

Brekko

Strekktider

-18.05.2022

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Elin Graneland	39	42:48										
01:45=	06:46=	08:39=	11:54=	13:55=	17:38=	19:53=	23:05=	28:09=	32:12=	34:27=	36:42=	37:43=	42:48=
01:45=	05:01=	01:53=	03:15=	02:01=	03:43=	02:15=	03:12=	05:04=	04:03=	02:15=	02:15=	01:01=	05:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Katrine Haaland Leveraas	54	45:20										
01:51+	04:40-	06:45-	10:18-	13:43-	17:20-	21:24+	25:10+	30:19+	33:25+	36:32+	39:36+	40:28+	45:20+
01:51+	02:49-	02:05+	03:33+	03:25+	03:37-	04:04+	03:46+	05:09+	03:06-	03:07+	03:04+	00:52-	04:52-
00:06+	02:12-	00:12#	00:18+	01:24&	00:06-	01:49&	00:34#	00:05+	00:57-	00:52&	00:49&	00:09-	00:13-
3	Anina Iselin Hadland	29	46:59										
02:16+	04:58-	06:56-	10:25-	12:35-	16:38-	18:27-	24:49+	28:48+	31:49-	34:02-	41:21+	42:12+	46:59+
02:16+	02:42-	01:58+	03:29+	02:10+	04:03+	01:49-	06:22+	03:59-	03:01-	02:13-	07:19+	00:51-	04:47-
00:31&	02:19-	00:05+	00:14+	00:10+	00:20+	00:26-	03:10&	01:05-	01:02-	00:02-	05:04@	00:10-	00:18-
4	Maren Heradstveit	76	50:54										
02:28+	05:30-	08:03-	12:30+	16:32+	21:27+	24:21+	28:27+	34:20+	37:45+	40:56+	44:34+	45:36+	50:54+
02:28+	03:02-	02:33+	04:27+	04:02+	04:55+	02:54+	04:06+	05:53+	03:25-	03:11+	03:38+	01:02+	05:18+
00:43&	01:59-	00:40&	01:12&	02:01&	01:12&	00:39&	00:54&	00:49#	00:38-	00:56&	01:23&	00:01+	00:13+
5	Margrete Jian Øye	126	51:59										
02:03+	05:26-	07:58-	11:55+	14:45+	19:03+	22:34+	29:37+	34:32+	37:59+	40:52+	45:08+	46:16+	51:59+
02:03+	03:23-	02:32+	03:57+	02:50+	04:18+	03:31+	07:03+	04:55-	03:27-	02:53+	04:16+	01:08+	05:43+
00:18#	01:38-	00:39&	00:42#	00:49&	00:35#	01:16&	03:51@	00:09-	00:36-	00:38&	02:01&	00:07#	00:38#
6	Tina Louise Langeland	74	52:43										
01:55+	09:18+	11:39+	16:30+	18:55+	23:21+	26:17+	32:09+	37:00+	40:06+	42:44+	46:10+	47:08+	52:43+
01:55+	07:23+	02:21+	04:51+	02:25+	04:26+	02:56+	05:52+	04:51-	03:06-	02:38+	03:26+	00:58-	05:35+
00:10+	02:22&	00:28#	01:36&	00:24#	00:43#	00:41&	02:40&	00:13-	00:57-	00:23#	01:11&	00:03-	00:30+
7	Heidi Nordaunet	126	54:50										
02:25+	06:24-	09:51+	14:43+	18:07+	22:48+	25:22+	31:11+	37:10+	40:53+	43:55+	47:28+	48:47+	54:50+
02:25+	03:59-	03:27+	04:52+	03:24+	04:41+	02:34+	05:49+	05:59+	03:43-	03:02+	03:33+	01:19+	06:03+
00:40&	01:02-	01:34&	01:37&	01:23&	00:58&	00:19#	02:37&	00:55#	00:20-	00:47&	01:18&	00:18&	00:58#
8	Heidi Langeland	117	58:28										
02:33+	06:48+	10:06+	15:13+	17:50+	22:29+	25:33+	32:05+	40:16+	44:13+	47:04+	51:21+	52:32+	58:28+
02:33+	04:15-	03:18+	05:07+	02:37+	04:39+	03:04+	06:32+	08:11+	03:57-	02:51+	04:17+	01:11+	05:56+
00:48&	00:46-	01:25&	01:52&	00:36&	00:56&	00:49&	03:20@	03:07&	00:06-	00:36&	02:02&	00:10#	00:51#
9	Guro Grimnes	126	1:03:36										
02:41+	05:43-	08:04-	13:10+	16:29+	21:28+	25:40+	34:18+	41:20+	46:58+	50:43+	56:28+	57:58+	63:36+
02:41+	03:02-	02:21+	05:06+	03:19+	04:59+	04:12+	08:38+	07:02+	05:38+	03:45+	05:45+	01:30+	05:38+
00:56&	01:59-	00:28#	01:51&	01:18&	01:16&	01:57&	05:26@	01:58&	01:35&	01:30&	03:30@	00:29&	00:33#
10	Kjersti Nordal	39	1:08:35										
02:10+	05:58-	09:04+	13:55+	16:57+	28:27+	30:53+	38:42+	46:40+	53:41+	57:21+	61:04+	62:02+	68:35+
02:10+	03:48-	03:06+	04:51+	03:02+	11:30+	02:26+	07:49+	07:58+	07:01+	03:40+	03:43+	00:58-	06:33+
00:25#	01:13-	01:13&	01:36&	01:01&	07:47@	00:11+	04:37@	02:54&	02:58&	01:25&	01:28&	00:03-	01:28&
11	Siv Hilde Berg	53	1:51:38										
04:07+	14:01+	19:01+	26:22+	30:58+	38:22+	43:03+	50:52+	59:13+	88:38+	92:20+	100:00+	101:20+	111:38+
04:07+	09:54+	05:00+	07:21+	04:36+	07:24+	04:41+	07:49+	08:21+	29:25+	03:42+	07:40+	01:20+	10:18+
02:22@	04:53&	03:07@	04:06@	02:35@	03:41&	02:26@	04:37@	03:17&	25:22@	01:27&	05:25@	00:19&	05:13@

Beste strekktid for klassen

01:45 02:42 01:53 03:15 02:01 03:37 01:49 03:12 03:59 03:01 02:13 02:15 00:51 04:47

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

Damer 40 - 49 år

1	Heidi Martby-Skogsholm	105	50:09									
03:53=	09:00=	13:36=	16:37=	19:35=	23:49=	28:09=	31:56=	35:26=	40:09=	44:03=	46:13=	50:09=
03:53=	05:07=	04:36=	03:01=	02:58=	04:14=	04:20=	03:47=	03:30=	04:43=	03:54=	02:10=	03:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid	
2	Hege Anita H. Nielsen	48										52:53	
	03:37-	09:33+	15:46+	17:32+	20:01+	24:50+	29:37+	32:45+	36:05+	42:40+	46:12+	49:03+	52:53+
	03:37-	05:56+	06:13+	01:46-	02:29-	04:49+	04:47+	03:08-	03:20-	06:35+	03:32-	02:51+	03:50-
	00:16-	00:49#	01:37&	01:15-	00:29-	00:35#	00:27#	00:39-	00:10-	01:52&	00:22-	00:41&	00:06-
3	Agnes Haker	43										53:22	
	02:46-	11:42+	18:39+	20:33+	22:48+	26:09+	30:22+	34:41+	37:37+	43:17+	47:09+	49:46+	53:22+
	02:46-	08:56+	06:57+	01:54-	02:15-	03:21-	04:13-	04:19+	02:56-	05:40+	03:52-	02:37+	03:36-
	01:07-	03:49&	02:21&	01:07-	00:43-	00:53-	00:07-	00:32#	00:34-	00:57#	00:02-	00:27#	00:20-
4	Randi Helen Ladsten	128										53:54	
	04:21+	08:29-	14:40+	17:24+	20:10+	23:41-	28:56+	32:16+	35:32+	42:03+	45:23+	48:32+	53:54+
	04:21+	04:08-	06:11+	02:44-	02:46-	03:31-	05:15+	03:20-	03:16-	06:31+	03:20-	03:09+	05:22+
	00:28#	00:59-	01:35&	00:17-	00:12-	00:43-	00:55#	00:27-	00:14-	01:48&	00:34-	00:59&	01:26&
5	Ida K. Kolstø	29										1:00:22	
	06:28+	11:23+	18:39+	21:28+	23:50+	28:20+	36:51+	38:39+	42:13+	49:14+	52:37+	57:25+	60:22+
	06:28+	04:55-	07:16+	02:49-	02:22-	04:30+	08:31+	01:48-	03:34+	07:01+	03:23-	04:48+	02:57-
	02:35&	00:12-	02:40&	00:12-	00:36-	00:16+	04:11&	01:59-	00:04+	02:18&	00:31-	02:38@	00:59-
6	Toyah Bråtveit	43										1:08:33	
	02:53-	16:00+	22:39+	25:04+	27:38+	30:53+	34:45+	40:22+	46:24+	52:05+	60:15+	64:47+	68:33+
	02:53-	13:07+	06:39+	02:25-	02:34-	03:15-	03:52-	05:37+	06:02+	05:41+	08:10+	04:32+	03:46-
	01:00-	08:00@	02:03&	00:36-	00:24-	00:59-	00:28-	01:50&	02:32&	00:58#	04:16@	02:22@	00:10-
7	Elin Norveel	105										1:27:55	
	03:36-	09:24+	16:10+	18:56+	21:52+	26:08+	32:08+	36:14+	41:35+	51:24+	76:22+	81:17+	87:55+
	03:36-	05:48+	06:46+	02:46-	02:56-	04:16+	06:00+	04:06+	05:21+	09:49+	24:58+	04:55+	06:38+
	00:17-	00:41#	02:10&	00:15-	00:02-	00:02+	01:40&	00:19+	01:51&	05:06@	21:04@	02:45@	02:42&
Beste strekktid for klassen													
	02:46	04:08	04:36	01:46	02:15	03:15	03:52	01:48	02:56	04:43	03:20	02:10	02:57
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Damer 50 - 59 år													
1	Anita Glenne Kallhovd	29										50:50	
	03:29=	08:34=	14:20=	16:11=	18:35=	22:32=	27:42=	30:27=	33:48=	39:37=	43:33=	46:38=	50:50=
	03:29=	05:05=	05:46=	01:51=	02:24=	03:57=	05:10=	02:45=	03:21=	05:49=	03:56=	03:05=	04:12=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Liv Omdal	116										1:00:02	
	04:46+	10:35+	16:39+	19:21+	22:07+	28:26+	33:21+	37:21+	41:21+	46:53+	51:51+	54:58+	60:02+
	04:46+	05:49+	06:04+	02:42+	02:46+	06:19+	04:55-	04:00+	04:00+	05:32-	04:58+	03:07+	05:04+
	01:17&	00:44#	00:18+	00:51&	00:22#	02:22&	00:15-	01:15&	00:39#	00:17-	01:02&	00:02+	00:52#
3	Torill Andersen	116										1:01:53	
	04:02+	12:30+	19:15+	22:21+	25:30+	29:10+	37:00+	39:43+	43:19+	49:52+	53:14+	57:13+	61:53+
	04:02+	08:28+	06:45+	03:06+	03:09+	03:40-	07:50+	02:43-	03:36+	06:33+	03:22-	03:59+	04:40+
	00:33#	03:23&	00:59#	01:15&	00:45&	00:17-	02:40+	00:02-	00:15+	00:44#	00:34-	00:54&	00:28#
4	Trude Katrine Hermanrud	117										1:02:13	
	03:45+	09:36+	15:22+	17:36+	20:53+	33:09+	37:45+	41:08+	44:32+	49:51+	54:18+	57:24+	62:13+
	03:45+	05:51+	05:46=	02:14+	03:17+	12:16+	04:36-	03:23+	03:24+	05:19-	04:27+	03:06+	04:49+
	00:16+	00:46#	00:00=	00:23#	00:53&	08:19@	00:34-	00:38#	00:03+	00:30-	00:31#	00:01+	00:37#
5	Liv Margot Sviland	54										1:08:41	
	04:12+	10:41+	17:18+	20:34+	23:47+	31:27+	36:14+	40:18+	44:35+	52:12+	58:41+	63:10+	68:41+
	04:12+	06:29+	06:37+	03:16+	03:13+	07:40+	04:47-	04:04+	04:17+	07:37+	06:29+	04:29+	05:31+
	00:43#	01:24&	00:51#	01:25&	00:49&	03:43&	00:23-	01:19&	00:56&	01:48&	02:33&	01:24&	01:19&
6	Hilde Frøytlog Karlsen	228										1:08:43	
	04:32+	10:40+	18:19+	21:01+	24:19+	29:32+	35:34+	39:12+	43:51+	53:57+	59:44+	63:22+	68:43+
	04:32+	06:08+	07:39+	02:42+	03:18+	05:13+	06:02+	03:38+	04:39+	10:06+	05:47+	03:38+	05:21+
	01:03&	01:03#	01:53&	00:51&	00:54&	01:16&	00:52#	00:53&	01:18&	04:17&	01:51&	00:33#	01:09&
7	Anne Siv Gjertsen	27										1:09:27	
	05:33+	12:39+	20:31+	23:08+	26:10+	30:42+	36:53+	40:26+	44:32+	50:42+	62:11+	64:19+	69:27+
	05:33+	07:06+	07:52+	02:37+	03:02+	04:32+	06:11+	03:33+	04:06+	06:10+	11:29+	02:08-	05:08+
	02:04&	02:01&	02:06&	00:46&	00:38&	00:35#	01:01#	00:48&	00:45#	00:21+	07:33@	00:57-	00:56#

Class	Navn	Klasse										Tid	
8	Gerd Olaug Vikeså	101										1:10:11	
	03:39+	07:45-	13:53-	17:06+	20:29+	24:08+	29:17+	32:56+	36:25+	41:58+	63:27+	65:45+	70:11+
	03:39+	04:06-	06:08+	03:13+	03:23+	03:39-	05:09-	03:39+	03:29+	05:33-	21:29+	02:18-	04:26+
	00:10+	00:59-	00:22+	01:22&	00:59&	00:18-	00:01-	00:54&	00:08+	00:16-	17:33@	00:47-	00:14+
9	Marie-Elizabeth Reinseth	27										1:10:38	
	04:48+	11:46+	22:03+	24:56+	27:34+	31:53+	36:53+	42:37+	46:50+	54:44+	62:54+	66:01+	70:38+
	04:48+	06:58+	10:17+	02:53+	02:38+	04:19+	05:00-	05:44+	04:13+	07:54+	08:10+	03:07+	04:37+
	01:19&	01:53&	04:31&	01:02&	00:14+	00:22+	00:10-	02:59@	00:52&	02:05&	04:14@	00:02+	00:25+
10	Ragnhild Båtnes Berntsen	101										1:10:44	
	03:57+	12:24+	20:15+	23:00+	26:34+	31:40+	38:15+	42:19+	46:34+	54:13+	60:37+	65:20+	70:44+
	03:57+	08:27+	07:51+	02:45+	03:34+	05:06+	06:35+	04:04+	04:15+	07:39+	06:24+	04:43+	05:24+
	00:28#	03:22&	02:05&	00:54&	01:10&	01:09&	01:25&	01:19&	00:54&	01:50&	02:28&	01:38&	01:12&
11	Nina Bækkelund Christiansen	105										1:21:30	
	04:20+	11:03+	25:15+	27:07+	31:16+	36:38+	45:17+	49:56+	55:53+	63:26+	68:40+	72:36+	81:30+
	04:20+	06:43+	14:12+	01:52+	04:09+	05:22+	08:39+	04:39+	05:57+	07:33+	05:14+	03:56+	08:54+
	00:51#	01:38&	08:26@	00:01+	01:45&	01:25&	03:29&	01:54&	02:36&	01:44&	01:18&	00:51&	04:42@
12	Ellinor Hoemsnes	116										1:22:11	
	03:47+	09:22+	16:03+	18:47+	22:02+	27:59+	39:31+	42:49+	46:32+	51:54+	73:16+	75:20+	82:11+
	03:47+	05:35+	06:41+	02:44+	03:15+	05:57+	11:32+	03:18+	03:43+	05:22-	21:22+	02:04-	06:51+
	00:18+	00:30+	00:55#	00:53&	00:51&	02:00&	06:22@	00:33#	00:22#	00:27-	17:26@	01:01-	02:39&
13	Tove Irene Asheim	116										1:22:46	
	04:37+	15:16+	23:18+	26:38+	30:14+	35:09+	41:57+	48:01+	52:20+	59:02+	74:50+	77:41+	82:46+
	04:37+	10:39+	08:02+	03:20+	03:36+	04:55+	06:48+	06:04+	04:19+	06:42+	15:48+	02:51-	05:05+
	01:08&	05:34@	02:16&	01:29&	01:12&	00:58#	01:38&	03:19@	00:58&	00:53#	11:52@	00:14-	00:53#
Beste strekktid for klassen													
	03:29	04:06	05:46	01:51	02:24	03:39	04:36	02:43	03:21	05:19	03:22	02:04	04:12

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

Damer 60 - 64 år

1	Ingunn Voilås	29										40:15	
	02:38=	06:05=	10:12=	14:25=	18:10=	20:23=	23:24=	26:58=	33:21=	34:22=	40:15=		
	02:38=	03:27=	04:07=	04:13=	03:45=	02:13=	03:01=	03:34=	06:23=	01:01=	05:53=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ingrid Eik	88										46:04	
	02:14-	09:38+	13:59+	17:36+	24:32+	26:50+	30:20+	34:45+	39:11+	40:12+	46:04+		
	02:14-	07:24+	04:21+	03:37-	06:56+	02:18+	03:30+	04:25+	04:26-	01:01=	05:52-		
	00:24-	03:57@	00:14+	00:36-	03:11&	00:05+	00:29#	00:51#	01:57-	00:00=	00:01-		
3	Marit Karin Nygård	92										56:22	
	02:55+	07:52+	13:27+	17:02+	21:36+	25:01+	28:13+	32:06+	49:14+	50:34+	56:22+		
	02:55+	04:57+	05:35+	03:35-	04:34+	03:25+	03:12+	03:53+	17:08+	01:20+	05:48-		
	00:17#	01:30&	01:28&	00:38-	00:49#	01:12&	00:11+	00:19+	10:45@	00:19&	00:05-		
4	May Elinor Meling	125										59:04	
	02:21-	07:06+	11:34+	16:08+	24:02+	27:27+	30:58+	41:06+	51:56+	52:55+	59:04+		
	02:21-	04:45+	04:28+	04:34+	07:54+	03:25+	03:31+	10:08+	10:50+	00:59-	06:09+		
	00:17-	01:18&	00:21+	00:21+	04:09@	01:12&	00:30#	06:34@	04:27&	00:02-	00:16+		
5	Berit Bakken	93										1:01:44	
	02:58+	07:07+	11:45+	16:59+	21:31+	26:12+	29:54+	42:10+	52:01+	53:55+	61:44+		
	02:58+	04:09+	04:38+	05:14+	04:32+	04:41+	03:42+	12:16+	09:51+	01:54+	07:49+		
	00:20#	00:42#	00:31#	01:01#	00:47#	02:28@	00:41#	08:42@	03:28&	00:53&	01:56&		
6	Ingrid Øxnevad	18										1:10:48	
	01:58-	27:35+	32:08+	36:29+	40:21+	44:42+	50:23+	55:25+	64:29+	65:37+	70:48+		
	01:58-	25:37+	04:33+	04:21+	03:52+	04:21+	05:41+	05:02+	09:04+	01:08+	05:11-		
	00:40-	22:10@	00:26#	00:08+	00:07+	02:08&	02:40&	01:28&	02:41&	00:07#	00:42-		

Beste strekktid for klassen

01:58 03:27 04:07 03:35 03:45 02:13 03:01 03:34 04:26 00:59 05:11

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

Class	Navn	Klasse	Tid
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Damer 65 - 69 år

1 Mette Dagsland 68 54:05

02:31= 08:16= 14:03= 21:04= 25:58= 31:20= 35:11= 39:50= 46:02= 47:16= 54:05=
 02:31= 05:45= 05:47= 07:01= 04:54= 05:22= 03:51= 04:39= 06:12= 01:14= 06:49=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Eli Frafjord 94 54:35

02:36+ 10:49+ 16:16+ 21:39+ 26:02+ 29:28- 33:22- 37:49- 46:38+ 47:57+ 54:35+
 02:36+ 08:13+ 05:27- 05:23- 04:23- 03:26- 03:54+ 04:27- 08:49+ 01:19+ 06:38-
 00:05+ 02:28& 00:20- 01:38- 00:31- 01:56- 00:03+ 00:12- 02:37& 00:05+ 00:11-

3 Hanne Eik 117 1:03:01

04:04+ 08:47+ 14:26+ 20:24- 26:09+ 30:38- 36:52+ 43:51+ 50:45+ 52:25+ 63:01+
 04:04+ 04:43- 05:39- 05:58- 05:45+ 04:29- 06:14+ 06:59+ 06:54+ 01:40+ 10:36+
 01:33& 01:02- 00:08- 01:03- 00:51# 00:53- 02:23& 02:20& 00:42# 00:26& 03:47&

4 Margot Asheim 105 1:03:08

09:02+ 12:52+ 20:25+ 24:44+ 28:58+ 31:55+ 35:20+ 39:11- 56:16+ 57:37+ 63:08+
 09:02+ 03:50- 07:33+ 04:19- 04:14- 02:57- 03:25- 03:51- 17:05+ 01:21+ 05:31-
 06:31@ 01:55- 01:46& 02:42- 00:40- 02:25- 00:26- 00:48- 10:53@ 00:07+ 01:18-

5 Kari Blixhavn 228 1:04:29

03:19+ 09:13+ 15:32+ 19:55- 25:56- 29:28- 35:46+ 42:16+ 52:59+ 54:42+ 64:29+
 03:19+ 05:54+ 06:19+ 04:23- 06:01+ 03:32- 06:18+ 06:30+ 10:43+ 01:43+ 09:47+
 00:48& 00:09+ 00:32+ 02:38- 01:07# 01:50- 02:27& 01:51& 04:31& 00:29& 02:58&

6 Halldis Handeland 92 1:07:48

02:56+ 13:18+ 19:19+ 26:50+ 32:20+ 36:36+ 41:00+ 46:30+ 55:55+ 58:21+ 67:48+
 02:56+ 10:22+ 06:01+ 07:31+ 05:30+ 04:16- 04:24+ 05:30+ 09:25+ 02:26+ 09:27+
 00:25# 04:37& 00:14+ 00:30+ 00:36# 01:06- 00:33# 00:51# 03:13& 01:12& 02:38&

7 Tove Bjerkeim 105 1:14:23

02:17- 08:17+ 13:18- 18:43- 22:00- 25:06- 28:59- 32:29- 67:10+ 68:26+ 74:23+
 02:17- 06:00+ 05:01- 05:25- 03:17- 03:06- 03:53+ 03:30- 34:41+ 01:16+ 05:57-
 00:14- 00:15+ 00:46- 01:36- 01:37- 02:16- 00:02+ 01:09- 28:29@ 00:02+ 00:52-

Beste strekktid for klassen

02:17 03:50 05:01 04:19 03:17 02:57 03:25 03:30 06:12 01:14 05:31

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

Damer 70 - 74 år

1 Inger Skretting Opstad 54 1:04:53

03:18= 08:45= 14:30= 20:32= 26:04= 32:08= 36:19= 47:00= 55:14= 56:52= 64:53=
 03:18= 05:27= 05:45= 06:02= 05:32= 06:04= 04:11= 10:41= 08:14= 01:38= 08:01=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Lillian Dahl Fitjar 117 1:20:31

03:04- 08:03- 13:48- 19:02- 24:11- 28:07- 32:21- 41:40- 69:48+ 71:32+ 80:31+
 03:04- 04:59- 05:45= 05:14- 05:09- 03:56- 04:14+ 09:19- 28:08+ 01:44+ 08:59+
 00:14- 00:28- 00:00= 00:48- 00:23- 02:08- 00:03+ 01:22- 19:54@ 00:06+ 00:58#

Beste strekktid for klassen

03:04 04:59 05:45 05:14 05:09 03:56 04:11 09:19 08:14 01:38 08:01

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

Damer 75 - 79 år

1 Turid Nystrøm 68 54:44

03:00= 09:06= 14:46= 19:29= 24:26= 27:48= 32:24= 38:05= 46:01= 47:21= 54:44=
 03:00= 06:06= 05:40= 04:43= 04:57= 03:22= 04:36= 05:41= 07:56= 01:20= 07:23=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse	Tid							
2	Helga Aaslid	54	1:04:39							
03:30+	09:29+	16:00+	20:01+	26:28+	31:22+	36:51+	43:25+	51:35+	54:34+	64:39+
03:30+	05:59-	06:31+	04:01-	06:27+	04:54+	05:29+	06:34+	08:10+	02:59+	10:05+
00:30#	00:07-	00:51#	00:42-	01:30&	01:32&	00:53#	00:53#	00:14+	01:39&	02:42&

3	Hedvig Anda	116	1:05:04							
03:11+	09:45+	16:34+	20:41+	27:23+	32:13+	37:32+	43:24+	53:02+	55:21+	65:04+
03:11+	06:34+	06:49+	04:07-	06:42+	04:50+	05:19+	05:52+	09:38+	02:19+	09:43+
00:11+	00:28+	01:09#	00:36-	01:45&	01:28&	00:43#	00:11+	01:42#	00:59&	02:20&

4	Helga Klausen	62	1:22:05							
03:39+	09:57+	15:55+	21:05+	26:17+	30:15+	34:20+	43:28+	71:46+	73:36+	82:05+
03:39+	06:18+	05:58+	05:10+	05:12+	03:58+	04:05-	09:08+	28:18+	01:50+	08:29+
00:39#	00:12+	00:18+	00:27+	00:15+	00:36#	00:31-	03:27&	20:22&	00:30&	01:06#

Beste strekktid for klassen
03:00 05:59 05:40 04:01 04:57 03:22 04:05 05:41 07:56 01:20 07:23

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68	1:34:30						
09:14=	11:50=	23:28=	30:25=	36:48=	44:41=	55:03=	73:39=	82:35=	94:30=
09:14=	02:36=	11:38=	06:57=	06:23=	07:53=	10:22=	18:36=	08:56=	11:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen
09:14 02:36 11:38 06:57 06:23 07:53 10:22 18:36 08:56 11:55

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

Damer A

1	Aud Hognestad Taksdal	92	45:14												
01:55=	06:06=	07:19=	10:45=	14:02=	15:24=	17:37=	19:44=	22:12=	26:31=	29:54=	32:34=	38:26=	41:02=	41:40=	45:14=
01:55=	04:11=	01:13=	03:26=	03:17=	01:22=	02:13=	02:07=	02:28=	04:19=	03:23=	02:40=	05:52=	02:36=	00:38=	03:34=
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=	00:00=	00:00=	00:00=

2	Jorunn Hadland	29	47:14												
02:04+	05:45-	07:00-	10:30-	12:50-	14:18-	16:58-	19:12-	21:24-	25:45-	28:58-	31:28-	38:25-	41:39+	42:21+	47:14+
02:04+	03:41-	01:15+	03:30+	02:20-	01:28+	02:40+	02:14+	02:12-	04:21+	03:13-	02:30-	06:57+	03:14+	00:42+	04:53+
00:09+	00:30-	00:02+	00:04+	00:57-	00:06+	00:27#	00:07+	00:16-	00:02+	00:10-	00:10-	01:05#	00:38#	00:04#	01:19&

Beste strekktid for klassen
01:55 03:41 01:13 03:26 02:20 01:22 02:13 02:07 02:12 04:19 03:13 02:30 05:52 02:36 00:38 03:34

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

Damer B

1	Inger Tone Nygård	29	48:57											
02:11=	06:19=	07:36=	11:49=	15:35=	19:29=	22:16=	24:53=	29:06=	31:40=	34:12=	39:02=	42:56=	44:05=	48:57=
02:11=	04:08=	01:17=	04:13=	03:46=	03:54=	02:47=	02:37=	04:13=	02:34=	02:32=	04:50=	03:54=	01:09=	04:52=
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=

2	Jorunn Johannesen	116	54:34											
02:31+	07:38+	09:13+	13:25+	17:39+	21:20+	24:11+	26:59+	32:14+	34:50+	38:25+	44:13+	48:33+	49:22+	54:34+
02:31+	05:07+	01:35+	04:12-	04:14+	03:41-	02:51+	02:48+	05:15+	02:36+	03:35+	05:48+	04:20+	00:49-	05:12+
00:20#	00:59#	00:18#	00:01-	00:28#	00:13-	00:04+	00:11+	01:02#	00:02+	01:03&	00:58#	00:26#	00:20-	00:20+

3	Anne Garsrud	53	1:00:29											
02:28+	06:45+	08:09+	12:54+	18:20+	22:09+	25:03+	28:13+	33:18+	36:18+	42:13+	50:22+	54:39+	55:50+	60:29+
02:28+	04:17+	01:24+	04:45+	05:26+	03:49-	02:54+	03:10+	05:05+	03:00+	05:55+	08:09+	04:17+	01:11+	04:39-
00:17#	00:09+	00:07+	00:32#	01:40&	00:05-	00:07+	00:33#	00:52#	00:26#	03:23&	03:19&	00:23+	00:02+	00:13-

Class	Navn	Klasse										Tid		
4	Ingrid W. Hestness	117										1:02:26		
02:41+	07:53+	09:14+	14:37+	19:27+	23:30+	27:47+	30:34+	35:18+	38:33+	42:30+	48:57+	56:31+	57:33+	62:26+
02:41+	05:12+	01:21+	05:23+	04:50+	04:03+	04:17+	02:47+	04:44+	03:15+	03:57+	06:27+	07:34+	01:02-	04:53+
00:30#	01:04&	00:04+	01:10&	01:04&	00:09+	01:30&	00:10+	00:31#	00:41&	01:25&	01:37&	03:40&	00:07-	00:01+

5	Helen Lomeland	105										1:02:42		
03:07+	08:36+	10:04+	15:01+	19:57+	25:57+	28:54+	31:29+	36:48+	39:58+	43:15+	48:53+	56:57+	57:59+	62:42+
03:07+	05:29+	01:28+	04:57+	04:56+	06:00+	02:57+	02:35-	05:19+	03:10+	03:17+	05:38+	08:04+	01:02-	04:43-
00:56&	01:21&	00:11#	00:44#	01:10&	02:06&	00:10+	00:02-	01:06&	00:36#	00:45&	00:48#	04:10@	00:07-	00:09-

6	Vibeke Lamark	46										1:02:45		
02:42+	08:14+	09:51+	14:33+	19:42+	23:37+	26:34+	29:34+	34:15+	36:53+	41:02+	51:30+	56:25+	57:25+	62:45+
02:42+	05:32+	01:37+	04:42+	05:09+	03:55+	02:57+	03:00+	04:41+	02:38+	04:09+	10:28+	04:55+	01:00-	05:20+
00:31#	01:24&	00:20&	00:29#	01:23&	00:01+	00:10+	00:23#	00:28#	00:04+	01:37&	05:38@	01:01&	00:09-	00:28+

7	Keth Berggraf	116										1:14:21		
02:55+	08:59+	10:42+	16:12+	22:07+	26:08+	30:02+	35:43+	41:52+	46:41+	52:06+	58:00+	65:59+	69:03+	74:21+
02:55+	06:04+	01:43+	05:30+	05:55+	04:01+	03:54+	05:41+	06:09+	04:49+	05:25+	05:54+	07:59+	03:04+	05:18+
00:44&	01:56&	00:26&	01:17&	02:09&	00:07+	01:07&	03:04@	01:56&	02:15&	02:53@	01:04#	04:05@	01:55@	00:26+

8	Ann Karin Tjørhom	93										1:20:06		
03:05+	08:39+	10:17+	15:49+	30:14+	34:17+	37:40+	40:58+	46:29+	49:32+	53:53+	66:48+	72:51+	73:53+	80:06+
03:05+	05:34+	01:38+	05:32+	14:25+	04:03+	03:23+	03:18+	05:31+	03:03+	04:21+	12:55+	06:03+	01:02-	06:13+
00:54&	01:26&	00:21&	01:19&	10:39@	00:09+	00:36#	00:41&	01:18&	00:29#	01:49&	08:05@	02:09&	00:07-	01:21&

9	Kristin Breivold	92										1:29:29		
03:05+	10:02+	11:53+	23:01+	32:37+	37:17+	41:23+	45:30+	53:28+	57:53+	62:00+	73:44+	81:15+	82:21+	89:29+
03:05+	06:57+	01:51+	11:08+	09:36+	04:40+	04:06+	04:07+	07:58+	04:25+	04:07+	11:44+	07:31+	01:06-	07:08+
00:54&	02:49&	00:34&	06:55@	05:50@	00:46#	01:19&	01:30&	03:45&	01:51&	01:35&	06:54@	03:37&	00:03-	02:16&

Beste strekktid for klassen														
02:11	04:08	01:17	04:12	03:46	03:41	02:47	02:35	04:13	02:34	02:32	04:50	03:54	00:49	04:39

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

Damer Ny

1	Agnete Dedekam Stabel	101										36:13		
08:02=	14:21=	17:07=	21:11=	23:11=	26:08=	30:30=	35:08=	36:13=						
08:02=	06:19=	02:46=	04:04=	02:00=	02:57=	04:22=	04:38=	01:05=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

Beste strekktid for klassen														
08:02	06:19	02:46	04:04	02:00	02:57	04:22	04:38	01:05						

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

Damer Trim

1	Fride Wirak	88										28:20		
04:13=	05:09=	09:44=	13:07=	16:24=	20:22=	25:57=	27:52=	28:20=						
04:13=	00:56=	04:35=	03:23=	03:17=	03:58=	05:35=	01:55=	00:28=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

2	Aina Kalsaas Urstad	356										28:35		
04:50+	05:48+	12:07+	15:12+	18:15+	21:47+	26:17+	28:14+	28:35+						
04:50+	00:58+	06:19+	03:05-	03:03-	03:32-	04:30-	01:57+	00:21-						
00:37#	00:02+	01:44&	00:18-	00:14-	00:26-	01:05-	00:02+	00:07-						

3	Maryon Paulsen Strugstad	43										28:53		
05:52+	06:37+	11:43+	15:28+	18:08+	22:10+	26:52+	28:32+	28:53+						
05:52+	00:45-	05:06+	03:45+	02:40-	04:02+	04:42-	01:40-	00:21-						
01:39&	00:11-	00:31#	00:22#	00:37-	00:04+	00:53-	00:15-	00:07-						

4	Tolene L. Frøytlog Karlsen	228										30:39		
05:00+	06:31+	11:00+	14:50+	18:30+	22:58+	28:04+	30:13+	30:39+						
05:00+	01:31+	04:29-	03:50+	03:40+	04:28+	05:06-	02:09+	00:26-						
00:47#	00:35&	00:06-	00:27#	00:23#	00:30#	00:29-	00:14#	00:02-						

Class	Navn	Klasse								Tid
5	Astri Sandanger	93								36:18
05:23+	06:52+	12:11+	16:39+	22:04+	26:37+	33:15+	35:44+	36:18+		
05:23+	01:29+	05:19+	04:28+	05:25+	04:33+	06:38+	02:29+	00:34+		
01:10&	00:33&	00:44#	01:05&	02:08&	00:35#	01:03#	00:34&	00:06#		
6	Anastasia Ollestad	93								39:31
05:05+	06:16+	14:22+	20:28+	24:29+	29:44+	36:37+	39:00+	39:31+		
05:05+	01:11+	08:06+	06:06+	04:01+	05:15+	06:53+	02:23+	00:31+		
00:52#	00:15&	03:31&	02:43&	00:44#	01:17&	01:18#	00:28#	00:03#		
7	Tonje Tiley	27								41:21
06:26+	07:43+	13:26+	17:22+	28:18+	32:51+	38:13+	40:53+	41:21+		
06:26+	01:17+	05:43+	03:56+	10:56+	04:33+	05:22-	02:40+	00:28=		
02:13&	00:21&	01:08#	00:33#	07:39@	00:35#	00:13-	00:45&	00:00=		
8	Brit Svihus	92								43:27
07:24+	09:00+	15:00+	20:12+	24:58+	31:08+	39:59+	42:57+	43:27+		
07:24+	01:36+	06:00+	05:12+	04:46+	06:10+	08:51+	02:58+	00:30+		
03:11&	00:40&	01:25&	01:49&	01:29&	02:12&	03:16&	01:03&	00:02+		
9	Lene Vignes	54								44:28
07:39+	09:34+	16:27+	21:34+	26:00+	33:19+	41:11+	43:57+	44:28+		
07:39+	01:55+	06:53+	05:07+	04:26+	07:19+	07:52+	02:46+	00:31+		
03:26&	00:59@	02:18&	01:44&	01:09&	03:21&	02:17&	00:51&	00:03#		
10	Kirsti Strand Salvesen	256								46:00
07:33+	09:24+	16:34+	21:19+	26:12+	32:19+	41:50+	45:12+	46:00+		
07:33+	01:51+	07:10+	04:45+	04:53+	06:07+	09:31+	03:22+	00:48+		
03:20&	00:55&	02:35&	01:22&	01:36&	02:09&	03:56&	01:27&	00:20&		
11	Grethe Ask-Breivik	5								46:19
04:52+	06:04+	14:20+	19:10+	22:34+	34:47+	43:40+	45:53+	46:19+		
04:52+	01:12+	08:16+	04:50+	03:24+	12:13+	08:53+	02:13+	00:26-		
00:39#	00:16&	03:41&	01:27&	00:07+	08:15@	03:18&	00:18#	00:02-		
12	Ruth Grødem	105								46:25
10:13+	11:51+	17:59+	23:17+	27:51+	33:56+	42:52+	45:57+	46:25+		
10:13+	01:38+	06:08+	05:18+	04:34+	06:05+	08:56+	03:05+	00:28=		
06:00@	00:42&	01:33&	01:55&	01:17&	02:07&	03:21&	01:10&	00:00=		
13	Solbjørg Borgersen	233								46:47
07:27+	08:57+	16:06+	23:33+	27:57+	35:09+	43:29+	46:13+	46:47+		
07:27+	01:30+	07:09+	07:27+	04:24+	07:12+	08:20+	02:44+	00:34+		
03:14&	00:34&	02:34&	04:04@	01:07&	03:14&	02:45&	00:49&	00:06#		
14	Reidun Solli Skjørestad	47								48:58
07:04+	08:33+	16:36+	21:35+	26:15+	38:10+	45:48+	48:23+	48:58+		
07:04+	01:29+	08:03+	04:59+	04:40+	11:55+	07:38+	02:35+	00:35+		
02:51&	00:33&	03:28&	01:36&	01:23&	07:57@	02:03&	00:40&	00:07#		
15	Aslaug Neteland	92								49:14
06:18+	07:55+	16:20+	22:30+	27:12+	35:42+	45:52+	48:44+	49:14+		
06:18+	01:37+	08:25+	06:10+	04:42+	08:30+	10:10+	02:52+	00:30+		
02:05&	00:41&	03:50&	02:47&	01:25&	04:32@	04:35&	00:57&	00:02+		
16	Wenke Wannberg	116								49:15
06:21+	08:00+	16:24+	22:28+	27:10+	35:35+	45:57+	48:43+	49:15+		
06:21+	01:39+	08:24+	06:04+	04:42+	08:25+	10:22+	02:46+	00:32+		
02:08&	00:43&	03:49&	02:41&	01:25&	04:27@	04:47&	00:51&	00:04#		
17	Bodil D. Langeland	382								51:18
13:28+	14:59+	22:30+	27:37+	32:30+	39:18+	47:07+	50:39+	51:18+		
13:28+	01:31+	07:31+	05:07+	04:53+	06:48+	07:49+	03:32+	00:39+		
09:15@	00:35&	02:56&	01:44&	01:36&	02:50&	02:14&	01:37&	00:11&		
18	Sigrund Serigstad	128								57:22
07:11+	12:13+	31:19+	39:54+	42:54+	50:26+	54:54+	56:56+	57:22+		
07:11+	05:02+	19:06+	08:35+	03:00-	07:32+	04:28-	02:02+	00:26-		
02:58&	04:06@	14:31@	05:12@	00:17-	03:34&	01:07-	00:07+	00:02-		
19	Gro Mariero Totland	59								57:49
08:54+	10:54+	19:18+	25:45+	32:25+	41:35+	52:24+	57:03+	57:49+		
08:54+	02:00+	08:24+	06:27+	06:40+	09:10+	10:49+	04:39+	00:46+		
04:41@	01:04@	03:49&	03:04&	03:23@	05:12@	05:14&	02:44@	00:18&		

Class	Navn	Klasse	Tid
20	Ingunn Fandrem	47	58:02
08:03+	10:24+ 21:40+ 28:35+ 35:38+ 45:36+	53:56+ 57:26+	58:02+
08:03+	02:21+ 11:16+ 06:55+ 07:03+ 09:58+	08:20+ 03:30+	00:36+
03:50&	01:25@ 06:41@ 03:32@ 03:46@ 06:00@	02:45& 01:35&	00:08&
21	Solveig Marie Grønning	47	58:09
08:17+	10:38+ 21:59+ 28:46+ 35:40+ 45:59+	53:58+ 57:33+	58:09+
08:17+	02:21+ 11:21+ 06:47+ 06:54+ 10:19+	07:59+ 03:35+	00:36+
04:04&	01:25@ 06:46@ 03:24@ 03:37@ 06:21@	02:24& 01:40&	00:08&
22	Eli Våge	117	1:10:20
19:03+	21:35+ 32:26+ 40:30+ 46:02+ 53:37+	66:03+ 69:46+	70:20+
19:03+	02:32+ 10:51+ 08:04+ 05:32+ 07:35+	12:26+ 03:43+	00:34+
14:50@	01:36@ 06:16@ 04:41@ 02:15& 03:37&	06:51@ 01:48&	00:06#
23	Elisabeth Melbø	128	1:11:11
22:06+	23:19+ 28:30+ 33:25+ 36:55+ 63:15+	68:25+ 70:42+	71:11+
22:06+	01:13+ 05:11+ 04:55+ 03:30+ 26:20+	05:10- 02:17+	00:29+
17:53@	00:17& 00:36# 01:32& 00:13+ 22:22@	00:25- 00:22#	00:01+
24	Ann-Mari Vold	54	1:13:03
38:04+	45:38+ 52:28+ 56:11+ 59:46+ 65:02+	70:20+ 72:35+	73:03+
38:04+	07:34+ 06:50+ 03:43+ 03:35+ 05:16+	05:18- 02:15+	00:28=
33:51@	06:38@ 02:15& 00:20+ 00:18+ 01:18&	00:17- 00:20#	00:00=
25	Signe Lise Haaland	66	1:14:14
15:43+	17:55+ 28:09+ 40:50+ 47:07+ 56:07+	68:43+ 73:10+	74:14+
15:43+	02:12+ 10:14+ 12:41+ 06:17+ 09:00+	12:36+ 04:27+	01:04+
11:30@	01:16@ 05:39@ 09:18@ 03:00& 05:02@	07:01@ 02:32@	00:36@
Beste strekktid for klassen			
04:13	00:45	04:29	03:05
02:40	03:32	04:28	01:40
00:21			

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

Herrer 16 - 39 år

1	Svein Kyllingstad	71	51:46
02:00=	09:01= 10:28= 14:46= 18:32= 21:47=	25:01= 28:22= 32:13= 34:37= 37:31=	42:43= 47:03= 51:46=
02:00=	07:01= 01:27= 04:18= 03:46= 03:15=	03:14= 03:21= 03:51= 02:24= 02:54=	05:12= 04:20= 00:42= 04:01=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
2	Runar Eike Toft	116	54:08
04:32+	08:20- 09:27- 13:40- 17:23- 20:33-	23:15- 26:21- 30:16- 32:39- 36:02-	44:33+ 48:31+ 50:22+ 54:08+
04:32+	03:48- 01:07- 04:13- 03:43- 03:10-	02:42- 03:06- 03:55+ 02:23- 03:23+	08:31+ 03:58- 01:51+ 03:46-
02:32@	03:13- 00:20- 00:05- 00:03- 00:05-	00:32- 00:15- 00:04+ 00:01- 00:29#	03:19& 00:22- 01:09@ 00:15-
3	Martin Skogland	98	55:33
02:06+	06:57- 08:24- 15:27+ 19:25+ 22:54+	25:54+ 28:12- 32:04- 34:38+ 37:26-	43:11+ 48:49+ 51:23+ 55:33+
02:06+	04:51- 01:27= 07:03+ 03:58+ 03:29+	03:00- 02:18- 03:52+ 02:34+ 02:48-	05:45+ 05:38+ 02:34+ 04:10+
00:06+	02:10- 00:00= 02:45& 00:12+ 00:14+	00:14- 01:03- 00:01+ 00:10+ 00:06-	00:33# 01:18& 01:52@ 00:09+
4	Håkon Eggebø	71	1:01:23
01:55-	05:58- 07:10- 11:04- 16:22- 19:25-	21:50- 24:26- 27:49- 30:12- 33:11-	51:04+ 56:03+ 57:25+ 61:23+
01:55-	04:03- 01:12- 03:54- 05:18+ 03:03-	02:25- 02:36- 03:23- 02:23- 02:59+	17:53+ 04:59+ 01:22+ 03:58-
00:05-	02:58- 00:15- 00:24- 01:32& 00:12-	00:49- 00:45- 00:28- 00:01- 00:05+	12:41@ 00:39# 00:40& 00:03-
5	Truls Thorkildsen	39	1:09:27
02:29+	07:19- 09:12- 13:31- 18:45+ 22:09+	25:23+ 28:32+ 32:33+ 35:32+ 40:40+	59:00+ 64:12+ 65:01+ 69:27+
02:29+	04:50- 01:53+ 04:19+ 05:14+ 03:24+	03:14= 03:09- 04:01+ 02:59+ 05:08+	18:20+ 05:12+ 00:49+ 04:26+
00:29#	02:11- 00:26& 00:01+ 01:28& 00:09+	00:00= 00:12- 00:10+ 00:35# 02:14&	13:08@ 00:52# 00:07# 00:25#
6	Frank Terje Berge	126	1:18:41
09:33+	14:16+ 15:48+ 22:07+ 31:43+ 35:35+	39:14+ 42:38+ 47:02+ 51:16+ 56:48+	63:05+ 71:06+ 73:57+ 78:41+
09:33+	04:43- 01:32+ 06:19+ 09:36+ 03:52+	03:39+ 03:24+ 04:24+ 04:14+ 05:32+	06:17+ 08:01+ 02:51+ 04:44+
07:33@	02:18- 00:05+ 02:01& 05:50@ 00:37#	00:25# 00:03+ 00:33# 01:50& 02:38&	01:05# 03:41& 02:09@ 00:43#
7	Jone Klemo Øverland	165	1:39:16
02:43+	08:36- 10:33+ 21:10+ 26:32+ 31:07+	36:31+ 52:43+ 57:57+ 61:08+ 66:00+	89:00+ 92:35+ 93:35+ 99:16+
02:43+	05:53- 01:57+ 10:37+ 05:22+ 04:35+	05:24+ 16:12+ 05:14+ 03:11+ 04:52+	23:00+ 03:35- 01:00+ 05:41+
00:43&	01:08- 00:30& 06:19@ 01:36& 01:20&	02:10& 12:51@ 01:23& 00:47& 01:58&	17:48@ 00:45- 00:18& 01:40&

Pluss	Navn	Klasse	Tid
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Beste strekktid for klassen

01:55 03:48 01:07 03:54 03:43 03:03 02:25 02:18 03:23 02:23 02:48 05:12 03:35 00:42 03:46

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

Herrer 40 - 49 år

1	Ove Nygaard	116	48:21											
02:12=	07:06=	08:17=	11:40=	15:05=	17:58=	20:11=	22:47=	25:53=	28:10=	31:15=	39:27=	43:55=	44:36=	48:21=
02:12=	04:54=	01:11=	03:23=	03:25=	02:53=	02:13=	02:36=	03:06=	02:17=	03:05=	08:12=	04:28=	00:41=	03:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asgeir Nærland	88	56:13											
01:49-	05:48-	07:03-	11:00-	16:17+	19:30+	21:59+	24:17+	28:35+	30:50+	33:52+	41:04+	51:30+	52:18+	56:13+
01:49-	03:59-	01:15+	03:57+	05:17+	03:13+	02:29+	02:18-	04:18+	02:15-	03:02-	07:12-	10:26+	00:48+	03:55+
00:23-	00:55-	00:04+	00:34#	01:52&	00:20#	00:16#	00:18-	01:12&	00:02-	00:03-	01:00-	05:58@	00:07#	00:10+
3	Reidar Mosvold	53	56:13											
02:30+	07:12+	08:49+	12:56+	18:12+	22:14+	25:34+	28:53+	33:10+	35:55+	38:59+	45:12+	49:35+	50:38+	56:13+
02:30+	04:42-	01:37+	04:07+	05:16+	04:02+	03:20+	03:19+	04:17+	02:45+	03:04-	06:13-	04:23-	01:03+	05:35+
00:18#	00:12-	00:26&	00:44#	01:51&	01:09&	01:07&	00:43&	01:11&	00:28#	00:01-	01:59-	00:05-	00:22&	01:50&
4	Jakob Ravnås	383	56:29											
02:21+	07:01-	08:36+	13:13+	17:37+	21:48+	25:16+	28:27+	33:11+	35:58+	39:24+	45:20+	50:50+	51:38+	56:29+
02:21+	04:40-	01:35+	04:37+	04:24+	04:11+	03:28+	03:11+	04:44+	02:47+	03:26+	05:56-	05:30+	00:48+	04:51+
00:09+	00:14-	00:24&	01:14&	00:59&	01:18&	01:15&	00:35#	01:38&	00:30#	00:21#	02:16-	01:02#	00:07#	01:06&
5	Håvard Thomassen Lauritsen	116	1:04:57											
02:03-	06:24-	07:59-	12:32+	16:51+	20:44+	24:01+	27:32+	32:19+	35:12+	39:30+	54:09+	59:14+	60:21+	64:57+
02:03-	04:21-	01:35+	04:33+	04:19+	03:53+	03:17+	03:31+	04:47+	02:53+	04:18+	14:39+	05:05+	01:07+	04:36+
00:09-	00:33-	00:24&	01:10&	00:54&	01:00&	01:04&	00:55&	01:41&	00:36&	01:13&	06:27&	00:37#	00:26&	00:51#
6	Eivind Lie	116	1:11:00											
02:10-	06:28-	07:53-	15:15+	27:35+	30:58+	34:07+	37:12+	42:10+	44:55+	48:06+	59:02+	65:10+	66:13+	71:00+
02:10-	04:18-	01:25+	07:22+	12:20+	03:23+	03:09+	03:05+	04:58+	02:45+	03:11+	10:56+	06:08+	01:03+	04:47+
00:02-	00:36-	00:14#	03:59@	08:55@	00:30#	00:56&	00:29#	01:52&	00:28#	00:06+	02:44&	01:40&	00:22&	01:02&
7	Bjørn Kristian Røyland	74	1:18:58											
03:02+	09:02+	10:49+	17:14+	24:03+	28:55+	32:35+	36:04+	44:53+	48:18+	56:02+	63:32+	70:53+	72:55+	78:58+
03:02+	06:00+	01:47+	06:25+	06:49+	04:52+	03:40+	03:29+	08:49+	03:25+	07:44+	07:30-	07:21+	02:02+	06:03+
00:50&	01:06#	00:36&	03:02&	03:24&	01:59&	01:27&	00:53&	05:43@	01:08&	04:39@	00:42-	02:53&	01:21@	02:18&
8	Jan-Kenneth Polle	83	1:19:45											
02:23+	07:46+	09:20+	29:13+	33:31+	37:46+	41:27+	48:30+	52:44+	56:21+	61:50+	68:07+	73:47+	74:34+	79:45+
02:23+	05:23+	01:34+	19:53+	04:18+	04:15+	03:41+	07:03+	04:14+	03:37+	05:29+	06:17-	05:40+	00:47+	05:11+
00:11+	00:29+	00:23&	16:30@	00:53&	01:22&	01:28&	04:27@	01:08&	01:20&	02:24&	01:55-	01:12&	00:06#	01:26&

Beste strekktid for klassen

01:49 03:59 01:11 03:23 03:25 02:53 02:13 02:18 03:06 02:15 03:02 05:56 04:23 00:41 03:45

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

Herrer 50 - 59 år

1	Jone Kalheim	93	48:12								
02:36=	04:26=	09:21=	13:37=	18:13=	20:37=	27:00=	33:04=	36:13=	40:35=	44:17=	48:12=
02:36=	01:50=	04:55=	04:16=	04:36=	02:24=	06:23=	06:04=	03:09=	04:22=	03:42=	03:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anders Glenne	7	50:57								
02:28-	05:29+	10:54+	15:16+	18:53+	21:32+	27:10+	34:12+	38:18+	43:33+	46:58+	50:57+
02:28-	03:01+	05:25+	04:22+	03:37-	02:39+	05:38-	07:02+	04:06+	05:15+	03:25-	03:59+
00:08-	01:11&	00:30#	00:06+	00:59-	00:15#	00:45-	00:58#	00:57&	00:53#	00:17-	00:04+
3	Øystein Fuglestad	46	51:58								
02:51+	04:58+	09:43+	14:07+	17:55-	20:15-	26:49-	31:58-	35:48-	41:46+	48:00+	51:58+
02:51+	02:07+	04:45-	04:24+	03:48-	02:20-	06:34+	05:09-	03:50+	05:58+	06:14+	03:58+
00:15+	00:17#	00:10-	00:08+	00:48-	00:04-	00:11+	00:55-	00:41#	01:36&	02:32&	00:03+

Class	Navn	Klasse										Tid
4	Magnar Møller	62										54:23
	02:50+	05:17+	10:15+	14:47+	17:41-	21:27+	28:45+	34:27+	41:41+	46:29+	50:13+	54:23+
	02:50+	02:27+	04:58+	04:32+	02:54-	03:46+	07:18+	05:42-	07:14+	04:48+	03:44+	04:10+
	00:14+	00:37&	00:03+	00:16+	01:42-	01:22&	00:55#	00:22-	04:05@	00:26+	00:02+	00:15+
5	Arngrim Utskarpen	117										56:31
	02:35-	04:41+	08:47-	12:43-	16:32-	19:25-	36:54+	42:08+	45:16+	49:05+	52:37+	56:31+
	02:35-	02:06+	04:06-	03:56-	03:49-	02:53+	17:29+	05:14-	03:08-	03:49-	03:32-	03:54-
	00:01-	00:16#	00:49-	00:20-	00:47-	00:29#	11:06@	00:50-	00:01-	00:33-	00:10-	00:01-
6	Lars Primstad	62										1:00:17
	04:27+	06:23+	10:45+	14:28+	24:15+	26:33+	34:01+	38:27+	41:33+	47:44+	56:47+	60:17+
	04:27+	01:56+	04:22-	03:43-	09:47+	02:18-	07:28+	04:26-	03:06-	06:11+	09:03+	03:30-
	01:51&	00:06+	00:33-	00:33-	05:11@	00:06-	01:05#	01:38-	00:03-	01:49&	05:21@	00:25-
7	Arjen Leendertse	91										1:00:26
	06:10+	08:18+	13:55+	19:04+	23:22+	26:06+	36:36+	43:21+	47:10+	52:04+	55:42+	60:26+
	06:10+	02:08+	05:37+	05:09+	04:18-	02:44+	10:30+	06:45+	03:49+	04:54+	03:38-	04:44+
	03:34@	00:18#	00:42#	00:53#	00:18-	00:20#	04:07&	00:41#	00:40#	00:32#	00:04-	00:49#
8	Harald Taksdal	236										1:01:02
	03:14+	06:20+	12:00+	16:57+	20:27+	24:29+	34:05+	41:03+	45:03+	52:00+	55:16+	61:02+
	03:14+	03:06+	05:40+	04:57+	03:30-	04:02+	09:36+	06:58+	04:00+	06:57+	03:16-	05:46+
	00:38#	01:16&	00:45#	00:41#	01:06-	01:38&	03:13&	00:54#	00:51&	02:35&	00:26-	01:51&
9	Inge Skretting	165										1:04:46
	03:01+	05:50+	10:33+	15:10+	19:10+	21:28+	27:44+	36:11+	40:13+	46:12+	60:01+	64:46+
	03:01+	02:49+	04:43-	04:37+	04:00-	02:18-	06:16-	08:27+	04:02+	05:59+	13:49+	04:45+
	00:25#	00:59&	00:12-	00:21+	00:36-	00:06-	00:07-	02:23&	00:53&	01:37&	10:07@	00:50#
10	Erling Knutzen	128										1:05:51
	02:46+	05:38+	10:17+	15:03+	18:44+	21:33+	28:48+	44:49+	49:11+	55:44+	60:11+	65:51+
	02:46+	02:52+	04:39-	04:46+	03:41-	02:49+	07:15+	16:01+	04:22+	06:33+	04:27+	05:40+
	00:10+	01:02&	00:16-	00:30#	00:55-	00:25#	00:52#	09:57@	01:13&	02:11&	00:45#	01:45&
11	Frode Dyrli	116										1:05:55
	03:10+	05:43+	10:50+	15:08+	18:06-	20:39+	30:01+	36:36+	40:54+	48:52+	60:56+	65:55+
	03:10+	02:33+	05:07+	04:18+	02:58-	02:33+	09:22+	06:35+	04:18+	07:58+	12:04+	04:59+
	00:34#	00:43&	00:12+	00:02+	01:38-	00:09+	02:59&	00:31+	01:09&	03:36&	08:22@	01:04&
12	Asbjørn Bråndland	297										1:06:42
	03:07+	06:01+	11:09+	15:56+	19:38+	22:28+	41:26+	49:02+	53:51+	58:55+	62:19+	66:42+
	03:07+	02:54+	05:08+	04:47+	03:42-	02:50+	18:58+	07:36+	04:49+	05:04+	03:24-	04:23+
	00:31#	01:04&	00:13+	00:31#	00:54-	00:26#	12:35@	01:32&	01:40&	00:42#	00:18-	00:28#
13	Adne Hausberg	7										1:06:49
	02:48+	05:53+	12:31+	18:02+	21:14+	28:01+	35:51+	45:05+	49:47+	56:28+	60:58+	66:49+
	02:48+	03:05+	06:38+	05:31+	03:12-	06:47+	07:50+	09:14+	04:42+	06:41+	04:30+	05:51+
	00:12+	01:15&	01:43&	01:15&	01:24-	04:23@	01:27#	03:10&	01:33&	02:19&	00:48#	01:56&
14	Trygve Michaelsen	117										1:09:22
	02:18-	05:03+	11:32+	16:27+	19:23+	21:48+	31:55+	37:22+	40:58+	46:31+	65:50+	69:22+
	02:18-	02:45+	06:29+	04:55+	02:56-	02:25+	10:07+	05:27-	03:36+	05:33+	19:19+	03:32-
	00:18-	00:55&	01:34&	00:39#	01:40-	00:01+	03:44&	00:37-	00:27#	01:11&	15:37@	00:23-
15	Svend Vihovde	116										1:09:38
	03:24+	06:31+	11:48+	16:39+	19:52+	23:57+	32:07+	44:17+	50:14+	59:01+	63:58+	69:38+
	03:24+	03:07+	05:17+	04:51+	03:13-	04:05+	08:10+	12:10+	05:57+	08:47+	04:57+	05:40+
	00:48&	01:17&	00:22+	00:35#	01:23-	01:41&	01:47&	06:06@	02:48&	04:25@	01:15&	01:45&
16	Kjell Seland	236										1:11:15
	02:32-	05:45+	12:28+	17:10+	20:14+	22:27+	33:00+	38:22+	42:09+	47:28+	66:44+	71:15+
	02:32-	03:13+	06:43+	04:42+	03:04-	02:13-	10:33+	05:22-	03:47+	05:19+	19:16+	04:31+
	00:04-	01:23&	01:48&	00:26#	01:32-	00:11-	04:10&	00:42-	00:38#	00:57#	15:34@	00:36#
17	Eilef Foss	76										1:13:04
	02:21-	07:53+	16:15+	20:13+	23:02+	25:40+	46:53+	52:51+	57:16+	66:30+	69:48+	73:04+
	02:21-	05:32+	08:22+	03:58-	02:49-	02:38+	21:13+	05:58-	04:25+	09:14+	03:18-	03:16-
	00:15-	03:42@	03:27&	00:18-	01:47-	00:14+	14:50@	00:06-	01:16&	04:52@	00:24-	00:39-
18	Geir Rune Seldal	192										1:13:09
	02:52+	07:10+	16:22+	21:40+	25:15+	28:32+	36:11+	53:54+	59:14+	64:45+	68:44+	73:09+
	02:52+	04:18+	09:12+	05:18+	03:35-	03:17+	07:39+	17:43+	05:20+	05:31+	03:59+	04:25+
	00:16#	02:28@	04:17&	01:02#	01:01-	00:53&	01:16#	11:39@	02:11&	01:09&	00:17+	00:30#

Class	Navn	Klasse										Tid
19	Harald Syse	93										1:15:11
03:05+	10:00+	13:51+	23:56+	28:34+	31:01+	44:20+	57:46+	62:19+	68:04+	71:12+	75:11+	
03:05+	06:55+	03:51-	10:05+	04:38+	02:27+	13:19+	13:26+	04:33+	05:45+	03:08-	03:59+	
00:29#	05:05@	01:04-	05:49@	00:02+	00:03+	06:56@	07:22@	01:24&	01:23&	00:34-	00:04+	
20	Sveinung Rosvinge	116										1:15:16
03:17+	06:15+	12:19+	18:39+	22:56+	25:55+	38:12+	47:15+	52:33+	58:53+	69:20+	75:16+	
03:17+	02:58+	06:04+	06:20+	04:17-	02:59+	12:17+	09:03+	05:18+	06:20+	10:27+	05:56+	
00:41&	01:08&	01:09#	02:04&	00:19-	00:35#	05:54&	02:59&	02:09&	01:58&	06:45@	02:01&	
21	Arne Hetlelid	98										1:15:41
02:41+	05:01+	09:57+	15:30+	19:03+	21:48+	33:09+	52:19+	56:47+	64:29+	69:46+	75:41+	
02:41+	02:20+	04:56+	05:33+	03:33-	02:45+	11:21+	19:10+	04:28+	07:42+	05:17+	05:55+	
00:05+	00:30&	00:01+	01:17&	01:03-	00:21#	04:58&	13:06@	01:19&	03:20&	01:35&	02:00&	
22	Frank Hansen	29										1:18:00
02:30-	04:46+	20:41+	25:49+	29:54+	32:25+	44:06+	50:37+	53:51+	58:53+	72:48+	78:00+	
02:30-	02:16+	15:55+	05:08+	04:05-	02:31+	11:41+	06:31+	03:14+	05:02+	13:55+	05:12+	
00:06-	00:26#	11:00@	00:52#	00:31-	00:07+	05:18&	00:27+	00:05+	00:40#	10:13@	01:17&	
23	Tore Halset	114										1:27:40
02:32-	05:00+	11:33+	16:54+	27:08+	33:30+	54:30+	64:04+	69:46+	75:00+	82:14+	87:40+	
02:32-	02:28+	06:33+	05:21+	10:14+	06:22+	21:00+	09:34+	05:42+	05:14+	07:14+	05:26+	
00:04-	00:38&	01:38&	01:05&	05:38@	03:58@	14:37@	03:30&	02:33&	00:52#	03:32&	01:31&	
24	Christof Schätz	239										1:28:35
05:04+	12:57+	18:49+	24:54+	29:15+	33:40+	41:41+	52:01+	56:53+	63:39+	81:12+	88:35+	
05:04+	07:53+	05:52+	06:05+	04:21-	04:25+	08:01+	10:20+	04:52+	06:46+	17:33+	07:23+	
02:28&	06:03@	00:57#	01:49&	00:15-	02:01&	01:38&	04:16&	01:43&	02:24&	13:51@	03:28&	
25	Ingve Vold	54										1:30:49
11:31+	14:41+	22:53+	28:32+	41:51+	45:07+	56:46+	64:29+	69:44+	81:32+	85:54+	90:49+	
11:31+	03:10+	08:12+	05:39+	13:19+	03:16+	11:39+	07:43+	05:15+	11:48+	04:22+	04:55+	
08:55@	01:20&	03:17&	01:23&	08:43@	00:52&	05:16&	01:39&	02:06&	07:26@	00:40#	01:00&	

Beste strekktid for klassen

02:18 01:50 03:51 03:43 02:49 02:13 05:38 04:26 03:06 03:49 03:08 03:16

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

Herrer 60 - 64 år

1	Per Ingar Hadland	7										38:54	
02:11=	04:43=	06:48=	10:22=	12:36=	16:37=	18:50=	21:52=	26:04=	29:02=	30:57=	33:06=	33:55=	38:54=
02:11=	02:32=	02:05=	03:34=	02:14=	04:01=	02:13=	03:02=	04:12=	02:58=	01:55=	02:09=	00:49=	04:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Olav Tunheim	93										46:05	
02:02-	05:17+	07:38+	11:26+	13:35+	17:51+	20:18+	23:50+	28:52+	32:46+	36:40+	40:05+	41:17+	46:05+
02:02-	03:15+	02:21+	03:48+	02:09-	04:16+	02:27+	03:32+	05:02+	03:54+	03:54+	03:25+	01:12+	04:48-
00:09-	00:43&	00:16#	00:14+	00:05-	00:15+	00:14#	00:30#	00:50#	00:56&	01:59@	01:16&	00:23&	00:11-
3	Kjell Skjæveland	166										47:30	
02:03-	06:17+	08:31+	12:22+	14:56+	20:23+	22:55+	26:39+	31:17+	35:36+	38:25+	41:26+	42:22+	47:30+
02:03-	04:14+	02:14+	03:51+	02:34+	05:27+	02:32+	03:44+	04:38+	04:19+	02:49+	03:01+	00:56+	05:08+
00:08-	01:42&	00:09+	00:17+	00:20#	01:26&	00:19#	00:42#	00:26#	01:21&	00:54&	00:52&	00:07#	00:09+
4	Ole Petter Haukaas	109										51:43	
02:19+	04:55+	06:55+	10:29+	12:43+	16:48+	22:15+	31:17+	35:28+	39:03+	41:36+	46:07+	46:59+	51:43+
02:19+	02:36+	02:00-	03:34=	02:14=	04:05+	05:27+	09:02+	04:11-	03:35+	02:33+	04:31+	00:52+	04:44-
00:08+	00:04+	00:05-	00:00=	00:00=	00:04+	03:14@	06:00@	00:01-	00:37#	00:38&	02:22@	00:03+	00:15-
5	Sveinung Svebestad	46										53:08	
02:06-	04:58+	07:23+	11:32+	14:10+	18:47+	21:49+	27:53+	32:53+	37:13+	40:17+	43:53+	45:11+	53:08+
02:06-	02:52+	02:25+	04:09+	02:38+	04:37+	03:02+	06:04+	05:00+	04:20+	03:04+	03:36+	01:18+	07:57+
00:05-	00:20#	00:20#	00:35#	00:24#	00:36#	00:49&	03:02&	00:48#	01:22&	01:09&	01:27&	00:29&	02:58&
6	Torbjørn Dahle	92										55:54	
02:16+	04:55+	08:01+	12:08+	14:44+	19:24+	21:55+	32:30+	36:59+	44:42+	47:14+	49:55+	50:50+	55:54+
02:16+	02:39+	03:06+	04:07+	02:36+	04:40+	02:31+	10:35+	04:29+	07:43+	02:32+	02:41+	00:55+	05:04+
00:05+	00:07+	01:01&	00:33#	00:22#	00:39#	00:18#	07:33@	00:17+	04:45@	00:37&	00:32#	00:06#	00:05+

Class	Navn	Klasse										Tid		
7	Morten Johannessen	7										57:21		
	01:56-	04:17-	06:13-	09:27-	11:32-	14:59-	21:33+	24:56+	34:21+	44:50+	47:38+	51:02+	51:59+	57:21+
	01:56-	02:21-	01:56-	03:14-	02:05-	03:27-	06:34+	03:23+	09:25+	10:29+	02:48+	03:24+	00:57+	05:22+
	00:15-	00:11-	00:09-	00:20-	00:09-	00:34-	04:21@	00:21#	05:13@	07:31@	00:53&	01:15&	00:08#	00:23+
8	John Lage Bergan	116										57:42		
	01:57-	09:58+	12:37+	17:39+	21:11+	25:18+	28:15+	32:18+	40:12+	44:14+	46:39+	51:02+	52:06+	57:42+
	01:57-	08:01+	02:39+	05:02+	03:32+	04:07+	02:57+	04:03+	07:54+	04:02+	02:25+	04:23+	01:04+	05:36+
	00:14-	05:29@	00:34&	01:28&	01:18&	00:06+	00:44&	01:01&	03:42&	01:04&	00:30&	02:14@	00:15&	00:37#
9	Kjell Ove Aksland	27										58:08		
	02:15+	06:08+	08:42+	13:08+	15:46+	20:11+	22:49+	36:34+	42:04+	45:34+	48:36+	52:18+	53:18+	58:08+
	02:15+	03:53+	02:34+	04:26+	02:38+	04:25+	02:38+	13:45+	05:30+	03:30+	03:02+	03:42+	01:00+	04:50-
	00:04+	01:21&	00:29#	00:52#	00:24#	00:24+	00:25#	10:43@	01:18&	00:32#	01:07&	01:33&	00:11#	00:09-
10	John C. Sinnes	93										1:00:39		
	02:37+	06:39+	09:40+	15:14+	18:45+	24:26+	27:44+	37:24+	43:15+	47:15+	50:05+	54:18+	55:23+	60:39+
	02:37+	04:02+	03:01+	05:34+	03:31+	05:41+	03:18+	09:40+	05:51+	04:00+	02:50+	04:13+	01:05+	05:16+
	00:26#	01:30&	00:56&	02:00&	01:17&	01:40&	01:05&	06:38@	01:39&	01:02&	00:55&	02:04&	00:16&	00:17+
11	Sverre Magnar Nordal	116										1:08:34		
	02:30+	06:14+	09:14+	14:06+	16:44+	27:56+	30:50+	38:35+	46:31+	53:55+	57:36+	61:08+	62:08+	68:34+
	02:30+	03:44+	03:00+	04:52+	02:38+	11:12+	02:54+	07:45+	07:56+	07:24+	03:41+	03:32+	01:00+	06:26+
	00:19#	01:12&	00:55&	01:18&	00:24#	07:11@	00:41&	04:43@	03:44&	04:26@	01:46&	01:23&	00:11#	01:27&
12	Svein Magne Gloppen	93										1:09:37		
	02:54+	06:35+	09:46+	14:59+	20:23+	24:40+	28:40+	39:49+	47:31+	55:34+	58:08+	61:04+	64:16+	69:37+
	02:54+	03:41+	03:11+	05:13+	05:24+	04:17+	04:00+	11:09+	07:42+	08:03+	02:34+	02:56+	03:12+	05:21+
	00:43&	01:09&	01:06&	01:39&	03:10@	00:16+	01:47&	08:07@	03:30&	05:05@	00:39&	00:47&	02:23@	00:22+
13	Tor Inge Halvorsen	5										1:14:38		
	02:01-	06:45+	08:59+	12:58+	15:19+	23:06+	25:18+	41:26+	46:41+	64:15+	65:54+	68:33+	69:28+	74:38+
	02:01-	04:44+	02:14+	03:59+	02:21+	07:47+	02:12-	16:08+	05:15+	17:34+	01:39-	02:39+	00:55+	05:10+
	00:10-	02:12&	00:09+	00:25#	00:07+	03:46&	00:01-	13:06@	01:03#	14:36@	00:16-	00:30#	00:06#	00:11+

Beste strekktid for klassen

01:56 02:21 01:56 03:14 02:05 03:27 02:12 03:02 04:11 02:58 01:39 02:09 00:49 04:44

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

Herrer 65 - 69 år

1	Arne Kristian Espedal	68										33:32		
	01:31=	03:31=	05:02=	07:50=	09:38=	12:33=	14:08=	19:25=	22:53=	25:14=	26:34=	28:50=	29:29=	33:32=
	01:31=	02:00=	01:31=	02:48=	01:48=	02:55=	01:35=	05:17=	03:28=	02:21=	01:20=	02:16=	00:39=	04:03=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørn Alsaker	115										36:11		
	01:47+	04:24+	06:32+	09:51+	11:45+	15:14+	17:14+	20:19+	24:32+	27:20+	28:50+	30:53+	31:38+	36:11+
	01:47+	02:37+	02:08+	03:19+	01:54+	03:29+	02:00+	03:05-	04:13+	02:48+	01:30+	02:03-	00:45+	04:33+
	00:16#	00:37&	00:37&	00:31#	00:06+	00:34#	00:25&	02:12-	00:45#	00:27#	00:10#	00:13-	00:06#	00:30#
3	Bjørn Sivertsen	99										48:19		
	02:22+	05:17+	07:30+	11:40+	14:17+	18:38+	21:26+	26:02+	31:55+	35:35+	38:27+	41:33+	42:41+	48:19+
	02:22+	02:55+	02:13+	04:10+	02:37+	04:21+	02:48+	04:36-	05:53+	03:40+	02:52+	03:06+	01:08+	05:38+
	00:51&	00:55&	00:42&	01:22&	00:49&	01:26&	01:13&	00:41-	02:25&	01:19&	01:32@	00:50&	00:29&	01:35&
4	Arne Magne Handeland	92										49:59		
	02:19+	05:27+	07:55+	12:17+	14:53+	19:44+	22:36+	28:54+	33:50+	37:32+	39:56+	43:09+	44:40+	49:59+
	02:19+	03:08+	02:28+	04:22+	02:36+	04:51+	02:52+	06:18+	04:56+	03:42+	02:24+	03:13+	01:31+	05:19+
	00:48&	01:08&	00:57&	01:34&	00:48&	01:56&	01:17&	01:01#	01:28&	01:21&	01:04&	00:57&	00:52@	01:16&
5	Tom Hetland	5										54:58		
	02:07+	05:31+	08:46+	12:53+	15:55+	22:47+	27:30+	31:25+	37:07+	41:05+	44:13+	48:38+	49:45+	54:58+
	02:07+	03:24+	03:15+	04:07+	03:02+	06:52+	04:43+	03:55-	05:42+	03:58+	03:08+	04:25+	01:07+	05:13+
	00:36&	01:24&	01:44@	01:19&	01:14&	03:57@	03:08@	01:22-	02:14&	01:37&	01:48@	02:09&	00:28&	01:10&
6	Eivind L. Rake	92										55:15		
	02:31+	05:36+	08:06+	12:29+	15:52+	20:35+	23:55+	28:40+	35:12+	40:23+	42:53+	47:11+	48:29+	55:15+
	02:31+	03:05+	02:30+	04:23+	03:23+	04:43+	03:20+	04:45-	06:32+	05:11+	02:30+	04:18+	01:18+	06:46+
	01:00&	01:05&	00:59&	01:35&	01:35&	01:48&	01:45@	00:32-	03:04&	02:50@	01:10&	02:02&	00:39&	02:43&

Class	Navn	Klasse										Tid	
7	Terje Stokkeland	69										55:46	
02:08+	05:09+	07:33+	12:14+	14:46+	19:15+	21:53+	25:19+	30:19+	41:30+	44:39+	49:17+	50:14+	55:46+
02:08+	03:01+	02:24+	04:41+	02:32+	04:29+	02:38+	03:26-	05:00+	11:11+	03:09+	04:38+	00:57+	05:32+
00:37&	01:01&	00:53&	01:53&	00:44&	01:34&	01:03&	01:51-	01:32&	08:50&	01:49&	02:22&	00:18&	01:29&
8	Bjarne Gimre	88										57:07	
02:29+	05:29+	07:51+	12:08+	14:53+	19:36+	25:24+	34:16+	40:04+	44:13+	46:38+	49:47+	50:54+	57:07+
02:29+	03:00+	02:22+	04:17+	02:45+	04:43+	05:48+	08:52+	05:48+	04:09+	02:25+	03:09+	01:07+	06:13+
00:58&	01:00&	00:51&	01:29&	00:57&	01:48&	04:13&	03:35&	02:20&	01:48&	01:05&	00:53&	00:28&	02:10&
9	Torbjørn Evensen	108										58:18	
01:57+	04:46+	06:52+	10:44+	12:51+	17:02+	21:05+	29:24+	34:16+	45:21+	47:35+	50:25+	51:54+	58:18+
01:57+	02:49+	02:06+	03:52+	02:07+	04:11+	04:03+	08:19+	04:52+	11:05+	02:14+	02:50+	01:29+	06:24+
00:26&	00:49&	00:35&	01:04&	00:19#	01:16&	02:28&	03:02&	01:24&	08:44&	00:54&	00:34#	00:50&	02:21&
10	Sveinung Tveit	236										58:48	
02:31+	05:49+	08:03+	12:10+	14:52+	19:22+	22:34+	30:01+	35:15+	44:26+	47:00+	51:35+	52:56+	58:48+
02:31+	03:18+	02:14+	04:07+	02:42+	04:30+	03:12+	07:27+	05:14+	09:11+	02:34+	04:35+	01:21+	05:52+
01:00&	01:18&	00:43&	01:19&	00:54&	01:35&	01:37&	02:10&	01:46&	06:50&	01:14&	02:19&	00:42&	01:49&
11	Svein Ims	65										1:01:49	
02:30+	05:57+	08:45+	13:57+	17:38+	22:52+	27:15+	36:17+	42:03+	46:09+	49:43+	53:43+	54:51+	61:49+
02:30+	03:27+	02:48+	05:12+	03:41+	05:14+	04:23+	09:02+	05:46+	04:06+	03:34+	04:00+	01:08+	06:58+
00:59&	01:27&	01:17&	02:24&	01:53&	02:19&	02:48&	03:45&	02:18&	01:45&	02:14&	01:44&	00:29&	02:55&
12	Bjørn Bjelland	83										1:05:21	
07:11+	10:54+	14:18+	19:04+	21:38+	27:09+	29:34+	38:39+	45:25+	50:33+	53:06+	57:26+	58:41+	65:21+
07:11+	03:43+	03:24+	04:46+	02:34+	05:31+	02:25+	09:05+	06:46+	05:08+	02:33+	04:20+	01:15+	06:40+
05:40&	01:43&	01:53&	01:58&	00:46&	02:36&	00:50&	03:48&	03:18&	02:47&	01:13&	02:04&	00:36&	02:37&
13	Bjørn Vidar Gunvaldsen	29										1:05:35	
02:28+	09:50+	12:08+	16:20+	18:49+	23:44+	27:33+	39:02+	46:07+	50:18+	53:36+	58:26+	59:28+	65:35+
02:28+	07:22+	02:18+	04:12+	02:29+	04:55+	03:49+	11:29+	07:05+	04:11+	03:18+	04:50+	01:02+	06:07+
00:57&	05:22&	00:47&	01:24&	00:41&	02:00&	02:14&	06:12&	03:37&	01:50&	01:58&	02:34&	00:23&	02:04&
14	Odd Arild Werness	88										1:08:22	
03:12+	07:07+	10:36+	16:01+	19:36+	25:38+	28:56+	34:41+	42:06+	47:55+	51:21+	55:05+	59:46+	68:22+
03:12+	03:55+	03:29+	05:25+	03:35+	06:02+	03:18+	05:45+	07:25+	05:49+	03:26+	03:44+	04:41+	08:36+
01:41&	01:55&	01:58&	02:37&	01:47&	03:07&	01:43&	00:28+	03:57&	03:28&	02:06&	01:28&	04:02&	04:33&
15	Steinar Barmen	105										1:10:14	
16:53+	20:02+	23:10+	27:27+	30:01+	34:57+	37:47+	47:05+	52:55+	57:05+	59:42+	62:45+	64:01+	70:14+
16:53+	03:09+	03:08+	04:17+	02:34+	04:56+	02:50+	09:18+	05:50+	04:10+	02:37+	03:03+	01:16+	06:13+
15:22&	01:09&	01:37&	01:29&	00:46&	02:01&	01:15&	04:01&	02:22&	01:49&	01:17&	00:47&	00:37&	02:10&
16	Rolf Kleppe	63										1:38:34	
03:09+	08:56+	12:13+	17:41+	20:56+	33:08+	37:49+	57:04+	66:15+	79:56+	83:45+	88:46+	90:53+	98:34+
03:09+	05:47+	03:17+	05:28+	03:15+	12:12+	04:41+	19:15+	09:11+	13:41+	03:49+	05:01+	02:07+	07:41+
01:38&	03:47&	01:46&	02:40&	01:27&	09:17&	03:06&	13:58&	05:43&	11:20&	02:29&	02:45&	01:28&	03:38&

Beste strekktid for klassen

01:31 02:00 01:31 02:48 01:48 02:55 01:35 03:05 03:28 02:21 01:20 02:03 00:39 04:03

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

Herrer 70 - 74 år

1	Harry Breiland	66										36:08	
02:00=	04:18=	06:08=	09:18=	11:14=	14:50=	16:57=	20:10=	23:47=	26:36=	28:30=	30:59=	31:50=	36:08=
02:00=	02:18=	01:50=	03:10=	01:56=	03:36=	02:07=	03:13=	03:37=	02:49=	01:54=	02:29=	00:51=	04:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asgeir Bell	117										40:48	
01:57-	04:35+	06:49+	10:25+	12:37+	16:48+	19:03+	22:37+	26:52+	30:07+	32:16+	34:57+	35:45+	40:48+
01:57-	02:38+	02:14+	03:36+	02:12+	04:11+	02:15+	03:34+	04:15+	03:15+	02:09+	02:41+	00:48-	05:03+
00:03-	00:20#	00:24#	00:26#	00:16#	00:35#	00:08+	00:21#	00:38#	00:26#	00:15#	00:12+	00:03-	00:45#
3	Paul A. Paulsen	117										51:03	
02:06+	05:19+	08:24+	13:06+	15:58+	20:22+	23:52+	29:34+	34:10+	37:34+	40:24+	43:36+	44:51+	51:03+
02:06+	03:13+	03:05+	04:42+	02:52+	04:24+	03:30+	05:42+	04:36+	03:24+	02:50+	03:12+	01:15+	06:12+
00:06+	00:55&	01:15&	01:32&	00:56&	00:48#	01:23&	02:29&	00:59&	00:35#	00:56&	00:43&	00:24&	01:54&

Class	Navn	Klasse												Tid
4	Terje Helland	88												51:17
	01:55-	07:15+	09:28+	13:32+	16:12+	20:50+	23:38+	29:42+	35:01+	38:45+	41:11+	44:22+	45:46+	51:17+
	01:55-	05:20+	02:13+	04:04+	02:40+	04:38+	02:48+	06:04+	05:19+	03:44+	02:26+	03:11+	01:24+	05:31+
	00:05-	03:02@	00:23#	00:54&	00:44&	01:02&	00:41&	02:51&	01:42&	00:55&	00:32&	00:42&	00:33&	01:13&
5	Ragnvald Frøyland	128												52:33
	02:28+	05:52+	08:29+	13:43+	16:14+	20:36+	22:50+	29:43+	34:47+	38:22+	40:19+	43:58+	47:01+	52:33+
	02:28+	03:24+	02:37+	05:14+	02:31+	04:22+	02:14+	06:53+	05:04+	03:35+	01:57+	03:39+	03:03+	05:32+
	00:28#	01:06&	00:47&	02:04&	00:35&	00:46#	00:07+	03:40@	01:27&	00:46&	00:03+	01:10&	02:12@	01:14&
6	Kjell Svihus	154												52:54
	02:37+	06:18+	08:47+	13:20+	15:58+	20:23+	23:12+	27:01+	32:04+	40:32+	42:41+	45:50+	46:53+	52:54+
	02:37+	03:41+	02:29+	04:33+	02:38+	04:25+	02:49+	03:49+	05:03+	08:28+	02:09+	03:09+	01:03+	06:01+
	00:37&	01:23&	00:39&	01:23&	00:42&	00:49#	00:42&	00:36#	01:26&	05:39@	00:15#	00:40&	00:12#	01:43&
7	Kjell Ivar Skjørestad	92												53:37
	01:56-	08:24+	10:42+	14:50+	17:02+	21:24+	23:50+	30:35+	35:41+	39:14+	41:21+	44:52+	48:20+	53:37+
	01:56-	06:28+	02:18+	04:08+	02:12+	04:22+	02:26+	06:45+	05:06+	03:33+	02:07+	03:31+	03:28+	05:17+
	00:04-	04:10@	00:28&	00:58&	00:16#	00:46#	00:19#	03:32@	01:29&	00:44&	00:13#	01:02&	02:37@	00:59#
8	Jan Inge Lunde	88												56:19
	02:39+	06:05+	08:49+	13:34+	16:20+	21:13+	23:43+	33:25+	38:59+	43:00+	45:45+	48:40+	49:53+	56:19+
	02:39+	03:26+	02:44+	04:45+	02:46+	04:53+	02:30+	09:42+	05:34+	04:01+	02:45+	02:55+	01:13+	06:26+
	00:39&	01:08&	00:54&	01:35&	00:50&	01:17&	00:23#	06:29@	01:57&	01:12&	00:51&	00:26#	00:22&	02:08&
9	Leif Gunnar Wikene	43												1:03:22
	03:02+	06:02+	09:58+	15:17+	18:39+	23:24+	27:31+	31:28+	38:02+	46:24+	51:13+	56:09+	57:22+	63:22+
	03:02+	03:00+	03:56+	05:19+	03:22+	04:45+	04:07+	03:57+	06:34+	08:22+	04:49+	04:56+	01:13+	06:00+
	01:02&	00:42&	02:06@	02:09&	01:26&	01:09&	02:00&	00:44#	02:57&	05:33@	02:55@	02:27&	00:22&	01:42&
10	Olav Habbestad	116												1:03:23
	02:05+	05:14+	10:39+	15:28+	22:01+	27:32+	31:35+	37:57+	43:06+	48:26+	51:00+	55:34+	56:44+	63:23+
	02:05+	03:09+	05:25+	04:49+	06:33+	05:31+	04:03+	06:22+	05:09+	05:20+	02:34+	04:34+	01:10+	06:39+
	00:05+	00:51&	03:35@	01:39&	04:37@	01:55&	01:56&	03:09&	01:32&	02:31&	00:40&	02:05&	00:19&	02:21&
11	Arne Østensen	53												1:11:24
	01:52-	05:02+	07:44+	12:12+	14:49+	19:38+	24:08+	42:16+	46:16+	51:27+	56:04+	65:46+	66:45+	71:24+
	01:52-	03:10+	02:42+	04:28+	02:37+	04:49+	04:30+	18:08+	04:00+	05:11+	04:37+	09:42+	00:59+	04:39+
	00:08-	00:52&	00:52&	01:18&	00:41&	01:13&	02:23@	14:55@	00:23#	02:22&	02:43@	07:13@	00:08#	00:21+
Beste strekketid for klassen														
	01:52	02:18	01:50	03:10	01:56	03:36	02:07	03:13	03:37	02:49	01:54	02:29	00:48	04:18

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

Herrer 75 - 79 år

1	Finn Morten Årstad	115												40:24
	02:23=	06:18=	10:21=	13:16=	17:08=	21:10=	24:16=	27:30=	33:52=	34:54=	40:24=			
	02:23=	03:55=	04:03=	02:55=	03:52=	04:02=	03:06=	03:14=	06:22=	01:02=	05:30=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Olav Dag Borgersen	154												42:17
	02:19-	06:36+	11:28+	16:29+	20:21+	22:45+	26:04+	30:50+	35:53+	36:44+	42:17+			
	02:19-	04:17+	04:52+	05:01+	03:52=	02:24-	03:19+	04:46+	05:03-	00:51-	05:33+			
	00:04-	00:22+	00:49#	02:06&	00:00=	01:38-	00:13+	01:32&	01:19-	00:11-	00:03+			
3	Hans Klausen	62												48:21
	02:26+	06:52+	11:18+	17:15+	21:51+	27:15+	30:58+	35:57+	40:27+	42:17+	48:21+			
	02:26+	04:26+	04:26+	05:57+	04:36+	05:24+	03:43+	04:59+	04:30-	01:50+	06:04+			
	00:03+	00:31#	00:23+	03:02@	00:44#	01:22&	00:37#	01:45&	01:52-	00:48&	00:34#			
4	Hermann Skogsholm	53												49:14
	02:46+	09:22+	14:17+	17:15+	23:50+	26:59+	31:04+	35:27+	41:53+	43:02+	49:14+			
	02:46+	06:36+	04:55+	02:58+	06:35+	03:09-	04:05+	04:23+	06:26+	01:09+	06:12+			
	00:23#	02:41&	00:52#	00:03+	02:43&	00:53-	00:59&	01:09&	00:04+	00:07#	00:42#			
5	Geir Husdal	93												49:21
	02:31+	06:38+	11:21+	15:38+	19:53+	27:07+	31:02+	34:46+	40:11+	41:46+	49:21+			
	02:31+	04:07+	04:43+	04:17+	04:15+	07:14+	03:55+	03:44+	05:25-	01:35+	07:35+			
	00:08+	00:12+	00:40#	01:22&	00:23+	03:12&	00:49&	00:30#	00:57-	00:33&	02:05&			

Class	Navn	Klasse										Tid
6	Svein Glendrange	68										50:58
	02:55+	07:55+	12:59+	16:50+	21:25+	24:39+	28:34+	34:14+	41:57+	43:33+	50:58+	
	02:55+	05:00+	05:04+	03:51+	04:35+	03:14-	03:55+	05:40+	07:43+	01:36+	07:25+	
	00:32#	01:05&	01:01&	00:56&	00:43#	00:48-	00:49&	02:26&	01:21#	00:34&	01:55&	
7	Knut Skjæveland	93										51:43
	02:35+	07:09+	12:12+	17:07+	23:48+	26:17+	29:54+	34:12+	43:31+	45:23+	51:43+	
	02:35+	04:34+	05:03+	04:55+	06:41+	02:29-	03:37+	04:18+	09:19+	01:52+	06:20+	
	00:12+	00:39#	01:00#	02:00&	02:49&	01:33-	00:31#	01:04&	02:57&	00:50&	00:50#	
8	Øyvind Egeskog	5										53:00
	02:33+	06:50+	11:51+	17:11+	21:51+	25:24+	30:37+	36:32+	43:10+	44:42+	53:00+	
	02:33+	04:17+	05:01+	05:20+	04:40+	03:33-	05:13+	05:55+	06:38+	01:32+	08:18+	
	00:10+	00:22+	00:58#	02:25&	00:48#	00:29-	02:07&	02:41&	00:16+	00:30&	02:48&	
9	Arvid Thorsen	5										54:00
	02:04-	05:47-	11:11+	14:05+	18:21+	22:02+	24:59+	42:52+	47:01+	48:07+	54:00+	
	02:04-	03:43-	05:24+	02:54-	04:16+	03:41-	02:57-	17:53+	04:09-	01:06+	05:53+	
	00:19-	00:12-	01:21&	00:01-	00:24#	00:21-	00:09-	14:39@	02:13-	00:04+	00:23+	
10	Tormod Aaslid	54										1:04:33
	03:24+	09:18+	15:51+	20:13+	26:19+	31:21+	36:59+	43:44+	51:28+	54:21+	64:33+	
	03:24+	05:54+	06:33+	04:22+	06:06+	05:02+	05:38+	06:45+	07:44+	02:53+	10:12+	
	01:01&	01:59&	02:30&	01:27&	02:14&	01:00#	02:32&	03:31@	01:22#	01:51@	04:42&	
11	Reidar Magne Liland	66										1:13:42
	03:24+	11:55+	18:55+	25:42+	31:39+	36:38+	41:55+	48:13+	60:33+	65:15+	73:42+	
	03:24+	08:31+	07:00+	06:47+	05:57+	04:59+	05:17+	06:18+	12:20+	04:42+	08:27+	
	01:01&	04:36@	02:57&	03:52@	02:05&	00:57#	02:11&	03:04&	05:58&	03:40@	02:57&	
12	Kjell Langvik	93										1:14:15
	02:37+	06:43+	11:07+	15:04+	20:36+	23:22+	26:30+	35:22+	65:23+	66:49+	74:15+	
	02:37+	04:06+	04:24+	03:57+	05:32+	02:46-	03:08+	08:52+	30:01+	01:26+	07:26+	
	00:14+	00:11+	00:21+	01:02&	01:40&	01:16-	00:02+	05:38@	23:39@	00:24&	01:56&	
Beste strekktid for klassen												
	02:04	03:43	04:03	02:54	03:52	02:24	02:57	03:14	04:09	00:51	05:30	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 80 år og eldre												
1	Harald Vatne	67										49:59
	07:49=	09:10=	15:14=	20:41=	24:40=	28:29=	35:28=	41:22=	45:33=	49:59=		
	07:49=	01:21=	06:04=	05:27=	03:59=	03:49=	06:59=	05:54=	04:11=	04:26=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Terje Braut	92										51:01
	08:00+	09:10=	14:07-	18:44-	22:46-	24:41-	30:59-	37:21-	45:50+	51:01+		
	08:00+	01:10-	04:57-	04:37-	04:02+	01:55-	06:18-	06:22+	08:29+	05:11+		
	00:11+	00:11-	01:07-	00:50-	00:03+	01:54-	00:41-	00:28+	04:18@	00:45#		
3	Magne Westerheim	93										56:31
	07:26-	09:26+	17:23+	22:02+	26:59+	29:57+	36:58+	44:24+	50:21+	56:31+		
	07:26-	02:00+	07:57+	04:39-	04:57+	02:58-	07:01+	07:26+	05:57+	06:10+		
	00:23-	00:39&	01:53&	00:48-	00:58#	00:51-	00:02+	01:32&	01:46&	01:44&		
4	Sigurd Krosli	93										59:57
	09:00+	10:32+	17:40+	22:41+	26:38+	28:48+	35:05-	41:02-	54:14+	59:57+		
	09:00+	01:32+	07:08+	05:01-	03:57-	02:10-	06:17-	05:57+	13:12+	05:43+		
	01:11#	00:11#	01:04#	00:26-	00:02-	01:39-	00:42-	00:03+	09:01@	01:17&		
5	Jan Bekkeheien	92										1:02:20
	06:10-	07:50-	15:10-	20:01-	24:30-	26:31-	39:12+	50:25+	55:25+	62:20+		
	06:10-	01:40+	07:20+	04:51-	04:29+	02:01-	12:41+	11:13+	05:00+	06:55+		
	01:39-	00:19#	01:16#	00:36-	00:30#	01:48-	05:42&	05:19&	00:49#	02:29&		
6	Magne Jakobsen	63										1:08:49
	12:16+	13:44+	21:00+	27:26+	33:09+	36:14+	48:34+	57:24+	61:13+	68:49+		
	12:16+	01:28+	07:16+	06:26+	05:43+	03:05-	12:20+	08:50+	03:49-	07:36+		
	04:27&	00:07+	01:12#	00:59#	01:44&	00:44-	05:21&	02:56&	00:22-	03:10&		

Class	Navn	Klasse	Tid						
7	Alf Gyland	92	1:11:57						
05:14-	06:33-	13:03-	17:08-	21:36-	23:39-	29:35-	35:31-	39:58-	71:57+
05:14-	01:19-	06:30+	04:05-	04:28+	02:03-	05:56-	05:56+	04:27+	31:59+
02:35-	00:02-	00:26+	01:22-	00:29#	01:46-	01:03-	00:02+	00:16+	27:33#

8	Kjell Maudal	63	1:26:11						
17:43+	19:41+	27:43+	33:39+	39:48+	43:10+	56:19+	67:51+	75:09+	86:11+
17:43+	01:58+	08:02+	05:56+	06:09+	03:22-	13:09+	11:32+	07:18+	11:02+
09:54@	00:37&	01:58&	00:29+	02:10&	00:27-	06:10&	05:38&	03:07&	06:36@

Beste strekktid for klassen									
05:14	01:10	04:57	04:05	03:57	01:55	05:56	05:54	03:49	04:26

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

Herrer A

1	Sigurd Oftedal	18	39:43															
01:52=	03:58=	05:02=	07:41=	09:29=	09:58=	12:09=	13:34=	15:24=	17:45=	19:28=	21:05=	25:50=	29:19=	31:16=	34:47=	36:20=	36:48=	39:43=
01:52=	02:06=	01:04=	02:39=	01:48=	00:29=	02:11=	01:25=	01:50=	02:21=	01:43=	01:37=	04:45=	03:29=	01:57=	03:31=	01:33=	00:28=	02:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Fredrik Omdal	375	45:03															
01:59+	04:01+	05:01-	07:58+	09:53+	10:40+	12:57+	14:33+	16:45+	19:12+	20:55+	22:31+	27:42+	31:28+	34:15+	37:58+	41:12+	41:47+	45:03+
01:59+	02:02-	01:00-	02:57+	01:55+	00:47+	02:17+	01:36+	02:12+	02:27+	01:43=	01:36-	05:11+	03:46+	02:47+	03:43+	03:14+	00:35+	03:16+
00:07+	00:04-	00:04-	00:18#	00:07+	00:18#	00:06+	00:11#	00:22#	00:06+	00:00=	00:01-	00:26+	00:17+	00:50&	00:12+	01:41@	00:07#	00:21#

3	Fredrik Sandal	88	50:23															
01:56+	03:51-	05:04+	10:04+	12:57+	13:40+	16:09+	17:59+	19:58+	22:31+	25:09+	26:45+	31:27+	35:19+	38:59+	43:17+	46:11+	46:52+	50:23+
01:56+	01:55-	01:13+	05:00+	02:53+	00:43+	02:29+	01:50+	01:59+	02:33+	02:38+	01:36-	04:42-	03:52+	03:40+	04:18+	02:54+	00:41+	03:31+
00:04+	00:11-	00:09#	02:21&	01:05&	00:14&	00:18#	00:25&	00:09+	00:12+	00:55&	00:01-	00:03-	00:23#	01:43&	00:47#	01:21&	00:13&	00:36#

4	Lars Sigve Oftedal	167	51:46															
02:09+	04:12+	05:20+	08:50+	11:19+	12:01+	14:47+	16:54+	18:56+	21:40+	23:55+	25:38+	33:26+	37:22+	39:56+	45:57+	47:48+	48:28+	51:46+
02:09+	02:03-	01:08+	03:30+	02:29+	00:42+	02:46+	02:07+	02:02+	02:44+	02:15+	01:43+	07:48+	03:56+	02:34+	06:01+	01:51+	00:40+	03:18+
00:17#	00:03-	00:04+	00:51&	00:41&	00:13&	00:35&	00:42&	00:12#	00:23#	00:32&	00:06+	03:03&	00:27#	00:37&	02:30&	00:18#	00:12&	00:23#

5	Kristian Haarr	27	51:56															
02:13+	04:41+	05:54+	09:36+	12:50+	13:35+	16:29+	18:21+	20:35+	23:26+	26:04+	27:55+	33:10+	37:25+	39:56+	44:40+	47:26+	48:11+	51:56+
02:13+	02:28+	01:13+	03:42+	03:14+	00:45+	02:54+	01:52+	02:14+	02:51+	02:38+	01:51+	05:15+	04:15+	02:31+	04:44+	02:46+	00:45+	03:45+
00:21#	00:22#	00:09#	01:03&	01:26&	00:16&	00:43&	00:27&	00:24#	00:30#	00:55&	00:14#	00:30#	00:46#	00:34&	01:13&	01:13&	00:17&	00:50&

6	Erik Lima	43	57:30															
02:34+	05:05+	06:22+	10:16+	12:49+	13:40+	16:46+	18:58+	21:45+	24:59+	27:25+	29:17+	34:27+	39:20+	42:16+	46:58+	51:42+	52:47+	57:30+
02:34+	02:31+	01:17+	03:54+	02:33+	00:51+	03:06+	02:12+	02:47+	03:14+	02:26+	01:52+	05:10+	04:53+	02:56+	04:42+	04:44+	01:05+	04:43+
00:42&	00:25#	00:13#	01:15&	00:45&	00:22&	00:55&	00:47&	00:57&	00:53&	00:43&	00:15#	00:25+	01:24&	00:59&	01:11&	03:11@	00:37@	01:48&

7	Svein Magnus Halsne	71	1:01:46															
02:15+	04:38+	05:32+	09:20+	19:38+	20:12+	22:43+	25:01+	27:11+	30:43+	32:47+	34:31+	40:03+	44:41+	48:33+	53:42+	57:11+	57:49+	61:46+
02:15+	02:23+	00:54-	03:48+	10:18+	00:34+	02:31+	02:18+	02:10+	03:32+	02:04+	01:44+	05:32+	04:38+	03:52+	05:09+	03:29+	00:38+	03:57+
00:23#	00:17#	00:10-	01:09&	08:30@	00:05#	00:20#	00:53&	00:20#	01:11&	00:21#	00:07+	00:47#	01:09&	01:55&	01:38&	01:56@	00:10&	01:02&

8	Martin Blystad	115	1:09:07															
02:37+	05:11+	06:30+	10:54+	17:55+	18:50+	21:55+	24:13+	27:12+	30:24+	34:47+	36:59+	45:38+	50:46+	55:32+	61:45+	64:07+	65:01+	69:07+
02:37+	02:34+	01:19+	04:24+	07:01+	00:55+	03:05+	02:18+	02:59+	03:12+	04:23+	02:12+	08:39+	05:08+	04:46+	06:13+	02:22+	00:54+	04:06+
00:45&	00:28#	00:15#	01:45&	05:13@	00:26&	00:54&	00:53&	01:09&	00:51&	02:40@	00:35&	03:54&	01:39&	02:49@	02:42&	00:49&	00:26&	01:11&

9	Stian Haugvaldstad	116	1:10:41															
01:59+	03:57-	04:57-	18:11+	25:35+	26:19+	28:46+	30:52+	33:50+	36:40+	39:43+	41:18+	47:52+	51:34+	54:02+	62:53+	65:56+	66:41+	70:41+
01:59+	01:58-	01:00-	13:14+	07:24+	00:44+	02:27+	02:06+	02:58+	02:50+	03:03+	01:35-	06:34+	03:42+	02:28+	08:51+	03:03+	00:45+	04:00+
00:07+	00:08-	00:04-	10:35@	05:36@	00:15&	00:16#	00:41&	01:08&	00:29#	01:20&	00:02-	01:49&	00:13+	00:31&	05:20@	01:30&	00:17&	01:05&

10	Jone Valdø	116	1:16:29															
02:20+	04:21+	05:18+	07:57+	10:15+	11:15+	13:40+	15:46+	18:18+	21:38+	23:35+	25:50+	53:47+	63:52+	67:03+	70:50+	72:32+	73:04+	76:29+
02:20+	02:01-	01:57-	02:39=	02:18+	01:00+	02:25+	02:06+	02:32+	03:20+	01:57+	02:15+	27:57+	10:05+	03:11+	03:47+	01:42+	00:32+	03:25+
00:28#	00:05-	00:07-	00:00=	00:30&	00:31@	00:14#	00:41&	00:42&	00:59&	00:14#	00:38&	23:12@	06:36@	01:14&	00:16+	00:09+	00:04#	00:30#

Beste strekktid for klassen																		
01:52	01:55	00:54	02:39	01:48	00:29	02:11	01:25	01:50	02:21	01:43	01:35	04:42	03:29	01:57	03:31	01:33	00:28	02:55

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

Herrer B

1	Oddgeir Eikeskog	93	49:29															
02:23=	04:59=	06:17=	09:27=	11:33=	12:11=	14:33=	16:24=	19:19=	22:19=	24:24=	26:23=	31:59=	35:52=	38:25=	43:00=	44:46=	45:28=	49:29=
02:23=	02:36=	01:18=	03:10=	02:06=	00:38=	02:22=	01:51=	02:55=	03:00=	02:05=	01:59=	05:36=	03:53=	02:33=	04:35=	01:46=	00:42=	04:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Magnus Landstad	66	49:43															
02:06-	04:12-	05:14-	08:06-	10:21-	11:02-	13:41-	15:42-	17:59-	20:32-	22:51-	24:52-	29:24-	33:24-	35:51-	43:32+	45:21+	45:59+	49:43+
02:06-	02:06-	01:02-	02:52-	02:15+	00:41+	02:39+	02:01+	02:17-	02:33-	02:19+	02:01+	04:32-	04:00+	02:27-	07:41+	01:49+	00:38-	03:44-
00:17-	00:30-	00:16-	00:18-	00:09+	00:03+	00:17#	00:10+	00:38-	00:27-	00:14#	00:02+	01:04-	00:07+	00:06-	03:06#	00:03+	00:04-	00:17-
3	Odd Ivar Karlsen	76	50:14															
02:16-	04:49-	06:16-	09:37+	12:14+	13:00+	15:52+	17:50+	20:08+	23:04+	25:27+	27:19+	32:16+	36:14+	38:53+	43:39+	45:39+	46:21+	50:14+
02:16-	02:33-	01:27+	03:21+	02:37+	00:46+	02:52+	01:58+	02:18-	02:56-	02:23+	01:52+	04:57-	03:58+	02:39+	04:46+	02:00+	00:42=	03:53-
00:07-	00:03-	00:09#	00:11+	00:31#	00:08#	00:30#	00:07+	00:37-	00:04-	00:18#	00:07-	00:39-	00:05+	00:06+	00:11+	00:14#	00:00=	00:08-
4	Tom Furland	62	51:33															
02:17-	04:45-	06:01-	11:04+	13:28+	14:05+	16:40+	18:33+	21:09+	24:06+	26:20+	29:08+	33:47+	37:50+	40:21+	44:37+	46:58+	47:40+	51:33+
02:17-	02:28-	01:16-	05:03+	02:24+	00:37-	02:35+	01:53+	02:36-	02:57-	02:14+	02:48+	04:39-	04:03+	02:31-	04:16-	02:21+	00:42=	03:53-
00:06-	00:08-	00:02-	01:53#	00:18#	00:01-	00:13+	00:02+	00:19-	00:03-	00:09+	00:49#	00:57-	00:10+	00:02-	00:19-	00:35#	00:00=	00:08-
5	Per Olav Haarr	62	57:16															
02:34+	04:51-	06:05-	09:49+	17:15+	17:53+	20:37+	22:34+	24:53+	28:08+	30:15+	32:43+	37:40+	41:55+	44:32+	49:48+	52:43+	53:27+	57:16+
02:34+	02:17-	01:14-	03:44+	07:26+	00:38=	02:44+	01:57+	02:19-	03:15+	02:07+	02:28+	04:57-	04:15+	02:37+	05:16+	02:55+	00:44+	03:49-
00:11+	00:19-	00:04-	00:34#	05:20#	00:00=	00:22#	00:06+	00:36-	00:15+	00:02+	00:29#	00:39-	00:22+	00:04+	00:41#	01:09#	00:02+	00:12-
6	Joar Eilevstjønn	67	58:32															
02:16-	04:37-	05:45-	09:03-	16:23+	17:16+	19:55+	23:45+	25:47+	28:23+	30:44+	32:28+	38:57+	42:44+	45:13+	51:29+	53:44+	55:12+	58:32+
02:16-	02:21-	01:08-	03:18+	07:20+	00:53+	02:39+	03:50+	02:02-	02:36-	02:21+	01:44-	06:29+	03:47-	02:29-	06:16+	02:15+	01:28+	03:20-
00:07-	00:15-	00:10-	00:08+	05:14#	00:15#	00:17#	01:59#	00:53-	00:24-	00:16#	00:15-	00:53#	00:06-	00:04-	01:41#	00:29#	00:46#	00:41-
7	Geir Sand	105	1:01:54															
02:56+	05:30+	06:37+	10:05+	17:13+	18:27+	21:47+	23:53+	26:22+	29:15+	31:37+	33:46+	38:33+	43:10+	47:24+	54:05+	57:07+	57:50+	61:54+
02:56+	02:34-	01:07-	03:28+	07:08+	01:14+	03:20+	02:06+	02:29-	02:53-	02:22+	02:09+	04:47-	04:37+	04:14+	06:41+	03:02+	00:43+	04:04+
00:33#	00:02-	00:11-	00:18+	05:02#	00:36#	00:58#	00:15#	00:26-	00:07-	00:17#	00:10+	00:49-	00:44#	01:41#	02:06#	01:16#	00:01+	00:03+
8	Njål F. Vadla	93	1:02:56															
01:55-	04:13-	05:28-	12:28+	14:53+	18:13+	20:48+	22:28+	24:41+	27:19+	30:24+	32:47+	42:36+	46:06+	51:18+	55:35+	57:56+	58:59+	62:56+
01:55-	02:18-	01:15-	07:00+	02:25+	03:20+	02:35+	01:40-	02:13-	02:38-	03:05+	02:23+	09:49+	03:30-	05:12+	04:17-	02:21+	01:03+	03:57-
00:28-	00:18-	00:03-	03:50#	00:19#	02:42#	00:13+	00:11-	00:42-	00:22-	01:00#	00:24#	04:13#	00:23-	02:39#	00:18-	00:35#	00:21#	00:04-
9	Trond Sigurd Fotland	66	1:03:10															
02:53+	05:23+	06:37+	11:22+	16:36+	17:45+	20:47+	23:22+	25:38+	28:51+	31:09+	35:26+	40:32+	48:23+	51:07+	55:46+	58:24+	59:04+	63:10+
02:53+	02:30-	01:14-	04:45+	05:14+	01:09+	03:02+	02:35+	02:16-	03:13+	02:18+	04:17+	05:06-	07:51+	02:44+	04:39+	02:38+	00:40-	04:06+
00:30#	00:06-	00:04-	01:35#	03:08#	00:31#	00:40#	00:44#	00:39-	00:13+	00:13#	02:18#	00:30-	03:58#	00:11+	00:04+	00:52#	00:02-	00:05+
10	Øyvind Rummelhoff	27	1:03:11															
02:16-	04:48-	05:58-	09:21-	15:34+	16:29+	21:20+	23:16+	25:35+	28:47+	31:17+	33:41+	38:57+	47:21+	49:56+	54:42+	58:19+	59:04+	63:11+
02:16-	02:32-	01:10-	03:23+	06:13+	00:55+	04:51+	01:56+	02:19-	03:12+	02:30+	02:24+	05:16-	08:24+	02:35+	04:46+	03:37+	00:45+	04:07+
00:07-	00:04-	00:08-	00:13+	04:07#	00:17#	02:29#	00:05+	00:36-	00:12+	00:25#	00:25#	00:20-	04:31#	00:02+	00:11+	01:51#	00:03+	00:06+
11	Aart Joakim in't Veld	93	1:05:24															
02:11-	04:31-	05:48-	15:08+	17:00+	17:31+	19:45+	21:28+	26:41+	29:28+	32:57+	34:57+	45:10+	49:20+	52:25+	56:57+	60:02+	60:58+	65:24+
02:11-	02:20-	01:17-	09:20+	01:52-	00:31-	02:14-	01:43-	05:13+	02:47-	03:29+	02:00+	10:13+	04:10+	03:05+	04:32-	03:05+	00:56+	04:26+
00:12-	00:16-	00:01-	06:10#	00:14-	00:07-	00:08-	00:08-	02:18#	00:13-	01:24#	00:01+	04:37#	00:17+	00:32#	00:03-	01:19#	00:14#	00:25#
12	Stein Arne Olsen	68	1:08:11															
02:20-	04:46-	06:09-	09:23-	17:35+	18:23+	21:15+	25:00+	27:26+	30:45+	33:12+	35:18+	41:01+	49:14+	52:34+	58:04+	62:01+	62:59+	68:11+
02:20-	02:26-	01:23+	03:14+	08:12+	00:48+	02:52+	03:45+	02:26-	03:19+	02:27+	02:06+	05:43+	08:13+	03:20+	05:30+	03:57+	00:58+	05:12+
00:03-	00:10-	00:05+	00:04+	06:06#	00:10#	00:30#	01:54#	00:29-	00:19#	00:22#	00:07+	00:07+	04:20#	00:47#	00:55#	02:11#	00:16#	01:11#
13	Leif Kjetil Hinna Gausel	116	1:12:37															
03:36+	06:24+	07:58+	14:10+	16:54+	17:38+	20:53+	23:39+	26:21+	31:09+	34:55+	37:16+	46:11+	51:59+	56:21+	62:51+	66:41+	68:00+	72:37+
03:36+	02:48+	01:34+	06:12+	02:44+	00:44+	03:15+	02:46+	02:42-	04:48+	03:46+	02:21+	08:55+	05:48+	04:22+	06:30+	03:50+	01:19+	04:37+
01:13#	00:12+	00:16#	03:02#	00:38#	00:06#	00:53#	00:55#	00:13-	01:48#	01:41#	00:22#	03:19#	01:55#	01:49#	01:55#	02:04#	00:37#	00:36#
14	Espen Fyhn Nilsen	116	1:24:44															
03:22+	06:44+	08:35+	13:06+	16:49+	18:50+	23:13+	26:34+	30:13+	34:46+	37:33+	40:12+	49:57+	58:24+	62:42+	70:48+	75:31+	76:48+	84:44+
03:22+	03:22+	01:51+	04:31+	03:43+	02:01+	04:23+	03:21+	03:39+	04:33+	02:47+	02:39+	09:45+	08:27+	04:18+	08:06+	04:43+	01:17+	07:56+
00:59#	00:46#	00:33#	01:21#	01:37#	01:23#	02:01#	01:30#	00:44#	01:33#	00:42#	00:40#	04:09#	04:34#	01:45#	03:31#	02:57#	00:35#	03:55#

Class	Navn	Klasse												Tid				
-------	------	--------	--	--	--	--	--	--	--	--	--	--	--	-----	--	--	--	--

Beste strekktid for klassen

01:55 02:06 01:02 02:52 01:52 00:31 02:14 01:40 02:02 02:33 02:05 01:44 04:32 03:30 02:27 04:16 01:46 00:38 03:20

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

Herrer C

1	Kjetil Wirak	114	45:39												
01:56=	05:42=	06:51=	09:52=	12:52=	14:28=	16:42=	18:45=	20:54=	26:43=	30:24=	32:38=	38:05=	41:14=	41:53=	45:39=
01:56=	03:46=	01:09=	03:01=	03:00=	01:36=	02:14=	02:03=	02:09=	05:49=	03:41=	02:14=	05:27=	03:09=	00:39=	03:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Aamodt	116	46:41												
01:50-	05:30-	06:39-	09:53+	13:09+	14:41+	17:06+	19:32+	21:47+	26:12-	29:39-	32:31-	38:43+	41:44+	42:30+	46:41+
01:50-	03:40-	01:09=	03:14+	03:16+	01:32-	02:25+	02:26+	02:15+	04:25-	03:27-	02:52+	06:12+	03:01-	00:46+	04:11+
00:06-	00:06-	00:00=	00:13+	00:16+	00:04-	00:11+	00:23#	00:06+	01:24-	00:14-	00:38&	00:45#	00:08-	00:07#	00:25#
3	Odd Fuglestad	379	51:59												
02:04+	05:59+	07:27+	10:59+	13:24+	14:51+	17:22+	19:43+	22:08+	32:51+	36:02+	38:31+	44:32+	47:20+	48:00+	51:59+
02:04+	03:55+	01:28+	03:32+	02:25-	01:27-	02:31+	02:21+	02:25+	10:43+	03:11-	02:29+	06:01+	02:48-	00:40+	03:59+
00:08+	00:09+	00:19&	00:31#	00:35-	00:09-	00:17#	00:18#	00:16#	04:54&	00:30-	00:15#	00:34#	00:21-	00:01+	00:13+
4	Svein Erik Kvame	116	53:27												
02:07+	06:53+	08:16+	12:53+	15:21+	17:04+	19:48+	23:15+	25:46+	31:38+	36:22+	39:06+	45:12+	48:44+	49:24+	53:27+
02:07+	04:46+	01:23+	04:37+	02:28-	01:43+	02:44+	03:27+	02:31+	05:52+	04:44+	02:44+	06:06+	03:32+	00:40+	04:03+
00:11+	01:00&	00:14#	01:36&	00:32-	00:07+	00:30#	01:24&	00:22#	00:03+	01:03&	00:30#	00:39#	00:23#	00:01+	00:17+
5	Nils John Vestøl	83	55:15												
02:01+	06:03+	07:31+	10:56+	13:14+	15:08+	17:34+	20:26+	23:05+	31:58+	36:24+	39:24+	47:38+	51:05+	51:51+	55:15+
02:01+	04:02+	01:28+	03:25+	02:18-	01:54+	02:26+	02:52+	02:39+	08:53+	04:26+	03:00+	08:14+	03:27+	00:46+	03:24-
00:05+	00:16+	00:19&	00:24#	00:42-	00:18#	00:12+	00:49&	00:30#	03:04&	00:45#	00:46&	02:47&	00:18+	00:07#	00:22-
6	Jan Einar Øvremo	50	56:10												
02:02+	06:13+	07:29+	10:52+	13:26+	15:08+	17:34+	20:31+	22:58+	28:56+	37:53+	40:40+	47:21+	51:21+	52:15+	56:10+
02:02+	04:11+	01:16+	03:23+	02:34-	01:42+	02:26+	02:52+	02:39+	05:58+	08:57+	02:47+	06:41+	04:00+	00:54+	03:55+
00:06+	00:25#	00:07#	00:22#	00:26-	00:06+	00:12+	00:54&	00:18#	00:09+	05:16@	00:33#	01:14#	00:51&	00:15&	00:09+
7	Erling Mauland	83	56:48												
02:46+	07:18+	08:53+	13:34+	16:34+	18:13+	21:15+	24:13+	26:55+	32:08+	36:26+	39:46+	47:33+	51:37+	52:36+	56:48+
02:46+	04:32+	01:35+	04:41+	03:00=	01:39+	03:02+	02:58+	02:42+	05:13-	04:18+	03:20+	07:47+	04:04+	00:59+	04:12+
00:50&	00:46#	00:26&	01:40&	00:00=	00:03+	00:48&	00:55&	00:33&	00:36-	00:37#	01:06&	02:20&	00:55&	00:20&	00:26#
8	Geir Frøyttlog	29	57:19												
02:16+	06:53+	08:20+	13:09+	15:50+	17:37+	20:29+	23:11+	26:30+	32:07+	35:36+	38:40+	45:05+	48:05+	48:56+	57:19+
02:16+	04:37+	01:27+	04:49+	02:41-	01:47+	02:52+	02:42+	03:19+	05:37-	03:29-	03:04+	06:25+	03:00-	00:51+	08:23+
00:20#	00:51#	00:18&	01:48&	00:19-	00:11#	00:38&	00:39&	01:10&	00:12-	00:12-	00:50&	00:58#	00:09-	00:12&	04:37@
9	Knut Taugbøl	116	58:18												
02:16+	06:46+	08:15+	14:16+	17:29+	19:13+	22:22+	25:12+	28:09+	33:01+	37:33+	41:03+	48:20+	53:24+	54:16+	58:18+
02:16+	04:30+	01:29+	06:01+	03:13+	01:44+	03:09+	02:50+	02:57+	04:52-	04:32+	03:30+	07:17+	05:04+	00:52+	04:02+
00:20#	00:44#	00:20&	03:00&	00:13+	00:08+	00:55&	00:47&	00:48&	00:57-	00:51#	01:16&	01:50&	01:55&	00:13&	00:16+
10	Paul Terje Haarr	62	1:00:33												
02:35+	07:18+	08:46+	12:32+	15:05+	17:26+	20:23+	23:23+	26:08+	31:35+	36:17+	40:29+	50:12+	55:36+	56:23+	60:33+
02:35+	04:43+	01:28+	03:46+	02:33-	02:21+	02:57+	03:00+	02:45+	05:27-	04:42+	04:12+	09:43+	05:24+	00:47+	04:10+
00:39&	00:57&	00:19&	00:45#	00:27-	00:45&	00:43&	00:57&	00:36&	00:22-	01:01&	01:58&	04:16&	02:15&	00:08#	00:24#
11	Pål H. Gjerden	116	1:07:18												
02:39+	07:11+	08:55+	13:37+	17:04+	19:06+	22:10+	25:46+	28:33+	35:35+	41:35+	45:59+	54:33+	59:50+	61:15+	67:18+
02:39+	04:32+	01:44+	04:42+	03:27+	02:02+	03:04+	03:36+	02:47+	07:02+	06:00+	04:24+	08:34+	05:17+	01:25+	06:03+
00:43&	00:46#	00:35&	01:41&	00:27#	00:26&	00:50&	01:33&	00:38&	01:13#	02:19&	02:10&	03:07&	02:08&	00:46@	02:17&
12	Oddmund Nordgård	105	1:08:21												
02:13+	06:12+	07:38+	11:11+	16:03+	18:34+	21:18+	24:08+	27:24+	38:10+	45:54+	50:11+	58:20+	62:39+	63:37+	68:21+
02:13+	03:59+	01:26+	03:33+	04:52+	02:31+	02:44+	02:50+	03:16+	10:46+	07:44+	04:17+	08:09+	04:19+	00:58+	04:44+
00:17#	00:13+	00:17#	00:32#	01:52&	00:55&	00:30#	00:47&	01:07&	04:57&	04:03@	02:03&	02:42&	01:10&	00:19&	00:58&
13	Øivind Berggraf	116	1:12:46												
02:16+	06:46+	08:07+	12:39+	16:54+	18:43+	21:49+	25:21+	32:20+	38:33+	44:48+	49:09+	56:59+	65:02+	68:02+	72:46+
02:16+	04:30+	01:21+	04:32+	04:15+	01:49+	03:06+	03:32+	06:59+	06:13+	06:15+	04:21+	07:50+	08:03+	03:00+	04:44+
00:20#	00:44#	00:12#	01:31&	01:15&	00:13#	00:52&	01:29&	04:50@	00:24+	02:34&	02:07&	02:23&	04:54@	02:21@	00:58&

Class	Navn	Klasse										Tid			
14	Bertrand Denieul	42										1:16:10			
05:44+	12:25+	13:44+	17:50+	25:07+	27:08+	30:22+	33:39+	38:57+	44:43+	50:46+	57:36+	65:37+	70:42+	71:32+	76:10+
05:44+	06:41+	01:19+	04:06+	07:17+	02:01+	03:14+	03:17+	05:18+	05:46-	06:03+	06:50+	08:01+	05:05+	00:50+	04:38+
03:48@	02:55&	00:10#	01:05&	04:17@	00:25&	01:00&	01:14&	03:09@	00:03-	02:22&	04:36@	02:34&	01:56&	00:11&	00:52#
15	Ove Oaland	116										1:19:30			
03:22+	08:47+	10:30+	14:50+	20:52+	23:55+	27:43+	32:21+	36:03+	45:49+	52:02+	58:02+	66:11+	73:01+	74:20+	79:30+
03:22+	05:25+	01:43+	04:20+	06:02+	03:03+	03:48+	04:38+	03:42+	09:46+	06:13+	06:00+	08:09+	06:50+	01:19+	05:10+
01:26&	01:39&	00:34&	01:19&	03:02@	01:27&	01:34&	02:35@	01:33&	03:57&	02:32&	03:46@	02:42&	03:41@	00:40@	01:24&
16	Henning Sundby	114										1:24:16			
01:58+	05:44+	06:51=	12:06+	14:20+	16:09+	18:35+	21:55+	27:55+	44:03+	51:03+	53:43+	76:02+	79:27+	80:08+	84:16+
01:58+	03:46=	01:07-	05:15+	02:14-	01:49+	02:26+	03:20+	06:00+	16:08+	07:00+	02:40+	22:19+	03:25+	00:41+	04:08+
00:02+	00:00=	00:02-	02:14&	00:46-	00:13#	00:12+	01:17&	03:51@	10:19@	03:19&	00:26#	16:52@	00:16+	00:02+	00:22+
17	Steve Richardson	42										1:31:34			
03:13+	09:19+	11:13+	16:15+	20:09+	23:15+	26:57+	30:27+	35:56+	56:10+	63:01+	67:49+	76:45+	84:39+	85:55+	91:34+
03:13+	06:06+	01:54+	05:02+	03:54+	03:06+	03:42+	03:30+	05:29+	20:14+	06:51+	04:48+	08:56+	07:54+	01:16+	05:39+
01:17&	02:20&	00:45&	02:01&	00:54&	01:30&	01:28&	01:27&	03:20@	14:25@	03:10&	02:34@	03:29&	04:45@	00:37&	01:53&

Beste strekktid for klassen

01:50 03:40 01:07 03:01 02:14 01:27 02:14 02:03 02:09 04:25 03:11 02:14 05:27 02:48 00:39 03:24

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

Herrer Ny

1	Eivind Brimsø	76										25:02			
05:59=	09:39=	11:04=	15:07=	16:52=	19:33=	22:06=	24:30=	25:02=							
05:59=	03:40=	01:25=	04:03=	01:45=	02:41=	02:33=	02:24=	00:32=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Erik Henriksen	116										36:05			
07:47+	13:03+	16:49+	21:00+	23:12+	25:57+	29:20+	34:33+	36:05+							
07:47+	05:16+	03:46+	04:11+	02:12+	02:45+	03:23+	05:13+	01:32+							
01:48&	01:36&	02:21@	00:08+	00:27&	00:04+	00:50&	02:49@	01:00@							

Beste strekktid for klassen

05:59 03:40 01:25 04:03 01:45 02:41 02:33 02:24 00:32

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

Herrer Trim

1	Svein Erik Bjørnsen	91										33:32			
03:43=	04:46=	09:03=	12:13=	15:08=	17:48=	22:25=	26:31=	29:43=	33:32=						
03:43=	01:03=	04:17=	03:10=	02:55=	02:40=	04:37=	04:06=	03:12=	03:49=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Stig Erlend Ollestad	51										37:05			
03:30-	04:25-	10:23+	12:58+	17:11+	21:26+	25:34+	29:18+	34:07+	37:05+						
03:30-	00:55-	05:58+	02:35-	04:13+	04:15+	04:08-	03:44-	04:49+	02:58-						
00:13-	00:08-	01:41&	00:35-	01:18&	01:35&	00:29-	00:22-	01:37&	00:51-						
3	Svein Mæle	43										37:35			
04:33+	05:34+	09:57+	13:31+	17:35+	19:50+	25:20+	30:57+	33:16+	37:35+						
04:33+	01:01-	04:23+	03:34+	04:04+	02:15-	05:30+	05:37+	02:19-	04:19+						
00:50#	00:02-	00:06+	00:24#	01:09&	00:25-	00:53#	01:31&	00:53-	00:30#						
4	Lars Salvesen	50										37:38			
04:54+	05:56+	10:44+	14:32+	18:13+	20:04+	25:22+	30:48+	33:52+	37:38+						
04:54+	01:02-	04:48+	03:48+	03:41+	01:51-	05:18+	05:26+	03:04-	03:46-						
01:11&	00:01-	00:31#	00:38#	00:46&	00:49-	00:41#	01:20&	00:08-	00:03-						
5	Glenn Christiansen	50										37:56			
05:33+	06:51+	11:48+	15:07+	18:19+	21:14+	26:25+	31:26+	33:49+	37:56+						
05:33+	01:18+	04:57+	03:19+	03:12+	02:55+	05:11+	05:01+	02:23-	04:07+						
01:50&	00:15#	00:40#	00:09+	00:17+	00:15+	00:34#	00:55#	00:49-	00:18+						

Class	Navn	Klasse	Tid
6	Arnstein Skretting	54	39:30
05:07+	06:12+ 10:48+ 14:41+ 18:02+ 22:33+ 27:26+ 32:57+ 35:53+ 39:30+		
05:07+	01:05+ 04:36+ 03:53+ 03:21+ 04:31+ 04:53+ 05:31+ 02:56- 03:37-		
01:24&	00:02+ 00:19+ 00:43# 00:26# 01:51& 00:16+ 01:25& 00:16- 00:12-		
7	Roger Nyseth	92	39:50
04:29+	05:48+ 11:27+ 15:32+ 19:15+ 21:11+ 26:48+ 32:03+ 34:44+ 39:50+		
04:29+	01:19+ 05:39+ 04:05+ 03:43+ 01:56- 05:37+ 05:15+ 02:41- 05:06+		
00:46#	00:16& 01:22& 00:55& 00:48& 00:44- 01:00# 01:09& 00:31- 01:17&		
8	Håvard Høie	378	40:47
04:14+	05:14+ 09:26+ 14:55+ 17:46+ 20:14+ 26:19+ 31:19+ 36:34+ 40:47+		
04:14+	01:00- 04:12- 05:29+ 02:51- 02:28- 06:05+ 05:00+ 05:15+ 04:13+		
00:31#	00:03- 00:05- 02:19& 00:04- 00:12- 01:28& 00:54# 02:03& 00:24#		
9	Anders H Foss	263	41:17
04:18+	05:19+ 10:22+ 14:10+ 17:52+ 19:37+ 24:59+ 29:42+ 37:11+ 41:17+		
04:18+	01:01- 05:03+ 03:48+ 03:42+ 01:45- 05:22+ 04:43+ 07:29+ 04:06+		
00:35#	00:02- 00:46# 00:38# 00:47& 00:55- 00:45# 00:37# 04:17@ 00:17+		
10	Per Marthon Mæland	5	41:57
05:27+	06:52+ 13:18+ 17:47+ 21:26+ 23:06+ 28:06+ 33:32+ 36:14+ 41:57+		
05:27+	01:25+ 06:26+ 04:29+ 03:39+ 01:40- 05:00+ 05:26+ 02:42- 05:43+		
01:44&	00:22& 02:09& 01:19& 00:44& 01:00- 00:23+ 01:20& 00:30- 01:54&		
11	Ivar Aalbu	29	43:04
07:57+	09:11+ 14:29+ 18:38+ 21:55+ 24:13+ 29:43+ 35:00+ 38:22+ 43:04+		
07:57+	01:14+ 05:18+ 04:09+ 03:17+ 02:18- 05:30+ 05:17+ 03:22+ 04:42+		
04:14@	00:11# 01:01# 00:59& 00:22# 00:22- 00:53# 01:11& 00:10+ 00:53#		
12	Reidar Haver	4	43:06
05:51+	07:29+ 13:08+ 17:16+ 20:58+ 22:45+ 29:47+ 35:59+ 38:23+ 43:06+		
05:51+	01:38+ 05:39+ 04:08+ 03:42+ 01:47- 07:02+ 06:12+ 02:24- 04:43+		
02:08&	00:35& 01:22& 00:58& 00:47& 00:53- 02:25& 02:06& 00:48- 00:54#		
13	Asgeir Kleppa	47	43:16
05:00+	06:14+ 10:59+ 14:28+ 18:19+ 25:13+ 31:09+ 35:41+ 39:09+ 43:16+		
05:00+	01:14+ 04:45+ 03:29+ 03:51+ 06:54+ 05:56+ 04:32+ 03:28+ 04:07+		
01:17&	00:11# 00:28# 00:19# 00:56& 04:14@ 01:19& 00:26# 00:16+ 00:18+		
14	Bruno Pierfelice	51	44:47
03:29-	04:45- 09:38+ 14:29+ 17:47+ 19:18+ 24:06+ 31:13+ 42:06+ 44:47+		
03:29-	01:16+ 04:53+ 04:51+ 03:18+ 01:31- 04:48+ 07:07+ 10:53+ 02:41-		
00:14-	00:13# 00:36# 01:41& 00:23# 01:09- 00:11+ 03:01& 07:41@ 01:08-		
15	Frode Følgesvold	5	47:32
04:46+	06:30+ 12:54+ 17:17+ 20:41+ 26:08+ 34:40+ 39:42+ 42:43+ 47:32+		
04:46+	01:44+ 06:24+ 04:23+ 03:24+ 05:27+ 08:32+ 05:02+ 03:01- 04:49+		
01:03&	00:41& 02:07& 01:13& 00:29# 02:47@ 03:55& 00:56# 00:11- 01:00&		
16	Leif Jarle Skåra	29	48:02
05:07+	06:23+ 11:35+ 15:25+ 19:18+ 21:05+ 27:21+ 38:11+ 43:22+ 48:02+		
05:07+	01:16+ 05:12+ 03:50+ 03:53+ 01:47- 06:16+ 10:50+ 05:11+ 04:40+		
01:24&	00:13# 00:55# 00:40# 00:58& 00:53- 01:39& 06:44@ 01:59& 00:51#		
17	Arild Olsen	4	49:50
06:29+	08:24+ 14:10+ 18:24+ 22:20+ 24:13+ 31:01+ 39:34+ 44:15+ 49:50+		
06:29+	01:55+ 05:46+ 04:14+ 03:56+ 01:53- 06:48+ 08:33+ 04:41+ 05:35+		
02:46&	00:52& 01:29& 01:04& 01:01& 00:47- 02:11& 04:27@ 01:29& 01:46&		
18	Arne Hope	43	50:10
05:00+	06:29+ 13:57+ 19:06+ 24:02+ 26:21+ 32:36+ 38:56+ 44:00+ 50:10+		
05:00+	01:29+ 07:28+ 05:09+ 04:56+ 02:19- 06:15+ 06:20+ 05:04+ 06:10+		
01:17&	00:26& 03:11& 01:59& 02:01& 00:21- 01:38& 02:14& 01:52& 02:21&		
19	Torkel Schibevaag	114	50:29
04:09+	05:17+ 09:34+ 12:47+ 15:58+ 17:20- 32:04+ 36:04+ 46:55+ 50:29+		
04:09+	01:08+ 04:17= 03:13+ 03:11+ 01:22- 14:44+ 04:00- 10:51+ 03:34-		
00:26#	00:05+ 00:00= 00:03+ 00:16+ 01:18- 10:07@ 00:06- 07:39@ 00:15-		
20	Joar Fandrem	94	50:33
07:11+	08:27+ 13:20+ 17:51+ 21:51+ 23:57+ 30:05+ 36:44+ 45:08+ 50:33+		
07:11+	01:16+ 04:53+ 04:31+ 04:00+ 02:06- 06:08+ 06:39+ 08:24+ 05:25+		
03:28&	00:13# 00:36# 01:21& 01:05& 00:34- 01:31& 02:33& 05:12@ 01:36&		

Class	Navn	Klasse								Tid
21	Terje Langeland	98								50:34
04:53+	06:09+	11:48+	15:31+	19:25+	22:21+	27:58+	38:24+	50:34+		
04:53+	01:16+	05:39+	03:43+	03:54+	02:56+	05:37+	10:26+	06:00+	06:10+	
01:10&	00:13#	01:22&	00:33#	00:59&	00:16#	01:00#	06:20@	02:48&	02:21&	
22	Svein Sivertsen	115								51:53
04:12+	05:15+	10:18+	14:31+	18:10+	19:47+	25:46+	38:07+	47:06+	51:53+	
04:12+	01:03=	05:03+	04:13+	03:39+	01:37-	05:59+	12:21+	08:59+	04:47+	
00:29#	00:00=	00:46#	01:03&	00:44&	01:03-	01:22&	08:15@	05:47@	00:58&	
23	Tom Leveraas	93								54:43
08:57+	10:40+	18:06+	25:26+	28:55+	31:42+	37:50+	44:07+	47:47+	54:43+	
08:57+	01:43+	07:26+	07:20+	03:29+	02:47+	06:08+	06:17+	03:40+	06:56+	
05:14@	00:40&	03:09&	04:10@	00:34#	00:07+	01:31&	02:11&	00:28#	03:07&	
24	Rolf Øystein Kluge	7								55:45
10:57+	12:28+	17:50+	22:31+	26:51+	28:58+	35:59+	45:05+	50:13+	55:45+	
10:57+	01:31+	05:22+	04:41+	04:20+	02:07-	07:01+	09:06+	05:08+	05:32+	
07:14@	00:28&	01:05&	01:31&	01:25&	00:33-	02:24&	05:00@	01:56&	01:43&	
25	Per Bakken	5								56:01
07:29+	09:12+	16:18+	21:12+	26:14+	29:09+	35:54+	43:17+	49:43+	56:01+	
07:29+	01:43+	07:06+	04:54+	05:02+	02:55+	06:45+	07:23+	06:26+	06:18+	
03:46@	00:40&	02:49&	01:44&	02:07&	00:15+	02:08&	03:17&	03:14@	02:29&	
26	Sverre Uhlving	105								57:34
07:57+	10:05+	17:53+	22:50+	28:04+	30:47+	37:43+	45:07+	51:04+	57:34+	
07:57+	02:08+	07:48+	04:57+	05:14+	02:43+	06:56+	07:24+	05:57+	06:30+	
04:14@	01:05@	03:31&	01:47&	02:19&	00:03+	02:19&	03:18&	02:45&	02:41&	
27	Jan Henrik Neuenkirchen	117								59:38
08:05+	10:53+	19:31+	23:51+	28:38+	30:57+	43:30+	50:20+	54:19+	59:38+	
08:05+	02:48+	08:38+	04:20+	04:47+	02:19-	12:33+	06:50+	03:59+	05:19+	
04:22@	01:45@	04:21@	01:10&	01:52&	00:21-	07:56@	02:44&	00:47#	01:30&	
28	John Helge Svandal	111								59:48
07:45+	08:49+	15:22+	20:47+	26:50+	29:17+	38:52+	46:22+	50:33+	59:48+	
07:45+	01:04+	06:33+	05:25+	06:03+	02:27-	09:35+	07:30+	04:11+	09:15+	
04:02@	00:01+	02:16&	02:15&	03:08@	00:13-	04:58@	03:24&	00:59&	05:26@	
29	Per Kolbein Tonstad	66								1:01:10
06:24+	08:18+	15:14+	20:45+	25:53+	28:47+	40:52+	48:38+	53:23+	61:10+	
06:24+	01:54+	06:56+	05:31+	05:08+	02:54+	12:05+	07:46+	04:45+	07:47+	
02:41&	00:51&	02:39&	02:21&	02:13&	00:14+	07:28@	03:40&	01:33&	03:58@	
30	Arild Svihus	92								1:07:06
05:49+	07:23+	13:34+	18:14+	22:44+	27:11+	37:47+	45:25+	61:15+	67:06+	
05:49+	01:34+	06:11+	04:40+	04:30+	04:27+	10:36+	07:38+	15:50+	05:51+	
02:06&	00:31&	01:54&	01:30&	01:35&	01:47&	05:59@	03:32&	12:38@	02:02&	
31	Torgeir Færevåg	125								1:11:23
19:57+	21:34+	27:55+	32:25+	36:45+	38:54+	46:09+	61:21+	65:54+	71:23+	
19:57+	01:37+	06:21+	04:30+	04:20+	02:09-	07:15+	15:12+	04:33+	05:29+	
16:14@	00:34&	02:04&	01:20&	01:25&	00:31-	02:38&	11:06@	01:21&	01:40&	
32	Terje Hodne Nilsen	115								1:16:27
13:35+	15:27+	22:54+	28:37+	34:15+	37:46+	49:19+	56:56+	69:30+	76:27+	
13:35+	01:52+	07:27+	05:43+	05:38+	03:31+	11:33+	07:37+	12:34+	06:57+	
09:52@	00:49&	03:10&	02:33&	02:43&	00:51&	06:56@	03:31&	09:22@	03:08&	
33	Inge Grødem	92								1:16:51
10:39+	12:17+	18:52+	24:50+	30:36+	35:31+	48:43+	58:40+	68:03+	76:51+	
10:39+	01:38+	06:35+	05:58+	05:46+	04:55+	13:12+	09:57+	09:23+	08:48+	
06:56@	00:35&	02:18&	02:48&	02:51&	02:15&	08:35@	05:51@	06:11@	04:59@	
Beste strekktid for klassen										
03:29	00:55	04:12	02:35	02:51	01:22	04:08	03:44	02:19	02:41	

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