

Class Navn Klasse Tid

Damer 16 - 39 år

Table with 24 columns (times) and rows for runners: 1 Nina Karlsen (111, 44:49), 2 Wibeke Lende (74, 45:29), 3 Matilde Skjæveland Skår (114, 46:15), 4 Anina Iselin Hadland (29, 46:27), 5 Hanne Berg Aspøy (117, 48:46), 6 Marita Skorpe Falnes (385, 59:25), 7 Marita Navjord Nicolaysen (71, 1:05:05), 8 Maren Heradstveit (76, 1:13:46), 9 Katja Eliassen (105, 1:20:10). Includes 'Beste strekketid for klassen' row.

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

Damer 40 - 49 år

Table with 24 columns (times) and rows for runners: 1 Agnes Elin Engen (116, 42:55), 2 Agnes Haker (71, 43:31), 3 Hege Anita H. Nielsen (48, 54:58).

Class	Navn	Klasse																		Tid
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Beste strekktid for klassen

00:22 02:18 00:59 03:56 03:01 02:32 02:50 03:39 03:55 02:17 02:26 03:38 02:04 01:54 03:42 01:22 03:08 02:40 02:18 01:21 01:06 00:27

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

Damer 75 - 79 år

1 Turid Nystrøm

68

49:13

00:25= 02:10= 03:13= 06:14= 09:25= 12:40= 14:28= 16:34= 20:30= 22:41= 25:05= 29:03= 31:18= 33:23= 36:34= 38:09= 41:03= 43:43= 46:01= 47:36= 48:44= 49:13=

2 Haldis Glendrange

68

1:01:34

00:24- 02:38+ 06:14+ 09:50+ 14:14+ 18:56+ 21:45+ 24:27+ 28:26+ 30:07+ 32:55+ 36:37+ 39:54+ 42:23+ 46:49+ 48:24+ 52:27+ 55:44+ 57:42+ 59:32+ 61:02+ 61:34+

3 Helga Aaslid

54

1:17:02

00:39+ 03:17+ 04:56+ 11:34+ 16:39+ 19:53+ 21:44+ 24:31+ 37:02+ 40:58+ 45:17+ 49:49+ 53:17+ 55:31+ 58:57+ 60:46+ 64:31+ 71:03+ 73:07+ 74:54+ 76:29+ 77:02+

4 Hedvig Anda

116

1:17:57

00:28+ 02:51+ 04:03+ 07:38+ 09:35+ 14:27+ 17:52+ 20:47+ 37:58+ 41:54+ 46:12+ 50:38+ 54:09+ 56:21+ 59:49+ 61:44+ 65:21+ 71:56+ 74:03+ 75:52+ 77:26+ 77:57+

5 Helga Klausen

62

1:25:23

00:31+ 03:44+ 04:53+ 10:19+ 13:02+ 16:59+ 20:03+ 22:39+ 37:19+ 40:01+ 43:41+ 49:33+ 53:42+ 56:56+ 62:49+ 65:00+ 73:16+ 77:38+ 80:36+ 82:48+ 84:45+ 85:23+

Beste strekktid for klassen

00:24 01:45 01:03 03:01 01:57 03:14 01:48 02:06 03:56 01:41 02:24 03:42 02:15 02:05 03:11 01:35 02:54 02:40 01:58 01:35 01:08 00:29

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

Damer 80 år og eldre

1 Berit Ebbell Olsen

68

1:15:20

03:17= 07:17= 09:33= 15:02= 21:42= 25:14= 29:02= 33:55= 36:41= 40:59= 44:59= 50:52= 55:04= 56:52= 59:58= 63:06= 65:12= 67:46= 69:47= 72:10= 74:36= 75:20=

Beste strekktid for klassen

03:17 04:00 02:16 05:29 06:40 03:32 03:48 04:53 02:46 04:18 04:00 05:53 04:12 01:48 03:06 03:08 02:06 02:34 02:01 02:23 02:26 00:44

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

Damer A

1 Aud Hognestad Taksdal

92

46:24

01:15= 02:16= 03:02= 06:01= 08:23= 10:19= 12:01= 13:52= 15:50= 17:07= 18:27= 20:13= 21:12= 23:54= 26:44= 29:02= 31:13= 33:40= 36:11= 39:24= 41:11= 43:43= 44:26= 45:21= 46:09= 46:24=

2 Tone Torgersen

27

55:37

01:23+ 02:38+ 03:27+ 06:44+ 09:35+ 12:02+ 14:18+ 16:25+ 18:33+ 19:29+ 20:54+ 23:29+ 25:58+ 28:42+ 32:04+ 34:05+ 36:51+ 39:10+ 41:52+ 46:35+ 49:06+ 52:29+ 53:20+ 54:23+ 55:16+ 55:37+

3 Elin Graneland

39

56:55

01:11- 02:32+ 03:22+ 06:54+ 09:01+ 11:59+ 14:30+ 16:47+ 19:40+ 20:39+ 22:27+ 24:33+ 26:57+ 30:01+ 33:41+ 36:04+ 38:44+ 41:24+ 44:26+ 48:38+ 50:51+ 53:49+ 54:35+ 55:39+ 56:37+ 56:55+

Class	Navn	Klasse														Tid													
8	Helen Lomeland	105														1:08:24													
00:41+	02:03-	03:07+	06:36+	08:19+	14:19+	16:14+	18:05+	22:44+	23:46+	24:42+	26:17+	32:28+	35:05+	37:49+	44:16+	48:24+	51:32+	53:56+	56:01+	59:26+	61:21+	63:30+	66:03+	67:30+	68:05+				
00:41+	01:22-	01:04+	03:29+	01:43-	06:00+	01:55+	01:51+	04:39+	01:02+	00:56+	01:35-	06:11+	02:37+	02:44+	06:27+	04:08+	03:08+	02:24-	02:05+	03:25+	01:55-	02:09+	02:33+	01:27+	00:35+				
00:02+	00:06-	00:05+	00:58&	00:05-	02:28&	00:11#	00:14#	01:04&	00:09#	00:02+	00:06-	02:38&	00:27#	00:25#	03:53&	00:14+	00:30#	00:04-	00:36&	00:54&	00:12-	00:07+	00:18#	00:23&	00:06#				
68:24+																													
00:19+																													
00:02#																													

9	Mariann Sveinsvoll	94														1:12:12													
00:44+	02:28+	03:43+	07:53+	09:53+	13:27+	16:31+	19:16+	24:55+	26:00+	26:59+	29:17+	33:05+	36:12+	39:31+	43:14+	48:17+	52:37+	55:17+	57:30+	61:29+	63:46+	66:05+	68:48+	70:16+	71:48+				
00:44+	01:44+	01:15+	04:10+	02:00+	03:34+	03:04+	02:45+	05:39+	01:05+	00:59+	02:18+	03:48+	03:07+	03:19+	03:43+	05:03+	04:20+	02:40+	02:13+	03:59+	02:17+	02:19+	02:43+	01:28+	01:32+				
00:05#	00:16#	00:16&	01:39&	00:12#	00:02+	01:20&	01:08&	02:04&	00:12#	00:05+	00:37&	00:15+	00:57&	01:00&	01:09&	01:09&	01:42&	00:12+	00:44&	01:28&	00:10+	00:17#	00:28#	00:24&	01:03&				
72:12+																													
00:24+																													
00:07&																													

10	Ann Karin Tjørhom	93														1:12:34													
00:59+	05:25+	06:27+	13:58+	15:32+	18:31+	20:55+	23:09+	30:02+	31:05+	32:20+	34:41+	40:12+	42:37+	45:18+	48:29+	52:40+	55:49+	58:39+	60:56+	63:34+	65:47+	68:11+	70:34+	71:43+	72:14+				
00:59+	04:26+	01:02+	07:31+	01:34-	02:59-	02:24+	02:14+	06:53+	01:03+	01:15+	02:21+	05:31+	02:25+	02:41+	03:11+	04:11+	03:09+	02:50+	02:17+	02:38+	02:13+	02:24+	02:23+	01:09+	00:31+				
00:20&	02:58&	00:03+	05:00&	00:14-	00:33-	00:40&	00:37&	03:18&	00:10#	00:21&	00:40&	01:58&	00:15#	00:22#	00:37#	00:17+	00:31#	00:22#	00:48&	00:07+	00:06+	00:22#	00:08+	00:05+	00:02+				
72:34+																													
00:20+																													
00:03#																													

11	Berit Våg Aksland	116														1:29:34													
00:55+	09:31+	11:17+	14:57+	17:46+	25:25+	29:06+	31:56+	36:47+	39:25+	41:36+	43:37+	48:54+	52:36+	56:43+	61:45+	66:36+	71:13+	73:53+	75:30+	78:45+	80:47+	83:11+	86:26+	88:08+	89:12+				
00:55+	08:36+	01:46+	03:40+	02:49+	07:39+	03:41+	02:50+	04:51+	02:38+	02:11+	02:01+	05:17+	03:42+	04:07+	05:02+	04:51+	04:37+	02:40+	01:37+	03:15+	02:02-	02:24+	03:15+	01:42+	01:04+				
00:16&	07:08&	00:47&	01:09&	01:01&	04:07&	01:57&	01:13&	01:16&	01:45&	01:17&	00:20#	01:44&	01:32&	01:48&	02:28&	00:57#	01:59&	00:12+	00:08+	00:44&	00:05-	00:22#	01:00&	00:38&	00:35&				
89:34+																													
00:22+																													
00:05&																													

Beste strekktid for klassen

00:39 01:22 00:59 02:31 01:34 02:26 01:44 01:36 01:37 00:53 00:54 01:29 02:27 02:10 01:52 02:29 02:10 02:20 02:23 01:24 01:26 01:46 01:55 01:57 00:56 00:29 00:17

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

Damer Ny

1	Marianne Strøm Uthaug	113														41:03													
00:24=	06:28=	07:37=	10:57=	12:02=	14:37=	18:29=	19:18=	21:21=	23:19=	29:48=	31:25=	33:22=	35:11=	37:14=	38:43=	39:37=	40:42=	41:03=											
00:24=	06:04=	01:09=	03:20=	01:05=	02:35=	03:52=	00:49=	02:03=	01:58=	06:29=	01:37=	01:57=	01:49=	02:03=	01:29=	00:54=	01:05=	00:21=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										

2	Kjersti Svalland	5														49:13													
00:32+	02:28-	11:12+	14:09+	15:56+	17:56+	19:50+	21:55+	25:08+	29:28+	33:09+	36:00+	38:14+	41:02+	44:51+	46:14+	47:18+	48:48+	49:13+											
00:32+	01:56-	08:44+	02:57-	01:47+	02:00-	01:54-	02:05+	03:13+	04:20+	03:41-	02:51+	02:14+	02:48+	03:49+	01:23-	01:04+	01:30+	00:25+											
00:08&	04:08-	07:35&	00:23-	00:42&	00:35-	01:58-	01:16&	01:10&	02:22&	02:48-	01:14&	00:17#	00:59&	01:46&	00:06-	00:10#	00:25&	00:04#											

3	Gulzhan Yegemberdiyeva	136														1:48:39													
00:27+	09:17+	10:40+	33:09+	35:47+	69:46+	73:40+	75:05+	78:21+	80:24+	86:01+	88:32+	94:48+	97:18+	101:25+	104:29+	106:06+	108:08+	108:39+											
00:27+	08:50+	01:23+	22:29+	02:38+	33:59+	03:54+	01:25+	03:16+	02:03+	05:37-	02:31+	06:16+	02:30+	04:07+	03:04+	01:37+	02:02+	00:31+											
00:03#	02:46&	00:14#	19:09&	01:33&	31:24&	00:02+	00:36&	01:13&	00:05+	00:52-	00:54&	04:19&	00:41&	02:04&	01:35&	00:43&	00:57&	00:10&											

Beste strekktid for klassen

00:24 01:56 01:09 02:57 01:05 02:00 01:54 00:49 02:03 01:58 03:41 01:37 01:57 01:49 02:03 01:23 00:54 01:05 00:21

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

Damer Trim

1	Maren Benjaminsen	43														33:21													
00:23=	01:57=	02:36=	05:56=	06:51=	10:00=	11:55=	12:34=	14:32=	16:25=	17:37=	20:33=	22:50=	23:45=	24:56=	27:05=	29:11=	30:20=	31:05=	32:10=	33:00=	33:21=								
00:23=	01:34=	00:39=	03:20=	00:55=	03:09=	01:55=	00:39=	01:58=	01:53=	01:12=	02:56=	02:17=	00:55=	01:11=	02:09=	02:06=	01:09=	00:45=	01:05=	00:50=	00:21=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								

2	Marit Lindtveit Undheim	54														38:03													
00:25+	02:08+	03:01+	06:38+	07:52+	10:14+	12:14+	13:02+	15:07+	17:26+	19:20+	21:32+	24:23+	26:15+	28:09+	30:09+	32:25+	34:10+	35:11+	36:24+	37:35+	38:03+								
00:25+	01:43+	00:53+	03:37+	01:14+	02:22-	02:00+	00:48+	02:05+	02:19+	01:54+	02:12-	02:51+	01:52+	01:54+	02:00-	02:16+	01:45+	01:01+	01:13+	01:11+	00:28+								
00:02+	00:09+	00:14&	00:17+	00:19&	00:47-	00:05+	00:09#	00:07+	00:26#	00:42&	00:44-	00:34#	00:57&	00:43&	00:09-	00:10+	00:36&	00:16&	00:08#	00:21&	00:07&								

Class	Navn	Klasse									Tid										
18	Silje Wiik Rese	43									57:07										
00:23=	02:56+	03:57+	08:10+	15:04+	21:08+	25:02+	25:52+	28:51+	31:31+	33:16+	36:52+	40:01+	43:42+	45:35+	48:09+	50:05+	51:57+	53:24+	54:49+	56:37+	57:07+
00:23=	02:33+	01:01+	04:13+	06:54+	06:04+	03:54+	00:50+	02:59+	02:40+	01:45+	03:36+	03:09+	03:41+	01:53+	02:34+	01:56+	01:52+	01:27+	01:25+	01:48+	00:30+
00:00=	00:59&	00:22&	00:53&	05:59&	02:55&	01:59&	00:11&	01:01&	00:47&	00:33&	00:40#	00:52&	02:46&	00:42&	00:25#	00:10-	00:43&	00:42&	00:20&	00:58&	00:09&
19	Marta Bertoloso	43									57:15										
00:27+	02:57+	03:51+	08:23+	15:14+	21:30+	25:06+	26:03+	28:52+	31:35+	33:17+	36:56+	40:09+	43:45+	45:45+	48:19+	50:10+	52:08+	53:28+	54:59+	56:46+	57:15+
00:27+	02:30+	00:54+	04:32+	06:51+	06:16+	03:36+	00:57+	02:49+	02:43+	01:42+	03:39+	03:13+	03:36+	02:00+	02:34+	01:51-	01:58+	01:20+	01:31+	01:47+	00:29+
00:04#	00:56&	00:15&	01:12&	05:56&	03:07&	01:41&	00:18&	00:51&	00:50&	00:30&	00:43#	00:56&	02:41&	00:49&	00:25#	00:15-	00:49&	00:35&	00:26&	00:57&	00:08&
20	Ruth Grødem	105									59:02										
00:30+	03:37+	05:02+	13:50+	20:09+	24:07+	27:20+	28:39+	30:25+	33:33+	35:26+	38:21+	42:22+	44:31+	46:17+	49:07+	51:15+	53:08+	54:52+	56:31+	58:30+	59:02+
00:30+	03:07+	01:25+	08:48+	06:19+	03:58+	03:13+	01:19+	01:46-	03:08+	01:53+	02:55-	04:01+	02:09+	01:46+	02:50+	02:08+	01:53+	01:44+	01:39+	01:59+	00:32+
00:07&	01:33&	00:46&	05:28&	05:24&	00:49&	01:18&	00:40&	00:12-	01:15&	00:41&	00:01-	01:44&	01:14&	00:35&	00:41&	00:02+	00:44&	00:59&	00:34&	01:09&	00:11&
21	Karine Ditlevsen	117									59:13										
00:33+	03:27+	04:20+	10:12+	12:38+	17:13+	34:47+	35:30+	36:31+	38:46+	40:18+	42:40+	45:28+	46:53+	48:32+	51:18+	53:14+	55:09+	56:22+	57:41+	58:46+	59:13+
00:33+	02:54+	00:53+	05:52+	02:26+	04:35+	17:34+	00:43+	01:01-	02:15+	01:32+	02:22-	02:48+	01:25+	01:39+	02:46+	01:56-	01:55+	01:13+	01:19+	01:05+	00:27+
00:10&	01:20&	00:14&	02:32&	01:31&	01:15&	15:39&	00:04#	00:57-	00:22#	00:20&	00:34-	00:31#	00:30&	00:18&	00:37&	00:10-	00:46&	00:28&	00:14#	00:15&	00:06&
22	Linda Charlotte Jahren Mørch	117									59:18										
00:31+	03:07+	04:26+	10:21+	12:53+	17:17+	34:55+	35:37+	36:27+	38:49+	40:21+	42:38+	45:32+	46:57+	48:26+	51:25+	53:08+	55:07+	56:29+	57:45+	58:50+	59:18+
00:31+	02:36+	01:19+	05:55+	02:32+	04:24+	17:38+	00:42+	00:50-	02:22+	01:32+	02:17-	02:54+	01:25+	01:29+	02:59+	01:43-	01:59+	01:22+	01:16+	01:05+	00:28+
00:08&	01:02&	00:40&	02:35&	01:37&	01:15&	15:43&	00:03+	01:08-	00:29&	00:20&	00:39-	00:37&	00:30&	00:18&	00:50&	00:23-	00:50&	00:37&	00:11#	00:15&	00:07&
23	Therese Østbø	117									59:21										
00:26+	03:00+	04:14+	10:15+	12:40+	17:20+	34:49+	35:33+	36:33+	38:50+	40:22+	42:34+	45:36+	46:53+	48:28+	51:24+	53:11+	55:07+	56:23+	57:51+	58:54+	59:21+
00:26+	02:34+	01:14+	06:01+	02:25+	04:40+	17:29+	00:44+	01:00-	02:17+	01:32+	02:12-	03:02+	01:17+	01:35+	02:56+	01:47-	01:56+	01:16+	01:28+	01:03+	00:27+
00:03#	01:00&	00:35&	02:41&	01:30&	01:31&	15:34&	00:05#	00:58-	00:24#	00:20&	00:44-	00:45&	00:22&	00:24&	00:47&	00:19-	00:47&	00:31&	00:23&	00:13&	00:06&
24	Eli Våge	117									1:01:41										
00:36+	04:28+	06:27+	12:03+	13:44+	17:38+	21:16+	22:35+	24:55+	29:47+	31:44+	35:33+	39:38+	43:06+	45:25+	49:28+	53:35+	55:51+	57:20+	59:22+	61:05+	61:41+
00:36+	03:52+	01:59+	05:36+	01:41+	03:54+	03:38+	01:19+	02:20+	04:52+	01:57+	03:49+	04:05+	03:28+	02:19+	04:03+	04:07+	02:16+	01:29+	02:02+	01:43+	00:36+
00:13&	02:18&	01:20&	02:16&	00:46&	00:45#	01:43&	00:40&	00:22#	02:59&	00:45&	00:53&	01:48&	02:33&	01:08&	01:54&	02:01&	01:07&	00:44&	00:57&	00:53&	00:15&
25	Ritva Aiko Halsne	105									1:02:20										
00:28+	03:10+	04:08+	13:35+	15:27+	23:36+	29:41+	30:43+	35:17+	39:20+	41:16+	44:20+	49:17+	51:04+	52:48+	54:59+	56:40+	58:14+	59:22+	60:43+	61:54+	62:20+
00:28+	02:42+	00:58+	09:27+	01:52+	08:09+	06:05+	01:02+	04:34+	04:03+	01:56+	03:04+	04:57+	01:47+	01:44+	02:11+	01:41-	01:34+	01:08+	01:21+	01:11+	00:26+
00:05#	01:08&	00:19&	06:07&	00:57&	05:00&	04:10&	00:23&	02:36&	02:10&	00:44&	00:08+	02:40&	00:52&	00:33&	00:02+	00:25-	00:25&	00:23&	00:16#	00:21&	00:05#
26	Ase Kristensen	94									1:02:48										
00:31+	02:55+	04:10+	13:02+	14:57+	18:54+	22:24+	23:47+	26:01+	30:51+	32:54+	36:39+	40:36+	44:12+	46:25+	50:33+	54:41+	56:50+	58:20+	60:29+	62:16+	62:48+
00:31+	02:24+	01:15+	08:52+	01:55+	03:57+	03:30+	01:23+	02:14+	04:50+	02:03+	03:45+	03:57+	03:36+	02:13+	04:08+	04:08+	02:09+	01:30+	02:09+	01:47+	00:32+
00:08&	00:50&	00:36&	05:32&	01:00&	00:48&	01:35&	00:44&	00:16#	02:57&	00:51&	00:49&	01:40&	02:41&	01:02&	01:59&	02:02&	01:00&	00:45&	01:04&	00:57&	00:11&
27	Maria Fjelde	105									1:03:22										
00:21-	02:26+	03:21+	12:12+	31:04+	33:53+	36:31+	37:32+	39:01+	43:02+	44:27+	46:38+	50:20+	52:21+	53:46+	55:58+	57:35+	59:08+	60:16+	61:42+	62:59+	63:22+
00:21-	02:05+	00:55+	08:51+	18:52+	02:49-	02:38+	01:01+	01:29-	04:01+	01:25+	02:11-	03:42+	02:01+	01:25+	02:12+	01:37-	01:33+	01:08+	01:26+	01:17+	00:23+
00:02-	00:31&	00:16&	05:31&	17:57&	00:20-	00:43&	00:22&	00:29-	02:08&	00:13#	00:45-	01:25&	01:06&	00:14#	00:03+	00:29-	00:24&	00:23&	00:21&	00:27&	00:02+
28	Laura Maria Kull	92									1:06:00										
01:51+	04:20+	05:09+	09:22+	22:14+	27:54+	32:27+	33:18+	39:17+	42:03+	43:42+	46:58+	50:38+	53:16+	54:58+	57:54+	59:41+	61:22+	62:37+	64:14+	65:38+	66:00+
01:51+	02:29+	00:49+	04:13+	12:52+	05:40+	04:33+	00:51+	05:59+	02:46+	01:39+	03:16+	03:40+	02:38+	01:42+	02:56+	01:47-	01:41+	01:15+	01:37+	01:24+	00:22+
01:28&	00:55&	00:10&	00:53&	11:57&	02:31&	02:38&	00:12&	04:01&	00:53&	00:27&	00:20#	01:23&	01:43&	00:31&	00:47&	00:19-	00:32&	00:30&	00:32&	00:34&	00:01+
29	Sigrund Serigstad	128									1:14:50										
00:14-	02:12+	04:22+	10:14+	11:07+	31:41+	33:44+	34:29+	36:14+	43:30+	44:29+	49:32+	51:41+	57:31+	60:18+	63:35+	66:22+	70:03+	72:06+	73:12+	74:29+	74:50+
00:14-	01:58+	02:10+	05:52+	00:53-	20:34+	02:03+	00:45+	01:45-	07:16+	00:59-	05:03+	02:09-	05:50+	02:47+	03:17+	02:47+	03:41+	02:03+	01:06+	01:17+	00:21+
00:09-	00:24&	01:31&	02:32&	00:02-	17:25&	00:08+	00:06#	00:13-	05:23&	00:13-	02:07&	00:08-	04:55&	01:36&	01:08&	00:41&	02:32&	01:18&	00:01+	00:27&	00:00=
30	Ingunn Fandrem	47									1:21:33										
00:32+	03:28+	04:46+	12:39+	15:13+	26:31+	33:34+	34:43+	41:40+	45:21+	47:24+	51:06+	55:47+	57:26+	59:43+	63:20+	72:25+	75:02+	77:14+	79:20+	81:01+	81:33+
00:32+	02:56+	01:18+	07:53+	02:34+	11:18+	07:03+	01:09+	06:57+	03:41+	02:03+	03:42+	04:41+	01:39+	02:17+	03:37+	09:05+	02:37+	02:12+	02:06+	01:41+	00:32+
00:09&	01:22&	00:39&	04:33&	01:39&	08:09&	05:08&	00:30&	04:59&	01:48&	00:51&	00:46&	02:24&	00:44&	01:06&	01:28&	06:59&	01:28&	01:27&	01:01&	00:51&	00:11&
31	Solveig Marie Grønning	47									1:21:40										
00:29+	03:31+	05:11+	13:16+	15:19+	26:38+	33:48+	34:48+	41:46+	45:23+	47:30+	51:09+	55:50+	57:28+	59:39+	63:24+	72:27+	75:07+	77:18+	79:16+	81:04+	81:40+
00:29+	03:02+	01:40+	08:05+	02:03+	11:19+	07:10+	01:00+	06:58+	03:37+	02:07+	03:39+	04:41+	01:38+	02:11+	03:45+	09:03+	02:40+	02:11+	01:58+	01:48+	00:36+
00:06&	01:28&	01:01&	04:45&	01:08&	08:10&	05:15&	00:21&	05:00&	01:44&	00:55&	00:43#	02:24&	00:43&	01:00&	01:36&	06:57&	01:31&	01:26&	00:53&	00:58&	00:15&
32	Ragnhild Christiansen	93									1:23:00										
00:44+	03:49+	05:57+	15:38+	22:31+	27:46+	34:17+	36:03+	38:53+	44:18+	47:34+	52:20+	57:20+	59:49+	62:24+	67:55+	71:25+	73:59+	75:54+	79:18+	81:48+	83:00+
00:44+	03:05+	02:08+	09:41+	06:53+	05:15+	06:31+	01:46+	02:50+	05:25+	03:16+	04:46+	05:00+	02:29+	02:35+	05:31+	03:30+	02:34+	01:55+	03:24+	02:30+	01:12+
00:21&	01:31&	01:29&	06:21&	05:58&	02:06&	04:3															

Class	Navn	Klasse	Tid																				
33	Else Marie Furland	93	1:23:01																				
00:49+	04:21+	06:26+	15:51+	22:53+	27:58+	34:30+	36:22+	39:04+	44:24+	47:47+	52:29+	57:31+	1:23:01	59:55+	62:37+	67:53+	71:30+	74:13+	76:14+	79:25+	81:59+	83:01+	
00:49+	03:32+	02:05+	09:25+	07:02+	05:05+	06:32+	01:52+	02:42+	05:20+	03:23+	04:42+	05:02+	02:24+	02:42+	05:16+	03:37+	02:43+	02:01+	03:11+	02:34+	01:02+	00:26@	01:58@
01:26@	06:05@	06:07@	01:56&	04:37@	01:13@	00:44&	03:27@	02:11@	01:46&	02:45@	01:29@	01:31@	03:07@	01:31&	01:34@	01:16@	02:06@	01:44@	00:41@				
34	Marit Kløvdstad Braut	92	1:23:05																				
00:42+	04:09+	06:20+	15:47+	23:01+	27:53+	34:43+	36:14+	39:15+	44:29+	47:43+	52:34+	57:43+	60:00+	62:45+	67:47+	71:24+	74:06+	76:55+	79:35+	82:08+	83:05+		
00:42+	03:27+	02:11+	09:27+	07:14+	04:52+	06:50+	01:31+	03:01+	05:14+	03:14+	04:51+	05:09+	02:17+	02:45+	05:02+	03:37+	02:42+	02:49+	02:40+	02:33+	00:57+		
00:19&	01:53@	01:32@	06:07@	06:19@	01:43&	04:55@	00:52@	01:03&	03:21@	02:02@	01:55&	02:52@	01:22@	01:34@	02:53@	01:31&	01:33@	02:04@	01:35@	01:43@	00:36@		
35	Sara Dudzinska	91	1:24:59																				
00:33+	02:54+	04:15+	18:32+	20:38+	24:41+	36:46+	37:40+	41:45+	44:12+	46:50+	50:11+	54:05+	58:42+	60:27+	63:35+	73:13+	80:23+	81:59+	83:12+	84:38+	84:59+		
00:33+	02:21+	01:21+	14:17+	02:06+	04:03+	12:05+	00:54+	04:05+	02:27+	02:38+	03:21+	03:54+	04:37+	01:45+	03:08+	09:38+	07:10+	01:36+	01:13+	01:26+	00:21=		
00:10&	00:47&	00:42@	10:57@	01:11@	00:54&	10:10@	00:15&	02:07@	00:34&	01:26@	00:25#	01:37&	03:42@	00:34&	00:59&	07:32@	06:01@	00:51@	00:08#	00:36&	00:00=		
36	Karen Woie	53	1:28:51																				
00:27+	02:26+	03:51+	30:14+	34:54+	50:23+	52:58+	54:00+	55:57+	64:07+	65:34+	67:40+	73:37+	75:09+	76:44+	79:38+	82:14+	84:29+	85:43+	87:02+	88:24+	88:51+		
00:27+	01:59+	01:25+	26:23+	04:40+	15:29+	02:35+	01:02+	01:57-	08:10+	01:27+	02:06-	05:57+	01:32+	01:35+	02:54+	02:36+	02:15+	01:14+	01:19+	01:22+	00:27+		
00:04#	00:25&	00:46@	23:03@	03:45@	12:20@	00:40&	00:23&	00:01-	06:17@	00:15#	00:50-	03:40@	00:37&	01:08&	00:57&	00:30#	01:06&	00:29&	00:14#	00:32&	00:06&		
37	Nina Paila	91	1:33:18																				
00:25+	02:41+	04:26+	12:56+	14:18+	42:03+	60:59+	61:57+	63:01+	66:28+	68:09+	71:57+	76:25+	78:55+	81:14+	84:20+	86:46+	88:39+	89:58+	91:21+	92:48+	93:18+		
00:25+	02:16+	01:45+	08:30+	01:22+	27:45+	18:56+	00:58+	01:04-	03:27+	01:41+	03:48+	04:28+	02:30+	02:19+	03:06+	02:26+	01:53+	01:19+	01:23+	01:27+	00:30+		
00:02+	00:42&	01:06@	05:10@	00:27&	24:36@	17:01@	00:19&	00:54-	01:34&	00:29&	00:52&	02:11&	01:35@	01:08&	00:57&	00:20#	00:44&	00:34&	00:18&	00:37&	00:09&		
38	Karolina Lenart	91	1:43:16																				
00:30+	05:47+	07:48+	17:45+	19:30+	62:25+	70:50+	72:00+	73:01+	76:27+	78:12+	81:56+	86:19+	88:57+	91:08+	94:25+	96:30+	98:32+	99:50+	101:22+	102:49+	103:16+		
00:30+	05:17+	02:01+	09:57+	01:45+	42:55+	08:25+	01:10+	01:01-	03:26+	01:45+	03:44+	04:23+	02:38+	02:11+	03:17+	02:05-	01:18+	01:32+	01:27+	00:27+			
00:07&	03:43@	01:22@	06:37@	00:50&	39:46@	06:30@	00:31&	00:57-	01:33&	00:33&	00:48&	02:06&	01:43@	01:00&	01:08&	00:01-	00:53&	00:33&	00:27&	00:37&	00:06&		
39	Silje Elise Elstad	62	1:46:45																				
01:03+	03:17+	04:19+	18:36+	33:51+	42:56+	58:07+	58:50+	65:36+	69:09+	71:58+	77:16+	82:42+	86:24+	89:26+	92:47+	95:52+	99:11+	101:31+	103:47+	106:18+	106:45+		
01:03+	02:14+	01:02+	14:17+	15:15+	09:05+	15:11+	00:43+	06:46+	03:33+	02:49+	05:18+	05:26+	03:42+	03:02+	03:21+	03:05+	03:19+	02:20+	02:16+	02:31+	00:27+		
00:40@	00:40&	00:23&	10:57@	14:20@	05:56@	13:16@	00:04#	04:48@	01:40&	01:37@	02:22&	03:09@	02:47@	01:51@	01:12&	00:59&	02:10@	01:35@	01:11@	01:41@	00:06&		
40	Heidi Camilla Hovet	62	1:46:46																				
01:05+	03:19+	04:24+	18:34+	33:58+	42:54+	57:59+	58:54+	65:32+	69:11+	71:54+	77:08+	82:38+	86:18+	89:23+	92:49+	95:59+	99:08+	101:26+	103:49+	106:21+	106:46+		
01:05+	02:14+	01:05+	14:10+	15:24+	08:56+	15:05+	00:55+	06:38+	03:39+	02:43+	05:14+	05:30+	03:40+	03:05+	03:26+	03:10+	03:09+	02:18+	02:23+	02:32+	00:25+		
00:42@	00:40&	00:26&	10:50@	14:29@	05:47@	13:10@	00:16&	04:40@	01:46&	01:31@	02:18&	03:13@	02:45@	01:54@	01:17&	01:04&	02:00@	01:33@	01:18@	01:42@	00:04#		
Beste strekktid for klassen																							
00:14	01:34	00:37	03:20	00:50	02:22	01:55	00:37	00:50	01:52	00:58	02:00	02:09	00:51	01:11	01:59	01:32	01:09	00:45	01:05	00:50	00:20		

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

Herrer 16 - 39 år

1	Maximilian Erlbeck	67	43:00																						
00:37=	01:39=	02:19=	03:59=	05:31=	08:22=	09:55=	11:15=	15:43=	16:24=	17:07=	18:20=	21:03=	22:28=	24:23=	26:21=	29:02=	30:58=	32:54=	34:16=	35:34=	36:56=	40:01=	41:36=	42:26=	42:47=
00:37=	01:02=	00:40=	01:40=	01:32=	02:51=	01:33=	01:20=	04:28=	00:41=	00:43=	01:13=	02:43=	01:25=	01:55=	01:58=	02:41=	01:56=	01:56=	01:22=	01:18=	01:22=	03:05=	01:35=	00:50=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
43:00=																									
00:13=																									
00:00=																									
2	Sven Hatteland	399	43:12																						
00:33-	01:42+	02:24+	04:19+	05:14-	07:24-	09:30-	10:46-	13:32-	14:21-	15:12-	16:32-	19:36-	21:43-	23:27-	25:27-	28:33-	31:01+	33:09+	34:38+	36:14+	37:58+	39:54-	41:39+	42:32+	42:58+
00:33-	01:09+	00:42+	01:55+	00:55-	02:10-	02:06+	01:16-	02:46-	00:49+	00:51+	01:20+	03:04+	02:07+	01:44-	02:00+	03:06+	02:28+	02:08+	01:29+	01:36+	01:44+	01:56-	01:45+	00:53+	00:26+
00:04-	00:07#	00:02+	00:15#	00:37-	00:41-	00:33&	00:04-	01:42-	00:08#	00:08#	00:07+	00:21#	00:42&	00:11-	00:02+	00:25#	00:32&	00:12#	00:07+	00:18#	00:22&	01:09-	00:10#	00:03+	00:05#
43:12+																									
00:14+																									
00:01+																									
3	Frank Terje Berge	126	55:14																						
00:49+	02:02+	02:53+	05:21+	06:48+	09:41+	12:05+	13:36+	17:24+	18:31+	19:31+	21:44+	25:53+	28:17+	30:49+	33:13+	37:05+	40:21+	42:35+	43:52+	45:41+	48:35+	50:42+	53:12+	54:26+	54:56+
00:49+	01:13+	00:51+	02:28+	01:27-	02:53+	02:24+	01:31+	03:48-	01:07+	01:00+	02:13+	04:09+	02:24+	02:32+	02:24+	03:52+	03:16+	02:14+	01:17-	01:49+	02:54+	02:07-	02:30+	01:14+	00:30+
00:12&	00:11#	00:11&	00:48&	00:05-	00:02+	00:51&	00:11#	00:40-	00:26&	00:17&	01:00&	01:26&	00:59&	00:37&	00:26#	01:11&	01:20&	00:18#	00:05-	00:31&	01:32@	00:58-	00:55&	00:24&	00:09&
55:14+																									
00:18+																									
00:05&																									

Class	Navn	Klasse																				Tid			
4	Andreas Ente	66																				57:03			
01:04+	02:31+	04:16+	06:38+	08:13+	11:58+	13:47+	15:16+	19:11+	20:05+	21:03+	22:23+	25:57+	28:26+	30:59+	35:07+	39:08+	42:01+	44:19+	45:38+	46:59+	48:49+	53:24+	55:18+	56:14+	56:46+
01:04+	01:27+	01:45+	02:22+	01:35+	03:45+	01:49+	01:29+	03:55-	00:54+	00:58+	01:20+	03:34+	02:29+	02:33+	04:08+	04:01+	02:53+	02:18+	01:19-	01:21+	01:50+	04:35+	01:54+	00:56+	00:32+
00:27&	00:25&	01:05@	00:42&	00:03+	00:54&	00:16#	00:09#	00:33-	00:13&	00:15&	00:07+	00:51&	01:04&	00:38&	02:10@	01:20&	00:57&	00:22#	00:03-	00:03+	00:28&	01:30&	00:19#	00:06#	00:11&
57:03+																									
00:17+																									
00:04&																									
5	Bernhard Haver Vagle	126																				58:16			
00:46+	02:04+	03:01+	07:54+	09:06+	14:33+	19:12+	21:11+	25:24+	26:15+	27:19+	28:47+	31:54+	33:56+	36:20+	39:03+	42:23+	45:12+	47:21+	48:34+	50:31+	52:16+	54:17+	56:21+	57:21+	58:00+
00:46+	01:18+	00:57+	04:53+	01:12-	05:27+	04:39+	01:59+	04:13-	00:51+	01:04+	01:28+	03:07+	02:02+	02:24+	02:43+	03:20+	02:49+	02:09+	01:13-	01:57+	01:45+	02:01-	02:04+	01:00+	00:39+
00:09#	00:16&	00:17&	03:13@	00:20-	02:36&	03:06@	00:39&	00:15-	00:10#	00:21&	00:15#	00:24#	00:37&	00:29&	00:45&	00:39#	00:53&	00:13#	00:09-	00:39&	00:23&	01:04-	00:29&	00:10#	00:18&
58:16+																									
00:16+																									
00:03#																									
6	Truls Thorkildsen	39																				58:18			
00:46+	02:12+	03:20+	05:33+	07:10+	14:26+	17:24+	18:50+	23:04+	23:55+	24:57+	26:37+	29:49+	32:06+	34:26+	36:35+	40:35+	43:17+	45:48+	47:39+	49:34+	51:28+	54:19+	56:34+	57:31+	57:59+
00:46+	01:26+	01:08+	02:13+	01:37+	07:16+	02:58+	01:26+	04:14-	00:51+	01:02+	01:40+	03:12+	02:17+	02:20+	02:09+	04:00+	02:42+	02:31+	01:51+	01:55+	01:54+	02:51-	02:15+	00:57+	00:28+
00:09#	00:24&	00:28&	00:33&	00:05+	04:25@	01:25&	00:06+	00:14-	00:10#	00:19&	00:27&	00:29#	00:52&	00:25#	00:11+	01:19&	00:46&	00:35&	00:29&	00:37&	00:32&	00:14-	00:40&	00:07#	00:07&
58:18+																									
00:19+																									
00:06&																									
7	Håvard Barkved	71																				1:01:31			
00:55+	03:44+	04:34+	08:06+	09:39+	13:39+	15:57+	18:08+	21:02+	22:01+	23:51+	25:47+	32:18+	34:44+	36:59+	39:40+	42:45+	47:23+	49:31+	51:12+	52:54+	54:49+	57:26+	59:16+	60:29+	61:12+
00:55+	02:49+	00:50+	03:32+	01:33+	04:00+	02:18+	02:11+	02:54-	00:59+	01:50+	01:56+	06:31+	02:26+	02:15+	02:41+	03:05+	04:38+	02:08+	01:41+	01:42+	01:55+	02:37-	01:50+	01:13+	00:43+
00:18&	01:47@	00:10#	01:52@	00:01+	01:09&	00:45&	00:51&	01:34-	00:18&	01:07@	00:43&	03:48@	01:01&	00:20#	00:43&	00:24#	02:42@	00:12#	00:19#	00:24&	00:33&	00:28-	00:15#	00:23&	00:22@
61:31+																									
00:19+																									
00:06&																									
8	Aleksander Claussen	74																				1:02:51			
00:45+	02:11+	03:34+	05:42+	07:30+	12:23+	14:43+	16:41+	20:32+	22:59+	24:07+	26:04+	32:07+	34:55+	38:02+	41:23+	44:40+	47:16+	49:38+	52:45+	54:45+	56:37+	58:36+	60:56+	61:58+	62:32+
00:45+	01:26+	01:23+	02:08+	01:48+	04:53+	02:20+	01:58+	03:51-	02:27+	01:08+	01:57+	06:03+	02:48+	03:07+	03:21+	03:17+	02:36+	02:22+	03:07+	02:00+	01:52+	01:59-	02:20+	01:02+	00:34+
00:08#	00:24&	00:43@	00:28&	00:16#	02:02&	00:47&	00:38&	00:37-	01:46@	00:25&	00:44&	03:20@	01:23&	01:12&	01:23&	00:36#	00:40&	00:26#	01:45@	00:42&	00:30&	01:06-	00:45&	00:12#	00:13&
62:51+																									
00:19+																									
00:06&																									
9	Thomas Hinna	287																				1:03:52			
00:44+	02:10+	03:52+	06:45+	08:43+	13:49+	16:32+	18:27+	23:16+	24:25+	25:45+	28:00+	31:35+	34:25+	37:10+	40:01+	44:27+	47:54+	50:47+	52:37+	54:27+	57:02+	59:28+	61:49+	62:59+	63:32+
00:44+	01:26+	01:42+	02:53+	01:58+	05:06+	02:43+	01:55+	04:49+	01:09+	01:20+	02:15+	03:35+	02:50+	02:45+	02:51+	04:26+	03:27+	02:53+	01:50+	01:50+	02:35+	02:26-	02:21+	01:10+	00:33+
00:07#	00:24&	01:02@	01:13&	00:26&	02:15&	01:10&	00:35&	00:21+	00:28&	00:37&	01:02&	00:52&	01:25&	00:50&	00:53&	01:45&	01:31&	00:57&	00:28&	00:32&	01:13&	00:39-	00:46&	00:20&	00:12&
63:52+																									
00:20+																									
00:07&																									
10	Martin Skogland	98																				1:04:51			
00:46+	02:16+	03:32+	05:50+	07:53+	13:17+	18:10+	20:57+	24:50+	27:11+	28:31+	30:00+	33:09+	35:34+	38:09+	42:24+	46:45+	50:28+	52:52+	54:29+	56:26+	59:15+	61:25+	63:19+	64:11+	64:36+
00:46+	01:30+	01:16+	02:18+	02:03+	05:24+	04:53+	02:47+	03:53-	02:21+	01:20+	01:29+	03:09+	02:25+	02:35+	04:15+	04:21+	03:43+	02:24+	01:37+	01:57+	02:49+	02:10-	01:54+	00:52+	00:25+
00:09#	00:28&	00:36&	00:38&	00:31&	02:33&	03:20@	01:27@	00:35-	01:40@	00:37&	00:16#	00:26#	01:00&	00:40&	02:17@	01:40&	01:47&	00:28#	00:15#	00:39&	01:27@	00:55-	00:19#	00:02+	00:04#
64:51+																									
00:15+																									
00:02#																									
11	Øivind Rustan	105																				1:05:35			
00:59+	02:57+	04:51+	12:48+	14:31+	20:18+	22:23+	23:54+	29:00+	30:12+	31:00+	32:52+	36:11+	38:32+	41:01+	44:59+	48:39+	51:34+	53:39+	55:23+	57:09+	59:17+	61:43+	63:41+	64:44+	65:18+
00:59+	01:58+	01:54+	07:57+	01:43+	05:47+	02:05+	01:31+	05:06+	01:12+	00:48+	01:52+	03:19+	02:21+	02:29+	03:58+	03:40+	02:55+	02:05+	01:44+	01:46+	02:08+	02:26-	01:58+	01:03+	00:34+
00:22&	00:56&	01:14@	06:17@	00:11#	02:56@	00:32&	00:11#	00:38#	00:31&	00:05#	00:39&	00:36#	00:56&	00:34&	02:00@	00:59&	00:59&	00:09+	00:22&	00:28&	00:46&	00:39-	00:23#	00:13&	00:13&
65:35+																									
00:17+																									
00:04&																									
12	Sondre Aspøy	117																				1:06:40			
00:46+	02:21+	03:43+	08:16+	11:21+	18:38+	20:51+	22:29+	26:09+	27:08+	28:18+	30:28+	34:32+	36:56+	40:27+	42:50+	46:51+	50:02+	52:29+	54:03+	57:12+	59:59+	62:16+	64:36+	65:49+	66:21+
00:46+	01:35+	01:22+	04:33+	03:05+	07:17+	02:13+	01:38+	03:40-	00:59+	01:10+	02:10+	04:04+	02:24+	03:31+	02:23+	04:01+	03:11+	02:27+	01:34+	03:09+	02:47+	02:17-	02:20+	01:13+	00:32+
00:09#	00:33&	00:42@	02:53@	01:33@	04:26@	00:40&	00:18#	00:48-	00:18&	00:27&	00:57&	01:21&	00:59&	01:36&	00:25#	01:20&	01:15&	00:31&	00:12#	01:51@	01:25@	00:48-	00:45&	00:23&	00:11&
66:40+																									
00:19+																									
00:06&																									

Plass	Navn	Klasse	Tid
13	Aksel Joranger	192	1:08:43
01:14+	02:56+	03:58+	06:23+
10:49+	19:31+	21:12+	25:57+
27:19+	28:40+	30:07+	35:23+
38:56+	41:18+	44:25+	47:48+
51:31+	53:46+	57:48+	59:47+
62:03+	64:12+	66:26+	67:51+
68:29+	01:14+	01:42+	01:02+
02:25+	01:21-	03:05+	08:42+
01:41+	04:45+	01:22+	01:21+
01:27+	05:16+	03:33+	02:22+
03:07+	03:23+	03:43+	02:15+
04:02+	01:59+	02:16+	02:09-
02:14+	01:25+	00:38+	00:38+
00:37&	00:40&	00:22&	00:45&
00:11-	00:14+	07:09@	00:21&
00:17+	00:41&	00:38&	00:14#
02:33&	02:08@	00:27#	01:09&
00:42&	01:47&	00:19#	02:40@
00:41&	00:54&	00:56-	00:39&
00:35&	00:17&		
00:01+			
14	Jone Klemo Øverland	165	1:09:32
00:45+	02:26+	03:46+	06:33+
10:21+	17:16+	19:09+	20:51+
26:17+	27:17+	28:11+	29:38+
37:30+	40:03+	43:11+	46:37+
50:33+	53:36+	56:32+	58:21+
60:32+	62:54+	65:10+	67:40+
68:48+	69:15+	00:45+	01:18+
01:41+	01:20+	02:47+	03:48+
06:55+	01:53+	01:42+	05:26+
01:00+	00:54+	01:27+	07:52+
02:33+	03:08+	03:26+	03:56+
03:03+	02:56+	01:49+	02:11+
02:22+	02:16-	02:30+	01:08#
00:08#	00:39&	00:40&	01:07&
02:16@	04:04@	00:20#	00:22&
00:58#	00:19&	00:11&	00:14#
05:09@	01:08&	01:13&	01:28&
01:15&	01:07&	01:00&	00:27&
00:53&	01:00&	00:49-	00:55&
00:18&	00:06&		
69:32+			
00:17+			
00:04&			
15	Tor Gunnar Osen	116	1:09:34
00:56+	02:31+	04:26+	07:01+
08:46+	14:14+	16:33+	18:30+
24:40+	25:48+	26:46+	29:17+
32:46+	35:36+	39:16+	44:32+
48:13+	54:57+	57:33+	58:58+
60:44+	62:52+	65:03+	67:40+
68:47+	69:17+	00:56+	01:35+
01:55+	02:35+	01:45+	05:28+
02:19+	01:57+	06:10+	01:08+
00:58+	02:31+	03:29+	02:50+
03:40+	05:16+	03:41+	06:44+
02:36+	01:25+	01:46+	02:08+
02:11-	02:37+	01:07+	00:19&
00:19&	00:33&	01:15@	00:55&
00:13#	02:37&	00:46&	00:37&
01:42&	00:27&	00:15&	01:18@
00:46&	01:25&	01:45&	03:18@
01:00&	04:48@	00:40&	00:03+
00:28&	00:46&	00:54-	01:02&
00:17&	00:09&		
69:34+			
00:17+			
00:04&			
16	Sverre Dørheim	136	1:10:21
01:18+	06:14+	07:43+	10:37+
12:54+	18:02+	20:27+	22:23+
27:25+	28:34+	29:38+	31:57+
35:22+	38:04+	41:16+	44:24+
48:52+	52:21+	55:19+	57:02+
59:46+	62:18+	64:57+	67:54+
69:18+	69:56+	01:18+	04:56+
01:29+	02:54+	02:17+	05:08+
02:25+	01:56+	05:02+	01:09+
01:04+	01:04+	02:19+	03:25+
02:42+	03:12+	03:08+	04:28+
03:29+	02:58+	01:43+	02:32+
02:39-	02:57+	01:24+	01:18#
00:41@	03:54@	00:49@	01:14&
00:45&	02:17&	00:52&	00:36&
00:34#	00:28&	00:21&	01:06&
00:42&	01:17&	01:17&	01:10&
01:47&	01:33&	01:02&	00:21&
01:26@	01:10&	00:26-	01:22&
00:34&	00:17&		
70:21+			
00:25+			
00:12&			
17	Endre Berge	105	1:12:45
00:53+	02:11+	03:44+	11:41+
13:59+	20:02+	22:11+	24:19+
30:26+	31:54+	35:18+	37:29+
42:36+	44:47+	50:20+	53:32+
57:02+	59:26+	61:23+	62:36+
64:05+	65:51+	68:00+	69:47+
71:02+	72:29+	00:53+	01:33+
07:57+	02:18+	06:03+	02:09+
02:08+	06:07+	01:28+	03:24+
02:11+	05:07+	02:11+	05:07+
02:11+	05:33+	03:12+	03:30+
02:24+	01:57+	01:13-	01:29+
01:46+	02:09-	01:47+	01:15+
01:27+	00:16&	00:53@	06:17@
00:46&	03:12@	00:36&	00:48&
01:39&	00:47@	02:41@	00:58&
02:24&	00:46&	03:38@	01:14&
00:49&	00:28#	00:01+	00:09-
00:11#	00:24&	00:56-	00:12#
00:25&	01:06#	00:25&	01:06@
72:45+			
00:16+			
00:03#			
18	Petter Rasmussen	116	1:14:02
02:21+	05:52+	06:58+	09:47+
11:45+	15:05+	17:01+	19:12+
23:31+	24:40+	25:46+	28:38+
35:02+	38:51+	41:23+	51:57+
55:28+	58:20+	61:03+	62:34+
64:50+	66:51+	69:06+	71:35+
72:59+	73:38+	02:21+	03:31+
01:06+	02:52+	06:24+	03:49+
02:32+	10:34+	03:31+	02:52+
02:43+	01:31+	02:16+	02:01+
02:15-	02:29+	01:24+	00:37&
00:18&	01:44@	02:29@	00:26&
01:09&	00:26&	00:29#	00:23#
00:51&	00:09-	00:28&	00:23&
01:39@	03:41@	02:24@	00:37&
08:36@	00:50&	00:56&	00:47&
00:09#	00:58&	00:39&	00:50-
00:54&	00:34&	00:18&	
74:02+			
00:24+			
00:11&			
19	Alf Olav Kalvik	7	1:14:59
01:02+	02:58+	06:52+	09:35+
12:09+	17:11+	22:31+	24:26+
29:01+	31:01+	32:05+	35:36+
39:36+	42:25+	45:48+	50:16+
54:18+	57:29+	59:58+	61:19+
63:16+	65:20+	68:05+	72:05+
73:59+	74:38+	01:02+	01:56+
02:43+	02:34+	05:02+	05:20+
01:55+	04:35+	02:00+	01:04+
01:04+	01:04+	02:18@	01:17&
01:28&	02:30@	01:21&	01:15&
00:33&	00:01-	00:39&	00:20-
02:25@	01:04@	00:18&	
74:59+			
00:21+			
00:08&			
20	Vidar Haus	399	1:18:04
01:01+	02:34+	05:22+	07:42+
10:17+	19:16+	22:45+	24:37+
29:34+	30:50+	31:59+	33:59+
38:16+	41:35+	45:48+	48:34+
53:20+	57:04+	59:49+	61:47+
63:40+	65:56+	72:31+	75:08+
76:39+	77:44+	01:01+	01:33+
02:48+	02:20+	02:35+	08:59+
03:29+	01:52+	04:57+	01:16+
01:09+	02:00+	04:17+	03:19+
04:13+	02:46+	04:46+	03:44+
02:45+	01:58+	01:53+	02:16+
06:35+	02:37+	01:31+	01:05+
00:24&	00:31&	02:08@	00:40&
01:03&	06:08@	01:56@	00:32&
00:29#	00:35&	00:26&	00:47&
01:34&	01:54@	02:18@	00:48&
02:05&	01:48&	00:49&	00:36&
00:35&	00:54&	03:30@	01:02&
00:41&	00:44@		
78:04+			
00:20+			
00:07&			
21	Bruno Pierfelice	51	1:27:01
00:56+	02:15+	06:02+	14:18+
16:27+	29:42+	31:58+	35:50+
41:57+	43:15+	44:35+	46:35+
52:50+	55:35+	58:50+	62:19+
67:21+	70:39+	73:15+	75:27+
77:35+	79:47+	82:42+	84:42+
85:47+	86:44+	01:19+	03:47+
08:16+	02:09+	13:15+	02:16+
03:52+	06:07+	01:18+	01:20+
02:00+	06:15+	02:45+	03:15+
03:29+	05:02+	03:18+	02:36+
02:12+	02:08+	02:12+	02:55-
02:00+	01:05+	00:57+	00:19&
00:17&	03:07@	06:36@	00:37&
10:24@	00:43&	02:32@	01:39&
00:37&	00:37&	00:37&	00:47&
03:32@	01:20&	01:20&	01:31&
02:21&	01:22&	00:40&	00:50&
00:50&	00:50&	00:50&	00:10-
00:25&	00:15&	00:36@	
87:01+			
00:17+			
00:04&			

Class	Navn	Klasse	Tid																							
22	Eirik Løvåsen	98	1:28:41																							
01:02+	02:24+	03:39+	08:36+	10:11+	20:23+	24:41+	27:47+	36:37+	38:13+	39:24+	41:37+	49:00+	51:56+	59:27+	63:28+	66:40+	70:08+	72:02+	73:34+	77:02+	81:44+	84:00+	86:27+	87:50+	88:22+	
01:02+	01:22+	01:15+	04:57+	01:35+	10:12+	04:18+	03:06+	08:50+	01:36+	01:11+	02:13+	07:23+	02:56+	07:31+	04:01+	03:12+	03:28+	01:54-	01:32+	03:28+	04:42+	02:16-	02:27+	01:23+	00:32+	
00:25&	00:20&	00:35&	03:17@	00:03+	07:21@	02:45@	01:46@	04:22&	00:55@	00:28&	01:00&	04:40@	01:31@	05:36@	02:03@	00:31#	01:32&	00:02-	00:10#	02:10@	03:20@	00:49-	00:52&	00:33&	00:11&	
88:41+																										
00:19+																										
00:06&																										

Beste strekktid for klassen

00:33 01:02 00:40 01:40 00:55 02:10 01:33 01:16 02:46 00:41 00:43 01:13 02:43 01:25 01:44 01:58 02:41 01:56 01:54 01:13 01:18 01:22 01:56 01:35 00:50 00:21 00:13

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

Herrer 40 - 49 år

1	Ove Nygaard	116	50:49																							
00:42=	01:55=	03:24=	05:33=	07:09=	13:26=	15:42=	18:21=	21:37=	23:16=	24:17=	25:57=	28:34=	30:31=	33:01=	35:10=	37:57=	40:04=	41:52=	43:01=	44:26=	45:59=	47:35=	49:20=	50:13=	50:35=	
00:42=	01:13=	01:29=	02:09=	01:36=	06:17=	02:16=	02:39=	03:16=	01:39=	01:01=	01:40=	02:37=	01:57=	02:30=	02:09=	02:47=	02:07=	01:48=	01:09=	01:25=	01:33=	01:36=	01:45=	00:53=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
50:49=																										
00:14=																										
00:00=																										

2	Trond Bø	101	52:01																							
00:44+	02:12+	03:08-	05:18-	06:34-	13:21-	14:52-	16:22-	19:49-	20:38-	21:25-	22:57-	25:39-	28:12-	30:35-	33:06-	36:35-	39:08-	41:31-	42:41-	44:16-	46:10+	48:20+	50:18+	51:14+	51:43+	
00:44+	01:28+	00:56-	02:10+	01:16-	06:47+	01:31-	01:30-	03:27+	00:49-	00:47-	01:32-	02:42+	02:33+	02:23-	02:31+	03:29+	02:33+	02:23+	01:10+	01:35+	01:54+	02:10+	01:58+	00:56+	00:29+	
00:02+	00:15#	00:33-	00:01+	00:20-	00:30+	00:45-	01:09-	00:11+	00:50-	00:14-	00:08-	00:05+	00:36&	00:07-	00:22#	00:42&	00:26#	00:35&	00:01+	00:10#	00:21#	00:34&	00:13#	00:03+	00:07&	
52:01+																										
00:18+																										
00:04&																										

3	Audun Thomassen	65	56:27																							
00:57+	02:08+	04:02+	07:08+	08:53+	12:43-	15:08-	17:56-	21:17-	22:22-	23:23-	25:26-	28:20-	30:42+	33:12+	35:36+	39:10+	42:01+	44:17+	45:37+	47:52+	49:41+	52:11+	54:15+	55:37+	56:06+	
00:57+	01:11-	01:54+	03:06+	01:45+	03:50-	02:25+	02:48+	03:21+	01:05-	01:01=	02:03+	02:54+	02:22+	02:30=	02:24+	03:34+	02:51+	02:16+	01:20+	02:15+	01:49+	02:30+	02:04+	01:22+	00:29+	
00:15&	00:02-	00:25&	00:57&	00:09+	02:27-	00:09+	00:09+	00:05+	00:34-	00:00=	00:23#	00:17#	00:25#	00:00=	00:15#	00:47&	00:44&	00:28&	00:11#	00:50&	00:16#	00:54&	00:19#	00:29&	00:07&	
56:27+																										
00:21+																										
00:07&																										

4	Rune Dahl Fitjar	53	58:32																							
00:39-	02:06+	03:21-	06:11+	07:39+	11:01-	13:02-	15:57-	22:01+	22:59-	23:58-	25:43-	29:09+	31:37+	34:02+	36:48+	40:51+	43:51+	46:31+	47:59+	49:46+	51:58+	54:10+	56:33+	57:39+	58:12+	
00:39-	01:27+	01:15-	02:50+	01:28-	03:22-	02:01-	02:55+	06:04+	00:58-	00:59-	01:45+	03:26+	02:28+	02:25-	02:46+	04:03+	03:00+	02:40+	01:28+	01:47+	02:12+	02:12+	02:23+	01:06+	00:33+	
00:03-	00:14#	00:14-	00:41&	00:08-	02:55-	00:15-	00:16#	02:48&	00:41-	00:02-	00:05+	00:49&	00:31&	00:05-	00:37&	01:16&	00:53&	00:52&	00:19&	00:22&	00:39&	00:36&	00:38&	00:13#	00:11&	
58:32+																										
00:20+																										
00:06&																										

5	Per Jan Ermland	43	1:00:16																							
00:51+	02:14+	03:08-	05:54+	07:15+	10:54-	13:31-	16:56-	20:29-	21:26-	22:21-	27:25+	33:13+	35:27+	38:15+	41:00+	44:56+	47:38+	49:47+	50:54+	52:32+	54:13+	56:17+	58:14+	59:26+	60:00+	
00:51+	01:23+	00:54-	02:46+	01:21-	03:39-	02:37+	03:25+	03:33+	00:57-	00:55-	05:04+	05:48+	02:14+	02:48+	02:45+	03:56+	02:42+	02:09+	01:07-	01:38+	01:41+	02:04+	01:57+	01:12+	00:34+	
00:09#	00:10#	00:35-	00:37&	00:15-	02:38-	00:21#	00:46&	00:17+	00:42-	00:06-	03:24@	03:11@	00:17#	00:18#	00:36&	01:09&	00:35&	00:21#	00:02-	00:13#	00:08+	00:28&	00:12#	00:19&	00:12&	
60:16+																										
00:16+																										
00:02#																										

6	Thomas Chruickshank	48	1:01:16																							
00:51+	02:22+	03:34+	05:52+	08:00+	14:34+	16:38+	18:39+	23:07+	24:07+	25:16+	27:11+	32:11+	34:13+	37:03+	39:34+	43:05+	45:30+	47:46+	50:33+	52:34+	54:32+	57:06+	59:19+	60:17+	61:00+	
00:51+	01:31+	01:12-	02:18+	02:08+	06:34+	02:04-	02:01-	04:28+	01:00-	01:09+	01:55+	05:00+	02:02+	02:50+	02:31+	03:31+	02:25+	02:16+	02:47+	02:01+	01:58+	02:34+	02:13+	00:58+	00:43+	
00:09#	00:18#	00:17-	00:09+	00:32&	00:17+	00:12-	00:38-	01:12&	00:39-	00:08#	00:15#	02:23&	00:05+	00:20#	00:22#	00:44&	00:18#	00:28&	01:38@	00:36&	00:25&	00:58&	00:28&	00:05+	00:21&	
61:16+																										
00:16+																										
00:02#																										

7	Jan-Kenneth Polle	83	1:01:43																							
00:44+	02:06+	03:27+	06:08+	07:49+	12:49-	15:09-	16:52-	20:41-	21:39-	22:47-	24:16-	27:38-	30:25-	33:28+	37:59+	42:02+	45:00+	47:17+	48:49+	52:50+	54:47+	57:31+	59:46+	60:48+	61:24+	
00:44+	01:22+	01:21-	02:41+	01:41+	05:00-	02:20+	01:43-	03:49+	00:58-	01:08+	01:29-	03:22+	02:47+	03:03+	04:31+	04:03+	02:58+	02:17+	01:32+	04:01+	01:57+	02:44+	02:15+	01:02+	00:36+	
00:02+	00:09#	00:08-	00:32#	00:05+	01:17-	00:04+	00:56-	00:33#	00:41-	00:07#	00:11-	00:45&	00:50&	00:33#	02:22@	01:16&	00:51&	00:29&	00:23&	02:36@	00:24&	01:08&	00:30&	00:09#	00:14&	
61:43+																										
00:19+																										
00:05&																										

Plass	Navn	Klasse	Tid
8	Gunnar Thorset	117	1:02:40
01:03+	02:41+	03:44+	06:45+
01:03+	01:38+	01:03-	03:01+
00:21&	00:25&	00:26-	00:52&
61:36+	62:18+	62:40+	
01:04+	00:42+	00:22+	
00:50&	00:42+	00:22+	
9	Christian Ask	180	1:05:45
01:21+	03:03+	04:04+	06:47+
01:21+	01:42+	01:01-	02:43+
00:39&	00:29&	00:28-	00:34&
65:45+			
00:17+			
00:03#			
10	André Sirevåg	116	1:07:14
00:58+	02:37+	03:53+	07:30+
00:58+	01:39+	01:16-	03:37+
00:16&	00:26&	00:13-	01:28&
67:14+			
00:21+			
00:07&			
11	Kristoffer Buchholz Johannessen 88		1:07:53
00:48+	02:03+	08:32+	15:59+
00:48+	01:15+	06:29+	07:27+
00:06#	00:02+	05:00&	05:18&
67:53+			
00:20+			
00:06&			
12	Magne Habbestad	111	1:08:01
00:43+	02:04+	05:15+	08:12+
00:43+	01:21+	03:11+	02:57+
00:01+	00:08#	01:42&	00:48&
68:01+			
00:20+			
00:06&			
13	Rune Hatle	65	1:10:00
00:58+	02:19+	04:21+	08:00+
00:58+	01:21+	02:02+	03:39+
00:16&	00:08#	00:33&	01:30&
70:00+			
00:19+			
00:05&			
14	Kristian Bjo	165	1:10:07
00:55+	05:22+	07:53+	10:12+
00:55+	04:27+	02:31+	02:19+
00:13&	03:14&	01:02&	00:10+
70:07+			
00:24+			
00:10&			
15	Anders Hagen	399	1:11:20
00:46+	03:18+	04:32+	06:46+
00:46+	02:32+	01:14-	02:14+
00:04+	01:19&	00:15-	00:05+
71:20+			
00:17+			
00:03#			
16	Sjur Eirik Gausel	67	1:12:57
00:50+	02:27+	03:54+	06:44+
00:50+	01:37+	01:27-	02:50+
00:08#	00:24&	00:02-	00:41&
72:57+			
00:26+			
00:12&			

Class	Navn	Klasse																			Tid				
17	Frode Ungar	116																			1:14:09				
00:46+	04:03+	05:41+	12:49+	15:34+	20:33+	23:05+	25:24+	29:14+	30:11+	31:16+	33:22+	37:36+	40:20+	43:09+	46:29+	50:11+	57:57+	60:28+	62:17+	64:02+	66:27+	69:26+	71:47+	72:52+	73:49+
00:46+	03:17+	01:38+	07:08+	02:45+	04:59-	02:32+	02:19-	03:50+	00:57-	01:05+	02:06+	04:14+	02:44+	02:49+	03:20+	03:42+	07:46+	02:31+	01:49+	01:45+	02:25+	02:59+	02:21+	01:05+	00:57+
00:04+	02:04@	00:09#	04:59@	01:09&	01:18-	00:16#	00:20-	00:34#	00:42-	00:04+	00:26&	01:37&	00:47&	00:19#	01:11&	00:55&	05:39@	00:43&	00:40&	00:20#	00:52&	01:23&	00:36&	00:12#	00:35@
74:09+																									
00:20+																									
00:06&																									

18	Håvard Svihus	267																			1:18:21				
01:10+	02:47+	04:37+	07:50+	09:27+	15:19+	17:54+	20:22+	31:02+	33:44+	35:05+	36:54+	44:09+	46:46+	49:54+	53:46+	58:42+	62:37+	65:12+	67:38+	69:25+	71:27+	73:38+	76:06+	77:17+	77:59+
01:10+	01:37+	01:50+	03:13+	01:37+	05:52-	02:35+	02:28-	10:40+	02:42+	01:21+	01:49+	07:15+	02:37+	03:08+	03:52+	04:56+	03:55+	02:35+	02:26+	01:47+	02:02+	02:11+	02:28+	01:11+	00:42+
00:28&	00:24&	00:21#	01:04&	00:01+	00:25-	00:19#	00:11-	07:24@	01:03&	00:20&	00:09+	04:38@	00:40&	00:38&	01:43&	02:09&	01:48&	00:47&	01:17@	00:22&	00:29&	00:35&	00:43&	00:18&	00:20&
78:21+																									
00:22+																									
00:08&																									

19	Antal Jansen	115																			1:19:15				
01:08+	02:36+	04:59+	09:07+	15:45+	22:27+	24:36+	26:39+	30:24+	31:42+	32:41+	35:45+	40:34+	44:08+	48:41+	53:08+	56:23+	60:39+	64:15+	65:38+	69:50+	71:40+	73:24+	76:39+	78:06+	78:59+
01:08+	01:28+	02:23+	04:08+	06:38+	06:42+	02:09-	02:03-	03:45+	01:18-	00:59-	03:04+	04:49+	03:34+	04:33+	04:27+	03:15+	04:16+	03:36+	01:23+	04:12+	01:50+	01:44+	03:15+	01:27+	00:53+
00:26&	00:15#	00:54&	01:59&	05:02@	00:25+	00:07-	00:36-	00:29#	00:21-	00:02-	01:24&	02:12&	01:37&	02:03&	02:18@	00:28#	02:09@	01:48&	00:14#	02:47@	00:17#	00:08+	01:30&	00:34&	00:31@
79:15+																									
00:16+																									
00:02#																									

Beste strekktid for klassen																										
00:39	01:11	00:54	02:09	01:16	02:50	01:31	01:30	03:12	00:49	00:47	01:29	02:37	01:57	02:08	01:55	02:47	02:07	01:48	01:07	01:25	01:30	01:36	01:45	00:53	00:22	00:14

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

Herrer 50 - 59 år

1	Kjetil Roaldkvam	7																			50:44				
00:57=	02:35=	03:15=	07:54=	12:06=	13:05=	16:50=	18:21=	21:09=	22:29=	24:53=	26:18=	27:25=	29:22=	31:49=	33:18=	34:15=	37:34=	38:58=	39:56=	41:23=	43:16=	44:16=	46:01=	48:00=	50:26=
00:57=	01:38=	00:40=	04:39=	04:12=	00:59=	03:45=	01:31=	02:48=	01:20=	02:24=	01:25=	01:07=	01:57=	02:27=	01:29=	00:57=	03:19=	01:24=	00:58=	01:27=	01:53=	01:00=	01:45=	01:59=	02:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
50:44=																									
00:18=																									
00:00=																									

2	Bjørnar André Haug	80																			51:44				
00:53-	01:58-	02:44-	09:25+	11:15-	12:16-	15:08-	16:56-	18:11-	19:37-	23:56-	25:27-	27:07-	28:38-	30:57-	32:24-	34:05-	37:56+	39:01+	40:02+	42:07+	43:28+	44:36+	46:22+	49:17+	51:28+
00:53-	01:05-	00:46+	06:41+	01:50-	01:01+	02:52-	01:48+	01:15-	01:26+	04:19+	01:31+	01:40+	01:31-	02:19-	01:27-	01:41+	03:51+	01:05-	01:01+	02:05+	01:21-	01:08+	01:46+	02:55+	02:11-
00:04-	00:33-	00:06#	02:02&	02:22-	00:02+	00:53-	00:17#	01:33-	00:06+	01:55&	00:06+	00:33&	00:26-	00:08-	00:02-	00:44&	00:32#	00:19-	00:03+	00:38&	00:32-	00:08#	00:01+	00:56&	00:15-
51:44+																									
00:16-																									
00:02-																									

3	Svend Vihovde	116																			52:46				
00:51-	02:11-	03:12-	07:59+	09:28-	10:38-	13:17-	15:41-	16:56-	18:31-	21:36-	22:59-	24:33-	26:24-	29:16-	30:54-	31:59-	36:15-	37:42-	38:58-	41:09-	43:05-	44:35+	46:52+	49:31+	52:27+
00:51-	01:20-	01:01+	04:47+	01:29-	01:10+	02:39-	02:24+	01:15-	01:35+	03:05+	01:23-	01:34+	01:51-	02:52+	01:38+	01:05+	04:16+	01:27+	01:16+	02:11+	01:56+	01:30+	02:17+	02:39+	02:56+
00:06-	00:18-	00:21&	00:08+	02:43-	00:11#	01:06-	00:53&	01:33-	00:15#	00:41&	00:02-	00:27&	00:06-	00:25#	00:09#	00:08#	00:57&	00:03+	00:18&	00:44&	00:03+	00:30&	00:32&	00:40&	00:30#
52:46+																									
00:19+																									
00:01+																									

4	Trygve Michaelsen	117																			55:10				
00:43-	01:52-	03:38+	07:39-	10:42-	12:03-	15:02-	17:07-	18:43-	22:44+	25:37+	26:45+	27:43+	29:22=	31:43-	33:11-	34:11-	38:18+	39:39+	40:53+	43:29+	45:04+	47:11+	49:23+	52:11+	54:51+
00:43-	01:09-	01:46+	04:01-	03:03-	01:21+	02:59-	02:05+	01:36-	04:01+	02:53+	01:08-	00:58-	01:39-	02:21-	01:28-	01:00+	04:07+	01:21-	01:14+	02:36+	01:35-	02:07+	02:12+	02:48+	02:40+
00:14-	00:29-	01:06@	00:38-	01:09-	00:22&	00:46-	00:34&	01:12-	02:41@	00:29#	00:17-	00:09-	00:18-	00:06-	00:01-	00:03+	00:48#	00:03-	00:16&	01:09&	00:18-	01:07@	00:27&	00:49&	00:14+
55:10+																									
00:19+																									
00:01+																									

5	Frank Hansen	29																			56:08				
00:58+	02:16-	03:20+	09:55+	12:09+	13:10+	16:30-	19:14+	22:15+	23:30+	26:40+	27:56+	28:58+	31:00+	33:41+	35:04+	35:59+	39:50+	40:59+	43:15+	45:19+	46:57+	48:23+	51:01+	53:17+	55:52+
00:58+	01:18-	01:04+	06:35+	02:14-	01:01+	03:20-	02:44+	03:01+	01:15-	03:10+	01:16-	01:02-	02:02+	02:41+	01:23-	00:55-	03:51+	01:09-	02:16+	02:04+	01:38-	01:26+	02:38+	02:16+	02:35+
00:01+	00:20-	00:24&	01:56&	01:58-	00:02+	00:25-	01:13&	00:13+	00:05-	00:46&	00:09-	00:05-	00:05+	00:14+	00:06-	00:02-	00:32#	00:15-	01:18@	00:37&	00:15-	00:26&	00:53&	00:17#	00:09+
56:08+																									
00:16-																									
00:02-																									

Class	Navn	Klasse																		Tid								
6	Jone Kalheim	93																		56:45								
01:33+	02:52+	04:05+	07:40-	10:24-	11:47-	15:01-	17:35-	23:37+	24:47+	28:35+	30:04+	31:30+	33:21+	35:56+	37:11+	38:09+	41:09+	42:20+	43:46+	46:02+	47:14+	48:28+	50:23+	54:10+	56:27+			
01:33+	01:19-	01:13+	03:35-	02:44-	01:23+	03:14-	02:34+	06:02+	01:10-	03:48+	01:29+	01:26+	01:51-	02:35+	01:15-	00:58+	03:00-	01:11-	01:26+	02:16+	01:12-	01:14+	01:55+	03:47+	02:17-			
00:36&	00:19-	00:33&	01:04-	01:28-	00:24&	00:31-	01:03&	03:14@	00:10-	01:24&	00:04+	00:19&	00:06-	00:08+	00:14-	00:01+	00:19-	00:13-	00:28&	00:49&	00:41-	00:14#	00:10+	01:48&	00:09-			
56:45+																												
00:18=																												
00:00=																												
7	Håvard Håland	66																		57:16								
00:54-	02:04-	02:59-	08:26+	10:24-	11:36-	14:49-	17:09-	18:52-	20:45-	26:43+	28:33+	30:16+	31:45+	34:16+	35:29+	36:44+	43:17+	44:31+	45:45+	47:27+	48:50+	50:06+	52:19+	54:29+	56:58+			
00:54-	01:10-	00:55+	05:27+	01:58-	01:12+	03:13-	02:20+	01:43-	01:53+	05:58+	01:50+	01:43+	01:29-	02:31+	01:13-	01:15+	06:33+	01:14-	01:14+	01:42+	01:23-	01:16+	02:13+	02:10+	02:29+			
00:03-	00:28-	00:15&	00:48#	02:14-	00:13#	00:32-	00:49&	01:05-	00:33&	03:34@	00:25&	00:36&	00:28-	00:04+	00:16-	00:18&	03:14&	00:10-	00:16&	00:15#	00:30-	00:16&	00:28&	00:11+	00:03+			
57:16+																												
00:18=																												
00:00=																												
8	Kevin Thomas Foust	192																		57:20								
00:40-	01:39-	03:14-	06:46-	08:25-	09:29-	12:07-	14:14-	17:47-	19:41-	23:05-	24:08-	25:30-	26:59-	29:52-	30:50-	31:47-	36:00-	37:12-	38:26-	40:27-	41:51-	44:56+	51:48+	54:42+	56:59+			
00:40-	00:59-	01:35+	03:32-	01:39-	01:04+	02:38-	02:07+	03:33+	01:54+	03:24+	01:03-	01:22+	01:29-	02:53+	00:58-	00:57=	04:13+	01:12-	01:14+	02:01+	01:24-	03:05+	06:52+	02:54+	02:17-			
00:17-	00:39-	00:55@	01:07-	02:33-	00:05+	01:07-	00:36&	00:45&	00:34&	01:00&	00:22-	00:15#	00:28-	00:26#	00:31-	00:00=	00:54&	00:12-	00:16&	00:34&	00:29-	02:05@	05:07@	00:55&	00:09-			
57:20+																												
00:21+																												
00:03#																												
9	Erling Knutzen	128																		57:30								
00:43-	02:00-	03:02-	07:17-	08:18-	09:27-	13:16-	17:06-	22:33+	23:49+	28:02+	29:11+	30:19+	32:14+	35:05+	36:25+	37:20+	41:12+	42:23+	44:08+	46:14+	47:58+	49:31+	52:21+	54:57+	57:15+			
00:43-	01:17-	01:02+	04:15-	01:01-	01:09+	03:49+	03:50+	05:27+	01:16-	04:13+	01:09-	01:08+	01:55-	02:51+	01:20-	00:55-	03:52+	01:11-	01:45+	02:06+	01:44-	01:33+	02:50+	02:36+	02:18-			
00:14-	00:21-	00:22&	00:24-	03:11-	00:10#	00:04+	02:19@	02:39&	00:04-	01:49&	00:16-	00:01+	00:02-	00:24#	00:09-	00:02-	00:33#	00:13-	00:47&	00:39&	00:09-	00:33&	01:05&	00:37&	00:08-			
57:30+																												
00:15-																												
00:03-																												
10	Arngrim Utskarpen	117																		58:13								
01:00+	02:14-	03:13-	07:14-	08:42-	10:11-	13:23-	19:07+	20:37-	23:18+	26:24+	27:42+	31:33+	34:03+	36:38+	37:57+	39:30+	43:05+	44:17+	45:36+	47:23+	48:54+	50:08+	52:04+	55:28+	57:56+			
01:00+	01:14-	00:59+	04:01-	01:28-	01:29+	03:12-	05:44+	01:30-	02:41+	03:06+	01:18-	03:51+	02:30+	02:35+	01:19-	01:33+	03:35+	01:12-	01:19+	01:47+	01:31-	01:14+	01:56+	03:24+	02:28+			
00:03+	00:24-	00:19&	00:38-	02:44-	00:30&	00:33-	04:13@	01:18-	01:21@	00:42&	00:07-	02:44@	00:33&	00:08+	00:10-	00:36&	00:16+	00:12-	00:21&	00:20#	00:22-	00:14#	00:11#	01:25&	00:02+			
58:13+																												
00:17-																												
00:01-																												
11	Tore Halset	114																		59:46								
00:47-	02:23-	03:36+	09:51+	12:09+	13:25+	17:04+	19:18+	20:55-	23:05+	26:50+	28:22+	29:43+	31:58+	34:38+	36:25+	37:31+	41:55+	43:17+	44:33+	47:36+	49:07+	50:22+	52:56+	56:41+	59:22+			
00:47-	01:36-	01:13+	06:15+	02:18-	01:16+	03:39-	02:14+	01:37-	02:10+	03:45+	01:32+	01:21+	02:15+	02:40+	01:47+	01:06+	04:24+	01:22-	01:16+	03:03+	01:31-	01:15+	02:34+	03:45+	02:41+			
00:10-	00:02-	00:33&	01:36&	01:54-	00:17&	00:06-	00:43&	01:11-	00:50&	01:21&	00:07+	00:14#	00:18#	00:13+	00:18#	00:09#	01:05&	00:02-	00:18&	01:36@	00:22-	00:15#	00:49&	01:46&	00:15#			
59:46+																												
00:24+																												
00:06&																												
12	Erik Bjørnbom	76																		1:00:40								
01:23+	02:39+	03:37+	08:28+	10:24-	11:48-	14:34-	16:34-	17:59-	20:01-	25:23+	27:28+	30:16+	32:57+	35:51+	37:26+	38:28+	42:44+	44:26+	45:42+	48:28+	49:51+	51:05+	53:15+	57:24+	60:14+			
01:23+	01:16-	00:58+	04:51+	01:56-	01:24+	02:46-	02:00+	01:25-	02:02+	05:22+	02:05+	02:48+	02:41+	02:54+	01:35+	01:02+	04:16+	01:42+	01:16+	02:46+	01:23-	01:14+	02:10+	04:09+	02:50+			
00:26&	00:22-	00:18&	00:12+	02:16-	00:25&	00:59-	00:29&	01:23-	00:42&	02:58@	00:40&	01:41@	00:44&	00:27#	00:06+	00:05+	00:57&	00:18#	00:18&	01:19&	00:30-	00:14#	00:25#	02:10@	00:24#			
60:40+																												
00:26+																												
00:08&																												
13	Jørgen Nilsen	116																		1:02:50								
01:13+	02:52+	04:19+	09:02+	12:03-	13:05=	17:15+	22:56+	24:16+	25:37+	30:35+	31:56+	33:03+	34:55+	39:17+	40:51+	42:04+	45:51+	47:08+	48:26+	50:18+	52:03+	53:15+	55:24+	59:35+	62:29+			
01:13+	01:39+	01:27+	04:43+	03:01-	01:02+	04:10+	05:41+	01:20-	01:21+	04:58+	01:21-	01:07=	01:52-	04:22+	01:34+	01:13+	03:47+	01:17-	01:18+	01:52+	01:45-	01:12+	02:09+	04:11+	02:54+			
00:16&	00:01+	00:47@	00:04+	01:11-	00:03+	00:25#	04:10@	01:28-	00:01+	02:34@	00:04-	00:00=	00:05-	01:55&	00:05+	00:16&	00:28#	00:07-	00:20&	00:25&	00:08-	00:12#	00:24#	02:12@	00:28#			
62:50+																												
00:21+																												
00:03#																												
14	Lars Primstad	62																		1:03:00								
00:44-	01:50-	03:43+	08:30+	15:39+	16:30+	20:37+	22:13+	27:24+	29:13+	33:08+	34:26+	35:15+	37:25+	40:17+	41:19+	42:24+	46:12+	47:06+	48:20+	50:33+	51:47+	52:59+	55:04+	60:05+	62:41+			
00:44-	01:06-	01:53+	04:47+	07:09+	00:51-	04:07+	01:36+	05:11+	01:49+	03:55+	01:18-	00:49-	02:10+	02:52+	01:02-	01:05+	03:48+	00:54-	01:14+	02:13+	01:14-	01:12+	02:05+	05:01+	02:36+			
00:13-	00:32-	01:13@	00:08+	02:57&	00:08-	00:22+	00:05+	02:23&	00:29&	01:31&	00:07-	00:18-	00:13#	00:25#	00:27-	00:08#	00:29#	00:30-	00:16&	00:46&	00:39-	00:12#	00:20#	03:02@	00:10+			
63:00+																												
00:19+																												
00:01+																												

Class	Navn	Klasse										Tid													
24	Jarl Steinar Berntsen	27										1:19:27													
01:03+	02:31-	03:35+	10:47+	12:32+	13:51+	22:55+	26:09+	33:57+	38:04+	42:21+	43:57+	47:20+	49:12+	52:30+	53:55+	55:09+	60:53+	62:19+	63:58+	67:17+	68:51+	70:07+	73:15+	76:04+	79:07+
01:03+	01:28-	01:04+	07:12+	01:45-	01:19+	09:04+	03:14+	07:48+	04:07+	04:17+	01:36+	03:23+	01:52-	03:18+	01:25-	01:14+	05:44+	01:26+	01:39+	03:19+	01:34-	01:16+	03:08+	02:49+	03:03+
00:06#	00:10-	00:24&	02:33&	02:27-	00:20&	05:19@	01:43@	05:00@	02:47@	01:53&	00:11#	02:16@	00:05-	00:51&	00:04-	00:17&	02:25&	00:02+	00:41&	01:52@	00:19-	00:16&	01:23&	00:50&	00:37&
79:27+																									
00:20+																									
00:02#																									

25	Per Ivar Hovstad	116										1:22:01													
01:23+	02:43+	03:42+	11:45+	17:08+	18:33+	24:03+	27:02+	31:16+	34:37+	39:42+	41:35+	42:57+	44:59+	49:15+	50:36+	51:59+	58:45+	60:16+	61:38+	65:37+	68:22+	72:08+	76:12+	79:05+	81:43+
01:23+	01:20-	00:59+	08:03+	05:23+	01:25+	05:30+	02:59+	04:14+	03:21+	05:05+	01:53+	01:22+	02:02+	04:16+	01:21-	01:23+	06:46+	01:31+	01:22+	03:59+	02:45+	03:46+	04:04+	02:53+	02:38+
00:26&	00:18-	00:19&	03:24&	01:11&	00:26&	01:45&	01:28&	01:26&	02:01@	02:41@	00:28&	00:15#	00:05+	01:49&	00:08-	00:26&	03:27@	00:07+	00:24&	02:32@	00:52&	02:46@	02:19@	00:54&	00:12+
82:01+																									
00:18=																									
00:00=																									

26	Ove Mæstad	67										1:22:57													
00:54-	02:39+	03:47+	10:01+	11:45-	13:12+	18:11+	20:39+	22:33+	28:00+	32:28+	34:34+	35:52+	37:32+	51:51+	53:58+	55:03+	60:47+	62:15+	64:51+	68:14+	70:54+	72:14+	76:27+	79:32+	82:37+
00:54-	01:45+	01:08+	06:14+	01:44-	01:27+	04:59+	02:28+	01:54-	05:27+	04:28+	02:06+	01:18+	01:40-	14:19+	02:07+	01:05+	05:44+	01:28+	02:36+	03:23+	02:40+	01:20+	04:13+	03:05+	03:05+
00:03-	00:07+	00:28&	01:35&	02:28-	00:28&	01:14&	00:57&	00:54-	04:07@	02:04&	00:41&	00:11#	00:17-	11:52@	00:38&	00:08#	02:25&	00:04+	01:38@	01:56@	00:47&	00:20&	02:28@	01:06&	00:39&
82:57+																									
00:20+																									
00:02#																									

27	Nicolas Schindeler	42										2:55:12													
01:31+	04:47+	07:07+	16:14+	20:17+	23:56+	32:46+	37:21+	44:21+	84:37+	93:02+	94:37+	96:26+	100:58+	105:52+	114:06+	116:22+	125:49+	128:41+	133:34+	136:07+	139:10+	145:18+	154:36+	165:36+	174:49+
01:31+	03:16+	02:20+	09:07+	04:03-	03:39+	08:50+	04:35+	07:00+	40:16+	08:25+	01:35+	01:49+	04:32+	04:54+	08:14+	02:16+	09:27+	02:52+	04:53+	02:33+	03:03+	06:08+	09:18+	11:00+	09:13+
00:34&	01:38&	01:40@	04:28&	00:09-	02:40@	05:05@	03:04@	04:12@	38:56@	06:01@	00:10#	00:42&	02:35@	02:27&	06:45@	01:19@	06:08@	01:28@	03:55@	01:06&	01:10&	05:08@	07:33@	09:01@	06:47@
175:12+																									
00:23+																									
00:05&																									

Beste strekktid for klassen

00:40 00:59 00:40 03:32 01:01 00:51 02:38 01:31 01:15 01:10 02:24 00:58 00:49 01:29 02:10 00:58 00:54 03:00 00:54 00:58 01:27 01:12 01:00 01:45 01:59 02:11 00:15

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

Herrer 60 - 64 år

1	Morten Johannessen	7										40:58											
00:17=	01:43=	03:29=	05:13=	07:01=	08:52=	10:02=	11:12=	12:53=	16:00=	17:40=	19:24=	20:50=	23:01=	25:32=	27:49=	28:25=	30:21=	34:58=	35:45=	38:08=	40:08=	40:38=	40:58=
00:17=	01:26=	01:46=	01:44=	01:48=	01:51=	01:10=	01:10=	01:41=	03:07=	01:40=	01:44=	01:26=	02:11=	02:31=	02:17=	00:36=	01:56=	04:37=	00:47=	02:23=	02:00=	00:30=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Øystein Dahle	93										43:50											
00:19+	01:36-	03:32+	05:27+	07:30+	09:35+	11:23+	12:29+	14:29+	18:02+	20:01+	22:06+	23:44+	26:10+	28:48+	30:46+	31:52+	33:37+	38:23+	39:12+	41:49+	42:52+	43:30+	43:50+
00:19+	01:17-	01:56+	01:55+	02:03+	02:05+	01:48+	01:06-	02:00+	03:33+	01:59+	02:05+	01:38+	02:26+	02:38+	01:58-	01:06+	01:45-	04:46+	00:49+	02:37+	01:03-	00:38+	00:20=
00:02#	00:21-	00:10+	00:01+	00:15#	00:14#	00:38&	00:04-	00:19#	00:26#	00:19#	00:21#	00:12#	00:15#	00:07+	00:19-	00:30&	00:11-	00:09+	00:02+	00:14+	00:57-	00:08&	00:00=

3	Espen Krogh	7										44:34											
00:14-	01:19-	02:55-	04:40-	07:21+	09:05+	10:23+	16:35+	17:24+	21:42+	23:09+	24:36+	25:42+	27:43+	29:53+	31:32+	34:09+	35:52+	39:10+	40:34+	42:46+	43:49+	44:17+	44:34+
00:14-	01:05-	01:36-	01:45+	02:41+	01:44-	01:18+	06:12+	00:49-	04:18+	01:27-	01:27-	01:06-	02:01-	02:10-	01:39-	02:37+	01:43-	03:18-	01:24+	02:12-	01:03-	00:28-	00:17-
00:03-	00:21-	00:10-	00:01+	00:53&	00:07-	00:08#	05:02@	00:52-	01:11&	00:13-	00:17-	00:20-	00:10-	00:21-	00:38-	02:01@	00:13-	01:19-	00:37&	00:11-	00:57-	00:02-	00:03-

4	Arne Øvstebø	71										46:50											
00:17=	01:41-	04:02+	06:13+	08:17+	10:46+	12:28+	13:44+	15:34+	19:15+	21:54+	23:58+	25:34+	28:06+	30:57+	33:16+	33:53+	35:27+	40:08+	41:11+	44:02+	45:46+	46:31+	46:50+
00:17=	01:24-	02:21+	02:11+	02:04+	02:29+	01:42+	01:16+	01:50+	03:41+	02:39+	02:04+	01:36+	02:32+	02:51+	02:19+	00:37+	01:34-	04:41+	01:03+	02:51+	01:44-	00:45+	00:19-
00:00=	00:02-	00:35&	00:27&	00:16#	00:38&	00:32&	00:06+	00:09+	00:34#	00:59&	00:20#	00:10#	00:21#	00:20#	00:02+	00:01+	00:22-	00:04+	00:16&	00:28#	00:16-	00:15&	00:01-

5	Kjell Dale	93										47:01											
00:20+	01:51+	03:46+	05:50+	09:10+	11:11+	12:48+	13:51+	15:09+	19:28+	22:16+	25:20+	27:02+	29:38+	32:36+	34:27+	35:14+	36:41+	40:38+	41:57+	44:32+	45:51+	46:33+	47:01+
00:20+	01:31+	01:55+	02:04+	03:20+	02:01+	01:37+	01:03-	01:18-	04:19+	02:48+	03:04+	01:42+	02:36+	02:58+	01:51-	00:47+	01:27-	03:57-	01:19+	02:35+	01:19-	00:42+	00:28+
00:03#	00:05+	00:09+	00:20#	01:32&	00:10+	00:27&	00:07-	00:23-	01:12&	01:08&	01:20&	00:16#	00:25#	00:27#	00:26-	00:11&	00:29-	00:40-	00:32&	00:12+	00:41-	00:12&	00:08&

6	Kjetil Heradstveit	76										50:47											
00:20+	03:47+	05:51+	08:03+	10:06+	12:45+	14:42+	17:08+	19:31+	24:36+	26:57+	29:58+	31:25+	34:16+	36:38+	38:05+	38:40+	40:06+	44:42+	45:31+	48:05+	49:26+	50:30+	50:47+
00:20+	03:27+	02:04+	02:12+	02:03+	02:39+	01:57+	02:26+	02:23+	05:05+	02:21+	03:01+	01:27+	02:51+	02:22-	01:27-	00:35-	01:26-	04:36-	00:49+	02:34+	01:21-	01:04+	00:17-
00:03#	02:01@	00:18#	00:28&	00:15#	00:48&	00:47&	01:16@	00:42&	01:58&	00:41&	01:17&	00:01+	00:40&	00:09-	00:50-	00:01-	00:30-	00:01-	00:02+	00:11+	00:39-	00:34@	00:03-

7	Per Ingar Hadland	7										52:13											
00:18+	02:08+	04:29+	06:56+	10:15+	12:52+	14:13+	15:42+	17:22+	22:20+	24:40+	26:32+	29:00+	32:03+	35:36+	37:40+	38:49+	40:43+	45:23+	46:21+	49:36+	51:05+	51:46+	52:13+
00:18+	01:50+	02:21+	02:27+	03:19+	02:37+	01:2																	

Class	Navn	Klasse												Tid											
8	Inge Skretting	165												52:53											
00:19+	01:42-	07:38+	10:08+	14:59+	16:29+	17:29+	25:13+	27:21+	29:26+	31:13+	34:08+	36:52+	38:53+	39:46+	41:11+	47:01+	47:44+	50:35+	51:59+	52:34+	52:53+				
00:19+	01:23-	05:56+	02:30+	02:49+	02:02+	01:30+	01:00-	03:58+	03:46+	02:08+	02:05+	01:47+	02:55+	02:44+	02:01-	00:53+	01:25-	05:50+	00:43-	02:51+	01:24-	00:35+	00:19-		
00:02#	00:03-	04:10#	00:46#	01:01#	00:11+	00:20#	00:10-	02:17#	00:39#	00:28#	00:21#	00:21#	00:44#	00:13+	00:16-	00:17#	00:31-	01:13#	00:04-	00:28#	00:36-	00:05#	00:01-		
9	Ivar Knutsen	116												58:01											
00:19+	02:13+	04:35+	06:30+	21:05+	23:01+	26:28+	28:36+	30:07+	33:47+	35:55+	37:57+	39:28+	41:50+	44:29+	46:03+	46:40+	48:24+	52:17+	53:24+	55:42+	57:00+	57:38+	58:01+		
00:19+	01:54+	02:12+	02:05+	14:35+	01:56+	03:27+	02:08+	01:31-	03:40+	02:08+	02:02+	01:31+	02:22+	02:39+	01:34-	00:37+	01:44-	03:53-	01:07+	02:18-	01:18-	00:38+	00:23+		
00:02#	00:28#	00:26#	00:21#	12:47#	00:05+	02:17#	00:58#	00:10-	00:33#	00:28#	00:18#	00:05+	00:11+	00:08+	00:43-	00:01+	00:12-	00:44-	00:20#	00:05-	00:42-	00:08#	00:03#		
10	Stein Sigbjørnsen	27												1:01:05											
00:29+	01:55+	04:31+	07:07+	11:01+	13:55+	16:13+	19:13+	21:13+	28:21+	31:11+	33:44+	35:47+	38:59+	42:15+	44:49+	46:45+	48:50+	53:32+	55:39+	58:32+	60:03+	60:44+	61:05+		
00:29+	01:26#	02:36+	02:36+	03:54+	02:54+	02:18+	03:00+	02:00+	07:08+	02:50+	02:33+	02:03+	03:12+	03:16+	02:34+	01:56+	02:05+	04:42+	02:07+	02:53+	01:31-	00:41+	00:21+		
00:12#	00:00#	00:50#	00:52#	02:06#	01:03#	01:08#	01:50#	00:19#	04:01#	01:10#	00:49#	00:37#	01:01#	00:45#	00:17#	01:20#	00:09+	00:05+	01:20#	00:30#	00:29-	00:11#	00:01+		
11	John C. Sinnes	93												1:01:41											
00:19+	02:57+	05:14+	07:29+	10:49+	18:25+	19:45+	21:01+	22:46+	29:12+	31:24+	33:48+	35:30+	38:37+	41:10+	42:48+	43:26+	49:15+	55:50+	56:34+	59:18+	60:42+	61:19+	61:41+		
00:19+	02:38#	02:17#	02:15+	03:20+	07:36+	01:20+	01:16+	01:45+	06:26+	02:12+	02:24+	01:42+	03:07+	02:33+	01:38-	00:38+	05:49+	06:35+	00:44-	02:44+	01:24-	00:37+	00:22+		
00:02#	01:12#	00:31#	00:31#	01:32#	05:45#	00:10#	00:06+	00:04+	03:19#	00:32#	00:40#	00:16#	00:56#	00:02+	00:39-	00:02+	03:53#	01:58#	00:03-	00:21#	00:36-	00:07#	00:02#		
12	Svein Magne Gloppen	93												1:03:49											
00:25+	05:19+	12:27+	14:44+	18:01+	21:12+	23:38+	26:02+	27:57+	33:26+	37:29+	39:37+	41:24+	43:49+	46:38+	48:18+	49:05+	52:36+	58:00+	59:03+	61:37+	62:53+	63:26+	63:49+		
00:25+	04:54+	07:08+	02:17+	03:17+	03:11+	02:26+	02:24+	01:55+	05:29+	04:03+	02:08+	01:47+	02:25+	02:49+	01:40-	00:47+	03:31+	05:24+	01:03+	02:34+	01:16-	00:33+	00:23+		
00:08#	03:28#	05:22#	00:33#	01:29#	01:20#	01:16#	01:14#	00:14#	02:22#	02:23#	00:24#	00:21#	00:14#	00:18#	00:37-	00:11#	01:35#	00:47#	00:16#	00:11+	00:44-	00:03#	00:03#		
13	Torbjørn Salthe	125												1:07:10											
00:29+	02:32+	05:16+	08:47+	12:57+	16:34+	19:28+	21:29+	23:41+	28:52+	31:06+	34:55+	38:11+	41:16+	44:34+	47:11+	48:36+	52:52+	58:51+	60:46+	64:10+	65:58+	66:42+	67:10+		
00:29+	02:03+	02:44+	03:31+	04:10+	03:37+	02:54+	02:01+	02:12+	05:11+	02:14+	03:49+	03:16+	03:05+	03:18+	02:37+	01:25+	04:16+	05:59+	01:55+	03:24+	01:48-	00:44+	00:28+		
00:12#	00:37#	00:58#	01:47#	02:22#	01:46#	01:44#	00:51#	00:31#	02:04#	00:34#	02:05#	01:50#	00:54#	00:47#	00:20#	00:49#	02:20#	01:22#	01:08#	01:01#	00:12-	00:14#	00:08#		
14	John Lage Bergan	116												1:13:43											
00:19+	02:29+	06:32+	10:16+	14:01+	17:59+	19:38+	24:47+	29:32+	46:51+	48:43+	51:11+	53:09+	55:42+	58:16+	59:50+	61:13+	63:10+	67:11+	68:10+	70:46+	72:05+	73:17+	73:43+		
00:19+	02:10+	04:03+	03:44+	03:45+	03:58+	01:39+	05:09+	04:45+	17:19+	01:52+	02:28+	01:58+	02:33+	02:34+	01:34-	01:23+	01:57+	04:01-	00:59+	02:36+	01:19-	01:12+	00:26+		
00:02#	00:44#	02:17#	02:00#	01:57#	02:07#	00:29#	03:59#	03:04#	14:12#	00:12#	00:44#	00:32#	00:22#	00:03+	00:43-	00:47#	00:01+	00:36-	00:12#	00:13+	00:41-	00:42#	00:06#		
15	Per Kolbein Tonstad	66												1:23:37											
00:25+	03:19+	05:50+	08:17+	18:09+	22:45+	29:55+	37:02+	39:04+	41:01+	46:36+	48:57+	52:46+	55:01+	58:20+	62:22+	64:51+	66:11+	68:29+	75:24+	76:49+	80:22+	82:09+	83:04+	83:37+	
00:25+	02:54+	02:31+	02:27+	09:52+	04:36+	07:10+	07:07+	02:02+	01:57-	05:35+	02:21+	03:49+	02:15+	03:19+	04:02+	02:29+	01:20-	02:18-	06:55+	01:25-	03:33+	01:47+	00:55+	00:33+	
00:08#	01:28#	00:45#	00:43#	08:04#	02:45#	06:00#	05:57#	00:21#	01:10-	03:55#	00:37#	02:23#	00:04+	00:48#	01:45#	01:53#	00:36-	02:19-	06:08#	00:58-	01:33#	01:17#	00:35#	00:33+	
Beste strekktid for klassen	00:14	01:05	01:36	01:44	01:48	01:44	01:10	01:00	00:49	01:57	01:27	01:27	01:06	02:01	02:10	01:27	00:35	01:20	02:18	00:43	01:25	01:03	00:28	00:17	
= Som klassevinner , - raskere , + senere , # 10% tap, & 25% tap, @ 100% tap.																									

Herrer 65 - 69 år

1	Arne Kristian Espedal	68												33:46											
00:15=	01:33=	02:58=	04:40=	06:49=	08:01=	09:15=	10:53=	11:44=	14:15=	15:39=	17:03=	18:23=	20:20=	22:35=	24:12=	25:01=	26:17=	29:45=	30:19=	32:06=	33:02=	33:28=	33:46=		
00:15=	01:18=	01:25=	01:42=	02:09=	01:12=	01:14=	01:38=	00:51=	02:31=	01:24=	01:24=	01:20=	01:57=	02:15=	01:37=	00:49=	01:16=	03:28=	00:34=	01:47=	00:56=	00:26=	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=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Torbjørn Evensen	108												40:19											
00:14-	01:27-	03:07+	04:52+	07:52+	09:48+	11:02+	13:18+	14:39+	18:00+	19:51+	21:20+	23:05+	25:18+	27:57+	29:29+	30:06+	31:29+	35:14+	36:10+	38:21+	39:25+	39:59+	40:19+		
00:14-	01:13-	01:40+	01:45+	03:00+	01:56+	01:14=	02:16+	01:21+	03:21+	01:51+	01:29+	01:45+	02:13+	02:39+	01:32-	00:37-	01:23+	03:45+	00:56+	02:11+	01:04+	00:34+	00:20+		
00:01-	00:05-	00:15#	00:03+	00:51#	00:44#	00:00=	00:38#	00:30#	00:50#	00:27#	00:05+	00:25#	00:16#	00:24#	00:05-	00:12-	00:07+	00:17+	00:22#	00:24#	00:08#	00:08#	00:02#		
3	Bjarne Gimre	88												43:59											
00:17+	02:19+	06:22+	08:42+	10:19+	12:29+	13:46+	15:00+	16:48+	20:04+	21:54+	23:44+	25:18+	27:53+	30:29+	32:02+	32:39+	34:13+	38:36+	39:26+	42:02+	43:08+	43:40+	43:59+		
00:17+	02:02+	04:03+	02:20+	01:37-	02:10+	01:17+	01:14-	01:48+	03:16+	01:50+	01:34+	02:35+	02:36+	01:33-	00:37-	01:34+	04:23+	00:50+	02:36+	01:06+	00:32+	00:19+			
00:02#	00:44#	02:38#	00:38#	00:32-	00:58#	00:03+	00:24-	00:57#	00:45#	00:26#	00:26#	00:14#	00:38#	00:21#	00:04-	00:12-	00:18#	00:55#	00:16#	00:49#	00:10#	00:06#	00:01+		
4	Otte Omdal	65												44:46											
01:00+	02:39+	03:45+	06:31+	08:06+	09:58+	12:46+	14:04+	15:14+	16:32+	20:52+	22:46+	24:18+	26:06+	28:26+	30:50+	32:16+	34:38+	35:50+	40:05+	41:21+	43:14+	44:05+	44:31+	44:46+	
01:00+	01:39+	01:06-	02:46+	01:35-	01:52+	02:48+	01:18-	01:10+	01:18-	04:20+	01:54+	01:32+	01:48-	02:20+	02:24+	01:26+	02:22+	01:12-	04:15+	01:16-	01:53+	00:51+	00:26+	00:15+	
00:45#	00:21#	00:19-	01:04#	00:34-	00:40#	01:34#	00:20-	00:19#	01:13-	02:56#	00:30#	00:12#	00:09-	00:05+	00:47#	00:37#	01:06#	02:16-	03:41#	00:31-	00:57#	00:25#	00:08#	00:15+	
5	Bjørn Sivertsen	99												49:11											
00:25+	01:51+	04:05+	06:25+	08:42+	13:06+	15:19+	16:50+	18:22+	22:01+	24:02+	25:57+	27:26+	30:12+	33:13+	35:31+	36:19+	38:18+	42:34+	43:32+	46:07+	48:16+	48:49+	49:11+		
00:25+	01:26+	02:14+	02:20+	02:17+	04:24+	02:13+	01:31-	01:32+	03:39+	02:01+	01:55+	01:29+	02:46+	03:01+	02:18+	00:48-	01:59+	04:16+	00:58+	02:35+	02:09+	00:33+	00:22+		
00:10#	00:08#	00:49#	00:38#	00:08+	03:12#	00:59#	00:07-	00:41#	01:08#	00:37#	00:31#	00:09#	00:49#	00:46#	00:41#	00:01-	00:43#	00:48#	00:24#	00:48#	01:13#	00:07#	00:04#		

Class	Navn	Klasse	Tid																				
6	Arne Magne Handeland	92	50:26																				
00:20+	01:50+ 06:22+ 08:50+ 13:25+ 15:39+	16:53+ 17:57+ 19:46+ 23:16+ 25:02+ 26:54+ 28:24+	31:05+ 34:12+ 36:26+ 37:39+ 39:10+ 44:31+ 45:21+ 48:06+ 49:22+ 50:04+ 50:26+																				
00:20+	01:30+ 04:32+ 02:28+ 04:35+ 02:14+	01:14= 01:04- 01:49+ 03:30+ 01:46+ 01:52+ 01:30+	02:41+ 03:07+ 02:14+ 01:13+ 01:31+ 05:21+ 00:50+ 02:45+ 01:16+ 00:42+ 00:22+																				
00:05&	00:12# 03:07@ 00:46& 02:26@ 01:02&	00:00= 00:34- 00:58@ 00:59& 00:22& 00:28& 00:10#	00:44& 00:52& 00:37& 00:24& 00:15# 01:53& 00:16& 00:58& 00:20& 00:16& 00:04#																				
7	Tom Hetland	5	50:47																				
00:23+	01:58+ 04:03+ 06:51+ 10:41+ 14:42+	17:06+ 18:32+ 20:04+ 23:58+ 26:35+ 29:07+ 30:53+	33:23+ 36:10+ 37:55+ 38:33+ 40:04+ 44:22+ 45:25+ 48:24+ 49:54+ 50:29+ 50:47+																				
00:23+	01:35+ 02:05+ 02:48+ 03:50+ 04:01+	02:24+ 01:26- 01:32+ 03:54+ 02:37+ 02:32+ 01:46+	02:30+ 02:47+ 01:45+ 00:38- 01:31+ 04:18+ 01:03+ 02:59+ 01:30+ 00:35+ 00:18=																				
00:08&	00:17# 00:40& 01:06& 01:41& 02:49@	01:10& 00:12- 00:41& 01:23& 01:13& 01:08& 00:26&	00:33& 00:32# 00:08+ 00:11- 00:15# 00:50# 00:29& 01:12& 00:34& 00:09& 00:00=																				
8	Terje Stokkeland	69	56:02																				
00:40+	02:35+ 05:00+ 07:41+ 11:06+ 14:55+	16:52+ 19:46+ 22:12+ 27:45+ 31:34+ 34:13+ 35:58+	38:42+ 41:25+ 43:37+ 44:21+ 45:50+ 49:49+ 50:53+ 53:38+ 54:58+ 55:37+ 56:02+																				
00:40+	01:55+ 02:25+ 02:41+ 03:25+ 03:49+	01:57+ 02:54+ 02:26+ 05:33+ 03:49+ 02:39+ 01:45+	02:44+ 02:43+ 02:12+ 00:44- 01:29+ 03:59+ 01:04+ 02:45+ 01:20+ 00:39+ 00:25+																				
00:25@	00:37& 01:00& 00:59& 01:16& 02:37@	00:43& 01:16& 01:35@ 03:02@ 02:25@ 01:15& 00:25&	00:47& 00:28# 00:35& 00:05- 00:13# 00:31# 00:30& 00:58& 00:24& 00:13& 00:07&																				
9	Steinar Barmen	105	58:30																				
00:18+	01:52+ 04:09+ 06:45+ 11:43+ 14:37+	17:04+ 20:25+ 22:18+ 27:08+ 29:26+ 32:09+ 34:01+	37:08+ 40:15+ 42:12+ 44:39+ 46:22+ 51:00+ 52:52+ 55:48+ 57:05+ 58:04+ 58:30+																				
00:18+	01:34+ 02:17+ 02:36+ 04:58+ 02:54+	02:27+ 03:21+ 01:53+ 04:50+ 02:18+ 02:43+ 01:52+	03:07+ 03:07+ 01:57+ 02:27+ 01:43+ 04:38+ 01:52+ 02:56+ 01:17+ 00:59+ 00:26+																				
00:03#	00:16# 00:52& 00:54& 02:49@ 01:42@	01:13& 01:43@ 01:02@ 02:19& 00:54& 01:19& 00:32&	01:10& 00:52& 00:20# 01:38@ 00:27& 01:10& 01:18@ 01:09& 00:21& 00:33@ 00:08&																				
10	Ommund Bakkevold	68	1:07:01																				
00:30+	02:27+ 06:32+ 09:13+ 12:49+ 16:03+	18:58+ 22:06+ 24:37+ 30:15+ 33:27+ 36:37+ 38:42+	42:39+ 45:55+ 48:20+ 49:24+ 52:41+ 58:16+ 60:27+ 64:07+ 65:45+ 66:35+ 67:01+																				
00:30+	01:57+ 04:05+ 02:41+ 03:36+ 03:14+	02:55+ 03:08+ 02:31+ 05:38+ 03:12+ 03:10+ 02:05+	03:57+ 03:16+ 02:25+ 01:04+ 03:17+ 05:35+ 02:11+ 03:40+ 01:38+ 00:50+ 00:26+																				
00:15&	00:39& 02:40@ 00:59& 01:27& 02:02@	01:41@ 01:30& 01:40@ 03:07@ 01:48@ 01:46@ 00:45&	02:00@ 01:01& 00:48& 00:15& 02:01@ 02:07& 01:37@ 01:53@ 00:42& 00:24& 00:08&																				
11	Rolf Kleppe	63	1:19:36																				
00:40+	02:58+ 07:15+ 10:06+ 13:39+ 28:51+	32:25+ 34:12+ 36:21+ 41:20+ 43:54+ 47:26+ 49:26+	54:00+ 58:10+ 61:17+ 62:28+ 64:41+ 71:15+ 72:44+ 76:39+ 78:14+ 79:11+ 79:36+																				
00:40+	02:18+ 04:17+ 02:51+ 03:33+ 15:12+	03:34+ 01:47+ 02:09+ 04:59+ 02:34+ 03:32+ 02:00+	04:34+ 04:10+ 03:07+ 01:11+ 02:13+ 06:34+ 01:29+ 03:55+ 01:35+ 00:57+ 00:25+																				
00:25@	01:00& 02:52@ 01:09& 01:24& 14:00@	02:20@ 00:09+ 01:18@ 02:28& 01:10& 02:08@ 00:40&	02:37@ 01:55& 01:30& 00:22& 00:57& 03:06& 00:55@ 02:08@ 00:39& 00:31@ 00:07&																				
Beste strekketid for klassen																							
00:14	01:13	01:06	01:42	01:35	01:12	01:14	01:04	00:51	01:18	01:24	01:24	01:20	01:48	02:15	01:32	00:37	01:16	01:12	00:34	01:16	00:56	00:26	00:18

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

Herrer 70 - 74 år

1	Bjørn Alsaker	115	38:20
00:15=	01:26= 03:27= 05:32= 08:08= 09:42=	10:46= 11:37= 12:44= 16:24= 18:14=	19:45= 21:05= 23:09= 25:28= 26:58= 27:34= 28:46= 33:35= 34:21= 36:29= 37:32= 38:03= 38:20=
00:15=	01:11= 02:01= 02:05= 02:36= 01:34=	01:04= 00:51= 01:07= 03:40= 01:50=	01:31= 01:20= 02:04= 02:19= 01:30= 00:36= 01:12= 04:49= 00:46= 02:08= 01:03= 00:31= 00:17=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 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	Gunnar Sakseid	116	44:38
00:24+	02:05+ 04:14+ 06:26+ 08:36+ 10:54+	12:29+ 13:55+ 15:49+ 20:30+ 22:19+	24:33+ 26:39+ 28:57+ 31:27+ 32:54+ 33:31+ 34:55+ 39:07+ 40:02+ 42:33+ 43:35+ 44:13+ 44:38+
00:24+	01:41+ 02:09+ 02:12+ 02:10- 02:18+	01:35+ 01:26+ 01:54+ 04:41+ 01:49-	02:14+ 02:06+ 02:18+ 02:30+ 01:27- 00:37+ 01:24+ 04:12- 00:55+ 02:31+ 01:02- 00:38+ 00:25+
00:09&	00:30& 00:08+ 00:07+	00:26- 00:44& 00:31& 00:35& 00:47& 01:01& 00:01-	00:43& 00:46& 00:14# 00:11+ 00:03- 00:01+ 00:12# 00:37- 00:09# 00:23# 00:01- 00:07# 00:08&
3	Harry Breiland	66	44:58
00:17+	01:58+ 03:53+ 05:51+ 07:43-	09:37- 11:02+ 12:10+ 13:35+ 17:09+	18:55+ 24:27+ 25:52+ 28:29+ 31:26+ 33:12+ 33:47+ 35:27+ 39:21+ 40:19+ 42:39+ 43:50+ 44:36+ 44:58+
00:17+	01:41+ 01:55- 01:58- 01:52-	01:54+ 01:25+ 01:08+ 01:25+ 03:34-	01:46- 05:32+ 01:25+ 02:37+ 02:57+ 01:46+ 00:35- 01:40+ 03:54- 00:58+ 02:20+ 01:11+ 00:46+ 00:22+
00:02#	00:30& 00:06- 00:07-	00:44- 00:20# 00:21& 00:17& 00:18& 00:06-	00:04- 04:01@ 00:05+ 00:33& 00:38& 00:16# 00:01- 00:28& 00:55- 00:12& 00:12+ 00:08# 00:15& 00:05&
4	Jan Inge Lunde	88	46:25
00:21+	03:02+ 05:30+ 07:53+ 09:35+ 11:51+	13:08+ 14:11+ 15:53+ 19:13+ 21:16+	23:04+ 24:37+ 27:28+ 30:30+ 32:52+ 33:39+ 35:16+ 40:16+ 41:10+ 43:58+ 45:16+ 46:01+ 46:25+
00:21+	02:41+ 02:28+ 02:23+ 01:42- 02:16+	01:17+ 01:03+ 01:42+ 03:20- 02:03+	01:48+ 01:33+ 02:51+ 03:02+ 02:22+ 00:47+ 01:37+ 05:00+ 00:54+ 02:48+ 01:18+ 00:45+ 00:24+
00:06&	01:30@ 00:27# 00:18# 00:54-	00:13# 00:12# 00:35& 00:20-	00:13# 00:17# 00:13# 00:47& 00:43& 00:52& 00:11& 00:25& 00:11+ 00:08# 00:40& 00:15# 00:14& 00:07&
5	Ragnvald Frøyland	128	47:51
00:17+	01:38+ 03:50+ 05:57+ 08:40+	13:40+ 15:19+ 16:31+ 18:14+	21:48+ 23:31+ 25:53+ 27:30+
00:17+	01:21+ 02:12+ 02:07+ 02:43+	05:00+ 01:39+ 01:12+ 01:43+	03:34- 01:43- 02:22+ 01:37+
00:02#	00:10# 00:11+ 00:02+ 00:07+	03:26@ 00:35& 00:21& 00:36& 00:06-	00:07- 00:51& 00:17# 00:21# 00:16# 00:05+ 00:04# 01:28@ 00:04+ 00:09# 00:20# 00:13# 00:04# 00:02#
6	Asgeir Bell	117	47:55
00:18+	01:37+ 07:40+ 09:38+ 12:06+ 13:42+	15:01+ 18:58+ 20:24+ 23:30+ 25:37+	27:22+ 28:57+ 31:17+ 33:59+ 35:41+ 36:26+ 38:09+ 42:48+ 43:40+ 45:56+ 47:02+ 47:34+ 47:55+
00:18+	01:19+ 06:03+ 01:58- 02:28-	01:36+ 01:19+ 03:57+ 01:26+ 03:06-	02:07+ 01:45+ 01:35+ 02:20+ 02:42+ 01:42+ 00:45+ 01:43+ 04:39- 00:52+ 02:16+ 01:06+ 00:32+ 00:21+
00:03#	00:08# 04:02@ 00:07- 00:08-	00:02+ 00:15# 03:06@ 00:19& 00:34-	00:17# 00:14# 00:15# 00:16# 00:23# 00:12# 00:09# 00:31& 00:10- 00:06# 00:08+ 00:03+ 00:01+ 00:04#
7	Kjell Ivar Skjørestad	92	51:52
00:21+	01:37+ 03:49+ 06:16+ 09:03+	13:25+ 14:49+ 16:06+ 17:40+	22:16+ 24:16+ 26:46+ 28:10+
00:21+	01:16+ 02:12+ 02:27+ 02:47+	04:22+ 01:24+ 01:17+ 01:34+	04:36+ 02:00+ 02:30+ 01:24+
00:06&	00:05+ 00:11+ 00:22# 00:11+	02:48@ 00:20& 00:26& 00:27& 00:56& 00:10+	00:59& 00:04+
00:21+	01:37+ 03:49+ 06:16+ 09:03+	13:25+ 14:49+ 16:06+ 17:40+	22:16+ 24:16+ 26:46+ 28:10+
00:21+	01:16+ 02:12+ 02:27+ 02:47+	04:22+ 01:24+ 01:17+ 01:34+	04:36+ 02:00+ 02:30+ 01:24+
00:06&	00:05+ 00:11+ 00:22# 00:11+	02:48@ 00:20& 00:26& 00:27& 00:56& 00:10+	00:59& 00:04+

Class	Navn	Klasse	Tid																				
8	Paul A. Paulsen	117	54:02																				
00:21+	04:09+	06:11+	08:23+	11:48+	13:32+	19:14+	22:11+	23:43+	27:57+	29:53+	31:42+	33:12+	35:41+	38:28+	40:38+	41:47+	43:42+	47:51+	49:00+	51:41+	53:04+	53:41+	54:02+
00:21+	03:48+	02:02+	02:12+	03:25+	01:44+	05:42+	02:57+	01:32+	04:14+	01:56+	01:49+	01:30+	02:29+	02:47+	02:10+	01:09+	01:55+	04:09-	01:09+	02:41+	01:23+	00:37+	00:21+
00:06&	02:37@	00:01+	00:07+	00:49&	00:10#	04:38@	02:06@	00:25&	00:34#	00:06+	00:18#	00:10#	00:25#	00:28#	00:40&	00:33&	00:43&	00:40-	00:23&	00:33&	00:20&	00:06#	00:04#

9	Jan Hetland	29	58:51																				
00:14-	02:38+	08:28+	10:21+	20:08+	22:20+	23:47+	25:00+	29:52+	33:27+	35:02+	37:08+	38:29+	40:34+	43:05+	44:37+	45:09+	47:13+	54:12+	54:47+	56:59+	57:57+	58:31+	58:51+
00:14-	02:24+	05:50+	01:53-	09:47+	02:12+	01:27+	01:13+	04:52+	03:35-	01:35-	02:06+	01:21+	02:05+	02:31+	01:32+	00:32-	02:04+	06:59+	00:35-	02:12+	00:58-	00:34+	00:20+
00:01-	01:13@	03:49@	00:12-	07:11@	00:38&	00:23&	00:22&	03:45@	00:05-	00:15-	00:35&	00:01+	00:01+	00:12+	00:02+	00:04-	00:52&	02:10&	00:11-	00:04+	00:05-	00:03+	00:03#

10	Arne Østensen	395	1:00:05																					
00:19+	01:29+	05:02+	07:42+	09:20+	20:25+	21:58+	28:25+	29:34+	31:26+	35:22+	37:10+	38:54+	40:28+	42:48+	45:37+	47:26+	48:16+	49:45+	53:31+	55:07+	57:52+	59:06+	59:40+	60:05+
00:19+	01:10-	03:33+	02:40+	01:38-	11:05+	01:33+	06:27+	01:09+	01:52-	03:56+	01:48+	01:44+	01:34-	02:20+	02:49+	01:49+	00:50-	01:29-	03:46+	01:36-	02:45+	01:14+	00:34+	00:25+
00:04&	00:01-	01:32&	00:35&	00:58-	09:31@	00:29&	05:36@	00:02+	01:48-	02:06@	00:17#	00:24&	00:30-	00:10+	01:19&	01:13@	00:22-	03:20-	03:00@	00:32-	01:42@	00:43@	00:17&	00:25+

11	Svein Ove Horpestad	62	1:10:19																				
00:40+	02:50+	05:33+	08:13+	17:03+	21:02+	22:57+	24:36+	28:23+	34:18+	37:32+	42:02+	44:39+	47:53+	51:33+	53:37+	54:27+	56:21+	63:12+	64:37+	67:27+	68:52+	69:45+	70:19+
00:40+	02:10+	02:43+	02:40+	08:50+	03:59+	01:55+	01:39+	03:47+	05:55+	03:14+	04:30+	02:37+	03:14+	03:40+	02:04+	00:50+	01:54+	06:51+	01:25+	02:50+	01:25+	00:53+	00:34+
00:25@	00:59&	00:42&	00:35&	06:14@	02:25@	00:51&	00:48&	02:40@	02:15&	01:24&	02:59@	01:17&	01:10&	01:21&	00:34&	00:14&	00:42&	02:02&	00:39&	00:42&	00:22&	00:22&	00:17&

12	Olav Habbestad	116	1:16:59																				
00:25+	01:55+	09:42+	13:40+	22:09+	24:21+	29:29+	32:01+	34:08+	38:20+	44:08+	47:29+	49:48+	52:28+	56:06+	58:44+	59:51+	61:18+	70:26+	71:10+	74:16+	75:33+	76:39+	76:59+
00:25+	01:30+	07:47+	03:58+	08:29+	02:12+	05:08+	02:32+	02:07+	04:12+	05:48+	03:21+	02:19+	02:40+	03:38+	02:38+	01:07+	01:27+	09:08+	00:44-	03:06+	01:17+	01:06+	00:20+
00:10&	00:19&	05:46@	01:53&	05:53@	00:38&	04:04@	01:41@	01:00&	00:32#	03:58@	01:50@	00:59&	00:36&	01:19&	01:08&	00:31&	00:15#	04:19&	00:02-	00:58&	00:14#	00:35@	00:03#

13	Arne Hope	43	1:46:14																					
00:23+	02:43+	05:30+	09:24+	13:48+	16:41+	19:45+	24:17+	45:10+	51:25+	56:17+	60:14+	63:42+	70:16+	73:47+	75:44+	81:44+	83:44+	95:35+	97:27+	100:58+	103:03+	104:22+	105:39+	106:14+
00:23+	02:20+	02:47+	03:54+	04:24+	02:53+	03:04+	04:32+	20:53+	06:15+	04:52+	03:57+	03:28+	06:34+	03:31+	01:57+	06:00+	02:00+	11:51+	01:52+	03:31+	02:05+	01:19+	01:17+	00:35+
00:08&	01:09&	00:46&	01:49&	01:48&	01:19&	02:00@	03:41@	19:46@	02:35&	03:02@	02:26@	02:08@	04:30@	01:12&	00:27&	05:24@	00:48&	07:02@	01:06@	01:23&	01:02&	00:48@	01:00@	00:35+

Beste strekktid for klassen
00:14 01:10 01:55 01:53 01:38 01:34 01:04 00:51 01:07 01:52 01:35 01:31 01:20 01:34 02:19 01:27 00:32 00:50 01:29 00:35 01:36 00:58 00:31 00:17

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

Herrer 75 - 79 år

1	Svein Glendrange	68	44:58																				
00:24=	02:10=	03:06=	05:52=	09:08=	10:57=	12:15=	14:01=	18:04=	19:17=	21:35=	24:52=	27:01=	29:11=	32:42=	34:21=	37:11=	40:00=	41:50=	43:17=	44:29=	44:58=		
00:24=	01:46=	00:56=	02:46=	03:16=	01:49=	01:18=	01:46=	04:03=	01:13=	02:18=	03:17=	02:09=	02:10=	03:31=	01:39=	02:50=	02:49=	01:50=	01:27=	01:12=	00:29=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Kjell Svihus	154	49:03																		
00:19-	02:00-	05:13+	07:55+	09:18+	11:12+	12:52+	14:34+	18:36+	19:41+	26:43+	29:45+	31:22+	33:43+	37:08+	38:16+	41:25+	44:12+	46:01+	47:39+	48:41+	49:03+
00:19-	01:41-	03:13+	02:42-	01:23-	01:54+	01:40+	01:42-	04:02-	01:05-	07:02+	03:02-	01:37-	02:21+	03:25-	01:08-	03:09+	02:47-	01:49-	01:38+	01:02-	00:22-
00:05-	00:05-	02:17@	00:04-	01:53-	00:05+	00:22&	00:04-	00:01-	00:08-	04:44@	00:15-	00:32-	00:11+	00:06-	00:31-	00:19#	00:02-	00:01-	00:11#	00:10-	00:07-

3	Knut Skjæveland	93	49:23																		
00:24=	02:15+	03:09+	05:48-	07:24-	09:18-	11:16-	13:36-	17:15-	20:41+	24:28+	27:52+	29:39+	31:47+	35:07+	36:38+	40:50+	44:18+	46:17+	47:44+	48:57+	49:23+
00:24=	01:51+	00:54-	02:39-	01:36-	01:54+	01:58+	02:20+	03:39-	03:26+	03:47+	03:24+	01:47-	02:08-	03:20-	01:31-	04:12+	03:28+	01:59+	01:27=	01:13+	00:26-
00:00=	00:05+	00:02-	00:07-	01:40-	00:05+	00:40&	00:34&	00:24-	02:13@	01:29&	00:07+	00:22-	00:02-	00:11-	00:08-	01:22&	00:39#	00:09+	00:00=	00:01+	00:03-

4	Arvid Thorsen	5	51:55																			
00:21-	02:17+	03:05-	06:20+	07:35-	09:51-	11:29-	17:24+	19:31+	22:15+	23:30+	26:41+	29:34+	31:24+	34:48+	38:12+	39:26+	44:31+	47:09+	49:02+	50:23+	51:31+	51:55+
00:21-	01:56+	00:48-	03:15+	01:15-	02:16+	01:38+	05:55+	02:07-	02:44+	01:15-	03:11-	02:53+	01:50-	03:24-	03:24+	01:14-	05:05+	02:38+	01:53+	01:21+	01:08+	00:24+
00:03-	00:10+	00:08-	00:29#	02:01-	00:27#	00:20&	04:09@	01:56-	01:31@	01:03-	00:06-	00:44&	00:20-	00:07-	01:45@	01:36-	02:16&	00:48&	00:26&	00:09#	00:39@	00:24+

5	Olav Dag Borgersen	154	54:50																			
00:19-	01:55-	02:49-	05:47-	08:04-	11:54+	17:35+	19:04+	20:37+	24:39+	25:32+	32:47+	35:34+	37:24+	39:36+	42:57+	44:20+	47:18+	50:01+	51:54+	53:17+	54:28+	54:50+
00:19-	01:36-	00:54-	02:58+	02:17-	03:50+	05:41+	01:29-	01:33-	04:02+	00:53-	07:15+	02:47+	01:50-	02:12-	03:21+	01:23-	02:58+	02:43+	01:53+	01:23+	01:11+	00:22+
00:05-	00:10-	00:02-	00:12+	00:59-	02:01@	04:23@	00:17-	02:30-	02:49@	01:25-	03:58@	00:38&	00:20-	01:19-	01:42@	01:27-	00:09+	00:53&	00:26&	00:11#	00:42@	00:22+

6	Hermann Skogsholm	53	56:49																			
00:21-	02:16+	03:10+	05:54+	07:17-	08:55-	11:01-	13:08-	20:49+	24:21+	25:59+	30:26+	34:29+	36:35+	38:29+	41:41+	43:41+	48:48+	51:30+	53:16+	54:52+	56:18+	56:49+
00:21-	01:55+	00:54-	02:44-	01:23-	01:38-	02:06+	02:07+	07:41+	03:32+	01:38-	04:27+	04:03+	02:06-	01:54-	03:12+	02:00-	05:07+	02:42+	01:46+	01:36+	01:26+	00:31+
00:03-	00:09+	00:02-	00:02-	01:53-	00:11-	00:48&	00:21#	03:38&	02:19@	00:40-	01:10&	01:54&	00:04-	01:37-	01:33&	00:50-	02:18&	00:52&	00:19#	00:24&	00:57@	00:31+

7	Øyvind Egeskog	5	56:50																		
00:20-	02:42+	04:30+	07:39+	11:23+	20:28+	22:28+	24:40+	27:20+	28:26+	31:21+	34:41+	36:31+	39:07+	42:40+	44:09+	47:31+	51:12+	53:38+	55:06+	56:26+	56:50+
00:20-	02:22+	01:48+	03:09+	03:44+	09:05+	02:00+	02:12+	02:40-	01:06-	02:55+	03:20+	01:50-	02:36+	03:33+	01:29-	03:22+	03:41+	02:26+	01:28+	01:20+	00:24-
00:04-	00:36&	00:52&	00:23#	00:28#	07:16@	00:42&	00:26#	01:23-	00:07-	00:37&	00:03+	00:19-	00:26#	00:02+	00:10-	00:32#	00:52&	00:36&	00:01+	00:08#	00:05-

Class	Navn	Klasse	Tid
8	Norvald Skretting	43	1:03:23
00:25+	02:36+	03:43+	08:52+
00:25+	02:11+	01:07+	05:09+
00:01+	00:25#	00:11#	02:23#
00:51+	03:05+	04:02+	07:29+
00:51+	02:14+	00:57+	03:27+
00:27@	00:28#	00:01+	00:41#
9	Kjell Langvik	93	1:05:02
00:31+	03:10+	04:46+	09:01+
00:31+	02:39+	01:36+	04:15+
00:07#	00:53#	00:40#	01:29#
10	Reidar Magne Liland	66	1:15:56
00:31+	03:20+	04:48+	11:29+
00:31+	02:49+	01:28+	06:41+
00:07#	01:03#	00:32#	03:55@
11	Olav Hognestad	92	1:16:03
00:22-	02:21+	06:59+	11:10+
00:22-	01:59+	04:38+	04:11+
00:02-	00:13#	03:42@	01:25#
12	Tormod Aaslid	54	1:17:05
00:31+	03:20+	04:48+	11:29+
00:31+	02:49+	01:28+	06:41+
00:07#	01:03#	00:32#	03:55@
13	Mangor Eikeland	92	1:33:08
00:37+	03:39+	05:32+	11:43+
00:37+	03:02+	01:53+	06:11+
00:13#	01:16#	00:57@	03:25@
Beste strekktid for klassen			
00:19	01:36	00:48	02:39

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

Herrer 80 år og eldre

1	Alf Gyland	92	47:58
01:08=	03:03=	04:16=	07:46=
01:08=	01:55=	01:13=	03:30=
00:00=	00:00=	00:00=	00:00=
2	Harald Vatne	67	52:21
01:09+	04:06+	05:00+	08:07+
01:09+	02:57+	00:54-	03:07-
00:01+	01:02#	00:19-	00:23-
3	Arne Brandsberg	29	59:56
01:16+	03:21+	04:34+	08:50+
01:16+	02:05+	01:13=	04:16+
00:08#	00:10+	00:00=	00:46#
4	Sigurd Krosli	93	1:04:03
01:55+	03:58+	05:05+	09:46+
01:55+	02:03+	01:07-	04:41+
00:47#	00:08+	00:06-	01:11#
5	Jan Bekkeheien	92	1:06:40
01:27+	03:56+	05:33+	09:15+
01:27+	02:29+	01:37+	03:42+
00:19#	00:34#	00:24#	00:12+
6	Terje Braut	92	1:10:10
01:06-	03:10+	04:25+	08:45+
01:06-	02:04+	01:15+	04:20+
00:02-	00:09+	00:02+	00:50#
7	Kjell Maudal	63	1:10:46
02:53+	06:22+	08:26+	13:21+
02:53+	03:29+	02:04+	04:55+
01:45@	01:34#	00:51#	01:25#

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

Beste strekketid for klassen

01:06 01:55 00:54 03:07 01:58 01:53 02:01 02:53 01:13 02:37 02:43 01:58 03:15 01:06 01:47 01:35 01:40 01:48 01:10 01:30 01:19 00:25

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

Herrer A

1	Fredrik Omdal	375	41:09																						
00:32=	01:30=	02:30=	05:14=	06:32=	08:22=	09:39=	11:22=	12:55=	13:33=	14:51=	15:54=	17:29=	18:39=	19:29=	21:40=	23:01=	24:45=	26:34=	28:58=	31:59=	35:25=	36:54=	38:27=	39:32=	40:17=
00:32=	00:58=	01:00=	02:44=	01:18=	01:50=	01:17=	01:43=	01:33=	00:38=	01:18=	01:03=	01:35=	01:10=	00:50=	02:11=	01:21=	01:44=	01:49=	02:24=	03:01=	03:26=	01:29=	01:33=	01:05=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
40:55=	41:09=																								
00:38=	00:14=																								
00:00=	00:00=																								

2	Svein Magnus Halsne	71	49:36																						
00:38+	01:42+	02:39+	05:59+	08:09+	10:05+	11:28+	12:01+	13:42+	15:49+	16:24+	17:33+	18:44+	20:30+	21:45+	22:46+	25:13+	27:21+	29:16+	32:44+	35:31+	38:58+	42:45+	44:26+	46:27+	47:52+
00:38+	01:04+	00:57-	03:20+	02:10+	01:56+	01:23+	00:33-	01:41+	02:07+	00:35-	01:09+	01:11-	01:46+	01:15+	01:01-	02:27+	02:08+	01:55+	03:28+	02:47-	03:27+	03:47+	01:41+	02:01+	01:25+
00:06#	00:06#	00:03-	00:36#	00:52&	00:06+	00:06+	01:10-	00:08+	01:29&	00:43-	00:06+	00:24-	00:36&	00:25&	01:10-	01:06&	00:24#	00:06+	01:04&	00:14-	00:01+	02:18&	00:08+	00:56&	00:40&
48:40+	49:19+	49:36+																							
00:48+	00:39+	00:17+																							
00:10&	00:25@	00:17+																							

3	Thomas Olsen Schive	126	50:53																						
00:50+	01:47+	02:58+	06:00+	09:53+	11:53+	13:08+	15:39+	17:51+	18:29+	19:49+	20:57+	22:43+	24:15+	25:25+	27:44+	30:02+	32:02+	34:28+	37:28+	40:39+	44:22+	46:04+	47:35+	49:07+	49:57+
00:50+	00:57-	01:11+	03:02+	03:53+	02:00+	01:15-	02:31+	02:12+	00:38=	01:20+	01:08+	01:46+	01:32+	01:10+	02:19+	02:18+	02:00+	02:26+	03:00+	03:11+	03:43+	01:42+	01:31-	01:32+	00:50+
00:18&	00:01-	00:11#	00:18#	02:35@	00:10+	00:02-	00:48&	00:39&	00:00=	00:02+	00:05+	00:11#	00:22&	00:20&	00:08+	00:57&	00:16#	00:37&	00:36#	00:10+	00:17+	00:13#	00:02-	00:27&	00:05#
50:36+	50:53+																								
00:39+	00:17+																								
00:01+	00:03#																								

4	Martin Blystad	115	55:06																						
00:34+	01:53+	03:06+	06:52+	08:53+	11:15+	12:56+	15:06+	17:29+	18:12+	20:00+	21:32+	23:33+	25:05+	26:11+	28:44+	30:50+	33:12+	35:51+	39:07+	44:13+	48:14+	50:02+	51:45+	53:18+	54:14+
00:34+	01:19+	01:13+	03:46+	02:01+	02:22+	01:41+	02:10+	02:23+	00:43+	01:48+	01:32+	02:01+	01:32+	01:06+	02:33+	02:06+	02:22+	02:39+	03:16+	05:06+	04:01+	01:48+	01:43+	01:33+	00:56+
00:02+	00:21&	00:13#	01:02&	00:43&	00:32&	00:24&	00:27&	00:50&	00:05#	00:30&	00:29&	00:26&	00:22&	00:16&	00:22#	00:45&	00:38&	00:50&	00:52&	02:05&	00:35#	00:19#	00:10#	00:28&	00:11#
54:53+	55:06+																								
00:39+	00:13-																								
00:01+	00:01-																								

5	Marius Stene	27	1:01:41																						
01:12+	02:31+	03:46+	07:45+	09:52+	13:16+	16:36+	18:43+	21:26+	22:10+	23:43+	25:00+	26:58+	29:23+	31:17+	33:56+	36:22+	39:04+	42:01+	47:00+	50:32+	54:47+	56:40+	58:29+	59:52+	60:43+
01:12+	01:19+	01:15+	03:59+	02:07+	03:24+	03:20+	02:07+	02:43+	00:44+	01:33+	01:17+	01:58+	02:25+	01:54+	02:39+	02:26+	02:42+	02:57+	04:59+	03:32+	04:15+	01:53+	01:49+	01:23+	00:51+
00:40@	00:21&	00:15#	01:15&	00:49&	01:34&	02:03@	00:24#	01:10&	00:06#	00:15#	00:14#	00:23#	01:15@	01:04@	00:28#	01:05&	00:58&	01:08&	02:35@	00:31#	00:49#	00:24&	00:16#	00:18&	00:06#
61:27+	61:41+																								
00:44+	00:14=																								
00:06#	00:00=																								

6	Håkon Eggebø	71	1:06:09																						
00:51+	02:09+	03:32+	07:21+	12:25+	14:26+	16:19+	18:55+	23:32+	24:14+	26:13+	27:55+	30:09+	31:14+	36:03+	37:09+	39:48+	41:54+	44:07+	46:55+	51:05+	54:20+	59:27+	61:01+	63:00+	64:30+
00:51+	01:18+	01:23+	03:49+	05:04+	02:01+	01:53+	02:36+	04:37+	00:42+	01:59+	01:42+	02:14+	01:05-	04:49+	01:06-	02:39+	02:06+	02:13+	02:48+	04:10+	03:15-	05:07+	01:34+	01:59+	01:30+
00:19&	00:20&	00:23&	01:05&	03:46@	00:11#	00:36&	00:53&	03:04@	00:04#	00:41&	00:39&	00:39&	00:05-	03:59@	01:05-	01:18&	00:22#	00:24#	00:24#	01:09&	00:11-	03:38@	00:01+	00:54&	00:45&
65:19+	65:55+	66:09+																							
00:49+	00:36+	00:14+																							
00:11&	00:22@	00:14+																							

7	Andreas Mykkeltveit Terjesen	43	1:08:37																						
00:42+	01:53+	03:36+	07:11+	10:13+	14:00+	21:20+	23:20+	25:52+	27:08+	28:45+	30:05+	32:03+	34:10+	35:37+	38:06+	41:32+	45:04+	48:12+	55:21+	58:30+	62:18+	64:00+	65:21+	66:47+	67:39+
00:42+	01:11+	01:43+	03:35+	03:02+	03:47+	07:20+	02:00+	02:32+	01:16+	01:37+	01:20+	01:58+	02:07+	01:27+	02:29+	03:26+	03:32+	03:08+	07:09+	03:09+	03:48+	01:42+	01:21-	01:26+	00:52+
00:10&	00:13#	00:43&	00:51&	01:44@	01:57@	06:03@	00:17#	00:59&	00:38&	00:19#	00:17&	00:23#	00:57&	00:37&	00:18#	02:05@	01:48@	01:19&	04:45@	00:08+	00:22#	00:13#	00:12-	00:21&	00:07#
68:22+	68:37+																								
00:43+	00:15+																								
00:05#	00:01+																								

8	Joakim B. Enne Haug	71	1:14:27																						
00:44+	01:55+	03:14+	07:14+	13:02+	15:51+	17:36+	24:10+	26:28+	27:24+	29:02+	30:42+	32:45+	34:38+	35:50+	38:29+	43:34+	47:38+	51:11+	54:51+	58:44+	62:59+	65:45+	70:37+	72:19+	73:18+
00:44+	01:11+	01:19+	04:00+	05:48+	02:49+	01:45+	06:34+	02:18+	00:56+	01:38+	01:40+	02:03+	01:53+	01:12+	02:39+	05:05+	04:04+	03:33+	03:40+	03:53+	04:15+	02:46+	04:52+	01:42+	00:59+
00:12&	00:13#	00:19&	01:16&	04:30@	00:59&	00:28&	04:51@	00:45&	00:18&	00:20&	00:37&	00:28&	00:43&	00:22&	00:28#	03:44@	02:20@	01:44&	01:16&	00:52&	00:49#	01:17&	03:19@	00:37&	00:14&
74:06+	74:27+																								
00:48+	00:21+																								
00:10&	00:07&																								

Beste strekktid for klassen

00:32 00:57 00:57 02:44 01:18 01:50 01:15 00:33 01:33 00:38 00:35 01:03 01:11 01:05 00:50 01:01 01:21 01:44 01:49 02:24 02:47 03:15 01:29 01:21 01:05 00:45 00:38 00:13

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

Herrer B

1 Aart Joakim in't Veld 93 49:06
 00:32= 01:39= 02:43= 05:53= 08:08= 10:11= 11:29= 13:24= 15:45= 16:27= 18:17= 19:19= 21:02= 22:40= 23:37= 25:51= 28:22= 30:35= 33:36= 36:08= 39:32= 42:56= 44:32= 45:59= 47:10= 48:04=
 00:32= 01:07= 01:04= 03:10= 02:15= 02:03= 01:18= 01:55= 02:21= 00:42= 01:50= 01:02= 01:43= 01:38= 00:57= 02:14= 02:31= 02:13= 03:01= 02:32= 03:24= 03:24= 01:36= 01:27= 01:11= 00:54=
 00:00=
 48:48= 49:06=
 00:44= 00:18=
 00:00= 00:00=

2 Tom Furland 62 51:55
 00:36+ 01:59+ 03:11+ 07:15+ 08:53+ 10:47+ 12:12+ 13:48+ 16:10+ 17:09+ 18:34+ 20:20+ 22:25+ 23:49+ 24:56+ 27:28+ 29:26+ 31:26+ 34:08+ 37:18+ 40:48+ 44:53+ 46:48+ 48:21+ 49:48+ 50:46+
 00:36+ 01:23+ 01:12+ 04:04+ 01:38- 01:54- 01:25+ 01:36- 02:22+ 00:59+ 01:25- 01:46+ 02:05+ 01:24- 01:07+ 02:32+ 01:58- 02:00- 02:42- 03:10+ 03:30+ 04:05+ 01:55+ 01:33+ 01:27+ 00:58+
 00:04# 00:16# 00:08# 00:54& 00:37- 00:09- 00:07+ 00:19- 00:01+ 00:17& 00:25- 00:44& 00:22# 00:14- 00:10# 00:18# 00:33- 00:13- 00:19- 00:38# 00:06+ 00:41# 00:19# 00:06+ 00:16# 00:04+
 51:34+ 51:55+
 00:48+ 00:21+
 00:04+ 00:03#

3 Stein Arne Olsen 68 52:18
 00:42+ 01:59+ 03:20+ 07:13+ 08:44+ 10:36+ 12:17+ 14:06+ 16:41+ 17:25+ 18:47+ 20:16+ 22:15+ 23:50+ 25:46+ 28:21+ 30:12+ 32:24+ 35:15+ 38:10+ 41:32+ 45:25+ 47:17+ 48:54+ 50:16+ 51:14+
 00:42+ 01:17+ 01:21+ 03:53+ 01:31- 01:52- 01:41+ 01:49- 02:35+ 00:44+ 01:22- 01:29+ 01:59+ 01:35- 01:56+ 02:35+ 01:51- 02:12- 02:51- 02:55+ 03:22- 03:53+ 01:52+ 01:37+ 01:22+ 00:58+
 00:10& 00:10# 00:17& 00:43# 00:44- 00:11- 00:23& 00:06- 00:14+ 00:02+ 00:28- 00:27& 00:16# 00:03- 00:59@ 00:21# 00:40- 00:01- 00:10- 00:23# 00:02- 00:29# 00:16# 00:10# 00:11# 00:04+
 52:02+ 52:18+
 00:48+ 00:16-
 00:04+ 00:02-

4 Tor Gunnar Aksland 116 52:37
 00:37+ 01:43+ 02:43= 06:01+ 07:50- 10:01- 11:23- 13:39+ 16:07+ 16:55+ 18:06- 19:26+ 21:22+ 22:47+ 23:57+ 26:26+ 31:10+ 33:20+ 35:42+ 38:41+ 41:54+ 45:46+ 47:40+ 49:14+ 50:35+ 51:38+
 00:37+ 01:06- 01:00- 03:18+ 01:49- 02:11+ 01:22+ 02:16+ 02:28+ 00:48+ 01:11- 01:20+ 01:56+ 01:25- 01:10+ 02:29+ 04:44+ 02:10- 02:22- 02:59+ 03:13- 03:52+ 01:54+ 01:34+ 01:21+ 01:03+
 00:05# 00:01- 00:04- 00:08+ 00:26- 00:08+ 00:04+ 00:21# 00:07+ 00:06# 00:39- 00:18& 00:13# 00:13- 00:13# 00:15# 02:13& 00:03- 00:39- 00:27# 00:11- 00:28# 00:18# 00:07+ 00:10# 00:09#
 52:21+ 52:37+
 00:43- 00:16-
 00:01- 00:02-

5 Arne Eirik Nielsen 386 53:22
 00:44+ 01:46+ 02:53+ 06:30+ 12:32+ 15:05+ 16:33+ 18:46+ 20:43+ 21:26+ 22:46+ 24:01+ 25:47+ 27:06+ 28:15+ 31:00+ 33:03+ 34:56+ 37:01+ 39:41+ 42:56+ 46:31+ 48:39+ 50:12+ 51:27+ 52:16+
 00:44+ 01:02- 01:07+ 03:37+ 06:02+ 02:33+ 01:28+ 02:13+ 01:57- 00:43+ 01:20- 01:15+ 01:46+ 01:19- 01:09+ 02:45+ 02:03- 01:53- 02:05- 02:40+ 03:15- 03:35+ 02:08+ 01:33+ 01:15+ 00:49-
 00:12& 00:05- 00:03+ 00:27# 03:47@ 00:30# 00:10# 00:18# 00:24- 00:01+ 00:30- 00:13# 00:03+ 00:19- 00:12# 00:31# 00:28- 00:20- 00:56- 00:08+ 00:09- 00:11+ 00:32& 00:06+ 00:04+ 00:05-
 53:07+ 53:22+
 00:51+ 00:15-
 00:07# 00:03-

6 Øyvind Rummelhoff 27 58:25
 00:40+ 02:06+ 03:21+ 07:21+ 09:58+ 12:56+ 16:10+ 18:52+ 21:09+ 21:56+ 23:16+ 24:54+ 26:49+ 28:10+ 29:11+ 32:02+ 34:49+ 37:56+ 40:59+ 44:21+ 47:38+ 51:16+ 52:53+ 54:45+ 56:32+ 57:24+
 00:40+ 01:26+ 01:15+ 04:00+ 02:37+ 02:58+ 03:14+ 02:42+ 02:17- 00:47+ 01:20- 01:38+ 01:55+ 01:21- 01:01+ 02:51+ 02:47+ 03:07+ 03:03+ 03:22+ 03:17- 03:38+ 01:37+ 01:52+ 01:47+ 00:52-
 00:08# 00:19& 00:11# 00:50& 00:22# 00:55& 01:56@ 00:47& 00:04- 00:05# 00:30- 00:36& 00:12# 00:17- 00:04+ 00:37& 00:16# 00:54& 00:02+ 00:50& 00:07- 00:14+ 00:01+ 00:25& 00:36& 00:02-
 58:08+ 58:25+
 00:44= 00:17-
 00:00= 00:01-

7 Njål F. Vadla 93 58:33
 00:52+ 02:10+ 03:25+ 06:38+ 07:53- 09:39- 11:29+ 12:57- 15:05- 15:42- 17:06- 18:28- 20:18- 21:29- 22:36- 25:42- 33:24+ 36:21+ 39:57+ 42:52+ 46:35+ 50:26+ 52:32+ 54:37+ 56:21+ 57:25+
 00:52+ 01:18+ 01:15+ 03:13+ 01:15- 01:46- 01:50+ 01:28- 02:08- 00:37- 01:24- 01:22+ 01:50+ 01:11- 01:07+ 03:06+ 07:42+ 02:57+ 03:36+ 02:55+ 03:43+ 03:51+ 02:06+ 02:05+ 01:44+ 01:04+
 00:20& 00:11# 00:11# 00:03+ 01:00- 00:17- 00:32& 00:27- 00:13- 00:05- 00:26- 00:20& 00:07+ 00:27- 00:10# 00:52& 05:11@ 00:44& 00:35# 00:23# 00:19+ 00:27# 00:30& 00:38& 00:33& 00:10#
 58:13+ 58:33+
 00:48+ 00:20+
 00:04+ 00:02#

8 Joar Eilevstjønn 67 58:55
 00:33+ 01:36- 02:43= 06:01+ 07:40- 11:13+ 12:34+ 13:28+ 16:21+ 18:29+ 19:08+ 20:27+ 21:39+ 23:28+ 24:52+ 25:51= 28:13- 30:04- 33:14- 36:34+ 39:18- 42:16- 45:49+ 47:41+ 54:20+ 57:04+
 00:33+ 01:03- 01:07+ 03:18+ 01:39- 03:33+ 01:21+ 00:54- 02:53+ 02:08+ 00:39- 01:19+ 01:12- 01:49+ 01:24+ 00:59- 02:22- 01:51- 03:10+ 03:20+ 02:44- 02:58- 03:33+ 01:52+ 06:39+ 02:44+
 00:01+ 00:04- 00:03+ 00:08+ 00:36- 01:30& 00:03+ 01:01- 00:32# 01:26@ 01:11- 00:17& 00:31- 00:11# 00:27& 01:15- 00:09- 00:22- 00:09+ 00:48& 00:40- 00:26- 01:57@ 00:25& 05:28@ 01:50@
 57:59+ 58:41+ 58:55+
 00:55+ 00:42+ 00:14+
 00:11# 00:24@ 00:14+

Class	Navn	Klasse	Tid																		
27	Jan Erik Rasmussen	51	1:04:49																		
01:42+	04:17+	05:33+	11:19+	14:20+	17:32+	21:20+	26:45+	28:19+	32:04+	35:51+	38:57+	42:46+	44:26+	46:19+	48:44+	55:47+	59:32+	60:53+	62:48+	64:20+	64:49+
01:42+	02:35+	01:16+	05:46+	03:01+	03:12+	03:48+	05:25+	01:34+	03:45+	03:47+	03:06+	03:49+	01:40+	01:53+	02:25+	07:03+	03:45+	01:21-	01:55+	01:32+	00:29+
00:46&	01:21@	00:11#	03:25@	01:02&	01:24&	02:15@	01:53&	00:25&	01:41&	01:44&	01:08&	01:21&	00:41&	00:37&	00:26#	05:48@	02:01@	00:23-	00:30&	00:30&	00:03#
28	Truls Fretland	376	1:04:53																		
00:57+	02:35+	03:43+	06:27+	09:33+	11:18+	18:25+	42:28+	44:00+	45:55+	48:33+	49:41+	55:20+	56:24+	57:31+	58:48+	59:52+	61:08+	62:18+	63:36+	64:36+	64:53+
00:57+	01:38+	01:08+	02:44+	03:06+	01:45-	07:07+	24:03+	01:32+	01:55-	02:38+	01:08-	05:39+	01:04+	01:07-	01:17-	01:04-	01:16-	01:10-	01:18-	01:00-	00:17-
00:01+	00:24&	00:03+	00:23#	01:07&	00:03-	05:34@	20:31@	00:23&	00:09-	00:35&	00:50-	03:11@	00:05+	00:09-	00:42-	00:11-	00:28-	00:34-	00:07-	00:02-	00:09-
29	Arild Svihus	92	1:05:17																		
01:35+	03:34+	04:51+	09:14+	20:06+	25:33+	28:14+	32:44+	34:12+	37:44+	41:09+	44:26+	47:45+	49:32+	51:32+	53:40+	55:52+	58:17+	60:49+	63:04+	64:42+	65:17+
01:35+	01:59+	01:17+	04:23+	10:52+	05:27+	02:41+	04:30+	01:28+	03:32+	03:25+	03:17+	03:19+	01:47+	02:00+	02:08+	02:12+	02:25+	02:32+	02:15+	01:38+	00:35+
00:39&	00:45&	00:12#	02:02&	08:53@	03:39@	01:08&	00:58&	00:19&	01:28&	01:22&	01:19&	00:51&	00:48&	00:44&	00:09+	00:57&	00:41&	00:48&	00:50&	00:36&	00:09&
30	Rolf Øystein Kluge	7	1:07:00																		
01:09+	03:09+	04:48+	08:28+	15:56+	20:36+	23:31+	32:30+	34:19+	37:03+	40:32+	43:44+	47:07+	48:53+	51:12+	53:00+	54:43+	61:55+	63:20+	65:02+	66:30+	67:00+
01:09+	02:00+	01:39+	03:40+	07:28+	04:40+	02:55+	08:59+	01:49+	02:44+	03:29+	03:12+	03:23+	01:46+	02:19+	01:48-	01:43+	07:12+	01:25-	01:42+	01:28+	00:30+
00:13#	00:46&	00:34&	01:19&	05:29@	02:52@	01:22&	05:27@	00:40&	00:40&	01:26&	01:14&	00:55&	00:47&	01:03&	00:11-	00:28&	05:28@	00:19-	00:17#	00:26&	00:04#
31	Joar Fandrem	94	1:07:53																		
01:32+	04:18+	05:36+	10:03+	15:23+	18:24+	22:53+	28:30+	30:16+	33:20+	42:35+	47:14+	52:20+	53:40+	55:21+	56:50+	60:00+	62:28+	64:42+	66:19+	67:26+	67:53+
01:32+	02:46+	01:18+	04:27+	05:20+	03:01+	04:29+	05:37+	01:46+	03:04+	09:15+	04:39+	05:06+	01:20+	01:41+	01:29-	03:10+	02:28+	02:14+	01:37+	01:07+	00:27+
00:36&	01:32@	00:13#	02:06&	03:21@	01:13&	02:56@	02:05&	00:37&	01:00&	07:12@	02:41@	02:38@	00:21&	01:01&	01:29-	03:10+	02:28+	02:14+	01:37+	01:07+	00:27+
32	Frank Gulbrandsen	105	1:10:32																		
01:34+	03:19+	04:51+	09:29+	15:26+	18:43+	22:10+	31:18+	33:55+	37:33+	41:16+	44:17+	48:26+	52:59+	55:16+	58:17+	62:35+	64:40+	66:14+	68:22+	70:08+	70:32+
01:34+	01:45+	01:32+	04:38+	05:57+	03:17+	03:27+	09:08+	02:37+	03:38+	03:43+	03:01+	04:09+	04:33+	02:17+	03:01+	04:18+	02:05+	01:34-	02:08+	01:46+	00:24-
00:38&	00:31&	00:27&	02:17&	03:58@	01:29&	01:54@	05:36@	01:28@	01:34&	01:40&	01:03&	01:41&	03:34@	01:01&	01:02&	03:03@	00:21#	00:10-	00:43&	00:44&	00:02-
33	Terje Hodne Nilsen	115	1:12:26																		
02:19+	05:37+	07:05+	11:52+	19:04+	22:03+	26:39+	31:07+	34:01+	38:07+	42:03+	46:11+	49:46+	54:16+	56:55+	59:11+	61:33+	65:12+	66:59+	69:19+	71:41+	72:26+
02:19+	03:18+	01:28+	04:47+	07:12+	02:59+	04:36+	04:28+	02:54+	04:06+	03:56+	04:08+	03:35+	04:30+	02:39+	02:16+	02:22+	03:39+	01:47+	02:20+	02:22+	00:45+
01:23@	02:04@	00:23&	02:26@	05:13@	01:11&	03:03@	00:56&	01:45@	02:02&	01:53&	02:10@	01:07&	03:31@	01:23@	00:17#	01:07&	01:55@	00:03+	00:55&	01:20@	00:19&
34	Tom Kåre Versland	105	1:35:45																		
05:48+	08:06+	08:51+	12:03+	30:47+	31:57+	36:01+	50:57+	54:51+	57:26+	62:30+	65:46+	69:05+	71:36+	74:59+	78:05+	79:52+	89:21+	90:51+	93:12+	95:19+	95:45+
05:48+	02:18+	00:45-	03:12+	18:44+	01:10-	04:04+	14:56+	03:54+	02:35+	05:04+	03:16+	03:19+	02:31+	03:23+	03:06+	01:47+	09:29+	01:30-	02:21+	02:07+	00:26=
04:52@	01:04&	00:20-	00:51&	16:45@	00:38-	02:31@	11:24@	02:45@	00:31#	03:01@	01:18&	00:51&	01:32@	02:07@	01:07&	00:32&	07:45@	00:14-	00:56&	01:05@	00:00=
35	Erik Henriksen	116	1:42:30																		
01:31+	03:36+	05:42+	13:05+	23:43+	26:42+	47:24+	54:00+	58:33+	61:50+	65:53+	69:34+	74:14+	77:47+	81:27+	84:26+	92:01+	94:38+	97:39+	100:08+	102:00+	102:30+
01:31+	02:05+	02:06+	07:23+	10:38+	02:59+	20:42+	06:36+	04:33+	03:17+	04:03+	03:41+	04:40+	03:33+	03:40+	02:59+	07:35+	02:37+	03:01+	02:29+	01:52+	00:30+
00:35&	00:51&	01:01&	05:02@	08:39@	01:11&	19:09@	03:04&	03:24@	01:13&	02:00&	01:43&	02:12&	02:34@	02:24@	01:00&	06:20@	00:53&	01:17&	01:04&	00:50&	00:04#
36	Per Bakken	5	1:46:46																		
01:14+	03:49+	05:21+	28:06+	40:27+	51:33+	64:30+	71:11+	75:29+	78:57+	82:43+	86:29+	90:11+	92:07+	94:10+	96:46+	98:47+	101:18+	103:08+	104:45+	106:17+	106:46+
01:14+	02:35+	01:32+	22:45+	12:21+	11:06+	12:57+	06:41+	04:18+	03:28+	03:46+	03:46+	03:42+	01:56+	02:03+	02:36+	02:01+	02:31+	01:50+	01:37+	01:32+	00:29+
00:18&	01:21@	00:27&	20:24@	10:22@	09:18@	11:24@	03:09&	03:09@	01:24&	01:43&	01:48&	01:14&	00:57&	00:47&	00:37&	00:46&	00:47&	00:06+	00:12#	00:30&	00:03#
37	Svein Inge Sævereid	126	1:48:30																		
02:34+	06:07+	07:59+	12:56+	21:50+	28:31+	31:54+	55:09+	58:15+	62:45+	68:41+	77:47+	82:57+	89:13+	92:08+	95:04+	97:37+	100:30+	103:12+	105:41+	107:39+	108:30+
02:34+	03:33+	01:52+	04:57+	08:54+	06:41+	03:23+	23:15+	03:06+	04:30+	05:56+	09:06+	05:10+	06:16+	02:55+	02:56+	02:33+	02:53+	02:42+	02:29+	01:58+	00:51+
01:38@	02:19@	00:47&	02:36@	06:55@	04:53@	01:50@	19:43@	01:57@	02:26@	03:53@	07:08@	02:42@	05:17@	01:39@	00:57&	01:18@	01:09&	00:58&	01:04&	00:56&	00:25&
Beste strekketid for klassen																					
00:51	01:04	00:30	02:04	01:33	01:06	01:18	01:44	00:51	00:32	01:47	01:08	01:47	00:40	01:07	00:55	01:00	01:16	00:54	00:58	00:44	00:14

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