

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Elin Graneland</b>	<b>39</b>	<b>28:46</b>
00:43=	04:47= 06:31= 10:46= 13:57= 16:26= 17:27= 19:52= 21:16= 22:46= 24:07= 25:16= 27:44= 28:46=		
00:43=	04:04= 01:44= 04:15= 03:11= 02:29= 01:01= 02:25= 01:24= 01:30= 01:21= 01:09= 02:28= 01:02=		
00:00=	00:00= 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>Katrine Haaland Leveraas</b>	<b>54</b>	<b>32:54</b>
00:37-	07:10+ 09:00+ 12:39+ 16:10+ 19:13+ 21:11+ 23:48+ 25:30+ 27:00+ 28:23+ 29:37+ 31:55+ 32:54+		
00:37-	06:33+ 01:50+ 03:39- 03:31+ 03:03+ 01:58+ 02:37+ 01:42+ 01:30= 01:23+ 01:14+ 02:18- 00:59-		
00:06-	02:29& 00:06+ 00:36- 00:00= 00:20# 00:37# 00:47& 00:03+ 00:10+ 00:18# 00:00= 00:02+ 00:05+ 00:10-		
<b>3</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>36:07</b>
00:48+	07:14+ 09:28+ 14:27+ 18:15+ 21:31+ 22:35+ 25:10+ 27:08+ 29:19+ 30:47+ 32:03+ 35:01+ 36:07+		
00:48+	06:26+ 02:14+ 04:59+ 03:48+ 03:16+ 01:04+ 02:35+ 01:58+ 02:11+ 01:28+ 01:16+ 02:58+ 01:06+		
00:05#	02:22& 00:30& 00:44# 00:37# 00:47& 00:03+ 00:10+ 00:34& 00:41& 00:07+ 00:07# 00:30# 00:04+		
<b>4</b>	<b>Heidi Langeland</b>	<b>117</b>	<b>38:59</b>
01:00+	07:13+ 09:47+ 14:07+ 18:00+ 21:49+ 23:24+ 25:57+ 27:39+ 31:34+ 33:17+ 34:40+ 37:59+ 38:59+		
01:00+	06:13+ 02:34+ 04:20+ 03:53+ 03:49+ 01:35+ 02:33+ 01:42+ 03:55+ 01:43+ 01:23+ 03:19+ 01:00-		
00:17&	02:09& 00:50& 00:05+ 00:42# 01:20& 00:34& 00:08+ 00:18# 02:25& 00:22& 00:14# 00:51& 00:02-		
<b>5</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>39:33</b>
00:42-	05:50+ 07:38+ 12:11+ 18:42+ 21:32+ 23:02+ 25:45+ 27:21+ 32:47+ 34:08+ 35:26+ 38:36+ 39:33+		
00:42-	05:08+ 01:48+ 04:33+ 06:31+ 02:50+ 01:30+ 02:43+ 01:36+ 05:26+ 01:21= 01:18+ 03:10+ 00:57-		
00:01-	01:04& 00:04+ 00:18+ 03:20& 00:21# 00:29& 00:18# 00:12# 03:56& 00:00= 00:09# 00:42& 00:05-		
<b>6</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>40:01</b>
00:46+	05:43+ 08:38+ 13:16+ 17:14+ 20:27+ 21:58+ 24:53+ 27:13+ 33:08+ 34:33+ 35:45+ 38:54+ 40:01+		
00:46+	04:57+ 02:55+ 04:38+ 03:58+ 03:13+ 01:31+ 02:55+ 02:20+ 05:55+ 01:25+ 01:12+ 03:09+ 01:07+		
00:03+	00:53# 01:11& 00:23+ 00:47# 00:44& 00:30& 00:30# 00:56& 04:25& 00:04+ 00:03+ 00:41& 00:05+		
<b>7</b>	<b>Hege Bakken</b>	<b>93</b>	<b>41:14</b>
00:57+	06:41+ 08:55+ 14:36+ 18:55+ 23:37+ 24:47+ 27:34+ 29:58+ 32:20+ 34:00+ 35:34+ 40:02+ 41:14+		
00:57+	05:44+ 02:14+ 05:41+ 04:19+ 04:42+ 01:10+ 02:47+ 02:24+ 02:22+ 01:40+ 01:34+ 04:28+ 01:12+		
00:14&	01:40& 00:30& 01:26& 01:08& 02:13& 00:09# 00:22# 01:00& 00:52& 00:19# 00:25& 02:00& 00:10#		
<b>8</b>	<b>Camilla Frafjord Haarr</b>	<b>116</b>	<b>42:29</b>
01:11+	06:52+ 08:34+ 13:15+ 19:48+ 23:19+ 25:08+ 27:35+ 30:01+ 34:33+ 35:47+ 37:16+ 41:17+ 42:29+		
01:11+	05:41+ 01:42- 04:41+ 06:33+ 03:31+ 01:49+ 02:27+ 02:26+ 04:32+ 01:14- 01:29+ 04:01+ 01:12+		
00:28&	01:37& 00:02- 00:26# 03:22& 01:02& 00:48& 00:02+ 01:02& 03:02& 00:07- 00:20& 01:33& 00:10#		
<b>9</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>43:26</b>
00:37-	06:19+ 08:20+ 12:52+ 17:17+ 22:20+ 25:11+ 26:22+ 29:38+ 31:24+ 36:44+ 38:18+ 39:29+ 42:33+ 43:26+		
00:37-	05:42+ 02:01+ 04:32+ 04:25+ 05:03+ 02:51+ 01:11- 03:16+ 01:46+ 05:20+ 01:34+ 01:11- 03:04+ 00:53+		
00:06-	01:38& 00:17# 00:17+ 01:14& 02:34& 01:50& 01:14- 01:52& 00:16# 03:59& 00:25& 01:17- 02:02& 00:53+		
<b>10</b>	<b>Christina Renshaw</b>	<b>101</b>	<b>45:39</b>
00:56+	07:26+ 09:57+ 15:49+ 21:05+ 27:18+ 28:48+ 31:56+ 33:57+ 36:24+ 38:05+ 39:31+ 44:19+ 45:39+		
00:56+	06:30+ 02:31+ 05:52+ 05:16+ 06:13+ 01:30+ 03:08+ 02:01+ 02:27+ 01:41+ 01:26+ 04:48+ 01:20+		
00:13&	02:26& 00:47& 01:37& 02:05& 03:44& 00:29& 00:43& 00:37& 00:57& 00:20# 00:17# 02:20& 00:18&		
<b>11</b>	<b>Marie Brolev</b>	<b>126</b>	<b>47:02</b>
01:18+	06:21+ 08:40+ 13:51+ 19:00+ 24:28+ 26:32+ 29:15+ 31:56+ 39:06+ 40:47+ 42:15+ 45:57+ 47:02+		
01:18+	05:03+ 02:19+ 05:11+ 05:09+ 05:28+ 02:04+ 02:43+ 02:41+ 07:10+ 01:41+ 01:28+ 03:42+ 01:05+		
00:35&	00:59# 00:35& 00:56# 01:58& 02:59& 01:03& 00:18# 01:17& 05:40& 00:20# 00:19& 01:14& 00:03+		
<b>12</b>	<b>Heidi Nordaunet</b>	<b>126</b>	<b>47:55</b>
00:51+	07:20+ 09:43+ 15:29+ 21:34+ 25:19+ 27:09+ 30:13+ 32:26+ 39:57+ 41:39+ 43:07+ 46:49+ 47:55+		
00:51+	06:29+ 02:23+ 05:46+ 06:05+ 03:45+ 01:50+ 03:04+ 02:13+ 07:31+ 01:42+ 01:28+ 03:42+ 01:06+		
00:08#	02:25& 00:39& 01:31& 02:54& 01:16& 00:49& 00:39& 00:49& 06:01& 00:21& 00:19& 01:14& 00:04+		
<b>13</b>	<b>Hanne Berg Aspøy</b>	<b>117</b>	<b>50:38</b>
00:59+	05:46+ 10:18+ 14:49+ 24:47+ 29:11+ 30:36+ 33:09+ 35:56+ 41:53+ 43:34+ 44:48+ 49:42+ 50:38+		
00:59+	04:47+ 04:32+ 04:31+ 09:58+ 04:24+ 01:25+ 02:33+ 02:47+ 05:57+ 01:41+ 01:14+ 04:54+ 00:56-		
00:16&	00:43# 02:48& 00:16+ 06:47& 01:55& 00:24& 00:08+ 01:23& 04:27& 00:20# 00:05+ 02:26& 00:06-		
<b>14</b>	<b>Hilde Nessa</b>	<b>134</b>	<b>50:53</b>
01:08+	06:17+ 09:31+ 14:32+ 22:23+ 29:51+ 32:16+ 36:24+ 39:25+ 43:01+ 44:38+ 46:03+ 49:34+ 50:53+		
01:08+	05:09+ 03:14+ 05:01+ 07:51+ 07:28+ 02:25+ 04:08+ 03:01+ 03:36+ 01:37+ 01:25+ 03:31+ 01:19+		
00:25&	01:05& 01:30& 00:46# 04:40& 04:59& 01:24& 01:43& 01:37& 02:06& 00:16# 00:16# 01:03& 00:17&		

Class	Navn	Klasse											Tid
<b>15</b>	<b>Tone Hansen</b>	<b>76</b>											<b>1:06:37</b>
01:20+	10:17+	15:12+	23:30+	30:05+	37:18+	39:43+	43:49+	52:27+	56:34+	58:40+	60:33+	64:55+	66:37+
01:20+	08:57+	04:55+	08:18+	06:35+	07:13+	02:25+	04:06+	08:38+	04:07+	02:06+	01:53+	04:22+	01:42+
00:37&	04:53@	03:11@	04:03&	03:24@	04:44@	01:24@	01:41&	07:14@	02:37@	00:45&	00:44&	01:54&	00:40&

**Beste strekktid for klassen**

00:37 04:04 01:42 03:39 03:11 02:29 01:01 01:11 01:24 01:30 01:14 01:09 01:11 00:56

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

**Damer 40 - 49 år**

<b>1</b>	<b>Toyah Bråtveit</b>	<b>43</b>											<b>32:53</b>
00:41=	05:29=	08:50=	10:39=	14:14=	16:08=	17:48=	19:04=	20:28=	22:54=	26:14=	30:07=	32:06=	32:53=
00:41=	04:48=	03:21=	01:49=	03:35=	01:54=	01:40=	01:16=	01:24=	02:26=	03:20=	03:53=	01:59=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>34:05</b>
00:46+	04:01-	07:44-	09:48-	13:16-	15:16-	16:59-	18:28-	20:05-	22:49-	26:29+	30:58+	32:50+	34:05+
00:46+	03:15-	03:43+	02:04+	03:28-	02:00+	01:43+	01:29+	01:37+	02:44+	03:40+	04:29+	01:52-	01:15+
00:05#	01:33-	00:22#	00:15#	00:07-	00:06+	00:03+	00:13#	00:13#	00:18#	00:20#	00:36#	00:07-	00:28&
<b>3</b>	<b>Brit Nilsen</b>	<b>88</b>											<b>34:38</b>
00:56+	04:28-	09:00+	11:12+	15:04+	17:06+	18:49+	20:33+	22:05+	26:15+	29:17+	31:30+	33:29+	34:38+
00:56+	03:32-	04:32+	02:12+	03:52+	02:02+	01:43+	01:44+	01:32+	04:10+	03:02-	02:13-	01:59-	01:09+
00:15&	01:16-	01:11&	00:23#	00:17+	00:08+	00:03+	00:28&	00:08+	01:44&	00:18-	01:40-	00:00=	00:22&
<b>4</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>											<b>37:09</b>
00:49+	04:46-	08:56+	11:19+	15:49+	17:46+	19:39+	21:10+	22:42+	25:39+	29:41+	33:59+	35:54+	37:09+
00:49+	03:57-	04:10+	02:23+	04:30+	01:57+	01:53+	01:31+	01:32+	02:57+	04:02+	04:18+	01:55-	01:15+
00:08#	00:51-	00:49#	00:34&	00:55&	00:03+	00:13#	00:15#	00:08+	00:31#	00:42#	00:25#	00:04-	00:28&
<b>5</b>	<b>Randi Helen Ladsten</b>	<b>128</b>											<b>38:38</b>
00:50+	06:01+	10:24+	12:47+	17:06+	20:02+	22:02+	23:55+	25:30+	28:37+	32:14+	35:25+	37:28+	38:38+
00:50+	05:11+	04:23+	02:23+	04:19+	02:56+	02:00+	01:53+	01:35+	03:07+	03:37+	03:11-	02:03+	01:10+
00:09#	00:23+	01:02&	00:34&	00:44#	01:02&	00:20#	00:37&	00:11#	00:41&	00:17+	00:42-	00:04+	00:23&
<b>6</b>	<b>Helen Haneferd</b>	<b>27</b>											<b>40:03</b>
00:51+	04:47-	09:11+	12:44+	16:57+	19:45+	22:11+	24:01+	25:42+	29:36+	33:24+	36:54+	38:42+	40:03+
00:51+	03:56-	04:24+	03:33+	04:13+	02:48+	02:26+	01:50+	01:41+	03:54+	03:48+	03:30-	01:48-	01:21+
00:10#	00:52-	01:03&	01:44&	00:38#	00:54&	00:46&	00:34&	00:17#	01:28&	00:28#	00:23-	00:11-	00:34&
<b>7</b>	<b>Marit Bø Reitan</b>	<b>116</b>											<b>49:15</b>
01:01+	06:22+	10:23+	13:15+	17:10+	19:55+	22:04+	23:28+	24:46+	28:30+	33:41+	46:19+	47:57+	49:15+
01:01+	05:21+	04:01+	02:52+	03:55+	02:45+	02:09+	01:24+	01:18-	03:44+	05:11+	12:38+	01:38-	01:18+
00:20&	00:33#	00:40#	01:03&	00:20+	00:51&	00:29&	00:08#	00:06-	01:18&	01:51&	08:45@	00:21-	00:31&
<b>8</b>	<b>Ida K. Kolstø</b>	<b>29</b>											<b>51:11</b>
00:42+	07:06+	10:34+	12:34+	16:33+	18:42+	20:10+	22:03+	23:55+	34:28+	38:31+	48:22+	50:22+	51:11+
00:42+	06:24+	03:28+	02:00+	03:59+	02:09+	01:28-	01:53+	01:52+	10:33+	04:03+	09:51+	02:00+	00:49+
00:01+	01:36&	00:07+	00:11#	00:24#	00:15#	00:12-	00:37&	00:28&	08:07@	00:43#	05:58@	00:01+	00:02+
<b>9</b>	<b>Sølvi Jacobsen</b>	<b>43</b>											<b>54:02</b>
01:40+	07:26+	14:03+	16:59+	22:15+	25:13+	27:34+	30:08+	32:30+	40:39+	45:02+	49:33+	52:45+	54:02+
01:40+	05:46+	06:37+	02:56+	05:16+	02:58+	02:21+	02:34+	02:22+	08:09+	04:23+	04:31+	03:12+	01:17+
00:59@	00:58#	03:16&	01:07&	01:41&	01:04&	00:41&	01:18@	00:58&	05:43@	01:03&	00:38#	01:13&	00:30&
<b>10</b>	<b>Grethe Mo</b>	<b>117</b>											<b>58:17</b>
01:29+	07:29+	11:53+	14:03+	18:01+	21:31+	23:11+	24:47+	26:08+	40:42+	43:49+	55:01+	57:16+	58:17+
01:29+	06:00+	04:24+	02:10+	03:58+	03:30+	01:40=	01:36+	01:21-	14:34+	03:07-	11:12+	02:15+	01:01+
00:48@	01:12#	01:03&	00:21#	00:23#	01:36&	00:00=	00:20&	00:03-	12:08@	00:13-	07:19@	00:16#	00:14&
<b>11</b>	<b>Elin Stueland</b>	<b>5</b>											<b>1:00:58</b>
04:34+	09:37+	14:15+	16:56+	22:13+	36:59+	38:48+	40:35+	42:59+	46:53+	51:04+	57:14+	59:33+	60:58+
04:34+	05:03+	04:38+	02:41+	05:17+	14:46+	01:49+	01:47+	02:24+	03:54+	04:11+	06:10+	02:19+	01:25+
03:53@	00:15+	01:17&	00:52&	01:42&	12:52@	00:09+	00:31&	01:00&	01:28&	00:51&	02:17&	00:20#	00:38&
<b>12</b>	<b>Elin Norveel</b>	<b>105</b>											<b>1:02:17</b>
01:03+	05:30+	13:52+	17:20+	22:13+	25:05+	28:22+	30:23+	32:28+	46:01+	50:52+	58:17+	61:01+	62:17+
01:03+	04:27-	08:22+	03:28+	04:53+	02:52+	03:17+	02:01+	02:05+	13:33+	04:51+	07:25+	02:44+	01:16+
00:22&	00:21-	05:01@	01:39&	01:18&	00:58&	01:37&	00:45&	00:41&	11:07@	01:31&	03:32&	00:45&	00:29&

Class	Navn	Klasse												Tid
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### Beste strekktid for klassen

00:41 03:15 03:21 01:49 03:28 01:54 01:28 01:16 01:18 02:26 03:02 02:13 01:38 00:47

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

### Damer 50 - 59 år

<b>1</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>	<b>34:35</b>										
00:50=	04:51=	08:36=	12:01=	15:53=	17:43=	19:21=	20:47=	22:13=	25:42=	29:10=	31:35=	33:21=	34:35=
00:50=	04:01=	03:45=	03:25=	03:52=	01:50=	01:38=	01:26=	01:26=	03:29=	03:28=	02:25=	01:46=	01:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Elisabeth Christie Ørke</b>	<b>105</b>	<b>37:58</b>										
00:41-	04:16-	07:41-	10:25-	14:00-	20:41+	22:22+	23:46+	25:03+	29:11+	32:01+	34:12+	36:53+	37:58+
00:41-	03:35-	03:25-	02:44-	03:35-	06:41+	01:41+	01:24-	01:17-	04:08+	02:50-	02:11-	02:41+	01:05-
00:09-	00:26-	00:20-	00:41-	00:17-	04:51@	00:03+	00:02-	00:09-	00:39#	00:38-	00:14-	00:55&	00:09-
<b>3</b>	<b>Kristin Skadsem</b>	<b>18</b>	<b>38:50</b>										
01:08+	05:15+	10:12+	12:20+	16:16+	18:10+	20:00+	21:37+	23:14+	27:18+	30:31+	35:54+	37:47+	38:50+
01:08+	04:07+	04:57+	02:08-	03:56+	01:54+	01:50+	01:37+	01:37+	04:04+	03:13-	05:23+	01:53+	01:03-
00:18&	00:06+	01:12&	01:17-	00:04+	00:04+	00:12#	00:11#	00:11#	00:35#	00:15-	02:58@	00:07+	00:11-
<b>4</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>	<b>38:53</b>										
00:51+	05:00+	09:17+	11:55-	16:35+	18:50+	20:41+	22:24+	24:06+	27:52+	32:15+	35:33+	37:29+	38:53+
00:51+	04:09+	04:17+	02:38-	04:40+	02:15+	01:51+	01:43+	01:42+	03:46+	04:23+	03:18+	01:56+	01:24+
00:01+	00:08+	00:32#	00:47-	00:48#	00:25#	00:13#	00:17#	00:16#	00:17+	00:55&	00:53&	00:10+	00:10#
<b>5</b>	<b>Ragnhild Auglænd</b>	<b>62</b>	<b>39:38</b>										
01:00+	05:09+	09:15+	11:36-	16:30+	19:03+	20:55+	22:36+	24:07+	28:47+	32:08+	35:06+	38:22+	39:38+
01:00+	04:09+	04:06+	02:21-	04:54+	02:33+	01:52+	01:41+	01:31+	04:40+	03:21-	02:58+	03:16+	01:16+
00:10#	00:08+	00:21+	01:04-	01:02&	00:43&	00:14#	00:15#	00:05+	01:11&	00:07-	00:33#	01:30&	00:02+
<b>6</b>	<b>Gerd Olaus Vikeså</b>	<b>101</b>	<b>40:01</b>										
00:47-	05:10+	09:28+	11:40-	15:36-	18:58+	20:42+	22:20+	23:48+	30:29+	33:26+	37:08+	39:03+	40:01+
00:47-	04:23+	04:18+	02:12-	03:56+	03:22+	01:44+	01:38+	01:28+	06:41+	02:57-	03:42+	01:55+	00:58-
00:03-	00:22+	00:33#	01:13-	00:04+	01:32&	00:06+	00:12#	00:02+	03:12&	00:31-	01:17&	00:09+	00:16-
<b>7</b>	<b>Torill Andersen</b>	<b>116</b>	<b>41:02</b>										
00:54+	04:22-	08:37+	11:14-	15:06-	18:10+	20:10+	21:52+	23:40+	26:41+	30:07+	37:15+	39:24+	41:02+
00:54+	03:28-	04:15+	02:37-	03:52=	03:04+	02:00+	01:42+	01:48+	03:01-	03:26-	07:08+	02:09+	01:38+
00:04+	00:33-	00:30#	00:48-	00:00=	01:14&	00:22#	00:16#	00:22&	00:28-	00:02-	04:43@	00:23#	00:24&
<b>8</b>	<b>Marianne Fuglestad</b>	<b>117</b>	<b>42:18</b>										
00:48-	04:42-	08:23-	11:26-	15:31-	18:17+	20:33+	22:17+	23:37+	26:53+	30:01+	39:07+	41:00+	42:18+
00:48-	03:54-	03:41-	03:03-	04:05+	02:46+	02:16+	01:44+	01:20-	03:16-	03:08-	09:06+	01:53+	01:18+
00:02-	00:07-	00:04-	00:22-	00:13+	00:56&	00:38&	00:18#	00:06-	00:13-	00:20-	06:41@	00:07+	00:04+
<b>9</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>	<b>42:25</b>										
00:49-	05:36+	10:08+	12:21+	16:26+	19:36+	21:43+	23:27+	25:06+	28:03+	31:40+	38:46+	41:05+	42:25+
00:49-	04:47+	04:32+	02:13-	04:05+	03:10+	02:07+	01:44+	01:39+	02:57-	03:37+	07:06+	02:19+	01:20+
00:01-	00:46#	00:47#	01:12-	00:13+	01:20&	00:29&	00:18#	00:13#	00:32-	00:09+	04:41@	00:33&	00:06+
<b>10</b>	<b>May Bente Valdøl</b>	<b>116</b>	<b>42:57</b>										
00:50=	04:39-	09:27+	12:29+	19:56+	22:36+	24:30+	26:29+	28:28+	32:25+	36:29+	40:04+	42:09+	42:57+
00:50=	03:49-	04:48+	03:02-	07:27+	02:40+	01:54+	01:59+	01:59+	03:57+	04:04+	03:35+	02:05+	00:48-
00:00=	00:12-	01:03&	00:23-	03:35&	00:50&	00:16#	00:33&	00:33&	00:28#	00:36#	01:10&	00:19#	00:26-
<b>11</b>	<b>Siri Bjerkreim Hamre</b>	<b>93</b>	<b>43:24</b>										
00:58+	05:15+	09:45+	13:23+	18:11+	21:17+	23:35+	25:25+	27:27+	31:01+	35:46+	40:07+	42:02+	43:24+
00:58+	04:17+	04:30+	03:38+	04:48+	03:06+	02:18+	01:50+	02:02+	03:34+	04:45+	04:21+	01:55+	01:22+
00:08#	00:16+	00:45#	00:13+	00:56#	01:16&	00:40&	00:24&	00:36&	00:05+	01:17&	01:56&	00:09+	00:08#
<b>12</b>	<b>Synnøve Westermoen</b>	<b>116</b>	<b>43:46</b>										
00:58+	04:29-	09:36+	12:18+	18:25+	21:16+	23:32+	24:56+	26:13+	30:05+	35:05+	38:46+	42:35+	43:46+
00:58+	03:31-	05:07+	02:42-	06:07+	02:51+	02:16+	01:24-	01:17-	03:52+	05:00+	03:41+	03:49+	01:11-
00:08#	00:30-	01:22&	00:43-	02:15&	01:01&	00:38&	00:02-	00:09-	00:23#	01:32&	01:16&	02:03@	00:03-
<b>13</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>44:54</b>										
00:56+	04:24-	08:19-	11:44-	16:02+	20:23+	22:37+	24:24+	25:58+	29:23+	33:24+	40:45+	43:47+	44:54+
00:56+	03:28-	03:55+	03:25=	04:18+	04:21+	02:14+	01:47+	01:34+	03:25-	04:01+	07:21+	03:02+	01:07-
00:06#	00:33-	00:10+	00:00=	00:26#	02:31@	00:36&	00:21#	00:08+	00:04-	00:33#	04:56@	01:16&	00:07-

Class	Navn	Klasse										Tid	
<b>14</b>	<b>Liv Omdal</b>	<b>116</b>										<b>46:28</b>	
00:57+	05:19+	10:54+	13:19+	17:28+	19:53+	22:14+	24:04+	25:38+	29:47+	38:21+	42:17+	45:08+	46:28+
00:57+	04:22+	05:35+	02:25-	04:09+	02:25+	02:21+	01:50+	01:34+	04:09+	08:34+	03:56+	02:51+	01:20+
00:07#	00:21+	01:50&	01:00-	00:17+	00:35&	00:43&	00:24&	00:08+	00:40#	05:06@	01:31&	01:05&	00:06+
<b>15</b>	<b>Evy Klausen Mjøltnes</b>	<b>62</b>										<b>46:28</b>	
00:56+	05:36+	12:48+	15:23+	19:33+	22:43+	24:34+	26:23+	27:59+	31:04+	34:43+	41:46+	45:22+	46:28+
00:56+	04:40+	07:12+	02:35-	04:10+	03:10+	01:51+	01:49+	01:36+	03:05-	03:39+	07:03+	03:36+	01:06-
00:06#	00:39#	03:27&	00:50-	00:18+	01:20&	00:13#	00:23&	00:10#	00:24-	00:11+	04:38@	01:50@	00:08-
<b>16</b>	<b>Hilde Frøylog Karlsen</b>	<b>228</b>										<b>47:52</b>	
01:07+	05:45+	10:50+	13:38+	18:40+	21:48+	24:22+	27:17+	29:17+	33:51+	39:36+	43:53+	46:11+	47:52+
01:07+	04:38+	05:05+	02:48-	05:02+	03:08+	02:34+	02:55+	02:00+	04:34+	05:45+	04:17+	02:18+	01:41+
00:17&	00:37#	01:20&	00:37-	01:10&	01:18&	00:56&	01:29@	00:34&	01:05&	02:17&	01:52&	00:32&	00:27&
<b>17</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>48:41</b>	
00:52+	04:47-	09:59+	12:13+	16:28+	18:52+	21:15+	23:11+	24:33+	28:57+	33:24+	45:45+	47:32+	48:41+
00:52+	03:55-	05:12+	02:14-	04:15+	02:24+	02:23+	01:56+	01:22-	04:24+	04:27+	12:21+	01:47+	01:09-
00:02+	00:06-	01:27&	01:11-	00:23+	00:34&	00:45&	00:30&	00:04-	00:55&	00:59&	09:56@	00:01+	00:05-
<b>18</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>										<b>49:53</b>	
00:54+	07:17+	11:56+	14:06+	18:06+	24:41+	26:43+	28:28+	30:25+	33:47+	39:09+	43:25+	48:41+	49:53+
00:54+	06:23+	04:39+	02:10-	04:00+	06:35+	02:02+	01:45+	01:57+	03:22-	05:22+	04:16+	05:16+	01:12-
00:04+	02:22&	00:54#	01:15-	00:08+	04:45@	00:24#	00:19#	00:31&	00:07-	01:54&	01:51&	03:30@	00:02-
<b>19</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>51:02</b>	
00:59+	11:48+	16:45+	19:33+	24:06+	26:30+	28:28+	30:30+	32:03+	38:07+	41:55+	46:37+	49:41+	51:02+
00:59+	10:49+	04:57+	02:48-	04:33+	02:24+	01:58+	02:02+	01:33+	06:04+	03:48+	04:42+	03:04+	01:21+
00:09#	06:48@	01:12&	00:37-	00:41#	00:34&	00:20#	00:36&	00:07+	02:35&	00:20+	02:17&	01:18&	00:07+
<b>20</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>51:37</b>	
01:03+	06:44+	12:13+	14:49+	19:49+	23:36+	26:11+	28:12+	30:13+	33:48+	38:01+	47:19+	50:13+	51:37+
01:03+	05:41+	05:29+	02:36-	05:00+	03:47+	02:35+	02:01+	02:01+	03:35+	04:13+	09:18+	02:54+	01:24+
00:13&	01:40&	01:44&	00:49-	01:08&	01:57@	00:57&	00:35&	00:35&	00:06+	00:45#	06:53@	01:08&	00:10#
<b>21</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>52:52</b>	
01:20+	06:14+	11:15+	14:05+	19:57+	24:19+	27:00+	29:04+	30:58+	34:41+	38:41+	44:58+	51:18+	52:52+
01:20+	04:54+	05:01+	02:50-	05:52+	04:22+	02:41+	02:04+	01:54+	03:43+	04:00+	06:17+	06:20+	01:34+
00:30&	00:53#	01:16&	00:35-	02:00&	02:32@	01:03&	00:38&	00:28&	00:14+	00:32#	03:52@	04:34@	00:20&
<b>22</b>	<b>Siv Skretting</b>	<b>93</b>										<b>53:08</b>	
01:16+	06:50+	11:48+	13:55+	18:59+	22:13+	24:48+	27:23+	29:02+	41:46+	46:38+	50:12+	52:05+	53:08+
01:16+	05:34+	04:58+	02:07-	05:04+	03:14+	02:35+	02:35+	01:39+	12:44+	04:52+	03:34+	01:53+	01:03-
00:26&	01:33&	01:13&	01:18-	01:12&	01:24&	00:57&	01:09&	00:13#	09:15@	01:24&	01:09&	00:07+	00:11-
<b>23</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>										<b>57:50</b>	
01:01+	09:50+	14:34+	17:25+	23:22+	31:05+	33:42+	35:56+	38:04+	42:35+	46:56+	53:55+	56:21+	57:50+
01:01+	08:49+	04:44+	02:51-	05:57+	07:43+	02:37+	02:14+	02:08+	04:31+	04:21+	06:59+	02:26+	01:29+
00:11#	04:48@	00:59&	00:34-	02:05&	05:53@	00:59&	00:48&	00:42&	01:02&	00:53&	04:34@	00:40&	00:15#
<b>24</b>	<b>Toril Dahle</b>	<b>116</b>										<b>59:37</b>	
02:50+	08:57+	15:39+	28:51+	34:55+	36:52+	38:57+	40:46+	42:10+	46:14+	49:38+	52:35+	58:08+	59:37+
02:50+	06:07+	06:42+	13:12+	06:04+	01:57+	02:05+	01:49+	01:24-	04:04+	03:24-	02:57+	05:33+	01:29+
02:00@	02:06&	02:57&	09:47@	02:12&	00:07+	00:27&	00:23&	00:02-	00:35#	00:04-	00:32#	03:47@	00:15#
<b>25</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>1:36:02</b>	
02:23+	30:07+	37:50+	41:52+	47:17+	50:01+	54:47+	56:49+	58:39+	79:09+	82:43+	92:12+	94:44+	96:02+
02:23+	27:44+	07:43+	04:02+	05:25+	02:44+	04:46+	02:02+	01:50+	20:30+	03:34+	09:29+	02:32+	01:18+
01:33@	23:43@	03:58@	00:37#	01:33&	00:54&	03:08@	00:36&	00:24&	17:01@	00:06+	07:04@	00:46&	00:04+
<b>Beste strekktid for klassen</b>													
00:41	03:28	03:25	02:07	03:35	01:50	01:38	01:24	01:17	02:57	02:50	02:11	01:46	00:48

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

## Damer 60 - 64 år

<b>1</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>32:27</b>	
00:55=	04:36=	09:21=	11:49=	16:11=	22:05=	23:42=	25:13=	28:54=	31:02=	32:27=			
00:55=	03:41=	04:45=	02:28=	04:22=	05:54=	01:37=	01:31=	03:41=	02:08=	01:25=			
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>Ingrid Eik</b>	<b>88</b>										<b>32:46</b>
	00:48-	04:31-	09:20-	12:01+	16:05-	21:00-	22:37-	24:10-	29:28+	31:16+	32:46+	
	00:48-	03:43+	04:49+	02:41+	04:04-	04:55-	01:37=	01:33+	05:18+	01:48-	01:30+	
	00:07-	00:02+	00:04+	00:13+	00:18-	00:59-	00:00=	00:02+	01:37&	00:20-	00:05+	
<b>3</b>	<b>Berit Bakken</b>	<b>93</b>										<b>34:03</b>
	01:12+	05:23+	09:42+	12:19+	16:50+	21:48-	23:50+	25:45+	30:44+	32:41+	34:03+	
	01:12+	04:11+	04:19-	02:37+	04:31+	04:58-	02:02+	01:55+	04:59+	01:57-	01:22-	
	00:17&	00:30#	00:26-	00:09+	00:09+	00:56-	00:25&	00:24&	01:18&	00:11-	00:03-	
<b>4</b>	<b>Amanda Renshaw</b>	<b>101</b>										<b>40:46</b>
	01:03+	05:35+	10:39+	13:23+	17:24+	22:22+	24:23+	28:03+	37:54+	39:30+	40:46+	
	01:03+	04:32+	05:04+	02:44+	04:01-	04:58-	02:01+	03:40+	09:51+	01:36-	01:16-	
	00:08#	00:51#	00:19+	00:16#	00:21-	00:56-	00:24#	02:09@	06:10@	00:32-	00:09-	
<b>5</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>43:38</b>
	00:55=	04:25-	08:23-	10:19-	14:14-	30:32+	32:10+	33:34+	40:07+	42:22+	43:38+	
	00:55=	03:30-	03:58-	01:56-	03:55-	16:18+	01:38+	01:24-	06:33+	02:15+	01:16-	
	00:00=	00:11-	00:47-	00:32-	00:27-	10:24@	00:01+	00:07-	02:52&	00:07+	00:09-	
<b>Beste strekktid for klassen</b>												
	00:48	03:30	03:58	01:56	03:55	04:55	01:37	01:24	03:41	01:36	01:16	

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

## Damer 65 - 69 år

<b>1</b>	<b>Tove Bjerkeim</b>	<b>105</b>										<b>32:32</b>
	00:53=	07:16=	11:12=	14:06=	17:48=	21:12=	23:11=	24:48=	29:52=	31:20=	32:32=	
	00:53=	06:23=	03:56=	02:54=	03:42=	03:24=	01:59=	01:37=	05:04=	01:28=	01:12=	
	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>34:00</b>
	01:01+	05:28-	10:31-	12:55-	18:10+	22:21+	24:04+	25:59+	30:27+	32:28+	34:00+	
	01:01+	04:27-	05:03+	02:24-	05:15+	04:11+	01:43-	01:55+	04:28-	02:01+	01:32+	
	00:08#	01:56-	01:07&	00:30-	01:33&	00:47#	00:16-	00:18#	00:36-	00:33&	00:20&	
<b>3</b>	<b>Margot Asheim</b>	<b>105</b>										<b>39:37</b>
	00:45-	04:14-	08:47-	11:06-	21:44+	26:02+	27:40+	29:41+	35:22+	37:44+	39:37+	
	00:45-	03:29-	04:33+	02:19-	10:38+	04:18+	01:38-	02:01+	05:41+	02:22+	01:53+	
	00:08-	02:54-	00:37#	00:35-	06:56@	00:54&	00:21-	00:24#	00:37#	00:54&	00:41&	
<b>4</b>	<b>Mette Dagsland</b>	<b>68</b>										<b>44:05</b>
	00:58+	05:14-	09:51-	12:37-	17:10-	23:46+	25:36+	27:07+	39:39+	42:48+	44:05+	
	00:58+	04:16-	04:37+	02:46-	04:33+	06:36+	01:50-	01:31-	12:32+	03:09+	01:17+	
	00:05+	02:07-	00:41#	00:08-	00:51#	03:12&	00:09-	00:06-	07:28@	01:41@	00:05+	
<b>5</b>	<b>Halldis Handeland</b>	<b>92</b>										<b>50:17</b>
	01:14+	07:38+	14:45+	17:41+	23:27+	29:05+	31:36+	33:40+	46:37+	48:48+	50:17+	
	01:14+	06:24+	07:07+	02:56+	05:46+	05:38+	02:31+	02:04+	12:57+	02:11+	01:29+	
	00:21&	00:01+	03:11&	00:02+	02:04&	02:14&	00:32&	00:27&	07:53@	00:43&	00:17#	
<b>6</b>	<b>Berit Gramstad</b>	<b>113</b>										<b>50:35</b>
	01:14+	07:00-	12:11+	17:05+	23:15+	30:20+	32:48+	34:34+	46:28+	49:15+	50:35+	
	01:14+	05:46-	05:11+	04:54+	06:10+	07:05+	02:28+	01:46+	11:54+	02:47+	01:20+	
	00:21&	00:37-	01:15&	02:00&	02:28&	03:41@	00:29#	00:09+	06:50@	01:19&	00:08#	
<b>7</b>	<b>Åse Franciska Møster</b>	<b>128</b>										<b>1:48:59</b>
	01:37+	10:10+	16:39+	19:54+	41:29+	53:38+	57:09+	64:19+	91:36+	106:00+	107:43+	108:59+
	01:37+	08:33+	06:29+	03:15+	21:35+	12:09+	03:31+	07:10+	27:17+	14:24+	01:43+	01:16+
	00:44&	02:10&	02:33&	00:21#	17:53@	08:45@	01:32&	05:33@	22:13@	12:56@	00:31&	01:16+
<b>Beste strekktid for klassen</b>												
	00:45	03:29	03:56	02:19	03:42	03:24	01:38	01:31	04:28	01:28	01:12	

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

## Damer 70 - 74 år

Class	Navn	Klasse	Tid
<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>	<b>38:57</b>
	01:16= 05:46= 10:56= 13:45= 18:35= 24:31= 27:20= 29:15= 33:48= 37:16= 38:57=		
	01:16= 04:30= 05:10= 02:49= 04:50= 05:56= 02:49= 01:55= 04:33= 03:28= 01:41=		
	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>52:06</b>
	01:17+ 09:29+ 17:13+ 20:17+ 25:58+ 31:18+ 33:24+ 35:29+ 48:32+ 50:39+ 52:06+		
	01:17+ 08:12+ 07:44+ 03:04+ 05:41+ 05:20- 02:06- 02:05+ 13:03+ 02:07- 01:27-		
	00:01+ 03:42& 02:34& 00:15+ 00:51# 00:36- 00:43- 00:10+ 08:30@ 01:21- 00:14-		

**Beste strekktid for klassen**  
01:16 04:30 05:10 02:49 04:50 05:20 02:06 01:55 04:33 02:07 01:27

= 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>31:42</b>
	01:04= 05:05= 09:05= 11:20= 15:51= 20:47= 22:48= 24:28= 28:33= 30:34= 31:42=		
	01:04= 04:01= 04:00= 02:15= 04:31= 04:56= 02:01= 01:40= 04:05= 02:01= 01:08=		
	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>Haldis Glendrange</b>	<b>68</b>	<b>39:23</b>
	01:19+ 06:21+ 11:57+ 15:16+ 21:00+ 26:57+ 29:13+ 31:15+ 35:49+ 38:05+ 39:23+		
	01:19+ 05:02+ 05:36+ 03:19+ 05:44+ 05:57+ 02:16+ 02:02+ 04:34+ 02:16+ 01:18+		
	00:15# 01:01& 01:36& 01:04& 01:13& 01:01# 00:15# 00:22# 00:29# 00:15# 00:10#		

<b>3</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>42:20</b>
	01:33+ 07:17+ 13:41+ 16:49+ 21:36+ 27:33+ 30:16+ 32:11+ 36:47+ 40:40+ 42:20+		
	01:33+ 05:44+ 06:24+ 03:08+ 04:47+ 05:57+ 02:43+ 01:55+ 04:36+ 03:53+ 01:40+		
	00:29& 01:43& 02:24& 00:53& 00:16+ 01:01# 00:42& 00:15# 00:31# 01:52& 00:32&		

<b>4</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>49:18</b>
	01:20+ 06:30+ 11:29+ 14:07+ 19:44+ 26:52+ 29:19+ 31:35+ 43:28+ 47:58+ 49:18+		
	01:20+ 05:10+ 04:59+ 02:38+ 05:37+ 07:08+ 02:27+ 02:16+ 11:53+ 04:30+ 01:20+		
	00:16# 01:09& 00:59# 00:23# 01:06# 02:12& 00:26# 00:36& 07:48@ 02:29@ 00:12#		

<b>5</b>	<b>Helga Klausen</b>	<b>62</b>	<b>49:38</b>
	01:16+ 06:38+ 11:47+ 16:04+ 22:16+ 28:18+ 31:01+ 33:34+ 45:31+ 48:15+ 49:38+		
	01:16+ 05:22+ 05:09+ 04:17+ 06:12+ 06:02+ 02:43+ 02:33+ 11:57+ 02:44+ 01:23+		
	00:12# 01:21& 01:09& 02:02& 01:41& 01:06# 00:42& 00:53& 07:52@ 00:43& 00:15#		

**Beste strekktid for klassen**  
01:04 04:01 04:00 02:15 04:31 04:56 02:01 01:40 04:05 02:01 01:08

= 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>54:41</b>
	02:10= 07:52= 10:52= 13:50= 16:39= 20:58= 26:12= 31:50= 37:49= 42:10= 52:26= 54:41=		
	02:10= 05:42= 03:00= 02:58= 02:49= 04:19= 05:14= 05:38= 05:59= 04:21= 10:16= 02:15=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

<b>2</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>1:00:23</b>
	02:56+ 09:08+ 11:36+ 14:43+ 18:46+ 24:29+ 27:57+ 39:42+ 41:39+ 46:15+ 57:38+ 60:23+		
	02:56+ 06:12+ 02:28- 03:07+ 04:03+ 05:43+ 03:28- 07:45+ 05:57- 04:36+ 11:23+ 02:45+		
	00:46& 00:30+ 00:32- 00:09+ 01:14& 01:24& 01:46- 02:07& 00:02- 00:15+ 01:07# 00:30#		

**Beste strekktid for klassen**  
02:10 05:42 02:28 02:58 02:49 04:19 03:28 05:38 05:57 04:21 10:16 02:15

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

## Damer A

Class	Navn	Klasse	Tid
<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>32:18</b>
01:07=	03:53= 04:45= 06:52= 12:45= 15:39= 17:17= 20:24= 23:33= 24:48= 29:16= 31:38= 32:18=		
01:07=	02:46= 00:52= 02:07= 05:53= 02:54= 01:38= 03:07= 03:09= 01:15= 04:28= 02:22= 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=		
<b>2</b>	<b>Anna Taksdal</b>	<b>194</b>	<b>36:16</b>
01:21+	04:42+ 05:49+ 08:03+ 14:06+ 17:19+ 19:02+ 22:16+ 25:40+ 27:04+ 32:33+ 35:19+ 36:16+		
01:21+	03:21+ 01:07+ 02:14+ 06:03+ 03:13+ 01:43+ 03:14+ 03:24+ 01:24+ 05:29+ 02:46+ 00:57+		
00:14#	00:35# 00:15& 00:07+ 00:10+ 00:19# 00:05+ 00:07+ 00:15+ 00:09# 01:01# 00:24# 00:17&		
<b>3</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>37:47</b>
01:21+	04:50+ 06:03+ 08:35+ 12:01- 15:02- 18:02+ 19:38- 23:27- 27:09+ 28:33- 34:35+ 36:59+ 37:47+		
01:21+	03:29+ 01:13+ 02:32+ 03:26- 03:01+ 03:00+ 01:36- 03:49+ 03:42+ 01:24- 06:02+ 02:24+ 00:48+		
00:14#	00:43& 00:21& 00:25# 02:27- 00:07+ 01:22& 01:31- 00:40# 02:27@ 03:04- 03:40@ 01:44@ 00:48+		
<b>4</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>46:22</b>
01:37+	06:11+ 07:16+ 09:57+ 18:01+ 21:18+ 24:40+ 28:18+ 33:04+ 34:46+ 42:15+ 45:24+ 46:22+		
01:37+	04:34+ 01:05+ 02:41+ 08:04+ 03:17+ 03:22+ 03:38+ 04:46+ 01:42+ 07:29+ 03:09+ 00:58+		
00:30&	01:48& 00:13# 00:34& 02:11& 00:23# 01:44@ 00:31# 01:37& 00:27& 03:01& 00:47& 00:18&		
<b>5</b>	<b>Katrine Prestvold</b>	<b>212</b>	<b>51:39</b>
01:11+	13:01+ 14:36+ 17:49+ 25:51+ 29:21+ 31:19+ 35:33+ 39:03+ 41:11+ 47:23+ 50:41+ 51:39+		
01:11+	11:50+ 01:35+ 03:13+ 08:02+ 03:30+ 01:58+ 04:14+ 03:30+ 02:08+ 06:12+ 03:18+ 00:58+		
00:04+	09:04@ 00:43& 01:06& 02:09& 00:36# 00:20# 01:07& 00:21# 00:53& 01:44& 00:56& 00:18&		
<b>6</b>	<b>Ingrid Simensen</b>	<b>101</b>	<b>1:10:19</b>
01:56+	08:56+ 12:44+ 15:38+ 26:43+ 31:00+ 34:12+ 39:37+ 46:08+ 48:55+ 61:09+ 69:06+ 70:19+		
01:56+	07:00+ 03:48+ 02:54+ 11:05+ 04:17+ 03:12+ 05:25+ 06:31+ 02:47+ 12:14+ 07:57+ 01:13+		
00:49&	04:14@ 02:56@ 00:47& 05:12& 01:23& 01:34& 02:18& 03:22@ 01:32@ 07:46@ 05:35@ 00:33&		
<b>Beste strekktid for klassen</b>			
01:07	02:46	00:52	02:07
03:26	02:54	01:38	01:36
03:09	01:15	01:24	02:22
00:40			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
<b>Damer B</b>			
<b>1</b>	<b>Wenche M. Sæbbø</b>	<b>117</b>	<b>38:21</b>
03:16=	06:40= 08:16= 14:29= 17:20= 21:05= 26:37= 30:45= 32:19= 34:27= 37:27= 38:21=		
03:16=	03:24= 01:36= 06:13= 02:51= 03:45= 05:32= 04:08= 01:34= 02:08= 03:00= 00:54=		
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>Inger Tone Nygård</b>	<b>29</b>	<b>39:00</b>
03:20+	06:33- 08:08- 13:25- 16:03- 20:41- 25:23- 30:11- 31:40- 33:17- 38:10+ 39:00+		
03:20+	03:13- 01:35- 05:17- 02:38- 04:38+ 04:42- 04:48+ 01:29- 01:37- 04:53+ 00:50-		
00:04+	00:11- 00:01- 00:56- 00:13- 00:53# 00:50- 00:40# 00:05- 00:31- 01:53& 00:04-		
<b>3</b>	<b>Vibeke Lamark</b>	<b>46</b>	<b>40:58</b>
03:11-	06:37- 08:17+ 14:25- 17:33+ 22:19+ 28:06+ 33:25+ 34:54+ 36:57+ 40:02+ 40:58+		
03:11-	03:26+ 01:40+ 06:08- 03:08+ 04:46+ 05:47+ 05:19+ 01:29- 02:03- 03:05+ 00:56+		
00:05-	00:02+ 00:04+ 00:05- 00:17+ 01:01& 00:15+ 01:11& 00:05- 00:05- 00:05+ 00:02+		
<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>	<b>47:41</b>
04:09+	08:07+ 09:51+ 15:47+ 18:31+ 26:11+ 33:33+ 39:32+ 41:17+ 43:12+ 46:41+ 47:41+		
04:09+	03:58+ 01:44+ 05:56- 02:44- 07:40+ 07:22+ 05:59+ 01:45+ 01:55- 03:29+ 01:00+		
00:53&	00:34# 00:08+ 00:17- 00:07- 03:55@ 01:50& 01:51& 00:11# 00:13- 00:29# 00:06#		
<b>5</b>	<b>Hilde Nordbø</b>	<b>93</b>	<b>48:21</b>
03:21+	07:51+ 09:49+ 16:27+ 19:16+ 24:23+ 30:05+ 36:49+ 38:32+ 40:43+ 47:12+ 48:21+		
03:21+	04:30+ 01:58+ 06:38+ 02:49- 05:07+ 05:42+ 06:44+ 01:43+ 02:11+ 06:29+ 01:09+		
00:05+	01:06& 00:22# 00:25+ 00:02- 01:22& 00:10+ 02:36& 00:09+ 00:03+ 03:29@ 00:15&		
<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>	<b>50:50</b>
04:59+	08:49+ 10:54+ 17:57+ 21:10+ 25:21+ 31:23+ 37:30+ 38:52+ 40:47+ 49:43+ 50:50+		
04:59+	03:50+ 02:05+ 07:03+ 03:13+ 04:11+ 06:02+ 06:07+ 01:22- 01:55- 08:56+ 01:07+		
01:43&	00:26# 00:29& 00:50# 00:22# 00:26# 00:30+ 01:59& 00:12- 00:13- 05:56@ 00:13#		
<b>7</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>	<b>51:03</b>
06:07+	10:52+ 13:10+ 19:35+ 22:47+ 30:31+ 36:33+ 42:08+ 43:44+ 45:47+ 50:02+ 51:03+		
06:07+	04:45+ 02:18+ 06:25+ 03:12+ 07:44+ 06:02+ 05:35+ 01:36+ 02:03- 04:15+ 01:01+		
02:51&	01:21& 00:42& 00:12+ 00:21# 03:59@ 00:30+ 01:27& 00:02+ 00:05- 01:15& 00:07#		

Class	Navn	Klasse	Tid							
<b>8</b>	<b>Ingunn Anda Haug</b>	<b>67</b>	<b>52:04</b>							
04:23+	09:26+	11:22+	18:29+	22:01+	29:48+	36:29+	42:39+	46:55+	50:53+	52:04+
04:23+	05:03+	01:56+	07:07+	03:32+	07:47+	06:41+	06:10+	01:50+	02:26+	03:58+
01:07&	01:39&	00:20#	00:54#	00:41#	04:02@	01:09#	02:02&	00:16#	00:18#	00:58&

<b>9</b>	<b>Keth Berggraf</b>	<b>116</b>	<b>53:41</b>								
03:48+	11:21+	13:22+	20:52+	24:15+	29:48+	36:05+	43:51+	45:39+	47:58+	52:34+	53:41+
03:48+	07:33+	02:01+	07:30+	03:23+	05:33+	06:17+	07:46+	01:48+	02:19+	04:36+	01:07+
00:32#	04:09@	00:25&	01:17#	00:32#	01:48&	00:45#	03:38&	00:14#	00:11+	01:36&	00:13#

<b>10</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>	<b>56:48</b>								
03:40+	15:46+	17:44+	24:14+	27:05+	32:07+	38:26+	45:18+	46:53+	49:49+	55:44+	56:48+
03:40+	12:06+	01:58+	06:30+	02:51=	05:02+	06:19+	06:52+	01:35+	02:56+	05:55+	01:04+
00:24#	08:42@	00:22#	00:17+	00:00=	01:17&	00:47#	02:44&	00:01+	00:48&	02:55&	00:10#

<b>11</b>	<b>Kristin Breivold</b>	<b>92</b>	<b>57:52</b>								
04:40+	09:18+	11:59+	20:00+	23:23+	29:37+	42:14+	48:55+	50:45+	53:06+	56:49+	57:52+
04:40+	04:38+	02:41+	08:01+	03:23+	06:14+	12:37+	06:41+	01:50+	02:21+	03:43+	01:03+
01:24&	01:14&	01:05&	01:48&	00:32#	02:29&	07:05@	02:33&	00:16#	00:13#	00:43#	00:09#

**Beste strekktid for klassen**  
03:11 03:13 01:35 05:17 02:38 03:45 04:42 04:08 01:22 01:37 03:00 00:50

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

## Damer Ny

<b>1</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>	<b>32:45</b>				
03:47=	06:04=	09:41=	13:52=	19:24=	25:31=	30:01=	32:45=
03:47=	02:17=	03:37=	04:11=	05:32=	06:07=	04:30=	02:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**Beste strekktid for klassen**  
03:47 02:17 03:37 04:11 05:32 06:07 04:30 02:44

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

## Damer Trim

<b>1</b>	<b>Maryon Paulsen Strugstad</b>	<b>43</b>	<b>27:49</b>							
01:40=	04:30=	14:28=	16:42=	18:19=	19:38=	20:55=	22:11=	23:58=	27:03=	27:49=
01:40=	02:50=	09:58=	02:14=	01:37=	01:19=	01:17=	01:16=	01:47=	03:05=	00:46=
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>Mathilde Skjæveland Skår</b>	<b>114</b>	<b>28:15</b>							
02:38+	07:28+	10:36+	13:06+	15:03+	16:39+	18:06+	19:13+	21:16+	27:15+	28:15+
02:38+	04:50+	03:08+	02:30+	01:57+	01:36+	01:27+	01:07+	02:03+	05:59+	01:00+
00:58&	02:00&	06:50-	00:16#	00:20#	00:17#	00:10#	00:09-	00:16#	02:54&	00:14&

<b>3</b>	<b>Fride Wirak</b>	<b>88</b>	<b>28:16</b>							
01:49+	05:03+	08:40-	11:13-	17:51-	19:12-	20:55=	22:15+	24:13+	27:18+	28:16+
01:49+	03:14+	03:37-	02:33+	06:38+	01:21+	01:43+	01:20+	01:58+	03:05=	00:58+
00:09+	00:24#	06:21-	00:19#	05:01@	00:02+	00:26&	00:04+	00:11#	00:00=	00:12&

<b>4</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>29:05</b>							
02:04+	05:46+	09:03+	11:19+	14:15-	16:06-	17:40-	19:01-	20:54-	28:02+	29:05+
02:04+	03:42+	03:17-	02:16+	02:56+	01:51+	01:34+	01:21+	01:53+	07:08+	01:03+
00:24#	00:52&	06:41-	00:02+	01:19&	00:32&	00:17#	00:05+	00:06+	04:03@	00:17&

<b>5</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>32:31</b>							
03:05+	07:49+	13:28-	17:03+	20:03+	21:58+	23:42+	25:24+	27:36+	31:24+	32:31+
03:05+	04:44+	05:39-	03:35+	03:00+	01:55+	01:44+	01:42+	02:12+	03:48+	01:07+
01:25&	01:54&	04:19-	01:21&	01:23&	00:36&	00:27&	00:26&	00:25#	00:43#	00:21&

<b>6</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>34:47</b>							
02:34+	07:19+	10:57-	13:59-	16:24-	18:21-	20:20-	22:07-	25:50+	33:21+	34:47+
02:34+	04:45+	03:38-	03:02+	02:25+	01:57+	01:59+	01:47+	03:43+	07:31+	01:26+
00:54&	01:55&	06:20-	00:48&	00:48&	00:38&	00:42&	00:31&	01:56@	04:26@	00:40&



Class	Navn	Klasse										Tid
<b>7</b>	<b>Tonje Tiley</b>	<b>27</b>										<b>36:09</b>
02:25+	07:15+	11:30-	14:37-	18:00-	20:06+	22:09+	24:32+	27:15+	34:55+	36:09+		
02:25+	04:50+	04:15-	03:07+	03:23+	02:06+	02:03+	02:23+	02:43+	07:40+	01:14+		
00:45&	02:00&	05:43-	00:53&	01:46@	00:47&	00:46&	01:07&	00:56&	04:35@	00:28&		
<b>8</b>	<b>Maria Hapnes von Schack</b>	<b>91</b>										<b>36:18</b>
11:24+	15:15+	20:36+	24:00+	26:02+	27:37+	29:11+	30:24+	32:19+	35:20+	36:18+		
11:24+	03:51+	05:21-	03:24+	02:02+	01:35+	01:34+	01:13-	01:55+	03:01-	00:58+		
09:44@	01:01&	04:37-	01:10&	00:25&	00:16#	00:17#	00:03-	00:08+	00:04-	00:12&		
<b>9</b>	<b>Birgitte Røe</b>	<b>92</b>										<b>36:30</b>
02:35+	07:21+	14:25-	19:14+	22:17+	24:22+	26:23+	27:51+	30:43+	35:14+	36:30+		
02:35+	04:46+	07:04-	04:49+	03:03+	02:05+	02:01+	01:28+	02:52+	04:31+	01:16+		
00:55&	01:56&	02:54-	02:35@	01:26&	00:46&	00:44&	00:12#	01:05&	01:26&	00:30&		
<b>10</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>										<b>36:36</b>
02:12+	06:21+	10:35-	13:31-	23:32+	25:25+	27:11+	28:57+	31:14+	35:20+	36:36+		
02:12+	04:09+	04:14-	02:56+	10:01+	01:53+	01:46+	01:46+	02:17+	04:06+	01:16+		
00:32&	01:19&	05:44-	00:42&	08:24@	00:34&	00:29&	00:30&	00:30&	01:01&	00:30&		
<b>11</b>	<b>Ida Wølstad Malde</b>	<b>92</b>										<b>36:38</b>
02:45+	07:23+	14:34+	19:17+	22:26+	24:24+	26:26+	28:03+	30:51+	35:24+	36:38+		
02:45+	04:38+	07:11-	04:43+	03:09+	01:58+	02:02+	01:37+	02:48+	04:33+	01:14+		
01:05&	01:48&	02:47-	02:29@	01:32&	00:39&	00:45&	00:21&	01:01&	01:28&	00:28&		
<b>12</b>	<b>Mette Langeland</b>	<b>117</b>										<b>37:05</b>
02:33+	13:09+	17:18+	20:52+	23:24+	25:35+	27:27+	29:20+	31:28+	35:42+	37:05+		
02:33+	10:36+	04:09-	03:34+	02:32+	02:11+	01:52+	01:53+	02:08+	04:14+	01:23+		
00:53&	07:46@	05:49-	01:20&	00:55&	00:52&	00:35&	00:37&	00:21#	01:09&	00:37&		
<b>13</b>	<b>Therese Immerstein Noraberg</b>	<b>47</b>										<b>39:35</b>
02:22+	07:38+	11:30-	15:00-	23:22+	25:12+	27:16+	29:51+	33:31+	38:20+	39:35+		
02:22+	05:16+	03:52-	03:30+	08:22+	01:50+	02:04+	02:35+	03:40+	04:49+	01:15+		
00:42&	02:26&	06:06-	01:16&	06:45@	00:31&	00:47&	01:19@	01:53@	01:44&	00:29&		
<b>14</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>										<b>39:48</b>
02:55+	07:46+	14:24-	18:05+	22:11+	24:41+	27:07+	29:31+	32:31+	38:17+	39:48+		
02:55+	04:51+	06:38-	03:41+	04:06+	02:30+	02:26+	02:24+	03:00+	05:46+	01:31+		
01:15&	02:01&	03:20-	01:27&	02:29@	01:11&	01:09&	01:08&	01:13&	02:41&	00:45&		
<b>15</b>	<b>Katja Eliassen</b>	<b>79</b>										<b>39:52</b>
02:29+	08:32+	13:26-	19:40+	23:15+	27:03+	29:06+	31:03+	35:02+	38:30+	39:52+		
02:29+	06:03+	04:54-	06:14+	03:35+	03:48+	02:03+	01:57+	03:59+	03:28+	01:22+		
00:49&	03:13@	05:04-	04:00@	01:58@	02:29@	00:46&	00:41&	02:12@	00:23#	00:36&		
<b>16</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>										<b>42:21</b>
08:08+	12:41+	17:51+	21:21+	23:51+	28:01+	30:20+	34:20+	37:05+	41:09+	42:21+		
08:08+	04:33+	05:10-	03:30+	02:30+	04:10+	02:19+	04:00+	02:45+	04:04+	01:12+		
06:28@	01:43&	04:48-	01:16&	00:53&	02:51@	01:02&	02:44@	00:58&	00:59&	00:26&		
<b>17</b>	<b>Wibeke Lende</b>	<b>74</b>										<b>42:42</b>
02:24+	06:23+	10:01-	13:02-	15:57-	17:45-	19:39-	33:41+	36:22+	41:02+	42:42+		
02:24+	03:59+	03:38-	03:01+	02:55+	01:48+	01:54+	14:02+	02:41+	04:40+	01:40+		
00:44&	01:09&	06:20-	00:47&	01:18&	00:29&	00:37&	12:46@	00:54&	01:35&	00:54@		
<b>18</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>42:53</b>
06:35+	13:11+	18:11+	22:39+	26:07+	28:25+	30:41+	32:46+	36:51+	41:22+	42:53+		
06:35+	06:36+	05:00-	04:28+	03:28+	02:18+	02:16+	02:05+	04:05+	04:31+	01:31+		
04:55@	03:46@	04:58-	02:14&	01:51@	00:59&	00:59&	00:49&	02:18@	01:26&	00:45&		
<b>19</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>44:01</b>
03:44+	10:07+	16:28+	21:21+	25:09+	28:31+	30:58+	33:20+	37:55+	42:27+	44:01+		
03:44+	06:23+	06:21-	04:53+	03:48+	03:22+	02:27+	02:22+	04:35+	04:32+	01:34+		
02:04@	03:33@	03:37-	02:39@	02:11@	02:03@	01:10&	01:06&	02:48@	01:27&	00:48@		
<b>20</b>	<b>Gunhild Nordbø</b>	<b>117</b>										<b>44:05</b>
02:50+	07:22+	19:15+	23:57+	26:55+	29:38+	31:53+	34:47+	37:37+	42:26+	44:05+		
02:50+	04:32+	11:53+	04:42+	02:58+	02:43+	02:15+	02:54+	02:50+	04:49+	01:39+		
01:10&	01:42&	01:55#	02:28@	01:21&	01:24@	00:58&	01:38@	01:03&	01:44&	00:53@		
<b>21</b>	<b>Eli Våge</b>	<b>117</b>										<b>45:44</b>
05:00+	14:49+	19:54+	24:22+	27:52+	31:01+	33:40+	35:44+	39:02+	44:11+	45:44+		
05:00+	09:49+	05:05-	04:28+	03:30+	03:09+	02:39+	02:04+	03:18+	05:09+	01:33+		
03:20@	06:59@	04:53-	02:14&	01:53@	01:50@	01:22@	00:48&	01:31&	02:04&	00:47@		

Class	Navn	Klasse									Tid
<b>22</b>	<b>Ruth Grødem</b>	<b>105</b>									<b>45:56</b>
08:07+	14:16+	20:25+	24:14+	28:52+	31:52+	34:10+	36:08+	39:19+	44:29+	45:56+	
08:07+	06:09+	06:09-	03:49+	04:38+	03:00+	02:18+	01:58+	03:11+	05:10+	01:27+	
06:27@	03:19@	03:49-	01:35&	03:01@	01:41@	01:01&	00:42&	01:24&	02:05&	00:41&	
<b>23</b>	<b>Ragnhild Thorset Våge</b>	<b>380</b>									<b>46:01</b>
16:55+	22:25+	25:34+	29:35+	31:49+	34:13+	35:37+	37:00+	38:35+	44:59+	46:01+	
16:55+	05:30+	03:09-	04:01+	02:14+	02:24+	01:24+	01:23+	01:35-	06:24+	01:02+	
15:15@	02:40&	06:49-	01:47&	00:37&	01:05&	00:07+	00:07+	00:12-	03:19@	00:16&	
<b>24</b>	<b>Ann-Mari Vold</b>	<b>54</b>									<b>46:06</b>
02:11+	06:11+	10:58-	15:10-	33:41+	35:46+	37:48+	39:15+	41:09+	45:05+	46:06+	
02:11+	04:00+	04:47-	04:12+	18:31+	02:05+	02:02+	01:27+	01:54+	03:56+	01:01+	
00:31&	01:10&	05:11-	01:58&	16:54@	00:46&	00:45&	00:11#	00:07+	00:51&	00:15&	
<b>25</b>	<b>Lene Vignes</b>	<b>54</b>									<b>46:15</b>
02:52+	08:26+	13:42-	19:58+	23:26+	26:20+	28:48+	31:04+	38:36+	44:54+	46:15+	
02:52+	05:34+	05:16-	06:16+	03:28+	02:54+	02:28+	02:16+	07:32+	06:18+	01:21+	
01:12&	02:44&	04:42-	04:02@	01:51@	01:35@	01:11&	01:00&	05:45@	03:13@	00:35&	
<b>26</b>	<b>Esther Boenheim</b>	<b>268</b>									<b>46:18</b>
05:51+	10:28+	15:01+	23:25+	25:31+	30:19+	32:57+	35:04+	38:01+	45:05+	46:18+	
05:51+	04:37+	04:33-	08:24+	02:06+	04:48+	02:38+	02:07+	02:57+	07:04+	01:13+	
04:11@	01:47&	05:25-	06:10@	00:29&	03:29@	01:21@	00:51&	01:10&	03:59@	00:27&	
<b>27</b>	<b>Marianne Høie</b>	<b>116</b>									<b>47:10</b>
02:21+	08:31+	16:09+	21:27+	25:01+	27:11+	29:30+	34:21+	38:24+	45:44+	47:10+	
02:21+	06:10+	07:38-	05:18+	03:34+	02:10+	02:19+	04:51+	04:03+	07:20+	01:26+	
00:41&	03:20@	02:20-	03:04@	01:57@	00:51&	01:02&	03:35@	02:16@	04:15@	00:40&	
<b>28</b>	<b>Kjersti Vasbø</b>	<b>126</b>									<b>47:34</b>
04:37+	10:29+	17:00+	24:28+	27:47+	31:14+	33:49+	36:41+	40:57+	45:49+	47:34+	
04:37+	05:52+	06:31-	07:28+	03:19+	03:27+	02:35+	02:52+	04:16+	04:52+	01:45+	
02:57@	03:02@	03:27-	05:14@	01:42@	02:08@	01:18@	01:36@	02:29@	01:47&	00:59@	
<b>29</b>	<b>Elisabeth Melbø</b>	<b>128</b>									<b>51:04</b>
04:56+	09:55+	15:42+	32:00+	33:53+	36:28+	39:08+	40:56+	43:30+	49:58+	51:04+	
04:56+	04:59+	05:47-	16:18+	01:53+	02:35+	02:40+	01:48+	02:34+	06:28+	01:06+	
03:16@	02:09&	04:11-	14:04@	00:16#	01:16&	01:23@	00:32&	00:47&	03:23@	00:20&	
<b>30</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>									<b>52:18</b>
03:32+	09:47+	15:43+	20:18+	23:19+	27:39+	30:43+	33:29+	37:47+	50:20+	52:18+	
03:32+	06:15+	05:56-	04:35+	03:01+	04:20+	03:04+	02:46+	04:18+	12:33+	01:58@	
01:52@	03:25@	04:02-	02:21@	01:24&	03:01@	01:47@	01:30@	02:31@	09:28@	01:12@	
<b>31</b>	<b>Ewelina Uscinska</b>	<b>287</b>									<b>53:43</b>
10:00+	15:23+	21:39+	25:29+	33:07+	37:55+	39:52+	42:26+	44:38+	51:50+	53:43+	
10:00+	05:23+	06:16-	03:50+	07:38+	04:48+	01:57+	02:34+	02:12+	07:12+	01:53+	
08:20@	02:33&	03:42-	01:36&	06:01@	03:29@	00:40&	01:18@	00:25#	04:07@	01:07@	
<b>32</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>									<b>57:50</b>
04:09+	12:28+	20:59+	27:36+	35:10+	40:35+	43:51+	46:52+	50:54+	56:11+	57:50+	
04:09+	08:19+	08:31-	06:37+	07:34+	05:25+	03:16+	03:01+	04:02+	05:17+	01:39+	
02:29@	05:29@	01:27-	04:23@	05:57@	04:06@	01:59@	01:45@	02:15@	02:12&	00:53@	
<b>33</b>	<b>Gro Mariero Totland</b>	<b>59</b>									<b>1:01:03</b>
03:16+	11:26+	17:22+	22:58+	36:39+	40:39+	43:48+	46:50+	52:18+	58:55+	61:03+	
03:16+	08:10+	05:56-	05:36+	13:41+	04:00+	03:09+	03:02+	05:28+	06:37+	02:08+	
01:36&	05:20@	04:02-	03:22@	12:04@	02:41@	01:52@	01:46@	03:41@	03:32@	01:22@	
<b>34</b>	<b>Signe Lise Haaland</b>	<b>66</b>									<b>1:06:08</b>
03:34+	09:56+	28:57+	34:51+	44:54+	48:52+	52:04+	54:38+	57:53+	63:41+	66:08+	
03:34+	06:22+	19:01+	05:54+	10:03+	03:58+	03:12+	02:34+	03:15+	05:48+	02:27+	
01:54@	03:32@	09:03&	03:40@	08:26@	02:39@	01:55@	01:18@	01:28&	02:43&	01:41@	
<b>35</b>	<b>Margaux Simon</b>	<b>192</b>									<b>1:07:30</b>
03:14+	21:23+	26:42+	31:23+	34:47+	38:22+	40:31+	42:30+	44:59+	65:47+	67:30+	
03:14+	18:09+	05:19-	04:41+	03:24+	03:35+	02:09+	01:59+	02:29+	20:48+	01:43+	
01:34&	15:19@	04:39-	02:27@	01:47@	02:16@	00:52&	00:43&	00:42&	17:43@	00:57@	
<b>36</b>	<b>Hilde Sande Borck</b>	<b>114</b>									<b>1:08:19</b>
11:10+	17:28+	22:26+	28:57+	32:50+	36:13+	38:57+	41:24+	44:46+	67:02+	68:19+	
11:10+	06:18+	04:58-	06:31+	03:53+	03:23+	02:44+	02:27+	03:22+	22:16+	01:17+	
09:30@	03:28@	05:00-	04:17@	02:16@	02:04@	01:27@	01:11&	01:35&	19:11@	00:31&	

Class	Navn	Klasse										Tid
<b>37</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>1:11:45</b>
08:32+	17:31+	24:27+	31:06+	44:59+	48:47+	52:17+	55:49+	61:07+	69:39+	71:45+		
08:32+	08:59+	06:56-	06:39+	13:53+	03:48+	03:30+	03:32+	05:18+	08:32+	02:06+		
06:52@	06:09@	03:02-	04:25@	12:16@	02:29@	02:13@	02:16@	03:31@	05:27@	01:20@		
<b>38</b>	<b>Solveig Marie Grønning</b>	<b>47</b>										<b>1:11:46</b>
08:35+	17:38+	24:17+	30:59+	44:59+	48:46+	52:20+	55:52+	61:08+	69:38+	71:46+		
08:35+	09:03+	06:39-	06:42+	14:00+	03:47+	03:34+	03:32+	05:16+	08:30+	02:08+		
06:55@	06:13@	03:19-	04:28@	12:23@	02:28@	02:17@	02:16@	03:29@	05:25@	01:22@		

**Beste strekttid for klassen**

01:40 02:50 03:08 02:14 01:37 01:19 01:17 01:07 01:35 03:01 00:46

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

**Herrer 16 - 39 år**

<b>1</b>	<b>Runar Eike Toft</b>	<b>116</b>										<b>29:41</b>
02:28=	05:09=	06:29=	10:36=	12:34=	15:49=	19:45=	23:32=	24:55=	26:33=	28:47=	29:41=	
02:28=	02:41=	01:20=	04:07=	01:58=	03:15=	03:56=	03:47=	01:23=	01:38=	02:14=	00:54=	
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 Kyllingstad</b>	<b>71</b>										<b>34:45</b>
03:12+	06:02+	07:31+	12:52+	15:31+	19:40+	24:13+	28:27+	29:39+	31:15+	33:58+	34:45+	
03:12+	02:50+	01:29+	05:21+	02:39+	04:09+	04:33+	04:14+	01:12-	01:36-	02:43+	00:47-	
00:44&	00:09+	00:09#	01:14&	00:41&	00:54&	00:37#	00:27#	00:11-	00:02-	00:29#	00:07-	
<b>3</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>										<b>36:31</b>
03:36+	06:45+	08:14+	12:56+	15:17+	22:50+	26:54+	30:37+	31:49+	33:24+	35:51+	36:31+	
03:36+	03:09+	01:29+	04:42+	02:21+	07:33+	04:04+	03:43-	01:12-	01:35-	02:27+	00:40-	
01:08&	00:28#	00:09#	00:35#	00:23#	04:18@	00:08+	00:04-	00:11-	00:03-	00:13+	00:14-	
<b>4</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>										<b>37:46</b>
03:20+	06:47+	08:48+	13:30+	16:07+	21:30+	26:06+	29:56+	31:25+	33:51+	36:58+	37:46+	
03:20+	03:27+	02:01+	04:42+	02:37+	05:23+	04:36+	03:50+	01:29+	02:26+	03:07+	00:48-	
00:52&	00:46&	00:41&	00:35#	00:39&	02:08&	00:40#	00:03+	00:06+	00:48&	00:53&	00:06-	
<b>5</b>	<b>Martin Skogland</b>	<b>98</b>										<b>43:52</b>
05:00+	09:31+	11:05+	17:17+	20:09+	25:36+	30:46+	35:26+	37:09+	39:09+	43:00+	43:52+	
05:00+	04:31+	01:34+	06:12+	02:52+	05:27+	05:10+	04:40+	01:43+	02:00+	03:51+	00:52-	
02:32@	01:50&	00:14#	02:05&	00:54&	02:12&	01:14&	00:53#	00:20#	00:22#	01:37&	00:02-	
<b>6</b>	<b>Thomas Hinna</b>	<b>287</b>										<b>46:43</b>
04:23+	08:18+	10:02+	16:11+	19:09+	24:06+	30:51+	35:25+	36:47+	38:59+	45:42+	46:43+	
04:23+	03:55+	01:44+	06:09+	02:58+	04:57+	06:45+	04:34+	01:22-	02:12+	06:43+	01:01+	
01:55&	01:14&	00:24&	02:02&	01:00&	01:42&	02:49&	00:47#	00:01-	00:34&	04:29@	00:07#	
<b>7</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>47:03</b>
08:21+	11:00+	12:17+	18:12+	20:44+	27:51+	33:28+	36:53+	38:12+	40:21+	46:16+	47:03+	
08:21+	02:39-	01:17-	05:55+	02:32+	07:07+	05:37+	03:25-	01:19-	02:09+	05:55+	00:47-	
05:53@	00:02-	00:03-	01:48&	00:34&	03:52@	01:41&	00:22-	00:04-	00:31&	03:41@	00:07-	
<b>8</b>	<b>Truls Thorkildsen</b>	<b>39</b>										<b>48:07</b>
02:45+	12:57+	14:11+	20:22+	22:59+	31:03+	37:54+	41:47+	43:04+	44:37+	47:14+	48:07+	
02:45+	10:12+	01:14-	06:11+	02:37+	08:04+	06:51+	03:53+	01:17-	01:33-	02:37+	00:53-	
00:17#	07:31@	00:06-	02:04&	00:39&	04:49@	02:55&	00:06+	00:06-	00:05-	00:23#	00:01-	
<b>9</b>	<b>Sondre Aspøy</b>	<b>117</b>										<b>48:14</b>
04:14+	09:09+	11:04+	17:57+	20:53+	26:48+	33:52+	39:47+	41:02+	43:01+	47:17+	48:14+	
04:14+	04:55+	01:55+	06:53+	02:56+	05:55+	07:04+	05:55+	01:15-	01:59+	04:16+	00:57+	
01:46&	02:14&	00:35&	02:46&	00:58&	02:40&	03:08&	02:08&	00:08-	00:21#	02:02&	00:03+	
<b>10</b>	<b>Jone Klemo Øverland</b>	<b>165</b>										<b>55:02</b>
05:35+	11:34+	16:13+	23:18+	26:53+	33:00+	40:34+	46:22+	47:57+	50:03+	54:06+	55:02+	
05:35+	05:59+	04:39+	07:05+	03:35+	06:07+	07:34+	05:48+	01:35+	02:06+	04:03+	00:56+	
03:07@	03:18@	03:19@	02:58&	01:37&	02:52&	03:38&	02:01&	00:12#	00:28&	01:49&	00:02+	
<b>11</b>	<b>Arthur Fayemendy</b>	<b>116</b>										<b>58:37</b>
06:16+	10:55+	13:09+	18:51+	21:17+	28:37+	34:33+	40:32+	41:33+	43:32+	57:30+	58:37+	
06:16+	04:39+	02:14+	05:42+	02:26+	07:20+	05:56+	05:59+	01:01-	01:59+	13:58+	01:07+	
03:48@	01:58&	00:54&	01:35&	00:28#	04:05@	02:00&	02:12&	00:22-	00:21#	11:44@	00:13#	

Class	Navn	Klasse										Tid
<b>12</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>1:01:56</b>
05:14+	10:30+	12:09+	27:56+	31:04+	37:26+	45:35+	52:51+	54:13+	57:26+	60:58+	61:56+	
05:14+	05:16+	01:39+	15:47+	03:08+	06:22+	08:09+	07:16+	01:22-	03:13+	03:32+	00:58+	
02:46@	02:35&	00:19#	11:40@	01:10&	03:07&	04:13@	03:29&	00:01-	01:35&	01:18&	00:04+	
<b>13</b>	<b>Aleksander Claussen</b>	<b>74</b>										<b>1:03:30</b>
04:08+	09:28+	12:28+	25:39+	28:18+	39:27+	43:34+	51:58+	53:22+	55:06+	62:25+	63:30+	
04:08+	05:20+	03:00+	13:11+	02:39+	11:09+	04:07+	08:24+	01:24+	01:44+	07:19+	01:05+	
01:40&	02:39&	01:40@	09:04@	00:41&	07:54@	00:11+	04:37@	00:01+	00:06+	05:05@	00:11#	
<b>14</b>	<b>Frank Terje Berge</b>	<b>126</b>										<b>1:12:48</b>
07:42+	15:31+	17:41+	26:14+	29:24+	37:00+	43:36+	49:29+	51:03+	62:02+	71:31+	72:48+	
07:42+	07:49+	02:10+	08:33+	03:10+	07:36+	06:36+	05:53+	01:34+	10:59+	09:29+	01:17+	
05:14@	05:08@	00:50&	04:26@	01:12&	04:21@	02:40&	02:06&	00:11#	09:21@	07:15@	00:23&	
<b>15</b>	<b>Steinar Polden Sæverud</b>	<b>109</b>										<b>1:14:04</b>
03:58+	09:35+	11:42+	33:53+	37:07+	45:34+	52:50+	61:25+	63:21+	65:31+	72:57+	74:04+	
03:58+	05:37+	02:07+	22:11+	03:14+	08:27+	07:16+	08:35+	01:56+	02:10+	07:26+	01:07+	
01:30&	02:56@	00:47&	18:04@	01:16&	05:12@	03:20&	04:48@	00:33&	00:32&	05:12@	00:13#	
<b>16</b>	<b>Stig Garcia de Presno</b>	<b>165</b>										<b>1:30:11</b>
14:01+	25:36+	28:36+	37:22+	43:06+	59:02+	69:28+	79:22+	81:56+	84:57+	88:55+	90:11+	
14:01+	11:35+	03:00+	08:46+	05:44+	15:56+	10:26+	09:54+	02:34+	03:01+	03:58+	01:16+	
11:33@	08:54@	01:40@	04:39@	03:46@	12:41@	06:30@	06:07@	01:11&	01:23&	01:44&	00:22&	
<b>Beste strekktid for klassen</b>												
02:28	02:39	01:14	04:07	01:58	03:15	03:56	03:25	01:01	01:33	02:14	00:40	

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

## Herrer 40 - 49 år

<b>1</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>33:21</b>
02:45=	05:35=	06:58=	11:49=	14:06=	19:11=	23:25=	27:00=	28:26=	30:07=	32:35=	33:21=	
02:45=	02:50=	01:23=	04:51=	02:17=	05:05=	04:14=	03:35=	01:26=	01:41=	02:28=	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>Audun Thomassen</b>	<b>65</b>										<b>39:15</b>
03:34+	07:03+	08:30+	14:06+	16:41+	21:07+	26:31+	31:24+	32:50+	34:30+	38:29+	39:15+	
03:34+	03:29+	01:27+	05:36+	02:35+	04:26-	05:24+	04:53+	01:26=	01:40-	03:59+	00:46=	
00:49&	00:39#	00:04+	00:45#	00:18#	00:39-	01:10&	01:18&	00:00=	00:01-	01:31&	00:00=	
<b>3</b>	<b>Kevin Thomas Foust</b>	<b>192</b>										<b>40:29</b>
03:22+	06:38+	07:59+	14:09+	17:07+	22:45+	27:49+	32:37+	34:00+	36:02+	39:42+	40:29+	
03:22+	03:16+	01:21-	06:10+	02:58+	05:38+	05:04+	04:48+	01:23-	02:02+	03:40+	00:47+	
00:37#	00:26#	00:02-	01:19&	00:41&	00:33#	00:50#	01:13&	00:03-	00:21#	01:12&	00:01+	
<b>4</b>	<b>Rune Hatle</b>	<b>65</b>										<b>40:32</b>
04:08+	08:05+	09:24+	15:54+	18:47+	22:48+	28:02+	32:49+	34:10+	36:10+	39:43+	40:32+	
04:08+	03:57+	01:19-	06:30+	02:53+	04:01-	05:14+	04:47+	01:21-	02:00+	03:33+	00:49+	
01:23&	01:07&	00:04-	01:39&	00:36&	01:04-	01:00#	01:12&	00:05-	00:19#	01:05&	00:03+	
<b>5</b>	<b>Thomas Johansen</b>	<b>111</b>										<b>41:46</b>
03:07+	06:19+	07:40+	12:49+	15:22+	20:34+	25:16+	29:22+	31:13+	32:39+	40:54+	41:46+	
03:07+	03:12+	01:21-	05:09+	02:33+	05:12+	04:42+	04:06+	01:51+	01:26-	08:15+	00:52+	
00:22#	00:22#	00:02-	00:18+	00:16#	00:07+	00:28#	00:31#	00:25&	00:15-	05:47@	00:06#	
<b>6</b>	<b>Antal Jansen</b>	<b>115</b>										<b>44:44</b>
03:58+	09:01+	11:26+	17:46+	20:42+	26:14+	31:41+	36:29+	37:58+	39:50+	43:41+	44:44+	
03:58+	05:03+	02:25+	06:20+	02:56+	05:32+	05:27+	04:48+	01:29+	01:52+	03:51+	01:03+	
01:13&	02:13&	01:02&	01:29&	00:39&	00:27+	01:13&	01:13&	00:03+	00:11#	01:23&	00:17&	
<b>7</b>	<b>Thomas Chruickshank</b>	<b>48</b>										<b>49:25</b>
07:03+	10:46+	13:14+	20:40+	23:25+	27:20+	33:00+	38:33+	41:20+	43:19+	48:39+	49:25+	
07:03+	03:43+	02:28+	07:26+	02:45+	03:55-	05:40+	05:33+	02:47+	01:59+	05:20+	00:46=	
04:18@	00:53&	01:05&	02:35&	00:28#	01:10-	01:26&	01:58&	01:21&	00:18#	02:52@	00:00=	
<b>8</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>51:19</b>
03:28+	07:44+	09:22+	14:57+	18:13+	23:49+	31:14+	37:20+	38:36+	40:52+	50:31+	51:19+	
03:28+	04:16+	01:38+	05:35+	03:16+	05:36+	07:25+	06:06+	01:16-	02:16+	09:39+	00:48+	
00:43&	01:26&	00:15#	00:44#	00:59&	00:31#	03:11&	02:31&	00:10-	00:35&	07:11@	00:02+	

Class	Navn	Klasse										Tid
<b>9</b>	<b>Cedric Fayemendy</b>	<b>76</b>										<b>54:11</b>
05:33+	09:26+	10:48+	19:01+	22:38+	28:53+	36:00+	41:31+	44:58+	53:18+	54:11+		
05:33+	03:53+	01:22-	08:13+	03:37+	06:15+	07:07+	05:31+	01:24-	02:03+	08:20+	00:53+	
02:48@	01:03&	00:01-	03:22&	01:20&	01:10#	02:53&	01:56&	00:02-	00:22#	05:52@	00:07#	
<b>10</b>	<b>Frode Ungar</b>	<b>116</b>										<b>55:55</b>
03:36+	10:29+	12:29+	20:49+	23:58+	29:53+	36:27+	45:16+	46:56+	49:14+	54:47+	55:55+	
03:36+	06:53+	02:00+	08:20+	03:09+	05:55+	06:34+	08:49+	01:40+	02:18+	05:33+	01:08+	
00:51&	04:03@	00:37&	03:29&	00:52&	00:50#	02:20&	05:14@	00:14#	00:37&	03:05@	00:22&	
<b>11</b>	<b>André Sirevåg</b>	<b>116</b>										<b>59:06</b>
03:44+	11:01+	13:08+	22:53+	26:05+	33:35+	42:49+	49:44+	51:18+	53:58+	58:13+	59:06+	
03:44+	07:17+	02:07+	09:45+	03:12+	07:30+	09:14+	06:55+	01:34+	02:40+	04:15+	00:53+	
00:59&	04:27@	00:44&	04:54@	00:55&	02:25&	05:00@	03:20&	00:08+	00:59&	01:47&	00:07#	
<b>12</b>	<b>Terje Undheim</b>	<b>54</b>										<b>1:01:33</b>
06:00+	10:30+	12:58+	18:11+	20:44+	36:53+	42:20+	46:32+	47:56+	51:25+	60:52+	61:33+	
06:00+	04:30+	02:28+	05:13+	02:33+	16:09+	05:27+	04:12+	01:24-	03:29+	09:27+	00:41-	
03:15@	01:40&	01:05&	00:22+	00:16#	11:04@	01:13&	00:37#	00:02-	01:48@	06:59@	00:05-	
<b>13</b>	<b>Rolf Frøyland</b>	<b>5</b>										<b>1:07:35</b>
15:37+	18:57+	20:32+	33:22+	36:17+	43:37+	50:57+	57:55+	59:25+	63:07+	66:31+	67:35+	
15:37+	03:20+	01:35+	12:50+	02:55+	07:20+	07:20+	06:58+	01:30+	03:42+	03:24+	01:04+	
12:52@	00:30#	00:12#	07:59@	00:38&	02:15&	03:06&	03:23&	00:04+	02:01@	00:56&	00:18&	
<b>14</b>	<b>Lars Husdal</b>	<b>93</b>										<b>1:09:36</b>
05:06+	10:42+	12:49+	23:40+	28:49+	38:06+	47:49+	59:24+	61:19+	64:41+	68:24+	69:36+	
05:06+	05:36+	02:07+	10:51+	05:09+	09:17+	09:43+	11:35+	01:55+	03:22+	03:43+	01:12+	
02:21&	02:46&	00:44&	06:00@	02:52@	04:12&	05:29@	08:00@	00:29&	01:41&	01:15&	00:26&	
<b>15</b>	<b>Francois-Marie Duchesne</b>	<b>42</b>										<b>1:34:44</b>
11:09+	19:18+	22:39+	32:23+	36:48+	54:49+	66:14+	78:23+	80:54+	86:49+	93:06+	94:44+	
11:09+	08:09+	03:21+	09:44+	04:25+	18:01+	11:25+	12:09+	02:31+	05:55+	06:17+	01:38+	
08:24@	05:19@	01:58@	04:53@	02:08&	12:56@	07:11@	08:34@	01:05&	04:14@	03:49@	00:52@	
<b>Beste strekktid for klassen</b>												
02:45	02:50	01:19	04:51	02:17	03:55	04:14	03:35	01:16	01:26	02:28	00:41	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 50 - 59 år</b>												
<b>1</b>	<b>Erlend Kveinen</b>	<b>116</b>										<b>27:06</b>
03:19=	07:02=	08:52=	11:39=	14:03=	15:16=	18:26=	20:17=	21:30=	22:46=	26:14=	27:06=	
03:19=	03:43=	01:50=	02:47=	02:24=	01:13=	03:10=	01:51=	01:13=	01:16=	03:28=	00:52=	
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>Arjen Leendertse</b>	<b>91</b>										<b>27:35</b>
03:04-	07:00-	08:49-	12:16+	14:51+	15:56+	19:09+	21:21+	22:18+	23:42+	26:45+	27:35+	
03:04-	03:56+	01:49-	03:27+	02:35+	01:05-	03:13+	02:12+	00:57-	01:24+	03:03-	00:50-	
00:15-	00:13+	00:01-	00:40#	00:11+	00:08-	00:03+	00:21#	00:16-	00:08#	00:25-	00:02-	
<b>3</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>27:58</b>
03:24+	07:27+	09:02+	11:43+	14:05+	14:54-	18:08-	20:27+	21:26-	22:38-	27:16+	27:58+	
03:24+	04:03+	01:35-	02:41-	02:22-	00:49-	03:14+	02:19+	00:59-	01:12-	04:38+	00:42-	
00:05+	00:20+	00:15-	00:06-	00:02-	00:24-	00:04+	00:28&	00:14-	00:04-	01:10&	00:10-	
<b>4</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>29:35</b>
03:18-	07:07+	09:12+	12:26+	15:24+	16:40+	20:08+	22:01+	23:13+	24:43+	28:37+	29:35+	
03:18-	03:49+	02:05+	03:14+	02:58+	01:16+	03:28+	01:53+	01:12-	01:30+	03:54+	00:58+	
00:01-	00:06+	00:15#	00:27#	00:34#	00:03+	00:18+	00:02+	00:01-	00:14#	00:26#	00:06#	
<b>5</b>	<b>Jan Egeland</b>	<b>197</b>										<b>30:43</b>
04:12+	07:44+	09:47+	12:58+	15:32+	16:35+	19:58+	22:17+	23:39+	25:12+	29:46+	30:43+	
04:12+	03:32-	02:03+	03:11+	02:34+	01:03-	03:23+	02:19+	01:22+	01:33+	04:34+	00:57+	
00:53&	00:11-	00:13#	00:24#	00:10+	00:10-	00:13+	00:28&	00:09#	00:17#	01:06&	00:05+	
<b>6</b>	<b>Kjell Seland</b>	<b>236</b>										<b>31:15</b>
04:03+	08:22+	10:09+	13:38+	16:14+	17:20+	21:51+	23:43+	24:53+	26:20+	30:20+	31:15+	
04:03+	04:19+	01:47-	03:29+	02:36+	01:06-	04:31+	01:52+	01:10-	01:27+	04:00+	00:55+	
00:44#	00:36#	00:03-	00:42&	00:12+	00:07-	01:21&	00:01+	00:03-	00:11#	00:32#	00:03+	

Class	Navn	Klasse										Tid
<b>7</b>	<b>Frank Hansen</b>	<b>29</b>										<b>32:12</b>
03:53+	08:54+	11:05+	14:41+	17:25+	18:25+	22:19+	24:34+	25:51+	27:21+	31:19+	32:12+	
03:53+	05:01+	02:11+	03:36+	02:44+	01:00-	03:54+	02:15+	01:17+	01:30+	03:58+	00:53+	
00:34#	01:18&	00:21#	00:49&	00:20#	00:13-	00:44#	00:24#	00:04+	00:14#	00:30#	00:01+	
<b>8</b>	<b>Torgrim Reitan</b>	<b>116</b>										<b>32:15</b>
03:10-	08:08+	09:47+	12:57+	17:18+	18:19+	21:34+	23:40+	24:39+	25:57+	31:16+	32:15+	
03:10-	04:58+	01:39-	03:10+	04:21+	01:01-	03:15+	02:06+	00:59-	01:18+	05:19+	00:59+	
00:09-	01:15&	00:11-	00:23#	01:57&	00:12-	00:05+	00:15#	00:14-	00:02+	01:51&	00:07#	
<b>9</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>33:27</b>
04:41+	10:24+	12:26+	15:58+	18:31+	19:35+	24:05+	25:57+	27:11+	28:33+	32:33+	33:27+	
04:41+	05:43+	02:02+	03:32+	02:33+	01:04-	04:30+	01:52+	01:14+	01:22+	04:00+	00:54+	
01:22&	02:00&	00:12#	00:45&	00:09+	00:09-	01:20&	00:01+	00:01+	00:06+	00:32#	00:02+	
<b>10</b>	<b>Magnar Møller</b>	<b>62</b>										<b>33:38</b>
03:46+	08:26+	10:43+	14:24+	17:55+	19:13+	23:00+	25:46+	27:02+	28:31+	32:37+	33:38+	
03:46+	04:40+	02:17+	03:41+	03:31+	01:18+	03:47+	02:46+	01:16+	01:29+	04:06+	01:01+	
00:27#	00:57&	00:27#	00:54&	01:07&	00:05+	00:37#	00:55&	00:03+	00:13#	00:38#	00:09#	
<b>11</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>34:54</b>
03:35+	08:02+	10:07+	13:32+	16:54+	19:58+	23:43+	26:03+	27:07+	28:45+	33:46+	34:54+	
03:35+	04:27+	02:05+	03:25+	03:22+	03:04+	03:45+	02:20+	01:04-	01:38+	05:01+	01:08+	
00:16+	00:44#	00:15#	00:38#	00:58&	01:51@	00:35#	00:29&	00:09-	00:22&	01:33&	00:16&	
<b>12</b>	<b>Kjetil Solbakken</b>	<b>66</b>										<b>35:52</b>
04:34+	09:08+	11:17+	14:37+	17:24+	18:22+	22:06+	25:06+	26:20+	27:48+	35:00+	35:52+	
04:34+	04:34+	02:09+	03:20+	02:47+	00:58-	03:44+	03:00+	01:14+	01:28+	07:12+	00:52=	
01:15&	00:51#	00:19#	00:33#	00:23#	00:15-	00:34#	01:09&	00:01+	00:12#	03:44@	00:00=	
<b>13</b>	<b>Tore Halset</b>	<b>114</b>										<b>36:24</b>
03:39+	08:22+	10:23+	14:15+	17:39+	19:17+	23:42+	26:22+	27:38+	29:28+	35:23+	36:24+	
03:39+	04:43+	02:01+	03:52+	03:24+	01:38+	04:25+	02:40+	01:16+	01:50+	05:55+	01:01+	
00:20#	01:00&	00:11#	01:05&	01:00&	00:25&	01:15&	00:49&	00:03+	00:34&	02:27&	00:09#	
<b>14</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>37:02</b>
04:22+	09:19+	11:53+	16:12+	19:42+	20:56+	25:06+	28:12+	29:44+	31:23+	35:56+	37:02+	
04:22+	04:57+	02:34+	04:19+	03:30+	01:14+	04:10+	03:06+	01:32+	01:39+	04:33+	01:06+	
01:03&	01:14&	00:44&	01:32&	01:06&	00:01+	01:00&	01:15&	00:19&	00:23&	01:05&	00:14&	
<b>15</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>37:34</b>
03:54+	08:55+	11:18+	15:12+	18:01+	19:22+	24:10+	26:57+	28:12+	29:58+	36:21+	37:34+	
03:54+	05:01+	02:23+	03:54+	02:49+	01:21+	04:48+	02:47+	01:15+	01:46+	06:23+	01:13+	
00:35#	01:18&	00:33&	01:07&	00:25#	00:08#	01:38&	00:56&	00:02+	00:30&	02:55&	00:21&	
<b>16</b>	<b>Frode Dyrliid</b>	<b>116</b>										<b>37:36</b>
03:49+	08:24+	11:03+	15:07+	19:04+	20:12+	24:52+	27:33+	29:13+	31:07+	36:42+	37:36+	
03:49+	04:35+	02:39+	04:04+	03:57+	01:08-	04:40+	02:41+	01:40+	01:54+	05:35+	00:54+	
00:30#	00:52#	00:49&	01:17&	01:33&	00:05-	01:30&	00:50&	00:27&	00:38&	02:07&	00:02+	
<b>17</b>	<b>Steve Richardson</b>	<b>42</b>										<b>39:32</b>
04:08+	08:54+	12:03+	15:51+	20:45+	22:21+	28:07+	30:54+	32:22+	34:08+	38:27+	39:32+	
04:08+	04:46+	03:09+	03:48+	04:54+	01:36+	05:46+	02:47+	01:28+	01:46+	04:19+	01:05+	
00:49#	01:03&	01:19&	01:01&	02:30@	00:23&	02:36&	00:56&	00:15#	00:30&	00:51#	00:13#	
<b>18</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>39:57</b>
05:33+	09:55+	12:01+	16:58+	20:56+	22:12+	28:50+	31:18+	32:44+	33:57+	38:35+	39:57+	
05:33+	04:22+	02:06+	04:57+	03:58+	01:16+	06:38+	02:28+	01:26+	01:13-	04:38+	01:22+	
02:14&	00:39#	00:16#	02:10&	01:34&	00:03+	03:28@	00:37&	00:13#	00:03-	01:10&	00:30&	
<b>19</b>	<b>Trond Sandal</b>	<b>42</b>										<b>40:29</b>
04:33+	10:30+	12:49+	17:08+	20:25+	21:51+	27:05+	29:52+	31:22+	33:46+	39:12+	40:29+	
04:33+	05:57+	02:19+	04:19+	03:17+	01:26+	05:14+	02:47+	01:30+	02:24+	05:26+	01:17+	
01:14&	02:14&	00:29&	01:32&	00:53&	00:13#	02:04&	00:56&	00:17#	01:08&	01:58&	00:25&	
<b>20</b>	<b>Ove Njå</b>	<b>53</b>										<b>40:47</b>
04:21+	09:46+	13:13+	17:25+	21:34+	22:46+	27:46+	30:01+	31:19+	32:57+	39:44+	40:47+	
04:21+	05:25+	03:27+	04:12+	04:09+	01:12-	05:00+	02:15+	01:18+	01:38+	06:47+	01:03+	
01:02&	01:42&	01:37&	01:25&	01:45&	00:01-	01:50&	00:24#	00:05+	00:22&	03:19&	00:11#	
<b>21</b>	<b>Håvard Håland</b>	<b>66</b>										<b>41:09</b>
04:36+	10:02+	11:50+	15:33+	19:06+	20:36+	28:15+	32:17+	33:43+	35:24+	40:18+	41:09+	
04:36+	05:26+	01:48-	03:43+	03:33+	01:30+	07:39+	04:02+	01:26+	01:41+	04:54+	00:51-	
01:17&	01:43&	00:02-	00:56&	01:09&	00:17#	04:29@	02:11@	00:13#	00:25&	01:26&	00:01-	

Class	Navn	Klasse										Tid
<b>22</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>42:06</b>
04:32+	10:18+	12:43+	18:33+	22:08+	23:55+	28:30+	31:43+	33:05+	35:02+	41:08+	42:06+	
04:32+	05:46+	02:25+	05:50+	03:35+	01:47+	04:35+	03:13+	01:22+	01:57+	06:06+	00:58+	
01:13&	02:03&	00:35&	03:03@	01:11&	00:34&	01:25&	01:22&	00:09#	00:41&	02:38&	00:06#	
<b>23</b>	<b>Inge Skretting</b>	<b>165</b>										<b>42:34</b>
04:27+	09:45+	12:30+	17:30+	20:47+	21:56+	25:37+	32:25+	33:50+	36:25+	41:32+	42:34+	
04:27+	05:18+	02:45+	05:00+	03:17+	01:09-	03:41+	06:48+	01:25+	02:35+	05:07+	01:02+	
01:08&	01:35&	00:55&	02:13&	00:53&	00:04-	00:31#	04:57@	00:12#	01:19@	01:39&	00:10#	
<b>24</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>43:06</b>
04:30+	10:20+	12:52+	16:46+	22:40+	23:46+	29:10+	33:37+	35:08+	37:09+	41:57+	43:06+	
04:30+	05:50+	02:32+	03:54+	05:54+	01:06-	05:24+	04:27+	01:31+	02:01+	04:48+	01:09+	
01:11&	02:07&	00:42&	01:07&	03:30@	00:07-	02:14&	02:36@	00:18#	00:45&	01:20&	00:17&	
<b>25</b>	<b>John Breiland</b>	<b>352</b>										<b>44:00</b>
03:38+	08:05+	09:48+	13:20+	16:11+	17:17+	20:57+	31:06+	34:58+	37:02+	42:54+	44:00+	
03:38+	04:27+	01:43-	03:32+	02:51+	01:06-	03:40+	10:09+	03:52+	02:04+	05:52+	01:06+	
00:19+	00:44#	00:07-	00:45&	00:27#	00:07-	00:30#	08:18@	02:39@	00:48&	02:24&	00:14&	
<b>26</b>	<b>Anders Glenne</b>	<b>7</b>										<b>44:33</b>
04:58+	09:03+	11:24+	15:30+	19:41+	20:45+	31:36+	36:29+	37:49+	39:20+	43:45+	44:33+	
04:58+	04:05+	02:21+	04:06+	04:11+	01:04-	10:51+	04:53+	01:20+	01:31+	04:25+	00:48-	
01:39&	00:22+	00:31&	01:19&	01:47&	00:09-	07:41@	03:02@	00:07+	00:15#	00:57&	00:04-	
<b>27</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>45:03</b>
04:03+	09:46+	12:16+	16:27+	20:30+	25:48+	27:17+	32:19+	34:53+	36:15+	38:25+	44:05+	
04:03+	05:43+	02:30+	04:11+	04:03+	05:18+	01:29-	05:02+	02:34+	01:22+	02:10-	05:40+	
00:44#	02:00&	00:40&	01:24&	01:39&	04:05@	01:41-	03:11@	01:21@	00:06+	01:18-	04:48@	
<b>28</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>45:07</b>
04:04+	10:36+	13:06+	17:36+	21:17+	24:18+	30:47+	35:47+	37:12+	39:19+	44:11+	45:07+	
04:04+	06:32+	02:30+	04:30+	03:41+	03:01+	06:29+	05:00+	01:25+	02:07+	04:52+	00:56+	
00:45#	02:49&	00:40&	01:43&	01:17&	01:48@	03:19@	03:09@	00:12#	00:51&	01:24&	00:04+	
<b>29</b>	<b>Eilef Foss</b>	<b>76</b>										<b>49:34</b>
14:44+	21:44+	23:34+	26:49+	29:50+	30:48+	36:03+	41:25+	42:19+	44:12+	48:41+	49:34+	
14:44+	07:00+	01:50=	03:15+	03:01+	00:58-	05:15+	05:22+	00:54-	01:53+	04:29+	00:53+	
11:25@	03:17&	00:00=	00:28#	00:37&	00:15-	02:05&	03:31@	00:19-	00:37&	01:01&	00:01+	
<b>30</b>	<b>Christof Schätz</b>	<b>239</b>										<b>49:53</b>
04:43+	10:38+	12:53+	17:35+	29:47+	31:10+	36:11+	39:52+	41:34+	43:36+	48:45+	49:53+	
04:43+	05:55+	02:15+	04:42+	12:12+	01:23+	05:01+	03:41+	01:42+	02:02+	05:09+	01:08+	
01:24&	02:12&	00:25#	01:55&	09:48@	00:10#	01:51&	01:50&	00:29&	00:46&	01:41&	00:16&	
<b>31</b>	<b>Ingve Vold</b>	<b>54</b>										<b>50:54</b>
15:30+	20:41+	23:03+	27:22+	30:58+	32:39+	37:13+	39:41+	41:51+	43:50+	50:01+	50:54+	
15:30+	05:11+	02:22+	04:19+	03:36+	01:41+	04:34+	02:28+	02:10+	01:59+	06:11+	00:53+	
12:11@	01:28&	00:32&	01:32&	01:12&	00:28&	01:24&	00:37&	00:57&	00:43&	02:43&	00:01+	
<b>32</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>54:02</b>
06:47+	11:01+	13:11+	30:01+	32:52+	33:58+	38:42+	44:27+	46:13+	47:44+	53:02+	54:02+	
06:47+	04:14+	02:10+	16:50+	02:51+	01:06-	04:44+	05:45+	01:46+	01:31+	05:18+	01:00+	
03:28@	00:31#	00:20#	14:03@	00:27#	00:07-	01:34&	03:54@	00:33&	00:15#	01:50&	00:08#	
<b>33</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>1:02:57</b>
04:40+	12:52+	17:54+	33:07+	37:36+	39:33+	43:51+	52:31+	54:18+	56:05+	61:46+	62:57+	
04:40+	08:12+	05:02+	15:13+	04:29+	01:57+	04:18+	08:40+	01:47+	01:47+	05:41+	01:11+	
01:21&	04:29@	03:12@	12:26@	02:05&	00:44&	01:08&	06:49@	00:34&	00:31&	02:13&	00:19&	
<b>34</b>	<b>Trond Birkeland</b>	<b>27</b>										<b>1:03:55</b>
23:58+	29:15+	31:17+	35:06+	38:25+	40:19+	51:12+	53:28+	55:16+	57:22+	62:56+	63:55+	
23:58+	05:17+	02:02+	03:49+	03:19+	01:54+	10:53+	02:16+	01:48+	02:06+	05:34+	00:59+	
20:39@	01:34&	00:12#	01:02&	00:55&	00:41&	07:43@	00:25#	00:35&	00:50&	02:06&	00:07#	
<b>Beste strekktid for klassen</b>												
03:04	03:32	01:35	02:41	02:22	00:49	01:29	01:51	00:54	01:12	02:10	00:42	

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

## Herrer 60 - 64 år

Class	Navn	Klasse												Tid
<b>1</b>	<b>Arnfinn Rømuld</b>	<b>116</b>												<b>31:17</b>
00:35=	05:01=	07:17=	11:30=	14:53=	17:17=	19:16=	21:35=	23:34=	25:06=	26:19=	27:55=	30:25=	31:17=	
00:35=	04:26=	02:16=	04:13=	03:23=	02:24=	01:59=	02:19=	01:59=	01:32=	01:13=	01:36=	02:30=	00:52=	
00:00=	00:00=	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>Kjell Skjæveland</b>	<b>166</b>												<b>34:32</b>
00:45+	05:21+	07:16-	12:14+	15:26+	19:53+	20:55+	23:16+	25:51+	28:04+	29:21+	30:43+	33:27+	34:32+	
00:45+	04:36+	01:55-	04:58+	03:12-	04:27+	01:02-	02:21+	02:35+	02:13+	01:17+	01:22-	02:44+	01:05+	
00:10&	00:10+	00:21-	00:45#	00:11-	02:03&	00:57-	00:02+	00:36&	00:41&	00:04+	00:14-	00:14+	00:13#	
<b>3</b>	<b>Sveinung Svebestad</b>	<b>46</b>												<b>37:30</b>
00:50+	07:08+	09:20+	14:25+	18:21+	21:31+	23:00+	25:37+	27:30+	29:28+	31:20+	32:54+	36:20+	37:30+	
00:50+	06:18+	02:12-	05:05+	03:56+	03:10+	01:29-	02:37+	01:53-	01:58+	01:52+	01:34-	03:26+	01:10+	
00:15&	01:52&	00:04-	00:52#	00:33#	00:46&	00:30-	00:18#	00:06-	00:26&	00:39&	00:02-	00:56&	00:18&	
<b>4</b>	<b>Ole Petter Haukaas</b>	<b>109</b>												<b>37:35</b>
00:40+	08:15+	10:02+	13:49+	21:37+	24:26+	25:28+	27:59+	29:25+	31:04+	32:22+	33:28+	36:47+	37:35+	
00:40+	07:35+	01:47-	03:47-	07:48+	02:49+	01:02-	02:31+	01:26-	01:39+	01:18+	01:06-	03:19+	00:48-	
00:05#	03:09&	00:29-	00:26-	04:25@	00:25#	00:57-	00:12+	00:33-	00:07+	00:05+	00:30-	00:49&	00:04-	
<b>5</b>	<b>Kjetil Heradstveit</b>	<b>76</b>												<b>37:42</b>
00:43+	05:41+	07:28+	11:43+	19:55+	22:57+	24:15+	27:28+	29:52+	31:24+	32:46+	33:46+	36:40+	37:42+	
00:43+	04:58+	01:47-	04:15+	08:12+	03:02+	01:18-	03:13+	02:24+	01:32=	01:22+	01:00-	02:54+	01:02+	
00:08#	00:32#	00:29-	00:02+	04:49@	00:38&	00:41-	00:54&	00:25#	00:00=	00:09#	00:36-	00:24#	00:10#	
<b>6</b>	<b>Olav Tunheim</b>	<b>93</b>												<b>38:31</b>
00:51+	05:56+	08:08+	13:27+	17:31+	22:18+	23:25+	26:25+	28:48+	31:09+	32:45+	34:14+	37:30+	38:31+	
00:51+	05:05+	02:12-	05:19+	04:04+	04:47+	01:07-	03:00+	02:23+	02:21+	01:36+	01:29-	03:16+	01:01+	
00:16&	00:39#	00:04-	01:06&	00:41#	02:23&	00:52-	00:41&	00:24#	00:49&	00:23&	00:07-	00:46&	00:09#	
<b>7</b>	<b>John C. Sinnes</b>	<b>93</b>												<b>38:53</b>
01:01+	07:22+	10:44+	15:28+	20:23+	24:24+	25:32+	28:21+	30:24+	32:06+	33:43+	34:59+	38:01+	38:53+	
01:01+	06:21+	03:22+	04:44+	04:55+	04:01+	01:08-	02:49+	02:03+	01:42+	01:37+	01:16-	03:02+	00:52=	
00:26&	01:55&	01:06&	00:31#	01:32&	01:37&	00:51-	00:30#	00:04+	00:10#	00:24&	00:20-	00:32#	00:00=	
<b>8</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>												<b>39:26</b>
00:43+	05:12+	07:10-	16:45+	22:02+	26:15+	27:10+	29:40+	31:24+	33:02+	34:24+	35:37+	38:27+	39:26+	
00:43+	04:29+	01:58-	09:35+	05:17+	04:13+	00:55-	02:30+	01:44-	01:38+	01:22+	01:13-	02:50+	00:59+	
00:08#	00:03+	00:18-	05:22@	01:54&	01:49&	01:04-	00:11+	00:15-	00:06+	00:09#	00:23-	00:20#	00:07#	
<b>9</b>	<b>Torbjørn Dahle</b>	<b>92</b>												<b>41:01</b>
00:46+	05:41+	07:29+	13:00+	19:15+	22:42+	23:51+	26:53+	28:43+	34:37+	35:51+	37:10+	40:00+	41:01+	
00:46+	04:55+	01:48-	05:31+	06:15+	03:27+	01:09-	03:02+	01:50-	05:54+	01:14+	01:19-	02:50+	01:01+	
00:11&	00:29#	00:28-	01:18&	02:52&	01:03&	00:50-	00:43&	00:09-	04:22@	00:01+	00:17-	00:20#	00:09#	
<b>10</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>												<b>47:31</b>
00:47+	06:37+	09:16+	14:55+	21:22+	25:10+	26:54+	32:19+	34:49+	38:00+	40:26+	42:24+	46:33+	47:31+	
00:47+	05:50+	02:39+	05:39+	06:27+	03:48+	01:44-	05:25+	02:30+	03:11+	02:26+	01:58+	04:09+	00:58+	
00:12&	01:24&	00:23#	01:26&	03:04&	01:24&	00:15-	03:06@	00:31&	01:39@	01:13&	00:22#	01:39&	00:06#	
<b>11</b>	<b>Kjell Lervik</b>	<b>239</b>												<b>47:32</b>
00:50+	09:26+	11:44+	17:32+	23:36+	27:37+	29:05+	32:12+	34:24+	37:51+	39:31+	41:05+	46:24+	47:32+	
00:50+	08:36+	02:18+	05:48+	06:04+	04:01+	01:28-	03:07+	02:12+	03:27+	01:40+	01:34-	05:19+	01:08+	
00:15&	04:10&	00:02+	01:35&	02:41&	01:37&	00:31-	00:48&	00:13#	01:55@	00:27&	00:02-	02:49@	00:16&	
<b>12</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>												<b>47:34</b>
00:56+	07:21+	09:56+	20:22+	25:23+	28:36+	30:00+	33:03+	36:26+	39:55+	41:38+	43:09+	46:29+	47:34+	
00:56+	06:25+	02:35+	10:26+	05:01+	03:13+	01:24-	03:03+	03:23+	03:29+	01:43+	01:31-	03:20+	01:05+	
00:21&	01:59&	00:19#	06:13@	01:38&	00:49&	00:35-	00:44&	01:24&	01:57@	00:30&	00:05-	00:50&	00:13#	
<b>13</b>	<b>Svein Magne Gloppen</b>	<b>93</b>												<b>51:48</b>
00:52+	07:45+	11:49+	16:40+	20:41+	27:38+	29:14+	31:28+	33:06+	35:51+	37:27+	38:42+	49:38+	51:48+	
00:52+	06:53+	04:04+	04:51+	04:01+	06:57+	01:36-	02:14-	01:38-	02:45+	01:36+	01:15-	10:56+	02:10+	
00:17&	02:27&	01:48&	00:38#	00:38#	04:33@	00:23-	00:05-	00:21-	01:13&	00:23&	00:21-	08:26@	01:18@	
<b>14</b>	<b>Ommund Bakkevold</b>	<b>68</b>												<b>1:01:13</b>
00:57+	10:08+	13:24+	21:11+	32:51+	38:03+	40:22+	45:10+	47:59+	50:29+	52:48+	54:58+	59:30+	61:13+	
00:57+	09:11+	03:16+	07:47+	11:40+	05:12+	02:19+	04:48+	02:49+	02:30+	02:19+	02:10+	04:32+	01:43+	
00:22&	04:45@	01:00&	03:34&	08:17@	02:48@	00:20#	02:29@	00:50&	00:58&	01:06&	00:34&	02:02&	00:51&	
00:35	04:26	01:47	03:47	03:12	02:24	00:55	02:14	01:26	01:32	01:13	01:00	02:30	00:48	

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



Class	Navn	Klasse	Tid
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## Herrer 65 - 69 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>	<b>29:36</b>										
00:41=	05:31=	07:13=	11:09=	14:12=	16:51=	18:23=	20:37=	22:22=	24:00=	25:18=	26:23=	28:48=	29:36=
00:41=	04:50=	01:42=	03:56=	03:03=	02:39=	01:32=	02:14=	01:45=	01:38=	01:18=	01:05=	02:25=	00:48=
00:00=	00:00=	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>Arne Kristian Espedal</b>	<b>68</b>	<b>29:37</b>										
00:35-	04:42-	06:14-	09:26-	12:16-	16:23-	17:24-	19:21-	20:32-	24:16+	25:20+	26:30+	28:44-	29:37+
00:35-	04:07-	01:32-	03:12-	02:50-	04:07+	01:01-	01:57-	01:11-	03:44+	01:04-	01:10+	02:14-	00:53+
00:06-	00:43-	00:10-	00:44-	00:13-	01:28&	00:31-	00:17-	00:34-	02:06&	00:14-	00:05+	00:11-	00:05#
<b>3</b>	<b>Jan Hetland</b>	<b>29</b>	<b>35:35</b>										
00:47+	05:31=	07:38+	12:17+	17:27+	21:01+	22:06+	25:10+	27:28+	29:08+	30:39+	31:56+	34:42+	35:35+
00:47+	04:44-	02:07+	04:39+	05:10+	03:34+	01:05-	03:04+	02:18+	01:40+	01:31+	01:17+	02:46+	00:53+
00:06#	00:06-	00:25#	00:43#	02:07&	00:55&	00:27-	00:50&	00:33&	00:02+	00:13#	00:12#	00:21#	00:05#
<b>4</b>	<b>Bjarne Gimre</b>	<b>88</b>	<b>36:20</b>										
00:47+	06:56+	09:07+	14:46+	18:57+	21:50+	23:19+	25:49+	27:34+	29:24+	30:57+	32:25+	35:30+	36:20+
00:47+	06:09+	02:11+	05:39+	04:11+	02:53+	01:29-	02:30+	01:45=	01:50+	01:33+	01:28+	03:05+	00:50+
00:06#	01:19&	00:29&	01:43&	01:08&	00:14+	00:03-	00:16#	00:00=	00:12#	00:15#	00:23&	00:40&	00:02+
<b>5</b>	<b>Bjørn Bjelland</b>	<b>83</b>	<b>36:53</b>										
00:53+	06:41+	08:48+	13:33+	18:19+	22:14+	23:19+	26:17+	28:44+	30:18+	31:46+	33:03+	35:52+	36:53+
00:53+	05:48+	02:07+	04:45+	04:46+	03:55+	01:05-	02:58+	02:27+	01:34-	01:28+	01:17+	02:49+	01:01+
00:12&	00:58#	00:25#	00:49#	01:43&	01:16&	00:27-	00:44&	00:42&	00:04-	00:10#	00:12#	00:24#	00:13&
<b>6</b>	<b>Torbjørn Evensen</b>	<b>108</b>	<b>36:58</b>										
00:44+	05:06-	07:04-	11:01-	15:50+	19:00+	20:06+	22:39+	24:15+	26:52+	28:28+	29:42+	36:01+	36:58+
00:44+	04:22-	01:58+	03:57+	04:49+	03:10+	01:06-	02:33+	01:36-	02:37+	01:36+	01:14+	06:19+	00:57+
00:03+	00:28-	00:16#	00:01+	01:46&	00:31#	00:26-	00:19#	00:09-	00:59&	00:18#	00:09#	03:54&	00:09#
<b>7</b>	<b>Eivind L. Rake</b>	<b>92</b>	<b>37:33</b>										
00:51+	06:46+	08:48+	13:54+	17:15+	20:35+	21:55+	25:34+	27:20+	28:56+	30:23+	31:48+	36:25+	37:33+
00:51+	05:55+	02:02+	05:06+	03:21+	03:20+	01:20-	03:39+	01:46+	01:36-	01:27+	01:25+	04:37+	01:08+
00:10#	01:05#	00:20#	01:10&	00:18+	00:41&	00:12-	01:25&	00:01+	00:02-	00:09#	00:20&	02:12&	00:20&
<b>8</b>	<b>Tor Geir Espedal</b>	<b>115</b>	<b>38:35</b>										
00:52+	06:00+	08:07+	14:56+	19:43+	22:33+	23:50+	26:33+	28:25+	31:15+	32:59+	34:22+	37:14+	38:35+
00:52+	05:08+	02:07+	06:49+	04:47+	02:50+	01:17-	02:43+	01:52+	02:50+	01:44+	01:23+	02:52+	01:21+
00:11&	00:18+	00:25#	02:53&	01:44&	00:11+	00:15-	00:29#	00:07+	01:12&	00:26&	00:18&	00:27#	00:33&
<b>9</b>	<b>Terje Stokkeland</b>	<b>69</b>	<b>38:47</b>										
00:53+	06:44+	08:50+	14:19+	18:19+	21:54+	23:15+	25:37+	27:31+	30:10+	31:29+	32:42+	37:58+	38:47+
00:53+	05:51+	02:06+	05:29+	04:00+	03:35+	01:21-	02:22+	01:54+	02:39+	01:19+	01:13+	05:16+	00:49+
00:12&	01:01#	00:24#	01:33&	00:57&	00:56&	00:11-	00:08+	00:09+	01:01&	00:01+	00:08#	02:51&	00:01+
<b>10</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>	<b>39:32</b>										
00:58+	06:39+	09:24+	15:12+	20:26+	23:41+	25:11+	27:49+	29:40+	31:38+	33:20+	34:45+	38:30+	39:32+
00:58+	05:41+	02:45+	05:48+	05:14+	03:15+	01:30-	02:38+	01:51+	01:58+	01:42+	01:25+	03:45+	01:02+
00:17&	00:51#	01:03&	01:52&	02:11&	00:36#	00:02-	00:24#	00:06+	00:20#	00:24&	00:20&	01:20&	00:14&
<b>11</b>	<b>Sveinung Tveit</b>	<b>236</b>	<b>40:28</b>										
00:54+	06:48+	10:18+	16:00+	19:41+	23:04+	24:20+	28:26+	30:40+	32:37+	34:09+	35:41+	39:27+	40:28+
00:54+	05:54+	03:30+	05:42+	03:41+	03:23+	01:16-	04:06+	02:14+	01:57+	01:32+	01:32+	03:46+	01:01+
00:13&	01:04#	01:48@	01:46&	00:38#	00:44&	00:16-	01:52&	00:29&	00:19#	00:14#	00:27&	01:21&	00:13&
<b>12</b>	<b>Svein Ims</b>	<b>65</b>	<b>41:17</b>										
02:21+	08:13+	10:34+	15:40+	20:18+	24:13+	25:33+	28:40+	30:34+	32:32+	34:15+	35:56+	40:05+	41:17+
02:21+	05:52+	02:21+	05:06+	04:38+	03:55+	01:20-	03:07+	01:54+	01:58+	01:43+	01:41+	04:09+	01:12+
01:40@	01:02#	00:39&	01:10&	01:35&	01:16&	00:12-	00:53&	00:09+	00:20#	00:25&	00:36&	01:44&	00:24&
<b>13</b>	<b>Arne Magne Handeland</b>	<b>92</b>	<b>43:02</b>										
00:49+	07:27+	09:44+	14:28+	24:13+	27:34+	29:25+	32:09+	34:13+	35:54+	37:19+	38:55+	41:54+	43:02+
00:49+	06:38+	02:17+	04:44+	09:45+	03:21+	01:51+	02:44+	02:04+	01:41+	01:25+	01:36+	02:59+	01:08+
00:08#	01:48&	00:35&	00:48#	06:42@	00:42&	00:19#	00:30#	00:19#	00:03+	00:07+	00:31&	00:34#	00:20&
<b>14</b>	<b>Tom Hetland</b>	<b>5</b>	<b>43:08</b>										
00:51+	06:50+	09:13+	16:16+	19:52+	23:24+	25:44+	29:02+	31:03+	33:42+	35:14+	36:34+	41:54+	43:08+
00:51+	05:59+	02:23+	07:03+	03:36+	03:32+	02:20+	03:18+	02:01+	02:39+	01:32+	01:20+	05:20+	01:14+
00:10#	01:09#	00:41&	03:07&	00:33#	00:53&	00:48&	01:04&	00:16#	01:01&	00:14#	00:15#	02:55@	00:26&

Class	Navn	Klasse											Tid
<b>15</b>	<b>Rolf Kleppe</b>	<b>63</b>											<b>56:10</b>
01:09+	08:51+	12:27+	19:43+	27:14+	32:17+	33:55+	38:21+	45:46+	48:32+	50:10+	54:58+	56:10+	
01:09+	07:42+	03:36+	07:16+	07:31+	05:03+	01:38+	04:26+	03:13+	04:12+	02:46+	01:38+	04:48+	
00:28&	02:52&	01:54@	03:20&	04:28@	02:24&	00:06+	02:12&	01:28&	02:34@	01:28@	00:33&	02:23&	
<b>16</b>	<b>Steinar Barmen</b>	<b>105</b>											<b>1:10:57</b>
00:56+	06:57+	09:16+	31:02+	46:32+	49:59+	51:37+	57:54+	59:58+	62:45+	64:33+	66:03+	69:41+	
00:56+	06:01+	02:19+	21:46+	15:30+	03:27+	01:38+	06:17+	02:04+	02:47+	01:48+	01:30+	03:38+	
00:15&	01:11#	00:37&	17:50@	12:27@	00:48&	00:06+	04:03@	00:19#	01:09&	00:30&	00:25&	01:13&	
<b>Beste strekktid for klassen</b>													
00:35	04:07	01:32	03:12	02:50	02:39	01:01	01:57	01:11	01:34	01:04	01:05	02:14	

= 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>28:04</b>
00:48=	04:50=	06:27=	10:05=	13:00=	15:25=	16:29=	19:12=	20:41=	21:53=	23:13=	24:18=	26:52=	
00:48=	04:02=	01:37=	03:38=	02:55=	02:25=	01:04=	02:43=	01:29=	01:12=	01:20=	01:05=	02:34=	
00:00=	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>Kjell Svihus</b>	<b>154</b>											<b>35:28</b>
00:56+	06:27+	08:33+	13:37+	17:26+	20:50+	22:23+	25:13+	27:03+	28:31+	29:59+	31:20+	34:13+	
00:56+	05:31+	02:06+	05:04+	03:49+	03:24+	01:33+	02:50+	01:50+	01:28+	01:28+	01:21+	02:53+	
00:08#	01:29&	00:29&	01:26&	00:54&	00:59&	00:29&	00:07+	00:21#	00:16#	00:08#	00:16#	00:19#	
<b>3</b>	<b>Asgeir Bell</b>	<b>117</b>											<b>35:46</b>
00:45-	05:56+	07:46+	13:03+	18:56+	21:35+	22:35+	25:59+	27:23+	29:02+	30:32+	31:51+	34:45+	
00:45-	05:11+	01:50+	05:17+	05:53+	02:39+	01:00-	03:24+	01:24-	01:39+	01:30+	01:19+	02:54+	
00:03-	01:09&	00:13#	01:39&	02:58@	00:14+	00:04-	00:41&	00:05-	00:27&	00:10#	00:14#	00:20#	
<b>4</b>	<b>Paul A. Paulsen</b>	<b>117</b>											<b>36:28</b>
00:43-	06:09+	08:14+	13:25+	17:28+	20:20+	21:35+	24:06+	27:57+	29:49+	31:08+	32:21+	35:37+	
00:43-	05:26+	02:05+	05:11+	04:03+	02:52+	01:15+	02:31-	03:51+	01:52+	01:19-	01:13+	03:16+	
00:05-	01:24&	00:28&	01:33&	01:08&	00:27#	00:11#	00:12-	02:22@	00:40&	00:01-	00:08#	00:42&	
<b>5</b>	<b>Jan Inge Lunde</b>	<b>88</b>											<b>38:09</b>
01:02+	06:54+	09:18+	15:49+	20:04+	23:01+	24:22+	27:15+	28:55+	30:35+	32:13+	33:42+	36:56+	
01:02+	05:52+	02:24+	06:31+	04:15+	02:57+	01:21+	02:53+	01:40+	01:40+	01:38+	01:29+	03:14+	
00:14&	01:50&	00:47&	02:53&	01:20&	00:32#	00:17&	00:10+	00:11#	00:28&	00:18#	00:24&	00:40&	
<b>6</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>											<b>38:34</b>
00:46-	05:43+	07:51+	13:23+	17:25+	21:22+	22:43+	26:36+	28:34+	30:50+	32:38+	34:11+	37:28+	
00:46-	04:57+	02:08+	05:32+	04:02+	03:57+	01:21+	03:53+	01:58+	02:16+	01:48+	01:33+	03:17+	
00:02-	00:55#	00:31&	01:54&	01:07&	01:32&	00:17&	01:10&	00:29&	01:04&	00:28&	00:28&	00:43&	
<b>7</b>	<b>Olav Habbestad</b>	<b>116</b>											<b>40:10</b>
00:46-	05:46+	10:44+	15:14+	19:32+	22:55+	24:37+	27:24+	30:32+	32:21+	34:08+	35:42+	39:07+	
00:46-	05:00+	04:58+	04:30+	04:18+	03:23+	01:42+	02:47+	03:08+	01:49+	01:47+	01:34+	03:25+	
00:02-	00:58#	03:21@	00:52#	01:23&	00:58&	00:38&	00:04+	01:39@	00:37&	00:27&	00:29&	00:51&	
<b>8</b>	<b>Terje Helland</b>	<b>88</b>											<b>40:21</b>
00:54+	07:27+	10:00+	17:06+	21:10+	24:07+	25:27+	28:13+	30:07+	31:44+	33:21+	34:56+	39:13+	
00:54+	06:33+	02:33+	07:06+	04:04+	02:57+	01:20+	02:46+	01:54+	01:37+	01:37+	01:35+	04:17+	
00:06#	02:31&	00:56&	03:28&	01:09&	00:32#	00:16#	00:03+	00:25&	00:25&	00:17#	00:30&	01:43&	
<b>9</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>											<b>40:35</b>
00:56+	06:31+	08:42+	13:40+	18:21+	21:40+	23:13+	26:03+	29:21+	32:59+	34:45+	36:15+	39:32+	
00:56+	05:35+	02:11+	04:58+	04:41+	03:19+	01:33+	02:50+	03:18+	03:38+	01:46+	01:30+	03:17+	
00:08#	01:33&	00:34&	01:20&	01:46&	00:54&	00:29&	00:07+	01:49@	02:26@	00:26&	00:25&	00:43&	
<b>10</b>	<b>Ragnvald Frøyland</b>	<b>128</b>											<b>42:13</b>
00:50+	07:47+	09:39+	14:10+	23:14+	26:17+	28:04+	31:01+	32:56+	34:44+	36:19+	37:55+	40:52+	
00:50+	06:57+	01:52+	04:31+	03:04+	03:03+	01:47+	02:57+	01:55+	01:48+	01:35+	01:36+	02:57+	
00:02+	02:55&	00:15#	00:53#	06:09@	00:38&	00:43&	00:14+	00:26&	00:36&	00:15#	00:31&	00:23#	
<b>11</b>	<b>Jostein Tunheim</b>	<b>116</b>											<b>45:04</b>
00:46-	05:36+	07:36+	12:27+	23:51+	26:40+	28:09+	30:47+	32:28+	36:25+	38:03+	39:23+	44:05+	
00:46-	04:50+	02:00+	04:51+	11:24+	02:49+	01:29+	02:38-	01:41+	03:57+	01:38+	01:20+	04:42+	
00:02-	00:48#	00:23#	01:13&	08:29@	00:24#	00:25&	00:05-	00:12#	02:45@	00:18#	00:15#	02:08&	

Class	Navn	Klasse										Tid
<b>12</b>	<b>Gudmund Gausel</b>	<b>115</b>										<b>45:39</b>
00:51+	06:10+	08:13+	14:05+	25:12+	28:36+	29:56+	35:18+	37:18+	39:08+	40:46+	44:27+	45:39+
00:51+	05:19+	02:03+	05:52+	11:07+	03:24+	01:20+	03:04+	02:18+	02:00+	01:50+	01:38+	03:41+
00:03+	01:17&	00:26&	02:14&	08:12@	00:59&	00:16#	00:21#	00:49&	00:48&	00:30&	00:33&	01:07&
<b>13</b>	<b>Arne Østensen</b>	<b>53</b>										<b>46:00</b>
00:44-	11:24+	13:53+	20:04+	26:15+	29:02+	30:05+	32:41+	36:59+	38:56+	40:43+	42:11+	45:04+
00:44-	10:40+	02:29+	06:11+	06:11+	02:47+	01:03-	02:36-	04:18+	01:57+	01:47+	01:28+	02:53+
00:04-	06:38@	00:52&	02:33&	03:16@	00:22#	00:01-	00:07-	02:49@	00:45&	00:27&	00:23&	00:19#
<b>14</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:32:45</b>
02:05+	11:39+	17:28+	34:32+	50:01+	58:22+	60:50+	67:35+	72:13+	76:29+	79:41+	82:20+	90:21+
02:05+	09:34+	05:49+	17:04+	15:29+	08:21+	02:28+	06:45+	04:38+	04:16+	03:12+	02:39+	08:01+
01:17@	05:32@	04:12@	13:26@	12:34@	05:56@	01:24@	04:02@	03:09@	03:04@	01:52@	01:34@	05:27@
<b>Beste strekktid for klassen</b>												
00:43	04:02	01:37	03:38	02:55	02:25	01:00	02:31	01:24	01:12	01:19	01:05	02:34

= 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>26:00</b>
00:55=	04:18=	08:05=	10:19=	14:12=	17:33=	18:55=	20:22=	23:26=	25:09=	26:00=		
00:55=	03:23=	03:47=	02:14=	03:53=	03:21=	01:22=	01:27=	03:04=	01:43=	00:51=		
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>Knut Skjæveland</b>	<b>93</b>										<b>27:33</b>
01:02+	04:27+	08:24+	10:46+	14:54+	18:46+	20:23+	21:52+	24:47+	26:24+	27:33+		
01:02+	03:25+	03:57+	02:22+	04:08+	03:52+	01:37+	01:29+	02:55-	01:37-	01:09+		
00:07#	00:02+	00:10+	00:08+	00:15+	00:31#	00:15#	00:02+	00:09-	00:06-	00:18&		
<b>3</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>29:43</b>
00:45-	04:08-	07:18-	09:20-	12:25-	15:47-	17:19-	18:41-	26:50+	28:48+	29:43+		
00:45-	03:23=	03:10-	02:02-	03:05-	03:22+	01:32+	01:22-	08:09+	01:58+	00:55+		
00:10-	00:00=	00:37-	00:12-	00:48-	00:01+	00:10#	00:05-	05:05@	00:15#	00:04+		
<b>4</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>31:47</b>
00:57+	04:40+	08:31+	11:03+	14:48+	18:45+	20:17+	21:51+	28:23+	30:22+	31:47+		
00:57+	03:43+	03:51+	02:32+	03:45-	03:57+	01:32+	01:34+	06:32+	01:59+	01:25+		
00:02+	00:20+	00:04+	00:18#	00:08-	00:36#	00:10#	00:07+	03:28@	00:16#	00:34&		
<b>5</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>31:47</b>
00:56+	04:20+	08:01-	10:25+	16:06+	20:49+	22:09+	23:26+	28:39+	30:46+	31:47+		
00:56+	03:24+	03:41-	02:24+	05:41+	04:43+	01:20-	01:17-	05:13+	02:07+	01:01+		
00:01+	00:01+	00:06-	00:10+	01:48&	01:22&	00:02-	00:10-	02:09&	00:24#	00:10#		
<b>6</b>	<b>Hans Klausen</b>	<b>62</b>										<b>32:11</b>
04:04+	08:09+	11:41+	13:57+	17:57+	21:40+	23:25+	24:52+	27:55+	29:38+	32:11+		
04:04+	04:05+	03:32-	02:16+	04:00+	03:43+	01:45+	01:27=	03:03-	01:43=	02:33+		
03:09@	00:42#	00:15-	00:02+	00:07+	00:22#	00:23&	00:00=	00:01-	00:00=	01:42@		
<b>7</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>33:33</b>
01:08+	05:14+	09:36+	12:09+	17:26+	22:11+	24:16+	25:54+	30:08+	32:07+	33:33+		
01:08+	04:06+	04:22+	02:33+	05:17+	04:45+	02:05+	01:38+	04:14+	01:59+	01:26+		
00:13#	00:43#	00:35#	00:19#	01:24&	01:24&	00:43&	00:11#	01:10&	00:16#	00:35&		
<b>8</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>33:45</b>
01:14+	05:08+	09:45+	13:50+	18:33+	23:02+	24:54+	26:28+	30:28+	32:22+	33:45+		
01:14+	03:54+	04:37+	04:05+	04:43+	04:29+	01:52+	01:34+	04:00+	01:54+	01:23+		
00:19&	00:31#	00:50#	01:51&	00:50#	01:08&	00:30&	00:07+	00:56&	00:11#	00:32&		
<b>9</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>36:09</b>
01:00+	04:58+	09:47+	12:06+	18:02+	22:28+	24:10+	26:10+	29:55+	34:40+	36:09+		
01:00+	03:58+	04:49+	02:19+	05:56+	04:26+	01:42+	02:00+	03:45+	04:45+	01:29+		
00:05+	00:35#	01:02&	00:05+	02:03&	01:05&	00:20#	00:33&	00:41#	03:02@	00:38&		
<b>10</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>36:39</b>
00:52-	05:36+	09:47+	12:12+	16:42+	20:50+	22:20+	23:46+	33:54+	35:30+	36:39+		
00:52-	04:44+	04:11+	02:25+	04:30+	04:08+	01:30+	01:26-	10:08+	01:36-	01:09+		
00:03-	01:21&	00:24#	00:11+	00:37#	00:47#	00:08+	00:01-	07:04@	00:07-	00:18&		

Class	Navn	Klasse	Tid											
<b>11</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>39:36</b>											
01:02+	07:41+	12:42+	15:28+	20:38+	27:27+	30:10+	31:54+	35:27+	38:26+	39:36+				
01:02+	06:39+	05:01+	02:46+	05:10+	06:49+	02:43+	01:44+	03:33+	02:59+	01:10+				
00:07#	03:16&	01:14&	00:32#	01:17&	03:28@	01:21&	00:17#	00:29#	01:16&	00:19&				
<b>12</b>	<b>Geir Husdal</b>	<b>93</b>	<b>39:44</b>											
00:50-	04:32+	08:32+	10:49+	15:19+	27:20+	29:09+	30:41+	36:24+	38:32+	39:44+				
00:50-	03:42+	04:00+	02:17+	04:30+	12:01+	01:49+	01:32+	05:43+	02:08+	01:12+				
00:05-	00:19+	00:13+	00:03+	00:37#	08:40@	00:27&	00:05+	02:39&	00:25#	00:21&				
<b>13</b>	<b>Jan Værp</b>	<b>62</b>	<b>40:52</b>											
01:09+	05:44+	10:53+	13:52+	19:06+	24:34+	27:19+	30:15+	36:47+	39:08+	40:52+				
01:09+	04:35+	05:09+	02:59+	05:14+	05:28+	02:45+	02:56+	06:32+	02:21+	01:44+				
00:14&	01:12&	01:22&	00:45&	01:21&	02:07&	01:23@	01:29@	03:28@	00:38&	00:53@				
<b>14</b>	<b>Tormod Aaslid</b>	<b>54</b>	<b>42:23</b>											
01:34+	07:14+	13:34+	16:48+	21:36+	27:32+	30:25+	32:25+	36:53+	40:48+	42:23+				
01:34+	05:40+	06:20+	03:14+	04:48+	05:56+	02:53+	02:00+	04:28+	03:55+	01:35+				
00:39&	02:17&	02:33&	01:00&	00:55#	02:35&	01:31@	00:33&	01:24&	02:12@	00:44&				
<b>15</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>46:56</b>											
01:02+	06:46+	12:39+	15:37+	20:26+	26:56+	28:53+	30:50+	36:37+	45:14+	46:56+				
01:02+	05:44+	05:53+	02:58+	04:49+	06:30+	01:57+	01:57+	05:47+	08:37+	01:42+				
00:07#	02:21&	02:06&	00:44&	00:56#	03:09&	00:35&	00:30&	02:43&	06:54@	00:51&				
<b>16</b>	<b>Reidar Magne Liland</b>	<b>66</b>	<b>48:19</b>											
01:43+	08:28+	14:18+	17:42+	24:47+	33:29+	36:30+	38:29+	43:02+	46:38+	48:19+				
01:43+	06:45+	05:50+	03:24+	07:05+	08:42+	03:01+	01:59+	04:33+	03:36+	01:41+				
00:48&	03:22&	02:03&	01:10&	03:12&	05:21@	01:39@	00:32&	01:29&	01:53@	00:50&				
<b>17</b>	<b>Arvid Thorsen</b>	<b>5</b>	<b>53:27</b>											
00:51-	04:04-	08:17+	10:55+	15:51+	20:07+	21:41+	23:21+	30:59+	32:31+	33:48+	40:59+	50:35+	52:19+	53:27+
00:51-	03:13-	04:13+	02:38+	04:56+	04:16+	01:34+	01:40+	07:38+	01:32-	01:17+	07:11+	09:36+	01:44+	01:08+
00:04-	00:10-	00:26#	00:24#	01:03&	00:55&	00:12#	00:13#	04:34@	00:11-	00:26&	07:11+	09:36+	01:44+	01:08+

### Beste strekktid for klassen

00:45 03:13 03:10 02:02 03:05 03:21 01:20 01:17 02:55 01:32 00:51

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

## Herrer 80 år og eldre

<b>1</b>	<b>Alf Gyland</b>	<b>92</b>	<b>36:35</b>								
01:28=	05:52=	07:43=	09:24=	11:26=	14:33=	17:03=	20:40=	24:24=	27:18=	35:04=	36:35=
01:28=	04:24=	01:51=	01:41=	02:02=	03:07=	02:30=	03:37=	03:44=	02:54=	07:46=	01:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Terje Braut</b>	<b>92</b>	<b>39:26</b>								
01:29+	04:28-	05:55-	07:34-	09:37-	13:24-	15:50-	27:45+	31:29+	34:12+	38:13+	39:26+
01:29+	02:59-	01:27-	01:39-	02:03+	03:47+	02:26-	11:55+	03:44=	02:43-	04:01-	01:13-
00:01+	01:25-	00:24-	00:02-	00:01+	00:40#	00:04-	08:18@	00:00=	00:11-	03:45-	00:18-
<b>3</b>	<b>Sigurd Krosli</b>	<b>93</b>	<b>44:42</b>								
01:13-	05:46-	07:23-	09:12-	11:10-	26:10+	27:59+	32:07+	35:12+	38:16+	43:28+	44:42+
01:13-	04:33+	01:37-	01:49+	01:58-	15:00+	01:49-	04:08+	03:05-	03:04+	05:12-	01:14-
00:15-	00:09+	00:14-	00:08+	00:04-	11:53@	00:41-	00:31#	00:39-	00:10+	02:34-	00:17-
<b>4</b>	<b>Harald Vatne</b>	<b>67</b>	<b>45:53</b>								
01:24-	11:51+	16:39+	18:23+	20:32+	24:25+	27:19+	31:39+	35:11+	38:35+	44:34+	45:53+
01:24-	10:27+	04:48+	01:44+	02:09+	03:53+	02:54+	04:20+	03:32-	03:24+	05:59-	01:19-
00:04-	06:03@	02:57@	00:03+	00:07+	00:46#	00:24#	00:43#	00:12-	00:30#	01:47-	00:12-
<b>5</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>53:51</b>								
02:16+	06:58+	08:48+	10:43+	12:56+	20:38+	23:01+	30:48+	40:21+	43:59+	51:42+	53:51+
02:16+	04:42+	01:50-	01:55+	02:13+	07:42+	02:23-	07:47+	09:33+	03:38+	07:43-	02:09+
00:48&	00:18+	00:01-	00:14#	00:11+	04:35@	00:07-	04:10@	05:49@	00:44&	00:03-	00:38&
<b>6</b>	<b>Magne Westerheim</b>	<b>93</b>	<b>1:08:04</b>								
01:48+	11:39+	13:33+	15:30+	17:33+	20:44+	23:07+	27:10+	34:57+	44:12+	63:53+	68:04+
01:48+	09:51+	01:54+	01:57+	02:03+	03:11+	02:23-	04:03+	07:47+	09:15+	19:41+	04:11+
00:20#	05:27@	00:03+	00:16#	00:01+	00:04+	00:07-	00:26#	04:03@	06:21@	11:55@	02:40@

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

01:13 02:59 01:27 01:39 01:58 03:07 01:49 03:37 03:05 02:43 04:01 01:13

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

**Herrer A**

<b>1</b>	<b>Fredrik Omdal</b>	<b>375</b>	<b>41:34</b>														
00:56=	03:43=	04:58=	08:09=	09:46=	11:14=	15:11=	20:01=	21:44=	24:35=	28:29=	30:55=	34:47=	36:55=	37:45=	38:38=	40:42=	41:34=
00:56=	02:47=	01:15=	03:11=	01:37=	01:28=	03:57=	04:50=	01:43=	02:51=	03:54=	02:26=	03:52=	02:08=	00:50=	00:53=	02:04=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Stian Haugvaldstad</b>	<b>116</b>	<b>46:27</b>														
01:04+	04:19+	05:39+	09:08+	11:37+	12:52+	17:01+	22:51+	25:01+	27:36+	31:40+	34:37+	39:00+	41:39+	42:30+	43:32+	45:42+	46:27+
01:04+	03:15+	01:20+	03:29+	02:29+	01:15-	04:09+	05:50+	02:10+	02:35-	04:04+	02:57+	04:23+	02:39+	00:51+	01:02+	02:10+	00:45-
00:08#	00:28#	00:05+	00:18+	00:52&	00:13-	00:12+	01:00#	00:27&	00:16-	00:10+	00:31#	00:31#	00:31#	00:01+	00:09#	00:06+	00:07-
<b>3</b>	<b>Fredrik Sandal</b>	<b>88</b>	<b>47:29</b>														
01:07+	04:07+	05:30+	09:52+	11:28+	13:15+	17:43+	23:19+	24:53+	28:17+	32:47+	35:01+	39:30+	41:58+	42:57+	44:18+	46:46+	47:29+
01:07+	03:00+	01:23+	04:22+	01:36-	01:47+	04:28+	05:36+	01:34-	03:24+	04:30+	02:14-	04:29+	02:28+	00:59+	01:21+	02:28+	00:43-
00:11#	00:13+	00:08#	01:11&	00:01-	00:19#	00:31#	00:46#	00:09-	00:33#	00:36#	00:12-	00:37#	00:20#	00:09#	00:28&	00:24#	00:09-
<b>4</b>	<b>Lars Sigve Oftedal</b>	<b>167</b>	<b>48:43</b>														
01:18+	04:45+	06:10+	09:39+	11:35+	12:55+	17:18+	22:41+	24:39+	27:57+	32:18+	36:08+	41:11+	43:48+	44:41+	45:44+	47:58+	48:43+
01:18+	03:27+	01:25+	03:29+	01:56+	01:20-	04:23+	05:23+	01:58+	03:18+	04:21+	03:50+	05:03+	02:37+	00:53+	01:03+	02:14+	00:45-
00:22&	00:40#	00:10#	00:18+	00:19#	00:08-	00:26#	00:33#	00:15#	00:27#	00:27#	01:24&	01:11&	00:29#	00:03+	00:10#	00:10+	00:07-
<b>5</b>	<b>Kristian Haarr</b>	<b>27</b>	<b>49:16</b>														
01:04+	04:09+	05:30+	10:11+	13:43+	15:04+	19:47+	25:51+	27:37+	30:22+	34:54+	37:24+	41:48+	44:15+	45:05+	46:06+	48:28+	49:16+
01:04+	03:05+	01:21+	04:41+	03:32+	01:21-	04:43+	06:04+	01:46+	02:45-	04:32+	02:30+	04:24+	02:27+	00:50=	01:01+	02:22+	00:48-
00:08#	00:18#	00:06+	01:30&	01:55&	00:07-	00:46#	01:14&	00:03+	00:06-	00:38#	00:04+	00:32#	00:19#	00:00=	00:08#	00:18#	00:04-
<b>6</b>	<b>Thomas Olsen Schive</b>	<b>126</b>	<b>51:26</b>														
01:11+	04:09+	05:38+	10:59+	12:35+	13:56+	18:29+	24:26+	26:30+	29:14+	33:51+	36:57+	41:58+	46:22+	47:12+	48:11+	50:43+	51:26+
01:11+	02:58+	01:29+	05:21+	01:36-	01:21-	04:33+	05:57+	02:04+	02:44-	04:37+	03:06+	05:01+	04:24+	00:50=	00:59+	02:32+	00:43-
00:15&	00:11+	00:14#	02:10&	00:01-	00:07-	00:36#	01:07#	00:21#	00:07-	00:43#	00:40&	01:09&	02:16&	00:00=	00:06#	00:28#	00:09-
<b>7</b>	<b>Jone Valdal</b>	<b>116</b>	<b>51:58</b>														
04:09+	07:27+	09:00+	13:03+	15:08+	16:47+	21:15+	27:20+	29:23+	32:17+	36:24+	39:10+	43:58+	46:47+	47:39+	48:43+	51:08+	51:58+
04:09+	03:18+	01:33+	04:03+	02:05+	01:39+	04:28+	06:05+	02:03+	02:54+	04:07+	02:46+	04:48+	02:49+	00:52+	01:04+	02:25+	00:50-
03:13&	00:31#	00:18#	00:52&	00:28&	00:11#	00:31#	01:15&	00:20#	00:03+	00:13+	00:20#	00:56#	00:41&	00:02+	00:11#	00:21#	00:02-
<b>8</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>	<b>1:02:34</b>														
00:57+	04:48+	06:26+	12:18+	15:20+	17:21+	22:44+	29:56+	32:44+	36:42+	42:11+	45:53+	51:45+	55:52+	56:58+	58:14+	61:44+	62:34+
00:57+	03:51+	01:38+	05:52+	03:02+	02:01+	05:23+	07:12+	02:48+	03:58+	05:29+	03:42+	05:52+	04:07+	01:06+	01:16+	03:30+	00:50-
00:01+	01:04&	00:23&	02:41&	01:25&	00:33&	01:26&	02:22&	01:05&	01:07&	01:35&	01:16&	02:00&	01:59&	00:16&	00:23&	01:26&	00:02-
<b>9</b>	<b>Martin Blystad</b>	<b>115</b>	<b>1:03:05</b>														
01:13+	04:46+	06:27+	11:00+	12:58+	14:20+	20:16+	28:36+	33:11+	36:56+	41:56+	45:22+	50:55+	54:00+	55:05+	56:23+	62:16+	63:05+
01:13+	03:33+	01:41+	04:33+	01:58+	01:22-	05:56+	08:20+	04:35+	03:45+	05:00+	03:26+	05:33+	03:05+	01:05+	01:18+	05:53+	00:49-
00:17&	00:46&	00:26&	01:22&	00:21#	00:06-	01:59&	03:30&	02:52&	00:54&	01:06&	01:00&	01:41&	00:57&	00:15&	00:25&	03:49&	00:03-

**Beste strekktid for klassen**

00:56 02:47 01:15 03:11 01:36 01:15 03:57 04:50 01:34 02:35 03:54 02:14 03:52 02:08 00:50 00:53 02:04 00:43

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

**Herrer B**

<b>1</b>	<b>Arild Aasheim</b>	<b>93</b>	<b>45:02</b>														
00:55=	03:46=	05:05=	09:23=	11:06=	12:24=	16:49=	21:55=	23:33=	26:19=	30:35=	32:57=	37:34=	40:02=	40:51=	41:54=	44:19=	45:02=
00:55=	02:51=	01:19=	04:18=	01:43=	01:18=	04:25=	05:06=	01:38=	02:46=	04:16=	02:22=	04:37=	02:28=	00:49=	01:03=	02:25=	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=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Magnus Landstad</b>	<b>66</b>	<b>48:53</b>														
01:05+	04:26+	05:41+	09:30+	11:24+	12:58+	17:33+	23:04+	25:03+	28:28+	33:01+	35:42+	40:36+	43:43+	44:33+	45:44+	48:10+	48:53+
01:05+	03:21+	01:15-	03:49-	01:54+	01:34+	04:35+	05:31+	01:59+	03:25+	04:33+	02:41+	04:54+	03:07+	00:50+	01:11+	02:26+	00:43=
00:10#	00:30#	00:04-	00:29-	00:11#	00:16#	00:10+	00:25+	00:21#	00:39#	00:17+	00:19#	00:17+	00:39&	00:01+	00:08#	00:01+	00:00=



Class	Navn	Klasse												Tid			
<b>18</b>	<b>Jørgen Breivold</b>	<b>54</b>												<b>1:10:56</b>			
01:17+	05:28+	07:35+	12:58+	15:38+	18:06+	24:07+	34:32+	38:12+	42:33+	48:27+	52:01+	58:22+	63:43+	64:48+	66:57+	70:01+	70:56+
01:17+	04:11+	02:07+	05:23+	02:40+	02:28+	06:01+	10:25+	03:40+	04:21+	05:54+	03:34+	06:21+	05:21+	01:05+	02:09+	03:04+	00:55+
00:22&	01:20&	00:48&	01:05&	00:57&	01:10&	01:36&	05:19@	02:02@	01:35&	01:38&	01:12&	01:44&	02:53@	00:16&	01:06@	00:39&	00:12&
<b>19</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>												<b>1:18:27</b>			
01:25+	06:02+	08:07+	13:47+	16:12+	18:44+	25:58+	36:24+	40:55+	46:42+	53:40+	58:21+	66:27+	71:01+	72:20+	73:41+	77:34+	78:27+
01:25+	04:37+	02:05+	05:40+	02:25+	02:32+	07:14+	10:26+	04:31+	05:47+	06:58+	04:41+	08:06+	04:34+	01:19+	01:21+	03:53+	00:53+
00:30&	01:46&	00:46&	01:22&	00:42&	01:14&	02:49&	05:20@	02:53@	03:01@	02:42&	02:19&	03:29&	02:06&	00:30&	00:18&	01:28&	00:10#
<b>Beste strekktid for klassen</b>																	
00:55	02:49	01:15	03:49	01:31	01:12	04:25	05:06	01:38	02:42	04:16	02:22	04:37	02:26	00:49	00:55	02:25	00:39

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

## Herrer C

<b>1</b>	<b>Morten Aamodt</b>	<b>116</b>												<b>32:22</b>			
01:04=	03:35=	04:55=	06:54=	12:20=	15:18=	17:02=	19:50=	23:12=	24:31=	29:13=	31:33=	32:22=					
01:04=	02:31=	01:20=	01:59=	05:26=	02:58=	01:44=	02:48=	03:22=	01:19=	04:42=	02:20=	00:49=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Jan Einar Øvremo</b>	<b>50</b>												<b>35:54</b>			
01:10+	03:47+	04:46-	07:05+	10:15-	13:28-	16:38-	18:26-	21:35-	25:08+	26:37-	32:34+	35:05+	35:54+				
01:10+	02:37+	00:59-	02:19+	03:10-	03:13+	03:10+	01:48-	03:09-	03:33+	01:29-	05:57@	02:31+	00:49+				
00:06+	00:06+	00:21-	00:20#	02:16-	00:15+	01:26&	01:00-	00:13-	02:14@	03:13-	03:37@	01:42@	00:49+				
<b>3</b>	<b>Henning Sundby</b>	<b>114</b>												<b>36:43</b>			
01:01-	03:51+	05:26+	07:34+	14:29+	17:03+	18:59+	23:15+	26:14+	27:42+	33:12+	36:03+	36:43+					
01:01-	02:50+	01:35+	02:08+	06:55+	02:34-	01:56+	04:16+	02:59-	01:28+	05:30+	02:51+	00:40-					
00:03-	00:19#	00:15#	00:09+	01:29&	00:24-	00:12#	01:28&	00:23-	00:09#	00:48#	00:31#	00:09-					
<b>4</b>	<b>Terje Michaelsen</b>	<b>47</b>												<b>37:07</b>			
01:06+	04:34+	05:22+	07:28+	15:51+	18:12+	19:55+	22:26+	26:10+	27:36+	33:03+	36:26+	37:07+					
01:06+	03:28+	00:48-	02:06+	08:23+	02:21-	01:43-	02:31-	03:44+	01:26+	05:27+	03:23+	00:41-					
00:02+	00:57&	00:32-	00:07+	02:57&	00:37-	00:01-	00:17-	00:22#	00:07+	00:45#	01:03&	00:08-					
<b>5</b>	<b>Otte Omdal</b>	<b>65</b>												<b>37:37</b>			
01:15+	04:23+	05:24+	07:46+	14:51+	18:15+	20:00+	23:13+	26:40+	28:10+	33:17+	36:54+	37:37+					
01:15+	03:08+	01:01-	02:22+	07:05+	03:24+	01:45+	03:13+	03:27+	01:30+	05:07+	03:37+	00:43-					
00:11#	00:37#	00:19-	00:23#	01:39&	00:26#	00:01+	00:25#	00:05+	00:11#	00:25+	01:17&	00:06-					
<b>6</b>	<b>Kjetil Wirak</b>	<b>114</b>												<b>37:58</b>			
01:09+	04:22+	05:28+	07:39+	15:02+	18:13+	20:18+	23:49+	27:08+	28:33+	34:20+	36:57+	37:58+					
01:09+	03:13+	01:06-	02:11+	07:23+	03:11+	02:05+	03:31+	03:19-	01:25+	05:47+	02:37+	01:01+					
00:05+	00:42&	00:14-	00:12#	01:57&	00:13+	00:21#	00:43&	00:03-	00:06+	01:05#	00:17#	00:12#					
<b>7</b>	<b>Odd Fuglestad</b>	<b>379</b>												<b>38:16</b>			
01:08+	03:45+	04:58+	07:22+	14:12+	18:51+	20:34+	23:50+	27:35+	29:14+	34:45+	37:20+	38:16+					
01:08+	02:37+	01:13-	02:24+	06:50+	04:39+	01:43-	03:16+	03:45+	01:39+	05:31+	02:35+	00:56+					
00:04+	00:06+	00:07-	00:25#	01:24&	01:41&	00:01-	00:28#	00:23#	00:20&	00:49#	00:15#	00:07#					
<b>8</b>	<b>Paul Terje Haarr</b>	<b>62</b>												<b>41:31</b>			
01:09+	04:26+	05:35+	08:12+	17:23+	20:52+	22:52+	27:01+	30:33+	32:10+	38:03+	40:40+	41:31+					
01:09+	03:17+	01:09-	02:37+	09:11+	03:29+	02:00+	04:09+	03:32+	01:37+	05:53+	02:37+	00:51+					
00:05+	00:46&	00:11-	00:38&	03:45&	00:31#	00:16#	01:21&	00:10+	00:18#	01:11&	00:17#	00:02+					
<b>9</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>												<b>42:02</b>			
01:21+	04:39+	06:02+	08:32+	16:11+	19:53+	22:24+	25:46+	29:31+	31:06+	38:33+	41:09+	42:02+					
01:21+	03:18+	01:23+	02:30+	07:39+	03:42+	02:31+	03:22+	03:45+	01:35+	07:27+	02:36+	00:53+					
00:17&	00:47&	00:03+	00:31&	02:13&	00:44#	00:47&	00:34#	00:23#	00:16#	02:45&	00:16#	00:04+					
<b>10</b>	<b>Øivind Berggraf</b>	<b>116</b>												<b>43:14</b>			
01:10+	05:01+	06:07+	08:53+	16:42+	20:12+	22:22+	26:21+	30:21+	32:04+	39:19+	42:22+	43:14+					
01:10+	03:51+	01:06-	02:46+	07:49+	03:30+	02:10+	03:59+	04:00+	01:43+	07:15+	03:03+	00:52+					
00:06+	01:20&	00:14-	00:47&	02:23&	00:32#	00:26#	01:11&	00:38#	00:24&	02:33&	00:43&	00:03+					
<b>11</b>	<b>Nils John Vestøl</b>	<b>83</b>												<b>43:40</b>			
01:09+	04:02+	04:55=	07:12+	15:01+	18:45+	23:06+	26:55+	31:00+	32:37+	40:19+	42:47+	43:40+					
01:09+	02:53+	00:53-	02:17+	07:49+	03:44+	04:21+	03:49+	04:05+	01:37+	07:42+	02:28+	00:53+					
00:05+	00:22#	00:27-	00:18#	02:23&	00:46&	02:37@	01:01&	00:43#	00:18#	03:00&	00:08+	00:04+					

Class	Navn	Klasse										Tid
<b>12</b>	<b>Pål Bårdsen</b>	<b>53</b>										<b>44:57</b>
01:19+	05:18+	06:35+	09:28+	18:24+	22:07+	24:02+	27:59+	32:08+	34:02+	40:03+	44:03+	44:57+
01:19+	03:59+	01:17-	02:53+	08:56+	03:43+	01:55+	03:57+	04:09+	01:54+	06:01+	04:00+	00:54+
00:15#	01:28&	00:03-	00:54&	03:30&	00:45&	00:11#	01:09&	00:47#	00:35&	01:19&	01:40&	00:05#
<b>13</b>	<b>Svein Erik Kvame</b>	<b>116</b>										<b>45:43</b>
01:57+	05:18+	06:24+	09:00+	13:50+	17:34+	22:08+	25:35+	29:09+	33:14+	34:53+	41:21+	44:50+
01:57+	03:21+	01:06-	02:36+	04:50-	03:44+	04:34+	03:27+	03:34+	04:05+	01:39-	06:28+	03:29+
00:53&	00:50&	00:14-	00:37&	00:36-	00:46&	02:50@	00:39#	00:12+	02:46@	03:03-	04:08@	02:40@
<b>14</b>	<b>Øystein Huglen</b>	<b>27</b>										<b>46:46</b>
01:30+	05:52+	07:04+	09:56+	17:34+	21:04+	23:10+	28:33+	32:34+	33:59+	43:02+	45:51+	46:46+
01:30+	04:22+	01:12-	02:52+	07:38+	03:30+	02:06+	05:23+	04:01+	01:25+	09:03+	02:49+	00:55+
00:26&	01:51&	00:08-	00:53&	02:12&	00:32#	00:22#	02:35&	00:39#	00:06+	04:21&	00:29#	00:06#
<b>15</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>49:26</b>
01:16+	04:58+	05:58+	12:03+	20:10+	23:41+	25:38+	29:13+	32:58+	34:59+	42:18+	48:28+	49:26+
01:16+	03:42+	01:00-	06:05+	08:07+	03:31+	01:57+	03:35+	03:45+	02:01+	07:19+	06:10+	00:58+
00:12#	01:11&	00:20-	04:06@	02:41&	00:33#	00:13#	00:47&	00:23#	00:42&	02:37&	03:50@	00:09#
<b>16</b>	<b>Knut Taugbøl</b>	<b>116</b>										<b>49:32</b>
01:16+	05:36+	07:03+	09:51+	19:46+	24:28+	26:41+	30:30+	34:11+	35:50+	43:22+	48:35+	49:32+
01:16+	04:20+	01:27+	02:48+	09:55+	04:42+	02:13+	03:49+	03:41+	01:39+	07:32+	05:13+	00:57+
00:12#	01:49&	00:07+	00:49&	04:29&	01:44&	00:29&	01:01&	00:19+	00:20&	02:50&	02:53@	00:08#
<b>17</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>50:48</b>
01:10+	04:25+	05:25+	07:46+	14:54+	18:22+	25:31+	30:24+	37:13+	38:44+	45:25+	49:48+	50:48+
01:10+	03:15+	01:00-	02:21+	07:08+	03:28+	07:09+	04:53+	06:49+	01:31+	06:41+	04:23+	01:00+
00:06+	00:44&	00:20-	00:22#	01:42&	00:30#	05:25@	02:05&	03:27@	00:12#	01:59&	02:03&	00:11#
<b>18</b>	<b>Ove Oaland</b>	<b>116</b>										<b>52:24</b>
02:16+	08:49+	10:02+	12:46+	20:22+	24:25+	27:06+	33:07+	37:23+	39:52+	47:46+	51:15+	52:24+
02:16+	06:33+	01:13-	02:44+	07:36+	04:03+	02:41+	06:01+	04:16+	02:29+	07:54+	03:29+	01:09+
01:12@	04:02@	00:07-	00:45&	02:10&	01:05&	00:57&	03:13@	00:54&	01:10&	03:12&	01:09&	00:20&
<b>19</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>53:48</b>
01:27+	05:44+	07:03+	10:05+	18:07+	23:46+	26:31+	33:36+	38:01+	39:56+	49:46+	52:55+	53:48+
01:27+	04:17+	01:19-	03:02+	08:02+	05:39+	02:45+	07:05+	04:25+	01:55+	09:50+	03:09+	00:53+
00:23&	01:46&	00:01-	01:03&	02:36&	02:41&	01:01&	04:17@	01:03&	00:36&	05:08@	00:49&	00:04+
<b>20</b>	<b>Erling Mauland</b>	<b>83</b>										<b>57:03</b>
01:29+	04:30+	06:17+	09:17+	19:51+	24:39+	31:44+	37:08+	41:21+	43:32+	51:39+	56:06+	57:03+
01:29+	03:01+	01:47+	03:00+	10:34+	04:48+	07:05+	05:24+	04:13+	02:11+	08:07+	04:27+	00:57+
00:25&	00:30#	00:27&	01:01&	05:08&	01:50&	05:21@	02:36&	00:51&	00:52&	03:25&	02:07&	00:08#
<b>Beste strekktid for klassen</b>												
01:01	02:31	00:48	01:59	03:10	02:21	01:43	01:48	02:59	01:19	01:29	02:20	00:40

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

## Herrer Ny

<b>1</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>										<b>25:37</b>
02:21=	03:28=	05:16=	07:34=	15:45=	20:10=	23:38=	25:37=					
02:21=	01:07=	01:48=	02:18=	08:11=	04:25=	03:28=	01:59=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Martin Teigen</b>	<b>381</b>										<b>28:17</b>
02:59+	03:56+	05:43+	16:23+	20:13+	24:10+	27:00+	28:17+					
02:59+	00:57-	01:47-	10:40+	03:50-	03:57-	02:50-	01:17-					
00:38&	00:10-	00:01-	08:22@	04:21-	00:28-	00:38-	00:42-					
<b>3</b>	<b>Erik Henriksen</b>	<b>116</b>										<b>32:24</b>
03:23+	04:53+	09:16+	12:10+	19:10+	25:19+	29:19+	32:24+					
03:23+	01:30+	04:23+	02:54+	07:00-	06:09+	04:00+	03:05+					
01:02&	00:23&	02:35@	00:36&	01:11-	01:44&	00:32#	01:06&					

### Beste strekktid for klassen

02:21 00:57 01:47 02:18 03:50 03:57 02:50 01:17

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



## Herrer Trim

<b>1</b>	<b>Torkel Schibevaag</b>	<b>114</b>	<b>26:30</b>								
02:10=	04:59=	06:05=	07:11=	09:13=	11:57=	13:44=	17:20=	20:13=	22:19=	25:29=	26:30=
02:10=	02:49=	01:06=	01:06=	02:02=	02:44=	01:47=	03:36=	02:53=	02:06=	03:10=	01:01=
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>Øivind Rustan</b>	<b>79</b>	<b>27:53</b>								
00:49-	06:29+	07:26+	08:39+	10:51+	13:08+	15:12+	18:14+	21:51+	23:43+	26:52+	27:53+
00:49-	05:40+	00:57-	01:13+	02:12+	02:17-	02:04+	03:02-	03:37+	01:52-	03:09-	01:01=
01:21-	02:51@	00:09-	00:07#	00:10+	00:27-	00:17#	00:34-	00:44&	00:14-	00:01-	00:00=
<b>3</b>	<b>Frode Lund</b>	<b>18</b>	<b>28:26</b>								
01:03-	03:39-	05:06-	06:40-	08:35-	12:04+	14:44+	17:56+	21:23+	23:38+	27:26+	28:26+
01:03-	02:36-	01:27+	01:34+	01:55-	03:29+	02:40+	03:12-	03:27+	02:15+	03:48+	01:00-
01:07-	00:13-	00:21&	00:28&	00:07-	00:45&	00:53&	00:24-	00:34#	00:09+	00:38#	00:01-
<b>4</b>	<b>Anders H Foss</b>	<b>263</b>	<b>28:29</b>								
01:06-	03:11-	04:25-	05:51-	08:03-	11:11-	13:39-	17:36+	21:02+	23:39+	27:24+	28:29+
01:06-	02:05-	01:14+	01:26+	02:12+	03:08+	02:28+	03:57+	03:26+	02:37+	03:45+	01:05+
01:04-	00:44-	00:08#	00:20&	00:10+	00:24#	00:41&	00:21+	00:33#	00:31#	00:35#	00:04+
<b>5</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>	<b>28:38</b>								
00:59-	03:46-	05:18-	06:41-	08:16-	11:24-	13:13-	18:26+	21:08+	23:25+	27:35+	28:38+
00:59-	02:47-	01:32+	01:23+	01:35-	03:08+	01:49+	05:13+	02:42-	02:17+	04:10+	01:03+
01:11-	00:02-	00:26&	00:17&	00:27-	00:24#	00:02+	01:37&	00:11-	00:11+	01:00&	00:02+
<b>6</b>	<b>Roger Nyseth</b>	<b>92</b>	<b>28:42</b>								
01:03-	03:51-	05:00-	06:28-	08:28-	11:40-	13:49+	17:12-	20:49+	23:39+	27:32+	28:42+
01:03-	02:48-	01:09+	01:28+	02:00-	03:12+	02:09+	03:23-	03:37+	02:50+	03:53+	01:10+
01:07-	00:01-	00:03+	00:22&	00:02-	00:28#	00:22#	00:13-	00:44&	00:44&	00:43#	00:09#
<b>7</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>28:48</b>								
01:25-	03:18-	04:15-	05:24-	07:30-	10:09-	11:48-	15:29-	18:59-	21:17-	27:35+	28:48+
01:25-	01:53-	00:57-	01:09+	02:06+	02:39-	01:39-	03:41+	03:30+	02:18+	06:18+	01:13+
00:45-	00:56-	00:09-	00:03+	00:04+	00:05-	00:08-	00:05+	00:37#	00:12+	03:08&	00:12#
<b>8</b>	<b>Svein Sivertsen</b>	<b>115</b>	<b>29:04</b>								
01:02-	03:41-	04:57-	06:21-	08:32-	11:39-	14:01+	17:37+	20:52+	23:33+	27:36+	29:04+
01:02-	02:39-	01:16+	01:24+	02:11+	03:07+	02:22+	03:36=	03:15+	02:41+	04:03+	01:28+
01:08-	00:10-	00:10#	00:18&	00:09+	00:23#	00:35&	00:00=	00:22#	00:35&	00:53&	00:27&
<b>9</b>	<b>Per-Olof Wallerstedt</b>	<b>376</b>	<b>29:17</b>								
01:04-	03:36-	04:46-	05:51-	08:21-	13:18+	14:44+	17:51+	20:47+	23:37+	27:54+	29:17+
01:04-	02:32-	01:10+	01:05-	02:30+	04:57+	01:26-	03:07-	02:56+	02:50+	04:17+	01:23+
01:06-	00:17-	00:04+	00:01-	00:28#	02:13&	00:21-	00:29-	00:03+	00:44&	01:07&	00:22&
<b>10</b>	<b>Tor Harald Lunde</b>	<b>47</b>	<b>29:43</b>								
01:03-	03:49-	05:31-	07:12+	09:22+	13:14+	15:04+	19:13+	22:01+	24:33+	28:43+	29:43+
01:03-	02:46-	01:42+	01:41+	02:10+	03:52+	01:50+	04:09+	02:48-	02:32+	04:10+	01:00-
01:07-	00:03-	00:36&	00:35&	00:08+	01:08&	00:03+	00:33#	00:05-	00:26#	01:00&	00:01-
<b>11</b>	<b>Bruno Pierfelice</b>	<b>51</b>	<b>30:47</b>								
00:50-	05:07+	06:12+	07:34+	08:54-	13:05+	15:45+	19:58+	22:28+	24:41+	29:52+	30:47+
00:50-	04:17+	01:05-	01:22+	01:20-	04:11+	02:40+	04:13+	02:30-	02:13+	05:11+	00:55-
01:20-	01:28&	00:01-	00:16#	00:42-	01:27&	00:53&	00:37#	00:23-	00:07+	02:01&	00:06-
<b>12</b>	<b>Arnstein Skretting</b>	<b>54</b>	<b>30:52</b>								
01:09-	04:00-	05:14-	06:43-	09:12-	12:21+	14:09+	17:50+	22:47+	25:15+	29:38+	30:52+
01:09-	02:51+	01:14+	01:29+	02:29+	03:09+	01:48+	03:41+	04:57+	02:28+	04:23+	01:14+
01:01-	00:02+	00:08#	00:23&	00:27#	00:25#	00:01+	00:05+	02:04&	00:22#	01:13&	00:13#
<b>13</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>30:53</b>								
01:09-	04:49-	06:18+	07:36+	09:33+	13:25+	15:13+	18:36+	23:35+	26:08+	29:58+	30:53+
01:09-	03:40+	01:29+	01:18+	01:57-	03:52+	01:48+	03:23-	04:59+	02:33+	03:50+	00:55-
01:01-	00:51&	00:23&	00:12#	00:05-	01:08&	00:01+	00:13-	02:06&	00:27#	00:40#	00:06-
<b>14</b>	<b>Tom Leveraas</b>	<b>93</b>	<b>32:33</b>								
01:16-	04:17-	05:47-	07:33+	09:32+	13:00+	15:14+	18:47+	22:42+	25:43+	31:21+	32:33+
01:16-	03:01+	01:30+	01:46+	01:59-	03:28+	02:14+	03:33-	03:55+	03:01+	05:38+	01:12+
00:54-	00:12+	00:24&	00:40&	00:03-	00:44&	00:27&	00:03-	01:02&	00:55&	02:28&	00:11#

Class	Navn	Klasse										Tid
<b>15</b>	<b>Terje Langeland</b>	<b>98</b>										<b>32:48</b>
01:28-	05:21+	06:59+	08:35+	10:37+	13:43+	16:06+	19:39+	23:35+	26:25+	31:27+	32:48+	
01:28-	03:53+	01:38+	01:36+	02:02=	03:06+	02:23+	03:33-	03:56+	02:50+	05:02+	01:21+	
00:42-	01:04&	00:32&	00:30&	00:00=	00:22#	00:36&	00:03-	01:03&	00:44&	01:52&	00:20&	
<b>16</b>	<b>Håvard Høie</b>	<b>378</b>										<b>32:51</b>
01:30-	04:57-	06:44+	09:17+	10:57+	14:15+	16:01+	18:58+	22:02+	23:56+	31:43+	32:51+	
01:30-	03:27+	01:47+	02:33+	01:40-	03:18+	01:46-	02:57-	03:04+	01:54-	07:47+	01:08+	
00:40-	00:38#	00:41&	01:27@	00:22-	00:34#	00:01-	00:39-	00:11+	00:12-	04:37@	00:07#	
<b>17</b>	<b>Arild Svihus</b>	<b>92</b>										<b>33:13</b>
01:23-	04:53-	06:16+	08:07+	11:32+	14:54+	17:37+	21:07+	24:35+	26:43+	32:05+	33:13+	
01:23-	03:30+	01:23+	01:51+	03:25+	03:22+	02:43+	03:30-	03:28+	02:08+	05:22+	01:08+	
00:47-	00:41#	00:17&	00:45&	01:23&	00:38#	00:56&	00:06-	00:35#	00:02+	02:12&	00:07#	
<b>18</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>										<b>33:27</b>
01:38-	04:44-	06:27+	08:12+	10:32+	14:18+	16:33+	20:05+	24:28+	27:17+	32:12+	33:27+	
01:38-	03:06+	01:43+	01:45+	02:20+	03:46+	02:15+	03:32-	04:23+	02:49+	04:55+	01:15+	
00:32-	00:17#	00:37&	00:39&	00:18#	01:02&	00:28&	00:04-	01:30&	00:43&	01:45&	00:14#	
<b>19</b>	<b>Nils Egil Lie</b>	<b>376</b>										<b>34:52</b>
01:07-	03:31-	05:36-	06:55-	08:37-	12:08+	14:10+	18:19+	22:32+	25:25+	33:33+	34:52+	
01:07-	02:24-	02:05+	01:19+	01:42-	03:31+	02:02+	04:09+	04:13+	02:53+	08:08+	01:19+	
01:03-	00:25-	00:59&	00:13#	00:20-	00:47&	00:15#	00:33#	01:20&	00:47&	04:58@	00:18&	
<b>20</b>	<b>Roger Vassbakk</b>	<b>51</b>										<b>35:45</b>
00:56-	09:03+	10:07+	14:41+	16:16+	19:28+	22:26+	25:51+	28:45+	31:08+	33:02+	34:44+	
00:56-	08:07+	01:04-	04:34+	01:35-	03:12+	02:58+	03:25-	02:54+	02:23+	01:54-	01:42+	
01:14-	05:18@	00:02-	03:28@	00:27-	00:28#	01:11&	00:11-	00:01+	00:17#	01:16-	00:41&	
<b>21</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>36:04</b>
01:29-	04:17-	06:54+	08:32+	10:14+	14:14+	16:08+	20:02+	22:50+	25:09+	35:13+	36:04+	
01:29-	02:48-	02:37+	01:38+	01:42-	04:00+	01:54+	03:54+	02:48-	02:19+	10:04+	00:51-	
00:41-	00:01-	01:31@	00:32&	00:20-	01:16&	00:07+	00:18+	00:05-	00:13#	06:54@	00:10-	
<b>22</b>	<b>Einar Rosvoll</b>	<b>74</b>										<b>36:24</b>
01:39-	04:55-	12:15+	14:00+	16:07+	19:24+	21:32+	24:36+	28:11+	30:24+	35:16+	36:24+	
01:39-	03:16+	07:20+	01:45+	02:07+	03:17+	02:08+	03:04-	03:35+	02:13+	04:52+	01:08+	
00:31-	00:27#	06:14@	00:39&	00:05+	00:33#	00:21#	00:32-	00:42#	00:07+	01:42&	00:07#	
<b>23</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>36:28</b>
01:06-	05:00+	07:10+	08:51+	10:52+	14:36+	17:14+	20:57+	24:33+	27:52+	35:16+	36:28+	
01:06-	03:54+	02:10+	01:41+	02:01-	03:44+	02:38+	03:43+	03:36+	03:19+	07:24+	01:12+	
01:04-	01:05&	01:04&	00:35&	00:01-	01:00&	00:51&	00:07+	00:43#	01:13&	04:14@	00:11#	
<b>24</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>37:50</b>
01:31-	04:46-	07:14+	09:36+	12:20+	15:18+	17:43+	21:19+	24:51+	27:31+	36:33+	37:50+	
01:31-	03:15+	02:28+	02:22+	02:44+	02:58+	02:25+	03:36=	03:32+	02:40+	09:02+	01:17+	
00:39-	00:26#	01:22@	01:16@	00:42&	00:14+	00:38&	00:00=	00:39#	00:34&	05:52@	00:16&	
<b>25</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>38:00</b>
01:14-	04:37-	06:07+	07:53+	09:55+	13:07+	15:38+	22:35+	25:50+	28:28+	36:07+	38:00+	
01:14-	03:23+	01:30+	01:46+	02:02=	03:12+	02:31+	06:57+	03:15+	02:38+	07:39+	01:53+	
00:56-	00:34#	00:24&	00:40&	00:00=	00:28#	00:44&	03:21&	00:22#	00:32&	04:29@	00:52&	
<b>26</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>38:11</b>
01:14-	04:13-	06:19+	07:45+	09:28+	16:27+	18:20+	25:56+	29:07+	31:46+	36:31+	38:11+	
01:14-	02:59+	02:06+	01:26+	01:43-	06:59+	01:53+	07:36+	03:11+	02:39+	04:45+	01:40+	
00:56-	00:10+	01:00&	00:20&	00:19-	04:15@	00:06+	04:00@	00:18#	00:33&	01:35&	00:39&	
<b>27</b>	<b>Sjur Berntsen</b>	<b>29</b>										<b>38:20</b>
01:22-	04:28-	07:00+	08:35+	10:20+	17:49+	21:40+	26:53+	30:19+	32:58+	37:06+	38:20+	
01:22-	03:06+	02:32+	01:35+	01:45-	07:29+	03:51+	05:13+	03:26+	02:39+	04:08+	01:14+	
00:48-	00:17#	01:26@	00:29&	00:17-	04:45@	02:04@	01:37&	00:33#	00:33&	00:58&	00:13#	
<b>28</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>40:00</b>
01:23-	06:36+	08:20+	10:07+	12:29+	16:30+	19:06+	24:04+	27:49+	30:22+	37:17+	40:00+	
01:23-	05:13+	01:44+	01:47+	02:22+	04:01+	02:36+	04:58+	03:45+	02:33+	06:55+	02:43+	
00:47-	02:24&	00:38&	00:41&	00:20#	01:17&	00:49&	01:22&	00:52&	00:27#	03:45@	01:42@	
<b>29</b>	<b>Endre Gabrielsen</b>	<b>126</b>										<b>40:41</b>
00:59-	04:53-	07:22+	08:47+	10:43+	22:14+	24:13+	27:23+	30:00+	32:37+	39:27+	40:41+	
00:59-	03:54+	02:29+	01:25+	01:56-	11:31+	01:59+	03:10-	02:37-	02:37+	06:50+	01:14+	
01:11-	01:05&	01:23@	00:19&	00:06-	08:47@	00:12#	00:26-	00:16-	00:31#	03:40@	00:13#	

Class	Navn	Klasse										Tid
<b>30</b>	<b>Simon Holvik</b>	<b>165</b>										<b>41:57</b>
01:27-	05:19+	08:46+	11:11+	13:06+	17:35+	20:12+	29:25+	32:24+	35:00+	40:40+	41:57+	
01:27-	03:52+	03:27+	02:25+	01:55-	04:29+	02:37+	09:13+	02:59+	02:36+	05:40+	01:17+	
00:43-	01:03&	02:21@	01:19@	00:07-	01:45&	00:50&	05:37@	00:06+	00:30#	02:30&	00:16&	
<b>31</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>42:49</b>
01:24-	05:35+	12:57+	15:15+	17:41+	21:31+	24:21+	28:28+	32:49+	35:44+	41:24+	42:49+	
01:24-	04:11+	07:22+	02:18+	02:26+	03:50+	02:50+	04:07+	04:21+	02:55+	05:40+	01:25+	
00:46-	01:22&	06:16@	01:12@	00:24#	01:06&	01:03&	00:31#	01:28&	00:49&	02:30&	00:24&	
<b>32</b>	<b>Per Bakken</b>	<b>5</b>										<b>44:00</b>
03:26+	07:33+	09:30+	11:27+	13:48+	18:42+	21:10+	28:13+	32:32+	35:47+	41:51+	44:00+	
03:26+	04:07+	01:57+	01:57+	02:21+	04:54+	02:28+	07:03+	04:19+	03:15+	06:04+	02:09+	
01:16&	01:18&	00:51&	00:51&	00:19#	02:10&	00:41&	03:27&	01:26&	01:09&	02:54&	01:08@	
<b>33</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>46:53</b>
01:10-	05:28+	06:36+	08:01+	09:51+	15:56+	17:41+	23:36+	32:43+	35:23+	45:06+	46:53+	
01:10-	04:18+	01:08+	01:25+	01:50-	06:05+	01:45-	05:55+	09:07+	02:40+	09:43+	01:47+	
01:00-	01:29&	00:02+	00:19&	00:12-	03:21@	00:02-	02:19&	06:14@	00:34&	06:33@	00:46&	
<b>34</b>	<b>Sverre Uhving</b>	<b>105</b>										<b>50:44</b>
01:40-	05:55+	08:28+	11:38+	14:38+	18:59+	23:00+	27:51+	38:17+	41:20+	49:27+	50:44+	
01:40-	04:15+	02:33+	03:10+	03:00+	04:21+	04:01+	04:51+	10:26+	03:03+	08:07+	01:17+	
00:30-	01:26&	01:27@	02:04@	00:58&	01:37&	02:14@	01:15&	07:33@	00:57&	04:57@	00:16&	
<b>35</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>51:29</b>
04:50+	11:35+	13:51+	16:30+	21:16+	26:03+	29:32+	34:52+	39:21+	43:20+	49:46+	51:29+	
04:50+	06:45+	02:16+	02:39+	04:46+	04:47+	03:29+	05:20+	04:29+	03:59+	06:26+	01:43+	
02:40@	03:56@	01:10@	01:33@	02:44@	02:03&	01:42&	01:44&	01:36&	01:53&	03:16@	00:42&	
<b>36</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>55:07</b>
01:39-	10:01+	12:02+	13:39+	16:29+	31:38+	35:02+	39:19+	43:36+	46:44+	53:23+	55:07+	
01:39-	08:22+	02:01+	01:37+	02:50+	15:09+	03:24+	04:17+	04:17+	03:08+	06:39+	01:44+	
00:31-	05:33@	00:55&	00:31&	00:48&	12:25@	01:37&	00:41#	01:24&	01:02&	03:29@	00:43&	
<b>37</b>	<b>Chema Laiz</b>	<b>42</b>										<b>57:36</b>
04:07+	09:59+	15:15+	18:41+	22:46+	29:33+	33:12+	39:51+	45:10+	49:07+	56:02+	57:36+	
04:07+	05:52+	05:16+	03:26+	04:05+	06:47+	03:39+	06:39+	05:19+	03:57+	06:55+	01:34+	
01:57&	03:03@	04:10@	02:20@	02:03@	04:03@	01:52@	03:03&	02:26&	01:51&	03:45@	00:33&	
<b>38</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>58:14</b>
01:14-	13:27+	14:45+	16:27+	18:22+	35:21+	36:54+	41:13+	45:30+	49:07+	56:54+	58:14+	
01:14-	12:13+	01:18+	01:42+	01:55-	16:59+	01:33-	04:19+	04:17+	03:37+	07:47+	01:20+	
00:56-	09:24@	00:12#	00:36&	00:07-	14:15@	00:14-	00:43#	01:24&	01:31&	04:37@	00:19&	
<b>39</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>59:54</b>
04:54+	20:27+	21:43+	23:18+	25:23+	29:02+	31:36+	38:08+	47:30+	50:15+	58:51+	59:54+	
04:54+	15:33+	01:16+	01:35+	02:05+	03:39+	02:34+	06:32+	09:22+	02:45+	08:36+	01:03+	
02:44@	12:44@	00:10#	00:29&	00:03+	00:55&	00:47&	02:56&	06:29@	00:39&	05:26@	00:02+	
<b>40</b>	<b>Arild Olsen</b>	<b>4</b>										<b>1:03:24</b>
01:30-	18:20+	21:57+	24:10+	26:33+	30:59+	34:11+	42:56+	47:09+	50:27+	61:43+	63:24+	
01:30-	16:50+	03:37+	02:13+	02:23+	04:26+	03:12+	08:45+	04:13+	03:18+	11:16+	01:41+	
00:40-	14:01@	02:31@	01:07@	00:21#	01:42&	01:25&	05:09@	01:20&	01:12&	08:06@	00:40&	
<b>41</b>	<b>Nicolas Schindeler</b>	<b>42</b>										<b>1:27:18</b>
01:32-	31:53+	34:19+	36:04+	38:31+	51:18+	54:17+	58:18+	68:22+	70:40+	85:23+	87:18+	
01:32-	30:21+	02:26+	01:45+	02:27+	12:47+	02:59+	04:01+	10:04+	02:18+	14:43+	01:55+	
00:38-	27:32@	01:20@	00:39&	00:25#	10:03@	01:12&	00:25#	07:11@	00:12+	11:33@	00:54&	
<b>42</b>	<b>David Semidey</b>	<b>42</b>										<b>1:30:17</b>
01:46-	06:05+	13:51+	15:10+	17:05+	63:46+	66:49+	72:35+	76:10+	78:40+	88:53+	90:17+	
01:46-	04:19+	07:46+	01:19+	01:55-	46:41+	03:03+	05:46+	03:35+	02:30+	10:13+	01:24+	
00:24-	01:30&	06:40@	00:13#	00:07-	43:57@	01:16&	02:10&	00:42#	00:24#	07:03@	00:23&	
<b>Beste strekktid for klassen</b>												
00:49	01:53	00:57	01:05	01:20	02:17	01:26	02:57	02:30	01:52	01:54	00:51	

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