

## Sandtangen

## Strekketider

-10.08.2022

Plass Navn

Klasse

Tid

Damer 16 - 39 år

|           |                                 |            |              |        |        |        |        |        |        |        |        |        |        |        |
|-----------|---------------------------------|------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b>  | <b>Mari Thu Randulff</b>        | <b>39</b>  | <b>28:44</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:29=    | 03:35=                          | 05:24=     | 06:23=       | 08:03= | 09:32= | 12:53= | 15:40= | 18:15= | 19:35= | 21:23= | 22:40= | 24:44= | 26:30= | 28:44= |
| 02:29=    | 01:06=                          | 01:49=     | 00:59=       | 01:40= | 01:29= | 03:21= | 02:47= | 02:35= | 01:20= | 01:48= | 01:17= | 02:04= | 01:46= | 02:14= |
| 00:00=    | 00:00=                          | 00:00=     | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| <b>2</b>  | <b>Åsta Bryne</b>               | <b>387</b> | <b>29:06</b> |        |        |        |        |        |        |        |        |        |        |        |
| 03:53+    | 05:07+                          | 06:27+     | 07:27+       | 08:04+ | 10:06+ | 13:09+ | 15:58+ | 18:54+ | 20:22+ | 21:42+ | 22:54+ | 24:58+ | 26:54+ | 29:06+ |
| 03:53+    | 01:14+                          | 01:20-     | 01:00+       | 00:37- | 02:02+ | 03:03- | 02:49+ | 02:56+ | 01:28+ | 01:20- | 01:12- | 02:04= | 01:56+ | 02:12- |
| 01:24&    | 00:08#                          | 00:29-     | 00:01+       | 01:03- | 00:33& | 00:18- | 00:02+ | 00:21# | 00:08# | 00:28- | 00:05- | 00:00= | 00:10+ | 00:02- |
| <b>3</b>  | <b>Elin Graneland</b>           | <b>39</b>  | <b>29:06</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:29=    | 03:28-                          | 04:47-     | 05:52-       | 06:33- | 08:20- | 11:34- | 15:01- | 18:07- | 19:36+ | 20:56- | 22:09- | 24:26- | 26:41+ | 29:06+ |
| 02:29=    | 00:59-                          | 01:19-     | 01:05+       | 00:41- | 01:47+ | 03:14- | 03:27+ | 03:06+ | 01:29+ | 01:20- | 01:13- | 02:17+ | 02:15+ | 02:25+ |
| 00:00=    | 00:07-                          | 00:30-     | 00:06#       | 00:59- | 00:18# | 00:07- | 00:40# | 00:31# | 00:09# | 00:28- | 00:40- | 00:13# | 00:29& | 00:11+ |
| <b>4</b>  | <b>Maren Thu</b>                | <b>386</b> | <b>30:18</b> |        |        |        |        |        |        |        |        |        |        |        |
| 03:08+    | 04:15+                          | 05:36+     | 06:39+       | 07:21- | 09:18- | 12:32- | 15:47+ | 18:54+ | 20:37+ | 22:57+ | 24:10+ | 26:14+ | 28:08+ | 30:18+ |
| 03:08+    | 01:07+                          | 01:21-     | 01:03+       | 00:42- | 01:57+ | 03:14- | 03:15+ | 03:07+ | 01:43+ | 02:20+ | 01:13- | 02:04= | 01:54+ | 02:10- |
| 00:39&    | 00:01+                          | 00:28-     | 00:04+       | 00:58- | 00:28& | 00:07- | 00:28# | 00:32# | 00:23& | 00:32& | 00:04- | 00:00= | 00:08+ | 00:04- |
| <b>5</b>  | <b>Anina Iselin Hadland</b>     | <b>29</b>  | <b>31:42</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:33+    | 04:02+                          | 05:20-     | 06:16-       | 06:57- | 09:35+ | 12:59+ | 16:37+ | 19:56+ | 21:35+ | 23:19+ | 24:43+ | 26:59+ | 29:06+ | 31:42+ |
| 02:33+    | 01:29+                          | 01:18-     | 00:56-       | 00:41- | 02:38+ | 03:24+ | 03:38+ | 03:19+ | 01:39+ | 01:44- | 01:24+ | 02:16+ | 02:07+ | 02:36+ |
| 00:04+    | 00:23&                          | 00:31-     | 00:03-       | 00:59- | 01:09& | 00:03+ | 00:51& | 00:44& | 00:19# | 00:04- | 00:07+ | 00:12+ | 00:21# | 00:22# |
| <b>6</b>  | <b>Lene Bjelland</b>            | <b>116</b> | <b>32:29</b> |        |        |        |        |        |        |        |        |        |        |        |
| 03:03+    | 05:11+                          | 06:34+     | 07:37+       | 08:27+ | 10:15+ | 13:53+ | 17:46+ | 21:24+ | 22:58+ | 24:23+ | 25:37+ | 27:38+ | 30:27+ | 32:29+ |
| 03:03+    | 02:08+                          | 01:23-     | 01:03+       | 00:50- | 01:48+ | 03:38+ | 03:53+ | 03:38+ | 01:34+ | 01:25- | 01:14- | 02:01- | 02:49+ | 02:02- |
| 00:34#    | 01:02&                          | 00:26-     | 00:04+       | 00:50- | 00:19# | 00:17+ | 01:06& | 01:03& | 00:14# | 00:23- | 00:03- | 00:03- | 01:03& | 00:12- |
| <b>7</b>  | <b>Kjersti Fandrem Høivik</b>   | <b>68</b>  | <b>32:47</b> |        |        |        |        |        |        |        |        |        |        |        |
| 04:32+    | 05:55+                          | 07:22+     | 08:28+       | 09:13+ | 10:59+ | 14:23+ | 17:39+ | 21:09+ | 22:41+ | 24:33+ | 25:54+ | 28:09+ | 30:34+ | 32:47+ |
| 04:32+    | 01:23+                          | 01:27-     | 01:06+       | 00:45- | 01:46+ | 03:24+ | 03:16+ | 03:30+ | 01:32+ | 01:52+ | 01:21+ | 02:15+ | 02:25+ | 02:13- |
| 02:03&    | 00:17&                          | 00:22-     | 00:07#       | 00:55- | 00:17# | 00:03+ | 00:29# | 00:55& | 00:12# | 00:04+ | 00:04+ | 00:11+ | 00:39& | 00:01- |
| <b>8</b>  | <b>Heidi Langeland</b>          | <b>117</b> | <b>36:03</b> |        |        |        |        |        |        |        |        |        |        |        |
| 03:20+    | 05:49+                          | 07:25+     | 08:53+       | 09:39+ | 12:24+ | 15:49+ | 20:13+ | 23:43+ | 25:36+ | 27:38+ | 28:48+ | 31:13+ | 33:29+ | 36:03+ |
| 03:20+    | 02:29+                          | 01:36-     | 01:28+       | 00:46- | 02:45+ | 03:25+ | 04:24+ | 03:30+ | 01:53+ | 02:02+ | 01:10- | 02:25+ | 02:16+ | 02:34+ |
| 00:51&    | 01:23&                          | 00:13-     | 00:29&       | 00:54- | 01:16& | 00:04+ | 01:37& | 00:55& | 00:33& | 00:14# | 00:07- | 00:21# | 00:30& | 00:20# |
| <b>9</b>  | <b>Ingrid Simensen</b>          | <b>101</b> | <b>38:32</b> |        |        |        |        |        |        |        |        |        |        |        |
| 04:59+    | 06:38+                          | 09:20+     | 10:26+       | 12:27+ | 14:24+ | 17:53+ | 21:51+ | 25:19+ | 27:40+ | 29:44+ | 31:28+ | 33:47+ | 35:50+ | 38:32+ |
| 04:59+    | 01:39+                          | 02:42+     | 01:06+       | 02:01+ | 01:57+ | 03:29+ | 03:58+ | 03:28+ | 02:21+ | 02:04+ | 01:44+ | 02:19+ | 02:03+ | 02:42+ |
| 02:30&    | 00:33&                          | 00:53&     | 00:07#       | 00:21# | 00:28& | 00:08+ | 01:11& | 00:53& | 01:01& | 00:16# | 00:27& | 00:15# | 00:17# | 00:28# |
| <b>10</b> | <b>Ingunn Bergheim Landsnes</b> | <b>92</b>  | <b>39:50</b> |        |        |        |        |        |        |        |        |        |        |        |
| 03:45+    | 05:43+                          | 07:57+     | 09:44+       | 10:38+ | 12:54+ | 17:04+ | 21:04+ | 25:15+ | 27:21+ | 29:17+ | 31:06+ | 33:55+ | 37:14+ | 39:50+ |
| 03:45+    | 01:58+                          | 02:14+     | 01:47+       | 00:54- | 02:16+ | 04:10+ | 04:00+ | 04:11+ | 02:06+ | 01:56+ | 01:49+ | 02:49+ | 03:19+ | 02:36+ |
| 01:16&    | 00:52&                          | 00:25#     | 00:48&       | 00:46- | 00:47& | 00:49# | 01:13& | 01:36& | 00:46& | 00:08+ | 00:32& | 00:45& | 01:33& | 00:22# |
| <b>11</b> | <b>Margrete Jian Øye</b>        | <b>126</b> | <b>40:39</b> |        |        |        |        |        |        |        |        |        |        |        |
| 04:51+    | 06:28+                          | 07:53+     | 09:07+       | 10:17+ | 12:33+ | 16:39+ | 22:08+ | 26:14+ | 28:36+ | 30:47+ | 32:24+ | 35:20+ | 37:49+ | 40:39+ |
| 04:51+    | 01:37+                          | 01:25-     | 01:14+       | 01:10- | 02:16+ | 04:06+ | 05:29+ | 04:06+ | 02:22+ | 02:11+ | 01:37+ | 02:56+ | 02:29+ | 02:50+ |
| 02:22&    | 00:31&                          | 00:24-     | 00:15&       | 00:30- | 00:47& | 00:45# | 02:42& | 01:31& | 01:02& | 00:23# | 00:20& | 00:52& | 00:43& | 00:36& |
| <b>12</b> | <b>Hege Bakken</b>              | <b>53</b>  | <b>40:47</b> |        |        |        |        |        |        |        |        |        |        |        |
| 05:52+    | 07:30+                          | 10:04+     | 11:26+       | 13:24+ | 15:22+ | 18:55+ | 22:54+ | 26:55+ | 28:40+ | 30:58+ | 32:33+ | 35:11+ | 38:16+ | 40:47+ |
| 05:52+    | 01:38+                          | 02:34+     | 01:22+       | 01:58+ | 01:58+ | 03:33+ | 03:59+ | 04:01+ | 01:45+ | 02:18+ | 01:35+ | 02:38+ | 03:05+ | 02:31+ |
| 03:23&    | 00:32&                          | 00:45&     | 00:23&       | 00:18# | 00:29& | 00:12+ | 01:12& | 01:26& | 00:25& | 00:30& | 00:18# | 00:34& | 01:19& | 00:17# |
| <b>13</b> | <b>Marita Skorpe</b>            | <b>74</b>  | <b>42:21</b> |        |        |        |        |        |        |        |        |        |        |        |
| 04:11+    | 05:34+                          | 07:36+     | 08:44+       | 09:35+ | 12:32+ | 19:08+ | 23:09+ | 27:19+ | 29:24+ | 31:07+ | 32:48+ | 35:30+ | 39:55+ | 42:21+ |
| 04:11+    | 01:23+                          | 02:02+     | 01:08+       | 00:51- | 02:57+ | 06:36+ | 04:01+ | 04:10+ | 02:05+ | 01:43- | 01:41+ | 02:42+ | 04:25+ | 02:26+ |
| 01:42&    | 00:17&                          | 00:13#     | 00:09#       | 00:49- | 01:28& | 03:15& | 01:14& | 01:35& | 00:45& | 00:05- | 00:24& | 00:38& | 02:39& | 00:12+ |
| <b>14</b> | <b>Lise Nessa Di Lorenzo</b>    | <b>93</b>  | <b>43:00</b> |        |        |        |        |        |        |        |        |        |        |        |
| 06:15+    | 07:45+                          | 09:22+     | 10:42+       | 12:01+ | 14:37+ | 17:51+ | 23:11+ | 27:32+ | 30:00+ | 33:01+ | 34:28+ | 37:07+ | 40:28+ | 43:00+ |
| 06:15+    | 01:30+                          | 01:37-     | 01:20+       | 01:19- | 02:36+ | 03:14- | 05:20+ | 04:21+ | 02:28+ | 03:01+ | 01:27+ | 02:39+ | 03:21+ | 02:32+ |
| 03:46&    | 00:24&                          | 00:12-     | 00:21&       | 00:21- | 01:07& | 00:07- | 02:33& | 01:46& | 01:08& | 01:13& | 00:10# | 00:35& | 01:35& | 00:18# |

| Class     | Navn                             | Klasse    |        |        |        |        |        |        |        |        |        | Tid          |        |        |  |
|-----------|----------------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>15</b> | <b>Marita Navjord Nicolaysen</b> | <b>71</b> |        |        |        |        |        |        |        |        |        | <b>48:09</b> |        |        |  |
| 14:35+    | 16:11+                           | 19:26+    | 20:56+ | 23:09+ | 25:01+ | 28:16+ | 31:34+ | 34:57+ | 38:03+ | 39:44+ | 41:17+ | 43:31+       | 45:42+ | 48:09+ |  |
| 14:35+    | 01:36+                           | 03:15+    | 01:30+ | 02:13+ | 01:52+ | 03:15- | 03:18+ | 03:23+ | 03:06+ | 01:41- | 01:33+ | 02:14+       | 02:11+ | 02:27+ |  |
| 12:06@    | 00:30&                           | 01:26&    | 00:31& | 00:33& | 00:23& | 00:06- | 00:31# | 00:48& | 01:46@ | 00:07- | 00:16# | 00:10+       | 00:25# | 00:13+ |  |

### Beste strekktid for klassen

02:29 00:59 01:18 00:56 00:37 01:29 03:03 02:47 02:35 01:20 01:20 01:10 02:01 01:46 02:02

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

## Damer 40 - 49 år

|          |                          |            |        |        |        |        |        |        |        |        |        |              |        |        |  |
|----------|--------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>1</b> | <b>Anne Marie Gausel</b> | <b>105</b> |        |        |        |        |        |        |        |        |        | <b>29:59</b> |        |        |  |
| 01:38=   | 04:38=                   | 06:00=     | 09:23= | 12:18= | 13:34= | 15:07= | 18:16= | 21:11= | 22:19= | 24:25= | 26:37= | 27:45=       | 29:02= | 29:59= |  |
| 01:38=   | 03:00=                   | 01:22=     | 03:23= | 02:55= | 01:16= | 01:33= | 03:09= | 02:55= | 01:08= | 02:06= | 02:12= | 01:08=       | 01:17= | 00:57= |  |
| 00:00=   | 00:00=                   | 00:00=     | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=       | 00:00= | 00:00= |  |

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|----------|----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>2</b> | <b>Ida K. Kolstø</b> | <b>29</b> |        |        |        |        |        |        |        |        |        | <b>30:44</b> |        |        |  |
| 01:26-   | 04:28-               | 05:55-    | 08:53- | 11:39- | 13:01- | 14:25- | 17:30- | 20:38- | 21:58- | 24:42+ | 27:03+ | 28:16+       | 29:35+ | 30:44+ |  |
| 01:26-   | 03:02+               | 01:27+    | 02:58- | 02:46- | 01:22+ | 01:24- | 03:05- | 03:08+ | 01:20+ | 02:44+ | 02:21+ | 01:13+       | 01:19+ | 01:09+ |  |
| 00:12-   | 00:02+               | 00:05+    | 00:25- | 00:09- | 00:06+ | 00:09- | 00:04- | 00:13+ | 00:12# | 00:38& | 00:09+ | 00:05+       | 00:02+ | 00:12# |  |

|          |                       |           |        |        |        |        |        |        |        |        |        |              |        |        |  |
|----------|-----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>3</b> | <b>Toyah Bråtveit</b> | <b>43</b> |        |        |        |        |        |        |        |        |        | <b>31:47</b> |        |        |  |
| 02:06+   | 04:23-                | 05:55-    | 09:42+ | 12:15- | 13:53+ | 15:19+ | 18:19+ | 22:03+ | 23:36+ | 25:33+ | 27:58+ | 29:07+       | 30:50+ | 31:47+ |  |
| 02:06+   | 02:17-                | 01:32+    | 03:47+ | 02:33- | 01:38+ | 01:26- | 03:00- | 03:44+ | 01:33+ | 01:57- | 02:25+ | 01:09+       | 01:43+ | 00:57= |  |
| 00:28&   | 00:43-                | 00:10#    | 00:24# | 00:22- | 00:22& | 00:07- | 00:09- | 00:49& | 00:25& | 00:09- | 00:13+ | 00:01+       | 00:26& | 00:00= |  |

|          |                    |           |        |        |        |        |        |        |        |        |        |              |        |        |  |
|----------|--------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>4</b> | <b>Agnes Haker</b> | <b>43</b> |        |        |        |        |        |        |        |        |        | <b>32:58</b> |        |        |  |
| 01:50+   | 04:21-             | 05:42-    | 08:37- | 11:14- | 12:55- | 14:30- | 17:35- | 21:37+ | 23:00+ | 25:17+ | 27:49+ | 30:22+       | 31:56+ | 32:58+ |  |
| 01:50+   | 02:31-             | 01:21-    | 02:55- | 02:37- | 01:41+ | 01:35+ | 03:05- | 04:02+ | 01:23+ | 02:17+ | 02:32+ | 02:33+       | 01:34+ | 01:02+ |  |
| 00:12#   | 00:29-             | 00:01-    | 00:28- | 00:18- | 00:25& | 00:02+ | 00:04- | 01:07& | 00:15# | 00:11+ | 00:20# | 01:25@       | 00:17# | 00:05+ |  |

|          |                    |           |        |        |        |        |        |        |        |        |        |              |        |        |  |
|----------|--------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>5</b> | <b>Brit Nilsen</b> | <b>88</b> |        |        |        |        |        |        |        |        |        | <b>33:03</b> |        |        |  |
| 02:07+   | 04:42+             | 06:17+    | 09:33+ | 12:34+ | 14:02+ | 15:47+ | 19:09+ | 22:37+ | 24:06+ | 26:22+ | 29:07+ | 30:32+       | 31:52+ | 33:03+ |  |
| 02:07+   | 02:35-             | 01:35+    | 03:16- | 03:01+ | 01:28+ | 01:45+ | 03:22+ | 03:28+ | 01:29+ | 02:16+ | 02:45+ | 01:25+       | 01:20+ | 01:11+ |  |
| 00:29&   | 00:25-             | 00:13#    | 00:07- | 00:06+ | 00:12# | 00:12# | 00:13+ | 00:33# | 00:21& | 00:10+ | 00:33# | 00:17#       | 00:03+ | 00:14# |  |

|          |                      |            |        |        |        |        |        |        |        |        |        |              |        |        |  |
|----------|----------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>6</b> | <b>Kari Sjørnsen</b> | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>36:05</b> |        |        |  |
| 01:36-   | 06:22+               | 07:54+     | 11:36+ | 15:15+ | 16:42+ | 18:23+ | 21:33+ | 24:37+ | 26:20+ | 28:31+ | 31:40+ | 33:20+       | 34:58+ | 36:05+ |  |
| 01:36-   | 04:46+               | 01:32+     | 03:42+ | 03:39+ | 01:27+ | 01:41+ | 03:10+ | 03:04+ | 01:43+ | 02:11+ | 03:09+ | 01:40+       | 01:38+ | 01:07+ |  |
| 00:02-   | 01:46&               | 00:10#     | 00:19+ | 00:44& | 00:11# | 00:08+ | 00:01+ | 00:09+ | 00:35& | 00:05+ | 00:57& | 00:32&       | 00:21& | 00:10# |  |

|          |                       |           |        |        |        |        |        |        |        |        |        |              |        |        |  |
|----------|-----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>7</b> | <b>Helen Haneferd</b> | <b>27</b> |        |        |        |        |        |        |        |        |        | <b>36:53</b> |        |        |  |
| 03:40+   | 06:15+                | 07:48+    | 11:19+ | 14:24+ | 16:05+ | 18:00+ | 21:58+ | 25:37+ | 27:08+ | 29:43+ | 32:46+ | 34:06+       | 35:45+ | 36:53+ |  |
| 03:40+   | 02:35-                | 01:33+    | 03:31+ | 03:05+ | 01:41+ | 01:55+ | 03:58+ | 03:39+ | 01:31+ | 02:35+ | 03:03+ | 01:20+       | 01:39+ | 01:08+ |  |
| 02:02@   | 00:25-                | 00:11#    | 00:08+ | 00:10+ | 00:25& | 00:22# | 00:49& | 00:44& | 00:23& | 00:29# | 00:51& | 00:12#       | 00:22& | 00:11# |  |

|          |                      |          |        |        |        |        |        |        |        |        |        |              |        |        |  |
|----------|----------------------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>8</b> | <b>Elin Stueland</b> | <b>5</b> |        |        |        |        |        |        |        |        |        | <b>38:07</b> |        |        |  |
| 01:22-   | 04:44+               | 06:32+   | 09:48+ | 12:49+ | 14:40+ | 16:27+ | 20:09+ | 23:43+ | 26:18+ | 28:58+ | 32:02+ | 33:49+       | 35:50+ | 38:07+ |  |
| 01:22-   | 03:22+               | 01:48+   | 03:16- | 03:01+ | 01:51+ | 01:47+ | 03:42+ | 03:34+ | 02:35+ | 02:40+ | 03:04+ | 01:47+       | 02:01+ | 02:17+ |  |
| 00:16-   | 00:22#               | 00:26&   | 00:07- | 00:06+ | 00:35& | 00:14# | 00:33# | 00:39# | 01:27@ | 00:34& | 00:52& | 00:39&       | 00:44& | 01:20@ |  |

|          |                              |           |        |        |        |        |        |        |        |        |        |              |        |        |  |
|----------|------------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>9</b> | <b>Hege Anita H. Nielsen</b> | <b>48</b> |        |        |        |        |        |        |        |        |        | <b>39:17</b> |        |        |  |
| 02:21+   | 05:32+                       | 07:21+    | 12:34+ | 16:08+ | 17:48+ | 19:51+ | 23:15+ | 27:36+ | 29:08+ | 31:43+ | 35:11+ | 36:35+       | 38:03+ | 39:17+ |  |
| 02:21+   | 03:11+                       | 01:49+    | 05:13+ | 03:34+ | 01:40+ | 02:03+ | 03:24+ | 04:21+ | 01:32+ | 02:35+ | 03:28+ | 01:24+       | 01:28+ | 01:14+ |  |
| 00:43&   | 00:11+                       | 00:27&    | 01:50& | 00:39# | 00:24& | 00:30& | 00:15+ | 01:26& | 00:24& | 00:29# | 01:16& | 00:16#       | 00:11# | 00:17& |  |

|           |                       |           |        |        |        |        |        |        |        |        |        |              |        |        |  |
|-----------|-----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--|
| <b>10</b> | <b>Sølvi Jacobsen</b> | <b>43</b> |        |        |        |        |        |        |        |        |        | <b>50:33</b> |        |        |  |
| 02:04+    | 05:09+                | 06:58+    | 13:36+ | 18:00+ | 19:56+ | 21:55+ | 26:31+ | 30:58+ | 38:26+ | 41:26+ | 45:27+ | 47:05+       | 48:48+ | 50:33+ |  |
| 02:04+    | 03:05+                | 01:49+    | 06:38+ | 04:24+ | 01:56+ | 01:59+ | 04:36+ | 04:27+ | 07:28+ | 03:00+ | 04:01+ | 01:38+       | 01:43+ | 01:45+ |  |
| 00:26&    | 00:05+                | 00:27&    | 03:15& | 01:29& | 00:40& | 00:26& | 01:27& | 01:32& | 06:20@ | 00:54& | 01:49& | 00:30&       | 00:26& | 00:48& |  |

### Beste strekktid for klassen

01:22 02:17 01:21 02:55 02:33 01:16 01:24 03:00 02:55 01:08 01:57 02:12 01:08 01:17 00:57

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

## Damer 50 - 59 år

| Class     | Navn                               | Klasse   | Tid   |
|-----------|------------------------------------|--|---|
| <b>1</b>  | <b>Elisabeth Christie Ørke</b>     | <b>105</b>                                       | <b>31:45</b>  |
| 02:50=    | 05:45= 07:04= 09:56= 12:22= 13:37= | 15:27= 18:37=                                    | 21:37= 22:50= 24:57= 28:15= 29:26= 30:41= 31:45=        |
| 02:50=    | 02:55= 01:19= 02:52= 02:26= 01:15= | 01:50= 03:10= 03:00= 01:13= 02:07= 03:18= 01:11= | 01:15= 01:04=   |
| 00:00=    | 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>Anita Glenne Kallhovd</b>       | <b>29</b>  | <b>32:02</b>  |
| 02:00-    | 04:29- 05:50- 09:09- 12:12- 13:42+ | 14:58- 18:16-                                    | 21:32- 22:41- 25:14+ 27:58- 29:15- 30:50+ 32:02+        |
| 02:00-    | 02:29- 01:21+ 03:19+ 03:03+ 01:30+ | 01:16- 03:18+ 03:16+                             | 01:09- 02:33+ 02:44- 01:17+ 01:35+ 01:12+               |
| 00:50-    | 00:26- 00:02+ 00:27# 00:37& 00:15# | 00:34- 00:08+ 00:16+                             | 00:04- 00:26# 00:34- 00:06+ 00:20# 00:08#               |
| <b>3</b>  | <b>Gerd Olaug Vikeså</b>           | <b>101</b>                                       | <b>33:38</b>  |
| 01:36-    | 04:16- 05:44- 10:00+ 13:00+ 14:25+ | 16:14+ 19:33+                                    | 22:50+ 24:17+ 26:39+ 29:32+ 31:07+ 32:32+ 33:38+        |
| 01:36-    | 02:40- 01:28+ 04:16+ 03:00+ 01:25+ | 01:49- 03:19+ 03:17+                             | 01:27+ 02:22+ 02:53- 01:35+ 01:25+ 01:06+               |
| 01:14-    | 00:15- 00:09# 01:24& 00:34# 00:10# | 00:01- 00:09+ 00:17+                             | 00:14# 00:15# 00:25- 00:24& 00:10# 00:02+               |
| <b>4</b>  | <b>Iren Undheim Øgreid</b>         | <b>62</b>  | <b>34:34</b>  |
| 02:03-    | 05:40- 10:03+ 13:10+ 15:53+ 17:11+ | 18:52+ 21:52+                                    | 24:50+ 26:05+ 28:00+ 30:30+ 32:01+ 33:25+ 34:34+        |
| 02:03-    | 03:37+ 04:23+ 03:07+ 02:43+ 01:18+ | 01:41- 03:00- 02:58- 01:15+                      | 01:55- 02:30- 01:31+ 01:24+ 01:09+                      |
| 00:47-    | 00:42# 03:04@ 00:15+ 00:17# 00:03+ | 00:09- 00:10- 00:02- 00:02+                      | 00:12- 00:48- 00:20& 00:09# 00:05+                      |
| <b>5</b>  | <b>Anne Siv Gjertsen</b>           | <b>27</b>  | <b>34:56</b>  |
| 02:02-    | 04:33- 06:02- 09:51- 13:03+ 14:37+ | 16:21+ 20:09+ 23:21+                             | 25:01+ 27:31+ 30:35+ 32:03+ 33:37+ 34:56+               |
| 02:02-    | 02:31- 01:29+ 03:49+ 03:12+ 01:34+ | 01:44- 03:48+ 03:12+                             | 01:40+ 02:30+ 03:04- 01:28+ 01:34+ 01:19+               |
| 00:48-    | 00:24- 00:10# 00:57& 00:46&        | 00:06- 00:38# 00:12+                             | 00:27& 00:23# 00:14- 00:17# 00:19& 00:15#               |
| <b>6</b>  | <b>Marianne Fuglestad</b>          | <b>117</b>                                       | <b>35:00</b>  |
| 02:04-    | 05:13- 07:21+ 11:05+ 13:35+ 14:59+ | 16:35+ 19:31+                                    | 24:44+ 26:08+ 28:26+ 31:01+ 32:15+ 33:46+ 35:00+        |
| 02:04-    | 03:09+ 02:08+ 03:44+ 02:30+ 01:24+ | 01:36- 02:56- 05:13+                             | 01:24+ 02:18+ 02:35- 01:14+ 01:31+ 01:14+               |
| 00:46-    | 00:14+ 00:49& 00:52& 00:04+        | 00:09# 00:14- 00:14-                             | 02:13& 00:11# 00:11+ 00:43- 00:03+ 00:16# 00:10#        |
| <b>7</b>  | <b>Kristin Skadsem</b>             | <b>18</b>  | <b>37:24</b>  |
| 02:10-    | 05:03- 06:38- 10:24+ 13:50+ 15:22+ | 17:46+ 21:11+                                    | 25:38+ 27:07+ 29:39+ 32:39+ 34:30+ 36:02+ 37:24+        |
| 02:10-    | 02:53- 01:35+ 03:46+ 03:26+ 01:32+ | 02:24+ 03:25+ 04:27+                             | 01:29+ 02:32+ 03:00- 01:51+                             |
| 00:40-    | 00:02- 00:16# 00:54& 01:00& 00:17# | 00:34& 00:15+                                    | 01:27& 00:16# 00:25# 00:18- 00:40& 00:17# 00:18&        |
| <b>8</b>  | <b>Marie-Elizabeth Reinseth</b>    | <b>27</b>  | <b>38:48</b>  |
| 01:52-    | 05:45= 07:16+ 10:36+ 13:22+ 14:51+ | 16:27+ 20:08+                                    | 23:35+ 29:02+ 31:30+ 34:23+ 35:47+ 37:35+ 38:48+        |
| 01:52-    | 03:53+ 01:31+ 03:20+ 02:46+ 01:29+ | 01:36- 03:41+ 03:27+                             | 05:27+ 02:28+ 02:53- 01:24+ 01:48+ 01:13+               |
| 00:58-    | 00:58& 00:12# 00:28# 00:20# 00:14# | 00:14- 00:31# 00:27#                             | 04:14@ 00:21# 00:25- 00:13# 00:33& 00:09#               |
| <b>9</b>  | <b>Nidunn Sandvik</b>              | <b>228</b>                                       | <b>40:01</b>  |
| 06:19+    | 09:21+ 10:57+ 14:46+               | 17:51+   | 19:28+ 21:26+ 25:02+ 28:35+                             |
| 06:19+    | 03:02+ 01:36+ 03:49+               | 03:05+   | 01:37+ 01:58+ 03:36+ 03:33+                             |
| 03:29@    | 00:07+ 00:17# 00:57& 00:39& 00:22& | 00:08+   | 00:26# 00:33# 00:29& 00:34& 00:29- 00:14# 00:16# 00:14# |
| <b>10</b> | <b>Signe Ottesen</b>               | <b>116</b>                                       | <b>40:20</b>  |
| 02:12-    | 04:58- 06:39- 10:03+ 13:24+ 14:48+ | 16:22+ 20:10+                                    | 23:46+ 25:18+ 33:39+ 36:19+ 37:38+ 39:11+ 40:20+        |
| 02:12-    | 02:46- 01:41+ 03:24+ 03:21+ 01:24+ | 01:34- 03:48+ 03:36+                             | 01:32+ 08:21+ 02:40- 01:19+ 01:33+ 01:09+               |
| 00:38-    | 00:09- 00:22& 00:32# 00:55& 00:09# | 00:16- 00:38# 00:36#                             | 00:19& 06:14@ 00:38- 00:08# 00:18# 00:05+               |
| <b>11</b> | <b>Trude Katrine Hermanrud</b>     | <b>117</b>                                       | <b>40:20</b>  |
| 03:53+    | 07:24+ 09:06+ 12:49+ 16:06+ 17:43+ | 19:29+ 23:40+                                    | 28:05+ 29:48+ 32:20+ 35:43+ 37:13+ 38:51+ 40:20+        |
| 03:53+    | 03:31+ 01:42+ 03:43+ 03:17+ 01:37+ | 01:46- 04:11+ 04:25+                             | 01:43+ 02:32+ 03:23+ 01:30+ 01:38+ 01:29+               |
| 01:03&    | 00:36# 00:23& 00:51& 00:51&        | 00:04- 01:01& 01:25&                             | 00:30& 00:25# 00:05+ 00:19& 00:23& 00:25&               |
| <b>12</b> | <b>Ragnhild Auglænd</b>            | <b>62</b>  | <b>42:07</b>  |
| 01:56-    | 04:57- 06:32- 10:13+ 13:35+ 17:17+ | 19:02+ 20:52+                                    | 25:08+ 29:28+ 31:28+ 34:02+ 37:17+ 39:01+ 40:45+ 42:07+ |
| 01:56-    | 03:01+ 01:35+ 03:41+ 03:22+ 03:42+ | 01:45- 01:50-                                    | 04:16+ 04:20+ 02:00- 02:34- 03:15+ 01:44+ 01:22+        |
| 00:54-    | 00:06+ 00:16# 00:49& 00:56& 02:27@ | 00:05- 01:20-                                    | 01:16& 03:07@ 00:07- 00:44- 02:04@ 00:29& 00:40& 01:22+ |
| <b>13</b> | <b>Hilde Frøytlog Karlsen</b>      | <b>228</b>                                       | <b>42:18</b>  |
| 02:44-    | 05:56+ 07:36+ 12:37+ 16:07+        | 17:52+   | 19:37+ 24:17+   |
| 02:44-    | 03:12+ 01:40+ 05:01+ 03:30+        | 01:45-   | 04:40+ 04:19+ 02:06+ 03:04+ 03:26+ 01:37+ 40:50+ 42:18+ |
| 00:06-    | 00:17+ 00:21& 02:09& 01:04& 00:30& | 00:05- 01:30& 01:19&                             | 00:53& 00:57& 00:08+ 00:26& 00:46& 00:24&               |
| <b>14</b> | <b>Eli Tjåland Stokka</b>          | <b>94</b>  | <b>42:46</b>  |
| 02:39-    | 07:10+ 08:47+ 13:19+ 16:44+        | 18:23+   | 20:21+ 24:44+   |
| 02:39-    | 04:31+ 01:37+ 04:32+ 03:25+ 01:39+ | 01:58+ 04:23+                                    | 04:22+ 02:04+ 02:48+ 03:33+ 01:42+ 01:56+ 01:37+        |
| 00:11-    | 01:36& 00:18# 01:40& 00:59& 00:24& | 00:08+ 01:13& 01:22&                             | 00:51& 00:41& 00:15+ 00:31& 00:41& 00:33&               |
| <b>15</b> | <b>Liv Margot Sviland</b>          | <b>54</b>  | <b>43:30</b>  |
| 03:08+    | 12:26+ 14:04+ 18:24+ 21:09+        | 22:42+   | 24:54+ 28:39+   |
| 03:08+    | 09:18+ 01:38+ 04:20+ 02:45+ 01:33+ | 02:12+ 03:45+                                    | 03:06+ 01:38+ 02:25+ 03:02- 01:32+ 01:38+ 01:30+        |
| 00:18#    | 06:23@ 00:19# 01:28& 00:19# 00:18# | 00:22# 00:35# 00:06+                             | 00:25& 00:18# 00:16- 00:21& 00:23& 00:26&               |

| Class                              | Navn                        | Klasse     |        |        |        |        |        |        |        |        |        |        |        | Tid          |
|------------------------------------|-----------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|
| <b>16</b>                          | <b>Siri Bjerkreim Hamre</b> | <b>93</b>  |        |        |        |        |        |        |        |        |        |        |        | <b>44:38</b> |
| 02:33-                             | 06:11+                      | 09:01+     | 14:00+ | 17:26+ | 19:11+ | 21:16+ | 25:03+ | 31:44+ | 33:55+ | 36:39+ | 39:59+ | 41:34+ | 43:11+ | 44:38+       |
| 02:33-                             | 03:38+                      | 02:50+     | 04:59+ | 03:26+ | 01:45+ | 02:05+ | 03:47+ | 06:41+ | 02:11+ | 02:44+ | 03:20+ | 01:35+ | 01:37+ | 01:27+       |
| 00:17-                             | 00:43#                      | 01:31@     | 02:07& | 01:00& | 00:30& | 00:15# | 00:37# | 03:41@ | 00:58& | 00:37& | 00:02+ | 00:24& | 00:22& | 00:23&       |
| <b>17</b>                          | <b>Brit Vivian Meling</b>   | <b>116</b> |        |        |        |        |        |        |        |        |        |        |        | <b>49:10</b> |
| 02:42-                             | 07:42+                      | 10:49+     | 15:47+ | 19:36+ | 21:35+ | 23:52+ | 29:16+ | 33:26+ | 36:00+ | 39:11+ | 43:16+ | 45:08+ | 47:17+ | 49:10+       |
| 02:42-                             | 05:00+                      | 03:07+     | 04:58+ | 03:49+ | 01:59+ | 02:17+ | 05:24+ | 04:10+ | 02:34+ | 03:11+ | 04:05+ | 01:52+ | 02:09+ | 01:53+       |
| 00:08-                             | 02:05&                      | 01:48@     | 02:06& | 01:23& | 00:44& | 00:27# | 02:14& | 01:10& | 01:21@ | 01:04& | 00:47# | 00:41& | 00:54& | 00:49&       |
| <b>18</b>                          | <b>Ellinor Hoemsnes</b>     | <b>116</b> |        |        |        |        |        |        |        |        |        |        |        | <b>59:03</b> |
| 02:05-                             | 16:50+                      | 19:19+     | 25:53+ | 29:31+ | 31:22+ | 33:31+ | 38:27+ | 42:41+ | 46:34+ | 49:41+ | 53:02+ | 54:51+ | 57:26+ | 59:03+       |
| 02:05-                             | 14:45+                      | 02:29+     | 06:34+ | 03:38+ | 01:51+ | 02:09+ | 04:56+ | 04:14+ | 03:53+ | 03:07+ | 03:21+ | 01:49+ | 02:35+ | 01:37+       |
| 00:45-                             | 11:50@                      | 01:10&     | 03:42@ | 01:12& | 00:36& | 00:19# | 01:46& | 01:14& | 02:40@ | 01:00& | 00:03+ | 00:38& | 01:20@ | 00:33&       |
| <b>Beste strekktid for klassen</b> |                             |            |        |        |        |        |        |        |        |        |        |        |        |              |
| 01:36                              | 02:29                       | 01:19      | 02:52  | 02:26  | 01:15  | 01:16  | 01:50  | 02:58  | 01:09  | 01:55  | 02:30  | 01:11  | 01:15  | 01:04        |

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

## Damer 60 - 64 år

|                                    |                          |            |        |        |        |        |        |        |        |        |        |        |  |              |
|------------------------------------|--------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--------------|
| <b>1</b>                           | <b>Ingrid Øxnevad</b>    | <b>18</b>  |        |        |        |        |        |        |        |        |        |        |  | <b>25:41</b> |
| 01:18=                             | 03:47=                   | 06:13=     | 07:33= | 08:49= | 10:57= | 14:20= | 16:04= | 18:24= | 19:35= | 21:44= | 23:19= | 25:41= |  |              |
| 01:18=                             | 02:29=                   | 02:26=     | 01:20= | 01:16= | 02:08= | 03:23= | 01:44= | 02:20= | 01:11= | 02:09= | 01:35= | 02:22= |  |              |
| 00:00=                             | 00:00=                   | 00:00=     | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |  |              |
| <b>2</b>                           | <b>Ingunn Voilås</b>     | <b>29</b>  |        |        |        |        |        |        |        |        |        |        |  | <b>30:44</b> |
| 02:18+                             | 05:13+                   | 08:33+     | 10:12+ | 11:54+ | 13:46+ | 17:03+ | 19:26+ | 22:14+ | 23:26+ | 26:03+ | 27:31+ | 30:44+ |  |              |
| 02:18+                             | 02:55+                   | 03:20+     | 01:39+ | 01:42+ | 01:52- | 03:17- | 02:23+ | 02:48+ | 01:12+ | 02:37+ | 01:28- | 03:13+ |  |              |
| 01:00&                             | 00:26#                   | 00:54&     | 00:19# | 00:26& | 00:16- | 00:06- | 00:39& | 00:28# | 00:01+ | 00:28# | 00:07- | 00:51& |  |              |
| <b>3</b>                           | <b>May Elinor Meling</b> | <b>125</b> |        |        |        |        |        |        |        |        |        |        |  | <b>35:23</b> |
| 03:50+                             | 06:26+                   | 14:44+     | 16:14+ | 17:30+ | 19:04+ | 22:21+ | 24:30+ | 27:06+ | 28:15+ | 30:28+ | 32:27+ | 35:23+ |  |              |
| 03:50+                             | 02:36+                   | 08:18+     | 01:30+ | 01:16= | 01:34- | 03:17- | 02:09+ | 02:36+ | 01:09- | 02:13+ | 01:59+ | 02:56+ |  |              |
| 02:32@                             | 00:07+                   | 05:52@     | 00:10# | 00:00= | 00:34- | 00:06- | 00:25# | 00:16# | 00:02- | 00:04+ | 00:24& | 00:34# |  |              |
| <b>4</b>                           | <b>Berit Bakken</b>      | <b>93</b>  |        |        |        |        |        |        |        |        |        |        |  | <b>37:24</b> |
| 01:39+                             | 05:18+                   | 08:25+     | 10:09+ | 12:01+ | 14:03+ | 18:29+ | 21:48+ | 28:27+ | 29:58+ | 32:39+ | 34:00+ | 37:24+ |  |              |
| 01:39+                             | 03:39+                   | 03:07+     | 01:44+ | 01:52+ | 02:02- | 04:26+ | 03:19+ | 06:39+ | 01:31+ | 02:41+ | 01:21- | 03:24+ |  |              |
| 00:21&                             | 01:10&                   | 00:41&     | 00:24& | 00:36& | 00:06- | 01:03& | 01:35& | 04:19@ | 00:20& | 00:32# | 00:14- | 01:02& |  |              |
| <b>Beste strekktid for klassen</b> |                          |            |        |        |        |        |        |        |        |        |        |        |  |              |
| 01:18                              | 02:29                    | 02:26      | 01:20  | 01:16  | 01:34  | 03:17  | 01:44  | 02:20  | 01:09  | 02:09  | 01:21  | 02:22  |  |              |

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

## Damer 65 - 69 år

|          |                          |            |        |        |        |        |        |        |        |        |        |        |  |              |
|----------|--------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--------------|
| <b>1</b> | <b>Eli Frafjord</b>      | <b>94</b>  |        |        |        |        |        |        |        |        |        |        |  | <b>32:32</b> |
| 02:27=   | 05:56=                   | 09:34=     | 11:42= | 13:24= | 15:25= | 18:49= | 21:18= | 24:24= | 25:31= | 28:03= | 29:11= | 32:32= |  |              |
| 02:27=   | 03:29=                   | 03:38=     | 02:08= | 01:42= | 02:01= | 03:24= | 02:29= | 03:06= | 01:07= | 02:32= | 01:08= | 03:21= |  |              |
| 00:00=   | 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>Margot Asheim</b>     | <b>105</b> |        |        |        |        |        |        |        |        |        |        |  | <b>40:03</b> |
| 02:57+   | 05:52-                   | 08:59-     | 10:38- | 12:22- | 18:58+ | 21:58+ | 24:21+ | 26:41+ | 33:47+ | 36:06+ | 37:01+ | 40:03+ |  |              |
| 02:57+   | 02:55-                   | 03:07-     | 01:39- | 01:44+ | 06:36+ | 03:00- | 02:23- | 02:20- | 07:06+ | 02:19- | 00:55- | 03:02- |  |              |
| 00:30#   | 00:34-                   | 00:31-     | 00:29- | 00:02+ | 04:35@ | 00:24- | 00:06- | 00:46- | 05:59@ | 00:13- | 00:13- | 00:19- |  |              |
| <b>3</b> | <b>Halldis Handeland</b> | <b>92</b>  |        |        |        |        |        |        |        |        |        |        |  | <b>40:39</b> |
| 03:10+   | 06:46+                   | 10:54+     | 13:14+ | 15:22+ | 17:53+ | 21:36+ | 24:53+ | 28:24+ | 31:17+ | 34:50+ | 36:09+ | 40:39+ |  |              |
| 03:10+   | 03:36+                   | 04:08+     | 02:20+ | 02:08+ | 02:31+ | 03:43+ | 03:17+ | 03:31+ | 02:53+ | 03:33+ | 01:19+ | 04:30+ |  |              |
| 00:43&   | 00:07+                   | 00:30#     | 00:12+ | 00:26& | 00:30# | 00:19+ | 00:48& | 00:25# | 01:46@ | 01:01& | 00:11# | 01:09& |  |              |
| <b>4</b> | <b>Berit Gramstad</b>    | <b>113</b> |        |        |        |        |        |        |        |        |        |        |  | <b>41:44</b> |
| 02:57+   | 09:12+                   | 13:28+     | 15:26+ | 17:22+ | 21:02+ | 25:11+ | 27:56+ | 31:23+ | 32:48+ | 36:22+ | 37:52+ | 41:44+ |  |              |
| 02:57+   | 06:15+                   | 04:16+     | 01:58- | 01:56+ | 03:40+ | 04:09+ | 02:45+ | 03:27+ | 01:25+ | 03:34+ | 01:30+ | 03:52+ |  |              |
| 00:30#   | 02:46&                   | 00:38#     | 00:10- | 00:14# | 01:39& | 00:45# | 00:16# | 00:21# | 00:18& | 01:02& | 00:22& | 00:31# |  |              |

| Class                              | Navn                        | Klasse     |        |        |        |        |        |        |        |        |        | Tid            |        |        |
|------------------------------------|-----------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|
| <b>5</b>                           | <b>Tove Bjerkreim</b>       | <b>105</b> |        |        |        |        |        |        |        |        |        | <b>51:22</b>   |        |        |
| 01:47-                             | 04:31-                      | 07:23-     | 08:49- | 10:12- | 17:01+ | 25:56+ | 27:45+ | 30:58+ | 38:02+ | 43:40+ | 44:51+ | 47:04+         | 48:12+ | 51:22+ |
| 01:47-                             | 02:44-                      | 02:52-     | 01:26- | 01:23- | 06:49+ | 08:55+ | 01:49- | 03:13+ | 07:04+ | 05:38+ | 01:11+ | 02:13-         | 01:08+ | 03:10+ |
| 00:40-                             | 00:45-                      | 00:46-     | 00:42- | 00:19- | 04:48@ | 05:31@ | 00:40- | 00:07+ | 05:57@ | 03:06@ | 00:03+ | 01:08-         | 01:08+ | 03:10+ |
| <b>6</b>                           | <b>Åse Franciska Møster</b> | <b>128</b> |        |        |        |        |        |        |        |        |        | <b>1:17:55</b> |        |        |
| 03:38+                             | 09:45+                      | 28:17+     | 46:17+ | 49:21+ | 51:08+ | 54:33+ | 57:53+ | 61:22+ | 65:21+ | 68:48+ | 71:37+ | 74:16+         | 77:55+ |        |
| 03:38+                             | 06:07+                      | 18:32+     | 18:00+ | 03:04+ | 01:47- | 03:25+ | 03:20+ | 03:29+ | 03:59+ | 03:27+ | 02:49+ | 02:39-         | 03:39+ |        |
| 01:11&                             | 02:38&                      | 14:54@     | 15:52@ | 01:22& | 00:14- | 00:01+ | 00:51& | 00:23# | 02:52@ | 00:55& | 01:41@ | 00:42-         | 03:39+ |        |
| <b>Beste strekktid for klassen</b> |                             |            |        |        |        |        |        |        |        |        |        |                |        |        |
| 01:47                              | 02:44                       | 02:52      | 01:26  | 01:23  | 01:47  | 03:00  | 01:49  | 02:20  | 01:07  | 02:19  | 00:55  | 02:13          |        |        |

= 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>28:27</b> |  |  |
| 01:36=                             | 04:29=                     | 07:30=     | 09:08= | 10:55= | 12:42= | 16:02= | 18:05= | 20:30= | 21:39= | 23:54= | 25:26= | 28:27=       |  |  |
| 01:36=                             | 02:53=                     | 03:01=     | 01:38= | 01:47= | 01:47= | 03:20= | 02:03= | 02:25= | 01:09= | 02:15= | 01:32= | 03:01=       |  |  |
| 00:00=                             | 00:00=                     | 00:00=     | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=       |  |  |
| <b>2</b>                           | <b>Gry Vikhamar Thengs</b> | <b>68</b>  |        |        |        |        |        |        |        |        |        | <b>31:51</b> |  |  |
| 02:06+                             | 06:03+                     | 09:27+     | 11:04+ | 12:45+ | 14:41+ | 18:03+ | 20:36+ | 23:37+ | 24:54+ | 27:24+ | 28:35+ | 31:51+       |  |  |
| 02:06+                             | 03:57+                     | 03:24+     | 01:37- | 01:41- | 01:56+ | 03:22+ | 02:33+ | 03:01+ | 01:17+ | 02:30+ | 01:11- | 03:16+       |  |  |
| 00:30&                             | 01:04&                     | 00:23#     | 00:01- | 00:06- | 00:09+ | 00:02+ | 00:30# | 00:36# | 00:08# | 00:15# | 00:21- | 00:15+       |  |  |
| <b>3</b>                           | <b>Haldis Glendrange</b>   | <b>68</b>  |        |        |        |        |        |        |        |        |        | <b>39:02</b> |  |  |
| 03:51+                             | 07:00+                     | 10:41+     | 12:42+ | 14:16+ | 16:44+ | 20:52+ | 23:52+ | 27:02+ | 30:40+ | 33:52+ | 35:26+ | 39:02+       |  |  |
| 03:51+                             | 03:09+                     | 03:41+     | 02:01+ | 01:34- | 02:28+ | 04:08+ | 03:00+ | 03:10+ | 03:38+ | 03:12+ | 01:34+ | 03:36+       |  |  |
| 02:15@                             | 00:16+                     | 00:40#     | 00:23# | 00:13- | 00:41& | 00:48# | 00:57& | 00:45& | 02:29@ | 00:57& | 00:02+ | 00:35#       |  |  |
| <b>4</b>                           | <b>Hedvig Anda</b>         | <b>116</b> |        |        |        |        |        |        |        |        |        | <b>40:05</b> |  |  |
| 02:17+                             | 06:09+                     | 09:35+     | 11:23+ | 13:41+ | 15:49+ | 19:50+ | 23:10+ | 29:48+ | 31:47+ | 34:37+ | 36:49+ | 40:05+       |  |  |
| 02:17+                             | 03:52+                     | 03:26+     | 01:48+ | 02:18+ | 02:08+ | 04:01+ | 03:20+ | 06:38+ | 01:59+ | 02:50+ | 02:12+ | 03:16+       |  |  |
| 00:41&                             | 00:59&                     | 00:25#     | 00:10# | 00:31& | 00:21# | 00:41# | 01:17& | 04:13@ | 00:50& | 00:35& | 00:40& | 00:15+       |  |  |
| <b>5</b>                           | <b>Helga Klausen</b>       | <b>62</b>  |        |        |        |        |        |        |        |        |        | <b>41:00</b> |  |  |
| 02:06+                             | 08:23+                     | 12:40+     | 14:45+ | 17:10+ | 19:50+ | 24:12+ | 27:12+ | 30:36+ | 32:07+ | 35:31+ | 37:02+ | 41:00+       |  |  |
| 02:06+                             | 06:17+                     | 04:17+     | 02:05+ | 02:25+ | 02:40+ | 04:22+ | 03:00+ | 03:24+ | 01:31+ | 03:24+ | 01:31- | 03:58+       |  |  |
| 00:30&                             | 03:24@                     | 01:16&     | 00:27& | 00:38& | 00:53& | 01:02& | 00:57& | 00:59& | 00:22& | 01:09& | 00:01- | 00:57&       |  |  |
| <b>6</b>                           | <b>Helga Aaslid</b>        | <b>54</b>  |        |        |        |        |        |        |        |        |        | <b>41:08</b> |  |  |
| 02:28+                             | 08:14+                     | 12:58+     | 15:01+ | 17:46+ | 20:08+ | 24:31+ | 27:28+ | 30:28+ | 32:06+ | 35:40+ | 37:23+ | 41:08+       |  |  |
| 02:28+                             | 05:46+                     | 04:44+     | 02:03+ | 02:45+ | 02:22+ | 04:23+ | 02:57+ | 03:00+ | 01:38+ | 03:34+ | 01:43+ | 03:45+       |  |  |
| 00:52&                             | 02:53&                     | 01:43&     | 00:25& | 00:58& | 00:35& | 01:03& | 00:54& | 00:35# | 00:29& | 01:19& | 00:11# | 00:44#       |  |  |
| <b>Beste strekktid for klassen</b> |                            |            |        |        |        |        |        |        |        |        |        |              |  |  |
| 01:36                              | 02:53                      | 03:01      | 01:37  | 01:34  | 01:47  | 03:20  | 02:03  | 02:25  | 01:09  | 02:15  | 01:11  | 03:01        |  |  |

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

## Damer 80 år og eldre

|                                    |                           |            |        |        |        |        |        |        |        |        |        |                |        |  |
|------------------------------------|---------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--|
| <b>1</b>                           | <b>Berit Ebbell Olsen</b> | <b>68</b>  |        |        |        |        |        |        |        |        |        | <b>43:03</b>   |        |  |
| 01:35=                             | 03:41=                    | 08:17=     | 10:52= | 14:21= | 18:22= | 23:37= | 30:07= | 31:30= | 33:35= | 36:25= | 37:32= | 40:53=         | 43:03= |  |
| 01:35=                             | 02:06=                    | 04:36=     | 02:35= | 03:29= | 04:01= | 05:15= | 06:30= | 01:23= | 02:05= | 02:50= | 01:07= | 03:21=         | 02:10= |  |
| 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= |  |
| <b>2</b>                           | <b>Gørild Espedal</b>     | <b>113</b> |        |        |        |        |        |        |        |        |        | <b>1:09:23</b> |        |  |
| 08:17+                             | 10:48+                    | 18:16+     | 21:29+ | 24:43+ | 29:47+ | 36:12+ | 44:32+ | 46:18+ | 49:56+ | 53:30+ | 54:42+ | 67:12+         | 69:23+ |  |
| 08:17+                             | 02:31+                    | 07:28+     | 03:13+ | 03:14- | 05:04+ | 06:25+ | 08:20+ | 01:46+ | 03:38+ | 03:34+ | 01:12+ | 12:30+         | 02:11+ |  |
| 06:42@                             | 00:25#                    | 02:52&     | 00:38# | 00:15- | 01:03& | 01:10# | 01:50& | 00:23& | 01:33& | 00:44& | 00:05+ | 09:09@         | 00:01+ |  |
| <b>Beste strekktid for klassen</b> |                           |            |        |        |        |        |        |        |        |        |        |                |        |  |
| 01:35                              | 02:06                     | 04:36      | 02:35  | 03:14  | 04:01  | 05:15  | 06:30  | 01:23  | 02:05  | 02:50  | 01:07  | 03:21          | 02:10  |  |

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

## Damer A

|          |                              |           |              |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Aud Hognestad Taksdal</b> | <b>92</b> | <b>25:26</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:56=   | 03:06=                       | 04:22=    | 06:25=       | 07:54= | 10:23= | 11:32= | 12:34= | 13:55= | 17:04= | 18:18= | 19:37= | 21:28= | 22:25= | 23:15= | 23:32= | 25:26= |
| 01:56=   | 01:10=                       | 01:16=    | 02:03=       | 01:29= | 02:29= | 01:09= | 01:02= | 01:21= | 03:09= | 01:14= | 01:19= | 01:51= | 00:57= | 00:50= | 00:17= | 01:54= |
| 00:00=   | 00:00=                       | 00:00=    | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |

|          |                       |           |              |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|-----------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>2</b> | <b>Jorunn Hadland</b> | <b>29</b> | <b>29:16</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:06+   | 03:31+                | 04:56+    | 07:27+       | 08:58+ | 11:49+ | 13:12+ | 14:22+ | 15:49+ | 18:08+ | 19:05+ | 22:26+ | 24:48+ | 25:50+ | 26:46+ | 27:09+ | 29:16+ |
| 02:06+   | 01:25+                | 01:25+    | 02:31+       | 01:31+ | 02:51+ | 01:23+ | 01:10+ | 01:27+ | 02:19- | 00:57- | 03:21+ | 02:22+ | 01:02+ | 00:56+ | 00:23+ | 02:07+ |
| 00:10+   | 00:15#                | 00:09#    | 00:28#       | 00:02+ | 00:22# | 00:14# | 00:08# | 00:06+ | 00:50- | 00:17- | 02:02# | 00:31# | 00:05+ | 00:06# | 00:06# | 00:13# |

### Beste strekktid for klassen

|       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 01:56 | 01:10 | 01:16 | 02:03 | 01:29 | 02:29 | 01:09 | 01:02 | 01:21 | 02:19 | 00:57 | 01:19 | 01:51 | 00:57 | 00:50 | 00:17 | 01:54 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

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

## Damer B

|          |                          |           |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Inger Tone Nygård</b> | <b>29</b> | <b>26:51</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:24=   | 02:29=                   | 03:58=    | 06:46=       | 07:43= | 09:53= | 11:47= | 14:36= | 17:29= | 19:39= | 21:23= | 22:07= | 24:07= | 25:28= | 26:51= |
| 01:24=   | 01:05=                   | 01:29=    | 02:48=       | 00:57= | 02:10= | 01:54= | 02:49= | 02:53= | 02:10= | 01:44= | 00:44= | 02:00= | 01:21= | 01:23= |
| 00:00=   | 00:00=                   | 00:00=    | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |

|          |                      |           |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|----------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>2</b> | <b>Vibeke Lamark</b> | <b>46</b> | <b>29:16</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:08+   | 03:19+               | 05:06+    | 08:06+       | 09:07+ | 11:08+ | 13:01+ | 15:58+ | 19:12+ | 21:58+ | 23:53+ | 24:38+ | 26:46+ | 27:56+ | 29:16+ |
| 02:08+   | 01:11+               | 01:47+    | 03:00+       | 01:01+ | 02:01- | 01:53- | 02:57+ | 03:14+ | 02:46+ | 01:55+ | 00:45+ | 02:08+ | 01:10- | 01:20- |
| 00:44#   | 00:06+               | 00:18#    | 00:12+       | 00:04+ | 00:09- | 00:01- | 00:08+ | 00:21# | 00:36# | 00:11# | 00:01+ | 00:08+ | 00:11- | 00:03- |

|          |                           |            |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|---------------------------|------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>3</b> | <b>Ingrid W. Hestness</b> | <b>117</b> | <b>30:28</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:34+   | 03:40+                    | 05:42+     | 09:07+       | 10:18+ | 12:26+ | 14:22+ | 17:23+ | 20:40+ | 22:39+ | 24:47+ | 25:37+ | 27:43+ | 28:53+ | 30:28+ |
| 02:34+   | 01:06+                    | 02:02+     | 03:25+       | 01:11+ | 02:08- | 01:56+ | 03:01+ | 03:17+ | 01:59- | 02:08+ | 00:50+ | 02:06+ | 01:10- | 01:35+ |
| 01:10#   | 00:01+                    | 00:33#     | 00:37#       | 00:14# | 00:02- | 00:02+ | 00:12+ | 00:24# | 00:11- | 00:24# | 00:06# | 00:06+ | 00:11- | 00:12# |

|          |                       |            |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|-----------------------|------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>4</b> | <b>Helen Lomeland</b> | <b>105</b> | <b>30:54</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:21-   | 03:23+                | 04:59+     | 08:16+       | 09:58+ | 12:25+ | 14:15+ | 17:04+ | 20:22+ | 23:23+ | 25:36+ | 26:24+ | 28:21+ | 29:33+ | 30:54+ |
| 01:21-   | 02:02+                | 01:36+     | 03:17+       | 01:42+ | 02:27+ | 01:50- | 02:49= | 03:18+ | 03:01+ | 02:13+ | 00:48+ | 01:57- | 01:12- | 01:21- |
| 00:03-   | 00:57#                | 00:07+     | 00:29#       | 00:45# | 00:17# | 00:04- | 00:00= | 00:25# | 00:51# | 00:29# | 00:04+ | 00:03- | 00:09- | 00:02- |

|          |                     |           |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|---------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>5</b> | <b>Anne Garsrud</b> | <b>53</b> | <b>31:04</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:31+   | 02:56+              | 04:44+    | 08:29+       | 09:27+ | 11:21+ | 13:12+ | 15:46+ | 18:57+ | 21:22+ | 23:28+ | 24:27+ | 26:28+ | 29:40+ | 31:04+ |
| 01:31+   | 01:25+              | 01:48+    | 03:45+       | 00:58+ | 01:54- | 01:51- | 02:34- | 03:11+ | 02:25+ | 02:06+ | 00:59+ | 02:01+ | 03:12+ | 01:24+ |
| 00:07+   | 00:20#              | 00:19#    | 00:57#       | 00:01+ | 00:16- | 00:03- | 00:15- | 00:18# | 00:15# | 00:22# | 00:15# | 00:01+ | 01:51# | 00:01+ |

|          |                      |            |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|----------------------|------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>6</b> | <b>Keth Berggraf</b> | <b>116</b> | <b>31:06</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:40+   | 02:57+               | 04:50+     | 08:04+       | 09:16+ | 11:36+ | 13:42+ | 16:33+ | 19:46+ | 22:10+ | 24:47+ | 25:43+ | 28:10+ | 29:30+ | 31:06+ |
| 01:40+   | 01:17+               | 01:53+     | 03:14+       | 01:12+ | 02:20+ | 02:06+ | 02:51+ | 03:13+ | 02:24+ | 02:37+ | 00:56+ | 02:27+ | 01:20- | 01:36+ |
| 00:16#   | 00:12#               | 00:24#     | 00:26#       | 00:15# | 00:10+ | 00:12# | 00:02+ | 00:20# | 00:14# | 00:53# | 00:12# | 00:27# | 00:01- | 00:13# |

|          |                              |            |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------------|------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>7</b> | <b>Grethe Anda Fuglestad</b> | <b>116</b> | <b>32:11</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:27+   | 03:44+                       | 05:36+     | 10:17+       | 11:20+ | 13:25+ | 15:39+ | 18:29+ | 21:34+ | 24:09+ | 26:28+ | 27:23+ | 29:31+ | 30:43+ | 32:11+ |
| 02:27+   | 01:17+                       | 01:52+     | 04:41+       | 01:03+ | 02:05- | 02:14+ | 02:50+ | 03:05+ | 02:35+ | 02:19+ | 00:55+ | 02:08+ | 01:12- | 01:28+ |
| 01:03#   | 00:12#                       | 00:23#     | 01:53#       | 00:06# | 00:05- | 00:20# | 00:01+ | 00:12+ | 00:25# | 00:35# | 00:11# | 00:08+ | 00:09- | 00:05+ |

|          |                     |           |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|---------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>8</b> | <b>Hilde Nordbø</b> | <b>93</b> | <b>33:23</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:35+   | 02:51+              | 04:33+    | 08:07+       | 09:18+ | 11:44+ | 13:56+ | 17:04+ | 21:01+ | 24:19+ | 26:38+ | 27:51+ | 30:17+ | 31:48+ | 33:23+ |
| 01:35+   | 01:16+              | 01:42+    | 03:34+       | 01:11+ | 02:26+ | 02:12+ | 03:08+ | 03:57+ | 03:18+ | 02:19+ | 01:13+ | 02:26+ | 01:31+ | 01:35+ |
| 00:11#   | 00:11#              | 00:13#    | 00:46#       | 00:14# | 00:16# | 00:18# | 00:19# | 01:04# | 01:08# | 00:35# | 00:29# | 00:26# | 00:10# | 00:12# |

|          |                          |           |              |        |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>9</b> | <b>Ann Karin Tjørhom</b> | <b>93</b> | <b>33:31</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:33+   | 03:00+                   | 04:54+    | 09:59+       | 11:02+ | 13:12+ | 15:13+ | 18:20+ | 21:45+ | 24:39+ | 27:07+ | 28:06+ | 30:30+ | 31:51+ | 33:31+ |
| 01:33+   | 01:27+                   | 01:54+    | 05:05+       | 01:03+ | 02:10= | 02:01+ | 03:07+ | 03:25+ | 02:54+ | 02:28+ | 00:59+ | 02:24+ | 01:21= | 01:40+ |
| 00:09#   | 00:22#                   | 00:25#    | 02:17#       | 00:06# | 00:00= | 00:07+ | 00:18# | 00:32# | 00:44# | 00:44# | 00:15# | 00:24# | 00:00= | 00:17# |

|           |                         |           |              |        |        |        |        |        |        |        |        |        |        |        |
|-----------|-------------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>10</b> | <b>Ingunn Anda Haug</b> | <b>67</b> | <b>34:01</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:45+    | 03:23+                  | 05:18+    | 09:08+       | 10:25+ | 12:46+ | 15:01+ | 18:15+ | 21:47+ | 24:56+ | 27:35+ | 28:31+ | 31:00+ | 32:18+ | 34:01+ |
| 01:45+    | 01:38+                  | 01:55+    | 03:50+       | 01:17+ | 02:21+ | 02:15+ | 03:14+ | 03:32+ | 03:09+ | 02:39+ | 00:56+ | 02:29+ | 01:18- | 01:43+ |
| 00:21#    | 00:33#                  | 00:26#    | 01:02#       | 00:20# | 00:11+ | 00:21# | 00:25# | 00:39# | 00:59# | 00:55# | 00:12# | 00:29# | 00:03- | 00:20# |

| Class     | Navn                    | Klasse    |        |        |        |        |        |        |        |        |        | Tid          |        |        |
|-----------|-------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>11</b> | <b>Kristin Breivold</b> | <b>92</b> |        |        |        |        |        |        |        |        |        | <b>34:01</b> |        |        |
| 02:07+    | 03:39+                  | 05:29+    | 08:49+ | 10:01+ | 11:58+ | 14:11+ | 17:16+ | 20:42+ | 25:03+ | 27:37+ | 28:37+ | 31:05+       | 32:29+ | 34:01+ |
| 02:07+    | 01:32+                  | 01:50+    | 03:20+ | 01:12+ | 01:57- | 02:13+ | 03:05+ | 03:26+ | 04:21+ | 02:34+ | 01:00+ | 02:28+       | 01:24+ | 01:32+ |
| 00:43&    | 00:27&                  | 00:21#    | 00:32# | 00:15& | 00:13- | 00:19# | 00:16+ | 00:33# | 02:11@ | 00:50& | 00:16& | 00:28#       | 00:03+ | 00:09# |

**Beste strekktid for klassen**

01:21 01:05 01:29 02:48 00:57 01:54 01:50 02:34 02:53 01:59 01:44 00:44 01:57 01:10 01:20

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

**Damer Trim**

**1 Mathilde Skjæveland Skår 114 19:04**

03:25= 05:22= 07:03= 07:59= 09:35= 11:15= 12:34= 14:00= 16:22= 17:05= 17:45= 19:04=  
03:25= 01:57= 01:41= 00:56= 01:36= 01:40= 01:19= 01:26= 02:22= 00:43= 00:40= 01:19=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Frida Wirak 88 21:12**

03:05- 05:19- 07:20+ 08:18+ 10:20+ 12:17+ 13:56+ 15:27+ 18:07+ 18:59+ 19:47+ 21:12+  
03:05- 02:14+ 02:01+ 00:58+ 02:02+ 01:57+ 01:39+ 01:31+ 02:40+ 00:52+ 00:48+ 01:25+  
00:20- 00:17# 00:20# 00:02+ 00:26& 00:17# 00:20& 00:05+ 00:18# 00:09# 00:08# 00:06+

**3 Marit Fuglestad 114 23:25**

03:52+ 06:11+ 08:01+ 09:31+ 12:00+ 13:47+ 15:07+ 16:25+ 19:20+ 20:08+ 22:03+ 23:25+  
03:52+ 02:19+ 01:50+ 01:30+ 02:29+ 01:47+ 01:20+ 01:18- 02:55+ 00:48+ 01:55+ 01:22+  
00:27# 00:22# 00:09+ 00:34& 00:53& 00:07+ 00:01+ 00:08- 00:33# 00:05# 01:15@ 00:03+

**4 Kristin Yoon 372 24:42**

04:47+ 06:50+ 08:52+ 09:48+ 12:28+ 14:16+ 15:54+ 17:33+ 20:53+ 21:38+ 23:05+ 24:42+  
04:47+ 02:03+ 02:02+ 00:56= 02:40+ 01:48+ 01:38+ 01:39+ 03:20+ 00:45+ 01:27+ 01:37+  
01:22& 00:06+ 00:21# 00:00= 01:04& 00:08+ 00:19# 00:13# 00:58& 00:02+ 00:47@ 00:18#

**5 Monica Gilje Rennemo 92 26:08**

04:56+ 07:24+ 09:35+ 10:36+ 12:34+ 14:51+ 16:49+ 18:30+ 22:19+ 23:22+ 24:24+ 26:08+  
04:56+ 02:28+ 02:11+ 01:01+ 01:58+ 02:17+ 01:58+ 01:41+ 03:49+ 01:03+ 01:02+ 01:44+  
01:31& 00:31& 00:30& 00:05+ 00:22# 00:37& 00:39& 00:15# 01:27& 00:20& 00:22& 00:25&

**6 Aina Kalsaas Urstad 356 26:49**

04:01+ 06:18+ 08:18+ 09:17+ 11:33+ 13:35+ 15:16+ 17:26+ 22:36+ 23:25+ 25:12+ 26:49+  
04:01+ 02:17+ 02:00+ 00:59+ 02:16+ 02:02+ 01:41+ 02:10+ 05:10+ 00:49+ 01:47+ 01:37+  
00:36# 00:20# 00:19# 00:03+ 00:40& 00:22# 00:22& 00:44& 02:48@ 00:06# 01:07@ 00:18#

**7 Astri Sandanger 93 26:58**

04:02+ 06:42+ 09:09+ 10:04+ 13:18+ 15:36+ 17:43+ 19:19+ 22:35+ 24:10+ 25:04+ 26:58+  
04:02+ 02:40+ 02:27+ 00:55- 03:14+ 02:18+ 02:07+ 01:36+ 03:16+ 01:35+ 00:54+ 01:54+  
00:37# 00:43& 00:46& 00:01- 01:38@ 00:38& 00:48& 00:10# 00:54& 00:52@ 00:14& 00:35&

**8 Grete Stokke Seljeskog 128 27:13**

05:20+ 08:35+ 10:49+ 12:07+ 14:26+ 16:32+ 18:14+ 19:41+ 23:05+ 24:06+ 25:29+ 27:13+  
05:20+ 03:15+ 02:14+ 01:18+ 02:19+ 02:06+ 01:42+ 01:27+ 03:24+ 01:01+ 01:23+ 01:44+  
01:55& 01:18& 00:33& 00:22& 00:43& 00:26& 00:23& 00:01+ 01:02& 00:18& 00:43@ 00:25&

**9 Marianne Steinkopf 5 27:44**

04:05+ 06:37+ 08:47+ 10:00+ 12:19+ 14:22+ 16:10+ 18:19+ 24:06+ 25:17+ 26:02+ 27:44+  
04:05+ 02:32+ 02:10+ 01:13+ 02:19+ 02:03+ 01:48+ 02:09+ 05:47+ 01:11+ 00:45+ 01:42+  
00:40# 00:35& 00:29& 00:17& 00:43& 00:23# 00:29& 00:43& 03:25@ 00:28& 00:05# 00:23&

**10 Stephanie Loin 42 28:00**

03:58+ 07:06+ 09:20+ 10:39+ 12:49+ 14:56+ 17:35+ 19:25+ 23:19+ 24:25+ 26:12+ 28:00+  
03:58+ 03:08+ 02:14+ 01:19+ 02:10+ 02:07+ 02:39+ 01:50+ 03:54+ 01:06+ 01:47+ 01:48+  
00:33# 01:11& 00:33& 00:23& 00:34& 00:27& 01:20@ 00:24& 01:32& 00:23& 01:07@ 00:29&

**11 Ingrid O. Foss 117 28:37**

04:21+ 07:17+ 09:44+ 10:58+ 13:27+ 15:57+ 17:56+ 19:36+ 23:16+ 24:19+ 26:52+ 28:37+  
04:21+ 02:56+ 02:27+ 01:14+ 02:29+ 02:30+ 01:59+ 01:40+ 03:40+ 01:03+ 02:33+ 01:45+  
00:56& 00:59& 00:46& 00:18& 00:53& 00:50& 00:40& 00:14# 01:18& 00:20& 01:53@ 00:26&

**12 Anne Guldbæk Koefoed 74 30:45**

04:37+ 07:32+ 10:06+ 11:32+ 13:30+ 16:10+ 17:51+ 21:27+ 26:52+ 27:53+ 28:50+ 30:45+  
04:37+ 02:55+ 02:34+ 01:26+ 01:58+ 02:40+ 01:41+ 03:36+ 05:25+ 01:01+ 00:57+ 01:55+  
01:12& 00:58& 00:53& 00:30& 00:22# 01:00& 00:22& 02:10@ 03:03@ 00:18& 00:17& 00:36&

| Class     | Navn                           | Klasse     |        |        |        |        |        |        |        |        |        | Tid          |
|-----------|--------------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|
| <b>13</b> | <b>Grethe Ask-Breivik</b>      | <b>5</b>   |        |        |        |        |        |        |        |        |        | <b>30:56</b> |
| 04:14+    | 07:44+                         | 10:03+     | 11:32+ | 15:12+ | 17:39+ | 19:21+ | 22:13+ | 26:00+ | 27:03+ | 29:05+ | 30:56+ |              |
| 04:14+    | 03:30+                         | 02:19+     | 01:29+ | 03:40+ | 02:27+ | 01:42+ | 02:52+ | 03:47+ | 01:03+ | 02:02+ | 01:51+ |              |
| 00:49#    | 01:33&                         | 00:38&     | 00:33& | 02:04& | 00:47& | 00:23& | 01:26& | 01:25& | 00:20& | 01:22@ | 00:32& |              |
| <b>14</b> | <b>Marianne Gjesdal Lyngås</b> | <b>92</b>  |        |        |        |        |        |        |        |        |        | <b>32:25</b> |
| 05:38+    | 08:50+                         | 11:43+     | 13:23+ | 15:28+ | 18:31+ | 20:37+ | 22:43+ | 26:50+ | 28:16+ | 30:04+ | 32:25+ |              |
| 05:38+    | 03:12+                         | 02:53+     | 01:40+ | 02:05+ | 03:03+ | 02:06+ | 02:06+ | 04:07+ | 01:26+ | 01:48+ | 02:21+ |              |
| 02:13&    | 01:15&                         | 01:12&     | 00:44& | 00:29& | 01:23& | 00:47& | 00:40& | 01:45& | 00:43& | 01:08@ | 01:02& |              |
| <b>15</b> | <b>Lina Dahle</b>              | <b>372</b> |        |        |        |        |        |        |        |        |        | <b>32:52</b> |
| 05:07+    | 07:39+                         | 10:32+     | 12:33+ | 14:46+ | 17:33+ | 19:41+ | 22:39+ | 28:32+ | 29:44+ | 30:50+ | 32:52+ |              |
| 05:07+    | 02:32+                         | 02:53+     | 02:01+ | 02:13+ | 02:47+ | 02:08+ | 02:58+ | 05:53+ | 01:12+ | 01:06+ | 02:02+ |              |
| 01:42&    | 00:35&                         | 01:12&     | 01:05@ | 00:37& | 01:07& | 00:49& | 01:32@ | 03:31@ | 00:29& | 00:26& | 00:43& |              |
| <b>16</b> | <b>Ingunn Kristiansen Wiig</b> | <b>105</b> |        |        |        |        |        |        |        |        |        | <b>33:16</b> |
| 05:50+    | 09:41+                         | 12:19+     | 13:48+ | 16:30+ | 18:44+ | 20:42+ | 22:48+ | 27:38+ | 28:55+ | 30:04+ | 33:16+ |              |
| 05:50+    | 03:51+                         | 02:38+     | 01:29+ | 02:42+ | 02:14+ | 01:58+ | 02:06+ | 04:50+ | 01:17+ | 01:09+ | 03:12+ |              |
| 02:25&    | 01:54&                         | 00:57&     | 00:33& | 01:06& | 00:34& | 00:39& | 00:40& | 02:28@ | 00:34& | 00:29& | 01:53@ |              |
| <b>17</b> | <b>Esther Boenheim</b>         | <b>268</b> |        |        |        |        |        |        |        |        |        | <b>33:25</b> |
| 06:30+    | 09:15+                         | 12:07+     | 13:26+ | 15:45+ | 18:30+ | 20:52+ | 22:58+ | 27:10+ | 28:15+ | 31:20+ | 33:25+ |              |
| 06:30+    | 02:45+                         | 02:52+     | 01:19+ | 02:19+ | 02:45+ | 02:22+ | 02:06+ | 04:12+ | 01:05+ | 03:05+ | 02:05+ |              |
| 03:05&    | 00:48&                         | 01:11&     | 00:23& | 00:43& | 01:05& | 01:03& | 00:40& | 01:50& | 00:22& | 02:25@ | 00:46& |              |
| <b>18</b> | <b>Irene Frøyland</b>          | <b>71</b>  |        |        |        |        |        |        |        |        |        | <b>33:33</b> |
| 07:09+    | 09:56+                         | 12:32+     | 13:51+ | 17:19+ | 19:56+ | 22:10+ | 24:36+ | 28:25+ | 29:31+ | 31:15+ | 33:33+ |              |
| 07:09+    | 02:47+                         | 02:36+     | 01:19+ | 03:28+ | 02:37+ | 02:14+ | 02:26+ | 03:49+ | 01:06+ | 01:44+ | 02:18+ |              |
| 03:44@    | 00:50&                         | 00:55&     | 00:23& | 01:52@ | 00:57& | 00:55& | 01:00& | 01:27& | 00:23& | 01:04@ | 00:59& |              |
| <b>19</b> | <b>Eli Våge</b>                | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>34:06</b> |
| 05:00+    | 09:03+                         | 12:06+     | 13:24+ | 16:46+ | 19:43+ | 22:09+ | 24:32+ | 29:16+ | 30:42+ | 31:47+ | 34:06+ |              |
| 05:00+    | 04:03+                         | 03:03+     | 01:18+ | 03:22+ | 02:57+ | 02:26+ | 02:23+ | 04:44+ | 01:26+ | 01:05+ | 02:19+ |              |
| 01:35&    | 02:06@                         | 01:22&     | 00:22& | 01:46@ | 01:17& | 01:07& | 00:57& | 02:22& | 00:43& | 00:25& | 01:00& |              |
| <b>20</b> | <b>Lene Vignes</b>             | <b>54</b>  |        |        |        |        |        |        |        |        |        | <b>34:26</b> |
| 06:16+    | 09:24+                         | 12:36+     | 14:46+ | 17:51+ | 20:55+ | 23:08+ | 25:54+ | 30:14+ | 31:22+ | 32:13+ | 34:26+ |              |
| 06:16+    | 03:08+                         | 03:12+     | 02:10+ | 03:05+ | 03:04+ | 02:13+ | 02:46+ | 04:20+ | 01:08+ | 00:51+ | 02:13+ |              |
| 02:51&    | 01:11&                         | 01:31&     | 01:14@ | 01:29& | 01:24& | 00:54& | 01:20& | 01:58& | 00:25& | 00:11& | 00:54& |              |
| <b>21</b> | <b>Gunhild Nordbø</b>          | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>34:30</b> |
| 04:21+    | 09:12+                         | 11:43+     | 13:10+ | 15:31+ | 18:05+ | 20:05+ | 21:57+ | 26:06+ | 30:15+ | 32:24+ | 34:30+ |              |
| 04:21+    | 04:51+                         | 02:31+     | 01:27+ | 02:21+ | 02:34+ | 02:00+ | 01:52+ | 04:09+ | 04:09+ | 02:09+ | 02:06+ |              |
| 00:56&    | 02:54@                         | 00:50&     | 00:31& | 00:45& | 00:54& | 00:41& | 00:26& | 01:47& | 03:26@ | 01:29@ | 00:47& |              |
| <b>22</b> | <b>Bente Cecilie Lio</b>       | <b>136</b> |        |        |        |        |        |        |        |        |        | <b>34:45</b> |
| 05:12+    | 08:03+                         | 11:07+     | 14:55+ | 18:29+ | 21:21+ | 24:04+ | 26:16+ | 30:29+ | 31:45+ | 32:54+ | 34:45+ |              |
| 05:12+    | 02:51+                         | 03:04+     | 03:48+ | 03:34+ | 02:52+ | 02:43+ | 02:12+ | 04:13+ | 01:16+ | 01:09+ | 01:51+ |              |
| 01:47&    | 00:54&                         | 01:23&     | 02:52@ | 01:58@ | 01:12& | 01:24@ | 00:46& | 01:51& | 00:33& | 00:29& | 00:32& |              |
| <b>23</b> | <b>Wibeke Lende</b>            | <b>74</b>  |        |        |        |        |        |        |        |        |        | <b>36:19</b> |
| 05:01+    | 08:21+                         | 11:48+     | 13:30+ | 16:11+ | 19:31+ | 22:07+ | 25:21+ | 30:34+ | 31:49+ | 33:13+ | 36:19+ |              |
| 05:01+    | 03:20+                         | 03:27+     | 01:42+ | 02:41+ | 03:20+ | 02:36+ | 03:14+ | 05:13+ | 01:15+ | 01:24+ | 03:06+ |              |
| 01:36&    | 01:23&                         | 01:46@     | 00:46& | 01:05& | 01:40& | 01:17& | 01:48@ | 02:51@ | 00:32& | 00:44@ | 01:47@ |              |
| <b>24</b> | <b>Margaux Simon</b>           | <b>192</b> |        |        |        |        |        |        |        |        |        | <b>36:59</b> |
| 06:13+    | 09:40+                         | 12:14+     | 14:50+ | 17:27+ | 19:32+ | 22:04+ | 24:56+ | 31:41+ | 33:09+ | 34:15+ | 36:59+ |              |
| 06:13+    | 03:27+                         | 02:34+     | 02:36+ | 02:37+ | 02:05+ | 02:32+ | 02:52+ | 06:45+ | 01:28+ | 01:06+ | 02:44+ |              |
| 02:48&    | 01:30&                         | 00:53&     | 01:40@ | 01:01& | 00:25# | 01:13& | 01:26& | 04:23@ | 00:45@ | 00:26& | 01:25@ |              |
| <b>25</b> | <b>Ruth Grødem</b>             | <b>105</b> |        |        |        |        |        |        |        |        |        | <b>37:17</b> |
| 06:21+    | 10:49+                         | 14:04+     | 16:33+ | 19:11+ | 22:15+ | 24:35+ | 27:54+ | 32:03+ | 33:20+ | 34:50+ | 37:17+ |              |
| 06:21+    | 04:28+                         | 03:15+     | 02:29+ | 02:38+ | 03:04+ | 02:20+ | 03:19+ | 04:09+ | 01:17+ | 01:30+ | 02:27+ |              |
| 02:56&    | 02:31@                         | 01:34&     | 01:33@ | 01:02& | 01:24& | 01:01& | 01:53@ | 01:47& | 00:34& | 00:50@ | 01:08& |              |
| <b>26</b> | <b>Sølvi Ballestad</b>         | <b>105</b> |        |        |        |        |        |        |        |        |        | <b>37:29</b> |
| 06:27+    | 10:53+                         | 13:56+     | 15:46+ | 18:40+ | 21:35+ | 24:01+ | 26:45+ | 31:56+ | 33:37+ | 34:54+ | 37:29+ |              |
| 06:27+    | 04:26+                         | 03:03+     | 01:50+ | 02:54+ | 02:55+ | 02:26+ | 02:44+ | 05:11+ | 01:41+ | 01:17+ | 02:35+ |              |
| 03:02&    | 02:29@                         | 01:22&     | 00:54& | 01:18& | 01:15& | 01:07& | 01:18& | 02:49@ | 00:58@ | 00:37& | 01:16& |              |
| <b>27</b> | <b>Kirsti Strand Salvesen</b>  | <b>256</b> |        |        |        |        |        |        |        |        |        | <b>37:32</b> |
| 05:42+    | 09:16+                         | 12:28+     | 14:42+ | 17:42+ | 21:17+ | 23:48+ | 26:29+ | 31:36+ | 32:57+ | 34:42+ | 37:32+ |              |
| 05:42+    | 03:34+                         | 03:12+     | 02:14+ | 03:00+ | 03:35+ | 02:31+ | 02:41+ | 05:07+ | 01:21+ | 01:45+ | 02:50+ |              |
| 02:17&    | 01:37&                         | 01:31&     | 01:18@ | 01:24& | 01:55@ | 01:12& | 01:15& | 02:45@ | 00:38& | 01:05@ | 01:31@ |              |



| Class     | Navn                           | Klasse     |        |        |        |        |        |        |        |        |        | Tid          |
|-----------|--------------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|
| <b>28</b> | <b>Kristin Harbo</b>           | <b>92</b>  |        |        |        |        |        |        |        |        |        | <b>38:07</b> |
| 06:04+    | 09:32+                         | 13:35+     | 15:12+ | 18:05+ | 21:20+ | 24:19+ | 27:13+ | 31:38+ | 33:12+ | 35:29+ | 38:07+ |              |
| 06:04+    | 03:28+                         | 04:03+     | 01:37+ | 02:53+ | 03:15+ | 02:59+ | 02:54+ | 04:25+ | 01:34+ | 02:17+ | 02:38+ |              |
| 02:39&    | 01:31&                         | 02:22@     | 00:41& | 01:17& | 01:35& | 01:40@ | 01:28@ | 02:03& | 00:51@ | 01:37@ | 01:19& |              |
| <b>29</b> | <b>Unni Byberg Mæstad</b>      | <b>92</b>  |        |        |        |        |        |        |        |        |        | <b>38:08</b> |
| 05:07+    | 12:10+                         | 15:05+     | 16:44+ | 19:50+ | 23:07+ | 25:11+ | 28:03+ | 32:58+ | 34:19+ | 36:00+ | 38:08+ |              |
| 05:07+    | 07:03+                         | 02:55+     | 01:39+ | 03:06+ | 03:17+ | 02:04+ | 02:52+ | 04:55+ | 01:21+ | 01:41+ | 02:08+ |              |
| 01:42&    | 05:06@                         | 01:14&     | 00:43& | 01:30& | 01:37& | 00:45& | 01:26& | 02:33@ | 00:38& | 01:01@ | 00:49& |              |
| <b>30</b> | <b>Irene Sirevåg</b>           | <b>53</b>  |        |        |        |        |        |        |        |        |        | <b>38:28</b> |
| 05:14+    | 10:24+                         | 13:50+     | 15:41+ | 19:06+ | 22:57+ | 25:39+ | 28:12+ | 33:08+ | 34:47+ | 35:58+ | 38:28+ |              |
| 05:14+    | 05:10+                         | 03:26+     | 01:51+ | 03:25+ | 03:51+ | 02:42+ | 02:33+ | 04:56+ | 01:39+ | 01:11+ | 02:30+ |              |
| 01:49&    | 03:13@                         | 01:45@     | 00:55& | 01:49@ | 02:11@ | 01:23@ | 01:07& | 02:34@ | 00:56@ | 00:31& | 01:11& |              |
| <b>31</b> | <b>Ann-Mari Vold</b>           | <b>54</b>  |        |        |        |        |        |        |        |        |        | <b>39:46</b> |
| 17:04+    | 20:35+                         | 23:02+     | 23:54+ | 26:09+ | 28:51+ | 30:38+ | 32:17+ | 36:04+ | 37:09+ | 37:58+ | 39:46+ |              |
| 17:04+    | 03:31+                         | 02:27+     | 00:52- | 02:15+ | 02:42+ | 01:47+ | 01:39+ | 03:47+ | 01:05+ | 00:49+ | 01:48+ |              |
| 13:39@    | 01:34&                         | 00:46&     | 00:04- | 00:39& | 01:02& | 00:28& | 00:13# | 01:25& | 00:22& | 00:09# | 00:29& |              |
| <b>32</b> | <b>Elisabeth Horpestad</b>     | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>39:51</b> |
| 17:08+    | 19:25+                         | 21:34+     | 22:34+ | 25:13+ | 27:14+ | 29:08+ | 30:58+ | 35:02+ | 36:02+ | 38:04+ | 39:51+ |              |
| 17:08+    | 02:17+                         | 02:09+     | 01:00+ | 02:39+ | 02:01+ | 01:54+ | 01:50+ | 04:04+ | 01:00+ | 02:02+ | 01:47+ |              |
| 13:43@    | 00:20#                         | 00:28&     | 00:04+ | 01:03+ | 00:21# | 00:35& | 00:24& | 01:42& | 00:17& | 01:22@ | 00:28& |              |
| <b>33</b> | <b>Reidun Solli Skjørestad</b> | <b>47</b>  |        |        |        |        |        |        |        |        |        | <b>40:02</b> |
| 06:05+    | 09:48+                         | 13:58+     | 15:43+ | 20:13+ | 23:42+ | 26:23+ | 28:51+ | 34:31+ | 35:55+ | 37:16+ | 40:02+ |              |
| 06:05+    | 03:43+                         | 04:10+     | 01:45+ | 04:30+ | 03:29+ | 02:41+ | 02:28+ | 05:40+ | 01:24+ | 01:21+ | 02:46+ |              |
| 02:40&    | 01:46&                         | 02:29@     | 00:49& | 02:54@ | 01:49@ | 01:22@ | 01:02& | 03:18@ | 00:41& | 00:41@ | 01:27@ |              |
| <b>34</b> | <b>Signe Lise Haaland</b>      | <b>66</b>  |        |        |        |        |        |        |        |        |        | <b>40:04</b> |
| 06:17+    | 09:50+                         | 13:11+     | 15:29+ | 18:45+ | 22:48+ | 25:23+ | 27:51+ | 33:55+ | 35:28+ | 36:58+ | 40:04+ |              |
| 06:17+    | 03:33+                         | 03:21+     | 02:18+ | 03:16+ | 04:03+ | 02:35+ | 02:28+ | 06:04+ | 01:33+ | 01:30+ | 03:06+ |              |
| 02:52&    | 01:36&                         | 01:40&     | 01:22@ | 01:40@ | 02:23@ | 01:16& | 01:02& | 03:42@ | 00:50@ | 00:50@ | 01:47@ |              |
| <b>35</b> | <b>Stina Huynh</b>             | <b>372</b> |        |        |        |        |        |        |        |        |        | <b>43:02</b> |
| 12:25+    | 17:39+                         | 20:17+     | 21:26+ | 23:52+ | 27:56+ | 29:30+ | 31:23+ | 35:56+ | 36:58+ | 41:06+ | 43:02+ |              |
| 12:25+    | 05:14+                         | 02:38+     | 01:09+ | 02:26+ | 04:04+ | 01:34+ | 01:53+ | 04:33+ | 01:02+ | 04:08+ | 01:56+ |              |
| 09:00@    | 03:17@                         | 00:57&     | 00:13# | 00:50& | 02:24@ | 00:15# | 00:27& | 02:11& | 00:19& | 03:28@ | 00:37& |              |
| <b>36</b> | <b>May Kristin Haaland</b>     | <b>47</b>  |        |        |        |        |        |        |        |        |        | <b>43:50</b> |
| 07:46+    | 12:16+                         | 19:12+     | 21:02+ | 24:31+ | 29:03+ | 31:46+ | 34:10+ | 38:45+ | 40:14+ | 41:21+ | 43:50+ |              |
| 07:46+    | 04:30+                         | 06:56+     | 01:50+ | 03:29+ | 04:32+ | 02:43+ | 02:24+ | 04:35+ | 01:29+ | 01:07+ | 02:29+ |              |
| 04:21@    | 02:33@                         | 05:15@     | 00:54& | 01:53@ | 02:52@ | 01:24@ | 00:58& | 02:13& | 00:46@ | 00:27& | 01:10& |              |
| <b>37</b> | <b>Anastasia Ollestad</b>      | <b>93</b>  |        |        |        |        |        |        |        |        |        | <b>44:52</b> |
| 07:38+    | 13:07+                         | 17:00+     | 18:35+ | 22:46+ | 27:00+ | 29:54+ | 32:06+ | 38:30+ | 40:00+ | 41:32+ | 44:52+ |              |
| 07:38+    | 05:29+                         | 03:53+     | 01:35+ | 04:11+ | 04:14+ | 02:54+ | 02:12+ | 06:24+ | 01:30+ | 01:32+ | 03:20+ |              |
| 04:13@    | 03:32@                         | 02:12@     | 00:39& | 02:35@ | 02:34@ | 01:35@ | 00:46& | 04:02@ | 00:47@ | 00:52@ | 02:01@ |              |
| <b>38</b> | <b>Linda Haukås</b>            | <b>113</b> |        |        |        |        |        |        |        |        |        | <b>48:17</b> |
| 07:03+    | 11:37+                         | 17:46+     | 21:47+ | 26:23+ | 29:53+ | 32:36+ | 35:10+ | 41:14+ | 42:39+ | 45:12+ | 48:17+ |              |
| 07:03+    | 04:34+                         | 06:09+     | 04:01+ | 04:36+ | 03:30+ | 02:43+ | 02:34+ | 06:04+ | 01:25+ | 02:33+ | 03:05+ |              |
| 03:38@    | 02:37@                         | 04:28@     | 03:05@ | 03:00@ | 01:50@ | 01:24@ | 01:08& | 03:42@ | 00:42& | 01:53@ | 01:46@ |              |
| <b>39</b> | <b>Grethe Mo</b>               | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>49:45</b> |
| 05:38+    | 09:02+                         | 12:17+     | 14:12+ | 17:21+ | 21:19+ | 23:54+ | 26:42+ | 33:40+ | 35:13+ | 42:47+ | 46:49+ |              |
| 05:38+    | 03:24+                         | 03:15+     | 01:55+ | 03:09+ | 03:58+ | 02:35+ | 02:48+ | 06:58+ | 01:33+ | 07:34+ | 04:02+ |              |
| 02:13&    | 01:27&                         | 01:34&     | 00:59@ | 01:33& | 02:18@ | 01:16& | 01:22& | 04:36@ | 00:50@ | 06:54@ | 02:43@ |              |
| <b>40</b> | <b>Anne Kristin Nybø</b>       | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>49:47</b> |
| 05:34+    | 09:05+                         | 12:14+     | 14:17+ | 17:24+ | 21:17+ | 23:58+ | 26:45+ | 33:42+ | 35:18+ | 42:47+ | 46:43+ |              |
| 05:34+    | 03:31+                         | 03:09+     | 02:03+ | 03:07+ | 03:53+ | 02:41+ | 02:47+ | 06:57+ | 01:36+ | 07:29+ | 03:56+ |              |
| 02:09&    | 01:34&                         | 01:28&     | 01:07@ | 01:31& | 02:13@ | 01:22@ | 01:21& | 04:35@ | 00:53@ | 06:49@ | 02:37@ |              |
| <b>41</b> | <b>Sigrund Serigstad</b>       | <b>128</b> |        |        |        |        |        |        |        |        |        | <b>50:05</b> |
| 06:05+    | 12:07+                         | 22:41+     | 26:26+ | 30:24+ | 32:42+ | 34:06+ | 36:06+ | 42:54+ | 43:42+ | 48:42+ | 50:05+ |              |
| 06:05+    | 06:02+                         | 10:34+     | 03:45+ | 03:58+ | 02:18+ | 01:24+ | 02:00+ | 06:48+ | 00:48+ | 05:00+ | 01:23+ |              |
| 02:40&    | 04:05@                         | 08:53@     | 02:49@ | 02:22@ | 00:38& | 00:05+ | 00:34& | 04:26@ | 00:05# | 04:20@ | 00:04+ |              |
| <b>42</b> | <b>Elisabeth Melbø</b>         | <b>128</b> |        |        |        |        |        |        |        |        |        | <b>51:24</b> |
| 05:23+    | 08:31+                         | 10:35+     | 20:43+ | 30:11+ | 32:46+ | 38:37+ | 40:10+ | 47:27+ | 48:21+ | 49:26+ | 51:24+ |              |
| 05:23+    | 03:08+                         | 02:04+     | 10:08+ | 09:28+ | 02:35+ | 05:51+ | 01:33+ | 07:17+ | 00:54+ | 01:05+ | 01:58+ |              |
| 01:58&    | 01:11&                         | 00:23#     | 09:12@ | 07:52@ | 00:55& | 04:32@ | 00:07+ | 04:55@ | 00:11& | 00:25& | 00:39& |              |

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

**Beste strekktid for klassen**

03:05 01:57 01:41 00:52 01:36 01:40 01:19 01:18 02:22 00:43 00:40 01:19

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

**Herrer 16 - 39 år**

|           |                              |            |              |        |        |        |        |        |        |        |        |        |        |        |
|-----------|------------------------------|------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b>  | <b>Runar Eike Toft</b>       | <b>116</b> | <b>21:01</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:02=    | 01:55=                       | 02:59=     | 05:21=       | 06:04= | 07:22= | 09:19= | 11:28= | 13:26= | 15:04= | 16:55= | 17:32= | 19:05= | 19:58= | 21:01= |
| 01:02=    | 00:53=                       | 01:04=     | 02:22=       | 00:43= | 01:18= | 01:57= | 02:09= | 01:58= | 01:38= | 01:51= | 00:37= | 01:33= | 00:53= | 01:03= |
| 00:00=    | 00:00=                       | 00:00=     | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| <b>2</b>  | <b>Håkon Eggebø</b>          | <b>71</b>  | <b>25:01</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:13+    | 02:12+                       | 03:46+     | 06:05+       | 07:01+ | 08:52+ | 10:25+ | 12:54+ | 15:14+ | 17:45+ | 19:52+ | 20:44+ | 22:38+ | 23:43+ | 25:01+ |
| 01:13+    | 00:59+                       | 01:34+     | 02:19-       | 00:56+ | 01:51+ | 01:33- | 02:29+ | 02:20+ | 02:31+ | 02:07+ | 00:52+ | 01:54+ | 01:05+ | 01:18+ |
| 00:11#    | 00:06#                       | 00:30&     | 00:03-       | 00:13& | 00:33& | 00:24- | 00:20# | 00:22# | 00:53& | 00:16# | 00:15& | 00:21# | 00:12# | 00:15# |
| <b>3</b>  | <b>Øivind Fandrem Høivik</b> | <b>66</b>  | <b>26:14</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:06+    | 02:12+                       | 03:40+     | 07:02+       | 07:52+ | 09:55+ | 11:35+ | 14:16+ | 17:07+ | 19:15+ | 20:57+ | 21:41+ | 23:53+ | 24:57+ | 26:14+ |
| 01:06+    | 01:06+                       | 01:28+     | 03:22+       | 00:50+ | 02:03+ | 01:40- | 02:41+ | 02:51+ | 02:08+ | 01:42- | 00:44+ | 02:12+ | 01:04+ | 01:17+ |
| 00:04+    | 00:13#                       | 00:24&     | 01:00&       | 00:07# | 00:45& | 00:17- | 00:32# | 00:53& | 00:30& | 00:09- | 00:07# | 00:39& | 00:11# | 00:14# |
| <b>4</b>  | <b>Maximilian Erlbeck</b>    | <b>67</b>  | <b>26:31</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:44+    | 03:01+                       | 04:33+     | 08:22+       | 10:07+ | 12:06+ | 13:44+ | 15:59+ | 18:06+ | 19:49+ | 21:35+ | 22:26+ | 24:07+ | 25:18+ | 26:31+ |
| 01:44+    | 01:17+                       | 01:32+     | 03:49+       | 01:45+ | 01:59+ | 01:38- | 02:15+ | 02:07+ | 01:43+ | 01:46- | 00:51+ | 01:41+ | 01:11+ | 01:13+ |
| 00:42&    | 00:24&                       | 00:28&     | 01:27&       | 01:02@ | 00:41& | 00:19- | 00:06+ | 00:09+ | 00:05+ | 00:05- | 00:14& | 00:08+ | 00:18& | 00:10# |
| <b>5</b>  | <b>Svein Kyllingstad</b>     | <b>71</b>  | <b>26:33</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:10+    | 03:16+                       | 04:51+     | 07:29+       | 08:15+ | 10:02+ | 11:44+ | 14:17+ | 17:00+ | 19:28+ | 21:21+ | 22:02+ | 23:59+ | 25:16+ | 26:33+ |
| 02:10+    | 01:06+                       | 01:35+     | 02:38+       | 00:46+ | 01:47+ | 01:42- | 02:33+ | 02:43+ | 02:28+ | 01:53+ | 00:41+ | 01:57+ | 01:17+ | 01:17+ |
| 01:08@    | 00:13#                       | 00:31&     | 00:16#       | 00:03+ | 00:29& | 00:15- | 00:24# | 00:45& | 00:50& | 00:02+ | 00:04# | 00:24& | 00:24& | 00:14# |
| <b>6</b>  | <b>Martin Skogland</b>       | <b>98</b>  | <b>27:01</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:17+    | 02:20+                       | 03:43+     | 07:02+       | 07:59+ | 09:46+ | 11:25+ | 13:55+ | 16:42+ | 19:13+ | 21:17+ | 21:59+ | 24:11+ | 25:29+ | 27:01+ |
| 01:17+    | 01:03+                       | 01:23+     | 03:19+       | 00:57+ | 01:47+ | 01:39- | 02:30+ | 02:47+ | 02:31+ | 02:04+ | 00:42+ | 02:12+ | 01:18+ | 01:32+ |
| 00:15#    | 00:10#                       | 00:19&     | 00:57&       | 00:14& | 00:29& | 00:18- | 00:21# | 00:49& | 00:53& | 00:13# | 00:05# | 00:39& | 00:25& | 00:29& |
| <b>7</b>  | <b>Arthur Fayemendy</b>      | <b>116</b> | <b>27:20</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:12+    | 03:44+                       | 05:25+     | 09:31+       | 10:25+ | 12:07+ | 13:53+ | 16:10+ | 18:49+ | 20:29+ | 22:20+ | 23:01+ | 24:51+ | 26:00+ | 27:20+ |
| 02:12+    | 01:32+                       | 01:41+     | 04:06+       | 00:54+ | 01:42+ | 01:46- | 02:17+ | 02:39+ | 01:40+ | 01:51= | 00:41+ | 01:50+ | 01:09+ | 01:20+ |
| 01:10@    | 00:39&                       | 00:37&     | 01:44&       | 00:11& | 00:24& | 00:11- | 00:08+ | 00:41& | 00:02+ | 00:00= | 00:04# | 00:17# | 00:16& | 00:17& |
| <b>8</b>  | <b>Frank Terje Berge</b>     | <b>126</b> | <b>27:52</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:23+    | 02:57+                       | 04:33+     | 07:57+       | 08:55+ | 10:35+ | 12:13+ | 14:57+ | 17:26+ | 20:38+ | 22:36+ | 23:20+ | 25:28+ | 26:31+ | 27:52+ |
| 01:23+    | 01:34+                       | 01:36+     | 03:24+       | 00:58+ | 01:40+ | 01:38- | 02:44+ | 02:29+ | 03:12+ | 01:58+ | 00:44+ | 02:08+ | 01:03+ | 01:21+ |
| 00:21&    | 00:41&                       | 00:32&     | 01:02&       | 00:15& | 00:22& | 00:19- | 00:35& | 00:31& | 01:34& | 00:07+ | 00:07# | 00:35& | 00:10# | 00:18& |
| <b>9</b>  | <b>Gaute Eiterjord</b>       | <b>228</b> | <b>29:12</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:55+    | 03:32+                       | 05:48+     | 08:59+       | 10:16+ | 11:56+ | 14:38+ | 16:47+ | 19:22+ | 21:43+ | 24:01+ | 25:04+ | 26:47+ | 28:10+ | 29:12+ |
| 01:55+    | 01:37+                       | 02:16+     | 03:11+       | 01:17+ | 01:40+ | 02:42+ | 02:09= | 02:35+ | 02:21+ | 02:18+ | 01:03+ | 01:43+ | 01:23+ | 01:02- |
| 00:53&    | 00:44&                       | 01:12@     | 00:49&       | 00:34& | 00:22& | 00:45& | 00:00= | 00:37& | 00:43& | 00:27# | 00:26& | 00:10# | 00:30& | 00:01- |
| <b>10</b> | <b>Truls Thorkildsen</b>     | <b>39</b>  | <b>29:53</b> |        |        |        |        |        |        |        |        |        |        |        |
| 04:04+    | 05:07+                       | 06:56+     | 09:57+       | 10:58+ | 12:46+ | 14:46+ | 17:43+ | 20:24+ | 22:28+ | 24:35+ | 25:20+ | 27:28+ | 28:34+ | 29:53+ |
| 04:04+    | 01:03+                       | 01:49+     | 03:01+       | 01:01+ | 01:48+ | 02:00+ | 02:57+ | 02:41+ | 02:04+ | 02:07+ | 00:45+ | 02:08+ | 01:06+ | 01:19+ |
| 03:02@    | 00:10#                       | 00:45&     | 00:39&       | 00:18& | 00:30& | 00:03+ | 00:48& | 00:43& | 00:26& | 00:16# | 00:08# | 00:35& | 00:13# | 00:16& |
| <b>11</b> | <b>Tor Gunnar Osen</b>       | <b>116</b> | <b>31:13</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:17+    | 02:28+                       | 04:14+     | 07:36+       | 08:42+ | 10:46+ | 13:00+ | 16:22+ | 19:21+ | 22:39+ | 25:12+ | 26:05+ | 28:32+ | 29:42+ | 31:13+ |
| 01:17+    | 01:11+                       | 01:46+     | 03:22+       | 01:06+ | 02:04+ | 02:14+ | 03:22+ | 02:59+ | 03:18+ | 02:33+ | 00:53+ | 02:27+ | 01:10+ | 01:31+ |
| 00:15#    | 00:18&                       | 00:42&     | 01:00&       | 00:23& | 00:46& | 00:17# | 01:13& | 01:01& | 01:40@ | 00:42& | 00:16& | 00:54& | 00:17& | 00:28& |
| <b>12</b> | <b>Jone Klemo Øverland</b>   | <b>165</b> | <b>41:23</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:47+    | 10:35+                       | 12:48+     | 16:36+       | 17:45+ | 19:58+ | 22:11+ | 25:10+ | 28:49+ | 32:23+ | 34:48+ | 35:42+ | 38:12+ | 39:46+ | 41:23+ |
| 01:47+    | 08:48+                       | 02:13+     | 03:48+       | 01:09+ | 02:13+ | 02:13+ | 02:59+ | 03:39+ | 03:34+ | 02:25+ | 00:54+ | 02:30+ | 01:34+ | 01:37+ |
| 00:45&    | 07:55@                       | 01:09@     | 01:26&       | 00:26& | 00:55& | 00:16# | 00:50& | 01:41& | 01:56@ | 00:34& | 00:17& | 00:57& | 00:41& | 00:34& |

**Beste strekktid for klassen**

01:02 00:53 01:04 02:19 00:43 01:18 01:33 02:09 01:58 01:38 01:42 00:37 01:33 00:53 01:02

= 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>24:03</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:37=    | 02:33=                      | 03:55=     | 06:37=       | 07:17= | 08:48= | 10:21= | 12:48= | 15:01= | 17:07= | 19:03= | 19:48= | 21:36= | 22:58= | 24:03= |
| 01:37=    | 00:56=                      | 01:22=     | 02:42=       | 00:40= | 01:31= | 01:33= | 02:27= | 02:13= | 02:06= | 01:56= | 00:45= | 01:48= | 01:22= | 01:05= |
| 00:00=    | 00:00=                      | 00:00=     | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| <b>2</b>  | <b>Thomas Johansen</b>      | <b>111</b> | <b>24:55</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:31-    | 02:29-                      | 04:27+     | 07:19+       | 08:08+ | 09:47+ | 11:31+ | 13:51+ | 16:15+ | 18:14+ | 20:05+ | 20:44+ | 22:44+ | 23:45+ | 24:55+ |
| 01:31-    | 00:58+                      | 01:58+     | 02:52+       | 00:49+ | 01:39+ | 01:44+ | 02:20- | 02:24+ | 01:59- | 01:51- | 00:39- | 02:00+ | 01:01- | 01:10+ |
| 00:06-    | 00:02+                      | 00:36&     | 00:10+       | 00:09# | 00:08# | 00:11# | 00:07- | 00:11+ | 00:07- | 00:05- | 00:06- | 00:12# | 00:21- | 00:05+ |
| <b>3</b>  | <b>Glenn Madland</b>        | <b>128</b> | <b>25:17</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:36-    | 03:20+                      | 04:52+     | 07:07+       | 08:03+ | 09:42+ | 11:26+ | 13:36+ | 16:28+ | 18:44+ | 20:18+ | 20:57+ | 23:03+ | 24:14+ | 25:17+ |
| 01:36-    | 01:44+                      | 01:32+     | 02:15-       | 01:06+ | 01:39+ | 01:44+ | 02:10- | 02:52+ | 02:16+ | 01:34- | 00:39- | 02:06+ | 01:11- | 01:03- |
| 00:01-    | 00:48&                      | 00:10#     | 00:27-       | 00:16& | 00:08+ | 00:11# | 00:17- | 00:39& | 00:10+ | 00:22- | 00:06- | 00:18# | 00:11- | 00:02- |
| <b>4</b>  | <b>Kevin Thomas Foust</b>   | <b>192</b> | <b>27:48</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:12-    | 02:22-                      | 03:51-     | 06:24-       | 07:30+ | 09:23+ | 11:19+ | 14:15+ | 17:13+ | 20:19+ | 22:25+ | 23:10+ | 25:15+ | 26:31+ | 27:48+ |
| 01:12-    | 01:10+                      | 01:29+     | 02:33-       | 01:06+ | 01:53+ | 01:56+ | 02:56+ | 02:58+ | 03:06+ | 02:06+ | 00:45= | 02:05+ | 01:16- | 01:17+ |
| 00:25-    | 00:14#                      | 00:07+     | 00:09-       | 00:26& | 00:22# | 00:23# | 00:29# | 00:45& | 01:00& | 00:10+ | 00:00= | 00:17# | 00:06- | 00:12# |
| <b>5</b>  | <b>Stig Erlend Bjønness</b> | <b>105</b> | <b>28:34</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:58+    | 03:01+                      | 04:28+     | 08:59+       | 09:58+ | 11:45+ | 13:30+ | 16:26+ | 19:09+ | 21:08+ | 22:58+ | 23:51+ | 25:44+ | 27:15+ | 28:34+ |
| 01:58+    | 01:03+                      | 01:27+     | 04:31+       | 00:59+ | 01:47+ | 01:45+ | 02:56+ | 02:43+ | 01:59- | 01:50- | 00:53+ | 01:53+ | 01:31+ | 01:19+ |
| 00:21#    | 00:07#                      | 00:05+     | 01:49&       | 00:19& | 00:16# | 00:12# | 00:29# | 00:30# | 00:07- | 00:06- | 00:08# | 00:05+ | 00:09# | 00:14# |
| <b>6</b>  | <b>Cedric Fayemendy</b>     | <b>76</b>  | <b>29:15</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:18-    | 03:12+                      | 05:06+     | 08:54+       | 09:43+ | 11:31+ | 13:41+ | 16:15+ | 19:25+ | 21:40+ | 23:45+ | 24:36+ | 26:46+ | 27:52+ | 29:15+ |
| 01:18-    | 01:54+                      | 01:54+     | 03:48+       | 00:49+ | 01:48+ | 02:10+ | 02:34+ | 03:10+ | 02:15+ | 02:05+ | 00:51+ | 02:10+ | 01:06- | 01:23+ |
| 00:19-    | 00:58@                      | 00:32&     | 01:06&       | 00:09# | 00:17# | 00:37& | 00:07+ | 00:57& | 00:09+ | 00:09+ | 00:06# | 00:22# | 00:16- | 00:18& |
| <b>7</b>  | <b>Trondr Breiland</b>      | <b>53</b>  | <b>29:27</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:31-    | 03:36+                      | 05:35+     | 08:17+       | 09:25+ | 11:20+ | 12:53+ | 15:28+ | 18:19+ | 20:52+ | 22:59+ | 23:43+ | 25:50+ | 28:08+ | 29:27+ |
| 01:31-    | 02:05+                      | 01:59+     | 02:42=       | 01:08+ | 01:55+ | 01:33= | 02:35+ | 02:51+ | 02:33+ | 02:07+ | 00:44- | 02:07+ | 02:18+ | 01:19+ |
| 00:06-    | 01:09@                      | 00:37&     | 00:00=       | 00:28& | 00:24& | 00:00= | 00:08+ | 00:38& | 00:27# | 00:11+ | 00:01- | 00:19# | 00:56& | 00:14# |
| <b>8</b>  | <b>Jan-Kenneth Polle</b>    | <b>83</b>  | <b>29:46</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:23-    | 02:25-                      | 03:51-     | 06:39+       | 07:51+ | 09:29+ | 11:19+ | 14:01+ | 17:37+ | 20:11+ | 22:18+ | 23:07+ | 25:10+ | 28:30+ | 29:46+ |
| 01:23-    | 01:02+                      | 01:26+     | 02:48+       | 01:12+ | 01:38+ | 01:50+ | 02:42+ | 03:36+ | 02:34+ | 02:07+ | 00:49+ | 02:03+ | 03:20+ | 01:16+ |
| 00:14-    | 00:06#                      | 00:04+     | 00:06+       | 00:32& | 00:07+ | 00:17# | 00:15# | 01:23& | 00:28# | 00:11+ | 00:04+ | 00:15# | 01:58@ | 00:11# |
| <b>9</b>  | <b>Magne Habbestad</b>      | <b>111</b> | <b>30:23</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:39+    | 03:27+                      | 04:58+     | 07:48+       | 08:52+ | 10:57+ | 13:01+ | 15:54+ | 19:10+ | 21:46+ | 24:07+ | 24:58+ | 27:25+ | 28:44+ | 30:23+ |
| 01:39+    | 01:48+                      | 01:31+     | 02:50+       | 01:04+ | 02:05+ | 02:04+ | 02:53+ | 03:16+ | 02:36+ | 02:21+ | 00:51+ | 02:27+ | 01:19- | 01:39+ |
| 00:02+    | 00:52&                      | 00:09#     | 00:08+       | 00:24& | 00:34& | 00:31& | 00:26# | 01:03& | 00:30# | 00:25# | 00:06# | 00:39& | 00:03- | 00:34& |
| <b>10</b> | <b>Reidar Mosvold</b>       | <b>53</b>  | <b>30:25</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:22-    | 02:41+                      | 04:20+     | 07:14+       | 08:15+ | 10:24+ | 12:24+ | 15:43+ | 19:22+ | 22:01+ | 24:15+ | 25:02+ | 27:24+ | 28:48+ | 30:25+ |
| 01:22-    | 01:19+                      | 01:39+     | 02:54+       | 01:01+ | 02:09+ | 02:00+ | 03:19+ | 03:39+ | 02:39+ | 02:14+ | 00:47+ | 02:22+ | 01:24+ | 01:37+ |
| 00:15-    | 00:23&                      | 00:17#     | 00:12+       | 00:21& | 00:38& | 00:27& | 00:52& | 01:26& | 00:33& | 00:18# | 00:02+ | 00:34& | 00:02+ | 00:32& |
| <b>11</b> | <b>Gunnar Thorset</b>       | <b>117</b> | <b>30:29</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:35-    | 02:50+                      | 04:37+     | 08:18+       | 09:29+ | 11:33+ | 13:27+ | 16:27+ | 19:42+ | 22:12+ | 24:22+ | 25:14+ | 27:39+ | 28:57+ | 30:29+ |
| 01:35-    | 01:15+                      | 01:47+     | 03:41+       | 01:11+ | 02:04+ | 01:54+ | 03:00+ | 03:15+ | 02:30+ | 02:10+ | 00:52+ | 02:25+ | 01:18- | 01:32+ |
| 00:02-    | 00:19&                      | 00:25&     | 00:59&       | 00:31& | 00:33& | 00:21# | 00:33# | 01:02& | 00:24# | 00:14# | 00:07# | 00:37& | 00:04- | 00:27& |
| <b>12</b> | <b>Frode Ungar</b>          | <b>116</b> | <b>31:26</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:48+    | 03:05+                      | 04:46+     | 08:46+       | 09:59+ | 11:42+ | 13:38+ | 17:15+ | 20:32+ | 23:23+ | 25:37+ | 26:23+ | 28:44+ | 29:56+ | 31:26+ |
| 01:48+    | 01:17+                      | 01:41+     | 04:00+       | 01:13+ | 01:43+ | 01:56+ | 03:37+ | 03:17+ | 02:51+ | 02:14+ | 00:46+ | 02:21+ | 01:12- | 01:30+ |
| 00:11#    | 00:21&                      | 00:19#     | 01:18&       | 00:33& | 00:12# | 00:23# | 01:10& | 01:04& | 00:45& | 00:18# | 00:01+ | 00:33& | 00:10- | 00:25& |
| <b>13</b> | <b>Sjur Eirik Gausel</b>    | <b>67</b>  | <b>31:36</b> |        |        |        |        |        |        |        |        |        |        |        |
| 02:06+    | 03:20+                      | 05:17+     | 08:26+       | 09:32+ | 11:45+ | 13:47+ | 16:42+ | 20:14+ | 22:39+ | 24:54+ | 25:43+ | 28:21+ | 29:57+ | 31:36+ |
| 02:06+    | 01:14+                      | 01:57+     | 03:09+       | 01:06+ | 02:13+ | 02:02+ | 02:55+ | 03:32+ | 02:25+ | 02:15+ | 00:49+ | 02:38+ | 01:36+ | 01:39+ |
| 00:29&    | 00:18&                      | 00:35&     | 00:27#       | 00:26& | 00:42& | 00:29& | 00:28# | 01:19& | 00:19# | 00:19# | 00:04+ | 00:50& | 00:14# | 00:34& |
| <b>14</b> | <b>Kristian Bjo</b>         | <b>165</b> | <b>32:09</b> |        |        |        |        |        |        |        |        |        |        |        |
| 01:56+    | 03:05+                      | 04:54+     | 09:03+       | 10:13+ | 12:31+ | 14:41+ | 17:37+ | 20:31+ | 23:22+ | 25:50+ | 26:42+ | 29:11+ | 30:44+ | 32:09+ |
| 01:56+    | 01:09+                      | 01:49+     | 04:09+       | 01:10+ | 02:18+ | 02:10+ | 02:56+ | 02:54+ | 02:51+ | 02:28+ | 00:52+ | 02:29+ | 01:33+ | 01:25+ |
| 00:19#    | 00:13#                      | 00:27&     | 01:27&       | 00:30& | 00:47& | 00:37& | 00:29# | 00:41& | 00:45& | 00:32& | 00:07# | 00:41& | 00:11# | 00:20& |

| Class     | Navn                           | Klasse     |        |        |        |        |        |        |        |        |        | Tid          |        |        |
|-----------|--------------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>15</b> | <b>Rolf Frøyland</b>           | <b>5</b>   |        |        |        |        |        |        |        |        |        | <b>32:10</b> |        |        |
| 01:38+    | 03:18+                         | 04:42+     | 09:47+ | 12:33+ | 15:06+ | 17:35+ | 20:26+ | 23:16+ | 25:00+ | 25:37+ | 27:24+ | 28:21+       | 32:10+ |        |
| 01:38+    | 01:40+                         | 01:24+     | 05:05+ | 01:00+ | 01:46+ | 02:33+ | 02:29+ | 02:51+ | 02:50+ | 01:44- | 00:37- | 01:47-       | 00:57- | 03:49+ |
| 00:01+    | 00:44&                         | 00:02+     | 02:23& | 00:20& | 00:15# | 01:00& | 00:02+ | 00:38& | 00:44& | 00:12- | 00:08- | 00:01-       | 00:25- | 02:44@ |
| <b>16</b> | <b>Rune Hatle</b>              | <b>65</b>  |        |        |        |        |        |        |        |        |        | <b>32:21</b> |        |        |
| 01:51+    | 03:04+                         | 04:58+     | 09:17+ | 10:24+ | 12:46+ | 15:04+ | 17:56+ | 21:19+ | 24:00+ | 26:16+ | 27:22+ | 29:45+       | 31:07+ | 32:21+ |
| 01:51+    | 01:13+                         | 01:54+     | 04:19+ | 01:07+ | 02:22+ | 02:18+ | 02:52+ | 03:23+ | 02:41+ | 02:16+ | 01:06+ | 02:23+       | 01:22= | 01:14+ |
| 00:14#    | 00:17&                         | 00:32&     | 01:37& | 00:27& | 00:51& | 00:45& | 00:25# | 01:10& | 00:35& | 00:20# | 00:21& | 00:35&       | 00:00= | 00:09# |
| <b>17</b> | <b>Bjørn Kristian Røyland</b>  | <b>74</b>  |        |        |        |        |        |        |        |        |        | <b>34:34</b> |        |        |
| 02:26+    | 03:37+                         | 05:29+     | 08:47+ | 09:53+ | 11:55+ | 14:41+ | 18:07+ | 21:54+ | 25:07+ | 27:56+ | 28:58+ | 31:37+       | 33:11+ | 34:34+ |
| 02:26+    | 01:11+                         | 01:52+     | 03:18+ | 01:06+ | 02:02+ | 02:46+ | 03:26+ | 03:47+ | 03:13+ | 02:49+ | 01:02+ | 02:39+       | 01:34+ | 01:23+ |
| 00:49&    | 00:15&                         | 00:30&     | 00:36# | 00:26& | 00:31& | 01:13& | 00:59& | 01:34& | 01:07& | 00:53& | 00:17& | 00:51&       | 00:12# | 00:18& |
| <b>18</b> | <b>André Sirevåg</b>           | <b>116</b> |        |        |        |        |        |        |        |        |        | <b>35:23</b> |        |        |
| 01:57+    | 05:08+                         | 07:09+     | 10:59+ | 12:05+ | 14:52+ | 16:59+ | 19:57+ | 23:40+ | 26:09+ | 28:29+ | 29:32+ | 32:01+       | 33:46+ | 35:23+ |
| 01:57+    | 03:11+                         | 02:01+     | 03:50+ | 01:06+ | 02:47+ | 02:07+ | 02:58+ | 03:43+ | 02:29+ | 02:20+ | 01:03+ | 02:29+       | 01:45+ | 01:37+ |
| 00:20#    | 02:15@                         | 00:39&     | 01:08& | 00:26& | 01:16& | 00:34& | 00:31# | 01:30& | 00:23# | 00:24# | 00:18& | 00:41&       | 00:23& | 00:32& |
| <b>19</b> | <b>Francois-Marie Duchesne</b> | <b>42</b>  |        |        |        |        |        |        |        |        |        | <b>59:09</b> |        |        |
| 02:20+    | 04:41+                         | 08:17+     | 14:44+ | 16:21+ | 20:28+ | 26:07+ | 33:11+ | 39:39+ | 43:58+ | 48:18+ | 49:37+ | 54:07+       | 57:05+ | 59:09+ |
| 02:20+    | 02:21+                         | 03:36+     | 06:27+ | 01:37+ | 04:07+ | 05:39+ | 07:04+ | 06:28+ | 04:19+ | 04:20+ | 01:19+ | 04:30+       | 02:58+ | 02:04+ |
| 00:43&    | 01:25@                         | 02:14@     | 03:45@ | 00:57@ | 02:36@ | 04:06@ | 04:37@ | 04:15@ | 02:13@ | 02:24@ | 00:34& | 02:42@       | 01:36@ | 00:59& |

### Beste strekktid for klassen

01:12 00:56 01:22 02:15 00:40 01:31 01:33 02:10 02:13 01:59 01:34 00:37 01:47 00:57 01:03

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

## Herrer 50 - 59 år

|          |                          |            |        |        |        |        |        |        |        |        |        |              |  |
|----------|--------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--|
| <b>1</b> | <b>Arjen Leendertse</b>  | <b>91</b>  |        |        |        |        |        |        |        |        |        | <b>28:25</b> |  |
| 02:31=   | 04:35=                   | 06:16=     | 08:45= | 11:23= | 14:26= | 15:56= | 17:23= | 21:51= | 24:53= | 26:04= | 27:31= | 28:25=       |  |
| 02:31=   | 02:04=                   | 01:41=     | 02:29= | 02:38= | 03:03= | 01:30= | 01:27= | 04:28= | 03:02= | 01:11= | 01:27= | 00:54=       |  |
| 00:00=   | 00:00=                   | 00:00=     | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=       |  |
| <b>2</b> | <b>Jone Kalheim</b>      | <b>93</b>  |        |        |        |        |        |        |        |        |        | <b>29:07</b> |  |
| 04:25+   | 06:02+                   | 07:34+     | 10:09+ | 13:29+ | 16:09+ | 17:28+ | 18:53+ | 23:03+ | 25:41+ | 26:49+ | 28:10+ | 29:07+       |  |
| 04:25+   | 01:37-                   | 01:32-     | 02:35+ | 03:20+ | 02:40- | 01:19- | 01:25- | 04:10- | 02:38- | 01:08- | 01:21- | 00:57+       |  |
| 01:54&   | 00:27-                   | 00:09-     | 00:06+ | 00:42& | 00:23- | 00:11- | 00:02- | 00:18- | 00:24- | 00:03- | 00:06- | 00:03+       |  |
| <b>3</b> | <b>Steinar Hansen</b>    | <b>27</b>  |        |        |        |        |        |        |        |        |        | <b>29:15</b> |  |
| 03:57+   | 06:06+                   | 07:50+     | 10:28+ | 13:19+ | 16:48+ | 19:13+ | 20:40+ | 22:46+ | 25:49+ | 26:58+ | 28:15+ | 29:15+       |  |
| 03:57+   | 02:09+                   | 01:44+     | 02:38+ | 02:51+ | 03:29+ | 02:25+ | 01:27= | 02:06- | 03:03+ | 01:09- | 01:17- | 01:00+       |  |
| 01:26&   | 00:05+                   | 00:03+     | 00:09+ | 00:13+ | 00:26# | 00:55& | 00:00= | 02:22- | 00:01+ | 00:02- | 00:10- | 00:06#       |  |
| <b>4</b> | <b>Øystein Fuglestad</b> | <b>46</b>  |        |        |        |        |        |        |        |        |        | <b>29:31</b> |  |
| 03:55+   | 05:51+                   | 07:41+     | 10:32+ | 13:18+ | 16:43+ | 18:13+ | 20:10+ | 22:27+ | 25:53+ | 27:07+ | 28:25+ | 29:31+       |  |
| 03:55+   | 01:56-                   | 01:50+     | 02:51+ | 02:46+ | 03:25+ | 01:30= | 01:57+ | 02:17- | 03:26+ | 01:14+ | 01:18- | 01:06+       |  |
| 01:24&   | 00:08-                   | 00:09+     | 00:22# | 00:08+ | 00:22# | 00:00= | 00:30& | 02:11- | 00:24# | 00:03+ | 00:09- | 00:12#       |  |
| <b>5</b> | <b>Magnar Møller</b>     | <b>62</b>  |        |        |        |        |        |        |        |        |        | <b>29:50</b> |  |
| 02:43+   | 05:22+                   | 07:08+     | 10:07+ | 13:15+ | 17:01+ | 18:41+ | 20:10+ | 22:10+ | 25:43+ | 27:05+ | 28:39+ | 29:50+       |  |
| 02:43+   | 02:39+                   | 01:46+     | 02:59+ | 03:08+ | 03:46+ | 01:40+ | 01:29+ | 02:00- | 03:33+ | 01:22+ | 01:34+ | 01:11+       |  |
| 00:12+   | 00:35&                   | 00:05+     | 00:30# | 00:30# | 00:43# | 00:10# | 00:02+ | 02:28- | 00:31# | 00:11# | 00:07+ | 00:17&       |  |
| <b>6</b> | <b>Rune Paulsen</b>      | <b>98</b>  |        |        |        |        |        |        |        |        |        | <b>29:52</b> |  |
| 04:41+   | 07:38+                   | 09:59+     | 12:27+ | 14:50+ | 17:42+ | 19:06+ | 20:28+ | 22:18+ | 25:09+ | 27:33+ | 28:54+ | 29:52+       |  |
| 04:41+   | 02:57+                   | 02:21+     | 02:28- | 02:23- | 02:52- | 01:24- | 01:22- | 01:50- | 02:51- | 02:24+ | 01:21- | 00:58+       |  |
| 02:10&   | 00:53&                   | 00:40&     | 00:01- | 00:15- | 00:11- | 00:06- | 00:05- | 02:38- | 00:11- | 01:13@ | 00:06- | 00:04+       |  |
| <b>7</b> | <b>Frank Hansen</b>      | <b>29</b>  |        |        |        |        |        |        |        |        |        | <b>29:58</b> |  |
| 02:20-   | 05:23+                   | 07:08+     | 09:47+ | 12:29+ | 15:44+ | 18:20+ | 19:49+ | 23:25+ | 26:21+ | 27:42+ | 28:51+ | 29:58+       |  |
| 02:20-   | 03:03+                   | 01:45+     | 02:39+ | 02:42+ | 03:15+ | 02:36+ | 01:29+ | 03:36- | 02:56- | 01:21+ | 01:09- | 01:07+       |  |
| 00:11-   | 00:59&                   | 00:04+     | 00:10+ | 00:04+ | 00:12+ | 01:06& | 00:02+ | 00:52- | 00:06- | 00:10# | 00:18- | 00:13#       |  |
| <b>8</b> | <b>Geir Haugvaldstad</b> | <b>116</b> |        |        |        |        |        |        |        |        |        | <b>30:32</b> |  |
| 02:59+   | 05:04+                   | 09:12+     | 11:37+ | 15:43+ | 18:34+ | 20:26+ | 21:57+ | 23:58+ | 26:42+ | 27:54+ | 29:24+ | 30:32+       |  |
| 02:59+   | 02:05+                   | 04:08+     | 02:25- | 04:06+ | 02:51- | 01:52+ | 01:31+ | 02:01- | 02:44- | 01:12+ | 01:30+ | 01:08+       |  |
| 00:28#   | 00:01+                   | 02:27@     | 00:04- | 01:28& | 00:12- | 00:22# | 00:04+ | 02:27- | 00:18- | 00:01+ | 00:03+ | 00:14&       |  |

| Class     | Navn                        | Klasse     |        |        |        |        |        |        |        |        |        | Tid          |
|-----------|-----------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|
| <b>9</b>  | <b>Tore Halset</b>          | <b>114</b> |        |        |        |        |        |        |        |        |        | <b>30:39</b> |
| 02:37+    | 05:19+                      | 07:12+     | 10:06+ | 13:21+ | 16:47+ | 18:30+ | 20:08+ | 22:49+ | 26:25+ | 27:49+ | 29:23+ | 30:39+       |
| 02:37+    | 02:42+                      | 01:53+     | 02:54+ | 03:15+ | 03:26+ | 01:43+ | 01:38+ | 02:41- | 03:36+ | 01:24+ | 01:34+ | 01:16+       |
| 00:06+    | 00:38&                      | 00:12#     | 00:25# | 00:37# | 00:23# | 00:13# | 00:11# | 01:47- | 00:34# | 00:13# | 00:07+ | 00:22&       |
| <b>10</b> | <b>Svend Vihovde</b>        | <b>116</b> |        |        |        |        |        |        |        |        |        | <b>30:53</b> |
| 02:56+    | 05:12+                      | 07:16+     | 10:22+ | 13:36+ | 17:10+ | 18:51+ | 20:29+ | 23:13+ | 26:45+ | 27:59+ | 29:39+ | 30:53+       |
| 02:56+    | 02:16+                      | 02:04+     | 03:06+ | 03:14+ | 03:34+ | 01:41+ | 01:38+ | 02:44- | 03:32+ | 01:14+ | 01:40+ | 01:14+       |
| 00:25#    | 00:12+                      | 00:23#     | 00:37# | 00:36# | 00:31# | 00:11# | 00:11# | 01:44- | 00:30# | 00:03+ | 00:13# | 00:20&       |
| <b>11</b> | <b>Arngrim Utskarpen</b>    | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>30:54</b> |
| 03:24+    | 05:40+                      | 09:17+     | 11:48+ | 14:32+ | 17:32+ | 18:58+ | 20:17+ | 23:45+ | 26:50+ | 28:05+ | 29:46+ | 30:54+       |
| 03:24+    | 02:16+                      | 03:37+     | 02:31+ | 02:44+ | 03:00- | 01:26- | 01:19- | 03:28- | 03:05+ | 01:15+ | 01:41+ | 01:08+       |
| 00:53&    | 00:12+                      | 01:56@     | 00:02+ | 00:06+ | 00:03- | 00:04- | 00:08- | 01:00- | 00:03+ | 00:04+ | 00:14# | 00:14&       |
| <b>12</b> | <b>Kjetil Solbakken</b>     | <b>66</b>  |        |        |        |        |        |        |        |        |        | <b>31:16</b> |
| 03:36+    | 05:26+                      | 08:11+     | 11:03+ | 14:27+ | 17:05+ | 18:53+ | 20:25+ | 21:57+ | 23:58- | 27:16+ | 28:36+ | 30:06+       |
| 03:36+    | 01:50-                      | 02:45+     | 02:52+ | 03:24+ | 02:38- | 01:48+ | 01:32+ | 01:32- | 02:01- | 03:18+ | 01:20- | 01:30+       |
| 01:05&    | 00:14-                      | 01:04&     | 00:23# | 00:46& | 00:25- | 00:18# | 00:05+ | 02:56- | 01:01- | 02:07@ | 00:07- | 00:36&       |
| <b>13</b> | <b>Harald Taksdal</b>       | <b>236</b> |        |        |        |        |        |        |        |        |        | <b>31:35</b> |
| 03:30+    | 06:59+                      | 08:43+     | 11:35+ | 15:04+ | 18:50+ | 20:24+ | 22:04+ | 24:05+ | 27:47+ | 29:08+ | 30:27+ | 31:35+       |
| 03:30+    | 03:29+                      | 01:44+     | 02:52+ | 03:29+ | 03:46+ | 01:34+ | 01:40+ | 02:01- | 03:42+ | 01:21+ | 01:19- | 01:08+       |
| 00:59&    | 01:25&                      | 00:03+     | 00:23# | 00:51& | 00:43# | 00:04+ | 00:13# | 02:27- | 00:40# | 00:10# | 00:08- | 00:14&       |
| <b>14</b> | <b>Kjell Seland</b>         | <b>236</b> |        |        |        |        |        |        |        |        |        | <b>32:43</b> |
| 05:22+    | 08:02+                      | 09:50+     | 12:42+ | 16:13+ | 19:56+ | 21:32+ | 23:08+ | 25:13+ | 29:00+ | 30:16+ | 31:34+ | 32:43+       |
| 05:22+    | 02:40+                      | 01:48+     | 02:52+ | 03:31+ | 03:43+ | 01:36+ | 01:36+ | 02:05- | 03:47+ | 01:16+ | 01:18- | 01:09+       |
| 02:51@    | 00:36&                      | 00:07+     | 00:23# | 00:53& | 00:40# | 00:06+ | 00:09# | 02:23- | 00:45# | 00:05+ | 00:09- | 00:15&       |
| <b>15</b> | <b>Asbjørn Brådlund</b>     | <b>297</b> |        |        |        |        |        |        |        |        |        | <b>33:26</b> |
| 03:59+    | 06:56+                      | 09:41+     | 12:58+ | 16:22+ | 20:20+ | 22:01+ | 23:35+ | 26:06+ | 29:29+ | 30:53+ | 32:16+ | 33:26+       |
| 03:59+    | 02:57+                      | 02:45+     | 03:17+ | 03:24+ | 03:58+ | 01:41+ | 01:34+ | 02:31- | 03:23+ | 01:24+ | 01:23- | 01:10+       |
| 01:28&    | 00:53&                      | 01:04&     | 00:48& | 00:46& | 00:55& | 00:11# | 00:07+ | 01:57- | 00:21# | 00:13# | 00:04- | 00:16&       |
| <b>16</b> | <b>Trygve Michaelsen</b>    | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>33:30</b> |
| 02:21-    | 04:30-                      | 06:39+     | 09:43+ | 13:24+ | 17:05+ | 18:47+ | 23:26+ | 25:26+ | 29:23+ | 30:55+ | 32:17+ | 33:30+       |
| 02:21-    | 02:09+                      | 02:09+     | 03:04+ | 03:41+ | 03:41+ | 01:42+ | 04:39+ | 02:00- | 03:57+ | 01:32+ | 01:22- | 01:13+       |
| 00:10-    | 00:05+                      | 00:28&     | 00:35# | 01:03& | 00:38# | 00:12# | 03:12@ | 02:28- | 00:55& | 00:21& | 00:05- | 00:19&       |
| <b>17</b> | <b>Ådne Hausberg</b>        | <b>7</b>   |        |        |        |        |        |        |        |        |        | <b>33:31</b> |
| 05:00+    | 07:30+                      | 09:43+     | 13:04+ | 16:21+ | 20:07+ | 21:41+ | 23:56+ | 26:02+ | 29:37+ | 31:00+ | 32:16+ | 33:31+       |
| 05:00+    | 02:30+                      | 02:13+     | 03:21+ | 03:17+ | 03:46+ | 01:34+ | 02:15+ | 02:06- | 03:35+ | 01:23+ | 01:16- | 01:15+       |
| 02:29&    | 00:26#                      | 00:32&     | 00:52& | 00:39# | 00:43# | 00:04+ | 00:48& | 02:22- | 00:33# | 00:12# | 00:11- | 00:21&       |
| <b>18</b> | <b>John Breiland</b>        | <b>352</b> |        |        |        |        |        |        |        |        |        | <b>33:59</b> |
| 02:37+    | 05:41+                      | 08:06+     | 13:36+ | 17:21+ | 21:19+ | 22:56+ | 24:48+ | 26:52+ | 30:12+ | 31:19+ | 32:43+ | 33:59+       |
| 02:37+    | 03:04+                      | 02:25+     | 05:30+ | 03:45+ | 03:58+ | 01:37+ | 01:52+ | 02:04- | 03:20+ | 01:07- | 01:24- | 01:16+       |
| 00:06+    | 01:00&                      | 00:44&     | 03:01@ | 01:07& | 00:55& | 00:07+ | 00:25& | 02:24- | 00:18+ | 00:04- | 00:03- | 00:22&       |
| <b>19</b> | <b>Arne Øvstebø</b>         | <b>71</b>  |        |        |        |        |        |        |        |        |        | <b>35:43</b> |
| 03:34+    | 06:09+                      | 08:24+     | 12:17+ | 16:13+ | 20:03+ | 21:49+ | 24:04+ | 26:31+ | 30:36+ | 32:12+ | 34:19+ | 35:43+       |
| 03:34+    | 02:35+                      | 02:15+     | 03:53+ | 03:56+ | 03:50+ | 01:46+ | 02:15+ | 02:27- | 04:05+ | 01:36+ | 02:07+ | 01:24+       |
| 01:03&    | 00:31#                      | 00:34&     | 01:24& | 01:18& | 00:47& | 00:16# | 00:48& | 02:01- | 01:03& | 00:25& | 00:40& | 00:30&       |
| <b>20</b> | <b>Inge Skretting</b>       | <b>165</b> |        |        |        |        |        |        |        |        |        | <b>35:47</b> |
| 05:49+    | 08:27+                      | 12:16+     | 15:22+ | 18:38+ | 22:27+ | 24:01+ | 25:40+ | 28:18+ | 31:44+ | 33:04+ | 34:37+ | 35:47+       |
| 05:49+    | 02:38+                      | 03:49+     | 03:06+ | 03:16+ | 03:49+ | 01:34+ | 01:39+ | 02:38- | 03:26+ | 01:20+ | 01:33+ | 01:10+       |
| 03:18@    | 00:34&                      | 02:08@     | 00:37# | 00:38# | 00:46& | 00:04+ | 00:12# | 01:50- | 00:24# | 00:09# | 00:06+ | 00:16&       |
| <b>21</b> | <b>Stein Arve Finnestad</b> | <b>287</b> |        |        |        |        |        |        |        |        |        | <b>35:49</b> |
| 04:48+    | 07:11+                      | 09:05+     | 13:08+ | 16:42+ | 20:34+ | 22:23+ | 24:22+ | 27:45+ | 31:30+ | 32:48+ | 34:27+ | 35:49+       |
| 04:48+    | 02:23+                      | 01:54+     | 04:03+ | 03:34+ | 03:52+ | 01:49+ | 01:59+ | 03:23- | 03:45+ | 01:18+ | 01:39+ | 01:22+       |
| 02:17&    | 00:19#                      | 00:13#     | 01:34& | 00:56& | 00:49& | 00:19# | 00:32& | 01:05- | 00:43# | 00:07+ | 00:12# | 00:28&       |
| <b>22</b> | <b>Ove Mæstad</b>           | <b>67</b>  |        |        |        |        |        |        |        |        |        | <b>35:54</b> |
| 08:14+    | 10:34+                      | 12:18+     | 15:12+ | 18:30+ | 22:07+ | 23:48+ | 25:30+ | 27:48+ | 31:16+ | 32:37+ | 34:43+ | 35:54+       |
| 08:14+    | 02:20+                      | 01:44+     | 02:54+ | 03:18+ | 03:37+ | 01:41+ | 01:42+ | 02:18- | 03:28+ | 01:21+ | 02:06+ | 01:11+       |
| 05:43@    | 00:16#                      | 00:03+     | 00:25# | 00:40& | 00:34# | 00:11# | 00:15# | 02:10- | 00:26# | 00:10# | 00:39& | 00:17&       |
| <b>23</b> | <b>Sveinung Rosenvinge</b>  | <b>116</b> |        |        |        |        |        |        |        |        |        | <b>36:00</b> |
| 03:48+    | 06:16+                      | 08:26+     | 11:46+ | 15:42+ | 20:24+ | 22:14+ | 24:25+ | 26:47+ | 30:53+ | 32:29+ | 34:39+ | 36:00+       |
| 03:48+    | 02:28+                      | 02:10+     | 03:20+ | 03:56+ | 04:42+ | 01:50+ | 02:11+ | 02:22- | 04:06+ | 01:36+ | 02:10+ | 01:21+       |
| 01:17&    | 00:24#                      | 00:29&     | 00:51& | 01:18& | 01:39& | 00:20# | 00:44& | 02:06- | 01:04& | 00:25& | 00:43& | 00:27&       |

| Class     | Navn                 | Klasse    |        |        |        |        |        |        |        |        |        |        | Tid          |
|-----------|----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|
| <b>24</b> | <b>Jørgen Nilsen</b> | <b>53</b> |        |        |        |        |        |        |        |        |        |        | <b>37:16</b> |
|           | 03:54+               | 05:53+    | 07:56+ | 10:53+ | 14:58+ | 18:37+ | 20:21+ | 22:24+ | 27:26+ | 31:39+ | 33:22+ | 35:21+ | 37:16+       |
|           | 03:54+               | 01:59-    | 02:03+ | 02:57+ | 04:05+ | 03:39+ | 01:44+ | 02:03+ | 05:02+ | 04:13+ | 01:43+ | 01:59+ | 01:55+       |
|           | 01:23&               | 00:05-    | 00:22# | 00:28# | 01:27& | 00:36# | 00:14# | 00:36& | 00:34# | 01:11& | 00:32& | 00:32& | 01:01@       |

|           |                        |            |        |        |        |        |        |        |        |        |        |        |              |
|-----------|------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|
| <b>25</b> | <b>Christof Schätz</b> | <b>239</b> |        |        |        |        |        |        |        |        |        |        | <b>41:10</b> |
|           | 03:41+                 | 06:20+     | 12:00+ | 16:28+ | 20:39+ | 25:08+ | 27:14+ | 29:10+ | 31:48+ | 35:58+ | 37:45+ | 39:42+ | 41:10+       |
|           | 03:41+                 | 02:39+     | 05:40+ | 04:28+ | 04:11+ | 04:29+ | 02:06+ | 01:56+ | 02:38- | 04:10+ | 01:47+ | 01:57+ | 01:28+       |
|           | 01:10&                 | 00:35&     | 03:59@ | 01:59& | 01:33& | 01:26& | 00:36& | 00:29& | 01:50- | 01:08& | 00:36& | 00:30& | 00:34&       |

|                                    |       |       |       |       |       |       |       |       |       |       |       |       |       |
|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Beste strekktid for klassen</b> |       |       |       |       |       |       |       |       |       |       |       |       |       |
|                                    | 02:20 | 01:37 | 01:32 | 02:25 | 02:23 | 02:38 | 01:19 | 01:19 | 01:32 | 02:01 | 01:07 | 01:09 | 00:54 |

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

## Herrer 60 - 64 år

|          |                           |          |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|---------------------------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>1</b> | <b>Morten Johannessen</b> | <b>7</b> |        |        |        |        |        |        |        |        |        |        | <b>27:39</b> |        |        |
|          | 02:55=                    | 04:20=   | 05:29= | 06:33= | 08:07= | 09:32= | 11:59= | 14:38= | 17:30= | 18:42= | 19:58= | 21:07= | 23:02=       | 25:37= | 27:39= |
|          | 02:55=                    | 01:25=   | 01:09= | 01:04= | 01:34= | 01:25= | 02:27= | 02:39= | 02:52= | 01:12= | 01:16= | 01:09= | 01:55=       | 02:35= | 02:02= |
|          | 00:00=                    | 00:00=   | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=       | 00:00= | 00:00= |

|          |                           |            |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|---------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>2</b> | <b>Ole Petter Haukaas</b> | <b>109</b> |        |        |        |        |        |        |        |        |        |        | <b>27:44</b> |        |        |
|          | 03:58+                    | 04:57+     | 06:13+ | 07:16+ | 07:58- | 09:19- | 11:55- | 15:16+ | 18:04+ | 19:30+ | 20:59+ | 22:04+ | 24:00+       | 25:37= | 27:44+ |
|          | 03:58+                    | 00:59-     | 01:16+ | 01:03- | 00:42- | 01:21- | 02:36+ | 03:21+ | 02:48- | 01:26+ | 01:29+ | 01:05- | 01:56+       | 01:37- | 02:07+ |
|          | 01:03&                    | 00:26-     | 00:07# | 00:01- | 00:52- | 00:04- | 00:09+ | 00:42& | 00:04- | 00:14# | 00:13# | 00:04- | 00:01+       | 00:58- | 00:05+ |

|          |                          |          |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|--------------------------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>3</b> | <b>Per Ingar Hadland</b> | <b>7</b> |        |        |        |        |        |        |        |        |        |        | <b>28:50</b> |        |        |
|          | 02:40-                   | 03:42-   | 05:00- | 06:01- | 06:39- | 08:18- | 11:19- | 14:38= | 17:47+ | 19:09+ | 20:55+ | 22:07+ | 24:20+       | 26:22+ | 28:50+ |
|          | 02:40-                   | 01:02-   | 01:18+ | 01:01- | 00:38- | 01:39+ | 03:01+ | 03:19+ | 03:09+ | 01:22+ | 01:46+ | 01:12+ | 02:13+       | 02:02- | 02:28+ |
|          | 00:15-                   | 00:23-   | 00:09# | 00:03- | 00:56- | 00:14# | 00:34# | 00:40& | 00:17+ | 00:10# | 00:30& | 00:03+ | 00:18#       | 00:33- | 00:26# |

|          |                     |           |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|---------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>4</b> | <b>Olav Tunheim</b> | <b>93</b> |        |        |        |        |        |        |        |        |        |        | <b>28:56</b> |        |        |
|          | 02:29-              | 03:39-    | 05:00- | 06:34+ | 07:24- | 09:03- | 12:00+ | 14:57+ | 18:03+ | 19:37+ | 21:01+ | 22:15+ | 24:15+       | 26:37+ | 28:56+ |
|          | 02:29-              | 01:10-    | 01:21+ | 01:34+ | 00:50- | 01:39+ | 02:57+ | 02:57+ | 03:06+ | 01:34+ | 01:24+ | 01:14+ | 02:00+       | 02:22- | 02:19+ |
|          | 00:26-              | 00:15-    | 00:12# | 00:30& | 00:44- | 00:14# | 00:30# | 00:18# | 00:14+ | 00:22& | 00:08# | 00:05+ | 00:05+       | 00:13- | 00:17# |

|          |                       |            |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|-----------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>5</b> | <b>Lars Bergersen</b> | <b>116</b> |        |        |        |        |        |        |        |        |        |        | <b>31:08</b> |        |        |
|          | 02:48-                | 04:05-     | 05:41+ | 07:21+ | 08:09+ | 10:06+ | 13:16+ | 16:56+ | 20:02+ | 21:46+ | 23:16+ | 24:24+ | 26:45+       | 28:35+ | 31:08+ |
|          | 02:48-                | 01:17-     | 01:36+ | 01:40+ | 00:48- | 01:57+ | 03:10+ | 03:40+ | 03:06+ | 01:44+ | 01:30+ | 01:08- | 02:21+       | 01:50- | 02:33+ |
|          | 00:07-                | 00:08-     | 00:27& | 00:36& | 00:46- | 00:32& | 00:43& | 01:01& | 00:14+ | 00:32& | 00:14# | 00:01- | 00:26#       | 00:45- | 00:31& |

|          |                       |           |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|-----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>6</b> | <b>John C. Sinnes</b> | <b>93</b> |        |        |        |        |        |        |        |        |        |        | <b>35:09</b> |        |        |
|          | 03:32+                | 05:20+    | 07:23+ | 08:41+ | 10:23+ | 12:01+ | 15:18+ | 19:00+ | 22:22+ | 24:40+ | 26:25+ | 27:56+ | 30:06+       | 32:09+ | 35:09+ |
|          | 03:32+                | 01:48+    | 02:03+ | 01:18+ | 01:42+ | 01:38+ | 03:17+ | 03:42+ | 03:22+ | 02:18+ | 01:45+ | 01:31+ | 02:10+       | 02:03- | 03:00+ |
|          | 00:37#                | 00:23&    | 00:54& | 00:14# | 00:08+ | 00:13# | 00:50& | 01:03& | 00:30# | 01:06& | 00:29& | 00:22& | 00:15#       | 00:32- | 00:58& |

|          |                       |           |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|-----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>7</b> | <b>Torbjørn Dahle</b> | <b>92</b> |        |        |        |        |        |        |        |        |        |        | <b>35:30</b> |        |        |
|          | 04:53+                | 06:45+    | 08:06+ | 09:23+ | 11:28+ | 13:13+ | 16:20+ | 19:55+ | 23:20+ | 25:09+ | 26:50+ | 28:23+ | 30:45+       | 32:46+ | 35:30+ |
|          | 04:53+                | 01:52+    | 01:21+ | 01:17+ | 02:05+ | 01:45+ | 03:07+ | 03:35+ | 03:25+ | 01:49+ | 01:41+ | 01:33+ | 02:22+       | 02:01- | 02:44+ |
|          | 01:58&                | 00:27&    | 00:12# | 00:13# | 00:31& | 00:20# | 00:40& | 00:56& | 00:33# | 00:37& | 00:25& | 00:24& | 00:27#       | 00:34- | 00:42& |

|          |                            |           |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|----------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>8</b> | <b>Svein Magne Gloppen</b> | <b>93</b> |        |        |        |        |        |        |        |        |        |        | <b>36:48</b> |        |        |
|          | 04:31+                     | 06:40+    | 07:53+ | 10:31+ | 13:44+ | 15:27+ | 18:46+ | 22:07+ | 25:16+ | 27:08+ | 28:55+ | 30:11+ | 32:22+       | 34:18+ | 36:48+ |
|          | 04:31+                     | 02:09+    | 01:13+ | 02:38+ | 03:13+ | 01:43+ | 03:19+ | 03:21+ | 03:09+ | 01:52+ | 01:47+ | 01:16+ | 02:11+       | 01:56- | 02:30+ |
|          | 01:36&                     | 00:44&    | 00:04+ | 01:34@ | 01:39@ | 00:18# | 00:52& | 00:42& | 00:17+ | 00:40& | 00:31& | 00:07# | 00:16#       | 00:39- | 00:28# |

|          |                          |           |        |        |        |        |        |        |        |        |        |        |              |        |        |
|----------|--------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>9</b> | <b>Stein Sigbjørnsen</b> | <b>27</b> |        |        |        |        |        |        |        |        |        |        | <b>36:52</b> |        |        |
|          | 03:44+                   | 05:16+    | 06:55+ | 08:11+ | 09:14+ | 11:00+ | 14:48+ | 18:28+ | 22:57+ | 25:55+ | 27:44+ | 29:13+ | 31:41+       | 34:14+ | 36:52+ |
|          | 03:44+                   | 01:32+    | 01:39+ | 01:16+ | 01:03- | 01:46+ | 03:48+ | 03:40+ | 04:29+ | 02:58+ | 01:49+ | 01:29+ | 02:28+       | 02:33- | 02:38+ |
|          | 00:49&                   | 00:07+    | 00:30& | 00:12# | 00:31- | 00:21# | 01:21& | 01:01& | 01:37& | 01:46@ | 00:33& | 00:20& | 00:33&       | 00:02- | 00:36& |

|           |                           |          |        |        |        |        |        |        |        |        |        |        |              |        |        |
|-----------|---------------------------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|
| <b>10</b> | <b>Tor Inge Halvorsen</b> | <b>5</b> |        |        |        |        |        |        |        |        |        |        | <b>39:09</b> |        |        |
|           | 07:13+                    | 08:56+   | 10:25+ | 11:58+ | 12:54+ | 14:37+ | 17:43+ | 21:13+ | 25:09+ | 26:56+ | 30:06+ | 31:29+ | 33:47+       | 36:24+ | 39:09+ |
|           | 07:13+                    | 01:43+   | 01:29+ | 01:33+ | 00:56- | 01:43+ | 03:06+ | 03:30+ | 03:56+ | 01:47+ | 03:10+ | 01:23+ | 02:18+       | 02:37+ | 02:45+ |
|           | 04:18@                    | 00:18#   | 00:20& | 00:29& | 00:38- | 00:18# | 00:39& | 00:51& | 01:04& | 00:35& | 01:54@ | 00:14# | 00:23#       | 00:02+ | 00:43& |

|                                    |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Beste strekktid for klassen</b> |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|                                    | 02:29 | 00:59 | 01:09 | 01:01 | 00:38 | 01:21 | 02:27 | 02:39 | 02:48 | 01:12 | 01:16 | 01:05 | 01:55 | 01:37 | 02:02 |

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

## Herrer 65 - 69 år

|           |                             |            |              |        |        |        |        |        |        |        |        |        |        |        |        |
|-----------|-----------------------------|------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b>  | <b>Bjørn Alsaker</b>        | <b>115</b> | <b>25:06</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:21=    | 03:23=                      | 05:07=     | 06:39=       | 07:15= | 08:36= | 11:14= | 13:51= | 16:34= | 17:43= | 18:53= | 19:53= | 21:33= | 23:04= | 25:06= |        |
| 02:21=    | 01:02=                      | 01:44=     | 01:32=       | 00:36= | 01:21= | 02:38= | 02:37= | 02:43= | 01:09= | 01:10= | 01:00= | 01:40= | 01:31= | 02:02= |        |
| 00:00=    | 00:00=                      | 00:00=     | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |        |
| <b>2</b>  | <b>Torbjørn Evensen</b>     | <b>108</b> | <b>30:10</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:36+    | 03:40+                      | 05:19+     | 06:47+       | 07:32+ | 10:08+ | 13:57+ | 17:16+ | 20:05+ | 21:28+ | 22:50+ | 24:03+ | 26:02+ | 27:47+ | 30:10+ |        |
| 02:36+    | 01:04+                      | 01:39-     | 01:28-       | 00:45+ | 02:36+ | 03:49+ | 03:19+ | 02:49+ | 01:23+ | 01:22+ | 01:13+ | 01:59+ | 01:45+ | 02:23+ |        |
| 00:15#    | 00:02+                      | 00:05-     | 00:04-       | 00:09# | 01:15& | 01:11& | 00:42& | 00:06+ | 00:14# | 00:12# | 00:13# | 00:19# | 00:14# | 00:21# |        |
| <b>3</b>  | <b>Terje Stokkeland</b>     | <b>69</b>  | <b>30:17</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:26+    | 04:46+                      | 06:21+     | 07:52+       | 08:35+ | 10:11+ | 13:20+ | 16:24+ | 19:34+ | 21:11+ | 22:57+ | 24:16+ | 26:17+ | 28:02+ | 30:17+ |        |
| 03:26+    | 01:20+                      | 01:35-     | 01:31-       | 00:43+ | 01:36+ | 03:09+ | 03:04+ | 03:10+ | 01:37+ | 01:46+ | 01:19+ | 02:01+ | 01:45+ | 02:15+ |        |
| 01:05&    | 00:18&                      | 00:09-     | 00:01-       | 00:07# | 00:15# | 00:31# | 00:27# | 00:27# | 00:28& | 00:36& | 00:19& | 00:21# | 00:14# | 00:13# |        |
| <b>4</b>  | <b>Bjarne Gimre</b>         | <b>88</b>  | <b>30:53</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:52+    | 04:29+                      | 06:02+     | 07:02+       | 07:51+ | 09:39+ | 12:43+ | 16:21+ | 20:05+ | 21:27+ | 22:59+ | 24:28+ | 26:40+ | 28:38+ | 30:53+ |        |
| 02:52+    | 01:37+                      | 01:33-     | 01:00-       | 00:49+ | 01:48+ | 03:04+ | 03:38+ | 03:44+ | 01:22+ | 01:32+ | 01:29+ | 02:12+ | 01:58+ | 02:15+ |        |
| 00:31#    | 00:35&                      | 00:11-     | 00:32-       | 00:13& | 00:27& | 00:26# | 01:01& | 01:01& | 00:13# | 00:22& | 00:29& | 00:32& | 00:27& | 00:13# |        |
| <b>5</b>  | <b>Bjørn Sivertsen</b>      | <b>99</b>  | <b>31:23</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:10+    | 04:47+                      | 06:18+     | 07:22+       | 08:06+ | 09:49+ | 13:03+ | 16:31+ | 19:39+ | 21:23+ | 23:11+ | 24:25+ | 26:34+ | 28:44+ | 31:23+ |        |
| 03:10+    | 01:37+                      | 01:31-     | 01:04-       | 00:44+ | 01:43+ | 03:14+ | 03:28+ | 03:08+ | 01:44+ | 01:48+ | 01:14+ | 02:09+ | 02:10+ | 02:39+ |        |
| 00:49&    | 00:35&                      | 00:13-     | 00:28-       | 00:08# | 00:22& | 00:36# | 00:51& | 00:25# | 00:35& | 00:38& | 00:14# | 00:29& | 00:39& | 00:37& |        |
| <b>6</b>  | <b>Tom Hetland</b>          | <b>5</b>   | <b>32:00</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:12+    | 04:36+                      | 06:05+     | 07:11+       | 10:29+ | 11:51+ | 15:03+ | 18:20+ | 21:22+ | 22:57+ | 24:23+ | 25:44+ | 27:43+ | 29:50+ | 32:00+ |        |
| 03:12+    | 01:24+                      | 01:29-     | 01:06-       | 03:18+ | 01:22+ | 03:12+ | 03:17+ | 03:02+ | 01:35+ | 01:26+ | 01:21+ | 01:59+ | 02:07+ | 02:10+ |        |
| 00:51&    | 00:22&                      | 00:15-     | 00:26-       | 02:42@ | 00:01+ | 00:34# | 00:40& | 00:19# | 00:26& | 00:16# | 00:21& | 00:19# | 00:36& | 00:08+ |        |
| <b>7</b>  | <b>Jan Hetland</b>          | <b>29</b>  | <b>32:57</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:48+    | 04:00+                      | 05:37+     | 07:08+       | 08:00+ | 09:56+ | 14:23+ | 17:32+ | 20:55+ | 22:44+ | 24:17+ | 25:35+ | 28:00+ | 30:55+ | 32:57+ |        |
| 02:48+    | 01:12+                      | 01:37-     | 01:31-       | 00:52+ | 01:56+ | 04:27+ | 03:09+ | 03:23+ | 01:49+ | 01:33+ | 01:18+ | 02:25+ | 02:55+ | 02:02= |        |
| 00:27#    | 00:10#                      | 00:07-     | 00:01-       | 00:16& | 00:35& | 01:49& | 00:32# | 00:40# | 00:40& | 00:23& | 00:18& | 00:45& | 01:24& | 00:00= |        |
| <b>8</b>  | <b>Eivind L. Rake</b>       | <b>92</b>  | <b>36:00</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 05:27+    | 06:47+                      | 08:18+     | 09:25+       | 10:12+ | 12:32+ | 15:50+ | 19:35+ | 23:14+ | 25:05+ | 26:53+ | 28:25+ | 30:53+ | 33:14+ | 36:00+ |        |
| 05:27+    | 01:20+                      | 01:31-     | 01:07-       | 00:47+ | 02:20+ | 03:18+ | 03:45+ | 03:39+ | 01:51+ | 01:48+ | 01:32+ | 02:28+ | 02:21+ | 02:46+ |        |
| 03:06@    | 00:18&                      | 00:13-     | 00:25-       | 00:11& | 00:59& | 00:40& | 01:08& | 00:56& | 00:42& | 00:38& | 00:32& | 00:48& | 00:50& | 00:44& |        |
| <b>9</b>  | <b>Jan Arendal</b>          | <b>116</b> | <b>37:07</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:44+    | 05:18+                      | 06:50+     | 08:54+       | 09:51+ | 12:01+ | 15:54+ | 19:43+ | 23:36+ | 25:22+ | 27:09+ | 28:48+ | 31:29+ | 34:09+ | 37:07+ |        |
| 03:44+    | 01:34+                      | 01:32-     | 02:04+       | 00:57+ | 02:10+ | 03:53+ | 03:49+ | 03:53+ | 01:46+ | 01:47+ | 01:39+ | 02:41+ | 02:40+ | 02:58+ |        |
| 01:23&    | 00:32&                      | 00:12-     | 00:32&       | 00:21& | 00:49& | 01:15& | 01:12& | 01:10& | 00:37& | 00:37& | 00:39& | 01:01& | 01:09& | 00:56& |        |
| <b>10</b> | <b>Arne Magne Handeland</b> | <b>92</b>  | <b>37:10</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:52+    | 04:51+                      | 07:15+     | 09:02+       | 10:00+ | 12:41+ | 16:05+ | 19:56+ | 23:18+ | 25:05+ | 26:52+ | 28:13+ | 30:34+ | 34:38+ | 37:10+ |        |
| 02:52+    | 01:59+                      | 02:24+     | 01:47+       | 00:58+ | 02:41+ | 03:24+ | 03:51+ | 03:22+ | 01:47+ | 01:47+ | 01:21+ | 02:21+ | 04:04+ | 02:32+ |        |
| 00:31#    | 00:57&                      | 00:40&     | 00:15#       | 00:22& | 01:20& | 00:46& | 01:14& | 00:39# | 00:38& | 00:37& | 00:21& | 00:41& | 02:33@ | 00:30# |        |
| <b>11</b> | <b>Sveinung Tveit</b>       | <b>236</b> | <b>37:45</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:19+    | 04:47+                      | 07:12+     | 08:42+       | 13:30+ | 15:21+ | 18:49+ | 22:17+ | 26:02+ | 27:45+ | 29:24+ | 30:46+ | 33:05+ | 35:15+ | 37:45+ |        |
| 03:19+    | 01:28+                      | 02:25+     | 01:30-       | 04:48+ | 01:51+ | 03:28+ | 03:28+ | 03:45+ | 01:43+ | 01:39+ | 01:22+ | 02:19+ | 02:10+ | 02:30+ |        |
| 00:58&    | 00:26&                      | 00:41&     | 00:02-       | 04:12@ | 00:30& | 00:50& | 00:51& | 01:02& | 00:34& | 00:29& | 00:22& | 00:39& | 00:39& | 00:28# |        |
| <b>12</b> | <b>Svein Ims</b>            | <b>65</b>  | <b>38:09</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:42+    | 05:13+                      | 06:42+     | 08:29+       | 09:14+ | 12:32+ | 17:27+ | 21:04+ | 24:42+ | 26:54+ | 29:04+ | 30:29+ | 32:59+ | 35:20+ | 38:09+ |        |
| 03:42+    | 01:31+                      | 01:29-     | 01:47+       | 00:45+ | 03:18+ | 04:55+ | 03:37+ | 03:38+ | 02:12+ | 02:10+ | 01:25+ | 02:30+ | 02:21+ | 02:49+ |        |
| 01:21&    | 00:29&                      | 00:15-     | 00:15#       | 00:09# | 01:57@ | 02:17& | 01:00& | 00:55& | 01:03& | 01:00& | 00:25& | 00:50& | 00:50& | 00:47& |        |
| <b>13</b> | <b>Bjørn Bjelland</b>       | <b>83</b>  | <b>39:32</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:46+    | 05:38+                      | 08:37+     | 09:50+       | 10:43+ | 16:47+ | 20:09+ | 23:59+ | 27:45+ | 29:20+ | 30:53+ | 32:11+ | 34:33+ | 36:56+ | 39:32+ |        |
| 03:46+    | 01:52+                      | 02:59+     | 01:13-       | 00:53+ | 06:04+ | 03:22+ | 03:50+ | 03:46+ | 01:35+ | 01:33+ | 01:18+ | 02:22+ | 02:23+ | 02:36+ |        |
| 01:25&    | 00:50&                      | 01:15&     | 00:19-       | 00:17& | 04:43@ | 00:44& | 01:13& | 01:03& | 00:26& | 00:23& | 00:18& | 00:42& | 00:52& | 00:34& |        |
| <b>14</b> | <b>Steinar Barmen</b>       | <b>105</b> | <b>47:01</b> |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:32+    | 04:31+                      | 05:58+     | 07:32+       | 20:11+ | 21:07+ | 22:59+ | 26:25+ | 30:21+ | 33:57+ | 36:02+ | 37:45+ | 39:19+ | 41:57+ | 44:22+ | 47:01+ |
| 02:32+    | 01:59+                      | 01:27-     | 01:34+       | 12:39+ | 00:56- | 01:52- | 03:26+ | 03:56+ | 03:36+ | 02:05+ | 01:43+ | 01:34- | 02:38+ | 02:25+ | 02:39+ |
| 00:11+    | 00:57&                      | 00:17-     | 00:02+       | 12:03@ | 00:25- | 00:46- | 00:49& | 01:13& | 02:27@ | 00:55& | 00:43& | 00:06- | 01:07& | 00:23# | 02:39+ |

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

**Beste strekktid for klassen**

02:21 01:02 01:27 01:00 00:36 00:56 01:52 02:37 02:43 01:09 01:10 01:00 01:34 01:31 02:02

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

**Herrer 70 - 74 år**

|          |                              |            |                |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------------|------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Terje Helland</b>         | <b>88</b>  | <b>32:03</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 03:00=   | 05:03=                       | 07:16=     | 09:08=         | 09:58= | 12:07= | 15:43= | 18:58= | 21:55= | 23:15= | 24:39= | 25:48= | 27:50= | 29:36= | 32:03= |
| 03:00=   | 02:03=                       | 02:13=     | 01:52=         | 00:50= | 02:09= | 03:36= | 03:15= | 02:57= | 01:20= | 01:24= | 01:09= | 02:02= | 01:46= | 02:27= |
| 00:00=   | 00:00=                       | 00:00=     | 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>Jostein Tunheim</b>       | <b>116</b> | <b>33:53</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 02:52-   | 04:41-                       | 06:03-     | 08:06-         | 10:13+ | 11:51- | 14:55- | 18:41- | 21:41- | 23:32+ | 25:51+ | 27:19+ | 29:22+ | 31:27+ | 33:53+ |
| 02:52-   | 01:49-                       | 01:22-     | 02:03+         | 02:07+ | 01:38- | 03:04- | 03:46+ | 03:00+ | 01:51+ | 02:19+ | 01:28+ | 02:03+ | 02:05+ | 02:26- |
| 00:08-   | 00:14-                       | 00:51-     | 00:11+         | 01:17@ | 00:31- | 00:32- | 00:31# | 00:03+ | 00:31& | 00:55& | 00:19& | 00:01+ | 00:19# | 00:01- |
| <b>3</b> | <b>Jan Inge Lunde</b>        | <b>88</b>  | <b>35:58</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 03:19+   | 06:11+                       | 07:40+     | 08:57-         | 09:45- | 11:49- | 15:30- | 19:14+ | 22:52+ | 25:12+ | 26:45+ | 28:20+ | 30:45+ | 33:22+ | 35:58+ |
| 03:19+   | 02:52+                       | 01:29-     | 01:17-         | 00:48- | 02:04- | 03:41+ | 03:44+ | 03:38+ | 02:20+ | 01:33+ | 01:35+ | 02:25+ | 02:37+ | 02:36+ |
| 00:19#   | 00:49&                       | 00:44-     | 00:35-         | 00:02- | 00:05- | 00:05+ | 00:29# | 00:41# | 01:00& | 00:09# | 00:26& | 00:23# | 00:51& | 00:09+ |
| <b>4</b> | <b>Paul A. Paulsen</b>       | <b>117</b> | <b>36:19</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 05:35+   | 07:19+                       | 09:22+     | 10:51+         | 11:35+ | 13:25+ | 16:33+ | 20:08+ | 23:46+ | 25:37+ | 27:37+ | 28:50+ | 31:16+ | 33:36+ | 36:19+ |
| 05:35+   | 01:44-                       | 02:03-     | 01:29-         | 00:44- | 01:50- | 03:08- | 03:35+ | 03:38+ | 01:51+ | 02:00+ | 01:13+ | 02:26+ | 02:20+ | 02:43+ |
| 02:35&   | 00:19-                       | 00:10-     | 00:23-         | 00:06- | 00:19- | 00:28- | 00:20# | 00:41# | 00:31& | 00:36& | 00:04+ | 00:24# | 00:34& | 00:16# |
| <b>5</b> | <b>Gudmund Gausel</b>        | <b>115</b> | <b>39:55</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 02:56-   | 04:20-                       | 05:39-     | 09:46+         | 10:33+ | 16:01+ | 19:24+ | 23:07+ | 26:59+ | 28:37+ | 30:53+ | 32:20+ | 34:48+ | 37:10+ | 39:55+ |
| 02:56-   | 01:24-                       | 01:19-     | 04:07+         | 00:47- | 05:28+ | 03:23- | 03:43+ | 03:52+ | 01:38+ | 02:16+ | 01:27+ | 02:28+ | 02:22+ | 02:45+ |
| 00:04-   | 00:39-                       | 00:54-     | 02:15@         | 00:03- | 03:19@ | 00:13- | 00:28# | 00:55& | 00:18# | 00:52& | 00:18& | 00:26# | 00:36& | 00:18# |
| <b>6</b> | <b>Leif Gunnar Wikene</b>    | <b>43</b>  | <b>40:02</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 05:08+   | 12:04+                       | 13:55+     | 15:41+         | 16:28+ | 18:07+ | 21:10+ | 24:25+ | 27:40+ | 29:43+ | 31:46+ | 33:31+ | 35:35+ | 37:41+ | 40:02+ |
| 05:08+   | 06:56+                       | 01:51-     | 01:46-         | 00:47- | 01:39- | 03:03- | 03:15= | 03:15+ | 02:03+ | 02:03+ | 01:45+ | 02:04+ | 02:06+ | 02:21- |
| 02:08&   | 04:53@                       | 00:22-     | 00:06-         | 00:03- | 00:30- | 00:33- | 00:00= | 00:18# | 00:43& | 00:39& | 00:36& | 00:02+ | 00:20# | 00:06- |
| <b>7</b> | <b>Kjell Ivar Skjørestad</b> | <b>92</b>  | <b>42:48</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 08:21+   | 09:55+                       | 11:26+     | 13:19+         | 14:05+ | 18:41+ | 22:19+ | 25:45+ | 29:36+ | 31:54+ | 33:48+ | 35:14+ | 37:32+ | 40:02+ | 42:48+ |
| 08:21+   | 01:34-                       | 01:31-     | 01:53+         | 00:46- | 04:36+ | 03:38+ | 03:26+ | 03:51+ | 02:18+ | 01:54+ | 01:26+ | 02:18+ | 02:30+ | 02:46+ |
| 05:21@   | 00:29-                       | 00:42-     | 00:01+         | 00:04- | 02:27@ | 00:02+ | 00:11+ | 00:54& | 00:58& | 00:30& | 00:17# | 00:16# | 00:44& | 00:19# |
| <b>8</b> | <b>Olav Habbestad</b>        | <b>116</b> | <b>47:37</b>   |        |        |        |        |        |        |        |        |        |        |        |
| 03:44+   | 04:44-                       | 06:14-     | 07:37-         | 09:46- | 11:49- | 15:12- | 19:00+ | 22:16+ | 34:24+ | 36:08+ | 37:52+ | 40:14+ | 45:31+ | 47:37+ |
| 03:44+   | 01:00-                       | 01:30-     | 01:23-         | 02:09+ | 02:03- | 03:23- | 03:48+ | 03:16+ | 12:08+ | 01:44+ | 01:44+ | 02:22+ | 05:17+ | 02:06- |
| 00:44#   | 01:03-                       | 00:43-     | 00:29-         | 01:19@ | 00:06- | 00:13- | 00:33# | 00:19# | 10:48@ | 00:20# | 00:35& | 00:20# | 03:31@ | 00:21- |
| <b>9</b> | <b>John Abrahamsen</b>       | <b>125</b> | <b>1:17:27</b> |        |        |        |        |        |        |        |        |        |        |        |
| 13:28+   | 16:33+                       | 20:54+     | 26:01+         | 27:54+ | 31:13+ | 37:28+ | 43:51+ | 51:00+ | 54:52+ | 58:10+ | 63:40+ | 67:26+ | 73:20+ | 77:27+ |
| 13:28+   | 03:05+                       | 04:21+     | 05:07+         | 01:53+ | 03:19+ | 06:15+ | 06:23+ | 07:09+ | 03:52+ | 03:18+ | 05:30+ | 03:46+ | 05:54+ | 04:07+ |
| 10:28@   | 01:02&                       | 02:08&     | 03:15@         | 01:03@ | 01:10& | 02:39& | 03:08& | 04:12@ | 02:32@ | 01:54@ | 04:21@ | 01:44& | 04:08@ | 01:40& |

**Beste strekktid for klassen**

02:52 01:00 01:19 01:17 00:44 01:38 03:03 03:15 02:57 01:20 01:24 01:09 02:02 01:46 02:06

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

**Herrer 75 - 79 år**

|          |                          |           |              |        |        |        |        |        |        |        |        |        |
|----------|--------------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Norvald Skretting</b> | <b>43</b> | <b>29:39</b> |        |        |        |        |        |        |        |        |        |
| 01:40=   | 04:35=                   | 07:50=    | 09:29=       | 11:02= | 13:00= | 16:30= | 18:52= | 21:28= | 22:54= | 25:18= | 26:28= | 29:39= |
| 01:40=   | 02:55=                   | 03:15=    | 01:39=       | 01:33= | 01:58= | 03:30= | 02:22= | 02:36= | 01:26= | 02:24= | 01:10= | 03:11= |
| 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= |
| <b>2</b> | <b>Svein Glendrange</b>  | <b>68</b> | <b>30:09</b> |        |        |        |        |        |        |        |        |        |
| 01:44+   | 04:37+                   | 07:51+    | 09:38+       | 11:22+ | 13:10+ | 16:23- | 19:16+ | 22:01+ | 23:18+ | 25:49+ | 26:56+ | 30:09+ |
| 01:44+   | 02:53-                   | 03:14-    | 01:47+       | 01:44+ | 01:48- | 03:13- | 02:53+ | 02:45+ | 01:17- | 02:31+ | 01:07- | 03:13+ |
| 00:04+   | 00:02-                   | 00:01-    | 00:08+       | 00:11# | 00:10- | 00:17- | 00:31# | 00:09+ | 00:09- | 00:07+ | 00:03- | 00:02+ |



| Class                              | Navn                       | Klasse     |        |        |        |        |        |        |        |        |        | Tid          |        |
|------------------------------------|----------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|
| <b>3</b>                           | <b>Finn Morten Årstad</b>  | <b>115</b> |        |        |        |        |        |        |        |        |        | <b>30:29</b> |        |
|                                    | 03:22+                     | 06:25+     | 10:03+ | 11:40+ | 13:14+ | 15:05+ | 18:02+ | 20:19+ | 24:02+ | 26:21+ | 27:21+ | 30:29+       |        |
|                                    | 03:22+                     | 03:03+     | 03:38+ | 01:37- | 01:34+ | 01:51- | 02:57- | 02:17- | 02:42+ | 01:01- | 02:19- | 01:00-       | 03:08- |
|                                    | 01:42@                     | 00:08+     | 00:23# | 00:02- | 00:01+ | 00:07- | 00:33- | 00:05- | 00:06+ | 00:25- | 00:05- | 00:10-       | 00:03- |
| <b>4</b>                           | <b>Arvid Thorsen</b>       | <b>5</b>   |        |        |        |        |        |        |        |        |        | <b>31:00</b> |        |
|                                    | 02:01+                     | 05:12+     | 08:32+ | 10:06+ | 11:46+ | 13:47+ | 17:02+ | 19:20+ | 22:15+ | 23:26+ | 26:17+ | 27:32+       | 31:00+ |
|                                    | 02:01+                     | 03:11+     | 03:20+ | 01:34- | 01:40+ | 02:01+ | 03:15- | 02:18- | 02:55+ | 01:11- | 02:51+ | 01:15+       | 03:28+ |
|                                    | 00:21#                     | 00:16+     | 00:05+ | 00:05- | 00:07+ | 00:03+ | 00:15- | 00:04- | 00:19# | 00:15- | 00:27# | 00:05+       | 00:17+ |
| <b>5</b>                           | <b>Knut Skjæveland</b>     | <b>93</b>  |        |        |        |        |        |        |        |        |        | <b>31:44</b> |        |
|                                    | 01:26-                     | 04:14-     | 07:39- | 09:10- | 10:36- | 16:29+ | 19:04+ | 21:22+ | 23:53+ | 25:17+ | 27:45+ | 28:46+       | 31:44+ |
|                                    | 01:26-                     | 02:48-     | 03:25+ | 01:31- | 01:26- | 05:53+ | 02:35- | 02:18- | 02:31- | 01:24- | 02:28+ | 01:01-       | 02:58- |
|                                    | 00:14-                     | 00:07-     | 00:10+ | 00:08- | 00:07- | 03:55@ | 00:55- | 00:04- | 00:05- | 00:02- | 00:04+ | 00:09-       | 00:13- |
| <b>6</b>                           | <b>Geir Husdal</b>         | <b>93</b>  |        |        |        |        |        |        |        |        |        | <b>31:47</b> |        |
|                                    | 02:25+                     | 05:12+     | 08:09+ | 09:44+ | 11:30+ | 13:17+ | 18:30+ | 20:41+ | 23:24+ | 24:36+ | 27:04+ | 28:08+       | 31:47+ |
|                                    | 02:25+                     | 02:47-     | 02:57- | 01:35- | 01:46+ | 01:47- | 05:13+ | 02:11- | 02:43+ | 01:12- | 02:28+ | 01:04-       | 03:39+ |
|                                    | 00:45&                     | 00:08-     | 00:18- | 00:04- | 00:13# | 00:11- | 01:43& | 00:11- | 00:07+ | 00:14- | 00:04+ | 00:06-       | 00:28# |
| <b>7</b>                           | <b>Odd Garpestad</b>       | <b>29</b>  |        |        |        |        |        |        |        |        |        | <b>32:19</b> |        |
|                                    | 03:53+                     | 06:51+     | 09:41+ | 11:08+ | 12:25+ | 15:10+ | 17:52+ | 19:51+ | 23:07+ | 25:03+ | 27:21+ | 29:12+       | 32:19+ |
|                                    | 03:53+                     | 02:58+     | 02:50- | 01:27- | 01:17- | 02:45+ | 02:42- | 01:59- | 03:16+ | 01:56+ | 02:18- | 01:51+       | 03:07- |
|                                    | 02:13@                     | 00:03+     | 00:25- | 00:12- | 00:16- | 00:47& | 00:48- | 00:23- | 00:40& | 00:30& | 00:06- | 00:41&       | 00:04- |
| <b>8</b>                           | <b>Hermann Skogsholm</b>   | <b>53</b>  |        |        |        |        |        |        |        |        |        | <b>32:40</b> |        |
|                                    | 02:11+                     | 06:08+     | 09:21+ | 11:15+ | 12:50+ | 15:13+ | 18:49+ | 21:08+ | 23:57+ | 25:13+ | 28:07+ | 29:12+       | 32:40+ |
|                                    | 02:11+                     | 03:57+     | 03:13- | 01:54+ | 01:35+ | 02:23+ | 03:36+ | 02:19- | 02:49+ | 01:16- | 02:54+ | 01:05-       | 03:28+ |
|                                    | 00:31&                     | 01:02&     | 00:02- | 00:15# | 00:02+ | 00:25# | 00:06+ | 00:03- | 00:13+ | 00:10- | 00:30# | 00:05-       | 00:17+ |
| <b>9</b>                           | <b>Steinar Undheim</b>     | <b>54</b>  |        |        |        |        |        |        |        |        |        | <b>32:47</b> |        |
|                                    | 02:12+                     | 05:42+     | 08:52+ | 10:18+ | 11:57+ | 17:46+ | 20:09+ | 22:32+ | 25:11+ | 26:27+ | 28:49+ | 29:55+       | 32:47+ |
|                                    | 02:12+                     | 03:30+     | 03:10- | 01:26- | 01:39+ | 05:49+ | 02:23- | 02:23+ | 02:39+ | 01:16- | 02:22- | 01:06-       | 02:52- |
|                                    | 00:32&                     | 00:35#     | 00:05- | 00:13- | 00:06+ | 03:51@ | 01:07- | 00:01+ | 00:03+ | 00:10- | 00:02- | 00:04-       | 00:19- |
| <b>10</b>                          | <b>Ingjald Egeland</b>     | <b>7</b>   |        |        |        |        |        |        |        |        |        | <b>35:00</b> |        |
|                                    | 01:37-                     | 05:39+     | 09:35+ | 11:07+ | 12:42+ | 14:32+ | 17:25+ | 19:36+ | 22:57+ | 28:42+ | 31:02+ | 32:10+       | 35:00+ |
|                                    | 01:37-                     | 04:02+     | 03:56+ | 01:32- | 01:35+ | 01:50- | 02:53- | 02:11- | 03:21+ | 05:45+ | 02:20- | 01:08-       | 02:50- |
|                                    | 00:03-                     | 01:07&     | 00:41# | 00:07- | 00:02+ | 00:08- | 00:37- | 00:11- | 00:45& | 04:19@ | 00:04- | 00:02-       | 00:21- |
| <b>11</b>                          | <b>Hans Klausen</b>        | <b>62</b>  |        |        |        |        |        |        |        |        |        | <b>38:29</b> |        |
|                                    | 02:02+                     | 04:57+     | 09:02+ | 10:43+ | 12:31+ | 14:30+ | 17:39+ | 20:24+ | 23:41+ | 29:44+ | 32:58+ | 34:18+       | 38:29+ |
|                                    | 02:02+                     | 02:55=     | 04:05+ | 01:41+ | 01:48+ | 01:59+ | 03:09- | 02:45+ | 03:17+ | 06:03+ | 03:14+ | 01:20+       | 04:11+ |
|                                    | 00:22#                     | 00:00=     | 00:50& | 00:02+ | 00:15# | 00:01+ | 00:21- | 00:23# | 00:41& | 04:37@ | 00:50& | 00:10#       | 01:00& |
| <b>12</b>                          | <b>Reidar Magne Liland</b> | <b>66</b>  |        |        |        |        |        |        |        |        |        | <b>39:50</b> |        |
|                                    | 02:06+                     | 08:08+     | 12:05+ | 14:04+ | 16:00+ | 19:00+ | 22:48+ | 26:01+ | 29:40+ | 31:34+ | 34:33+ | 35:49+       | 39:50+ |
|                                    | 02:06+                     | 06:02+     | 03:57+ | 01:59+ | 01:56+ | 03:00+ | 03:48+ | 03:13+ | 03:39+ | 01:54+ | 02:59+ | 01:16+       | 04:01+ |
|                                    | 00:26&                     | 03:07@     | 00:42# | 00:20# | 00:23# | 01:02& | 00:18+ | 00:51& | 01:03& | 00:28& | 00:35# | 00:06+       | 00:50& |
| <b>13</b>                          | <b>Tormod Aaslid</b>       | <b>54</b>  |        |        |        |        |        |        |        |        |        | <b>41:09</b> |        |
|                                    | 02:33+                     | 08:19+     | 13:08+ | 15:00+ | 17:41+ | 20:08+ | 24:49+ | 27:18+ | 30:36+ | 32:15+ | 35:46+ | 37:40+       | 41:09+ |
|                                    | 02:33+                     | 05:46+     | 04:49+ | 01:52+ | 02:41+ | 02:27+ | 04:41+ | 02:29+ | 03:18+ | 01:39+ | 03:31+ | 01:54+       | 03:29+ |
|                                    | 00:53&                     | 02:51&     | 01:34& | 00:13# | 01:08& | 00:29# | 01:11& | 00:07+ | 00:42& | 00:13# | 01:07& | 00:44&       | 00:18+ |
| <b>14</b>                          | <b>Arne Brandsberg</b>     | <b>29</b>  |        |        |        |        |        |        |        |        |        | <b>47:04</b> |        |
|                                    | 02:20+                     | 07:20+     | 12:50+ | 15:27+ | 17:51+ | 20:57+ | 25:23+ | 29:03+ | 33:59+ | 36:01+ | 40:17+ | 41:54+       | 47:04+ |
|                                    | 02:20+                     | 05:00+     | 05:30+ | 02:37+ | 02:24+ | 03:06+ | 04:26+ | 03:40+ | 04:56+ | 02:02+ | 04:16+ | 01:37+       | 05:10+ |
|                                    | 00:40&                     | 02:05&     | 02:15& | 00:58& | 00:51& | 01:08& | 00:56& | 01:18& | 02:20& | 00:36& | 01:52& | 00:27&       | 01:59& |
| <b>15</b>                          | <b>Kjell Langvik</b>       | <b>93</b>  |        |        |        |        |        |        |        |        |        | <b>49:32</b> |        |
|                                    | 03:56+                     | 08:24+     | 13:33+ | 16:15+ | 18:47+ | 22:25+ | 27:25+ | 30:43+ | 34:45+ | 37:13+ | 42:22+ | 43:59+       | 49:32+ |
|                                    | 03:56+                     | 04:28+     | 05:09+ | 02:42+ | 02:32+ | 03:38+ | 05:00+ | 03:18+ | 04:02+ | 02:28+ | 05:09+ | 01:37+       | 05:33+ |
|                                    | 02:16@                     | 01:33&     | 01:54& | 01:03& | 00:59& | 01:40& | 01:30& | 00:56& | 01:26& | 01:02& | 02:45@ | 00:27&       | 02:22& |
| <b>Beste strekktid for klassen</b> |                            |            |        |        |        |        |        |        |        |        |        |              |        |
|                                    | 01:26                      | 02:47      | 02:50  | 01:26  | 01:17  | 01:47  | 02:23  | 01:59  | 02:31  | 01:01  | 02:18  | 01:00        | 02:50  |

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

## Herrer 80 år og eldre

| Class    | Navn                  | Klasse    |        |        |        |        |        |        |        |        |        |        |        |        |  | Tid            |
|----------|-----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|----------------|
| <b>1</b> | <b>Sigurd Krosli</b>  | <b>93</b> |        |        |        |        |        |        |        |        |        |        |        |        |  | <b>35:38</b>   |
|          | 01:01=                | 02:40=    | 06:08= | 08:10= | 10:28= | 13:08= | 17:23= | 26:11= | 27:17= | 28:51= | 30:56= | 31:29= | 33:57= | 35:38= |  |                |
|          | 01:01=                | 01:39=    | 03:28= | 02:02= | 02:18= | 02:40= | 04:15= | 08:48= | 01:06= | 01:34= | 02:05= | 00:33= | 02:28= | 01:41= |  |                |
|          | 00:00=                | 00:00=    | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |  |                |
| <b>2</b> | <b>Alf Gyland</b>     | <b>92</b> |        |        |        |        |        |        |        |        |        |        |        |        |  | <b>35:47</b>   |
|          | 01:02+                | 02:35-    | 06:25+ | 08:00- | 09:29- | 12:23- | 16:51- | 24:58- | 25:55- | 28:08- | 31:12+ | 31:49+ | 34:10+ | 35:47+ |  |                |
|          | 01:02+                | 01:33-    | 03:50+ | 01:35- | 01:29- | 02:54+ | 04:28+ | 08:07- | 00:57- | 02:13+ | 03:04+ | 00:37+ | 02:21- | 01:37- |  |                |
|          | 00:01+                | 00:06-    | 00:22# | 00:27- | 00:49- | 00:14+ | 00:13+ | 00:41- | 00:09- | 00:39& | 00:59& | 00:04# | 00:07- | 00:04- |  |                |
| <b>3</b> | <b>Jan Bekkeheien</b> | <b>92</b> |        |        |        |        |        |        |        |        |        |        |        |        |  | <b>38:18</b>   |
|          | 01:19+                | 03:12+    | 07:11+ | 09:06+ | 10:53+ | 14:04+ | 20:12+ | 27:01+ | 28:06+ | 30:38+ | 33:16+ | 33:50+ | 36:32+ | 38:18+ |  |                |
|          | 01:19+                | 01:53+    | 03:59+ | 01:55- | 01:47- | 03:11+ | 06:08+ | 06:49- | 01:05- | 02:32+ | 02:38+ | 00:34+ | 02:42+ | 01:46+ |  |                |
|          | 00:18&                | 00:14#    | 00:31# | 00:07- | 00:31- | 00:31# | 01:53& | 01:59- | 00:01- | 00:58& | 00:33& | 00:01+ | 00:14+ | 00:05+ |  |                |
| <b>4</b> | <b>Kjell Maudal</b>   | <b>63</b> |        |        |        |        |        |        |        |        |        |        |        |        |  | <b>1:02:41</b> |
|          | 01:31+                | 04:07+    | 24:32+ | 26:48+ | 29:46+ | 33:42+ | 39:56+ | 47:40+ | 49:09+ | 53:00+ | 55:53+ | 57:01+ | 60:41+ | 62:41+ |  |                |
|          | 01:31+                | 02:36+    | 20:25+ | 02:16+ | 02:58+ | 03:56+ | 06:14+ | 07:44- | 01:29+ | 03:51+ | 02:53+ | 01:08+ | 03:40+ | 02:00+ |  |                |
|          | 00:30&                | 00:57&    | 16:57@ | 00:14# | 00:40& | 01:16& | 01:59& | 01:04- | 00:23& | 02:17@ | 00:48& | 00:35@ | 01:12& | 00:19# |  |                |

### Beste strekktid for klassen

01:01 01:33 03:28 01:35 01:29 02:40 04:15 06:49 00:57 01:34 02:05 00:33 02:21 01:37

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

## Herrer A

|          |                            |            |        |        |        |        |        |        |        |        |        |        |        |        |        |              |        |        |        |        |        |
|----------|----------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Kristian Haarr</b>      | <b>27</b>  |        |        |        |        |        |        |        |        |        |        |        |        |        | <b>28:15</b> |        |        |        |        |        |
|          | 04:18=                     | 05:17=     | 07:03= | 08:57= | 10:17= | 11:35= | 13:42= | 14:48= | 15:43= | 16:35= | 17:48= | 20:11= | 21:19= | 21:59= | 23:20= | 24:52=       | 25:26= | 26:05= | 26:40= | 27:28= | 28:15= |
|          | 04:18=                     | 00:59=     | 01:46= | 01:54= | 01:20= | 01:18= | 02:07= | 01:06= | 00:55= | 00:52= | 01:13= | 02:23= | 01:08= | 00:40= | 01:21= | 01:32=       | 00:34= | 00:39= | 00:35= | 00:48= | 00:47= |
|          | 00:00=                     | 00:00=     | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| <b>2</b> | <b>Fredrik Omdal</b>       | <b>375</b> |        |        |        |        |        |        |        |        |        |        |        |        |        | <b>28:19</b> |        |        |        |        |        |
|          | 05:33+                     | 06:36+     | 08:30+ | 10:15+ | 11:34+ | 12:52+ | 14:44+ | 15:38+ | 16:34+ | 17:20+ | 18:35+ | 20:36+ | 21:40+ | 22:16+ | 23:32+ | 25:00+       | 25:32+ | 26:06+ | 26:48+ | 27:34+ | 28:19+ |
|          | 05:33+                     | 01:03+     | 01:54+ | 01:45- | 01:19- | 01:18= | 01:52- | 00:54- | 00:56+ | 00:46- | 01:15+ | 02:01- | 01:04- | 00:36- | 01:16- | 01:28-       | 00:32- | 00:34- | 00:42+ | 00:46- | 00:45- |
|          | 01:15&                     | 00:04+     | 00:08+ | 00:09- | 00:01- | 00:00= | 00:15- | 00:12- | 00:01+ | 00:06- | 00:02+ | 00:22- | 00:04- | 00:04- | 00:05- | 00:04-       | 00:02- | 00:05- | 00:07# | 00:02- | 00:02- |
| <b>3</b> | <b>Thomas Olsen Schive</b> | <b>126</b> |        |        |        |        |        |        |        |        |        |        |        |        |        | <b>31:38</b> |        |        |        |        |        |
|          | 03:23-                     | 05:26+     | 07:22+ | 09:16+ | 10:43+ | 12:09+ | 14:42+ | 15:41+ | 16:48+ | 18:21+ | 19:48+ | 22:16+ | 23:31+ | 24:18+ | 25:53+ | 27:41+       | 28:20+ | 29:03+ | 29:42+ | 30:44+ | 31:38+ |
|          | 03:23-                     | 02:03+     | 01:56+ | 01:54= | 01:27+ | 01:26+ | 02:33+ | 00:59- | 01:07+ | 01:33+ | 01:27+ | 02:28+ | 01:15+ | 00:47+ | 01:35+ | 01:48+       | 00:39+ | 00:43+ | 00:39+ | 01:02+ | 00:54+ |
|          | 00:55-                     | 01:04@     | 00:10+ | 00:00= | 00:07+ | 00:08# | 00:26# | 00:07- | 00:12# | 00:41& | 00:14# | 00:05+ | 00:07# | 00:07# | 00:14# | 00:16#       | 00:05# | 00:04# | 00:04# | 00:14& | 00:07# |
| <b>4</b> | <b>Erik Lima</b>           | <b>43</b>  |        |        |        |        |        |        |        |        |        |        |        |        |        | <b>32:25</b> |        |        |        |        |        |
|          | 05:19+                     | 06:28+     | 08:32+ | 10:32+ | 12:10+ | 13:34+ | 15:54+ | 17:05+ | 18:13+ | 19:14+ | 20:38+ | 23:16+ | 24:32+ | 25:18+ | 26:51+ | 28:37+       | 29:14+ | 29:52+ | 30:32+ | 31:33+ | 32:25+ |
|          | 05:19+                     | 01:09+     | 02:04+ | 02:00+ | 01:38+ | 01:24+ | 02:20+ | 01:11+ | 01:08+ | 01:01+ | 01:24+ | 02:38+ | 01:16+ | 00:46+ | 01:33+ | 01:46+       | 00:37+ | 00:38- | 00:40+ | 01:01+ | 00:52+ |
|          | 01:01#                     | 00:10#     | 00:18# | 00:06+ | 00:18# | 00:06+ | 00:13# | 00:05+ | 00:13# | 00:09# | 00:11# | 00:15# | 00:08# | 00:06# | 00:12# | 00:14#       | 00:03+ | 00:01- | 00:05# | 00:13& | 00:05# |
| <b>5</b> | <b>Marius Stene</b>        | <b>27</b>  |        |        |        |        |        |        |        |        |        |        |        |        |        | <b>33:25</b> |        |        |        |        |        |
|          | 04:52+                     | 06:32+     | 09:16+ | 11:23+ | 12:49+ | 14:19+ | 16:23+ | 17:25+ | 18:36+ | 19:38+ | 21:03+ | 23:39+ | 25:18+ | 26:10+ | 27:56+ | 29:41+       | 30:18+ | 31:04+ | 31:43+ | 32:36+ | 33:25+ |
|          | 04:52+                     | 01:40+     | 02:44+ | 02:07+ | 01:26+ | 01:30+ | 02:04- | 01:02- | 01:11+ | 01:02+ | 01:25+ | 02:36+ | 01:39+ | 00:52+ | 01:46+ | 01:45+       | 00:37+ | 00:46+ | 00:39+ | 00:53+ | 00:49+ |
|          | 00:34#                     | 00:41&     | 00:58& | 00:13# | 00:06+ | 00:12# | 00:03- | 00:04- | 00:16& | 00:10# | 00:12# | 00:13+ | 00:31& | 00:12& | 00:25& | 00:13#       | 00:03+ | 00:07# | 00:04# | 00:05# | 00:02+ |
| <b>6</b> | <b>Martin Blystad</b>      | <b>115</b> |        |        |        |        |        |        |        |        |        |        |        |        |        | <b>34:24</b> |        |        |        |        |        |
|          | 05:08+                     | 07:03+     | 09:04+ | 11:26+ | 12:52+ | 14:24+ | 16:40+ | 17:46+ | 18:50+ | 19:55+ | 21:20+ | 24:18+ | 25:37+ | 26:20+ | 27:57+ | 29:44+       | 30:23+ | 31:06+ | 31:54+ | 32:49+ | 34:24+ |
|          | 05:08+                     | 01:55+     | 02:01+ | 02:22+ | 01:26+ | 01:32+ | 02:16+ | 01:06= | 01:04+ | 01:05+ | 01:25+ | 02:58+ | 01:19+ | 00:43+ | 01:37+ | 01:47+       | 00:39+ | 00:43+ | 00:48+ | 00:55+ | 01:35+ |
|          | 00:50#                     | 00:56&     | 00:15# | 00:28# | 00:06+ | 00:14# | 00:09+ | 00:00= | 00:09# | 00:13# | 00:12# | 00:35# | 00:11# | 00:03+ | 00:16# | 00:15#       | 00:05# | 00:04# | 00:13& | 00:07# | 00:48@ |

### Beste strekktid for klassen

03:23 00:59 01:46 01:45 01:19 01:18 01:52 00:54 00:55 00:46 01:13 02:01 01:04 00:36 01:16 01:28 00:32 00:34 00:35 00:46 00:45

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

## Herrer B

|          |                         |           |        |        |        |        |        |        |        |        |        |        |        |        |        |              |        |        |        |        |        |
|----------|-------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Joar Eilevstjønn</b> | <b>67</b> |        |        |        |        |        |        |        |        |        |        |        |        |        | <b>27:10</b> |        |        |        |        |        |
|          | 00:48=                  | 02:16=    | 04:19= | 06:12= | 07:39= | 09:06= | 11:20= | 12:19= | 13:21= | 14:20= | 15:41= | 17:58= | 19:47= | 20:26= | 21:50= | 23:27=       | 24:02= | 24:43= | 25:25= | 26:14= | 27:10= |
|          | 00:48=                  | 01:28=    | 02:03= | 01:53= | 01:27= | 01:27= | 02:14= | 00:59= | 01:02= | 00:59= | 01:21= | 02:17= | 01:49= | 00:39= | 01:24= | 01:37=       | 00:35= | 00:41= | 00:42= | 00:49= | 00:56= |
|          | 00:00=                  | 00:00=    | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=       | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |

| Class                              | Navn                            | Klasse     | Tid          |
|------------------------------------|---------------------------------|------------|--------------|
| <b>2</b>                           | <b>Stein Arne Olsen</b>         | <b>68</b>  | <b>27:54</b> |
| 00:43-                             | 02:12-                          | 04:19=     | 06:34+       |
| 00:43-                             | 01:29+                          | 02:07+     | 02:15+       |
| 00:05-                             | 00:01+                          | 00:04+     | 00:22#       |
| <b>3</b>                           | <b>Aart Joakim in't Veld</b>    | <b>93</b>  | <b>28:11</b> |
| 00:33-                             | 01:34-                          | 03:54-     | 06:01-       |
| 00:33-                             | 01:01-                          | 02:20+     | 02:07+       |
| 00:15-                             | 00:27-                          | 00:17#     | 00:14#       |
| <b>4</b>                           | <b>Oddgeir Eikeskog</b>         | <b>93</b>  | <b>28:13</b> |
| 00:51+                             | 01:54-                          | 03:51-     | 06:01-       |
| 00:51+                             | 01:03-                          | 01:57-     | 02:10+       |
| 00:03+                             | 00:25-                          | 00:06-     | 00:17#       |
| <b>5</b>                           | <b>Per Olav Haarr</b>           | <b>62</b>  | <b>28:56</b> |
| 00:35-                             | 02:11-                          | 04:42+     | 06:50+       |
| 00:35-                             | 01:36+                          | 02:31+     | 02:08+       |
| 00:13-                             | 00:08+                          | 00:28#     | 00:15#       |
| <b>6</b>                           | <b>Geir Sand</b>                | <b>105</b> | <b>29:20</b> |
| 02:47+                             | 03:59+                          | 06:35+     | 08:40+       |
| 02:47+                             | 01:12-                          | 02:36+     | 02:05+       |
| 01:59@                             | 00:16-                          | 00:33&     | 00:12#       |
| <b>7</b>                           | <b>Morten S. Ronæss</b>         | <b>27</b>  | <b>29:43</b> |
| 00:57+                             | 02:13-                          | 04:32+     | 06:41+       |
| 00:57+                             | 01:16-                          | 02:19+     | 02:09+       |
| 00:09#                             | 00:12-                          | 00:16#     | 00:16#       |
| <b>8</b>                           | <b>Øyvind Rummelhoff</b>        | <b>27</b>  | <b>31:16</b> |
| 02:35+                             | 03:46+                          | 06:19+     | 08:17+       |
| 02:35+                             | 01:11-                          | 02:33+     | 01:58+       |
| 01:47@                             | 00:17-                          | 00:30#     | 00:05+       |
| <b>9</b>                           | <b>Trond Sigurd Fotland</b>     | <b>66</b>  | <b>32:20</b> |
| 02:04+                             | 03:16+                          | 05:28+     | 08:08+       |
| 02:04+                             | 01:12-                          | 02:12+     | 02:40+       |
| 01:16@                             | 00:16-                          | 00:09+     | 00:47&       |
| <b>10</b>                          | <b>Jørgen Breivold</b>          | <b>54</b>  | <b>32:25</b> |
| 02:31+                             | 04:06+                          | 06:16+     | 08:46+       |
| 02:31+                             | 01:35+                          | 02:10+     | 02:30+       |
| 01:43@                             | 00:07+                          | 00:07+     | 00:37&       |
| <b>11</b>                          | <b>Leif Kjetil Hinna Gausel</b> | <b>116</b> | <b>35:11</b> |
| 03:10+                             | 04:22+                          | 06:52+     | 09:30+       |
| 03:10+                             | 01:12-                          | 02:30+     | 02:38+       |
| 02:22@                             | 00:16-                          | 00:27#     | 00:45&       |
| <b>12</b>                          | <b>Espen Fyhn Nilsen</b>        | <b>116</b> | <b>38:07</b> |
| 00:55+                             | 02:29+                          | 05:25+     | 08:09+       |
| 00:55+                             | 01:34+                          | 02:56+     | 02:44+       |
| 00:07#                             | 00:06+                          | 00:53&     | 00:51&       |
| <b>Beste strekktid for klassen</b> | 00:33                           | 01:01      | 01:57        |
|                                    | 01:53                           | 01:24      | 01:24        |
|                                    | 02:04                           | 00:59      | 00:57        |
|                                    | 00:52                           | 01:15      | 02:13        |
|                                    | 01:14                           | 00:39      | 01:24        |
|                                    | 01:36                           | 00:35      | 00:36        |
|                                    | 00:39                           | 00:49      | 00:47        |

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

## Herrer C

|          |                           |            |              |
|----------|---------------------------|------------|--------------|
| <b>1</b> | <b>Bjørnar André Haug</b> | <b>80</b>  | <b>26:06</b> |
| 02:20=   | 03:24=                    | 04:48=     | 06:58=       |
| 02:20=   | 01:04=                    | 01:24=     | 02:10=       |
| 00:00=   | 00:00=                    | 00:00=     | 00:00=       |
| <b>2</b> | <b>Kjetil Wirak</b>       | <b>114</b> | <b>26:19</b> |
| 01:55-   | 02:58-                    | 04:52+     | 07:06+       |
| 01:55-   | 01:03-                    | 01:54+     | 02:14+       |
| 00:25-   | 00:01-                    | 00:30&     | 00:04+       |



| Class     | Navn              | Klasse     |        |        |        |        |        |        |        |        |        | Tid          |        |        |        |        |
|-----------|-------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--------|--------|
| <b>18</b> | <b>Ove Oaland</b> | <b>116</b> |        |        |        |        |        |        |        |        |        | <b>39:21</b> |        |        |        |        |
| 04:44+    | 06:20+            | 08:20+     | 11:13+ | 13:07+ | 16:46+ | 18:30+ | 19:59+ | 22:19+ | 26:22+ | 27:54+ | 30:08+ | 33:23+       | 34:54+ | 36:14+ | 36:40+ | 39:21+ |
| 04:44+    | 01:36+            | 02:00+     | 02:53+ | 01:54+ | 03:39+ | 01:44+ | 01:29+ | 02:20+ | 04:03+ | 01:32+ | 02:14+ | 03:15+       | 01:31+ | 01:20+ | 00:26+ | 02:41+ |
| 02:24@    | 00:32&            | 00:36&     | 00:43& | 00:39& | 01:02& | 00:51& | 00:25& | 00:48& | 01:20& | 00:26& | 00:26# | 01:14&       | 00:32& | 00:21& | 00:10& | 00:46& |

### Beste strekktid for klassen

01:55 01:03 01:20 02:10 01:14 02:19 00:53 01:01 01:09 01:54 00:56 01:23 01:52 00:54 00:49 00:16 01:54

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

## Herrer Ny

|          |                         |            |        |        |        |        |        |        |        |        |        |              |  |  |  |  |
|----------|-------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--|--|--|--|
| <b>1</b> | <b>Kjell-Ole Topnes</b> | <b>116</b> |        |        |        |        |        |        |        |        |        | <b>29:37</b> |  |  |  |  |
| 05:10=   | 06:35=                  | 08:24=     | 11:53= | 15:42= | 17:55= | 19:50= | 23:03= | 24:27= | 27:05= | 28:39= | 29:37= |              |  |  |  |  |
| 05:10=   | 01:25=                  | 01:49=     | 03:29= | 03:49= | 02:13= | 01:55= | 03:13= | 01:24= | 02:38= | 01:34= | 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= |              |  |  |  |  |

|          |                               |           |        |        |        |        |        |        |        |        |        |              |  |  |  |  |
|----------|-------------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--|--|--|--|
| <b>2</b> | <b>Sharath Chandar Joghee</b> | <b>91</b> |        |        |        |        |        |        |        |        |        | <b>38:30</b> |  |  |  |  |
| 05:40+   | 07:36+                        | 10:01+    | 13:34+ | 18:32+ | 20:47+ | 23:15+ | 27:10+ | 28:37+ | 34:52+ | 36:48+ | 38:30+ |              |  |  |  |  |
| 05:40+   | 01:56+                        | 02:25+    | 03:33+ | 04:58+ | 02:15+ | 02:28+ | 03:55+ | 01:27+ | 06:15+ | 01:56+ | 01:42+ |              |  |  |  |  |
| 00:30+   | 00:31&                        | 00:36&    | 00:04+ | 01:09& | 00:02+ | 00:33& | 00:42# | 00:03+ | 03:37@ | 00:22# | 00:44& |              |  |  |  |  |

### Beste strekktid for klassen

05:10 01:25 01:49 03:29 03:49 02:13 01:55 03:13 01:24 02:38 01:34 00:58

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

## Herrer Trim

|          |                    |            |        |        |        |        |        |        |        |        |        |              |        |  |  |  |
|----------|--------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--|--|--|
| <b>1</b> | <b>Vegard Våge</b> | <b>128</b> |        |        |        |        |        |        |        |        |        | <b>20:51</b> |        |  |  |  |
| 01:14=   | 02:05=             | 04:05=     | 05:57= | 06:47= | 08:11= | 11:34= | 14:15= | 15:01= | 16:02= | 17:30= | 18:04= | 19:53=       | 20:51= |  |  |  |
| 01:14=   | 00:51=             | 02:00=     | 01:52= | 00:50= | 01:24= | 03:23= | 02:41= | 00:46= | 01:01= | 01:28= | 00:34= | 01:49=       | 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= |  |  |  |

|          |                        |            |        |        |        |        |        |        |        |        |        |              |        |  |  |  |
|----------|------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--|--|--|
| <b>2</b> | <b>Aslak Ihle Vike</b> | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>21:12</b> |        |  |  |  |
| 00:46-   | 01:49-                 | 04:29+     | 05:28- | 06:21- | 08:14+ | 11:01- | 13:45- | 14:25- | 16:02= | 17:35+ | 17:56- | 20:18+       | 21:12+ |  |  |  |
| 00:46-   | 01:03+                 | 02:40+     | 00:59- | 00:53+ | 01:53+ | 02:47- | 02:44+ | 00:40- | 01:37+ | 01:33+ | 00:21- | 02:22+       | 00:54- |  |  |  |
| 00:28-   | 00:12#                 | 00:40&     | 00:53- | 00:03+ | 00:29& | 00:36- | 00:03+ | 00:06- | 00:36& | 00:05+ | 00:13- | 00:33&       | 00:04- |  |  |  |

|          |                             |           |        |        |        |        |        |        |        |        |        |              |        |  |  |  |
|----------|-----------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--|--|--|
| <b>3</b> | <b>Stig Erlend Ollestad</b> | <b>51</b> |        |        |        |        |        |        |        |        |        | <b>22:06</b> |        |  |  |  |
| 00:33-   | 01:30-                      | 03:34-    | 05:01- | 05:56- | 08:16+ | 11:02- | 15:08+ | 15:52+ | 17:03+ | 19:03+ | 19:27+ | 21:06+       | 22:06+ |  |  |  |
| 00:33-   | 00:57+                      | 02:04+    | 01:27- | 00:55+ | 02:20+ | 02:46- | 04:06+ | 00:44- | 01:11+ | 02:00+ | 00:24- | 01:39-       | 01:00+ |  |  |  |
| 00:41-   | 00:06#                      | 00:04+    | 00:25- | 00:05# | 00:56& | 00:37- | 01:25& | 00:02- | 00:10# | 00:32& | 00:10- | 00:10-       | 00:02+ |  |  |  |

|          |                          |            |        |        |        |        |        |        |        |        |        |              |        |  |  |  |
|----------|--------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--|--|--|
| <b>4</b> | <b>Torkel Schibeveag</b> | <b>114</b> |        |        |        |        |        |        |        |        |        | <b>22:36</b> |        |  |  |  |
| 00:51-   | 01:45-                   | 03:55-     | 05:09- | 06:11- | 08:02- | 11:15- | 15:29+ | 16:15+ | 17:37+ | 19:16+ | 20:03+ | 21:42+       | 22:36+ |  |  |  |
| 00:51-   | 00:54+                   | 02:10+     | 01:14- | 01:02+ | 01:51+ | 03:13- | 04:14+ | 00:46= | 01:22+ | 01:39+ | 00:47+ | 01:39-       | 00:54- |  |  |  |
| 00:23-   | 00:03+                   | 00:10+     | 00:38- | 00:12# | 00:27& | 00:10- | 01:33& | 00:00= | 00:21& | 00:11# | 00:13& | 00:10-       | 00:04- |  |  |  |

|          |                      |           |        |        |        |        |        |        |        |        |        |              |        |  |  |  |
|----------|----------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--|--|--|
| <b>5</b> | <b>Eivind Brimsø</b> | <b>76</b> |        |        |        |        |        |        |        |        |        | <b>23:39</b> |        |  |  |  |
| 01:48+   | 03:03+               | 05:39+    | 06:41+ | 07:38+ | 09:41+ | 12:43+ | 16:20+ | 17:04+ | 18:30+ | 20:11+ | 20:38+ | 22:39+       | 23:39+ |  |  |  |
| 01:48+   | 01:15+               | 02:36+    | 01:02- | 00:57+ | 02:03+ | 03:02- | 03:37+ | 00:44- | 01:26+ | 01:41+ | 00:27- | 02:01+       | 01:00+ |  |  |  |
| 00:34&   | 00:24&               | 00:36&    | 00:50- | 00:07# | 00:39& | 00:21- | 00:56& | 00:02- | 00:25& | 00:13# | 00:07- | 00:12#       | 00:02+ |  |  |  |

|          |                          |            |        |        |        |        |        |        |        |        |        |              |        |  |  |  |
|----------|--------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--|--|--|
| <b>6</b> | <b>Inge Arild Leknes</b> | <b>376</b> |        |        |        |        |        |        |        |        |        | <b>23:43</b> |        |  |  |  |
| 00:53-   | 02:47+                   | 05:07+     | 06:18+ | 07:20+ | 09:16+ | 12:07+ | 15:23+ | 16:18+ | 18:32+ | 20:07+ | 20:44+ | 22:31+       | 23:43+ |  |  |  |
| 00:53-   | 01:54+                   | 02:20+     | 01:11- | 01:02+ | 01:56+ | 02:51- | 03:16+ | 00:55+ | 02:14+ | 01:35+ | 00:37+ | 01:47-       | 01:12+ |  |  |  |
| 00:21-   | 01:03@                   | 00:20#     | 00:41- | 00:12# | 00:32& | 00:32- | 00:35# | 00:09# | 01:13@ | 00:07+ | 00:03+ | 00:02-       | 00:14# |  |  |  |

|          |                    |           |        |        |        |        |        |        |        |        |        |              |        |  |  |  |
|----------|--------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--|--|--|
| <b>7</b> | <b>Erlend Syse</b> | <b>76</b> |        |        |        |        |        |        |        |        |        | <b>25:33</b> |        |  |  |  |
| 01:01-   | 02:16+             | 04:58+    | 06:02+ | 07:07+ | 09:22+ | 12:07+ | 17:02+ | 17:54+ | 19:26+ | 21:47+ | 22:26+ | 24:23+       | 25:33+ |  |  |  |
| 01:01-   | 01:15+             | 02:42+    | 01:04- | 01:05+ | 02:15+ | 02:45- | 04:55+ | 00:52+ | 01:32+ | 02:21+ | 00:39+ | 01:57+       | 01:10+ |  |  |  |
| 00:13-   | 00:24&             | 00:42&    | 00:48- | 00:15& | 00:51& | 00:38- | 02:14& | 00:06# | 00:31& | 00:53& | 00:05# | 00:08+       | 00:12# |  |  |  |

|          |                    |            |        |        |        |        |        |        |        |        |        |              |        |  |  |  |
|----------|--------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--|--|--|
| <b>8</b> | <b>Håvard Høie</b> | <b>378</b> |        |        |        |        |        |        |        |        |        | <b>25:57</b> |        |  |  |  |
| 01:56+   | 02:58+             | 05:26+     | 07:27+ | 08:43+ | 10:50+ | 13:38+ | 17:53+ | 18:36+ | 20:34+ | 22:05+ | 22:36+ | 24:57+       | 25:57+ |  |  |  |
| 01:56+   | 01:02+             | 02:28+     | 02:01+ | 01:16+ | 02:07+ | 02:48- | 04:15+ | 00:43- | 01:58+ | 01:31+ | 00:31- | 02:21+       | 01:00+ |  |  |  |
| 00:42&   | 00:11#             | 00:28#     | 00:09+ | 00:26& | 00:43& | 00:35- | 01:34& | 00:03- | 00:57& | 00:03+ | 00:03- | 00:32&       | 00:02+ |  |  |  |

| Class     | Navn                           | Klasse     |        |        |        |        |        |        |        |        |        | Tid          |        |
|-----------|--------------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|
| <b>9</b>  | <b>Jan Erik Syvertsen</b>      | <b>51</b>  |        |        |        |        |        |        |        |        |        | <b>25:59</b> |        |
| 00:55-    | 02:07+                         | 04:49+     | 06:21+ | 07:31+ | 09:35+ | 12:51+ | 18:05+ | 19:02+ | 20:31+ | 22:26+ | 23:04+ | 24:50+       | 25:59+ |
| 00:55-    | 01:12+                         | 02:42+     | 01:32- | 01:10+ | 02:04+ | 03:16- | 05:14+ | 00:57+ | 01:29+ | 01:55+ | 00:38+ | 01:46-       | 01:09+ |
| 00:19-    | 00:21&                         | 00:42&     | 00:20- | 00:20& | 00:40& | 00:07- | 02:33& | 00:11# | 00:28& | 00:27& | 00:04# | 00:03-       | 00:11# |
| <b>10</b> | <b>Lars Salvesen</b>           | <b>50</b>  |        |        |        |        |        |        |        |        |        | <b>26:41</b> |        |
| 01:43+    | 02:59+                         | 05:55+     | 07:08+ | 08:21+ | 10:32+ | 13:50+ | 18:55+ | 19:45+ | 21:07+ | 22:57+ | 23:28+ | 25:22+       | 26:41+ |
| 01:43+    | 01:16+                         | 02:56+     | 01:13- | 01:13+ | 02:11+ | 03:18- | 05:05+ | 00:50+ | 01:22+ | 01:50+ | 00:31- | 01:54+       | 01:19+ |
| 00:29&    | 00:25&                         | 00:56&     | 00:39- | 00:23& | 00:47& | 00:05- | 02:24& | 00:04+ | 00:21& | 00:22# | 00:03- | 00:05+       | 00:21& |
| <b>11</b> | <b>Eirik Løvåsen</b>           | <b>98</b>  |        |        |        |        |        |        |        |        |        | <b>27:07</b> |        |
| 01:52+    | 03:10+                         | 05:29+     | 07:08+ | 09:30+ | 11:34+ | 14:39+ | 17:57+ | 18:47+ | 20:21+ | 21:54+ | 22:55+ | 25:44+       | 27:07+ |
| 01:52+    | 01:18+                         | 02:19+     | 01:39- | 02:22+ | 02:04+ | 03:05- | 03:18+ | 00:50+ | 01:34+ | 01:33+ | 01:01+ | 02:49+       | 01:23+ |
| 00:38&    | 00:27&                         | 00:19#     | 00:13- | 01:32@ | 00:40& | 00:18- | 00:37# | 00:04+ | 00:33& | 00:05+ | 00:27& | 01:00&       | 00:25& |
| <b>12</b> | <b>Svein Mæle</b>              | <b>43</b>  |        |        |        |        |        |        |        |        |        | <b>27:10</b> |        |
| 01:06-    | 02:28+                         | 05:07+     | 06:48+ | 08:01+ | 10:16+ | 13:49+ | 19:18+ | 20:09+ | 21:35+ | 23:22+ | 23:49+ | 25:58+       | 27:10+ |
| 01:06-    | 01:22+                         | 02:39+     | 01:41- | 01:13+ | 02:15+ | 03:33+ | 05:29+ | 00:51+ | 01:26+ | 01:47+ | 00:27- | 02:09+       | 01:12+ |
| 00:08-    | 00:31&                         | 00:39&     | 00:11- | 00:23& | 00:51& | 00:10+ | 02:48@ | 00:05# | 00:25& | 00:19# | 00:07- | 00:20#       | 00:14# |
| <b>13</b> | <b>Svein Sivertsen</b>         | <b>115</b> |        |        |        |        |        |        |        |        |        | <b>27:39</b> |        |
| 00:47-    | 03:01+                         | 06:07+     | 07:42+ | 09:03+ | 11:26+ | 14:43+ | 19:17+ | 20:12+ | 21:41+ | 23:39+ | 24:11+ | 26:29+       | 27:39+ |
| 00:47-    | 02:14+                         | 03:06+     | 01:35- | 01:21+ | 02:23+ | 03:17- | 04:34+ | 00:55+ | 01:29+ | 01:58+ | 00:32- | 02:18+       | 01:10+ |
| 00:27-    | 01:23@                         | 01:06&     | 00:17- | 00:31& | 00:59& | 00:06- | 01:53& | 00:09# | 00:28& | 00:30& | 00:02- | 00:29&       | 00:12# |
| <b>14</b> | <b>Per Marthon Mæland</b>      | <b>5</b>   |        |        |        |        |        |        |        |        |        | <b>27:58</b> |        |
| 01:38+    | 03:04+                         | 06:32+     | 08:14+ | 09:43+ | 11:52+ | 15:02+ | 19:33+ | 20:20+ | 21:58+ | 23:49+ | 24:22+ | 26:38+       | 27:58+ |
| 01:38+    | 01:26+                         | 03:28+     | 01:42- | 01:29+ | 02:09+ | 03:10- | 04:31+ | 00:47+ | 01:38+ | 01:51+ | 00:33- | 02:16+       | 01:20+ |
| 00:24&    | 00:35&                         | 01:28&     | 00:10- | 00:39& | 00:45& | 00:13- | 01:50& | 00:01+ | 00:37& | 00:23& | 00:01- | 00:27#       | 00:22& |
| <b>15</b> | <b>Sjur Berntsen</b>           | <b>29</b>  |        |        |        |        |        |        |        |        |        | <b>28:35</b> |        |
| 01:03-    | 02:23+                         | 05:41+     | 07:08+ | 08:31+ | 11:04+ | 14:42+ | 19:55+ | 20:47+ | 22:25+ | 24:32+ | 25:03+ | 27:23+       | 28:35+ |
| 01:03-    | 01:20+                         | 03:18+     | 01:27- | 01:23+ | 02:33+ | 03:38+ | 05:13+ | 00:52+ | 01:38+ | 02:07+ | 00:31- | 02:20+       | 01:12+ |
| 00:11-    | 00:29&                         | 01:18&     | 00:25- | 00:33& | 01:09& | 00:15+ | 02:32& | 00:06# | 00:37& | 00:39& | 00:03- | 00:31&       | 00:14# |
| <b>16</b> | <b>Roger Nyseth</b>            | <b>92</b>  |        |        |        |        |        |        |        |        |        | <b>28:38</b> |        |
| 00:58-    | 02:26+                         | 05:46+     | 07:14+ | 08:37+ | 11:23+ | 14:56+ | 19:35+ | 20:37+ | 22:10+ | 24:19+ | 24:54+ | 27:14+       | 28:38+ |
| 00:58-    | 01:28+                         | 03:20+     | 01:28- | 01:23+ | 02:46+ | 03:33+ | 04:39+ | 01:02+ | 01:33+ | 02:09+ | 00:35+ | 02:20+       | 01:24+ |
| 00:16-    | 00:37&                         | 01:20&     | 00:24- | 00:33& | 01:22& | 00:10+ | 01:58& | 00:16& | 00:32& | 00:41& | 00:01+ | 00:31&       | 00:26& |
| <b>17</b> | <b>Asgeir Kleppa</b>           | <b>47</b>  |        |        |        |        |        |        |        |        |        | <b>28:45</b> |        |
| 00:55-    | 02:30+                         | 05:12+     | 07:01+ | 08:25+ | 10:46+ | 14:23+ | 18:55+ | 20:06+ | 22:01+ | 24:01+ | 24:36+ | 27:19+       | 28:45+ |
| 00:55-    | 01:35+                         | 02:42+     | 01:49- | 01:24+ | 02:21+ | 03:37+ | 04:32+ | 01:11+ | 01:55+ | 02:00+ | 00:35+ | 02:43+       | 01:26+ |
| 00:19-    | 00:44&                         | 00:42&     | 00:03- | 00:34& | 00:57& | 00:14+ | 01:51& | 00:25& | 00:54& | 00:32& | 00:01+ | 00:54&       | 00:28& |
| <b>18</b> | <b>Trond Karlsen</b>           | <b>228</b> |        |        |        |        |        |        |        |        |        | <b>29:49</b> |        |
| 01:07-    | 02:32+                         | 04:54+     | 06:13+ | 07:43+ | 10:38+ | 14:27+ | 20:07+ | 20:56+ | 22:54+ | 25:17+ | 25:55+ | 28:24+       | 29:49+ |
| 01:07-    | 01:25+                         | 02:22+     | 01:19- | 01:30+ | 02:55+ | 03:49+ | 05:40+ | 00:49+ | 01:58+ | 02:23+ | 00:38+ | 02:29+       | 01:25+ |
| 00:07-    | 00:34&                         | 00:22#     | 00:33- | 00:40& | 01:31@ | 00:26# | 02:59@ | 00:03+ | 00:57& | 00:55& | 00:04# | 00:40&       | 00:27& |
| <b>19</b> | <b>Arnstein Skretting</b>      | <b>54</b>  |        |        |        |        |        |        |        |        |        | <b>30:00</b> |        |
| 00:38-    | 02:08+                         | 05:15+     | 07:01+ | 08:32+ | 11:19+ | 15:08+ | 20:38+ | 21:36+ | 23:11+ | 25:18+ | 25:53+ | 28:30+       | 30:00+ |
| 00:38-    | 01:30+                         | 03:07+     | 01:46- | 01:31+ | 02:47+ | 03:49+ | 05:30+ | 00:58+ | 01:35+ | 02:07+ | 00:35+ | 02:37+       | 01:30+ |
| 00:36-    | 00:39&                         | 01:07&     | 00:06- | 00:41& | 01:23& | 00:26# | 02:49@ | 00:12& | 00:34& | 00:39& | 00:01+ | 00:48&       | 00:32& |
| <b>20</b> | <b>Frank Gulbrandsen</b>       | <b>105</b> |        |        |        |        |        |        |        |        |        | <b>30:58</b> |        |
| 01:18+    | 03:05+                         | 06:44+     | 08:40+ | 10:49+ | 13:37+ | 17:14+ | 21:59+ | 22:53+ | 24:54+ | 26:58+ | 27:29+ | 29:37+       | 30:58+ |
| 01:18+    | 01:47+                         | 03:39+     | 01:56+ | 02:09+ | 02:48+ | 03:37+ | 04:45+ | 00:54+ | 02:01+ | 02:04+ | 00:31- | 02:08+       | 01:21+ |
| 00:04+    | 00:56@                         | 01:39&     | 00:04+ | 01:19@ | 01:24& | 00:14+ | 02:04& | 00:08# | 01:00& | 00:36& | 00:03- | 00:19#       | 00:23& |
| <b>21</b> | <b>Frode Følgesvold</b>        | <b>5</b>   |        |        |        |        |        |        |        |        |        | <b>31:24</b> |        |
| 00:48-    | 02:06+                         | 05:30+     | 07:05+ | 08:24+ | 10:58+ | 14:49+ | 20:22+ | 21:25+ | 24:47+ | 26:45+ | 27:19+ | 30:02+       | 31:24+ |
| 00:48-    | 01:18+                         | 03:24+     | 01:35- | 01:19+ | 02:34+ | 03:51+ | 05:33+ | 01:03+ | 03:22+ | 01:58+ | 00:34= | 02:43+       | 01:22+ |
| 00:26-    | 00:27&                         | 01:24&     | 00:17- | 00:29& | 01:10& | 00:28# | 02:52@ | 00:17& | 02:21@ | 00:30& | 00:00= | 00:54&       | 00:24& |
| <b>22</b> | <b>Jan Henrik Neuenkirchen</b> | <b>117</b> |        |        |        |        |        |        |        |        |        | <b>31:41</b> |        |
| 01:37+    | 02:53+                         | 06:27+     | 07:56+ | 09:29+ | 12:29+ | 17:10+ | 22:01+ | 22:54+ | 24:44+ | 27:12+ | 27:41+ | 30:19+       | 31:41+ |
| 01:37+    | 01:16+                         | 03:34+     | 01:29- | 01:33+ | 03:00+ | 04:41+ | 04:51+ | 00:53+ | 01:50+ | 02:28+ | 00:29- | 02:38+       | 01:22+ |
| 00:23&    | 00:25&                         | 01:34&     | 00:23- | 00:43& | 01:36@ | 01:18& | 02:10& | 00:07# | 00:49& | 01:00& | 00:05- | 00:49&       | 00:24& |
| <b>23</b> | <b>Tom Leveraas</b>            | <b>93</b>  |        |        |        |        |        |        |        |        |        | <b>31:59</b> |        |
| 01:26+    | 03:07+                         | 06:36+     | 09:24+ | 10:53+ | 13:03+ | 16:26+ | 21:21+ | 22:20+ | 25:11+ | 27:26+ | 28:10+ | 30:40+       | 31:59+ |
| 01:26+    | 01:41+                         | 03:29+     | 02:48+ | 01:29+ | 02:10+ | 03:23= | 04:55+ | 00:59+ | 02:51+ | 02:15+ | 00:44+ | 02:30+       | 01:19+ |
| 00:12#    | 00:50&                         | 01:29&     | 00:56& | 00:39& | 00:46& | 00:00= | 02:14& | 00:13& | 01:50@ | 00:47& | 00:10& | 00:41&       | 00:21& |

| Class     | Navn                      | Klasse     |        |        |        |        |        |        |        |        |        | Tid          |
|-----------|---------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|
| <b>24</b> | <b>Kjell Helge Husebø</b> | <b>43</b>  |        |        |        |        |        |        |        |        |        | <b>32:15</b> |
| 01:45+    | 03:21+                    | 07:04+     | 08:23+ | 09:45+ | 12:25+ | 16:15+ | 20:55+ | 25:21+ | 27:24+ | 28:10+ | 30:39+ | 32:15+       |
| 01:45+    | 01:36+                    | 03:43+     | 01:19- | 01:22+ | 02:40+ | 03:50+ | 04:40+ | 01:01+ | 03:25+ | 02:03+ | 00:46+ | 02:29+       |
| 00:31&    | 00:45&                    | 01:43&     | 00:33- | 00:32& | 01:16& | 00:27# | 01:59& | 00:15& | 02:24@ | 00:35& | 00:12& | 00:40&       |
| <b>25</b> | <b>Torgeir Færevåg</b>    | <b>125</b> |        |        |        |        |        |        |        |        |        | <b>32:46</b> |
| 01:04-    | 02:23+                    | 05:20+     | 08:20+ | 10:36+ | 13:15+ | 16:51+ | 22:09+ | 23:13+ | 25:36+ | 27:51+ | 28:48+ | 31:06+       |
| 01:04-    | 01:19+                    | 02:57+     | 03:00+ | 02:16+ | 02:39+ | 03:36+ | 05:18+ | 01:04+ | 02:23+ | 02:15+ | 00:57+ | 02:18+       |
| 00:10-    | 00:28&                    | 00:57&     | 01:08& | 01:26@ | 01:15& | 00:13+ | 02:37& | 00:18& | 01:22@ | 00:47& | 00:23& | 00:29&       |
| <b>27</b> | <b>Leif Jarle Skåra</b>   | <b>29</b>  |        |        |        |        |        |        |        |        |        | <b>33:32</b> |
| 01:49+    | 03:28+                    | 06:15+     | 07:41+ | 09:12+ | 11:56+ | 16:13+ | 22:04+ | 22:54+ | 24:46+ | 27:05+ | 27:42+ | 30:16+       |
| 01:49+    | 01:39+                    | 02:47+     | 01:26- | 01:31+ | 02:44+ | 04:17+ | 05:51+ | 00:50+ | 01:52+ | 02:19+ | 00:37+ | 02:34+       |
| 00:35&    | 00:48&                    | 00:47&     | 00:26- | 00:41& | 01:20& | 00:54& | 03:10@ | 00:04+ | 00:51& | 00:51& | 00:03+ | 00:45&       |
| <b>28</b> | <b>Ivar Aalbu</b>         | <b>29</b>  |        |        |        |        |        |        |        |        |        | <b>33:33</b> |
| 01:06-    | 02:50+                    | 06:08+     | 07:56+ | 09:21+ | 12:04+ | 16:35+ | 22:51+ | 23:53+ | 25:29+ | 28:54+ | 29:30+ | 32:02+       |
| 01:06-    | 01:44+                    | 03:18+     | 01:48- | 01:25+ | 02:43+ | 04:31+ | 06:16+ | 01:02+ | 01:36+ | 03:25+ | 00:36+ | 02:32+       |
| 00:08-    | 00:53@                    | 01:18&     | 00:04- | 00:35& | 01:19& | 01:08& | 03:35@ | 00:16& | 00:35& | 01:57@ | 00:02+ | 00:43&       |
| <b>29</b> | <b>Arne Hope</b>          | <b>43</b>  |        |        |        |        |        |        |        |        |        | <b>33:51</b> |
| 01:04-    | 02:35+                    | 05:59+     | 07:30+ | 09:37+ | 12:40+ | 17:17+ | 22:50+ | 24:11+ | 26:11+ | 28:40+ | 29:21+ | 32:12+       |
| 01:04-    | 01:31+                    | 03:24+     | 01:31- | 02:07+ | 03:03+ | 04:37+ | 05:33+ | 01:21+ | 02:00+ | 02:29+ | 00:41+ | 02:51+       |
| 00:10-    | 00:40&                    | 01:24&     | 00:21- | 01:17@ | 01:39@ | 01:14& | 02:52@ | 00:35& | 00:59& | 01:01& | 00:07# | 01:02&       |
| <b>30</b> | <b>John Thorsnæs</b>      | <b>51</b>  |        |        |        |        |        |        |        |        |        | <b>33:59</b> |
| 01:07-    | 02:52+                    | 06:35+     | 08:51+ | 10:29+ | 13:16+ | 17:26+ | 23:08+ | 24:16+ | 26:04+ | 29:23+ | 29:58+ | 32:35+       |
| 01:07-    | 01:45+                    | 03:43+     | 02:16+ | 01:38+ | 02:47+ | 04:10+ | 05:42+ | 01:08+ | 01:48+ | 03:19+ | 00:35+ | 02:37+       |
| 00:07-    | 00:54@                    | 01:43&     | 00:24# | 00:48& | 01:23& | 00:47# | 03:01@ | 00:22& | 00:47& | 01:51@ | 00:01+ | 00:48&       |
| <b>31</b> | <b>Rolf Øystein Kluge</b> | <b>7</b>   |        |        |        |        |        |        |        |        |        | <b>34:28</b> |
| 00:55-    | 02:45+                    | 08:13+     | 10:36+ | 12:32+ | 15:14+ | 19:01+ | 24:07+ | 25:08+ | 27:02+ | 29:15+ | 29:55+ | 32:42+       |
| 00:55-    | 01:50+                    | 05:28+     | 02:23+ | 01:56+ | 02:42+ | 03:47+ | 05:06+ | 01:01+ | 01:54+ | 02:13+ | 00:40+ | 02:47+       |
| 00:19-    | 00:59@                    | 03:28@     | 00:31& | 01:06@ | 01:18& | 00:24# | 02:25& | 00:15& | 00:53& | 00:45& | 00:06# | 00:58&       |
| <b>32</b> | <b>Arild Olsen</b>        | <b>4</b>   |        |        |        |        |        |        |        |        |        | <b>35:16</b> |
| 01:16+    | 02:58+                    | 06:58+     | 10:24+ | 11:55+ | 14:50+ | 19:37+ | 25:08+ | 26:20+ | 28:14+ | 30:24+ | 30:58+ | 33:41+       |
| 01:16+    | 01:42+                    | 04:00+     | 03:26+ | 01:31+ | 02:55+ | 04:47+ | 05:31+ | 01:12+ | 01:54+ | 02:10+ | 00:34= | 02:43+       |
| 00:02+    | 00:51&                    | 02:00&     | 01:34& | 00:41& | 01:31@ | 01:24& | 02:50@ | 00:26& | 00:53& | 00:42& | 00:00= | 00:54&       |
| <b>33</b> | <b>Jan Erik Rasmussen</b> | <b>51</b>  |        |        |        |        |        |        |        |        |        | <b>36:18</b> |
| 01:15+    | 02:49+                    | 06:49+     | 08:25+ | 10:01+ | 13:25+ | 18:03+ | 24:15+ | 25:10+ | 27:56+ | 30:37+ | 31:24+ | 34:29+       |
| 01:15+    | 01:34+                    | 04:00+     | 01:36- | 01:36+ | 03:24+ | 04:38+ | 06:12+ | 00:55+ | 02:46+ | 02:41+ | 00:47+ | 03:05+       |
| 00:01+    | 00:43&                    | 02:00&     | 00:16- | 00:46& | 02:00@ | 01:15& | 03:31@ | 00:09# | 01:45@ | 01:13& | 00:13& | 01:16&       |
| <b>34</b> | <b>Per Bakken</b>         | <b>5</b>   |        |        |        |        |        |        |        |        |        | <b>37:56</b> |
| 01:16+    | 03:14+                    | 07:58+     | 09:45+ | 11:37+ | 14:49+ | 20:58+ | 26:27+ | 27:36+ | 29:19+ | 33:11+ | 33:43+ | 36:19+       |
| 01:16+    | 01:58+                    | 04:44+     | 01:47- | 01:52+ | 03:12+ | 06:09+ | 05:29+ | 01:09+ | 01:43+ | 03:52+ | 00:32- | 02:36+       |
| 00:02+    | 01:07@                    | 02:44@     | 00:05- | 01:02@ | 01:48@ | 02:46& | 02:48@ | 00:23& | 00:42& | 02:24@ | 00:02- | 00:47&       |
| <b>35</b> | <b>John Helge Svandal</b> | <b>111</b> |        |        |        |        |        |        |        |        |        | <b>38:32</b> |
| 01:43+    | 04:15+                    | 07:53+     | 10:27+ | 12:10+ | 15:00+ | 20:39+ | 27:23+ | 28:15+ | 29:58+ | 32:13+ | 33:36+ | 36:35+       |
| 01:43+    | 02:32+                    | 03:38+     | 02:34+ | 01:43+ | 02:50+ | 05:39+ | 06:44+ | 00:52+ | 01:43+ | 02:15+ | 01:23+ | 02:59+       |
| 00:29&    | 01:41@                    | 01:38&     | 00:42& | 00:53@ | 01:26@ | 02:16& | 04:03@ | 00:06# | 00:42& | 00:47& | 00:49@ | 01:10&       |
| <b>36</b> | <b>Audun Sjøen</b>        | <b>111</b> |        |        |        |        |        |        |        |        |        | <b>38:41</b> |
| 01:12-    | 02:52+                    | 09:56+     | 11:20+ | 13:02+ | 16:06+ | 20:02+ | 26:07+ | 27:13+ | 29:46+ | 32:35+ | 33:15+ | 36:30+       |
| 01:12-    | 01:40+                    | 07:04+     | 01:24- | 01:42+ | 03:04+ | 03:56+ | 06:05+ | 01:06+ | 02:33+ | 02:49+ | 00:40+ | 03:15+       |
| 00:02-    | 00:49&                    | 05:04@     | 00:28- | 00:52@ | 01:40@ | 00:33# | 03:24@ | 00:20& | 01:32@ | 01:21& | 00:06# | 01:26&       |
| <b>37</b> | <b>Steinar Aase</b>       | <b>268</b> |        |        |        |        |        |        |        |        |        | <b>43:52</b> |
| 01:22+    | 03:27+                    | 07:39+     | 10:09+ | 12:02+ | 15:48+ | 20:40+ | 28:16+ | 29:09+ | 32:20+ | 37:28+ | 38:10+ | 41:51+       |
| 01:22+    | 02:05+                    | 04:12+     | 02:30+ | 01:53+ | 03:46+ | 04:52+ | 07:36+ | 00:53+ | 03:11+ | 05:08+ | 00:42+ | 03:41+       |
| 00:08#    | 01:14@                    | 02:12@     | 00:38& | 01:03@ | 02:22@ | 01:29& | 04:55@ | 00:07# | 02:10@ | 03:40@ | 00:08# | 01:52@       |
| <b>38</b> | <b>Jon Grepstad</b>       | <b>111</b> |        |        |        |        |        |        |        |        |        | <b>43:59</b> |
| 02:21+    | 04:29+                    | 09:46+     | 11:38+ | 14:03+ | 17:47+ | 25:02+ | 32:47+ | 33:51+ | 35:54+ | 38:35+ | 39:23+ | 42:18+       |
| 02:21+    | 02:08+                    | 05:17+     | 01:52= | 02:25+ | 03:44+ | 07:15+ | 07:45+ | 01:04+ | 02:03+ | 02:41+ | 00:48+ | 02:55+       |
| 01:07&    | 01:17@                    | 03:17@     | 00:00= | 01:35@ | 02:20@ | 03:52@ | 05:04@ | 00:18& | 01:02@ | 01:13& | 00:14& | 01:06&       |
| <b>39</b> | <b>Inge Grødem</b>        | <b>92</b>  |        |        |        |        |        |        |        |        |        | <b>50:47</b> |
| 01:42+    | 04:13+                    | 10:38+     | 13:24+ | 15:42+ | 21:09+ | 27:56+ | 35:30+ | 37:21+ | 40:10+ | 43:22+ | 44:19+ | 48:22+       |
| 01:42+    | 02:31+                    | 06:25+     | 02:46+ | 02:18+ | 05:27+ | 06:47+ | 07:34+ | 01:51+ | 02:49+ | 03:12+ | 00:57+ | 04:03+       |
| 00:28&    | 01:40@                    | 04:25@     | 00:54& | 01:28@ | 04:03@ | 03:24@ | 04:53@ | 01:05@ | 01:48@ | 01:44@ | 00:23& | 02:14@       |

| Plass                              | Navn                   | Klasse     |        |        |        |        |        |        |        |        |        |        |        | Tid          |
|------------------------------------|------------------------|------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|
| <b>40</b>                          | <b>Arne Karlsen</b>    | <b>105</b> |        |        |        |        |        |        |        |        |        |        |        | <b>54:15</b> |
|                                    | 02:52+                 | 05:54+     | 11:20+ | 14:27+ | 17:22+ | 21:51+ | 29:56+ | 37:29+ | 38:53+ | 42:17+ | 45:40+ | 46:46+ | 51:32+ | 54:15+       |
|                                    | 02:52+                 | 03:02+     | 05:26+ | 03:07+ | 02:55+ | 04:29+ | 08:05+ | 07:33+ | 01:24+ | 03:24+ | 03:23+ | 01:06+ | 04:46+ | 02:43+       |
|                                    | 01:38@                 | 02:11@     | 03:26@ | 01:15& | 02:05@ | 03:05@ | 04:42@ | 04:52@ | 00:38& | 02:23@ | 01:55@ | 00:32& | 02:57@ | 01:45@       |
| <b>41</b>                          | <b>Erling Aniksdal</b> | <b>128</b> |        |        |        |        |        |        |        |        |        |        |        | <b>58:05</b> |
|                                    | 01:33+                 | 03:54+     | 09:47+ | 20:53+ | 22:23+ | 26:07+ | 34:09+ | 41:32+ | 42:47+ | 45:29+ | 48:45+ | 49:42+ | 55:49+ | 58:05+       |
|                                    | 01:33+                 | 02:21+     | 05:53+ | 11:06+ | 01:30+ | 03:44+ | 08:02+ | 07:23+ | 01:15+ | 02:42+ | 03:16+ | 00:57+ | 06:07+ | 02:16+       |
|                                    | 00:19&                 | 01:30@     | 03:53@ | 09:14@ | 00:40& | 02:20@ | 04:39@ | 04:42@ | 00:29& | 01:41@ | 01:48@ | 00:23& | 04:18@ | 01:18@       |
| <b>Beste strekktid for klassen</b> |                        |            |        |        |        |        |        |        |        |        |        |        |        |              |
|                                    | 00:33                  | 00:51      | 02:00  | 00:59  | 00:50  | 01:24  | 02:45  | 02:41  | 00:40  | 01:01  | 01:28  | 00:21  | 01:39  | 00:54        |

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