

Plass Navn

Klasse

Tid

Damer 16 - 39 år

Plass	Navn	Klasse	Tid
<b>1</b>	<b>Elin Graneland</b>	<b>39</b>	<b>23:51</b>
00:39=	02:12=	02:49=	05:11=
00:39=	01:33=	00:37=	02:22=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>24:07</b>
00:38=	02:13+	02:57+	05:41+
00:38=	01:35+	00:44+	02:44+
00:01=	00:02+	00:07#	00:22#
<b>3</b>	<b>Vilde Eikeskog</b>	<b>93</b>	<b>25:07</b>
00:36=	02:21+	02:52+	05:37+
00:36=	01:45+	00:31=	02:45+
00:03=	00:12#	00:06=	00:23#
<b>4</b>	<b>Mari Thu Randulff</b>	<b>39</b>	<b>25:45</b>
00:38=	02:20+	04:15+	06:30+
00:38=	01:42+	01:55+	02:15=
00:01=	00:09+	01:18@	00:07=
<b>5</b>	<b>Katrine Haaland Leveraas</b>	<b>54</b>	<b>26:22</b>
00:41+	02:11=	02:42=	04:49=
00:41+	01:30=	00:31=	02:07=
00:02+	00:03=	00:06=	00:15=
<b>6</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>26:36</b>
00:36=	02:08=	02:45=	05:38+
00:36=	01:32=	00:37=	02:53+
00:03=	00:01=	00:00=	00:31#
<b>7</b>	<b>Christina Renshaw</b>	<b>101</b>	<b>27:30</b>
00:59+	03:02+	03:36+	06:32+
00:59+	02:03+	00:34=	02:56+
00:20&	00:30&	00:03=	00:34#
<b>8</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>	<b>27:46</b>
00:41+	02:42+	03:14+	06:11+
00:41+	02:01+	00:32=	02:57+
00:02+	00:28&	00:05=	00:35#
<b>9</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>27:55</b>
00:35=	02:11=	02:45=	07:19+
00:35=	01:36+	00:34=	04:34+
00:04=	00:03+	00:03=	02:12&
<b>10</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>28:20</b>
00:59+	03:03+	03:35+	06:26+
00:59+	02:04+	00:32=	02:51+
00:20&	00:31&	00:05=	00:29#
<b>11</b>	<b>Heidi Langeland</b>	<b>117</b>	<b>29:19</b>
00:50+	02:56+	03:42+	07:33+
00:50+	02:06+	00:46+	03:51+
00:11&	00:33&	00:09#	01:29&
<b>12</b>	<b>Åsta Bryne</b>	<b>387</b>	<b>30:34</b>
00:48+	02:31+	03:04+	09:48+
00:48+	01:43+	00:33=	06:44+
00:09#	00:10#	00:04=	04:22@
<b>13</b>	<b>Ragnhild Thorset Våge</b>	<b>117</b>	<b>33:22</b>
00:48+	03:52+	04:16+	09:20+
00:48+	03:04+	00:24=	05:04+
00:09#	01:31&	00:13=	02:42@
<b>14</b>	<b>Heidi Nordaunet</b>	<b>126</b>	<b>33:33</b>
00:44+	02:20+	03:09+	07:34+
00:44+	01:36+	00:49+	04:25+
00:05#	00:03+	00:12&	02:03&

Class	Navn	Klasse	Tid
<b>15</b>	<b>Ingrid Dagsland Halderaker</b>	<b>11</b>	<b>34:08</b>
00:53+	03:33+ 04:17+ 07:43+ 09:14+ 09:55+	15:19+ 19:28+ 20:18+ 22:15+ 24:35+ 25:55+ 28:45+	30:56+ 33:06+ 34:08+
00:53+	02:40+ 00:44+ 03:26+ 01:31- 00:41-	05:24+ 04:09+ 00:50+ 01:57+ 02:20+ 01:20+ 02:50+	02:11+ 02:10+ 01:02+
00:14&	01:07& 00:07# 01:04& 00:17-	00:01- 02:55& 01:12& 00:05# 00:31& 00:19# 00:19& 01:52&	00:19# 00:23# 00:08#
<b>16</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>34:14</b>
00:55+	03:18+ 03:55+ 07:17+ 09:13+ 10:05+	13:33+ 18:24+ 19:31+ 21:14+ 24:47+ 26:26+ 28:12+	30:18+ 32:56+ 34:14+
00:55+	02:23+ 00:37= 03:22+ 01:56+ 00:52+	03:28+ 04:51+ 01:07+ 01:43+ 03:33+ 01:39+ 01:46+	02:06+ 02:38+ 01:18+
00:16&	00:50& 00:00= 01:00& 00:08+ 00:10#	00:59& 01:54& 00:22& 00:17# 01:32& 00:38& 00:48&	00:14# 00:51& 00:24&
<b>17</b>	<b>Marita Skorpe Falnes</b>	<b>43</b>	<b>35:31</b>
00:50+	02:59+ 03:33+ 06:53+ 08:54+ 09:52+	13:15+ 17:09+ 18:10+ 20:05+ 23:55+ 28:14+ 29:06+	31:45+ 34:16+ 35:31+
00:50+	02:09+ 00:34- 03:20+ 02:01+ 00:58+	03:23+ 03:54+ 01:01+ 01:55+ 03:50+ 04:19+ 00:52-	02:39+ 02:31+ 01:15+
00:11&	00:36& 00:03- 00:58& 00:13# 00:16&	00:54& 00:57& 00:16& 00:29& 01:49& 03:18& 00:06-	00:47& 00:44& 00:21&
<b>18</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>	<b>38:13</b>
01:05+	03:39+ 04:33+ 08:01+ 09:43+ 11:27+	15:15+ 19:42+ 21:05+ 23:15+ 28:03+ 29:43+ 30:59+	33:19+ 37:02+ 38:13+
01:05+	02:34+ 00:54+ 03:28+ 01:42- 01:44+	03:48+ 04:27+ 01:23+ 02:10+ 04:48+ 01:40+ 01:16+	02:20+ 03:43+ 01:11+
00:26&	01:01& 00:17& 01:06& 00:06- 01:02&	01:19& 01:30& 00:38& 00:44& 02:47& 00:39& 00:18&	00:28# 01:56& 00:17&
<b>19</b>	<b>Guro Grimnes</b>	<b>126</b>	<b>39:51</b>
00:59+	02:57+ 03:31+ 06:32+ 08:19+ 08:56+	11:48+ 16:41+ 17:25+ 19:24+ 25:57+ 26:59+ 28:52+	32:13+ 38:48+ 39:51+
00:59+	01:58+ 00:34- 03:01+ 01:47- 00:37-	02:52+ 04:53+ 00:44- 01:59+ 06:33+ 01:02+ 01:53+	03:21+ 06:35+ 01:03+
00:20&	00:25& 00:03- 00:39& 00:01-	00:05- 00:23# 01:56& 00:01-	00:33& 04:32& 00:01+ 00:55&
<b>20</b>	<b>Hege Bakken</b>	<b>53</b>	<b>41:09</b>
00:45+	02:39+ 03:24+ 06:33+ 13:12+ 13:52+	16:33+ 20:39+ 21:26+ 23:44+ 27:29+ 30:17+ 31:02+	33:20+ 40:03+ 41:09+
00:45+	01:54+ 00:45+ 03:09+ 06:39+ 00:40-	02:41+ 04:06+ 00:47+ 02:18+ 03:45+ 02:48+ 00:45-	02:18+ 06:43+ 01:06+
00:06#	00:21# 00:08# 00:47& 04:51& 00:02-	00:12+ 01:09& 00:02+ 00:52& 01:44& 01:47& 00:13-	00:26# 04:56& 00:12#
<b>21</b>	<b>Sara Engevik</b>	<b>126</b>	<b>44:09</b>
00:52+	03:04+ 03:45+ 17:57+ 19:43+ 20:33+	24:18+ 28:48+ 29:42+ 32:05+ 34:59+ 36:36+ 37:51+	40:02+ 43:00+ 44:09+
00:52+	02:12+ 00:41+ 14:12+ 01:46- 00:50+	03:45+ 04:30+ 00:54+ 02:23+ 02:54+ 01:37+ 01:15+	02:11+ 02:58+ 01:09+
00:13&	00:39& 00:04# 11:50& 00:02-	00:08# 01:16& 01:33& 00:09# 00:57& 00:53& 00:36& 00:17&	00:19# 01:11& 00:15&
<b>22</b>	<b>Katja Eliassen</b>	<b>105</b>	<b>50:10</b>
01:30+	05:28+ 06:00+ 09:57+ 12:57+ 13:50+	17:13+ 22:58+ 23:48+ 28:55+ 32:26+ 33:45+ 41:36+	43:49+ 48:23+ 50:10+
01:30+	03:58+ 00:32- 03:57+ 03:00+ 00:53+	03:23+ 05:45+ 00:50+ 05:07+ 03:31+ 01:19+ 07:51+	02:13+ 04:34+ 01:47+
00:51&	02:25& 00:05- 01:35& 01:12& 00:11&	00:54& 02:48& 00:05# 03:41& 01:30& 00:18& 06:53&	00:21# 02:47& 00:53&
<b>23</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>50:22</b>
00:49+	02:27+ 02:59+ 06:09+ 07:46+ 08:23+	28:46+ 31:50+ 32:24+ 33:35+ 35:49+ 37:21+ 38:35+	46:55+ 49:24+ 50:22+
00:49+	01:38+ 00:32- 03:10+ 01:37- 00:37-	20:23+ 03:04+ 00:34- 01:11- 02:14+ 01:32+ 01:14+	08:20+ 02:29+ 00:58+
00:10&	00:05+ 00:05- 00:48& 00:11- 00:05-	17:54& 00:07+ 00:11- 00:15- 00:13# 00:31& 00:16&	06:28& 00:42& 00:04+
<b>24</b>	<b>Siv-Elin Bogfjelldal</b>	<b>66</b>	<b>1:07:32</b>
00:56+	08:12+ 08:47+ 13:46+ 15:47+ 16:35+	25:31+ 33:22+ 34:31+ 36:22+ 40:16+ 41:58+ 49:13+	58:06+ 65:24+ 67:32+
00:56+	07:16+ 00:35- 04:59+ 02:01+ 00:48+	08:56+ 07:51+ 01:09+ 01:51+ 03:54+ 01:42+ 07:15+	08:53+ 07:18+ 02:08+
00:17&	05:43& 00:02- 02:37& 00:13# 00:06#	06:27& 04:54& 00:24& 00:25& 01:53& 00:41& 06:17&	07:01& 05:31& 01:14&
<b>Beste strekktid for klassen</b>			
00:35	01:30	00:24	02:07
00:59	00:30	02:06	02:33
00:34	00:42	01:43	00:54
00:35	01:13	01:46	00:41

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

## Damer 40 - 49 år

<b>1</b>	<b>Heidi Martby-Skogsholm</b>	<b>105</b>	<b>25:59</b>
00:38=	03:18= 04:10= 04:43= 05:43= 07:56=	14:12= 14:58= 15:45= 16:29= 19:47= 20:59= 22:55=	24:19= 25:28= 25:59=
00:38=	02:40= 00:52= 00:33= 01:00= 02:13=	06:16= 00:46= 00:47= 00:44= 03:18= 01:12= 01:56=	01:24= 01:09= 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= 00:00= 00:00=
<b>2</b>	<b>Kari Sjursen</b>	<b>117</b>	<b>28:32</b>
00:48+	04:29+ 05:37+ 06:27+ 07:33+ 09:34+	13:37- 14:41- 15:40- 16:41+ 20:06+ 21:32+ 23:31+	26:23+ 27:53+ 28:32+
00:48+	03:41+ 01:08+ 00:50+ 01:06+ 02:01-	04:03- 01:04+ 00:59+ 01:01+ 03:25+ 01:26+ 01:59+	02:52+ 01:30+ 00:39+
00:10&	01:01& 00:16& 00:17& 00:06# 00:12-	02:13- 00:18& 00:12& 00:17& 00:07+ 00:14# 00:03+	01:28& 00:21& 00:08&
<b>3</b>	<b>Ida K. Kolstø</b>	<b>29</b>	<b>28:47</b>
00:47+	04:38+ 05:27+ 06:22+ 07:38+ 10:33+	14:28+ 15:21+ 16:01+ 16:54+ 20:57+ 22:16+ 24:42+	26:27+ 28:18+ 28:47+
00:47+	03:51+ 00:49- 00:55+ 01:16+ 02:55+	03:55- 00:53+ 00:40- 00:53+ 04:03+ 01:19+ 02:26+	01:45+ 01:51+ 00:29-
00:09#	01:11& 00:03- 00:22& 00:16& 00:42&	02:21- 00:07# 00:07- 00:09# 00:45# 00:07+ 00:30&	00:21# 00:42& 00:02-





Class	Navn	Klasse												Tid
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**Beste strekktid for klassen**

00:38 02:45 00:51 00:37 01:01 01:52 03:09 00:49 00:44 00:42 03:25 01:07 01:47 01:21 01:07 00:32

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

**Damer 60 - 64 år**

<b>1</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>	<b>24:20</b>												
00:52=	02:22=	03:59=	05:16=	08:15=	08:42=	10:35=	12:44=	13:49=	16:09=	18:30=	19:17=	19:59=	21:08=	23:25=	24:20=
00:52=	01:30=	01:37=	01:17=	02:59=	00:27=	01:53=	02:09=	01:05=	02:20=	02:21=	00:47=	00:42=	01:09=	02:17=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ingrid Eik</b>	<b>88</b>	<b>25:41</b>												
00:52=	02:31+	04:06+	04:55-	08:04-	08:34-	10:35=	13:01+	14:10+	16:37+	17:53-	19:01-	19:51-	21:29+	24:38+	25:41+
00:52=	01:39+	01:35-	00:49-	03:09+	00:30+	02:01+	02:26+	01:09+	02:27+	01:16-	01:08+	00:50+	01:38+	03:09+	01:03+
00:00=	00:09#	00:02-	00:28-	00:10+	00:03#	00:08+	00:17#	00:04+	00:07+	01:05-	00:21&	00:08#	00:29&	00:52&	00:08#
<b>3</b>	<b>Kari Anstensrud</b>	<b>117</b>	<b>27:34</b>												
02:02+	03:37+	05:41+	06:25+	09:03+	09:33+	11:56+	14:38+	15:46+	18:16+	19:30+	20:40+	21:23+	22:50+	26:34+	27:34+
02:02+	01:35+	02:04+	00:44-	02:38-	00:30+	02:23+	02:42+	01:08+	02:30+	01:14-	01:10+	00:43+	01:27+	03:44+	01:00+
01:10@	00:05+	00:27&	00:33-	00:21-	00:03#	00:30&	00:33&	00:03+	00:10+	01:07-	00:23&	00:01+	00:18&	01:27&	00:05+
<b>4</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>28:35</b>												
00:48-	02:42+	04:35+	05:37+	09:51+	10:24+	12:55+	15:23+	16:33+	19:11+	21:09+	22:21+	23:15+	25:15+	27:29+	28:35+
00:48-	01:54+	01:53+	01:02-	04:14+	00:33+	02:31+	02:28+	01:10+	02:38+	01:58-	01:12+	00:54+	02:00+	02:14-	01:06+
00:04-	00:24&	00:16#	00:15-	01:15&	00:06#	00:38&	00:19#	00:05+	00:18#	00:23-	00:25&	00:12&	00:51&	00:03-	00:11#
<b>5</b>	<b>Amanda Renshaw</b>	<b>101</b>	<b>29:17</b>												
01:38+	03:13+	05:36+	06:35+	09:54+	10:21+	12:18+	14:45+	16:06+	19:03+	20:28+	22:24+	23:08+	24:22+	27:55+	29:17+
01:38+	01:35+	02:23+	00:59-	03:19+	00:27=	01:57+	02:27+	01:21+	02:57+	01:25-	01:56+	00:44+	01:14+	03:33+	01:22+
00:46&	00:05+	00:46&	00:18-	00:20#	00:00=	00:04+	00:18#	00:16#	00:37&	00:56-	01:09@	00:02+	00:05+	01:16&	00:27&
<b>6</b>	<b>Berit Bakken</b>	<b>93</b>	<b>29:57</b>												
01:04+	02:47+	04:31+	05:35+	08:29+	09:02+	11:05+	13:38+	14:52+	19:51+	23:23+	24:23+	25:19+	26:33+	28:49+	29:57+
01:04+	01:43+	01:44+	01:04-	02:54-	00:33+	02:03+	02:33+	01:14+	04:59+	03:32+	01:00+	00:56+	01:14+	02:16-	01:08+
00:12#	00:13#	00:07+	00:13-	00:05-	00:06#	00:10+	00:24#	00:09#	02:39@	01:11&	00:13&	00:14&	00:05+	00:01-	00:13#
<b>7</b>	<b>Ingrid Øxnevad</b>	<b>18</b>	<b>30:27</b>												
02:23+	04:27+	06:12+	07:03+	10:27+	10:56+	13:41+	16:00+	16:58+	19:26+	20:33+	21:32+	22:19+	25:56+	29:29+	30:27+
02:23+	02:04+	01:45+	00:51-	03:24+	00:29+	02:45+	02:19+	00:58-	02:28+	01:07-	00:59+	00:47+	03:37+	03:33+	00:58+
01:31@	00:34&	00:08+	00:26-	00:25#	00:02+	00:52&	00:10+	00:07-	00:08+	01:14-	00:12&	00:05#	02:28@	01:16&	00:03+
<b>8</b>	<b>Ingunn Voilås</b>	<b>29</b>	<b>37:19</b>												
04:38+	08:33+	10:12+	10:58+	13:27+	13:58+	22:14+	24:22+	25:29+	27:50+	29:07+	30:24+	31:22+	33:24+	36:15+	37:19+
04:38+	03:55+	01:39+	00:46-	02:29-	00:31+	08:16+	02:08-	01:07+	02:21+	01:17-	01:17+	00:58+	02:02+	02:51+	01:04+
03:46@	02:25@	00:02+	00:31-	00:04#	06:23@	00:01-	00:02+	00:01+	01:04-	00:30&	00:16&	00:53&	00:34#	00:09#	
<b>9</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>	<b>46:45</b>												
01:26+	03:10+	05:33+	07:01+	16:55+	18:24+	20:49+	24:30+	25:41+	32:56+	34:39+	36:27+	37:50+	39:15+	44:47+	46:45+
01:26+	01:44+	02:23+	01:28+	09:54+	01:29+	02:25+	03:41+	01:11+	07:15+	01:43-	01:48+	01:23+	01:25+	05:32+	01:58+
00:34&	00:14#	00:46&	00:11#	06:55@	01:02@	00:32&	01:32&	00:06+	04:55@	00:38-	01:01@	00:41&	00:16#	03:15@	01:03@

**Beste strekktid for klassen**

00:48 01:30 01:35 00:44 02:29 00:27 01:53 02:08 00:58 02:20 01:07 00:47 00:42 01:09 02:14 00:55

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

**Damer 65 - 69 år**

<b>1</b>	<b>Margot Asheim</b>	<b>105</b>	<b>26:19</b>												
00:44=	02:14=	04:21=	05:06=	07:47=	08:18=	10:42=	13:25=	14:27=	16:54=	18:14=	19:23=	20:07=	21:28=	25:27=	26:19=
00:44=	01:30=	02:07=	00:45=	02:41=	00:31=	02:24=	02:43=	01:02=	02:27=	01:20=	01:09=	00:44=	01:21=	03:59=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>34:28</b>												
01:24+	10:09+	11:44+	12:39+	15:44+	16:14+	18:32+	21:25+	22:34+	24:58+	26:10+	27:30+	28:21+	30:37+	33:18+	34:28+
01:24+	08:45+	01:35-	00:55+	03:05+	00:30-	02:18-	02:53+	01:09+	02:24-	01:12-	01:20+	00:51+	02:16+	02:41-	01:10+
00:40&	07:15@	00:32-	00:10#	00:24#	00:01-	00:06-	00:10+	00:07#	00:03-	00:08-	00:11#	00:07#	00:55&	01:18-	00:18&

Class	Navn	Klasse										Tid				
<b>3</b>	<b>Halldis Handeland</b>	<b>92</b>										<b>35:58</b>				
01:02+	02:56+	05:01+	06:07+	09:21+	09:56+	12:42+	15:16+	16:39+	20:17+	27:04+	28:27+	29:29+	31:18+	34:23+	35:58+	
01:02+	01:54+	02:05-	01:06+	03:14+	00:35+	02:46+	02:34-	01:23+	03:38+	06:47+	01:23+	01:02+	01:49+	03:05-	01:35+	
00:18&	00:24&	00:02-	00:21&	00:33#	00:04#	00:22#	00:09-	00:21&	01:11&	05:27@	00:14#	00:18&	00:28&	00:54-	00:43&	
<b>4</b>	<b>Berit Gramstad</b>	<b>113</b>										<b>36:00</b>				
01:17+	08:12+	09:51+	10:43+	13:58+	14:32+	16:42+	19:29+	20:44+	23:13+	24:59+	28:41+	29:47+	31:14+	34:49+	36:00+	
01:17+	06:55+	01:39-	00:52+	03:15+	00:34+	02:10-	02:47+	01:15+	02:29+	01:46+	03:42+	01:06+	01:27+	03:35-	01:11+	
00:33&	05:25@	00:28-	00:07#	00:34#	00:03+	00:14-	00:04+	00:13#	00:02+	00:26&	02:33@	00:22&	00:06+	00:24-	00:19&	
<b>5</b>	<b>Hanne Eik</b>	<b>117</b>										<b>36:23</b>				
01:09+	03:09+	05:09+	06:04+	08:55+	09:25+	11:48+	14:24+	15:47+	26:29+	27:55+	29:15+	30:32+	32:11+	34:58+	36:23+	
01:09+	02:00+	02:00-	00:55+	02:51+	00:30-	02:23-	02:36-	01:23+	10:42+	01:26+	01:20+	01:17+	01:39+	02:47-	01:25+	
00:25&	00:30&	00:07-	00:10#	00:10+	00:01-	00:01-	00:07-	00:21&	08:15@	00:06+	00:11#	00:33&	00:18#	01:12-	00:33&	
<b>6</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>36:54</b>				
00:45+	02:43+	05:04+	06:00+	10:36+	11:09+	13:34+	16:02+	17:18+	20:20+	21:45+	30:18+	31:22+	32:53+	35:47+	36:54+	
00:45+	01:58+	02:21+	00:56+	04:36+	00:33+	02:25+	02:28-	01:16+	03:02+	01:25+	08:33+	01:04+	01:31+	02:54-	01:07+	
00:01+	00:28&	00:14#	00:11#	01:55&	00:02+	00:01+	00:15-	00:14#	00:35#	00:05+	07:24@	00:20&	00:10#	01:05-	00:15&	
<b>7</b>	<b>Åse Franciska Møster</b>	<b>128</b>										<b>1:03:37</b>				
09:19+	11:15+	12:49+	13:40+	26:03+	27:09+	31:21+	36:29+	38:46+	43:11+	45:56+	56:54+	57:45+	59:17+	62:23+	63:37+	
09:19+	01:56+	01:34-	00:51+	12:23+	01:06+	04:12+	05:08+	02:17+	04:25+	02:45+	10:58+	00:51+	01:32+	03:06-	01:14+	
08:35@	00:26&	00:33-	00:06#	09:42@	00:35@	01:48&	02:25&	01:15@	01:58&	01:25@	09:49@	00:07#	00:11#	00:53-	00:22&	
<b>8</b>	<b>Åse Berg</b>	<b>105</b>										<b>1:04:40</b>				
01:11+	04:47+	29:50+	31:02+	36:37+	37:10+	40:19+	44:10+	45:36+	50:49+	53:20+	55:35+	56:40+	58:35+	62:52+	64:40+	
01:11+	03:36+	25:03+	01:12+	05:35+	00:33+	03:09+	03:51+	01:26+	05:13+	02:31+	02:15+	01:05+	01:55+	04:17+	01:48+	
00:27&	02:06@	22:56@	00:27&	02:54@	00:02+	00:45&	01:08&	00:24&	02:46@	01:11&	01:06&	00:21&	00:34&	00:18+	00:56@	
<b>Beste strekktid for klassen</b>																
00:44	01:30	01:34	00:45	02:41	00:30	02:10	02:28	01:02	02:24	01:12	01:09	00:44	01:21	02:41	00:52	

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

## Damer 70 - 74 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>										<b>36:31</b>				
00:59=	03:10=	05:16=	06:26=	09:56=	10:34=	13:14=	15:54=	17:34=	20:51=	22:49=	24:19=	30:40=	32:19=	35:07=	36:31=	
00:59=	02:11=	02:06=	01:10=	03:30=	00:38=	02:40=	02:40=	01:40=	03:17=	01:58=	01:30=	06:21=	01:39=	02:48=	01:24=	
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=	
<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>										<b>48:12</b>				
01:11+	03:53+	06:49+	07:39+	10:47+	11:20+	15:22+	18:10+	19:45+	25:34+	27:13+	30:06+	33:37+	34:36+	43:31+	46:36+	
01:11+	02:42+	02:56+	00:50-	03:08-	00:33-	04:02+	02:48+	01:35-	05:49+	01:39-	02:53+	03:31-	00:59-	08:55+	03:05+	
00:12#	00:31#	00:50&	00:20-	00:22-	00:05-	01:22&	00:08+	00:05-	02:32&	00:19-	01:23&	02:50-	00:40-	06:07@	01:41@	
01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	01:36+	
<b>Beste strekktid for klassen</b>																
00:59	02:11	02:06	00:50	03:08	00:33	02:40	02:40	01:35	03:17	01:39	01:30	03:31	00:59	02:48	01:24	

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

## Damer 75 - 79 år

<b>1</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>										<b>29:40</b>				
00:49=	02:42=	04:50=	05:52=	08:31=	09:11=	11:43=	14:07=	15:38=	18:16=	19:46=	21:09=	22:08=	24:52=	28:24=	29:40=	
00:49=	01:53=	02:08=	01:02=	02:39=	00:40=	02:32=	02:24=	01:31=	02:38=	01:30=	01:23=	00:59=	02:44=	03:32=	01:16=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Turid Nystrøm</b>	<b>68</b>										<b>29:43</b>				
00:54+	02:40-	04:50=	05:50-	08:38+	09:10-	11:24-	14:07=	15:26-	20:40+	21:59+	23:16+	24:07+	25:34+	28:30+	29:43+	
00:54+	01:46-	02:10+	01:00-	02:48+	00:32-	02:14-	02:43+	01:19-	05:14+	01:19-	01:17-	00:51-	01:27-	02:56-	01:13-	
00:05#	00:07-	00:02+	00:02-	00:09+	00:08-	00:18-	00:19#	00:12-	02:36&	00:11-	00:06-	00:08-	01:17-	00:36-	00:03-	
<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>										<b>31:13</b>				
00:53+	02:49+	04:52+	05:56+	09:17+	09:53+	12:32+	15:35+	17:14+	20:34+	22:09+	23:39+	24:49+	26:43+	29:53+	31:13+	
00:53+	01:56+	02:03-	01:04+	03:21+	00:36-	02:39+	03:03+	01:39+	03:20+	01:35+	01:30+	01:10+	01:54-	03:10-	01:20+	
00:04+	00:03+	00:05-	00:02+	00:42&	00:04-	00:07+	00:39&	00:08+	00:42&	00:05+	00:07+	00:11#	00:50-	00:22-	00:04+	

Class	Navn	Klasse											Tid		
<b>4</b>	<b>Helga Aaslid</b>	<b>54</b>											<b>33:09</b>		
01:01+	03:46+	06:08+	07:21+	12:30+	13:05+	15:39+	18:24+	19:58+	22:38+	24:03+	25:17+	26:25+	28:03+	31:54+	33:09+
01:01+	02:45+	02:22+	01:13+	05:09+	00:35-	02:34+	02:45+	01:34+	02:40+	01:25-	01:14-	01:08+	01:38-	03:51+	01:15-
00:12#	00:52&	00:14#	00:11#	02:30&	00:05-	00:02+	00:21#	00:03+	00:02+	00:05-	00:09-	00:09#	01:06-	00:19+	00:01-
<b>5</b>	<b>Hedvig Anda</b>	<b>116</b>											<b>35:29</b>		
01:26+	03:41+	06:02+	07:06+	10:59+	11:35+	14:22+	17:48+	19:31+	22:40+	24:16+	27:46+	28:55+	30:46+	34:01+	35:29+
01:26+	02:15+	02:21+	01:04+	03:53+	00:36-	02:47+	03:26+	01:43+	03:09+	01:36+	03:30+	01:09+	01:51-	03:15-	01:28+
00:37&	00:22#	00:13#	00:02+	01:14&	00:04-	00:15+	01:02&	00:12#	00:31#	00:06+	02:07@	00:10#	00:53-	00:17-	00:12#
<b>6</b>	<b>Helga Klausen</b>	<b>62</b>											<b>35:37</b>		
02:52+	05:02+	07:34+	08:37+	13:18+	13:55+	16:41+	19:26+	21:06+	24:04+	25:57+	27:46+	28:55+	30:29+	34:12+	35:37+
02:52+	02:10+	02:32+	01:03+	04:41+	00:37-	02:46+	02:45+	01:40+	02:58+	01:53+	01:49+	01:09+	01:34-	03:43+	01:25+
02:03@	00:17#	00:24#	00:01+	02:02&	00:03-	00:14+	00:21#	00:09+	00:20#	00:23&	00:26&	00:10#	01:10-	00:11+	00:09#

### Beste strekktid for klassen

00:49 01:46 02:03 01:00 02:39 00:32 02:14 02:24 01:19 02:38 01:19 01:14 00:51 01:27 02:56 01:13

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

## Damer 80 år og eldre

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>											<b>40:51</b>				
01:23=	04:26=	05:50=	08:29=	10:14=	12:28=	13:35=	17:38=	21:05=	23:49=	26:25=	28:52=	33:13=	34:44=	36:44=	38:08=	40:03=	40:51=
01:23=	03:03=	01:24=	02:39=	01:45=	02:14=	01:07=	04:03=	03:27=	02:44=	02:36=	02:27=	04:21=	01:31=	02:00=	01:24=	01:55=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Gørild Espedal</b>	<b>113</b>											<b>52:44</b>				
02:01+	05:55+	07:38+	12:41+	14:56+	17:59+	19:33+	24:03+	27:52+	31:13+	34:26+	38:05+	41:15+	43:09+	46:33+	48:26+	51:46+	52:44+
02:01+	03:54+	01:43+	05:03+	02:15+	03:03+	01:34+	04:30+	03:49+	03:21+	03:13+	03:39+	03:10-	01:54+	03:24+	01:53+	03:20+	00:58+
00:38&	00:51&	00:19#	02:24&	00:30&	00:49&	00:27&	00:27#	00:22#	00:37#	00:37#	01:12&	01:11-	00:23&	01:24&	00:29&	01:25&	00:10#

### Beste strekktid for klassen

01:23 03:03 01:24 02:39 01:45 02:14 01:07 04:03 03:27 02:44 02:36 02:27 03:10 01:31 02:00 01:24 01:55 00:48

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>											<b>21:09</b>			
00:29=	01:34=	02:14=	06:47=	07:38=	08:17=	08:48=	10:44=	12:12=	12:41=	13:21=	18:00=	18:49=	19:20=	20:26=	20:52=	21:09=
00:29=	01:05=	00:40=	04:33=	00:51=	00:39=	00:31=	01:56=	01:28=	00:29=	00:40=	04:39=	00:49=	00:31=	01:06=	00:26=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anna Taksdal</b>	<b>194</b>											<b>24:39</b>			
00:31+	01:51+	02:33+	08:01+	09:03+	09:50+	10:24+	12:41+	14:20+	14:51+	15:39+	20:58+	21:51+	22:25+	23:46+	24:15+	24:39+
00:31+	01:20+	00:42+	05:28+	01:02+	00:47+	00:34+	02:17+	01:39+	00:31+	00:48+	05:19+	00:53+	00:34+	01:21+	00:29+	00:24+
00:02+	00:15#	00:02+	00:55#	00:11#	00:08#	00:03+	00:21#	00:11#	00:02+	00:08#	00:40#	00:04+	00:03+	00:15#	00:03#	00:07&
<b>3</b>	<b>Jorunn Hadland</b>	<b>29</b>											<b>25:58</b>			
00:39+	02:20+	02:54+	07:38+	08:54+	09:39+	10:13+	12:41+	14:09+	14:46+	15:26+	21:58+	22:49+	23:49+	25:06+	25:35+	25:58+
00:39+	01:41+	00:34-	04:44+	01:16+	00:45+	00:34+	02:28+	01:28=	00:37+	00:40=	06:32+	00:51+	01:00+	01:17+	00:29+	00:23+
00:10&	00:36&	00:06-	00:11+	00:25&	00:06#	00:03+	00:32&	00:00=	00:08&	00:00=	01:53&	00:02+	00:29&	00:11#	00:03#	00:06&
<b>4</b>	<b>Silje Skarpeid</b>	<b>101</b>											<b>35:23</b>			
00:48+	02:37+	03:58+	12:16+	13:26+	15:53+	16:46+	20:11+	22:02+	22:39+	23:44+	30:10+	31:44+	32:47+	34:27+	34:59+	35:23+
00:48+	01:49+	01:21+	08:18+	01:10+	02:27+	00:53+	03:25+	01:51+	00:37+	01:05+	06:26+	01:34+	01:03+	01:40+	00:32+	00:24+
00:19&	00:44&	00:41@	03:45&	00:19&	01:48@	00:22&	01:29&	00:23&	00:08&	00:25&	01:47&	00:45&	00:32@	00:34&	00:06#	00:07&
<b>5</b>	<b>Katrine Prestvold</b>	<b>212</b>											<b>35:25</b>			
00:41+	03:18+	04:55+	12:03+	13:05+	14:14+	15:04+	18:52+	20:51+	21:31+	22:56+	31:10+	32:10+	32:59+	34:36+	35:07+	35:25+
00:41+	02:37+	01:37+	07:08+	01:02+	01:09+	00:50+	03:48+	01:59+	00:40+	01:25+	08:14+	01:00+	00:49+	01:37+	00:31+	00:18+
00:12&	01:32@	00:57@	02:35&	00:11#	00:30&	00:19&	01:52&	00:31&	00:11&	00:45@	03:35&	00:11#	00:18&	00:31&	00:05#	00:01+
<b>6</b>	<b>Nina Karlsen</b>	<b>91</b>											<b>38:07</b>			
00:39+	02:17+	03:08+	13:31+	14:41+	15:37+	16:18+	19:29+	21:49+	22:27+	23:22+	31:18+	34:38+	35:32+	37:03+	37:41+	38:07+
00:39+	01:38+	00:51+	10:23+	01:10+	00:56+	00:41+	03:11+	02:20+	00:38+	00:55+	07:56+	03:20+	00:54+	01:31+	00:38+	00:26+
00:10&	00:33&	00:11&	05:50@	00:19&	00:17&	00:10&	01:15&	00:52&	00:09&	00:15&	03:17&	02:31@	00:23&	00:25&	00:12&	00:09&

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

**Beste strekktid for klassen**

00:29 01:05 00:34 04:33 00:51 00:39 00:31 01:56 01:28 00:29 00:40 04:39 00:49 00:31 01:06 00:26 00:17

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

**Damer B**

<b>1</b>	<b>Wenche M. Sæbbø</b>	<b>117</b>	<b>23:00</b>
00:37=	01:52= 02:32= 08:31= 09:20= 09:49=	10:28= 14:06= 14:44= 16:53= 17:36= 18:15= 21:27=	22:01= 22:27= 23:00=
00:37=	01:15= 00:40= 05:59= 00:49= 00:29=	00:39= 03:38= 00:38= 02:09= 00:43= 00:39= 03:12=	00:34= 00:26= 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=
<b>2</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>	<b>23:46</b>
00:40+	01:57+ 02:50+ 09:06+ 09:57+ 10:23+	11:04+ 14:37+ 15:11+ 17:15+ 18:14+ 18:48+ 22:07+	22:43+ 23:11+ 23:46+
00:40+	01:17+ 00:53+ 06:16+ 00:51+ 00:26-	00:41+ 03:33- 00:34- 02:04- 00:59+ 00:34- 03:19+	00:36+ 00:28+ 00:35+
00:03+	00:02+ 00:13& 00:17+ 00:02+ 00:03-	00:02+ 00:05- 00:04- 00:05- 00:16& 00:05- 00:07+	00:02+ 00:02+ 00:02+
<b>3</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>	<b>24:37</b>
00:49+	02:13+ 02:55+ 08:54+ 09:50+ 10:20+	11:03+ 15:18+ 15:59+ 17:58+ 18:55+ 19:33+ 22:55+	23:35+ 24:07+ 24:37+
00:49+	01:24+ 00:42+ 05:59= 00:56+ 00:30+	00:43+ 04:15+ 00:41+ 01:59- 00:57+ 00:38- 03:22+	00:40+ 00:32+ 00:30-
00:12&	00:09# 00:02+ 00:00= 00:07# 00:01+	00:04# 00:37# 00:03+ 00:10- 00:14& 00:01- 00:10+	00:06# 00:06# 00:03-
<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>	<b>25:06</b>
00:55+	02:29+ 03:09+ 09:33+ 10:33+ 11:02+	11:53+ 16:19+ 16:56+ 18:51+ 19:36+ 20:11+ 23:20+	24:02+ 24:33+ 25:06+
00:55+	01:34+ 00:40= 06:24+ 01:00+ 00:29=	00:51+ 04:26+ 00:37- 01:55- 00:45+ 00:35- 03:09-	00:42+ 00:31+ 00:33=
00:18&	00:19& 00:00= 00:25+ 00:11# 00:00=	00:12& 00:48# 00:01- 00:14- 00:02+ 00:04- 00:03-	00:08# 00:05# 00:00=
<b>5</b>	<b>Hilde Nordbø</b>	<b>93</b>	<b>25:31</b>
00:50+	02:18+ 02:59+ 09:35+ 10:20+ 10:49+	11:32+ 15:24+ 16:02+ 18:16+ 19:05+ 19:59+ 23:48+	24:22+ 25:00+ 25:31+
00:50+	01:28+ 00:41+ 06:36+ 00:45- 00:29=	00:43+ 03:52+ 00:38= 02:14+ 00:49+ 00:54+ 03:49+	00:34= 00:38+ 00:31-
00:13&	00:13# 00:01+ 00:37# 00:04- 00:00=	00:04# 00:14+ 00:00= 00:05+ 00:06# 00:15& 00:37#	00:00= 00:12& 00:02-
<b>6</b>	<b>Jorunn Johannesen</b>	<b>116</b>	<b>25:42</b>
00:40+	02:51+ 03:37+ 09:17+ 10:17+ 10:45+	11:38+ 15:52+ 16:24+ 18:21+ 19:17+ 19:53+ 23:12+	24:35+ 25:08+ 25:42+
00:40+	02:11+ 00:46+ 05:40- 01:00+ 00:28-	00:53+ 04:14+ 00:32- 01:57- 00:56+ 00:36- 03:19+	01:23+ 00:33+ 00:34+
00:03+	00:56& 00:06# 00:19- 00:11# 00:01-	00:14& 00:36# 00:06- 00:12- 00:13& 00:03- 00:07+	00:49@ 00:07& 00:01+
<b>7</b>	<b>Kristin Breivold</b>	<b>92</b>	<b>25:45</b>
00:51+	02:12+ 03:06+ 09:21+ 10:18+ 10:53+	11:58+ 16:19+ 16:55+ 19:07+ 20:08+ 20:52+ 24:05+	24:42+ 25:15+ 25:45+
00:51+	01:21+ 00:54+ 06:15+ 00:57+ 00:35+	01:05+ 04:21+ 00:36- 02:12+ 01:01+ 00:44+ 03:13+	00:37+ 00:33+ 00:30-
00:14&	00:06+ 00:14& 00:16+ 00:08# 00:06#	00:26& 00:43# 00:02- 00:03+ 00:18& 00:05# 00:01+	00:03+ 00:07& 00:03-
<b>8</b>	<b>Ingrid W. Hestness</b>	<b>117</b>	<b>26:10</b>
00:51+	02:21+ 03:04+ 09:45+ 10:40+ 11:20+	12:02+ 16:30+ 17:10+ 19:14+ 20:13+ 20:58+ 24:20+	24:52+ 25:25+ 26:10+
00:51+	01:30+ 00:43+ 06:41+ 00:55+ 00:40+	00:42+ 04:28+ 00:40+ 02:04- 00:59+ 00:45+ 03:22+	00:32- 00:33+ 00:45+
00:14&	00:15# 00:03+ 00:42# 00:06# 00:11&	00:03+ 00:50# 00:02+ 00:05- 00:16& 00:06# 00:10+	00:02- 00:07& 00:12&
<b>9</b>	<b>Keth Berggraf</b>	<b>116</b>	<b>26:42</b>
01:02+	03:14+ 03:56+ 09:49+ 10:50+ 11:25+	12:26+ 17:08+ 17:43+ 19:46+ 20:47+ 21:28+ 24:55+	25:32+ 26:08+ 26:42+
01:02+	02:12+ 00:42+ 05:53- 01:01+ 00:35+	01:01+ 04:42+ 00:35- 02:03- 01:01+ 00:41+ 03:27+	00:37+ 00:36+ 00:34+
00:25&	00:57& 00:02+ 00:06- 00:12# 00:06#	00:22& 01:04& 00:03- 00:06- 00:18& 00:02+ 00:15+	00:03+ 00:10& 00:01+
<b>10</b>	<b>Anne Garsrud</b>	<b>53</b>	<b>27:31</b>
00:39+	04:24+ 05:03+ 11:45+ 12:19+ 12:59+	13:44+ 18:27+ 19:01+ 20:55+ 21:49+ 22:27+ 25:46+	26:27+ 27:00+ 27:31+
00:39+	03:45+ 00:39- 06:42+ 00:34- 00:40+	00:45+ 04:43+ 00:34- 01:54- 00:54+ 00:38- 03:19+	00:41+ 00:33+ 00:31-
00:02+	02:30@ 00:01- 00:43# 00:15-	00:06# 01:05& 00:04- 00:15- 00:11& 00:01- 00:07+	00:07# 00:07& 00:02-
<b>11</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>	<b>28:20</b>
00:48+	02:22+ 03:13+ 10:23+ 12:22+ 12:54+	13:41+ 18:00+ 18:40+ 20:56+ 22:00+ 22:42+ 26:17+	27:02+ 27:46+ 28:20+
00:48+	01:34+ 00:51+ 07:10+ 01:59+ 00:32+	00:47+ 04:19+ 00:40+ 02:16+ 01:04+ 00:42+ 03:35+	00:45+ 00:44+ 00:34+
00:11&	00:19& 00:11& 01:11# 01:10@ 00:03#	00:08# 00:41# 00:02+ 00:07+ 00:21& 00:03+ 00:23#	00:11& 00:18& 00:01+
<b>12</b>	<b>Anne Sæbø Vik</b>	<b>116</b>	<b>29:28</b>
00:48+	02:46+ 03:38+ 10:35+ 11:24+ 11:56+	13:06+ 18:28+ 19:02+ 21:00+ 21:53+ 22:34+ 26:39+	27:16+ 28:53+ 29:28+
00:48+	01:58+ 00:52+ 06:57+ 00:49= 00:32+	01:10+ 05:22+ 00:34- 01:58- 00:53+ 00:41+ 04:05+	00:37+ 01:37+ 00:35+
00:11&	00:43& 00:12& 00:58# 00:00= 00:03#	00:31& 01:44& 00:04- 00:11- 00:10# 00:02+ 00:53&	00:03+ 01:11@ 00:02+
<b>13</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>30:19</b>
00:42+	02:03+ 02:48+ 10:33+ 11:44+ 12:12+	12:58+ 19:16+ 20:28+ 22:49+ 23:39+ 24:21+ 28:14+	28:58+ 29:43+ 30:19+
00:42+	01:21+ 00:45+ 07:45+ 01:11+ 00:28-	00:46+ 06:18+ 01:12+ 02:21+ 00:50+ 00:42+ 03:53+	00:44+ 00:45+ 00:36+
00:05#	00:06+ 00:05# 01:46& 00:22& 00:01-	00:07# 02:40& 00:34& 00:12+ 00:07# 00:03+ 00:41#	00:10& 00:19& 00:03+



Class	Navn	Klasse												Tid
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### Beste strekktid for klassen

00:37 01:15 00:39 05:40 00:34 00:26 00:39 03:33 00:32 01:54 00:43 00:34 03:09 00:32 00:26 00:30

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

## Damer Ny

<b>1</b>	<b>Tiril Prestvold</b>	<b>212</b>	<b>20:31</b>								
01:01=	02:28=	03:59=	06:37=	08:54=	10:22=	12:07=	15:08=	17:02=	18:35=	19:54=	20:31=
01:01=	01:27=	01:31=	02:38=	02:17=	01:28=	01:45=	03:01=	01:54=	01:33=	01:19=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Ester-Lill Waage</b>	<b>105</b>	<b>35:14</b>								
05:17+	06:55+	08:01+	10:55+	14:21+	24:26+	26:24+	29:16+	31:04+	32:45+	34:33+	35:14+
05:17+	01:38+	01:06-	02:54+	03:26+	10:05+	01:58+	02:52-	01:48-	01:41+	01:48+	00:41+
04:16@	00:11#	00:25-	00:16#	01:09&	08:37@	00:13#	00:09-	00:06-	00:08+	00:29&	00:04#

<b>3</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>	<b>46:35</b>								
07:45+	09:03+	11:07+	14:26+	21:20+	28:55+	32:31+	37:51+	40:22+	42:49+	45:54+	46:35+
07:45+	01:18-	02:04+	03:19+	06:54+	07:35+	03:36+	05:20+	02:31+	02:27+	03:05+	00:41+
06:44@	00:09-	00:33&	00:41&	04:37@	06:07@	01:51@	02:19&	00:37&	00:54&	01:46@	00:04#

### Beste strekktid for klassen

01:01 01:18 01:06 02:38 02:17 01:28 01:45 02:52 01:48 01:33 01:19 00:37

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

## Damer Trim

<b>1</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>	<b>17:24</b>													
00:36=	01:28=	02:40=	04:20=	04:57=	06:32=	07:29=	08:33=	10:15=	11:33=	12:33=	13:17=	13:45=	14:16=	15:38=	16:49=	17:24=
00:36=	00:52=	01:12=	01:40=	00:37=	01:35=	00:57=	01:04=	01:42=	01:18=	01:00=	00:44=	00:28=	00:31=	01:22=	01:11=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>20:04</b>													
00:41+	01:35+	03:41+	05:25+	06:10+	07:39+	08:32+	09:59+	11:30+	12:46+	14:42+	15:37+	16:04+	16:37+	18:18+	19:37+	20:04+
00:41+	00:54+	02:06+	01:44+	00:45+	01:29-	00:53-	01:27+	01:31-	01:16-	01:56+	00:55+	00:27-	00:33+	01:41+	01:19+	00:27-
00:05#	00:02+	00:54&	00:04+	00:08#	00:06-	00:04-	00:23&	00:11-	00:02-	00:56&	00:11#	00:01-	00:02+	00:19#	00:08#	00:08-

<b>3</b>	<b>Fride Wirak</b>	<b>88</b>	<b>20:32</b>													
00:37+	01:29+	02:24-	03:50-	04:32-	06:28-	07:28-	08:36+	10:21+	11:36+	15:17+	16:10+	16:52+	17:20+	18:47+	20:00+	20:32+
00:37+	00:52=	00:55-	01:26-	00:42+	01:56+	01:00+	01:08+	01:45+	01:15-	03:41+	00:53+	00:42+	00:28-	01:27+	01:13+	00:32-
00:01+	00:00=	00:17-	00:14-	00:05#	00:21#	00:03+	00:04+	00:03+	00:03-	02:41@	00:09#	00:14&	00:03-	00:05+	00:02+	00:03-

<b>4</b>	<b>Maryon Paulsen Strugstad</b>	<b>43</b>	<b>21:03</b>													
00:49+	01:45+	02:37-	03:54-	04:32-	05:55-	10:48+	12:03+	13:28+	14:35+	15:54+	16:41+	17:12+	17:47+	19:25+	20:41+	21:03+
00:49+	00:56+	00:52-	01:17-	00:38+	01:23-	04:53+	01:15+	01:25-	01:07-	01:19+	00:47+	00:31+	00:35+	01:38+	01:16+	00:22-
00:13&	00:04+	00:20-	00:23-	00:01+	00:12-	03:56@	00:11#	00:17-	00:11-	00:19&	00:03+	00:03#	00:04#	00:16#	00:05+	00:13-

<b>5</b>	<b>Mathilde Skjæveland Skår</b>	<b>114</b>	<b>21:45</b>													
00:51+	02:04+	03:06+	04:52+	05:39+	07:12+	08:15+	09:35+	11:06+	14:20+	15:06+	15:56+	17:33+	18:08+	19:33+	21:17+	21:45+
00:51+	01:13+	01:02-	01:46+	00:47+	01:33-	01:03+	01:20+	01:31-	03:14+	00:46-	00:50+	01:37+	00:35+	01:25+	01:44+	00:28-
00:15&	00:21&	00:10-	00:06+	00:10&	00:02-	00:06#	00:16#	00:11-	01:56@	00:14-	00:06#	01:09@	00:04#	00:03+	00:33&	00:07-

<b>6</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>23:18</b>													
00:46+	02:01+	03:08+	04:58+	05:50+	07:34+	08:41+	10:22+	12:09+	13:38+	15:03+	16:07+	16:53+	17:41+	20:55+	22:41+	23:18+
00:46+	01:15+	01:07-	01:50+	00:52+	01:44+	01:07+	01:41+	01:29+	01:29+	01:25+	00:46+	01:04+	00:48+	03:14+	01:46+	00:37+
00:10&	00:23&	00:05-	00:10#	00:15&	00:09+	00:10#	00:37&	00:05+	00:11#	00:25&	00:20&	00:18&	00:17&	01:52@	00:35&	00:02+

<b>7</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>23:55</b>													
00:57+	02:50+	03:54+	05:54+	06:56+	09:10+	10:21+	11:49+	14:05+	15:50+	17:18+	18:11+	18:48+	19:23+	21:47+	23:16+	23:55+
00:57+	01:53+	01:04-	02:00+	01:02+	02:14+	01:11+	01:28+	02:16+	01:45+	01:28+	00:53+	00:37+	00:35+	02:24+	01:29+	00:39+
00:21&	01:01@	00:08-	00:20#	00:25&	00:39&	00:14#	00:24&	00:34&	00:27&	00:28&	00:09#	00:09&	00:04#	01:02&	00:18&	00:04#

<b>8</b>	<b>Stephanie Loin</b>	<b>42</b>	<b>25:00</b>													
01:05+	02:25+	03:35+	05:25+	06:34+	08:24+	09:38+	11:41+	13:51+	15:20+	16:52+	17:52+	18:43+	19:34+	21:56+	24:22+	25:00+
01:05+	01:20+	01:10-	01:50+	01:09+	01:50+	01:14+	02:03+	02:10+	01:29+	01:32+	01:00+	00:51+	00:51+	02:22+	02:26+	00:38+
00:29&	00:28&	00:02-	00:10#	00:32&	00:15#	00:17&	00:59&	00:28&	00:11#	00:32&	00:16&	00:23&	00:20&	01:00&	01:15@	00:03+



















Pluss	Navn	Klasse											Tid		
<b>5</b>	<b>Per Ingar Hadland</b>	<b>7</b>											<b>27:05</b>		
00:36-	02:26+	03:01+	05:51+	07:23+	08:07+	11:12+	14:40+	15:24+	17:09+	19:32+	20:56+	22:05+	23:48+	26:04+	27:05+
00:36-	01:50+	00:35+	02:50+	01:32+	00:44+	03:05+	03:28+	00:44+	01:45+	02:23+	01:24+	01:09+	01:43+	02:16+	01:01+
00:01-	00:24&	00:04#	00:45&	00:14#	00:13&	00:52&	00:44&	00:01+	00:29&	00:39&	00:24&	00:15&	00:24&	00:19#	00:07#
<b>6</b>	<b>Øystein Dahle</b>	<b>93</b>											<b>27:09</b>		
00:52+	02:38+	03:15+	06:15+	07:40+	08:22+	10:53+	14:15+	15:07+	16:27+	18:33+	19:46+	21:02+	22:59+	25:30+	27:09+
00:52+	01:46+	00:37+	03:00+	01:25+	00:42+	02:31+	03:22+	00:52+	01:20+	02:06+	01:13+	01:16+	01:57+	02:31+	01:39+
00:15&	00:20#	00:06#	00:55&	00:07+	00:11&	00:18#	00:38#	00:09#	00:04+	00:22#	00:13#	00:22&	00:38&	00:34&	00:45&
<b>7</b>	<b>Lars Bergersen</b>	<b>116</b>											<b>28:17</b>		
00:44+	02:37+	03:16+	06:07+	07:40+	08:25+	11:16+	14:18+	15:11+	16:45+	19:10+	21:00+	23:23+	25:20+	27:25+	28:17+
00:44+	01:53+	00:39+	02:51+	01:33+	00:45+	02:51+	03:02+	00:53+	01:34+	02:25+	01:50+	02:23+	01:57+	02:05+	00:52-
00:07#	00:27&	00:08&	00:46&	00:15#	00:14&	00:38&	00:18#	00:10#	00:18#	00:41&	00:50&	01:29&	00:38&	00:08+	00:02-
<b>8</b>	<b>Torbjørn Dahle</b>	<b>92</b>											<b>29:17</b>		
00:54+	02:40+	03:22+	05:48+	07:20+	08:05+	10:36+	13:43+	14:31+	16:18+	18:39+	19:56+	24:41+	26:27+	28:24+	29:17+
00:54+	01:46+	00:42+	02:26+	01:32+	00:45+	02:31+	03:07+	00:48+	01:47+	02:21+	01:17+	04:45+	01:46+	01:57=	00:53-
00:17&	00:20#	00:11&	00:21#	00:14#	00:14&	00:18#	00:23#	00:05#	00:31&	00:37&	00:17&	03:51&	00:27&	00:00=	00:01-
<b>9</b>	<b>Svein Magne Gloppen</b>	<b>93</b>											<b>31:30</b>		
01:01+	02:57+	03:39+	07:50+	09:54+	10:35+	14:05+	17:52+	19:01+	20:17+	23:06+	24:37+	26:03+	27:39+	30:15+	31:30+
01:01+	01:56+	00:42+	04:11+	02:04+	00:41+	03:30+	03:47+	01:09+	01:16=	02:49+	01:31+	01:26+	01:36+	02:36+	01:15+
00:24&	00:30&	00:11&	02:06&	00:46&	00:10&	01:17&	01:03&	00:26&	00:00=	01:05&	00:31&	00:32&	00:17#	00:39&	00:21&
<b>10</b>	<b>Ivar Knutsen</b>	<b>116</b>											<b>31:40</b>		
00:52+	02:51+	04:18+	06:57+	08:22+	09:05+	11:55+	15:39+	16:48+	18:15+	20:42+	23:01+	24:01+	28:21+	30:37+	31:40+
00:52+	01:59+	01:27+	02:39+	01:25+	00:43+	02:50+	03:44+	01:27+	02:27+	02:19+	01:00+	04:20+	04:20+	02:16+	01:03+
00:15&	00:33&	00:56@	00:34&	00:07+	00:12&	00:37&	01:00&	00:26&	00:11#	00:43&	01:19&	00:06#	03:01@	00:19#	00:09#
<b>11</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>											<b>34:47</b>		
00:57+	02:56+	03:38+	07:08+	08:55+	09:48+	13:05+	17:06+	18:35+	21:34+	24:31+	26:14+	28:26+	30:27+	33:33+	34:47+
00:57+	01:59+	00:42+	03:30+	01:47+	00:53+	03:17+	04:01+	01:29+	02:59+	02:57+	01:43+	02:12+	02:01+	03:06+	01:14+
00:20&	00:33&	00:11&	01:25&	00:29&	00:22&	01:04&	01:17&	00:46@	01:43@	01:13&	00:43&	01:18@	00:42&	01:09&	00:20&
<b>12</b>	<b>John C. Sinnes</b>	<b>93</b>											<b>35:48</b>		
00:57+	03:17+	04:08+	07:47+	09:03+	09:47+	16:53+	24:21+	25:14+	26:45+	29:08+	30:34+	31:36+	33:10+	34:59+	35:48+
00:57+	02:20+	00:51+	03:39+	01:16-	00:44+	07:06+	07:28+	00:53+	01:31+	02:23+	01:26+	01:02+	01:34+	01:49-	00:49-
00:20&	00:54&	00:20&	01:34&	00:02-	00:13&	04:53@	04:44@	00:10#	00:15#	00:39&	00:26&	00:08#	00:15#	00:08-	00:05-
<b>13</b>	<b>Kjell Lervik</b>	<b>239</b>											<b>37:39</b>		
00:45+	02:38+	03:49+	08:35+	13:18+	14:04+	17:28+	21:45+	24:04+	25:53+	28:23+	30:10+	31:41+	33:55+	36:27+	37:39+
00:45+	01:53+	01:11+	04:46+	04:43+	00:46+	03:24+	04:17+	02:19+	01:49+	02:30+	01:47+	01:31+	02:14+	02:32+	01:12+
00:08#	00:27&	00:40@	02:41@	03:25@	00:15&	01:11&	01:33&	01:36@	00:33&	00:46&	00:47&	00:37&	00:55&	00:35&	00:18&
<b>14</b>	<b>Kjetil Heradstveit</b>	<b>76</b>											<b>38:07</b>		
00:53+	02:43+	03:19+	06:25+	07:53+	08:38+	19:26+	22:56+	23:56+	25:19+	29:39+	30:39+	31:56+	33:51+	37:17+	38:07+
00:53+	01:50+	00:36+	03:06+	01:28+	00:45+	10:48+	03:30+	01:00+	01:23+	04:20+	01:00=	01:17+	01:55+	03:26+	00:50-
00:16&	00:24&	00:05#	01:01&	00:10#	00:14&	08:35@	00:46&	00:17&	00:07+	02:36@	00:00=	00:23&	00:36&	01:29&	00:04-
<b>15</b>	<b>John Lage Bergan</b>	<b>116</b>											<b>38:49</b>		
00:59+	05:31+	06:08+	09:43+	11:42+	12:28+	15:44+	20:08+	21:03+	23:49+	26:18+	28:20+	29:52+	34:11+	37:07+	38:49+
00:59+	04:32+	00:37+	03:35+	01:59+	00:46+	03:16+	04:24+	00:55+	02:46+	02:29+	02:02+	01:32+	04:19+	02:56+	01:42+
00:22&	03:06@	00:06#	01:30&	00:41&	00:15&	01:03&	01:40&	00:12&	01:30@	00:45&	01:02@	00:38&	03:00@	00:59&	00:48&
<b>16</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>											<b>40:13</b>		
00:50+	03:05+	03:52+	07:42+	09:32+	10:30+	13:42+	23:18+	24:13+	27:28+	30:22+	31:48+	33:21+	36:12+	39:11+	40:13+
00:50+	02:15+	00:47+	03:50+	01:50+	00:58+	03:12+	09:36+	00:55+	03:15+	02:54+	01:26+	01:33+	02:51+	02:59+	01:02+
00:13&	00:49&	00:16&	01:45&	00:32&	00:27&	00:59&	06:52@	00:12&	01:59@	01:10&	00:26&	00:39&	01:32@	01:02&	00:08#
<b>Beste strekktid for klassen</b>															
00:36	01:24	00:27	01:51	01:16	00:25	02:07	02:44	00:36	01:04	01:44	00:50	00:41	01:19	01:49	00:46

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>											<b>19:27</b>		
00:30=	01:51=	02:23=	05:04=	06:01=	06:32=	08:37=	11:09=	11:48=	12:47=	14:29=	15:20=	16:03=	17:09=	18:43=	19:27=
00:30=	01:21=	00:32=	02:41=	00:57=	00:31=	02:05=	02:32=	00:39=	00:59=	01:42=	00:51=	00:43=	01:06=	01:34=	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=	00:00=	00:00=















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

### Beste strekktid for klassen

00:24 01:49 00:41 00:27 00:40 04:29 00:34 00:38 00:47 00:23 00:24 01:37 01:05 00:41 00:41 00:50 00:35 00:22

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

## Herrer C

<b>1</b>	<b>Henning Sundby</b>	<b>114</b>														<b>20:57</b>
00:28=	01:34=	02:04=	06:26=	07:08=	07:47=	08:16=	10:02=	11:31=	12:47=	13:26=	17:44=	18:35=	19:06=	20:14=	20:38=	20:57=
00:28=	01:06=	00:30=	04:22=	00:42=	00:39=	00:29=	01:46=	01:29=	01:16=	00:39=	04:18=	00:51=	00:31=	01:08=	00:24=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Morten Aamodt</b>	<b>116</b>														<b>22:19</b>
00:30+	01:34=	02:31+	07:18+	08:14+	08:54+	09:22+	11:10+	12:40+	13:54+	14:33+	19:01+	19:50+	20:31+	21:31+	21:59+	22:19+
00:30+	01:04-	00:57+	04:47+	00:56+	00:40+	00:28-	01:48+	01:30+	01:14-	00:39=	04:28+	00:49-	00:41+	01:00-	00:28+	00:20+
00:02+	00:02-	00:02+	00:25+	00:14&	00:01+	00:01-	00:02+	00:01+	00:02-	00:00=	00:10+	00:02-	00:10&	00:08-	00:04#	00:01+
<b>3</b>	<b>Kjetil Wirak</b>	<b>114</b>														<b>22:25</b>
00:29+	01:51+	02:23+	07:02+	07:58+	08:39+	09:12+	11:17+	13:13+	13:41+	14:18+	19:08+	19:55+	20:29+	21:41+	22:06+	22:25+
00:29+	01:22+	00:32+	04:39+	00:56+	00:41+	00:33+	02:05+	01:56+	00:28-	00:37-	04:50+	00:47-	00:34+	01:12+	00:25+	00:19=
00:01+	00:16#	00:02+	00:17+	00:14&	00:02+	00:04#	00:19#	00:27&	00:48-	00:02-	00:32#	00:04-	00:03+	00:04+	00:01+	00:00=
<b>4</b>	<b>Jan Einar Øvremo</b>	<b>50</b>														<b>24:20</b>
00:33+	01:46+	02:19+	07:37+	08:35+	09:23+	09:56+	12:03+	14:03+	14:30+	15:23+	20:48+	21:42+	22:25+	23:34+	24:01+	24:20+
00:33+	01:13+	00:33+	05:18+	00:58+	00:48+	00:33+	02:07+	02:00+	00:27-	00:53+	05:25+	00:54+	00:43+	01:09+	00:27+	00:19=
00:05#	00:07#	00:03#	00:56#	00:16&	00:09#	00:04#	00:21#	00:31&	00:49-	00:14&	01:07&	00:03+	00:12&	00:01+	00:03#	00:00=
<b>5</b>	<b>Odd Fuglestad</b>	<b>379</b>														<b>24:30</b>
00:32+	01:46+	02:15+	07:55+	08:50+	09:35+	10:13+	12:20+	14:05+	14:35+	15:23+	20:51+	21:45+	22:27+	23:41+	24:09+	24:30+
00:32+	01:14+	00:29-	05:40+	00:55+	00:45+	00:38+	02:07+	01:45+	00:30-	00:48+	05:28+	00:54+	00:42+	01:14+	00:28+	00:21+
00:04#	00:08#	00:01-	01:18&	00:13&	00:06#	00:09&	00:21#	00:16#	00:46-	00:09#	01:10&	00:03+	00:11&	00:06+	00:04#	00:02#
<b>6</b>	<b>Kjell Dale</b>	<b>93</b>														<b>25:14</b>
00:39+	02:05+	02:38+	08:29+	09:29+	10:17+	10:53+	13:01+	15:00+	15:33+	16:21+	21:26+	22:22+	22:58+	24:16+	24:48+	25:14+
00:39+	01:26+	00:33+	05:51+	01:00+	00:48+	00:36+	02:08+	01:59+	00:33-	00:48+	05:05+	00:56+	00:36+	01:18+	00:32+	00:26+
00:11&	00:20&	00:03#	01:29&	00:18&	00:09#	00:07#	00:22#	00:30&	00:43-	00:09#	00:47#	00:05+	00:05#	00:10#	00:08&	00:07&
<b>7</b>	<b>Lars Helgeland</b>	<b>23</b>														<b>25:19</b>
00:34+	02:17+	02:51+	07:54+	08:51+	09:38+	10:15+	12:21+	14:23+	14:56+	15:41+	21:26+	22:28+	23:12+	24:26+	24:56+	25:19+
00:34+	01:43+	00:34+	05:03+	00:57+	00:47+	00:37+	02:06+	02:02+	00:33-	00:45+	05:45+	01:02+	00:44+	01:14+	00:30+	00:23+
00:06#	00:37&	00:04#	00:41#	00:15&	00:08#	00:08&	00:20#	00:33&	00:43-	00:06#	01:27&	00:11#	00:13&	00:06+	00:06#	00:04#
<b>8</b>	<b>Paul Terje Haarr</b>	<b>62</b>														<b>25:24</b>
00:36+	01:57+	03:01+	08:12+	09:14+	10:07+	10:46+	13:04+	14:48+	15:17+	16:08+	21:44+	22:44+	23:28+	24:38+	25:04+	25:24+
00:36+	01:21+	01:04+	05:11+	01:02+	00:53+	00:39+	02:18+	01:44+	00:29-	00:51+	05:36+	01:00+	00:44+	01:10+	00:26+	00:20+
00:08&	00:15#	00:34@	00:49#	00:20&	00:14&	00:10&	00:32&	00:15#	00:47-	00:12&	01:18&	00:09#	00:13&	00:02+	00:02+	00:01+
<b>8</b>	<b>Bjørnar André Haug</b>	<b>80</b>														<b>25:24</b>
00:36+	01:59+	02:58+	07:42+	08:58+	09:47+	10:24+	12:57+	14:42+	15:13+	16:20+	21:49+	22:52+	23:28+	24:39+	25:05+	25:24+
00:36+	01:23+	00:59+	04:44+	01:16+	00:49+	00:37+	02:33+	01:45+	00:31-	01:07+	05:29+	01:03+	00:36+	01:11+	00:26+	00:19=
00:08&	00:17&	00:29&	00:22+	00:34&	00:10&	00:08&	00:47&	00:16#	00:45-	00:28&	01:11&	00:12#	00:05#	00:03+	00:02+	00:00=
<b>10</b>	<b>Oddmund Nordgård</b>	<b>105</b>														<b>25:32</b>
00:45+	02:02+	02:34+	07:32+	08:42+	09:27+	10:08+	12:37+	14:50+	15:28+	16:23+	21:52+	22:45+	23:30+	24:46+	25:14+	25:32+
00:45+	01:17+	00:32+	04:58+	01:10+	00:45+	00:41+	02:29+	02:13+	00:38-	00:55+	05:29+	00:53+	00:45+	01:16+	00:28+	00:18-
00:17&	00:11#	00:02+	00:36#	00:28&	00:06#	00:12&	00:43&	00:44&	00:38-	00:16&	01:11&	00:02+	00:14&	00:08#	00:04#	00:01-
<b>11</b>	<b>Otte Omdal</b>	<b>65</b>														<b>25:55</b>
00:34+	01:47+	02:54+	08:35+	09:33+	10:28+	11:04+	13:12+	14:54+	15:25+	16:07+	22:06+	22:58+	24:06+	25:13+	25:36+	25:55+
00:34+	01:13+	01:07+	05:41+	00:58+	00:55+	00:36+	02:08+	01:42+	00:31-	00:42+	05:59+	00:52+	01:08+	01:07-	00:23-	00:19=
00:06#	00:07#	00:37@	01:19&	00:16&	00:16&	00:07#	00:22#	00:13#	00:45-	00:03+	01:41&	00:01+	00:37@	00:01-	00:01-	00:00=
<b>12</b>	<b>Nils John Vestøl</b>	<b>83</b>														<b>26:55</b>
00:38+	01:52+	02:32+	07:29+	08:29+	09:23+	09:56+	12:17+	13:57+	14:31+	18:09+	23:22+	24:18+	25:08+	26:16+	26:39+	26:55+
00:38+	01:14+	00:40+	04:57+	01:00+	00:54+	00:33+	02:21+	01:40+	00:34-	03:38+	05:13+	00:56+	00:50+	01:08=	00:23-	00:16-
00:10&	00:08#	00:10&	00:35#	00:18&	00:15&	00:04#	00:35&	00:11#	00:42-	02:59@	00:55#	00:05+	00:19&	00:00=	00:01-	00:03-
<b>13</b>	<b>Svein Oddvar Netland</b>	<b>116</b>														<b>28:24</b>
00:35+	02:09+	02:59+	08:27+	09:35+	10:46+	11:41+	14:40+	16:42+	17:20+	18:17+	24:13+	25:31+	26:18+	27:40+	28:06+	28:24+
00:35+	01:34+	00:50+	05:28+	01:08+	01:11+	00:55+	02:59+	02:02+	00:38-	00:57+	05:56+	01:18+	00:47+	01:22+	00:26+	00:18-
00:07#	00:28&	00:20&	01:06&	00:26&	00:32&	00:26&	01:13&	00:33&	00:38-	00:18&	01:38&	00:27&	00:16&	00:14#	00:02+	00:01-

Class	Navn	Klasse										Tid				
<b>14</b>	<b>Sturle Omdal</b>	<b>116</b>										<b>28:38</b>				
00:39+	02:23+	02:56+	08:43+	09:49+	10:49+	11:48+	14:40+	16:58+	17:39+	18:35+	24:44+	25:42+	26:32+	27:51+	28:16+	28:38+
00:39+	01:44+	00:33+	05:47+	01:06+	01:00+	00:59+	02:52+	02:18+	00:41-	00:56+	06:09+	00:58+	00:50+	01:19+	00:25+	00:22+
00:11&	00:38&	00:03#	01:25&	00:24&	00:21&	00:30@	01:06&	00:49&	00:35-	00:17&	01:51&	00:07#	00:19&	00:11#	00:01+	00:03#
<b>15</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>28:41</b>				
00:38+	02:03+	02:47+	08:15+	09:17+	10:09+	10:55+	13:38+	15:39+	16:21+	17:28+	24:24+	25:43+	26:27+	27:48+	28:19+	28:41+
00:38+	01:25+	00:44+	05:28+	01:02+	00:52+	00:46+	02:43+	02:01+	00:42-	01:07+	06:56+	01:19+	00:44+	01:21+	00:31+	00:22+
00:10&	00:19&	00:14&	01:06&	00:20&	00:13&	00:17&	00:57&	00:32&	00:34-	00:28&	02:38&	00:28&	00:13&	00:13#	00:07&	00:03#
<b>16</b>	<b>Pål Bårdsen</b>	<b>53</b>										<b>29:33</b>				
00:37+	02:13+	03:24+	09:29+	10:36+	11:30+	12:09+	14:42+	17:04+	17:35+	18:32+	25:05+	26:14+	27:02+	28:34+	29:07+	29:33+
00:37+	01:36+	01:11+	06:05+	01:07+	00:54+	00:39+	02:33+	02:22+	00:31-	00:57+	06:33+	01:09+	00:48+	01:32+	00:33+	00:26+
00:09&	00:30&	00:41@	01:43&	00:25&	00:15&	00:10&	00:47&	00:53&	00:45-	00:18&	02:15&	00:18&	00:17&	00:24&	00:09&	00:07&
<b>17</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>30:21</b>				
01:38+	02:55+	03:51+	09:21+	10:25+	11:11+	11:47+	14:36+	17:20+	17:52+	18:38+	24:12+	27:31+	28:16+	29:31+	30:03+	30:21+
01:38+	01:17+	00:56+	05:30+	01:04+	00:46+	00:36+	02:49+	02:44+	00:32-	00:46+	05:34+	03:19+	00:45+	01:15+	00:32+	00:18-
01:10@	00:11#	00:26&	01:08&	00:22&	00:07#	00:07#	01:03&	01:15&	00:44-	00:07#	01:16&	02:28@	00:14&	00:07#	00:08&	00:01-
<b>18</b>	<b>Erling Mauland</b>	<b>83</b>										<b>30:23</b>				
00:37+	01:57+	03:04+	08:39+	09:39+	10:42+	11:33+	14:01+	16:31+	17:06+	18:03+	25:42+	26:49+	27:32+	29:27+	29:59+	30:23+
00:37+	01:20+	01:07+	05:35+	01:00+	01:03+	00:51+	02:28+	02:30+	00:35-	00:57+	07:39+	01:07+	00:43+	01:55+	00:32+	00:24+
00:09&	00:14#	00:37@	01:13&	00:18&	00:24&	00:22&	00:42&	01:01&	00:41-	00:18&	03:21&	00:16&	00:12&	00:47&	00:08&	00:05&
<b>19</b>	<b>Ove Oaland</b>	<b>116</b>										<b>31:59</b>				
00:46+	02:47+	03:35+	10:07+	11:19+	12:18+	13:09+	16:06+	18:38+	19:29+	20:28+	27:26+	28:39+	29:24+	30:54+	31:33+	31:59+
00:46+	02:01+	00:48+	06:32+	01:12+	00:59+	00:51+	02:57+	02:32+	00:51-	00:59+	06:58+	01:13+	00:45+	01:30+	00:39+	00:26+
00:18&	00:55&	00:18&	02:10&	00:30&	00:20&	00:22&	01:11&	01:03&	00:25-	00:20&	02:40&	00:22&	00:14&	00:22&	00:15&	00:07&
<b>20</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>32:25</b>				
00:44+	02:32+	03:25+	09:52+	10:52+	11:59+	12:35+	15:21+	17:39+	18:16+	19:11+	28:14+	29:20+	30:11+	31:35+	32:04+	32:25+
00:44+	01:48+	00:53+	06:27+	01:00+	01:07+	00:36+	02:46+	02:18+	00:37-	00:55+	09:03+	01:06+	00:51+	01:24+	00:29+	00:21+
00:16&	00:42&	00:23&	02:05&	00:18&	00:28&	00:07#	01:00&	00:49&	00:39-	00:16&	04:45@	00:15&	00:20&	00:16#	00:05#	00:02#
<b>21</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>32:36</b>				
00:57+	03:08+	04:19+	10:01+	11:06+	12:08+	12:52+	15:40+	17:52+	18:36+	20:34+	27:25+	29:23+	30:05+	31:37+	32:13+	32:36+
00:57+	02:11+	01:11+	05:42+	01:05+	01:02+	00:44+	02:48+	02:12+	00:44-	01:58+	06:51+	01:58+	00:42+	01:32+	00:36+	00:23+
00:29@	01:05&	00:41@	01:20&	00:23&	00:23&	00:15&	01:02&	00:43&	00:32-	01:19@	02:33&	01:07@	00:11&	00:24&	00:12&	00:04#
<b>22</b>	<b>Steve Richardson</b>	<b>42</b>										<b>34:47</b>				
00:55+	03:05+	04:36+	10:33+	11:50+	12:49+	13:45+	17:15+	19:25+	20:16+	21:33+	27:46+	31:47+	32:29+	34:02+	34:27+	34:47+
00:55+	02:10+	01:31+	05:57+	01:17+	00:59+	00:56+	03:30+	02:10+	00:51-	01:17+	06:13+	04:01+	00:42+	01:33+	00:25+	00:20+
00:27&	01:04&	01:01@	01:35&	00:35&	00:20&	00:27&	01:44&	00:41&	00:25-	00:38&	01:55&	03:10@	00:11&	00:25&	00:01+	00:01+

### Beste strekktid for klassen

00:28 01:04 00:29 04:22 00:42 00:39 00:28 01:46 01:29 00:27 00:37 04:18 00:47 00:31 01:00 00:23 00:16

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

## Herrer Ny

<b>1</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>										<b>20:08</b>				
01:09=	02:40=	03:57=	05:56=	07:51=	09:14=	11:41=	14:19=	16:06=	17:34=	19:34=	20:08=					
01:09=	01:31=	01:17=	01:59=	01:55=	01:23=	02:27=	02:38=	01:47=	01:28=	02:00=	00:34=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Håvard Jektnes</b>	<b>111</b>										<b>23:03</b>				
01:42+	03:43+	05:25+	07:35+	10:13+	12:51+	14:20+	17:18+	19:14+	20:56+	22:13+	23:03+					
01:42+	02:01+	01:42+	02:10+	02:38+	02:38+	01:29+	02:58+	01:56+	01:42+	01:17-	00:50+					
00:33&	00:30&	00:25&	00:11+	00:43&	01:15&	00:58-	00:20#	00:09+	00:14#	00:43-	00:16&					
<b>3</b>	<b>Nikolai Korunzhiy</b>	<b>386</b>										<b>39:45</b>				
02:18+	04:58+	08:20+	12:54+	16:24+	21:00+	24:00+	28:55+	32:30+	36:17+	39:15+	39:45+					
02:18+	02:40+	03:22+	04:34+	03:30+	04:36+	03:00+	04:55+	03:35+	03:47+	02:58+	00:30-					
01:09&	01:09&	02:05@	02:35@	01:35&	03:13@	00:33#	02:17&	01:48@	02:19@	00:58&	00:04-					

### Beste strekktid for klassen

01:09 01:31 01:17 01:59 01:55 01:23 01:29 02:38 01:47 01:28 01:17 00:30

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

**Herrer Trim**

**1 Eivind Brimsø 76 19:18**  
00:38= 01:47= 02:16= 03:30= 04:19= 05:22= 05:46= 08:03= 09:43= 11:09= 12:37= 13:39= 14:48= 16:45= 17:36= 18:16= 19:03= 19:18=  
00:38= 01:09= 00:29= 01:14= 00:49= 01:03= 00:24= 02:17= 01:40= 01:26= 01:28= 01:02= 01:09= 01:57= 00:51= 00:40= 00:47= 00:15=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Torkel Schibevaag 114 21:18**  
00:30- 01:40- 02:17+ 03:28- 04:16- 05:07- 05:49+ 08:01- 10:00+ 11:42+ 13:05+ 14:18+ 15:36+ 16:34- 19:30+ 20:11+ 21:02+ 21:18+  
00:30- 01:10+ 00:37+ 01:11- 00:48- 00:51- 00:42+ 02:12- 01:59+ 01:42+ 01:23- 01:13+ 01:18+ 00:58- 02:56+ 00:41+ 00:51+ 00:16+  
00:08- 00:01+ 00:08& 00:03- 00:01- 00:12- 00:18& 00:05- 00:19# 00:16# 00:05- 00:11# 00:09# 00:59- 02:05# 00:01+ 00:04+ 00:01+

**3 Per-Olof Wallerstedt 376 21:34**  
00:35- 01:38- 02:26+ 04:01+ 04:56+ 05:53+ 06:40+ 09:10+ 11:06+ 12:32+ 14:18+ 15:32+ 16:50+ 18:16+ 19:27+ 20:10+ 21:12+ 21:34+  
00:35- 01:03- 00:48+ 01:35+ 00:55+ 00:57- 00:47+ 02:30+ 01:56+ 01:26= 01:46+ 01:14+ 01:18+ 01:26- 01:11+ 00:43+ 01:02+ 00:22+  
00:03- 00:06- 00:19& 00:21& 00:06# 00:06- 00:23& 00:13+ 00:16# 00:00= 00:18# 00:12# 00:09# 00:31- 00:20& 00:03+ 00:15& 00:07&

**4 Erlend Syse 76 21:49**  
00:44+ 02:07+ 02:49+ 04:14+ 05:18+ 06:14+ 06:55+ 09:25+ 11:19+ 12:31+ 13:55+ 14:59+ 17:42+ 18:32+ 19:29+ 20:18+ 21:17+ 21:49+  
00:44+ 01:23+ 00:42+ 01:25+ 01:04+ 00:56- 00:41+ 02:30+ 01:54+ 01:12- 01:24- 01:04+ 02:43+ 00:50- 00:57+ 00:49+ 00:59+ 00:32+  
00:06# 00:14# 00:13& 00:11# 00:15& 00:07- 00:17& 00:13+ 00:14# 00:14- 00:04- 00:02+ 01:34# 01:07- 00:06# 00:09# 00:12& 00:17#

**5 Roger Nyseth 92 22:43**  
00:40+ 02:44+ 03:30+ 05:03+ 06:04+ 07:01+ 07:47+ 10:13+ 12:29+ 14:24+ 16:06+ 17:18+ 18:33+ 19:26+ 20:32+ 21:20+ 22:10+ 22:43+  
00:40+ 02:04+ 00:46+ 01:33+ 01:01+ 00:57- 00:46+ 02:26+ 02:16+ 01:55+ 01:42+ 01:12+ 01:15+ 00:53- 01:06+ 00:48+ 00:50+ 00:33+  
00:02+ 00:55& 00:17& 00:19& 00:12# 00:06- 00:22& 00:09+ 00:36& 00:29& 00:14# 00:10# 00:06+ 01:04- 00:15& 00:08# 00:03+ 00:18#

**6 Daniel Thu 384 22:55**  
01:10+ 02:37+ 03:11+ 04:28+ 05:23+ 06:29+ 07:14+ 09:40+ 11:37+ 13:46+ 15:09+ 16:37+ 18:28+ 19:28+ 20:51+ 21:36+ 22:28+ 22:55+  
01:10+ 01:27+ 00:34+ 01:17+ 00:55+ 01:06+ 00:45+ 02:26+ 01:57+ 02:09+ 01:23- 01:28+ 01:51+ 01:00- 01:23+ 00:45+ 00:52+ 00:27+  
00:32& 00:18& 00:05# 00:03+ 00:06# 00:03+ 00:21& 00:09+ 00:17# 00:43& 00:05- 00:26& 00:42& 00:57- 00:32& 00:05# 00:05# 00:12&

**7 Anders H Foss 263 22:58**  
00:44+ 02:04+ 03:04+ 04:31+ 05:28+ 06:21+ 07:07+ 09:46+ 11:58+ 13:54+ 15:26+ 16:32+ 17:59+ 18:49+ 19:58+ 20:53+ 22:37+ 22:58+  
00:44+ 01:20+ 01:00+ 01:27+ 00:57+ 00:53- 00:46+ 02:39+ 02:12+ 01:56+ 01:32+ 01:06+ 01:27+ 00:50- 01:09+ 00:55+ 01:44+ 00:21+  
00:06# 00:11# 00:31# 00:13# 00:08# 00:10- 00:22& 00:22# 00:32& 00:30& 00:04+ 00:04+ 00:18& 01:07- 00:18& 00:15& 00:57# 00:06&

**8 Stig Erlend Ollestad 51 24:19**  
00:40+ 01:42- 02:27+ 03:39+ 04:26+ 05:11- 05:47+ 14:30+ 16:13+ 17:27+ 18:39+ 19:43+ 20:37+ 21:26+ 22:29+ 23:06+ 24:00+ 24:19+  
00:40+ 01:02- 00:45+ 01:12- 00:47- 00:45- 00:36+ 08:43+ 01:43+ 01:14- 01:12- 01:04+ 00:54- 00:49- 01:03+ 00:37- 00:54+ 00:19+  
00:02+ 00:07- 00:16& 00:02- 00:18- 00:12& 06:26# 00:03+ 00:12- 00:16- 00:02+ 00:15- 01:08- 00:12# 00:03- 00:07# 00:04&

**9 Jan Erik Syvertsen 51 24:29**  
00:45+ 02:38+ 03:28+ 05:25+ 06:39+ 07:57+ 08:34+ 11:49+ 13:49+ 15:23+ 16:54+ 18:22+ 19:32+ 20:30+ 22:21+ 23:07+ 24:07+ 24:29+  
00:45+ 01:53+ 00:50+ 01:57+ 01:14+ 01:18+ 00:37+ 03:15+ 02:00+ 01:34+ 01:31+ 01:28+ 01:10+ 00:58- 01:51+ 00:46+ 01:00+ 00:22+  
00:07# 00:44& 00:21& 00:43& 00:25& 00:15# 00:13& 00:58& 00:20# 00:08+ 00:03+ 00:26& 00:01+ 00:59- 01:00# 00:06# 00:13& 00:07&

**10 Martin Teigen 381 24:43**  
01:01+ 02:40+ 03:33+ 05:01+ 06:22+ 07:51+ 08:37+ 11:30+ 14:01+ 15:33+ 17:10+ 18:50+ 19:51+ 20:54+ 22:07+ 23:14+ 24:13+ 24:43+  
01:01+ 01:39+ 00:53+ 01:28+ 01:21+ 01:29+ 00:46+ 02:53+ 02:31+ 01:32+ 01:37+ 01:40+ 01:01- 01:03- 01:13+ 01:07+ 00:59+ 00:30+  
00:23& 00:30& 00:24& 00:14# 00:32& 00:26& 00:22& 00:36& 00:51& 00:06+ 00:09# 00:38& 00:08- 00:54- 00:22& 00:27& 00:12& 00:15&

**11 John Helge Svald 111 25:13**  
00:48+ 02:23+ 03:11+ 04:58+ 06:05+ 07:19+ 08:03+ 11:45+ 14:19+ 15:40+ 17:18+ 18:29+ 21:14+ 22:00+ 23:05+ 23:58+ 24:50+ 25:13+  
00:48+ 01:35+ 00:48+ 01:47+ 01:07+ 01:14+ 00:44+ 03:42+ 02:34+ 01:21- 01:38+ 01:11+ 02:45+ 00:46- 01:05+ 00:53+ 00:52+ 00:23+  
00:10& 00:26& 00:19& 00:33& 00:18& 00:11# 00:20& 01:25& 00:54& 00:05- 00:10# 00:09# 01:36# 01:11- 00:14& 00:13& 00:05# 00:08&

**12 Asgeir Kleppa 47 25:47**  
00:54+ 02:27+ 03:15+ 04:49+ 06:01+ 07:51+ 08:22+ 11:18+ 14:52+ 16:14+ 17:49+ 19:03+ 20:36+ 21:46+ 22:49+ 24:16+ 25:13+ 25:47+  
00:54+ 01:33+ 00:48+ 01:34+ 01:12+ 01:50+ 00:31+ 02:56+ 03:34+ 01:22- 01:35+ 01:14+ 01:33+ 01:10- 01:03+ 01:27+ 00:57+ 00:34+  
00:16& 00:24& 00:19& 00:20& 00:23& 00:47& 00:07& 00:39& 01:54# 00:04- 00:07+ 00:12# 00:24& 00:47- 00:12# 00:47# 00:10# 00:19#

**13 Alexander Khorunzhiy 287 26:05**  
00:34- 01:57+ 02:39+ 04:14+ 05:24+ 06:19+ 06:56+ 09:22+ 11:26+ 13:04+ 14:26+ 15:36+ 22:06+ 22:46+ 23:54+ 24:37+ 25:42+ 26:05+  
00:34- 01:23+ 00:42+ 01:35+ 01:10+ 00:55- 00:37+ 02:26+ 02:04+ 01:38+ 01:22- 01:10+ 06:30+ 00:40- 01:08+ 00:43+ 01:05+ 00:23+  
00:04- 00:14# 00:13& 00:21& 00:21& 00:08- 00:13& 00:09+ 00:24# 00:12# 00:06- 00:08# 05:21# 01:17- 00:17& 00:03+ 00:18& 00:08&

**14 Lars Salvesen 50 26:21**  
01:00+ 03:49+ 04:35+ 06:12+ 07:48+ 09:06+ 09:51+ 12:28+ 14:36+ 17:37+ 19:02+ 20:33+ 21:59+ 22:59+ 24:15+ 25:06+ 25:59+ 26:21+  
01:00+ 02:49+ 00:46+ 01:37+ 01:36+ 01:18+ 00:45+ 02:37+ 02:08+ 03:01+ 01:25- 01:31+ 01:26+ 01:00- 01:16+ 00:51+ 00:53+ 00:22+  
00:22& 01:40# 00:17& 00:23& 00:47& 00:15# 00:21& 00:20# 00:28& 01:35# 00:03- 00:29& 00:17# 00:57- 00:25& 00:11& 00:06# 00:07&





Plass	Navn	Klasse	Tid
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**Beste strekktid for klassen**

00:30 01:02 00:29 01:11 00:47 00:45 00:24 02:12 01:40 01:12 01:12 01:00 00:54 00:28 00:51 00:35 00:47 00:15

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