

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1 Katrine Haaland Leveraas 54 49:20

00:54= 04:45= 12:11= 14:41= 19:45= 24:04= 29:46= 32:36= 36:47= 38:38= 44:27= 46:59= 48:37= 49:20=
 00:54= 03:51= 07:26= 02:30= 05:04= 04:19= 05:42= 02:50= 04:11= 01:51= 05:49= 02:32= 01:38= 00:43=
 00:00= 00:00= 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 Lene Bjelland 116 56:29

00:53- 05:57+ 14:27+ 17:06+ 27:01+ 29:54+ 36:23+ 39:21+ 42:01+ 44:56+ 50:40+ 54:13+ 56:01+ 56:29+
 00:53- 05:04+ 08:30+ 02:39+ 09:55+ 02:53- 06:29+ 02:58+ 02:40- 02:55+ 05:44- 03:33+ 01:48+ 00:28-
 00:01- 01:13& 01:04# 00:09+ 04:51& 01:26- 00:47# 00:08+ 01:31- 01:04& 00:05- 01:01& 00:10# 00:15-

3 Marita Skorpe Falnes 43 1:03:18

01:09+ 06:01+ 15:35+ 20:59+ 26:28+ 31:26+ 39:30+ 43:00+ 46:20+ 48:10+ 56:57+ 60:38+ 62:35+ 63:18+
 01:09+ 04:52+ 09:34+ 05:24+ 05:29+ 04:58+ 08:04+ 03:30+ 03:20- 01:50- 08:47+ 03:41+ 01:57+ 00:43=
 00:15& 01:01& 02:08& 02:54@ 00:25+ 00:39# 02:22& 00:40# 00:51- 00:01- 02:58& 01:09& 00:19# 00:00=

4 Ingunn Bergheim Landsnes 92 1:03:44

01:19+ 06:36+ 16:55+ 19:45+ 26:24+ 30:34+ 37:42+ 42:27+ 46:44+ 48:41+ 56:17+ 60:41+ 62:56+ 63:44+
 01:19+ 05:17+ 10:19+ 02:50+ 06:39+ 04:10- 07:08+ 04:45+ 04:17+ 01:57+ 07:36+ 04:24+ 02:15+ 00:48+
 00:25& 01:26& 02:53& 00:20# 01:35& 00:09- 01:26& 01:55& 00:06+ 00:06+ 01:47& 01:52& 00:37& 00:05#

Beste strekktid for klassen

00:53 03:51 07:26 02:30 05:04 02:53 05:42 02:50 02:40 01:50 05:44 02:32 01:38 00:28

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

Damer 40 - 49 år

1 Tonje Tiley 27 1:15:49

01:25= 04:38= 10:14= 17:10= 24:05= 27:12= 36:46= 48:40= 51:54= 55:57= 61:46= 66:42= 70:42= 75:00= 75:49=
 01:25= 03:13= 05:36= 06:56= 06:55= 03:07= 09:34= 11:54= 03:14= 04:03= 05:49= 04:56= 04:00= 04:18= 00:49=
 00:00= 00:00= 00:00= 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 Ida K. Kolstø 29 1:15:52

01:19- 03:36- 09:30- 19:34+ 24:56+ 29:10+ 35:52- 53:12+ 56:03+ 59:12+ 65:24+ 70:30+ 73:38+ 75:11+ 75:52+
 01:19- 02:17- 05:54+ 10:04+ 05:22- 04:14+ 06:42- 17:20+ 02:51- 03:09- 06:12+ 05:06+ 03:08- 01:33- 00:41-
 00:06- 00:56- 00:18+ 03:08& 01:33- 01:07& 02:52- 05:26& 00:23- 00:54- 00:23+ 00:10+ 00:52- 02:45- 00:08-

Beste strekktid for klassen

01:19 02:17 05:36 06:56 05:22 03:07 06:42 11:54 02:51 03:09 05:49 04:56 03:08 01:33 00:41

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

Damer 50 - 59 år

1 Anita Glenne Kallhovd 29 59:33

01:14= 03:34= 07:06= 14:11= 19:28= 22:32= 28:58= 36:46= 41:38= 44:56= 48:54= 53:06= 56:21= 58:44= 59:33=
 01:14= 02:20= 03:32= 07:05= 05:17= 03:04= 06:26= 07:48= 04:52= 03:18= 03:58= 04:12= 03:15= 02:23= 00:49=
 00:00= 00:00= 00:00= 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 Trude Katrine Hermanrud 117 1:03:48

02:02+ 05:15+ 09:04+ 16:30+ 23:14+ 28:26+ 33:39+ 39:10+ 42:37+ 47:02+ 52:26+ 57:10+ 60:31+ 62:55+ 63:48+
 02:02+ 03:13+ 03:49+ 07:26+ 06:44+ 05:12+ 05:13- 05:31- 03:27- 04:25+ 05:24+ 04:44+ 03:21+ 02:24+ 00:53+
 00:48& 00:53& 00:17+ 00:21+ 01:27& 02:08& 01:13- 02:17- 01:25- 01:07& 01:26& 00:32# 00:06+ 00:01+ 00:04+

3 Marianne Fuglestad 117 1:08:11

06:56+ 09:40+ 13:18+ 21:41+ 27:55+ 31:42+ 37:41+ 43:25+ 49:51+ 53:19+ 56:55+ 62:30+ 65:32+ 67:29+ 68:11+
 06:56+ 02:44+ 03:38+ 08:23+ 06:14+ 03:47+ 05:59- 05:44- 06:26+ 03:28+ 03:36- 05:35+ 03:02- 01:57- 00:42-
 05:42@ 00:24# 00:06+ 01:18# 00:57# 00:43# 00:27- 02:04- 01:34& 00:10+ 00:22- 01:23& 00:13- 00:26- 00:07-

4 Evy Klausen Mjøltnes 62 1:12:52

01:26+ 03:51+ 06:55- 14:16+ 19:48+ 22:37+ 28:50- 49:29+ 52:50+ 56:27+ 61:32+ 66:08+ 70:22+ 72:08+ 72:52+
 01:26+ 02:25+ 03:04- 07:21+ 05:32+ 02:49- 06:13- 20:39+ 03:21- 03:37+ 05:05+ 04:36+ 04:14+ 01:46- 00:44-
 00:12# 00:05+ 00:28- 00:16+ 00:15+ 00:15- 00:13- 12:51@ 01:31- 00:19+ 01:07& 00:24+ 00:59& 00:37- 00:05-

Class	Navn	Klasse										Tid		
5	Torill Andersen	116										1:22:51		
01:30+	03:57+	07:25+	14:43+	23:09+	32:29+	38:46+	49:57+	53:16+	58:09+	64:40+	75:13+	79:22+	81:54+	82:51+
01:30+	02:27+	03:28-	07:18+	08:26+	09:20+	06:19-	11:09+	03:19-	04:53+	06:31+	10:33+	04:09+	02:32+	00:57+
00:16#	00:07+	00:04-	00:13+	03:09&	06:16@	00:07-	03:21&	01:33-	01:35&	02:33&	06:21@	00:54&	00:09+	00:08#
6	Anne Siv Gjertsen	27										1:29:46		
01:27+	07:11+	11:22+	22:16+	28:43+	31:45+	39:16+	61:22+	66:06+	70:26+	77:58+	82:56+	86:21+	88:47+	89:46+
01:27+	05:44+	04:11+	10:54+	06:27+	03:02-	07:31+	22:06+	04:44-	04:20+	07:32+	04:58+	03:25+	02:26+	00:59+
00:13#	03:24@	00:39#	03:49&	01:10#	00:02-	01:05#	14:18@	00:08-	01:02&	03:34&	00:46#	00:10+	00:03+	00:10#
7	Toril Dahle	116										1:37:17		
01:44+	04:51+	08:51+	18:33+	27:31+	33:45+	41:50+	61:27+	65:53+	72:05+	84:07+	90:24+	94:02+	96:24+	97:17+
01:44+	03:07+	04:00+	09:42+	08:58+	06:14+	08:05+	19:37+	04:26-	06:12+	12:02+	06:17+	03:38+	02:22-	00:53+
00:30&	00:47&	00:28#	02:37&	03:41&	03:10@	01:39&	11:49@	00:26-	02:54&	08:04@	02:05&	00:23#	00:01-	00:04+
8	Andrea Tapken	54										1:57:35		
02:12+	05:48+	15:13+	27:38+	40:17+	44:38+	52:49+	87:19+	92:21+	97:24+	103:13+	109:57+	114:00+	116:40+	117:35+
02:12+	03:36+	09:25+	12:25+	12:39+	04:21+	08:11+	34:30+	05:02+	05:03+	05:49+	06:44+	04:03+	02:40+	00:55+
00:58&	01:16&	05:53@	05:20&	07:22@	01:17&	01:45&	26:42@	00:10+	01:45&	01:51&	02:32&	00:48#	00:17#	00:06#

Beste strekktid for klassen

01:14 02:20 03:04 07:05 05:17 02:49 05:13 05:31 03:19 03:18 03:36 04:12 03:02 01:46 00:42

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

Damer 60 - 64 år

1	Ingunn Voilås	29										36:16		
01:06=	05:18=	08:22=	11:43=	16:17=	19:34=	22:41=	27:02=	31:35=	34:10=	35:25=	36:16=			
01:06=	04:12=	03:04=	03:21=	04:34=	03:17=	03:07=	04:21=	04:33=	02:35=	01:15=	00:51=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Ingrid Eik	88										47:59		
01:01-	09:39+	13:03+	18:28+	21:10+	28:27+	31:49+	35:32+	39:35+	43:51+	46:08+	47:10+	47:59+		
01:01-	08:38+	03:24+	05:25+	02:42-	07:17+	03:22+	03:43-	04:03-	04:16+	02:17+	01:02+	00:49+		
00:05-	04:26@	00:20#	02:04&	01:52-	04:00@	00:15+	00:38-	00:30-	01:41&	01:02&	00:11#	00:49+		
3	May Elinor Meling	125										48:47		
01:18+	05:32+	09:33+	13:47+	23:20+	26:32+	36:56+	41:09+	44:39+	47:02+	48:00+	48:47+			
01:18+	04:14+	04:01+	04:14+	09:33+	03:12-	10:24+	04:13-	03:30-	02:23-	00:58-	00:47-			
00:12#	00:02+	00:57&	00:53&	04:59@	00:05-	07:17@	00:08-	01:03-	00:12-	00:17-	00:04-			
4	Bente Karin Dirdal	54										1:13:44		
01:27+	08:52+	17:02+	22:01+	32:35+	36:51+	53:17+	59:51+	67:42+	71:38+	72:52+	73:44+			
01:27+	07:25+	08:10+	04:59+	10:34+	04:16+	16:26+	06:34+	07:51+	03:56+	01:14-	00:52+			
00:21&	03:13&	05:06@	01:38&	06:00@	00:59&	13:19@	02:13&	03:18&	01:21&	00:01-	00:01+			
5	Ingrid Øxnevad	18										1:19:55		
04:24+	32:53+	37:23+	42:44+	48:41+	57:41+	62:31+	69:20+	75:19+	78:11+	79:18+	79:55+			
04:24+	28:29+	04:30+	05:21+	05:57+	09:00+	04:50+	06:49+	05:59+	02:52+	01:07-	00:37-			
03:18@	24:17@	01:26&	02:00&	01:23&	05:43@	01:43&	02:28&	01:26&	00:17#	00:08-	00:14-			
6	Liv Sissel Obrestad	54										1:24:28		
01:35+	11:59+	21:08+	27:14+	38:14+	59:00+	68:11+	74:18+	78:48+	82:00+	83:26+	84:28+			
01:35+	10:24+	09:09+	06:06+	11:00+	20:46+	09:11+	06:07+	04:30-	03:12+	01:26+	01:02+			
00:29&	06:12@	06:05@	02:45&	06:26@	17:29@	06:04@	01:46&	00:03-	00:37#	00:11#	00:11#			

Beste strekktid for klassen

01:01 04:12 03:04 03:21 02:42 03:12 03:07 03:43 03:30 02:23 00:58 00:37

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

Damer 65 - 69 år

1	Eli Frafjord	94										46:17		
01:15=	05:53=	09:43=	18:31=	23:27=	27:23=	32:24=	36:37=	41:29=	43:53=	45:23=	46:17=			
01:15=	04:38=	03:50=	08:48=	04:56=	03:56=	05:01=	04:13=	04:52=	02:24=	01:30=	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=			

Class	Navn	Klasse										Tid
2	Hanne Eik	117										51:46
	01:21+	08:21+	12:43+	17:33-	23:11-	29:42+	35:44+	40:41+	46:08+	49:25+	50:46+	51:46+
	01:21+	07:00+	04:22+	04:50-	05:38+	06:31+	06:02+	04:57+	05:27+	03:17+	01:21-	01:00+
	00:06+	02:22&	00:32#	03:58-	00:42#	02:35&	01:01#	00:44#	00:35#	00:53&	00:09-	00:06#
3	Berit Gramstad	113										52:12
	01:42+	08:27+	14:07+	19:53+	24:52+	28:36+	36:31+	42:15+	46:56+	49:53+	51:13+	52:12+
	01:42+	06:45+	05:40+	05:46-	04:59+	03:44-	07:55+	05:44+	04:41-	02:57+	01:20-	00:59+
	00:27&	02:07&	01:50&	03:02-	00:03+	00:12-	02:54&	01:31&	00:11-	00:33#	00:10-	00:05+
4	Halldis Handeland	92										1:00:51
	01:45+	10:18+	15:35+	20:12+	26:34+	31:08+	39:03+	46:19+	53:16+	58:07+	59:47+	60:51+
	01:45+	08:33+	05:17+	04:37-	06:22+	04:34+	07:55+	07:16+	06:57+	04:51+	01:40+	01:04+
	00:30&	03:55&	01:27&	04:11-	01:26&	00:38#	02:54&	03:03&	02:05&	02:27@	00:10#	00:10#
5	Tove Bjerkreim	105										1:02:26
	03:29+	28:25+	32:03+	36:24+	41:11+	44:55+	48:59+	52:47+	57:21+	60:31+	61:37+	62:26+
	03:29+	24:56+	03:38-	04:21-	04:47-	03:44-	04:04-	03:48-	04:34-	03:10+	01:06-	00:49-
	02:14@	20:18@	00:12-	04:27-	00:09-	00:12-	00:57-	00:25-	00:18-	00:46&	00:24-	00:05-
6	Kari Blixhavn	228										1:03:38
	01:46+	09:06+	16:41+	22:10+	28:41+	33:42+	40:16+	46:15+	56:24+	61:08+	62:36+	63:38+
	01:46+	07:20+	07:35+	05:29-	06:31+	05:01+	06:34+	05:59+	10:09+	04:44+	01:28-	01:02+
	00:31&	02:42&	03:45&	03:19-	01:35&	01:05&	01:33&	01:46&	05:17@	02:20&	00:02-	00:08#
7	Margot Asheim	105										1:04:22
	01:32+	06:09+	10:54+	15:19-	17:32+	20:59+	25:22+	29:15+	33:00+	36:44+	40:30+	44:22+
	01:32+	04:37-	04:45+	04:25-	22:13+	03:27-	04:23-	06:53+	07:45+	02:44+	00:56-	00:42-
	00:17#	00:01-	00:55#	04:23-	17:17@	00:29-	00:38-	02:40&	02:53&	00:20#	00:34-	00:12-
Beste strekktid for klassen												
	01:15	04:37	03:38	04:21	04:47	03:27	04:04	03:48	04:34	02:24	00:56	00:42

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

Damer 70 - 74 år

1	Inger Skretting Opstad	54										54:12
	01:32=	06:54=	11:32=	16:02=	22:06=	26:25=	31:16=	43:09=	48:04=	51:33=	53:06=	54:12=
	01:32=	05:22=	04:38=	04:30=	06:04=	04:19=	04:51=	11:53=	04:55=	03:29=	01:33=	01:06=
	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

01:32 05:22 04:38 04:30 06:04 04:19 04:51 11:53 04:55 03:29 01:33 01:06

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

Damer 75 - 79 år

1	Haldis Glendrange	68										50:10
	01:30=	07:35=	13:18=	17:48=	23:20=	27:38=	32:20=	38:12=	44:17=	47:46=	49:14=	50:10=
	01:30=	06:05=	05:43=	04:30=	05:32=	04:18=	04:42=	05:52=	06:05=	03:29=	01:28=	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=
2	Gry Vikhamar Thengs	68										56:41
	01:23-	09:36+	14:10+	19:25+	25:41+	30:06+	36:15+	42:49+	50:58+	54:34+	55:46+	56:41+
	01:23-	08:13+	04:34-	05:15+	06:16+	04:25+	06:09+	06:34+	08:09+	03:36+	01:12-	00:55-
	00:07-	02:08&	01:09-	00:45#	00:44#	00:07+	01:27&	00:42#	02:04&	00:07+	00:16-	00:01-
3	Helga Klausen	62										1:06:58
	01:54+	08:31+	17:06+	24:29+	32:02+	37:22+	44:27+	50:38+	58:48+	62:24+	64:13+	65:40+
	01:54+	06:37+	08:35+	07:23+	07:33+	05:20+	07:05+	06:11+	08:10+	03:36+	01:49+	01:27+
	00:24&	00:32+	02:52&	02:53&	02:01&	01:02#	02:23&	00:19+	02:05&	00:07+	00:21#	00:31&
											01:18+	01:18+
4	Hedvig Anda	116										1:12:17
	01:34+	07:45+	13:05-	22:43+	31:13+	36:33+	41:27+	49:07+	58:26+	69:37+	71:19+	72:17+
	01:34+	06:11+	05:20-	09:38+	08:30+	05:20+	04:54+	07:40+	09:19+	11:11+	01:42+	00:58+
	00:04+	00:06+	00:23-	05:08@	02:58&	01:02#	00:12+	01:48&	03:14&	07:42@	00:14#	00:02+

Class	Navn	Klasse										Tid
5	Helga Aaslid	54										1:21:40
	02:11+	12:13+	18:23+	36:34+	46:15+	52:11+	58:28+	72:15+	76:54+	79:27+	80:47+	81:40+
	02:11+	10:02+	06:10+	18:11+	09:41+	05:56+	06:17+	13:47+	04:39-	02:33-	01:20-	00:53-
	00:41&	03:57&	00:27+	13:41@	04:09&	01:38&	01:35&	07:55@	01:26-	00:56-	00:08-	00:03-

Beste strekktid for klassen

01:23 06:05 04:34 04:30 05:32 04:18 04:42 05:52 04:39 02:33 01:12 00:53

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

Damer A

1	Aud Hognestad Taksdal	92										48:34						
	00:51=	05:02=	08:35=	13:30=	14:54=	18:46=	21:35=	27:49=	30:17=	31:31=	33:38=	36:55=	39:47=	42:32=	45:02=	46:35=	47:53=	48:34=
	00:51=	04:11=	03:33=	04:55=	01:24=	03:52=	02:49=	06:14=	02:28=	01:14=	02:07=	03:17=	02:52=	02:45=	02:30=	01:33=	01:18=	00:41=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Jane Helland	29										55:12						
	00:43-	04:26-	09:27+	14:45+	21:32+	25:29+	29:29+	34:40+	36:51+	37:55+	40:26+	43:45+	46:42+	48:58+	51:30+	52:58+	54:38+	55:12+
	00:43-	03:43-	05:01+	05:18+	06:47+	03:57+	04:00+	05:11-	02:11-	01:04-	02:31+	03:19+	02:57+	02:16-	02:32+	01:28-	01:40+	00:34-
	00:08-	00:28-	01:28&	00:23+	05:23@	00:05+	01:11&	01:03-	00:17-	00:10-	00:24#	00:02+	00:05+	00:29-	00:02+	00:05-	00:22&	00:07-

Beste strekktid for klassen

00:43 03:43 03:33 04:55 01:24 03:52 02:49 05:11 02:11 01:04 02:07 03:17 02:52 02:16 02:30 01:28 01:18 00:34

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

Damer B

1	Inger Tone Nygård	29										51:18					
	01:11=	04:14=	06:16=	11:02=	13:50=	18:16=	24:04=	26:34=	30:15=	33:44=	36:04=	39:13=	42:26=	46:35=	49:02=	50:38=	51:18=
	01:11=	03:03=	02:02=	04:46=	02:48=	04:26=	05:48=	02:30=	03:41=	03:29=	02:20=	03:09=	03:13=	04:09=	02:27=	01:36=	00:40=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Grethe Anda Fuglestad	116										1:08:27					
	01:36+	08:53+	11:19+	15:44+	19:22+	26:02+	32:03+	35:17+	39:19+	47:57+	50:42+	54:26+	57:40+	61:54+	64:52+	67:45+	68:27+
	01:36+	07:17+	02:26+	04:25-	03:38+	06:40+	06:01+	03:14+	04:02+	08:38+	02:45+	03:44+	03:14+	04:14+	02:58+	02:53+	00:42+
	00:25&	04:14@	00:24#	00:21-	00:50&	02:14&	00:13+	00:44&	00:21+	05:09@	00:25#	00:35#	00:01+	00:05+	00:31#	01:17&	00:02+

3	Ann-Cathrin Nybak Urdal	118										1:12:54					
	01:08-	04:36+	07:15+	12:11+	15:44+	22:03+	29:48+	33:46+	38:33+	48:49+	51:46+	56:29+	60:09+	66:48+	69:47+	72:04+	72:54+
	01:08-	03:28+	02:39+	04:56+	03:33+	06:19+	07:45+	03:58+	04:47+	10:16+	02:57+	04:43+	03:40+	06:39+	02:59+	02:17+	00:50+
	00:03-	00:25#	00:37&	00:10+	00:45&	01:53&	01:57&	01:28&	01:06&	06:47@	00:37&	01:34&	00:27#	02:30&	00:32#	00:41&	00:10#

4	Vibeke Lamark	46										1:14:48					
	01:24+	05:27+	08:55+	14:29+	18:57+	25:52+	32:56+	35:57+	41:30+	52:30+	55:58+	60:51+	64:12+	68:50+	72:13+	74:05+	74:48+
	01:24+	04:03+	03:28+	05:34+	04:28+	06:55+	07:04+	03:01+	05:33+	11:00+	03:28+	04:53+	03:21+	04:38+	03:23+	01:52+	00:43+
	00:13#	01:00&	01:26&	00:48#	01:40&	02:29&	01:16#	00:31#	01:52&	07:31@	01:08&	01:44&	00:08+	00:29#	00:56&	00:16#	00:03+

5	Hilde Nordbø	93										1:15:08					
	01:24+	05:14+	08:16+	14:52+	18:41+	27:13+	34:31+	37:41+	42:26+	51:27+	54:20+	58:04+	63:34+	68:55+	71:53+	74:24+	75:08+
	01:24+	03:50+	03:02+	06:36+	03:49+	08:32+	07:18+	03:10+	04:45+	09:01+	02:53+	03:44+	05:30+	05:21+	02:58+	02:31+	00:44+
	00:13#	00:47&	01:00&	01:50&	01:01&	04:06&	01:30&	00:40&	01:04&	05:32@	00:33#	00:35#	02:17&	01:12&	00:31#	00:55&	00:04#

6	Anne Garsrud	53										1:16:17					
	01:19+	08:03+	10:34+	17:21+	21:04+	27:07+	34:03+	44:16+	48:12+	55:51+	58:17+	63:17+	66:50+	71:02+	73:47+	75:30+	76:17+
	01:19+	06:44+	02:31+	06:47+	03:43+	06:03+	06:56+	10:13+	03:56+	07:39+	02:26+	03:33+	05:00+	04:12+	02:45+	01:43+	00:47+
	00:08#	03:41@	00:29#	02:01&	00:55&	01:37&	01:08#	07:43@	00:15+	04:10@	00:06+	01:51&	00:20#	00:03+	00:18#	00:07+	00:07#

7	Ann Karin Tjørhom	93										1:17:13					
	01:26+	06:02+	09:33+	19:40+	23:29+	29:45+	38:32+	41:46+	46:57+	52:22+	55:38+	59:28+	66:09+	70:45+	74:17+	76:20+	77:13+
	01:26+	04:36+	03:31+	10:07+	03:49+	06:16+	08:47+	03:14+	05:11+	05:25+	03:16+	03:50+	06:41+	04:36+	03:32+	02:03+	00:53+
	00:15#	01:33&	01:29&	05:21@	01:01&	01:50&	02:59&	00:44&	01:30&	01:56&	00:56&	00:41#	03:28@	00:27#	01:05&	00:27&	00:13&

8	Keth Berggraf	116										1:24:46					
	05:58+	09:40+	14:17+	20:28+	27:10+	35:06+	42:32+	45:16+	49:38+	62:34+	65:51+	70:55+	74:13+	78:52+	82:07+	84:06+	84:46+
	05:58+	03:42+	04:37+	06:11+	06:42+	07:56+	07:26+	02:44+	04:22+	12:56+	03:17+	05:04+	03:18+	04:39+	03:15+	01:59+	00:40=
	04:47@	00:39#	02:35@	01:25&	03:54@	03:30&	01:38&	00:14+	00:41#	09:27@	00:57&	01:55&	00:05+	00:30#	00:48&	00:23#	00:00=

Class	Navn	Klasse	Tid													
9	Mariann Sveinsvoll	94	1:27:51													
01:47+	06:24+	11:32+	21:05+	25:59+	32:18+	39:04+	42:48+	48:40+	57:35+	66:50+	72:33+	76:07+	81:15+	84:56+	87:05+	87:51+
01:47+	04:37+	05:08+	09:33+	04:54+	06:19+	06:46+	03:44+	05:52+	08:55+	09:15+	05:43+	03:34+	05:08+	03:41+	02:09+	00:46+
00:36&	01:34&	03:06@	04:47@	02:06&	01:53&	00:58#	01:14&	02:11&	05:26@	06:55@	02:34&	00:21#	00:59#	01:14&	00:33&	00:06#
10	Helen Lomeland	105	1:30:56													
01:18+	06:24+	11:44+	17:47+	22:15+	35:31+	42:04+	45:01+	48:41+	56:42+	59:23+	64:30+	67:48+	82:13+	88:07+	90:10+	90:56+
01:18+	05:06+	05:20+	06:03+	04:28+	13:16+	06:33+	02:57+	03:40-	08:01+	02:41+	05:07+	03:18+	14:25+	05:54+	02:03+	00:46+
00:07+	02:03&	03:18@	01:17&	01:40&	08:50@	00:45#	00:27#	00:01-	04:32@	00:21#	01:58&	00:05+	10:16@	03:27@	00:27&	00:06#
Beste strekktid for klassen																
01:08	03:03	02:02	04:25	02:48	04:26	05:48	02:30	03:40	03:29	02:20	03:09	03:13	04:09	02:27	01:36	00:40

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

Damer Ny

1	Randi Larsen Hestnes Birkeland	29	43:54								
00:50=	03:08=	06:26=	12:29=	16:03=	20:23=	25:33=	28:18=	31:38=	36:41=	42:09=	43:54=
00:50=	02:18=	03:18=	06:03=	03:34=	04:20=	05:10=	02:45=	03:20=	05:03=	05:28=	01:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Åshild Bakken	29	1:08:00								
01:23+	05:09+	11:49+	23:00+	28:42+	34:58+	40:43+	43:19+	47:18+	57:34+	66:07+	68:00+
01:23+	03:46+	06:40+	11:11+	05:42+	06:16+	05:45+	02:36-	03:59+	10:16+	08:33+	01:53+
00:33&	01:28&	03:22@	05:08&	02:08&	01:56&	00:35#	00:09-	00:39#	05:13@	03:05&	00:08+
Beste strekktid for klassen											
00:50	02:18	03:18	06:03	03:34	04:20	05:10	02:36	03:20	05:03	05:28	01:45

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

Damer Trim

1	Lene Birkeland	29	28:22							
00:27=	04:34=	06:56=	09:17=	13:19=	16:07=	19:16=	22:38=	25:58=	27:38=	28:22=
00:27=	04:07=	02:22=	02:21=	04:02=	02:48=	03:09=	03:22=	03:20=	01:40=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Åshild Iversen	29	38:23							
00:28+	05:59+	08:44+	11:41+	16:14+	24:04+	28:51+	31:01+	35:21+	37:34+	38:23+
00:28+	05:31+	02:45+	02:57+	04:33+	07:50+	04:47+	02:10-	04:20+	02:13+	00:49+
00:01+	01:24&	00:23#	00:36&	00:31#	05:02@	01:38&	01:12-	01:00&	00:33&	00:05#
3	Lene Vignes	54	43:11							
00:32+	07:58+	11:39+	15:24+	21:35+	25:22+	30:16+	33:57+	40:05+	42:21+	43:11+
00:32+	07:26+	03:41+	03:45+	06:11+	03:47+	04:54+	03:41+	06:08+	02:16+	00:50+
00:05#	03:19&	01:19&	01:24&	02:09&	00:59&	01:45&	00:19+	02:48&	00:36&	00:06#
4	Wibeke Lende	74	45:07							
00:47+	07:06+	12:21+	16:50+	23:03+	29:54+	34:31+	36:56+	41:39+	44:01+	45:07+
00:47+	06:19+	05:15+	04:29+	06:13+	06:51+	04:37+	02:25-	04:43+	02:22+	01:06+
00:20&	02:12&	02:53@	02:08&	02:11&	04:03@	01:28&	00:57-	01:23&	00:42&	00:22&
5	Marit Lindtveit Undheim	54	45:20							
00:43+	06:16+	09:27+	16:50+	22:18+	27:58+	32:18+	36:57+	42:02+	44:26+	45:20+
00:43+	05:33+	03:11+	07:23+	05:28+	05:40+	04:20+	04:39+	05:05+	02:24+	00:54+
00:16&	01:26&	00:49&	05:02@	01:26&	02:52@	01:11&	01:17&	01:45&	00:44&	00:10#
6	Reidun Solli Skjørestad	47	45:38							
00:48+	07:10+	11:29+	17:07+	23:10+	28:18+	33:23+	36:24+	41:51+	44:41+	45:38+
00:48+	06:22+	04:19+	05:38+	06:03+	05:08+	05:05+	03:01-	05:27+	02:50+	00:57+
00:21&	02:15&	01:57&	03:17@	02:01&	02:20&	01:56&	00:21-	02:07&	01:10&	00:13&
7	Kirsti Strand Salvesen	256	48:52							
00:47+	07:41+	12:28+	17:15+	24:42+	29:14+	34:08+	37:11+	44:28+	47:31+	48:52+
00:47+	06:54+	04:47+	04:47+	07:27+	04:32+	04:54+	03:03-	07:17+	03:03+	01:21+
00:20&	02:47&	02:25@	02:26@	03:25&	01:44&	01:45&	00:19-	03:57@	01:23&	00:37&

Class	Navn	Klasse										Tid
8	Astri Sandanger	93										51:42
00:30+	05:10+	12:16+	28:06+	32:46+	36:17+	40:36+	42:59+	48:24+	50:53+	51:42+		
00:30+	04:40+	07:06+	15:50+	04:40+	03:31+	04:19+	02:23-	05:25+	02:29+	00:49+		
00:03#	00:33#	04:44@	13:29@	00:38#	00:43&	01:10&	00:59-	02:05&	00:49&	00:05#		
9	Elisabeth Melbø	128										52:36
00:29+	13:05+	18:35+	21:42+	26:24+	29:26+	34:12+	38:09+	49:05+	51:43+	52:36+		
00:29+	12:36+	05:30+	03:07+	04:42+	03:02+	04:46+	03:57+	10:56+	02:38+	00:53+		
00:02+	08:29@	03:08@	00:46&	00:40#	00:14+	01:37&	00:35#	07:36@	00:58&	00:09#		
10	Anastasia Ollestad	93										56:06
00:58+	08:22+	13:15+	18:12+	24:35+	31:00+	38:03+	43:44+	50:49+	54:34+	56:06+		
00:58+	07:24+	04:53+	04:57+	06:23+	06:25+	07:03+	05:41+	07:05+	03:45+	01:32+		
00:31@	03:17&	02:31@	02:36@	02:21&	03:37@	03:54@	02:19&	03:45@	02:05@	00:48@		
11	Kristin Harbo	92										57:42
00:38+	10:55+	15:26+	19:38+	25:58+	35:48+	40:22+	43:25+	53:32+	56:35+	57:42+		
00:38+	10:17+	04:31+	04:12+	06:20+	09:50+	04:34+	03:03-	10:07+	03:03+	01:07+		
00:11&	06:10@	02:09&	01:51&	02:18&	07:02@	01:25&	00:19-	06:47@	01:23&	00:23&		
12	Gro Mariero Totland	59										1:01:48
00:55+	08:49+	17:26+	23:31+	31:46+	38:13+	44:46+	48:22+	55:50+	59:57+	61:48+		
00:55+	07:54+	08:37+	06:05+	08:15+	06:27+	06:33+	03:36+	07:28+	04:07+	01:51+		
00:28@	03:47&	06:15@	03:44@	04:13@	03:39@	03:24@	00:14+	04:08@	02:27@	01:07@		
13	Ruth Grødem	105										1:03:26
00:45+	14:13+	18:40+	24:12+	31:23+	37:32+	49:40+	54:21+	59:41+	62:36+	63:26+		
00:45+	13:28+	04:27+	05:32+	07:11+	06:09+	12:08+	04:41+	05:20+	02:55+	00:50+		
00:18&	09:21@	02:05&	03:11@	03:09&	03:21@	08:59@	01:19&	02:00&	01:15&	00:06#		
14	Brit Svihus	92										1:03:27
00:48+	14:11+	18:49+	24:24+	31:31+	37:38+	49:52+	54:28+	59:49+	62:39+	63:27+		
00:48+	13:23+	04:38+	05:35+	07:07+	06:07+	12:14+	04:36+	05:21+	02:50+	00:48+		
00:21&	09:16@	02:16&	03:14@	03:05&	03:19@	09:05@	01:14&	02:01&	01:10&	00:04+		
15	Nina Bækkelund Christiansen	105										1:04:25
00:31+	05:15+	11:29+	13:57+	18:37+	41:52+	53:13+	56:08+	60:37+	63:08+	64:25+		
00:31+	04:44+	06:14+	02:28+	04:40+	23:15+	11:21+	02:55-	04:29+	02:31+	01:17+		
00:04#	00:37#	03:52@	00:07+	00:38#	20:27@	08:12@	00:27-	01:09&	00:51&	00:33&		
16	Ritva Aiko Halsne	105										1:06:18
00:36+	07:42+	20:08+	29:36+	39:14+	45:12+	52:43+	55:38+	63:03+	65:23+	66:18+		
00:36+	07:06+	12:26+	09:28+	09:38+	05:58+	07:31+	02:55-	07:25+	02:20+	00:55+		
00:09&	02:59&	10:04@	07:07@	05:36@	03:10@	04:22@	00:27-	04:05@	00:40&	00:11#		
17	Silje H. Myklebust	54										1:10:05
00:49+	08:06+	11:51+	16:23+	31:33+	35:39+	41:28+	60:20+	65:59+	68:48+	70:05+		
00:49+	07:17+	03:45+	04:32+	15:10+	04:06+	05:49+	18:52+	05:39+	02:49+	01:17+		
00:22&	03:10&	01:23&	02:11&	11:08@	01:18&	02:40&	15:30@	02:19&	01:09&	00:33&		
18	Inger Johanne Klausen	54										1:10:06
00:45+	08:09+	11:56+	16:19+	31:39+	35:48+	41:23+	60:22+	66:04+	69:13+	70:06+		
00:45+	07:24+	03:47+	04:23+	15:20+	04:09+	05:35+	18:59+	05:42+	03:09+	00:53+		
00:18&	03:17&	01:25&	02:02&	11:18@	01:21&	02:26&	15:37@	02:22&	01:29&	00:09#		
19	Sigrund Serigstad	128										1:10:43
00:22-	15:50+	21:45+	32:57+	38:29+	42:48+	49:49+	53:06+	68:36+	70:05+	70:43+		
00:22-	15:28+	05:55+	11:12+	05:32+	04:19+	07:01+	03:17-	15:30+	01:29-	00:38-		
00:05-	11:21@	03:33@	08:51@	01:30&	01:31&	03:52@	00:05-	12:10@	00:11-	00:06-		
20	Linda Haukås	113										1:11:36
00:52+	23:21+	28:54+	34:16+	40:43+	49:12+	55:44+	59:40+	66:30+	70:03+	71:36+		
00:52+	22:29+	05:33+	05:22+	06:27+	08:29+	06:32+	03:56+	06:50+	03:33+	01:33+		
00:25&	18:22@	03:11@	03:01@	02:25&	05:41@	03:23@	00:34#	03:30@	01:53@	00:49@		
21	Ann-Mari Vold	371										1:27:39
00:27=	21:56+	26:19+	29:18+	34:28+	40:40+	70:41+	75:07+	84:42+	86:56+	87:39+		
00:27=	21:29+	04:23+	02:59+	05:10+	06:12+	30:01+	04:26+	09:35+	02:14+	00:43-		
00:00=	17:22@	02:01&	00:38&	01:08&	03:24@	26:52@	01:04&	06:15@	00:34&	00:01-		

Beste strekktid for klassen
00:22 04:07 02:22 02:21 04:02 02:48 03:09 02:10 03:20 01:29 00:38

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

Herrer 16 - 39 år

1	Andreas Mykkeltveit Terjesen	43	57:12													
01:03=	03:56=	06:25=	11:14=	14:08=	18:25=	23:44=	27:22=	31:14=	39:47=	43:18=	45:43=	48:36=	52:24=	55:17=	56:38=	57:12=
01:03=	02:53=	02:29=	04:49=	02:54=	04:17=	05:19=	03:38=	03:52=	08:33=	03:31=	02:25=	02:53=	03:48=	02:53=	01:21=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Håkon Eggebø	71	57:48													
00:53-	03:34-	06:06-	09:33-	12:12-	18:06-	24:18+	27:21-	34:14+	38:45-	40:59-	45:15-	48:59+	53:02+	55:32+	57:10+	57:48+
00:53-	02:41-	02:32+	03:27-	02:39-	05:54+	06:12+	03:03-	06:53+	04:31-	02:14-	04:16+	03:44+	04:03+	02:30-	01:38+	00:38+
00:10-	00:12-	00:03+	01:22-	00:15-	01:37&	00:53#	00:35-	03:01&	04:02-	01:17-	01:51&	00:51&	00:15+	00:23-	00:17#	00:04#
3	Svein Kyllingstad	71	1:07:36													
02:00+	05:53+	07:51+	12:49+	15:59+	20:47+	26:28+	29:17+	32:52+	49:24+	52:40+	55:57+	58:31+	62:15+	65:12+	66:56+	67:36+
02:00+	03:53+	01:58-	04:58+	03:10+	04:48+	05:41+	02:49-	03:35-	16:32+	03:24-	03:09+	02:34-	03:44-	02:57+	01:44+	00:40+
00:57&	01:00&	00:31-	00:09+	00:16+	00:31#	00:22+	00:49-	00:17-	07:59&	00:07-	00:44&	00:19-	00:04-	00:04+	00:23&	00:06#
4	Maximilian Erlbeck	67	1:13:50													
02:15+	05:10+	10:00+	14:40+	17:22+	21:41+	35:07+	37:12+	43:57+	53:06+	55:23+	59:28+	63:03+	68:25+	70:53+	73:11+	73:50+
02:15+	02:55+	04:50+	04:40-	02:42-	04:19+	13:26+	02:05-	06:45+	09:09+	02:17-	04:05+	03:35+	05:22+	02:28-	02:18+	00:39+
01:12@	00:02+	02:21&	00:09-	00:12-	00:02+	08:07@	01:33-	02:53&	00:36+	01:14-	01:40&	00:42#	01:34&	00:25-	00:57&	00:05#

Beste strekktid for klassen

00:53 02:41 01:58 03:27 02:39 04:17 05:19 02:05 03:35 04:31 02:14 02:25 02:34 03:44 02:28 01:21 00:34

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

Herrer 40 - 49 år

1	Gunnar Petterson	29	46:49													
00:55=	03:50=	05:21=	08:14=	10:47=	14:58=	20:38=	22:52=	26:00=	30:56=	32:58=	36:03=	38:44=	42:16=	44:36=	46:09=	46:49=
00:55=	02:55=	01:31=	02:53=	02:33=	04:11=	05:40=	02:14=	03:08=	04:56=	02:02=	03:05=	02:41=	03:32=	02:20=	01:33=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Olaf Hannisdal	29	1:01:46													
01:09+	04:02+	06:06+	12:27+	19:14+	24:48+	29:43+	32:29+	36:14+	44:47+	47:16+	50:48+	53:34+	57:24+	59:45+	61:10+	61:46+
01:09+	02:53-	02:04+	06:21+	06:47+	05:34+	04:55-	02:46+	03:45+	08:33+	02:29+	03:32+	02:46+	03:50+	02:21+	01:25-	00:36-
00:14&	00:02-	00:33&	03:28@	04:14@	01:23&	00:45-	00:32#	00:37#	03:37&	00:27#	00:27#	00:05+	00:18+	00:01+	00:08-	00:04-
3	Magne Habbestad	111	1:02:27													
01:12+	05:20+	07:30+	11:45+	15:01+	20:51+	27:31+	30:48+	35:02+	39:10+	42:50+	47:49+	51:25+	56:23+	59:25+	61:36+	62:27+
01:12+	04:08+	02:10+	04:15+	03:16+	05:50+	06:40+	03:17+	04:14+	04:08-	03:40+	04:59+	03:36+	04:58+	03:02+	02:11+	00:51+
00:17&	01:13&	00:39&	01:22&	00:43&	01:39&	01:00#	01:03&	01:06&	00:48-	01:38&	01:54&	00:55&	01:26&	00:42&	00:38&	00:11&
4	Trondr Breiland	53	1:14:12													
01:27+	06:49+	08:44+	15:41+	20:05+	24:51+	30:47+	34:35+	38:23+	42:42+	48:57+	52:55+	58:56+	63:07+	71:41+	73:23+	74:12+
01:27+	05:22+	01:55+	06:57+	04:24+	04:46+	05:56+	03:48+	03:48+	04:19-	06:15+	03:58+	06:01+	04:11+	08:34+	01:42+	00:49+
00:32&	02:27&	00:24&	04:04@	01:51&	00:35#	00:16+	01:34&	00:40#	00:37-	04:13@	00:53&	03:20@	00:39#	06:14@	00:09+	00:09#
5	André Sirevåg	116	1:18:34													
01:38+	05:17+	10:47+	17:29+	22:00+	29:20+	35:52+	38:58+	43:26+	48:59+	54:26+	63:55+	67:28+	72:47+	76:02+	77:49+	78:34+
01:38+	03:39+	05:30+	06:42+	04:31+	07:20+	06:32+	03:06+	04:28+	05:33+	05:27+	09:29+	03:33+	05:19+	03:15+	01:47+	00:45+
00:43&	00:44&	03:59@	03:49@	01:58&	03:09&	00:52#	00:52&	01:20&	00:37#	03:25@	06:24@	00:52&	01:47&	00:55&	00:14#	00:05#
6	Terje Undheim	54	1:23:53													
02:18+	06:28+	09:13+	15:10+	23:00+	34:49+	41:58+	46:18+	50:59+	61:16+	64:05+	68:15+	72:10+	78:36+	81:51+	83:17+	83:53+
02:18+	04:10+	02:45+	05:57+	07:50+	11:49+	07:09+	04:20+	04:41+	10:17+	02:49+	04:10+	03:55+	06:26+	03:15+	01:26-	00:36-
01:23@	01:15&	01:14&	03:04@	05:17@	07:38@	01:29&	02:06&	01:33&	05:21@	00:47&	01:05&	01:14&	02:54&	00:55&	00:07-	00:04-
7	Ove Stapnes	76	1:43:33													
01:39+	10:03+	19:32+	26:14+	32:52+	40:14+	55:08+	58:48+	67:30+	75:48+	81:31+	87:24+	92:52+	98:40+	101:17+	102:51+	103:33+
01:39+	08:24+	09:29+	06:42+	06:38+	07:22+	14:54+	03:40+	08:42+	08:18+	05:43+	05:53+	05:28+	05:48+	02:37+	01:34+	00:42+
00:44&	05:29@	07:58@	03:49@	04:05@	03:11&	09:14@	01:26&	05:34@	03:22&	03:41@	02:48&	02:47@	02:16&	00:17#	00:01+	00:02+

Beste strekktid for klassen

00:55 02:53 01:31 02:53 02:33 04:11 04:55 02:14 03:08 04:08 02:02 03:05 02:41 03:32 02:20 01:25 00:36

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

Herrer 50 - 59 år

1	Nils Tore Puntervold	7	46:59
01:59=	05:00= 08:57= 11:44= 17:28= 21:29= 23:34= 26:02= 30:55= 34:57= 39:59= 43:24= 45:23= 46:18= 46:59=		
01:59=	03:01= 03:57= 02:47= 05:44= 04:01= 02:05= 02:28= 04:53= 04:02= 05:02= 03:25= 01:59= 00:55= 00:41=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Arngrim Utskarpen	117	50:56
02:53+	06:15+ 10:14+ 13:19+ 19:18+ 23:09+ 25:40+ 28:32+ 33:32+ 37:00+ 43:04+ 46:54+ 49:25+ 50:14+ 50:56+		
02:53+	03:22+ 03:59+ 03:05+ 05:59+ 03:51- 02:31+ 02:52+ 05:00+ 03:28- 06:04+ 03:50+ 02:31+ 00:49- 00:42+		
00:54&	00:21# 00:02+ 00:18# 00:15+ 00:10- 00:26# 00:24# 00:07+ 00:34- 01:02# 00:25# 00:32& 00:06- 00:01+		
3	Kjell Seland	236	53:36
02:24+	06:08+ 11:42+ 14:37+ 20:29+ 24:52+ 27:03+ 30:05+ 35:22+ 40:57+ 45:48+ 49:44+ 51:49+ 52:46+ 53:36+		
02:24+	03:44+ 05:34+ 02:55+ 05:52+ 04:23+ 02:11+ 03:02+ 05:17+ 05:35+ 04:51- 03:56+ 02:05+ 00:57+ 00:50+		
00:25#	00:43# 01:37& 00:08+ 00:08+ 00:22+ 00:06+ 00:34# 00:24+ 01:33& 00:11- 00:31# 00:06+ 00:02+ 00:09#		
4	Øystein Fuglestad	46	53:57
02:16+	07:10+ 11:37+ 15:13+ 21:07+ 25:32+ 27:38+ 30:29+ 37:04+ 39:43+ 44:52+ 49:59+ 52:18+ 53:15+ 53:57+		
02:16+	04:54+ 04:27+ 03:36+ 05:54+ 04:25+ 02:06+ 02:51+ 06:35+ 02:39- 05:09+ 05:07+ 02:19+ 00:57+ 00:42+		
00:17#	01:53& 00:30# 00:49& 00:10+ 00:24+ 00:01+ 00:23# 01:42& 01:23- 00:07+ 01:42& 00:20# 00:02+ 00:01+		
5	Frank Hansen	29	53:57
02:13+	10:10+ 14:28+ 17:35+ 23:33+ 27:55+ 31:25+ 33:54+ 39:12+ 41:57+ 47:17+ 50:25+ 52:27+ 53:23+ 53:57+		
02:13+	07:57+ 04:18+ 03:07+ 05:58+ 04:22+ 03:30+ 02:29+ 05:18+ 02:45- 05:20+ 03:08- 02:02+ 00:56+ 00:34-		
00:14#	04:56@ 00:21+ 00:20# 00:14+ 00:21+ 01:25& 00:01+ 00:25+ 01:17- 00:18+ 00:17- 00:03+ 00:01+ 00:07-		
6	Anders Glenne	7	57:51
02:11+	05:22+ 09:40+ 14:02+ 19:13+ 23:09+ 25:35+ 28:39+ 33:17+ 35:37+ 50:54+ 54:17+ 56:19+ 57:13+ 57:51+		
02:11+	03:11+ 04:18+ 04:22+ 05:11- 03:56- 02:26+ 03:04+ 04:38- 02:20- 15:17+ 03:23- 02:02+ 00:54- 00:38-		
00:12#	00:10+ 00:21+ 01:35& 00:33- 00:05- 00:21# 00:36# 00:15- 01:42- 10:15@ 00:02- 00:03+ 00:01- 00:03-		
7	Arjen Leendertse	91	1:00:11
03:04+	06:40+ 12:19+ 17:43+ 22:48+ 27:04+ 29:48+ 33:22+ 39:36+ 43:21+ 52:19+ 56:07+ 58:31+ 59:31+ 60:11+		
03:04+	03:36+ 05:39+ 05:24+ 05:05- 04:16+ 02:44+ 03:34+ 06:14+ 03:45- 08:58+ 03:48+ 02:24+ 01:00+ 00:40-		
01:05&	00:35# 01:42& 02:37& 00:39- 00:15+ 00:39& 01:06& 01:21& 00:17- 03:56& 00:23# 00:25# 00:05+ 00:01-		
8	Jone Kalheim	93	1:04:53
02:41+	07:13+ 12:28+ 16:05+ 23:34+ 28:04+ 34:20+ 37:34+ 46:44+ 49:46+ 55:28+ 61:11+ 63:34+ 64:17+ 64:53+		
02:41+	04:32+ 05:15+ 03:37+ 07:29+ 04:30+ 06:16+ 03:14+ 09:10+ 03:02- 05:42+ 05:43+ 02:23+ 00:43- 00:36-		
00:42&	01:31& 01:18& 00:50& 01:45& 00:29# 04:11@ 00:46& 04:17& 01:00- 00:40# 02:18& 00:24# 00:12- 00:05-		
9	Erling Knutzen	128	1:06:17
02:22+	08:44+ 14:05+ 19:30+ 26:55+ 32:10+ 34:51+ 38:03+ 44:29+ 48:12+ 53:58+ 58:28+ 64:27+ 65:30+ 66:17+		
02:22+	06:22+ 05:21+ 05:25+ 07:25+ 05:15+ 02:41+ 03:12+ 06:26+ 03:43- 05:46+ 04:30+ 05:59+ 01:03+ 00:47+		
00:23#	03:21@ 01:24& 02:38& 01:41& 01:14& 00:36& 00:44& 01:33& 00:19- 00:44# 01:05& 04:00@ 00:08# 00:06#		
10	Arne Hetlelid	98	1:06:40
03:25+	10:53+ 15:59+ 20:20+ 26:25+ 33:17+ 35:49+ 39:06+ 46:12+ 49:36+ 56:53+ 61:26+ 64:29+ 65:45+ 66:40+		
03:25+	07:28+ 05:06+ 04:21+ 06:05+ 06:52+ 02:32+ 03:17+ 07:06+ 03:24- 07:17+ 04:33+ 03:03+ 01:16+ 00:55+		
01:26&	04:27@ 01:09& 01:34& 00:21+ 02:51& 00:27# 00:49& 02:13& 00:38- 02:15& 01:08& 01:04& 00:21& 00:14&		
11	Steinar Hansen	27	1:06:43
02:23+	07:06+ 12:55+ 17:23+ 24:41+ 33:29+ 36:37+ 39:29+ 44:44+ 49:27+ 57:08+ 61:14+ 65:06+ 66:00+ 66:43+		
02:23+	04:43+ 05:49+ 04:28+ 07:18+ 08:48+ 03:08+ 02:52+ 05:15+ 04:43+ 07:41+ 04:06+ 03:52+ 00:54- 00:43+		
00:24#	01:42& 01:52& 01:41& 01:34& 04:47@ 01:03& 00:24# 00:22+ 00:41# 02:39& 00:41# 01:53& 00:01- 00:02+		
12	Trond Sandal	42	1:08:24
03:03+	07:16+ 14:00+ 18:03+ 25:19+ 31:04+ 34:13+ 38:53+ 44:24+ 49:41+ 58:48+ 63:18+ 66:16+ 67:27+ 68:24+		
03:03+	04:13+ 06:44+ 04:03+ 07:16+ 05:45+ 03:09+ 04:40+ 05:31+ 05:17+ 09:07+ 04:30+ 02:58+ 01:11+ 00:57+		
01:04&	01:12& 02:47& 01:16& 01:32& 01:44& 01:04& 02:12& 00:38# 01:15& 04:05& 01:05& 00:59& 00:16& 00:16&		
13	Håvard Håland	66	1:09:58
02:27+	10:28+ 16:08+ 21:21+ 30:08+ 34:53+ 38:05+ 41:44+ 48:56+ 53:47+ 60:29+ 65:51+ 68:26+ 69:15+ 69:58+		
02:27+	08:01+ 05:40+ 05:13+ 08:47+ 04:45+ 03:12+ 03:39+ 07:12+ 04:51+ 06:42+ 05:22+ 02:35+ 00:49- 00:43+		
00:28#	05:00@ 01:43& 02:26& 03:03& 00:44# 01:07& 01:11& 02:19& 00:49# 01:40& 01:57& 00:36& 00:06- 00:02+		
14	Harald Taksdal	236	1:11:13
03:16+	11:21+ 17:43+ 22:26+ 31:03+ 35:59+ 39:08+ 42:41+ 50:04+ 54:41+ 61:23+ 66:46+ 69:32+ 70:22+ 71:13+		
03:16+	08:05+ 06:22+ 04:43+ 08:37+ 04:56+ 03:09+ 03:33+ 07:23+ 04:37+ 06:42+ 05:23+ 02:46+ 00:50- 00:51+		
01:17&	05:04@ 02:25& 01:56& 02:53& 00:55# 01:04& 01:05& 02:30& 00:35# 01:40& 01:58& 00:47& 00:05- 00:10#		

Class	Navn	Klasse										Tid	
15	John Breiland	352										1:13:42	
02:16+	06:30+	12:38+	15:59+	40:20+	43:24+	46:33+	54:14+	57:06+	63:05+	68:47+	71:37+	72:53+	73:42+
02:16+	04:14+	06:08+	03:21+	19:57+	04:24+	03:04+	03:09+	07:41+	02:52-	05:59+	05:42+	02:50+	01:16+
00:17#	01:13&	02:11&	00:34#	14:13@	00:23+	00:59&	00:41&	02:48&	01:10-	00:57#	02:17&	00:51&	00:21&
16	Raymond B. Pettersen	105										1:18:01	
02:16+	09:14+	14:02+	20:06+	36:48+	39:41+	43:32+	52:25+	56:27+	66:57+	71:44+	75:38+	77:09+	78:01+
02:16+	06:58+	04:48+	06:04+	10:56+	05:46+	02:53+	03:51+	08:53+	04:02=	10:30+	04:47+	03:54+	01:31+
00:17#	03:57@	00:51#	03:17@	05:12&	01:45&	00:48&	01:23&	04:00&	00:00=	05:28@	01:22&	01:55&	00:36&
17	Trygve Michaelsen	117										1:18:14	
02:11+	06:20+	13:17+	16:43+	27:02+	30:11+	33:28+	40:22+	44:42+	55:13+	70:07+	75:21+	76:46+	78:14+
02:11+	04:09+	06:57+	03:26+	06:08+	04:11+	03:09+	03:17+	06:54+	04:20+	10:31+	14:54+	05:14+	01:25+
00:12#	01:08&	03:00&	00:39#	00:24+	00:10+	01:04&	00:49&	02:01&	00:18+	05:29@	11:29@	03:15@	00:30&
18	Eilef Foss	76										1:19:20	
05:56+	10:56+	16:04+	27:33+	37:49+	47:23+	50:06+	53:03+	58:08+	60:54+	70:18+	75:50+	77:56+	78:43+
05:56+	05:00+	05:08+	11:29+	10:16+	09:34+	02:43+	02:57+	05:05+	02:46-	09:24+	05:32+	02:06+	00:47-
03:57@	01:59&	01:11&	08:42@	04:32&	05:33@	00:38&	00:29#	00:12+	01:16-	04:22&	02:07+	00:07+	00:08-
19	Lars Primstad	62										1:21:53	
02:07+	06:21+	12:21+	16:37+	24:07+	30:57+	33:23+	36:58+	42:02+	48:07+	75:24+	78:37+	80:35+	81:24+
02:07+	04:14+	06:00+	04:16+	07:30+	06:50+	02:26+	03:35+	05:04+	06:05+	27:17+	03:13-	01:58-	00:49-
00:08+	01:13&	02:03&	01:29&	01:46&	02:49&	00:21#	01:07&	00:11+	02:03&	22:15@	00:12-	00:01-	00:06-
20	Harald Syse	93										1:23:27	
04:03+	10:16+	15:05+	19:25+	28:25+	32:36+	38:55+	41:52+	46:52+	50:20+	67:51+	77:56+	80:06+	82:40+
04:03+	06:13+	04:49+	04:20+	09:00+	04:11+	06:19+	02:57+	05:00+	03:28-	17:31+	10:05+	02:10+	02:34+
02:04@	03:12@	00:52#	01:33&	03:16&	00:10+	04:14@	00:29#	00:07+	00:34-	12:29@	06:40@	00:11+	01:39@
21	Stein Arve Finnestad	287										1:25:08	
03:52+	12:37+	19:34+	26:00+	32:38+	37:41+	41:13+	44:44+	65:37+	68:34+	77:08+	81:13+	83:26+	84:20+
03:52+	08:45+	06:57+	06:26+	06:38+	05:03+	03:32+	03:31+	20:53+	02:57-	08:34+	04:05+	02:13+	00:54-
01:53&	05:44@	03:00&	03:39@	00:54#	01:02&	01:27&	01:03&	16:00@	01:05-	03:32&	00:40#	00:14#	00:01-
22	John C. Sinnes	93										1:32:11	
02:44+	14:48+	20:29+	25:15+	34:03+	39:32+	42:18+	46:03+	62:02+	66:44+	84:42+	88:06+	90:34+	91:30+
02:44+	12:04+	05:41+	04:46+	08:48+	05:29+	02:46+	03:45+	15:59+	04:42+	17:58+	03:24-	02:28+	00:56+
00:45&	09:03@	01:44&	01:59&	03:04&	01:28&	00:41&	01:17&	11:06@	00:40#	12:56@	00:01-	00:29#	00:01+
23	Ingve Vold	54										1:52:26	
08:39+	15:13+	24:16+	28:13+	36:58+	57:07+	60:03+	64:00+	76:34+	84:58+	103:47+	108:09+	110:39+	111:39+
08:39+	06:34+	09:03+	03:57+	08:45+	20:09+	02:56+	03:57+	12:34+	08:24+	18:49+	04:22+	02:30+	01:00+
06:40@	03:33@	05:06@	01:10&	03:01&	16:08@	00:51&	01:29&	07:41@	04:22@	13:47@	00:57&	00:31&	00:05+

Beste strekketid for klassen

01:59 03:01 03:57 02:47 05:05 03:51 02:05 02:28 04:38 02:20 04:51 03:08 01:58 00:43 00:29

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

Herrer 60 - 64 år

1	Morten Johannessen	7										38:00	
00:52=	04:22=	11:03=	13:12=	16:53=	19:27=	23:44=	26:06=	28:14=	29:17=	33:26=	35:45=	37:20=	38:00=
00:52=	03:30=	06:41=	02:09=	03:41=	02:34=	04:17=	02:22=	02:08=	01:03=	04:09=	02:19=	01:35=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Olav Tunheim	93										46:03	
01:22+	05:10+	12:07+	14:31+	19:32+	22:37+	28:17+	31:35+	34:31+	36:09+	41:06+	43:42+	45:27+	46:03+
01:22+	03:48+	06:57+	02:24+	05:01+	03:05+	05:40+	03:18+	02:56+	01:38+	04:57+	02:36+	01:45+	00:36-
00:30&	00:18+	00:16+	00:15#	01:20&	00:31#	01:23&	00:56&	00:48&	00:35&	00:48#	00:17#	00:10#	00:04-
3	Per Ingar Hadland	7										47:11	
00:59+	05:55+	13:08+	16:01+	20:12+	22:53+	28:16+	31:15+	34:22+	36:14+	41:07+	44:08+	46:16+	47:11+
00:59+	04:56+	07:13+	02:53+	04:11+	02:41+	05:23+	02:59+	03:07+	01:52+	04:53+	03:01+	02:08+	00:55+
00:07#	01:26&	00:32+	00:44&	00:30#	00:07+	01:06&	00:37&	00:59&	00:49&	00:44#	00:42&	00:33&	00:15&
4	Espen Krogh	7										57:35	
00:47-	08:27+	20:10+	28:23+	32:49+	36:26+	41:48+	44:36+	46:53+	48:39+	52:56+	55:17+	56:58+	57:35+
00:47-	07:40+	11:43+	08:13+	04:26+	03:37+	05:22+	02:48+	02:17+	01:46+	04:17+	02:21+	01:41+	00:37-
00:05-	04:10@	05:02&	06:04@	00:45#	01:03&	01:05&	00:26#	00:09+	00:43&	00:08+	00:02+	00:06+	00:03-

Class	Navn	Klasse												Tid
5	Sverre Magnar Nordal	116												1:00:12
	01:37+	07:23+	18:03+	20:53+	28:12+	32:01+	38:50+	42:22+	45:47+	47:57+	53:39+	56:58+	59:16+	60:12+
	01:37+	05:46+	10:40+	02:50+	07:19+	03:49+	06:49+	03:32+	03:25+	02:10+	05:42+	03:19+	02:18+	00:56+
	00:45&	02:16&	03:59&	00:41&	03:38&	01:15&	02:32&	01:10&	01:17&	01:07@	01:33&	01:00&	00:43&	00:16&
6	Ole Petter Haukaas	109												1:03:08
	00:46-	04:18-	10:23-	12:23-	15:32-	18:20-	27:18+	30:05+	32:42+	33:55+	57:55+	60:36+	62:08+	63:08+
	00:46-	03:32+	06:05-	02:00-	03:09-	02:48+	08:58+	02:47+	02:37+	01:13+	24:00+	02:41+	01:32-	01:00+
	00:06-	00:02+	00:36-	00:09-	00:32-	00:14+	04:41@	00:25#	00:29#	00:10#	19:51@	00:22#	00:03-	00:20&
7	Svein Magne Gloppen	93												1:04:47
	01:25+	06:59+	15:06+	19:07+	27:20+	33:31+	40:35+	43:43+	46:45+	48:42+	57:21+	60:22+	64:00+	64:47+
	01:25+	05:34+	08:07+	04:01+	08:13+	06:11+	07:04+	03:08+	03:02+	01:57+	08:39+	03:01+	03:38+	00:47+
	00:33&	02:04&	01:26#	01:52&	04:32@	03:37@	02:47&	00:46&	00:54&	00:54&	04:30@	00:42&	02:03@	00:07#
8	Torbjørn Dahle	92												1:07:25
	01:00+	05:24+	13:40+	22:17+	27:48+	32:39+	43:50+	50:21+	53:42+	55:55+	61:19+	64:23+	66:28+	67:25+
	01:00+	04:24+	08:16+	08:37+	05:31+	04:51+	11:11+	06:31+	03:21+	02:13+	05:24+	03:04+	02:05+	00:57+
	00:08#	00:54&	01:35#	06:28@	01:50&	02:17&	06:54@	04:09@	01:13&	01:10@	01:15&	00:45&	00:30&	00:17&
9	Tore Karlsen	105												1:42:50
	12:59+	26:27+	37:04+	40:57+	52:35+	61:10+	71:08+	75:30+	80:33+	84:29+	94:12+	98:28+	101:27+	102:50+
	12:59+	13:28+	10:37+	03:53+	11:38+	08:35+	09:58+	04:22+	05:03+	03:56+	09:43+	04:16+	02:59+	01:23+
	12:07@	09:58@	03:56&	01:44&	07:57@	06:01@	05:41@	02:00&	02:55@	02:53@	05:34@	01:57&	01:24&	00:43@
Beste strekktid for klassen														
	00:46	03:30	06:05	02:00	03:09	02:34	04:17	02:22	02:08	01:03	04:09	02:19	01:32	00:36

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

Herrer 65 - 69 år

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

Class	Navn	Klasse												Tid
9	Bjørn Vidar Gunvaldsen	29												56:00
01:04+	05:45+	14:05+	17:15+	27:56+	30:30+	35:25+	38:25+	43:15+	44:37+	49:47+	52:57+	55:07+	56:00+	
01:04+	04:41+	08:20+	03:10+	10:41+	02:34-	04:55+	03:00+	04:50+	01:22+	05:10+	03:10+	02:10+	00:53+	
00:18&	00:57&	02:23&	01:17&	07:48@	00:11-	00:39#	00:33#	01:37&	00:08#	01:14&	00:28#	00:39&	00:11&	
10	Torbjørn Evensen	108												56:09
00:56+	04:31+	12:33+	18:20+	27:36+	27:58+	33:14+	36:09+	38:44+	41:01+	48:16+	51:21+	55:23+	56:09+	
00:56+	03:35-	08:02+	05:47+	04:16+	05:22+	05:16+	02:55+	02:35-	02:17+	07:15+	03:05+	04:02+	00:46+	
00:10#	00:09-	02:05&	03:54@	01:23&	02:37&	01:00#	00:28#	00:38-	01:03&	03:19&	00:23#	02:31@	00:04+	
11	Bjørn Tore Aase	29												58:19
01:23+	06:06+	14:26+	17:16+	24:33+	29:03+	35:15+	38:40+	42:52+	45:27+	51:50+	55:19+	57:24+	58:19+	
01:23+	04:43+	08:20+	02:50+	07:17+	04:30+	06:12+	03:25+	04:12+	02:35+	06:23+	03:29+	02:05+	00:55+	
00:37&	00:59&	02:23&	00:57&	04:24@	01:45&	01:56&	00:58&	00:59&	01:21@	02:27&	00:47&	00:34&	00:13&	
12	Svein Ims	65												1:00:20
03:19+	07:41+	15:51+	19:09+	24:18+	27:48+	34:55+	38:37+	41:53+	43:43+	53:02+	57:01+	59:22+	60:20+	
03:19+	04:22+	08:10+	03:18+	05:09+	03:30+	07:07+	03:42+	03:16+	01:50+	09:19+	03:59+	02:21+	00:58+	
02:33@	00:38#	02:13&	01:25&	02:16&	00:45&	02:51&	01:15&	00:03+	00:36&	05:23@	01:17&	00:50&	00:16&	
13	Eivind L. Rake	92												1:09:29
02:44+	07:35+	17:19+	20:06+	32:50+	36:43+	44:07+	48:59+	52:32+	55:22+	61:49+	65:39+	68:13+	69:29+	
02:44+	04:51+	09:44+	02:47+	12:44+	03:53+	07:24+	04:52+	03:33+	02:50+	06:27+	03:50+	02:34+	01:16+	
01:58@	01:07&	03:47&	00:54&	09:51@	01:08&	03:08&	02:25&	00:20#	01:36@	02:31&	01:08&	01:03&	00:34&	
14	Tom Hetland	5												1:16:30
01:00+	05:28+	26:33+	29:19+	34:11+	36:51+	52:41+	56:05+	59:55+	61:30+	70:45+	74:02+	75:49+	76:30+	
01:00+	04:28+	21:05+	02:46+	04:52+	02:40-	15:50+	03:24+	03:50+	01:35+	09:15+	03:17+	01:47+	00:41-	
00:14&	00:44#	15:08@	00:53&	01:59&	00:05-	11:34@	00:57&	00:37#	00:21&	05:19@	00:35#	00:16#	00:01-	
15	Tore R. Tvedt	53												1:16:36
02:03+	07:02+	17:26+	20:53+	27:21+	34:44+	43:50+	58:17+	61:04+	62:38+	70:15+	73:57+	75:46+	76:36+	
02:03+	04:59+	10:24+	03:27+	06:28+	07:23+	09:06+	04:27+	02:47-	01:34+	07:37+	03:42+	01:49+	00:50+	
01:17@	01:15&	04:27&	01:34&	03:35@	04:38@	04:50@	12:00@	00:26-	00:20&	03:41&	01:00&	00:18#	00:08#	

Beste strekktid for klassen

00:46 03:21 05:57 01:53 02:46 02:25 04:16 02:17 02:21 01:08 03:56 02:18 01:31 00:32

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

Herrer 70 - 74 år

1	Harry Breiland	66												43:49
01:14=	05:10=	11:21=	13:23=	17:33=	19:56=	24:45=	29:08=	31:56=	33:46=	38:15=	41:05=	43:06=	43:49=	
01:14=	03:56=	06:11=	02:02=	04:10=	02:23=	04:49=	04:23=	02:48=	01:50=	04:29=	02:50=	02:01=	00:43=	
00:00=	00:00=	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												45:38
01:04-	05:13+	12:54+	15:06+	19:04+	21:48+	27:19+	30:16+	32:57+	34:42+	39:39+	42:32+	44:54+	45:38+	
01:04-	04:09+	07:41+	02:12+	03:58-	02:44+	05:31+	02:57-	02:41-	01:45-	04:57+	02:53+	02:22+	00:44+	
00:10-	00:13+	01:30#	00:10+	00:12-	00:21#	00:42#	01:26-	00:07-	00:05-	00:28#	00:03+	00:21#	00:01+	
3	Kjell Svihus	154												47:35
01:07-	05:52+	14:36+	16:58+	21:00+	23:43+	28:59+	32:08+	35:02+	36:39+	41:32+	44:28+	46:48+	47:35+	
01:07-	04:45+	08:44+	02:22+	04:02-	02:43+	05:16+	03:09-	02:54+	01:37-	04:53+	02:56+	02:20+	00:47+	
00:07-	00:49#	02:33&	00:20#	00:08-	00:20#	00:27+	01:14-	00:06+	00:13-	00:24+	00:06+	00:19#	00:04+	
4	Jan Inge Lunde	88												50:45
02:03+	06:58+	17:31+	19:55+	24:09+	26:48+	32:05+	35:11+	38:33+	39:49+	44:41+	47:34+	49:59+	50:45+	
02:03+	04:55+	10:33+	02:24+	04:14+	02:39+	05:17+	03:06-	03:22+	01:16-	04:52+	02:53+	02:25+	00:46+	
00:49&	00:59#	04:22&	00:22#	00:04+	00:16#	00:28+	01:17-	00:34#	00:34-	00:23+	00:03+	00:24#	00:03+	
5	Paul A. Paulsen	117												54:41
01:18+	05:36+	13:21+	15:48+	21:15+	25:03+	32:25+	36:24+	39:29+	41:24+	48:15+	51:45+	53:54+	54:41+	
01:18+	04:18+	07:45+	02:27+	05:27+	03:48+	07:22+	03:59-	03:05+	01:55+	06:51+	03:30+	02:09+	00:47+	
00:04+	00:22+	01:34&	00:25#	01:17&	01:25&	02:33&	00:24-	00:17#	00:05+	02:22&	00:40#	00:08+	00:04+	
6	Kjell Ivar Skjørestad	92												1:00:08
01:05-	05:58+	16:01+	20:28+	25:02+	30:01+	36:39+	40:20+	43:38+	47:04+	53:38+	56:57+	58:57+	60:08+	
01:05-	04:53+	10:03+	04:27+	04:34+	04:59+	06:38+	03:41-	03:18+	03:26+	06:34+	03:19+	02:00-	01:11+	
00:09-	00:57#	03:52&	02:25@	00:24+	02:36@	01:49&	00:42-	00:30#	01:36&	02:05&	00:29#	00:01-	00:28&	

Class	Navn	Klasse										Tid	
7	Terje Vanglo	29										1:07:12	
01:28+	06:00+	13:25+	16:27+	25:22+	38:42+	45:04+	48:09+	51:47+	53:29+	58:53+	63:16+	66:12+	67:12+
01:28+	04:32+	07:25+	03:02+	08:55+	13:20+	06:22+	03:05-	03:38+	01:42-	05:24+	04:23+	02:56+	01:00+
00:14#	00:36#	01:14#	01:00&	04:45@	10:57@	01:33&	01:18-	00:50&	00:08-	00:55#	01:33&	00:55&	00:17&
8	Arne Østensen	53										1:13:26	
01:00-	04:49-	11:52+	15:23+	25:44+	31:46+	41:04+	55:05+	57:47+	59:27+	67:07+	70:43+	72:37+	73:26+
01:00-	03:49-	07:03+	03:31+	10:21+	06:02+	09:18+	14:01+	02:42-	01:40-	07:40+	03:36+	01:54-	00:49+
00:14-	00:07-	00:52#	01:29&	06:11@	03:39@	04:29&	09:38@	00:06-	00:10-	03:11&	00:46&	00:07-	00:06#
9	Olav Habbestad	116										1:18:21	
01:22+	06:42+	14:44+	20:41+	26:51+	31:05+	45:33+	51:23+	56:26+	61:55+	63:51+	70:08+	75:09+	77:38+ 78:21+
01:22+	05:20+	08:02+	05:57+	06:10+	04:14+	14:28+	05:50+	05:03+	05:29+	01:56-	06:17+	05:01+	02:29+ 00:43+
00:08#	01:24&	01:51&	03:55@	02:00&	01:51&	09:39@	01:27&	02:15&	03:39@	02:33-	03:27@	03:00@	01:46@ 00:43+
10	Jostein Tunheim	116										1:23:10	
01:07-	05:13+	12:36+	18:52+	25:24+	28:34+	60:13+	63:44+	68:56+	70:39+	76:41+	80:01+	82:22+	83:10+
01:07-	04:06+	07:23+	06:16+	06:32+	03:10+	31:39+	03:31-	05:12+	01:43-	06:02+	03:20+	02:21+	00:48+
00:07-	00:10+	01:12#	04:14@	02:22&	00:47&	26:50@	00:52-	02:24&	00:07-	01:33&	00:30#	00:20#	00:05#
11	Leif Kåre Lende	128										1:48:45	
01:23+	48:35+	58:23+	62:36+	68:04+	71:45+	78:57+	82:15+	86:09+	88:29+	102:13+	105:28+	107:54+	108:45+
01:23+	47:12+	09:48+	04:13+	05:28+	03:41+	07:12+	03:18-	03:54+	02:20+	13:44+	03:15+	02:26+	00:51+
00:09#	43:16@	03:37&	02:11@	01:18&	01:18&	02:23&	01:05-	01:06&	00:30&	09:15@	00:25#	00:25#	00:08#

Beste strekktid for klassen

01:00 03:49 06:11 02:02 03:58 02:23 04:49 02:57 02:41 01:16 01:56 02:50 01:54 00:43

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

Herrer 75 - 79 år

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

Class	Navn	Klasse										Tid
9	Hans Klausen	62										1:02:40
	01:59+	13:58+	18:29+	27:34+	32:29+	35:56+	45:58+	50:31+	57:41+	60:26+	61:44+	62:40+
	01:59+	11:59+	04:31+	09:05+	04:55+	03:27+	10:02+	04:33+	07:10+	02:45+	01:18+	00:56+
	00:48&	07:56@	01:02&	04:51@	00:59#	00:49&	03:48&	00:03+	03:05&	00:33#	00:15#	00:16&
10	Arne Brandsberg	29										1:08:24
	01:50+	08:24+	14:35+	21:04+	34:29+	39:32+	45:18+	53:17+	60:43+	65:03+	66:54+	68:24+
	01:50+	06:34+	06:11+	06:29+	13:25+	05:03+	05:46-	07:59+	07:26+	04:20+	01:51+	01:30+
	00:39&	02:31&	02:42&	02:15&	09:29@	02:25&	00:28-	03:29&	03:21&	02:08&	00:48&	00:50@
11	Tormod Aaslid	54										1:21:44
	02:17+	12:10+	18:12+	36:33+	46:22+	52:19+	58:41+	72:20+	77:03+	79:34+	80:51+	81:44+
	02:17+	09:53+	06:02+	18:21+	09:49+	05:57+	06:22+	13:39+	04:43+	02:31+	01:17+	00:53+
	01:06&	05:50@	02:33&	14:07@	05:53@	03:19@	00:08+	09:09@	00:38#	00:19#	00:14#	00:13&
Beste strekktid for klassen												
	00:55	04:03	03:04	03:49	03:56	02:38	03:10	04:06	04:05	02:00	00:57	00:40

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

Herrer 80 år og eldre

1	Terje Braut	92										58:43		
	01:46=	06:55=	12:37=	14:46=	18:20=	22:21=	27:50=	30:58=	35:12=	40:36=	51:43=	55:45=	57:35=	58:43=
	01:46=	05:09=	05:42=	02:09=	03:34=	04:01=	05:29=	03:08=	04:14=	05:24=	11:07=	04:02=	01:50=	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=
2	Jan Bekkeheien	92										1:07:02		
	01:38-	11:14+	17:50+	20:28+	25:12+	29:52+	33:42+	36:45+	39:51+	47:01+	55:15+	63:54+	65:49+	67:02+
	01:38-	09:36+	06:36+	02:38+	04:44+	04:40+	03:50-	03:03-	03:06-	07:10+	08:14-	08:39+	01:55+	01:13+
	00:08-	04:27&	00:54#	00:29#	01:10&	00:39#	01:39-	00:05-	01:08-	01:46&	02:53-	04:37@	00:05+	00:05+
3	Harald Vatne	67										1:19:38		
	05:06+	11:27+	17:14+	19:42+	23:44+	28:19+	44:35+	53:39+	61:45+	68:40+	73:23+	76:03+	78:45+	79:38+
	05:06+	06:21+	05:47+	02:28+	04:02+	04:35+	16:16+	09:04+	08:06+	06:55+	04:43-	02:40-	02:42+	00:53-
	03:20@	01:12#	00:05+	00:19#	00:28#	00:34#	10:47@	05:56@	03:52&	01:31&	06:24-	01:22-	00:52&	00:15-
4	Sigurd Krosli	93										1:25:11		
	01:49+	07:20+	13:31+	15:52+	19:43+	24:32+	32:51+	37:10+	68:46+	72:44+	77:51+	82:10+	84:08+	85:11+
	01:49+	05:31+	06:11+	02:21+	03:51+	04:49+	08:19+	04:19+	31:36+	03:58-	05:07-	04:19+	01:58+	01:03-
	00:03+	00:22+	00:29+	00:12+	00:17+	00:48#	02:50&	01:11&	27:22@	01:26-	06:00-	00:17+	00:08+	00:05-
5	Magne Jakobsen	63										1:51:10		
	02:50+	07:56+	17:00+	21:48+	43:49+	58:03+	62:28+	71:34+	76:12+	81:33+	101:39+	107:09+	109:54+	111:10+
	02:50+	05:06-	09:04+	04:48+	22:01+	14:14+	04:25-	09:06+	04:38+	05:21-	20:06+	05:30+	02:45+	01:16+
	01:04&	00:03-	03:22&	02:39@	18:27@	10:13@	01:04-	05:58@	00:24+	00:03-	08:59&	01:28&	00:55&	00:08#
6	Kjell Maudal	63										1:52:09		
	03:53+	09:17+	18:07+	23:00+	45:08+	59:12+	63:21+	72:31+	77:30+	82:53+	102:54+	108:11+	110:55+	112:09+
	03:53+	05:24+	08:50+	04:53+	22:08+	14:04+	04:09-	09:10+	04:59+	05:23-	20:01+	05:17+	02:44+	01:14+
	02:07@	00:15+	03:08&	02:44@	18:34@	10:03@	01:20-	06:02@	00:45#	00:01-	08:54&	01:15&	00:54&	00:06+

Beste strekktid for klassen

01:38 05:06 05:42 02:09 03:34 04:01 03:50 03:03 03:06 03:58 04:43 02:40 01:50 00:53

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

Herrer A

1	Erik Lima	43										53:04								
	02:01=	04:30=	07:51=	09:35=	15:11=	18:39=	20:21=	22:44=	25:06=	28:58=	31:54=	35:45=	39:56=	43:07=	45:23=	47:15=	49:32=	51:22=	52:27=	53:04=
	02:01=	02:29=	03:21=	01:44=	05:36=	03:28=	01:42=	02:23=	02:22=	03:52=	02:56=	03:51=	04:11=	03:11=	02:16=	01:52=	02:17=	01:50=	01:05=	00:37=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Martin Blystad	115										1:03:23								
	01:52-	04:50+	09:09+	11:11+	17:22+	23:46+	25:38+	27:56+	30:36+	35:45+	39:03+	43:56+	48:41+	52:40+	55:10+	57:21+	59:25+	61:31+	62:38+	63:23+
	01:52-	02:58+	04:19+	02:02+	06:11+	06:24+	01:52+	02:18-	02:40+	05:09+	03:18+	04:53+	04:45+	03:59+	02:30+	02:11+	02:04-	02:06+	01:07+	00:45+
	00:09-	00:29#	00:58&	00:18#	00:35#	02:56&	00:10+	00:05-	00:18#	01:17&	00:22#	01:02&	00:34#	00:48&	00:14#	00:19#	00:13-	00:16#	00:02+	00:08#

Class	Navn	Klasse										Tid									
3	Svein Magnus Halsne	71										1:09:05									
		02:43+	11:38+	15:33+	17:14+	24:28+	27:42+	29:25+	31:49+	42:10+	45:07+	51:53+	55:47+	59:20+	61:42+	63:45+	66:06+	67:36+	68:27+	69:05+	
		02:43+	08:55+	03:55+	01:41-	07:14+	03:14-	01:43+	02:24+	05:03+	05:18+	02:57+	06:46+	03:54-	03:33+	02:22+	02:03+	02:21+	01:30-	00:38+	
		00:42&	06:26@	00:34#	00:03-	01:38&	00:14-	00:01+	00:01+	02:41@	01:26&	00:01+	02:55&	00:17-	00:22#	00:06+	00:11+	00:04+	00:20-	00:14-	00:01+

Beste strekktid for klassen

01:52 02:29 03:21 01:41 05:36 03:14 01:42 02:18 02:22 03:52 02:56 03:51 03:54 03:11 02:16 01:52 02:04 01:30 00:51 00:37

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

Herrer B

1	Magnus Landstad	66										49:36									
		01:32=	03:55=	07:23=	08:53=	14:05=	17:14=	18:55=	21:02=	23:15=	26:59=	29:49=	33:52=	37:41=	40:49=	42:43=	44:36=	46:22=	47:59=	48:58=	49:36=
		01:32=	02:23=	03:28=	01:30=	05:12=	03:09=	01:41=	02:07=	02:13=	03:44=	02:50=	04:03=	03:49=	03:08=	01:54=	01:53=	01:46=	01:37=	00:59=	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=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Per Olav Haarr	62										51:45									
		02:09+	05:34+	09:28+	10:59+	16:08+	19:17+	20:56+	23:09+	25:18+	29:04+	31:55+	35:50+	39:46+	42:54+	44:46+	46:40+	48:28+	50:00+	51:03+	51:45+
		02:09+	03:25+	03:54+	01:31+	05:09-	03:09=	01:39-	02:13+	02:09-	03:46+	02:51+	03:55-	03:56+	03:08=	01:52-	01:54+	01:48+	01:32-	01:03+	00:42+
		00:37&	01:02&	00:26#	00:01+	00:03-	00:00=	00:02-	00:06+	00:04-	00:02+	00:01+	00:08-	00:07+	00:00=	00:02-	00:01+	00:02+	00:05-	00:04+	00:04#
3	Tom Furland	62										52:51									
		01:55+	04:30+	07:50+	09:36+	15:19+	18:54+	20:28+	22:41+	25:06+	29:38+	32:26+	36:22+	40:08+	43:28+	45:44+	47:45+	49:32+	50:53+	52:07+	52:51+
		01:55+	02:35+	03:20-	01:46+	05:43+	03:35+	01:34-	02:13+	02:25+	04:32+	02:48-	03:56-	03:46-	03:20+	02:16+	02:01+	01:47+	01:21-	01:14+	00:44+
		00:23#	00:12+	00:08-	00:16#	00:41+	00:26#	00:07-	00:06+	00:12+	00:48#	00:02-	00:07-	00:03-	00:12+	00:22#	00:08+	00:01+	00:16-	00:15&	00:06#
4	Joar Eilevstjønn	67										59:23									
		01:48+	06:07+	10:00+	11:52+	17:16+	21:57+	23:34+	26:22+	29:07+	33:05+	37:04+	41:09+	45:10+	49:27+	52:05+	53:59+	56:24+	57:55+	58:48+	59:23+
		01:48+	04:19+	03:53+	01:52+	05:24+	04:41+	01:37-	02:48+	02:45+	03:58+	03:59+	04:05+	04:01+	04:17+	02:38+	01:54+	02:25+	01:31-	00:53-	00:35-
		00:16#	01:56&	00:25#	00:22#	00:12+	01:32&	00:04-	00:41&	00:32#	00:14+	01:09&	00:02+	00:12+	01:09&	00:44&	00:01+	00:39&	00:06-	00:06-	00:03-
5	Geir Sand	105										1:01:53									
		01:52+	07:52+	11:30+	13:21+	19:13+	22:57+	25:03+	27:59+	30:41+	35:18+	38:43+	44:11+	48:18+	51:32+	54:05+	56:18+	58:19+	60:11+	61:18+	61:53+
		01:52+	06:00+	03:38+	01:51+	05:52+	03:44+	02:06+	02:56+	02:42+	04:37+	03:25+	05:28+	04:07+	03:14+	02:33+	02:13+	02:01+	01:52+	01:07+	00:35-
		00:20#	03:37@	00:10+	00:21#	00:40#	00:35#	00:25#	00:49&	00:29#	00:53#	00:35#	01:25&	00:18+	00:06+	00:39&	00:20#	00:15#	00:15#	00:08#	00:03-
6	Odd Ivar Karlsen	76										1:03:07									
		01:59+	05:30+	08:50+	10:46+	17:15+	20:39+	22:32+	24:40+	27:26+	31:17+	35:56+	40:26+	45:19+	49:06+	51:35+	53:52+	57:45+	61:00+	62:23+	63:07+
		01:59+	03:31+	03:20-	01:56+	06:29+	03:24+	01:53+	02:08+	02:46+	03:51+	04:39+	04:30+	04:53+	03:47+	02:29+	02:17+	03:53+	03:15+	01:23+	00:44+
		00:27&	01:08&	00:08-	00:26&	01:17#	00:15+	00:12#	00:01+	00:33#	00:07+	01:49&	00:27#	01:04&	00:39#	00:35&	00:24#	02:07@	01:38@	00:24&	00:06#
7	Øystein Amundrud	53										1:03:53									
		02:09+	04:57+	10:40+	12:31+	18:21+	22:29+	24:26+	26:51+	29:42+	35:18+	38:47+	43:25+	49:33+	53:09+	55:40+	58:00+	60:25+	62:14+	63:15+	63:53+
		02:09+	02:48+	05:43+	01:51+	05:50+	04:08+	01:57+	02:25+	02:51+	05:36+	03:29+	04:38+	06:08+	03:36+	02:31+	02:20+	02:25+	01:49+	01:01+	00:38=
		00:37&	00:25#	02:15&	00:21#	00:38#	00:59&	00:16#	00:18#	00:38&	01:52&	00:39#	00:35#	02:19&	00:28#	00:37&	00:27#	00:39&	00:12#	00:02+	00:00=
8	Pål Bårdsen	53										1:14:01									
		02:07+	06:19+	10:43+	13:00+	19:43+	25:01+	27:15+	30:10+	33:29+	39:55+	43:37+	49:23+	55:42+	60:21+	63:46+	66:08+	69:09+	71:09+	73:12+	74:01+
		02:07+	04:12+	04:24+	02:17+	06:43+	05:18+	02:14+	02:55+	03:19+	06:26+	03:42+	05:46+	06:19+	04:39+	03:25+	02:22+	03:01+	02:00+	02:03+	00:49+
		00:35&	01:49&	00:56&	00:47&	01:31&	02:09&	00:33&	00:48&	01:06&	02:42&	00:55&	01:43&	02:30&	01:31&	01:31&	00:29&	01:15&	00:23#	01:04@	00:11&
9	Øyvind Rummelhoff	27										1:18:21									
		02:06+	04:56+	09:15+	11:10+	17:06+	26:09+	27:54+	30:08+	32:40+	37:19+	44:53+	55:44+	60:01+	67:28+	70:15+	72:18+	74:49+	76:36+	77:47+	78:21+
		02:06+	02:50+	04:19+	01:55+	05:56+	09:03+	01:45+	02:14+	02:32+	04:39+	07:34+	10:51+	04:17+	07:27+	02:47+	02:03+	02:31+	01:47+	01:11+	00:34-
		00:34&	00:27#	00:51#	00:25&	00:44#	05:54@	00:04+	00:07+	00:19#	00:55#	04:44@	06:48@	00:28#	04:19@	00:53&	00:10+	00:45&	00:10#	00:12#	00:04-

Beste strekktid for klassen

01:32 02:23 03:20 01:30 05:09 03:09 01:34 02:07 02:09 03:44 02:48 03:55 03:46 03:08 01:52 01:53 01:46 01:21 00:53 00:34

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

Herrer C

1	Morten Aamodt	116										44:32									
		00:46=	03:49=	07:13=	11:31=	13:00=	16:33=	19:14=	24:24=	26:48=	28:03=	30:25=	33:41=	36:37=	38:51=	41:10=	42:33=	43:49=	44:32=		
		00:46=	03:03=	03:24=	04:18=	01:29=	03:33=	02:41=	05:10=	02:24=	01:15=	02:22=	03:16=	02:56=	02:14=	02:19=	01:23=	01:16=	00:43=		
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Class	Navn	Klasse														Tid	
2	Kjetil Wirak	114														49:57	
01:08+	04:50+	09:01+	13:18+	14:37+	18:22+	21:25+	28:15+	31:07+	32:40+	34:38+	37:37+	41:12+	44:26+	46:53+	48:19+	49:16+	49:57+
01:08+	03:42+	04:11+	04:17-	01:19-	03:45+	03:03+	06:50+	02:52+	01:33+	01:58-	02:59-	03:35+	03:14+	02:27+	01:26+	00:57-	00:41-
00:22&	00:39#	00:47#	00:01-	00:10-	00:12+	00:22#	01:40&	00:28#	00:18#	00:24-	00:17-	00:39#	01:00&	00:08+	00:03+	00:19-	00:02-
3	Odd Fuglestad	379														51:28	
00:50+	04:23+	08:04+	12:55+	14:32+	18:39+	22:32+	30:19+	32:59+	33:55+	35:59+	39:54+	42:48+	45:33+	48:06+	49:22+	50:45+	51:28+
00:50+	03:33+	03:41+	04:51+	01:37+	04:07+	03:53+	07:47+	02:40+	00:56-	02:04-	03:55+	02:54-	02:45+	02:33+	01:16-	01:23+	00:43=
00:04+	00:30#	00:17+	00:33#	00:08+	00:34#	01:12&	02:37&	00:16#	00:19-	00:18-	00:39#	00:02-	00:31#	00:14#	00:07-	00:07+	00:00=
4	Nils John Vestøl	83														51:34	
00:56+	04:38+	07:51+	12:16+	14:33+	21:54+	25:49+	31:15+	33:52+	35:07+	37:20+	40:50+	43:45+	45:41+	48:16+	49:37+	50:51+	51:34+
00:56+	03:42+	03:13-	04:25+	02:17+	07:21+	03:55+	05:26+	02:37+	01:15=	02:13-	03:30+	02:55-	01:56-	02:35+	01:21-	01:14-	00:43=
00:10#	00:39#	00:11-	00:07+	00:48&	03:48@	01:14&	00:16+	00:13+	00:00=	00:09-	00:14+	00:01-	00:18-	00:16#	00:02-	00:02-	00:00=
5	Erlend Kveinen	116														53:26	
01:06+	05:19+	08:23+	13:19+	16:06+	20:19+	23:59+	29:17+	32:18+	33:27+	35:48+	40:27+	44:02+	46:52+	50:18+	51:44+	52:50+	53:26+
01:06+	04:13+	03:04-	04:56+	02:47+	04:13+	03:40+	05:18+	03:01+	01:09-	02:21-	04:39+	03:35+	02:50+	03:26+	01:26+	01:06-	00:36-
00:20&	01:10&	00:20-	00:38#	01:18&	00:40#	00:59&	00:08+	00:37&	00:06-	00:01-	01:23&	00:39#	00:36&	01:07&	00:03+	00:10-	00:07-
6	Svein Erik Kvame	116														54:24	
01:00+	05:45+	09:22+	14:24+	16:06+	21:20+	25:13+	31:22+	34:17+	35:25+	37:49+	42:20+	45:15+	48:03+	50:31+	52:20+	53:37+	54:24+
01:00+	04:45+	03:37+	05:02+	01:42+	05:14+	03:53+	06:09+	02:55+	01:08-	02:24+	04:31+	02:55-	02:48+	02:28+	01:49+	01:17+	00:47+
00:14&	01:42&	00:13+	00:44#	00:13#	01:41&	01:12&	00:59#	00:31#	00:07-	00:02+	01:15&	00:01-	00:34&	00:09+	00:26&	00:01+	00:04+
7	Terje Michaelsen	47														57:15	
00:50+	06:25+	09:50+	16:17+	17:24+	22:26+	26:40+	34:05+	37:38+	38:45+	41:02+	43:49+	46:47+	51:14+	54:05+	55:15+	56:38+	57:15+
00:50+	05:35+	03:25+	06:27+	01:07-	05:02+	04:14+	07:25+	03:33+	01:07-	02:17-	02:47-	02:58+	04:27+	02:51+	01:10-	01:23+	00:37-
00:04+	02:32&	00:01+	02:09&	00:22-	01:29&	01:33&	02:15&	01:09&	00:08-	00:05-	00:29-	00:02+	02:13&	00:32#	00:13-	00:07+	00:06-
8	Kjell Dale	93														57:34	
00:53+	06:18+	09:38+	14:53+	17:13+	22:51+	26:11+	32:38+	35:16+	36:30+	38:48+	43:14+	47:27+	50:34+	53:51+	55:23+	56:43+	57:34+
00:53+	05:25+	03:20-	05:15+	02:20+	05:38+	03:20+	06:27+	02:38+	01:14-	02:18-	04:26+	04:13+	03:07+	03:17+	01:32+	01:20+	00:51+
00:07#	02:22&	00:04-	00:57#	00:51&	02:05&	00:39#	01:17#	00:14+	00:01-	00:04-	01:10&	01:17&	00:53&	00:58&	00:09#	00:04+	00:08#
9	Jan Einar Øvremo	50														57:57	
00:55+	05:21+	09:11+	16:39+	21:32+	25:38+	30:26+	36:45+	39:27+	40:33+	42:43+	46:11+	49:23+	52:01+	54:40+	55:57+	57:21+	57:57+
00:55+	04:26+	03:50+	07:28+	04:53+	04:06+	04:48+	06:19+	02:42+	01:06-	02:10-	03:28+	03:12+	02:38+	02:39+	01:17-	01:24+	00:36-
00:09#	01:23&	00:26#	03:10&	03:24@	00:33#	02:07&	01:09#	00:18#	00:09-	00:12-	00:12+	00:16+	00:24#	00:20#	00:06-	00:08#	00:07-
10	Erling Mauland	83														1:02:50	
01:05+	06:16+	09:59+	15:31+	17:19+	22:27+	26:01+	36:11+	39:48+	41:11+	44:12+	47:26+	50:37+	56:25+	59:21+	60:43+	62:05+	62:50+
01:05+	05:11+	03:43+	05:32+	01:48+	05:08+	03:34+	10:10+	03:37+	01:23+	03:01+	03:14-	03:11+	05:48+	02:56+	01:22-	01:22+	00:45+
00:19&	02:08&	00:19+	01:14&	00:19#	01:35&	00:53&	05:00&	01:13&	00:08#	00:39&	00:02-	00:15+	03:34@	00:37&	00:01-	00:06+	00:02+
11	Paul Terje Haarr	62														1:03:40	
01:12+	05:17+	10:31+	16:18+	18:00+	23:11+	26:48+	37:05+	40:42+	42:02+	45:02+	48:16+	51:30+	57:18+	60:10+	61:33+	62:59+	63:40+
01:12+	04:05+	05:14+	05:47+	01:42+	05:11+	03:37+	10:17+	03:37+	01:20+	03:00+	03:14-	03:14+	05:48+	02:52+	01:23=	01:26+	00:41-
00:26&	01:02&	01:50&	01:29&	00:13#	01:38&	00:56&	05:07&	01:13&	00:05+	00:38&	00:02-	00:18#	03:34@	00:33#	00:00=	00:10#	00:02-
12	Bertrand Denieul	42														1:06:07	
00:52+	09:38+	13:40+	21:55+	23:43+	29:39+	33:45+	40:36+	43:34+	44:45+	47:02+	51:25+	55:02+	57:51+	61:02+	64:00+	65:21+	66:07+
00:52+	08:46+	04:02+	08:15+	01:48+	05:56+	04:06+	06:51+	02:58+	01:11-	02:17-	04:23+	03:37+	02:49+	03:11+	02:58+	01:21+	00:46+
00:06#	05:43@	00:38#	03:57&	00:19#	02:23&	01:25&	01:41&	00:34#	00:04-	00:05-	01:07&	00:41#	00:35&	00:52&	01:35@	00:05+	00:03+
13	Henning Sundby	114														1:08:02	
00:49+	04:57+	08:37+	14:54+	17:10+	28:41+	31:56+	39:28+	41:55+	43:07+	46:27+	53:08+	56:55+	60:52+	63:39+	65:15+	67:27+	68:02+
00:49+	04:08+	03:40+	06:17+	02:16+	11:31+	03:15+	07:32+	02:27+	01:12-	03:20+	06:41+	03:47+	03:57+	02:47+	01:36+	02:12+	00:35-
00:03+	01:05&	00:16+	01:59&	00:47&	07:58@	00:34#	02:22&	00:03+	00:03-	00:58&	03:25@	00:51&	01:43&	00:28#	00:13#	00:56&	00:08-
14	Ove Oaland	116														1:30:35	
03:34+	09:05+	13:24+	21:39+	25:30+	35:30+	41:27+	50:19+	54:40+	56:07+	60:30+	66:21+	70:53+	74:09+	79:21+	82:14+	89:48+	90:35+
03:34+	05:31+	04:19+	08:15+	03:51+	10:00+	05:57+	08:52+	04:21+	01:27+	04:23+	05:51+	04:32+	03:16+	05:12+	02:53+	07:34+	00:47+
02:48@	02:28&	00:55&	03:57&	02:22@	06:27@	03:16@	03:42&	01:57&	00:12#	02:01&	02:35&	01:36&	01:02&	02:53@	01:30@	06:18@	00:04+
Beste strekktid for klassen																	
00:46	03:03	03:04	04:17	01:07	03:33	02:41	05:10	02:24	00:56	01:58	02:47	02:54	01:56	02:19	01:10	00:57	00:35

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

Herrer Trim

Class	Navn	Klasse													Tid
1	Stig Erlend Ollestad	51													29:22
01:08=	03:32=	07:05=	08:39=	11:21=	13:22=	15:54=	17:37=	20:44=	23:00=	25:20=	27:28=	28:46=	29:22=		
01:08=	02:24=	03:33=	01:34=	02:42=	02:01=	02:32=	01:43=	03:07=	02:16=	02:20=	02:08=	01:18=	00:36=		
00:00=	00:00=	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	Frode Lund	18													33:02
00:59-	03:39+	07:46+	09:32+	12:29+	15:36+	18:04+	20:19+	22:33+	25:05+	28:12+	30:45+	32:08+	33:02+		
00:59-	02:40+	04:07+	01:46+	02:57+	03:07+	02:28-	02:15+	02:14-	02:32+	03:07+	02:33+	01:23+	00:54+		
00:09-	00:16#	00:34#	00:12#	00:15+	01:06&	00:04-	00:32&	00:53-	00:16#	00:47&	00:25#	00:05+	00:18&		
3	Roger Nyseth	92													37:07
01:05-	04:11+	09:02+	10:55+	14:16+	16:38+	19:47+	22:19+	25:05+	28:22+	31:39+	34:10+	36:03+	37:07+		
01:05-	03:06+	04:51+	01:53+	03:21+	02:22+	03:09+	02:32+	02:46-	03:17+	03:17+	02:31+	01:53+	01:04+		
00:03-	00:42&	01:18&	00:19#	00:39#	00:21#	00:37#	00:49&	00:21-	01:01&	00:57&	00:23#	00:35&	00:28&		
4	Svein Sivertsen	115													39:10
00:56-	04:18+	08:32+	10:57+	14:23+	17:30+	21:09+	23:35+	26:37+	29:40+	33:04+	36:19+	38:14+	39:10+		
00:56-	03:22+	04:14+	02:25+	03:26+	03:07+	03:39+	02:26+	03:02-	03:03+	03:24+	03:15+	01:55+	00:56+		
00:12-	00:58&	00:41#	00:51&	00:44&	01:06&	01:07&	00:43&	00:05-	00:47&	01:04&	01:07&	00:37&	00:20&		
5	Leif Jarle Skåra	29													39:36
01:12+	04:35+	09:44+	12:04+	15:37+	17:50+	20:50+	23:17+	25:59+	29:23+	34:11+	37:04+	38:41+	39:36+		
01:12+	03:23+	05:09+	02:20+	03:33+	02:13+	03:00+	02:27+	02:42-	03:24+	04:48+	02:53+	01:37+	00:55+		
00:04+	00:59&	01:36&	00:46&	00:51&	00:12+	00:28#	00:44&	00:25-	01:08&	02:28@	00:45&	00:19#	00:19&		
6	Bruno Pierfelice	51													41:00
01:15+	04:09+	07:49+	11:03+	13:52+	17:17+	20:06+	22:55+	24:48+	27:34+	36:52+	39:00+	40:06+	41:00+		
01:15+	02:54+	03:40+	03:14+	02:49+	03:25+	02:49+	02:49+	01:53-	02:46+	09:18+	02:08=	01:06-	00:54+		
00:07#	00:30#	00:07+	01:40@	00:07+	01:24&	00:17#	01:06&	01:14-	00:30#	06:58@	00:00=	00:12-	00:18&		
7	Ivar Aalbu	29													41:26
01:31+	04:45+	09:23+	11:00+	14:17+	17:38+	21:50+	24:52+	27:21+	31:27+	35:10+	37:38+	40:33+	41:26+		
01:31+	03:14+	04:38+	01:37+	03:17+	03:21+	04:12+	03:02+	02:29-	04:06+	03:43+	02:28+	02:55+	00:53+		
00:23&	00:50&	01:05&	00:03+	00:35#	01:20&	01:40&	01:19&	00:38-	01:50&	01:23&	00:20#	01:37@	00:17&		
8	Arne Hope	43													41:34
01:24+	05:22+	10:37+	13:17+	16:42+	18:58+	21:59+	24:12+	27:04+	30:35+	35:18+	38:16+	40:25+	41:34+		
01:24+	03:58+	05:15+	02:40+	03:25+	02:16+	03:01+	02:13+	02:52-	03:31+	04:43+	02:58+	02:09+	01:09+		
00:16#	01:34&	01:42&	01:06&	00:43&	00:15#	00:29#	00:30&	00:15-	01:15&	02:23@	00:50&	00:51&	00:33&		
9	Sjur Berntsen	29													43:36
01:21+	04:30+	08:47+	12:31+	19:00+	22:29+	25:28+	27:56+	30:30+	33:48+	38:00+	41:01+	42:53+	43:36+		
01:21+	03:09+	04:17+	03:44+	06:29+	03:29+	02:59+	02:28+	02:34-	03:18+	04:12+	03:01+	01:52+	00:43+		
00:13#	00:45&	00:44#	02:10@	03:47@	01:28&	00:27#	00:45&	00:33-	01:02&	01:52&	00:53&	00:34&	00:07#		
10	Lars Salvesen	50													44:40
01:42+	05:04+	10:11+	12:34+	16:02+	20:22+	23:26+	25:45+	28:21+	33:35+	38:55+	42:09+	43:47+	44:40+		
01:42+	03:22+	05:07+	02:23+	03:28+	04:20+	03:04+	02:19+	02:36-	05:14+	05:20+	03:14+	01:38+	00:53+		
00:34&	00:58&	01:34&	00:49&	00:46&	02:19@	00:32#	00:36&	00:31-	02:58@	03:00@	01:06&	00:20&	00:17&		
11	Rolf Øystein Kluge	7													49:11
02:01+	05:57+	12:42+	15:40+	19:40+	22:13+	27:04+	29:29+	32:38+	36:34+	42:01+	46:27+	48:18+	49:11+		
02:01+	03:56+	06:45+	02:58+	04:00+	02:33+	04:51+	02:25+	03:09+	03:56+	05:27+	04:26+	01:51+	00:53+		
00:53&	01:32&	03:12&	01:24&	01:18&	00:32&	02:19&	00:42&	00:02+	01:40&	03:07@	02:18@	00:33&	00:17&		
12	Arild Svihus	92													51:21
02:23+	06:40+	11:27+	13:39+	17:08+	21:55+	25:25+	28:39+	30:51+	39:03+	44:11+	47:37+	50:27+	51:21+		
02:23+	04:17+	04:47+	02:12+	03:29+	04:47+	03:30+	03:14+	02:12-	08:12+	05:08+	03:26+	02:50+	00:54+		
01:15@	01:53&	01:14&	00:38&	00:47&	02:46@	00:58&	01:31&	00:55-	05:56@	02:48@	01:18&	01:32@	00:18&		
13	Arnstein Skretting	54													53:27
01:56+	06:19+	11:37+	13:32+	17:29+	21:06+	25:15+	30:48+	34:15+	39:56+	44:29+	49:26+	52:26+	53:27+		
01:56+	04:23+	05:18+	01:55+	03:57+	03:37+	04:09+	05:33+	03:27+	05:41+	04:33+	04:57+	03:00+	01:01+		
00:48&	01:59&	01:45&	00:21#	01:15&	01:36&	01:37&	03:50@	00:20#	03:25@	02:13&	02:49@	01:42@	00:25&		
14	Jon Grepstad	111													58:38
01:49+	06:15+	13:04+	16:00+	24:10+	29:03+	33:38+	38:04+	42:11+	46:53+	52:18+	55:48+	57:48+	58:38+		
01:49+	04:26+	06:49+	02:56+	08:10+	04:53+	04:35+	04:26+	04:07+	04:42+	05:25+	03:30+	02:00+	00:50+		
00:41&	02:02&	03:16&	01:22&	05:28@	02:52@	02:03&	02:43@	01:00&	02:26@	03:05@	01:22&	00:42&	00:14&		
15	Per Marthon Mæland	5													58:40
01:07-	04:24+	08:59+	13:43+	22:12+	25:34+	31:27+	38:52+	41:53+	46:15+	52:15+	54:35+	57:47+	58:40+		
01:07-	03:17+	04:35+	04:44+	08:29+	03:22+	05:53+	07:25+	03:01-	04:22+	06:00+	02:20+	03:12+	00:53+		
00:01-	00:53&	01:02&	03:10@	05:47@	01:21&	03:21@	05:42@	00:06-	02:06&	03:40@	00:12+	01:54@	00:17&		

Class	Navn	Klasse												Tid
16	Per Bakken	5												1:00:57
01:39+	05:53+	12:28+	15:00+	18:41+	23:31+	29:51+	33:05+	36:39+	43:32+	53:20+	57:56+	59:58+	60:57+	
01:39+	04:14+	06:35+	02:32+	03:41+	04:50+	06:20+	03:14+	03:34+	06:53+	09:48+	04:36+	02:02+	00:59+	
00:31&	01:50&	03:02&	00:58&	00:59&	02:49@	03:48@	01:31&	00:27#	04:37@	07:28@	02:28@	00:44&	00:23&	
17	Tom Leveraas	93												1:02:50
01:38+	05:57+	19:17+	20:42+	24:59+	30:07+	38:19+	41:01+	44:14+	48:15+	56:02+	59:37+	61:51+	62:50+	
01:38+	04:19+	13:20+	01:25-	04:17+	05:08+	08:12+	02:42+	03:13+	04:01+	07:47+	03:35+	02:14+	00:59+	
00:30&	01:55&	09:47@	00:09-	01:35&	03:07@	05:40@	00:59&	00:06+	01:45&	05:27@	01:27&	00:56&	00:23&	
18	John Helge Svandal	111												1:08:19
02:03+	05:11+	10:20+	12:26+	18:21+	23:11+	36:02+	38:20+	41:06+	43:59+	60:16+	65:11+	67:19+	68:19+	
02:03+	03:08+	05:09+	02:06+	05:55+	04:50+	12:51+	02:18+	02:46-	02:53+	16:17+	04:55+	02:08+	01:00+	
00:55&	00:44&	01:36&	00:32&	03:13@	02:49@	10:19@	00:35&	00:21-	00:37&	13:57@	02:47@	00:50&	00:24&	
19	Steinar Aase	268												1:19:41
01:26+	05:39+	12:10+	15:05+	20:24+	36:29+	48:51+	53:15+	56:56+	63:13+	69:58+	76:16+	78:37+	79:41+	
01:26+	04:13+	06:31+	02:55+	05:19+	16:05+	12:22+	04:24+	03:41+	06:17+	06:45+	06:18+	02:21+	01:04+	
00:18&	01:49&	02:58&	01:21&	02:37&	14:04@	09:50@	02:41@	00:34#	04:01@	04:25@	04:10@	01:03&	00:28&	
20	Asgeir Kleppa	47												1:22:16
01:34+	13:09+	19:14+	21:34+	28:02+	37:35+	59:31+	62:50+	65:16+	68:18+	72:01+	78:10+	81:03+	82:16+	
01:34+	11:35+	06:05+	02:20+	06:28+	09:33+	21:56+	03:19+	02:26-	03:02+	03:43+	06:09+	02:53+	01:13+	
00:26&	09:11@	02:32&	00:46&	03:46@	07:32@	19:24@	01:36&	00:41-	00:46&	01:23&	04:01@	01:35@	00:37@	
Beste strekktid for klassen														
00:56	02:24	03:33	01:25	02:42	02:01	02:28	01:43	01:53	02:16	02:20	02:08	01:06	00:36	

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