

Plass Navn

Klasse

Tid

**Damer 16 - 39 år**

<b>1</b>	<b>Katrine Haaland Leveraas</b>	<b>54</b>	<b>34:23</b>
02:31=	04:29=	09:46=	12:07= 14:18= 16:03=
02:31=	01:58=	05:17=	02:21= 02:11= 01:45=
00:00=	00:00=	00:00=	00:00= 00:00= 00:00=
<b>2</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>39:38</b>
01:38-	04:23-	10:32+	12:30+ 18:32+ 19:54+
01:38-	02:45+	06:09+	01:58- 06:02+ 01:22-
00:53-	00:47&	00:52#	00:23- 03:51@ 00:23-
<b>3</b>	<b>Ann Torill Bakken</b>	<b>116</b>	<b>41:03</b>
01:34-	05:25+	12:27+	14:39+ 17:48+ 19:48+
01:34-	03:51+	07:02+	02:12- 03:09+ 02:00+
00:57-	01:53&	01:45&	00:09- 00:58& 00:15#
<b>4</b>	<b>Christina Renshaw</b>	<b>101</b>	<b>44:39</b>
01:57-	04:36+	11:44+	14:19+ 17:34+ 19:05+
01:57-	02:39+	07:08+	02:35+ 03:15+ 01:31-
00:34-	00:41&	01:51&	00:14+ 01:04& 00:14-
<b>5</b>	<b>Kjersti Nordal</b>	<b>39</b>	<b>52:14</b>
02:40+	05:43+	13:39+	17:06+ 20:18+ 21:52+
02:40+	03:03+	07:56+	03:27+ 03:12+ 01:34-
00:09+	01:05&	02:39&	01:06& 01:01& 00:11-

**Beste strekktid for klassen**

01:34 01:58 05:17 01:58 02:11 01:22 04:13 03:08 00:57 01:29 02:04 01:57 02:40 00:49 00:30

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

**Damer 40 - 49 år**

<b>1</b>	<b>Heidi Martby-Skogsholm</b>	<b>105</b>	<b>43:11</b>
01:39=	03:29=	09:19=	11:32= 13:55= 15:03=
01:39=	01:50=	05:50=	02:13= 02:23= 01:08=
00:00=	00:00=	00:00=	00:00= 00:00= 00:00=
<b>2</b>	<b>Ida K. Kolstø</b>	<b>29</b>	<b>45:58</b>
02:12+	03:48+	09:36+	12:34+ 14:32+ 16:20+
02:12+	01:36-	05:48-	02:58+ 01:58-
00:33&	00:14-	00:02-	00:45& 00:25-
<b>3</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>	<b>47:49</b>
02:05+	04:08+	10:37+	13:15+ 14:54+ 16:32+
02:05+	02:03+	06:29+	02:38+ 01:39-
00:26&	00:13#	00:39#	00:25# 00:44-
<b>4</b>	<b>Randi Helen Ladsten</b>	<b>128</b>	<b>53:10</b>
02:10+	04:19+	11:13+	13:45+ 18:04+
02:10+	02:09+	06:54+	02:32+ 04:19+
00:31&	00:19#	01:04#	00:19# 01:56& 01:11@
<b>5</b>	<b>Toyah Bråtveit</b>	<b>43</b>	<b>57:45</b>
04:48+	06:34+	12:26+	17:23+ 19:17+ 20:17+
04:48+	01:46-	05:52+	04:57+ 01:54-
03:09@	00:04-	00:02+	02:44@ 00:29-
<b>6</b>	<b>Elin Norveel</b>	<b>105</b>	<b>1:03:20</b>
02:43+	05:07+	13:00+	16:34+ 18:44+ 21:09+
02:43+	02:24+	07:53+	03:34+ 02:10-
01:04&	00:34&	02:03&	01:21& 00:13-
<b>7</b>	<b>Sølvi Jacobsen</b>	<b>43</b>	<b>1:37:53</b>
02:20+	04:52+	12:40+	15:46+ 20:40+
02:20+	02:32+	07:48+	03:06+ 04:54+
00:41&	00:42&	01:58&	00:53& 02:31@ 00:22&



Class	Navn		Klasse										Tid
<b>14</b>	<b>Andrea Tapken</b>		<b>54</b>										<b>1:09:57</b>
06:18+	09:24+	18:11+	21:27+	24:48+	26:40+	34:36+	45:09+	53:11+	57:57+	62:46+	66:07+	68:53+	69:57+
06:18+	03:06+	08:47+	03:16+	03:21+	01:52+	07:56+	10:33+	08:02+	04:46+	04:49+	03:21+	02:46+	01:04+
04:13@	00:58&	01:38#	00:57&	01:24&	00:23&	02:06&	01:58#	03:58&	02:29@	01:30&	01:22&	01:22&	00:24&
<b>15</b>	<b>Liv Margot Sviland</b>		<b>54</b>										<b>1:20:52</b>
02:10+	04:22+	12:42+	15:32+	19:16+	30:18+	33:53+	40:16+	50:09+	57:07+	60:10+	74:16+	77:02+	79:53+
02:10+	02:12+	08:20+	02:50+	03:44+	11:02+	03:35-	06:23-	09:53+	06:58+	03:03-	14:06+	02:46+	02:51+
00:05+	00:04+	01:11#	00:31#	01:47&	09:33@	02:15-	02:12-	05:49@	04:41@	00:16-	12:07@	01:22&	02:11@
00:59+													00:59+
<b>16</b>	<b>Brit Vivian Meling</b>		<b>116</b>										<b>1:25:59</b>
03:40+	06:33+	18:38+	22:05+	28:25+	28:11+	35:13+	47:16+	60:40+	64:08+	69:55+	82:13+	84:56+	85:59+
03:40+	02:53+	12:05+	03:27+	04:20+	01:46+	07:02+	12:03+	13:24+	03:28+	05:47+	12:18+	02:43+	01:03+
01:35&	00:45&	04:56&	01:08&	02:23@	00:17#	01:12#	03:28&	09:20@	01:11&	02:28&	10:19@	01:19&	00:23&

### Beste strekketid for klassen

01:40 01:46 05:51 02:12 01:37 01:24 03:35 06:23 03:55 02:17 02:27 01:47 01:02 00:36

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

## Damer 60 - 64 år

<b>1</b>	<b>May Elinor Meling</b>		<b>125</b>										<b>40:59</b>
03:20=	06:45=	08:48=	10:13=	16:54=	18:59=	21:20=	26:13=	31:08=	34:27=	35:34=	38:45=	40:19=	40:59=
03:20=	03:25=	02:03=	01:25=	06:41=	02:05=	02:21=	04:53=	04:55=	03:19=	01:07=	03:11=	01:34=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ingrid Øxnevad</b>		<b>18</b>										<b>47:55</b>
02:59-	06:07-	08:43-	10:01-	16:18-	18:40-	21:04-	25:48-	34:46+	37:29+	38:43+	46:27+	47:17+	47:55+
02:59-	03:08-	02:36+	01:18-	06:17-	02:22+	02:24+	04:44-	08:58+	02:43-	01:14+	07:44+	00:50-	00:38-
00:21-	00:17-	00:33&	00:07-	00:24-	00:17#	00:03+	00:09-	04:03&	00:36-	00:07#	04:33@	00:44-	00:02-
<b>3</b>	<b>Amanda Renshaw</b>		<b>101</b>										<b>51:01</b>
03:14-	06:59+	09:53+	11:26+	18:29+	21:21+	28:05+	33:21+	38:58+	42:32+	44:01+	49:19+	50:19+	51:01+
03:14-	03:45+	02:54+	01:33+	07:03+	02:52+	06:44+	05:16+	05:37+	03:34+	01:29+	05:18+	01:00-	00:42+
00:06-	00:20+	00:51&	00:08+	00:22+	00:47&	04:23@	00:23+	00:42#	00:15+	00:22&	02:07&	00:34-	00:02+
<b>4</b>	<b>Liv Sissel Obrestad</b>		<b>54</b>										<b>52:45</b>
04:34+	09:05+	12:10+	13:35+	22:42+	25:35+	28:43+	35:00+	40:47+	44:40+	46:08+	50:18+	51:55+	52:45+
04:34+	04:31+	03:05+	01:25=	09:07+	02:53+	03:08+	06:17+	05:47+	03:53+	01:28+	04:10+	01:37+	00:50+
01:14&	01:06&	01:02&	00:00=	02:26&	00:48&	00:47&	01:24&	00:52#	00:34#	00:21&	00:59&	00:03+	00:10#
<b>5</b>	<b>Anne Katrine Lycke</b>		<b>147</b>										<b>1:17:19</b>
03:17-	06:52+	09:43+	11:44+	20:12+	33:16+	38:14+	46:52+	57:04+	68:01+	69:50+	74:41+	76:18+	77:19+
03:17-	03:35+	02:51+	02:01+	08:28+	13:04+	04:58+	08:38+	10:12+	10:57+	01:49+	04:51+	01:37+	01:01+
00:03-	00:10+	00:48&	00:36&	01:47&	10:59@	02:37@	03:45&	05:17@	07:38@	00:42&	01:40&	00:03+	00:21&

### Beste strekketid for klassen

02:59 03:08 02:03 01:18 06:17 02:05 02:21 04:44 04:55 02:43 01:07 03:11 00:50 00:38

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

## Damer 65 - 69 år

<b>1</b>	<b>Margot Asheim</b>		<b>105</b>										<b>46:30</b>
02:45=	06:31=	08:19=	09:35=	16:11=	18:27=	24:59=	30:30=	35:40=	38:53=	40:24=	44:39=	45:49=	46:30=
02:45=	03:46=	01:48=	01:16=	06:36=	02:16=	06:32=	05:31=	05:10=	03:13=	01:31=	04:15=	01:10=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Eli Frafjord</b>		<b>94</b>										<b>48:07</b>
03:26+	07:42+	10:04+	11:26+	19:44+	22:28+	25:16+	31:56+	37:08+	40:47+	42:08+	46:04+	47:23+	48:07+
03:26+	04:16+	02:22+	01:22+	08:18+	02:44+	02:48-	06:40+	05:12+	03:39+	01:21-	03:56-	01:19+	00:44+
00:41#	00:30#	00:34&	00:06+	01:42&	00:28#	03:44-	01:09#	00:02+	00:26#	00:10-	00:19-	00:09#	00:03+
<b>3</b>	<b>Mette Dagsland</b>		<b>68</b>										<b>48:55</b>
03:45+	08:06+	10:06+	11:38+	18:52+	23:19+	26:57+	32:51+	37:08+	41:03+	42:27+	46:47+	48:07+	48:55+
03:45+	04:21+	02:00+	01:32+	07:14+	04:27+	03:38-	05:54+	04:17-	03:55+	01:24-	04:20+	01:20+	00:48+
01:00&	00:35#	00:12#	00:16#	00:38+	02:11&	02:54-	00:23+	00:53-	00:42#	00:07-	00:05+	00:10#	00:07#

<b>Class</b>	<b>Navn</b>	<b>Klasse</b>										<b>Tid</b>	
<b>4</b>	<b>Tove Bjerkreim</b>	<b>105</b>										<b>50:00</b>	
05:46+	09:00+	11:39+	14:32+	20:48+	22:52+	28:21+	33:18+	40:16+	43:25+	44:47+	48:22+	49:23+	50:00+
05:46+	03:14-	02:39+	02:53+	06:16-	02:04-	05:29-	04:57-	06:58+	03:09-	01:22-	03:35-	01:01-	00:37-
03:01@	00:32-	00:51&	01:37@	00:20-	00:12-	01:03-	00:34-	01:48&	00:04-	00:09-	00:40-	00:09-	00:04-
<b>5</b>	<b>Hanne Eik</b>	<b>117</b>										<b>55:01</b>	
04:29+	08:46+	11:15+	12:38+	21:01+	27:33+	30:13+	36:32+	43:24+	47:22+	48:46+	52:40+	54:14+	55:01+
04:29+	04:17+	02:29+	01:23+	08:23+	06:32+	02:40-	06:19+	06:52+	03:58+	01:24-	03:54-	01:34+	00:47+
01:44&	00:31#	00:41&	00:07+	01:47&	04:16@	03:52-	00:48#	01:42&	00:45#	00:07-	00:21-	00:24&	00:06#
<b>6</b>	<b>Halldis Handeland</b>	<b>92</b>										<b>59:19</b>	
03:58+	08:56+	11:56+	13:50+	23:21+	26:26+	29:38+	39:22+	46:11+	50:37+	52:19+	57:07+	58:33+	59:19+
03:58+	04:58+	03:00+	01:54+	09:31+	03:05+	03:12-	09:44+	06:49+	04:26+	01:42+	04:48+	01:26+	00:46+
01:13&	01:12&	01:12&	00:38&	02:55&	00:49&	03:20-	04:13&	01:39&	01:13&	00:11#	00:33#	00:16#	00:05#
<b>7</b>	<b>Berit Gramstad</b>	<b>113</b>										<b>1:21:31</b>	
03:26+	07:56+	10:31+	12:39+	23:43+	27:37+	33:22+	40:18+	50:18+	70:32+	72:20+	76:04+	80:38+	81:31+
03:26+	04:30+	02:35+	02:08+	11:04+	03:54+	05:45-	06:56+	10:00+	20:14+	01:48+	03:44-	04:34+	00:53+
00:41#	00:44#	00:47&	00:52&	04:28&	01:38&	00:47-	01:25&	04:50&	17:01@	00:17#	00:31-	03:24@	00:12&
<b>8</b>	<b>Åse Berg</b>	<b>105</b>										<b>1:22:45</b>	
05:14+	09:13+	12:30+	14:48+	25:10+	31:41+	50:01+	57:10+	64:08+	68:48+	71:19+	78:43+	81:49+	82:45+
05:14+	03:59+	03:17+	02:18+	10:22+	06:31+	18:20+	07:09+	06:58+	04:40+	02:31+	07:24+	03:06+	00:56+
02:29&	00:13+	01:29&	01:02&	03:46&	04:15@	11:48@	01:38&	01:48&	01:27&	01:00&	03:09&	01:56@	00:15&
<b>9</b>	<b>Åse Franciska Møster</b>	<b>128</b>										<b>2:02:39</b>	
04:59+	12:46+	15:34+	29:06+	40:26+	44:09+	49:24+	64:52+	81:47+	88:50+	95:51+	115:59+	121:06+	122:39+
04:59+	07:47+	02:48+	13:32+	11:20+	03:43+	05:15-	15:28+	16:55+	07:03+	07:01+	20:08+	05:07+	01:33+
02:14&	04:01@	01:00&	12:16@	04:44&	01:27&	01:17-	09:57@	11:45@	03:50@	05:30@	15:53@	03:57@	00:52@
<b>Beste strekktid for klassen</b>													
02:45	03:14	01:48	01:16	06:16	02:04	02:40	04:57	04:17	03:09	01:21	03:35	01:01	00:37

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

## Damer 70 - 74 år

<b>1</b>	<b>Kirsten Carlsen</b>	<b>93</b>										<b>1:02:19</b>	
03:58=	08:44=	13:00=	15:39=	24:53=	28:30=	35:13=	42:58=	49:13=	53:29=	55:18=	60:26=	61:33=	62:19=
03:58=	04:46=	04:16=	02:39=	09:14=	03:37=	06:43=	07:45=	06:15=	04:16=	01:49=	05:08=	01:07=	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=	00:00=	00:00=

**Beste strekktid for klassen**

03:58 04:46 04:16 02:39 09:14 03:37 06:43 07:45 06:15 04:16 01:49 05:08 01:07 00:46

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

Class	Navn	Klasse														Tid
<b>5</b>	<b>Helga Aaslid</b>	<b>54</b>														<b>1:01:05</b>
		04:19+	09:04+	12:05+	13:30+	23:48+	27:06+	30:25+	40:28+	46:57+	51:10+	52:49+	58:45+	60:12+	61:05+	
		04:19+	04:45+	03:01+	01:25-	10:18+	03:18+	03:19+	10:03+	06:29+	04:13+	01:39+	05:56+	01:27+	00:53+	
		00:33#	00:57#	01:01&	00:20-	03:02&	00:31#	00:26#	04:07&	02:02&	01:00&	00:16#	02:28&	00:15#	00:03+	

### Beste strekktid for klassen

03:33	03:48	02:00	01:25	07:16	02:47	02:53	05:56	04:27	03:13	01:23	03:28	01:12	00:46
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= 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>58:32</b>
		03:50=	08:14=	15:05=	28:32=	32:58=	38:55=	43:03=	46:19=	51:07=	54:12=	57:03=	58:32=			
		03:50=	04:24=	06:51=	13:27=	04:26=	05:57=	04:08=	03:16=	04:48=	03:05=	02:51=	01:29=			
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

<b>2</b>	<b>Gørild Espedal</b>	<b>113</b>														<b>58:40</b>
		04:33+	09:05+	16:26+	23:46-	31:39-	38:15-	42:42-	46:08-	51:09+	54:47+	57:06+	58:40+			
		04:33+	04:32+	07:21+	07:20-	07:53+	06:36+	04:27+	03:26+	05:01+	03:38+	02:19-	01:34+			
		00:43#	00:08+	00:30+	06:07-	03:27&	00:39#	00:19+	00:10+	00:13+	00:33#	00:32-	00:05+			

### Beste strekktid for klassen

03:50	04:24	06:51	07:20	04:26	05:57	04:08	03:16	04:48	03:05	02:19	01:29		
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>														<b>40:55</b>			
		01:19=	04:08=	05:15=	06:24=	10:30=	12:23=	16:31=	20:26=	27:44=	30:47=	32:06=	33:37=	34:56=	36:34=	38:01=	39:46=	40:31=	40:55=
		01:19=	02:49=	01:07=	01:09=	04:06=	01:53=	04:08=	03:55=	07:18=	03:03=	01:19=	01:31=	01:19=	01:38=	01:27=	01:45=	00:45=	00:24=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Anna Taksdal</b>	<b>194</b>														<b>44:57</b>			
		01:25+	05:21+	06:30+	07:34+	12:03+	14:10+	18:43+	22:16+	30:23+	33:37+	35:12+	36:47+	38:26+	40:13+	41:42+	43:36+	44:29+	44:57+
		01:25+	03:56+	01:09+	01:04-	04:29+	02:07+	04:33+	03:33-	08:07+	03:14+	01:35+	01:35+	01:39+	01:47+	01:29+	01:54+	00:53+	00:28+
		00:06+	01:07&	00:02+	00:05-	00:23+	00:14#	00:25#	00:22-	00:49#	00:11+	00:16#	00:04+	00:20&	00:09+	00:02+	00:09+	00:08#	00:04#

<b>3</b>	<b>Jorunn Hadland</b>	<b>29</b>														<b>51:26</b>			
		01:52+	08:07+	09:25+	10:27+	14:55+	17:16+	22:09+	26:04+	33:59+	37:46+	39:08+	42:11+	44:10+	46:02+	47:45+	50:05+	50:59+	51:26+
		01:52+	06:15+	01:18+	01:02-	04:28+	02:21+	04:53+	03:55=	07:55+	03:47+	01:22+	03:03+	01:59+	01:52+	01:43+	02:20+	00:54+	00:27+
		00:33&	03:26@	00:11#	00:07-	00:22+	00:28#	00:45#	00:00=	00:37+	00:44#	00:03+	01:32@	00:40&	00:14#	00:16#	00:35&	00:09#	00:03#

<b>4</b>	<b>Silje Skarpeid</b>	<b>101</b>														<b>56:42</b>			
		01:31+	05:31+	07:19+	08:47+	13:55+	16:36+	22:13+	27:15+	35:52+	39:53+	41:36+	44:22+	47:00+	49:28+	52:21+	54:46+	56:07+	56:42+
		01:31+	04:00+	01:48+	01:28+	05:08+	02:41+	05:37+	05:02+	08:37+	04:01+	01:43+	02:46+	02:38+	02:28+	02:53+	02:25+	01:21+	00:35+
		00:12#	01:11&	00:41&	00:19&	01:02&	00:48&	01:29&	01:07&	01:19#	00:58&	00:24&	01:15&	01:19&	00:50&	01:26&	00:40&	00:36&	00:11&

### Beste strekktid for klassen

01:19	02:49	01:07	01:02	04:06	01:53	04:08	03:33	07:18	03:03	01:19	01:31	01:19	01:38	01:27	01:45	00:45	00:24		
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>														<b>46:02</b>			
		01:32=	03:55=	08:53=	10:38=	12:13=	17:18=	21:22=	30:02=	34:13=	35:52=	38:37=	40:02=	40:51=	42:33=	45:33=	46:02=		
		01:32=	02:23=	04:58=	01:45=	01:35=	05:05=	04:04=	08:40=	04:11=	01:39=	02:45=	01:25=	00:49=	01:42=	03:00=	00:29=		
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

<b>2</b>	<b>Jorunn Johannesen</b>	<b>116</b>														<b>53:03</b>			
		01:16-	04:12+	09:34+	11:28+	13:28+	19:17+	24:07+	34:49+	39:42+	42:07+	44:29+	45:55+	46:53+	49:15+	52:28+	53:03+		
		01:16-	02:56+	05:22+	01:54+	02:00+	05:49+	04:50+	10:42+	04:53+	02:25+	02:22-	01:26+	00:58+	02:22+	03:13+	00:35+		
		00:16-	00:33#	00:24+	00:09+	00:25&	00:44#	00:46#	02:02#	00:42#	00:46&	00:23-	00:01+	00:09#	00:40&	00:13+	00:06#		

Class	Navn											Klasse					Tid																																
<b>3</b>	<b>Anne Garsrud</b>											<b>53</b>					<b>54:04</b>																																
	01:52+	05:28+	10:41+	12:48+	14:20+	19:39+	24:55+	35:05+	39:44+	41:23+	44:13+	45:47+	46:47+	48:56+	53:33+	54:04+	01:52+	03:36+	05:13+	02:07+	01:32-	05:19+	05:16+	10:10+	04:39+	01:39=	02:50+	01:34+	01:00+	02:09+	04:37+	00:31+	00:20#	01:13&	00:15+	00:22#	00:03-	00:14+	01:12&	01:30#	00:28#	00:00=	00:05+	00:09#	00:11#	00:27&	01:37&	00:02+	
<b>4</b>	<b>Ingrid W. Hestness</b>											<b>117</b>					<b>55:08</b>																																
	03:00+	05:37+	11:50+	14:02+	15:32+	21:07+	25:53+	35:13+	39:46+	41:26+	46:07+	47:56+	49:01+	51:27+	54:32+	55:08+	03:00+	02:37+	06:13+	02:12+	01:30-	05:35+	04:46+	09:20+	04:33+	01:40+	04:41+	01:49+	01:05+	02:26+	03:05+	00:36+	01:28&	00:14+	01:15&	00:27&	00:05-	00:30+	00:42#	00:40+	00:22+	00:01+	01:56&	00:24&	00:16&	00:44&	00:05+	00:07#	
<b>5</b>	<b>Ann-Cathrin Nybak Urdal</b>											<b>118</b>					<b>56:18</b>																																
	01:52+	08:40+	14:00+	15:51+	17:15+	22:39+	27:50+	39:16+	43:43+	45:27+	48:04+	49:44+	50:47+	52:33+	55:46+	56:18+	01:52+	06:48+	05:20+	01:51+	01:24-	05:24+	05:11+	11:26+	04:27+	01:44+	02:37-	01:40+	01:03+	01:46+	03:13+	00:32+	00:20#	04:25@	00:22+	00:06+	00:11-	00:19+	01:07&	02:46&	00:16+	00:05+	00:08-	00:15#	00:14&	00:04+	00:13+	00:03#	
<b>6</b>	<b>Hilde Nordbø</b>											<b>93</b>					<b>58:53</b>																																
	01:31-	05:31+	11:52+	13:57+	16:20+	22:33+	27:59+	38:45+	43:42+	45:38+	48:48+	51:12+	52:21+	54:34+	58:22+	58:53+	01:31-	04:00+	06:21+	02:05+	02:23+	06:13+	05:26+	10:46+	04:57+	01:56+	03:10+	02:24+	01:09+	02:13+	03:48+	00:31+	00:01-	01:37&	01:23&	00:20#	00:48&	01:08#	01:22&	02:06#	00:46#	00:17#	00:25#	00:59&	00:20&	00:20&	00:31&	00:48&	00:02+
<b>7</b>	<b>Vibeke Lamark</b>											<b>46</b>					<b>1:02:48</b>																																
	01:17-	04:02+	09:52+	11:48+	13:44+	24:04+	29:04+	39:48+	44:35+	46:22+	52:12+	54:04+	55:02+	58:43+	62:10+	62:48+	01:17-	02:45+	05:50+	01:56+	01:56+	10:20+	05:00+	10:44+	04:47+	01:47+	05:50+	01:52+	00:58+	03:41+	03:27+	00:38+	00:15-	00:22#	00:52#	00:11#	05:15@	00:56#	02:04#	00:36#	00:08+	03:05@	00:27&	00:09#	01:59@	00:27#	00:09&		
<b>8</b>	<b>Irene Rummelhoff</b>											<b>116</b>					<b>1:04:45</b>																																
	02:39+	06:04+	12:38+	14:48+	16:40+	23:47+	29:06+	41:00+	46:49+	48:45+	51:36+	53:50+	55:29+	59:56+	64:09+	64:45+	02:39+	03:25+	06:34+	02:10+	01:52+	07:07+	05:19+	11:54+	05:49+	01:56+	02:51+	02:14+	01:39+	04:27+	04:13+	00:36+	01:07&	01:02&	01:36&	00:25#	00:17#	02:02&	01:15&	03:14&	01:38&	00:17#	00:06+	00:49&	00:50@	02:45@	01:13&	00:07#	
<b>9</b>	<b>Grethe Anda Fuglestad</b>											<b>116</b>					<b>1:04:46</b>																																
	02:11+	05:26+	12:07+	18:40+	20:40+	28:22+	33:42+	45:06+	49:40+	52:10+	55:16+	57:09+	58:05+	60:08+	64:07+	64:46+	02:11+	03:15+	06:41+	06:33+	02:00+	07:42+	05:20+	11:24+	04:34+	02:30+	03:06+	01:53+	00:56+	02:03+	03:59+	00:39+	00:39&	00:52&	01:43&	04:48@	00:25&	02:37&	01:16&	02:44&	00:23+	00:51&	00:21#	00:28&	00:07#	00:21#	00:59&	00:10&	
<b>10</b>	<b>Keth Berggraf</b>											<b>116</b>					<b>1:04:46</b>																																
	01:43+	05:16+	11:14+	13:18+	15:31+	22:28+	27:54+	39:00+	43:46+	45:55+	56:04+	57:31+	58:47+	60:52+	64:14+	64:46+	01:43+	03:33+	05:58+	02:04+	02:13+	06:57+	05:26+	11:06+	04:46+	02:09+	10:09+	01:27+	01:16+	02:05+	03:22+	00:32+	00:11#	01:10&	01:00#	00:19#	00:38&	01:52&	01:22&	02:26&	00:35#	00:30&	07:24@	00:02+	00:27&	00:23#	00:22#	00:03#	
<b>11</b>	<b>Helen Lomeland</b>											<b>105</b>					<b>1:05:35</b>																																
	04:04+	07:03+	15:38+	17:39+	20:37+	27:24+	31:58+	42:12+	50:35+	52:39+	56:21+	58:13+	59:20+	61:33+	64:56+	65:35+	04:04+	02:59+	08:35+	02:01+	02:58+	06:47+	04:34+	10:14+	08:23+	02:04+	03:42+	01:52+	01:07+	02:13+	03:23+	00:39+	02:32@	00:36&	03:37&	00:16#	01:23&	01:42&	00:30#	01:34#	04:12@	00:25&	00:57&	00:27&	00:18&	00:31&	00:23#	00:10&	
<b>12</b>	<b>Kristin Breivold</b>											<b>92</b>					<b>1:09:39</b>																																
	01:53+	05:19+	12:58+	15:19+	17:33+	25:21+	31:55+	44:38+	50:29+	52:23+	58:30+	61:26+	62:49+	65:10+	69:04+	69:39+	01:53+	03:26+	07:39+	02:21+	02:14+	07:48+	06:34+	12:43+	05:51+	01:54+	06:07+	02:56+	01:23+	02:21+	03:54+	00:35+	00:21#	01:03&	02:41&	00:36&	00:39&	02:43&	02:30&	04:03&	01:40&	00:15#	03:22@	01:31@	00:34&	00:39&	00:54&	00:06#	
<b>13</b>	<b>Mariann Sveinsvoll</b>											<b>94</b>					<b>1:10:53</b>																																
	01:50+	05:13+	11:59+	14:33+	17:44+	26:19+	32:25+	45:56+	50:30+	53:03+	58:39+	60:46+	61:47+	66:25+	70:12+	70:53+	01:50+	03:23+	06:46+	02:34+	03:11+	08:35+	06:06+	13:31+	04:34+	02:33+	05:36+	02:07+	01:01+	04:38+	03:47+	00:41+	00:18#	01:00&	01:48&	00:49&	01:36@	03:30&	02:02&	04:51&	00:23+	00:54&	02:51@	00:42&	00:12#	02:56@	00:47&	00:12&	
<b>Beste strekktid for klassen</b>																	01:16	02:23	04:58	01:45	01:24	05:05	04:04	08:40	04:11	01:39	02:22	01:25	00:49	01:42	03:00	00:29																	

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

## Damer Ny

<b>1</b>	<b>Anne Kristin Nybø</b>											<b>117</b>					<b>20:15</b>						
	03:33=	05:51=	08:28=	10:53=	14:03=	19:09=	20:15=	03:33=	02:18=	02:37=	02:25=	03:10=	05:06=	01:06=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**Beste strekktid for klassen**  
03:33 02:18 02:37 02:25 03:10 05:06 01:06

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

## Damer Trim

### 1 Maryon Paulsen Strugstad 43 19:55

03:22= 05:03= 06:38= 09:57= 10:51= 12:57= 17:11= 18:36= 19:26= 19:55=  
 03:22= 01:41= 01:35= 03:19= 00:54= 02:06= 04:14= 01:25= 00:50= 00:29=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Aina Kalsaas Urstad 356 19:56

01:28- 03:05- 05:04- 08:41- 09:32- 11:58- 15:21- 18:07- 19:22- 19:56+  
 01:28- 01:37- 01:59+ 03:37+ 00:51- 02:26+ 03:23- 02:46+ 01:15+ 00:34+  
 01:54- 00:04- 00:24& 00:18+ 00:03- 00:20# 00:51- 01:21& 00:25& 00:05#

### 3 Trine Bolstad Scheie 62 20:08

01:49- 03:33- 05:33- 09:19- 10:17- 12:52- 16:28- 18:21- 19:21- 20:08+  
 01:49- 01:44+ 02:00+ 03:46+ 00:58+ 02:35+ 03:36- 01:53+ 01:00+ 00:47+  
 01:33- 00:03+ 00:25& 00:27# 00:04+ 00:29# 00:38- 00:28& 00:10# 00:18&

### 4 Lise Isachsen 165 21:05

01:54- 03:36- 05:51- 09:26- 10:23- 13:06+ 17:08- 19:11+ 20:16+ 21:05+  
 01:54- 01:42+ 02:15+ 03:35+ 00:57+ 02:43+ 04:02- 02:03+ 01:05+ 00:49+  
 01:28- 00:01+ 00:40& 00:16+ 00:03+ 00:37& 00:12- 00:38& 00:15& 00:20&

### 5 Fride Wirak 88 22:00

02:35- 04:16- 06:17- 11:58+ 12:41+ 15:08+ 18:31+ 20:06+ 21:16+ 22:00+  
 02:35- 01:41= 02:01+ 05:41+ 00:43- 02:27+ 03:23- 01:35+ 01:10+ 00:44+  
 00:47- 00:00= 00:26& 02:22& 00:11- 00:21# 00:51- 00:10# 00:20& 00:15&

### 6 Janeth Kleppe 128 22:36

01:50- 03:57- 06:08- 10:04+ 11:06+ 13:53+ 17:47+ 19:32+ 21:48+ 22:36+  
 01:50- 02:07+ 02:11+ 03:56+ 01:02+ 02:47+ 03:54- 01:45+ 02:16+ 00:48+  
 01:32- 00:26& 00:36& 00:37# 00:08# 00:41& 00:20- 00:20# 01:26& 00:19&

### 7 Mathilde Skjæveland Skår 114 22:38

04:39+ 06:28+ 08:21+ 11:36+ 12:22+ 14:57+ 19:19+ 20:55+ 21:59+ 22:38+  
 04:39+ 01:49+ 01:53+ 03:15- 00:46- 02:35+ 04:22+ 01:36+ 01:04+ 00:39+  
 01:17& 00:08+ 00:18# 00:04- 00:08- 00:29# 00:08+ 00:11# 00:14& 00:10&

### 8 Marianne Steinkopf 5 23:11

01:50- 03:57- 07:06+ 11:29+ 12:42+ 15:17+ 19:09+ 21:00+ 22:29+ 23:11+  
 01:50- 02:07+ 03:09+ 04:23+ 01:13+ 02:35+ 03:52- 01:51+ 01:29+ 00:42+  
 01:32- 00:26& 01:34& 01:04& 00:19& 00:29# 00:22- 00:26& 00:39& 00:13&

### 9 Nina Bækkelund Christiansen 105 23:40

01:54- 04:34- 07:07+ 11:56+ 13:06+ 15:53+ 19:29+ 21:20+ 22:57+ 23:40+  
 01:54- 02:40+ 02:33+ 04:49+ 01:10+ 02:47+ 03:36- 01:51+ 01:37+ 00:43+  
 01:28- 00:59& 00:58& 01:30& 00:16& 00:41& 00:38- 00:26& 00:47& 00:14&

### 10 Mona Berntsen 43 23:53

02:53- 04:51- 07:13+ 11:33+ 12:52+ 15:49+ 20:02+ 22:04+ 23:09+ 23:53+  
 02:53- 01:58+ 02:22+ 04:20+ 01:19+ 02:57+ 04:13- 02:02+ 01:05+ 00:44+  
 00:29- 00:17# 00:47& 01:01& 00:25& 00:51& 00:01- 00:37& 00:15& 00:15&

### 11 Astri Sandanger 93 24:53

01:53- 04:01- 06:31- 11:12+ 12:24+ 15:52+ 20:18+ 22:45+ 24:09+ 24:53+  
 01:53- 02:08+ 02:30+ 04:41+ 01:12+ 03:28+ 04:26+ 02:27+ 01:24+ 00:44+  
 01:29- 00:27& 00:55& 01:22& 00:18& 01:22& 00:12+ 01:02& 00:34& 00:15&

### 12 Monica Gilje Rennemo 92 24:54

02:05- 04:10- 06:45+ 10:58+ 12:01+ 14:50+ 19:01+ 21:01+ 24:00+ 24:54+  
 02:05- 02:05+ 02:35+ 04:13+ 01:03+ 02:49+ 04:11- 02:00+ 02:59+ 00:54+  
 01:17- 00:24# 01:00& 00:09# 00:54& 00:03- 00:35& 02:09& 00:25&

### 13 Therese Immerstein Noraberg 47 25:08

02:07- 04:08- 06:20- 11:11+ 12:00+ 15:19+ 19:21+ 21:42+ 24:20+ 25:08+  
 02:07- 02:01+ 02:12+ 04:51+ 00:49- 03:19+ 04:02- 02:21+ 02:38+ 00:48+  
 01:15- 00:20# 00:37& 01:32& 00:05- 01:13& 00:12- 00:56& 01:48& 00:19&

### 14 Tonje Tiley 27 25:36

02:31- 04:51- 07:21+ 12:37+ 13:41+ 16:38+ 20:48+ 23:13+ 24:50+ 25:36+  
 02:31- 02:20+ 02:30+ 05:16+ 01:04+ 02:57+ 04:10- 02:25+ 01:37+ 00:46+  
 00:51- 00:39& 00:55& 01:57& 00:10# 00:51& 00:04- 01:00& 00:47& 00:17&

Class	Navn	Klasse								Tid
<b>15</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>								<b>26:04</b>
02:24-	05:00-	07:43+	12:59+	13:52+	17:03+	21:02+	23:27+	25:13+	26:04+	
02:24-	02:36+	02:43+	05:16+	00:53-	03:11+	03:59-	02:25+	01:46+	00:51+	
00:58-	00:55&	01:08&	01:57&	00:01-	01:05&	00:15-	01:00&	00:56@	00:22&	
<b>16</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>								<b>26:30</b>
02:14-	04:09-	06:45+	11:12+	13:16+	16:44+	22:38+	24:28+	25:47+	26:30+	
02:14-	01:55+	02:36+	04:27+	02:04+	03:28+	05:54+	01:50+	01:19+	00:43+	
01:08-	00:14#	01:01&	01:08&	01:10@	01:22&	01:40&	00:25&	00:29&	00:14&	
<b>17</b>	<b>Ann-Mari Vold</b>	<b>371</b>								<b>26:30</b>
03:50+	05:54+	08:20+	13:22+	14:25+	17:30+	21:20+	23:58+	25:47+	26:30+	
03:50+	02:04+	02:26+	05:02+	01:03+	03:05+	03:50-	02:38+	01:49+	00:43+	
00:28#	00:23#	00:51&	01:43&	00:09#	00:59&	00:24-	01:13&	00:59@	00:14&	
<b>18</b>	<b>Mette Langeland</b>	<b>117</b>								<b>26:31</b>
02:11-	04:36-	07:24+	11:54+	13:19+	16:46+	21:41+	23:45+	25:40+	26:31+	
02:11-	02:25+	02:48+	04:30+	01:25+	03:27+	04:55+	02:04+	01:55+	00:51+	
01:11-	00:44&	01:13&	01:11&	00:31&	01:21&	00:41#	00:39&	01:05@	00:22&	
<b>19</b>	<b>Heidi Langeland</b>	<b>117</b>								<b>27:57</b>
02:34-	05:05+	08:20+	13:24+	14:37+	18:58+	23:51+	26:02+	27:14+	27:57+	
02:34-	02:31+	03:15+	05:04+	01:13+	04:21+	04:53+	02:11+	01:12+	00:43+	
00:48-	00:50&	01:40@	01:45&	00:19&	02:15@	00:39#	00:46&	00:22&	00:14&	
<b>20</b>	<b>Katja Eliassen</b>	<b>79</b>								<b>27:59</b>
01:52-	05:10+	08:29+	12:23+	13:14+	15:53+	22:19+	25:13+	27:10+	27:59+	
01:52-	03:18+	03:19+	03:54+	00:51-	02:39+	06:26+	02:54+	01:57+	00:49+	
01:30-	01:37&	01:44@	00:35#	00:03-	00:33&	02:12&	01:29@	01:07@	00:20&	
<b>21</b>	<b>Elisabeth Melbø</b>	<b>128</b>								<b>28:31</b>
04:06+	06:20+	08:53+	15:53+	16:56+	20:04+	23:49+	25:50+	27:43+	28:31+	
04:06+	02:14+	02:33+	07:00+	01:03+	03:08+	03:45-	02:01+	01:53+	00:48+	
00:44#	00:33&	00:58&	03:41@	00:09#	01:02&	00:29-	00:36&	01:03@	00:19&	
<b>22</b>	<b>Brit Svihus</b>	<b>92</b>								<b>30:16</b>
02:24-	05:08+	08:12+	13:48+	15:11+	18:51+	23:23+	26:50+	29:05+	30:16+	
02:24-	02:44+	03:04+	05:36+	01:23+	03:40+	04:32+	03:27+	02:15+	01:11+	
00:58-	01:03&	01:29&	02:17&	00:29&	01:34&	00:18+	02:02@	01:25@	00:42@	
<b>23</b>	<b>Aina Solheim</b>	<b>43</b>								<b>30:52</b>
02:10-	06:33+	08:45+	14:49+	16:42+	19:35+	23:06+	25:16+	29:47+	30:52+	
02:10-	04:23+	02:12+	06:04+	01:53+	02:53+	03:31-	02:10+	04:31+	01:05+	
01:12-	02:42@	00:37&	02:45&	00:59@	00:47&	00:43-	00:45&	03:41@	00:36@	
<b>24</b>	<b>Ragnhild Thorset Våge</b>	<b>380</b>								<b>31:24</b>
03:06-	05:25+	07:35+	14:18+	15:19+	17:49+	27:57+	29:50+	30:46+	31:24+	
03:06-	02:19+	02:10+	06:43+	01:01+	02:30+	10:08+	01:53+	00:56+	00:38+	
00:16-	00:38&	00:35&	03:24@	00:07#	00:24#	05:54@	00:28&	00:06#	00:09&	
<b>25</b>	<b>Gunn Vagle</b>	<b>126</b>								<b>31:38</b>
03:05-	05:58+	09:22+	16:41+	17:45+	21:21+	26:10+	28:50+	30:31+	31:38+	
03:05-	02:53+	03:24+	07:19+	01:04+	03:36+	04:49+	02:40+	01:41+	01:07+	
00:17-	01:12&	01:49@	04:00@	00:10#	01:30&	00:35#	01:15&	00:51@	00:38@	
<b>26</b>	<b>Ida Wølstad Malde</b>	<b>92</b>								<b>31:42</b>
02:48-	05:16+	07:56+	17:17+	18:14+	21:25+	25:54+	29:27+	30:49+	31:42+	
02:48-	02:28+	02:40+	09:21+	00:57+	03:11+	04:29+	03:33+	01:22+	00:53+	
00:34-	00:47&	01:05&	06:02@	00:03+	01:05&	00:15+	02:08@	00:32&	00:24&	
<b>27</b>	<b>Gunhild Nordbø</b>	<b>117</b>								<b>31:43</b>
02:07-	04:25-	07:07+	12:09+	13:58+	17:46+	22:22+	24:53+	30:32+	31:43+	
02:07-	02:18+	02:42+	05:02+	01:49+	03:48+	04:36+	02:31+	05:39+	01:11+	
01:15-	00:37&	01:07&	01:43&	00:55@	01:42&	00:22+	01:06&	04:49@	00:42@	
<b>28</b>	<b>Birgitte Røe</b>	<b>92</b>								<b>31:48</b>
02:52-	05:13+	08:00+	17:25+	18:20+	21:31+	25:59+	29:33+	30:55+	31:48+	
02:52-	02:21+	02:47+	09:25+	00:55+	03:11+	04:28+	03:34+	01:22+	00:53+	
00:30-	00:40&	01:12&	06:06@	00:01+	01:05&	00:14+	02:09@	00:32&	00:24&	
<b>29</b>	<b>Esther Boenheim</b>	<b>268</b>								<b>31:49</b>
02:59-	05:30+	08:38+	13:39+	14:48+	18:54+	26:20+	29:27+	31:09+	31:49+	
02:59-	02:31+	03:08+	05:01+	01:09+	04:06+	07:26+	03:07+	01:42+	00:40+	
00:23-	00:50&	01:33&	01:42&	00:15&	02:00&	03:12&	01:42@	00:52@	00:11&	



Class	Navn	Klasse	Tid						
<b>30</b>	<b>Ingvild Marthinussen</b>	<b>63</b>	<b>31:49</b>						
02:33-	05:01-	07:18+	11:37+	20:06+	23:45+	27:16+	29:30+	30:58+	31:49+
02:33-	02:28+	02:17+	04:19+	08:29+	03:39+	03:31-	02:14+	01:28+	00:51+
00:49-	00:47&	00:42&	01:00&	07:35@	01:33&	00:43-	00:49&	00:38&	00:22&
<b>31</b>	<b>Eli Våge</b>	<b>117</b>	<b>31:56</b>						
02:29-	05:35+	08:59+	15:17+	16:41+	20:43+	26:22+	29:23+	31:05+	31:56+
02:29-	03:06+	03:24+	06:18+	01:24+	04:02+	05:39+	03:01+	01:42+	00:51+
00:53-	01:25&	01:49@	02:59&	00:30&	01:56&	01:25&	01:36@	00:52@	00:22&
<b>32</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>32:06</b>						
02:26-	05:00-	08:20+	14:04+	15:06+	18:07+	27:24+	29:41+	31:17+	32:06+
02:26-	02:34+	03:20+	05:44+	01:02+	03:01+	09:17+	02:17+	01:36+	00:49+
00:56-	00:53&	01:45@	02:25&	00:08#	00:55&	05:03@	00:52&	00:46&	00:20&
<b>33</b>	<b>Marit Lindtveit Undheim</b>	<b>54</b>	<b>32:36</b>						
04:04+	06:13+	08:52+	14:52+	15:47+	19:32+	23:50+	29:38+	31:31+	32:36+
04:04+	02:09+	02:39+	06:00+	00:55+	03:45+	04:18+	05:48+	01:53+	01:05+
00:42#	00:28&	01:04&	02:41&	00:01+	01:39&	00:04+	04:23@	01:03@	00:36@
<b>34</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>	<b>32:38</b>						
04:03+	09:15+	11:46+	17:31+	19:04+	22:40+	26:49+	29:20+	31:34+	32:38+
04:03+	05:12+	02:31+	05:45+	01:33+	03:36+	04:09-	02:31+	02:14+	01:04+
00:41#	03:31@	00:56&	02:26&	00:39&	01:30&	00:05-	01:06&	01:24@	00:35@
<b>35</b>	<b>Lene Vignes</b>	<b>54</b>	<b>32:41</b>						
06:45+	09:54+	12:56+	18:51+	20:24+	23:34+	27:55+	30:09+	31:40+	32:41+
06:45+	03:09+	03:02+	05:55+	01:33+	03:10+	04:21+	02:14+	01:31+	01:01+
03:23@	01:28&	01:27&	02:36&	00:39&	01:04&	00:07+	00:49&	00:41&	00:32@
<b>36</b>	<b>May Kristin Haaland</b>	<b>47</b>	<b>33:16</b>						
02:40-	05:38+	09:02+	15:15+	17:13+	21:19+	26:40+	30:16+	32:15+	33:16+
02:40-	02:58+	03:24+	06:13+	01:58+	04:06+	05:21+	03:36+	01:59+	01:01+
00:42-	01:17&	01:49@	02:54&	01:04@	02:00&	01:07&	02:11@	01:09@	00:32@
<b>37</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>33:33</b>						
08:08+	10:53+	13:55+	19:04+	20:23+	23:38+	28:06+	30:53+	32:39+	33:33+
08:08+	02:45+	03:02+	05:09+	01:19+	03:15+	04:28+	02:47+	01:46+	00:54+
04:46@	01:04&	01:27&	01:50&	00:25&	01:09&	00:14+	01:22&	00:56@	00:25&
<b>38</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>34:03</b>						
03:03-	05:54+	09:07+	16:37+	19:33+	23:03+	27:45+	31:11+	33:09+	34:03+
03:03-	02:51+	03:13+	07:30+	02:56+	03:30+	04:42+	03:26+	01:58+	00:54+
00:19-	01:10&	01:38@	04:11@	02:02@	01:24&	00:28#	02:01@	01:08@	00:25&
<b>39</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>	<b>34:05</b>						
02:40-	06:34+	10:08+	16:35+	18:00+	21:52+	27:12+	31:10+	33:13+	34:05+
02:40-	03:54+	03:34+	06:27+	01:25+	03:52+	05:20+	03:58+	02:03+	00:52+
00:42-	02:13@	01:59@	03:08&	00:31&	01:46&	01:06&	02:33@	01:13@	00:23&
<b>40</b>	<b>Inga Borge</b>	<b>43</b>	<b>35:32</b>						
02:11-	04:19-	06:50+	11:02+	12:20+	15:31+	30:36+	32:35+	34:41+	35:32+
02:11-	02:08+	02:31+	04:12+	01:18+	03:11+	15:05+	01:59+	02:06+	00:51+
01:11-	00:27&	00:56&	00:53&	00:24&	01:05&	10:51@	00:34&	01:16@	00:22&
<b>41</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>	<b>35:35</b>						
03:58+	06:58+	10:33+	16:25+	18:00+	22:48+	29:53+	32:44+	34:25+	35:35+
03:58+	03:00+	03:35+	05:52+	01:35+	04:48+	07:05+	02:51+	01:41+	01:10+
00:36#	01:19&	02:00@	02:33&	00:41&	02:42@	02:51&	01:26@	00:51@	00:41@
<b>42</b>	<b>Elisabeth Horpestad</b>	<b>117</b>	<b>35:53</b>						
06:13+	09:23+	17:17+	22:10+	23:23+	26:44+	30:19+	33:28+	34:51+	35:53+
06:13+	03:10+	07:54+	04:53+	01:13+	03:21+	03:35-	03:09+	01:23+	01:02+
02:51&	01:29&	06:19@	01:34&	00:19&	01:15&	00:39-	01:44@	00:33&	00:33@
<b>43</b>	<b>Silje Njå Stene</b>	<b>117</b>	<b>36:19</b>						
03:10-	05:20+	07:48+	20:14+	21:10+	24:37+	28:25+	30:46+	35:42+	36:19+
03:10-	02:10+	02:28+	12:26+	00:56+	03:27+	03:48-	02:21+	04:56+	00:37+
00:12-	00:29&	00:53&	09:07@	00:02+	01:21&	00:26-	00:56&	04:06@	00:08&
<b>44</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>36:22</b>						
03:18-	06:31+	10:20+	16:37+	18:17+	23:24+	29:59+	33:12+	35:04+	36:22+
03:18-	03:13+	03:49+	06:17+	01:40+	05:07+	06:35+	03:13+	01:52+	01:18+
00:04-	01:32&	02:14@	02:58&	00:46&	03:01@	02:21&	01:48@	01:02@	00:49@

Class	Navn	Klasse										Tid
<b>45</b>	<b>Grethe Mo</b>	<b>117</b>										<b>36:53</b>
04:03+	15:47+	18:19+	23:07+	24:25+	27:41+	31:21+	34:31+	35:47+	36:53+			
04:03+	11:44+	02:32+	04:48+	01:18+	03:16+	03:40-	03:10+	01:16+	01:06+			
00:41#	10:03@	00:57&	01:29&	00:24&	01:10&	00:34-	01:45@	00:26&	00:37@			
<b>46</b>	<b>Sigrund Serigstad</b>	<b>128</b>										<b>38:05</b>
07:02+	09:22+	12:10+	17:15+	18:03+	20:59+	33:48+	36:21+	37:26+	38:05+			
07:02+	02:20+	02:48+	05:05+	00:48-	02:56+	12:49+	02:33+	01:05+	00:39+			
03:40@	00:39&	01:13&	01:46&	00:06-	00:50&	08:35@	01:08&	00:15&	00:10&			
<b>47</b>	<b>Bente Cecilie Lio</b>	<b>136</b>										<b>38:07</b>
02:34-	05:37+	08:42+	15:31+	16:54+	20:51+	26:28+	29:44+	37:16+	38:07+			
02:34-	03:03+	03:05+	06:49+	01:23+	03:57+	05:37+	03:16+	07:32+	00:51+			
00:48-	01:22&	01:30&	03:30@	00:29&	01:51&	01:23&	01:51@	06:42@	00:22&			
<b>48</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>										<b>38:14</b>
04:57+	08:15+	11:18+	17:32+	20:04+	24:02+	29:38+	33:51+	37:01+	38:14+			
04:57+	03:18+	03:03+	06:14+	02:32+	03:58+	05:36+	04:13+	03:10+	01:13+			
01:35&	01:37&	01:28&	02:55&	01:38@	01:52&	01:22&	02:48@	02:20@	00:44@			
<b>49</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>40:36</b>
04:03+	07:39+	12:08+	18:46+	20:29+	26:31+	34:30+	37:32+	39:25+	40:36+			
04:03+	03:36+	04:29+	06:38+	01:43+	06:02+	07:59+	03:02+	01:53+	01:11+			
00:41#	01:55@	02:54@	03:19&	00:49&	03:56@	03:45&	01:37@	01:03@	00:42@			
<b>50</b>	<b>Solveig Marie Grønning</b>	<b>47</b>										<b>43:35</b>
03:58+	07:15+	10:42+	18:49+	20:48+	26:02+	32:24+	38:16+	42:14+	43:35+			
03:58+	03:17+	03:27+	08:07+	01:59+	05:14+	06:22+	05:52+	03:58+	01:21+			
00:36#	01:36&	01:52@	04:48@	01:05@	03:08@	02:08&	04:27@	03:08@	00:52@			
<b>51</b>	<b>Karoline Fidjeland</b>	<b>105</b>										<b>47:14</b>
12:46+	16:28+	19:43+	25:31+	26:43+	31:04+	37:09+	44:47+	46:02+	47:14+			
12:46+	03:42+	03:15+	05:48+	01:12+	04:21+	06:05+	07:38+	01:15+	01:12+			
09:24@	02:01@	01:40@	02:29&	00:18&	02:15@	01:51&	06:13@	00:25&	00:43@			
<b>52</b>	<b>Signe Lise Haaland</b>	<b>66</b>										<b>47:41</b>
05:28+	09:35+	14:15+	22:27+	24:31+	30:11+	39:12+	42:33+	46:02+	47:41+			
05:28+	04:07+	04:40+	08:12+	02:04+	05:40+	09:01+	03:21+	03:29+	01:39+			
02:06&	02:26@	03:05@	04:53@	01:10@	03:34@	04:47@	01:56@	02:39@	01:10@			
<b>53</b>	<b>Margaux Simon</b>	<b>192</b>										<b>47:46</b>
04:28+	07:23+	09:44+	19:22+	21:59+	25:17+	40:30+	42:56+	46:55+	47:46+			
04:28+	02:55+	02:21+	09:38+	02:37+	03:18+	15:13+	02:26+	03:59+	00:51+			
01:06&	01:14&	00:46&	06:19@	01:43@	01:12&	10:59@	01:01&	03:09@	00:22&			

### Beste strekktid for klassen

01:28 01:37 01:35 03:15 00:43 02:06 03:23 01:25 00:50 00:29

= 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>42:35</b>			
01:51=	04:47=	08:45=	10:13=	12:45=	17:38=	21:08=	28:21=	31:54=	33:32=	35:22=	37:03=	37:59=	39:37=	42:11=	42:35=
01:51=	02:56=	03:58=	01:28=	02:32=	04:53=	03:30=	07:13=	03:33=	01:38=	01:50=	01:41=	00:56=	01:38=	02:34=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>48:44</b>			
02:03+	04:12-	08:25-	09:57-	13:10+	18:02+	21:51+	30:46+	35:40+	37:02+	41:37+	43:20+	44:07+	45:45+	48:20+	48:44+
02:03+	02:09-	04:13+	01:32+	03:13+	04:52-	03:49+	08:55+	04:54+	01:22-	04:35+	01:43+	00:47-	01:38=	02:35+	00:24=
00:12#	00:47-	00:15+	00:04+	00:41&	00:01-	00:19+	01:42#	01:21&	00:16-	02:45@	00:02+	00:09-	00:00=	00:01+	00:00=
<b>3</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>49:06</b>			
02:52+	05:10+	11:14+	12:43+	15:15+	19:57+	23:49+	32:18+	36:43+	38:14+	40:54+	42:20+	43:30+	45:19+	48:39+	49:06+
02:52+	02:18-	06:04+	01:29+	02:32=	04:42-	03:52+	08:29+	04:25+	01:31-	02:40+	01:26-	01:10+	01:49+	03:20+	00:27+
01:01&	00:38-	02:06&	00:01+	00:00=	00:11-	00:22#	01:16#	00:52#	00:07-	00:50&	00:15-	00:14#	00:11#	00:46&	00:03#
<b>4</b>	<b>Frank Terje Berge</b>	<b>126</b>										<b>1:04:47</b>			
04:19+	06:53+	12:12+	15:45+	20:39+	28:12+	32:10+	41:09+	45:38+	47:46+	53:26+	55:20+	56:29+	61:05+	64:08+	64:47+
04:19+	02:34-	05:19+	03:33+	04:54+	07:33+	03:58+	08:59+	04:29+	02:08+	05:40+	01:54+	01:09+	04:36+	03:03+	00:39+
02:28@	00:22-	01:21&	02:05@	02:22&	02:40&	00:28#	01:46#	00:56&	00:30&	03:50@	00:13#	00:13#	02:58@	00:29#	00:15&



Class	Navn	Klasse	Tid												
<b>9</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>	<b>1:06:26</b>												
02:13+	06:00+	12:01+	15:00+	16:38+	23:14+	28:28+	41:35+	46:27+	48:53+	54:24+	56:45+	58:16+	61:40+	65:53+	66:26+
02:13+	03:47+	06:01+	02:59+	01:38-	06:36+	05:14+	13:07+	04:52+	02:26+	05:31+	02:21-	01:31+	03:24+	04:13+	00:33+
00:44&	01:25&	01:17&	01:24&	00:01-	01:26&	01:32&	03:27&	01:02&	00:30&	02:59&	00:28-	00:39&	00:53&	01:37&	00:06#

10	Frode Ungar	116	1:11:22												
02:14+	06:13+	12:23+	14:39+	19:14+	27:11+	33:47+	47:03+	52:33+	54:59+	62:14+	63:57+	64:53+	66:48+	70:43+	71:22+
02:14+	03:59+	06:10+	02:16+	04:35+	07:57+	06:36+	13:16+	05:30+	02:26+	07:15+	01:43-	00:56+	01:55-	03:55+	00:39+
00:45&	01:37&	01:26&	00:41&	02:56&	02:47&	02:54&	03:36&	01:40&	00:30&	04:43&	01:06-	00:04+	00:36-	01:19&	00:12&

11	Bjørn Kristian Røyland	74	1:13:12												
04:58+	08:13+	14:34+	16:37+	21:02+	27:49+	34:46+	47:56+	53:38+	55:49+	60:08+	65:42+	66:33+	68:50+	72:41+	73:12+
04:58+	03:15+	06:21+	02:03+	04:25+	06:47+	06:57+	13:10+	05:42+	02:11+	04:19+	05:34+	00:51-	02:17-	03:51+	00:31+
03:29&	00:53&	01:37&	00:28&	02:46&	01:37&	03:15&	03:30&	01:52&	00:15#	01:47&	02:45&	00:01-	00:14-	01:15&	00:04#

12	Rolf Frøyland	5	1:16:10												
02:00+	04:35+	10:28+	16:01+	19:53+	26:10+	30:50+	46:08+	50:40+	52:41+	65:25+	66:38+	67:49+	69:46+	75:33+	76:10+
02:00+	02:35+	05:53+	05:33+	03:52+	06:17+	04:40+	15:18+	04:32+	02:01+	12:44+	01:13-	01:11+	01:57-	05:47+	00:37+
00:31&	00:13+	01:09#	03:58&	02:13&	01:07#	00:58&	05:38&	00:42#	00:05+	10:12&	01:36-	00:19&	00:34-	03:11&	00:10&

13	Sjur Eirik Gausel	67	1:22:57												
02:53+	05:55+	12:46+	14:52+	16:47+	23:14+	28:46+	49:26+	58:10+	61:27+	67:34+	72:28+	73:35+	76:23+	82:08+	82:57+
02:53+	03:02+	06:51+	02:06+	01:55+	06:27+	05:32+	20:40+	08:44+	03:17+	06:07+	04:54+	01:07+	02:48+	05:45+	00:49+
01:24&	00:40&	02:07&	00:31&	00:16#	01:17#	01:50&	11:00&	04:54&	01:21&	03:35&	02:05&	00:15&	00:17#	03:09&	00:22&

14	Terje Undheim	54	1:33:24												
01:34+	04:33+	11:03+	18:24+	22:43+	35:58+	40:22+	61:53+	66:58+	70:02+	79:04+	80:57+	82:27+	88:46+	92:52+	93:24+
01:34+	02:59+	06:30+	07:21+	04:19+	13:15+	04:24+	21:31+	05:05+	03:04+	09:02+	01:53-	01:30+	06:19+	04:06+	00:32+
00:05+	00:37&	01:46&	05:46&	02:40&	08:05&	00:42#	11:51&	01:15&	01:08&	06:30&	00:56-	00:38&	03:48&	01:30&	00:05#

Beste strekketid for klassen															
01:22	02:22	04:27	01:35	01:32	05:10	03:42	09:31	03:50	01:42	02:15	01:13	00:51	01:49	02:33	00:25

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

## Herrer 50 - 59 år

1	Erlend Kveinen	116	44:24												
02:36=	04:41=	07:28=	10:32=	15:29=	19:05=	27:25=	32:18=	34:32=	37:45=	41:57=	43:54=	44:24=			
02:36=	02:05=	02:47=	03:04=	04:57=	03:36=	08:20=	04:53=	02:14=	03:13=	04:12=	01:57=	00:30=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

2	Geir Haugvaldstad	116	47:11												
02:37+	04:49+	07:40+	10:02-	14:35-	18:50-	31:18+	36:16+	38:09+	40:51+	44:31+	46:47+	47:11+			
02:37+	02:12+	02:51+	02:22-	04:33-	04:15+	12:28+	04:58+	01:53-	02:42-	03:40-	02:16+	00:24-			
00:01+	00:07+	00:04+	00:42-	00:24-	00:39#	04:08&	00:05+	00:21-	00:31-	00:32-	00:19#	00:06-			

3	Arjen Leendertse	91	47:50												
02:25-	04:17-	07:16-	10:03-	16:16+	20:10+	30:18+	35:53+	39:46+	42:03+	45:15+	47:23+	47:50+			
02:25-	01:52-	02:59+	02:47-	06:13+	03:54+	10:08+	05:35+	03:53+	02:17-	03:12-	02:08+	00:27-			
00:11-	00:13-	00:12+	00:17-	01:16&	00:18+	01:48#	00:42#	01:39&	00:56-	01:00-	00:11+	00:03-			

4	Lars Primstad	62	48:43												
02:15-	04:17-	07:17-	11:26+	17:27+	21:20+	32:28+	37:02+	41:06+	43:20+	46:25+	48:19+	48:43+			
02:15-	02:02-	03:00+	04:09+	06:01+	03:53+	11:08+	04:34-	04:04+	02:14-	03:05-	01:54-	00:24-			
00:21-	00:03-	00:13+	01:05&	01:04#	00:17+	02:48&	00:19-	01:50&	00:59-	01:07-	00:03-	00:06-			

5	Øystein Fuglestad	46	49:12												
02:35-	04:51+	08:38+	11:16+	17:34+	22:33+	33:01+	38:03+	40:06+	42:48+	46:12+	48:45+	49:12+			
02:35-	02:16+	03:47+	02:38-	06:18+	04:59+	10:28+	05:02+	02:03-	02:42-	03:24-	02:33+	00:27-			
00:01-	00:11+	01:00&	00:26-	01:21&	01:23&	02:08&	00:09+	00:11-	00:31-	00:48-	00:36&	00:03-			

6	Arngrim Utskarpen	117	52:36												
02:32-	04:47+	08:41+	11:23+	17:22+	22:07+	32:45+	41:24+	44:10+	46:09+	50:34+	52:09+	52:36+			
02:32-	02:15+	03:54+	02:42-	05:59+	04:45+	10:38+	08:39+	02:46+	01:59-	04:25+	01:35-	00:27-			
00:04-	00:10+	01:07&	00:22-	01:02#	01:09&	02:18&	03:46&	00:32#	01:14-	00:13+	00:22-	00:03-			

7	Kjell Seland	236	52:42												
02:59+	05:17+	09:05+	12:29+	19:46+	24:36+	34:58+	42:56+	44:52+	47:06+	50:05+	52:14+	52:42+			
02:59+	02:18+	03:48+	03:24+	07:17+	04:50+	10:22+	07:58+	01:56-	02:14-	02:59-	02:09+	00:28-			
00:23#	00:13#	01:01&	00:20#	02:20&	01:14&	02:02#	03:05&	00:18-	00:59-	01:13-	00:12#	00:02-			

Class	Navn	Klasse										Tid
<b>8</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>53:53</b>
02:30-	04:54+	08:32+	12:59+	19:14+	23:30+	34:44+	40:04+	45:49+	51:40+	53:24+	53:53+	
02:30-	02:24+	03:38+	04:27+	06:15+	04:16+	11:14+	05:20+	03:08+	02:37-	05:51+	01:44-	
00:06-	00:19#	00:51&	01:23&	01:18&	00:40#	02:54&	00:27+	00:54&	00:36-	01:39&	00:13-	
<b>9</b>	<b>Håvard Håland</b>	<b>66</b>										<b>55:54</b>
02:35-	05:07+	08:48+	12:06+	18:56+	23:38+	34:20+	41:01+	45:57+	49:34+	52:37+	55:17+	
02:35-	02:32+	03:41+	03:18+	06:50+	04:42+	10:42+	06:41+	04:56+	03:37+	03:03-	02:40+	
00:01-	00:27#	00:54&	00:14+	01:53&	01:06&	02:22&	01:48&	02:42#	00:24#	01:09-	00:43&	
<b>10</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>56:21</b>
02:26-	04:30-	08:16+	16:47+	21:59+	26:38+	39:06+	44:52+	47:16+	49:43+	54:06+	55:52+	
02:26-	02:04-	03:46+	08:31+	05:12+	04:39+	12:28+	05:46+	02:24+	02:27-	04:23+	01:46-	
00:10-	00:01-	00:59&	05:27#	00:15+	01:03&	04:08&	00:53#	00:10+	00:46-	00:11+	00:01-	
<b>11</b>	<b>Frank Hansen</b>	<b>29</b>										<b>56:24</b>
03:07+	05:38+	09:22+	14:43+	20:45+	25:43+	36:39+	41:47+	47:25+	49:41+	52:38+	55:47+	
03:07+	02:31+	03:44+	05:21+	06:02+	04:58+	10:56+	05:08+	05:38+	02:16-	02:57-	03:09+	
00:31#	00:26#	00:57&	02:17&	01:05#	01:22&	02:36&	00:15+	03:24#	00:57-	01:15-	01:12&	
<b>12</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>57:01</b>
02:57+	05:12+	09:17+	12:22+	18:54+	24:27+	36:33+	44:07+	46:36+	49:47+	53:26+	56:20+	
02:57+	02:15+	04:05+	03:05+	06:32+	05:33+	12:06+	07:34+	02:29+	03:11-	03:39-	02:54+	
00:21#	00:10+	01:18&	00:01+	01:35&	01:57&	03:46&	02:41&	00:15#	00:02-	00:33-	00:57&	
<b>13</b>	<b>Eilef Foss</b>	<b>76</b>										<b>58:53</b>
02:39+	05:41+	10:10+	13:08+	19:18+	24:07+	34:46+	40:16+	44:57+	48:34+	55:15+	58:13+	
02:39+	03:02+	04:29+	02:58-	06:10+	04:49+	10:39+	05:30+	04:41+	03:37+	06:41+	02:58+	
00:03+	00:57&	01:42&	00:06-	01:13#	01:13&	02:19&	00:37#	02:27#	00:24#	02:29&	01:01&	
<b>14</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>59:09</b>
03:04+	05:23+	09:28+	12:54+	20:48+	27:28+	39:23+	45:57+	48:20+	51:01+	54:36+	58:29+	
03:04+	02:19+	04:05+	03:26+	07:54+	06:40+	11:55+	06:34+	02:23+	02:41-	03:35-	03:53+	
00:28#	00:14#	01:18&	00:22#	02:57&	03:04&	03:35&	01:41&	00:09+	00:32-	00:37-	01:56&	
<b>15</b>	<b>Inge Skretting</b>	<b>165</b>										<b>59:37</b>
02:55+	05:40+	10:53+	14:49+	21:18+	26:33+	40:58+	47:58+	50:02+	52:25+	55:45+	59:06+	
02:55+	02:45+	05:13+	03:56+	06:29+	05:15+	14:25+	07:00+	02:04-	02:23-	03:20-	03:21+	
00:19#	00:40&	02:26&	00:52&	01:32&	01:39&	06:05&	02:07&	00:10-	00:50-	00:52-	01:24&	
<b>16</b>	<b>John Breiland</b>	<b>352</b>										<b>59:51</b>
02:48+	04:49+	09:08+	16:02+	22:46+	27:46+	40:11+	46:58+	48:46+	51:45+	56:04+	59:18+	
02:48+	02:01-	04:19+	06:54+	06:44+	05:00+	12:25+	06:47+	01:48-	02:59-	04:19+	03:14+	
00:12+	00:04-	01:32&	03:50#	01:47&	01:24&	04:05&	01:54&	00:26-	00:14-	00:07+	01:17&	
<b>17</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>1:00:25</b>
03:22+	06:23+	10:50+	14:02+	21:05+	27:24+	40:23+	46:44+	50:26+	54:12+	57:34+	59:54+	
03:22+	03:01+	04:27+	03:12+	07:03+	06:19+	12:59+	06:21+	03:42+	03:46+	03:22-	02:20+	
00:46&	00:56&	01:40&	00:08+	02:06&	02:43&	04:39&	01:28&	00:33#	00:50-	00:23#	00:01+	
<b>18</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>1:01:21</b>
03:00+	05:42+	09:56+	16:08+	23:42+	29:34+	41:14+	48:06+	50:39+	53:46+	57:55+	60:32+	
03:00+	02:42+	04:14+	06:12+	07:34+	05:52+	11:40+	06:52+	02:33+	03:07-	04:09-	02:37+	
00:24#	00:37&	01:27&	03:08#	02:37&	02:16&	03:20&	01:59&	00:19#	00:06-	00:03-	00:40&	
<b>19</b>	<b>Arne Øvstebø</b>	<b>71</b>										<b>1:04:08</b>
03:12+	05:45+	09:27+	12:51+	20:34+	25:07+	39:50+	45:52+	49:36+	52:27+	61:08+	63:23+	
03:12+	02:33+	03:42+	03:24+	07:43+	04:33+	14:43+	06:02+	03:44+	02:51-	08:41+	02:15+	
00:36#	00:28#	00:55&	00:20#	02:46&	00:57&	06:23&	01:09#	01:30&	00:22-	04:29#	00:18#	
<b>20</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>1:04:58</b>
02:50+	05:30+	09:16+	14:26+	26:38+	33:05+	45:08+	51:36+	54:14+	57:45+	61:44+	64:17+	
02:50+	02:40+	03:46+	05:10+	12:12+	06:27+	12:03+	06:28+	02:38+	03:31+	03:59-	02:33+	
00:14+	00:35&	00:59&	02:06&	07:15#	02:51&	03:43&	01:35&	00:24#	00:18+	00:13-	00:36&	
<b>21</b>	<b>Lars Dymbe</b>	<b>116</b>										<b>1:07:14</b>
03:01+	06:10+	10:09+	13:43+	21:14+	27:15+	45:16+	52:33+	56:20+	59:18+	63:19+	66:20+	
03:01+	03:09+	03:59+	03:34+	07:31+	06:01+	18:01+	07:17+	03:47+	02:58-	04:01-	03:01+	
00:25#	01:04&	01:12&	00:30#	02:34&	02:25&	09:41#	02:24&	01:33&	00:15-	00:11-	01:04&	
<b>22</b>	<b>Trond Birkeland</b>	<b>27</b>										<b>1:11:50</b>
03:12+	06:25+	09:51+	14:30+	20:16+	24:15+	47:42+	54:19+	58:52+	61:36+	66:48+	71:06+	
03:12+	03:13+	03:26+	04:39+	05:46+	03:59+	23:27+	06:37+	04:33+	02:44-	05:12+	04:18+	
00:36#	01:08&	00:39#	01:35&	00:49#	00:23#	15:07#	01:44&	02:19#	00:29-	01:00#	02:21#	

Class	Navn	Klasse	Tid									
<b>23</b>	<b>Raymond B. Pettersen</b>	<b>105</b>	<b>1:13:44</b>									
03:17+	05:54+	10:38+	18:17+	25:06+	30:48+	52:40+	59:30+	62:23+	65:31+	70:42+	73:05+	73:44+
03:17+	02:37+	04:44+	07:39+	06:49+	05:42+	21:52+	06:50+	02:53+	03:08-	05:11+	02:23+	00:39+
00:41&	00:32&	01:57&	04:35@	01:52&	02:06&	13:32@	01:57&	00:39&	00:05-	00:59#	00:26#	00:09&
<b>24</b>	<b>Steinar Torjusen</b>	<b>167</b>	<b>1:21:53</b>									
03:55+	06:42+	11:59+	17:01+	29:43+	35:38+	49:49+	57:22+	65:27+	69:01+	73:03+	80:59+	81:53+
03:55+	02:47+	05:17+	05:02+	12:42+	05:55+	14:11+	07:33+	08:05+	03:34+	04:02-	07:56+	00:54+
01:19&	00:42&	02:30&	01:58&	07:45@	02:19&	05:51&	02:40&	05:51@	00:21#	00:10-	05:59@	00:24&
<b>25</b>	<b>Ove Mæstad</b>	<b>67</b>	<b>1:25:28</b>									
03:42+	06:47+	16:14+	23:40+	32:59+	40:00+	55:37+	63:57+	70:16+	74:36+	82:20+	84:47+	85:28+
03:42+	03:05+	09:27+	07:26+	09:19+	07:01+	15:37+	08:20+	06:19+	04:20+	07:44+	02:27+	00:41+
01:06&	01:00&	06:40@	04:22&	04:22&	03:25&	07:17&	03:27&	04:05@	01:07&	03:32&	00:30&	00:11&
<b>Beste strekktid for klassen</b>												
02:15	01:52	02:47	02:22	04:33	03:36	08:20	04:34	01:48	01:59	02:57	01:35	00:24

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

## Herrer 60 - 64 år

<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>33:35</b>											
01:32=	03:43=	09:31=	11:30=	13:39=	14:55=	19:01=	22:51=	24:00=	25:20=	27:58=	29:51=	32:13=	33:06=	33:35=
01:32=	02:11=	05:48=	01:59=	02:09=	01:16=	04:06=	03:50=	01:09=	01:20=	02:38=	01:53=	02:22=	00:53=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Morten Johannessen</b>	<b>7</b>	<b>33:39</b>											
01:46+	04:04+	09:29-	11:34+	13:42+	14:40-	18:45-	22:26-	23:30-	25:17-	27:40-	29:26-	32:10-	33:05-	33:39+
01:46+	02:18+	05:25-	02:05+	02:08-	00:58-	04:05-	03:41-	01:04-	01:47+	02:23-	01:46-	02:44+	00:55+	00:34+
00:14#	00:07+	00:23-	00:06+	00:01-	00:18-	00:01-	00:09-	00:05-	00:27&	00:15-	00:07-	00:22#	00:02+	00:05#
<b>3</b>	<b>Per Ingar Hadland</b>	<b>7</b>	<b>35:19</b>											
01:38+	03:51+	10:09+	12:10+	13:40+	15:02+	19:57+	23:55+	25:04+	26:33+	28:57+	31:18+	33:53+	34:47+	35:19+
01:38+	02:13+	06:18+	02:01+	01:30-	01:22+	04:55+	03:58+	01:09=	01:29+	02:24-	02:21+	02:35+	00:54+	00:32+
00:06+	00:02+	00:30+	00:02+	00:39-	00:06+	00:49#	00:08+	00:00=	00:09#	00:14-	00:28#	00:13+	00:01+	00:03#
<b>4</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>37:35</b>											
01:51+	04:15+	10:20+	12:23+	14:28+	15:43+	20:32+	24:16+	25:39+	27:23+	30:07+	32:25+	35:44+	36:48+	37:35+
01:51+	02:24+	06:05+	02:03+	02:05-	01:15-	04:49+	03:44-	01:23+	01:44+	02:44+	02:18+	03:19+	01:04+	00:47+
00:19#	00:13+	00:17+	00:04+	00:04-	00:01-	00:43#	00:06-	00:14#	00:24&	00:06+	00:25#	00:57&	00:11#	00:18&
<b>5</b>	<b>Svein Magne Gloppen</b>	<b>93</b>	<b>42:23</b>											
02:31+	05:00+	12:00+	16:40+	19:20+	20:35+	25:36+	30:27+	32:00+	33:36+	36:00+	38:15+	40:41+	41:41+	42:23+
02:31+	02:29+	07:00+	04:40+	02:40+	01:15-	05:01+	04:51+	01:33+	01:36+	02:24-	02:15+	02:26+	01:00+	00:42+
00:59&	00:18#	01:12#	02:41@	00:31#	00:01-	00:55#	01:01&	00:24&	00:16#	00:14-	00:22#	00:04+	00:07#	00:13&
<b>6</b>	<b>Kjell Skjæveland</b>	<b>166</b>	<b>46:26</b>											
01:56+	06:27+	13:06+	15:00+	23:31+	24:51+	29:07+	34:26+	35:35+	37:27+	39:48+	41:56+	44:53+	45:55+	46:26+
01:56+	04:31+	06:39+	01:54-	08:31+	01:20+	04:16+	05:19+	01:09=	01:52+	02:21-	02:08+	02:57+	01:02+	00:31+
00:24&	02:20@	00:51#	00:05-	06:22@	00:04+	00:10+	01:29&	00:00=	00:32&	00:17-	00:15#	00:35#	00:09#	00:02+
<b>7</b>	<b>John C. Sinnes</b>	<b>93</b>	<b>54:06</b>											
02:12+	04:35+	12:30+	15:22+	26:08+	27:36+	32:50+	38:11+	39:40+	42:13+	45:07+	48:36+	52:13+	53:26+	54:06+
02:12+	02:23+	07:55+	02:52+	10:46+	01:28+	05:14+	05:21+	01:29+	02:33+	02:54+	03:29+	03:37+	01:13+	00:40+
00:40&	00:12+	02:07&	00:53&	08:37@	00:12#	01:08&	01:31&	00:20&	01:13&	00:16#	01:36&	01:15&	00:20&	00:11&
<b>8</b>	<b>Kjell Lervik</b>	<b>239</b>	<b>55:01</b>											
02:36+	05:24+	13:50+	17:39+	21:47+	23:10+	29:03+	35:40+	38:01+	40:10+	43:17+	46:17+	53:12+	54:14+	55:01+
02:36+	02:48+	08:26+	03:49+	04:08+	01:23+	05:53+	06:37+	02:21+	02:09+	03:07+	03:00+	06:55+	01:02+	00:47+
01:04&	00:37&	02:38&	01:50&	01:59&	00:07+	01:47&	02:47&	01:12@	00:49&	00:29#	01:07&	04:33@	00:09#	00:18&
<b>9</b>	<b>Ernst Kristensen</b>	<b>116</b>	<b>55:20</b>											
02:27+	07:20+	14:19+	16:40+	23:48+	25:33+	30:45+	35:36+	36:54+	38:53+	44:42+	48:56+	53:28+	54:35+	55:20+
02:27+	04:53+	06:59+	02:21+	07:08+	01:45+	05:12+	04:51+	01:18+	01:59+	05:49+	04:14+	04:32+	01:07+	00:45+
00:55&	02:42@	01:11#	00:22#	04:59@	00:29&	01:06&	01:01&	00:09#	00:39&	03:11@	02:21@	02:10&	00:14&	00:16&
<b>10</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>	<b>55:43</b>											
01:43+	05:08+	11:31+	14:08+	29:26+	30:52+	35:39+	43:43+	45:12+	46:40+	49:07+	51:00+	54:30+	55:14+	55:43+
01:43+	03:25+	06:23+	02:37+	15:18+	01:26+	04:47+	08:04+	01:29+	01:28+	02:27-	01:53=	03:30+	00:44-	00:29=
00:11#	01:14&	00:35#	00:38&	13:09@	00:10#	00:41#	04:14@	00:20&	00:08#	00:11-	00:00=	01:08&	00:09-	00:00=

Class	Navn	Klasse												Tid
<b>11</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>												<b>1:00:33</b>
01:53+	05:00+	12:27+	16:00+	18:15+	24:42+	30:09+	41:12+	44:50+	48:39+	51:39+	58:31+	59:55+	60:33+	
01:53+	03:07+	07:27+	03:33+	02:15+	06:27+	05:27+	11:03+	01:42+	01:56+	03:49+	03:00+	06:52+	01:24+	
00:21#	00:56&	01:39&	01:34&	00:06+	05:11@	01:21&	07:13@	00:33&	00:36&	01:11&	01:07&	04:30@	00:31&	
<b>12</b>	<b>John Lage Bergan</b>	<b>116</b>												<b>1:06:56</b>
01:43+	04:04+	10:44+	13:04+	14:59+	16:21+	35:51+	40:30+	41:54+	43:47+	46:33+	60:59+	64:40+	66:10+	
01:43+	02:21+	06:40+	02:20+	01:55-	01:22+	19:30+	04:39+	01:24+	01:53+	02:46+	14:26+	03:41+	01:30+	
00:11#	00:10+	00:52#	00:21#	00:14-	00:06+	15:24@	00:49#	00:15#	00:33&	00:08+	12:33@	01:19&	00:37&	
<b>Beste strekktid for klassen</b>														
01:32	02:11	05:25	01:54	01:30	00:58	04:05	03:41	01:04	01:20	02:21	01:46	02:22	00:44	

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>												<b>26:25</b>
01:22=	03:05=	07:29=	08:58=	10:17=	11:13=	14:46=	17:12=	18:09=	19:17=	21:06=	22:52=	25:05=	25:56=	
01:22=	01:43=	04:24=	01:29=	01:19=	00:56=	03:33=	02:26=	00:57=	01:08=	01:49=	01:46=	02:13=	00:51=	
00:00=	00:00=	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>Bjørn Alsaker</b>	<b>115</b>												<b>30:49</b>
01:23+	03:16+	08:25+	10:08+	11:51+	12:58+	17:11+	20:56+	22:07+	23:26+	25:24+	27:11+	29:34+	30:21+	
01:23+	01:53+	05:09+	01:43+	01:43+	01:07+	04:13+	03:45+	01:11+	01:19+	01:58+	01:47+	02:23+	00:47-	
00:01+	00:10+	00:45#	00:14#	00:24&	00:11#	00:40#	01:19&	00:14#	00:11#	00:09+	00:01+	00:10+	00:04-	
<b>3</b>	<b>Bjarne Gimre</b>	<b>88</b>												<b>35:32</b>
01:45+	04:05+	10:30+	12:33+	14:17+	15:40+	20:50+	24:15+	25:33+	26:58+	29:27+	31:31+	34:08+	35:00+	
01:45+	02:20+	06:25+	02:03+	01:44+	01:23+	05:10+	03:25+	01:18+	01:25+	02:29+	02:04+	02:37+	00:52+	
00:23&	00:37&	02:01&	00:34&	00:25&	00:27&	01:37&	00:59&	00:21&	00:17#	00:40&	00:18#	00:24#	00:01+	
<b>4</b>	<b>Tor Geir Espedal</b>	<b>115</b>												<b>38:36</b>
02:40+	05:03+	11:45+	13:40+	15:37+	17:11+	22:33+	26:01+	27:18+	28:50+	31:20+	33:36+	36:49+	37:59+	
02:40+	02:23+	06:42+	01:55+	01:57+	01:34+	05:22+	03:28+	01:17+	01:32+	02:30+	02:16+	03:13+	01:10+	
01:18&	00:40&	02:18&	00:26&	00:38&	00:38&	01:49&	01:02&	00:20&	00:24&	00:41&	00:30&	01:00&	00:19&	
<b>5</b>	<b>Jan Hetland</b>	<b>29</b>												<b>38:52</b>
01:40+	03:45+	09:52+	12:53+	14:41+	16:43+	20:52+	24:57+	26:10+	28:34+	31:07+	33:14+	37:13+	38:15+	
01:40+	02:05+	06:07+	03:01+	01:48+	02:02+	04:09+	04:05+	01:13+	02:24+	02:33+	02:07+	03:59+	01:02+	
00:18#	00:22#	01:43&	01:32@	00:29&	01:06@	00:36#	01:39&	00:16&	01:16@	00:44&	00:21#	01:46&	00:11#	
<b>6</b>	<b>Arne Magne Handeland</b>	<b>92</b>												<b>41:50</b>
01:46+	04:45+	11:51+	14:05+	16:44+	18:25+	23:31+	28:10+	29:31+	31:35+	34:22+	36:44+	40:20+	41:11+	
01:46+	02:59+	07:06+	02:14+	02:39+	01:41+	05:06+	04:39+	01:21+	02:04+	02:47+	02:22+	03:36+	00:51=	
00:24&	01:16&	02:42&	00:45&	01:20@	00:45&	01:33&	02:13&	00:24&	00:56&	00:58&	00:36&	01:23&	00:00=	
<b>7</b>	<b>Bjørn Sivertsen</b>	<b>99</b>												<b>42:01</b>
01:58+	04:29+	11:13+	13:31+	15:22+	16:43+	21:49+	26:15+	27:33+	29:05+	32:00+	34:27+	40:33+	41:24+	
01:58+	02:31+	06:44+	02:18+	01:51+	01:21+	05:06+	04:26+	01:18+	01:32+	02:55+	02:27+	06:06+	00:51=	
00:36&	00:48&	02:20&	00:49&	00:32&	00:25&	01:33&	02:00&	00:21&	00:24&	01:06&	00:41&	03:53@	00:00=	
<b>8</b>	<b>Sveinung Tveit</b>	<b>236</b>												<b>42:09</b>
01:58+	04:37+	11:59+	15:01+	17:09+	19:07+	25:33+	29:37+	30:51+	32:35+	34:57+	37:03+	40:10+	41:27+	
01:58+	02:39+	07:22+	03:02+	02:08+	01:58+	06:26+	04:04+	01:14+	01:44+	02:22+	02:06+	03:07+	01:17+	
00:36&	00:56&	02:58&	01:33@	00:49&	01:02@	02:53&	01:38&	00:17&	00:36&	00:33&	00:20#	00:54&	00:26&	
<b>9</b>	<b>Svein Ims</b>	<b>65</b>												<b>44:06</b>
01:50+	04:24+	11:17+	14:24+	16:24+	17:48+	26:31+	30:52+	32:40+	34:39+	37:19+	39:35+	42:22+	43:27+	
01:50+	02:34+	06:53+	03:07+	02:00+	01:24+	08:43+	04:21+	01:48+	01:59+	02:40+	02:16+	02:47+	01:05+	
00:28&	00:51&	02:29&	01:38@	00:41&	00:28&	05:10@	01:55&	00:51&	00:51&	00:51&	00:30&	00:34&	00:14&	
<b>10</b>	<b>Terje Stokkeland</b>	<b>69</b>												<b>44:19</b>
01:51+	04:25+	10:36+	12:58+	17:10+	18:38+	23:15+	29:37+	31:12+	32:43+	35:25+	37:56+	42:19+	43:42+	
01:51+	02:34+	06:11+	02:22+	04:12+	01:28+	04:37+	06:22+	01:35+	01:31+	02:42+	02:31+	04:23+	01:23+	
00:29&	00:51&	01:47&	00:53&	02:53@	00:32&	01:04&	03:56@	00:38&	00:23&	00:53&	00:45&	02:10&	00:32&	
<b>11</b>	<b>Tom Hetland</b>	<b>5</b>												<b>46:43</b>
01:30+	03:36+	09:40+	11:49+	13:54+	15:16+	27:43+	31:52+	33:06+	35:29+	38:50+	41:19+	45:16+	46:07+	
01:30+	02:06+	06:04+	02:09+	02:05+	01:22+	12:27+	04:09+	01:14+	02:23+	03:21+	02:29+	03:57+	00:51=	
00:08+	00:23#	01:40&	00:40&	00:46&	00:26&	08:54@	01:43&	00:17&	01:15@	01:32&	00:43&	01:44&	00:00=	

Class	Navn	Klasse										Tid		
<b>12</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>47:07</b>		
04:21+	07:17+	14:40+	16:47+	18:44+	20:21+	25:32+	29:59+	31:28+	34:23+	37:35+	40:14+	45:02+	46:24+	47:07+
04:21+	02:56+	07:23+	02:07+	01:57+	01:37+	05:11+	04:27+	01:29+	02:55+	03:12+	02:39+	04:48+	01:22+	00:43+
02:59@	01:13&	02:59&	00:38&	00:38&	00:41&	01:38&	02:01&	00:32&	01:47@	01:23&	00:53&	02:35@	00:31&	00:14&
<b>13</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>47:54</b>		
02:44+	05:44+	13:31+	17:08+	19:25+	20:57+	26:22+	31:24+	33:00+	36:23+	39:35+	41:55+	46:14+	47:14+	47:54+
02:44+	03:00+	07:47+	03:37+	02:17+	01:32+	05:25+	05:02+	01:36+	03:23+	03:12+	02:20+	04:19+	01:00+	00:40+
01:22&	01:17&	03:23&	02:08@	00:58&	00:36&	01:52&	02:36@	00:39&	02:15@	01:23&	00:34&	02:06&	00:09#	00:11&
<b>14</b>	<b>Odd Arild Werness</b>	<b>88</b>										<b>49:21</b>		
02:46+	05:49+	14:34+	17:20+	20:51+	22:33+	28:53+	33:38+	35:17+	37:23+	40:36+	43:30+	47:08+	48:34+	49:21+
02:46+	03:03+	08:45+	02:46+	03:31+	01:42+	06:20+	04:45+	01:39+	02:06+	03:13+	02:54+	03:38+	01:26+	00:47+
01:24@	01:20&	04:21&	01:17&	02:12@	00:46&	02:47&	02:19&	00:42&	00:58&	01:24&	01:08&	01:25&	00:35&	00:18&
<b>15</b>	<b>Tore R. Tvedt</b>	<b>53</b>										<b>50:23</b>		
02:49+	06:00+	13:54+	16:22+	20:19+	21:38+	28:25+	33:28+	35:05+	38:23+	41:20+	43:48+	48:25+	49:29+	50:23+
02:49+	03:11+	07:54+	02:28+	03:57+	01:19+	06:47+	05:03+	01:37+	03:18+	02:57+	02:28+	04:37+	01:04+	00:54+
01:27@	01:28&	03:30&	00:59&	02:38@	00:23&	03:14&	02:37@	00:40&	02:10@	01:08&	00:42&	02:24@	00:13&	00:25&
<b>16</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>										<b>50:57</b>		
02:23+	06:01+	15:01+	17:12+	21:17+	22:37+	31:19+	35:29+	36:59+	39:26+	42:28+	44:49+	49:24+	50:21+	50:57+
02:23+	03:38+	09:00+	02:11+	04:05+	01:20+	08:42+	04:10+	01:30+	02:27+	03:02+	02:21+	04:35+	00:57+	00:36+
01:01&	01:55@	04:36@	00:42&	02:46@	00:24&	05:09@	01:44&	00:33&	01:19@	01:13&	00:35&	02:22@	00:06#	00:07#
<b>17</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:04:34</b>		
02:44+	07:35+	23:45+	26:17+	28:53+	30:18+	36:52+	41:42+	43:21+	46:13+	49:48+	55:04+	59:10+	63:48+	64:34+
02:44+	04:51+	16:10+	02:32+	02:36+	01:25+	06:34+	04:50+	01:39+	02:52+	03:35+	05:16+	04:06+	04:38+	00:46+
01:22&	03:08@	11:46@	01:03&	01:17&	00:29&	03:01&	02:24&	00:42&	01:44@	01:46&	03:30@	01:53&	03:47@	00:17&
<b>Beste strekktid for klassen</b>														
01:22	01:43	04:24	01:29	01:19	00:56	03:33	02:26	00:57	01:08	01:49	01:46	02:13	00:47	00:28

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

## Herrer 70 - 74 år

<b>1</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>36:59</b>		
02:00=	04:27=	10:43=	12:44=	14:49=	16:20=	20:56=	24:25=	25:44=	27:36=	30:15=	32:19=	35:13=	36:21=	36:59=
02:00=	02:27=	06:16=	02:01=	02:05=	01:31=	04:36=	03:29=	01:19=	01:52=	02:39=	02:04=	02:54=	01:08=	00:38=
00:00=	00:00=	00:00=	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>Paul A. Paulsen</b>	<b>117</b>										<b>39:17</b>		
02:35+	04:54+	11:31+	13:39+	16:35+	17:44+	22:18+	27:38+	28:56+	30:27+	32:59+	35:04+	37:37+	38:40+	39:17+
02:35+	02:19-	06:37+	02:08+	02:56+	01:09-	04:34-	05:20+	01:18-	01:31-	02:32-	02:05+	02:33-	01:03-	00:37-
00:35&	00:08-	00:21+	00:07+	00:51&	00:22-	00:02-	01:51&	00:01-	00:21-	00:07-	00:01+	00:21-	00:05-	00:01-
<b>3</b>	<b>Kjøll Svihus</b>	<b>154</b>										<b>39:47</b>		
01:48-	04:11-	10:29-	12:40-	16:29+	19:12+	24:42+	27:57+	29:13+	30:52+	33:33+	35:26+	38:10+	39:15+	39:47+
01:48-	02:23-	06:18+	02:11+	03:49+	02:43+	05:30+	03:15-	01:16-	01:39-	02:41+	01:53-	02:44-	01:05-	00:32-
00:12-	00:04-	00:02+	00:10+	01:44&	01:12&	00:54#	00:14-	00:03-	00:13-	00:02+	00:11-	00:10-	00:03-	00:06-
<b>4</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>40:25</b>		
02:22+	05:01+	12:06+	14:22+	16:10+	17:58+	23:24+	27:20+	28:45+	30:27+	33:29+	35:39+	38:45+	39:48+	40:25+
02:22+	02:39+	07:05+	02:16+	01:48-	01:48+	05:26+	03:56+	01:25+	01:42-	03:02+	02:10+	03:06+	01:03-	00:37-
00:22#	00:12+	00:49#	00:15#	00:17-	00:17#	00:50#	00:27#	00:06+	00:10-	00:23#	00:06+	00:12+	00:05-	00:01-
<b>5</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>40:57</b>		
01:40-	03:55-	10:13-	12:22-	16:09+	17:21+	22:43+	26:50+	28:06+	30:33+	33:00+	35:03+	39:13+	40:12+	40:57+
01:40-	02:15-	06:18+	02:09+	03:47+	01:12-	05:22+	04:07+	01:16-	02:27+	02:27-	02:03-	04:10+	00:59-	00:45+
00:20-	00:12-	00:02+	00:08+	01:42&	00:19-	00:46#	00:38#	00:03-	00:35&	00:12-	00:01-	01:16&	00:09-	00:07#
<b>6</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>45:39</b>		
01:48-	04:02-	12:00+	14:23+	24:26+	26:10+	30:30+	34:05+	35:21+	36:59+	39:30+	41:31+	44:08+	45:04+	45:39+
01:48-	02:14-	07:58+	02:23+	10:03+	01:44+	04:20-	03:35+	01:16-	01:38-	02:31-	02:01-	02:37-	00:56-	00:35-
00:12-	00:13-	01:42&	00:22#	07:58@	00:13#	00:16-	00:06+	00:03-	00:14-	00:08-	00:03-	00:17-	00:12-	00:03-
<b>7</b>	<b>Kjøll Ivar Skjørestad</b>	<b>92</b>										<b>46:18</b>		
01:43-	06:37+	12:35+	15:07+	17:03+	18:40+	23:34+	28:04+	29:26+	37:38+	40:21+	42:23+	44:54+	45:42+	46:18+
01:43-	04:54+	05:58-	02:32+	01:56-	01:37+	04:54+	04:30+	01:22+	08:12+	02:43+	02:02-	02:31-	00:48-	00:36-
00:17-	02:27&	00:18-	00:31&	00:09-	00:06+	00:18+	01:01&	00:03+	06:20@	00:04+	00:02-	00:23-	00:20-	00:02-



Class	Navn	Klasse										Tid		
<b>8</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>48:53</b>		
02:08+	04:22-	11:06+	13:25+	15:26+	18:44+	32:51+	36:29+	39:22+	41:38+	43:55+	47:10+	48:16+	48:53+	
02:08+	02:14-	06:44+	02:19+	02:01-	03:18+	14:07+	03:38+	01:19-	01:34-	02:16-	02:17+	03:15+	01:06-	00:37-
00:08+	00:13-	00:28+	00:18#	00:04-	01:47#	09:31#	00:09+	00:00-	00:18-	00:23-	00:13#	00:21#	00:02-	00:01-
<b>9</b>	<b>Terje Helland</b>	<b>88</b>										<b>52:38</b>		
03:44+	13:21+	19:57+	22:12+	24:19+	25:49+	30:45+	34:56+	36:29+	43:01+	45:30+	48:19+	51:01+	52:00+	52:38+
03:44+	09:37+	06:36+	02:15+	02:07+	01:30-	04:56+	04:11+	01:33+	06:32+	02:29-	02:49+	02:42-	00:59-	00:38-
01:44#	07:10#	00:20+	00:14#	00:02+	00:01-	00:20+	00:42#	00:14#	04:40#	00:10-	00:45#	00:12-	00:09-	00:00-
<b>10</b>	<b>Ole Auklend</b>	<b>106</b>										<b>54:29</b>		
02:16+	05:12+	12:47+	15:36+	22:04+	24:05+	30:22+	35:05+	37:01+	38:58+	42:05+	46:18+	52:21+	53:38+	54:29+
02:16+	02:56+	07:35+	02:49+	06:28+	02:01+	06:17+	04:43+	01:56+	01:57+	03:07+	04:13+	06:03+	01:17+	00:51+
00:16#	00:29#	01:19#	00:48#	04:23#	00:30#	01:41#	01:14#	00:37#	00:05+	00:28#	02:09#	03:09#	00:09#	00:13#
<b>11</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:33:45</b>		
04:05+	08:52+	22:46+	27:24+	31:19+	33:50+	44:38+	53:36+	56:30+	60:49+	65:38+	69:47+	90:55+	92:31+	93:45+
04:05+	04:47+	13:54+	04:38+	03:55+	02:31+	10:48+	08:58+	02:54+	04:19+	04:49+	04:09+	21:08+	01:36+	01:14+
02:05#	02:20#	07:38#	02:37#	01:50#	01:00#	06:12#	05:29#	01:35#	02:27#	02:10#	02:05#	18:14#	00:28#	00:36#

### Beste strekktid for klassen

01:40 02:14 05:58 02:01 01:48 01:09 04:20 03:15 01:16 01:31 02:16 01:53 02:31 00:48 00:32

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

## Herrer 75 - 79 år

<b>1</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>37:30</b>		
02:47=	06:00=	07:34=	08:39=	15:32=	17:39=	19:44=	24:37=	28:52=	31:41=	33:15=	36:05=	36:58=	37:30=	
02:47=	03:13=	01:34=	01:05=	06:53=	02:07=	02:05=	04:53=	04:15=	02:49=	01:34=	02:50=	00:53=	00:32=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>40:18</b>		
03:24+	07:16+	08:50+	10:00+	17:25+	19:43+	22:30+	27:36+	31:16+	34:26+	35:38+	38:49+	39:44+	40:18+	
03:24+	03:52+	01:34=	01:10+	07:25+	02:18+	02:47+	05:06+	03:40-	03:10+	01:12-	03:11+	00:55+	00:34+	
00:37#	00:39#	00:00=	00:05+	00:32+	00:11+	00:42#	00:13+	00:35-	00:21#	00:22-	00:21#	00:02+	00:02+	
<b>3</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>42:08</b>		
03:22+	06:55+	08:48+	09:56+	16:35+	18:47+	23:14+	28:21+	32:21+	35:32+	36:49+	40:13+	41:28+	42:08+	
03:22+	03:33+	01:53+	01:08+	06:39-	02:12+	04:27+	05:07+	04:00-	03:11+	01:17-	03:24+	01:15+	00:40+	
00:35#	00:20#	00:19#	00:03+	00:14-	00:05+	02:22#	00:14+	00:15-	00:22#	00:17-	00:34#	00:22#	00:08#	
<b>4</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>45:10</b>		
03:13+	06:41+	08:51+	10:49+	17:44+	21:01+	23:29+	25:39+	31:17+	35:43+	38:43+	39:54+	43:42+	44:38+	45:10+
03:13+	03:28+	02:10+	01:58+	06:55+	03:17+	02:28+	02:10-	05:38+	04:26+	03:00+	01:11-	03:48+	00:56+	00:32+
00:26#	00:15+	00:36#	00:53#	00:02+	01:10#	00:23#	02:43-	01:23#	01:37#	01:26#	01:39-	02:55#	00:24#	00:32+
<b>5</b>	<b>Arvid Thorsen</b>	<b>5</b>										<b>45:29</b>		
03:05+	06:31+	08:56+	09:56+	22:53+	25:58+	28:14+	32:59+	36:49+	40:00+	41:06+	44:07+	44:57+	45:29+	
03:05+	03:26+	02:25+	01:00-	12:57+	03:05+	02:16+	04:45-	03:50-	03:11+	01:06-	03:01+	00:50-	00:32-	
00:18#	00:13+	00:51#	00:05-	06:04#	00:58#	00:11+	00:08-	00:25-	00:22#	00:28-	00:11+	00:03-	00:00-	
<b>6</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>45:59</b>		
03:58+	07:58+	10:46+	12:30+	19:56+	22:34+	25:09+	30:38+	35:48+	39:32+	40:52+	44:19+	45:21+	45:59+	
03:58+	04:00+	02:48+	01:44+	07:26+	02:38+	02:35+	05:29+	05:10+	03:44+	01:20-	03:27+	01:02+	00:38+	
01:11#	00:47#	01:14#	00:39#	00:33+	00:31#	00:30#	00:36#	00:55#	00:55#	00:14-	00:37#	00:09#	00:06#	
<b>7</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>47:31</b>		
03:47+	07:33+	09:32+	10:44+	18:08+	20:42+	25:35+	31:41+	36:26+	40:08+	41:28+	45:34+	46:49+	47:31+	
03:47+	03:46+	01:59+	01:12+	07:24+	02:34+	04:53+	06:06+	04:45+	03:42+	01:20-	04:06+	01:15+	00:42+	
01:00#	00:33#	00:25#	00:07#	00:31+	00:27#	02:48#	01:13#	00:30#	00:53#	00:14-	01:16#	00:22#	00:10#	
<b>8</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>48:09</b>		
03:46+	09:02+	11:03+	12:31+	20:34+	23:14+	26:02+	31:54+	37:08+	41:13+	42:29+	46:16+	47:20+	48:09+	
03:46+	05:16+	02:01+	01:28+	08:03+	02:40+	02:48+	05:52+	05:14+	04:05+	01:16-	03:47+	01:04+	00:49+	
00:59#	02:03#	00:27#	00:23#	01:10#	00:33#	00:43#	00:59#	00:59#	01:16#	00:18-	00:57#	00:11#	00:17#	
<b>9</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>48:49</b>		
03:59+	07:35+	09:54+	11:55+	19:23+	22:11+	25:23+	31:31+	37:15+	40:53+	42:27+	46:29+	47:53+	48:49+	
03:59+	03:36+	02:19+	02:01+	07:28+	02:48+	03:12+	06:08+	05:44+	03:38+	01:34=	04:02+	01:24+	00:56+	
01:12#	00:23#	00:45#	00:56#	00:35+	00:41#	01:07#	01:15#	01:29#	00:49#	00:00=	01:12#	00:31#	00:24#	

Class	Navn	Klasse										Tid		
<b>10</b>	<b>Geir Husdal</b>	<b>93</b>										<b>50:04</b>		
03:27+	07:06+	09:07+	10:21+	17:37+	21:57+	25:59+	31:35+	36:02+	39:47+	44:43+	48:05+	49:25+	50:04+	
03:27+	03:39+	02:01+	01:14+	07:16+	04:20+	04:02+	05:36+	04:27+	03:45+	04:56+	03:22+	01:20+	00:39+	
00:40#	00:26#	00:27&	00:09#	00:23+	02:13@	01:57&	00:43#	00:12+	00:56&	03:22@	00:32#	00:27&	00:07#	
<b>11</b>	<b>Hans Klausen</b>	<b>62</b>										<b>50:33</b>		
03:31+	07:47+	10:11+	12:43+	23:27+	25:40+	28:21+	34:22+	38:16+	43:27+	44:32+	48:42+	49:55+	50:33+	
03:31+	04:16+	02:24+	02:32+	10:44+	02:13+	02:41+	06:01+	03:54-	05:11+	01:05-	04:10+	01:13+	00:38+	
00:44&	01:03&	00:50&	01:27@	03:51&	00:06+	00:36&	01:08#	00:21-	02:22&	00:29-	01:20&	00:20&	00:06#	
<b>12</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>53:30</b>		
02:55+	08:14+	10:30+	12:02+	18:35+	20:55+	23:32+	33:29+	38:54+	42:18+	43:31+	51:43+	52:43+	53:30+	
02:55+	05:19+	02:16+	01:32+	06:33-	02:20+	02:37+	09:57+	05:25+	03:24+	01:13-	08:12+	01:00+	00:47+	
00:08+	02:06&	00:42&	00:27&	00:20-	00:13#	00:32&	05:04@	01:10&	00:35#	00:21-	05:22@	00:07#	00:15&	
<b>13</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>53:46</b>		
03:53+	07:49+	10:17+	11:48+	19:54+	22:24+	30:07+	36:03+	40:48+	44:25+	45:42+	52:10+	53:07+	53:46+	
03:53+	03:56+	02:28+	01:31+	08:06+	02:30+	07:43+	05:56+	04:45+	03:37+	01:17-	06:28+	00:57+	00:39+	
01:06&	00:43#	00:54&	00:26&	01:13#	00:23#	05:38@	01:03#	00:30#	00:48&	00:17-	03:38@	00:04+	00:07#	
<b>14</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>1:01:03</b>		
04:15+	09:07+	12:01+	13:27+	23:52+	27:03+	30:29+	40:33+	46:47+	51:06+	52:45+	58:41+	60:09+	61:03+	
04:15+	04:52+	02:54+	01:26+	10:25+	03:11+	03:26+	10:04+	06:14+	04:19+	01:39+	05:56+	01:28+	00:54+	
01:28&	01:39&	01:20&	00:21&	03:32&	01:04&	01:21&	05:11@	01:59&	01:30&	00:05+	03:06@	00:35&	00:22&	
<b>15</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>1:14:41</b>		
05:39+	11:24+	14:11+	15:57+	27:23+	33:03+	38:01+	42:17+	51:26+	58:16+	64:08+	65:58+	71:51+	73:36+	74:41+
05:39+	05:45+	02:47+	01:46+	11:26+	05:40+	04:58+	04:16-	09:09+	06:50+	05:52+	01:50-	05:53+	01:45+	01:05+
02:52@	02:32&	01:13&	00:41&	04:33&	03:33@	02:53@	00:37-	04:54@	04:01@	04:18@	01:00-	05:00@	01:13@	01:05+
<b>Beste strekktid for klassen</b>														
02:47	03:13	01:34	01:00	06:33	02:07	02:05	02:10	03:40	02:49	01:05	01:11	00:50	00:32	

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

## Herrer 80 år og eldre

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

Class	Navn	Klasse	Tid
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### Beste strekktid for klassen

02:23 03:10 04:48 02:39 02:43 04:33 02:58 01:49 02:59 02:02 01:08 00:46

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

## Herrer A

### 1 Sigurd Oftedal

02:00= 03:32= 04:50= 05:39= 09:13= 10:28= 11:21= 15:08= 17:54= 26:03= 29:12= 30:32= 31:17= 32:36= 33:27= 34:29= 35:39= 36:52= 37:10=

02:00= 01:32= 01:18= 00:49= 03:34= 01:15= 00:53= 03:47= 02:46= 08:09= 03:09= 01:20= 00:45= 01:19= 00:51= 01:02= 01:10= 01:13= 00:18=

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= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Bjarthe Westerheim

01:58- 03:19- 04:40- 05:42+ 09:51+ 11:00+ 11:50+ 15:39+ 18:23+ 26:05+ 29:06- 30:45+ 31:36+ 33:19+ 34:16+ 36:25+ 37:40+ 39:03+ 39:27+

01:58- 01:21- 01:21+ 01:02+ 04:09+ 01:09- 00:50- 03:49+ 02:44- 07:42- 03:01- 01:39+ 00:51+ 01:43+ 00:57+ 02:09+ 01:15+ 01:23+ 00:24+

00:02- 00:11- 00:03+ 00:13& 00:35# 00:06- 00:03- 00:02+ 00:02- 00:27- 00:08- 00:19# 00:06# 00:24& 00:06# 01:07@ 00:05+ 00:10# 00:06&

### 3 Lars Sigve Oftedal

02:14+ 03:52+ 05:30+ 06:39+ 10:21+ 11:39+ 12:45+ 16:45+ 19:50+ 28:22+ 30:54+ 32:22+ 33:15+ 34:35+ 35:42+ 37:08+ 38:35+ 40:47+ 41:12+

02:14+ 01:38+ 01:38+ 01:09+ 03:42+ 01:18+ 01:06+ 04:00+ 03:05+ 08:32+ 02:32- 01:28+ 00:53+ 01:20+ 01:07+ 01:26+ 01:27+ 02:12+ 00:25+

00:14# 00:06+ 00:20& 00:20& 00:08+ 00:03+ 00:13# 00:13+ 00:19# 00:23+ 00:37- 00:08# 00:08# 00:01+ 00:16& 00:24& 00:17# 00:59& 00:07&

### 4 Fredrik Sandal

02:03+ 03:40+ 05:07+ 06:10+ 10:12+ 11:27+ 12:30+ 17:24+ 20:16+ 28:32+ 31:12+ 32:35+ 33:22+ 34:41+ 35:51+ 37:04+ 39:35+ 40:55+ 41:19+

02:03+ 01:37+ 01:27+ 01:03+ 04:02+ 01:15= 01:03+ 04:54+ 02:52+ 08:16+ 02:40- 01:23+ 00:47+ 01:19= 01:10+ 01:13+ 02:31+ 01:20+ 00:24+

00:03+ 00:05+ 00:09# 00:14& 00:28# 00:00= 00:10# 01:07& 00:06+ 00:07+ 00:29- 00:03+ 00:02+ 00:00= 00:19& 00:11# 01:21@ 00:07+ 00:06&

### 5 Stian Haugvaldstad

02:09+ 03:44+ 05:14+ 06:11+ 09:51+ 11:17+ 12:32+ 16:22+ 20:06+ 30:07+ 33:15+ 34:42+ 35:29+ 36:45+ 37:33+ 38:39+ 39:57+ 41:29+ 41:55+

02:09+ 01:35+ 01:30+ 00:57+ 03:40+ 01:26+ 01:15+ 03:50+ 03:44+ 10:01+ 03:08- 01:27+ 00:47+ 01:16- 00:48- 01:06+ 01:18+ 01:32+ 00:26+

00:09+ 00:03+ 00:12# 00:08# 00:06+ 00:11# 00:22& 00:03+ 00:58& 01:52# 00:01- 00:07+ 00:02+ 00:03- 00:03- 00:04+ 00:08# 00:19& 00:08&

### 6 Kristian Haarr

02:20+ 04:07+ 05:45+ 06:48+ 11:30+ 13:02+ 14:00+ 19:02+ 22:18+ 31:57+ 35:10+ 36:57+ 38:09+ 39:38+ 40:48+ 42:10+ 43:45+ 45:12+ 45:39+

02:20+ 01:47+ 01:38+ 01:03+ 04:42+ 01:32+ 00:58+ 05:02+ 03:16+ 09:39+ 03:13+ 01:47+ 01:12+ 01:29+ 01:10+ 01:22+ 01:35+ 01:27+ 00:27+

00:20# 00:15# 00:20& 00:14& 01:08& 00:17# 00:05+ 01:15& 00:30# 01:30# 00:04+ 00:27& 00:27& 00:10# 00:19& 00:20& 00:25& 00:14# 00:09&

### 7 Torbjørn Ims Østby

02:01+ 04:14+ 05:53+ 07:23+ 11:36+ 13:04+ 14:32+ 19:38+ 23:04+ 33:25+ 36:36+ 38:23+ 39:34+ 41:27+ 42:38+ 43:58+ 45:38+ 47:17+ 47:45+

02:01+ 02:13+ 01:39+ 01:30+ 04:13+ 01:28+ 01:28+ 05:06+ 03:26+ 10:21+ 03:11+ 01:47+ 01:11+ 01:53+ 01:11+ 01:20+ 01:40+ 01:39+ 00:28+

00:01+ 00:41& 00:21& 00:41& 00:39# 00:13# 00:35& 01:19& 00:40# 02:12& 00:02+ 00:27& 00:26& 00:34& 00:20& 00:18& 00:30& 00:26& 00:10&

### 8 Mathias Nødland

02:15+ 04:11+ 06:03+ 07:12+ 12:05+ 14:35+ 16:32+ 21:53+ 25:35+ 34:23+ 37:18+ 38:58+ 40:12+ 41:51+ 43:40+ 45:20+ 47:07+ 48:48+ 49:16+

02:15+ 01:56+ 01:52+ 01:09+ 04:53+ 02:30+ 01:57+ 05:21+ 03:42+ 08:48+ 02:55- 01:40+ 01:14+ 01:39+ 01:49+ 01:40+ 01:47+ 01:41+ 00:28+

00:15# 00:24& 00:34& 00:20& 01:19& 01:15& 01:04& 01:34& 00:56& 00:39+ 00:14- 00:20# 00:29& 00:20& 00:58@ 00:38& 00:37& 00:28& 00:10&

### 9 Svein Magnus Halsne

02:05+ 03:51+ 05:58+ 08:11+ 12:42+ 14:14+ 15:25+ 20:07+ 23:38+ 32:51+ 36:33+ 38:16+ 39:21+ 41:16+ 43:37+ 45:03+ 47:31+ 48:56+ 49:30+

02:05+ 01:46+ 02:07+ 02:13+ 04:31+ 01:32+ 01:11+ 04:42+ 03:31+ 09:13+ 03:42+ 01:43+ 01:05+ 01:55+ 02:21+ 01:26+ 02:28+ 01:25+ 00:34+

00:05+ 00:14# 00:49& 01:24@ 00:57& 00:17# 00:18& 00:55# 00:45& 01:04# 00:33# 00:23& 00:20& 00:36& 01:30@ 00:24& 01:18@ 00:12# 00:16&

### 10 Erik Lima

02:31+ 04:35+ 06:17+ 07:23+ 11:59+ 13:36+ 14:50+ 19:44+ 23:23+ 33:52+ 37:34+ 39:48+ 41:07+ 42:44+ 44:10+ 45:57+ 47:29+ 49:07+ 49:34+

02:31+ 02:04+ 01:42+ 01:06+ 04:36+ 01:37+ 01:14+ 04:54+ 03:39+ 10:29+ 03:42+ 02:14+ 01:19+ 01:37+ 01:26+ 01:47+ 01:32+ 01:38+ 00:27+

00:31& 00:32& 00:24& 00:17& 01:02& 00:22& 00:21& 01:07& 00:53& 02:20& 00:33# 00:54& 00:34& 00:18# 00:35& 00:45& 00:22& 00:25& 00:09&

### 11 Martin Blystad

02:19+ 04:08+ 06:25+ 07:43+ 12:03+ 14:33+ 16:04+ 20:27+ 24:19+ 34:43+ 38:39+ 40:36+ 42:09+ 44:48+ 46:04+ 47:29+ 48:59+ 50:28+ 50:59+

02:19+ 01:49+ 02:17+ 01:18+ 04:20+ 02:30+ 01:31+ 04:23+ 03:52+ 10:24+ 03:56+ 01:57+ 01:33+ 02:39+ 01:16+ 01:25+ 01:30+ 01:29+ 00:31+

00:19# 00:17# 00:59& 00:29& 00:46# 01:15& 00:38& 00:36# 01:06& 02:15& 00:47# 00:37& 00:48@ 01:20@ 00:25& 00:23& 00:20& 00:16# 00:13&

### 12 Marius Stene

02:16+ 04:18+ 06:51+ 08:02+ 12:39+ 14:35+ 16:12+ 22:01+ 26:51+ 37:08+ 41:17+ 43:16+ 45:08+ 47:36+ 49:13+ 50:43+ 52:32+ 55:22+ 55:47+

02:16+ 02:02+ 02:33+ 01:11+ 04:37+ 01:56+ 01:37+ 05:49+ 04:50+ 10:17+ 04:09+ 01:59+ 01:52+ 02:28+ 01:37+ 01:30+ 01:49+ 02:50+ 00:25+

00:16# 00:30& 01:15& 00:22& 01:03& 00:41& 00:44& 02:02& 02:04& 02:08& 01:00& 00:39& 01:07@ 01:09& 00:46& 00:28& 00:39& 01:37@ 00:07&

### Beste strekktid for klassen

01:58 01:21 01:18 00:49 03:34 01:09 00:50 03:47 02:44 07:42 02:32 01:20 00:45 01:16 00:48 01:02 01:10 01:13 00:18

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

Herrer B

1 Arild Aasheim 93 41:58
02:08= 03:40= 05:40= 06:56= 10:46= 11:59= 13:06= 17:05= 20:09= 29:01= 32:13= 33:42= 34:46= 36:21= 37:28= 38:47= 40:08= 41:32= 41:58=
02:08= 01:32= 02:00= 01:16= 03:50= 01:13= 01:07= 03:59= 03:04= 08:52= 03:12= 01:29= 01:04= 01:35= 01:07= 01:19= 01:21= 01:24= 00:26=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Tor Gunnar Aksland 116 43:26
02:17+ 03:57+ 05:30- 06:31- 10:35- 11:58- 13:11+ 17:35+ 21:32+ 30:41+ 33:28+ 34:57+ 36:03+ 37:30+ 38:40+ 40:06+ 41:30+ 43:00+ 43:26+
02:17+ 01:40+ 01:33- 01:01- 04:04+ 01:23+ 01:13+ 04:24+ 03:57+ 09:09+ 02:47- 01:29= 01:06+ 01:27- 01:10+ 01:26+ 01:24+ 01:30+ 00:26=
00:09+ 00:08+ 00:27- 00:15- 00:14+ 00:10# 00:06# 00:25# 00:53# 00:17+ 00:25- 00:00= 00:02+ 00:08- 00:03+ 00:07+ 00:03+ 00:06+ 00:00=

3 Tom Furland 62 44:04
02:20+ 04:00+ 05:32- 06:32- 10:43- 12:07+ 13:36+ 18:33+ 22:09+ 31:33+ 34:37+ 36:14+ 37:33+ 38:46+ 39:34+ 40:44+ 42:08+ 43:36+ 44:04+
02:20+ 01:40+ 01:32- 01:00- 04:11+ 01:24+ 01:29+ 04:57+ 03:36+ 09:24+ 03:04- 01:37+ 01:19+ 01:13- 00:48- 01:10- 01:24+ 01:28+ 00:28+
00:12+ 00:08+ 00:28- 00:16- 00:21+ 00:11# 00:22# 00:58# 00:32# 00:32+ 00:08- 00:08+ 00:15# 00:22- 00:19- 00:09- 00:03+ 00:04+ 00:02+

4 Ørjan Ravndal 194 44:48
02:24+ 04:15+ 06:22+ 07:19+ 11:43+ 13:12+ 14:24+ 18:49+ 22:14+ 31:41+ 34:49+ 36:25+ 37:27+ 38:46+ 39:52+ 40:59+ 42:33+ 44:21+ 44:48+
02:24+ 01:51+ 02:07+ 00:57- 04:24+ 01:29+ 01:12+ 04:25+ 03:25+ 09:27+ 03:08- 01:36+ 01:02- 01:19- 01:06- 01:07- 01:34+ 01:48+ 00:27+
00:16# 00:19# 00:07+ 00:19- 00:34# 00:16# 00:05+ 00:26# 00:21# 00:35+ 00:04- 00:07+ 00:02- 00:16- 00:01- 00:12- 00:13# 00:24# 00:01+

5 Aart Joakim in't Veld 93 45:20
02:34+ 04:10+ 05:57+ 07:03+ 11:15+ 12:36+ 13:40+ 17:58+ 21:18+ 31:02+ 34:40+ 36:08+ 37:05+ 38:41+ 39:57+ 41:04+ 43:28+ 44:55+ 45:20+
02:34+ 01:36+ 01:47- 01:06- 04:12+ 01:21+ 01:04- 04:18+ 03:20+ 09:44+ 03:38+ 01:28- 00:57- 01:36+ 01:16+ 01:07- 02:24+ 01:27+ 00:25-
00:26# 00:04+ 00:13- 00:10- 00:22+ 00:08# 00:03- 00:19+ 00:16+ 00:52+ 00:26# 00:01- 00:07- 00:01+ 00:09# 00:12- 01:03# 00:03+ 00:01-

6 Oddgeir Eikeskog 93 46:45
02:14+ 03:58+ 05:30- 06:41- 11:06+ 12:34+ 13:47+ 18:17+ 21:51+ 32:25+ 35:17+ 37:02+ 38:32+ 40:14+ 41:18+ 42:44+ 44:14+ 46:19+ 46:45+
02:14+ 01:44+ 01:32- 01:11- 04:25+ 01:28+ 01:13+ 04:30+ 03:34+ 10:34+ 02:52- 01:45+ 01:30+ 01:42+ 01:04- 01:26+ 01:30+ 02:05+ 00:26=
00:06+ 00:12# 00:28- 00:05- 00:35# 00:15# 00:06+ 00:31# 00:30# 01:42# 00:20- 00:16# 00:26# 00:07+ 00:03- 00:07+ 00:09# 00:41# 00:00=

7 Geir Sand 105 46:50
02:13+ 03:54+ 05:40= 07:30+ 11:53+ 13:16+ 14:51+ 19:25+ 22:49+ 32:17+ 35:38+ 37:15+ 38:22+ 40:06+ 41:43+ 43:19+ 44:52+ 46:23+ 46:50+
02:13+ 01:41+ 01:46- 01:50+ 04:23+ 01:23+ 01:35+ 04:34+ 03:24+ 09:28+ 03:21+ 01:37+ 01:07+ 01:44+ 01:37+ 01:36+ 01:33+ 01:31+ 00:27+
00:05+ 00:09+ 00:14- 00:34# 00:33# 00:10# 00:28# 00:35# 00:20# 00:36+ 00:09+ 00:08+ 00:03+ 00:09+ 00:30# 00:17# 00:12# 00:07+ 00:01+

8 Odd Ivar Karlsen 76 47:38
02:23+ 04:09+ 05:46+ 06:54- 11:25+ 12:55+ 14:34+ 19:02+ 22:31+ 32:12+ 35:36+ 37:18+ 39:02+ 40:43+ 42:14+ 43:49+ 45:36+ 47:12+ 47:38+
02:23+ 01:46+ 01:37- 01:08- 04:31+ 01:30+ 01:39+ 04:28+ 03:29+ 09:41+ 03:24+ 01:42+ 01:44+ 01:41+ 01:31+ 01:35+ 01:47+ 01:36+ 00:26=
00:15# 00:14# 00:23- 00:08- 00:41# 00:17# 00:32# 00:29# 00:25# 00:49+ 00:12+ 00:13# 00:40# 00:06+ 00:24# 00:16# 00:26# 00:12# 00:00=

9 Oddvar Taksdal 194 49:33
02:42+ 04:32+ 06:42+ 08:06+ 12:27+ 13:58+ 15:08+ 19:46+ 23:30+ 33:48+ 37:23+ 39:09+ 40:18+ 42:08+ 43:21+ 44:51+ 46:38+ 48:58+ 49:33+
02:42+ 01:50+ 02:10+ 01:24+ 04:21+ 01:31+ 01:10+ 04:38+ 03:44+ 10:18+ 03:35+ 01:46+ 01:09+ 01:50+ 01:13+ 01:30+ 01:47+ 02:20+ 00:35+
00:34# 00:18# 00:10+ 00:08# 00:31# 00:18# 00:03+ 00:39# 00:40# 01:26# 00:23# 00:17# 00:05+ 00:15# 00:06+ 00:11# 00:26# 00:56# 00:09#

10 Øystein Amundrud 53 49:56
02:12+ 04:00+ 05:39- 06:44- 10:49+ 12:17+ 14:47+ 19:32+ 24:09+ 34:21+ 37:53+ 40:07+ 41:15+ 42:58+ 44:20+ 46:02+ 47:55+ 49:26+ 49:56+
02:12+ 01:48+ 01:39- 01:05- 04:05+ 01:28+ 02:30+ 04:45+ 04:37+ 10:12+ 03:32+ 02:14+ 01:08+ 01:43+ 01:22+ 01:42+ 01:53+ 01:31+ 00:30+
00:04+ 00:16# 00:21- 00:11- 00:15+ 00:15# 01:23# 00:46# 01:33# 01:20# 00:20# 00:45# 00:04+ 00:08+ 00:15# 00:23# 00:32# 00:07+ 00:04#

11 Stein Arne Olsen 68 49:59
02:28+ 04:14+ 05:52+ 07:35+ 12:02+ 13:33+ 14:56+ 19:50+ 24:23+ 34:34+ 38:25+ 40:09+ 41:18+ 43:10+ 44:30+ 46:15+ 47:50+ 49:28+ 49:59+
02:28+ 01:46+ 01:38- 01:43+ 04:27+ 01:31+ 01:23+ 04:54+ 04:33+ 10:11+ 03:51+ 01:44+ 01:09+ 01:52+ 01:20+ 01:45+ 01:35+ 01:38+ 00:31+
00:20# 00:14# 00:22- 00:27# 00:37# 00:18# 00:16# 00:55# 01:29# 01:19# 00:39# 00:15# 00:05+ 00:17# 00:13# 00:26# 00:14# 00:14# 00:05#

12 Per Olav Haarr 62 50:15
02:17+ 04:08+ 05:55+ 07:04+ 11:35+ 13:08+ 14:26+ 19:14+ 23:46+ 33:22+ 36:54+ 38:42+ 39:48+ 42:44+ 44:34+ 46:21+ 48:03+ 49:43+ 50:15+
02:17+ 01:51+ 01:47- 01:09- 04:31+ 01:33+ 01:18+ 04:48+ 04:32+ 09:36+ 03:32+ 01:48+ 01:06+ 02:56+ 01:50+ 01:47+ 01:42+ 01:40+ 00:32+
00:09+ 00:19# 00:13- 00:07- 00:41# 00:20# 00:11# 00:49# 01:28# 00:44+ 00:20# 00:19# 00:02+ 01:21# 00:43# 00:28# 00:21# 00:16# 00:06#

13 Bård Skogsholm 194 52:35
02:17+ 04:12+ 06:20+ 07:31+ 12:07+ 13:49+ 15:08+ 20:05+ 23:58+ 35:19+ 39:15+ 41:08+ 42:14+ 44:29+ 45:53+ 48:25+ 50:24+ 52:08+ 52:35+
02:17+ 01:55+ 02:08+ 01:11- 04:36+ 01:42+ 01:19+ 04:57+ 03:53+ 11:21+ 03:56+ 01:53+ 01:06+ 02:15+ 01:24+ 02:32+ 01:59+ 01:44+ 00:27+
00:09+ 00:23# 00:08+ 00:05- 00:46# 00:29# 00:12# 00:58# 00:49# 02:29# 00:44# 00:24# 00:02+ 00:40# 00:17# 01:13# 00:38# 00:20# 00:01+

14 Øyvind Rummelhoff 27 53:00
02:14+ 04:16+ 06:10+ 07:15+ 12:36+ 14:55+ 16:10+ 21:24+ 24:52+ 34:30+ 38:17+ 40:30+ 41:46+ 43:43+ 45:06+ 49:03+ 50:39+ 52:34+ 53:00+
02:14+ 02:02+ 01:54- 01:05- 05:21+ 02:19+ 01:15+ 05:14+ 03:28+ 09:38+ 03:47+ 02:13+ 01:16+ 01:57+ 01:23+ 03:57+ 01:36+ 01:55+ 00:26=
00:06+ 00:30# 00:06- 00:11- 01:31# 01:06# 00:08# 01:15# 00:24# 00:46+ 00:35# 00:44# 00:12# 00:22# 00:16# 02:38# 00:15# 00:31# 00:00=

Class	Navn	Klasse										Tid							
<b>15</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>55:37</b>							
02:24+	04:43+	06:48+	08:04+	13:33+	15:12+	17:06+	22:33+	26:28+	37:58+	42:34+	44:33+	45:55+	47:51+	49:18+	51:13+	53:19+	55:03+	55:37+	
02:24+	02:19+	02:05+	01:16=	05:29+	01:39+	01:54+	05:27+	03:55+	11:30+	04:36+	01:59+	01:22+	01:56+	01:27+	01:55+	02:06+	01:44+	00:34+	
00:16#	00:47#	00:05+	00:00=	01:39#	00:26#	00:47#	01:28#	00:51#	02:38#	01:24#	00:30#	00:18#	00:21#	00:20#	00:36#	00:45#	00:20#	00:08#	
<b>16</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>										<b>59:14</b>							
02:24+	04:33+	06:25+	08:04+	13:17+	14:56+	17:11+	22:06+	26:19+	36:35+	40:51+	43:46+	44:54+	50:48+	52:30+	54:23+	56:43+	58:46+	59:14+	
02:24+	02:09+	01:52-	01:39+	05:13+	01:39+	02:15+	04:55+	04:13+	10:16+	04:16+	02:55+	01:08+	05:54+	01:42+	01:53+	02:20+	02:03+	00:28+	
00:16#	00:37#	00:08-	00:23#	01:23#	00:26#	01:08#	00:56#	01:09#	01:24#	01:04#	01:26#	00:04+	04:19#	00:35#	00:34#	00:59#	00:39#	00:02+	
<b>17</b>	<b>Jørgen Breivold</b>	<b>54</b>										<b>1:01:48</b>							
02:18+	04:10+	05:52+	07:30+	12:22+	14:03+	16:16+	24:17+	28:33+	39:32+	44:02+	46:31+	48:52+	51:51+	54:48+	57:03+	59:30+	61:12+	61:48+	
02:18+	01:52+	01:42-	01:38+	04:52+	01:41+	02:13+	08:01+	04:16+	10:59+	04:30+	02:29+	02:21+	02:59+	02:57+	02:15+	02:27+	01:42+	00:36+	
00:10+	00:20#	00:18-	00:22#	01:02#	00:28#	01:06#	04:02#	01:12#	02:07#	01:18#	01:00#	01:17#	01:24#	01:50#	00:56#	01:06#	00:18#	00:10#	
<b>18</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>										<b>1:06:55</b>							
02:56+	05:24+	07:36+	09:04+	15:02+	17:00+	18:35+	24:25+	30:14+	44:00+	48:28+	50:54+	53:43+	56:39+	58:43+	60:46+	63:10+	66:12+	66:55+	
02:56+	02:28+	02:12+	01:28+	05:58+	01:58+	01:35+	05:50+	05:49+	13:46+	04:28+	02:26+	02:49+	02:56+	02:04+	02:03+	02:24+	03:02+	00:43+	
00:48#	00:56#	00:12#	00:08#	02:08#	00:45#	00:28#	01:51#	02:45#	04:54#	01:16#	00:57#	01:45#	01:21#	00:57#	00:44#	01:03#	01:38#	00:17#	
<b>Beste strekktid for klassen</b>	02:08	01:32	01:32	00:57	03:50	01:13	01:04	03:59	03:04	08:52	02:47	01:28	00:57	01:13	00:48	01:07	01:21	01:24	00:25

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

Class	Navn	Klasse										Tid					
<b>10</b>	<b>Kjell Dale</b>	<b>93</b>										<b>1:01:14</b>					
01:40+	05:34+	07:19+	08:33+	13:22+	16:09+	21:45+	25:53+	34:36+	39:00+	40:31+	43:02+	52:26+	54:56+	56:56+	59:28+	60:32+	61:14+
01:40+	03:54+	01:45+	01:14+	04:49+	02:47+	05:36+	04:08+	08:43+	04:24+	01:31+	02:31+	09:24+	02:30+	02:00+	02:32+	01:04+	00:42+
00:13#	00:24#	00:29&	00:03+	00:20+	00:35&	01:26&	00:33#	00:56#	00:54&	00:12#	00:34&	07:38@	00:35&	00:18#	00:32&	00:08#	00:13&
<b>11</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>1:04:54</b>					
01:40+	05:26+	07:22+	09:17+	14:40+	18:00+	23:48+	29:21+	38:51+	46:32+	50:24+	53:34+	56:01+	58:10+	60:30+	63:10+	64:24+	64:54+
01:40+	03:46+	01:56+	01:55+	05:23+	03:20+	05:48+	05:33+	09:30+	07:41+	03:52+	03:10+	02:27+	02:09+	02:20+	02:40+	01:14+	00:30+
00:13#	00:16+	00:40&	00:44&	00:54#	01:08&	01:38&	01:58&	01:43#	04:11@	02:33@	01:13&	00:41&	00:14#	00:38&	00:40&	00:18&	00:01+
<b>12</b>	<b>Erling Mauland</b>	<b>83</b>										<b>1:05:26</b>					
02:06+	06:41+	08:23+	09:53+	15:02+	17:23+	23:06+	27:29+	41:46+	46:25+	50:02+	53:08+	56:33+	58:55+	61:20+	63:48+	64:56+	65:26+
02:06+	04:35+	01:42+	01:30+	05:09+	02:21+	05:43+	04:23+	14:17+	04:39+	03:37+	03:06+	03:25+	02:22+	02:25+	02:28+	01:08+	00:30+
00:39&	01:05&	00:26&	00:19&	00:40#	00:09+	01:33&	00:48#	06:30&	01:09&	02:18@	01:09&	01:39&	00:27#	00:43&	00:28#	00:12#	00:01+
<b>13</b>	<b>Ove Oaland</b>	<b>116</b>										<b>1:07:59</b>					
01:52+	06:51+	09:26+	10:56+	16:39+	19:57+	28:06+	33:10+	46:16+	51:19+	53:31+	56:04+	58:38+	61:17+	63:25+	65:57+	67:17+	67:59+
01:52+	04:59+	02:35+	01:30+	05:43+	03:18+	08:09+	05:04+	13:06+	05:03+	02:12+	02:33+	02:34+	02:39+	02:08+	02:32+	01:20+	00:42+
00:25&	01:29&	01:19@	00:19&	01:14&	01:06&	03:59&	01:29&	05:19&	01:33&	00:53&	00:36&	00:48&	00:44&	00:26&	00:32&	00:24&	00:13&
<b>14</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>1:09:12</b>					
01:48+	06:09+	08:11+	10:37+	16:48+	19:45+	26:27+	31:37+	43:05+	47:36+	50:21+	53:31+	57:13+	60:37+	62:47+	67:11+	68:35+	69:12+
01:48+	04:21+	02:02+	02:26+	06:11+	02:57+	06:42+	05:10+	11:28+	04:31+	02:45+	03:10+	03:42+	03:24+	02:10+	04:24+	01:24+	00:37+
00:21#	00:51#	00:46&	01:15@	01:42&	00:45&	02:32&	01:35&	03:41&	01:01&	01:26@	01:13&	01:56@	01:29&	00:28&	02:24@	00:28&	00:08&
<b>15</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>1:10:13</b>					
01:39+	05:56+	07:59+	10:24+	15:33+	18:58+	25:52+	30:28+	43:52+	48:44+	50:37+	55:45+	59:35+	62:40+	65:02+	67:54+	69:32+	70:13+
01:39+	04:17+	02:03+	02:25+	05:09+	03:25+	06:54+	04:36+	13:24+	04:52+	01:53+	05:08+	03:50+	03:05+	02:22+	02:52+	01:38+	00:41+
00:12#	00:47#	00:47&	01:14@	00:40#	01:13&	02:44&	01:01&	05:37&	01:22&	00:34&	03:11@	02:04@	01:10&	00:40&	00:52&	00:42&	00:12&
<b>16</b>	<b>Steve Richardson</b>	<b>42</b>										<b>1:31:45</b>					
02:35+	13:36+	15:43+	19:04+	26:49+	34:25+	41:34+	47:41+	60:17+	68:32+	71:40+	77:38+	81:41+	84:49+	87:05+	90:01+	91:14+	91:45+
02:35+	11:01+	02:07+	03:21+	07:45+	07:36+	07:09+	06:07+	12:36+	08:15+	03:08+	05:58+	04:03+	03:08+	02:16+	02:56+	01:13+	00:31+
01:08&	07:31@	00:51&	02:10@	03:16&	05:24@	02:59&	02:32&	04:49&	04:45@	01:49@	04:01@	02:17@	01:13&	00:34&	00:56&	00:17&	00:02+

### Beste strekktid for klassen

01:19 02:44 01:02 00:58 04:03 02:03 03:57 03:30 07:47 03:17 01:19 01:33 01:46 01:52 01:24 01:45 00:44 00:24

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

## Herrer Ny

<b>1</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>										<b>13:40</b>					
03:07=	04:56=	07:03=	09:05=	11:44=	12:53=	13:40=											
03:07=	01:49=	02:07=	02:02=	02:39=	01:09=	00:47=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											

### Beste strekktid for klassen

03:07 01:49 02:07 02:02 02:39 01:09 00:47

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

## Herrer Trim

<b>1</b>	<b>Øivind Rustan</b>	<b>79</b>										<b>25:03</b>					
01:44=	03:37=	07:31=	10:02=	12:50=	16:22=	18:43=	20:01=	21:56=	23:22=	24:23=	25:03=						
01:44=	01:53=	03:54=	02:31=	02:48=	03:32=	02:21=	01:18=	01:55=	01:26=	01:01=	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=						
<b>2</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>26:10</b>					
01:24-	03:26-	07:50+	10:28+	12:35-	15:46-	18:20-	20:32+	22:40+	24:36+	25:36+	26:10+						
01:24-	02:02+	04:24+	02:38+	02:07-	03:11-	02:34+	02:12+	02:08+	01:56+	01:00-	00:34-						
00:20-	00:09+	00:30#	00:07+	00:41-	00:21-	00:13+	00:54&	00:13#	00:30&	00:01-	00:06-						
<b>3</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>26:14</b>					
01:21-	03:16-	06:18-	08:21-	10:13-	13:25-	15:41-	17:35-	19:38-	21:04-	25:50+	26:14+						
01:21-	01:55+	03:02-	02:03-	01:52-	03:12-	02:16-	01:54+	02:03+	01:26=	04:46+	00:24-						
00:23-	00:02+	00:52-	00:28-	00:56-	00:20-	00:05-	00:36&	00:08+	00:00=	03:45@	00:16-						

Class	Navn	Klasse										Tid
<b>4</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>28:11</b>
01:59+	04:41+	08:53+	11:12+	13:31+	17:09+	20:06+	21:55+	24:26+	26:23+	27:33+	28:11+	
01:59+	02:42+	04:12+	02:19-	02:19-	03:38+	02:57+	01:49+	02:31+	01:57+	01:10+	00:38-	
00:15#	00:49&	00:18+	00:12-	00:29-	00:06+	00:36&	00:31&	00:36&	00:31&	00:09#	00:02-	
<b>5</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>29:27</b>
01:57+	04:38+	08:59+	11:24+	14:08+	18:12+	21:12+	23:05+	25:46+	27:58+	28:53+	29:27+	
01:57+	02:41+	04:21+	02:25-	02:44-	04:04+	03:00+	01:53+	02:41+	02:12+	00:55-	00:34-	
00:13#	00:48&	00:27#	00:06-	00:04-	00:32#	00:39&	00:35&	00:46&	00:46&	00:06-	00:06-	
<b>6</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>29:35</b>
02:05+	04:33+	08:22+	10:35+	12:38-	16:59+	19:46+	22:01+	24:17+	28:19+	29:00+	29:35+	
02:05+	02:28+	03:49-	02:13-	02:03-	04:21+	02:47+	02:15+	02:16+	04:02+	00:41-	00:35-	
00:21#	00:35&	00:05-	00:18-	00:45-	00:49#	00:26#	00:57&	00:21#	02:36@	00:20-	00:05-	
<b>7</b>	<b>Svein Mæle</b>	<b>43</b>										<b>30:25</b>
01:41-	04:09+	08:05+	11:25+	13:54+	18:19+	21:22+	23:44+	26:26+	28:19+	29:54+	30:25+	
01:41-	02:28+	03:56+	03:20+	02:29-	04:25+	03:03+	02:22+	02:42+	01:53+	01:35+	00:31-	
00:03-	00:35&	00:02+	00:49&	00:19-	00:53#	00:42&	01:04&	00:47&	00:27&	00:34&	00:09-	
<b>8</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>30:43</b>
01:51+	04:38+	09:10+	11:45+	14:24+	18:28+	21:38+	23:52+	26:49+	28:50+	29:56+	30:43+	
01:51+	02:47+	04:32+	02:35+	02:39-	04:04+	03:10+	02:14+	02:57+	02:01+	01:06+	00:47+	
00:07+	00:54&	00:38#	00:04+	00:09-	00:32#	00:49&	00:56&	01:02&	00:35&	00:05+	00:07#	
<b>9</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>30:48</b>
01:42-	04:06+	08:33+	10:57+	13:21+	19:21+	21:57+	24:34+	26:57+	28:47+	30:09+	30:48+	
01:42-	02:24+	04:27+	02:24-	02:24-	06:00+	02:36+	02:37+	02:23+	01:50+	01:22+	00:39-	
00:02-	00:31&	00:33#	00:07-	00:24-	02:28&	00:15#	01:19@	00:28#	00:24&	00:21&	00:01-	
<b>10</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>31:51</b>
02:04+	05:00+	10:28+	13:02+	15:33+	19:36+	22:48+	25:04+	27:56+	30:02+	31:08+	31:51+	
02:04+	02:56+	05:28+	02:34+	02:31-	04:03+	03:12+	02:16+	02:52+	02:06+	01:06+	00:43+	
00:20#	01:03&	01:34&	00:03+	00:17-	00:31#	00:51&	00:58&	00:57&	00:40&	00:05+	00:03+	
<b>11</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>32:44</b>
02:55+	05:27+	09:57+	13:01+	16:39+	20:48+	23:54+	26:21+	29:00+	31:09+	32:03+	32:44+	
02:55+	02:32+	04:30+	03:04+	03:38+	04:09+	03:06+	02:27+	02:39+	02:09+	00:54-	00:41+	
01:11&	00:39&	00:36#	00:33#	00:50&	00:37#	00:45&	01:09&	00:44&	00:43&	00:07-	00:01+	
<b>12</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>32:48</b>
02:19+	04:55+	09:06+	11:47+	13:55+	17:41+	20:33+	26:17+	28:56+	30:49+	32:10+	32:48+	
02:19+	02:36+	04:11+	02:41+	02:08-	03:46+	02:52+	05:44+	02:39+	01:53+	01:21+	00:38-	
00:35&	00:43&	00:17+	00:10+	00:40-	00:14+	00:31#	04:26@	00:44&	00:27&	00:20&	00:02-	
<b>13</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>35:39</b>
01:57+	05:12+	13:16+	16:01+	18:35+	22:49+	26:04+	28:22+	31:13+	33:26+	34:50+	35:39+	
01:57+	03:15+	08:04+	02:45+	02:34-	04:14+	03:15+	02:18+	02:51+	02:13+	01:24+	00:49+	
00:13#	01:22&	04:10@	00:14+	00:14-	00:42#	00:54&	01:00&	00:56&	00:47&	00:23&	00:09#	
<b>14</b>	<b>Håvard Høie</b>	<b>378</b>										<b>36:01</b>
04:19+	07:14+	12:02+	14:30+	21:14+	24:32+	27:05+	29:11+	31:59+	33:44+	35:21+	36:01+	
04:19+	02:55+	04:48+	02:28-	06:44+	03:18-	02:33+	02:06+	02:48+	01:45+	01:37+	00:40-	
02:35@	01:02&	00:54#	00:03-	03:56@	00:14-	00:12+	00:48&	00:53&	00:19#	00:36&	00:00-	
<b>15</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>36:02</b>
01:39-	04:24+	11:44+	14:34+	17:29+	21:09+	24:10+	26:30+	29:09+	33:59+	35:23+	36:02+	
01:39-	02:45+	07:20+	02:50+	02:55+	03:40+	03:01+	02:20+	02:39+	04:50+	01:24+	00:39-	
00:05-	00:52&	03:26&	00:19#	00:07+	00:08+	00:40&	01:02&	00:44&	03:24@	00:23&	00:01-	
<b>16</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>36:14</b>
01:57+	04:56+	13:42+	16:43+	19:23+	22:56+	25:59+	29:17+	32:05+	34:23+	35:28+	36:14+	
01:57+	02:59+	08:46+	03:01+	02:40-	03:33+	03:03+	03:18+	02:48+	02:18+	01:05+	00:46+	
00:13#	01:06&	04:52@	00:30#	00:08-	00:01+	00:42&	02:00@	00:53&	00:52&	00:04+	00:06#	
<b>17</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>36:17</b>
02:53+	05:24+	09:49+	12:43+	20:07+	23:58+	26:48+	28:52+	31:18+	34:10+	35:37+	36:17+	
02:53+	02:31+	04:25+	02:54+	07:24+	03:51+	02:50+	02:04+	02:26+	02:52+	01:27+	00:40-	
01:09&	00:38&	00:31#	00:23#	04:36@	00:19+	00:29#	00:46&	00:31&	01:26&	00:26&	00:00-	
<b>18</b>	<b>Endre Gabrielsen</b>	<b>126</b>										<b>36:23</b>
02:59+	05:58+	10:23+	13:57+	17:03+	22:56+	26:04+	28:33+	31:16+	34:09+	35:24+	36:23+	
02:59+	02:59+	04:25+	03:34+	03:06+	05:53+	03:08+	02:29+	02:43+	02:53+	01:15+	00:59+	
01:15&	01:06&	00:31#	01:03&	00:18#	02:21&	00:47&	01:11&	00:48&	01:27@	00:14#	00:19&	

Class	Navn	Klasse										Tid
<b>19</b>	<b>Eivind Brimsø</b>	<b>76</b>										<b>36:45</b>
03:04+	05:17+	08:48+	18:27+	20:20+	23:32+	27:22+	28:39+	31:11+	35:12+	36:05+	36:45+	
03:04+	02:13+	03:31-	09:39+	01:53-	03:12-	03:50+	01:17-	02:32+	04:01+	00:53-	00:40=	
01:20&	00:20#	00:23-	07:08@	00:55-	00:20-	01:29&	00:01-	00:37&	02:35@	00:08-	00:00=	
<b>20</b>	<b>Terje Langeland</b>	<b>98</b>										<b>36:49</b>
02:02+	04:53+	09:43+	15:25+	18:44+	23:06+	27:06+	29:12+	32:18+	34:19+	35:58+	36:49+	
02:02+	02:51+	04:50+	05:42+	03:19+	04:22+	04:00+	02:06+	03:06+	02:01+	01:39+	00:51+	
00:18#	00:58&	00:56#	03:11@	00:31#	00:50#	01:39&	00:48&	01:11&	00:35&	00:38&	00:11&	
<b>21</b>	<b>Per-Olof Wallerstedt</b>	<b>376</b>										<b>37:00</b>
04:25+	06:38+	11:32+	14:01+	20:39+	25:05+	28:13+	30:58+	33:27+	35:29+	36:23+	37:00+	
04:25+	02:13+	04:54+	02:29-	06:38+	04:26+	03:08+	02:45+	02:29+	02:02+	00:54-	00:37-	
02:41@	00:20#	01:00&	00:02-	03:50@	00:54&	00:47&	01:27@	00:34&	00:36&	00:07-	00:03-	
<b>22</b>	<b>Reidar Haver</b>	<b>4</b>										<b>38:01</b>
02:14+	04:58+	09:11+	12:30+	19:04+	25:13+	28:24+	30:34+	33:28+	35:49+	37:10+	38:01+	
02:14+	02:44+	04:13+	03:19+	06:34+	06:09+	03:11+	02:10+	02:54+	02:21+	01:21+	00:51+	
00:30&	00:51&	00:19+	00:48&	03:46@	02:37&	00:50&	00:52&	00:59&	00:55&	00:20&	00:11&	
<b>23</b>	<b>Nils Egil Lie</b>	<b>376</b>										<b>38:53</b>
02:20+	04:49+	10:09+	13:00+	19:49+	24:11+	28:30+	30:43+	33:49+	36:54+	38:16+	38:53+	
02:20+	02:29+	05:20+	02:51+	06:49+	04:22+	04:19+	02:13+	03:06+	03:05+	01:22+	00:37-	
00:36&	00:36&	01:26&	00:20#	04:01@	00:50#	01:58&	00:55&	01:11&	01:39@	00:21&	00:03-	
<b>24</b>	<b>Andreas Kristiansen</b>	<b>167</b>										<b>38:58</b>
02:11+	05:08+	13:03+	15:55+	20:43+	25:40+	28:55+	31:26+	34:18+	37:01+	38:16+	38:58+	
02:11+	02:57+	07:55+	02:52+	04:48+	04:57+	03:15+	02:31+	02:52+	02:43+	01:15+	00:42+	
00:27&	01:04&	04:01@	00:21#	02:00&	01:25&	00:54&	01:13&	00:57&	01:17&	00:14#	00:02+	
<b>25</b>	<b>Frank Gulbrandsen</b>	<b>105</b>										<b>39:07</b>
02:56+	06:21+	11:41+	14:36+	21:00+	26:11+	29:28+	31:33+	34:32+	37:04+	38:19+	39:07+	
02:56+	03:25+	05:20+	02:55+	06:24+	05:11+	03:17+	02:05+	02:59+	02:32+	01:15+	00:48+	
01:12&	01:32&	01:26&	00:24#	03:36@	01:39&	00:56&	00:47&	01:04&	01:06&	00:14#	00:08#	
<b>26</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>40:05</b>
05:25+	08:58+	14:10+	17:20+	20:16+	24:54+	28:25+	31:14+	34:50+	37:40+	39:10+	40:05+	
05:25+	03:33+	05:12+	03:10+	02:56+	04:38+	03:31+	02:49+	03:36+	02:50+	01:30+	00:55+	
03:41@	01:40&	01:18&	00:39&	00:08+	01:06&	01:10&	01:31@	01:41&	01:24&	00:29&	00:15&	
<b>27</b>	<b>Tom Leveraas</b>	<b>93</b>										<b>42:32</b>
01:55+	12:13+	16:34+	20:01+	22:48+	27:12+	30:00+	33:09+	35:55+	40:07+	41:52+	42:32+	
01:55+	10:18+	04:21+	03:27+	02:47-	04:24+	02:48+	03:09+	02:46+	04:12+	01:45+	00:40=	
00:11#	08:25@	00:27#	00:56&	00:01-	00:52#	00:27#	01:51@	00:51&	02:46@	00:44&	00:00=	
<b>28</b>	<b>Andre Forbergsgok</b>	<b>117</b>										<b>44:09</b>
02:48+	07:02+	12:36+	17:00+	21:20+	27:19+	31:34+	34:16+	38:27+	41:12+	42:46+	44:09+	
02:48+	04:14+	05:34+	04:24+	04:20+	05:59+	04:15+	02:42+	04:11+	02:45+	01:34+	01:23+	
01:04&	02:21@	01:40&	01:53&	01:32&	02:27&	01:54&	01:24@	02:16@	01:19&	00:33&	00:43@	
<b>29</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>48:29</b>
05:30+	09:18+	16:30+	20:40+	25:42+	29:38+	33:53+	38:09+	41:28+	44:17+	47:16+	48:29+	
05:30+	03:48+	07:12+	04:10+	05:02+	03:56+	04:15+	04:16+	03:19+	02:49+	02:59+	01:13+	
03:46@	01:55@	03:18&	01:39&	02:14&	00:24#	01:54&	02:58@	01:24&	01:23&	01:58@	00:33&	
<b>30</b>	<b>Arnstein Skretting</b>	<b>54</b>										<b>49:02</b>
02:09+	05:22+	09:34+	12:07+	31:31+	35:48+	39:14+	41:29+	44:32+	46:48+	48:08+	49:02+	
02:09+	03:13+	04:12+	02:33+	19:24+	04:17+	03:26+	02:15+	03:03+	02:16+	01:20+	00:54+	
00:25#	01:20&	00:18+	00:02+	16:36@	00:45#	01:05&	00:57&	01:08&	00:50&	00:19&	00:14&	
<b>31</b>	<b>Per Bakken</b>	<b>5</b>										<b>49:10</b>
02:47+	06:21+	12:40+	17:34+	28:21+	33:38+	37:07+	40:00+	43:08+	46:17+	48:11+	49:10+	
02:47+	03:34+	06:19+	04:54+	10:47+	05:17+	03:29+	02:53+	03:08+	03:09+	01:54+	00:59+	
01:03&	01:41&	02:25&	02:23&	07:59@	01:45&	01:08&	01:35@	01:13&	01:43@	00:53&	00:19&	
<b>32</b>	<b>Arild Svihus</b>	<b>92</b>										<b>51:56</b>
02:51+	05:45+	11:48+	25:02+	34:38+	39:03+	42:38+	45:00+	47:55+	49:54+	51:15+	51:56+	
02:51+	02:54+	06:03+	13:14+	09:36+	04:25+	03:35+	02:22+	02:55+	01:59+	01:21+	00:41+	
01:07&	01:01&	02:09&	10:43@	06:48@	00:53#	01:14&	01:04&	01:00&	00:33&	00:20&	00:01+	
<b>33</b>	<b>Steinar Aase</b>	<b>268</b>										<b>52:12</b>
03:28+	08:08+	16:09+	20:16+	25:40+	31:26+	36:45+	40:05+	44:49+	48:56+	50:46+	52:12+	
03:28+	04:40+	08:01+	04:07+	05:24+	05:46+	05:19+	03:20+	04:44+	04:07+	01:50+	01:26+	
01:44&	02:47@	04:07@	01:36&	02:36&	02:14&	02:58@	02:02@	02:49@	02:41@	00:49&	00:46@	



Class	Navn	Klasse										Tid
<b>34</b>	<b>Chema Laiz</b>	<b>42</b>										<b>1:05:12</b>
08:47+	13:51+	20:01+	28:00+	31:57+	39:20+	45:02+	50:01+	54:41+	62:24+	64:23+	65:12+	
08:47+	05:04+	06:10+	07:59+	03:57+	07:23+	05:42+	04:59+	04:40+	07:43+	01:59+	00:49+	
07:03@	03:11@	02:16&	05:28@	01:09&	03:51@	03:21@	03:41@	02:45@	06:17@	00:58&	00:09#	
<b>35</b>	<b>Nicolas Schindeler</b>	<b>42</b>										<b>1:06:03</b>
03:36+	11:18+	16:22+	19:36+	22:35+	28:33+	31:30+	39:11+	41:51+	64:05+	65:16+	66:03+	
03:36+	07:42+	05:04+	03:14+	02:59+	05:58+	02:57+	07:41+	02:40+	22:14+	01:11+	00:47+	
01:52@	05:49@	01:10&	00:43&	00:11+	02:26&	00:36&	06:23@	00:45&	20:48@	00:10#	00:07#	
<b>36</b>	<b>Inge Grødem</b>	<b>92</b>										<b>1:20:07</b>
03:01+	14:52+	22:25+	27:20+	49:32+	57:03+	63:51+	67:45+	73:18+	76:43+	78:48+	80:07+	
03:01+	11:51+	07:33+	04:55+	22:12+	07:31+	06:48+	03:54+	05:33+	03:25+	02:05+	01:19+	
01:17&	09:58@	03:39&	02:24&	19:24@	03:59@	04:27@	02:36@	03:38@	01:59@	01:04@	00:39&	
<b>Beste strekktid for klassen</b>												
01:21	01:53	03:02	02:03	01:52	03:11	02:16	01:17	01:55	01:26	00:41	00:24	

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