

Class	Navn	Klasse	Tid
4	Nidunn Sandvik	228	53:22
02:20+	06:05+ 08:49+ 10:47+	14:09+ 16:25+ 19:24+ 21:09+	24:04+ 27:51+ 30:20+ 32:59+
02:20+	03:45+ 02:44- 01:58+	03:22+ 02:16+ 02:59+ 01:45-	02:55- 03:47+ 02:29+ 02:39-
01:23@	00:43# 00:28- 00:07+	00:01+ 00:14# 01:35@ 00:14-	00:12- 02:06@ 00:28# 01:55-
			03:44@ 01:21& 00:07- 00:57&
			01:41@ 00:53@ 00:22+
5	Ingrid Øxnevad	18	58:58
01:04+	05:48+ 09:07+ 10:41+	14:04+ 16:00+	17:24+ 21:49+ 27:09+
01:04+	04:44+ 03:19+ 01:34-	03:23+ 01:56-	01:24= 04:25+ 05:20+
00:07#	01:42& 00:07+ 00:17-	00:02+ 00:06-	00:00= 02:26@ 02:13&
			00:30& 00:30# 09:19@ 00:16+
			00:42& 00:46& 00:15# 00:14-
			00:03-
6	Ellinor Nesse	116	1:00:08
01:31+	05:26+ 11:04+ 13:12+	21:24+ 23:16+	25:15+ 28:00+
01:31+	03:55+ 05:38+ 02:08+	08:12+ 01:52-	01:59+ 02:45+
00:34&	00:53& 02:26& 00:17#	04:51@ 00:10-	00:35& 00:46&
			01:06& 00:21# 01:16&
			03:51& 00:29#
			00:50& 00:31#
			00:17# 00:03#
7	Ellinor Hoemsnes	116	1:24:54
01:11+	08:10+ 26:12+ 27:54+	33:33+ 41:35+	43:24+ 49:31+
01:11+	06:59+ 18:02+ 01:42-	05:39+ 08:02+	01:49+ 06:07+
00:14#	03:57@ 14:50@ 00:09-	02:18& 06:00@	00:25& 04:08@
			01:17& 01:31& 01:03&
			04:05& 00:36#
			00:01+ 01:52& 01:55&
			00:05+ 00:03#
Beste strekktid for klassen			
	00:57	02:51	01:56
	01:34	03:03	01:36
	01:24	01:45	02:55
	01:37	01:49	02:39
	02:22	02:16	02:08
	02:09	00:51	00:14

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

Damer 65 - 69 år

1	Margot Asheim	105	50:01
01:00=	04:01= 07:16= 09:24=	13:23= 15:36=	17:05= 20:37= 25:06=
01:00=	03:01= 03:15= 02:08=	03:59= 02:13=	01:29= 03:32= 04:29=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00= 00:00=
			00:00= 00:00= 00:00=
			00:00= 00:00= 00:00=
			00:00= 00:00= 00:00=
2	Marit Karin Nygård	92	50:34
01:08+	04:43+ 07:10- 09:11-	13:08- 16:42+	18:24+ 21:03+
01:08+	03:35+ 02:27- 02:01-	03:57- 03:34+	01:42+ 02:39-
00:08#	00:34# 00:48- 00:07-	00:02- 01:21&	00:13# 00:53-
			00:23- 00:27# 00:18-
			00:06- 00:12+
			00:15+ 00:10+
			00:00= 00:17-
			00:07& 00:03#
3	Eli Frafjord	94	51:38
01:09+	05:26+ 08:21+ 10:06+	13:52+ 15:44+	17:37+ 21:06+
01:09+	04:17+ 02:55- 01:45-	03:46- 01:52-	01:53+ 03:29-
00:09#	01:16& 00:20- 00:23-	00:13- 00:21-	00:24& 00:03-
			00:39- 00:18# 01:23-
			00:04- 00:24#
			01:17- 00:01-
			00:07+ 03:34@
			00:09&
4	May Elinor Meling	125	53:42
01:27+	05:12+ 08:26+ 11:18+	15:10+ 16:48+	18:38+ 21:11+
01:27+	03:45+ 03:14- 02:52+	03:52- 01:38-	01:50+ 02:33-
00:27&	00:44# 00:01- 00:44&	00:07- 00:35-	00:21# 00:59-
			00:09+ 00:08-
			00:45- 04:37& 00:23#
			00:23# 00:23#
			00:03- 00:26-
			00:07& 00:07&
5	Berit Bakken	93	55:31
03:40+	06:50+ 09:41+ 10:59+	15:58+ 21:09+	22:47+ 25:14+
03:40+	03:10+ 02:51- 01:18-	04:59+ 05:11+	01:38+ 02:27-
02:40@	00:09+ 00:24- 00:50-	01:00& 02:58@	00:09# 01:05-
			01:06- 00:24# 01:18-
			00:17- 00:28#
			01:11- 00:09-
			00:17# 03:34@
			00:11&
6	Liv Sissel Obrestad	54	1:09:35
02:11+	06:39+ 09:21+ 12:35+	17:14+ 19:16+	21:37+ 25:10+
02:11+	04:28+ 02:42- 03:14+	04:39+ 02:02-	02:21+ 03:33+
01:11@	01:27& 00:33- 01:06&	00:40# 00:11-	00:52& 00:01+
			03:07& 00:24-
			04:51& 00:39&
			00:39& 00:31#
			04:08@ 00:33#
			00:17# 00:10&
7	Kari Blixhavn	228	1:11:40
01:35+	05:39+ 08:50+ 12:22+	17:18+ 19:59+	23:02+ 26:30+
01:35+	04:04+ 03:11- 03:32+	04:56+ 02:41+	03:03+ 03:28-
00:35&	01:03& 00:04- 01:24&	00:57# 00:28#	01:34@ 00:04-
			06:19@ 01:11&
			00:26- 02:48& 01:06&
			00:44- 04:21@ 00:52&
			00:08+ 00:11&
8	Ingrid Eik	88	1:13:10
01:02+	03:58- 06:19- 07:38-	11:07- 13:48-	15:13- 17:22-
01:02+	02:56- 02:21- 01:19-	03:29- 02:41+	01:25- 02:09-
00:02+	00:05- 00:54- 00:49-	00:30- 00:28#	00:04- 01:23-
			01:00- 00:03-
			00:39- 04:12& 06:25@
			02:02& 00:57-
			13:45@ 01:27&
			00:51@ 00:21+
			00:21+
Beste strekktid for klassen			
	01:00	02:56	02:21
	01:18	03:29	01:38
	01:25	02:09	03:23
	01:53	02:00	05:45
	02:29	02:24	02:12
	02:26	01:02	00:13

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

Damer 70 - 74 år

1	Kirsten Carlsen	93	1:00:31														
01:49=	06:24=	08:53=	10:30=	17:13=	19:41=	21:37=	24:53=	29:40=	31:47=	33:52=	42:19=	45:42=	48:36=	55:12=	58:51=	60:12=	60:31=
01:49=	04:35=	02:29=	01:37=	06:43=	02:28=	01:56=	03:16=	04:47=	02:07=	02:05=	08:27=	03:23=	02:54=	06:36=	03:39=	01:21=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Hanne Eik	117	1:02:35														
01:43-	06:04-	09:29+	11:28+	15:51-	18:19-	20:24-	23:17-	27:58-	30:13-	36:53+	46:10+	49:37+	52:32+	57:10+	60:51+	62:09+	62:35+
01:43-	04:21-	03:25+	01:59+	04:23-	02:28=	02:05+	02:53-	04:41-	02:15+	06:40+	09:17+	03:27+	02:55+	04:38-	03:41+	01:18-	00:26+
00:06-	00:14-	00:56&	00:22#	02:20-	00:00=	00:09+	00:23-	00:06-	00:08+	04:35@	00:50+	00:04+	00:01+	01:58-	00:02+	00:03-	00:07&

3	Mette Dagsland	68	1:10:58														
01:35-	05:54-	08:33-	11:20+	20:06+	21:40+	23:11+	28:19+	43:37+	46:28+	50:54+	58:22+	61:56+	64:05+	67:04+	69:35+	70:39+	70:58+
01:35-	04:19-	02:39+	02:47+	08:46+	01:34-	01:31-	05:08+	15:18+	02:51+	04:26+	07:28-	03:34+	02:09-	02:59-	02:31-	01:04-	00:19=
00:14-	00:16-	00:10+	01:10&	02:03&	00:54-	00:25-	01:52&	10:31@	00:44&	02:21@	00:59-	00:11+	00:45-	03:37-	01:08-	00:17-	00:00=

Beste strekktid for klassen	01:35	04:19	02:29	01:37	04:23	01:34	01:31	02:53	04:41	02:07	02:05	07:28	03:23	02:09	02:59	02:31	01:04	00:19
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 75 - 79 år

1	Turid Nystrøm	68	53:31														
01:33=	06:02=	11:34=	13:08=	16:44=	18:54=	20:48=	23:30=	27:22=	29:30=	32:02=	38:54=	42:57=	45:31=	49:13=	52:08=	53:12=	53:31=
01:33=	04:29=	05:32=	01:34=	03:36=	02:10=	01:54=	02:42=	03:52=	02:08=	02:32=	06:52=	04:03=	02:34=	03:42=	02:55=	01:04=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Gry Vikhamar Thengs	68	1:01:01														
01:51+	06:20+	09:53-	12:25-	17:05+	19:31+	22:05+	25:37+	30:35+	33:31+	36:18+	45:24+	48:16+	51:13+	56:00+	59:23+	60:41+	61:01+
01:51+	04:29=	03:33-	02:32+	04:40+	02:26+	02:34+	03:32+	04:58+	02:56+	02:47+	09:06+	02:52-	02:57+	04:47+	03:23+	01:18+	00:20+
00:18#	00:00=	01:59-	00:58&	01:04&	00:16#	00:40&	00:50&	01:06&	00:48&	00:15+	02:14&	01:11-	00:23#	01:05&	00:28#	00:14#	00:01+

3	Haldis Glendrange	68	1:01:52														
01:43+	06:25+	09:39-	11:33-	16:22-	18:54=	20:46-	25:00+	29:52+	32:34+	35:28+	44:36+	49:06+	52:24+	56:36+	60:16+	61:36+	61:52+
01:43+	04:42+	03:14-	01:54+	04:49+	02:32+	01:52-	04:14+	04:52+	02:42+	02:54+	09:08+	04:30+	03:18+	04:12+	03:40+	01:20+	00:16-
00:10#	00:13+	02:18-	00:20#	01:13&	00:22#	00:02-	01:32&	01:00&	00:34&	00:22#	02:16&	00:27#	00:44&	00:30#	00:45&	00:16#	00:03-

4	Hedvig Anda	116	1:03:20														
01:42+	06:29+	10:26-	13:43+	17:57+	20:52+	23:13+	26:21+	31:33+	34:17+	38:09+	47:50+	51:11+	54:19+	58:22+	61:43+	63:00+	63:20+
01:42+	04:47+	03:57-	03:17+	04:14+	02:55+	02:21+	03:08+	05:12+	02:44+	03:52+	09:41+	03:21-	03:08+	04:03+	03:21+	01:17+	00:20+
00:09+	00:18+	01:35-	01:43@	00:38#	00:45&	00:27#	00:26#	01:20&	00:36&	01:20&	02:49&	00:42-	00:34#	00:21+	00:26#	00:13#	00:01+

5	Helga Klausen	62	1:07:35														
01:30-	06:38+	10:02-	12:56-	19:20+	22:36+	24:51+	28:18+	33:04+	35:13+	39:20+	49:08+	53:03+	56:14+	62:09+	65:51+	67:17+	67:35+
01:30-	05:08+	03:24-	02:54+	06:24+	03:16+	02:15+	03:27+	04:46+	02:09+	04:07+	09:48+	03:55-	03:11+	05:55+	03:42+	01:26+	00:18-
00:03-	00:39#	02:08-	01:20&	02:48&	01:06&	00:21#	00:45&	00:54#	00:01+	01:35&	02:56&	00:08-	00:37#	02:13&	00:47&	00:22&	00:01-

6	Aslaug Lura	94	1:43:03														
02:23+	10:39+	14:44+	21:33+	27:55+	33:41+	36:17+	40:51+	51:04+	53:55+	60:46+	73:23+	77:52+	82:55+	95:59+	100:43+	102:35+	103:03+
02:23+	08:16+	04:05-	06:49+	06:22+	05:46+	02:36+	04:34+	10:13+	02:51+	06:51+	12:37+	04:29+	05:03+	13:04+	04:44+	01:52+	00:28+
00:50&	03:47&	01:27-	05:15@	02:46&	03:36@	00:42&	01:52&	06:21@	00:43&	04:19@	05:45&	00:26#	02:29&	09:22@	01:49&	00:48&	00:09&

Beste strekktid for klassen	01:30	04:29	03:14	01:34	03:36	02:10	01:52	02:42	03:52	02:08	02:32	06:52	02:52	02:34	03:42	02:55	01:04	00:16
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 80 år og eldre

1	Berit Ebbell Olsen	68	58:32											
02:42=	06:40=	16:13=	18:19=	23:21=	27:26=	35:38=	39:23=	42:18=	45:55=	48:26=	52:27=	56:08=	58:06=	58:32=
02:42=	03:58=	09:33=	02:06=	05:02=	04:05=	08:12=	03:45=	02:55=	03:37=	02:31=	04:01=	03:41=	01:58=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse													Tid
5	Silje Elise Elstad	62													23:14
00:25=	01:04+	02:02+	03:13+	05:01+	07:22+	09:34+	12:55+	15:36+	17:16+	19:08+	20:23+	21:21+	23:01+	23:14+	
00:25=	00:39+	00:58+	01:11+	01:48+	02:21+	02:12+	03:21+	02:41+	01:40+	01:52+	01:15+	00:58+	01:40+	00:13-	
00:00=	00:08&	00:02+	00:18&	00:57@	00:43&	00:46&	01:22&	01:02&	00:26&	00:35&	00:14#	00:23&	00:23&	00:09-	
6	Heidi Camilla Hovet	62													23:14
00:22-	01:01+	01:56+	03:10+	05:02+	07:23+	09:34+	12:47+	15:37+	17:09+	19:12+	20:21+	21:18+	22:55+	23:14+	
00:22-	00:39+	00:55-	01:14+	01:52+	02:21+	02:11+	03:13+	02:50+	01:32+	02:03+	01:09+	00:57+	01:37+	00:19-	
00:03-	00:08&	00:01-	00:21&	01:01@	00:43&	00:45&	01:14&	01:11&	00:18#	00:46&	00:08#	00:22&	00:20&	00:03-	
7	Bodil D. Langeland	382													25:45
00:44+	01:26+	02:34+	04:03+	05:06+	07:25+	10:02+	13:22+	15:58+	17:52+	20:10+	21:49+	22:55+	24:45+	25:45+	
00:44+	00:42+	01:08+	01:29+	01:03+	02:19+	02:37+	03:20+	02:36+	01:54+	02:18+	01:39+	01:06+	01:50+	01:00+	
00:19&	00:11&	00:12#	00:36&	00:12#	00:41&	01:11&	01:21&	00:57&	00:40&	01:01&	00:38&	00:31&	00:33&	00:38@	
8	Jeanette Mjølhøus	105													27:58
00:45+	03:14+	04:33+	06:07+	07:03+	09:19+	11:01+	13:23+	15:23+	17:10+	22:26+	23:59+	25:00+	27:33+	27:58+	
00:45+	02:29+	01:19+	01:34+	00:56+	02:16+	01:42+	02:22+	02:00+	01:47+	05:16+	01:33+	01:01+	02:33+	00:25+	
00:20&	01:58@	00:23&	00:41&	00:05+	00:38&	00:16#	00:23#	00:21#	00:33&	03:59@	00:32&	00:26&	01:16&	00:03#	
9	Anne Lill Njå	105													28:00
00:52+	03:17+	04:34+	06:03+	07:04+	09:26+	11:08+	13:29+	15:26+	17:01+	22:28+	24:06+	25:02+	27:39+	28:00+	
00:52+	02:25+	01:17+	01:29+	01:01+	02:22+	01:42+	02:21+	01:57+	01:35+	05:27+	01:38+	00:56+	02:37+	00:21-	
00:27@	01:54@	00:21&	00:36&	00:10#	00:44&	00:16#	00:22#	00:18#	00:21&	04:10@	00:37&	00:21&	01:20@	00:01-	
10	Anna Langlo	105													31:32
00:34+	01:25+	03:04+	04:51+	06:34+	08:44+	11:46+	15:23+	18:33+	20:50+	24:16+	26:58+	28:33+	30:55+	31:32+	
00:34+	00:51+	01:39+	01:47+	01:43+	02:10+	03:02+	03:37+	03:10+	02:17+	03:26+	02:42+	01:35+	02:22+	00:37+	
00:09&	00:20&	00:43&	00:54@	00:52@	00:32&	01:36@	01:38&	01:31&	01:03&	02:09@	01:41@	01:00@	01:05&	00:15&	
11	Linda Strøm	105													31:35
00:43+	01:29+	03:05+	04:58+	06:38+	08:52+	11:49+	15:23+	18:35+	20:51+	24:18+	27:01+	28:35+	30:57+	31:35+	
00:43+	00:46+	01:36+	01:53+	01:40+	02:14+	02:57+	03:34+	03:12+	02:16+	03:27+	02:43+	01:34+	02:22+	00:38+	
00:18&	00:15&	00:40&	01:00@	00:49&	00:36&	01:31@	01:35&	01:33&	01:02&	02:10@	01:42@	00:59@	01:05&	00:16&	

Beste strekktid for klassen

00:22 00:31 00:53 00:53 00:49 01:38 01:24 01:55 01:38 01:14 01:17 01:01 00:35 01:17 00:13

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

Damer Trim

1	Nina Bækkelund Christiansen	105													30:19
01:03=	02:22=	04:56=	07:06=	09:00=	11:30=	14:54=	16:16=	18:19=	19:40=	22:55=	24:47=	26:50=	27:56=	30:00=	30:19=
01:03=	01:19=	02:34=	02:10=	01:54=	02:30=	03:24=	01:22=	02:03=	01:21=	03:15=	01:52=	02:03=	01:06=	02:04=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Grete Stokke Seljeskog	128													31:54
01:29+	03:11+	05:53+	08:16+	10:22+	12:49+	16:56+	18:30+	20:51+	22:28+	24:48+	26:51+	29:09+	30:13+	31:37+	31:54+
01:29+	01:42+	02:42+	02:23+	02:06+	02:27-	04:07+	01:34+	02:21+	01:37+	02:20-	02:03+	02:18+	01:04-	01:24-	00:17-
00:26&	00:23&	00:08+	00:13#	00:12#	00:03-	00:43#	00:12#	00:18#	00:16#	00:55-	00:11+	00:15#	00:02-	00:40-	00:02-
3	Kristin Yoon	372													33:49
01:19+	02:29+	05:33+	07:36+	09:25+	11:49+	15:08+	16:21+	18:57+	20:09+	22:40-	25:30+	31:17+	32:05+	33:33+	33:49+
01:19+	01:10-	03:04+	02:03-	01:49-	02:24-	03:19-	01:13-	02:36+	01:12-	02:31-	02:50+	05:47+	00:48-	01:28-	00:16-
00:16&	00:09-	00:30#	00:07-	00:05-	00:06-	00:05-	00:09-	00:33&	00:09-	00:44-	00:58&	03:44@	00:18-	00:36-	00:03-
4	Ingrid O. Foss	117													34:58
00:48-	02:08-	04:47-	07:09+	09:26+	12:02+	16:27+	17:59+	20:29+	22:42+	25:33+	28:33+	31:19+	32:35+	34:39+	34:58+
00:48-	01:20+	02:39+	02:22+	02:17+	02:36+	04:25+	01:32+	02:30+	02:13+	02:51-	03:00+	02:46+	01:16+	02:04=	00:19=
00:15-	00:01+	00:05+	00:12+	00:23#	00:06+	01:01&	00:10#	00:27#	00:52&	00:24-	01:08&	00:43&	00:10#	00:00=	00:00=
5	Fride Wirak	88													35:20
01:03=	02:08-	04:19-	06:48-	09:39+	12:13+	16:36+	17:53+	21:22+	23:02+	25:55+	28:21+	31:12+	32:26+	34:55+	35:20+
01:03=	01:05-	02:11-	02:29+	02:51+	02:34+	04:23+	01:17-	03:29+	01:40+	02:53-	02:26+	02:51+	01:14+	02:29+	00:25+
00:00=	00:14-	00:23-	00:19#	00:57&	00:04+	00:59&	00:05-	01:26&	00:19#	00:22-	00:34&	00:48&	00:08#	00:25#	00:06&
6	Benedicte Kvalevåg	375													35:21
01:36+	02:54+	05:22+	07:48+	09:54+	12:55+	17:55+	19:37+	22:05+	24:09+	27:21+	29:30+	31:58+	33:06+	35:00+	35:21+
01:36+	01:18-	02:28-	02:26+	02:06+	03:01+	05:00+	01:42+	02:28+	02:04+	03:12-	02:09+	02:28+	01:08+	01:54-	00:21+
00:33&	00:01-	00:06-	00:16#	00:12#	00:31#	01:36&	00:20#	00:25#	00:43&	00:03-	00:17#	00:25#	00:02+	00:10-	00:02#

Class	Navn	Class	Tid
7	Marie Engedal Svartsund	91	35:26
00:54-	02:05- 04:23- 06:34- 08:59- 11:42+	15:42+ 17:23+ 20:12+ 22:14+ 25:03+ 27:48+ 31:41+	33:14+ 35:09+ 35:26+
00:54-	01:11- 02:18- 02:11+ 02:25+ 02:43+	04:00+ 01:41+ 02:49+ 02:02+ 02:49- 02:45+ 03:53+	01:33+ 01:55- 00:17-
00:09-	00:08- 00:16- 00:01+ 00:31& 00:13+	00:36# 00:19# 00:46& 00:41& 00:26- 00:53& 01:50&	00:27& 00:09- 00:02-
8	Tonje Tiley	27	35:45
00:52-	01:59- 04:35- 07:07+ 09:13+ 12:15+	17:12+ 18:38+ 21:28+ 24:30+ 27:00+ 29:19+ 32:07+	33:34+ 35:26+ 35:45+
00:52-	01:07- 02:36+ 02:32+ 02:06+ 03:02+	04:57+ 01:26+ 02:50+ 03:02+ 02:30- 02:19+ 02:48+	01:27+ 01:52- 00:19=
00:11-	00:12- 00:02+ 00:22# 00:12# 00:32#	01:33& 00:04+ 00:47& 01:41& 00:45- 00:27# 00:45&	00:21& 00:12- 00:00=
9	Silje H. Myklebust	54	36:12
01:29+	02:47+ 05:03+ 07:56+ 10:09+ 14:16+	18:03+ 19:38+ 22:22+ 24:02+ 27:31+ 29:47+ 32:41+	33:57+ 35:50+ 36:12+
01:29+	01:18- 02:16- 02:53+ 02:13+ 04:07+	03:47+ 01:35+ 02:44+ 01:40+ 03:29+ 02:16+ 02:54+	01:16+ 01:53- 00:22+
00:26&	00:01- 00:18- 00:43& 00:19# 01:37&	00:23# 00:13# 00:41& 00:19# 00:14+ 00:24# 00:51&	00:10# 00:11- 00:03#
10	Inger Johanne Klausen	54	36:15
01:29+	02:49+ 05:04+ 08:03+ 10:15+ 14:38+	18:03+ 19:45+ 22:21+ 24:03+ 27:37+ 29:44+ 32:59+	34:04+ 35:56+ 36:15+
01:29+	01:20+ 02:15- 02:59+ 02:12+ 04:23+	03:25+ 01:42+ 02:36+ 01:42+ 03:34+ 02:07+ 03:15+	01:05- 01:52- 00:19=
00:26&	00:01+ 00:19- 00:49& 00:18# 01:53&	00:01+ 00:20# 00:33& 00:21& 00:19+ 00:15# 01:12&	00:01- 00:12- 00:00=
11	Ann-Mari Vold	54	36:41
01:05+	02:39+ 05:18+ 07:32+ 10:46+ 13:33+	17:34+ 18:55+ 21:22+ 23:18+ 25:47+ 28:19+ 33:06+	34:39+ 36:25+ 36:41+
01:05+	01:34+ 02:39+ 02:14+ 03:14+ 02:47+	04:01+ 01:21- 02:27+ 01:56+ 02:29- 02:32+ 04:47+	01:33+ 01:46- 00:16-
00:02+	00:15# 00:05+ 00:04+ 00:12& 00:17#	00:37# 00:01- 00:24# 00:35& 00:46- 00:40& 02:44&	00:27& 00:18- 00:03-
12	Signe Lise Haaland	66	38:39
01:22+	03:01+ 05:43+ 08:35+ 11:00+ 14:41+	19:31+ 21:29+ 24:37+ 26:34+ 29:34+ 32:23+ 34:59+	36:23+ 38:15+ 38:39+
01:22+	01:39+ 02:42+ 02:52+ 02:25+ 03:41+	04:50+ 01:58+ 03:08+ 01:57+ 03:00- 02:49+ 02:36+	01:24+ 01:52- 00:24+
00:19&	00:20& 00:08+ 00:42& 00:31& 01:11&	01:26& 00:36& 01:05& 00:36& 00:15- 00:57& 00:33&	00:18& 00:12- 00:05&
13	Elisabeth Horpestad	117	39:03
01:20+	02:54+ 06:13+ 09:19+ 11:26+ 13:56+	19:29+ 20:46+ 27:02+ 28:58+ 31:31+ 34:00+ 36:15+	37:14+ 38:47+ 39:03+
01:20+	01:34+ 03:19+ 03:06+ 02:07+ 02:30=	05:33+ 01:17- 06:16+ 01:56+ 02:33- 02:29+ 02:15+	00:59- 01:33- 00:16-
00:17&	00:15# 00:45& 00:56& 00:13# 00:00=	02:09& 00:05- 04:13& 00:35& 00:42- 00:37& 00:12+	00:07- 00:31- 00:03-
14	Hilde Marie Meisingset	287	39:23
01:35+	03:02+ 06:53+ 09:44+ 12:00+ 15:03+	19:39+ 21:44+ 25:10+ 26:59+ 29:51+ 32:27+ 35:36+	36:59+ 39:03+ 39:23+
01:35+	01:27+ 03:51+ 02:51+ 02:16+ 03:03+	04:36+ 02:05+ 03:26+ 01:49+ 02:52- 02:36+ 03:09+	01:23+ 02:04= 00:20+
00:32&	00:08# 01:17& 00:41& 00:22# 00:33#	01:12& 00:43& 01:23& 00:28& 00:23- 00:44& 01:06&	00:17& 00:00= 00:01+
15	Karine Ditlevsen	117	41:19
01:31+	03:23+ 07:38+ 10:25+ 12:56+ 17:29+	21:55+ 23:43+ 26:22+ 28:20+ 31:49+ 35:25+ 37:56+	39:08+ 40:58+ 41:19+
01:31+	01:52+ 04:15+ 02:47+ 02:31+ 04:33+	04:26+ 01:48+ 02:39+ 01:58+ 03:29+ 03:36+ 02:31+	01:12+ 01:50- 00:21+
00:28&	00:33& 01:41& 00:37& 02:03& 01:02&	00:26& 00:36& 00:37& 00:14+ 01:44& 00:28#	00:06+ 00:14- 00:02#
16	Therese Østbø	117	41:22
01:42+	03:20+ 07:35+ 10:25+ 13:03+ 17:34+	22:00+ 23:43+ 26:27+ 28:18+ 31:51+ 35:30+ 37:54+	39:09+ 41:02+ 41:22+
01:42+	01:38+ 04:15+ 02:50+ 02:38+ 04:31+	04:26+ 01:43+ 02:44+ 01:51+ 03:33+ 03:39+ 02:24+	01:15+ 01:53- 00:20+
00:39&	00:19# 01:41& 00:40& 00:44& 02:01&	01:02& 00:21& 00:41& 00:30& 00:18+ 01:47& 00:21#	00:09# 00:11- 00:01+
17	Linda Charlotte Jahren Mørch	117	41:27
01:35+	03:33+ 07:52+ 10:30+ 13:11+ 17:40+	22:03+ 23:47+ 26:28+ 28:31+ 31:58+ 35:34+ 38:00+	39:23+ 41:08+ 41:27+
01:35+	01:58+ 04:19+ 02:38+ 02:41+ 04:29+	04:23+ 01:44+ 02:41+ 02:03+ 03:27+ 03:36+ 02:26+	01:23+ 01:45- 00:19=
00:32&	00:39& 01:45& 00:28# 00:47&	00:59& 00:22& 00:38& 00:42& 00:12+ 01:44& 00:23#	00:17& 00:19- 00:00=
18	Brit Svihus	92	42:49
01:50+	03:19+ 07:00+ 10:07+ 13:08+ 17:08+	22:13+ 23:55+ 27:27+ 29:24+ 32:39+ 35:23+ 38:50+	40:38+ 42:28+ 42:49+
01:50+	01:29+ 03:41+ 03:07+ 03:01+ 04:00+	05:05+ 01:42+ 03:32+ 01:57+ 03:15= 02:44+ 03:27+	01:48+ 01:50- 00:21+
00:47&	00:10# 01:07& 00:57& 01:07& 01:30&	01:41& 00:20# 01:29& 00:36& 00:00= 00:52& 01:24&	00:42& 00:14- 00:02#
19	Maria Fjelde	105	43:57
01:46+	03:34+ 06:48+ 09:38+ 13:47+ 17:43+	22:21+ 24:17+ 26:52+ 28:41+ 31:20+ 33:53+ 40:56+	42:07+ 43:39+ 43:57+
01:46+	01:48+ 03:14+ 02:50+ 04:09+ 03:56+	04:38+ 01:56+ 02:35+ 01:49+ 02:39- 02:33+ 07:03+	01:11+ 01:32- 00:18-
00:43&	00:29& 00:40& 00:40& 02:15& 01:26&	01:14& 00:34& 00:32& 00:28& 00:36- 00:41& 05:00&	00:05+ 00:32- 00:01-
20	Kirsti Strand Salvesen	256	44:12
01:40+	03:13+ 06:23+ 09:29+ 12:25+ 16:24+	21:14+ 23:31+ 27:08+ 29:20+ 32:55+ 36:01+ 39:22+	40:58+ 43:40+ 44:12+
01:40+	01:33+ 03:10+ 03:06+ 02:56+ 03:59+	04:50+ 02:17+ 03:37+ 02:12+ 03:35+ 03:06+ 03:21+	01:36+ 02:42+ 00:32+
00:37&	00:14# 00:36# 00:56& 01:02& 01:29&	01:26& 00:55& 01:34& 00:51& 00:20# 01:14& 01:18&	00:30& 00:38& 00:13&
21	Marit Lindtveit Undheim	54	44:15
01:06+	02:15- 05:49+ 07:57+ 10:06+ 14:18+	18:43+ 20:09+ 22:41+ 24:15+ 27:29+ 29:47+ 41:01+	42:12+ 43:58+ 44:15+
01:06+	01:09- 03:34+ 02:08- 02:09+ 04:12+	04:25+ 01:26+ 02:32+ 01:34+ 03:14- 02:18+ 11:14+	01:11+ 01:46- 00:17-
00:03+	00:10- 01:00& 00:02- 00:15# 01:42&	01:01& 00:04+ 00:29# 00:13# 00:01- 00:26# 09:11&	00:05+ 00:18- 00:02-

Class	Navn														Klasse														Tid																
3	Magne Jakobsen														63														48:43																
	01:41+	05:18+	12:30+	14:00+	17:52+	23:08+	29:54+	32:15+	35:05+	38:23+	40:53+	43:53+	47:08+	48:25+	48:43+	01:41+	03:37+	07:12+	01:30+	03:52-	05:16+	06:46+	02:21+	02:50+	03:18+	02:30-	03:00+	03:15+	01:17+	00:18-	00:41&	00:32#	00:30+	00:05+	00:15-	02:11&	01:13#	00:59&	00:36&	01:20&	00:10-	00:28#	00:22#	00:08#	00:01-
4	Arne Brandsberg														29														51:14																
	01:29+	05:30+	13:14+	15:15+	20:01+	23:45+	31:01+	33:11+	36:32+	39:38+	42:02+	45:39+	49:08+	50:44+	51:14+	01:29+	04:01+	07:44+	02:01+	04:46+	03:44+	07:16+	02:10+	03:21+	03:06+	02:24-	03:37+	03:29+	01:36+	00:30+	00:29&	00:56&	01:02#	00:36&	00:39#	00:39#	01:43&	00:48&	01:07&	01:08&	00:16-	01:05&	00:36#	00:27&	00:11&
5	Alf Gyland														92														56:45																
	01:08+	03:57-	10:55+	12:21+	20:10+	23:16+	40:15+	42:16+	45:01+	47:30+	49:41+	52:17+	55:11+	56:25+	56:45+	01:08+	02:49-	06:58+	01:26+	07:49+	03:06+	16:59+	02:01+	02:45+	02:29+	02:11-	02:36+	02:54+	01:14+	00:20+	00:08#	00:16-	00:01+	03:42&	00:01+	11:26@	00:39&	00:31#	00:31&	00:29-	00:04+	00:01+	00:05+	00:01+	
6	Jan Værp														62														1:00:05																
	01:12+	06:21+	17:52+	21:39+	27:02+	31:13+	40:25+	42:20+	45:49+	48:28+	51:12+	54:27+	57:57+	59:38+	60:05+	01:12+	05:09+	11:31+	03:47+	05:23+	04:11+	09:12+	01:55+	03:29+	02:39+	02:44+	03:15+	03:30+	01:41+	00:27+	00:12#	02:04&	04:49&	02:22@	01:16&	01:06&	03:39&	00:33&	01:15&	00:41&	00:04+	00:43&	00:37#	00:32&	00:08&
7	Torleiv Møgedal														68														1:02:28																
	14:59+	18:33+	25:29+	27:13+	32:16+	35:57+	42:35+	44:32+	48:45+	51:57+	54:12+	57:07+	60:19+	61:56+	62:28+	14:59+	03:34+	06:56+	01:44+	05:03+	03:41+	06:38+	01:57+	04:13+	03:12+	02:15-	02:55+	03:12+	01:37+	00:32+	13:59@	00:29#	00:14+	00:19#	00:56#	00:36#	01:05#	00:35&	01:59&	01:14&	00:25-	00:23#	00:19#	00:28&	00:13&
8	Sigurd Krosli														93														1:09:36																
	01:13+	04:21+	10:54+	12:31+	17:46+	22:28+	28:41+	30:10+	32:52+	35:35+	37:47+	41:01+	67:58+	69:16+	69:36+	01:13+	03:08+	06:33-	01:37+	05:15+	04:42+	06:13+	01:29+	02:42+	02:43+	02:12-	03:14+	26:57+	01:18+	00:20+	00:13#	00:03+	00:09-	00:12#	01:08&	01:37&	00:40#	00:07+	00:28#	00:45&	00:28-	00:42&	24:04@	00:09#	00:01+
9	Magne Westerheim														93														1:36:54																
	02:22+	08:32+	15:57+	17:58+	34:50+	38:42+	46:32+	48:27+	52:44+	59:05+	77:28+	88:09+	92:06+	96:29+	96:54+	02:22+	06:10+	07:25+	02:01+	16:52+	03:52+	07:50+	01:55+	04:17+	06:21+	18:23+	10:41+	03:57+	04:23+	00:25+	01:22@	03:05&	00:43#	00:36&	12:45@	00:47&	02:17&	00:33&	02:03&	04:23@	15:43@	08:09@	01:04&	03:14@	00:06&
10	Kjell Maudal														63														1:39:09																
	02:39+	06:52+	44:30+	51:50+	59:10+	63:30+	74:15+	77:32+	82:00+	85:57+	89:02+	92:46+	97:03+	98:45+	99:09+	02:39+	04:13+	37:38+	07:20+	07:20+	04:20+	10:45+	03:17+	04:28+	03:57+	03:05+	03:44+	04:17+	01:42+	00:24+	01:39@	01:08&	30:56@	05:55@	03:13&	01:15&	05:12&	01:55@	02:14&	01:59@	00:25#	01:12&	01:24&	00:33&	00:05&
Beste strekktid for klassen	01:00	02:49	06:15	01:25	03:24	02:52	05:33	01:22	02:14	01:58	01:59	02:32	02:39	01:09	00:18																														

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

Herrer A

1	Fredrik Sandal														88														40:05																																																	
	01:27=	02:26=	03:28=	04:35=	06:31=	09:16=	11:04=	12:17=	13:23=	15:25=	16:20=	20:30=	21:38=	22:55=	23:50=	24:53=	25:54=	28:27=	29:30=	31:01=	32:57=	34:06=	36:13=	37:13=	39:04=	39:51=	01:27=	00:59=	01:02=	01:07=	01:56=	02:45=	01:48=	01:13=	01:06=	02:02=	00:55=	04:10=	01:08=	01:17=	00:55=	01:03=	01:01=	02:33=	01:03=	01:31=	01:56=	01:09=	02:07=	01:00=	01:51=	00:47=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	00:14=	00:00=	00:14=	00:00=																																																																										
2	Kristian Haarr														27														41:57																																																	
	01:41+	02:55+	03:58+	05:10+	06:57+	09:08-	11:16+	12:42+	13:43+	15:46+	16:43+	21:32+	22:49+	24:44+	25:41+	26:43+	27:41+	30:45+	31:55+	33:28+	35:29+	36:20+	38:14+	39:13+	41:02+	41:44+	01:41+	01:14+	01:03+	01:12+	01:47-	02:11-	02:08+	01:26+	01:01-	02:03+	00:57+	04:49+	01:17+	01:55+	00:57+	01:02-	00:58-	03:04+	01:10+	01:33+	02:01+	00:51-	01:54-	00:59-	01:49-	00:42-	00:14#	00:15&	00:01+	00:05+	00:09-	00:34-	00:20#	00:13#	00:05-	00:01+	00:02+	00:39#	00:09#	00:38&	00:02+	00:01-	00:03-	00:31#	00:07#	00:02+	00:05+	00:18-	00:13-	00:01-	00:02-	00:05-
	41:57+	00:13-	00:01-																																																																											
3	Runar Eike Toft														116														43:25																																																	
	01:27=	02:34+	03:27-	05:01+	06:54+	08:51-	10:40-	11:55-	13:01-	15:30+	16:21+	20:58+	21:59+	23:25+	25:01+	26:15+	27:35+	30:25+	31:42+	33:21+	35:43+	36:30+	39:30+	40:45+	42:30+	43:14+	01:27=	01:07+	00:53-	01:34+	01:53-	01:57-	01:49+	01:15+	01:06=	02:29+	00:51-	04:37+	01:01-	01:26+	01:36+	01:14+	01:20+	02:50+	01:17+	01:39+	02:22+	00:47-	03:00+	01:15+	01:45-	00:44-	00:00=	00:08#	00:09-	00:27&	00:03-	00:48-	00:01+	00:02+	00:00=	00:27#	00:04-	00:27#	00:07-	00:09#	00:41&	00:11#	00:19&	00:17#	00:14#	00:08+	00:26#	00:22-	00:53&	00:15#	00:06-	00:03-
	43:25+	00:11-	00:03-																																																																											

Class	Navn	Klasse	Tid
11	Trond Sigurd Fotland	66	55:53
02:12+	04:42+ 06:00+ 08:00+ 10:55+ 14:11+	16:33+ 18:30+ 19:45+ 22:24+ 23:41+ 28:33+ 30:03+	31:50+ 33:07+ 34:51+ 36:25+ 40:07+ 41:34+ 43:34+ 46:22+ 47:32+ 50:44+ 52:04+ 54:29+ 55:40+
02:12+	02:30+ 01:18+ 02:00+ 02:55+ 03:16+	02:22+ 01:57+ 01:15+ 02:39+ 01:17+	04:52+ 01:30+ 01:47+ 01:17+ 01:44+ 01:34+ 03:42+ 01:27+ 02:00+ 02:48+ 01:10+ 03:12+ 01:20+ 02:25+ 01:11+
00:41&	01:08& 00:19& 00:39& 01:05& 01:01&	00:29& 00:42& 00:17& 00:35& 00:21&	00:45# 00:29& 00:24& 00:23& 00:41& 00:38& 00:58& 00:16# 00:27& 00:48& 00:23& 01:19& 00:08# 00:44& 00:09#
55:53+			
00:13-			
00:02-			
12	Thomas Johansen	111	56:11
01:48+	03:59+ 05:15+ 07:57+ 10:07+ 13:01+	15:16+ 17:03+ 18:19+ 20:53+ 22:25+ 31:32+ 33:14+	34:35+ 38:17+ 39:34+ 40:32+ 43:39+ 45:06+ 46:53+ 49:04+ 49:57+ 52:04+ 53:23+ 55:09+ 55:57+
01:48+	02:11+ 01:16+ 02:42+ 02:10+ 02:54+	02:15+ 01:47+ 01:16+ 02:34+ 01:32+	09:07+ 01:42+ 01:21- 03:42+ 01:17+ 00:58+ 03:07+ 01:27+ 01:47+ 02:11+ 00:53+ 02:07+ 01:19+ 01:46+ 00:48-
00:17#	00:49& 00:17& 01:21& 00:20#	00:39& 00:22# 00:32& 00:18& 00:30#	00:36& 05:00# 00:41& 00:02- 02:48# 00:14# 00:02+ 00:23# 00:16# 00:14# 00:11+ 00:06# 00:14# 00:07+ 00:05+ 00:14-
56:11+			
00:14-			
00:01-			
13	Espen Fyhn Nilsen	116	1:01:47
02:31+	04:44+ 06:05+ 08:20+ 11:06+ 14:01+	16:44+ 18:31+ 20:06+ 22:55+ 24:22+	31:01+ 33:07+ 34:59+ 35:56+ 37:28+ 38:50+ 42:53+ 44:49+ 46:56+ 49:50+ 51:07+ 55:49+ 57:25+ 60:32+ 61:29+
02:31+	02:13+ 01:21+ 02:15+ 02:46+ 02:55+	02:43+ 01:47+ 01:35+ 02:49+ 01:27+	06:39+ 02:06+ 01:52+ 00:57+ 01:32+ 01:22+ 04:03+ 01:56+ 02:07+ 02:54+ 01:17+ 04:42+ 01:36+ 03:07+ 00:57-
01:00&	00:51& 00:22& 00:54& 00:56& 00:40&	00:50& 00:32& 00:37& 00:45& 00:31&	02:32& 01:05# 00:29& 00:03+ 00:29& 00:26& 01:19& 00:45& 00:34& 00:54& 00:30& 02:49# 00:24& 01:26& 00:05-
61:47+			
00:18+			
00:03#			
14	Asgeir Nærland	88	1:07:04
01:56+	10:06+ 11:26+ 13:01+ 16:22+ 19:27+	22:07+ 23:56+ 25:54+ 29:49+ 31:27+	36:38+ 37:53+ 40:01+ 41:32+ 43:28+ 45:19+ 48:52+ 50:35+ 52:51+ 55:20+ 56:43+ 59:27+ 62:54+ 65:45+ 66:51+
01:56+	08:10+ 01:20+ 01:35+ 03:21+ 03:05+	02:40+ 01:49+ 01:58+ 03:55+ 01:38+	05:11+ 01:15+ 02:08+ 01:31+ 01:56+ 01:51+ 03:33+ 01:43+ 02:16+ 02:29+ 01:23+ 02:44+ 03:27+ 02:51+ 01:06+
00:25&	06:48# 00:21& 00:14# 01:31& 00:50&	00:47& 00:34& 01:00# 01:51& 00:42&	01:04& 00:14# 00:45& 00:37& 00:53& 00:55& 00:49& 00:32& 00:43& 00:29# 00:36& 00:51& 02:15# 01:10& 00:04+
67:04+			
00:13-			
00:02-			

Beste strekktid for klassen

01:24 01:01 00:58 01:06 01:42 02:01 01:47 01:06 00:54 01:55 00:46 03:41 00:44 01:07 00:41 00:55 00:51 02:32 01:06 01:21 01:52 00:47 01:53 01:09 01:36 00:39 00:12

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

Herrer C

1	Morten Aamodt	116	38:15
00:52=	01:43= 03:20= 04:42= 05:36= 08:02=	08:55= 11:42= 13:06= 15:18= 16:19= 17:34= 18:53=	20:14= 21:09= 22:18= 23:19= 25:23= 27:39= 29:53= 31:25= 33:24= 34:36= 36:30= 37:10= 38:00=
00:52=	00:51= 01:37= 01:22= 00:54= 02:26=	00:53= 02:47= 01:24= 02:12= 01:01= 01:15= 01:19=	01:21= 00:55= 01:09= 01:01= 02:04= 02:16= 02:14= 01:32= 01:59= 01:12= 01:54= 00:40= 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= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
38:15=			
00:15=			
00:00=			
2	Jan Einar Øvremo	50	39:22
01:13+	02:06+ 03:33+ 05:32+ 06:26+ 08:56+	09:54+ 13:00+ 14:38+ 16:31+ 17:34+	18:52+ 20:13+ 22:04+ 23:01+ 24:32+ 25:41+ 27:41+ 29:19+ 31:28+ 32:18+ 34:27+ 35:53+ 37:47+ 38:22+ 39:10+
01:13+	00:53+ 01:27- 01:59+ 00:54= 02:30+	00:58+ 03:06+ 01:38+ 01:53- 01:03+ 01:18+	01:21+ 01:51+ 00:57+ 01:31+ 01:09+ 02:00- 01:38- 02:09- 00:50- 02:09+ 01:26+ 01:54= 00:35- 00:48-
00:21&	00:02+ 00:10- 00:37& 00:00= 00:04+	00:05+ 00:19# 00:14# 00:19-	00:02+ 00:30& 00:02+ 00:22& 00:08# 00:04- 00:38- 00:05- 00:42- 00:10+ 00:14# 00:00= 00:05- 00:02-
39:22+			
00:12-			
00:03-			
3	Kjetil Wirak	114	40:48
01:12+	02:14+ 03:50+ 05:19+ 06:17+ 08:57+	09:55+ 13:14+ 14:42+ 16:32+ 17:49+	19:00+ 21:17+ 23:12+ 24:10+ 25:25+ 26:28+ 28:56+ 30:43+ 32:55+ 33:54+ 35:52+ 37:01+ 38:57+ 39:37+ 40:33+
01:12+	01:02+ 01:36- 01:29+ 00:58+ 02:40+	00:58& 03:19+ 01:28+ 01:50- 01:17+ 01:11-	02:17+ 01:55+ 00:58+ 01:15+ 01:03+ 02:28+ 01:47- 02:12- 00:59- 01:58- 01:09- 01:56+ 00:40= 00:56+
00:20&	00:11# 00:01- 00:07+ 00:04+ 00:14+	00:05+ 00:32# 00:04+ 00:22- 00:16& 00:04-	00:58& 00:34& 00:03+ 00:06+ 00:02+ 00:24# 00:29- 00:02- 00:33- 00:01- 00:03- 00:02+ 00:00= 00:06#
40:48+			
00:15=			
00:00=			
4	Lars Drage	230	41:55
01:49+	02:36+ 03:56+ 06:28+ 07:54+ 10:21+	11:19+ 14:26+ 15:59+ 17:58+ 18:57+	20:14+ 21:31+ 22:55+ 23:51+ 25:22+ 26:22+ 28:19+ 31:14+ 33:20+ 34:15+ 36:30+ 37:58+ 40:14+ 40:55+ 41:42+
01:49+	00:47- 01:20- 02:32+ 01:26+ 02:27+	00:58+ 03:07+ 01:33+ 01:59- 00:59-	01:17+ 01:17- 01:24+ 00:56+ 01:31+ 01:00- 01:57- 02:55+ 02:06- 00:55- 02:15+ 01:28+ 02:16+ 00:41+ 00:47-
00:57#	00:04- 00:17- 01:10& 00:32& 00:01+	00:05+ 00:20# 00:09# 00:13-	00:02- 00:02+ 00:02- 00:03+ 00:01+ 00:22& 00:01- 00:07- 00:39& 00:08- 00:37- 00:16# 00:16# 00:22# 00:01+ 00:03-
41:55+			
00:13-			
00:02-			

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

Beste strekktid for klassen

00:49 00:47 01:20 01:22 00:49 02:15 00:53 01:04 01:21 01:45 00:59 01:10 01:17 01:17 00:55 01:09 00:57 01:13 01:22 02:06 00:48 00:55 01:07 01:36 00:32 00:44 00:12

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

Herrer Ny

1	Paul Jarvis	397	12:24											
00:25=	00:51=	01:33=	02:12=	02:54=	03:55=	05:14=	06:41=	07:59=	08:53=	09:56=	10:50=	11:23=	12:08=	12:24=
00:25=	00:26=	00:42=	00:39=	00:42=	01:01=	01:19=	01:27=	01:18=	00:54=	01:03=	00:54=	00:33=	00:45=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Are Fosså	287	14:05											
00:28+	00:56+	01:34+	02:15+	02:59+	04:45+	06:04+	07:50+	09:18+	10:17+	11:22+	12:12+	12:44+	13:45+	14:05+
00:28+	00:28+	00:38-	00:41+	00:44+	01:46+	01:19=	01:46+	01:28+	00:59+	01:05+	00:50-	00:32-	01:01+	00:20+
00:03#	00:02+	00:04-	00:02+	00:02+	00:45&	00:00=	00:19#	00:10#	00:05+	00:02+	00:04-	00:01-	00:16&	00:04#
3	Tom Kåre Vermland	105	15:10											
00:22-	00:53+	01:37+	02:24+	03:13+	04:40+	06:08+	08:10+	09:42+	10:49+	12:05+	13:04+	13:43+	14:51+	15:10+
00:22-	00:31+	00:44+	00:47+	00:49+	01:27+	01:28+	02:02+	01:32+	01:07+	01:16+	00:59+	00:39+	01:08+	00:19+
00:03-	00:05#	00:02+	00:08#	00:07#	00:26&	00:09#	00:35&	00:14#	00:13#	00:13#	00:05+	00:06#	00:23&	00:03#
4	Sveinung Skjørsæter	129	16:54											
00:21-	00:53+	01:34+	02:26+	03:17+	04:34+	06:11+	08:36+	10:18+	11:36+	13:05+	14:08+	14:48+	16:40+	16:54+
00:21-	00:32+	00:41-	00:52+	00:51+	01:17+	01:37+	02:25+	01:42+	01:18+	01:29+	01:03+	00:40+	01:52+	00:14-
00:04-	00:06#	00:01-	00:13&	00:09#	00:16&	00:18#	00:58&	00:24&	00:24&	00:26&	00:09#	00:07#	01:07@	00:02-
5	Mengmeng Xu	91	22:04											
00:36+	01:15+	02:16+	03:13+	04:30+	08:03+	09:44+	12:09+	14:24+	15:49+	17:26+	18:49+	19:52+	21:44+	22:04+
00:36+	00:39+	01:01+	00:57+	01:17+	03:33+	01:41+	02:25+	02:15+	01:25+	01:37+	01:23+	01:03+	01:52+	00:20+
00:11&	00:13&	00:19&	00:18&	00:35&	02:32@	00:22&	00:58&	00:57&	00:31&	00:34&	00:29&	00:30&	01:07@	00:04#
6	John Olav Molin	239	27:55											
01:07+	01:38+	02:37+	03:33+	05:49+	11:15+	13:03+	15:58+	18:34+	20:35+	22:21+	23:56+	24:56+	26:50+	27:55+
01:07+	00:31+	00:59+	00:56+	02:16+	05:26+	01:48+	02:55+	02:36+	02:01+	01:46+	01:35+	01:00+	01:54+	01:05+
00:42@	00:05#	00:17&	00:17&	01:34@	04:25@	00:29&	01:28@	01:18&	01:07@	00:43&	00:41&	00:27&	01:09@	00:49@
7	Arvid Walskaar	392	43:14											
00:44+	01:47+	05:33+	07:32+	09:00+	11:40+	15:31+	29:49+	32:39+	34:34+	36:51+	38:27+	39:58+	42:42+	43:14+
00:44+	01:03+	03:46+	01:59+	01:28+	02:40+	03:51+	14:18+	02:50+	01:55+	02:17+	01:36+	01:31+	02:44+	00:32+
00:19&	00:37@	03:04@	01:20@	00:46@	01:39@	02:32@	12:51@	01:32@	01:01@	01:14@	00:42&	00:58@	01:59@	00:16&

Beste strekktid for klassen

00:21 00:26 00:38 00:39 00:42 01:01 01:19 01:27 01:18 00:54 01:03 00:50 00:32 00:45 00:14

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

Herrer Trim

1	Jens Arve Nygård	116	28:42											
00:46=	02:54=	06:45=	07:49=	11:06=	13:18=	18:02=	19:04=	21:00=	22:43=	23:58=	25:44=	27:42=	28:30=	28:42=
00:46=	02:08=	03:51=	01:04=	03:17=	02:12=	04:44=	01:02=	01:56=	01:43=	01:15=	01:46=	01:58=	00:48=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Svein Erik Bjørnsen	91	28:43											
00:38-	03:13+	07:05+	08:12+	10:45-	13:08-	17:15-	18:21-	20:12-	22:01-	23:35-	25:51+	27:38-	28:29-	28:43+
00:38-	02:35+	03:52+	01:07+	02:33-	02:23+	04:07-	01:06+	01:51-	01:49+	01:34+	02:16+	01:47-	00:51+	00:14+
00:08-	00:27#	00:01+	00:03+	00:44-	00:11+	00:37-	00:04+	00:05-	00:06+	00:19&	00:30&	00:11-	00:03+	00:02#
3	Per-Olof Wallerstedt	18	30:02											
00:48+	03:05+	07:39+	08:47+	11:30+	13:54+	17:51-	19:29+	21:16+	23:10+	24:27+	26:42+	28:47+	29:46+	30:02+
00:48+	02:17+	04:34+	01:08+	02:43-	02:24+	04:07-	01:38+	01:47-	01:54+	01:17+	02:15+	02:05+	00:59+	00:16+
00:02+	00:09+	00:43#	00:04+	00:34-	00:12+	00:47-	00:36&	00:09-	00:11#	00:02+	00:29&	00:07+	00:11#	00:04&
4	Inge Arild Leknes	376	30:42											
00:48+	02:51-	08:45+	09:45+	12:46+	14:49+	19:23+	20:25+	22:09+	24:01+	25:34+	27:23+	29:35+	30:25+	30:42+
00:48+	02:03-	05:54+	01:00-	03:01-	02:03-	04:34-	01:02=	01:44-	01:52+	01:33+	01:49+	02:12+	00:50+	00:17+
00:02+	00:05-	02:03&	00:04-	00:16-	00:09-	00:10-	00:00=	00:12-	00:09+	00:18#	00:03+	00:14#	00:02+	00:05&

Class	Navn	Klasse										Tid			
35	Erling Aniksdal	128										1:00:34			
01:34+	07:16+	15:42+	17:43+	23:59+	28:34+	38:16+	44:25+	47:41+	50:32+	54:22+	58:03+	60:04+	60:34+		
01:34+	05:42+	08:26+	02:01+	06:16+	04:35+	09:42+	02:09+	03:52+	03:24+	02:51+	03:50+	03:41+	02:01+		
00:48@	03:34@	04:35@	00:57&	02:59&	02:23@	04:58@	01:07@	01:56&	01:41&	01:36@	02:04@	01:43&	01:13@		
00:18@															
36	Erik Henriksen	116										1:02:40			
06:05+	10:23+	17:32+	19:43+	26:01+	31:37+	38:41+	41:36+	45:04+	48:05+	50:38+	54:29+	59:06+	62:07+		
06:05+	04:18+	07:09+	02:11+	06:18+	05:36+	07:04+	02:55+	03:28+	03:01+	02:33+	03:51+	04:37+	03:01+		
05:19@	02:10@	03:18&	01:07@	03:01&	03:24@	02:20&	01:53@	01:32&	01:18&	01:18@	02:05@	02:39@	02:13@		
00:21@															
37	Svein Inge Sævereid	126										1:05:40			
01:54+	05:59+	14:43+	16:57+	22:39+	28:15+	38:06+	41:11+	45:32+	51:18+	54:13+	58:46+	63:06+	65:01+		
01:54+	04:05+	08:44+	02:14+	05:42+	05:36+	09:51+	03:05+	04:21+	05:46+	02:55+	04:33+	04:20+	01:55+		
01:08@	01:57&	04:53@	01:10@	02:25&	03:24@	05:07@	02:03@	02:25@	04:03@	01:40@	02:47@	02:22@	01:07@		
00:27@															
38	Trond Vigedal	117										1:12:42			
02:35+	17:21+	31:14+	33:15+	42:53+	47:43+	55:56+	57:44+	60:32+	63:08+	65:16+	68:13+	71:00+	72:20+		
02:35+	14:46+	13:53+	02:01+	09:38+	04:50+	08:13+	01:48+	02:48+	02:36+	02:08+	02:57+	02:47+	01:20+		
01:49@	12:38@	10:02@	00:57&	06:21@	02:38@	03:29&	00:46&	00:52&	00:53&	00:53&	01:11&	00:49&	00:32&		
00:10&															
39	Eivind Tolo	111										1:12:50			
01:40+	05:33+	30:34+	32:15+	37:04+	40:48+	50:00+	52:47+	60:16+	62:34+	64:54+	68:29+	71:25+	72:32+		
01:40+	03:53+	25:01+	01:41+	04:49+	03:44+	09:12+	02:47+	07:29+	02:18+	02:20+	03:35+	02:56+	01:07+		
00:54@	01:45&	21:10@	00:37&	01:32&	01:32&	04:28&	01:45@	05:33@	00:35&	01:05&	01:49@	00:58&	00:19&		
00:06&															
40	Kim Kverneland	376										1:19:09			
02:05+	07:40+	28:15+	32:53+	41:17+	44:28+	54:47+	57:32+	60:49+	64:37+	67:41+	72:17+	74:48+	78:51+		
02:05+	05:35+	20:35+	04:38+	08:24+	03:11+	10:19+	02:45+	03:17+	03:48+	03:04+	04:36+	02:31+	04:03+		
01:19@	03:27@	16:44@	03:34@	05:07@	00:59&	05:35@	01:43@	01:21&	02:05@	01:49@	02:50@	00:33&	03:15@		
00:06&															
41	Aksel Joranger	192										1:20:16			
20:06+	24:11+	27:38+	28:44+	55:18+	57:45+	62:21+	63:18+	65:01+	66:51+	68:17+	77:14+	79:10+	79:59+		
20:06+	04:05+	03:27-	01:06+	26:34+	02:27+	04:36-	00:57-	01:43-	01:50+	01:26+	08:57+	01:56-	00:49+		
19:20@	01:57&	00:24-	00:02+	23:17@	00:15#	00:08-	00:05-	00:13-	00:07+	00:11#	07:11@	00:02-	00:01+		
00:05&															
42	Inge Grødem	92										1:48:00			
02:56+	10:14+	25:52+	30:03+	36:19+	42:32+	53:21+	60:21+	64:50+	70:05+	87:56+	94:49+	105:09+	107:22+		
02:56+	07:18+	15:38+	04:11+	06:16+	06:13+	10:49+	07:00+	04:29+	05:15+	17:51+	06:53+	10:20+	02:13+		
02:10@	05:10@	11:47@	03:07@	02:59&	04:01@	06:05@	05:58@	02:33@	03:32@	16:36@	05:07@	08:22@	01:25@		
00:26@															
Beste strekktid for klassen															
00:37	02:03	03:27	01:00	02:33	02:03	03:57	00:57	01:36	01:33	01:15	01:46	01:41	00:45		
00:12															

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