

Class Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Katrine Haaland Leveraas</b>	<b>54</b>	<b>30:04</b>													
01:39=	03:43=	05:33=	06:57=	13:17=	13:27=	19:48=	22:30=	23:45=	24:47=	25:38=	26:01=	26:33=	27:45=	29:24=	29:56=	30:04=
01:39=	02:04=	01:50=	01:24=	06:20=	00:10=	06:21=	02:42=	01:15=	01:02=	00:51=	00:23=	00:32=	01:12=	01:39=	00:32=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	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>Maren Heradstveit</b>	<b>76</b>	<b>31:43</b>													
01:00-	02:47-	04:48-	06:08-	14:25+	14:37+	21:54+	24:31+	25:33+	26:24+	27:26+	27:59+	28:37+	30:28+	31:33+	31:43+	
01:00-	01:47-	02:01+	01:20-	08:17+	00:12+	07:17+	02:37-	01:02-	00:51-	01:02+	00:33+	00:38+	01:51+	01:05-	00:10-	
00:39-	00:17-	00:11#	00:04-	01:57&	00:02#	00:56#	00:05-	00:13-	00:11-	00:11#	00:10&	00:06#	00:39&	00:34-	00:22-	
<b>3</b>	<b>Elin Graneland</b>	<b>39</b>	<b>34:02</b>													
00:55-	02:38-	04:23-	05:29-	13:43+	13:55+	24:42+	27:36+	28:49+	29:41+	30:12+	30:35+	31:10+	32:49+	33:54+	34:02+	
00:55-	01:43-	01:45-	01:06-	08:14+	00:12+	10:47+	02:54+	01:13-	00:52-	00:31-	00:23=	00:35+	01:39+	01:05-	00:08-	
00:44-	00:21-	00:05-	00:18-	01:54&	00:02#	04:26&	00:12+	00:02-	00:10-	00:20-	00:00=	00:03+	00:27&	00:04-	00:24-	
<b>4</b>	<b>Ingrid Otnes</b>	<b>268</b>	<b>34:42</b>													
01:13-	02:59-	04:57-	05:59-	14:04+	14:15+	24:29+	27:22+	28:19+	29:08+	29:55+	30:43+	31:20+	33:01+	34:32+	34:42+	
01:13-	01:46-	01:58+	01:02-	08:05+	00:11+	10:14+	02:53+	00:57-	00:49-	00:47-	00:48+	00:37+	01:41+	01:31-	00:10-	
00:26-	00:18-	00:08+	00:22-	01:45&	00:01#	03:53&	00:11+	00:18-	00:13-	00:04-	00:25&	00:05#	00:29&	00:08-	00:22-	
<b>5</b>	<b>Sigvaldsen Marie</b>	<b>134</b>	<b>35:05</b>													
01:06-	03:23-	06:18+	08:43+	16:30+	16:42+	25:09+	28:14+	29:29+	30:10+	31:08+	31:33+	32:07+	33:40+	34:56+	35:05+	
01:06-	02:17+	02:55+	02:25+	07:47+	00:12+	08:27+	03:05+	01:15=	00:41-	00:58+	00:25+	00:34+	01:33+	01:16-	00:09-	
00:33-	00:13#	01:05&	01:01&	01:27#	00:02#	02:06&	00:23#	00:00=	00:21-	00:07#	00:02+	00:02+	00:21&	00:23-	00:23-	
<b>6</b>	<b>Tina Louise Langeland</b>	<b>74</b>	<b>36:20</b>													
01:09-	03:03-	05:35+	07:41+	16:15+	16:02+	24:49+	27:33+	29:12+	30:22+	31:14+	31:57+	32:42+	34:29+	36:06+	36:20+	
01:09-	01:54-	02:32+	02:06+	08:21+	00:13+	08:34+	02:44+	01:39+	01:10+	00:52+	00:43+	00:45+	01:47+	01:37-	00:14-	
00:30-	00:10-	00:42&	00:42&	02:01&	00:03&	02:13&	00:02+	00:24&	00:08#	00:01+	00:20&	00:13&	00:35&	00:02-	00:18-	
<b>7</b>	<b>Ann Torill Bakken</b>	<b>116</b>	<b>37:55</b>													
00:59-	02:53-	05:15-	06:44-	15:54+	16:08+	25:48+	30:12+	31:51+	32:34+	33:23+	33:50+	34:26+	36:10+	37:47+	37:55+	
00:59-	01:54-	02:22+	01:29+	09:10+	00:14+	09:40+	04:24+	01:39+	00:43-	00:49-	00:27+	00:36+	01:44+	01:37-	00:08-	
00:40-	00:10-	00:32&	00:05+	02:50&	00:04&	03:19&	01:42&	00:24&	00:19-	00:02-	00:04#	00:04#	00:32&	00:02-	00:24-	
<b>8</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>38:11</b>													
01:07-	03:34-	05:57+	07:14+	17:15+	17:27+	26:32+	30:40+	32:37+	33:24+	34:12+	34:52+	35:24+	36:48+	38:04+	38:11+	
01:07-	02:27+	02:23+	01:17-	10:01+	00:12+	09:05+	04:08+	01:57+	00:47-	00:48-	00:40+	00:32=	01:24+	01:16-	00:07-	
00:32-	00:23#	00:33&	00:07-	03:41&	00:02#	02:44&	01:26&	00:42&	00:15-	00:03-	00:17&	00:00=	00:12#	00:23-	00:25-	
<b>9</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>38:18</b>													
02:34+	04:52+	08:32+	09:49+	19:34+	19:46+	27:17+	30:12+	32:46+	33:15+	33:59+	34:28+	35:23+	36:52+	38:09+	38:18+	
02:34+	02:18+	03:40+	01:17-	09:45+	00:12+	07:31+	02:55+	02:34+	00:29-	00:44-	00:29+	00:55+	01:29+	01:17-	00:09-	
00:55&	00:14#	01:50&	00:07-	03:25&	00:02#	01:10#	00:13+	01:19&	00:33-	00:07-	00:06&	00:23&	00:17#	00:22-	00:23-	
<b>10</b>	<b>Møyfrid Risdal</b>	<b>113</b>	<b>38:38</b>													
01:21-	04:44+	06:57+	08:11+	16:38+	16:54+	25:08+	29:16+	31:01+	31:48+	33:27+	33:53+	34:28+	36:44+	38:30+	38:38+	
01:21-	03:23+	02:13+	01:14-	08:27+	00:16+	08:14+	04:08+	01:45+	00:47-	01:39+	00:26+	00:35+	02:16+	01:46+	00:08-	
00:18-	01:19&	00:23#	00:10-	02:07&	00:06&	01:53&	01:26&	00:30&	00:15-	00:48&	00:03#	00:03+	01:04&	00:07+	00:24-	
<b>11</b>	<b>Kjersti Nordal</b>	<b>39</b>	<b>39:04</b>													
01:08-	03:14-	05:32-	06:50-	16:06+	16:16+	26:46+	30:55+	32:38+	33:41+	34:30+	35:20+	35:58+	37:40+	38:55+	39:04+	
01:08-	02:06+	02:18+	01:18-	09:16+	00:10=	10:30+	04:09+	01:43+	01:03+	00:49-	00:50+	00:38+	01:42+	01:15-	00:09-	
00:31-	00:02+	00:28&	00:06-	02:56&	00:00=	04:09&	01:27&	00:28&	00:01+	00:02-	00:27&	00:06#	00:30&	00:24-	00:23-	
<b>12</b>	<b>Hanne Berg Aspøy</b>	<b>117</b>	<b>39:05</b>													
01:09-	03:05-	05:16-	06:31-	14:37+	14:48+	27:10+	31:27+	32:39+	33:33+	34:30+	34:59+	35:31+	37:04+	38:56+	39:05+	
01:09-	01:56-	02:11+	01:15-	08:06+	00:11+	12:22+	04:17+	01:12-	00:54-	00:57+	00:29+	00:32=	01:33+	01:52+	00:09-	
00:30-	00:08-	00:21#	00:09-	01:46&	00:01#	06:01&	01:35&	00:03-	00:08-	00:06#	00:06&	00:00=	00:21&	00:13#	00:23-	
<b>13</b>	<b>Elise Auberg Vagle</b>	<b>366</b>	<b>39:13</b>													
01:10-	03:12-	05:43+	07:37+	17:24+	17:37+	27:54+	31:31+	32:49+	33:30+	34:26+	34:52+	35:29+	37:37+	39:02+	39:13+	
01:10-	02:02-	02:31+	01:54+	09:47+	00:13+	10:17+	03:37+	01:18+	00:41-	00:56+	00:26+	00:37+	02:08+	01:25-	00:11-	
00:29-	00:02-	00:41&	00:30&	03:27&	00:03&	03:56&	00:55&	00:03+	00:21-	00:05+	00:03#	00:05#	00:56&	00:14-	00:21-	
<b>14</b>	<b>Ingrid Dagsland Halderaker</b>	<b>11</b>	<b>39:18</b>													
01:40+	04:31+	07:05+	08:54+	17:37+	17:53+	27:58+	31:12+	32:43+	33:36+	34:31+	35:00+	35:44+	37:39+	39:10+	39:18+	
01:40+	02:51+	02:34+	01:49+	08:43+	00:16+	10:05+	03:14+	01:31+	00:53-	00:55+	00:29+	00:44+	01:55+	01:31-	00:08-	
00:01+	00:47&	00:44&	00:25&	02:23&	00:06&	03:44&	00:32#	00:16#	00:09-	00:04+	00:06&	00:12&	00:43&	00:08-	00:24-	

Class	Navn	Klasse											Tid			
<b>15</b>	<b>Anina Iselin Hadland</b>	<b>29</b>											<b>39:28</b>			
00:56-	05:41+	08:38+	09:45+	20:09+	20:17+	30:19+	33:08+	34:05+	35:05+	35:49+	36:10+	36:47+	38:24+	39:21+	39:28+	
00:56-	04:45+	02:57+	01:07-	10:24+	00:08-	10:02+	02:49+	00:57-	01:00-	00:44-	00:21-	00:37+	01:37+	00:57-	00:07-	
00:43-	02:41@	01:07&	00:17-	04:04&	00:02-	03:41&	00:07+	00:18-	00:02-	00:07-	00:02-	00:05#	00:25&	00:42-	00:25-	
<b>16</b>	<b>Hege Bakken</b>	<b>93</b>											<b>41:08</b>			
01:10-	03:26-	06:04+	07:36+	18:24+	18:36+	27:37+	32:12+	33:51+	34:40+	36:02+	36:28+	37:08+	39:03+	40:58+	41:08+	
01:10-	02:16+	02:38+	01:32+	10:48+	00:12+	09:01+	04:35+	01:39+	00:49-	01:22+	00:26+	00:40+	01:55+	01:55+	00:10-	
00:29-	00:12+	00:48&	00:08+	04:28&	00:02#	02:40&	01:53&	00:24&	00:13-	00:31&	00:03#	00:08#	00:43&	00:16#	00:22-	
<b>17</b>	<b>Heidi Langeland</b>	<b>117</b>											<b>43:25</b>			
02:13+	04:23+	06:55+	08:20+	18:12+	18:24+	27:37+	32:29+	34:56+	36:12+	37:27+	38:14+	38:54+	41:37+	43:14+	43:25+	
02:13+	02:10+	02:32+	01:25+	09:52+	00:12+	09:13+	04:52+	02:27+	01:16+	01:15+	00:47+	00:40+	02:43+	01:37-	00:11-	
00:34&	00:06+	00:42&	00:01+	03:32&	00:02#	02:52&	02:10&	01:12&	00:14#	00:24&	00:24@	00:08#	01:31@	00:02-	00:21-	
<b>18</b>	<b>Katja Eliassen</b>	<b>79</b>											<b>44:03</b>			
01:06-	03:06-	05:24-	07:04+	16:33+	16:46+	26:26+	30:07+	33:25+	35:29+	36:48+	37:15+	37:59+	40:04+	43:53+	44:03+	
01:06-	02:00-	02:18+	01:40+	09:29+	00:13+	09:40+	03:41+	03:18+	02:04+	01:19+	00:27+	00:44+	02:05+	03:49+	00:10-	
00:33-	00:04-	00:28&	00:16#	03:09&	00:03&	03:19&	00:59&	02:03@	01:02&	00:28&	00:04#	00:12&	00:53&	02:10@	00:22-	
<b>19</b>	<b>Sara Engevik</b>	<b>126</b>											<b>44:27</b>			
00:58-	03:20-	06:03+	07:38+	18:04+	18:21+	29:40+	34:35+	36:14+	37:18+	38:15+	39:03+	39:50+	41:52+	44:14+	44:27+	
00:58-	02:22+	02:43+	01:35+	10:26+	00:17+	11:19+	04:55+	01:39+	01:04+	00:57+	00:48+	00:47+	02:02+	02:22+	00:13-	
00:41-	00:18#	00:53&	00:11#	04:06&	00:07&	04:58&	02:13&	00:24&	00:02+	00:06#	00:25@	00:15&	00:50&	00:43&	00:19-	
<b>Beste strekktid for klassen</b>																
00:55	01:43	01:45	01:02	06:20	00:08	06:21	02:37	00:57	00:29	00:31	00:21	00:32	01:12	00:57	00:07	00:08
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
<b>Damer 40 - 49 år</b>																
<b>1</b>	<b>Toyah Bråtveit</b>	<b>43</b>											<b>32:29</b>			
00:34=	03:27=	06:02=	07:08=	17:41=	19:11=	24:53=	26:23=	27:31=	29:53=	30:21=	31:47=	32:21=	32:29=			
00:34=	02:53=	02:35=	01:06=	10:33=	01:30=	05:42=	01:30=	01:08=	02:22=	00:28=	01:26=	00:34=	00:08=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Ida K. Kolstø</b>	<b>29</b>											<b>32:44</b>			
00:33-	04:01+	05:05-	06:16-	17:27-	19:12+	25:36+	27:40+	28:29+	29:35-	30:32+	31:58+	32:36+	32:44+			
00:33-	03:28+	01:04-	01:11+	11:11+	01:45+	06:24+	02:04+	00:49-	01:06-	00:57+	01:26=	00:38+	00:08=			
00:01-	00:35#	01:31-	00:05+	00:38+	00:15#	00:42#	00:34&	00:19-	01:16-	00:29@	00:00=	00:04#	00:00=			
<b>3</b>	<b>Agnes Haker</b>	<b>43</b>											<b>33:32</b>			
00:32-	04:59+	05:55-	06:57-	19:37+	20:50+	26:35+	27:22+	28:21+	29:27-	30:39+	32:41+	33:23+	33:32+			
00:32-	04:27+	00:56-	01:02-	12:40+	01:13-	05:45+	00:47-	00:59-	01:06-	01:12+	02:02+	00:42+	00:09+			
00:02-	01:34&	01:39-	00:04-	02:07#	00:17-	00:03+	00:43-	00:09-	01:16-	00:44@	00:36&	00:08#	00:01#			
<b>4</b>	<b>Brit Nilsen</b>	<b>88</b>											<b>34:27</b>			
00:44+	05:45+	06:35+	08:10+	20:03+	21:37+	27:45+	28:38+	29:27+	30:42+	31:55+	33:30+	34:17+	34:27+			
00:44+	05:01+	00:50-	01:35+	11:53+	01:34+	06:08+	00:53-	00:49-	01:15-	01:13+	01:35+	00:47+	00:10+			
00:10&	02:08&	01:45-	00:29&	01:20#	00:04+	00:26+	00:37-	00:19-	01:07-	00:45@	00:09#	00:13&	00:02#			
<b>5</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>34:28</b>			
00:37+	03:59+	05:12-	06:19-	20:08+	21:32+	28:09+	29:02+	30:03+	31:18+	32:29+	33:42+	34:20+	34:28+			
00:37+	03:22+	01:13-	01:07+	13:49+	01:24-	06:37+	00:53-	01:01-	01:15-	01:11+	01:13-	00:38+	00:08=			
00:03+	00:29#	01:22-	00:01+	03:16&	00:06-	00:55#	00:37-	00:07-	01:07-	00:43@	00:13-	00:04#	00:00=			
<b>6</b>	<b>Heidi Martby-Skogsholm</b>	<b>105</b>											<b>36:32</b>			
00:40+	04:23+	06:04+	08:08+	22:37+	24:07+	30:52+	31:43+	32:42+	33:49+	34:40+	35:45+	36:24+	36:32+			
00:40+	03:43+	01:41-	02:04+	14:29+	01:30=	06:45+	00:51-	00:59-	01:07-	00:51+	01:05-	00:39+	00:08=			
00:06#	00:50&	00:54-	00:58&	03:56&	00:00=	01:03#	00:39-	00:09-	01:15-	00:23&	00:21-	00:05#	00:00=			
<b>7</b>	<b>Randi Helen Ladsten</b>	<b>128</b>											<b>36:53</b>			
00:52+	04:52+	06:35+	07:51+	21:19+	22:48+	29:29+	30:42+	31:55+	33:12+	34:06+	36:01+	36:45+	36:53+			
00:52+	04:00+	01:43-	01:16+	13:28+	01:29-	06:41+	01:13-	01:13+	01:17-	00:54+	01:55+	00:44+	00:08=			
00:18&	01:07&	00:52-	00:10#	02:55&	00:01-	00:59#	00:17-	00:05+	01:05-	00:26&	00:29&	00:10&	00:00=			
<b>8</b>	<b>Elin Norveel</b>	<b>105</b>											<b>48:53</b>			
02:42+	09:38+	13:13+	14:52+	30:33+	32:26+	40:18+	41:31+	42:50+	44:28+	46:18+	47:44+	48:41+	48:53+			
02:42+	06:56+	03:35+	01:39+	15:41+	01:53+	07:52+	01:13-	01:19+	01:38-	01:50+	01:26=	00:57+	00:12+			
02:08@	04:03@	01:00&	00:33&	05:08&	00:23&	02:10&	00:17-	00:11#	00:44-	01:22@	00:00=	00:23&	00:04&			

Class	Navn	Klasse												Tid
<b>9</b>	<b>Sølvi Jacobsen</b>	<b>43</b>												<b>50:03</b>
	00:55+	05:23+	07:23+	08:59+	24:17+	26:19+	36:33+	40:16+	43:53+	45:46+	48:54+	49:49+	50:03+	
	00:55+	04:28+	02:00-	01:36+	15:18+	02:02+	10:14+	03:43+	01:55+	01:42-	01:53+	03:08+	00:55+	
	00:21&	01:35&	00:35-	00:30&	04:45&	00:32&	04:32&	02:13@	00:47&	00:40-	01:25@	01:42@	00:21&	
<b>10</b>	<b>Elin Stueland</b>	<b>5</b>												<b>51:10</b>
	00:53+	05:49+	07:30+	10:25+	26:37+	27:59+	40:32+	44:00+	44:58+	47:02+	48:43+	50:04+	51:00+	
	00:53+	04:56+	01:41-	02:55+	16:12+	01:22-	12:33+	03:28+	00:58-	02:04-	01:41+	01:21-	00:56+	
	00:19&	02:03&	00:54-	01:49@	05:39&	00:08-	06:51@	01:58@	00:10-	00:18-	01:13@	00:05-	00:22&	
<b>Beste strekktid for klassen</b>														
	00:32	02:53	00:50	01:02	10:33	01:13	05:42	00:47	00:49	01:06	00:28	01:05	00:34	

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

## Damer 50 - 59 år

<b>1</b>	<b>Elisabeth Christie Ørke</b>	<b>105</b>												<b>35:29</b>
	00:48=	04:18=	05:14=	07:07=	20:00=	21:25=	28:17=	29:20=	30:13=	31:25=	33:10=	34:35=	35:21=	
	00:48=	03:30=	00:56=	01:53=	12:53=	01:25=	06:52=	01:03=	00:53=	01:12=	01:45=	01:25=	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=	
<b>2</b>	<b>Kari Smådal Turøy</b>	<b>115</b>												<b>36:25</b>
	00:45-	04:43+	06:15+	07:52+	19:49-	21:29+	27:34-	28:43-	29:49-	31:11-	32:25-	35:23+	36:14+	
	00:45-	03:58+	01:32+	01:37-	11:57-	01:40+	06:05-	01:09+	01:06+	01:22+	01:14-	02:58+	00:51+	
	00:03-	00:28#	00:36&	00:16-	00:56-	00:15#	00:47-	00:06+	00:13#	00:10#	00:31-	01:33@	00:05#	
<b>3</b>	<b>Evy Klausen Mjølunes</b>	<b>62</b>												<b>36:28</b>
	00:42-	04:37+	05:58+	07:12+	19:55-	21:35+	28:19+	29:30+	30:27+	31:51+	32:53-	35:30+	36:19+	
	00:42-	03:55+	01:21+	01:14-	12:43-	01:40+	06:44-	01:11+	00:57+	01:24+	01:02-	02:37+	00:49+	
	00:06-	00:25#	00:25&	00:39-	00:10-	00:15#	00:08-	00:08#	00:04+	00:12#	00:43-	01:12&	00:03+	
<b>4</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>												<b>36:39</b>
	00:47-	04:28+	06:04+	07:30+	20:11+	21:35+	29:26+	30:38+	31:33+	33:00+	34:29+	35:41+	36:30+	
	00:47-	03:41+	01:36+	01:26-	12:41-	01:24-	07:51+	01:12+	00:55+	01:27+	01:29-	01:12-	00:49+	
	00:01-	00:11+	00:40&	00:27-	00:12-	00:01-	00:59#	00:09#	00:02+	00:15#	00:16-	00:13-	00:03+	
<b>5</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>												<b>36:58</b>
	00:38-	04:25+	05:23+	06:58-	22:51+	24:22+	30:42+	31:29+	32:29+	33:35+	34:51+	36:04+	36:49+	
	00:38-	03:47+	00:58+	01:35-	15:53+	01:31+	06:20-	00:47-	01:00+	01:06-	01:16-	01:13-	00:45-	
	00:10-	00:17+	00:02+	00:18-	03:00#	00:06+	00:32-	00:16-	00:07#	00:06-	00:29-	00:12-	00:01-	
<b>6</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>												<b>37:15</b>
	00:49+	04:58+	06:19+	08:54+	21:18+	22:58+	30:04+	30:59+	32:07+	33:23+	35:11+	36:18+	37:04+	
	00:49+	04:09+	01:21+	02:35+	12:24-	01:40+	07:06+	00:55-	01:08+	01:16+	01:48+	01:07-	00:46=	
	00:01+	00:39#	00:25&	00:42&	00:29-	00:15#	00:14+	00:08-	00:15&	00:04+	00:03+	00:18-	00:00=	
<b>7</b>	<b>Kristin Skadsem</b>	<b>18</b>												<b>37:43</b>
	00:46-	04:52+	06:05+	08:17+	21:36+	23:25+	30:19+	30:59+	32:20+	33:46+	35:35+	36:39+	37:32+	
	00:46-	04:06+	01:13+	02:12+	13:19+	01:49+	06:54+	00:40-	01:21+	01:26+	01:49+	01:04-	00:53+	
	00:02-	00:36#	00:17&	00:19#	00:26+	00:24&	00:02+	00:23-	00:28&	00:14#	00:04+	00:21-	00:07#	
<b>8</b>	<b>Marianne Fuglestad</b>	<b>117</b>												<b>38:42</b>
	00:45-	05:23+	06:32+	08:02+	21:56+	23:38+	29:57+	31:01+	33:04+	34:46+	35:40+	37:43+	38:33+	
	00:45-	04:38+	01:09+	01:30-	13:54+	01:42+	06:19-	01:04+	02:03+	01:42+	00:54-	02:03+	00:50+	
	00:03-	01:08&	00:13#	00:23-	01:01+	00:17#	00:33-	00:01+	01:10@	00:30&	00:51-	00:38&	00:04+	
<b>9</b>	<b>Torill Andersen</b>	<b>116</b>												<b>39:39</b>
	00:51+	05:04+	08:10+	09:26+	22:05+	23:49+	31:27+	32:28+	34:09+	35:26+	37:15+	38:40+	39:29+	
	00:51+	04:13+	03:06+	01:16-	12:39-	01:44+	07:38+	01:01-	01:41+	01:17+	01:49+	01:25=	00:49+	
	00:03+	00:43#	02:10@	00:37-	00:14-	00:19#	00:46#	00:02-	00:48&	00:05+	00:04+	00:00=	00:03+	
<b>10</b>	<b>Nidunn Sandvik</b>	<b>228</b>												<b>41:06</b>
	00:50+	05:35+	07:46+	09:16+	24:28+	26:08+	33:29+	34:45+	35:45+	37:12+	38:27+	39:50+	40:54+	
	00:50+	04:45+	02:11+	01:30-	15:12+	01:40+	07:21+	01:16+	01:00+	01:27+	01:15-	01:23-	01:04+	
	00:02+	01:15&	01:15@	00:23-	02:19#	00:15#	00:29+	00:13#	00:07#	00:15#	00:30-	00:02-	00:18&	
<b>11</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>												<b>41:11</b>
	00:44-	04:56+	06:12+	07:46+	22:19+	24:04+	31:41+	32:42+	34:04+	37:07+	38:56+	40:11+	41:00+	
	00:44-	04:12+	01:16+	01:34-	14:33+	01:45+	07:37+	01:01-	01:22+	03:03+	01:49+	01:15-	00:49+	
	00:04-	00:42#	00:20&	00:19-	01:40#	00:20#	00:45#	00:02-	00:29&	01:51@	00:04+	00:10-	00:03+	

Class	Navn	Klasse										Tid	
<b>12</b>	<b>Signe Ottesen</b>	<b>116</b>										<b>41:24</b>	
00:46-	05:01+	09:37+	11:08+	24:04+	26:06+	33:13+	34:15+	36:15+	37:33+	38:31+	40:26+	41:14+	41:24+
00:46-	04:15+	04:36+	01:31-	12:56+	02:02+	07:07+	01:02-	02:00+	01:18+	00:58-	01:55+	00:48+	00:10+
00:02-	00:45#	03:40@	00:22-	00:03+	00:37&	00:15+	00:01-	01:07@	00:06+	00:47-	00:30&	00:02+	00:02#
<b>13</b>	<b>Ragnhild Auglænd</b>	<b>62</b>										<b>42:23</b>	
00:50+	05:07+	06:17+	07:37+	25:30+	27:09+	34:17+	36:05+	37:02+	38:20+	39:21+	41:21+	42:12+	42:23+
00:50+	04:17+	01:10+	01:20-	17:53+	01:39+	07:08+	01:48+	00:57+	01:18+	01:01-	02:00+	00:51+	00:11+
00:02+	00:47#	00:14#	00:33-	05:00&	00:14#	00:16+	00:45&	00:04+	00:06+	00:44-	00:35&	00:05#	00:03&
<b>14</b>	<b>Liv Margot Sviland</b>	<b>54</b>										<b>49:53</b>	
00:52+	05:55+	14:07+	15:39+	29:36+	31:08+	38:58+	40:08+	41:22+	43:54+	46:58+	48:47+	49:42+	49:53+
00:52+	05:03+	08:12+	01:32-	13:57+	01:32+	07:50+	01:10+	01:14+	02:32+	03:04+	01:49+	00:55+	00:11+
00:04+	01:33&	07:16@	00:21-	01:04+	00:07+	00:58#	00:07#	00:21&	01:20@	01:19&	00:24&	00:09#	00:03&
<b>15</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>50:33</b>	
01:12+	06:04+	07:28+	09:29+	27:25+	29:13+	38:39+	39:53+	41:24+	43:34+	46:22+	48:55+	50:20+	50:33+
01:12+	04:52+	01:24+	02:01+	17:56+	01:48+	09:26+	01:14+	01:31+	02:10+	02:48+	02:33+	01:25+	00:13+
00:24&	01:22&	00:28&	00:08+	05:03&	00:23&	02:34&	00:11#	00:38&	00:58&	01:03&	01:08&	00:39&	00:05&
<b>16</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>52:51</b>	
00:44-	05:48+	07:20+	11:18+	28:04+	30:28+	43:23+	45:04+	46:25+	48:02+	49:25+	51:33+	52:38+	52:51+
00:44-	05:04+	01:32+	03:58+	16:46+	02:24+	12:55+	01:41+	01:21+	01:37+	01:23-	02:08+	01:05+	00:13+
00:04-	01:34&	00:36&	02:05@	03:53&	00:59&	06:03&	00:38&	00:28&	00:25&	00:22-	00:43&	00:19&	00:05&
<b>17</b>	<b>Siri Bjerkreim Hamre</b>	<b>93</b>										<b>54:00</b>	
00:57+	11:00+	12:11+	13:43+	32:56+	35:13+	45:42+	46:45+	48:14+	49:42+	51:10+	52:40+	53:47+	54:00+
00:57+	10:03+	01:11+	01:32-	19:13+	02:17+	10:29+	01:03=	01:29+	01:28+	01:28-	01:30+	01:07+	00:13+
00:09#	06:33@	00:15&	00:21-	06:20&	00:52&	03:37&	00:00=	00:36&	00:16#	00:17-	00:05+	00:21&	00:05&
<b>18</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>55:43</b>	
00:51+	07:46+	12:12+	13:49+	35:33+	37:40+	46:40+	48:10+	49:37+	51:13+	52:19+	54:26+	55:31+	55:43+
00:51+	06:55+	04:26+	01:37-	21:44+	02:07+	09:00+	01:30+	01:27+	01:36+	01:06-	02:07+	01:05+	00:12+
00:03+	03:25&	03:30@	00:16-	08:51&	00:42&	02:08&	00:27&	00:34&	00:24&	00:39-	00:42&	00:19&	00:04&
<b>19</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>58:42</b>	
09:06+	13:11+	14:27+	15:48+	39:24+	41:03+	48:32+	49:51+	51:17+	52:45+	54:53+	57:11+	58:33+	58:42+
09:06+	04:05+	01:16+	01:21-	23:36+	01:39+	07:29+	01:19+	01:26+	01:28+	02:08+	02:18+	01:22+	00:09+
08:18@	00:35#	00:20&	00:32-	10:43&	00:14#	00:37+	00:16&	00:33&	00:16#	00:23#	00:53&	00:36&	00:01#
<b>20</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:00:32</b>	
01:03+	08:54+	10:44+	15:22+	34:01+	36:45+	51:55+	53:11+	54:47+	56:29+	57:44+	59:15+	60:17+	60:32+
01:03+	07:51+	01:50+	04:38+	18:39+	02:44+	15:10+	01:16+	01:36+	01:42+	01:15-	01:31+	01:02+	00:15+
00:15&	04:21@	00:54&	02:45@	05:46&	01:19&	08:18@	00:13#	00:43&	00:30&	00:30-	00:06+	00:16&	00:07&
<b>Beste strekktid for klassen</b>													
00:38	03:30	00:56	01:14	11:57	01:24	06:05	00:40	00:53	01:06	00:54	01:04	00:45	00:08

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

## Damer 60 - 64 år

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

Class	Navn	Klasse											Tid	
<b>5</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>											<b>32:01</b>	
00:41+	02:37+	03:32+	04:34+	06:59+	10:57+	13:27+	15:33+	16:07+	25:30+	26:05+	27:14+	29:57+	31:50+	32:01+
00:41+	01:56+	00:55+	01:02=	02:25+	03:58+	02:30-	02:06+	00:34+	09:23+	00:35-	01:09+	02:43+	01:53+	00:11+
00:05#	00:40&	00:04+	00:00=	00:12+	00:20+	00:14-	00:42&	00:03+	01:59&	00:28-	00:10#	00:03+	01:09#	00:01#
<b>6</b>	<b>Ingunn Kanne Risa</b>	<b>106</b>											<b>32:12</b>	
00:40+	01:53+	02:44+	03:44-	05:50-	09:46+	12:40+	14:06+	14:34+	23:17+	23:48+	25:33+	31:09+	32:03+	32:12+
00:40+	01:13-	00:51=	01:00-	02:06-	03:56+	02:54+	01:26+	00:28-	08:43+	00:31-	01:45+	05:36+	00:54+	00:09-
00:04#	00:03-	00:00=	00:02-	00:07-	00:18+	00:10+	00:02+	00:03-	01:19#	00:32-	00:46&	02:56#	00:10#	00:01-
<b>7</b>	<b>Ingrid Eik</b>	<b>88</b>											<b>32:22</b>	
00:37+	02:13+	03:10+	04:11+	06:47+	10:58+	13:10+	14:37+	15:41+	26:20+	26:49+	27:56+	30:33+	32:12+	32:22+
00:37+	01:36+	00:57+	01:01-	02:36+	04:11+	02:12-	01:27+	01:04+	10:39+	00:29-	01:07+	02:37-	01:39+	00:10=
00:01+	00:20&	00:06#	00:01-	00:23#	00:33#	00:32-	00:03+	00:33#	03:15&	00:34-	00:08#	00:03-	00:55#	00:00=
<b>8</b>	<b>Berit Bakken</b>	<b>93</b>											<b>36:05</b>	
00:56+	02:53+	04:11+	05:20+	08:01+	12:25+	15:19+	16:47+	17:22+	31:01+	31:36+	32:39+	35:05+	35:53+	36:05+
00:56+	01:57+	01:18+	01:09+	02:41+	04:24+	02:54+	01:28+	00:35+	13:39+	00:35-	01:03+	02:26-	00:48+	00:12+
00:20&	00:41&	00:27&	00:07#	00:28#	00:46#	00:10+	00:04+	00:04#	06:15&	00:28-	00:04+	00:14-	00:04+	00:02#
<b>9</b>	<b>Kari Anstensrud</b>	<b>134</b>											<b>40:42</b>	
00:44+	03:26+	04:27+	05:28+	09:22+	13:53+	16:10+	17:39+	18:25+	35:14+	35:40+	36:46+	39:28+	40:32+	40:42+
00:44+	02:42+	01:01+	01:01-	03:54+	04:31+	02:17-	01:29+	00:46+	16:49+	00:26-	01:06+	02:42+	01:04+	00:10=
00:08#	01:26#	00:10#	00:01-	01:41&	00:53#	00:27-	00:05+	00:15&	09:25#	00:37-	00:07#	00:02+	00:20&	00:00=
<b>10</b>	<b>Bente Karin Dirdal</b>	<b>54</b>											<b>45:15</b>	
01:38+	03:28+	04:34+	05:59+	08:31+	14:13+	17:35+	19:53+	20:46+	34:38+	35:13+	36:09+	44:06+	45:05+	45:15+
01:38+	01:50+	01:06+	01:25+	02:32+	05:42+	03:22+	02:18+	00:53+	13:52+	00:35-	00:56-	07:57+	00:59+	00:10=
01:02#	00:34&	00:15&	00:23&	00:19#	02:04&	00:38#	00:54&	00:22&	06:28&	00:28-	00:03-	05:17#	00:15&	00:00=
<b>Beste strekktid for klassen</b>														
00:34	00:45	00:47	00:57	02:06	03:17	01:54	01:06	00:25	07:24	00:26	00:56	02:17	00:32	00:09
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
<b>Damer 65 - 69 år</b>														
<b>1</b>	<b>Mette Dagsland</b>	<b>68</b>											<b>32:47</b>	
00:41=	02:37=	03:35=	04:53=	07:36=	11:25=	14:23=	16:13=	16:39=	27:19=	27:52=	28:57=	31:54=	32:36=	32:47=
00:41=	01:56=	00:58=	01:18=	02:43=	03:49=	02:58=	01:50=	00:26=	10:40=	00:33=	01:05=	02:57=	00:42=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Berit Gramstad</b>	<b>113</b>											<b>37:41</b>	
00:46+	05:06+	06:19+	07:50+	10:41+	15:09+	17:31+	18:52+	21:30+	32:09+	32:37+	33:44+	36:44+	37:30+	37:41+
00:46+	04:20+	01:13+	01:31+	02:51+	04:28+	02:22-	01:21-	02:38+	10:39-	00:28-	01:07+	03:00+	00:46+	00:11=
00:05#	02:24#	00:15&	00:13#	00:08+	00:39#	00:36-	00:29-	02:12#	00:01-	00:05-	00:02+	00:03+	00:04+	00:00=
<b>3</b>	<b>Eli Frafjord</b>	<b>94</b>											<b>38:22</b>	
00:41=	05:21+	06:21+	07:28+	10:43+	15:09+	17:38+	19:10+	19:42+	32:35+	33:16+	34:19+	37:28+	38:10+	38:22+
00:41=	04:40+	01:00+	01:07-	03:15+	04:26+	02:29-	01:32-	00:32+	12:53+	00:41+	01:03-	03:09+	00:42=	00:12+
00:00=	02:44#	00:02+	00:11-	00:32#	00:37#	00:29-	00:18-	00:06#	02:13#	00:08#	00:02-	00:12+	00:00=	00:01+
<b>4</b>	<b>Kari Blixhavn</b>	<b>228</b>											<b>38:38</b>	
00:48+	02:03-	03:26-	04:57+	07:51+	12:55+	16:39+	19:37+	20:16+	30:58+	31:44+	33:04+	37:23+	38:26+	38:38+
00:48+	01:15-	01:23+	01:31+	02:54+	05:04+	03:44+	02:58+	00:39+	10:42+	00:46+	01:20+	04:19+	01:03+	00:12+
00:07#	00:41-	00:25&	00:13#	00:11+	01:15&	00:46&	01:08&	00:13&	00:02+	00:13&	00:15#	01:22&	00:21&	00:01+
<b>5</b>	<b>Margot Asheim</b>	<b>105</b>											<b>39:17</b>	
00:30-	01:35-	02:29-	03:22-	07:08-	11:37+	13:38-	14:40-	18:25+	33:09+	33:44+	34:31+	38:25+	39:09+	39:17+
00:30-	01:05-	00:54-	00:53-	03:46+	04:29+	02:01-	01:02-	03:45+	14:44+	00:35+	00:47-	03:54+	00:44+	00:08-
00:11-	00:51-	00:04-	00:25-	01:03&	00:40#	00:57-	00:48-	03:19#	04:04&	00:02+	00:18-	00:57&	00:02+	00:03-
<b>6</b>	<b>Halldis Handeland</b>	<b>92</b>											<b>39:20</b>	
00:43+	02:47+	04:53+	06:28+	09:21+	13:58+	17:41+	19:07+	19:39+	33:45+	34:19+	35:20+	38:15+	39:10+	39:20+
00:43+	02:04+	02:06+	01:35+	02:53+	04:37+	03:43+	01:26-	00:32+	14:06+	00:34+	01:01-	02:55-	00:55+	00:10-
00:02+	00:08+	01:08#	00:17#	00:10+	00:48#	00:45&	00:24-	00:06#	03:26&	00:01+	00:04-	00:02-	00:13&	00:01-
<b>7</b>	<b>Hanne Eik</b>	<b>117</b>											<b>39:51</b>	
00:49+	03:26+	04:27+	05:45+	08:24+	13:23+	16:24+	19:53+	20:29+	33:35+	34:29+	35:45+	38:49+	39:37+	39:51+
00:49+	02:37+	01:01+	01:18=	02:39-	04:59+	03:01+	03:29+	00:36+	13:06+	00:54+	01:16+	03:04+	00:48+	00:14+
00:08#	00:41&	00:03+	00:00=	00:04-	01:10&	00:03+	01:39&	00:10&	02:26#	00:21&	00:11#	00:07+	00:06#	00:03&

Class	Navn	Klasse												Tid		
<b>8</b>	<b>Ase Berg</b>	<b>105</b>												<b>41:28</b>		
	00:56+	03:17+	04:36+	06:10+	08:46+	14:12+	18:09+	20:55+	33:47+	35:16+	36:48+	40:18+	41:15+	41:28+		
	00:56+	02:21+	01:19+	01:34+	02:36-	05:26+	03:57+	01:55+	00:51+	12:52+	01:29+	01:32+	03:30+	00:57+	00:13+	
	00:15&	00:25#	00:21&	00:16#	00:07-	01:37&	00:59&	00:05+	00:25&	02:12#	00:56@	00:27&	00:33#	00:15&	00:02#	
<b>9</b>	<b>Ase Franciska Møster</b>	<b>128</b>												<b>57:59</b>		
	00:51+	05:31+	08:03+	14:51+	18:52+	27:41+	30:49+	33:13+	34:10+	50:50+	51:15+	52:53+	56:35+	57:47+	57:59+	
	00:51+	04:40+	02:32+	06:48+	04:01+	08:49+	03:08+	02:24+	00:57+	16:40+	00:25-	01:38+	03:42+	01:12+	00:12+	
	00:10#	02:44@	01:34@	05:30@	01:18&	05:00@	00:10+	00:34&	00:31@	06:00&	00:08-	00:33&	00:45&	00:30&	00:01+	
<b>Beste strekktid for klassen</b>		00:30	01:05	00:54	00:53	02:36	03:49	02:01	01:02	00:26	10:39	00:25	00:47	02:55	00:42	00:08

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

## Damer 70 - 74 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>												<b>33:13</b>		
	00:53=	02:02=	03:11=	04:40=	07:32=	12:05=	14:59=	16:35=	17:15=	27:06=	27:40=	28:52=	32:09=	33:01=	33:13=	
	00:53=	01:09=	01:09=	01:29=	02:52=	04:33=	02:54=	01:36=	00:40=	09:51=	00:34=	01:12=	03:17=	00:52=	00:12=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>												<b>39:53</b>		
	01:09+	03:10+	04:16+	05:30+	08:44+	13:29+	16:12+	18:29+	19:50+	33:24+	34:06+	35:20+	38:36+	39:41+	39:53+	
	01:09+	02:01+	01:06-	01:14-	03:14+	04:45+	02:43-	02:17+	01:21+	13:34+	00:42+	01:14+	03:16-	01:05+	00:12=	
	00:16&	00:52&	00:03-	00:15-	00:22#	00:12+	00:11-	00:41&	00:41@	03:43&	00:08#	00:02+	00:01-	00:13#	00:00=	
<b>Beste strekktid for klassen</b>		00:53	01:09	01:06	01:14	02:52	04:33	02:43	01:36	00:40	09:51	00:34	01:12	03:16	00:52	00:12

= 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>27:26</b>		
	00:42=	01:45=	02:36=	03:48=	06:22=	10:02=	12:11=	13:45=	14:13=	22:40=	23:17=	24:15=	26:30=	27:17=	27:26=	
	00:42=	01:03=	00:51=	01:12=	02:34=	03:40=	02:09=	01:34=	00:28=	08:27=	00:37=	00:58=	02:15=	00:47=	00:09=	
	00:00=	00:00=	00:00=	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>Hedvig Anda</b>	<b>116</b>												<b>36:23</b>		
	00:53+	02:54+	04:00+	05:35+	08:23+	12:46+	15:48+	18:04+	18:49+	28:18+	29:15+	30:29+	35:06+	36:12+	36:23+	
	00:53+	02:01+	01:06+	01:35+	02:48+	04:23+	03:02+	02:16+	00:45+	09:29+	00:57+	01:14+	04:37+	01:06+	00:11+	
	00:11&	00:58&	00:15&	00:23&	00:14+	00:43#	00:53&	00:42&	00:17&	01:02#	00:20&	00:16&	02:22@	00:19&	00:02#	
<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>												<b>37:16</b>		
	00:48+	02:23+	03:23+	04:38+	07:37+	16:44+	19:19+	20:20+	20:55+	29:55+	30:41+	31:53+	36:17+	37:07+	37:16+	
	00:48+	01:35+	01:00+	01:15+	02:59+	09:07+	02:35+	01:01-	00:35+	09:00+	00:46+	01:12+	04:24+	00:50+	00:09=	
	00:06#	00:32&	00:09#	00:03+	00:25#	05:27@	00:26#	00:33-	00:07#	00:33+	00:09#	00:14#	02:09&	00:03+	00:00=	
<b>4</b>	<b>Helga Aaslid</b>	<b>54</b>												<b>37:20</b>		
	00:57+	03:24+	04:34+	06:26+	09:30+	14:27+	17:13+	19:51+	20:36+	31:12+	31:49+	32:55+	36:28+	37:09+	37:20+	
	00:57+	02:27+	01:10+	01:52+	03:04+	04:57+	02:46+	02:38+	00:45+	10:36+	00:37=	01:06+	03:33+	00:41-	00:11+	
	00:15&	01:24@	00:19&	00:40&	00:30#	01:17&	00:37&	01:04&	00:17&	02:09&	00:00=	00:08#	01:18&	00:06-	00:02#	
<b>5</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>												<b>40:23</b>		
	00:48+	02:12+	03:17+	05:05+	08:02+	12:59+	15:48+	17:59+	18:43+	28:09+	28:52+	29:56+	39:18+	40:10+	40:23+	
	00:48+	01:24+	01:05+	01:48+	02:57+	04:57+	02:49+	02:11+	00:44+	09:26+	00:43+	01:04+	09:22+	00:52+	00:13+	
	00:06#	00:21&	00:14&	00:36&	00:23#	01:17&	00:40&	00:37&	00:16&	00:59#	00:06#	00:06#	07:07@	00:05#	00:04&	
<b>6</b>	<b>Helga Klausen</b>	<b>62</b>												<b>41:29</b>		
	00:47+	04:02+	06:04+	07:29+	10:28+	15:39+	19:16+	21:37+	22:21+	34:24+	34:55+	36:07+	39:55+	41:19+	41:29+	
	00:47+	03:15+	02:02+	01:25+	02:59+	05:11+	03:37+	02:21+	00:44+	12:03+	00:31-	01:12+	03:48+	01:24+	00:10+	
	00:05#	02:12@	01:11@	00:13#	00:25#	01:31&	01:28&	00:47&	00:16&	03:36&	00:06-	00:14#	01:33&	00:37&	00:01#	
<b>Beste strekktid for klassen</b>		00:42	01:03	00:51	01:12	02:34	03:40	02:09	01:01	00:28	08:27	00:31	00:58	02:15	00:41	00:09

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

Class	Navn	Klasse	Tid
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## Damer 80 år og eldre

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>33:47</b>												
01:14=	03:33=	05:55=	09:10=	12:59=	14:00=	17:07=	18:59=	21:35=	23:37=	25:00=	27:48=	30:43=	31:18=	33:32=	33:47=
01:14=	02:19=	02:22=	03:15=	03:49=	01:01=	03:07=	01:52=	02:36=	02:02=	01:23=	02:48=	02:55=	00:35=	02:14=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>53:13</b>													
01:18+	03:59+	06:54+	11:35+	15:40+	16:34+	22:22+	25:25+	28:52+	32:12+	33:49+	37:40+	44:33+	48:21+	48:58+	52:53+	53:13+
01:18+	02:41+	02:55+	04:41+	04:05+	00:54-	05:48+	03:03+	03:27+	03:20+	01:37+	03:51+	06:53+	03:48+	00:37-	03:55+	00:20+
00:04+	00:22#	00:33#	01:26&	00:16+	00:07-	02:41&	01:11&	00:51&	01:18&	00:14#	01:03&	03:58@	03:13@	01:37-	03:40@	00:20+

### Beste strekktid for klassen

01:14	02:19	02:22	03:15	03:49	00:54	03:07	01:52	02:36	02:02	01:23	02:48	02:55	00:35	00:37	00:15
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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>44:03</b>																		
00:34=	02:10=	03:24=	04:04=	04:57=	13:47=	14:57=	18:05=	23:02=	24:10=	31:19=	31:30=	37:20=	38:52=	39:52=	40:25=	41:04=	41:28=	41:57=	43:25=	43:55=	44:03=
00:34=	01:36=	01:14=	00:40=	00:53=	08:50=	01:10=	03:08=	04:57=	01:08=	07:09=	00:11=	05:50=	01:32=	01:00=	00:33=	00:39=	00:24=	00:29=	01:28=	00:30=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Silje Skarpeid</b>	<b>101</b>	<b>54:03</b>																		
00:38+	02:16+	04:22+	05:20+	06:18+	15:39+	16:52+	21:51+	25:17+	27:34+	35:54+	36:19+	44:11+	46:51+	48:29+	49:53+	50:32+	50:59+	51:30+	53:16+	53:55+	54:03+
00:38+	01:38+	02:06+	00:58+	00:58+	09:21+	01:13+	04:59+	03:26-	02:17+	08:20+	00:25+	07:52+	02:40+	01:38+	01:24+	00:39=	00:27+	00:31+	01:46+	00:39+	00:08=
00:04#	00:02+	00:52&	00:18&	00:05+	00:31+	00:03+	01:51&	01:31-	01:09@	01:11#	00:14@	02:02&	01:08&	00:38&	00:51@	00:00=	00:03#	00:02+	00:18#	00:09&	00:00=

<b>3</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>55:11</b>																		
00:42+	03:32+	05:40+	06:35+	07:36+	17:59+	19:33+	24:08+	27:44+	29:02+	38:55+	39:03+	46:46+	48:54+	50:11+	50:55+	51:41+	52:05+	52:38+	54:28+	55:02+	55:11+
00:42+	02:50+	02:08+	00:55+	01:01+	10:23+	01:34+	04:35+	03:36-	01:18+	09:53+	00:08-	07:43+	02:08+	01:17+	00:44+	00:46+	00:24=	00:33+	01:50+	00:34+	00:09+
00:08#	01:14&	00:54&	00:15&	00:08#	01:33#	00:24&	01:27&	01:21-	00:10#	02:44&	00:03-	01:53&	00:36&	00:17&	00:11&	00:07#	00:00=	00:04#	00:22#	00:04#	00:01#

### Beste strekktid for klassen

00:34	01:36	01:14	00:40	00:53	08:50	01:10	03:08	03:26	01:08	07:09	00:08	05:50	01:32	01:00	00:33	00:39	00:24	00:29	01:28	00:30	00:08
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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>37:39</b>												
01:15=	03:26=	04:52=	05:56=	07:04=	16:41=	17:52=	21:46=	25:19=	29:46=	30:49=	35:33=	36:16=	37:01=	37:31=	37:39=
01:15=	02:11=	01:26=	01:04=	01:08=	09:37=	01:11=	03:54=	03:33=	04:27=	01:03=	04:44=	00:43=	00:45=	00:30=	00:08=
00:00=	00:00=	00:00=	00:00=	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>Wenche M. Sæbbø</b>	<b>117</b>	<b>40:51</b>												
01:07-	02:53-	05:00+	06:16+	07:15+	18:13+	19:31+	23:53+	27:50+	32:37+	33:42+	38:47+	39:29+	40:11+	40:42+	40:51+
01:07-	01:46-	02:07+	01:16+	00:59-	10:58+	01:18+	04:22+	03:57+	04:47+	01:05+	05:05+	00:42-	00:42-	00:31+	00:09+
00:08-	00:25-	00:41&	00:12#	00:09-	01:21#	00:07+	00:28#	00:24#	00:20+	00:02+	00:21+	00:01-	00:03-	00:01+	00:01#

<b>3</b>	<b>Anne Garsrud</b>	<b>53</b>	<b>42:08</b>												
00:57-	02:49-	04:55+	06:38+	07:44+	17:39+	19:06+	23:37+	27:42+	32:48+	34:03+	39:26+	40:30+	41:21+	41:58+	42:08+
00:57-	01:52-	02:06+	01:43+	01:06-	09:55+	01:27+	04:31+	04:05+	05:06+	01:15+	05:23+	01:04+	00:51+	00:37+	00:10+
00:18-	00:19-	00:40&	00:39&	00:02-	00:18+	00:16#	00:37#	00:32#	00:39#	00:12#	00:39#	00:21&	00:06#	00:07#	00:02#

<b>4</b>	<b>Lise Isachsen</b>	<b>165</b>	<b>43:04</b>												
00:54-	02:33-	07:20+	08:01+	10:26+	20:45+	21:56+	25:30+	29:16+	35:03+	36:00+	41:16+	41:47+	42:22+	42:55+	43:04+
00:54-	01:39-	04:47+	00:41-	02:25+	10:19+	01:11=	03:34-	03:46+	05:47+	00:57-	05:16+	00:31-	00:35-	00:33+	00:09+
00:21-	00:32-	03:21@	00:23-	01:17@	00:42+	00:00=	00:20-	00:13+	01:20&	00:06-	00:32#	00:12-	00:10-	00:03#	00:01#

<b>5</b>	<b>Jorunn Johannesen</b>	<b>116</b>	<b>43:33</b>												
01:07-	03:17-	04:59+	06:09+	07:20+	19:16+	20:39+	25:31+	29:23+	34:49+	36:05+	41:19+	42:01+	42:46+	43:23+	43:33+
01:07-	02:10-	01:42+	01:10+	01:11+	11:56+	01:23+	04:52+	03:52+	05:26+	01:16+	05:14+	00:42-	00:45=	00:37+	00:10+
00:08-	00:01-	00:16#	00:06+	00:03+	02:19#	00:12#	00:58#	00:19+	00:59#	00:13#	00:30#	00:01-	00:00=	00:07#	00:02#

Class	Navn	Klasse														Tid
<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>														<b>45:15</b>
	01:10-	03:23-	05:19+	06:29+	08:10+	19:14+	20:41+	25:20+	31:14+	36:48+	38:01+	42:56+	43:52+	44:29+	45:05+	45:15+
	01:10-	02:13+	01:56+	01:10+	01:41+	11:04+	01:27+	04:39+	05:54+	05:34+	01:13+	04:55+	00:56+	00:37-	00:36+	00:10+
	00:05-	00:02+	00:30&	00:06+	00:33&	01:27#	00:16#	00:45#	02:21&	01:07&	00:10#	00:11+	00:13&	00:08-	00:06#	00:02#
<b>7</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>														<b>47:02</b>
	01:22+	03:27+	06:03+	07:03+	08:16+	21:13+	22:52+	27:48+	32:12+	37:43+	38:56+	44:30+	45:24+	46:14+	46:52+	47:02+
	01:22+	02:05-	02:36+	01:00-	01:13+	12:57+	01:39+	04:56+	04:24+	05:31+	01:13+	05:34+	00:54+	00:50+	00:38+	00:10+
	00:07+	00:06-	01:10&	00:04-	00:05+	03:20&	00:28&	01:02&	00:51#	01:04#	00:10#	00:50#	00:11&	00:05#	00:08&	00:02#
<b>8</b>	<b>Kristin Breivold</b>	<b>92</b>														<b>47:44</b>
	01:11-	04:43+	06:38+	07:36+	09:06+	22:20+	23:55+	29:01+	33:20+	38:21+	39:30+	45:18+	46:05+	47:03+	47:36+	47:44+
	01:11-	03:32+	01:55+	00:58-	01:30+	13:14+	01:35+	05:06+	04:19+	05:01+	01:09+	05:48+	00:47+	00:58+	00:33+	00:08=
	00:04-	01:21&	00:29&	00:06-	00:22&	03:37&	00:24&	01:12&	00:46#	00:34#	00:06+	01:04#	00:04+	00:13&	00:03#	00:00=
<b>9</b>	<b>Keth Berggraf</b>	<b>116</b>														<b>47:45</b>
	01:06-	04:09+	05:54+	06:56+	08:03+	20:21+	21:50+	26:42+	31:29+	36:52+	37:54+	44:56+	45:43+	47:09+	47:37+	47:45+
	01:06-	03:03+	01:45+	01:02-	01:07-	12:18+	01:29+	04:52+	04:47+	05:23+	01:02-	07:02+	00:47+	01:26+	00:28-	00:08=
	00:09-	00:52&	00:19#	00:02-	00:01-	02:41&	00:18&	00:58#	01:14&	00:56#	00:01-	02:18&	00:04+	00:41&	00:02-	00:00=
<b>10</b>	<b>Irene Rummelhoff</b>	<b>116</b>														<b>48:35</b>
	01:09-	03:58+	05:54+	09:14+	10:24+	22:09+	23:46+	28:32+	32:39+	38:25+	39:49+	45:36+	46:45+	47:45+	48:27+	48:35+
	01:09-	02:49+	01:56+	03:20+	01:10+	11:45+	01:37+	04:46+	04:07+	05:46+	01:24+	05:47+	01:09+	01:00+	00:42+	00:08=
	00:06-	00:38&	00:30&	02:16@	00:02+	02:08#	00:26&	00:52#	00:34#	01:19&	00:21&	01:03#	00:26&	00:15&	00:12&	00:00=
<b>11</b>	<b>Helen Lomeland</b>	<b>105</b>														<b>49:32</b>
	01:48+	04:32+	06:28+	07:31+	08:39+	24:15+	25:41+	30:18+	34:24+	40:19+	41:31+	47:12+	47:52+	48:49+	49:24+	49:32+
	01:48+	02:44+	01:56+	01:03-	01:08=	15:36+	01:26+	04:37+	04:06+	05:55+	01:12+	05:41+	00:40-	00:57+	00:35+	00:08=
	00:33&	00:33&	00:30&	00:01-	00:00=	05:59&	00:15#	00:43#	00:33#	01:28&	00:09#	00:57#	00:03-	00:12&	00:05#	00:00=
<b>12</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>														<b>51:57</b>
	03:53+	06:04+	08:04+	09:34+	11:08+	23:16+	24:53+	30:29+	34:30+	40:46+	42:13+	48:09+	49:12+	51:15+	51:48+	51:57+
	03:53+	02:11=	02:00+	01:30+	01:34+	12:08+	01:37+	05:36+	04:01+	06:16+	01:27+	05:56+	01:03+	02:03+	00:33+	00:09+
	02:38@	00:00=	00:34&	00:26&	00:26&	02:31&	00:26&	01:42&	00:28#	01:49&	00:24&	01:12&	00:20&	01:18@	00:03#	00:01#
<b>Beste strekktid for klassen</b>																
	00:54	01:39	01:26	00:41	00:59	09:37	01:11	03:34	03:33	04:27	00:57	04:44	00:31	00:35	00:28	00:08

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

## Damer Ny

<b>1</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>														<b>25:42</b>
	01:12=	02:36=	04:31=	09:39=	11:26=	13:32=	14:42=	17:44=	19:44=	20:35=	21:40=	25:25=	25:42=			
	01:12=	01:24=	01:55=	05:08=	01:47=	02:06=	01:10=	03:02=	02:00=	00:51=	01:05=	03:45=	00:17=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Poppy Kalesi</b>	<b>43</b>														<b>31:12</b>
	00:56-	02:09-	04:22-	05:53-	17:28+	21:06+	21:28+	24:55+	26:07+	26:56+	27:49+	30:58+	31:12+			
	00:56-	01:13-	02:13+	01:31-	11:35+	03:38+	00:22-	03:27+	01:12-	00:49-	00:53-	03:09-	00:14-			
	00:16-	00:11-	00:18#	03:37-	09:48@	01:32&	00:48-	00:25#	00:48-	00:02-	00:12-	00:36-	00:03-			

### Beste strekktid for klassen

00:56 01:13 01:55 01:31 01:47 02:06 00:22 03:02 01:12 00:49 00:53 03:09 00:14

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

## Damer Trim

<b>1</b>	<b>Maryon Paulsen Strugstad</b>	<b>43</b>														<b>15:21</b>
	00:23=	00:33=	01:12=	02:28=	03:01=	04:32=	05:31=	07:02=	08:24=	10:28=	10:58=	12:02=	13:54=	14:14=	15:12=	15:21=
	00:23=	00:10=	00:39=	01:16=	00:33=	01:31=	00:59=	01:31=	00:31=	00:51=	02:04=	00:30=	01:04=	01:52=	00:20=	00:58=
	00:00=	00:00=	00:00=	00:00=	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>Fride Wirak</b>	<b>88</b>														<b>18:13</b>
	00:30+	00:41+	01:35+	03:04+	03:48+	05:54+	06:58+	08:43+	09:43+	10:49+	12:18+	13:07+	14:08+	16:28+	16:47+	18:05+
	00:30+	00:11+	00:54+	01:29+	00:44+	02:06+	01:04+	01:45+	01:00+	01:06+	01:29-	00:49+	01:01-	02:20+	00:19-	01:18+
	00:07&	00:01#	00:15&	00:13#	00:11&	00:35&	00:05+	00:14#	00:29&	00:15&	00:35-	00:19&	00:03-	00:28#	00:01-	00:20&



Class	Navn	Klasse	Tid
<b>3</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>18:13</b>
00:32+	00:44+ 01:35+ 03:04+	05:47+ 06:51+ 08:52+	09:34+ 10:45+ 12:32+
00:32+	00:12+ 00:51+ 01:29+	00:36+ 02:07+ 01:04+	02:01+ 00:42+ 01:11+
00:09&	00:02# 00:12& 00:13#	00:03+ 00:36& 00:05+ 00:30&	00:11& 00:20& 00:17-
			00:17& 00:05+ 00:14# 00:01-
			00:13# 00:00=
<b>4</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>21:42</b>
00:34+	00:48+ 01:45+ 03:14+	04:04+ 06:13+ 07:26+	09:21+ 10:19+ 11:23+
00:34+	00:14+ 00:57+ 01:29+	00:50+ 02:09+ 01:13+ 01:55+	00:58+ 01:04+ 02:00-
00:11&	00:04& 00:18& 00:13#	00:17& 00:38& 00:14# 00:24&	00:27& 00:13& 00:04-
			02:37@ 00:24& 00:01+ 00:07&
			00:16& 00:01#
<b>5</b>	<b>Gerd Katrin Kro</b>	<b>117</b>	<b>21:50</b>
00:23=	00:42+ 01:31+ 02:54+	03:32+ 05:13+ 06:32+	09:31+ 10:20+ 11:43+
00:23=	00:19+ 00:49+ 01:23+	00:38+ 01:41+ 01:19+ 02:59+	00:49+ 01:23+ 02:38+
00:00=	00:09& 00:10& 00:07+	00:05# 00:10# 00:20& 01:28&	00:18& 00:32& 00:34&
			00:13& 00:44& 19:03+ 19:57+
			21:42+ 21:50+
			02:11+ 00:54+ 01:45+ 00:08-
			00:19# 00:34@ 00:47& 00:01-
<b>6</b>	<b>Maren Hope Blå</b>	<b>43</b>	<b>22:11</b>
00:41+	00:57+ 02:03+ 03:59+	04:42+ 06:49+ 08:05+	10:01+ 10:49+ 12:07+
00:41+	00:16+ 01:06+ 01:56+	00:43+ 02:07+ 01:16+ 01:56+	00:48+ 01:18+ 02:25+
00:18&	00:06& 00:27& 00:40&	00:10& 00:36& 00:17& 00:25&	00:17& 00:27& 00:21#
			01:01@ 00:24& 00:03-
			00:24& 00:01+ 00:31& 00:04&
<b>7</b>	<b>Mathilde Skjæveland Skår</b>	<b>114</b>	<b>22:27</b>
00:35+	00:48+ 01:55+ 03:21+	03:58+ 05:42+ 09:18+	10:56+ 11:35+ 12:42+
00:35+	00:13+ 01:07+ 01:26+	00:37+ 01:44+ 03:36+ 01:38+	00:39+ 01:07+ 02:02-
00:12&	00:03& 00:28& 00:10#	00:04# 00:13# 02:37@ 00:07+	00:08& 00:16& 00:02-
			00:37@ 00:03-
			01:06& 00:06-
			01:17@ 00:01-
<b>8</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>23:29</b>
00:42+	00:57+ 02:00+ 03:47+	04:34+ 07:04+ 08:31+	10:43+ 11:24+ 12:38+
00:42+	00:15+ 01:03+ 01:47+	00:47+ 02:30+ 01:27+ 02:12+	00:41+ 01:14+ 01:33-
00:19&	00:05& 00:24& 00:31&	00:14& 00:59& 00:28& 00:41&	00:10& 00:23& 00:31-
			00:26& 00:51& 21:04+ 21:30+
			23:17+ 23:29+
			04:02+ 00:26+ 01:47+ 00:12+
			02:10@ 00:06& 00:49& 00:03&
<b>9</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>	<b>23:30</b>
00:36+	00:49+ 01:46+ 03:19+	04:01+ 06:23+ 08:56+	11:25+ 12:19+ 13:45+
00:36+	00:13+ 00:57+ 01:33+	00:42+ 02:22+ 02:33+ 02:29+	00:54+ 01:26+ 02:55+
00:13&	00:03& 00:18& 00:17#	00:09& 00:51& 01:34@ 00:58&	00:23& 00:35& 00:51&
			00:12& 00:25& 17:22+ 18:51+
			21:32+ 21:53+ 23:19+ 23:30+
			02:41+ 00:21+ 01:26+ 00:11+
			00:49& 00:01+ 00:28& 00:02#
<b>10</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>23:37</b>
00:33+	00:47+ 01:46+ 03:19+	04:01+ 06:05+ 09:18+	11:21+ 12:05+ 13:17+
00:33+	00:14+ 00:59+ 01:33+	00:42+ 02:04+ 03:13+ 02:03+	00:44+ 01:12+ 03:03+
00:10&	00:04& 00:20& 00:17#	00:09& 00:33& 02:14@ 00:32&	00:13& 00:21& 00:59&
			00:14& 00:34& 17:04+ 18:42+
			21:08+ 21:24+ 23:29+ 23:37+
			02:26+ 00:16- 02:05+ 00:08-
			00:34& 00:04- 01:07@ 00:01-
<b>11</b>	<b>Gunn Vagle</b>	<b>126</b>	<b>24:56</b>
00:39+	00:54+ 01:57+ 03:42+	04:44+ 07:16+ 08:35+	11:22+ 12:18+ 13:48+
00:39+	00:15+ 01:03+ 01:45+	01:02+ 02:32+ 01:19+ 02:47+	00:56+ 01:30+ 02:39+
00:16&	00:05& 00:24& 00:29&	00:29& 01:01& 00:20& 01:16&	00:25& 00:39& 00:35&
			01:25@ 00:18& 18:22+ 19:44+
			22:41+ 23:06+ 24:45+ 24:56+
			02:57+ 00:25+ 01:39+ 00:11+
			01:05& 00:05# 00:41& 00:02#
<b>12</b>	<b>Marit Lindtveit Undheim</b>	<b>54</b>	<b>25:07</b>
00:42+	00:58+ 01:58+ 03:32+	04:24+ 06:43+ 08:05+	10:32+ 11:20+ 13:47+
00:42+	00:16+ 01:00+ 01:34+	00:52+ 02:19+ 01:22+ 02:27+	00:48+ 02:27+ 02:11+
00:19&	00:06& 00:21& 00:18#	00:19& 00:48& 00:23& 00:56&	00:17& 01:36@ 00:07+
			00:38@ 01:03& 17:06+ 19:13+
			22:39+ 23:04+ 24:57+ 25:07+
			03:26+ 00:25+ 01:53+ 00:10+
			01:34& 00:05# 00:55& 00:01#
<b>13</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>25:30</b>
00:31+	00:51+ 02:18+ 04:01+	04:48+ 07:36+ 09:48+	12:19+ 13:09+ 15:04+
00:31+	00:20+ 01:27+ 01:43+	00:47+ 02:48+ 02:12+ 02:31+	00:50+ 01:55+ 02:32+
00:08&	00:10& 00:48@ 00:27&	00:14& 01:17& 01:13@ 01:00&	00:19& 01:04@ 00:28#
			00:35@ 00:25& 20:10+ 23:05+
			23:36+ 25:20+ 25:30+
			02:55+ 00:31+ 01:44+ 00:10+
			01:03& 00:11& 00:46& 00:01#
<b>14</b>	<b>Ann-Mari Vold</b>	<b>54</b>	<b>25:36</b>
00:32+	01:08+ 02:06+ 03:48+	04:51+ 07:02+ 10:34+	13:05+ 14:07+ 15:26+
00:32+	00:36+ 00:58+ 01:42+	01:03+ 02:11+ 03:32+ 02:31+	01:02+ 01:19+ 02:27+
00:09&	00:26@ 00:19& 00:26&	00:30& 00:40& 02:33@ 01:00&	00:31& 00:28& 00:23#
			00:32@ 00:53& 18:55+ 20:52+
			23:35+ 23:58+ 25:27+ 25:36+
			01:02+ 01:57+ 02:43+ 00:23+
			01:29+ 00:09=
			00:51& 00:03# 00:31& 00:00=
<b>15</b>	<b>Anette Tronstad</b>	<b>43</b>	<b>26:33</b>
00:36+	00:51+ 02:00+ 03:59+	04:52+ 07:44+ 09:57+	12:41+ 13:44+ 15:09+
00:36+	00:15+ 01:09+ 01:59+	00:53+ 02:52+ 02:13+ 02:44+	01:03+ 01:25+ 02:28+
00:13&	00:05& 00:30& 00:43&	00:20& 01:21& 01:14@ 01:13&	00:32@ 00:34& 00:24#
			01:01@ 00:35& 19:08+ 20:47+
			24:00+ 24:39+ 26:20+ 26:33+
			03:13+ 00:39+ 01:41+ 00:13+
			01:21& 00:19& 00:43& 00:04&
<b>16</b>	<b>Gunhild Nordbø</b>	<b>117</b>	<b>26:48</b>
00:37+	00:55+ 01:59+ 03:50+	04:45+ 07:12+ 09:23+	12:58+ 13:46+ 15:15+
00:37+	00:18+ 01:04+ 01:51+	00:55+ 02:27+ 02:11+ 03:35+	00:48+ 01:29+ 02:46+
00:14&	00:08& 00:25& 00:35&	00:22& 00:56& 01:12@ 02:04@	00:17& 00:38& 00:42&
			01:10@ 00:33& 19:41+ 21:18+
			24:03+ 24:40+ 26:36+ 26:48+
			02:45+ 00:37+ 01:56+ 00:12+
			00:53& 00:17& 00:58& 00:03&
<b>17</b>	<b>Marit Fuglestad</b>	<b>114</b>	<b>27:03</b>
00:41+	00:57+ 01:50+ 03:26+	04:04+ 06:25+ 09:23+	11:23+ 13:42+ 14:42+
00:41+	00:16+ 00:53+ 01:36+	00:38+ 02:21+ 02:58+ 02:00+	02:19+ 01:00+ 01:33-
00:18&	00:06& 00:14& 00:20&	00:05# 00:50& 01:59@ 00:29&	01:48@ 00:09# 00:31-
			00:05# 01:08@ 19:02+ 25:21+
			25:37+ 26:54+ 27:03+
			02:12+ 06:19+ 00:16-
			01:17+ 00:09=
			01:08@ 04:27@ 00:04-
			00:19& 00:00=

Class	Navn	Klasse										Tid				
<b>18</b>	<b>Lene Vignes</b>	<b>54</b>										<b>27:56</b>				
00:39+	00:57+	02:12+	04:15+	05:18+	08:26+	10:19+	13:16+	14:23+	16:21+	18:58+	20:48+	22:11+	25:35+	26:02+	27:46+	27:56+
00:39+	00:18+	01:15+	02:03+	01:03+	03:08+	01:53+	02:57+	01:07+	01:58+	02:37+	01:50+	01:23+	03:24+	00:27+	01:44+	00:10+
00:16&	00:08&	00:36&	00:47&	00:30&	01:37@	00:54&	01:26&	00:36@	01:07@	00:33&	01:20@	00:19&	01:32&	00:07&	00:46&	00:01#
<b>19</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>28:09</b>				
00:33+	00:48+	01:56+	03:40+	04:26+	07:06+	09:18+	11:59+	13:46+	16:23+	18:58+	20:38+	22:01+	25:49+	26:21+	27:58+	28:09+
00:33+	00:15+	01:08+	01:44+	00:46+	02:40+	02:12+	02:41+	01:47+	02:37+	02:35+	01:40+	01:23+	03:48+	00:32+	01:37+	00:11+
00:10&	00:05&	00:29&	00:28&	00:13&	01:09&	01:13@	01:10&	01:16@	01:46@	00:31#	01:10@	00:19&	01:56@	00:12&	00:39&	00:02#
<b>20</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>										<b>28:15</b>				
00:39+	00:56+	01:57+	03:33+	05:47+	09:15+	11:06+	13:06+	13:53+	15:54+	18:30+	19:51+	21:52+	24:29+	24:55+	28:04+	28:15+
00:39+	00:17+	01:01+	01:36+	02:14+	03:28+	01:51+	02:00+	00:47+	02:01+	02:36+	01:21+	02:01+	02:37+	00:26+	03:09+	00:11+
00:16&	00:07&	00:22&	00:20&	01:41@	01:57@	00:52&	00:29&	00:16&	01:10@	00:32&	00:51@	00:57&	00:45&	00:06&	02:11@	00:02#
<b>21</b>	<b>Marianne Steinkopf</b>	<b>5</b>										<b>28:21</b>				
00:28+	00:41+	01:45+	03:17+	03:57+	06:26+	07:39+	14:47+	15:44+	17:17+	20:55+	22:19+	23:53+	26:15+	26:37+	28:14+	28:21+
00:28+	00:13+	01:04+	01:32+	00:40+	02:29+	01:13+	07:08+	00:57+	01:33+	03:38+	01:24+	01:34+	02:22+	00:22+	01:37+	00:07-
00:05#	00:03&	00:25&	00:16#	00:07#	00:58&	00:14#	05:37@	00:26&	00:42&	01:34&	00:54@	00:30&	00:30&	00:02#	00:39&	00:02-
<b>22</b>	<b>Synnøve Hognestad</b>	<b>43</b>										<b>29:27</b>				
00:49+	01:06+	02:10+	04:03+	04:48+	07:03+	08:48+	11:31+	15:36+	17:54+	20:04+	21:59+	23:14+	26:46+	27:18+	29:16+	29:27+
00:49+	00:17+	01:04+	01:53+	00:45+	02:15+	01:45+	02:43+	04:05+	02:18+	02:10+	01:55+	01:15+	03:32+	00:32+	01:58+	00:11+
00:26@	00:07&	00:25&	00:37&	00:12&	00:44&	00:46&	01:12&	03:34@	01:27@	00:06+	01:25@	00:11#	01:40&	00:12&	01:00@	00:02#
<b>23</b>	<b>Irene Frøyland</b>	<b>71</b>										<b>30:25</b>				
00:37+	00:52+	02:04+	03:59+	08:33+	11:12+	12:42+	15:19+	16:11+	17:44+	20:39+	22:09+	24:26+	28:21+	28:45+	30:14+	30:25+
00:37+	00:15+	01:12+	01:55+	04:34+	02:39+	01:30+	02:37+	00:52+	01:33+	02:55+	01:30+	02:17+	03:55+	00:24+	01:29+	00:11+
00:14&	00:05&	00:33&	00:39&	04:01@	01:08&	00:31&	01:06&	00:21&	00:42&	00:51&	01:00@	01:13@	02:03@	00:04#	00:31&	00:02#
<b>24</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>30:55</b>				
00:46+	01:03+	02:27+	04:31+	05:33+	08:35+	10:06+	13:07+	14:17+	16:14+	20:48+	21:45+	24:26+	28:06+	28:43+	30:42+	30:55+
00:46+	00:17+	01:24+	02:04+	01:02+	03:02+	01:31+	03:01+	01:10+	01:57+	04:34+	00:57+	02:41+	03:40+	00:37+	01:59+	00:13+
00:23&	00:07&	00:45@	00:48&	00:29&	01:31&	00:32&	01:30&	00:39@	01:06@	02:30@	00:27&	01:37@	01:48&	00:17&	01:01@	00:04&
<b>25</b>	<b>Esther Boenheim</b>	<b>268</b>										<b>31:06</b>				
00:38+	00:51+	02:05+	04:13+	06:14+	08:47+	10:14+	12:53+	13:55+	15:34+	18:20+	20:41+	22:19+	28:08+	28:28+	30:56+	31:06+
00:38+	00:13+	01:14+	02:08+	02:01+	02:33+	01:27+	02:39+	01:02+	01:39+	02:46+	02:21+	01:38+	05:49+	00:20=	02:28+	00:10+
00:15&	00:03&	00:35&	00:52&	01:28@	01:02&	00:28&	01:08&	00:31&	00:48&	00:42&	01:51@	00:34&	03:57@	00:00=	01:30@	00:01#
<b>26</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>										<b>31:12</b>				
00:35+	00:52+	02:06+	04:17+	05:10+	08:07+	10:04+	12:47+	13:49+	18:07+	22:10+	23:48+	25:35+	28:35+	29:11+	31:01+	31:12+
00:35+	00:17+	01:14+	02:11+	00:53+	02:57+	01:57+	02:43+	01:02+	04:18+	04:03+	01:38+	01:47+	03:00+	00:36+	01:50+	00:11+
00:12&	00:07&	00:35&	00:55&	00:20&	01:26&	00:58&	01:12&	00:31&	03:27@	01:59&	01:08@	00:43&	01:08&	00:16&	00:52&	00:02#
<b>27</b>	<b>Margaux Simon</b>	<b>192</b>										<b>32:52</b>				
00:37+	00:52+	01:58+	03:41+	04:37+	07:54+	09:21+	11:54+	13:12+	14:44+	18:16+	19:36+	22:02+	24:48+	25:20+	32:42+	32:52+
00:37+	00:15+	01:06+	01:43+	00:56+	03:17+	01:27+	02:33+	01:18+	01:32+	03:32+	01:20+	02:26+	02:46+	00:32+	07:22+	00:10+
00:14&	00:05&	00:27&	00:27&	00:23&	01:46@	00:28&	01:02&	00:47@	00:41&	01:28&	00:50@	01:22@	00:54&	00:12&	06:24@	00:01#
<b>28</b>	<b>Mona Berntsen</b>	<b>43</b>										<b>33:26</b>				
00:33+	00:47+	04:51+	06:09+	06:59+	10:12+	11:29+	13:34+	14:24+	18:56+	20:49+	21:31+	24:54+	31:18+	31:43+	33:15+	33:26+
00:33+	00:14+	04:04+	01:18+	00:50+	03:13+	01:17+	02:05+	00:50+	04:32+	01:53-	00:42+	03:23+	06:24+	00:25+	01:32+	00:11+
00:10&	00:04&	03:25@	00:02+	00:17&	01:42@	00:18&	00:34&	00:19&	03:41@	00:11-	00:12&	02:19@	04:32@	00:05#	00:34&	00:02#
<b>29</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>										<b>33:44</b>				
01:07+	01:28+	03:03+	05:23+	06:26+	09:13+	11:03+	14:26+	15:41+	18:07+	21:34+	23:36+	25:51+	29:56+	30:23+	33:26+	33:44+
01:07+	00:21+	01:35+	02:20+	01:03+	02:47+	01:50+	03:23+	01:15+	02:26+	03:27+	02:15+	02:15+	04:05+	00:27+	03:03+	00:18+
00:44@	00:11@	00:56@	01:04&	00:30&	01:16&	00:51&	01:52@	00:44@	01:35@	01:23&	01:32@	01:11@	02:13@	00:07&	02:05@	00:09&
<b>30</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>35:12</b>				
00:43+	01:04+	02:28+	04:54+	05:50+	08:32+	10:06+	13:03+	14:02+	17:01+	22:19+	23:50+	24:50+	28:06+	31:19+	31:59+	34:23+
00:43+	00:21+	01:24+	02:26+	00:56+	02:42+	01:34+	02:57+	00:59+	02:59+	05:18+	01:31+	01:00-	03:16+	03:13+	00:40-	02:24+
00:20&	00:11@	00:45@	01:10&	00:23&	01:11&	00:35&	01:26&	00:28&	02:08@	03:14@	01:01@	00:04-	01:24&	02:53@	00:18-	02:15@
<b>31</b>	<b>Kjersti Vasbø</b>	<b>126</b>										<b>36:06</b>				
00:53+	01:10+	02:37+	05:02+	06:10+	10:41+	12:33+	15:31+	16:43+	18:25+	24:10+	26:05+	27:50+	31:14+	31:49+	35:48+	36:06+
00:53+	00:17+	01:27+	02:25+	01:08+	04:31+	01:52+	02:58+	01:12+	01:42+	05:45+	01:55+	01:45+	03:24+	00:35+	03:59+	00:18+
00:30@	00:07&	00:48@	01:09&	00:35@	03:00@	00:53&	01:27&	00:41@	00:51&	03:41@	01:25@	00:41&	01:32&	00:15&	03:01@	00:09&
<b>32</b>	<b>Marie Volline Nessler</b>	<b>18</b>										<b>36:22</b>				
00:38+	00:51+	01:56+	03:55+	04:47+	07:41+	09:35+	13:55+	15:07+	16:43+	20:25+	22:46+	26:10+	30:32+	30:56+	36:12+	36:22+
00:38+	00:13+	01:05+	01:59+	00:52+	02:54+	01:54+	04:20+	01:12+	01:36+	03:42+	02:21+	03:24+	04:22+	00:24+	05:16+	00:10+
00:15&	00:03&	00:26&	00:43&	00:19&	01:23&	00:55&	02:49@	00:41@	00:45&	01:38&	01:51@	02:20@	02:30@	00:04#	04:18@	00:01#

Class	Navn	Klasse										Tid				
<b>33</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>36:22</b>				
01:02+	01:23+	02:55+	05:17+	06:19+	09:16+	11:11+	14:16+	15:43+	17:55+	26:31+	27:51+	30:20+	33:40+	34:10+	36:04+	36:22+
01:02+	00:21+	01:32+	02:22+	01:02+	02:57+	01:55+	03:05+	01:27+	02:12+	08:36+	01:20+	02:29+	03:20+	00:30+	01:54+	00:18+
00:39	00:11	00:53	01:06	00:29	01:26	00:56	01:34	00:56	01:21	06:32	00:50	01:25	01:28	00:10	00:56	00:09
<b>34</b>	<b>Signe Lise Haaland</b>	<b>66</b>										<b>36:24</b>				
01:15+	01:37+	03:19+	05:53+	07:17+	10:29+	12:48+	16:29+	17:38+	19:35+	23:05+	24:53+	27:09+	31:24+	31:55+	36:01+	36:24+
01:15+	00:22+	01:42+	02:34+	01:24+	03:12+	02:19+	03:41+	01:09+	01:57+	03:30+	01:48+	02:16+	04:15+	00:31+	04:06+	00:23+
00:52	00:12	01:03	01:18	00:51	01:41	01:20	02:10	00:38	01:06	01:26	01:18	01:12	02:23	00:11	03:08	00:14
<b>35</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>37:03</b>				
00:59+	01:23+	03:11+	06:11+	07:23+	10:59+	13:01+	17:08+	18:43+	21:09+	24:55+	26:17+	29:54+	33:54+	34:24+	36:52+	37:03+
00:59+	00:24+	01:48+	03:00+	01:12+	03:36+	02:02+	04:07+	01:35+	02:26+	03:46+	01:22+	03:37+	04:00+	00:30+	02:28+	00:11+
00:36	00:14	01:09	01:44	00:39	02:05	01:03	02:36	01:04	01:35	01:42	00:52	02:33	02:08	00:10	01:30	00:02
<b>36</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>										<b>37:10</b>				
00:40+	00:59+	02:00+	03:46+	04:33+	06:54+	08:22+	20:01+	21:09+	22:37+	28:15+	29:23+	31:02+	33:37+	34:46+	36:58+	37:10+
00:40+	00:19+	01:01+	01:46+	00:47+	02:21+	01:28+	11:39+	01:08+	01:28+	05:38+	01:08+	01:39+	02:35+	01:09+	02:12+	00:12+
00:17	00:09	00:22	00:30	00:14	00:50	00:29	10:08	00:37	00:37	03:34	00:38	00:35	00:43	00:49	01:14	00:03
<b>37</b>	<b>Brit Svihus</b>	<b>92</b>										<b>37:53</b>				
00:43+	01:01+	02:32+	04:55+	05:57+	08:50+	10:42+	13:28+	14:33+	22:03+	28:28+	29:55+	32:26+	35:43+	36:15+	37:40+	37:53+
00:43+	00:18+	01:31+	02:23+	01:02+	02:53+	01:52+	02:46+	01:05+	07:30+	06:25+	01:27+	02:31+	03:17+	00:32+	01:25+	00:13+
00:20	00:08	00:52	01:07	00:29	01:22	00:53	01:15	00:34	06:39	04:21	00:57	01:27	01:25	00:12	00:27	00:04
<b>38</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>39:05</b>				
00:52+	01:14+	02:40+	04:49+	06:03+	09:00+	11:16+	14:45+	16:04+	22:05+	27:55+	29:22+	32:14+	35:49+	36:24+	38:53+	39:05+
00:52+	00:22+	01:26+	02:09+	01:14+	02:57+	02:16+	03:29+	01:19+	06:01+	05:50+	01:27+	02:52+	03:35+	00:35+	02:29+	00:12+
00:29	00:12	00:47	00:53	00:41	01:26	01:17	01:58	00:48	05:10	03:46	00:57	01:48	01:43	00:15	01:31	00:03
<b>39</b>	<b>Solveig Marie Grønning</b>	<b>47</b>										<b>39:10</b>				
00:54+	01:13+	02:45+	04:52+	06:01+	09:05+	11:14+	14:43+	16:06+	22:03+	27:51+	29:26+	32:16+	35:47+	36:27+	38:55+	39:10+
00:54+	00:19+	01:32+	02:07+	01:09+	03:04+	02:09+	03:29+	01:23+	05:57+	05:48+	01:35+	02:50+	03:31+	00:40+	02:28+	00:15+
00:31	00:09	00:53	00:51	00:36	01:33	01:10	01:58	00:52	05:06	03:44	01:05	01:46	01:39	00:20	01:30	00:06
<b>40</b>	<b>Inga Borge</b>	<b>43</b>										<b>39:28</b>				
00:30+	00:43+	02:00+	03:41+	06:22+	08:37+	23:20+	25:32+	26:25+	27:48+	30:07+	31:06+	32:44+	35:54+	36:21+	39:17+	39:28+
00:30+	00:13+	01:17+	01:41+	02:41+	02:15+	14:43+	02:12+	00:53+	01:23+	02:19+	00:59+	01:38+	03:10+	00:27+	02:56+	00:11+
00:07	00:03	00:38	00:25	02:08	00:44	13:44	00:41	00:22	00:32	00:15	00:29	00:34	01:18	00:07	01:58	00:02
<b>41</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>										<b>39:38</b>				
00:41+	00:59+	02:13+	04:05+	04:54+	09:30+	13:00+	18:25+	19:34+	22:17+	25:39+	26:54+	29:25+	35:51+	37:10+	39:26+	39:38+
00:41+	00:18+	01:14+	01:52+	00:49+	04:36+	03:30+	05:25+	01:09+	02:43+	03:22+	01:15+	02:31+	06:26+	01:19+	02:16+	00:12+
00:18	00:08	00:35	00:36	00:16	03:05	02:31	03:54	00:38	01:52	01:18	00:45	01:27	04:34	00:59	01:18	00:03
<b>42</b>	<b>Eli Våge</b>	<b>117</b>										<b>40:15</b>				
00:42+	00:59+	02:22+	04:25+	05:30+	16:46+	22:03+	25:06+	26:10+	28:01+	31:21+	32:18+	33:51+	37:31+	38:02+	40:04+	40:15+
00:42+	00:17+	01:23+	02:03+	01:05+	11:16+	05:17+	03:03+	01:04+	01:51+	03:20+	00:57+	01:33+	03:40+	00:31+	02:02+	00:11+
00:19	00:07	00:44	00:47	00:32	09:45	04:18	01:32	00:33	01:00	01:16	00:27	00:29	01:48	00:11	01:04	00:02
<b>43</b>	<b>Sølvi Ballestad</b>	<b>105</b>										<b>40:51</b>				
00:43+	01:03+	02:46+	05:01+	06:20+	09:43+	14:39+	17:46+	18:58+	23:53+	27:22+	29:52+	33:01+	36:31+	37:05+	39:21+	40:38+
00:43+	00:20+	01:43+	02:15+	01:19+	03:23+	04:56+	03:07+	01:12+	04:55+	03:29+	02:30+	03:09+	03:30+	00:34+	02:16+	01:17+
00:20	00:10	01:04	00:59	00:46	01:52	03:57	01:36	00:41	04:04	01:25	02:00	02:05	01:38	00:14	01:18	00:13
<b>44</b>	<b>Laila Ueland Lunde</b>	<b>116</b>										<b>42:39</b>				
00:38+	00:53+	01:53+	03:27+	04:16+	06:28+	08:02+	10:29+	23:51+	26:06+	29:58+	31:57+	34:57+	38:59+	39:45+	42:28+	42:39+
00:38+	00:15+	01:00+	01:34+	00:49+	02:12+	01:34+	02:27+	13:22+	02:15+	03:52+	01:59+	03:00+	04:02+	00:46+	02:43+	00:11+
00:15	00:05	00:21	00:18	00:16	00:41	00:35	00:56	12:51	01:24	01:48	01:29	01:56	02:10	00:26	01:45	00:02
<b>45</b>	<b>Elisabeth Horpestad</b>	<b>117</b>										<b>45:40</b>				
00:37+	00:51+	01:48+	03:32+	04:15+	06:36+	15:12+	23:40+	25:08+	26:56+	33:24+	34:48+	36:11+	41:52+	42:32+	45:30+	45:40+
00:37+	00:14+	00:57+	01:44+	00:43+	02:21+	08:36+	08:28+	01:28+	01:48+	06:28+	01:23+	01:23+	05:41+	00:40+	02:58+	00:10+
00:14	00:04	00:18	00:28	00:10	00:50	07:37	06:57	00:57	00:57	04:24	00:54	00:19	03:49	00:20	02:00	00:01
<b>46</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>45:54</b>				
00:39+	01:00+	03:06+	05:13+	06:39+	13:52+	15:54+	19:28+	20:43+	25:50+	33:46+	35:04+	38:46+	42:36+	43:31+	45:43+	45:54+
00:39+	00:21+	02:06+	02:07+	01:26+	07:13+	02:02+	03:34+	01:15+	05:07+	07:56+	01:18+	03:42+	03:50+	00:55+	02:12+	00:11+
00:16	00:11	01:27	00:51	00:53	05:42	01:03	02:03	00:44	04:16	05:52	00:48	02:38	01:58	00:35	01:14	00:02
<b>47</b>	<b>Elisabeth Melbø</b>	<b>128</b>										<b>50:07</b>				
00:33+	00:47+	01:49+	03:25+	04:09+	09:52+	27:03+	28:50+	29:27+	34:47+	38:42+	39:48+	43:13+	45:45+	46:09+	49:53+	50:07+
00:33+	00:14+	01:02+	01:36+	00:44+	05:43+	17:11+	01:47+	00:37+	05:20+	03:55+	01:06+	03:25+	02:32+	00:24+	03:44+	00:14+
00:10	00:04	00:23	00:20	00:11	04:12	16:12	00:16	00:06	04:29	01:51	00:36	02:21	00:40	00:04	02:46	00:05

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

**Beste strekktid for klassen**

00:23 00:10 00:39 01:16 00:33 01:31 00:59 01:31 00:31 00:51 01:29 00:30 01:00 01:52 00:14 00:40 00:07

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

**Herrer 16 - 39 år**

<b>1</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>34:56</b>												
00:45=	02:18=	03:52=	04:25=	06:35=	15:27=	16:46=	20:36=	23:39=	27:51=	28:41=	33:12=	33:43=	34:25=	34:49=	34:56=
00:45=	01:33=	01:34=	00:33=	02:10=	08:52=	01:19=	03:50=	03:03=	04:12=	00:50=	04:31=	00:31=	00:42=	00:24=	00:07=
00:00=	00:00=	00:00=	00:00=	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>Bernhard Haver Vagle</b>	<b>126</b>	<b>35:26</b>												
00:59+	02:25+	03:52=	04:36+	05:32-	14:49-	15:58-	19:46-	22:58-	27:37-	28:27-	33:13+	34:25+	34:58+	35:19+	35:26+
00:59+	01:26-	01:27-	00:44+	00:56-	09:17+	01:09-	03:48-	03:12+	04:39+	00:50=	04:46+	01:12+	00:33-	00:21-	00:07=
00:14&	00:07-	00:07-	00:11&	01:14-	00:25+	00:10-	00:02-	00:09+	00:27#	00:00=	00:15+	00:41@	00:09-	00:03-	00:00=
<b>3</b>	<b>Øivind Rustan</b>	<b>105</b>	<b>35:37</b>												
00:50+	02:43+	04:08+	05:00+	05:50-	15:00-	16:09-	19:40-	24:28+	28:23+	29:21+	33:37+	34:22+	35:00+	35:28+	35:37+
00:50+	01:53+	01:25-	00:52+	00:50-	09:10+	01:09-	03:31-	04:48+	03:55-	00:58+	04:16-	00:45+	00:38-	00:28+	00:09+
00:05#	00:20#	00:09-	00:19&	01:20-	00:18+	00:10-	00:19-	01:45&	00:17-	00:08#	00:15-	00:14&	00:04-	00:04#	00:02&
<b>4</b>	<b>Håkon Eggebø</b>	<b>71</b>	<b>37:00</b>												
00:50+	02:28+	03:42-	05:50+	06:44+	16:03+	17:11+	21:20+	25:26+	29:43+	30:32+	35:15+	35:50+	36:29+	36:53+	37:00+
00:50+	01:38+	01:14-	02:08+	00:54-	09:19+	01:08-	04:09+	04:06+	04:17+	00:49-	04:43+	00:35+	00:39-	00:24=	00:07=
00:05#	00:05+	00:20-	01:35@	01:16-	00:27+	00:11-	00:19+	01:03&	00:05+	00:01-	00:12+	00:04#	00:03-	00:00=	00:00=
<b>5</b>	<b>Dag Eivind Watsend</b>	<b>92</b>	<b>38:14</b>												
01:00+	02:39+	04:15+	05:05+	06:45+	17:35+	18:51+	23:08+	26:32+	30:38+	31:42+	36:16+	36:53+	37:41+	38:07+	38:14+
01:00+	01:39+	01:36+	00:50+	01:40-	10:50+	01:16-	04:17+	03:24+	04:06-	01:04+	04:34+	00:37+	00:48+	00:26+	00:07=
00:15&	00:06+	00:02+	00:17&	00:30-	01:58#	00:03-	00:27#	00:21#	00:06-	00:14&	00:03+	00:06#	00:06#	00:02+	00:00=
<b>6</b>	<b>Aleksander Claussen</b>	<b>74</b>	<b>40:27</b>												
01:04+	02:42+	04:16+	05:11+	06:03-	17:53+	19:04+	23:10+	26:35+	31:04+	32:00+	37:41+	38:37+	39:47+	40:18+	40:27+
01:04+	01:38+	01:34=	00:55+	00:52-	11:50+	01:11-	04:06+	03:25+	04:29+	00:56+	05:41+	00:56+	01:10+	00:31+	00:09+
00:19&	00:05+	00:00=	00:22&	01:18-	02:58&	00:08-	00:16+	00:22#	00:17+	00:06#	01:10&	00:25&	00:28&	00:07&	00:02&
<b>7</b>	<b>Truls Thorkildsen</b>	<b>39</b>	<b>40:58</b>												
01:10+	03:03+	04:31+	05:29+	06:32-	16:57+	18:04+	22:14+	25:41+	32:09+	33:21+	39:03+	39:41+	40:16+	40:48+	40:58+
01:10+	01:53+	01:28-	00:58+	01:03-	10:25+	01:07-	04:10+	03:27+	06:28+	01:12+	05:42+	00:38+	00:35-	00:32+	00:10+
00:25&	00:20#	00:06-	00:25&	01:07-	01:33#	00:12-	00:20+	00:24#	02:16&	00:22&	01:11&	00:07#	00:07-	00:08&	00:03&
<b>8</b>	<b>Kent Aadnøy</b>	<b>65</b>	<b>42:11</b>												
01:02+	05:48+	08:23+	09:16+	10:04+	19:51+	21:12+	24:48+	27:44+	31:24+	33:29+	39:07+	40:59+	41:35+	42:02+	42:11+
01:02+	04:46+	02:35+	00:53+	00:48-	09:47+	01:21+	03:36-	02:56-	03:40-	02:05+	05:38+	01:52+	00:36-	00:27+	00:09+
00:17&	03:13@	01:01&	00:20&	01:22-	00:55#	00:02+	00:14-	00:07-	00:32-	01:15@	01:07#	01:21@	00:06-	00:03#	00:02&
<b>9</b>	<b>Håvard Barkved</b>	<b>71</b>	<b>42:15</b>												
00:54+	02:32+	03:56+	04:53+	06:04-	14:20-	15:31-	19:38-	23:46+	28:40+	29:44+	39:40+	40:36+	41:26+	42:00+	42:15+
00:54+	01:38+	01:24-	00:57+	01:11-	08:16-	01:11-	04:07+	04:08+	04:54+	01:04+	09:56+	00:56+	00:50+	00:34+	00:15+
00:09#	00:05+	00:10-	00:24&	00:59-	00:36-	00:08-	00:17+	01:05&	00:42#	00:14&	05:25@	00:25&	00:08#	00:10&	00:08@
<b>10</b>	<b>Martin Skogland</b>	<b>98</b>	<b>44:07</b>												
00:50+	02:21+	03:49-	04:38+	06:05-	17:09+	18:26+	23:05+	27:02+	34:09+	35:08+	42:05+	42:45+	43:32+	43:59+	44:07+
00:50+	01:31-	01:28-	00:49+	01:27-	11:04+	01:17-	04:39+	03:57+	07:07+	00:59+	06:57+	00:40+	00:47+	00:27+	00:08+
00:05#	00:02-	00:06-	00:16&	00:43-	02:12#	00:02-	00:49#	00:54&	02:55&	00:09#	02:26&	00:09&	00:05#	00:03#	00:01#
<b>11</b>	<b>Arthur Fayemendy</b>	<b>116</b>	<b>44:23</b>												
01:01+	02:50+	04:29+	05:38+	06:34-	17:50+	19:02+	25:21+	29:06+	35:34+	36:43+	42:04+	42:49+	43:43+	44:15+	44:23+
01:01+	01:49+	01:39+	01:09+	00:56-	11:16+	01:12-	06:19+	03:45+	06:28+	01:09+	05:21+	00:45+	00:54+	00:32+	00:08+
00:16&	00:16#	00:05+	00:36@	01:14-	02:24&	00:07-	02:29&	00:42#	02:16&	00:19&	00:50#	00:14&	00:12&	00:08&	00:01#
<b>12</b>	<b>Sondre Aspøy</b>	<b>117</b>	<b>45:09</b>												
01:07+	03:03+	05:50+	06:46+	07:52+	19:10+	20:34+	25:28+	29:35+	36:12+	37:15+	42:53+	43:44+	44:31+	45:01+	45:09+
01:07+	01:56+	02:47+	00:56+	01:06-	11:18+	01:24+	06:19+	04:07+	06:37+	01:03+	05:38+	00:51+	00:47+	00:30+	00:08+
00:22&	00:23#	01:13&	00:23&	01:04-	02:26&	00:05+	01:04&	01:04&	02:25&	00:13&	01:07#	00:20&	00:05#	00:06#	00:01#
<b>13</b>	<b>Frank Terje Berge</b>	<b>126</b>	<b>45:40</b>												
01:03+	03:02+	07:22+	08:50+	10:02+	19:08+	20:47+	24:48+	31:21+	35:34+	36:35+	43:22+	44:09+	45:02+	45:33+	45:40+
01:03+	01:59+	04:20+	01:28+	01:12-	09:06+	01:39+	04:01+	06:33+	04:13+	01:01+	06:47+	00:47+	00:53+	00:31+	00:07=
00:18&	00:26&	02:46@	00:55@	00:58-	00:14+	00:20+	00:11+	03:30@	00:01+	00:11#	02:16&	00:16&	00:11&	00:07&	00:00=

Class	Navn	Klasse												Tid	
<b>14</b>	<b>Thomas Hinna</b>	<b>287</b>												<b>47:05</b>	
01:02+	02:43+	04:30+	05:37+	06:44+	18:47+	20:16+	24:59+	29:29+	36:56+	38:13+	44:27+	45:21+	46:23+	46:57+	47:05+
01:02+	01:41+	01:47+	01:07+	01:07-	12:03+	01:29+	04:43+	04:30+	07:27+	01:17+	06:14+	00:54+	01:02+	00:34+	00:08+
00:17&	00:08+	00:13#	00:34@	01:03-	03:11&	00:10#	00:53#	01:27&	03:15&	00:27&	01:43&	00:23&	00:20&	00:10&	00:01#
<b>15</b>	<b>Tor Gunnar Osen</b>	<b>116</b>												<b>58:00</b>	
01:00+	06:20+	08:49+	09:56+	10:58+	22:22+	24:06+	30:44+	34:45+	39:32+	40:41+	50:17+	55:39+	57:06+	57:44+	58:00+
01:00+	05:20+	02:29+	01:07+	01:02-	11:24+	01:44+	06:38+	04:01+	04:47+	01:09+	09:36+	05:22+	01:27+	00:38+	00:16+
00:15&	03:47@	00:55&	00:34@	01:08-	02:32&	00:25&	02:48&	00:58&	00:35#	00:19&	05:05@	04:51@	00:45@	00:14&	00:09@
<b>16</b>	<b>Bjarte Sola</b>	<b>192</b>												<b>1:16:23</b>	
01:31+	04:56+	10:52+	12:29+	14:33+	32:54+	35:40+	44:09+	51:07+	59:12+	60:51+	71:11+	72:26+	75:20+	76:12+	76:23+
01:31+	03:25+	05:56+	01:37+	02:04-	18:21+	02:46+	08:29+	06:58+	08:05+	01:39+	10:20+	01:15+	02:54+	00:52+	00:11+
00:46@	01:52@	04:22@	01:04@	00:06-	09:29@	01:27@	04:39@	03:55@	03:53&	00:49&	05:49@	00:44@	02:12@	00:28@	00:04&
<b>Beste strekktid for klassen</b>															
00:45	01:26	01:14	00:33	00:48	08:16	01:07	03:31	02:56	03:40	00:49	04:16	00:31	00:33	00:21	00:07

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

## Herrer 40 - 49 år

<b>1</b>	<b>Asgeir Nærland</b>	<b>88</b>												<b>36:04</b>	
00:47=	02:27=	03:53=	05:04=	05:51=	14:59=	16:14=	19:59=	23:17=	27:52=	28:51=	33:25=	34:10=	35:22=	35:57=	36:04=
00:47=	01:40=	01:26=	01:11=	00:47=	09:08=	01:15=	03:45=	03:18=	04:35=	00:59=	04:34=	00:45=	01:12=	00:35=	00:07=
00:00=	00:00=	00:00=	00:00=	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>Trondr Breiland</b>	<b>53</b>												<b>37:38</b>	
01:01+	02:47+	04:40+	05:50+	06:39+	17:04+	18:24+	22:15+	25:29+	29:48+	30:41+	35:30+	36:13+	37:03+	37:30+	37:38+
01:01+	01:46+	01:53+	01:10-	00:49+	10:25+	01:20+	03:51+	03:14-	04:19-	00:53-	04:49+	00:43-	00:50-	00:27-	00:08+
00:14&	00:06+	00:27&	00:01-	00:02+	01:17#	00:05+	00:06+	00:04-	00:16-	00:06-	00:15+	00:02-	00:22-	00:08-	00:01#
<b>3</b>	<b>Thomas Chruickshank</b>	<b>48</b>												<b>38:49</b>	
00:56+	02:40+	05:18+	05:55+	06:54+	16:54+	18:07+	22:02+	25:31+	29:50+	30:41+	37:00+	37:39+	38:12+	38:41+	38:49+
00:56+	01:44+	02:38+	00:37-	00:59+	10:00+	01:13-	03:55+	03:29+	04:19-	00:51-	06:19+	00:39-	00:33-	00:29-	00:08+
00:09#	00:04+	01:12&	00:34-	00:12&	00:52+	00:02-	00:10+	00:11+	00:16-	00:08-	01:45&	00:06-	00:39-	00:06-	00:01#
<b>4</b>	<b>Thomas Johansen</b>	<b>111</b>												<b>40:31</b>	
00:56+	02:35+	04:38+	05:34+	06:29+	17:10+	18:20+	22:56+	26:28+	32:21+	33:29+	38:22+	39:13+	39:55+	40:24+	40:31+
00:56+	01:39-	02:03+	00:56-	00:55+	10:41+	01:10-	04:36+	03:32+	05:53+	01:08+	04:53+	00:51+	00:42-	00:29-	00:07=
00:09#	00:01-	00:37&	00:15-	00:08#	01:33#	00:05-	00:51#	00:14+	01:18&	00:09#	00:19+	00:06#	00:30-	00:06-	00:00=
<b>5</b>	<b>Gunnar Thorset</b>	<b>117</b>												<b>41:47</b>	
01:10+	03:04+	04:43+	06:14+	07:17+	18:02+	19:23+	23:37+	27:44+	33:02+	34:02+	39:40+	40:25+	41:12+	41:39+	41:47+
01:10+	01:54+	01:39+	01:31+	01:03+	10:45+	01:21+	04:14+	04:07+	05:18+	01:00+	05:38+	00:45=	00:47-	00:27-	00:08+
00:23&	00:14#	00:13#	00:20&	00:16&	01:37#	00:06+	00:29#	00:49#	00:43#	00:01+	01:04#	00:00=	00:25-	00:08-	00:01#
<b>6</b>	<b>Reidar Mosvold</b>	<b>53</b>												<b>42:11</b>	
01:03+	02:52+	04:34+	05:33+	06:33+	17:37+	19:28+	24:08+	28:17+	33:35+	34:45+	40:17+	40:45+	41:25+	42:00+	42:11+
01:03+	01:49+	01:42+	00:59-	01:00+	11:04+	01:51+	04:40+	04:09+	05:18+	01:10+	05:32+	00:28-	00:40-	00:35=	00:11+
00:16&	00:09+	00:16#	00:12-	00:13&	01:56#	00:36&	00:55#	00:51&	00:43#	00:11#	00:58#	00:17-	00:32-	00:00=	00:04&
<b>7</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>												<b>42:20</b>	
01:01+	02:40+	04:21+	05:42+	06:51+	17:19+	18:44+	23:38+	27:44+	33:17+	34:32+	40:04+	40:54+	41:38+	42:12+	42:20+
01:01+	01:39-	01:41+	01:21+	01:09+	10:28+	01:25+	04:54+	04:06+	05:33+	01:15+	05:32+	00:50+	00:44-	00:34-	00:08+
00:14&	00:01-	00:15#	00:10#	00:22&	01:20#	00:10#	01:09&	00:48#	00:58#	00:16&	00:58#	00:05#	00:28-	00:01-	00:01#
<b>8</b>	<b>Rune Hatle</b>	<b>65</b>												<b>42:59</b>	
01:06+	03:05+	05:25+	06:05+	07:13+	17:37+	19:02+	24:05+	28:13+	33:42+	34:38+	40:47+	41:19+	42:02+	42:43+	42:59+
01:06+	01:59+	02:20+	00:40-	01:08+	10:24+	01:25+	05:03+	04:08+	05:29+	00:56-	06:09+	00:32-	00:43-	00:41+	00:16+
00:19&	00:19#	00:54&	00:31-	00:21&	01:16#	00:10#	01:18&	00:50&	00:54#	00:03-	01:35&	00:13-	00:29-	00:06#	00:09@
<b>9</b>	<b>Ole-Tobias Frich</b>	<b>116</b>												<b>43:21</b>	
01:14+	03:00+	05:14+	07:25+	08:30+	19:13+	20:35+	25:07+	28:57+	34:38+	35:38+	40:53+	41:56+	42:42+	43:12+	43:21+
01:14+	01:46+	02:14+	02:11+	01:05+	10:43+	01:22+	04:32+	03:50+	05:41+	01:00+	05:15+	01:03+	00:46-	00:30-	00:09+
00:27&	00:06+	00:48&	01:00&	00:18&	01:35#	00:07+	00:47#	00:32#	01:06#	00:01+	00:41#	00:18&	00:26-	00:05-	00:02&
<b>10</b>	<b>Terje Undheim</b>	<b>54</b>												<b>47:38</b>	
00:58+	02:45+	09:23+	10:05+	11:27+	21:44+	23:55+	28:30+	32:31+	37:25+	38:48+	44:56+	45:57+	46:48+	47:29+	47:38+
00:58+	01:47+	06:38+	00:42-	01:22+	10:17+	02:11+	04:35+	04:01+	04:54+	01:23+	06:08+	01:01+	00:51-	00:41+	00:09+
00:11#	00:07+	05:12@	00:29-	00:35&	01:09#	00:56&	00:50#	00:43#	00:19+	00:24&	01:34&	00:16&	00:21-	00:06#	00:02&

Class	Navn	Klasse										Tid					
<b>11</b>	<b>André Sirevåg</b>	<b>116</b>										<b>48:03</b>					
01:15+	03:21+	05:10+	06:42+	08:23+	21:04+	22:32+	27:50+	32:31+	38:26+	39:30+	45:19+	46:19+	47:15+	47:54+	48:03+		
01:15+	02:06+	01:49+	01:32+	01:41+	12:41+	01:28+	05:18+	04:41+	05:55+	01:04+	05:49+	01:00+	00:56-	00:39+	00:09+		
00:28&	00:26&	00:23&	00:21&	00:54@	03:33&	00:13#	01:33&	01:23&	01:20&	00:05+	01:15&	00:15&	00:16-	00:04#	00:02&		
<b>12</b>	<b>Geir Inge Høivik</b>	<b>194</b>										<b>48:21</b>					
01:22+	03:53+	05:57+	06:59+	08:12+	22:05+	23:27+	28:41+	32:58+	39:09+	40:18+	46:07+	46:38+	47:38+	48:11+	48:21+		
01:22+	02:31+	02:04+	01:02-	01:13+	13:53+	01:22+	05:14+	04:17+	06:11+	01:09+	05:49+	00:31-	01:00-	00:33-	00:10+		
00:35&	00:51&	00:38&	00:09-	00:26&	04:45&	00:07+	01:29&	00:59&	01:36&	00:10#	01:15&	00:14-	00:12-	00:02-	00:03&		
<b>13</b>	<b>Cedric Fayemendy</b>	<b>76</b>										<b>51:06</b>					
00:47=	03:16+	08:22+	09:24+	11:27+	22:41+	24:14+	28:59+	34:34+	41:37+	43:07+	48:23+	49:28+	50:17+	50:58+	51:06+		
00:47=	02:29+	05:06+	01:02-	02:03+	11:14+	01:33+	04:45+	05:35+	07:03+	01:30+	05:16+	01:05+	00:49-	00:41+	00:08+		
00:00=	00:49&	03:40@	00:09-	01:16@	02:06#	00:18#	01:00&	02:17&	02:28&	00:31&	00:42#	00:20&	00:23-	00:06#	00:01#		
<b>14</b>	<b>Kristian Bjo</b>	<b>165</b>										<b>52:32</b>					
01:18+	03:23+	05:32+	06:35+	07:38+	22:28+	24:27+	29:05+	34:39+	41:04+	42:34+	49:09+	50:24+	51:26+	52:14+	52:32+		
01:18+	02:05+	02:09+	01:03-	01:03+	14:50+	01:59+	04:38+	05:34+	06:25+	01:30+	06:35+	01:15+	01:02-	00:48+	00:18+		
00:31&	00:25#	00:43&	00:08-	00:16&	05:42&	00:44&	00:53#	02:16&	01:50&	00:31&	02:01&	00:30&	00:10-	00:13&	00:11@		
<b>15</b>	<b>Lars Husdal</b>	<b>93</b>										<b>54:26</b>					
01:29+	04:04+	06:31+	07:52+	09:16+	24:14+	25:46+	31:00+	36:32+	42:24+	43:50+	51:06+	52:38+	53:44+	54:18+	54:26+		
01:29+	02:35+	02:27+	01:21+	01:24+	14:58+	01:32+	05:14+	05:32+	05:52+	01:26+	07:16+	01:32+	01:06-	00:34-	00:08+		
00:42&	00:55&	01:01&	00:10#	00:37&	05:50&	00:17#	01:29&	02:14&	01:17&	00:27&	02:42&	00:47@	00:06-	00:01-	00:01#		
<b>16</b>	<b>Knut Husdal</b>	<b>93</b>										<b>1:01:18</b>					
01:22+	03:52+	06:56+	08:11+	09:39+	25:03+	27:00+	33:20+	39:23+	48:01+	49:47+	57:56+	59:10+	60:18+	61:07+	61:18+		
01:22+	02:30+	03:04+	01:15+	01:28+	15:24+	01:57+	06:20+	06:03+	08:38+	01:46+	08:09+	01:14+	01:08-	00:49+	00:11+		
00:35&	00:50&	01:38@	00:04+	00:41&	06:16&	00:42&	02:35&	02:45&	04:03&	00:47&	03:35&	00:29&	00:04-	00:14&	00:04&		
<b>Beste strekktid for klassen</b>																	
00:47	01:39	01:26	00:37	00:47	09:08	01:10	03:45	03:14	04:19	00:51	04:34	00:28	00:33	00:27	00:07		

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

## Herrer 50 - 59 år

<b>1</b>	<b>Kjetil Roaldkvam</b>	<b>7</b>										<b>37:56</b>					
00:33=	01:17=	02:27=	04:51=	06:15=	07:52=	08:33=	16:47=	18:00=	21:58=	28:20=	35:59=	36:38=	37:18=	37:47=	37:56=		
00:33=	00:44=	01:10=	02:24=	01:24=	01:37=	00:41=	08:14=	01:13=	03:58=	06:22=	07:39=	00:39=	00:40=	00:29=	00:09=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>39:22</b>					
00:33=	01:20+	03:05+	06:31+	08:14+	10:46+	11:36+	21:15+	22:39+	27:26+	34:19+	37:22+	37:56+	38:39+	39:14+	39:22+		
00:33=	00:47+	01:45+	03:26+	01:43+	02:32+	00:50+	09:39+	01:24+	04:47+	06:53+	03:03-	00:34-	00:43+	00:35+	00:08-		
00:00=	00:03+	00:35&	01:02&	00:19#	00:55&	00:09#	01:25#	00:11#	00:49#	00:31+	04:36-	00:05-	00:03+	00:06#	00:01-		
<b>3</b>	<b>John Breiland</b>	<b>352</b>										<b>41:05</b>					
00:37+	01:34+	03:18+	05:10+	07:06+	09:11+	09:58+	20:18+	21:50+	26:27+	35:13+	39:03+	39:43+	40:24+	40:54+	41:05+		
00:37+	00:57+	01:44+	01:52-	01:56+	02:05+	00:47+	10:20+	01:32+	04:37+	08:46+	03:50-	00:40+	00:41+	00:30+	00:11+		
00:04#	00:13&	00:34&	00:32-	00:32&	00:28&	00:06#	02:06&	00:19&	00:39#	02:24&	03:49-	00:01+	00:01+	00:01+	00:02#		
<b>4</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>41:06</b>					
00:28-	01:13-	02:20-	03:45-	07:01+	09:03+	09:52+	23:00+	24:06+	28:11+	34:44+	38:56+	39:47+	40:22+	40:58+	41:06+		
00:28-	00:45+	01:07-	01:25-	03:16+	02:02+	00:49+	13:08+	01:06-	04:05+	06:33+	04:12-	00:51+	00:35-	00:36+	00:08-		
00:05-	00:01+	00:03-	00:59-	01:52@	00:25&	00:08#	04:54&	00:07-	00:07+	00:11+	03:27-	00:12&	00:05-	00:07#	00:01-		
<b>5</b>	<b>Kjell Seland</b>	<b>236</b>										<b>41:43</b>					
00:36+	01:12-	02:30+	04:31-	07:09+	09:24+	10:02+	21:03+	22:23+	27:27+	35:54+	39:18+	40:08+	40:55+	41:32+	41:43+		
00:36+	00:36-	01:18+	02:01-	02:38+	02:15+	00:38-	11:01+	01:20+	05:04+	08:27+	03:24-	00:50+	00:47+	00:37+	00:11+		
00:03+	00:08-	00:08#	00:23-	01:14&	00:38&	00:03-	02:47&	00:07+	01:06&	02:05&	04:15-	00:11&	00:07#	00:08&	00:02#		
<b>6</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>41:50</b>					
00:37+	01:57+	03:17+	05:19+	07:08+	09:32+	10:17+	20:52+	22:23+	27:06+	34:35+	39:08+	40:01+	41:04+	41:40+	41:50+		
00:37+	01:20+	01:20+	02:02-	01:49+	02:24+	00:45+	10:35+	01:31+	04:43+	07:29+	04:33-	00:53+	01:03+	00:36+	00:10+		
00:04#	00:36&	00:10#	00:22-	00:25&	00:47&	00:04+	02:21&	00:18#	00:45#	01:07#	03:06-	00:14&	00:23&	00:07#	00:01#		
<b>7</b>	<b>Frank Hansen</b>	<b>29</b>										<b>42:07</b>					
00:34+	01:17=	02:36+	04:50-	07:49+	09:47+	10:35+	20:53+	22:24+	27:52+	35:53+	39:38+	40:23+	41:16+	41:59+	42:07+		
00:34+	00:43-	01:19+	02:14-	02:59+	01:58+	00:48+	10:18+	01:31+	05:28+	08:01+	03:45-	00:45+	00:53+	00:43+	00:08-		
00:01+	00:01-	00:09#	00:10-	01:35@	00:21#	00:07#	02:04&	00:18#	01:30&	01:39&	03:54-	00:06#	00:13&	00:14&	00:01-		

Class	Navn	Klasse										Tid			
<b>8</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>42:49</b>			
00:30-	02:09+	03:21+	06:29+	08:50+	11:12+	12:02+	22:07+	23:27+	27:53+	36:42+	40:34+	41:23+	42:12+	42:42+	42:49+
00:30-	01:39+	01:12+	03:08+	02:21+	02:22+	00:50+	10:05+	01:20+	04:26+	08:49+	03:52-	00:49+	00:49+	00:30+	00:07-
00:03-	00:55@	00:02+	00:44&	00:57&	00:45&	00:09#	01:51#	00:07+	00:28#	02:27&	03:47-	00:10&	00:09#	00:01+	00:02-
<b>9</b>	<b>Magnar Møller</b>	<b>62</b>										<b>43:04</b>			
00:40+	01:59+	03:31+	05:35+	07:20+	09:51+	10:44+	21:20+	22:59+	27:58+	37:37+	40:52+	41:32+	42:23+	42:55+	43:04+
00:40+	01:19+	01:32+	02:04-	01:45+	02:31+	00:53+	10:36+	01:39+	04:59+	09:39+	03:15-	00:40+	00:51+	00:32+	00:09=
00:07#	00:35&	00:22&	00:20-	00:21#	00:54&	00:12&	02:22&	00:26&	01:01&	03:17&	04:24-	00:01+	00:11&	00:03#	00:00=
<b>10</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>43:30</b>			
00:34+	01:41+	02:51+	04:53+	07:07+	09:47+	10:48+	21:38+	23:16+	28:44+	37:26+	40:51+	41:55+	42:39+	43:24+	43:30+
00:34+	01:07+	01:10=	02:02-	02:14+	02:40+	01:01+	10:50+	01:38+	05:28+	08:42+	03:25-	01:04+	00:44+	00:45+	00:06-
00:01+	00:23&	00:00=	00:22-	00:50&	01:03&	00:20&	02:36&	00:25&	01:30&	02:20&	04:14-	00:25&	00:04#	00:16&	00:03-
<b>11</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>43:42</b>			
00:35+	01:25+	02:56+	05:05+	07:28+	10:17+	11:12+	23:16+	24:55+	30:17+	38:00+	41:13+	42:05+	42:56+	43:32+	43:42+
00:35+	00:50+	01:31+	02:09-	02:23+	02:49+	00:55+	12:04+	01:39+	05:22+	07:43+	03:13-	00:52+	00:51+	00:36+	00:10+
00:02+	00:06#	00:21&	00:15-	00:59&	01:12&	00:14&	03:50&	00:26&	01:24&	01:21#	04:26-	00:13&	00:11&	00:07#	00:01#
<b>12</b>	<b>Kjetil Solbakken</b>	<b>66</b>										<b>43:58</b>			
00:33=	01:23+	02:35+	07:43+	09:43+	12:19+	13:02+	23:31+	25:04+	29:35+	38:25+	41:35+	42:21+	43:17+	43:51+	43:58+
00:33=	00:50+	01:12+	05:08+	02:00+	02:36+	00:43+	10:29+	01:33+	04:31+	08:50+	03:10-	00:46+	00:56+	00:34+	00:07-
00:00=	00:06#	00:02+	02:44@	00:36&	00:59&	00:02+	02:15&	00:20&	00:33#	02:28&	04:29-	00:07#	00:16&	00:05#	00:02-
<b>13</b>	<b>Arne Øvstebø</b>	<b>71</b>										<b>44:47</b>			
00:33=	01:32+	02:59+	05:19+	07:02+	09:19+	10:25+	22:52+	24:14+	29:25+	37:47+	41:10+	42:37+	43:59+	44:38+	44:47+
00:33=	00:59+	01:27+	02:20-	01:43+	02:17+	01:06+	12:27+	01:22+	05:11+	08:22+	03:23-	01:27+	01:22+	00:39+	00:09=
00:00=	00:15&	00:17#	00:04-	00:19#	00:40&	00:25&	04:13&	00:09#	01:13&	02:00&	04:16-	00:48@	00:42@	00:10&	00:00=
<b>14</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>44:52</b>			
00:34+	01:31+	03:00+	04:57+	08:48+	11:03+	12:00+	25:25+	26:35+	31:48+	39:24+	42:40+	43:24+	44:08+	44:44+	44:52+
00:34+	00:57+	01:29+	01:57-	03:51+	02:15+	00:57+	13:25+	01:10-	05:13+	07:36+	03:16-	00:44+	00:44+	00:36+	00:08-
00:01+	00:13&	00:19&	00:27-	02:27@	00:38&	00:16&	05:11&	00:03-	01:15&	01:14#	04:23-	00:05#	00:04#	00:07#	00:01-
<b>15</b>	<b>Tore Halset</b>	<b>114</b>										<b>44:54</b>			
00:33=	01:57+	03:25+	05:41+	09:06+	11:24+	12:28+	23:26+	24:38+	30:02+	38:30+	41:54+	43:12+	44:13+	44:44+	44:54+
00:33=	01:24+	01:28+	02:16-	03:25+	02:18+	01:04+	10:58+	01:12-	05:24+	08:28+	03:24-	01:18+	01:01+	00:31+	00:10+
00:00=	00:40&	00:18&	00:08-	02:01@	00:41&	00:23&	02:44&	00:01-	01:26&	02:06&	04:15-	00:39&	00:21&	00:02+	00:01#
<b>16</b>	<b>Eilef Foss</b>	<b>76</b>										<b>44:54</b>			
00:28-	01:14-	02:17-	04:35-	06:52+	11:40+	12:28+	23:35+	25:04+	29:04+	38:12+	42:41+	43:12+	44:11+	44:47+	44:54+
00:28-	00:46+	01:03-	02:18-	02:17+	04:48+	00:48+	11:07+	01:29+	04:00+	09:08+	04:29-	00:31-	00:59+	00:36+	00:07-
00:05-	00:02+	00:07-	00:06-	00:53&	03:11@	00:07#	02:53&	00:16#	00:02+	02:46&	03:10-	00:08-	00:19&	00:07#	00:02-
<b>17</b>	<b>Stein Arve Finnstad</b>	<b>287</b>										<b>47:17</b>			
00:36+	02:15+	03:44+	05:48+	08:30+	10:51+	11:55+	23:46+	25:19+	31:12+	41:12+	44:41+	45:30+	46:27+	47:07+	47:17+
00:36+	01:39+	01:29+	02:04-	02:42+	02:21+	01:04+	11:51+	01:33+	05:53+	10:00+	03:29-	00:49+	00:57+	00:40+	00:10+
00:03+	00:55@	00:19&	00:20-	01:18&	00:44&	00:23&	03:37&	00:20&	01:55&	03:38&	04:10-	00:10&	00:17&	00:11&	00:01#
<b>18</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>48:42</b>			
00:37+	01:45+	03:15+	05:36+	07:47+	10:11+	13:12+	25:00+	26:25+	31:27+	42:33+	46:18+	47:12+	48:00+	48:34+	48:42+
00:37+	01:08+	01:30+	02:21-	02:11+	02:24+	03:01+	11:48+	01:25+	05:02+	11:06+	03:45-	00:54+	00:48+	00:34+	00:08-
00:04#	00:24&	00:20&	00:03-	00:47&	00:47&	02:20@	03:34&	00:12#	01:04&	04:44&	03:54-	00:15&	00:08#	00:05#	00:01-
<b>19</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>48:44</b>			
00:35+	01:48+	03:15+	05:39+	07:47+	10:41+	12:05+	25:11+	26:52+	33:20+	42:33+	46:07+	47:01+	47:57+	48:35+	48:44+
00:35+	01:13+	01:27+	02:24=	02:08+	02:54+	01:24+	13:06+	01:41+	06:28+	09:13+	03:34-	00:54+	00:56+	00:38+	00:09=
00:02+	00:29&	00:17#	00:00=	00:44&	01:17&	00:43@	04:52&	00:28&	02:30&	02:51&	04:05-	00:15&	00:16&	00:09&	00:00=
<b>20</b>	<b>Asbjørn Brådlund</b>	<b>297</b>										<b>49:54</b>			
00:31-	03:43+	05:11+	07:38+	10:15+	12:54+	14:07+	27:06+	28:33+	33:49+	42:06+	47:49+	48:21+	49:09+	49:45+	49:54+
00:31-	03:12+	01:28+	02:27+	02:37+	02:39+	01:13+	12:59+	01:27+	05:16+	08:17+	05:43-	00:32-	00:48+	00:36+	00:09=
00:02-	02:28@	00:18&	00:03+	01:13&	01:02&	00:32&	04:45&	00:14#	01:18&	01:55&	01:56-	00:07-	00:08#	00:07#	00:00=
<b>21</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>50:05</b>			
00:36+	01:21+	02:52+	05:27+	08:04+	10:59+	12:17+	24:59+	26:33+	32:29+	42:10+	46:17+	48:04+	49:01+	49:55+	50:05+
00:36+	00:45+	01:31+	02:35+	02:37+	02:55+	01:18+	12:42+	01:34+	05:56+	09:41+	04:07-	01:47+	00:57+	00:54+	00:10+
00:03+	00:01+	00:21&	00:11+	01:13&	01:18&	00:37&	04:28&	00:21&	01:58&	03:19&	03:32-	01:08@	00:17&	00:25&	00:01#
<b>22</b>	<b>Christof Schätz</b>	<b>239</b>										<b>50:18</b>			
01:00+	02:14+	03:37+	06:03+	08:26+	11:20+	12:51+	26:30+	28:15+	34:05+	43:14+	47:11+	48:19+	49:27+	50:07+	50:18+
01:00+	01:14+	01:23+	02:26+	02:23+	02:54+	01:31+	13:39+	01:45+	05:50+	09:09+	03:57-	01:08+	01:08+	00:40+	00:11+
00:27&	00:30&	00:13#	00:02+	00:59&	01:17&	00:50@	05:25&	00:32&	01:52&	02:47&	03:42-	00:29&	00:28&	00:11&	00:02#

Class	Navn	Klasse												Tid			
<b>23</b>	<b>Adne Hausberg</b>	<b>7</b>												<b>50:29</b>			
00:33=	03:42+	05:01+	08:03+	10:14+	13:08+	14:18+	27:29+	28:39+	34:29+	44:04+	47:42+	48:46+	49:39+	50:19+	50:29+		
00:33=	03:09+	01:19+	03:02+	02:11+	02:54+	01:10+	13:11+	01:10-	05:50+	09:35+	03:38-	01:04+	00:53+	00:40+	00:10+		
00:00=	02:25@	00:09#	00:38&	00:47&	01:17&	00:29&	04:57&	00:03-	01:52&	03:13&	04:01-	00:25&	00:13&	00:11&	00:01#		
<b>24</b>	<b>Harald Syse</b>	<b>93</b>												<b>50:55</b>			
00:35+	01:15-	02:25-	04:28-	07:37+	18:05+	18:59+	32:02+	33:21+	37:34+	44:59+	46:56+	48:28+	49:28+	50:10+	50:47+	50:55+	
00:35+	00:40-	01:10=	02:03-	03:09+	10:28+	00:54+	13:03+	01:19+	04:13+	07:25+	01:57-	01:32+	01:00+	00:42+	00:37+	00:08+	
00:02+	00:04-	00:00=	00:21-	01:45@	08:51@	00:13&	04:49&	00:06+	00:15+	01:03#	05:42-	00:53@	00:20&	00:13&	00:28@	00:08+	
<b>25</b>	<b>Geir Rune Seldal</b>	<b>192</b>												<b>51:45</b>			
00:36+	02:07+	03:36+	06:22+	09:47+	12:24+	13:11+	27:05+	28:30+	34:24+	43:37+	49:26+	50:22+	51:04+	51:35+	51:45+		
00:36+	01:31+	01:29+	02:46+	03:25+	02:37+	00:47+	13:54+	01:25+	05:54+	09:13+	05:49-	00:56+	00:42+	00:31+	00:10+		
00:03+	00:47@	00:19&	00:22#	02:01@	01:00&	00:06#	05:40&	00:12#	01:56&	02:51&	01:50-	00:17&	00:02+	00:02+	00:01#		
<b>26</b>	<b>Trond Sandal</b>	<b>42</b>												<b>53:04</b>			
00:46+	01:40+	03:19+	05:48+	11:56+	14:16+	15:17+	27:59+	29:50+	36:23+	44:55+	50:26+	51:07+	52:04+	52:53+	53:04+		
00:46+	00:54+	01:39+	02:29+	06:08+	02:20+	01:01+	12:42+	01:51+	06:33+	08:32+	05:31-	00:41+	00:57+	00:49+	00:11+		
00:13&	00:10#	00:29&	00:05+	04:44@	00:43&	00:20&	04:28&	00:38&	02:35&	02:10&	02:08-	00:02+	00:17&	00:20&	00:02#		
<b>27</b>	<b>Josef Ludoid</b>	<b>228</b>												<b>54:21</b>			
00:38+	02:48+	04:11+	06:51+	09:42+	13:09+	14:07+	28:11+	30:36+	37:21+	48:13+	52:03+	52:45+	53:41+	54:12+	54:21+		
00:38+	02:10+	01:23+	02:40+	02:51+	03:27+	00:58+	14:04+	02:25+	06:45+	10:52+	03:50-	00:42+	00:56+	00:31+	00:09=		
00:05#	01:26@	00:13#	00:16#	01:27@	01:50@	00:17&	05:50&	01:12&	02:47&	04:30&	03:49-	00:03+	00:16&	00:02+	00:00=		
<b>28</b>	<b>Ove Njå</b>	<b>53</b>												<b>56:27</b>			
00:41+	01:43+	03:18+	06:03+	14:56+	17:20+	18:12+	30:42+	32:41+	38:15+	47:41+	53:34+	54:22+	55:12+	56:13+	56:27+		
00:41+	01:02+	01:35+	02:45+	08:53+	02:24+	00:52+	12:30+	01:59+	05:34+	09:26+	05:53-	00:48+	00:50+	01:01+	00:14+		
00:08#	00:18&	00:25&	00:21#	07:29@	00:47&	00:11&	04:16&	00:46&	01:36&	03:04&	01:46-	00:09#	00:10#	00:32@	00:05&		
<b>29</b>	<b>Inge Skretting</b>	<b>165</b>												<b>57:31</b>			
00:32-	02:02+	03:54+	06:05+	20:44+	23:08+	24:11+	36:38+	38:04+	42:53+	51:14+	55:08+	55:47+	56:39+	57:22+	57:31+		
00:32-	01:30+	01:52+	02:11-	14:39+	02:24+	01:03+	12:27+	01:26+	04:49+	08:21+	03:54-	00:39=	00:52+	00:43+	00:09=		
00:01-	00:46@	00:42&	00:13-	13:15@	00:47&	00:22&	04:13&	00:13#	00:51#	01:59&	03:45-	00:00=	00:12&	00:14&	00:00=		
<b>Beste strekktid for klassen</b>																	
00:28	00:36	01:03	01:25	01:24	01:37	00:38	08:14	01:06	03:58	06:22	01:57	00:31	00:35	00:29	00:06		

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

## Herrer 60 - 64 år

<b>1</b>	<b>Geir Bjaanes</b>	<b>116</b>												<b>29:08</b>			
00:51=	02:29=	04:26=	05:25=	12:37=	12:48=	19:48=	22:36=	23:43=	24:21=	25:05=	25:31=	26:02=	27:19=	28:27=	29:08=		
00:51=	01:38=	01:57=	00:59=	07:12=	00:11=	07:00=	02:48=	01:07=	00:38=	00:44=	00:26=	00:31=	01:17=	01:08=	00:41=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Morten Johannessen</b>	<b>7</b>												<b>30:23</b>			
01:02+	02:48+	04:51+	06:00+	14:12+	14:22+	21:22+	23:44+	24:53+	26:01+	26:43+	27:10+	27:46+	29:11+	30:14+	30:23+		
01:02+	01:46+	02:03+	01:09+	08:12+	00:10-	07:00=	02:22-	01:09+	01:08+	00:42-	00:27+	00:36+	01:25+	01:03-	00:09-		
00:11#	00:08+	00:06+	00:10#	01:00#	00:01-	00:00=	00:26-	00:02+	00:30&	00:02-	00:01+	00:05#	00:08#	00:05-	00:32-		
<b>3</b>	<b>Ole Petter Haukaas</b>	<b>109</b>												<b>32:16</b>			
01:07+	02:57+	05:04+	06:06+	14:46+	14:56+	22:57+	25:31+	26:27+	27:17+	28:30+	28:57+	29:31+	31:04+	32:08+	32:16+		
01:07+	01:50+	02:07+	01:02+	08:40+	00:10-	08:01+	02:34-	00:56-	00:50+	01:13+	00:27+	00:34+	01:33+	01:04-	00:08-		
00:16&	00:12#	00:10+	00:03+	01:28#	00:01-	01:01#	00:14-	00:11-	00:12&	00:29&	00:01+	00:03+	00:16#	00:04-	00:33-		
<b>4</b>	<b>Kjell Skjæveland</b>	<b>166</b>												<b>35:34</b>			
01:12+	03:11+	05:25+	06:26+	14:19+	14:30+	25:20+	28:19+	29:43+	30:36+	31:21+	31:56+	32:32+	34:13+	35:26+	35:34+		
01:12+	01:59+	02:14+	01:01+	07:53+	00:11=	10:50+	02:59+	01:24+	00:53+	00:45+	00:35+	00:36+	01:41+	01:13+	00:08-		
00:21&	00:21#	00:17#	00:02+	00:41+	00:00=	03:50&	00:11+	00:17&	00:15&	00:01+	00:09&	00:05#	00:24&	00:05+	00:33-		
<b>5</b>	<b>Sveinung Svebestad</b>	<b>46</b>												<b>39:01</b>			
01:15+	03:21+	05:35+	06:43+	16:40+	16:54+	27:02+	31:22+	32:55+	33:49+	34:38+	35:04+	35:45+	37:24+	38:48+	39:01+		
01:15+	02:06+	02:14+	01:08+	09:57+	00:14+	10:08+	04:20+	01:33+	00:54+	00:49+	00:26=	00:41+	01:39+	01:24+	00:13-		
00:24&	00:28&	00:17#	00:09#	02:45&	00:03&	03:08&	01:32&	00:26&	00:16&	00:05#	00:00=	00:10&	00:22&	00:16#	00:28-		
<b>6</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>												<b>39:04</b>			
00:57+	02:50+	05:03+	06:10+	19:03+	19:16+	28:45+	31:47+	33:04+	34:05+	34:59+	35:28+	36:05+	37:42+	38:56+	39:04+		
00:57+	01:53+	02:13+	01:07+	12:53+	00:13+	09:29+	03:02+	01:17+	01:01+	00:54+	00:29+	00:37+	01:37+	01:14+	00:08-		
00:06#	00:15#	00:16#	00:08#	05:41&	00:02#	02:29&	00:14+	00:10#	00:23&	00:10#	00:03#	00:06#	00:20&	00:06+	00:33-		



Class	Navn	Klasse										Tid			
<b>7</b>	<b>Torbjørn Dahle</b>	<b>92</b>										<b>39:17</b>			
01:12+	03:14+	05:36+	06:44+	16:18+	16:30+	25:37+	31:31+	32:51+	33:45+	34:31+	35:15+	35:51+	37:37+	39:07+	39:17+
01:12+	02:02+	02:22+	01:08+	09:34+	00:12+	09:07+	05:54+	01:20+	00:54+	00:46+	00:44+	00:36+	01:46+	01:30+	00:10-
00:21&	00:24#	00:25#	00:09#	02:22&	00:01+	02:07&	03:06@	00:13#	00:16&	00:02+	00:18&	00:05#	00:29&	00:22&	00:31-
<b>8</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>41:37</b>			
01:15+	03:26+	07:48+	09:27+	19:12+	28:14+	32:54+	34:59+	36:04+	37:52+	38:17+	38:55+	40:18+	41:27+	41:37+	
01:15+	02:11+	04:22+	01:39+	09:45+	00:15+	08:47+	04:40+	02:05+	01:05+	01:48+	00:25-	00:38+	01:23+	01:09+	00:10-
00:24&	00:33&	02:25@	00:40&	02:33&	00:04&	01:47&	01:52&	00:58&	00:27&	01:04@	00:01-	00:07#	00:06+	00:01+	00:31-
<b>9</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>45:23</b>			
01:17+	03:29+	08:22+	09:48+	20:41+	20:56+	31:35+	35:12+	37:05+	38:43+	39:49+	40:23+	41:08+	43:27+	45:06+	45:23+
01:17+	02:12+	04:53+	01:26+	10:53+	00:15+	10:39+	03:37+	01:53+	01:38+	01:06+	00:34+	00:45+	02:19+	01:39+	00:17-
00:26&	00:34&	02:56@	00:27&	03:41&	00:04&	03:39&	00:49&	00:46&	01:00@	00:22&	00:08&	00:14&	01:02&	00:31&	00:24-
<b>10</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>46:38</b>			
01:18+	03:48+	06:40+	08:56+	20:07+	20:22+	30:34+	35:50+	37:44+	40:03+	40:54+	41:38+	42:26+	44:23+	46:28+	46:38+
01:18+	02:30+	02:52+	02:16+	11:11+	00:15+	10:12+	05:16+	01:54+	02:19+	00:51+	00:44+	00:48+	01:57+	02:05+	00:10-
00:27&	00:52&	00:37&	01:17@	03:59&	00:04&	03:12&	02:28&	00:47&	01:41@	00:07#	00:18&	00:17&	00:40&	00:57&	00:31-
<b>11</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>47:18</b>			
01:22+	03:48+	06:22+	07:45+	19:07+	19:34+	29:11+	34:25+	37:00+	37:58+	41:42+	42:15+	43:15+	45:31+	47:09+	47:18+
01:22+	02:26+	02:34+	01:23+	11:22+	00:27+	09:37+	05:14+	02:35+	00:58+	03:44+	00:33+	01:00+	02:16+	01:38+	00:09-
00:31&	00:48&	00:37&	00:24&	04:10&	00:16@	02:37&	02:26&	01:28@	00:20&	03:00@	00:07&	00:29&	00:59&	00:30&	00:32-
<b>12</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>57:17</b>			
01:50+	04:36+	12:25+	14:03+	25:53+	26:12+	41:35+	46:42+	49:08+	50:07+	51:06+	51:44+	52:37+	54:54+	57:04+	57:17+
01:50+	02:46+	07:49+	01:38+	11:50+	00:19+	15:23+	05:07+	02:26+	00:59+	00:59+	00:38+	00:53+	02:17+	02:10+	00:13-
00:59@	01:08&	05:52@	00:39&	04:38&	00:08&	08:23@	02:19&	01:19@	00:21&	00:15&	00:12&	00:22&	01:00&	01:02&	00:28-
<b>13</b>	<b>Ommund Bakkevold</b>	<b>68</b>										<b>1:01:02</b>			
01:43+	05:09+	11:39+	16:32+	28:53+	29:18+	43:32+	48:17+	50:17+	51:33+	53:37+	54:18+	55:11+	58:12+	60:52+	61:02+
01:43+	03:26+	06:30+	04:53+	12:21+	00:25+	14:14+	04:45+	02:00+	01:16+	02:04+	00:41+	00:53+	03:01+	02:40+	00:10-
00:52@	01:48@	04:33@	03:54@	05:09&	00:14@	07:14@	01:57&	00:53&	00:38&	01:20@	00:15&	00:22&	01:44@	01:32@	00:31-
<b>14</b>	<b>241930 Ukjent løper</b>	<b>134</b>										<b>1:01:12</b>			
01:16+	03:14+	06:40+	07:57+	32:01+	32:13+	43:46+	52:38+	53:58+	54:53+	55:41+	56:53+	57:36+	59:40+	61:04+	61:12+
01:16+	01:58+	03:26+	01:17+	24:04+	00:12+	11:33+	08:52+	01:20+	00:55+	00:48+	01:12+	00:43+	02:04+	01:24+	00:08-
00:25&	00:20#	01:29&	00:18&	16:52@	00:01+	04:33&	06:04@	00:13#	00:17&	00:04+	00:46@	00:12&	00:47&	00:16#	00:33-
00:51	01:38	01:57	00:59	07:12	00:10	07:00	02:22	00:56	00:38	00:42	00:25	00:31	01:17	01:03	00:08

= 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>26:33</b>			
00:53=	02:30=	04:19=	05:22=	12:31=	12:40=	18:47=	20:34=	21:30=	22:23=	23:20=	23:40=	24:11=	25:33=	26:26=	26:33=
00:53=	01:37=	01:49=	01:03=	07:09=	00:09=	06:07=	01:47=	00:56=	00:53=	00:57=	00:20=	00:31=	01:22=	00:53=	00:07=
00:00=	00:00=	00:00=	00:00=	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>31:45</b>			
01:22+	03:01+	04:59+	06:04+	13:38+	13:54+	22:12+	25:20+	26:33+	27:35+	28:21+	28:52+	29:19+	30:44+	31:38+	31:45+
01:22+	01:39+	01:58+	01:05+	07:34+	00:16+	08:18+	03:08+	01:13+	01:02+	00:46-	00:31+	00:27-	01:25+	00:54+	00:07=
00:29&	00:02+	00:09+	00:02+	00:25+	00:07&	02:11&	01:21&	00:17&	00:09#	00:11-	00:11&	00:04-	00:03+	00:01+	00:00=
<b>3</b>	<b>Jan Hetland</b>	<b>29</b>										<b>33:11</b>			
00:57+	02:50+	04:59+	06:10+	14:50+	15:01+	22:14+	25:58+	27:11+	28:14+	29:20+	29:51+	30:28+	31:56+	33:05+	33:11+
00:57+	01:53+	02:09+	01:11+	08:40+	00:11+	07:13+	03:44+	01:13+	01:03+	01:06+	00:31+	00:37+	01:28+	01:09+	00:06-
00:04+	00:16#	00:20#	00:08#	01:31#	00:02#	01:06#	01:57@	00:17&	00:10#	00:09#	00:11&	00:06#	00:06+	00:16&	00:01-
<b>4</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>33:24</b>			
01:09+	02:54+	05:12+	06:31+	14:43+	14:53+	22:11+	25:08+	26:56+	27:54+	28:46+	29:07+	29:37+	31:12+	33:17+	33:24+
01:09+	01:45+	02:18+	01:19+	08:12+	00:10+	07:18+	02:57+	01:48+	00:58+	00:52-	00:21+	00:30-	01:35+	02:05+	00:07=
00:16&	00:08+	00:29&	00:16&	01:03#	00:01#	01:11#	01:10&	00:52&	00:05+	00:05-	00:01+	00:01-	00:13#	01:12@	00:00=
<b>5</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>33:40</b>			
00:58+	02:52+	05:15+	06:41+	14:35+	14:48+	23:05+	26:19+	27:48+	28:51+	29:42+	30:11+	30:45+	32:27+	33:32+	33:40+
00:58+	01:54+	02:23+	01:26+	07:54+	00:13+	08:17+	03:14+	01:29+	01:03+	00:51-	00:29+	00:34+	01:42+	01:05+	00:08+
00:05+	00:17#	00:34&	00:23&	00:45#	00:04&	02:10&	01:27&	00:33&	00:10#	00:06-	00:09&	00:03+	00:20#	00:12#	00:01#

Class	Navn	Klasse										Tid				
<b>6</b>	<b>Magne Vollen</b>	<b>374</b>										<b>36:18</b>				
01:09+	03:03+	05:26+	06:40+	14:32+	14:44+	22:21+	27:26+	29:04+	29:47+	30:40+	31:56+	32:39+	34:35+	36:08+	36:18+	
01:09+	01:54+	02:23+	01:14+	07:52+	00:12+	07:37+	05:05+	01:38+	00:43-	00:53-	01:16+	00:43+	01:56+	01:33+	00:10+	
00:16&	00:17#	00:34&	00:11#	00:43#	00:03&	01:30#	03:18@	00:42&	00:10-	00:04-	00:56@	00:12&	00:34&	00:40&	00:03&	
<b>7</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>36:47</b>				
01:09+	03:45+	06:21+	07:51+	17:43+	17:57+	26:20+	29:13+	30:57+	31:49+	32:54+	33:21+	33:53+	35:43+	36:40+	36:47+	
01:09+	02:36+	02:36+	01:30+	09:52+	00:14+	08:23+	02:53+	01:44+	00:52-	01:05+	00:27+	00:32+	01:50+	00:57+	00:07=	
00:16&	00:59&	00:47&	00:27&	02:43&	00:05&	02:16&	01:06&	00:48&	00:01-	00:08#	00:07&	00:01+	00:28&	00:04+	00:00=	
<b>8</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>40:35</b>				
01:19+	04:10+	06:34+	08:38+	18:39+	18:53+	28:42+	32:43+	34:02+	35:01+	36:21+	36:43+	37:19+	39:16+	40:26+	40:35+	
01:19+	02:51+	02:24+	02:04+	10:01+	00:14+	09:49+	04:01+	01:19+	00:59+	01:20+	00:22+	00:36+	01:57+	01:10+	00:09+	
00:26&	01:14&	00:35&	01:01&	02:52&	00:05&	03:42&	02:14@	00:23&	00:06#	00:23&	00:02#	00:05#	00:35&	00:17&	00:02&	
<b>9</b>	<b>Arne Magne Handeland</b>	<b>92</b>										<b>40:42</b>				
01:18+	03:37+	06:22+	08:17+	18:10+	18:33+	28:20+	31:39+	33:10+	34:08+	35:00+	35:33+	36:15+	38:10+	40:30+	40:42+	
01:18+	02:19+	02:45+	01:55+	09:53+	00:23+	09:47+	03:19+	01:31+	00:58+	00:52-	00:33+	00:42+	01:55+	02:20+	00:12+	
00:25&	00:42&	00:56&	00:52&	02:44&	00:14@	03:40&	01:32&	00:35&	00:05+	00:05-	00:13&	00:11&	00:33&	01:27@	00:05&	
<b>10</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>40:49</b>				
01:24+	05:23+	08:10+	09:45+	19:35+	19:46+	29:19+	32:52+	34:26+	35:17+	36:09+	36:40+	37:27+	39:23+	40:40+	40:49+	
01:24+	03:59+	02:47+	01:35+	09:50+	00:11+	09:33+	03:33+	01:34+	00:51-	00:52-	00:31+	00:47+	01:56+	01:17+	00:09+	
00:31&	02:22@	00:58&	00:32&	02:41&	00:02#	03:26&	01:46&	00:38&	00:02-	00:05-	00:11&	00:16&	00:34&	00:24&	00:02&	
<b>11</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>41:51</b>				
01:20+	03:38+	07:30+	08:48+	20:39+	20:57+	29:53+	33:28+	35:03+	36:06+	37:01+	37:25+	38:07+	40:25+	41:42+	41:51+	
01:20+	02:18+	03:52+	01:18+	11:51+	00:18+	08:56+	03:35+	01:35+	01:03+	00:55-	00:24+	00:42+	02:18+	01:17+	00:09+	
00:27&	00:41&	02:03@	00:15#	04:42&	00:09&	02:49&	01:48@	00:39&	00:10#	00:02-	00:04#	00:11&	00:56&	00:24&	00:02&	
<b>12</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>42:43</b>				
01:11+	03:33+	06:39+	07:56+	16:54+	19:35+	28:36+	33:31+	35:08+	36:18+	37:35+	38:09+	38:55+	40:58+	42:33+	42:43+	
01:11+	02:22+	03:06+	01:17+	08:58+	02:41+	09:01+	04:55+	01:37+	01:10+	01:17+	00:34+	00:46+	02:03+	01:35+	00:10+	
00:18&	00:45&	01:17&	00:14#	01:49&	02:32@	02:54&	03:08@	00:41&	00:17&	00:20&	00:14&	00:15&	00:41&	00:42&	00:03&	
<b>13</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>										<b>48:45</b>				
01:23+	03:47+	06:28+	08:00+	25:15+	25:35+	35:00+	39:49+	41:23+	42:11+	43:00+	44:24+	45:07+	46:45+	48:31+	48:45+	
01:23+	02:24+	02:41+	01:32+	17:15+	00:20+	09:25+	04:49+	01:34+	00:48-	00:49-	01:24+	00:43+	01:38+	01:46+	00:14+	
00:30&	00:47&	00:52&	00:29&	10:06@	00:11@	03:18&	03:02@	00:38&	00:05-	00:08-	01:04@	00:12&	00:16#	00:53&	00:07&	
<b>14</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>49:47</b>				
02:02+	04:30+	13:37+	15:07+	25:38+	25:52+	36:21+	41:15+	42:41+	43:31+	44:34+	44:57+	45:44+	47:33+	49:37+	49:47+	
02:02+	02:28+	09:07+	01:30+	10:31+	00:14+	10:29+	04:54+	01:26+	00:50-	01:03+	00:23+	00:47+	01:49+	02:04+	00:10+	
01:09@	00:51&	07:18@	00:27&	03:22&	00:05&	04:22&	03:07@	00:30&	00:03-	00:06#	00:03#	00:16&	00:27&	01:11@	00:03&	
<b>15</b>	<b>Odd Arild Wernes</b>	<b>88</b>										<b>52:59</b>				
01:21+	04:16+	07:31+	09:19+	22:24+	22:43+	36:33+	40:24+	42:46+	44:26+	46:09+	46:59+	47:53+	50:41+	52:45+	52:59+	
01:21+	02:55+	03:15+	01:48+	13:05+	00:19+	13:50+	03:51+	02:22+	01:40+	01:43+	00:50+	00:54+	02:48+	02:04+	00:14+	
00:28&	01:18&	01:26&	00:45&	05:56&	00:10@	07:43@	02:04@	01:26@	00:47&	00:46&	00:30@	00:23&	01:26@	01:11@	00:07&	
<b>16</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>54:41</b>				
03:13+	06:40+	12:14+	14:36+	26:15+	26:38+	42:37+	46:20+	47:27+	48:19+	49:29+	50:05+	50:42+	52:39+	54:32+	54:41+	
03:13+	03:27+	05:34+	02:22+	11:39+	00:23+	15:59+	03:43+	01:07+	00:52-	01:10+	00:36+	00:37+	01:57+	01:53+	00:09+	
02:20@	01:50@	03:45@	01:19@	04:30&	00:14@	09:52@	01:56@	00:11#	00:01-	00:13#	00:16&	00:06#	00:35&	01:00@	00:02&	
<b>Beste strekketid for klassen</b>																
00:53	01:37	01:49	01:03	07:09	00:09	06:07	01:47	00:56	00:43	00:46	00:20	00:27	01:22	00:53	00:06	

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

## Herrer 70 - 74 år

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>										<b>32:53</b>				
01:13=	03:13=	05:22=	06:42=	14:30=	14:46=	23:06=	26:22=	27:34=	28:47=	29:26=	29:56=	30:26=	31:51=	32:44=	32:53=	
01:13=	02:00=	02:09=	01:20=	07:48=	00:16=	08:20=	03:16=	01:12=	01:13=	00:39=	00:30=	00:30=	01:25=	00:53=	00:09=	
00:00=	00:00=	00:00=	00:00=	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>Ragnvald Frøyland</b>	<b>128</b>										<b>37:28</b>				
01:07-	03:16+	05:43+	06:47+	15:27+	15:41+	25:08+	29:02+	30:36+	32:20+	33:14+	33:53+	34:36+	36:09+	37:12+	37:28+	
01:07-	02:09+	02:27+	01:04-	08:40+	00:14-	09:27+	03:54+	01:34+	01:44+	00:54+	00:39+	00:43+	01:33+	01:03+	00:16+	
00:06-	00:09+	00:18#	00:16-	00:52#	00:02-	01:07#	00:38#	00:22&	00:31&	00:15&	00:09&	00:13&	00:08+	00:10#	00:07&	

Class	Navn	Klasse												Tid	
<b>3</b>	<b>Asgeir Bell</b>	<b>117</b>												<b>39:28</b>	
01:25+	03:38+	08:09+	09:25+	19:16+	19:30+	28:14+	31:10+	32:46+	33:51+	34:40+	35:15+	36:08+	37:54+	39:16+	39:28+
01:25+	02:13+	04:31+	01:16-	09:51+	00:14-	08:44+	02:56-	01:36+	01:05-	00:49+	00:35+	00:53+	01:46+	01:22+	00:12+
00:12#	00:13#	02:22@	00:04-	02:03&	00:02-	00:24+	00:20-	00:24&	00:08-	00:10&	00:05#	00:23&	00:21#	00:29&	00:03&
<b>4</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>												<b>40:27</b>	
01:12-	03:15+	06:46+	08:00+	16:24+	16:36+	26:12+	30:05+	32:03+	33:18+	35:16+	35:54+	36:40+	38:45+	40:16+	40:27+
01:12-	02:03+	03:31+	01:14-	08:24+	00:12-	09:36+	03:53+	01:58+	01:15+	01:58+	00:38+	00:46+	02:05+	01:31+	00:11+
00:01-	00:03+	01:22&	00:06-	00:36+	00:04-	01:16#	00:37#	00:46&	00:02+	01:19@	00:08&	00:16&	00:40&	00:38&	00:02#
<b>5</b>	<b>Arne Østensen</b>	<b>53</b>												<b>41:11</b>	
01:21+	03:09-	05:53+	07:45+	16:52+	17:09+	26:13+	29:29+	30:36+	31:39+	32:35+	33:05+	33:43+	39:45+	40:57+	41:11+
01:21+	01:48-	02:44+	01:52+	09:07+	00:17+	09:04+	03:16=	01:07-	01:03-	00:56+	00:30=	00:38+	06:02+	01:12+	00:14+
00:08#	00:12-	00:35&	00:32&	01:19#	00:01+	00:44+	00:00=	00:05-	00:10-	00:17&	00:00=	00:08&	04:37@	00:19&	00:05&
<b>6</b>	<b>Jostein Tunheim</b>	<b>116</b>												<b>41:52</b>	
01:16+	03:35+	06:04+	07:25+	17:15+	17:44+	27:24+	32:19+	34:07+	35:03+	36:58+	37:57+	38:33+	40:21+	41:42+	41:52+
01:16+	02:19+	02:29+	01:21+	09:50+	00:29+	09:40+	04:55+	01:48+	00:56-	01:55+	00:59+	00:36+	01:48+	01:21+	00:10+
00:03+	00:19#	00:20#	00:01+	02:02&	00:13&	01:20#	01:39&	00:36&	00:17-	01:16@	00:29&	00:06#	00:23&	00:28&	00:01#
<b>7</b>	<b>Paul A. Paulsen</b>	<b>117</b>												<b>42:25</b>	
01:26+	04:20+	06:45+	09:20+	18:47+	19:04+	28:38+	33:12+	34:53+	36:04+	37:10+	37:40+	38:48+	40:44+	42:17+	42:25+
01:26+	02:54+	02:25+	02:35+	09:27+	00:17+	09:34+	04:34+	01:41+	01:11-	01:06+	00:30=	01:08+	01:56+	01:33+	00:08-
00:13#	00:54&	00:16#	01:15&	01:39#	00:01+	01:14#	01:18&	00:29&	00:02-	00:27&	00:00=	00:38@	00:31&	00:40&	00:01-
<b>8</b>	<b>Kjell Svihus</b>	<b>154</b>												<b>43:00</b>	
01:13=	03:38+	06:09+	08:11+	18:49+	19:06+	29:16+	33:23+	35:25+	36:21+	37:19+	37:49+	38:30+	40:55+	42:31+	43:00+
01:13=	02:25+	02:31+	02:02+	10:38+	00:17+	10:10+	04:07+	02:02+	00:56-	00:58+	00:30=	00:41+	02:25+	01:36+	00:29+
00:00=	00:25#	00:22#	00:42&	02:50&	00:01+	01:50#	00:51&	00:50&	00:17-	00:19&	00:00=	00:11&	01:00&	00:43&	00:20@
<b>9</b>	<b>Jan Inge Lunde</b>	<b>88</b>												<b>44:54</b>	
01:25+	04:07+	07:08+	08:44+	19:30+	19:49+	29:32+	35:09+	36:54+	38:01+	40:08+	40:35+	41:21+	43:21+	44:44+	44:54+
01:25+	02:42+	03:01+	01:36+	10:46+	00:19+	09:43+	05:37+	01:45+	01:07-	02:07+	00:27-	00:46+	02:00+	01:23+	00:10+
00:12#	00:42&	00:52&	00:16#	02:58&	00:03#	01:23#	02:21&	00:33&	00:06-	01:28@	00:03-	00:16&	00:35&	00:30&	00:01#
<b>10</b>	<b>Terje Helland</b>	<b>88</b>												<b>52:13</b>	
01:08-	03:02-	05:32+	06:57+	15:45+	16:01+	37:59+	41:44+	43:06+	43:59+	44:55+	46:32+	48:40+	50:38+	52:02+	52:13+
01:08-	01:54-	02:30+	01:25+	08:48+	00:16=	21:58+	03:45+	01:22+	00:53-	00:56+	01:37+	02:08+	01:58+	01:24+	00:11+
00:05-	00:06-	00:21#	00:05+	01:00#	00:00=	13:38@	00:29#	00:10#	00:20-	00:17&	01:07@	01:38@	00:33&	00:31&	00:02#
<b>11</b>	<b>John Abrahamsen</b>	<b>125</b>												<b>1:18:29</b>	
01:56+	05:59+	11:02+	14:03+	37:33+	37:51+	53:25+	62:20+	64:53+	66:47+	68:21+	69:30+	71:02+	75:09+	78:11+	78:29+
01:56+	04:03+	05:03+	03:01+	23:30+	00:18+	15:34+	08:55+	02:33+	01:54+	01:34+	01:09+	01:32+	04:07+	03:02+	00:18+
00:43&	02:03@	02:54@	01:41@	15:42@	00:02#	07:14&	05:39@	01:21@	00:41&	00:55@	00:39@	01:02@	02:42@	02:09@	00:09&
<b>Beste strekktid for klassen</b>															
01:07	01:48	02:09	01:04	07:48	00:12	08:20	02:56	01:07	00:53	00:39	00:27	00:30	01:25	00:53	00:08

= 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>24:19</b>
00:30=	01:16=	02:08=	02:59=	04:54=	08:11=	10:22=	11:30=	11:58=	20:00=	20:24=	21:12=	23:32=	24:11=	24:19=
00:30=	00:46=	00:52=	00:51=	01:55=	03:17=	02:11=	01:08=	00:28=	08:02=	00:24=	00:48=	02:20=	00:39=	00:08=
00:00=	00:00=	00:00=	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>24:49</b>
00:40+	01:25+	02:25+	03:20+	05:51+	09:42+	11:45+	12:59+	13:30+	20:55+	21:21+	22:16+	24:07+	24:40+	24:49+
00:40+	00:45-	01:00+	00:55+	02:31+	03:51+	02:03-	01:14+	00:31+	07:25-	00:26+	00:55+	01:51-	00:33-	00:09+
00:10&	00:01-	00:08#	00:04+	00:36&	00:34#	00:08-	00:06+	00:03#	00:37-	00:02+	00:07#	00:29-	00:06-	00:01#
<b>3</b>	<b>Svein Glendrange</b>	<b>68</b>												<b>27:28</b>
00:48+	01:47+	02:49+	03:57+	06:14+	10:13+	12:36+	14:04+	14:34+	22:32+	23:01+	24:11+	26:31+	27:17+	27:28+
00:48+	00:59+	01:02+	01:08+	02:17+	03:59+	02:23+	01:28+	00:30+	07:58-	00:29+	01:10+	02:20=	00:46+	00:11+
00:18&	00:13&	00:10#	00:17&	00:22#	00:42#	00:12+	00:20&	00:02+	00:04-	00:05#	00:22&	00:00=	00:07#	00:03&
<b>4</b>	<b>Arvid Thorsen</b>	<b>5</b>												<b>28:20</b>
00:35+	01:43+	02:29+	03:25+	06:10+	09:43+	13:07+	14:24+	14:47+	23:44+	24:16+	25:28+	27:24+	28:06+	28:20+
00:35+	01:08+	00:46-	00:56+	02:45+	03:33+	03:24+	01:17+	00:23-	08:57+	00:32+	01:12+	01:56-	00:42+	00:14+
00:05#	00:22&	00:06-	00:05+	00:50&	00:16+	01:13&	00:09#	00:05-	00:55#	00:08&	00:24&	00:24-	00:03+	00:06&

Class	Navn	Klasse										Tid		
<b>5</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>31:14</b>		
00:43+	01:31+	02:30+	03:48+	06:33+	10:23+	13:02+	14:15+	26:03+	27:10+	28:15+	30:22+	31:00+	31:14+	
00:43+	00:48+	00:59+	01:18+	02:45+	03:50+	02:39+	01:13+	00:44+	11:04+	01:07+	01:05+	02:07-	00:38-	00:14+
00:13&	00:02+	00:07#	00:27&	00:50&	00:33#	00:28#	00:05+	00:16&	03:02&	00:43@	00:17&	00:13-	00:01-	00:06&
<b>6</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>32:11</b>		
00:36+	01:36+	02:28+	03:40+	06:41+	10:28+	12:51+	14:29+	15:33+	27:39+	28:04+	29:07+	31:25+	32:03+	32:11+
00:36+	01:00+	00:52=	01:12+	03:01+	03:47+	02:23+	01:38+	01:04+	12:06+	00:25+	01:03+	02:18-	00:38-	00:08=
00:06#	00:14&	00:00=	00:21&	01:06&	00:30#	00:12+	00:30&	00:36@	04:04&	00:01+	00:15&	00:02-	00:01-	00:00=
<b>7</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>32:48</b>		
00:53+	02:24+	03:24+	04:36+	07:08+	11:19+	13:59+	15:22+	15:56+	27:38+	28:11+	29:26+	31:51+	32:36+	32:48+
00:53+	01:31+	01:00+	01:12+	02:32+	04:11+	02:40+	01:23+	00:34+	11:42+	00:33+	01:15+	02:25+	00:45+	00:12+
00:23&	00:45&	00:08#	00:21&	00:37&	00:54&	00:29#	00:15#	00:06#	03:40&	00:09&	00:27&	00:05+	00:06#	00:04&
<b>8</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>34:49</b>		
00:43+	02:24+	03:34+	04:37+	08:17+	16:48+	19:01+	20:31+	21:21+	29:59+	30:26+	31:30+	33:55+	34:39+	34:49+
00:43+	01:41+	01:10+	01:03+	03:40+	08:31+	02:13+	01:30+	00:50+	08:38+	00:27+	01:04+	02:25+	00:44+	00:10+
00:13&	00:55@	00:18&	00:12#	01:45&	05:14@	00:02+	00:22&	00:22&	00:36+	00:03#	00:16&	00:05+	00:05#	00:02#
<b>9</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>37:16</b>		
01:03+	03:30+	04:43+	06:32+	09:37+	14:35+	17:19+	19:49+	20:39+	31:17+	31:53+	32:59+	36:12+	37:04+	37:16+
01:03+	02:27+	01:13+	01:49+	03:05+	04:58+	02:44+	02:30+	00:50+	10:38+	00:36+	01:06+	03:13+	00:52+	00:12+
00:33@	01:41@	00:21&	00:58@	01:10&	01:41&	00:33&	01:22@	00:22&	02:36&	00:12&	00:18&	00:53&	00:13&	00:04&
<b>10</b>	<b>Hans Klausen</b>	<b>62</b>										<b>37:29</b>		
00:43+	02:16+	03:32+	04:36+	07:37+	11:37+	13:35+	19:18+	20:11+	32:17+	32:46+	33:45+	36:39+	37:20+	37:29+
00:43+	01:33+	01:16+	01:04+	03:01+	04:00+	01:58-	05:43+	00:53+	12:06+	00:29+	00:59+	02:54+	00:41+	00:09+
00:13&	00:47@	00:24&	00:13&	01:06&	00:43#	00:13-	04:35@	00:25&	04:04&	00:05#	00:11#	00:34#	00:02+	00:01#
<b>11</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>37:44</b>		
00:44+	03:34+	04:27+	05:41+	08:49+	14:11+	16:30+	17:58+	19:10+	31:16+	32:38+	33:51+	36:33+	37:30+	37:44+
00:44+	02:50+	00:53+	01:14+	03:08+	05:22+	02:19+	01:28+	01:12+	12:06+	01:22+	01:13+	02:42+	00:57+	00:14+
00:14&	02:04@	00:01+	00:23&	01:13&	02:05&	00:08+	00:20&	00:44@	04:04&	00:58@	00:25&	00:22#	00:18&	00:06&
<b>12</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>39:58</b>		
00:44+	01:38+	02:39+	03:40+	06:35+	10:50+	21:40+	23:25+	23:57+	33:30+	34:08+	35:32+	38:59+	39:47+	39:58+
00:44+	00:54+	01:01+	01:01+	02:55+	04:15+	10:50+	01:45+	00:32+	09:33+	00:38+	01:24+	03:27+	00:48+	00:11+
00:14&	00:08#	00:09#	00:10#	01:00&	00:58&	08:39@	00:37&	00:04#	01:31#	00:14&	00:36&	01:07&	00:09#	00:03&
<b>13</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>41:34</b>		
01:01+	02:10+	03:51+	05:26+	09:19+	15:24+	19:43+	21:23+	22:19+	34:13+	35:00+	36:49+	40:12+	41:16+	41:34+
01:01+	01:09+	01:41+	01:35+	03:53+	06:05+	04:19+	01:40+	00:56+	11:54+	00:47+	01:49+	03:23+	01:04+	00:18+
00:31@	00:23&	00:49&	00:44&	01:58@	02:48&	02:08&	00:32&	00:28&	03:52&	00:23&	01:01@	01:03&	00:25&	00:10@
<b>14</b>	<b>Reidar Magne Liland</b>	<b>66</b>										<b>45:27</b>		
01:00+	02:30+	04:01+	05:40+	09:09+	14:38+	17:36+	19:30+	20:09+	38:45+	39:15+	40:35+	43:46+	44:49+	45:27+
01:00+	01:30+	01:31+	01:39+	03:29+	05:29+	02:58+	01:54+	00:39+	18:36+	00:30+	01:20+	03:11+	01:03+	00:38+
00:30&	00:44&	00:39&	00:48&	01:34&	02:12&	00:47&	00:46&	00:11&	10:34@	00:06#	00:32&	00:51&	00:24&	00:30@
<b>Beste strekktid for klassen</b>														
00:30	00:45	00:46	00:51	01:55	03:17	01:58	01:08	00:23	07:25	00:24	00:48	01:51	00:33	00:08

= 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>26:40</b>			
01:02=	03:06=	05:03=	07:38=	09:17=	09:53=	12:49=	14:14=	16:17=	17:41=	18:58=	21:19=	24:06=	24:39=	26:29=	26:40=
01:02=	02:04=	01:57=	02:35=	01:39=	00:36=	02:56=	01:25=	02:03=	01:24=	01:17=	02:21=	02:47=	00:33=	01:50=	00:11=
00:00=	00:00=	00:00=	00:00=	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>Harald Vatne</b>	<b>67</b>										<b>27:08</b>			
00:57-	02:51-	04:41-	07:23-	08:47-	09:23-	13:57+	15:25+	17:36+	19:25+	20:26+	22:16+	24:44+	25:16+	26:57+	27:08+
00:57-	01:54-	01:50-	02:42+	01:24-	00:36=	04:34+	01:28+	02:11+	01:49+	01:01-	01:50-	02:28-	00:32-	01:41-	00:11=
00:05-	00:10-	00:07-	00:07+	00:15-	00:00=	01:38&	00:03+	00:08+	00:25&	00:16-	00:31-	00:19-	00:01-	00:09-	00:00=
<b>3</b>	<b>Sigurd Krosli</b>	<b>93</b>										<b>29:04</b>			
00:57-	02:52-	04:59-	07:41+	09:41+	10:26+	13:46+	15:18+	17:53+	20:38+	21:49+	23:56+	26:22+	26:56+	28:50+	29:04+
00:57-	01:55-	02:07+	02:42+	02:00+	00:45+	03:20+	01:32+	02:35+	02:45+	01:11-	02:07-	02:26-	00:34+	01:54+	00:14+
00:05-	00:09-	00:10+	00:07+	00:21#	00:09#	00:24#	00:07+	00:32&	01:21&	00:06-	00:14-	00:21-	00:01+	00:04+	00:03&

Class	Navn	Klasse												Tid				
<b>4</b>	<b>Magne Westerheim</b>	<b>93</b>												<b>30:54</b>				
	01:17+	03:19+	05:31+	08:27+	11:00+	14:46+	16:35+	19:13+	22:49+	23:46+	25:45+	28:14+	28:45+	30:42+	30:54+			
	01:17+	02:02-	02:12+	02:56+	02:33+	00:58+	02:48-	01:49+	02:38+	03:36+	00:57-	01:59-	02:29-	00:31-	01:57+	00:12+		
	00:15#	00:02-	00:15#	00:21#	00:54&	00:22&	00:08-	00:24&	00:35&	02:12@	00:20-	00:22-	00:18-	00:02-	00:07+	00:01+		
<b>5</b>	<b>Jan Bekkeheien</b>	<b>92</b>												<b>33:22</b>				
	00:58-	03:00-	05:00-	07:55+	12:10+	12:40+	17:00-	18:36+	20:57+	22:37+	23:56+	26:35+	29:53+	30:30+	32:56+	33:22+		
	00:58-	02:02-	02:00+	02:55+	04:15+	00:30-	04:20+	01:36+	02:21+	01:40+	01:19+	02:39+	03:18+	00:37+	02:26+	00:26+		
	00:04-	00:02-	00:03+	00:20#	02:36@	00:06-	01:24&	00:11#	00:18#	00:16#	00:02+	00:18#	00:31#	00:04#	00:36&	00:15@		
<b>6</b>	<b>Arne Karlsen</b>	<b>105</b>												<b>41:24</b>				
	01:34+	04:17+	06:59+	10:53+	13:44+	15:22+	20:02+	21:57+	25:01+	27:03+	28:46+	32:40+	35:56+	36:58+	41:07+	41:24+		
	01:34+	02:43+	02:42+	03:54+	02:51+	01:38+	04:40+	01:55+	03:04+	02:02+	01:43+	03:54+	03:16+	01:02+	04:09+	00:17+		
	00:32&	00:39&	00:45&	01:19&	01:12&	01:02@	01:44&	00:30&	01:01&	00:38&	00:26&	01:33&	00:29#	00:29&	02:19@	00:06&		
<b>7</b>	<b>Kjell Maudal</b>	<b>63</b>												<b>47:31</b>				
	01:40+	04:37+	06:58+	10:30+	13:06+	14:35+	19:01+	21:05+	24:03+	35:57+	37:18+	40:16+	44:02+	44:39+	47:15+	47:31+		
	01:40+	02:57+	02:21+	03:32+	02:36+	01:29+	04:26+	02:04+	02:58+	11:54+	01:21+	02:58+	03:46+	00:37+	02:36+	00:16+		
	00:38&	00:53&	00:24#	00:57&	00:57&	00:53@	01:30&	00:39&	00:55&	10:30@	00:04+	00:37&	00:59&	00:04#	00:46&	00:05&		
<b>8</b>	<b>Magne Jakobsen</b>	<b>63</b>												<b>51:42</b>				
	01:03+	03:17+	08:15+	27:56+	29:33+	30:15+	33:29+	35:40+	38:50+	40:18+	41:46+	44:41+	47:23+	47:56+	51:32+	51:42+		
	01:03+	02:14+	04:58+	19:41+	01:37-	00:42+	03:14+	02:11+	03:10+	01:28+	01:28+	02:55+	02:42-	00:33=	03:36+	00:10-		
	00:01+	00:10+	03:01@	17:06@	00:02-	00:06#	00:18#	00:46&	01:07&	00:04+	00:11#	00:34#	00:05-	00:00=	01:46&	00:01-		
<b>Beste strekktid for klassen</b>																		
	00:57	01:54	01:50	02:35	01:24	00:30	02:48	01:25	02:03	01:24	00:57	01:50	02:26	00:31	01:41	00:10		

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

## Herrer A

<b>1</b>	<b>Fredrik Omdal</b>	<b>375</b>																		<b>42:10</b>				
	00:39=	01:59=	03:21=	04:05=	11:20=	12:19=	15:22=	18:04=	21:16=	21:43=	22:52=	30:14=	30:23=	35:20=	37:15=	38:11=	38:39=	39:08=	39:26=	39:52=	41:09=	41:39=	42:03=	42:10=
	00:39=	01:20=	01:22=	00:44=	07:15=	00:59=	03:03=	02:42=	03:12=	00:27=	01:09=	07:22=	00:09=	04:57=	01:55=	00:56=	00:28=	00:29=	00:18=	00:26=	01:17=	00:30=	00:24=	00:07=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Fredrik Sandal</b>	<b>88</b>																		<b>46:34</b>				
	00:48+	02:14+	04:34+	05:26+	13:23+	14:28+	17:40+	20:42+	24:18+	24:48+	26:03+	33:03+	33:14+	38:54+	40:30+	41:23+	42:53+	43:22+	43:42+	44:09+	45:28+	46:04+	46:27+	46:34+
	00:48+	01:26+	02:20+	00:52+	07:57+	01:05+	03:12+	03:02+	03:36+	00:30+	01:15+	07:00-	00:11+	05:40+	01:36-	00:53-	01:30+	00:29=	00:20+	00:27+	01:19+	00:36+	00:23-	00:07=
	00:09#	00:06+	00:58&	00:08#	00:42+	00:06#	00:09+	00:20#	00:24#	00:03#	00:06+	00:22-	00:02#	00:43#	00:19-	00:03-	01:02@	00:00=	00:02#	00:01+	00:02+	00:06#	00:01-	00:00=
<b>3</b>	<b>Thomas Olsen Schive</b>	<b>126</b>																		<b>47:19</b>				
	00:44+	02:05+	03:25+	04:38+	12:36+	13:38+	17:18+	20:28+	24:20+	24:58+	26:22+	33:59+	34:09+	40:24+	41:51+	42:41+	43:12+	43:40+	44:23+	44:47+	46:17+	46:51+	47:12+	47:19+
	00:44+	01:21+	01:20-	01:13+	07:58+	01:02+	03:40+	03:10+	03:52+	00:38+	01:24+	07:37+	00:10+	06:15+	01:27-	00:50-	00:31+	00:28-	00:43+	00:24-	01:30+	00:34+	00:21-	00:07=
	00:05#	00:01+	00:02-	00:29&	00:43+	00:03+	00:37#	00:28#	00:40#	00:11&	00:15#	00:15+	00:01#	01:18&	00:28-	00:06-	00:03#	00:01-	00:25@	00:02-	00:13#	00:04#	00:03-	00:00=
<b>4</b>	<b>Torgeir Nevland</b>	<b>202</b>																		<b>47:53</b>				
	00:54+	02:47+	04:23+	05:13+	12:39+	13:53+	17:06+	20:01+	24:09+	24:41+	25:58+	32:51+	33:01+	39:42+	41:53+	42:58+	43:29+	44:09+	44:30+	44:59+	46:32+	47:15+	47:45+	47:53+
	00:54+	01:53+	01:36+	00:50+	07:26+	01:14+	03:13+	02:55+	04:08+	00:32+	01:17+	06:53-	00:10+	06:41+	02:11+	01:05+	00:31+	00:40+	00:21+	00:29+	01:33+	00:43+	00:30+	00:08+
	00:15&	00:33&	00:14#	00:06#	00:11+	00:15&	00:10+	00:13+	00:56&	00:05#	00:08#	00:29-	00:01#	01:44&	00:16#	00:09#	00:03#	00:11&	00:03#	00:03#	00:16#	00:13&	00:06#	00:01#
<b>5</b>	<b>502926 Ukjent løper</b>	<b>134</b>																		<b>49:27</b>				
	00:57+	02:29+	04:11+	05:01+	14:09+	15:15+	18:29+	21:35+	25:54+	26:24+	28:42+	35:50+	35:59+	41:48+	43:33+	44:40+	45:13+	45:44+	46:03+	46:28+	48:02+	48:53+	49:19+	49:27+
	00:57+	01:32+	01:42+	00:50+	09:08+	01:06+	03:14+	03:06+	04:19+	00:30+	02:18+	07:08-	00:09=	05:49+	01:45-	01:07+	00:33+	00:31+	00:19+	00:25-	01:34+	00:51+	00:26+	00:08+
	00:18&	00:12#	00:20#	00:06#	01:53&	00:07#	00:11+	00:24#	01:07&	00:03#	01:09&	00:14-	00:00=	00:52#	00:10-	00:11#	00:05#	00:02+	00:01+	00:01-	00:17#	00:21&	00:02+	00:01#
<b>6</b>	<b>Mathias Nødland</b>	<b>194</b>																		<b>50:25</b>				
	00:50+	02:26+	04:01+	04:51+	13:28+	14:36+	18:31+	22:05+	26:18+	26:51+	28:25+	35:54+	36:06+	42:46+	44:26+	45:16+	45:54+	46:32+	46:55+	47:25+	49:04+	49:53+	50:18+	50:25+
	00:50+	01:36+	01:35+	00:50+	08:37+	01:08+	03:55+	03:34+	04:13+	00:33+	01:34+	07:29+	00:12+	06:40+	01:40-	00:50-	00:38+	00:23+	00:30+	00:38+	00:49+	00:25+	00:07=	00:07=
	00:11&	00:16#	00:13#	00:06#	01:22#	00:09#	00:52&	00:52&	01:01&	00:06#	00:25&	00:07+	00:03&	01:43&	00:15-	00:06-	00:10&	00:09&	00:05&	00:04#	00:22&	00:19&	00:01+	00:00=
<b>7</b>	<b>Svein Magnus Halsne</b>	<b>71</b>																		<b>51:03</b>				
	00:39=	02:23+	03:51+	05:04+	12:44+	13:49+	17:59+	20:57+	26:22+	26:53+	28:27+	35:16+	35:28+	43:36+	45:54+	46:45+	47:17+	47:46+	48:07+	48:29+	49:51+	50:31+	50:57+	51:03+
	00:39=	01:44+	01:28+	01:13+	07:40+	01:05+	04:10+	02:58+	05:25+	00:31+	01:34+	06:49-	00:12+	08:08+	02:18+	00:51-	00:32+	00:29=	00:21+	00:22-	01:22+	00:40+	00:26+	00:06-
	00:00=	00:24&	00:06+	00:29&	00:25+	00:06#	01:07&	00:16+	02:13&	00:04#	00:25&	00:33-	00:03&	03:11&	00:23#	00:05-	00:04#	00:00=	00:03#	00:04-	00:05+	00:10&	00:02+	00:01-
<b>8</b>	<b>Marius Stene</b>	<b>27</b>																		<b>53:18</b>				
	00:54+	02:30+	06:40+	07:37+	16:08+	17:13+	20:47+	23:57+	28:20+	29:00+	30:27+	37:32+	37:42+	44:01+	46:24+	47:37+	48:18+	48:57+	49:22+	49:54+	52:00+	52:43+	53:10+	53:18+
	00:54+	01:36+	04:10+	00:57+	08:31+	01:05+	03:34+	03:10+	04:23+	00:40+	01:27+	07:05-	00:10+	06:19+	02:23+	01:13+	00:41+	00:39+	00:25+	00:32+	02:06+	00:43+	00:27+	00:08+
	00:15&	00:16#	02:48@	00:13&	01:16#	00:06#	00:31#	00:28#	01:11&	00:13&	00:18&	00:17-	00:01#	01:22&	00:28#	00:17&	00:13&	00:10&	00:07&	00:06#	00:49&	00:13&	00:03#	00:01#



Class	Navn	Klasse	Tid																				
<b>13</b>	<b>Jone Sæbbø</b>	<b>53</b>	<b>1:12:19</b>																				
01:03+	05:12+	07:31+	08:50+	20:11+	21:44+	26:38+	31:00+	36:27+	37:19+	39:51+	49:14+	49:33+	59:28+	63:28+	64:39+	66:02+	66:51+	67:20+	68:25+	70:30+	71:33+	72:09+	72:19+
01:03+	04:09+	02:19+	01:19+	11:21+	01:33+	04:54+	04:22+	05:27+	00:52+	02:32+	09:23+	00:19+	09:55+	04:00+	01:11+	01:23+	00:49+	00:29+	01:05+	02:05+	01:03+	00:36+	00:10-
00:16&	02:44&	01:00&	00:30&	03:21&	00:29&	01:29&	01:12&	01:45&	00:22&	01:10&	02:13&	00:10&	04:02&	02:11&	00:12#	00:38&	00:13&	00:10&	00:33&	00:28&	00:27&	00:12&	00:01-

**Beste strekktid for klassen**  
00:47 01:23 01:19 00:49 08:00 01:02 03:18 02:57 03:29 00:30 01:17 06:43 00:09 05:53 01:15 00:26 00:33 00:30 00:17 00:21 00:29 00:34 00:21 00:06

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

## Herrer C

<b>1</b>	<b>Morten Aamodt</b>	<b>116</b>	<b>43:50</b>																			
00:36=	02:04=	03:12=	04:17=	05:08=	13:02=	14:20=	17:55=	21:04=	22:24=	30:11=	30:24=	30:39=	36:36=	38:27=	39:17=	40:03=	40:34=	40:54=	41:39=	43:10=	43:41=	43:50=
00:36=	01:28=	01:08=	01:05=	00:51=	07:54=	01:18=	03:35=	03:09=	01:20=	07:47=	00:13=	00:15=	05:57=	01:51=	00:50=	00:46=	00:31=	00:20=	00:45=	01:31=	00:31=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>46:59</b>																			
00:35-	02:27+	04:07+	04:51+	05:59+	15:53+	16:59+	20:25+	23:44+	24:46+	32:39+	32:53+	39:28+	41:07+	42:27+	43:23+	44:01+	44:24+	44:52+	46:24+	46:53+	46:59+	
00:35-	01:52+	01:40+	00:44-	01:08+	09:54+	01:06-	03:26-	03:19+	01:02-	07:53+	00:14+	06:35+	01:39-	01:20-	00:56+	00:38-	00:23-	00:28+	01:32+	00:29-	00:06-	
00:01-	00:24&	01:03&	00:21-	00:17&	02:00&	00:12-	00:09-	00:10+	00:18-	00:06+	00:01+	06:20&	04:18-	00:31-	00:06#	00:08-	00:08-	00:08&	00:47&	01:02-	00:25-	
<b>3</b>	<b>Henning Sundby</b>	<b>114</b>	<b>47:20</b>																			
00:39+	02:10+	04:21+	05:13+	06:30+	14:19+	15:24+	19:14+	22:20+	24:10+	25:07-	31:55+	32:05+	38:49+	41:37+	42:33+	43:18+	43:58+	44:17+	45:15+	46:44+	47:12+	47:20+
00:39+	01:31+	02:11+	00:52-	01:17+	07:49-	01:05-	03:50+	03:06-	01:50+	00:57-	06:48+	00:10-	06:44+	02:48+	00:56+	00:45-	00:40+	00:19-	00:58+	01:29-	00:28-	00:08-
00:03+	00:03+	01:03&	00:13-	00:26&	00:05-	00:13-	00:15+	00:03-	00:30&	06:50-	06:35&	00:05-	00:47#	00:57&	00:06#	00:01-	00:09&	00:01-	00:13&	00:02-	00:03-	00:01-
<b>4</b>	<b>Bjørnar André Haug</b>	<b>80</b>	<b>47:21</b>																			
00:35-	02:07+	03:56+	04:47+	05:40+	14:09+	15:18+	19:05+	22:28+	23:40+	32:26+	32:36+	39:04+	41:11+	42:23+	43:04+	43:47+	44:09+	44:42+	46:45+	47:14+	47:21+	
00:35-	01:32+	01:49+	00:51-	00:53+	08:29+	01:09-	03:47+	03:23+	01:12-	08:46+	00:10-	06:28+	02:07-	01:12-	00:41-	00:43-	00:22-	00:33+	02:03+	00:29-	00:07-	
00:01-	00:04+	00:41&	00:14-	00:02+	00:35+	00:09-	00:12+	00:14+	00:08-	00:59#	00:03-	06:13&	03:50-	00:39-	00:09-	00:03-	00:09-	00:13&	01:18&	01:02-	00:24-	
<b>5</b>	<b>Otte Omdal</b>	<b>65</b>	<b>47:56</b>																			
00:37+	02:17+	04:12+	05:04+	05:57+	14:50+	15:51+	19:40+	23:34+	24:44+	25:41-	33:46+	33:56+	40:20+	42:08+	43:25+	44:23+	44:53+	45:13+	45:49+	47:21+	47:49+	47:56+
00:37+	01:40+	01:55+	00:52-	00:53+	08:53+	01:01-	03:49+	03:54+	01:10-	00:57-	08:05+	00:10-	06:24+	01:48-	01:17+	00:58+	00:30-	00:20=	00:36-	01:32+	00:28-	00:07-
00:01+	00:12#	00:47&	00:13-	00:02+	00:59#	00:17-	00:14+	00:45#	00:10-	06:50-	07:52&	00:05-	00:27+	00:03-	00:27&	00:12&	00:01-	00:00=	00:09-	00:01+	00:03-	00:02-
<b>6</b>	<b>Jan Einar Øvre</b>	<b>50</b>	<b>48:09</b>																			
00:36=	02:10+	03:41+	06:06+	07:31+	16:43+	17:47+	21:46+	25:08+	26:13+	34:35+	34:49+	41:30+	42:57+	43:50+	44:30+	45:13+	45:34+	46:04+	47:36+	48:02+	48:09+	
00:36=	01:34+	01:31+	02:25+	01:25+	09:12+	01:04-	03:59+	03:22+	01:05-	08:22+	00:14+	06:41+	01:27-	00:53-	00:40-	00:43-	00:21-	00:30+	01:32+	00:26-	00:07-	
00:00=	00:06+	00:23&	01:20&	00:34&	01:18#	00:14-	00:24#	00:13+	00:15-	00:35+	00:01+	06:26&	04:30-	00:58-	00:10-	00:03-	00:10-	00:10&	00:47&	01:05-	00:24-	
<b>7</b>	<b>Odd Fuglestad</b>	<b>379</b>	<b>49:55</b>																			
00:37+	02:20+	03:44+	04:31+	05:39+	15:24+	16:44+	20:43+	24:04+	25:19+	26:19-	34:40+	34:52+	41:56+	43:45+	45:01+	45:47+	46:29+	46:50+	47:21+	49:10+	49:41+	49:55+
00:37+	01:43+	01:24+	00:47-	01:08+	09:45+	01:20+	03:59+	03:21+	01:15-	01:00-	08:21+	00:12-	07:04+	01:49-	01:16+	00:46=	00:42+	00:21+	00:31-	01:49+	00:31=	00:14+
00:01+	00:15#	00:16#	00:18-	00:17&	01:51#	00:02+	00:24#	00:12+	00:05-	06:47-	08:08&	00:03-	01:07#	00:02-	00:26&	00:00=	00:11&	00:01+	00:14-	00:18#	00:00=	00:05&
<b>8</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>52:07</b>																			
00:33-	02:13+	03:35+	04:38+	05:25+	14:31+	15:44+	19:28+	23:32+	24:48+	32:41+	32:57+	43:39+	45:51+	46:56+	47:53+	48:39+	49:02+	49:34+	51:19+	51:52+	52:07+	
00:33-	01:40+	01:22+	01:03-	00:47-	09:06+	01:13-	03:44+	04:04+	01:16-	07:53+	00:16+	10:42+	02:12-	01:05-	00:57+	00:46=	00:23-	00:32+	01:45+	00:33-	00:15-	
00:03-	00:12#	00:14#	00:02-	00:04-	01:12#	00:05-	00:09+	00:55&	00:04-	00:06+	00:03#	10:27&	03:45-	00:46-	00:07#	00:00=	00:08-	00:12&	01:00&	00:58-	00:16-	
<b>9</b>	<b>Kjell Dale</b>	<b>93</b>	<b>52:44</b>																			
00:43+	02:25+	03:55+	05:36+	06:36+	15:47+	17:07+	20:56+	26:13+	27:27+	36:04+	36:22+	43:57+	46:23+	47:45+	48:28+	49:12+	49:45+	50:16+	51:54+	52:34+	52:44+	
00:43+	01:42+	01:30+	01:41+	01:00+	09:11+	01:20+	03:49+	05:17+	01:14-	08:37+	00:18+	07:35+	02:26-	01:22-	00:43-	00:44-	00:33+	00:31+	01:38+	00:40-	00:10-	
00:07#	00:14#	00:22&	00:36&	00:09#	01:17#	00:02+	00:14+	02:08&	00:06-	00:50#	00:05&	07:20&	03:31-	00:29-	00:07-	00:02-	00:02+	00:11&	00:53&	00:51-	00:21-	
<b>10</b>	<b>Pål Bårdsen</b>	<b>53</b>	<b>53:05</b>																			
00:38+	02:29+	04:30+	05:16+	06:17+	16:47+	18:08+	21:58+	26:14+	27:20+	36:42+	36:55+	44:00+	46:36+	47:48+	48:27+	49:20+	49:44+	50:25+	52:12+	52:45+	53:05+	
00:38+	01:51+	02:01+	00:46-	01:01+	10:30+	01:21+	03:50+	04:16+	01:06-	09:22+	00:13=	07:05+	02:36-	01:12-	00:39-	00:53+	00:24-	00:41+	01:47+	00:33-	00:20-	
00:02+	00:23&	00:53&	00:19-	00:10#	02:36&	00:03+	00:15+	01:07&	00:14-	01:35#	00:00=	06:50&	03:21-	00:39-	00:11-	00:07#	00:07-	00:21&	01:02&	00:58-	00:11-	
<b>11</b>	<b>Svein Erik Kvame</b>	<b>116</b>	<b>54:11</b>																			
00:41+	02:46+	04:14+	05:25+	06:48+	17:54+	19:22+	23:17+	27:15+	28:37+	37:33+	37:45+	45:52+	47:52+	49:23+	50:24+	50:59+	51:17+	51:49+	53:30+	54:01+	54:11+	
00:41+	02:05+	01:28+	01:11+	01:23+	11:06+	01:28+	03:55+	03:58+	01:22+	08:56+	00:12-	08:07+	02:00-	01:31-	01:01+	00:35-	00:18-	00:32+	01:41+	00:31-	00:10-	
00:05#	00:37&	00:20&	00:06+	00:32&	03:12&	00:10#	00:20+	00:49&	00:02+	01:09#	00:01-	07:52&	03:57-	00:20-	00:11#	00:11-	00:13-	00:12&	00:56&	01:00-	00:21-	
<b>12</b>	<b>Erling Mauland</b>	<b>83</b>	<b>54:11</b>																			
00:38+	02:19+	04:23+	05:10+	06:09+	17:27+	18:32+	22:34+	26:38+	27:52+	35:54+	36:07+	44:28+	47:40+	49:01+	49:53+	50:36+	51:03+	51:36+	53:28+	54:02+	54:11+	
00:38+	01:41+	02:04+	00:47-	00:59+	11:18+	01:05-	04:02+	04:04+	01:14-	08:02+	00:13=	08:21+	03:12-	01:21-	00:52+	00:43-	00:27-	00:33+	01:52+	00:34-	00:09-	
00:02+	00:13#	00:56&	00:18-	00:08#	03:24&	00:13-	00:27#	00:55&	00:06-	00:15+	00:00=	08:06&	02:45-	00:30-	00:02+	00:03-	00:04-	00:13&	01:07&	00:57-	00:22-	

Class	Navn	Klasse	Tid																			
<b>13</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>55:43</b>																			
00:42+	02:35+	04:17+	05:07+	06:09+	16:12+	17:22+	21:38+	27:10+	28:16+	37:11+	37:32+	44:31+	45:32+	47:59+	48:45+	49:21+	49:47+	50:19+	55:00+	55:33+	55:43+	
00:42+	01:53+	01:42+	00:50-	01:02+	10:03+	01:10-	04:16+	05:32+	01:06-	08:55+	00:21+	06:59+	03:56-	00:24-	00:04-	00:10-	00:05-	00:12&	03:56&	00:58-	00:21-	
00:06#	00:25&	00:34&	00:15-	00:11#	02:09&	00:08-	00:41#	02:23&	00:14-	01:08#	00:08&	06:44@										
<b>14</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>56:49</b>																			
00:35-	02:11+	04:25+	05:17+	06:31+	18:59+	20:14+	24:59+	28:25+	29:35+	38:07+	38:18+	45:33+	48:50+	50:17+	51:04+	52:05+	53:18+	53:56+	55:39+	56:13+	56:49+	
00:35-	01:36+	02:14+	00:52-	01:14+	12:28+	01:15-	04:45+	03:26+	01:10-	08:32+	00:11-	07:15+	03:17-	01:27-	00:47-	01:01+	01:13+	00:38+	01:43+	00:34-	00:36+	
00:01-	00:08+	01:06&	00:13-	00:23&	04:34&	00:03-	01:10&	00:17+	00:10-	00:45+	00:02-	07:00@	02:40-	00:24-	00:03-	00:15&	00:42@	00:18&	00:58@	00:57-	00:05#	
<b>15</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>59:09</b>																			
00:38+	02:16+	04:34+	07:35+	08:31+	19:18+	20:28+	24:37+	28:38+	30:04+	40:16+	40:25+	48:15+	52:08+	53:26+	54:35+	55:19+	55:48+	56:22+	58:32+	59:03+	59:09+	
00:38+	01:38+	02:18+	03:01+	00:56+	10:47+	01:10-	04:09+	04:01+	01:26+	10:12+	00:09-	07:50+	03:53-	01:18-	01:09+	00:44-	00:29-	00:34+	02:10+	00:31-	00:06-	
00:02+	00:10#	01:10@	01:56@	00:05+	02:53&	00:08-	00:34#	00:52&	00:06+	02:25&	00:04-	07:35@	02:04-	00:33-	00:19&	00:02-	00:02-	00:14&	01:25@	01:00-	00:25-	
<b>16</b>	<b>Ove Oaland</b>	<b>116</b>	<b>1:15:52</b>																			
00:48+	04:58+	12:38+	14:05+	15:27+	29:06+	30:36+	37:41+	41:58+	44:04+	54:19+	54:38+	64:31+	68:11+	69:36+	70:33+	71:18+	71:50+	72:43+	75:04+	75:44+	75:52+	
00:48+	04:10+	07:40+	01:27+	01:22+	13:39+	01:30+	07:05+	04:17+	02:06+	10:15+	00:19+	09:53+	03:40-	01:25-	00:57+	00:45-	00:32+	00:53+	02:21+	00:40-	00:08-	
00:12&	02:42@	06:32@	00:22&	00:31&	05:45&	00:12#	03:30&	01:08&	00:46&	02:28&	00:06&	09:38@	02:17-	00:26-	00:07#	00:01-	00:01+	00:33@	01:36@	00:51-	00:23-	
<b>Beste strekktid for klassen</b>																						
00:33	01:28	01:08	00:44	00:47	07:49	01:01	03:26	03:06	01:02	00:57	00:09	00:10	01:27	00:53	00:39	00:35	00:18	00:19	00:31	00:26	00:06	00:07

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

## Herrer Ny

<b>1</b>	<b>Erik Henriksen</b>	<b>116</b>	<b>25:42</b>																		
01:12=	02:36=	04:32=	06:53=	11:10=	13:14=	14:35=	17:44=	19:32=	20:38=	21:34=	25:27=	25:42=									
01:12=	01:24=	01:56=	02:21=	04:17=	02:04=	01:21=	03:09=	01:48=	01:06=	00:56=	03:53=	00:15=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
<b>2</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>	<b>25:47</b>																		
00:48-	02:18-	04:27-	06:17-	07:49-	09:22-	09:59-	12:27-	13:26-	22:10+	23:13+	25:32+	25:47+									
00:48-	01:30+	02:09+	01:50-	01:32-	01:33-	00:37-	02:28-	00:59-	08:44+	01:03+	02:19-	00:15=									
00:24-	00:06+	00:13#	00:31-	02:45-	00:31-	00:44-	00:41-	00:49-	07:38@	00:07#	01:34-	00:00=									

### Beste strekktid for klassen

00:48 01:24 01:56 01:50 01:32 01:33 00:37 02:28 00:59 01:06 00:56 02:19 00:15

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

## Herrer Trim

<b>1</b>	<b>Aslak Ihle Vike</b>	<b>117</b>	<b>16:32</b>																		
00:37=	01:49=	02:59=	04:52=	05:52=	06:16=	07:54=	08:50=	10:16=	11:06=	11:44=	13:15=	14:55=	15:18=	16:23=	16:32=						
00:37=	01:12=	01:10=	01:53=	01:00=	00:24=	01:38=	00:56=	01:26=	00:50=	00:38=	01:31=	01:40=	00:23=	01:05=	00:09=						
00:00=	00:00=	00:00=	00:00=	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>Torkel Schibevaag</b>	<b>114</b>	<b>17:26</b>																		
00:33-	01:40-	03:02+	04:54+	06:16+	06:43+	08:26+	09:34+	10:58+	12:03+	12:51+	14:14+	16:11+	16:29+	17:19+	17:26+						
00:33-	01:07-	01:22+	01:52-	01:22+	00:27+	01:43+	01:08+	01:24-	01:05+	00:48+	01:23-	01:57+	00:18-	00:50-	00:07-						
00:04-	00:05-	00:12#	00:01-	00:22&	00:03#	00:05+	00:12#	00:02-	00:15&	00:10&	00:08-	00:17#	00:05-	00:15-	00:02-						
<b>3</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>19:18</b>																		
00:35-	01:49=	03:01+	04:56+	05:48-	06:08-	07:56+	08:46-	10:54+	11:31+	12:52+	14:21+	17:03+	17:20+	19:11+	19:18+						
00:35-	01:14+	01:12+	01:55+	00:52-	00:20-	01:48+	00:50-	02:08+	00:37-	01:21+	01:29-	02:42+	00:17-	01:51+	00:07-						
00:02-	00:02+	00:02+	00:02+	00:08-	00:04-	00:10#	00:06-	00:42&	00:13-	00:43@	00:02-	01:02&	00:06-	00:46&	00:02-						
<b>4</b>	<b>Per Jan Ersland</b>	<b>43</b>	<b>19:34</b>																		
00:45+	02:03+	03:24+	05:35+	06:37+	06:58+	09:04+	10:07+	13:00+	13:36+	14:19+	15:34+	17:21+	17:36+	19:24+	19:34+						
00:45+	01:18+	01:21+	02:11+	01:02+	00:21-	02:06+	01:03+	02:53+	00:36-	00:43+	01:15-	01:47+	00:15-	01:48+	00:10+						
00:08#	00:06+	00:11#	00:18#	00:02+	00:03-	00:28&	00:07#	01:27@	00:14-	00:05#	00:16-	00:07+	00:08-	00:43&	00:01#						
<b>5</b>	<b>Håvard Høie</b>	<b>378</b>	<b>20:28</b>																		
00:35-	01:50+	03:22+	05:15+	06:31+	07:17+	09:10+	10:20+	12:08+	13:00+	14:02+	15:43+	18:30+	19:03+	20:20+	20:28+						
00:35-	01:15+	01:32+	01:53=	01:16+	00:46+	01:53+	01:10+	01:48+	00:52+	01:02+	01:41+	02:47+	00:33+	01:17+	00:08-						
00:02-	00:03+	00:22&	00:00=	00:16&	00:22&	00:15#	00:14#	00:22&	00:02+	00:24&	00:10#	01:07&	00:10&	00:12#	00:01-						



Class	Navn	Klasse										Tid			
<b>6</b>	<b>Frode Lund</b>	<b>18</b>										<b>21:04</b>			
00:45+	02:11+	03:35+	05:49+	07:09+	07:55+	09:51+	11:02+	12:45+	13:55+	15:11+	16:49+	19:11+	19:33+	20:53+	21:04+
00:45+	01:26+	01:24+	02:14+	01:20+	00:46+	01:56+	01:11+	01:43+	01:10+	01:16+	01:38+	02:22+	00:22-	01:20+	00:11+
00:08#	00:14#	00:14#	00:21#	00:20#	00:22#	00:18#	00:15#	00:17#	00:20#	00:38#	00:07+	00:42#	00:01-	00:15#	00:02#
<b>7</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>21:06</b>			
00:42+	02:15+	03:38+	05:42+	07:05+	07:31+	09:33+	10:46+	12:39+	13:42+	14:38+	16:07+	18:02+	18:26+	20:55+	21:06+
00:42+	01:33+	01:23+	02:04+	01:23+	00:26+	02:02+	01:13+	01:53+	01:03+	00:56+	01:29-	01:55+	00:24+	02:29+	00:11+
00:05#	00:21#	00:13#	00:11+	00:23#	00:02+	00:24#	00:17#	00:27#	00:13#	00:18#	00:02-	00:15#	00:01+	01:24#	00:02#
<b>8</b>	<b>Svein Mæle</b>	<b>43</b>										<b>21:09</b>			
00:42+	02:01+	03:35+	05:54+	07:10+	07:37+	09:37+	10:37+	12:24+	13:25+	14:19+	16:17+	18:43+	19:03+	20:53+	21:09+
00:42+	01:19+	01:34+	02:19+	01:16+	00:27+	02:00+	01:00+	01:47+	01:01+	00:54+	01:58+	02:26+	00:20-	01:50+	00:16+
00:05#	00:07+	00:24#	00:26#	00:16#	00:03#	00:22#	00:04+	00:21#	00:11#	00:16#	00:27#	00:46#	00:03-	00:45#	00:07#
<b>9</b>	<b>Sjur Berntsen</b>	<b>29</b>										<b>22:19</b>			
00:50+	02:44+	04:24+	06:55+	07:59+	08:24+	10:44+	12:09+	14:06+	15:12+	16:05+	18:01+	20:16+	20:39+	22:08+	22:19+
00:50+	01:54+	01:40+	02:31+	01:04+	00:25+	02:20+	01:25+	01:57+	01:06+	00:53+	01:56+	02:15+	00:23#	01:29+	00:11+
00:13#	00:42#	00:30#	00:38#	00:04+	00:01+	00:42#	00:29#	00:31#	00:16#	00:15#	00:25#	00:35#	00:00=	00:24#	00:02#
<b>10</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>22:52</b>			
00:51+	02:28+	04:15+	06:49+	08:12+	08:43+	10:54+	12:26+	14:21+	15:20+	16:31+	18:23+	20:45+	21:12+	22:42+	22:52+
00:51+	01:37+	01:47+	02:34+	01:23+	00:31+	02:11+	01:32+	01:55+	00:59+	01:11+	01:52+	02:22+	00:27+	01:30+	00:10+
00:14#	00:25#	00:37#	00:41#	00:23#	00:07#	00:33#	00:36#	00:29#	00:09#	00:33#	00:21#	00:42#	00:04#	00:25#	00:01#
<b>11</b>	<b>Anders H Foss</b>	<b>263</b>										<b>22:53</b>			
01:00+	02:43+	04:25+	06:45+	08:04+	08:41+	10:49+	11:56+	13:42+	15:41+	16:38+	18:16+	20:14+	20:40+	22:44+	22:53+
01:00+	01:43+	01:42+	02:20+	01:19+	00:37+	02:08+	01:07+	01:46+	01:59+	00:57+	01:38+	01:58+	00:26+	02:04+	00:09#
00:23#	00:31#	00:32#	00:27#	00:19#	00:13#	00:30#	00:11#	00:20#	01:09#	00:19#	00:07+	00:18#	00:03#	00:59#	00:00#
<b>12</b>	<b>Endre Gabrielsen</b>	<b>126</b>										<b>23:15</b>			
00:43+	02:16+	04:10+	06:27+	07:31+	08:00+	10:01+	11:14+	14:09+	15:14+	16:35+	18:17+	20:37+	21:03+	23:06+	23:15+
00:43+	01:33+	01:54+	02:17+	01:04+	00:29+	02:01+	01:13+	02:55+	01:05+	01:21+	01:42+	02:20+	00:26+	02:03+	00:09#
00:06#	00:21#	00:44#	00:24#	00:04+	00:05#	00:23#	00:17#	01:29#	00:15#	00:43#	00:11#	00:40#	00:03#	00:58#	00:00#
<b>13</b>	<b>Arne Hope</b>	<b>43</b>										<b>23:20</b>			
00:46+	02:24+	04:01+	06:27+	08:04+	08:28+	10:53+	12:00+	14:14+	16:04+	17:04+	19:03+	21:17+	21:43+	23:08+	23:20+
00:46+	01:38+	01:37+	02:26+	01:37+	00:24#	02:25+	01:07+	02:14+	01:50+	01:00+	01:59+	02:14+	00:26+	01:25+	00:12+
00:09#	00:26#	00:27#	00:33#	00:37#	00:00#	00:47#	00:11#	00:48#	01:00#	00:22#	00:28#	00:34#	00:03#	00:20#	00:03#
<b>14</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>23:21</b>			
00:46+	02:24+	04:08+	06:33+	07:52+	08:23+	10:45+	12:06+	13:59+	15:33+	16:47+	18:38+	21:09+	21:37+	23:09+	23:21+
00:46+	01:38+	01:44+	02:25+	01:19+	00:31+	02:22+	01:21+	01:53+	01:34+	01:14+	01:51+	02:31+	00:28+	01:32+	00:12+
00:09#	00:26#	00:34#	00:32#	00:19#	00:07#	00:44#	00:25#	00:27#	00:44#	00:36#	00:20#	00:51#	00:05#	00:27#	00:03#
<b>15</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>24:47</b>			
00:46+	02:29+	04:31+	06:59+	08:38+	09:12+	11:43+	13:15+	15:13+	16:50+	18:06+	19:59+	22:31+	22:56+	24:38+	24:47+
00:46+	01:43+	02:02+	02:28+	01:39+	00:34+	02:31+	01:32+	01:58+	01:37+	01:16+	01:53+	02:32+	00:25+	01:42+	00:09#
00:09#	00:31#	00:52#	00:35#	00:39#	00:10#	00:53#	00:36#	00:32#	00:47#	00:38#	00:22#	00:52#	00:02+	00:37#	00:00#
<b>16</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>25:16</b>			
00:57+	02:44+	04:25+	06:48+	08:29+	08:57+	11:46+	13:00+	15:04+	15:57+	16:59+	18:37+	22:02+	22:27+	25:08+	25:16+
00:57+	01:47+	01:41+	02:23+	01:41+	00:28+	02:49+	01:14+	02:04+	00:53+	01:02+	01:38+	03:25+	00:25+	02:41+	00:08-
00:20#	00:35#	00:31#	00:30#	00:41#	00:04#	01:11#	00:18#	00:38#	00:03+	00:24#	00:07+	01:45#	00:02+	01:36#	00:01-
<b>17</b>	<b>Pål August Graff</b>	<b>43</b>										<b>25:31</b>			
00:28-	08:19+	09:19+	10:41+	11:49+	15:12+	16:35+	17:26+	18:45+	20:15+	20:53+	22:26+	23:50+	24:06+	25:24+	25:31+
00:28-	07:51+	01:00-	01:22-	01:08+	03:23+	01:23-	00:51-	01:19-	01:30+	00:38#	01:33+	01:24-	00:16-	01:18+	00:07-
00:09-	06:39#	00:10-	00:31-	00:08#	02:59#	00:15-	00:05-	00:07-	00:40#	00:00#	00:02+	00:16-	00:07-	00:13#	00:02-
<b>18</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>25:32</b>			
00:46+	02:21+	03:56+	08:45+	09:57+	10:31+	13:00+	14:08+	16:10+	18:28+	19:27+	21:09+	23:21+	23:47+	25:22+	25:32+
00:46+	01:35+	01:35+	04:49+	01:12+	00:34+	02:29+	01:08+	02:02+	02:18+	00:59+	01:42+	02:12+	00:26+	01:35+	00:10+
00:09#	00:23#	00:25#	02:56#	00:12#	00:10#	00:51#	00:12#	00:36#	01:28#	00:21#	00:11#	00:32#	00:03#	00:30#	00:01#
<b>19</b>	<b>William John Larsen</b>	<b>372</b>										<b>25:54</b>			
00:57+	02:23+	04:03+	06:33+	08:04+	09:23+	12:55+	14:41+	16:50+	18:27+	19:27+	21:24+	23:36+	24:02+	25:41+	25:54+
00:57+	01:26+	01:40+	02:30+	01:31+	01:19+	03:32+	01:46+	02:09+	01:37+	01:00+	01:57+	02:12+	00:26+	01:39+	00:13+
00:20#	00:14#	00:30#	00:37#	00:31#	00:55#	01:54#	00:50#	00:43#	00:47#	00:22#	00:26#	00:32#	00:03#	00:34#	00:04#
<b>20</b>	<b>Arild Nesbø</b>	<b>71</b>										<b>26:07</b>			
01:00+	02:46+	04:35+	07:08+	08:27+	08:55+	11:29+	13:17+	16:43+	18:36+	19:47+	21:39+	23:53+	24:12+	25:55+	26:07+
01:00+	01:46+	01:49+	02:33+	01:19+	00:28+	02:34+	01:48+	03:26+	01:53+	01:11+	01:52+	02:14+	00:19-	01:43+	00:12+
00:23#	00:34#	00:39#	00:40#	00:19#	00:04#	00:56#	00:52#	02:00#	01:03#	00:33#	00:21#	00:34#	00:04-	00:38#	00:03#

Class	Navn	Klasse										Tid				
<b>21</b>	<b>Reidar Haver</b>	<b>4</b>										<b>26:53</b>				
00:56+	02:40+	04:34+	06:51+	09:10+	09:53+	12:43+	14:07+	16:13+	17:09+	18:12+	20:01+	24:08+	24:21+	26:43+	26:53+	
00:56+	01:44+	01:54+	02:17+	02:19+	00:43+	02:50+	01:24+	02:06+	00:56+	01:03+	01:49+	04:07+	00:13-	02:22+	00:10+	
00:19&	00:32&	00:44&	00:24#	01:19@	00:19&	01:12&	00:28&	00:40&	00:06#	00:25&	00:18#	02:27@	00:10-	01:17@	00:01#	
<b>22</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>27:14</b>				
01:17+	03:05+	04:59+	07:46+	09:31+	10:10+	13:49+	15:25+	17:44+	19:15+	20:24+	22:26+	24:53+	25:15+	27:03+	27:14+	
01:17+	01:48+	01:54+	02:47+	01:45+	00:39+	03:39+	01:36+	02:19+	01:31+	01:09+	02:02+	02:27+	00:22-	01:48+	00:11+	
00:40@	00:36&	00:44&	00:54&	00:45&	00:15&	02:01@	00:40&	00:53&	00:41&	00:31&	00:31&	00:47&	00:01-	00:43&	00:02#	
<b>23</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>27:23</b>				
00:55+	02:25+	04:09+	06:48+	08:31+	09:34+	11:50+	13:36+	17:23+	18:49+	19:56+	22:31+	24:57+	25:20+	27:09+	27:23+	
00:55+	01:30+	01:44+	02:39+	01:43+	01:03+	02:16+	01:46+	03:47+	01:26+	01:07+	02:35+	02:26+	00:23=	01:49+	00:14+	
00:18&	00:18#	00:34&	00:46&	00:43&	00:39@	00:38&	00:50&	02:21@	00:36&	00:29&	01:04&	00:46&	00:00=	00:44&	00:05&	
<b>24</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>27:39</b>				
00:46+	02:34+	04:04+	08:19+	10:24+	10:51+	13:01+	14:13+	16:56+	19:03+	21:14+	22:49+	25:02+	25:24+	26:51+	27:39+	
00:46+	01:48+	01:30+	04:15+	02:05+	00:27+	02:10+	01:12+	02:43+	02:07+	02:11+	01:35+	02:13+	00:22-	01:27+	00:48+	
00:09#	00:36&	00:20&	02:22@	01:05@	00:03#	00:32&	00:16&	01:17&	01:17@	01:33@	00:04+	00:33&	00:01-	00:22&	00:39@	
<b>25</b>	<b>Carlos Lluna</b>	<b>287</b>										<b>27:51</b>				
00:53+	02:32+	05:00+	08:11+	10:37+	11:10+	13:12+	15:39+	17:28+	19:10+	20:03+	21:53+	24:38+	25:06+	27:42+	27:51+	
00:53+	01:39+	02:28+	03:11+	02:26+	00:33+	02:02+	02:27+	01:49+	01:42+	00:53+	01:50+	02:45+	00:28+	02:36+	00:09=	
00:16&	00:27&	01:18@	01:18@	01:26@	00:09&	00:24#	00:13@	00:23&	00:52@	00:15&	00:19#	01:05&	00:05#	01:31@	00:00=	
<b>26</b>	<b>Petter Kristoffersen</b>	<b>192</b>										<b>28:02</b>				
00:57+	03:01+	04:25+	07:13+	08:40+	09:12+	11:40+	13:28+	17:43+	18:47+	20:11+	22:32+	24:57+	25:23+	27:51+	28:02+	
00:57+	02:04+	01:24+	02:48+	01:27+	00:32+	02:28+	01:48+	04:15+	01:04+	01:24+	02:21+	02:25+	00:26+	02:28+	00:11+	
00:20&	00:52&	00:14#	00:55&	00:27&	00:08&	00:50&	00:52&	02:49@	00:14&	00:46@	00:50&	00:45&	00:03#	01:23@	00:02#	
<b>27</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>										<b>28:31</b>				
01:01+	02:56+	05:09+	07:45+	08:59+	09:33+	12:05+	13:32+	15:55+	19:39+	21:23+	23:39+	25:56+	26:28+	28:16+	28:31+	
01:01+	01:55+	02:13+	02:36+	01:14+	00:34+	02:32+	01:27+	02:23+	03:44+	01:44+	02:16+	02:17+	00:32+	01:48+	00:15+	
00:24&	00:43&	01:03&	00:43&	00:14#	00:10&	00:54&	00:31&	00:57&	02:54@	01:06@	00:45&	00:37&	00:09&	00:43&	00:06&	
<b>28</b>	<b>Torgeir Færevåg</b>	<b>125</b>										<b>28:36</b>				
01:00+	02:37+	04:15+	06:42+	08:21+	08:53+	11:23+	13:33+	17:21+	19:17+	21:26+	23:12+	25:35+	26:08+	28:26+	28:36+	
01:00+	01:37+	01:38+	02:27+	01:39+	00:32+	02:30+	02:10+	03:48+	01:56+	02:09+	01:46+	02:23+	00:33+	02:18+	00:10+	
00:23&	00:25&	00:28&	00:34&	00:39&	00:08&	00:52&	01:14@	02:22@	01:06@	01:31@	00:15#	00:43&	00:10&	01:13@	00:01#	
<b>29</b>	<b>Arild Svihus</b>	<b>92</b>										<b>28:38</b>				
00:58+	02:37+	04:21+	06:33+	12:06+	12:47+	15:05+	16:20+	18:05+	19:56+	21:43+	23:16+	26:58+	27:17+	28:29+	28:38+	
00:58+	01:39+	01:44+	02:12+	05:33+	00:41+	02:18+	01:15+	01:45+	01:51+	01:47+	01:33+	03:42+	00:19-	01:12+	00:09=	
00:21&	00:27&	00:34&	00:19#	04:33@	00:17&	00:40&	00:19&	00:19#	01:01@	01:09@	00:02+	02:02@	00:04-	00:07#	00:00=	
<b>30</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>29:35</b>				
00:53+	03:00+	05:07+	07:58+	10:44+	11:20+	13:55+	15:45+	18:05+	20:33+	21:43+	23:46+	26:48+	27:26+	29:24+	29:35+	
00:53+	02:07+	02:07+	02:51+	02:46+	00:36+	02:35+	01:50+	02:20+	02:28+	01:10+	02:03+	03:02+	00:38+	01:58+	00:11+	
00:16&	00:55&	00:57&	00:58&	01:46@	00:12&	00:57&	00:54&	00:54&	01:38@	00:32&	00:32&	01:22&	00:15&	00:53&	00:02#	
<b>31</b>	<b>Steinar Aase</b>	<b>268</b>										<b>29:44</b>				
01:00+	03:07+	05:11+	08:27+	09:50+	10:29+	13:24+	15:28+	18:22+	19:29+	20:50+	23:18+	26:11+	26:37+	29:33+	29:44+	
01:00+	02:07+	02:04+	03:16+	01:23+	00:39+	02:55+	02:04+	02:54+	01:07+	01:21+	02:28+	02:53+	00:26+	02:56+	00:11+	
00:23&	00:55&	00:54&	01:23&	00:23&	00:15&	01:17&	01:08@	01:28@	00:17&	00:43@	00:57&	01:13&	00:03#	01:51@	00:02#	
<b>32</b>	<b>Chema Laiz</b>	<b>42</b>										<b>30:15</b>				
01:05+	03:01+	05:10+	08:01+	09:57+	11:41+	14:27+	16:07+	18:49+	20:23+	21:27+	23:46+	27:33+	28:05+	30:05+	30:15+	
01:05+	01:56+	02:09+	02:51+	01:56+	01:44+	02:46+	01:40+	02:42+	01:34+	01:04+	02:19+	03:47+	00:32+	02:00+	00:10+	
00:28&	00:44&	00:59&	00:58&	00:56&	01:20@	01:08&	00:44&	01:16&	00:44&	00:26&	00:48&	02:07@	00:09&	00:55&	00:01#	
<b>33</b>	<b>Tom Leveraas</b>	<b>93</b>										<b>32:35</b>				
00:48+	02:35+	04:44+	07:48+	09:42+	10:21+	12:47+	17:59+	20:07+	21:43+	23:41+	25:38+	27:48+	28:31+	32:24+	32:35+	
00:48+	01:47+	02:09+	03:04+	01:54+	00:39+	02:26+	05:12+	02:08+	01:36+	01:58+	01:57+	02:10+	00:43+	03:53+	00:11+	
00:11&	00:35&	00:59&	01:11&	00:54&	00:15&	00:48&	04:16@	00:42&	00:46&	01:20@	00:26&	00:30&	00:20&	02:48@	00:02#	
<b>34</b>	<b>Nicolas Schindeler</b>	<b>42</b>										<b>32:49</b>				
00:38+	03:01+	04:37+	08:58+	10:47+	11:13+	13:22+	14:33+	18:47+	20:12+	21:11+	25:49+	28:11+	28:28+	32:38+	32:49+	
00:38+	02:23+	01:36+	04:21+	01:49+	00:26+	02:09+	01:11+	04:14+	01:25+	00:59+	04:38+	02:22+	00:17-	04:10+	00:11+	
00:01+	01:11&	00:26&	02:28@	00:49&	00:02+	00:31&	00:15&	02:48@	00:35&	00:21&	03:07@	00:42&	00:06-	03:05@	00:02#	
<b>35</b>	<b>Viktor Klippen</b>	<b>5</b>										<b>33:12</b>				
00:42+	02:17+	04:42+	06:41+	07:53+	08:34+	10:19+	13:24+	15:01+	16:15+	16:59+	18:23+	20:55+	21:23+	33:04+	33:12+	
00:42+	01:35+	02:25+	01:59+	01:12+	00:41+	01:45+	03:05+	01:37+	01:14+	00:44+	01:24-	02:32+	00:28+	11:41+	00:08-	
00:05#	00:23&	01:15@	00:06+	00:12#	00:17&	00:07+	02:09@	00:11#	00:24&	00:06#	00:07-	00:52&	00:05#	10:36@	00:01-	

Class	Navn	Klasse													Tid		
<b>36</b>	<b>Per Bakken</b>	<b>5</b>													<b>35:10</b>		
00:54+	02:57+	07:41+	10:24+	12:45+	13:55+	17:41+	19:22+	24:38+	26:05+	28:30+	31:33+	31:54+	34:58+	35:10+			
00:54+	02:03+	04:44+	02:43+	02:21+	01:10+	03:46+	01:41+	03:28+	01:48+	01:27+	02:25+	03:03+	00:21-	03:04+	00:12+		
00:17&	00:51&	03:34@	00:50&	01:21@	00:46@	02:08@	00:45&	02:02@	00:58@	00:49@	00:54&	01:23&	00:02-	01:59@	00:03&		
<b>37</b>	<b>Frank Gulbrandsen</b>	<b>105</b>													<b>36:49</b>		
01:02+	02:55+	05:00+	07:46+	09:48+	10:35+	13:50+	15:56+	18:55+	20:15+	22:46+	25:35+	29:31+	29:52+	36:31+	36:49+		
01:02+	01:53+	02:05+	02:46+	02:02+	00:47+	03:15+	02:06+	02:59+	01:20+	02:31+	02:49+	03:56+	00:21-	06:39+	00:18+		
00:25&	00:41&	00:55&	00:53&	01:02@	00:23&	01:37&	01:10@	01:33@	00:30&	01:53@	01:18&	02:16@	00:02-	05:34@	00:09&		
<b>38</b>	<b>Joar Fandrem</b>	<b>94</b>													<b>37:08</b>		
00:43+	02:26+	04:10+	06:33+	16:33+	17:04+	20:01+	21:27+	26:36+	28:56+	30:36+	32:04+	34:36+	35:03+	36:57+	37:08+		
00:43+	01:43+	01:44+	02:23+	10:00+	00:31+	02:57+	01:26+	05:09+	02:20+	01:40+	01:28-	02:32+	00:27+	01:54+	00:11+		
00:06#	00:31&	00:34&	00:30&	09:00@	00:07&	01:19&	00:30&	03:43@	01:30@	01:02@	00:03-	00:52&	00:04#	00:49&	00:02#		
<b>39</b>	<b>Svein Inge Sævereid</b>	<b>126</b>													<b>37:29</b>		
01:31+	04:01+	06:43+	09:59+	11:56+	12:41+	16:05+	18:05+	22:43+	24:34+	26:02+	28:37+	32:34+	33:05+	37:11+	37:29+		
01:31+	02:30+	02:42+	03:16+	01:57+	00:45+	03:24+	02:00+	04:38+	01:51+	01:28+	02:35+	03:57+	00:31+	04:06+	00:18+		
00:54@	01:18@	01:32@	01:23&	00:57&	00:21&	01:46@	01:04@	03:12@	01:01@	00:50@	01:04&	02:17@	00:08&	03:01@	00:09&		
<b>40</b>	<b>Arild Olsen</b>	<b>4</b>													<b>39:16</b>		
00:51+	02:50+	04:55+	07:15+	10:08+	11:02+	13:39+	15:29+	18:08+	22:12+	23:11+	25:22+	36:08+	36:36+	39:00+	39:16+		
00:51+	01:59+	02:05+	02:20+	02:53+	00:54+	02:37+	01:50+	02:39+	04:04+	00:59+	02:11+	10:46+	00:28+	02:24+	00:16+		
00:14&	00:47&	00:55&	00:27#	01:53@	00:30@	00:59&	00:54&	01:13&	03:14@	00:21&	00:40&	09:06@	00:05#	01:19@	00:07&		
<b>41</b>	<b>Inge Grødem</b>	<b>92</b>													<b>59:32</b>		
01:28+	04:10+	06:43+	10:12+	12:50+	15:57+	19:40+	21:59+	25:46+	28:59+	30:53+	33:50+	41:21+	47:45+	59:14+	59:32+		
01:28+	02:42+	02:33+	03:29+	02:38+	03:07+	03:43+	02:19+	03:47+	03:13+	01:54+	02:57+	07:31+	06:24+	11:29+	00:18+		
00:51@	01:30@	01:23@	01:36&	01:38@	02:43@	02:05@	01:23@	02:21@	02:23@	01:16@	01:26&	05:51@	06:01@	10:24@	00:09&		
<b>Beste strekktid for klassen</b>																	
00:28	01:07	01:00	01:22	00:52	00:20	01:23	00:50	01:19	00:36	00:38	01:15	01:24	00:13	00:50	00:07		

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