06+	37:06+	39:09+	42:01+	46:11+	49:06+	49:50+					
	05:46+	04:01+	05:21+	02:16+	06:24+	05:18+	08:00+	02:03+	02:52+	04:10+	02:55+	00:44+					
	00:49#	00:24#	00:53#	00:04+	00:31+	00:10+	01:45&	00:44&	00:50&	00:35#	00:22#	00:09&					
5	Svein Glendrange	68										50:08					
	05:15+	08:52+	13:08+	15:54+	21:47+	29:58+	38:02+	39:32+	41:35+	46:36+	49:26+	50:08+					
	05:15+	03:37=	04:16-	02:46+	05:53=	08:11+	08:04+	01:30+	02:03+	05:01+	02:50+	00:42+					
	00:18+	00:00=	00:12-	00:34&	00:00=	03:03&	01:49&	00:11#	00:01+	01:26&	00:17#	00:07#					
6	Odd Garpestad	29										56:38					
	04:07-	10:15+	27:25+	29:33+	35:25+	40:56+	46:36+	48:06+	50:00+	53:22+	56:03+	56:38+					
	04:07-	06:08+	17:10+	02:08-	05:52-	05:31+	05:40-	01:30+	01:54-	03:22-	02:41+	00:35=					
	00:50-	02:31&	12:42@	00:04-	00:01-	00:23+	00:35-	00:11#	00:08-	00:13-	00:08+	00:00=					
7	Kjell Langvik	93										1:02:32					
	05:44+	10:22+	21:00+	23:23+	32:28+	40:46+	48:43+	50:36+	52:41+	58:11+	61:50+	62:32+					
	05:44+	04:38+	10:38+	02:23+	09:05+	08:18+	07:57+	01:53+	02:05+	05:30+	03:39+	00:42+					
	00:47#	01:01&	06:10@	00:11+	03:12&	03:10&	01:42&	00:34&	00:03+	01:55&	01:06&	00:07#					
8	Tormod Aaslid	54										1:07:45					
	09:37+	15:26+	26:39+	31:02+	38:57+	44:59+	52:30+	54:37+	57:25+	62:38+	66:17+	67:45+					
	09:37+	05:49+	11:13+	04:23+	07:55+	06:02+	07:31+	02:07+	02:48+	05:13+	03:39+	01:28+					
	04:40&	02:12&	06:45@	02:11&	02:02&	00:54#	01:16#	00:48&	00:46&	01:38&	01:06&	00:53@					
9	Arne Brandsberg	29										1:17:13					
	06:36+	14:52+	23:39+	27:47+	39:34+	48:43+	57:49+	60:24+	63:31+	70:33+	75:56+	77:13+					
	06:36+	08:16+	08:47+	04:08+	11:47+	09:09+	09:06+	02:35+	03:07+	07:02+	05:23+	01:17+					
	01:39&	04:39@	04:19&	01:56&	05:54@	04:01&	02:51&	01:16&	01:05&	03:27&	02:50@	00:42@					

Class	Navn	Klasse										Tid	
10	Reidar Magne Liland	66										1:52:03	
		36:42+	44:49+	50:12+	54:27+	66:38+	78:27+	89:54+	92:37+	98:01+	105:26+	110:55+	112:03+
		36:42+	08:07+	05:23+	04:15+	12:11+	11:49+	11:27+	02:43+	05:24+	07:25+	05:29+	01:08+
		31:45@	04:30@	00:55#	02:03&	06:18@	06:41@	05:12&	01:24@	03:22@	03:50@	02:56@	00:33&

Beste strekktid for klassen

04:07 03:37 03:49 02:08 05:52 05:08 04:52 01:19 01:54 03:22 02:33 00:35

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

Herrer 80 år og eldre

1	Harald Vatne	67										56:43		
		11:01=	12:00=	17:49=	25:29=	29:09=	36:33=	38:40=	44:41=	46:46=	49:42=	52:29=	56:08=	56:43=
		11:01=	00:59=	05:49=	07:40=	03:40=	07:24=	02:07=	06:01=	02:05=	02:56=	02:47=	03:39=	00:35=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Terje Braut	92										1:00:03		
		08:25-	10:23-	16:15-	24:38-	28:35-	31:33-	37:52-	46:10+	48:52+	53:13+	55:50+	59:24+	60:03+
		08:25-	01:58+	05:52+	08:23+	03:57+	02:58-	06:19+	08:18+	02:42+	04:21+	02:37-	03:34-	00:39+
		02:36-	00:59&	00:03+	00:43+	00:17+	04:26-	04:12@	02:17&	00:37&	01:25&	00:10-	00:05-	00:04#

3	Sigurd Krosli	93										1:01:50		
		07:50-	09:34-	16:00-	26:14+	29:23+	32:46-	36:10-	40:29-	43:24-	54:04+	56:59+	61:06+	61:50+
		07:50-	01:44+	06:26+	10:14+	03:09-	03:23-	03:24+	04:19-	02:55+	10:40+	02:55+	04:07+	00:44+
		03:11-	00:45&	00:37#	02:34&	00:31-	04:01-	01:17&	01:42-	00:50&	07:44@	00:08+	00:28#	00:09&

4	Magne Westerheim	93										1:07:09		
		12:15+	13:28+	23:45+	32:13+	35:29+	38:44+	43:00+	50:19+	55:56+	60:27+	62:56+	66:32+	67:09+
		12:15+	01:13+	10:17+	08:28+	03:16-	03:15-	04:16+	07:19+	05:37+	04:31+	02:29-	03:36-	00:37+
		01:14#	00:14#	04:28&	00:48#	00:24-	04:09-	02:09@	01:18#	03:32@	01:35&	00:18-	00:03-	00:02+

5	Jan Bekkeheien	92										1:08:49		
		09:59-	11:25-	18:59+	28:23+	32:47+	38:48+	44:36+	49:56+	53:38+	59:54+	63:35+	67:37+	68:49+
		09:59-	01:26+	07:34+	09:24+	04:24+	06:01-	05:48+	05:20-	03:42+	06:16+	03:41+	04:02+	01:12+
		01:02-	00:27&	01:45&	01:44#	00:44#	01:23-	03:41@	00:41-	01:37&	03:20@	00:54&	00:23#	00:37@

6	Magne Jakobsen	63										1:21:45		
		11:31+	13:01+	20:17+	34:28+	41:45+	47:53+	51:33+	57:03+	62:21+	68:46+	74:01+	80:24+	81:45+
		11:31+	01:30+	07:16+	14:11+	07:17+	06:08-	03:40+	05:30-	05:18+	06:25+	05:15+	06:23+	01:21+
		00:30+	00:31&	01:27#	06:31&	03:37&	01:16-	01:33&	00:31-	03:13@	03:29@	02:28&	02:44&	00:46@

Beste strekktid for klassen

07:50 00:59 05:49 07:40 03:09 02:58 02:07 04:19 02:05 02:56 02:29 03:34 00:35

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

Herrer A

1	Fredrik Omdal	375										50:26										
		02:53=	06:50=	11:47=	14:20=	16:23=	21:54=	25:15=	28:15=	29:48=	34:14=	36:28=	38:38=	39:52=	42:16=	42:52=	44:26=	45:47=	47:18=	48:39=	50:03=	50:26=
		02:53=	03:57=	04:57=	02:33=	02:03=	05:31=	03:21=	03:00=	01:33=	04:26=	02:14=	02:10=	01:14=	02:24=	00:36=	01:34=	01:21=	01:31=	01:21=	01:24=	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=

2	Kenneth Mydland	29										1:07:23											
		02:54+	07:34+	11:14-	14:17-	18:47+	28:29+	33:04+	37:03+	38:53+	43:58+	46:35+	49:34+	51:31+	53:57+	54:36+	57:29+	59:13+	61:26+	64:32+	66:54+	67:23+	
		02:54+	04:40+	03:40-	03:03+	04:30+	09:42+	04:35+	03:59+	01:50+	05:05+	02:37+	01:57+	02:59+	01:57+	02:26+	00:39+	02:53+	01:44+	02:13+	03:06+	02:22+	00:29+
		00:01+	00:43#	01:17-	00:30#	02:27@	04:11&	01:14&	00:59&	00:17#	00:39#	00:23#	00:49&	00:43&	00:02+	00:03+	01:19&	00:23&	00:42&	01:45@	00:58&	00:06&	

3	Martin Blystad	115										1:22:20											
		03:20+	12:57+	16:50+	20:39+	24:42+	34:02+	35:28+	39:46+	47:13+	49:38+	55:50+	59:46+	62:39+	64:35+	67:48+	68:55+	72:02+	73:51+	77:57+	79:56+	81:50+	82:20+
		03:20+	09:37+	03:53-	03:49+	04:03+	09:20+	01:26-	04:18+	07:27+	02:25-	06:12+	03:56+	02:53+	01:56-	03:13+	01:07-	03:07+	01:49+	04:06+	01:59+	01:54+	00:30+
		00:27#	05:40@	01:04-	01:16&	02:00&	03:49&	01:55-	01:18&	05:54@	02:01-	03:58@	01:46&	01:39@	00:28-	02:37@	00:27-	01:46@	00:18#	02:45@	00:35&	01:31@	00:30+

Beste strekktid for klassen

02:53 03:57 03:40 02:33 02:03 05:31 01:26 03:00 01:33 02:25 02:14 02:10 01:14 01:56 00:36 01:07 01:21 01:31 01:21 01:24 00:23

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

Herrer B

1	Tom Furland	62	55:28																	
02:52=	07:41=	11:14=	14:12=	16:53=	23:25=	26:16=	29:59=	31:39=	36:37=	39:02=	41:53=	43:05=	45:38=	46:15=	48:31=	50:06=	51:37=	53:12=	54:58=	55:28=
02:52=	04:49=	03:33=	02:58=	02:41=	06:32=	02:51=	03:43=	01:40=	04:58=	02:25=	02:51=	01:12=	02:33=	00:37=	02:16=	01:35=	01:31=	01:35=	01:46=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tor Gunnar Aksland	116	58:51																	
02:45-	07:15-	11:41+	14:32+	18:04+	26:03+	29:13+	32:45+	34:37+	39:25+	41:58+	44:27+	45:40+	47:50+	48:26+	50:45+	52:27+	53:54+	55:48+	58:18+	58:51+
02:45-	04:30-	04:26+	02:51-	03:32+	07:59+	03:10+	03:32-	01:52+	04:48-	02:33+	02:29-	01:13+	02:10-	00:36-	02:19+	01:42+	01:27-	01:54+	02:30+	00:33+
00:07-	00:19-	00:53#	00:07-	00:51&	01:27#	00:19#	00:11-	00:12#	00:10-	00:08+	00:22-	00:01+	00:23-	00:01-	00:03+	00:07+	00:04-	00:19#	00:44&	00:03#
3	Oddvar Taksdal	194	1:03:32																	
03:13+	09:43+	14:32+	18:13+	21:01+	28:50+	31:57+	35:27+	37:32+	43:14+	46:16+	49:07+	50:24+	52:46+	53:42+	55:59+	57:39+	59:25+	61:18+	63:01+	63:32+
03:13+	06:30+	04:49+	03:41+	02:48+	07:49+	03:07+	03:30-	02:05+	05:42+	03:02+	02:51=	01:17+	02:22-	00:56+	02:17+	01:40+	01:46+	01:53+	01:43-	00:31+
00:21#	01:41&	01:16&	00:43#	00:07+	01:17#	00:16+	00:13-	00:25#	00:44#	00:37&	00:00=	00:05+	00:11-	00:19&	00:01+	00:05+	00:15#	00:18#	00:03-	00:01+
4	Trond Sigurd Fotland	66	1:06:53																	
02:51-	08:10+	13:29+	16:58+	20:21+	28:51+	33:14+	37:34+	40:02+	46:20+	49:46+	52:13+	53:40+	55:51+	56:26+	58:49+	60:46+	62:26+	64:29+	66:21+	66:53+
02:51-	05:19+	05:19+	03:29+	03:23+	08:30+	04:23+	04:20+	02:28+	06:18+	03:26+	02:27-	01:27+	02:11-	00:35-	02:23+	01:57+	01:40+	02:03+	01:52+	00:32+
00:01-	00:30#	01:46&	00:31#	00:42&	01:58&	01:32&	00:37#	00:48&	01:20&	01:01&	00:24-	00:15#	00:22-	00:02-	00:07+	00:22#	00:09+	00:28&	00:06+	00:02+
5	Aart Joakim in't Veld	93	1:08:33																	
02:49-	07:32-	11:49+	14:38+	17:01+	25:48+	36:14+	40:37+	42:22+	47:34+	51:38+	54:16+	55:41+	58:00+	58:50+	61:33+	63:06+	64:38+	66:20+	68:09+	68:33+
02:49-	04:43-	04:17+	02:49-	02:23-	08:47+	10:26+	04:23+	01:45+	05:12+	04:04+	02:38-	01:25+	02:19-	00:50+	02:43+	01:33-	01:32+	01:42+	01:49+	00:24-
00:03-	00:06-	00:44#	00:09-	00:18-	02:15&	07:35#	00:40#	00:05+	00:14+	01:39&	00:13-	00:13#	00:14-	00:13&	00:27#	00:02-	00:01+	00:07+	00:03+	00:06-
6	Per Olav Haarr	62	1:14:35																	
04:42+	13:33+	19:32+	23:39+	26:24+	39:58+	43:02+	46:34+	48:38+	54:19+	57:22+	60:11+	61:29+	63:43+	64:41+	67:04+	68:43+	70:29+	72:24+	74:04+	74:35+
04:42+	08:51+	05:59+	04:07+	02:45+	13:34+	03:04+	03:32-	02:04+	05:41+	03:03+	02:49-	01:18+	02:14-	00:58+	02:23+	01:39+	01:46+	01:55+	01:40-	00:31+
01:50&	04:02&	02:26&	01:09&	00:04+	07:02@	00:13+	00:11-	00:24#	00:43#	00:38&	00:02-	00:06+	00:19-	00:21&	00:07+	00:04+	00:15#	00:20#	00:06-	00:01+
7	Leif Kjetil Hinna Gausel	116	1:18:53																	
04:32+	11:10+	16:40+	20:07+	23:56+	33:00+	38:56+	43:48+	46:06+	53:43+	58:19+	61:27+	63:03+	65:37+	66:22+	69:39+	72:09+	74:21+	76:30+	78:21+	78:53+
04:32+	06:38+	05:30+	03:27+	03:49+	09:04+	05:56+	04:52+	02:18+	07:37+	04:36+	03:08+	01:36+	02:34+	00:45+	03:17+	02:30+	02:12+	02:09+	01:51+	00:32+
01:40&	01:49&	01:57&	00:29#	01:08&	02:32&	03:05#	01:09&	00:38&	02:39&	02:11&	00:17+	00:24&	00:01+	00:08#	01:01&	00:55&	00:41&	00:34&	00:05+	00:02+
8	Joar Eilevstjønn	67	1:20:33																	
02:46-	09:07+	23:52+	26:45+	29:08+	37:56+	48:11+	52:40+	54:26+	59:39+	63:43+	66:19+	67:40+	70:06+	70:55+	73:29+	75:03+	76:41+	78:24+	80:09+	80:33+
02:46-	06:21+	14:45+	02:53-	02:23-	08:48+	10:15+	04:29+	01:46+	05:13+	04:04+	02:36-	01:21+	02:26-	00:49+	02:34+	01:34-	01:38+	01:43+	01:45-	00:24-
00:06-	01:32&	11:12@	00:05-	00:18-	02:16&	07:24@	00:46#	00:06+	00:15+	01:39&	00:15-	00:09#	00:07-	00:12&	00:18#	00:01-	00:07+	00:08+	00:01-	00:06-
9	Espen Fyhn Nilsen	116	1:34:29																	
04:22+	12:22+	19:26+	24:39+	29:30+	40:02+	46:42+	52:20+	55:28+	63:57+	68:52+	73:02+	75:12+	79:01+	79:57+	83:50+	86:10+	88:19+	90:44+	93:44+	94:29+
04:22+	08:00+	07:04+	05:13+	04:51+	10:32+	06:40+	05:38+	03:08+	08:29+	04:55+	04:10+	02:10+	03:49+	00:56+	03:53+	02:20+	02:09+	02:25+	03:00+	00:45+
01:30&	03:11&	03:31&	02:15&	02:10&	04:00&	03:49@	01:55&	01:28&	03:31&	02:30@	01:19&	00:58&	01:16&	00:19&	01:37&	00:45&	00:38&	00:50&	01:14&	00:15&

Beste strekktid for klassen

02:45 04:30 03:33 02:49 02:23 06:32 02:51 03:30 01:40 04:48 02:25 02:27 01:12 02:10 00:35 02:16 01:33 01:27 01:35 01:40 00:24

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

Herrer C

1	Kjetil Wirak	114	48:59																
02:11=	07:57=	10:55=	13:40=	16:18=	20:21=	24:57=	28:35=	30:44=	33:09=	35:19=	38:55=	39:34=	41:33=	43:36=	44:42=	46:20=	47:36=	48:37=	48:59=
02:11=	05:46=	02:58=	02:45=	02:38=	04:03=	04:36=	03:38=	02:09=	02:25=	02:10=	03:36=	00:39=	01:59=	02:03=	01:06=	01:38=	01:16=	01:01=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Harald Klippenberg	59	54:03																
02:19+	09:29+	13:55+	16:38+	19:23+	22:08+	25:15+	29:13+	31:35+	34:11+	36:55+	40:14+	41:30+	44:05+	46:11+	47:31+	50:06+	51:48+	53:34+	54:03+
02:19+	07:10+	04:26+	02:43-	02:45+	02:45-	03:07-	03:58+	02:22+	02:36+	02:44+	03:19-	01:16+	02:35+	02:06+	01:20+	02:35+	01:42+	01:46+	00:29+
00:08+	01:24#	01:28&	00:02-	00:07+	01:18-	01:29-	00:20+	00:13#	00:11+	00:34&	00:17-	00:37&	00:36&	00:03+	00:14#	00:57&	00:26&	00:45&	00:07&
3	Jan Einar Øvremo	50	54:44																
02:06-	08:50+	12:01+	14:33+	17:39+	22:01+	27:12+	31:22+	33:50+	36:20+	38:14+	42:11+	43:01+	45:07+	47:19+	48:55+	50:50+	52:19+	54:16+	54:44+
02:06-	06:44+	03:11+	02:32-	03:06+	04:22+	05:11+	04:10+	02:28+	02:30+	01:54-	03:57+	00:50+	02:06+	02:12+	01:36+	01:55+	01:29+	01:57+	00:28+
00:05-	00:58#	00:13+	00:13-	00:28#	00:19+	00:35#	00:32#	00:19#	00:05+	00:16-	00:21+	00:11&	00:07+	00:09+	00:30&	00:17#	00:13#	00:56&	00:06&

Class	Navn	Klasse										Tid									
4	Nils John Vestøl	83										56:31									
02:14+	08:54+	13:23+	15:44+	19:40+	23:23+	26:43+	31:04+	33:41+	36:36+	41:49+	45:31+	46:36+	48:20+	50:10+	51:29+	53:03+	54:47+	56:06+	56:31+		
02:14+	06:40+	04:29+	02:21-	03:56+	03:43-	03:20-	04:21+	02:37+	02:55+	05:13+	03:42+	01:05+	01:44-	01:50-	01:19+	01:34-	01:44+	01:19+	00:25+		
00:03+	00:54#	01:31&	00:24-	01:18&	00:20-	01:16-	00:43#	00:28#	00:30#	03:03@	00:06+	00:26&	00:15-	00:13-	00:13#	00:04-	00:28&	00:18&	00:03#		
5	Trond Nilsen Lamark	114										58:07									
02:51+	10:16+	12:59+	15:42+	19:05+	22:58+	26:36+	31:03+	33:20+	36:29+	38:59+	43:24+	44:41+	46:44+	49:09+	51:35+	54:15+	56:11+	57:38+	58:07+		
02:51+	07:25+	02:43-	02:43-	03:23+	03:53-	03:38-	04:27+	02:17+	03:09+	02:30+	04:25+	01:17+	02:03+	02:25+	02:26+	02:40+	01:56+	01:27+	00:29+		
00:40&	01:39&	00:15-	00:02-	00:45&	00:10-	00:58-	00:49#	00:08+	00:44&	00:20#	00:49#	00:38&	00:04+	00:22#	01:20@	01:02&	00:40&	00:26&	00:07&		
6	Pål Bårdsen	53										1:00:21									
03:10+	10:22+	13:53+	16:44+	20:03+	23:35+	27:15+	32:43+	35:44+	39:17+	42:11+	45:58+	46:58+	49:16+	51:55+	53:29+	56:34+	58:20+	59:48+	60:21+		
03:10+	07:12+	03:31+	02:51+	03:19+	03:32-	03:40-	05:28+	03:01+	03:33+	02:54+	03:47+	01:00+	02:18+	02:39+	01:34+	03:05+	01:46+	01:28+	00:33+		
00:59&	01:26#	00:33#	00:06+	00:41&	00:31-	00:56-	01:50&	00:52&	01:08&	00:44&	00:11+	00:21&	00:19#	00:36&	00:28&	01:27&	00:30&	00:27&	00:11&		
7	Henning Sundby	114										1:01:25									
04:46+	14:46+	17:30+	20:17+	22:53+	28:14+	30:56+	35:15+	40:33+	43:25+	46:15+	49:40+	50:40+	52:27+	54:20+	55:37+	58:11+	59:32+	60:54+	61:25+		
04:46+	10:00+	02:44-	02:47+	02:36-	05:21+	02:42-	04:19+	05:18+	02:52+	02:50+	03:25-	01:00+	01:47-	01:53-	01:17+	02:34+	01:21+	01:22+	00:31+		
02:35@	04:14&	00:14-	00:02+	00:02-	01:18&	01:54-	00:41#	03:09@	00:27#	00:40&	00:11-	00:21&	00:12-	00:10-	00:11#	00:56&	00:05+	00:21&	00:09&		
8	Geir Frøylog	29										1:01:58									
02:09-	09:21+	14:06+	17:02+	24:35+	27:21+	30:29+	35:06+	37:13+	40:50+	44:27+	48:01+	49:03+	51:46+	54:04+	55:21+	58:06+	60:08+	61:23+	61:58+		
02:09-	07:12+	04:45+	02:56+	07:33+	02:46-	03:08-	04:37+	02:07-	03:37+	03:37+	03:34-	01:02+	02:43+	02:18+	01:17+	02:45+	02:02+	01:15+	00:35+		
00:02-	01:26#	01:47&	00:11+	04:55@	01:17-	01:28-	00:59&	00:02-	01:12&	01:27&	00:02-	00:23&	00:44&	00:15#	00:11#	01:07&	00:46&	00:14#	00:13&		
9	Paul Terje Haarr	62										1:02:29									
02:59+	11:39+	15:01+	18:14+	21:28+	23:44+	26:59+	31:25+	34:10+	37:13+	39:45+	49:42+	50:28+	52:37+	54:50+	56:26+	58:19+	60:29+	62:00+	62:29+		
02:59+	08:40+	03:22+	03:13+	03:14+	02:16-	03:15-	04:26+	02:45+	03:03+	02:32+	09:57+	00:46+	02:09+	02:13+	01:36+	01:53+	02:10+	01:31+	00:29+		
00:48&	02:54&	00:24#	00:28#	00:36#	01:47-	01:21-	00:48#	00:36&	00:38&	00:22#	06:21@	00:07#	00:10+	00:10+	00:30&	00:15#	00:54&	00:30&	00:07&		
10	Kjell Dale	93										1:03:09									
03:03+	10:50+	14:21+	17:01+	21:03+	23:47+	27:07+	31:45+	34:26+	37:55+	40:38+	47:40+	48:47+	51:30+	53:53+	56:17+	58:50+	60:30+	62:25+	63:09+		
03:03+	07:47+	03:31+	02:40-	04:02+	02:44-	03:20-	04:38+	02:41+	03:29+	02:43+	07:02+	01:07+	02:43+	02:23+	02:24+	02:33+	01:40+	01:55+	00:44+		
00:52&	02:01&	00:33#	00:05-	01:24&	01:19-	01:16-	01:00&	00:32#	01:04&	00:33&	03:26&	00:28&	00:44&	00:20#	01:18@	00:55&	00:24&	00:54&	00:22&		
11	Terje Michaelsen	47										1:05:19									
01:56-	08:38+	11:36+	21:46+	25:19+	26:54+	29:30+	33:23+	35:33+	38:17+	40:50+	48:36+	49:05+	50:48+	54:01+	55:10+	56:46+	63:44+	64:56+	65:19+		
01:56-	06:42+	02:58=	10:10+	03:33+	01:35-	02:36-	03:53+	02:10+	02:44+	02:33+	07:46+	00:29-	01:43-	03:13+	01:09+	01:36-	06:58+	01:12+	00:23+		
00:15-	00:56#	00:00=	07:25@	00:55&	02:28-	02:00-	00:15+	00:01+	00:19#	00:23#	04:10@	00:10-	00:16-	01:10&	00:03+	00:02-	05:42@	00:11#	00:01+		
12	Rune Christiansen	93										1:10:55									
04:49+	13:03+	16:45+	23:04+	27:05+	30:10+	34:16+	40:01+	42:54+	46:48+	49:51+	54:35+	55:46+	58:29+	61:11+	62:57+	65:57+	68:12+	70:10+	70:55+		
04:49+	08:14+	03:42+	06:19+	04:01+	03:05-	04:06-	05:45+	02:53+	03:54+	03:03+	04:44+	01:11+	02:43+	02:42+	01:46+	03:00+	02:15+	01:58+	00:45+		
02:38@	02:28&	00:44#	03:34@	01:23&	00:58-	00:30-	02:07&	00:44&	01:29&	00:53&	01:08&	00:32&	00:44&	00:39&	00:40&	01:22&	00:59&	00:57&	00:23@		
13	Øistein Haaland	116										1:15:58									
04:07+	17:03+	20:31+	23:42+	28:14+	31:45+	35:51+	41:12+	47:54+	53:39+	57:00+	61:24+	62:17+	65:11+	67:35+	69:26+	71:34+	73:37+	75:26+	75:58+		
04:07+	12:56+	03:28+	03:11+	04:32+	03:31-	04:06-	05:21+	06:42+	05:45+	03:21+	04:24+	00:53+	02:54+	02:24+	01:51+	02:08+	02:03+	01:49+	00:32+		
01:56&	07:10@	00:30#	00:26#	01:54&	00:32-	00:30-	01:43&	04:33@	03:20@	01:11&	00:48#	00:14&	00:55&	00:21#	00:45&	00:30&	00:47&	00:48&	00:10&		
14	Øivind Berggraf	116										1:21:58									
02:24+	09:53+	23:05+	30:50+	36:50+	39:33+	43:35+	50:16+	53:04+	56:14+	60:14+	64:42+	65:59+	68:54+	71:19+	73:20+	76:02+	79:19+	81:19+	81:58+		
02:24+	07:29+	13:12+	07:45+	06:00+	02:43-	04:02-	06:41+	02:48+	03:10+	04:00+	04:28+	01:17+	02:55+	02:25+	02:01+	02:42+	03:17+	02:00+	00:39+		
00:13+	01:43&	10:14@	05:00@	03:22@	01:20-	00:34-	03:03&	00:39&	00:45&	01:50&	00:52#	00:38&	00:56&	00:22#	00:55&	01:04&	02:01@	00:59&	00:17&		
15	Ove Oaland	116										1:22:16									
04:58+	13:49+	18:14+	21:19+	24:12+	36:55+	42:03+	47:25+	51:48+	56:02+	60:40+	67:05+	68:24+	71:17+	73:55+	75:33+	77:51+	79:47+	81:39+	82:16+		
04:58+	08:51+	04:25+	03:05+	12:53+	02:43-	05:08+	05:22+	04:23+	04:14+	04:38+	06:25+	01:19+	02:53+	02:38+	01:38+	02:18+	01:56+	01:52+	00:37+		
02:47@	03:05&	01:27&	00:20#	10:15@	01:20-	00:32#	01:44&	02:14@	01:49&	02:28@	02:49&	00:40@	00:54&	00:35&	00:32&	00:40&	00:40&	00:51&	00:15&		
16	Erling Mauland	83										1:22:18									
02:46+	18:17+	23:17+	26:12+	29:17+	31:43+	35:44+	41:15+	44:33+	47:30+	53:13+	56:33+	57:16+	59:27+	62:40+	65:13+	68:42+	79:11+	81:46+	82:18+		
02:46+	15:31+	05:00+	02:55+	03:05+	02:26-	04:01-	05:31+	03:18+	02:57+	05:43+	03:20-	00:43+	02:11+	03:13+	02:33+	03:29+	10:29+	02:35+	00:32+		
00:35&	09:45@	02:02&	00:10+	00:27#	01:37-	00:35-	01:53&	01:09&	00:32#	03:33@	00:16-	00:04#	00:12#	01:10&	01:27@	01:51@	09:13@	01:34@	00:10&		
17	Svein Erik Kvame	116										1:26:49									
02:53+	23:16+	26:59+	29:38+	32:52+	35:55+	39:33+	45:52+	49:15+	53:26+	56:54+	63:28+	65:28+	68:58+	72:37+	74:58+	79:59+	83:45+	85:52+	86:49+		
02:53+	20:23+	03:43+	02:39-	03:14+	03:03-	03:38-	06:19+	03:23+	04:11+	03:28+	06:34+	02:00+	03:30+	03:39+	02:21+	05:01+	03:46+	02:07+	00:57+		
00:42&	14:37@	00:45&	00:06-	00:36#	01:00-	00:58-	02:41&	01:14&	01:46&	01:18&	02:58&	01:21@	01:31&	01:36&	01:15@	03:23@	02:30@	01:06@	00:35@		
Beste strekktid for klassen																					
	01:56	05:46	02:43	02:21	02:36	01:35	02:36	03:38	02:07	02:25	01:54	03:19	00:29	01:43	01:50	01:06	01:34	01:16	01:01	00:22	

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

Class	Navn	Klasse	Tid
1	Ivar Aalbu	29	35:56
	04:49= 05:39= 10:33= 16:37= 18:49= 21:10= 23:10= 25:59= 27:44= 30:29= 32:36= 35:13= 35:56=		
	04:49= 00:50= 04:54= 06:04= 02:12= 02:21= 02:00= 02:49= 01:45= 02:45= 02:07= 02:37= 00:43=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Frode Lund	18	36:48
	06:00+ 06:56+ 11:22+ 16:59+ 19:54+ 22:29+ 24:41+ 26:58+ 28:28+ 31:15+ 33:37+ 36:14+ 36:48+		
	06:00+ 00:56+ 04:26- 05:37- 02:55+ 02:35+ 02:12# 02:17- 01:30- 02:47+ 02:22+ 02:37= 00:34-		
	01:11# 00:06# 00:28- 00:27- 00:43& 00:14+ 00:12# 00:32- 00:15- 00:02+ 00:15# 00:00= 00:09-		
3	Stig Erlend Ollestad	51	36:52
	08:15+ 09:04+ 12:36+ 18:35+ 20:41+ 22:49+ 25:10+ 27:35+ 29:39+ 31:31+ 34:28+ 36:26+ 36:52+		
	08:15+ 00:49- 03:32- 05:59- 02:06- 02:08- 02:21+ 02:25- 02:04+ 01:52- 02:57+ 01:58- 00:26-		
	03:26& 00:01- 01:22- 00:05- 00:06- 00:13- 00:21# 00:24- 00:19# 00:53- 00:50& 00:39- 00:17-		
4	Svein Erik Bjørnsen	91	38:43
	04:23- 05:01- 08:59- 17:19+ 21:56+ 24:24+ 26:23+ 29:21+ 32:09+ 34:47+ 36:27+ 38:13+ 38:43+		
	04:23- 00:38- 03:58- 08:20+ 04:37+ 02:28+ 01:59- 02:58+ 02:48+ 02:38- 01:40- 01:46- 00:30-		
	00:26- 00:12- 00:56- 02:16& 02:25@ 00:07+ 00:01- 00:09+ 01:03& 00:07- 00:27- 00:51- 00:13-		
5	Bruno Pierfelice	51	38:58
	06:37+ 07:22+ 12:04+ 16:56+ 18:58+ 21:27+ 24:04+ 28:59+ 31:27+ 33:42+ 35:16+ 38:35+ 38:58+		
	06:37+ 00:45- 04:42- 04:52- 02:02- 02:29+ 02:37+ 04:55+ 02:28+ 02:15- 01:34- 03:19+ 00:23-		
	01:48& 00:05- 00:12- 01:12- 00:10- 00:08+ 00:37& 02:06& 00:43& 00:30- 00:33- 00:42& 00:20-		
6	Trym Bjørnsen	91	39:37
	05:15+ 05:47+ 09:58- 14:05- 16:19- 18:34- 20:43- 32:44+ 33:45+ 35:58+ 37:32+ 39:08+ 39:37+		
	05:15+ 00:32- 04:11- 04:07- 02:14+ 02:15- 02:09+ 12:01+ 01:01- 02:13- 01:34- 01:36- 00:29-		
	00:26+ 00:18- 00:43- 01:57- 00:02+ 00:06- 00:09+ 09:12@ 00:44- 00:32- 00:33- 01:01- 00:14-		
7	Arnstein Skretting	54	40:54
	05:10+ 06:09+ 11:07+ 18:31+ 20:47+ 23:26+ 26:26+ 29:51+ 31:55+ 34:51+ 37:24+ 40:16+ 40:54+		
	05:10+ 00:59+ 04:58+ 07:24+ 02:16+ 02:39+ 03:00+ 03:25+ 02:04+ 02:56+ 02:33+ 02:52+ 00:38-		
	00:21+ 00:09# 00:04+ 01:20# 00:04+ 00:18# 01:00& 00:36# 00:19# 00:11+ 00:26# 00:15+ 00:05-		
8	Roger Nyseth	92	41:17
	05:05+ 06:18+ 11:38+ 18:34+ 21:07+ 23:45+ 26:12+ 29:28+ 31:55+ 35:01+ 37:40+ 40:31+ 41:17+		
	05:05+ 01:13+ 05:20+ 06:56+ 02:33+ 02:38+ 02:27+ 03:16+ 02:27+ 03:06+ 02:39+ 02:51+ 00:46+		
	00:16+ 00:23& 00:26+ 00:52# 00:21# 00:17# 00:27# 00:27# 00:42& 00:21# 00:32& 00:14+ 00:03+		
9	Leif Jarle Skåra	29	41:54
	06:14+ 07:02+ 13:49+ 19:42+ 21:54+ 24:36+ 27:00+ 30:28+ 32:21+ 35:31+ 37:57+ 40:59+ 41:54+		
	06:14+ 00:48- 06:47+ 05:53- 02:12= 02:42+ 02:24+ 03:28+ 01:53+ 03:10+ 02:26+ 03:02+ 00:55+		
	01:25& 00:02- 01:53& 00:11- 00:00= 00:21# 00:24# 00:39# 00:08+ 00:25# 00:19# 00:25# 00:12&		
10	Svein Sivertsen	115	41:56
	05:17+ 06:24+ 11:47+ 18:35+ 21:37+ 23:42+ 26:31+ 29:46+ 31:42+ 35:19+ 37:42+ 41:06+ 41:56+		
	05:17+ 01:07+ 05:23+ 06:48+ 03:02+ 02:05- 02:49+ 03:15+ 01:56+ 03:37+ 02:23+ 03:24+ 00:50+		
	00:28+ 00:17& 00:29+ 00:44# 00:50& 00:16- 00:49& 00:26# 00:11# 00:52& 00:16# 00:47& 00:07#		
11	Håvard Høie	378	49:45
	06:59+ 08:17+ 18:38+ 25:06+ 28:02+ 31:38+ 33:21+ 38:37+ 40:30+ 42:59+ 46:56+ 49:12+ 49:45+		
	06:59+ 01:18+ 10:21+ 06:28+ 02:56+ 03:36+ 01:43- 05:16+ 01:53+ 02:29- 03:57+ 02:16- 00:33-		
	02:10& 00:28& 05:27@ 00:24+ 00:44& 01:15& 00:17- 02:27& 00:08+ 00:16- 01:50& 00:21- 00:10-		
12	Trond Karlsen	228	50:10
	08:33+ 09:18+ 15:31+ 21:31+ 24:40+ 27:26+ 33:02+ 36:37+ 38:52+ 41:55+ 44:15+ 49:25+ 50:10+		
	08:33+ 00:45- 06:13+ 06:00- 03:09+ 02:46+ 05:36+ 03:35+ 02:15+ 03:03+ 02:20+ 05:10+ 00:45+		
	03:44& 00:05- 01:19& 00:04- 00:57& 00:25# 03:36@ 00:46& 00:30& 00:18# 00:13# 02:33& 00:02+		
13	Per Marthon Møland	5	53:04
	05:17+ 06:40+ 13:21+ 20:22+ 25:20+ 30:48+ 34:32+ 38:38+ 41:00+ 44:50+ 47:40+ 52:14+ 53:04+		
	05:17+ 01:23+ 06:41+ 07:01+ 04:58+ 05:28+ 03:44+ 04:06+ 02:22+ 03:50+ 02:50+ 04:34+ 00:50+		
	00:28+ 00:33& 01:47& 00:57# 02:46@ 03:07@ 01:44+ 01:17& 00:37& 01:05& 00:43& 01:57& 00:07#		
14	Rolf Øystein Kluge	7	1:00:10
	06:37+ 08:56+ 15:58+ 23:05+ 27:46+ 31:13+ 34:57+ 44:42+ 48:37+ 52:55+ 55:49+ 59:20+ 60:10+		
	06:37+ 02:19+ 07:02+ 07:07+ 04:41+ 03:27+ 03:44+ 09:45+ 03:55+ 04:18+ 02:54+ 03:31+ 00:50+		
	01:48& 01:29@ 02:08& 01:03# 02:29@ 01:06& 01:44& 06:56@ 02:10@ 01:33& 00:47& 00:54& 00:07#		

Class	Navn	Klasse										Tid
15	Asgeir Kleppa	47										1:02:21
10:41+	11:39+	18:06+	27:22+	34:00+	37:29+	39:52+	43:36+	47:50+	56:01+	58:27+	61:23+	62:21+
10:41+	00:58+	06:27+	09:16+	06:38+	03:29+	02:23+	03:44+	04:14+	08:11+	02:26+	02:56+	00:58+
05:52@	00:08#	01:33&	03:12&	04:26@	01:08&	00:23#	00:55&	02:29@	05:26@	00:19#	00:19#	00:15&
16	Audun Sjøen	111										1:03:19
05:53+	07:15+	21:02+	28:52+	34:10+	38:40+	43:34+	48:13+	51:01+	54:59+	58:07+	62:00+	63:19+
05:53+	01:22+	13:47+	07:50+	05:18+	04:30+	04:54+	04:39+	02:48+	03:58+	03:08+	03:53+	01:19+
01:04#	00:32&	08:53@	01:46&	03:06@	02:09&	02:54@	01:50&	01:03&	01:13&	01:01&	01:16&	00:36&
17	Jan Erik Rasmussen	51										1:03:23
10:36+	12:25+	18:54+	25:38+	30:31+	37:21+	40:23+	45:02+	49:04+	55:01+	58:06+	62:39+	63:23+
10:36+	01:49+	06:29+	06:44+	04:53+	06:50+	03:02+	04:39+	04:02+	05:57+	03:05+	04:33+	00:44+
05:47@	00:59@	01:35&	00:40#	02:41@	04:29@	01:02&	01:50&	02:17@	03:12@	00:58&	01:56&	00:01+
18	Per Bakken	5										1:03:48
09:38+	12:02+	18:40+	27:21+	33:48+	37:12+	41:30+	48:27+	51:23+	56:35+	59:46+	62:50+	63:48+
09:38+	02:24+	06:38+	08:41+	06:27+	03:24+	04:18+	06:57+	02:56+	05:12+	03:11+	03:04+	00:58+
04:49&	01:34@	01:44&	02:37&	04:15@	01:03&	02:18@	04:08@	01:11&	02:27&	01:04&	00:27#	00:15&
19	Sverre Uhlving	105										1:05:29
08:21+	10:13+	17:12+	29:28+	32:59+	39:20+	42:20+	47:40+	51:57+	56:52+	59:53+	64:26+	65:29+
08:21+	01:52+	06:59+	12:16+	03:31+	06:21+	03:00+	05:20+	04:17+	04:55+	03:01+	04:33+	01:03+
03:32&	01:02@	02:05&	06:12@	01:19&	04:00@	01:00&	02:31&	02:32@	02:10&	00:54&	01:56&	00:20&
20	Terje Hodne Nilsen	115										1:10:08
07:19+	08:30+	19:35+	28:10+	34:41+	42:03+	45:25+	52:19+	56:14+	61:27+	65:01+	69:15+	70:08+
07:19+	01:11+	11:05+	08:35+	06:31+	07:22+	03:22+	06:54+	03:55+	05:13+	03:34+	04:14+	00:53+
02:30&	00:21&	06:11@	02:31&	04:19@	05:01@	01:22&	04:05@	02:10@	02:28&	01:27&	01:37&	00:10#
21	Tom Leveraas	93										1:21:07
08:12+	09:01+	18:28+	31:14+	37:41+	41:05+	46:42+	51:04+	56:58+	72:54+	76:24+	80:20+	81:07+
08:12+	00:49-	09:27+	12:46+	06:27+	03:24+	05:37+	04:22+	05:54+	15:56+	03:30+	03:56+	00:47+
03:23&	00:01-	04:33&	06:42@	04:15@	01:03&	03:37@	01:33&	04:09@	13:11@	01:23&	01:19&	00:04+
22	John Helge Svandal	111										1:22:29
16:46+	18:17+	26:05+	36:52+	43:00+	48:03+	52:06+	64:45+	67:39+	71:38+	76:24+	81:45+	82:29+
16:46+	01:31+	07:48+	10:47+	06:08+	05:03+	04:03+	12:39+	02:54+	03:59+	04:46+	05:21+	00:44+
11:57@	00:41&	02:54&	04:43&	03:56@	02:42@	02:03@	09:50@	01:09&	01:14&	02:39@	02:44@	00:01+
Beste strekktid for klassen												
04:23	00:32	03:32	04:07	02:02	02:05	01:43	02:17	01:01	01:52	01:34	01:36	00:23

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