

Plass Navn

Klasse

Tid

Damer 16 - 39 år

Plass	Navn	Klasse	Tid
<b>1</b>	<b>Katrine Haaland Leveraas</b>	<b>54</b>	<b>36:58</b>
00:21=	01:01=	02:17=	04:56=
00:21=	00:40=	01:16=	02:39=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Elin Graneland</b>	<b>39</b>	<b>36:59</b>
00:22+	01:04+	02:10-	03:53-
00:22+	00:42+	01:06-	01:43-
00:01+	00:02+	00:10-	00:56-
<b>3</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>39:49</b>
00:26+	01:18+	02:41+	04:31-
00:26+	00:52+	01:23+	01:50-
00:05#	00:12&	00:07+	00:49-
<b>4</b>	<b>Åsta Bryne</b>	<b>387</b>	<b>40:07</b>
00:25+	01:12+	02:34+	04:30-
00:25+	00:47+	01:22+	01:56-
00:04#	00:07#	00:06+	00:43-
<b>5</b>	<b>Ingvild Amalixsen</b>	<b>116</b>	<b>40:23</b>
00:24+	01:19+	02:51+	05:00+
00:24+	00:55+	01:32+	02:09-
00:03#	00:15&	00:16#	00:30-
<b>6</b>	<b>Heidi Langeland</b>	<b>117</b>	<b>42:14</b>
00:31+	01:24+	03:10+	05:33+
00:31+	00:53+	01:46+	02:23-
00:10&	00:13&	00:30&	00:16-
<b>7</b>	<b>Christina Renshaw</b>	<b>101</b>	<b>42:24</b>
00:30+	01:26+	03:15+	05:14+
00:30+	00:56+	01:49+	01:59-
00:09&	00:16&	00:33&	00:40-
<b>8</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>43:12</b>
00:30+	01:24+	03:02+	05:08+
00:30+	00:54+	01:38+	02:06-
00:09&	00:14&	00:22&	00:33-
<b>9</b>	<b>Elise Auberg Vagle</b>	<b>366</b>	<b>46:40</b>
00:41+	01:34+	04:14+	06:28+
00:41+	00:53+	02:40+	02:14-
00:20&	00:13&	01:24@	00:25-
<b>10</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>	<b>48:16</b>
00:24+	01:08+	02:50+	05:14+
00:24+	00:44+	01:42+	02:24-
00:03#	00:04#	00:26&	00:15-
<b>11</b>	<b>Hanne Berg Aspøy</b>	<b>117</b>	<b>48:50</b>
00:25+	01:13+	02:25+	04:10-
00:25+	00:48+	01:12-	01:45-
00:04#	00:08#	00:04-	00:54-
<b>12</b>	<b>Maren Thu</b>	<b>386</b>	<b>48:57</b>
00:25+	01:12+	04:03+	06:06+
00:25+	00:47+	02:51+	02:03-
00:04#	00:07#	01:35@	00:36-
<b>13</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>48:57</b>
00:22+	01:06+	03:15+	05:12+
00:22+	00:44+	02:09+	01:57-
00:01+	00:04#	00:53&	00:42-
<b>14</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>49:25</b>
00:22+	01:13+	02:36+	04:08-
00:22+	00:51+	01:23+	01:32-
00:01+	00:11&	00:07+	01:07-







Class	Navn	Klasse										Tid								
<b>22</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>1:20:57</b>								
06:40+	08:35+	17:17+	18:54+	28:47+	31:07+	32:18+	38:32+	46:01+	48:12+	51:04+	52:33+	56:56+	59:17+	63:20+	64:58+	66:30+	70:17+	73:57+	80:08+	80:57+
06:40+	01:55+	08:42+	01:37+	09:53+	02:20+	01:11+	06:14+	07:29+	02:11+	02:52+	01:29+	04:23+	02:21+	04:03+	01:38+	01:32+	03:47+	03:40+	06:11+	00:49+
05:11@	00:09+	06:23@	00:22&	08:17@	00:34&	00:13#	04:21@	06:29@	00:14#	00:43&	00:03-	02:09&	00:49&	01:44&	00:10#	00:27&	01:28&	01:54@	03:00&	00:15&

**Beste strekktid for klassen**

01:23 01:28 01:18 01:05 01:36 01:35 00:50 01:19 00:59 01:28 01:58 01:06 01:46 01:23 02:18 01:04 01:01 02:10 01:40 03:00 00:31

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

**Damer 60 - 64 år**

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>										<b>42:13</b>							
01:11=	02:51=	04:09=	05:35=	08:05=	11:57=	15:58=	18:24=	20:42=	21:48=	22:44=	25:58=	27:55=	28:46=	31:37=	33:49=	35:43=	38:56=	41:25=	42:13=
01:11=	01:40=	01:18=	01:26=	02:30=	03:52=	04:01=	02:26=	02:18=	01:06=	00:56=	03:14=	01:57=	00:51=	02:51=	02:12=	01:54=	03:13=	02:29=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>43:37</b>							
01:26+	03:27+	05:02+	06:48+	09:44+	13:09+	15:19-	17:32-	19:39-	20:37-	21:54-	25:12-	27:22-	28:01-	30:38-	32:37-	35:38-	40:04+	42:44+	43:37+
01:26+	02:01+	01:35+	01:46+	02:56+	03:25-	02:10-	02:13-	02:07-	00:58-	01:17+	03:18+	02:10+	00:39-	02:37-	01:59-	03:01+	04:26+	02:40+	00:53+
00:15#	00:21#	00:17#	00:20#	00:26#	00:27-	01:51-	00:13-	00:11-	00:08-	00:21&	00:04+	00:13#	00:12-	00:14-	00:13-	01:07&	01:13&	00:11+	00:05#
<b>3</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>										<b>44:58</b>							
01:12+	02:29-	03:30-	05:10-	07:16-	11:57=	14:03-	17:10-	19:11-	19:59-	20:45-	23:13-	24:57-	25:26-	27:22-	30:27-	34:46-	42:10+	44:13+	44:58+
01:12+	01:17-	01:01-	01:40+	02:06-	04:41+	02:06-	03:07+	02:01-	00:48-	00:46-	02:28-	01:44-	00:29-	01:56-	03:05+	04:19+	07:24+	02:03-	00:45-
00:01+	00:23-	00:17-	00:14#	00:24-	00:49#	01:55-	00:41&	00:17-	00:18-	00:10-	00:46-	00:13-	00:22-	00:55-	00:53&	02:25@	04:11@	00:26-	00:03-
<b>4</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>45:04</b>							
01:25+	02:58+	04:42+	06:56+	09:28+	11:46-	13:36-	15:33-	20:14-	21:11-	22:35-	24:24-	26:32-	27:08-	29:34-	33:12-	35:19-	40:40+	44:05+	45:04+
01:25+	01:33-	01:44+	02:14+	02:32+	02:18-	01:50-	01:57-	04:41+	00:57-	01:24+	01:49-	02:08+	00:36-	02:26-	03:38+	02:07+	05:21+	03:25+	00:59+
00:14#	00:07-	00:26&	00:48&	00:02+	01:34-	02:11-	00:29-	02:23@	00:09-	00:28&	01:25-	00:11+	00:15-	00:25-	01:26&	00:13#	02:08&	00:56&	00:11#
<b>5</b>	<b>May Elinor Meling</b>	<b>125</b>										<b>52:08</b>							
01:17+	03:36+	04:56+	07:41+	10:53+	15:14+	17:41+	19:40+	22:42+	23:36+	24:35+	26:33+	28:24+	29:15+	36:27+	40:01+	41:44+	48:48+	51:19+	52:08+
01:17+	02:19+	01:20+	02:45+	03:12+	04:21+	02:27-	01:59-	03:02+	00:54-	00:59+	01:58-	01:51-	00:51=	07:12+	03:34+	01:43-	07:04+	02:31+	00:49+
00:06+	00:39&	00:02+	01:19&	00:42&	00:29#	01:34-	00:27-	00:44&	00:12-	00:03+	01:16-	00:06-	00:00=	04:21@	01:22&	00:11-	03:51@	00:02+	00:01+
<b>6</b>	<b>Amanda Renshaw</b>	<b>101</b>										<b>52:14</b>							
01:10-	03:01+	12:42+	14:02+	16:54+	18:52+	24:37+	26:34+	29:01+	29:57+	31:02+	32:39+	34:47+	36:08+	38:45+	40:34+	43:38+	48:56+	51:25+	52:14+
01:10-	01:51+	09:41+	01:20-	02:52+	01:58-	05:45+	01:57-	02:27+	00:56-	01:05+	01:37-	02:08+	01:21+	02:37-	01:49-	03:04+	05:18+	02:29=	00:49+
00:01-	00:11#	08:23@	00:06-	00:22#	01:54-	01:44&	00:29-	00:09+	00:10-	00:09#	01:37-	00:11+	00:30&	00:14-	00:23-	01:10&	02:05&	00:00=	00:01+
<b>7</b>	<b>Ingrid Øxnevad</b>	<b>18</b>										<b>52:55</b>							
01:06-	07:25+	09:27+	11:48+	14:39+	17:08+	19:37+	22:43+	24:51+	25:47+	26:44+	30:32+	32:35+	33:18+	36:00+	38:46+	41:16+	49:57+	52:17+	52:55+
01:06-	06:19+	02:02+	02:21+	02:51+	02:29-	02:29-	03:06+	02:08-	00:56-	00:57+	03:48+	02:03+	00:43-	02:42-	02:46+	02:30+	08:41+	02:20-	00:38-
00:05-	04:39@	00:44&	00:55&	00:21#	01:23-	01:32-	00:40&	00:10-	00:10-	00:01+	00:34#	00:06+	00:08-	00:09-	00:34&	00:36&	05:28@	00:09-	00:10-
<b>8</b>	<b>Kari Anstensrud</b>	<b>117</b>										<b>53:37</b>							
01:44+	05:02+	06:46+	10:03+	13:38+	16:31+	19:01+	22:05+	27:52+	29:02+	31:14+	34:32+	36:41+	37:50+	40:39+	42:20+	45:14+	50:14+	52:49+	53:37+
01:44+	03:18+	01:44+	03:17+	03:35+	02:53-	02:30-	03:04+	05:47+	01:10+	02:12+	03:18+	02:09+	01:09+	02:49-	01:41-	02:54+	05:00+	02:35+	00:48=
00:33&	01:38&	00:26&	01:51@	01:05&	00:59-	01:31-	00:38&	03:29@	00:04+	01:16@	00:04+	00:12#	00:18&	00:02-	00:31-	01:00&	01:47&	00:06+	00:00=
<b>9</b>	<b>Anne Katrine Lycke</b>	<b>147</b>										<b>57:46</b>							
01:26+	03:50+	05:48+	07:48+	10:56+	14:36+	22:15+	24:35+	27:20+	28:24+	30:34+	33:52+	36:07+	36:56+	40:04+	42:27+	48:32+	53:49+	56:36+	57:46+
01:26+	02:24+	01:58+	02:00+	03:08+	03:40-	07:39+	02:20-	02:45+	01:04-	02:10+	03:18+	02:15+	00:49-	03:08+	02:23+	06:05+	05:17+	02:47+	01:10+
00:15#	00:44&	00:40&	00:34&	00:38&	00:12-	03:38&	00:06-	00:27#	00:02-	01:14@	00:04+	00:18#	00:02-	00:17+	00:11+	04:11@	02:04&	00:18#	00:22&

**Beste strekktid for klassen**

01:06 01:17 01:01 01:20 02:06 01:58 01:50 01:57 02:01 00:48 00:46 01:37 01:44 00:29 01:56 01:41 01:43 03:13 02:03 00:38

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

**Damer 65 - 69 år**

<b>1</b>	<b>Tove Bjerkeim</b>	<b>105</b>										<b>39:15</b>							
01:17=	03:30=	05:03=	06:31=	09:18=	13:24=	15:32=	17:14=	19:25=	20:20=	21:15=	23:35=	25:22=	27:11=	29:09=	30:31=	32:29=	36:30=	38:30=	39:15=
01:17=	02:13=	01:33=	01:28=	02:47=	04:06=	02:08=	01:42=	02:11=	00:55=	00:55=	02:20=	01:47=	01:49=	01:58=	01:22=	01:58=	04:01=	02:00=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse															Tid									
<b>2</b>	<b>Eli Frafjord</b>	<b>94</b>															<b>41:36</b>									
		01:22+	02:59-	04:06-	06:03-	09:06-	12:27-	14:50-	16:56-	19:03-	20:00-	21:10-	23:19-	25:26+	26:11-	29:12+	31:41+	34:10+	38:07+	40:40+	41:36+					
		01:22+	01:37-	01:07-	01:57+	03:03+	03:21-	02:23+	02:06+	02:07-	00:57+	01:10+	02:09-	02:07+	00:45-	03:01+	02:29+	02:29+	03:57-	02:33+	00:56+					
		00:05+	00:36-	00:26-	00:29&	00:16+	00:45-	00:15#	00:24#	00:04-	00:02+	00:15&	00:11-	00:20#	01:04-	01:03&	01:07&	00:31&	00:04-	00:33&	00:11#					
<b>3</b>	<b>Margot Asheim</b>	<b>105</b>															<b>43:28</b>									
		01:07-	02:50-	04:15-	05:59-	08:49-	11:38-	14:22-	16:37-	18:24-	19:12-	20:15-	21:59-	23:57-	24:32-	28:42-	31:09+	34:02+	38:38+	42:29+	43:28+					
		01:07-	01:43-	01:25-	01:44+	02:50+	02:49-	02:44+	02:15+	01:47-	00:48-	01:03+	01:44-	01:58+	00:35-	04:10+	02:27+	02:53+	04:36+	03:51+	00:59+					
		00:10-	00:30-	00:08-	00:16#	00:03+	01:17-	00:36&	00:33&	00:24-	00:07-	00:08#	00:36-	00:11#	01:14-	02:12@	01:05&	00:55&	00:35#	01:51&	00:14&					
<b>4</b>	<b>Kari Blixhavn</b>	<b>228</b>															<b>50:52</b>									
		02:17+	04:35+	06:06+	08:12+	12:00+	14:55+	17:41+	20:10+	22:46+	24:09+	25:19+	28:01+	30:35+	31:29+	34:42+	40:45+	43:35+	47:00+	49:52+	50:52+					
		02:17+	02:18+	01:31-	02:06+	03:48+	02:55-	02:46+	02:29+	02:36+	01:23+	01:10+	02:42+	02:34+	00:54-	03:13+	06:03+	02:50+	03:25-	02:52+	01:00+					
		01:00&	00:05+	00:02-	00:38&	01:01&	01:11-	00:38&	00:47&	00:25#	00:28&	00:15&	00:22#	00:47&	00:55-	01:15&	04:41@	00:52&	00:36-	00:52&	00:15&					
<b>5</b>	<b>Hanne Eik</b>	<b>117</b>															<b>52:29</b>									
		01:29+	03:12-	04:30-	06:41+	09:40+	15:51+	18:56+	23:51+	26:19+	27:20+	28:35+	30:39+	33:19+	33:58+	37:36+	39:45+	42:32+	48:52+	51:31+	52:29+					
		01:29+	01:43-	01:18-	02:11+	02:59+	06:11+	03:05+	04:55+	02:28+	01:01+	01:15+	02:04-	02:40+	00:39-	03:38+	02:09+	02:47+	06:20+	02:39+	00:58+					
		00:12#	00:30-	00:15-	00:43&	00:12+	02:05&	00:57&	03:13@	00:17#	00:06#	00:20&	00:16-	00:53&	01:10-	01:40&	00:47&	00:49&	02:19&	00:39&	00:13&					
<b>6</b>	<b>Halldis Handeland</b>	<b>92</b>															<b>1:01:00</b>									
		01:31+	03:46+	04:59-	06:57+	10:38+	13:53+	21:45+	24:24+	26:57+	28:09+	29:30+	31:32+	33:57+	34:59+	37:37+	39:17+	42:23+	56:49+	60:04+	61:00+					
		01:31+	02:15+	01:13-	01:58+	03:41+	03:15-	07:52+	02:39+	02:33+	01:12+	01:21+	02:02-	02:25+	01:02-	02:38+	01:40+	03:06+	14:26+	03:15+	00:56+					
		00:14#	00:02+	00:20-	00:30&	00:54&	00:51-	05:44@	00:57&	00:22#	00:17&	00:26&	00:18-	00:38&	00:47-	00:40&	00:18#	01:08&	10:25@	01:15&	00:11#					
<b>7</b>	<b>Berit Gramstad</b>	<b>113</b>															<b>1:02:02</b>									
		01:36+	04:00+	05:25+	08:17+	11:45+	14:41+	22:50+	25:27+	27:59+	29:07+	30:28+	32:35+	34:52+	35:59+	38:46+	40:21+	43:21+	57:44+	61:08+	62:02+					
		01:36+	02:24+	01:25-	02:52+	03:28+	02:56-	08:09+	02:37+	02:32+	01:08+	01:21+	02:07-	02:17+	01:07-	02:47+	01:35+	03:00+	14:23+	03:24+	00:54+					
		00:19#	00:11+	00:08-	01:24&	00:41#	01:10-	06:01@	00:55&	00:21#	00:13#	00:26&	00:13-	00:30&	00:42-	00:49&	00:13#	01:02&	10:22@	01:24&	00:09#					
<b>8</b>	<b>Ase Franciska Møster</b>	<b>128</b>															<b>1:09:53</b>									
		01:56+	09:17+	11:40+	14:36+	17:25+	20:09+	28:21+	39:20+	41:54+	43:06+	44:22+	46:55+	49:29+	50:21+	53:45+	59:32+	62:37+	66:03+	68:56+	69:53+					
		01:56+	07:21+	02:23+	02:56+	02:49+	02:44-	08:12+	10:59+	02:34+	01:12+	01:16+	02:33+	02:34+	00:52-	03:24+	05:47+	03:05+	03:26-	02:53+	00:57+					
		00:39&	05:08@	00:50&	01:28&	00:02+	01:22-	06:04@	09:17@	00:23#	00:17&	00:21&	00:13+	00:47&	00:57-	01:26&	04:25@	01:07&	00:35-	00:53&	00:12&					
<b>Beste strekktid for klassen</b>		01:07	01:37	01:07	01:28	02:47	02:44	02:08	01:42	01:47	00:48	00:55	01:44	01:47	00:35	01:58	01:22	01:58	03:25	02:00	00:45					

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

## Damer 70 - 74 år

<b>1</b>	<b>Kirsten Carlsen</b>	<b>93</b>															<b>52:27</b>									
		01:42=	03:42=	08:02=	10:09=	14:37=	17:01=	19:37=	21:49=	24:32=	25:53=	27:20=	29:41=	33:40=	34:20=	37:36=	40:13=	42:54=	48:34=	51:12=	52:27=					
		01:42=	02:00=	04:20=	02:07=	04:28=	02:24=	02:36=	02:12=	02:43=	01:21=	01:27=	02:21=	03:59=	00:40=	03:16=	02:37=	02:41=	05:40=	02:38=	01:15=					
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>															<b>56:56</b>									
		01:51+	04:50+	08:48+	12:32+	15:59+	18:38+	22:31+	24:49+	27:18+	28:25+	29:46+	32:29+	35:04+	36:05+	39:57+	42:06+	45:44+	52:57+	55:52+	56:56+					
		01:51+	02:59+	03:58-	03:44+	03:27-	02:39+	03:53+	02:18+	02:29-	01:07-	01:21-	02:43+	02:35-	01:01+	03:52+	02:09-	03:38+	07:13+	02:55+	01:04-					
		00:09+	00:59&	00:22-	01:37&	01:01-	00:15#	01:17&	00:06+	00:14-	00:14-	00:06-	00:22#	01:24-	00:21&	00:36#	00:28-	00:57&	01:33&	00:17#	00:11-					
<b>Beste strekktid for klassen</b>		01:42	02:00	03:58	02:07	03:27	02:24	02:36	02:12	02:29	01:07	01:21	02:21	02:35	00:40	03:16	02:09	02:41	05:40	02:38	01:04					

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

## Damer 75 - 79 år

<b>1</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>															<b>46:31</b>									
		01:38=	04:19=	06:03=	08:01=	11:37=	15:16=	18:00=	20:23=	23:09=	24:20=	25:36=	27:49=	30:03=	31:02=	33:29=	35:11=	38:04=	42:29=	45:20=	46:31=					
		01:38=	02:41=	01:44=	01:58=	03:36=	03:39=	02:44=	02:23=	02:46=	01:11=	01:16=	02:13=	02:14=	00:59=	02:27=	01:42=	02:53=	04:25=	02:51=	01:11=					
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Turid Nystrøm</b>	<b>68</b>															<b>49:09</b>									
		01:32-	03:29-	04:49-	07:03-	11:29-	15:56+	18:29+	20:38+	22:34-	23:39-	24:48-	27:15-	29:24-	30:18-	33:08-	36:21+	39:09+	45:21+	47:58+	49:09+					
		01:32-	01:57-	01:20-	02:14+	04:26+	04:27+	02:33-	02:09-	01:56-	01:05-	01:09-	02:27+	02:09-	00:54-	02:50+	03:13+	02:48-	06:12+	02:37-	01:11=					
		00:06-	00:44-	00:24-	00:16#	00:50#	00:48#	00:11-	00:14-	00:50-	00:06-	00:07-	00:14#	00:05-	00:05-	00:23#	01:31&	00:05-	01:47&	00:14-	00:00=					

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

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

## Damer 80 år og eldre

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>										<b>39:18</b>									
	01:54=	02:44=	07:04=	10:30=	12:39=	15:05=	16:17=	17:33=	18:48=	22:46=	27:25=	28:58=	30:53=	32:44=	33:41=	35:33=	37:21=	39:18=			
	01:54=	00:50=	04:20=	03:26=	02:09=	02:26=	01:12=	01:16=	01:15=	03:58=	04:39=	01:33=	01:55=	01:51=	00:57=	01:52=	01:48=	01:57=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Gørild Espedal</b>	<b>113</b>										<b>52:15</b>									
	02:23+	03:33+	05:20-	09:42-	14:28+	17:53+	19:09+	21:25+	23:25+	29:49+	35:35+	37:45+	40:05+	42:17+	44:16+	46:44+	49:54+	52:15+			
	02:23+	01:10+	01:47-	04:22+	04:46+	03:25+	01:16+	02:16+	02:00+	06:24+	05:46+	02:10+	02:20+	02:12+	01:59+	02:28+	03:10+	02:21+			
	00:29&	00:20&	02:33-	00:56&	02:37#	00:59&	00:04+	01:00&	00:45&	02:26&	01:07#	00:37&	00:25#	00:21#	01:02#	00:36&	01:22&	00:24#			
<b>Beste strekktid for klassen</b>		01:54	00:50	01:47	03:26	02:09	02:26	01:12	01:16	01:15	03:58	04:39	01:33	01:55	01:51	00:57	01:52	01:48	01:57		

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>										<b>41:25</b>														
	01:13=	02:54=	04:05=	06:37=	08:13=	10:13=	11:51=	13:04=	15:38=	17:33=	18:44=	20:25=	22:08=	23:26=	25:10=	26:37=	28:11=	31:46=	32:27=	33:25=	35:46=	37:03=	40:02=	40:50=	41:25=	
	01:13=	01:41=	01:11=	02:32=	01:36=	02:00=	01:38=	01:13=	02:34=	01:55=	01:11=	01:41=	01:43=	01:18=	01:44=	01:27=	01:34=	03:35=	00:41=	00:58=	02:21=	01:17=	02:59=	00:48=	00:35=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Jorunn Hadland</b>	<b>29</b>										<b>42:21</b>														
	01:46+	03:31+	04:50+	06:59+	07:51-	10:54+	13:04+	14:11+	16:41+	18:28+	19:45+	22:02+	23:53+	25:16+	27:37+	29:19+	30:57+	33:02+	33:43+	34:33+	36:44+	38:05+	40:24+	41:23+	42:21+	
	01:46+	01:45+	01:19+	02:09-	00:52-	03:03+	02:10+	01:07-	02:30-	01:47-	01:17+	02:17+	01:51+	01:23+	02:21+	01:42+	01:38+	02:05-	00:41=	00:50-	02:11-	01:21+	02:19-	00:59+	00:58+	
	00:33&	00:04+	00:08#	00:23-	00:44-	01:03&	00:32&	00:06-	00:04-	00:08-	00:06+	00:36&	00:08+	00:05+	00:37&	00:15#	00:04+	01:30-	00:00=	00:08-	00:10-	00:04+	00:40-	00:11#	00:23&	
<b>Beste strekktid for klassen</b>		01:13	01:41	01:11	02:09	00:52	02:00	01:38	01:07	02:30	01:47	01:11	01:41	01:43	01:18	01:44	01:27	01:34	02:05	00:41	00:50	02:11	01:17	02:19	00:48	00:35

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

## Damer B

<b>1</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>44:13</b>												
	01:33=	03:16=	05:13=	06:26=	07:43=	10:49=	12:48=	14:49=	16:20=	17:07=	19:09=	21:34=	22:38=	24:28=	25:24=	28:40=	30:11=	33:48=	35:18=	37:29=	38:58=	41:32=	43:36=	44:13=
	01:33=	01:43=	01:57=	01:13=	01:17=	03:06=	01:59=	02:01=	01:31=	00:47=	02:02=	02:25=	01:04=	01:50=	00:56=	03:16=	01:31=	03:37=	01:30=	02:11=	01:29=	02:34=	02:04=	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=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>46:53</b>												
	01:44+	03:37+	05:22+	06:35+	08:54+	12:45+	15:16+	17:16+	19:06+	19:56+	21:08+	22:58+	23:51+	25:55+	26:58+	30:04+	32:28+	36:08+	37:38+	39:50+	41:48+	44:28+	46:14+	46:53+
	01:44+	01:53+	01:45-	01:13=	02:19+	03:51+	02:31+	02:00-	01:50+	00:50+	01:12-	01:50-	00:53-	02:04+	01:03+	03:06-	02:24+	03:40+	01:30=	02:12+	01:58+	02:40+	01:46-	00:39+
	00:11#	00:10+	00:12-	00:00=	01:02&	00:45#	00:32&	00:01-	00:19#	00:03+	00:50-	00:35-	00:11-	00:14#	00:07#	00:10-	00:53&	00:03+	00:00=	00:01+	00:29&	00:06+	00:18-	00:02+

Class	Navn	Klasse										Tid											
<b>3</b>	<b>Inger Tone Nygård</b>	<b>29</b>										<b>48:00</b>											
01:17-	04:35+	06:04+	07:31+	09:05+	15:30+	17:33+	19:22+	20:50+	21:41+	23:10+	25:01+	26:20+	28:14+	29:14+	31:27+	33:05+	37:48+	39:19+	41:16+	42:40+	45:27+	47:17+	48:00+
01:17-	03:18+	01:29-	01:27+	01:34+	06:25+	02:03+	01:49-	01:28-	00:51+	01:29-	01:51-	01:19+	01:54+	01:00+	02:13-	01:38+	04:43+	01:31+	01:57-	01:24-	02:47+	01:50-	00:43+
00:16-	01:35&	00:28-	00:14#	00:17#	03:19#	00:04+	00:12-	00:03-	00:04+	00:33-	00:34-	00:15#	00:04+	00:04+	01:03-	00:07+	01:06&	00:01+	00:14-	00:05-	00:13+	00:14-	00:06#
<b>4</b>	<b>Wenche M. Sæbbø</b>	<b>117</b>										<b>48:23</b>											
01:21-	02:59-	04:15-	05:46-	06:56-	13:50+	15:57+	17:42+	19:13+	20:05+	21:39+	23:34+	24:26+	26:21+	27:26+	29:45+	31:15+	37:22+	39:21+	41:34+	43:04+	45:52+	47:37+	48:23+
01:21-	01:38-	01:16-	01:31+	01:10-	06:54+	02:07+	01:45-	01:31=	00:52+	01:34-	01:55-	00:52-	01:55+	01:05+	02:19-	01:30-	06:07+	01:59+	02:13+	01:30+	02:48+	01:45-	00:46+
00:12-	00:05-	00:41-	00:18#	00:07-	03:48#	00:08+	00:16-	00:00=	00:05#	00:28-	00:30-	00:12-	00:05+	00:09#	00:57-	00:01-	02:30&	00:29&	00:02+	00:01+	00:14+	00:19-	00:09#
<b>5</b>	<b>Anne Garsrud</b>	<b>53</b>										<b>49:29</b>											
02:45+	04:31+	07:52+	09:40+	11:24+	16:43+	18:41+	20:35+	22:46+	23:39+	24:46+	26:24+	27:12+	29:01+	29:59+	32:07+	33:57+	40:01+	41:26+	43:18+	44:35+	47:14+	48:48+	49:29+
02:45+	01:46+	03:21+	01:48+	01:44+	05:19+	01:58-	01:54-	02:11+	00:53+	01:07-	01:38-	00:48-	01:49-	00:58+	02:08-	01:50+	06:04+	01:25-	01:52-	01:17-	02:39+	01:34-	00:41+
01:12&	00:03+	01:24&	00:35&	00:27&	02:13&	00:01-	00:07-	00:40&	00:06#	00:55-	00:47-	00:16-	00:01-	00:02+	01:08-	00:19#	02:27&	00:05-	00:19-	00:12-	00:05+	00:30-	00:04#
<b>6</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>50:03</b>											
01:31-	03:06-	05:12-	07:00+	11:06+	14:47+	17:05+	19:02+	20:39+	21:35+	22:58+	24:48+	25:44+	27:50+	29:03+	32:09+	34:07+	37:56+	39:36+	42:02+	44:23+	47:14+	49:15+	50:03+
01:31-	01:35-	02:06+	01:48+	04:06+	03:41+	02:18+	01:57-	01:37+	00:56+	01:23-	01:50-	00:56-	02:06+	01:13+	03:06-	01:58+	03:49+	01:40+	02:26+	02:21+	02:51+	02:01-	00:48+
00:02-	00:08-	00:09+	00:35&	02:49#	00:35#	00:19#	00:04-	00:06+	00:09#	00:39-	00:35-	00:08-	00:16#	00:17&	00:10-	00:27&	00:12+	00:10#	00:15#	00:52&	00:17#	00:03-	00:11&
<b>7</b>	<b>Lise Isachsen</b>	<b>165</b>										<b>51:54</b>											
02:21+	03:43+	07:35+	08:43+	10:22+	16:15+	18:23+	20:26+	21:50+	22:37+	23:43+	25:21+	26:41+	28:11+	29:12+	31:51+	33:43+	36:59+	38:29+	40:42+	44:12+	49:31+	51:10+	51:54+
02:21+	01:22-	03:52+	01:08-	01:39+	05:53+	02:08+	02:03+	01:24-	00:47=	01:06-	01:38-	01:20+	01:30-	01:01+	02:39-	01:52+	03:16-	01:30=	02:13+	03:30+	05:19+	01:39-	00:44+
00:48&	00:21-	01:55&	00:05-	00:22&	02:47&	00:09+	00:02+	00:07-	00:00=	00:56-	00:47-	00:16#	00:20-	00:05+	00:37-	00:21#	00:21-	00:00=	00:02+	02:01#	02:45#	00:25-	00:07#
<b>8</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>52:47</b>											
01:15-	02:54-	04:35-	05:59-	09:46+	13:07+	15:17+	17:32+	19:24+	20:23+	21:49+	25:10+	26:26+	28:19+	29:20+	34:05+	36:52+	40:44+	42:19+	45:07+	47:26+	50:16+	52:05+	52:47+
01:15-	01:39-	01:41-	01:24+	03:47+	03:21+	02:10+	02:15+	01:52+	00:59+	01:26-	03:21+	01:16+	01:53+	01:01+	04:45+	02:47+	03:52+	01:35+	02:48+	02:19+	02:50+	01:49-	00:42+
00:18-	00:04-	00:16-	00:11#	02:30#	00:15+	00:11+	00:14#	00:21#	00:12&	00:36-	00:56&	00:12#	00:03+	00:05+	01:29&	01:16&	00:15+	00:05+	00:37&	00:50&	00:16#	00:15-	00:05#
<b>9</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>53:25</b>											
01:23-	03:21+	05:38+	07:00+	08:57+	13:28+	15:42+	17:43+	19:15+	20:06+	21:29+	23:26+	24:28+	26:34+	27:55+	30:34+	32:47+	40:36+	42:12+	44:29+	46:30+	50:52+	52:46+	53:25+
01:23-	01:58+	02:17+	01:22+	01:57+	04:31+	02:14+	02:01=	01:32+	00:51+	01:23-	01:57-	01:02-	02:06+	01:21+	02:39-	02:13+	07:49+	01:36+	02:17+	02:01+	04:22+	01:54-	00:39+
00:10-	00:15#	00:20#	00:09#	00:40&	01:25&	00:15#	00:00=	00:01+	00:04+	00:39-	00:28-	00:02-	00:16#	00:25&	00:37-	00:42&	04:12#	00:06+	00:06+	00:32&	01:48&	00:10-	00:02+
<b>10</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>57:39</b>											
01:22-	05:29+	07:11+	08:57+	11:36+	14:59+	17:26+	21:51+	23:39+	24:31+	26:06+	27:48+	28:59+	31:14+	32:21+	36:22+	38:52+	43:57+	45:46+	48:30+	50:29+	54:45+	56:54+	57:39+
01:22-	04:07+	01:42-	01:46+	02:39+	03:23+	02:27+	04:25+	01:48+	00:52+	01:35-	01:42-	01:11+	02:15+	01:07+	04:01+	02:30+	05:05+	01:49+	02:44+	01:59+	04:16+	02:09+	00:45+
00:11-	02:24#	00:15-	00:33&	01:22#	00:17+	00:28#	02:24#	00:17#	00:05#	00:27-	00:43-	00:07#	00:25#	00:11#	00:45#	00:59&	01:28&	00:19#	00:33&	00:30&	01:42&	00:05+	00:08#
<b>11</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>1:01:25</b>											
01:53+	03:58+	06:08+	07:21+	11:06+	14:26+	17:13+	19:59+	27:40+	28:28+	30:10+	31:53+	32:59+	35:26+	36:23+	39:59+	42:10+	45:57+	47:58+	50:16+	54:17+	59:00+	60:42+	61:25+
01:53+	02:05+	02:10+	01:13=	03:45+	03:20+	02:47+	02:46+	07:41+	00:48+	01:42-	01:43-	01:06+	02:27+	00:57+	03:36+	02:11+	03:47+	02:01+	02:18+	04:01+	04:43+	01:42-	00:43+
00:20#	00:22#	00:13#	00:00=	02:28#	00:14+	00:48&	00:45&	06:10#	00:01+	00:20-	00:42-	00:02+	00:37&	00:01+	00:20#	00:40&	00:10+	00:31&	00:07+	02:32#	02:09&	00:22-	00:06#

### Beste strekktid for klassen

01:15 01:22 01:16 01:08 01:10 03:06 01:58 01:45 01:24 00:47 01:06 01:38 00:48 01:30 00:56 02:08 01:30 03:16 01:25 01:52 01:17 02:34 01:34 00:37

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

## Damer Ny

<b>1</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>										<b>38:51</b>											
01:00=	02:40=	08:30=	19:21=	20:49=	24:37=	26:47=	30:42=	32:05=	33:46=	35:29=	37:39=	38:51=											
01:00=	01:40=	05:50=	10:51=	01:28=	03:48=	02:10=	03:55=	01:23=	01:41=	01:43=	02:10=	01:12=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											

### Beste strekktid for klassen

01:00 01:40 05:50 10:51 01:28 03:48 02:10 03:55 01:23 01:41 01:43 02:10 01:12

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

## Damer Trim

<b>1</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>										<b>18:58</b>											
01:10=	01:39=	02:21=	04:17=	05:19=	06:07=	06:58=	07:54=	10:03=	12:23=	13:15=	13:59=	15:12=	15:52=	17:00=	18:04=	18:58=							
01:10=	00:29=	00:42=	01:56=	01:02=	00:48=	00:51=	00:56=	02:09=	02:20=	00:52=	00:44=	01:13=	00:40=	01:08=	01:04=	00:54=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							





Class	Navn	Klasse										Tid				
<b>17</b>	<b>Margrete Jian Øye</b>	<b>126</b>										<b>27:13</b>				
01:32+	03:22+	04:14+	07:02+	08:24+	09:22+	10:30+	11:29+	14:35+	17:52+	19:01+	20:08+	22:02+	23:05+	24:34+	25:58+	27:13+
01:32+	01:50+	00:52+	02:48+	01:22+	00:58+	01:08+	00:59+	03:06+	03:17+	01:09+	01:07+	01:54+	01:03+	01:29+	01:24+	01:15+
00:22&	01:21@	00:10#	00:52&	00:20&	00:10#	00:17&	00:03+	00:57&	00:57&	00:17&	00:23&	00:41&	00:23&	00:21&	00:20&	00:21&
<b>18</b>	<b>Esther Boenheim</b>	<b>268</b>										<b>27:51</b>				
01:22+	02:03+	03:04+	05:33+	06:41+	07:25+	08:32+	09:45+	12:49+	18:36+	19:52+	20:54+	22:29+	23:16+	24:54+	26:28+	27:51+
01:22+	00:41+	01:01+	02:29+	01:08+	00:44-	01:07+	01:13+	03:04+	05:47+	01:16+	01:02+	01:35+	00:47+	01:38+	01:34+	01:23+
00:12#	00:12&	00:19&	00:33&	00:06+	00:04-	00:16&	00:17&	00:55&	03:27@	00:24&	00:18&	00:22&	00:07#	00:30&	00:30&	00:29&
<b>19</b>	<b>Brit Svihus</b>	<b>92</b>										<b>28:47</b>				
01:35+	02:29+	03:36+	06:25+	07:52+	08:56+	10:06+	11:32+	15:03+	18:44+	19:55+	20:56+	22:22+	23:21+	25:33+	27:19+	28:47+
01:35+	00:54+	01:07+	02:49+	01:27+	01:04+	01:10+	01:26+	03:31+	03:41+	01:11+	01:01+	01:26+	00:59+	02:12+	01:46+	01:28+
00:25&	00:25&	00:25&	00:53&	00:25&	00:16&	00:19&	00:30&	01:22&	01:21&	00:19&	00:17&	00:13#	00:19&	01:04&	00:42&	00:34&
<b>20</b>	<b>Ragnhild Thorset Våge</b>	<b>117</b>										<b>29:08</b>				
01:15+	02:09+	02:54+	05:28+	08:01+	08:48+	09:35+	11:10+	16:46+	21:04+	21:41+	22:31+	25:13+	25:58+	27:01+	28:06+	29:08+
01:15+	00:54+	00:45+	02:34+	02:33+	00:47-	00:47-	01:35+	05:36+	04:18+	00:37-	00:50+	02:42+	00:45+	01:03-	01:05+	01:02+
00:05+	00:25&	00:03+	00:38&	01:31@	00:01-	00:04-	00:39&	03:27@	01:58&	00:15-	00:06#	01:29@	00:05#	00:05-	00:01+	00:08#
<b>21</b>	<b>Grethe Ask-Breivik</b>	<b>5</b>										<b>29:39</b>				
01:24+	02:21+	07:27+	10:02+	11:25+	12:41+	13:37+	15:02+	17:49+	20:56+	21:52+	22:47+	24:07+	25:20+	26:51+	28:11+	29:39+
01:24+	00:57+	05:06+	02:35+	01:23+	01:16+	00:56+	01:25+	02:47+	03:07+	00:56+	00:55+	01:20+	01:13+	01:31+	01:20+	01:28+
00:14#	00:28&	04:24@	00:39&	00:21&	00:28&	00:05+	00:29&	00:38&	00:47&	00:04+	00:11#	00:07+	00:33&	00:23&	00:16#	00:34&
<b>22</b>	<b>Linda Haukås</b>	<b>113</b>										<b>30:03</b>				
01:49+	02:30+	03:40+	06:41+	08:23+	09:40+	10:57+	12:17+	16:02+	19:25+	20:47+	21:58+	23:53+	24:46+	26:38+	28:24+	30:03+
01:49+	00:41+	01:10+	03:01+	01:42+	01:17+	01:17+	01:20+	03:45+	03:23+	01:22+	01:11+	01:55+	00:53+	01:52+	01:46+	01:39+
00:39&	00:12&	00:28&	01:05&	00:40&	00:29&	00:26&	00:24&	01:36&	01:03&	00:30&	00:27&	00:42&	00:13&	00:44&	00:42&	00:45&
<b>23</b>	<b>Irene Sirevåg</b>	<b>53</b>										<b>30:48</b>				
01:45+	02:42+	03:46+	07:26+	08:53+	10:13+	11:29+	12:37+	16:14+	19:39+	21:06+	22:19+	24:18+	25:19+	27:16+	29:02+	30:48+
01:45+	00:57+	01:04+	03:40+	01:27+	01:20+	01:16+	01:08+	03:37+	03:25+	01:27+	01:13+	01:59+	01:01+	01:57+	01:46+	01:46+
00:35&	00:28&	00:22&	01:44&	00:25&	00:32&	00:25&	00:12#	01:28&	01:05&	00:35&	00:29&	00:46&	00:21&	00:49&	00:42&	00:52&
<b>24</b>	<b>Gunhild Nordbø</b>	<b>117</b>										<b>31:14</b>				
01:23+	02:33+	03:56+	06:32+	08:07+	09:18+	10:22+	11:39+	18:04+	21:20+	22:28+	23:29+	25:15+	26:05+	27:55+	29:33+	31:14+
01:23+	01:10+	01:23+	02:36+	01:35+	01:11+	01:04+	01:17+	06:25+	03:16+	01:08+	01:01+	01:46+	00:50+	01:50+	01:38+	01:41+
00:13#	00:41@	00:41&	00:40&	00:33&	00:23&	00:13&	00:21&	04:16@	00:56&	00:16&	00:17&	00:33&	00:10#	00:42&	00:34&	00:47&
<b>25</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>										<b>31:18</b>				
01:33+	02:27+	03:33+	08:40+	10:15+	11:03+	12:06+	13:27+	17:00+	20:13+	21:24+	22:26+	24:07+	26:14+	27:58+	29:45+	31:18+
01:33+	00:54+	01:06+	05:07+	01:35+	00:48=	01:03+	01:21+	03:33+	03:13+	01:11+	01:02+	01:41+	02:07+	01:44+	01:47+	01:33+
00:23&	00:25&	00:24&	03:11@	00:33&	00:00=	00:12#	00:25&	01:24&	00:53&	00:19&	00:18&	00:28&	01:27@	00:36&	00:43&	00:39&
<b>26</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>										<b>31:29</b>				
01:16+	01:50+	06:34+	09:38+	11:02+	11:52+	12:53+	13:57+	16:58+	19:38+	20:41+	21:31+	22:57+	24:09+	25:57+	30:17+	31:29+
01:16+	00:34+	04:44+	03:04+	01:24+	00:50+	01:01+	01:04+	03:01+	02:40+	01:03+	00:50+	01:26+	01:12+	01:48+	04:20+	01:12+
00:06+	00:05#	04:02@	01:08&	00:22&	00:02+	00:10#	00:08#	00:52&	00:20#	00:11#	00:06#	00:13#	00:32&	00:40&	03:16@	00:18&
<b>27</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>										<b>31:38</b>				
01:41+	02:21+	04:54+	07:57+	09:27+	11:08+	13:07+	14:31+	17:25+	21:16+	22:30+	23:44+	25:27+	26:25+	28:15+	30:13+	31:38+
01:41+	00:40+	02:33+	03:03+	01:30+	01:41+	01:59+	01:24+	02:54+	03:51+	01:14+	01:14+	01:43+	00:58+	01:50+	01:58+	01:25+
00:31&	00:11&	01:51@	01:07&	00:28&	00:53@	01:08@	00:28&	00:45&	01:31&	00:22&	00:30&	00:30&	00:18&	00:42&	00:54&	00:31&
<b>28</b>	<b>Karoline Fidjeland</b>	<b>105</b>										<b>31:41</b>				
01:09-	01:35-	02:45+	05:14+	12:46+	13:49+	14:40+	15:36+	17:51+	22:13+	23:10+	24:07+	25:21+	26:01+	29:20+	30:44+	31:41+
01:09-	00:26-	01:10+	02:29+	07:32+	01:03+	00:51=	00:56=	02:15+	04:22+	00:57+	00:57+	01:14+	00:40=	03:19+	01:24+	00:57+
00:01-	00:03-	00:28&	00:33&	06:30@	00:15&	00:00=	00:00=	00:06+	02:02&	00:05+	00:13&	00:01+	00:00=	02:11@	00:20&	00:03+
<b>29</b>	<b>Inger Johanne Klausen</b>	<b>54</b>										<b>32:21</b>				
01:26+	02:30+	06:45+	09:29+	11:49+	13:04+	14:13+	15:11+	17:55+	21:36+	22:40+	23:36+	24:56+	27:50+	29:32+	31:09+	32:21+
01:26+	01:04+	04:15+	02:44+	02:20+	01:15+	01:09+	00:58+	02:44+	03:41+	01:04+	00:56+	01:20+	02:54+	01:42+	01:37+	01:12+
00:16#	00:35@	03:33@	00:48&	01:18@	00:27&	00:18&	00:02+	00:35&	01:21&	00:12#	00:12&	00:07+	02:14@	00:34&	00:33&	00:18&
<b>30</b>	<b>Silje H. Myklebust</b>	<b>54</b>										<b>32:22</b>				
01:17+	02:27+	06:47+	09:25+	11:45+	12:59+	14:07+	15:08+	17:50+	21:22+	22:34+	23:33+	24:57+	27:53+	29:23+	31:09+	32:22+
01:17+	01:10+	04:20+	02:38+	02:20+	01:14+	01:08+	01:01+	02:42+	03:32+	01:12+	00:59+	01:24+	02:56+	01:30+	01:46+	01:13+
00:07#	00:41@	03:38@	00:42&	01:18@	00:26&	00:17&	00:05+	00:33&	01:12&	00:20&	00:15&	00:11#	02:16@	00:22&	00:42&	00:19&
<b>31</b>	<b>Tine Frantzen</b>	<b>66</b>										<b>33:02</b>				
01:50+	02:55+	03:53+	07:08+	08:43+	10:01+	11:21+	12:32+	16:44+	22:44+	23:58+	25:06+	26:59+	27:59+	29:42+	31:20+	33:02+
01:50+	01:05+	00:58+	03:15+	01:35+	01:18+	01:20+	01:11+	04:12+	06:00+	01:14+	01:08+	01:53+	01:00+	01:43+	01:38+	01:42+
00:40&	00:36@	00:16&	01:19&	00:33&	00:30&	00:29&	00:15&	02:03&	03:40@	00:22&	00:24&	00:40&	00:20&	00:35&	00:34&	00:48&























Class	Navn	Klasse										Tid								
<b>15</b>	<b>Reidar Magne Liland</b>	<b>66</b>										<b>57:32</b>								
	01:41+	04:17+	05:42+	08:43+	13:05+	16:22+	25:02+	28:41+	31:46+	33:14+	34:33+	36:58+	39:23+	40:23+	43:50+	45:54+	48:08+	53:04+	56:17+	57:32+
	01:41+	02:36+	01:25+	03:01+	04:22+	03:17-	08:40+	03:39+	03:05+	01:28+	01:19+	02:25+	02:25+	01:00+	03:27+	02:04+	02:14+	04:56+	03:13+	01:15+
	00:33&	01:25@	00:19&	01:25&	02:06&	00:25-	07:14@	01:57@	01:08&	00:41&	00:37&	00:51&	00:49&	00:33@	01:33&	00:45&	00:11+	00:54#	01:18&	00:31&
<b>16</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>1:05:37</b>								
	02:16+	05:22+	07:40+	10:30+	14:16+	17:13+	23:01+	25:50+	29:25+	30:55+	32:25+	35:35+	39:05+	39:56+	43:38+	51:51+	54:34+	60:48+	64:15+	65:37+
	02:16+	03:06+	02:18+	02:50+	03:46+	02:57-	05:48+	02:49+	03:35+	01:30+	01:30+	03:10+	03:30+	00:51+	03:42+	08:13+	02:43+	06:14+	03:27+	01:22+
	01:08&	01:55@	01:12@	01:14&	01:30&	00:45-	04:22@	01:07&	01:38&	00:43&	00:48@	01:36@	01:54@	00:24&	01:48&	06:54@	00:40&	02:12&	01:32&	00:38&
<b>Beste strekktid for klassen</b>																				
	01:08	01:11	01:06	01:30	02:16	01:54	01:26	01:41	01:47	00:47	00:42	01:34	01:36	00:26	00:47	01:19	01:35	02:18	01:55	00:41

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

## Herrer 80 år og eldre

<b>1</b>	<b>Alf Gyland</b>	<b>92</b>										<b>30:06</b>								
	01:15=	01:54=	02:49=	05:41=	07:06=	09:21=	10:01=	11:04=	12:15=	15:54=	20:05=	21:14=	22:40=	24:11=	25:29=	27:07=	28:36=	30:06=		
	01:15=	00:39=	00:55=	02:52=	01:25=	02:15=	00:40=	01:03=	01:11=	03:39=	04:11=	01:09=	01:26=	01:31=	01:18=	01:38=	01:29=	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=	00:00=	00:00=		
<b>2</b>	<b>Terje Braut</b>	<b>92</b>										<b>30:33</b>								
	01:48+	02:47+	03:40+	06:24+	08:37+	10:52+	11:41+	12:50+	14:03+	17:38+	20:23+	21:32+	23:16+	24:52+	25:47+	27:26+	29:11+	30:33+		
	01:48+	00:59+	00:53-	02:44-	02:13+	02:15=	00:49+	01:09+	01:13+	03:35-	02:45-	01:09=	01:44+	01:36+	00:55-	01:39+	01:45+	01:22-		
	00:33&	00:20&	00:02-	00:08-	00:48&	00:00=	00:09#	00:06+	00:02+	00:04-	01:26-	00:00=	00:18#	00:05+	00:23-	00:01+	00:16#	00:08-		
<b>3</b>	<b>Sigurd Krosli</b>	<b>93</b>										<b>34:19</b>								
	01:35+	02:22+	03:19+	09:20+	11:26+	13:28+	14:14+	15:21+	16:42+	20:30+	23:36+	25:12+	26:39+	28:14+	29:02+	30:42+	32:36+	34:19+		
	01:35+	00:47+	00:57+	06:01+	02:06+	02:02-	00:46+	01:07+	01:21+	03:48+	03:06-	01:36+	01:27+	01:35+	00:48-	01:40+	01:54+	01:43+		
	00:20&	00:08#	00:02+	03:09@	00:41&	00:13-	00:06#	00:04+	00:10#	00:09+	01:05-	00:27&	00:01+	00:04+	00:30-	00:02+	00:25&	00:13#		
<b>4</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>36:14</b>								
	01:56+	02:39+	03:34+	06:36+	09:26+	14:05+	15:07+	16:45+	18:09+	22:19+	25:46+	27:20+	28:50+	30:30+	31:27+	33:04+	34:50+	36:14+		
	01:56+	00:43+	00:55=	03:02+	02:50+	04:39+	01:02+	01:38+	01:24+	04:10+	03:27-	01:34+	01:30+	01:40+	00:57-	01:37-	01:46+	01:24-		
	00:41&	00:04#	00:00=	00:10+	01:25&	02:24@	00:22&	00:35&	00:13#	00:31#	00:44-	00:25&	00:04+	00:09+	00:21-	00:01-	00:17#	00:06-		
<b>5</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:00:23</b>								
	12:58+	13:54+	15:33+	20:32+	24:07+	30:38+	31:50+	33:23+	35:10+	40:05+	44:49+	47:47+	50:01+	52:18+	53:31+	55:49+	58:15+	60:23+		
	12:58+	00:56+	01:39+	04:59+	03:35+	06:31+	01:12+	01:33+	01:47+	04:55+	04:44+	02:58+	02:14+	02:17+	01:13-	02:18+	02:26+	02:08+		
	11:43@	00:17&	00:44&	02:07&	02:10@	04:16@	00:32&	00:30&	00:36&	01:16&	00:33#	01:49@	00:48&	00:46&	00:05-	00:40&	00:57&	00:38&		
<b>6</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>1:05:08</b>								
	01:47+	10:41+	19:07+	24:34+	28:10+	31:03+	34:48+	42:21+	43:40+	44:46+	49:04+	53:17+	55:02+	57:02+	58:54+	59:49+	61:43+	63:29+	65:08+	
	01:47+	08:54+	08:26+	05:27+	03:36+	02:53+	03:45+	07:33+	01:19+	01:06-	04:18+	04:13+	01:45+	02:00+	01:52+	00:55-	01:54+	01:46+	01:39+	
	00:32&	08:15@	07:31@	02:35&	02:11@	00:38&	03:05@	06:30@	00:08#	02:33-	00:07+	03:04@	00:19#	00:29&	00:34&	00:43-	00:25&	00:16#	01:39+	
<b>Beste strekktid for klassen</b>																				
	01:15	00:39	00:53	02:44	01:25	02:02	00:40	01:03	01:11	01:06	02:45	01:09	01:26	01:31	00:48	00:55	01:29	01:22		

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

## Herrer A

<b>1</b>	<b>Svein Magnus Halsne</b>	<b>71</b>										<b>34:04</b>														
	01:19=	02:03=	03:16=	05:06=	05:43=	07:32=	08:39=	09:49=	12:09=	13:39=	15:04=	15:57=	16:41=	17:43=	20:07=	20:45=	21:53=	22:59=	25:45=	26:20=	26:59=	27:49=	29:21=	30:34=	32:25=	33:32=
	01:19=	00:44=	01:13=	01:50=	00:37=	01:49=	01:07=	01:10=	02:20=	01:30=	01:25=	00:53=	00:44=	01:02=	02:24=	00:38=	01:08=	01:06=	02:46=	00:35=	00:39=	00:50=	01:32=	01:13=	01:51=	01:07=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	34:04=																									
	00:32=																									
	00:00=																									
<b>2</b>	<b>Harald Kalager</b>	<b>7</b>										<b>37:16</b>														
	01:07-	02:05+	03:29+	06:12+	07:19+	07:59+	10:08+	11:32+	12:32+	14:58+	16:24+	17:42+	19:03+	19:48+	20:50+	22:55+	23:45+	25:11+	26:21+	28:40+	29:14+	30:00+	30:48+	32:50+	33:59+	35:33+
	01:07-	00:58+	01:24+	02:43+	01:07+	00:40-	02:09+	01:24+	01:00-	02:26+	01:26+	01:18+	01:21+	00:45-	01:02-	02:05+	00:50-	01:26+	01:10-	02:19+	00:34-	00:46-	00:48-	02:02+	01:09-	01:34+
	00:12-	00:14&	00:11#	00:53&	00:30&	01:09-	01:02&	00:14#	01:20-	00:56&	00:01+	00:25&	00:37&	00:17-	01:22-	01:27@	00:18-	00:20&	01:36-	01:44@	00:05-	00:04-	00:44-	00:49&	00:42-	00:27&
	36:40+	37:16+																								
	01:07+	00:36+																								
	00:35@	00:36+																								



Class	Navn	Klasse										Tid													
<b>3</b>	<b>Odd Ivar Karlsen</b>	<b>76</b>										<b>40:43</b>													
01:13-	02:02-	03:20-	05:47-	06:31-	10:31+	11:50+	13:07+	15:29+	17:05+	18:46+	19:53+	20:44+	21:53+	24:05+	24:51+	26:45+	27:57+	31:06+	31:46+	32:29+	33:21+	35:39+	36:52+	38:55+	40:06+
01:13-	00:49+	01:18-	02:27-	00:44-	04:00+	01:19-	01:17+	02:22+	01:36-	01:41+	01:07+	00:51+	01:09+	02:12+	00:46+	01:54+	01:12-	03:09+	00:40+	00:43-	00:52+	02:18+	01:13-	02:03-	01:11-
00:17-	00:04+	00:18-	00:56-	00:03-	02:01@	00:02-	00:20&	00:14#	00:08-	00:20#	00:13#	00:05#	00:03+	00:04+	00:01+	00:35&	00:45-	00:33#	00:02+	00:02-	00:02+	00:22#	00:19-	00:06-	00:18-
40:43+	00:37-	00:01-																							
<b>4</b>	<b>Stein Arne Olsen</b>	<b>68</b>										<b>40:59</b>													
01:09-	02:07-	03:22-	05:54-	06:30-	08:35-	09:54-	10:51-	13:24-	15:06-	16:51-	19:18+	20:23+	21:28+	23:59+	24:49+	26:23+	28:16+	31:08+	31:48+	32:38+	33:38+	35:37+	37:02+	38:55+	40:18+
01:09-	00:58+	01:15-	02:32-	00:36-	02:05+	01:19-	00:57=	02:33+	01:42-	01:45+	02:27+	01:05+	01:05-	02:31+	00:50+	01:34+	01:53-	02:52+	00:40+	00:50+	01:00+	01:59+	01:25-	01:53-	01:23-
00:21-	00:13&	00:21-	00:51-	00:11-	00:06+	00:02-	00:00=	00:25#	00:02-	00:24&	01:33@	00:19&	00:01-	00:23#	00:05#	00:15#	00:04-	00:16#	00:02+	00:05#	00:10#	00:03+	00:07-	00:16-	00:06-
40:59+	00:41+	00:03+																							
<b>5</b>	<b>Geir Sand</b>	<b>105</b>										<b>41:19</b>													
01:16-	02:09-	03:34-	09:57+	11:09+	13:19+	14:44+	15:41+	17:42+	19:25+	21:03+	21:54+	22:45+	23:55+	26:10+	26:55+	28:30+	29:30+	32:50+	33:26+	34:09+	35:00+	36:48+	37:59+	39:38+	40:45+
01:16-	00:53+	01:25-	06:23+	01:12+	02:10+	01:25+	00:57=	02:01-	01:43-	01:38+	00:51-	00:51+	01:10+	02:15+	00:45=	01:35+	01:00-	03:20+	00:36-	00:43-	00:51+	01:48-	01:11-	01:39-	01:07-
00:14-	00:08#	00:11-	03:00&	00:25&	00:11+	00:04+	00:00=	00:07-	00:01-	00:17#	00:03-	00:05#	00:04+	00:07+	00:00=	00:16#	00:57-	00:44&	00:02-	00:02-	00:01+	00:08-	00:21-	00:30-	00:22-
41:19+	00:34-	00:04-																							
<b>6</b>	<b>Joar Eilevstjønn</b>	<b>67</b>										<b>41:26</b>													
01:23-	02:18+	04:53+	07:15+	07:58-	10:09+	11:34+	12:26+	15:43+	17:14+	18:32+	19:36+	20:19+	21:20+	23:20+	24:08+	25:58+	29:01+	32:14+	32:49+	33:28+	34:13+	36:12+	37:49+	39:50+	40:52+
01:23-	00:55+	02:35+	02:22-	00:43-	02:11+	01:25+	00:52-	03:17+	01:31-	01:18-	01:04+	00:43-	01:01-	02:00-	00:48+	01:50+	03:03+	03:13+	00:35-	00:39-	00:45-	01:59+	01:37+	02:01-	01:02-
00:07-	00:10#	00:59&	01:01-	00:04-	00:12#	00:04+	00:05-	01:09&	00:13-	00:03-	00:10#	00:03-	00:05-	00:08-	00:03+	00:31&	01:06&	00:37#	00:03-	00:06-	00:05-	00:03+	00:05+	00:08-	00:27-
41:26+	00:34-	00:04-																							
<b>7</b>	<b>Tom Furland</b>	<b>62</b>										<b>43:25</b>													
01:12-	02:00-	05:35+	09:07+	11:08+	13:16+	14:57+	16:00+	18:21+	20:16+	21:48+	23:11+	24:08+	25:22+	28:04+	28:57+	30:23+	31:27+	34:16+	34:59+	35:45+	36:43+	38:14+	39:25+	41:12+	42:37+
01:12-	00:48+	03:35+	03:32+	02:01+	02:08+	01:41+	01:03+	02:21+	01:55+	01:32+	01:23+	00:57+	01:14+	02:42+	00:53+	01:26+	01:04-	02:49+	00:43+	00:46+	00:58+	01:31-	01:11-	01:47-	01:25-
00:18-	00:03+	01:59@	00:09+	01:14@	00:09+	00:20#	00:06#	00:13#	00:11#	00:11#	00:29&	00:11#	00:08#	00:34&	00:08#	00:07+	00:53-	00:13+	00:05#	00:01+	00:08#	00:25-	00:21-	00:22-	00:04-
43:25+	00:48+	00:10&																							
<b>8</b>	<b>Per Olav Haarr</b>	<b>62</b>										<b>46:28</b>													
01:32+	02:23+	04:30+	08:55+	09:40+	13:12+	14:34+	15:30+	19:04+	20:56+	23:51+	24:48+	25:42+	27:02+	29:21+	30:09+	31:43+	32:51+	35:24+	36:04+	36:51+	37:42+	39:50+	41:20+	44:33+	45:50+
01:32+	00:51+	02:07+	04:25+	00:45-	03:32+	01:22+	00:56-	03:34+	01:52+	02:55+	00:57+	00:54+	01:20+	02:19+	00:48+	01:34+	01:08-	02:33-	00:40+	00:47+	00:51+	02:08+	01:30-	03:13+	01:17-
00:02+	00:06#	00:31&	01:02&	00:02-	01:33&	00:01+	00:01-	01:26&	00:08+	01:34@	00:03+	00:08#	00:14#	00:11+	00:03+	00:15#	00:49-	00:03-	00:02+	00:02+	00:01+	00:12#	00:02-	01:04&	00:12-
46:28+	00:38=	00:00=																							
<b>9</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>46:50</b>													
01:08-	02:03-	03:48-	06:54+	08:02+	11:34+	13:03+	14:19+	17:36+	19:42+	21:34+	23:00+	23:57+	25:09+	28:06+	29:09+	30:45+	32:16+	35:11+	35:56+	36:44+	37:39+	39:42+	42:56+	44:57+	46:13+
01:08-	00:55+	01:45+	03:06-	01:08+	03:32+	01:29+	01:16+	03:17+	02:06+	01:52+	01:26+	00:57+	01:12+	02:57+	01:03+	01:36+	01:31-	02:55+	00:45+	00:48+	00:55+	02:03+	03:14+	02:01-	01:16-
00:22-	00:10#	00:09+	00:17-	00:21&	01:33&	00:08+	00:19&	01:09&	00:22#	00:31&	00:32&	00:11#	00:06+	00:49&	00:18&	00:17#	00:26-	00:19#	00:07#	00:03+	00:05#	00:07+	01:42@	00:08-	00:13-
46:50+	00:37-	00:01-																							
<b>10</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>										<b>48:44</b>													
01:30=	02:32+	04:09+	09:00+	10:40+	13:30+	14:53+	15:58+	19:16+	21:07+	25:30+	26:43+	28:10+	29:25+	31:50+	32:42+	34:23+	35:30+	38:05+	38:43+	39:28+	40:23+	42:05+	43:18+	46:52+	48:11+
01:30=	01:02+	01:37+	04:51+	01:40+	02:50+	01:23+	01:05+	03:18+	01:51+	04:23+	01:13+	01:27+	01:15+	02:25+	00:52+	01:41+	01:07-	02:35-	00:38=	00:45=	00:55+	01:42-	01:13-	03:34+	01:19-
00:00=	00:17&	00:01+	01:28&	00:53@	00:51&	00:02+	00:08#	01:10&	00:07+	03:02@	00:19&	00:41&	00:09#	00:17#	00:07#	00:22&	00:50-	00:01-	00:00=	00:00=	00:05#	00:14-	00:19-	01:25&	00:10-
48:44+	00:33-	00:05-																							
<b>11</b>	<b>Bård Skogsholm</b>	<b>194</b>										<b>49:52</b>													
01:14-	02:39+	04:42+	08:57+	09:57+	15:31+	17:14+	18:44+	21:37+	25:16+	27:11+	28:28+	29:24+	30:41+	33:02+	33:54+	35:26+	37:25+	40:43+	41:19+	42:02+	43:04+	44:39+	45:53+	47:46+	49:12+
01:14-	01:25+	02:03+	04:15+	01:00+	05:34+	01:43+	01:30+	02:53+	03:39+	01:55+	01:17+	00:56+	01:17+	02:21+	00:52+	01:32+	01:59+	03:18+	00:36-	00:43-	01:02+	01:35-	01:14-	01:53-	01:26-
00:16-	00:40&	00:27&	00:52&	00:13&	03:35@	00:22&	00:33&	00:45&	01:55@	00:34&	00:23&	00:10#	00:11#	00:13#	00:07#	00:13#	00:02+	00:42&	00:02-	00:02-	00:12#	00:21-	00:18-	00:16-	00:03-
49:52+	00:40+	00:02+																							





Class	Navn	Klasse	Tid																									
<b>13</b>	<b>Pål H. Gjerden</b>	<b>116</b>	<b>44:56</b>																									
01:25+	03:08+	04:23+	06:52+	07:40+	10:04+	11:39+	13:03+	16:05+	17:37+	19:04+	20:55+	22:30+	24:15+	26:27+	28:31+	30:28+	33:58+	34:45+	35:43+	38:22+	39:59+	43:14+	44:14+	44:56+				
01:25+	01:43+	01:15+	02:29+	00:48+	02:24+	01:35-	01:24+	03:02+	01:32+	01:27+	01:51+	01:35+	01:45+	02:12+	02:04+	01:57+	03:30+	00:47+	00:58+	02:39+	01:37+	03:15+	01:00+	00:42+				
00:22&	00:06+	00:16&	00:18#	00:03+	00:17#	00:02-	00:26&	00:27#	00:01+	00:39&	00:15#	00:26&	00:30&	00:22#	00:27&	00:52&	01:14&	00:09#	00:05+	00:49&	00:28&	00:53&	00:11#	00:06#				
<b>14</b>	<b>Odd Fuglestad</b>	<b>379</b>	<b>45:50</b>																									
01:13+	03:26+	04:32+	07:58+	07:41+	17:26+	18:55+	19:52+	22:22+	23:23+	24:23+	26:05+	27:28+	28:56+	30:51+	32:35+	34:03+	36:48+	37:44+	38:37+	40:39+	41:51+	44:13+	45:12+	45:50+				
01:13+	02:13+	01:06+	02:26+	00:43-	09:45+	01:29-	00:57-	02:30-	01:01-	01:00+	01:42+	01:23+	01:28+	01:55+	01:44+	01:28+	02:45+	00:56+	00:53=	02:02+	01:12+	02:22=	00:59+	00:38+				
00:10#	00:36&	00:07#	00:15#	00:02-	07:38@	00:08-	00:01-	00:05-	00:30-	00:12#	00:06+	00:14#	00:13#	00:05+	00:07+	00:23&	00:29#	00:18&	00:00=	00:12#	00:03+	00:00=	00:10#	00:02+				
<b>15</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>46:45</b>																									
01:22+	03:26+	04:36+	07:02+	07:54+	11:47+	13:20+	14:50+	18:18+	19:33+	20:44+	23:18+	26:14+	27:37+	29:54+	31:52+	33:55+	36:09+	36:55+	37:52+	40:44+	42:30+	45:24+	46:10+	46:45+				
01:22+	02:04+	01:10+	02:26+	00:52+	03:53+	01:33-	01:30+	03:28+	01:15-	01:11+	02:34+	02:56+	01:23+	02:17+	01:58+	02:03+	02:14-	00:46+	00:57+	02:52+	01:46+	02:54+	00:46-	00:35-				
00:19&	00:27&	00:11#	00:15#	00:07#	01:46&	00:04-	00:32&	00:53&	00:16-	00:23&	00:58&	01:47@	00:08#	00:27#	00:21#	00:58&	00:02-	00:08#	00:04+	01:02&	00:37&	00:32#	00:03-	00:01-				
<b>16</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>52:22</b>																									
05:07+	11:53+	13:52+	16:12+	16:56+	19:04+	20:37+	21:53+	25:58+	27:04+	28:12+	30:59+	32:41+	34:52+	37:02+	38:48+	40:04+	42:49+	43:32+	44:28+	46:47+	48:08+	50:45+	51:37+	52:22+				
05:07+	06:46+	01:59+	02:20+	00:44-	02:08+	01:33-	01:16+	04:05+	01:06-	01:08+	02:47+	01:42+	02:11+	02:10+	01:46+	01:16+	02:45+	00:43+	00:56+	02:19+	01:21+	02:37+	00:52+	00:45+				
04:04@	05:09@	01:00@	00:20+	00:01-	00:01+	00:04-	00:18&	01:30&	00:25-	00:20&	01:11&	00:33&	00:56&	00:20#	00:09+	00:11#	00:29#	00:05#	00:03+	00:29&	00:12#	00:15#	00:03+	00:09#				
<b>17</b>	<b>Erlend Kveinen</b>	<b>116</b>	<b>53:19</b>																									
01:51+	04:15+	07:07+	09:19+	10:35+	15:42+	17:31+	18:28+	22:03+	24:27+	25:59+	28:01+	30:25+	32:19+	34:06+	35:52+	38:37+	41:22+	42:05+	42:54+	45:54+	48:01+	51:42+	52:38+	53:19+				
01:51+	02:24+	02:52+	02:12+	01:16+	05:07+	01:49+	00:57-	03:35+	02:24+	01:32+	02:02+	02:24+	01:54+	01:47-	01:46+	02:45+	02:45+	00:43+	00:49-	03:00+	02:07+	03:41+	00:56+	00:41+				
00:48&	00:47&	00:27&	00:15@	00:01+	03:00@	00:12#	00:01-	01:00&	00:53&	00:44&	00:26&	01:15@	00:39&	00:03-	00:09+	01:40@	00:29#	00:05#	00:04-	01:10&	00:58&	01:19&	00:07#	00:05#				
<b>18</b>	<b>Svein Erik Kvame</b>	<b>116</b>	<b>55:19</b>																									
01:21+	03:12+	04:34+	07:03+	07:57+	10:15+	11:57+	13:06+	16:10+	18:55+	20:00+	21:55+	26:43+	28:24+	31:05+	34:15+	35:41+	40:17+	41:32+	43:08+	46:40+	48:52+	52:29+	53:46+	55:19+				
01:21+	01:51+	01:22+	02:29+	00:54+	02:18+	01:42+	01:09+	03:04+	02:45+	01:05+	01:55+	04:48+	01:41+	02:41+	03:10+	01:26+	04:36+	01:15+	01:36+	03:32+	02:12+	03:37+	01:17+	01:33+				
00:18&	00:14#	00:23&	00:18#	00:09#	00:11+	00:05+	00:11#	00:29#	01:14&	00:17&	00:19#	03:39@	00:26&	00:51&	01:33&	00:21&	02:20@	00:37&	00:43&	01:42&	01:03&	01:15&	00:28&	00:57@				
<b>19</b>	<b>Erling Mauland</b>	<b>83</b>	<b>1:04:57</b>																									
01:15+	11:16+	13:00+	15:35+	16:41+	19:40+	21:18+	22:45+	27:20+	33:08+	35:09+	40:58+	42:19+	44:13+	46:16+	48:16+	49:33+	52:00+	52:47+	53:42+	56:56+	58:40+	62:56+	64:15+	64:57+				
01:15+	10:01+	01:44+	02:35+	01:06+	02:59+	01:38+	01:27+	04:35+	05:48+	02:01+	05:49+	01:21+	01:54+	02:03+	02:00+	01:17+	02:27+	00:47+	00:55+	03:14+	01:44+	04:16+	01:19+	00:42+				
00:12#	08:24@	00:45&	00:24#	00:21&	00:52&	00:01+	00:29&	02:00&	04:17@	01:13@	04:13@	00:12#	00:39&	00:13#	00:23#	00:12#	00:11+	00:09#	00:02+	01:24&	00:35&	01:54&	00:30&	00:06#				
<b>Beste strekktid for klassen</b>				00:53	01:25	00:59	02:02	00:41	01:52	01:17	00:51	02:06	01:00	00:48	01:30	00:58	01:15	01:47	01:20	00:58	02:01	00:36	00:45	01:50	01:07	01:09	00:40	00:33

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

## Herrer Ny

<b>1</b>	<b>Denis Maksakovski</b>	<b>387</b>	<b>23:35</b>																					
00:36=	01:37=	03:37=	07:06=	08:13=	10:00=	11:11=	16:23=	18:25=	19:16=	20:17=	22:30=	23:35=												
00:36=	01:01=	02:00=	03:29=	01:07=	01:47=	01:11=	05:12=	02:02=	00:51=	01:01=	02:13=	01:05=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
<b>2</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>	<b>30:21</b>																					
02:40+	03:49+	05:00+	16:17+	17:15+	19:34+	20:58+	24:10+	25:20+	26:36+	27:50+	29:35+	30:21+												
02:40+	01:09+	01:11-	11:17+	00:58-	02:19+	01:24+	03:12-	01:10-	01:16+	01:14+	01:45-	00:46-												
02:04@	00:08#	00:49-	07:48@	00:09-	00:32&	00:13#	02:00-	00:52-	00:25&	00:13#	00:28-	00:19-												
<b>3</b>	<b>Erik Henriksen</b>	<b>116</b>	<b>38:49</b>																					
00:52+	02:37+	10:38+	19:20+	20:46+	24:38+	26:33+	30:14+	31:57+	33:27+	35:18+	37:33+	38:49+												
00:52+	01:45+	08:01+	08:42+	01:26+	03:52+	01:55+	03:41-	01:43-	01:30+	01:51+	02:15+	01:16+												
00:16&	00:44&	06:01@	05:13@	00:19&	02:05@	00:44&	01:31-	00:19-	00:39&	00:50&	00:02+	00:11#												
<b>4</b>	<b>Nikolai Korunzhiy</b>	<b>386</b>	<b>42:57</b>																					
01:19+	03:07+	04:17+	21:33+	23:14+	26:59+	28:50+	32:34+	34:13+	36:06+	38:42+	42:14+	42:57+												
01:19+	01:48+	01:10-	17:16+	01:41+	03:45+	01:51+	03:44-	01:39-	01:53+	02:36+	03:32+	00:43-												
00:43@	00:47&	00:50-	13:47@	00:34&	01:58@	00:40&	01:28-	00:23-	01:02@	01:35@	01:19&	00:22-												

### Beste strekktid for klassen

00:36 01:01 01:10 03:29 00:58 01:47 01:11 03:12 01:10 00:51 01:01 01:45 00:43

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

## Herrer Trim

Class	Navn	Klasse	Tid															
<b>1</b>	<b>Andreas Ente</b>	<b>66</b>	<b>19:23</b>															
01:03=	01:28=	02:35=	04:24=	05:31=	07:09=	07:48=	08:32=	09:13=	11:06=	13:13=	13:57=	14:57=	15:59=	16:33=	17:39=	18:27=	19:23=	
01:03=	00:25=	01:07=	01:49=	01:07=	01:38=	00:39=	00:44=	00:41=	01:53=	02:07=	00:44=	01:00=	01:02=	00:34=	01:06=	00:48=	00:56=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Eirik Løvåsen</b>	<b>98</b>	<b>20:05</b>															
00:56-	01:39+	02:13-	04:53+	06:07+	07:24+	07:52+	08:30-	09:28+	11:04-	13:00-	14:04+	15:00+	15:56-	16:33=	17:51+	19:04+	20:05+	
00:56-	00:43+	00:34-	02:40+	01:14+	01:17-	00:28-	00:38-	00:58+	01:36-	01:56-	01:04+	00:56-	00:56-	00:37+	01:18+	01:13+	01:01+	
00:07-	00:18&	00:33-	00:51&	00:07#	00:21-	00:11-	00:06-	00:17&	00:17-	00:11-	00:20&	00:04-	00:06-	00:03+	00:12#	00:25&	00:05+	
<b>3</b>	<b>Frode Lund</b>	<b>18</b>	<b>20:20</b>															
01:11+	01:39+	02:17-	04:12-	05:24-	06:49-	07:25-	08:11-	08:57-	11:09+	13:10-	14:06+	15:28+	16:39+	17:20+	18:27+	19:27+	20:20+	
01:11+	00:28+	00:38-	01:55+	01:12+	01:25-	00:36-	00:46+	00:46+	02:12+	02:01-	00:56+	01:22+	01:11+	00:41+	01:07+	01:00+	00:53-	
00:08#	00:03#	00:29-	00:06+	00:05+	00:13-	00:03-	00:02+	00:05#	00:19#	00:06-	00:12&	00:22&	00:09#	00:07#	00:01+	00:12#	00:03-	
<b>4</b>	<b>Trond Egil Toft</b>	<b>53</b>	<b>21:09</b>															
01:05+	01:27-	02:06-	03:59-	05:05-	06:38-	07:11-	07:58-	08:54-	11:21+	13:46+	15:03+	16:14+	17:20+	17:57+	19:04+	20:09+	21:09+	
01:05+	00:22-	00:39-	01:53+	01:06-	01:33-	00:33-	00:47+	00:56+	02:27+	02:25+	01:17+	01:11+	01:06+	00:37+	01:07+	01:05+	01:00+	
00:02+	00:03-	00:28-	00:04+	00:01-	00:05-	00:06-	00:09-	00:15&	00:34&	00:18#	00:33&	00:11#	00:04+	00:03+	00:01+	00:17&	00:04+	
<b>5</b>	<b>Daniel Thu</b>	<b>384</b>	<b>21:16</b>															
01:04+	01:55+	03:30+	05:08+	06:15+	08:10+	08:44+	09:19+	10:03+	11:57+	13:43+	14:40+	15:51+	16:58+	17:34+	18:45+	20:21+	21:16+	
01:04+	00:51+	01:35+	01:38-	01:07-	01:55+	00:34-	00:35-	00:44+	01:54+	01:46-	00:57+	01:11+	01:07+	00:36+	01:11+	01:36+	00:55-	
00:01+	00:26@	00:28&	00:11-	00:00=	00:17#	00:05-	00:09-	00:03+	00:01+	00:21-	00:13&	00:11#	00:05+	00:02+	00:05+	00:48&	00:01-	
<b>6</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>21:47</b>															
00:56-	02:19+	02:50+	04:39+	06:01+	07:16+	07:56+	08:37+	09:24+	11:51+	13:57+	14:51+	15:57+	17:04+	18:53+	19:58+	20:54+	21:47+	
00:56-	01:23+	00:31-	01:49=	01:22+	01:15-	00:40+	00:41-	00:47+	02:27+	02:06-	00:54+	01:06+	01:07+	01:49+	01:05-	00:56+	00:53-	
00:07-	00:58@	00:36-	00:00=	00:15#	00:23-	00:01+	00:03-	00:06#	00:34&	00:01-	00:10#	00:06#	00:05+	01:15@	00:01-	00:08#	00:03-	
<b>7</b>	<b>Per Jan Ersland</b>	<b>43</b>	<b>22:08</b>															
01:03=	01:26-	03:43+	06:56+	08:05+	09:31+	10:00+	10:40+	11:29+	13:43+	15:57+	16:40+	17:50+	18:51+	19:25+	20:28+	21:21+	22:08+	
01:03=	00:23-	02:17+	03:13+	01:09+	01:26-	00:29-	00:40-	00:49+	02:14+	02:14+	00:43-	01:10+	01:01-	00:34=	01:03-	00:53+	00:47-	
00:00=	00:02-	01:10@	01:24&	00:02+	00:12-	00:10-	00:04-	00:08#	00:21#	00:07+	00:01-	00:10#	00:01-	00:00=	00:03-	00:05#	00:09-	
<b>8</b>	<b>Alexander Khorunzhiy</b>	<b>386</b>	<b>22:43</b>															
01:05+	01:32+	02:19-	04:35+	05:45+	07:33+	08:08+	08:56+	09:40+	11:52+	14:06+	15:17+	16:47+	18:07+	18:39+	20:07+	21:47+	22:43+	
01:05+	00:27+	00:47-	02:16+	01:10+	01:48+	00:35-	00:48+	00:44+	02:12+	02:14+	01:11+	01:30+	01:20+	00:32-	01:28+	01:40+	00:56=	
00:02+	00:02+	00:20-	00:27#	00:03+	00:10#	00:04-	00:04+	00:03+	00:19#	00:07+	00:27&	00:30&	00:18&	00:02-	00:22&	00:52@	00:00=	
<b>9</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>23:34</b>															
01:14+	02:06+	03:05+	05:12+	06:35+	08:29+	09:08+	09:58+	10:55+	13:10+	15:48+	16:40+	18:22+	19:33+	20:19+	21:23+	22:30+	23:34+	
01:14+	00:52+	00:59-	02:07+	01:23+	01:54+	00:39=	00:50+	00:57+	02:15+	02:38+	00:52+	01:42+	01:11+	00:46+	01:04-	01:07+	01:04+	
00:11#	00:27@	00:08-	00:18#	00:16#	00:16#	00:00=	00:06#	00:16&	00:22#	00:31#	00:08#	00:42&	00:09#	00:12&	00:02-	00:19&	00:08#	
<b>10</b>	<b>Torkel Schibevaag</b>	<b>114</b>	<b>23:34</b>															
01:10+	01:35+	03:09+	04:47+	06:06+	10:32+	11:03+	11:43+	12:38+	14:35+	16:39+	17:35+	18:43+	19:48+	20:27+	21:25+	22:38+	23:34+	
01:10+	00:25=	01:34+	01:38-	01:19+	04:26+	00:31-	00:40-	00:55+	01:57+	02:04-	00:56+	01:08+	01:05+	00:39+	00:58-	01:13+	00:56=	
00:07#	00:00=	00:27&	00:11-	00:12#	02:48@	00:08-	00:04-	00:14&	00:04+	00:03-	00:12&	00:08#	00:03+	00:05#	00:08-	00:25&	00:00=	
<b>11</b>	<b>Roger Nyseth</b>	<b>92</b>	<b>23:57</b>															
01:12+	01:39+	02:18-	04:33+	05:51+	07:33+	08:13+	09:14+	10:12+	12:48+	15:14+	16:17+	17:56+	19:21+	20:05+	21:24+	22:37+	23:57+	
01:12+	00:27+	00:39-	02:15+	01:18+	01:42+	00:40+	01:01+	00:58+	02:36+	02:26+	01:03+	01:39+	01:25+	00:44+	01:19+	01:13+	01:20+	
00:09#	00:02+	00:28-	00:26#	00:11#	00:04+	00:01+	00:17&	00:17&	00:43&	00:19#	00:19&	00:39&	00:23&	00:10&	00:13#	00:25&	00:24&	
<b>12</b>	<b>Per-Olof Wallerstedt</b>	<b>376</b>	<b>24:43</b>															
01:05+	01:29+	02:07-	04:13-	05:19-	06:47-	10:14+	11:02+	11:43+	14:22+	17:47+	18:33+	19:37+	20:48+	21:26+	22:40+	23:37+	24:43+	
01:05+	00:24-	00:38-	02:06+	01:06-	01:28-	03:27+	00:48+	00:41=	02:39+	03:25+	00:46+	01:04+	01:11+	00:38+	01:14+	00:57+	01:06+	
00:02+	00:01-	00:29-	00:17#	00:01-	00:10-	02:48@	00:04+	00:00=	00:46&	01:18&	00:02+	00:04+	00:09#	00:04#	00:08#	00:09#	00:10#	
<b>13</b>	<b>Dag Helliksen</b>	<b>80</b>	<b>24:52</b>															
01:16+	01:42+	02:25-	04:42+	06:09+	07:52+	08:36+	09:29+	10:21+	13:48+	16:26+	17:21+	19:15+	20:45+	21:20+	22:41+	23:50+	24:52+	
01:16+	00:26+	00:43-	02:17+	01:27+	01:43+	00:44+	00:53+	00:52+	03:27+	02:38+	00:55+	01:54+	01:30+	00:35+	01:21+	01:09+	01:02+	
00:13#	00:01+	00:24-	00:28&	00:20&	00:05+	00:05#	00:09#	00:11&	01:34&	00:31#	00:11#	00:54&	00:28&	00:01+	00:15#	00:21&	00:06#	
<b>14</b>	<b>Anders H Foss</b>	<b>263</b>	<b>25:31</b>															
01:19+	01:48+	02:48+	04:56+	06:06+	07:48+	08:20+	09:09+	10:06+	12:41+	16:47+	18:12+	19:59+	21:18+	22:00+	23:13+	24:28+	25:31+	
01:19+	00:29+	01:00-	02:08+	01:10+	01:42+	00:32-	00:49+	00:57+	02:35+	04:06+	01:25+	01:47+	01:19+	00:42+	01:13+	01:15+	01:03+	
00:16&	00:04#	00:07-	00:19#	00:03+	00:04+	00:07-	00:05#	00:16&	00:42&	01:59&	00:41&	00:47&	00:17&	00:08#	00:07#	00:27&	00:07#	
<b>15</b>	<b>Inge Arild Leknes</b>	<b>376</b>	<b>25:38</b>															
01:12+	01:38+	02:14-	04:16-	06:14+	07:45+	08:16+	11:36+	13:24+	14:02+	16:26+	18:48+	19:46+	20:55+	22:00+	22:27+	23:33+	24:40+	25:38+
01:12+	00:26+	00:36-	02:02+	01:58+	01:31-	00:31-	03:20+	01:48+	00:38-	02:24+	02:22+	00:58-	01:09+	01:05+	00:27-	01:06+	01:07+	00:58+
00:09#	00:01+	00:31-	00:13#	00:51&	00:07-	00:08-	02:36@	01:07@	01:15-	00:17#	01:38@	00:02-	00:07#	00:31&	00:39-	00:18&	00:11#	00:58+

Class	Navn	Klasse	Tid
<b>16</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>	<b>25:58</b>
01:11+	01:38+	02:29-	05:35+
01:11+	00:27+	00:51-	03:06+
00:08#	00:02+	00:16-	01:17&
	01:13@	00:10#	00:07#
	00:12&	00:15&	00:46&
	00:42&	00:15&	00:23&
	00:17&	00:10&	00:12#
	00:24&	00:18&	
<b>17</b>	<b>Kjartan Stavland</b>	<b>66</b>	<b>26:01</b>
01:14+	02:43+	03:14+	08:45+
01:14+	01:29+	00:31-	05:31+
00:11#	01:04@	00:36-	03:42@
	00:22&	00:06-	00:13-
	00:05-	00:46@	00:24-
	01:35&	00:06#	00:09-
	00:01-	00:00=	00:08-
	00:41&	00:07-	
<b>18</b>	<b>Per Marthon Møland</b>	<b>5</b>	<b>26:16</b>
01:25+	01:53+	04:11+	06:31+
01:25+	00:28#	02:18+	02:20+
00:22&	00:03#	01:11@	00:31&
	00:44&	00:01-	00:16&
	00:08#	00:09#	01:04&
	00:14#	00:30&	00:14#
	00:05#	00:25&	00:05#
	00:25&	00:25&	00:25&
	00:33&	00:07#	
<b>19</b>	<b>Svein Sivertsen</b>	<b>115</b>	<b>26:56</b>
01:17+	01:47+	02:45+	04:50+
01:17+	00:30+	00:58-	02:05+
00:14#	00:05#	00:09-	00:16#
	00:11#	00:35&	00:15&
	00:15&	00:12&	01:08&
	01:51&	00:43&	00:13#
	00:25&	00:07#	00:22&
	00:43&	00:07#	
<b>20</b>	<b>Ivar Aalbu</b>	<b>29</b>	<b>26:56</b>
01:28+	02:07+	02:52+	05:18+
01:28+	00:39+	00:45-	02:26+
00:25&	00:14&	00:22-	00:37&
	00:26&	00:16#	00:19&
	00:15&	00:19&	01:25&
	00:48&	00:32&	00:39&
	00:25&	00:17&	00:18&
	00:30&	00:10#	
<b>21</b>	<b>Sjur Berntsen</b>	<b>29</b>	<b>27:43</b>
01:12+	01:43+	02:32-	04:38+
01:12+	00:31+	00:49-	02:06+
00:09#	00:06#	00:18-	00:17#
	00:03+	01:47@	00:03+
	00:12&	00:25&	03:24@
	00:05+	00:25&	00:26&
	00:22&	00:07#	00:12#
	00:26&	00:09#	00:26&
	00:09#	00:12#	00:26&
	00:09#	00:12#	00:09#
<b>22</b>	<b>Leif Jarle Skåra</b>	<b>29</b>	<b>27:52</b>
01:17+	01:44+	02:26-	05:10+
01:17+	00:27+	00:42-	02:44+
00:14#	00:02+	00:25-	00:55&
	01:17@	00:16#	00:03+
	00:18&	00:13&	01:17&
	01:02&	00:32&	00:23&
	00:35&	00:05#	00:31&
	00:42&	00:29&	00:42&
	00:29&	00:42&	00:29&
<b>23</b>	<b>Joar Fandrem</b>	<b>94</b>	<b>28:40</b>
01:22+	02:09+	03:12+	05:32+
01:22+	00:47+	01:03-	02:20+
00:19&	00:22&	00:04-	00:31&
	00:12#	00:30&	00:03+
	00:09#	00:12&	00:46@
	03:17@	00:31#	00:25&
	00:14#	00:17&	00:15&
	00:34&	00:38&	00:09#
<b>24</b>	<b>Arnstein Skretting</b>	<b>54</b>	<b>28:42</b>
01:32+	02:00+	02:45+	04:58+
01:32+	00:28#	00:45-	02:13+
00:29&	00:03#	00:22-	00:24#
	00:26&	00:18#	00:06#
	00:16&	04:13@	00:41&
	00:25&	00:26&	00:26&
	00:26&	00:18&	00:25&
	00:25&	00:25&	00:04+
<b>25</b>	<b>Arne Hope</b>	<b>43</b>	<b>29:00</b>
01:27+	02:08+	03:19+	05:51+
01:27+	00:41+	01:11+	02:32+
00:24&	00:16&	00:04+	00:43&
	00:53&	00:18#	00:08#
	00:22&	01:40@	01:15&
	00:30#	00:35&	00:21&
	00:28&	00:13&	00:18&
	00:48&	00:21&	00:21&
<b>26</b>	<b>Arild Svihus</b>	<b>92</b>	<b>29:03</b>
01:24+	01:55+	02:42+	05:09+
01:24+	00:31+	00:47-	02:27+
00:21&	00:06#	00:20-	00:38&
	00:18&	00:03+	00:00#
	00:11#	00:26&	00:54&
	02:18@	00:50@	00:24&
	00:04#	00:08#	02:54@
	00:12#		
<b>27</b>	<b>Endre Gabrielsen</b>	<b>126</b>	<b>29:14</b>
01:34+	03:00+	03:46+	06:16+
01:34+	01:26+	00:46-	02:30+
00:31&	01:01@	00:21-	00:41&
	01:40@	00:02+	00:00#
	00:18&	00:28&	00:52&
	00:49&	00:08#	00:09#
	00:11#	01:53@	00:10#
	01:18@	00:01+	00:01+
<b>28</b>	<b>Nils Egil Lie</b>	<b>376</b>	<b>29:19</b>
01:01-	01:28=	04:16+	06:24+
01:01-	00:27+	02:48+	02:08+
00:02-	00:02+	01:41@	00:19#
	00:55&	00:32&	00:00#
	00:16&	00:18&	01:39&
	01:09&	00:33&	00:34&
	00:38&	00:07#	00:20&
	00:36&	00:19&	
<b>29</b>	<b>John Helge Svdal</b>	<b>111</b>	<b>29:29</b>
01:08+	01:54+	05:32+	07:51+
01:08+	00:46+	03:38+	02:19+
00:05+	00:21&	02:31@	00:30&
	00:12#	00:16#	00:14&
	00:03+	00:35&	00:42&
	01:51&	00:31&	00:25&
	00:22&	00:09&	00:42&
	00:42&	00:42&	00:05-
<b>30</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>	<b>29:40</b>
01:25+	01:57+	02:45+	05:57+
01:25+	00:32+	00:48-	03:12+
00:22&	00:07&	00:19-	01:23&
	00:55&	00:18#	00:13&
	00:17&	00:17&	00:59&
	00:55&	00:35&	00:58&
	01:15@	00:42@	00:25&
	00:32&	00:32&	00:23&

Class	Navn	Klasse										Tid					
<b>31</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>29:51</b>					
01:40+	02:20+	03:28+	05:59+	08:21+	10:21+	11:07+	12:02+	13:06+	17:14+	20:32+	21:41+	23:08+	24:31+	25:16+	26:50+	28:26+	29:51+
01:40+	00:40+	01:08+	02:31+	02:22+	02:00+	00:46+	00:55+	01:04+	04:08+	03:18+	01:09+	01:27+	01:23+	00:45+	01:34+	01:36+	01:25+
00:37&	00:15&	00:01+	00:42&	01:15@	00:22#	00:07#	00:11#	00:23&	02:15@	01:11&	00:25&	00:27&	00:21&	00:11&	00:28&	00:48&	00:29&
<b>32</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>30:13</b>					
01:19+	03:30+	04:17+	06:53+	09:18+	11:12+	12:17+	13:16+	14:23+	17:15+	20:45+	21:59+	24:09+	25:35+	26:16+	27:47+	29:04+	30:13+
01:19+	02:11+	00:47-	02:36+	02:25+	01:54+	01:05+	00:59+	01:07+	02:52+	03:30+	01:14+	02:10+	01:26+	00:41+	01:31+	01:17+	01:09+
00:16&	01:46@	00:20-	00:47&	01:18@	00:16#	00:26&	00:15&	00:26&	00:59&	01:23&	00:30&	01:10@	00:24&	00:07#	00:25&	00:29&	00:13#
<b>33</b>	<b>Per Bakken</b>	<b>5</b>										<b>30:17</b>					
01:31+	02:19+	03:07+	05:54+	07:26+	09:42+	10:27+	11:22+	12:47+	16:09+	20:15+	21:32+	23:07+	24:52+	25:39+	27:21+	28:57+	30:17+
01:31+	00:48+	00:48-	02:47+	01:32+	02:16+	00:45+	00:55+	01:25+	03:22+	04:06+	01:17+	01:35+	01:45+	00:47+	01:42+	01:36+	01:20+
00:28&	00:23&	00:19-	00:58&	00:25&	00:38&	00:06#	00:11#	00:44@	01:29&	01:59&	00:33&	00:35&	00:43&	00:13&	00:36&	00:48&	00:24&
<b>34</b>	<b>Andre Forbergkog</b>	<b>117</b>										<b>30:17</b>					
01:24+	02:10+	03:11+	07:03+	08:56+	10:41+	11:31+	12:42+	13:54+	16:49+	19:27+	20:29+	21:54+	23:41+	25:26+	27:08+	29:01+	30:17+
01:24+	00:46+	01:01-	03:52+	01:53+	01:45+	00:50+	01:11+	01:12+	02:55+	02:38+	01:02+	01:25+	01:47+	01:45+	01:42+	01:53+	01:16+
00:21&	00:21&	00:06-	02:03@	00:46&	00:07+	00:11&	00:27&	00:31&	01:02&	00:31#	00:18&	00:25&	00:45&	01:11@	00:36&	01:05@	00:20&
<b>35</b>	<b>Steinar Aase</b>	<b>268</b>										<b>32:46</b>					
01:40+	02:22+	03:17+	05:49+	07:40+	10:15+	11:28+	12:28+	13:33+	17:27+	20:31+	22:50+	24:55+	26:46+	27:35+	29:46+	31:27+	32:46+
01:40+	00:42+	00:55-	02:32+	01:51+	02:35+	01:13+	01:00+	01:05+	03:54+	03:04+	02:19+	02:05+	01:51+	00:49+	02:11+	01:41+	01:19+
00:37&	00:17&	00:12-	00:43&	00:44&	00:57&	00:34&	00:16&	00:24&	02:01@	00:57&	01:35@	01:05@	00:49&	00:15&	01:05&	00:53@	00:23&
<b>36</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>33:23</b>					
01:25+	02:10+	03:04+	06:02+	07:47+	09:54+	10:47+	12:42+	14:07+	16:56+	23:35+	24:55+	26:28+	27:53+	28:56+	30:28+	31:55+	33:23+
01:25+	00:45+	00:54-	02:58+	01:45+	02:07+	00:53+	01:55+	01:25+	02:49+	06:39+	01:20+	01:33+	01:25+	01:03+	01:32+	01:27+	01:28+
00:22&	00:20&	00:13-	01:09&	00:38&	00:29&	00:14&	01:11@	00:44@	00:56&	04:32@	00:36&	00:33&	00:23&	00:29&	00:26&	00:39&	00:32&
<b>37</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>33:24</b>					
01:29+	04:12+	06:24+	09:09+	11:23+	13:20+	14:12+	15:20+	16:21+	20:31+	23:34+	24:54+	26:29+	28:02+	28:56+	30:29+	32:02+	33:24+
01:29+	02:43+	02:12+	02:45+	02:14+	01:57+	00:52+	01:08+	01:01+	04:10+	03:03+	01:20+	01:35+	01:33+	00:54+	01:33+	01:33+	01:22+
00:26&	02:18@	01:05&	00:56&	01:07&	00:19#	00:13&	00:24&	00:20&	02:17@	00:56&	00:36&	00:35&	00:31&	00:20&	00:27&	00:45&	00:26&
<b>38</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>34:43</b>					
01:35+	02:20+	04:06+	07:06+	09:10+	11:02+	12:18+	13:24+	14:47+	19:26+	22:32+	23:42+	26:09+	27:54+	28:57+	30:38+	33:28+	34:43+
01:35+	00:45+	01:46+	03:00+	02:04+	01:52+	01:16+	01:06+	01:23+	04:39+	03:06+	01:10+	02:27+	01:45+	01:03+	01:41+	02:50+	01:15+
00:32&	00:20&	00:39&	01:11&	00:57&	00:14#	00:37&	00:22&	00:42@	02:46@	00:59&	00:26&	01:27@	00:43&	00:29&	00:35&	02:02@	00:19&
<b>39</b>	<b>Frank Gulbrandsen</b>	<b>105</b>										<b>36:00</b>					
01:24+	02:11+	06:20+	08:54+	12:06+	14:12+	15:08+	16:10+	17:15+	21:00+	24:35+	27:11+	28:46+	30:48+	31:40+	33:16+	34:37+	36:00+
01:24+	00:47+	04:09+	02:34+	03:12+	02:06+	00:56+	01:02+	01:05+	03:45+	03:35+	02:36+	01:35+	02:02+	00:52+	01:36+	01:21+	01:23+
00:21&	00:22&	03:02@	00:45&	02:05@	00:28&	00:17&	00:18&	00:24&	01:52&	01:28&	01:52@	00:35&	01:00&	00:18&	00:30&	00:33&	00:27&
<b>40</b>	<b>Tom Leveraas</b>	<b>93</b>										<b>36:22</b>					
01:18+	01:49+	02:48+	05:55+	07:46+	13:06+	13:48+	14:55+	16:06+	19:55+	26:20+	27:33+	29:12+	30:23+	31:12+	33:48+	35:16+	36:22+
01:18+	00:31+	00:59-	03:07+	01:51+	05:20+	00:42+	01:07+	01:11+	03:49+	06:25+	01:13+	01:39+	01:11+	00:49+	02:36+	01:28+	01:06+
00:15#	00:06#	00:08-	01:18&	00:44&	03:42@	00:03+	00:23&	00:30&	01:56@	04:18@	00:29&	00:39&	00:09#	00:15&	01:30@	00:40&	00:10#
<b>41</b>	<b>Inge Grødem</b>	<b>92</b>										<b>1:32:09</b>					
08:46+	09:22+	25:51+	33:24+	36:46+	58:13+	60:00+	61:53+	63:54+	70:30+	75:50+	77:39+	80:02+	83:09+	84:40+	87:22+	90:01+	92:09+
08:46+	00:36+	16:29+	07:33+	03:22+	21:27+	01:47+	01:53+	02:01+	06:36+	05:20+	01:49+	02:23+	03:07+	01:31+	02:42+	02:39+	02:08+
07:43@	00:11&	15:22@	05:44@	02:15@	19:49@	01:08@	01:09@	01:20@	04:43@	03:13@	01:05@	01:23@	02:05@	00:57@	01:36@	01:51@	01:12@
<b>Beste strekktid for klassen</b>																	
00:56	00:22	00:31	01:38	01:06	01:15	00:26	00:35	00:41	00:38	01:46	00:43	00:51	00:56	00:32	00:27	00:48	00:47

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