

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Matilde Skjæveland Skår	114	23:21											
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=
2	Marie Sigvaldsen	392	25:08											
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+
3	Nina Karlsen	111	25:32											
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-
4	Trine Selvikvåg	62	25:47											
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=
5	Ingunn Rognsvåg	134	25:47											
01:13=	03:18+	03:58+	04:19-	04:43+	05:22+	07:38+	08:05+	12:44+	15:35+	17:05+	18:22+	22:02+	25:22+	25:47+
01:13=	02:05+	00:40+	00:21-	00:24+	00:39+	02:16+	00:27-	04:39+	02:51+	01:30+	01:17+	03:40+	03:20+	00:25-
00:00=	00:02+	00:04#	00:09-	00:04#	00:07#	00:21#	00:07-	00:27#	00:13+	00:14#	00:13#	00:44#	00:15+	00:02-
6	Aina Kalsaas Urstad	356	26:27											
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-
7	Katja Eliassen	105	28:39											
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-
8	Maren Heradstveit	76	28:52											
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-
9	Ingrid Lycke Austbø	109	29:18											
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-
10	Anina Iselin Hadland	29	29:19											
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-
11	Kjersti Fandrem Høivik	68	29:38											
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-
12	Hanne Berg Aspøy	117	30:07											
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+
13	Lene Bjelland	116	30:10											
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-
14	Tina Louise Langeland	117	31:06											
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+

Class	Navn	Klasse	Tid															
15	Marita Navjord Nicolaysen	71	31:47															
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-				
16	Wibeke Lende	74	33:07															
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+	00:27=				
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#	00:00=				
17	Hege Bakken	53	33:58															
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+	33:58+				
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+	00:28+				
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&	00:01+				
18	Marita Skorpe Falnes	385	34:42															
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+	34:42+				
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+	00:26-				
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&	00:01-				
Beste strekktid for klassen				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	00:21

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

Damer 40 - 49 år

1	Agnès Haker	71	24:27											
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=			
2	Randi Helen Ladsten	128	26:40											
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#			
3	Anette Nordstrand Bjordal	115	26:44											
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-			
4	Hege Anita H. Nielsen	48	28:48											
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=			
5	Heidi Martby-Skogsholm	105	30:34											
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#			
6	Helen Haneferd	27	30:38											
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&			
7	Elin Norveel	105	34:10											
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&			

Beste strekktid for klassen

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

Class	Navn	Klasse	Tid								
1	Grethe Anda Fuglestad	116	23:52								
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=
2	Iren Undheim Øgreid	62	24:16								
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=
3	Evy Klausen Mjølssnes	62	24:40								
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=
4	Anita Glenne Kallhovd	29	25:02								
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+
5	Irene Rummelhoff	116	26:01								
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&
6	Gerd Olaug Vikeså	101	27:46								
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&
7	Margrethe Roalsø	93	27:46								
02:08+	02:57+	04:27+	04:43+	08:15+	12:56+	17:03+	18:29+	19:42+	23:34+	27:21+	27:46+
02:08+	00:49-	01:30+	00:16-	03:32+	04:41+	04:07+	01:26-	01:13-	03:52+	03:47+	00:25+
00:29&	00:02-	00:06+	00:01-	00:55&	00:22+	01:32&	00:02-	00:08-	00:23#	00:19+	00:01+
8	Torill Andersen	116	28:05								
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&
9	Ragnhild Auglænd	62	28:11								
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#
10	Liv Omdal	116	28:27								
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=
11	Trude Katrine Hermanrud	117	28:57								
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#
12	Marie-Elizabeth Reinseth	27	29:25								
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#
13	Tonje Tiley	27	29:56								
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&
14	Ingjerd Haddeland	66	31:09								
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&
15	Siv Skretting	93	31:25								
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&

Class	Navn	Klasse	Tid								
16	Hilde Frøylog Karlsen	71	34:44								
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&
17	Toril Dahle	116	34:57								
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#
18	Andrea Tapken	54	36:23								
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#
19	Tove Irene Asheim	116	36:53								
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&
20	Brit Vivian Meling	116	37:46								
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&
21	Synnøve Westermoen	116	37:56								
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&
22	Elisabeth Melbø	128	41:02								
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#
23	Kristin Furre Owe	117	47:27								
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@

Beste strekktid for klassen

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

1	Anne Siv Gjertsen	27	25:52																
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=	
2	Amanda Renshaw	101	26:42																
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#	
3	Ingrid Øxnevad	18	27:51																
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+
4	Ingunn Voilås	29	29:56																
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#	
5	Nidunn Sandvik	228	30:24																
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+

Class	Navn	Klasse										Tid								
6	Anne Katrine Lycke	147										30:51								
	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#	
7	Birgitte Røe	125										31:33								
	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#	
8	Kari Anstensrud	117										31:43								
	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#	
9	Ellinor Nesse	116										32:51								
	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#	
10	Ellinor Hoemsnes	116										37:52								
	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#	
11	Hanne Hermanrud	115										40:51								
	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#	
Beste strekktid for klassen		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.

Damer 65 - 69 år

1	Tove Bjerkreim	105										28:38								
	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=
2	Margot Asheim	105										30:32								
	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-	
3	Berit Gramstad	113										33:55								
	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-	
4	Liv-Grete Obrestad	113										36:03								
	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-	
5	Liv Sissel Obrestad	54										36:29								
	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-	
6	Kari Blixhavn	228										36:35								
	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-	
7	Åse Berg	105										40:57								
	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-	

Class	Navn	Klasse														Tid				
8	May Elinor Meling	125														42:03				
		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-

Beste strekktid for klassen

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.

Damer 70 - 74 år

1	Mette Dagsland	68														27:25				
		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=

2	Hanne Eik	117														31:31				
		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

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

Damer 75 - 79 år

1	Turid Nystrøm	68														26:08				
		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=

2	Helga Aaslid	54														31:00				
		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&

3	Haldis Glendrange	68														31:55				
		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-

4	Hedvig Anda	116														35:33				
		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+	00:17&	00:20#	00:13#	00:27&	00:10&	00:16&	00:02+	03:15&	01:24&	00:19#	00:04+	01:11&	00:07#	00:00=	

5	Gry Vikhamar Thengs	68														36:45				
		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#

6	Helga Klausen	62														42:23				
		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&

7	Aslaug Lura	94														51:49				
		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

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

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

Damer 80 år og eldre

1 Gørild Espedal 113 1:33:31

40:42= 43:49= 44:49= 46:07= 51:50= 52:27= 60:40= 66:12= 74:05= 79:46= 83:04= 90:40= 92:29= 93:31=
 40:42= 03:07= 01:00= 01:18= 05:43= 00:37= 08:13= 05:32= 07:53= 05:41= 03:18= 07:36= 01:49= 01:02=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

40:42 03:07 01:00 01:18 05:43 00:37 08:13 05:32 07:53 05:41 03:18 07:36 01:49 01:02

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

Damer A

1 Marjo Liikanen 67 21:35

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=

2 Aud Hognestad Taksdal 92 21:45

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#

3 Anna Taksdal 194 23:18

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&

4 Katrine Haaland Leveraas 117 24:39

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&

5 Amalie Wathne 134 25:41

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&

6 Tone Torgersen 27 27:46

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#

7 Katrine Prestvold 212 28:29

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#

8 Trine Bolstad Scheie 62 28:37

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&

9 Elin Graneland 39 31:22

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&

Beste strekktid for klassen

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

Class	Navn	Klasse										Tid					
1	Lise Isachsen	165										25:02					
	01:33=	03:56=	04:22=	04:41=	05:19=	07:27=	08:04=	10:14=	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=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Inger Tone Nygård	29										25:22					
	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-
3	Ida K. Kolstø	29										26:46					
	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-
4	Berit Våg Aksland	116										27:59					
	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-
5	Toyah Bråtveit	43										28:46					
	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-
6	Helen Lomeland	105										29:01					
	02:23+	05:12+	05:31+	05:52+	06:36+	09:06+	09:53+	12:26+	12:47+	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+	00:26=
	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#	00:00=
7	Anne Sæbø Vik	116										29:23					
	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+	29:23+
	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+	00:30+
	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#	00:04#
8	Mariann Sveinsvoll	94										29:45					
	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+	29:45+
	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+	00:29+
	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&	00:03#
9	Ann Karin Tjørhom	93										29:54					
	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+	29:54+
	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+	00:28+
	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#	00:02+
10	Kristin Breivold	92										29:56					
	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+	29:56+
	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+	00:23-
	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#	00:03-
11	Anne Garsrud	395										31:00					
	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+	31:00+
	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+	00:27+
	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&	00:01+
12	Vibeke Lamark	46										33:08					
	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+	33:08+
	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+	00:35+
	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&	00:09&
13	Ingrid W. Hestness	117										33:13					
	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+	33:13+
	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+	00:25-
	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&	00:01-
Beste strekktid for klassen																	
	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

Class	Navn	Klasse	Tid
1	Pernille Eiane	404	11:19
	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=		
2	Tonje Larssen Hagen	105	11:22
	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+		
3	Lynn Marie Galston	116	13:07
	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&		
4	Elisabeth Drypping	134	18:24
	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+		
5	Tiril Prestvold	212	19:27
	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&		
6	Stephanie Thomsen	27	23:54
	02:20+ 03:00+ 04:14+ 05:38+ 14:54+ 16:33+ 17:16+ 20:31+ 22:14+ 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&		
7	Pia Kaldberg	134	26:12
	02:06+ 03:23+ 05:50+ 08:14+ 11:09+ 13:38+ 14:53+ 23:29+ 25:08+ 26:12+		
	02:06+ 01:17+ 02:27+ 02:24+ 02:55+ 02:29+ 01:15+ 08:36+ 01:39+ 01:04+		
	01:06@ 00:38& 01:46@ 01:14@ 01:18& 01:18@ 00:35& 06:17@ 00:40& 00:25&		
8	Tilde Stadheim	134	27:27
	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&		
9	Emilie Nesvik Finnesand	134	42:20
	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@		
10	Miriam Strøm Eikeland	134	42:48
	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&		
11	Eliana Tomrin	134	42:49
	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&		
Beste strekktid for klassen			
	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

1	Ann-Mari Vold	54	21:33
	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=		
2	Anastasia Ollestad	93	22:27
	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-		

Class	Navn	Klasse											Tid				
3	Kristin Yoon	372											22:52				
	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+	
4	Grete Stokke Seljeskog	128											22:54				
	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-	
5	Inger Johanne Klausen	54											22:57				
	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+	00:14&	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-	
6	Nina Bækkelund Christiansen	105											23:00				
	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#	
7	Silje H. Myklebust	54											23:03				
	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=	
8	Maria Fjelde	105											23:10				
	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-	
9	Linn Bringeland	375											23:38				
	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=	
10	Marit Lindtveit Undheim	54											24:22				
	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#	
11	Inga Borge	43											24:25				
	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&	
12	Sigrund Serigstad	128											25:40				
	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=	
13	Karoline Fidjeland	105											26:05				
	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#	
14	Astri Sandanger	93											26:13				
	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-	
15	Anne Mette Riskjell Høyland	63											26:50				
	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+	
16	Ingvild Marthinussen	63											26:50				
	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#	
17	Stephanie Loin	42											27:07				
	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&	

Class	Navn	Klasse	Tid													
18	Karianne Skogland Enerstvedt	105	27:26													
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&	
19	Elsa Ingolfsdottir	126	27:37													
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&	
20	Marie Engedal Svartsund	91	28:21													
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-	
21	Grethe Mo	117	28:22													
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&	
22	Marianne Høie	116	28:46													
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+	
23	Oda Roaldsdotter Ravndal	114	30:29													
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=	
24	Kirsti Strand Salvesen	256	31:29													
02:41+	04:57+	05:55+	06:47+	09:03+	10:39+	12:49+	13:49+	16:41+	19:51+	22:13+	24:00+	25:00+	29:29+	30:42+	31:29+	
02:41+	02:16+	00:58+	00:52+	02:16+	01:36+	02:10+	01:00+	02:52+	03:10+	02:22+	01:47+	01:00+	04:29+	01:13+	00:47+	
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&	
25	Kristin Barvik	92	31:33													
02:04-	04:05+	04:46+	05:17+	06:52+	08:06+	12:39+	13:22+	16:00+	18:26+	20:35+	24:27+	25:28+	28:56+	30:02+	30:58+	31:33+
02:04-	02:01+	00:41+	00:31=	01:35-	01:14+	04:33+	00:43+	02:38+	02:26+	02:09+	03:52+	01:01+	03:28+	01:06+	00:56+	00:35+
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+
26	Elisabeth Horpestad	117	31:46													
06:29+	08:08+	08:45+	09:28+	10:55+	12:01+	13:05+	13:48+	16:25+	19:48+	24:34+	25:45+	26:37+	30:36+	31:24+	31:46+	
06:29+	01:39+	00:37+	00:43+	01:27-	01:06+	01:04+	00:43+	02:37+	03:23+	04:46+	01:11+	00:52+	03:59+	00:48+	00:22-	
04:12@	00:05+	00:13&	00:021-	00:12#	00:12#	00:08#	00:05#	00:16#	01:11&	02:55@	00:08#	00:09#	00:49&	00:05#	00:06-	
27	Signe Lise Haaland	66	32:02													
02:42+	05:00+	05:40+	06:27+	08:48+	10:09+	11:33+	12:35+	16:13+	19:43+	22:03+	24:08+	25:06+	29:52+	31:10+	32:02+	
02:42+	02:18+	00:40+	00:47+	02:21+	01:21+	01:24+	01:02+	03:38+	03:30+	02:20+	02:05+	00:58+	04:46+	01:18+	00:52+	
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&	
28	Unni Byberg Mæstad	92	32:25													
02:34+	04:50+	05:31+	06:09+	07:59+	09:34+	11:22+	12:08+	15:23+	18:13+	24:03+	25:37+	26:29+	30:31+	31:45+	32:25+	
02:34+	02:16+	00:41+	00:38+	01:50+	01:35+	01:48+	00:46+	03:15+	02:50+	05:50+	01:34+	00:52+	04:02+	01:14+	00:40+	
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&	
29	Eli Våge	117	32:36													
03:30+	05:53+	06:43+	07:27+	10:14+	11:40+	13:09+	14:08+	18:21+	21:27+	23:55+	25:29+	26:30+	30:52+	32:03+	32:36+	
03:30+	02:23+	00:50+	00:44+	02:47+	01:26+	01:29+	00:59+	04:13+	03:06+	02:28+	01:34+	01:01+	04:22+	01:11+	00:33+	
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#	
30	Tone Giske	7	33:48													
02:42+	05:00+	05:39+	06:25+	08:33+	10:05+	11:29+	12:15+	16:16+	19:57+	23:08+	25:13+	26:17+	31:37+	33:00+	33:48+	
02:42+	02:18+	00:39+	00:46+	02:08+	01:32+	01:24+	00:46+	04:01+	03:41+	03:11+	02:05+	01:04+	05:20+	01:23+	00:48+	
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&	
31	Anne Turid Lian Vestbakke	116	34:20													
02:26+	04:38+	05:34+	06:29+	09:31+	11:12+	13:07+	14:12+	17:44+	21:24+	25:14+	26:50+	27:46+	32:32+	33:44+	34:20+	
02:26+	02:12+	00:56+	00:55+	03:02+	01:41+	01:55+	01:05+	03:32+	03:40+	03:50+	01:36+	00:56+	04:46+	01:12+	00:36+	
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&	01:36&	00:29&	00:08&	
32	Liv Janne Fandrem Biland	92	34:25													
02:21+	04:39+	05:46+	06:52+	09:14+	11:39+	13:39+	14:51+	18:07+	21:02+	25:35+	27:34+	28:25+	32:23+	33:40+	34:25+	
02:21+	02:18+	01:07+	01:06+	02:22+	02:25+	02:00+	01:12+	03:16+	02:55+	04:33+	01:59+	00:51+	03:58+	01:17+	00:45+	
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&	

Class	Navn	Klasse											Tid		
33	Solveig Marie Grønning	47											35:07		
03:00+	05:28+	06:27+	07:18+	09:30+	11:08+	13:35+	14:26+	17:30+	22:54+	25:38+	27:32+	28:33+	33:37+	34:30+	35:07+
03:00+	02:28+	00:59+	00:51+	02:12+	01:38+	02:27+	00:51+	03:04+	05:24+	02:44+	01:54+	01:01+	05:04+	00:53+	00:37+
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&
34	Ingunn Fandrem	47											35:09		
02:57+	05:24+	06:23+	07:14+	09:33+	11:06+	13:30+	14:23+	17:32+	22:49+	25:36+	27:36+	28:36+	33:36+	34:32+	35:09+
02:57+	02:27+	00:59+	00:51+	02:19+	01:33+	02:24+	00:53+	03:09+	05:17+	02:47+	02:00+	01:00+	05:00+	00:56+	00:37+
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&
35	Ruth Grødem	105											35:52		
02:45+	05:32+	06:44+	07:25+	09:43+	11:48+	13:39+	14:30+	17:20+	20:45+	24:56+	27:00+	28:03+	34:13+	35:23+	35:52+
02:45+	02:47+	01:12+	00:41+	02:18+	02:05+	01:51+	00:51+	02:50+	03:25+	04:11+	02:04+	01:03+	06:10+	01:10+	00:29+
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+
36	Hanna Haaland Sømme	68											36:12		
11:10+	14:53+	15:50+	16:23+	17:50+	18:59+	21:44+	22:27+	25:23+	27:48+	29:59+	31:10+	32:03+	35:00+	35:48+	36:12+
11:10+	03:43+	00:57+	00:33+	01:27-	01:09+	02:45+	00:43+	02:56+	02:25+	02:11+	01:11+	00:53+	02:57-	00:48+	00:24-
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-
37	Gro Mariero Totland	59											36:24		
03:41+	06:18+	07:17+	08:08+	10:58+	12:24+	13:39+	14:53+	18:41+	22:35+	25:25+	27:30+	28:38+	34:10+	35:37+	36:24+
03:41+	02:37+	00:59+	00:51+	02:50+	01:26+	01:15+	01:14+	03:48+	03:54+	02:50+	02:05+	01:08+	05:32+	01:27+	00:47+
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&
38	Halldis Handeland	92											37:26		
08:30+	10:37+	11:24+	12:09+	14:10+	15:49+	17:16+	18:19+	21:13+	24:37+	27:46+	29:39+	30:31+	35:19+	36:44+	37:26+
08:30+	02:07+	00:47+	00:45+	02:01+	01:39+	01:27+	01:03+	02:54+	03:24+	03:09+	01:53+	00:52+	04:48+	01:25+	00:42+
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&
39	Esther Boenheim	268											37:37		
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&
40	Sarah Allen	7											37:53		
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&
41	Silje Elise Elstad	62											38:21		
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&
42	Heidi Camilla Hovet	62											38:22		
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&
43	May Kristin Haaland	47											38:28		
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#
44	Grethe Wathne	109											38:58		
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&
45	Oddveig Øgaard Schjelderup	117											39:02		
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&
46	Jeanette Mjølhus	105											39:07		
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#
47	Brit Svihus	92											39:47		
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#

Class	Navn	Klasse										Tid			
48	Anne Lill Njå	105										40:02			
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#
49	Ritva Aiko Halsne	105										41:31			
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&
50	Kate Lie	92										41:32			
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&
51	Karolina Lenart	91										42:16			
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#
52	Monica Nesse	92										42:32			
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&
53	Kristin Harbo	92										42:56			
05:29+	16:49+	28:31+	34:17+	42:56+											
05:29+	11:20+	11:42+	05:46+	08:39+											
03:12@	09:46@	11:18@	05:15@	06:51@											
54	Sara Dudzinska	91										43:17			
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&
55	Linda Olsen	39										45:33			
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-
56	Agnete Dedekam Stabel	101										47:39			
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&
57	Ragnhild Christiansen	93										51:14			
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@
58	Marit Kløvstad Braut	92										51:22			
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@
59	Svetlana Johnsen	63										53:25			
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&
Beste strekktid for klassen															
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

1	Rune Svihus	62										20:05			
00:52=	02:47=	03:02=	03:23=	04:02=	06:13=	08:13=	08:26=	10:33=	11:58=	14:49=	16:09=	16:57=	17:22=	19:42=	20:05=
00:52=	01:55=	00:15=	00:21=	00:39=	02:11=	02:00=	00:13=	02:07=	01:25=	02:51=	01:20=	00:48=	00:25=	02:20=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse														Tid	
2	Jørgen Strømstad	50														21:34	
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+	
00:13#	00:07+	00:01+	00:02-	00:07-	00:40-	01:33-	01:50#	01:53-	01:01&	00:56-	01:46#	00:37&	00:25&	01:46-	02:07#	00:19+	
3	Maximilian Erlbeck	67														21:39	
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+	
00:05+	00:05+	00:07&	00:04-	00:12-	00:51-	01:38-	01:32#	01:54-	00:41&	01:06-	01:59#	00:29&	00:21&	01:54-	03:36#	00:18+	
4	Frank Terje Berge	126														21:43	
01:23+	03:43+	04:00+	04:22+	05:07+	06:42+	07:17-	10:16+	10:34+	13:34+	15:37+	19:01+	20:42+	21:42+	21:43+			
01:23+	02:20+	00:17+	00:22+	00:45+	01:35-	00:35-	02:59+	00:18-	03:00+	02:03-	03:24+	01:41+	01:00+	00:01-			
00:31&	00:25#	00:02#	00:01+	00:06#	00:36-	01:25-	02:46#	01:49-	01:35#	00:48-	02:04#	00:53#	00:35#	02:19-			
5	Bernhard Haver Vagle	126														21:55	
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+	
00:15&	00:13#	00:11&	00:03-	00:07-	00:42-	01:33-	01:53#	01:55-	00:53&	01:07-	01:44#	00:43&	00:25&	01:48-	02:29#	00:19+	
6	Magne Hatteland	399														22:41	
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+	
00:06#	00:15#	00:02#	00:02-	00:06-	00:34-	01:39-	02:19#	01:53-	01:06&	01:01-	01:50#	00:45&	00:34#	01:47-	02:22#	00:19+	
7	Sven Hatteland	399														22:58	
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+	
00:03+	00:23#	00:02#	00:01-	00:05-	00:35-	01:41-	01:55#	01:52-	01:12&	01:01-	02:08#	00:48&	00:33#	01:45-	02:23#	00:26+	
8	Øivind Fandrem Høivik	66														22:58	
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+	
00:16&	00:35&	00:02#	00:04-	00:10-	00:40-	01:36-	01:57#	01:54-	01:11&	00:56-	02:01#	00:44&	00:28#	01:50-	02:24#	00:25+	
9	Andreas Undheim Øgreid	126														23:24	
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+	00:52+	02:33+	00:29-	01:49+	00:13-	02:35+	01:32-	04:05+	01:21+	00:54+	00:28-	02:37+	00:21+	
00:14&	00:04-	00:01+	00:01+	00:13&	00:22#	01:31-	01:36#	01:54-	01:10&	01:19-	02:45#	00:33&	00:29#	01:52-	02:14#	00:21+	
10	Jørgen Hetland	59														23:37	
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+	
00:10#	00:49&	00:01+	00:01+	00:01-	00:34-	01:37-	02:31#	01:52-	01:08&	01:04-	01:46#	00:42&	00:26#	01:48-	02:31#	00:23+	
11	Vegard Braut Kyllingstad	66														23:53	
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+	
00:18&	00:28#	00:02#	00:03-	00:12&	00:41-	01:37-	01:57#	01:54-	01:11&	00:48-	02:37#	00:46&	00:24&	01:43-	02:20#	00:19+	
12	Øivind Rustan	105														24:19	
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+	
00:20&	00:11+	00:05&	00:05#	00:08#	00:38-	01:32-	01:56#	01:51-	01:09&	00:52-	02:48#	00:50#	00:38#	01:51-	02:24#	00:24+	
13	Aleksander Claussen	74														24:32	
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+	
00:17&	00:28#	00:01+	00:01-	00:03-	00:14-	01:29-	02:10#	01:50-	00:56&	00:42-	02:08#	00:59#	00:28#	01:50-	02:42#	00:27+	
14	Martin Skogland	98														25:16	
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+	
00:40&	00:27#	00:14&	00:01-	00:04-	00:35-	01:37-	02:17#	01:55-	01:10&	00:35-	02:14#	00:52#	00:30#	01:43-	02:55#	00:22+	
15	Truls Thorkildsen	39														26:35	
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+	26:35+
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+	00:23+
00:30&	00:36&	00:03#	00:00=	00:04-	00:23-	01:35-	02:08#	01:45-	00:29-	00:11+	00:46&	02:46#	01:27#	01:24-	00:10&	03:10+	00:23+
16	Eivind Brimsø	76														26:51	
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+	
00:54#	00:31&	00:16#	00:02+	00:06#	00:22-	01:30-	02:09#	01:49-	01:36#	00:34-	02:26#	00:59#	00:37#	01:46-	02:50#	00:21+	

Class	Navn	Klasse										Tid					
17	Endre Berge	105										27:09					
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+	
00:18&	00:22#	00:06&	00:01+	00:07-	01:03&	01:17-	01:54@	01:54-	00:47&	00:58-	02:10@	03:22@	00:28@	01:52-	02:24@	00:17+	
18	Eirik Løvåsen	98										27:33					
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+	
00:28&	00:32&	00:08&	00:09&	00:02+	00:11-	01:28-	03:42@	01:50-	01:06&	00:18-	02:15@	01:07@	00:36@	01:50-	02:38@	00:22+	
19	Erlend Syse	76										27:56					
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+	
00:18&	00:52&	00:51@	00:04-	00:00=	00:28-	01:25-	02:13@	01:46-	01:47@	00:32-	02:41@	01:07@	00:41@	01:49-	02:58@	00:27+	
20	Thomas Jansen	289										28:05					
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+	
00:16&	00:27#	00:05&	00:18&	00:01+	00:00=	01:20-	01:52@	01:51-	02:06@	00:56-	02:39@	02:19@	00:37@	01:48-	02:54@	00:21+	
21	Jone Klemo Øverland	165										28:13					
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+	
00:15&	00:49&	00:08&	00:01-	00:18&	00:07-	01:27-	02:07@	01:49-	02:23@	00:45-	02:46@	01:09@	00:47@	01:44-	02:54@	00:25+	
22	Sondre Aspøy	117										28:50					
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+	
00:29&	00:26#	00:14&	00:00=	00:07#	02:25@	01:25-	02:16@	01:53-	01:33@	00:45-	02:22@	01:11@	00:35@	01:45-	02:30@	00:25+	
23	Kjartan Stavland	66										32:05					
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+	
01:08@	00:29&	00:11&	00:10&	00:12&	00:27-	01:30-	05:51@	01:52-	00:55&	00:28-	03:46@	01:31@	00:43@	01:43-	02:42@	00:22+	
24	Gaute Haugen Sandnes	43										32:16					
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+	
01:38@	01:01&	00:33@	00:01+	00:00=	00:52&	01:22-	02:27@	01:30-	02:13@	00:22-	02:57@	00:57@	00:52@	01:41-	03:11@	00:24+	
25	Aksel Joranger	192										32:19					
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+	
01:20@	00:20#	00:01+	00:15&	00:12&	00:26#	01:29-	05:44@	01:50-	02:02@	00:32-	02:25@	01:00@	00:46@	01:45-	03:00@	00:19+	
26	Bruno Pierfelice	51										34:33					
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+
01:14@	00:21#	00:27@	00:07&	00:17-	01:37-	00:05+	00:37@	01:53&	01:09-	01:21&	01:19&	03:56@	02:21@	01:08-	00:16&	04:14+	00:28+
27	Torbjørn Fuglestad	46										34:37					
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+	
00:23&	01:33&	00:08&	00:04#	00:08#	00:03+	01:13-	03:05@	01:46-	02:51@	00:07-	03:36@	01:55@	00:59@	01:26-	03:49@	00:30+	
Beste strekktid for klassen																	
00:52	01:51	00:15	00:17	00:22	00:34	00:19	00:13	00:12	00:16	01:32	01:20	00:48	00:25	00:01	00:23		

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

Herrer 40 - 49 år

1	Kristoffer Buchholz Johannessen 88										22:33					
01:11=	03:33=	03:56=	04:22=	04:59=	06:33=	07:05=	08:49=	09:35=	11:40=	13:28=	16:41=	18:07=	19:00=	19:31=	22:11=	22:33=
01:11=	02:22=	00:23=	00:26=	00:37=	01:34=	00:32=	01:44=	00:46=	02:05=	01:48=	03:13=	01:26=	00:53=	00:31=	02:40=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ove Nygaard 116										22:50					
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-
00:01-	00:15-	00:07-	00:06-	00:03-	00:02+	00:12-	00:15#	00:31-	00:25#	00:08-	01:09&	00:05+	00:04-	00:04-	00:06-	00:02-

Class	Navn	Klasse												Tid		
3	Tallak Langmyr	387												24:42		
01:23+	03:55+	04:15+	04:39+	05:12+	06:40+	07:08+	09:23+	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-
00:12#	00:10+	00:03-	00:02-	00:04-	00:06-	00:04-	00:31&	00:31-	00:35&	00:14#	00:34#	00:20#	00:09#	00:10&	00:08+	00:04-
4	Per Jan Ersland	43												25:39		
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=
00:08#	00:18#	00:03#	00:06-	00:02+	00:12#	00:11-	00:57&	00:30-	00:38&	00:07+	00:18+	00:11#	00:47&	00:01-	00:13+	00:00=
5	Audun Thomassen	65												25:42		
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+
00:00=	00:05-	00:05-	00:21&	00:02+	00:10#	00:04#	01:09&	00:22-	00:40&	00:21#	00:01+	00:13#	00:10#	00:01+	00:25#	00:04#
6	Magne Habbestad	111												25:49		
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+
00:06-	00:30#	00:05-	00:03-	00:01+	00:13#	00:08#	00:29&	00:30-	00:54&	00:16#	00:21#	00:17#	00:06#	00:04#	00:40#	00:01+
7	Rune Dahl Fitjar	53												26:55		
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-
00:02-	00:27#	00:03-	00:04-	00:03+	00:13#	00:04#	00:43&	00:29-	01:06&	00:22#	00:52&	00:20#	00:10#	00:07#	00:34#	00:01-
8	Gunnar Thorset	117												26:57		
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+
00:00=	00:30#	00:03-	00:06-	00:01-	00:19#	00:00=	00:42&	00:30-	00:57&	00:18#	00:43#	00:26&	00:09#	00:14&	00:45&	00:01+
9	Thomas Chruickshank	48												27:02		
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-
00:42&	00:11-	00:03-	01:04@	00:03+	00:48&	00:05#	00:31&	00:30-	00:31#	00:26#	00:18+	00:18#	00:04+	00:02-	00:28#	00:03-
10	Jan Eirik Gjerdevik	76												27:12		
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=
00:28&	00:04-	00:04#	00:08&	00:05#	00:27&	00:05-	01:14&	00:30-	00:34&	01:37&	00:09+	00:13#	00:10#	00:02-	00:11+	00:00=
11	Frode Ungar	116												27:15		
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+
00:04+	00:01-	00:17&	00:01-	00:04#	00:34&	00:04#	00:56&	00:26-	00:55&	00:27#	00:42#	00:30&	00:06#	00:04#	00:22#	00:05#
12	Kristian Bjo	165												27:18		
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+
00:22&	00:10+	00:05-	00:18&	00:21&	00:27&	00:03-	00:48&	00:33-	01:10&	00:13#	00:45#	00:14#	00:07#	00:02+	00:26#	00:03#
13	Jan-Kenneth Polle	83												27:46		
01:30+	03:57+	04:52+	05:23+	06:15+	08:00+	08:37+	11:06+	11:22+	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+	01:00+	00:41+	03:35+	00:26+
00:19&	00:05+	00:32@	00:05#	00:15&	00:11#	00:05#	00:45&	00:30-	00:58&	00:13#	00:42#	00:17#	00:07#	00:10&	00:55&	00:04#
14	André Sirevåg	116												28:01		
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+	28:01+
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+	00:24+
00:18&	00:07+	00:02-	00:07&	00:01+	00:23#	00:27&	01:14&	00:31-	00:51&	00:55&	00:20#	00:22&	00:06#	00:13&	00:35#	00:02+
15	Håvard Svihus	267												28:04		
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+	28:04+
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+	00:22=
00:26&	00:06+	00:11&	00:03#	00:34&	00:13#	00:07#	00:30&	00:29-	00:51&	00:56&	00:49&	00:33&	00:05+	00:04#	00:32#	00:00=
16	Ole-Tobias Frich	116												28:20		
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+	28:20+
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+	00:25+
00:28&	00:17#	00:06&	00:05#	00:06#	00:22#	00:15&	01:13&	00:27-	00:51&	00:21#	00:40#	00:24&	00:19&	00:04#	00:40#	00:03#
17	Geir Inge Høvik	194												29:03		
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+	29:03+
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+	00:29+
00:35&	00:11+	00:01-	00:02-	00:00=	00:27&	00:10&	00:52&	00:29-	01:26&	00:26#	00:50&	00:25&	00:29&	00:13&	00:51&	00:07&

Class	Navn	Klasse												Tid		
18	Trondr Breiland	53												30:41		
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+	30:41+
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+	00:23+
00:28&	00:12+	00:04#	00:05-	00:51@	01:35@	00:00=	00:48&	00:29-	01:20&	01:11&	01:08&	00:19#	00:08#	00:09&	00:28#	00:01+
19	Rune Hatle	65												30:50		
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+	30:50+
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+	00:27+
00:41&	00:22#	00:05-	00:03#	00:03+	00:26&	00:06#	01:52@	00:28-	01:28&	01:01&	00:54&	00:36&	00:18&	00:09&	00:46&	00:05#
20	Francois-Marie Duchesne	42												55:14		
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+	55:14+
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+	00:36+
06:26@	02:02&	00:14&	00:25&	00:31&	01:52@	00:37@	02:56@	00:20-	03:24@	03:06@	03:25@	02:32@	01:04@	00:28&	03:45@	00:14&
Beste strekktid for klassen																
01:05	02:07	00:16	00:20	00:33	01:28	00:20	01:44	00:13	02:05	01:40	03:13	01:26	00:49	00:27	02:34	00:18

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

Herrer 50 - 59 år

1	Terje Undheim	54												20:34		
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=		
2	Kevin Thomas Foust	192												22:45		
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-		
3	Ulric Björck	53												23:32		
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#		
4	Jone Kalheim	93												23:38		
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-		
5	Arngrim Utskarpen	117												24:06		
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-		
6	Arne Hetlelid	98												24:23		
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#		
7	Anders Glenne	7												24:47		
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-		
8	Jørgen Nilsen	116												25:02		
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#		
9	Arnstein Hoff	116												25:04		
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&		
10	Kjell Seland	236												25:05		
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#		

Class	Navn	Klasse										Tid			
11	Frank Hansen	29										25:25			
01:20+	04:02+	04:38+	05:05+	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+	
12	Svein Roar Aas	114										25:48			
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+	
13	Per Ivar Hovstad	116										25:58			
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+	
14	Rune Paulsen	98										26:02			
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-	
15	Lars Primstad	62										26:05			
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+
16	Steinar Hansen	27										26:19			
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#	
17	Erling Knutzen	128										26:21			
01:19=	04:02+	04:37+	05:00+	05:43+	07:47+	10:46+	11:02+	13:44+	16:36+	18:42+	21:00+	22:30+	25:59+	26:21+	
01:19=	02:43+	00:35+	00:23+	00:43+	02:04+	02:39+	00:16+	02:42+	02:52+	02:06+	02:18+	01:30+	03:29+	00:22-	
00:00=	00:44&	00:05#	00:02+	00:07#	00:29&	01:04&	00:02#	00:39&	00:50&	00:14#	00:46&	00:22&	00:24#	00:01-	
18	Erik Bjørnbom	76										26:25			
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&	
19	Ådne Hausberg	7										26:50			
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&	
20	Ingve Vold	54										27:01			
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+	
21	Geir Haugvaldstad	116										27:02			
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#	
22	Tore Halset	114										27:04			
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&	
23	Christof Schätz	239										27:13			
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&	
24	Tor Sverre Skåra	266										27:33			
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=	
25	Stein Arve Finnstad	287										28:28			
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&	

Class	Navn	Klasse										Tid			
26	Ole J. Bakkevold	17										29:18			
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+	
27	Trygve Michaelsen	117										30:53			
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+
28	Raymond B. Pettersen	105										30:53			
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#	
29	Asbjørn Brådlund	297										30:57			
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+	
30	Geir Rune Seldal	192										32:12			
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#	
31	Ove Mæstad	67										32:58			
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

1	Morten Johannessen	7										29:52		
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=
2	Inge Skretting	165										29:56		
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=
3	Sveinung Svebestad	46										29:57		
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-
4	Ivar Knutsen	116										30:14		
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#
5	Lars Bergersen	116										30:43		
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+
6	Arnfinn Rømuld	116										33:10		
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-
7	Tor Inge Halvorsen	5										33:53		
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+

Class	Navn	Klasse												Tid	
8	John C. Sinnes	93												35:19	
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+
9	Harald Jansen	289												36:08	
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+
10	Stein Sigbjørnsen	27												36:33	
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=	
11	Svein Magne Gloppen	93												36:50	
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=	
12	Kjell Lervik	239												37:17	
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#	
13	Per Ingar Hadland	7												42:14	
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&	
14	Tore Karlsen	105												42:49	
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&	
15	John Lage Bergan	116												42:54	
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@	
16	Torbjørn Dahle	92												44:08	
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&	
17	Sverre Magnar Nordal	116												44:32	
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#	

Beste strekktid for klassen

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.

Herrer 65 - 69 år

1	Arne Kristian Espedal	68												22:24	
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=	
2	Kjell Skjæveland	166												27:20	
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-	
3	Frode Sandal	29												27:55	
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+	

Class	Navn	Klasse												Tid	
4	Bjarne Gimre	88												28:10	
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=	
5	Olav Tunheim	93												29:06	
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+	
6	Tom Hetland	5												30:23	
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-	
7	Torbjørn Evensen	108												32:30	
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&	
8	Arne Magne Handeland	92												32:38	
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&	
9	Jan Arendal	116												33:56	
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&	
10	Bjørn Sivertsen	99												34:20	
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&	
11	Sveinung Tveit	236												35:20	
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+
12	Arnstein Skretting	54												36:32	
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&	
13	Steinar Barmen	105												36:54	
01:58+	05:22+	06:19+	06:58+	07:30+	08:46+	12:03+	12:54+	19:35+	23:28+	26:12+	32:23+	36:27+	36:54+		
01:58+	03:24+	00:57+	00:39+	00:32+	01:16+	03:17+	00:51+	06:41+	03:53+	02:44+	06:11+	04:04+	00:27-		
00:42&	01:24&	00:25&	00:19&	00:09&	00:40&	01:29&	00:25&	02:22&	01:29&	01:28&	05:05&	01:25&	02:29-		
14	Terje Stokkeland	69												37:09	
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&	
15	Bjørn Vidar Gunvaldsen	29												38:51	
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&	
16	Bjørn Tore Aase	29												39:45	
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&	
17	Ommund Bakkevold	68												40:18	
02:18+	05:23+	06:26+	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&	
18	Rolf Kleppe	63												43:10	
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&	

Class	Navn	Klasse												Tid
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Beste strekktid for klassen

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 00:27 00:22

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

Herrer 70 - 74 år

1	Harry Breiland	66	24:32
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= 00:00=		
2	Bjørn Alsaker	115	25:48
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-		
3	Jan Hetland	29	27:22
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-		
4	Svein Berge	126	27:46
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+		
5	Ragnvald Frøyland	128	28:26
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-		
6	Jostein Tunheim	116	32:21
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&		
7	Jan Inge Lunde	88	32:36
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#		
8	Paul A. Paulsen	117	32:59
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#		
9	Asgeir Bell	117	33:05
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+ 33:05+		
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+ 00:28+		
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@ 00:28+		
10	Svein Ims	65	36:57
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&		
11	Arne Østensen	395	39:57
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&		
12	Torgeir Færevåg	125	45:18
02:05+	05:07+ 06:00+ 06:21+ 06:58+ 07:52+ 11:17+ 18:58+ 29:39+ 32:04+ 33:47+ 37:57+ 44:46+ 45:18+		
02:05+	03:02+ 00:53+ 00:21+ 00:37+ 00:54+ 03:25+ 07:41+ 10:41+ 02:25- 01:43+ 04:10+ 06:49+ 00:32-		
00:38&	01:06& 00:14& 00:01+ 00:11& 00:17& 01:15& 07:08@ 06:16@ 00:18- 00:28& 03:00@ 03:36@ 02:43-		
13	Kjell Ingar Olsen	50	46:25
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#		

Class	Navn	Klasse										Tid			
14	Kjell Ivar Skjørestad	92										46:55			
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&	
15	Sverre Uhling	105										1:00:50			
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	02:25	01:10	00:57	01:26	00:32	00:20	

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

Herrer 75 - 79 år

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

Class	Navn	Klasse	Tid															
12	Arvid Thorsen	5	39:45															
01:51-	04:43-	05:20-	05:55-	06:25-	07:20-	08:48-	10:01-	12:02-	23:41+	29:57+	32:23+	33:32+	34:22+	38:29+	39:17+	39:45+		
01:51-	02:52-	00:37-	00:35-	00:30+	00:55+	01:28-	01:13+	02:01+	11:39+	06:16+	02:26+	01:09-	00:50-	04:07+	00:48=	00:28-		
00:59-	00:11-	00:08-	00:01-	00:03#	00:09#	00:07-	00:08#	01:04@	11:11@	05:36@	02:07@	04:22-	00:55-	02:48@	00:00=	02:34-		
13	Mangor Eikeland	92	42:42															
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&
14	Kjell Langvik	93	45:07															
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&
15	Hermann Skogsholm	53	45:13															
01:54-	04:43-	05:24-	05:46-	06:42-	07:42-	09:16-	10:27-	11:27-	11:52-	12:56-	13:19-	26:56+	36:21+	37:21+	42:52+	44:10+	45:13+	
01:54-	02:49-	00:41-	00:22-	00:56+	01:00+	01:34-	01:11+	01:00+	00:25-	01:04+	00:23+	13:37+	09:25+	01:00-	05:31+	01:18-	01:03+	
00:56-	00:14-	00:04-	00:14-	00:29@	00:14&	00:01-	00:06+	00:03+	00:03-	00:24&	00:04#	08:06@	07:40@	00:19-	04:43@	01:44-	00:14&	
16	Reidar Magne Liland	66	56:45															
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&
Beste strekktid for klassen																		
01:19	02:35	00:27	00:21	00:25	00:46	01:28	01:02	00:31	00:25	00:24	00:18	01:09	00:50	00:54	00:42	00:28	00:32	00:27

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

Herrer 80 år og eldre

1	Magne Jakobsen	63	34:36											
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=
2	Terje Braut	92	36:19											
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-
3	Arne Brandsberg	29	42:11											
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+
4	Jan Bekkeheien	92	42:50											
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-
5	Alf Gyland	92	44:00											
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#
6	Sigurd Krosli	93	45:10											
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+
7	Kjell Maudal	63	45:19											
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=
8	Torleiv Møgedal	68	58:21											
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-

Class	Navn	Klasse												Tid
9	Magne Westerheim	93												1:14:02
	21:25+	24:39+	25:51+	26:57+	27:38+	30:06+	51:47+	55:47+	59:59+	63:29+	65:39+	71:59+	73:21+	74:02+
	21:25+	03:14+	01:12+	01:06+	00:41-	02:28-	21:41+	04:00+	04:12+	03:30+	02:10-	06:20+	01:22-	00:41-
	19:04@	00:44&	00:44@	00:28&	01:34-	00:52-	21:16@	00:35#	00:53&	00:20#	01:04-	04:37@	04:49-	00:13-

Beste strekktid for klassen

02:07 02:30 00:26 00:33 00:41 02:28 00:19 03:22 03:19 02:43 02:10 01:43 01:22 00:41 00:40

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

Herrer A

1	Fredrik Omdal	375												21:48					
	00:50=	02:37=	02:56=	03:23=	03:41=	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=

2	Fredrik Sandal	88												23:23					
	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#

3	Thomas Olsen Schive	126												24:03					
	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=

4	Andreas Mykkeltveit Terjesen	43												24:46					
	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&	00:03#	00:11#	00:00=	00:23#	00:08#	00:51&	00:07+	00:14-	00:02+	00:07+	00:26#	00:00=

5	Martin Blystad	115												25:12					
	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&	00:06&	00:17#	00:01+	00:33&	00:12#	00:29#	00:24#	00:10-	00:06#	00:17#	00:20#	00:01-

6	Svein Magnus Halsne	71												25:55					
	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#

7	Stian Haugvaldstad	116												27:22					
	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#

8	Håkon Eggebø	71												28:59					
	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#

9	Erik Lima	43												30:00					
	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#

10	Svein Kyllingstad	71												30:27					
	01:05+	03:18+	03:38+	04:10+	04:37+	05:10+	07:31+	07:59+	11:07+	11:22+	14:02+	15:20+	19:56+	22:35+	23:56+	24:31+	26:38+	30:03+	30:27+
	01:05+	02:13+	00:20+	00:32+	00:27+	00:33+	02:21+	00:28+	03:08+	00:15+	02:40+	01:18+	04:36+	02:39+	01:21+	00:35-	02:07+	03:25+	00:24+
	00:15&	00:26#	00:01+	00:05#	00:09&	00:05#	01:11@	00:08&	01:27&	00:03#	00:44&	00:13#	01:51&	00:53&	00:02+	00:17-	00:20#	00:57&	00:06&

Beste strekktid for klassen

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 00:35 01:47 02:28 00:17

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

Herrer B

Class	Navn	Klasse														Tid				
1	Ørjan Ravndal	194														22:36				
	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=	
2	Aart Joakim in't Veld	93														23:18				
	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+	
3	Geir Sand	105														25:33				
	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#	
4	Magnus Landstad	66														26:00				
	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#	
5	Stein Arne Olsen	68														26:18				
	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#	
6	Oddgeir Eikeskog	93														26:24				
	01:07+	03:02+	03:27+	03:54+	04:12+	05:10+	06:02+	08:07+	08:21+	10:57+	12:19+	15:49+	18:09+	19:23+	20:32+	22:54+	26:02+	26:24+		
	01:07+	01:55+	00:25+	00:27+	00:18+	00:58+	00:52-	02:05+	00:14-	02:36+	01:22-	03:30+	02:20-	01:14-	01:09+	02:22+	03:08+	00:22-		
	00:12#	00:22#	00:06#	00:04#	00:01+	00:26#	00:23-	01:45#	01:34-	02:24#	00:45-	02:28#	00:38-	00:40-	00:10#	01:22#	01:04#	02:18-		
7	Arne Eirk Nielsen	386														26:28				
	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#	
8	Njål F. Vadla	93														26:36				
	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#	
9	Joar Eilevstjønn	67														27:15				
	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+	
10	Tor Gunnar Aksland	116														27:26				
	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#	
11	Bård Skogsholm	194														28:17				
	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#	
12	Jørgen Breivold	54														28:45				
	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#	
13	Trond Sigurd Fotland	66														28:48				
	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+	
14	Sturla Stokkeland	194														29:07				
	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#	
15	Per Olav Haarr	62														29:25				
	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#	

Class	Navn	Klasse										Tid							
16	Øyvind Rummelhoff	27										29:47							
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+
17	Espen Fyhn Nilsen	116										32:39							
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&	
Beste strekktid for klassen																			
00:55	01:33	00:18	00:23	00:16	00:26	00:52	00:20	00:14	00:12	00:15	01:02	01:15	01:14	00:59	00:54	01:31	00:22	00:18	

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

Herrer C

1	Lars Drage	230										22:51							
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=				
2	Morten Aamodt	116										24:59							
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&				
3	Jan Einar Øvremo	50										25:48							
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=				
4	Terje Michaelsen	47										26:23							
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-				
5	Leif Kjetil Hinna Gausel	116										26:26							
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#				
6	Kjell Dale	93										27:01							
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&				
7	Oddmund Nordgård	105										27:06							
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#				
8	Øistein Haaland	116										27:24							
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&				
9	Trond Nilsen Lamark	46										28:02							
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&				
10	Paul Terje Haarr	62										28:21							
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+			
11	Nils John Vestøl	83										28:46							
01:18+	03:35+	03:51+	04:07+	06:19+	08:44+	08:59+	10:54+	12:26+	16:25+	19:39+	21:27+	22:35+	25:06+	28:20+	28:46+				
01:18+	02:17+	00:16=	00:16=	02:12+	02:25+	00:15+	01:55+	01:32+	03:59+	03:14+	01:48+	01:08+	02:31+	03:14+	00:26+				
00:19&	00:23#	00:00=	00:00=	00:47&	00:36&	00:02#	00:12#	00:14#	00:47#	01:13&	00:28&	00:10#	00:14#	00:24#	00:06&				

Class	Navn	Klasse										Tid				
12	Øystein Fuglestad	46										29:10				
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#	
13	Øivind Berggraf	116										29:17				
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#	
14	Øystein Amundrud	395										29:48				
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&	
15	Sturle Omdal	116										29:50				
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+	
16	Erling Mauland	83										30:04				
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#	
17	Svein Oddvar Netland	116										30:10				
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#	
18	Ove Oaland	116										37:02				
01:34+	05:09+	05:31+	05:53+	07:53+	09:46+	12:00+	12:27+	12:47+	15:07+	17:01+	21:25+	25:29+	27:49+	29:24+	32:25+	
01:34+	03:35+	00:22+	00:22+	02:00+	01:53+	02:14+	02:27-	00:20-	02:20-	01:54-	04:24+	04:04+	02:20+	01:35-	03:01+	
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+	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

1	Magnus Stangeland	134										19:56				
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=						
2	Vegard Madland	134										24:26				
01:11-	01:55-	03:04-	04:49-	14:36+	17:22+	18:05+	21:57+	23:27+	24:26+							
01:11-	00:44-	01:09+	01:45+	09:47+	02:46+	00:43-	03:52+	01:30-	00:59-							
04:21-	00:09-	00:11#	00:10#	07:56@	01:16&	00:18-	00:13+	00:02-	00:00=							
3	Olander Stangeland	134										29:06				
03:16-	05:12-	08:51+	12:38+	19:04+	20:15+	22:58+	26:55+	28:14+	29:06+							
03:16-	01:56+	03:39+	03:47+	06:26+	01:11-	02:43+	03:57+	01:19-	00:52-							
02:16-	01:03@	02:41@	02:12@	04:35@	00:19-	01:42@	00:18+	00:13-	00:07-							
4	Ruben Nesse Håland	134										29:30				
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@						
5	Antho Elias Eiken	134										37:39				
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

01:11 00:44 00:58 01:35 01:51 01:11 00:43 03:39 01:19 00:52 00:26

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

Herrer Trim

1	Ole Morten Haaland	399	18:49											
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=
2	Sebastian Hennig	399	19:21											
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-
3	Daniel Thu	384	19:51											
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-
4	Eivind Gjesteland	136	19:52											
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&
5	Svein Erik Bjørnsen	91	20:23											
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=
6	Lars Kristian Aastvedt	43	20:24											
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-
7	Asbjørn Anbås	375	20:52											
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-
8	Trym Bjørnsen	91	20:53											
01:31+	02:55+	03:15+	03:49+	04:57+	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-
9	Jens Arve Nygård	116	21:04											
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-
10	Stig Erlend Ollestad	51	21:36											
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#
11	Øyvind Madland	134	22:13											
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&
12	Vidar Haus	399	23:16											
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#
13	Frode Lund	18	24:05											
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#
14	Viktor Klippen	5	24:14											
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#

Class	Navn	Klasse										Tid		
15	Arne Magne Sondresen	105										24:24		
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&
16	Per-Olof Wallerstedt	18										24:31		
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&
17	Bartlomiej Lenart	91										24:35		
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@
18	Sjur Bjerke	401										24:39		
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#
19	Alf Olav Kalvik	7										24:44		
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-
20	Jan Henrik Neuenkirchen	117										24:58		
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+
21	Marius Bergstøl Hvidsten	372										25:00		
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+
22	Sveinung Skjørsæter	129										25:17		
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+
23	Jan Erik Syvertsen	51										25:23		
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#
24	Arild Svihus	92										25:28		
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&
25	Kjartan Byberg	403										25:30		
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&
26	Paul Jarvis	397										25:56		
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-
27	Jerome Renault	63										26:08		
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&
28	Tom Kåre Versland	105										26:43		
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&
29	Lars Salvesen	50										27:02		
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&

Class	Navn	Klasse										Tid		
30	Geir Sperre Jørgensen	268										27:03		
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&
31	Nils Egil Lie	376										27:50		
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#
32	Tor Harald Lunde	47										27:51		
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&
33	Ketil Vestbakke	116										27:55		
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&
34	Roger Nyseth	92										28:03		
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&
35	Svein Sivertsen	115										29:45		
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&
36	Asgeir Kleppa	47										30:32		
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&
37	Ivar Aalbu	29										31:03		
02:34+	04:41+	05:06+	05:59+	07:43+	10:27+	10:53+	17:19+	20:11+	23:57+	25:32+	29:12+	30:31+	31:03+	
02:34+	02:07+	00:25+	00:53+	01:44+	02:44+	00:26+	06:26+	02:52+	03:46+	01:35-	03:40+	01:19-	00:32-	
01:33@	00:47&	00:05#	00:28@	00:36&	00:43&	00:10&	04:28@	00:52&	01:32&	00:02-	02:32@	01:04-	00:04-	
38	John Helge Svdal	111										31:11		
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&
39	Eivind Tolo	111										31:22		
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&
40	Leif Jarle Skåra	29										31:48		
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&
41	Jan Erik Rasmussen	51										32:12		
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&
42	Bent Horpestad	105										32:26		
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&
43	Audun Sjøen	111										32:41		
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&
44	John Thorsnæs	51										34:36		
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&

Class	Navn	Klasse												Tid
45	Kjell-Ole Topnes	116												34:48
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&
46	Joar Fandrem	94												34:51
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&
47	Kim Kverneland	376												36:03
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&
48	Thomas Hjertaas	105												37:42
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@
49	Trond Vigedal	117												38:01
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&
50	Per Bakken	5												38:07
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&
51	Einar Rosvoll	74												38:24
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&
52	Erik Henriksen	116												38:32
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&
53	Erling Aniksdal	128												50:42
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@
54	Arvid Walskaar	392												51:46
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@
55	Inge Grødem	92												55:02
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@
56	Ashwin Ashok	91												56:07
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&
Beste strekktid for klassen														
01:01	01:20	00:14	00:24	01:08	01:46	00:13	01:49	01:55	01:49	01:29	00:58	01:19	00:31	00:17

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