

Class	Navn	Klasse										Tid					
6	Hege Anita H. Nielsen	48										35:12					
02:46+	03:46+	06:44+	08:16+	10:25+	10:51+	13:29+	14:26+	16:50+	19:30+	22:25+	24:02+	29:17+	31:44+	32:14+	33:34+	34:48+	35:12+
02:46+	01:00-	02:58+	01:32+	02:09+	00:26-	02:38+	00:57+	02:24+	02:40+	02:55+	01:37-	05:15+	02:27+	00:30+	01:20+	01:14+	00:24+
00:49&	00:04-	00:07+	00:16#	00:07+	00:01-	00:50&	00:05+	00:06+	00:50&	00:11+	00:07-	01:09&	00:15#	00:03#	00:06+	00:28&	00:05&
7	Agnes Haker	43										35:32					
02:09+	04:35+	08:07+	09:33+	11:54+	12:15+	14:40+	15:22+	17:24+	19:22+	23:31+	25:15+	30:17+	32:35+	33:02+	34:11+	35:07+	35:32+
02:09+	02:26+	03:32+	01:26+	02:21+	00:21-	02:25+	00:42-	02:02-	01:58+	04:09+	01:44+	05:02+	02:18+	00:27+	01:09-	00:56+	00:25+
00:12#	01:22@	00:41#	00:10#	00:19#	00:06-	00:37&	00:10-	00:16-	00:08+	01:25&	00:00+	00:56#	00:06+	00:00+	00:05-	00:10#	00:06&
8	Siri Warland	43										37:54					
02:23+	03:25+	08:37+	10:12+	12:15+	12:45+	15:25+	16:31+	18:46+	21:10+	24:57+	26:32+	32:13+	34:26+	34:59+	36:13+	37:22+	37:54+
02:23+	01:02-	05:12+	01:35+	02:03+	00:30+	02:40+	01:06+	02:15-	02:24+	03:47+	01:35-	05:41+	02:13+	00:33+	01:14+	01:09+	00:32+
00:26#	00:02-	02:21&	00:19#	00:01+	00:03#	00:52&	00:14&	00:03-	00:34&	01:03&	00:09-	01:35&	00:01+	00:06#	00:00+	00:23&	00:13&
9	Helen Haneferd	27										45:08					
02:22+	03:30+	13:02+	14:41+	16:58+	17:27+	20:08+	21:14+	23:31+	26:20+	30:29+	33:26+	38:49+	41:34+	42:08+	43:32+	44:39+	45:08+
02:22+	01:08+	09:32+	01:39+	02:17+	00:29+	02:41+	01:06+	02:17-	02:49+	04:09+	02:57+	05:23+	02:45+	00:34+	01:24+	01:07+	00:29+
00:25#	00:04+	06:41@	00:23&	00:15#	00:02+	00:53&	00:14&	00:01-	00:59&	01:25&	01:13&	01:17&	00:33#	00:07&	00:10#	00:21&	00:10&
10	Sølvi Jacobsen	43										46:21					
05:03+	06:08+	09:47+	11:25+	14:28+	15:14+	19:26+	20:34+	22:55+	25:38+	31:28+	33:23+	39:33+	42:16+	42:48+	44:17+	45:46+	46:21+
05:03+	01:05+	03:39+	01:38+	03:03+	00:46+	04:12+	01:08+	02:21+	02:43+	05:50+	01:55+	06:10+	02:43+	00:32+	01:29+	01:29+	00:35+
03:06@	00:01+	00:48&	00:22&	01:01&	00:19&	02:24@	00:16&	00:03+	00:53&	03:06@	00:11#	02:04&	00:31#	00:05#	00:15#	00:43&	00:16&

Beste strekktid for klassen

01:43 00:47 02:13 01:16 01:49 00:21 01:41 00:42 01:34 01:50 02:29 00:56 03:47 01:56 00:23 01:04 00:46 00:19

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

Damer 50 - 59 år

1	Elisabeth Christie Ørke	105										32:16					
04:57=	05:54=	08:39=	10:43=	12:58=	13:18=	15:10=	16:02=	17:51=	19:57=	22:26=	23:23=	27:29=	29:37=	30:05=	31:10=	31:58=	32:16=
04:57=	00:57=	02:45=	02:04=	02:15=	00:20=	01:52=	00:52=	01:49=	02:06=	02:29=	00:57=	04:06=	02:08=	00:28=	01:05=	00:48=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Iren Undheim Øgreid	62										32:34					
03:31-	04:22-	07:09-	08:28-	10:33-	10:59-	13:43-	14:35-	16:38-	18:43-	21:17-	22:23-	26:51-	29:14-	29:42-	31:01-	32:09+	32:34+
03:31-	00:51-	02:47+	01:19-	02:05-	00:26+	02:44+	00:52=	02:03+	02:05-	02:34+	01:06+	04:28+	02:23+	00:28=	01:19+	01:08+	00:25+
01:26-	00:06-	00:02+	00:45-	00:10-	00:06&	00:52&	00:00=	00:14#	00:01-	00:05+	00:09#	00:22+	00:15#	00:00=	00:14#	00:20&	00:07&
3	Kristin Skadsem	18										33:38					
02:08-	03:10-	06:05-	07:37-	09:45-	10:23-	13:33-	14:34-	16:45-	18:53-	21:48-	22:53-	27:34+	30:21+	30:49+	32:10+	33:11+	33:38+
02:08-	01:02+	02:55+	01:32-	02:08-	00:38+	03:10+	01:01+	02:11+	02:08+	02:55+	01:05+	04:41+	02:47+	00:28=	01:21+	01:01+	00:27+
02:49-	00:05+	00:10+	00:32-	00:07-	00:18&	01:18&	00:09#	00:22#	00:02+	00:26#	00:08#	00:35#	00:39&	00:00=	00:16#	00:13&	00:09&
4	Evy Klausen Mjøltnes	62										33:40					
02:15-	03:27-	06:42-	08:12-	10:37-	11:06-	13:25-	14:23-	17:45-	19:49-	22:38+	24:04+	28:30+	30:50+	31:15+	32:28+	33:15+	33:40+
02:15-	01:12+	03:15+	01:30-	02:25+	00:29+	02:19+	00:58+	03:22+	02:04-	02:49+	01:26+	04:26+	02:20+	00:25-	01:13+	00:47-	00:25+
02:42-	00:15&	00:30#	00:34-	00:10+	00:09&	00:27#	00:06#	01:33&	00:02-	00:20#	00:29&	00:20+	00:12+	00:03-	00:08#	00:01-	00:07&
5	Anne Siv Gjertsen	27										33:54					
02:30-	03:33-	06:19-	07:59-	10:17-	10:45-	12:48-	13:47-	16:11-	18:24-	21:44-	22:57-	27:58+	30:34+	31:02+	32:26+	33:27+	33:54+
02:30-	01:03+	02:46+	01:40-	02:18+	00:28+	02:03+	00:59+	02:24+	02:13+	03:20+	01:13+	05:01+	02:36+	00:28=	01:24+	01:01+	00:27+
02:27-	00:06#	00:01+	00:24-	00:03+	00:08&	00:11+	00:07#	00:35&	00:07+	00:51&	00:16&	00:55#	00:28#	00:00=	00:19&	00:13&	00:09&
6	Marianne Fuglestad	117										34:09					
02:21-	03:23-	06:30-	07:55-	10:27-	10:49-	13:23-	14:14-	16:13-	19:01-	23:12+	24:26+	28:42+	30:59+	31:32+	32:46+	33:42+	34:09+
02:21-	01:02+	03:07+	01:25-	02:32+	00:22+	02:34+	00:51-	01:59+	02:48+	04:11+	01:14+	04:16+	02:17+	00:33+	01:14+	00:56+	00:27+
02:36-	00:05+	00:22#	00:39-	00:17#	00:02#	00:42&	00:01-	00:10+	00:42&	01:42&	00:17&	00:10+	00:09+	00:05#	00:09#	00:08#	00:09&
7	Toril Dahle	116										35:10					
02:26-	03:31-	06:41-	08:06-	10:07-	11:06-	11:30-	14:35-	15:29-	18:22-	20:52-	23:51+	25:05-	29:34-	31:48+	32:14+	33:30+	34:48+
02:26-	01:05+	03:10+	01:25-	02:01-	00:59+	00:24-	03:05+	00:54-	02:53+	02:30+	02:59+	01:14-	04:29+	02:14+	00:26-	01:16+	01:18+
02:31-	00:08#	00:25#	00:39-	00:14-	00:39@	01:28-	02:13@	00:55-	00:47&	00:01+	02:02@	02:52-	02:21@	01:46@	00:39-	00:28&	01:00@
8	Signe Ottesen	116										35:40					
02:27-	03:35-	06:37-	10:31-	12:34-	13:15-	15:23+	16:24+	18:33+	20:51+	24:06+	25:25+	29:56+	32:12+	32:46+	34:25+	35:17+	35:40+
02:27-	01:08+	03:02+	03:54+	02:03-	00:41+	02:08+	01:01+	02:09+	02:18+	03:15+	01:19+	04:31+	02:16+	00:34+	01:39+	00:52+	00:23+
02:30-	00:11#	00:17#	01:50&	00:12-	00:21@	00:16#	00:09#	00:20#	00:12+	00:46&	00:22&	00:25#	00:08+	00:06#	00:34&	00:04+	00:05&

Class	Navn	Class	Tid														
24	Siri Bjerkreim Hamre	93	56:52														
05:20+	06:33+	22:57+	24:44+	27:10+	27:48+	31:12+	32:18+	34:54+	37:15+	40:31+	43:01+	49:11+	52:25+	52:59+	54:41+	56:16+	56:52+
05:20+	01:13+	16:24+	01:47-	02:26+	00:38+	03:24+	01:06+	02:36+	02:21+	03:16+	02:30+	06:10+	03:14+	01:06+	01:42+	01:35+	00:36+
00:23+	00:16&	13:39@	00:17-	00:11+	00:18&	01:32&	00:14&	00:47&	00:15#	00:47&	01:33@	02:04&	01:06&	00:06#	00:37&	00:47&	00:18&

25	Ragnhild Båtnes Berntsen	101	58:38														
03:32-	04:51-	14:37+	17:01+	25:48+	26:23+	29:40+	30:56+	34:07+	37:31+	42:14+	43:54+	51:09+	54:14+	54:48+	56:23+	58:04+	58:38+
03:32-	01:19+	09:46+	02:24+	08:47+	00:35+	03:17+	01:16+	03:11+	03:24+	04:43+	01:40+	07:15+	03:05+	00:34+	01:35+	01:41+	00:34+
01:25-	00:22&	07:01@	00:20#	06:32@	00:15&	01:25&	00:24&	01:22&	01:18&	02:14&	00:43&	03:09&	00:57&	00:06#	00:30&	00:53@	00:16&

Beste strekktid for klassen

02:08 00:51 02:45 01:19 02:01 00:20 00:24 00:47 00:54 02:04 02:29 00:57 01:14 02:08 00:25 00:26 00:47 00:18

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

Damer 60 - 64 år

1	Liv-Grete Obrestad	113	29:29												
01:31=	03:45=	05:55=	07:28=	08:50=	12:45=	13:27=	16:46=	17:33=	19:13=	21:03=	25:25=	26:51=	28:13=	28:59=	29:29=
01:31=	02:14=	02:10=	01:33=	01:22=	03:55=	00:42=	03:19=	00:47=	01:40=	01:50=	04:22=	01:26=	01:22=	00:46=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ingunn Voilås	29	30:53												
01:34+	03:45=	05:36-	07:19-	08:57+	13:24+	13:55+	17:27+	18:17+	19:43+	21:23+	26:14+	27:56+	29:34+	30:22+	30:53+
01:34+	02:11-	01:51-	01:43+	01:38+	04:27+	00:31-	03:32+	00:50+	01:26-	01:40-	04:51+	01:42+	01:38+	00:48+	00:31+
00:03+	00:03-	00:19-	00:10#	00:16#	00:32#	00:11-	00:13+	00:03+	00:14-	00:10-	00:29#	00:16#	00:16#	00:02+	00:01+

3	Amanda Renshaw	101	32:20												
02:57+	05:06+	06:48+	08:59+	10:33+	14:39+	15:12+	18:31+	19:20+	21:01+	22:38+	27:56+	29:32+	31:11+	31:50+	32:20+
02:57+	02:09-	01:42-	02:11+	01:34+	04:06+	00:33-	03:19=	00:49+	01:41+	01:37-	05:18+	01:36+	01:39+	00:39-	00:30=
01:26&	00:05-	00:28-	00:38&	00:12#	00:11+	00:09-	00:00=	00:02+	00:01+	00:13-	00:56#	00:10#	00:17#	00:07-	00:00=

4	Marit Karin Nygård	92	35:13												
01:48+	03:53+	05:23-	07:19-	09:11+	13:57+	14:49+	19:10+	20:05+	22:04+	24:04+	29:55+	32:09+	33:55+	34:45+	35:13+
01:48+	02:05-	01:30-	01:56+	01:52+	04:46+	00:52+	04:21+	00:55+	01:59+	02:00+	05:51+	02:14+	01:46+	00:50+	00:28-
00:17#	00:09-	00:40-	00:23#	00:30&	00:51#	00:10#	01:02&	00:08#	00:19#	00:10+	01:29&	00:48&	00:24&	00:04+	00:02-

5	May Elinor Meling	125	36:37												
02:10+	04:43+	06:15+	08:48+	10:21+	15:57+	16:34+	19:42+	22:36+	25:02+	26:36+	32:16+	34:04+	35:22+	36:09+	36:37+
02:10+	02:33+	01:32-	02:33+	01:33+	05:36+	00:37-	03:08-	02:54+	02:26+	01:34-	05:40+	01:48+	01:18-	00:47+	00:28-
00:39&	00:19#	00:38-	01:00&	00:11#	01:41&	00:05-	00:11-	02:07@	00:46&	00:16-	01:18&	00:22&	00:04-	00:01+	00:02-

6	Berit Bakken	93	42:15												
01:39+	04:08+	06:07+	07:56+	09:37+	18:56+	19:35+	24:02+	24:57+	26:52+	28:45+	35:17+	37:23+	40:49+	41:38+	42:15+
01:39+	02:29+	01:59-	01:49+	01:41+	09:19+	00:39-	04:27+	00:55+	01:55+	01:53+	06:32+	02:06+	03:26+	00:49+	00:37+
00:08+	00:15#	00:11-	00:16#	00:19#	05:24@	00:03-	01:08&	00:08#	00:15#	00:03+	02:10&	00:40&	02:04@	00:03+	00:07#

7	Marit Elin Aandahl	80	50:47												
02:46+	06:07+	08:21+	11:24+	13:39+	20:33+	21:25+	26:05+	27:20+	29:37+	31:44+	43:48+	47:40+	49:20+	50:14+	50:47+
02:46+	03:21+	02:14+	03:03+	02:15+	06:54+	00:52+	04:40+	01:15+	02:17+	02:07+	12:04+	03:52+	01:40+	00:54+	00:33+
01:15&	01:07&	00:04+	01:30&	00:53&	02:59&	00:10#	01:21&	00:28&	00:37&	00:17#	07:42@	02:26@	00:18#	00:08#	00:03#

8	Ellinor Nesse	116	53:32												
01:45+	04:24+	06:08+	08:46+	10:35+	16:20+	17:01+	20:58+	22:10+	32:33+	36:07+	47:52+	50:14+	52:00+	52:57+	53:32+
01:45+	02:39+	01:44-	02:38+	01:49+	05:45+	00:41-	03:57+	01:12+	10:23+	03:34+	11:45+	02:22+	01:46+	00:57+	00:35+
00:14#	00:25#	00:26-	01:05&	00:27&	01:50&	00:01-	00:38#	00:25&	08:43@	01:44&	07:23@	00:56&	00:24&	00:11#	00:05#

9	Ingrid Øxnevad	18	54:01												
01:25-	03:25-	04:56-	07:43+	09:18+	13:04+	13:46+	16:52+	17:49+	37:50+	39:39+	50:06+	51:41+	52:54+	53:36+	54:01+
01:25-	02:00-	11:31-	02:47+	01:35+	03:46-	00:42=	03:06-	00:57+	20:01+	01:49-	10:27+	01:35+	01:13-	00:42-	00:25-
00:06-	00:14-	00:39-	01:14&	00:13#	00:09-	00:00=	00:13-	00:10#	18:21@	00:01-	06:05@	00:09#	00:09-	00:04-	00:05-

10	Kari Anstensrud	117	1:24:55												
01:53+	04:55+	16:07+	18:40+	20:49+	27:12+	28:09+	32:29+	34:23+	48:43+	61:58+	80:15+	82:12+	83:39+	84:24+	84:55+
01:53+	03:02+	11:12+	02:33+	02:09+	06:23+	00:57+	04:20+	01:54+	14:20+	13:15+	18:17+	01:57+	01:27+	00:45-	00:31+
00:22#	00:48&	09:02@	01:00&	00:47&	02:28&	00:15&	01:01&	01:07@	12:40@	11:25@	13:55@	00:31&	00:05+	00:01-	00:01+

Beste strekktid for klassen

01:25 02:00 01:30 01:33 01:22 03:46 00:31 03:06 00:47 01:26 01:34 04:22 01:26 01:13 00:39 00:25

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

Damer 65 - 69 år

1	Margot Asheim	105	30:54
01:14=	03:04= 04:45= 07:00=	08:26= 13:52= 14:21= 17:39=	18:33= 20:29= 22:02= 26:44= 28:17= 29:39= 30:26= 30:54=
01:14=	01:50= 01:41= 02:15=	01:26= 05:26= 00:29= 03:18=	00:54= 01:56= 01:33= 04:42= 01:33= 01:22= 00:47= 00:28=
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	Tove Bjerkeim	105	34:00
01:57+	03:48+ 05:24+ 07:12+	08:44+ 13:51- 14:16- 17:13-	18:09- 19:57- 22:37+ 28:04+ 29:55+ 31:23+ 32:42+ 33:29+ 34:00+
01:57+	01:51+ 01:36- 01:48-	01:32+ 05:07- 00:25- 02:57-	00:56+ 01:48- 02:40+ 05:27+ 01:51+ 01:28+ 01:19+ 00:47+ 00:31+
00:43&	00:01+ 00:05- 00:27-	00:06+ 00:19-	00:04- 00:21- 00:02+ 00:08- 01:07& 00:45# 00:18# 00:06+ 00:32& 00:19& 00:31+
3	Eli Frafjord	94	35:20
01:45+	04:23+ 06:25+ 08:31+	10:13+ 15:05+ 15:46+ 20:16+	21:13+ 23:00+ 24:42+ 29:59+ 32:08+ 33:54+ 34:44+ 35:20+
01:45+	02:38+ 02:02+ 02:06-	01:42+ 04:52- 00:41+ 04:30+	00:57+ 01:47- 01:42+ 05:17+ 02:09+ 01:46+ 00:50+ 00:36+
00:31&	00:48& 00:21# 00:09-	00:16# 00:34-	00:12& 01:12& 00:03+ 00:09- 00:09+ 00:35# 00:36& 00:24& 00:03+ 00:08&
4	Hanne Eik	117	43:14
01:39+	04:10+ 06:00+ 08:06+	09:42+ 15:45+ 16:20+ 22:04+	23:04+ 28:57+ 30:48+ 37:12+ 39:52+ 41:42+ 42:37+ 43:14+
01:39+	02:31+ 01:50+ 02:06-	01:36+ 06:03+ 00:35+ 05:44+	01:00+ 05:53+ 01:51+ 06:24+ 02:40+ 01:50+ 00:55+ 00:37+
00:25&	00:41& 00:09+ 00:09-	00:10# 00:37#	00:06# 02:26& 00:06# 03:57@ 00:18# 01:42& 01:07& 00:28& 00:08# 00:09&
5	Berit Gramstad	113	51:04
03:53+	08:27+ 11:12+ 17:02+	19:01+ 24:25+ 25:25+ 31:14+	32:43+ 35:18+ 37:23+ 45:36+ 47:33+ 49:32+ 50:28+ 51:04+
03:53+	04:34+ 02:45+ 05:50+	01:59+ 05:24- 01:00+ 05:49+	01:29+ 02:35+ 02:05+ 08:13+ 01:57+ 01:59+ 00:56+ 00:36+
02:39@	02:44@ 01:04& 03:35@	00:33& 00:02-	00:31@ 02:31& 00:35& 00:39& 00:32& 03:31& 00:24& 00:37& 00:09# 00:08&
6	Halldis Handeland	92	53:17
02:38+	06:24+ 09:06+ 14:45+	16:51+ 22:16+ 23:28+ 29:08+	30:31+ 33:20+ 36:38+ 47:03+ 49:41+ 51:33+ 52:36+ 53:17+
02:38+	03:46+ 02:42+ 05:39+	02:06+ 05:25- 01:12+ 05:40+	01:23+ 02:49+ 03:18+ 10:25+ 02:38+ 01:52+ 01:03+ 00:41+
01:24@	01:56@ 01:01& 03:24@	00:40& 00:01-	00:43@ 02:22& 00:29& 00:53& 01:45@ 05:43@ 01:05& 00:30& 00:16& 00:13&
7	Kari Blixhavn	228	58:23
02:38+	05:51+ 12:04+ 16:46+	19:37+ 26:18+ 27:29+ 32:51+	34:11+ 36:59+ 39:40+ 52:02+ 54:31+ 56:38+ 57:36+ 58:23+
02:38+	03:13+ 06:13+ 04:42+	02:51+ 06:41+ 01:11+ 05:22+	01:20+ 02:48+ 02:41+ 12:22+ 02:29+ 02:07+ 00:58+ 00:47+
01:24@	01:23& 04:32@ 02:27@	01:25& 01:15#	00:42@ 02:04& 00:26& 00:52& 01:08& 07:40@ 00:56& 00:45& 00:11# 00:19&
8	Åse Franciska Møster	128	1:02:35
05:47+	11:06+ 16:49+ 18:57+	20:42+ 30:58+ 31:54+ 37:47+	39:50+ 43:49+ 50:06+ 56:53+ 58:58+ 60:48+ 61:58+ 62:35+
05:47+	05:19+ 05:43+ 02:08-	01:45+ 10:16+ 00:56+ 05:53+	02:03+ 03:59+ 06:17+ 06:47+ 02:05+ 01:50+ 01:10+ 00:37+
04:33@	03:29@ 04:02@ 00:07-	00:19# 04:50&	00:27& 02:35& 01:09@ 02:03@ 04:44@ 02:05& 00:32& 00:28& 00:23& 00:09&
9	Mette Dagsland	68	1:02:43
01:54+	14:48+ 24:06+ 26:11+	27:40+ 34:18+ 34:49+ 39:44+	40:54+ 43:20+ 49:49+ 57:54+ 59:30+ 61:02+ 62:08+ 62:43+
01:54+	12:54+ 09:18+ 02:05-	01:29+ 06:38+ 00:31+ 04:55+	01:10+ 02:26+ 06:29+ 08:05+ 01:36+ 01:32+ 01:06+ 00:35+
00:40&	11:04@ 07:37@ 00:10-	00:03+ 01:12#	00:02+ 01:37& 00:16& 00:30& 04:56@ 03:23& 00:03+ 00:10# 00:19& 00:07#
Beste strekktid for klassen			
01:14	01:50	01:36	01:48
01:26	04:52	00:25	02:57
00:54	01:47	01:33	04:42
01:33	01:22	00:47	00:28

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

Damer 70 - 74 år

1	Kirsten Carlsen	93	52:30
02:00=	05:34= 08:28= 11:39=	13:45= 19:37= 20:16= 25:14=	27:22= 30:41= 32:47= 46:00= 48:19= 50:41= 51:52= 52:30=
02:00=	03:34= 02:54= 03:11=	02:06= 05:52= 00:39= 04:58=	02:08= 03:19= 02:06= 13:13= 02:19= 02:22= 01:11= 00:38=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Lillian Dahl Fitjar	117	1:04:28
02:03+	15:38+ 25:11+ 27:07+	28:48+ 35:37+ 36:08+ 40:41+	42:08+ 45:03+ 50:52+ 58:59+ 60:46+ 62:43+ 63:40+ 64:28+
02:03+	13:35+ 09:33+ 01:56-	01:41- 06:49+ 00:31- 04:33-	01:27- 02:55- 05:49+ 08:07- 01:47- 01:57- 00:57- 00:48+
00:03+	10:01@ 06:39@ 01:15-	00:25- 00:57#	00:08- 00:25- 00:41- 00:24- 03:43@ 05:06- 00:32- 00:25- 00:14- 00:10&
Beste strekktid for klassen			
02:00	03:34	02:54	01:56
01:41	05:52	00:31	04:33
01:27	02:55	02:06	08:07
01:47	01:57	00:57	00:38

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

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

Damer 75 - 79 år

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

Beste strekktid for klassen

01:36 02:13 01:49 02:20 01:33 04:15 00:46 03:19 00:52 02:01 01:50 05:08 01:33 01:29 00:44 00:29

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68	42:53											
02:33=	04:59=	06:17=	10:39=	11:39=	14:27=	18:25=	19:39=	21:24=	29:18=	34:09=	37:28=	40:04=	41:22=	42:53=
02:33=	02:26=	01:18=	04:22=	01:00=	02:48=	03:58=	01:14=	01:45=	07:54=	04:51=	03:19=	02:36=	01:18=	01:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gørild Espedal	113	1:02:29											
06:58+	10:04+	11:45+	18:24+	19:38+	23:15+	28:18+	30:17+	32:47+	43:01+	51:41+	55:56+	59:01+	60:29+	62:29+
06:58+	03:06+	01:41+	06:39+	01:14+	03:37+	05:03+	01:59+	02:30+	10:14+	08:40+	04:15+	03:05+	01:28+	02:00+
04:25@	00:40&	00:23&	02:17&	00:14#	00:49&	01:05&	00:45&	00:45&	02:20&	03:49&	00:56&	00:29#	00:10#	00:29&

Beste strekktid for klassen

02:33 02:26 01:18 04:22 01:00 02:48 03:58 01:14 01:45 07:54 04:51 03:19 02:36 01:18 01:31

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

Damer A

1	Anna Taksdal	194	29:44																						
02:31=	03:15=	04:23=	06:27=	07:58=	08:52=	10:07=	11:57=	12:26=	12:44=	14:02=	16:16=	16:40=	17:00=	17:44=	18:40=	20:25=	20:51=	22:37=	24:05=	25:29=	26:32=	27:48=	28:03=	28:45=	29:14=
02:31=	00:44=	01:08=	02:04=	01:31=	00:54=	01:15=	01:50=	00:29=	00:18=	01:18=	02:14=	00:24=	00:20=	00:44=	00:56=	01:45=	00:26=	01:46=	01:28=	01:24=	01:03=	01:16=	00:15=	00:42=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
29:44=																									
00:30=																									
00:00=																									

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

Damer Trim

1 Mathilde Skjæveland Skår 114 18:36

01:45= 04:28= 04:56= 06:33= 07:43= 08:20= 09:37= 11:08= 12:20= 12:55= 16:37= 17:41= 18:13= 18:36=
01:45= 02:43= 00:28= 01:37= 01:10= 00:37= 01:17= 01:31= 01:12= 00:35= 03:42= 01:04= 00:32= 00:23=
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=

2 Aina Kalsaas Urstad 356 19:26

01:43- 04:21- 04:49- 05:58- 07:21- 08:00- 09:25- 10:31- 12:09- 12:49- 17:10+ 18:24+ 19:03+ 19:26+
01:43- 02:38- 00:28= 01:09- 01:23+ 00:39+ 01:25+ 01:06- 01:38+ 00:40+ 04:21+ 01:14+ 00:39+ 00:23=
00:02- 00:05- 00:00= 00:28- 00:13# 00:02+ 00:08# 00:25- 00:26# 00:05# 00:39# 00:10# 00:07# 00:00=

3 Mette Langeland 117 23:18

02:09+ 05:20+ 05:51+ 07:12+ 08:44+ 09:30+ 11:16+ 12:22+ 14:01+ 14:49+ 20:26+ 22:03+ 22:46+ 23:18+
02:09+ 03:11+ 00:31+ 01:21- 01:32+ 00:46+ 01:46+ 01:06- 01:39+ 00:48+ 05:37+ 01:37+ 00:43+ 00:32+
00:24# 00:28# 00:03# 00:16- 00:22# 00:09# 00:29# 00:25- 00:27# 00:13# 01:55# 00:33# 00:11# 00:09#

4 Grete Stokke Seljeskog 128 23:28

02:14+ 04:49+ 05:30+ 07:03+ 08:38+ 10:52+ 12:24+ 13:40+ 15:10+ 16:10+ 20:33+ 22:01+ 22:52+ 23:28+
02:14+ 02:35- 00:41+ 01:33- 01:35+ 02:14+ 01:32+ 01:16- 01:30+ 01:00+ 04:23+ 01:28+ 00:51+ 00:36+
00:29# 00:08- 00:13# 00:04- 00:25# 01:37# 00:15# 00:15- 00:18# 00:25# 00:41# 00:24# 00:19# 00:13#

5 Nina Bækkelund Christiansen 105 23:43

01:52+ 04:31+ 05:08+ 06:19- 07:54+ 09:13+ 10:49+ 12:58+ 14:50+ 15:44+ 20:13+ 21:32+ 23:12+ 23:43+
01:52+ 02:39- 00:37+ 01:11- 01:35+ 01:19+ 01:36+ 02:09+ 01:52+ 00:54+ 04:29+ 01:19+ 01:40+ 00:31+
00:07+ 00:04- 00:09# 00:26- 00:25# 00:42# 00:19# 00:38# 00:40# 00:19# 00:47# 00:15# 01:08# 00:08#

6 Elise Auberg Vagle 366 23:58

02:18+ 06:08+ 06:41+ 08:29+ 09:54+ 10:35+ 12:04+ 13:23+ 14:58+ 16:47+ 21:28+ 22:48+ 23:29+ 23:58+
02:18+ 03:50+ 00:33+ 01:48+ 01:25+ 00:41+ 01:29+ 01:19- 01:35+ 01:49+ 04:41+ 01:20+ 00:41+ 00:29+
00:33# 01:07# 00:05# 00:11# 00:15# 00:04# 00:12# 00:12- 00:23# 01:14# 00:59# 00:16# 00:09# 00:06#

7 Astri Sandanger 93 24:08

02:17+ 05:23+ 05:56+ 07:16+ 08:45+ 09:54+ 11:43+ 13:48+ 15:32+ 16:13+ 21:09+ 22:50+ 23:43+ 24:08+
02:17+ 03:06+ 00:33+ 01:20- 01:29+ 01:09+ 01:49+ 02:05+ 01:44+ 00:41+ 04:56+ 01:41+ 00:53+ 00:25+
00:32# 00:23# 00:05# 00:17- 00:19# 00:32# 00:32# 00:34# 00:32# 00:06# 01:14# 00:37# 00:21# 00:02+

8 Ingvild Marthinussen 63 24:34

02:17+ 05:44+ 06:26+ 08:04+ 10:01+ 10:53+ 12:44+ 13:57+ 15:42+ 16:37+ 21:48+ 23:14+ 24:05+ 24:34+
02:17+ 03:27+ 00:42+ 01:38+ 01:57+ 00:52+ 01:51+ 01:13- 01:45+ 00:55+ 05:11+ 01:26+ 00:51+ 00:29+
00:32# 00:44# 00:14# 00:01+ 00:47# 00:15# 00:34# 00:18- 00:33# 00:20# 01:29# 00:22# 00:19# 00:06#

9 Ann-Mari Vold 371 27:05

01:46+ 04:53+ 05:36+ 06:56+ 08:22+ 09:12+ 10:38+ 12:21+ 14:17+ 19:55+ 24:30+ 25:52+ 26:39+ 27:05+
01:46+ 03:07+ 00:43+ 01:20- 01:26+ 00:50+ 01:26+ 01:43+ 01:56+ 05:38+ 04:35+ 01:22+ 00:47+ 00:26+
00:01+ 00:24# 00:15# 00:17- 00:16# 00:13# 00:09# 00:12# 00:44# 05:03# 00:53# 00:18# 00:15# 00:03#

10 Inga Borge 43 28:22

02:33+ 06:33+ 07:14+ 08:38+ 10:14+ 14:23+ 15:51+ 17:32+ 19:22+ 20:46+ 25:36+ 27:05+ 27:51+ 28:22+
02:33+ 04:00+ 00:41+ 01:24- 01:36+ 04:09+ 01:28+ 01:41+ 01:50+ 01:24+ 04:50+ 01:29+ 00:46+ 00:31+
00:48# 01:17# 00:13# 00:13- 00:26# 03:32# 00:11# 00:10# 00:38# 00:49# 01:08# 00:25# 00:14# 00:08#

11 Synnøve Hognestad 43 28:32

02:09+ 05:07+ 05:41+ 06:57+ 08:26+ 13:12+ 14:55+ 16:07+ 18:50+ 19:38+ 25:31+ 27:07+ 27:56+ 28:32+
02:09+ 02:58+ 00:34+ 01:16- 01:29+ 04:46+ 01:43+ 01:12- 02:43+ 00:48+ 05:53+ 01:36+ 00:49+ 00:36+
00:24# 00:15+ 00:06# 00:21- 00:19# 04:09# 00:26# 00:19- 01:31# 00:13# 02:11# 00:32# 00:17# 00:13#

12 Ragnhild Thorset Våge 117 28:54

01:52+ 04:32+ 05:12+ 06:22- 07:48+ 08:26+ 09:58+ 14:12+ 16:22+ 20:26+ 26:34+ 27:49+ 28:25+ 28:54+
01:52+ 02:40- 00:40+ 01:10- 01:26+ 00:38+ 01:32+ 04:14+ 02:10+ 04:04+ 06:08+ 01:15+ 00:36+ 00:29+
00:07+ 00:03- 00:12# 00:27- 00:16# 00:01+ 00:15# 02:43# 00:58# 03:29# 02:26# 00:11# 00:04# 00:06#

13 Gunhild Nordbø 117 28:58

02:05+ 05:21+ 06:18+ 07:51+ 09:57+ 11:19+ 13:05+ 14:31+ 18:19+ 19:09+ 25:54+ 27:25+ 28:13+ 28:58+
02:05+ 03:16+ 00:57+ 01:33- 02:06+ 01:22+ 01:46+ 01:26- 03:48+ 00:50+ 06:45+ 01:31+ 00:48+ 00:45+
00:20# 00:33# 00:29# 00:04- 00:56# 00:45# 00:29# 00:05- 02:36# 00:15# 03:03# 00:27# 00:16# 00:22#

14 Solbjørg Borgersen 233 29:19

02:52+ 06:38+ 07:21+ 09:11+ 11:08+ 11:57+ 13:59+ 15:49+ 18:19+ 19:34+ 25:26+ 27:26+ 28:37+ 29:19+
02:52+ 03:46+ 00:43+ 01:50+ 01:57+ 00:49+ 02:02+ 01:50+ 02:30+ 01:15+ 05:52+ 02:00+ 01:11+ 00:42+
01:07# 01:03# 00:15# 00:13# 00:47# 00:12# 00:45# 00:19# 01:18# 00:40# 02:10# 00:56# 00:39# 00:19#

Class	Navn	Klasse												Tid
15	Karianne Skogland Enerstvedt	105												29:23
02:00+	05:16+	06:11+	07:26+	09:32+	10:29+	12:28+	15:09+	17:26+	19:23+	26:18+	28:04+	28:49+	29:23+	
02:00+	03:16+	00:55+	01:15-	02:06+	00:57+	01:59+	02:41+	02:17+	01:57+	06:55+	01:46+	00:45+	00:34+	
00:15#	00:33#	00:27&	00:22-	00:56&	00:20&	00:42&	01:10&	01:05&	01:22@	03:13&	00:42&	00:13&	00:11&	
16	Marie Volline Nessler	18												29:26
02:37+	06:29+	07:02+	08:46+	10:45+	11:47+	13:39+	15:35+	17:40+	19:04+	26:07+	27:54+	28:44+	29:26+	
02:37+	03:52+	00:33+	01:44+	01:59+	01:02+	01:52+	01:56+	02:05+	01:24+	07:03+	01:47+	00:50+	00:42+	
00:52&	01:09&	00:05#	00:07+	00:49&	00:25&	00:35&	00:25&	00:53&	00:49@	03:21&	00:43&	00:18&	00:19&	
17	Ingunn Kristiansen Wiig	105												29:33
02:38+	06:00+	06:31+	10:35+	13:59+	16:11+	17:42+	19:30+	21:18+	26:36+	28:13+	29:01+	29:33+		
02:38+	03:22+	00:31+	04:04+	02:26+	00:58+	02:12+	01:31=	01:48+	01:48+	05:18+	01:37+	00:48+	00:32+	
00:53&	00:39#	00:03#	02:27@	01:16@	00:21&	00:55&	00:00=	00:36&	01:13@	01:36&	00:33&	00:16&	00:09&	
18	Marit Fuglestad	114												29:53
02:04+	04:23-	05:00+	15:21+	16:42+	17:26+	18:47+	20:25+	22:54+	24:09+	27:53+	28:57+	29:29+	29:53+	
02:04+	02:19-	00:37+	10:21+	01:21+	00:44+	01:21+	01:38+	02:29+	01:15+	03:44+	01:04=	00:32=	00:24+	
00:19#	00:24-	00:09&	08:44@	00:11#	00:07#	00:04+	00:07+	01:17@	00:40@	00:02+	00:00=	00:00=	00:01+	
19	Gunn Vagle	126												30:10
02:47+	06:06+	07:02+	08:39+	10:35+	14:28+	16:27+	18:07+	20:36+	21:57+	27:15+	28:49+	29:36+	30:10+	
02:47+	03:19+	00:56+	01:37=	01:56+	03:53+	01:59+	01:40+	02:29+	01:21+	05:18+	01:34+	00:47+	00:34+	
01:02&	00:36#	00:28&	00:00=	00:46&	03:16@	00:42&	00:09+	01:17@	00:46@	01:36&	00:30&	00:15&	00:11&	
20	Irene Sirevåg	53												30:27
02:33+	06:50+	07:32+	09:16+	11:33+	12:38+	14:54+	17:08+	19:05+	19:57+	26:39+	28:47+	29:45+	30:27+	
02:33+	04:17+	00:42+	01:44+	02:17+	01:05+	02:16+	02:14+	01:57+	00:52+	06:42+	02:08+	00:58+	00:42+	
00:48&	01:34&	00:14&	00:07+	01:07&	00:28&	00:59&	00:43&	00:45&	00:17&	03:00&	01:04&	00:26&	00:19&	
21	Brit Svihus	92												30:42
03:14+	07:02+	07:52+	09:56+	12:23+	13:38+	15:59+	18:14+	20:33+	21:36+	27:11+	28:57+	30:01+	30:42+	
03:14+	03:48+	00:50+	02:04+	02:27+	01:15+	02:21+	02:15+	02:19+	01:03+	05:35+	01:46+	01:04+	00:41+	
01:29&	01:05&	00:22&	00:27&	01:17@	00:38@	01:04&	00:44&	01:07&	00:28&	01:53&	00:42&	00:32&	00:18&	
22	Marianne Høie	116												30:48
02:46+	06:55+	07:45+	09:09+	11:28+	12:43+	14:39+	16:44+	20:52+	22:16+	27:58+	29:30+	30:15+	30:48+	
02:46+	04:09+	00:50+	01:24-	02:19+	01:15+	01:56+	02:05+	04:08+	01:24+	05:42+	01:32+	00:45+	00:33+	
01:01&	01:26&	00:22&	00:13-	01:09&	00:38@	00:39&	00:34&	02:56@	00:49@	02:00&	00:28&	00:13&	00:10&	
23	Lene Vignes	54												31:25
03:20+	07:50+	08:33+	10:21+	12:29+	13:33+	15:55+	17:45+	19:35+	21:05+	28:15+	30:07+	30:50+	31:25+	
03:20+	04:30+	00:43+	01:48+	02:08+	01:04+	02:22+	01:50+	01:50+	01:30+	07:10+	01:52+	00:43+	00:35+	
01:35&	01:47&	00:15&	00:11#	00:58&	00:27&	01:05&	00:19#	00:38&	00:55@	03:28&	00:48&	00:11&	00:12&	
24	Parul Khandelwal	74												31:30
03:19+	07:03+	07:50+	09:23+	11:35+	12:31+	14:44+	16:46+	18:45+	19:51+	27:55+	29:55+	30:47+	31:30+	
03:19+	03:44+	00:47+	01:33-	02:12+	00:56+	02:13+	02:02+	01:59+	01:06+	08:04+	02:00+	00:52+	00:43+	
01:34&	01:01&	00:19&	00:04-	01:02&	00:19&	00:56&	00:31&	00:47&	00:31&	04:22@	00:56&	00:20&	00:20&	
25	Ruth Grødem	105												31:56
02:49+	06:32+	07:30+	09:22+	11:19+	12:16+	14:19+	16:57+	19:56+	22:12+	28:25+	30:20+	31:21+	31:56+	
02:49+	03:43+	00:58+	01:52+	01:57+	00:57+	02:03+	02:38+	02:59+	02:16+	06:13+	01:55+	01:01+	00:35+	
01:04&	01:00&	00:30@	00:15#	00:47&	00:20&	00:46&	01:07&	01:47@	01:41@	02:31&	00:51&	00:29&	00:12&	
26	May Kristin Haaland	47												33:00
03:04+	07:48+	08:34+	10:31+	12:41+	13:38+	15:53+	17:41+	19:58+	21:00+	29:15+	31:23+	32:21+	33:00+	
03:04+	04:44+	00:46+	01:57+	02:10+	00:57+	02:15+	01:48+	02:17+	01:02+	08:15+	02:08+	00:58+	00:39+	
01:19&	02:01&	00:18&	00:20#	01:00&	00:20&	00:58&	00:17#	01:05&	00:27&	04:33@	01:04&	00:26&	00:16&	
27	Kirsti Strand Salvesen	256												33:15
03:18+	07:19+	08:23+	10:17+	12:25+	13:35+	16:08+	18:25+	20:46+	21:51+	29:16+	31:16+	32:23+	33:15+	
03:18+	04:01+	01:04+	01:54+	02:08+	01:10+	02:33+	02:17+	02:21+	01:05+	07:25+	02:00+	01:07+	00:52+	
01:33&	01:18&	00:36@	00:17#	00:58&	00:33&	01:16&	00:46&	01:09&	00:30&	03:43@	00:56&	00:35@	00:29@	
28	Linda Haukås	113												33:54
04:20+	08:11+	09:02+	10:48+	13:20+	14:35+	17:10+	19:21+	22:24+	23:28+	30:15+	32:15+	33:17+	33:54+	
04:20+	03:51+	00:51+	01:46+	02:32+	01:15+	02:35+	02:11+	03:03+	01:04+	06:47+	02:00+	01:02+	00:37+	
02:35@	01:08&	00:23&	00:09+	01:22@	00:38@	01:18@	00:40&	01:51@	00:29&	03:05&	00:56&	00:30&	00:14&	
29	Bente Cecilie Lio	136												34:04
03:58+	08:02+	08:35+	11:31+	14:24+	15:27+	17:35+	19:28+	21:43+	22:37+	30:56+	32:36+	33:34+	34:04+	
03:58+	04:04+	00:33+	02:56+	02:53+	01:03+	02:08+	01:53+	02:15+	00:54+	08:19+	01:40+	00:58+	00:30+	
02:13@	01:21&	00:05#	01:19&	01:43@	00:26&	00:51&	00:22#	01:03&	00:19&	04:37@	00:36&	00:26&	00:07&	

Class	Navn	Klasse										Tid	
30	Elisabeth Melbø	128										34:33	
02:38+	06:51+	07:39+	08:57+	10:34+	11:33+	13:11+	15:13+	23:02+	27:15+	31:47+	33:13+	34:02+	34:33+
02:38+	04:13+	00:48+	01:18-	01:37+	00:59+	01:38+	02:02+	07:49+	04:13+	04:32+	01:26+	00:49+	00:31+
00:53&	01:30&	00:20&	00:19-	00:27&	00:22&	00:21&	00:31&	06:37@	03:38@	00:50#	00:22&	00:17&	00:08&
31	Eli Våge	117										34:43	
02:54+	06:31+	07:15+	08:45+	10:43+	11:36+	13:48+	15:22+	21:46+	23:36+	31:04+	33:07+	34:05+	34:43+
02:54+	03:37+	00:44+	01:30-	01:58+	00:53+	02:12+	01:34+	06:24+	01:50+	07:28+	02:03+	00:58+	00:38+
01:09&	00:54&	00:16&	00:07-	00:48&	00:16&	00:55&	00:03+	05:12@	01:15@	03:46@	00:59&	00:26&	00:15&
32	Sigrund Serigstad	128										35:41	
02:09+	07:43+	08:14+	13:38+	16:42+	17:34+	19:35+	21:34+	24:46+	27:03+	33:12+	34:30+	35:14+	35:41+
02:09+	05:34+	00:31+	05:24+	03:04+	00:52+	02:01+	01:59+	03:12+	02:17+	06:09+	01:18+	00:44+	00:27+
00:24#	02:51@	00:03#	03:47@	01:54@	00:15&	00:44&	00:28&	02:00@	01:42@	02:27&	00:14#	00:12&	00:04#
33	Wibeke Lende	74										36:02	
05:34+	09:41+	10:37+	12:34+	14:39+	15:45+	18:16+	20:00+	22:29+	23:32+	31:28+	33:41+	34:56+	36:02+
05:34+	04:07+	00:56+	01:57+	02:05+	01:06+	02:31+	01:44+	02:29+	01:03+	07:56+	02:13+	01:15+	01:06+
03:49@	01:24&	00:28&	00:20#	00:55&	00:29&	01:14&	00:13#	01:17@	00:28&	04:14@	01:09@	00:43@	00:43@
34	Kristin Harbo	92										37:09	
03:02+	08:54+	09:52+	13:02+	15:08+	16:28+	18:45+	21:02+	23:23+	24:59+	33:20+	35:26+	36:24+	37:09+
03:02+	05:52+	00:58+	03:10+	02:06+	01:20+	02:17+	02:17+	02:21+	01:36+	08:21+	02:06+	00:58+	00:45+
01:17&	03:09@	00:30@	01:33&	00:56&	00:43@	01:00&	00:46&	01:09&	01:01@	04:39@	01:02&	00:26&	00:22&
35	Gro Skadberg Helliesen	105										37:26	
02:17+	06:58+	07:45+	11:10+	14:32+	15:31+	18:20+	21:29+	24:09+	25:15+	34:29+	36:05+	36:51+	37:26+
02:17+	04:41+	00:47+	03:25+	03:22+	00:59+	02:49+	03:09+	02:40+	01:06+	09:14+	01:36+	00:46+	00:35+
00:32&	01:58&	00:19&	01:48@	02:12@	00:22&	01:32@	01:38@	01:28@	00:31&	05:32@	00:32&	00:14&	00:12&
36	Sarah Allen	7										37:33	
02:54+	07:13+	07:55+	09:22+	11:53+	13:52+	15:49+	20:51+	27:06+	28:50+	34:23+	36:05+	36:56+	37:33+
02:54+	04:19+	00:42+	01:27-	02:31+	01:59+	01:57+	05:02+	06:15+	01:44+	05:33+	01:42+	00:51+	00:37+
01:09&	01:36&	00:14&	00:10-	01:21@	01:22@	00:40&	03:31@	05:03@	01:09@	01:51&	00:38&	00:19&	00:14&
37	Friederike Krahnert	126										38:01	
03:13+	07:29+	08:43+	11:38+	14:16+	15:29+	18:03+	20:26+	23:10+	24:21+	33:33+	35:44+	37:00+	38:01+
03:13+	04:16+	01:14+	02:55+	02:38+	01:13+	02:34+	02:23+	02:44+	01:11+	09:12+	02:11+	01:16+	01:01+
01:28&	01:33&	00:46@	01:18&	01:28@	00:36&	01:17&	00:52&	01:32@	00:36@	05:30@	01:07@	00:44@	00:38@
38	Anastasia Ollestad	93										38:29	
03:33+	08:08+	09:21+	11:23+	13:41+	15:07+	17:37+	20:39+	23:12+	24:37+	34:14+	36:28+	37:39+	38:29+
03:33+	04:35+	01:13+	02:02+	02:18+	01:26+	02:30+	03:02+	02:33+	01:25+	09:37+	02:14+	01:11+	00:50+
01:48@	01:52&	00:45@	00:25&	01:08&	00:49@	01:13&	01:31&	01:21@	00:50@	05:55@	01:10@	00:39@	00:27@
39	Unni Byberg Mæstad	92										38:32	
03:23+	07:45+	08:35+	11:16+	13:46+	14:55+	17:51+	21:07+	23:30+	26:24+	34:31+	36:48+	37:52+	38:32+
03:23+	04:22+	00:50+	02:41+	02:30+	01:09+	02:56+	03:16+	02:23+	02:54+	08:07+	02:17+	01:04+	00:40+
01:38&	01:39&	00:22&	01:04&	01:20@	00:32&	01:39@	01:45@	01:11&	02:19@	04:25@	01:13@	00:32&	00:17&
40	Susanne Hansen	74										40:11	
03:49+	06:33+	07:05+	08:53+	10:25+	11:17+	12:35+	13:39+	31:49+	32:46+	37:49+	39:06+	39:41+	40:11+
03:49+	02:44+	00:32+	01:48+	01:32+	00:52+	01:18+	01:04-	18:10+	00:57+	05:03+	01:17+	00:35+	00:30+
02:04@	00:01+	00:04#	00:11#	00:22&	00:15&	00:01+	00:27-	16:58@	00:22&	01:21&	00:13#	00:03+	00:07&
41	Ritva Aiko Halsne	105										40:32	
03:50+	16:02+	16:51+	18:07+	20:31+	21:41+	23:51+	25:49+	27:45+	29:40+	36:05+	39:23+	40:05+	40:32+
03:50+	12:12+	00:49+	01:16-	02:24+	01:10+	02:10+	01:58+	01:56+	01:55+	06:25+	03:18+	00:42+	00:27+
02:05@	09:29@	00:21&	00:21-	01:14@	00:33&	00:53&	00:27&	00:44&	01:20@	02:43&	02:14@	00:10&	00:04#
42	Gro Mariero Totland	59										42:39	
03:41+	08:36+	10:00+	13:01+	15:44+	16:50+	19:42+	23:38+	28:31+	29:50+	38:26+	40:51+	42:00+	42:39+
03:41+	04:55+	01:24+	03:01+	02:43+	01:06+	02:52+	03:56+	04:53+	01:19+	08:36+	02:25+	01:09+	00:39+
01:56@	02:12&	00:56@	01:24&	01:33@	00:29&	01:35@	02:25@	03:41@	00:44@	04:54@	01:21@	00:37@	00:16&
43	Elisabeth Horpestad	117										45:50	
01:54+	13:13+	13:39+	17:44+	19:20+	20:53+	22:56+	25:47+	37:26+	37:59+	42:41+	44:19+	45:24+	45:50+
01:54+	11:19+	00:26-	04:05+	01:36+	01:33+	02:03+	02:51+	11:39+	00:33-	04:42+	01:38+	01:05+	00:26+
00:09+	08:36@	00:02-	02:28@	00:26&	00:56@	00:46&	01:20&	10:27@	00:02-	01:00&	00:34&	00:33@	00:03#
44	Ingunn Fandrem	47										45:57	
03:53+	10:20+	11:18+	16:32+	19:13+	21:30+	25:05+	28:59+	32:18+	33:50+	41:58+	44:19+	45:14+	45:57+
03:53+	06:27+	00:58+	05:14+	02:41+	02:17+	03:35+	03:54+	03:19+	01:32+	08:08+	02:21+	00:55+	00:43+
02:08@	03:44@	00:30@	03:37@	01:31@	01:40@	02:18@	02:23@	02:07@	00:57@	04:26@	01:17@	00:23&	00:20&

Class	Navn	Klasse	Tid
45	Solveig Marie Grønning	47	46:06
03:56+	10:24+ 11:21+ 16:36+ 19:16+ 21:37+	25:11+ 28:56+ 32:21+ 33:55+ 42:00+	44:23+ 45:22+ 46:06+
03:56+	06:28+ 00:57+ 05:15+ 02:40+ 02:21+	03:34+ 03:45+ 03:25+ 01:34+ 08:05+	02:23+ 00:59+ 00:44+
02:11@	03:45@ 00:29@ 03:38@ 01:30@ 01:44@	02:17@ 02:14@ 02:13@ 00:59@ 04:23@	01:19@ 00:27& 00:21&
46	Esther Boenheim	268	47:58
02:33+	06:43+ 07:30+ 08:55+ 10:52+ 15:15+	16:59+ 18:48+ 22:15+ 25:52+ 44:33+	46:25+ 47:25+ 47:58+
02:33+	04:10+ 00:47+ 01:25- 01:57+ 04:23+	01:44+ 01:49+ 03:27+ 03:37+ 18:41+	01:52+ 01:00+ 00:33+
00:48&	01:27& 00:19& 00:12- 00:47& 03:46@	00:27& 00:18# 02:15@ 03:02@ 14:59@	00:48& 00:28& 00:10&
47	Marita Skorpe	43	48:34
04:45+	10:12+ 11:08+ 16:46+ 19:23+ 22:09+	24:46+ 28:23+ 31:43+ 33:39+	43:16+ 45:50+ 47:38+
04:45+	05:27+ 00:56+ 05:38+ 02:37+ 02:46+	02:37+ 03:37+ 03:20+ 01:56+ 09:37+	02:34+ 01:48+ 00:56+
03:00@	02:44@ 00:28& 04:01@ 01:27@ 02:09@	01:20@ 02:06@ 02:08@ 01:21@ 05:55@	01:30@ 01:16@ 00:33@
48	Bente Karin Dirdal	54	50:39
02:45+	07:25+ 07:58+ 09:30+ 15:48+ 22:50+	25:01+ 27:58+ 32:13+ 34:03+	39:10+ 49:26+ 50:06+
02:45+	04:40+ 00:33+ 01:32- 06:18+ 07:02+	02:11+ 02:57+ 04:15+ 01:50+ 05:07+	10:16+ 00:40+ 00:33+
01:00&	01:57& 00:05# 00:05- 05:08@ 06:25@	00:54& 01:26& 03:03@ 01:15@ 01:25&	09:12@ 00:08# 00:10&
49	Signe Lise Haaland	66	55:58
04:20+	09:18+ 10:22+ 19:16+ 22:31+ 24:13+	27:10+ 31:00+ 36:26+ 37:49+	50:49+ 53:21+ 54:45+
04:20+	04:58+ 01:04+ 08:54+ 03:15+ 01:42+	02:57+ 03:50+ 05:26+ 01:23+ 13:00+	02:32+ 01:24+ 01:13+
02:35@	02:15& 00:36@ 07:17@ 02:05@ 01:05@	01:40@ 02:19@ 04:14@ 00:48@ 09:18@	01:28@ 00:52@ 00:50@
Beste strekktid for klassen			
01:43	02:19	00:26	01:09
01:10	00:37	01:17	01:04
01:12	00:33	03:42	01:04
00:32	00:23		

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

Herrer 16 - 39 år

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

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

Beste strekktid for klassen

00:30 00:56 01:03 02:16 00:42 00:21 00:23 01:34 00:37 00:51 00:37 01:58 01:33 02:38 02:11 01:50 01:47 01:09 00:33 00:48

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

Herrer 70 - 74 år

1	Harry Breiland	66	28:25																
00:45=	01:53=	03:03=	05:25=	06:11=	06:34=	07:02=	09:00=	09:40=	10:48=	11:38=	13:47=	15:53=	18:51=	21:21=	23:30=	25:25=	26:53=	27:30=	28:25=
00:45=	01:08=	01:10=	02:22=	00:46=	00:23=	00:28=	01:58=	00:40=	01:08=	00:50=	02:09=	02:06=	02:58=	02:30=	02:09=	01:55=	01:28=	00:37=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ragnvald Frøyland	128	33:56																
00:50+	02:03+	03:31+	06:04+	06:58+	07:24+	07:59+	10:15+	11:09+	12:27+	13:24+	16:39+	18:57+	21:55+	24:39+	27:03+	29:21+	31:10+	32:55+	33:56+
00:50+	01:13+	01:28+	02:33+	00:54+	00:26+	00:35+	02:16+	00:54+	01:18+	00:57+	03:15+	02:18+	02:58=	02:44+	02:24+	02:18+	01:49+	01:45+	01:01+
00:05#	00:05+	00:18&	00:11+	00:08#	00:03#	00:07#	00:18#	00:14&	00:10#	00:07#	01:06&	00:12+	00:00=	00:14+	00:15#	00:23#	00:21#	01:08&	00:06#

3	Arne Østensen	53	35:03																
00:41-	02:13+	03:30+	07:04+	07:57+	08:28+	09:08+	11:34+	12:42+	13:59+	14:54+	17:11+	19:51+	23:17+	25:51+	28:48+	31:17+	33:03+	33:56+	35:03+
00:41-	01:32+	01:17+	03:34+	00:53+	00:31+	00:40+	02:26+	01:08+	01:17+	00:55+	02:17+	02:40+	03:26+	02:34+	02:57+	02:29+	01:46+	00:53+	01:07+
00:04-	00:24&	00:07#	01:12&	00:07#	00:08&	00:12&	00:28#	00:28&	00:09#	00:05#	00:08+	00:34&	00:28#	00:04+	00:48&	00:34&	00:18#	00:16&	00:12#

4	Kjell Svihus	154	35:35																
00:46+	02:11+	03:51+	06:51+	08:01+	08:36+	09:11+	11:52+	12:43+	14:03+	14:57+	17:50+	20:11+	23:27+	26:42+	29:34+	31:58+	33:42+	34:30+	35:35+
00:46+	01:25+	01:40+	03:00+	01:10+	00:35+	00:35+	02:41+	00:51+	01:20+	00:54+	02:53+	02:21+	03:16+	03:15+	02:52+	02:24+	01:44+	00:48+	01:05+
00:01+	00:17#	00:30&	00:38&	00:24&	00:12&	00:07#	00:43&	00:11&	00:12#	00:04+	00:44&	00:15#	00:18#	00:15+	00:45&	00:43&	00:29&	00:16#	00:10#

5	Jan Inge Lunde	88	35:41																
00:50+	02:21+	03:51+	06:40+	07:44+	08:19+	08:59+	11:36+	12:30+	14:01+	15:03+	17:49+	20:11+	23:27+	26:48+	29:31+	32:14+	33:53+	34:40+	35:41+
00:50+	01:31+	01:30+	02:49+	01:04+	00:35+	00:40+	02:37+	00:54+	01:31+	01:02+	02:46+	02:22+	03:16+	03:21+	02:43+	02:43+	01:39+	00:47+	01:01+
00:05#	00:23&	00:20&	00:27#	00:18&	00:12&	00:12&	00:39&	00:14&	00:23&	00:12#	00:37&	00:16#	00:18#	00:51&	00:34&	00:48&	00:11#	00:10&	00:06#

6	Paul A. Paulsen	117	36:11																
00:42-	01:46-	03:09+	06:28+	07:46+	08:23+	09:17+	11:29+	12:27+	13:39+	14:31+	17:08+	19:21+	24:26+	27:01+	30:03+	32:38+	34:20+	35:08+	36:11+
00:42-	01:04-	01:23+	03:19+	01:18+	00:37+	00:54+	02:12+	00:58+	01:12+	00:52+	02:37+	02:13+	05:05+	02:35+	03:02+	02:35+	01:42+	00:48+	01:03+
00:03-	00:04-	00:13#	00:57&	00:32&	00:14&	00:26&	00:14#	00:18&	00:04+	00:02+	00:28#	00:07+	02:07&	00:05+	00:53&	00:40&	00:14#	00:11&	00:08#

7	Jostein Tunheim	116	36:26																
03:57+	05:06+	06:51+	09:48+	11:01+	11:34+	12:06+	14:26+	15:12+	16:13+	17:09+	19:35+	21:52+	25:22+	28:26+	30:51+	33:02+	34:34+	35:23+	36:26+
03:57+	01:09+	01:45+	02:57+	01:13+	00:33+	00:32+	02:20+	00:46+	01:01-	00:56+	02:26+	02:17+	03:30+	03:04+	02:25+	02:11+	01:32+	00:49+	01:03+
03:12@	00:01+	00:35&	00:35#	00:27&	00:10&	00:04#	00:22#	00:06#	00:07-	00:06#	00:17#	00:11+	00:32#	00:34#	00:16#	00:16#	00:04+	00:12&	00:08#

8	Olav Habbestad	116	41:28																
00:43-	04:09+	05:15+	11:23+	12:13+	12:43+	13:15+	15:43+	16:57+	18:15+	19:06+	21:21+	26:44+	29:59+	32:44+	35:09+	37:23+	39:24+	40:15+	41:28+
00:43-	03:26+	01:06-	06:08+	00:50+	00:30+	00:32+	02:28+	01:14+	01:18+	00:51+	02:15+	05:23+	03:15+	02:45+	02:25+	02:14+	02:01+	00:51+	01:13+
00:02-	02:18@	00:04-	03:46@	00:04+	00:07&	00:04#	00:30&	00:34&	00:10#	00:01+	00:06+	03:17@	00:17+	00:15#	00:16#	00:19#	00:33&	00:14&	00:18&

9	Terje Helland	88	47:44																			
00:51+	02:10+	04:11+	12:03+	12:28+	13:32+	14:26+	15:18+	16:05+	16:51+	19:14+	20:21+	21:43+	22:39+	25:18+	27:32+	36:06+	38:49+	41:25+	43:45+	45:48+	46:40+	47:44+
00:51+	01:19+	02:01+	07:52+	00:25-	01:04+	00:54+	00:52-	00:47+	00:46-	02:23+	01:07-	01:22-	00:56-	02:39+	02:14+	08:34+	02:43+	02:36+	02:20+	02:03+	00:52+	01:04+
00:06#	00:11#	00:51&	05:30@	00:21-	00:41@	00:26&	01:06-	00:07#	00:22-	01:33@	01:02-	00:44-	02:02-	00:09+	00:05+	06:39@	01:15&	01:59@	01:25@	02:03+	00:52+	01:04+

10	Leif Gunnar Wikene	43	51:55																	
00:42-	02:54+	04:43+	15:30+	16:13+	17:12+	19:59+	20:23+	22:52+	23:41+	25:06+	26:06+	28:49+	32:00+	40:18+	43:13+	45:31+	48:25+	49:59+	50:42+	51:55+
00:42-	02:12+	01:49+	10:47+	00:43-	00:59+	02:47+	00:24-	02:29+	00:49-	01:25+	01:00-	02:43+	03:11+	08:18+	02:55+	02:18+	02:54+	01:34+	00:43-	01:13+
00:03-	01:04&	00:39&	08:25@	00:03-	00:36@	02:19@	01:34-	01:49@	00:19-	00:35&	01:09-	00:37&	00:13+	05:48@	00:46&	00:23#	01:26&	00:57@	00:12-	01:13+

11	John Abrahamsen	125	1:24:46																
01:52+	05:15+	14:51+	20:16+	22:02+	22:49+	24:05+	29:06+	31:25+	38:27+	40:52+	47:45+	53:31+	61:59+	68:23+	72:48+	77:32+	81:28+	83:00+	84:46+
01:52+	03:23+	09:36+	05:25+	01:46+	00:47+	01:16+	05:01+	02:19+	07:02+	02:25+	06:53+	05:46+	08:28+	06:24+	04:25+	04:44+	03:56+	01:32+	01:46+
01:07@	02:15@	08:26@	03:03@	01:00@	00:24@	00:48@	03:03@	01:39@	05:54@	01:35@	04:44@	03:40@	05:30@	03:54@	02:16@	02:49@	02:28@	00:55@	00:51&

Beste strekktid for klassen

00:41 01:04 01:06 02:22 00:25 00:23 00:28 00:24 00:40 00:46 00:50 01:00 01:22 00:56 02:30 02:09 01:55 01:28 00:37 00:43

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

Herrer 75 - 79 år

Class	Navn	Klasse										Tid				
16	Kjell Langvik	93										55:36				
02:21+	08:38+	13:26+	16:08+	18:35+	25:05+	25:49+	30:52+	34:38+	39:42+	47:32+	51:37+	53:49+	54:57+	55:36+		
02:21+	06:17+	04:48+	02:42+	02:27+	06:30+	00:44+	05:03+	01:24+	02:22+	05:04+	07:50+	04:05+	02:12+	01:08+		
01:02&	04:24@	02:47@	01:09&	01:09&	02:31&	00:06#	01:40&	00:38&	00:59&	03:49@	03:13&	02:41@	00:49&	00:24&		
17	Reidar Magne Liland	66										1:00:56				
05:16+	09:01+	11:47+	15:07+	17:33+	25:33+	26:19+	34:09+	35:35+	38:08+	40:50+	54:03+	56:40+	59:05+	60:08+		
05:16+	03:45+	02:46+	03:20+	02:26+	08:00+	00:46+	07:50+	01:26+	02:33+	02:42+	13:13+	02:37+	02:25+	01:03+		
03:57@	01:52&	00:45&	01:47@	01:08&	04:01@	00:08#	04:27@	00:40&	01:10&	01:27@	08:36@	01:13&	01:02&	00:19&		
Beste strekktid for klassen																
01:19	01:53	01:26	01:32	01:18	03:59	00:28	00:28	00:46	01:23	01:15	02:40	01:24	01:23	00:32		

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

Herrer 80 år og eldre

1	Alf Gyland	92										37:21				
01:44=	03:43=	04:50=	09:28=	10:10=	12:27=	14:45=	15:27=	16:40=	27:08=	30:24=	32:58=	35:21=	36:13=	37:21=		
01:44=	01:59=	01:07=	04:38=	00:42=	02:17=	02:18=	00:42=	01:13=	10:28=	03:16=	02:34=	02:23=	00:52=	01:08=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Sigurd Krosli	93										41:35				
03:39+	05:35+	06:17+	10:45+	11:36+	13:48+	17:45+	18:26+	19:40+	26:40-	34:43+	37:14+	39:36+	40:31+	41:35+		
03:39+	01:56-	00:42-	04:28-	00:51+	02:12-	03:57+	00:41-	01:14+	07:00-	08:03+	02:31-	02:22-	00:55+	01:04-		
01:55@	00:03-	00:25-	00:10-	00:09#	00:05-	01:39&	00:01-	00:01+	03:28-	04:47@	00:03-	00:01-	00:03+	00:04-		
3	Harald Vatne	67										44:20				
01:58+	03:53+	05:14+	08:41-	09:32-	11:38-	16:07+	16:57+	18:15+	25:25-	37:20+	39:41+	42:28+	43:19+	44:20+		
01:58+	01:55-	01:21+	03:27-	00:51+	02:06-	04:29+	00:50+	01:18+	07:10-	11:55+	02:21-	02:47+	00:51-	01:01-		
00:14#	00:04-	00:14#	01:11-	00:09#	00:11-	02:11&	00:08#	00:05+	03:18-	08:39@	00:13-	00:24#	00:01-	00:07-		
4	Kjell Maudal	63										46:40				
03:07+	06:11+	07:20+	12:00+	13:00+	16:10+	19:27+	20:38+	22:22+	30:48+	38:41+	41:37+	44:23+	45:27+	46:40+		
03:07+	03:04+	01:09+	04:40+	01:00+	03:10+	03:17+	01:11+	01:44+	08:26-	07:53+	02:56+	02:46+	01:04+	01:13+		
01:23&	01:05&	00:02+	00:02+	00:18&	00:53&	00:59&	00:29&	00:31&	02:02-	04:37@	00:22#	00:23#	00:12#	00:05+		
5	Magne Jakobsen	63										51:25				
02:22+	07:27+	08:53+	12:45+	13:50+	16:26+	20:00+	21:04+	22:22+	32:01+	43:36+	46:40+	49:11+	50:17+	51:25+		
02:22+	05:05+	01:26+	03:52-	01:05+	02:36+	03:34+	01:04+	01:18+	09:39-	11:35+	03:04+	02:31+	01:06+	01:08=		
00:38&	03:06@	00:19&	00:46-	00:23&	00:19#	01:16&	00:22&	00:05+	00:49-	08:19@	00:30#	00:08+	00:14&	00:00=		
Beste strekktid for klassen																
01:44	01:55	00:42	03:27	00:42	02:06	02:18	00:41	01:13	07:00	03:16	02:21	02:22	00:51	01:01		

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

Herrer A

1	Markus Richter	388										28:58														
00:39=	01:26=	02:30=	02:46=	03:28=	04:55=	05:18=	05:53=	06:26=	07:43=	08:04=	08:24=	08:41=	09:09=	11:33=	12:10=	12:54=	14:50=	15:40=	16:34=	17:38=	18:22=	19:30=	21:04=	21:27=	21:59=	
00:39=	00:47=	01:04=	00:16=	00:42=	01:27=	00:23=	00:35=	00:33=	01:17=	00:21=	00:20=	00:17=	00:28=	02:24=	00:37=	00:44=	01:56=	00:50=	00:54=	01:04=	00:44=	01:08=	01:34=	00:23=	00:32=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
22:56=	24:01=	24:15=	25:25=	26:16=	27:22=	27:48=	28:08=	28:30=	28:58=																	
00:57=	01:05=	00:14=	01:10=	00:51=	01:06=	00:26=	00:20=	00:22=	00:28=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	
2	Fredrik Omdal	375										29:13														
00:35-	01:28+	02:24-	02:43-	03:19-	04:48-	05:16-	05:53=	06:22-	07:56+	08:22+	08:41+	09:05+	09:34+	12:11+	12:50+	13:41+	15:30+	16:25+	17:18+	18:21+	18:49+	19:38+	20:36-	21:00-	21:43-	
00:35-	00:53+	00:56-	00:19+	00:36-	01:29+	00:28+	00:37+	00:29-	01:34+	00:26+	00:19-	00:24+	00:29+	02:37+	00:39+	00:51+	01:49-	00:55+	00:53-	01:03-	00:28-	00:49-	00:58-	00:24+	00:43+	
00:04-	00:06#	00:08-	00:03#	00:06-	00:02+	00:05#	00:02+	00:04-	00:17#	00:05#	00:01-	00:07&	00:01+	00:13+	00:02+	00:07#	00:07-	00:05#	00:01-	00:01-	00:16-	00:19-	00:36-	00:01+	00:11&	
22:45-	23:51-	24:07-	25:29+	26:28+	27:31+	27:58+	28:21+	28:45+	29:13+																	
01:02+	01:06+	00:16+	01:22+	00:59+	01:03-	00:27+	00:23+	00:24+	00:28=																	
00:05+	00:01+	00:02#	00:12#	00:08#	00:03-	00:01+	00:03#	00:02+	00:00=																	

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

Beste strekktid for klassen

00:33 00:52 00:58 00:19 00:35 01:16 00:27 00:29 00:33 00:44 00:27 00:21 00:20 00:22 00:44 00:39 00:50 01:07 00:55 00:41 00:59 00:29 00:34 00:54 00:25 00:39 01:00 01:06

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

Herrer C

1 Henning Sundby 114 30:08
 01:59= 02:50= 03:50= 06:01= 07:34= 08:31= 09:36= 11:26= 11:55= 12:18= 13:34= 16:01= 16:25= 16:56= 17:41= 18:37= 20:48= 21:15= 23:05= 24:32= 25:54= 26:56= 28:05= 28:20= 29:03= 29:34=
 01:59= 00:51= 01:00= 02:11= 01:33= 00:57= 01:05= 01:50= 00:29= 00:23= 01:16= 02:27= 00:24= 00:31= 00:45= 00:56= 02:11= 00:27= 01:50= 01:27= 01:22= 01:02= 01:09= 00:15= 00:43= 00:31=
 00:00=

2 Kjetil Wirak 114 31:57
 02:32+ 03:21+ 04:29+ 06:41+ 08:28+ 09:26+ 10:38+ 12:35+ 13:15+ 13:39+ 15:09+ 17:13+ 17:42+ 18:05+ 18:57+ 20:27+ 22:10+ 22:36+ 24:26+ 26:01+ 27:34+ 28:36+ 29:56+ 30:10+ 30:58+ 31:25+
 02:32+ 00:49= 01:08+ 02:12+ 01:47+ 00:58+ 01:12+ 01:57+ 00:40+ 00:24+ 01:30+ 02:04= 00:29+ 00:23= 00:52+ 01:30+ 01:43= 00:26= 01:50= 01:35+ 01:33+ 01:02= 01:20+ 00:14= 00:48+ 00:27=
 00:33& 00:02= 00:08# 00:01+ 00:14# 00:01+ 00:07# 00:07+ 00:11& 00:01+ 00:14# 00:23= 00:05# 00:08= 00:07# 00:34& 00:28= 00:01= 00:00= 00:08+ 00:11# 00:00= 00:11# 00:01= 00:05# 00:04=
 31:57+
 00:32=
 00:02=

3 Jan Einar Øvremo 50 34:14
 02:21+ 03:30+ 04:38+ 07:02+ 08:49+ 09:48+ 11:16+ 13:11+ 13:43+ 14:07+ 15:42+ 18:03+ 18:35+ 19:28+ 20:32+ 21:38+ 23:25+ 23:52+ 25:49+ 27:37+ 29:15+ 30:29+ 31:59+ 32:12+ 33:10+ 33:43+
 02:21+ 01:09+ 01:08+ 02:24+ 01:47+ 00:59+ 01:28+ 01:55+ 00:32+ 00:24+ 01:35+ 02:21= 00:32+ 00:53+ 01:04+ 01:06+ 01:47= 00:27= 01:57+ 01:48+ 01:38+ 01:14+ 01:30+ 00:13= 00:58+ 00:33+
 00:22# 00:18& 00:08# 00:13+ 00:14# 00:02+ 00:23& 00:05+ 00:03# 00:01+ 00:19# 00:06= 00:08& 00:22& 00:19& 00:10# 00:24= 00:00= 00:07+ 00:21# 00:16# 00:12# 00:21& 00:02= 00:15& 00:02+
 34:14+
 00:31=
 00:03=

4 Odd Fuglestad 379 34:42
 02:23+ 03:14+ 04:39+ 07:20+ 09:10+ 10:07+ 11:49+ 13:49+ 14:19+ 14:39+ 16:17+ 18:31+ 19:00+ 19:23+ 20:18+ 21:20+ 23:43+ 24:10+ 26:10+ 27:59+ 29:34+ 30:58+ 32:27+ 32:39+ 33:32+ 34:04+
 02:23+ 00:51= 01:25+ 02:41+ 01:50+ 00:57= 01:42+ 02:00+ 00:30+ 00:20= 01:38+ 02:14= 00:29+ 00:23= 00:55+ 01:02+ 02:23+ 00:27= 02:00+ 01:49+ 01:35+ 01:24+ 01:29+ 00:12= 00:53+ 00:32+
 00:24# 00:00= 00:25& 00:30# 00:17# 00:00= 00:37& 00:10+ 00:01+ 00:03= 00:22& 00:13= 00:05# 00:08= 00:10# 00:06# 00:12+ 00:00= 00:10+ 00:22& 00:13# 00:22& 00:20& 00:03= 00:03= 00:01+ 00:10# 00:01+
 34:42+
 00:38+
 00:04#

5 Oddmund Nordgård 105 34:58
 02:36+ 03:30+ 04:35+ 07:10+ 08:53+ 09:51+ 11:18+ 13:35+ 14:06+ 14:30+ 15:55+ 18:27+ 18:57+ 19:34+ 20:32+ 21:56+ 24:07+ 24:37+ 26:29+ 28:17+ 29:49+ 31:09+ 32:43+ 32:58+ 33:54+ 34:23+
 02:36+ 00:54+ 01:15+ 02:25+ 01:43+ 00:58+ 01:27+ 02:17+ 00:31+ 00:24+ 01:25+ 02:32+ 00:30+ 00:37+ 00:58+ 01:24+ 02:11= 00:30+ 01:52+ 01:48+ 01:32+ 01:20+ 01:34+ 00:15= 00:56+ 00:29=
 00:37& 00:03+ 00:15# 00:14# 00:10# 00:01+ 00:22& 00:27# 00:02+ 00:01+ 00:09# 00:05+ 00:06# 00:06# 00:13& 00:28& 00:00= 00:03# 00:02+ 00:21# 00:10# 00:18& 00:25& 00:00= 00:13& 00:02=
 34:58+
 00:35+
 00:01+

6 Terje Michaelsen 47 35:54
 02:21+ 03:05+ 04:14+ 06:35+ 08:43+ 09:40+ 11:07+ 12:56+ 13:26+ 13:46+ 15:01+ 17:03+ 17:29+ 18:05+ 18:53+ 20:34+ 25:31+ 25:59+ 27:49+ 29:35+ 31:06+ 32:22+ 33:42+ 33:55+ 34:56+ 35:28+
 02:21+ 00:44= 01:09+ 02:21+ 02:08+ 00:57= 01:27+ 01:49= 00:30+ 00:20= 01:15= 02:02= 00:26+ 00:36+ 00:48+ 01:41+ 04:57+ 00:28+ 01:50= 01:46+ 01:31+ 01:16+ 01:20+ 00:13= 01:01+ 00:32+
 00:22# 00:07= 00:09# 00:10+ 00:35& 00:00= 00:22& 00:01= 00:03= 00:01+ 00:25= 00:02+ 00:05# 00:08+ 00:03+ 00:45& 02:46@ 00:01+ 00:00= 00:19# 00:09# 00:14# 00:11# 00:02= 00:18& 00:01+
 35:54+
 00:26=
 00:08=

7 Kjell Dale 93 36:14
 02:29+ 03:21+ 04:35+ 06:57+ 08:59+ 10:04+ 11:35+ 15:42+ 16:15+ 16:37+ 18:06+ 20:35+ 21:07+ 21:29+ 22:21+ 23:32+ 25:23+ 25:55+ 27:54+ 29:36+ 31:08+ 32:21+ 33:48+ 34:04+ 35:07+ 35:37+
 02:29+ 00:52+ 01:14+ 02:22+ 02:02+ 01:05+ 01:31+ 04:07+ 00:33+ 00:22= 01:29+ 02:29+ 00:32+ 00:22= 00:52+ 01:11+ 01:51= 00:32+ 01:59+ 01:42+ 01:32+ 01:13+ 01:27+ 00:16+ 01:03+ 00:30=
 00:30& 00:01+ 00:14# 00:11+ 00:29& 00:08# 00:26& 02:17@ 00:04# 00:01= 00:13# 00:02+ 00:08& 00:09= 00:07# 00:15& 00:20= 00:05# 00:09+ 00:15# 00:10# 00:11# 00:18& 00:01+ 00:20& 00:01=
 36:14+
 00:37+
 00:03+

8 Svein Erik Kvame 116 36:54
 02:32+ 03:26+ 04:41+ 07:16+ 09:16+ 10:22+ 12:01+ 14:10+ 14:44+ 15:08+ 16:31+ 19:03+ 19:38+ 20:11+ 21:03+ 22:08+ 24:39+ 25:13+ 27:28+ 29:26+ 31:05+ 32:31+ 34:25+ 34:38+ 35:45+ 36:14+
 02:32+ 00:54+ 01:15+ 02:35+ 02:00+ 01:06+ 01:39+ 02:09+ 00:34+ 00:24+ 01:23+ 02:32+ 00:35+ 00:33+ 00:52+ 01:05+ 02:31+ 00:34+ 02:15+ 01:58+ 01:39+ 01:26+ 01:54+ 00:13= 01:07+ 00:29=
 00:33& 00:03+ 00:15# 00:24# 00:27& 00:09# 00:34& 00:19# 00:05# 00:01+ 00:07+ 00:05+ 00:11& 00:02+ 00:07# 00:09# 00:20# 00:07& 00:25# 00:31& 00:17# 00:24& 00:45& 00:02= 00:24& 00:02=
 36:54+
 00:40+
 00:06#

Class	Navn	Klasse										Tid													
18	Øivind Berggraf	116										41:47													
03:02+	03:49+	05:06+	08:06+	10:31+	11:37+	13:20+	15:29+	16:06+	17:49+	19:43+	22:18+	22:56+	23:22+	25:00+	26:14+	30:14+	30:44+	32:54+	34:45+	36:29+	38:01+	39:33+	39:50+	40:46+	41:15+
03:02+	00:47-	01:17+	03:00+	02:25+	01:06+	01:43+	02:09+	00:37+	01:43+	01:54+	02:35+	00:38+	00:26-	01:38+	01:14+	04:00+	00:30+	02:10+	01:51+	01:44+	01:32+	01:32+	00:17+	00:56+	00:29-
01:03&	00:04-	00:17&	00:49&	00:52&	00:09#	00:38&	00:19#	00:08&	01:20@	00:38&	00:08+	00:14&	00:05-	00:53@	00:18&	01:49&	00:03#	00:20#	00:24&	00:22&	00:30&	00:23&	00:02#	00:13&	00:02-
41:47+																									
00:32-																									
00:02-																									

19	Erlend Kveinen	116										42:10													
02:25+	03:17+	04:52+	07:33+	09:42+	10:49+	12:02+	14:18+	14:59+	15:25+	17:03+	22:01+	22:48+	23:59+	24:53+	28:02+	32:10+	32:41+	34:35+	36:17+	37:54+	38:53+	40:04+	40:22+	41:08+	41:41+
02:25+	00:52+	01:35+	02:41+	02:09+	01:07+	01:13+	02:16+	00:41+	00:26+	01:38+	04:58+	00:47+	01:11+	00:54+	03:09+	04:08+	00:31+	01:54+	01:42+	01:37+	00:59-	01:11+	00:18+	00:46+	00:33+
00:26#	00:01+	00:35&	00:30#	00:36&	00:10#	00:08#	00:26#	00:12&	00:03#	00:22&	02:31@	00:23&	00:40@	00:09#	02:13@	01:57&	00:04#	00:04+	00:15#	00:15#	00:03-	00:02+	00:03#	00:03+	00:02+
42:10+																									
00:29-																									
00:05-																									

20	Ove Oaland	116										43:39													
03:20+	04:26+	05:58+	08:57+	11:17+	12:46+	14:20+	16:56+	17:35+	18:08+	20:02+	23:14+	24:06+	24:45+	25:45+	27:03+	29:43+	30:28+	32:59+	35:02+	37:01+	38:36+	40:30+	40:57+	42:17+	43:00+
03:20+	01:06+	01:32+	02:59+	02:20+	01:29+	01:34+	02:36+	00:39+	00:33+	01:54+	03:12+	00:52+	00:39+	01:00+	01:18+	02:40+	00:45+	02:31+	02:03+	01:59+	01:35+	01:54+	00:27+	01:20+	00:43+
01:21&	00:15&	00:32&	00:48&	00:47&	00:32&	00:29&	00:46&	00:10&	00:10&	00:38&	00:45&	00:28@	00:08&	00:15&	00:22&	00:29#	00:18&	00:41&	00:36&	00:37&	00:33&	00:45&	00:12&	00:37&	00:12&
43:39+																									
00:39+																									
00:05#																									

21	Steve Richardson	42										51:38													
03:56+	05:08+	07:02+	11:20+	16:03+	17:36+	19:28+	22:20+	23:01+	23:34+	25:27+	29:36+	30:13+	30:54+	33:00+	34:43+	38:02+	38:50+	41:19+	43:29+	45:34+	47:11+	49:01+	49:18+	50:28+	51:08+
03:56+	01:12+	01:54+	04:18+	04:43+	01:33+	01:52+	02:52+	00:41+	00:33+	01:53+	04:09+	00:37+	00:41+	02:06+	01:43+	03:19+	00:48+	02:29+	02:10+	02:05+	01:37+	01:50+	00:17+	01:10+	00:40+
01:57&	00:21&	00:54&	02:07&	03:10@	00:36&	00:47&	01:02&	00:12&	00:10&	00:37&	01:42&	00:13&	00:10&	01:21@	00:47&	01:08&	00:21&	00:39&	00:43&	00:43&	00:35&	00:41&	00:02#	00:27&	00:09&
51:38+																									
00:30-																									
00:04-																									

Beste strekktid for klassen
01:59 00:44 01:00 02:11 01:33 00:57 01:05 01:49 00:29 00:20 01:15 02:02 00:24 00:22 00:45 00:56 01:43 00:26 01:50 01:27 01:22 00:59 01:09 00:12 00:11 00:27 00:26

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

Herrer Ny

1	Kjell-Ole Topnes	116										20:51												
01:28=	03:11=	04:35=	06:02=	07:50=	09:23=	11:20=	15:02=	18:01=	19:32=	20:19=	20:51=													
01:28=	01:43=	01:24=	01:27=	01:48=	01:33=	01:57=	03:42=	02:59=	01:31=	00:47=	00:32=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													

Beste strekktid for klassen
01:28 01:43 01:24 01:27 01:48 01:33 01:57 03:42 02:59 01:31 00:47 00:32

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

Herrer Trim

1	Eivind Brimsø	76										23:26												
02:34=	03:44=	04:21=	06:29=	06:59=	08:21=	10:29=	11:03=	11:47=	16:01=	18:38=	20:23=	22:01=	22:39=	23:26=										
02:34=	01:10=	00:37=	02:08=	00:30=	01:22=	02:08=	00:34=	00:44=	04:14=	02:37=	01:45=	01:38=	00:38=	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=										

2	Stig Erlend Ollestad	51										23:30												
02:21-	03:21-	03:59-	06:34+	06:59=	08:16-	09:45-	10:16-	10:59-	16:02+	18:52+	20:27+	21:59-	22:47+	23:30+										
02:21-	01:00-	00:38+	02:35+	00:25-	01:17-	01:29-	00:31-	00:43-	05:03+	02:50+	01:35-	01:32-	00:48+	00:43-										
00:13-	00:10-	00:01+	00:27#	00:05-	00:05-	00:39-	00:03-	00:01-	00:49#	00:13+	00:10-	00:06-	00:10&	00:04-										

3	Torkel Schibevaag	114										23:54												
01:22-	02:42-	03:15-	07:09+	08:13+	09:34+	11:23+	11:56+	12:40+	16:32+	19:28+	21:09+	22:31+	23:14+	23:54+										
01:22-	01:20+	00:33-	03:54+	01:04+	01:21-	01:49-	00:33-	00:44+	03:52-	02:56+	01:41-	01:22-	00:43+	00:40-										
01:12-	00:10#	00:04-	01:46&	00:34@	00:01-	00:19-	00:01-	00:00=	00:22-	00:19#	00:04-	00:16-	00:05#	00:07-										

4	Viktor Klippen	5										24:40												
01:19-	02:52-	03:33-	05:58-	06:30-	08:37+	10:36+	11:15+	12:00+	17:24+	20:07+	21:43+	23:11+	23:53+	24:40+										
01:19-	01:33+	00:41+	02:25+	00:32+	02:07+	01:59-	00:39+	00:45+	05:24+	02:43+	01:36-	01:28-	00:42+	00:47=										
01:15-	00:23&	00:04#	00:17#	00:02+	00:45&	00:09-	00:05#	00:01+	01:10&	00:06+	00:09-	00:10-	00:04#	00:00=										

Class	Navn	Klasse												Tid
5	Svein Mæle	43												26:55
03:57+	05:19+	05:59+	08:22+	08:52+	10:34+	12:13+	12:53+	13:50+	18:17+	21:48+	23:36+	25:21+	26:09+	26:55+
03:57+	01:22+	00:40+	02:23+	00:30=	01:42+	01:39-	00:40+	00:57+	04:27+	03:31+	01:48+	01:45+	00:48+	00:46-
01:23&	00:12#	00:03+	00:15#	00:00=	00:20#	00:29-	00:06#	00:13&	00:13+	00:54&	00:03+	00:07+	00:10&	00:01-
6	Erlend Syse	76												27:01
02:02-	03:27-	04:04-	07:15+	07:40+	09:22+	11:16+	11:49+	12:59+	18:26+	21:49+	23:48+	25:28+	26:12+	27:01+
02:02-	01:25+	00:37=	03:11+	00:25-	01:42+	01:54-	00:33-	01:10+	05:27+	03:23+	01:59+	01:40+	00:44+	00:49+
00:32-	00:15#	00:00=	01:03&	00:05-	00:20#	00:14-	00:01-	00:26&	01:13&	00:46&	00:14#	00:02+	00:06#	00:02+
7	Per-Olof Wallerstedt	376												27:05
02:20-	03:46+	04:28+	06:33+	07:11+	09:17+	11:14+	11:46+	12:34+	17:14+	21:43+	23:42+	25:16+	26:03+	27:05+
02:20-	01:26+	00:42+	02:05-	00:38+	02:06+	01:57-	00:32-	00:48+	04:40+	04:29+	01:59+	01:34-	00:47+	01:02+
00:14-	00:16#	00:05#	00:03-	00:08&	00:44&	00:11-	00:02-	00:04+	00:26#	01:52&	00:14#	00:04-	00:09#	00:15&
8	Jan Erik Syvertsen	51												27:36
01:26-	03:20-	03:58-	06:45+	07:37+	09:17+	11:36+	12:17+	13:07+	19:04+	22:24+	24:13+	25:53+	26:45+	27:36+
01:26-	01:54+	00:38+	02:47+	00:52+	01:40+	02:19+	00:41+	00:50+	05:57+	03:20+	01:49+	01:40+	00:52+	00:51+
01:08-	00:44&	00:01+	00:39&	00:22&	00:18#	00:11+	00:07#	00:06#	01:43&	00:43&	00:04+	00:02+	00:14&	00:04+
9	Roger Nyseth	92												28:16
01:44-	03:12-	03:47-	06:25-	07:07+	09:07+	11:09+	11:46+	12:52+	18:11+	21:21+	23:50+	26:07+	27:02+	28:16+
01:44-	01:28+	00:35-	02:38+	00:42+	02:00+	02:02-	00:37+	01:06+	05:19+	03:10+	02:29+	02:17+	00:55+	01:14+
00:50-	00:18&	00:02-	00:30#	00:12&	00:38&	00:06-	00:03+	00:22&	01:05&	00:33#	00:44&	00:39&	00:17&	00:27&
10	Per Jan Ersland	43												28:24
01:21-	02:40-	03:43-	05:50-	06:16-	07:42-	09:31-	10:01-	10:43-	15:11-	22:44+	24:29+	26:42+	27:37+	28:24+
01:21-	01:19+	01:03+	02:07-	00:26-	01:26+	01:49-	00:30-	00:42-	04:28+	07:33+	01:45=	02:13+	00:55+	00:47=
01:13-	00:09#	00:26&	00:01-	00:04-	00:04+	00:19-	00:04-	00:02-	00:14+	04:56@	00:00=	00:35&	00:17&	00:00=
11	Sjur Berntsen	29												28:58
01:45-	03:27-	04:35+	07:32+	08:05+	10:07+	12:09+	12:53+	14:02+	19:34+	22:48+	25:05+	27:03+	27:54+	28:58+
01:45-	01:42+	01:08+	02:57+	00:33+	02:02+	02:02-	00:44+	01:09+	05:32+	03:14+	02:17+	01:58+	00:51+	01:04+
00:49-	00:32&	00:31&	00:49&	00:03#	00:40&	00:06-	00:10&	00:25&	01:18&	00:37#	00:32&	00:20#	00:13&	00:17&
12	Lars Salvesen	50												29:55
01:36-	03:15-	03:59-	06:30+	07:00+	08:45+	11:40+	12:22+	13:22+	19:12+	22:31+	24:24+	26:22+	29:05+	29:55+
01:36-	01:39+	00:44+	02:31+	00:30=	01:45+	02:55+	00:42+	01:00+	05:50+	03:19+	01:53+	01:58+	02:43+	00:50+
00:58-	00:29&	00:07#	00:23#	00:00=	00:23&	00:47&	00:08#	00:16&	01:36&	00:42&	00:08+	00:20#	02:05@	00:03+
13	Jan Henrik Neuenkirchen	117												29:55
02:41+	04:15+	04:54+	07:56+	08:37+	10:49+	12:51+	13:35+	14:39+	20:34+	23:53+	26:09+	28:12+	29:00+	29:55+
02:41+	01:34+	00:39+	03:02+	00:41+	02:12+	02:02-	00:44+	01:04+	05:55+	03:19+	02:16+	02:03+	00:48+	00:55+
00:07+	00:24&	00:02+	00:54&	00:11&	00:50&	00:06-	00:10&	00:20&	01:41&	00:42&	00:31&	00:25&	00:10&	00:08#
14	Per Marthon Møland	5												30:25
01:33-	03:08-	03:52-	07:22+	07:47+	09:36+	12:43+	13:11+	14:06+	19:44+	23:58+	26:02+	28:20+	29:29+	30:25+
01:33-	01:35+	00:44+	03:30+	00:25-	01:49+	03:07+	00:28-	00:55+	05:38+	04:14+	02:04+	02:18+	01:09+	00:56+
01:01-	00:25&	00:07#	01:22&	00:05-	00:27&	00:59&	00:06-	00:11#	01:24&	01:37&	00:19#	00:40&	00:31&	00:09#
15	Daniel Thu	384												30:50
02:39+	04:08+	04:48+	07:17+	07:45+	09:16+	11:17+	13:59+	14:45+	20:12+	26:08+	27:38+	29:10+	29:56+	30:50+
02:39+	01:29+	00:40+	02:29+	00:28-	01:31+	02:01-	02:42+	00:46+	05:27+	05:56+	01:30-	01:32-	00:46+	00:54+
00:05+	00:19&	00:03+	00:21#	00:02-	00:09#	00:07-	02:08@	00:02+	01:13&	03:19@	00:15-	00:06-	00:08#	00:07#
16	Håvard Høie	378												31:09
01:26-	02:56-	06:09+	10:47+	11:19+	12:54+	14:58+	15:37+	16:36+	23:05+	26:13+	28:07+	29:38+	30:23+	31:09+
01:26-	01:30+	03:13+	04:38+	00:32+	01:35+	02:04-	00:39+	00:59+	06:29+	03:08+	01:54+	01:31-	00:45+	00:46-
01:08-	00:20&	02:36@	02:30@	00:02+	00:13#	00:04-	00:05#	00:15&	02:15&	00:31#	00:09+	00:07-	00:07#	00:01-
17	Arild Svihus	92												31:20
01:38-	04:13+	05:03+	07:55+	08:43+	10:38+	13:41+	14:18+	15:24+	20:49+	25:56+	28:00+	29:37+	30:26+	31:20+
01:38-	02:35+	00:50+	02:52+	00:48+	01:55+	03:03+	00:37+	01:06+	05:25+	05:07+	02:04+	01:37-	00:49+	00:54+
00:56-	01:25@	00:13&	00:44&	00:18&	00:33&	00:55&	00:03+	00:22&	01:11&	02:30&	00:19#	00:01-	00:11&	00:07#
18	Inge Arild Leknes	376												31:39
03:22+	05:36+	06:39+	08:53+	09:46+	11:15+	13:50+	14:30+	15:23+	19:26+	22:45+	25:00+	28:46+	29:57+	31:39+
03:22+	02:14+	01:03+	02:14+	00:53+	01:29+	02:35+	00:40+	00:53+	04:03-	03:19+	02:15+	03:46+	01:11+	01:42+
00:48&	01:04&	00:26&	00:06+	00:23&	00:07+	00:27#	00:06#	00:09#	00:11-	00:42&	00:30&	02:08@	00:33&	00:55@
19	Eirik Løvåsen	98												31:42
08:02+	10:12+	10:55+	13:23+	13:56+	15:48+	18:26+	19:04+	20:07+	24:17+	27:11+	29:06+	30:14+	30:54+	31:42+
08:02+	02:10+	00:43+	02:28+	00:33+	01:52+	02:38+	00:38+	01:03+	04:10-	02:54+	01:55+	01:08-	00:40+	00:48+
05:28@	01:00&	00:06#	00:20#	00:03#	00:30&	00:30#	00:04#	00:19&	00:04-	00:17#	00:10+	00:30-	00:02+	00:01+

Class	Navn	Klasse										Tid		
20	Terje Langeland	98										32:19		
01:37-	03:31-	04:24+	07:51+	08:34+	10:42+	13:01+	13:57+	15:42+	22:03+	25:37+	28:03+	30:12+	31:10+	32:19+
01:37-	01:54+	00:53+	03:27+	00:43+	02:08+	02:19+	00:56+	01:45+	06:21+	03:34+	02:26+	02:09+	00:58+	01:09+
00:57-	00:44&	00:16&	01:19&	00:13&	00:46&	00:11+	00:22&	01:01@	02:07&	00:57&	00:41&	00:31&	00:20&	00:22&
21	Svein Sivertsen	115										32:28		
01:29-	03:07-	03:54-	07:04+	07:33+	09:43+	11:58+	12:42+	13:47+	20:54+	26:02+	28:17+	30:33+	31:30+	32:28+
01:29-	01:38+	00:47+	03:10+	00:29-	02:10+	02:15+	00:44+	01:05+	07:07+	05:08+	02:15+	02:16+	00:57+	00:58+
01:05-	00:28&	00:10&	01:02&	00:01-	00:48&	00:07+	00:10&	00:21&	02:53&	02:31&	00:30&	00:38&	00:19&	00:11#
22	Asgeir Kleppa	47										32:35		
01:54-	04:18+	05:06+	08:02+	08:47+	10:35+	12:40+	13:30+	14:27+	23:06+	26:24+	28:31+	30:29+	31:23+	32:35+
01:54-	02:24+	00:48+	02:56+	00:45+	01:48+	02:05-	00:50+	00:57+	08:39+	03:18+	02:07+	01:58+	00:54+	01:12+
00:40-	01:14@	00:11&	00:48&	00:15&	00:26&	00:03-	00:16&	00:13&	04:25@	00:41&	00:22#	00:20#	00:16&	00:25&
23	Eivind Gjesteland	136										35:01		
01:12-	02:42-	06:15+	08:44+	09:30+	11:02+	15:06+	15:43+	16:28+	22:56+	30:38+	32:11+	33:34+	34:10+	35:01+
01:12-	01:30+	03:33+	02:29+	00:46+	01:32+	04:04+	00:37+	00:45+	06:28+	07:42+	01:33-	01:23-	00:36-	00:51+
01:22-	00:20&	02:56@	00:21#	00:16&	00:10#	01:56&	00:03+	00:01+	02:14&	05:05@	00:12-	00:15-	00:02-	00:04+
24	John Helge Svandal	111										35:12		
01:56-	03:41-	04:24+	08:26+	08:58+	10:53+	15:01+	15:47+	16:57+	25:15+	28:58+	31:20+	33:15+	34:08+	35:12+
01:56-	01:45+	00:43+	04:02+	00:32+	01:55+	04:08+	00:46+	01:10+	08:18+	03:43+	02:22+	01:55+	00:53+	01:04+
00:38-	00:35&	00:06#	01:54&	00:02+	00:33&	02:00&	00:12&	00:26&	04:04&	01:06&	00:37&	00:17#	00:15&	00:17&
25	Per Kolbein Tonstad	66										35:34		
03:00+	04:55+	05:58+	09:54+	10:38+	12:59+	15:31+	16:18+	17:35+	25:01+	28:33+	31:08+	33:20+	34:18+	35:34+
03:00+	01:55+	01:03+	03:56+	00:44+	00:44+	02:32+	00:47+	01:17+	07:26+	03:32+	02:35+	02:12+	00:58+	01:16+
00:26#	00:45&	00:26&	01:48&	00:14&	00:59&	00:24#	00:13&	00:33&	03:12&	00:55&	00:50&	00:34&	00:20&	00:29&
26	Martin Teigen	381										36:48		
02:24-	04:24+	05:31+	08:34+	09:16+	11:35+	15:04+	15:48+	16:47+	22:15+	31:09+	33:20+	34:44+	35:46+	36:48+
02:24-	02:00+	01:07+	03:03+	00:42+	02:19+	03:29+	00:44+	00:59+	05:28+	08:54+	02:11+	01:24-	01:02+	01:02+
00:10-	00:50&	00:30&	00:55&	00:12&	00:57&	01:21&	00:10&	00:15&	01:14&	06:17@	00:26#	00:14-	00:24&	00:15&
27	Tom Leveraas	93										37:49		
01:45-	04:07+	06:34+	09:58+	10:37+	12:29+	15:24+	16:22+	17:44+	24:42+	28:00+	29:56+	31:41+	37:03+	37:49+
01:45-	02:22+	02:27+	03:24+	00:39+	01:52+	02:55+	00:58+	01:22+	06:58+	03:18+	01:56+	01:45+	05:22+	00:46-
00:49-	01:12@	01:50@	01:16&	00:09&	00:30&	00:47&	00:24&	00:38&	02:44&	00:41&	00:11#	00:07+	04:44@	00:01-
28	John Thorsnæs	51										38:07		
02:51+	04:51+	05:46+	09:07+	09:54+	12:14+	14:28+	15:17+	16:32+	24:00+	31:13+	33:36+	36:05+	37:09+	38:07+
02:51+	02:00+	00:55+	03:21+	00:47+	02:20+	02:14+	00:49+	01:15+	07:28+	07:13+	02:23+	02:29+	01:04+	00:58+
00:17#	00:50&	00:18&	01:13&	00:17&	00:58&	00:06+	00:15&	00:31&	03:14&	04:36@	00:38&	00:51&	00:26&	00:11#
29	Ivar Aalbu	29										38:26		
02:34=	04:13+	05:19+	08:39+	09:22+	11:27+	14:20+	15:04+	16:12+	23:36+	31:34+	34:01+	36:08+	37:19+	38:26+
02:34=	01:39+	01:06+	03:20+	00:43+	02:05+	02:53+	00:44+	01:08+	07:24+	07:58+	02:27+	02:07+	01:11+	01:07+
00:00=	00:29&	00:29&	01:12&	00:13&	00:43&	00:45&	00:10&	00:24&	03:10&	05:21@	00:42&	00:29&	00:33&	00:20&
30	Audun Sjøen	111										38:33		
01:55-	03:50+	04:37+	08:53+	09:34+	12:18+	14:54+	15:38+	16:37+	23:16+	31:15+	33:38+	36:09+	37:24+	38:33+
01:55-	01:55+	00:47+	04:16+	00:41+	02:44+	02:36+	00:44+	00:59+	06:39+	07:59+	02:23+	02:31+	01:15+	01:09+
00:39-	00:45&	00:10&	02:08&	00:11&	01:22&	00:28#	00:10&	00:15&	02:25&	05:22@	00:38&	00:53&	00:37&	00:22&
31	Tor Harald Lunde	47										38:34		
02:04-	04:30+	05:24+	08:33+	09:19+	11:20+	13:45+	14:33+	15:41+	23:13+	31:08+	33:27+	35:45+	37:33+	38:34+
02:04-	02:26+	00:54+	03:09+	00:46+	02:01+	02:25+	00:48+	01:08+	07:32+	07:55+	02:19+	02:18+	01:48+	01:01+
00:30-	01:16@	00:17&	01:01&	00:16&	00:39&	00:17#	00:14&	00:24&	03:18&	05:18@	00:34&	00:40&	01:10@	00:14&
32	Leif Jarle Skåra	29										39:07		
03:14+	04:48+	05:39+	08:46+	09:21+	11:30+	13:52+	14:46+	15:46+	21:54+	32:15+	34:48+	37:03+	37:58+	39:07+
03:14+	01:34+	00:51+	03:07+	00:35+	02:09+	02:22+	00:54+	01:00+	06:08+	10:21+	02:33+	02:15+	00:55+	01:09+
00:40&	00:24&	00:14&	00:59&	00:05#	00:47&	00:14#	00:20&	00:16&	01:54&	07:44@	00:48&	00:37&	00:17&	00:22&
33	Joar Fandrem	94										39:55		
01:32-	03:35-	04:23+	07:14+	07:58+	09:50+	11:54+	12:43+	13:59+	21:06+	32:31+	34:46+	36:50+	38:59+	39:55+
01:32-	02:03+	00:48+	02:51+	00:44+	01:52+	02:04-	00:49+	01:16+	07:07+	11:25+	02:15+	02:04+	02:09+	00:56+
01:02-	00:53&	00:11&	00:43&	00:14&	00:30&	00:04-	00:15&	00:32&	02:53&	08:48@	00:30&	00:26&	01:31@	00:09#
34	Jan Erik Rasmussen	51										40:03		
02:37+	05:04+	06:43+	11:13+	11:57+	14:15+	16:30+	17:16+	18:31+	25:59+	33:14+	35:34+	37:55+	38:58+	40:03+
02:37+	02:27+	01:39+	04:30+	00:44+	02:18+	02:15+	00:46+	01:15+	07:28+	07:15+	02:20+	02:21+	01:03+	01:05+
00:03+	01:17@	01:02@	02:22@	00:14&	00:56&	00:07+	00:12&	00:31&	03:14&	04:38@	00:35&	00:43&	00:25&	00:18&

Class	Navn	Klasse												Tid
35	Kjartan Stavland	66												41:59
01:16-	02:33-	03:12-	08:00+	10:15+	11:45+	16:46+	17:19+	18:03+	30:56+	37:38+	39:17+	40:36+	41:17+	41:59+
01:16-	01:17+	00:39+	04:48+	02:15+	01:30+	05:01+	00:33-	00:44=	12:53+	06:42+	01:39-	01:19-	00:41+	00:42-
01:18-	00:07#	00:02+	02:40@	01:45@	00:08+	02:53@	00:01-	00:00=	08:39@	04:05@	00:06-	00:19-	00:03+	00:05-
36	Endre Gabrielsen	126												43:13
01:54-	03:49+	05:14+	08:40+	09:49+	12:13+	15:34+	16:33+	17:39+	29:12+	36:32+	38:45+	41:01+	42:20+	43:13+
01:54-	01:55+	01:25+	03:26+	01:09+	02:24+	03:21+	00:59+	01:06+	11:33+	07:20+	02:13+	02:16+	01:19+	00:53+
00:40-	00:45&	00:48@	01:18&	00:39@	01:02&	01:13&	00:25&	00:22&	07:19@	04:43@	00:28&	00:38&	00:41@	00:06#
37	Ommund Bakkevold	68												44:10
03:18+	05:18+	06:08+	11:02+	12:31+	15:06+	18:15+	23:31+	24:51+	32:11+	37:04+	39:43+	41:59+	42:59+	44:10+
03:18+	02:00+	00:50+	04:54+	01:29+	02:35+	03:09+	05:16+	01:20+	07:20+	04:53+	02:39+	02:16+	01:00+	01:11+
00:44&	00:50&	00:13&	02:46@	00:59@	01:13&	01:01&	04:42@	00:36&	03:06&	02:16&	00:54&	00:38&	00:22&	00:24&
38	Arne Hope	43												45:55
01:42-	03:33-	04:41+	07:54+	08:40+	10:57+	14:30+	15:23+	16:30+	35:20+	38:53+	41:10+	43:32+	44:44+	45:55+
01:42-	01:51+	01:08+	03:13+	00:46+	02:17+	03:33+	00:53+	01:07+	18:50+	03:33+	02:17+	02:22+	01:12+	01:11+
00:52-	00:41&	00:31&	01:05&	00:16&	00:55&	01:25&	00:19&	00:23&	14:36@	00:56&	00:32&	00:44&	00:34&	00:24&
39	Sverre Uhlving	105												47:01
02:24-	04:55+	06:29+	12:35+	13:34+	16:08+	19:29+	20:30+	22:14+	32:46+	38:56+	42:11+	44:37+	45:51+	47:01+
02:24-	02:31+	01:34+	06:06+	00:59+	02:34+	03:21+	01:01+	01:44+	10:32+	06:10+	03:15+	02:26+	01:14+	01:10+
00:10-	01:21@	00:57@	03:58@	00:29&	01:12&	01:13&	00:27&	01:00@	06:18@	03:33@	01:30&	00:48&	00:36&	00:23&
40	Arild Olsen	4												48:37
02:17-	04:05+	05:29+	09:24+	10:20+	12:49+	16:11+	17:21+	18:36+	26:09+	41:24+	43:41+	46:10+	47:21+	48:37+
02:17-	01:48+	01:24+	03:55+	00:56+	02:29+	03:22+	01:10+	01:15+	07:33+	15:15+	02:17+	02:29+	01:11+	01:16+
00:17-	00:38&	00:47@	01:47&	00:26&	01:07&	01:14&	00:36@	00:31&	03:19&	12:38@	00:32&	00:51&	00:33&	00:29&
41	Erling Aniksdal	128												50:08
03:13+	05:40+	07:50+	12:53+	13:53+	17:03+	20:38+	22:01+	23:49+	33:43+	39:54+	43:32+	46:50+	48:24+	50:08+
03:13+	02:27+	02:10+	05:03+	01:00+	03:10+	03:35+	01:23+	01:48+	09:54+	06:11+	03:38+	03:18+	01:34+	01:44+
00:39&	01:17@	01:33@	02:55@	00:30&	01:48@	01:27&	00:49@	01:04@	05:40@	03:34@	01:53@	01:40@	00:56@	00:57@
42	Per Bakken	5												56:54
02:30-	04:48+	06:29+	10:07+	10:50+	13:15+	17:58+	18:56+	20:09+	33:48+	49:10+	51:42+	54:28+	55:34+	56:54+
02:30-	02:18+	01:41+	03:38+	00:43+	02:25+	04:43+	00:58+	01:13+	13:39+	15:22+	02:32+	02:46+	01:06+	01:20+
00:04-	01:08&	01:04@	01:30&	00:13&	01:03&	02:35@	00:24&	00:29&	09:25@	12:45@	00:47&	01:08&	00:28&	00:33&
43	Inge Grødem	92												1:05:30
05:13+	08:19+	09:54+	20:44+	21:50+	28:51+	34:08+	35:23+	37:13+	47:56+	55:24+	59:12+	62:20+	63:41+	65:30+
05:13+	03:06+	01:35+	10:50+	01:06+	07:01+	05:17+	01:15+	01:50+	10:43+	07:28+	03:48+	03:08+	01:21+	01:49+
02:39@	01:56@	00:58@	08:42@	00:36@	05:39@	03:09@	00:41@	01:06@	06:29@	04:51@	02:03@	01:30&	00:43@	01:02@
44	Arne Karlsen	105												1:12:35
04:03+	15:43+	17:09+	22:06+	23:08+	27:00+	34:32+	36:01+	38:11+	55:50+	61:26+	65:17+	69:19+	70:36+	72:35+
04:03+	11:40+	01:26+	04:57+	01:02+	03:52+	07:32+	01:29+	02:10+	17:39+	05:36+	03:51+	04:02+	01:17+	01:59+
01:29&	10:30@	00:49@	02:49@	00:32@	02:30@	05:24@	00:55@	01:26@	13:25@	02:59@	02:06@	02:24@	00:39@	01:12@
Beste strekktid for klassen														
01:12	01:00	00:33	02:05	00:25	01:17	01:29	00:28	00:42	03:52	02:37	01:30	01:08	00:36	00:40

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