

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>23:37</b>													
01:11=	02:07=	02:57=	03:25=	08:00=	08:52=	11:14=	12:43=	14:03=	15:31=	17:00=	18:16=	19:17=	20:15=	21:49=	23:03=	23:37=
01:11=	00:56=	00:50=	00:28=	04:35=	00:52=	02:22=	01:29=	01:20=	01:28=	01:29=	01:16=	01:01=	00:58=	01:34=	01:14=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>24:23</b>													
01:18+	02:05-	03:00+	03:18-	08:01+	09:00+	11:14=	12:38-	14:32+	16:17+	18:03+	19:17+	19:59+	20:54+	22:42+	23:53+	24:23+
01:18+	00:47-	00:55+	00:18-	04:43+	00:59+	02:14-	01:24-	01:54+	01:45+	01:46+	01:14-	00:42-	00:55-	01:48+	01:11-	00:30-
00:07+	00:09-	00:05#	00:10-	00:08+	00:07#	00:08-	00:05-	00:34&	00:17#	00:17#	00:02-	00:19-	00:03-	00:14#	00:03-	00:04-
<b>3</b>	<b>Marie Brolev</b>	<b>126</b>	<b>27:15</b>													
01:11=	02:58+	03:45+	04:26+	09:09+	10:22+	13:19+	15:27+	16:45+	18:18+	20:03+	21:22+	22:26+	23:53+	25:48+	26:36+	27:15+
01:11=	01:47+	00:47-	00:41+	04:43+	01:13+	02:57+	02:08+	01:18-	01:33+	01:45+	01:19+	01:04+	01:27+	01:55+	00:48-	00:39+
00:00=	00:51&	00:03-	00:13&	00:08+	00:21&	00:35#	00:03#	00:02-	00:05+	00:16#	00:03+	00:03+	00:29&	00:21#	00:26-	00:05#
<b>4</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>27:23</b>													
01:11=	02:05-	03:02+	03:26+	08:19+	09:12+	12:52+	15:52+	17:19+	18:46+	20:48+	22:02+	23:19+	24:27+	26:03+	26:53+	27:23+
01:11=	00:54-	00:57+	00:24-	04:53+	00:53+	03:40+	03:00+	01:27+	01:27-	02:02+	01:14-	01:17+	01:08+	01:36+	00:50-	00:30-
00:00=	00:02-	00:07#	00:04-	00:18+	00:01+	01:18&	01:31@	00:07+	00:01-	00:33&	00:02-	00:16&	00:10#	00:02+	00:24-	00:04-
<b>5</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>27:31</b>													
01:23+	02:21+	03:38+	04:01+	10:21+	11:21+	13:57+	15:31+	16:46+	18:27+	20:07+	21:24+	22:19+	24:07+	25:48+	26:55+	27:31+
01:23+	00:58+	01:17+	00:23-	06:20+	01:00+	02:36+	01:34+	01:15-	01:41+	01:40+	01:17+	00:55-	01:48+	01:41+	01:07-	00:36+
00:12#	00:02+	00:27&	00:05-	01:45&	00:08#	00:14+	00:05+	00:05-	00:13#	00:11#	00:01+	00:06-	00:50&	00:07+	00:07-	00:02+
<b>6</b>	<b>Mathilde Skjæveland Skår</b>	<b>114</b>	<b>27:53</b>													
01:18+	03:29+	04:09+	04:41+	11:15+	13:42+	16:13+	17:36+	18:56+	20:34+	22:13+	23:23+	24:15+	25:12+	26:28+	27:24+	27:53+
01:18+	02:11+	00:40-	00:32+	06:34+	02:27+	02:31+	01:23-	01:20=	01:38+	01:39+	01:10-	00:52-	00:57-	01:16-	00:56-	00:29-
00:07+	01:15@	00:10-	00:04#	01:59&	01:35@	00:09+	00:06-	00:00=	00:10#	00:10#	00:06-	00:09-	00:01-	00:18-	00:18-	00:05-
<b>7</b>	<b>Hege Bakken</b>	<b>53</b>	<b>28:39</b>													
01:38+	02:45+	03:45+	04:26+	09:23+	11:29+	14:32+	16:32+	17:57+	19:31+	21:56+	23:25+	24:18+	25:22+	27:07+	28:08+	28:39+
01:38+	01:07+	01:00+	00:41+	04:57+	02:06+	03:03+	02:00+	01:25+	01:34+	02:25+	01:29+	00:53-	01:04+	01:45+	01:01-	00:31-
00:27&	00:11#	00:10#	00:13&	00:22+	01:14@	00:41&	00:21&	00:05+	00:06+	00:56&	00:13#	00:08-	00:06#	00:11#	00:13-	00:03-
<b>8</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>29:47</b>													
01:17+	02:03-	02:56-	03:30+	07:29-	09:05+	11:43+	15:10+	17:23+	18:57+	20:25+	22:03+	24:13+	25:08+	27:05+	29:19+	29:47+
01:17+	00:46-	00:53+	00:34+	03:59-	01:36+	02:38+	03:27+	02:13+	01:34+	01:28-	01:38+	02:10+	00:55-	01:57+	02:14+	00:28-
00:06+	00:10-	00:03+	00:06#	00:36-	00:44&	00:16#	01:58@	00:53&	00:06+	00:01-	00:22&	01:09@	00:03-	00:23#	01:00&	00:06-
<b>9</b>	<b>Ann Torill Bakken</b>	<b>116</b>	<b>32:39</b>													
01:33+	02:35+	03:48+	04:13+	09:26+	10:50+	14:07+	18:20+	19:36+	21:35+	25:15+	26:29+	27:48+	28:49+	30:55+	32:01+	32:39+
01:33+	01:02+	01:13+	00:25-	05:13+	01:24+	03:17+	04:13+	01:16-	01:59+	03:40+	01:14-	01:19+	01:01+	02:06+	01:06-	00:38+
00:22&	00:06#	00:23&	00:03-	00:38#	00:32&	00:55&	02:44@	00:04-	00:31&	02:11@	00:02-	00:18&	00:03+	00:32&	00:08-	00:04#
<b>10</b>	<b>Mette Langeland</b>	<b>117</b>	<b>34:00</b>													
01:49+	02:52+	04:06+	04:42+	10:37+	11:53+	15:19+	18:10+	19:57+	21:57+	24:27+	26:00+	27:37+	29:38+	31:45+	33:21+	34:00+
01:49+	01:03+	01:14+	00:36+	05:55+	01:16+	03:26+	02:51+	01:47+	02:00+	02:30+	01:33+	01:37+	02:01+	02:07+	01:36+	00:39+
00:38&	00:07#	00:24&	00:08&	01:20&	00:24&	01:04&	01:22&	00:27&	00:32&	01:01&	00:17#	00:36&	01:03@	00:33&	00:22&	00:05#
<b>11</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>37:47</b>													
05:38+	06:53+	07:55+	08:29+	14:15+	16:22+	20:24+	23:42+	25:11+	26:59+	29:42+	31:30+	32:29+	33:40+	35:34+	37:17+	37:47+
05:38+	01:15+	01:02+	00:34+	05:46+	02:07+	04:02+	03:18+	01:29+	01:48+	02:43+	01:48+	00:59-	01:11+	01:54+	01:43+	00:30-
04:27@	00:19&	00:12#	00:06#	01:11&	01:15@	01:40&	01:49@	00:09#	00:20#	01:14&	00:32&	00:02-	00:13#	00:20#	00:29&	00:04-
<b>12</b>	<b>Sigvaldsen Marie</b>	<b>392</b>	<b>40:34</b>													
01:10-	02:36+	06:06+	06:31+	13:41+	20:06+	23:21+	25:36+	27:50+	29:17+	31:11+	33:19+	34:37+	37:15+	38:59+	40:01+	40:34+
01:10-	01:26+	03:30+	00:25-	07:10+	06:25+	03:15+	02:15+	02:14+	01:27-	01:54+	02:08+	01:18+	02:38+	01:44+	01:02-	00:33-
00:01-	00:30&	02:40@	00:03-	02:35&	05:33@	00:53&	00:46&	00:54&	00:01-	00:25&	00:52&	00:17&	01:40@	00:10#	00:12-	00:01-

Beste strekktid for klassen

01:10 00:46 00:40 00:18 03:59 00:52 02:14 01:23 01:15 01:27 01:28 01:10 00:42 00:55 01:16 00:48 00:28

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

Damer 40 - 49 år

Class	Navn	Klasse										Tid					
<b>1</b>	<b>Heidi Martby-Skogsholm</b>	<b>105</b>										<b>23:36</b>					
00:53=	01:44=	03:20=	04:26=	07:40=	09:19=	10:04=	12:41=	15:05=	16:22=	17:58=	19:21=	20:39=	21:46=	22:21=	22:59=	23:36=	
00:53=	00:51=	01:36=	01:06=	03:14=	01:39=	00:45=	01:47=	00:50=	02:24=	01:17=	01:36=	01:23=	01:18=	01:07=	00:35=	00:38=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Agnes Elin Engen</b>	<b>116</b>										<b>24:44</b>					
00:38-	01:21-	04:26+	05:12+	08:18+	10:04+	10:51+	12:32+	13:07+	15:36+	16:50+	18:47+	20:06+	21:35+	22:53+	23:28+	23:59+	24:44+
00:38-	00:43-	03:05+	00:46-	03:06-	01:46+	00:47+	01:41-	00:35-	02:29+	01:14-	01:57+	01:19-	01:29+	01:18+	00:35=	00:31-	00:45+
00:15-	00:08-	01:29&	00:20-	00:08-	00:07+	00:02+	00:06-	00:15-	00:05+	00:03-	00:21#	00:04-	00:11#	00:11#	00:00=	00:07-	00:08#
<b>3</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>33:55</b>					
01:28+	02:28+	04:38+	06:17+	11:03+	13:22+	14:36+	16:45+	17:42+	21:35+	23:13+	25:29+	28:07+	30:25+	31:45+	32:30+	33:14+	33:55+
01:28+	01:00+	02:10+	01:39+	04:46+	02:19+	01:14+	02:09+	00:57+	03:53+	01:38+	02:16+	02:38+	02:18+	01:20+	00:45+	00:44+	00:41+
00:35&	00:09#	00:34&	00:33&	01:32&	00:40&	00:29&	00:22#	00:07#	01:29&	00:21&	00:40&	01:15&	01:00&	00:13#	00:10&	00:06#	00:04#
<b>4</b>	<b>Elin Norveel</b>	<b>105</b>										<b>41:44</b>					
05:39+	06:41+	08:55+	10:27+	15:44+	18:29+	19:47+	21:50+	23:04+	27:02+	30:06+	33:01+	35:09+	37:01+	39:02+	39:48+	40:34+	41:44+
05:39+	01:02+	02:14+	01:32+	05:17+	02:45+	01:18+	02:03+	01:14+	03:58+	03:04+	02:55+	02:08+	01:52+	02:01+	00:46+	00:46+	01:10+
04:46@	00:11#	00:38&	00:26&	02:03&	01:06&	00:33&	00:16#	00:24&	01:34&	01:47@	01:19&	00:45&	00:34&	00:54&	00:11&	00:08#	00:33&

### Beste strekktid for klassen

00:38 00:43 01:36 00:46 03:06 01:39 00:45 01:41 00:35 02:24 01:14 01:36 01:19 01:18 01:07 00:35 00:31 00:37

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

## Damer 50 - 59 år

<b>1</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>23:45</b>					
00:47=	01:40=	04:23=	05:16=	08:19=	10:03=	10:48=	12:09=	12:52=	15:24=	16:31=	18:15=	19:40=	20:52=	21:52=	22:34=	23:10=	23:45=
00:47=	00:53=	02:43=	00:53=	03:03=	01:44=	00:45=	01:21=	00:43=	02:32=	01:07=	01:44=	01:25=	01:12=	01:00=	00:42=	00:36=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>24:04</b>					
00:44-	01:28-	03:03-	04:08-	07:31-	09:11-	10:02-	11:33-	12:16-	14:52-	16:00-	17:48-	19:33-	20:58+	22:15+	22:47+	23:24+	24:04+
00:44-	00:44-	01:35-	01:05+	03:23+	01:40-	00:51+	01:31+	00:43=	02:36+	01:08+	01:48+	01:45+	01:25+	01:17+	00:32-	00:37+	00:40+
00:03-	00:09-	01:08-	00:12#	00:20#	00:04-	00:06#	00:10#	00:00=	00:04+	00:01+	00:04+	00:20#	00:13#	00:17&	00:10-	00:01+	00:05#
<b>3</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>25:05</b>					
00:49+	01:48+	03:20-	04:57-	08:14-	09:42-	10:27-	12:34+	13:21+	15:31+	16:42+	18:40+	20:25+	21:55+	23:23+	23:55+	24:32+	25:05+
00:49+	00:59+	01:32-	01:37+	03:17+	01:28-	00:45=	02:07+	00:47+	02:10-	01:11+	01:58+	01:45+	01:30+	01:28+	00:32-	00:37+	00:33-
00:02+	00:06#	01:11-	00:44&	00:14+	00:16-	00:00=	00:46&	00:04+	00:22-	00:04+	00:14#	00:20#	00:18#	00:28&	00:10-	00:01+	00:02-
<b>4</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>										<b>26:50</b>					
00:44-	01:32-	05:35+	06:51+	09:54+	11:30+	12:17+	14:19+	15:04+	17:36+	18:47+	20:29+	22:14+	23:25+	24:39+	25:41+	26:13+	26:50+
00:44-	00:48-	04:03+	01:16+	03:03=	01:36-	00:47+	02:02+	00:45+	02:32=	01:11+	01:42-	01:45+	01:11-	01:14+	01:02+	00:32-	00:37+
00:03-	00:05-	01:20&	00:23&	00:00=	00:08-	00:02+	00:41&	00:02+	00:00=	00:04+	00:02-	00:20#	00:01-	00:14#	00:20&	00:04-	00:02+
<b>5</b>	<b>Evy Klausen Mjølslens</b>	<b>62</b>										<b>27:17</b>					
00:49+	01:47+	03:29-	04:33-	08:24+	10:38+	11:42+	13:23+	14:08+	17:11+	18:37+	20:48+	22:42+	24:09+	25:12+	25:47+	26:31+	27:17+
00:49+	00:58+	01:42-	01:04+	03:51+	02:14+	01:04+	01:41+	00:45+	03:03+	01:26+	02:11+	01:54+	01:27+	01:03+	00:35-	00:44+	00:46+
00:02+	00:05+	01:01-	00:11#	00:48&	00:30&	00:19&	00:20#	00:02+	00:31#	00:19&	00:27&	00:29&	00:15#	00:03+	00:07-	00:08#	00:11&
<b>6</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>28:48</b>					
00:47=	01:48+	03:27-	04:27-	08:15-	10:51+	11:48+	13:42+	14:54+	18:19+	19:39+	21:49+	23:50+	25:36+	26:44+	27:29+	28:07+	28:48+
00:47=	01:01+	01:39-	01:00+	03:48+	02:36+	00:57+	01:54+	01:12+	03:25+	01:20+	02:10+	02:01+	01:46+	01:08+	00:45+	00:38+	00:41+
00:00=	00:08#	01:04-	00:07#	00:45#	00:52&	00:12&	00:33&	00:29&	00:53&	00:13#	00:26#	00:36&	00:34&	00:08#	00:03+	00:02+	00:06#
<b>7</b>	<b>Ragnhild Auglænd</b>	<b>62</b>										<b>31:10</b>					
00:56+	02:00+	06:09+	07:06+	10:43+	13:00+	13:56+	15:49+	16:48+	19:50+	21:13+	24:21+	26:04+	27:41+	28:55+	29:33+	30:21+	31:10+
00:56+	01:04+	04:09+	00:57+	03:37+	02:17+	00:56+	01:53+	00:59+	03:02+	01:23+	03:08+	01:43+	01:37+	01:14+	00:38-	00:48+	00:49+
00:09#	00:11#	01:26&	00:04+	00:34#	00:33&	00:11#	00:32&	00:16&	00:30#	00:16#	01:24&	00:18#	00:25&	00:14#	00:04-	00:12&	00:14&
<b>8</b>	<b>Gerd Olaug Vikeså</b>	<b>101</b>										<b>31:46</b>					
00:48+	01:43+	03:25-	04:30-	13:02+	14:52+	15:51+	17:31+	18:32+	21:42+	22:57+	25:14+	26:59+	28:20+	29:44+	30:28+	31:03+	31:46+
00:48+	00:55+	01:42-	01:05+	08:32+	01:50+	00:59+	01:40+	01:01+	03:10+	01:15+	02:17+	01:45+	01:21+	01:24+	00:44+	00:35-	00:43+
00:01+	00:02+	01:01-	00:12#	05:29@	00:06+	00:14&	00:19#	00:18&	00:38#	00:08#	00:33&	00:20#	00:09#	00:24&	00:02+	00:01-	00:08#
<b>9</b>	<b>Tone Cecilie Nystrom</b>	<b>68</b>										<b>32:04</b>					
00:56+	01:53+	03:56-	05:17+	09:15+	11:40+	12:55+	15:45+	16:47+	20:16+	22:01+	24:47+	26:41+	28:21+	29:39+	30:29+	31:12+	32:04+
00:56+	00:57+	02:03-	01:21+	03:58+	02:25+	01:15+	02:50+	01:02+	03:29+	01:45+	02:46+	01:54+	01:40+	01:18+	00:50+	00:43+	00:52+
00:09#	00:04+	00:40-	00:28&	00:55&	00:41&	00:30&	01:29@	00:19&	00:57&	00:38&	01:02&	00:29&	00:28&	00:18&	00:08#	00:07#	00:17&

Class	Navn	Klasse										Tid					
<b>10</b>	<b>Toril Dahle</b>	<b>116</b>										<b>32:14</b>					
01:51+	02:49+	05:57+	07:20+	11:16+	13:25+	14:47+	16:53+	17:47+	21:00+	22:29+	24:18+	26:32+	28:13+	30:10+	30:57+	31:35+	32:14+
01:51+	00:58+	03:08+	01:23+	03:56+	02:09+	01:22+	02:06+	00:54+	03:13+	01:29+	01:49+	02:14+	01:41+	01:57+	00:47+	00:38+	00:39+
01:04	00:05+	00:25#	00:30+	00:53+	00:25#	00:37+	00:45+	00:11+	00:41+	00:22+	00:05+	00:49+	00:29+	00:57+	00:05#	00:02+	00:04#
<b>11</b>	<b>Signe Ottesen</b>	<b>116</b>										<b>33:01</b>					
01:23+	02:28+	05:41+	06:46+	11:16+	13:39+	14:57+	17:04+	18:06+	21:47+	23:38+	26:04+	27:51+	29:32+	30:54+	31:36+	32:15+	33:01+
01:23+	01:05+	03:13+	01:05+	04:30+	02:23+	01:18+	02:07+	01:02+	03:41+	01:51+	02:26+	01:47+	01:41+	01:22+	00:42=	00:39+	00:46+
00:36+	00:12#	00:30#	00:12#	01:27+	00:39+	00:33+	00:46+	00:19+	01:09+	00:44+	00:42+	00:22+	00:29+	00:22+	00:00=	00:03+	00:11+
<b>12</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>33:18</b>					
01:05+	02:14+	04:44+	05:56+	09:49+	12:26+	13:28+	15:34+	16:53+	21:05+	22:56+	25:09+	27:29+	29:15+	30:51+	31:42+	32:25+	33:18+
01:05+	01:09+	02:30-	01:12+	03:53+	02:37+	01:02+	02:06+	01:19+	04:12+	01:51+	02:13+	02:20+	01:46+	01:36+	00:51+	00:43+	00:53+
00:18+	00:16+	00:13-	00:19+	00:50+	00:53+	00:17+	00:45+	00:36+	01:40+	00:44+	00:29+	00:55+	00:34+	00:36+	00:09#	00:07#	00:18+
<b>13</b>	<b>Hilde Frøylog Karlsen</b>	<b>228</b>										<b>36:06</b>					
01:20+	02:37+	04:56+	06:12+	11:16+	13:49+	15:22+	17:38+	18:46+	23:03+	24:56+	27:38+	29:46+	31:42+	33:24+	34:14+	35:05+	36:06+
01:20+	01:17+	02:19-	01:16+	05:04+	02:33+	01:33+	02:16+	01:08+	04:17+	01:53+	02:42+	02:08+	01:56+	01:42+	00:50+	00:51+	01:01+
00:33+	00:24+	00:24-	00:23+	02:01+	00:49+	00:48+	00:55+	00:25+	01:45+	00:46+	00:58+	00:43+	00:44+	00:42+	00:08#	00:15+	00:26+
<b>14</b>	<b>Sølvi Jacobsen</b>	<b>43</b>										<b>39:30</b>					
02:43+	03:42+	06:23+	07:43+	13:59+	16:33+	19:11+	21:07+	22:09+	25:53+	27:54+	30:35+	32:58+	34:45+	36:14+	37:16+	38:10+	39:30+
02:43+	00:59+	02:41-	01:20+	06:16+	02:34+	02:38+	01:56+	01:02+	03:44+	02:01+	02:41+	02:23+	01:47+	01:29+	01:02+	00:54+	01:20+
01:56	00:06#	00:02-	00:27+	03:13+	00:50+	01:53+	00:35+	00:19+	01:12+	00:54+	00:57+	00:58+	00:35+	00:29+	00:20+	00:18+	00:45+
<b>15</b>	<b>May Bente Valdal</b>	<b>116</b>										<b>39:38</b>					
01:24+	02:22+	04:13-	05:25+	09:50+	12:26+	13:38+	22:03+	23:17+	26:28+	27:51+	30:55+	32:50+	34:21+	35:54+	38:18+	38:46+	39:38+
01:24+	00:58+	01:51-	01:12+	04:25+	02:36+	01:12+	08:25+	01:14+	03:11+	01:23+	03:04+	01:55+	01:31+	01:33+	02:24+	00:28-	00:52+
00:37+	00:05+	00:52-	00:19+	01:22+	00:52+	00:27+	07:04+	00:31+	00:39+	00:16#	01:20+	00:30+	00:19+	00:33+	01:42+	00:08-	00:17+
<b>16</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>40:22</b>					
02:52+	03:51+	06:33+	07:52+	14:12+	16:51+	18:02+	21:19+	22:13+	26:58+	28:54+	31:33+	33:39+	35:30+	37:28+	38:25+	39:18+	40:22+
02:52+	00:59+	02:42-	01:19+	06:20+	02:39+	01:11+	03:17+	00:54+	04:45+	01:56+	02:39+	02:06+	01:51+	01:58+	00:57+	00:53+	01:04+
02:05	00:06#	00:01-	00:26+	03:17+	00:55+	00:26+	01:56+	00:11+	02:13+	00:49+	00:55+	00:41+	00:39+	00:58+	00:15+	00:17+	00:29+
<b>17</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>40:57</b>					
01:25+	02:29+	05:07+	07:17+	15:14+	17:49+	19:05+	21:12+	22:16+	27:28+	29:34+	32:18+	34:31+	36:15+	38:16+	39:07+	40:01+	40:57+
01:25+	01:04+	02:38-	02:10+	07:57+	02:35+	01:16+	02:07+	01:04+	05:12+	02:06+	02:44+	02:13+	01:44+	02:01+	00:51+	00:54+	00:56+
00:38+	00:11#	00:05-	01:17+	04:54+	00:51+	00:31+	00:46+	00:21+	02:40+	00:59+	01:00+	00:48+	00:32+	01:01+	00:09#	00:18+	00:21+
<b>18</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>										<b>41:12</b>					
01:11+	03:13+	06:09+	07:33+	12:16+	14:56+	17:48+	21:59+	23:13+	27:16+	29:09+	32:15+	35:22+	37:09+	38:37+	39:35+	40:25+	41:12+
01:11+	02:02+	02:56+	01:24+	04:43+	02:40+	02:52+	04:11+	01:14+	04:03+	01:53+	03:06+	03:07+	01:47+	01:28+	00:58+	00:50+	00:47+
00:24+	01:09+	00:13+	00:31+	01:40+	00:56+	02:07+	02:50+	00:31+	01:31+	00:46+	01:22+	01:42+	00:35+	00:28+	00:16+	00:14+	00:12+
<b>19</b>	<b>Siri Bjerkreim Hamre</b>	<b>93</b>										<b>41:49</b>					
01:40+	02:41+	04:43+	05:54+	11:04+	13:41+	14:55+	17:02+	18:24+	22:04+	23:57+	26:25+	35:50+	37:32+	38:58+	40:05+	40:57+	41:49+
01:40+	01:01+	02:02-	01:11+	05:10+	02:37+	01:14+	02:07+	01:22+	03:40+	01:53+	02:28+	09:25+	01:42+	01:26+	01:07+	00:52+	00:52+
00:53	00:08#	00:41-	00:18+	02:07+	00:53+	00:29+	00:46+	00:39+	01:08+	00:46+	00:44+	08:00+	00:30+	00:26+	00:25+	00:16+	00:17+
<b>20</b>	<b>Liv Margot Sviland</b>	<b>54</b>										<b>43:06</b>					
01:12+	02:08+	05:02+	06:36+	12:24+	15:38+	17:17+	19:21+	20:41+	24:15+	26:12+	28:51+	35:21+	38:17+	40:07+	41:15+	42:13+	43:06+
01:12+	00:56+	02:54+	01:34+	05:48+	03:14+	01:39+	02:04+	01:20+	03:34+	01:57+	02:39+	06:30+	02:56+	01:50+	01:08+	00:58+	00:53+
00:25+	00:03+	00:11+	00:41+	02:45+	01:30+	00:54+	00:43+	00:37+	01:02+	00:50+	00:55+	05:05+	01:44+	00:50+	00:26+	00:22+	00:18+
<b>21</b>	<b>Ingjerd Haddeland</b>	<b>66</b>										<b>44:26</b>					
01:22+	02:28+	04:44+	06:01+	11:42+	18:17+	19:55+	21:53+	23:00+	27:59+	30:27+	33:13+	35:30+	38:46+	40:30+	42:07+	43:21+	44:26+
01:22+	01:06+	02:16-	01:17+	05:41+	06:35+	01:38+	01:58+	01:07+	04:59+	02:28+	02:46+	02:17+	03:16+	01:44+	01:37+	01:14+	01:05+
00:35+	00:13#	00:27-	00:24+	02:38+	04:51+	00:53+	00:37+	00:24+	02:27+	01:21+	01:02+	00:52+	02:04+	00:44+	00:55+	00:38+	00:30+
<b>22</b>	<b>Siv Skretting</b>	<b>93</b>										<b>48:00</b>					
01:21+	02:25+	07:52+	09:05+	16:55+	20:11+	21:29+	24:04+	25:31+	33:55+	36:29+	39:00+	41:21+	43:03+	44:28+	45:34+	46:54+	48:00+
01:21+	01:04+	05:27+	01:13+	07:50+	03:16+	01:18+	02:35+	01:27+	08:24+	02:34+	02:31+	02:21+	01:42+	01:25+	01:06+	01:20+	01:06+
00:34+	00:11#	02:44+	00:20+	04:47+	01:32+	00:33+	01:14+	00:44+	05:52+	01:27+	00:47+	00:56+	00:30+	00:25+	00:24+	00:44+	00:31+
<b>23</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>49:55</b>					
01:11+	02:08+	04:55+	06:06+	20:20+	22:57+	28:29+	30:25+	31:22+	35:20+	37:35+	39:56+	42:24+	46:12+	47:16+	48:20+	49:04+	49:55+
01:11+	00:57+	02:47+	01:11+	14:14+	02:37+	05:32+	01:56+	00:57+	03:58+	02:15+	02:21+	02:28+	03:48+	01:04+	01:04+	00:44+	00:51+
00:24+	00:04+	00:04+	00:18+	11:11+	00:53+	04:47+	00:35+	00:14+	01:26+	01:08+	00:37+	01:03+	02:36+	00:04+	00:22+	00:08#	00:16+
<b>24</b>	<b>Elisabeth Melbø</b>	<b>128</b>										<b>52:54</b>					
01:36+	02:28+	06:37+	07:45+	15:09+	17:29+	18:47+	21:14+	26:09+	40:18+	42:19+	44:50+	46:49+	48:43+	50:11+	51:04+	51:51+	52:54+
01:36+	00:52-	04:09+	01:08+	07:24+	02:20+	01:18+	02:27+	04:55+	14:09+	02:01+	02:31+	01:59+	01:54+	01:28+	00:53+	00:47+	01:03+
00:49+	00:01-	01:26+	00:15+	04:21+	00:36+	00:33+	01:06+	04:12+	11:37+	00:54+	00:47+	00:34+	00:42+	00:28+	00:11+	00:11+	00:28+

Class	Navn	Klasse												Tid			
<b>25</b>	<b>Andrea Tapken</b>	<b>54</b>												<b>53:20</b>			
01:11+	02:19+	04:27+	05:45+	22:00+	25:10+	29:32+	32:56+	34:26+	38:43+	40:48+	43:36+	46:36+	48:33+	50:49+	51:35+	52:23+	53:20+
01:11+	01:08+	02:08-	01:18+	16:15+	03:10+	04:22+	03:24+	01:30+	04:17+	02:05+	02:48+	03:00+	01:57+	02:16+	00:46+	00:48+	00:57+
00:24&	00:15&	00:35-	00:25&	13:12@	01:26&	03:37@	02:03@	00:47@	01:45&	00:58&	01:04&	01:35@	00:45&	01:16@	00:04+	00:12&	00:22&
<b>26</b>	<b>Brit Vivian Meling</b>	<b>116</b>												<b>1:00:58</b>			
01:21+	02:29+	07:44+	13:29+	19:02+	22:18+	24:03+	26:42+	28:06+	36:32+	38:59+	42:37+	46:25+	56:12+	57:51+	58:54+	59:54+	60:58+
01:21+	01:08+	05:15+	05:45+	05:33+	03:16+	01:45+	02:39+	01:24+	08:26+	02:27+	03:38+	03:48+	09:47+	01:39+	01:03+	01:00+	01:04+
00:34&	00:15&	02:32&	04:52@	02:30&	01:32&	01:00@	01:18&	00:41&	05:54@	01:20@	01:54@	02:23@	08:35@	00:39&	00:21&	00:24&	00:29&
<b>27</b>	<b>Kristin Furre Owe</b>	<b>117</b>												<b>1:20:16</b>			
02:43+	03:46+	14:16+	15:50+	24:52+	28:43+	30:27+	32:25+	53:53+	59:32+	61:53+	65:30+	69:03+	75:18+	76:50+	78:09+	79:16+	80:16+
02:43+	01:03+	10:30+	01:34+	09:02+	03:51+	01:44+	21:58+	01:28+	05:39+	02:21+	03:37+	03:33+	06:15+	01:32+	01:19+	01:07+	01:00+
01:56@	00:10#	07:47@	00:41&	05:59@	02:07@	00:59@	20:37@	00:45@	03:07@	01:14@	01:53@	02:08@	05:03@	00:32&	00:37&	00:31&	00:25&
<b>Beste strekktid for klassen</b>																	
00:44	00:44	01:32	00:53	03:03	01:28	00:45	01:21	00:43	02:10	01:07	01:42	01:25	01:11	01:00	00:32	00:28	00:33

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

## Damer 60 - 64 år

<b>1</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>												<b>27:09</b>				
00:29=	03:06=	03:34=	05:32=	06:36=	07:51=	09:41=	10:43=	11:42=	13:22=	15:30=	17:04=	19:48=	21:30=	23:46=	24:53=	25:40=	26:19=	27:09=
00:29=	02:37=	00:28=	01:58=	01:04=	01:15=	01:50=	01:02=	00:59=	01:40=	02:08=	01:34=	02:44=	01:42=	02:16=	01:07=	00:47=	00:39=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ingrid Øxnevad</b>	<b>18</b>												<b>28:38</b>				
00:30+	03:06=	03:36+	05:49+	06:55+	08:07+	09:53+	11:11+	12:15+	13:58+	16:18+	18:20+	20:45+	25:04+	25:56+	26:55+	27:32+	28:09+	28:38+
00:30+	02:36-	00:30+	02:13+	01:06+	01:12-	01:46-	01:18+	01:04+	01:43+	02:20+	02:02+	02:25-	04:19+	00:52-	00:59-	00:37-	00:37-	00:29-
00:01+	00:01-	00:02+	00:15#	00:02+	00:03-	00:04-	00:16&	00:05+	00:03+	00:12+	00:28&	00:19-	02:37@	01:24-	00:08-	00:10-	00:02-	00:21-
<b>3</b>	<b>Ellinor Nesse</b>	<b>116</b>												<b>36:18</b>				
00:44+	04:01+	04:38+	06:54+	08:24+	10:00+	12:17+	13:58+	15:45+	19:22+	21:53+	24:07+	27:31+	30:34+	31:51+	33:13+	34:17+	35:12+	36:18+
00:44+	03:17+	00:37+	02:16+	01:30+	01:36+	02:17+	01:41+	01:47+	03:37+	02:31+	02:14+	03:24+	03:03+	01:17-	01:22+	01:04+	00:55+	01:06+
00:15&	00:40&	00:09&	00:18#	00:26&	00:21&	00:27#	00:39&	00:48&	01:57@	00:23#	00:40&	00:40#	01:21&	00:59-	00:15#	00:17&	00:16&	00:16&
<b>4</b>	<b>Kari Anstensrud</b>	<b>117</b>												<b>37:24</b>				
01:03+	04:49+	05:17+	08:28+	09:50+	11:25+	13:18+	14:50+	15:59+	18:28+	21:11+	23:00+	25:57+	31:25+	32:31+	34:54+	35:43+	36:32+	37:24+
01:03+	03:46+	00:28=	03:11+	01:22+	01:35+	01:53+	01:32+	01:09+	02:29+	02:43+	01:49+	02:57+	05:28+	01:06-	02:23+	00:49+	00:49+	00:52+
00:34@	01:09&	00:00=	01:13&	00:18&	00:20&	00:03+	00:30&	00:10#	00:49&	00:35&	00:15#	00:13+	03:46@	01:10-	01:16@	00:02+	00:10&	00:02+
<b>5</b>	<b>Bente Karin Dirdal</b>	<b>54</b>												<b>42:40</b>				
01:00+	15:16+	15:50+	19:31+	20:48+	22:01+	23:54+	24:52+	25:56+	27:32+	29:37+	31:19+	34:04+	35:50+	37:35+	39:25+	40:13+	41:02+	42:40+
01:00+	14:16+	00:34+	03:41+	01:17+	01:13-	01:53+	00:58-	01:04+	01:36-	02:05-	01:42+	02:45+	01:46+	01:45-	01:50+	00:48+	00:49+	01:38+
00:31@	11:39@	00:06#	01:43&	00:13#	00:02-	00:03+	00:04-	00:05+	00:04-	00:03-	00:08+	00:01+	00:04+	00:31-	00:43&	00:01+	00:10&	00:48&
<b>6</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>												<b>53:35</b>				
00:50+	04:08+	04:48+	07:32+	09:05+	10:45+	13:00+	15:40+	17:27+	20:56+	25:01+	32:49+	44:04+	46:31+	48:45+	50:16+	52:08+	52:52+	53:35+
00:50+	03:18+	00:40+	02:44+	01:33+	01:40+	02:15+	02:40+	01:47+	03:29+	04:05+	07:48+	11:15+	02:27+	02:14-	01:31+	01:52+	00:44+	00:43-
00:21&	00:41&	00:12&	00:46&	00:29&	00:25&	00:25#	01:38@	00:48&	01:49@	01:57&	06:14@	08:31@	00:45&	00:02-	00:24&	01:05@	00:05#	00:07-
<b>Beste strekktid for klassen</b>																		
00:29	02:36	00:28	01:58	01:04	01:12	01:46	00:58	00:59	01:36	02:05	01:34	02:25	01:42	00:52	00:59	00:37	00:37	00:29

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

## Damer 65 - 69 år

<b>1</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>												<b>24:54</b>				
00:38=	02:58=	03:27=	05:14=	06:27=	07:28=	09:11=	10:09=	11:09=	12:47=	14:38=	16:59=	19:02=	20:45=	21:46=	22:56=	23:40=	24:17=	24:54=
00:38=	02:20=	00:29=	01:47=	01:13=	01:01=	01:43=	00:58=	01:00=	01:38=	01:51=	02:21=	02:03=	01:43=	01:01=	01:10=	00:44=	00:37=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Margot Asheim</b>	<b>105</b>												<b>26:33</b>				
00:31-	03:09+	03:35+	05:08-	06:07-	07:20-	08:59-	09:55-	11:12+	12:56+	16:06+	17:51+	20:29+	22:05+	23:23+	24:36+	25:17+	25:51+	26:33+
00:31-	02:38+	00:26-	01:33-	00:59-	01:13+	01:39-	00:56-	01:17+	01:44+	03:10+	01:45-	02:38+	01:36-	01:18+	01:13+	00:41-	00:34-	00:42+
00:07-	00:18#	00:03-	00:14-	00:14-	00:12#	00:04-	00:02-	00:17&	00:06+	01:19&	00:36-	00:35&	00:07-	00:17&	00:03+	00:03-	00:03-	00:05#

Class	Navn	Klasse										Tid						
<b>3</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>30:41</b>						
00:39+	03:17+	03:52+	06:03+	07:04+	08:21+	10:12+	11:33+	14:23+	17:10+	19:05+	22:02+	25:46+	27:13+	28:24+	29:09+	29:56+	30:41+	
00:39+	02:38+	00:35+	02:11+	01:01-	01:17+	01:51+	01:21+	01:10+	01:40+	02:47+	01:55-	02:57+	03:44+	01:27+	01:11+	00:45+	00:45+	
00:01+	00:18#	00:06#	00:24#	00:12-	00:16#	00:08+	00:23&	00:10#	00:02+	00:56&	00:26-	00:54&	02:01@	00:26&	00:01+	00:01+	00:10&	00:08#
<b>4</b>	<b>Tove Bjerkreim</b>	<b>105</b>										<b>31:37</b>						
00:36-	04:01+	04:49+	06:11+	07:08+	08:12+	09:39+	13:50+	14:38+	16:09+	18:01+	21:34+	24:29+	26:34+	27:27+	28:24+	30:12+	30:49+	31:37+
00:36-	03:25+	00:48+	01:22-	00:57-	01:04+	01:27-	04:11+	00:48-	01:31-	01:52+	03:33+	02:55+	02:05+	00:53-	00:57-	01:48+	00:37=	00:48+
00:02-	01:05&	00:19&	00:25-	00:16-	00:03+	00:16-	03:13@	00:12-	00:07-	00:01+	01:12&	00:52&	00:22#	00:08-	00:13-	01:04@	00:00=	00:11&
<b>5</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>33:43</b>						
00:43+	03:36+	04:07+	06:13+	07:27+	08:48+	10:37+	12:39+	17:21+	19:19+	21:57+	24:05+	26:50+	28:45+	29:54+	31:19+	32:02+	32:57+	33:43+
00:43+	02:53+	00:31+	02:06+	01:14+	01:21+	01:49+	02:02+	04:42+	01:58+	02:38+	02:08-	02:45+	01:55+	01:09+	01:25+	00:43-	00:55+	00:46+
00:05#	00:33#	00:02+	00:19#	00:01+	00:20&	00:06+	01:04@	03:42@	00:20#	00:47&	00:13-	00:42&	00:12#	00:08#	00:15#	00:01-	00:18&	00:09#
<b>6</b>	<b>May Elinor Meling</b>	<b>125</b>										<b>41:09</b>						
04:34+	11:04+	12:44+	15:34+	16:51+	18:09+	20:27+	21:36+	22:38+	24:35+	27:01+	28:45+	31:05+	32:42+	37:39+	39:02+	39:47+	40:28+	41:09+
04:34+	06:30+	01:40+	02:50+	01:17+	01:18+	02:18+	01:09+	01:02+	01:57+	02:26+	01:44-	02:20+	01:37-	04:57+	01:23+	00:45+	00:41+	00:41+
03:56@	04:10@	01:11@	01:03&	00:04+	00:17&	00:35&	00:11#	00:02+	00:19#	00:35&	00:37-	00:17#	00:06-	03:56@	00:13#	00:01+	00:04#	00:04#
<b>7</b>	<b>Berit Bakken</b>	<b>93</b>										<b>41:47</b>						
00:49+	03:31+	04:04+	15:07+	16:22+	17:42+	19:42+	20:48+	21:57+	23:58+	26:27+	28:20+	35:24+	37:19+	38:20+	39:37+	40:19+	40:59+	41:47+
00:49+	02:42+	00:33+	11:03+	01:15+	01:20+	02:00+	01:06+	01:09+	02:01+	02:29+	01:53-	07:04+	01:55+	01:01=	01:17+	00:42-	00:40+	00:48+
00:11&	00:22#	00:04#	09:16@	00:02+	00:19&	00:17#	00:08#	00:09#	00:23#	00:38&	00:28-	05:01@	00:12#	00:00=	00:07#	00:02-	00:03+	00:11&
<b>8</b>	<b>Åse Berg</b>	<b>105</b>										<b>43:21</b>						
00:46+	06:19+	07:20+	10:10+	12:15+	14:07+	16:44+	18:18+	20:09+	22:54+	25:38+	28:34+	32:50+	35:36+	38:06+	40:14+	41:12+	42:15+	43:21+
00:46+	05:33+	01:01+	02:50+	02:05+	01:52+	02:37+	01:34+	01:51+	02:45+	02:44+	02:56+	04:16+	02:46+	02:30+	02:08+	00:58+	01:03+	01:06+
00:08#	03:13@	00:32@	01:03&	00:52&	00:51&	00:54&	00:36&	00:51&	01:07&	00:53&	00:35#	02:13@	01:03&	01:29@	00:58&	00:14&	00:26&	00:29&
<b>9</b>	<b>Kari Blixhavn</b>	<b>228</b>										<b>49:31</b>						
00:50+	04:28+	05:15+	07:50+	10:33+	12:15+	14:55+	25:21+	27:15+	29:53+	32:59+	38:18+	41:44+	44:00+	45:30+	46:47+	47:35+	48:23+	49:31+
00:50+	03:38+	00:47+	02:35+	02:43+	01:42+	02:40+	01:26+	01:54+	02:38+	03:06+	05:19+	03:26+	02:16+	01:30+	01:17+	00:48+	00:48+	01:08+
00:12&	01:18&	00:18&	00:48&	01:30@	00:41&	00:57&	09:28@	00:54&	01:00&	01:15&	02:58@	01:23&	00:33&	00:29&	00:07#	00:04+	00:11&	00:31&
<b>Beste strekktid for klassen</b>																		
00:31	02:20	00:26	01:22	00:57	01:01	01:27	00:56	00:48	01:31	01:51	01:44	02:03	01:36	00:53	00:57	00:41	00:34	00:37

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

## Damer 70 - 74 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>										<b>31:10</b>						
00:45=	03:57=	04:35=	06:34=	07:48=	09:13=	11:27=	12:41=	13:55=	15:57=	18:29=	20:43=	23:49=	25:49=	27:14=	28:32=	29:24=	30:13=	31:10=
00:45=	03:12=	00:38=	01:59=	01:14=	01:25=	02:14=	01:14=	01:14=	02:02=	02:32=	02:14=	03:06=	02:00=	01:25=	01:18=	00:52=	00:49=	00:57=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Hanne Eik</b>	<b>117</b>										<b>33:46</b>						
00:48+	03:33-	04:07-	06:43+	08:20+	09:43+	11:56+	13:12+	14:52+	17:07+	20:33+	22:35+	25:47+	27:58+	29:14+	30:55+	31:56+	32:52+	33:46+
00:48+	02:45-	00:34-	02:36+	01:37+	01:23-	02:13-	01:16+	01:40+	02:15+	03:26+	02:02-	03:12+	02:11+	01:16-	01:41+	01:01+	00:56+	00:54-
00:03+	00:27-	00:04-	00:37&	00:23&	00:02-	00:01-	00:02+	00:26&	00:13#	00:54&	00:12-	00:06+	00:11+	00:09-	00:23&	00:09#	00:07#	00:03-
<b>3</b>	<b>Mette Dagsland</b>	<b>68</b>										<b>36:32</b>						
00:42-	03:22-	03:54-	06:01-	07:54+	09:00-	11:29+	13:26+	14:35+	16:16+	18:15-	19:48-	28:01+	30:10+	32:07+	34:18+	35:04+	35:50+	36:32+
00:42-	02:40-	00:32-	02:07+	01:53+	01:06-	02:29+	01:57+	01:09-	01:41-	01:59-	01:33-	08:13+	02:09+	01:57+	02:11+	00:46-	00:46-	00:42-
00:03-	00:32-	00:06-	00:08+	00:39&	00:19-	00:15#	00:43&	00:05-	00:21-	00:33-	00:41-	05:07@	00:09+	00:32&	00:53&	00:06-	00:03-	00:15-
<b>4</b>	<b>Kirsten Carlsen</b>	<b>93</b>										<b>54:17</b>						
01:03+	04:58+	05:28+	16:13+	17:37+	19:16+	21:29+	22:41+	24:15+	30:50+	33:56+	39:25+	45:51+	48:18+	50:18+	51:37+	52:27+	53:16+	54:17+
01:03+	03:55+	00:30-	10:45+	01:24+	01:39+	02:13-	01:12-	01:34+	06:35+	03:06+	05:29+	06:26+	02:27+	02:00+	01:19+	00:50-	00:49=	01:01+
00:18&	00:43#	00:08-	08:46@	00:10#	00:14#	00:01-	00:02-	00:20&	04:33@	00:34#	03:15@	03:20@	00:27#	00:35&	00:01+	00:02-	00:00=	00:04+
<b>Beste strekktid for klassen</b>																		
00:42	02:40	00:30	01:59	01:14	01:06	02:13	01:12	01:09	01:41	01:59	01:33	03:06	02:00	01:16	01:18	00:46	00:46	00:42

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

## Damer 75 - 79 år

Class	Navn	Klasse	Tid
<b>1</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>	<b>32:22</b>
00:41=	04:26= 04:53= 07:49= 09:04=	10:57= 13:50= 15:21= 16:29= 18:22= 21:02= 22:54= 26:17=	28:03= 29:04= 30:15= 30:53= 31:36= 32:22=
00:41=	03:45= 00:27= 02:56= 01:15= 01:53=	02:53= 01:31= 01:08= 01:53= 02:40= 01:52= 03:23=	01:46= 01:01= 01:11= 00:38= 00:43= 00:46=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Turid Nystrøm</b>	<b>68</b>	<b>33:14</b>
00:38=	03:35= 04:06= 06:10= 08:04= 09:20=	11:24= 12:47= 13:58= 15:51= 18:43= 20:41= 23:15=	24:54= 29:52+ 31:05+ 31:51+ 32:33+ 33:14+
00:38=	02:57= 00:31+ 02:04= 01:54+ 01:16=	02:04= 01:23= 01:11+ 01:53= 02:52+ 01:58+ 02:34=	01:39= 04:58+ 01:13+ 00:46+ 00:42= 00:41=
00:03=	00:48= 00:04# 00:52= 00:39# 00:37=	00:49= 00:08= 00:03+ 00:00= 00:12+ 00:06+ 00:49=	00:07= 03:57# 00:02+ 00:08# 00:01= 00:05=
<b>3</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>34:17</b>
01:02+	05:12+ 06:02+ 09:34+ 10:55+ 12:21+	14:38+ 15:48+ 17:04+ 19:08+ 21:32+ 23:47+ 26:58+	28:56+ 30:19+ 31:38+ 32:30+ 33:18+ 34:17+
01:02+	04:10+ 00:50+ 03:32+ 01:21+ 01:26=	02:17= 01:10= 01:16+ 02:04+ 02:24= 02:15+ 03:11=	01:58+ 01:23+ 01:19+ 00:52+ 00:48+ 00:59+
00:21&	00:25# 00:23& 00:36# 00:06+ 00:27=	00:36= 00:21= 00:08# 00:11+ 00:16= 00:23# 00:12=	00:12# 00:22& 00:08# 00:14& 00:05# 00:13&
<b>4</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>35:50</b>
00:38=	03:49= 04:24= 06:32= 07:51= 09:29=	11:49= 13:11= 14:26= 16:35= 19:12= 21:21= 26:12=	29:38+ 31:31+ 32:54+ 33:43+ 34:29+ 35:50+
00:38=	03:11= 00:35+ 02:08= 01:19+ 01:38=	02:20= 01:22= 01:15+ 02:09+ 02:37= 02:09+ 04:51+	03:26+ 01:53+ 01:23+ 00:49+ 00:46+ 01:21+
00:03=	00:34= 00:08& 00:48= 00:04+ 00:15=	00:33= 00:09= 00:07# 00:16# 00:03= 00:17# 01:28&	01:40& 00:52& 00:12# 00:11& 00:03+ 00:35&
<b>5</b>	<b>Helga Klausen</b>	<b>62</b>	<b>43:52</b>
01:00+	05:47+ 06:20+ 09:15+ 10:45+ 12:57+	15:37+ 17:22+ 19:28+ 22:24+ 25:41+ 28:29+ 32:50+	35:25+ 38:51+ 40:32+ 41:32+ 42:29+ 43:52+
01:00+	04:47+ 00:33+ 02:55= 01:30+ 02:12+	02:40= 01:45+ 02:06+ 02:56+ 03:17+ 02:48+ 04:21+	02:35+ 03:26+ 01:41+ 01:00+ 00:57+ 01:23+
00:19&	01:02& 00:06# 00:01= 00:15# 00:19#	00:13= 00:14# 00:05& 01:03& 00:37# 00:56& 00:58&	00:49& 02:25# 00:30& 00:22& 00:14& 00:37&
<b>6</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>44:17</b>
01:06+	06:38+ 07:38+ 10:58+ 12:35+ 14:23+	17:33+ 20:42+ 23:23+ 25:36+ 28:24+ 30:48+ 34:43+	37:17+ 39:10+ 40:58+ 42:11+ 43:10+ 44:17+
01:06+	05:32+ 01:00+ 03:20+ 01:37+ 01:48=	03:10+ 03:09+ 02:41+ 02:13+ 02:48+ 02:24+ 03:55+	02:34+ 01:53+ 01:48+ 01:13+ 00:59+ 01:07+
00:25&	01:47& 00:33@ 00:24# 00:22& 00:05=	00:17+ 01:38@ 01:33@ 00:20# 00:08+ 00:32& 00:32#	00:48& 00:52& 00:37& 00:35& 00:16& 00:21&
<b>7</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>50:01</b>
01:05+	06:13+ 07:03+ 09:47+ 11:48+ 13:41+	17:13+ 18:54+ 20:49+ 23:16+ 27:37+ 34:02+ 38:21+	42:28+ 44:06+ 46:26+ 47:39+ 48:47+ 50:01+
01:05+	05:08+ 00:50+ 02:44= 02:01+ 01:53=	03:32+ 01:41+ 01:55+ 02:27+ 04:21+ 06:25+ 04:19+	04:07+ 01:38+ 02:20+ 01:13+ 01:08+ 01:14+
00:24&	01:23& 00:23& 00:12= 00:46& 00:00=	00:39# 00:10# 00:47& 00:34& 01:41& 04:33@ 00:56&	02:21@ 00:37& 01:09& 00:35& 00:25& 00:28&
<b>Beste strekktid for klassen</b>			
00:38	02:57	00:27	02:04
01:15	01:16	02:04	01:10
01:08	01:53	02:24	01:52
02:34	01:39	01:01	01:11
00:38	00:42	00:41	

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

## Damer 80 år og eldre

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>48:42</b>
00:55=	04:39= 06:17= 08:44= 13:32= 17:26=	20:11= 23:17= 26:50= 29:17= 33:06= 38:26= 40:57=	44:54= 46:18= 47:21= 48:42=
00:55=	03:44= 01:38= 02:27= 04:48= 03:54=	02:45= 03:06= 03:33= 02:27= 03:49= 05:20= 02:31=	03:57= 01:24= 01:03= 01:21=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
<b>Beste strekktid for klassen</b>			
00:55	03:44	01:38	02:27
04:48	03:54	02:45	03:06
03:33	02:27	03:49	05:20
02:31	03:57	01:24	01:03
01:21			

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>21:13</b>
00:31=	01:06= 01:38= 02:14= 05:40= 06:08=	06:39= 07:51= 10:28= 10:59= 11:46= 13:03= 14:08=	15:09= 16:04= 17:15= 18:56= 19:59= 21:13=
00:31=	00:35= 00:32= 00:36= 03:26= 00:28=	00:31= 01:12= 02:37= 00:31= 00:47= 01:17= 01:05=	01:01= 00:55= 01:11= 01:41= 01:03= 01:14=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Anna Taksdal</b>	<b>194</b>	<b>22:50</b>
00:36+	01:15+ 01:50+ 02:29+ 06:08+ 06:44+	07:19+ 08:30+ 11:23+ 11:54+ 12:44+ 14:08+ 15:18+	16:24+ 17:23+ 18:37+ 20:21+ 21:28+ 22:50+
00:36+	00:39+ 00:35+ 00:39+ 03:39+ 00:36+	00:35+ 01:11= 02:53+ 00:31= 00:50+ 01:24+ 01:10+	01:06+ 00:59+ 01:14+ 01:44+ 01:07+ 01:22+
00:05#	00:04# 00:03+ 00:03+ 00:13+ 00:08&	00:04# 00:01= 00:16# 00:00= 00:03+ 00:07+ 00:05+	00:05+ 00:04+ 00:03+ 00:03+ 00:04+ 00:08#
<b>3</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>28:08</b>
00:39+	01:18+ 01:59+ 02:42+ 07:06+ 07:45+	08:37+ 10:12+ 13:56+ 14:32+ 15:25+ 17:24+ 19:06+	20:18+ 21:30+ 22:57+ 25:00+ 26:26+ 28:08+
00:39+	00:39+ 00:41+ 00:43+ 04:24+ 00:39+	00:52+ 01:35+ 03:44+ 00:36+ 00:53+ 01:59+ 01:42+	01:12+ 01:12+ 01:27+ 02:03+ 01:26+ 01:42+
00:08&	00:04# 00:09& 00:07# 00:58& 00:11&	00:21& 00:23& 01:07& 00:05# 00:06#	00:42& 00:37& 00:11# 00:17& 00:16# 00:22# 00:23& 00:28&

Class	Navn	Klasse	Tid															
<b>4</b>	<b>Katrine Haaland Leveraas</b>	<b>54</b>	<b>28:57</b>															
01:22+	02:00+	02:38+	03:29+	08:08+	08:48+	09:43+	11:33+	14:55+	15:31+	16:38+	18:22+	19:57+	21:07+	22:30+	23:56+	26:00+	27:17+	28:57+
01:22+	00:38+	00:38+	00:51+	04:39+	00:40+	00:55+	01:50+	03:22+	00:36+	01:07+	01:44+	01:35+	01:10+	01:23+	01:26+	02:04+	01:17+	01:40+
00:51@	00:03+	00:06#	00:15&	01:13&	00:12&	00:24&	00:38&	00:45&	00:05#	00:20&	00:27&	00:30&	00:09#	00:28&	00:15#	00:23#	00:14#	00:26&
<b>5</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>	<b>32:40</b>															
00:46+	01:34+	02:14+	02:59+	08:15+	09:00+	09:53+	11:24+	16:21+	17:33+	18:44+	20:41+	22:18+	23:39+	25:08+	26:58+	29:22+	30:49+	32:40+
00:46+	00:48+	00:40+	00:45+	05:16+	00:45+	00:53+	01:31+	04:57+	01:12+	01:11+	01:57+	01:37+	01:21+	01:29+	01:50+	02:24+	01:27+	01:51+
00:15&	00:13&	00:08#	00:09#	01:50&	00:17&	00:22&	00:19&	02:20&	00:41@	00:24&	00:40&	00:32&	00:20&	00:34&	00:39&	00:43&	00:24&	00:37&
<b>6</b>	<b>Ragnhild Richter</b>	<b>298</b>	<b>33:00</b>															
00:45+	01:25+	02:08+	03:18+	08:32+	09:12+	10:25+	12:02+	16:29+	17:08+	18:06+	20:31+	22:03+	24:49+	26:04+	27:21+	29:42+	31:07+	33:00+
00:45+	00:40+	00:43+	01:10+	05:14+	00:40+	01:13+	01:37+	04:27+	00:39+	00:58+	02:25+	01:32+	02:46+	01:15+	01:17+	02:21+	01:25+	01:53+
00:14&	00:05#	00:11&	00:34&	01:48&	00:12&	00:42@	00:25&	01:50&	00:08&	00:11#	01:08&	00:27&	01:45@	00:20&	00:06+	00:40&	00:22&	00:39&
<b>Beste strekktid for klassen</b>																		
00:31	00:35	00:32	00:36	03:26	00:28	00:31	01:11	02:37	00:31	00:47	01:17	01:05	01:01	00:55	01:11	01:41	01:03	01:14

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

## Damer B

<b>1</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>25:07</b>															
00:41=	01:48=	03:28=	03:51=	07:49=	09:55=	11:32=	12:42=	13:18=	14:57=	16:44=	18:09=	18:57=	20:04=	21:57=	22:34=	23:14=	24:13=	25:07=
00:41=	01:07=	01:40=	00:23=	03:58=	02:06=	01:37=	01:10=	00:36=	01:39=	01:47=	01:25=	00:48=	01:07=	01:53=	00:37=	00:40=	00:59=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>25:14</b>															
00:38-	01:31-	02:49-	03:13-	07:04-	09:19-	12:28+	13:23+	14:00+	15:29+	17:28+	18:58+	19:40+	20:42+	22:21+	22:54+	23:26+	24:23+	25:14+
00:38-	00:53-	01:18-	00:24+	03:51-	02:15+	03:09+	00:55-	00:37+	01:29-	01:59+	01:30+	00:42-	01:02-	01:39-	00:33-	00:32-	00:57-	00:51-
00:03-	00:14-	00:22-	00:01+	00:07-	00:09+	01:32&	00:15-	00:01+	00:10-	00:12#	00:05+	00:06-	00:05-	00:14-	00:04-	00:08-	00:02-	00:03-
<b>3</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>	<b>26:40</b>															
00:46+	01:40-	02:58-	03:22-	07:14-	09:44-	11:35+	12:56+	13:42+	15:31+	17:14+	19:04+	19:56+	21:19+	23:18+	24:02+	24:44+	25:40+	26:40+
00:46+	00:54-	01:18-	00:24+	03:52-	02:30+	01:51+	01:21+	00:46+	01:49+	01:43-	01:50+	00:52+	01:23+	01:59+	00:44+	00:42+	00:56-	01:00+
00:05#	00:13-	00:22-	00:01+	00:06-	00:24#	00:14#	00:11#	00:10&	00:10#	00:04-	00:25&	00:04+	00:16#	00:06+	00:07#	00:02+	00:03-	00:06#
<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>	<b>26:53</b>															
00:37-	01:29-	03:03-	03:34-	08:07+	10:39+	12:28+	13:38+	14:09+	15:47+	17:28+	18:59+	19:49+	20:51+	22:34+	23:08+	23:53+	25:46+	26:53+
00:37-	00:52-	01:34-	00:31+	04:33+	02:32+	01:49+	01:10=	00:31-	01:38-	01:41-	01:31+	00:50+	01:02-	01:43-	00:34-	00:45+	01:53+	01:07+
00:04-	00:15-	00:06-	00:08&	00:35#	00:26#	00:12#	00:00=	00:05-	00:01-	00:06-	00:06+	00:02+	00:05-	00:10-	00:03-	00:05#	00:54&	00:13#
<b>5</b>	<b>Hilde Nordbø</b>	<b>93</b>	<b>27:25</b>															
00:49+	01:44-	03:38+	04:03+	08:06+	10:48+	12:20+	13:34+	14:19+	16:08+	17:57+	19:53+	20:42+	21:58+	24:00+	24:39+	25:25+	26:26+	27:25+
00:49+	00:55-	01:54+	00:25+	04:03+	02:42+	01:32-	01:14+	00:45+	01:49+	01:49+	01:56+	00:49+	01:16+	02:02+	00:39+	00:46+	01:01+	00:59+
00:08#	00:12-	00:14#	00:02+	00:05+	00:36&	00:05-	00:04+	00:09#	00:10#	00:02+	00:31&	00:01+	00:09#	00:09+	00:02+	00:06#	00:02+	00:05+
<b>6</b>	<b>Lise Isachsen</b>	<b>165</b>	<b>27:54</b>															
00:45+	01:36-	02:54-	03:29-	07:01-	09:42-	11:24-	12:50+	13:31+	15:11+	16:58+	18:43+	19:37+	20:52+	22:44+	25:18+	25:52+	26:59+	27:54+
00:45+	00:51-	01:18-	00:35+	03:32-	02:41+	01:42+	01:26+	00:41+	01:40+	01:47=	01:45+	00:54+	01:15+	01:52-	02:34+	00:34-	01:07+	00:55+
00:04+	00:16-	00:22-	00:12&	00:26-	00:35&	00:05+	00:16#	00:05#	00:01+	00:00=	00:20#	00:06#	00:08#	00:01-	01:57@	00:06-	00:08#	00:01+
<b>7</b>	<b>Ingrid W. Hestness</b>	<b>117</b>	<b>28:56</b>															
00:47+	01:57+	03:31+	03:56+	08:28+	10:56+	12:57+	14:15+	15:07+	16:55+	18:49+	20:29+	21:41+	23:16+	25:05+	25:57+	26:44+	28:06+	28:56+
00:47+	01:10+	01:34-	00:25+	04:32+	02:28+	02:01+	01:18+	00:52+	01:48+	01:54+	01:40+	01:12+	01:35+	01:49-	00:52+	00:47+	01:22+	00:50-
00:06#	00:03+	00:06-	00:02+	00:34#	00:22#	00:24#	00:08#	00:16&	00:09+	00:07+	00:15#	00:24&	00:28&	00:04-	00:15&	00:07#	00:23&	00:04-
<b>8</b>	<b>Kristin Breivold</b>	<b>92</b>	<b>29:04</b>															
01:10+	02:04+	04:00+	04:37+	09:07+	11:50+	13:42+	15:03+	16:02+	17:49+	19:39+	21:14+	22:12+	23:20+	25:11+	25:52+	26:40+	27:46+	29:04+
01:10+	00:54+	01:56+	00:37+	04:30+	02:43+	01:52+	01:21+	00:59+	01:47+	01:50+	01:35+	00:58+	01:08+	01:51-	00:41+	00:48+	01:06+	01:18+
00:29&	00:13-	00:16#	00:14&	00:32#	00:37&	00:15#	00:11#	00:23&	00:08+	00:03+	00:10#	00:10#	00:01+	00:02-	00:04#	00:08#	00:07#	00:24&
<b>9</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>29:07</b>															
00:50+	01:55+	04:30+	05:02+	09:34+	12:08+	13:48+	15:06+	15:54+	17:37+	19:21+	21:07+	21:56+	23:23+	25:19+	26:00+	26:41+	27:49+	29:07+
00:50+	01:05-	02:35+	00:32+	04:32+	02:34+	01:40+	01:18+	00:48+	01:43+	01:44-	01:46+	00:49+	01:27+	01:56+	00:41+	00:41+	01:08+	01:18+
00:09#	00:02-	00:55&	00:09&	00:34#	00:28#	00:03+	00:08#	00:12&	00:04+	00:03-	00:21#	00:01+	00:20&	00:03+	00:04#	00:01+	00:09#	00:24&
<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>	<b>29:22</b>															
00:50+	01:50+	03:25-	03:55+	09:29+	12:03+	13:50+	15:05+	16:06+	17:50+	19:33+	21:30+	22:18+	23:34+	25:31+	26:16+	27:09+	28:23+	29:22+
00:50+	01:00-	01:35-	00:30+	05:34+	02:34+	01:47+	01:15+	01:01+	01:44+	01:43-	01:57+	00:48=	01:16+	01:57+	00:45+	00:53+	01:14+	00:59+
00:09#	00:07-	00:05-	00:07&	01:36&	00:28#	00:10#	00:05+	00:25&	00:05+	00:04-	00:32&	00:00=	00:09#	00:04+	00:08#	00:13&	00:15&	00:05+

Class	Navn	Klasse														Tid				
<b>11</b>	<b>Toyah Bråtveit</b>	<b>43</b>														<b>30:21</b>				
00:43+	01:38-	03:18-	03:50-	09:22+	12:25+	14:31+	15:47+	16:47+	18:24+	20:32+	21:57+	23:03+	24:03+	25:47+	26:32+	27:15+	28:36+	30:21+		
00:43+	00:55-	01:40=	00:32+	05:32+	03:03+	02:06+	01:16+	01:00+	01:37-	02:08+	01:25=	01:06+	01:00-	01:44-	00:45+	00:43+	01:21+	01:45+		
00:02+	00:12-	00:00=	00:09&	01:34&	00:57&	00:29&	00:06+	00:24&	00:02-	00:21#	00:00=	00:18&	00:07-	00:09-	00:08#	00:03+	00:22&	00:51&		
<b>12</b>	<b>Berit Våg Aksland</b>	<b>116</b>														<b>32:21</b>				
00:51+	01:43-	05:51+	06:25+	12:04+	14:45+	16:34+	18:12+	19:17+	20:51+	22:37+	24:20+	25:20+	26:23+	28:12+	28:44+	29:33+	31:11+	32:21+		
00:51+	00:52-	04:08+	00:34+	05:39+	02:41+	01:49+	01:38+	01:05+	01:34-	01:46-	01:43+	01:00+	01:03-	01:49-	00:32-	00:49+	01:38+	01:10+		
00:10#	00:15-	02:28@	00:11&	01:41&	00:35&	00:12#	00:28&	00:29&	00:05-	00:01-	00:18#	00:12#	00:04-	00:04-	00:05-	00:09#	00:39&	00:16&		
<b>13</b>	<b>Anne Sæbø Vik</b>	<b>116</b>														<b>33:20</b>				
00:53+	01:51+	03:26-	03:52+	10:01+	13:52+	15:41+	16:48+	17:34+	19:09+	20:50+	23:00+	25:46+	27:21+	28:59+	29:46+	30:31+	31:35+	33:20+		
00:53+	00:58-	01:35-	00:26+	06:09+	03:51+	01:49+	01:07-	00:46+	01:35-	01:41-	02:10+	02:46+	01:35+	01:38-	00:47+	00:45+	01:04+	01:45+		
00:12&	00:09-	00:05-	00:03#	02:11&	01:45&	00:12#	00:03-	00:10&	00:04-	00:06-	00:45&	01:58@	00:28&	00:15-	00:10&	00:05#	00:05+	00:51&		
<b>14</b>	<b>Ida K. Kolstø</b>	<b>29</b>														<b>33:48</b>				
00:47+	01:44-	03:53+	04:12+	09:32+	12:43+	16:58+	17:57+	18:50+	20:46+	23:20+	25:37+	26:27+	27:45+	29:33+	30:35+	31:20+	32:29+	33:48+		
00:47+	00:57-	02:09+	00:19-	05:20+	03:11+	04:15+	00:59-	00:53+	01:56+	02:34+	02:17+	00:50+	01:18+	01:48-	01:02+	00:45+	01:09+	01:19+		
00:06#	00:10-	00:29&	00:04-	01:22&	01:05&	02:38@	00:11-	00:17&	00:17#	00:47&	00:52&	00:02+	00:11#	00:05-	00:25&	00:05#	00:10#	00:25&		
<b>Beste strekktid for klassen</b>																				
00:37	00:51	01:18	00:19	03:32	02:06	01:32	00:55	00:31	01:29	01:41	01:25	00:42	01:00	01:38	00:32	00:32	00:56	00:50		

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

## Damer Ny

<b>1</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>														<b>18:40</b>				
00:50=	02:25=	03:50=	06:04=	07:06=	08:32=	10:04=	11:29=	12:36=	14:20=	15:25=	17:18=	18:04=	18:40=							
00:50=	01:35=	01:25=	02:14=	01:02=	01:26=	01:32=	01:25=	01:07=	01:44=	01:05=	01:53=	00:46=	00:36=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Stine Rørvik</b>	<b>393</b>														<b>20:18</b>				
00:36-	01:32-	03:41-	05:33-	06:41-	09:12+	10:02-	12:02+	13:26+	16:00+	17:08+	18:48+	19:40+	20:18+							
00:36-	00:56-	02:09+	01:52-	01:08+	02:31+	00:50-	02:00+	01:24+	02:34+	01:08+	01:40-	00:52+	00:38+							
00:14-	00:39-	00:44&	00:22-	00:06+	01:05&	00:42-	00:35&	00:17&	00:50&	00:03+	00:13-	00:06#	00:02+							
<b>3</b>	<b>Signe Moltu</b>	<b>398</b>														<b>20:52</b>				
01:01+	02:33+	04:03+	06:15+	07:32+	09:55+	11:00+	12:38+	13:33+	16:20+	17:42+	19:27+	20:09+	20:52+							
01:01+	01:32-	01:30+	02:12-	01:17+	02:23+	01:05-	01:38+	00:55-	02:47+	01:22+	01:45-	00:42-	00:43+							
00:11#	00:03-	00:05+	00:02-	00:15#	00:57&	00:27-	00:13#	00:12-	01:03&	00:17&	00:08-	00:04-	00:07#							
<b>4</b>	<b>Helene Salte Håland</b>	<b>91</b>														<b>23:22</b>				
00:37-	01:47-	04:04+	06:58+	08:31+	11:20+	12:50+	14:31+	15:35+	17:38+	19:25+	21:30+	22:41+	23:22+							
00:37-	01:10-	02:17+	02:54+	01:33+	02:49+	01:30-	01:41+	01:04-	02:03+	01:47+	02:05+	01:11+	00:41+							
00:13-	00:25-	00:52&	00:40&	00:31&	01:23&	00:02-	00:16#	00:03-	00:19#	00:42&	00:12#	00:25&	00:05#							
<b>5</b>	<b>Roy Liao</b>	<b>136</b>														<b>24:14</b>				
00:39-	01:43-	02:59-	04:48-	05:54-	08:09-	10:16+	11:26-	12:16-	14:25+	19:16+	22:23+	23:03+	24:14+							
00:39-	01:04-	01:16-	01:49-	01:06+	02:15+	02:07+	01:10-	00:50-	02:09+	04:51+	03:07+	00:40-	01:11+							
00:11-	00:31-	00:09-	00:25-	00:04+	00:49&	00:35&	00:15-	00:17-	00:25#	03:46@	01:14&	00:06-	00:35&							
<b>6</b>	<b>Lynn Marie Galston</b>	<b>398</b>														<b>24:24</b>				
00:46-	01:54-	09:14+	11:07+	12:18+	15:05+	16:08+	17:27+	18:27+	20:33+	21:40+	23:09+	23:49+	24:24+							
00:46-	01:08-	07:20+	01:53-	01:11+	02:47+	01:03-	01:19-	01:00-	02:06+	01:07+	01:29-	00:40-	00:35-							
00:04-	00:27-	05:55@	00:21-	00:09#	01:21&	00:29-	00:06-	00:07-	00:22#	00:02+	00:24-	00:06-	00:01-							
<b>7</b>	<b>Hanna Haaland Sømme</b>	<b>398</b>														<b>25:44</b>				
01:04+	03:23+	05:01+	07:44+	09:27+	11:19+	12:47+	14:18+	15:36+	21:26+	22:38+	24:16+	25:05+	25:44+							
01:04+	02:19+	01:38+	02:43+	01:43+	01:52+	01:28-	01:31+	01:18+	05:50+	01:12+	01:38-	00:49+	00:39+							
00:14&	00:44&	00:13#	00:29#	00:41&	00:26&	00:04-	00:06+	00:11#	04:06@	00:07#	00:15-	00:03+	00:03+							
<b>8</b>	<b>Liv Torill Aspøy</b>	<b>398</b>														<b>26:46</b>				
00:49-	03:30+	05:52+	10:08+	11:31+	13:40+	15:17+	17:08+	18:34+	21:07+	22:37+	25:08+	25:45+	26:46+							
00:49-	02:41+	02:22+	04:16+	01:23+	02:09+	01:37+	01:51+	01:26+	02:33+	01:30+	02:31+	00:37-	01:01+							
00:01-	01:06&	00:57&	02:02&	00:21&	00:43&	00:05+	00:26&	00:19&	00:49&	00:25&	00:38&	00:09-	00:25&							
<b>9</b>	<b>Nora Marie Dalaker</b>	<b>398</b>														<b>30:08</b>				
00:41-	02:10-	03:16-	05:13-	08:16+	11:11+	13:02+	14:53+	16:22+	25:52+	27:02+	28:48+	29:29+	30:08+							
00:41-	01:29-	01:06-	01:57-	03:03+	02:55+	01:51+	01:51+	01:29+	09:30+	01:10+	01:46-	00:41-	00:39+							
00:09-	00:06-	00:19-	00:17-	02:01@	01:29@	00:19#	00:26&	00:22&	07:46@	00:05+	00:07-	00:05-	00:03+							



Class	Navn	Klasse										Tid
<b>10</b>	<b>Silje Elise Elstad</b>	<b>398</b>										<b>30:42</b>
01:00+	03:25+	05:35+	12:07+	13:12+	15:47+	17:29+	19:55+	24:00+	25:05+	28:50+	29:41+	30:42+
01:00+	02:25+	02:10+	06:32+	01:05+	02:35+	01:42+	02:26+	01:57+	02:08+	01:05=	03:45+	00:51+
00:10#	00:50&	00:45&	04:18@	00:03+	01:09&	00:10#	01:01&	00:50&	00:24#	00:00=	01:52&	00:05#
00:25&												00:25&
<b>11</b>	<b>Heidi Camilla Hovet</b>	<b>398</b>										<b>30:44</b>
01:09+	03:35+	05:55+	12:15+	13:31+	16:00+	18:09+	20:09+	22:01+	24:04+	25:20+	29:05+	29:54+
01:09+	02:26+	02:20+	06:20+	01:16+	02:29+	02:09+	02:00+	01:52+	02:03+	01:16+	03:45+	00:49+
00:19&	00:51&	00:55&	04:06@	00:14#	01:03&	00:37&	00:35&	00:45&	00:19#	00:11#	01:52&	00:03+
00:14&												00:14&
<b>12</b>	<b>Solveig Drozdik</b>	<b>398</b>										<b>31:12</b>
01:13+	03:37+	06:00+	08:59+	13:35+	16:07+	18:11+	20:30+	22:15+	24:10+	25:37+	29:13+	30:01+
01:13+	02:24+	02:23+	02:59+	04:36+	02:32+	02:04+	02:19+	01:45+	01:55+	01:27+	03:36+	00:48+
00:23&	00:49&	00:58&	00:45&	03:34@	01:06&	00:32&	00:54&	00:38&	00:11#	00:22&	01:43&	00:02+
00:35&												00:35&
<b>13</b>	<b>Karine Ditlevsen</b>	<b>398</b>										<b>34:16</b>
01:24+	03:42+	06:11+	10:06+	12:30+	16:35+	19:18+	22:11+	24:09+	26:26+	28:30+	31:45+	33:07+
01:24+	02:18+	02:29+	03:55+	02:24+	04:05+	02:43+	02:53+	01:58+	02:17+	02:04+	03:15+	01:22+
00:34&	00:43&	01:04&	01:41&	01:22@	02:39@	01:11&	01:28@	00:51&	00:33&	00:59&	01:22&	00:36&
00:33&												00:33&
<b>14</b>	<b>Therese Østbø</b>	<b>398</b>										<b>34:26</b>
01:28+	03:52+	06:14+	10:19+	12:34+	16:45+	19:29+	22:20+	24:14+	26:36+	28:40+	31:50+	33:16+
01:28+	02:24+	02:22+	04:05+	02:15+	04:11+	02:44+	02:51+	01:54+	02:22+	02:04+	03:10+	01:26+
00:38&	00:49&	00:57&	01:51&	01:13@	02:45@	01:12&	01:26@	00:47&	00:38&	00:59&	01:17&	00:40&
00:34&												00:34&
<b>15</b>	<b>Linda Charlotte Jahren Mørch</b>	<b>398</b>										<b>34:27</b>
01:30+	03:54+	06:22+	10:30+	12:34+	16:47+	19:27+	22:23+	24:16+	26:32+	28:41+	31:54+	33:19+
01:30+	02:24+	02:28+	04:08+	02:04+	04:13+	02:40+	02:56+	01:53+	02:16+	02:09+	03:13+	01:25+
00:40&	00:49&	01:03&	01:54&	01:02&	02:47@	01:08&	01:31@	00:46&	00:32&	01:04&	01:20&	00:39&
00:32&												00:32&
<b>16</b>	<b>Kristine Edvardsen</b>	<b>398</b>										<b>38:40</b>
01:18+	06:06+	10:48+	16:30+	18:16+	21:49+	23:41+	26:20+	28:10+	30:21+	33:23+	36:51+	37:39+
01:18+	04:48+	04:42+	05:42+	01:46+	03:33+	01:52+	02:39+	01:50+	02:11+	03:02+	03:28+	00:48+
00:28&	03:13@	03:17@	03:28@	00:44&	02:07@	00:20#	01:14&	00:43&	00:27&	01:57@	01:35&	00:02+
00:25&												00:25&
<b>17</b>	<b>Laura Marie Kull</b>	<b>398</b>										<b>38:42</b>
01:20+	06:03+	10:27+	16:20+	18:29+	21:57+	23:55+	26:45+	28:22+	31:04+	33:34+	37:07+	37:51+
01:20+	04:43+	04:24+	05:53+	02:09+	03:28+	01:58+	02:50+	01:37+	02:42+	02:30+	03:33+	00:44-
00:30&	03:08@	02:59@	03:39@	01:07@	02:02@	00:26&	01:25&	00:30&	00:58&	01:25@	01:40&	00:02-
00:15&												00:15&
<b>18</b>	<b>Camilla Overgaard Rørvik</b>	<b>398</b>										<b>38:45</b>
01:14+	06:20+	10:48+	16:27+	18:26+	21:54+	23:58+	26:34+	28:24+	30:55+	33:23+	36:51+	37:41+
01:14+	05:06+	04:28+	05:39+	01:59+	03:28+	02:04+	02:36+	01:50+	02:31+	02:28+	03:28+	00:50+
00:24&	03:31@	03:03@	03:25@	00:57&	02:02@	00:32&	01:11&	00:43&	00:47&	01:23@	01:35&	00:04+
00:28&												00:28&
<b>19</b>	<b>Silja Helene Kristoffersen</b>	<b>398</b>										<b>38:55</b>
01:08+	06:44+	10:56+	16:55+	18:58+	22:16+	24:20+	26:48+	28:46+	31:03+	33:57+	37:07+	38:03+
01:08+	05:36+	04:12+	05:59+	02:03+	03:18+	02:04+	02:28+	01:58+	02:17+	02:54+	03:10+	00:56+
00:18&	04:01@	02:47@	03:45@	01:01&	01:52@	00:32&	01:03&	00:51&	00:33&	01:49@	01:17&	00:10#
00:16&												00:16&
<b>20</b>	<b>Nuh Ha Nguyen</b>	<b>398</b>										<b>39:05</b>
01:10+	06:16+	10:55+	16:23+	18:48+	22:21+	23:55+	26:53+	28:54+	31:16+	33:56+	37:12+	37:59+
01:10+	05:06+	04:39+	05:28+	02:25+	03:33+	01:34+	02:58+	02:01+	02:22+	02:40+	03:16+	00:47+
00:20&	03:31@	03:14@	03:14@	01:23@	02:07@	00:02+	01:33@	00:54&	00:38&	01:35@	01:23&	00:01+
00:30&												00:30&
<b>21</b>	<b>Kate Lie</b>	<b>398</b>										<b>40:11</b>
01:15+	06:52+	10:57+	16:24+	19:08+	22:26+	24:34+	27:12+	28:45+	31:37+	34:03+	37:36+	38:56+
01:15+	05:37+	04:05+	05:27+	02:44+	03:18+	02:08+	02:38+	01:33+	02:52+	02:26+	03:33+	01:20+
00:25&	04:02@	02:40@	03:13@	01:42@	01:52@	00:36&	01:13&	00:26&	01:08&	01:21@	01:40&	00:34&
00:39@												00:39@
<b>22</b>	<b>Stine Varne Eidsvik</b>	<b>398</b>										<b>41:09</b>
01:23+	02:56+	05:21+	08:33+	12:09+	17:04+	18:53+	21:30+	24:39+	28:49+	31:25+	35:04+	39:48+
01:23+	01:33-	02:25+	03:12+	03:36+	04:55+	01:49+	02:37+	03:09+	04:10+	02:36+	03:39+	04:44+
00:33&	00:02-	01:00&	00:58&	02:34@	03:29@	00:17#	01:12&	02:02@	02:26@	01:31@	01:46&	03:58@
00:45@												00:45@
<b>23</b>	<b>Jeanette Mjølhus</b>	<b>398</b>										<b>44:02</b>
01:17+	04:33+	09:22+	13:06+	16:06+	19:22+	21:59+	25:42+	28:36+	31:57+	34:08+	37:59+	42:52+
01:17+	03:16+	04:49+	03:44+	03:00+	03:16+	02:37+	03:43+	02:54+	03:21+	02:11+	03:51+	04:53+
00:27&	01:41@	03:24@	01:30&	01:58@	01:50@	01:05&	02:18@	01:47@	01:37&	01:06@	01:58@	04:07@
00:34&												00:34&
<b>24</b>	<b>Anne Lill Njå</b>	<b>398</b>										<b>44:02</b>
01:30+	04:34+	09:20+	13:16+	15:59+	19:24+	22:00+	25:44+	28:32+	31:53+	34:10+	38:45+	42:58+
01:30+	03:04+	04:46+	03:56+	02:43+	03:25+	02:36+	03:44+	02:48+	03:21+	02:17+	04:35+	04:13+
00:40&	01:29&	03:21@	01:42&	01:41@	01:59@	01:04&	02:19@	01:41@	01:37&	01:12@	02:42@	03:27@
00:28&												00:28&

Class	Navn	Klasse	Tid
<b>25</b>	<b>May-Britt Espeland</b>	<b>398</b>	<b>49:20</b>
02:56+	05:50+ 11:43+ 16:48+ 21:35+	25:15+ 28:48+ 32:00+ 35:02+ 39:07+ 41:25+ 45:28+ 47:55+	49:20+
02:56+	02:54+ 05:53+ 05:05+ 04:47+	03:40+ 03:33+ 03:12+ 03:02+ 04:05+ 02:18+ 04:03+ 02:27+	01:25+
02:06@	01:19& 04:28@ 02:51@ 03:45@	02:14@ 02:01@ 01:47@ 01:55@ 02:21@ 01:13@ 02:10@ 01:41@	00:49@
<b>26</b>	<b>Wenche Thoresen</b>	<b>398</b>	<b>49:25</b>
03:07+	05:53+ 11:52+ 16:46+ 21:36+	25:15+ 29:02+ 32:02+ 35:15+ 39:17+ 41:28+ 45:31+ 48:05+	49:25+
03:07+	02:46+ 05:59+ 04:54+ 04:50+	03:39+ 03:47+ 03:00+ 03:13+ 04:02+ 02:11+ 04:03+ 02:34+	01:20+
02:17@	01:11& 04:34@ 02:40@ 03:48@	02:13@ 02:15@ 01:35@ 02:06@ 02:18@ 01:06@ 02:10@ 01:48@	00:44@
<b>Beste strekketid for klassen</b>			
00:36	00:56	01:06	01:49
01:02	01:26	00:50	01:10
00:50	01:44	01:05	01:29
00:37	00:35		

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

## Damer Trim

<b>1</b>	<b>Janeth Kleppe</b>	<b>128</b>	<b>23:19</b>
00:40=	01:54= 03:03= 04:00= 05:11= 05:52=	06:47= 08:51= 10:22= 11:30= 13:26= 15:49= 16:16=	17:14= 18:27= 20:11= 21:01= 21:29= 22:35= 23:19=
00:40=	01:14= 01:09= 00:57= 01:11= 00:41=	00:55= 02:04= 01:31= 01:08= 01:56= 02:23= 00:27=	00:58= 01:13= 01:44= 00:50= 00:28= 01:06= 00:44=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Maria Hapnes von Schack</b>	<b>91</b>	<b>23:35</b>
00:56+	01:43- 02:52- 03:48- 04:43- 05:27-	06:16- 08:05- 09:23- 10:31- 12:09-	14:31- 15:11- 16:22- 17:27- 19:33- 20:22-
00:56+	00:47- 01:09= 00:56- 00:55- 00:44+	00:49- 01:49- 01:18- 01:08- 01:38-	02:22- 00:40+ 01:11+ 01:05- 02:06+
00:16&	00:27- 00:00= 00:01- 00:16- 00:03+	00:06- 00:15- 00:13- 00:00= 00:18-	00:01- 00:13& 00:08- 00:22# 00:01-
<b>3</b>	<b>Inga Borge</b>	<b>43</b>	<b>25:14</b>
00:41+	01:57+ 03:11+ 03:56- 05:01- 05:46-	06:55+ 09:34+ 11:23+ 12:36+ 14:37+	17:00+ 17:34+ 18:24+ 19:32+ 21:16+ 22:04+
00:41+	01:16+ 01:14+ 00:45- 01:05- 00:45+	01:09+ 02:39+ 01:49+ 01:13+ 02:01+	02:23= 00:34+ 00:50- 01:08- 01:44=
00:01+	00:02+ 00:05+ 00:12- 00:06- 00:04+	00:14& 00:35& 00:18# 00:05+ 00:05+	00:00= 00:07& 00:08- 00:05- 00:00=
<b>4</b>	<b>Marita Skorpe Falnes</b>	<b>385</b>	<b>25:42</b>
01:01+	01:52- 03:00- 03:48- 04:46-	05:33- 06:42- 08:57+ 10:31+	11:56+ 14:07+ 16:30+ 17:19+
01:01+	00:51- 01:08- 00:48- 00:58-	00:47+ 01:09+ 02:15+ 01:34+	01:25+ 02:11+ 02:23= 00:49+
00:21&	00:23- 00:01- 00:09- 00:13-	00:06# 00:14& 00:11+ 00:03+	00:17# 00:15# 00:00= 00:22&
<b>5</b>	<b>Elisabeth Horpestad</b>	<b>117</b>	<b>26:00</b>
00:50+	01:44- 02:47- 03:41- 04:49-	05:54+ 07:00+ 09:16+ 10:55+	12:11+ 14:06+ 16:42+ 17:15+
00:50+	00:54- 01:03- 00:54- 01:08-	01:05+ 01:06+ 02:16+ 01:39+	01:16+ 01:55- 02:36+ 00:33+
00:10#	00:20- 00:06- 00:03- 00:03-	00:24& 00:11# 00:12+ 00:08+	00:08# 00:01- 00:13+ 00:06#
<b>6</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>26:01</b>
00:34-	01:25- 02:24- 03:23- 04:21-	05:01- 05:50- 09:16+ 11:07+	12:22+ 14:49+ 17:20+ 17:48+
00:34-	00:51- 00:59- 00:59+ 00:58-	00:40- 00:49- 03:26+ 01:51+	01:15+ 02:27+ 02:31+ 00:28+
00:06-	00:23- 00:10- 00:02+ 00:13-	00:01- 00:06- 01:22& 00:20#	00:07# 00:31& 00:08+ 00:01+
<b>7</b>	<b>Kristin Yoon</b>	<b>372</b>	<b>26:15</b>
00:36-	01:36- 02:58- 04:04+ 05:05-	05:48- 06:42- 08:42- 10:13-	12:11+ 14:27+ 16:46+ 17:20+
00:36-	01:00- 01:22+ 01:06+ 01:01-	00:43+ 00:54- 02:00- 01:31=	01:58+ 02:16+ 02:19- 00:34+
00:04-	00:14- 00:13# 00:09# 00:10-	00:02+ 00:01- 00:04- 00:00=	00:50& 00:20# 00:04- 00:07&
<b>8</b>	<b>Fride Wirak</b>	<b>88</b>	<b>26:25</b>
00:38-	01:28- 02:47- 04:09+ 05:15+	06:11+ 07:09+ 09:57+ 11:45+	12:55+ 14:51+ 18:07+ 18:45+
00:38-	00:50- 01:19+ 01:22+ 01:06-	00:56+ 00:58+ 02:48+ 01:48+	01:10+ 01:56= 03:16+ 00:38+
00:02-	00:24- 00:10# 00:25& 00:05-	00:15& 00:03+ 00:04& 00:17#	00:02+ 00:00= 00:53& 00:11&
<b>9</b>	<b>Marie Engedal Svartsund</b>	<b>91</b>	<b>26:32</b>
00:38-	01:39- 02:57- 04:06+ 05:19+	06:04+ 07:10+ 09:21+ 11:06+	12:36+ 14:57+ 18:19+ 18:49+
00:38-	01:01- 01:18+ 01:09+ 01:13+	00:45+ 01:06+ 02:11+ 01:45+	01:30+ 02:21+ 03:22+ 00:30+
00:02-	00:13- 00:09# 00:12# 00:02+	00:04+ 00:11# 00:07+ 00:14#	00:22& 00:25# 00:59& 00:03#
<b>10</b>	<b>Silje H. Myklebust</b>	<b>54</b>	<b>26:44</b>
00:47+	01:42- 03:00- 04:26+ 05:37+	06:36+ 07:40+ 10:06+ 11:45+	13:05+ 15:03+ 17:31+ 18:05+
00:47+	00:55- 01:18+ 01:26+ 01:11=	00:59+ 01:04+ 02:26+ 01:39+	01:20+ 01:58+ 02:28+ 00:34+
00:07#	00:19- 00:09# 00:29& 00:00=	00:18& 00:09# 00:22# 00:08+	00:12# 00:02+ 00:05+ 00:07&
<b>11</b>	<b>Inger Johanne Klausen</b>	<b>54</b>	<b>26:45</b>
00:49+	01:48- 03:05+ 04:25+ 05:42+	06:34+ 07:38+ 10:05+ 11:51+	13:09+ 15:04+ 17:40+ 18:18+
00:49+	00:59- 01:17+ 01:20+ 01:17+	00:52+ 01:04+ 02:27+ 01:46+	01:18+ 01:55- 02:36+ 00:38+
00:09#	00:15- 00:08# 00:23& 00:06+	00:11& 00:09# 00:23# 00:15#	00:10# 00:01- 00:13+ 00:11&

Class	Navn		Klasse								Tid								
<b>12</b>	<b>Nina Bækkelund Christiansen</b>		<b>105</b>								<b>29:25</b>								
00:41+	01:41-	03:19+	04:35+	05:53+	07:10+	08:11+	10:46+	13:17+	14:41+	16:45+	19:07+	19:53+	21:09+	22:39+	25:27+	26:18+	27:22+	28:48+	29:25+
00:41+	01:00-	01:38+	01:16+	01:18+	01:17+	01:01+	02:35+	02:31+	01:24+	02:04+	02:22-	00:46+	01:16+	01:30+	02:48+	00:51+	01:04+	01:26+	00:37-
00:01+	00:14-	00:29&	00:19&	00:07+	00:36&	00:06#	00:31#	01:00&	00:16#	00:08+	00:01-	00:19&	00:18&	00:17#	01:04&	00:01+	00:36@	00:20&	00:07-
<b>13</b>	<b>Astri Sandanger</b>		<b>93</b>								<b>31:32</b>								
00:29-	01:37-	02:48-	03:38-	04:59-	05:49-	06:47=	09:47+	12:06+	13:31+	15:48+	20:12+	21:04+	22:09+	23:29+	25:47+	28:35+	29:32+	30:48+	31:32+
00:29-	01:08-	01:11+	00:50-	01:21+	00:50+	00:58+	03:00+	02:19+	01:25+	02:17+	04:24+	00:52+	01:05+	01:20+	02:18+	02:48+	00:57+	01:16+	00:44=
00:11-	00:06-	00:02+	00:07-	00:10#	00:09#	00:03+	00:56&	00:48&	00:17#	00:21#	02:01&	00:25&	00:07#	00:07+	00:34&	01:58@	00:29@	00:10#	00:00=
<b>14</b>	<b>Ann-Mari Vold</b>		<b>54</b>								<b>31:44</b>								
00:40=	01:35-	03:02-	03:55-	05:03-	06:02+	07:05+	13:45+	15:25+	16:44+	18:56+	23:23+	24:10+	25:19+	26:43+	28:22+	29:26+	30:05+	31:02+	31:44+
00:40=	00:55-	01:27+	00:53-	01:08-	00:59+	01:03+	06:40+	01:40+	01:19+	02:12+	04:27+	00:47+	01:09+	01:24+	01:39-	01:04+	00:39+	00:57-	00:42-
00:00=	00:19-	00:18&	00:04-	00:03-	00:18&	00:08#	04:36@	00:09+	00:11#	00:16#	02:04&	00:20&	00:11#	00:11#	00:05-	00:14&	00:11&	00:09-	00:02-
<b>15</b>	<b>Karianne Skogland Enerstvedt</b>		<b>105</b>								<b>31:46</b>								
00:34-	01:32-	05:24+	07:41+	08:50+	09:39+	10:33+	12:57+	14:36+	16:12+	18:21+	20:37+	21:12+	22:22+	23:30+	25:35+	26:30+	29:26+	31:02+	31:46+
00:34-	00:58-	03:52+	02:17+	01:09-	00:49+	00:54-	02:24+	01:39+	01:36+	02:09+	02:16-	00:35+	01:10+	01:08-	02:05+	00:55+	02:56+	01:36+	00:44=
00:06-	00:16-	02:43@	01:20@	00:02-	00:18#	00:01-	00:20#	00:08+	00:28&	00:13#	00:07-	00:08&	00:12#	00:05-	00:23#	00:05#	02:28@	00:30&	00:00=
<b>16</b>	<b>Ingunn Kristiansen Wiig</b>		<b>105</b>								<b>32:11</b>								
00:50+	02:01+	03:38+	04:34+	06:03+	07:36+	08:24+	11:53+	13:41+	15:36+	18:04+	22:09+	22:51+	23:57+	25:26+	27:33+	28:30+	29:40+	31:15+	32:11+
00:50+	01:11-	01:37+	00:56-	01:29+	01:33+	00:48-	03:29+	01:48+	01:55+	02:28+	04:05+	00:42+	01:06+	01:29+	02:07+	00:57+	01:10+	01:35+	00:56+
00:10#	00:03-	00:28&	00:01-	00:18&	00:52@	00:07-	01:25&	00:17#	00:47&	00:32&	01:42&	00:15&	00:08#	00:16#	00:23#	00:07#	00:42@	00:29&	00:12&
<b>17</b>	<b>Karoline Fidjeland</b>		<b>105</b>								<b>32:30</b>								
01:14+	02:43+	03:40+	04:44+	05:52+	07:51+	08:45+	12:43+	15:27+	16:41+	18:55+	21:30+	24:08+	25:46+	27:05+	28:36+	29:27+	30:27+	31:56+	32:30+
01:14+	01:29+	00:57-	01:04+	01:08-	01:59+	00:54-	03:58+	02:44+	01:14+	02:14+	02:35+	02:38+	01:38+	01:19+	01:31-	00:51+	01:00+	01:29+	00:34-
00:34&	00:15#	00:12-	00:07#	00:03-	01:18@	00:01-	01:54&	01:13&	00:06+	00:18#	00:12+	02:11@	00:40&	00:06+	00:13-	00:01+	00:32@	00:23&	00:10-
<b>18</b>	<b>Grete Stokke Seljeskog</b>		<b>128</b>								<b>32:39</b>								
00:45+	01:42-	02:57-	03:54-	04:51-	05:47-	06:53+	09:09+	10:41+	11:52+	13:51+	17:00+	17:31+	20:39+	23:37+	27:00+	29:28+	30:15+	31:55+	32:39+
00:45+	00:57-	01:15+	00:57=	00:57-	00:56+	01:06+	02:16+	01:32+	01:11+	01:59+	03:09+	00:31+	03:08+	02:58+	03:23+	02:28+	00:47+	01:40+	00:44=
00:05#	00:17-	00:06+	00:00=	00:14-	00:15&	00:11#	00:12+	00:01+	00:03+	00:03+	00:46&	00:04#	02:10@	01:45@	01:39&	01:38@	00:19&	00:34&	00:00=
<b>19</b>	<b>Synnøve Hognestad</b>		<b>43</b>								<b>33:23</b>								
00:41+	01:38-	03:11+	04:06+	05:12+	05:50-	06:54+	09:13+	11:10+	12:23+	14:45+	20:52+	21:28+	22:38+	23:56+	28:40+	29:29+	30:14+	32:40+	33:23+
00:41+	00:57-	01:33+	00:55-	01:06-	00:38-	01:04+	02:19+	01:57+	01:13+	02:22+	06:07+	00:36+	01:10+	01:18+	04:44+	00:49-	00:45+	02:26+	00:43-
00:01+	00:17-	00:24&	00:02-	00:05-	00:03-	00:09#	00:15#	00:26&	00:05+	00:26#	03:44@	00:09&	00:12#	00:05+	03:00@	00:01-	00:17&	01:20@	00:01-
<b>20</b>	<b>Benedicte Kvalevåg</b>		<b>375</b>								<b>34:13</b>								
00:52+	01:54=	03:27+	05:23+	06:50+	08:03+	09:32+	12:19+	14:23+	16:30+	19:24+	24:34+	25:16+	26:19+	27:43+	29:49+	30:55+	32:00+	33:24+	34:13+
00:52+	01:02-	01:33+	01:56+	01:27+	01:13+	01:29+	02:47+	02:04+	02:07+	02:54+	05:10+	00:42+	01:03+	01:24+	02:06+	01:06+	01:05+	01:24+	00:49+
00:12&	00:12-	00:24&	00:59@	00:16#	00:32&	00:34&	00:43&	00:33&	00:59&	00:58&	02:47@	00:15&	00:05+	00:11#	00:22#	00:16&	00:37@	00:18&	00:05#
<b>22</b>	<b>Anette Garvik</b>		<b>54</b>								<b>35:52</b>								
01:11+	02:47+	04:36+	06:15+	07:57+	09:10+	10:26+	13:24+	15:25+	17:13+	20:09+	24:33+	25:19+	26:55+	28:41+	30:56+	32:14+	33:14+	34:59+	35:52+
01:11+	01:36+	01:49+	01:39+	01:42+	01:13+	01:16+	02:58+	02:01+	01:48+	02:56+	04:24+	00:46+	01:36+	01:46+	02:15+	01:18+	01:00+	01:45+	00:53+
00:31&	00:22&	00:40&	00:42&	00:31&	00:32&	00:21&	00:54&	00:30&	00:40&	01:00&	02:01&	00:19&	00:38&	00:33&	00:31&	00:28&	00:32@	00:39&	00:09#
<b>23</b>	<b>Ingrid O. Foss</b>		<b>117</b>								<b>36:15</b>								
00:51+	01:52-	03:13+	04:14+	05:51+	06:44+	07:38+	10:12+	12:44+	14:21+	16:31+	24:13+	24:57+	25:59+	27:19+	30:51+	31:47+	33:59+	35:26+	36:15+
00:51+	01:01-	01:21+	01:01+	01:37+	00:53+	00:54-	02:34+	02:32+	01:37+	02:10+	07:42+	00:44+	01:02+	01:20+	03:32+	00:56+	02:12+	01:27+	00:49+
00:11&	00:13-	00:12#	00:04+	00:26&	00:12&	00:01-	00:30#	01:01&	00:29&	00:14#	05:19@	00:17&	00:04+	00:07+	01:48@	00:06#	01:44@	00:21&	00:05#
<b>24</b>	<b>Lina Dahle</b>		<b>372</b>								<b>36:58</b>								
00:45+	02:07+	03:41+	05:05+	06:15+	07:20+	08:29+	11:27+	13:11+	15:00+	18:46+	22:23+	23:02+	24:13+	25:34+	27:55+	33:20+	34:11+	36:16+	36:58+
00:45+	01:22+	01:34+	01:24+	01:10-	01:05+	01:09+	02:58+	01:44+	01:49+	03:46+	03:37+	00:39+	01:11+	01:21+	02:21+	05:25+	00:51+	02:05+	00:42-
00:05#	00:08#	00:25&	00:27&	00:01-	00:24&	00:14&	00:54&	00:13#	00:41&	01:50&	01:14&	00:12&	00:13#	00:08#	00:37&	04:35@	00:23&	00:59&	00:02-
<b>25</b>	<b>Kirsti Strand Salvesen</b>		<b>256</b>								<b>37:45</b>								
00:56+	02:15+	03:51+	05:33+	07:11+	08:14+	09:34+	12:55+	15:37+	17:34+	20:32+	24:31+	25:23+	26:57+	28:31+	30:51+	32:45+	33:58+	36:39+	37:45+
00:56+	01:19+	01:36+	01:42+	01:38+	01:03+	01:20+	03:21+	02:42+	01:57+	02:58+	03:59+	00:52+	01:34+	01:34+	02:20+	01:54+	01:13+	02:41+	01:06+
00:16&	00:05+	00:27&	00:45&	00:27&	00:22&	00:25&	01:17&	01:11&	00:49&	01:02&	01:36&	00:25&	00:36&	00:21&	00:36&	01:04@	00:45@	01:35@	00:22&
<b>26</b>	<b>Halldis Handeland</b>		<b>92</b>								<b>37:49</b>								
00:46+	02:21+	03:55+	05:19+	06:46+	07:45+	08:53+	12:27+	14:54+	16:33+	19:21+	23:47+	24:35+	25:59+	27:33+	31:32+	32:45+	33:30+	36:31+	37:49+
00:46+	01:35+	01:34+	01:24+	01:27+	00:59+	01:08+	03:34+	02:27+	01:39+	02:48+	04:26+	00:48+	01:24+	01:34+	03:59+	01:13+	00:45+	03:01+	01:18+
00:06#	00:21&	00:25&	00:27&	00:16#	00:18&	00:13#	01:30&	00:56&	00:31&	00:52&	02:03&	00:21&	00:26&	00:21&	02:15@	00:23&	00:17&	01:55@	00:34&
<b>27</b>	<b>Brit Svihus</b>		<b>92</b>								<b>38:10</b>								
00:52+	02:31+	04:52+	06:20+	07:35+	10:00+	12:10+	15:46+	17:58+	19:50+	22:36+	25:24+	26:37+	28:13+	29:58+	32:57+	34:17+	35:32+	37:02+	38:10+
00:52+	01:39+	02:21+	01:28+	01:15+	02:25+	02:10+	03:36+	02:12+	01:52+	02:46+	02:48+	01:13+	01:36+	01:45+	02:59+	01:20+	01:15+	01:30+	01:08+
00:12&	00:25&	01:12@	00:31&	00:04+	01:44@	01:15@	01:32&	00:41&	00:44&	00:50&	00:25#	00:46@	00:38&	00:32&	01:15&	00:30&	00:47@	00:24&	00:24&

Class	Navn	Klasse													Tid						
<b>28</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>													<b>39:40</b>						
00:38-	01:53-	04:31+	06:19+	07:57+	09:09+	10:26+	15:34+	17:48+	19:34+	22:45+	27:09+	28:14+	29:33+	31:29+	34:58+	36:20+	37:18+	38:56+	39:40+		
00:38-	01:15+	02:38+	01:48+	01:38+	01:12+	01:17+	05:08+	02:14+	01:46+	03:11+	04:24+	01:05+	01:19+	01:56+	03:29+	01:22+	00:58+	01:38+	00:44=		
00:02-	00:01+	01:29@	00:51&	00:27&	00:31&	00:22&	03:04@	00:43&	00:38&	01:15&	02:01&	00:38@	00:21&	00:43&	01:45@	00:32&	00:30@	00:32&	00:00=		
<b>29</b>	<b>Marianne Steinkopf</b>	<b>5</b>													<b>40:29</b>						
00:55+	02:22+	03:47+	10:02+	10:55+	12:43+	16:57+	18:57+	20:48+	22:50+	25:59+	26:42+	27:34+	28:59+	32:00+	33:02+	37:39+	39:31+	40:29+			
00:55+	01:27+	01:25+	04:38+	01:37+	00:53+	01:48+	04:14+	02:00+	01:51+	02:02+	03:09+	00:43+	00:52-	01:25+	03:01+	01:02+	04:37+	01:52+	00:58+		
00:15&	00:13#	00:16#	03:41@	00:26&	00:12&	00:53&	02:10@	00:29&	00:43&	00:06+	00:46&	00:16&	00:06-	00:12#	01:17&	00:12#	04:09@	00:46&	00:14&		
<b>30</b>	<b>Randi Roth</b>	<b>68</b>													<b>41:36</b>						
00:45+	01:50-	03:57+	05:21+	07:22+	08:17+	11:10+	15:01+	18:02+	19:39+	22:50+	26:31+	27:23+	28:56+	32:27+	35:39+	37:02+	38:08+	40:17+	41:36+		
00:45+	01:05-	02:07+	01:24+	02:01+	00:55+	02:53+	03:51+	03:01+	01:37+	03:11+	03:41+	00:52+	01:33+	03:31+	03:12+	01:23+	01:06+	02:09+	01:19+		
00:05#	00:09-	00:58&	00:27&	00:50&	00:14&	01:58@	01:47&	01:30&	00:29&	01:15&	01:18&	00:25&	00:35&	02:18@	01:28&	00:33&	00:38@	01:03&	00:35&		
<b>31</b>	<b>Ingvild Elin Ringodd</b>	<b>117</b>													<b>41:51</b>						
00:51+	02:07+	03:40+	04:53+	06:02+	07:24+	08:38+	13:09+	15:14+	16:48+	19:27+	22:02+	24:10+	25:12+	26:56+	28:58+	38:07+	39:32+	41:15+	41:51+		
00:51+	01:16+	01:33+	01:13+	01:09-	01:22+	01:14+	04:31+	02:05+	01:34+	02:39+	02:35+	02:08+	01:02+	01:44+	02:02+	09:09+	01:25+	01:43+	00:36-		
00:11&	00:02+	00:24&	00:16&	00:02-	00:41&	00:19&	02:27@	00:34&	00:26&	00:43&	00:12+	01:41@	00:04+	00:31&	00:18#	08:19@	00:57@	00:37&	00:08-		
<b>32</b>	<b>Liv Janne Fandrem Biland</b>	<b>134</b>													<b>42:00</b>						
00:39-	01:53-	06:36+	08:12+	10:06+	11:31+	12:32+	16:41+	19:44+	21:56+	24:57+	29:29+	30:23+	31:58+	33:42+	37:18+	38:42+	39:31+	41:18+	42:00+		
00:39-	01:14=	04:43+	01:36+	01:54+	01:25+	01:01+	04:09+	03:03+	02:12+	03:01+	04:32+	00:54+	01:35+	01:44+	03:36+	01:24+	00:49+	01:47+	00:42-		
00:01-	00:00=	03:34@	00:39&	00:43&	00:44@	00:06#	02:05@	01:32@	01:04&	01:05&	02:09&	00:27&	00:37&	00:31&	01:52@	00:34&	00:21&	00:41&	00:02-		
<b>33</b>	<b>Eli Våge</b>	<b>117</b>													<b>43:21</b>						
00:57+	02:20+	04:08+	06:04+	07:52+	09:00+	11:21+	17:21+	20:05+	22:03+	25:27+	30:05+	31:08+	32:38+	34:29+	37:09+	38:53+	40:03+	42:18+	43:21+		
00:57+	01:23+	01:48+	01:56+	01:48+	01:08+	02:21+	06:00+	02:44+	01:58+	03:24+	04:38+	01:03+	01:30+	01:51+	02:40+	01:44+	01:10+	02:15+	01:03+		
00:17&	00:09#	00:39&	00:59@	00:37&	00:27&	01:26@	03:56@	01:13&	00:50&	01:28&	02:15&	00:36@	00:32&	00:38&	00:56&	00:54@	00:42@	01:09@	00:19&		
<b>34</b>	<b>May Kristin Haaland</b>	<b>47</b>													<b>45:10</b>						
00:51+	02:37+	04:47+	06:22+	08:16+	09:22+	10:42+	15:50+	19:16+	22:02+	26:13+	30:58+	32:08+	33:48+	35:42+	39:21+	40:46+	41:53+	44:08+	45:10+		
00:51+	01:46+	02:10+	01:35+	01:54+	01:06+	01:20+	05:08+	03:26+	02:46+	04:11+	04:45+	01:10+	01:40+	01:54+	03:39+	01:25+	01:07+	02:15+	01:02+		
00:11&	00:32&	01:01&	00:38&	00:43&	00:25&	00:25&	03:04@	01:55@	01:38@	02:15@	02:22&	00:43@	00:42&	00:41&	01:55@	00:35&	00:39@	01:09@	00:18&		
<b>35</b>	<b>Esther Boenheim</b>	<b>268</b>													<b>45:57</b>						
00:38-	02:32+	04:59+	06:17+	07:39+	08:40+	10:29+	13:35+	15:25+	17:05+	21:02+	25:40+	26:21+	27:19+	38:50+	41:36+	42:47+	43:50+	45:17+	45:57+		
00:38-	01:54+	02:27+	01:18+	01:22+	01:01+	01:49+	03:06+	01:50+	01:40+	03:57+	04:38+	00:41+	00:58=	11:31+	02:46+	01:11+	01:03+	01:27+	00:40-		
00:02-	00:40&	01:18@	00:21&	00:11#	00:20&	00:54&	01:02&	00:19#	00:32&	02:01@	02:15&	00:14&	00:00=	10:18@	01:02&	00:21&	00:35@	00:21&	00:04-		
<b>36</b>	<b>Signe Lise Haaland</b>	<b>66</b>													<b>46:28</b>						
01:01+	02:35+	04:18+	05:51+	07:41+	09:03+	10:25+	15:26+	18:36+	20:53+	24:36+	30:05+	31:08+	33:20+	35:11+	37:53+	39:31+	43:07+	45:16+	46:28+		
01:01+	01:34+	01:43+	01:33+	01:50+	01:22+	01:22+	05:01+	03:10+	02:17+	03:43+	05:29+	01:03+	02:12+	01:51+	02:42+	01:38+	03:36+	02:09+	01:12+		
00:21&	00:20&	00:34&	00:36&	00:39&	00:41&	00:27&	02:57@	01:39@	01:09@	01:47&	03:06@	00:36@	01:14@	00:38&	00:58&	00:48&	03:08@	01:03&	00:28&		
<b>37</b>	<b>Ruth Grødem</b>	<b>105</b>													<b>46:52</b>						
00:57+	02:34+	04:24+	05:49+	07:44+	08:38+	09:58+	21:53+	24:17+	25:54+	28:38+	31:55+	33:21+	35:32+	36:54+	40:21+	41:36+	42:27+	45:38+	46:52+		
00:57+	01:37+	01:50+	01:25+	01:55+	00:54+	01:20+	11:55+	02:24+	01:37+	02:44+	03:17+	01:26+	02:11+	01:22+	03:27+	01:15+	00:51+	03:11+	01:14+		
00:17&	00:23&	00:41&	00:28&	00:44&	00:13&	00:25&	09:51@	00:53&	00:29&	00:48&	00:54&	00:59@	01:13@	00:09#	01:43&	00:25&	00:23&	02:05@	00:30&		
<b>38</b>	<b>Sigrund Serigstad</b>	<b>128</b>													<b>48:01</b>						
00:24-	01:36-	08:56+	14:15+	15:21+	18:37+	19:24+	26:05+	29:51+	32:01+	35:07+	38:59+	39:25+	41:49+	42:32+	44:00+	44:43+	46:06+	47:28+	48:01+		
00:24-	01:12-	07:20+	05:19+	01:06-	03:16+	00:47-	06:41+	03:46+	02:10+	03:06+	03:52+	00:26-	02:24+	00:43-	01:28-	00:43-	01:23+	01:22+	00:33-		
00:16-	00:02-	06:11@	04:22@	00:05-	02:35@	00:08-	04:37@	02:15@	01:02&	01:10&	01:29&	00:01-	01:26@	00:30-	00:16-	00:07-	00:55@	00:16#	00:11-		
<b>39</b>	<b>Åse Kristensen</b>	<b>94</b>													<b>48:11</b>						
01:01+	02:13+	05:08+	06:28+	08:31+	10:20+	11:50+	16:27+	18:46+	20:42+	25:13+	32:22+	34:12+	36:19+	38:11+	42:19+	43:43+	45:03+	47:08+	48:11+		
01:01+	01:12-	02:55+	01:20+	02:03+	01:49+	01:30+	04:37+	02:19+	01:56+	04:31+	07:09+	01:50+	02:07+	01:52+	04:08+	01:24+	01:20+	02:05+	01:03+		
00:21&	00:02-	01:46@	00:23&	00:52&	01:08@	00:35&	02:33@	00:48&	00:48&	02:35@	04:46@	01:23@	01:09@	00:39&	02:24@	00:34&	00:52@	00:59&	00:19&		
<b>40</b>	<b>Ingunn Fandrem</b>	<b>47</b>													<b>59:46</b>						
01:04+	03:20+	05:27+	07:20+	09:06+	10:20+	12:45+	18:21+	21:44+	24:05+	29:50+	36:33+	38:30+	42:10+	44:11+	47:34+	51:49+	53:31+	58:47+	59:46+		
01:04+	02:16+	02:07+	01:53+	01:46+	01:14+	02:25+	05:36+	03:23+	02:21+	05:45+	06:43+	01:57+	03:40+	02:01+	03:23+	04:15+	01:42+	05:16+	00:59+		
00:24&	01:02&	00:58&	00:56&	00:35&	00:33&	01:30@	03:32@	01:52@	01:13@	03:49@	04:20@	01:30@	02:42@	00:48&	01:39&	03:25@	01:14@	04:10@	00:15&		
<b>41</b>	<b>Solveig Marie Grønning</b>	<b>47</b>													<b>59:48</b>						
01:07+	03:16+	05:25+	07:23+	09:09+	10:24+	12:42+	18:25+	21:42+	24:03+	29:53+	36:37+	38:34+	42:17+	44:15+	47:37+	51:52+	53:29+	58:49+	59:48+		
01:07+	02:09+	02:09+	01:58+	01:46+	01:15+	02:18+	05:43+	03:17+	02:21+	05:50+	06:44+	01:57+	03:43+	01:58+	03:22+	04:15+	01:37+	05:20+	00:59+		
00:27&	00:55&	01:00&	01:01@	00:35&	00:34&	01:23@	03:39@	01:46@	01:13@	03:54@	04:21@	01:30@	02:45@	00:45&	01:38&	03:25@	01:09@	04:14@	00:15&		
<b>42</b>	<b>Marie Volline Nessler</b>	<b>18</b>													<b>1:03:20</b>						
00:53+	12:42+	14:07+	21:25+	23:37+	25:05+	26:57+	30:37+	33:21+	35:57+	40:56+	46:04+	47:02+	49:12+	51:45+	56:38+	58:33+	60:19+	62:30+	63:20+		
00:53+	11:49+	01:25+	07:18+	02:12+	01:28+	01:52+	03:40+	02:44+	02:36+	04:59+	05:08+	00:58+	02:10+	02:33+	04:53+	01:55+	01:46+	02:11+	00:50+		
00:13&	10:35@	00:16#	06:21@	01:01&	00:47@	00:57@	01:36&	01:13&	01:28@	03:03@	02:45@	00:31@	01:12@	01:20@	03:09@	01:05@	01:18@	01:05&	00:06#		

Class	Navn	Klasse	Tid																
<b>43</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>	<b>1:07:24</b>																
01:19+	04:15+	06:49+	08:58+	11:16+	13:16+	16:38+	21:28+	25:08+	27:24+	31:35+	38:26+	40:07+	42:31+	45:53+	58:54+	60:31+	61:53+	64:46+	67:24+
01:19+	02:56+	02:34+	02:09+	02:48+	01:30+	03:22+	04:50+	03:40+	02:16+	04:11+	06:51+	01:41+	02:24+	03:22+	13:01+	01:37+	01:22+	02:53+	02:38+
00:39&	01:42@	01:25@	01:12@	01:37@	00:49@	02:27@	02:46@	02:09@	01:08&	02:15@	04:28@	01:14@	01:26@	02:09@	11:17@	00:47&	00:54@	01:47@	01:54@
<b>44</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>	<b>1:09:08</b>																
01:59+	05:26+	08:20+	13:33+	15:23+	17:11+	19:15+	24:48+	28:27+	30:47+	38:48+	47:27+	50:13+	53:11+	55:41+	59:49+	62:43+	63:54+	68:23+	69:08+
01:59+	03:27+	02:54+	05:13+	01:50+	01:48+	02:04+	05:33+	03:39+	02:20+	08:01+	08:39+	02:46+	02:58+	02:30+	04:08+	02:54+	01:11+	04:29+	00:45+
01:19@	02:13@	01:45@	04:16@	00:39&	01:07@	01:09@	03:29@	02:08@	01:12@	06:05@	06:16@	02:19@	02:00@	01:17@	02:24@	02:04@	00:43@	03:23@	00:01+
<b>Beste strekktid for klassen</b>																			
00:24	00:47	00:57	00:45	00:55	00:38	00:47	01:49	01:18	01:08	01:38	02:16	00:26	00:45	00:43	01:28	00:43	00:28	00:57	00:32

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

## Herrer 16 - 39 år

<b>1</b>	<b>Rune Svihus</b>	<b>62</b>	<b>20:12</b>																
00:47=	01:25=	02:30=	02:52=	05:36=	07:20=	08:28=	09:17=	09:47=	11:14=	12:31=	13:39=	14:16=	15:10=	16:21=	17:13=	18:03=	19:16=	20:12=	
00:47=	00:38=	01:05=	00:22=	02:44=	01:44=	01:08=	00:49=	00:30=	01:27=	01:17=	01:08=	00:37=	00:54=	01:11=	00:52=	00:50=	01:13=	00:56=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Jørgen Strømstad</b>	<b>50</b>	<b>21:26</b>																
00:44-	01:24-	02:24-	02:45-	06:31+	08:16+	10:38+	11:29+	12:00+	13:15+	14:28+	15:41+	16:13+	17:07+	18:29+	19:01+	19:45+	20:29+	21:26+	
00:44-	00:40+	01:00-	00:21-	03:46+	01:45+	02:22+	00:51+	00:31+	01:15-	01:13-	01:13+	00:32-	00:54=	01:22+	00:32-	00:44-	00:44-	00:57+	
00:03-	00:02+	00:05-	00:01-	01:02&	00:01+	01:14@	00:02+	00:01+	00:12-	00:04-	00:05+	00:05-	00:00=	00:11#	00:20-	00:06-	00:29-	00:01+	
<b>3</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>	<b>22:23</b>																
00:53+	01:36+	04:29+	04:50+	07:57+	09:52+	11:22+	12:33+	13:04+	14:18+	15:41+	16:51+	17:32+	18:27+	19:51+	20:20+	20:52+	21:42+	22:23+	
00:53+	00:43+	02:53+	00:21-	03:07+	01:55+	01:30+	01:11+	00:31+	01:14-	01:23+	01:10+	00:41+	00:55+	01:24+	00:29-	00:32-	00:50-	00:41-	
00:06#	00:05#	01:48@	00:01-	00:23#	00:11#	00:22&	00:22&	00:01+	00:13-	00:06+	00:02+	00:04#	00:01+	00:13#	00:23-	00:18-	00:23-	00:15-	
<b>4</b>	<b>Eivind Brimsø</b>	<b>76</b>	<b>22:56</b>																
00:40-	01:27+	02:36+	02:58+	06:26+	09:09+	10:23+	11:35+	12:12+	13:33+	15:11+	17:05+	17:41+	18:40+	20:16+	20:47+	21:15+	22:09+	22:56+	
00:40-	00:47+	01:09+	00:22=	03:28+	02:43+	01:14+	01:12+	00:37+	01:21-	01:38+	01:54+	00:36-	00:59+	01:36+	00:31-	00:28-	00:54-	00:47-	
00:07-	00:09#	00:04+	00:00=	00:44&	00:59&	00:06+	00:23&	00:07#	00:06-	00:21&	00:46&	00:01-	00:05+	00:25&	00:21-	00:22-	00:19-	00:09-	
<b>5</b>	<b>Maximilian Erlbeck</b>	<b>67</b>	<b>23:34</b>																
00:30-	01:23-	02:50+	03:11+	05:46+	07:37+	10:32+	11:13+	11:45+	12:49+	14:04+	15:10+	18:27+	19:13+	20:06+	21:12+	21:39+	22:10+	22:55+	23:34+
00:30-	00:53+	01:27+	00:21-	02:35-	01:51+	02:55+	00:41-	00:32+	01:04-	01:15-	01:06-	03:17+	00:46-	00:53-	01:06+	00:27-	00:31-	00:45-	00:39+
00:17-	00:15&	00:22&	00:01-	00:09-	00:07+	01:47@	00:08-	00:02+	00:23-	00:02-	00:02-	02:40@	00:08-	00:18-	00:14&	00:23-	00:42-	00:11-	00:39+
<b>6</b>	<b>Martin Skogland</b>	<b>98</b>	<b>23:41</b>																
00:38-	01:24-	02:49+	03:08+	06:33+	08:59+	10:40+	11:42+	12:21+	13:55+	15:42+	17:11+	18:02+	19:01+	20:36+	21:08+	21:47+	22:36+	23:41+	
00:38-	00:46+	01:25+	00:19-	03:25+	02:26+	01:41+	01:02+	00:39+	01:34+	01:47+	01:29+	00:51+	00:59+	01:35+	00:32-	00:39-	00:49-	01:05+	
00:09-	00:08#	00:20&	00:03-	00:41#	00:42&	00:33&	00:13&	00:09&	00:07+	00:30&	00:21&	00:14&	00:05+	00:24&	00:20-	00:11-	00:24-	00:09#	
<b>7</b>	<b>Andreas Segadal Breiland</b>	<b>194</b>	<b>24:31</b>																
00:45-	01:34+	02:49+	03:13+	07:36+	09:44+	11:21+	12:32+	13:12+	14:38+	16:27+	18:04+	18:43+	19:47+	21:38+	22:10+	22:48+	23:50+	24:31+	
00:45-	00:49+	01:15+	00:24+	04:23+	02:08+	01:37+	01:11+	00:40+	01:26-	01:49+	01:37+	00:39+	01:04+	01:51+	00:32-	00:38-	01:02-	00:41-	
00:02-	00:11&	00:10#	00:02+	01:39&	00:24#	00:29&	00:22&	00:10&	00:01-	00:32&	00:29&	00:02+	00:10#	00:40&	00:20-	00:12-	00:11-	00:15-	
<b>8</b>	<b>Truls Thorkildsen</b>	<b>39</b>	<b>24:57</b>																
01:45+	02:30+	03:45+	04:07+	08:29+	10:21+	12:01+	13:06+	13:39+	15:29+	17:01+	18:38+	19:21+	20:31+	22:10+	22:47+	23:23+	24:14+	24:57+	
01:45+	00:45+	01:15+	00:22=	04:22+	01:52+	01:40+	01:05+	00:33+	01:50+	01:32+	01:37+	00:43+	01:10+	01:39+	00:37-	00:36-	00:51-	00:43-	
00:58@	00:07#	00:10#	00:00=	01:38&	00:08+	00:32&	00:16&	00:03#	00:23&	00:15#	00:29&	00:06#	00:16&	00:28&	00:15-	00:14-	00:22-	00:13-	
<b>9</b>	<b>Arthur Fayemendy</b>	<b>134</b>	<b>25:58</b>																
00:46-	01:29+	02:58+	03:23+	08:27+	12:06+	13:13+	14:23+	15:12+	16:39+	18:06+	19:36+	20:20+	21:23+	23:07+	23:41+	24:13+	25:05+	25:58+	
00:46-	00:43+	01:29+	00:25+	05:04+	03:39+	01:07-	01:10+	00:49+	01:27+	01:27+	01:30+	00:44+	01:03+	01:44+	00:34-	00:32-	00:52-	00:53-	
00:01-	00:05#	00:24&	00:03#	02:20&	01:55@	00:01-	00:21&	00:19&	00:00=	00:10#	00:22&	00:07#	00:09#	00:33&	00:18-	00:18-	00:21-	00:03-	
<b>10</b>	<b>Erlend Syse</b>	<b>76</b>	<b>27:30</b>																
00:41-	01:32+	03:17+	03:39+	07:22+	10:30+	12:19+	13:43+	14:30+	15:55+	17:33+	19:10+	20:50+	21:59+	24:02+	24:40+	25:34+	26:34+	27:30+	
00:41-	00:51+	01:45+	00:22=	03:43+	03:08+	01:49+	01:24+	00:47+	01:25-	01:38+	01:37+	01:40+	01:09+	02:03+	00:38-	00:54+	01:00-	00:56=	
00:06-	00:13&	00:40&	00:00=	00:59&	01:24&	00:41&	00:35&	00:17&	00:02-	00:21&	00:29&	01:03@	00:15&	00:52&	00:14-	00:04+	00:13-	00:00=	
<b>11</b>	<b>Torkel Schibevaag</b>	<b>114</b>	<b>30:29</b>																
00:36-	01:15-	05:29+	05:52+	10:42+	13:09+	14:32+	15:49+	16:48+	18:26+	20:24+	22:19+	23:13+	24:18+	25:57+	26:37+	27:13+	29:28+	30:29+	
00:36-	00:39+	04:14+	00:23+	04:50+	02:27+	01:23+	01:17+	00:59+	01:38+	01:58+	01:55+	00:54+	01:05+	01:39+	00:40-	00:36-	02:15+	01:01+	
00:11-	00:01+	03:09@	00:01+	02:06&	00:43&	00:15#	00:28&	00:29&	00:11#	00:41&	00:47&	00:17&	00:11#	00:28&	00:12-	00:14-	01:02&	00:05+	

Class	Navn	Klasse												Tid						
<b>12</b>	<b>Sverre Dørheim</b>	<b>136</b>												<b>32:25</b>						
00:47=	01:45+	03:13+	03:47+	08:44+	13:12+	14:56+	16:23+	17:08+	18:56+	21:12+	23:33+	24:28+	25:49+	27:59+	29:06+	29:56+	31:16+	32:25+		
00:47=	00:58+	01:28+	00:34+	04:57+	04:28+	01:44+	01:27+	00:45+	01:48+	02:16+	02:21+	00:55+	01:21+	02:10+	01:07+	00:50=	01:20+	01:09+		
00:00=	00:20&	00:23&	00:12&	02:13&	02:44@	00:36&	00:38&	00:15&	00:21#	00:59&	01:13@	00:18&	00:27&	00:59&	00:15&	00:00=	00:07+	00:13#		
<b>13</b>	<b>Endre Berge</b>	<b>105</b>												<b>33:17</b>						
00:39-	01:29+	02:57+	03:31+	09:44+	12:31+	14:23+	17:19+	18:15+	19:43+	21:14+	22:31+	23:50+	24:39+	25:52+	26:25+	27:08+	31:51+	33:17+		
00:39-	00:50+	01:28+	00:34+	06:13+	02:47+	01:52+	02:56+	00:56+	01:28+	01:31+	01:17+	01:19+	00:49-	01:13+	00:33-	00:43-	04:43+	01:26+		
00:08-	00:12&	00:23&	00:12&	03:29@	01:03&	00:44&	02:07@	00:26&	00:01+	00:14#	00:09#	00:42@	00:05-	00:02+	00:19-	00:07-	03:30@	00:30&		
<b>14</b>	<b>Frank Terje Berge</b>	<b>126</b>												<b>34:10</b>						
01:58+	02:40+	07:49+	08:27+	14:56+	18:02+	19:39+	20:58+	21:45+	23:24+	25:18+	27:08+	28:05+	29:11+	30:49+	31:30+	32:18+	33:17+	34:10+		
01:58+	00:42+	05:09+	00:38+	06:29+	03:06+	01:37+	01:19+	00:47+	01:39+	01:54+	01:50+	00:57+	01:06+	01:38+	00:41-	00:48-	00:59-	00:53-		
01:11@	00:04#	04:04@	00:16&	03:45@	01:22&	00:29&	00:30&	00:17&	00:12#	00:37&	00:42&	00:20&	00:12#	00:27&	00:11-	00:02-	00:14-	00:03-		
<b>15</b>	<b>Jone Klemo Øverland</b>	<b>165</b>												<b>35:38</b>						
01:03+	02:01+	03:36+	03:56+	09:15+	15:06+	18:27+	19:47+	20:34+	22:27+	24:30+	26:21+	27:21+	30:07+	31:59+	32:41+	33:29+	34:34+	35:38+		
01:03+	00:58+	01:35+	00:20-	05:19+	05:51+	03:21+	01:20+	00:47+	01:53+	02:03+	01:51+	01:00+	02:46+	01:52+	00:42-	00:48-	01:05-	01:04+		
00:16&	00:20&	00:30&	00:02-	02:35&	04:07@	02:13@	00:31&	00:17&	00:26&	00:46&	00:43&	00:23&	01:52@	00:41&	00:10-	00:02-	00:08-	00:08#		
<b>16</b>	<b>Kjartan Stavland</b>	<b>66</b>												<b>36:01</b>						
02:13+	02:54+	07:58+	08:31+	17:57+	20:13+	21:44+	23:05+	23:41+	25:14+	26:58+	28:25+	29:05+	30:16+	31:52+	32:34+	34:02+	35:20+	36:01+		
02:13+	00:41+	05:04+	00:33+	09:26+	02:16+	01:31+	01:21+	00:36+	01:33+	01:44+	01:27+	00:40+	01:11+	01:36+	00:42-	01:28+	01:18+	00:41-		
01:26@	00:03+	03:59@	00:11&	06:42@	00:32&	00:23&	00:32&	00:06#	00:06+	00:27&	00:19&	00:03+	00:17&	00:25&	00:10-	00:38&	00:05+	00:15-		
<b>17</b>	<b>Sondre Aspøy</b>	<b>117</b>												<b>36:50</b>						
01:48+	02:31+	04:02+	04:28+	09:48+	20:25+	22:29+	23:45+	24:31+	26:08+	28:10+	29:50+	30:32+	31:44+	33:31+	34:05+	34:50+	35:58+	36:50+		
01:48+	00:43+	01:31+	00:26+	05:20+	10:37+	02:04+	01:16+	00:46+	01:37+	02:02+	01:40+	00:42+	01:12+	01:47+	00:34-	00:45-	01:08-	00:52-		
01:01@	00:05#	00:26&	00:04#	02:36&	08:53@	00:56&	00:27&	00:16&	00:10#	00:45&	00:32&	00:05#	00:18&	00:36&	00:18-	00:05-	00:05-	00:04-		
<b>18</b>	<b>Bjarte Sola</b>	<b>192</b>												<b>1:05:15</b>						
01:13+	02:38+	04:56+	05:37+	27:19+	32:11+	35:23+	38:32+	40:02+	42:56+	47:39+	50:55+	52:43+	54:56+	58:07+	59:31+	61:47+	63:31+	65:15+		
01:13+	01:25+	02:18+	00:41+	21:42+	04:52+	03:12+	03:09+	01:30+	02:54+	04:43+	03:16+	01:48+	02:13+	03:11+	01:24+	02:16+	01:44+	01:44+		
00:26&	00:47@	01:13@	00:19&	18:58@	03:08@	02:04@	02:20@	01:00@	01:27&	03:26@	02:08@	01:11@	01:19@	02:00@	00:32&	01:26@	00:31&	00:48&		
<b>Beste strekktid for klassen</b>		00:30	00:38	01:00	00:19	02:35	01:44	01:07	00:41	00:30	01:04	01:13	01:06	00:32	00:46	00:53	00:29	00:27	00:31	00:41

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

## Herrer 40 - 49 år

<b>1</b>	<b>Tallak Langmyr</b>	<b>387</b>												<b>20:24</b>					
00:31=	01:12=	02:18=	02:37=	05:57=	07:37=	08:55=	09:56=	10:34=	11:59=	13:25=	14:56=	15:30=	16:26=	17:57=	18:29=	19:05=	19:43=	20:24=	
00:31=	00:41=	01:06=	00:19=	03:20=	01:40=	01:18=	01:01=	00:38=	01:25=	01:26=	01:31=	00:34=	00:56=	01:31=	00:32=	00:36=	00:38=	00:41=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Ove Nygaard</b>	<b>116</b>												<b>20:47</b>					
00:49+	01:34+	02:44+	03:06+	06:27+	08:32+	09:54+	10:52+	11:31+	12:40+	14:03+	15:13+	15:51+	16:39+	17:49-	18:18-	18:55-	20:04+	20:47+	
00:49+	00:45+	01:10+	00:22+	03:21+	02:05+	01:22+	00:58-	00:39+	01:09-	01:23-	01:10-	00:38+	00:48-	01:10-	00:29-	00:37+	01:09+	00:43+	
00:18&	00:04+	00:04+	00:03#	00:01+	00:25#	00:04+	00:03-	00:01+	00:16-	00:03-	00:21-	00:04#	00:08-	00:21-	00:03-	00:01+	00:31&	00:02+	
<b>3</b>	<b>Trondr Breiland</b>	<b>53</b>												<b>23:31</b>					
00:50+	01:33+	03:14+	03:49+	08:14+	10:11+	11:53+	12:54+	13:28+	14:56+	16:23+	17:45+	18:20+	19:23+	20:44+	21:22+	21:59+	22:46+	23:31+	
00:50+	00:43+	01:41+	00:35+	04:25+	01:57+	01:42+	01:01=	00:34-	01:28+	01:27+	01:22-	00:35+	01:03+	01:21-	00:38+	00:37+	00:47+	00:45+	
00:19&	00:02+	00:35&	00:16&	01:05&	00:17#	00:24&	00:00=	00:04-	00:03+	00:01+	00:09-	00:01+	00:07#	00:10-	00:06#	00:01+	00:09#	00:04+	
<b>4</b>	<b>Magne Habbestad</b>	<b>111</b>												<b>23:54</b>					
00:39+	01:19+	02:32+	03:00+	06:24+	09:34+	10:55+	12:00+	12:36+	14:02+	15:30+	17:02+	17:46+	18:54+	20:46+	21:26+	22:08+	23:03+	23:54+	
00:39+	00:40-	01:13+	00:28+	03:24+	03:10+	01:21+	01:05+	00:36-	01:26+	01:28+	01:32+	00:44+	01:08+	01:52+	00:40+	00:42+	00:55+	00:51+	
00:08&	00:01-	00:07#	00:09&	00:04+	01:30&	00:03+	00:04+	00:02-	00:01+	00:02+	00:01+	00:10&	00:12#	00:21#	00:08#	00:06#	00:17&	00:10#	
<b>5</b>	<b>Christian Ask</b>	<b>180</b>												<b>26:12</b>					
00:50+	01:36+	03:08+	03:32+	07:33+	10:23+	12:00+	13:19+	14:01+	15:40+	17:18+	19:06+	19:53+	21:01+	22:57+	23:39+	24:20+	25:20+	26:12+	
00:50+	00:46+	01:32+	00:24+	04:01+	02:50+	01:37+	01:19+	00:42+	01:39+	01:38+	01:48+	00:47+	01:08+	01:56+	00:42+	00:41+	01:00+	00:52+	
00:19&	00:05#	00:26&	00:05&	00:41#	01:10&	00:19#	00:18&	00:04#	00:14#	00:12#	00:17#	00:13&	00:12#	00:25&	00:10&	00:05#	00:22&	00:11&	
<b>6</b>	<b>Kristoffer Buchholz Johannessen</b>	<b>88</b>												<b>26:49</b>					
00:41+	01:20+	02:44+	03:04+	10:42+	12:47+	14:14+	15:20+	16:06+	17:28+	19:03+	20:20+	21:02+	21:59+	23:23+	23:56+	24:59+	26:05+	26:49+	
00:41+	00:39-	01:24+	00:20+	07:38+	02:05+	01:27+	01:06+	00:46+	01:22-	01:35+	01:17-	00:42+	00:57+	01:24-	00:33+	01:03+	01:06+	00:44+	
00:10&	00:02-	00:18&	00:01+	04:18@	00:25#	00:09#	00:05+	00:08#	00:03-	00:09#	00:14-	00:08#	00:01+	00:07-	00:01+	00:27&	00:28&	00:03+	

Class	Navn		Klasse										Tid					
<b>7</b>	<b>Oddgeir Nevland</b>		<b>51</b>										<b>27:14</b>					
00:49+	01:35+	03:04+	03:25+	07:31+	09:52+	11:27+	12:58+	13:38+	15:18+	17:10+	19:08+	20:00+	22:41+	24:28+	25:03+	25:40+	26:29+	27:14+
00:49+	00:46+	01:29+	00:21+	04:06+	02:21+	01:35+	01:31+	00:40+	01:40+	01:52+	01:58+	00:52+	02:41+	01:47+	00:35+	00:37+	00:49+	00:45+
00:18&	00:05#	00:23&	00:02#	00:46#	00:41&	00:17#	00:30&	00:02+	00:15#	00:26&	00:27&	00:18&	01:45@	00:16#	00:03+	00:01+	00:11&	00:04+
<b>8</b>	<b>Audun Thomassen</b>		<b>65</b>										<b>27:24</b>					
00:39+	01:14+	08:16+	08:42+	11:49+	13:27+	14:46+	15:48+	16:50+	18:36+	19:52+	21:16+	22:13+	23:12+	24:37+	25:10+	25:55+	26:45+	27:24+
00:39+	00:35-	07:02+	00:26+	03:07-	01:38-	01:19+	01:02+	01:02+	01:46+	01:16-	01:24-	00:57+	00:59+	01:25-	00:33+	00:45+	00:50+	00:39-
00:08&	00:06-	05:56@	00:07&	00:13-	00:02-	00:01+	00:01+	00:24&	00:21#	00:10-	00:07-	00:23&	00:03+	00:06-	00:01+	00:09#	00:12&	00:02-
<b>9</b>	<b>Rune Dahl Fitjar</b>		<b>53</b>										<b>27:47</b>					
00:42+	01:47+	03:27+	03:56+	07:49+	10:22+	13:29+	14:29+	15:10+	17:02+	18:45+	20:17+	21:15+	22:35+	24:25+	25:14+	25:54+	26:52+	27:47+
00:42+	01:05+	01:40+	00:29+	03:53+	02:33+	03:07+	01:00-	00:41+	01:52+	01:43+	01:32+	00:58+	01:20+	01:50+	00:49+	00:40+	00:58+	00:55+
00:11&	00:24&	00:34&	00:10&	00:33#	00:53&	01:49@	00:01-	00:03+	00:27&	00:17#	00:01+	00:24&	00:24&	00:19#	00:17&	00:04#	00:20&	00:14&
<b>10</b>	<b>Per Jan Ermland</b>		<b>43</b>										<b>28:06</b>					
00:40+	01:24+	03:11+	03:31+	10:00+	12:24+	14:05+	15:29+	16:10+	17:35+	19:29+	21:06+	21:46+	22:50+	24:56+	25:31+	26:16+	27:12+	28:06+
00:40+	00:44+	01:47+	00:20+	06:29+	02:24+	01:41+	01:24+	00:41+	01:25+	01:54+	01:37+	00:40+	01:04+	02:06+	00:35+	00:45+	00:56+	00:54+
00:09&	00:03+	00:41&	00:01+	03:09&	00:44&	00:23&	00:23&	00:03+	00:00+	00:28&	00:06+	00:06#	00:08#	00:35&	00:03+	00:09#	00:18&	00:13&
<b>11</b>	<b>Kristian Bjo</b>		<b>165</b>										<b>28:45</b>					
01:03+	02:08+	03:36+	04:02+	08:18+	10:36+	12:34+	13:52+	14:39+	16:43+	18:36+	20:31+	21:24+	22:35+	24:31+	25:17+	26:01+	27:22+	28:45+
01:03+	01:05+	01:28+	00:26+	04:16+	02:18+	01:58+	01:18+	00:47+	02:04+	01:53+	01:55+	00:53+	01:11+	01:56+	00:46+	00:44+	01:21+	01:23+
00:32@	00:24&	00:22&	00:07&	00:56&	00:38&	00:40&	00:17&	00:09#	00:39&	00:27&	00:24&	00:19&	00:15&	00:25&	00:14&	00:08#	00:43@	00:42@
<b>12</b>	<b>Ole-Tobias Frich</b>		<b>116</b>										<b>28:47</b>					
00:40+	01:27+	02:53+	03:21+	08:26+	11:07+	14:08+	15:02+	15:48+	17:32+	19:20+	21:30+	22:21+	23:26+	25:15+	25:53+	26:44+	27:48+	28:47+
00:40+	00:47+	01:26+	00:28+	05:05+	02:41+	03:01+	00:54-	00:46+	01:44+	01:48+	02:10+	00:51+	01:05+	01:49+	00:38+	00:51+	01:04+	00:59+
00:09&	00:06#	00:20&	00:09&	01:45&	01:01&	01:43@	00:07-	00:08#	00:19#	00:22&	00:39&	00:17&	00:09#	00:18#	00:06#	00:15&	00:26&	00:18&
<b>13</b>	<b>Rune Hatle</b>		<b>65</b>										<b>29:18</b>					
00:48+	01:42+	03:19+	03:41+	10:24+	12:53+	14:49+	16:04+	16:49+	18:22+	20:30+	22:29+	23:17+	24:26+	26:11+	26:59+	27:39+	28:33+	29:18+
00:48+	00:54+	01:37+	00:22+	06:43+	02:29+	01:56+	01:15+	00:45+	01:33+	02:08+	01:59+	00:48+	01:09+	01:45+	00:48+	00:40+	00:54+	00:45+
00:17&	00:13&	00:31&	00:03#	03:23@	00:49&	00:38&	00:14#	00:07#	00:08+	00:42&	00:28&	00:14&	00:13#	00:14#	00:16&	00:04#	00:16&	00:04+
<b>14</b>	<b>Eivind Lie</b>		<b>116</b>										<b>29:23</b>					
00:32+	01:19+	02:54+	03:36+	08:41+	11:48+	13:39+	14:48+	15:39+	17:12+	19:01+	20:22+	21:16+	22:31+	24:00+	24:44+	25:39+	27:45+	29:23+
00:32+	00:47+	01:35+	00:42+	05:05+	03:07+	01:51+	01:09+	00:51+	01:33+	01:49+	01:21-	00:54+	01:15+	01:29-	00:44+	00:55+	02:06+	01:38+
00:01+	00:06#	00:29&	00:23@	01:45&	01:27&	00:33&	00:08#	00:13&	00:08+	00:23&	00:10-	00:20&	00:19&	00:02-	00:12&	00:19&	01:28@	00:57@
<b>15</b>	<b>Rolf Frøyland</b>		<b>5</b>										<b>31:20</b>					
00:39+	01:23+	02:39+	03:02+	10:43+	15:13+	16:41+	17:51+	19:19+	21:18+	22:58+	24:16+	24:52+	25:58+	27:49+	28:20+	28:59+	29:57+	31:20+
00:39+	00:44+	01:16+	00:23+	07:41+	04:30+	01:28+	01:10+	01:28+	01:59+	01:40+	01:18-	00:36+	01:06+	01:51+	00:31-	00:39+	00:58+	01:23+
00:08&	00:03+	00:10#	00:04#	04:21@	02:50@	00:10#	00:09#	00:50@	00:34&	00:14#	00:13-	00:02+	00:10#	00:20#	00:01-	00:03+	00:20&	00:42@
<b>16</b>	<b>Jan-Kenneth Polle</b>		<b>83</b>										<b>31:43</b>					
00:40+	01:23+	02:53+	03:22+	08:37+	11:07+	12:54+	14:02+	14:52+	19:57+	21:36+	23:11+	24:08+	25:19+	27:11+	28:00+	29:35+	30:30+	31:43+
00:40+	00:43+	01:30+	00:29+	05:15+	02:30+	01:47+	01:08+	00:50+	05:05+	01:39+	01:35+	00:57+	01:11+	01:52+	00:49+	01:35+	00:55+	01:13+
00:09&	00:02+	00:24&	00:10&	01:55&	00:50&	00:29&	00:07#	00:12&	03:40@	00:13#	00:04+	00:23&	00:15&	00:21#	00:17&	00:59@	00:17&	00:32&
<b>17</b>	<b>Frode Ungar</b>		<b>116</b>										<b>34:59</b>					
00:47+	01:36+	04:05+	04:30+	11:48+	16:06+	18:08+	19:32+	20:20+	22:12+	23:57+	26:21+	27:25+	28:46+	31:03+	31:49+	32:39+	33:48+	34:59+
00:47+	00:49+	02:29+	00:25+	07:18+	04:18+	02:02+	01:24+	00:48+	01:52+	01:45+	02:24+	01:04+	01:21+	02:17+	00:46+	00:50+	01:09+	01:11+
00:16&	00:08#	01:23@	00:06&	03:58@	02:38@	00:44&	00:23&	00:10&	00:27&	00:19#	00:53&	00:30&	00:25&	00:46&	00:14&	00:14&	00:31&	00:30&
<b>18</b>	<b>Thomas Chruickshank</b>		<b>48</b>										<b>37:55</b>					
00:40+	01:21+	02:41+	03:01+	12:28+	23:18+	25:03+	26:11+	27:00+	28:27+	29:58+	31:23+	32:14+	33:58+	35:24+	35:55+	36:31+	37:16+	37:55+
00:40+	00:41=	01:20+	00:20+	09:27+	10:50+	01:45+	01:08+	00:49+	01:27+	01:31+	01:25-	00:51+	01:44+	01:26-	00:31-	00:36+	00:45+	00:39-
00:09&	00:00=	00:14#	00:01+	06:07@	09:10@	00:27&	00:07#	00:11&	00:02+	00:05+	00:06-	00:17&	00:48&	00:05-	00:01-	00:00=	00:07#	00:02-
<b>19</b>	<b>Cedric Fayemendy</b>		<b>76</b>										<b>38:50</b>					
00:45+	01:33+	03:01+	03:32+	08:37+	10:59+	13:03+	14:54+	15:41+	17:01+	18:53+	27:02+	28:14+	32:01+	33:52+	34:29+	35:27+	37:23+	38:50+
00:45+	00:48+	01:28+	00:31+	05:05+	02:22+	02:04+	01:51+	00:47+	01:20-	01:52+	08:09+	01:12+	03:47+	01:51+	00:37+	00:58+	01:56+	01:27+
00:14&	00:07#	00:22&	00:12&	01:45&	00:42&	00:46&	00:50&	00:09#	00:05-	00:26&	06:38@	00:38@	02:51@	00:20#	00:05#	00:22&	01:18@	00:46@
<b>20</b>	<b>Stig Erlend Ollestad</b>		<b>51</b>										<b>41:32</b>					
01:06+	02:03+	03:25+	03:50+	17:44+	20:20+	22:00+	23:30+	24:18+	26:18+	28:17+	33:39+	34:22+	35:44+	37:33+	38:16+	39:17+	40:29+	41:32+
01:06+	00:57+	01:22+	00:25+	13:54+	02:36+	01:40+	01:30+	00:48+	02:00+	01:59+	05:22+	00:43+	01:22+	01:49+	00:43+	01:01+	01:12+	01:03+
00:35@	00:16&	00:16#	00:06&	10:34@	00:56&	00:22&	00:29&	00:10&	00:35&	00:33&	03:51@	00:09&	00:26&	00:18#	00:11&	00:25&	00:34&	00:22&
<b>21</b>	<b>Francois-Marie Duchesne</b>		<b>42</b>										<b>1:07:42</b>					
02:02+	03:18+	05:41+	06:48+	16:23+	25:40+	28:25+	30:43+	31:49+	34:49+	38:26+	41:27+	55:12+	57:21+	60:12+	61:14+	62:44+	64:48+	67:42+
02:02+	01:16+	02:23+	01:07+	09:35+	09:17+	02:45+	02:18+	01:06+	03:00+	03:37+	03:01+	13:45+	02:09+	02:51+	01:02+	01:30+	02:04+	02:54+
01:31@	00:35&	01:17@	00:48@	06:15@	07:37@	01:27@	01:17@	00:28&	01:35@	02:11@	01:30&	13:11@	01:13@	01:20&	00:30&	00:54@	01:26@	02:13@

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

00:31 00:35 01:06 00:19 03:07 01:38 01:18 00:54 00:34 01:09 01:16 01:10 00:34 00:48 01:10 00:29 00:36 00:38 00:39

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

**Herrer 50 - 59 år**

<b>1</b>	<b>Geir Haugvaldstad</b>	<b>116</b>	<b>23:15</b>
01:01=	01:38= 02:11= 03:04= 05:09= 07:44= 09:38= 11:34= 12:22= 14:02= 16:31= 17:35= 19:04= 19:39= 20:22= 21:24= 22:52= 23:15=		
01:01=	00:37= 00:33= 00:53= 02:05= 02:35= 01:54= 01:56= 00:48= 01:40= 02:29= 01:04= 01:29= 00:35= 00:43= 01:02= 01:28= 00:23=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Kevin Thomas Foust</b>	<b>192</b>	<b>24:02</b>
01:01=	01:39+ 02:12+ 03:08+ 04:13- 07:35- 10:04+ 12:04+ 12:54+ 15:01+ 17:42+ 18:43+ 20:34+ 21:07+ 21:46+ 22:46+ 23:30+ 24:02+		
01:01=	00:38+ 00:33= 00:56+ 01:05- 03:22+ 02:29+ 02:00+ 00:50+ 02:07+ 02:41+ 01:01- 01:51+ 00:33- 00:39- 01:00- 00:44- 00:32+		
00:00=	00:01+ 00:00= 00:03+ 01:00- 00:47& 00:35& 00:04+ 00:02+ 00:27& 00:12+ 00:03- 00:22# 00:02- 00:04- 00:02- 00:44- 00:09&		
<b>3</b>	<b>Arngrim Utskarpen</b>	<b>117</b>	<b>24:39</b>
01:01=	01:46+ 02:17+ 03:14+ 04:44- 07:30- 10:03+ 12:25+ 13:19+ 15:20+ 18:06+ 19:14+ 21:01+ 21:39+ 22:15+ 23:17+ 24:01+ 24:39+		
01:01=	00:45+ 00:31- 00:57+ 01:30- 02:46+ 02:33+ 02:22+ 00:54+ 02:01+ 02:46+ 01:08+ 01:47+ 00:38+ 00:36- 01:02= 00:44- 00:38+		
00:00=	00:08# 00:02- 00:04+ 00:35- 00:11+ 00:39& 00:26# 00:06# 00:21# 00:17# 00:04+ 00:18# 00:03+ 00:07- 00:00= 00:44- 00:15&		
<b>4</b>	<b>Lars Primstad</b>	<b>62</b>	<b>24:53</b>
00:55-	01:32- 02:02- 02:46- 03:51- 07:49+ 10:20+ 12:18+ 13:16+ 15:08+ 17:55+ 19:51+ 21:14+ 21:51+ 22:33+ 23:37+ 24:22+ 24:53+		
00:55-	00:37= 00:30- 00:44- 01:05- 03:58+ 02:31+ 01:58+ 00:58+ 01:52+ 02:47+ 01:56+ 01:23- 00:37+ 00:42- 01:04+ 00:45- 00:31+		
00:06-	00:00= 00:03- 00:09- 01:00- 01:23& 00:37& 00:02+ 00:10# 00:12# 00:18# 00:52& 00:06-		
<b>5</b>	<b>Ulric Björck</b>	<b>53</b>	<b>26:40</b>
01:02+	01:46+ 02:20+ 03:35+ 05:58+ 08:42+ 11:33+ 14:09+ 15:11+ 17:03+ 19:47+ 21:13+ 22:48+ 23:25+ 24:14+ 25:11+ 26:08+ 26:40+		
01:02+	00:44+ 00:34+ 01:15+ 02:23+ 02:44+ 02:51+ 02:36+ 01:02+ 01:52+ 02:44+ 01:26+ 01:35+ 00:37+ 00:49+ 00:57- 00:57- 00:32+		
00:01+	00:07# 00:01+ 00:22& 00:18# 00:09+ 00:57& 00:40& 00:14& 00:12# 00:15# 00:22& 00:06+ 00:02+ 00:06# 00:05- 00:31- 00:09&		
<b>6</b>	<b>Håvard Håland</b>	<b>66</b>	<b>26:54</b>
01:04+	01:51+ 02:24+ 03:43+ 05:35+ 08:25+ 11:15+ 13:38+ 14:38+ 16:31+ 19:41+ 20:46+ 22:42+ 23:33+ 24:17+ 25:24+ 26:21+ 26:54+		
01:04+	00:47+ 00:33= 01:19+ 01:52- 02:50+ 02:50+ 02:23+ 01:00+ 01:53+ 03:10+ 01:05+ 01:56+ 00:51+ 00:44+ 01:07+ 00:57- 00:33+		
00:03+	00:10& 00:00= 00:26& 00:13- 00:15+ 00:56& 00:27# 00:12# 00:13# 00:41& 00:01+ 00:27& 00:16& 00:01+ 00:05+ 00:31- 00:10&		
<b>7</b>	<b>Jørgen Nilsen</b>	<b>53</b>	<b>27:04</b>
01:01=	01:39+ 02:12+ 03:25+ 04:41- 07:54+ 11:13+ 13:29+ 14:21+ 16:20+ 19:50+ 21:15+ 23:04+ 23:45+ 24:28+ 25:29+ 26:20+ 27:04+		
01:01=	00:38+ 00:33= 01:13+ 01:16- 03:13+ 03:19+ 02:16+ 00:52+ 01:59+ 03:30+ 01:25+ 01:49+ 00:41+ 00:43= 01:01- 00:51- 00:44+		
00:00=	00:01+ 00:00= 00:20& 00:49- 00:38# 01:25& 00:20# 00:04+ 00:19# 01:01& 00:21& 00:20# 00:06# 00:00= 00:01- 00:37- 00:21&		
<b>8</b>	<b>Erling Knutzen</b>	<b>128</b>	<b>27:43</b>
01:10+	01:57+ 02:35+ 03:47+ 05:06- 08:02+ 11:50+ 14:15+ 15:12+ 17:08+ 19:41+ 21:06+ 23:09+ 23:41+ 24:35+ 25:41+ 27:02+ 27:43+		
01:10+	00:47+ 00:38+ 01:12+ 01:19- 02:56+ 03:48+ 02:25+ 00:57+ 01:56+ 02:33+ 01:25+ 02:03+ 00:32- 00:54+ 01:06+ 01:21- 00:41+		
00:09#	00:10& 00:05# 00:19& 00:46- 00:21# 01:54& 00:29# 00:09# 00:16# 00:04+ 00:21& 00:34& 00:03- 00:11& 00:04+ 00:07- 00:18&		
<b>9</b>	<b>Terje Undheim</b>	<b>54</b>	<b>27:48</b>
00:57-	01:34- 02:14+ 03:22+ 05:24+ 09:38+ 11:59+ 14:13+ 15:26+ 17:27+ 20:42+ 21:39+ 23:26+ 24:06+ 24:50+ 26:22+ 27:18+ 27:48+		
00:57-	00:37= 00:40+ 01:08+ 02:02- 04:14+ 02:21+ 02:14+ 01:13+ 02:01+ 03:15+ 00:57- 01:47+ 00:40+ 00:44+ 01:32+ 00:56- 00:30+		
00:04-	00:00= 00:07# 00:15& 00:03- 01:39& 00:27# 00:18# 00:25& 00:21# 00:46& 00:07- 00:18# 00:05# 00:01+ 00:30& 00:32- 00:07&		
<b>10</b>	<b>Ådne Hausberg</b>	<b>7</b>	<b>27:50</b>
01:00-	01:45+ 02:26+ 03:34+ 04:57- 07:49+ 10:27+ 12:51+ 13:46+ 15:56+ 19:01+ 20:18+ 23:03+ 23:37+ 24:27+ 25:39+ 27:09+ 27:50+		
01:00-	00:45+ 00:41+ 01:08+ 01:23- 02:52+ 02:38+ 02:24+ 00:55+ 02:10+ 03:05+ 01:17+ 02:45+ 00:34- 00:50+ 01:12+ 01:30+ 00:41+		
00:01-	00:08# 00:08# 00:15& 00:42- 00:17# 00:44& 00:28# 00:07# 00:30& 00:36# 00:13# 01:16& 00:01- 00:07# 00:10# 00:02+ 00:18&		
<b>11</b>	<b>Tore Halset</b>	<b>114</b>	<b>28:07</b>
01:04+	02:00+ 02:34+ 03:46+ 05:09= 08:11+ 10:56+ 13:35+ 14:30+ 16:43+ 19:57+ 21:22+ 23:20+ 24:09+ 25:03+ 26:03+ 27:21+ 28:07+		
01:04+	00:56+ 00:34+ 01:12+ 01:23- 03:02+ 02:45+ 02:39+ 00:55+ 02:13+ 03:14+ 01:25+ 01:58+ 00:49+ 00:54+ 01:00- 01:18- 00:46+		
00:03+	00:19& 00:01+ 00:19& 00:42- 00:27# 00:51& 00:43& 00:07# 00:33& 00:45& 00:21& 00:29& 00:14& 00:11& 00:02- 00:10- 00:23&		
<b>12</b>	<b>Jone Kalheim</b>	<b>93</b>	<b>28:12</b>
01:01=	01:42+ 02:13+ 03:02- 04:31- 10:46+ 13:43+ 15:37+ 16:37+ 18:15+ 20:46+ 21:59+ 23:37+ 24:27+ 25:35+ 26:41+ 27:46+ 28:12+		
01:01=	00:41+ 00:31- 00:49- 01:29- 06:15+ 02:57+ 01:54- 01:00+ 01:38- 02:31+ 01:13+ 01:38+ 00:50+ 01:08+ 01:06+ 01:05- 00:26+		
00:00=	00:04# 00:02- 00:04- 00:36- 03:40& 01:03& 00:02- 00:12# 00:02- 00:02+ 00:09# 00:09# 00:15& 00:25& 00:04+ 00:23- 00:03#		
<b>13</b>	<b>Frank Hansen</b>	<b>29</b>	<b>29:21</b>
01:09+	01:50+ 02:27+ 03:31+ 08:08+ 11:12+ 13:51+ 16:17+ 17:06+ 19:04+ 21:45+ 23:04+ 25:03+ 25:37+ 26:29+ 27:35+ 28:51+ 29:21+		
01:09+	00:41+ 00:37+ 01:04+ 04:37+ 03:04+ 02:39+ 02:26+ 00:49+ 01:58+ 02:41+ 01:19+ 01:59+ 00:34- 00:52+ 01:06+ 01:16- 00:30+		
00:08#	00:04# 00:04# 00:11# 02:32& 00:29# 00:45& 00:30& 00:01+ 00:18# 00:12+ 00:15# 00:30& 00:01- 00:09# 00:04+ 00:12- 00:07&		





Class	Navn	Klasse												Tid			
<b>29</b>	<b>Ingve Vold</b>	<b>54</b>												<b>41:17</b>			
01:12+	01:58+	02:40+	04:11+	06:21+	12:28+	15:26+	17:58+	19:22+	21:54+	27:40+	28:50+	36:42+	37:28+	38:16+	39:21+	40:30+	41:17+
01:12+	00:46+	00:42+	01:31+	02:10+	06:07+	02:58+	02:32+	01:24+	02:32+	05:46+	01:10+	07:52+	00:46+	00:48+	01:05+	01:09+	00:47+
00:11#	00:09#	00:09#	00:38#	00:05+	03:32#	01:04#	00:36#	00:36#	00:52#	03:17#	00:06+	06:23#	00:11#	00:05#	00:03+	00:19+	00:24#

### Beste strekketid for klassen

00:53	00:37	00:30	00:44	01:05	02:35	01:54	01:54	00:47	00:42	01:48	00:57	01:23	00:32	00:34	00:57	00:44	00:23
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

## Herrer 60 - 64 år

<b>1</b>	<b>Morten Johannessen</b>	<b>7</b>												<b>22:34</b>			
01:09=	02:03=	02:50=	03:15=	07:08=	08:05=	11:18=	12:44=	13:44=	15:12=	16:46=	17:46=	18:39=	19:33=	21:07=	22:02=	22:34=	
01:09=	00:54=	00:47=	00:25=	03:53=	00:57=	03:13=	01:26=	01:00=	01:28=	01:34=	01:00=	00:53=	00:54=	01:34=	00:55=	00:32=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Sveinung Svebestad</b>	<b>46</b>												<b>24:59</b>			
01:23+	02:19+	03:12+	03:39+	07:31+	08:40+	11:01-	12:48+	14:03+	15:43+	17:56+	19:17+	20:30+	21:32+	23:16+	24:22+	24:59+	
01:23+	00:56+	00:53+	00:27+	03:52-	01:09+	02:21-	01:47+	01:15+	01:40+	02:13+	01:21+	01:13+	01:02+	01:44+	01:06+	00:37+	
00:14#	00:02+	00:06#	00:02+	00:01-	00:12#	00:52-	00:21#	00:15#	00:12#	00:39#	00:21#	00:20#	00:08#	00:10#	00:11#	00:05#	
<b>3</b>	<b>Espen Krogh</b>	<b>7</b>												<b>25:00</b>			
01:00-	01:45-	02:27-	02:49-	07:09+	08:40+	11:38+	14:29+	15:22+	16:42+	18:39+	19:45+	20:35+	21:40+	23:13+	24:30+	25:00+	
01:00-	00:45-	00:42-	00:22-	04:20+	01:31+	02:58-	02:51+	00:53-	01:20-	01:57+	01:06+	00:50-	01:05+	01:33-	01:17+	00:30-	
00:09-	00:09-	00:05-	00:03-	00:27#	00:34#	00:15-	01:25#	00:07-	00:08-	00:23#	00:06#	00:03-	00:11#	00:01-	00:22#	00:02-	
<b>4</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>												<b>25:46</b>			
01:23+	02:34+	03:34+	04:06+	08:41+	09:49+	12:11+	14:09+	15:34+	17:10+	19:00+	20:31+	21:27+	22:26+	24:09+	25:07+	25:46+	
01:23+	01:11+	01:00+	00:32+	04:35+	01:08+	02:22-	01:58+	01:25+	01:36+	01:50+	01:31+	00:56+	00:59+	01:43+	00:58+	00:39+	
00:14#	00:17#	00:13#	00:07#	00:42#	00:11#	00:51-	00:32#	00:25#	00:08+	00:16#	00:31#	00:03+	00:05+	00:09+	00:03+	00:07#	
<b>5</b>	<b>Lars Bergersen</b>	<b>116</b>												<b>25:51</b>			
01:12+	02:48+	03:41+	04:08+	08:09+	09:24+	11:46+	13:32+	15:02+	16:42+	18:40+	20:14+	21:11+	22:06+	24:11+	25:19+	25:51+	
01:12+	01:36+	00:53+	00:27+	04:01+	01:15+	02:22-	01:46+	01:30+	01:40+	01:58+	01:34+	00:57+	00:55+	02:05+	01:08+	00:32=	
00:03+	00:42#	00:06#	00:02+	00:08+	00:18#	00:51-	00:20#	00:30#	00:12#	00:24#	00:34#	00:04+	00:01+	00:31#	00:13#	00:00=	
<b>6</b>	<b>Inge Skretting</b>	<b>165</b>												<b>26:19</b>			
01:23+	02:22+	03:17+	03:45+	08:07+	09:02+	12:27+	14:19+	15:47+	17:18+	19:13+	20:23+	21:15+	22:11+	24:16+	25:43+	26:19+	
01:23+	00:59+	00:55+	00:28+	04:22+	00:55-	03:25+	01:52+	01:28+	01:31+	01:55+	01:10+	00:52-	00:56+	02:05+	01:27+	00:36+	
00:14#	00:05+	00:08#	00:03#	00:29#	00:02-	00:12+	00:26#	00:28#	00:03+	00:21#	00:10#	00:01-	00:02+	00:31#	00:32#	00:04#	
<b>7</b>	<b>Ivar Knutsen</b>	<b>116</b>												<b>27:47</b>			
01:24+	02:27+	03:22+	03:57+	08:20+	10:52+	13:52+	15:43+	16:53+	18:42+	20:44+	22:14+	23:10+	24:14+	26:03+	27:09+	27:47+	
01:24+	01:03+	00:55+	00:35+	04:23+	02:32+	03:00-	01:51+	01:10+	01:49+	02:02+	01:30+	00:56+	01:04+	01:49+	01:06+	00:38+	
00:15#	00:09#	00:08#	00:10#	00:30#	01:35#	00:13-	00:25#	00:10#	00:21#	00:28#	00:30#	00:03+	00:10#	00:15#	00:11#	00:06#	
<b>8</b>	<b>Arne Øvstebø</b>	<b>71</b>												<b>29:29</b>			
01:27+	02:59+	03:47+	04:18+	08:41+	09:38+	12:28+	17:23+	18:42+	20:18+	22:28+	24:03+	24:56+	26:11+	27:52+	28:55+	29:29+	
01:27+	01:32+	00:48+	00:31+	04:23+	00:57=	02:50-	04:55+	01:19+	01:36+	02:10+	01:35+	00:53=	01:15+	01:41+	01:03+	00:34+	
00:18#	00:38#	00:01+	00:06#	00:30#	00:00=	00:23-	03:29#	00:19#	00:08+	00:36#	00:35#	00:00=	00:21#	00:07+	00:08#	00:02+	
<b>9</b>	<b>Arne Nygaard</b>	<b>66</b>												<b>30:14</b>			
01:25+	02:26+	03:29+	04:08+	08:43+	09:47+	12:43+	15:13+	17:11+	18:48+	21:21+	22:47+	24:11+	25:49+	28:12+	29:28+	30:14+	
01:25+	01:01+	01:03+	00:39+	04:35+	01:04+	02:56-	02:30+	01:58+	01:37+	02:33+	01:26+	01:24+	01:38+	02:23+	01:16+	00:46+	
00:16#	00:07#	00:16#	00:14#	00:42#	00:07#	00:17-	01:04#	00:58#	00:09#	00:59#	00:26#	00:31#	00:44#	00:49#	00:21#	00:14#	
<b>10</b>	<b>Per Ingar Hadland</b>	<b>7</b>												<b>32:21</b>			
02:09+	03:16+	04:10+	04:50+	10:24+	11:53+	15:08+	17:22+	19:04+	21:09+	23:35+	25:26+	26:35+	27:51+	30:07+	31:27+	32:21+	
02:09+	01:07+	00:54+	00:40+	05:34+	01:29+	03:15+	02:14+	01:42+	02:05+	02:26+	01:51+	01:09+	01:16+	02:16+	01:20+	00:54+	
01:00#	00:13#	00:07#	00:15#	01:41#	00:32#	00:02+	00:48#	00:42#	00:37#	00:52#	00:51#	00:16#	00:22#	00:42#	00:25#	00:22#	
<b>11</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>												<b>33:24</b>			
02:06+	03:12+	04:12+	04:50+	10:43+	12:05+	15:16+	17:51+	19:24+	21:13+	23:28+	26:05+	27:26+	28:58+	31:07+	32:37+	33:24+	
02:06+	01:06+	01:00+	00:38+	05:53+	01:22+	03:11-	02:35+	01:33+	01:49+	02:15+	02:37+	01:21+	01:32+	02:09+	01:30+	00:47+	
00:57#	00:12#	00:13#	00:13#	02:00#	00:25#	00:02-	01:09#	00:33#	00:21#	00:41#	01:37#	00:28#	00:38#	00:35#	00:35#	00:15#	
<b>12</b>	<b>Kjell Lervik</b>	<b>239</b>												<b>33:43</b>			
01:49+	02:58+	03:49+	04:35+	09:55+	11:09+	14:10+	16:34+	18:07+	19:53+	25:21+	27:19+	28:38+	29:47+	31:51+	32:53+	33:43+	
01:49+	01:09+	00:51+	00:46+	05:20+	01:14+	03:01-	02:24+	01:33+	01:46+	05:28+	01:58+	01:19+	01:09+	02:04+	01:02+	00:50+	
00:40#	00:15#	00:04+	00:21#	01:27#	00:17#	00:12-	00:58#	00:33#	00:18#	03:54#	00:58#	00:26#	00:15#	00:30#	00:07#	00:18#	

Class	Navn	Klasse										Tid					
<b>13</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>34:24</b>					
01:57+	03:07+	04:12+	04:54+	10:42+	12:32+	15:32+	18:00+	19:21+	21:11+	23:28+	25:00+	26:12+	28:37+	30:21+	33:44+	34:24+	
01:57+	01:10+	01:05+	00:42+	05:48+	01:50+	03:00-	02:28+	01:21+	01:50+	02:17+	01:32+	01:12+	02:25+	01:44+	03:23+	00:40+	
00:48&	00:16&	00:18&	00:17&	01:55&	00:53&	00:13-	01:02&	00:21&	00:22#	00:43&	00:32&	00:19&	01:31@	00:10#	02:28@	00:08#	
<b>14</b>	<b>Svein Magne Gløppen</b>	<b>93</b>										<b>35:53</b>					
01:48+	03:18+	04:32+	05:18+	14:57+	16:23+	20:20+	22:24+	24:19+	26:00+	28:21+	30:19+	31:11+	32:09+	33:51+	34:57+	35:53+	
01:48+	01:30+	01:14+	00:46+	09:39+	01:26+	03:57+	02:04+	01:55+	01:41+	02:21+	01:58+	00:52-	00:58+	01:42+	01:06+	00:56+	
00:39&	00:36&	00:27&	00:21&	05:46@	00:29&	00:44#	00:38&	00:55&	00:13#	00:47&	00:58&	00:01-	00:04+	00:08+	00:11#	00:24&	
<b>Beste strekktid for klassen</b>																	
01:00	00:45	00:42	00:22	03:52	00:55	02:21	01:26	00:53	01:20	01:34	01:00	00:50	00:54	01:33	00:55	00:30	

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

## Herrer 65 - 69 år

<b>1</b>	<b>Otte Omdal</b>	<b>65</b>										<b>17:48</b>					
01:02=	01:43=	02:23=	03:00=	05:36=	06:34=	08:10=	09:22=	10:22=	11:34=	12:59=	13:55=	14:39=	15:25=	16:36=	17:15=	17:48=	
01:02=	00:41=	00:40=	00:37=	02:36=	00:58=	01:36=	01:12=	01:00=	01:12=	01:25=	00:56=	00:44=	00:46=	01:11=	00:39=	00:33=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>18:46</b>					
01:02=	01:45+	02:24+	02:46-	05:35-	06:26-	08:15+	09:36+	10:27+	11:40+	13:09+	14:10+	14:53+	15:52+	17:20+	18:16+	18:46+	
01:02=	00:43+	00:39-	00:22-	02:49+	00:51-	01:49+	01:21+	00:51-	01:13+	01:29+	01:01+	00:43-	00:59+	01:28+	00:56+	00:30-	
00:00=	00:02+	00:01-	00:15-	00:13+	00:07-	00:13#	00:09#	00:09-	00:01+	00:04+	00:05+	00:01-	00:13&	00:17#	00:17&	00:03-	
<b>3</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>21:28</b>					
01:11+	02:01+	02:50+	03:17+	06:38+	07:33+	09:55+	11:26+	12:38+	13:57+	15:28+	16:35+	17:25+	18:21+	19:56+	20:47+	21:28+	
01:11+	00:50+	00:49+	00:27-	03:21+	00:55-	02:22+	01:31+	01:12+	01:19+	01:31+	01:07+	00:50+	00:56+	01:35+	00:51+	00:41+	
00:09#	00:09#	00:09#	00:10-	00:45&	00:03-	00:46&	00:19&	00:12#	00:07+	00:06+	00:11#	00:06#	00:10#	00:24&	00:12&	00:08#	
<b>4</b>	<b>Kjell Skjæveland</b>	<b>166</b>										<b>23:15</b>					
01:19+	02:12+	03:34+	03:57+	07:34+	08:32+	10:39+	12:09+	13:14+	15:16+	17:02+	18:07+	18:57+	19:58+	21:37+	22:43+	23:15+	
01:19+	00:53+	01:22+	00:23-	03:37+	00:58=	02:07+	01:30+	01:05+	02:02+	01:46+	01:05+	00:50+	01:01+	01:39+	01:06+	00:32-	
00:17&	00:12&	00:42@	00:14-	01:01&	00:00=	00:31&	00:18#	00:05+	00:50&	00:21#	00:09#	00:06#	00:15&	00:28&	00:27&	00:01-	
<b>5</b>	<b>Frode Sandal</b>	<b>29</b>										<b>23:21</b>					
01:22+	02:15+	03:04+	03:32+	07:33+	08:39+	10:43+	12:19+	13:39+	15:22+	17:00+	18:19+	19:15+	20:09+	21:50+	22:44+	23:21+	
01:22+	00:53+	00:49+	00:28-	04:01+	01:06+	02:04+	01:36+	01:20+	01:43+	01:38+	01:19+	00:56+	00:54+	01:41+	00:54+	00:37+	
00:20&	00:12&	00:09#	00:09-	01:25&	00:08#	00:28&	00:24&	00:20&	00:31&	00:13#	00:23&	00:12&	00:08#	00:30&	00:15&	00:04#	
<b>6</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>24:06</b>					
01:30+	02:30+	03:20+	03:49+	07:26+	08:26+	10:57+	12:34+	13:50+	15:29+	17:28+	18:48+	19:35+	20:31+	22:29+	23:33+	24:06+	
01:30+	01:00+	00:50+	00:29-	03:37+	01:00+	02:31+	01:37+	01:16+	01:39+	01:59+	01:20+	00:47+	00:56+	01:58+	01:04+	00:33=	
00:28&	00:19&	00:10#	00:08-	01:01&	00:02+	00:55&	00:25&	00:16&	00:27&	00:34&	00:24&	00:03+	00:10#	00:47&	00:25&	00:00=	
<b>7</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>25:13</b>					
01:30+	02:37+	03:35+	04:01+	07:49+	08:59+	11:27+	13:26+	14:49+	16:33+	18:18+	19:46+	20:37+	21:41+	23:32+	24:36+	25:13+	
01:30+	01:07+	00:58+	00:26-	03:48+	01:10+	02:28+	01:59+	01:23+	01:44+	01:45+	01:28+	00:51+	01:04+	01:51+	01:04+	00:37+	
00:28&	00:26&	00:18&	00:11-	01:12&	00:12#	00:52&	00:47&	00:23&	00:32&	00:20#	00:32&	00:07#	00:18&	00:40&	00:25&	00:04#	
<b>8</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>										<b>28:29</b>					
01:57+	03:12+	04:15+	04:48+	10:24+	11:43+	15:00+	16:38+	17:55+	19:38+	21:39+	22:54+	23:41+	24:36+	26:38+	27:37+	28:29+	
01:57+	01:15+	01:03+	00:33-	05:36+	01:19+	03:17+	01:38+	01:17+	01:43+	02:01+	01:15+	00:47+	00:55+	02:02+	00:59+	00:52+	
00:55&	00:34&	00:23&	00:04-	03:00@	00:21&	01:41@	00:26&	00:17&	00:31&	00:36&	00:19&	00:03+	00:09#	00:51&	00:20&	00:19&	
<b>9</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>28:51</b>					
01:40+	02:40+	03:37+	04:05+	07:58+	09:03+	11:35+	13:35+	15:00+	16:55+	18:57+	20:36+	21:37+	22:40+	26:44+	27:50+	28:51+	
01:40+	01:00+	00:57+	00:28-	03:53+	01:05+	02:32+	02:00+	01:25+	01:55+	02:02+	01:39+	01:01+	01:03+	04:04+	01:06+	01:01+	
00:38&	00:19&	00:17&	00:09-	01:17&	00:07#	00:56&	00:48&	00:25&	00:43&	00:37&	00:43&	00:17&	00:17&	02:53@	00:27&	00:28&	
<b>10</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>29:02</b>					
01:45+	03:40+	04:31+	04:58+	11:03+	12:06+	14:44+	16:45+	18:05+	19:52+	21:50+	23:22+	24:14+	25:23+	27:25+	28:27+	29:02+	
01:45+	01:55+	00:51+	00:27-	06:05+	01:03+	02:38+	02:01+	01:20+	01:47+	01:58+	01:32+	00:52+	01:09+	02:02+	01:02+	00:35+	
00:43&	01:14@	00:11&	00:10-	03:29@	00:05+	01:02&	00:49&	00:20&	00:35&	00:33&	00:36&	00:08#	00:23&	00:51&	00:23&	00:02+	
<b>11</b>	<b>Arne Magne Handeland</b>	<b>92</b>										<b>30:34</b>					
01:25+	02:37+	03:32+	04:06+	08:38+	09:47+	12:43+	14:58+	16:32+	18:38+	20:52+	22:39+	23:49+	25:09+	28:36+	29:50+	30:34+	
01:25+	01:12+	00:55+	00:34-	04:32+	01:09+	02:56+	02:15+	01:34+	02:06+	02:14+	01:47+	01:10+	01:20+	03:27+	01:14+	00:44+	
00:23&	00:31&	00:15&	00:03-	01:56&	00:11#	01:20&	01:03&	00:34&	00:54&	00:49&	00:51&	00:26&	00:34&	02:16@	00:35&	00:11&	

Class	Navn	Klasse												Tid			
<b>12</b>	<b>Jan Arendal</b>	<b>116</b>												<b>31:11</b>			
01:33+	02:52+	03:57+	04:32+	09:27+	10:50+	14:27+	16:33+	18:05+	20:00+	22:12+	23:52+	25:04+	26:18+	28:18+	30:16+	31:11+	
01:33+	01:19+	01:05+	00:35-	04:55+	01:23+	03:37+	02:06+	01:32+	01:55+	02:12+	01:40+	01:12+	01:14+	02:00+	01:58+	00:55+	
00:31&	00:38&	00:25&	00:02-	02:19&	00:25&	02:01@	00:54&	00:32&	00:43&	00:47&	00:44&	00:28&	00:28&	00:49&	01:19@	00:22&	
<b>13</b>	<b>Arnstein Skretting</b>	<b>54</b>												<b>33:56</b>			
02:04+	03:26+	05:15+	05:51+	10:11+	11:37+	14:50+	17:17+	19:02+	21:23+	25:29+	27:10+	28:17+	29:39+	31:58+	32:58+	33:56+	
02:04+	01:22+	01:49+	00:36-	04:20+	01:26+	03:13+	02:27+	01:45+	02:21+	04:06+	01:41+	01:07+	01:22+	02:19+	01:00+	00:58+	
01:02&	00:41&	01:09@	00:01-	01:44&	00:28&	01:37@	01:15@	00:45&	01:09&	02:41@	00:45&	00:23&	00:36&	01:08&	00:21&	00:25&	
<b>14</b>	<b>Bjørn Tore Aase</b>	<b>29</b>												<b>34:15</b>			
01:54+	03:08+	04:15+	04:54+	11:21+	12:42+	16:17+	19:17+	20:55+	22:55+	25:22+	27:12+	28:31+	29:55+	32:08+	33:31+	34:15+	
01:54+	01:14+	01:07+	00:39+	06:27+	01:21+	03:35+	03:00+	01:38+	02:00+	02:27+	01:50+	01:19+	01:24+	02:13+	01:23+	00:44+	
00:52&	00:33&	00:27&	00:02+	03:51@	00:23&	01:59@	01:48@	00:38&	00:48&	01:02&	00:54&	00:35&	00:38&	01:02&	00:44@	00:11&	
<b>15</b>	<b>Ommund Bakkevoll</b>	<b>68</b>												<b>37:49</b>			
01:47+	03:12+	04:24+	05:02+	10:44+	12:44+	17:50+	21:23+	22:56+	25:18+	28:07+	29:56+	31:11+	32:48+	35:22+	36:59+	37:49+	
01:47+	01:25+	01:12+	00:38+	05:42+	02:00+	05:06+	03:33+	01:33+	02:22+	02:49+	01:49+	01:15+	01:37+	02:34+	01:37+	00:50+	
00:45&	00:44@	00:32&	00:01+	03:06@	01:02@	03:30@	02:21@	00:33&	01:10&	01:24&	00:53&	00:31&	00:51@	01:23@	00:58@	00:17&	
<b>16</b>	<b>Tore Karlsen</b>	<b>105</b>												<b>39:05</b>			
01:34+	03:07+	04:14+	05:02+	12:40+	13:58+	17:37+	20:16+	22:11+	24:08+	26:30+	29:22+	31:48+	32:44+	34:09+	36:27+	37:54+	39:05+
01:34+	01:33+	01:07+	00:48+	07:38+	01:18+	03:39+	02:39+	01:55+	01:57+	02:22+	02:52+	02:26+	00:56+	01:25+	02:18+	01:27+	01:11+
00:32&	00:52@	00:27&	00:11&	05:02@	00:20&	02:03@	01:27@	00:55&	00:45&	00:57&	01:56@	01:42@	00:10#	00:14#	01:39@	00:54@	01:11+
<b>17</b>	<b>Olav Aartun</b>	<b>262</b>												<b>39:36</b>			
01:50+	03:02+	04:14+	05:01+	11:01+	12:39+	16:46+	19:20+	21:14+	23:19+	25:47+	27:45+	29:20+	33:34+	36:07+	38:40+	39:36+	
01:50+	01:12+	01:12+	00:47+	06:00+	01:38+	04:07+	02:34+	01:54+	02:05+	02:28+	01:58+	01:35+	04:14+	02:33+	02:33+	00:56+	
00:48&	00:31&	00:32&	00:10&	03:24@	00:40&	02:31@	01:22@	00:54&	00:53&	01:03&	01:02@	00:51@	03:28@	01:22@	01:54@	00:23&	
<b>18</b>	<b>Rolf Kleppe</b>	<b>63</b>												<b>41:56</b>			
02:29+	03:46+	04:48+	05:27+	11:07+	12:46+	16:07+	18:23+	20:10+	22:37+	25:58+	27:42+	29:07+	35:23+	38:15+	40:59+	41:56+	
02:29+	01:17+	01:02+	00:39+	05:40+	01:39+	03:21+	02:16+	01:47+	02:27+	03:21+	01:44+	01:25+	06:16+	02:52+	02:44+	00:57+	
01:27@	00:36&	00:22&	00:02+	03:04@	00:41&	01:45@	01:04&	00:47&	01:15@	01:56@	00:48&	00:41&	05:30@	01:41@	02:05@	00:24&	
<b>19</b>	<b>Egil Røyneberg</b>	<b>93</b>												<b>1:04:46</b>			
02:17+	04:06+	05:43+	06:51+	15:22+	17:35+	30:41+	41:32+	43:34+	46:17+	49:35+	55:05+	56:45+	58:42+	61:49+	63:43+	64:46+	
02:17+	01:49+	01:37+	01:08+	08:31+	02:13+	13:06+	10:51+	02:02+	02:43+	03:18+	05:30+	01:40+	01:57+	03:07+	01:54+	01:03+	
01:15@	01:08@	00:57@	00:31&	05:55@	01:15@	11:30@	09:39@	01:02@	01:31@	01:53@	04:34@	00:56@	01:11@	01:56@	01:15@	00:30&	
<b>Beste strekktid for klassen</b>																	
01:02	00:41	00:39	00:22	02:36	00:51	01:36	01:12	00:51	01:12	01:25	00:56	00:43	00:46	01:11	00:39	00:30	

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

## Herrer 70 - 74 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>												<b>20:52</b>		
01:18=	02:07=	02:50=	03:14=	06:48=	07:41=	09:38=	11:14=	12:16=	13:43=	15:10=	16:13=	17:00=	17:51=	19:26=	20:24=	20:52=
01:18=	00:49=	00:43=	00:24=	03:34=	00:53=	01:57=	01:36=	01:02=	01:27=	01:27=	01:03=	00:47=	00:51=	01:35=	00:58=	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=	00:00=	00:00=
<b>2</b>	<b>Harry Breiland</b>	<b>66</b>												<b>21:30</b>		
01:15-	02:09+	03:04+	03:27+	06:48=	07:57+	10:02+	11:34+	12:33+	14:08+	15:39+	16:56+	17:40+	18:35+	20:03+	20:48+	21:30+
01:15-	00:54+	00:55+	00:23-	03:21-	01:09+	02:05+	01:32-	00:59-	01:35+	01:31+	01:17+	00:44-	00:55+	01:28-	00:45-	00:42+
00:03-	00:05#	00:12&	00:01-	00:13-	00:16&	00:08+	00:04-	00:03-	00:08+	00:04+	00:14#	00:03-	00:04+	00:07-	00:13-	00:14&
<b>3</b>	<b>Ragnvald Frøyland</b>	<b>128</b>												<b>25:51</b>		
01:28+	02:32+	03:27+	03:58+	07:44+	08:47+	11:34+	13:21+	14:44+	16:33+	18:22+	19:40+	20:36+	22:10+	24:32+	25:18+	25:51+
01:28+	01:04+	00:55+	00:31+	03:46+	01:03+	02:47+	01:47+	01:23+	01:49+	01:49+	01:18+	00:56+	01:34+	02:22+	00:46-	00:33+
00:10#	00:15&	00:12&	00:07&	00:12+	00:10#	00:50&	00:11#	00:21&	00:22&	00:22&	00:15#	00:09#	00:43&	00:47&	00:12-	00:05#
<b>4</b>	<b>Eivind L. Rake</b>	<b>92</b>												<b>26:05</b>		
01:35+	02:32+	03:29+	03:58+	08:14+	09:11+	12:05+	13:58+	15:19+	17:05+	18:54+	20:17+	21:13+	22:22+	24:18+	25:09+	26:05+
01:35+	00:57+	00:57+	00:29+	04:16+	00:57+	02:54+	01:53+	01:21+	01:46+	01:49+	01:23+	00:56+	01:09+	01:56+	00:51-	00:56+
00:17#	00:08#	00:14&	00:05#	00:42#	00:04+	00:57&	00:17#	00:19&	00:19#	00:22&	00:20&	00:09#	00:18&	00:21#	00:07-	00:28&
<b>5</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>												<b>26:57</b>		
01:22+	02:38+	04:22+	04:45+	08:56+	10:03+	12:39+	14:33+	15:49+	17:32+	19:34+	21:10+	22:04+	23:20+	25:22+	26:24+	26:57+
01:22+	01:16+	01:44+	00:23-	04:11+	01:07+	02:36+	01:54+	01:16+	01:43+	02:02+	01:36+	00:54+	01:16+	02:02+	01:02+	00:33+
00:04+	00:27&	01:01@	00:01-	00:37#	00:14&	00:39&	00:18#	00:14#	00:16#	00:35&	00:33&	00:07#	00:25&	00:27&	00:04+	00:05#

Class	Navn	Klasse										Tid				
<b>6</b>	<b>Jan Hetland</b>	<b>29</b>										<b>27:16</b>				
01:20+	02:12+	02:59+	03:25+	08:54+	10:40+	13:18+	15:58+	17:10+	18:41+	20:38+	22:11+	23:06+	24:09+	25:57+	26:47+	27:16+
01:20+	00:52+	00:47+	00:26+	05:29+	01:46+	02:38+	02:40+	01:12+	01:31+	01:57+	01:33+	00:55+	01:03+	01:48+	00:50-	00:29+
00:02+	00:03+	00:04+	00:02+	01:55&	00:53&	00:41&	01:04&	00:10#	00:04+	00:30&	00:30&	00:08#	00:12#	00:13#	00:08-	00:01+
<b>7</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>27:25</b>				
01:44+	02:54+	04:02+	04:35+	08:34+	09:39+	12:20+	14:08+	15:31+	17:23+	19:39+	21:04+	22:05+	23:10+	25:25+	26:34+	27:25+
01:44+	01:10+	01:08+	00:33+	03:59+	01:05+	02:41+	01:48+	01:23+	01:52+	02:16+	01:25+	01:01+	01:05+	02:15+	01:09+	00:51+
00:26&	00:21&	00:25&	00:09&	00:25#	00:12#	00:44&	00:12#	00:21&	00:25&	00:49&	00:22&	00:14&	00:14&	00:40&	00:11#	00:23&
<b>8</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>30:48</b>				
02:15+	03:17+	04:05+	04:35+	11:45+	12:48+	15:45+	17:29+	18:46+	20:29+	22:27+	23:59+	25:45+	26:52+	28:49+	29:54+	30:48+
02:15+	01:02+	00:48+	00:30+	07:10+	01:03+	02:57+	01:44+	01:17+	01:43+	01:58+	01:32+	01:46+	01:07+	01:57+	01:05+	00:54+
00:57&	00:13&	00:05#	00:06#	03:36@	00:10#	01:00&	00:08+	00:15#	00:16#	00:31&	00:29&	00:59@	00:16&	00:22#	00:07#	00:26&
<b>9</b>	<b>Svein Berge</b>	<b>126</b>										<b>31:44</b>				
01:23+	02:24+	03:15+	03:41+	15:20+	16:21+	18:35+	20:19+	21:36+	23:19+	25:07+	26:15+	27:01+	28:00+	29:39+	30:55+	31:44+
01:23+	01:01+	00:51+	00:26+	11:39+	01:01+	02:14+	01:44+	01:17+	01:43+	01:48+	01:08+	00:46-	00:59+	01:39+	01:16+	00:49+
00:05+	00:12#	00:08#	00:02+	08:05@	00:08#	00:17#	00:08+	00:15#	00:16#	00:21#	00:05+	00:01-	00:08#	00:04+	00:18&	00:21&
<b>10</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>										<b>32:29</b>				
01:50+	03:14+	04:21+	04:59+	10:45+	12:00+	14:55+	17:11+	18:46+	20:39+	22:54+	24:22+	27:12+	28:20+	30:47+	31:50+	32:29+
01:50+	01:24+	01:07+	00:38+	05:46+	01:15+	02:55+	02:16+	01:35+	01:53+	02:15+	01:28+	02:50+	01:08+	02:27+	01:03+	00:39+
00:32&	00:35&	00:24&	00:14&	02:12&	00:22&	00:58&	00:40&	00:33&	00:26&	00:48&	00:25&	02:03@	00:17&	00:52&	00:05+	00:11&
<b>11</b>	<b>Gudmund Gausel</b>	<b>115</b>										<b>32:40</b>				
01:45+	04:12+	05:08+	05:40+	13:45+	15:17+	18:05+	19:58+	21:24+	23:08+	25:08+	26:36+	27:38+	28:56+	30:53+	32:00+	32:40+
01:45+	02:27+	00:56+	00:32+	08:05+	01:32+	02:48+	01:53+	01:26+	01:44+	02:00+	01:28+	01:02+	01:18+	01:57+	01:07+	00:40+
00:27&	01:38@	00:13&	00:08&	04:31@	00:39&	00:51&	00:17#	00:24&	00:17#	00:33&	00:25&	00:15&	00:27&	00:22#	00:09#	00:12&
<b>12</b>	<b>Arne Østensen</b>	<b>53</b>										<b>34:20</b>				
01:36+	02:33+	06:27+	07:00+	12:27+	13:31+	17:57+	20:09+	21:26+	23:09+	27:02+	28:46+	29:43+	30:45+	32:33+	33:39+	34:20+
01:36+	00:57+	03:54+	00:33+	05:27+	01:04+	04:26+	02:12+	01:17+	01:43+	03:53+	01:44+	00:57+	01:02+	01:48+	01:06+	00:41+
00:18#	00:08#	03:11@	00:09&	01:53&	00:11#	02:29@	00:36&	00:15#	00:16#	02:26@	00:41&	00:10#	00:11#	00:13#	00:08#	00:13&
<b>13</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>34:52</b>				
02:07+	03:07+	04:12+	04:47+	11:06+	13:36+	17:10+	20:02+	21:42+	23:32+	26:04+	27:52+	29:30+	30:50+	32:47+	34:16+	34:52+
02:07+	01:00+	01:05+	00:35+	06:19+	02:30+	03:34+	02:52+	01:40+	01:50+	02:32+	01:48+	01:38+	01:20+	01:57+	01:29+	00:36+
00:49&	00:11#	00:22&	00:11&	02:45&	01:37@	01:37&	01:16&	00:38&	00:23&	01:05&	00:45&	00:51@	00:29&	00:22#	00:31&	00:08&
<b>14</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>36:48</b>				
01:50+	02:49+	03:46+	04:14+	08:45+	10:08+	18:56+	20:58+	22:22+	24:21+	26:46+	29:28+	30:34+	32:22+	34:38+	36:13+	36:48+
01:50+	00:59+	00:57+	00:28+	04:31+	01:23+	08:48+	02:02+	01:24+	01:59+	02:25+	02:42+	01:06+	01:48+	02:16+	01:35+	00:35+
00:32&	00:10#	00:14&	00:04#	00:57&	00:30&	06:51@	00:26&	00:22&	00:32&	00:58&	01:39@	00:19&	00:57@	00:41&	00:37&	00:07#
<b>15</b>	<b>Tore R. Tvedt</b>	<b>53</b>										<b>38:14</b>				
01:34+	02:55+	04:02+	04:39+	10:41+	13:04+	15:51+	17:54+	19:44+	28:30+	30:22+	31:38+	32:30+	33:35+	35:51+	37:30+	38:14+
01:34+	01:21+	01:07+	00:37+	06:02+	02:23+	02:47+	02:03+	01:50+	08:46+	01:52+	01:16+	00:52+	01:05+	02:16+	01:39+	00:44+
00:16#	00:32&	00:24&	00:13&	02:28&	01:30@	00:50&	00:27&	00:48&	07:19@	00:25&	00:13#	00:05#	00:14&	00:41&	00:41&	00:16&
<b>16</b>	<b>Leif Kåre Lende</b>	<b>128</b>										<b>39:11</b>				
01:49+	03:13+	06:52+	07:37+	15:17+	16:18+	19:19+	21:13+	22:56+	24:55+	26:51+	28:52+	32:48+	33:48+	35:10+	37:02+	38:28+
01:49+	01:24+	03:39+	00:45+	07:40+	01:01+	03:01+	01:54+	01:43+	01:59+	01:56+	02:01+	03:56+	01:00+	01:22-	01:52+	01:26+
00:31&	00:35&	02:56@	00:21&	04:06@	00:08#	01:04&	00:18#	00:41&	00:32&	00:29&	00:58&	03:09@	00:09#	00:13-	00:54&	00:58@
<b>17</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>39:22</b>				
01:20+	02:37+	03:34+	04:04+	09:17+	10:26+	13:11+	15:19+	16:52+	19:10+	24:05+	26:05+	33:35+	35:32+	37:27+	38:36+	39:22+
01:20+	01:17+	00:57+	00:30+	05:13+	01:09+	02:45+	02:08+	01:33+	02:18+	04:55+	02:00+	07:30+	01:57+	01:55+	01:09+	00:46+
00:02+	00:28&	00:14&	00:06#	01:39&	00:16&	00:48&	00:32&	00:31&	00:51&	03:28@	00:57&	06:43@	01:06@	00:20#	00:11#	00:18&
<b>18</b>	<b>Svein Ove Horpestad</b>	<b>62</b>										<b>42:06</b>				
02:45+	04:16+	05:50+	06:40+	18:05+	19:44+	23:11+	26:02+	27:44+	29:52+	32:33+	34:37+	36:01+	37:26+	39:45+	41:09+	42:06+
02:45+	01:31+	01:34+	00:50+	11:25+	01:39+	03:27+	02:51+	01:42+	02:08+	02:41+	02:04+	01:24+	01:25+	02:19+	01:24+	00:57+
01:27@	00:42&	00:51@	00:26@	07:51@	00:46&	01:30&	01:15&	00:40&	00:41&	01:14&	01:01&	00:37&	00:34&	00:44&	00:26&	00:29@
<b>Beste strekktid for klassen</b>																
01:15	00:49	00:43	00:23	03:21	00:53	01:57	01:32	00:59	01:27	01:27	01:03	00:44	00:51	01:22	00:45	00:28

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

## Herrer 75 - 79 år

Class	Navn	Klasse	Tid															
<b>1</b>	<b>Kjell Svihus</b>	<b>154</b>	<b>23:32</b>															
00:39=	02:49=	03:26=	04:49=	05:58=	07:07=	08:39=	09:34=	10:24=	12:10=	14:08=	15:33=	17:41=	19:14=	20:11=	21:25=	22:03=	22:42=	23:32=
00:39=	02:10=	00:37=	01:23=	01:09=	01:09=	01:32=	00:55=	00:50=	01:46=	01:58=	01:25=	02:08=	01:33=	00:57=	01:14=	00:38=	00:39=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Finn Morten Årstad</b>	<b>115</b>	<b>25:35</b>															
00:43+	03:23+	03:59+	05:32+	06:42+	07:55+	09:40+	10:43+	11:43+	13:27+	15:30+	17:36+	19:47+	21:29+	22:35+	23:37+	24:12+	24:51+	25:35+
00:43+	02:40+	00:36-	01:33+	01:10+	01:13+	01:45+	01:03+	01:00+	01:44-	02:03+	02:06+	02:11+	01:42+	01:06+	01:02-	00:35-	00:39=	00:44-
00:04#	00:30#	00:01-	00:10#	00:01+	00:04+	00:13#	00:08#	00:10#	00:02-	00:05+	00:41#	00:03+	00:09+	00:09#	00:12-	00:03-	00:00=	00:06-
<b>3</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>26:16</b>															
00:37-	03:01+	03:29+	05:22+	06:31+	07:43+	09:35+	10:33+	11:33+	13:20+	15:22+	17:00+	20:09+	21:54+	23:00+	24:10+	24:50+	25:34+	26:16+
00:37-	02:24+	00:28-	01:53+	01:09=	01:12+	01:52+	00:58+	01:00+	01:47+	02:02+	01:38+	03:09+	01:45+	01:06+	01:10-	00:40+	00:44+	00:42-
00:02-	00:14#	00:09-	00:30#	00:00=	00:03+	00:20#	00:03+	00:10#	00:01+	00:04+	00:13#	01:01#	00:12#	00:09#	00:04-	00:02+	00:05#	00:08-
<b>4</b>	<b>Knut Skjæveland</b>	<b>93</b>	<b>27:17</b>															
00:39=	02:50+	03:26=	05:02+	06:32+	07:45+	09:40+	11:07+	12:05+	13:58+	16:11+	17:53+	20:07+	21:48+	23:59+	25:05+	25:50+	26:33+	27:17+
00:39=	02:11+	00:36-	01:36+	01:30+	01:13+	01:55+	01:27+	00:58+	01:53+	02:13+	01:42+	02:14+	01:41+	02:11+	01:06-	00:45+	00:43+	00:44-
00:00=	00:01+	00:01-	00:13#	00:21#	00:04+	00:19#	00:32#	00:08#	00:07+	00:15#	00:17#	00:06+	00:08+	01:14#	00:08-	00:07#	00:04#	00:06-
<b>5</b>	<b>Arvid Thorsen</b>	<b>5</b>	<b>27:48</b>															
00:43+	04:25+	05:03+	07:15+	08:33+	09:49+	11:40+	12:38+	13:45+	15:33+	17:49+	19:25+	21:37+	23:13+	24:25+	25:39+	26:17+	26:52+	27:48+
00:43+	03:42+	00:38+	02:12+	01:18+	01:16+	01:51+	00:58+	01:07+	01:48+	02:16+	01:36+	02:12+	01:36+	01:12+	01:14=	00:38=	00:35-	00:56+
00:04#	01:32#	00:01+	00:49#	00:09#	00:07#	00:19#	00:03+	00:17#	00:02+	00:18#	00:11#	00:04+	00:03+	00:15#	00:00=	00:00=	00:04-	00:06#
<b>6</b>	<b>Ole Auklend</b>	<b>106</b>	<b>27:50</b>															
00:42+	03:07+	03:30+	05:07+	06:09+	07:19+	09:22+	10:34+	11:55+	13:57+	16:05+	18:07+	20:58+	22:50+	24:03+	25:17+	25:58+	27:01+	27:50+
00:42+	02:25+	00:23-	01:27+	01:02-	01:10+	02:03+	01:12+	01:21+	02:02+	02:08+	02:02+	02:51+	01:52+	01:13+	01:14=	00:41+	01:03+	00:49-
00:03+	00:15#	00:14-	00:14#	00:07-	00:01+	00:31#	00:17#	00:31#	00:16#	00:10+	00:37#	00:43#	00:19#	00:16#	00:00=	00:03+	00:24#	00:01-
<b>7</b>	<b>Hilmar Røthing</b>	<b>128</b>	<b>29:02</b>															
00:31-	03:05+	03:33+	05:00+	05:51-	06:54-	08:29-	12:37+	13:22+	14:49+	16:44+	20:45+	23:15+	25:23+	26:12+	27:14+	27:44+	28:20+	29:02+
00:31-	02:34+	00:28-	01:27+	00:51-	01:03-	01:35+	04:08+	00:45-	01:27-	01:55-	04:01+	02:30+	02:08+	00:49-	01:02-	00:30-	00:36-	00:42-
00:08-	00:24#	00:09-	00:04+	00:18-	00:06-	00:03+	03:13#	00:05-	00:19-	00:03-	02:36#	00:22#	00:35#	00:08-	00:12-	00:08-	00:03-	00:08-
<b>8</b>	<b>Odd Garpestad</b>	<b>29</b>	<b>29:21</b>															
00:47+	03:01+	03:30+	05:16+	06:36+	08:00+	09:54+	11:01+	11:58+	13:44+	17:36+	19:40+	22:12+	23:42+	24:44+	25:43+	28:09+	28:43+	29:21+
00:47+	02:14+	00:29-	01:46+	01:20+	01:24+	01:54+	01:07+	00:57+	01:46=	03:52+	02:04+	02:32+	01:30-	01:02+	00:59-	02:26+	00:34-	00:38-
00:08#	00:04+	00:08-	00:23#	00:11#	00:15#	00:22#	00:12#	00:07#	00:00=	01:54#	00:39#	00:24#	00:03-	00:05+	00:15-	01:48#	00:05-	00:12-
<b>9</b>	<b>Hermann Skogsholm</b>	<b>53</b>	<b>30:13</b>															
00:36-	03:34+	04:04+	05:27+	07:24+	08:38+	10:22+	11:32+	12:41+	14:17+	16:06+	17:40+	20:01+	21:36+	27:09+	28:18+	28:54+	29:33+	30:13+
00:36-	02:58+	00:30-	01:23=	01:57+	01:14+	01:44+	01:10+	01:09+	01:36-	01:49-	01:34+	02:21+	01:35+	05:33+	01:09-	00:36-	00:39=	00:40-
00:03-	00:48#	00:07-	00:00=	00:48#	00:05+	00:12#	00:15#	00:19#	00:10-	00:09-	00:09#	00:13#	00:02+	04:36#	00:05-	00:02-	00:00=	00:10-
<b>10</b>	<b>Tormod Aaslid</b>	<b>54</b>	<b>34:09</b>															
01:04+	05:15+	06:07+	09:29+	10:52+	12:17+	14:31+	15:45+	16:59+	19:02+	21:35+	23:49+	27:02+	28:53+	30:22+	31:35+	32:23+	33:15+	34:09+
01:04+	04:11+	00:52+	03:22+	01:23+	01:25+	02:14+	01:14+	01:14+	02:03+	02:33+	02:14+	03:13+	01:51+	01:29+	01:13-	00:48+	00:52+	00:54+
00:25#	02:01#	00:15#	01:59#	00:14#	00:16#	00:42#	00:19#	00:24#	00:17#	00:35#	00:49#	01:05#	00:18#	00:32#	00:01-	00:10#	00:13#	00:04+
<b>11</b>	<b>Steinar Undheim</b>	<b>54</b>	<b>34:48</b>															
00:53+	03:33+	04:05+	06:08+	07:23+	08:40+	10:52+	12:07+	13:19+	16:20+	19:10+	24:38+	27:45+	29:42+	30:53+	32:26+	33:17+	34:06+	34:48+
00:53+	02:40+	00:32-	02:03+	01:15+	01:17+	02:12+	01:15+	01:12+	03:01+	02:50+	05:28+	03:07+	01:57+	01:11+	01:33+	00:51+	00:49+	00:42-
00:14#	00:30#	00:05-	00:40#	00:06+	00:08#	00:40#	00:20#	00:22#	01:15#	00:52#	04:03#	00:59#	00:24#	00:14#	00:19#	00:13#	00:10#	00:08-
<b>12</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>37:41</b>															
00:50+	03:56+	04:28+	06:37+	07:56+	09:22+	11:26+	12:47+	13:59+	17:45+	20:43+	23:47+	29:01+	31:10+	32:47+	34:29+	35:31+	36:34+	37:41+
00:50+	03:06+	00:32-	02:09+	01:19+	01:26+	02:04+	01:21+	01:12+	03:46+	02:58+	03:04+	05:14+	02:09+	01:37+	01:42+	01:02+	01:03+	01:07+
00:11#	00:56#	00:05-	00:46#	00:10#	00:17#	00:32#	00:26#	00:22#	02:00#	01:00#	01:39#	03:06#	00:36#	00:40#	00:28#	00:24#	00:24#	00:17#
<b>13</b>	<b>Øyvind Egeskog</b>	<b>5</b>	<b>45:04</b>															
00:36-	07:04+	07:28+	15:01+	16:01+	17:17+	19:25+	20:37+	21:40+	23:30+	29:31+	31:45+	36:21+	38:24+	39:33+	40:45+	43:10+	43:59+	45:04+
00:36-	06:28+	00:24-	07:33+	01:00-	01:16+	02:08+	01:12+	01:03+	01:50+	06:01+	02:14+	04:36+	02:03+	01:09+	01:12-	02:25+	00:49+	01:05+
00:03-	04:18#	00:13-	06:10#	00:09-	00:07#	00:36#	00:17#	00:13#	00:04+	04:03#	00:49#	02:28#	00:30#	00:12#	00:02-	01:47#	00:10#	00:15#
<b>14</b>	<b>Mangor Eikeland</b>	<b>92</b>	<b>50:46</b>															
01:34+	06:26+	07:34+	11:45+	13:36+	15:52+	19:19+	21:26+	23:55+	27:23+	31:13+	34:34+	39:21+	42:17+	44:10+	46:49+	48:15+	49:27+	50:46+
01:34+	04:52+	01:08+	04:11+	01:51+	02:16+	03:27+	02:07+	02:29+	03:28+	03:50+	03:21+	04:47+	02:56+	01:53+	02:39+	01:26+	01:12+	01:19+
00:55#	02:42#	00:31#	02:48#	00:42#	01:07#	01:55#	01:12#	01:39#	01:42#	01:52#	01:56#	02:39#	01:23#	00:56#	01:25#	00:48#	00:33#	00:29#
<b>15</b>	<b>Reidar Magne Liland</b>	<b>66</b>	<b>1:07:55</b>															
01:09+	06:06+	06:47+	10:48+	12:33+	13:55+	16:41+	18:14+	19:48+	26:16+	29:18+	40:23+	57:50+	60:09+	61:52+	64:36+	65:37+	66:39+	67:55+
01:09+	04:57+	00:41+	04:01+	01:45+	01:22+	02:46+	01:33+	01:34+	06:28+	03:02+	11:05+	17:27+	02:19+	01:43+	02:44+	01:01+	01:02+	01:16+
00:30#	02:47#	00:04#	02:38#	00:36#	00:13#	01:14#	00:38#	00:44#	04:42#	01:04#	09:40#	15:19#	00:46#	00:46#	01:30#	00:23#	00:23#	00:26#

Pluss	Navn	Klasse														Tid
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### Beste strekktid for klassen

00:31 02:10 00:23 01:23 00:51 01:03 01:32 00:55 00:45 01:27 01:49 01:25 02:08 01:30 00:49 00:59 00:30 00:34 00:38

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

## Herrer 80 år og eldre

<b>1</b>	<b>Terje Braut</b>	<b>92</b>	<b>30:19</b>													
00:59=	03:33=	04:31=	05:37=	07:56=	10:48=	12:17=	14:35=	16:44=	18:18=	20:36=	23:41=	25:00=	27:37=	28:28=	29:24=	30:19=
00:59=	02:34=	00:58=	01:06=	02:19=	02:52=	01:29=	02:18=	02:09=	01:34=	02:18=	03:05=	01:19=	02:37=	00:51=	00:56=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Alf Gyland</b>	<b>92</b>	<b>32:34</b>													
00:40-	03:08-	04:02-	05:27-	08:37+	11:21+	13:00+	15:02+	17:03+	18:19+	20:40+	25:37+	27:07+	29:43+	30:41+	31:33+	32:34+
00:40-	02:28-	00:54-	01:25+	03:10+	02:44-	01:39+	02:02-	02:01-	01:16-	02:21+	04:57+	01:30+	02:36-	00:58+	00:52-	01:01+
00:19-	00:06-	00:04-	00:19&	00:51&	00:08-	00:10#	00:16-	00:08-	00:18-	00:03+	01:52&	00:11#	00:01-	00:07#	00:04-	00:06#
<b>3</b>	<b>Harald Vatne</b>	<b>67</b>	<b>33:19</b>													
00:53-	03:34+	04:36+	06:20+	08:55+	11:34+	13:27+	15:46+	17:57+	19:41+	22:10+	25:54+	27:29+	30:31+	31:29+	32:16+	33:19+
00:53-	02:41+	01:02+	01:44+	02:35+	02:39-	01:53+	02:19+	02:11+	01:44+	02:29+	03:44+	01:35+	03:02+	00:58+	00:47-	01:03+
00:06-	00:07+	00:04+	00:38&	00:16#	00:13-	00:24&	00:01+	00:02+	00:10#	00:11+	00:39#	00:16#	00:25#	00:07#	00:09-	00:08#
<b>4</b>	<b>Jan Bekkeheien</b>	<b>92</b>	<b>34:28</b>													
00:45-	03:22-	04:31=	05:59+	09:26+	12:12+	13:51+	16:00+	18:27+	20:09+	22:43+	26:15+	27:48+	31:42+	32:31+	33:18+	34:28+
00:45-	02:37+	01:09+	01:28+	03:27+	02:46-	01:39+	02:09-	02:27+	01:42+	02:34+	03:32+	01:33+	03:54+	00:49-	00:47-	01:10+
00:14-	00:03+	00:11#	00:22&	01:08&	00:06-	00:10#	00:09-	00:18#	00:08+	00:16#	00:27#	00:14#	01:17&	00:02-	00:09-	00:15&
<b>5</b>	<b>Sigurd Krosli</b>	<b>93</b>	<b>37:18</b>													
00:52-	03:37+	05:35+	07:44+	10:29+	13:37+	15:20+	18:30+	20:50+	22:38+	25:37+	29:33+	31:33+	34:19+	35:15+	36:09+	37:18+
00:52-	02:45+	01:58+	02:09+	02:45+	03:08+	01:43+	03:10+	02:20+	01:48+	02:59+	03:56+	02:00+	02:46+	00:56+	00:54-	01:09+
00:07-	00:11+	01:00@	01:03&	00:26#	00:16+	00:14#	00:52&	00:11+	00:14#	00:41&	00:51&	00:41&	00:09+	00:05+	00:02-	00:14&
<b>6</b>	<b>Jan Værp</b>	<b>62</b>	<b>39:52</b>													
00:56-	03:43+	05:02+	07:21+	10:03+	12:43+	16:24+	19:01+	21:32+	25:30+	28:38+	32:16+	33:57+	36:41+	37:48+	38:45+	39:52+
00:56-	02:47+	01:19+	02:19+	02:42+	02:40-	03:41+	02:37+	02:31+	03:58+	03:08+	03:38+	01:41+	02:44+	01:07+	00:57+	01:07+
00:03-	00:13+	00:21&	01:13@	00:23#	00:12-	02:12@	00:19#	00:22#	02:24@	00:50&	00:33#	00:22&	00:07+	00:16&	00:01+	00:12#
<b>7</b>	<b>Arne Brandsberg</b>	<b>29</b>	<b>42:14</b>													
01:06+	04:27+	05:38+	08:26+	11:36+	15:14+	17:17+	20:06+	23:16+	25:36+	28:27+	32:49+	34:52+	38:34+	39:36+	40:41+	42:14+
01:06+	03:21+	01:11+	02:48+	03:10+	03:38+	02:03+	02:49+	03:10+	02:20+	02:51+	04:22+	02:03+	03:42+	01:02+	01:05+	01:33+
00:07#	00:47&	00:13#	01:42@	00:51&	00:46&	00:34&	00:31#	01:01&	00:46&	00:33#	01:17&	00:44&	01:05&	00:11#	00:09#	00:38&
<b>8</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>45:17</b>													
01:17+	05:33+	07:46+	10:38+	14:33+	18:35+	20:32+	23:21+	26:23+	28:42+	31:33+	36:00+	38:03+	41:31+	42:39+	43:45+	45:17+
01:17+	04:16+	02:13+	02:52+	03:55+	04:02+	01:57+	02:49+	03:02+	02:19+	02:51+	04:27+	02:03+	03:28+	01:08+	01:06+	01:32+
00:18&	01:42&	01:15@	01:46@	01:36&	01:10&	00:28&	00:31#	00:53&	00:45&	00:33#	01:22&	00:44&	00:51&	00:17&	00:10#	00:37&
<b>9</b>	<b>Torleiv Møgedal</b>	<b>68</b>	<b>51:31</b>													
01:32+	06:01+	07:17+	09:04+	12:06+	15:21+	17:11+	19:33+	22:18+	26:06+	28:54+	41:08+	43:13+	47:56+	49:08+	50:29+	51:31+
01:32+	04:29+	01:16+	01:47+	03:02+	03:15+	01:50+	02:22+	02:45+	03:48+	02:48+	12:14+	02:05+	04:43+	01:12+	01:21+	01:02+
00:33&	01:55&	00:18&	00:41&	00:43&	00:23#	00:21#	00:04+	00:36&	02:14@	00:30#	09:09@	00:46&	02:06&	00:21&	00:25&	00:07#
<b>10</b>	<b>Magne Jakobsen</b>	<b>63</b>	<b>54:16</b>													
01:30+	04:32+	05:44+	07:26+	15:43+	18:51+	20:39+	23:04+	25:26+	27:12+	29:57+	35:20+	37:04+	50:50+	51:51+	52:56+	54:16+
01:30+	03:02+	01:12+	01:42+	08:17+	03:08+	01:48+	02:25+	02:22+	01:46+	02:45+	05:23+	01:44+	13:46+	01:01+	01:05+	01:20+
00:31&	00:28#	00:14#	00:36&	05:58@	00:16+	00:19#	00:07+	00:13#	00:12#	00:27#	02:18&	00:25&	11:09@	00:10#	00:09#	00:25&
<b>11</b>	<b>Arne Karlsen</b>	<b>105</b>	<b>56:57</b>													
01:11+	05:21+	06:58+	09:35+	13:22+	17:22+	19:38+	23:49+	27:27+	29:44+	34:10+	47:10+	49:11+	52:54+	53:58+	54:58+	56:57+
01:11+	04:10+	01:37+	02:37+	03:47+	04:00+	02:16+	04:11+	03:38+	02:17+	04:26+	13:00+	02:01+	03:43+	01:04+	01:00+	01:59+
00:12#	01:36&	00:39&	01:31@	01:28&	01:08&	00:47&	01:53&	01:29&	00:43&	02:08&	09:55@	00:42&	01:06&	00:13&	00:04+	01:04@

### Beste strekktid for klassen

00:40 02:28 00:54 01:06 02:19 02:39 01:29 02:02 02:01 01:16 02:18 03:05 01:19 02:36 00:49 00:47 00:55

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

## Herrer A

Class	Navn	Klasse	Tid
<b>1</b>	<b>Fredrik Omdal</b>	<b>375</b>	<b>22:33</b>
00:54=	01:30= 02:26= 02:50= 05:57= 06:51=	08:25= 08:56= 09:44= 10:11= 11:21= 12:50= 13:54=	14:42= 15:44= 16:39= 17:42= 18:40= 19:09= 20:06= 21:05= 21:29= 22:33=
00:54=	00:36= 00:56= 00:24= 03:07= 00:54=	01:34= 00:31= 00:48= 00:27= 01:10= 01:29= 01:04=	00:48= 01:02= 00:55= 01:03= 00:58= 00:29= 00:57= 00:59= 00:24= 01:04=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Fredrik Sandal</b>	<b>88</b>	<b>24:59</b>
01:01+	01:41+ 02:41+ 03:08+ 06:42+ 07:44+	09:29+ 10:03+ 10:52+ 11:23+ 12:50+	14:24+ 15:22+ 16:17+ 17:30+ 18:26+ 19:33+ 20:41+ 21:16+ 22:27+ 23:31+ 23:58+ 24:59+
01:01+	00:40+ 01:00+ 00:27+ 03:34+ 01:02+	01:45+ 00:34+ 00:49+ 00:31+ 01:27+	01:34+ 00:58- 00:55+ 01:13+ 00:56+ 01:07+ 01:08+ 00:35+ 01:11+ 01:04+ 00:27+ 01:01-
00:07#	00:04# 00:04+ 00:03# 00:27# 00:08#	00:11# 00:03+ 00:01+ 00:04# 00:17#	00:05+ 00:06- 00:07# 00:11# 00:01+ 00:04+ 00:10# 00:06# 00:14# 00:05+ 00:03# 00:03-
<b>3</b>	<b>Stian Haugvaldstad</b>	<b>116</b>	<b>25:26</b>
00:54=	01:40+ 02:57+ 03:21+ 06:53+ 07:58+	09:44+ 10:19+ 11:10+ 11:41+ 13:07+	15:00+ 15:59+ 17:00+ 18:04+ 19:02+ 20:15+ 21:20+ 21:53+ 23:01+ 24:00+ 24:28+ 25:26+
00:54=	00:46+ 01:17+ 00:24= 03:32+ 01:05+	01:46+ 00:35+ 00:51+ 00:31+ 01:26+	01:53+ 00:59- 01:01+ 01:04+ 00:58+ 01:13+ 01:05+ 00:33+ 01:08+ 00:59= 00:28+ 00:58-
00:00=	00:10& 00:21& 00:00= 00:25# 00:11#	00:12# 00:04# 00:03+ 00:04# 00:16#	00:24& 00:05- 00:13& 00:02+ 00:03+ 00:10# 00:07# 00:04# 00:11# 00:00= 00:04# 00:06-
<b>4</b>	<b>Lars Sigve Oftedal</b>	<b>167</b>	<b>25:38</b>
01:03+	01:45+ 02:44+ 03:07+ 06:30+ 07:33+	09:08+ 09:41+ 10:29+ 11:01+ 12:31+	14:15+ 15:09+ 16:00+ 17:04+ 18:04+ 19:07+ 21:20+ 21:52+ 22:56+ 24:01+ 24:28+ 25:38+
01:03+	00:42+ 00:59+ 00:23- 03:23+ 01:03+	01:35+ 00:33+ 00:48= 00:32+ 01:30+	01:44+ 00:54- 00:51+ 01:04+ 01:00+ 01:03= 02:13+ 00:32+ 01:04+ 01:05+ 00:27+ 01:10+
00:09#	00:06# 00:03+ 00:01- 00:16+ 00:09#	00:01+ 00:02+ 00:00= 00:05# 00:20&	00:15# 00:10- 00:03+ 00:02+ 00:05+ 00:00= 01:15& 00:03# 00:07# 00:06# 00:03# 00:06+
<b>5</b>	<b>Runar Eike Toft</b>	<b>116</b>	<b>29:14</b>
00:52-	01:30= 02:43+ 03:10+ 07:26+ 08:29+	10:12+ 10:43+ 11:38+ 12:09+ 14:01+	15:49+ 16:43+ 17:38+ 18:48+ 20:05+ 21:23+ 24:14+ 24:54+ 26:03+ 27:17+ 27:57+ 29:14+
00:52-	00:38+ 01:13+ 00:27+ 04:16+ 01:03+	01:43+ 00:31= 00:55+ 00:31+ 01:52+	01:48+ 00:54- 00:55+ 01:10+ 01:17+ 01:18+ 02:51+ 00:40+ 01:09+ 01:14+ 00:40+ 01:17+
00:02-	00:02+ 00:17& 00:03# 01:09&	00:09# 00:00= 00:07# 00:04#	00:42& 00:19# 00:10- 00:07# 00:08# 00:22& 00:15# 01:53& 00:11& 00:12# 00:15& 00:16& 00:13#
<b>6</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>	<b>30:17</b>
00:56+	01:40+ 03:05+ 03:40+ 07:36+ 08:42+	11:09+ 11:50+ 12:55+ 13:29+ 15:02+	17:10+ 18:13+ 19:16+ 20:33+ 21:46+ 23:23+ 24:45+ 25:29+ 27:01+ 28:19+ 28:58+ 30:17+
00:56+	00:44+ 01:25+ 00:35+ 03:56+ 01:06+	02:27+ 00:41+ 01:05+ 00:34+ 01:33+	02:08+ 01:03- 01:03+ 01:17+ 01:13+ 01:37+ 01:22+ 00:44+ 01:32+ 01:18+ 00:39+ 01:19+
00:02+	00:08# 00:29& 00:11& 00:49& 00:12#	00:53& 00:10& 00:17& 00:07& 00:23&	00:39& 00:01- 00:15& 00:15# 00:18& 00:34& 00:24& 00:15& 00:35& 00:19& 00:15& 00:15#
<b>7</b>	<b>Martin Blystad</b>	<b>115</b>	<b>31:12</b>
01:17+	02:01+ 03:28+ 03:52+ 07:59+ 09:15+	11:16+ 11:59+ 13:26+ 14:01+ 15:44+	17:57+ 19:07+ 20:19+ 21:36+ 22:52+ 24:22+ 25:43+ 26:20+ 27:35+ 29:12+ 29:49+ 31:12+
01:17+	00:44+ 01:27+ 00:24= 04:07+ 01:16+	02:01+ 00:43+ 01:27+ 00:35+ 01:43+	02:13+ 01:10+ 01:12+ 01:17+ 01:16+ 01:30+ 01:21+ 00:37+ 01:15+ 01:37+ 00:37+ 01:23+
00:23&	00:08# 00:31& 00:00= 01:00& 00:22&	00:27& 00:12& 00:39& 00:08& 00:33&	00:44& 00:06+ 00:24& 00:15# 00:21& 00:27& 00:23& 00:08& 00:18& 00:38& 00:13& 00:19&
<b>8</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>	<b>32:13</b>
01:04+	01:54+ 03:26+ 04:05+ 08:55+ 10:14+	12:23+ 13:11+ 14:14+ 14:52+ 16:25+	18:49+ 19:48+ 20:57+ 22:16+ 23:38+ 24:56+ 27:05+ 27:44+ 28:59+ 30:29+ 31:02+ 32:13+
01:04+	00:50+ 01:32+ 00:39+ 04:50+ 01:19+	02:09+ 00:48+ 01:03+ 00:38+ 01:33+	02:24+ 00:59- 01:09+ 01:19+ 01:22+ 01:18+ 02:09+ 00:39+ 01:15+ 01:30+ 00:33+ 01:11+
00:10#	00:14& 00:36& 00:15& 01:43& 00:25&	00:35& 00:17& 00:15& 00:11& 00:23&	00:55& 00:05- 00:21& 00:17& 00:27& 00:15# 01:11& 00:10& 00:18& 00:31& 00:09& 00:07#
<b>9</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>32:57</b>
00:57+	01:41+ 03:45+ 04:13+ 08:49+ 10:01+	12:13+ 13:08+ 14:12+ 14:53+ 16:39+	18:58+ 20:07+ 21:20+ 22:49+ 24:12+ 25:36+ 27:01+ 27:43+ 29:03+ 30:38+ 31:09+ 32:57+
00:57+	00:44+ 02:04+ 00:28+ 04:36+ 01:12+	02:12+ 00:55+ 01:04+ 00:41+ 01:46+	02:19+ 01:09+ 01:13+ 01:29+ 01:23+ 01:24+ 01:25+ 00:42+ 01:20+ 01:35+ 00:31+ 01:48+
00:03+	00:08# 01:08& 00:04# 01:29& 00:18&	00:38& 00:24& 00:16& 00:14& 00:36&	00:50& 00:05+ 00:25& 00:27& 00:28& 00:21& 00:27& 00:13& 00:23& 00:36& 00:07& 00:44&
<b>10</b>	<b>Erik Lima</b>	<b>43</b>	<b>33:12</b>
01:10+	02:00+ 03:47+ 04:18+ 08:55+ 10:23+	12:47+ 13:22+ 14:20+ 14:55+ 16:53+	19:35+ 20:47+ 21:57+ 23:26+ 24:41+ 26:02+ 27:30+ 28:15+ 30:05+ 31:14+ 31:48+ 33:12+
01:10+	00:50+ 01:47+ 00:31+ 04:37+ 01:28+	02:24+ 00:35+ 00:58+ 00:35+ 01:58+	02:42+ 01:12+ 01:10+ 01:29+ 01:15+ 01:21+ 01:28+ 00:45+ 01:50+ 01:09+ 00:34+ 01:24+
00:16&	00:14& 00:51& 00:07& 01:30& 00:34&	00:50& 00:04# 00:10# 00:08& 00:48&	01:13& 00:08# 00:22& 00:27& 00:20& 00:18& 00:30& 00:16& 00:53& 00:10# 00:10& 00:20&
<b>11</b>	<b>Andreas Mykkeltveit Terjesen</b>	<b>43</b>	<b>33:17</b>
01:07+	01:54+ 03:07+ 03:33+ 08:27+ 09:25+	13:44+ 14:12+ 15:07+ 15:40+ 17:10+	19:22+ 20:20+ 21:21+ 22:44+ 24:08+ 26:03+ 28:00+ 28:41+ 30:21+ 31:40+ 32:14+ 33:17+
01:07+	00:47+ 01:13+ 00:26+ 04:54+ 00:58+	04:19+ 00:28- 00:55+ 00:33+ 01:30+	02:12+ 00:58- 01:01+ 01:23+ 01:24+ 01:55+ 01:57+ 00:41+ 01:40+ 01:19+ 00:34+ 01:03-
00:13#	00:11& 00:17& 00:02+ 01:47& 00:04+	02:45& 00:03- 00:07# 00:06# 00:20&	00:43& 00:06- 00:13& 00:21& 00:29& 00:52& 00:59& 00:12& 00:43& 00:20& 00:10& 00:01-
<b>12</b>	<b>Håkon Eggebø</b>	<b>71</b>	<b>33:28</b>
01:24+	03:26+ 04:35+ 05:07+ 09:18+ 10:48+	13:08+ 13:45+ 14:48+ 15:25+ 17:04+	19:42+ 20:54+ 22:21+ 23:42+ 25:05+ 26:17+ 27:50+ 28:28+ 29:49+ 31:04+ 31:38+ 33:28+
01:24+	02:02+ 01:09+ 00:32+ 04:11+ 01:30+	02:20+ 00:37+ 01:03+ 00:37+ 01:39+	02:38+ 01:12+ 01:27+ 01:21+ 01:23+ 01:12+ 01:33+ 00:38+ 01:21+ 01:15+ 00:34+ 01:50+
00:30&	01:26& 00:13# 00:08& 01:04& 00:36&	00:46& 00:06# 00:15& 00:10& 00:29&	01:09& 00:08# 00:39& 00:19& 00:28& 00:09# 00:35& 00:09& 00:24& 00:16& 00:10& 00:46&
<b>Beste strekktid for klassen</b>			
00:52	00:36 00:56 00:23 03:07 00:54	01:34 00:28 00:48 00:27 01:10	01:29 00:54 00:48 01:02 00:55 01:03 00:58 00:29 00:57 00:59 00:24 00:58

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

## Herrer B

<b>1</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>	<b>24:45</b>
00:53=	01:25= 02:22= 02:46= 06:08= 07:03=	08:49= 09:22= 10:12= 10:44= 12:11=	13:51= 14:50= 15:43= 16:54= 17:51= 18:56= 20:16= 20:49= 21:57= 23:08= 23:34= 24:45=
00:53=	00:32= 00:57= 00:24= 03:22= 00:55=	01:46= 00:33= 00:50= 00:32= 01:27=	01:40= 00:59= 00:53= 01:11= 00:57= 01:05= 01:20= 00:33= 01:08= 01:11= 00:26= 01:11=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=



Class	Navn	Klasse												Tid									
<b>2</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>												<b>26:28</b>									
00:55+	01:39+	02:42+	03:07+	06:49+	07:49+	09:38+	10:14+	11:08+	11:37+	13:17+	14:58+	15:56+	16:52+	18:08+	19:13+	20:25+	21:46+	22:18+	23:28+	24:40+	25:11+	26:28+	
00:55+	00:44+	01:03+	00:25+	03:42+	01:00+	01:49+	00:36+	00:54+	00:29+	01:40+	01:41+	00:58-	00:56+	01:16+	01:05+	01:12+	01:21+	00:32-	01:10+	01:12+	00:31+	01:17+	
00:02+	00:12&	00:06#	00:01+	00:20+	00:05+	00:03+	00:03+	00:04+	00:03-	00:13#	00:01+	00:01-	00:03+	00:05+	00:08#	00:07#	00:01+	00:01-	00:02+	00:01+	00:05#	00:06+	
<b>3</b>	<b>Oddvar Taksdal</b>	<b>194</b>												<b>26:38</b>									
01:06+	01:46+	02:50+	03:18+	06:51+	07:56+	09:45+	10:19+	11:14+	11:50+	13:15+	15:10+	16:11+	17:15+	18:31+	19:34+	20:45+	21:51+	22:22+	23:37+	24:46+	25:18+	26:38+	
01:06+	00:40+	01:04+	00:28+	03:33+	01:05+	01:49+	00:34+	00:55+	00:36+	01:25-	01:55+	01:01+	01:04+	01:16+	01:03+	01:11+	01:06-	00:31-	01:15+	01:09-	00:32+	01:20+	
00:13#	00:08#	00:07#	00:04#	00:11+	00:10#	00:03+	00:01+	00:05#	00:04#	00:02-	00:15#	00:02+	00:11#	00:05+	00:06#	00:06+	00:14-	00:02-	00:07#	00:02-	00:06#	00:09#	
<b>4</b>	<b>Njål F. Vadla</b>	<b>93</b>												<b>27:03</b>									
01:02+	01:41+	03:03+	03:31+	07:26+	08:31+	10:23+	10:55+	11:46+	12:18+	13:56+	15:33+	16:35+	17:32+	18:51+	19:53+	21:12+	22:16+	22:49+	24:23+	25:30+	26:00+	27:03+	
01:02+	00:39+	01:22+	00:28+	03:55+	01:05+	01:52+	00:32-	00:51+	00:32=	01:38+	01:37-	01:02+	00:57+	01:19+	01:02+	01:19+	01:04-	00:33=	01:34+	01:07-	00:30+	01:03-	
00:09#	00:07#	00:25&	00:04#	00:33#	00:10#	00:06+	00:01-	00:01+	00:00=	00:11#	00:03-	00:03+	00:04+	00:08#	00:05+	00:14#	00:16-	00:00=	00:26&	00:04-	00:04#	00:08-	
<b>5</b>	<b>Tom Furland</b>	<b>62</b>												<b>27:27</b>									
01:03+	01:44+	02:54+	03:20+	07:10+	08:19+	10:16+	10:55+	11:51+	12:27+	14:01+	16:02+	17:00+	17:55+	19:23+	20:27+	21:40+	22:45+	23:20+	24:35+	25:48+	26:17+	27:27+	
01:03+	00:41+	01:10+	00:26+	03:50+	01:09+	01:57+	00:39+	00:56+	00:36+	01:34+	02:01+	00:58-	00:55+	01:28+	01:04+	01:13+	01:05-	00:35+	01:15+	01:13+	00:29+	01:10-	
00:10#	00:09&	00:13#	00:02+	00:28#	00:14&	00:11#	00:06#	00:06#	00:04#	00:07+	00:21#	00:01-	00:02+	00:17#	00:07#	00:08#	00:15-	00:02+	00:07#	00:02+	00:03#	00:01-	
<b>6</b>	<b>Joar Eilevstjønn</b>	<b>67</b>												<b>27:38</b>									
01:01+	01:38+	02:50+	03:18+	06:59+	08:05+	10:27+	10:59+	11:52+	12:22+	13:42+	15:43+	16:43+	17:41+	19:00+	20:07+	21:22+	22:51+	23:33+	24:39+	25:50+	26:17+	27:38+	
01:01+	00:37+	01:12+	00:28+	03:41+	01:06+	02:22+	00:32-	00:53+	00:30-	01:20-	02:01+	01:00+	00:58+	01:19+	01:07+	01:15+	01:29+	00:42+	01:06-	01:11=	00:27+	01:21+	
00:08#	00:05#	00:15&	00:04#	00:19+	00:11#	00:36&	00:01-	00:03+	00:02-	00:07-	00:21#	00:01+	00:05+	00:08#	00:10#	00:10#	00:09#	00:09&	00:02-	00:00=	00:01+	00:10#	
<b>7</b>	<b>Ørjan Ravndal</b>	<b>194</b>												<b>27:45</b>									
00:52-	01:44+	02:59+	03:18+	06:34+	07:32+	09:15+	09:44+	10:31+	11:00+	12:55+	15:48+	17:21+	18:14+	19:02+	20:08+	21:11+	22:20+	23:18+	23:52+	25:00+	26:11+	26:38+	27:45+
00:52-	00:52+	01:15+	00:19-	03:16-	00:58+	01:43-	00:29-	00:47-	00:29-	01:55+	02:53+	01:33+	00:53=	00:48-	01:06+	01:03-	01:09-	00:58+	00:34-	01:08-	01:11+	00:27-	01:07+
00:01-	00:20&	00:18&	00:05-	00:06-	00:03+	00:03-	00:04-	00:03-	00:03-	00:28&	01:13&	00:34&	00:00=	00:23-	00:09#	00:02-	00:11-	00:25&	00:34-	00:03-	00:45@	00:44-	01:07+
<b>8</b>	<b>Geir Sand</b>	<b>105</b>												<b>27:52</b>									
01:06+	01:47+	03:01+	03:27+	07:26+	08:37+	10:22+	10:58+	11:55+	12:31+	14:11+	15:58+	16:57+	17:55+	19:08+	20:12+	21:24+	22:58+	23:34+	24:41+	25:59+	26:35+	27:52+	
01:06+	00:41+	01:14+	00:26+	03:59+	01:11+	01:45-	00:36+	00:57+	00:36+	01:40+	01:47+	00:59-	00:58+	01:13+	01:04+	01:12+	01:34+	00:36+	01:07-	01:18+	00:36+	01:17+	
00:13#	00:09&	00:17&	00:02+	00:37#	00:16&	00:01-	00:03+	00:07#	00:04#	00:13#	00:07+	00:00=	00:05+	00:02+	00:07#	00:07#	00:14#	00:03+	00:01-	00:07+	00:10&	00:06+	
<b>9</b>	<b>Per Olav Haarr</b>	<b>62</b>												<b>28:45</b>									
01:02+	01:39+	02:48+	03:12+	07:00+	08:07+	09:52+	10:28+	11:24+	12:49+	14:16+	16:30+	17:37+	18:42+	19:52+	21:06+	22:23+	23:37+	24:11+	25:28+	26:42+	27:17+	28:45+	
01:02+	00:37+	01:09+	00:24=	03:48+	01:07+	01:45-	00:36+	00:56+	01:25+	01:27=	02:14+	01:07+	01:05+	01:10-	01:14+	01:17+	01:14-	00:34+	01:17+	01:14+	00:35+	01:28+	
00:09#	00:05#	00:12#	00:00=	00:26#	00:12#	00:01-	00:03+	00:06#	00:53@	00:00=	00:34&	00:08#	00:12#	00:01-	00:17&	00:12#	00:06-	00:01+	00:09#	00:03+	00:09&	00:17#	
<b>10</b>	<b>Magnus Landstad</b>	<b>66</b>												<b>29:35</b>									
01:04+	01:48+	03:00+	03:26+	07:48+	08:52+	10:56+	11:31+	12:23+	13:05+	16:08+	18:11+	19:11+	20:06+	21:16+	22:32+	23:42+	24:48+	25:31+	26:38+	27:45+	28:27+	29:35+	
01:04+	00:44+	01:12+	00:26+	04:22+	01:04+	02:04+	00:35+	00:52+	00:42+	03:03+	02:03+	01:00+	00:55+	01:10-	01:16+	01:10+	01:06-	00:43+	01:07-	01:07-	00:42+	01:08-	
00:11#	00:12&	00:15&	00:02+	01:00&	00:09#	00:18#	00:02+	00:02+	00:10&	01:36@	00:23#	00:01+	00:02+	00:01-	00:19&	00:05+	00:14-	00:10&	00:01-	00:04-	00:16&	00:03-	
<b>11</b>	<b>Stein Arne Olsen</b>	<b>68</b>												<b>30:23</b>									
01:11+	01:56+	03:09+	03:39+	07:59+	09:11+	11:27+	12:18+	13:19+	14:01+	15:32+	17:36+	18:48+	19:56+	21:26+	22:35+	23:53+	25:09+	25:45+	27:08+	28:24+	28:57+	30:23+	
01:11+	00:45+	01:13+	00:30+	04:20+	01:12+	02:16+	00:51+	01:01+	00:42+	01:31+	02:04+	01:12+	01:08+	01:30+	01:09+	01:18+	01:16-	00:36+	01:23+	01:16+	00:33+	01:26+	
00:18&	00:13&	00:16&	00:06#	00:58&	00:17&	00:30&	00:18&	00:11#	00:10&	00:04+	00:24#	00:13#	00:15&	00:19&	00:12#	00:13#	00:04-	00:03+	00:15#	00:05+	00:07&	00:15#	
<b>12</b>	<b>Odd Ivar Karlsen</b>	<b>76</b>												<b>30:29</b>									
00:59+	01:43+	03:00+	03:27+	09:29+	10:42+	12:47+	13:20+	14:13+	14:47+	16:21+	18:08+	19:14+	20:16+	21:33+	22:37+	24:05+	25:15+	25:51+	27:12+	28:31+	29:03+	30:29+	
00:59+	00:44+	01:17+	00:27+	06:02+	01:13+	02:05+	00:33=	00:53+	00:34+	01:34+	01:47+	01:06+	01:02+	01:17+	01:04+	01:28+	01:10-	00:36+	01:21+	01:19+	00:32+	01:26+	
00:06#	00:12&	00:20&	00:03#	02:40&	00:18&	00:19#	00:00=	00:03+	00:02+	00:07+	00:07#	00:07#	00:09#	00:06+	00:07#	00:23&	00:10-	00:03+	00:13#	00:08#	00:06#	00:15#	
<b>13</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>												<b>30:47</b>									
01:09+	01:58+	03:22+	03:54+	08:39+	09:56+	12:17+	13:03+	13:58+	14:32+	16:15+	18:08+	19:19+	20:25+	21:37+	22:47+	24:07+	25:25+	26:16+	27:34+	28:54+	29:28+	30:47+	
01:09+	00:49+	01:24+	00:32+	04:45+	01:17+	02:21+	00:46+	00:55+	00:34+	01:43+	01:53+	01:11+	01:06+	01:12+	01:10+	01:20+	01:18-	00:51+	01:18+	01:20+	00:34+	01:19+	
00:16&	00:17&	00:27&	00:08&	01:23&	00:22&	00:35&	00:13&	00:05#	00:02+	00:16#	00:13#	00:12#	00:13#	00:01+	00:13#	00:15#	00:02-	00:18&	00:10#	00:09#	00:08&	00:08#	
<b>14</b>	<b>Thomas Johansen</b>	<b>111</b>												<b>33:47</b>									
01:02+	01:51+	03:15+	03:44+	08:48+	10:06+	14:04+	14:47+	15:52+	16:29+	18:21+	20:27+	21:31+	22:44+	23:59+	25:15+	26:38+	28:00+	28:33+	29:53+	31:25+	32:07+	33:47+	
01:02+	00:49+	01:24+	00:29+	05:04+	01:18+	03:58+	00:43+	01:05+	00:37+	01:52+	02:06+	01:04+	01:13+	01:15+	01:16+	01:23+	01:22+	00:33=	01:20+	01:32+	00:42+	01:40+	
00:09#	00:17&	00:27&	00:05#	01:42&	00:23&	02:12@	00:10&	00:15&	00:05#	00:25&	00:26&	00:05+	00:20&	00:04+	00:19&	00:18&	00:02+	00:00=	00:12#	00:21&	00:16&	00:29&	
<b>15</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>												<b>35:38</b>									
01:03+	02:00+	03:27+	03:59+	08:49+	10:12+	16:08+	16:44+	18:02+	18:38+	20:22+	22:26+	23:31+	24:38+	26:03+	27:13+	28:37+	30:03+	30:40+	32:03+	33:26+	34:02+	35:38+	
01:03+	00:57+	01:27+	00:32+	04:50+	01:23+	05:56+	00:36+	01:18+	00:36+	01:44+	02:04+	01:05+	01:07+	01:25+	01:10+	01:24+	01:26+	00:37+	01:23+	01:23+	00:36+	01:36+	
00:10#	00:25&	00:30&	00:08&	01:28&	00:28&	04:10@	00:03+	00:28&	00:04#	00:17#	00:24#	00:06#	00:14&	00:14#	00:13#	00:19&	00:06+	00:04#	00:15#	00:12#	00:10&	00:25&	
<b>16</b>	<b>Jørgen Breivold</b>	<b>54</b>												<b>36:03</b>									
01:12+	03:17+	04:29+	05:02+	09:23+	10:34+	13:00+	13:40+	14:41+															

Class	Navn	Klasse																	Tid					
<b>17</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>																	<b>39:06</b>					
		01:13+	02:06+	03:34+	04:13+	10:51+	12:44+	15:25+	16:08+	17:22+	18:07+	20:23+	22:55+	24:08+	25:41+	27:21+	28:49+	30:40+	32:23+	33:15+	34:47+	36:23+	37:10+	39:06+
		01:13+	00:53+	01:28+	00:39+	06:38+	01:53+	02:41+	00:43+	01:14+	00:45+	02:16+	02:32+	01:13+	01:33+	01:40+	01:28+	01:51+	01:43+	00:52+	01:32+	01:36+	00:47+	01:56+
		00:20&	00:21&	00:31&	00:15&	03:16&	00:58&	00:55&	00:10&	00:24&	00:13&	00:49&	00:52&	00:14#	00:40&	00:29&	00:31&	00:46&	00:23&	00:19&	00:24&	00:25&	00:21&	00:45&

### Beste strekktid for klassen

00:52 00:32 00:57 00:19 03:16 00:55 01:43 00:29 00:47 00:29 01:20 01:37 00:58 00:53 00:48 00:57 01:03 01:04 00:31 00:34 01:07 00:26 00:27

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

## Herrer C

<b>1</b>	<b>Henning Sundby</b>	<b>114</b>																	<b>23:15</b>				
		00:42=	01:17=	01:51=	02:32=	06:28=	07:07=	07:46=	09:06=	11:46=	12:17=	13:16=	14:45=	16:00=	17:01=	17:55=	19:06=	20:48=	21:53=	23:15=			
		00:42=	00:35=	00:34=	00:41=	03:56=	00:39=	00:39=	01:20=	02:40=	00:31=	00:59=	01:29=	01:15=	01:01=	00:54=	01:11=	01:42=	01:05=	01:22=			
		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=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Morten Aamodt</b>	<b>116</b>																	<b>23:34</b>				
		00:36-	01:13-	01:46-	02:19-	05:31-	05:59-	06:35-	07:56-	10:40-	11:23-	12:21-	13:43-	15:37-	16:33-	17:28-	19:07+	21:10+	22:15+	23:34+			
		00:36-	00:37+	00:33-	00:33-	03:12-	00:28-	00:36-	01:21+	02:44+	00:43+	00:58-	01:22-	01:54+	00:56-	00:55+	01:39+	02:03+	01:05=	01:19-			
		00:06-	00:02+	00:01-	00:08-	00:44-	00:11-	00:03-	00:01+	00:04+	00:12&	00:01-	00:07-	00:39&	00:05-	00:01+	00:28&	00:21#	00:00=	00:03-			
<b>3</b>	<b>Nils John Vestøl</b>	<b>83</b>																	<b>24:56</b>				
		00:33-	01:07-	01:38-	02:19-	06:21-	06:50-	07:25-	08:45-	11:42-	12:51+	13:46+	15:18+	16:37+	17:45+	18:51+	20:28+	22:14+	23:31+	24:56+			
		00:33-	00:34-	00:31-	00:41=	04:02+	00:29-	00:35-	01:20=	02:57+	01:09+	00:55-	01:32+	01:19+	01:08+	01:06+	01:37+	01:46+	01:17+	01:25+			
		00:09-	00:01-	00:03-	00:00=	00:06+	00:10-	00:04-	00:00=	00:17#	00:38&	00:04-	00:03+	00:04+	00:07#	00:12#	00:26&	00:04+	00:12#	00:00=	00:03-		
<b>4</b>	<b>Jan Einar Øvremo</b>	<b>50</b>																	<b>25:50</b>				
		00:33-	01:11-	01:47-	02:45+	06:39+	07:24+	08:02+	09:32+	12:45+	13:18+	14:13+	15:55+	17:21+	18:39+	19:40+	21:09+	22:58+	24:20+	25:50+			
		00:33-	00:38+	00:36+	00:58+	03:54-	00:45+	00:38-	01:30+	03:13+	00:33+	00:55-	01:42+	01:26+	01:18+	01:01+	01:29+	01:49+	01:22+	01:30+			
		00:09-	00:03+	00:02+	00:17&	00:02-	00:06#	00:01-	00:10#	00:33#	00:02+	00:04-	00:13#	00:11#	00:17&	00:07#	00:18&	00:07+	00:17&	00:08+			
<b>5</b>	<b>Paul Terje Haarr</b>	<b>62</b>																	<b>27:32</b>				
		00:40-	01:30+	02:07+	03:02+	06:46+	07:25+	08:07+	09:29+	12:46+	13:33+	14:34+	16:22+	17:40+	18:55+	20:03+	21:53+	24:43+	26:10+	27:32+			
		00:40-	00:50+	00:37+	00:55+	03:44-	00:39=	00:42+	01:22+	03:17+	00:47+	01:01+	01:48+	01:18+	01:15+	01:08+	01:50+	02:50+	01:27+	01:22=			
		00:02-	00:15&	00:03+	00:14&	00:12-	00:00=	00:03+	00:02+	00:37#	00:16&	00:02+	00:19#	00:03+	00:14#	00:14&	00:39&	01:08&	00:22&	00:00=			
<b>6</b>	<b>Geir Frøylog</b>	<b>29</b>																	<b>29:09</b>				
		00:40-	01:20+	01:57+	02:45+	07:35+	08:18+	09:01+	10:47+	14:19+	14:57+	15:57+	17:59+	19:42+	20:51+	22:05+	23:40+	25:54+	27:43+	29:09+			
		00:40-	00:40+	00:37+	00:48+	04:50+	00:43+	00:43+	01:46+	03:32+	00:38+	01:00+	02:02+	01:43+	01:09+	01:14+	01:35+	02:14+	01:49+	01:26+			
		00:02-	00:05#	00:03+	00:07#	00:054#	00:04#	00:04#	00:26&	00:52&	00:07#	00:01+	00:33&	00:28&	00:08#	00:20&	00:24&	00:32&	00:44&	00:04+			
<b>7</b>	<b>Svein Erik Kvame</b>	<b>116</b>																	<b>29:25</b>				
		00:40-	01:23+	02:03+	02:50+	07:55+	08:34+	09:16+	10:41+	14:15+	14:53+	15:56+	17:52+	20:05+	21:21+	22:44+	24:14+	26:31+	27:48+	29:25+			
		00:40-	00:43+	00:40+	00:47+	05:05+	00:39=	00:42+	01:25+	03:34+	00:38+	01:03+	01:56+	02:13+	01:16+	01:23+	01:30+	02:17+	01:17+	01:37+			
		00:02-	00:08#	00:06#	00:06#	01:09&	00:00=	00:03+	00:05+	00:54&	00:07#	00:04+	00:27&	00:58&	00:15#	00:29&	00:19&	00:35&	00:12#	00:15#			
<b>8</b>	<b>Kjell Dale</b>	<b>93</b>																	<b>29:41</b>				
		00:38-	01:17=	01:57+	02:39+	06:56+	07:33+	08:13+	09:32+	12:26+	13:06+	14:10+	15:44+	16:56+	18:02+	20:14+	23:57+	25:09+	26:59+	28:15+	29:41+		
		00:38-	00:39+	00:40+	00:42+	04:17+	00:37-	00:40+	01:19-	02:54+	00:40+	01:04+	01:34+	01:12-	01:06+	02:12+	03:43+	01:12-	01:50+	01:16-	01:26+		
		00:04-	00:04#	00:06#	00:01+	00:21+	00:02-	00:01+	00:01-	00:14+	00:09&	00:05+	00:05+	00:03-	00:05+	01:18&	02:32&	00:30-	00:45&	00:06-	01:26+		
<b>9</b>	<b>Øivind Berggraf</b>	<b>116</b>																	<b>29:46</b>				
		00:39-	01:21+	01:58+	02:54+	08:26+	08:59+	09:39+	10:59+	14:32+	15:10+	16:12+	18:15+	19:40+	20:53+	22:04+	23:54+	26:44+	28:10+	29:46+			
		00:39-	00:42+	00:37+	00:56+	05:32+	00:33-	00:40+	01:20=	03:33+	00:38+	01:02+	02:03+	01:25+	01:13+	01:11+	01:50+	02:50+	01:26+	01:36+			
		00:03-	00:07#	00:03+	00:15&	01:36&	00:06-	00:01+	00:00=	00:53&	00:07#	00:03+	00:34&	00:10#	00:12#	00:17&	00:39&	01:08&	00:21&	00:14#			
<b>10</b>	<b>Sturle Omdal</b>	<b>116</b>																	<b>29:52</b>				
		00:40-	01:18+	02:00+	02:54+	07:51+	08:36+	09:27+	11:19+	15:10+	15:49+	16:54+	19:15+	20:49+	21:58+	23:14+	24:48+	26:59+	28:21+	29:52+			
		00:40-	00:38+	00:42+	00:54+	04:57+	00:45+	00:51+	01:52+	03:51+	00:39+	01:05+	02:21+	01:34+	01:09+	01:16+	01:34+	02:11+	01:22+	01:31+			
		00:02-	00:03+	00:08#	00:13&	01:01&	00:06#	00:12&	00:32&	01:11&	00:08&	00:06#	00:52&	00:19&	00:08#	00:22&	00:23&	00:29&	00:17&	00:09#			
<b>11</b>	<b>Erling Mauland</b>	<b>83</b>																	<b>30:17</b>				
		00:37-	01:18+	01:56+	02:40+	08:05+	09:19+	10:08+	11:35+	15:28+	16:18+	17:25+	19:07+	20:37+	21:52+	23:02+	24:28+	27:18+	28:42+	30:17+			
		00:37-	00:41+	00:38+	00:44+	05:25+	01:14+	00:49+	01:27+	03:53+	00:50+	01:07+	01:42+	01:30+	01:15+	01:10+	01:26+	02:50+	01:24+	01:35+			
		00:05-	00:06#	00:04#	00:03+	01:29&	00:35&	00:10&	00:07+	01:13&	00:19&	00:08#	00:13#	00:15#	00:14#	00:16&	00:15#	01:08&	00:19&	00:13#			
<b>12</b>	<b>Ove Oaland</b>	<b>116</b>																	<b>31:17</b>				
		00:46+	01:27+	02:12+	02:59+	08:13+	09:00+	09:55+	11:35+	15:13+	16:06+	17:05+	19:10+	21:08+	22:26+	23:52+	25:32+	27:56+	29:27+	31:17+			
		00:46+	00:41+	00:45+	00:47+	05:14+	00:47+	00:55+	01:40+	03:38+	00:53+	00:59=	02:05+	01:58+	01:18+	01:26+	01:40+	02:24+	01:31+	01:50+			
		00:04+	00:06#	00:11&	00:06#	01:18&	00:08#	00:16&	00:20#	00:58&	00:22&	00:00=	00:36&	00:43&	00:17&	00:32&	00:29&	00:42&	00:26&	00:28&			

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

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

## Herrer Ny

<b>1</b>	<b>Magnus Paulsen</b>	<b>387</b>														<b>15:39</b>			
00:26=	01:08=	02:16=	03:43=	04:45=	05:59=	08:42=	09:31=	10:30=	12:22=	13:06=	14:29=	15:08=	15:39=						
00:26=	00:42=	01:08=	01:27=	01:02=	01:14=	02:43=	00:49=	00:59=	01:52=	00:44=	01:23=	00:39=	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=						
<b>2</b>	<b>Tom Kåre Versland</b>	<b>398</b>														<b>17:43</b>			
00:36+	02:13+	03:58+	05:55+	07:10+	08:31+	09:39+	11:08+	12:20+	14:09+	15:00+	16:32+	17:09+	17:43+						
00:36+	01:37+	01:45+	01:57+	01:15+	01:21+	01:08-	01:29+	01:12+	01:49-	00:51+	01:32+	00:37-	00:34+						
00:10&	00:55@	00:37&	00:30&	00:13#	00:07+	01:35-	00:40&	00:13#	00:03-	00:07#	00:09#	00:02-	00:03+						
<b>3</b>	<b>Aksel Joranger</b>	<b>398</b>														<b>17:46</b>			
01:06+	02:09+	03:17+	05:02+	06:02+	06:52+	07:33-	12:22+	13:11+	14:09+	15:07+	16:30+	17:17+	17:46+						
01:06+	01:03+	01:08=	01:45+	01:00-	00:50-	00:41-	04:49+	00:49-	00:58-	00:58+	01:23=	00:47+	00:29-						
00:40@	00:21&	00:00=	00:18#	00:02-	00:24-	02:02-	04:00@	00:10-	00:54-	00:14&	00:00=	00:08#	00:02-						
<b>4</b>	<b>Sveinung Skjørsæter</b>	<b>398</b>														<b>18:24</b>			
00:41+	01:56+	03:31+	05:24+	06:21+	07:40+	08:45+	10:01+	10:53+	14:43+	15:35+	17:13+	17:51+	18:24+						
00:41+	01:15+	01:35+	01:53+	00:57-	01:19+	01:05-	01:16+	00:52-	03:50+	00:52+	01:38+	00:38-	00:33+						
00:15&	00:33&	00:27&	00:26&	00:05-	00:05+	01:38-	00:27&	00:07-	01:58@	00:08#	00:15#	00:01-	00:02+						
<b>5</b>	<b>Gjert Magne Knutsen</b>	<b>136</b>														<b>18:32</b>			
00:46+	01:47+	03:02+	04:40+	05:52+	08:15+	10:14+	11:09+	12:02+	14:24+	15:33+	16:46+	17:57+	18:32+						
00:46+	01:01+	01:15+	01:38+	01:12+	02:23+	01:59-	00:55+	00:53-	02:22+	01:09+	01:13-	01:11+	00:35+						
00:20&	00:19&	00:07#	00:11#	00:10#	01:09&	00:44-	00:06#	00:06-	00:30&	00:25&	00:10-	00:32&	00:04#						
<b>6</b>	<b>Tom Inge Asheim</b>	<b>398</b>														<b>20:36</b>			
00:38+	02:17+	04:00+	05:59+	07:44+	10:13+	11:09+	13:01+	13:56+	15:52+	17:00+	19:35+	20:09+	20:36+						
00:38+	01:39+	01:43+	01:59+	01:45+	02:29+	00:56-	01:52+	00:55-	01:56+	01:08+	02:35+	00:34-	00:27-						
00:12&	00:57@	00:35&	00:32&	00:43&	01:15@	01:47-	01:03@	00:04-	00:04+	00:24&	01:12&	00:05-	00:04-						
<b>7</b>	<b>Elga F. Silaban</b>	<b>136</b>														<b>20:48</b>			
00:39+	01:43+	02:53+	04:32+	05:40+	07:56+	10:03+	11:02+	11:58+	14:06+	17:30+	18:59+	19:41+	20:48+						
00:39+	01:04+	01:10+	01:39+	01:08+	02:16+	02:07-	00:59+	00:56-	02:08+	03:24+	01:29+	00:42+	01:07+						
00:13&	00:22&	00:02+	00:12#	00:06+	01:02&	00:36-	00:10#	00:03-	00:16#	02:40@	00:06+	00:03+	00:36@						
<b>8</b>	<b>John Olav Molin</b>	<b>239</b>														<b>23:01</b>			
00:48+	02:31+	04:57+	06:39+	08:00+	09:18+	12:33+	14:28+	15:50+	17:31+	18:45+	20:48+	21:56+	23:01+						
00:48+	01:43+	02:26+	01:42+	01:21+	01:18+	03:15+	01:55+	01:22+	01:41-	01:14+	02:03+	01:08+	01:05+						
00:22&	01:01@	01:18@	00:15#	00:19&	00:04+	00:32#	01:06@	00:23&	00:11-	00:30&	00:40&	00:29&	00:34@						

Class	Navn	Klasse												Tid	
<b>9</b>	<b>Trond Vigedal</b>	<b>398</b>												<b>23:35</b>	
00:45+	02:09+	03:47+	06:37+	10:27+	12:26+	14:22+	15:25+	17:23+	20:21+	22:05+	22:52+	23:35+	23:35+		
00:45+	01:24+	01:38+	02:50+	01:07+	02:43+	01:59-	01:56+	01:03+	01:58+	02:58+	01:44+	00:47+	00:43+		
00:19&	00:42&	00:30&	01:23&	00:05+	01:29@	00:44-	01:07@	00:04+	00:06+	02:14@	00:21&	00:08#	00:12&		
<b>10</b>	<b>Håvard Svartsund Thomassen</b>	<b>91</b>												<b>25:49</b>	
01:12+	03:58+	06:14+	09:08+	10:31+	12:18+	14:24+	16:15+	18:20+	20:36+	21:56+	23:43+	24:55+	25:49+		
01:12+	02:46+	02:16+	02:54+	01:23+	01:47+	02:06-	01:51+	02:05+	02:16+	01:20+	01:47+	01:12+	00:54+		
00:46@	02:04@	01:08&	01:27&	00:21&	00:33&	00:37-	01:02@	01:06@	00:24#	00:36&	00:24&	00:33&	00:23&		
<b>11</b>	<b>Thomas Romstad</b>	<b>398</b>												<b>27:31</b>	
00:34+	01:55+	03:53+	06:12+	10:02+	11:40+	15:13+	16:41+	18:13+	19:32+	26:14+	26:58+	27:31+	27:31+		
00:34+	01:21+	01:58+	02:19+	01:16+	02:34+	01:38-	03:33+	01:28+	01:32-	01:19+	06:42+	00:44+	00:33+		
00:08&	00:39&	00:50&	00:52&	00:14#	01:20@	01:05-	02:44@	00:29&	00:20-	00:35&	05:19@	00:05#	00:02+		
<b>12</b>	<b>Adam Alfred Brennhagen</b>	<b>398</b>												<b>39:50</b>	
01:13+	04:30+	07:30+	12:15+	14:40+	17:28+	20:50+	23:54+	26:28+	31:04+	33:19+	37:13+	39:20+	39:50+		
01:13+	03:17+	03:00+	04:45+	02:25+	02:48+	03:22+	03:04+	02:34+	04:36+	02:15+	03:54+	02:07+	00:30-		
00:47@	02:35@	01:52@	03:18@	01:23@	01:34@	00:39#	02:15@	01:35@	02:44@	01:31@	02:31@	01:28@	00:01-		
<b>13</b>	<b>Arvid Walskaar</b>	<b>398</b>												<b>41:02</b>	
01:41+	05:06+	07:59+	12:23+	15:03+	18:03+	21:19+	24:16+	27:09+	31:31+	33:49+	37:42+	40:01+	41:02+		
01:41+	03:25+	02:53+	04:24+	02:40+	03:00+	03:16+	02:57+	02:53+	04:22+	02:18+	03:53+	02:19+	01:01+		
01:15@	02:43@	01:45@	02:57@	01:38@	01:46@	00:33#	02:08@	01:54@	02:30@	01:34@	02:30@	01:40@	00:30&		
<b>14</b>	<b>James Lee</b>	<b>136</b>												<b>42:52</b>	
00:38+	01:39+	02:54+	04:30+	05:40+	08:04+	10:11+	11:06+	11:58+	14:21+	16:19+	17:20+	40:12+	41:39+	42:18+	42:52+
00:38+	01:01+	01:15+	01:36+	01:10+	02:24+	02:07-	00:55+	00:52-	02:23+	01:58+	01:01-	22:52+	01:27+	00:39+	00:34+
00:12&	00:19&	00:07#	00:09#	00:08#	01:10&	00:36-	00:06#	00:07-	00:31&	01:14@	00:22-	22:13@	00:56@	00:39+	00:34+
<b>15</b>	<b>Jostein Thoresen</b>	<b>398</b>												<b>49:25</b>	
02:56+	05:46+	11:44+	16:45+	21:29+	25:16+	29:00+	32:06+	35:09+	39:19+	41:31+	45:36+	47:55+	49:25+		
02:56+	02:50+	05:58+	05:01+	04:44+	03:47+	03:44+	03:06+	03:03+	04:10+	02:12+	04:05+	02:19+	01:30+		
02:30@	02:08@	04:50@	03:34@	03:42@	02:33@	01:01&	02:17@	02:04@	02:18@	01:28@	02:42@	01:40@	00:59@		
<b>Beste strekktid for klassen</b>															
00:26	00:42	01:08	01:27	00:57	00:50	00:41	00:49	00:49	00:58	00:44	01:01	00:34	00:27		

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

## Herrer Trim

<b>1</b>	<b>Olav Magnus Eik Espedal</b>	<b>88</b>												<b>23:03</b>		
00:34=	02:27=	03:06=	04:44=	07:12=	08:59=	10:07=	12:31=	13:46=	14:43=	16:16=	19:05=	20:07=	21:32=	22:08=	22:36=	23:03=
00:34=	01:53=	00:39=	01:38=	02:28=	01:47=	01:08=	02:24=	01:15=	00:57=	01:33=	02:49=	01:02=	01:25=	00:36=	00:28=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Arild Svihus</b>	<b>92</b>												<b>25:24</b>		
00:59+	03:00+	03:43+	04:46+	06:48-	09:04+	10:14+	12:13-	13:52+	15:12+	17:14+	19:50+	20:56+	23:27+	24:03+	24:42+	25:24+
00:59+	02:01+	00:43+	01:03-	02:02-	02:16+	01:10+	01:59-	01:39+	01:20+	02:02+	02:36-	01:06+	02:31+	00:36=	00:39+	00:42+
00:25&	00:08+	00:04#	00:35-	00:26-	00:29&	00:02+	00:25-	00:24&	00:23&	00:29&	00:13-	00:04+	01:06&	00:00=	00:11&	00:15&
<b>3</b>	<b>Per-Olof Wallerstedt</b>	<b>18</b>												<b>26:10</b>		
00:28-	02:08-	02:49-	03:48-	05:45-	07:46-	08:56-	11:30-	13:03-	14:03-	15:47-	19:09+	20:14+	22:06+	22:37+	25:17+	26:10+
00:28-	01:40-	00:41+	00:59-	01:57-	02:01+	01:10+	02:34+	01:33+	01:00+	01:44+	03:22+	01:05+	01:52+	00:31-	02:40+	00:53+
00:06-	00:13-	00:02+	00:39-	00:31-	00:14#	00:02+	00:10+	00:18#	00:03+	00:11#	00:33#	00:03+	00:27&	00:05-	02:12@	00:26&
<b>4</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>												<b>26:21</b>		
00:39+	02:26-	03:14+	04:40-	06:32-	08:35-	10:06-	11:56-	13:38-	14:54+	16:53+	19:17+	22:34+	24:36+	25:11+	25:47+	26:21+
00:39+	01:47-	00:48+	01:26-	01:52-	02:03+	01:31+	01:50-	01:42+	01:16+	01:59+	02:24-	03:17+	02:02+	00:35-	00:36+	00:34+
00:05#	00:06-	00:09#	00:12-	00:36-	00:16#	00:23&	00:34-	00:27&	00:19&	00:26&	00:25-	02:15@	00:37&	00:01-	00:08&	00:07&
<b>5</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>												<b>26:45</b>		
00:35+	02:37+	03:22+	04:26-	06:20-	08:11-	09:32-	11:24-	13:11-	14:49+	16:51+	21:51+	22:55+	24:58+	25:32+	26:08+	26:45+
00:35+	02:02+	00:45+	01:04-	01:54-	01:51+	01:21+	01:52-	01:47+	01:38+	02:02+	05:00+	01:04+	02:03+	00:34-	00:36+	00:37+
00:01+	00:09+	00:06#	00:34-	00:34-	00:04+	00:13#	00:32-	00:32&	00:41&	00:29&	02:11&	00:02+	00:38&	00:02-	00:08&	00:10&
<b>6</b>	<b>Jerome Renoult</b>	<b>63</b>												<b>27:27</b>		
00:44+	02:59+	03:48+	05:20+	07:51+	10:15+	11:41+	13:30+	15:12+	16:21+	18:10+	21:13+	22:32+	24:54+	25:34+	26:35+	27:27+
00:44+	02:15+	00:49+	01:32-	02:31+	02:24+	01:26+	01:49-	01:42+	01:09+	01:49+	03:03+	01:19+	02:22+	00:40+	01:01+	00:52+
00:10&	00:22#	00:10&	00:06-	00:03+	00:37&	00:18&	00:35-	00:27&	00:12#	00:16#	00:14+	00:17&	00:57&	00:04#	00:33@	00:25&

Class	Navn	Klasse										Tid				
<b>7</b>	<b>Gaute Haugen Sandnes</b>	<b>43</b>										<b>27:46</b>				
01:02+	03:18+	04:03+	05:42+	07:50+	10:49+	12:25+	14:15+	15:59+	17:20+	18:55+	22:04+	23:18+	25:37+	26:27+	27:08+	27:46+
01:02+	02:16+	00:45+	01:39+	02:08-	02:59+	01:36+	01:50-	01:44+	01:21+	01:35+	03:09+	01:14+	02:19+	00:50+	00:41+	00:38+
00:28&	00:23#	00:06#	00:01+	00:20-	01:12&	00:28&	00:34-	00:29&	00:24&	00:02+	00:20#	00:12#	00:54&	00:14&	00:13&	00:11&
<b>8</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>28:02</b>				
00:31-	02:49+	03:37+	04:55+	06:33-	08:29-	09:50-	11:33-	13:08-	14:45+	16:24+	22:54+	23:50+	25:55+	26:37+	27:16+	28:02+
00:31-	02:18+	00:48+	01:18-	01:38-	01:56+	01:21+	01:43-	01:35+	01:37+	01:39+	06:30+	00:56-	02:05+	00:42+	00:39+	00:46+
00:03-	00:25#	00:09#	00:20-	00:50-	00:09+	00:13#	00:41-	00:20&	00:40&	00:06+	03:41@	00:06-	00:40&	00:06#	00:11&	00:19&
<b>9</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>28:32</b>				
00:47+	03:06+	04:10+	05:38+	07:52+	10:17+	11:43+	13:36+	15:12+	16:33+	18:24+	22:17+	23:47+	26:13+	27:04+	27:56+	28:32+
00:47+	02:19+	01:04+	01:28-	02:14-	02:25+	01:26+	01:53-	01:36+	01:21+	01:51+	03:53+	01:30+	02:26+	00:51+	00:52+	00:36+
00:13&	00:26#	00:25&	00:10-	00:14-	00:38&	00:18&	00:31-	00:21&	00:24&	00:18#	01:04&	00:28&	01:01&	00:15&	00:24&	00:09&
<b>10</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>28:47</b>				
00:39+	03:04+	03:59+	05:14+	07:38+	10:01+	11:28+	13:29+	15:18+	16:55+	19:00+	22:17+	23:50+	26:05+	27:00+	27:50+	28:47+
00:39+	02:25+	00:55+	01:15-	02:24-	02:23+	01:27+	02:01-	01:49+	01:37+	02:05+	03:17+	01:33+	02:15+	00:55+	00:50+	00:57+
00:05#	00:32&	00:16&	00:23-	00:04-	00:36&	00:19&	00:23-	00:34&	00:40&	00:32&	00:28#	00:31&	00:50&	00:19&	00:22&	00:30@
<b>11</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>28:48</b>				
00:31-	02:35+	03:32+	05:13+	07:54+	10:27+	12:13+	15:02+	16:51+	18:51+	20:44+	23:39+	24:54+	26:58+	27:35+	28:15+	28:48+
00:31-	02:04+	00:57+	01:41+	02:41+	02:33+	01:46+	02:49+	01:49+	02:00+	01:53+	02:55+	01:15+	02:04+	00:37+	00:40+	00:33+
00:03-	00:11+	00:18&	00:03+	00:13+	00:46&	00:38&	00:25#	00:34&	01:03@	00:20#	00:06+	00:13#	00:39&	00:01+	00:12&	00:06#
<b>12</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>29:08</b>				
00:40+	02:52+	03:46+	05:11+	07:12-	09:26+	10:59+	13:31+	14:55+	16:36+	19:08+	23:11+	24:26+	26:55+	27:39+	28:16+	29:08+
00:40+	02:12+	00:54+	01:25-	02:01-	02:14+	01:33+	02:32+	01:24+	01:41+	02:32+	04:03+	01:15+	02:29+	00:44+	00:37+	00:52+
00:06#	00:19#	00:15&	00:13-	00:27-	00:27&	00:25&	00:08+	00:09#	00:44&	00:59&	01:14&	00:13#	01:04&	00:08#	00:09&	00:25&
<b>13</b>	<b>Eivind Fredheim</b>	<b>50</b>										<b>30:38</b>				
00:33-	02:02-	02:44-	03:53-	05:50-	07:39-	15:37+	17:12+	18:48+	20:16+	22:09+	25:12+	26:28+	28:45+	29:23+	30:03+	30:38+
00:33-	01:29-	00:42+	01:09-	01:57-	01:49+	07:58+	01:35-	01:36+	01:28+	01:53+	03:03+	01:16+	02:17+	00:38+	00:40+	00:35+
00:01-	00:24-	00:03+	00:29-	00:31-	00:02+	06:50@	00:49-	00:21&	00:31&	00:20#	00:14+	00:14#	00:52&	00:02+	00:12&	00:08&
<b>14</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>30:54</b>				
00:33-	02:51+	03:41+	05:29+	07:35+	10:36+	13:17+	15:34+	17:21+	18:39+	20:58+	24:01+	25:33+	28:09+	29:08+	29:52+	30:54+
00:33-	02:18+	00:50+	01:48+	02:06-	03:01+	02:41+	02:17-	01:47+	01:18+	02:19+	03:03+	01:32+	02:36+	00:59+	00:44+	01:02+
00:01-	00:25#	00:11&	00:10#	00:22-	01:14&	01:33@	00:07-	00:32&	00:21&	00:46&	00:14+	00:30&	01:11&	00:23&	00:16&	00:35@
<b>15</b>	<b>Per Bakken</b>	<b>5</b>										<b>31:10</b>				
00:38+	03:29+	04:30+	06:23+	08:35+	11:24+	13:53+	16:14+	18:12+	19:35+	21:53+	25:05+	26:27+	28:55+	29:44+	30:21+	31:10+
00:38+	02:51+	01:01+	01:53+	02:12-	02:49+	02:29+	02:21-	01:58+	01:23+	02:18+	03:12+	01:22+	02:28+	00:49+	00:37+	00:49+
00:04#	00:58&	00:22&	00:15#	00:16-	01:02&	01:21@	00:03-	00:43&	00:26&	00:45&	00:23#	00:20&	01:03&	00:13&	00:09&	00:22&
<b>16</b>	<b>Sjur Bjerke</b>	<b>134</b>										<b>31:48</b>				
01:22+	03:35+	04:26+	06:04+	07:52+	10:53+	12:28+	15:30+	17:08+	18:37+	20:49+	24:11+	25:24+	27:56+	28:40+	31:06+	31:48+
01:22+	02:13+	00:51+	01:38+	01:48-	03:01+	01:35+	03:02+	01:38+	01:29+	02:12+	03:22+	01:13+	02:32+	00:44+	02:26+	00:42+
00:48@	00:20#	00:12&	00:00=	00:40-	01:14&	00:27&	00:38&	00:23&	00:32&	00:39&	00:33#	00:11#	01:07&	00:08#	01:58@	00:15&
<b>17</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>32:24</b>				
00:40+	03:04+	04:08+	05:22+	07:40+	10:10+	11:40+	13:48+	16:05+	17:50+	20:18+	26:08+	27:31+	29:49+	30:41+	31:25+	32:24+
00:40+	02:24+	01:04+	01:14-	02:18-	02:30+	01:30+	02:08-	02:17+	01:45+	02:28+	05:50+	01:23+	02:18+	00:52+	00:44+	00:59+
00:06#	00:31&	00:25&	00:24-	00:10-	00:43&	00:22&	00:16-	01:02&	00:48&	00:55&	03:01@	00:21&	00:53&	00:16&	00:16&	00:32@
<b>18</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>32:43</b>				
00:41+	02:56+	04:09+	05:50+	08:11+	11:16+	13:03+	16:01+	17:56+	19:28+	21:46+	25:24+	26:49+	30:19+	31:11+	32:00+	32:43+
00:41+	02:15+	01:13+	01:41+	02:21+	03:05+	01:47+	02:58+	01:55+	01:32+	02:18+	03:38+	01:25+	03:30+	00:52+	00:49+	00:43+
00:07#	00:22#	00:34&	00:03+	00:07-	01:18&	00:39&	00:34#	00:40&	00:35&	00:45&	00:49&	00:23&	02:05@	00:16&	00:21&	00:16&
<b>19</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>34:00</b>				
00:38+	03:03+	03:52+	05:09+	07:57+	10:42+	12:28+	14:09+	15:48+	17:13+	19:08+	22:26+	28:56+	31:56+	32:37+	33:19+	34:00+
00:38+	02:25+	00:49+	01:17-	02:48+	02:45+	01:46+	01:41-	01:39+	01:25+	01:55+	03:18+	06:30+	03:00+	00:41+	00:42+	00:41+
00:04#	00:32&	00:10&	00:21-	00:20#	00:58&	00:38&	00:43-	00:24&	00:28&	00:22#	00:29#	05:28@	01:35@	00:05#	00:14&	00:14&
<b>20</b>	<b>Terje Langeland</b>	<b>98</b>										<b>34:04</b>				
00:45+	03:21+	04:32+	06:06+	08:24+	11:16+	12:41+	14:34+	16:22+	18:15+	20:36+	24:07+	25:47+	31:49+	32:45+	33:30+	34:04+
00:45+	02:36+	01:11+	01:34-	02:18-	02:52+	01:25+	01:53-	01:48+	01:53+	02:21+	03:31+	01:40+	06:02+	00:56+	00:45+	00:34+
00:11&	00:43&	00:32&	00:04-	00:10-	01:05&	00:17#	00:31-	00:33&	00:56&	00:48&	00:42#	00:38&	04:37@	00:20&	00:17&	00:07&
<b>21</b>	<b>Viktor Klippen</b>	<b>5</b>										<b>34:53</b>				
00:36+	02:16-	03:03-	03:58-	05:48-	18:05+	19:22+	22:20+	23:43+	24:45+	26:19+	29:32+	30:20+	32:45+	33:26+	34:13+	34:53+
00:36+	01:40-	00:47+	00:55-	01:50-	12:17+	01:17+	02:58+	01:23+	01:02+	01:34+	03:13+	00:48-	02:25+	00:41+	00:47+	00:40+
00:02+	00:13-	00:08#	00:43-	00:38-	10:30@	00:09#	00:34#	00:08#	00:05+	00:01+	00:24#	00:14-	01:00&	00:05#	00:19&	00:13&

Class	Navn	Klasse												Tid			
<b>22</b>	<b>Audun Sjøen</b>	<b>111</b>												<b>36:45</b>			
00:50+	03:11+	04:11+	06:04+	11:39+	14:34+	16:28+	19:24+	21:40+	22:42+	25:24+	28:58+	31:01+	33:39+	34:24+	35:35+	36:45+	
00:50+	02:21+	01:00+	01:53+	05:35+	02:55+	01:54+	02:56+	02:16+	01:02+	02:42+	03:34+	02:03+	02:38+	00:45+	01:11+	01:10+	
00:16&	00:28#	00:21&	00:15#	03:07@	01:08&	00:46&	00:32#	01:01&	00:05+	01:09&	00:45&	01:01&	01:13&	00:09#	00:43@	00:43@	
<b>23</b>	<b>Steinar Aase</b>	<b>268</b>												<b>38:04</b>			
00:34=	03:12+	03:59+	05:22+	07:46+	12:30+	14:16+	20:10+	22:47+	24:17+	27:01+	30:55+	32:41+	35:17+	36:07+	37:05+	38:04+	
00:34=	02:38+	00:47+	01:23-	02:24-	04:44+	01:46+	05:54+	02:37+	01:30+	02:44+	03:54+	01:46+	02:36+	00:50+	00:58+	00:59+	
00:00=	00:45&	00:08#	00:15-	00:04-	02:57@	00:38&	03:30@	01:22@	00:33&	01:11&	01:05&	00:44&	01:11&	00:14&	00:30@	00:32@	
<b>24</b>	<b>Bent Horpestad</b>	<b>105</b>												<b>38:33</b>			
00:56+	03:31+	05:47+	07:16+	10:31+	13:30+	15:27+	17:51+	21:01+	22:46+	25:11+	29:21+	32:59+	36:18+	37:02+	37:45+	38:33+	
00:56+	02:35+	02:16+	01:29-	03:15+	02:59+	01:57+	02:24=	03:10+	01:45+	02:25+	04:10+	03:38+	03:19+	00:44+	00:43+	00:48+	
00:22&	00:42&	01:37@	00:09-	00:47&	01:12&	00:49&	00:00=	01:55@	00:48&	00:52&	01:21&	02:36@	01:54@	00:08#	00:15&	00:21&	
<b>25</b>	<b>Bruno Pierfelice</b>	<b>51</b>												<b>38:41</b>			
00:26-	02:17-	03:04-	04:13-	05:49-	08:10-	12:55+	21:03+	21:57+	23:26+	25:38+	32:55+	34:06+	36:39+	37:24+	38:09+	38:41+	
00:26-	01:51-	00:47+	01:09-	01:36-	02:21+	04:45+	08:08+	00:54-	01:29+	02:12+	07:17+	01:11+	02:33+	00:45+	00:45+	00:32+	
00:08-	00:02-	00:08#	00:29-	00:52-	00:34&	03:37@	05:44@	00:21-	00:32&	00:39&	04:28@	00:09#	01:08&	00:09#	00:17&	00:05#	
<b>26</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>												<b>41:00</b>			
01:04+	03:42+	04:45+	06:06+	09:10+	12:34+	14:25+	16:31+	18:21+	20:29+	23:18+	33:14+	36:08+	38:33+	39:29+	40:19+	41:00+	
01:04+	02:38+	01:03+	01:21-	03:04+	03:24+	01:51+	02:06-	01:50+	02:08+	02:49+	09:56+	02:54+	02:25+	00:56+	00:50+	00:41+	
00:30&	00:45&	00:24&	00:17-	00:36#	01:37&	00:43&	00:18-	00:35&	01:11@	01:16&	07:07@	01:52@	01:00&	00:20&	00:22&	00:14&	
<b>27</b>	<b>Marius Bergstøl Hvidsten</b>	<b>372</b>												<b>42:38</b>			
00:46+	03:10+	04:04+	05:07+	07:22+	09:38+	15:17+	17:49+	19:23+	20:31+	25:35+	36:03+	38:51+	40:30+	41:17+	41:58+	42:38+	
00:46+	02:24+	00:54+	01:03-	02:15-	02:16+	05:39+	02:32+	01:34+	01:08+	05:04+	10:28+	02:48+	01:39+	00:47+	00:41+	00:40+	
00:12&	00:31&	00:15&	00:35-	00:13-	00:29&	04:31@	00:08+	00:19&	00:11#	03:31@	07:39@	01:46@	00:14#	00:11&	00:13&	00:13&	
<b>28</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>												<b>42:53</b>			
01:00+	04:52+	06:04+	08:16+	11:38+	15:23+	17:48+	20:49+	23:11+	24:51+	28:35+	34:56+	36:43+	40:15+	41:01+	41:55+	42:53+	
01:00+	03:52+	01:12+	02:12+	03:22+	03:45+	02:25+	03:01+	02:22+	01:40+	03:44+	06:21+	01:47+	03:32+	00:46+	00:54+	00:58+	
00:26&	01:59@	00:33&	00:34&	00:54&	01:58@	01:17@	00:37&	01:07&	00:43&	02:11@	03:32@	00:45&	02:07@	00:10&	00:26&	00:31@	
<b>29</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>												<b>46:11</b>			
01:05+	05:19+	06:37+	08:25+	12:11+	15:35+	17:23+	20:20+	22:27+	24:00+	32:40+	36:40+	40:48+	43:07+	44:15+	45:09+	46:11+	
01:05+	04:14+	01:18+	01:48+	03:46+	03:24+	01:48+	02:57+	02:07+	01:33+	08:40+	04:00+	04:08+	02:19+	01:08+	00:54+	01:02+	
00:31&	02:21@	00:39&	00:10#	01:18&	01:37&	00:40&	00:33#	00:52&	00:36&	07:07@	01:11&	03:06@	00:54&	00:32&	00:26&	00:35@	
<b>30</b>	<b>Jon Grepstad</b>	<b>111</b>												<b>46:28</b>			
00:58+	04:16+	05:34+	09:17+	12:29+	16:02+	19:30+	22:11+	25:04+	27:14+	31:25+	35:33+	39:49+	42:48+	44:10+	45:15+	46:28+	
00:58+	03:18+	01:18+	03:43+	03:12+	03:33+	03:28+	02:41+	02:53+	02:10+	04:11+	04:08+	04:16+	02:59+	01:22+	01:05+	01:13+	
00:24&	01:25&	00:39&	02:05@	00:44&	01:46&	02:20@	00:17#	01:38@	01:13@	02:38@	01:19&	03:14@	01:34@	00:46@	00:37@	00:46@	
<b>31</b>	<b>Karl Einar Kleppa</b>	<b>178</b>												<b>47:38</b>			
02:49+	04:47+	06:14+	07:33+	09:36+	11:45+	14:19+	19:53+	21:05+	27:15+	33:30+	38:07+	39:23+	44:32+	45:16+	46:25+	47:38+	
02:49+	01:58+	01:27+	01:19-	02:03-	02:09+	02:34+	05:34+	01:12-	06:10+	06:15+	04:37+	01:16+	05:09+	00:44+	01:09+	01:13+	
02:15@	00:05+	00:48@	00:19-	00:25-	00:22#	01:26@	03:10@	00:03-	05:13@	04:42@	01:48&	00:14#	03:44@	00:08#	00:41@	00:46@	
<b>32</b>	<b>Endre Gabrielsen</b>	<b>126</b>												<b>48:03</b>			
00:55+	03:35+	04:29+	07:33+	10:29+	20:30+	24:30+	27:22+	29:34+	31:05+	35:04+	39:58+	42:35+	45:43+	46:19+	47:21+	48:03+	
00:55+	02:40+	00:54+	03:04+	02:56+	10:01+	04:00+	02:52+	02:12+	01:31+	03:59+	04:54+	02:37+	03:08+	00:36=	01:02+	00:42+	
00:21&	00:47&	00:15&	01:26&	00:28#	08:14@	02:52@	00:28#	00:57&	00:34&	02:26@	02:05&	01:35@	01:43@	00:00=	00:34@	00:15&	
<b>33</b>	<b>Inge Grødem</b>	<b>92</b>												<b>1:03:14</b>			
01:21+	06:11+	08:56+	11:51+	16:47+	21:22+	24:50+	28:12+	31:58+	35:06+	39:39+	49:06+	51:31+	57:39+	60:12+	61:49+	63:14+	
01:21+	04:50+	02:45+	02:55+	04:56+	04:35+	03:28+	03:22+	03:46+	03:08+	04:33+	09:27+	02:25+	06:08+	02:33+	01:37+	01:25+	
00:47@	02:57@	02:06@	01:17&	02:28&	02:48@	02:20@	00:58&	02:31@	02:11@	03:00@	06:38@	01:23@	04:43@	01:57@	01:09@	00:58@	
<b>34</b>	<b>Per Helge Salvesen</b>	<b>98</b>												<b>1:08:52</b>			
00:37+	03:24+	05:00+	06:18+	08:43+	16:46+	38:48+	40:35+	42:40+	44:20+	46:36+	54:17+	60:23+	63:15+	63:54+	68:24+	68:52+	
00:37+	02:47+	01:36+	01:18-	02:25-	08:03+	22:02+	01:47-	02:05+	01:40+	02:16+	07:41+	06:06+	02:52+	00:39+	04:30+	00:28+	
00:03+	00:54&	00:57@	00:20-	00:03-	06:16@	20:54@	00:37-	00:50&	00:43&	00:43&	04:52@	05:04@	01:27@	00:03+	04:02@	00:01+	
<b>35</b>	<b>Erik Henriksen</b>	<b>116</b>												<b>1:09:44</b>			
01:55+	10:09+	11:42+	14:21+	17:34+	21:49+	24:32+	40:03+	42:55+	44:54+	47:57+	58:17+	60:41+	64:28+	66:31+	67:42+	69:44+	
01:55+	08:14+	01:33+	02:39+	03:13+	04:15+	02:43+	15:31+	02:52+	01:59+	03:03+	10:20+	02:24+	03:47+	02:03+	01:11+	02:02+	
01:21@	06:21@	00:54@	01:01&	00:45&	02:28@	01:35@	13:07@	01:37@	01:02@	01:30&	07:31@	01:22@	02:22@	01:27@	00:43@	01:35@	
<b>Beste strekktid for klassen</b>	00:26	01:29	00:39	00:55	01:36	01:47	01:08	01:35	00:54	00:57	01:33	02:24	00:48	01:25	00:31	00:28	00:27

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