

Plass Navn

Klasse

Tid

## Damer 16 - 39 år

**1 Matilde Skjæveland Skår 114 35:19**

02:12= 05:00= 06:21= 07:50= 10:06= 13:53= 15:47= 20:47= 22:56= 27:41= 30:58= 34:40= 35:19=  
 02:12= 02:48= 01:21= 01:29= 02:16= 03:47= 01:54= 05:00= 02:09= 04:45= 03:17= 03:42= 00:39=  
 00:00= 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 Rønnaug Egeland 93 40:18**

02:10- 05:14+ 06:38+ 08:07+ 10:36+ 15:03+ 17:53+ 23:25+ 25:41+ 32:15+ 34:59+ 39:41+ 40:18+  
 02:10- 03:04+ 01:24+ 01:29= 02:29+ 04:27+ 02:50+ 05:32+ 02:16+ 06:34+ 02:44- 04:42+ 00:37-  
 00:02- 00:16+ 00:03+ 00:00= 00:13+ 00:40# 00:56& 00:32# 00:07+ 01:49& 00:33- 01:00& 00:02-

**3 Wibeke Lende 74 43:55**

01:56- 05:25+ 07:06+ 08:30+ 10:21+ 14:05+ 16:18+ 28:14+ 31:11+ 37:02+ 40:11+ 43:13+ 43:55+  
 01:56- 03:29+ 01:41+ 01:24- 01:51- 03:44- 02:13+ 11:56+ 02:57+ 05:51+ 03:09- 03:02- 00:42+  
 00:16- 00:41# 00:20# 00:05- 00:25- 00:03- 00:19# 06:56@ 00:48& 01:06# 00:08- 00:40- 00:03+

**4 Hanne Berg Aspøy 117 47:03**

02:26+ 06:00+ 07:42+ 09:21+ 12:05+ 16:03+ 18:26+ 26:26+ 29:29+ 38:31+ 42:02+ 46:20+ 47:03+  
 02:26+ 03:34+ 01:42+ 01:39+ 02:44+ 03:58+ 02:23+ 08:00+ 03:03+ 09:02+ 03:31+ 04:18+ 00:43+  
 00:14# 00:46& 00:21& 00:10# 00:28# 00:11+ 00:29& 03:00& 00:54& 04:17& 00:14+ 00:36# 00:04#

**5 Maren Heradstveit 76 47:16**

02:07- 05:14+ 07:00+ 08:47+ 11:30+ 16:11+ 18:44+ 25:17+ 28:14+ 35:25+ 43:26+ 46:36+ 47:16+  
 02:07- 03:07+ 01:46+ 01:47+ 02:43+ 04:41+ 02:33+ 06:33+ 02:57+ 07:11+ 08:01+ 03:10- 00:40+  
 00:05- 00:19# 00:25& 00:18# 00:27# 00:54# 00:39& 01:33& 00:48& 02:26& 04:44@ 00:32- 00:01+

**6 Marie Sigvaldsen 392 48:40**

02:36+ 05:41+ 07:31+ 09:09+ 11:52+ 19:10+ 23:09+ 28:32+ 31:00+ 42:02+ 45:17+ 48:04+ 48:40+  
 02:36+ 03:05+ 01:50+ 01:38+ 02:43+ 07:18+ 03:59+ 05:23+ 02:28+ 11:02+ 03:15- 02:47- 00:36-  
 00:24# 00:17# 00:29& 00:09# 00:27# 03:31& 02:05@ 00:23+ 00:19# 06:17@ 00:02- 00:55- 00:03-

**7 Hege Bakken 53 49:33**

02:23+ 05:44+ 07:51+ 09:32+ 12:11+ 16:50+ 19:42+ 27:23+ 30:40+ 38:05+ 43:53+ 48:32+ 49:33+  
 02:23+ 03:21+ 02:07+ 01:41+ 02:39+ 04:39+ 02:52+ 07:41+ 03:17+ 07:25+ 05:48+ 04:39+ 01:01+  
 00:11+ 00:33# 00:46& 00:12# 00:23# 00:52# 00:58& 02:41& 01:08& 02:40& 02:31& 00:57& 00:22&

**8 Marita Skorpe Falnes 385 52:01**

02:31+ 05:58+ 07:50+ 09:20+ 11:55+ 19:15+ 22:34+ 29:25+ 32:32+ 39:07+ 45:03+ 51:22+ 52:01+  
 02:31+ 03:27+ 01:52+ 01:30+ 02:35+ 07:20+ 03:19+ 06:51+ 03:07+ 06:35+ 05:56+ 06:19+ 00:39=  
 00:19# 00:39# 00:31& 00:01+ 00:19# 03:33& 01:25& 01:51& 00:58& 01:50& 02:39& 02:37& 00:00=

**9 Christina Renshaw 101 53:19**

02:55+ 07:08+ 09:00+ 11:03+ 14:12+ 19:24+ 22:28+ 30:50+ 35:06+ 42:53+ 46:28+ 52:14+ 53:19+  
 02:55+ 04:13+ 01:52+ 02:03+ 03:09+ 05:12+ 03:04+ 08:22+ 04:16+ 07:47+ 03:35+ 05:46+ 01:05+  
 00:43& 01:25& 00:31& 00:34& 00:53& 01:25& 01:10& 03:22& 02:07& 03:02& 00:18+ 02:04& 00:26&

**10 Marita Navjord Nicolaysen 71 58:31**

02:59+ 06:46+ 09:16+ 11:17+ 15:17+ 21:28+ 24:43+ 32:55+ 38:15+ 46:37+ 51:43+ 57:11+ 58:31+  
 02:59+ 03:47+ 02:30+ 02:01+ 04:00+ 06:11+ 03:15+ 08:12+ 05:20+ 08:22+ 05:06+ 05:28+ 01:20+  
 00:47& 00:59& 01:09& 00:32& 01:44& 02:24& 01:21& 03:12& 03:11@ 03:37& 01:49& 01:46& 00:41@

**Beste strekktid for klassen**

01:56 02:48 01:21 01:24 01:51 03:44 01:54 05:00 02:09 04:45 02:44 02:47 00:36

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

## Damer 40 - 49 år

**1 Hege Anita H. Nielsen 48 42:05**

03:30= 06:29= 07:58= 10:37= 15:29= 20:31= 24:32= 34:02= 36:09= 39:06= 41:30= 42:05=  
 03:30= 02:59= 01:29= 02:39= 04:52= 05:02= 04:01= 09:30= 02:07= 02:57= 02:24= 00:35=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**Beste strekktid for klassen**

03:30 02:59 01:29 02:39 04:52 05:02 04:01 09:30 02:07 02:57 02:24 00:35

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

Class	Navn	Klasse	Tid
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## Damer 50 - 59 år

### 1 Keth Berggraf 116 36:43

03:01= 05:51= 07:17= 10:16= 14:48= 20:10= 22:52= 27:48= 30:46= 33:24= 35:51= 36:43=  
03:01= 02:50= 01:26= 02:59= 04:32= 05:22= 02:42= 04:56= 02:58= 02:38= 02:27= 00:52=  
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 Ragnhild Auglænd 62 43:13

03:31+ 06:35+ 08:07+ 11:27+ 16:29+ 22:24+ 25:38+ 33:09+ 37:22+ 40:39+ 42:38+ 43:13+  
03:31+ 03:04+ 01:32+ 03:20+ 05:02+ 05:55+ 03:14+ 07:31+ 04:13+ 03:17+ 01:59- 00:35-  
00:30# 00:14+ 00:06+ 00:21# 00:30# 00:33# 00:32# 02:35& 01:15& 00:39# 00:28- 00:17-

### 3 Irene Rummelhoff 116 44:53

03:39+ 08:27+ 10:12+ 13:36+ 19:05+ 24:54+ 28:53+ 34:44+ 37:53+ 40:52+ 43:36+ 44:53+  
03:39+ 04:48+ 01:45+ 03:24+ 05:29+ 05:49+ 03:59+ 05:51+ 03:09+ 02:59+ 02:44+ 01:17+  
00:38# 01:58& 00:19# 00:25# 00:57# 00:27+ 01:17& 00:55# 00:11+ 00:21# 00:17# 00:25&

### 4 Gerd Olaug Vikeså 101 48:34

03:40+ 07:19+ 09:13+ 13:39+ 19:28+ 25:41+ 29:15+ 39:13+ 42:15+ 45:54+ 47:54+ 48:34+  
03:40+ 03:39+ 01:54+ 04:26+ 05:49+ 06:13+ 03:34+ 09:58+ 03:02+ 03:39+ 02:00- 00:40-  
00:39# 00:49& 00:28& 01:27& 01:17& 00:51# 00:52& 05:02@ 00:04+ 01:01& 00:27- 00:12-

### 5 May Bente Valdahl 116 48:50

03:50+ 08:56+ 10:36+ 14:39+ 20:17+ 29:21+ 32:19+ 39:09+ 41:58+ 45:55+ 48:06+ 48:50+  
03:50+ 05:06+ 01:40+ 04:03+ 05:38+ 09:04+ 02:58+ 06:50+ 02:49- 03:57+ 02:11- 00:44-  
00:49& 02:16& 00:14# 01:04& 01:06# 03:42& 00:16+ 01:54& 00:09- 01:19& 00:16- 00:08-

### 6 Grethe Anda Fuglestad 116 48:59

07:20+ 11:20+ 13:08+ 16:09+ 20:37+ 26:33+ 30:04+ 40:22+ 42:36+ 45:47+ 47:59+ 48:59+  
07:20+ 04:00+ 01:48+ 03:01+ 04:28- 05:56+ 03:31+ 10:18+ 02:14- 03:11+ 02:12- 01:00+  
04:19@ 01:10& 00:22& 00:02+ 00:04- 00:34# 00:49& 05:22@ 00:44- 00:33# 00:15- 00:08#

### 7 Torill Andersen 116 50:23

03:17+ 09:27+ 11:22+ 15:51+ 21:16+ 27:29+ 30:23+ 37:28+ 40:07+ 43:35+ 46:42+ 50:23+  
03:17+ 06:10+ 01:55+ 04:29+ 05:25+ 06:13+ 02:54+ 07:05+ 02:39- 03:28+ 03:07+ 03:41+  
00:16+ 03:20@ 00:29& 01:30& 00:53# 00:51# 00:12+ 02:09& 00:19- 00:50& 00:40& 02:49@

### 8 Trude Katrine Hermanrud 117 51:21

03:40+ 08:04+ 10:22+ 15:34+ 21:14+ 29:40+ 33:01+ 41:03+ 44:18+ 48:25+ 50:41+ 51:21+  
03:40+ 04:24+ 02:18+ 05:12+ 05:40+ 08:26+ 03:21+ 08:02+ 03:15+ 04:07+ 02:16- 00:40-  
00:39# 01:34& 00:52& 02:13& 01:08# 03:04& 00:39# 03:06& 00:17+ 01:29& 00:11- 00:12-

### 9 Evy Klausen Mjølshes 62 52:51

03:47+ 09:56+ 11:57+ 15:28+ 20:59+ 30:19+ 34:47+ 42:25+ 45:40+ 49:06+ 51:56+ 52:51+  
03:47+ 06:09+ 02:01+ 03:31+ 05:31+ 09:20+ 04:28+ 07:38+ 03:15+ 03:26+ 02:50+ 00:55+  
00:46& 03:19@ 00:35& 00:32# 00:59# 03:58& 01:46& 02:42& 00:17+ 00:48& 00:23# 00:03+

### 10 Marianne Fuglestad 117 54:49

03:19+ 08:03+ 09:47+ 13:38+ 18:32+ 25:55+ 29:31+ 42:37+ 46:31+ 51:45+ 54:00+ 54:49+  
03:19+ 04:44+ 01:44+ 03:51+ 04:54+ 07:23+ 03:36+ 13:06+ 03:54+ 05:14+ 02:15- 00:49-  
00:18+ 01:54& 00:18# 00:52& 00:22+ 02:01& 00:54& 08:10@ 00:56& 02:36& 00:12- 00:03-

### 11 Liv Omdal 116 55:36

03:51+ 07:38+ 09:57+ 15:01+ 22:10+ 31:37+ 35:50+ 43:21+ 46:25+ 51:46+ 54:53+ 55:36+  
03:51+ 03:47+ 02:19+ 05:04+ 07:09+ 09:27+ 04:13+ 07:31+ 03:04+ 05:21+ 03:07+ 00:43-  
00:50& 00:57& 00:53& 02:05& 02:37& 04:05& 01:31& 02:35& 00:06+ 02:43@ 00:40& 00:09-

### 12 Iren Undheim Øgreid 62 56:27

03:18+ 06:55+ 08:40+ 15:03+ 29:15+ 35:04+ 39:02+ 46:10+ 49:43+ 53:48+ 55:48+ 56:27+  
03:18+ 03:37+ 01:45+ 06:23+ 14:12+ 05:49+ 03:58+ 07:08+ 03:33+ 04:05+ 02:00- 00:39-  
00:17+ 00:47& 00:19# 03:24@ 09:40@ 00:27+ 01:16& 02:12& 00:35# 01:27& 00:27- 00:13-

### 13 Andrea Tapken 54 1:02:03

04:09+ 08:37+ 11:14+ 16:15+ 22:57+ 33:21+ 37:17+ 46:37+ 50:55+ 58:46+ 61:10+ 62:03+  
04:09+ 04:28+ 02:37+ 05:01+ 06:42+ 10:24+ 03:56+ 09:20+ 04:18+ 07:51+ 02:24- 00:53+  
01:08& 01:38& 01:11& 02:02& 02:10& 05:02& 01:14& 04:24& 01:20& 05:13@ 00:03- 00:01+

### 14 Tove Irene Asheim 116 1:02:55

04:13+ 11:01+ 13:22+ 17:56+ 24:53+ 33:47+ 37:26+ 52:23+ 55:24+ 59:05+ 61:58+ 62:55+  
04:13+ 06:48+ 02:21+ 04:34+ 06:57+ 08:54+ 03:39+ 14:57+ 03:01+ 03:41+ 02:53+ 00:57+  
01:12& 03:58@ 00:55& 01:35& 02:25& 03:32& 00:57& 10:01@ 00:03+ 01:03& 00:26# 00:05+

Class	Navn	Klasse	Tid
<b>15</b>	<b>Elisabeth Melbø</b>	<b>128</b>	<b>1:06:30</b>
03:22+	09:48+	12:25+	22:35+
03:22+	06:26+	02:37+	10:10+
00:21#	03:36@	01:11&	07:11@
28:22+	35:10+	05:47+	06:48+
39:30+	57:00+	04:20+	17:30+
59:36+	63:51+	02:36-	04:15+
65:50+	66:30+	01:59-	00:40-
00:21#	03:36@	01:11&	07:11@
01:15&	01:26&	01:38&	12:34@
00:22-	01:37&	00:28-	00:12-

**Beste strekktid for klassen**

03:01 02:50 01:26 02:59 04:28 05:22 02:42 04:56 02:14 02:38 01:59 00:35

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

**Damer 60 - 64 år**

<b>1</b>	<b>Elisabeth Christie Ørke</b>	<b>105</b>	<b>39:35</b>
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03:08= 08:50= 10:48= 12:59= 18:18= 23:25= 27:20= 35:27= 37:18= 38:58= 39:35=  
 03:08= 05:42= 01:58= 02:11= 05:19= 05:07= 03:55= 08:07= 01:51= 01:40= 00:37=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

<b>2</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>	<b>40:57</b>
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04:25+ 12:57+ 15:15+ 17:18+ 23:07+ 28:29+ 31:53+ 35:49+ 38:35+ 40:17+ 40:57+  
 04:25+ 08:32+ 02:18+ 02:03- 05:49+ 05:22+ 03:24- 03:56- 02:46+ 01:42+ 00:40+  
 01:17& 02:50& 00:20# 00:08- 00:30+ 00:15+ 00:31- 04:11- 00:55& 00:02+ 00:03+

<b>3</b>	<b>Ingunn Voilås</b>	<b>29</b>	<b>41:16</b>
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03:43+ 07:32- 09:28- 14:33+ 19:53+ 26:59+ 29:55+ 33:40- 36:19- 40:25+ 41:16+  
 03:43+ 03:49- 01:56- 05:05+ 05:20+ 07:06+ 02:56- 03:45- 02:39+ 04:06+ 00:51+  
 00:35# 01:53- 00:02- 02:54@ 00:01+ 01:59& 00:59- 04:22- 00:48& 02:26@ 00:14&

<b>4</b>	<b>Ingrid Øxnevad</b>	<b>18</b>	<b>42:45</b>
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03:20+ 07:02- 09:05- 10:35- 18:13- 24:06+ 29:01+ 35:04- 37:54+ 42:06+ 42:45+  
 03:20+ 03:42- 02:03+ 01:30- 07:38+ 05:53+ 04:55+ 06:03- 02:50+ 04:12+ 00:39+  
 00:12+ 02:00- 00:05+ 00:41- 02:19& 00:46# 01:00& 02:04- 00:59& 02:32@ 00:02+

**Beste strekktid for klassen**

03:08 03:42 01:56 01:30 05:19 05:07 02:56 03:45 01:51 01:40 00:37

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

**Damer 65 - 69 år**

<b>1</b>	<b>Margot Asheim</b>	<b>105</b>	<b>40:59</b>
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03:13= 06:34= 08:28= 10:22= 16:07= 23:24= 27:09= 34:53= 37:49= 40:11= 40:59=  
 03:13= 03:21= 01:54= 01:54= 05:45= 07:17= 03:45= 07:44= 02:56= 02:22= 00:48=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

<b>2</b>	<b>Tove Bjerkreim</b>	<b>105</b>	<b>43:01</b>
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03:51+ 08:12+ 10:04+ 11:55+ 16:50+ 24:01+ 27:36+ 33:41- 39:45+ 42:17+ 43:01+  
 03:51+ 04:21+ 01:52- 01:51- 04:55- 07:11- 03:35- 06:05- 06:04+ 02:32+ 00:44-  
 00:38# 01:00& 00:02- 00:03- 00:50- 00:06- 00:10- 01:39- 03:08@ 00:10+ 00:04-

<b>3</b>	<b>May Elinor Meling</b>	<b>125</b>	<b>43:42</b>
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03:06- 07:26+ 09:46+ 14:04+ 20:58+ 27:35+ 31:06+ 36:35+ 39:29+ 42:57+ 43:42+  
 03:06- 04:20+ 02:20+ 04:18+ 06:54+ 06:37- 03:31- 05:29- 02:54- 03:28+ 00:45-  
 00:07- 00:59& 00:26# 02:24@ 01:09# 00:40- 00:14- 02:15- 00:02- 01:06& 00:03-

<b>4</b>	<b>Berit Gramstad</b>	<b>113</b>	<b>55:06</b>
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05:49+ 12:39+ 16:15+ 18:42+ 27:12+ 32:45+ 40:37+ 46:52+ 51:04+ 54:16+ 55:06+  
 05:49+ 06:50+ 03:36+ 02:27+ 08:30+ 05:33- 07:52+ 06:15- 04:12+ 03:12+ 00:50+  
 02:36& 03:29@ 01:42& 00:33& 02:45& 01:44- 04:07@ 01:29- 01:16& 00:50& 00:02+

**Beste strekktid for klassen**

03:06 03:21 01:52 01:51 04:55 05:33 03:31 05:29 02:54 02:22 00:44

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

**Damer 75 - 79 år**

Class	Navn	Klasse	Tid
<b>1</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>	<b>47:34</b>
	05:30= 09:43= 12:29= 15:22= 21:40= 29:44= 34:21= 39:18= 42:40= 46:47= 47:34=		
	05:30= 04:13= 02:46= 02:53= 06:18= 08:04= 04:37= 04:57= 03:22= 04:07= 00:47=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Turid Nystrøm</b>	<b>68</b>	<b>50:00</b>
	03:48- 11:46+ 14:28+ 16:24+ 24:37+ 34:27+ 39:10+ 43:07+ 46:02+ 48:59+ 50:00+		
	03:48- 07:58+ 02:42- 01:56- 08:13+ 09:50+ 04:43+ 03:57- 02:55- 02:57- 01:01+		
	01:42- 03:45& 00:04- 00:57- 01:55& 01:46# 00:06+ 01:00- 00:27- 01:10- 00:14&		
<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>53:39</b>
	04:44- 11:39+ 14:55+ 17:47+ 24:26+ 31:34+ 39:56+ 45:45+ 49:24+ 52:52+ 53:39+		
	04:44- 06:55+ 03:16+ 02:52- 06:39+ 07:08- 08:22+ 05:49+ 03:39+ 03:28- 00:47=		
	00:46- 02:42& 00:30# 00:01- 00:21+ 00:56- 03:45& 00:52# 00:17+ 00:39- 00:00=		
<b>4</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>58:13</b>
	05:02- 11:05+ 14:28+ 17:25+ 26:17+ 38:47+ 43:15+ 49:08+ 53:22+ 57:20+ 58:13+		
	05:02- 06:03+ 03:23+ 02:57+ 08:52+ 12:30+ 04:28- 05:53+ 04:14+ 03:58- 00:53+		
	00:28- 01:50& 00:37# 00:04+ 02:34& 04:26& 00:09- 00:56# 00:52& 00:09- 00:06#		
<b>5</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>58:50</b>
	05:13- 12:32+ 16:49+ 19:27+ 27:32+ 35:14+ 44:37+ 50:15+ 53:29+ 57:45+ 58:50+		
	05:13- 07:19+ 04:17+ 02:38- 08:05+ 07:42- 09:23+ 05:38+ 03:14- 04:16+ 01:05+		
	00:17- 03:06& 01:31& 00:15- 01:47& 00:22- 04:46@ 00:41# 00:08- 00:09+ 00:18&		
<b>6</b>	<b>Helga Klausen</b>	<b>62</b>	<b>1:15:42</b>
	06:34+ 13:12+ 17:17+ 20:11+ 30:05+ 42:00+ 47:16+ 65:16+ 70:55+ 74:31+ 75:42+		
	06:34+ 06:38+ 04:05+ 02:54+ 09:54+ 11:55+ 05:16+ 18:00+ 05:39+ 03:36- 01:11+		
	01:04# 02:25& 01:19& 00:01+ 03:36& 03:51& 00:39# 13:03@ 02:17& 00:31- 00:24&		
<b>Beste strekktid for klassen</b>			
	03:48 04:13 02:42 01:56 06:18 07:08 04:28 03:57 02:55 02:57 00:47		

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>1:21:37</b>
	06:34= 14:57= 26:28= 31:24= 47:22= 56:33= 62:23= 71:14= 74:39= 80:03= 81:37=		
	06:34= 08:23= 11:31= 04:56= 15:58= 09:11= 05:50= 08:51= 03:25= 05:24= 01:34=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

### Beste strekktid for klassen

06:34 08:23 11:31 04:56 15:58 09:11 05:50 08:51 03:25 05:24 01:34

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>50:02</b>
	02:28= 10:58= 12:33= 17:30= 21:02= 21:52= 26:13= 28:08= 33:23= 36:39= 40:35= 43:58= 46:09= 49:33= 50:02=		
	02:28= 08:30= 01:35= 04:57= 03:32= 00:50= 04:21= 01:55= 05:15= 03:16= 03:56= 03:23= 02:11= 03:24= 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=		
<b>2</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>1:11:18</b>
	08:57+ 20:19+ 22:07+ 28:27+ 32:20+ 33:24+ 39:47+ 42:44+ 50:39+ 55:10+ 59:25+ 63:40+ 66:10+ 70:40+ 71:18+		
	08:57+ 11:22+ 01:48+ 06:20+ 03:53+ 01:04+ 06:23+ 02:57+ 07:55+ 04:31+ 04:15+ 04:15+ 02:30+ 04:30+ 00:38+		
	06:29@ 02:52& 00:13# 01:23& 00:21+ 00:14& 02:02& 01:02& 02:40& 01:15& 00:19+ 00:52& 00:19# 01:06& 00:09&		
<b>3</b>	<b>Katrine Haaland Leveraas</b>	<b>117</b>	<b>1:32:10</b>
	03:07+ 21:33+ 29:21+ 36:50+ 42:11+ 43:53+ 53:36+ 57:13+ 65:54+ 70:03+ 76:00+ 84:09+ 86:50+ 91:30+ 92:10+		
	03:07+ 18:26+ 07:48+ 07:29+ 05:21+ 01:42+ 09:43+ 03:37+ 08:41+ 04:09+ 05:57+ 08:09+ 02:41+ 04:40+ 00:40+		
	00:39& 09:56@ 06:13@ 02:32& 01:49& 00:52@ 05:22@ 01:42& 03:26& 00:53& 02:01& 04:46@ 00:30# 01:16& 00:11&		

### Beste strekktid for klassen

02:28 08:30 01:35 04:57 03:32 00:50 04:21 01:55 05:15 03:16 03:56 03:23 02:11 03:24 00:29

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

Class	Navn	Klasse	Tid
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## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>52:13</b>
02:34=	13:18= 17:26= 21:25= 24:02= 31:39= 38:36= 44:56= 47:16= 48:59= 51:34= 52:13=		
02:34=	10:44= 04:08= 03:59= 02:37= 07:37= 06:57= 06:20= 02:20= 01:43= 02:35= 00:39=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Anne Garsrud</b>	<b>395</b>	<b>54:01</b>
02:57+	17:01+ 22:18+ 25:33+ 28:49+ 35:37+ 41:06+ 46:30+ 48:57+ 50:54+ 53:22+ 54:01+		
02:57+	14:04+ 05:17+ 03:15- 03:16+ 06:48- 05:29- 05:24- 02:27+ 01:57+ 02:28- 00:39=		
00:23#	03:20& 01:09& 00:44- 00:39# 00:49- 01:28- 00:56- 00:07+ 00:14# 00:07- 00:00=		
<b>3</b>	<b>Vibeke Lamark</b>	<b>46</b>	<b>54:27</b>
03:05+	15:05+ 20:36+ 23:59+ 27:01+ 34:37+ 39:42+ 45:02+ 48:12+ 51:08+ 53:37+ 54:27+		
03:05+	12:00+ 05:31+ 03:23- 03:02+ 07:36- 05:05- 05:20- 03:10+ 02:56+ 02:29- 00:50+		
00:31#	01:16# 01:23& 00:36- 00:25# 00:01- 01:52- 01:00- 00:50& 01:13& 00:06- 00:11&		
<b>4</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>	<b>1:00:05</b>
04:28+	17:01+ 22:03+ 27:38+ 30:51+ 40:09+ 46:21+ 52:01+ 54:23+ 56:16+ 59:21+ 60:05+		
04:28+	12:33+ 05:02+ 05:35+ 03:13+ 09:18+ 06:12- 05:40- 02:22+ 01:53+ 03:05+ 00:44+		
01:54&	01:49# 00:54# 01:36& 00:36# 01:41# 00:45- 00:40- 00:02+ 00:10+ 00:30# 00:05#		
<b>5</b>	<b>Ingrid W. Hestness</b>	<b>117</b>	<b>1:11:58</b>
02:52+	15:48+ 21:02+ 25:26+ 32:14+ 40:33+ 48:37+ 59:33+ 63:26+ 68:26+ 71:04+ 71:58+		
02:52+	12:56+ 05:14+ 04:24+ 06:48+ 08:19+ 08:04+ 10:56+ 03:53+ 05:00+ 02:38+ 00:54+		
00:18#	02:12# 01:06& 00:25# 04:11@ 00:42+ 01:07# 04:36& 01:33& 03:17@ 00:03+ 00:15&		
<b>6</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>1:13:51</b>
03:06+	21:11+ 27:09+ 33:25+ 37:59+ 47:12+ 54:12+ 63:01+ 66:48+ 70:35+ 73:05+ 73:51+		
03:06+	18:05+ 05:58+ 06:16+ 04:34+ 09:13+ 07:00+ 08:49+ 03:47+ 03:47+ 02:30- 00:46+		
00:32#	07:21& 01:50& 02:17& 01:57& 01:36# 00:03+ 02:29& 01:27& 02:04@ 00:05- 00:07#		

### Beste strekktid for klassen

02:34 10:44 04:08 03:15 02:37 06:48 05:05 05:20 02:20 01:43 02:28 00:39

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

## Damer Ny

<b>1</b>	<b>Stephanie Thomsen</b>	<b>27</b>	<b>37:32</b>
04:41=	10:07= 13:05= 15:55= 20:59= 24:29= 34:56= 36:10= 37:32=		
04:41=	05:26= 02:58= 02:50= 05:04= 03:30= 10:27= 01:14= 01:22=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

### Beste strekktid for klassen

04:41 05:26 02:58 02:50 05:04 03:30 10:27 01:14 01:22

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

## Damer Trim

<b>1</b>	<b>Ingvild Marthinussen</b>	<b>63</b>	<b>29:04</b>
04:08=	08:36= 10:12= 11:55= 14:19= 17:17= 20:38= 24:12= 25:28= 27:41= 29:04=		
04:08=	04:28= 01:36= 01:43= 02:24= 02:58= 03:21= 03:34= 01:16= 02:13= 01:23=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Benedicte Kvalevåg</b>	<b>375</b>	<b>30:07</b>
03:53-	08:09- 10:22+ 12:02+ 16:36+ 19:34+ 23:09+ 26:11+ 27:24+ 29:28+ 30:07+		
03:53-	04:16- 02:13+ 01:40- 04:34+ 02:58= 03:35+ 03:02- 01:13- 02:04- 00:39-		
00:15-	00:12- 00:37& 00:03- 02:10& 00:00= 00:14+ 00:32- 00:03- 00:09- 00:44-		
<b>3</b>	<b>Jeanette Mjølhus</b>	<b>105</b>	<b>31:03</b>
03:51-	08:34- 10:45+ 13:01+ 16:00+ 19:08+ 22:47+ 26:18+ 27:43+ 29:49+ 31:03+		
03:51-	04:43+ 02:11+ 02:16+ 02:59+ 03:08+ 03:39+ 03:31- 01:25+ 02:06- 01:14-		
00:17-	00:15+ 00:35& 00:33& 00:35# 00:10+ 00:18+ 00:03- 00:09# 00:07- 00:09-		

Class	Navn	Klasse	Tid
<b>4</b>	<b>Anne Lill Njå</b>	<b>105</b>	<b>31:49</b>
04:24+	09:44+ 12:01+ 14:00+ 17:00+ 19:55+	23:45+ 27:18+ 28:46+ 30:47+ 31:49+	
04:24+	05:20+ 02:17+ 01:59+ 03:00+ 02:55-	03:50+ 03:33- 01:28+ 02:01- 01:02-	
00:16+	00:52# 00:41& 00:16# 00:36# 00:03-	00:29# 00:01- 00:12# 00:12- 00:21-	
<b>5</b>	<b>Marit Lindtveit Undheim</b>	<b>54</b>	<b>31:56</b>
04:36+	08:23- 10:17+ 11:51- 14:37+ 19:12+	23:29+ 27:06+ 28:18+ 31:11+ 31:56+	
04:36+	03:47- 01:54+ 01:34- 02:46+ 04:35+	04:17+ 03:37+ 01:12- 02:53+ 00:45-	
00:28#	00:41- 00:18# 00:09- 00:22# 01:37&	00:56& 00:03+ 00:04- 00:40& 00:38-	
<b>6</b>	<b>Siri Eppeland</b>	<b>74</b>	<b>31:57</b>
03:41-	07:22- 09:12- 12:32+ 14:47+ 17:23+	21:22+ 24:31+ 25:58+ 30:05+ 31:57+	
03:41-	03:41- 01:50+ 03:20+ 02:15- 02:36-	03:59+ 03:09- 01:27+ 04:07+ 01:52+	
00:27-	00:47- 00:14# 01:37& 00:09- 00:22-	00:38# 00:25- 00:11# 01:54& 00:29&	
<b>7</b>	<b>Mona Berntsen</b>	<b>43</b>	<b>32:00</b>
04:30+	10:08+ 11:57+ 13:40+ 16:59+ 20:10+	24:13+ 27:47+ 29:12+ 31:06+ 32:00+	
04:30+	05:38+ 01:49+ 01:43= 03:19+ 03:11+	04:03+ 03:34= 01:25+ 01:54- 00:54-	
00:22+	01:10& 00:13# 00:00= 00:55& 00:13+	00:42# 00:00= 00:09# 00:19- 00:29-	
<b>8</b>	<b>Maria Fjelde</b>	<b>105</b>	<b>32:08</b>
04:01-	08:25- 10:33+ 12:28+ 15:25+ 18:27+	22:47+ 27:04+ 28:29+ 31:13+ 32:08+	
04:01-	04:24- 02:08+ 01:55+ 02:57+ 03:02+	04:20+ 04:17+ 01:25+ 02:44+ 00:55-	
00:07-	00:04- 00:32& 00:12# 00:33# 00:04+	00:59& 00:43# 00:09# 00:31# 00:28-	
<b>9</b>	<b>Elise Auberg Vagle</b>	<b>366</b>	<b>34:54</b>
04:00-	08:38+ 10:30+ 12:14+ 16:38+ 20:15+	24:00+ 29:56+ 31:21+ 34:07+ 34:54+	
04:00-	04:38+ 01:52+ 01:44+ 04:24+ 03:37+	03:45+ 05:56+ 01:25+ 02:46+ 00:47-	
00:08-	00:10+ 00:16# 00:01+ 02:00& 00:39#	00:24# 02:22& 00:09# 00:33# 00:36-	
<b>10</b>	<b>Inger Johanne Klausen</b>	<b>54</b>	<b>36:19</b>
03:51-	08:59+ 11:09+ 12:56+ 16:10+ 19:21+	23:05+ 30:38+ 32:35+ 35:37+ 36:19+	
03:51-	05:08+ 02:10+ 01:47+ 03:14+ 03:11+	03:44+ 07:33+ 01:57+ 03:02+ 00:42-	
00:17-	00:40# 00:34& 00:04+ 00:50& 00:13+	00:23# 03:59@ 00:41& 00:49& 00:41-	
<b>11</b>	<b>Ragnhild Thorset Våge</b>	<b>117</b>	<b>36:35</b>
03:22-	08:58+ 10:42+ 13:49+ 18:04+ 25:45+	29:18+ 32:30+ 33:49+ 35:42+ 36:35+	
03:22-	05:36+ 01:44+ 03:07+ 04:15+ 07:41+	03:33+ 03:12- 01:19+ 01:53- 00:53-	
00:46-	01:08& 00:08+ 01:24& 01:51& 04:43@	00:12+ 00:22- 00:03+ 00:20- 00:30-	
<b>12</b>	<b>Marta Bertolaso</b>	<b>43</b>	<b>38:25</b>
04:42+	11:15+ 13:17+ 15:14+ 20:33+ 23:47+	28:39+ 32:51+ 34:27+ 37:31+ 38:25+	
04:42+	06:33+ 02:02+ 01:57+ 05:19+ 03:14+	04:52+ 04:12+ 01:36+ 03:04+ 00:54-	
00:34#	02:05& 00:26& 00:14# 02:55@ 00:16+	01:31& 00:38# 00:20& 00:51& 00:29-	
<b>13</b>	<b>Ann-Mari Vold</b>	<b>54</b>	<b>39:59</b>
03:26-	10:46+ 18:16+ 20:16+ 23:19+ 26:30+	30:06+ 34:34+ 36:12+ 39:04+ 39:59+	
03:26-	07:20+ 07:30+ 02:00+ 03:03+ 03:11+	03:36+ 04:28+ 01:38+ 02:52+ 00:55-	
00:42-	02:52& 05:54@ 00:17# 00:39& 00:13+	00:15+ 00:54& 00:22& 00:39& 00:28-	
<b>14</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>40:29</b>
04:31+	09:09+ 11:01+ 13:00+ 15:33+ 18:56+	22:43+ 36:50+ 38:13+ 39:48+ 40:29+	
04:31+	04:38+ 01:52+ 01:59+ 02:33+ 03:23+	03:47+ 14:07+ 01:23+ 01:35- 00:41-	
00:23+	00:10+ 00:16# 00:16# 00:09+ 00:25#	00:26# 10:33@ 00:07+ 00:38- 00:42-	
<b>15</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>40:44</b>
04:09+	14:49+ 17:56+ 19:56+ 23:23+ 26:40+	30:47+ 35:51+ 37:27+ 40:03+ 40:44+	
04:09+	10:40+ 03:07+ 02:00+ 03:27+ 03:17+	04:07+ 05:04+ 01:36+ 02:36+ 00:41-	
00:01+	06:12@ 01:31& 00:17# 01:03& 00:19#	00:46# 01:30& 00:20& 00:23# 00:42-	
<b>16</b>	<b>Halldis Handeland</b>	<b>92</b>	<b>42:08</b>
04:59+	09:36+ 12:20+ 14:35+ 18:27+ 22:30+	30:29+ 36:15+ 38:05+ 40:50+ 42:08+	
04:59+	04:37+ 02:44+ 02:15+ 03:52+ 04:03+	07:59+ 05:46+ 01:50+ 02:45+ 01:18-	
00:51#	00:09+ 01:08& 00:32& 01:28& 01:05&	04:38@ 02:12& 00:34& 00:32# 00:05-	
<b>17</b>	<b>Karolina Lenart</b>	<b>91</b>	<b>42:31</b>
04:05-	09:09+ 11:46+ 14:21+ 18:25+ 22:33+	27:40+ 36:47+ 38:30+ 41:11+ 42:31+	
04:05-	05:04+ 02:37+ 02:35+ 04:04+ 04:08+	05:07+ 09:07+ 01:43+ 02:41+ 01:20-	
00:03-	00:36# 01:01& 00:52& 01:40& 01:10&	01:46& 05:33@ 00:27& 00:28# 00:03-	
<b>18</b>	<b>Linda Olsen</b>	<b>39</b>	<b>42:41</b>
07:09+	14:56+ 17:11+ 21:24+ 26:45+ 30:12+	34:42+ 38:25+ 39:51+ 42:02+ 42:41+	
07:09+	07:47+ 02:15+ 04:13+ 05:21+ 03:27+	04:30+ 03:43+ 01:26+ 02:11- 00:39-	
03:01&	03:19& 00:39& 02:30@ 02:57@ 00:29#	01:09& 00:09+ 00:10# 00:02- 00:44-	

Class	Navn	Klasse	Tid							
<b>19</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>42:47</b>							
05:17+	10:41+	13:50+	16:30+	20:59+	25:22+	30:43+	35:44+	37:56+	41:35+	42:47+
05:17+	05:24+	03:09+	02:40+	04:29+	04:23+	05:21+	05:01+	02:12+	03:39+	01:12-
01:09&	00:56#	01:33&	00:57&	02:05&	01:25&	02:00&	01:27&	00:56&	01:26&	00:11-
<b>20</b>	<b>Marianne Steinkopf</b>	<b>5</b>	<b>43:05</b>							
04:02-	11:57+	14:26+	17:16+	22:12+	26:34+	31:35+	36:14+	37:46+	42:12+	43:05+
04:02-	07:55+	02:29+	02:50+	04:56+	04:22+	05:01+	04:39+	01:32+	04:26+	00:53-
00:06-	03:27&	00:53&	01:07&	02:32@	01:24&	01:40&	01:05&	00:16#	02:13&	00:30-
<b>21</b>	<b>Monika Korbecka</b>	<b>287</b>	<b>45:55</b>							
06:13+	13:14+	15:59+	18:54+	23:37+	27:42+	33:32+	39:12+	41:34+	44:32+	45:55+
06:13+	07:01+	02:45+	02:55+	04:43+	04:05+	05:50+	05:40+	02:22+	02:58+	01:23=
02:05&	02:33&	01:09&	01:12&	02:19&	01:07&	02:29&	02:06&	01:06&	00:45&	00:00=
<b>22</b>	<b>Karine Ditlevsen</b>	<b>117</b>	<b>47:04</b>							
05:06+	10:44+	13:15+	15:55+	20:13+	25:43+	30:06+	36:19+	37:34+	46:07+	47:04+
05:06+	05:38+	02:31+	02:40+	04:18+	05:30+	04:23+	06:13+	01:15-	08:33+	00:57-
00:58#	01:10&	00:55&	00:57&	01:54&	02:32&	01:02&	02:39&	00:01-	06:20@	00:26-
<b>23</b>	<b>Linda Charlotte Jahren Mørch</b>	<b>117</b>	<b>47:04</b>							
04:56+	10:46+	13:19+	15:57+	20:11+	25:25+	30:03+	36:12+	37:40+	46:09+	47:04+
04:56+	05:50+	02:33+	02:38+	04:14+	05:14+	04:38+	06:09+	01:28+	08:29+	00:55-
00:48#	01:22&	00:57&	00:55&	01:50&	02:16&	01:17&	02:35&	00:12#	06:16@	00:28-
<b>24</b>	<b>Heidi Camilla Hovet</b>	<b>62</b>	<b>47:33</b>							
07:04+	12:40+	16:55+	20:07+	24:52+	32:44+	37:35+	42:11+	44:26+	46:36+	47:33+
07:04+	05:36+	04:15+	03:12+	04:45+	07:52+	04:51+	04:36+	02:15+	02:10-	00:57-
02:56&	01:08&	02:39@	01:29&	02:21&	04:54@	01:30&	01:02&	00:59&	00:03-	00:26-
<b>25</b>	<b>Silje Elise Elstad</b>	<b>62</b>	<b>48:29</b>							
07:53+	13:33+	17:49+	21:02+	25:47+	33:38+	38:22+	43:10+	45:20+	47:31+	48:29+
07:53+	05:40+	04:16+	03:13+	04:45+	07:51+	04:44+	04:48+	02:10+	02:11-	00:58-
03:45&	01:12&	02:40@	01:30&	02:21&	04:53@	01:23&	01:14&	00:54&	00:02-	00:25-
<b>26</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>49:44</b>							
05:08+	11:23+	14:13+	17:03+	22:02+	25:48+	31:06+	41:02+	46:03+	48:52+	49:44+
05:08+	06:15+	02:50+	02:50+	04:59+	03:46+	05:18+	09:56+	05:01+	02:49+	00:52-
01:00#	01:47&	01:14&	01:07&	02:35@	00:48&	01:57&	06:22@	03:45@	00:36&	00:31-
<b>27</b>	<b>Elisabeth Horpestad</b>	<b>117</b>	<b>51:42</b>							
04:59+	18:08+	20:46+	24:55+	29:37+	32:49+	36:24+	46:43+	48:35+	51:03+	51:42+
04:59+	13:09+	02:38+	04:09+	04:42+	03:12+	03:35+	10:19+	01:52+	02:28+	00:39-
00:51#	08:41@	01:02&	02:26@	02:18&	00:14+	00:14+	06:45@	00:36&	00:15#	00:44-
<b>28</b>	<b>Signe Lise Haaland</b>	<b>66</b>	<b>54:56</b>							
06:22+	17:26+	21:36+	24:04+	30:07+	35:40+	42:38+	48:34+	50:17+	53:03+	54:56+
06:22+	11:04+	04:10+	02:28+	06:03+	05:33+	06:58+	05:56+	01:43+	02:46+	01:53+
02:14&	06:36@	02:34@	00:45&	03:39@	02:35&	03:37@	02:22&	00:27&	00:33#	00:30&
<b>29</b>	<b>Linda Haukås</b>	<b>113</b>	<b>56:34</b>							
08:36+	22:16+	25:31+	27:51+	31:51+	36:44+	43:44+	49:01+	51:00+	55:29+	56:34+
08:36+	13:40+	03:15+	02:20+	04:00+	04:53+	07:00+	05:17+	01:59+	04:29+	01:05-
04:28@	09:12@	01:39@	00:37&	01:36&	01:55&	03:39@	01:43&	00:43&	02:16@	00:18-
<b>30</b>	<b>Brit Svihus</b>	<b>92</b>	<b>57:24</b>							
11:15+	19:46+	23:48+	26:26+	30:48+	35:12+	42:11+	48:27+	50:25+	56:15+	57:24+
11:15+	08:31+	04:02+	02:38+	04:22+	04:24+	06:59+	06:16+	01:58+	05:50+	01:09-
07:07@	04:03&	02:26@	00:55&	01:58&	01:26&	03:38@	02:42&	00:42&	03:37@	00:14-
<b>31</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>	<b>57:43</b>							
05:08+	11:58+	15:41+	18:14+	23:03+	27:45+	35:55+	49:41+	51:21+	56:54+	57:43+
05:08+	06:50+	03:43+	02:33+	04:49+	04:42+	08:10+	13:46+	01:40+	05:33+	00:49-
01:00#	02:22&	02:07@	00:50&	02:25@	01:44&	04:49@	10:12@	00:24&	03:20@	00:34-
<b>32</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>	<b>58:55</b>							
06:19+	14:26+	18:02+	21:19+	27:35+	32:09+	38:17+	45:16+	46:43+	57:50+	58:55+
06:19+	08:07+	03:36+	03:17+	06:16+	04:34+	06:08+	06:59+	01:27+	11:07+	01:05-
02:11&	03:39&	02:00@	01:34&	03:52@	01:36&	02:47&	03:25&	00:11#	08:54@	00:18-
<b>33</b>	<b>Sigrund Serigstad</b>	<b>128</b>	<b>1:00:10</b>							
03:56-	25:04+	28:30+	30:47+	33:49+	38:12+	44:50+	56:11+	57:38+	59:34+	60:10+
03:56-	21:08+	03:26+	02:17+	03:02+	04:23+	06:38+	11:21+	01:27+	01:56-	00:36-
00:12-	16:40@	01:50@	00:34&	00:38&	01:25&	03:17&	07:47@	00:11#	00:17-	00:47-

Class	Navn	Klasse										Tid
<b>34</b>	<b>Sara Dudzinska</b>	<b>91</b>										<b>1:00:54</b>
	13:30+	23:04+	26:07+	28:37+	34:27+	38:35+	44:55+	49:24+	58:20+	60:54+		
	13:30+	09:34+	03:03+	02:30+	05:50+	04:08+	06:20+	04:29+	01:37+	07:19+	02:34+	
	09:22@	05:06@	01:27&	00:47&	03:26@	01:10&	02:59&	00:55&	00:21&	05:06@	01:11&	
<b>35</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>										<b>1:08:42</b>
	07:46+	16:10+	22:03+	25:53+	30:47+	36:22+	45:41+	58:19+	62:31+	67:33+	68:42+	
	07:46+	08:24+	05:53+	03:50+	04:54+	05:35+	09:19+	12:38+	04:12+	05:02+	01:09-	
	03:38&	03:56&	04:17@	02:07@	02:30@	02:37&	05:58@	09:04@	02:56@	02:49@	00:14-	
<b>36</b>	<b>Marianne Høie</b>	<b>116</b>										<b>1:24:36</b>
	07:11+	11:26+	13:36+	15:55+	19:19+	23:09+	30:58+	45:48+	47:33+	83:41+	84:36+	
	07:11+	04:15-	02:10+	02:19+	03:24+	03:50+	07:49+	14:50+	01:45+	36:08+	00:55-	
	03:03&	00:13-	00:34&	00:36&	01:00&	00:52&	04:28@	11:16@	00:29&	33:55@	00:28-	
<b>Beste strekktid for klassen</b>												
	03:22	03:41	01:36	01:34	02:15	02:36	03:21	03:02	01:12	01:35	00:36	

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

## Herrer 16 - 39 år

<b>1</b>	<b>Sven Hatteland</b>	<b>399</b>										<b>41:06</b>
	02:11=	11:29=	17:01=	19:10=	21:45=	27:11=	31:10=	35:25=	37:13=	38:32=	40:26=	41:06=
	02:11=	09:18=	05:32=	02:09=	02:35=	05:26=	03:59=	04:15=	01:48=	01:19=	01:54=	00:40=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Vegard Braut Kyllingstad</b>	<b>66</b>										<b>43:01</b>
	02:29+	10:11-	13:50-	17:29-	20:38-	26:08-	30:32-	34:49-	38:08+	39:27+	42:14+	43:01+
	02:29+	07:42-	03:39-	03:39+	03:09+	05:30+	04:24+	04:17+	03:19+	01:19=	02:47+	00:47+
	00:18#	01:36-	01:53-	01:30&	00:34#	00:04+	00:25#	00:02+	01:31&	00:00=	00:53&	00:07#
<b>3</b>	<b>Magne Hatteland</b>	<b>399</b>										<b>46:40</b>
	02:14+	12:09+	16:11-	21:20+	23:12+	32:04+	36:25+	40:24+	42:56+	44:12+	46:12+	46:40+
	02:14+	09:55+	04:02-	05:09+	01:52-	08:52+	04:21+	03:59-	02:32+	01:16-	02:00+	00:28-
	00:03+	00:37+	01:30-	03:00@	00:43-	03:26&	00:22+	00:16-	00:44&	00:03-	00:06+	00:12-
<b>4</b>	<b>Brostrup Landstad</b>	<b>66</b>										<b>49:22</b>
	03:16+	17:38+	21:21+	24:06+	26:37+	32:43+	37:34+	42:36+	45:03+	46:35+	48:50+	49:22+
	03:16+	14:22+	03:43-	02:45+	02:31-	06:06+	04:51+	05:02+	02:27+	01:32+	02:15+	00:32-
	01:05&	05:04&	01:49-	00:36&	00:04-	00:40#	00:52#	00:47#	00:39&	00:13#	00:21#	00:08-
<b>5</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>										<b>50:54</b>
	02:49+	13:29+	17:22+	21:45+	25:14+	32:34+	38:01+	43:27+	45:47+	47:21+	50:22+	50:54+
	02:49+	10:40+	03:53-	04:23+	03:29+	07:20+	05:27+	05:26+	02:20+	01:34+	03:01+	00:32-
	00:38&	01:22#	01:39-	02:14@	00:54&	01:54&	01:28&	01:11&	00:32&	00:15#	01:07&	00:08-
<b>6</b>	<b>Thomas Hinna</b>	<b>287</b>										<b>53:57</b>
	02:38+	14:10+	20:33+	23:56+	26:32+	33:51+	39:33+	45:58+	48:28+	50:30+	53:16+	53:57+
	02:38+	11:32+	06:23+	03:23+	02:36+	07:19+	05:42+	06:25+	02:30+	02:02+	02:46+	00:41+
	00:27#	02:14#	00:51#	01:14&	00:01+	01:53&	01:43&	02:10&	00:42&	00:43&	00:52&	00:01+
<b>7</b>	<b>Sondre Aspøy</b>	<b>117</b>										<b>57:58</b>
	02:23+	13:37+	18:16+	23:49+	27:00+	34:31+	40:06+	47:29+	52:22+	55:27+	57:21+	57:58+
	02:23+	11:14+	04:39-	05:33+	03:11+	07:31+	05:35+	07:23+	04:53+	03:05+	01:54=	00:37-
	00:12+	01:56#	00:53-	03:24@	00:36#	02:05&	01:36&	03:08&	03:05@	01:46@	00:00=	00:03-
<b>8</b>	<b>Eivind Brimsø</b>	<b>76</b>										<b>59:01</b>
	02:17+	13:24+	17:58+	23:02+	31:52+	40:14+	45:20+	51:13+	53:43+	56:02+	58:28+	59:01+
	02:17+	11:07+	04:34-	05:04+	08:50+	08:22+	05:06+	05:53+	02:30+	02:19+	02:26+	00:33-
	00:06+	01:49#	00:58-	02:55@	06:15@	02:56&	01:07&	01:38&	00:42&	01:00&	00:32&	00:07-
<b>9</b>	<b>Truls Thorkildsen</b>	<b>39</b>										<b>1:00:18</b>
	02:41+	14:07+	19:53+	25:20+	27:44+	39:32+	45:19+	54:02+	56:01+	57:49+	59:41+	60:18+
	02:41+	11:26+	05:46+	05:27+	02:24-	11:48+	05:47+	08:43+	01:59+	01:48+	01:52-	00:37-
	00:30#	02:08#	00:14+	03:18@	00:11-	06:22@	01:48&	04:28@	00:11#	00:29&	00:02-	00:03-
<b>10</b>	<b>Sverre Dørheim</b>	<b>136</b>										<b>1:13:13</b>
	03:28+	23:33+	31:39+	36:29+	40:14+	49:41+	57:31+	64:34+	67:46+	69:36+	72:37+	73:13+
	03:28+	20:05+	08:06+	04:50+	03:45+	09:27+	07:50+	07:03+	03:12+	01:50+	03:01+	00:36-
	01:17&	10:47@	02:34&	02:41@	01:10&	04:01&	03:51&	02:48&	01:24&	00:31&	01:07&	00:04-

Class	Navn	Klasse										Tid
<b>11</b>	<b>Jone Klemo Øverland</b>	<b>165</b>										<b>1:16:07</b>
03:45+	18:54+	24:18+	28:04+	30:28+	41:30+	47:56+	64:34+	70:15+	73:31+	75:33+	76:07+	
03:45+	15:09+	05:24-	03:46+	02:24-	11:02+	06:26+	16:38+	05:41+	03:16+	02:02+	00:34-	
01:34&	05:51&	00:08-	01:37&	00:11-	05:36@	02:27&	12:23@	03:53@	01:57@	00:08+	00:06-	
<b>12</b>	<b>Aleksander Claussen</b>	<b>74</b>										<b>1:18:28</b>
03:11+	25:05+	30:53+	35:44+	40:30+	50:32+	57:50+	65:11+	70:08+	72:58+	76:46+	78:28+	
03:11+	21:54+	05:48+	04:51+	04:46+	10:02+	07:18+	07:21+	04:57+	02:50+	03:48+	01:42+	
01:00&	12:36@	00:16+	02:42@	02:11&	04:36&	03:19&	03:06&	03:09@	01:31@	01:54&	01:02@	
<b>13</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>1:28:01</b>
03:26+	21:46+	28:33+	32:20+	35:15+	66:46+	72:53+	78:31+	81:58+	84:12+	87:28+	88:01+	
03:26+	18:20+	06:47+	03:47+	02:55+	31:31+	06:07+	05:38+	03:27+	02:14+	03:16+	00:33-	
01:15&	09:02&	01:15#	01:38&	00:20#	26:05@	02:08&	01:23&	01:39&	00:55&	01:22&	00:07-	
<b>14</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>1:39:39</b>
03:11+	38:17+	46:20+	53:19+	56:45+	64:55+	71:47+	89:46+	94:12+	95:52+	99:06+	99:39+	
03:11+	35:06+	08:03+	06:59+	03:26+	08:10+	06:52+	17:59+	04:26+	01:40+	03:14+	00:33-	
01:00&	25:48@	02:31&	04:50@	00:51&	02:44&	02:53&	13:44@	02:38@	00:21&	01:20&	00:07-	
<b>Beste strekktid for klassen</b>												
02:11	07:42	03:39	02:09	01:52	05:26	03:59	03:59	01:48	01:16	01:52	00:28	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 40 - 49 år</b>												
<b>1</b>	<b>Tallak Langmyr</b>	<b>370</b>										<b>42:02</b>
02:06=	11:28=	15:27=	18:01=	20:48=	26:42=	31:53=	36:03=	37:53=	39:30=	41:36=	42:02=	
02:06=	09:22=	03:59=	02:34=	02:47=	05:54=	05:11=	04:10=	01:50=	01:37=	02:06=	00:26=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Audun Thomassen</b>	<b>65</b>										<b>50:24</b>
03:13+	12:23+	16:38+	23:17+	26:16+	33:10+	38:41+	43:21+	45:59+	47:52+	49:54+	50:24+	
03:13+	09:10-	04:15+	06:39+	02:59+	06:54+	05:31+	04:40+	02:38+	01:53+	02:02-	00:30+	
01:07&	00:12-	00:16+	04:05@	00:12+	01:00#	00:20+	00:30#	00:48&	00:16#	00:04-	00:04#	
<b>3</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>53:02</b>
02:31+	12:14+	19:55+	24:01+	27:10+	34:02+	39:35+	45:07+	47:56+	50:32+	52:29+	53:02+	
02:31+	09:43+	07:41+	04:06+	03:09+	06:52+	05:33+	05:32+	02:49+	02:36+	01:57-	00:33+	
00:25#	00:21+	03:42&	01:32&	00:22#	00:58#	00:22+	01:22&	00:59&	00:59&	00:09-	00:07&	
<b>4</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>										<b>55:07</b>
02:25+	16:09+	21:14+	24:53+	27:58+	36:05+	41:47+	46:37+	48:57+	52:26+	54:34+	55:07+	
02:25+	13:44+	05:05+	03:39+	03:05+	08:07+	05:42+	04:50+	02:20+	03:29+	02:08+	00:33+	
00:19#	04:22&	01:06&	01:05&	00:18#	02:13&	00:31+	00:40#	00:30&	01:52@	00:02+	00:07&	
<b>5</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>56:14</b>
02:54+	16:06+	22:08+	26:23+	29:03+	36:11+	43:38+	49:13+	51:27+	53:37+	55:39+	56:14+	
02:54+	13:12+	06:02+	04:15+	02:40-	07:08+	07:27+	05:35+	02:14+	02:10+	02:02-	00:35+	
00:48&	03:50&	02:03&	01:41&	00:07-	01:14#	02:16&	01:25&	00:24#	00:33&	00:04-	00:09&	
<b>6</b>	<b>Christian Ask</b>	<b>180</b>										<b>56:36</b>
02:19+	12:02+	17:20+	20:10+	23:21+	29:59+	35:40+	41:22+	49:48+	52:49+	55:46+	56:36+	
02:19+	09:43+	05:18+	02:50+	03:11+	06:38+	05:41+	05:42+	08:26+	03:01+	02:57+	00:50+	
00:13#	00:21+	01:19&	00:16#	00:24#	00:44#	00:30+	01:32&	06:36@	01:24&	00:51&	00:24&	
<b>7</b>	<b>Rune Hatle</b>	<b>65</b>										<b>58:02</b>
02:41+	14:58+	21:25+	25:48+	29:59+	37:39+	44:47+	51:16+	53:22+	55:06+	57:20+	58:02+	
02:41+	12:17+	06:27+	04:23+	04:11+	07:40+	07:08+	06:29+	02:06+	01:44+	02:14+	00:42+	
00:35&	02:55&	02:28&	01:49&	01:24&	01:46&	01:57&	02:19&	00:16#	00:07+	00:08+	00:16&	
<b>8</b>	<b>Rolf Frøyland</b>	<b>5</b>										<b>58:35</b>
02:48+	15:34+	22:29+	26:53+	30:32+	37:46+	44:11+	50:28+	53:21+	56:02+	58:02+	58:35+	
02:48+	12:46+	06:55+	04:24+	03:39+	07:14+	06:25+	06:17+	02:53+	02:41+	02:00-	00:33+	
00:42&	03:24&	02:56&	01:50&	00:52&	01:20#	01:14#	02:07&	01:03&	01:04&	00:06-	00:07&	
<b>9</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>										<b>1:03:25</b>
02:55+	20:11+	26:42+	30:49+	34:49+	43:30+	49:35+	55:35+	57:39+	59:36+	62:50+	63:25+	
02:55+	17:16+	06:31+	04:07+	04:00+	08:41+	06:05+	06:00+	02:04+	01:57+	03:14+	00:35+	
00:49&	07:54&	02:32&	01:33&	01:13&	02:47&	00:54#	01:50&	00:14#	00:20#	01:08&	00:09&	

Class	Navn	Klasse										Tid
<b>10</b>	<b>Kristian Bjo</b>	<b>165</b>										<b>1:04:23</b>
03:08+	15:48+	20:35+	24:08+	27:20+	38:39+	45:08+	54:39+	57:23+	60:09+	63:39+	64:23+	
03:08+	12:40+	04:47+	03:33+	03:12+	11:19+	06:29+	09:31+	02:44+	02:46+	03:30+	00:44+	
01:02&	03:18&	00:48#	00:59&	00:25#	05:25&	01:18&	05:21@	00:54&	01:09&	01:24&	00:18&	
<b>11</b>	<b>Per Jan Erslund</b>	<b>43</b>										<b>1:16:21</b>
02:36+	30:05+	32:13+	36:56+	40:24+	42:43+	50:24+	55:44+	61:47+	66:00+	67:56+	74:56+	76:21+
02:36+	27:29+	02:08-	04:43+	03:28+	02:19-	07:41+	05:20+	06:03+	04:13+	01:56-	07:00+	01:25+
00:30#	18:07@	01:51-	02:09&	00:41#	03:35-	02:30&	01:10&	04:13@	02:36@	00:10-	06:34@	01:25+
<b>12</b>	<b>Andreas Molin Edlund</b>	<b>67</b>										<b>1:24:11</b>
03:43+	28:18+	38:31+	45:23+	49:46+	58:51+	66:37+	73:20+	77:22+	80:46+	83:20+	84:11+	
03:43+	24:35+	10:13+	06:52+	04:23+	09:05+	07:46+	06:43+	04:02+	03:24+	02:34+	00:51+	
01:37&	15:13@	06:14@	04:18@	01:36&	03:11&	02:35&	02:33&	02:12@	01:47@	00:28#	00:25&	
<b>13</b>	<b>Anders Presterud</b>	<b>65</b>										<b>1:25:34</b>
08:31+	23:12+	34:30+	40:26+	53:16+	62:58+	70:26+	77:17+	80:00+	82:05+	84:49+	85:34+	
08:31+	14:41+	11:18+	05:56+	12:50+	09:42+	07:28+	06:51+	02:43+	02:05+	02:44+	00:45+	
06:25@	05:19&	07:19@	03:22@	10:03@	03:48&	02:17&	02:41&	00:53&	00:28&	00:38&	00:19&	
<b>Beste strekktid for klassen</b>												
02:06	09:10	02:08	02:34	02:40	02:19	05:11	04:10	01:50	01:37	01:56	00:26	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 50 - 59 år</b>												
<b>1</b>	<b>Kjell Seland</b>	<b>236</b>										<b>46:41</b>
03:11=	12:41=	13:48=	15:21=	21:23=	22:39=	28:46=	33:41=	38:08=	41:22=	43:58=	46:01=	46:41=
03:11=	09:30=	01:07=	01:33=	06:02=	01:16=	06:07=	04:55=	04:27=	03:14=	02:36=	02:03=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>49:46</b>
04:01+	15:54+	17:01+	18:35+	24:34+	25:53+	31:51+	36:52+	41:15+	44:32+	47:03+	49:05+	49:46+
04:01+	11:53+	01:07=	01:34+	05:59-	01:19+	05:58-	05:01+	04:23-	03:17+	02:31-	02:02-	00:41+
00:50&	02:23&	00:00=	00:01+	00:03-	00:03+	00:09-	00:06+	00:04-	00:03+	00:05-	00:01-	00:01+
<b>3</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>49:57</b>
03:14+	14:35+	16:12+	18:49+	24:48+	26:10+	30:11+	35:14+	39:59+	43:29+	46:44+	49:11+	49:57+
03:14+	11:21+	01:37+	02:37+	05:59-	01:22+	04:01-	05:03+	04:45+	03:30+	03:15+	02:27+	00:46+
00:03+	01:51#	00:30&	01:04&	00:03-	00:06+	02:06-	00:08+	00:18+	00:16+	00:39#	00:24#	00:06#
<b>4</b>	<b>Ulric Björck</b>	<b>53</b>										<b>50:50</b>
03:41+	15:49+	17:33+	19:57+	25:38+	27:02+	31:22+	36:38+	42:52+	45:35+	48:03+	50:12+	50:50+
03:41+	12:08+	01:44+	02:24+	05:41-	01:24+	04:20-	05:16+	06:14+	02:43-	02:28-	02:09+	00:38-
00:30#	02:38&	00:37&	00:51&	00:21-	00:08#	01:47&	00:21+	01:47&	00:31-	00:08-	00:06+	00:02-
<b>5</b>	<b>Svein Roar Aas</b>	<b>114</b>										<b>55:45</b>
02:52-	15:20+	17:23+	20:16+	26:20+	28:08+	32:03+	37:26+	43:27+	49:22+	52:17+	55:04+	55:45+
02:52-	12:28+	02:03+	02:53+	06:04+	01:48+	03:55-	05:23+	06:01+	05:55+	02:55+	02:47+	00:41+
00:19-	02:58&	00:56&	01:20&	00:02+	00:32&	02:12-	00:28+	01:34&	02:41&	00:19#	00:44&	00:01+
<b>6</b>	<b>Håvard Håland</b>	<b>66</b>										<b>55:48</b>
02:46-	18:11+	20:09+	22:41+	31:59+	34:14+	37:51+	42:46+	47:10+	50:26+	53:05+	55:06+	55:48+
02:46-	15:25+	01:58+	02:32+	09:18+	02:15+	03:37-	04:55=	04:24-	03:16+	02:39+	02:01-	00:42+
00:25-	05:55&	00:51&	00:59&	03:16&	00:59&	02:30-	00:00=	00:03-	00:02+	00:03+	00:02-	00:02+
<b>7</b>	<b>Frank Hansen</b>	<b>29</b>										<b>56:09</b>
03:00-	16:23+	17:29+	19:20+	28:16+	30:19+	35:50+	40:42+	46:27+	50:18+	52:56+	55:37+	56:09+
03:00-	13:23+	01:06-	01:51+	08:56+	02:03+	05:31-	04:52-	05:45+	03:51+	02:38+	02:41+	00:32-
00:11-	03:53&	00:01-	00:18#	02:54&	00:47&	00:36-	00:03-	01:18&	00:37#	00:02+	00:38&	00:08-
<b>8</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>56:09</b>
03:44+	16:23+	18:07+	21:09+	28:04+	30:06+	34:33+	40:32+	47:47+	50:30+	53:24+	55:32+	56:09+
03:44+	12:39+	01:44+	03:02+	06:55+	02:02+	04:27-	05:59+	07:15+	02:43-	02:54+	02:08+	00:37-
00:33#	03:09&	00:37&	01:29&	00:53#	00:46&	01:40-	01:04#	02:48&	00:31-	00:18#	00:05+	00:03-
<b>9</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>56:21</b>
02:49-	15:46+	17:13+	19:07+	25:46+	27:58+	32:35+	39:48+	44:56+	49:57+	53:28+	55:49+	56:21+
02:49-	12:57+	01:27+	01:54+	06:39+	02:12+	04:37-	07:13+	05:08+	05:01+	03:31+	02:21+	00:32-
00:22-	03:27&	00:20&	00:21#	00:37#	00:56&	01:30-	02:18&	00:41#	01:47&	00:55&	00:18#	00:08-

Class	Navn	Klasse										Tid
<b>10</b>	<b>Tore Halset</b>	<b>114</b>										<b>56:33</b>
02:47-	17:07+	19:06+	21:44+	28:34+	30:43+	34:45+	40:14+	46:27+	49:54+	53:30+	55:46+	56:33+
02:47-	14:20+	01:59+	02:38+	06:50+	02:09+	04:02-	05:29+	06:13+	03:27+	03:36+	02:16+	00:47+
00:24-	04:50&	00:52&	01:05&	00:48#	00:53&	02:05-	00:34#	01:46&	00:13+	01:00&	00:13#	00:07#
<b>11</b>	<b>Kjetil Solbakken</b>	<b>66</b>										<b>56:53</b>
03:18+	13:38+	15:02+	17:35+	22:41+	25:12+	32:25+	40:41+	45:16+	48:43+	53:35+	56:14+	56:53+
03:18+	10:20+	01:24+	02:33+	05:06-	02:31+	07:13+	08:16+	04:35+	03:27+	04:52+	02:39+	00:39-
00:07+	00:50+	00:17&	01:00&	00:56-	01:15&	01:06#	03:21&	00:08+	00:13+	02:16&	00:36&	00:01-
<b>12</b>	<b>Erik Bjørnbom</b>	<b>76</b>										<b>1:00:28</b>
03:04-	23:04+	24:30+	26:56+	32:59+	34:22+	38:23+	44:29+	49:31+	53:07+	57:38+	59:48+	60:28+
03:04-	20:00+	01:26+	02:26+	06:03+	01:23+	04:01-	06:06+	05:02+	03:36+	04:31+	02:10+	00:40=
00:07-	10:30@	00:19&	00:53&	00:01+	00:07+	02:06-	01:11#	00:35#	00:22#	01:55&	00:07+	00:00=
<b>13</b>	<b>Terje Undheim</b>	<b>54</b>										<b>1:02:30</b>
06:44+	15:57+	24:53+	27:20+	33:14+	35:00+	38:38+	45:06+	53:24+	56:29+	60:25+	62:03+	62:30+
06:44+	09:13-	08:56+	02:27+	05:54-	01:46+	03:38-	06:28+	08:18+	03:05-	03:56+	01:38-	00:27-
03:33@	00:17-	07:49@	00:54&	00:08-	00:30&	02:29-	01:33&	03:51&	00:09-	01:20&	00:25-	00:13-
<b>14</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>1:02:44</b>
03:22+	16:40+	18:31+	21:35+	30:38+	32:53+	37:57+	45:12+	51:09+	55:30+	58:57+	62:05+	62:44+
03:22+	13:18+	01:51+	03:04+	09:03+	02:15+	05:04-	07:15+	05:57+	04:21+	03:27+	03:08+	00:39-
00:11+	03:48&	00:44&	01:31&	03:01&	00:59&	01:03-	02:20&	01:30&	01:07&	00:51&	01:05&	00:01-
<b>15</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>1:03:01</b>
02:49-	21:17+	22:57+	25:20+	32:57+	35:33+	39:57+	48:18+	53:34+	57:25+	60:30+	62:32+	63:01+
02:49-	18:28+	01:40+	02:23+	07:37+	02:36+	04:24-	08:21+	05:16+	03:51+	03:05+	02:02-	00:29-
00:22-	08:58&	00:33&	00:50&	01:35&	01:20@	01:43-	03:26&	00:49#	00:37#	00:29#	00:01-	00:11-
<b>16</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>1:04:06</b>
03:16+	22:24+	23:58+	26:34+	34:04+	36:39+	40:58+	49:32+	54:36+	58:24+	61:30+	63:37+	64:06+
03:16+	19:08+	01:34+	02:36+	07:30+	02:35+	04:19-	08:34+	05:04+	03:48+	03:06+	02:07+	00:29-
00:05+	09:38@	00:27&	01:03&	01:28#	01:19@	01:48-	03:39&	00:37#	00:34#	00:30#	00:04+	00:11-
<b>17</b>	<b>Asbjørn Brådland</b>	<b>297</b>										<b>1:04:15</b>
02:55-	16:23+	17:59+	20:17+	26:50+	28:14+	32:40+	38:34+	44:56+	58:04+	61:01+	63:40+	64:15+
02:55-	13:28+	01:36+	02:18+	06:33+	01:24+	04:26-	05:54+	06:22+	13:08+	02:57+	02:39+	00:35-
00:16-	03:58&	00:29&	00:45&	00:31+	00:08#	01:41-	00:59#	01:55&	09:54@	00:21#	00:36&	00:05-
<b>18</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>1:04:39</b>
03:34+	22:12+	23:41+	27:04+	34:22+	35:46+	40:18+	48:12+	53:51+	57:16+	60:12+	63:40+	64:39+
03:34+	18:38+	01:29+	03:23+	07:18+	01:24+	04:32-	07:54+	05:39+	03:25+	02:56+	03:28+	00:59+
00:23#	09:08&	00:22&	01:50@	01:16#	00:08#	01:35-	02:59&	01:12&	00:11+	00:20#	01:25&	00:19&
<b>19</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>1:05:23</b>
03:22+	21:30+	23:18+	26:06+	32:51+	34:35+	37:49+	45:04+	52:24+	58:47+	61:41+	64:52+	65:23+
03:22+	18:08+	01:48+	02:48+	06:45+	01:44+	03:14-	07:15+	07:20+	06:23+	02:54+	03:11+	00:31-
00:11+	08:38&	00:41&	01:15&	00:43#	00:28&	02:53-	02:20&	02:53&	03:09&	00:18#	01:08&	00:09-
<b>20</b>	<b>Lars Primstad</b>	<b>62</b>										<b>1:05:23</b>
02:06-	11:58-	14:09+	19:51+	27:51+	28:54+	42:56+	49:23+	54:26+	57:38+	62:53+	64:49+	65:23+
02:06-	09:52+	02:11+	05:42+	08:00+	01:03-	14:02+	06:27+	05:03+	03:12-	05:15+	01:56-	00:34-
01:05-	00:22+	01:04&	04:09@	01:58&	00:13-	07:55@	01:32&	00:36#	00:02-	02:39@	00:07-	00:06-
<b>21</b>	<b>Christof Schätz</b>	<b>239</b>										<b>1:10:03</b>
03:52+	21:07+	22:55+	27:27+	35:50+	38:38+	43:35+	51:20+	58:52+	63:05+	66:45+	69:16+	70:03+
03:52+	17:15+	01:48+	04:32+	08:23+	02:48+	04:57-	07:45+	07:32+	04:13+	03:40+	02:31+	00:47+
00:41#	07:45&	00:41&	02:59@	02:21&	01:32@	01:10-	02:50&	03:05&	00:59&	01:04&	00:28#	00:07#
<b>22</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>1:12:55</b>
02:56-	19:49+	21:24+	24:24+	32:35+	34:29+	39:34+	47:46+	53:06+	66:38+	69:50+	71:59+	72:55+
02:56-	16:53+	01:35+	03:00+	08:11+	01:54+	05:05-	08:12+	05:20+	13:32+	03:12+	02:09+	00:56+
00:15-	07:23&	00:28&	01:27&	02:09&	00:38&	01:02-	03:17&	00:53#	10:18@	00:36#	00:06+	00:16&
<b>23</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>1:15:59</b>
03:02-	23:43+	25:20+	27:45+	35:11+	36:52+	41:03+	54:09+	62:24+	69:26+	73:19+	75:18+	75:59+
03:02-	20:41+	01:37+	02:25+	07:26+	01:41+	04:11-	13:06+	08:15+	07:02+	03:53+	01:59-	00:41+
00:09-	11:11@	00:30&	00:52&	01:24#	00:25&	01:56-	08:11@	03:48&	03:48@	01:17&	00:04-	00:01+
<b>24</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>1:15:59</b>
03:32+	16:11+	18:08+	21:24+	27:55+	29:45+	37:46+	55:43+	66:21+	70:28+	73:26+	75:23+	75:59+
03:32+	12:39+	01:57+	03:16+	06:31+	01:50+	08:01+	17:57+	10:38+	04:07+	02:58+	01:57-	00:36-
00:21#	03:09&	00:50&	01:43@	00:29+	00:34&	01:54&	13:02@	06:11@	00:53&	00:22#	00:06-	00:04-

Class	Navn	Klasse										Tid		
<b>25</b>	<b>Ingve Vold</b>	<b>54</b>										<b>1:28:43</b>		
		02:53-	18:02+	19:46+	23:37+	31:49+	36:18+	46:49+	59:56+	65:17+	69:21+	78:58+	86:26+	88:43+
		02:53-	15:09+	01:44+	03:51+	08:12+	04:29+	10:31+	13:07+	05:21+	04:04+	09:37+	07:28+	02:17+
		00:18-	05:39&	00:37&	02:18@	02:10&	03:13@	04:24&	08:12@	00:54#	00:50&	07:01@	05:25@	01:37@

**Beste strekktid for klassen**

02:06 09:13 01:06 01:33 05:06 01:03 03:14 04:52 04:23 02:43 02:28 01:38 00:27

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

**Herrer 60 - 64 år**

<b>1</b>	<b>Espen Krogh</b>	<b>7</b>										<b>33:05</b>		
		01:18=	03:54=	05:04=	06:10=	07:58=	12:08=	13:57=	18:57=	21:21=	26:30=	28:58=	32:31=	33:05=
		01:18=	02:36=	01:10=	01:06=	01:48=	04:10=	01:49=	05:00=	02:24=	05:09=	02:28=	03:33=	00:34=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>37:45</b>		
		01:33+	04:31+	05:57+	08:59+	11:14+	15:21+	17:07+	22:17+	27:17+	31:58+	34:03+	37:11+	37:45+
		01:33+	02:58+	01:26+	03:02+	02:15+	04:07-	01:46-	05:10+	05:00+	04:41-	02:05-	03:08-	00:34=
		00:15#	00:22#	00:16#	01:56@	00:27#	00:03-	00:03-	00:10+	02:36@	00:28-	00:23-	00:25-	00:00=

<b>3</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>38:55</b>		
		01:43+	04:45+	05:59+	07:13+	09:07+	17:35+	19:30+	24:39+	26:56+	32:51+	35:13+	38:20+	38:55+
		01:43+	03:02+	01:14+	01:14+	01:54+	08:28+	01:55+	05:09+	02:17-	05:55+	02:22-	03:07-	00:35+
		00:25&	00:26#	00:04+	00:08#	00:06+	04:18@	00:06+	00:09+	00:07-	00:46#	00:06-	00:26-	00:01+

<b>4</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>39:51</b>		
		02:06+	05:44+	07:19+	08:53+	10:54+	15:15+	17:44+	24:08+	26:37+	32:15+	35:14+	39:05+	39:51+
		02:06+	03:38+	01:35+	01:34+	02:01+	04:21+	02:29+	06:24+	02:29+	05:38+	02:59+	03:51+	00:46+
		00:48&	01:02&	00:25&	00:28&	00:13#	00:11+	00:40&	01:24&	00:05+	00:29+	00:31#	00:18+	00:12&

<b>5</b>	<b>Sveinung Svebestad</b>	<b>46</b>										<b>41:59</b>		
		01:46+	05:13+	06:50+	08:27+	10:41+	15:08+	17:19+	26:37+	29:12+	34:43+	37:47+	41:06+	41:59+
		01:46+	03:27+	01:37+	01:37+	02:14+	04:27+	02:11+	09:18+	02:35+	05:31+	03:04+	03:19-	00:53+
		00:28&	00:51&	00:27&	00:31&	00:26#	00:17+	00:22#	04:18&	00:11+	00:22+	00:36#	00:14-	00:19&

<b>6</b>	<b>Inge Skretting</b>	<b>165</b>										<b>45:35</b>		
		02:21+	05:55+	07:17+	08:57+	11:16+	15:23+	19:49+	27:23+	30:58+	37:58+	41:17+	44:49+	45:35+
		02:21+	03:34+	01:22+	01:40+	02:19+	04:07-	04:26+	07:34+	03:35+	07:00+	03:19+	03:32-	00:46+
		01:03&	00:58&	00:12#	00:34&	00:31&	00:03-	02:37@	02:34&	01:11&	01:51&	00:51&	00:01-	00:12&

<b>7</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>51:32</b>		
		02:31+	06:36+	08:30+	10:07+	12:48+	18:31+	22:20+	28:52+	34:10+	42:12+	45:57+	50:50+	51:32+
		02:31+	04:05+	01:54+	01:37+	02:41+	05:43+	03:49+	06:32+	05:18+	08:02+	03:45+	04:53+	00:42+
		01:13&	01:29&	00:44&	00:31&	00:53&	01:33&	02:00@	01:32&	02:54@	02:53&	01:17&	01:20&	00:08#

<b>8</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>1:05:27</b>		
		02:41+	06:24+	08:15+	10:15+	12:37+	16:58+	19:20+	25:23+	51:08+	58:30+	60:59+	64:45+	65:27+
		02:41+	03:43+	01:51+	02:00+	02:22+	04:21+	02:22+	06:03+	25:45+	07:22+	02:29+	03:46+	00:42+
		01:23@	01:07&	00:41&	00:54&	00:34&	00:11+	00:33&	01:03#	23:21@	02:13&	00:01+	00:13+	00:08#

**Beste strekktid for klassen**

01:18 02:36 01:10 01:06 01:48 04:07 01:46 05:00 02:17 04:41 02:05 03:07 00:34

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

**Herrer 65 - 69 år**

<b>1</b>	<b>Otte Omdal</b>	<b>65</b>										<b>28:48</b>		
		01:27=	04:08=	05:13=	06:18=	07:47=	11:16=	12:48=	17:07=	19:43=	24:03=	25:29=	28:10=	28:48=
		01:27=	02:41=	01:05=	01:05=	01:29=	03:29=	01:32=	04:19=	02:36=	04:20=	01:26=	02:41=	00:38=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>29:13</b>		
		01:14-	03:46-	04:51-	05:59-	07:25-	10:41-	12:29-	16:25-	18:32-	22:45-	25:35+	28:38+	29:13+
		01:14-	02:32-	01:05=	01:08+	01:26-	03:16-	01:48+	03:56-	02:07-	04:13-	02:50+	03:03+	00:35-
		00:13-	00:09-	00:00=	00:03+	00:03-	00:13-	00:16#	00:23-	00:29-	00:07-	01:24&	00:22#	00:03-

Class	Navn	Klasse										Tid
<b>3</b>	<b>Frode Sandal</b>	<b>29</b>										<b>32:40</b>
01:29+	04:16+	05:24+	06:31+	08:20+	11:54+	13:39+	18:12+	20:47+	26:25+	28:31+	31:28+	32:40+
01:29+	02:47+	01:08+	01:07+	01:49+	03:34+	01:45+	04:33+	02:35-	05:38+	02:06+	02:57+	01:12+
00:02+	00:06+	00:03+	00:02+	00:20#	00:05+	00:13#	00:14+	00:01-	01:18&	00:40&	00:16+	00:34&
<b>4</b>	<b>Arvid Mydland</b>	<b>29</b>										<b>33:54</b>
01:09-	03:50-	04:53-	05:54-	07:31-	11:01-	12:40-	17:50+	21:10+	26:43+	28:19+	33:22+	33:54+
01:09-	02:41=	01:03-	01:01-	01:37+	03:30+	01:39+	05:10+	03:20+	05:33+	01:36+	05:03+	00:32-
00:18-	00:00=	00:02-	00:04-	00:08+	00:01+	00:07+	00:51#	00:44&	01:13&	00:10#	02:22&	00:06-
<b>5</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>41:33</b>
01:52+	05:30+	07:04+	08:53+	11:13+	15:06+	17:22+	24:25+	27:10+	33:54+	36:29+	40:51+	41:33+
01:52+	03:38+	01:34+	01:49+	02:20+	03:53+	02:16+	07:03+	02:45+	06:44+	02:35+	04:22+	00:42+
00:25&	00:57&	00:29&	00:44&	00:51&	00:24#	00:44&	02:44&	00:09+	02:24&	01:09&	01:41&	00:04#
<b>6</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>41:37</b>
02:02+	05:32+	06:57+	08:32+	10:25+	14:53+	17:01+	22:21+	24:55+	30:28+	33:41+	41:03+	41:37+
02:02+	03:30+	01:25+	01:35+	01:53+	04:28+	02:08+	05:20+	02:34-	05:33+	03:13+	07:22+	00:34-
00:35&	00:49&	00:20&	00:30&	00:24&	00:59&	00:36&	01:01#	00:02-	01:13&	01:47@	04:41@	00:04-
<b>7</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>42:41</b>
01:59+	05:28+	07:11+	08:33+	10:23+	13:54+	16:15+	22:24+	24:53+	29:39+	36:36+	40:28+	42:41+
01:59+	03:29+	01:43+	01:22+	01:50+	03:31+	02:21+	06:09+	02:29-	04:46+	06:57+	03:52+	02:13+
00:32&	00:48&	00:38&	00:17&	00:21#	00:02+	00:49&	01:50&	00:07-	00:26#	05:31@	01:11&	01:35@
<b>8</b>	<b>Tom Hetland</b>	<b>5</b>										<b>46:42</b>
01:55+	05:46+	07:25+	08:46+	11:29+	17:11+	21:05+	28:27+	31:27+	37:16+	41:51+	45:32+	46:42+
01:55+	03:51+	01:39+	01:21+	02:43+	05:42+	03:54+	07:22+	03:00+	05:49+	04:35+	03:41+	01:10+
00:28&	01:10&	00:34&	00:16#	01:14&	02:13&	02:22@	03:03&	00:24#	01:29&	03:09@	01:00&	00:32&
<b>9</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>46:57</b>
02:28+	06:11+	07:54+	09:40+	12:04+	17:05+	20:00+	27:47+	30:55+	39:03+	42:10+	46:11+	46:57+
02:28+	03:43+	01:43+	01:46+	02:24+	05:01+	02:55+	07:47+	03:08+	08:08+	03:07+	04:01+	00:46+
01:01&	01:02&	00:38&	00:41&	00:55&	01:32&	01:23&	03:28&	00:32#	03:48&	01:41@	01:20&	00:08#
<b>10</b>	<b>Arnstein Skretting</b>	<b>54</b>										<b>48:30</b>
02:14+	05:53+	07:43+	09:22+	12:39+	17:31+	20:49+	29:02+	32:36+	39:53+	42:55+	47:22+	48:30+
02:14+	03:39+	01:50+	01:39+	03:17+	04:52+	03:18+	08:13+	03:34+	07:17+	03:02+	04:27+	01:08+
00:47&	00:58&	00:45&	00:34&	01:48@	01:23&	01:46@	03:54&	00:58&	02:57&	01:36@	01:46&	00:30&
<b>11</b>	<b>Jan Arendal</b>	<b>116</b>										<b>50:27</b>
03:23+	07:29+	09:38+	11:36+	14:15+	19:19+	21:56+	29:06+	32:13+	39:14+	43:32+	49:21+	50:27+
03:23+	04:06+	02:09+	01:58+	02:39+	05:04+	02:37+	07:10+	03:07+	07:01+	04:18+	05:49+	01:06+
01:56@	01:25&	01:04&	00:53&	01:10&	01:35&	01:05&	02:51&	00:31#	02:41&	02:52@	03:08@	00:28&
<b>12</b>	<b>Arne Magne Handeland</b>	<b>92</b>										<b>54:15</b>
02:04+	05:28+	07:10+	08:56+	12:34+	23:16+	26:10+	31:58+	35:02+	43:08+	46:55+	53:32+	54:15+
02:04+	03:24+	01:42+	01:46+	03:38+	10:42+	02:54+	05:48+	03:04+	08:06+	03:47+	06:37+	00:43+
00:37&	00:43&	00:37&	00:41&	02:09@	07:13@	01:22&	01:29&	00:28#	03:46&	02:21@	03:56@	00:05#
<b>13</b>	<b>Steinar Barmen</b>	<b>105</b>										<b>1:01:36</b>
02:25+	06:30+	08:40+	12:32+	15:27+	20:36+	24:07+	32:24+	35:36+	47:48+	53:50+	60:58+	61:36+
02:25+	04:05+	02:10+	03:52+	02:55+	05:09+	03:31+	08:17+	03:12+	12:12+	06:02+	07:08+	00:38=
00:58&	01:24&	01:05&	02:47@	01:26&	01:40&	01:59@	03:58&	00:36#	07:52@	04:36@	04:27@	00:00=
<b>14</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:05:05</b>
03:56+	08:54+	11:25+	13:43+	17:24+	22:37+	26:07+	34:17+	37:44+	53:14+	57:17+	64:19+	65:05+
03:56+	04:58+	02:31+	02:18+	03:41+	05:13+	03:30+	08:10+	03:27+	15:30+	04:03+	07:02+	00:46+
02:29@	02:17&	01:26@	01:13@	02:12@	01:44&	01:58@	03:51&	00:51&	11:10@	02:37@	04:21@	00:08#
<b>Beste strekktid for klassen</b>												
01:09	02:32	01:03	01:01	01:26	03:16	01:32	03:56	02:07	04:13	01:26	02:41	00:32

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

## Herrer 70 - 74 år

<b>1</b>	<b>Jan Hetland</b>	<b>29</b>										<b>39:02</b>
01:50=	05:04=	06:21=	07:37=	09:26=	13:03=	14:47=	20:28=	25:03=	32:21=	34:53=	38:29=	39:02=
01:50=	03:14=	01:17=	01:16=	01:49=	03:37=	01:44=	05:41=	04:35=	07:18=	02:32=	03:36=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid	
<b>2</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>39:59</b>	
	01:43-	06:41+	08:13+	09:39+	11:39+	15:28+	17:48+	24:04+	26:34+	32:06-	34:53=	39:19+	39:59+
	01:43-	04:58+	01:32+	01:26+	02:00+	03:49+	02:20+	06:16+	02:30-	05:32-	02:47+	04:26+	00:40+
	00:07-	01:44&	00:15#	00:10#	00:11#	00:12+	00:36&	00:35#	02:05-	01:46-	00:15+	00:50#	00:07#
<b>3</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>42:08</b>	
	02:05+	05:42+	07:00+	08:25+	10:26+	14:38+	16:51+	22:27+	24:55-	30:29-	33:34-	41:33+	42:08+
	02:05+	03:37+	01:18+	01:25+	02:01+	04:12+	02:13+	05:36-	02:28-	05:34-	03:05+	07:59+	00:35+
	00:15#	00:23#	00:01+	00:09#	00:12#	00:35#	00:29&	00:05-	02:07-	01:44-	00:33#	04:23@	00:02+
<b>4</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>42:46</b>	
	02:04+	05:47+	07:39+	09:14+	11:15+	15:36+	17:51+	23:25+	25:53+	31:27-	34:26-	41:57+	42:46+
	02:04+	03:43+	01:52+	01:35+	02:01+	04:21+	02:15+	05:34-	02:28-	05:34-	02:59+	07:31+	00:49+
	00:14#	00:29#	00:35&	00:19#	00:12#	00:44#	00:31&	00:07-	02:07-	01:44-	00:27#	03:55@	00:16&
<b>5</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>43:34</b>	
	02:36+	06:17+	07:56+	09:33+	12:17+	16:18+	19:37+	25:55+	28:55+	36:47+	39:43+	42:57+	43:34+
	02:36+	03:41+	01:39+	01:37+	02:44+	04:01+	03:19+	06:18+	03:00-	07:52+	02:56+	03:14-	00:37+
	00:46&	00:27#	00:22&	00:21&	00:55&	00:24#	01:35&	00:37#	01:35-	00:34+	00:24#	00:22-	00:04#
<b>6</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>45:57</b>	
	02:11+	06:21+	07:59+	09:45+	13:15+	17:24+	20:04+	29:02+	32:17+	38:24+	41:03+	45:03+	45:57+
	02:11+	04:10+	01:38+	01:46+	03:30+	04:09+	02:40+	08:58+	03:15-	06:07-	02:39+	04:00+	00:54+
	00:21#	00:56&	00:21&	00:30&	01:41&	00:32#	00:56&	03:17&	01:20-	01:11-	00:07+	00:24#	00:21&
<b>7</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>										<b>49:21</b>	
	03:04+	07:32+	09:47+	11:41+	14:15+	19:16+	21:59+	30:02+	32:37+	38:23+	41:27+	48:32+	49:21+
	03:04+	04:28+	02:15+	01:54+	02:34+	05:01+	02:43+	08:03+	02:35-	05:46-	03:04+	07:05+	00:49+
	01:14&	01:14&	00:58&	00:38&	00:45&	01:24&	00:59&	02:22&	02:00-	01:32-	00:32#	03:29&	00:16&
<b>8</b>	<b>Leif Kåre Lende</b>	<b>128</b>										<b>50:35</b>	
	02:24+	05:50+	07:30+	09:00+	11:30+	16:04+	18:49+	31:02+	34:01+	40:43+	44:01+	49:46+	50:35+
	02:24+	03:26+	01:40+	01:30+	02:30+	04:34+	02:45+	12:13+	02:59-	06:42-	03:18+	05:45+	00:49+
	00:34&	00:12+	00:23&	00:14#	00:41&	00:57&	01:01&	06:32@	01:36-	00:36-	00:46&	02:09&	00:16&
<b>9</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>50:46</b>	
	02:07+	06:12+	07:46+	09:45+	12:05+	16:30+	18:48+	24:51+	37:05+	42:49+	45:52+	49:56+	50:46+
	02:07+	04:05+	01:34+	01:59+	02:20+	04:25+	02:18+	06:03+	12:14+	05:44-	03:03+	04:04+	00:50+
	00:17#	00:51&	00:17#	00:43&	00:31&	00:48#	00:34&	00:22+	07:39@	01:34-	00:31#	00:28#	00:17&
<b>10</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>										<b>54:16</b>	
	02:41+	06:39+	08:16+	09:48+	12:00+	25:27+	28:12+	34:53+	39:34+	45:17+	49:57+	53:34+	54:16+
	02:41+	03:58+	01:37+	01:32+	02:12+	13:27+	02:45+	06:41+	04:41+	05:43-	04:40+	03:37+	00:42+
	00:51&	00:44#	00:20&	00:16#	00:23#	09:50@	01:01&	01:00#	00:06+	01:35-	02:08&	00:01+	00:09&
<b>11</b>	<b>Tore R. Tvedt</b>	<b>395</b>										<b>56:14</b>	
	03:25+	07:32+	11:27+	13:38+	18:12+	24:07+	26:53+	36:19+	39:17+	46:06+	49:10+	55:13+	56:14+
	03:25+	04:07+	03:55+	02:11+	04:34+	05:55+	02:46+	09:26+	02:58-	06:49-	03:04+	06:03+	01:01+
	01:35&	00:53&	02:38@	00:55&	02:45@	02:18&	01:02&	03:45&	01:37-	00:29-	00:32#	02:27&	00:28&
<b>12</b>	<b>Svein Ims</b>	<b>65</b>										<b>56:18</b>	
	02:27+	06:09+	09:27+	11:07+	13:45+	20:32+	23:21+	29:48+	32:55+	45:01+	48:01+	55:32+	56:18+
	02:27+	03:42+	03:18+	01:40+	02:38+	06:47+	02:49+	06:27+	03:07-	12:06+	03:00+	07:31+	00:46+
	00:37&	00:28#	02:01@	00:24&	00:49&	03:10&	01:05&	00:46#	01:28-	04:48&	00:28#	03:55@	00:13&
<b>13</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>59:29</b>	
	05:09+	12:40+	14:25+	15:55+	18:16+	33:05+	35:28+	42:27+	46:48+	52:32+	54:54+	58:54+	59:29+
	05:09+	07:31+	01:45+	01:30+	02:21+	14:49+	02:23+	06:59+	04:21-	05:44-	02:22-	04:00+	00:35+
	03:19@	04:17@	00:28&	00:14#	00:32&	11:12@	00:39&	01:18#	00:14-	01:34-	00:10-	00:24#	00:02+
<b>14</b>	<b>Arne Hope</b>	<b>43</b>										<b>1:40:10</b>	
	03:29+	12:12+	15:49+	18:39+	22:19+	42:08+	46:41+	54:57+	62:02+	77:45+	94:24+	99:05+	100:10+
	03:29+	08:43+	03:37+	02:50+	03:40+	19:49+	04:33+	08:16+	07:05+	15:43+	16:39+	04:41+	01:05+
	01:39&	05:29@	02:20@	01:34@	01:51@	16:12@	02:49@	02:35&	02:30&	08:25@	14:07@	01:05&	00:32&
<b>Beste strekktid for klassen</b>													
	01:43	03:14	01:17	01:16	01:49	03:37	01:44	05:34	02:28	05:32	02:22	03:14	00:33

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

## Herrer 75 - 79 år

Class	Navn	Klasse	Tid								
<b>1</b>	<b>Knut Skjæveland</b>	<b>93</b>	<b>33:39</b>								
	03:40= 07:14= 08:52= 10:36= 16:03= 21:12= 24:14= 28:45= 31:02= 32:53= 33:39=										
	03:40= 03:34= 01:38= 01:44= 05:27= 05:09= 03:02= 04:31= 02:17= 01:51= 00:46=										
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=										
<b>2</b>	<b>Hans Klausen</b>	<b>62</b>	<b>35:41</b>								
	04:05+ 07:44+ 09:35+ 11:36+ 16:52+ 22:50+ 26:23+ 30:48+ 33:22+ 35:01+ 35:41+										
	04:05+ 03:39+ 01:51+ 02:01+ 05:16- 05:58+ 03:33+ 04:25- 02:34+ 01:39- 00:40-										
	00:25# 00:05+ 00:13# 00:17# 00:11- 00:49# 00:31# 00:06- 00:17# 00:12- 00:06-										
<b>3</b>	<b>Kjell Svihus</b>	<b>154</b>	<b>37:36</b>								
	04:10+ 10:01+ 11:49+ 13:51+ 19:14+ 24:36+ 27:38+ 31:07+ 33:46+ 36:55+ 37:36+										
	04:10+ 05:51+ 01:48+ 02:02+ 05:23- 05:22+ 03:02= 03:29- 02:39+ 03:09+ 00:41-										
	00:30# 02:17& 00:10# 00:18# 00:04- 00:13+ 00:00= 01:02- 00:22# 01:18& 00:05-										
<b>4</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>44:02</b>								
	04:06+ 09:07+ 11:28+ 13:50+ 20:00+ 30:01+ 33:40+ 37:48+ 40:58+ 43:10+ 44:02+										
	04:06+ 05:01+ 02:21+ 02:22+ 06:10+ 10:01+ 03:39+ 04:08- 03:10+ 02:12+ 00:52+										
	00:26# 01:27& 00:43& 00:38& 00:43# 04:52& 00:37# 00:23- 00:53& 00:21# 00:06#										
<b>5</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>47:04</b>								
	04:16+ 08:51+ 11:26+ 12:49+ 20:09+ 28:31+ 34:30+ 40:00+ 43:30+ 46:20+ 47:04+										
	04:16+ 04:35+ 02:35+ 01:23- 07:20+ 08:22+ 05:59+ 05:30+ 03:30+ 02:50+ 00:44-										
	00:36# 01:01& 00:57& 00:21- 01:53& 03:13& 02:57& 00:59# 01:13& 00:59& 00:02-										
<b>6</b>	<b>Steinar Undheim</b>	<b>54</b>	<b>47:25</b>								
	03:43+ 07:50+ 10:47+ 12:50+ 18:57+ 25:52+ 36:15+ 40:04+ 43:02+ 46:38+ 47:25+										
	03:43+ 04:07+ 02:57+ 02:03+ 06:07+ 06:55+ 10:23+ 03:49- 02:58+ 03:36+ 00:47+										
	00:03+ 00:33# 01:19& 00:19# 00:40# 01:46& 07:21@ 00:42- 00:41& 01:45& 00:01+										
<b>7</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>47:35</b>								
	05:01+ 09:23+ 11:55+ 15:26+ 21:29+ 30:37+ 35:11+ 39:23+ 43:11+ 46:26+ 47:35+										
	05:01+ 04:22+ 02:32+ 03:31+ 06:03+ 09:08+ 04:34+ 04:12- 03:48+ 03:15+ 01:09+										
	01:21& 00:48# 00:54& 01:47@ 00:36# 03:59& 01:32& 00:19- 01:31& 01:24& 00:23&										
<b>8</b>	<b>Olav Hognestad</b>	<b>92</b>	<b>54:36</b>								
	04:51+ 10:10+ 13:24+ 19:28+ 26:48+ 34:55+ 41:03+ 47:15+ 50:47+ 53:40+ 54:36+										
	04:51+ 05:19+ 03:14+ 06:04+ 07:20+ 08:07+ 06:08+ 06:12+ 03:32+ 02:53+ 00:56+										
	01:11& 01:45& 01:36& 04:20@ 01:53& 02:58& 03:06@ 01:41& 01:15& 01:02& 00:10#										
<b>9</b>	<b>Tormod Aaslid</b>	<b>54</b>	<b>58:59</b>								
	05:48+ 12:28+ 16:20+ 19:21+ 27:27+ 35:10+ 44:41+ 50:01+ 53:24+ 57:56+ 58:59+										
	05:48+ 06:40+ 03:52+ 03:01+ 08:06+ 07:43+ 09:31+ 05:20+ 03:23+ 04:32+ 01:03+										
	02:08& 03:06& 02:14@ 01:17& 02:39& 02:34& 06:29@ 00:49# 01:06& 02:41@ 00:17&										
<b>Beste strekktid for klassen</b>											
	03:40	03:34	01:38	01:23	05:16	05:09	03:02	03:29	02:17	01:39	00:40

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

## Herrer 80 år og eldre

<b>1</b>	<b>Harald Vatne</b>	<b>67</b>	<b>38:58</b>
	02:35= 10:28= 13:09= 15:06= 18:59= 25:02= 28:22= 33:32= 35:25= 38:12= 38:58=		
	02:35= 07:53= 02:41= 01:57= 03:53= 06:03= 03:20= 05:10= 01:53= 02:47= 00:46=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Jan Bekkeheien</b>	<b>92</b>	<b>39:33</b>
	03:26+ 08:24- 11:47- 13:51- 18:09- 24:34- 28:09- 33:46+ 35:48+ 38:27+ 39:33+		
	03:26+ 04:58- 03:23+ 02:04+ 04:18+ 06:25+ 03:35+ 05:37+ 02:02+ 02:39- 01:06+		
	00:51& 02:55- 00:42& 00:07+ 00:25# 00:22+ 00:15+ 00:27+ 00:09+ 00:08- 00:20&		
<b>3</b>	<b>Arne Brandsberg</b>	<b>29</b>	<b>44:13</b>
	03:16+ 09:24- 12:55- 15:02- 18:52- 28:06+ 31:35+ 37:09+ 39:27+ 42:34+ 44:13+		
	03:16+ 06:08- 03:31+ 02:07+ 03:50- 09:14+ 03:29+ 05:34+ 02:18+ 03:07+ 01:39+		
	00:41& 01:45- 00:50& 00:10+ 00:03- 03:11& 00:09+ 00:24+ 00:25# 00:20# 00:53@		
<b>4</b>	<b>Magne Jakobsen</b>	<b>63</b>	<b>46:09</b>
	03:36+ 09:30- 13:22+ 15:11+ 19:29+ 27:35+ 31:12+ 37:38+ 40:07+ 45:15+ 46:09+		
	03:36+ 05:54- 03:52+ 01:49- 04:18+ 08:06+ 03:37+ 06:26+ 02:29+ 05:08+ 00:54+		
	01:01& 01:59- 01:11& 00:08- 00:25# 02:03& 00:17+ 01:16# 00:36& 02:21& 00:08#		

Class	Navn	Klasse	Tid								
<b>5</b>	<b>Magne Westerheim</b>	<b>93</b>	<b>47:13</b>								
04:25+	10:58+	14:38+	16:27+	20:42+	28:39+	32:33+	38:53+	41:02+	46:19+	47:13+	
04:25+	06:33-	03:40+	01:49-	04:15+	07:57+	03:54+	06:20+	02:09+	05:17+	00:54+	
01:50&	01:20-	00:59&	00:08-	00:22+	01:54&	00:34#	01:10#	00:16#	02:30&	00:08#	
<b>6</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>48:09</b>								
04:54+	11:53+	15:27+	17:37+	21:21+	29:23+	33:15+	39:37+	41:48+	47:08+	48:09+	
04:54+	06:59-	03:34+	02:10+	03:44-	08:02+	03:52+	06:22+	02:11+	05:20+	01:01+	
02:19&	00:54-	00:53&	00:13#	00:09-	01:59&	00:32#	01:12#	00:18#	02:33&	00:15&	
<b>Beste strekktid for klassen</b>	02:35	04:58	02:41	01:49	03:44	06:03	03:20	05:10	01:53	02:39	00:46

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

## Herrer A

<b>1</b>	<b>Sigurd Oftedal</b>	<b>18</b>	<b>49:56</b>													
01:52=	09:21=	10:46=	14:53=	17:12=	19:06=	20:45=	22:30=	26:09=	27:55=	32:25=	39:40=	42:44=	46:08=	47:29=	49:25=	49:56=
01:52=	07:29=	01:25=	04:07=	02:19=	01:54=	01:39=	01:45=	03:39=	01:46=	04:30=	07:15=	03:04=	03:24=	01:21=	01:56=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Harald Kalager</b>	<b>7</b>	<b>54:30</b>													
01:44-	09:13-	10:42-	15:14+	18:07+	20:07+	22:03+	23:13+	28:00+	30:20+	35:56+	42:59+	46:31+	50:06+	51:42+	53:58+	54:30+
01:44-	07:29=	01:29+	04:32+	02:53+	02:00+	01:56+	01:10-	04:47+	02:20+	05:36+	07:03-	03:32+	03:35+	01:36+	02:16+	00:32+
00:08-	00:00=	00:04+	00:25#	00:34#	00:06+	00:17#	00:35-	01:08&	00:34&	01:06#	00:12-	00:28#	00:11+	00:15#	00:20#	00:01+
<b>3</b>	<b>Thomas Olsen Schive</b>	<b>126</b>	<b>57:21</b>													
03:45+	12:07+	13:33+	17:39+	20:39+	22:39+	24:56+	26:03+	31:17+	33:48+	38:51+	45:56+	49:33+	52:38+	54:20+	56:45+	57:21+
03:45+	08:22+	01:26+	04:06-	03:00+	02:00+	02:17+	01:07-	05:14+	02:31+	05:03+	07:05-	03:37+	03:05-	01:42+	02:25+	00:36+
01:53@	00:53#	00:01+	00:01-	00:41&	00:06+	00:38&	00:38-	01:35&	00:45&	00:33#	00:10-	00:33#	00:19-	00:21&	00:29#	00:05#
<b>4</b>	<b>Svein Magnus Halsne</b>	<b>71</b>	<b>58:17</b>													
02:17+	10:56+	12:33+	18:05+	21:08+	23:28+	25:41+	27:16+	31:26+	33:14+	37:52+	45:21+	48:43+	52:48+	55:08+	57:41+	58:17+
02:17+	08:39+	01:37+	05:32+	03:03+	02:20+	02:13+	01:35-	04:10+	01:48+	04:38+	07:29+	03:22+	04:05+	02:20+	02:33+	00:36+
00:25#	01:10#	00:12#	01:25&	00:44&	00:26#	00:34&	00:10-	00:31#	00:02+	00:08+	00:14+	00:18+	00:41#	00:59&	00:37&	00:05#
<b>5</b>	<b>Fredrik Sandal</b>	<b>88</b>	<b>58:52</b>													
01:45-	10:39+	12:06+	16:41+	20:06+	22:03+	23:51+	25:06+	32:06+	33:50+	38:52+	45:56+	51:19+	54:31+	56:03+	58:21+	58:52+
01:45-	08:54+	01:27+	04:35+	03:25+	01:57+	01:48+	01:15-	07:00+	01:44-	05:02+	07:04-	05:23+	03:12-	01:32+	02:18+	00:31=
00:07-	01:25#	00:02+	00:28#	01:06&	00:03+	00:09+	00:30-	03:21&	00:02-	00:32#	00:11-	02:19&	00:12-	00:11#	00:22#	00:00=
<b>6</b>	<b>Fredrik Omdal</b>	<b>375</b>	<b>1:00:11</b>													
01:57+	16:44+	19:03+	23:11+	26:24+	29:08+	30:48+	32:31+	36:42+	38:26+	43:12+	49:58+	52:56+	55:46+	57:22+	59:41+	60:11+
01:57+	14:47+	02:19+	04:08+	03:13+	02:44+	01:40+	01:43-	04:11+	01:44-	04:46+	06:46-	02:58-	02:50-	01:36+	02:19+	00:30-
00:05+	07:18&	00:54&	00:01+	00:54&	00:50&	00:01+	00:02-	00:32#	00:02-	00:16+	00:29-	00:06-	00:34-	00:15#	00:23#	00:01-
<b>7</b>	<b>Kristian Haarr</b>	<b>27</b>	<b>1:00:44</b>													
03:14+	11:16+	12:48+	20:04+	23:05+	25:21+	27:20+	28:40+	33:05+	34:46+	39:21+	47:22+	51:34+	55:15+	57:36+	60:13+	60:44+
03:14+	08:02+	01:32+	07:16+	03:01+	02:16+	01:59+	01:20-	04:25+	01:41-	04:35+	08:01+	04:12+	03:41+	02:21+	02:37+	00:31=
01:22&	00:33+	00:07+	03:09&	00:42&	00:22#	00:20+	00:25-	00:46#	00:05-	00:05+	00:46#	01:08&	00:17+	01:00&	00:41&	00:00=
<b>8</b>	<b>Erik Lima</b>	<b>43</b>	<b>1:02:17</b>													
01:55+	11:23+	12:42+	17:25+	20:26+	23:56+	25:58+	27:18+	33:22+	35:20+	40:48+	49:24+	53:41+	57:20+	59:17+	61:49+	62:17+
01:55+	09:28+	01:19-	04:43+	03:01+	03:30+	02:02+	01:20-	06:04+	01:58+	05:28+	08:36+	04:17+	03:39+	01:57+	02:32+	00:28-
00:03+	01:59&	00:06-	00:36#	00:42&	01:36&	00:23#	00:25-	02:25&	00:12#	00:58#	01:21#	01:13&	00:15+	00:36&	00:36&	00:03-
<b>9</b>	<b>Lars Sigve Oftedal</b>	<b>167</b>	<b>1:04:09</b>													
01:57+	10:13+	11:47+	20:45+	24:11+	26:44+	28:37+	30:11+	37:19+	39:16+	43:56+	51:05+	55:32+	59:41+	61:07+	63:37+	64:09+
01:57+	08:16+	01:34+	08:58+	03:26+	02:33+	01:53+	01:34-	07:08+	01:57+	04:40+	07:09-	04:27+	04:09+	01:26+	02:30+	00:32+
00:05+	00:47#	00:09#	04:51@	01:07&	00:39&	00:14#	00:11-	03:29&	00:11#	00:10+	00:06-	01:23&	00:45#	00:05+	00:34&	00:01+
<b>10</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>	<b>1:06:08</b>													
01:45-	10:25+	12:12+	18:10+	23:56+	26:11+	28:09+	29:36+	34:39+	36:45+	42:31+	51:06+	55:38+	59:26+	61:55+	64:58+	66:08+
01:45-	08:40+	01:47+	05:58+	05:46+	02:15+	01:58+	01:27-	05:03+	02:06+	05:46+	08:35+	04:32+	03:48+	02:29+	03:03+	01:10+
00:07-	01:11#	00:22&	01:51&	03:27@	00:21#	00:19#	00:18-	01:24&	00:20#	01:16&	01:20#	01:28&	00:24#	01:08&	01:07&	00:39@
<b>11</b>	<b>Jone Valdøl</b>	<b>116</b>	<b>1:07:28</b>													
02:15+	16:51+	18:19+	23:31+	27:26+	30:11+	32:27+	34:03+	38:55+	41:16+	47:24+	55:28+	59:13+	63:03+	64:42+	66:54+	67:28+
02:15+	14:36+	01:28+	05:12+	03:55+	02:45+	02:16+	01:36-	04:52+	02:21+	06:08+	08:04+	03:45+	03:50+	01:39+	02:12+	00:34+
00:23#	07:07&	00:03+	01:05&	01:36&	00:51&	00:37&	00:09-	01:13&	00:35&	01:38&	00:49#	00:41#	00:26#	00:18#	00:16#	00:03+

Class	Navn	Klasse														Tid
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**Beste strekktid for klassen**

01:44 07:29 01:19 04:06 02:19 01:54 01:39 01:07 03:39 01:41 04:30 06:46 02:58 02:50 01:21 01:56 00:28

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

**Herrer B**

<b>1</b>	<b>Tom Furland</b>	<b>62</b>	<b>55:10</b>													
02:08=	10:39=	12:15=	16:39=	19:19=	21:38=	23:16=	24:58=	29:58=	31:38=	36:32=	43:38=	47:20=	50:39=	52:05=	54:37=	55:10=
02:08=	08:31=	01:36=	04:24=	02:40=	02:19=	01:38=	01:42=	05:00=	01:40=	04:54=	07:06=	03:42=	03:19=	01:26=	02:32=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>	<b>56:58</b>													
02:22+	10:47+	12:14-	16:43+	21:13+	23:37+	25:33+	27:01+	31:50+	33:31+	38:31+	45:55+	49:16+	52:33+	53:57+	56:31+	56:58+
02:22+	08:25-	01:27-	04:29+	04:30+	02:24+	01:56+	01:28-	04:49-	01:41+	05:00+	07:24+	03:21-	03:17-	01:24-	02:34+	00:27-
00:14#	00:06-	00:09-	00:05+	01:50&	00:05+	00:18#	00:14-	00:11-	00:01+	00:06+	00:18+	00:21-	00:02-	00:02-	00:02+	00:06-

<b>3</b>	<b>Asbjørn Byggland</b>	<b>406</b>	<b>58:04</b>													
01:50-	09:45-	11:19-	15:44-	18:36-	20:36-	22:40-	23:55-	29:48-	31:45+	36:49+	45:08+	50:01+	53:23+	55:03+	57:24+	58:04+
01:50-	07:55-	01:34-	04:25+	02:52+	02:00-	02:04+	01:15-	05:53+	01:57+	05:04+	08:19+	04:53+	03:22+	01:40+	02:21-	00:40+
00:18-	00:36-	00:02-	00:01+	00:12+	00:19-	00:26&	00:27-	00:53#	00:17#	00:10+	01:13#	01:11&	00:03+	00:14#	00:11-	00:07#

<b>4</b>	<b>Joar Eilevstjønn</b>	<b>67</b>	<b>59:58</b>													
02:10+	11:52+	13:34+	18:28+	21:29+	24:58+	27:00+	28:19+	34:25+	36:22+	41:23+	48:38+	52:15+	55:35+	57:05+	59:32+	59:58+
02:10+	09:42+	01:42+	04:54+	03:01+	03:29+	02:02+	01:19-	06:06+	01:57+	05:01+	07:15+	03:37-	03:20+	01:30+	02:27-	00:26-
00:02+	01:11#	00:06+	00:30#	00:21#	01:10&	00:24#	00:23-	01:06#	00:17#	00:07+	00:09+	00:05-	00:01+	00:04+	00:05-	00:07-

<b>5</b>	<b>Per Olav Haarr</b>	<b>62</b>	<b>1:07:20</b>													
02:30+	11:28+	12:49+	17:45+	21:18+	25:05+	27:12+	28:39+	36:14+	38:19+	44:14+	52:56+	57:27+	61:57+	63:51+	66:37+	67:20+
02:30+	08:58+	01:21-	04:56+	03:33+	03:47+	02:07+	01:27-	07:35+	02:05+	05:55+	08:42+	04:31+	04:30+	01:54+	02:46+	00:43+
00:22#	00:27+	00:15-	00:32#	00:53&	01:28&	00:29&	00:15-	02:35&	00:25#	01:01#	01:36#	00:49#	01:11&	00:28&	00:14+	00:10&

<b>6</b>	<b>Jan-Rune L. Basso</b>	<b>91</b>	<b>1:10:29</b>													
01:47-	09:52-	11:31-	16:06-	27:59+	30:45+	32:53+	34:28+	40:03+	42:29+	48:02+	55:11+	61:21+	65:21+	66:54+	69:51+	70:29+
01:47-	08:05-	01:39+	04:35+	11:53+	02:46+	02:08+	01:35-	05:35+	02:26+	05:33+	07:09+	06:10+	04:00+	01:33+	02:57+	00:38+
00:21-	00:26-	00:03+	00:11+	09:13&	00:27#	00:30&	00:07-	00:35#	00:46&	00:39#	00:03+	02:28&	00:41#	00:07+	00:25#	00:05#

<b>7</b>	<b>Thomas Tveit</b>	<b>134</b>	<b>1:11:21</b>													
01:48-	10:24-	11:59-	17:42+	27:37+	30:03+	32:19+	33:52+	39:19+	41:37+	47:25+	55:52+	59:42+	65:28+	67:17+	70:52+	71:21+
01:48-	08:36+	01:35-	05:43+	09:55+	02:26+	02:16+	01:33-	05:27+	02:18+	05:48+	08:27+	03:50+	05:46+	01:49+	03:35+	00:29-
00:20-	00:05+	00:01-	01:19&	07:15&	00:07+	00:38&	00:09-	00:27+	00:38&	00:54#	01:21#	00:08+	02:27&	00:23&	01:03&	00:04-

<b>8</b>	<b>Geir Sand</b>	<b>105</b>	<b>1:14:37</b>													
02:30+	15:28+	17:08+	23:28+	28:27+	31:51+	34:36+	36:28+	43:00+	45:39+	51:24+	59:38+	63:38+	67:56+	70:52+	74:04+	74:37+
02:30+	12:58+	01:40+	06:20+	04:59+	03:24+	02:45+	01:52+	06:32+	02:39+	05:45+	08:14+	04:00+	04:18+	02:56+	03:12+	00:33=
00:22#	04:27&	00:04+	01:56&	02:19&	01:05&	01:07&	00:10+	01:32&	00:59&	00:51#	01:08#	00:18+	00:59&	01:30&	00:40&	00:00=

<b>9</b>	<b>Asgeir Nærland</b>	<b>88</b>	<b>1:14:48</b>													
02:07-	13:12+	15:25+	24:09+	28:58+	33:52+	37:02+	38:17+	43:52+	46:13+	51:57+	60:04+	64:32+	69:06+	71:11+	74:17+	74:48+
02:07-	11:05+	02:13+	08:44+	04:49+	04:54+	03:10+	01:15-	05:35+	02:21+	05:44+	08:07+	04:28+	04:34+	02:05+	03:06+	00:31-
00:01-	02:34&	00:37&	04:20&	02:09&	02:35&	01:32&	00:27-	00:35#	00:41&	00:50#	01:01#	00:46#	01:15&	00:39&	00:34#	00:02-

<b>10</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>	<b>1:23:56</b>													
02:08=	12:58+	16:55+	31:06+	35:53+	41:34+	43:57+	45:32+	51:42+	54:00+	59:41+	67:24+	72:05+	76:48+	78:43+	83:29+	83:56+
02:08=	10:50+	03:57+	14:11+	04:47+	05:41+	02:23+	01:35-	06:10+	02:18+	05:41+	07:43+	04:41+	04:43+	01:55+	04:46+	00:27-
00:00=	02:19&	02:21&	09:47&	02:07&	03:22&	00:45&	00:07-	01:10#	00:38&	00:47#	00:37+	00:59&	01:24&	00:29&	02:14&	00:06-

**Beste strekktid for klassen**

01:47 07:55 01:21 04:24 02:40 02:00 01:38 01:15 04:49 01:40 04:54 07:06 03:21 03:17 01:24 02:21 00:26

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

**Herrer C**

<b>1</b>	<b>Morten Aamodt</b>	<b>116</b>	<b>59:15</b>											
02:08=	11:02=	12:45=	21:00=	24:37=	27:01=	31:42=	33:53=	39:48=	43:05=	48:27=	52:41=	55:09=	58:36=	59:15=
02:08=	08:54=	01:43=	08:15=	03:37=	02:24=	04:41=	02:11=	05:55=	03:17=	05:22=	04:14=	02:28=	03:27=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid		
<b>2</b>	<b>Jan Einar Øvremo</b>	<b>50</b>										<b>59:24</b>		
	01:55-	10:52-	14:20+	20:04-	24:37-	30:04-	32:29-	38:19-	42:01-	47:43-	52:39-	54:42-	58:49+	59:24+
	01:55-	08:57+	03:28+	05:44-	03:37=	00:56-	05:27+	02:25+	05:50-	03:42+	05:42+	04:56+	02:03-	04:07+
	00:13-	00:03+	01:45@	02:31-	00:00=	01:28-	00:46#	00:14#	00:05-	00:25#	00:20+	00:42#	00:25-	00:40#
<b>3</b>	<b>Trond Nilsen Lamark</b>	<b>46</b>										<b>59:53</b>		
	02:38+	13:36+	15:25+	21:30+	24:44+	25:38-	31:25-	33:58+	40:34+	44:12+	48:37+	52:23-	54:57-	59:11+
	02:38+	10:58+	01:49+	06:05-	03:14-	00:54-	05:47+	02:33+	06:36+	03:38+	04:25-	03:46-	02:34+	04:14+
	00:30#	02:04#	00:06+	02:10-	00:23-	01:30-	01:06#	00:22#	00:41#	00:21#	00:57-	00:28-	00:06+	00:47#
<b>4</b>	<b>Henning Sundby</b>	<b>114</b>										<b>59:56</b>		
	01:58-	14:01+	17:19+	22:38+	28:59+	29:42+	33:50+	36:13+	41:26+	45:08+	49:23+	53:28+	56:03+	59:26+
	01:58-	12:03+	03:18+	05:19-	06:21+	00:43-	04:08-	02:23+	05:13-	03:42+	04:15-	04:05-	02:35+	03:23-
	00:10-	03:09&	01:35&	02:56-	02:44&	01:41-	00:33-	00:12+	00:42-	00:25#	01:07-	00:09-	00:07+	00:04-
<b>5</b>	<b>Oddmund Nordgård</b>	<b>105</b>										<b>1:02:20</b>		
	02:09+	11:48+	13:24+	19:50-	24:51+	26:41-	32:18+	35:15+	42:21+	45:53+	50:38+	54:54+	57:57+	61:49+
	02:09+	09:39+	01:36-	06:26-	05:01+	01:50-	05:37+	02:57+	07:06+	03:32+	04:45-	04:16+	03:03+	03:52+
	00:01+	00:45+	00:07-	01:49-	01:24&	00:34-	00:56#	00:46&	01:11#	00:15+	00:37-	00:02+	00:35#	00:25#
<b>6</b>	<b>Nils John Vestøl</b>	<b>83</b>										<b>1:02:33</b>		
	02:35+	14:15+	16:05+	21:51+	26:19+	27:21+	32:27+	34:54+	40:29+	45:21+	49:53+	53:48+	58:05+	62:02+
	02:35+	11:40+	01:50+	05:46-	04:28+	01:02-	05:06+	02:27+	05:35-	04:52+	04:32-	03:55-	04:17+	03:57+
	00:27#	02:46&	00:07+	02:29-	00:51#	01:22-	00:25+	00:16#	00:20-	01:35&	00:50-	00:19-	01:49&	00:30#
<b>7</b>	<b>Geir Frøyttlog</b>	<b>29</b>										<b>1:03:23</b>		
	02:53+	13:25+	15:28+	21:58+	25:31+	26:29+	32:59+	36:23+	42:57+	46:51+	50:50+	54:43+	58:35+	62:49+
	02:53+	10:32+	02:03+	06:30-	03:33-	00:58-	06:30+	03:24+	06:34+	03:54+	03:59-	03:53-	03:52+	04:14+
	00:45&	01:38#	00:20#	01:45-	00:04-	01:26-	01:49&	01:13&	00:39#	00:37#	01:23-	00:21-	01:24&	00:47#
<b>8</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>1:03:39</b>		
	02:16+	12:19+	14:49+	22:17+	29:14+	30:15+	36:04+	38:40+	45:01+	48:16+	52:10+	56:04+	59:15+	63:04+
	02:16+	10:03+	02:30+	07:28-	06:57+	01:01-	05:49+	02:36+	06:21+	03:15-	03:54-	03:54-	03:11+	03:49+
	00:08+	01:09#	00:47&	00:47-	03:20&	01:23-	01:08#	00:25#	00:26+	00:02-	01:28-	00:20-	00:43&	00:22#
<b>9</b>	<b>Paul Terje Haarr</b>	<b>62</b>										<b>1:03:39</b>		
	02:56+	13:30+	15:26+	22:29+	27:03+	28:13+	34:07+	36:36+	44:21+	47:54+	52:25+	56:14+	58:46+	62:58+
	02:56+	10:34+	01:56+	07:03-	04:34+	01:10-	05:54+	02:29+	07:45+	03:33+	04:31-	03:49-	02:32+	04:12+
	00:48&	01:40#	00:13#	01:12-	00:57&	01:14-	01:13&	00:18#	01:50&	00:16+	00:51-	00:25-	00:04+	00:45#
<b>10</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>1:06:25</b>		
	02:26+	15:56+	17:54+	24:36+	28:26+	29:34+	35:19+	37:53+	45:15+	49:56+	54:19+	59:21+	62:02+	65:53+
	02:26+	13:30+	01:58+	06:42-	03:50+	01:08-	05:45+	02:34+	07:22+	04:41+	04:23-	05:02+	02:41+	03:51+
	00:18#	04:36&	00:15#	01:33-	00:13+	01:16-	01:04#	00:23#	01:27#	01:24&	00:59-	00:48#	00:13+	00:24#
<b>11</b>	<b>Pål Bårdsen</b>	<b>394</b>										<b>1:10:37</b>		
	02:26+	17:03+	18:56+	24:34+	34:53+	35:54+	40:50+	43:27+	50:24+	54:21+	58:35+	61:59+	65:16+	69:55+
	02:26+	14:37+	01:53+	05:38-	10:19+	01:01-	04:56+	02:37+	06:57+	03:57+	04:14-	03:24-	03:17+	04:39+
	00:18#	05:43&	00:10+	02:37-	06:42@	01:23-	00:15+	00:26#	01:02#	00:40#	01:08-	00:50-	00:49&	01:12&
<b>12</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>1:11:55</b>		
	03:13+	14:11+	18:07+	23:29+	28:55+	31:36+	38:10+	41:42+	48:44+	53:42+	58:08+	63:22+	66:41+	71:21+
	03:13+	10:58+	03:56+	05:22-	05:26+	02:41+	06:34+	03:32+	07:02+	04:58+	04:26-	05:14+	03:19+	04:40+
	01:05&	02:04#	02:13@	02:53-	01:49&	00:17#	01:53&	01:21&	01:07#	01:41&	00:56-	01:00#	00:51&	01:13&
<b>13</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>1:13:24</b>		
	01:58-	12:35+	14:37+	20:56-	26:40+	28:17+	35:48+	38:44+	45:46+	49:40+	60:33+	64:58+	68:10+	72:45+
	01:58-	10:37+	02:02+	06:19-	05:44+	01:37-	07:31+	02:56+	07:02+	03:54+	10:53+	04:25+	03:12+	04:35+
	00:10-	01:43#	00:19#	01:56-	02:07&	00:47-	02:50&	00:45&	01:07#	00:37#	05:31@	00:11+	00:44&	01:08&
<b>14</b>	<b>Erling Mauland</b>	<b>83</b>										<b>1:14:21</b>		
	02:45+	14:04+	17:48+	25:28+	32:13+	34:02+	34:57+	41:27+	44:28+	51:57+	56:05+	61:20+	66:25+	69:27+
	02:45+	11:19+	03:44+	07:40-	06:45+	01:49-	00:55-	06:30+	03:01-	07:29+	04:08-	05:15+	05:05+	03:02-
	00:37&	02:25&	02:01@	00:35-	03:08&	00:35-	03:46-	04:19@	02:54-	04:12@	01:14-	01:01#	02:37@	00:25-
<b>15</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>1:15:02</b>		
	02:19+	14:12+	16:12+	23:57+	29:35+	30:49+	40:14+	43:08+	50:49+	55:10+	60:29+	65:08+	69:43+	74:24+
	02:19+	11:53+	02:00+	07:45-	05:38+	01:14-	09:25+	02:54+	07:41+	04:21+	05:19-	04:39+	04:35+	04:41+
	00:11+	02:59&	00:17#	00:30-	02:01&	01:10-	04:44@	00:43&	01:46&	01:04&	00:03-	00:25+	02:07&	01:14&
<b>16</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>1:18:36</b>		
	02:23+	14:21+	16:17+	22:30+	26:36+	27:33+	37:34+	40:32+	47:04+	52:33+	65:36+	71:23+	74:30+	78:03+
	02:23+	11:58+	01:56+	06:13-	04:06+	00:57-	10:01+	02:58+	06:32+	05:29+	13:03+	05:47+	03:07+	03:33+
	00:15#	03:04&	00:13#	02:02-	00:29#	01:27-	05:20@	00:47&	00:37#	02:12&	07:41@	01:33&	00:39&	00:06+

Class	Navn	Klasse										Tid		
<b>17</b>	<b>Sturle Omdal</b>	<b>116</b>										<b>1:21:11</b>		
02:10+	12:54+	14:44+	31:17+	40:50+	41:59+	47:03+	49:38+	56:13+	62:52+	68:25+	74:02+	76:26+	80:38+	81:11+
02:10+	10:44+	01:50+	16:33+	09:33+	01:09-	05:04+	02:35+	06:35+	06:39+	05:33+	05:37+	02:24-	04:12+	00:33-
00:02+	01:50#	00:07+	08:18@	05:56@	01:15-	00:23+	00:24#	00:40#	03:22@	00:11+	01:23&	00:04-	00:45#	00:06-
<b>18</b>	<b>Ove Oaland</b>	<b>116</b>										<b>1:35:55</b>		
03:43+	19:15+	24:43+	34:18+	41:34+	43:06+	52:29+	56:18+	65:01+	71:46+	77:10+	83:11+	88:50+	95:01+	95:55+
03:43+	15:32+	05:28+	09:35+	07:16+	01:32-	09:23+	03:49+	08:43+	06:45+	05:24+	06:01+	05:39+	06:11+	00:54+
01:35&	06:38&	03:45@	01:20#	03:39@	00:52-	04:42@	01:38&	02:48&	03:28@	00:02+	01:47&	03:11@	02:44&	00:15&
<b>Beste strekktid for klassen</b>														
01:55	08:54	01:36	05:19	03:14	00:43	00:55	02:11	03:01	03:15	03:54	03:24	02:03	03:02	00:30

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

## Herrer Trim

<b>1</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>22:52</b>		
01:41=	04:22=	06:00=	07:06=	09:58=	13:51=	16:35=	19:54=	20:51=	22:22=	22:52=				
01:41=	02:41=	01:38=	01:06=	02:52=	03:53=	02:44=	03:19=	00:57=	01:31=	00:30=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Lars Kartevoll</b>	<b>376</b>										<b>25:27</b>		
01:56+	04:37+	07:31+	08:30+	11:17+	16:15+	19:09+	22:02+	23:09+	24:51+	25:27+				
01:56+	02:41=	02:54+	00:59-	02:47-	04:58+	02:54+	02:53-	01:07+	01:42+	00:36+				
00:15#	00:00=	01:16&	00:07-	00:05-	01:05&	00:10+	00:26-	00:10#	00:11#	00:06#				
<b>3</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>26:56</b>		
01:46+	04:39+	06:40+	07:51+	11:09+	15:22+	17:26+	20:19+	21:30+	26:15+	26:56+				
01:46+	02:53+	02:01+	01:11+	03:18+	04:13+	02:04-	02:53-	01:11+	04:45+	00:41+				
00:05+	00:12+	00:23#	00:05+	00:26#	00:20+	00:40-	00:26-	00:14#	03:14@	00:11&				
<b>4</b>	<b>Håvard Høie</b>	<b>378</b>										<b>27:06</b>		
02:30+	05:29+	07:39+	08:44+	11:01+	15:22+	19:28+	23:21+	24:27+	26:35+	27:06+				
02:30+	02:59+	02:10+	01:05-	02:17-	04:21+	04:06+	03:53+	01:06+	02:08+	00:31+				
00:49&	00:18#	00:32&	00:01-	00:35-	00:28#	01:22&	00:34#	00:09#	00:37&	00:01+				
<b>5</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>27:50</b>		
02:21+	06:00+	08:40+	10:05+	12:27+	17:19+	19:48+	23:19+	24:51+	26:57+	27:50+				
02:21+	03:39+	02:40+	01:25+	02:22-	04:52+	02:29-	03:31+	01:32+	02:06+	00:53+				
00:40&	00:58&	01:02&	00:19&	00:30-	00:59&	00:15-	00:12+	00:35&	00:35&	00:23&				
<b>6</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>27:55</b>		
02:19+	05:35+	08:19+	09:34+	12:20+	16:34+	18:57+	22:52+	24:59+	27:01+	27:55+				
02:19+	03:16+	02:44+	01:15+	02:46-	04:14+	02:23-	03:55+	02:07+	02:02+	00:54+				
00:38&	00:35#	01:06&	00:09#	00:06-	00:21+	00:21-	00:36#	01:10@	00:31&	00:24&				
<b>7</b>	<b>Frode Lund</b>	<b>18</b>										<b>28:00</b>		
02:07+	05:35+	08:37+	09:52+	12:28+	17:13+	19:54+	23:58+	25:18+	27:13+	28:00+				
02:07+	03:28+	03:02+	01:15+	02:36-	04:45+	02:41-	04:04+	01:20+	01:55+	00:47+				
00:26&	00:47&	01:24&	00:09#	00:16-	00:52#	00:03-	00:45#	00:23&	00:24&	00:17&				
<b>8</b>	<b>Adam Alfred Brennhaugen</b>	<b>392</b>										<b>28:03</b>		
02:56+	05:35+	09:54+	11:08+	15:17+	19:01+	21:14+	24:35+	25:48+	27:28+	28:03+				
02:56+	02:39-	04:19+	01:14+	04:09+	03:44-	02:13-	03:21+	01:13+	01:40+	00:35+				
01:15&	00:02-	02:41@	00:08#	01:17&	00:09-	00:31-	00:02+	00:16&	00:09+	00:05#				
<b>9</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>28:35</b>		
02:05+	06:11+	08:32+	10:09+	12:35+	17:32+	20:15+	24:05+	25:29+	27:44+	28:35+				
02:05+	04:06+	02:21+	01:37+	02:26-	04:57+	02:43-	03:50+	01:24+	02:15+	00:51+				
00:24#	01:25&	00:43&	00:31&	00:26-	01:04&	00:01-	00:31#	00:27&	00:44&	00:21&				
<b>10</b>	<b>Nils Egil Lie</b>	<b>376</b>										<b>28:57</b>		
02:17+	06:25+	08:43+	10:09+	13:13+	18:10+	20:54+	24:20+	25:44+	28:17+	28:57+				
02:17+	04:08+	02:18+	01:26+	03:04+	04:57+	02:44=	03:26+	01:24+	02:33+	00:40+				
00:36&	01:27&	00:40&	00:20&	00:12+	01:04&	00:00=	00:07+	00:27&	01:02&	00:10&				
<b>11</b>	<b>Truls Fretland</b>	<b>376</b>										<b>30:14</b>		
02:05+	05:12+	07:14+	08:12+	11:57+	16:17+	18:00+	21:22+	22:25+	27:44+	30:14+				
02:05+	03:07+	02:02+	00:58-	03:45+	04:20+	01:43-	03:22+	01:03+	05:19+	02:30+				
00:24#	00:26#	00:24#	00:08-	00:53&	00:27#	01:01-	00:03+	00:06#	03:48@	02:00@				

Class	Navn	Klasse										Tid
<b>12</b>	<b>Jerome Renoult</b>	<b>63</b>										<b>30:46</b>
02:11+	05:56+	08:22+	09:46+	13:56+	18:35+	22:19+	26:27+	29:59+	30:46+			
02:11+	03:45+	02:26+	01:24+	04:10+	04:39+	03:44+	04:08+	01:18+	02:14+	00:47+		
00:30&	01:04&	00:48&	00:18&	01:18&	00:46#	01:00&	00:49#	00:21&	00:43&	00:17&		
<b>13</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>31:14</b>
02:27+	06:16+	09:18+	10:45+	13:43+	19:19+	22:02+	26:26+	28:01+	30:28+	31:14+		
02:27+	03:49+	03:02+	01:27+	02:58+	05:36+	02:43-	04:24+	01:35+	02:27+	00:46+		
00:46&	01:08&	01:24&	00:21&	00:06+	01:43&	00:01-	01:05&	00:38&	00:56&	00:16&		
<b>14</b>	<b>Marius Bergstøl Hvidsten</b>	<b>372</b>										<b>31:39</b>
03:23+	06:24+	10:47+	12:20+	16:10+	21:59+	24:21+	28:03+	29:09+	31:03+	31:39+		
03:23+	03:01+	04:23+	01:33+	03:50+	05:49+	02:22-	03:42+	01:06+	01:54+	00:36+		
01:42@	00:20#	02:45@	00:27&	00:58&	01:56&	00:22-	00:23#	00:09#	00:23&	00:06#		
<b>15</b>	<b>Morten Fossen</b>	<b>136</b>										<b>32:07</b>
03:34+	07:12+	09:35+	10:58+	14:54+	19:44+	22:24+	26:33+	28:14+	31:26+	32:07+		
03:34+	03:38+	02:23+	01:23+	03:56+	04:50+	02:40-	04:09+	01:41+	03:12+	00:41+		
01:53@	00:57&	00:45&	00:17&	01:04&	00:57#	00:04-	00:50&	00:44&	01:41@	00:11&		
<b>16</b>	<b>Per-Olof Wallerstedt</b>	<b>18</b>										<b>32:38</b>
03:41+	07:45+	09:55+	11:06+	16:43+	23:49+	26:16+	29:01+	30:13+	31:58+	32:38+		
03:41+	04:04+	02:10+	01:11+	05:37+	07:06+	02:27-	02:45-	01:12+	01:45+	00:40+		
02:00@	01:23&	00:32&	00:05+	02:45&	03:13&	00:17-	00:34-	00:15&	00:14#	00:10&		
<b>17</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>33:14</b>
02:43+	06:29+	09:34+	10:47+	14:32+	20:12+	22:58+	26:51+	28:09+	32:24+	33:14+		
02:43+	03:46+	03:05+	01:13+	03:45+	05:40+	02:46+	03:53+	01:18+	04:15+	00:50+		
01:02&	01:05&	01:27&	00:07#	00:53&	01:47&	00:02+	00:34#	00:21&	02:44@	00:20&		
<b>18</b>	<b>Arild Svihus</b>	<b>92</b>										<b>33:24</b>
04:25+	09:16+	11:39+	13:02+	16:53+	22:06+	24:39+	28:24+	30:09+	32:23+	33:24+		
04:25+	04:51+	02:23+	01:23+	03:51+	05:13+	02:33-	03:45+	01:45+	02:14+	01:01+		
02:44@	02:10&	00:45&	00:17&	00:59&	01:20&	00:11-	00:26#	00:48&	00:43&	00:31@		
<b>19</b>	<b>Andreas Primstad</b>	<b>376</b>										<b>34:07</b>
02:34+	05:49+	09:03+	11:13+	14:18+	23:45+	25:55+	29:39+	31:31+	33:35+	34:07+		
02:34+	03:15+	03:14+	02:10+	03:05+	09:27+	02:10-	03:44+	01:52+	02:04+	00:32+		
00:53&	00:34#	01:36&	01:04&	00:13+	05:34@	00:34-	00:25#	00:55&	00:33&	00:02+		
<b>20</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>34:16</b>
02:30+	06:38+	09:52+	11:30+	14:50+	20:41+	23:38+	29:32+	30:57+	33:27+	34:16+		
02:30+	04:08+	03:14+	01:38+	03:20+	05:51+	02:57+	05:54+	01:25+	02:30+	00:49+		
00:49&	01:27&	01:36&	00:32&	00:28#	01:58&	00:13+	02:35&	00:28&	00:59&	00:19&		
<b>21</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>35:20</b>
02:47+	07:33+	11:10+	12:47+	15:56+	21:51+	24:44+	30:36+	32:03+	34:32+	35:20+		
02:47+	04:46+	03:37+	01:37+	03:09+	05:55+	02:53+	05:52+	01:27+	02:29+	00:48+		
01:06&	02:05&	01:59@	00:31&	00:17+	02:02&	00:09+	02:33&	00:30&	00:58&	00:18&		
<b>22</b>	<b>Birger Lindtjørn</b>	<b>105</b>										<b>35:31</b>
04:44+	10:24+	14:14+	15:31+	20:03+	24:34+	27:08+	30:58+	32:18+	34:41+	35:31+		
04:44+	05:40+	03:50+	01:17+	04:32+	04:31+	02:34-	03:50+	01:20+	02:23+	00:50+		
03:03@	02:59@	02:12@	00:11#	01:40&	00:38#	00:10-	00:31#	00:23&	00:52&	00:20&		
<b>23</b>	<b>Bent Horpestad</b>	<b>105</b>										<b>35:42</b>
03:41+	08:05+	12:08+	13:56+	17:53+	23:25+	26:33+	29:30+	32:10+	34:35+	35:42+		
03:41+	04:24+	04:03+	01:48+	03:57+	05:32+	03:08+	02:57-	02:40+	02:25+	01:07+		
02:00@	01:43&	02:25@	00:42&	01:05&	01:39&	00:24#	00:22-	01:43@	00:54&	00:37@		
<b>24</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>35:58</b>
02:52+	06:21+	13:02+	14:24+	18:04+	22:48+	26:04+	30:56+	32:40+	35:15+	35:58+		
02:52+	03:29+	06:41+	01:22+	03:40+	04:44+	03:16+	04:52+	01:44+	02:35+	00:43+		
01:11&	00:48&	05:03@	00:16#	00:48&	00:51#	00:32#	01:33&	00:47&	01:04&	00:13&		
<b>25</b>	<b>Alexander Khorunzhiy</b>	<b>287</b>										<b>36:43</b>
02:21+	05:46+	07:59+	09:22+	11:54+	27:50+	30:11+	33:06+	34:20+	35:59+	36:43+		
02:21+	03:25+	02:13+	01:23+	02:32-	15:56+	02:21-	02:55-	01:14+	01:39+	00:44+		
00:40&	00:44&	00:35&	00:17&	00:20-	12:03@	00:23-	00:24-	00:17&	00:08+	00:14&		
<b>26</b>	<b>John Øgreid</b>	<b>27</b>										<b>37:53</b>
03:34+	09:06+	12:42+	14:47+	19:43+	24:55+	28:35+	32:34+	34:17+	36:44+	37:53+		
03:34+	05:32+	03:36+	02:05+	04:56+	05:12+	03:40+	03:59+	01:43+	02:27+	01:09+		
01:53@	02:51@	01:58@	00:59&	02:04&	01:19&	00:56&	00:40#	00:46&	00:56&	00:39@		

Class	Navn	Klasse										Tid
<b>27</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>38:04</b>
03:22+	07:34+	11:10+	12:37+	16:32+	23:14+	26:23+	30:07+	37:07+	38:04+			
03:22+	04:12+	03:36+	01:27+	03:55+	06:42+	03:09+	03:44+	03:31+	03:29+	00:57+		
01:41&	01:31&	01:58@	00:21&	01:03&	02:49&	00:25#	00:25#	02:34@	01:58@	00:27&		
<b>28</b>	<b>Hans Frode Andersen</b>	<b>376</b>										<b>38:27</b>
02:37+	05:56+	09:05+	10:14+	13:36+	26:49+	29:27+	32:27+	33:51+	37:41+	38:27+		
02:37+	03:19+	03:09+	01:09+	03:22+	13:13+	02:38-	03:00-	01:24+	03:50+	00:46+		
00:56&	00:38#	01:31&	00:03+	00:30#	09:20@	00:06-	00:19-	00:27&	02:19@	00:16&		
<b>29</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>39:52</b>
02:16+	06:23+	09:55+	11:11+	22:54+	27:52+	31:21+	34:54+	36:32+	39:12+	39:52+		
02:16+	04:07+	03:32+	01:16+	11:43+	04:58+	03:29+	03:33+	01:38+	02:40+	00:40+		
00:35&	01:26&	01:54@	00:10#	08:51@	01:05&	00:45&	00:14+	00:41&	01:09&	00:10&		
<b>30</b>	<b>Inge Arild Leknes</b>	<b>376</b>										<b>42:08</b>
01:40-	04:25+	06:30+	07:39+	10:07+	34:03+	36:01+	38:43+	39:57+	41:30+	42:08+		
01:40-	02:45+	02:05+	01:09+	02:28-	23:56+	01:58-	02:42-	01:14+	01:33+	00:38+		
00:01-	00:04+	00:27&	00:03+	00:24-	20:03@	00:46-	00:37-	00:17&	00:02+	00:08&		
<b>31</b>	<b>Christoffer Soma</b>	<b>286</b>										<b>42:40</b>
04:54+	08:57+	13:40+	17:18+	21:26+	27:15+	29:48+	37:54+	40:02+	42:00+	42:40+		
04:54+	04:03+	04:43+	03:38+	04:08+	05:49+	02:33-	08:06+	02:08+	01:58+	00:40+		
03:13@	01:22&	03:05@	02:32@	01:16&	01:56&	00:11-	04:47@	01:11@	00:27&	00:10&		
<b>32</b>	<b>Steinar Aase</b>	<b>268</b>										<b>42:55</b>
04:08+	10:47+	14:25+	16:14+	20:25+	28:03+	31:51+	36:42+	38:41+	41:45+	42:55+		
04:08+	06:39+	03:38+	01:49+	04:11+	07:38+	03:48+	04:51+	01:59+	03:04+	01:10+		
02:27@	03:58@	02:00@	00:43&	01:19&	03:45&	01:04&	01:32&	01:02@	01:33@	00:40@		
<b>33</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>46:58</b>
09:21+	14:58+	19:24+	21:04+	25:39+	32:40+	36:13+	41:56+	43:45+	46:09+	46:58+		
09:21+	05:37+	04:26+	01:40+	04:35+	07:01+	03:33+	05:43+	01:49+	02:24+	00:49+		
07:40@	02:56@	02:48@	00:34&	01:43&	03:08&	00:49&	02:24&	00:52&	00:53&	00:19&		
<b>34</b>	<b>Tom Kåre Versland</b>	<b>105</b>										<b>49:06</b>
12:40+	17:57+	20:54+	23:42+	27:34+	34:11+	37:27+	43:36+	45:27+	48:16+	49:06+		
12:40+	05:17+	02:57+	02:48+	03:52+	06:37+	03:16+	06:09+	01:51+	02:49+	00:50+		
10:59@	02:36&	01:19&	01:42@	01:00&	02:44&	00:32#	02:50&	00:54&	01:18&	00:20&		
<b>35</b>	<b>Per Bakken</b>	<b>5</b>										<b>51:34</b>
05:22+	10:47+	16:09+	18:08+	22:47+	29:06+	34:17+	41:39+	43:46+	48:58+	51:34+		
05:22+	05:25+	05:22+	01:59+	04:39+	06:19+	05:11+	07:22+	02:07+	05:12+	02:36+		
03:41@	02:44@	03:44@	00:53&	01:47&	02:26&	02:27&	04:03@	01:10@	03:41@	02:06@		
<b>36</b>	<b>Tom Leveraas</b>	<b>93</b>										<b>53:59</b>
03:44+	14:53+	22:09+	23:38+	28:43+	37:29+	41:36+	47:38+	49:36+	53:08+	53:59+		
03:44+	11:09+	07:16+	01:29+	05:05+	08:46+	04:07+	06:02+	01:58+	03:32+	00:51+		
02:03@	08:28@	05:38@	00:23&	02:13&	04:53@	01:23&	02:43&	01:01@	02:01@	00:21&		
<b>37</b>	<b>Erik Henriksen</b>	<b>116</b>										<b>1:00:50</b>
05:21+	14:56+	20:26+	22:32+	31:16+	38:43+	42:46+	49:48+	55:36+	59:30+	60:50+		
05:21+	09:35+	05:30+	02:06+	08:44+	07:27+	04:03+	07:02+	05:48+	03:54+	01:20+		
03:40@	06:54@	03:52@	01:00&	05:52@	03:34&	01:19&	03:43@	04:51@	02:23@	00:50@		
<b>38</b>	<b>Kim Kverneland</b>	<b>376</b>										<b>1:01:09</b>
03:18+	07:33+	12:06+	13:45+	21:31+	44:08+	46:26+	56:12+	58:03+	59:59+	61:09+		
03:18+	04:15+	04:33+	01:39+	07:46+	22:37+	02:18-	09:46+	01:51+	01:56+	01:10+		
01:37&	01:34&	02:55@	00:33&	04:54@	18:44@	00:26-	06:27@	00:54&	00:25&	00:40@		
<b>39</b>	<b>Svein Inge Sævereid</b>	<b>126</b>										<b>1:03:44</b>
06:24+	14:34+	24:30+	27:12+	34:24+	42:20+	47:49+	55:43+	58:18+	62:29+	63:44+		
06:24+	08:10+	09:56+	02:42+	07:12+	07:56+	05:29+	07:54+	02:35+	04:11+	01:15+		
04:43@	05:29@	08:18@	01:36@	04:20@	04:03@	02:45@	04:35@	01:38@	02:40@	00:45@		
<b>40</b>	<b>Inge Grødem</b>	<b>92</b>										<b>1:15:10</b>
06:39+	15:05+	22:44+	25:53+	34:02+	46:42+	54:36+	63:11+	66:01+	73:34+	75:10+		
06:39+	08:26+	07:39+	03:09+	08:09+	12:40+	07:54+	08:35+	02:50+	07:33+	01:36+		
04:58@	05:45@	06:01@	02:03@	05:17@	08:47@	05:10@	05:16@	01:53@	06:02@	01:06@		
<b>41</b>	<b>Rakul Ponnuthurai Inthrakumar</b>	<b>376</b>										<b>1:32:19</b>
03:45+	41:20+	46:56+	50:33+	54:49+	64:05+	68:56+	86:12+	87:46+	91:21+	92:19+		
03:45+	37:35+	05:36+	03:37+	04:16+	09:16+	04:51+	17:16+	01:34+	03:35+	00:58+		
02:04@	34:54@	03:58@	02:31@	01:24&	05:23@	02:07&	13:57@	00:37&	02:04@	00:28&		

Plass	Navn	Klasse	Tid
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**Beste strekktid for klassen**

01:40 02:39 01:38 00:58 02:17 03:44 01:43 02:42 00:57 01:31 00:30

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