

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Mari Thu Randulff	39	16:19										
02:01=	03:13=	04:24=	05:18=	07:22=	09:11=	10:49=	11:36=	12:35=	13:42=	14:42=	15:22=	15:48=	16:19=
02:01=	01:12=	01:11=	00:54=	02:04=	01:49=	01:38=	00:47=	00:59=	01:07=	01:00=	00:40=	00:26=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjersti Fandrem Høivik	68	18:03										
02:29+	03:46+	05:07+	06:03+	08:19+	10:25+	12:14+	13:00+	14:09+	15:24+	16:24+	17:06+	17:35+	18:03+
02:29+	01:17+	01:21+	00:56+	02:16+	02:06+	01:49+	00:46-	01:09+	01:15+	01:00=	00:42+	00:29+	00:28-
00:28#	00:05+	00:10#	00:02+	00:12+	00:17#	00:11#	00:01-	00:10#	00:08#	00:00=	00:02+	00:03#	00:03-
3	Lene Bjelland	116	18:16										
02:07+	03:27+	05:18+	06:10+	08:24+	10:42+	12:39+	13:25+	14:30+	15:41+	16:42+	17:22+	17:48+	18:16+
02:07+	01:20+	01:51+	00:52-	02:14+	02:18+	01:57+	00:46-	01:05+	01:11+	01:01+	00:40=	00:26=	00:28-
00:06+	00:08#	00:40&	00:02-	00:10+	00:29&	00:19#	00:01-	00:06#	00:04+	00:01+	00:00=	00:00=	00:03-
4	Ingrid Dagsland Halderaker	11	18:38										
02:08+	03:43+	04:45+	05:45+	08:16+	10:32+	12:18+	13:12+	14:21+	15:38+	16:47+	17:35+	18:05+	18:38+
02:08+	01:35+	01:02-	01:00+	02:31+	02:16+	01:46+	00:54+	01:09+	01:17+	01:09+	00:48+	00:30+	00:33+
00:07+	00:23&	00:09-	00:06#	00:27#	00:27#	00:08+	00:07#	00:10#	00:10#	00:09#	00:08#	00:04#	00:02+
5	Elin Graneland	39	18:51										
02:10+	03:39+	04:49+	05:53+	08:32+	10:43+	12:33+	13:28+	14:40+	15:59+	17:06+	17:51+	18:20+	18:51+
02:10+	01:29+	01:10-	01:04+	02:39+	02:11+	01:50+	00:55+	01:12+	01:19+	01:07+	00:45+	00:29+	00:31=
00:09+	00:17#	00:01-	00:10#	00:35&	00:22#	00:12#	00:08#	00:13#	00:12#	00:07#	00:05#	00:03#	00:00=
6	Katja Eliassen	105	18:54										
03:03+	04:40+	05:55+	06:48+	09:23+	11:07+	12:50+	13:35+	14:44+	15:56+	17:08+	17:57+	18:23+	18:54+
03:03+	01:37+	01:15+	00:53-	02:35+	01:44-	01:43+	00:45-	01:09+	01:12+	01:12+	00:49+	00:26=	00:31=
01:02&	00:25&	00:04+	00:01-	00:31#	00:05-	00:05+	00:02-	00:10#	00:05+	00:12#	00:09#	00:00=	00:00=
7	Ingrid Lycke Austbø	109	19:01										
02:13+	03:35+	06:06+	07:49+	10:14+	12:12+	13:44+	14:23+	15:21+	16:22+	17:22+	18:03+	18:31+	19:01+
02:13+	01:22+	02:31+	01:43+	02:25+	01:58+	01:32-	00:39-	00:58-	01:01-	01:00=	00:41+	00:28+	00:30-
00:12+	00:10#	01:20&	00:49&	00:21#	00:09+	00:06-	00:08-	00:01-	00:06-	00:00=	00:01+	00:02+	00:01-
8	Wibeke Lende	74	20:01										
02:44+	04:23+	05:31+	06:43+	09:17+	11:26+	13:25+	14:15+	15:27+	16:46+	18:00+	18:51+	19:21+	20:01+
02:44+	01:39+	01:08-	01:12+	02:34+	02:09+	01:59+	00:50+	01:12+	01:19+	01:14+	00:51+	00:30+	00:40+
00:43&	00:27&	00:03-	00:18&	00:30#	00:20#	00:21#	00:03+	00:13#	00:12#	00:14#	00:11&	00:04#	00:09&
9	Heidi Nordaunet	126	20:06										
02:19+	03:53+	05:34+	06:31+	09:00+	11:27+	13:12+	14:17+	15:34+	16:55+	18:05+	19:00+	19:32+	20:06+
02:19+	01:34+	01:41+	00:57+	02:29+	02:27+	01:45+	01:05+	01:17+	01:21+	01:10+	00:55+	00:32+	00:34+
00:18#	00:22&	00:30&	00:03+	00:25#	00:38&	00:07+	00:18&	00:18&	00:14#	00:10#	00:15&	00:06#	00:03+
10	Sara Engevik	126	20:28										
02:22+	03:59+	05:08+	06:12+	08:54+	11:18+	13:29+	14:23+	15:41+	17:11+	18:23+	19:18+	19:50+	20:28+
02:22+	01:37+	01:09-	01:04+	02:42+	02:24+	02:11+	00:54+	01:18+	01:30+	01:12+	00:55+	00:32+	00:38+
00:21#	00:25&	00:02-	00:10#	00:38&	00:35&	00:33&	00:07#	00:19&	00:23&	00:12#	00:15&	00:06#	00:07#
11	Hege Bakken	53	20:30										
02:57+	04:31+	05:43+	06:44+	09:13+	11:36+	13:27+	14:22+	15:33+	16:57+	18:08+	18:59+	19:32+	20:30+
02:57+	01:34+	01:12+	01:01+	02:29+	02:23+	01:51+	00:55+	01:11+	01:24+	01:11+	00:51+	00:33+	00:58+
00:56&	00:22&	00:01+	00:07#	00:25#	00:34&	00:13#	00:08#	00:12#	00:17&	00:11#	00:11&	00:07&	00:27&
12	Marita Navjord Nicolaysen	71	20:35										
03:26+	05:03+	06:10+	07:15+	09:48+	11:53+	13:50+	14:44+	15:56+	17:22+	18:48+	19:33+	20:02+	20:35+
03:26+	01:37+	01:07-	01:05+	02:33+	02:05+	01:57+	00:54+	01:12+	01:26+	01:26+	00:45+	00:29+	00:33+
01:25&	00:25&	00:04-	00:11#	00:29#	00:16#	00:19#	00:07#	00:13#	00:19&	00:26&	00:05#	00:03#	00:02+
13	Heidi Langeland	117	20:38										
02:34+	04:06+	05:16+	06:29+	09:18+	11:55+	13:50+	14:42+	15:59+	17:26+	18:44+	19:31+	20:00+	20:38+
02:34+	01:32+	01:10-	01:13+	02:49+	02:37+	01:55+	00:52+	01:17+	01:27+	01:18+	00:47+	00:29+	00:38+
00:33&	00:20&	00:01-	00:19&	00:45&	00:48&	00:17#	00:05#	00:18&	00:20&	00:18&	00:07#	00:03#	00:07#
14	Christina Renshaw	101	20:41										
02:23+	03:56+	05:03+	06:08+	09:01+	11:41+	13:46+	14:41+	15:59+	17:20+	18:31+	19:23+	19:59+	20:41+
02:23+	01:33+	01:07-	01:05+	02:53+	02:40+	02:05+	00:55+	01:18+	01:21+	01:11+	00:52+	00:36+	00:42+
00:22#	00:21&	00:04-	00:11#	00:49&	00:51&	00:27&	00:08#	00:19&	00:14#	00:11#	00:12&	00:10&	00:11&

Class	Navn	Klasse												Tid
15	Anina Iselin Hadland	29												20:53
02:23+	03:50+	04:54+	06:14+	08:57+	11:11+	13:22+	15:10+	16:16+	17:39+	18:55+	19:44+	20:16+	20:53+	
02:23+	01:27+	01:04-	01:20+	02:43+	02:14+	02:11+	01:48+	01:06+	01:23+	01:16+	00:49+	00:32+	00:37+	
00:22#	00:15#	00:07-	00:26&	00:39&	00:25#	00:33&	01:01@	00:07#	00:16#	00:16&	00:09#	00:06#	00:06#	
16	Ingunn Bergheim Landsnes	92												25:07
02:55+	04:29+	05:51+	07:04+	10:11+	13:08+	15:35+	16:45+	18:23+	19:54+	22:53+	23:49+	24:25+	25:07+	
02:55+	01:34+	01:22+	01:13+	03:07+	02:57+	02:27+	01:10+	01:38+	01:31+	02:59+	00:56+	00:36+	00:42+	
00:54&	00:22&	00:11#	00:19&	01:03&	01:08&	00:49&	00:23&	00:39&	00:24&	01:59@	00:16&	00:10&	00:11&	
17	Bente Cecilie Lio	136												27:07
03:15+	05:10+	06:50+	08:18+	11:38+	14:33+	18:31+	19:35+	21:20+	23:15+	24:38+	25:55+	26:28+	27:07+	
03:15+	01:55+	01:40+	01:28+	03:20+	02:55+	03:58+	01:04+	01:45+	01:55+	01:23+	01:17+	00:33+	00:39+	
01:14&	00:43&	00:29&	00:34&	01:16&	01:06&	02:20@	00:17&	00:46&	00:48&	00:23&	00:37&	00:07&	00:08&	
18	Maren Thu	386												27:09
02:16+	03:41+	04:49+	05:45+	17:09+	19:14+	20:51+	21:41+	22:59+	24:10+	25:19+	26:05+	26:33+	27:09+	
02:16+	01:25+	01:08-	00:56+	11:24+	02:05+	01:37-	00:50+	01:18+	01:11+	01:09+	00:46+	00:28+	00:36+	
00:15#	00:13#	00:03-	00:02+	09:20@	00:16#	00:01-	00:03+	00:19&	00:04+	00:09#	00:06#	00:02+	00:05#	
19	Linda Olsen	39												30:14
07:02+	08:35+	12:23+	13:20+	16:45+	19:33+	22:01+	23:18+	24:43+	26:13+	27:42+	29:08+	29:41+	30:14+	
07:02+	01:33+	03:48+	00:57+	03:25+	02:48+	02:28+	01:17+	01:25+	01:30+	01:29+	01:26+	00:33+	00:33+	
05:01@	00:21&	02:37@	00:03+	01:21&	00:59&	00:50&	00:30&	00:26&	00:23&	00:29&	00:46@	00:07&	00:02+	

Beste strekktid for klassen

02:01 01:12 01:02 00:52 02:04 01:44 01:32 00:39 00:58 01:01 01:00 00:40 00:26 00:28

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

Damer 40 - 49 år

1	Anne Marie Gausel	105												17:24
02:04=	03:34=	04:31=	05:37=	09:16=	11:55=	12:34=	13:05=	14:21=	15:44=	16:27=	16:54=	17:24=		
02:04=	01:30=	00:57=	01:06=	03:39=	02:39=	00:39=	00:31=	01:16=	01:23=	00:43=	00:27=	00:30=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Brit Nilsen	88												19:11
01:29-	03:09-	04:15-	05:35-	10:01+	12:32+	13:28+	14:03+	15:34+	17:13+	18:02+	18:34+	19:11+		
01:29-	01:40+	01:06+	01:20+	04:26+	02:31-	00:56+	00:35+	01:31+	01:39+	00:49+	00:32+	00:37+		
00:35-	00:10#	00:09#	00:14#	00:47#	00:08-	00:17&	00:04#	00:15#	00:16#	00:06#	00:05#	00:07#		
3	Randi Helen Ladsten	128												20:08
02:59+	04:42+	05:43+	07:03+	11:26+	13:53+	14:40+	15:14+	16:44+	18:20+	19:06+	19:34+	20:08+		
02:59+	01:43+	01:01+	01:20+	04:23+	02:27-	00:47+	00:34+	01:30+	01:36+	00:46+	00:28+	00:34+		
00:55&	00:13#	00:04+	00:14#	00:44#	00:12-	00:08#	00:03+	00:14#	00:13#	00:03+	00:01+	00:04#		
4	Toyah Bråtveit	43												20:46
03:44+	05:09+	06:02+	07:13+	11:14+	14:22+	15:06+	15:45+	16:57+	18:16+	18:56+	19:23+	20:46+		
03:44+	01:25-	00:53-	01:11+	04:01+	03:08+	00:44+	00:39+	01:12-	01:19-	00:40-	00:27=	01:23+		
01:40&	00:05-	00:04-	00:05+	00:22#	00:29#	00:05#	00:08&	00:04-	00:04-	00:03-	00:00=	00:53@		
5	Hege Anita H. Nielsen	48												23:06
03:18+	05:19+	07:11+	08:31+	13:18+	16:08+	17:06+	17:43+	19:17+	21:00+	21:56+	22:30+	23:06+		
03:18+	02:01+	01:52+	01:20+	04:47+	02:50+	00:58+	00:37+	01:34+	01:43+	00:56+	00:34+	00:36+		
01:14&	00:31&	00:55&	00:14#	01:08&	00:11+	00:19&	00:06#	00:18#	00:20#	00:13&	00:07&	00:06#		
6	Elin Norveel	105												26:02
03:34+	05:35+	06:49+	08:22+	13:20+	17:30+	18:38+	19:15+	21:18+	23:34+	24:37+	25:15+	26:02+		
03:34+	02:01+	01:14+	01:33+	04:58+	04:10+	01:08+	00:37+	02:03+	02:16+	01:03+	00:38+	00:47+		
01:30&	00:31&	00:17&	00:27&	01:19&	01:31&	00:29&	00:06#	00:47&	00:53&	00:20&	00:11&	00:17&		

Beste strekktid for klassen

01:29 01:25 00:53 01:06 03:39 02:27 00:39 00:31 01:12 01:19 00:40 00:27 00:30

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

Damer 50 - 59 år

Class	Navn	Klasse										Tid	
1	Anita Glenne Kallhovd	29										19:17	
	02:20=	03:52=	05:07=	06:28=	10:38=	13:03=	13:52=	14:28=	15:54=	17:28=	18:14=	18:45=	19:17=
	02:20=	01:32=	01:15=	01:21=	04:10=	02:25=	00:49=	00:36=	01:26=	01:34=	00:46=	00:31=	00:32=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marianne Fuglestad	117										19:21	
	01:59-	03:42-	04:49-	06:31+	10:34-	12:57-	13:44-	14:18-	15:44-	17:16-	18:07-	18:40-	19:21+
	01:59-	01:43+	01:07-	01:42+	04:03-	02:23-	00:47-	00:34-	01:26=	01:32-	00:51+	00:33+	00:41+
	00:21-	00:11#	00:08-	00:21&	00:07-	00:02-	00:02-	00:02-	00:00=	00:02-	00:05#	00:02+	00:09&
3	Tone Cecilie Nystrøm	68										19:38	
	01:44-	03:28-	04:34-	05:49-	10:13-	13:02-	13:55+	14:32+	16:05+	17:43+	18:32+	19:03+	19:38+
	01:44-	01:44+	01:06-	01:15-	04:24+	02:49+	00:53+	00:37+	01:33+	01:38+	00:49+	00:31=	00:35+
	00:36-	00:12#	00:09-	00:06-	00:14+	00:24#	00:04+	00:01+	00:07+	00:04+	00:03+	00:00=	00:03+
4	Evy Klausen Mjøltnes	62										20:06	
	02:47+	04:29+	05:39+	06:49+	11:11+	13:41+	14:35+	15:14+	16:41+	18:12+	18:59+	19:32+	20:06+
	02:47+	01:42+	01:10-	01:10-	04:22+	02:30+	00:54+	00:39+	01:27+	01:31-	00:47+	00:33+	00:34+
	00:27#	00:10#	00:05-	00:11-	00:12+	00:05+	00:05#	00:03+	00:01+	00:03-	00:01+	00:02+	00:02+
5	Margrethe Roalsø	93										20:19	
	01:31-	03:14-	04:30-	05:43-	10:06-	13:31+	14:20+	15:09+	16:33+	18:17+	19:09+	19:40+	20:19+
	01:31-	01:43+	01:16+	01:13-	04:23+	03:25+	00:49=	00:49+	01:24-	01:44+	00:52+	00:31=	00:39+
	00:49-	00:11#	00:01+	00:08-	00:13+	01:00&	00:00=	00:13&	00:02-	00:10#	00:06#	00:00=	00:07#
6	Anne Siv Gjertsen	27										20:51	
	02:20=	03:59+	05:12+	06:40+	11:18+	13:56+	14:56+	15:37+	17:11+	18:49+	19:40+	20:14+	20:51+
	02:20=	01:39+	01:13-	01:28+	04:38+	02:38+	01:00+	00:41+	01:34+	01:38+	00:51+	00:34+	00:37+
	00:00=	00:07+	00:02-	00:07+	00:28#	00:13+	00:11#	00:05#	00:08+	00:04+	00:05#	00:03+	00:05#
7	Kristin Skadsem	18										21:07	
	02:06-	03:49-	05:05-	06:28=	11:18+	14:04+	15:03+	15:41+	17:15+	18:59+	19:51+	20:26+	21:07+
	02:06-	01:43+	01:16+	01:23+	04:50+	02:46+	00:59+	00:38+	01:34+	01:44+	00:52+	00:35+	00:41+
	00:14-	00:11#	00:01+	00:02+	00:40#	00:21#	00:10#	00:02+	00:08+	00:10#	00:06#	00:04#	00:09&
8	Gerd Olaug Vikeså	101										21:08	
	02:41+	04:26+	05:37+	06:51+	11:54+	14:30+	15:25+	15:59+	17:32+	19:09+	19:57+	20:32+	21:08+
	02:41+	01:45+	01:11-	01:14-	05:03+	02:36+	00:55+	00:34-	01:33+	01:37+	00:48+	00:35+	00:36+
	00:21#	00:13#	00:04-	00:07-	00:53#	00:11+	00:06#	00:02-	00:07+	00:03+	00:02+	00:04#	00:04#
9	Iren Undheim Øgreid	62										21:32	
	02:30+	04:03+	07:21+	08:43+	13:10+	15:19+	16:19+	16:52+	18:23+	19:49+	20:31+	20:59+	21:32+
	02:30+	01:33+	03:18+	01:22+	04:27+	02:09-	01:00+	00:33-	01:31+	01:26-	00:42-	00:28-	00:33+
	00:10+	00:01+	02:03@	00:01+	00:17+	00:16-	00:11#	00:03-	00:05+	00:08-	00:04-	00:03-	00:01+
10	Torill Andersen	116										21:42	
	02:27+	04:12+	05:41+	07:01+	11:37+	14:21+	15:17+	16:16+	17:54+	19:37+	20:29+	21:02+	21:42+
	02:27+	01:45+	01:29+	01:20-	04:36+	02:44+	00:56+	00:59+	01:38+	01:43+	00:52+	00:33+	00:40+
	00:07+	00:13#	00:14#	00:01-	00:26#	00:19#	00:07#	00:23&	00:12#	00:09+	00:06#	00:02+	00:08#
11	Ragnhild Auglænd	62										21:45	
	02:26+	04:17+	05:27+	06:50+	11:42+	14:37+	15:32+	16:09+	17:48+	19:33+	20:28+	21:02+	21:45+
	02:26+	01:51+	01:10-	01:23+	04:52+	02:55+	00:55+	00:37+	01:39+	01:45+	00:55+	00:34+	00:43+
	00:06+	00:19#	00:05-	00:02+	00:42#	00:30#	00:06#	00:01+	00:13#	00:11#	00:09#	00:03+	00:11&
12	Tonje Tiley	27										21:45	
	03:01+	04:52+	06:05+	07:29+	11:59+	14:42+	15:38+	16:21+	17:55+	19:36+	20:33+	21:08+	21:45+
	03:01+	01:51+	01:13-	01:24+	04:30+	02:43+	00:56+	00:43+	01:34+	01:41+	00:57+	00:35+	00:37+
	00:41&	00:19#	00:02-	00:03+	00:20+	00:18#	00:07#	00:07#	00:08+	00:07+	00:11#	00:04#	00:05#
13	Toril Dahle	116										21:56	
	02:50+	04:56+	06:29+	07:45+	12:22+	15:05+	15:57+	16:37+	18:07+	19:50+	20:43+	21:16+	21:56+
	02:50+	02:06+	01:33+	01:16-	04:37+	02:43+	00:52+	00:40+	01:30+	01:43+	00:53+	00:33+	00:40+
	00:30#	00:34&	00:18#	00:05-	00:27#	00:18#	00:03+	00:04#	00:04+	00:09+	00:07#	00:02+	00:08#
14	Trude Katrine Hermanrud	117										22:09	
	02:50+	04:52+	06:00+	07:34+	12:03+	14:47+	15:38+	16:18+	17:55+	19:37+	20:42+	21:32+	22:09+
	02:50+	02:02+	01:08-	01:34+	04:29+	02:44+	00:51+	00:40+	01:37+	01:42+	01:05+	00:50+	00:37+
	00:30#	00:30&	00:07-	00:13#	00:19+	00:19#	00:02+	00:04#	00:11#	00:08+	00:19&	00:19&	00:05#
15	Marie-Elizabeth Reinseth	27										22:44	
	03:07+	05:03+	07:02+	08:36+	12:44+	15:18+	16:17+	17:19+	18:47+	20:31+	21:26+	21:56+	22:44+
	03:07+	01:56+	01:59+	01:34+	04:08-	02:34+	00:59+	01:02+	01:28+	01:44+	00:55+	00:30-	00:48+
	00:47&	00:24&	00:44&	00:13#	00:02-	00:09+	00:10#	00:26&	00:02+	00:10#	00:09#	00:01-	00:16&

Class	Navn	Klasse										Tid
16	May Bente Valdal	116										24:39
02:38+	04:23+	10:02+	11:05+	15:39+	18:15+	19:11+	19:52+	22:47+	23:35+	24:04+	24:39+	
02:38+	01:45+	05:39+	01:03-	04:34+	02:36+	00:56+	00:41+	01:23-	01:32-	00:48+	00:29-	00:35+
00:18#	00:13#	04:24@	00:18-	00:24+	00:11+	00:07#	00:05#	00:03-	00:02-	00:02+	00:02-	00:03+
17	Andrea Tapken	54										24:54
03:18+	05:33+	06:51+	08:36+	13:57+	17:05+	18:03+	18:42+	20:25+	22:34+	23:33+	24:10+	24:54+
03:18+	02:15+	01:18+	01:45+	05:21+	03:08+	00:58+	00:39+	01:43+	02:09+	00:59+	00:37+	00:44+
00:58&	00:43&	00:03+	00:24&	01:11&	00:43&	00:09#	00:03+	00:17#	00:35&	00:13&	00:06#	00:12&
18	Birgitte Røe	125										25:14
03:22+	05:35+	06:55+	08:26+	13:46+	16:49+	17:48+	18:28+	20:22+	22:20+	23:22+	23:58+	25:14+
03:22+	02:13+	01:20+	01:31+	05:20+	03:03+	00:59+	00:40+	01:54+	01:58+	01:02+	00:36+	01:16+
01:02&	00:41&	00:05+	00:10#	00:10&	00:38&	00:10#	00:04#	00:28&	00:24&	00:16&	00:05#	00:44@
19	Ragnhild Båtnes Berntsen	101										26:56
03:09+	05:34+	07:05+	09:13+	15:00+	18:26+	19:45+	20:41+	22:28+	24:31+	25:34+	26:16+	26:56+
03:09+	02:25+	01:31+	02:08+	05:47+	03:26+	01:19+	00:56+	01:47+	02:03+	01:03+	00:42+	00:40+
00:49&	00:53&	00:16#	00:47&	01:37&	01:01&	00:30&	00:20&	00:21#	00:29&	00:17&	00:11&	00:08#
20	Ellinor Hoemsnes	116										27:05
04:22+	07:54+	09:32+	11:00+	15:38+	18:45+	19:48+	20:31+	22:44+	24:54+	25:49+	26:23+	27:05+
04:22+	03:32+	01:38+	01:28+	04:38+	03:07+	01:03+	00:43+	02:13+	02:10+	00:55+	00:34+	00:42+
02:02&	02:00@	00:23&	00:07+	00:28#	00:42&	00:14&	00:07#	00:47&	00:36&	00:09#	00:03+	00:10&
21	Brit Vivian Meling	116										28:04
05:16+	08:05+	09:29+	11:02+	15:58+	19:01+	20:04+	20:59+	22:51+	25:06+	26:26+	27:10+	28:04+
05:16+	02:49+	01:24+	01:33+	04:56+	03:03+	01:03+	00:55+	01:52+	02:15+	01:20+	00:44+	00:54+
02:56@	01:17&	00:09#	00:12#	00:46#	00:38&	00:14&	00:19&	00:26&	00:41&	00:34&	00:13&	00:22&
22	Marianne Gjesdal Lyngås	92										29:44
03:51+	06:19+	08:06+	10:03+	16:18+	19:43+	20:55+	21:52+	24:14+	26:41+	27:52+	28:42+	29:44+
03:51+	02:28+	01:47+	01:57+	06:15+	03:25+	01:12+	00:57+	02:22+	02:27+	01:11+	00:50+	01:02+
01:31&	00:56&	00:32&	00:36&	02:05&	01:00&	00:23&	00:21&	00:56&	00:53&	00:25&	00:19&	00:30&

Beste strekktid for klassen

01:31 01:32 01:06 01:03 04:03 02:09 00:47 00:33 01:23 01:26 00:42 00:28 00:32

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

Damer 60 - 64 år

1	Ingunn Voilås	29										20:50	
02:04=	03:18=	04:29=	05:44=	07:29=	10:43=	13:34=	14:04=	15:02=	16:47=	18:35=	19:30=	20:06=	20:50=
02:04=	01:14=	01:11=	01:15=	01:45=	03:14=	02:51=	00:30=	00:58=	01:45=	01:48=	00:55=	00:36=	00:44=
00:00=	00:00=	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	Anne Katrine Lycke	147										21:05	
01:52-	02:58-	04:08-	05:41-	07:14-	10:14-	13:15-	13:44-	14:44-	16:59+	18:46+	19:44+	20:23+	21:05+
01:52-	01:06-	01:10-	01:33+	01:33-	03:00-	03:01+	00:29-	01:00+	02:15+	01:47-	00:58+	00:39+	00:42-
00:12-	00:08-	00:01-	00:18#	00:12-	00:14-	00:10+	00:01-	00:02+	00:30&	00:01-	00:03+	00:03+	00:02-
3	Ingrid Eik	88										21:17	
01:48-	02:58-	05:45+	07:00+	08:30+	11:49+	14:33+	14:57+	15:52+	17:35+	19:15+	20:08+	20:40+	21:17+
01:48-	01:10-	02:47+	01:15=	01:30-	03:19+	02:44-	00:24-	00:55-	01:43-	01:40-	00:53-	00:32-	00:37-
00:16-	00:04-	01:36@	00:00=	00:15-	00:05+	00:07-	00:06-	00:03-	00:02-	00:08-	00:02-	00:04-	00:07-
4	Ingrid Øxnevad	18										21:17	
01:29-	02:26-	03:33-	04:54-	06:25-	12:33+	15:25+	15:48+	16:52+	18:16+	19:36+	20:20+	20:47+	21:17+
01:29-	00:57-	01:07-	01:21+	01:31-	06:08+	02:52+	00:23-	01:04+	01:24-	01:20-	00:44-	00:27-	00:30-
00:35-	00:17-	00:04-	00:06+	00:14-	02:54&	00:01+	00:07-	00:06#	00:21-	00:28-	00:11-	00:09-	00:14-
5	Berit Bakken	93										21:53	
02:00-	03:10-	04:31+	05:58+	08:22+	11:48+	14:35+	15:04+	16:12+	17:48+	19:34+	20:31+	21:08+	21:53+
02:00-	01:10-	01:21+	01:27+	02:24+	03:26+	02:47-	00:29-	01:08+	01:36-	01:46-	00:57+	00:37+	00:45+
00:04-	00:04-	00:10#	00:12#	00:39&	00:12+	00:04-	00:01-	00:10#	00:09-	00:02-	00:02+	00:01+	00:01+
6	May Elinor Meling	125										22:09	
02:06+	03:13-	04:36+	05:49+	07:17-	12:48+	15:18+	15:49+	16:44+	18:22+	20:00+	20:59+	21:29+	22:09+
02:06+	01:07-	01:23+	01:13-	01:28-	05:31+	02:30-	00:31+	00:55-	01:38-	01:38-	00:59+	00:30-	00:40-
00:02+	00:07-	00:12#	00:02-	00:17-	02:17&	00:21-	00:01+	00:03-	00:07-	00:10-	00:04+	00:06-	00:04-

Class	Navn	Klasse												Tid
7	Liv Sissel Obrestad	54												30:00
02:13+	03:35+	05:05+	06:39+	08:27+	12:33+	15:50+	16:18+	18:51+	20:39+	27:20+	28:22+	29:08+	30:00+	
02:13+	01:22+	01:30+	01:34+	01:48+	04:06+	03:17+	00:28-	02:33+	01:48+	06:41+	01:02+	00:46+	00:52+	
00:09+	00:08#	00:19&	00:19&	00:03+	00:52&	00:26#	00:02-	01:35@	00:03+	04:53@	00:07#	00:10&	00:08#	

8	Kari Anstensrud	117												30:10
02:18+	03:29+	05:25+	06:45+	08:36+	18:42+	21:54+	22:36+	23:38+	26:14+	28:06+	29:01+	29:34+	30:10+	
02:18+	01:11-	01:56+	01:20+	01:51+	10:06+	03:12+	00:42+	01:02+	02:36+	01:52+	00:55=	00:33-	00:36-	
00:14#	00:03-	00:45&	00:05+	00:06+	06:52@	00:21#	00:12&	00:04+	00:51&	00:04+	00:00=	00:03-	00:08-	

Beste strekktid for klassen

01:29 00:57 01:07 01:13 01:28 03:00 02:30 00:23 00:55 01:24 01:20 00:44 00:27 00:30

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

Damer 65 - 69 år

1	Margot Asheim	105												21:57
01:40=	02:44=	04:04=	05:31=	07:02=	12:27=	15:01=	15:31=	16:21=	18:32=	20:05=	20:49=	21:22=	21:57=	
01:40=	01:04=	01:20=	01:27=	01:31=	05:25=	02:34=	00:30=	00:50=	02:11=	01:33=	00:44=	00:33=	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=	

2	Mette Dagsland	68												22:11
02:08+	03:40+	04:57+	06:39+	08:29+	11:33-	14:55-	15:27-	16:24+	18:07-	19:53-	20:52+	21:28+	22:11+	
02:08+	01:32+	01:17-	01:42+	01:50+	03:04-	03:22+	00:32+	00:57+	01:43-	01:46+	00:59+	00:36+	00:43+	
00:28&	00:28&	00:03-	00:15#	00:19#	02:21-	00:48&	00:02+	00:07#	00:28-	00:13#	00:15&	00:03+	00:08#	

3	Eli Frafjord	94												22:44
02:08+	03:26+	05:12+	06:39+	08:30+	12:02-	15:06+	15:34+	16:30+	18:17-	20:15+	21:17+	21:58+	22:44+	
02:08+	01:18+	01:46+	01:27=	01:51+	03:32-	03:04+	00:28-	00:56+	01:47-	01:58+	01:02+	00:41+	00:46+	
00:28&	00:14#	00:26&	00:00=	00:20#	01:53-	00:30#	00:02-	00:06#	00:24-	00:25&	00:18&	00:08#	00:11&	

4	Hanne Eik	117												23:34
02:12+	03:31+	05:17+	07:00+	08:54+	12:28+	15:46+	16:21+	17:35+	19:18+	21:16+	22:12+	22:52+	23:34+	
02:12+	01:19+	01:46+	01:43+	01:54+	03:34-	03:18+	00:35+	01:14+	01:43-	01:58+	00:56+	00:40+	00:42+	
00:32&	00:15#	00:26&	00:16#	00:23&	01:51-	00:44&	00:05#	00:24&	00:28-	00:25&	00:12&	00:07#	00:07#	

5	Åse Berg	105												24:58
02:18+	03:39+	05:11+	06:52+	08:50+	12:37+	16:15+	16:40+	17:58+	19:48+	21:59+	23:21+	24:09+	24:58+	
02:18+	01:21+	01:32+	01:41+	01:58+	03:47-	03:38+	00:25-	01:18+	01:50-	02:11+	01:22+	00:48+	00:49+	
00:38&	00:17&	00:12#	00:14#	00:27&	01:38-	01:04&	00:05-	00:28&	00:21-	00:38&	00:38&	00:15&	00:14&	

6	Berit Gramstad	113												26:39
02:10+	03:37+	05:32+	07:15+	09:21+	15:25+	19:06+	19:35+	20:33+	22:28+	24:20+	25:14+	25:53+	26:39+	
02:10+	01:27+	01:55+	01:43+	02:06+	06:04+	03:41+	00:29-	00:58+	01:55-	01:52+	00:54+	00:39+	00:46+	
00:30&	00:23&	00:35&	00:16#	00:35&	00:39#	01:07&	00:01-	00:08#	00:16-	00:19#	00:10#	00:06#	00:11&	

7	Åse Franciska Møster	128												27:10
02:22+	04:00+	05:54+	07:49+	09:51+	14:23+	17:55+	18:29+	19:30+	22:35+	24:42+	25:42+	26:24+	27:10+	
02:22+	01:38+	01:54+	01:55+	02:02+	04:32-	03:32+	00:34+	01:01+	03:05+	02:07+	01:00+	00:42+	00:46+	
00:42&	00:34&	00:34&	00:28&	00:31&	00:53-	00:58&	00:04#	00:11#	00:54&	00:34&	00:16&	00:09&	00:11&	

8	Halldis Handeland	92												27:59
02:26+	03:57+	06:27+	08:13+	10:11+	16:18+	19:36+	20:14+	21:24+	23:13+	25:24+	26:26+	27:07+	27:59+	
02:26+	01:31+	02:30+	01:46+	01:58+	06:07+	03:18+	00:38+	01:10+	01:49-	02:11+	01:02+	00:41+	00:52+	
00:46&	00:27&	01:10&	00:19#	00:27&	00:42#	00:44&	00:08&	00:20&	00:22-	00:38&	00:18&	00:08#	00:17&	

Beste strekktid for klassen

01:40 01:04 01:17 01:27 01:31 03:04 02:34 00:25 00:50 01:43 01:33 00:44 00:33 00:35

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

Damer 70 - 74 år

1	Inger Skretting Opstad	54												25:12
02:19=	03:50=	05:29=	07:30=	09:35=	13:10=	16:49=	17:24=	18:36=	20:39=	22:43=	23:45=	24:26=	25:12=	
02:19=	01:31=	01:39=	02:01=	02:05=	03:35=	03:39=	00:35=	01:12=	02:03=	02:04=	01:02=	00:41=	00:46=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Class	Navn	Klasse											Tid	
2	Kirsten Carlsen	93											26:57	
	02:32+	04:06+	05:53+	07:28-	09:38+	14:31+	18:08+	18:45+	20:02+	22:11+	24:17+	25:25+	26:08+	26:57+
	02:32+	01:34+	01:47+	01:35-	02:10+	04:53+	03:37-	00:37+	01:17+	02:09+	02:06+	01:08+	00:43+	00:49+
	00:13+	00:03+	00:08+	00:26-	00:05+	01:18&	00:02-	00:02+	00:05+	00:06+	00:02+	00:06+	00:02+	00:03+

Beste strekktid for klassen

02:19 01:31 01:39 01:35 02:05 03:35 03:37 00:35 01:12 02:03 02:04 01:02 00:41 00:46

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

Damer 75 - 79 år

1	Turid Nystrøm	68											22:26	
	02:06=	03:29=	05:03=	06:42=	08:33=	12:18=	15:09=	15:40=	16:38=	18:22=	20:13=	21:08=	21:43=	22:26=
	02:06=	01:23=	01:34=	01:39=	01:51=	03:45=	02:51=	00:31=	00:58=	01:44=	01:51=	00:55=	00:35=	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	Haldis Glendrange	68											22:51	
	02:16+	03:37+	04:52-	06:32-	08:30-	11:58-	15:02-	15:36-	16:46+	18:31+	20:28+	21:21+	22:09+	22:51+
	02:16+	01:21-	01:15-	01:40+	01:58+	03:28-	03:04+	00:34+	01:10+	01:45+	01:57+	00:53-	00:48+	00:42-
	00:10+	00:02-	00:19-	00:01+	00:07+	00:17-	00:13+	00:03+	00:12#	00:01+	00:06+	00:02-	00:13&	00:01-

3	Helga Aaslid	54											23:17	
	02:20+	03:49+	06:07+	07:36+	09:22+	12:37+	15:46+	16:19+	17:21+	19:10+	21:01+	22:00+	22:39+	23:17+
	02:20+	01:29+	02:18+	01:29-	01:46-	03:15-	03:09+	00:33+	01:02+	01:49+	01:51=	00:59+	00:39+	00:38-
	00:14#	00:06+	00:44&	00:10-	00:05-	00:30-	00:18#	00:02+	00:04+	00:05+	00:00=	00:04+	00:04#	00:05-

4	Hedvig Anda	116											24:18	
	02:07+	04:33+	06:14+	07:58+	09:48+	13:07+	16:13+	16:48+	17:52+	20:14+	22:07+	23:05+	23:39+	24:18+
	02:07+	02:26+	01:41+	01:44+	01:50-	03:19-	03:06+	00:35+	01:04+	02:22+	01:53+	00:58+	00:34-	00:39-
	00:01+	01:03&	00:07+	00:05+	00:01-	00:26-	00:15+	00:04#	00:06#	00:38&	00:02+	00:03+	00:01-	00:04-

5	Gry Vikhamar Thengs	68											25:37	
	02:12+	03:34+	05:26+	07:22+	09:13+	14:29+	17:49+	18:21+	19:17+	21:12+	23:10+	24:04+	24:41+	25:37+
	02:12+	01:22-	01:52+	01:56+	01:51=	05:16+	03:20+	00:32+	00:56-	01:55+	01:58+	00:54-	00:37+	00:56+
	00:06+	00:01-	00:18#	00:17#	00:00=	01:31&	00:29#	00:01+	00:02-	00:11#	00:07+	00:01-	00:02+	00:13&

6	Helga Klausen	62											35:32	
	02:46+	04:26+	06:05+	08:20+	10:53+	21:38+	25:28+	26:57+	28:10+	30:22+	32:46+	33:55+	34:41+	35:32+
	02:46+	01:40+	01:39+	02:15+	02:33+	10:45+	03:50+	01:29+	01:13+	02:12+	02:24+	01:09+	00:46+	00:51+
	00:40&	00:17#	00:05+	00:36&	00:42&	07:00@	00:59&	00:58@	00:15&	00:28&	00:33&	00:14&	00:11&	00:08#

Beste strekktid for klassen

02:06 01:21 01:15 01:29 01:46 03:15 02:51 00:31 00:56 01:44 01:51 00:53 00:34 00:38

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68											27:46	
	01:52=	04:21=	05:10=	09:32=	14:51=	16:54=	19:09=	19:57=	21:34=	24:07=	25:18=	26:07=	27:46=	
	01:52=	02:29=	00:49=	04:22=	05:19=	02:03=	02:15=	00:48=	01:37=	02:33=	01:11=	00:49=	01:39=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Gørild Espedal	113											38:59	
	02:47+	06:48+	07:54+	15:25+	21:13+	23:38+	25:52+	27:45+	31:41+	35:24+	37:05+	38:02+	38:59+	
	02:47+	04:01+	01:06+	07:31+	05:48+	02:25+	02:14-	01:53+	03:56+	03:43+	01:41+	00:57+	00:57-	
	00:55&	01:32&	00:17&	03:09&	00:29+	00:22#	00:01-	01:05@	02:19@	01:10&	00:30&	00:08#	00:42-	

Beste strekktid for klassen

01:52 02:29 00:49 04:22 05:19 02:03 02:14 00:48 01:37 02:33 01:11 00:49 00:57

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

Damer A

Class	Navn	Klasse	Tid																					
1	Aud Hognestad Taksdal	92	22:33																					
01:39=	02:07=	03:22=	04:07=	04:46=	06:38=	08:09=	08:41=	09:36=	09:57=	10:44=	11:37=	12:31=	13:23=	15:31=	17:01=	19:19=	20:13=	21:24=	22:04=	22:33=				
01:39=	00:28=	01:15=	00:45=	00:39=	01:52=	01:31=	00:32=	00:55=	00:21=	00:47=	00:53=	00:54=	00:52=	02:08=	01:30=	02:18=	00:54=	01:11=	00:40=	00:29=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Anna Taksdal	194	23:44																					
01:58+	02:27+	03:47+	04:37+	05:17+	07:11+	08:53+	09:21+	10:17+	10:37+	11:24+	12:21+	13:14+	14:08+	16:23+	18:04+	20:26+	21:18+	22:30+	23:12+	23:44+				
01:58+	00:29+	01:20+	00:50+	00:40+	01:54+	01:42+	00:28-	00:56+	00:20-	00:47=	00:57+	00:53-	00:54+	02:15+	01:41+	02:22+	00:52-	01:12+	00:42+	00:32+				
00:19#	00:01+	00:05+	00:05#	00:01+	00:02+	00:11#	00:04-	00:01+	00:01-	00:00=	00:04+	00:01-	00:02+	00:07+	00:11#	00:04+	00:02-	00:01+	00:02+	00:03#				
3	Jorunn Hadland	29	26:07																					
01:55+	02:27+	04:10+	05:36+	06:17+	08:17+	09:56+	10:26+	11:32+	11:59+	12:53+	13:56+	14:57+	15:59+	18:30+	20:15+	22:44+	23:44+	24:55+	25:38+	26:07+				
01:55+	00:32+	01:43+	01:26+	00:41+	02:00+	01:39+	00:30-	01:06+	00:27+	00:54+	01:03+	01:01+	01:02+	02:31+	01:45+	02:29+	01:00+	01:11=	00:43+	00:29=				
00:16#	00:04#	00:28&	00:41&	00:02+	00:08+	00:08+	00:02-	00:11#	00:06&	00:07#	00:10#	00:07#	00:10#	00:23#	00:15#	00:11+	00:06#	00:00=	00:03+	00:00=				
4	Silje Skarpeid	101	26:43																					
02:06+	02:39+	04:08+	05:16+	05:57+	08:10+	09:50+	10:18+	11:17+	11:42+	12:41+	13:45+	14:47+	15:48+	18:46+	20:27+	22:50+	23:54+	25:13+	26:11+	26:43+				
02:06+	00:33+	01:29+	01:08+	00:41+	02:13+	01:40+	00:28-	00:59+	00:25+	00:59+	01:04+	01:02+	01:01+	02:58+	01:41+	02:23+	01:04+	01:19+	00:58+	00:32+				
00:27&	00:05#	00:14#	00:23&	00:02+	00:21#	00:09+	00:04-	00:04+	00:04#	00:12&	00:11#	00:08#	00:09#	00:50&	00:11#	00:05+	00:10#	00:08#	00:18&	00:03#				
5	Tone Torgersen	27	26:59																					
02:08+	02:39+	04:16+	05:09+	05:52+	08:08+	09:57+	10:26+	11:33+	11:55+	12:49+	13:51+	14:56+	15:58+	18:29+	20:20+	23:10+	24:13+	25:36+	26:24+	26:59+				
02:08+	00:31+	01:37+	00:53+	00:43+	02:16+	01:49+	00:29-	01:07+	00:22+	00:54+	01:02+	01:05+	01:02+	02:31+	01:51+	02:50+	01:03+	01:23+	00:48+	00:35+				
00:29&	00:03#	00:22&	00:08#	00:04#	00:24#	00:18#	00:03-	00:12#	00:01+	00:07#	00:09#	00:11#	00:10#	00:23#	00:21#	00:32#	00:09#	00:12#	00:08#	00:06#				
6	Ane Oftedal	391	28:57																					
02:21+	02:57+	04:32+	05:43+	06:30+	08:46+	10:47+	11:21+	12:38+	13:01+	13:59+	15:09+	16:18+	17:26+	20:11+	22:07+	24:57+	26:06+	27:29+	28:22+	28:57+				
02:21+	00:36+	01:35+	01:11+	00:47+	02:16+	02:01+	00:34+	01:17+	00:23+	00:58+	01:10+	01:09+	01:08+	02:45+	01:56+	02:50+	01:09+	01:23+	00:53+	00:35+				
00:42&	00:08&	00:20&	00:26&	00:08#	00:24#	00:30&	00:02+	00:22&	00:02+	00:11#	00:17&	00:15&	00:16&	00:37&	00:26&	00:32#	00:15&	00:12#	00:13&	00:06#				
7	Katrine Prestvold	212	29:46																					
01:53+	02:28+	04:11+	05:25+	06:08+	08:31+	10:25+	11:03+	12:13+	12:38+	13:34+	14:37+	15:57+	16:56+	19:29+	21:21+	24:13+	26:42+	28:36+	29:21+	29:46+				
01:53+	00:35+	01:43+	01:14+	00:43+	02:23+	01:54+	00:38+	01:10+	00:25+	00:56+	01:03+	01:20+	00:59+	02:33+	01:52+	02:52+	02:29+	01:54+	00:45+	00:25-				
00:14#	00:07#	00:28&	00:29&	00:04#	00:31&	00:23&	00:06#	00:15&	00:04#	00:09#	00:10#	00:26&	00:07#	00:25#	00:22#	00:34#	01:35&	00:43&	00:05#	00:04-				
Beste strekktid for klassen				01:39	00:28	01:15	00:45	00:39	01:52	01:31	00:28	00:55	00:20	00:47	00:53	00:53	00:52	02:08	01:30	02:18	00:52	01:11	00:40	00:25

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

Damer B

1	Lise Isachsen	165	20:10															
02:09=	03:38=	03:59=	04:36=	05:28=	07:34=	09:11=	10:03=	11:41=	12:04=	13:04=	14:13=	15:19=	16:20=	17:29=	18:30=	19:08=	19:37=	20:10=
02:09=	01:29=	00:21=	00:37=	00:52=	02:06=	01:37=	00:52=	01:38=	00:23=	01:00=	01:09=	01:06=	01:01=	01:09=	01:01=	00:38=	00:29=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helen Lomeland	105	20:22															
02:08-	03:52+	04:19+	05:01+	05:56+	08:05+	09:35+	10:29+	12:06+	12:27+	13:22+	14:23+	15:28+	16:37+	17:44+	18:42+	19:22+	19:50+	20:22+
02:08-	01:44+	00:27+	00:42+	00:55+	02:09+	01:30-	00:54+	01:37-	00:21-	00:55-	01:01-	01:05-	01:09+	01:07-	00:58-	00:40+	00:28-	00:32-
00:01-	00:15#	00:06&	00:05#	00:03+	00:03+	00:07-	00:02+	00:01-	00:02-	00:05-	00:08-	00:01-	00:08#	00:02-	00:03-	00:02+	00:01-	00:01-
3	Vibeke Lamark	46	21:31															
02:05-	03:50+	04:15+	04:55+	05:53+	08:08+	09:57+	10:59+	12:45+	13:09+	14:09+	15:19+	16:28+	17:34+	18:47+	19:47+	20:31+	20:59+	21:31+
02:05-	01:45+	00:25+	00:40+	00:58+	02:15+	01:49+	01:02+	01:46+	00:24+	01:00=	01:10+	01:09+	01:06+	01:13+	01:00-	00:44+	00:28-	00:32-
00:04-	00:16#	00:04#	00:03+	00:06#	00:09+	00:12#	00:10#	00:08+	00:01+	00:00=	00:01+	00:03+	00:05+	00:04+	00:01-	00:06#	00:01-	00:01-
4	Grethe Anda Fuglestad	116	21:50															
02:09=	03:38=	04:03+	04:46+	05:46+	08:05+	10:04+	11:01+	12:48+	13:12+	14:13+	15:30+	16:41+	17:45+	18:57+	20:01+	20:46+	21:15+	21:50+
02:09=	01:29=	00:25+	00:43+	01:00+	02:19+	01:59+	00:57+	01:47+	00:24+	01:01+	01:17+	01:11+	01:04+	01:12+	01:04+	00:45+	00:29=	00:35+
00:00=	00:00=	00:04#	00:06#	00:08#	00:13#	00:22#	00:05+	00:09+	00:01+	00:01+	00:08#	00:05+	00:03+	00:03+	00:03+	00:07#	00:00=	00:02+
5	Ann-Cathrin Nybak Urdal	118	22:03															
02:15+	03:46+	04:12+	04:52+	05:55+	08:13+	10:00+	11:01+	12:45+	13:13+	14:13+	15:25+	16:41+	17:50+	19:05+	20:12+	20:59+	21:30+	22:03+
02:15+	01:31+	00:26+	00:40+	01:03+	02:18+	01:47+	01:01+	01:44+	00:28+	01:00=	01:12+	01:16+	01:09+	01:15+	01:07+	00:47+	00:31+	00:33=
00:06+	00:02+	00:05#	00:03+	00:11#	00:12+	00:10#	00:09#	00:06+	00:05#	00:00=	00:03+	00:10#	00:08#	00:06+	00:06+	00:09#	00:02+	00:00=
6	Kristin Breivold	92	22:05															
02:23+	04:03+	04:25+	05:09+	06:06+	08:28+	10:13+	11:15+	13:06+	13:32+	14:34+	15:40+	16:51+	18:03+	19:19+	20:21+	21:03+	21:32+	22:05+
02:23+	01:40+	00:22+	00:44+	00:57+	02:22+	01:45+	01:02+	01:51+	00:26+	01:02+	01:06-	01:11+	01:12+	01:16+	01:02+	00:42+	00:29=	00:33=
00:14#	00:11#	00:01+	00:07#	00:05+	00:16#	00:08+	00:10#	00:13#	00:03#	00:02+	00:03-	00:05+	00:11#	00:07#	00:01+	00:04#	00:00=	00:00=

Class	Navn	Klasse										Tid						
7	Hilde Nordbø	93										22:13						
02:10+	03:42+	04:05+	05:12+	06:20+	08:46+	10:25+	11:20+	13:04+	13:43+	14:41+	15:52+	16:59+	18:14+	19:26+	20:27+	21:12+	21:41+	22:13+
02:10+	01:32+	00:23+	01:07+	01:08+	02:26+	01:39+	00:55+	01:44+	00:39+	00:58-	01:11+	01:07+	01:15+	01:12+	01:01=	00:45+	00:29=	00:32-
00:01+	00:03+	00:02+	00:30&	00:16&	00:20#	00:02+	00:03+	00:06+	00:16&	00:02-	00:02+	00:01+	00:14#	00:03+	00:00=	00:07#	00:00=	00:01-
8	Berit Våg Aksland	116										22:17						
02:16+	03:44+	04:13+	04:55+	05:53+	08:29+	10:09+	11:05+	12:46+	13:52+	14:58+	16:03+	17:11+	18:17+	19:29+	20:31+	21:17+	21:46+	22:17+
02:16+	01:28-	00:29+	00:42+	00:58+	02:36+	01:40+	00:56+	01:41+	01:06+	01:06+	01:05-	01:08+	01:06+	01:12+	01:02+	00:46+	00:29=	00:31-
00:07+	00:01-	00:08&	00:05#	00:06#	00:30#	00:03+	00:04+	00:03+	00:43#	00:06#	00:04-	00:02+	00:05+	00:03+	00:01+	00:08#	00:00=	00:02-
9	Ingrid W. Hestness	117										22:20						
02:10+	03:51+	04:18+	05:05+	06:07+	08:53+	10:37+	11:36+	13:20+	13:48+	14:46+	15:54+	17:03+	18:05+	19:20+	20:25+	21:19+	21:47+	22:20+
02:10+	01:41+	00:27+	00:47+	01:02+	02:46+	01:44+	00:59+	01:44+	00:28+	00:58-	01:08-	01:09+	01:02+	01:15+	01:05+	00:54+	00:28-	00:33=
00:01+	00:12#	00:06&	00:10&	00:10#	00:40&	00:07+	00:07#	00:06+	00:05#	00:02-	00:01-	00:03+	00:01+	00:06+	00:04+	00:16&	00:01-	00:00=
10	Keth Berggraf	116										22:33						
01:59-	03:28-	03:54-	04:54+	05:51+	08:13+	10:02+	11:07+	13:02+	13:25+	14:33+	15:48+	17:06+	18:12+	19:28+	20:37+	21:27+	21:58+	22:33+
01:59-	01:29=	00:26+	01:00+	00:57+	02:22+	01:49+	01:05+	01:55+	00:23=	01:08+	01:15+	01:18+	01:06+	01:16+	01:09+	00:50+	00:31+	00:35+
00:10-	00:00=	00:05#	00:23&	00:05+	00:16#	00:12#	00:13#	00:17#	00:00=	00:08#	00:06+	00:12#	00:05+	00:07#	00:08#	00:12&	00:02+	00:02+
11	Anne Garsrud	53										22:49						
02:59+	04:37+	05:01+	05:43+	06:48+	09:13+	10:51+	11:48+	13:33+	14:23+	15:22+	16:31+	17:38+	18:42+	20:04+	21:05+	21:49+	22:16+	22:49+
02:59+	01:38+	00:24+	00:42+	01:05+	02:25+	01:38+	00:57+	01:45+	00:50+	00:59-	01:09=	01:07+	01:04+	01:22+	01:01=	00:44+	00:27-	00:33=
00:50&	00:09#	00:03#	00:05#	00:13#	00:19#	00:01+	00:05+	00:07+	00:27#	00:01-	00:00=	00:01+	00:03+	00:13#	00:00=	00:06#	00:02-	00:00=
12	Mariann Sveinsvoll	94										23:07						
02:10+	03:42+	04:06+	04:48+	05:54+	08:34+	10:40+	11:45+	13:36+	14:03+	15:16+	16:27+	17:41+	18:53+	20:11+	21:15+	22:04+	22:34+	23:07+
02:10+	01:32+	00:24+	00:42+	01:06+	02:40+	02:06+	01:05+	01:51+	00:27+	01:13+	01:11+	01:14+	01:12+	01:18+	01:04+	00:49+	00:30+	00:33=
00:01+	00:03+	00:03#	00:05#	00:14&	00:34&	00:29&	00:13#	00:13#	00:04#	00:13#	00:02+	00:08#	00:11#	00:09#	00:03+	00:11&	00:01+	00:00=
13	Irene Rummelhoff	116										23:26						
02:35+	04:40+	05:06+	05:47+	06:47+	09:23+	11:20+	12:23+	14:14+	14:40+	15:46+	16:56+	18:07+	19:13+	20:31+	21:37+	22:22+	22:53+	23:26+
02:35+	02:05+	00:26+	00:41+	01:00+	02:36+	01:57+	01:03+	01:51+	00:26+	01:06+	01:10+	01:11+	01:06+	01:18+	01:06+	00:45+	00:31+	00:33=
00:26#	00:36&	00:05#	00:04#	00:08#	00:30#	00:20#	00:11#	00:13#	00:03#	00:06#	00:01+	00:05+	00:05+	00:09#	00:05+	00:07#	00:02+	00:00=
14	Jorunn Johannesen	116										23:48						
02:12+	03:46+	04:13+	05:14+	06:17+	10:02+	11:48+	12:48+	14:37+	15:16+	16:15+	17:24+	18:32+	19:38+	20:52+	21:56+	22:42+	23:11+	23:48+
02:12+	01:34+	00:27+	01:01+	01:03+	03:45+	01:46+	01:00+	01:49+	00:39+	00:59-	01:09=	01:08+	01:06+	01:14+	01:04+	00:46+	00:29=	00:37+
00:03+	00:05+	00:06&	00:24&	00:11#	01:39&	00:09+	00:08#	00:11#	00:16&	00:01-	00:00=	00:02+	00:05+	00:05+	00:03+	00:08#	00:00=	00:04#
15	Ann Karin Tjørhom	93										23:52						
02:22+	04:02+	04:30+	05:16+	06:22+	09:07+	10:58+	12:07+	14:05+	14:30+	15:34+	16:52+	18:10+	19:20+	20:37+	21:47+	22:39+	23:12+	23:52+
02:22+	01:40+	00:28+	00:46+	01:06+	02:45+	01:51+	01:09+	01:58+	00:25+	01:04+	01:18+	01:18+	01:10+	01:17+	01:10+	00:52+	00:33+	00:40+
00:13#	00:11#	00:07&	00:09#	00:14&	00:39&	00:14#	00:17&	00:20#	00:02+	00:04+	00:09#	00:12#	00:09#	00:08#	00:09#	00:14&	00:04#	00:07#

Beste strekktid for klassen

01:59 01:28 00:21 00:37 00:52 02:06 01:30 00:52 01:37 00:21 00:55 01:01 01:05 01:01 01:07 00:58 00:38 00:27 00:31

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

Damer Ny

1	Ester-Lill Waage	105										13:04						
00:51=	01:23=	02:22=	03:16=	04:58=	06:36=	08:55=	11:54=	12:26=	13:04=									
00:51=	00:32=	00:59=	00:54=	01:42=	01:38=	02:19=	02:59=	00:32=	00:38=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									

2	Anne Kristin Nybø	117										16:37						
00:49-	01:32+	04:18+	05:19+	08:57+	12:01+	13:45+	14:58+	15:39+	16:37+									
00:49-	00:43+	02:46+	01:01+	03:38+	03:04+	01:44-	01:13-	00:41+	00:58+									
00:02-	00:11&	01:47#	00:07#	01:56#	01:26&	00:35-	01:46-	00:09&	00:20&									

Beste strekktid for klassen

00:49 00:32 00:59 00:54 01:42 01:38 01:44 01:13 00:32 00:38

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

Damer Trim

Class	Navn	Klasse	Tid							
1	Marit Fuglestad	114	14:33							
01:34=	02:27=	03:56=	06:30=	09:25=	09:55=	11:45=	12:57=	13:36=	14:02=	14:33=
01:34=	00:53=	01:29=	02:34=	02:55=	00:30=	01:50=	01:12=	00:39=	00:26=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ragnhild Thorset Våge	117	14:45							
01:50+	02:44+	04:12+	06:26=	09:53+	10:18+	12:05+	13:11+	13:50+	14:14+	14:45+
01:50+	00:54+	01:28-	02:14-	03:27+	00:25-	01:47-	01:06-	00:39=	00:24-	00:31=
00:16#	00:01+	00:01-	00:20-	00:32#	00:05-	00:03-	00:06-	00:00=	00:02-	00:00=
3	Fride Wirak	88	15:17							
01:28-	02:27=	04:05+	06:33+	09:26+	10:00+	12:09+	13:31+	14:14+	14:46+	15:17+
01:28-	00:59+	01:38+	02:28-	02:53-	00:34+	02:09+	01:22+	00:43+	00:32+	00:31=
00:06-	00:06#	00:09#	00:06-	00:02-	00:04#	00:19#	00:10#	00:04#	00:06#	00:00=
4	Maryon Paulsen Strugstad	43	15:44							
01:27-	02:26-	05:34+	07:46+	10:42+	11:05+	13:04+	14:14+	14:52+	15:16+	15:44+
01:27-	00:59+	03:08+	02:12-	02:56+	00:23-	01:59+	01:10-	00:38-	00:24-	00:28-
00:07-	00:06#	01:39@	00:22-	00:01+	00:07-	00:09+	00:02-	00:01-	00:02-	00:03-
5	Grethe Mo	117	16:22							
01:40+	02:57+	04:26+	06:20-	10:09+	10:35+	12:51+	14:25+	15:13+	15:47+	16:22+
01:40+	01:17+	01:29=	01:54-	03:49+	00:26-	02:16+	01:34+	00:48+	00:34+	00:35+
00:06+	00:24&	00:00=	00:40-	00:54&	00:04-	00:26#	00:22&	00:09#	00:08&	00:04#
6	Aina Kalsaas Urstad	356	16:31							
01:41+	02:42+	04:33+	07:28+	10:51+	11:16+	13:25+	14:48+	15:31+	15:59+	16:31+
01:41+	01:01+	01:51+	02:55+	03:23+	00:25-	02:09+	01:23+	00:43+	00:28+	00:32+
00:07+	00:08#	00:22#	00:21#	00:28#	00:05-	00:19#	00:11#	00:04#	00:02+	00:01+
7	Kristin Yoon	372	18:08							
01:53+	02:53+	04:32+	06:58+	10:19+	10:52+	13:01+	14:22+	15:07+	17:37+	18:08+
01:53+	01:00+	01:39+	02:26-	03:21+	00:33+	02:09+	01:21+	00:45+	02:30+	00:31=
00:19#	00:07#	00:10#	00:08-	00:26#	00:03#	00:19#	00:09#	00:06#	02:04@	00:00=
8	Linn Bringeland	384	18:14							
02:00+	03:07+	04:59+	08:13+	11:21+	12:06+	14:35+	16:17+	17:06+	17:39+	18:14+
02:00+	01:07+	01:52+	03:14+	03:08+	00:45+	02:29+	01:42+	00:49+	00:33+	00:35+
00:26&	00:14&	00:23&	00:40&	00:13+	00:15&	00:39&	00:30&	00:10&	00:07&	00:04#
9	Maren Hope Blå	43	18:42							
01:58+	03:12+	05:05+	08:04+	11:32+	12:10+	14:52+	16:33+	17:26+	18:03+	18:42+
01:58+	01:14+	01:53+	02:59+	03:28+	00:38+	02:42+	01:41+	00:53+	00:37+	00:39+
00:24&	00:21&	00:24&	00:25#	00:33#	00:08&	00:52&	00:29&	00:14&	00:11&	00:08&
10	Nina Bækkelund Christiansen	105	18:44							
01:55+	03:01+	06:06+	09:28+	12:26+	12:59+	15:07+	16:35+	17:23+	18:04+	18:44+
01:55+	01:06+	03:05+	03:22+	02:58+	00:33+	02:08+	01:28+	00:48+	00:41+	00:40+
00:21#	00:13#	01:36@	00:48&	00:03+	00:03#	00:18#	00:16#	00:09#	00:15&	00:09&
11	Silje H. Myklebust	54	18:54							
02:07+	03:14+	05:13+	08:11+	11:50+	12:29+	15:17+	16:52+	17:43+	18:14+	18:54+
02:07+	01:07+	01:59+	02:58+	03:39+	00:39+	02:48+	01:35+	00:51+	00:31+	00:40+
00:33&	00:14&	00:30&	00:24#	00:44&	00:09&	00:58&	00:23&	00:12&	00:05#	00:09&
12	Inger Johanne Klausen	54	18:57							
02:08+	03:15+	05:09+	08:17+	12:01+	12:43+	15:12+	16:50+	17:43+	18:20+	18:57+
02:08+	01:07+	01:54+	03:08+	03:44+	00:42+	02:29+	01:38+	00:53+	00:37+	00:37+
00:34&	00:14&	00:25&	00:34#	00:49&	00:12&	00:39&	00:26&	00:14&	00:11&	00:06#
13	Ann-Mari Vold	371	19:34							
02:11+	03:14+	05:13+	10:14+	13:22+	13:55+	16:22+	17:43+	18:33+	19:01+	19:34+
02:11+	01:03+	01:59+	05:01+	03:08+	00:33+	02:27+	01:21+	00:50+	00:28+	00:33+
00:37&	00:10#	00:30&	02:27&	00:13+	00:03#	00:37&	00:09#	00:11&	00:02+	00:02+
14	Ingrid O. Foss	117	19:43							
02:21+	03:37+	05:39+	08:49+	12:18+	12:53+	15:29+	17:22+	18:27+	19:02+	19:43+
02:21+	01:16+	02:02+	03:10+	03:29+	00:35+	02:36+	01:53+	01:05+	00:35+	00:41+
00:47&	00:23&	00:33&	00:36#	00:34#	00:05#	00:46&	00:41&	00:26&	00:09&	00:10&
15	Lene Vignes	54	19:52							
02:21+	03:37+	05:50+	09:16+	12:58+	13:32+	16:03+	17:44+	18:41+	19:13+	19:52+
02:21+	01:16+	02:13+	03:26+	03:42+	00:34+	02:31+	01:41+	00:57+	00:32+	00:39+
00:47&	00:23&	00:44&	00:52&	00:47&	00:04#	00:41&	00:29&	00:18&	00:06#	00:08&

Class	Navn	Klasse										Tid
16	Inga Borge	43										19:54
02:23+	03:29+	05:28+	09:01+	12:23+	12:56+	15:47+	17:28+	18:33+	19:09+	19:54+		
02:23+	01:06+	01:59+	03:33+	03:22+	00:33+	02:51+	01:41+	01:05+	00:36+	00:45+		
00:49&	00:13#	00:30&	00:59&	00:27#	00:03#	01:01&	00:29&	00:26&	00:10&	00:14&		
17	Grete Stokke Seljeskog	128										19:59
02:09+	03:31+	07:12+	10:04+	13:07+	13:39+	16:10+	18:06+	18:54+	19:26+	19:59+		
02:09+	01:22+	03:41+	02:52+	03:03+	00:32+	02:31+	01:56+	00:48+	00:32+	00:33+		
00:35&	00:29&	02:12@	00:18#	00:08+	00:02+	00:41&	00:44&	00:09#	00:06#	00:02+		
18	Elisabeth Melbø	128										20:06
01:48+	02:54+	04:57+	08:08+	11:26+	12:16+	14:31+	18:03+	18:55+	19:29+	20:06+		
01:48+	01:06+	02:03+	03:11+	03:18+	00:50+	02:15+	03:32+	00:52+	00:34+	00:37+		
00:14#	00:13#	00:34&	00:37#	00:23#	00:20&	00:25#	02:20@	00:13&	00:08&	00:06#		
19	Lina Dahle	372										20:45
01:56+	03:02+	05:02+	07:30+	11:58+	12:35+	16:05+	17:59+	18:57+	19:57+	20:45+		
01:56+	01:06+	02:00+	02:28-	04:28+	00:37+	03:30+	01:54+	00:58+	01:00+	00:48+		
00:22#	00:13#	00:31&	00:06-	01:33&	00:07#	01:40&	00:42&	00:19&	00:34@	00:17&		
20	Astri Sandanger	93										20:59
02:03+	03:11+	06:36+	09:47+	13:22+	14:11+	16:58+	18:58+	19:53+	20:22+	20:59+		
02:03+	01:08+	03:25+	03:11+	03:35+	00:49+	02:47+	02:00+	00:55+	00:29+	00:37+		
00:29&	00:15&	01:56@	00:37#	00:40#	00:19&	00:57&	00:48&	00:16&	00:03#	00:06#		
21	Mette Langeland	117										21:36
02:14+	03:33+	06:46+	10:13+	13:57+	14:29+	17:28+	19:20+	20:20+	20:57+	21:36+		
02:14+	01:19+	03:13+	03:27+	03:44+	00:32+	02:59+	01:52+	01:00+	00:37+	00:39+		
00:40&	00:26&	01:44@	00:53&	00:49&	00:02+	01:09&	00:40&	00:21&	00:11&	00:08&		
22	Marianne Steinkopf	5										22:22
04:37+	05:35+	07:29+	10:16+	13:22+	14:07+	18:46+	20:12+	21:15+	21:43+	22:22+		
04:37+	00:58+	01:54+	02:47+	03:06+	00:45+	04:39+	01:26+	01:03+	00:28+	00:39+		
03:03@	00:05+	00:25&	00:13+	00:11+	00:15&	02:49@	00:14#	00:24&	00:02+	00:08&		
23	Irene Sirevåg	53										22:56
02:27+	03:49+	06:24+	10:13+	14:18+	14:56+	18:14+	20:24+	21:30+	22:10+	22:56+		
02:27+	01:22+	02:35+	03:49+	04:05+	00:38+	03:18+	02:10+	01:06+	00:40+	00:46+		
00:53&	00:29&	01:06&	01:15&	01:10&	00:08&	01:28&	00:58&	00:27&	00:14&	00:15&		
24	Ruth Grødem	105										23:10
02:31+	03:55+	06:57+	11:09+	15:05+	15:42+	18:43+	20:44+	21:45+	22:26+	23:10+		
02:31+	01:24+	03:02+	04:12+	03:56+	00:37+	03:01+	02:01+	01:01+	00:41+	00:44+		
00:57&	00:31&	01:33@	01:38&	01:01&	00:07#	01:11&	00:49&	00:22&	00:15&	00:13&		
25	Elisabeth Horpestad	117										23:26
02:00+	03:27+	06:38+	11:01+	14:15+	14:48+	18:50+	21:18+	22:14+	22:51+	23:26+		
02:00+	01:27+	03:11+	04:23+	03:14+	00:33+	04:02+	02:28+	00:56+	00:37+	00:35+		
00:26&	00:34&	01:42@	01:49&	00:19#	00:03#	02:12@	01:16@	00:17&	00:11&	00:04#		
26	Esther Boenheim	268										23:49
02:12+	03:52+	06:19+	10:16+	15:35+	16:04+	19:15+	21:16+	22:33+	23:08+	23:49+		
02:12+	01:40+	02:27+	03:57+	05:19+	00:29-	03:11+	02:01+	01:17+	00:35+	00:41+		
00:38&	00:47&	00:58&	01:23&	02:24&	00:01-	01:21&	00:49&	00:38&	00:09&	00:10&		
27	Marie Volline Nessler	18										23:51
02:01+	03:28+	07:25+	11:32+	15:59+	16:36+	19:37+	21:25+	22:28+	23:06+	23:51+		
02:01+	01:27+	03:57+	04:07+	04:27+	00:37+	03:01+	01:48+	01:03+	00:38+	00:45+		
00:27&	00:34&	02:28@	01:33&	01:32&	00:07#	01:11&	00:36&	00:24&	00:12&	00:14&		
28	Gunn Vagle	126										23:53
02:25+	03:38+	06:48+	11:54+	15:52+	16:35+	19:14+	21:17+	22:25+	23:02+	23:53+		
02:25+	01:13+	03:10+	05:06+	03:58+	00:43+	02:39+	02:03+	01:08+	00:37+	00:51+		
00:51&	00:20&	01:41@	02:32&	01:03&	00:13&	00:49&	00:51&	00:29&	00:11&	00:20&		
29	Gunhild Nordbø	117										23:57
02:00+	03:28+	05:51+	10:50+	15:26+	15:59+	19:12+	21:26+	22:31+	23:16+	23:57+		
02:00+	01:28+	02:23+	04:59+	04:36+	00:33+	03:13+	02:14+	01:05+	00:45+	00:41+		
00:26&	00:35&	00:54&	02:25&	01:41&	00:03#	01:23&	01:02&	00:26&	00:19&	00:10&		
30	Ritva Aiko Halsne	105										23:58
02:57+	04:15+	08:35+	11:10+	16:03+	16:40+	19:27+	21:53+	22:51+	23:25+	23:58+		
02:57+	01:18+	04:20+	02:35+	04:53+	00:37+	02:47+	02:26+	00:58+	00:34+	00:33+		
01:23&	00:25&	02:51@	00:01+	01:58&	00:07#	00:57&	01:14@	00:19&	00:08&	00:02+		

Class	Navn	Klasse										Tid
31	Sigrund Serigstad	128										24:35
01:49+	06:15+	08:26+	12:00+	18:05+	18:38+	21:25+	22:53+	23:37+	24:04+	24:35+		
01:49+	04:26+	02:11+	03:34+	06:05+	00:33+	02:47+	01:28+	00:44+	00:27+	00:31=		
00:15#	03:33@	00:42&	01:00&	03:10@	00:03#	00:57&	00:16#	00:05#	00:01+	00:00=		
32	Eli Våge	117										24:43
02:23+	03:54+	06:09+	10:50+	16:09+	16:47+	19:51+	22:02+	23:12+	23:54+	24:43+		
02:23+	01:31+	02:15+	04:41+	05:19+	00:38+	03:04+	02:11+	01:10+	00:42+	00:49+		
00:49&	00:38&	00:46&	02:07&	02:24&	00:08&	01:14&	00:59&	00:31&	00:16&	00:18&		
33	Ingunn Fandrem	47										25:05
02:41+	04:11+	07:11+	11:40+	16:23+	17:07+	20:20+	22:27+	23:35+	24:18+	25:05+		
02:41+	01:30+	03:00+	04:29+	04:43+	00:44+	03:13+	02:07+	01:08+	00:43+	00:47+		
01:07&	00:37&	01:31@	01:55&	01:48&	00:14&	01:23&	00:55&	00:29&	00:17&	00:16&		
34	Solveig Marie Grønning	47										25:17
02:42+	04:11+	07:11+	11:36+	16:24+	17:08+	20:19+	22:26+	23:36+	24:18+	25:17+		
02:42+	01:29+	03:00+	04:25+	04:48+	00:44+	03:11+	02:07+	01:10+	00:42+	00:59+		
01:08&	00:36&	01:31@	01:51&	01:53&	00:14&	01:21&	00:55&	00:31&	00:16&	00:28&		
35	Brit Svihus	92										25:48
02:23+	03:49+	08:18+	12:03+	16:33+	17:42+	20:40+	23:22+	24:24+	25:06+	25:48+		
02:23+	01:26+	04:29+	03:45+	04:30+	01:09+	02:58+	02:42+	01:02+	00:42+	00:42+		
00:49&	00:33&	03:00@	01:11&	01:35&	00:39@	01:08&	01:30@	00:23&	00:16&	00:11&		
36	Kirsti Strand Salvesen	256										25:56
02:45+	04:23+	07:12+	11:18+	15:47+	16:37+	20:20+	22:41+	23:58+	24:49+	25:56+		
02:45+	01:38+	02:49+	04:06+	04:29+	00:50+	03:43+	02:21+	01:17+	00:51+	01:07+		
01:11&	00:45&	01:20&	01:32&	01:34&	00:20&	01:53@	01:09&	00:38&	00:25&	00:36@		
37	Signe Lise Haaland	66										30:36
03:14+	05:05+	08:23+	13:43+	18:44+	19:34+	23:50+	26:35+	28:15+	29:18+	30:36+		
03:14+	01:51+	03:18+	05:20+	05:01+	00:50+	04:16+	02:45+	01:40+	01:03+	01:18+		
01:40@	00:58@	01:49@	02:46@	02:06&	00:20&	02:26@	01:33@	01:01@	00:37@	00:47@		
38	Unni Byberg Mæstad	92										31:46
02:25+	04:12+	10:07+	14:59+	20:40+	21:11+	26:36+	28:59+	30:17+	31:00+	31:46+		
02:25+	01:47+	05:55+	04:52+	05:41+	00:31+	05:25+	02:23+	01:18+	00:43+	00:46+		
00:51&	00:54@	04:26@	02:18&	02:46&	00:01+	03:35@	01:11&	00:39&	00:17&	00:15&		
39	May Kristin Haaland	47										32:30
02:34+	04:09+	11:32+	16:07+	22:39+	23:14+	26:56+	29:38+	30:52+	31:39+	32:30+		
02:34+	01:35+	07:23+	04:35+	06:32+	00:35+	03:42+	02:42+	01:14+	00:47+	00:51+		
01:00&	00:42&	05:54@	02:01&	03:37@	00:05#	01:52@	01:30@	00:35&	00:21&	00:20&		
40	Hazel Grayston	263										39:26
03:58+	06:18+	11:03+	18:07+	26:24+	27:49+	32:11+	35:19+	37:00+	38:05+	39:26+		
03:58+	02:20+	04:45+	07:04+	08:17+	01:25+	04:22+	03:08+	01:41+	01:05+	01:21+		
02:24@	01:27@	03:16@	04:30@	05:22@	00:55@	02:32@	01:56@	01:02@	00:39@	00:50@		
41	Mona Berntsen	43										40:02
01:44+	02:54+	14:06+	21:43+	24:49+	26:36+	36:08+	37:42+	38:39+	39:15+	40:02+		
01:44+	01:10+	11:12+	07:37+	03:06+	01:47+	09:32+	01:34+	00:57+	00:36+	00:47+		
00:10#	00:17&	09:43@	05:03@	00:11+	01:17@	07:42@	00:22&	00:18&	00:10&	00:16&		
Beste strekktid for klassen												
01:27	00:53	01:28	01:54	02:53	00:23	01:47	01:06	00:38	00:24	00:28		

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

Herrer 16 - 39 år

1	Sveinung Aas	114										17:12						
01:42=	02:46=	03:03=	04:24=	05:39=	07:20=	08:32=	09:11=	10:35=	10:55=	11:41=	12:31=	13:19=	14:09=	15:05=	15:53=	16:27=	16:48=	17:12=
01:42=	01:04=	00:17=	01:21=	01:15=	01:41=	01:12=	00:39=	01:24=	00:20=	00:46=	00:50=	00:48=	00:50=	00:56=	00:48=	00:34=	00:21=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Øivind Fandrem Høivik	66										17:13						
01:41-	02:48+	03:08+	03:39-	04:28-	06:22-	07:38-	08:26-	09:52-	10:11-	10:59-	11:56-	13:00-	13:58-	15:00-	15:51-	16:24-	16:47-	17:13+
01:41-	01:07+	00:20+	00:31-	00:49-	01:54+	01:16+	00:48+	01:26+	00:19-	00:48+	00:57+	01:04+	00:58+	01:02+	00:51+	00:33-	00:23+	00:26+
00:01-	00:03+	00:03#	00:50-	00:26-	00:13#	00:04+	00:09#	00:02+	00:01-	00:02+	00:07#	00:16&	00:08#	00:06#	00:03+	00:01-	00:02+	00:02+

Class	Navn	Klasse	Tid															
3	Andreas Mykkeltveit Terjesen	43	17:31															
01:55+	03:03+	03:22+	03:57-	04:41-	07:02-	08:19-	09:06-	10:27-	10:49-	11:43+	12:43+	13:33+	14:22+	15:26+	16:15+	16:45+	17:06+	17:31+
01:55+	01:08+	00:19+	00:35-	00:44-	02:21+	01:17+	00:47+	01:21-	00:22+	00:54+	01:00+	00:50+	00:49-	01:04+	00:49+	00:30-	00:21=	00:25+
00:13#	00:04+	00:02#	00:46-	00:31-	00:40#	00:05+	00:08#	00:03-	00:02#	00:08#	00:10#	00:02+	00:01-	00:08#	00:01+	00:04-	00:00=	00:01+
4	Svein Kyllingstad	71	17:34															
01:29-	02:46=	03:08+	03:42-	04:25-	06:24-	07:41-	08:32-	09:57-	10:26-	11:11-	12:02-	13:03-	14:01-	15:03-	15:58+	16:40+	17:05+	17:34+
01:29-	01:17+	00:22+	00:34-	00:43-	01:59+	01:17+	00:51+	01:25+	00:29+	00:45-	00:51+	01:01+	00:58+	01:02+	00:55+	00:42+	00:25+	00:29+
00:13-	00:13#	00:05#	00:47-	00:32-	00:18#	00:05+	00:12#	00:01+	00:09#	00:01-	00:01+	00:13#	00:08#	00:06#	00:07#	00:08#	00:04#	00:05#
5	Håkon Eggebø	71	17:40															
01:43+	02:53+	03:14+	03:47-	04:33-	06:33-	07:57-	08:45-	10:08-	10:28-	11:19-	12:25-	13:27+	14:26+	15:24+	16:13+	16:49+	17:13+	17:40+
01:43+	01:10+	00:21+	00:33-	00:46-	02:00+	01:24+	00:48+	01:23-	00:20+	00:51+	01:06+	01:02+	00:59+	00:58+	00:49+	00:36+	00:24+	00:27+
00:01+	00:06+	00:04#	00:48-	00:29-	00:19#	00:12#	00:09#	00:01-	00:00=	00:05#	00:16#	00:14#	00:09#	00:02+	00:01+	00:02+	00:03#	00:03#
6	Maximilian Erlbeck	67	17:52															
02:11+	03:58+	04:20+	04:56+	05:38-	07:40+	08:50+	09:33+	10:53+	11:21+	12:08+	12:55+	13:51+	14:44+	15:38+	16:27+	17:01+	17:24+	17:52+
02:11+	01:47+	00:22+	00:36-	00:42-	02:02+	01:10-	00:43+	01:20-	00:28+	00:47+	00:47-	00:56+	00:53+	00:54-	00:49+	00:34=	00:23+	00:28+
00:29#	00:43#	00:05#	00:45-	00:33-	00:21#	00:02-	00:04#	00:04-	00:08#	00:01+	00:03-	00:08#	00:03+	00:02-	00:01+	00:00=	00:02+	00:04#
7	Bernhard Haver Vagle	126	18:28															
01:37-	02:55+	03:16+	03:52-	04:43-	06:51-	08:15-	09:08-	10:39+	10:59+	11:46+	12:44+	13:45+	14:44+	15:47+	16:54+	17:35+	18:00+	18:28+
01:37-	01:18+	00:21+	00:36-	00:51-	02:08+	01:24+	00:53+	01:31+	00:20=	00:47+	00:58+	01:01+	00:59+	01:03+	01:07+	00:41+	00:25+	00:28+
00:05-	00:14#	00:04#	00:45-	00:24-	00:27#	00:12#	00:14#	00:07+	00:00=	00:01+	00:08#	00:13#	00:09#	00:07#	00:19#	00:07#	00:04#	00:04#
8	Øivind Rustan	105	18:36															
02:34+	03:50+	04:16+	04:56+	05:50+	07:42+	08:58+	09:45+	11:10+	11:30+	12:15+	13:09+	14:10+	15:05+	16:10+	17:06+	17:44+	18:09+	18:36+
02:34+	01:16+	00:26+	00:40-	00:54-	01:52+	01:16+	00:47+	01:25+	00:20+	00:45-	00:54+	01:01+	00:55+	01:05+	00:56+	00:38+	00:25+	00:27+
00:52#	00:12#	00:09#	00:41-	00:21-	00:11#	00:04+	00:08#	00:01+	00:00=	00:01-	00:04+	00:13#	00:05#	00:09#	00:08#	00:04#	00:04#	00:03#
9	David Wade	116	19:01															
01:45+	02:54+	03:12+	04:00-	04:41-	06:38-	07:51-	08:42-	10:03-	10:52-	11:47+	12:45+	13:44+	14:42+	15:45+	16:38+	18:12+	18:33+	19:01+
01:45+	01:09+	00:18+	00:48-	00:41-	01:57+	01:13+	00:51+	01:21-	00:49+	00:55+	00:58+	00:59+	00:58+	01:03+	00:53+	01:34+	00:21=	00:28+
00:03+	00:05+	00:01+	00:33-	00:34-	00:16#	00:01+	00:12#	00:03-	00:29#	00:09#	00:08#	00:11#	00:08#	00:07#	00:05#	01:00#	00:00=	00:04#
10	Oddbjørn Oseland	39	19:12															
02:11+	03:24+	03:42+	04:52+	05:37-	07:16-	08:57+	09:57+	11:16+	11:34+	12:27+	13:17+	14:13+	15:15+	16:16+	17:44+	18:25+	18:46+	19:12+
02:11+	01:13+	00:18+	01:10-	00:45-	01:39-	01:41+	01:00+	01:19-	00:18-	00:53+	00:50=	00:56+	01:02+	01:01+	01:28+	00:41+	00:21=	00:26+
00:29#	00:09#	00:01+	00:11-	00:30-	00:02-	00:29#	00:21#	00:05-	00:02-	00:07#	00:00=	00:08#	00:12#	00:05+	00:40#	00:07#	00:00=	00:02+
11	Vegard Våge	128	19:46															
01:36-	02:48+	03:09+	03:50-	04:29-	06:48-	08:03-	09:13+	10:48+	11:21+	12:11+	13:10+	14:07+	15:18+	16:36+	18:15+	18:51+	19:21+	19:46+
01:36-	01:12+	00:21+	00:41-	00:39-	02:19+	01:15+	01:10+	01:35+	00:33+	00:50+	00:59+	00:57+	01:11+	01:18+	01:39+	00:36+	00:30+	00:25+
00:06-	00:08#	00:04#	00:40-	00:36-	00:38#	00:03+	00:31#	00:11#	00:13#	00:04+	00:09#	00:09#	00:21#	00:22#	00:51#	00:02+	00:09#	00:01+
12	Jone Klemo Øverland	165	20:08															
02:07+	03:30+	03:53+	04:32+	05:28-	07:35+	09:13+	10:08+	11:53+	12:19+	13:16+	14:18+	15:30+	16:28+	17:30+	18:26+	19:08+	19:40+	20:08+
02:07+	01:23+	00:23+	00:39-	00:56-	02:07+	01:38+	00:55+	01:45+	00:26+	00:57+	01:02+	01:12+	00:58+	01:02+	00:56+	00:42+	00:32+	00:28+
00:25#	00:19#	00:06#	00:42-	00:19-	00:26#	00:26#	00:16#	00:21#	00:06#	00:11#	00:12#	00:24#	00:08#	00:06#	00:08#	00:08#	00:11#	00:04#
13	Frank Terje Berge	126	20:11															
01:49+	03:19+	03:40+	05:31+	06:23+	08:25+	09:46+	10:39+	12:03+	12:23+	13:13+	14:17+	15:21+	16:18+	17:42+	18:37+	19:17+	19:42+	20:11+
01:49+	01:30+	00:21+	01:51+	00:52-	02:02+	01:21+	00:53+	01:24=	00:20=	00:50+	01:04+	01:04+	00:57+	01:24+	00:55+	00:40+	00:25+	00:29+
00:07+	00:26#	00:04#	00:30#	00:23-	00:21#	00:09#	00:14#	00:00=	00:00=	00:04+	00:14#	00:16#	00:07#	00:28#	00:07#	00:06#	00:04#	00:05#
14	Truls Thorkildsen	39	20:22															
01:58+	03:26+	03:51+	04:27+	05:23-	07:37+	09:11+	10:07+	11:49+	12:11+	13:11+	14:25+	15:32+	16:35+	17:44+	18:42+	19:23+	19:50+	20:22+
01:58+	01:28+	00:25+	00:36-	00:56-	02:14+	01:34+	00:56+	01:42+	00:22+	01:00+	01:14+	01:07+	01:03+	01:09+	00:58+	00:41+	00:27+	00:32+
00:16#	00:24#	00:08#	00:45-	00:19-	00:33#	00:22#	00:17#	00:18#	00:02#	00:14#	00:24#	00:19#	00:13#	00:13#	00:10#	00:07#	00:06#	00:08#
15	Tor Gunnar Osen	116	22:10															
02:21+	03:55+	04:21+	05:02+	05:59+	08:11+	09:55+	10:56+	12:36+	13:23+	14:19+	15:26+	16:37+	18:05+	19:12+	20:21+	21:06+	21:36+	22:10+
02:21+	01:34+	00:26+	00:41-	00:57-	02:12+	01:44+	01:01+	01:40+	00:47+	00:56+	01:07+	01:11+	01:28+	01:07+	01:09+	00:45+	00:30+	00:34+
00:39#	00:30#	00:09#	00:40-	00:18-	00:31#	00:32#	00:22#	00:16#	00:27#	00:10#	00:17#	00:23#	00:38#	00:11#	00:21#	00:11#	00:09#	00:10#
16	Daniel Thu	384	22:55															
03:17+	04:40+	05:05+	05:57+	06:55+	09:03+	10:29+	11:19+	13:01+	14:22+	15:21+	16:31+	17:41+	18:47+	19:57+	21:09+	22:03+	22:32+	22:55+
03:17+	01:23+	00:25+	00:52-	00:58-	02:08+	01:26+	00:50+	01:42+	01:21+	00:59+	01:10+	01:10+	01:06+	01:10+	01:12+	00:54+	00:29+	00:23-
01:35#	00:19#	00:08#	00:29-	00:17-	00:27#	00:14#	00:11#	00:18#	01:01#	00:13#	00:20#	00:22#	00:16#	00:14#	00:24#	00:20#	00:08#	00:01-
17	Håvard Høie	378	24:34															
02:55+	04:32+	05:06+	07:09+	08:09+	10:24+	12:05+	13:07+	14:55+	15:27+	16:31+	17:40+	18:53+	20:07+	21:43+	22:46+	23:33+	24:04+	24:34+
02:55+	01:37+	00:34+	02:03+	01:00-	02:15+	01:41+	01:02+	01:48+	00:32+	01:04+	01:09+	01:13+	01:14+	01:36+	01:03+	00:47+	00:31+	00:30+
01:13#	00:33#	00:17#	00:42#	00:15-	00:34#	00:29#	00:23#	00:24#	00:12#	00:18#	00:19#	00:25#	00:24#	00:40#	00:15#	00:13#	00:10#	00:06#

Class	Navn	Klasse										Tid							
18	Sverre Dørheim	136										28:31							
02:40+	04:42+	05:11+	05:54+	07:15+	10:26+	12:42+	13:55+	16:23+	16:53+	18:25+	20:03+	21:39+	22:58+	24:38+	25:58+	27:05+	27:42+	28:31+	
02:40+	02:02+	00:29+	00:43-	01:21+	03:11+	02:16+	01:13+	02:28+	00:30+	01:32+	01:38+	01:36+	01:19+	01:40+	01:20+	01:07+	00:37+	00:49+	
00:58&	00:58&	00:12&	00:38-	00:06+	01:30&	01:04&	00:34&	01:04&	00:10&	00:46&	00:48&	00:48&	00:29&	00:44&	00:32&	00:33&	00:16&	00:25&	
Beste strekktid for klassen																			
01:29	01:04	00:17	00:31	00:39	01:39	01:10	00:39	01:19	00:18	00:45	00:47	00:48	00:49	00:54	00:48	00:30	00:21	00:23	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																			
Herrer 40 - 49 år																			
1	Asgeir Nærland	88										18:00							
01:47=	02:55=	03:15=	04:00=	04:53=	06:45=	08:22=	09:09=	10:35=	11:03=	11:54=	12:55=	13:53=	14:49=	15:54=	16:39=	17:14=	17:35=	18:00=	
01:47=	01:08=	00:20=	00:45=	00:53=	01:52=	01:37=	00:47=	01:26=	00:28=	00:51=	01:01=	00:58=	00:56=	01:05=	00:45=	00:35=	00:21=	00:25=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Audun Thomassen	65										18:45							
02:48+	04:02+	04:22+	05:00+	05:48+	07:56+	09:11+	10:01+	11:21+	11:43+	12:32+	13:33+	14:29+	15:28+	16:29+	17:21+	17:57+	18:20+	18:45+	
02:48+	01:14+	00:20=	00:38-	00:48-	02:08+	01:15-	00:50+	01:20-	00:22-	00:49-	01:01=	00:56-	00:59+	01:01-	00:52+	00:36+	00:23+	00:25=	
01:01&	00:06+	00:00=	00:07-	00:05-	00:16#	00:22-	00:03+	00:06-	00:06-	00:02-	00:00=	00:02-	00:03+	00:04-	00:07#	00:01+	00:02+	00:00=	
3	Thomas Johansen	111										18:47							
01:58+	03:09+	03:31+	04:04+	05:41+	07:31+	08:49+	09:35+	11:00+	11:28+	12:38+	13:33+	14:29+	15:33+	16:32+	17:19+	17:52+	18:18+	18:47+	
01:58+	01:11+	00:22+	00:33-	01:37+	01:50-	01:18-	00:46-	01:25-	00:28-	01:10+	00:55-	00:56-	01:04+	00:59-	00:47+	00:33-	00:26+	00:29+	
00:11#	00:03+	00:02#	00:12-	00:44&	00:02-	00:19-	00:01-	00:01-	00:00=	00:19&	00:06-	00:02-	00:08#	00:06-	00:02+	00:02-	00:05#	00:04#	
4	Eivind Lie	116										18:55							
01:57+	03:18+	03:41+	04:19+	05:10+	07:24+	08:48+	09:37+	11:05+	11:27+	12:18+	13:16+	14:10+	15:05+	16:15+	17:13+	18:05+	18:28+	18:55+	
01:57+	01:21+	00:23+	00:38-	00:51-	02:14+	01:24-	00:49+	01:28+	00:22-	00:51=	00:58-	00:54-	00:55-	01:10+	00:58+	00:52+	00:23+	00:27+	
00:10+	00:13#	00:03#	00:07-	00:02-	00:22#	00:13-	00:02+	00:02+	00:06-	00:00=	00:03-	00:04-	00:01-	00:05+	00:13&	00:17&	00:02+	00:02+	
5	Christian Ask	180										19:42							
01:40-	03:08+	03:30+	04:19+	05:11+	07:19+	08:46+	09:38+	11:14+	11:38+	12:31+	13:47+	14:54+	15:54+	17:05+	18:05+	18:46+	19:13+	19:42+	
01:40-	01:28+	00:22+	00:49+	00:52-	02:08+	01:27-	00:52+	01:36+	00:24-	00:53+	01:16+	01:07+	01:00+	01:11+	01:00+	00:41+	00:27+	00:29+	
00:07-	00:20&	00:02#	00:04+	00:01-	00:16#	00:10-	00:05#	00:10#	00:04-	00:02+	00:15#	00:09#	00:04+	00:06+	00:15&	00:06#	00:06&	00:04#	
6	Oddgeir Nevland	51										20:46							
01:48+	03:11+	03:36+	04:27+	05:24+	07:33+	09:12+	10:11+	11:57+	12:21+	13:17+	14:26+	15:33+	16:43+	17:55+	18:56+	19:47+	20:14+	20:46+	
01:48+	01:23+	00:25+	00:51+	00:57+	02:09+	01:39+	00:59+	01:46+	00:24-	00:56+	01:09+	01:07+	01:10+	01:12+	01:01+	00:51+	00:27+	00:32+	
00:01+	00:15#	00:05#	00:06#	00:04+	00:17#	00:02+	00:12&	00:20#	00:04-	00:05+	00:08#	00:09#	00:14#	00:07#	00:16&	00:16&	00:06&	00:07&	
7	Magne Habbestad	111										20:47							
02:13+	03:52+	04:15+	04:56+	05:51+	08:01+	09:34+	10:30+	12:05+	12:30+	13:28+	14:36+	15:42+	16:53+	18:13+	19:10+	19:48+	20:14+	20:47+	
02:13+	01:39+	00:23+	00:41-	00:55+	02:10+	01:33-	00:56+	01:35+	00:25-	00:58+	01:08+	01:06+	01:11+	01:20+	00:57+	00:38+	00:26+	00:33+	
00:26#	00:31&	00:03#	00:04-	00:02+	00:18#	00:04-	00:09#	00:09#	00:03-	00:07#	00:07#	00:08#	00:15&	00:15#	00:12&	00:03+	00:05#	00:08&	
8	Ole-Tobias Frich	116										20:55							
02:32+	03:56+	04:17+	05:01+	05:53+	08:03+	09:35+	10:25+	12:17+	12:39+	13:37+	14:42+	15:50+	16:52+	18:07+	19:08+	19:52+	20:21+	20:55+	
02:32+	01:24+	00:21+	00:44-	00:52-	02:10+	01:32-	00:50+	01:52+	00:22-	00:58+	01:05+	01:08+	01:02+	01:15+	01:01+	00:44+	00:29+	00:34+	
00:45&	00:16#	00:01+	00:01-	00:01-	00:18#	00:05-	00:03+	00:26&	00:06-	00:07#	00:04+	00:10#	00:06#	00:10#	00:16&	00:09&	00:08&	00:09&	
9	Kristian Bjo	165										21:15							
02:04+	03:34+	03:58+	04:39+	05:34+	08:05+	09:28+	10:27+	12:01+	12:28+	13:22+	14:24+	15:31+	16:36+	17:53+	18:48+	19:29+	19:55+	21:15+	
02:04+	01:30+	00:24+	00:41-	00:55+	02:31+	01:23-	00:59+	01:34+	00:27-	00:54+	01:02+	01:07+	01:05+	01:17+	00:55+	00:41+	00:26+	01:20+	
00:17#	00:22&	00:04#	00:04-	00:02+	00:39&	00:14-	00:12&	00:08+	00:01-	00:03+	00:01+	00:09#	00:09#	00:12#	00:10#	00:06#	00:05#	00:55&	
10	Reidar Mosvold	53										21:26							
02:11+	03:48+	04:13+	04:53+	05:55+	08:09+	09:44+	10:46+	12:29+	12:52+	13:54+	15:03+	16:15+	17:20+	18:38+	19:42+	20:27+	20:55+	21:26+	
02:11+	01:37+	00:25+	00:40-	01:02+	02:14+	01:35-	01:02+	01:43+	00:23-	01:02+	01:09+	01:12+	01:05+	01:18+	01:04+	00:45+	00:28+	00:31+	
00:24#	00:29&	00:05#	00:05-	00:09#	00:22#	00:02-	00:15&	00:17#	00:05-	00:11#	00:08#	00:14#	00:09#	00:13#	00:19&	00:10&	00:07&	00:06#	
11	Trondr Breiland	53										22:29							
01:59+	03:17+	03:41+	06:04+	06:47+	08:47+	10:23+	11:16+	12:47+	13:08+	13:57+	15:04+	16:02+	16:58+	19:16+	20:55+	21:33+	22:00+	22:29+	
01:59+	01:18+	00:24+	02:23+	00:43-	02:00+	01:36-	00:53+	01:31+	00:21-	00:49-	01:07+	00:58=	00:56=	02:18+	01:39+	00:38+	00:27+	00:29+	
00:12#	00:10#	00:04#	01:38&	00:10-	00:08+	00:01-	00:06#	00:05+	00:07-	00:02-	00:06+	00:00=	00:00=	01:13&	00:54&	00:03+	00:06&	00:04#	
12	Rune Hatle	65										22:50							
02:27+	04:09+	04:34+	05:23+	06:16+	08:38+	10:27+	11:37+	13:29+	13:54+	14:49+	16:14+	17:32+	18:43+	20:05+	21:06+	21:52+	22:21+	22:50+	
02:27+	01:42+	00:25+	00:49+	00:53=	02:22+	01:49+	01:10+	01:52+	00:25-	00:55+	01:25+	01:18+	01:11+	01:22+	01:01+	00:46+	00:29+	00:29+	
00:40&	00:34&	00:05#	00:04+	00:00=	00:30&	00:12#	00:23&	00:26&	00:03-	00:04+	00:24&	00:20&	00:15&	00:17&	00:16&	00:11&	00:08&	00:04#	

Class	Navn	Klasse	Tid															
13	Thomas Chruickshank	48	23:22															
01:57+	03:28+	04:38+	05:28+	11:49+	13:16+	14:04+	15:36+	15:57+	16:51+	17:50+	18:50+	19:52+	20:59+	21:54+	22:30+	22:54+	23:22+	
01:57+	01:31+	00:20=	00:50+	00:50-	06:21+	01:27-	00:48+	01:32+	00:21-	00:54+	00:59-	01:00+	01:02+	01:07+	00:55+	00:36+	00:24+	00:28+
00:10+	00:23&	00:00=	00:05#	00:03-	04:29@	00:10-	00:01+	00:06+	00:07-	00:03+	00:02-	00:02+	00:06#	00:02+	00:10#	00:01+	00:03#	00:03#
14	Glenn Madland	128	29:05															
01:31-	02:39-	03:00-	03:40-	04:29-	15:36+	16:54+	17:39+	18:58+	19:19+	23:16+	24:05+	25:05+	25:56+	26:55+	27:43+	28:17+	28:43+	29:05+
01:31-	01:08=	00:21+	00:40-	00:49-	11:07+	01:18-	00:45-	01:19-	00:21-	03:57+	00:49-	01:00+	00:51-	00:59-	00:48+	00:34-	00:26+	00:22-
00:16-	00:00=	00:01+	00:05-	00:04-	09:15@	00:19-	00:02-	00:07-	00:07-	03:06@	00:12-	00:02+	00:05-	00:06-	00:03+	00:01-	00:05#	00:03-
Beste strekktid for klassen																		
01:31	01:08	00:20	00:33	00:43	01:50	01:15	00:45	01:19	00:21	00:49	00:49	00:54	00:51	00:59	00:45	00:33	00:21	00:22

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

Herrer 50 - 59 år

1	Lars Primstad	62	15:57													
00:46=	01:45=	02:56=	04:08=	05:15=	06:51=	07:43=	08:29=	09:14=	10:10=	11:26=	12:39=	13:20=	14:25=	15:02=	15:28=	15:57=
00:46=	00:59=	01:11=	01:12=	01:07=	01:36=	00:52=	00:46=	00:45=	00:56=	01:16=	01:13=	00:41=	01:05=	00:37=	00:26=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anders Glenne	7	16:58													
01:41+	02:47+	03:47+	05:01+	06:11+	07:49+	08:38+	09:26+	10:07+	11:07+	12:23+	13:38+	14:21+	15:23+	16:03+	16:30+	16:58+
01:41+	01:06+	01:00-	01:14+	01:10+	01:38+	00:49-	00:48+	00:41-	01:00+	01:16=	01:15+	00:43+	01:02-	00:40+	00:27+	00:28-
00:55@	00:07#	00:11-	00:02+	00:03+	00:02+	00:03-	00:02+	00:04-	00:04+	00:00=	00:02+	00:02+	00:03-	00:03+	00:01+	00:01-
3	Arngrim Utskarpen	117	17:37													
00:55+	02:05+	03:23+	04:52+	06:01+	07:36+	08:37+	09:28+	10:14+	11:09+	12:37+	14:12+	15:04+	16:03+	16:41+	17:07+	17:37+
00:55+	01:10+	01:18+	01:29+	01:09+	01:35-	01:01+	00:51+	00:46+	00:55-	01:28+	01:35+	00:52+	00:59-	00:38+	00:26=	00:30+
00:09#	00:11#	00:07+	00:17#	00:02+	00:01-	00:09#	00:05#	00:01+	00:01-	00:12#	00:22&	00:11&	00:06-	00:01+	00:00=	00:01+
4	Håvard Håland	66	17:47													
01:01+	02:05+	03:16+	04:30+	05:38+	07:17+	08:10+	09:05+	09:50+	10:58+	12:30+	13:56+	14:48+	16:07+	16:51+	17:18+	17:47+
01:01+	01:04+	01:11=	01:14+	01:08+	01:39+	00:53+	00:55+	00:45=	01:08+	01:32+	01:26+	00:52+	01:19+	00:44+	00:27+	00:29=
00:15&	00:05+	00:00=	00:02+	00:01+	00:03+	00:01+	00:09#	00:00=	00:12#	00:16#	00:13#	00:11&	00:14#	00:07#	00:01+	00:00=
5	Steinar Hansen	27	17:47													
00:59+	02:14+	03:59+	05:16+	06:28+	08:03+	08:55+	09:50+	10:43+	11:40+	13:08+	14:25+	15:10+	16:09+	16:50+	17:16+	17:47+
00:59+	01:15+	01:45+	01:17+	01:12+	01:35-	00:52=	00:55+	00:53+	00:57+	01:28+	01:17+	00:45+	00:59-	00:41+	00:26=	00:31+
00:13&	00:16&	00:34&	00:05+	00:05+	00:01-	00:00=	00:09#	00:08#	00:01+	00:12#	00:04+	00:04+	00:06-	00:04#	00:00=	00:02+
6	John Breiland	352	17:51													
00:57+	01:56+	03:01+	04:16+	05:31+	07:10+	08:13+	09:05+	09:47+	10:42+	12:09+	13:28+	14:51+	16:07+	16:50+	17:18+	17:51+
00:57+	00:59=	01:05-	01:15+	01:15+	01:39+	01:03+	00:52+	00:42-	00:55-	01:27+	01:19+	01:23+	01:16+	00:43+	00:28+	00:33+
00:11#	00:00=	00:06-	00:03+	00:08#	00:03+	00:11#	00:06#	00:03-	00:01-	00:11#	00:06+	00:42@	00:11#	00:06#	00:02+	00:04#
7	Arne Hetlelid	98	17:59													
00:57+	02:20+	03:25+	04:40+	05:47+	08:19+	09:11+	10:09+	10:55+	11:47+	13:09+	14:27+	15:14+	16:12+	16:59+	17:26+	17:59+
00:57+	01:23+	01:05-	01:15+	01:07=	02:32+	00:52=	00:58+	00:46+	00:52-	01:22+	01:18+	00:47+	00:58-	00:47+	00:27+	00:33+
00:11#	00:24&	00:06-	00:03+	00:00=	00:56&	00:00=	00:12&	00:01+	00:04-	00:06+	00:05+	00:06#	00:07-	00:10&	00:01+	00:04#
8	Øystein Fuglestad	46	18:02													
00:52+	01:47+	02:57+	04:16+	06:03+	07:50+	08:48+	09:41+	10:32+	11:33+	13:02+	14:22+	15:12+	16:15+	17:01+	17:30+	18:02+
00:52+	00:55-	01:10-	01:19+	01:47+	01:47+	00:58+	00:53+	00:51+	01:01+	01:29+	01:20+	00:50+	01:03-	00:46+	00:29+	00:32+
00:06#	00:04-	00:01-	00:07+	00:40&	00:11#	00:06#	00:07#	00:06#	00:05+	00:13#	00:07+	00:09#	00:02-	00:09#	00:03#	00:03#
9	Erling Knutzen	128	18:07													
00:58+	01:56+	03:03+	04:23+	05:38+	07:41+	08:40+	09:42+	10:17+	11:16+	12:59+	14:25+	15:15+	16:20+	17:04+	17:35+	18:07+
00:58+	00:58-	01:07-	01:20+	01:15+	02:03+	00:59+	01:02+	00:35-	00:59+	01:43+	01:26+	00:50+	01:05=	00:44+	00:31+	00:32+
00:12&	00:01-	00:04-	00:08#	00:08#	00:27&	00:07#	00:16&	00:10-	00:03+	00:27&	00:13#	00:09#	00:00=	00:07#	00:05#	00:03#
10	Ådne Hausberg	7	18:25													
00:50+	02:03+	03:11+	04:35+	05:47+	07:48+	08:45+	09:44+	10:34+	11:35+	13:14+	14:37+	15:27+	16:32+	17:17+	17:47+	18:25+
00:50+	01:13+	01:08-	01:24+	01:12+	02:01+	00:57+	00:59+	00:50+	01:01+	01:39+	01:23+	00:50+	01:05=	00:45+	00:30+	00:38+
00:04+	00:14#	00:03-	00:12#	00:05+	00:25&	00:05+	00:13&	00:05#	00:05+	00:23&	00:10#	00:09#	00:00=	00:08#	00:04#	00:09&
11	Rune Paulsen	98	18:36													
00:58+	02:18+	03:19+	04:41+	05:50+	07:59+	08:57+	09:51+	10:32+	12:19+	13:52+	15:10+	15:57+	16:58+	17:39+	18:07+	18:36+
00:58+	01:20+	01:01-	01:22+	01:09+	02:09+	00:58+	00:54+	00:41-	01:47+	01:33+	01:18+	00:47+	01:01-	00:41+	00:28+	00:29=
00:12&	00:21&	00:10-	00:10#	00:02+	00:33&	00:06#	00:08#	00:04-	00:51&	00:17#	00:05+	00:06#	00:04-	00:04#	00:02+	00:00=

Class	Navn	Klasse										Tid				
12	Frank Hansen	29										18:42				
00:58+	02:04+	03:28+	04:54+	06:05+	07:59+	09:01+	09:56+	10:47+	12:08+	13:33+	14:59+	15:48+	16:54+	17:44+	18:13+	18:42+
00:58+	01:06+	01:24+	01:26+	01:11+	01:54+	01:02+	00:55+	00:51+	01:21+	01:25+	01:26+	00:49+	01:06+	00:50+	00:29+	00:29=
00:12&	00:07#	00:13#	00:14#	00:04+	00:18#	00:10#	00:09#	00:06#	00:25&	00:09#	00:13#	00:08#	00:01+	00:13&	00:03#	00:00=
13	Jørgen Nilsen	53										18:43				
01:42+	02:39+	03:45+	05:03+	06:12+	08:08+	08:59+	10:05+	10:51+	11:52+	13:21+	14:47+	15:40+	16:45+	17:32+	18:04+	18:43+
01:42+	00:57-	01:06-	01:18+	01:09+	01:56+	00:51-	01:06+	00:46+	01:01+	01:29+	01:26+	00:53+	01:05=	00:47+	00:32+	00:39+
00:56@	00:02-	00:05-	00:06+	00:02+	00:20#	00:01-	00:20&	00:01+	00:05+	00:13#	00:13#	00:12&	00:00=	00:10&	00:06#	00:10&
14	Asbjørn Bråndland	297										19:04				
00:57+	02:02+	03:17+	04:40+	06:01+	07:51+	09:00+	10:05+	11:09+	12:15+	13:48+	15:17+	16:10+	17:18+	18:02+	18:33+	19:04+
00:57+	01:05+	01:15+	01:23+	01:21+	01:50+	01:09+	01:05+	01:04+	01:06+	01:33+	01:29+	00:53+	01:08+	00:44+	00:31+	00:31+
00:11#	00:06#	00:04+	00:11#	00:14#	00:14#	00:17&	00:19&	00:19&	00:10#	00:17#	00:16#	00:12&	00:03+	00:07#	00:05#	00:02+
15	Trygve Michaelsen	117										19:11				
01:00+	02:13+	03:27+	04:53+	06:12+	08:16+	09:23+	10:17+	11:06+	12:13+	13:44+	15:06+	15:55+	16:58+	18:12+	18:40+	19:11+
01:00+	01:13+	01:14+	01:26+	01:19+	02:04+	01:07+	00:54+	00:49+	01:07+	01:31+	01:22+	00:49+	01:03-	01:14+	00:28+	00:31+
00:14&	00:14#	00:03+	00:14#	00:12#	00:28&	00:15&	00:08#	00:04+	00:11#	00:15#	00:09#	00:08#	00:02-	00:37&	00:02+	00:02+
16	Tore Halset	114										19:32				
01:07+	02:05+	03:24+	04:48+	06:05+	07:54+	08:59+	09:55+	10:44+	11:55+	13:35+	15:10+	16:06+	17:07+	18:01+	18:33+	19:32+
01:07+	00:58-	01:19+	01:24+	01:17+	01:49+	01:05+	00:56+	00:49+	01:11+	01:40+	01:35+	00:56+	01:01-	00:54+	00:32+	00:59+
00:21&	00:01-	00:08#	00:12#	00:10#	00:13#	00:13#	00:10#	00:04+	00:15&	00:24&	00:22&	00:15&	00:04-	00:17&	00:06#	00:30@
17	Inge Skretting	165										19:49				
01:06+	02:32+	03:43+	05:10+	06:43+	08:31+	09:39+	10:32+	11:30+	12:45+	14:17+	16:01+	16:48+	18:01+	18:45+	19:16+	19:49+
01:06+	01:26+	01:11=	01:27+	01:33+	01:48+	01:08+	00:53+	01:32+	01:15+	01:32+	01:44+	00:47+	01:13+	00:44+	00:31+	00:33+
00:20&	00:27&	00:00=	00:15#	00:26&	00:12#	00:16&	00:07#	00:13&	00:19&	00:16#	00:31&	00:06#	00:08#	00:07#	00:05#	00:04#
18	Kjell Seland	236										20:11				
01:04+	02:16+	03:28+	04:56+	06:26+	08:14+	09:21+	10:17+	11:03+	12:05+	14:36+	16:15+	17:03+	18:20+	19:05+	19:36+	20:11+
01:04+	01:12+	01:12+	01:28+	01:30+	01:48+	01:07+	00:56+	00:46+	01:02+	02:31+	01:39+	00:48+	01:17+	00:45+	00:31+	00:35+
00:18&	00:13#	00:01+	00:16#	00:23&	00:12#	00:15&	00:10#	00:01+	00:06#	01:15&	00:26&	00:07#	00:12#	00:08#	00:05#	00:06#
19	Svend Vihovde	116										20:25				
00:53+	01:59+	03:32+	05:03+	06:23+	08:30+	09:36+	10:44+	11:39+	12:45+	14:42+	16:09+	17:00+	18:11+	19:03+	19:36+	20:25+
00:53+	01:06+	01:33+	01:31+	01:20+	02:07+	01:06+	01:08+	00:55+	01:06+	01:57+	01:27+	00:51+	01:11+	00:52+	00:33+	00:49+
00:07#	00:07#	00:22&	00:19&	00:13#	00:31&	00:14&	00:22&	00:10#	00:10#	00:41&	00:14#	00:10#	00:06+	00:15&	00:07&	00:20&
20	Geir Rune Seldal	192										21:27				
01:01+	02:20+	03:36+	05:15+	06:37+	08:54+	10:05+	11:13+	12:12+	13:21+	15:18+	17:00+	18:03+	19:20+	20:15+	20:46+	21:27+
01:01+	01:19+	01:16+	01:39+	01:22+	02:17+	01:11+	01:08+	00:59+	01:09+	01:57+	01:42+	01:03+	01:17+	00:55+	00:31+	00:41+
00:15&	00:20&	00:05+	00:27&	00:15#	00:41&	00:19&	00:22&	00:14&	00:13#	00:41&	00:29&	00:22&	00:12#	00:18&	00:05#	00:12&
21	Harald Taksdal	236										21:30				
01:05+	03:03+	04:33+	05:59+	07:20+	09:44+	10:50+	12:09+	12:57+	14:01+	15:36+	17:24+	18:15+	19:30+	20:22+	20:54+	21:30+
01:05+	01:58+	01:30+	01:26+	01:21+	02:24+	01:06+	01:19+	00:48+	01:04+	01:35+	01:48+	00:51+	01:15+	00:52+	00:32+	00:36+
00:19&	00:59&	00:19&	00:14#	00:14#	00:48&	00:14&	00:33&	00:03+	00:08#	00:19#	00:35&	00:10#	00:10#	00:15&	00:06#	00:07#
22	Christof Schätz	239										21:39				
01:00+	02:10+	03:24+	04:57+	07:20+	09:46+	10:50+	11:53+	12:54+	13:59+	15:37+	17:19+	18:17+	19:28+	20:21+	20:56+	21:39+
01:00+	01:10+	01:14+	01:33+	02:23+	02:26+	01:04+	01:03+	01:01+	01:05+	01:38+	01:42+	00:58+	01:11+	00:53+	00:35+	00:43+
00:14&	00:11#	00:03+	00:21&	01:16@	00:50&	00:12#	00:17&	00:16&	00:09#	00:22&	00:29&	00:17&	00:06+	00:16&	00:09&	00:14&
23	Jarl Steinar Berntsen	27										21:43				
01:06+	02:54+	04:34+	05:50+	07:46+	09:48+	11:04+	12:18+	13:15+	14:28+	16:20+	17:48+	18:36+	19:46+	20:32+	21:03+	21:43+
01:06+	01:48+	01:40+	01:16+	01:56+	02:02+	01:16+	01:14+	00:57+	01:13+	01:52+	01:28+	00:48+	01:10+	00:46+	00:31+	00:40+
00:20&	00:49&	00:29&	00:04+	00:49&	00:26&	00:24&	00:28&	00:12&	00:17&	00:36&	00:15#	00:07#	00:05+	00:09#	00:05#	00:11&
24	Stein Arve Finnestad	287										22:12				
01:22+	02:36+	04:21+	05:46+	07:11+	08:57+	10:09+	11:13+	12:54+	13:59+	15:42+	17:17+	18:11+	19:22+	20:11+	20:42+	22:12+
01:22+	01:14+	01:45+	01:25+	01:25+	01:46+	01:02+	01:04+	01:41+	01:05+	01:43+	01:35+	00:54+	01:11+	00:49+	00:31+	01:30+
00:36&	00:15&	00:34&	00:13#	00:18&	00:10#	00:20&	00:18&	00:56@	00:09#	00:27&	00:22&	00:13&	00:06+	00:12&	00:05#	01:01@
25	Arne Øvstebø	71										22:21				
01:08+	02:23+	03:38+	05:08+	07:11+	09:01+	10:04+	11:03+	12:04+	15:06+	16:56+	18:26+	19:19+	20:32+	21:20+	21:49+	22:21+
01:08+	01:15+	01:15+	01:30+	02:03+	01:50+	01:03+	00:59+	01:01+	03:02+	01:50+	01:30+	00:53+	01:13+	00:48+	00:29+	00:32+
00:22&	00:16&	00:04+	00:18#	00:56&	00:14#	00:11#	00:13&	00:16&	02:06@	00:34&	00:17#	00:12&	00:08#	00:11&	00:03#	00:03#
26	Ove Mæstad	67										22:35				
01:21+	02:38+	04:19+	06:10+	07:49+	10:02+	11:25+	12:27+	13:39+	15:16+	16:53+	18:38+	19:32+	20:41+	21:29+	21:59+	22:35+
01:21+	01:17+	01:41+	01:51+	01:39+	02:13+	01:23+	01:02+	01:12+	01:37+	01:37+	01:45+	00:54+	01:09+	00:48+	00:30+	00:36+
00:35&	00:18&	00:30&	00:39&	00:32&	00:37&	00:31&	00:16&	00:27&	00:41&	00:21&	00:32&	00:13&	00:04+	00:11&	00:04#	00:07#

Class	Navn	Klasse										Tid				
27	Trond Sandal	42										22:47				
01:08+	02:35+	03:58+	05:54+	07:25+	10:04+	11:17+	12:24+	13:25+	14:33+	16:28+	18:04+	19:02+	20:32+	21:29+	22:06+	22:47+
01:08+	01:27+	01:23+	01:56+	01:31+	02:39+	01:13+	01:07+	01:01+	01:08+	01:55+	01:36+	00:58+	01:30+	00:57+	00:37+	00:41+
00:22&	00:28&	00:12#	00:44&	00:24&	01:03&	00:21&	00:21&	00:16&	00:12#	00:39&	00:23&	00:17&	00:25&	00:20&	00:11&	00:12&
28	Magnar Møller	62										22:48				
01:05+	02:31+	03:43+	05:14+	06:39+	08:36+	09:37+	10:35+	11:21+	12:41+	17:16+	18:45+	19:39+	20:48+	21:37+	22:08+	22:48+
01:05+	01:26+	01:12+	01:31+	01:25+	01:57+	01:01+	00:58+	00:46+	01:20+	04:35+	01:29+	00:54+	01:09+	00:49+	00:31+	00:40+
00:19&	00:27&	00:01+	00:19&	00:18&	00:21#	00:09#	00:12&	00:01+	00:24&	03:19@	00:16#	00:13&	00:04+	00:12&	00:05#	00:11&
29	Torbjørn Salthe	125										23:04				
01:00+	02:22+	03:48+	05:15+	07:19+	09:22+	11:06+	12:07+	13:29+	15:30+	17:24+	18:59+	19:52+	21:12+	21:58+	22:30+	23:04+
01:00+	01:22+	01:26+	01:27+	02:04+	02:03+	01:44+	01:01+	01:22+	02:01+	01:54+	01:35+	00:53+	01:20+	00:46+	00:32+	00:34+
00:14&	00:23&	00:15#	00:15#	00:57&	00:27&	00:52&	00:15&	00:37&	01:05@	00:38&	00:22&	00:12&	00:15#	00:09#	00:06#	00:05#
30	Raymond B. Pettersen	105										23:15				
01:03+	02:23+	03:42+	05:23+	07:24+	09:59+	11:17+	12:33+	13:43+	14:51+	16:52+	18:35+	19:31+	20:53+	22:03+	22:39+	23:15+
01:03+	01:20+	01:19+	01:41+	02:01+	02:35+	01:18+	01:16+	01:10+	01:08+	02:01+	01:43+	00:56+	01:22+	01:10+	00:36+	00:36+
00:17&	00:21&	00:08#	00:29&	00:54&	00:59&	00:26&	00:30&	00:25&	00:12#	00:45&	00:30&	00:15&	00:17&	00:33&	00:10&	00:07#
Beste strekktid for klassen																
00:46	00:55	01:00	01:12	01:07	01:35	00:49	00:46	00:35	00:52	01:16	01:13	00:41	00:58	00:37	00:26	00:28

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

Herrer 60 - 64 år

1	Espen Krogh	7										14:55				
01:35=	02:47=	03:52=	04:40=	06:46=	08:20=	09:46=	10:29=	11:24=	12:33=	13:24=	14:01=	14:26=	14:55=			
01:35=	01:12=	01:05=	00:48=	02:06=	01:34=	01:26=	00:43=	00:55=	01:09=	00:51=	00:37=	00:25=	00:29=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Morten Johannessen	7										16:21				
01:58+	03:19+	04:21+	05:15+	07:20+	09:18+	10:53+	11:35+	12:35+	13:41+	14:38+	15:19+	15:47+	16:21+			
01:58+	01:21+	01:02-	00:54+	02:05-	01:58+	01:35+	00:42-	01:00+	01:06-	00:57+	00:41+	00:28+	00:34+			
00:23#	00:09#	00:03-	00:06#	00:01-	00:24&	00:09#	00:01-	00:05+	00:03-	00:06#	00:04#	00:03#	00:05#			
3	Kjell Skjæveland	166										18:08				
02:08+	03:33+	04:36+	05:39+	08:05+	10:11+	11:50+	12:43+	13:52+	15:11+	16:15+	17:02+	17:34+	18:08+			
02:08+	01:25+	01:03-	01:03+	02:26+	02:06+	01:39+	00:53+	01:09+	01:19+	01:04+	00:47+	00:32+	00:34+			
00:33&	00:13#	00:02-	00:15&	00:20#	00:32&	00:13#	00:10#	00:14&	00:10#	00:13&	00:10&	00:07&	00:05#			
4	Olav Tunheim	93										18:34				
01:56+	03:22+	04:20+	05:15+	08:06+	10:13+	12:14+	13:09+	14:18+	15:42+	16:49+	17:34+	18:03+	18:34+			
01:56+	01:26+	00:58-	00:55+	02:51+	02:07+	02:01+	00:55+	01:09+	01:24+	01:07+	00:45+	00:29+	00:31+			
00:21#	00:14#	00:07-	00:07#	00:45&	00:33&	00:35&	00:12&	00:14&	00:15#	00:16&	00:08#	00:04#	00:02+			
5	Per Ingar Hadland	7										18:57				
02:19+	03:41+	04:43+	05:48+	08:22+	10:49+	12:41+	13:33+	14:39+	15:54+	17:03+	17:52+	18:27+	18:57+			
02:19+	01:22+	01:02-	01:05+	02:34+	02:27+	01:52+	00:52+	01:06+	01:15+	01:09+	00:49+	00:35+	00:30+			
00:44&	00:10#	00:03-	00:17&	00:28#	00:53&	00:26&	00:09#	00:11#	00:06+	00:18&	00:12&	00:10&	00:01+			
6	Tor Inge Halvorsen	5										19:25				
02:27+	04:00+	05:02+	06:02+	08:37+	10:37+	12:34+	13:27+	14:41+	16:14+	17:26+	18:18+	18:50+	19:25+			
02:27+	01:33+	01:02-	01:00+	02:35+	02:00+	01:57+	00:53+	01:14+	01:33+	01:12+	00:52+	00:32+	00:35+			
00:52&	00:21&	00:03-	00:12#	00:29#	00:26&	00:31&	00:10#	00:19&	00:24&	00:21&	00:15&	00:07&	00:06#			
7	Ivar Knutsen	116										19:47				
02:32+	03:54+	05:00+	06:02+	09:11+	11:07+	13:00+	14:02+	15:14+	16:37+	17:44+	18:30+	19:04+	19:47+			
02:32+	01:22+	01:06+	01:02+	03:09+	01:56+	01:53+	01:02+	01:12+	01:23+	01:07+	00:46+	00:34+	00:43+			
00:57&	00:10#	00:01+	00:14&	01:03&	00:22#	00:27&	00:19&	00:17&	00:14#	00:16&	00:09#	00:09&	00:14&			
8	Stein Sigbjørnsen	27										21:43				
02:15+	03:47+	05:19+	06:29+	09:49+	12:30+	14:39+	15:35+	16:52+	18:18+	19:38+	20:31+	21:05+	21:43+			
02:15+	01:32+	01:32+	01:10+	03:20+	02:41+	02:09+	00:56+	01:17+	01:26+	01:20+	00:53+	00:34+	00:38+			
00:40&	00:20&	00:27&	00:22&	01:14&	01:07&	00:43&	00:13&	00:22&	00:17#	00:29&	00:16&	00:09&	00:09&			
9	Svein Magne Gloppen	93										22:01				
02:25+	04:01+	06:23+	07:33+	10:34+	12:50+	15:06+	16:00+	17:12+	18:42+	19:57+	20:46+	21:19+	22:01+			
02:25+	01:36+	02:22+	01:10+	03:01+	02:16+	02:16+	00:54+	01:12+	01:30+	01:15+	00:49+	00:33+	00:42+			
00:50&	00:24&	01:17@	00:22&	00:55&	00:42&	00:50&	00:11&	00:17&	00:21&	00:24&	00:12&	00:08&	00:13&			

Class	Navn	Klasse										Tid	
10	Sverre Magnar Nordal	116										22:02	
02:50+	04:22+	05:47+	06:54+	09:35+	12:00+	14:02+	15:40+	17:00+	18:31+	19:49+	20:43+	21:18+	22:02+
02:50+	01:32+	01:25+	01:07+	02:41+	02:25+	02:02+	01:38+	01:20+	01:31+	01:18+	00:54+	00:35+	00:44+
01:15&	00:20&	00:20&	00:19&	00:35&	00:51&	00:36&	00:55&	00:25&	00:22&	00:27&	00:17&	00:10&	00:15&
11	John C. Sinnes	93										22:52	
03:05+	04:45+	06:44+	07:46+	10:27+	13:11+	15:23+	16:19+	17:42+	19:19+	20:52+	21:46+	22:16+	22:52+
03:05+	01:40+	01:59+	01:02+	02:41+	02:44+	02:12+	00:56+	01:23+	01:37+	01:33+	00:54+	00:30+	00:36+
01:30&	00:28&	00:54&	00:14&	00:35&	01:10&	00:46&	00:13&	00:28&	00:28&	00:42&	00:17&	00:05#	00:07#
12	Kjell Lervik	239										23:15	
03:43+	05:29+	06:43+	07:51+	10:43+	13:18+	15:35+	16:38+	18:00+	19:32+	20:53+	21:54+	22:30+	23:15+
03:43+	01:46+	01:14+	01:08+	02:52+	02:35+	02:17+	01:03+	01:22+	01:32+	01:21+	01:01+	00:36+	00:45+
02:08@	00:34&	00:09#	00:20&	00:46&	01:01&	00:51&	00:20&	00:27&	00:23&	00:30&	00:24&	00:11&	00:16&
13	John Lage Bergan	116										23:18	
02:18+	03:55+	06:05+	07:13+	10:11+	12:18+	14:19+	15:21+	16:47+	18:33+	19:58+	22:03+	22:37+	23:18+
02:18+	01:37+	02:10+	01:08+	02:58+	02:07+	02:01+	01:02+	01:26+	01:46+	01:25+	02:05+	00:34+	00:41+
00:43&	00:25&	01:05&	00:20&	02:52&	00:33&	00:35&	00:19&	00:31&	00:37&	00:34&	01:28@	00:09&	00:12&
Beste strekktid for klassen													
01:35	01:12	00:58	00:48	02:05	01:34	01:26	00:42	00:55	01:06	00:51	00:37	00:25	00:29
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Herrer 65 - 69 år													
1	Bjørn Alsaker	115										15:39	
01:56=	03:06=	04:00=	04:51=	06:58=	08:47=	10:25=	11:05=	12:04=	13:11=	14:04=	14:45=	15:10=	15:39=
01:56=	01:10=	00:54=	00:51=	02:07=	01:49=	01:38=	00:40=	00:59=	01:07=	00:53=	00:41=	00:25=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Hetland	29										17:04	
01:54-	03:17+	04:16+	05:13+	07:28+	09:21+	11:05+	11:55+	13:03+	14:23+	15:27+	16:10+	16:37+	17:04+
01:54-	01:23+	00:59+	00:57+	02:15+	01:53+	01:44+	00:50+	01:08+	01:20+	01:04+	00:43+	00:27+	00:27-
00:02-	00:13#	00:05+	00:06#	00:08+	00:04+	00:06+	00:10#	00:09#	00:13#	00:11#	00:02+	00:02+	00:02-
3	Svein Berge	126										17:10	
01:51-	03:12+	04:09+	05:00+	07:41+	09:41+	11:19+	12:16+	13:19+	14:29+	15:30+	16:12+	16:39+	17:10+
01:51-	01:21+	00:57+	00:51=	02:41+	02:00+	01:38=	00:57+	01:03+	01:10+	01:01+	00:42+	00:27+	00:31+
00:05-	00:11#	00:03+	00:00=	00:34&	00:11#	00:00=	00:17&	00:04+	00:03+	00:08#	00:01+	00:02+	00:02+
4	Bjarne Gimre	88										17:39	
02:00+	03:19+	04:19+	05:24+	07:49+	10:02+	11:47+	12:34+	13:40+	14:50+	15:54+	16:38+	17:05+	17:39+
02:00+	01:19+	01:00+	01:05+	02:25+	02:13+	01:45+	00:47+	01:06+	01:10+	01:04+	00:44+	00:27+	00:34+
00:04+	00:09#	00:06#	00:14&	00:18#	00:24#	00:07+	00:07#	00:07#	00:03+	00:11#	00:03+	00:02+	00:05#
5	Tom Hetland	5										17:50	
02:11+	03:31+	04:27+	05:24+	07:50+	09:43+	11:30+	12:22+	13:26+	15:00+	16:05+	16:49+	17:22+	17:50+
02:11+	01:20+	00:56+	00:57+	02:26+	01:53+	01:47+	00:52+	01:04+	01:34+	01:05+	00:44+	00:33+	00:28-
00:15#	00:10#	00:02+	00:06#	00:19#	00:04+	00:09#	00:12&	00:05+	00:27&	00:12#	00:03+	00:08&	00:01-
6	Torbjørn Evensen	108										17:58	
01:51-	03:09+	04:14+	05:35+	07:48+	09:43+	11:30+	12:25+	13:32+	14:52+	16:01+	16:49+	17:21+	17:58+
01:51-	01:18+	01:05+	01:21+	02:13+	01:55+	01:47+	00:55+	01:07+	01:20+	01:09+	00:48+	00:32+	00:37+
00:05-	00:08#	00:11#	00:30&	00:06+	00:06+	00:09+	00:15&	00:08#	00:13#	00:16&	00:07#	00:07&	00:08&
7	Tor Geir Espedal	115										19:09	
02:11+	03:36+	04:53+	05:55+	08:16+	10:55+	12:46+	13:35+	14:45+	16:13+	17:17+	18:05+	18:35+	19:09+
02:11+	01:25+	01:17+	01:02+	02:21+	02:39+	01:51+	00:49+	01:10+	01:28+	01:04+	00:48+	00:30+	00:34+
00:15#	00:15#	00:23&	00:11#	00:14#	00:50&	00:13#	00:09#	00:11#	00:21&	00:11#	00:07#	00:05#	00:05#
8	Terje Stokkeland	69										19:26	
02:11+	03:35+	04:51+	05:50+	08:37+	10:44+	13:01+	13:51+	15:11+	16:30+	17:36+	18:22+	18:52+	19:26+
02:11+	01:24+	01:16+	00:59+	02:47+	02:07+	02:17+	00:50+	01:20+	01:19+	01:06+	00:46+	00:30+	00:34+
00:15#	00:14#	00:22&	00:08#	00:40&	00:18#	00:39&	00:10#	00:21&	00:12#	00:13#	00:05#	00:05#	00:05#
9	Arne Magne Handeland	92										20:33	
02:21+	03:59+	05:13+	06:22+	09:02+	11:26+	13:31+	14:28+	15:45+	17:21+	18:31+	19:18+	19:52+	20:33+
02:21+	01:38+	01:14+	01:09+	02:40+	02:24+	02:05+	00:57+	01:17+	01:36+	01:10+	00:47+	00:34+	00:41+
00:25#	00:28&	00:20&	00:18&	00:33&	00:35&	00:27&	00:17&	00:18&	00:29&	00:17&	00:06#	00:09&	00:12&

Class	Navn	Klasse												Tid
10	Eivind L. Rake	92												20:39
02:18+	04:08+	05:14+	06:36+	09:21+	11:48+	13:49+	14:39+	15:55+	17:28+	18:39+	19:27+	19:59+	20:39+	
02:18+	01:50+	01:06+	01:22+	02:45+	02:27+	02:01+	00:50+	01:16+	01:33+	01:11+	00:48+	00:32+	00:40+	
00:22#	00:40&	00:12#	00:31&	00:38&	00:38&	00:23#	00:10#	00:17&	00:26&	00:18&	00:07#	00:07&	00:11&	
11	Sveinung Tveit	236												20:44
02:26+	03:57+	05:04+	06:19+	09:03+	11:38+	13:54+	14:50+	16:04+	17:32+	18:40+	19:32+	20:06+	20:44+	
02:26+	01:31+	01:07+	01:15+	02:44+	02:35+	02:16+	00:56+	01:14+	01:28+	01:08+	00:52+	00:34+	00:38+	
00:30&	00:21&	00:13#	00:24&	00:37&	00:46&	00:38&	00:16&	00:15&	00:21&	00:15&	00:11&	00:09&	00:09&	
12	Bjørn Bjelland	83												21:14
02:25+	03:56+	05:14+	06:21+	09:46+	12:15+	14:13+	15:12+	16:29+	18:03+	19:13+	20:05+	20:38+	21:14+	
02:25+	01:31+	01:18+	01:07+	03:25+	02:29+	01:58+	00:59+	01:17+	01:34+	01:10+	00:52+	00:33+	00:36+	
00:29#	00:21&	00:24&	00:16&	01:18&	00:40&	00:20#	00:19&	00:18&	00:27&	00:17&	00:11&	00:08&	00:07#	
13	Bjørn Vidar Gunvaldsen	29												21:30
02:26+	03:56+	05:05+	06:19+	09:28+	11:55+	14:05+	14:59+	16:29+	17:58+	19:23+	20:18+	20:51+	21:30+	
02:26+	01:30+	01:09+	01:14+	03:09+	02:27+	02:10+	00:54+	01:30+	01:29+	01:25+	00:55+	00:33+	00:39+	
00:30&	00:20&	00:15&	00:23&	01:02&	00:38&	00:32&	00:14&	00:31&	00:22&	00:32&	00:14&	00:08&	00:10&	
14	Bjørn Tore Aase	29												23:00
02:44+	04:22+	05:40+	06:51+	10:09+	12:52+	15:10+	16:19+	17:41+	19:19+	20:47+	21:43+	22:19+	23:00+	
02:44+	01:38+	01:18+	01:11+	03:18+	02:43+	02:18+	01:09+	01:22+	01:38+	01:28+	00:56+	00:36+	00:41+	
00:48&	00:28&	00:24&	00:20&	01:11&	00:54&	00:40&	00:29&	00:23&	00:31&	00:35&	00:15&	00:11&	00:12&	
15	Rolf Kleppe	63												24:35
03:07+	04:46+	06:11+	07:22+	11:53+	14:28+	17:07+	18:11+	19:34+	21:01+	22:21+	23:20+	23:58+	24:35+	
03:07+	01:39+	01:25+	01:11+	04:31+	02:35+	02:39+	01:04+	01:23+	01:27+	01:20+	00:59+	00:38+	00:37+	
01:11&	00:29&	00:31&	00:20&	02:24@	00:46&	01:01&	00:24&	00:24&	00:20&	00:27&	00:18&	00:13&	00:08&	
16	Tore R. Tvedt	53												25:40
03:31+	05:12+	09:09+	10:18+	13:41+	16:14+	18:18+	19:19+	20:45+	22:18+	23:28+	24:17+	24:54+	25:40+	
03:31+	01:41+	03:57+	01:09+	03:23+	02:33+	02:04+	01:01+	01:26+	01:33+	01:10+	00:49+	00:37+	00:46+	
01:35&	00:31&	03:03@	00:18&	01:16&	00:44&	00:26&	00:21&	00:27&	00:26&	00:17&	00:08#	00:12&	00:17&	
Beste strekktid for klassen														
01:51	01:10	00:54	00:51	02:07	01:49	01:38	00:40	00:59	01:07	00:53	00:41	00:25	00:27	

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

Herrer 70 - 74 år

1	Arne Østensen	53												18:21
02:15=	03:37=	04:36=	05:37=	08:04=	10:05=	11:54=	12:41=	14:01=	15:20=	16:29=	17:16=	17:45=	18:21=	
02:15=	01:22=	00:59=	01:01=	02:27=	02:01=	01:49=	00:47=	01:20=	01:19=	01:09=	00:47=	00:29=	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	Ragnvald Frøyland	128												18:37
02:13-	03:45+	04:47+	05:49+	08:17+	10:18+	12:08+	12:59+	14:07+	15:45+	16:48+	17:32+	18:01+	18:37+	
02:13-	01:32+	01:02+	01:02+	02:28+	02:01=	01:50+	00:51+	01:08-	01:38+	01:03-	00:44-	00:29=	00:36=	
00:02-	00:10#	00:03+	00:01+	00:01+	00:00=	00:01+	00:04+	00:12-	00:19#	00:06-	00:03-	00:00=	00:00=	
3	Leif Gunnar Wikene	43												19:51
02:22+	03:51+	04:56+	06:03+	09:12+	11:13+	13:05+	14:03+	15:18+	16:40+	17:47+	18:34+	19:08+	19:51+	
02:22+	01:29+	01:05+	01:07+	03:09+	02:01=	01:52+	00:58+	01:15-	01:22+	01:07-	00:47=	00:34+	00:43+	
00:07+	00:07+	00:06#	00:06+	00:42&	00:00=	00:03+	00:11#	00:05-	00:03+	00:02-	00:00=	00:05#	00:07#	
4	Jostein Tunheim	116												20:24
02:21+	03:48+	04:51+	05:53+	09:22+	11:31+	13:26+	14:16+	15:26+	16:59+	18:21+	19:11+	19:49+	20:24+	
02:21+	01:27+	01:03+	01:02+	03:29+	02:09+	01:55+	00:50+	01:10-	01:33+	01:22+	00:50+	00:38+	00:35-	
00:06+	00:05+	00:04+	00:01+	01:02&	00:08+	00:06+	00:03+	00:10-	00:14#	00:13#	00:03+	00:09&	00:01-	
5	Jan Inge Lunde	88												20:34
02:32+	04:10+	05:14+	06:23+	08:58+	11:17+	13:21+	14:26+	15:53+	17:15+	18:28+	19:21+	19:54+	20:34+	
02:32+	01:38+	01:04+	01:09+	02:35+	02:19+	02:04+	01:05+	01:27+	01:22+	01:13+	00:53+	00:33+	00:40+	
00:17#	00:16#	00:05+	00:08#	00:08+	00:18#	00:15#	00:18&	00:07+	00:03+	00:04+	00:06#	00:04#	00:04#	
6	Kjell Svihus	154												20:36
02:24+	03:47+	04:51+	06:07+	08:48+	11:23+	13:31+	14:25+	15:34+	17:00+	18:10+	19:03+	20:01+	20:36+	
02:24+	01:23+	01:04+	01:16+	02:41+	02:35+	02:08+	00:54+	01:09-	01:26+	01:10+	00:53+	00:58+	00:35-	
00:09+	00:01+	00:05+	00:15#	00:14+	00:34&	00:19#	00:07#	00:11-	00:07+	00:01+	00:06#	00:29&	00:01-	

Class	Navn	Klasse											Tid	
7	Leif Kåre Lende	128											21:42	
	02:13-	03:49+	05:04+	06:05+	08:44+	11:10+	13:08+	14:07+	15:12+	18:19+	19:23+	20:28+	21:04+	21:42+
	02:13-	01:36+	01:15+	01:01=	02:39+	02:26+	01:58+	00:59+	01:05-	03:07+	01:04-	01:05+	00:36+	00:38+
	00:02-	00:14#	00:16&	00:00=	00:12+	00:25#	00:09+	00:12&	00:15-	01:48@	00:05-	00:18&	00:07#	00:02+
8	Paul A. Paulsen	117											22:04	
	02:53+	04:20+	05:57+	06:55+	11:06+	13:15+	15:17+	16:17+	17:29+	18:52+	19:57+	20:48+	21:24+	22:04+
	02:53+	01:27+	01:37+	00:58-	04:11+	02:09+	02:02+	01:00+	01:12-	01:23+	01:05-	00:51+	00:36+	00:40+
	00:38&	00:05+	00:38&	00:03-	01:44&	00:08+	00:13#	00:13&	00:08-	00:04+	00:04-	00:04+	00:07#	00:04#
9	John Abrahamsen	125											35:29	
	04:12+	06:33+	09:01+	10:39+	18:24+	22:39+	25:34+	26:50+	28:45+	30:44+	32:37+	33:59+	34:36+	35:29+
	04:12+	02:21+	02:28+	01:38+	07:45+	04:15+	02:55+	01:16+	01:55+	01:59+	01:53+	01:22+	00:37+	00:53+
	01:57&	00:59&	01:29@	00:37&	05:18@	02:14@	01:06&	00:29&	00:35&	00:40&	00:44&	00:35&	00:08&	00:17&
Beste strekktid for klassen														
	02:13	01:22	00:59	00:58	02:27	02:01	01:49	00:47	01:05	01:19	01:03	00:44	00:29	00:35

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

Herrer 75 - 79 år

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

Class	Navn	Klasse											Tid	
11	Kjell Langvik	93											25:32	
02:31+	03:51+	05:05+	06:50+	08:52+	13:41+	17:04+	17:38+	18:45+	20:44+	22:58+	24:03+	24:50+	25:32+	
02:31+	01:20+	01:14+	01:45+	02:02+	04:49+	03:23+	00:34-	01:07+	01:59+	02:14+	01:05-	00:47+	00:42+	
00:50&	00:16#	00:01+	00:29&	00:34&	02:02&	00:54&	00:25-	00:04+	01:17@	00:49&	00:29-	00:01+	00:12&	
12	Hans Klausen	62											27:30	
02:05+	03:20+	05:28+	07:09+	08:49+	17:31+	20:26+	20:54+	21:53+	23:40+	25:26+	26:23+	26:55+	27:30+	
02:05+	01:15+	02:08+	01:41+	01:40+	08:42+	02:55+	00:28-	00:59-	01:47+	01:46+	00:57-	00:32-	00:35+	
00:24#	00:11#	00:55&	00:25&	00:12#	05:55@	00:26#	00:31-	00:04-	01:05@	00:21#	00:37-	00:14-	00:05#	
13	Reidar Magne Liland	66											27:58	
02:40+	04:37+	06:09+	08:01+	10:08+	15:01+	18:43+	19:18+	20:25+	22:43+	25:06+	26:14+	26:57+	27:58+	
02:40+	01:57+	01:32+	01:52+	02:07+	04:53+	03:42+	00:35-	01:07+	02:18+	02:23+	01:08-	00:43-	01:01+	
00:59&	00:53&	00:19&	00:36&	00:39&	02:06&	01:13&	00:24-	00:04+	01:36@	00:58&	00:26-	00:03-	00:31@	
14	Arne Brandsberg	29											32:19	
03:02+	04:49+	06:41+	08:40+	11:10+	17:09+	21:31+	22:11+	23:33+	26:16+	29:02+	30:24+	31:16+	32:19+	
03:02+	01:47+	01:52+	01:59+	02:30+	05:59+	04:22+	00:40-	01:22+	02:43+	02:46+	01:22-	00:52+	01:03+	
01:21&	00:43&	00:39&	00:43&	01:02&	03:12@	01:53&	00:19-	00:19&	02:01@	01:21&	00:12-	00:06#	00:33@	
15	Jan Værp	62											32:37	
02:49+	04:32+	06:53+	08:52+	11:14+	16:56+	20:44+	21:34+	23:10+	25:31+	28:07+	30:06+	31:14+	32:37+	
02:49+	01:43+	02:21+	01:59+	02:22+	05:42+	03:48+	00:50-	01:36+	02:21+	02:36+	01:59+	01:08+	01:23+	
01:08&	00:39&	01:08&	00:43&	00:54&	02:55@	01:19&	00:09-	00:33&	01:39@	01:11&	00:25&	00:22&	00:53@	
Beste strekktid for klassen														
01:41	01:04	01:05	01:15	01:28	02:47	02:29	00:25	00:54	00:42	01:25	00:51	00:32	00:30	00:39

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

Herrer 80 år og eldre

1	Magne Jakobsen	63											24:28
02:06=	05:41=	06:28=	09:31=	13:05=	14:40=	16:34=	18:00=	19:27=	22:10=	23:06=	23:45=	24:28=	
02:06=	03:35=	00:47=	03:03=	03:34=	01:35=	01:54=	01:26=	01:27=	02:43=	00:56=	00:39=	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	Harald Vatne	67											25:45
01:33-	05:11-	06:10-	11:05+	14:58+	16:45+	18:43+	19:28+	20:55+	23:28+	24:28+	25:04+	25:45+	
01:33-	03:38+	00:59+	04:55+	03:53+	01:47+	01:58+	00:45-	01:27=	02:33-	01:00+	00:36-	00:41-	
00:33-	00:03+	00:12&	01:52&	00:19+	00:12#	00:04+	00:41-	00:00=	00:10-	00:04+	00:03-	00:02-	
3	Sigurd Krosli	93											27:59
01:30-	04:17-	05:11-	11:58+	16:54+	18:33+	20:39+	21:38+	22:53+	25:10+	26:43+	27:17+	27:59+	
01:30-	02:47-	00:54+	06:47+	04:56+	01:39+	02:06+	00:59-	01:15-	02:17-	01:33+	00:34-	00:42-	
00:36-	00:48-	00:07#	03:44@	01:22&	00:04+	00:12#	00:27-	00:12-	00:26-	00:37&	00:05-	00:01-	
4	Alf Gyland	92											28:47
01:16-	07:36+	08:30+	13:41+	17:13+	18:47+	20:39+	21:30+	23:06+	26:05+	27:10+	27:53+	28:47+	
01:16-	06:20+	00:54+	05:11+	03:32-	01:34-	01:52-	00:51-	01:36+	02:59+	01:05+	00:43+	00:54+	
00:50-	02:45&	00:07#	02:08&	00:02-	00:01-	00:02-	00:35-	00:09#	00:16+	00:09#	00:04#	00:11&	
5	Arne Karlsen	105											33:20
01:32-	07:15+	08:07+	13:20+	18:40+	20:33+	25:42+	26:27+	28:09+	30:30+	31:43+	32:31+	33:20+	
01:32-	05:43+	00:52+	05:13+	05:20+	01:53+	05:09+	00:45-	01:42+	02:21-	01:13+	00:48+	00:49+	
00:34-	02:08&	00:05#	02:10&	01:46&	00:18#	03:15@	00:41-	00:15#	00:22-	00:17&	00:09#	00:06#	
6	Magne Westerheim	93											33:48
02:01-	05:28-	06:27-	14:41+	19:26+	22:44+	25:04+	26:33+	28:11+	31:09+	32:14+	32:55+	33:48+	
02:01-	03:27-	00:59+	08:14+	04:45+	03:18+	02:20+	01:29+	01:38+	02:58+	01:05+	00:41+	00:53+	
00:05-	00:08-	00:12&	05:11@	01:11&	01:43@	00:26#	00:03+	00:11#	00:15+	00:09#	00:02+	00:10#	
7	Kjell Maudal	63											34:58
02:24+	06:25+	07:26+	15:38+	20:32+	23:39+	26:01+	27:20+	29:18+	32:14+	33:20+	34:07+	34:58+	
02:24+	04:01+	01:01+	08:12+	04:54+	03:07+	02:22+	01:19-	01:58+	02:56+	01:06+	00:47+	00:51+	
00:18#	00:26#	00:14&	05:09@	01:20&	01:32&	00:28#	00:07-	00:31&	00:13+	00:10#	00:08#	00:08#	
Beste strekktid for klassen													
01:16	02:47	00:47	03:03	03:32	01:34	01:52	00:45	01:15	02:17	00:56	00:34	00:41	

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

Herrer A

1	Markus Richter	388	19:04																			
00:54=	01:55=	02:34=	03:11=	04:00=	04:45=	06:00=	06:45=	07:22=	08:27=	08:40=	09:16=	10:00=	10:44=	11:28=	13:14=	14:01=	14:33=	16:24=	17:09=	18:06=	18:39=	19:04=
00:54=	01:01=	00:39=	00:37=	00:49=	00:45=	01:15=	00:45=	00:37=	01:05=	00:13=	00:36=	00:44=	00:44=	00:44=	01:46=	00:47=	00:32=	01:51=	00:45=	00:57=	00:33=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Svein Magnus Halsne	71	22:06																			
01:21+	02:31+	03:12+	03:54+	04:50+	05:44+	07:11+	08:07+	08:48+	10:00+	10:17+	10:57+	11:46+	12:37+	13:26+	15:26+	16:18+	16:49+	19:04+	19:49+	21:03+	21:41+	22:06+
01:21+	01:10+	00:41+	00:42+	00:56+	00:54+	01:27+	00:56+	00:41+	01:12+	00:17+	00:40+	00:49+	00:51+	00:49+	02:00+	00:52+	00:31-	02:15+	00:45=	01:14+	00:38+	00:25=
00:27&	00:09#	00:02+	00:05#	00:07#	00:09#	00:12#	00:11#	00:04#	00:07#	00:04&	00:04#	00:05#	00:07#	00:05#	00:14#	00:05#	00:01-	00:24#	00:00=	00:17&	00:05#	00:00=
3	Stian Haugvaldstad	116	22:17																			
01:06+	02:26+	03:11+	03:54+	04:51+	05:42+	07:09+	08:03+	08:46+	09:59+	10:17+	11:06+	12:02+	12:54+	13:43+	15:46+	16:42+	17:19+	19:28+	20:11+	21:12+	21:51+	22:17+
01:06+	01:20+	00:45+	00:43+	00:57+	00:51+	01:27+	00:54+	00:43+	01:13+	00:18+	00:49+	00:56+	00:52+	00:49+	02:03+	00:56+	00:37+	02:09+	00:43-	01:01+	00:39+	00:26+
00:12#	00:19&	00:06#	00:06#	00:08#	00:06#	00:12#	00:09#	00:06#	00:08#	00:05&	00:13&	00:12&	00:08#	00:05#	00:17#	00:09#	00:05#	00:18#	00:02-	00:04+	00:06#	00:01+
4	Harald Kalager	7	22:29																			
01:11+	02:22+	03:05+	03:50+	04:51+	05:45+	07:27+	08:22+	09:05+	10:21+	10:40+	11:21+	12:10+	13:01+	13:54+	15:51+	16:45+	17:22+	19:30+	20:16+	21:22+	22:02+	22:29+
01:11+	01:11+	00:43+	00:45+	01:01+	00:54+	01:42+	00:55+	00:43+	01:16+	00:19+	00:41+	00:49+	00:51+	00:53+	01:57+	00:54+	00:37+	02:08+	00:46+	01:06+	00:40+	00:27+
00:17&	00:10#	00:04#	00:08#	00:12#	00:09#	00:27&	00:10#	00:06#	00:11#	00:06&	00:05#	00:05#	00:07#	00:09#	00:11#	00:07#	00:05#	00:17#	00:01+	00:09#	00:07#	00:02+
5	Saul Klemola	134	22:30																			
01:09+	02:22+	03:02+	03:44+	04:41+	05:36+	07:07+	08:00+	08:43+	10:04+	10:22+	11:06+	12:00+	12:51+	13:43+	15:47+	16:40+	17:18+	19:27+	20:17+	21:22+	22:02+	22:30+
01:09+	01:13+	00:40+	00:42+	00:57+	00:55+	01:31+	00:53+	00:43+	01:21+	00:18+	00:44+	00:54+	00:51+	00:52+	02:04+	00:53+	00:38+	02:09+	00:50+	01:05+	00:40+	00:28+
00:15&	00:12#	00:01+	00:05#	00:08#	00:10#	00:16#	00:08#	00:06#	00:16#	00:05&	00:08#	00:10#	00:07#	00:08#	00:18#	00:06#	00:06#	00:18#	00:05#	00:08#	00:07#	00:03#
6	Thomas Olsen Schive	126	23:47																			
01:56+	03:07+	03:51+	04:35+	05:34+	06:33+	08:02+	08:59+	09:41+	10:56+	11:15+	12:01+	12:52+	13:50+	14:49+	16:59+	17:59+	18:39+	20:49+	21:39+	22:43+	23:20+	23:47+
01:56+	01:11+	00:44+	00:44+	00:59+	00:59+	01:29+	00:57+	00:42+	01:15+	00:19+	00:46+	00:51+	00:58+	00:59+	02:10+	01:00+	00:40+	02:10+	00:50+	01:04+	00:37+	00:27+
01:02@	00:10#	00:05#	00:07#	00:10#	00:14&	00:14#	00:12&	00:05#	00:10#	00:06&	00:10&	00:07#	00:14&	00:15&	00:24#	00:13&	00:08#	00:19#	00:05#	00:07#	00:04#	00:02+
7	Marius Stene	27	24:33																			
01:58+	03:15+	03:56+	04:44+	05:47+	06:44+	08:22+	09:19+	10:05+	11:23+	11:40+	12:28+	13:22+	14:15+	15:12+	17:22+	18:20+	19:00+	21:15+	22:15+	23:29+	24:08+	24:33+
01:58+	01:17+	00:41+	00:48+	01:03+	00:57+	01:38+	00:57+	00:46+	01:18+	00:17+	00:48+	00:54+	00:53+	00:57+	02:10+	00:58+	00:40+	02:15+	01:00+	01:14+	00:39+	00:25=
01:04@	00:16&	00:02+	00:11&	00:14&	00:12&	00:23&	00:12&	00:09#	00:13#	00:04&	00:12&	00:10#	00:09#	00:13&	00:24#	00:11#	00:08#	00:24#	00:15&	00:17&	00:06#	00:00=
8	Kristian Haarr	27	24:40																			
01:48+	03:05+	04:46+	05:28+	06:19+	07:12+	08:53+	09:47+	10:29+	11:44+	12:03+	12:45+	13:38+	14:35+	15:24+	17:31+	18:26+	19:10+	21:18+	22:14+	23:26+	24:12+	24:40+
01:48+	01:17+	01:41+	00:42+	00:51+	00:53+	01:41+	00:54+	00:42+	01:15+	00:19+	00:42+	00:53+	00:57+	00:49+	02:07+	00:55+	00:44+	02:08+	00:56+	01:12+	00:46+	00:28+
00:54&	00:16&	01:02@	00:05#	00:02+	00:08#	00:26&	00:09#	00:05#	00:10#	00:06&	00:06#	00:09#	00:13&	00:05#	00:21#	00:08#	00:12&	00:17#	00:11#	00:15&	00:13&	00:03#
9	Martin Blystad	115	24:44																			
01:37+	02:50+	03:38+	04:24+	05:21+	06:20+	08:22+	09:19+	10:05+	11:23+	11:42+	12:27+	13:21+	14:18+	15:08+	17:17+	18:15+	18:57+	21:21+	22:17+	23:38+	24:18+	24:44+
01:37+	01:13+	00:48+	00:46+	00:57+	00:59+	02:02+	00:57+	00:46+	01:18+	00:19+	00:45+	00:54+	00:57+	00:50+	02:09+	00:42+	02:24+	00:56+	01:21+	00:40+	00:26+	
00:43&	00:12#	00:09#	00:09#	00:08#	00:14&	00:47&	00:12&	00:09#	00:13#	00:06&	00:09#	00:10#	00:13&	00:06#	00:23#	00:11#	00:10&	00:33&	00:11#	00:24&	00:07#	00:01+
10	Lars Sigve Oftedal	167	26:33																			
01:22+	03:30+	04:28+	05:17+	06:21+	07:23+	09:17+	10:17+	11:03+	12:25+	12:48+	13:40+	14:41+	15:36+	16:51+	19:37+	20:35+	21:16+	23:29+	24:17+	25:25+	26:04+	26:33+
01:22+	02:08+	00:58+	00:49+	01:04+	01:02+	01:54+	01:00+	00:46+	01:22+	00:23+	00:52+	01:01+	00:55+	01:15+	02:46+	00:58+	00:41+	02:13+	00:48+	01:08+	00:39+	00:29+
00:28&	01:07@	00:19&	00:12&	00:15&	00:17&	00:39&	00:15&	00:09#	00:17&	00:10&	00:16&	00:17&	00:11#	00:31&	01:00&	00:11#	00:09&	00:22#	00:03+	00:11#	00:06#	00:04#
11	Erik Lima	43	26:52																			
02:04+	03:22+	04:17+	05:07+	06:16+	07:19+	09:01+	10:02+	10:49+	12:16+	12:38+	13:29+	14:28+	15:26+	16:24+	18:49+	19:51+	20:35+	23:03+	24:00+	25:36+	26:23+	26:52+
02:04+	01:18+	00:55+	00:50+	01:09+	01:03+	01:42+	01:01+	00:47+	01:27+	00:22+	00:51+	00:59+	00:58+	00:58+	02:25+	01:02+	00:44+	02:28+	00:57+	01:36+	00:47+	00:29+
01:10@	00:17&	00:16&	00:13&	00:20&	00:18&	00:27&	00:16&	00:10&	00:22&	00:09&	00:15&	00:15&	00:14&	00:14&	00:39&	00:15&	00:12&	00:37&	00:12&	00:39&	00:14&	00:04#

Beste strekketid for klassen

00:54 01:01 00:39 00:37 00:49 00:45 01:15 00:45 00:37 01:05 00:13 00:36 00:44 00:44 00:44 01:46 00:47 00:31 01:51 00:43 00:57 00:33 00:25

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

Herrer B

1	Kim Richter	353	23:00																			
01:04=	02:18=	03:00=	03:44=	04:46=	05:43=	07:37=	08:38=	09:21=	10:36=	10:55=	11:39=	12:28=	13:19=	14:10=	16:15=	17:12=	17:49=	19:57=	20:48=	21:58=	22:34=	23:00=
01:04=	01:14=	00:42=	00:44=	01:02=	00:57=	01:54=	01:01=	00:43=	01:15=	00:19=	00:44=	00:49=	00:51=	00:51=	02:05=	00:57=	00:37=	02:08=	00:51=	01:10=	00:36=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Geir Sand	105										23:22										
01:06+	02:20+	03:11+	03:54+	04:56+	06:00+	07:32-	08:31-	09:13-	10:28-	10:50-	11:37-	12:29+	13:22+	14:18+	16:23+	17:19+	17:57+	20:14+	21:10+	22:17+	22:55+	23:22+
01:06+	01:14=	00:51+	00:43-	01:02=	01:04+	01:32-	00:59-	00:42-	01:15=	00:22+	00:47+	00:52+	00:53+	00:56+	02:05=	00:56-	00:38+	02:17+	00:56+	01:07-	00:38+	00:27+
00:02+	00:00=	00:09#	00:01-	00:00=	00:07#	00:22-	00:02-	00:01-	00:00=	00:03#	00:03+	00:03+	00:02+	00:05+	00:00=	00:01-	00:01+	00:09+	00:05+	00:03-	00:02+	00:01+
3	Aart Joakim in't Veld	93										23:22										
01:48+	03:01+	03:47+	04:33+	05:29+	06:24+	07:54+	08:52+	09:37+	10:52+	11:09+	11:52+	12:44+	13:38+	14:30+	16:36+	17:32+	18:10+	20:20+	21:10+	22:18+	22:56+	23:22+
01:48+	01:13-	00:46+	00:46+	00:56-	00:55-	01:30-	00:58-	00:45+	01:15=	00:17-	00:43-	00:52+	00:54+	00:52+	02:06+	00:56-	00:38+	02:10+	00:50-	01:08-	00:38+	00:26=
00:44&	00:01-	00:04+	00:02+	00:06-	00:02-	00:24-	00:03-	00:02+	00:00=	00:02-	00:01-	00:03+	00:03+	00:01+	00:01+	00:01-	00:01+	00:02+	00:01-	00:02-	00:02+	00:00=
4	Joar Eilevstjønn	67										23:32										
01:52+	03:05+	03:52+	04:33+	05:31+	06:26+	08:14+	09:09+	09:51+	11:08+	11:27+	12:11+	13:03+	13:56+	14:46+	16:51+	17:45+	18:25+	20:34+	21:25+	22:27+	23:07+	23:32+
01:52+	01:13-	00:47+	00:41-	00:58-	00:55-	01:48-	00:55-	00:42-	01:17+	00:19=	00:44=	00:52+	00:53+	00:50-	02:05=	00:54-	00:40+	02:09+	00:51=	01:02-	00:40+	00:25-
00:48&	00:01-	00:05#	00:03-	00:04-	00:02-	00:06-	00:06-	00:01-	00:02+	00:00=	00:00=	00:03+	00:02+	00:01-	00:00=	00:03-	00:03+	00:01+	00:00=	00:08-	00:04#	00:01-
5	Magnus Landstad	66										24:05										
01:28+	02:37+	03:22+	04:12+	05:13+	06:11+	07:52+	08:50+	09:33+	10:52+	11:31+	12:17+	13:10+	14:04+	14:58+	17:04+	18:02+	18:41+	20:50+	21:39+	22:57+	23:37+	24:05+
01:28+	01:09-	00:45+	00:50+	01:01-	00:58+	01:41-	00:58-	00:43=	01:19+	00:39+	00:46+	00:53+	00:54+	00:54+	02:06+	00:58+	00:39+	02:09+	00:49-	01:18+	00:40+	00:28+
00:24&	00:05-	00:03+	00:06#	00:01-	00:01+	00:13-	00:03-	00:00=	00:04+	00:20#	00:02+	00:04+	00:03+	00:03+	00:01+	00:01+	00:02+	00:01+	00:02-	00:08#	00:04#	00:02+
6	Tor Gunnar Aksland	116										24:32										
01:12+	02:23+	03:09+	03:53+	04:54+	05:50+	07:26-	08:36-	09:22+	10:44+	11:07+	11:56+	12:52+	13:51+	14:48+	17:08+	18:11+	18:52+	21:18+	22:10+	23:20+	24:02+	24:32+
01:12+	01:11-	00:46+	00:44=	01:01-	00:56-	01:36-	01:10+	00:46+	01:22+	00:23+	00:49+	00:56+	00:59+	00:57+	02:20+	01:03+	00:41+	02:26+	00:52+	01:10=	00:42+	00:30+
00:08#	00:03-	00:04+	00:00=	00:01-	00:01-	00:18-	00:09#	00:03+	00:07+	00:04#	00:05#	00:07#	00:08#	00:06#	00:15#	00:06#	00:04#	00:18#	00:01+	00:00=	00:06#	00:04#
7	Stein Arne Olsen	68										24:33										
01:13+	02:35+	03:22+	04:12+	05:17+	06:16+	08:11+	09:12+	09:58+	11:22+	11:41+	12:31+	13:26+	14:22+	15:16+	17:25+	18:27+	19:07+	21:20+	22:11+	23:22+	24:05+	24:33+
01:13+	01:22+	00:47+	00:50+	01:05+	00:59+	01:55+	01:01=	00:46+	01:24+	00:19=	00:50+	00:55+	00:56+	00:54+	02:09+	01:02+	00:40+	02:13+	00:51=	01:11+	00:43+	00:28+
00:09#	00:08#	00:05#	00:06#	00:03+	00:02+	00:01+	00:00=	00:03+	00:09#	00:00=	00:06#	00:06#	00:05+	00:03+	00:04+	00:05+	00:03+	00:05+	00:00=	00:01+	00:07#	00:02+
8	Oddgeir Eikeskog	93										25:03										
01:11+	02:34+	03:20+	04:06+	05:07+	06:06+	07:52+	08:53+	09:41+	11:09+	11:31+	12:20+	13:18+	14:17+	15:14+	17:33+	18:37+	19:19+	21:45+	22:35+	23:51+	24:33+	25:03+
01:11+	01:23+	00:46+	00:46+	01:01-	00:59+	01:46-	01:01=	00:48+	01:28+	00:22+	00:49+	00:58+	00:59+	00:57+	02:19+	01:04+	00:42+	02:26+	00:50-	01:16+	00:42+	00:30+
00:07#	00:09#	00:04+	00:02+	00:01-	00:02+	00:08-	00:00=	00:05#	00:13#	00:03#	00:05#	00:09#	00:08#	00:06#	00:14#	00:07#	00:05#	00:18#	00:01-	00:06+	00:06#	00:04#
9	Per Olav Haarr	62										25:05										
01:47+	03:03+	03:47+	04:33+	05:33+	06:30+	08:04+	09:00+	09:46+	11:06+	11:26+	12:13+	13:09+	14:03+	14:57+	17:36+	18:38+	19:23+	21:42+	22:39+	24:00+	24:38+	25:05+
01:47+	01:16+	00:44+	00:46+	01:00-	00:57=	01:34-	00:56-	00:46+	01:20+	00:20+	00:47+	00:56+	00:54+	00:54+	02:39+	01:02+	00:45+	02:19+	00:57+	01:21+	00:38+	00:27+
00:43&	00:02+	00:02+	00:02+	00:02-	00:00=	00:20-	00:05-	00:03+	00:05+	00:01+	00:03+	00:07#	00:03+	00:03+	00:34&	00:05+	00:08#	00:11+	00:06#	00:11#	00:02+	00:01+
10	Odd Ivar Karlsen	76										25:49										
02:08+	03:26+	04:12+	05:00+	06:04+	07:04+	08:50+	09:53+	10:43+	12:06+	12:29+	13:15+	14:09+	15:06+	16:00+	18:15+	19:16+	19:58+	22:24+	23:23+	24:38+	25:18+	25:49+
02:08+	01:18+	00:46+	00:48+	01:04+	01:00+	01:46-	01:03+	00:50+	01:23+	00:23+	00:46+	00:54+	00:57+	00:54+	02:15+	01:01+	00:42+	02:26+	00:59+	01:15+	00:40+	00:31+
01:04&	00:04+	00:04+	00:04+	00:02+	00:03+	00:08-	00:02+	00:07#	00:08#	00:04#	00:02+	00:05#	00:06#	00:03+	00:10+	00:04+	00:05#	00:18#	00:08#	00:05+	00:04#	00:05#
11	Trond Sigurd Fotland	66										25:52										
01:20+	02:41+	03:35+	04:23+	05:27+	06:30+	08:14+	09:16+	10:10+	11:39+	12:00+	12:48+	13:54+	14:55+	15:51+	18:05+	19:12+	19:54+	22:27+	23:24+	24:45+	25:23+	25:52+
01:20+	01:21+	00:54+	00:48+	01:04+	01:03+	01:44-	01:02+	00:54+	01:29+	00:21+	00:48+	01:06+	01:01+	00:56+	02:14+	01:07+	00:42+	02:33+	00:57+	01:21+	00:38+	00:29+
00:16#	00:07+	00:12&	00:04+	00:02+	00:06#	00:10-	00:01+	00:11&	00:14#	00:02#	00:04+	00:17&	00:10#	00:05+	00:09+	00:10#	00:05#	00:25#	00:06#	00:11#	00:02+	00:03#
12	Tim Griffin	18										26:04										
01:26+	02:48+	03:37+	04:27+	05:31+	06:34+	08:21+	09:21+	10:10+	11:38+	11:57+	12:46+	13:43+	14:43+	15:42+	18:01+	19:04+	19:48+	22:24+	23:27+	24:52+	25:33+	26:04+
01:26+	01:22+	00:49+	00:50+	01:04+	01:03+	01:47-	01:00-	00:49+	01:28+	00:19=	00:49+	00:57+	01:00+	00:59+	02:19+	01:03+	00:44+	02:36+	01:03+	01:25+	00:41+	00:31+
00:22&	00:08#	00:07#	00:06#	00:02+	00:06#	00:07-	00:01-	00:06#	00:13#	00:00=	00:05#	00:08#	00:09#	00:08#	00:14#	00:06#	00:07#	00:28#	00:12#	00:15#	00:05#	00:05#
13	Tom Furland	62										26:20										
01:19+	02:40+	03:29+	04:19+	05:25+	06:33+	08:26+	09:29+	10:23+	11:48+	12:08+	12:56+	13:54+	14:55+	15:55+	18:16+	19:21+	20:04+	22:37+	23:46+	25:04+	25:48+	26:20+
01:19+	01:21+	00:49+	00:50+	01:06+	01:08+	01:53-	01:03+	00:54+	01:25+	00:20+	00:58+	00:58+	01:01+	01:00+	02:21+	01:05+	00:43+	02:33+	01:09+	01:18+	00:44+	00:32+
00:15#	00:07+	00:07#	00:06#	00:04+	00:11#	00:01-	00:02+	00:11&	00:10#	00:01+	00:04+	00:09#	00:10#	00:09#	00:16#	00:08#	00:06#	00:25#	00:18&	00:08#	00:08#	00:06#
14	Morten S. Ronæss	27										26:22										
02:02+	03:24+	04:30+	05:15+	06:18+	07:14+	08:54+	09:55+	10:40+	12:19+	12:40+	13:32+	14:26+	15:23+	16:18+	18:32+	19:32+	20:23+	22:48+	23:44+	25:00+	25:53+	26:22+
02:02+	01:22+	01:06+	00:45+	01:03+	00:56-	01:40-	01:01=	00:45+	01:39+	00:21+	00:52+	00:54+	00:57+	00:55+	02:14+	01:00+	00:51+	02:25+	00:56+	01:16+	00:53+	00:29+
00:58&	00:08#	00:24&	00:01+	00:01+	00:01-	00:14-	00:00=	00:02+	00:24&	00:02#	00:08#	00:05#	00:06#	00:04+	00:09+	00:03+	00:14&	00:17#	00:05+	00:06+	00:17&	00:03#
15	Oddvar Taksdal	194										26:31										
01:19+	02:38+	03:29+	04:21+	05:28+	06:32+	08:24+	09:31+	10:20+	11:47+	12:06+	12:58+	13:59+	15:00+	15:59+	18:25+	19:31+	20:15+	22:54+	23:53+	25:09+	25:56+	26:31+
01:19+	01:19+	00:51+	00:52+	01:07+	01:04+	01:52-	01:07+	00:49+	01:27+	00:19=	00:52+	01:01+	01:01+	00:59+	02:26+	01:06+	00:44+	02:39+	00:59+	01:16+	00:47+	00:35+
00:15#	00:05+	00:09#	00:08#	00:05+	00:07#	00:02-	00:06+	00:06#	00:12#	00:00=	00:08#	00:12#	00:10#	00:08#	00:21#	00:09#	00:07#	00:31#	00:08#	00:06+	00:11&	00:09&
16	Øystein Amundrud	53										27:53										
01:30+	02:50+	03:44+	04:35+	05:47+	07:34+	09:16+	10:18+	11:05+	12:28+	12:49+	13:41+	14:41+	15:44+									

Class	Navn	Klasse	Tid																			
17	Leif Kjetil Hinna Gausel	116	29:57																			
01:41+	03:09+	04:18+	05:06+	06:12+	07:23+	09:26+	10:36+	11:29+	13:01+	13:24+	14:17+	15:26+	16:33+	17:32+	20:13+	21:25+	22:22+	25:44+	27:04+	28:40+	29:29+	29:57+
01:41+	01:28+	01:09+	00:48+	01:06+	01:11+	02:03+	01:10+	00:53+	01:32+	00:23+	00:53+	01:09+	01:07+	00:59+	02:41+	01:12+	00:57+	03:22+	01:20+	01:36+	00:49+	00:28+
00:37&	00:14#	00:27&	00:04+	00:04+	00:14#	00:09+	00:09#	00:10#	00:17#	00:04#	00:09#	00:20&	00:16&	00:08#	00:36&	00:15&	00:20&	01:14&	00:29&	00:26&	00:13&	00:02+
18	Espen Fyhn Nilsen	116	33:26																			
01:59+	03:40+	04:36+	05:35+	07:01+	08:20+	11:07+	12:19+	13:16+	15:41+	16:08+	17:08+	18:33+	19:38+	20:45+	23:36+	24:52+	25:42+	29:02+	30:20+	31:57+	32:49+	33:26+
01:59+	01:41+	00:56+	00:59+	01:26+	01:19+	02:47+	01:12+	00:57+	02:25+	00:27+	01:00+	01:25+	01:05+	01:07+	02:51+	01:16+	00:50+	03:20+	01:18+	01:37+	00:52+	00:37+
00:55&	00:27&	00:14&	00:15&	00:24&	00:22&	00:53&	00:11#	00:14&	01:10&	00:08&	00:16&	00:36&	00:14&	00:16&	00:46&	00:19&	00:13&	01:12&	00:27&	00:27&	00:16&	00:11&
Beste strekktid for klassen																						
01:04	01:09	00:42	00:41	00:56	00:55	01:30	00:55	00:42	01:15	00:17	00:43	00:49	00:51	00:50	02:05	00:54	00:37	02:08	00:49	01:02	00:36	00:25

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

Herrer C

1	Bjørnar André Haug	80	23:19																	
01:53=	02:19=	03:30=	04:15=	04:56=	06:52=	08:28=	08:54=	09:52=	10:10=	10:57=	11:57=	12:52=	13:47=	16:01=	17:44=	20:00=	20:56=	22:16=	22:53=	23:19=
01:53=	00:26=	01:11=	00:45=	00:41=	01:56=	01:36=	00:26=	00:58=	00:18=	00:47=	01:00=	00:55=	00:55=	02:14=	01:43=	02:16=	00:56=	01:20=	00:37=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Terje Michaelsen	47	23:42																	
01:58+	02:38+	03:53+	04:48+	05:26+	07:12+	08:40+	09:06+	10:01+	10:19+	11:13+	12:03+	13:03+	13:58+	16:45+	18:22+	20:44+	21:37+	22:40+	23:17+	23:42+
01:58+	00:40+	01:15+	00:55+	00:38-	01:46-	01:28-	00:26-	00:55-	00:18-	00:54+	00:50-	01:00+	00:55=	02:47+	01:37-	02:22+	00:53-	01:03-	00:37=	00:25-
00:05+	00:14&	00:04+	00:10#	00:03-	00:10-	00:08-	00:00=	00:03-	00:00=	00:07#	00:10-	00:05+	00:00=	00:33#	00:06-	00:06+	00:03-	00:03-	00:17-	00:00=
3	Kjetil Wirak	114	23:55																	
01:50-	02:17-	03:34+	04:24+	05:04+	06:55+	08:23-	08:50-	09:49-	10:09-	11:00+	11:55-	12:50-	13:47=	16:06+	17:48+	20:18+	21:15+	22:47+	23:28+	23:55+
01:50-	00:27+	01:17+	00:50+	00:40-	01:51-	01:28-	00:27+	00:59+	00:20+	00:51+	00:55-	00:55=	00:57+	02:19+	01:42-	02:30+	00:57+	01:32+	00:41+	00:27+
00:03-	00:01+	00:06+	00:05#	00:01-	00:05-	00:08-	00:01+	00:01+	00:02#	00:04+	00:05-	00:00=	00:02+	00:05+	00:01-	00:14#	00:01+	00:12#	00:04#	00:01+
4	Erlend Kveinen	116	24:07																	
01:55+	02:24+	03:51+	05:04+	05:42+	07:43+	09:08+	09:53+	10:47+	11:11+	12:00+	12:53+	13:48+	14:53+	16:59+	18:26+	20:33+	21:38+	22:56+	23:35+	24:07+
01:55+	00:29+	01:27+	01:13+	00:38-	02:01+	01:25-	00:45+	00:54-	00:24+	00:49+	00:53-	00:55=	01:05+	02:06-	01:27-	02:07-	01:05+	01:18-	00:39+	00:32+
00:02+	00:03#	00:16#	00:28&	00:03-	00:05+	00:11-	00:19&	00:04-	00:06&	00:02+	00:07-	00:00=	00:10#	00:08-	00:16-	00:09-	00:09#	00:02-	00:02+	00:06#
5	Morten Aamodt	116	24:21																	
02:18+	02:47+	04:06+	05:01+	05:42+	07:43+	09:22+	09:51+	10:48+	11:06+	11:49+	12:44+	13:39+	14:34+	16:45+	18:23+	20:45+	21:40+	23:02+	23:53+	24:21+
02:18+	00:29+	01:19+	00:55+	00:41=	02:01+	01:39+	00:29+	00:57-	00:18=	00:43-	00:55-	00:55=	00:55=	02:11-	01:38-	02:22+	00:55-	01:22+	00:51+	00:28+
00:25#	00:03#	00:08#	00:10#	00:00=	00:05+	00:03+	00:03#	00:01-	00:00=	00:04-	00:05-	00:00=	00:00=	00:03-	00:05-	00:06+	00:01-	00:02+	00:14&	00:02+
6	Oddmund Nordgård	105	24:33																	
02:05+	02:51+	04:14+	05:06+	05:53+	07:43+	09:24+	09:51+	10:47+	11:06+	11:52+	12:58+	13:54+	14:50+	17:04+	18:44+	21:16+	22:10+	23:28+	24:07+	24:33+
02:05+	00:46+	01:23+	00:52+	00:47+	01:50-	01:41+	00:27+	00:56-	00:19+	00:46-	01:06+	00:56+	00:56+	02:14=	01:40-	02:32+	00:54-	01:18-	00:39+	00:26=
00:12#	00:20&	00:12#	00:07#	00:06#	00:06-	00:05+	00:01+	00:02-	00:01+	00:01-	00:06#	00:01+	00:01+	00:00=	00:03-	00:16#	00:02-	00:02-	00:02+	00:00=
7	Jan Einar Øvremo	50	25:58																	
01:40-	02:06-	03:22-	04:13-	04:54-	07:31+	09:24+	09:54+	10:59+	11:21+	12:16+	13:17+	14:19+	15:59+	18:26+	20:05+	22:41+	23:41+	24:50+	25:30+	25:58+
01:40-	00:26=	01:16+	00:51+	00:41=	02:37+	01:53+	00:30+	01:05+	00:22+	00:55+	01:01+	01:02+	01:40+	02:27+	01:39-	02:36+	01:00+	01:09-	00:40+	00:28+
00:13-	00:00=	00:05+	00:06#	00:00=	00:41&	00:17#	00:04#	00:07#	00:04#	00:08#	00:01+	00:07#	00:45&	00:13+	00:04-	00:20#	00:04+	00:11-	00:03+	00:02+
8	Henning Sundby	114	26:04																	
02:06+	02:34+	03:45+	04:34+	06:50+	08:44+	10:16+	10:42+	11:41+	12:00+	12:54+	13:47+	14:43+	15:32+	18:06+	19:44+	21:59+	23:51+	24:59+	25:36+	26:04+
02:06+	00:28+	01:11=	00:49+	02:16+	01:54-	01:32-	00:26=	00:59+	00:19+	00:54+	00:53-	00:56+	00:49-	02:34+	01:38-	02:15-	01:52+	01:08-	00:37=	00:28+
00:13#	00:02+	00:00=	00:04+	01:35&	00:02-	00:04-	00:00=	00:01+	00:01+	00:07#	00:07-	00:01+	00:06-	00:20#	00:05-	00:01-	00:56&	00:12-	00:00=	00:02+
9	Otte Omdal	65	26:17																	
01:50-	02:22+	03:49+	04:43+	05:22+	07:20+	08:55+	09:29+	10:30+	11:07+	12:01+	12:58+	14:04+	15:00+	17:51+	19:54+	22:33+	23:33+	25:08+	25:52+	26:17+
01:50-	00:32+	01:27+	00:54+	00:39-	01:58+	01:35-	00:34+	01:01+	00:37+	00:54+	00:57-	01:06+	00:56+	02:51+	02:03+	02:39+	01:00+	01:35+	00:44+	00:25-
00:03-	00:06#	00:16#	00:09#	00:02-	00:02+	00:01-	00:08&	00:03+	00:19&	00:07#	00:03-	00:11#	00:01+	00:37&	00:20#	00:23#	00:04+	00:15#	00:07#	00:01-
10	Bertrand Denieul	42	26:21																	
01:53=	02:36+	04:01+	05:00+	05:42+	07:50+	09:31+	10:01+	11:00+	11:22+	12:14+	13:11+	14:08+	15:12+	18:02+	19:47+	22:23+	23:25+	25:01+	25:53+	26:21+
01:53=	00:43+	01:25+	00:59+	00:42+	02:08+	01:41+	00:30+	00:59+	00:22+	00:52+	00:57-	00:57+	01:04+	02:50+	01:45+	02:36+	01:02+	01:36+	00:52+	00:28+
00:00=	00:17&	00:14#	00:14&	00:01+	00:12#	00:05+	00:04#	00:01+	00:04#	00:05#	00:03-	00:02+	00:09#	00:36&	00:02+	00:20#	00:06#	00:16#	00:15&	00:02+
11	Øistein Haaland	116	26:21																	
02:14+	02:52+	04:14+	05:19+	06:01+	07:58+	09:31+	10:04+	11:05+	11:27+	12:18+	13:15+	14:13+	15:13+	17:22+	19:05+	21:40+	23:22+	25:01+	25:49+	26:21+
02:14+	00:38+	01:22+	01:05+	00:42+	01:57+	01:33-	00:33+	01:01+	00:22+	00:51+	00:57-	00:58+	01:00+	02:09-	01:43=	02:35+	01:42+	01:39+	00:48+	00:32+
00:21#	00:12&	00:11#	00:20&	00:01+	00:01+	00:03-	00:07&	00:03+	00:04#	00:04+	00:03-	00:03+	00:05+	00:05-	00:00=	00:19#	00:46&	00:19#	00:11&	00:06#

Class	Navn	Klasse										Tid									
12	Trond Nilsen Lamark	114										26:54									
01:57+	02:27+	04:08+	04:58+	05:47+	07:58+	09:53+	10:26+	11:37+	11:58+	12:57+	14:01+	15:07+	16:09+	18:42+	20:31+	23:21+	24:20+	25:37+	26:22+	26:54+	
01:57+	00:30+	01:41+	00:50+	00:49+	02:11+	01:55+	00:33+	01:11+	00:21+	00:59+	01:04+	01:06+	01:02+	02:33+	01:49+	02:50+	00:59+	01:17-	00:45+	00:32+	
00:04+	00:04#	00:30&	00:05#	00:08#	00:15#	00:19#	00:07&	00:13#	00:03#	00:12&	00:04+	00:11#	00:07#	00:19#	00:06+	00:34#	00:03+	00:03-	00:08#	00:06#	
13	Lars Helgeland	23										27:12									
02:04+	02:35+	04:12+	05:06+	05:49+	07:50+	09:38+	10:29+	11:34+	11:58+	13:21+	14:27+	15:33+	16:35+	19:07+	20:54+	23:34+	24:37+	25:54+	26:40+	27:12+	
02:04+	00:31+	01:37+	00:54+	00:43+	02:01+	01:48+	00:51+	01:05+	00:24+	01:23+	01:06+	01:06+	01:02+	02:32+	01:47+	02:40+	01:03+	01:17-	00:46+	00:32+	
00:11+	00:05#	00:26&	00:09#	00:02+	00:05+	00:12#	00:25&	00:07#	00:06&	00:36&	00:06#	00:11#	00:07#	00:18#	00:04+	00:24#	00:07#	00:03-	00:09#	00:06#	
14	Paul Terje Haarr	62										27:32									
01:53=	02:24+	03:48+	05:11+	05:58+	08:08+	10:04+	10:35+	11:39+	12:09+	13:16+	14:16+	15:20+	16:19+	18:57+	20:48+	23:32+	24:32+	26:15+	27:01+	27:32+	
01:53=	00:31+	01:24+	01:23+	00:47+	02:10+	01:56+	00:31+	01:04+	00:30+	01:07+	01:00=	01:04+	00:59+	02:38+	01:51+	02:44+	01:00+	01:43+	00:46+	00:31+	
00:00=	00:05#	00:13#	00:38&	00:06#	00:14#	00:20#	00:05#	00:06#	00:12&	00:20&	00:00=	00:09#	00:04+	00:24#	00:08+	00:28#	00:04+	00:23&	00:09#	00:05#	
15	Nils John Vestøl	83										27:52									
01:41-	02:49+	04:29+	07:22+	08:00+	09:56+	11:30+	12:00+	13:07+	13:28+	14:17+	15:17+	16:17+	17:16+	19:37+	21:21+	23:42+	25:25+	26:42+	27:25+	27:52+	
01:41-	01:08+	01:40+	02:53+	00:38-	01:56=	01:34-	00:30+	01:07+	00:21+	00:49+	01:00=	01:00+	00:59+	02:21+	01:44+	02:21+	01:43+	01:17-	00:43+	00:27+	
00:12-	00:42@	00:29&	02:08@	00:03-	00:00=	00:02-	00:04#	00:09#	00:03#	00:02+	00:00=	00:05+	00:04+	00:07+	00:01+	00:05+	00:47&	00:03-	00:06#	00:01+	
16	Erling Mauland	83										30:13									
01:47-	02:17-	03:49+	04:43+	05:31+	09:56+	12:04+	12:38+	13:46+	14:11+	15:53+	17:08+	18:16+	19:17+	21:45+	23:34+	26:24+	27:44+	28:59+	29:43+	30:13+	
01:47-	00:30+	01:32+	00:54+	00:48+	04:25+	02:08+	00:34+	01:08+	00:25+	01:42+	01:15+	01:08+	01:01+	02:28+	01:49+	02:50+	01:20+	01:15-	00:44+	00:30+	
00:06-	00:04#	00:21&	00:09#	00:07#	02:29@	00:32&	00:08&	00:10#	00:07&	00:55@	00:15#	00:13#	00:06#	00:14#	00:06+	00:34#	00:24&	00:05-	00:07#	00:04#	
17	Ove Oaland	116										34:18									
02:25+	03:01+	04:59+	06:12+	07:01+	09:43+	11:50+	12:30+	14:03+	14:35+	15:45+	17:02+	18:27+	19:39+	23:34+	25:49+	29:16+	30:42+	32:38+	33:40+	34:18+	
02:25+	00:36+	01:58+	01:13+	00:49+	02:42+	02:07+	00:40+	01:33+	00:32+	01:10+	01:17+	01:25+	01:12+	03:55+	02:15+	03:27+	01:26+	01:56+	01:02+	00:38+	
00:32&	00:10&	00:47&	00:28&	00:08#	00:46&	00:31&	00:14&	00:35&	00:14&	00:23&	00:17&	00:30&	00:17&	01:41&	00:32&	01:11&	00:30&	00:36&	00:25&	00:12&	
Beste strekktid for klassen																					
01:40	00:26	01:11	00:45	00:38	01:46	01:25	00:26	00:54	00:18	00:43	00:50	00:55	00:49	02:06	01:27	02:07	00:53	01:03	00:37	00:25	

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

Herrer Ny

1	Kjell-Ole Topnes	116										10:06									
00:51=	01:26=	02:21=	03:11=	04:39=	06:21=	07:50=	08:52=	09:28=	10:06=												
00:51=	00:35=	00:55=	00:50=	01:28=	01:42=	01:29=	01:02=	00:36=	00:38=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												

Beste strekktid for klassen

00:51 00:35 00:55 00:50 01:28 01:42 01:29 01:02 00:36 00:38

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

Herrer Trim

1	Torkel Schibevaag	114										14:02									
00:50=	01:54=	02:28=	04:06=	07:00=	08:06=	09:27=	10:10=	11:00=	12:26=	13:06=	13:31=	14:02=									
00:50=	01:04=	00:34=	01:38=	02:54=	01:06=	01:21=	00:43=	00:50=	01:26=	00:40=	00:25=	00:31=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Eirik Løvåsen	98										14:14									
00:59+	02:07+	02:33+	05:24+	07:44+	08:58+	10:00+	10:26+	11:20+	12:44+	13:23+	13:47+	14:14+									
00:59+	01:08+	00:26-	02:51+	02:20-	01:14+	01:02-	00:26-	00:54+	01:24-	00:39-	00:24-	00:27-									
00:09#	00:04+	00:08-	01:13&	00:34-	00:08#	00:19-	00:17-	00:04+	00:02-	00:01-	00:01-	00:04-									
3	Stig Erlend Ollestad	51										15:12									
00:57+	02:57+	03:29+	05:32+	08:08+	09:23+	10:35+	11:02+	11:53+	13:25+	14:08+	14:38+	15:12+									
00:57+	02:00+	00:32-	02:03+	02:36-	01:15+	01:12-	00:27-	00:51+	01:32+	00:43+	00:30+	00:34+									
00:07#	00:56&	00:02-	00:25&	00:18-	00:09#	00:09-	00:16-	00:01+	00:06+	00:03+	00:05#	00:03+									
4	Erlend Syse	76										15:29									
00:50=	03:19+	03:47+	06:06+	08:37+	09:46+	11:03+	11:35+	12:22+	13:52+	14:34+	15:01+	15:29+									
00:50=	02:29+	00:28-	02:19+	02:31-	01:09+	01:17-	00:32-	00:47-	01:30+	00:42+	00:27+	00:28-									
00:00=	01:25@	00:06-	00:41&	00:23-	00:03+	00:04-	00:11-	00:03-	00:04+	00:02+	00:02+	00:03-									

Class	Navn	Klasse	Tid									
5	Eivind Brimsø	76	15:45									
01:07+	03:02+	03:32+	05:42+	08:17+	09:29+	10:55+	11:23+	12:23+	13:51+	14:51+	15:18+	15:45+
01:07+	01:55+	00:30-	02:10+	02:35-	01:12+	01:26+	00:28-	01:00+	01:28+	01:00+	00:27+	00:27-
00:17&	00:51&	00:04-	00:32&	00:19-	00:06+	00:05+	00:15-	00:10#	00:02+	00:20&	00:02+	00:04-
6	Per-Olof Wallerstedt	376	16:32									
00:55+	03:06+	03:36+	05:56+	08:52+	10:24+	11:43+	12:25+	13:14+	14:37+	15:23+	15:54+	16:32+
00:55+	02:11+	00:30-	02:20+	02:56+	01:32+	01:19-	00:42-	00:49-	01:23-	00:46+	00:31+	00:38+
00:05#	01:07@	00:04-	00:42&	00:02+	00:26&	00:02-	00:01-	00:01-	00:03-	00:06#	00:06#	00:07#
7	Lars Salvesen	50	17:12									
01:07+	02:40+	03:12+	05:42+	08:35+	10:14+	11:39+	12:15+	13:11+	14:33+	15:22+	15:55+	17:12+
01:07+	01:33+	00:32-	02:30+	02:53-	01:39+	01:25+	00:36-	00:56+	01:22-	00:49+	00:33+	01:17+
00:17&	00:29&	00:02-	00:52&	00:01-	00:33&	00:04+	00:07-	00:06#	00:04-	00:09#	00:08&	00:46@
8	Alexander Khorunzhiy	386	17:20									
01:00+	02:29+	03:03+	06:36+	09:58+	11:17+	12:44+	13:13+	14:07+	15:28+	16:11+	16:42+	17:20+
01:00+	01:29+	00:34=	03:33+	03:22+	01:19+	01:27+	00:29-	00:54+	01:21-	00:43+	00:31+	00:38+
00:10#	00:25&	00:00=	01:55@	00:28#	00:13#	00:06+	00:14-	00:04+	00:05-	00:03+	00:06#	00:07#
9	Martin Teigen	381	17:34									
00:57+	03:58+	04:40+	07:07+	09:44+	11:02+	12:23+	12:58+	14:02+	15:44+	16:36+	17:07+	17:34+
00:57+	03:01+	00:42+	02:27+	02:37-	01:18+	01:21=	00:35-	01:04+	01:42+	00:52+	00:31+	00:27-
00:07#	01:57@	00:08#	00:49&	00:17-	00:12#	00:00=	00:08-	00:14&	00:16#	00:12&	00:06#	00:04-
10	Roger Nyseth	92	18:01									
01:08+	02:49+	03:26+	06:13+	09:22+	10:46+	12:22+	12:55+	13:46+	15:44+	16:38+	17:16+	18:01+
01:08+	01:41+	00:37+	02:47+	03:09+	01:24+	01:36+	00:33-	00:51+	01:58+	00:54+	00:38+	00:45+
00:18&	00:37&	00:03+	01:09&	00:15+	00:18&	00:15#	00:10-	00:01+	00:32&	00:14&	00:13&	00:14&
11	Viktor Klippen	5	18:12									
01:31+	02:43+	03:10+	06:59+	09:36+	10:52+	13:15+	13:39+	14:41+	16:24+	17:14+	17:43+	18:12+
01:31+	01:12+	00:27-	03:49+	02:37-	01:16+	02:23+	00:24-	01:02+	01:43+	00:50+	00:29+	00:29-
00:41&	00:08#	00:07-	02:11@	00:17-	00:10#	01:02&	00:19-	00:12#	00:17#	00:10#	00:04#	00:02-
12	Sjur Berntsen	29	18:24									
01:13+	02:43+	03:18+	06:04+	09:56+	11:23+	12:57+	13:33+	14:37+	16:32+	17:18+	17:47+	18:24+
01:13+	01:30+	00:35+	02:46+	03:52+	01:27+	01:34+	00:36-	01:04+	01:55+	00:46+	00:29+	00:37+
00:23&	00:26&	00:01+	01:08&	00:58&	00:21&	00:13#	00:07-	00:14&	00:29&	00:06#	00:04#	00:06#
13	Jan Erik Syvertsen	51	18:26									
01:00+	04:24+	04:55+	07:21+	10:07+	11:31+	12:59+	13:30+	14:25+	16:07+	17:04+	17:53+	18:26+
01:00+	03:24+	00:31-	02:26+	02:46-	01:24+	01:28+	00:31-	00:55+	01:42+	00:57+	00:49+	00:33+
00:10#	02:20@	00:03-	00:48&	00:08-	00:18&	00:07+	00:12-	00:05#	00:16#	00:17&	00:24&	00:02+
14	Nils Egil Lie	376	18:37									
01:07+	02:44+	03:24+	06:09+	09:39+	11:11+	13:00+	13:27+	14:26+	16:28+	17:27+	18:03+	18:37+
01:07+	01:37+	00:40+	02:45+	03:30+	01:32+	01:49+	00:27-	00:59+	02:02+	00:59+	00:36+	00:34+
00:17&	00:33&	00:06#	01:07&	00:36#	00:26&	00:28&	00:16-	00:09#	00:36&	00:19&	00:11&	00:03+
15	Svein Erik Bjørnsen	91	18:51									
01:03+	03:30+	04:04+	07:58+	10:31+	11:46+	14:10+	14:41+	15:30+	16:57+	17:46+	18:16+	18:51+
01:03+	02:27+	00:34=	03:54+	02:33-	01:15+	02:24+	00:31-	00:49-	01:27+	00:49+	00:30+	00:35+
00:13&	01:23@	00:00=	02:16@	00:21-	00:09#	01:03&	00:12-	00:01-	00:01+	00:09#	00:05#	00:04#
16	Per Marthon Mæland	5	18:57									
00:59+	02:38+	03:18+	05:52+	08:52+	10:19+	13:09+	13:42+	14:40+	16:51+	17:39+	18:17+	18:57+
00:59+	01:39+	00:40+	02:34+	03:00+	01:27+	02:50+	00:33-	00:58+	02:11+	00:48+	00:38+	00:40+
00:09#	00:35&	00:06#	00:56&	00:06+	00:21&	01:29@	00:10-	00:08#	00:45&	00:08#	00:13&	00:09&
17	Anders H Foss	263	18:57									
01:06+	02:46+	03:24+	06:07+	10:16+	11:44+	13:34+	14:15+	15:09+	16:50+	17:39+	18:16+	18:57+
01:06+	01:40+	00:38+	02:43+	04:09+	01:28+	01:50+	00:41-	00:54+	01:41+	00:49+	00:37+	00:41+
00:16&	00:36&	00:04#	01:05&	01:15&	00:22&	00:29&	00:02-	00:04+	00:15#	00:09#	00:12&	00:10&
18	Ståle Sletten	390	19:09									
01:14+	03:27+	03:58+	06:58+	10:06+	11:54+	13:29+	14:03+	15:26+	17:05+	17:55+	18:30+	19:09+
01:14+	02:13+	00:31-	03:00+	03:08+	01:48+	01:35+	00:34-	01:23+	01:39+	00:50+	00:35+	00:39+
00:24&	01:09@	00:03-	01:22&	00:14+	00:42&	00:14#	00:09-	00:33&	00:13#	00:10#	00:10&	00:08&
19	Svein Sivertsen	115	19:16									
01:09+	02:52+	03:34+	06:34+	09:57+	11:23+	13:00+	13:49+	15:07+	17:05+	18:02+	18:34+	19:16+
01:09+	01:43+	00:42+	03:00+	03:23+	01:26+	01:37+	00:49+	01:18+	01:58+	00:57+	00:32+	00:42+
00:19&	00:39&	00:08#	01:22&	00:29#	00:20&	00:16#	00:06#	00:28&	00:32&	00:17&	00:07&	00:11&

Class	Navn	Klasse										Tid
20	John Helge Svandal	111										19:23
01:05+	02:38+	03:16+	07:26+	10:38+	12:14+	13:50+	14:33+	15:36+	17:17+	18:11+	18:45+	19:23+
01:05+	01:33+	00:38+	04:10+	03:12+	01:36+	01:36+	00:43=	01:03+	01:41+	00:54+	00:34+	00:38+
00:15&	00:29&	00:04#	02:32@	00:18#	00:30&	00:15#	00:00=	00:13&	00:15#	00:14&	00:09&	00:07#
21	Frode Følgesvold	5										19:29
01:10+	03:34+	04:22+	08:02+	11:11+	12:47+	14:20+	15:00+	15:53+	17:28+	18:20+	18:53+	19:29+
01:10+	02:24+	00:48+	03:40+	03:09+	01:36+	01:33+	00:40-	00:53+	01:35+	00:52+	00:33+	00:36+
00:20&	01:20@	00:14&	02:02@	00:15+	00:30&	00:12#	00:03-	00:03+	00:09#	00:12&	00:08&	00:05#
22	Leif Jarle Skåra	29										20:38
01:15+	03:04+	03:47+	06:22+	10:12+	11:55+	13:48+	14:31+	15:41+	17:59+	19:04+	19:52+	20:38+
01:15+	01:49+	00:43+	02:35+	03:50+	01:43+	01:53+	00:43=	01:10+	02:18+	01:05+	00:48+	00:46+
00:25&	00:45&	00:09&	00:57&	00:56&	00:37&	00:32&	00:00=	00:20&	00:52&	00:25&	00:23&	00:15&
23	Audun Sjøen	111										20:53
01:09+	02:52+	03:27+	06:49+	11:07+	12:38+	14:27+	15:16+	16:09+	18:28+	19:37+	20:10+	20:53+
01:09+	01:43+	00:35+	03:22+	04:18+	01:31+	01:49+	00:49+	00:53+	02:19+	01:09+	00:33+	00:43+
00:19&	00:39&	00:01+	01:44@	01:24&	00:25&	00:28&	00:06#	00:03+	00:53&	00:29&	00:08&	00:12&
24	Ivar Aalbu	29										21:33
01:15+	04:47+	05:26+	08:29+	11:57+	13:32+	15:22+	16:00+	17:17+	19:08+	20:07+	20:48+	21:33+
01:15+	03:32+	00:39+	03:03+	03:28+	01:35+	01:50+	00:38-	01:17+	01:51+	00:59+	00:41+	00:45+
00:25&	02:28@	00:05#	01:25&	00:34#	00:29&	00:29&	00:05-	00:27&	00:25&	00:19&	00:16&	00:14&
25	Endre Gabrielsen	126										21:50
01:33+	03:25+	04:09+	06:49+	11:30+	12:54+	14:26+	15:19+	16:30+	18:34+	19:33+	20:15+	21:50+
01:33+	01:52+	00:44+	02:40+	04:41+	01:24+	01:32+	00:53+	01:11+	02:04+	00:59+	00:42+	01:35+
00:43&	00:48&	00:10&	01:02&	01:47&	00:18&	00:11#	00:10#	00:21&	00:38&	00:19&	00:17&	01:04@
26	Lars Kartevoll	376										22:41
01:22+	04:57+	05:31+	07:58+	11:04+	12:40+	15:40+	16:37+	17:48+	19:34+	20:26+	22:10+	22:41+
01:22+	03:35+	00:34=	02:27+	03:06+	01:36+	03:00+	00:57+	01:11+	01:46+	00:52+	01:44+	00:31=
00:32&	02:31@	00:00=	00:49&	00:12+	00:30&	01:39@	00:14&	00:21&	00:20#	00:12&	01:19@	00:00=
27	Terje Hodne Nilsen	115										22:52
01:40+	03:33+	04:18+	09:01+	12:48+	14:28+	16:22+	17:10+	18:27+	20:26+	21:24+	22:06+	22:52+
01:40+	01:53+	00:45+	04:43+	03:47+	01:40+	01:54+	00:48+	01:17+	01:59+	00:58+	00:42+	00:46+
00:50&	00:49&	00:11&	03:05@	00:53&	00:34&	00:33&	00:05#	00:27&	00:33&	00:18&	00:17&	00:15&
28	Joar Fandrem	94										22:52
01:05+	02:53+	03:30+	06:04+	12:55+	14:29+	16:06+	16:57+	18:45+	20:54+	21:41+	22:16+	22:52+
01:05+	01:48+	00:37+	02:34+	06:51+	01:34+	01:37+	00:51+	01:48+	02:09+	00:47+	00:35+	00:36+
00:15&	00:44&	00:03+	00:56&	03:57@	00:28&	00:16#	00:08#	00:58@	00:43&	00:07#	00:10&	00:05#
29	Rolf Øystein Kluge	7										23:57
01:41+	03:42+	04:26+	10:17+	13:56+	15:33+	17:25+	18:04+	19:22+	21:39+	22:39+	23:16+	23:57+
01:41+	02:01+	00:44+	05:51+	03:39+	01:37+	01:52+	00:39-	01:18+	02:17+	01:00+	00:37+	00:41+
00:51@	00:57&	00:10&	04:13@	00:45&	00:31&	00:31&	00:04-	00:28&	00:51&	00:20&	00:12&	00:10&
30	Arnstein Skretting	54										24:08
02:27+	04:13+	04:54+	09:00+	12:39+	14:08+	16:09+	16:54+	17:53+	21:46+	22:43+	23:21+	24:08+
02:27+	01:46+	00:41+	04:06+	03:39+	01:29+	02:01+	00:45+	00:59+	03:53+	00:57+	00:38+	00:47+
01:37@	00:42&	00:07#	02:28@	00:45&	00:23&	00:40&	00:02+	00:09#	02:27@	00:17&	00:13&	00:16&
31	Johan Rasmussen	93										24:08
01:23+	03:30+	04:08+	08:05+	11:45+	13:05+	17:23+	18:11+	19:23+	21:48+	22:53+	23:28+	24:08+
01:23+	02:07+	00:38+	03:57+	03:40+	01:20+	04:18+	00:48+	01:12+	02:25+	01:05+	00:35+	00:40+
00:33&	01:03&	00:04#	02:19@	00:46&	00:14#	02:57@	00:05#	00:22&	00:59&	00:25&	00:10&	00:09&
32	Sverre Uhling	105										25:10
01:45+	03:53+	04:41+	08:45+	12:58+	15:18+	17:18+	18:15+	19:49+	22:30+	23:35+	24:24+	25:10+
01:45+	02:08+	00:48+	04:04+	04:13+	02:20+	02:00+	00:57+	01:34+	02:41+	01:05+	00:49+	00:46+
00:55@	01:04&	00:14&	02:26@	01:19&	01:14@	00:39&	00:14&	00:44&	01:15&	00:25&	00:24&	00:15&
33	Steinar Aase	268										25:16
01:19+	03:16+	04:01+	07:41+	13:14+	15:02+	17:14+	18:06+	19:05+	22:39+	23:49+	24:30+	25:16+
01:19+	01:57+	00:45+	03:40+	05:33+	01:48+	02:12+	00:52+	00:59+	03:34+	01:10+	00:41+	00:46+
00:29&	00:53&	00:11&	02:02@	02:39&	00:42&	00:51&	00:09#	00:09#	02:08@	00:30&	00:16&	00:15&
34	Kjell Helge Husebø	43										25:25
01:14+	05:32+	06:16+	11:09+	14:46+	16:30+	18:17+	19:01+	20:23+	22:58+	24:01+	24:40+	25:25+
01:14+	04:18+	00:44+	04:53+	03:37+	01:44+	01:47+	00:44+	01:22+	02:35+	01:03+	00:39+	00:45+
00:24&	03:14@	00:10&	03:15@	00:43#	00:38&	00:26&	00:01+	00:32&	01:09&	00:23&	00:14&	00:14&

Class	Navn	Klasse												Tid
35	Terje Langeland	98												25:53
01:17+	05:29+	06:12+	11:11+	15:10+	16:56+	18:55+	19:52+	23:22+	24:30+	25:08+	25:53+			
01:17+	04:12+	00:43+	04:59+	03:59+	01:46+	01:59+	00:57+	01:33+	01:57+	01:08+	00:38+	00:45+		
00:27&	03:08@	00:09&	03:21@	01:05&	00:40&	00:38&	00:14&	00:43&	00:31&	00:28&	00:13&	00:14&		
36	Arild Svihus	92												25:59
01:27+	05:35+	06:24+	10:12+	15:21+	17:07+	18:55+	19:44+	21:04+	23:06+	24:17+	25:04+	25:59+		
01:27+	04:08+	00:49+	03:48+	05:09+	01:46+	01:48+	00:49+	01:20+	02:02+	01:11+	00:47+	00:55+		
00:37&	03:04@	00:15&	02:10@	02:15&	00:40&	00:27&	00:06#	00:30&	00:36&	00:31&	00:22&	00:24&		
37	Per Bakken	5												26:17
01:37+	05:34+	06:16+	09:25+	12:51+	14:56+	17:06+	19:20+	21:07+	23:45+	24:57+	25:36+	26:17+		
01:37+	03:57+	00:42+	03:09+	03:26+	02:05+	02:10+	02:14+	01:47+	02:38+	01:12+	00:39+	00:41+		
00:47&	02:53@	00:08#	01:31&	00:32#	00:59&	00:49&	01:31@	00:57@	01:12&	00:32&	00:14&	00:10&		
38	John Thorsnæs	51												26:22
01:23+	05:29+	06:03+	09:27+	14:20+	15:56+	17:54+	19:09+	21:28+	23:54+	25:04+	25:43+	26:22+		
01:23+	04:06+	00:34=	03:24+	04:53+	01:36+	01:58+	01:15+	02:19+	02:26+	01:10+	00:39+	00:39+		
00:33&	03:02@	00:00=	01:46@	01:59&	00:30&	00:37&	00:32&	01:29@	01:00&	00:30&	00:14&	00:08&		
39	Torgeir Færevåg	125												28:14
01:22+	04:17+	04:58+	09:50+	13:04+	14:33+	17:44+	19:49+	20:44+	21:44+	24:35+	25:56+	26:55+	27:30+	28:14+
01:22+	02:55+	00:41+	04:52+	03:14+	01:29+	03:11+	02:05+	00:55+	01:00-	02:51+	01:21+	00:59+	00:35+	00:44+
00:32&	01:51@	00:07#	03:14@	00:20#	00:23&	01:50@	01:22@	00:05#	00:26-	02:11@	00:56@	00:28&	00:35+	00:44+
40	Tom Leveraas	93												29:32
01:12+	04:06+	14:17+	16:32+	19:43+	21:18+	22:58+	23:39+	24:47+	26:53+	27:44+	28:20+	29:32+		
01:12+	02:54+	10:11+	02:15+	03:11+	01:35+	01:40+	00:41-	01:08+	02:06+	00:51+	00:36+	01:12+		
00:22&	01:50@	09:37@	00:37&	00:17+	00:29&	00:19#	00:02-	00:18&	00:40&	00:11&	00:11&	00:41@		
41	Erik Henriksen	116												30:52
01:57+	06:28+	07:12+	13:21+	17:50+	19:48+	21:55+	22:49+	24:11+	27:01+	29:06+	29:52+	30:52+		
01:57+	04:31+	00:44+	06:09+	04:29+	01:58+	02:07+	00:54+	01:22+	02:50+	02:05+	00:46+	01:00+		
01:07@	03:27@	00:10&	04:31@	01:35&	00:52&	00:46&	00:11&	00:32&	01:24&	01:25@	00:21&	00:29&		
42	Inge Grødem	92												30:53
03:22+	05:44+	06:56+	11:15+	16:21+	19:05+	21:59+	23:08+	24:45+	27:36+	29:05+	30:02+	30:53+		
03:22+	02:22+	01:12+	04:19+	05:06+	02:44+	02:54+	01:09+	01:37+	02:51+	01:29+	00:57+	00:51+		
02:32@	01:18@	00:38@	02:41@	02:12&	01:38@	01:33@	00:26&	00:47&	01:25&	00:49@	00:32@	00:20&		
Beste strekktid for klassen														
00:50	01:04	00:26	01:38	02:20	01:06	01:02	00:24	00:47	01:00	00:39	00:24	00:27		

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