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## Anina Iselin Hadland ## Oci36- 02:08- 02:48- 05:38+ 06:54- 07:28- 10:06- 13:42+ 14:52+ 16:11+ 19:13+ 20:46+ 22:10- 23:51+ 25:49+ 26:36+ 00:36- 00:32- 00:01- 00:00- 00:31* 00:32- 00:08- 00:09+ 00:38+ 00:25* 00:07- 01:01* 00:32- 00:32* 00:26* 00:01- 00:11* 00:01- 00:00- 00:01* 00:020- 00:03* 00:025+ 00:09+ 00:38* 00:25* 00:07- 01:01* 00:32* 00:26* 00:01- 00:11* 00:07- 00:09- 00:31* 00:32- 00:08- 00:09+ 00:38* 00:25* 00:07- 01:01* 00:32* 00:26* 00:01- 00:11* 00:07- 00:09- 00:09+ 00:38* 00:25* 00:07- 01:01* 00:32* 00:26* 00:01- 00:11* 00:07- 00:09+ 00:09+ 00:38* 00:26* 00:09+ 00:38* 00:26* 00:07- 01:01* 00:03* 00:02- 00:01* 00:01* 00:00- 00:07* 00:09+ 00:38* 00:26* 00:09+ 00:38* 00:26* 00:09+ 00:38* 00:24* 00:01- 00:05* 00:17* 00:16* 00:26* 00:00- 00:27* 00:18* 00:09+ 00:18* 00:09+ 00:12* 00:01- 00:05* 00:17* 00:16* 00:26* 00:06- 00:27* 00:11* 00:18* 00:00- 00:27* 00:18* 00:09+ 00:18* 00:09+ 00:01- 00:05* 00:00- 00:27* 00:18* 00:00- 00:27* 00:18* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:28* 00:00- 00:00- 00:00+ 00:00- 00:00- 00:00- 00:00- 00:00- 00:00- 00:00- 00:00- 00:00- 00:00- 00:00- 00:00-	00:41+	01:30-	00:31-	02:07-	01:15-	00:32-	02:17-	02:33-	00:43-	01:10-	06:38+	01:03+	00:35-	01:36-	02:18+	00:53-	
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$\begin{array}{cccccccccccccccccccccccccccccccccccc$					11:13+	11:52+			18:43+	21:14+	23:15+	24:19+	26:08+			30:34+	
13 Ragnhild Thorset Våge 117 33:22 00:48+ 03:52+ 04:16+ 09:20+ 11:37+ 12:13+ 14:19+ 17:25+ 18:42+ 19:24+ 23:28+ 25:18+ 26:38+ 28:41+ 30:27+ 32:28+ 00:48+ 03:04+ 00:24- 05:04+ 02:17+ 00:36- 02:06- 03:06+ 01:17+ 00:42- 04:04+ 01:50+ 01:20+ 02:03+ 01:46- 02:01+ 00:09# 01:31& 00:13- 02:42@ 00:29& 00:06- 00:23- 00:09+ 00:32& 00:44- 02:03@ 00:49& 00:22& 00:11+ 00:01- 01:07@ 00:44+ 02:20+ 03:09+ 07:34+ 09:21+ 09:58+ 14:11+ 17:34+ 20:50+ 22:21+ 25:05+ 26:22+ 27:44+ 29:58+ 32:27+ 33:33+ 00:44+ 02:08+ 00:49+ 0																	
00:48+ 03:52+ 04:16+ 09:20+ 11:37+ 12:13+ 14:19+ 17:25+ 18:42+ 19:24+ 23:28+ 25:18+ 26:38+ 28:41+ 30:27+ 32:28+ 00:48+ 03:04+ 00:24- 05:04+ 02:17+ 00:36- 02:06- 03:06+ 01:17+ 00:42- 04:04+ 01:50+ 01:20+ 02:03+ 01:46- 02:01+ 00:09# 01:31& 00:43+ 00:13- 02:09# 00:06- 00:29& 00:06- 00:23- 00:09+ 00:32& 00:44- 02:03# 00:49& 00:22& 00:11+ 00:01- 01:07# 14	00:09#	00:10#	00:04-	04:22@	00:23-	00:03-	00:10+	00:36#	00:06-	01:05&	00:00=	00:03+	00:51&	00:22-	00:15#	00:00=	
00:48+ 03:52+ 04:16+ 09:20+ 11:37+ 12:13+ 14:19+ 17:25+ 18:42+ 19:24+ 23:28+ 25:18+ 26:38+ 28:41+ 30:27+ 32:28+ 00:48+ 03:04+ 00:24- 05:04+ 02:17+ 00:36- 02:06- 03:06+ 01:17+ 00:42- 04:04+ 01:50+ 01:20+ 02:03+ 01:46- 02:01+ 00:09# 01:31& 00:13- 02:42@ 00:29& 00:06- 00:23- 00:09+ 00:32& 00:44- 02:03@ 00:49& 00:22& 00:11+ 00:01- 01:07@ 14 Heidi Nordaunet 00:44+ 02:20+ 03:09+ 07:34+ 09:21+ 09:58+ 14:11+ 17:34+ 20:50+ 22:21+ 25:05+ 26:22+ 27:44+ 29:58+ 32:27+ 33:33+	13	Ragr	hild T	horse	t Våge	•	•	117						33:22	2		
00:48+ 03:04+ 00:24- 05:04+ 02:17+ 00:36- 02:06- 03:06+ 01:17+ 00:42- 04:04+ 01:50+ 01:20+ 02:03+ 01:46- 02:01+ 00:09# 01:31& 00:13- 02:42@ 00:29& 00:06- 00:23- 00:09+ 00:32& 00:44- 02:03@ 00:49& 00:22& 00:11+ 00:01- 01:07@ 14									18:42+	19:24+	23:28+	25:18+	26:38+			32:28+	33:
00:09# 01:31& 00:13- 02:42@ 00:29& 00:06- 00:23- 00:09+ 00:32& 00:44- 02:03@ 00:49& 00:22& 00:11+ 00:01- 01:07@ 14																	
$00:44+ \ \ 02:20+ \ \ 03:09+ \ \ 07:34+ \ \ \ 09:21+ \ \ \ \ \ 09:58+ \ \ \ 14:11+ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $																	
$00:44+ \ \ 02:20+ \ \ 03:09+ \ \ 07:34+ \ \ \ 09:21+ \ \ \ \ \ 09:58+ \ \ \ 14:11+ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $	14	Heid	i Nord	aunet				126						33.33	3		
						09:58+			20:50+	22:21+	25:05+	26:22+	27:44+			33:33+	
00:05# 00:03+ 00:12& 02:03& 00:01- 00:05- 01:44& 00:26# 02:31@ 00:05+ 00:43& 00:16& 00:24& 00:22# 00:42& 00:12#																	

Plass	Navi	n				ı	Klasse)					Tid		
15	Inari	id Dag	sland	Halde	raker	•	11						34:08	3	
	03:33+	04:17+	07:43+	09:14+	09:55+	15:19+	19:28+							33:06+	34:08+
					00:41-									02:10+	
00:14&	01:07&	00:07#	01:04&	00:17-	00:01-	02:55@	01:12&	00:05#	00:31&	00:19#	00:19&	01:520	00:19#	00:23#	00:08#
16	Marc	arete J	Jian Øv	ve		•	126						34:14	1	
					10:05+									32:56+	34:14+
					00:52+									02:38+	
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&
17	Mari	ta Sko	rpe Fa	alnes		4	13						35:31	1	
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+
					00:58+										
00:11&	00:36&	00:03-	00:58&	00:13#	00:16&	00:54&	00:57&	00:16&	00:29&	01:49&	03:180	00:06-	00:47&	00:44&	00:21&
18	Ingu	nn Be	rghein	n Lanc	Isnes	9	92						38:13	3	
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+					01:44+										
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#	01:560	00:17&
19	Gurd	Grim	nes			•	126						39:51	1	
					08:56+									38:48+	39:51+
					00:37-									06:35+	
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&	01:29&	04:480	00:09#
20	Head	e Bakk	cen				53						41:09	•	
00:45+				13:12+	13:52+	16:33+	20:39+	21:26+	23:44+	27:29+	30:17+	31:02+	33:20+	40:03+	41:09+
					00:40-									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#	04:560	00:12#
21	Sara	Enge	vik			•	126						44:09	9	
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+
					00:50+									02:58+	
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&
22	Katia	a Elias	sen			•	105						50:10)	
01:30+				12:57+	13:50+	17:13+	22:58+	23:48+	28:55+	32:26+	33:45+	41:36+	43:49+	48:23+	50:10+
					00:53+										
00:51@	02:25@	00:05-	01:35&	01:12&	00:11&	00:54&	02:48&	00:05#	03:410	01:30&	00:18&	06:530	00:21#	02:47@	00:53&
23	Mare	en Her	adstve	eit		7	76						50:22	2	
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+
					00:37-									02:29+	
00:10&	00:05+	00:05-	00:48&	00:11-	00:05-	17:540	00:07+	00:11-	00:15-	00:13#	00:31&	00:16&	06:280	00:42&	00:04+
24	Siv-l	Elin Bo	oafiell	dal		•	36						1:07:	32	
00:56+					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&	05:430	00:02-	02:37@	00:13#	00:06#	06:27@	04:540	00:24&	00:25&	01:53&	00:41&	06:170	07:01@	05:31@	01:140
Beste	strekk	tid for	r klass	en											
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 k	lassevir	ner, -	raskere,	, + se	nere, #	10% tap	, & 25	5% tap,	@ 100%	tap.					

Damer 40 - 49 år

1	Heid	i Marti	by-Sko	ogshol	m	1	05						25:59)	
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=
2	Kari	Sjurse	en			1	17						28:32	2	
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&	380:00
3	lda k	K. Kols	stø			2	29						28:47	,	
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-

Plass	Navı	1				ı	Klasse						Tid		
4	Hege	e Anita	H. Ni	elsen			18						29:02	2	
00:41+	04:11+	05:10+	05:57+	07:30+	09:38+	13:29-	14:14-	15:16-	15:58-	22:31+	23:29+	25:31+	27:10+	28:33+	29:02+
00:41+	03:30+	00:59+	00:47+	01:33+	02:08-	03:51-	00:45-	01:02+	00:42-	06:33+	00:58-	02:02+	01:39+	01:23+	00:29-
00:03+	00:50&	00:07#	00:14&	00:33&	00:05-	02:25-	00:01-	00:15&	00:02-	03:15&	00:14-	00:06+	00:15#	00:14#	00:02-
5	Rand	di Hele	n Lad	sten		1	128						30:05	5	
00:50+	04:27+	05:25+	06:18+	07:34+	10:47+	15:01+	16:04+	16:56+	17:48+	22:07+	23:22+	25:58+	27:37+	29:31+	30:05+
00:50+	03:37+	00:58+	00:53+	01:16+	03:13+	04:14-	01:03+	00:52+	00:52+	04:19+	01:15+	02:36+	01:39+	01:54+	00:34+
00:12&	00:57&	00:06#	00:20&	00:16&	01:00&	02:02-	00:17&	00:05#	00:08#	01:01&	00:03+	00:40&	00:15#	00:45&	00:03+
6	Brit	Nilsen				3	38						40:36	3	
02:00+	05:58+	06:54+	07:31+	12:44+	15:50+	25:27+	26:14+	26:55+	27:50+	34:24+	35:32+	37:22+	38:49+	40:01+	40:36+
02:00+	03:58+	00:56+	00:37+	05:13+	03:06+	09:37+	00:47+	00:41-	00:55+	06:34+	01:08-	01:50-	01:27+	01:12+	00:35+
01:22@	01:18&	00:04+	00:04#	04:130	00:53&	03:21&	00:01+	00:06-	00:11#	03:16&	00:04-	00:06-	00:03+	00:03+	00:04#
7	Sølv	i Jaco	bsen			4	13						50:30)	
01:21+	08:03+	09:22+	10:17+	11:44+	14:04+	28:12+	29:28+	30:36+	31:50+	40:13+	41:47+	45:10+	47:14+	49:28+	50:30+
01:21+	06:42+	01:19+	00:55+	01:27+	02:20+	14:08+	01:16+	01:08+	01:14+	08:23+	01:34+	03:23+	02:04+	02:14+	01:02+
00:43@	04:02@	00:27&	00:22&	00:27&	00:07+	07:52@	00:30&	00:21&	00:30&	05:05@	00:22&	01:27&	00:40&	01:05&	00:31&
Beste	strekk	tid for	klass	en											
00:38	02:40	00:49	00:33	01:00	02:01	03:51	00:45	00:40	00:42	03:18	00:58	01:50	01:24	01:09	00:29

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

Damer 50 - 59 år

1	Kris	tin Ska	adsem				18						25:05	5	
00:46=	04:02=	05:02=	06:01=	07:02=	09:06=	12:24=	13:23=	14:07=	15:00=	18:38=	20:01=	21:55=	23:23=	24:30=	25:05
00:46=	03:16=	01:00=	00:59=	01:01=	02:04=	03:18=	00:59=	00:44=	00:53=	03:38=	01:23=	01:54=	01:28=	01:07=	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
2	Anit	a Glen	ne Ka	llhovd			29						27:41	1	
00:42-	03:50-	04:43-	05:20-	06:31-	08:23-	12:56+	13:45+	14:48+	15:33+	20:47+	21:55+	23:42+	25:45+	27:06+	27:41
00:42-	03:08-	00:53-	00:37-	01:11+	01:52-	04:33+	00:49-	01:03+	00:45-	05:14+	01:08-	01:47-	02:03+	01:21+	00:35
00:04-	00:08-	00:07-	00:22-	00:10#	00:12-	01:15&	00:10-	00:19&	00:08-	01:36&	00:15-	00:07-	00:35&	00:14#	00:00
3	Rag	nhild A	Aualæi	nd		(62						28:06	3	
00:52+	04:09+	05:06+	05:45-	07:04+	09:20+	13:04+	14:08+	14:58+	15:59+	19:46+	21:13+	24:53+	26:14+	27:29+	28:06
00:52+	03:17+	00:57-	00:39-	01:19+	02:16+	03:44+	01:04+	00:50+	01:01+	03:47+	01:27+	03:40+	01:21-	01:15+	00:37
00:06#	00:01+	00:03-	00:20-	00:18&	00:12+	00:26#	00:05+	00:06#	00:08#	00:09+	00:04+	01:46&	00:07-	00:08#	00:02
4	Elisa	abeth (Christi	ie Ørke	9	•	105						30:20)	
00:53+	03:38-	04:36-	05:16-	06:21-	08:13-	11:22-	12:18-	13:24-	14:06-	20:07+	24:33+	26:32+	28:18+	29:42+	30:20
00:53+		00:58-		01:05+								01:59+	01:46+	01:24+	00:38
00:07#	00:31-	00:02-	00:19-	00:04+	00:12-	00:09-	00:03-	00:22&	00:11-	02:23&	03:03@	00:05+	00:18#	00:17&	00:03
5	Evy	Klaus	en Mjø	slsnes			62						30:37	7	
01:45+	05:39+	06:50+	07:33+	08:44+	11:39+	17:58+	19:05+	19:50+	20:36+	24:01+	25:08+	26:58+	28:44+	30:00+	30:37
01:45+	03:54+	01:11+	00:43-	01:11+	02:55+	06:19+	01:07+	00:45+	00:46-	03:25-	01:07-	01:50-	01:46+	01:16+	00:37
00:59@	00:38#	00:11#	00:16-	00:10#	00:51&	03:01&	00:08#	00:01+	00:07-	00:13-	00:16-	00:04-	00:18#	00:09#	00:02
6	Siv S	Skretti	ng			9	93						30:54	1	
00:47+	04:37+	05:58+	06:42+	07:50+	09:55+					23:09+	24:44+	27:00+	28:42+	30:21+	30:54
00:47+				01:08+			01:34+			04:51+		02:16+	01:42+	01:39+	00:33
00:01+	00:34#	00:21&	00:15-	00:07#	00:01+	01:42&	00:35&	00:04+	00:08#	01:13&	00:12#	00:22#	00:14#	00:32&	00:02
7	Tonj	e Tiley	/			2	27						31:01	1	
00:51+				07:51+								26:35+		30:25+	31:01
00:51+				01:10+			01:03+			04:21+		02:20+		02:10+	00:36
00:05#	00:52&	00:06-	00:11-	00:09#	01:31&	00:43#	00:04+	00:13&	00:03-	00:43#	00:14#	00:26#	00:12#	01:03&	00:01
8			eim Øg				62						31:02	2	
				06:30-										30:30+	
00:38-				01:06+						05:34+			01:23-		00:32
00:08-	00:09-	00:06-	00:14-	00:05+	01:27&	00:39#	00:32&	00:10#	00:01+	01:56&	01:41@	00:02-	00:05-	00:13#	00:03
9			3jertse			_	27						31:16	-	
00:52+				06:56-						22:23+	23:54+	26:57+	29:24+	30:38+	31:16
00:52+		01:02+		01:21+			02:50+			03:40+			02:27+		00:38
00:06#	00:15-	00:02+	00:19-	00:20&	00:19#	01:14&	01:51@	00:17&	00:08#	00:02+	00:08+	01:09&	00:59&	00:07#	00:03

Plass	Navr	า					Klasse	•					Tid		
10	Tone	e Cecil	lie Nys	trøm		•	68						31:28	3	
	04:57+	05:57+	06:37+	08:01+											
	04:12+ 00:56&														
				00:23&	00:08+			00:134	00:05+	00:23#	00:02-	00:41&			00:07#
11		I Ande		00.501	10.051		116	10.531	20.061	24.01.	25.161	27.201	32:11	_	20.11.
	04:03+ 03:16=														
	00:00=														
12	Sian	e Otte	sen				116						32:55	5	
	04:44+			07:54+	10:38+			18:34+	19:30+	23:41+	26:59+	29:01+		-	32:55+
	03:51+														
00:07#	00:35#	00:05+	00:10-	00:15#	00:40&	02:32&	00:10#	00:13&	00:03+	00:33#	01:55@	00:08+	00:26&	00:19&	00:01-
13		ınn Sa				_	228						34:17		
	04:44+														
	03:44+														
				00.30&	00.30#			00.310	00.11#	01.01α	00:03+	00.390		_	00.00#
14	04:43+	Dahle	-	07.21.	12.261		116	21.521	22.501	26.451	20.101	20.201	34:49	•	24.401
	04:43+														
	00:37#														
15	Synr	nøve V	Vester	moen			116						35:22)	
	08:42+				15:35+			22:51+	23:44+	27:22+	28:50+	30:46+		_	35:22+
	07:40+														
00:16&	04:24@	00:03+	00:19-	01:460	00:19#	02:01&	00:13#	00:01+	00:00=	00:00=	00:05+	00:02+	00:28&	00:57&	00:01+
16	Trud	le Katr	ine He	ermanı	rud	1	117						35:34	1	
	04:26+														
	03:29+														
	00:13+	_		_	00:02+	_		00:1/&	00:10-	00:10+	00:32&	00:14#		_	00:01-
17			tlog K		10 10	_	228	10 50	00 47	07 20.	00 01 .	20.00.	36:57		26 571
	05:30+ 04:33+														
	01:17&														
18	Ragr	nhild F	3åtnes	Rernt	sen		101						37:14	1	
	06:18+							20:18+	22:49+	27:38+	29:44+	32:21+			37:14+
00:52+	05:26+	01:15+	00:49-	01:15+	02:49+	05:32+	01:15+	01:05+	02:31+	04:49+	02:06+	02:37+	02:01+	01:57+	00:55+
00:06#	02:10&	00:15#	00:10-	00:14#	00:45&	02:14&	00:16&	00:21&	01:380	01:11&	00:43&	00:43&	00:33&	00:50&	00:20&
19	Tove	e Irene	Ashe	im		1	116						39:06	3	
	05:56+														
	04:39+ 01:23&														
		_	_	00.500	01.040	_		00.516	00.210	02.200	01.030	00.574		_	00.03&
20	05:25+	rea Ta		10.041	12.501		54	22.451	22.421	21.471	22.01.	26.401	42:50	-	42.501
	04:24+														
	01:08&														
21	Birai	itte Rø	se.				125						42:59	9	
	04:52+			08:13+	10:44+			20:16+	22:33+	34:19+	35:38+	37:48+			42:59+
	04:00+														
00:06#	00:44#	00:05+	00:02-	00:18&	00:27#	02:41&	01:130	00:37&	01:240	08:08@	00:04-	00:16#	00:41&	01:12@	00:08#
22			emsne				116						50:11	_	
	05:08+														
	03:56+ 00:40#														
23					00.42#			00.300	00.05+	00.15+	00.01-	00.4/8	57:38		00.0/#
	12:53+		Melin		22.021		116	22.541	25.001	45.001	46.501	E1.1E1			E7.201
	12:53+														
	08:23@														
24			re Ow				117						1:00:		
	12:10+				26:05+			35:55+	37:17+	49:42+	51:21+	54:54+			60:15+
01:18+	10:52+	01:33+	01:11+	02:02+	09:09+	05:44+	01:58+	02:08+	01:22+	12:25+	01:39+	03:33+	01:47+	02:31+	01:03+
00:32&	07:360	00:33&	00:12#	01:01&	07:05@	02:26&	00:59&	01:24@	00:29&	08:47@	00:16#	01:39&	00:19#	01:24@	00:28&

Dame	er 60	- 64 å	ir												
1	Liv-(Grete (Obrest	ad		,	113						24:20)	
													21:08=		
													01:09=		
00:00=	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		id Eik					38						25:41		
													21:29+		
													01:38+		
00:00=				00:10+	00:03#			00:04+	00:07+	01:05-	00:21&	00:08#	00:29&	_	00:00#
3			nsrud				117	45 46.	40.45.	40.00.	00.40.		27:34	-	00.04
													22:50+ 01:27+		
													01:27+		
4					00.00			00.00	00.10	01.07	00.204	00.01	28:35		00.00
•			า Nygå		10.241		92	16.221	10.11.	21.001	22.21.	22.151	25:15+	-	20.251
													02:00+		
													00:51&		
5	Δma	nda R	ensha	\A/			101						29:17	7	
01:38+					10:21+		. • .	16:06+	19:03+	20:28+	22:24+	23:08+	24:22+		29:17+
													01:14+		
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&
6	Beri	t Bakk	en			9	93						29:57	7	
01:04+				08:29+	09:02+			14:52+	19:51+	23:23+	24:23+	25:19+	26:33+		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#	02:390	01:11&	00:13&	00:14&	00:05+	00:01-	00:13#
7	Ingri	id Øxn	evad			•	18						30:27	7	
													25:56+		
													03:37+		
01:310	_		0	00:25#	00:02+			00:07-	00:08+	01:14-	00:12&	00:05#	02:28@		00:03+
8		nn Vo				_	29						37:19		
													33:24+		
													02:02+ 00:53&		
03.400					00.01	_		00.021	00.01	01.01	00.504	00.104		_	00.05
9			Obres		10.041		54	25.41.	22.561	24.201	26.271	27.501	46:45	•	46.451
													01:25+		
													00:16#		
Beste	strekk	tid for	klass	en											
00:48		01:35		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 k															
					,	'	,	1,	0	'					
Dame	er 65	- 09 a	ır												
1	Marc	ot As	haim				105						26:19	.	
00:44=				07:47=	08:18=			14:27=	16:54=	18:14=	19:23=	20:07=	21:28=		26:19=
													01:21=		
													00:00=		
2	Mett	e Dag	sland			(86						34:28	3	
01:24+				15:44+	16:14+			22:34+	24:58+	26:10+	27:30+	28:21+	30:37+	-	34:28+
01 04	00 45.	01 05	00 55.	00 05:	00 00	00 10	00 50.	01 00:	00 04	01 10	01 00:	00 51	00 10	00 44	

Klasse

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

 $00:38 \quad 02:45 \quad 00:51 \quad 00:37 \quad 01:01 \quad 01:52 \quad 03:09 \quad 00:49 \quad 00:42 \quad 00:42 \quad 03:25 \quad 01:07 \quad 01:47 \quad 01:21 \quad 01:07 \quad 00:32 \quad 00:49 \quad 00:4$

Tid

Plass Navn

Beste strekktid for klassen

Plass	Navı	n					Klasse	•					Tid		
3	Halle	dis Ha	ndelar	nd		9	92						35:58	3	
01:02+	02:56+	05:01+	06:07+		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&
4	Beri	t Gram	ıstad			•	113						36:00)	
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+		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&
5	Han	ne Eik				•	117						36:23	3	
01:09+		05:09+	06:04+	08:55+	09:25+	11:48+		15:47+	26:29+	27:55+	29:15+	30:32+		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&
6	Eli F	rafjord	t			ç	94						36:54	ı	
00:45+		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&
7	Åse	Franci	iska M	øster		•	128						1:03:	37	
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#	09:420	00:35@	01:48&	02:25&	01:15@	01:58&	01:25@	09:49@	00:07#	00:11#	00:53-	00:22&
8	Åse	Berg				•	105						1:04:	40	
01:11+		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@
Beste	strekk	tid for	klass	en											
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

Damer 70 - 74 år

1	Inge	r Skre	tting C	pstad		5	54						36:31			
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=	
2	Kirst	ten Ca	rlsen			ç	93						48:12	2		
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+	48:12+
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+	01:36+
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+
Beste	strekk	tid for	klass	en												
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

1	Grv	Vikhar	nar Th	enas		•	88						29:40)	
00:49=		04:50=			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=
2	Turio	d Nyst	røm			•	86						29:43	3	
00:54+	02:40-	04:50=		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-
3	Hald	is Gle	ndran	ge		(86						31:13	3	
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+

Plass	Navi	n				ı	Klasse						Tid		
4	Hela	a Aas	lid			į.	54						33:09)	
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-
5	Hed	viq An	da			•	116						35:29	•	
01:26+				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#
6	Hela	a Klau	ısen			•	62						35:37	7	
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	strekk	tid for	klass	en											
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
						400/ 1	0.05	.0/ 1	O 4000/						

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

Damer 80 år og eldre

1	Berit	t Ebbe	II Olse	n		6	88						40:51				
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=
2	Gøri	ld Esp	edal			1	113						52:44	Ļ			
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	strekk	tid for	klass	en													
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

1	Aud	Hoane	estad ⁻	Taksda	al	ç	92						21:09	9		
00:29=	01:34=		06:47=		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=
2	Anna	a Taks	dal			1	194						24:39	9		
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&
3	Joru	nn Ha	dland			2	29						25:58	3		
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&
4	Silje	Skarp	eid			1	101						35:23	3		
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&
5	Katr	ine Pro	estvol	d		2	212						35:25	5		
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+
6	Nina	Karls	en			ç	91						38:07	7		
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&

Plass	Navn	Klasse	Tic
Rosto	etrokktid for klasson		

Beste strekktid for klassen00:29 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

1	Wen	che M	. Sæbl	oø		1	17						23:00)	
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=
	01:15=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ann-	·Cathri	in Nyb	ak Urc	lal	1	18						23:46	3	
	01:57+														
	01:17+														
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+
3		he And					16						24:37		
	02:13+														
	01:24+ 00:09#														
00:12&				00:07#	00:01+			00:03+	00:10-	00:14&	00:01-	00:10+			00:03-
4		n Lom					05						25:06		
	02:29+														
	01:34+ 00:19&														
- 00.10a				00.11	00.00			00.01	00.11	00.021	00.01	00.05			00.00
5	02:18+	Nord		10.201	10.401	•	93	16.001	10.161	10.05.	10.501	02.401	25:31	•	05.01.
	02:18+														
	00:13#														
6	_	nn Jol					16						25:42		
00.40+	02:51+				10.45+			16.24+	18.21+	19.17+	19.53+	23.12+		_	25.42+
	02:31+														
	00:56&														
7	Krist	in Bre	blovi			ç	92						25:45	5	
•	02:12+			10:18+	10:53+	-	_	16:55+	19:07+	20:08+	20:52+	24:05+			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-
8	Ingri	dW. F	lestne	SS		1	17						26:10)	
	02:21+														
	01:30+														
00:14&	00:15#			00:06#	00:11&			00:02+	00:05-	00:16&	00:06#	00:10+			00:12&
9		Bergg					16						26:42	_	
	03:14+														
	02:12+ 00:57&														
	_	_	_	00:12#	00:00#	_		00.03-	00.00-	00.10α	00.02+	00.13+			00.01+
10		Gars		10 10:	10 50		53	10 01:	00 55.	01 40	00 07.	05 46	27:31		07 01 .
	04:24+ 03:45+														
	02:300														
11	_	Karin					13						28:20		
	02:22+				12.54+	13.41+	18.00+	18.40+	20.56+	22.00+	22.42+	26.17+			28.20+
	01:34+														
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+
12	Δnne	Sæb	ø Vik			1	16						29:28	}	
	02:46+			11:24+	11:56+			19:02+	21:00+	21:53+	22:34+	26:39+			29:28+
	01:58+														
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+	01:110	00:02+
13	Mari	ann Sv	/einsv	oll		9)4						30:19)	
	02:03+														
	01:21+														
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+

Plass	Navr	า				ı	Klasse	:					Tid		
Beste 00:37	strekk 01:15	tid for	klass 05:40	en 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 k	lassevin	ner, -	raskere,	+ sei	nere, #	10% tap	, & 25	5% tap,	@ 100%	tap.					
Dame	er Nv														
1	Tiril	Prestv	old (2	212						20:31		
01:01=					10:22=										
	01:27= 00:00=														
2	Fste	r_l ill V	Vaage			4	105						35:14		
05:17+					24:26+			31:04+	32:45+	34:33+	35:14+		00		
05:17+	01:38+	01:06-	02:54+	03:26+	10:05+	01:58+	02:52-	01:48-	01:41+	01:48+	00:41+				
04:160	00:11#	00:25-	00:16#	01:09&	08:37@	00:13#	00:09-	00:06-	00:08+	00:29&	00:04#				
3	Agne	ete De	dekam	Stabe	el	1	101						46:35		
07:45+	09:03+	11:07+	14:26+	21:20+	28:55+	32:31+	37:51+	40:22+	42:49+	45:54+	46:35+				
	01:18-								02:27+						
	00:09-				06:07@	01:510	02:19&	00:37&	00:54&	01:460	00:04#				
Rocto	strekk	tid for	klass	en											
Deste															

Damer Trim

1	Trine	e Bols	tad Sc	heie		(62						17:24	ļ		
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=													00:31=			
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=	00:00=
2	Aina	Kalsa	as Urs	stad		3	356						20:04	ļ		
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-
3	Fride	e Wira	k			8	38						20:32	2		
00:37+					06:28-										20:00+	
00:37+					01:56+			01:45+			00:53+				01:13+	00:32-
00:01+	00:00=	00:17-	00:14-	00:05#	00:21#	00:03+	00:04+	00:03+	00:03-	02:410	00:09#	00:14&	00:03-	00:05+	00:02+	00:03-
4	Mary	on Pa	ulsen	Strugs	stad	4	43						21:03	3		
00:49+													17:47+			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-	03:560	00:11#	00:17-	00:11-	00:19&	00:03+	00:03#	00:04#	00:16#	00:05+	00:13-
_														-		
5		าilde S					114						21:45	5		
5 00:51+	02:04+	03:06+	04:52+	05:39+	07:12+	08:15+	09:35+						18:08+	19:33+		
00:51+ 00:51+	02:04+ 01:13+	03:06+ 01:02-	04:52+ 01:46+	05:39+ 00:47+	07:12+ 01:33-	08:15+ 01:03+	09:35+ 01:20+	01:31-	03:14+	00:46-	00:50+	01:37+	18:08+ 00:35+	19:33+ 01:25+	01:44+	00:28-
00:51+	02:04+ 01:13+	03:06+	04:52+ 01:46+	05:39+ 00:47+	07:12+	08:15+ 01:03+	09:35+ 01:20+	01:31-		00:46-	00:50+		18:08+	19:33+		
00:51+ 00:51+	02:04+ 01:13+ 00:21& Nina	03:06+ 01:02- 00:10- Bækk	04:52+ 01:46+ 00:06+ celund	05:39+ 00:47+ 00:10& Chris	07:12+ 01:33- 00:02- tianse	08:15+ 01:03+ 00:06#	09:35+ 01:20+ 00:16#	01:31- 00:11-	03:14+ 01:56@	00:46- 00:14-	00:50+ 00:06#	01:37+ 01:09@	18:08+ 00:35+ 00:04# 23:18	19:33+ 01:25+ 00:03+	01:44+ 00:33&	00:28- 00:07-
00:51+ 00:51+ 00:15& 6 00:46+	02:04+ 01:13+ 00:21& Nina 02:01+	03:06+ 01:02- 00:10- Bækk 03:08+	04:52+ 01:46+ 00:06+ celund 04:58+	05:39+ 00:47+ 00:10& Chris 05:50+	07:12+ 01:33- 00:02- tianse 07:34+	08:15+ 01:03+ 00:06# n 08:41+	09:35+ 01:20+ 00:16# 105 10:22+	01:31- 00:11- 12:09+	03:14+ 01:56@	00:46- 00:14- 15:03+	00:50+ 00:06# 16:07+	01:37+ 01:09@	18:08+ 00:35+ 00:04# 23:18 17:41+	19:33+ 01:25+ 00:03+ 3	01:44+ 00:33& 22:41+	00:28- 00:07- 23:18+
00:51+ 00:51+ 00:15& 6 00:46+ 00:46+	02:04+ 01:13+ 00:21& Nina 02:01+ 01:15+	03:06+ 01:02- 00:10- Bækk 03:08+ 01:07-	04:52+ 01:46+ 00:06+ (elund 04:58+ 01:50+	05:39+ 00:47+ 00:10& Chris 05:50+ 00:52+	07:12+ 01:33- 00:02- tianse 07:34+ 01:44+	08:15+ 01:03+ 00:06# n 08:41+ 01:07+	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+	01:31- 00:11- 12:09+ 01:47+	03:14+ 01:56@ 13:38+ 01:29+	00:46- 00:14- 15:03+ 01:25+	00:50+ 00:06# 16:07+ 01:04+	01:37+ 01:09@ 16:53+ 00:46+	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+	19:33+ 01:25+ 00:03+ 3 20:55+ 03:14+	01:44+ 00:33& 22:41+ 01:46+	00:28- 00:07- 23:18+ 00:37+
00:51+ 00:51+ 00:15& 6 00:46+	02:04+ 01:13+ 00:21& Nina 02:01+ 01:15+ 00:23&	03:06+ 01:02- 00:10- 1 Bækk 03:08+ 01:07- 00:05-	04:52+ 01:46+ 00:06+ (elund 04:58+ 01:50+ 00:10#	05:39+ 00:47+ 00:10& Chris 05:50+ 00:52+	07:12+ 01:33- 00:02- tianse 07:34+	08:15+ 01:03+ 00:06# n 08:41+ 01:07+	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+	01:31- 00:11- 12:09+ 01:47+	03:14+ 01:56@ 13:38+ 01:29+	00:46- 00:14- 15:03+ 01:25+	00:50+ 00:06# 16:07+ 01:04+	01:37+ 01:09@ 16:53+ 00:46+	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+	19:33+ 01:25+ 00:03+ 3	01:44+ 00:33& 22:41+	00:28- 00:07- 23:18+
00:51+ 00:51+ 00:15& 6 00:46+ 00:46+	02:04+ 01:13+ 00:21& Nina 02:01+ 01:15+ 00:23& Astr	03:06+ 01:02- 00:10- 1 Bækk 03:08+ 01:07- 00:05- i Sand	04:52+ 01:46+ 00:06+ (elund 04:58+ 01:50+ 00:10# anger	05:39+ 00:47+ 00:10& Chris : 05:50+ 00:52+ 00:15&	07:12+ 01:33- 00:02- tianse 07:34+ 01:44+ 00:09+	08:15+ 01:03+ 00:06# n 08:41+ 01:07+ 00:10#	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+ 00:37&	01:31- 00:11- 12:09+ 01:47+ 00:05+	03:14+ 01:56@ 13:38+ 01:29+ 00:11#	00:46- 00:14- 15:03+ 01:25+ 00:25&	00:50+ 00:06# 16:07+ 01:04+ 00:20&	01:37+ 01:09@ 16:53+ 00:46+ 00:18&	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+ 00:17& 23:55	19:33+ 01:25+ 00:03+ 8 20:55+ 03:14+ 01:52@	01:44+ 00:33& 22:41+ 01:46+ 00:35&	00:28- 00:07- 23:18+ 00:37+ 00:02+
00:51+ 00:51+ 00:15& 6 00:46+ 00:46+ 00:10& 7	02:04+ 01:13+ 00:21& Nina 02:01+ 01:15+ 00:23& Astr 02:50+	03:06+ 01:02- 00:10- 1 Bækk 03:08+ 01:07- 00:05- i Sand 03:54+	04:52+ 01:46+ 00:06+ celund 04:58+ 01:50+ 00:10# anger 05:54+	05:39+ 00:47+ 00:10& Chris : 05:50+ 00:52+ 00:15& 06:56+	07:12+ 01:33- 00:02- tianse 07:34+ 01:44+ 00:09+	08:15+ 01:03+ 00:06# n 08:41+ 01:07+ 00:10#	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+ 00:37& 93 11:49+	01:31- 00:11- 12:09+ 01:47+ 00:05+	03:14+ 01:56@ 13:38+ 01:29+ 00:11# 15:50+	00:46- 00:14- 15:03+ 01:25+ 00:25& 17:18+	00:50+ 00:06# 16:07+ 01:04+ 00:20& 18:11+	01:37+ 01:09@ 16:53+ 00:46+ 00:18& 18:48+	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+ 00:17& 23:58 19:23+	19:33+ 01:25+ 00:03+ 3 20:55+ 03:14+ 01:52@ 21:47+	01:44+ 00:33& 22:41+ 01:46+ 00:35& 23:16+	00:28- 00:07- 23:18+ 00:37+ 00:02+ 23:55+
00:51+ 00:51+ 00:15& 6 00:46+ 00:46+ 00:10& 7 00:57+ 00:57+	02:04+ 01:13+ 00:21& Nina 02:01+ 01:15+ 00:23& Astr 02:50+ 01:53+	03:06+ 01:02- 00:10- 1 Bækk 03:08+ 01:07- 00:05- i Sand 03:54+ 01:04-	04:52+ 01:46+ 00:06+ celund 04:58+ 01:50+ 00:10# anger 05:54+ 02:00+	05:39+ 00:47+ 00:10& Chris : 05:50+ 00:52+ 00:15& 06:56+ 01:02+	07:12+ 01:33- 00:02- tianse 07:34+ 01:44+ 00:09+ 09:10+ 02:14+	08:15+ 01:03+ 00:06# n 08:41+ 01:07+ 00:10#	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+ 00:37& 93 11:49+ 01:28+	01:31- 00:11- 12:09+ 01:47+ 00:05+ 14:05+ 02:16+	03:14+ 01:56@ 13:38+ 01:29+ 00:11# 15:50+ 01:45+	00:46- 00:14- 15:03+ 01:25+ 00:25& 17:18+ 01:28+	00:50+ 00:06# 16:07+ 01:04+ 00:20& 18:11+ 00:53+	01:37+ 01:09@ 16:53+ 00:46+ 00:18& 18:48+ 00:37+	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+ 00:17& 23:55 19:23+ 00:35+	19:33+ 01:25+ 00:03+ 3 20:55+ 03:14+ 01:52@ 21:47+ 02:24+	01:44+ 00:33& 22:41+ 01:46+ 00:35& 23:16+ 01:29+	00:28- 00:07- 23:18+ 00:37+ 00:02+ 23:55+ 00:39+
00:51+ 00:51+ 00:15& 6 00:46+ 00:46+ 00:10& 7	02:04+ 01:13+ 00:21& Nina 02:01+ 01:15+ 00:23& Astr 02:50+ 01:53+	03:06+ 01:02- 00:10- 1 Bækk 03:08+ 01:07- 00:05- i Sand 03:54+ 01:04-	04:52+ 01:46+ 00:06+ celund 04:58+ 01:50+ 00:10# anger 05:54+ 02:00+	05:39+ 00:47+ 00:10& Chris : 05:50+ 00:52+ 00:15& 06:56+ 01:02+	07:12+ 01:33- 00:02- tianse 07:34+ 01:44+ 00:09+	08:15+ 01:03+ 00:06# n 08:41+ 01:07+ 00:10# 10:21+ 01:11+ 00:14#	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+ 00:37& 93 11:49+ 01:28+ 00:24&	01:31- 00:11- 12:09+ 01:47+ 00:05+ 14:05+ 02:16+	03:14+ 01:56@ 13:38+ 01:29+ 00:11# 15:50+ 01:45+	00:46- 00:14- 15:03+ 01:25+ 00:25& 17:18+ 01:28+	00:50+ 00:06# 16:07+ 01:04+ 00:20& 18:11+ 00:53+	01:37+ 01:09@ 16:53+ 00:46+ 00:18& 18:48+ 00:37+	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+ 00:17& 23:55 19:23+ 00:35+	19:33+ 01:25+ 00:03+ 3 20:55+ 03:14+ 01:52@ 21:47+	01:44+ 00:33& 22:41+ 01:46+ 00:35& 23:16+	00:28- 00:07- 23:18+ 00:37+ 00:02+ 23:55+
00:51+ 00:51+ 00:15& 6 00:46+ 00:10& 7 00:57+ 00:57+ 00:21& 8	02:04+ 01:13+ 00:21& Nina 02:01+ 01:15+ 00:23& Astri 02:50+ 01:53+ 01:01@ Step	03:06+ 01:02- 00:10- 1 Bækk 03:08+ 01:07- 00:05- i Sand 03:54+ 01:04- 00:08- 0hanie	04:52+ 01:46+ 00:06+ (elund 04:58+ 01:50+ 00:10# anger 05:54+ 02:00+ 00:20# Loin	05:39+ 00:47+ 00:10& Chris 05:50+ 00:52+ 00:15& 06:56+ 01:02+ 00:25&	07:12+ 01:33- 00:02- tianse 07:34+ 01:44+ 00:09+ 09:10+ 02:14+ 00:39&	08:15+ 01:03+ 00:06# n 08:41+ 01:07+ 00:10# 10:21+ 01:11+ 00:14#	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+ 00:37& 93 11:49+ 01:28+ 00:24&	01:31- 00:11- 12:09+ 01:47+ 00:05+ 14:05+ 02:16+ 00:34&	03:14+ 01:56@ 13:38+ 01:29+ 00:11# 15:50+ 01:45+ 00:27&	00:46- 00:14- 15:03+ 01:25+ 00:25& 17:18+ 01:28+ 00:28&	00:50+ 00:06# 16:07+ 01:04+ 00:20& 18:11+ 00:53+ 00:09#	01:37+ 01:09@ 16:53+ 00:46+ 00:18& 18:48+ 00:37+ 00:09&	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+ 00:17& 23:58 19:23+ 00:35+ 00:04# 25:00	19:33+ 01:25+ 00:03+ 3 20:55+ 03:14+ 01:52@ 5 21:47+ 02:24+ 01:02&	01:44+ 00:33& 22:41+ 01:46+ 00:35& 23:16+ 01:29+ 00:18&	00:28- 00:07- 23:18+ 00:37+ 00:02+ 23:55+ 00:39+ 00:04#
00:51+ 00:51+ 00:15& 6 00:46+ 00:46+ 00:10& 7 00:57+ 00:57+	02:04+ 01:13+ 00:21& Nina 02:01+ 00:23& Astri 02:50+ 01:53+ 01:01@ Step 02:25+	03:06+ 01:02- 00:10- 1 Bækk 03:08+ 01:07- 00:05- i Sand 03:54+ 01:04- 00:08- bhanie 03:35+	04:52+ 01:46+ 00:06+ (elund 04:58+ 01:50+ 00:10# anger 05:54+ 02:00+ 00:20# Loin 05:25+	05:39+ 00:47+ 00:10& Chris 05:50+ 00:52+ 00:15& 06:56+ 01:02+ 00:25& 06:34+	07:12+ 01:33- 00:02- tianse 07:34+ 01:44+ 00:09+ 09:10+ 02:14+ 00:39& 08:24+	08:15+ 01:03+ 00:06# n 08:41+ 01:07+ 00:10# 10:21+ 01:11+ 00:14#	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+ 00:37& 33 11:49+ 01:28+ 00:24& 12 11:41+	01:31- 00:11- 12:09+ 01:47+ 00:05+ 14:05+ 02:16+ 00:34& 13:51+	03:14+ 01:56@ 13:38+ 01:29+ 00:11# 15:50+ 01:45+ 00:27& 15:20+	00:46- 00:14- 15:03+ 01:25+ 00:25& 17:18+ 01:28+ 00:28& 16:52+	00:50+ 00:06# 16:07+ 01:04+ 00:20& 18:11+ 00:53+ 00:09# 17:52+	01:37+ 01:09@ 16:53+ 00:46+ 00:18& 18:48+ 00:37+ 00:09& 18:43+	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+ 00:17& 23:58 23:58 10:35+ 00:04# 25:00 19:34+	19:33+ 01:25+ 00:03+ 3 20:55+ 03:14+ 01:52@ 21:47+ 02:24+ 01:02& 21:56+	01:44+ 00:33& 22:41+ 01:46+ 00:35& 23:16+ 01:29+ 00:18& 24:22+	00:28- 00:07- 23:18+ 00:37+ 00:02+ 23:55+ 00:39+ 00:04# 25:00+
00:51+ 00:51+ 00:15& 6 00:46+ 00:10& 7 00:57+ 00:57+ 00:21& 8	02:04+ 01:13+ 00:21& Nina 02:01+ 01:15+ 00:23& Astri 02:50+ 01:53+ 01:01@ Step 02:25+ 01:20+	03:06+ 01:02- 00:10- 1 Bækk 03:08+ 01:07- 00:05- i Sand 03:54+ 01:04- 00:08- bhanie 03:35+	04:52+ 01:46+ 00:06+ (elund 04:58+ 01:50+ 00:10# anger 05:54+ 02:00+ 00:20# Loin	05:39+ 00:47+ 00:10& Chris 05:50+ 00:52+ 00:15& 06:56+ 01:02+ 00:25& 06:34+ 01:09+	07:12+ 01:33- 00:02- tianse 07:34+ 01:44+ 00:09+ 09:10+ 02:14+ 00:39&	08:15+ 01:03+ 00:06# n 08:41+ 01:07+ 00:10# 10:21+ 01:11+ 00:14#	09:35+ 01:20+ 00:16# 105 10:22+ 01:41+ 00:37& 33 11:49+ 00:24& 42 11:41+ 02:03+	01:31- 00:11- 12:09+ 01:47+ 00:05+ 14:05+ 02:16+ 00:34& 13:51+ 02:10+	03:14+ 01:56@ 13:38+ 01:29+ 00:11# 15:50+ 01:45+ 00:27& 15:20+ 01:29+	00:46- 00:14- 15:03+ 01:25+ 00:25& 17:18+ 01:28+ 00:28& 16:52+ 01:32+	00:50+ 00:06# 16:07+ 01:04+ 00:20& 18:11+ 00:53+ 00:09#	01:37+ 01:09@ 16:53+ 00:46+ 00:18& 18:48+ 00:37+ 00:09& 18:43+ 00:51+	18:08+ 00:35+ 00:04# 23:18 17:41+ 00:48+ 00:17& 23:58 19:23+ 00:35+ 00:04# 25:00	19:33+ 01:25+ 00:03+ 3 20:55+ 03:14+ 01:52@ 5 21:47+ 02:24+ 01:02&	01:44+ 00:33& 22:41+ 01:46+ 00:35& 23:16+ 01:29+ 00:18&	00:28- 00:07- 23:18+ 00:37+ 00:02+ 23:55+ 00:39+ 00:04#

Plass	Navı	า					Klasse	•					Tid			
9	Syni	nøve F	lognes	stad		4	43						26:34	1		
	02:17+	03:24+	05:09+	06:38+												
	01:25+															
	00:33&			_	00:16#			00:25#	00:05+	01:480	00:19&	00:12&			00:4/&	00:03-
10			idjelar		00.251		105	12.551	15.061	10.101	20.021	20-421	27:13	•	26.441	07.10.
	03:11+ 01:06+															
	00:14&															
11	Inau	nn Kri	istians	en Wi	ia		105						28:00)		
	02:11+							16:55+	18:14+	20:08+	21:17+	22:08+		-	27:08+	28:00+
	01:20+															
00:15&	00:28&	00:05+	00:25#	00:33&	01:42@	00:40&	02:02@	00:30&	00:01+	00:54&	00:25&	00:23&	00:23&	00:46&	00:47&	00:17&
12			ke Se				128						28:46			
	02:00+															
	01:15+ 00:23&															
		_						01:336	00:49&	00:204	00:27&	00:470		_	00:19&	00:03-
13	02:48+		Skogla				105	17.07.	10.241	20.201	01.501	22.401	29:40	-	27:47+	20-401
															01:55+	
	00:49&															
14	Mari	e Eng	edal S	varteu	nd		91						31:09	•		
	02:49+							19:10+	20:47+	22:33+	23:51+	24:52+	• • • • •	•	30:28+	31:09+
	01:28+															
00:45@	00:36&	00:03-	00:29&	00:27&	02:390	00:29&	01:330	02:00@	00:19#	00:46&	00:34&	00:330	00:32@	01:03&	00:57&	00:06#
15	Esth	er Bo	enhein	n		2	268						31:10)		
	02:30+															
	01:25+															
	00:33&			_	00:44&			00:43&	00:07+	02:400	00:32&	00:14&		_	01:1/0	00:09&
16			klebus				54	45.00.	40.40.		04 55.	00.46	31:29	•	00.46	
	03:00+ 01:22+															
	00:30&															
17	_		nne K			_	54						31:41			
	03:05+							17:28+	18:52+	20:31+	22:01+	22:52+		_	30:52+	31:41+
	01:21+															
01:08@	00:29&	00:08-	00:45&	00:24&	02:23@	00:19&	01:390	00:14#	00:06+	00:39&	00:46@	00:23&	00:09&	04:140	00:33&	00:14&
18	Lene	Vign	es				54						31:59	9		
	03:59+														31:16+	
	03:06+															
	02:140			00:27&	01:07&			00:39&	00:29&	02:570	00:28&	00:13&			01:00%	00:08#
19		Bring		00 07:	10 11.		384	16 01	10 50.	06.101	07.04.	07 50.	32:25	-	21 50.	20 05:
	04:45+ 01:08+														31:52+ 01:46+	
03:010													00:04#			
20	Irone	Sirev	nåv				53						33:43	2		
	02:42+			08:14+	10:47+			18:43+	20:38+	23:02+	24:18+	25:30+		-	32:52+	33:43+
	01:38+															
00:28&	00:46&	00:15#	00:58&	00:500	00:58&	00:26&	02:340	01:13&	00:37&	01:24@	00:32&	00:44@	00:25&	02:50@	01:03&	00:16&
21	Ruth	Grød	lem			•	105						33:50)		
	04:38+															
	01:34+															
	00:42&			01:090	01:00%			UU:49&	UU:41&	00:51&	00:23&	UU:14&			01:08%	UU:14&
22		Frant					66	40.44	04.05	00.55	05.55	0.5 4.5	35:16	-	04.45	05.46
	02:38+ 01:38+															
	00:46&															
23		a Hau					113						35:32			
	03:12+			11.13±	14.02+			20.42+	22.39±	24.43+	26.30±	27.23+			34.31_	35.32+
	02:07+															
	01:15@															

Plass	Nav	n				l	Klasse	•					Tid			
24	Gro	Marie	ro Totl	and			59						36:02	2		
		05:21+														
01:19+ 00:43@		02:02+ 00:50&														
25		abeth		00.516	01.110		128	01.406	00.544	01.200	00.436	00.130	36:08	_	01.500	00.406
		05:36+		09:09+	16:25+			21:06+	24:53+	27:41+	28:51+	29:25+			35:06+	36:08+
		01:10-														
00:17&	02:410	00:02-	00:36&	00:400	05:410	00:06-	00:40&	00:24#	02:29@	01:48@	00:26&	00:06#	00:05#	01:34@	00:58&	00:27&
26		ianne l					116						36:18			
		06:25+														
		01:02- 00:10-														
27		und S					128						36:24	_		
		03:02+			10:18+			14:46+	15:49+	23:56+	24:47+	25:21+		-	35:54+	36:24+
01:10+	00:55+	00:57-	01:28-	01:02+	04:46+	00:54-	01:56+	01:38-	01:03-	08:07+	00:51+	00:34+	02:45+	05:13+	02:35+	00:30-
00:34&	00:03+	00:15-	00:12-	00:25&	03:110	00:03-	00:52&	00:04-	00:15-	07:07@	00:07#	00:06#			01:24@	00:05-
28		ıa Beri					43						36:36	-		
		11:22+ 08:17+													35:48+	
		07:05@														
29	Δnn	-Mari \	/old			•	371						36:37	7		
		02:43+		05:45+	12:52+			19:39+	21:08+	29:32+	30:47+	31:36+			36:05+	36:37+
		01:03-														
00:02-	00:14&	00:09-	00:05+	00:400	05:320			00:17#	00:11#	07:24@	00:31&	00:21&			00:15#	00:03-
30		Dahle	-				372						36:51	_		
		03:42+ 01:03-														
		00:09-														
31	Kirs	ti Stra	nd Sal	vesen		•	256						37:33	3		
		08:18+			14:54+	_		22:24+	24:15+	26:21+	27:33+	28:16+		-	36:25+	37:33+
		01:44+														
		00:32&		-	01:22&			00:59&	00:33&	01:06@	00:28&	00:15&		_	01:300	00:33&
32		e Aube			16 50.		366	00 40.	05 00.	07.00.	00 05:	00 10.	37:54	-	26 40.	27 54
		08:20+ 01:56+														
		00:44&														
33	Kris	tin Yo	on			:	372						38:05	5		
		03:21+														
		01:02-														
		00:10-		02:330	00:20#			00:03-	00:06+	05:450	00:30&	00:420		_	00:45&	06:490
34		Svihu:	-	10.454	1/1.104		9 2	20.211	22.114	25.321	27.00±	28.26+	40:13	-	30.171	40·13±
		01:20+														
02:22@	02:07@	00:08#	00:40&	00:31&	01:590	00:27&	00:55&	01:00&	00:29&	02:21@	00:53@	00:49@	04:130	02:21@	01:13@	00:21&
35	Solk	ojørg E	orger	sen		2	233						41:14	1		
		04:46+														
01:49+ 01:13@		01:21+ 00:09#														
	_		-	00.476	02.030			00.47&	00.30&	03.446	01:000	00.200		_	01.00@	00.174
36 01 · 35+		n Vagl 04:03+		07.50+	15.08+		126	20.33+	22.42+	27.40+	28.52+	30.07+	41:52	_	40.55+	41.52+
		01:15+														
		00:03+			05:430	00:11#	01:060	00:25#	00:51&	03:580	00:28&	00:47@			00:55&	00:22&
37		ie Volli					18						42:42			
		06:37+														
		01:47+ 00:35&														
38		i Bybe			02.208		92	01.200	01.000	01.200	00.000	00.100	43:12		02.000	V1.276
		05:15+			12:18+			23:57+	25:50+	31:53+	33:13+	34:26+			42:28+	43:12+
02:15+	01:18+	01:42+	02:32+	01:13+	03:18+	01:52+	07:15+	02:32+	01:53+	06:03+	01:20+	01:13+	00:51+	03:51+	03:20+	00:44+
01:390	00:26&	00:30&	00:52&	00:36&	01:430	00:55&	06:110	00:50&	00:35&	05:03@	00:36&	00:45@	00:20&	02:29@	02:090	00:09&

Plass	Navi	n				ļ	Klasse						Tid			
39	Eli V	/åge					117						43:14	ı		
			06:03+	16:38+	18:49+	22:49+	25:00+	27:32+	32:18+	34:20+	35:28+	36:12+	37:15+	39:47+	42:20+	43:14+
							02:11+									
00:18&	00:35&	00:17#	00:33&	09:58@	00:36&	03:03@	01:07@	00:50&	03:28@	01:02@	00:24&	00:16&	00:32@	01:10&	01:22@	00:19&
40	Ingu	ınn Fai	ndrem			4	47						43:32	2		
01:13+							19:52+									
01:13+							05:19+									
00:37@	01:40@	00:13#	00:52&	00:35&	02:090		04:15@	01:48@	00:30&	02:48@	00:56@	01:260			01:380	00:20&
41	Solv	eig Ma	arie Gr	'ønnin	g	4	47						43:3	5		
							19:57+									
							05:17+									
					02:120		04:130	01:52@	00:24&	02:560	00:46@	01:31@			01:16@	00:27&
42	Anas	stasia	Ollest	ad		(93						43:40	3		
							21:03+									
							04:12+									
					01:410		03:08@	01:46@	01:06&	02:18@	00:560	00:26&			01:44@	00:43@
43			Horpes				117						43:54			
							20:03+									
03:34+							04:08+									
					· · · · · · -		03:04@	00:08+	00:13#	02:500	00:18&	00:12&			01:480	00:04#
44			erg He				105						45:3°			
							24:06+									
03:22+							02:34+									
02:460					07:160		01:30@	00:48&	00:24&	04:230	00:5/0	00:400			02:040	00:26&
45			Halsn	-			105						45:36	•		
							22:59+									
							08:15+									
				01:076	00:59&		07:110	00:10+	00:25&	03:430	01:020	02:360			01:290	00:31&
46		Solhe					43						48:19			
							28:55+									
03:34+							04:43+ 03:39@									
· · · · · -					00:41&			01:30%	00:19#	03:560	00:520	00:10%			01:340	00:01+
47			Steink				5						48:2	•		
							31:25+									
01:45+							03:22+									
· · · · · · -					01:29&		02:180	00:43&	00:30&	01:330	02:4/0	00:24&			00:44&	00:02+
48			n Haal				47						53:56	•		
							30:09+									
							05:56+									
					09:016	01:100	04:520	U1:45@	UU:36&	01:200	U1:24@	00:290	00:30&	0/:100	U1:22@	00:20&
Beste																
00:34	00:52	00:52	01:17	00:37	01:23	00:51	01:04	01:25	01:03	00:46	00:43	00:27	00:28	01:22	01:11	00:22

Herrer 16 - 39 år

1	Berr	hard I	Haver	Vagle			126						20:57	7	
00:51=	01:57=	02:30=	07:23=	08:19=	08:51=	09:35=	13:47=	14:17=	15:49=	16:29=	17:00=	19:38=	20:07=	20:32=	20:57=
00:51=	01:06=	00:33=	04:53=	00:56=	00:32=	00:44=	04:12=	00:30=	01:32=	00:40=	00:31=	02:38=	00:29=	00:25=	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=
2	Håko	on Egg	aebø			7	71						21:02	2	
00:26-	02:08+		07:19-	08:00-	08:26-	08:58-	12:21-	12:54-	14:33-	15:56-	16:23-	19:35-	20:05-	20:34+	21:02+
00:26-	01:42+	00:33=	04:38-	00:41-	00:26-	00:32-	03:23-	00:33+	01:39+	01:23+	00:27-	03:12+	00:30+	00:29+	00:28+
00:25-	00:36&	00:00=	00:15-	00:15-	00:06-	00:12-	00:49-	00:03#	00:07+	00:43@	00:04-	00:34#	00:01+	00:04#	00:03#
3	Davi	d Wad	le			•	116						21:03	3	
00:36-	02:27+	03:00+	07:37+	08:27+	08:51=	09:31-	13:05-	13:41-	15:39-	16:35+	17:03+	19:35-	20:06-	20:36+	21:03+
00:36-	01:51+	00:33=	04:37-	00:50-	00:24-	00:40-	03:34-	00:36+	01:58+	00:56+	00:28-	02:32-	00:31+	00:30+	00:27+
00.15	00.450	00.00-	00.16	00.06	00.00	00.04	00.20	00.06#	00.260	00.160	00.02	00.06	00.021	00.05#	00.021

Plass	Navı	า					Klasse)					Tid		
4	Max	imiliar	Erlbe	ck		•	67						21:13	3	
	01:37-	02:04-	06:23-	08:36+		09:28-	12:57-						20:29+	20:55+	
	01:04-														
_	00:02-			01:17@	00:14-			00:03-	00:35&	00:440	00:10-	00:09+			00:07-
5		nd Rus					105						21:36	•	
	01:42- 01:11+														
	00:05+														
6			ingsta	_		_	71						21:43	_	
•	01:44-				08:17-	-		13:24-	15:51+	16:34+	17:04+	20:14+		-	21:43+
	01:11+														
00:18-	00:05+	00:04-	00:07-	00:13-	00:03+	00:08-	00:14-	00:03#	00:55&	00:03+	00:01-	00:32#	00:07#	00:04#	00:01-
7	And	reas E	nte			•	66						22:23	3	
	02:03+														
	01:14+														
00:02-	00:08#		_		00:00=			00:04#	00:33&	00:01+	00:01+	00:02+		_	00:05#
8			e Berg		40.00.		126	45 05.	46.46.	45 40.	40.04	04 05.	22:40	-	
	02:44+														
	00:58&														
9	Mart	in Sko	gland				98						23:42)	
00:32-	01:43-				10:09+	-		15:53+	17:54+	18:39+	19:10+	22:09+		_	23:42+
	01:11+														
00:19-	00:05+	00:07#	01:32&	00:02-	00:05-	00:01-	00:25+	00:06-	00:29&	00:05#	00:00=	00:21#	00:05#	00:02+	00:07&
10	Svei	nung A	Aas			1	114						24:14	1	
	04:26+														
	01:01- 00:05-														
		_			00.07	_		00.05π	00.071	00.05π	00.00π	00.00		_	00.04
11	01:59+		r Clau		00.37⊥	-	74	16.44+	10.40+	10.37±	20.114	23.224	24:5	-	24.55±
	01:39+														
00:10-	00:12#	00:00=	00:37#	00:06#	00:01+	00:57@	00:45#	00:01-	00:32&	00:09#	00:03+	00:33#	00:09&	00:02+	00:03#
12	Tor	Gunna	r Ose	n		•	116						24:57	7	
00:38-	02:03+				10:01+			15:47+	17:43+	18:38+	19:14+	23:01+	23:35+	24:28+	24:57+
	01:25+														
	00:19&				00:07-			00:04#	00:24&	00:15&	00:05#	01:09&			00:04#
13			io Øve				165						25:19	-	
	02:15+ 01:29+														
	00:23&														
14			kildse				39						25:20	_	
	02:07+				10:13+			17:16+	19:16+	20:05+	20:40+	23:49+		-	25:20+
	01:31+														
00:15-	00:25&	00:08#	01:29&	00:22-	00:03-	00:05-	01:43&	00:01-	00:28&	00:09#	00:04#	00:31#	00:06#	00:01+	00:05#
15	Øivi	nd Far	ndrem	Høivik	(•	66						25:53	3	
	02:58+														
00:33- 00:18-	02:25+			00:46- 00:10-											
				00:10-	00:01-			00:14&	04:080	00:08#	00:07#	00:20#		_	00:02+
16	03:01+	ard Vă		00.101	00.421		128	15.101	17.221	10.21.	10.521	22.001	26:09	-	26.001
	01:49+														
	00:43&														
17	Δrth	ur Fav	emen	dv			134						26:4	5	
	02:13+	04:33+	10:23+	11:27+	12:00+			17:59+	20:44+	22:09+	22:43+	25:11+			26:45+
00:45-	01:28+	02:20+	05:50+	01:04+	00:33+	00:40-	04:38+	00:41+	02:45+	01:25+	00:34+	02:28-	00:37+	00:34+	00:23-
	00:22&			00:08#	00:01+			00:11&	01:13&	00:45@	00:03+	00:10-			00:02-
18		ard Hø					378						33:39		
	04:26+														
	03:10+ 02:04@														
UU:23&	02:040	UU:1/&	UZ:4Z&	00:00#	00:01+	00.23&	UZ:12&	00:T0%	01:03%	00:T0%	00:12&	U1:43&	00:14&	906:00	00:10%

Plass	Navı	า				ŀ	Klasse						Tid		
19	Andı	reas U	ndheiı	n Øgre	eid	1	26						33:43	3	
00:44-	01:57=		08:46+			10:40+	21:57+	22:23+	24:09+	24:55+	25:30+	32:15+	32:46+	33:16+	33:43+
00:44-	01:13+	00:35+	06:14+	00:52-	00:21-	00:41-	11:17+	00:26-	01:46+	00:46+	00:35+	06:45+	00:31+	00:30+	00:27+
00:07-	00:07#	00:02+	01:21&	00:04-	00:11-	00:03-	07:05@	00:04-	00:14#	00:06#	00:04#	04:07@	00:02+	00:05#	00:02+
20	Åsbi	ørn Er	nerstv	edt		1	8						36:16	6	
01:12+		08:44+			19:38+	20:26+	24:53+	25:31+	27:35+	28:48+	29:36+	34:01+	34:44+	35:51+	36:16+
01:12+	06:56+	00:36+	09:53+	00:41-	00:20-	00:48+	04:27+	00:38+	02:04+	01:13+	00:48+	04:25+	00:43+	01:07+	00:25=
00:21&	05:50@	00:03+	05:00@	00:15-	00:12-	00:04+	00:15+	380:00	00:32&	00:33&	00:17&	01:47&	00:14&	00:42@	00:00=
21	Deni	is Mak	sakov	ski		3	387						46:38	3	
01:28+	03:21+	04:20+	14:01+	15:10+	15:40+	16:55+	28:17+	29:22+	34:38+	36:49+	37:51+	43:18+	44:18+	45:50+	46:38+
01:28+	01:53+	00:59+	09:41+	01:09+	00:30-	01:15+	11:22+	01:05+	05:16+	02:11+	01:02+	05:27+	01:00+	01:32+	00:48+
00:37&	00:47&	00:26&	04:48&	00:13#	00:02-	00:31&	07:10@	00:35@	03:44@	01:31@	00:31&	02:49@	00:31@	01:07@	00:23&
Beste	strekk	tid for	klass	en											
00:26	01:01	00:27	04:19	00:34	00:18	00:32	03:16	00:24	01:32	00:40	00:21	02:28	00:24	00:23	00:18

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

Herrer 40 - 49 år

1	Tho	mas Jo	ohanse	en		•	111						20:39	•	
00:38=	01:39=	02:13=	07:08=	07:53=	08:13=	08:52=	12:39=	13:14=	15:00=	15:39=	16:15=	19:09=	19:42=	20:06=	20:39
00:38=	01:01=	00:34=	04:55=	00:45=	00:20=	00:39=	03:47=	00:35=	01:46=	00:39=	00:36=	02:54=	00:33=	00:24=	00:33
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00
2	Reid	ar Mo	svold			Ę	53						22:05	5	
00:39+	01:51+	02:30+	07:50+	08:42+	09:12+	09:51+	13:28+	13:59+	16:08+	16:50+	17:26+	20:28+	21:03+	21:28+	22:05
														00:25+	
00:01+	00:11#	00:05#	00:25+	00:07#	00:10&	00:00=	00:10-	00:04-	00:23#	00:03+	00:00=	00:08+	00:02+	00:01+	00:04
3	Tho	mas C	hruick	shank		4	48						23:01	1	
00:45+	02:25+	02:54+	08:43+	09:38+	10:06+	11:12+	15:39+	16:07+	17:47+	18:44+	19:13+	21:48+	22:17+	22:41+	23:01
00:45+	01:40+	00:29-	05:49+	00:55+	00:28+	01:06+	04:27+	00:28-	01:40-	00:57+	00:29-	02:35-	00:29-	00:24=	00:20
00:07#	00:39&	00:05-	00:54#	00:10#	380:00	00:27&	00:40#	00:07-	00:06-	00:18&	00:07-	00:19-	00:04-	00:00=	00:13
4	Tror	idr Bre	iland			ţ	53						24:29)	
00:44+	02:50+	03:18+	09:51+	10:26+	11:00+	11:39+	15:42+	16:20+	18:25+	19:30+	19:56+	23:06+	23:33+	24:05+	24:29
00:44+	02:06+	00:28-	06:33+	00:35-	00:34+	00:39=	04:03+	00:38+	02:05+	01:05+	00:26-	03:10+	00:27-	00:32+	00:24
00:06#	01:05@	00:06-	01:38&	00:10-	00:14&	00:00=	00:16+	00:03+	00:19#	00:26&	00:10-	00:16+	00:06-	380:00	00:09
5	Run	e Dahl	Fitiar			ţ	53						25:00)	
00:33-				09:44+	10:23+	12:15+	16:09+	16:48+	18:50+	19:42+	20:21+	23:33+	24:06+	24:35+	25:00
00:33-	01:14+	00:44+	06:27+	00:46+	00:39+	01:52+	03:54+	00:39+	02:02+	00:52+	00:39+	03:12+	00:33=	00:29+	00:25
00:05-	00:13#	00:10&	01:32&	00:01+	00:19&	01:13@	00:07+	00:04#	00:16#	00:13&	00:03+	00:18#	00:00=	00:05#	00:08
6	Kevi	n Tho	mas F	oust		•	192						25:36	3	
00:37-	01:51+	02:31+	10:04+	10:47+	11:23+	12:05+	16:59+	17:38+	19:33+	20:21+	20:53+	23:58+	24:31+	25:01+	25:36
00:37-	01:14+	00:40+	07:33+	00:43-	00:36+	00:42+	04:54+	00:39+	01:55+	00:48+	00:32-	03:05+	00:33=	00:30+	00:35
00:01-	00:13#	00:06#	02:38&	00:02-	00:16&	00:03+	01:07&	00:04#	00:09+	00:09#	00:04-	00:11+	00:00=	00:06#	00:02
7	Chri	stian A	λsk			•	180						25:46	3	
00:35-	02:01+	02:37+	11:08+	11:45+	12:19+	13:02+	16:36+	17:09+	19:42+	20:43+	21:12+	24:21+	24:51+	25:25+	25:46
00:35-	01:26+	00:36+	08:31+	00:37-	00:34+	00:43+	03:34-	00:33-	02:33+	01:01+	00:29-	03:09+	00:30-	00:34+	00:21
00:03-	00:25&	00:02+	03:36&	00:08-	00:14&	00:04#	00:13-	00:02-	00:47&	00:22&	00:07-	00:15+	00:03-	00:10&	00:12
8	Odd	geir N	evland	1		Į.	51						26:08	3	
00:37-	02:40+	03:12+	09:53+	10:34+	11:00+	11:51+	16:19+	16:54+	19:05+	19:50+	20:35+	24:33+	25:01+	25:40+	26:08
				00:41-										00:39+	00:28
00:01-	01:02@	00:02-	01:46&	00:04-	00:06&	00:12&	00:41#	00:00=	00:25#	00:06#	00:09#	01:04&	00:05-	00:15&	00:05
9	Kris	tian Bj	0			•	165						26:42	2	
00:42+	01:56+	02:41+	09:11+	10:11+	10:33+	11:16+	16:07+	16:41+	20:32+	21:24+	21:56+	25:08+	25:39+	26:10+	26:42
														00:31+	00:32
00:04#	00:13#	00:11&	01:35&	00:15&	00:02#	00:04#	01:04&	00:01-	02:05@	00:13&	00:04-	00:18#	00:02-	00:07&	00:01
10	Gun	nar Th	orset			•	117						27:26	3	
00:44+	03:28+	04:12+	10:56+	11:44+	12:41+	13:30+	17:21+	17:58+	20:18+	21:26+	22:01+	25:44+	26:19+	26:53+	27:26
				00:48+			03:51+							00:34+	
00:06#	01:43@	00:10&	01:49&	00:03+	00:370	00:10&	00:04+	00:02+	00:34&	00:29&	00:01-	00:49&	00:02+	00:10&	00:00

Plass	Navr	า				ı	Klasse						Tid		
11	Frod	e Una	ar			1	116						29:49)	
	02:36+			11:29+	12:09+	13:43+	19:14+	20:06+	22:21+	23:18+	24:00+	27:48+	28:38+	29:13+	29:49+
00:40+	01:56+	00:38+	07:19+	00:56+	00:40+	01:34+	05:31+	00:52+	02:15+	00:57+	00:42+	03:48+	00:50+	00:35+	00:36+
00:02+	00:55&	00:04#	02:24&	00:11#	00:20&	00:55@	01:44&	00:17&	00:29&	00:18&	00:06#	00:54&	00:17&	00:11&	00:03+
12	Mag	ne Hal	besta	d		1	111						29:57	7	
00:39+	01:53+				10:54+	11:36+	18:58+	19:37+	22:58+	24:09+	24:52+	28:08+	28:52+	29:23+	29:57+
00:39+		01:54+												00:31+	
00:01+	00:13#	01:20@	00:52#	00:02+	00:13&			00:04#	01:35&	00:32&	00:07#	00:22#		00:07&	00:01+
13	Jan-	Kenne	th Pol	le		3	33						30:12	2	
05:40+	07:29+														
05:40+		00:33-										03:49+		00:36+	
05:020		00:01-	-	00:07#	380:00			00:00=	00:19#	00:10&	00:04-	00:55&		00:12&	00:05-
14		ré Sire					116						30:47		
	02:24+														
01:08+		00:55+										04:53+		00:36+	
	00:15#				00:300			00:28&	01:29&	00:530	00:13&	01:59&			00:00=
15		Erlend					105						32:24		
	01:51+														
00:43+		00:45+												00:34+	
	00:07#			00:12-	00:13&			00:04-	06:460	00:21&	00:03+	00:11-			00:21&
16		• Undh					54						34:32	_	
	02:18+														
01:00+	01:18+	00:40+										05:19+		01:34+	
				00:09#	00:20&			00:12&	01:134	00:02+	00:08#	02:23&			00:01-
17		I Jans					115						34:41	•	
00:46+ 00:46+	02:10+	02:46+						16:57+ 00:45+				32:49+ 03:18+		34:10+	
	01:24+														
				00.02	00.034			00.100	03.226	00.134	00.02	00.24π			00.02
18		e Hatle		40 40.	40 54	•	35	05.45		00 45	00 55		35:49	•	05 40.
	02:00+ 01:23+											34:11+		35:20+ 00:32+	
	00:22&													00:32+	
					00.134		3 7	00.00	00.24	00.114	00.05	00.21			00.01
19	Sjur 04:15+	Eirik (16 15:			04 10	06 51	07 54:	00 05.	40.00	42:16	-	10 16:
	04:15+													41:38+	
	01:540											08:530		00:33+	
Beste						-0.00					-0.001	.0.000	.0.00		-0.001
00:33	01:01	00:28	04:55		00:20	00:39	03:34	00:28	01:40	00:39	00:26	02:35	00:27	00:24	00:20
00.55	01.01	00.20	04.55	00.55	00.20	00.55	03.34	00.20	01.40	00.55	00.20	02.33	00.27	00.24	00.20

Herrer 50 - 59 år

1	Johr	Breil	and			3	352						23:08	3	
00:29=	01:47=	04:08=	05:45=	08:46=	09:36=	10:30=	15:05=	16:24=	18:39=	19:18=	19:48=	21:40=	22:10=	22:44=	23:08=
00:29=	01:18=	02:21=	01:37=	03:01=	00:50=	00:54=	04:35=	01:19=	02:15=	00:39=	00:30=	01:52=	00:30=	00:34=	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=
2	Øyst	ein Fu	iglesta	ıd		4	16						24:13	3	
00:36+	01:48+		05:44-	08:42-	09:46+	10:29-	16:05+	17:35+	19:15+	19:46+	20:15+	22:35+	23:09+	23:40+	24:13+
00:36+	01:12-	02:09-	01:47+	02:58-	01:04+	00:43-	05:36+	01:30+	01:40-	00:31-	00:29-	02:20+	00:34+	00:31-	00:33+
00:07#	00:06-	00:12-	00:10#	00:03-	00:14&	00:11-	01:01#	00:11#	00:35-	00:08-	00:01-	00:28#	00:04#	00:03-	00:09&
3	Arng	rim U	tskarp	en		1	17						24:26	3	
3 00:41+	Arng 02:15+	rim U1	tskarp 07:08+		11:29+	12:09+	1 17	18:14+	20:09+	20:41+	21:04+	23:00+	24:26 23:31+	23:57+	24:26+
3 00:41+ 00:41+					11:29+ 00:49-	-		18:14+ 01:38+	20:09+ 01:55-	20:41+ 00:32-	21:04+ 00:23-	23:00+ 01:56+			24:26+ 00:29+
	02:15+	05:04+	07:08+	10:40+		12:09+	16:36+						23:31+	23:57+	
00:41+	02:15+ 01:34+ 00:16#	05:04+ 02:49+	07:08+ 02:04+ 00:27&	10:40+ 03:32+	00:49-	12:09+ 00:40- 00:14-	16:36+ 04:27-	01:38+	01:55-	00:32-	00:23-	01:56+	23:31+ 00:31+	23:57+ 00:26- 00:08-	00:29+
00:41+	02:15+ 01:34+ 00:16#	05:04+ 02:49+ 00:28#	07:08+ 02:04+ 00:27&	10:40+ 03:32+	00:49-	12:09+ 00:40- 00:14-	16:36+ 04:27- 00:08-	01:38+	01:55-	00:32-	00:23-	01:56+	23:31+ 00:31+ 00:01+	23:57+ 00:26- 00:08-	00:29+
00:41+ 00:12&	02:15+ 01:34+ 00:16# Lars	05:04+ 02:49+ 00:28# Prims	07:08+ 02:04+ 00:27&	10:40+ 03:32+ 00:31#	00:49-	12:09+ 00:40- 00:14-	16:36+ 04:27- 00:08-	01:38+ 00:19#	01:55- 00:20-	00:32- 00:07-	00:23-	01:56+ 00:04+	23:31+ 00:31+ 00:01+ 25:00	23:57+ 00:26- 00:08-	00:29+ 00:05#

Plass	Navı	า					Klasse	•					Tid		
5	Mag	nar M	øller			-	62						25:19	9	
00:34+	01:55+			09:09+	09:57+			17:54+	19:39+	20:53+	21:24+	23:41+			25:19+
	01:21+														
00:05#	00:03+			00:21#	00:02-	_		00:40&	00:30-	00:35&	00:01+	00:25#		_	00:15&
6		Hetle					98						25:5		
	01:57+ 01:22+														
	00:04+														
7	_	e Paul				_	98						26:18	_	
•	02:00+			09:03+	09:53+			16:48+	18:31-	18:58-	19:26-	22:05+		-	26:18+
00:40+	01:20+	02:02-	01:33-	03:28+	00:50=	00:36-	04:53+	01:26+	01:43-	00:27-	00:28-	02:39+	00:49+	02:56+	00:28+
00:11&	00:02+	00:19-	00:04-	00:27#	00:00=	00:18-	00:18+	00:07+	00:32-	00:12-	00:02-	00:47&	00:19&	02:22@	00:04#
8	And	ers Glo	enne			7	7						26:50	3	
	02:03+														
	01:14- 00:04-														
00:20&	_				00:05-			00:41&	U1:12&	00:07#	00:03#	00:20#		_	00:00#
9	1 ryg 01:49+		chaels		12.471		117	20.501	22.201	22.001	22.21.	26.201	27:52		27.521
	01:03-														
	00:15-														
10	Tore	Halse	et				114						28:29	9	
00:58+				11:04+	12:09+	13:10+	18:30+	20:21+	22:27+	23:22+	23:54+	26:38+	27:17+	27:50+	28:29+
	01:42+														
	00:24&			00:14+	00:15&			00:32&	00:09-	00:16&	00:02+	00:52&		_	00:15&
11		nd Vih					116						28:5		
	02:01+ 01:25+														
	00:07+														
12	_	Skret					165						30:0	_	
	02:08+			10:21+	11:19+			19:57+	23:06+	25:12+	25:42+	28:27+			30:01+
	01:22+														
00:17&	00:04+	00:01+	00:10#	01:03&	00:08#	00:05+	00:56#	00:49&	00:54&	01:27@	00:00=	00:53&	00:02+	00:03-	00:07&
13	Arne	Øvst	ebø			7	71						30:54	4	
	02:10+														
00:45+	01:25+ 00:07+												00:37+		
	_	_						00.29&	00:02-	00:02+	00.01+	02.338		_	00.10&
14	02:27+		B. Peti				105	22.164	24.364	25.211	26.05+	20.134	31:08	-	31.08±
	01:45+														
00:13&	00:27&	00:03-	00:28&	01:04&	00:15&	00:21&	02:04&	01:03&	00:05+	00:09#	00:11&	01:16&	00:11&	00:04#	00:12&
15	Hara	ıld Tak	csdal			2	236						31:5	1	
	02:43+														
	01:47+														
	00:29&	_			00:1/&	_		01:16&	00:07+	00:10&	00:07#	00:53&		_	00:15&
16			idertse		45.05.		91	00.04	0.5.00.	06.55	0.7.00.	00.05	31:52	_	04 50
	02:58+ 01:53+														
00:360			00:28&											00:05#	
17	Δshi	ørn Ri	rådlan	d			297						32:4	7	
	02:01+				16:53+	_		25:33+	27:27+	27:57+	28:26+	30:53+			32:47+
00:39+	01:22+	02:26+	01:56+	08:27+	02:03+	01:12+	05:27+	02:01+	01:54-	00:30-	00:29-	02:27+	00:37+	00:52+	00:25+
00:10&	00:04+	00:05+	00:19#	05:260	01:13@	00:18&	00:52#	00:42&	00:21-	00:09-	00:01-	00:35&			00:01+
18		Selan					236						32:50		
	02:43+														
	01:18= 00:00=														
			_		00:05-			00:210	00:02-	00:11%	00.03#	00:20#			00:03#
19	Jari +		r Bern		13.24:		20.524	23.41:	26.10:	27.25	20.00.	31.22:	33:20		33.201
	01:18=														
	00:00=														

Plass	Navi	n				ı	Klasse						Tid			
20	Jone	e Kalh	eim			9	93						33:47	7		
03:30+				17:32+	19:18+	20:14+	24:31+	26:17+	29:18+	29:37+	29:55+	32:18+	32:48+	33:27+	33:47+	
03:30+								01:46+						00:39+		
03:01@				01:19&	00:560			00:27&	00:46&	00:20-	00:12-	00:31&	00:00=	00:05#	00:04-	
21	Tror	ıd San	dal			4	42						34:32	2		
00:40+								26:18+								
00:40+								02:01+						00:43+		
00:11&				01:26&	00:10#			00:42&	00:12+	00:03-	00:01+	00:52&		00:09&	00:12&	
22	Jørg	en Nil	sen				53						35:02	2		
00:35+								27:11+								
00:35+								01:47+						00:36+		
00:06#					00:18&			00:28&	00:06-	00:11-	00:01+	01:00&		00:02+	00:11&	
23	Geir	Rune	Selda			•	192						35:03	3		
								27:01+								
00:43+								02:04+						00:45+		
				00:51&	00:41&			00:45&	00:07+	00:06-	00:16&	00:37&		00:11&	00:06#	
24	Fran	k Han	sen			2	29						35:28	3		
								26:48+								
00:42+								14:04+								
00:13&					00:24&			12:450	00:38-	01:260	00:01+	01:27-			00:16&	00:31+
25			Finne			_	287						36:39	-		
								28:37+								
07:11+								02:13+						00:37+		
06:420				02:27&	00:11#			00:54&	00:06-	00:03-	00:00=	01:02&			00:13&	
26		Mæst					67						37:34	-		
								29:07+								
01:01+ 00:32@								02:25+						00:45+		
			00:28&	00:3/#	00:05#			01:06&	00:23#	00:07-	00:11%	00:43&		00:11&	00:07&	
27		Foss				-	76						37:42	_		
02:17+								28:39+								
02:17+								02:09+								
				00:23#	00:07#			00:50&	00:04+	00:400	00:15%	00:59&		00:01-	00:03#	
28		ojørn S					125						42:37	•		
								32:19+								
01:07+								02:45+						00:59+		
					00:13&	03:410	01:∠0&	01:260	0T:00%	00:12&	00:02+	01:10%	UU:320	UU:∠5&	00:04#	
Beste																
00:29	01:01	01:40	01:19	02:58	00:45	00:33	00:51	01:12	01:37	00:19	00:18	00:25	00:30	00:26	00:19	

Herrer 60 - 64 år

1	Mort	en Jol	nanne	ssen		7	7						21:12	2	
00:37=	02:03=	02:34=	04:39=	05:57=	06:28=	08:41=	11:25=	12:08=	13:24=	15:08=	16:08=	17:02=	18:21=	20:18=	21:12=
00:37=	01:26=	00:31=	02:05=	01:18=	00:31=	02:13=	02:44=	00:43=	01:16=	01:44=	01:00=	00:54=	01:19=	01:57=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Espe	n Kro	gh			7	7						24:12	2	
00:38+	02:08+	02:35+	04:26-	05:42-	06:07-	08:14-	12:17+	12:53+	13:57+	18:07+	18:57+	19:38+	21:11+	23:26+	24:12+
00:38+	01:30+	00:27-	01:51-	01:16-	00:25-	02:07-	04:03+	00:36-	01:04-	04:10+	00:50-	00:41-	01:33+	02:15+	00:46-
00:01+	00:04+	00:04-	00:14-	00:02-	00:06-	00:06-	01:19&	00:07-	00:12-	02:26@	00:10-	00:13-	00:14#	00:18#	00:08-
3	Svei	nung (Svebe	stad		4	16						25:03	3	
3 00:39+	Svei 02:23+	nung \$	Svebe: 05:22+	stad 06:45+	07:21+	10:02+	16 13:08+	13:56+	15:20+	17:25+	18:48+	19:56+	25:03	23:55+	25:03+
3 00:39+ 00:39+		_			07:21+ 00:36+		. •	13:56+ 00:48+	15:20+ 01:24+	17:25+ 02:05+	18:48+ 01:23+	19:56+ 01:08+		-	25:03+ 01:08+
	02:23+	02:56+	05:22+	06:45+		10:02+	13:08+						21:44+	23:55+	
00:39+	02:23+ 01:44+ 00:18#	02:56+ 00:33+	05:22+ 02:26+ 00:21#	06:45+ 01:23+	00:36+	10:02+ 02:41+ 00:28#	13:08+ 03:06+	00:48+	01:24+	02:05+	01:23+	01:08+	21:44+ 01:48+	23:55+ 02:11+ 00:14#	01:08+
00:39+	02:23+ 01:44+ 00:18#	02:56+ 00:33+ 00:02+	05:22+ 02:26+ 00:21#	06:45+ 01:23+	00:36+	10:02+ 02:41+ 00:28#	13:08+ 03:06+ 00:22#	00:48+ 00:05#	01:24+	02:05+	01:23+	01:08+	21:44+ 01:48+ 00:29&	23:55+ 02:11+ 00:14#	01:08+
00:39+ 00:02+	02:23+ 01:44+ 00:18# Olav	02:56+ 00:33+ 00:02+ Tunh	05:22+ 02:26+ 00:21# eim	06:45+ 01:23+ 00:05+	00:36+ 00:05#	10:02+ 02:41+ 00:28#	13:08+ 03:06+ 00:22#	00:48+ 00:05#	01:24+ 00:08#	02:05+ 00:21#	01:23+ 00:23&	01:08+ 00:14&	21:44+ 01:48+ 00:29& 26:36	23:55+ 02:11+ 00:14#	01:08+ 00:14&

Plass	Nav	n					Klasse	•					Tid		
5	Per	Ingar F	Hadlan	ıd		-	7						27:05	5	
	02:26+	03:01+	05:51+	07:23+											
				01:32+											
00:01-				00:14#	00:13&			00:01+	00:29&	00:39&	00:24&	00:15&			00:07#
6		tein Da					93						27:09	•	
				07:40+											
				01:25+ 00:07+											
00.13a	_	_		00:07+	00.11α			00:09#	00:04+	00:22#	00:13#	00.22&			00.43&
/		Berge		0.0			116	45 44.	45 45.	40.40.			28:17		00 45.
				07:40+ 01:33+											
				00:15#											
8		oiørn D					92						29:17		
•				07:20+	08.05+		-	14.31+	16.18+	18.39+	19.56+	24.41+			29.17+
				01:32+											
				00:14#											
9	Svei	n Mag	ne Glo	nnen		9	93						31:30)	
01:01+				09:54+	10:35+			19:01+	20:17+	23:06+	24:37+	26:03+			31:30+
				02:04+											
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&
10	lvar	Knuts	en			•	116						31:40)	
				08:22+											
				01:25+											
00:15&				00:07+	00:12&	00:37&	01:00&	00:26&	00:11#	00:43&	01:19@	00:06#	03:01@	00:19#	00:09#
11		Kolbei					66						34:47		
				08:55+											
				01:47+											
				00:29&	00:22&			00:460	01:430	01:13&	00:43&	01:186		_	00:20&
12		n C. Si					93						35:48		
				09:03+ 01:16-											
				00:02-											
				00.02	00.134			00.10	00.13	00.554	00.204	00.00#			00.00
13		Lervil		13:18+	14.041		239	24.041	05.501	20.221	20.101	21.41.	37:39		27.201
				04:43+											
				03:25@											
14		il Hera					76						38:07	_	
				07:53+	08:38+			23:56+	25:19+	29:39+	30:39+	31:56+			38:07+
				01:28+											
00:16&	00:24&	00:05#	01:01&	00:10#	00:14&	08:35@	00:46&	00:17&	00:07+	02:360	00:00=	00:23&	00:36&	01:29&	00:04-
15	Johi	n Lage	Berga	an			116						38:49	9	
				11:42+	12:28+		•	21:03+	23:49+	26:18+	28:20+	29:52+		•	38:49+
				01:59+											
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&	03:000	00:59&	00:48&
16	Stei	n Sigb	iørnse	n		- 2	27						40:13	3	
	03:05+	03:52+	07:42+	09:32+											
				01:50+											
				00:32&	00:27&	00:59&	06:52@	00:12&	01:59@	01:10&	00:26&	00:39&	01:320	01:02&	00:08#
	strekk			•											
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

Herrer 65 - 69 år

1	Arne	Kristi	an Es	pedal		•	88						19:27	7	
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-	$0.0 \cdot 0.0 -$	00.00-	00.00-

Plass	Nav	n					Klasse)					Tid				
2	Biør	n Alsa	ker				115						20:43	3			
00:37+				06:09+	06:46+			12:24+	13:35+	15:13+	16:10+	17:02+	18:18+	-	20:43+		
													01:16+				
00:07#	00:05+	00:00=	00:19-	00:15&	00:06#	00:25#	00:01-	00:02-	00:12#	00:04-	00:06#	00:09#	00:10#	00:04+	00:03+		
3	Jan	Hetlan	ıd			2	29						23:19	9			
													20:15+				
													01:24+				
00:09&		_		00:28&	00:06#	00:22#	00:28#	00:02+	00:15&	00:10+	00:07#	00:19&	00:18&	00:43&	00:03+		
4		in Berg					126						24:28				
													20:48+				
													01:36+ 00:30&				
_				00:46&	00:01-			00:01-	01:220	00:10-	00:46&	00:13%		_	00:27&		
5		ne Gin		0.5 55.			38	44.45.	46.00.	40.00.	40.00		24:54	-	04.54.		
													22:11+ 01:33+				
													00:27&				
6	_		_	_	00.104		115	00.114	00.104	00.20	00.104	00.134		_	00.02		
00.30+			speda		07.52+			1/1.184	16.00+	18.05±	20.45+	21.38±	26:0 8	-	26.05+		
													01:28+				
													00:22&				
7	Tom	Hetla	nd				5						26:31	1			
•				08:11+	08:59+		-	15:32+	17:07+	19:09+	20:59+	22:20+	23:51+	-	26:31+		
													01:31+				
													00:25&				
8	Biør	n Sive	rtsen			9	99						26:45	5			
00:48+				07:07+	07:46+			15:13+	16:43+	19:11+	20:45+	22:17+	23:52+	-	26:45+		
													01:35+				
00:18&	00:15#	00:04#	00:16+	00:13#	00:08&	00:49&	01:17&	00:05#	00:31&	00:46&	00:43&	00:490	00:29&	00:30&	00:05#		
9	Eivi	nd L. F	Rake			(92						28:26	3			
00:41+	02:25+	03:04+	06:06+	07:40+	08:24+	11:25+	14:55+	16:08+	17:23+	19:10+	21:25+	22:37+	23:33+	25:14+	27:27+	28:26+	
													00:56-				
00:11&	00:23&	00:07#	00:21#	00:37&	00:13&	00:56&	00:58&	00:34&	00:16&	00:05+	01:24@	00:29&	00:10-	00:07+	01:29@	00:59+	
10			keland				59						29:38				
													22:59+				
													00:59- 00:07-				
				00.23&	00.00#			00.400	02:100	00.49-	00.1/α	01.240		_	00.440	03:10+	00.39+
11		n Bjell		00 00	00 001		33	10 10	00 061	00 40	04 07	05 00.	30:56	-	20 561		
													27:28+ 01:49+				
													00:43&				
12	_			delan	-		92						31:24	_			
								16.52+	18.24+	20.58+	22.46+	23.54+	25:29+	-	31 • 24+		
													01:35+				
													00:29&				
13	Rolf	Klepp	e			(63						31:47	7			
				09:29+	10:16+			18:35+	21:06+	24:17+	25:32+	26:32+	28:21+		31:47+		
													01:49+				
00:390	00:56&	00:360	00:30#	00:47&	00:16&	00:59&	01:53&	00:11&	01:32@	01:29&	00:24&	00:17&	00:43&	00:48&	00:20&		
14	Svei	inung '	Tveit			- 1	236						32:05	5			
00:45+	02:37+	03:13+	06:17+	08:07+	09:11+	12:34+	16:32+	17:20+	19:04+	21:30+	25:26+	26:38+	28:12+	31:09+	32:05+		
													01:34+				
				00:53&	00:33@			00:09#	00:45&	00:44&	03:05@	00:29&	00:28&		00:12&		
15		n Tore					29						33:29	-			
													29:56+				
													01:59+				
	_		_	UU:4/&	UU:28&			UU:1/&	OT:00@	OT:0/8	00:2/&	UU:32&	00:53&		UU:26&		
16		Arend					116						33:54	-			
													29:54+ 02:12+				
													02:12+				
00.290	U1.U2@	00.200	JU. 7J&	JU.JZ@	JU.JU&	JI.JJ&	01.440	JU.J±0	JU. 7 7 W	JI.JJ@	υυ.υσα	00.000	01.00W	01.040	JU.JU&		

Plass	Navi	n				ı	Klasse	•					Tid		
17	Agn	ar Lier	ı			7	7						34:25	5	
01:02+	03:23+	04:10+	08:05+	10:49+	11:50+	15:10+	19:18+	20:27+	22:20+	25:01+	26:45+	28:06+	30:20+	33:19+	34:25+
01:02+	02:21+	00:47+	03:55+	02:44+	01:01+	03:20+	04:08+	01:09+	01:53+	02:41+	01:44+	01:21+	02:14+	02:59+	01:06+
00:32@	01:00&	00:15&	01:14&	01:47@	00:30&	01:15&	01:36&	00:30&	00:54&	00:59&	00:53@	00:38&	01:08@	01:25&	00:22&
Beste	strekk	tid for	klass	en											
00:30	01:18	00:25	02:13	00:57	00:30	02:05	02:15	00:37	00:59	00:53	00:51	00:43	00:56	01:02	00:44
= Som k	lassevir	nner, -	raskere,	, + ser	nere, #	10% tap	o, & 25	5% tap,	@ 100%	ն tap.					

Herrer 70 - 74 år

1		y Brei					66						23:24	•	
							12:09=								
							02:33=								
00:00=				00:00=	00:00=		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			00:00=
2		Svihu					154						27:01	_	
							14:11+								
							03:04+								
00:03-	00:20#	00:02+	00:20#	00:05+	00:11&		00:31#	00:37&	01:47-	01:43@	00:09#	00:09#			00:05+
3	Jan	Inge L	unde				88						28:14	ļ	
							15:29+								
							03:20+								
00:00=				00:09-	00:07#	00:38&	00:47&	00:10#	01:18-	00:50&	00:24&	00:17&	00:28&	00:33&	00:06#
4	Ole /	Aukler	ıd			•	106						29:05	5	
							15:20+								
							03:17+								
00:06-	00:20#	00:05#	00:24#	00:13#	00:17&	01:14&	00:44&	00:30&	01:56-	01:09&	00:30&	00:21&	00:44&	00:43&	00:29&
5	Paul	A. Pa	ulsen			•	117						29:2		
00:40-	02:50+	03:27+	06:00+	07:37+	08:14+	11:15+	14:29+	18:19+	19:59+	22:13+	23:19+	24:15+	25:49+	28:19+	29:21+
							03:14+								
00:05-	00:36&	00:03+	00:08+	00:08+	00:00=	00:49&	00:41&	03:09@	02:03-	00:46&	00:09#	00:07#	00:21&	00:57&	00:11#
6		Øste					53						29:43		
							16:44+								
							03:28+								
00:02+							00:55&	00:24&	02:15-	00:41&	00:17&	00:32&			00:08#
7			Frøyla				128						30:01		
							14:57+								
							02:51+								
00:05-					00:03-		00:18#	00:10#	01:24&	00:44&	00:21&	00:07#		_	00:10#
8		• • .	Gause				115						30:09		
							16:44+								
							04:16+								
_					00:08#		01:43&	00:500	01:54-	00:48&	00:20&	00:38&			00:10#
9			ar Wik				43						33:26	-	
							16:31+								
							04:04+								
				00:16#	00:08#		01:31&	00:24&	01:53-	01:19&	03:260	00:04+			00:04+
10		Habb					116						34:27		
							15:02+								
							03:24+								
					00:02+		00:51&	00:0/#	02:17-	01:560	06:490	00:14&			00:0/#
11			nheim				116						35:18		
							18:40+								
							04:13+								
				00:04+	00:08#		01:40&	00:20&	02:05-	01:13&	03:430	00:05#			00:05+
12		Kåre L					128	40.04	04 50		05.00	00.45	36:12	_	0.5.4.
							18:26+								
							04:16+ 01:43&								
00.047	UU.19#	JU. 436	01.040	01.446	00.00-	JU. 7J&	υ1.43α	00.140	01.00-	υυ. J±α	00.240	00.478	00.040	V1.12α	JU.140

Plass	Navı	า				ŀ	Klasse						Tid		
13	Johr	n Abra	hamse	en		1	25						1:11:	57	
01:46+	05:05+	07:05+	14:57+	18:24+	19:46+	25:35+	33:28+	35:00+	38:51+	44:09+	46:30+	48:56+	64:22+	69:48+	71:57+
01:46+	03:19+	02:00+	07:52+	03:27+	01:22+	05:49+	07:53+	01:32+	03:51+	05:18+	02:21+	02:26+	15:26+	05:26+	02:09+
01:01@	01:45@	01:26@	05:27@	01:58@	00:45@	03:37@	05:20@	00:51@	00:08+	03:50@	01:24@	01:37@	14:13@	03:53@	01:18@
Beste	• • • • • • • • • • • • • • • • • • • •			•											
00:39	01:34	00:26	02:25	01:20	00:32	02:12	02:33	00:41	01:26	01:28	00:57	00:49	01:13	01:33	00:51
= Som k	lassevin	ner, -	raskere,	+ ser	nere, #	10% tap	, & 25	% tap,	@ 100%	tap.					

Herrer 75 - 79 år

1	Finn	Morte	en Årst	tad		,	115						22:46	;	
00:39=				07:03=	07:29=			12:37=	14:55=	16:21=	17:23=	18:07=		-	22:46=
				02:19=											
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=
2	Gair	Husda	al				93						22:55	•	
00.41+				07:14+	07 • 41 +	•	-	13.00+	15.30+	16.42+	17.48+	18.39+		-	22.55+
				02:12-											
				00:07-											
3	Knu	t Skizo	veland	4			93						23:56	:	
00.51+				07:23+	07.52+			13.18+	15.39+	16.49+	18.04+	18.52+		-	23.56+
				02:11-											
				00:08-											
1	Svoi	n Glor	ndrand	10			68						25:20	١	
00.47±				07:10+	07.40+			13.08+	15.47±	10.11+	10.31_	20.214		•	25.20+
				02:24+											
				00:05+											
5		s Klau					62						26:32		
•				07:47+	00.261			14.001	16.201	10.01:	10.10.	20.50		_	26.221
				07:47+											
				00:04+											
_					00.204			00.104	00.01	00.01	00.03	01.000			00.00
6			3orger		10 01		154	16 201	10 40	10 50.	01 01	01 57	26:54	•	06 54
01:31+				09:53+ 02:40+											
				00:21#											
7				00.21	00.02			01.200	00.10	00.10	00.00	00.124			00.00
/		Lang		00 41 1	10 01		93	17 46	00 00	00 05:	00.044	05 001	31:07		21 07.
				09:41+ 03:00+											
				00:41&											
					00.114			00.124	00.20	00.05	00.174	01.216			00.11
8			eskog				5	45 40.	40.00.			05.00.	32:11	-	
				09:11+ 02:37+											
				02:37+											
00.04			00.234	00.10	00.021			00.00	00.23	00.234	00.05	03.136			00.021
9		Værp	0.5.40.		00.45		62	4	00 45.	04 50.		04.40.	32:20	•	
				09:09+ 02:59+											
				00:40&											
					00.104			00.504	00.25	00.13	00.13	00.134			00.001
10	Herr	nann s	Skogs	noim	40.05		53	40.05.		0.4.44.	0.5.00.	0.5 50.	32:45	-	00.45
				11:37+ 02:47+											
				02:47+											
				00.20#	00:03#			00.10#	02.300	00:04-	00.200	00.11#			00:1/α
11		nod Aa					54						33:04	-	
				12:26+											
				05:11+ 02:52@									01:38+		
				UZ:520	UU:1/&			UU:∠6&	00:13+	00:0/+	00:10#	00:40&		_	00:11#
12		ıar Røt					128						34:45	-	
				07:32+											
				03:13+											
00:02+	00:03+	00:19-	00:11-	00:54&	00:02+	00:11-	00:25-	03:07@	00:00=	00:15-	00:06+	05:500	U3:15@	00:06+	00:05-

Plass	Navi	n				1	Klasse	•					Tid		
13	Nor	ald SI	krettin	g		4	43						39:00	3	
00:47+	06:25+	09:31+	10:42+	17:29+	17:58+	20:46+	23:10+	26:50+	29:25+	30:40+	32:19+	33:36+	35:24+	37:56+	39:06+
00:47+	05:38+	03:06+	01:11+	06:47+	00:29+	02:48+	02:24+	03:40+	02:35+	01:15-	01:39+	01:17+	01:48+	02:32+	01:10+
00:08#	04:05@	01:27&	00:18&	04:28@	00:03#	00:49&	00:15#	02:40@	00:17#	00:11-	00:37&	00:33&	00:37&	00:09+	00:05+
Beste	strekk	tid for	klass	en											
00:39	01:29	01:20	00:42	02:11	00:26	01:48	01:44	01:00	02:03	01:10	01:02	00:44	01:11	02:09	00:50
= Som k	dassevir	nner, -	raskere	+ sei	nere, #	10% tar	o, & 25	5% tap,	@ 100%	6 tap.					

Herrer 80 år og eldre

1	Alf C	Syland				ç	92						26:47	7					
01:09=	03:02=	04:04=	06:19=	07:59=	09:15=	10:10=	12:56=	15:33=	17:11=	18:51=	20:23=	21:50=	22:58=	24:18=	25:11=	26:18=	26:47=		
					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=	00:00=	00:00=		
2	Terio	e Brau	t			9	92						27:08	3					
					08:24-														
01:15+	01:44-	00:50-	01:49-	01:21-	01:25+	00:51-	03:12+	02:48+	01:38=	01:53+	01:31-	01:21-	01:12+	01:14-	01:12+	01:19+	00:33+		
00:06+	00:09-	00:12-	00:26-	00:19-	00:09#	00:04-	00:26#	00:11+	00:00=	00:13#	00:01-	00:06-	00:04+	00:06-	00:19&	00:12#	00:04#		
3	Jan	Bekke	heien			ç	92						32:01	1					
01:38+				08:46+	10:03+	11:09+	14:28+	17:22+	20:13+	22:33+	24:38+	26:18+	27:30+	29:06+	30:24+	31:29+	32:01+		
01:38+	02:06+	01:07+	02:11-	01:44+	01:17+	01:06+	03:19+	02:54+	02:51+	02:20+	02:05+	01:40+	01:12+	01:36+	01:18+	01:05-	00:32+		
00:29&	00:13#	00:05+	00:04-	00:04+	00:01+	00:11#	00:33#	00:17#	01:13&	00:40&	00:33&	00:13#	00:04+	00:16#	00:25&	00:02-	00:03#		
4	Hara	ıld Vat	ne			(67						33:28	3					
01:13+	03:30+	04:50+	07:06+	08:50+	10:17+	11:20+	16:17+	18:57+	20:52+	22:42+	24:32+	26:18+	28:07+	30:03+	31:19+	32:57+	33:28+		
01:13+	02:17+	01:20+	02:16+	01:44+	01:27+	01:03+	04:57+	02:40+	01:55+	01:50+	01:50+	01:46+	01:49+	01:56+	01:16+	01:38+	00:31+		
00:04+	00:24#	00:18&	00:01+	00:04+	00:11#	00:08#	02:11&	00:03+	00:17#	00:10#	00:18#	00:19#	00:41&	00:36&	00:23&	00:31&	00:02+		
5	Sigu	rd Kro	sli			ç	93						35:17	7					
01:18+	03:12+	04:30+	06:37+	08:00+	09:40+	10:54+	14:58+	23:36+	25:19+	27:23+	28:54+	30:32+	31:41+	33:07+	34:00+	34:53+	35:17+		
					01:40+														
00:09#	00:01+	00:16&	00:08-	00:17-	00:24&	00:19&	01:18&	06:010	00:05+	00:24#	00:01-	00:11#	00:01+	00:06+	00:00=	00:14-	00:05-		
6	Mag	ne Jak	cobser	1		(33						44:28	3					
					08:54-														
					01:23+														
00:01-	00:00=	00:02+	00:19-	00:10-	00:07+			00:14+	00:28&	00:53&	00:07+	00:17#			00:31&	00:10#	00:12&		
7	Arne	: Karls	en			1	105						45:36	3					
					12:21+														
					02:32+														
00:25&				00:02-	01:16&			01:25&	01:01&	01:08&	01:05&	00:40&			00:21&	00:25&	00:07#		
8	Kjell	Maud	lal			(33						58:05	5					
					17:12+														
					05:37+														
00:18&	01:31&	00:41&	00:39&	00:27&	04:210	00:25&	01:54&	01:04&	05:010	01:02&	00:53&	00:47&	00:51&	08:08@	01:04@	01:35@	00:37@		
9	Mag	ne We	sterhe	eim		ć	93						1:18:	23					
					30:24+														
					01:21+														
					00:05+	08:45@	01:55-	01:12&	01:46@	01:16&	00:26&	01:13&	00:25&	00:24&	12:310	01:420	00:510	01:20+	00:31+
Beste	strekk	tid for	' klass	en															
01:08	01:44	00:50	01:49	01:21	01:16	00:51	00:51	02:37	01:38	01:40	01:31	01:21	01:08	01:14	00:53	00:53	00:24		

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

Herrer A

1	Sigu	rd Oft	edal			1	18						21:48	3			
00:28=	02:20=	03:03=	03:30=	04:15=	08:40=	09:13=	11:42=	12:25=	12:48=	14:06=	17:24=	18:37=	19:16=	19:53=	20:54=	21:24=	21:48=
00:28=	01:52=	00:43=	00:27=	00:45=	04:25=	00:33=	02:29=	00:43=	00:23=	01:18=	03:18=	01:13=	00:39=	00:37=	01:01=	00:30=	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=

Plass	Nav	n				- 1	Klasse)					Tid				
2	Saul	Klem	ola			,	134						22:14	ı			
00:25-				04:02-	08:28-	09:04-	12:04+	12:49+	13:11+	14:34+	17:45+	18:50+	19:33+	20:13+	21:18+	21:51+	22:14+
				00:43-													
00:03-	00:05-	00:02-	00:01-	00:02-	00:01+	00:03+	00:31#	00:02+	00:01-	00:05+	00:07-	00:08-	00:04#	00:03+	00:04+	00:03#	00:01-
3	Kris	tian Ha	aarr			2	27						22:28	3			
00:28=				04:04-													
00:28=				00:40-													
00:00=	_			00:05-	00:13+			00:05#	00:00=	00:09#	00:09-	00:10#			00:04-	00:05#	00:01-
4	Svei	n Mag	nus H	alsne		7	71						23:32	2			
				04:40+													
00:28=				00:43-													
00:00=				00:02-	00:21+			00:01-	00:01+	00:02+	00:02+	00:05+			00:06+	00:02+	00:01-
5	Marl	kus Ri	chter			;	388						23:46	3			
				04:30+													
00:32+				00:43-													
00:04#				00:02-	00:49#			00:01-	00:01-	00:15#	00:04+	00:07+		_	00:04+	00:0/#	00:02+
6		Irik Sa					38						24:15	•			
				04:25+													
00:31+				00:46+													
_				00:01+	00:36#			00:11&	00:03#	00:13#	00:06-	00:04+			00:07#	00:06#	00:02+
7			Isen S				126						24:17				
00:30+				04:13-													
00:30+				00:46+ 00:01+													
00:02+					00:44#			00:05#	00:05#	00:23&	00:07+	00:03-			00:08#	00:07#	00:00=
8			gvalds				116						24:36	•			
				04:16+													
00:27-				00:45= 00:00=													
_				00.00-	00.101	00.021	01.57@	00.031	00.011	00.1/#	00.121	00.011		_	00.001	00.00π	00.021
9		ıld Kal					<i>(</i>						24:48	•			
00:33+				05:09+ 00:50+													
00:33+				00:30+													
			00.05π	00.05π	00.211			00.031	00.03π	00.041	00.131	00.04			00.12π	00.000	00.01
10		Lima		05 05	40.00.		13	44.45.	45 40.	46.46.			25:35	•	04.05	05.40.	05.05.
				05:07+ 00:49+													
00:37+				00:49+													
				00.01	00.50			00.10	00.03	00.13	00.101	00.05			00.11	00.00	00.02
11		tin Bly		05 00.	11 00		115	15 55	16 10	13 43	01 00	00 57.	26:43	-	05 40.	06.044	06.424
00:30+ 00:30+				05:28+ 01:18+													
00:02+				00:33&													
														_			
12			ms Øs	04:50+	10.501		56	15.051	16.001	17.51.	22.251	00.401	28:06	-	06.571	27.271	28:06+
				00:48+													
				00:03+													00:05#
Beste							– – «										
00:25	01:45				04:25	00.21	02:29	00:42	00:22	01:18	03:09	01:05	00:38	00:37	00:57	00:30	00:19
00:25	01.45	00.38	00.26	00.40	04.23	00.31	02.29	00:42	00.22	01.10	03.09	01:05	00.38	00.37	00.37	00.30	00.19

Herrer B

1		Aart	Joaki	m in't '	Veld		9	93						22:3	1			
(00:24=	02:13=	02:54=	03:21=	04:01=	08:30=	09:04=	11:45=	12:34=	13:01=	14:29=	17:57=	19:07=	19:48=	20:29=	21:34=	22:09=	22:31=
(00:24=	01:49=	00:41=	00:27=	00:40=	04:29=	00:34=	02:41=	00:49=	00:27=	01:28=	03:28=	01:10=	00:41=	00:41=	01:05=	00:35=	00:22=
(00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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		Odd	var Ta	ksdal			•	194						24:33	3			
(00:29+	02:40+	03:22+	03:50+	04:39+	09:24+	09:59+	13:00+	13:47+	14:13+	15:44+	19:25+	20:52+	21:38+	22:20+	23:30+	24:08+	24:33+
(00:29+	02:11+	00:42+	00:28+	00:49+	04:45+	00:35+	03:01+	00:47-	00:26-	01:31+	03:41+	01:27+	00:46+	00:42+	01:10+	00:38+	00:25+
(0:05#	00:22#	00:01+	00:01+	00:09#	00:16+	00:01+	00:20#	00:02-	00:01-	00:03+	00:13+	00:17#	00:05#	00:01+	00:05+	00:03+	00:03#

Plass	Navi	n					Klasse						Tid					
3	_	Olav H	laarr				62						24:43	١				
•				04:49+	09:34+			13:59+	14:27+	15:58+	19:28+	20:41+			23:42+	24:20+	24:43+	
												01:13+						
880:00	00:15#	00:05#	880:00	00:12&	00:16+			00:11#	00:01+	00:03+	00:02+	00:03+		_	00:23&	00:03+	00:01+	
4			stjønn				67						24:56	-				
												21:25+ 01:16+						
												00:06+						
5		_	Olsen				68						25:04	_				
00:28+					10:00+			14:49+	15:12+	16:44+	20:06+	21:19+			24:01+	24:41+	25:04+	
00:28+	02:15+	00:44+	00:33+	00:49+	05:11+	00:40+	03:15+	00:54+	00:23-	01:32+	03:22-	01:13+	00:46+	00:48+	01:08+	00:40+	00:23+	
00:04#	00:26#	00:03+	00:06#	00:09#	00:42#	00:06#	00:34#	00:05#	00:04-	00:04+	00:06-	00:03+	00:05#	00:07#	00:03+	00:05#	00:01+	
6		Furla					62						25:18	-				
												21:21+						
												01:12+ 00:02+						
7		_	andsta	_			66						25:29	_				
-					09:35+			14:05+	14:35+	16:05+	20:40+	21:45+		•	24:30+	25:06+	25:29+	
00:31+	02:16+	00:41=	00:37+	00:47+	04:43+	00:40+	03:02+	00:48-	00:30+	01:30+	04:35+	01:05-	00:44+	00:42+	01:19+	00:36+	00:23+	
00:07&	00:27#	00:00=	00:10&	00:07#	00:14+	00:06#	00:21#	00:01-	00:03#	00:02+	01:07&	00:05-	00:03+	00:01+	00:14#	00:01+	00:01+	
8			L. Bas				91						25:49	-				
												21:52+						
												01:18+						
Δ			arlsen		00.20		76	00.00	00.02	00.01	00.20	00.00	26:33		00.00	00.00	00.114	
00:39+					10:06+			15:10+	15:36+	17:22+	20:58+	22:27+		-	25:29+	26:08+	26:33+	
												01:29+						
00:15&	00:23#	00:04+	00:03#	00:12&	00:39#	00:17&	00:38#	00:05#	00:01-	00:18#	00:08+	00:19&	00:12&	00:14&	00:09#	00:04#	00:03#	
10		F. Vac					93						27:27					
												23:22+						
												01:09- 00:01-						
11			ikesko		00.00		93	00.00	00.01	00.03	01.004	00.01	28:47	_	00.00	00.104	00.01	
					09:29+			16:29+	17:21+	17:49+	19:26+	23:15+			26:21+	27:35+	28:17+	28:47+
												03:49+						
00:06#	00:12#	00:06#	00:05#	00:06#	00:24+	02:48@	02:03-	02:11@	00:25&	01:00-	01:51-	02:390	00:41&	00:13&	00:15-	00:390	00:20&	00:30+
12		en Bre					54						29:09	•				
												25:12+						
												01:22+ 00:12#						
13			mmell				27						29:37	_				
					11:35+	_		17:43+	18:14+	19:45+	23:25+	25:10+			28:28+	29:14+	29:37+	
												01:45+						
00:11&	01:21&	00:04+	00:06#	00:31&	00:52#	01:09@	00:48&	00:07#	00:04#	00:03+	00:12+	00:35&	00:24&	00:10#	00:17&	00:11&	00:01+	
14		Sand					105						29:48					
												25:07+						
												01:46+ 00:36&						
15			sholm				194						29:51					
					10:57+			17:15+	18:04+	18:28+	20:08+	24:03+			27:25+	28:47+	29:26+	29:51+
00:33+	02:27+	00:48+	00:34+	01:23+	05:12+	01:35+	00:38-	04:05+	00:49+	00:24-	01:40-	03:55+	01:30+	00:53+	00:59-	01:22+	00:39+	00:25+
00:09&					00:43#			03:160	00:22&	01:04-	01:48-	02:45@	00:490	00:12&	00:06-	00:47@	00:17&	00:25+
16			Ronæ			_	27						34:59					
												30:34+						
												01:21+ 00:11#						
17			n Nils				116						35:49					
					14:27+			20:45+	21:27+	23:30+	28:38+	30:21+		-	34:23+	35:15+	35:49+	
00:40+	03:19+	01:02+	00:43+	01:21+	07:22+	00:44+	04:26+	01:08+	00:42+	02:03+	05:08+	01:43+	01:05+	00:56+	02:01+	00:52+	00:34+	
00:16&	01:30&	00:21&	00:16&	00:410	02:53&	00:10&	01:45&	00:19&	00:15&	00:35&	01:40&	00:33&	00:24&	00:15&	00:56&	00:17&	00:12&	

Plass	Navn	Klasse	Tid
D 4 -	- 4 1 - 1 - 4! - 1		

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

1	Heni	nina S	undby	,		4	114						20:57	7		
00:28=			06:26=		07:47=			11:31=	12:47=	13:26=	17:44=	18:35=			20:38=	20:57=
			04:22=													
00:00=	00:00=	00:00=	00:00=	00:00=	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	Mort	en Aa	modt			1	116						22:19)		
00:30+			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-	00:27&	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+
3	Kieti	I Wira	k			1	114						22:25	5		
00:29+			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+
			04:39+													
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=
4	Jan	Einar 🤉	Øvrem	0		5	50						24:20)		
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+
			05:18+													
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=
5	Odd	Fugle	stad			3	379						24:30)		
			07:55+													
			05:40+													
00:04#	00:08#	00:01-	01:18&	00:13&	00:06#			00:16#	00:46-	00:09#	01:10&	00:03+	00:11&	00:06+	00:04#	00:02#
6		Dale					93						25:14	•		
			08:29+													
			05:51+													
00:11&	_		01:29&	00:18%	00:09#			00:30&	00:43-	00:09#	00:4/#	00:05+			00:08&	00:07&
7		Helge					23						25:19	-		
			07:54+													
			05:03+ 00:41#													
00.00#				00.134	00.00π			00.554	00.45	00.00π	01.2/0	00.11π		_	00.00π	00.04π
00.361		Terje	08:12+	00.141	10.071		52	14.401	15.17.	16.001	01.441	22.441	25:24	•	25.041	25.241
			05:12+													
			00:49#													
Ω		_	dré Ha				30						25:24			
00.36+			07:42+		09.47+			14.42+	15.13+	16.20+	21.49+	22.52+		•	25.05+	25.24+
			04:44+													
			00:22+													
10	Odd	mund	Norda	ård		1	105						25:32)		
. •			07:32+		09:27+			14:50+	15:28+	16:23+	21:52+	22:45+		_	25:14+	25:32+
			04:58+													
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-
11	Otte	Omda	ıl			6	35						25:55	5		
			08:35+	09:33+	10:28+			14:54+	15:25+	16:07+	22:06+	22:58+		•	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=
12	Nils	John \	Vestøl			3	33						26:55	5		
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+
			04:57+													
00:10&	00:08#	00:10&	00:35#	00:18&	00:15&	00:04#	00:35&	00:11#	00:42-	02:590	00:55#	00:05+	00:19&	00:00=	00:01-	00:03-
13	Svei	n Odd	var Ne	tland		1	116						28:24	ļ		
			08:27+													
			05:28+													
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-

Plass	Navı	n				ı	Klasse						Tid			
14	Stur	le Om	dal			•	116						28:38	3		
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+
					01:00+									01:19+		
00:11&	00:38&	00:03#	01:25&	00:24&	00:21&	00:300	01:06&	00:49&	00:35-	00:17&	01:51&	00:07#	00:19&	00:11#	00:01+	00:03#
15	Pål ŀ	 Gjer 	den			1	116						28:4	1		
00:38+				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&				00:20&	00:13&	00:17&	00:57&	00:32&	00:34-	00:28&	02:38&	00:28&	00:13&	00:13#	00:07&	00:03#
16	Pål E	3årdse	en				53						29:33	3		
00:37+				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&
17	Bert	rand D)enieu				12						30:2	1		
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-
18	Erlin	ıa Mau	ıland			8	33						30:23	3		
				09:39+	10:42+			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&	380:00	00:05&
19	Ove	Oalan	d			1	116						31:59	9		
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+
					00:59+									01:30+		
00:18&				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&
20	Øivii	nd Ber	ggraf			•	116						32:2	5		
00:44+				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+
														01:24+		
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#
21	Øist	ein Ha	aland			•	116						32:30	3		
00:57+				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-	01:190	02:33&	01:07@	00:11&	00:24&	00:12&	00:04#
22	Stev	e Rich	ardso	n		4	12						34:47	7		
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&	03:100	00:11&	00:25&	00:01+	00:01+
Beste	strekk	tid for	klass	en												
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 k	laccavin	ner -	rackara	+ 60	nere #	10% tar	8.25	0/2 tan	<u>ര</u> 100%	tan						

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

Herrer Ny

1	Kjell	-Ole T	opnes			•	116					20:08
01:09=	02:40=	03:57=	05:56=		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=	
2	Håva	ard Jel	ktnes			•	111					23:03
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&	
3	Niko	lai Ko	runzhi	у		3	386					39:45
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&	01:480	02:190	00:58&	00:04-	
Beste	strekk	tid for	klass	en								
01:09	01:31	01:17	01:59	01:55	01:23	01:29	02:38	01:47	01:28	01:17	00:30	

Herrer Trim

1	Eivin	d Brir	nsø			7	' 6						19:18	3			
	01:47=																
	01:09=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Tork	el Sch	ibeva	aq		1	14						21:18	3			
00:30-	01:40-				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+	380:00	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	Por-C)Inf W	allers [.]	todt		4	376						21:34	ı			
	01:38-				05.53+			11.06+	12.32+	14.18+	15.32+	16.50+			20.10+	21.12+	21.34+
	01:03-																
	00:06-																
4				00.00	00.00	_		00.10	00.00	00.10	00.12	00.05			00.031	00.134	00.074
00.44+	02:07+	nd Sys		05.184	06.144		7 6	11.104	12.31⊥	13.551	1/1.50+	17.424	21:49		20.184	21.174	21./04
	01:23+																
	00:14#																
E	_			00.104	00.07	_	92	00.11	00.11	00.01	00.02	01.010	22:43		00.03	00.124	00.170
00.401	02:44+	r Nys		06.041	07.01.		_	10.001	14.041	16.061	17.10:	10.221		•	21.201	22.10.	22.421
	02:44+																
	02:04+																
C				00.12	00.00			00.504	00.234	00.11	00.10	00.001			00.00	00.051	00.100
0		el Thu		05 00.	0.5.00.		384	44 00.	40.46	45.00.	46.00.	40.00.	22:55		04 05		
	02:37+																
	01:27+ 00:18&																
_			_	00:06#	00:03+	_		00:1/#	00:43&	00:05-	00:26&	00:42&			00:05#	00:05#	00:12&
7		ers H F				_	263						22:58				
	02:04+																
	01:20+																
00:06#	00:11#				00:10-	_		00:32&	00:30&	00:04+	00:04+	00:18&			00:15&	00:5/0	00:06&
8			d Olles				51						24:19				
	01:42-																
	01:02-																
00:02+	00:07-	00:16&	00:02-	00:02-	00:18-	00:12&	06:260	00:03+	00:12-	00:16-	00:02+	00:15-			00:03-	00:07#	00:04&
9			yverts				51						24:29				
	02:38+																
	01:53+																
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	Mart	in Teig	gen			3	381						24:43	3			
	02:40+																
	01:39+																
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	e Svar	ıdal		1	11						25:13	3			
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+
	01:35+																
00:10&	00:26&	00:19&	00:33&	00:18&	00:11#	00:20&	01:25&	00:54&	00:05-	00:10#	00:09#	01:360	01:11-	00:14&	00:13&	00:05#	480:00
12	Asae	ir Kle	ppa			4	! 7						25:47	7			
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#	00:190
13	Alexa	ander	Khoru	ınzhiv		2	287						26:05	5			
00:34-	01:57+				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+
	01:23+																
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&	880:00
14	Lars	Salve	sen				50						26:21				
	03:49+			07:48+	09:06+			14:36+	17:37+	19:02+	20:33+	21:59+			25:06+	25:59+	26:21+
	02:49+																
	01:400																

Plass	Nav	n				ļ	Klasse	•					Tid				
15	Arns	stein S	krettir	ng			54						26:54	4			
		03:21+															
		00:52+															
		00:23&	^	00:38&	00:21&	00:20&	01:42&	00:39&	00:06+	00:15#	00:34&	00:08#		_	00:22&	00:18&	00:190
16		Jarle S					29						26:56	-			
		03:34+															
		00:51+ 00:22&															
	-	_	_					01.000	00.410	00.051	00.574	00.470		_	00.124	00.05π	00.120
17		5 Lone 04:35+					93	14.121	15.201	17.20.	10.501	22.241	27:10		05.501	26.501	27.161
		04:35+															
		00:15&															
18		e Lanc					98						27:20				
		03:56+		07.16+	08.35+			15.17+	17.00+	18.52+	20.17+	21.42+		•	25.37+	26.44+	27.20+
		01:15+															
		00:46@															
19	.lohi	n Thor	snæs			1	51						28:08	3			
		04:43+		07:47+	09:10+			16:29+	18:28+	20:16+	21:46+	23:36+		-	26:53+	27:45+	28:08+
		01:11+															
00:32&	01:130	00:420	00:34&	00:27&	00:20&	00:32@	00:54&	01:32&	00:33&	00:20#	00:28&	00:41&	00:58-	00:33&	00:14&	00:05#	00:08&
20	Inae	Arild	Lekne	S			376						28:44	4			
01:09+		03:54+			08:17+	08:43+	11:05+	12:56+	14:49+	16:13+	17:24+	21:39+	22:42+	25:32+	27:00+	28:18+	28:44+
		00:43+															
00:31&	00:53&	00:14&	00:20&	00:19&	00:38&	00:02+	00:05+	00:11#	00:27&	00:04-	00:09#	03:06@	00:54-	01:59@	00:48@	00:31&	00:11&
21	Knu	t Husc	lal			9	93						30:02	2			
		03:47+															
		00:59+															
		00:300		01:350	00:09#	00:550	00:26#	01:15&	00:31&	00:33&	00:46&	01:140	00:55-	00:43&	00:17&	00:30&	00:12&
22		l Vestk					116						30:3	-			
		04:04+															
		00:55+ 00:26&															
				00.39&	00.21α			00.J2a	00.30&	00.20α	00.300	01:02&		_	00.334	00.374	00.13α
23		Bernt		07 47	11 50.	_	29	10 00.	00 001	00 001	00 40.	05 14.	30:53	-	00 07:	20.00.	20 524
		04:53+ 01:01+															
		00:320															
24		Svih					92						31:4	_			
		04:47+		N7·22+	09.02+			19.10+	20.45+	22.24+	24.37+	25.52+	•	-	29.54+	31.07+	31.41+
		00:55+															
		00:26&															
25	Svei	in Erik	Biørn	sen		9	91						31:5	5			
		03:01+			13:53+			18:52+	22:48+	24:09+	25:28+	26:50+		-	30:17+	31:33+	31:55+
		00:45+															
00:20&	00:09#	00:16&	07:01@	00:05#	00:40&	00:19&	00:02+	00:17#	02:30@	00:07-	00:17&	00:13#	00:48-	00:30&	00:17&	00:29&	00:07&
26	Rolf	Øvste	in Klu	ae		-	7						32:40)			
01:23+	03:34+	04:30+	07:19+	09:14+	10:42+	11:48+	15:34+	18:21+	21:44+	23:41+	25:22+	27:06+	28:23+	30:04+	31:11+	32:15+	32:40+
		00:56+															
00:45@	01:02&	00:27&	01:35@	01:06@	00:25&	00:420	01:29&	01:07&	01:57@	00:29&	00:39&	00:35&	00:40-	00:50&	00:27&	00:17&	00:10&
27	Stei	nar Aa	se			- 1	268						32:50)			
		03:54+															
		00:54+															
		00:25&			00:12#			01:31&	00:28&	00:44&	01:05@	00:32&			00:410	00:530	00:17@
28		tan Sta					66						33:00	-			
		04:16+															
		00:55+ 00:26&															
	_			00:4/&	00:05-			00:00=	00:03+	00:15#	00:02-	UZ:ZZ@			∪∠:460	00:34&	00:00%
29		Hope		00 11	10.05		43	10.05	00 54	00.45	05.05	06.55	33:36		21 22	20 55	22.25
		04:40+ 01:20+															
		01:20+															
50.25α	01.000	00.016	01.108	00.700	υυ. τια	00.420	υ υ.α	02.008	00.200	υυ. υυα	υυ.υυα	00.710	00.33-	00.028	00.200	01.016	00.200

Plass	Navn Klasse											Tid					
30	Per	er Bakken 5											33:51				
				10:17+	11:50+		-	19:13+	22:32+	24:31+	26:26+	28:20+		-	32:17+	33:23+	33:51+
				01:48+													
00:30&	_		_	00:59@	00:30&		_	01:02&	01:530	00:31&	00:53&	00:45&		_	00:30&	00:19&	00:13&
31			gesvol		45.00.	5					37:55 28:45+ 30:35+ 32:27+ 33:46+ 35:23+ 36:25+				0.7.00	05.55	
00:58+				14:25+													
				01:570													
32	Torgeir Færevåg 125											38:30					
01:08+				09:09+	11:17+			18:29+	22:08+	24:09+	26:10+	27:43+		-	34:04+	38:03+	38:30+
01:08+				02:05+													
00:30&	00:53&	01:030	01:08&	01:160	01:05@	01:05@	00:48&	00:58&	02:130	00:33&	00:59&	00:24&	00:17#	01:560	00:40&	03:12@	00:12&
33	Tom	Leve	raas			(93						39:1	1			
01:19+				13:30+													
01:19+				03:49+													
00:41@		_	-	03:00@	00:48&			01:07&	01:5/0	02:290	00:28&	00:31&		_	00:22&	00:12&	00:15&
34			aulsen				387						40:3	-			
01:13+ 01:13+				11:30+ 01:42+													
				00:53@													
35					00.004		115	01.234	00.114	00.204	01.014	02.100	40:50	_	00.004	00.034	00.000
			1e Nils	10:52+	13.18+			21.24+	25.16+	27.46+	29.37+	32.03+		•	37.54+	40.14+	40.50+
				01:31+													
00:29&	01:08&	01:170	02:57@	00:42&	01:23@	01:05@	01:17&	01:23&	02:260	01:02&	00:49&	01:17@	00:01+	01:31@	00:51@	01:33@	00:21@
36	Johan Rasmussen 93												45:39	9			
01:40+				10:02+	11:56+			18:00+	28:32+	30:46+	32:41+	34:12+		-	41:42+	44:15+	45:39+
01:40+				01:29+													
01:02@	02:29@	00:330	00:59&	00:40&	00:51&			00:26&	09:060	00:46&	00:53&	00:22&	01:08&	02:02@	00:52@	01:460	01:09@
37		Greps					111						46:03				
				14:47+													
				02:02+ 01:13@													
	_			01:136	01:076			02:040	00.320	01.476	01:006	01:040		_	00.556	00.500	00.290
38		re Uh	-	12.001	15.10.		105	04.51.	20.261	22.001	24-201	27.421	46:53	-	42.501	46.151	46.521
				13:08+ 01:48+													
39	Bru	03:270 00:500 02:300 00:590 01:014 00:520 02:200 02:060 03:090 01:064 01:260 02:060 00:21# 01:170 01:100 01:290 00:230 Bruno Pierfelice 51 49:16															
00:42+				07:09+	08:05+			22:37+	24:03+	34:56+	36:01+	39:50+		-	42:23+	48:42+	49:16+
00:42+	02:43+	00:34+	02:18+	00:52+	00:56-	00:43+	02:39+	11:10+	01:26=	10:53+	01:05+	03:49+	00:28-	01:30+	00:35-	06:19+	00:34+
00:04#	01:340	00:05#	01:04&	00:03+	00:07-	00:19&	00:22#	09:30@	00:00=	09:25@	00:03+	02:40@	01:29-	00:39&	00:05-	05:320	00:19@
40	Harald Nedrelid 117 49:41																
				15:05+													
02:21+				01:12+											01:05+		
01:430				00:23&	01:250			00:55&	00:27&	03:280	01:310	07:060		_	00:25&	00:09#	00:240
41	Svei	n Inge	Sæve	ereid			126						54:28				
				12:35+ 02:29+													
01:01@				01:40@													
42		ma La	_		*		42	*****					54:39	_			******
				23:13+	26.07+			34.40+	37.12+	39.38+	42.25+	44.50+		-	51.55+	53.46+	54:39+
				13:35+													
02:05@	02:14@	01:100	00:39&	12:460	01:51@	00:46@	01:37&	01:49@	01:06&	00:58&	01:45@	01:160	00:56&	01:38@	01:03@	01:04@	00:38@
43	Inge	Grød	em			9	92						56:27	7			
				12:21+	16:08+			28:25+	35:17+	38:21+	41:11+	43:57+			52:07+	55:33+	56:27+
02:03+	03:01+	02:00+	03:24+	01:53+	03:47+	01:41+	05:27+	05:09+	06:52+	03:04+	02:50+	02:46+	03:41+	02:23+	02:06+	03:26+	00:54+
01:25@	01:520	01:310	02:10@	01:04@	02:44@			03:29@	05:260	01:360	01:48@	01:37@			01:260	02:39@	00:390
44		Bent Horpestad 06:35+ 09:39+ 12:09+ 13:19+ 15:43+ 16:14+ 18:56+ 42:14+ 45:58+ 47:21+ 48:55+ 50:49+ 52:05+ 64:09+ 65:07+ 66:25+ 66:5															
				01:10+ 00:21&													
03:186	01:306	∪∠:350	OT:TP@	UU:21&	01:216	00:07&	UU:25#	∠⊥:380	07:78@	00:05-	UU:32&	UU:45&	00:41-	11:130	00:18%	00:31&	00:TP@

Plass Navn Klasse Tid

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.