

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Matilde Skjæveland Skår</b>	<b>114</b>	<b>23:21</b>											
01:13=	03:16=	03:52=	04:22=	04:42=	05:14=	07:09=	07:43=	11:55=	14:33=	15:49=	16:53=	19:49=	22:54=	23:21=
01:13=	02:03=	00:36=	00:30=	00:20=	00:32=	01:55=	00:34=	04:12=	02:38=	01:16=	01:04=	02:56=	03:05=	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=
<b>2</b>	<b>Marie Sigvaldsen</b>	<b>392</b>	<b>25:08</b>											
01:14+	03:14=	03:50=	04:12=	04:36=	05:14=	07:21+	07:45+	12:23+	15:47+	17:08+	18:16+	21:26+	24:40+	25:08+
01:14+	02:00=	00:36=	00:22=	00:24+	00:38+	02:07+	00:24=	04:38+	03:24+	01:21+	01:08+	03:10+	03:14+	00:28+
00:01+	00:03=	00:00=	00:08=	00:04#	00:06#	00:12#	00:10=	00:26#	00:46&	00:05+	00:04+	00:14+	00:09+	00:01+
<b>3</b>	<b>Nina Karlsen</b>	<b>111</b>	<b>25:32</b>											
01:23+	03:29+	04:08+	04:27+	04:53+	05:35+	07:49+	08:16+	12:49+	15:46+	17:18+	18:34+	22:00+	25:10+	25:32+
01:23+	02:06+	00:39+	00:19=	00:26+	00:42+	02:14+	00:27=	04:33+	02:57+	01:32+	01:16+	03:26+	03:10+	00:22=
00:10#	00:03+	00:03+	00:11=	00:06&	00:10&	00:19#	00:07=	00:21+	00:19#	00:16#	00:12#	00:30#	00:05+	00:05=
<b>4</b>	<b>Trine Selvikvåg</b>	<b>62</b>	<b>25:47</b>											
01:10=	03:13=	03:55+	04:13=	04:59+	05:40+	07:48+	08:25+	12:18+	16:02+	17:24+	18:44+	22:22+	25:20+	25:47+
01:10=	02:03=	00:42+	00:18=	00:46+	00:41+	02:08+	00:37+	03:53=	03:44+	01:22+	01:20+	03:38+	02:58=	00:27=
00:03=	00:00=	00:06#	00:12=	00:26#	00:09&	00:13#	00:03+	00:19=	01:06&	00:06+	00:16#	00:42#	00:07=	00:00=
<b>5</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>26:27</b>											
01:23+	03:35+	04:15+	04:33+	04:58+	05:36+	07:33+	08:09+	12:18+	16:43+	18:28+	19:38+	23:03+	26:06+	26:27+
01:23+	02:12+	00:40+	00:18=	00:25+	00:38+	01:57+	00:36+	04:09=	04:25+	01:45+	01:10+	03:25+	03:03=	00:21=
00:10#	00:09+	00:04#	00:12=	00:05#	00:06#	00:02+	00:02+	00:03=	01:47&	00:29&	00:06+	00:29#	00:02=	00:06=
<b>6</b>	<b>Katja Eliassen</b>	<b>105</b>	<b>28:39</b>											
01:35+	04:08+	04:55+	05:25+	06:13+	07:04+	09:17+	09:54+	15:08+	18:38+	20:09+	21:37+	24:53+	28:18+	28:39+
01:35+	02:33+	00:47+	00:30=	00:48+	00:51+	02:13+	00:37+	05:14+	03:30+	01:31+	01:28+	03:16+	03:25+	00:21=
00:22&	00:30#	00:11&	00:00=	00:28#	00:19&	00:18#	00:03+	01:02#	00:52&	00:15#	00:24&	00:20#	00:20#	00:06=
<b>7</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>28:52</b>											
01:44+	04:10+	04:48+	05:11+	05:41+	06:21+	09:00+	09:26+	14:00+	18:00+	20:28+	21:36+	25:03+	28:27+	28:52+
01:44+	02:26+	00:38+	00:23=	00:30+	00:40+	02:39+	00:26=	04:34+	04:00+	02:28+	01:08+	03:27+	03:24+	00:25=
00:31&	00:23#	00:02+	00:07=	00:10&	00:08#	00:44&	00:08=	00:22+	01:22&	01:12&	00:04+	00:31#	00:19#	00:02=
<b>8</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>29:18</b>											
01:20+	03:38+	04:22+	04:48+	05:46+	06:23+	08:28+	09:01+	13:14+	19:58+	21:24+	22:06+	25:50+	28:53+	29:18+
01:20+	02:18+	00:44+	00:26=	00:58+	00:37+	02:05+	00:33=	04:13+	06:44+	01:26+	00:42=	03:44+	03:03=	00:25=
00:07+	00:15#	00:08#	00:04=	00:38#	00:05#	00:10+	00:01=	00:01+	04:06#	00:10#	00:22=	00:48&	00:02=	00:02=
<b>9</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>29:19</b>											
01:34+	04:06+	04:50+	05:09+	05:32+	06:13+	08:18+	08:45+	13:45+	17:25+	19:08+	21:23+	25:12+	28:53+	29:19+
01:34+	02:32+	00:44+	00:19=	00:23+	00:41+	02:05+	00:27=	05:00+	03:40+	01:43+	02:15+	03:49+	03:41+	00:26=
00:21&	00:29#	00:08#	00:11=	00:03+	00:09&	00:10+	00:07=	00:48#	01:02&	00:27&	01:11#	00:53&	00:36#	00:01=
<b>10</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>	<b>29:38</b>											
01:23+	03:47+	04:28+	04:48+	05:15+	06:01+	08:34+	09:06+	15:06+	19:03+	20:42+	21:59+	25:51+	29:13+	29:38+
01:23+	02:24+	00:41+	00:20=	00:27+	00:46+	02:33+	00:32=	06:00+	03:57+	01:39+	01:17+	03:52+	03:22+	00:25=
00:10#	00:21#	00:05#	00:10=	00:07&	00:14&	00:38&	00:02=	01:48&	01:19&	00:23&	00:13#	00:56&	00:17+	00:02=
<b>11</b>	<b>Hanne Berg Aspøy</b>	<b>117</b>	<b>30:07</b>											
02:55+	06:01+	06:42+	07:07+	07:30+	08:13+	10:14+	10:42+	15:18+	18:45+	20:27+	21:45+	25:48+	29:39+	30:07+
02:55+	03:06+	00:41+	00:25=	00:23+	00:43+	02:01+	00:28=	04:36+	03:27+	01:42+	01:18+	04:03+	03:51+	00:28+
01:42#	01:03&	00:05#	00:05=	00:03#	00:11&	00:06+	00:06=	00:24+	00:49&	00:26&	00:14#	01:07&	00:46#	00:01+
<b>12</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>30:10</b>											
01:20+	03:55+	04:35+	05:17+	05:44+	06:27+	09:02+	09:31+	14:40+	18:09+	20:36+	22:20+	26:15+	29:49+	30:10+
01:20+	02:35+	00:40+	00:42+	00:27+	00:43+	02:35+	00:29=	05:09+	03:29+	02:27+	01:44+	03:55+	03:34+	00:21=
00:07+	00:32&	00:04#	00:12&	00:07&	00:11&	00:40&	00:05=	00:57#	00:51&	01:11&	00:40&	00:59&	00:29#	00:06=
<b>13</b>	<b>Tina Louise Langeland</b>	<b>117</b>	<b>31:06</b>											
01:09=	04:11+	04:50+	05:36+	05:57+	06:39+	09:06+	09:39+	17:00+	20:21+	22:14+	23:40+	27:17+	30:38+	31:06+
01:09=	03:02+	00:39+	00:46+	00:21+	00:42+	02:27+	00:33=	07:21+	03:21+	01:53+	01:26+	03:37+	03:21+	00:28+
00:04=	00:59&	00:03+	00:16&	00:01+	00:10&	00:32&	00:01=	03:09&	00:43&	00:37&	00:22&	00:41#	00:16+	00:01+
<b>14</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>31:47</b>											
01:47+	04:06+	04:51+	05:21+	05:51+	06:45+	10:05+	11:04+	15:43+	20:22+	22:09+	23:29+	27:04+	31:24+	31:47+
01:47+	02:19+	00:45+	00:30=	00:30+	00:54+	03:20+	00:59+	04:39+	04:39+	01:47+	01:20+	03:35+	04:20+	00:23=
00:34&	00:16#	00:09#	00:00=	00:10&	00:22&	01:25&	00:25&	00:27#	02:01&	00:31&	00:16#	00:39#	01:15&	00:04=

Class	Navn	Klasse												Tid
<b>15</b>	<b>Wibeke Lende</b>	<b>74</b>												<b>33:07</b>
07:07+	09:23+	10:04+	10:28+	11:33+	13:46+	14:24+	19:16+	22:16+	23:49+	25:10+	28:56+	32:40+	33:07+	
07:07+	02:16+	00:41+	00:24-	00:24+	00:41+	02:13+	00:38+	04:52+	03:00+	01:33+	01:21+	03:46+	03:44+	
05:54@	00:13#	00:05#	00:06-	00:04#	00:09&	00:18#	00:04#	00:40#	00:22#	00:17#	00:17&	00:50&	00:39#	
<b>16</b>	<b>Hege Bakken</b>	<b>53</b>												<b>33:58</b>
01:33+	04:37+	05:20+	05:42+	06:08+	07:12+	10:00+	12:04+	17:51+	21:25+	23:20+	25:00+	29:05+	33:30+	
01:33+	03:04+	00:43+	00:22-	00:26+	01:04+	02:48+	02:04+	05:47+	03:34+	01:55+	01:40+	04:05+	04:25+	
00:20&	01:01&	00:07#	00:08-	00:06&	00:32&	00:53&	01:30@	01:35&	00:56&	00:39&	00:36&	01:09&	01:20&	
<b>17</b>	<b>Marita Skorpe Falnes</b>	<b>385</b>												<b>34:42</b>
01:46+	04:30+	05:26+	05:52+	06:21+	07:08+	09:49+	10:34+	16:20+	20:08+	21:58+	23:36+	29:49+	34:16+	
01:46+	02:44+	00:56+	00:26-	00:29+	00:47+	02:41+	00:45+	05:46+	03:48+	01:50+	01:38+	06:13+	04:27+	
00:33&	00:41&	00:20&	00:04-	00:09&	00:15&	00:46&	00:11&	01:34&	01:10&	00:34&	00:34&	03:17@	01:22&	
<b>Beste strekktid for klassen</b>														
01:09	02:00	00:36	00:18	00:20	00:32	01:55	00:24	03:53	02:38	01:16	00:42	02:56	02:58	

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

## Damer 40 - 49 år

<b>1</b>	<b>Agnes Haker</b>	<b>71</b>												<b>24:27</b>
01:31=	02:13=	03:30=	03:45=	06:08=	10:31=	14:07=	16:10=	17:24=	20:37=	24:03=	24:27=			
01:31=	00:42=	01:17=	00:15=	02:23=	04:23=	03:36=	02:03=	01:14=	03:13=	03:26=	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=			
<b>2</b>	<b>Randi Helen Ladsten</b>	<b>128</b>												<b>26:40</b>
01:29-	02:20+	03:54+	04:14+	06:53+	11:46+	15:18+	17:39+	19:07+	22:33+	26:11+	26:40+			
01:29-	00:51+	01:34+	00:20+	02:39+	04:53+	03:32-	02:21+	01:28+	03:26+	03:38+	00:29+			
00:02-	00:09#	00:17#	00:05&	00:16#	00:30#	00:04-	00:18#	00:14#	00:13+	00:12+	00:05#			
<b>3</b>	<b>Anette Nordstrand Bjordal</b>	<b>115</b>												<b>26:44</b>
01:49+	02:35+	04:46+	05:09+	07:25+	13:26+	16:49+	18:25+	19:21+	23:09+	26:24+	26:44+			
01:49+	00:46+	02:11+	00:23+	02:16-	06:01+	03:23-	01:36-	00:56-	03:48+	03:15-	00:20-			
00:18#	00:04+	00:54&	00:08&	00:07-	01:38&	00:13-	00:27-	00:18-	00:35#	00:11-	00:04-			
<b>4</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>												<b>28:48</b>
01:33+	02:36+	04:11+	04:30+	07:26+	12:44+	16:18+	18:14+	19:54+	24:30+	28:24+	28:48+			
01:33+	01:03+	01:35+	00:19+	02:56+	05:18+	03:34-	01:56-	01:40+	04:36+	03:54+	00:24=			
00:02+	00:21&	00:18#	00:04&	00:33#	00:55#	00:02-	00:07-	00:26&	01:23&	00:28#	00:00=			
<b>5</b>	<b>Heidi Martby-Skogsholm</b>	<b>105</b>												<b>30:34</b>
01:21-	02:10-	03:45+	04:04+	06:35+	11:29+	18:49+	20:24+	21:38+	25:47+	30:07+	30:34+			
01:21-	00:49+	01:35+	00:19+	02:31+	04:54+	07:20+	01:35-	01:14=	04:09+	04:20+	00:27+			
00:10-	00:07#	00:18#	00:04&	00:08+	00:31#	03:44@	00:28-	00:00=	00:56&	00:54&	00:03#			
<b>6</b>	<b>Helen Haneferd</b>	<b>27</b>												<b>30:38</b>
01:59+	02:55+	04:48+	05:08+	08:22+	14:07+	17:53+	20:05+	21:49+	26:13+	30:02+	30:38+			
01:59+	00:56+	01:53+	00:20+	03:14+	05:45+	03:46+	02:12+	01:44+	04:24+	03:49+	00:36+			
00:28&	00:14&	00:36&	00:05&	00:51&	01:22&	00:10+	00:09+	00:30&	01:11&	00:23#	00:12&			
<b>7</b>	<b>Elin Norveel</b>	<b>105</b>												<b>34:10</b>
02:06+	03:11+	05:33+	05:55+	09:33+	15:50+	19:50+	21:56+	23:48+	28:58+	33:35+	34:10+			
02:06+	01:05+	02:22+	00:22+	03:38+	06:17+	04:00+	02:06+	01:52+	05:10+	04:37+	00:35+			
00:35&	00:23&	01:05&	00:07&	01:15&	01:54&	00:24#	00:03+	00:38&	01:57&	01:11&	00:11&			
<b>Beste strekktid for klassen</b>														
01:21	00:42	01:17	00:15	02:16	04:23	03:23	01:35	00:56	03:13	03:15	00:20			

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

## Damer 50 - 59 år

<b>1</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>												<b>23:52</b>
01:39=	02:30=	03:54=	04:11=	06:48=	11:07=	13:42=	15:10=	16:31=	20:00=	23:28=	23:52=			
01:39=	00:51=	01:24=	00:17=	02:37=	04:19=	02:35=	01:28=	01:21=	03:29=	03:28=	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=			

Class	Navn	Klasse	Tid
<b>2</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>	<b>24:16</b>
02:13+	02:55+ 04:12+ 04:31+ 06:48=	12:57+	15:27+ 16:43+ 17:29+ 20:45+ 23:52+ 24:16+
02:13+	00:42- 01:17- 00:19+ 02:17-	06:09+	02:30- 01:16- 00:46- 03:16- 03:07- 00:24=
00:34&	00:09- 00:07- 00:02# 00:20-	01:50&	00:05- 00:12- 00:35- 00:13- 00:21- 00:00=
<b>3</b>	<b>Evy Klausen Mjøltnes</b>	<b>62</b>	<b>24:40</b>
01:35-	02:23- 03:56+ 04:14+ 06:43-	11:27+	14:22+ 15:48+ 17:11+ 20:58+ 24:16+ 24:40+
01:35-	00:48- 01:33+ 00:18+ 02:29-	04:44+	02:55+ 01:26- 01:23+ 03:47+ 03:18- 00:24=
00:04-	00:03- 00:09# 00:01+ 00:08-	00:25+	00:20# 00:02- 00:02+ 00:18+ 00:10- 00:00=
<b>4</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>	<b>25:02</b>
01:37-	02:25- 03:53- 04:09- 06:38-	11:19+	14:10+ 15:38+ 16:55+ 21:06+ 24:36+ 25:02+
01:37-	00:48- 01:28+ 00:16- 02:29-	04:41+	02:51+ 01:28= 01:17- 04:11+ 03:30+ 00:26+
00:02-	00:03- 00:04+ 00:01- 00:08-	00:22+	00:16# 00:00= 00:04- 00:42# 00:02+ 00:02+
<b>5</b>	<b>Irene Rummelhoff</b>	<b>116</b>	<b>26:01</b>
01:36-	02:24- 03:56+ 04:14+ 06:45-	12:02+	14:50+ 16:19+ 17:39+ 21:10+ 25:27+ 26:01+
01:36-	00:48- 01:32+ 00:18+ 02:31-	05:17+	02:48+ 01:29+ 01:20- 03:31+ 04:17+ 00:34+
00:03-	00:03- 00:08+ 00:01+ 00:06-	00:58#	00:13+ 00:01+ 00:01- 00:02+ 00:49# 00:10&
<b>6</b>	<b>Gerd Oaug Vikeså</b>	<b>101</b>	<b>27:46</b>
01:46+	02:37+ 04:12+ 04:36+ 07:11+	12:22+	15:51+ 18:12+ 19:38+ 23:27+ 27:15+ 27:46+
01:46+	00:51= 01:35+ 00:24+ 02:35-	05:11+	03:29+ 02:21+ 01:26+ 03:49+ 03:48+ 00:31+
00:07+	00:00= 00:11# 00:07&	00:02-	00:52# 00:54& 00:53& 00:05+ 00:20+ 00:20+ 00:07&
<b>7</b>	<b>Torill Andersen</b>	<b>116</b>	<b>28:05</b>
01:46+	02:38+ 05:09+ 05:31+ 08:22+	13:19+	16:39+ 18:22+ 19:52+ 23:34+ 27:33+ 28:05+
01:46+	00:52+ 02:31+ 00:22+ 02:51+	04:57+	03:20+ 01:43+ 01:30+ 03:42+ 03:59+ 00:32+
00:07+	00:01+ 01:07& 00:05&	00:14+	00:38# 00:45& 00:15# 00:09# 00:13+ 00:31# 00:08&
<b>8</b>	<b>Ragnhild Auglænd</b>	<b>62</b>	<b>28:11</b>
01:51+	02:47+ 04:31+ 04:50+ 07:43+	12:44+	16:03+ 17:53+ 19:31+ 23:44+ 27:42+ 28:11+
01:51+	00:56+ 01:44+ 00:19+ 02:53+	05:01+	03:19+ 01:50+ 01:38+ 04:13+ 03:58+ 00:29+
00:12#	00:05+ 00:20# 00:02# 00:16#	00:42#	00:44& 00:22# 00:17# 00:44# 00:30# 00:05#
<b>9</b>	<b>Liv Omdal</b>	<b>116</b>	<b>28:27</b>
01:50+	02:48+ 04:35+ 04:50+ 07:34+	12:38+	15:48+ 18:20+ 19:46+ 23:52+ 28:03+ 28:27+
01:50+	00:58+ 01:47+ 00:15- 02:44+	05:04+	03:10+ 02:32+ 01:26+ 04:06+ 04:11+ 00:24=
00:11#	00:07# 00:23& 00:02-	00:07+	00:45# 00:35# 01:04& 00:05+ 00:37# 00:43# 00:00=
<b>10</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>	<b>28:57</b>
01:42+	02:35+ 04:16+ 04:36+ 07:24+	12:56+	17:09+ 18:51+ 20:21+ 24:12+ 28:30+ 28:57+
01:42+	00:53+ 01:41+ 00:20+ 02:48+	05:32+	04:13+ 01:42+ 01:30+ 03:51+ 04:18+ 00:27+
00:03+	00:02+ 00:17# 00:03# 00:11+	01:13&	01:38& 00:14# 00:09# 00:22# 00:50# 00:03#
<b>11</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>	<b>29:25</b>
01:49+	02:51+ 04:19+ 05:09+ 07:42+	13:02+	16:53+ 18:35+ 19:51+ 25:31+ 28:57+ 29:25+
01:49+	01:02+ 01:28+ 00:50+ 02:33-	05:20+	03:51+ 01:42+ 01:16- 05:40+ 03:26- 00:28+
00:10#	00:11# 00:04+ 00:33&	00:04-	01:01# 01:16& 00:14# 00:05- 02:11& 00:02- 00:04#
<b>12</b>	<b>Tonje Tiley</b>	<b>27</b>	<b>29:56</b>
01:58+	03:04+ 04:50+ 05:11+ 08:07+	13:33+	16:44+ 18:52+ 21:01+ 25:11+ 29:25+ 29:56+
01:58+	01:06+ 01:46+ 00:21+ 02:56+	05:26+	03:11+ 02:08+ 02:09+ 04:10+ 04:14+ 00:31+
00:19#	00:15& 00:22& 00:04#	00:19#	01:07& 00:36# 00:40& 00:48& 00:41# 00:46# 00:07&
<b>13</b>	<b>Ingjerd Haddeland</b>	<b>66</b>	<b>31:09</b>
02:24+	03:19+ 05:17+ 05:41+ 08:36+	14:05+	17:33+ 19:17+ 20:40+ 25:12+ 30:37+ 31:09+
02:24+	00:55+ 01:58+ 00:24+ 02:55+	05:29+	03:28+ 01:44+ 01:23+ 04:32+ 05:25+ 00:32+
00:45&	00:04+ 00:34& 00:07&	00:18#	01:10& 00:53& 00:16# 00:02+ 01:03& 01:57& 00:08&
<b>14</b>	<b>Siv Skretting</b>	<b>93</b>	<b>31:25</b>
01:48+	02:38+ 05:20+ 05:40+ 08:24+	13:19+	16:59+ 20:37+ 22:06+ 26:26+ 30:52+ 31:25+
01:48+	00:50- 02:42+ 00:20+ 02:44+	04:55+	03:40+ 03:38+ 01:29+ 04:20+ 04:26+ 00:33+
00:09+	00:01- 01:18& 00:03#	00:07+	00:36# 01:05& 02:10& 00:08+ 00:51# 00:58& 00:09&
<b>15</b>	<b>Hilde Frøytlog Karlsen</b>	<b>71</b>	<b>34:44</b>
01:58+	03:02+ 04:55+ 05:17+ 08:41+	15:16+	19:30+ 21:50+ 24:52+ 29:43+ 34:11+ 34:44+
01:58+	01:04+ 01:53+ 00:22+ 03:24+	06:35+	04:14+ 02:20+ 03:02+ 04:51+ 04:28+ 00:33+
00:19#	00:13& 00:29& 00:05&	00:47&	02:16& 01:39& 00:52& 01:41& 01:22& 01:00& 00:09&
<b>16</b>	<b>Toril Dahle</b>	<b>116</b>	<b>34:57</b>
05:35+	10:10+ 11:54+ 12:13+ 15:00+	20:09+	23:28+ 25:05+ 26:27+ 30:10+ 34:29+ 34:57+
05:35+	04:35+ 01:44+ 00:19+ 02:47+	05:09+	03:19+ 01:37+ 01:22+ 03:43+ 04:19+ 00:28+
03:56&	03:44& 00:20# 00:02#	00:10+	00:50# 00:44& 00:09# 00:01+ 00:14+ 00:51# 00:04#

Class	Navn	Klasse	Tid								
<b>17</b>	<b>Andrea Tapken</b>	<b>54</b>	<b>36:23</b>								
02:05+	03:11+	05:09+	05:32+	10:35+	16:19+	23:01+	24:55+	26:33+	31:26+	35:53+	36:23+
02:05+	01:06+	01:58+	00:23+	05:03+	05:44+	06:42+	01:54+	01:38+	04:53+	04:27+	00:30+
00:26&	00:15&	00:34&	00:06&	02:26&	01:25&	04:07@	00:26&	00:17#	01:24&	00:59&	00:06#
<b>18</b>	<b>Tove Irene Asheim</b>	<b>116</b>	<b>36:53</b>								
03:28+	05:23+	07:38+	08:00+	11:42+	18:07+	22:30+	24:40+	26:22+	31:14+	36:19+	36:53+
03:28+	01:55+	02:15+	00:22+	03:42+	06:25+	04:23+	02:10+	01:42+	04:52+	05:05+	00:34+
01:49@	01:04@	00:51&	00:05&	01:05&	02:06&	01:48&	00:42&	00:21&	01:23&	01:37&	00:10&
<b>19</b>	<b>Brit Vivian Meling</b>	<b>116</b>	<b>37:46</b>								
02:09+	03:21+	05:34+	06:03+	09:50+	16:38+	21:57+	25:19+	27:00+	31:43+	37:09+	37:46+
02:09+	01:12+	02:13+	00:29+	03:47+	06:48+	05:19+	03:22+	01:41+	04:43+	05:26+	00:37+
00:30&	00:21&	00:49&	00:12&	01:10&	02:29&	02:44@	01:54@	00:20#	01:14&	01:58&	00:13&
<b>20</b>	<b>Synnøve Westermoen</b>	<b>116</b>	<b>37:56</b>								
01:35-	03:28+	05:18+	06:01+	09:03+	14:19+	23:03+	24:46+	26:15+	31:05+	37:21+	37:56+
01:35-	01:53+	01:50+	00:43+	03:02+	05:16+	08:44+	01:43+	01:29+	04:50+	06:16+	00:35+
00:04-	01:02@	00:26&	00:26@	00:25#	00:57#	06:09@	00:15#	00:08+	01:21&	02:48&	00:11&
<b>21</b>	<b>Elisabeth Melbø</b>	<b>128</b>	<b>41:02</b>								
01:36-	16:39+	18:06+	18:32+	21:09+	26:22+	29:14+	30:58+	32:30+	36:52+	40:33+	41:02+
01:36-	15:03+	01:27+	00:26+	02:37=	05:13+	02:52+	01:44+	01:32+	04:22+	03:41+	00:29+
00:03-	14:12@	00:03+	00:09&	00:00=	00:54#	00:17#	00:16#	00:11#	00:53&	00:13+	00:05#
<b>22</b>	<b>Kristin Furre Owe</b>	<b>117</b>	<b>47:27</b>								
02:55+	04:13+	06:50+	07:27+	12:00+	21:02+	27:08+	30:34+	33:10+	39:09+	46:35+	47:27+
02:55+	01:18+	02:37+	00:37+	04:33+	09:02+	06:06+	03:26+	02:36+	05:59+	07:26+	00:52+
01:16&	00:27&	01:13&	00:20@	01:56&	04:43@	03:31@	01:58@	01:15&	02:30&	03:58@	00:28@
<b>Beste strekktid for klassen</b>											
01:35	00:42	01:17	00:15	02:17	04:19	02:30	01:16	00:46	03:16	03:07	00:24

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

## Damer 60 - 64 år

<b>1</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>	<b>25:52</b>																
01:59=	04:43=	05:21=	05:43=	06:15=	07:00=	08:36=	09:40=	10:36=	11:06=	11:58=	12:17=	17:44=	19:33=	20:48=	21:30=	24:32=	25:24=	25:52=	
01:59=	02:44=	00:38=	00:22=	00:32=	00:45=	01:36=	01:04=	00:56=	00:30=	00:52=	00:19=	05:27=	01:49=	01:15=	00:42=	03:02=	00:52=	00:28=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Amanda Renshaw</b>	<b>101</b>	<b>26:42</b>																
01:34-	04:24-	05:00-	05:27-	06:14-	07:37+	09:00+	10:00+	11:10+	11:32+	12:26+	12:44+	18:33+	20:39+	21:47+	22:28+	25:21+	26:10+	26:42+	
01:34-	02:50+	00:36-	00:27+	00:47+	01:23+	01:23-	01:00-	01:10+	00:22-	00:54+	00:18-	05:49+	02:06+	01:08-	00:41-	02:53-	00:49-	00:32+	
00:25-	00:06+	00:02-	00:05#	00:15&	00:38&	00:13-	00:04-	00:14#	00:08-	00:02+	00:01-	00:22+	00:17#	00:07-	00:01-	00:09-	00:03-	00:04#	
<b>3</b>	<b>Ingrid Øxnevad</b>	<b>18</b>	<b>27:51</b>																
05:23+	07:40+	08:18+	08:42+	09:08+	09:48+	11:02+	12:19+	13:21+	14:07+	14:29+	15:22+	15:39-	20:48+	22:12+	23:12+	23:48-	26:43+	27:25+	27:51+
05:23+	02:17-	00:38=	00:24+	00:26-	00:40-	01:14-	01:17+	01:02+	00:46+	00:22-	00:53+	00:17-	05:09+	01:24+	01:00+	00:36-	02:55+	00:42+	00:26+
03:24@	00:27-	00:00=	00:02+	00:06-	00:05-	00:22-	00:13#	00:06#	00:16&	00:30-	00:34@	05:10-	03:20@	00:09#	00:18&	02:26-	02:03@	00:14&	00:26+
<b>4</b>	<b>Ingunn Voilås</b>	<b>29</b>	<b>29:56</b>																
01:43-	04:36-	06:06+	06:26+	07:02+	08:06+	09:34+	10:35+	11:42+	12:10+	13:16+	13:56+	21:17+	23:15+	24:34+	25:22+	28:33+	29:22+	29:56+	
01:43-	02:53+	01:30+	00:20-	00:36+	01:04+	01:28-	01:01-	01:07+	00:28-	01:06+	00:40+	07:21+	01:58+	01:19+	00:48+	03:11+	00:49-	00:34+	
00:16-	00:09+	00:52@	00:02-	00:04#	00:19&	00:08-	00:03-	00:11#	00:02-	00:14&	00:21@	01:54&	00:09+	00:04+	00:06#	00:09+	00:03-	00:06#	
<b>5</b>	<b>Nidunn Sandvik</b>	<b>228</b>	<b>30:24</b>																
01:45-	05:06+	05:44+	06:07+	07:28+	08:17+	09:49+	11:02+	12:05+	12:34+	13:35+	14:44+	15:14-	20:33+	23:30+	24:59+	25:49+	28:53+	29:47+	30:24+
01:45-	03:21+	00:38=	00:23+	01:21+	00:49+	01:32-	01:13+	01:03+	00:29-	01:01+	01:09+	00:30-	05:19+	02:57+	01:29+	00:50-	03:04+	00:54+	00:37+
00:14-	00:37#	00:00=	00:01+	00:49@	00:04+	00:04-	00:09#	00:07#	00:01-	00:09#	00:50@	04:57-	03:30@	01:42@	00:47@	02:12-	02:12@	00:26&	00:37+
<b>6</b>	<b>Anne Katrine Lycke</b>	<b>147</b>	<b>30:51</b>																
01:54-	04:51+	05:34+	06:01+	06:32+	07:32+	09:02+	10:21+	12:52+	13:14+	14:07+	14:34+	20:42+	23:15+	24:46+	25:36+	29:28+	30:15+	30:51+	
01:54-	02:57+	00:43+	00:27+	00:31-	01:00+	01:30-	01:19+	02:31+	00:22-	00:53+	00:27+	06:08+	02:33+	01:31+	00:50+	03:52+	00:47-	00:36+	
00:05-	00:13+	00:05#	00:05#	00:01-	00:15&	00:06-	00:15#	01:35@	00:08-	00:01+	00:08&	00:41#	00:44&	00:16#	00:08#	00:50&	00:05-	00:08&	
<b>7</b>	<b>Birgitte Røe</b>	<b>125</b>	<b>31:33</b>																
03:10+	06:14+	06:54+	07:18+	07:54+	08:37+	10:30+	11:41+	12:44+	13:09+	14:17+	14:39+	20:29+	23:50+	25:18+	26:15+	30:02+	30:59+	31:33+	
03:10+	03:04+	00:40+	00:24+	00:36+	00:43-	01:53+	01:11+	01:03+	00:25-	01:08+	00:22+	05:50+	03:21+	01:28+	00:57+	03:47+	00:57+	00:34+	
01:11&	00:20#	00:02+	00:02+	00:04#	00:02-	00:17#	00:07#	00:07#	00:05-	00:16&	00:03#	00:23+	01:32&	00:13#	00:15&	00:45#	00:05+	00:06#	

Class	Navn	Klasse												Tid					
<b>8</b>	<b>Kari Anstensrud</b>	<b>117</b>												<b>31:43</b>					
02:25+	05:25+	06:05+	06:38+	07:09+	08:06+	09:37+	10:43+	11:52+	13:03+	14:18+	14:44+	21:29+	23:42+	25:26+	26:14+	30:18+	31:10+	31:43+	
02:25+	03:00+	00:40+	00:33+	00:31-	00:57+	01:31-	01:06+	01:09+	01:11+	01:15+	00:26+	06:45+	02:13+	01:44+	00:48+	04:04+	00:52=	00:33+	
00:26#	00:16+	00:02+	00:11&	00:01-	00:12&	00:05-	00:02+	00:13#	00:41@	00:23&	00:07&	01:18#	00:24#	00:29&	00:06#	01:02&	00:00=	00:05#	
<b>9</b>	<b>Ellinor Nesse</b>	<b>116</b>												<b>32:51</b>					
02:24+	05:40+	06:28+	06:59+	07:36+	08:29+	10:21+	11:28+	12:48+	13:52+	15:00+	15:24+	22:18+	24:40+	26:25+	27:18+	31:16+	32:09+	32:51+	
02:24+	03:16+	00:48+	00:31+	00:37+	00:53+	01:52+	01:07+	01:20+	01:04+	01:08+	00:24+	06:54+	02:22+	01:45+	00:53+	03:58+	00:53+	00:42+	
00:25#	00:32#	00:10&	00:09&	00:05#	00:08#	00:16#	00:03+	00:24&	00:34@	00:16&	00:05&	01:27&	00:33&	00:30&	00:11&	00:56&	00:01+	00:14&	
<b>10</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>												<b>37:52</b>					
03:27+	06:26+	07:07+	07:38+	08:20+	09:16+	11:20+	13:40+	16:45+	17:17+	20:15+	20:37+	26:34+	29:50+	31:11+	32:21+	36:17+	37:20+	37:52+	
03:27+	02:59+	00:41+	00:31+	00:42+	00:56+	02:04+	02:20+	03:05+	00:32+	02:58+	00:22+	05:57+	03:16+	01:21+	01:10+	03:56+	01:03+	00:32+	
01:28&	00:15+	00:03+	00:09&	00:10&	00:11#	00:28&	01:16@	02:09@	00:02+	02:06@	00:03#	00:30+	01:27&	00:06+	00:28&	00:54&	00:11#	00:04#	
<b>11</b>	<b>Hanne Hermanrud</b>	<b>115</b>												<b>40:51</b>					
02:10+	05:54+	06:41+	07:13+	08:12+	09:10+	11:08+	12:25+	13:51+	14:35+	15:55+	16:43+	26:05+	28:21+	29:59+	31:00+	39:15+	40:18+	40:51+	
02:10+	03:44+	00:47+	00:32+	00:59+	00:58+	01:58+	01:17+	01:26+	00:44+	01:20+	00:48+	09:22+	02:16+	01:38+	01:01+	08:15+	01:03+	00:33+	
00:11+	01:00&	00:09#	00:10&	00:27&	00:13&	00:22#	00:13#	00:30&	00:14&	00:28&	00:29@	03:55&	00:27#	00:23&	00:19&	05:13@	00:11#	00:05#	
<b>Beste strekktid for klassen</b>																			
01:34	02:17	00:36	00:20	00:26	00:40	01:14	01:00	00:56	00:22	00:22	00:18	00:17	01:49	01:08	00:41	00:36	00:47	00:28	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																			
<b>Damer 65 - 69 år</b>																			
<b>1</b>	<b>Tove Bjerkeim</b>	<b>105</b>												<b>28:38</b>					
01:24=	03:55=	04:29=	04:52=	05:23=	06:21=	07:50=	08:52=	10:30=	11:11=	12:13=	12:37=	17:36=	20:04=	21:21=	22:03=	25:26=	26:32=	28:11=	28:38=
01:24=	02:31=	00:34=	00:23=	00:31=	00:58=	01:29=	01:02=	01:38=	00:41=	01:02=	00:24=	04:59=	02:28=	01:17=	00:42=	03:23=	01:06=	01:39=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Margot Asheim</b>	<b>105</b>												<b>30:32</b>					
02:15+	05:02+	05:46+	06:05+	06:39+	07:26+	10:13+	11:33+	13:57+	14:36+	15:29+	15:46+	21:50+	23:56+	25:01+	25:39+	29:14+	30:07+	30:32+	
02:15+	02:47+	00:44+	00:19-	00:34+	00:47-	02:47+	01:20+	02:24+	00:39-	00:53-	00:17-	06:04+	02:06-	01:05-	00:38-	03:35+	00:53-	00:25-	
00:51&	00:16#	00:10&	00:04-	00:03+	00:11-	01:18&	00:18&	00:46&	00:02-	00:09-	00:07-	01:05#	00:22-	00:12-	00:04-	00:12+	00:13-	01:14-	
<b>3</b>	<b>Berit Gramstad</b>	<b>113</b>												<b>33:55</b>					
03:28+	06:39+	07:35+	08:05+	08:43+	09:38+	11:25+	12:36+	13:54+	15:00+	16:13+	16:34+	23:26+	25:49+	27:33+	28:25+	32:24+	33:18+	33:55+	
03:28+	03:11+	00:56+	00:30+	00:38+	00:55-	01:47+	01:11+	01:18-	01:06+	01:13+	00:21-	06:52+	02:23-	01:44+	00:52+	03:59+	00:54-	00:37-	
02:04@	00:40&	00:22&	00:07&	00:07#	00:03-	00:18#	00:09#	00:20-	00:25&	00:11#	00:03-	01:53&	00:05-	00:27&	00:10#	00:36#	00:12-	01:02-	
<b>4</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>												<b>36:03</b>					
01:43+	04:23+	04:58+	05:26+	05:55+	06:46+	15:30+	16:36+	17:55+	18:17+	19:16+	19:34+	27:08+	29:12+	30:31+	31:14+	34:36+	35:23+	36:03+	
01:43+	02:40+	00:35+	00:28+	00:29-	00:51-	08:44+	01:06+	01:19-	00:22-	00:59-	00:18-	07:34+	02:04-	01:19+	00:43+	03:22-	00:47-	00:40-	
00:19#	00:09+	00:01+	00:05#	00:02-	00:07-	07:15@	00:04+	00:19-	00:19-	00:03-	00:06-	02:35&	00:24-	00:02+	00:01+	00:01-	00:19-	00:59-	
<b>5</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>												<b>36:29</b>					
02:29+	05:31+	06:12+	06:57+	07:30+	08:40+	10:35+	11:52+	13:37+	14:10+	15:55+	16:38+	23:23+	28:52+	30:14+	31:06+	34:53+	35:51+	36:29+	
02:29+	03:02+	00:41+	00:45+	00:33+	01:10+	01:55+	01:17+	01:45+	00:33-	01:45+	00:43+	06:45+	05:29+	01:22+	00:52+	03:47+	00:58-	00:38-	
01:05&	00:31#	00:07#	00:22&	00:02+	00:12#	00:26&	00:15#	00:07+	00:08-	00:43&	00:19&	01:46&	03:01@	00:05+	00:10#	00:24#	00:08-	01:01-	
<b>6</b>	<b>Kari Blixhavn</b>	<b>228</b>												<b>36:35</b>					
02:05+	05:52+	06:51+	07:48+	08:39+	09:59+	12:07+	13:30+	15:09+	15:39+	17:04+	17:31+	24:46+	27:23+	29:07+	30:10+	34:34+	35:50+	36:35+	
02:05+	03:47+	00:59+	00:57+	00:51+	01:20+	02:08+	01:23+	01:39+	00:30-	01:25+	00:27+	07:15+	02:37+	01:44+	01:03+	04:24+	01:16+	00:45-	
00:41&	01:16&	00:25&	00:34@	00:20&	00:22&	00:39&	00:21&	00:01+	00:11-	00:23&	00:03#	02:16&	00:09+	00:27&	00:21&	01:01&	00:10#	00:54-	
<b>7</b>	<b>Ase Berg</b>	<b>105</b>												<b>40:57</b>					
02:56+	06:30+	08:01+	08:46+	09:47+	11:01+	13:15+	15:00+	16:36+	17:03+	18:31+	19:20+	25:57+	29:23+	31:12+	32:03+	38:49+	40:13+	40:57+	
02:56+	03:34+	01:31+	00:45+	01:01+	01:14+	02:14+	01:45+	01:36-	00:27-	01:28+	00:49+	06:37+	03:26+	01:49+	00:51+	06:46+	01:24+	00:44-	
01:32@	01:03&	00:57@	00:22&	00:30&	00:16&	00:45&	00:43&	00:02-	00:14-	00:26&	00:25@	01:38&	00:58&	00:32&	00:09#	03:23&	00:18&	00:55-	
<b>8</b>	<b>May Elinor Meling</b>	<b>125</b>												<b>42:03</b>					
02:54+	06:06+	06:51+	07:24+	07:55+	08:55+	10:56+	12:33+	16:14+	18:14+	19:54+	21:43+	30:34+	32:47+	34:35+	35:28+	39:46+	41:02+	42:03+	
02:54+	03:12+	00:45+	00:33+	00:31=	01:00+	02:01+	01:37+	03:41+	02:00+	01:40+	01:49+	08:51+	02:13-	01:48+	00:53+	04:18+	01:16+	01:01-	
01:30@	00:41&	00:11&	00:10&	00:00=	00:02+	00:32&	00:35&	02:03@	01:19@	00:38&	01:25@	03:52&	00:15-	00:31&	00:11&	00:55&	00:10#	00:38-	
<b>Beste strekktid for klassen</b>																			
01:24	02:31	00:34	00:19	00:29	00:47	01:29	01:02	01:18	00:22	00:53	00:17	04:59	02:04	01:05	00:38	03:22	00:47	00:25	00:27
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																			

Class	Navn	Klasse	Tid
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## Damer 70 - 74 år

<b>1</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>27:25</b>															
02:08=	05:11=	05:52=	06:17=	06:47=	07:58=	09:30=	10:34=	11:33=	12:00=	12:48=	13:12=	18:53=	20:50=	22:05=	22:50=	25:54=	26:47=	27:25=
02:08=	03:03=	00:41=	00:25=	00:30=	01:11=	01:32=	01:04=	00:59=	00:27=	00:48=	00:24=	05:41=	01:57=	01:15=	00:45=	03:04=	00:53=	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=	00:00=	00:00=
<b>2</b>	<b>Hanne Eik</b>	<b>117</b>	<b>31:31</b>															
02:56+	05:50+	06:36+	07:02+	07:31+	08:29+	10:18+	12:02+	13:01+	13:31+	14:36+	14:53+	21:51+	23:55+	25:24+	26:16+	29:58+	30:52+	31:31+
02:56+	02:54-	00:46+	00:26+	00:29-	00:58-	01:49+	01:44+	00:59=	00:30+	01:05+	00:17-	06:58+	02:04+	01:29+	00:52+	03:42+	00:54+	00:39+
00:48&	00:09-	00:05#	00:01+	00:01-	00:13-	00:17#	00:40&	00:00=	00:03#	00:17&	00:07-	01:17#	00:07+	00:14#	00:07#	00:38#	00:01+	00:01+

### Beste strekktid for klassen

02:08	02:54	00:41	00:25	00:29	00:58	01:32	01:04	00:59	00:27	00:48	00:17	05:41	01:57	01:15	00:45	03:04	00:53	00:38
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Damer 75 - 79 år

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

### Beste strekktid for klassen

01:30	02:46	00:35	00:24	00:37	00:55	01:31	01:04	01:01	00:23	00:47	00:18	05:39	01:49	01:16	00:45	03:05	00:53	00:30
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Damer A

<b>1</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>21:35</b>												
01:02=	02:38=	02:54=	03:07=	04:17=	05:56=	06:08=	07:46=	08:53=	12:57=	14:48=	15:58=	16:53=	18:43=	21:17=	21:35=
01:02=	01:36=	00:16=	00:13=	01:10=	01:39=	00:12=	01:38=	01:07=	04:04=	01:51=	01:10=	00:55=	01:50=	02:34=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid				
<b>2</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>										<b>21:45</b>				
01:06+	03:00+	03:16+	03:29+	04:44+	06:27+	06:40+	08:20+	09:43+	12:50-	14:47-	15:48-	16:46-	18:44+	21:23+	21:45+	
01:06+	01:54+	00:16=	00:13=	01:15+	01:43+	00:13+	01:40+	01:23+	03:07-	01:57+	01:01-	00:58+	01:58+	02:39+	00:22+	
00:04+	00:18#	00:00=	00:00=	00:05+	00:04+	00:01+	00:02+	00:16#	00:57-	00:06+	00:09-	00:03+	00:08+	00:05+	00:04#	
<b>3</b>	<b>Anna Taksdal</b>	<b>194</b>										<b>23:18</b>				
01:05+	02:59+	03:15+	03:29+	04:53+	06:47+	07:02+	08:43+	10:05+	13:23+	15:34+	16:45+	17:48+	19:55+	22:54+	23:18+	
01:05+	01:54+	00:16=	00:14+	01:24+	01:54+	00:15+	01:41+	01:22+	03:18-	02:11+	01:11+	01:03+	02:07+	02:59+	00:24+	
00:03+	00:18#	00:00=	00:01+	00:14#	00:15#	00:03#	00:03+	00:15#	00:46-	00:20#	00:01+	00:08#	00:17#	00:25#	00:06#	
<b>4</b>	<b>Katrine Haaland Leveraas</b>	<b>117</b>										<b>24:39</b>				
01:10+	03:14+	03:31+	03:45+	05:15+	07:06+	07:20+	09:10+	10:24+	14:09+	16:21+	18:11+	19:13+	21:15+	24:16+	24:39+	
01:10+	02:04+	00:17+	00:14+	01:30+	01:51+	00:14+	01:50+	01:14+	03:45-	02:12+	01:50+	01:02+	02:02+	03:01+	00:23+	
00:08#	00:28&	00:01+	00:01+	00:20&	00:12#	00:02#	00:12#	00:07#	00:19-	00:21#	00:40&	00:07#	00:12#	00:27#	00:05&	
<b>5</b>	<b>Amalie Wathne</b>	<b>134</b>										<b>25:41</b>				
00:59-	02:52+	03:07+	03:25+	04:59+	07:02+	07:17+	09:26+	11:01+	14:44+	17:11+	18:34+	19:39+	21:55+	25:18+	25:41+	
00:59-	01:53+	00:15-	00:18+	01:34+	02:03+	00:15+	02:09+	01:35+	03:43-	02:27+	01:23+	01:05+	02:16+	03:23+	00:23+	
00:03-	00:17#	00:01-	00:05&	00:24&	00:24#	00:03#	00:31&	00:28&	00:21-	00:36&	00:13#	00:10#	00:26#	00:49&	00:05&	
<b>6</b>	<b>Tone Torgersen</b>	<b>27</b>										<b>27:46</b>				
01:19+	03:30+	03:47+	04:02+	05:38+	07:37+	07:54+	10:06+	11:33+	15:51+	18:14+	19:42+	21:07+	23:52+	27:25+	27:46+	
01:19+	02:11+	00:17+	00:15+	01:36+	01:59+	00:17+	02:12+	01:27+	04:18+	02:23+	01:28+	01:25+	02:45+	03:33+	00:21+	
00:17&	00:35&	00:01+	00:02#	00:26&	00:20#	00:05&	00:34&	00:20&	00:14+	00:32&	00:18&	00:30&	00:55&	00:59&	00:03#	
<b>7</b>	<b>Katrine Prestvold</b>	<b>212</b>										<b>28:29</b>				
01:01-	03:10+	03:27+	03:41+	05:59+	08:33+	08:49+	11:14+	12:41+	17:01+	19:32+	20:52+	22:08+	24:33+	28:08+	28:29+	
01:01-	02:09+	00:17+	00:14+	02:18+	02:34+	00:16+	02:25+	01:27+	04:20+	02:31+	01:20+	01:16+	02:25+	03:35+	00:21+	
00:01-	00:33&	00:01+	00:01+	01:08&	00:55&	00:04&	00:47&	00:20&	00:16+	00:40&	00:10#	00:21&	00:35&	01:01&	00:03#	
<b>8</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>										<b>28:37</b>				
01:25+	03:36+	03:54+	04:08+	05:41+	07:53+	08:07+	10:18+	11:44+	16:04+	18:39+	20:02+	21:13+	23:50+	28:14+	28:37+	
01:25+	02:11+	00:18+	00:14+	01:33+	02:12+	00:14+	02:11+	01:26+	04:20+	02:35+	01:23+	01:11+	02:37+	04:24+	00:23+	
00:23&	00:35&	00:02#	00:01+	00:23&	00:33&	00:02#	00:33&	00:19&	00:16+	00:44&	00:13#	00:16&	00:47&	01:50&	00:05&	
<b>9</b>	<b>Elin Graneland</b>	<b>39</b>										<b>31:22</b>				
01:20+	03:46+	04:05+	04:21+	06:12+	09:05+	09:24+	11:46+	13:37+	18:06+	20:51+	23:06+	24:25+	27:10+	30:58+	31:22+	
01:20+	02:26+	00:19+	00:16+	01:51+	02:53+	00:19+	02:22+	01:51+	04:29+	02:45+	02:15+	01:19+	02:45+	03:48+	00:24+	
00:18&	00:50&	00:03#	00:03#	00:41&	01:14&	00:07&	00:44&	00:44&	00:25#	00:54&	01:05&	00:24&	00:55&	01:14&	00:06&	
<b>Beste strekktid for klassen</b>																
00:59	01:36	00:15	00:13	01:10	01:39	00:12	01:38	01:07	03:07	01:51	01:01	00:55	01:50	02:34	00:18	

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

## Damer B

<b>1</b>	<b>Lise Isachsen</b>	<b>165</b>										<b>25:02</b>				
01:33=	03:56=	04:22=	04:41=	05:19=	07:27=	08:04=	10:14=	10:27=	13:18=	15:21=	18:47=	20:23=	21:16=	21:48=	24:36=	25:02=
01:33=	02:23=	00:26=	00:19=	00:38=	02:08=	00:37=	02:10=	00:13=	02:51=	02:03=	03:26=	01:36=	00:53=	00:32=	02:48=	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=	00:00=	00:00=
<b>2</b>	<b>Inger Tone Nygård</b>	<b>29</b>										<b>25:22</b>				
01:22-	03:48-	04:06-	04:33-	05:12-	07:00-	07:30-	09:52-	10:07-	12:54-	14:57-	18:29-	20:16-	21:16=	21:53+	25:02+	25:22+
01:22-	02:26+	00:18-	00:27+	00:39+	01:48-	00:30-	02:22+	00:15+	02:47-	02:03=	03:32+	01:47+	01:00+	00:37+	03:09+	00:20-
00:11-	00:03+	00:08-	00:08&	00:01+	00:20-	00:07-	00:12+	00:02#	00:04-	00:00=	00:06+	00:11#	00:07#	00:05#	00:21#	00:06-
<b>3</b>	<b>Ida K. Kolstø</b>	<b>29</b>										<b>26:46</b>				
01:25-	04:04+	04:22=	04:45+	05:22+	06:56-	07:27-	09:55-	10:12-	13:26+	15:31+	19:37+	21:38+	22:35+	23:21+	26:25+	26:46+
01:25-	02:39+	00:18-	00:23+	00:37-	01:34-	00:31-	02:28+	00:17+	03:14+	02:05+	04:06+	02:01+	00:57+	00:46+	03:04+	00:21-
00:08-	00:16#	00:08-	00:04#	00:01-	00:34-	00:06-	00:18#	00:04&	00:23#	00:02+	00:40#	00:25&	00:04+	00:14&	00:16+	00:05-
<b>4</b>	<b>Berit Våg Aksland</b>	<b>116</b>										<b>27:59</b>				
01:25-	04:04+	04:24+	04:58+	05:37+	07:28+	08:09+	10:55+	11:11+	14:21+	17:02+	20:40+	22:35+	23:32+	24:07+	27:36+	27:59+
01:25-	02:39+	00:20-	00:34+	00:39+	01:51-	00:41+	02:46+	00:16+	03:10+	02:41+	03:38+	01:55+	00:57+	00:35+	03:29+	00:23-
00:08-	00:16#	00:06-	00:15&	00:01+	00:17-	00:04#	00:36&	00:03#	00:19#	00:38&	00:12+	00:19#	00:04+	00:03+	00:41#	00:03-
<b>5</b>	<b>Toyah Bråtveit</b>	<b>43</b>										<b>28:46</b>				
01:32-	04:19+	04:47+	05:16+	06:01+	08:04+	08:51+	12:04+	12:19+	15:13+	17:20+	21:00+	23:36+	24:58+	25:39+	28:23+	28:46+
01:32-	02:47+	00:28+	00:29+	00:45+	02:03-	00:47+	03:13+	00:15+	02:54+	02:07+	03:40+	02:36+	01:22+	00:41+	02:44-	00:23-
00:01-	00:24#	00:02+	00:10&	00:07#	00:05-	00:10&	01:03&	00:02#	00:03+	00:04+	00:14+	01:00&	00:29&	00:09&	00:04-	00:03-

Class	Navn	Klasse										Tid					
<b>6</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>29:01</b>					
02:23+	05:12+	05:31+	05:52+	06:36+	09:06+	09:53+	12:26+	15:46+	18:01+	21:33+	23:36+	24:43+	25:17+	28:35+	29:01+		
02:23+	02:49+	00:19-	00:21+	00:44+	02:30+	00:47+	02:33+	00:21+	02:59+	02:15+	03:32+	02:03+	01:07+	00:34+	03:18+		
00:50&	00:26#	00:07-	00:02#	00:06#	00:22#	00:10&	00:23#	00:08&	00:08+	00:12+	00:06+	00:27&	00:14&	00:02+	00:30#		
<b>7</b>	<b>Anne Sæbø Vik</b>	<b>116</b>										<b>29:23</b>					
01:36+	04:27+	04:50+	05:13+	06:06+	08:22+	09:00+	11:36+	11:55+	15:03+	17:42+	21:33+	23:42+	24:42+	25:29+	28:53+		
01:36+	02:51+	00:23-	00:23+	00:53+	02:16+	00:38+	02:36+	00:19+	03:08+	02:39+	03:51+	02:09+	01:00+	00:47+	03:24+		
00:03+	00:28#	00:03-	00:04#	00:15&	00:08+	00:01+	00:26#	00:06&	00:17+	00:36&	00:25#	00:33&	00:07#	00:15&	00:36#		
<b>8</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>29:45</b>					
01:28-	04:23+	04:41+	05:09+	05:49+	07:35+	08:10+	10:47+	11:10+	14:23+	16:50+	21:45+	23:57+	25:01+	25:38+	29:16+		
01:28-	02:55+	00:18-	00:28+	00:40+	01:46-	00:35-	02:37+	00:23+	03:13+	02:27+	04:55+	02:12+	01:04+	00:37+	03:38+		
00:05-	00:32#	00:08-	00:09&	00:02+	00:22-	00:02-	00:27#	00:10&	00:22#	00:24#	01:29&	00:36&	00:11#	00:05#	00:50&		
<b>9</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>29:54</b>					
01:55+	04:51+	05:14+	05:43+	06:27+	08:27+	09:10+	11:52+	12:14+	15:29+	18:12+	22:19+	24:15+	25:21+	26:03+	29:26+		
01:55+	02:56+	00:23-	00:29+	00:44+	02:00-	00:43+	02:42+	00:22+	03:15+	02:43+	04:07+	01:56+	01:06+	00:42+	03:23+		
00:22#	00:33#	00:03-	00:10&	00:06#	00:08-	00:06#	00:32#	00:09&	00:24#	00:40&	00:41#	00:20#	00:13#	00:10&	00:35#		
<b>10</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>29:56</b>					
01:46+	04:25+	04:49+	05:17+	06:00+	07:53+	08:55+	12:24+	12:43+	15:53+	18:15+	22:19+	24:19+	25:27+	26:04+	29:33+		
01:46+	02:39+	00:24-	00:28+	00:43+	01:53-	01:02+	03:29+	00:19+	03:10+	02:22+	04:04+	02:00+	01:08+	00:37+	03:29+		
00:13#	00:16#	00:02-	00:09&	00:05#	00:15-	00:25&	01:19&	00:06&	00:19#	00:19#	00:38#	00:24#	00:15&	00:05#	00:41#		
<b>11</b>	<b>Anne Garsrud</b>	<b>395</b>										<b>31:00</b>					
01:37+	05:22+	05:57+	06:21+	07:00+	08:50+	09:40+	12:30+	12:49+	15:52+	18:33+	22:29+	24:26+	25:39+	26:17+	30:33+		
01:37+	03:45+	00:35+	00:24+	00:39+	01:50-	00:50+	02:50+	00:19+	03:03+	02:41+	03:56+	01:57+	01:13+	00:38+	04:16+		
00:04+	01:22&	00:09&	00:05&	00:01+	00:18-	00:13&	00:40&	00:06&	00:12+	00:38&	00:30#	00:21#	00:20&	00:06#	01:28&		
<b>12</b>	<b>Vibeke Lamark</b>	<b>46</b>										<b>33:08</b>					
01:20-	04:27+	05:00+	05:25+	06:11+	08:06+	08:44+	11:29+	11:51+	16:05+	18:29+	22:49+	25:44+	27:11+	27:53+	32:33+		
01:20-	03:07+	00:33+	00:25+	00:46+	01:55-	00:38+	02:45+	00:22+	04:14+	02:24+	04:20+	02:55+	01:27+	00:42+	04:40+		
00:13-	00:44&	00:07&	00:06&	00:08#	00:13-	00:01+	00:35&	00:09&	01:23&	00:21#	00:54&	01:19&	00:34&	00:10&	01:52&		
<b>13</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>33:13</b>					
01:43+	04:31+	05:00+	05:31+	06:20+	08:58+	09:41+	13:47+	14:06+	17:08+	20:37+	24:44+	26:42+	27:46+	28:23+	32:48+		
01:43+	02:48+	00:29+	00:31+	00:49+	02:38+	00:43+	04:06+	00:19+	03:02+	03:29+	04:07+	01:58+	01:04+	00:37+	04:25+		
00:10#	00:25#	00:03#	00:12&	00:11&	00:30#	00:06#	01:56&	00:06&	00:11+	01:26&	00:41#	00:22#	00:11#	00:05#	01:37&		
<b>Beste strekktid for klassen</b>																	
01:20	02:23	00:18	00:19	00:37	01:34	00:30	02:10	00:13	02:47	02:03	03:26	01:36	00:53	00:32	02:44	00:20	

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

## Damer Ny

<b>1</b>	<b>Pernille Eiane</b>	<b>404</b>										<b>11:19</b>					
01:00=	01:39=	02:20=	03:30=	05:07=	06:18=	06:58=	09:17=	10:16=	10:55=	11:19=							
01:00=	00:39=	00:41=	01:10=	01:37=	01:11=	00:40=	02:19=	00:59=	00:39=	00:24=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
<b>2</b>	<b>Tonje Larssen Hagen</b>	<b>105</b>										<b>11:22</b>					
01:04+	01:38-	02:23+	03:35+	05:11+	06:23+	07:01+	09:20+	10:20+	10:57+	11:22+							
01:04+	00:34-	00:45+	01:12+	01:36-	01:12+	00:38-	02:19=	01:00+	00:37-	00:25+							
00:04+	00:05-	00:04+	00:02+	00:01-	00:01+	00:02-	00:00=	00:01+	00:02-	00:01+							
<b>3</b>	<b>Lynn Marie Galston</b>	<b>116</b>										<b>13:07</b>					
00:59-	01:36-	02:29+	03:42+	05:15+	06:44+	08:11+	10:53+	11:47+	12:36+	13:07+							
00:59-	00:37-	00:53+	01:13+	01:33-	01:29+	01:27+	02:42+	00:54-	00:49+	00:31+							
00:01-	00:02-	00:12&	00:03+	00:04-	00:18&	00:47@	00:23#	00:05-	00:10&	00:07&							
<b>4</b>	<b>Elisabeth Drypping</b>	<b>134</b>										<b>18:24</b>					
01:12+	01:55+	05:08+	06:34+	10:38+	12:35+	13:13+	16:09+	17:22+	17:58+	18:24+							
01:12+	00:43+	03:13+	01:26+	04:04+	01:57+	00:38-	02:56+	01:13+	00:36-	00:26+							
00:12#	00:04#	02:32@	00:16#	02:27@	00:46&	00:02-	00:37&	00:14#	00:03-	00:02+							
<b>5</b>	<b>Tiril Prestvold</b>	<b>212</b>										<b>19:27</b>					
01:29+	02:37+	04:12+	06:03+	08:51+	10:50+	11:50+	15:52+	17:50+	18:55+	19:27+							
01:29+	01:08+	01:35+	01:51+	02:48+	01:59+	01:00+	04:02+	01:58+	01:05+	00:32+							
00:29&	00:29&	00:54@	00:41&	01:11&	00:48&	00:20&	01:43&	00:59&	00:26&	00:08&							



Class	Navn	Klasse	Tid
<b>6</b>	<b>Stephanie Thomsen</b>	<b>27</b>	<b>23:54</b>
02:20+	03:00+ 04:14+ 05:38+ 14:54+	16:33+	17:16+ 20:31+ 23:15+ 23:54+
02:20+	00:40+ 01:14+ 01:24+ 09:16+	01:39+	00:43+ 03:15+ 01:43+ 01:01+ 00:39+
01:20@	00:01+ 00:33& 00:14# 07:39@	00:28&	00:03+ 00:56& 00:44& 00:22& 00:15&
<b>7</b>	<b>Tilde Stadheim</b>	<b>134</b>	<b>27:27</b>
02:40+	04:25+ 07:16+ 09:21+ 12:49+	15:20+	17:13+ 22:30+ 25:01+ 26:47+ 27:27+
02:40+	01:45+ 02:51+ 02:05+ 03:28+	02:31+	01:53+ 05:17+ 02:31+ 01:46+ 00:40+
01:40@	01:06@ 02:10@ 00:55& 01:51@	01:20@	01:13@ 02:58@ 01:32@ 01:07@ 00:16&
<b>8</b>	<b>Emilie Nesvik Finnesand</b>	<b>134</b>	<b>42:20</b>
03:17+	05:02+ 07:23+ 10:49+ 16:37+	20:28+	22:39+ 31:36+ 38:17+ 41:06+ 42:20+
03:17+	01:45+ 02:21+ 03:26+ 05:48+	03:51+	02:11+ 08:57+ 06:41+ 02:49+ 01:14+
02:17@	01:06@ 01:40@ 02:16@ 04:11@	02:40@	01:31@ 06:38@ 05:42@ 02:10@ 00:50@
<b>9</b>	<b>Miriam Strøm Eikeland</b>	<b>134</b>	<b>42:48</b>
02:14+	04:03+ 06:03+ 23:16+ 27:41+	29:27+	30:44+ 37:25+ 40:34+ 42:16+ 42:48+
02:14+	01:49+ 02:00+ 17:13+ 04:25+	01:46+	01:17+ 06:41+ 03:09+ 01:42+ 00:32+
01:14@	01:10@ 01:19@ 16:03@ 02:48@	00:35&	00:37& 04:22@ 02:10@ 01:03@ 00:08&
<b>10</b>	<b>Eliana Tomrin</b>	<b>134</b>	<b>42:49</b>
02:11+	04:06+ 05:54+ 23:13+ 27:43+	29:26+	30:37+ 37:14+ 40:32+ 42:18+ 42:49+
02:11+	01:55+ 01:48+ 17:19+ 04:30+	01:43+	01:11+ 06:37+ 03:18+ 01:46+ 00:31+
01:11@	01:16@ 01:07@ 16:09@ 02:53@	00:32&	00:31& 04:18@ 02:19@ 01:07@ 00:07&
<b>Beste strekktid for klassen</b>			
00:59	00:34	00:41	01:10 01:33 01:11 00:38 02:19 00:54 00:36 00:24

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

## Damer Trim

<b>1</b>	<b>Ann-Mari Vold</b>	<b>54</b>	<b>21:33</b>
02:17=	03:51= 04:15= 04:46= 06:34=	07:28=	08:24= 09:02= 11:23= 13:35= 15:26= 16:29= 17:12= 20:22= 21:05= 21:33=
02:17=	01:34= 00:24= 00:31= 01:48=	00:54=	00:56= 00:38= 02:21= 02:12= 01:51= 01:03= 00:43= 03:10= 00:43= 00:28=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>22:27</b>
01:57-	03:39- 04:15= 04:46= 06:13-	07:14-	08:15- 09:04+ 11:22- 14:06+ 16:30+ 17:25+ 17:58+ 21:18+ 22:01+ 22:27+
01:57-	01:42+ 00:36+ 00:31= 01:27-	01:01+	01:01+ 00:49+ 02:18- 02:44+ 02:24+ 00:55- 00:33- 03:20+ 00:43= 00:26-
00:20-	00:08+ 00:12& 00:00= 00:21-	00:07#	00:05+ 00:11& 00:03- 00:32# 00:33& 00:08- 00:10- 00:10+ 00:00= 00:02-
<b>3</b>	<b>Kristin Yoon</b>	<b>372</b>	<b>22:52</b>
01:28-	02:55- 03:24- 03:52- 05:48-	06:34-	07:37- 08:13- 13:40+ 15:37+ 17:08+ 18:20+ 19:05+ 21:43+ 22:23+ 22:52+
01:28-	01:27- 00:29+ 00:28- 01:56+	00:46-	01:03+ 00:36- 05:27+ 01:57- 01:31- 01:12+ 00:45+ 02:38- 00:40- 00:29+
00:49-	00:07- 00:05# 00:03- 00:08+	00:08-	00:07# 00:02- 03:06@ 00:15- 00:20- 00:09# 00:02+ 00:32- 00:03- 00:01+
<b>4</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>	<b>22:54</b>
01:53-	03:32- 04:08- 04:42- 06:12-	07:21-	08:37+ 09:19+ 11:51+ 14:16+ 16:36+ 17:53+ 18:27+ 21:36+ 22:28+ 22:54+
01:53-	01:39+ 00:36+ 00:34+ 01:30-	01:09+	01:16+ 00:42+ 02:32+ 02:25+ 02:20+ 01:17+ 00:34- 03:09- 00:52+ 00:26-
00:24-	00:05+ 00:12& 00:03+ 00:18-	00:15&	00:20& 00:04# 00:11+ 00:13+ 00:29& 00:14# 00:09- 00:01- 00:09# 00:02-
<b>5</b>	<b>Inger Johanne Klausen</b>	<b>54</b>	<b>22:57</b>
02:19+	03:56+ 04:34+ 05:18+ 06:54+	08:12+	09:35+ 10:13+ 12:32+ 14:35+ 16:26+ 17:40+ 18:24+ 21:45+ 22:31+ 22:57+
02:19+	01:37+ 00:38+ 00:44+ 01:36-	01:18+	01:23+ 00:38= 02:19- 02:03= 01:51= 01:14+ 00:44+ 03:21+ 00:46+ 00:26-
00:02+	00:03+ 00:13+ 00:14& 00:13&	00:12-	00:24& 00:27& 00:00= 00:02- 00:09- 00:00= 00:11# 00:01+ 00:11+ 00:03+ 00:02-
<b>6</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>23:00</b>
02:23+	04:28+ 05:04+ 05:34+ 07:05+	08:05+	09:07+ 09:49+ 11:51+ 14:06+ 15:43+ 17:10+ 17:49+ 21:30+ 22:29+ 23:00+
02:23+	02:05+ 00:36+ 00:30- 01:31-	01:00+	01:02+ 00:42+ 02:02- 02:15+ 01:37- 01:27+ 00:39- 03:41+ 00:59+ 00:31+
00:06+	00:31& 00:12& 00:01- 00:17-	00:06#	00:06# 00:04# 00:19- 00:03+ 00:14- 00:24& 00:04- 00:31# 00:16& 00:03#
<b>7</b>	<b>Silje H. Myklebust</b>	<b>54</b>	<b>23:03</b>
02:14-	03:54+ 04:35+ 05:19+ 06:51+	08:03+	09:22+ 10:06+ 12:25+ 14:37+ 16:27+ 17:43+ 18:22+ 21:48+ 22:35+ 23:03+
02:14-	01:40+ 00:41+ 00:44+ 01:32-	01:12+	01:19+ 00:44+ 02:19- 02:12= 01:50- 01:16+ 00:39- 03:26+ 00:47+ 00:28=
00:03-	00:06+ 00:17& 00:13& 00:16-	00:18&	00:23& 00:06# 00:02- 00:00= 00:01- 00:13# 00:04- 00:16+ 00:04+ 00:00=
<b>8</b>	<b>Maria Fjelde</b>	<b>105</b>	<b>23:10</b>
02:01-	03:39- 04:12- 04:47+ 07:39+	08:39+	10:00+ 10:37+ 12:49+ 15:07+ 17:07+ 18:25+ 19:00+ 22:05+ 22:44+ 23:10+
02:01-	01:38+ 00:33+ 00:35+ 02:52+	01:00+	01:21+ 00:37- 02:12- 02:18+ 02:00+ 01:18+ 00:35- 03:05- 00:39- 00:26-
00:16-	00:04+ 00:09& 00:04# 01:04&	00:06#	00:25& 00:01- 00:09- 00:06+ 00:09+ 00:15# 00:08- 00:05- 00:04- 00:02-

<b>Class</b>	<b>Navn</b>	<b>Klasse</b>													<b>Tid</b>		
<b>9</b>	<b>Linn Bringeland</b>	<b>375</b>													<b>23:38</b>		
02:09-	03:50-	04:38+	05:22+	06:48+	07:57+	09:45+	10:19+	12:20+	14:30+	16:30+	17:45+	18:30+	22:16+	23:10+	23:38+		
02:09-	01:41+	00:48+	00:44+	01:26-	01:09+	01:48+	00:34-	02:01-	02:10-	02:00+	01:15+	00:45+	03:46+	00:54+	00:28=		
00:08-	00:07+	00:24&	00:13&	00:22-	00:15&	00:52&	00:04-	00:20-	00:02-	00:09+	00:12#	00:02+	00:36#	00:11&	00:00=		
<b>10</b>	<b>Marit Lindtveit Undheim</b>	<b>54</b>													<b>24:22</b>		
01:52-	03:39-	04:13-	04:41-	06:50+	07:57+	09:08+	10:08+	12:29+	14:53+	17:52+	19:04+	19:45+	22:58+	23:47+	24:22+		
01:52-	01:47+	00:34+	00:28-	02:09+	01:07+	01:11+	01:00+	02:21=	02:24+	02:59+	01:12+	00:41-	03:13+	00:49+	00:35+		
00:25-	00:13#	00:10&	00:03-	00:21#	00:13#	00:15&	00:22&	00:00=	00:12+	01:08&	00:09#	00:02-	00:03+	00:06#	00:07#		
<b>11</b>	<b>Inga Borge</b>	<b>43</b>													<b>24:25</b>		
01:53-	03:50-	04:27+	05:02+	06:43+	07:55+	08:57+	09:43+	12:08+	14:49+	17:07+	18:30+	19:15+	22:54+	23:49+	24:25+		
01:53-	01:57+	00:37+	00:35+	01:41-	01:12+	01:02+	00:46+	02:25+	02:41+	02:18+	01:23+	00:45+	03:39+	00:55+	00:36+		
00:24-	00:23#	00:13&	00:04#	00:07-	00:18&	00:06#	00:08#	00:04+	00:29#	00:27#	00:20&	00:02+	00:29#	00:12&	00:08&		
<b>12</b>	<b>Sigrund Serigstad</b>	<b>128</b>													<b>25:40</b>		
02:26+	04:57+	05:42+	06:22+	09:20+	10:32+	11:45+	12:46+	14:57+	17:46+	19:46+	20:57+	21:33+	24:35+	25:12+	25:40+		
02:26+	02:31+	00:45+	00:40+	02:58+	01:12+	01:13+	01:01+	02:11-	02:49+	02:00+	01:11+	00:36-	03:02-	00:37-	00:28=		
00:09+	00:57&	00:21&	00:09&	01:10&	00:18&	00:17&	00:23&	00:10-	00:37&	00:09+	00:08#	00:07-	00:08-	00:06-	00:00=		
<b>13</b>	<b>Karoline Fidjeland</b>	<b>105</b>													<b>26:05</b>		
01:57-	03:42-	04:26+	04:54+	06:26-	07:44+	10:49+	11:23+	13:56+	17:41+	19:34+	20:54+	21:29+	24:42+	25:34+	26:05+		
01:57-	01:45+	00:44+	00:28-	01:32-	01:18+	03:05+	00:34-	02:33+	03:45+	01:53+	01:20+	00:35-	03:13+	00:52+	00:31+		
00:20-	00:11#	00:20&	00:03-	00:16-	00:24&	02:09#	00:04-	00:12+	01:33&	00:02+	00:17&	00:08-	00:03+	00:09#	00:03#		
<b>14</b>	<b>Astri Sandanger</b>	<b>93</b>													<b>26:13</b>		
02:02-	04:12+	04:58+	05:32+	07:21+	08:43+	09:57+	10:40+	13:28+	16:55+	19:33+	21:01+	21:43+	24:55+	25:46+	26:13+		
02:02-	02:10+	00:46+	00:34+	01:49+	01:22+	01:14+	00:43+	02:48+	03:27+	02:38+	01:28+	00:42-	03:12+	00:51+	00:27-		
00:15-	00:36&	00:22&	00:03+	00:01+	00:28&	00:18&	00:05#	00:27#	01:15&	00:47&	00:25&	00:01-	00:02+	00:08#	00:01-		
<b>15</b>	<b>Anne Mette Riskjell Høyland</b>	<b>63</b>													<b>26:50</b>		
01:59-	03:55+	04:44+	05:19+	07:30+	09:09+	11:04+	11:43+	13:50+	16:12+	17:53+	19:20+	20:05+	25:10+	26:21+	26:50+		
01:59-	01:56+	00:49+	00:35+	02:11+	01:39+	01:55+	00:39+	02:07-	02:22+	01:41-	01:27+	00:45+	05:05+	01:11+	00:29+		
00:18-	00:22#	00:25@	00:04#	00:23#	00:45&	00:59@	00:01+	00:14-	00:10+	00:10-	00:24&	00:02+	01:55&	00:28&	00:01+		
<b>16</b>	<b>Ingvild Marthinussen</b>	<b>63</b>													<b>26:50</b>		
04:39+	07:03+	07:42+	08:30+	10:12+	11:13+	12:27+	13:10+	15:37+	17:50+	19:24+	20:49+	21:34+	25:22+	26:16+	26:50+		
04:39+	02:24+	00:39+	00:48+	01:42-	01:01+	01:14+	00:43+	02:27+	02:13+	01:34-	01:25+	00:45+	03:48+	00:54+	00:34+		
02:22@	00:50&	00:15&	00:17&	00:06-	00:07#	00:18&	00:05#	00:06+	00:01+	00:17-	00:22&	00:02+	00:38#	00:11&	00:06#		
<b>17</b>	<b>Stephanie Loin</b>	<b>42</b>													<b>27:07</b>		
02:07-	04:33+	05:03+	06:07+	08:32+	09:44+	11:04+	13:14+	15:24+	18:01+	20:14+	21:37+	22:20+	25:32+	26:25+	27:07+		
02:07-	02:26+	00:30+	01:04+	02:25+	01:12+	01:20+	02:10+	02:10-	02:37+	02:13+	01:23+	00:43=	03:12+	00:53+	00:42+		
00:10-	00:52&	00:06#	00:33@	00:37&	00:18&	00:24&	01:32@	00:11-	00:25#	00:22#	00:20&	00:00=	00:02+	00:10#	00:14&		
<b>18</b>	<b>Karianne Skogland Enerstvedt</b>	<b>105</b>													<b>27:26</b>		
01:57-	03:39-	04:15=	04:45-	06:43+	07:34+	11:24+	12:01+	14:38+	17:22+	19:54+	20:55+	21:36+	25:57+	26:48+	27:26+		
01:57-	01:42+	00:36+	00:30-	01:58+	00:51-	03:50+	00:37-	02:37+	02:44+	02:32+	01:01-	00:41-	04:21+	00:51+	00:38+		
00:20-	00:08+	00:12&	00:01-	00:10+	00:03-	02:54@	00:01-	00:16#	00:32#	00:41&	00:02-	00:02-	01:11&	00:08#	00:10&		
<b>19</b>	<b>Elsa Ingolfsdottir</b>	<b>126</b>													<b>27:37</b>		
02:07-	04:15+	05:05+	05:51+	07:29+	08:45+	10:45+	11:41+	14:30+	17:03+	19:23+	21:01+	22:01+	25:53+	26:58+	27:37+		
02:07-	02:08+	00:50+	00:46+	01:38-	01:16+	02:00+	00:56+	02:49+	02:33+	02:20+	01:38+	01:00+	03:52+	01:05+	00:39+		
00:10-	00:34&	00:26@	00:15&	00:10-	00:22&	01:04@	00:18&	00:28#	00:21#	00:29&	00:35&	00:17&	00:42#	00:22&	00:11&		
<b>20</b>	<b>Marie Engedal Svartsund</b>	<b>91</b>													<b>28:21</b>		
04:51+	06:33+	07:08+	07:43+	09:23+	10:20+	12:57+	13:38+	16:11+	18:32+	20:29+	21:38+	22:29+	27:08+	27:55+	28:21+		
04:51+	01:42+	00:35+	00:35+	01:40-	00:57+	02:37+	00:41+	02:33+	02:21+	01:57+	01:09+	00:51+	04:39+	00:47+	00:26-		
02:34@	00:08+	00:11&	00:04#	00:08-	00:03+	01:41@	00:03+	00:12+	00:09+	00:06+	00:06+	00:08#	01:29&	00:04+	00:02-		
<b>21</b>	<b>Grethe Mo</b>	<b>117</b>													<b>28:22</b>		
07:42+	09:18+	10:09+	10:37+	12:04+	13:01+	14:33+	15:05+	17:30+	19:50+	21:29+	22:39+	23:23+	26:11+	27:42+	28:22+		
07:42+	01:36+	00:51+	00:28-	01:27-	00:57+	01:32+	00:32-	02:25+	02:20+	01:39-	01:10+	00:44+	02:48-	01:31+	00:40+		
05:25@	00:02+	00:27@	00:03-	00:21-	00:03+	00:36&	00:06-	00:04+	00:08+	00:12-	00:07#	00:01+	00:22-	00:48@	00:12&		
<b>22</b>	<b>Marianne Høie</b>	<b>116</b>													<b>28:46</b>		
03:24+	05:31+	05:58+	06:33+	08:20+	09:30+	10:39+	11:37+	14:49+	19:11+	21:34+	22:56+	23:45+	27:19+	28:16+	28:46+		
03:24+	02:07+	00:27+	00:35+	01:47-	01:10+	01:09+	00:58+	03:12+	04:22+	02:23+	01:22+	00:49+	03:34+	00:57+	00:30+		
01:07&	00:33&	00:03#	00:04#	00:01-	00:16&	00:13#	00:20&	00:51&	02:10&	00:32&	00:19&	00:06#	00:24#	00:14&	00:02+		
<b>23</b>	<b>Oda Roaldsdotter Ravndal</b>	<b>114</b>													<b>30:29</b>		
02:36+	04:51+	08:10+	08:40+	11:02+	12:28+	13:39+	14:34+	17:42+	20:50+	22:55+	24:24+	25:21+	29:08+	30:01+	30:29+		
02:36+	02:15+	03:19+	00:30-	02:22+	01:26+	01:11+	00:55+	03:08+	03:08+	02:05+	01:29+	00:57+	03:47+	00:53+	00:28=		
00:19#	00:41&	02:55@	00:01-	00:34&	00:32&	00:15&	00:17&	00:47&	00:56&	00:14#	00:26&	00:14&	00:37#	00:10#	00:00=		

Class	Navn	Klasse	Tid
<b>24</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>31:29</b>
02:41+	04:57+ 05:55+ 06:47+ 09:03+	10:39+	12:49+ 13:49+ 16:41+ 19:51+ 22:13+
02:41+	02:16+ 00:58+ 00:52+ 02:16+	01:36+	02:10+ 01:00+ 02:52+ 03:10+ 02:22+
00:24#	00:42& 00:34@ 00:21& 00:28&	00:42&	01:14@ 00:22& 00:31# 00:58& 00:31& 00:44& 00:17&
			01:19& 00:30& 00:19&
<b>25</b>	<b>Kristin Barvik</b>	<b>92</b>	<b>31:33</b>
02:04-	04:05+ 04:46+ 05:17+ 06:52+	08:06+	12:39+ 13:22+ 16:00+ 18:26+ 20:35+
02:04-	02:01+ 00:41+ 00:31= 01:35-	01:14+	04:33+ 00:43+ 02:38+ 02:26+ 02:09+
00:13-	00:27& 00:17& 00:00= 00:13-	00:20&	03:37@ 00:05# 00:17# 00:14# 00:18#
			02:49@ 00:18& 00:18+ 00:23& 00:28& 00:35+
<b>26</b>	<b>Elisabeth Horpestad</b>	<b>117</b>	<b>31:46</b>
06:29+	08:08+ 08:45+ 09:28+ 10:55+	12:01+	13:05+ 13:48+ 16:25+ 19:48+
06:29+	01:39+ 00:37+ 00:43+ 01:27-	01:06+	01:04+ 00:43+ 02:37+ 03:23+ 04:46+
04:12@	00:05+ 00:13& 00:12& 00:21-	00:12#	00:08# 00:05# 00:16# 01:11& 02:55@
			00:08# 00:09# 00:49& 00:05# 00:06-
<b>27</b>	<b>Signe Lise Haaland</b>	<b>66</b>	<b>32:02</b>
02:42+	05:00+ 05:40+ 06:27+ 08:48+	10:09+	11:33+ 12:35+ 16:13+ 19:43+
02:42+	02:18+ 00:40+ 00:47+ 02:21+	01:21+	01:24+ 01:02+ 03:38+ 03:30+
00:25#	00:44& 00:16& 00:16& 00:33&	00:27&	00:28& 00:24& 01:17& 01:18& 00:29&
			01:02& 00:15& 01:36& 00:35& 00:24&
<b>28</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>	<b>32:25</b>
02:34+	04:50+ 05:31+ 06:09+ 07:59+	09:34+	11:22+ 12:08+ 15:23+ 18:13+
02:34+	02:16+ 00:41+ 00:38+ 01:50+	01:35+	01:48+ 00:46+ 03:15+ 02:50+
00:17#	00:42& 00:17& 00:07# 00:02+	00:41&	00:52& 00:08# 00:54& 00:38& 03:59@
			00:31& 00:09# 00:52& 00:31& 00:12&
<b>29</b>	<b>Eli Våge</b>	<b>117</b>	<b>32:36</b>
03:30+	05:53+ 06:43+ 07:27+ 10:14+	11:40+	13:09+ 14:08+ 18:21+ 21:27+
03:30+	02:23+ 00:50+ 00:44+ 02:47+	01:26+	01:29+ 00:59+ 04:13+ 03:06+
01:13&	00:49& 00:26@ 00:13& 00:59&	00:32&	00:33& 00:21& 01:52& 00:54& 00:37&
			00:31& 00:18& 01:12& 00:28& 00:05#
<b>30</b>	<b>Tone Giske</b>	<b>7</b>	<b>33:48</b>
02:42+	05:00+ 05:39+ 06:25+ 08:33+	10:05+	11:29+ 12:15+ 16:16+ 19:57+
02:42+	02:18+ 00:39+ 00:46+ 02:08+	01:32+	01:24+ 00:46+ 04:01+ 03:41+
00:25#	00:44& 00:15& 00:15& 00:20#	00:38&	00:28& 00:08# 01:40& 01:29& 01:20&
			01:02& 00:21& 02:10& 00:40& 00:20&
<b>31</b>	<b>Anne Turid Lian Vestbakke</b>	<b>116</b>	<b>34:20</b>
02:26+	04:38+ 05:34+ 06:29+ 09:31+	11:12+	13:07+ 14:12+ 17:44+ 21:24+
02:26+	02:12+ 00:56+ 00:55+ 03:02+	01:41+	01:55+ 01:05+ 03:32+ 03:40+
00:09+	00:38& 00:32@ 00:24& 01:14&	00:47&	00:59@ 00:27& 01:11& 01:28& 01:59@
			00:33& 00:13& 00:36& 00:29& 00:08&
<b>32</b>	<b>Liv Janne Fandrem Biland</b>	<b>92</b>	<b>34:25</b>
02:21+	04:39+ 05:46+ 06:52+ 09:14+	11:39+	13:39+ 14:51+ 18:07+ 21:02+
02:21+	02:18+ 01:07+ 01:06+ 02:22+	02:25+	02:00+ 01:12+ 03:16+ 02:55+
00:04+	00:44& 00:43@ 00:35@ 00:34&	01:31@	01:04@ 00:34& 00:55& 00:43& 02:42@
			00:56& 00:08# 00:48& 00:34& 00:17&
<b>33</b>	<b>Solveig Marie Grønning</b>	<b>47</b>	<b>35:07</b>
03:00+	05:28+ 06:27+ 07:18+ 09:30+	11:08+	13:35+ 14:26+ 17:30+ 22:54+
03:00+	02:28+ 00:59+ 00:51+ 02:12+	01:38+	02:27+ 00:51+ 03:04+ 05:24+
00:43&	00:54& 00:35@ 00:20& 00:24#	00:44&	01:31@ 00:13& 00:43& 03:12@
			00:53& 00:51& 00:18& 01:54& 00:10# 00:09&
<b>34</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>35:09</b>
02:57+	05:24+ 06:23+ 07:14+ 09:33+	11:06+	13:30+ 14:23+ 17:32+ 22:49+
02:57+	02:27+ 00:59+ 00:51+ 02:19+	01:33+	02:24+ 00:53+ 03:09+ 05:17+
00:40&	00:53& 00:35@ 00:20& 00:31&	00:39&	01:28@ 00:15& 00:48& 03:05@
			00:56& 00:57& 00:17& 01:50& 00:13& 00:09&
<b>35</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>35:52</b>
02:45+	05:32+ 06:44+ 07:25+ 09:43+	11:48+	13:39+ 14:30+ 17:20+ 20:45+
02:45+	02:47+ 01:12+ 00:41+ 02:18+	02:05+	01:51+ 00:51+ 02:50+ 03:25+
00:28#	01:13& 00:48@ 00:10& 00:30&	01:11@	00:55& 00:13& 00:29# 01:13& 02:20@
			01:01& 00:20& 03:00& 00:27& 00:01+
<b>36</b>	<b>Hanna Haaland Sømme</b>	<b>68</b>	<b>36:12</b>
11:10+	14:53+ 15:50+ 16:23+ 17:50+	18:59+	21:44+ 22:27+ 25:23+ 27:48+
11:10+	03:43+ 00:57+ 00:33+ 01:27-	01:09+	02:55+ 00:43+ 02:56+ 02:25+
08:53@	02:09@ 00:33@ 00:02+ 00:21-	00:15&	01:49@ 00:05# 00:35# 00:13+ 00:20#
			00:08# 00:10# 00:13- 00:05# 00:04-
<b>37</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>36:24</b>
03:41+	06:18+ 07:17+ 08:08+ 10:58+	12:24+	13:39+ 14:53+ 18:41+ 22:35+
03:41+	02:37+ 00:59+ 00:51+ 02:50+	01:26+	01:15+ 01:14+ 03:48+ 03:54+
01:24&	01:03& 00:35@ 00:20& 01:02&	00:32&	00:19& 00:36& 01:27& 01:42& 00:59&
			01:02& 00:25& 02:22& 00:44@ 00:19&
<b>38</b>	<b>Halldis Handeland</b>	<b>92</b>	<b>37:26</b>
08:30+	10:37+ 11:24+ 12:09+ 14:10+	15:49+	17:16+ 18:19+ 21:13+ 24:37+
08:30+	02:07+ 00:47+ 00:45+ 02:01+	01:39+	01:27+ 01:03+ 02:54+ 03:24+
06:13@	00:33& 00:23& 00:14& 00:13#	00:45&	00:31& 00:25& 00:33# 01:12& 01:18&
			00:50& 00:09# 01:38& 00:42& 00:14&

Class	Navn	Klasse										Tid			
<b>39</b>	<b>Esther Boenheim</b>	<b>268</b>										<b>37:37</b>			
09:03+	11:07+	11:49+	12:26+	14:18+	15:50+	17:02+	18:20+	21:13+	23:52+	29:37+	31:05+	31:56+	36:05+	37:01+	37:37+
09:03+	02:04+	00:42+	00:37+	01:52+	01:32+	01:12+	01:18+	02:53+	02:39+	05:45+	01:28+	00:51+	04:09+	00:56+	00:36+
06:46@	00:30&	00:18&	00:06#	00:04+	00:38&	00:16&	00:40@	00:32#	00:27#	03:54@	00:25&	00:08#	00:59&	00:13&	00:08&
<b>40</b>	<b>Sarah Allen</b>	<b>7</b>										<b>37:53</b>			
06:20+	10:24+	11:18+	11:57+	13:37+	15:31+	16:47+	17:35+	20:58+	24:53+	29:03+	30:46+	31:31+	35:31+	37:16+	37:53+
06:20+	04:04+	00:54+	00:39+	01:40-	01:54+	01:16+	00:48+	03:23+	03:55+	04:10+	01:43+	00:45+	04:00+	01:45+	00:37+
04:03@	02:30@	00:30@	00:08&	00:08-	01:00@	00:20&	00:10&	01:02&	01:43&	02:19@	00:40&	00:02+	00:50&	01:02@	00:09&
<b>41</b>	<b>Silje Elise Elstad</b>	<b>62</b>										<b>38:21</b>			
04:01+	07:05+	07:58+	08:40+	10:57+	12:53+	14:39+	15:54+	20:26+	23:51+	27:37+	29:35+	30:35+	36:07+	37:39+	38:21+
04:01+	03:04+	00:53+	00:42+	02:17+	01:56+	01:46+	01:15+	04:32+	03:25+	03:46+	01:58+	01:00+	05:32+	01:32+	00:42+
01:44&	01:30&	00:29@	00:11&	00:29&	01:02@	00:50&	00:37&	02:11&	01:13&	01:55@	00:55&	00:17&	02:22&	00:49@	00:14&
<b>42</b>	<b>Heidi Camilla Hovet</b>	<b>62</b>										<b>38:22</b>			
04:03+	07:02+	08:00+	08:41+	10:58+	12:45+	14:40+	15:56+	20:23+	23:55+	27:38+	29:33+	30:37+	36:07+	37:40+	38:22+
04:03+	02:59+	00:58+	00:41+	02:17+	01:47+	01:55+	01:16+	04:27+	03:32+	03:43+	01:55+	01:04+	05:30+	01:33+	00:42+
01:46&	01:25&	00:34@	00:10&	00:29&	00:53&	00:59@	00:38&	02:06&	01:20&	01:52@	00:52&	00:21&	02:20&	00:50@	00:14&
<b>43</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>38:28</b>			
02:59+	05:33+	06:54+	07:46+	11:11+	13:23+	16:06+	17:17+	20:48+	25:17+	28:09+	30:20+	31:39+	36:37+	37:57+	38:28+
02:59+	02:34+	01:21+	00:52+	03:25+	02:12+	02:43+	01:11+	03:31+	04:29+	02:52+	02:11+	01:19+	04:58+	01:20+	00:31+
00:42&	01:00&	00:57@	00:21&	01:37&	01:18@	01:47@	00:33&	01:10&	02:17@	01:01&	01:08@	00:36&	01:48&	00:37&	00:03#
<b>44</b>	<b>Grethe Wathne</b>	<b>109</b>										<b>38:58</b>			
02:38+	05:11+	06:06+	06:55+	08:58+	10:35+	17:16+	18:24+	21:36+	25:09+	28:53+	30:55+	31:55+	37:02+	38:09+	38:58+
02:38+	02:33+	00:55+	00:49+	02:03+	01:37+	06:41+	01:08+	03:12+	03:33+	03:44+	02:02+	01:00+	05:07+	01:07+	00:49+
00:21#	00:59&	00:31@	00:18&	00:15#	00:43&	05:45@	00:30&	00:51&	01:21&	01:53@	00:59&	00:17&	01:57&	00:24&	00:21&
<b>45</b>	<b>Oddveig Øgaard Schjelderup</b>	<b>117</b>										<b>39:02</b>			
02:37+	05:18+	06:11+	07:00+	09:03+	10:35+	17:13+	18:30+	21:43+	25:14+	28:54+	30:56+	31:57+	37:07+	38:15+	39:02+
02:37+	02:41+	00:53+	00:49+	02:03+	01:32+	06:38+	01:17+	03:13+	03:31+	03:40+	02:02+	01:01+	05:10+	01:08+	00:47+
00:20#	01:07&	00:29@	00:18&	00:15#	00:38&	05:42@	00:39@	00:52&	01:19&	01:49&	00:59&	00:18&	02:00&	00:25&	00:19&
<b>46</b>	<b>Jeanette Mjøhus</b>	<b>105</b>										<b>39:07</b>			
09:46+	12:33+	13:24+	14:21+	16:24+	18:30+	20:12+	21:10+	23:56+	26:58+	29:57+	32:10+	33:29+	36:59+	38:33+	39:07+
09:46+	02:47+	00:51+	00:57+	02:03+	02:06+	01:42+	00:58+	02:46+	03:02+	02:59+	02:13+	01:19+	03:30+	01:34+	00:34+
07:29@	01:13&	00:27@	00:26&	00:15#	01:12@	00:46&	00:20&	00:25#	00:50&	01:08&	01:10@	00:36&	00:20#	00:51@	00:06#
<b>47</b>	<b>Brit Svihus</b>	<b>92</b>										<b>39:47</b>			
05:06+	07:34+	08:28+	09:47+	12:35+	15:25+	18:04+	19:20+	22:31+	26:00+	29:42+	31:38+	32:44+	38:17+	39:13+	39:47+
05:06+	02:28+	00:54+	01:19+	02:48+	02:50+	02:39+	01:16+	03:11+	03:29+	03:42+	01:56+	01:06+	05:33+	00:56+	00:34+
02:49@	00:54&	00:30@	00:48@	01:00&	01:56@	01:43@	00:38&	00:50&	01:17&	01:51&	00:53&	00:23&	02:23&	00:13&	00:06#
<b>48</b>	<b>Anne Lill Njå</b>	<b>105</b>										<b>40:02</b>			
10:38+	13:26+	14:19+	15:17+	17:20+	19:25+	21:01+	22:05+	24:52+	27:53+	30:53+	33:09+	34:25+	37:58+	39:30+	40:02+
10:38+	02:48+	00:53+	00:58+	02:03+	02:05+	01:36+	01:04+	02:47+	03:01+	03:00+	02:16+	01:16+	03:33+	01:32+	00:32+
08:21@	01:14&	00:29@	00:27&	00:15#	01:11@	00:40&	00:26&	00:26#	00:49&	01:09&	01:13@	00:33&	00:23#	00:49@	00:04#
<b>49</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>										<b>41:31</b>			
02:57+	16:03+	16:53+	17:36+	19:30+	21:03+	22:27+	23:30+	26:31+	30:23+	33:01+	34:38+	35:36+	40:00+	40:54+	41:31+
02:57+	13:06+	00:50+	00:43+	01:54+	01:33+	01:24+	01:03+	03:01+	03:52+	02:38+	01:37+	00:58+	04:24+	00:54+	00:37+
00:40&	11:32@	00:26@	00:12&	00:06+	00:39&	00:28&	00:25&	00:40&	01:40&	00:47&	00:34&	00:15&	01:14&	00:11&	00:09&
<b>50</b>	<b>Kate Lie</b>	<b>92</b>										<b>41:32</b>			
03:46+	06:26+	07:57+	09:20+	12:12+	14:32+	16:22+	17:50+	21:53+	26:49+	29:33+	32:12+	33:25+	39:18+	40:41+	41:32+
03:46+	02:40+	01:31+	01:23+	02:52+	02:20+	01:50+	01:28+	04:03+	04:56+	02:44+	02:39+	01:13+	05:53+	01:23+	00:51+
01:29&	01:06&	01:07@	00:52@	01:04&	01:26@	00:54&	00:50@	01:42&	02:44@	00:53&	01:36@	00:30&	02:43&	00:40&	00:23&
<b>51</b>	<b>Karolina Lenart</b>	<b>91</b>										<b>42:16</b>			
11:06+	13:16+	13:52+	14:32+	16:45+	19:12+	20:48+	21:47+	25:25+	28:45+	31:33+	33:24+	34:19+	40:10+	41:41+	42:16+
11:06+	02:10+	00:36+	00:40+	02:13+	02:27+	01:36+	00:59+	03:38+	03:20+	02:48+	01:51+	00:55+	05:51+	01:31+	00:35+
08:49@	00:36&	00:12&	00:09&	00:25#	01:33@	00:40&	00:21&	01:17&	01:08&	00:57&	00:48&	00:12&	02:41&	00:48@	00:07#
<b>52</b>	<b>Monica Nesse</b>	<b>92</b>										<b>42:32</b>			
04:41+	07:29+	08:53+	10:17+	13:16+	15:29+	17:16+	18:49+	22:59+	27:47+	30:32+	33:14+	34:32+	40:16+	41:40+	42:32+
04:41+	02:48+	01:24+	01:24+	02:59+	02:13+	01:47+	01:33+	04:10+	04:48+	02:45+	02:42+	01:18+	05:44+	01:24+	00:52+
02:24@	01:14&	01:00@	00:53@	01:11&	01:19@	00:51&	00:55@	01:49&	02:36@	00:54&	01:39@	00:35&	02:34&	00:41&	00:24&
<b>53</b>	<b>Sara Dudzinska</b>	<b>91</b>										<b>43:17</b>			
12:17+	14:15+	14:57+	15:36+	17:50+	20:18+	21:53+	22:45+	26:23+	29:42+	32:29+	34:28+	35:18+	41:08+	42:39+	43:17+
12:17+	01:58+	00:42+	00:39+	02:14+	02:28+	01:35+	00:52+	03:38+	03:19+	02:47+	01:59+	00:50+	05:50+	01:31+	00:38+
10:00@	00:24&	00:18&	00:08&	00:26#	01:34@	00:39&	00:14&	01:17&	01:07&	00:56&	00:56&	00:07#	02:40&	00:48@	00:10&

Class	Navn	Klasse	Tid												
<b>54</b>	<b>Linda Olsen</b>	<b>39</b>	<b>45:33</b>												
02:15-	04:05+	04:38+	05:11+	11:14+	12:19+	19:18+	20:12+	22:49+	28:57+	38:36+	39:51+	40:48+	44:05+	45:07+	45:33+
02:15-	01:50+	00:33+	00:33+	06:03+	01:05+	06:59+	00:54+	02:37+	06:08+	09:39+	01:15+	00:57+	03:17+	01:02+	00:26-
00:02-	00:16#	00:09&	00:02+	04:15@	00:11#	06:03@	00:16&	00:16#	03:56@	07:48@	00:12#	00:14&	00:07+	00:19&	00:02-
<b>55</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>	<b>47:39</b>												
04:28+	08:49+	09:18+	12:38+	16:38+	18:38+	20:30+	22:14+	26:57+	32:14+	36:18+	39:02+	40:11+	45:10+	46:54+	47:39+
04:28+	04:21+	00:29+	03:20+	04:00+	02:00+	01:52+	01:44+	04:43+	05:17+	04:04+	02:44+	01:09+	04:59+	01:44+	00:45+
02:11&	02:47@	00:05#	02:49@	02:12@	01:06@	00:56&	01:06@	02:22@	03:05@	02:13@	01:41@	00:26&	01:49&	01:01@	00:17&
<b>56</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>51:14</b>												
03:24+	06:41+	07:56+	09:02+	12:55+	15:03+	17:28+	18:50+	26:19+	33:12+	37:27+	39:52+	41:12+	48:26+	50:01+	51:14+
03:24+	03:17+	01:15+	01:06+	03:53+	02:08+	02:25+	01:22+	07:29+	06:53+	04:15+	02:25+	01:20+	07:14+	01:35+	01:13+
01:07&	01:43@	00:51@	00:35@	02:05@	01:14@	01:29@	00:44@	05:08@	04:41@	02:24@	01:22@	00:37&	04:04@	00:52@	00:45@
<b>57</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>	<b>51:22</b>												
03:33+	06:53+	07:59+	09:08+	12:58+	15:11+	17:29+	18:53+	26:30+	33:13+	37:35+	39:58+	41:29+	48:28+	50:09+	51:22+
03:33+	03:20+	01:06+	01:09+	03:50+	02:13+	02:18+	01:24+	07:37+	06:43+	04:22+	02:23+	01:31+	06:59+	01:41+	01:13+
01:16&	01:46@	00:42@	00:38@	02:02@	01:19@	01:22@	00:46@	05:16@	04:31@	02:31@	01:20@	00:48@	03:49@	00:58@	00:45@
<b>58</b>	<b>Svetlana Johnsen</b>	<b>63</b>	<b>53:25</b>												
10:56+	22:36+	23:01+	23:53+	25:48+	27:33+	28:40+	29:37+	32:25+	39:58+	43:31+	45:12+	46:12+	51:28+	52:49+	53:25+
10:56+	11:40+	00:25+	00:52+	01:55+	01:45+	01:07+	00:57+	02:48+	07:33+	03:33+	01:41+	01:00+	05:16+	01:21+	00:36+
08:39@	10:06@	00:01+	00:21&	00:07+	00:51&	00:11#	00:19&	00:27#	05:21@	01:42&	00:38&	00:17&	02:06&	00:38&	00:08&
<b>Beste strekktid for klassen</b>															
01:28	01:27	00:24	00:28	01:26	00:46	00:56	00:32	02:01	01:57	01:31	00:55	00:33	02:38	00:37	00:22

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

## Herrer 16 - 39 år

<b>1</b>	<b>Jørgen Strømstad</b>	<b>50</b>	<b>21:34</b>													
01:05=	03:07=	03:23=	03:42=	04:14=	05:45=	06:12=	08:15=	08:29=	10:55=	12:50=	15:56=	17:21=	18:11=	18:45=	21:15=	21:34=
01:05=	02:02=	00:16=	00:19=	00:32=	01:31=	00:27=	02:03=	00:14=	02:26=	01:55=	03:06=	01:25=	00:50=	00:34=	02:30=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Maximilian Erlbeck</b>	<b>67</b>	<b>21:39</b>													
00:57-	02:57-	03:19-	03:36-	04:03-	05:23-	05:45-	07:30-	07:43-	09:49-	11:34-	14:53-	16:10-	16:56-	17:22-	21:21+	21:39+
00:57-	02:00-	00:22+	00:17-	00:27-	01:20-	00:22-	01:45-	00:13-	02:06-	01:45-	03:19+	01:17-	00:46-	00:26-	03:59+	00:18-
00:08-	00:02-	00:06&	00:02-	00:05-	00:11-	00:05-	00:18-	00:01-	00:20-	00:10-	00:13+	00:08-	00:04-	00:08-	01:29&	00:01-
<b>3</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>	<b>21:55</b>													
01:07+	03:15+	03:41+	03:59+	04:31+	06:00+	06:27+	08:33+	08:45+	11:03+	12:47-	15:51-	17:22+	18:12+	18:44-	21:36+	21:55+
01:07+	02:08+	00:26+	00:18-	00:32=	01:29-	00:27=	02:06+	00:12-	02:18-	01:44-	03:04-	01:31+	00:50=	00:32-	02:52+	00:19=
00:02+	00:06+	00:10&	00:01-	00:00=	00:02-	00:00=	00:03+	00:02-	00:08-	00:11-	00:02-	00:06+	00:00=	00:02-	00:22#	00:00=
<b>4</b>	<b>Magne Hatteland</b>	<b>399</b>	<b>22:41</b>													
00:58-	03:08+	03:25+	03:44+	04:17+	05:54+	06:15+	08:47+	09:01+	11:32+	13:22+	16:32+	18:05+	19:04+	19:37+	22:22+	22:41+
00:58-	02:10+	00:17+	00:19=	00:33+	01:37+	00:21-	02:32+	00:14=	02:31+	01:50-	03:10+	01:33+	00:59+	00:33-	02:45+	00:19=
00:07-	00:08+	00:01+	00:00=	00:01+	00:06+	00:06-	00:29#	00:00=	00:05+	00:05+	00:04+	00:08+	00:09#	00:01-	00:15#	00:00=
<b>5</b>	<b>Sven Hatteland</b>	<b>399</b>	<b>22:58</b>													
00:55-	03:13+	03:30+	03:50+	04:24+	06:00+	06:19+	08:27+	08:42+	11:19+	13:09+	16:37+	18:13+	19:11+	19:46+	22:32+	22:58+
00:55-	02:18+	00:17+	00:20+	00:34+	01:36+	00:19-	02:08+	00:15+	02:37+	01:50-	03:28+	01:36+	00:58+	00:35+	02:46+	00:26+
00:10-	00:16#	00:01+	00:01+	00:02+	00:05+	00:08-	00:05+	00:01+	00:11+	00:05-	00:22#	00:11#	00:08#	00:01+	00:16#	00:07&
<b>6</b>	<b>Øivind Fandrem Høivik</b>	<b>66</b>	<b>22:58</b>													
01:08+	03:38+	03:55+	04:12+	04:41+	06:12+	06:36+	08:46+	08:59+	11:35+	13:30+	16:51+	18:23+	19:16+	19:46+	22:33+	22:58+
01:08+	02:30+	00:17+	00:17-	00:29-	01:31=	00:24-	02:10+	00:13-	02:36+	01:55=	03:21+	01:32+	00:53+	00:30-	02:47+	00:25+
00:03+	00:28#	00:01+	00:02-	00:03-	00:00=	00:03-	00:07+	00:01-	00:10+	00:00=	00:15+	00:07+	00:03+	00:04-	00:17#	00:06&
<b>7</b>	<b>Andreas Undheim Øgreid</b>	<b>126</b>	<b>23:24</b>													
01:06+	02:57-	03:13-	03:35-	04:27+	07:00+	07:29+	09:18+	09:31+	12:06+	13:38+	17:43+	19:04+	19:58+	20:26+	23:03+	23:24+
01:06+	01:51-	00:16=	00:22+	00:29+	01:33+	00:29+	01:49-	00:13-	02:35+	01:32-	04:05+	01:21-	00:54+	00:28-	02:37+	00:21+
00:01+	00:11-	00:00=	00:03#	00:20&	01:02&	00:02+	00:14-	00:01-	00:09+	00:23-	00:59&	00:04-	00:04+	00:06-	00:07+	00:02#
<b>8</b>	<b>Jørgen Hetland</b>	<b>59</b>	<b>23:37</b>													
01:02-	03:46+	04:02+	04:24+	05:02+	06:39+	07:02+	09:46+	10:01+	12:34+	14:21+	17:27+	18:57+	19:48+	20:20+	23:14+	23:37+
01:02-	02:44+	00:16=	00:22+	00:38+	01:37+	00:23-	02:44+	00:15+	02:33+	01:47-	03:06=	01:30+	00:51+	00:32-	02:54+	00:23+
00:03-	00:42&	00:00=	00:03#	00:06#	00:06+	00:04-	00:41&	00:01+	00:07+	00:08-	00:00=	00:05+	00:01+	00:02-	00:24#	00:04#

Class	Navn	Klasse										Tid				
<b>9</b>	<b>Vegard Braut Kyllingstad</b>	<b>66</b>										<b>23:53</b>				
01:10+	03:33+	03:50+	04:08+	04:59+	06:29+	06:52+	09:02+	09:15+	11:51+	13:54+	17:51+	19:25+	20:14+	20:51+	23:34+	23:53+
01:10+	02:23+	00:17+	00:18-	00:51+	01:30-	00:23-	02:10+	00:13-	02:36+	02:03+	03:57+	01:34+	00:49-	00:37+	02:43+	00:19=
00:05+	00:21#	00:01+	00:01-	00:19&	00:01-	00:04-	00:07+	00:01-	00:10+	00:08+	00:51&	00:09#	00:01-	00:03+	00:13+	00:00=
<b>10</b>	<b>Øivind Rustan</b>	<b>105</b>										<b>24:19</b>				
01:12+	03:18+	03:38+	04:04+	04:51+	06:24+	06:52+	09:01+	09:17+	11:51+	13:50+	17:58+	19:36+	20:39+	21:08+	23:55+	24:19+
01:12+	02:06+	00:20+	00:26+	00:47+	01:33+	00:28+	02:09+	00:16+	02:34+	01:59+	04:08+	01:38+	01:03+	00:29-	02:47+	00:24+
00:07#	00:04+	00:04#	00:07&	00:15&	00:02+	00:01+	00:06+	00:02#	00:08+	00:04+	01:02&	00:13#	00:13&	00:05-	00:17#	00:05&
<b>11</b>	<b>Aleksander Clausen</b>	<b>74</b>										<b>24:32</b>				
01:09+	03:32+	03:48+	04:08+	04:44+	06:41+	07:12+	09:35+	09:52+	12:13+	14:22+	17:50+	19:37+	20:30+	21:00+	24:05+	24:32+
01:09+	02:23+	00:16=	00:20+	00:36+	01:57+	00:31+	02:23+	00:17+	02:21-	02:09+	03:28+	01:47+	00:53+	00:30-	03:05+	00:27+
00:04+	00:21#	00:00=	00:01+	00:04#	00:26&	00:04#	00:20#	00:03#	00:05-	00:14#	00:22#	00:22&	00:03+	00:04-	00:35#	00:08&
<b>12</b>	<b>Martin Skogland</b>	<b>98</b>										<b>25:16</b>				
01:32+	03:54+	04:23+	04:43+	05:18+	06:54+	07:17+	09:47+	09:59+	12:34+	14:50+	18:24+	20:04+	20:59+	21:36+	24:54+	25:16+
01:32+	02:22+	00:29+	00:20+	00:35+	01:36+	00:23-	02:30+	00:12-	02:35+	02:16+	03:34+	01:40+	00:55+	00:37+	03:18+	00:22+
00:27&	00:20#	00:13&	00:01+	00:03+	00:05+	00:04-	00:27#	00:02-	00:09+	00:21#	00:28#	00:15#	00:05#	00:03+	00:48&	00:03#
<b>13</b>	<b>Truls Thorkildsen</b>	<b>39</b>										<b>26:35</b>				
01:22+	03:53+	04:11+	04:32+	05:07+	06:55+	07:20+	09:41+	10:03+	10:59+	14:01+	16:07+	19:41+	21:33+	22:29+	23:02+	26:12+
01:22+	02:31+	00:18+	00:21+	00:35+	01:48+	00:25-	02:21+	00:22+	00:56-	03:02+	02:06-	03:34+	01:52+	00:56+	00:33-	03:10+
00:17&	00:29#	00:02#	00:02#	00:03+	00:17#	00:02-	00:18#	00:08&	01:30-	01:07&	01:00-	02:09#	01:02#	00:22&	01:57-	02:51#
<b>14</b>	<b>Eivind Brimsø</b>	<b>76</b>										<b>26:51</b>				
01:46+	04:12+	04:43+	05:06+	05:51+	07:40+	08:10+	10:32+	10:50+	13:51+	16:08+	19:54+	21:41+	22:43+	23:17+	26:30+	26:51+
01:46+	02:26+	00:31+	00:23+	00:45+	01:49+	00:30+	02:22+	00:18+	03:01+	02:17+	03:46+	01:47+	01:02+	00:34=	03:13+	00:21+
00:41&	00:24#	00:15&	00:04#	00:13&	00:18#	00:03#	00:19#	00:04&	00:35#	00:22#	00:40#	00:22&	00:12#	00:00=	00:43&	00:02#
<b>15</b>	<b>Endre Berge</b>	<b>105</b>										<b>27:09</b>				
01:10+	03:27+	03:48+	04:10+	04:42+	07:56+	08:39+	10:46+	10:59+	13:11+	15:04+	18:34+	22:44+	23:37+	24:05+	26:52+	27:09+
01:10+	02:17+	00:21+	00:22+	00:32=	03:14+	00:43+	02:07+	00:13-	02:12-	01:53-	03:30+	04:10+	00:53+	00:28-	02:47+	00:17-
00:05+	00:15#	00:05&	00:03#	00:00=	01:43#	00:16&	00:04+	00:01-	00:14-	00:02-	00:24#	02:45#	00:03+	00:06-	00:17#	00:02-
<b>16</b>	<b>Eirik Løvåsen</b>	<b>98</b>										<b>27:33</b>				
01:20+	03:47+	04:10+	04:40+	05:21+	07:21+	07:53+	11:48+	12:05+	14:36+	17:09+	20:44+	22:39+	23:40+	24:10+	27:11+	27:33+
01:20+	02:27+	00:23+	00:30+	00:41+	02:00+	00:32+	03:55+	00:17+	02:31+	02:33+	03:35+	01:55+	01:01+	00:30-	03:01+	00:22+
00:15#	00:25#	00:07&	00:11&	00:09&	00:29&	00:05#	01:52&	00:03#	00:05+	00:38&	00:29#	00:30&	00:11#	00:04-	00:31#	00:03#
<b>17</b>	<b>Erlend Syse</b>	<b>76</b>										<b>27:56</b>				
01:10+	03:57+	05:03+	05:20+	05:59+	07:42+	08:17+	10:43+	11:04+	14:16+	16:35+	20:36+	22:31+	23:37+	24:08+	27:29+	27:56+
01:10+	02:47+	01:06+	00:17-	00:39+	01:43+	00:35+	02:26+	00:21+	03:12+	02:19+	04:01+	01:55+	01:06+	00:31-	03:21+	00:27+
00:05+	00:45&	00:50#	00:02-	00:07#	00:12#	00:08&	00:23#	00:07&	00:46&	00:24#	00:55&	00:30&	00:16&	00:03-	00:51&	00:08&
<b>18</b>	<b>Thomas Jansen</b>	<b>289</b>										<b>28:05</b>				
01:08+	03:30+	03:50+	04:29+	05:09+	07:20+	08:00+	10:05+	10:21+	13:52+	15:47+	19:46+	22:53+	23:55+	24:27+	27:44+	28:05+
01:08+	02:22+	00:20+	00:39+	00:40+	02:11+	00:40+	02:05+	00:16+	03:31+	01:55=	03:59+	03:07+	01:02+	00:32-	03:17+	00:21+
00:03+	00:20#	00:04#	00:20#	00:08#	00:40&	00:13&	00:02+	00:02#	01:05&	00:00=	00:53&	01:42#	00:12#	00:02-	00:47&	00:02#
<b>19</b>	<b>Jone Klemo Øverland</b>	<b>165</b>										<b>28:13</b>				
01:07+	03:51+	04:14+	04:34+	05:31+	07:35+	08:08+	10:28+	10:46+	14:34+	16:40+	20:46+	22:43+	23:55+	24:31+	27:48+	28:13+
01:07+	02:44+	00:23+	00:20+	00:57+	02:04+	00:33+	02:20+	00:18+	03:48+	02:06+	04:06+	01:57+	01:12+	00:36+	03:17+	00:25+
00:02+	00:42&	00:07&	00:01+	00:25&	00:33&	00:06#	00:17#	00:04&	01:22&	00:11+	01:00&	00:32&	00:22&	00:02+	00:47&	00:06&
<b>20</b>	<b>Sondre Aspøy</b>	<b>117</b>										<b>28:50</b>				
01:21+	03:42+	04:11+	04:32+	05:18+	09:54+	10:29+	12:58+	13:12+	16:10+	18:16+	21:58+	23:57+	24:57+	25:32+	28:25+	28:50+
01:21+	02:21+	00:29+	00:21+	00:46+	04:36+	00:35+	02:29+	00:14=	02:58+	02:06+	03:42+	01:59+	01:00+	00:35+	02:53+	00:25+
00:16#	00:19#	00:13&	00:02#	00:14&	03:05#	00:08&	00:26#	00:00=	00:32#	00:11+	00:36#	00:34&	00:10#	00:01+	00:23#	00:06&
<b>21</b>	<b>Kjartan Stavland</b>	<b>66</b>										<b>32:05</b>				
02:00+	04:24+	04:50+	05:21+	06:12+	07:56+	08:26+	14:30+	14:45+	17:05+	19:28+	24:34+	26:53+	28:01+	28:38+	31:43+	32:05+
02:00+	02:24+	00:26+	00:31+	00:51+	01:44+	00:30+	06:04+	00:15+	02:20-	02:23+	05:06+	02:19+	01:08+	00:37+	03:05+	00:22+
00:55&	00:22#	00:10&	00:12&	00:19&	00:13#	00:03#	04:01#	00:01+	00:06-	00:28#	02:00&	00:54&	00:18&	00:03+	00:35#	00:03#
<b>22</b>	<b>Gaute Haugen Sandnes</b>	<b>43</b>										<b>32:16</b>				
02:30+	05:26+	06:14+	06:36+	07:15+	10:18+	10:56+	13:36+	14:13+	17:51+	20:20+	24:37+	26:22+	27:39+	28:18+	31:52+	32:16+
02:30+	02:56+	00:48+	00:22+	00:39+	03:03+	00:38+	02:40+	00:37+	03:38+	02:29+	04:17+	01:45+	01:17+	00:39+	03:34+	00:24+
01:25#	00:54&	00:32#	00:03#	00:07#	01:32#	00:11&	00:37&	00:23#	01:12&	00:34&	01:11&	00:20#	00:27&	00:05#	01:04&	00:05&
<b>23</b>	<b>Aksel Joranger</b>	<b>192</b>										<b>32:19</b>				
02:12+	04:27+	04:43+	05:19+	06:10+	08:47+	09:18+	15:15+	15:32+	18:59+	21:18+	25:03+	26:51+	28:02+	28:37+	32:00+	32:19+
02:12+	02:15+	00:16=	00:36+	00:51+	02:37+	00:31+	05:57+	00:17+	03:27+	02:19+	03:45+	01:48+	01:11+	00:35+	03:23+	00:19=
01:07#	00:13#	00:00=	00:17&	00:19&	01:06&	00:04#	03:54#	00:03#	01:01&	00:24#	00:39#	00:23&	00:21&	00:01+	00:53&	00:00=

Class	Navn	Klasse										Tid					
<b>24</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>34:33</b>					
02:06+	04:22+	05:04+	05:32+	05:54+	06:28+	08:33+	09:23+	13:23+	13:39+	17:51+	20:30+	25:14+	28:00+	29:12+	29:51+	34:05+	34:33+
02:06+	02:16+	00:42+	00:28+	00:22-	00:34-	02:05+	00:50-	04:00+	00:16-	04:12+	02:39-	04:44+	02:46+	01:12+	00:39-	04:14+	00:28+
01:01&	00:14#	00:26@	00:09&	00:10-	00:57-	01:38@	01:13-	03:46@	02:10-	02:17@	00:27-	03:19@	01:56@	00:38@	01:51-	03:55@	00:28+
<b>25</b>	<b>Torbjørn Fuglestad</b>	<b>46</b>										<b>34:37</b>					
01:15+	04:43+	05:06+	05:31+	06:18+	08:32+	09:19+	12:37+	12:58+	17:14+	19:58+	24:54+	27:37+	29:01+	29:55+	34:07+	34:37+	
01:15+	03:28+	00:23+	00:25+	00:47+	02:14+	00:47+	03:18+	00:21+	04:16+	02:44+	04:56+	02:43+	01:24+	00:54+	04:12+	00:30+	
00:10#	01:26&	00:07&	00:06&	00:15&	00:43&	00:20&	01:15&	00:07&	01:50&	00:49&	01:50&	01:18&	00:34&	00:20&	01:42&	00:11&	
<b>Beste strekktid for klassen</b>																	
00:55	01:51	00:16	00:17	00:22	00:34	00:19	00:50	00:12	00:16	01:32	02:06	01:17	00:46	00:26	00:33	00:17	

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

## Herrer 40 - 49 år

<b>1</b>	<b>Ove Nygaard</b>	<b>116</b>										<b>22:50</b>					
01:10=	03:17=	03:33=	03:53=	04:27=	06:03=	06:23=	08:22=	08:37=	11:07=	12:47=	17:09=	18:40=	19:29=	19:56=	22:30=	22:50=	
01:10=	02:07=	00:16=	00:20=	00:34=	01:36=	00:20=	01:59=	00:15=	02:30=	01:40=	04:22=	01:31=	00:49=	00:27=	02:34=	00:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Tallak Langmyr</b>	<b>387</b>										<b>24:42</b>					
01:23+	03:55+	04:15+	04:39+	05:12+	06:40+	07:08+	09:23+	09:38+	12:18+	14:20+	18:07+	19:53+	20:55+	21:36+	24:24+	24:42+	
01:23+	02:32+	00:20+	00:24+	00:33-	01:28-	00:28+	02:15+	00:15=	02:40+	02:02+	03:47-	01:46+	01:02+	00:41+	02:48+	00:18-	
00:13#	00:25#	00:04#	00:04#	00:01-	00:08-	00:08&	00:16#	00:00=	00:10+	00:22#	00:35-	00:15#	00:13&	00:14&	00:14+	00:02-	
<b>3</b>	<b>Per Jan Erslund</b>	<b>43</b>										<b>25:39</b>					
01:19+	03:59+	04:25+	04:45+	05:24+	07:10+	07:31+	10:12+	10:28+	13:11+	15:06+	18:37+	20:14+	21:54+	22:24+	25:17+	25:39+	
01:19+	02:40+	00:26+	00:20=	00:39+	01:46+	00:21+	02:41+	00:16+	02:43+	01:55+	03:31-	01:37+	01:40+	00:30+	02:53+	00:22+	
00:09#	00:33&	00:10&	00:00=	00:05#	00:10#	00:01+	00:42&	00:01+	00:13+	00:15#	00:51-	00:06+	00:51@	00:03#	00:19#	00:02#	
<b>4</b>	<b>Audun Thomassen</b>	<b>65</b>										<b>25:42</b>					
01:11+	03:28+	03:46+	04:33+	05:12+	06:56+	07:32+	10:25+	10:49+	13:34+	15:43+	18:57+	20:36+	21:39+	22:11+	25:16+	25:42+	
01:11+	02:17+	00:18+	00:47+	00:39+	01:44+	00:36+	02:53+	00:24+	02:45+	02:09+	03:14-	01:39+	01:03+	00:32+	03:05+	00:26+	
00:01+	00:10+	00:02#	00:27@	00:05#	00:08+	00:16&	00:54&	00:09&	00:15#	00:29&	01:08-	00:08+	00:14&	00:05#	00:31#	00:06&	
<b>5</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>25:49</b>					
01:05-	03:57+	04:15+	04:38+	05:16+	07:03+	07:43+	09:56+	10:12+	13:11+	15:15+	18:49+	20:32+	21:31+	22:06+	25:26+	25:49+	
01:05-	02:52+	00:18+	00:23+	00:38+	01:47+	00:40+	02:13+	00:16+	02:59+	02:04+	03:34-	01:43+	00:59+	00:35+	03:20+	00:23+	
00:05-	00:45&	00:02#	00:03#	00:04#	00:11#	00:20&	00:14#	00:01+	00:29#	00:24#	00:48-	00:12#	00:10#	00:08&	00:46&	00:03#	
<b>6</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>										<b>26:55</b>					
01:09-	03:58+	04:18+	04:40+	05:20+	07:07+	07:43+	10:10+	10:27+	13:38+	15:48+	19:53+	21:39+	22:42+	23:20+	26:34+	26:55+	
01:09-	02:49+	00:20+	00:22+	00:40+	01:47+	00:36+	02:27+	00:17+	03:11+	02:10+	04:05-	01:46+	01:03+	00:38+	03:14+	00:21+	
00:01-	00:42&	00:04#	00:02#	00:06#	00:11#	00:16&	00:28#	00:02#	00:41&	00:30&	00:17-	00:15#	00:14&	00:11&	00:40&	00:01+	
<b>7</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>26:57</b>					
01:11+	04:03+	04:23+	04:43+	05:19+	07:12+	07:44+	10:10+	10:26+	13:28+	15:34+	19:30+	21:22+	22:24+	23:09+	26:34+	26:57+	
01:11+	02:52+	00:20+	00:20=	00:36+	01:53+	00:32+	02:26+	00:16+	03:02+	02:06+	03:56-	01:52+	01:02+	00:45+	03:25+	00:23+	
00:01+	00:45&	00:04#	00:00=	00:02+	00:17#	00:12&	00:27#	00:01+	00:32#	00:26&	00:26-	00:21#	00:13&	00:18&	00:51&	00:03#	
<b>8</b>	<b>Thomas Chruickshank</b>	<b>48</b>										<b>27:02</b>					
01:53+	04:04+	04:24+	05:54+	06:34+	08:56+	09:33+	11:48+	12:04+	14:40+	16:54+	20:25+	22:09+	23:06+	23:35+	26:43+	27:02+	
01:53+	02:11+	00:20+	01:30+	00:40+	02:22+	00:37+	02:15+	00:16+	02:36+	02:14+	03:31-	01:44+	00:57+	00:29+	03:08+	00:19-	
00:43&	00:04+	00:04#	01:10@	00:06#	00:46&	00:17&	00:16#	00:01+	00:06+	00:34&	00:51-	00:13#	00:08#	00:02+	00:34#	00:01-	
<b>9</b>	<b>Jan Eirik Gjerdevik</b>	<b>76</b>										<b>27:12</b>					
01:39+	03:57+	04:24+	04:58+	05:40+	07:41+	08:08+	11:06+	11:22+	14:01+	17:26+	20:48+	22:27+	23:30+	23:59+	26:50+	27:12+	
01:39+	02:18+	00:27+	00:34+	00:42+	02:01+	00:27+	02:58+	00:16+	02:39+	03:25+	03:22-	01:39+	01:03+	00:29+	02:51+	00:22+	
00:29&	00:11+	00:11&	00:14&	00:08#	00:25&	00:07&	00:59&	00:01+	00:09+	01:45@	01:00-	00:08+	00:14&	00:02+	00:17#	00:02#	
<b>10</b>	<b>Frode Ungar</b>	<b>116</b>										<b>27:15</b>					
01:15+	03:36+	04:16+	04:41+	05:22+	07:30+	08:06+	10:46+	11:06+	14:06+	16:21+	20:16+	22:12+	23:11+	23:46+	26:48+	27:15+	
01:15+	02:21+	00:40+	00:25+	00:41+	02:08+	00:36+	02:40+	00:20+	03:00+	02:15+	03:55-	01:56+	00:59+	00:35+	03:02+	00:27+	
00:05+	00:14#	00:24@	00:05#	00:07#	00:32&	00:16&	00:41&	00:05&	00:30#	00:35&	00:27-	00:25&	00:10#	00:08&	00:28#	00:07&	
<b>11</b>	<b>Kristian Bjo</b>	<b>165</b>										<b>27:18</b>					
01:33+	04:05+	04:23+	05:07+	06:05+	08:06+	08:35+	11:07+	11:20+	14:35+	16:36+	20:34+	22:14+	23:14+	23:47+	26:53+	27:18+	
01:33+	02:32+	00:18+	00:44+	00:58+	02:01+	00:29+	02:32+	00:13-	03:15+	02:01+	03:58-	01:40+	01:00+	00:33+	03:06+	00:25+	
00:23&	00:25#	00:02#	00:24@	00:24&	00:25&	00:09&	00:33&	00:02-	00:45&	00:21#	00:24-	00:09+	00:11#	00:06#	00:32#	00:05#	

Class	Navn	Klasse											Tid			
<b>12</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>											<b>27:46</b>			
01:30+	03:57+	04:52+	05:23+	06:15+	08:00+	08:37+	11:06+	14:25+	16:26+	20:21+	22:04+	23:04+	23:45+	27:20+	27:46+	
01:30+	02:27+	00:55+	00:31+	00:52+	01:45+	00:37+	02:29+	00:16+	03:03+	02:01+	03:55-	01:43+	00:00+	00:41+	03:35+	
00:20&	00:20#	00:39@	00:11&	00:18&	00:09+	00:17&	00:30&	00:01+	00:33#	00:21#	00:27-	00:12#	00:11#	00:14&	01:01&	
<b>13</b>	<b>André Sirevåg</b>	<b>116</b>											<b>28:01</b>			
01:29+	03:58+	04:19+	04:52+	05:30+	07:27+	08:26+	11:24+	11:39+	14:35+	17:18+	20:51+	22:39+	23:38+	24:22+	27:37+	
01:29+	02:29+	00:21+	00:33+	00:38+	01:57+	00:59+	02:58+	00:15+	02:56+	02:43+	03:33-	01:48+	00:59+	00:44+	03:15+	
00:19&	00:22#	00:05&	00:13&	00:04#	00:21#	00:39@	00:59&	00:00=	00:26#	01:03&	00:49-	00:17#	00:10#	00:17&	00:41&	
<b>14</b>	<b>Håvard Svihus</b>	<b>267</b>											<b>28:04</b>			
01:37+	04:05+	04:39+	05:08+	06:19+	08:06+	08:45+	10:59+	11:16+	14:12+	16:56+	20:58+	22:57+	23:55+	24:30+	27:42+	
01:37+	02:28+	00:34+	00:29+	01:11+	01:47+	00:39+	02:14+	00:17+	02:56+	02:44+	04:02-	01:59+	00:58+	00:35+	03:12+	
00:27&	00:21#	00:18@	00:09&	00:37@	00:11#	00:19&	00:15#	00:02#	00:26#	01:04&	00:20-	00:28&	00:09#	00:08&	00:38#	
<b>15</b>	<b>Ole-Tobias Frich</b>	<b>116</b>											<b>28:20</b>			
01:39+	04:18+	04:47+	05:18+	06:01+	07:57+	08:44+	11:41+	12:00+	14:56+	17:05+	20:58+	22:48+	24:00+	24:35+	27:55+	
01:39+	02:39+	00:29+	00:31+	00:43+	01:56+	00:47+	02:57+	00:19+	02:56+	02:09+	03:53-	01:50+	01:12+	00:35+	03:20+	
00:29&	00:32&	00:13&	00:11&	00:09&	00:20#	00:27@	00:58&	00:04&	00:26#	00:29&	00:29-	00:19#	00:23&	00:08&	00:46&	
<b>16</b>	<b>Geir Inge Høvik</b>	<b>194</b>											<b>29:03</b>			
01:46+	04:19+	04:41+	05:05+	05:42+	07:43+	08:25+	11:01+	11:18+	14:49+	17:03+	21:06+	22:57+	24:19+	25:03+	28:34+	
01:46+	02:33+	00:22+	00:24+	00:37+	02:01+	00:42+	02:36+	00:17+	03:31+	02:14+	04:03-	01:51+	01:22+	00:44+	03:31+	
00:36&	00:26#	00:06&	00:04#	00:03+	00:25&	00:22@	00:37&	00:02#	01:01&	00:34&	00:19-	00:20#	00:33&	00:17&	00:57&	
<b>17</b>	<b>Trondr Breiland</b>	<b>53</b>											<b>30:41</b>			
01:39+	04:13+	04:40+	05:01+	06:29+	09:38+	10:10+	12:42+	12:59+	16:24+	19:23+	23:44+	25:29+	26:30+	27:10+	30:18+	
01:39+	02:34+	00:27+	00:21+	01:28+	03:09+	00:32+	02:32+	00:17+	03:25+	02:59+	04:21-	01:45+	01:01+	00:40+	03:08+	
00:29&	00:27#	00:11&	00:01+	00:54@	01:33&	00:12&	00:33&	00:02#	00:55&	01:19&	00:01-	00:14#	00:12#	00:13&	00:34#	
<b>18</b>	<b>Rune Hatle</b>	<b>65</b>											<b>30:50</b>			
01:52+	04:36+	04:54+	05:23+	06:03+	08:03+	08:41+	12:17+	12:35+	16:08+	18:57+	23:04+	25:06+	26:17+	26:57+	30:23+	
01:52+	02:44+	00:18+	00:29+	00:40+	02:00+	00:38+	03:36+	00:18+	03:33+	02:49+	04:07-	02:02+	01:11+	00:40+	03:26+	
00:42&	00:37&	00:02#	00:09&	00:06#	00:24#	00:18&	01:37&	00:03#	01:03&	01:09&	00:15-	00:31&	00:22&	00:13&	00:52&	
<b>19</b>	<b>Francois-Marie Duchesne</b>	<b>42</b>											<b>55:14</b>			
07:37+	12:01+	12:38+	13:29+	14:37+	18:03+	19:12+	23:52+	24:18+	29:47+	34:41+	41:19+	45:17+	47:14+	48:13+	54:38+	
07:37+	04:24+	00:37+	00:51+	01:08+	03:26+	01:09+	04:40+	00:26+	05:29+	04:54+	06:38+	03:58+	01:57+	00:59+	06:25+	
06:27@	02:17@	00:21@	00:31@	00:34&	01:50@	00:49@	02:41@	00:11&	02:59@	03:14@	02:16&	02:27@	01:08@	00:32@	03:51@	
<b>Beste strekketid for klassen</b>																
01:05	02:07	00:16	00:20	00:33	01:28	00:20	01:59	00:13	02:30	01:40	03:14	01:31	00:49	00:27	02:34	

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

## Herrer 50 - 59 år

<b>1</b>	<b>Terje Undheim</b>	<b>54</b>											<b>20:34</b>			
01:19=	03:18=	03:48=	04:09=	04:45=	06:20=	08:15=	08:29=	10:32=	12:34=	14:26=	15:58=	17:06=	20:11=	20:34=		
01:19=	01:59=	00:30=	00:21=	00:36=	01:35=	01:55=	00:14=	02:03=	02:02=	01:52=	01:32=	01:08=	03:05=	00:23=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Kevin Thomas Foust</b>	<b>192</b>											<b>22:45</b>			
01:01-	03:16-	03:45-	04:07-	04:47+	06:23+	09:49+	10:05+	12:34+	14:54+	16:49+	18:16+	19:27+	22:23+	22:45+		
01:01-	02:15+	00:29-	00:22+	00:40+	01:36+	03:26+	00:16+	02:29+	02:20+	01:55+	01:27-	01:11+	02:56-	00:22-		
00:18-	00:16#	00:01-	00:01+	00:04#	00:01+	01:31&	00:02#	00:26#	00:18#	00:03+	00:05-	00:03+	00:09-	00:01-		
<b>3</b>	<b>Ulric Björck</b>	<b>53</b>											<b>23:32</b>			
01:08-	03:51+	04:34+	04:58+	05:33+	07:24+	10:27+	10:41+	12:56+	15:23+	17:14+	18:51+	20:01+	23:04+	23:32+		
01:08-	02:43+	00:43+	00:24+	00:35-	01:51+	03:03+	00:14=	02:15+	02:27+	01:51-	01:37+	01:10+	03:03-	00:28+		
00:11-	00:44&	00:13&	00:03#	00:01-	00:16#	01:08&	00:00=	00:12+	00:25#	00:01-	00:05+	00:02+	00:02-	00:05#		
<b>4</b>	<b>Jone Kalheim</b>	<b>93</b>											<b>23:38</b>			
03:19+	05:33+	06:02+	06:22+	07:07+	08:51+	10:49+	11:06+	13:03+	15:18+	17:09+	18:47+	19:52+	23:18+	23:38+		
03:19+	02:14+	00:29-	00:20-	00:45+	01:44+	01:58+	00:17+	01:57-	02:15+	01:51-	01:38+	01:05-	03:26+	00:20-		
02:00@	00:15#	00:01-	00:01-	00:09#	00:09+	00:03+	00:03#	00:06-	00:13#	00:01-	00:06+	00:03-	00:21#	00:03-		
<b>5</b>	<b>Arngrim Utskarpen</b>	<b>117</b>											<b>24:06</b>			
01:37+	04:12+	04:53+	05:23+	06:17+	08:12+	10:30+	10:45+	13:24+	15:43+	17:40+	19:13+	20:27+	23:47+	24:06+		
01:37+	02:35+	00:41+	00:30+	00:54+	01:55+	02:18+	00:15+	02:39+	02:19+	01:57+	01:33+	01:14+	03:20+	00:19-		
00:18#	00:36&	00:11&	00:09&	00:18&	00:20#	00:23#	00:01+	00:36&	00:17#	00:05+	00:01+	00:06+	00:15+	00:04-		



Class	Navn	Klasse										Tid			
<b>6</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>24:23</b>			
01:26+	03:52+	04:26+	04:56+	05:32+	07:34+	09:56+	10:16+	13:04+	15:35+	17:34+	19:09+	20:30+	23:55+	24:23+	
01:26+	02:26+	00:34+	00:30+	00:36=	02:02+	02:22+	00:20+	02:48+	02:31+	01:59+	01:35+	01:21+	03:25+	00:28+	
00:07+	00:27#	00:04#	00:09#	00:00=	00:27%	00:27#	00:06&	00:45&	00:29#	00:07+	00:03+	00:13#	00:20#	00:05#	
<b>7</b>	<b>Anders Glenne</b>	<b>7</b>										<b>24:47</b>			
01:48+	04:03+	04:41+	05:03+	05:42+	07:26+	10:01+	10:17+	13:25+	16:43+	19:11+	20:26+	21:35+	24:27+	24:47+	
01:48+	02:15+	00:38+	00:22+	00:39+	01:44+	02:35+	00:16+	03:08+	03:18+	02:28+	01:15-	01:09+	02:52-	00:20-	
00:29%	00:16#	00:08&	00:01+	00:03+	00:09+	00:40&	00:02#	01:05&	01:16&	00:36&	00:17-	00:01+	00:13-	00:03-	
<b>8</b>	<b>Jørgen Nilsen</b>	<b>116</b>										<b>25:02</b>			
01:16-	03:38+	04:11+	04:34+	05:15+	07:43+	10:11+	10:30+	13:02+	15:52+	17:44+	19:32+	20:55+	24:36+	25:02+	
01:16-	02:22+	00:33+	00:23+	00:41+	02:28+	02:28+	00:19+	02:32+	02:50+	01:52=	01:48+	01:23+	03:41+	00:26+	
00:03-	00:23#	00:03#	00:02+	00:05#	00:53&	00:33&	00:05&	00:29#	00:48&	00:00=	00:16#	00:15#	00:36#	00:03#	
<b>9</b>	<b>Arnstein Hoff</b>	<b>116</b>										<b>25:04</b>			
01:23+	04:00+	04:39+	05:07+	05:47+	08:18+	10:42+	10:59+	13:11+	15:47+	17:54+	19:28+	20:46+	24:32+	25:04+	
01:23+	02:37+	00:39+	00:28+	00:40+	02:31+	02:24+	00:17+	02:12+	02:36+	02:07+	01:34+	01:18+	03:46+	00:32+	
00:04+	00:38&	00:09&	00:07&	00:04#	00:56&	00:29&	00:03#	00:09+	00:34&	00:15#	00:02+	00:10#	00:41#	00:09&	
<b>10</b>	<b>Kjell Seland</b>	<b>236</b>										<b>25:05</b>			
01:42+	04:36+	05:12+	05:35+	06:16+	08:14+	10:47+	11:03+	13:37+	16:15+	18:09+	19:42+	21:05+	24:38+	25:05+	
01:42+	02:54+	00:36+	00:23+	00:41+	01:58+	02:33+	00:16+	02:34+	02:38+	01:54+	01:33+	01:23+	03:33+	00:27+	
00:23&	00:55&	00:06#	00:02+	00:05#	00:23#	00:38&	00:02#	00:31&	00:36&	00:02+	00:01+	00:15#	00:28#	00:04#	
<b>11</b>	<b>Frank Hansen</b>	<b>29</b>										<b>25:25</b>			
01:20+	04:02+	04:38+	05:05+	05:46+	07:28+	11:17+	11:36+	13:59+	16:38+	18:43+	20:14+	21:34+	25:01+	25:25+	
01:20+	02:42+	00:36+	00:27+	00:41+	01:42+	03:49+	00:19+	02:23+	02:39+	02:05+	01:31-	01:20+	03:27+	00:24+	
00:01+	00:43&	00:06#	00:06&	00:05#	00:07+	01:54&	00:05&	00:20#	00:37&	00:13#	00:01-	00:12#	00:22#	00:01+	
<b>12</b>	<b>Svein Roar Aas</b>	<b>114</b>										<b>25:48</b>			
01:58+	04:30+	05:29+	05:51+	06:29+	08:46+	12:21+	12:39+	14:55+	17:22+	19:13+	20:43+	22:03+	25:24+	25:48+	
01:58+	02:32+	00:59+	00:22+	00:38+	02:17+	03:35+	00:18+	02:16+	02:27+	01:51-	01:30-	01:20+	03:21+	00:24+	
00:39&	00:33&	00:29&	00:01+	00:02+	00:42&	01:40&	00:04&	00:13#	00:25#	00:01-	00:02-	00:12#	00:16+	00:01+	
<b>13</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>25:58</b>			
02:29+	05:23+	05:52+	06:22+	07:03+	09:20+	11:44+	12:05+	14:43+	17:13+	19:15+	20:48+	22:19+	25:34+	25:58+	
02:29+	02:54+	00:29-	00:30+	00:41+	02:17+	02:24+	00:21+	02:38+	02:30+	02:02+	01:33+	01:31+	03:15+	00:24+	
01:10&	00:55&	00:01-	00:09&	00:05#	00:42&	00:29&	00:07&	00:35&	00:28#	00:10+	00:01+	00:23&	00:10+	00:01+	
<b>14</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>26:02</b>			
02:06+	04:38+	06:07+	06:29+	07:12+	08:55+	11:13+	11:28+	13:47+	16:07+	18:34+	20:24+	21:52+	25:45+	26:02+	
02:06+	02:32+	01:29+	00:22+	00:43+	01:43+	02:18+	00:15+	02:19+	02:20+	02:27+	01:50+	01:28+	03:53+	00:17-	
00:47&	00:33&	00:59@	00:01+	00:07#	00:08+	00:23#	00:01+	00:16#	00:18#	00:35&	00:18#	00:20&	00:48&	00:06-	
<b>15</b>	<b>Lars Primstad</b>	<b>62</b>										<b>26:05</b>			
01:20+	03:28+	04:09+	04:30+	05:10+	08:03+	10:32+	10:46+	12:53+	14:59+	17:01+	18:47+	19:56+	23:51+	25:43+	26:05+
01:20+	02:08+	00:41+	00:21=	00:40+	02:53+	02:29+	00:14=	02:07+	02:06+	02:02+	01:46+	01:09+	03:55+	01:52+	00:22+
00:01+	00:09+	00:11&	00:00=	00:04#	01:18&	00:34&	00:00=	00:04+	00:04+	00:10+	00:14#	00:01+	00:50&	01:29@	00:22+
<b>16</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>26:19</b>			
01:50+	04:33+	05:07+	05:33+	06:15+	08:08+	11:47+	12:02+	14:26+	16:53+	18:52+	20:12+	21:40+	25:53+	26:19+	
01:50+	02:43+	00:34+	00:26+	00:42+	01:53+	03:39+	00:15+	02:24+	02:27+	01:59+	01:20-	01:28+	04:13+	00:26+	
00:31&	00:44&	00:04#	00:05#	00:06#	00:18#	01:44&	00:01+	00:21#	00:25#	00:07+	00:12-	00:20&	01:08&	00:03#	
<b>17</b>	<b>Erik Bjørnbom</b>	<b>76</b>										<b>26:25</b>			
01:25+	04:02+	04:45+	05:10+	05:56+	08:37+	11:35+	11:54+	14:49+	17:31+	19:25+	21:02+	22:22+	25:51+	26:25+	
01:25+	02:37+	00:43+	00:25+	00:46+	02:41+	02:58+	00:19+	02:55+	02:42+	01:54+	01:37+	01:20+	03:29+	00:34+	
00:06+	00:38&	00:13&	00:04#	00:10&	01:06&	01:03&	00:05&	00:52&	00:40&	00:02+	00:05+	00:12#	00:24#	00:11&	
<b>18</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>26:50</b>			
01:36+	04:32+	05:05+	05:36+	06:17+	08:13+	10:43+	10:59+	13:51+	17:07+	19:02+	21:03+	22:21+	26:20+	26:50+	
01:36+	02:56+	00:33+	00:31+	00:41+	01:56+	02:30+	00:16+	02:52+	03:16+	01:55+	02:01+	01:18+	03:59+	00:30+	
00:17#	00:57&	00:03#	00:10&	00:05#	00:21#	00:35&	00:02#	00:49&	01:14&	00:03+	00:29&	00:10#	00:54&	00:07&	
<b>19</b>	<b>Ingve Vold</b>	<b>54</b>										<b>27:01</b>			
01:31+	03:59+	04:41+	05:08+	05:46+	08:08+	12:11+	12:30+	15:00+	17:33+	19:51+	21:22+	23:00+	26:36+	27:01+	
01:31+	02:28+	00:42+	00:27+	00:38+	02:22+	04:03+	00:19+	02:30+	02:33+	02:18+	01:31-	01:38+	03:36+	00:25+	
00:12#	00:29#	00:12&	00:06&	00:02+	00:47&	02:08@	00:05&	00:27#	00:31&	00:26#	00:01-	00:30&	00:31#	00:02+	
<b>20</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>27:02</b>			
01:14-	03:35+	04:11+	05:00+	05:35+	09:50+	12:50+	13:06+	15:02+	17:09+	18:50+	20:14+	21:21+	26:35+	27:02+	
01:14-	02:21+	00:36+	00:49+	00:35-	04:15+	03:00+	00:16+	01:56-	02:07+	01:41-	01:24-	01:07-	05:14+	00:27+	
00:05-	00:22#	00:06#	00:28@	00:01-	02:40@	01:05&	00:02#	00:07-	00:05+	00:11-	00:08-	00:01-	02:09&	00:04#	

Class	Navn	Klasse										Tid			
<b>21</b>	<b>Tore Halset</b>	<b>114</b>										<b>27:04</b>			
01:51+	04:21+	05:12+	05:41+	06:22+	08:51+	12:03+	12:19+	14:39+	17:36+	19:48+	21:25+	22:55+	26:33+	27:04+	
01:51+	02:30+	00:51+	00:29+	00:41+	02:29+	03:12+	00:16+	02:20+	02:57+	02:12+	01:37+	01:30+	03:38+	00:31+	
00:32&	00:31&	00:21&	00:08&	00:05#	00:54&	01:17&	00:02#	00:17#	00:55&	00:20#	00:05+	00:22&	00:33#	00:08&	
<b>22</b>	<b>Christof Schätz</b>	<b>239</b>										<b>27:13</b>			
01:19=	04:15+	05:10+	05:35+	06:38+	08:51+	11:53+	12:15+	14:52+	17:38+	19:54+	21:37+	23:02+	26:40+	27:13+	
01:19=	02:56+	00:55+	00:25+	01:03+	02:13+	03:02+	00:22+	02:37+	02:46+	02:16+	01:43+	01:25+	03:38+	00:33+	
00:00=	00:57&	00:25&	00:04#	00:27&	00:38&	01:07&	00:08&	00:34&	00:44&	00:24#	00:11#	00:17#	00:33#	00:10&	
<b>23</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>27:33</b>			
01:45+	04:32+	05:15+	05:37+	06:25+	08:17+	11:32+	11:53+	14:42+	17:56+	20:08+	21:53+	23:17+	27:10+	27:33+	
01:45+	02:47+	00:43+	00:22+	00:48+	01:52+	03:15+	00:21+	02:49+	03:14+	02:12+	01:45+	01:24+	03:53+	00:23=	
00:26&	00:48&	00:13&	00:01+	00:12&	00:17#	01:20&	00:07&	00:46&	01:12&	00:20#	00:13#	00:16#	00:48&	00:00=	
<b>24</b>	<b>Stein Arve Finnstad</b>	<b>287</b>										<b>28:28</b>			
01:24+	04:03+	05:16+	05:43+	06:25+	08:47+	12:02+	12:22+	15:16+	18:09+	20:22+	22:46+	24:15+	27:59+	28:28+	
01:24+	02:39+	01:13+	00:27+	00:42+	02:22+	03:15+	00:20+	02:54+	02:53+	02:13+	02:24+	01:29+	03:44+	00:29+	
00:05+	00:40&	00:43@	00:06&	00:06#	00:47&	01:20&	00:06&	00:51&	00:51&	00:21#	00:52&	00:21&	00:39#	00:06&	
<b>25</b>	<b>Ole J. Bakkevold</b>	<b>17</b>										<b>29:18</b>			
01:46+	04:47+	05:59+	06:21+	07:12+	09:21+	12:50+	13:10+	15:59+	19:04+	21:16+	23:00+	24:37+	28:53+	29:18+	
01:46+	03:01+	01:12+	00:22+	00:51+	02:09+	03:29+	00:20+	02:49+	03:05+	02:12+	01:44+	01:37+	04:16+	00:25+	
00:27&	01:02&	00:42@	00:01+	00:15&	00:34&	01:34&	00:06&	00:46&	01:03&	00:20#	00:12#	00:29&	01:11&	00:02+	
<b>26</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>30:53</b>			
01:29+	04:25+	05:07+	06:01+	06:37+	09:27+	12:13+	12:40+	13:02+	15:35+	18:26+	20:50+	23:27+	24:58+	30:19+	30:53+
01:29+	02:56+	00:42+	00:54+	00:36=	02:50+	02:46+	00:27+	00:22-	02:33+	02:51+	02:24+	02:37+	01:31-	05:21+	00:34+
00:10#	00:57&	00:12&	00:33@	00:00=	01:15&	00:51&	00:13&	01:41-	00:31&	00:59&	00:52&	01:29@	01:34-	04:58@	00:34+
<b>27</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>30:53</b>			
01:40+	04:46+	05:27+	05:59+	06:40+	09:07+	12:19+	12:39+	15:53+	19:34+	22:17+	24:07+	26:15+	30:27+	30:53+	
01:40+	03:06+	00:41+	00:32+	00:41+	02:27+	03:12+	00:20+	03:14+	03:41+	02:43+	01:50+	02:08+	04:12+	00:26+	
00:21&	01:07&	00:11&	00:11&	00:05#	00:52&	01:17&	00:06&	01:11&	01:39&	00:51&	00:18#	01:00&	01:07&	00:03#	
<b>28</b>	<b>Asbjørn Bråndland</b>	<b>297</b>										<b>30:57</b>			
03:54+	06:15+	06:47+	07:10+	07:51+	09:47+	12:43+	13:00+	16:30+	19:13+	21:21+	23:08+	27:06+	30:32+	30:57+	
03:54+	02:21+	00:32+	00:23+	00:41+	01:56+	02:56+	00:17+	03:30+	02:43+	02:08+	01:47+	03:58+	03:26+	00:25+	
02:35@	00:22#	00:02+	00:02+	00:05#	00:21#	01:01&	00:03#	01:27&	00:41&	00:16#	00:15#	02:50@	00:21#	00:02+	
<b>29</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>32:12</b>			
02:04+	05:07+	05:47+	06:19+	07:05+	09:37+	14:00+	14:19+	17:31+	20:50+	23:31+	25:43+	27:26+	31:45+	32:12+	
02:04+	03:03+	00:40+	00:32+	00:46+	02:32+	04:23+	00:19+	03:12+	03:19+	02:41+	02:12+	01:43+	04:19+	00:27+	
00:45&	01:04&	00:10&	00:11&	00:10&	00:57&	02:28@	00:05&	01:09&	01:17&	00:49&	00:40&	00:35&	01:14&	00:04#	
<b>30</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>32:58</b>			
02:47+	05:50+	06:26+	06:58+	09:53+	11:50+	16:34+	16:53+	19:52+	22:41+	25:05+	26:55+	28:19+	32:29+	32:58+	
02:47+	03:03+	00:36+	00:32+	02:55+	01:57+	04:44+	00:19+	02:59+	02:49+	02:24+	01:50+	01:24+	04:10+	00:29+	
01:28@	01:04&	00:06#	00:11&	02:19@	00:22#	02:49@	00:05&	00:56&	00:47&	00:32&	00:18#	00:16#	01:05&	00:06&	

### Beste strekktid for klassen

01:01 01:59 00:29 00:20 00:35 01:35 01:55 00:14 00:22 02:02 01:41 01:15 01:05 01:31 00:17

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

## Herrer 60 - 64 år

<b>1</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>29:52</b>		
01:37=	03:38=	04:14=	05:03=	05:30=	06:08=	08:26=	08:54=	13:48=	18:58=	21:46=	23:08=	26:09=	29:22=	29:52=
01:37=	02:01=	00:36=	00:49=	00:27=	00:38=	02:18=	00:28=	04:54=	05:10=	02:48=	01:22=	03:01=	03:13=	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=
<b>2</b>	<b>Inge Skretting</b>	<b>165</b>										<b>29:56</b>		
01:32-	04:31+	05:10+	05:41+	06:16+	06:55+	09:49+	10:16+	14:59+	18:38-	20:24-	21:42-	25:15-	29:26+	29:56+
01:32-	02:59+	00:39+	00:31-	00:35+	00:39+	02:54+	00:27-	04:43-	03:39-	01:46-	01:18-	03:33+	04:11+	00:30=
00:05-	00:58&	00:03+	00:18-	00:08&	00:01+	00:36&	00:01-	00:11-	01:31-	01:02-	00:04-	00:32#	00:58&	00:00=
<b>3</b>	<b>Sveinung Svebestad</b>	<b>46</b>										<b>29:57</b>		
01:30-	03:39+	04:25+	04:46-	05:12-	05:57-	08:25-	09:00+	13:44-	17:08-	19:40-	21:11-	25:08-	29:28+	29:57+
01:30-	02:09+	00:46+	00:21-	00:26-	00:45+	02:28+	00:35+	04:44-	03:24-	02:32-	01:31+	03:57+	04:20+	00:29-
00:07-	00:08+	00:10&	00:28-	00:01-	00:07#	00:10+	00:07#	00:10-	01:46-	00:16-	00:09#	00:56&	01:07&	00:01-

Class	Navn	Klasse											Tid		
<b>4</b>	<b>Ivar Knutsen</b>	<b>116</b>											<b>30:14</b>		
01:55+	04:45+	05:33+	06:00+	06:27+	07:14+	10:10+	10:57+	15:53+	19:30+	21:32-	22:32-	25:56-	29:40+	30:14+	
01:55+	02:50+	00:48+	00:27-	00:27=	00:47+	02:56+	00:47+	04:56+	03:37-	02:02-	01:00-	03:24+	03:44+	00:34+	
00:18#	00:49&	00:12&	00:22-	00:00=	00:09#	00:38&	00:19&	00:02+	01:33-	00:46-	00:22-	00:23#	00:31#	00:04#	
<b>5</b>	<b>Lars Bergersen</b>	<b>116</b>											<b>30:43</b>		
01:48+	04:21+	05:12+	05:35+	05:59+	06:44+	09:12+	09:47+	14:51+	18:12-	20:53-	22:26-	26:02-	30:12+	30:43+	
01:48+	02:33+	00:51+	00:23-	00:24-	00:45+	02:28+	00:35+	05:04+	03:21-	02:41-	01:33+	03:36+	04:10+	00:31+	
00:11#	00:32&	00:15&	00:26-	00:03-	00:07#	00:10+	00:07#	00:10+	01:49-	00:07-	00:11#	00:35#	00:57&	00:01+	
<b>6</b>	<b>Arnfinn Rømuld</b>	<b>116</b>											<b>33:10</b>		
07:24+	09:42+	10:21+	10:42+	11:07+	11:50+	14:25+	14:53+	19:35+	23:07+	24:25+	25:45+	29:14+	32:45+	33:10+	
07:24+	02:18+	00:39+	00:21-	00:25-	00:43+	02:35+	00:28=	04:42-	03:32-	01:18-	01:20-	03:29+	03:31+	00:25-	
05:47@	00:17#	00:03+	00:28-	00:02-	00:05#	00:17#	00:00=	00:12-	01:38-	01:30-	00:02-	00:28#	00:18+	00:05-	
<b>7</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>											<b>33:53</b>		
01:57+	05:06+	05:53+	06:30+	06:56+	07:41+	10:09+	10:42+	15:34+	21:53+	24:23+	25:45+	29:21+	33:22+	33:53+	
01:57+	03:09+	00:47+	00:37-	00:26-	00:45+	02:28+	00:33+	04:52-	06:19+	02:30-	01:22=	03:36+	04:01+	00:31+	
00:20#	01:08&	00:11&	00:12-	00:01-	00:07#	00:10+	00:05#	00:02-	01:09#	00:18-	00:00=	00:35#	00:48#	00:01+	
<b>8</b>	<b>John C. Sinnes</b>	<b>93</b>											<b>35:19</b>		
02:06+	04:27+	05:14+	05:38+	06:03+	06:48+	09:59+	11:22+	16:12+	21:49+	24:00+	25:22+	26:52+	30:44+	34:48+	35:19+
02:06+	02:21+	00:47+	00:24-	00:25-	00:45+	03:11+	01:23+	04:50-	05:37+	02:11-	01:22=	01:30-	03:52+	04:04+	00:31+
00:29&	00:20#	00:11&	00:25-	00:02-	00:07#	00:53&	00:55@	00:04-	00:27+	00:37-	00:00=	01:31-	00:39#	03:34@	00:31+
<b>9</b>	<b>Harald Jansen</b>	<b>289</b>											<b>36:08</b>		
01:17-	04:09+	06:24+	07:09+	07:41+	08:10+	08:57+	12:31+	13:07-	17:47-	25:25+	27:18+	28:45+	31:54+	35:38+	36:08+
01:17-	02:52+	02:15+	00:45-	00:32+	00:29-	00:47-	03:34+	00:36-	04:40-	07:38+	01:53+	01:27-	03:09-	03:44+	00:30+
00:20-	00:51&	01:39@	00:04-	00:05#	00:09-	01:31-	03:06@	04:18-	00:30-	04:50@	00:31&	01:34-	00:04-	03:14@	00:30+
<b>10</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>											<b>36:33</b>		
03:57+	06:28+	07:10+	07:37+	08:25+	09:20+	12:05+	12:40+	18:49+	23:25+	25:17+	27:08+	31:44+	36:03+	36:33+	
03:57+	02:31+	00:42+	00:27-	00:48+	00:55+	02:45+	00:35+	06:09+	04:36-	01:52-	01:51+	04:36+	04:19+	00:30=	
02:20@	00:30#	00:06#	00:22-	00:21&	00:17&	00:27#	00:07#	01:15&	00:34-	00:56-	00:29&	01:35&	01:06&	00:00=	
<b>11</b>	<b>Svein Magne Gloppen</b>	<b>93</b>											<b>36:50</b>		
01:48+	05:00+	05:45+	06:10+	06:48+	07:41+	10:35+	11:26+	16:23+	20:23+	26:23+	27:45+	32:09+	36:20+	36:50+	
01:48+	03:12+	00:45+	00:25-	00:38+	00:53+	02:54+	00:51+	04:57+	04:00-	06:00+	01:22=	04:24+	04:11+	00:30=	
00:11#	01:11&	00:09#	00:24-	00:11&	00:15&	00:36&	00:23&	00:03+	01:10-	03:12@	00:00=	01:23&	00:58&	00:00=	
<b>12</b>	<b>Kjell Lervik</b>	<b>239</b>											<b>37:17</b>		
02:14+	05:01+	05:55+	06:22+	07:17+	08:09+	12:17+	13:18+	18:39+	23:00+	26:11+	27:07+	32:19+	36:42+	37:17+	
02:14+	02:47+	00:54+	00:27-	00:55+	00:52+	04:08+	01:01+	05:21+	04:21-	03:11+	00:56-	05:12+	04:23+	00:35+	
00:37&	00:46&	00:18&	00:22-	00:28@	00:14&	01:50&	00:33@	00:27+	00:49-	00:23#	00:26-	02:11&	01:10&	00:05#	
<b>13</b>	<b>Per Ingar Hadland</b>	<b>7</b>											<b>42:14</b>		
01:56+	04:50+	05:40+	06:24+	06:54+	07:53+	11:17+	11:52+	18:44+	23:07+	25:58+	27:53+	33:28+	41:24+	42:14+	
01:56+	02:54+	00:50+	00:44-	00:30+	00:59+	03:24+	00:35+	06:52+	04:23-	02:51+	01:55+	05:35+	07:56+	00:50+	
00:19#	00:53&	00:14&	00:05-	00:03#	00:21&	01:06&	00:07#	01:58&	00:47-	00:03+	00:33&	02:34&	04:43@	00:20&	
<b>14</b>	<b>Tore Karlsen</b>	<b>105</b>											<b>42:49</b>		
02:06+	05:33+	06:36+	09:15+	09:44+	10:53+	14:20+	15:08+	22:36+	27:39+	30:48+	32:36+	37:33+	42:06+	42:49+	
02:06+	03:27+	01:03+	02:39+	00:29+	01:09+	03:27+	00:48+	07:28+	05:03-	03:09+	01:48+	04:57+	04:33+	00:43+	
00:29&	01:26&	00:27&	01:50@	00:02+	00:31&	01:09&	00:20&	02:34&	00:07-	00:21#	00:26&	01:56&	01:20&	00:13&	
<b>15</b>	<b>John Lage Bergan</b>	<b>116</b>											<b>42:54</b>		
05:35+	08:09+	08:50+	09:14+	10:06+	11:01+	13:45+	14:22+	19:20+	25:22+	27:54+	30:03+	35:29+	41:51+	42:54+	
05:35+	02:34+	00:41+	00:24-	00:52+	00:55+	02:44+	00:37+	04:58+	06:02+	02:32-	02:09+	05:26+	06:22+	01:03+	
03:58@	00:33&	00:05#	00:25-	00:25&	00:17&	00:26#	00:09&	00:04+	00:52#	00:16-	00:47&	02:25&	03:09&	00:33@	
<b>16</b>	<b>Torbjørn Dahle</b>	<b>92</b>											<b>44:08</b>		
07:45+	10:38+	11:22+	11:50+	12:22+	13:03+	16:45+	17:27+	23:13+	28:48+	30:48+	32:02+	37:20+	43:16+	44:08+	
07:45+	02:53+	00:44+	00:28-	00:32+	00:41+	03:42+	00:42+	05:46+	05:35+	02:00-	01:14-	05:18+	05:56+	00:52+	
06:08@	00:52&	00:08#	00:21-	00:05#	00:03+	01:24&	00:14&	00:52#	00:25+	00:48-	00:08-	02:17&	02:43&	00:22&	
<b>17</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>											<b>44:32</b>		
08:48+	11:39+	12:32+	13:05+	13:38+	14:33+	18:23+	19:07+	25:02+	30:17+	32:42+	34:41+	39:03+	43:57+	44:32+	
08:48+	02:51+	00:53+	00:33-	00:33+	00:55+	03:50+	00:44+	05:55+	05:15+	02:25-	01:59+	04:22+	04:54+	00:35+	
07:11@	00:50&	00:17&	00:16-	00:06#	00:17&	01:32&	00:16&	01:01#	00:05+	00:23-	00:37&	01:21&	01:41&	00:05#	
<b>Beste strekktid for klassen</b>															
01:17	02:01	00:36	00:21	00:24	00:29	00:47	00:27	00:36	03:21	01:18	00:56	01:27	03:09	00:25	

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

Class	Navn	Klasse	Tid
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## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>	<b>22:24</b>												
01:16=	03:16=	03:48=	04:08=	04:31=	05:07=	06:55=	07:21=	11:40=	14:04=	15:20=	16:26=	19:05=	22:01=	22:24=	
01:16=	02:00=	00:32=	00:20=	00:23=	00:36=	01:48=	00:26=	04:19=	02:24=	01:16=	01:06=	02:39=	02:56=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Kjell Skjæveland</b>	<b>166</b>	<b>27:20</b>												
01:16=	03:27+	04:06+	04:28+	04:53+	05:34+	08:09+	08:34+	13:09+	16:42+	18:28+	19:41+	23:25+	26:58+	27:20+	
01:16=	02:11+	00:39+	00:22+	00:25+	00:41+	02:35+	00:25-	04:35+	03:33+	01:46+	01:13+	03:44+	03:33+	00:22-	
00:00=	00:11+	00:07#	00:02#	00:02+	00:05#	00:47#	00:01-	00:16+	01:09&	00:30&	00:07#	01:05&	00:37#	00:01-	
<b>3</b>	<b>Frode Sandal</b>	<b>29</b>	<b>27:55</b>												
01:34+	05:28+	06:00+	06:20+	06:44+	07:29+	09:47+	11:07+	15:53+	18:39+	19:45+	20:30+	24:06+	27:31+	27:55+	
01:34+	03:54+	00:32=	00:20=	00:24+	00:45+	02:18+	01:20+	04:46+	02:46+	01:06-	00:45-	03:36+	03:25+	00:24+	
00:18#	01:54&	00:00=	00:00=	00:01+	00:09#	00:30&	00:54@	00:27#	00:22#	00:10-	00:21-	00:57&	00:29#	00:01+	
<b>4</b>	<b>Bjarne Gimre</b>	<b>88</b>	<b>28:10</b>												
01:46+	04:10+	04:56+	05:16+	05:46+	06:32+	08:45+	09:15+	13:48+	16:57+	19:23+	20:47+	24:17+	27:47+	28:10+	
01:46+	02:24+	00:46+	00:20=	00:30+	00:46+	02:13+	00:30+	04:33+	03:09+	02:26+	01:24+	03:30+	03:30+	00:23=	
00:30&	00:24#	00:14&	00:00=	00:07&	00:10&	00:25#	00:04#	00:14+	00:45&	01:10&	00:18&	00:51&	00:34#	00:00=	
<b>5</b>	<b>Olav Tunheim</b>	<b>93</b>	<b>29:06</b>												
01:51+	04:27+	05:10+	05:46+	06:18+	07:04+	09:57+	10:32+	15:17+	18:25+	20:02+	21:25+	25:02+	28:42+	29:06+	
01:51+	02:36+	00:43+	00:36+	00:32+	00:46+	02:53+	00:35+	04:45+	03:08+	01:37+	01:23+	03:37+	03:40+	00:24+	
00:35&	00:36&	00:11&	00:16&	00:09&	00:10&	01:05&	00:09&	00:26#	00:44&	00:21&	00:17&	00:58&	00:44#	00:01+	
<b>6</b>	<b>Tom Hetland</b>	<b>5</b>	<b>30:23</b>												
01:29+	04:04+	04:48+	05:36+	06:07+	06:53+	09:23+	10:05+	14:58+	18:34+	20:22+	21:45+	25:53+	30:01+	30:23+	
01:29+	02:35+	00:44+	00:48+	00:31+	00:46+	02:30+	00:42+	04:53+	03:36+	01:48+	01:23+	04:08+	04:08+	00:22-	
00:13#	00:35&	00:12&	00:28@	00:08&	00:10&	00:42&	00:16&	00:34#	01:12&	00:32&	00:17&	01:29&	01:12&	00:01-	
<b>7</b>	<b>Torbjørn Evensen</b>	<b>108</b>	<b>32:30</b>												
01:30+	03:48+	04:29+	04:55+	05:24+	06:05+	10:00+	10:29+	14:49+	18:09+	19:38+	20:28+	24:02+	31:59+	32:30+	
01:30+	02:18+	00:41+	00:26+	00:29+	00:41+	03:55+	00:29+	04:20+	03:20+	01:29+	00:50-	03:34+	07:57+	00:31+	
00:14#	00:18#	00:09&	00:06&	00:06&	00:05#	02:07@	00:03#	00:01+	00:56&	00:13#	00:16-	00:55&	05:01@	00:08&	
<b>8</b>	<b>Arne Magne Handeland</b>	<b>92</b>	<b>32:38</b>												
01:54+	04:45+	05:35+	06:08+	06:34+	07:37+	10:24+	11:10+	16:47+	20:24+	22:18+	23:54+	27:55+	32:00+	32:38+	
01:54+	02:51+	00:50+	00:33+	00:26+	01:03+	02:47+	00:46+	05:37+	03:37+	01:54+	01:36+	04:01+	04:05+	00:38+	
00:38&	00:51&	00:18&	00:13&	00:03#	00:27&	00:59&	00:20&	01:18&	01:13&	00:38&	00:30&	01:22&	01:09&	00:15&	
<b>9</b>	<b>Jan Arendal</b>	<b>116</b>	<b>33:56</b>												
01:50+	04:32+	05:23+	05:53+	06:25+	07:23+	10:17+	10:58+	16:52+	20:50+	23:07+	24:50+	28:59+	33:22+	33:56+	
01:50+	02:42+	00:51+	00:30+	00:32+	00:58+	02:54+	00:41+	05:54+	03:58+	02:17+	01:43+	04:09+	04:23+	00:34+	
00:34&	00:42&	00:19&	00:10&	00:09&	00:22&	01:06&	00:15&	01:35&	01:34&	01:01&	00:37&	01:30&	01:27&	00:11&	
<b>10</b>	<b>Bjørn Sivertsen</b>	<b>99</b>	<b>34:20</b>												
01:54+	05:05+	05:57+	06:27+	06:56+	07:48+	10:13+	10:43+	16:52+	20:32+	23:55+	25:34+	29:41+	33:48+	34:20+	
01:54+	03:11+	00:52+	00:30+	00:29+	00:52+	02:25+	00:30+	06:09+	03:40+	03:23+	01:39+	04:07+	04:07+	00:32+	
00:38&	01:11&	00:20&	00:10&	00:06&	00:16&	00:37&	00:04#	01:50&	01:16&	02:07@	00:33&	01:28&	01:11&	00:09&	
<b>11</b>	<b>Sveinung Tveit</b>	<b>236</b>	<b>35:20</b>												
02:19+	05:35+	06:34+	06:57+	08:01+	08:56+	09:36+	12:00+	12:30+	18:24+	22:13+	24:15+	25:55+	30:47+	34:44+	35:20+
02:19+	03:16+	00:59+	00:23+	01:04+	00:55+	00:40-	02:24+	00:30-	05:54+	03:49+	02:02+	01:40-	04:52+	03:57+	00:36+
01:03&	01:16&	00:27&	00:03#	00:41@	00:19&	01:08-	01:58@	03:49-	03:30@	02:33@	00:56&	00:59-	01:56&	03:34@	00:36+
<b>12</b>	<b>Arnstein Skretting</b>	<b>54</b>	<b>36:32</b>												
02:26+	05:59+	06:52+	07:18+	07:50+	08:45+	11:05+	11:36+	18:16+	22:38+	24:44+	26:32+	31:10+	35:52+	36:32+	
02:26+	03:33+	00:53+	00:26+	00:32+	00:55+	02:20+	00:31+	06:40+	04:22+	02:06+	01:48+	04:38+	04:42+	00:40+	
01:10&	01:33&	00:21&	00:06&	00:09&	00:19&	00:32&	00:05#	02:21&	01:58&	00:50&	00:42&	01:59&	01:46&	00:17&	
<b>13</b>	<b>Terje Stokkeland</b>	<b>69</b>	<b>37:09</b>												
01:47+	05:04+	05:50+	06:11+	06:45+	07:33+	10:34+	11:10+	17:52+	23:04+	25:44+	27:44+	31:35+	36:40+	37:09+	
01:47+	03:17+	00:46+	00:21+	00:34+	00:48+	03:01+	00:36+	06:42+	05:12+	02:40+	02:00+	03:51+	05:05+	00:29+	
00:31&	01:17&	00:14&	00:01+	00:11&	00:12&	01:13&	00:10&	02:23&	02:48@	01:24@	00:54&	01:12&	02:09&	00:06&	
<b>14</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>	<b>38:51</b>												
01:52+	06:44+	07:22+	07:58+	08:24+	09:17+	12:35+	13:26+	19:43+	24:23+	26:13+	27:54+	32:37+	38:17+	38:51+	
01:52+	04:52+	00:38+	00:36+	00:26+	00:53+	03:18+	00:51+	06:17+	04:40+	01:50+	01:41+	04:43+	05:40+	00:34+	
00:36&	02:52@	00:06#	00:16&	00:03#	00:17&	01:30&	00:25&	01:58&	02:16&	00:34&	00:35&	02:04&	02:44&	00:11&	

Class	Navn	Klasse												Tid
<b>15</b>	<b>Bjørn Tore Aase</b>	<b>29</b>												<b>39:45</b>
02:27+	05:40+	06:45+	07:18+	07:50+	08:47+	12:09+	13:01+	20:17+	25:10+	27:26+	28:31+	33:19+	38:53+	39:45+
02:27+	03:13+	01:05+	00:33+	00:32+	00:57+	03:22+	00:52+	07:16+	04:53+	02:16+	01:05-	04:48+	05:34+	00:52+
01:11&	01:13&	00:33@	00:13&	00:09&	00:21&	01:34&	00:26&	02:57&	02:29@	01:00&	00:01-	02:09&	02:38&	00:29@
<b>16</b>	<b>Ommund Bakkevold</b>	<b>68</b>												<b>40:18</b>
02:18+	05:23+	08:26+	06:59+	07:33+	08:34+	11:50+	12:29+	20:39+	25:39+	27:48+	29:46+	34:33+	39:45+	40:18+
02:18+	03:05+	01:03+	00:33+	00:34+	01:01+	03:16+	00:39+	08:10+	05:00+	02:09+	01:58+	04:47+	05:12+	00:33+
01:02&	01:05&	00:31&	00:13&	00:11&	00:25&	01:28&	00:13&	03:51&	02:36@	00:53&	00:52&	02:08&	02:16&	00:10&
<b>17</b>	<b>Rolf Kleppe</b>	<b>63</b>												<b>43:10</b>
03:34+	07:11+	08:07+	09:25+	10:01+	10:59+	15:07+	15:52+	22:11+	28:02+	30:07+	32:09+	37:23+	42:36+	43:10+
03:34+	03:37+	00:56+	01:18+	00:36+	00:58+	04:08+	00:45+	06:19+	05:51+	02:05+	02:02+	05:14+	05:13+	00:34+
02:18@	01:37&	00:24&	00:58@	00:13&	00:22&	02:20@	00:19&	02:00&	03:27@	00:49&	00:56&	02:35&	02:17&	00:11&
<b>Beste strekktid for klassen</b>														
01:16	02:00	00:32	00:20	00:23	00:36	00:40	00:25	00:30	02:24	01:06	00:45	01:40	02:56	00:22

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

## Herrer 70 - 74 år

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>												<b>24:32</b>
01:27=	03:23=	04:02=	04:22=	04:48=	05:25=	07:35=	08:08=	12:33=	15:16=	16:31=	17:41=	20:54=	24:09=	24:32=
01:27=	01:56=	00:39=	00:20=	00:26=	00:37=	02:10=	00:33=	04:25=	02:43=	01:15=	01:10=	03:13=	03:15=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bjørn Alsaker</b>	<b>115</b>												<b>25:48</b>
01:15-	03:14-	03:54-	04:15-	04:39-	05:16-	07:23-	07:52-	13:02+	16:40+	17:50+	19:00+	22:02+	25:27+	25:48+
01:15-	01:59+	00:40+	00:21+	00:24-	00:37=	02:07-	00:29-	05:10+	03:38+	01:10-	01:10=	03:02-	03:25+	00:21-
00:12-	00:03+	00:01+	00:01+	00:02-	00:00=	00:03-	00:04-	00:45#	00:55&	00:05-	00:00=	00:11-	00:10+	00:02-
<b>3</b>	<b>Jan Hetland</b>	<b>29</b>												<b>27:22</b>
01:22-	03:38+	04:28+	04:46+	05:12+	05:51+	08:52+	09:29+	14:14+	17:28+	18:44+	20:01+	23:26+	27:02+	27:22+
01:22-	02:16+	00:50+	00:18-	00:26=	00:39+	03:01+	00:37+	04:45+	03:14+	01:16+	01:17+	03:25+	03:36+	00:20-
00:05-	00:20#	00:11&	00:02-	00:00=	00:02+	00:51&	00:04#	00:20+	00:31#	00:01+	00:07#	00:12+	00:21#	00:03-
<b>4</b>	<b>Svein Berge</b>	<b>126</b>												<b>27:46</b>
01:20-	03:18-	04:00-	04:19-	04:41-	05:15-	07:27-	08:47+	13:45+	17:17+	19:03+	20:25+	23:46+	27:21+	27:46+
01:20-	01:58+	00:42+	00:19-	00:22-	00:34-	02:12+	01:20+	04:58+	03:32+	01:46+	01:22+	03:21+	03:35+	00:25+
00:07-	00:02+	00:03+	00:01-	00:04-	00:03-	00:02+	00:47@	00:33#	00:49&	00:31&	00:12#	00:08+	00:20#	00:02+
<b>5</b>	<b>Ragnvald Frøyland</b>	<b>128</b>												<b>28:26</b>
01:30+	03:54+	04:48+	05:10+	05:31+	06:21+	08:46+	09:19+	14:21+	18:10+	19:35+	20:55+	24:28+	28:05+	28:26+
01:30+	02:24+	00:54+	00:22+	00:21-	00:50+	02:25+	00:33=	05:02+	03:49+	01:25+	01:20+	03:33+	03:37+	00:21-
00:03+	00:28#	00:15&	00:02#	00:05-	00:13&	00:15#	00:00=	00:37#	01:06&	00:10#	00:10#	00:20#	00:22#	00:02-
<b>6</b>	<b>Jostein Tunheim</b>	<b>116</b>												<b>32:21</b>
01:55+	04:30+	05:18+	05:50+	06:21+	07:14+	10:45+	11:26+	16:51+	20:22+	23:00+	24:29+	28:01+	31:48+	32:21+
01:55+	02:35+	00:48+	00:32+	00:31+	00:53+	03:31+	00:41+	05:25+	03:31+	02:38+	01:29+	03:32+	03:47+	00:33+
00:28&	00:39&	00:09#	00:12&	00:05#	00:16&	01:21&	00:08#	01:00#	00:48&	01:23@	00:19&	00:19+	00:32#	00:10&
<b>7</b>	<b>Jan Inge Lunde</b>	<b>88</b>												<b>32:36</b>
01:54+	04:49+	05:46+	06:09+	06:39+	07:39+	10:02+	10:42+	16:07+	19:52+	21:52+	23:47+	28:03+	32:08+	32:36+
01:54+	02:55+	00:57+	00:23+	00:30+	01:00+	02:23+	00:40+	05:25+	03:45+	02:00+	01:55+	04:16+	04:05+	00:28+
00:27&	00:59&	00:18&	00:03#	00:04#	00:23&	00:13#	00:07#	01:00#	01:02&	00:45&	00:45&	01:03&	00:50&	00:05#
<b>8</b>	<b>Paul A. Paulsen</b>	<b>117</b>												<b>32:59</b>
04:03+	06:42+	07:28+	07:52+	08:26+	09:03+	11:39+	12:15+	17:24+	21:06+	22:49+	24:18+	27:52+	32:32+	32:59+
04:03+	02:39+	00:46+	00:24+	00:34+	00:37=	02:36+	00:36+	05:09+	03:42+	01:43+	01:29+	03:34+	04:40+	00:27+
02:36@	00:43&	00:07#	00:04#	00:08&	00:00=	00:26#	00:03+	00:44#	00:59&	00:28&	00:19&	00:21#	01:25&	00:04#
<b>9</b>	<b>Asgeir Bell</b>	<b>117</b>												<b>33:05</b>
01:23-	03:47+	04:30+	04:50+	05:17+	06:03+	08:42+	09:10+	13:59+	19:53+	21:59+	23:29+	24:55+	28:45+	32:37+
01:23-	02:24+	00:43+	00:20=	00:27+	00:46+	02:39+	00:28-	04:49+	05:54+	02:06+	01:30+	01:26-	03:50+	03:52+
00:04-	00:28#	00:04#	00:00=	00:01+	00:09#	00:29#	00:05-	00:24+	03:11@	00:51&	00:20&	01:47-	00:35#	03:29@
<b>10</b>	<b>Svein Ims</b>	<b>65</b>												<b>36:57</b>
03:13+	06:57+	07:49+	08:25+	09:08+	10:00+	13:21+	14:05+	19:49+	24:12+	26:13+	27:54+	32:24+	36:24+	36:57+
03:13+	03:44+	00:52+	00:36+	00:43+	00:52+	03:21+	00:44+	05:44+	04:23+	02:01+	01:41+	04:30+	04:00+	00:33+
01:46@	01:48&	00:13&	00:16&	00:17&	00:15&	01:11&	00:11&	01:19&	01:40&	00:46&	00:31&	01:17&	00:45#	00:10&

Class	Navn	Klasse										Tid			
<b>11</b>	<b>Arne Østensen</b>	<b>395</b>										<b>39:57</b>			
02:04+	04:23+	05:09+	05:36+	06:00+	06:50+	11:33+	11:59+	23:41+	28:09+	29:41+	31:05+	35:08+	39:21+	39:57+	
02:04+	02:19+	00:46+	00:27+	00:24-	00:50+	04:43+	00:26-	11:42+	04:28+	01:32+	01:24+	04:03+	04:13+	00:36+	
00:37&	00:23#	00:07#	00:07&	00:02-	00:13&	02:33@	00:07-	07:17@	01:45&	00:17#	00:14#	00:50&	00:58&	00:13&	
<b>12</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>										<b>46:25</b>			
02:15+	05:19+	06:10+	06:39+	07:16+	09:43+	12:48+	13:24+	19:57+	32:31+	34:34+	36:15+	41:30+	45:58+	46:25+	
02:15+	03:04+	00:51+	00:29+	00:37+	02:27+	03:05+	00:36+	06:33+	12:34+	02:03+	01:41+	05:15+	04:28+	00:27+	
00:48&	01:08&	00:12&	00:09&	00:11&	01:50@	00:55&	00:03+	02:08&	09:51@	00:48&	00:31&	02:02&	01:13&	00:04#	
<b>13</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>										<b>46:55</b>			
02:01+	13:07+	13:56+	14:45+	15:15+	16:01+	20:37+	24:10+	30:10+	34:09+	36:07+	37:04+	41:42+	46:24+	46:55+	
02:01+	11:06+	00:49+	00:49+	00:30+	00:46+	04:36+	03:33+	06:00+	03:59+	01:58+	00:57-	04:38+	04:42+	00:31+	
00:34&	09:10@	00:10&	00:29@	00:04#	00:09#	02:26@	03:00@	01:35&	01:16&	00:43&	00:13-	01:25&	01:27&	00:08&	
<b>14</b>	<b>Sverre Uhlving</b>	<b>105</b>										<b>1:00:50</b>			
08:07+	13:48+	14:58+	15:53+	16:39+	17:43+	23:11+	24:04+	32:28+	37:51+	47:23+	50:00+	54:32+	60:14+	60:50+	
08:07+	05:41+	01:10+	00:55+	00:46+	01:04+	05:28+	00:53+	08:24+	05:23+	09:32+	02:37+	04:32+	05:42+	00:36+	
06:40@	03:45@	00:31&	00:35@	00:20&	00:27&	03:18@	00:20&	03:59&	02:40&	08:17@	01:27@	01:19&	02:27&	00:13&	

### Beste strekktid for klassen

01:15 01:56 00:39 00:18 00:21 00:34 02:07 00:26 04:25 02:43 01:10 00:57 01:26 03:15 00:20

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

## Herrer 75 - 79 år

<b>1</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>27:12</b>						
02:50=	05:53=	06:38=	07:14=	07:41=	08:27=	10:02=	11:07=	12:04=	12:32=	13:12=	13:31=	19:02=	20:47=	22:06=	22:54=	25:56=	26:45=	27:12=
02:50=	03:03=	00:45=	00:36=	00:27=	00:46=	01:35=	01:05=	00:57=	00:28=	00:40=	00:19=	05:31=	01:45=	01:19=	00:48=	03:02=	00:49=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>28:34</b>						
01:43-	04:20-	05:03-	05:29-	06:09-	07:09-	08:57-	10:08-	11:13-	11:42-	12:34-	12:54-	18:39-	21:08+	22:43+	23:28+	27:05+	28:01+	28:34+
01:43-	02:37-	00:43-	00:26-	00:40+	01:00+	01:48+	01:11+	01:05+	00:29+	00:52+	00:20+	05:45+	02:29+	01:35+	00:45-	03:37+	00:56+	00:33+
01:07-	00:26-	00:02-	00:10-	00:13&	00:14&	00:13#	00:06+	00:08#	00:01+	00:12&	00:01+	00:14+	00:44&	00:16#	00:03-	00:35#	00:07#	00:06#
<b>3</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>28:42</b>						
02:29-	05:11-	05:54-	06:18-	06:54-	07:43-	09:31-	10:39-	11:44-	12:14-	13:12=	13:35+	19:13+	21:04+	22:21+	23:03+	27:17+	28:06+	28:42+
02:29-	02:42-	00:43-	00:24-	00:36+	00:49+	01:48+	01:08+	01:05+	00:30+	00:58+	00:23+	05:38+	01:51+	01:17-	00:42-	04:14+	00:49=	00:36+
00:21-	00:21-	00:02-	00:12-	00:09&	00:03+	00:13#	00:03+	00:08#	00:02+	00:18&	00:04#	00:07+	00:06+	00:02-	00:06-	01:12&	00:00=	00:09&
<b>4</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>29:11</b>						
03:03+	06:23+	07:04+	07:28+	07:53+	09:09+	10:44+	11:46+	12:53+	13:18+	14:31+	15:40+	20:57+	22:44+	23:57+	24:42+	27:54+	28:38+	29:11+
03:03+	03:20+	00:41-	00:24-	00:25-	01:16+	01:35=	01:02-	01:07+	00:25-	01:13+	01:09+	05:17-	01:47+	01:13-	00:45-	03:12+	00:44-	00:33+
00:13+	00:17+	00:04-	00:12-	00:02-	00:30&	00:00=	00:03-	00:10#	00:03-	00:33&	00:50@	00:14-	00:02+	00:06-	00:03-	00:10+	00:05-	00:06#
<b>5</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>30:00</b>						
02:03-	04:58-	05:39-	06:03-	06:37-	07:28-	09:13-	10:27-	11:28-	11:57-	12:38-	13:06-	20:25+	23:03+	24:22+	25:11+	28:32+	29:29+	30:00+
02:03-	02:55-	00:41-	00:24-	00:34+	00:51+	01:45+	01:14+	01:01+	00:29+	00:41+	00:28+	07:19+	02:38+	01:19=	00:49+	03:21+	00:57+	00:31+
00:47-	00:08-	00:04-	00:12-	00:07&	00:05#	00:10#	00:09#	00:04+	00:01+	00:01+	00:09&	01:48&	00:53&	00:00=	00:01+	00:19#	00:08#	00:04#
<b>6</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>31:01</b>						
02:51+	06:21+	07:15+	08:00+	08:50+	09:49+	11:38+	12:46+	13:50+	14:20+	15:15+	15:39+	21:19+	23:11+	24:28+	25:12+	29:24+	30:16+	31:01+
02:51+	03:30+	00:54+	00:45+	00:50+	00:59+	01:49+	01:08+	01:04+	00:30+	00:55+	00:24+	05:40+	01:52+	01:17-	00:44-	04:12+	00:52+	00:45+
00:01+	00:27#	00:09#	00:09#	00:23&	00:13&	00:14#	00:03+	00:07#	00:02+	00:15&	00:05&	00:09+	00:07+	00:02-	00:04-	01:10&	00:03+	00:18&
<b>7</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>33:06</b>						
01:19-	03:54-	04:30-	04:51-	05:39-	06:41-	08:20-	09:26-	10:28-	10:58-	12:03-	12:21-	22:34+	25:16+	26:31+	27:21+	31:46+	32:38+	33:06+
01:19-	02:35-	00:36-	00:21-	00:48+	01:02+	01:39+	01:06+	01:02+	00:30+	01:05+	00:18-	10:13+	02:42+	01:15-	00:50+	04:25+	00:52+	00:28+
01:31-	00:28-	00:09-	00:15-	00:21&	00:16&	00:04+	00:01+	00:05+	00:02+	00:25&	00:01-	04:42&	00:57&	00:04-	00:02+	01:23&	00:03+	00:01+
<b>8</b>	<b>Ole Auklend</b>	<b>106</b>										<b>34:57</b>						
03:20+	06:17+	07:02+	07:30+	08:12+	09:07+	10:53+	12:03+	13:52+	14:28+	15:43+	16:11+	23:18+	26:51+	28:19+	29:19+	33:10+	34:12+	34:57+
03:20+	02:57-	00:45=	00:28-	00:42+	00:55+	01:46+	01:10+	01:49+	00:36+	01:15+	00:28+	07:07+	03:33+	01:28+	01:00+	03:51+	01:02+	00:45+
00:30#	00:06-	00:00=	00:08-	00:15&	00:09#	00:11#	00:05+	00:52&	00:08&	00:35&	00:09&	01:36&	01:48@	00:09#	00:12#	00:49&	00:13&	00:18&
<b>9</b>	<b>Olav Hognestad</b>	<b>92</b>										<b>37:23</b>						
05:27+	08:47+	09:37+	10:11+	10:46+	11:56+	13:49+	15:14+	16:36+	17:07+	18:14+	18:42+	26:09+	28:49+	30:40+	31:42+	35:39+	36:49+	37:23+
05:27+	03:20+	00:50+	00:34-	00:35+	01:10+	01:53+	01:25+	01:22+	00:31+	01:07+	00:28+	07:27+	02:40+	01:51+	01:02+	03:57+	01:10+	00:34+
02:37&	00:17+	00:05#	00:02-	00:08&	00:24&	00:18#	00:20&	00:25&	00:03#	00:27&	00:09&	01:56&	00:55&	00:32&	00:14&	00:55&	00:21&	00:07&

Class	Navn	Klasse										Tid							
<b>10</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>42:42</b>							
03:26+	07:58+	09:00+	09:37+	11:08+	12:19+	14:54+	16:29+	18:43+	19:23+	20:42+	21:15+	29:44+	32:26+	34:27+	35:36+	40:29+	41:55+	42:42+	
03:26+	04:32+	01:02+	00:37+	01:31+	01:11+	02:35+	01:35+	02:14+	00:40+	01:19+	00:33+	08:29+	02:42+	02:01+	01:09+	04:53+	01:26+	00:47+	
00:36#	01:29&	00:17&	00:01+	01:04@	00:25&	01:00&	00:30&	01:17@	00:12&	00:39&	00:14&	02:58&	00:57&	00:42&	00:21&	01:51&	00:37&	00:20&	
<b>11</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>45:07</b>							
04:41+	08:07+	08:51+	09:15+	10:00+	10:53+	12:49+	14:06+	16:13+	16:39+	17:54+	18:18+	26:02+	28:49+	30:25+	31:27+	43:25+	44:27+	45:07+	
04:41+	03:26+	00:44-	00:24-	00:45+	00:53+	01:56+	01:17+	02:07+	00:26-	01:15+	00:24+	07:44+	02:47+	01:36+	01:02+	11:58+	01:02+	00:40+	
01:51&	00:23#	00:01-	00:12-	00:18&	00:07#	00:21#	00:12#	01:10@	00:02-	00:35&	00:05&	02:13&	01:02&	00:17#	00:14&	08:56@	00:13&	00:13&	
<b>12</b>	<b>Reidar Magne Liland</b>	<b>66</b>										<b>56:45</b>							
02:29-	06:23+	08:23+	09:09+	09:50+	12:00+	14:13+	15:47+	18:54+	19:31+	21:42+	22:13+	43:26+	46:24+	47:53+	49:00+	54:32+	55:57+	56:45+	
02:29-	03:54+	02:00+	00:46+	00:41+	02:10+	02:13+	01:34+	03:07+	00:37+	02:11+	00:31+	21:13+	02:58+	01:29+	01:07+	05:32+	01:25+	00:48+	
00:21-	00:51&	01:15@	00:10&	00:14&	01:24@	00:38&	00:29&	02:10@	00:09&	01:31@	00:12&	15:42@	01:13&	00:10#	00:19&	02:30&	00:36&	00:21&	
<b>Beste strekktid for klassen</b>																			
01:19	02:35	00:36	00:21	00:25	00:46	01:35	01:02	00:57	00:25	00:40	00:18	05:17	01:45	01:13	00:42	03:02	00:44	00:27	

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

## Herrer 80 år og eldre

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

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

## Herrer A

Class	Navn	Klasse														Tid				
<b>1</b>	<b>Fredrik Omdal</b>	<b>375</b>														<b>21:48</b>				
	00:50=	02:37=	02:56=	03:23=	04:09=	05:19=	05:39=	07:20=	07:32=	09:28=	10:33=	13:18=	15:04=	16:23=	17:15=	19:02=	21:30=	21:48=		
	00:50=	01:47=	00:19=	00:27=	00:18=	00:28=	01:10=	00:20=	01:41=	00:12=	01:56=	01:05=	02:45=	01:46=	01:19=	00:52=	01:47=	02:28=	00:18=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Fredrik Sandal</b>	<b>88</b>														<b>23:23</b>				
	01:01+	02:41+	03:00+	03:24+	03:42+	04:14+	05:42+	06:05+	07:55+	08:09+	10:21+	11:30+	14:29+	16:24+	17:26+	18:21+	20:18+	23:03+	23:23+	
	01:01+	01:40-	00:19=	00:24-	00:18=	00:32+	01:28+	00:23+	01:50+	00:14+	02:12+	01:09+	02:59+	01:55+	01:02-	00:55+	01:57+	02:45+	00:20+	
	00:11#	00:07-	00:00=	00:03-	00:00=	00:04#	00:18#	00:03#	00:09+	00:02#	00:16#	00:04+	00:14+	00:09+	00:17-	00:03+	00:10+	00:17#	00:02#	
<b>3</b>	<b>Thomas Olsen Schive</b>	<b>126</b>														<b>24:03</b>				
	00:53+	02:37=	02:56=	03:20-	03:36-	04:08-	05:24+	05:50+	07:40+	07:55+	10:04+	11:20+	14:24+	16:33+	17:38+	18:44+	20:54+	23:45+	24:03+	
	00:53+	01:44-	00:19=	00:24-	00:16-	00:32+	01:16+	00:26+	01:50+	00:15+	02:09+	01:16+	03:04+	02:09+	01:05-	01:06+	02:10+	02:51+	00:18=	
	00:03+	00:03-	00:00=	00:03-	00:02-	00:04#	00:06+	00:06#	00:09+	00:03#	00:13#	00:11#	00:19#	00:23#	00:14-	00:14#	00:23#	00:23#	00:00=	
<b>4</b>	<b>Andreas Mykkelveit Terjesen</b>	<b>43</b>														<b>24:46</b>				
	01:03+	02:52+	03:14+	03:40+	04:01+	04:33+	06:13+	06:36+	08:28+	08:40+	10:59+	12:12+	15:48+	17:41+	18:46+	19:40+	21:34+	24:28+	24:46+	
	01:03+	01:49+	00:22+	00:26-	00:21+	00:32+	01:40+	00:23+	01:52+	00:12=	02:19+	01:13+	03:36+	01:53+	01:05-	00:54+	01:54+	02:54+	00:18=	
	00:13#	00:02+	00:03#	00:01-	00:03#	00:04#	00:30#	00:06#	00:11#	00:00=	00:23#	00:08#	00:51#	00:07+	00:14-	00:02+	00:07+	00:26#	00:00=	
<b>5</b>	<b>Martin Blystad</b>	<b>115</b>														<b>25:12</b>				
	01:03+	03:03+	03:24+	03:49+	04:07+	04:40+	06:09+	06:35+	08:33+	08:46+	11:15+	12:32+	15:46+	17:56+	19:05+	20:03+	22:07+	24:55+	25:12+	
	01:03+	02:00+	00:21+	00:25-	00:18=	00:33+	01:29+	00:26+	01:58+	00:13+	02:29+	01:17+	03:14+	02:10+	01:09-	00:58+	02:04+	02:48+	00:17-	
	00:13#	00:13#	00:02#	00:02-	00:00=	00:05#	00:19#	00:02#	00:17#	00:01+	00:33#	00:12#	00:29#	00:24#	00:10-	00:06#	00:17#	00:20#	00:01-	
<b>6</b>	<b>Svein Magnus Halsne</b>	<b>71</b>														<b>25:55</b>				
	00:55+	02:33-	02:55-	03:39+	03:53+	04:26+	05:51+	06:10+	07:58+	08:12+	10:22+	11:51+	15:23+	18:24+	19:30+	20:31+	22:47+	25:33+	25:55+	
	00:55+	01:38-	00:22+	00:44+	00:14-	00:33+	01:25+	00:19-	01:48+	00:14+	02:10+	01:29+	03:32+	03:01+	01:06-	01:01+	02:16+	02:46+	00:22+	
	00:05#	00:09-	00:03#	00:17#	00:04-	00:05#	00:15#	00:01-	00:07+	00:02#	00:14#	00:24#	00:47#	01:15#	00:13-	00:09#	00:29#	00:18#	00:04#	
<b>7</b>	<b>Stian Haugvaldstad</b>	<b>116</b>														<b>27:22</b>				
	01:12+	03:00+	03:22+	03:52+	04:11+	04:41+	06:05+	06:28+	08:31+	08:45+	11:16+	12:39+	16:10+	18:23+	20:22+	21:30+	23:45+	27:00+	27:22+	
	01:12+	01:48+	00:22+	00:30+	00:19+	00:30+	01:24+	00:23+	02:03+	00:14+	02:31+	01:23+	03:31+	02:13+	01:59+	01:08+	02:15+	03:15+	00:22+	
	00:22#	00:01+	00:03#	00:03#	00:01+	00:02+	00:14#	00:03#	00:22#	00:02#	00:35#	00:18#	00:46#	00:27#	00:40#	00:16#	00:28#	00:47#	00:04#	
<b>8</b>	<b>Håkon Eggebø</b>	<b>71</b>														<b>28:59</b>				
	01:07+	02:56+	03:18+	03:57+	04:21+	05:00+	06:36+	07:05+	09:42+	09:56+	12:22+	14:03+	17:55+	20:17+	21:48+	23:06+	25:17+	28:39+	28:59+	
	01:07+	01:49+	00:22+	00:39+	00:24+	00:39+	01:36+	00:29+	02:37+	00:14+	02:26+	01:41+	03:52+	02:22+	01:31+	01:18+	02:11+	03:22+	00:20+	
	00:17#	00:02+	00:03#	00:12#	00:06#	00:11#	00:26#	00:09#	00:56#	00:02#	00:30#	00:36#	01:07#	00:36#	00:12#	00:26#	00:24#	00:54#	00:02#	
<b>9</b>	<b>Erik Lima</b>	<b>43</b>														<b>30:00</b>				
	01:06+	03:19+	03:42+	04:17+	04:40+	05:24+	07:33+	07:59+	10:11+	10:25+	13:11+	14:52+	18:42+	21:03+	22:28+	24:11+	26:25+	29:39+	30:00+	
	01:06+	02:13+	00:23+	00:35+	00:23+	00:44+	02:09+	00:26+	02:12+	00:14+	02:46+	01:41+	03:50+	02:21+	01:25+	01:43+	02:14+	03:14+	00:21+	
	00:16#	00:26#	00:04#	00:08#	00:05#	00:16#	00:59#	00:06#	00:31#	00:02#	00:50#	00:36#	01:05#	00:35#	00:06+	00:51#	00:27#	00:46#	00:03#	
<b>Beste strekktid for klassen</b>		00:50	01:38	00:19	00:24	00:14	00:28	01:10	00:19	01:41	00:12	01:56	01:05	02:45	01:46	01:02	00:52	01:47	02:28	00:17

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

## Herrer B

<b>1</b>	<b>Ørjan Ravndal</b>	<b>194</b>														<b>22:36</b>			
	00:55=	02:28=	02:47=	03:10=	03:27=	03:59=	05:14=	05:34=	07:22=	07:34=	09:41=	10:43=	13:41=	15:35=	16:34=	17:34=	19:38=	22:18=	22:36=
	00:55=	01:33=	00:19=	00:23=	00:17=	00:32=	01:15=	00:20=	01:48=	00:12=	02:07=	01:02=	02:58=	01:54=	00:59=	01:00=	02:04=	02:40=	00:18=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>														<b>23:18</b>			
	00:59+	02:47+	03:07+	03:43+	03:59+	04:25+	05:41+	06:10+	08:06+	08:20+	10:29+	11:41+	14:45+	16:32+	17:39+	18:33+	20:25+	22:59+	23:18+
	00:59+	01:48+	00:20+	00:36+	00:16-	00:26-	01:16+	00:29+	01:56+	00:14+	02:09+	01:12+	03:04+	01:47-	01:07+	00:54-	01:52-	02:34-	00:19+
	00:04+	00:15#	00:01+	00:13#	00:01-	00:06-	00:01+	00:09#	00:08+	00:02#	00:02+	00:10#	00:06+	00:07-	00:08#	00:06-	00:12-	00:06-	00:01+
<b>3</b>	<b>Geir Sand</b>	<b>105</b>														<b>25:33</b>			
	01:04+	02:47+	03:09+	03:34+	03:57+	04:39+	06:43+	07:08+	08:59+	09:12+	11:27+	12:38+	15:42+	17:50+	18:58+	20:06+	22:17+	25:12+	25:33+
	01:04+	01:43+	00:22+	00:25+	00:23+	00:42+	02:04+	00:25+	01:51+	00:13+	02:15+	01:11+	03:04+	02:08+	01:08+	01:08+	02:11+	02:55+	00:21+
	00:09#	00:10#	00:03#	00:02+	00:06#	00:10#	00:49#	00:05#	00:03+	00:01+	00:08+	00:09#	00:06+	00:14#	00:09#	00:08#	00:07+	00:15+	00:03#
<b>4</b>	<b>Magnus Landstad</b>	<b>66</b>														<b>26:00</b>			
	01:08+	03:01+	03:22+	03:54+	04:14+	04:47+	06:15+	06:40+	08:47+	09:02+	11:39+	12:53+	16:13+	18:26+	19:36+	20:36+	22:44+	25:35+	26:00+
	01:08+	01:53+	00:21+	00:32+	00:20+	00:33+	01:28+	00:25+	02:07+	00:15+	02:37+	01:14+	03:20+	02:13+	01:10+	01:00=	02:08+	02:51+	00:25+
	00:13#	00:20#	00:02#	00:09#	00:03#	00:01+	00:13#	00:05#	00:19#	00:03#	00:30#	00:12#	00:22#	00:19#	00:11#	00:00=	00:04+	00:11+	00:07#



Class	Navn	Klasse															Tid				
<b>5</b>	<b>Stein Arne Olsen</b>	<b>68</b>															<b>26:18</b>				
01:07+	03:08+	03:31+	03:59+	04:17+	04:51+	06:18+	06:49+	08:54+	09:09+	11:40+	12:56+	16:21+	18:35+	19:50+	20:53+	23:05+	25:58+	26:18+			
01:07+	02:01+	00:23+	00:28+	00:18+	00:34+	01:27+	00:31+	02:05+	00:15+	02:31+	01:16+	03:25+	02:14+	01:15+	01:03+	02:12+	02:53+	00:20+			
00:12#	00:28&	00:04#	00:05#	00:01+	00:02+	00:12#	00:11&	00:17#	00:03#	00:24#	00:14#	00:27#	00:20#	00:16&	00:03+	00:08+	00:13+	00:02#			
<b>6</b>	<b>Arne Eirk Nielsen</b>	<b>386</b>															<b>26:28</b>				
01:00+	02:50+	03:15+	03:47+	04:05+	04:39+	06:16+	06:38+	08:37+	08:51+	11:32+	12:59+	16:15+	18:28+	19:54+	21:03+	23:11+	26:08+	26:28+			
01:00+	01:50+	00:25+	00:32+	00:18+	00:34+	01:37+	00:22+	01:59+	00:14+	02:41+	01:27+	03:16+	02:13+	01:26+	01:09+	02:08+	02:57+	00:20+			
00:05+	00:17#	00:06&	00:09&	00:01+	00:02+	00:22&	00:02#	00:11#	00:02#	00:34&	00:25&	00:18#	00:19#	00:27&	00:09#	00:04+	00:17#	00:02#			
<b>7</b>	<b>Njål F. Vadla</b>	<b>93</b>															<b>26:36</b>				
01:03+	02:56+	03:19+	03:50+	04:09+	04:39+	06:57+	07:30+	09:34+	09:49+	12:12+	13:32+	16:47+	18:48+	19:55+	21:07+	23:12+	26:15+	26:36+			
01:03+	01:53+	00:23+	00:31+	00:19+	00:30-	02:18+	00:33+	02:04+	00:15+	02:23+	01:20+	03:15+	02:01+	01:07+	01:12+	02:05+	03:03+	00:21+			
00:08#	00:20#	00:04#	00:08&	00:02#	00:02-	01:03&	00:13&	00:16#	00:03#	00:16#	00:18&	00:17+	00:07+	00:08#	00:12#	00:01+	00:23#	00:03#			
<b>8</b>	<b>Joar Eilevstjønn</b>	<b>67</b>															<b>27:15</b>				
01:04+	02:54+	03:12+	04:06+	04:29+	05:10+	06:52+	07:27+	10:11+	10:24+	12:42+	13:57+	17:28+	19:53+	21:02+	21:58+	23:55+	26:56+	27:15+			
01:04+	01:50+	00:18-	00:54+	00:23+	00:41+	01:42+	00:35+	02:44+	00:13+	02:18+	01:15+	03:31+	02:25+	01:09+	00:56-	01:57-	03:01+	00:19+			
00:09#	00:17#	00:01-	00:31@	00:06&	00:09&	00:27&	00:15&	00:56&	00:01+	00:11+	00:13#	00:33#	00:31&	00:10#	00:04-	00:07-	00:21#	00:01+			
<b>9</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>															<b>27:26</b>				
01:02+	03:08+	03:31+	03:58+	04:17+	04:50+	06:12+	06:36+	08:41+	08:55+	12:16+	13:31+	16:46+	19:10+	20:26+	21:45+	23:52+	27:06+	27:26+			
01:02+	02:06+	00:23+	00:27+	00:19+	00:33+	01:22+	00:24+	02:05+	00:14+	03:21+	01:15+	03:15+	02:24+	01:16+	01:19+	02:07+	03:14+	00:20+			
00:07#	00:33&	00:04#	00:04#	00:02#	00:01+	00:07+	00:04#	00:17#	00:02#	01:14&	00:13#	00:17+	00:30&	00:17&	00:19&	00:03+	00:34#	00:02#			
<b>10</b>	<b>Bård Skogsholm</b>	<b>194</b>															<b>28:17</b>				
01:10+	03:37+	04:00+	04:26+	04:44+	05:20+	06:43+	07:11+	09:25+	09:40+	12:10+	13:32+	17:31+	20:07+	21:21+	22:32+	24:57+	27:55+	28:17+			
01:10+	02:27+	00:23+	00:26+	00:18+	00:36+	01:23+	00:28+	02:14+	00:15+	02:30+	01:22+	03:59+	02:36+	01:14+	01:11+	02:25+	02:58+	00:22+			
00:15&	00:54&	00:04#	00:03#	00:01+	00:04#	00:08#	00:08&	00:26#	00:03#	00:23#	00:20&	01:01&	00:42&	00:15&	00:11#	00:21#	00:18#	00:04#			
<b>11</b>	<b>Jørgen Breivold</b>	<b>54</b>															<b>28:45</b>				
01:05+	03:06+	03:29+	04:02+	04:21+	05:00+	07:10+	07:48+	10:48+	11:05+	13:40+	15:04+	18:30+	20:42+	21:59+	22:58+	25:05+	28:24+	28:45+			
01:05+	02:01+	00:23+	00:33+	00:19+	00:39+	02:10+	00:38+	03:00+	00:17+	02:35+	01:24+	03:26+	02:12+	01:17+	00:59-	02:07+	03:19+	00:21+			
00:10#	00:28&	00:04#	00:10&	00:02#	00:07#	00:55&	00:18&	01:12&	00:05&	00:28#	00:22&	00:28#	00:18#	00:18&	00:01-	00:03+	00:39#	00:03#			
<b>12</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>															<b>28:48</b>				
01:03+	03:26+	03:48+	04:19+	04:37+	05:19+	06:51+	07:43+	09:38+	09:51+	12:29+	13:52+	17:30+	20:29+	21:43+	23:02+	25:27+	28:29+	28:48+			
01:03+	02:23+	00:22+	00:31+	00:18+	00:42+	01:32+	00:52+	01:55+	00:13+	02:38+	01:23+	03:38+	02:59+	01:14+	01:19+	02:25+	03:02+	00:19+			
00:08#	00:50&	00:03#	00:08&	00:01+	00:10&	00:17#	00:32@	00:07+	00:01+	00:31#	00:21&	00:40#	01:05&	00:15&	00:19&	00:21#	00:22#	00:01+			
<b>13</b>	<b>Sturla Stokkeland</b>	<b>194</b>															<b>29:07</b>				
01:04+	03:17+	03:41+	04:19+	04:42+	05:23+	07:01+	07:34+	10:05+	10:24+	13:11+	14:30+	18:11+	20:34+	21:55+	23:03+	25:24+	28:47+	29:07+			
01:04+	02:13+	00:24+	00:38+	00:23+	00:41+	01:38+	00:33+	02:31+	00:19+	02:47+	01:19+	03:41+	02:23+	01:21+	01:08+	02:21+	03:23+	00:20+			
00:09#	00:40&	00:05&	00:15&	00:06&	00:09&	00:23&	00:13&	00:43&	00:07&	00:40&	00:17&	00:43#	00:29&	00:22&	00:08#	00:17#	00:43&	00:02#			
<b>14</b>	<b>Per Olav Haarr</b>	<b>62</b>															<b>29:25</b>				
01:01+	02:59+	03:19+	04:06+	04:22+	05:00+	07:13+	07:35+	09:40+	09:54+	12:24+	13:43+	18:18+	21:02+	22:54+	23:57+	26:06+	29:03+	29:25+			
01:01+	01:58+	00:20+	00:47+	00:16-	00:38+	02:13+	00:22+	02:05+	00:14+	02:30+	01:19+	04:35+	02:44+	01:52+	01:03+	02:09+	02:57+	00:22+			
00:06#	00:25&	00:01+	00:24@	00:01-	00:06#	00:58&	00:02#	00:17#	00:02#	00:23#	00:17&	01:37&	00:50&	00:53&	00:03+	00:05+	00:17#	00:04#			
<b>15</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>															<b>29:47</b>				
01:05+	03:10+	03:33+	04:03+	04:27+	05:05+	07:00+	07:41+	10:21+	10:40+	10:55+	13:36+	14:51+	18:19+	21:01+	22:34+	24:05+	26:08+	29:25+	29:47+		
01:05+	02:05+	00:23+	00:30+	00:24+	00:38+	01:55+	00:41+	02:40+	00:19+	00:15-	02:41+	01:15-	03:28+	02:42+	01:33+	01:31-	02:03-	03:17+	00:22+		
00:10#	00:32&	00:04#	00:07&	00:07&	00:06#	00:40&	00:21@	00:52&	00:07&	01:52-	01:39@	01:43-	01:34&	01:43@	00:33&	00:33-	00:37-	02:59@	00:22+		
<b>16</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>															<b>32:39</b>				
01:19+	03:50+	04:17+	04:50+	05:13+	05:53+	07:36+	08:17+	10:41+	11:01+	14:18+	15:58+	20:16+	22:48+	24:15+	25:40+	28:29+	32:09+	32:39+			
01:19+	02:31+	00:27+	00:33+	00:23+	00:40+	01:43+	00:41+	02:24+	00:20+	03:17+	01:40+	04:18+	02:32+	01:27+	01:25+	02:49+	03:40+	00:30+			
00:24&	00:58&	00:08&	00:10&	00:06&	00:08#	00:28&	00:21@	00:36&	00:08&	01:10&	00:38&	01:20&	00:38&	00:28&	00:25&	00:45&	01:00&	00:12&			
<b>Beste strekktid for klassen</b>																					
00:55	01:33	00:18	00:23	00:16	00:26	01:15	00:20	01:48	00:12	00:15	01:02	01:15	01:47	00:59	00:54	01:31	02:03	00:18			

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

## Herrer C

<b>1</b>	<b>Lars Drage</b>	<b>230</b>															<b>22:51</b>				
00:59=	02:53=	03:09=	03:25=	04:50=	06:39=	06:52=	08:35=	09:53=	13:05=	15:06=	16:26=	17:24=	19:41=	22:31=	22:51=						
00:59=	01:54=	00:16=	00:16=	01:25=	01:49=	00:13=	01:43=	01:18=	03:12=	02:01=	01:20=	00:58=	02:17=	02:50=	00:20=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

Class	Navn	Klasse											Tid			
<b>2</b>	<b>Morten Aamodt</b>	<b>116</b>											<b>24:59</b>			
01:08+	02:55+	03:13+	03:26+	05:38+	07:26+	07:41+	09:26+	10:49+	14:08+	16:58+	18:15+	19:30+	21:37+	24:33+	24:59+	
01:08+	01:47-	00:18+	00:13-	02:12+	01:48-	00:15+	01:45+	01:23+	03:19+	02:50+	01:17-	01:15+	02:07-	02:56+	00:26+	
00:09#	00:07-	00:02#	00:03-	00:47#	00:01-	00:02#	00:02+	00:05+	00:07+	00:49#	00:03-	00:17#	00:10-	00:06+	00:06#	
<b>3</b>	<b>Jan Einar Øvremo</b>	<b>50</b>											<b>25:48</b>			
01:04+	03:30+	03:48+	04:03+	05:45+	07:35+	07:50+	10:00+	11:23+	15:03+	17:09+	18:59+	20:06+	22:26+	25:28+	25:48+	
01:04+	02:26+	00:18+	00:15-	01:42+	01:50+	00:15+	02:10+	01:23+	03:40+	02:06+	01:50+	01:07+	02:20+	03:02+	00:20=	
00:05+	00:32#	00:02#	00:01-	00:17#	00:01+	00:02#	00:27#	00:05+	00:28#	00:05+	00:30#	00:09#	00:03+	00:12+	00:00=	
<b>4</b>	<b>Terje Michaelsen</b>	<b>47</b>											<b>26:23</b>			
01:09+	02:56+	03:12+	03:29+	06:09+	08:37+	08:51+	10:38+	12:16+	15:55+	18:11+	19:25+	20:33+	22:46+	26:05+	26:23+	
01:09+	01:47-	00:16=	00:17+	02:40+	02:28+	00:14+	01:47+	01:38+	03:39+	02:16+	01:14-	01:08+	02:13-	03:19+	00:18-	
00:10#	00:07-	00:00=	00:01+	01:15#	00:39#	00:01+	00:04+	00:20#	00:27#	00:15#	00:06-	00:10#	00:04-	00:29#	00:02-	
<b>5</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>											<b>26:26</b>			
01:08+	03:05+	03:22+	03:36+	05:08+	08:16+	08:31+	10:22+	11:50+	15:49+	18:10+	19:25+	20:35+	22:52+	26:02+	26:26+	
01:08+	01:57+	00:17+	00:14-	01:32+	03:08+	00:15+	01:51+	01:28+	03:59+	02:21+	01:15-	01:10+	02:17=	03:10+	00:24+	
00:09#	00:03+	00:01+	00:02-	00:07+	01:19#	00:02#	00:08+	00:10#	00:47#	00:20#	00:05-	00:12#	00:00=	00:20#	00:04#	
<b>6</b>	<b>Kjell Dale</b>	<b>93</b>											<b>27:01</b>			
01:49+	03:39+	03:58+	04:17+	06:26+	08:30+	08:45+	10:37+	11:59+	15:51+	18:30+	19:55+	21:02+	23:23+	26:35+	27:01+	
01:49+	01:50-	00:19+	00:19+	02:09+	02:04+	00:15+	01:52+	01:22+	03:52+	02:39+	01:25+	01:07+	02:21+	03:12+	00:26+	
00:50#	00:04-	00:03#	00:03#	00:44#	00:15#	00:02#	00:09+	00:04+	00:40#	00:38#	00:05+	00:09#	00:04+	00:22#	00:06#	
<b>7</b>	<b>Oddmund Nordgård</b>	<b>105</b>											<b>27:06</b>			
01:23+	03:29+	03:47+	04:05+	05:51+	07:47+	08:02+	10:03+	11:45+	15:52+	18:39+	20:07+	21:16+	23:38+	26:42+	27:06+	
01:23+	02:06+	00:18+	00:18+	01:46+	01:56+	00:15+	02:01+	01:42+	04:07+	02:47+	01:28+	01:09+	02:22+	03:04+	00:24+	
00:24#	00:12#	00:02#	00:02#	00:21#	00:07+	00:02#	00:18#	00:24#	00:55#	00:46#	00:08#	00:11#	00:05+	00:14+	00:04#	
<b>8</b>	<b>Øistein Haaland</b>	<b>116</b>											<b>27:24</b>			
01:14+	03:32+	03:57+	04:14+	06:10+	08:07+	08:26+	10:20+	11:48+	15:32+	17:52+	20:22+	21:29+	23:49+	26:56+	27:24+	
01:14+	02:18+	00:25+	00:17+	01:56+	01:57+	00:19+	01:54+	01:28+	03:44+	02:20+	02:30+	01:07+	02:20+	03:07+	00:28+	
00:15#	00:24#	00:09#	00:01+	00:31#	00:08+	00:06#	00:11#	00:10#	00:32#	00:19#	01:10#	00:09#	00:03+	00:17#	00:08#	
<b>9</b>	<b>Trond Nilsen Lamark</b>	<b>46</b>											<b>28:02</b>			
01:25+	03:35+	03:55+	04:11+	06:15+	08:49+	09:03+	11:04+	12:45+	16:34+	18:54+	20:16+	21:35+	24:16+	27:36+	28:02+	
01:25+	02:10+	00:20+	00:16=	02:04+	02:34+	00:14+	02:01+	01:41+	03:49+	02:20+	01:22+	01:19+	02:41+	03:20+	00:26+	
00:26#	00:16#	00:04#	00:00=	00:39#	00:45#	00:01+	00:18#	00:23#	00:37#	00:19#	00:02+	00:21#	00:24#	00:30#	00:06#	
<b>10</b>	<b>Paul Terje Haarr</b>	<b>62</b>											<b>28:21</b>			
01:14+	04:00+	04:21+	04:37+	06:57+	08:44+	09:15+	09:35+	11:42+	13:22+	17:08+	19:49+	21:02+	22:15+	24:36+	27:59+	28:21+
01:14+	02:46+	00:21+	00:16=	02:20+	01:47-	00:31+	00:20-	02:07+	01:40-	03:46+	02:41+	01:13+	01:13-	02:21-	03:23+	00:22+
00:15#	00:52#	00:05#	00:00=	00:55#	00:02-	00:18#	01:23-	00:49#	01:32-	01:45#	01:21#	00:15#	01:04-	00:29-	03:03#	00:22+
<b>11</b>	<b>Øystein Fuglestad</b>	<b>46</b>											<b>29:10</b>			
01:32+	03:38+	03:57+	04:13+	06:02+	09:28+	09:46+	11:58+	13:29+	17:29+	19:57+	21:23+	22:37+	25:06+	28:46+	29:10+	
01:32+	02:06+	00:19+	00:16=	01:49+	03:26+	00:18+	02:12+	01:31+	04:00+	02:28+	01:26+	01:14+	02:29+	03:40+	00:24+	
00:33#	00:12#	00:03#	00:00=	00:24#	01:37#	00:05#	00:29#	00:13#	00:48#	00:27#	00:06+	00:16#	00:12+	00:50#	00:04#	
<b>12</b>	<b>Øivind Berggraf</b>	<b>116</b>											<b>29:17</b>			
01:17+	03:31+	03:51+	04:06+	06:03+	08:14+	08:30+	10:34+	12:13+	16:47+	19:17+	21:16+	22:30+	25:05+	28:52+	29:17+	
01:17+	02:14+	00:20+	00:15-	01:57+	02:11+	00:16+	02:04+	01:39+	04:34+	02:30+	01:59+	01:14+	02:35+	03:47+	00:25+	
00:18#	00:20#	00:04#	00:01-	00:32#	00:22#	00:03#	00:21#	00:21#	01:22#	00:29#	00:39#	00:16#	00:18#	00:57#	00:05#	
<b>13</b>	<b>Øystein Amundrud</b>	<b>395</b>											<b>29:48</b>			
01:15+	03:23+	03:42+	03:58+	05:49+	07:51+	08:08+	10:31+	12:01+	16:11+	19:23+	21:26+	22:43+	25:42+	29:22+	29:48+	
01:15+	02:08+	00:19+	00:16=	01:51+	02:02+	00:17+	02:23+	01:30+	04:10+	03:12+	02:03+	01:17+	02:59+	03:40+	00:26+	
00:16#	00:14#	00:03#	00:00=	00:26#	00:13#	00:04#	00:40#	00:12#	00:58#	01:11#	00:43#	00:19#	00:42#	00:50#	00:06#	
<b>14</b>	<b>Sturle Omdal</b>	<b>116</b>											<b>29:50</b>			
01:23+	03:40+	03:58+	04:15+	05:59+	09:10+	09:31+	11:24+	13:02+	17:59+	21:06+	22:28+	23:37+	25:52+	29:29+	29:50+	
01:23+	02:17+	00:18+	00:17+	01:44+	03:11+	00:21+	01:53+	01:38+	04:57+	03:07+	01:22+	01:09+	02:15-	03:37+	00:21+	
00:24#	00:23#	00:02#	00:01+	00:19#	01:22#	00:08#	00:10+	00:20#	01:45#	01:06#	00:02+	00:11#	00:02-	00:47#	00:01+	
<b>15</b>	<b>Erling Mauland</b>	<b>83</b>											<b>30:04</b>			
01:31+	03:44+	04:02+	04:19+	06:14+	09:26+	09:43+	11:55+	13:42+	18:03+	21:02+	22:54+	24:11+	26:32+	29:39+	30:04+	
01:31+	02:13+	00:18+	00:17+	01:55+	03:12+	00:17+	02:12+	01:47+	04:21+	02:59+	01:52+	01:17+	02:21+	03:07+	00:25+	
00:32#	00:19#	00:02#	00:01+	00:30#	01:23#	00:04#	00:29#	00:29#	01:09#	00:58#	00:32#	00:19#	00:04+	00:17#	00:05#	
<b>16</b>	<b>Svein Oddvar Netland</b>	<b>116</b>											<b>30:10</b>			
01:49+	03:44+	04:03+	04:18+	08:34+	10:58+	11:13+	13:23+	14:47+	18:43+	21:17+	22:27+	23:44+	26:20+	29:47+	30:10+	
01:49+	01:55+	00:19+	00:15-	04:16+	02:24+	00:15+	02:10+	01:24+	03:56+	02:34+	01:10-	01:17+	02:36+	03:27+	00:23+	
00:50#	00:01+	00:03#	00:01-	02:51#	00:35#	00:02#	00:27#	00:06+	00:44#	00:33#	00:10-	00:19#	00:19#	00:37#	00:03#	

Class	Navn	Klasse										Tid							
<b>17</b>	<b>Ove Oaland</b>	<b>116</b>										<b>37:02</b>							
		01:34+	05:09+	05:31+	05:53+	07:53+	09:46+	12:00+	12:27+	15:07+	17:01+	21:25+	25:29+	27:49+	29:24+	32:25+	36:31+	37:02+	
		01:34+	03:35+	00:22+	00:22+	02:00+	01:53+	02:14+	00:27-	00:20-	02:20-	01:54-	04:24+	04:04+	02:20+	01:35-	03:01+	04:06+	00:31+
		00:35&	01:41&	00:06&	00:06&	00:35&	00:04+	02:01@	01:16-	00:58-	00:52-	00:07-	03:04@	03:06@	00:03+	01:15-	02:41@	04:06+	00:31+

**Beste strekktid for klassen**

00:59 01:47 00:16 00:13 01:25 01:47 00:13 00:20 00:20 01:40 01:54 01:10 00:58 01:13 01:35 00:18

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

**Herrer Ny**

<b>1</b>	<b>Magnus Stangeland</b>	<b>134</b>										<b>19:56</b>							
		05:32=	06:25=	07:23=	08:58=	10:49=	12:19=	13:20=	16:59=	18:31=	19:30=	19:56=							
		05:32=	00:53=	00:58=	01:35=	01:51=	01:30=	01:01=	03:39=	01:32=	00:59=	00:26=							
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							

<b>2</b>	<b>Ruben Nesse Håland</b>	<b>134</b>										<b>29:30</b>							
		02:19-	04:12-	06:06-	08:44-	12:40+	15:32+	16:57+	24:01+	26:26+	28:15+	29:30+							
		02:19-	01:53+	01:54+	02:38+	03:56+	02:52+	01:25+	07:04+	02:25+	01:49+	01:15+							
		03:13-	01:00@	00:56&	01:03&	02:05@	01:22&	00:24&	03:25&	00:53&	00:50&	00:49@							

<b>3</b>	<b>Anthøn Elias Eiken</b>	<b>134</b>										<b>37:39</b>							
		01:24-	02:25-	04:12-	05:58-	15:14+	17:10+	18:21+	32:33+	35:34+	37:10+	37:39+							
		01:24-	01:01+	01:47+	01:46+	09:16+	01:56+	01:11+	14:12+	03:01+	01:36+	00:29+							
		04:08-	00:08#	00:49&	00:11#	07:25@	00:26&	00:10#	10:33@	01:29&	00:37&	00:03#							

**Beste strekktid for klassen**

01:24 00:53 00:58 01:35 01:51 01:30 01:01 03:39 01:32 00:59 00:26

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

**Herrer Trim**

<b>1</b>	<b>Ole Morten Haaland</b>	<b>399</b>										<b>18:49</b>							
		01:01=	02:21=	02:41=	03:06=	04:14=	06:15=	06:31=	08:29=	10:29=	12:43=	14:20=	15:28=	17:51=	18:27=	18:49=			
		01:01=	01:20=	00:20=	00:25=	01:08=	02:01=	00:16=	01:58=	02:00=	02:14=	01:37=	01:08=	02:23=	00:36=	00:22=			
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

<b>2</b>	<b>Sebastian Hennig</b>	<b>399</b>										<b>19:21</b>							
		01:15+	02:42+	02:59+	03:54+	05:04+	06:50+	07:08+	09:01+	11:08+	13:07+	14:52+	15:59+	18:29+	19:00+	19:21+			
		01:15+	01:27+	00:17-	00:55+	01:10+	01:46-	00:18+	01:53-	02:07+	01:59-	01:45+	01:07-	02:30+	00:31-	00:21-			
		00:14#	00:07+	00:03-	00:30@	00:02+	00:15-	00:02#	00:05-	00:07+	00:15-	00:08+	00:01-	00:07+	00:05-	00:01-			

<b>3</b>	<b>Daniel Thu</b>	<b>384</b>										<b>19:51</b>							
		01:12+	02:42+	03:16+	03:40+	04:54+	07:01+	07:18+	09:11+	11:45+	13:49+	15:35+	16:36+	19:02+	19:34+	19:51+			
		01:12+	01:30+	00:34+	00:24-	01:14+	02:07+	00:17+	01:53-	02:34+	02:04-	01:46+	01:01-	02:26+	00:32-	00:17-			
		00:11#	00:10#	00:14&	00:01-	00:06+	00:06+	00:01+	00:05-	00:34&	00:10-	00:09+	00:07-	00:03+	00:04-	00:05-			

<b>4</b>	<b>Eivind Gjesteland</b>	<b>136</b>										<b>19:52</b>							
		01:02+	03:17+	03:35+	04:16+	05:30+	07:27+	07:44+	09:33+	11:28+	13:17+	14:46+	16:03+	18:45+	19:23+	19:52+			
		01:02+	02:15+	00:18-	00:41+	01:14+	01:57-	00:17+	01:49-	01:55-	01:49-	01:29-	01:17+	02:42+	00:38+	00:29+			
		00:01+	00:55&	00:02-	00:16&	00:06+	00:04-	00:01+	00:09-	00:05-	00:25-	00:08-	00:09#	00:19#	00:02+	00:07&			

<b>5</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>20:23</b>							
		01:24+	03:03+	03:22+	03:46+	05:02+	06:59+	07:15+	09:30+	11:49+	14:00+	15:46+	16:56+	19:25+	20:01+	20:23+			
		01:24+	01:39+	00:19-	00:24-	01:16+	01:57-	00:16=	02:15+	02:19+	02:11-	01:46+	01:10+	02:29+	00:36=	00:22=			
		00:23&	00:19#	00:01-	00:01-	00:08#	00:04-	00:00=	00:17#	00:19#	00:03-	00:09+	00:02+	00:06+	00:00=	00:00=			

<b>6</b>	<b>Lars Kristian Aastvedt</b>	<b>43</b>										<b>20:24</b>							
		01:50+	03:46+	04:20+	04:53+	06:05+	07:55+	08:14+	10:07+	12:14+	14:12+	15:51+	16:59+	19:27+	20:03+	20:24+			
		01:50+	01:56+	00:34+	00:33+	01:12+	01:50-	00:19+	01:53-	02:07+	01:58-	01:39+	01:08=	02:28+	00:36=	00:21-			
		00:49&	00:36&	00:14&	00:08&	00:04+	00:11-	00:03#	00:05-	00:07+	00:16-	00:02+	00:00=	00:05+	00:00=	00:01-			

<b>7</b>	<b>Asbjørn Anbås</b>	<b>375</b>										<b>20:52</b>							
		01:28+	03:08+	03:28+	04:18+	05:41+	07:50+	08:05+	10:09+	12:17+	14:38+	16:21+	17:41+	20:01+	20:35+	20:52+			
		01:28+	01:40+	00:20=	00:50+	01:23+	02:09+	00:15-	02:04+	02:08+	02:21+	01:43+	01:20+	02:20-	00:34-	00:17-			
		00:27&	00:20#	00:00=	00:25&	00:15#	00:08+	00:01-	00:06+	00:08+	00:07+	00:06+	00:12#	00:03-	00:02-	00:05-			

Class	Navn	Klasse											Tid	
<b>8</b>	<b>Trym Bjørnsen</b>	<b>91</b>											<b>20:53</b>	
01:31+	02:55+	03:15+	03:49+	07:07+	07:20+	09:34+	12:01+	14:14+	16:18+	17:35+	19:56+	20:34+	20:53+	
01:31+	01:24+	00:20=	00:34+	01:08=	02:10+	00:13-	02:14+	02:27+	02:13-	02:04+	01:17+	02:21-	00:38+	00:19-
00:30&	00:04+	00:00=	00:09&	00:00=	00:09+	00:03-	00:16#	00:27#	00:01-	00:27&	00:09#	00:02-	00:02+	00:03-
<b>9</b>	<b>Jens Arve Nygård</b>	<b>116</b>											<b>21:04</b>	
01:31+	03:19+	03:42+	04:11+	05:23+	07:30+	07:48+	09:59+	12:39+	14:33+	16:23+	17:46+	20:07+	20:44+	21:04+
01:31+	01:48+	00:23+	00:29+	01:12+	02:07+	00:18+	02:11+	02:40+	01:54-	01:50+	01:23+	02:21-	00:37+	00:20-
00:30&	00:28&	00:03#	00:04#	00:04+	00:06+	00:02#	00:13#	00:40&	00:20-	00:13#	00:15#	00:02-	00:01+	00:02-
<b>10</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>											<b>21:36</b>	
01:06+	02:51+	03:13+	03:37+	04:55+	07:03+	07:18+	09:33+	12:24+	14:20+	16:15+	17:44+	20:27+	21:11+	21:36+
01:06+	01:45+	00:22+	00:24-	01:18+	02:08+	00:15-	02:15+	02:51+	01:56-	01:55+	01:29+	02:43+	00:44+	00:25+
00:05+	00:25&	00:02#	00:01-	00:10#	00:07+	00:01-	00:17#	00:51&	00:18-	00:18#	00:21&	00:20#	00:08#	00:03#
<b>11</b>	<b>Øyvind Madland</b>	<b>134</b>											<b>22:13</b>	
01:13+	02:58+	03:18+	04:02+	05:23+	07:32+	07:49+	09:50+	12:25+	15:24+	17:00+	18:35+	21:03+	21:42+	22:13+
01:13+	01:45+	00:20=	00:44+	01:21+	02:09+	00:17+	02:01+	02:35+	02:59+	01:36-	01:35+	02:28+	00:39+	00:31+
00:12#	00:25&	00:00=	00:19&	00:13#	00:08+	00:01+	00:03+	00:35&	00:45&	00:01-	00:27&	00:05+	00:03+	00:09&
<b>12</b>	<b>Vidar Haus</b>	<b>399</b>											<b>23:16</b>	
02:41+	04:16+	04:38+	05:04+	06:18+	08:13+	08:28+	11:55+	14:24+	16:23+	18:11+	19:32+	22:12+	22:50+	23:16+
02:41+	01:35+	00:22+	00:26+	01:14+	01:55-	00:15-	03:27+	02:29+	01:59-	01:48+	01:21+	02:40+	00:38+	00:26+
01:40@	00:15#	00:02#	00:01+	00:06+	00:06-	00:01-	01:29&	00:29#	00:15-	00:11#	00:13#	00:17#	00:02+	00:04#
<b>13</b>	<b>Frode Lund</b>	<b>18</b>											<b>24:05</b>	
01:43+	03:31+	03:51+	04:31+	05:55+	08:16+	08:35+	11:10+	13:55+	16:16+	18:31+	19:52+	22:57+	23:39+	24:05+
01:43+	01:48+	00:20=	00:40+	01:24+	02:21+	00:19+	02:35+	02:45+	02:21+	02:15+	01:21+	03:05+	00:42+	00:26+
00:42&	00:28&	00:00=	00:15&	00:16#	00:20#	00:03#	00:37&	00:45&	00:07+	00:38&	00:13#	00:42&	00:06#	00:04#
<b>14</b>	<b>Viktor Klippen</b>	<b>5</b>											<b>24:14</b>	
04:29+	05:51+	07:01+	07:28+	08:43+	11:22+	11:41+	13:50+	15:46+	17:40+	19:14+	20:19+	23:05+	23:48+	24:14+
04:29+	01:22+	01:10+	00:27+	01:15+	02:39+	00:19+	02:09+	01:56-	01:54-	01:34-	01:05-	02:46+	00:43+	00:26+
03:28@	00:02+	00:50@	00:02+	00:07#	00:38&	00:03#	00:11+	00:04-	00:20-	00:03-	00:03-	00:23#	00:07#	00:04#
<b>15</b>	<b>Arne Magne Sondresen</b>	<b>105</b>											<b>24:24</b>	
02:07+	03:57+	04:20+	05:14+	06:42+	09:00+	09:20+	11:44+	14:16+	16:43+	18:39+	20:04+	23:03+	23:52+	24:24+
02:07+	01:50+	00:23+	00:54+	01:28+	02:18+	00:20+	02:24+	02:32+	02:27+	01:56+	01:25+	02:59+	00:49+	00:32+
01:06@	00:30&	00:03#	00:29@	00:20&	00:17#	00:04#	00:26#	00:32&	00:13+	00:19#	00:17#	00:36&	00:13&	00:10&
<b>16</b>	<b>Per-Olof Wallerstedt</b>	<b>18</b>											<b>24:31</b>	
01:10+	03:01+	03:23+	04:19+	05:40+	09:34+	09:49+	12:10+	14:50+	17:15+	19:14+	20:25+	23:17+	24:00+	24:31+
01:10+	01:51+	00:22+	00:56+	01:21+	03:54+	00:15-	02:21+	02:40+	02:25+	01:59+	01:11+	02:52+	00:43+	00:31+
00:09#	00:31&	00:02#	00:31@	00:13#	01:53&	00:01-	00:23#	00:40&	00:11+	00:22#	00:03+	00:29#	00:07#	00:09&
<b>17</b>	<b>Bartłomiej Lenart</b>	<b>91</b>											<b>24:35</b>	
01:39+	03:15+	03:40+	04:34+	06:04+	08:50+	09:09+	11:21+	13:45+	16:33+	18:38+	20:30+	23:03+	23:45+	24:35+
01:39+	01:36+	00:25+	00:54+	01:30+	02:46+	00:19+	02:12+	02:24+	02:48+	02:05+	01:52+	02:33+	00:42+	00:50+
00:38&	00:16#	00:05#	00:29@	00:22&	00:45&	00:03#	00:14#	00:24#	00:34&	00:28&	00:44&	00:10+	00:06#	00:28@
<b>18</b>	<b>Sjur Bjerke</b>	<b>401</b>											<b>24:39</b>	
01:26+	03:26+	03:58+	04:31+	06:00+	08:31+	08:50+	11:51+	14:26+	17:17+	19:19+	20:36+	23:40+	24:14+	24:39+
01:26+	02:00+	00:32+	00:33+	01:29+	02:31+	00:19+	03:01+	02:35+	02:51+	02:02+	01:17+	03:04+	00:34-	00:25+
00:25&	00:40&	00:12&	00:08&	00:21&	00:30#	00:03#	01:03&	00:35&	00:37&	00:25&	00:09#	00:41&	00:02-	00:03#
<b>19</b>	<b>Alf Olav Kalvik</b>	<b>7</b>											<b>24:44</b>	
01:33+	03:13+	03:37+	05:07+	06:29+	09:05+	09:26+	12:05+	14:49+	17:09+	19:24+	20:41+	23:41+	24:24+	24:44+
01:33+	01:40+	00:24+	01:30+	01:22+	02:36+	00:21+	02:39+	02:44+	02:20+	02:15+	01:17+	03:00+	00:43+	00:20+
00:32&	00:20#	00:04#	01:05@	00:14#	00:35&	00:05&	00:41&	00:44&	00:06+	00:38&	00:09#	00:37&	00:07#	00:02-
<b>20</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>											<b>24:58</b>	
02:07+	04:08+	04:29+	05:01+	06:29+	08:44+	09:02+	11:48+	14:50+	17:04+	19:19+	20:46+	23:50+	24:34+	24:58+
02:07+	02:01+	00:21+	00:32+	01:28+	02:15+	00:18+	02:46+	03:02+	02:14=	02:15+	01:27+	03:04+	00:44+	00:24+
01:06@	00:41&	00:01+	00:07&	00:20&	00:14#	00:02#	00:48&	01:02&	00:00=	00:38&	00:19&	00:41&	00:08#	00:02+
<b>21</b>	<b>Marius Bergstøl Hvidsten</b>	<b>372</b>											<b>25:00</b>	
01:36+	03:29+	03:56+	04:32+	05:54+	08:06+	08:27+	11:49+	14:23+	17:12+	19:16+	20:41+	23:53+	24:36+	25:00+
01:36+	01:53+	00:27+	00:36+	01:22+	02:12+	00:21+	03:22+	02:34+	02:49+	02:04+	01:25+	03:12+	00:43+	00:24+
00:35&	00:33&	00:07&	00:11&	00:14#	00:11+	00:05&	01:24&	00:34&	00:35&	00:27&	00:17#	00:49&	00:07#	00:02+
<b>22</b>	<b>Sveinung Skjørsæter</b>	<b>129</b>											<b>25:17</b>	
01:30+	03:33+	03:55+	04:28+	05:55+	08:14+	08:49+	11:21+	13:53+	16:30+	19:40+	21:20+	24:12+	24:53+	25:17+
01:30+	02:03+	00:22+	00:33+	01:27+	02:19+	00:35+	02:32+	02:32+	02:37+	03:10+	01:40+	02:52+	00:41+	00:24+
00:29&	00:43&	00:02#	00:08&	00:19&	00:18#	00:19@	00:34&	00:32&	00:23#	01:33&	00:32&	00:29#	00:05#	00:02+

Class	Navn	Klasse										Tid		
<b>23</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>25:23</b>		
01:25+	03:16+	03:44+	04:15+	05:47+	08:22+	08:41+	11:31+	14:23+	16:41+	18:55+	20:12+	24:07+	24:58+	25:23+
01:25+	01:51+	00:28+	00:31+	01:32+	02:35+	00:19+	02:50+	02:52+	02:18+	02:14+	01:17+	03:55+	00:51+	00:25+
00:24&	00:31&	00:08&	00:06#	00:24&	00:34&	00:03#	00:52&	00:52&	00:04+	00:37&	00:09#	01:32&	00:15&	00:03#
<b>24</b>	<b>Arild Svihus</b>	<b>92</b>										<b>25:28</b>		
01:50+	03:40+	04:02+	04:32+	06:03+	09:13+	09:29+	11:53+	14:28+	17:04+	19:17+	20:48+	23:53+	24:57+	25:28+
01:50+	01:50+	00:22+	00:30+	01:31+	03:10+	00:16=	02:24+	02:35+	02:36+	02:13+	01:31+	03:05+	01:04+	00:31+
00:49&	00:30&	00:02#	00:05#	00:23&	01:09&	00:00=	00:26#	00:35&	00:22#	00:36&	00:23&	00:42&	00:28&	00:09&
<b>25</b>	<b>Kjartan Byberg</b>	<b>403</b>										<b>25:30</b>		
01:22+	03:25+	04:16+	05:09+	06:39+	09:10+	09:39+	12:09+	14:52+	17:29+	19:51+	21:19+	24:15+	24:58+	25:30+
01:22+	02:03+	00:51+	00:53+	01:30+	02:31+	00:29+	02:30+	02:43+	02:37+	02:22+	01:28+	02:56+	00:43+	00:32+
00:21&	00:43&	00:31@	00:28@	00:22&	00:30#	00:13&	00:32&	00:43&	00:23#	00:45&	00:20&	00:33#	00:07#	00:10&
<b>26</b>	<b>Paul Jarvis</b>	<b>397</b>										<b>25:56</b>		
01:27+	05:00+	05:14+	06:51+	08:03+	09:53+	10:09+	12:29+	14:45+	17:24+	20:26+	21:24+	25:01+	25:35+	25:56+
01:27+	03:33+	00:14-	01:37+	01:12+	01:50-	00:16=	02:20+	02:16+	02:39+	03:02+	00:58-	03:37+	00:34-	00:21-
00:26&	02:13@	00:06-	01:12@	00:04+	00:11-	00:00=	00:22#	00:16#	00:25#	01:25&	00:10-	01:14&	00:02-	00:01-
<b>27</b>	<b>Jerome Renoult</b>	<b>63</b>										<b>26:08</b>		
01:22+	03:41+	04:53+	05:24+	06:59+	09:27+	09:46+	12:34+	15:27+	17:51+	20:01+	21:42+	24:53+	25:38+	26:08+
01:22+	02:19+	01:12+	00:31+	01:35+	02:28+	00:19+	02:48+	02:53+	02:24+	02:10+	01:41+	03:11+	00:45+	00:30+
00:21&	00:59&	00:52@	00:06#	00:27&	00:27#	00:03#	00:50&	00:53&	00:10+	00:33&	00:33&	00:48&	00:09#	00:08&
<b>28</b>	<b>Tom Kåre Versland</b>	<b>105</b>										<b>26:43</b>		
01:24+	03:20+	04:00+	04:37+	06:15+	08:35+	09:02+	11:26+	14:05+	16:42+	19:54+	21:50+	25:14+	26:11+	26:43+
01:24+	01:56+	00:40+	00:37+	01:38+	02:20+	00:27+	02:24+	02:39+	02:37+	03:12+	01:56+	03:24+	00:57+	00:32+
00:23&	00:36&	00:20&	00:12&	00:30&	00:19#	00:11&	00:26#	00:39&	00:23#	01:35&	00:48&	01:01&	00:21&	00:10&
<b>29</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>27:02</b>		
01:39+	03:40+	04:06+	04:52+	06:17+	08:37+	09:08+	11:45+	14:39+	17:12+	20:59+	22:32+	25:43+	26:31+	27:02+
01:39+	02:01+	00:26+	00:46+	01:25+	02:20+	00:31+	02:37+	02:54+	02:33+	03:47+	01:33+	03:11+	00:48+	00:31+
00:38&	00:41&	00:06&	00:21&	00:17#	00:19#	00:15&	00:39&	00:54&	00:19#	02:10@	00:25&	00:48&	00:12&	00:09&
<b>30</b>	<b>Geir Sperre Jørgensen</b>	<b>268</b>										<b>27:03</b>		
01:48+	03:53+	04:24+	05:04+	06:29+	09:00+	09:23+	12:08+	15:36+	18:33+	20:45+	22:17+	25:40+	26:31+	27:03+
01:48+	02:05+	00:31+	00:40+	01:25+	02:31+	00:23+	02:45+	03:28+	02:57+	02:12+	01:32+	03:23+	00:51+	00:32+
00:47&	00:45&	00:11&	00:15&	00:17#	00:30#	00:07&	00:47&	01:28&	00:43&	00:35&	00:24&	01:00&	00:15&	00:10&
<b>31</b>	<b>Nils Egil Lie</b>	<b>376</b>										<b>27:50</b>		
01:32+	03:39+	04:00+	04:32+	06:02+	08:45+	09:07+	12:33+	15:59+	18:45+	21:28+	23:17+	26:41+	27:24+	27:50+
01:32+	02:07+	00:21+	00:32+	01:30+	02:43+	00:22+	03:26+	03:26+	02:46+	02:43+	01:49+	03:24+	00:43+	00:26+
00:31&	00:47&	00:01+	00:07&	00:22&	00:42&	00:06&	01:28&	01:26&	00:32#	01:06&	00:41&	01:01&	00:07#	00:04#
<b>32</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>27:51</b>		
02:00+	04:12+	04:40+	05:12+	07:03+	09:43+	10:06+	13:06+	16:17+	18:43+	20:56+	22:55+	26:34+	27:23+	27:51+
02:00+	02:12+	00:28+	00:32+	01:51+	02:40+	00:23+	03:00+	03:11+	02:26+	02:13+	01:59+	03:39+	00:49+	00:28+
00:59&	00:52&	00:08&	00:07&	00:43&	00:39&	00:07&	01:02&	01:11&	00:12+	00:36&	00:51&	01:16&	00:13&	00:06&
<b>33</b>	<b>Ketil Vestbakke</b>	<b>116</b>										<b>27:55</b>		
01:45+	04:18+	05:00+	05:46+	07:20+	10:37+	11:01+	13:40+	16:22+	19:07+	21:18+	22:57+	26:40+	27:26+	27:55+
01:45+	02:33+	00:42+	00:46+	01:34+	03:17+	00:24+	02:39+	02:42+	02:45+	02:11+	01:39+	03:43+	00:46+	00:29+
00:44&	01:13&	00:22@	00:21&	00:26&	01:16&	00:08&	00:41&	00:42&	00:31#	00:34&	00:31&	01:20&	00:10&	00:07&
<b>34</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>28:03</b>		
01:41+	04:00+	04:25+	05:52+	07:30+	10:16+	10:40+	13:44+	17:02+	19:40+	21:56+	23:29+	26:41+	27:30+	28:03+
01:41+	02:19+	00:25+	01:27+	01:38+	02:46+	00:24+	03:04+	03:18+	02:38+	02:16+	01:33+	03:12+	00:49+	00:33+
00:40&	00:59&	00:05#	01:02@	00:30&	00:45&	00:08&	01:06&	01:18&	00:24#	00:39&	00:25&	00:49&	00:13&	00:11&
<b>35</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>29:45</b>		
01:45+	04:09+	04:36+	05:14+	07:08+	09:54+	10:18+	13:33+	17:07+	20:02+	22:45+	24:29+	28:09+	29:06+	29:45+
01:45+	02:24+	00:27+	00:38+	01:54+	02:46+	00:24+	03:15+	03:34+	02:55+	02:43+	01:44+	03:40+	00:57+	00:39+
00:44&	01:04&	00:07&	00:13&	00:46&	00:45&	00:08&	01:17&	01:34&	00:41&	01:06&	00:36&	01:17&	00:21&	00:17&
<b>36</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>30:32</b>		
03:00+	05:09+	06:31+	07:02+	08:47+	11:25+	11:50+	15:13+	18:28+	21:12+	23:36+	25:37+	29:11+	29:58+	30:32+
03:00+	02:09+	01:22+	00:31+	01:45+	02:38+	00:25+	03:23+	03:15+	02:44+	02:24+	02:01+	03:34+	00:47+	00:34+
01:59@	00:49&	01:02@	00:06#	00:37&	00:37&	00:09&	01:25&	01:15&	00:30#	00:47&	00:53&	01:11&	00:11&	00:12&
<b>37</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>31:11</b>		
01:53+	03:53+	04:24+	04:55+	06:27+	09:08+	09:39+	12:26+	16:44+	19:28+	22:43+	24:35+	29:40+	30:40+	31:11+
01:53+	02:00+	00:31+	00:31+	01:32+	02:41+	00:31+	02:47+	04:18+	02:44+	03:15+	01:52+	05:05+	01:00+	00:31+
00:52&	00:40&	00:11&	00:06#	00:24&	00:40&	00:15&	00:49&	02:18@	00:30#	01:38@	00:44&	02:42@	00:24&	00:09&

Class	Navn	Klasse										Tid		
<b>38</b>	<b>Eivind Tolo</b>	<b>111</b>										<b>31:22</b>		
02:08+	04:33+	05:01+	05:44+	07:20+	10:10+	11:46+	15:11+	18:56+	21:49+	24:34+	26:26+	30:02+	30:54+	31:22+
02:08+	02:25+	00:28+	00:43+	01:36+	02:50+	01:36+	03:25+	03:45+	02:53+	02:45+	01:52+	03:36+	00:52+	00:28+
01:07@	01:05&	00:08&	00:18&	00:28&	00:49&	01:20@	01:27&	01:45&	00:39&	01:08&	00:44&	01:13&	00:16&	00:06&
<b>39</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>31:48</b>		
01:46+	04:10+	04:32+	05:22+	07:16+	10:27+	10:48+	14:17+	17:56+	21:00+	23:43+	26:09+	30:16+	31:15+	31:48+
01:46+	02:24+	00:22+	00:50+	01:54+	03:11+	00:21+	03:29+	03:39+	03:04+	02:43+	02:26+	04:07+	00:59+	00:33+
00:45&	01:04&	00:02#	00:25&	00:46&	01:10&	00:05&	01:31&	01:39&	00:50&	01:06&	01:18@	01:44&	00:23&	00:11&
<b>40</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>32:12</b>		
02:13+	04:44+	05:21+	06:06+	08:04+	10:48+	11:14+	14:29+	17:59+	22:09+	24:57+	26:54+	30:29+	31:30+	32:12+
02:13+	02:31+	00:37+	00:45+	01:58+	02:44+	00:26+	03:15+	03:30+	04:10+	02:48+	01:57+	03:35+	01:01+	00:42+
01:12@	01:11&	00:17&	00:20&	00:50&	00:43&	00:10&	01:17&	01:30&	01:56&	01:11&	00:49&	01:12&	00:25&	00:20&
<b>41</b>	<b>Bent Horpestad</b>	<b>105</b>										<b>32:26</b>		
02:19+	04:30+	06:38+	07:07+	08:51+	12:04+	12:22+	16:32+	19:20+	23:21+	25:47+	27:21+	30:52+	31:52+	32:26+
02:19+	02:11+	02:08+	00:29+	01:44+	03:13+	00:18+	04:10+	02:48+	04:01+	02:26+	01:34+	03:31+	01:00+	00:34+
01:18@	00:51&	01:48@	00:04#	00:36&	01:12&	00:02#	02:12@	00:48&	01:47&	00:49&	00:26&	01:08&	00:24&	00:12&
<b>42</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>32:41</b>		
01:49+	04:15+	04:54+	05:50+	07:28+	10:41+	10:59+	14:37+	18:22+	21:56+	24:38+	26:53+	31:13+	32:09+	32:41+
01:49+	02:26+	00:39+	00:56+	01:38+	03:13+	00:18+	03:38+	03:45+	03:34+	02:42+	02:15+	04:20+	00:56+	00:32+
00:48&	01:06&	00:19&	00:31@	00:30&	01:12&	00:02#	01:40&	01:45&	01:20&	01:05&	01:07&	01:57&	00:20&	00:10&
<b>43</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>34:36</b>		
02:07+	04:51+	05:22+	06:11+	08:03+	12:36+	12:54+	16:51+	20:35+	24:01+	26:48+	28:36+	33:06+	34:08+	34:36+
02:07+	02:44+	00:31+	00:49+	01:52+	04:33+	00:18+	03:57+	03:44+	03:26+	02:47+	01:48+	04:30+	01:02+	00:28+
01:06@	01:24@	00:11&	00:24&	00:44&	02:32@	00:02#	01:59@	01:44&	01:12&	01:10&	00:40&	02:07&	00:26&	00:06&
<b>44</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>										<b>34:48</b>		
03:00+	06:58+	07:53+	08:36+	10:23+	13:39+	14:08+	17:21+	20:51+	24:14+	26:51+	28:56+	33:16+	34:14+	34:48+
03:00+	03:58+	00:55+	00:43+	01:47+	03:16+	00:29+	03:13+	03:30+	03:23+	02:37+	02:05+	04:20+	00:58+	00:34+
01:59@	02:38@	00:35@	00:18&	00:39&	01:15&	00:13&	01:15&	01:30&	01:09&	01:00&	00:57&	01:57&	00:22&	00:12&
<b>45</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>34:51</b>		
02:36+	04:36+	05:04+	05:49+	07:42+	12:34+	13:05+	15:44+	20:02+	22:47+	27:38+	29:52+	33:32+	34:19+	34:51+
02:36+	02:00+	00:28+	00:45+	01:53+	04:52+	00:31+	02:39+	04:18+	02:45+	04:51+	02:14+	03:40+	00:47+	00:32+
01:35@	00:40&	00:08&	00:20&	00:45&	02:51@	00:15&	00:41&	02:18@	00:31#	03:14@	01:06&	01:17&	00:11&	00:10&
<b>46</b>	<b>Kim Kverneland</b>	<b>376</b>										<b>36:03</b>		
03:28+	05:21+	05:47+	06:38+	08:31+	12:13+	12:44+	17:13+	21:20+	24:51+	28:29+	29:55+	34:42+	35:30+	36:03+
03:28+	01:53+	00:26+	00:51+	01:53+	03:42+	00:31+	04:29+	04:07+	03:31+	03:38+	01:26+	04:47+	00:48+	00:33+
02:27@	00:33&	00:06&	00:26@	00:45&	01:41&	00:15&	02:31@	02:07@	01:17&	02:01@	00:18&	02:24@	00:12&	00:11&
<b>47</b>	<b>Thomas Hjertaas</b>	<b>105</b>										<b>37:42</b>		
02:35+	04:54+	05:27+	08:02+	10:28+	13:44+	14:09+	17:10+	20:50+	24:29+	28:09+	30:22+	35:22+	36:40+	37:42+
02:35+	02:19+	00:33+	02:35+	02:26+	03:16+	00:25+	03:01+	03:40+	03:39+	03:40+	02:13+	05:00+	01:18+	01:02+
01:34@	00:59&	00:13&	02:10@	01:18@	01:15&	00:09&	01:03&	01:40&	01:25&	02:03@	01:05&	02:37@	00:42@	00:40@
<b>48</b>	<b>Trond Vigedal</b>	<b>117</b>										<b>38:01</b>		
04:49+	07:11+	09:02+	09:54+	11:39+	15:03+	15:29+	18:43+	22:07+	25:00+	28:38+	32:29+	36:32+	37:27+	38:01+
04:49+	02:22+	01:51+	00:52+	01:45+	03:24+	00:26+	03:14+	03:24+	02:53+	03:38+	03:51+	04:03+	00:55+	00:34+
03:48@	01:02&	01:31@	00:27@	00:37&	01:23&	00:10&	01:16&	01:24&	00:39&	02:01@	02:43@	01:40&	00:19&	00:12&
<b>49</b>	<b>Per Bakken</b>	<b>5</b>										<b>38:07</b>		
02:34+	06:37+	07:55+	08:51+	10:57+	14:12+	14:35+	18:22+	22:13+	25:48+	29:32+	31:44+	36:16+	37:30+	38:07+
02:34+	04:03+	01:18+	00:56+	02:06+	03:15+	00:23+	03:47+	03:51+	03:35+	03:44+	02:12+	04:32+	01:14+	00:37+
01:33@	02:43@	00:58@	00:31@	00:58&	01:14&	00:07&	01:49&	01:51&	01:21&	02:07@	01:04&	02:09&	00:38@	00:15&
<b>50</b>	<b>Einar Rosvoll</b>	<b>74</b>										<b>38:24</b>		
02:45+	05:30+	06:25+	07:35+	09:45+	12:56+	13:21+	17:51+	21:36+	25:20+	29:09+	31:24+	37:02+	37:53+	38:24+
02:45+	02:45+	00:55+	01:10+	02:10+	03:11+	00:25+	04:30+	03:45+	03:44+	03:49+	02:15+	05:38+	00:51+	00:31+
01:44@	01:25@	00:35@	00:45@	01:02&	01:10&	00:09&	02:32@	01:45&	01:30&	02:12@	01:07&	03:15@	00:15&	00:09&
<b>51</b>	<b>Erik Henriksen</b>	<b>116</b>										<b>38:32</b>		
02:10+	06:41+	07:21+	08:14+	10:38+	14:11+	14:47+	18:41+	22:40+	26:27+	29:41+	32:06+	36:28+	37:51+	38:32+
02:10+	04:31+	00:40+	00:53+	02:24+	03:33+	00:36+	03:54+	03:59+	03:47+	03:14+	02:25+	04:22+	01:23+	00:41+
01:09@	03:11@	00:20&	00:28@	01:16@	01:32&	00:20@	01:56&	01:59&	01:33&	01:37&	01:17@	01:59&	00:47@	00:19&
<b>52</b>	<b>Erling Aniksdal</b>	<b>128</b>										<b>50:42</b>		
02:58+	06:52+	07:36+	09:02+	12:38+	17:46+	18:58+	24:10+	29:41+	34:12+	38:50+	42:06+	48:09+	49:37+	50:42+
02:58+	03:54+	00:44+	01:26+	03:36+	05:08+	01:12+	05:12+	05:31+	04:31+	04:38+	03:16+	06:03+	01:28+	01:05+
01:57@	02:34@	00:24@	01:01@	02:28@	03:07@	00:56@	03:14@	03:31@	02:17@	03:01@	02:08@	03:40@	00:52@	00:43@

Class	Navn	Klasse												Tid
<b>53</b>	<b>Arvid Walskaar</b>	<b>392</b>												<b>51:46</b>
03:40+	06:20+	07:06+	07:58+	10:39+	14:14+	16:51+	21:01+	25:04+	30:25+	35:42+	38:09+	48:53+	50:51+	51:46+
03:40+	02:40+	00:46+	00:52+	02:41+	03:35+	02:37+	04:10+	04:03+	05:21+	05:17+	02:27+	10:44+	01:58+	00:55+
02:39@	01:20&	00:26@	00:27@	01:33@	01:34&	02:21@	02:12@	02:03@	03:07@	03:40@	01:19@	08:21@	01:22@	00:33@
<b>54</b>	<b>Inge Grødem</b>	<b>92</b>												<b>55:02</b>
03:24+	07:02+	07:49+	09:42+	12:51+	19:53+	20:37+	26:55+	31:47+	37:13+	41:44+	44:36+	52:51+	54:14+	55:02+
03:24+	03:38+	00:47+	01:53+	03:09+	07:02+	00:44+	06:18+	04:52+	05:26+	04:31+	02:52+	08:15+	01:23+	00:48+
02:23@	02:18@	00:27@	01:28@	02:01@	05:01@	00:28@	04:20@	02:52@	03:12@	02:54@	01:44@	05:52@	00:47@	00:26@
<b>55</b>	<b>Ashwin Ashok</b>	<b>91</b>												<b>56:07</b>
05:48+	12:42+	13:13+	16:51+	19:20+	24:14+	24:44+	28:28+	32:30+	37:51+	41:31+	49:12+	54:20+	55:35+	56:07+
05:48+	06:54+	00:31+	03:38+	02:29+	04:54+	00:30+	03:44+	04:02+	05:21+	03:40+	07:41+	05:08+	01:15+	00:32+
04:47@	05:34@	00:11&	03:13@	01:21@	02:53@	00:14&	01:46&	02:02@	03:07@	02:03@	06:33@	02:45@	00:39@	00:10&
<b>Beste strekktid for klassen</b>														
01:01	01:20	00:14	00:24	01:08	01:46	00:13	01:49	01:55	01:49	01:29	00:58	02:20	00:31	00:17

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