

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Anina Iselin Hadland	29	40:19																
01:01=	02:07=	03:30=	06:14=	09:23=	11:39=	12:29=	14:58=	18:08=	20:24=	21:32=	22:39=	25:30=	27:49=	30:28=	33:39=	36:16=	37:54=	39:54=	40:19=
01:01=	01:06=	01:23=	02:44=	03:09=	02:16=	00:50=	02:29=	03:10=	02:16=	01:08=	01:07=	02:51=	02:19=	02:39=	03:11=	02:37=	01:38=	02:00=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marie Sigvaldsen	392	41:55																
00:56-	02:50+	04:28+	06:47+	10:08+	11:48+	13:05+	15:13+	19:09+	21:19+	22:22+	23:52+	27:36+	30:13+	32:05+	35:17+	37:43+	39:15+	41:27+	41:55+
00:56-	01:54+	01:38+	02:19-	03:21+	01:40-	01:17+	02:08-	03:56+	02:10-	01:03-	01:30+	03:44+	02:37+	01:52-	03:12+	02:26-	01:32-	02:12+	00:28+
00:05-	00:48&	00:15#	03:11@	01:51-	01:00&	00:17&	00:05-	00:46#	00:06-	00:05-	00:23&	00:53&	00:18#	00:47-	00:01+	00:11-	00:06-	00:12#	00:03#
3	Ingrid Lycke Austbø	109	46:19																
00:35-	01:36-	04:57+	10:52+	12:10+	15:26+	16:33+	18:57+	22:47+	25:00+	26:04+	27:46+	30:48+	33:07+	36:44+	39:52+	41:59+	43:27+	45:48+	46:19+
00:35-	01:01-	03:21+	05:55+	01:18-	03:16+	01:07+	02:24-	03:50+	02:13-	01:04-	01:42+	03:02+	02:19+	03:37+	03:08-	02:07-	01:28-	02:21+	00:31+
00:26-	00:05-	01:58@	03:11@	01:51-	01:00&	00:17&	00:05-	00:40#	00:03-	00:04-	00:35&	00:11+	00:00=	00:58&	00:03-	00:30-	00:10-	00:21#	00:06#
4	Matilde Skjæveland Skår	114	47:23																
01:03+	02:52+	04:20+	06:40+	13:12+	15:55+	16:39+	19:56+	24:02+	27:21+	28:27+	29:44+	32:57+	35:02+	37:10+	40:58+	42:50+	44:20+	46:56+	47:23+
01:03+	01:49+	01:28+	02:20-	06:32+	02:43+	00:44-	03:17+	04:06+	03:19+	01:06-	01:17+	03:13+	02:05-	02:08-	03:48+	01:52-	01:30-	02:36+	00:27+
00:02+	00:43&	00:05+	00:24-	03:23@	00:27#	00:06-	00:48&	00:56&	01:03&	00:02-	00:10#	00:22#	00:14-	00:31-	00:37#	00:45-	00:08-	00:36&	00:02+

Beste strekketid for klassen

00:35 01:01 01:23 02:19 01:18 01:40 00:44 02:08 03:10 02:10 01:03 01:07 02:51 02:05 01:52 03:08 01:52 01:28 02:00 00:25

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

Damer 40 - 49 år

1	Heidi Martby-Skogsholm	105	48:00														
00:57=	02:25=	06:59=	09:54=	11:23=	14:21=	17:45=	22:48=	28:05=	30:17=	33:33=	35:17=	38:13=	41:13=	43:46=	46:17=	47:35=	48:00=
00:57=	01:28=	04:34=	02:55=	01:29=	02:58=	03:24=	05:03=	05:17=	02:12=	03:16=	01:44=	02:56=	03:00=	02:33=	02:31=	01:18=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Siri Warland	43	54:10														
03:39+	05:03+	12:19+	14:43+	17:09+	20:11+	23:18+	30:53+	35:17+	36:47+	39:12+	40:38+	43:35+	47:08+	49:25+	52:37+	53:40+	54:10+
03:39+	01:24-	07:16+	02:24-	02:26+	03:02+	03:07-	07:35+	04:24-	01:30-	02:25-	01:26-	02:57+	03:33+	02:17-	03:12+	01:03-	00:30+
02:42@	00:04-	02:42&	00:31-	00:57&	00:04+	00:17-	02:32&	00:53-	00:42-	00:51-	00:18-	00:01+	00:33#	00:16-	00:41&	00:15-	00:05#

Beste strekketid for klassen

00:57 01:24 04:34 02:24 01:29 02:58 03:07 05:03 04:24 01:30 02:25 01:26 02:56 03:00 02:17 02:31 01:03 00:25

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

Damer 50 - 59 år

1	Anita Glenne Kallhovd	29	37:55														
00:57=	02:12=	05:34=	08:20=	09:42=	11:01=	13:42=	15:47=	20:11=	21:34=	23:59=	25:28=	28:04=	31:12=	33:39=	36:20=	37:25=	37:55=
00:57=	01:15=	03:22=	02:46=	01:22=	01:19=	02:41=	02:05=	04:24=	01:23=	02:25=	01:29=	02:36=	03:08=	02:27=	02:41=	01:05=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Margrethe Roalsø	93	43:08														
00:58+	02:25+	05:33-	08:06-	09:47+	13:24+	16:55+	19:25+	24:35+	26:30+	29:29+	30:39+	33:44+	36:32+	39:03+	41:38+	42:40+	43:08+
00:58+	01:27+	03:08-	02:33-	01:41+	03:37+	03:31+	02:30+	05:10+	01:55+	02:59+	01:10-	03:05+	02:48-	02:31+	02:35-	01:02-	00:28-
00:01+	00:12#	00:14-	00:13-	00:19#	02:18@	00:50&	00:25#	00:46#	00:32&	00:34#	00:19-	00:29#	00:20-	00:04+	00:06-	00:03-	00:02-
3	Iren Undheim Øgreid	62	43:25														
01:15+	06:36+	09:22+	11:39+	13:34+	15:22+	18:23+	20:33+	24:57+	26:21+	28:54+	31:12+	34:19+	37:09+	39:29+	41:54+	42:58+	43:25+
01:15+	05:21+	02:46-	02:17-	01:55+	01:48+	03:01+	02:10+	04:24=	01:24+	02:33+	02:18+	03:07+	02:50-	02:20-	02:25-	01:04-	00:27-
00:18&	04:06@	00:36-	00:29-	00:33&	00:29&	00:20#	00:05+	00:00=	00:01+	00:08+	00:49&	00:31#	00:18-	00:07-	00:16-	00:01-	00:03-
4	Keth Berggraf	116	45:16														
01:07+	03:27+	07:26+	09:59+	11:46+	15:41+	18:39+	20:52+	27:25+	28:51+	31:29+	32:54+	35:15+	37:54+	40:42+	43:50+	44:49+	45:16+
01:07+	02:20+	03:59+	02:33-	01:47+	03:55+	02:58+	02:13+	06:33+	01:26+	02:38+	01:25-	02:21-	02:39-	02:48+	03:08+	00:59-	00:27-
00:10#	01:05&	00:37#	00:13-	00:25&	02:36@	00:17#	00:08+	02:09&	00:03+	00:13+	00:04-	00:15-	00:29-	00:21#	00:27#	00:06-	00:03-

Class	Navn	Klasse	Tid
5	Trude Katrine Hermanrud	117	45:53
01:00+	03:46+	07:18+	10:38+
01:00+	02:46+	03:32+	03:20+
00:03+	01:31@	00:10+	00:34#
	00:28&	00:24&	00:43&
	00:36&	02:15&	00:09#
	00:01-	00:05+	00:15+
	00:20#	00:18#	00:00=
	00:03+	00:05#	
6	Torill Andersen	116	47:52
01:26+	03:14+	06:20+	08:59+
01:26+	01:48+	03:06-	02:39-
00:29&	00:33&	00:16-	00:07-
	00:20#	01:11&	01:03&
	01:03&	02:35@	00:57-
	02:48@	00:50-	01:27&
	01:11-	00:35-	00:31#
	00:01-	01:38@	00:43@
	00:36+	00:36+	
7	Toril Dahle	116	49:02
01:12+	03:24+	06:20+	07:53-
01:12+	02:12+	02:56-	01:33-
00:15&	00:57&	00:26-	01:13-
	01:22&	02:27@	01:04-
	00:38&	01:34-	05:30@
	00:39-	01:30@	00:26-
	00:47#	00:18#	00:07-
	01:34@	00:45@	00:33+
	00:33+		
8	Liv Omdal	116	49:09
00:58+	02:38+	06:10+	09:29+
00:58+	01:40+	03:32+	03:19+
00:01+	00:25&	00:10+	00:33#
	00:11#	01:03&	01:03&
	01:59&	00:28#	00:28#
	00:28#	00:28#	00:28#
	00:28#	00:28#	00:28#
	00:28#	00:28#	00:28#
	00:28#	00:28#	00:28#
9	Evy Klausen Mjøltnes	62	51:27
03:23+	05:05+	13:47+	16:44+
03:23+	01:42+	08:42+	02:57+
02:26@	00:27&	05:20@	00:11+
	00:11+	00:23&	00:10#
	02:34&	00:17#	01:31&
	00:23&	00:04+	00:04+
	00:05-	00:04+	00:04+
	00:07+	00:37#	00:14+
	00:49&	00:37#	00:06-
	00:05#		
10	Tonje Tiley	27	52:57
00:52-	02:22+	08:15+	11:36+
00:52-	01:30+	05:53+	03:21+
00:05-	00:15#	02:31&	00:35#
	01:05&	01:20@	02:28&
	03:01@	01:20&	00:18#
	00:07+	00:09-	00:37#
	00:14+	00:49&	00:37#
	00:06-	00:05#	
11	Tove Irene Asheim	116	53:41
02:54+	05:02+	09:40+	13:15+
02:54+	02:08+	04:38+	03:35+
01:57@	00:53&	01:16&	00:49&
	00:43&	00:43&	00:45&
	01:41&	00:57&	00:49#
	00:58&	00:53&	01:06&
	00:39#	00:44#	00:23#
	00:58&	00:04+	00:11&
	00:41+		
12	Andrea Tapken	54	54:55
01:05+	02:54+	07:03+	10:21+
01:05+	01:49+	04:09+	03:18+
00:08#	00:34&	00:47#	00:32#
	00:48&	00:59&	02:27&
	00:48&	02:07&	02:43@
	00:37&	00:02-	01:44&
	01:02&	00:31#	00:47&
	00:23&	00:05#	
13	Marie-Elizabeth Reinseth	27	55:03
01:27+	03:23+	08:52+	12:00+
01:27+	01:56+	05:29+	03:08+
00:30&	00:41&	02:07&	00:22#
	00:50&	00:41&	01:15&
	01:59&	02:27&	01:04&
	01:11&	00:16#	02:28&
	00:04+	00:04-	00:48&
	00:17&	00:12&	00:12&
14	Hilde Frøylog Karlsen	71	56:28
01:14+	03:01+	07:24+	11:28+
01:14+	01:47+	04:23+	04:04+
00:17&	00:32&	01:01&	01:18&
	00:29&	00:46&	01:27&
	01:27&	01:00&	04:52@
	01:33@	00:37&	01:09&
	00:35#	01:13&	01:02&
	00:14#	00:11&	
15	Liv Margot Sviland	54	59:10
02:34+	04:50+	12:29+	15:17+
02:34+	02:16+	07:39+	02:48+
01:37@	01:01&	04:17@	00:02+
	00:41&	00:43&	01:15&
	02:27#	02:43&	03:24@
	00:07-	00:32&	02:10&
	01:09&	00:35#	01:13&
	01:02&	00:24#	01:09&
	00:11#	00:04#	00:04#
16	Gerd Olaug Vikeså	101	1:00:37
01:10+	10:59+	14:54+	18:06+
01:10+	09:49+	03:55+	03:12+
00:13#	08:34@	00:33#	00:26#
	00:51&	00:34&	01:44&
	00:43&	04:05&	00:33&
	00:40&	00:23&	01:17&
	00:01-	00:19#	01:26&
	00:16#	00:06#	
17	Ingjerd Haddeland	66	1:01:23
01:27+	03:02+	07:42+	10:46+
01:27+	01:35+	04:40+	03:04+
00:30&	00:20&	01:18&	00:18#
	01:59@	00:54&	03:18@
	02:04&	00:59#	03:48@
	01:54&	00:59&	02:43@
	00:25#	01:08&	00:17#
	00:24&	00:10&	
18	Siri Bjerkreim Hamre	93	1:01:42
01:49+	03:54+	09:22+	13:31+
01:49+	02:05+	05:28+	04:09+
00:52&	00:50&	02:06&	01:23&
	01:05&	01:19&	01:44&
	02:08@	04:03&	00:37&
	01:51&	00:13#	01:09&
	01:07&	00:51&	01:26&
	00:37&	00:26&	00:26&
19	Ragnhild Båtnes Berntsen	101	1:01:57
01:11+	02:48+	08:24+	11:43+
01:11+	01:37+	05:36+	03:19+
00:14#	00:22&	02:14&	00:33#
	02:15@	00:35&	01:25&
	01:49&	03:31&	04:55@
	01:24&	00:26&	02:02&
	00:23#	00:34#	01:02&
	00:12#	00:06#	

Class	Navn	Klasse										Tid							
20	Synnøve Westermoen	116										1:05:22							
10:00+	12:20+	18:23+	21:12+	24:53+	27:04+	29:04+	32:54+	37:25+	43:10+	44:41+	48:28+	51:15+	54:37+	57:56+	60:21+	63:27+	64:43+	65:22+	
10:00+	02:20+	06:03+	02:49+	03:41+	02:11+	02:00-	03:50+	04:31+	05:45+	01:31-	03:47+	02:47+	03:22+	03:19+	02:25-	03:06+	01:16+	00:39+	
09:03@	01:05&	02:41&	00:03+	02:19@	00:52&	00:41-	01:45&	00:07+	04:22@	00:54-	02:18@	00:11+	00:14+	00:52&	00:16-	02:01@	00:46@	00:39+	
21	Elisabeth Melbø	128										1:09:11							
07:11+	09:02+	22:48+	25:36+	27:22+	29:25+	33:20+	35:53+	42:59+	47:43+	49:57+	52:06+	56:54+	60:44+	63:33+	67:23+	68:38+	69:11+		
07:11+	01:51+	13:46+	02:48+	01:46+	02:03+	03:55+	02:33+	07:06+	04:44+	02:14-	02:09+	04:48+	03:50+	02:49+	03:50+	01:15+	00:33+		
06:14@	00:36&	10:24@	00:02+	00:24&	00:44&	01:14&	00:28#	02:42&	03:21@	00:11-	00:40&	02:12&	00:42#	00:22#	01:09&	00:10#	00:03#		
Beste strekktid for klassen		00:52	01:15	02:46	01:33	01:22	01:19	01:37	02:05	02:50	01:23	01:31	01:10	01:25	02:33	02:09	02:25	00:59	00:27

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

Damer 60 - 64 år

1	Ingunn Voilås	29										42:28						
03:40=	07:56=	09:56=	12:46=	15:15=	17:48=	20:24=	22:27=	23:48=	26:22=	31:02=	32:28=	33:49=	37:10=	41:02=	41:53=	42:28=		
03:40=	04:16=	02:00=	02:50=	02:29=	02:33=	02:36=	02:03=	01:21=	02:34=	04:40=	01:26=	01:21=	03:21=	03:52=	00:51=	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=		
2	Ellinor Nesse	116										1:05:27						
00:54-	12:48+	15:21+	18:01+	21:39+	26:35+	29:40+	31:55+	34:46+	39:06+	44:07+	46:51+	48:32+	58:25+	63:10+	64:35+	65:27+		
00:54-	11:54+	02:33+	02:40-	03:38+	04:56+	03:05+	02:15+	02:51+	04:20+	05:01+	02:44+	01:41+	09:53+	04:45+	01:25+	00:52+		
02:46-	07:38@	00:33&	00:10-	01:09&	02:23&	00:29#	00:12+	01:30@	01:46&	00:21+	01:18&	00:20#	06:32@	00:53#	00:34&	00:17&		
3	Ellinor Hoemsnes	116										1:06:00						
01:09-	08:31+	12:14+	14:36+	19:10+	22:20+	36:10+	40:57+	42:46+	45:22+	51:02+	53:09+	55:18+	58:35+	64:22+	65:33+	66:00+		
01:09-	07:22+	03:43+	02:22-	04:34+	03:10+	13:50+	04:47+	01:49+	02:36+	05:40+	02:07+	02:09+	03:17-	05:47+	01:11+	00:27-		
02:31-	03:06&	01:43&	00:28-	02:05&	00:37#	11:14@	02:44@	00:28&	00:02+	01:00#	00:41&	00:48&	00:04-	01:55&	00:20&	00:08-		
4	Ingrid Øxnevad	18										1:23:16						
00:40-	08:14+	10:35+	12:52+	16:04+	19:08+	24:59+	26:37+	29:07+	62:44+	67:29+	69:16+	71:07+	75:33+	81:49+	82:38+	83:16+		
00:40-	07:34+	02:21+	02:17-	03:12+	03:04+	05:51+	01:38-	02:30+	33:37+	04:45+	01:47+	01:51+	04:26+	06:16+	00:49-	00:38+		
03:00-	03:18&	00:21#	00:33-	00:43&	00:31#	03:15@	00:25-	01:09&	31:03@	00:05+	00:21#	00:30&	01:05&	02:24&	00:02-	00:03+		
Beste strekktid for klassen		00:40	04:16	02:00	02:17	02:29	02:33	02:36	01:38	01:21	02:34	04:40	01:26	01:21	03:17	03:52	00:49	00:27

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

Damer 65 - 69 år

1	Marit Karin Nygård	92										40:23						
00:44=	04:49=	07:11=	09:31=	12:00=	14:49=	18:40=	20:34=	21:52=	24:39=	28:35=	30:14=	31:36=	35:10=	38:52=	39:51=	40:23=		
00:44=	04:05=	02:22=	02:20=	02:29=	02:49=	03:51=	01:54=	01:18=	02:47=	03:56=	01:39=	01:22=	03:34=	03:42=	00:59=	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=		
2	Tove Bjerkeim	105										45:04						
01:28+	06:49+	08:53+	11:03+	13:39+	16:43+	19:40+	21:20+	23:13+	25:50+	30:02+	32:26+	33:40+	40:33+	43:46+	44:37+	45:04+		
01:28+	05:21+	02:04-	02:10-	02:36+	03:04+	02:57-	01:40-	01:53+	02:37-	04:12+	02:24+	01:14-	06:53+	03:13-	00:51-	00:27-		
00:44&	01:16&	00:18-	00:10-	00:07+	00:15+	00:54-	00:14-	00:35&	00:10-	00:16+	00:45&	00:08-	03:19&	00:29-	00:08-	00:05-		
3	Ingrid Eik	88										47:46						
03:24+	08:40+	10:56+	13:13+	17:34+	20:30+	23:57+	26:07+	27:24+	31:39+	35:18+	36:42+	38:02+	42:34+	46:32+	47:19+	47:46+		
03:24+	05:16+	02:16-	02:17-	04:21+	02:56+	03:27-	02:10+	01:17-	04:15+	03:39-	01:24-	01:20-	04:32+	03:58+	00:47-	00:27-		
02:40@	01:11&	00:06-	00:03-	01:52&	00:07+	00:24-	00:16#	00:01-	01:28&	00:17-	00:15-	00:02-	00:58&	00:16+	00:12-	00:05-		
4	Eli Frafjord	94										49:22						
00:43-	05:38+	08:09+	10:45+	15:12+	17:58+	26:44+	28:31+	29:54+	32:11+	36:05+	38:00+	40:10+	43:55+	47:50+	48:45+	49:22+		
00:43-	04:55+	02:31+	02:36+	04:27+	02:46-	08:46+	01:47-	01:23+	02:17-	03:54-	01:55+	02:10+	03:45+	03:55+	00:55-	00:37+		
00:01-	00:50#	00:09+	00:16#	01:58&	00:03-	04:55@	00:07-	00:05+	00:30-	00:02-	00:16#	00:48&	00:11+	00:13+	00:04-	00:05#		
5	Berit Bakken	93										51:04						
00:45+	09:46+	12:30+	15:00+	17:53+	20:58+	23:33+	25:57+	27:11+	29:55+	36:05+	37:27+	40:12+	45:20+	49:36+	50:33+	51:04+		
00:45+	09:01+	02:44+	02:30+	02:53+	03:05+	02:35-	02:24+	01:14-	02:44-	06:10+	01:22-	02:45+	05:08+	04:16+	00:57-	00:31-		
00:01+	04:56@	00:22#	00:10+	00:24#	00:16+	01:16-	00:30&	00:04-	00:03-	02:14&	00:17-	01:23@	01:34&	00:34#	00:02-	00:01-		

Class	Navn	Klasse												Tid			
6	May Elinor Meling	125												51:50			
	01:52+	08:28+	11:36+	14:48+	17:42+	21:26+	24:21+	26:24+	27:49+	31:11+	37:05+	38:57+	40:31+	45:26+	50:04+	51:06+	51:50+
	01:52+	06:36+	03:08+	03:12+	02:54+	03:44+	02:55-	02:03+	01:25+	03:22+	05:54+	01:52+	01:34+	04:55+	04:38+	01:02+	00:44+
	01:00	02:31&	00:46&	00:52&	00:25#	00:55&	00:56-	00:09+	00:07+	00:35#	01:58&	00:13#	00:12#	01:21&	00:56&	00:03+	00:12&
7	Berit Gramstad	113												53:25			
	01:38+	07:14+	10:16+	17:44+	20:28+	23:22+	27:21+	29:41+	31:03+	36:41+	41:01+	42:35+	44:22+	48:05+	52:00+	52:54+	53:25+
	01:38+	05:36+	03:02+	07:28+	02:44+	02:54+	03:59+	02:20+	01:22+	05:38+	04:20+	01:34-	01:47+	03:43+	03:55+	00:54-	00:31-
	00:54	01:31&	00:40&	05:08	00:15#	00:05+	00:08+	00:26#	00:04+	02:51	00:24#	00:05-	00:25&	00:09+	00:13+	00:05-	00:01-
8	Margot Asheim	105												53:29			
	03:44+	11:12+	13:17+	15:41+	18:58+	21:56+	24:46+	26:54+	28:05+	32:19+	38:07+	41:18+	43:16+	48:06+	52:09+	53:04+	53:29+
	03:44+	07:28+	02:05-	02:24+	03:17+	02:58+	02:50-	02:08+	01:11-	04:14+	05:48+	03:11+	01:58+	04:50+	04:03+	00:55-	00:25-
	03:00	03:23&	00:17-	00:04&	00:48&	00:09+	01:01-	00:14#	00:07-	01:27&	01:52&	01:32&	00:36&	01:16&	00:21+	00:04-	00:07-
Beste strekktid for klassen																	
	00:43	04:05	02:04	02:10	02:29	02:46	02:35	01:40	01:11	02:17	03:39	01:22	01:14	03:34	03:13	00:47	00:25

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

Damer 70 - 74 år

1	Inger Skretting Opstad	54												49:04			
	02:44=	07:41=	10:14=	13:08=	16:13=	19:30=	22:30=	24:44=	26:03=	28:53=	33:19=	34:51=	36:31=	40:35=	47:28=	48:26=	49:04=
	02:44=	04:57=	02:33=	02:54=	03:05=	03:17=	03:00=	02:14=	01:19=	02:50=	04:26=	01:32=	01:40=	04:04=	06:53=	00:58=	00:38=
	00:00=	00:00=	00:00=	00:00=	00:00=	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												52:55			
	00:53-	06:03-	08:54-	11:31-	14:49-	18:02-	21:34-	24:09-	25:59-	33:32+	38:04+	39:21+	41:21+	45:20+	51:28+	52:27+	52:55+
	00:53-	05:10+	02:51+	02:37-	03:18+	03:13-	03:32+	02:35+	01:50+	07:33+	04:32+	01:17-	02:00+	03:59-	06:08-	00:59+	00:28-
	01:51-	00:13+	00:18#	00:17-	00:13+	00:04-	00:32#	00:21#	00:31&	04:43	00:06+	00:15-	00:20#	00:05-	00:45-	00:01+	00:10-
3	Kirsten Carlsen	93												1:00:48			
	00:53-	06:13-	09:18-	12:15-	15:26-	18:49-	25:50+	28:25+	29:51+	32:45+	42:12+	44:39+	46:28+	54:57+	59:02+	60:16+	60:48+
	00:53-	05:20+	03:05+	02:57+	03:11+	03:23+	07:01+	02:35+	01:26+	02:54+	09:27+	02:27+	01:49+	08:29+	04:05-	01:14+	00:32-
	01:51-	00:23+	00:32#	00:03+	00:06+	00:06+	04:01	00:21#	00:07+	00:04+	05:01	00:55&	00:09+	04:25	02:48-	00:16&	00:06-
Beste strekktid for klassen																	
	00:53	04:57	02:33	02:37	03:05	03:13	03:00	02:14	01:19	02:50	04:26	01:17	01:40	03:59	04:05	00:58	00:28

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

Damer 75 - 79 år

1	Gry Vikhamar Thengs	68												48:27			
	01:56=	07:23=	09:46=	12:40=	15:21=	18:15=	22:22=	24:36=	25:58=	31:45=	36:02=	37:36=	39:23=	43:05=	47:02=	47:55=	48:27=
	01:56=	05:27=	02:23=	02:54=	02:41=	02:54=	04:07=	02:14=	01:22=	05:47=	04:17=	01:34=	01:47=	03:42=	03:57=	00:53=	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=
2	Helga Aaslid	54												59:16			
	03:28+	07:52+	10:27+	13:15+	17:55+	21:56+	24:47+	28:15+	30:00+	37:53+	43:43+	46:44+	48:26+	53:24+	57:23+	58:29+	59:16+
	03:28+	04:24+	02:35+	02:48-	04:40+	04:01+	02:51-	03:28+	01:45+	07:53+	05:50+	03:01+	01:42-	04:58+	03:59+	01:06+	00:47+
	01:32&	01:03-	00:12+	00:06-	01:59&	01:07&	01:16-	01:14&	00:23&	02:06&	01:33&	01:27&	00:05-	01:16&	00:02+	00:13#	00:15&
3	Helga Klausen	62												1:01:43			
	01:12-	07:27+	10:50+	14:07+	18:24+	23:14+	27:03+	29:44+	32:08+	36:48+	42:49+	47:24+	49:26+	54:04+	59:37+	60:54+	61:43+
	01:12-	06:15+	03:23+	03:17+	04:17+	04:50+	03:49-	02:41+	02:24+	04:40-	06:01+	04:35+	02:02+	04:38+	05:33+	01:17+	00:49+
	00:44-	00:48#	01:00&	00:23#	01:36&	01:56&	00:18-	00:27#	01:02&	01:07-	01:44&	03:01	00:15#	00:56&	01:36&	00:24&	00:17&
4	Haldis Glendrange	68												1:07:53			
	04:59+	12:12+	18:26+	21:07+	24:44+	28:07+	35:04+	37:46+	39:12+	42:03+	47:17+	48:56+	51:06+	61:02+	66:06+	67:17+	67:53+
	04:59+	07:13+	06:14+	02:41-	03:37+	03:23+	06:57+	02:42+	01:26+	02:51-	05:14+	01:39+	02:10+	09:56+	05:04+	01:11+	00:36+
	03:03	01:46&	03:51	00:13-	00:56&	00:29#	02:50&	00:28#	00:04+	02:56-	00:57#	00:05+	00:23#	06:14	01:07&	00:18&	00:04#
Beste strekktid for klassen																	
	01:12	04:24	02:23	02:41	02:41	02:54	02:51	02:14	01:22	02:51	04:17	01:34	01:42	03:42	03:57	00:53	00:32

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68	1:14:38												
01:54=	03:20=	07:03=	11:03=	16:32=	41:04=	46:22=	49:03=	53:17=	55:30=	57:40=	63:01=	67:47=	71:27=	73:44=	74:38=
01:54=	01:26=	03:43=	04:00=	05:29=	24:32=	05:18=	02:41=	04:14=	02:13=	02:10=	05:21=	04:46=	03:40=	02:17=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gørild Espedal	113	1:28:14												
02:32+	04:36+	09:41+	14:55+	20:53+	29:37-	45:40-	48:48-	54:56+	59:42+	63:50+	71:12+	78:39+	83:57+	87:08+	88:14+
02:32+	02:04+	05:05+	05:14+	05:58+	08:44-	16:03+	03:08+	06:08+	04:46+	04:08+	07:22+	07:27+	05:18+	03:11+	01:06+
00:38&	00:38&	01:22&	01:14&	00:29+	15:48-	10:45&	00:27#	01:54&	02:33&	01:58&	02:01&	02:41&	01:38&	00:54&	00:12#

Beste strekktid for klassen

01:54	01:26	03:43	04:00	05:29	08:44	05:18	02:41	04:14	02:13	02:10	05:21	04:46	03:40	02:17	00:54
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer A

1	Aud Hognestad Taksdal	92	35:31																				
01:18=	02:51=	04:07=	05:27=	07:53=	08:59=	10:34=	13:34=	16:23=	17:02=	18:36=	20:42=	21:35=	23:18=	24:16=	25:06=	26:40=	27:15=	30:02=	31:08=	32:16=	33:55=	35:10=	35:31=
01:18=	01:33=	01:16=	01:20=	02:26=	01:06=	01:35=	03:00=	02:49=	00:39=	01:34=	02:06=	00:53=	01:43=	00:58=	00:50=	01:34=	00:35=	02:47=	01:06=	01:08=	01:39=	01:15=	00:21=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Katrine Haaland Leveraas	117	46:03																				
02:55+	05:14+	06:33+	08:12+	10:57+	12:01+	13:53+	17:27+	20:34+	21:21+	23:31+	26:17+	27:34+	29:56+	32:20+	33:24+	35:56+	36:37+	39:37+	40:41+	41:42+	43:54+	45:41+	46:03+
02:55+	02:19+	01:19+	01:39+	02:45+	01:04-	01:52+	03:34+	03:07+	00:47+	02:10+	02:46+	01:17+	02:22+	02:24+	01:04+	02:32+	00:41+	03:00+	01:04-	01:01-	02:12+	01:47+	00:22+
01:37@	00:46&	00:03+	00:19#	00:19#	00:02-	00:17#	00:34#	00:18#	00:08#	00:36&	00:40&	00:24&	00:39&	01:26@	00:14&	00:58&	00:06#	00:13+	00:02-	00:07-	00:33&	00:32&	00:01+
3	Jane Helland	29	47:11																				
03:10+	05:21+	06:59+	08:27+	11:59+	13:22+	15:07+	19:03+	22:51+	24:24+	26:04+	28:21+	29:28+	33:45+	34:57+	36:10+	37:57+	38:40+	41:36+	42:41+	43:44+	45:13+	46:49+	47:11+
03:10+	02:11+	01:38+	01:28+	03:32+	01:23+	01:45+	03:56+	03:48+	01:33+	01:40+	02:17+	01:07+	04:17+	01:12+	01:13+	01:47+	00:43+	02:56+	01:05-	01:03-	01:29-	01:36+	00:22+
01:52@	00:38&	00:22&	00:08#	01:06&	00:17&	00:10#	00:56&	00:59&	00:54@	00:06+	00:11+	00:14&	02:34@	00:14#	00:23&	00:13#	00:08#	00:09+	00:01-	00:05-	00:10-	00:21&	00:01+
4	Elin Graneland	39	48:31																				
02:53+	04:34+	06:14+	07:59+	11:09+	12:28+	14:32+	18:44+	22:28+	23:16+	25:25+	28:31+	30:00+	32:27+	33:42+	35:00+	37:01+	37:43+	41:22+	43:17+	44:48+	46:28+	48:07+	48:31+
02:53+	01:41+	01:40+	01:45+	03:10+	01:19+	02:04+	04:12+	03:44+	00:48+	02:09+	03:06+	01:29+	02:27+	01:15+	01:18+	02:01+	00:42+	03:39+	01:55+	01:31+	01:40+	01:39+	00:24+
01:35@	00:08+	00:24&	00:25&	00:44&	00:13#	00:29&	01:12&	00:55&	00:09#	00:35&	01:00&	00:36&	00:30&	00:45&	00:17&	00:28&	00:27&	00:07#	00:52&	00:49&	00:23&	00:01+	00:03#
5	Trine Bolstad Scheie	62	48:56																				
02:04+	04:01+	06:04+	07:41+	11:00+	12:21+	15:01+	20:18+	24:02+	25:01+	27:00+	29:53+	30:53+	33:06+	34:49+	35:49+	37:42+	38:32+	42:20+	43:52+	45:12+	46:52+	48:32+	48:56+
02:04+	01:57+	02:03+	01:37+	03:19+	01:21+	02:40+	05:17+	03:44+	00:59+	01:59+	02:53+	01:00+	02:13+	01:43+	01:00+	01:53+	00:50+	03:48+	01:32+	01:20+	01:40+	01:40+	00:24+
00:46&	00:24&	00:47&	00:17#	00:53&	00:15#	01:05&	02:17&	00:55&	00:20&	00:25&	00:47&	00:07#	00:30&	00:45&	00:10#	00:19#	00:15&	01:01&	00:26&	00:12#	00:01+	00:25&	00:03#

Beste strekktid for klassen

01:18	01:33	01:16	01:20	02:26	01:04	01:35	03:00	02:49	00:39	01:34	02:06	00:53	01:43	00:58	00:50	01:34	00:35	02:47	01:04	01:01	01:29	01:15	00:21
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer B

1	Inger Tone Nygård	29	44:19																				
02:40=	04:45=	06:53=	10:17=	15:21=	16:38=	18:05=	19:55=	21:46=	24:33=	29:16=	31:19=	32:27=	35:21=	36:57=	37:51=	40:19=	42:13=	43:54=	44:19=				
02:40=	02:05=	02:08=	03:24=	05:04=	01:17=	01:27=	01:50=	01:51=	02:47=	04:43=	02:03=	01:08=	02:54=	01:36=	00:54=	02:28=	01:54=	01:41=	00:25=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jorunn Johannesen	116	47:57																				
01:33-	03:40-	04:32-	08:10-	13:08-	14:24-	15:45-	17:29-	19:05-	21:51-	27:25-	34:35+	35:32+	37:59+	39:28+	40:17+	44:15+	45:33+	47:27+	47:57+				
01:33-	02:07+	00:52-	03:38+	04:58-	01:16-	01:21-	01:44-	01:36-	02:46-	05:34+	07:10+	00:57-	02:27-	01:29-	00:49-	03:58+	01:18-	01:54+	00:30+				
01:07-	00:02+	01:16-	00:14+	00:06-	00:01-	00:06-	00:06-	00:15-	00:01-	00:51#	05:07@	00:11-	00:27-	00:07-	00:05-	01:30&	00:36-	00:13#	00:05#				
3	Anne Garsrud	395	49:49																				
01:39-	03:37-	04:41-	08:36-	14:06-	15:25-	17:17-	19:21-	21:11-	28:44+	33:41+	36:37+	37:42+	40:29+	42:10+	42:59+	45:49+	47:24+	49:20+	49:49+				
01:39-	01:58-	01:04-	03:55+	05:30+	01:19+	01:52+	02:04+	01:50-	07:33+	04:57+	02:56+	01:05-	02:47-	01:41+	00:49-	02:50+	01:35-	01:56+	00:29+				
01:01-	00:07-	01:04-	00:31#	00:26+	00:02+	00:25&	00:14#	00:01-	04:46@	00:14+	00:53&	00:03-	00:07-	00:05+	00:05-	00:22#	00:19-	00:15#	00:04#				

Class	Navn	Klasse										Tid					
5	Sara Dudzinska	91										43:15					
		03:55+	07:43+	10:56+	14:19+	18:10+	20:49+	26:03+	29:19+	37:16+	42:07+	43:15+					
		03:55+	03:48+	03:13+	03:23+	03:51+	02:39+	05:14+	03:16+	07:57+	04:51+	01:08+					
		02:40@	01:57@	01:49@	02:25@	02:27@	01:34@	01:27&	01:43@	04:45@	02:22&	00:41@					
Beste strekktid for klassen																	
		01:15	01:51	01:24	00:58	01:24	01:05	02:52	01:33	03:03	02:29	00:27					
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Damer Trim																	
1	Marit Lindtveit Undheim	54										31:40					
		00:47=	03:00=	03:58=	06:47=	08:24=	09:39=	11:18=	14:41=	16:49=	20:49=	24:25=	25:41=	30:21=	31:13=	31:40=	
		00:47=	02:13=	00:58=	02:49=	01:37=	01:15=	01:39=	03:23=	02:08=	04:00=	03:36=	01:16=	04:40=	00:52=	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=	
2	Karianne Skogland Enerstvedt	105										34:20					
		01:05+	03:01+	03:46-	07:18+	10:44+	12:22+	14:39+	18:34+	21:11+	24:47+	27:58+	29:09+	32:53+	33:50+	34:20+	
		01:05+	01:56-	00:45-	03:32+	03:26+	01:38+	02:17+	03:55+	02:37+	03:36-	03:11-	01:11-	03:44-	00:57+	00:30+	
		00:18&	00:17-	00:13-	00:43&	01:49@	00:23&	00:38&	00:32#	00:29#	00:24-	00:25-	00:05-	00:56-	00:05+	00:03#	
3	Elisabeth Horpestad	117										36:12					
		02:51+	04:53+	05:39+	08:28+	10:06+	11:56+	13:35+	18:03+	20:47+	23:48+	28:05+	31:16+	34:47+	35:40+	36:12+	
		02:51+	02:02-	00:46-	02:49=	01:38+	01:50+	01:39=	04:28+	02:44+	03:01-	04:17+	03:11+	03:31-	00:53+	00:32+	
		02:04@	00:11-	00:12-	00:00=	00:01+	00:35&	00:00=	01:05&	00:36&	00:59-	00:41#	01:55@	01:09-	00:01+	00:05#	
4	Silje H. Myklebust	54										36:54					
		00:59+	06:30+	07:17+	09:56+	11:31+	13:18+	14:26+	16:15+	19:09+	22:17+	25:25+	28:11+	31:08+	34:37+	36:19+	36:54+
		00:59+	05:31+	00:47-	02:39-	01:35-	01:47+	01:08-	01:49-	02:54+	03:08-	03:08-	02:46+	02:57-	03:29+	01:42+	00:35+
		00:12&	03:18@	00:11-	00:10-	00:02-	00:32&	00:31-	01:34-	00:46&	00:52-	00:28-	01:30@	01:43-	02:37@	01:15@	00:35+
5	Inger Johanne Klausen	54										36:56					
		00:57+	06:27+	07:21+	09:53+	11:28+	13:14+	14:23+	16:12+	19:05+	22:07+	25:15+	28:15+	31:26+	34:39+	36:16+	36:56+
		00:57+	05:30+	00:54-	02:32-	01:35-	01:46+	01:09-	01:49-	02:53+	03:02-	03:08-	03:00+	03:11-	03:13+	01:37+	00:40+
		00:10#	03:17@	00:04-	00:17-	00:02-	00:31&	00:30-	01:34-	00:45&	00:58-	00:28-	01:44@	01:29-	02:21@	01:10@	00:40+
6	Maria Fjelde	105										37:03					
		03:35+	05:48+	06:31+	09:34+	12:59+	14:16+	16:12+	19:08+	22:04+	28:08+	30:50+	32:12+	35:41+	36:34+	37:03+	
		03:35+	02:13=	00:43-	03:03+	03:25+	01:17+	01:56+	02:56-	02:56+	06:04+	02:42-	01:22+	03:29-	00:53+	00:29+	
		02:48@	00:00=	00:15-	00:14+	01:48@	00:02+	00:17#	00:27-	00:48&	02:04&	00:54-	00:06+	01:11-	00:01+	00:02+	
7	Hege Karlsen	387										38:03					
		02:52+	06:23+	07:24+	10:52+	12:43+	14:12+	16:09+	19:45+	23:57+	28:21+	31:35+	32:46+	36:35+	37:26+	38:03+	
		02:52+	03:31+	01:01+	03:28+	01:51+	01:29+	01:57+	03:36+	04:12+	04:24+	03:14-	01:11-	03:49-	00:51-	00:37+	
		02:05@	01:18&	00:03+	00:39#	00:14#	00:14#	00:18#	00:13+	02:04&	00:24#	00:22-	00:05-	00:51-	00:01-	00:10&	
8	Astri Sandanger	93										38:32					
		02:55+	05:12+	06:04+	08:40+	10:21+	12:33+	14:33+	17:58+	20:46+	27:26+	30:27+	32:03+	35:48+	38:02+	38:32+	
		02:55+	02:17+	00:52-	02:36-	01:41+	02:12+	02:00+	03:25+	02:48+	06:40+	03:01-	01:36+	03:45-	02:14+	00:30+	
		02:08@	00:04+	00:06-	00:13-	00:04+	00:57&	00:21#	00:02+	00:40&	02:40&	00:35-	00:20&	00:55-	01:22@	00:03#	
9	Nina Bækkelund Christiansen	105										38:41					
		05:19+	08:56+	09:57+	12:43+	15:03+	16:35+	19:58+	23:53+	27:29+	30:12+	32:51+	34:08+	37:11+	38:05+	38:41+	
		05:19+	03:37+	01:01+	02:46-	02:20+	01:32+	03:23+	03:55+	03:36+	02:43-	02:39-	01:17+	03:03-	00:54+	00:36+	
		04:32@	01:24&	00:03+	00:03-	00:43&	00:17#	01:44@	00:32#	01:28&	01:17-	00:57-	00:01+	01:37-	00:02+	00:09&	
10	Signe Lise Haaland	66										39:48					
		02:01+	04:36+	05:46+	09:24+	11:14+	13:11+	15:29+	19:44+	23:20+	27:00+	30:39+	32:18+	37:36+	38:52+	39:48+	
		02:01+	02:35+	01:10+	03:38+	01:50+	01:57+	02:18+	04:15+	03:36+	03:40-	03:39+	01:39+	05:18+	01:16+	00:56+	
		01:14@	00:22#	00:12#	00:49&	00:13#	00:42&	00:39&	00:52&	01:28&	00:20-	00:03+	00:23&	00:38#	00:24&	00:29@	
11	Halldis Handeland	92										40:39					
		00:59+	03:33+	04:40+	07:59+	10:56+	13:20+	15:49+	20:03+	23:35+	28:23+	32:28+	34:20+	38:46+	40:03+	40:39+	
		00:59+	02:34+	01:07+	03:19+	02:57+	02:24+	02:29+	04:14+	03:32+	04:48+	04:05+	01:52+	04:26-	01:17+	00:36+	
		00:12&	00:21#	00:09#	00:30#	01:20&	01:09&	00:50&	00:51&	01:24&	00:48#	00:29#	00:36&	00:14-	00:25&	00:09&	
12	Grete Stokke Seljeskog	128										40:55					
		02:28+	08:45+	09:49+	13:21+	15:16+	16:58+	18:42+	22:22+	27:45+	30:46+	34:13+	35:35+	39:35+	40:20+	40:55+	
		02:28+	06:17+	01:04+	03:32+	01:55+	01:42+	01:44+	03:40+	05:23+	03:01-	03:27-	01:22+	04:00-	00:45-	00:35+	
		01:41@	04:04@	00:06#	00:43&	00:18#	00:27&	00:05+	00:17+	03:15@	00:59-	00:09-	00:06+	00:40-	00:07-	00:08&	

Class	Navn	Klasse	Tid
28	Hazel Grayston	263	1:02:52
01:51+	06:18+	07:54+	16:20+
01:51+	04:27+	01:36+	08:26+
01:04@	02:14@	00:38&	05:37@
	01:47@	01:40@	02:01@
	02:28&	05:11@	01:35&
	01:53&	00:53&	02:25&
	01:04@	00:42@	
29	May Kristin Haaland	47	1:11:22
07:23+	10:32+	11:46+	15:49+
07:23+	03:09+	01:14+	04:03+
06:36@	00:56&	00:16&	01:14&
	01:00&	00:59&	01:10&
	01:10&	00:59&	03:31@
	12:35@	01:30&	00:40&
	07:45@		
30	Sigrund Serigstad	128	1:14:03
07:00+	14:37+	18:22+	22:49+
07:00+	07:37+	03:45+	04:27+
06:13@	05:24@	02:47@	01:38&
	08:00@	00:14#	01:04&
	03:27@	00:13-	11:49@
	00:16-	00:41&	01:25&
	00:06#	00:04#	
	00:47	01:56	00:43
	02:32	01:35	01:15
	01:08	01:49	01:55
	02:43	02:39	01:11
	02:57	00:45	00:27

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

Herrer 16 - 39 år

1	Maximilian Erlbeck	67	37:48
00:57=	02:30=	03:29=	06:20=
00:57=	01:33=	00:59=	02:51=
00:00=	00:00=	00:00=	00:00=
	04:19=	01:16=	01:17=
	01:17=	01:28=	01:22=
	02:51=	05:03=	01:41=
	01:37=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
2	Magne Hatteland	399	39:03
01:02+	02:36+	04:19+	07:10+
01:02+	01:34+	01:43+	02:51+
00:05+	00:01+	00:44&	00:00=
	01:09&	00:09=	00:08-
	00:02+	00:02+	00:21-
	00:37-	00:11#	00:14-
	00:10-	00:16#	00:09#
	00:15#	00:11-	00:06+
	00:05#	00:05#	00:05#
3	Jørgen Strømstad	50	39:40
02:31+	04:08+	05:18+	08:10+
02:31+	01:37+	01:10+	02:52+
01:34@	00:04+	00:11#	00:01+
	00:01+	01:04#	00:01-
	00:05-	00:04+	00:05+
	00:26-	00:42-	00:04-
	00:16#	00:44-	00:17#
	00:05-	00:27#	00:21-
	00:12#	00:12#	00:12#
	00:12#	00:12#	00:12#
4	Bernhard Haver Vagle	126	39:58
01:08+	02:44+	03:53+	06:44+
01:08+	01:36+	01:09+	02:51=
00:11#	00:03+	00:10#	00:00=
	00:01+	00:01+	00:01-
	00:29&	00:08+	00:18#
	00:00=	00:57-	03:08@
	00:44-	00:32-	00:05+
	00:02-	00:08+	00:14-
	00:03-	00:02#	00:02#
5	Eivind Brimsø	76	42:29
02:18+	04:05+	05:16+	08:38+
02:18+	01:47+	01:11+	03:22+
01:21@	00:14#	00:12#	00:31#
	00:06-	00:25&	00:25&
	00:19#	00:17+	00:18-
	00:51&	00:20-	00:41-
	00:16#	00:01+	00:35&
	00:09-	00:09+	00:03#
6	Truls Thorkildsen	39	46:51
05:38+	07:25+	08:17+	12:47+
05:38+	01:47+	00:52-	04:30+
04:41@	00:14#	00:07-	01:39&
	00:01+	00:48&	00:08+
	00:21&	00:02+	00:04-
	00:41&	00:13-	05:07@
	00:37-		
7	Martin Skogland	98	51:17
02:13+	04:02+	06:53+	10:11+
02:13+	01:49+	02:51+	03:18+
01:16@	00:16#	01:52@	00:27#
	00:03+	00:04-	00:09#
	00:04+	00:14+	00:21-
	05:07@	00:37-	
8	Erlend Syse	76	53:28
01:43+	03:51+	05:10+	08:36+
01:43+	02:08+	01:19+	03:26+
00:46&	00:35&	00:20&	00:35#
	05:29@	00:10#	00:10#
	00:10#	00:13#	00:28&
	00:24#	00:17+	00:45&
	00:31-	00:15-	00:22&
	00:06#	04:59@	00:03-
	00:42&	00:06+	00:42&
	00:08&		
9	Jone Klemo Øverland	165	54:15
02:25+	04:19+	05:17+	10:00+
02:25+	01:54+	00:58-	04:43+
01:28@	00:21#	00:01-	01:52&
	02:29&	03:00@	00:53&
	00:18#	00:30&	01:00&
	00:29+	01:23&	00:07-
	00:19-	00:30&	00:33&
	00:55&	00:06+	01:04&
	00:03#	01:10&	00:22&
	01:14&	00:36&	01:04&
	00:10&		
10	Anders H Foss	263	1:03:16
02:08+	04:46+	06:58+	11:28+
02:08+	02:38+	02:12+	04:30+
01:11@	01:05&	01:13@	01:39&
	02:07&	01:47@	01:24@
	00:24&	00:50&	01:09&
	02:08&	01:26&	03:59@
	00:30#	01:10&	00:22&
	01:14&	00:36&	01:04&
	00:10&		

Class	Navn	Klasse																	Tid
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Beste strekktid for klassen

00:57 01:33 00:52 02:51 04:19 01:07 01:09 01:28 01:22 02:25 04:06 01:37 00:53 02:21 01:10 00:38 02:10 01:12 01:30 00:20

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

Herrer 40 - 49 år

1 **Ove Nygaard** **116** **38:40**
01:26= 03:04= 04:39= 07:36= 12:32= 13:33= 14:53= 16:17= 17:37= 21:31= 26:09= 28:04= 28:56= 31:06= 32:13= 32:59= 35:19= 36:34= 38:19= 38:40=
01:26= 01:38= 01:35= 02:57= 04:56= 01:01= 01:20= 01:24= 01:20= 03:54= 04:38= 01:55= 00:52= 02:10= 01:07= 00:46= 02:20= 01:15= 01:45= 00:21=
00:00= 00:00=

2 **Gunnar Petterson** **29** **39:27**
01:25- 03:07+ 04:20- 07:22- 11:36- 12:38- 13:44- 15:22- 16:44- 20:04- 25:14- 27:23- 28:35- 30:59- 32:26+ 33:08+ 36:04+ 37:27+ 39:03+ 39:27+
01:25- 01:42+ 01:13- 03:02+ 04:14- 01:02+ 01:06- 01:38+ 01:22+ 03:20- 05:10+ 02:09+ 01:12+ 02:24+ 01:27+ 00:42- 02:56+ 01:23+ 01:36- 00:24+
00:01- 00:04+ 00:22- 00:05+ 00:42- 00:01+ 00:14- 00:14# 00:02+ 00:34- 00:32# 00:14# 00:20# 00:14# 00:20# 00:04- 00:36# 00:08# 00:09- 00:03#

3 **Magne Habbestad** **111** **43:21**
01:28+ 03:44+ 04:39= 07:38+ 13:23+ 14:40+ 15:50+ 17:28+ 19:18+ 22:09+ 28:03+ 30:34+ 31:54+ 34:59+ 36:27+ 37:09+ 39:49+ 41:25+ 42:58+ 43:21+
01:28+ 02:16+ 00:55- 02:59+ 05:45+ 01:17+ 01:10- 01:38+ 01:50+ 02:51- 05:54+ 02:31+ 01:20+ 03:05+ 01:28+ 00:42- 02:40+ 01:36+ 01:33- 00:23+
00:02+ 00:38# 00:40- 00:02+ 00:49# 00:16# 00:10- 00:14# 00:30# 01:03- 01:16# 00:36# 00:28# 00:55# 00:21# 00:04- 00:20# 00:21# 00:12- 00:02+

4 **Thomas Chruickshank** **48** **44:31**
02:05+ 03:45+ 07:04+ 10:45+ 15:04+ 16:12+ 18:27+ 19:59+ 21:32+ 24:23+ 29:41+ 32:37+ 33:39+ 36:03+ 37:18+ 38:16+ 40:47+ 42:27+ 44:05+ 44:31+
02:05+ 01:40+ 03:19+ 03:41+ 04:19- 01:08+ 02:15+ 01:32+ 01:33+ 02:51- 05:18+ 02:56+ 01:02+ 02:24+ 01:15+ 00:58+ 02:31+ 01:40+ 01:38- 00:26+
00:39# 00:02+ 01:44@ 00:44# 00:37- 00:07# 00:55# 00:08+ 00:13# 01:03- 00:40# 01:01# 00:10# 00:14# 00:08# 00:12# 00:11# 00:25# 00:07- 00:05#

5 **Rune Dahl Fitjar** **53** **46:37**
01:15- 03:05+ 04:01- 07:41+ 13:23+ 15:00+ 16:36+ 18:28+ 20:09+ 24:30+ 29:53+ 32:22+ 33:47+ 36:42+ 38:22+ 39:18+ 42:21+ 44:11+ 46:11+ 46:37+
01:15- 01:50+ 00:56- 03:40+ 05:42+ 01:37+ 01:36+ 01:52+ 01:41+ 04:21+ 05:23+ 02:29+ 01:25+ 02:55+ 01:40+ 00:56+ 03:03+ 01:50+ 02:00+ 00:26+
00:11- 00:12# 00:39- 00:43# 00:46# 00:36# 00:16# 00:28# 00:21# 00:27# 00:45# 00:34# 00:33# 00:45# 00:33# 00:10# 00:43# 00:35# 00:15# 00:05#

6 **Kristian Bjo** **165** **49:22**
01:59+ 03:49+ 07:20+ 10:46+ 16:38+ 18:01+ 19:23+ 21:06+ 23:05+ 26:59+ 32:27+ 35:31+ 36:36+ 39:35+ 41:02+ 41:55+ 44:43+ 46:34+ 48:58+ 49:22+
01:59+ 01:50+ 03:31+ 03:26+ 05:52+ 01:23+ 01:22+ 01:43+ 01:59+ 03:54= 05:28+ 03:04+ 01:05+ 02:59+ 01:27+ 00:53+ 02:48+ 01:51+ 02:24+ 00:24+
00:33# 00:12# 01:56@ 00:29# 00:56# 00:22# 00:02+ 00:19# 00:39# 00:00= 00:50# 01:09# 00:13# 00:49# 00:20# 00:07# 00:28# 00:36# 00:39# 00:03#

7 **Gunnar Thorset** **117** **50:36**
01:22- 03:46+ 06:04+ 10:23+ 15:35+ 17:21+ 18:41+ 21:35+ 24:05+ 30:22+ 35:22+ 37:44+ 38:54+ 41:36+ 43:09+ 44:01+ 46:46+ 48:17+ 50:09+ 50:36+
01:22- 02:24+ 02:18+ 04:19+ 05:12+ 01:46+ 01:20= 02:54+ 02:30+ 06:17+ 05:00+ 02:22+ 01:10+ 02:42+ 01:33+ 00:52+ 02:45+ 01:31+ 01:52+ 00:27+
00:04- 00:46# 00:43# 01:22# 00:16+ 00:45# 00:00= 01:30@ 01:10# 02:23# 00:22+ 00:27# 00:18# 00:32# 00:26# 00:06# 00:25# 00:16# 00:07+ 00:06#

8 **Trondr Breiland** **53** **52:12**
04:45+ 06:30+ 07:27+ 10:52+ 15:47+ 17:05+ 18:38+ 20:45+ 22:20+ 31:35+ 37:23+ 39:42+ 40:37+ 43:08+ 44:42+ 45:29+ 47:58+ 49:28+ 51:47+ 52:12+
04:45+ 01:45+ 00:57- 03:25+ 04:55- 01:18+ 01:33+ 02:07+ 01:35+ 09:15+ 05:48+ 02:19+ 00:55+ 02:31+ 01:34+ 00:47+ 02:29+ 01:30+ 02:19+ 00:25+
03:19@ 00:07+ 00:38- 00:28# 00:01- 00:17# 00:13# 00:43# 00:15# 05:21@ 01:10# 00:24# 00:03+ 00:21# 00:27# 00:01+ 00:09+ 00:15# 00:34# 00:04#

9 **Jan-Kenneth Polle** **83** **53:13**
02:01+ 03:52+ 06:42+ 10:12+ 18:29+ 20:18+ 21:39+ 23:18+ 25:08+ 28:10+ 35:54+ 38:16+ 39:20+ 42:07+ 43:43+ 44:34+ 49:15+ 50:42+ 52:49+ 53:13+
02:01+ 01:51+ 02:50+ 03:30+ 08:17+ 01:49+ 01:21+ 01:39+ 01:50+ 03:02- 07:44+ 02:22+ 01:04+ 02:47+ 01:36+ 00:51+ 04:41+ 01:27+ 02:07+ 00:24+
00:35# 00:13# 01:15# 00:33# 03:21# 00:48# 00:01+ 00:15# 00:30# 00:52- 03:06# 00:27# 00:12# 00:37# 00:29# 00:05# 02:21@ 00:12# 00:22# 00:03#

10 **André Sirevåg** **116** **53:26**
01:32+ 03:34+ 05:14+ 09:19+ 15:15+ 17:06+ 18:52+ 20:35+ 22:14+ 26:01+ 31:41+ 35:05+ 39:42+ 43:04+ 44:41+ 45:35+ 49:36+ 51:20+ 53:00+ 53:26+
01:32+ 02:02+ 01:40+ 04:05+ 05:56+ 01:51+ 01:46+ 01:43+ 01:39+ 03:47- 05:40+ 03:24+ 04:37+ 03:22+ 01:37+ 00:54+ 04:01+ 01:44+ 01:40- 00:26+
00:06+ 00:24# 00:05+ 01:08# 01:00# 00:50# 00:26# 00:19# 00:19# 00:07- 01:02# 01:29# 03:45@ 01:12# 00:30# 00:08# 01:41# 00:29# 00:05- 00:05#

11 **Frode Ungar** **116** **53:56**
01:32+ 03:39+ 05:58+ 09:40+ 15:33+ 16:56+ 20:56+ 22:48+ 24:38+ 27:52+ 33:53+ 40:44+ 41:54+ 44:39+ 46:12+ 47:10+ 50:05+ 51:36+ 53:29+ 53:56+
01:32+ 02:07+ 02:19+ 03:42+ 05:53+ 01:23+ 04:00+ 01:52+ 01:50+ 03:14- 06:01+ 06:51+ 01:10+ 02:45+ 01:33+ 00:58+ 02:55+ 01:31+ 01:53+ 00:27+
00:06+ 00:29# 00:44# 00:45# 00:57# 00:22# 02:40@ 00:28# 00:30# 00:40- 01:23# 04:56@ 00:18# 00:35# 00:26# 00:12# 00:35# 00:16# 00:08+ 00:06#

12 **Bjørn Kristian Røyland** **74** **56:29**
01:43+ 03:47+ 06:29+ 10:29+ 17:09+ 18:59+ 20:40+ 22:25+ 24:18+ 28:44+ 40:36+ 43:02+ 44:15+ 47:00+ 48:29+ 49:23+ 52:09+ 54:10+ 56:03+ 56:29+
01:43+ 02:04+ 02:42+ 04:00+ 06:40+ 01:50+ 01:41+ 01:45+ 01:53+ 04:26+ 11:52+ 02:26+ 01:13+ 02:45+ 01:29+ 00:54+ 02:46+ 02:01+ 01:53+ 00:26+
00:17# 00:26# 01:07# 01:03# 01:44# 00:49# 00:21# 00:21# 00:33# 00:32# 07:14@ 00:31# 00:21# 00:35# 00:22# 00:08# 00:26# 00:46# 00:08+ 00:05#

13 **Antal Jansen** **115** **56:35**
03:49+ 05:41+ 09:34+ 13:01+ 21:49+ 24:08+ 26:00+ 27:47+ 29:15+ 32:24+ 37:30+ 42:30+ 43:18+ 46:04+ 47:34+ 48:55+ 52:09+ 53:37+ 56:16+ 56:35+
03:49+ 01:52+ 03:53+ 03:27+ 08:48+ 02:19+ 01:52+ 01:47+ 01:28+ 03:09- 05:06+ 05:00+ 00:48- 02:46+ 01:30+ 01:21+ 03:14+ 01:28+ 02:39+ 00:19-
02:23@ 00:14# 02:18@ 00:30# 03:52# 01:18@ 00:32# 00:23# 00:08# 00:45- 00:28# 03:05@ 00:04- 00:36# 00:23# 00:35# 00:54# 00:13# 00:54# 00:02-

Class	Navn	Klasse												Tid		
13	Kjell Langvik	93												1:05:58		
00:41-	05:14-	07:18-	09:58+	13:07+	26:28+	30:00+	32:11+	33:42+	42:05+	46:56+	48:52+	50:35+	60:41+	64:35+	65:26+	65:58+
00:41-	04:33-	02:04-	02:40+	03:09+	13:21+	03:32+	02:11+	01:31+	08:23+	04:51+	01:56+	01:43-	10:06+	03:54+	00:51-	00:32+
00:11-	00:08-	00:05-	00:28#	00:43&	09:43@	01:01&	00:32&	00:15#	05:35@	01:25&	00:40&	00:01-	06:07@	00:01+	00:22-	00:04#
14	Mangor Eikeland	92												1:19:09		
01:55+	10:40+	14:23+	18:30+	23:12+	29:01+	34:37+	40:24+	42:45+	47:56+	55:03+	58:19+	61:17+	69:00+	76:29+	78:10+	79:09+
01:55+	08:45+	03:43+	04:07+	04:42+	05:49+	05:36+	05:47+	02:21+	05:11+	07:07+	03:16+	02:58+	07:43+	07:29+	01:41+	00:59+
01:03@	04:04&	01:34&	01:55&	02:16&	02:11&	03:05@	04:08@	01:05&	02:23&	03:41@	02:00@	01:14&	03:44&	03:36&	00:28&	00:31@
15	Olav Hognestad	92												1:23:09		
12:04+	31:11+	34:20+	37:04+	40:12+	43:38+	47:15+	49:18+	50:56+	54:55+	67:43+	69:14+	72:13+	76:49+	81:24+	82:32+	83:09+
12:04+	19:07+	03:09+	02:44+	03:08+	03:26-	03:37+	02:03+	01:38+	03:59+	12:48+	01:31+	02:59+	04:36+	04:35+	01:08-	00:37+
11:12@	14:26@	01:00&	00:32#	00:42&	00:12-	01:06&	00:24#	00:22&	01:11&	09:22@	00:15#	01:15&	00:37#	00:42#	00:05-	00:09&
Beste strekktid for klassen																
00:36	04:21	02:04	02:12	02:08	02:23	02:30	01:39	01:12	02:48	03:26	01:00	01:23	01:55	03:09	00:42	00:24

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

Herrer 80 år og eldre

1	Harald Vatne	67												43:03		
04:34=	05:37=	09:49=	13:10=	16:29=	20:04=	23:06=	25:04=	28:19=	29:55=	31:36=	34:33=	38:34=	40:56=	42:33=	43:03=	
04:34=	01:03=	04:12=	03:21=	03:19=	03:35=	03:02=	01:58=	03:15=	01:36=	01:41=	02:57=	04:01=	02:22=	01:37=	00:30=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Magne Jakobsen	63												47:43		
01:37-	03:14-	06:19-	09:46-	13:02-	20:04=	24:26+	26:39+	30:21+	32:19+	34:04+	37:27+	42:28+	45:44+	47:09+	47:43+	
01:37-	01:37+	03:05-	03:27+	03:16-	07:02+	04:22+	02:13+	03:42+	01:58+	01:45+	03:23+	05:01+	03:16+	01:25-	00:34+	
02:57-	00:34&	01:07-	00:06+	00:03-	03:27&	01:20&	00:15#	00:27#	00:22#	00:04+	00:26#	01:00#	00:54&	00:12-	00:04#	
3	Alf Gyland	92												50:19		
01:09-	03:01-	06:38-	09:36-	16:01-	20:03-	24:27+	26:25+	33:25+	34:54+	36:24+	40:23+	45:09+	48:13+	49:43+	50:19+	
01:09-	01:52+	03:37-	02:58-	06:25+	04:02+	04:24+	01:58=	07:00+	01:29-	01:30-	03:59+	04:46+	03:04+	01:30-	00:36+	
03:25-	00:49&	00:35-	00:23-	03:06&	00:27#	01:22&	00:00=	03:45@	00:07-	00:11-	01:02&	00:45#	00:42&	00:07-	00:06#	
4	Sigurd Krosli	93												54:17		
01:23-	02:38-	10:49+	14:06+	17:27+	22:33+	26:53+	28:58+	33:17+	35:23+	38:25+	43:07+	48:04+	51:48+	53:40+	54:17+	
01:23-	01:15+	08:11+	03:17-	03:21+	05:06+	04:20+	02:05+	04:19+	02:06+	03:02+	04:42+	04:57+	03:44+	01:52+	00:37+	
03:11-	00:12#	03:59&	00:04-	00:02+	01:31&	01:18&	00:07+	01:04&	00:30&	01:21&	01:45&	00:56#	01:22&	00:15#	00:07#	
5	Jan Værp	62												1:01:42		
01:32-	02:48-	06:55-	11:41-	16:15-	23:11+	27:23+	30:00+	33:29+	35:28+	37:33+	41:27+	50:28+	57:51+	60:43+	61:42+	
01:32-	01:16+	04:07-	04:46+	04:34+	06:56+	04:12+	02:37+	03:29+	01:59+	02:05+	03:54+	09:01+	07:23+	02:52+	00:59+	
03:02-	00:13#	00:05-	01:25&	01:15&	03:21&	01:10&	00:39&	00:14+	00:23#	00:24#	00:57&	05:00@	05:01@	01:15&	00:29&	
6	Torleiv Møgedal	68												1:04:48		
01:50-	03:06-	06:43-	10:06-	13:48-	19:05-	23:54+	26:49+	30:52+	33:25+	36:40+	39:54+	44:35+	61:36+	64:06+	64:48+	
01:50-	01:16+	03:37-	03:23+	03:42+	05:17+	04:49+	02:55+	04:03+	02:33+	03:15+	03:14+	04:41+	17:01+	02:30+	00:42+	
02:44-	00:13#	00:35-	00:02+	00:23#	01:42&	01:47&	00:57&	00:48#	00:57&	01:34&	00:17+	00:40#	14:39@	00:53&	00:12&	
7	Kjell Maudal	63												1:13:13		
02:12-	04:19-	10:37+	15:16+	19:51+	27:02+	34:12+	39:09+	43:57+	50:32+	52:47+	58:37+	64:18+	70:13+	72:19+	73:13+	
02:12-	02:07+	06:18+	04:39+	04:35+	07:11+	07:10+	04:57+	04:48+	06:35+	02:15+	05:50+	05:41+	05:55+	02:06+	00:54+	
02:22-	01:04@	02:06&	01:18&	01:16&	03:36@	04:08@	02:59@	01:33&	04:59@	00:34&	02:53&	01:40&	03:33@	00:29&	00:24&	
8	Bjarne Edland	92												1:26:17		
01:13-	04:08-	07:53-	18:27+	24:36+	30:26+	39:32+	48:07+	51:35+	53:40+	57:26+	61:04+	67:08+	73:36+	85:35+	86:17+	
01:13-	02:55+	03:45-	10:34+	06:09+	05:50+	09:06+	08:35+	03:28+	02:05+	03:46+	03:38+	06:04+	06:28+	11:59+	00:42+	
03:21-	01:52@	00:27-	07:13@	02:50&	02:15&	06:04@	06:37@	00:13+	00:29&	02:05@	00:41#	02:03&	04:06@	10:22@	00:12&	
Beste strekktid for klassen																
01:09	01:03	03:05	02:58	03:16	03:35	03:02	01:58	03:15	01:29	01:30	02:57	04:01	02:22	01:25	00:30	

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

Herrer A

Class	Navn	Klasse	Tid
1	Aart Joakim in't Veld	93	41:14
00:57=	02:17= 02:56= 04:47= 07:46=	09:00= 10:35= 11:34= 13:38= 14:33= 15:51= 17:42= 19:22=	21:00= 23:39= 24:39= 25:49= 29:49= 31:36= 33:10= 34:36= 35:35= 36:21= 38:24= 40:15= 40:52=
00:57=	01:20= 00:39= 01:51= 02:59= 01:14=	01:35= 00:59= 02:04= 00:55= 01:18= 01:51= 01:40=	01:38= 02:39= 01:00= 01:10= 04:00= 01:47= 01:34= 01:26= 00:59= 00:46= 02:03= 01:51= 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= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
41:14=			
00:22=			
00:00=			
2	Tor Gunnar Aksland	116	42:59
01:16+	02:44+ 03:26+ 05:22+ 08:02+	09:10+ 10:54+ 11:37+ 13:57+ 15:00+ 16:12+ 18:05+ 19:58+	21:28+ 24:18+ 25:22+ 26:55+ 31:06+ 33:14+ 34:46+ 36:32+ 37:20+ 38:00+ 39:59+ 41:54+ 42:37+
01:16+	01:28+ 00:42+ 01:56+ 02:40-	01:08- 01:44+ 00:43- 02:20+ 01:03+ 01:12- 01:53+ 01:53+	01:30- 02:50+ 01:04+ 01:33+ 04:11+ 02:08+ 01:32- 01:46+ 00:48- 00:40- 01:59- 01:55+ 00:43+
00:19&	00:08# 00:03+ 00:05+ 00:19-	00:06- 00:09+ 00:16- 00:16# 00:08# 00:06- 00:02+ 00:13#	00:08- 00:11+ 00:04+ 00:23& 00:11+ 00:21# 00:02- 00:20# 00:11- 00:06- 00:04- 00:04+ 00:06#
42:59+			
00:22=			
00:00=			
3	Arne Eirk Nielsen	386	44:04
01:12+	02:36+ 03:21+ 05:24+ 07:57+	09:09+ 10:15- 11:03- 13:30- 14:34+ 15:54+ 18:06+ 20:11+	22:03+ 25:00+ 26:12+ 27:25+ 31:53+ 34:00+ 35:31+ 37:18+ 38:10+ 38:49+ 40:52+ 42:58+ 43:41+
01:12+	01:24+ 00:45+ 02:03+ 02:33-	01:12- 01:06- 00:48- 02:27+ 01:04+ 01:20+ 02:12+ 02:05+	01:52+ 02:57+ 01:12+ 01:13+ 04:28+ 02:07+ 01:31- 01:47+ 00:52- 00:39- 02:03= 02:06+ 00:43+
00:15&	00:04+ 00:06# 00:12# 00:26-	00:02- 00:29- 00:11- 00:23# 00:09# 00:02+ 00:21# 00:25#	00:14# 00:18# 00:12# 00:03+ 00:28# 00:20# 00:03- 00:21# 00:07- 00:07- 00:00= 00:15# 00:06#
44:04+			
00:23+			
00:01+			
4	Joar Eilevstjønn	67	44:14
01:28+	02:48+ 03:43+ 05:44+ 07:47+	09:00= 10:48+ 11:50+ 14:19+ 15:32+ 16:54+ 18:56+ 21:12+	22:45+ 25:37+ 26:59+ 28:24+ 32:13+ 34:06+ 35:53+ 37:19+ 38:07+ 38:44+ 40:59+ 43:14+ 43:55+
01:28+	01:20= 00:55+ 02:01+ 02:03-	01:13- 01:48+ 01:02+ 02:29+ 01:13+ 01:22+ 02:02+ 02:16+	01:33- 02:52+ 01:22+ 01:25+ 03:49- 01:53+ 01:47+ 01:26= 00:48- 00:37- 02:15+ 02:15+ 00:41+
00:31&	00:00= 00:16& 00:10+ 00:56-	00:01- 00:13# 00:03+ 00:25# 00:18& 00:04+ 00:11+ 00:36&	00:05- 00:13+ 00:22& 00:15# 00:11- 00:06+ 00:13# 00:00= 00:11- 00:09- 00:12+ 00:24# 00:04#
44:14+			
00:19-			
00:03-			
5	Njål F. Vadla	93	44:27
01:04+	02:28+ 03:06+ 05:01+ 09:06+	10:14+ 11:52+ 12:39+ 14:53+ 15:55+ 17:12+ 19:03+ 21:54+	23:30+ 26:23+ 27:24+ 28:57+ 32:55+ 34:53+ 36:26+ 37:51+ 38:43+ 39:26+ 41:31+ 43:21+ 44:04+
01:04+	01:24+ 00:38- 01:55+ 04:05+	01:08- 01:38+ 00:47- 02:14+ 01:02+ 01:17- 01:51= 02:51+	01:36- 02:53+ 01:01+ 01:33+ 03:58- 01:58+ 01:33- 01:25- 00:52- 00:43- 02:05+ 01:50- 00:43+
00:07#	00:04+ 00:01- 00:04+ 01:06&	00:06- 00:03+ 00:12- 00:10+ 00:07# 00:01- 00:00= 01:11&	00:02- 00:14+ 00:01+ 00:23& 00:02- 00:11# 00:01- 00:01- 00:07- 00:03- 00:02+ 00:01- 00:06#
44:27+			
00:23+			
00:01+			
6	Oddvar Taksdal	194	44:37
01:12+	02:40+ 03:24+ 05:28+ 08:04+	09:16+ 10:21- 12:03+ 14:26+ 15:35+ 16:54+ 18:53+ 20:42+	22:43+ 25:32+ 26:40+ 28:08+ 32:13+ 34:19+ 35:53+ 37:25+ 38:21+ 39:07+ 41:23+ 43:30+ 44:10+
01:12+	01:28+ 00:44+ 02:04+ 02:36-	01:12- 01:05- 01:42+ 02:23+ 01:09+ 01:19+ 01:59+ 01:49+	02:01+ 02:49+ 01:08+ 01:28+ 04:05+ 02:06+ 01:34= 01:32+ 00:56- 00:46= 02:16+ 02:07+ 00:40+
00:15&	00:08# 00:05# 00:13# 00:23-	00:02- 00:30- 00:43& 00:19# 00:14& 00:01+ 00:08+ 00:09+	00:23# 00:10+ 00:08# 00:18& 00:05+ 00:19# 00:00= 00:06+ 00:03- 00:00= 00:13# 00:16# 00:03+
44:37+			
00:27+			
00:05#			
7	Oddgeir Eikeskog	93	44:38
01:21+	02:46+ 03:27+ 05:53+ 08:02+	09:21+ 10:36+ 11:32- 13:57+ 15:05+ 16:31+ 18:27+ 20:13+	21:53+ 25:01+ 26:08+ 28:03+ 32:13+ 34:13+ 35:44+ 37:24+ 38:17+ 39:02+ 41:18+ 43:23+ 44:14+
01:21+	01:25+ 00:41+ 02:26+ 02:09-	01:19+ 01:15- 00:56- 02:25+ 01:08+ 01:26+ 01:56+ 01:46+	01:40+ 03:08+ 01:07+ 01:55+ 04:10+ 02:00+ 01:31- 01:40+ 00:53- 00:45- 02:16+ 02:05+ 00:51+
00:24&	00:05+ 00:02+ 00:35& 00:50-	00:05+ 00:20- 00:03- 00:21# 00:13# 00:08# 00:05+ 00:06+	00:02+ 00:29# 00:07# 00:45& 00:10+ 00:13# 00:03- 00:14# 00:06- 00:01- 00:13# 00:14#
44:38+			
00:24+			
00:02+			
8	Thomas Tveit	134	47:46
02:02+	03:26+ 04:10+ 06:01+ 11:25+	12:35+ 13:57+ 14:43+ 17:11+ 18:18+ 19:43+ 21:27+	23:11+ 24:56+ 29:29+ 30:40+ 32:32+ 36:14+ 38:04+ 39:43+ 41:09+ 41:57+ 42:41+ 45:06+ 46:48+ 47:24+
02:02+	01:24+ 00:44+ 01:51= 05:24+	01:10- 01:22- 00:46- 02:28+ 01:07+ 01:25+ 01:44-	01:44+ 01:45+ 04:33+ 01:11+ 01:52+ 03:42- 01:50+ 01:39+ 01:26= 00:48- 00:44- 02:25+ 01:42- 00:36-
01:05&	00:04+ 00:05# 00:00= 02:25&	00:04- 00:13- 00:13- 00:24# 00:12# 00:07+	00:07- 00:04+ 00:07+ 01:54& 00:11# 00:42& 00:18- 00:03+ 00:05+ 00:00= 00:11- 00:02- 00:22# 00:09- 00:01-
47:46+			
00:22=			
00:00=			
9	Geir Sand	105	47:50
02:08+	03:40+ 04:27+ 06:38+ 09:21+	10:32+ 12:49+ 14:09+ 16:22+ 17:32+ 18:46+ 20:43+ 23:41+	25:14+ 28:37+ 29:43+ 31:06+ 34:58+ 37:19+ 39:02+ 40:54+ 41:48+ 42:46+ 44:58+ 46:45+ 47:28+
02:08+	01:32+ 00:47+ 02:11+ 02:43-	01:11- 02:17+ 01:20+ 02:13+ 01:10+ 01:14- 01:57+ 02:58+	01:33- 03:23+ 01:06+ 01:23+ 03:52- 02:21+ 01:43+ 01:52+ 00:54- 00:58+ 02:12+ 01:47- 00:43+
01:11@	00:12# 00:08# 00:20# 00:16-	00:03- 00:42& 00:21& 00:09+ 00:15& 00:04-	00:06+ 01:18& 00:05- 00:44& 00:06# 00:13# 00:08- 00:34& 00:09+ 00:26& 00:05- 00:12& 00:09+ 00:04- 00:06#
47:50+			
00:22=			
00:00=			

Beste strekktid for klassen

00:35 02:13 01:32 00:48 01:14 01:20 02:17 01:03 02:48 02:02 00:23

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

Herrer Trim

1	Arjen Leendertse	91	30:21												
00:55=	01:39=	03:48=	08:11=	10:24=	12:59=	15:13=	16:55=	20:38=	21:41=	22:41=	24:27=	27:03=	28:51=	29:57=	30:21=
00:55=	00:44=	02:09=	04:23=	02:13=	02:35=	02:14=	01:42=	03:43=	01:03=	01:00=	01:46=	02:36=	01:48=	01:06=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Frode Lund	18	31:20												
01:06+	03:03+	05:18+	07:46-	10:06-	13:09+	15:54+	17:54+	20:19-	21:30-	22:42+	24:45+	27:46+	29:47+	30:57+	31:20+
01:06+	01:57+	02:15+	02:28-	02:20+	03:03+	02:45+	02:00+	02:25-	01:11+	01:12+	02:03+	03:01+	02:01+	01:10+	00:23-
00:11#	01:13@	00:06+	01:55-	00:07+	00:28#	00:31#	00:18#	01:18-	00:08#	00:12#	00:17#	00:25#	00:13#	00:04+	00:01-
3	Roger Nyseth	92	32:17												
01:21+	02:11+	04:39+	07:09-	09:51-	13:01+	15:40+	17:18+	19:39-	20:51-	22:13-	24:36+	27:59+	30:18+	31:42+	32:17+
01:21+	00:50+	02:28+	02:30-	02:42+	03:10+	02:39+	01:38-	02:21-	01:12+	01:22+	02:23+	03:23+	02:19+	01:24+	00:35+
00:26&	00:06#	00:19#	01:53-	00:29#	00:35#	00:25#	00:04-	01:22-	00:09#	00:22&	00:37&	00:47&	00:31&	00:18&	00:11&
4	Inge Arild Leknes	376	32:57												
00:59+	02:32+	04:28+	06:58-	10:43+	13:21+	18:39+	19:51+	22:14+	23:37+	24:45+	27:09+	29:42+	31:24+	32:31+	32:57+
00:59+	01:33+	01:56-	02:30-	03:45+	02:38+	05:18+	01:12-	02:23-	01:23+	01:08+	02:24+	02:33-	01:42-	01:07+	00:26+
00:04+	00:49@	00:13-	01:53-	01:32&	00:03+	03:04@	00:30-	01:20-	00:20&	00:08#	00:38&	00:03-	00:06-	00:01+	00:02+
5	Arne Magne Sondresen	105	34:21												
01:01+	01:58+	04:16+	06:26-	09:04-	12:24-	16:13+	17:34+	19:42-	21:02-	22:14-	24:20-	27:16+	32:33+	33:50+	34:21+
01:01+	00:57+	02:18+	02:10-	02:38+	03:20+	03:49+	01:21-	02:08-	01:20+	01:12+	02:06+	02:56+	05:17+	01:17+	00:31+
00:06#	00:13&	00:09+	02:13-	00:25#	00:45&	01:35&	00:21-	01:35-	00:17&	00:12#	00:20#	00:20#	03:29@	00:11#	00:07&
6	Lars Salvesen	50	35:32												
02:03+	04:11+	06:35+	09:07+	11:42+	14:48+	17:37+	19:08+	21:42+	23:00+	24:33+	26:57+	31:14+	33:48+	35:04+	35:32+
02:03+	02:08+	02:24+	02:32-	02:35+	03:06+	02:49+	01:31-	02:34-	01:18+	01:33+	02:24+	04:17+	02:34+	01:16+	00:28+
01:08@	01:24@	00:15#	01:51-	00:22#	00:31#	00:35&	00:11-	01:09-	00:15#	00:33&	00:38&	01:41&	00:46&	00:10#	00:04#
7	Geir Sperre Jørgensen	268	36:16												
02:10+	02:59+	05:53+	09:03+	11:49+	14:55+	17:41+	19:15+	21:58+	23:48+	25:40+	27:54+	31:26+	34:13+	35:43+	36:16+
02:10+	00:49+	02:54+	03:10-	02:46+	03:06+	02:46+	01:34-	02:43-	01:50+	01:52+	02:14+	03:32+	02:47+	01:30+	00:33+
01:15@	00:05#	00:45&	01:13-	00:33#	00:31#	00:32#	00:08-	01:00-	00:47&	00:52&	00:28&	00:56&	00:59&	00:24&	00:09&
8	Jan Henrik Neuenkirchen	117	37:00												
00:56+	02:07+	04:39+	07:08-	10:59+	14:11+	17:23+	19:07+	21:47+	24:33+	26:01+	28:50+	32:50+	35:02+	36:30+	37:00+
00:56+	01:11+	02:32+	02:29-	03:51+	03:12+	03:12+	01:44+	02:40-	02:46+	01:28+	02:49+	04:00+	02:12+	01:28+	00:30+
00:01+	00:27&	00:23#	01:54-	01:38&	00:37#	00:58&	00:02+	01:03-	01:43@	00:28&	01:03&	01:24&	00:24#	00:22&	00:06#
9	Lars Kartevoll	376	38:34												
00:59+	01:46+	04:12+	05:46-	08:12-	12:26-	14:24-	15:47-	18:18-	19:42-	29:23+	31:34+	34:36+	36:45+	38:12+	38:34+
00:59+	00:47+	02:26+	01:34-	02:26+	04:14+	01:58-	01:23-	02:31-	01:24+	09:41+	02:11+	03:02+	02:09+	01:27+	00:22-
00:04+	00:03+	00:17#	02:49-	00:13+	01:39&	00:16-	00:19-	01:12-	00:21&	08:41@	00:25#	00:26#	00:21#	00:21&	00:02-
10	Daniel Thu	384	39:24												
08:12+	09:25+	11:25+	14:06+	15:54+	18:21+	20:38+	21:51+	24:08+	25:19+	26:57+	29:22+	32:51+	37:55+	39:00+	39:24+
08:12+	01:13+	02:00-	02:41-	01:48-	02:27-	02:17+	01:13-	02:17-	01:11+	01:38+	02:25+	03:29+	05:04+	01:05-	00:24=
07:17@	00:29&	00:09-	01:42-	00:25-	00:08-	00:03+	00:29-	01:26-	00:08#	00:38&	00:39&	00:53&	03:16@	00:01-	00:00=
11	John Øgreid	27	40:15												
01:53+	03:32+	07:29+	10:21+	13:21+	17:16+	20:16+	22:10+	25:08+	26:34+	28:12+	31:13+	35:25+	37:47+	39:39+	40:15+
01:53+	01:39+	03:57+	02:52-	03:00+	03:55+	03:00+	01:54+	02:58-	01:26+	01:38+	03:01+	04:12+	02:22+	01:52+	00:36+
00:58@	00:55@	01:48&	01:31-	00:47&	01:20&	00:46&	00:12#	00:45-	00:23&	00:38&	01:15&	01:36&	00:34&	00:46&	00:12&
12	Svein Sivertsen	115	40:47												
01:00+	01:57+	04:51+	07:32-	10:56+	14:30+	17:19+	18:54+	21:45+	23:05+	24:40+	28:05+	32:06+	38:39+	40:11+	40:47+
01:00+	00:57+	02:54+	02:41-	03:24+	03:34+	02:49+	01:35-	02:51-	01:20+	01:35+	03:25+	04:01+	06:33+	01:32+	00:36+
00:05+	00:13&	00:45&	01:42-	01:11&	00:59&	00:35&	00:07-	00:52-	00:17&	00:35&	01:39&	01:25&	04:45@	00:26&	00:12&
13	Ivar Aalbu	29	41:50												
01:32+	02:30+	05:41+	08:25+	11:19+	14:57+	17:56+	19:42+	22:37+	24:11+	25:56+	28:43+	32:24+	39:54+	41:17+	41:50+
01:32+	00:58+	03:11+	02:44-	02:54+	03:38+	02:59+	01:46+	02:55-	01:34+	01:45+	02:47+	03:41+	07:30+	01:23+	00:33+
00:37&	00:14&	01:02&	01:39-	00:41&	01:03&	00:45&	00:04+	00:48-	00:31&	00:45&	01:01&	01:05&	05:42@	00:17&	00:09&

Class	Navn	Klasse													Tid
29	Bent Horpestad	105													1:00:24
02:28+	04:00+	09:43+	13:02+	16:03+	35:19+	39:24+	41:20+	44:59+	46:26+	48:16+	51:01+	55:51+	58:13+	59:54+	60:24+
02:28+	01:32+	05:43+	03:19-	03:01+	19:16+	04:05+	01:56+	03:39-	01:27+	01:50+	02:45+	04:50+	02:22+	01:41+	00:30+
01:33@	00:48@	03:34@	01:04-	00:48&	16:41@	01:51&	00:14#	00:04-	00:24&	00:50&	00:59&	02:14&	00:34&	00:35&	00:06#
30	Erik Henriksen	116													1:06:42
05:47+	07:18+	11:03+	14:25+	18:33+	31:44+	38:58+	41:03+	45:57+	48:14+	50:39+	54:32+	59:07+	63:27+	65:48+	66:42+
05:47+	01:31+	03:45+	03:22-	04:08+	13:11+	07:14+	02:05+	04:54+	02:17+	02:25+	03:53+	04:35+	04:20+	02:21+	00:54+
04:52@	00:47@	01:36&	01:01-	01:55&	10:36@	05:00@	00:23#	01:11&	01:14@	01:25@	02:07@	01:59&	02:32@	01:15@	00:30@
31	Chema Laiz	42													1:10:53
09:22+	12:54+	18:36+	22:44+	27:48+	32:39+	37:24+	40:29+	44:04+	46:05+	49:07+	53:35+	57:44+	68:07+	70:18+	70:53+
09:22+	03:32+	05:42+	04:08-	05:04+	04:51+	04:45+	03:05+	03:35-	02:01+	03:02+	04:28+	04:09+	10:23+	02:11+	00:35+
08:27@	02:48@	03:33@	00:15-	02:51@	02:16&	02:31@	01:23&	00:08-	00:58&	02:02@	02:42@	01:33&	08:35@	01:05&	00:11&
32	Per Helge Salvesen	98													1:18:09
01:06+	02:29+	05:32+	08:25+	12:12+	16:08+	18:54+	21:08+	40:42+	42:07+	48:49+	70:23+	72:49+	76:11+	77:33+	78:09+
01:06+	01:23+	03:03+	02:53-	03:47+	03:56+	02:46+	02:14+	19:34+	01:25+	06:42+	21:34+	02:26-	03:22+	01:22+	00:36+
00:11#	00:39&	00:54&	01:30-	01:34&	01:21&	00:32#	00:32&	15:51@	00:22&	05:42@	19:48@	00:10-	01:34&	00:16#	00:12&
33	Eivind Tolo	111													1:19:06
06:54+	09:08+	13:41+	18:34+	21:20+	25:34+	28:34+	31:07+	62:33+	64:21+	67:59+	70:12+	73:54+	76:54+	78:38+	79:06+
06:54+	02:14+	04:33+	04:53+	02:46+	04:14+	03:00+	02:33+	31:26+	01:48+	03:38+	02:13+	03:42+	03:00+	01:44+	00:28+
05:59@	01:30@	02:24@	00:30#	00:33#	01:39&	00:46&	00:51&	27:43@	00:45&	02:38@	00:27&	01:06&	01:12&	00:38&	00:04#
34	Inge Grødem	92													1:46:34
04:33+	08:16+	15:11+	30:39+	37:30+	49:21+	61:16+	67:15+	74:29+	78:41+	82:11+	88:17+	96:11+	102:11+	105:31+	106:34+
04:33+	03:43+	06:55+	15:28+	06:51+	11:51+	11:55+	05:59+	07:14+	04:12+	03:30+	06:06+	07:54+	06:00+	03:20+	01:03+
03:38@	02:59@	04:46@	11:05@	04:38@	09:16@	09:41@	04:17@	03:31&	03:09@	02:30@	04:20@	05:18@	04:12@	02:14@	00:39@
Beste strekktid for klassen															
00:55	00:44	01:56	01:34	01:48	02:27	01:58	01:12	02:08	01:03	01:00	01:46	02:26	01:42	01:05	00:22

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