

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Matilde Skjæveland Skår	114	24:34														
01:06=	02:32=	04:08=	04:49=	06:23=	08:17=	09:44=	10:53=	14:10=	16:31=	17:10=	18:00=	19:09=	20:36=	22:26=	23:17=	24:19=	24:34=
01:06=	01:26=	01:36=	00:41=	01:34=	01:54=	01:27=	01:09=	03:17=	02:21=	00:39=	00:50=	01:09=	01:27=	01:50=	00:51=	01:02=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Aina Kalsaas Urstad	356	28:37														
01:13+	03:20+	05:04+	06:15+	08:05+	10:36+	12:23+	13:29+	17:20+	20:12+	20:52+	21:56+	23:14+	24:23+	26:34+	27:31+	28:23+	28:37+
01:13+	02:07+	01:44+	01:11+	01:50+	02:31+	01:47+	01:06-	03:51+	02:52+	00:40+	01:04+	01:18+	01:09-	02:11+	00:57+	00:52-	00:14-
00:07#	00:41&	00:08+	00:30&	00:16#	00:37&	00:20#	00:03-	00:34#	00:31#	00:01+	00:14&	00:09#	00:18-	00:21#	00:06#	00:10-	00:01-
3	Wibeke Lende	74	30:42														
01:12+	03:12+	04:55+	05:46+	07:28+	10:08+	11:54+	13:41+	19:07+	21:42+	22:25+	23:29+	24:47+	26:06+	28:22+	29:31+	30:27+	30:42+
01:12+	02:00+	01:43+	00:51+	01:42+	02:40+	01:46+	01:47+	05:26+	02:35+	00:43+	01:04+	01:18+	01:19-	02:16+	01:09+	00:56-	00:15=
00:06+	00:34&	00:07+	00:10#	00:08+	00:46&	00:19#	00:38&	02:09&	00:14+	00:04#	00:14&	00:09#	00:08-	00:26#	00:18&	00:06-	00:00=
4	Rønnaug Egeland	93	31:49														
01:10+	02:52+	04:27+	05:14+	06:52+	09:18+	11:00+	12:22+	18:24+	21:19+	21:59+	23:02+	24:23+	25:39+	28:32+	30:21+	31:31+	31:49+
01:10+	01:42+	01:35-	00:47+	01:38+	02:26+	01:42+	01:22+	06:02+	02:55+	00:40+	01:03+	01:21+	01:16-	02:53+	01:49+	01:10+	00:18+
00:04+	00:16#	00:01-	00:06#	00:04+	00:32&	00:15#	00:13#	02:45&	00:34#	00:01+	00:13&	00:12#	00:11-	01:03&	00:58@	00:08#	00:03#
5	Rebecca Briedis	53	33:19														
01:45+	04:16+	05:53+	06:54+	08:38+	10:50+	12:42+	13:58+	18:04+	23:57+	24:33+	25:39+	27:07+	28:16+	30:34+	31:59+	33:01+	33:19+
01:45+	02:31+	01:37+	01:01+	01:44+	02:12+	01:52+	01:16+	04:06+	05:53+	00:36-	01:06+	01:28+	01:09-	02:18+	01:25+	01:02=	00:18+
00:39&	01:05&	00:01+	00:20&	00:10#	00:18#	00:25&	00:07#	00:49#	03:32@	00:03-	00:16&	00:19&	00:18-	00:28&	00:34&	00:00=	00:03#
6	Marita Navjord Nicolaysen	71	34:01														
01:49+	04:04+	06:02+	06:55+	08:33+	13:09+	14:59+	16:21+	21:04+	24:07+	24:57+	26:05+	27:28+	28:50+	31:09+	32:26+	33:43+	34:01+
01:49+	02:15+	01:58+	00:53+	01:38+	04:36+	01:50+	01:22+	04:43+	03:03+	00:50+	01:08+	01:23+	01:22-	02:19+	01:17+	01:17+	00:18+
00:43&	00:49&	00:22#	00:12&	00:04+	02:42@	00:23&	00:13#	01:26&	00:42&	00:11&	00:18&	00:14#	00:05-	00:29&	00:26&	00:15#	00:03#
7	Marie Sigvaldsen	392	34:25														
01:11+	02:46+	06:31+	07:22+	08:45+	14:31+	16:25+	18:08+	23:09+	25:36+	26:26+	27:31+	28:39+	29:41+	31:47+	33:05+	34:10+	34:25+
01:11+	01:35+	03:45+	00:51+	01:23-	05:46+	01:54+	01:43+	05:01+	02:27+	00:50+	01:05+	01:08-	01:02-	02:06+	01:18+	01:05+	00:15=
00:05+	00:09#	02:09@	00:10#	00:11-	03:52@	00:27&	00:34&	01:44&	00:06+	00:11&	00:15&	00:01-	00:25-	00:16#	00:27&	00:03+	00:00=
8	Heidi Langeland	117	35:33														
01:38+	03:40+	05:23+	06:28+	08:28+	12:07+	13:57+	15:12+	20:57+	24:39+	25:22+	26:37+	28:08+	29:46+	32:29+	33:47+	35:15+	35:33+
01:38+	02:02+	01:43+	01:05+	02:00+	03:39+	01:50+	01:15+	05:45+	03:42+	00:43+	01:15+	01:31+	01:38+	02:43+	01:18+	01:28+	00:18+
00:32&	00:36&	00:07+	00:24&	00:26&	01:45&	00:23&	00:06+	02:28&	01:21&	00:04#	00:25&	00:22&	00:11#	00:53&	00:27&	00:26&	00:03#
9	Hege Bakken	53	36:21														
01:22+	03:57+	05:42+	06:46+	08:33+	14:14+	16:07+	17:51+	22:00+	26:18+	27:03+	28:04+	29:26+	30:49+	33:30+	34:46+	36:03+	36:21+
01:22+	02:35+	01:45+	01:04+	01:47+	05:41+	01:53+	01:44+	04:09+	04:18+	00:45+	01:01+	01:22+	01:23-	02:41+	01:16+	01:17+	00:18+
00:16#	01:09&	00:09+	00:23&	00:13#	03:47@	00:26&	00:35&	00:52&	01:57&	00:06#	00:11#	00:13#	00:04-	00:51&	00:25&	00:15#	00:03#
10	Kjersti Fandrem Høivik	68	37:29														
01:24+	07:38+	09:30+	10:40+	12:23+	15:18+	17:01+	18:42+	24:14+	27:56+	28:43+	30:02+	31:19+	32:31+	34:48+	35:55+	37:07+	37:29+
01:24+	06:14+	01:52+	01:10+	01:43+	02:55+	01:43+	01:41+	05:32+	03:42+	00:47+	01:19+	01:17+	01:12-	02:17+	01:07+	01:12+	00:22+
00:18&	04:48@	00:16#	00:29&	00:09+	01:01&	00:16#	00:32&	02:15&	01:21&	00:08#	00:29&	00:08#	00:15-	00:27#	00:16&	00:10#	00:07&
11	Siri Eppeland	74	38:41														
01:39+	03:36+	09:01+	10:15+	11:59+	15:45+	17:49+	19:44+	23:29+	28:13+	28:58+	30:03+	31:30+	32:47+	35:47+	37:19+	38:26+	38:41+
01:39+	01:57+	05:25+	01:14+	01:44+	03:46+	02:04+	01:55+	03:45+	04:44+	00:45+	01:05+	01:27+	01:17-	03:00+	01:32+	01:07+	00:15=
00:33&	00:31&	03:49@	00:33&	00:10#	01:52&	00:37&	00:46&	00:28#	02:23@	00:06#	00:15&	00:18&	00:10-	01:10&	00:41&	00:05+	00:00=
12	Bente Cecilie Lio	136	1:04:21														
01:39+	07:12+	09:27+	10:41+	13:26+	18:38+	21:31+	23:59+	44:56+	49:47+	50:59+	52:20+	54:10+	56:08+	59:40+	61:56+	64:00+	64:21+
01:39+	05:33+	02:15+	01:14+	02:45+	05:12+	02:53+	02:28+	20:57+	04:51+	01:12+	01:21+	01:50+	01:58+	03:32+	02:16+	02:04+	00:21+
00:33&	04:07@	00:39&	00:33&	01:11&	03:18@	01:26&	01:19@	17:40@	02:30@	00:33&	00:31&	00:41&	00:31&	01:42&	01:25@	01:02&	00:06&

Beste strekketid for klassen

01:06 01:26 01:35 00:41 01:23 01:54 01:27 01:06 03:17 02:21 00:36 00:50 01:08 01:02 01:50 00:51 00:52 00:14

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

Damer 40 - 49 år

Class	Navn	Klasse	Tid
1	Heidi Martby-Skogsholm	105	31:05
03:10=	04:44= 06:02= 08:42= 11:52= 13:26=	14:50= 18:18= 21:36= 23:19= 24:47= 26:16= 27:11=	28:49= 29:32= 30:46= 31:05=
03:10=	01:34= 01:18= 02:40= 03:10= 01:34=	01:24= 03:28= 03:18= 01:43= 01:28= 01:29= 00:55=	01:38= 00:43= 01:14= 00:19=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
2	Hege Anita H. Nielsen	48	31:11
02:59-	04:55+ 05:51- 07:40- 10:21-	12:31- 14:25- 18:34+ 21:58+ 23:57+ 25:15+	26:40+ 27:40+ 29:11+ 29:51+ 30:54+ 31:11+
02:59-	01:56+ 00:56- 01:49- 02:41-	02:10+ 01:54+ 04:09+ 03:24+ 01:59+ 01:18-	01:25- 01:00+ 01:31- 00:40- 01:03- 00:17-
00:11-	00:22# 00:22- 00:51- 00:29-	00:36& 00:30& 00:41# 00:06+ 00:16# 00:10-	00:04- 00:05+ 00:07- 00:03- 00:11- 00:02-
3	Helene Lie	228	35:48
03:10=	05:07+ 06:09+ 07:59-	12:23+ 14:57+ 16:34+ 21:44+ 25:44+ 27:42+	29:18+ 30:35+ 31:32+ 33:15+ 34:10+ 35:30+ 35:48+
03:10=	01:57+ 01:02- 01:50-	04:24+ 02:34+ 01:37+ 05:10+ 04:00+ 01:58+	01:36+ 01:17- 00:57+ 01:43+ 00:55+ 01:20+ 00:18-
00:00=	00:23# 00:16- 00:50-	01:14& 01:00& 00:13# 01:42& 00:42# 00:15# 00:08+	00:12- 00:02+ 00:05+ 00:12& 00:06+ 00:01-
4	Agnes Haker	71	38:08
02:12-	03:41-	04:30- 07:10-	10:20- 11:51-
02:12-	01:29-	00:49- 02:40=	03:10= 01:31-
00:58-	00:05-	00:29- 00:00=	00:03- 00:07-
03:35+	05:46+ 06:59+ 09:42+	14:53+ 17:22+ 18:56+ 24:10+ 29:58+	31:53+ 33:17+ 34:52+ 35:52+
03:35+	02:11+ 01:13-	02:43+ 05:11+ 02:29+ 01:34+ 05:14+	05:48+ 01:55+ 01:24-
00:25#	00:37& 00:05-	00:03+ 02:01& 00:55& 00:10# 01:46& 02:30&	00:12# 00:04-
5	Helen Haneferd	27	40:21
03:52+	05:48+ 06:50+ 08:49+	12:59+ 15:11+ 16:40+ 21:43+	30:18+ 32:21+ 33:51+
03:52+	01:56+ 01:02-	01:59- 04:10+ 02:12+ 01:29+ 05:03+	08:35+ 02:03+ 01:30+ 01:26-
00:42#	00:22# 00:16-	00:41- 01:00& 00:38& 00:05+	01:35& 05:17& 00:20# 00:02+ 00:03-
6	Randi Helen Ladsten	128	40:26
03:52+	05:48+ 06:50+ 08:49+	12:59+ 15:11+ 16:40+ 21:43+	30:18+ 32:21+ 33:51+
03:52+	01:56+ 01:02-	01:59- 04:10+ 02:12+ 01:29+ 05:03+	08:35+ 02:03+ 01:30+ 01:26-
00:42#	00:22# 00:16-	00:41- 01:00& 00:38& 00:05+	01:35& 05:17& 00:20# 00:02+ 00:03-
Beste strekktid for klassen			
02:12	01:29	00:49	01:49
02:41	01:31	01:17	03:28
03:18	01:29	01:14	01:03
00:51	01:23	00:33	01:03
00:17			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer 50 - 59 år			
1	Grethe Anda Fuglestad	116	28:41
02:57=	04:39= 05:31= 07:19= 09:45=	11:24= 12:53= 16:47= 19:34= 21:04= 22:21=	23:39= 24:33= 25:56= 27:18= 28:25= 28:41=
02:57=	01:42= 00:52= 01:48= 02:26=	01:39= 01:29= 03:54= 02:47= 01:30= 01:17=	01:18= 00:54= 01:23= 01:22= 01:07= 00:16=
00:00=	00:00= 00:00= 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	Toril Dahle	116	29:34
02:50-	04:21-	05:22- 07:29+ 10:25+	12:19+ 13:39+ 17:27+ 20:35+ 22:19+
02:50-	01:31-	01:01+ 02:07+ 02:56+	01:54+ 01:20- 03:48- 03:08+ 01:44+
00:07-	00:11-	00:09# 00:19# 00:30#	00:15# 00:09- 00:06- 00:21# 00:14# 00:06+
03:07+	04:32-	05:38+ 07:25+ 10:02+	11:44+ 12:58+ 16:39-
03:07+	01:25-	01:06+ 01:47-	02:37+ 01:42+ 01:14-
00:10+	00:17-	00:14& 00:01-	00:11+ 00:03+ 00:15-
3	Ragnhild Auglænd	62	29:44
03:07+	04:32-	05:38+ 07:25+ 10:02+	11:44+ 12:58+ 16:39-
03:07+	01:25-	01:06+ 01:47-	02:37+ 01:42+ 01:14-
00:10+	00:17-	00:14& 00:01-	00:11+ 00:03+ 00:15-
4	Anita Glenne Kallhovd	29	30:01
02:47-	04:15-	05:33+ 07:28+ 09:54+	12:52+ 14:13+ 17:49+
02:47-	01:28-	01:18+ 01:55+	02:26= 02:58+ 01:21-
00:10-	00:14-	00:26& 00:07+	00:00= 01:19& 00:08-
5	Irene Rummelhoff	116	30:31
02:54-	04:31-	05:33+ 07:22+ 10:18+	11:55+ 13:31+ 17:55+
02:54-	01:37-	01:02+ 01:49+ 02:56+	01:37-
00:03-	00:05-	00:10# 00:01+	00:30# 00:02-
6	Marianne Fuglestad	117	33:58
03:20+	05:19+ 06:20+ 08:18+	11:06+ 14:20+ 15:36+ 20:17+	24:28+ 26:23+ 27:42+
03:20+	01:59+ 01:01+	01:58+ 02:48+	03:14+ 01:16-
00:23#	00:17# 00:09#	00:10+ 00:22# 01:35&	00:13-
7	Tone Cecilie Nystrom	68	34:24
03:09+	05:13+ 06:16+ 08:11+	11:17+ 13:17+ 14:53+	20:20+ 23:51+ 25:59+
03:09+	02:04+ 01:03+	01:55+ 03:06+	02:00+ 01:36+
00:12+	00:22# 00:11#	00:07+ 00:40& 00:21# 00:07+	01:33& 00:44& 00:38&

Class	Navn	Klasse										Tid				
8	Signe Ottesen	116										36:01				
03:41+	05:33+	06:40+	08:49+	12:07+	14:06+	15:56+	21:42+	26:14+	28:10+	29:41+	31:05+	32:00+	33:43+	34:40+	35:44+	36:01+
03:41+	01:52+	01:07+	02:09+	03:18+	01:59+	01:50+	05:46+	04:32+	01:56+	01:31+	01:24+	00:55+	01:43+	00:57-	01:04-	00:17+
00:44#	00:10+	00:15&	00:21#	00:52&	00:20#	00:21#	01:52&	01:45&	00:26&	00:14#	00:06+	00:01+	00:20#	00:25-	00:03-	00:01+
9	Keth Berggraf	116										36:14				
02:44-	04:18-	05:21-	07:04-	09:43-	11:24=	13:01+	21:40+	27:06+	28:44+	30:06+	31:27+	32:54+	34:18+	35:03+	35:59+	36:14+
02:44-	01:34-	01:03+	01:43-	02:39+	01:41+	01:37+	08:39+	05:26+	01:38+	01:22+	01:21+	01:27+	01:24+	00:45-	00:56-	00:15-
00:13-	00:08-	00:11#	00:05-	00:13+	00:02+	00:08+	04:45@	02:39&	00:08+	00:05+	00:03+	00:33&	00:01+	00:37-	00:11-	00:01-
10	Iren Undheim Øgreid	62										36:29				
02:45-	04:15-	05:08-	06:56-	10:32+	12:10+	13:24+	21:10+	23:53+	25:49+	27:15+	28:31+	32:47+	34:17+	34:55+	36:11+	36:29+
02:45-	01:30-	00:53+	01:48=	03:36+	01:38-	01:14-	07:46+	02:43-	01:56+	01:26+	01:16-	04:16+	01:30+	00:38-	01:16+	00:18+
00:11-	00:12-	00:01+	00:00=	01:10&	00:01-	00:15-	03:52&	00:04-	00:26&	00:09#	00:02-	03:22@	00:07+	00:44-	00:09#	00:02#
11	Liv Margot Viland	54										37:01				
03:59+	06:11+	07:16+	09:29+	12:53+	14:59+	16:57+	22:04+	26:39+	28:31+	30:05+	31:33+	32:37+	34:13+	34:57+	36:45+	37:01+
03:59+	02:12+	01:05+	02:13+	03:24+	02:06+	01:58+	05:07+	04:35+	01:52+	01:34+	01:28+	01:04+	01:36+	00:44-	01:48+	00:16=
01:02&	00:30&	00:13#	00:25#	00:58&	00:27&	00:29&	01:13&	01:48&	00:22#	00:17#	00:10#	00:10#	00:13#	00:38-	00:41&	00:00=
12	Trude Katrine Hermanrud	117										38:50				
03:01+	04:51+	05:52+	07:44+	10:54+	13:17+	14:41+	18:56+	28:41+	30:26+	31:58+	33:31+	34:34+	36:24+	37:12+	38:32+	38:50+
03:01+	01:50+	01:01+	01:52+	03:10+	02:23+	01:24-	04:15+	09:45+	01:45+	01:32+	01:33+	01:03+	01:50+	00:48-	01:20+	00:18+
00:04+	00:08+	00:09#	00:04+	00:44&	00:44&	00:05-	00:21+	06:58@	00:15#	00:15#	00:15#	00:09#	00:27&	00:34-	00:13#	00:02#
13	Margrethe Roalsø	93										39:38				
03:09+	04:43+	05:41+	07:45+	10:33+	12:17+	13:37+	17:35+	29:12+	31:07+	32:32+	34:03+	35:09+	36:41+	38:13+	39:20+	39:38+
03:09+	01:34-	00:58+	02:04+	02:48+	01:44+	01:20-	03:58+	11:37+	01:55+	01:25+	01:31+	01:06+	01:32+	01:32+	01:07=	00:18+
00:12+	00:08-	00:06#	00:16#	00:22#	00:05+	00:09-	00:04+	08:50@	00:25&	00:08#	00:13#	00:12#	00:09#	00:10#	00:00=	00:02#
14	Tove Irene Asheim	116										40:20				
03:59+	06:11+	07:21+	09:31+	12:59+	15:19+	17:14+	24:09+	28:01+	30:52+	32:40+	34:17+	35:57+	37:40+	38:33+	39:58+	40:20+
03:59+	02:12+	01:10+	02:10+	03:28+	02:20+	01:55+	06:55+	03:52+	02:51+	01:48+	01:37+	01:40+	01:43+	00:53-	01:25+	00:22+
01:02&	00:30&	00:18&	00:22#	01:02&	00:41&	00:26&	03:01&	01:05&	01:21&	00:31&	00:19#	00:46&	00:20#	00:29-	00:18&	00:06&
15	Torill Andersen	116										41:03				
02:58+	04:55+	05:54+	07:47+	12:20+	14:13+	16:14+	23:27+	31:30+	33:22+	34:47+	36:02+	36:58+	38:30+	39:25+	40:45+	41:03+
02:58+	01:57+	00:59+	01:53+	04:33+	01:53+	02:01+	07:13+	08:03+	01:52+	01:25+	01:15-	00:56+	01:32+	00:55-	01:20+	00:18+
00:01+	00:15#	00:07#	00:05+	02:07&	00:14#	00:32&	03:19&	05:16@	00:22#	00:08#	00:03-	00:02+	00:09#	00:27-	00:13#	00:02#
16	Ingjerd Haddeland	66										41:38				
03:54+	06:54+	08:15+	10:14+	14:18+	17:47+	19:30+	25:53+	30:38+	32:43+	34:28+	35:52+	36:52+	38:51+	39:46+	41:15+	41:38+
03:54+	03:00+	01:21+	01:59+	04:04+	03:29+	01:43+	06:23+	04:45+	02:05+	01:45+	01:24+	01:00+	01:59+	00:55-	01:29+	00:23+
00:57&	01:18&	00:29&	00:11#	01:38&	01:50@	00:14#	02:29&	01:58&	00:35&	00:28&	00:06+	00:06#	00:36&	00:27-	00:22&	00:07&
17	Liv Omdal	116										41:40				
08:39+	10:42+	11:47+	13:48+	17:01+	19:12+	21:47+	27:15+	31:27+	33:25+	34:57+	36:39+	37:37+	39:16+	40:00+	41:25+	41:40+
08:39+	02:03+	01:05+	02:01+	03:13+	02:11+	02:35+	05:28+	04:12+	01:58+	01:32+	01:42+	00:58+	01:39+	00:44-	01:25+	00:15-
05:42@	00:21#	00:13#	00:13#	00:47&	00:32&	01:06&	01:34&	01:25&	00:28&	00:15#	00:24&	00:04+	00:16#	00:38-	00:18&	00:01-
18	Gøril Braut Aarsand	268										44:33				
04:22+	06:52+	08:02+	10:15+	15:58+	18:16+	19:50+	24:54+	32:22+	34:46+	36:42+	38:26+	39:47+	41:37+	42:38+	44:06+	44:33+
04:22+	02:30+	01:10+	02:13+	05:43+	02:18+	01:34+	05:04+	07:28+	02:24+	01:56+	01:44+	01:21+	01:50+	01:01-	01:28+	00:27+
01:25&	00:48&	00:18&	00:25#	03:17@	00:39&	00:05+	01:10&	04:41@	00:54&	00:39&	00:26&	00:27&	00:27&	00:21-	00:21&	00:11&
19	Gerd Olaug Vikeså	101										45:06				
03:17+	05:37+	06:38+	08:39+	11:34+	15:44+	17:34+	30:57+	35:44+	37:32+	39:02+	40:24+	41:17+	42:50+	43:39+	44:48+	45:06+
03:17+	02:20+	01:01+	02:01+	02:55+	04:10+	01:50+	13:23+	04:47+	01:48+	01:30+	01:22+	00:53-	01:33+	00:49-	01:09+	00:18+
00:20#	00:38&	00:09#	00:13#	00:29#	02:31@	00:21#	09:29@	02:00&	00:18#	00:13#	00:04+	00:01-	00:10#	00:33-	00:02+	00:02#
20	Hilde Frøylog Karlsen	71										46:20				
04:15+	09:32+	10:47+	13:05+	18:18+	20:44+	22:34+	29:53+	34:19+	36:42+	38:28+	40:11+	41:22+	43:31+	44:22+	45:56+	46:20+
04:15+	05:17+	01:15+	02:18+	05:13+	02:26+	01:50+	07:19+	04:26+	02:23+	01:46+	01:43+	01:11+	02:09+	00:51-	01:34+	00:24+
01:18&	03:35@	00:23&	00:30&	02:47@	00:47&	00:21#	03:25&	01:39&	00:53&	00:29&	00:25&	00:17&	00:46&	00:31-	00:27&	00:08&
21	Elisabeth Melbø	128										46:55				
03:46+	05:59+	07:12+	09:24+	12:42+	15:15+	16:55+	28:55+	34:24+	36:26+	38:02+	39:31+	42:23+	44:18+	45:02+	46:35+	46:55+
03:46+	02:13+	01:13+	02:12+	03:18+	02:33+	01:40+	12:00+	05:29+	02:02+	01:36+	01:29+	02:52+	01:55+	00:44-	01:33+	00:20+
00:49&	00:31&	00:21&	00:24#	00:52&	00:54&	00:11#	08:06@	02:42&	00:32&	00:19#	00:11#	01:58@	00:32&	00:38-	00:26&	00:04#
22	Evy Klausen Mjøltnes	62										48:15				
14:20+	16:06+	17:18+	20:20+	23:13+	24:58+	26:44+	35:24+	39:06+	40:59+	42:13+	43:29+	44:23+	46:04+	46:45+	47:58+	48:15+
14:20+	01:46+	01:12+	03:02+	02:53+	01:45+	01:46+	08:40+	03:42+	01:53+	01:14-	01:16-	00:54=	01:41+	00:41-	01:13+	00:17+
11:23@	00:04+	00:20&	01:14&	00:27#	00:06+	00:17#	04:46@	00:55&	00:23&	00:03-	00:02-	00:00=	00:18#	00:41-	00:06+	00:01+

Class	Navn	Klasse												Tid			
23	Turid Alfsen	116												51:09			
04:02+	06:39+	07:45+	10:03+	13:29+	15:58+	18:56+	31:44+	39:40+	42:03+	43:45+	45:11+	46:09+	47:49+	49:14+	50:49+	51:09+	
04:02+	02:37+	01:06+	02:18+	03:26+	02:29+	02:58+	12:48+	07:56+	02:23+	01:42+	01:26+	00:58+	01:40+	01:25+	01:35+	00:20+	
01:05&	00:55&	00:14&	00:30&	01:00&	00:50&	01:29&	08:54@	05:09@	00:53&	00:25&	00:08#	00:04+	00:17#	00:03+	00:28&	00:04#	
24	Siri Bjerkreim Hamre	93												53:23			
05:07+	07:30+	09:05+	11:21+	14:36+	17:19+	19:39+	36:15+	41:05+	43:37+	45:31+	47:17+	48:28+	50:27+	51:22+	52:59+	53:23+	
05:07+	02:23+	01:35+	02:16+	03:15+	02:43+	02:20+	16:36+	04:50+	02:32+	01:54+	01:46+	01:11+	01:59+	00:55-	01:37+	00:24+	
02:10&	00:41&	00:43&	00:28&	00:49&	01:04&	00:51&	12:42@	02:03&	01:02&	00:37&	00:28&	00:17&	00:36&	00:27-	00:30&	00:08&	
25	Ragnhild Båtnes Berntsen	101												54:03			
05:47+	08:01+	09:35+	11:56+	16:11+	19:33+	22:04+	33:20+	40:39+	42:43+	44:27+	46:16+	49:46+	51:34+	52:28+	53:43+	54:03+	
05:47+	02:14+	01:34+	02:21+	04:15+	03:22+	02:31+	11:16+	07:19+	02:04+	01:44+	01:49+	03:30+	01:48+	00:54-	01:15+	00:20+	
02:50&	00:32&	00:42&	00:33&	01:49&	01:43@	01:02&	07:22@	04:32@	00:34&	00:27&	00:31&	02:36@	00:25&	00:28-	00:08#	00:04#	
26	Sølvi Jacobsen	402												56:30			
04:35+	11:24+	18:51+	20:56+	24:41+	27:11+	29:19+	35:14+	44:26+	46:51+	48:37+	50:12+	51:27+	53:15+	54:19+	56:08+	56:30+	
04:35+	06:49+	07:27+	02:05+	03:45+	02:30+	02:08+	05:55+	09:12+	02:25+	01:46+	01:35+	01:15+	01:48+	01:04-	01:49+	00:22+	
01:38&	05:07@	06:35@	00:17#	01:19&	00:51&	00:39&	02:01&	06:25@	00:55&	00:29&	00:17#	00:21&	00:25&	00:18-	00:42&	00:06&	
Beste strekktid for klassen																	
02:44	01:25	00:52	01:43	02:26	01:37	01:14	03:36	02:43	01:30	01:14	01:15	00:53	01:23	00:35	00:56	00:15	

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke	105												25:50			
03:55=	04:50=	06:38=	09:47=	11:48=	13:40=	17:28=	19:07=	20:24=	21:43=	22:49=	23:58=	24:40=	25:35=	25:50=			
03:55=	00:55=	01:48=	03:09=	02:01=	01:52=	03:48=	01:39=	01:17=	01:19=	01:06=	01:09=	00:42=	00:55=	00:15=			
00:00=	00:00=	00:00=	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	Ingunn Voilås	29												28:54			
04:41+	05:52+	07:54+	10:57+	12:44+	14:28+	18:37+	20:29+	22:04+	23:33+	24:46+	26:19+	27:17+	28:34+	28:54+			
04:41+	01:11+	02:02+	03:03-	01:47-	01:44-	04:09+	01:52+	01:35+	01:29+	01:13+	01:33+	00:58+	01:17+	00:20+			
00:46#	00:16&	00:14#	00:06-	00:14-	00:08-	00:21+	00:13#	00:18#	00:10#	00:07#	00:24&	00:16&	00:22&	00:05&			
3	Amanda Renshaw	101												30:09			
04:26+	05:37+	07:24+	10:52+	12:54+	14:47+	19:30+	21:23+	22:50+	24:13+	25:31+	27:54+	28:29+	29:47+	30:09+			
04:26+	01:11+	01:47-	03:28+	02:02+	01:53+	04:43+	01:53+	01:27+	01:23+	01:18+	02:23+	00:35-	01:18+	00:22+			
00:31#	00:16&	00:01-	00:19#	00:01+	00:01+	00:55#	00:14#	00:10#	00:04+	00:12#	01:14@	00:07-	00:23&	00:07&			
4	Ingrid Øxnevad	18												30:41			
04:36+	05:43+	07:57+	10:59+	13:17+	14:42+	20:09+	23:55+	25:00+	26:09+	27:03+	28:11+	29:11+	30:23+	30:41+			
04:36+	01:07+	02:14+	03:02-	02:18+	01:25-	05:27+	03:46+	01:05-	01:09-	00:54-	01:08-	01:00+	01:12+	00:18+			
00:41#	00:12#	00:26#	00:07-	00:17#	00:27-	01:39&	02:07@	00:12-	00:10-	00:12-	00:01-	00:18&	00:17&	00:03#			
5	Nidunn Sandvik	228												31:44			
04:57+	06:15+	09:03+	12:37+	14:34+	16:14+	20:49+	22:55+	24:33+	26:02+	27:31+	28:57+	29:45+	31:20+	31:44+			
04:57+	01:18+	02:48+	03:34+	01:57-	01:40-	04:35+	02:06+	01:38+	01:29+	01:29+	01:26+	00:48+	01:35+	00:24+			
01:02&	00:23&	01:00&	00:25#	00:04-	00:12-	00:47#	00:27&	00:21&	00:10#	00:23&	00:17#	00:06#	00:40&	00:09&			
6	Anne Siv Gjertsen	27												33:42			
04:38+	05:39+	07:43+	11:14+	13:56+	15:24+	21:42+	23:38+	25:08+	26:37+	29:21+	30:52+	32:05+	33:24+	33:42+			
04:38+	01:01+	02:04+	03:31+	02:42+	01:28-	06:18+	01:56+	01:30+	01:29+	02:44+	01:31+	01:13+	01:19+	00:18+			
00:43#	00:06#	00:16#	00:22#	00:41&	00:24-	02:30&	00:17#	00:13#	00:10#	01:38@	00:22&	00:31&	00:24&	00:03#			
7	Kari Anstensrud	117												48:59			
06:30+	09:50+	11:54+	17:46+	19:53+	23:42+	34:10+	36:13+	37:47+	39:10+	41:21+	42:55+	47:20+	48:37+	48:59+			
06:30+	03:20+	02:04+	05:52+	02:07+	03:49+	10:28+	02:03+	01:34+	01:23+	02:11+	01:34+	04:25+	01:17+	00:22+			
02:35&	02:25@	00:16#	02:43&	00:06+	01:57@	06:40@	00:24#	00:17#	00:04+	01:05&	00:25&	03:43@	00:22&	00:07&			

Beste strekktid for klassen

03:55 00:55 01:47 03:02 01:47 01:25 03:48 01:39 01:05 01:09 00:54 01:08 00:35 00:55 00:15

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

Damer 65 - 69 år

Class	Navn	Klasse												Tid
1	Margot Asheim	105												28:22
04:31=	05:29=	07:23=	10:24=	13:43=	18:53=	20:40=	22:03=	23:28=	24:37=	25:54=	26:42=	28:06=	28:22=	
04:31=	00:58=	01:54=	03:01=	01:41=	01:38=	05:10=	01:47=	01:23=	01:25=	01:09=	01:17=	00:48=	01:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	May Elinor Meling	125												28:51
05:06+	06:15+	08:11+	11:44+	13:38+	15:27+	19:36+	21:30+	22:53+	24:12+	25:17+	26:29+	27:12+	28:31+	
05:06+	01:09+	01:56+	03:33+	01:54+	01:49+	04:09-	01:54+	01:23=	01:19-	01:05-	01:12-	00:43-	01:19-	
00:35#	00:11#	00:02+	00:32#	00:13#	00:11#	01:01-	00:07+	00:00=	00:06-	00:04-	00:05-	00:05-	00:05-	
3	Marit Karin Nygård	92												29:38
05:07+	06:13+	08:04+	11:14+	13:17+	14:57+	19:27+	21:19+	22:59+	24:33+	25:53+	27:16+	28:05+	29:18+	
05:07+	01:06+	01:51-	03:10+	02:03+	01:40+	04:30-	01:52+	01:40+	01:34+	01:20+	01:23+	00:49+	01:13-	
00:36#	00:08#	00:03-	00:09+	00:22#	00:02+	00:40-	00:05+	00:17#	00:09#	00:11#	00:06+	00:01+	00:11-	
4	Ingrid Eik	88												31:00
07:45+	08:40+	10:28+	13:27+	15:18+	17:02+	20:52+	23:10+	24:36+	26:06+	27:22+	28:42+	29:33+	30:41+	
07:45+	00:55-	01:48-	02:59-	01:51+	01:44+	03:50-	02:18+	01:26+	01:30+	01:16+	01:20+	00:51+	01:08-	
03:14&	00:03-	00:06-	00:02-	00:10+	00:06+	01:20-	00:31&	00:03+	00:05+	00:07#	00:03+	00:03+	00:16-	
5	Kari Blixhavn	228												40:10
06:20+	07:52+	10:10+	14:31+	17:20+	19:34+	25:38+	28:37+	31:11+	33:12+	34:44+	36:27+	37:36+	39:44+	
06:20+	01:32+	02:18+	04:21+	02:49+	02:14+	06:04+	02:59+	02:34+	02:01+	01:32+	01:43+	01:09+	02:08+	
01:49&	00:34&	00:24#	01:20&	01:08&	00:36&	00:54#	01:12&	01:11&	00:36&	00:23&	00:26&	00:21&	00:44&	
6	Liv-Grete Obrestad	113												41:08
04:34+	05:34+	07:09-	09:50-	11:56-	13:46+	31:00+	32:47+	34:11+	35:32+	36:36+	37:54+	39:40+	40:46+	
04:34+	01:00+	01:35-	02:41-	02:06+	01:50+	17:14+	01:47=	01:24+	01:21-	01:04-	01:18+	01:46+	01:06-	
00:03+	00:02+	00:19-	00:20-	00:25#	00:12#	12:04@	00:00=	00:01+	00:04-	00:05-	00:01+	00:58@	00:18-	
7	Berit Gramstad	113												1:04:21
13:19+	14:44+	17:39+	28:43+	30:43+	32:41+	37:32+	39:54+	45:32+	47:17+	57:26+	59:17+	62:21+	63:57+	
13:19+	01:25+	02:55+	11:04+	02:00+	01:58+	04:51-	02:22+	05:38+	01:45+	10:09+	01:51+	03:04+	01:36+	
08:48@	00:27&	01:01&	08:03@	00:19#	00:20#	00:19-	00:35&	04:15@	00:20#	09:00@	00:34&	02:16@	00:12#	

Beste strekktid for klassen

04:31 00:55 01:35 02:41 01:41 01:38 03:50 01:47 01:23 01:19 01:04 01:12 00:43 01:06 00:16

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

Damer 70 - 74 år

1	Inger Skretting Opstad	54												37:08
06:07=	07:25=	09:48=	15:45=	18:05=	19:52=	24:38=	26:58=	28:48=	30:47=	32:21=	34:00=	34:59=	36:45=	
06:07=	01:18=	02:23=	05:57=	02:20=	01:47=	04:46=	02:20=	01:50=	01:59=	01:34=	01:39=	00:59=	01:46=	
00:00=	00:00=	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	Mette Dagsland	68												45:48
06:22+	07:25=	09:43-	13:19-	16:43-	19:33-	34:23+	36:32+	38:06+	39:29+	40:50+	43:09+	44:08+	45:28+	
06:22+	01:03-	02:18-	03:36-	03:24+	02:50+	14:50+	02:09-	01:34-	01:23-	01:21-	02:19+	00:59=	01:20-	
00:15+	00:15-	00:05-	02:21-	01:04&	01:03&	10:04@	00:11-	00:16-	00:36-	00:13-	00:40&	00:00=	00:26-	

Beste strekktid for klassen

06:07 01:03 02:18 03:36 02:20 01:47 04:46 02:09 01:34 01:23 01:21 01:39 00:59 01:20 00:20

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

Damer 75 - 79 år

1	Turid Nystrøm	68												30:14
05:38=	06:38=	08:34=	12:15=	14:30=	16:30=	20:22=	22:22=	23:55=	25:22=	26:30=	27:46=	28:34=	29:55=	
05:38=	01:00=	01:56=	03:41=	02:15=	02:00=	03:52=	02:00=	01:33=	01:27=	01:08=	01:16=	00:48=	01:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Haldis Glendrange	68												36:23
08:37+	09:51+	12:07+	15:37+	17:59+	19:53+	24:30+	26:39+	28:22+	30:18+	31:43+	33:31+	34:29+	36:03+	
08:37+	01:14+	02:16+	03:30-	02:22+	01:54-	04:37+	02:09+	01:43+	01:56+	01:25+	01:48+	00:58+	01:34+	
02:59&	00:14#	00:20#	00:11-	00:07+	00:06-	00:45#	00:09+	00:10#	00:29&	00:17#	00:32&	00:10#	00:13#	

Class	Navn	Klasse												Tid
3	Gry Vikhamar Thengs	68												36:56
06:29+	08:16+	11:29+	15:46+	18:19+	20:03+	23:49+	27:23+	29:00+	30:45+	32:08+	33:43+	34:58+	36:34+	36:56+
06:29+	01:47+	03:13+	04:17+	02:33+	01:44-	03:46-	03:34+	01:37+	01:45+	01:23+	01:35+	01:15+	01:36+	00:22+
00:51#	00:47&	01:17&	00:36#	00:18#	00:16-	00:06-	01:34&	00:04+	00:18#	00:15#	00:19#	00:27&	00:15#	00:03#
4	Helga Aaslid	54												40:13
09:13+	10:29+	12:52+	18:51+	21:13+	22:57+	27:46+	30:07+	31:55+	33:52+	35:24+	37:06+	38:11+	39:52+	40:13+
09:13+	01:16+	02:23+	05:59+	02:22+	01:44-	04:49+	02:21+	01:48+	01:57+	01:32+	01:42+	01:05+	01:41+	00:21+
03:35&	00:16&	00:27#	02:18&	00:07+	00:16-	00:57#	00:21#	00:15#	00:30&	00:24&	00:26&	00:17&	00:20#	00:02#
5	Aslaug Lura	94												49:01
08:56+	10:25+	13:09+	17:56+	21:04+	23:35+	29:39+	32:54+	35:28+	37:51+	43:00+	45:26+	46:33+	48:31+	49:01+
08:56+	01:29+	02:44+	04:47+	03:08+	02:31+	06:04+	03:15+	02:34+	02:23+	05:09+	02:26+	01:07+	01:58+	00:30+
03:18&	00:29&	00:48&	01:06&	00:53&	00:31&	02:12&	01:15&	01:01&	00:56&	04:01@	01:10&	00:19&	00:37&	00:11&
6	Helga Klausen	62												53:16
08:56+	10:42+	13:53+	25:00+	28:27+	30:57+	36:23+	39:10+	41:45+	44:11+	46:14+	48:36+	50:02+	52:44+	53:16+
08:56+	01:46+	03:11+	11:07+	03:27+	02:30+	05:26+	02:47+	02:35+	02:26+	02:03+	02:22+	01:26+	02:42+	00:32+
03:18&	00:46&	01:15&	07:26@	01:12&	00:30#	01:34&	00:47&	01:02&	00:59&	00:55&	01:06&	00:38&	01:21&	00:13&

Beste strekktid for klassen

05:38 01:00 01:56 03:30 02:15 01:44 03:46 02:00 01:33 01:27 01:08 01:16 00:48 01:21 00:19

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68												36:44
04:18=	06:42=	09:48=	12:13=	18:42=	20:14=	22:13=	24:22=	28:04=	31:36=	32:44=	36:17=	36:44=		
04:18=	02:24=	03:06=	02:25=	06:29=	01:32=	01:59=	02:09=	03:42=	03:32=	01:08=	03:33=	00:27=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gørild Espedal	113												49:49
07:24+	09:58+	13:56+	17:31+	24:07+	26:09+	28:58+	31:55+	40:41+	44:58+	46:07+	49:07+	49:49+		
07:24+	02:34+	03:58+	03:35+	06:36+	02:02+	02:49+	02:57+	08:46+	04:17+	01:09+	03:00-	00:42+		
03:06&	00:10+	00:52&	01:10&	00:07+	00:30&	00:50&	00:48&	05:04@	00:45#	00:01+	00:33-	00:15&		

Beste strekktid for klassen

04:18 02:24 03:06 02:25 06:29 01:32 01:59 02:09 03:42 03:32 01:08 03:00 00:27

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

Damer A

1	Aud Hognestad Taksdal	92												26:05					
02:45=	03:46=	04:26=	05:42=	07:30=	08:37=	09:37=	11:51=	13:00=	14:02=	14:58=	15:36=	19:15=	20:14=	21:12=	24:21=	24:43=	25:10=	25:51=	26:05=
02:45=	01:01=	00:40=	01:16=	01:48=	01:07=	01:00=	02:14=	01:09=	01:02=	00:56=	00:38=	03:39=	00:59=	00:58=	03:09=	00:22=	00:27=	00:41=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Anna Taksdal	194												29:24					
02:11-	03:12-	03:55-	05:10-	07:03-	08:17-	09:11-	11:33-	12:53-	14:03+	14:58=	15:34-	22:03+	22:52+	23:58+	27:21+	27:44+	28:16+	29:07+	29:24+
02:11-	01:01=	00:43+	01:15-	01:53+	01:14+	00:54-	02:22+	01:20+	01:10+	00:55-	00:36-	06:29+	00:49-	01:06+	03:23+	00:23+	00:32+	00:51+	00:17+
00:34-	00:00=	00:03+	00:01-	00:05+	00:07#	00:06-	00:08+	00:11#	00:08#	00:01-	00:02-	02:50&	00:10-	00:08#	00:14+	00:01+	00:05#	00:10#	00:03#
3	Silje Skarpeid	101												30:22					
02:44-	04:25+	05:14+	06:38+	08:39+	10:01+	11:13+	14:16+	15:49+	17:03+	18:04+	18:51+	22:39+	23:39+	24:39+	28:16+	28:42+	29:15+	30:07+	30:22+
02:44-	01:41+	00:49+	01:24+	02:01+	01:22+	01:12+	03:03+	01:33+	01:14+	01:01+	00:47+	03:48+	01:00+	01:00+	03:37+	00:26+	00:33+	00:52+	00:15+
00:01-	00:40&	00:09#	00:08#	00:13#	00:15#	00:12#	00:49&	00:24&	00:12#	00:05+	00:09#	00:09+	00:01+	00:02+	00:28#	00:04#	00:06#	00:11&	00:01+
4	Katrine Haaland Leveraas	117												30:35					
02:12-	04:19+	05:02+	06:22+	08:32+	10:02+	11:10+	14:08+	15:37+	16:43+	17:42+	18:24+	22:33+	24:12+	25:10+	28:37+	29:01+	29:34+	30:21+	30:35+
02:12-	02:07+	00:43+	01:20+	02:10+	01:30+	01:08+	02:58+	01:29+	01:06+	00:59+	00:42+	04:09+	01:39+	00:58=	03:27+	00:24+	00:33+	00:47+	00:14=
00:33-	01:06@	00:03+	00:04+	00:22#	00:23&	00:08#	00:44&	00:20&	00:04+	00:03+	00:04#	00:30#	00:40&	00:00=	00:18+	00:02+	00:06#	00:06#	00:00=
5	Trine Bolstad Scheie	62												31:14					
02:22-	03:32-	04:28+	06:01+	08:07+	09:33+	11:11+	14:12+	15:49+	17:16+	18:29+	19:10+	22:59+	23:53+	24:58+	28:59+	29:25+	30:00+	30:54+	31:14+
02:22-	01:10+	00:56+	01:33+	02:06+	01:26+	01:38+	03:01+	01:37+	01:27+	01:13+	00:41+	03:49+	00:54-	01:05+	04:01+	00:26+	00:35+	00:54+	00:20+
00:23-	00:09#	00:16&	00:17#	00:18#	00:19&	00:38&	00:47&	00:28&	00:25&	00:17&	00:03+	00:10+	00:05-	00:07#	00:52&	00:04#	00:08&	00:13&	00:06&

Class	Navn	Klasse															Tid				
6	Tone Torgersen	27															31:42				
	02:19-	03:33-	04:21-	05:40-	07:43+	09:06+	10:11+	13:35+	15:02+	16:13+	17:18+	18:13+	22:19+	23:23+	24:30+	29:17+	29:48+	30:22+	31:24+	31:42+	
	02:19-	01:14+	00:48+	01:19+	02:03+	01:23+	01:05+	03:24+	01:27+	01:11+	01:05+	00:55+	04:06+	01:04+	01:07+	04:47+	00:31+	00:34+	01:02+	00:18+	
	00:26-	00:13#	00:08#	00:03+	00:15#	00:16#	00:05+	01:10&	00:18&	00:09#	00:09#	00:17&	00:27#	00:05+	00:09#	01:38&	00:09&	00:07&	00:21&	00:04&	

Beste strekktid for klassen

02:11 01:01 00:40 01:15 01:48 01:07 00:54 02:14 01:09 01:02 00:55 00:36 03:39 00:49 00:58 03:09 00:22 00:27 00:41 00:14

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

Damer B

1	Lise Isachsen	165															29:09				
	02:27=	03:39=	06:20=	09:20=	10:51=	12:55=	13:32=	14:09=	15:46=	18:45=	20:24=	21:41=	22:43=	23:55=	26:11=	26:53=	27:48=	28:47=	29:09=		
	02:27=	01:12=	02:41=	03:00=	01:31=	02:04=	00:37=	00:37=	01:37=	02:59=	01:39=	01:17=	01:02=	01:12=	02:16=	00:42=	00:55=	00:59=	00:22=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Inger Tone Nygård	29															29:23				
	02:33+	03:44+	07:12+	10:23+	11:57+	14:07+	14:46+	15:17+	16:32+	19:48+	21:20+	22:36+	23:43+	25:01+	27:08+	27:33+	28:04+	29:06+	29:23+		
	02:33+	01:11-	03:28+	03:11+	01:34+	02:10+	00:39+	00:31-	01:15-	03:16+	01:32-	01:16-	01:07+	01:18+	02:07-	00:25-	00:31-	01:02+	00:17-		
	00:06+	00:01-	00:03+	00:11+	00:03+	00:06+	00:02+	00:06-	00:22-	00:17+	00:07-	00:01-	00:05+	00:06+	00:09-	00:17-	00:24-	00:03+	00:05-		

3	Vibeke Lamark	46															29:25				
	02:26-	03:38-	06:22+	09:42+	11:22+	13:42+	14:21+	15:01+	16:20+	19:31+	21:01+	22:20+	23:33+	24:54+	26:59+	27:25+	28:16+	29:11+	29:25+		
	02:26-	01:12=	02:44+	03:20+	01:40+	02:20+	00:39+	00:40+	01:19-	03:11+	01:30-	01:19+	01:13+	01:21+	02:05-	00:26-	00:51-	00:55-	00:14-		
	00:01-	00:00=	00:03+	00:20#	00:09+	00:16#	00:02+	00:03+	00:18-	00:12+	00:09-	00:02+	00:11#	00:09#	00:11-	00:16-	00:04-	00:04-	00:08-		

4	Jorunn Johannesen	116															29:53				
	02:32+	04:12+	06:54+	09:56+	11:31+	14:02+	14:41+	15:16+	16:41+	19:39+	21:09+	22:31+	23:46+	25:04+	27:22+	27:55+	28:33+	29:36+	29:53+		
	02:32+	01:40+	02:42+	03:02+	01:35+	02:31+	00:39+	00:35-	01:25-	02:58-	01:30-	01:22+	01:15+	01:18+	02:18+	00:33-	00:38-	01:03+	00:17-		
	00:05+	00:28&	00:01+	00:02+	00:04+	00:27#	00:02+	00:02-	00:12-	00:01-	00:09-	00:05+	00:13#	00:06+	00:02+	00:09-	00:17-	00:04+	00:05-		

5	Toyah Bråtveit	43															30:02				
	02:28+	03:53+	07:23+	11:05+	12:37+	14:58+	15:29+	16:15+	17:34+	20:44+	22:18+	23:27+	24:33+	25:43+	27:45+	28:12+	28:47+	29:46+	30:02+		
	02:28+	01:25+	03:30+	03:42+	01:32+	02:21+	00:31-	00:46+	01:19-	03:10+	01:34-	01:09-	01:06+	01:10-	02:02-	00:27-	00:35-	00:59=	00:16-		
	00:01+	00:13#	00:49&	00:42#	00:01+	00:17#	00:06-	00:09#	00:18-	00:11+	00:05-	00:08-	00:04+	00:02-	00:14-	00:15-	00:20-	00:00=	00:06-		

6	Ann-Cathrin Nybak Urdal	118															32:26				
	02:35+	03:58+	06:49+	10:22+	12:04+	14:51+	15:41+	16:20+	17:59+	21:12+	22:55+	24:19+	25:40+	27:13+	29:50+	30:26+	31:08+	32:08+	32:26+		
	02:35+	01:23+	02:51+	03:33+	01:42+	02:47+	00:50+	00:39+	01:39+	03:13+	01:43+	01:24+	01:21+	01:33+	02:37+	00:36-	00:42-	01:00+	00:18-		
	00:08+	00:11#	00:10+	00:33#	00:11#	00:43&	00:13&	00:02+	00:02+	00:14+	00:04+	00:07+	00:19&	00:21&	00:21#	00:06-	00:13-	00:01+	00:04-		

7	Anne Sæbø Vik	116															32:51				
	02:32+	04:00+	06:59+	11:17+	12:59+	15:58+	16:35+	17:15+	18:52+	22:01+	23:41+	25:17+	26:28+	27:46+	30:09+	30:48+	31:29+	32:34+	32:51+		
	02:32+	01:28+	02:59+	04:18+	01:42+	02:59+	00:37=	00:40+	01:37=	03:09+	01:40+	01:36+	01:11+	01:18+	02:23+	00:39-	00:41-	01:05+	00:17-		
	00:05+	00:16#	00:18#	01:18&	00:11#	00:55&	00:00=	00:03+	00:00=	00:10+	00:01+	00:19#	00:09#	00:06+	00:07+	00:03-	00:14-	00:06#	00:05-		

8	Anne Garsrud	395															33:05				
	02:42+	04:42+	08:10+	11:29+	13:07+	15:46+	16:25+	17:16+	18:50+	22:43+	24:34+	25:54+	26:55+	28:08+	30:27+	30:57+	31:36+	32:49+	33:05+		
	02:42+	02:00+	03:28+	03:19+	01:38+	02:39+	00:39+	00:51+	01:34-	03:53+	01:51+	01:20+	01:01-	01:13+	02:19+	00:30-	00:39-	01:13+	00:16-		
	00:15#	00:48&	00:47&	00:19#	00:07+	00:35&	00:02+	00:14&	00:03-	00:54&	00:12#	00:03+	00:01-	00:01+	00:03+	00:12-	00:16-	00:14#	00:06-		

9	Ann Karin Tjørhom	93															34:21				
	02:48+	04:08+	07:15+	11:23+	13:00+	15:50+	16:31+	17:16+	19:12+	22:51+	24:33+	25:59+	27:25+	28:57+	31:31+	32:16+	32:56+	34:03+	34:21+		
	02:48+	01:20+	03:07+	04:08+	01:37+	02:50+	00:41+	00:45+	01:56+	03:39+	01:42+	01:26+	01:26+	01:32+	02:34+	00:45+	00:40-	01:07+	00:18-		
	00:21#	00:08#	00:26#	01:08&	00:06+	00:46&	00:04#	00:08#	00:19#	00:40#	00:03+	00:09#	00:24&	00:20&	00:18#	00:03+	00:15-	00:08#	00:04-		

10	Ragnhild Richter	298															34:25				
	03:09+	04:26+	08:20+	11:33+	13:00+	18:32+	19:05+	19:45+	21:12+	24:20+	26:28+	27:37+	28:49+	30:01+	31:47+	32:17+	32:52+	34:08+	34:25+		
	03:09+	01:17+	03:54+	03:13+	01:27-	05:32+	00:33-	00:40+	01:27-	03:08+	02:08+	01:09-	01:12+	01:12=	01:46-	00:30-	00:35-	01:16+	00:17-		
	00:42&	00:05+	01:13&	00:13+	00:04-	03:28@	00:04-	00:03+	00:10-	00:09+	00:29&	00:08-	00:10#	00:00=	00:30-	00:12-	00:20-	00:17&	00:05-		

11	Ellen Tindeland	27															34:35				
	02:48+	04:37+	07:35+	11:58+	13:41+	16:24+	17:06+	18:33+	20:07+	24:03+	25:47+	27:07+	28:18+	29:38+	32:03+	32:40+	33:23+	34:18+	34:35+		
	02:48+	01:49+	02:58+	04:23+	01:43+	02:43+	00:42+	01:27+	01:34-	03:56+	01:44+	01:20+	01:11+	01:20+	02:25+	00:37-	00:43-	00:55-	00:17-		
	00:21#	00:37&	00:17#	01:23&	00:12#	00:39&	00:05#	00:50@	00:03-	00:57&	00:05+	00:03+	00:09#	00:08#	00:09+	00:05-	00:12-	00:04-	00:05-		

12	Kristin Breivold	92															34:51				
	02:36+	04:13+	07:20+	10:55+	12:44+	15:08+	15:49+	17:18+	19:52+	23:23+	25:04+	26:20+	27:41+	29:02+	31:34+	32:22+	33:04+	34:34+	34:51+		
	02:36+	01:37+	03:07+	03:35+	01:49+	02:24+	00:41+	01:29+	02:34+	03:31+	01:41+	01:16-	01:21+	01:21+	02:32+	00:48+	00:42-	01:30+	00:17-		
	00:09+	00:25&	00:26#	00:35#	00:18#	00:20#	00:04#	00:52@	00:57&	00:32#	00:02+	00:01-	00:19&	00:09#	00:16#	00:06#	00:13-	00:31&	00:05-		

Class	Navn	Klasse	Tid															
13	Mariann Sveinsvoll	94	34:58															
02:59+	04:27+	08:53+	12:40+	14:29+	16:59+	17:44+	18:32+	20:03+	24:03+	25:49+	27:12+	28:31+	29:53+	32:16+	32:49+	33:29+	34:41+	34:58+
02:59+	01:28+	04:26+	03:47+	01:49+	02:30+	00:45+	00:48+	01:31-	04:00+	01:46+	01:23+	01:19+	01:22+	02:23+	00:33-	00:40-	01:12+	00:17-
00:32#	00:16#	01:45&	00:47&	00:18#	00:26#	00:08#	00:11&	00:06-	01:01&	00:07+	00:06+	00:17&	00:10#	00:07+	00:09-	00:15-	00:13#	00:05-
14	Helen Lomeland	105	36:33															
02:57+	04:20+	11:49+	15:35+	17:11+	19:42+	20:23+	20:57+	22:27+	26:19+	27:44+	29:01+	30:20+	31:42+	34:08+	34:36+	35:13+	36:13+	36:33+
02:57+	01:23+	07:29+	03:46+	01:36+	02:31+	00:41+	00:34-	01:30-	03:52+	01:25-	01:17=	01:19+	01:22+	02:26+	00:28-	00:37-	01:00+	00:20-
00:30#	00:11#	04:48@	00:46&	00:05+	00:27#	00:04#	00:03-	00:07-	00:53&	00:14-	00:00=	00:17&	00:10#	00:10+	00:14-	00:18-	00:01+	00:02-
15	Ingrid W. Hestness	117	40:43															
02:39+	04:18+	13:44+	17:09+	18:59+	21:26+	22:04+	22:43+	24:28+	29:41+	31:14+	32:33+	34:00+	35:36+	38:01+	38:38+	39:22+	40:25+	40:43+
02:39+	01:39+	09:26+	03:25+	01:50+	02:27+	00:38+	00:39+	01:45+	05:13+	01:33-	01:19+	01:27+	01:36+	02:25+	00:37-	00:44-	01:03+	00:18-
00:12+	00:27&	06:45@	00:25#	00:19#	00:23#	00:01+	00:02+	00:08+	02:14&	00:06-	00:02+	00:25&	00:24&	00:09+	00:05-	00:11-	00:04+	00:04-
Beste strekktid for klassen																		
02:26	01:11	02:41	03:00	01:27	02:04	00:31	00:31	01:15	02:58	01:25	01:09	01:01	01:10	01:46	00:25	00:31	00:55	00:14

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

Damer Ny

1	Stephanie Thomsen	27	20:58							
01:50=	02:44=	06:00=	10:17=	15:01=	16:05=	17:32=	18:48=	19:59=	20:38=	20:58=
01:50=	00:54=	03:16=	04:17=	04:44=	01:04=	01:27=	01:16=	01:11=	00:39=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjersti Svalland	5	29:21							
05:09+	05:49+	12:03+	18:37+	21:52+	23:23+	24:57+	26:36+	27:58+	29:00+	29:21+
05:09+	00:40-	06:14+	06:34+	03:15-	01:31+	01:34+	01:39+	01:22+	01:02+	00:21+
03:19@	00:14-	02:58&	02:17&	01:29-	00:27&	00:07+	00:23&	00:11#	00:23&	00:01+
Beste strekktid for klassen										
01:50	00:40	03:16	04:17	03:15	01:04	01:27	01:16	01:11	00:39	00:20

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

Damer Trim

1	Maren Benjaminsen	43	16:40									
01:14=	03:02=	04:44=	06:02=	08:18=	08:56=	10:01=	11:16=	12:36=	14:46=	15:12=	16:24=	16:40=
01:14=	01:48=	01:42=	01:18=	02:16=	00:38=	01:05=	01:15=	01:20=	02:10=	00:26=	01:12=	00:16=
00:00=	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	Grete Stokke Seljeskog	128	18:35									
01:25+	03:28+	05:17+	06:35+	09:24+	10:08+	11:26+	12:41+	14:02+	16:21+	16:55+	18:18+	18:35+
01:25+	02:03+	01:49+	01:18=	02:49+	00:44+	01:18+	01:15=	01:21+	02:19+	00:34+	01:23+	00:17+
00:11#	00:15#	00:07+	00:00=	00:33#	00:06#	00:13#	00:00=	00:01+	00:09+	00:08&	00:11#	00:01+
3	Marit Lindtveit Undheim	54	19:26									
01:32+	04:11+	06:04+	07:43+	10:11+	11:01+	12:11+	13:32+	14:53+	17:16+	17:48+	19:08+	19:26+
01:32+	02:39+	01:53+	01:39+	02:28+	00:50+	01:10+	01:21+	01:21+	02:23+	00:32+	01:20+	00:18+
00:18#	00:51&	00:11#	00:21&	00:12+	00:12&	00:05+	00:06+	00:01+	00:13#	00:06#	00:08#	00:02#
4	Helle Løvseth	92	19:39									
03:16+	05:17+	06:49+	08:07+	11:25+	11:57+	13:16+	14:29+	15:40+	17:48+	18:15+	19:23+	19:39+
03:16+	02:01+	01:32-	01:18=	03:18+	00:32-	01:19+	01:13-	01:11-	02:08-	00:27+	01:08-	00:16=
02:02@	00:13#	00:10-	00:00=	01:02&	00:06-	00:14#	00:02-	00:09-	00:02-	00:01+	00:04-	00:00=
5	Nina Bækkelund Christiansen	105	20:19									
01:39+	04:02+	05:58+	07:44+	10:36+	11:18+	12:24+	13:48+	15:06+	17:43+	18:16+	20:00+	20:19+
01:39+	02:23+	01:56+	01:46+	02:52+	00:42+	01:06+	01:24+	01:18-	02:37+	00:33+	01:44+	00:19+
00:25&	00:35&	00:14#	00:28&	00:36&	00:04#	00:01+	00:09#	00:02-	00:27#	00:07&	00:32&	00:03#
6	Sigrund Serigstad	128	20:24									
01:16+	04:48+	06:42+	08:26+	10:33+	11:30+	12:31+	13:40+	15:05+	18:23+	18:53+	20:09+	20:24+
01:16+	03:32+	01:54+	01:44+	02:07-	00:57+	01:01-	01:09-	01:25+	03:18+	00:30+	01:16+	00:15-
00:02+	01:44&	00:12#	00:26&	00:09-	00:19&	00:04-	00:06-	00:05+	01:08&	00:04#	00:04+	00:01-

Class	Navn	Klasse										Tid
7	Ann-Mari Vold	54										20:25
01:40+	04:04+	06:26+	07:54+	10:45+	11:31+	12:35+	14:12+	15:43+	18:19+	18:52+	20:08+	20:25+
01:40+	02:24+	02:22+	01:28+	02:51+	00:46+	01:04-	01:37+	01:31+	02:36+	00:33+	01:16+	00:17+
00:26&	00:36&	00:40&	00:10#	00:35&	00:08#	00:01-	00:22&	00:11#	00:26#	00:07&	00:04+	00:01+
8	Maria Fjelde	105										20:35
01:14=	03:28+	05:49+	07:08+	10:50+	11:25+	12:38+	14:00+	15:30+	18:10+	18:45+	20:04+	20:35+
01:14=	02:14+	02:21+	01:19+	03:42+	00:35-	01:13+	01:22+	01:30+	02:40+	00:35+	01:19+	00:31+
00:00=	00:26#	00:39&	00:01+	01:26&	00:03-	00:08#	00:07+	00:10#	00:30#	00:09&	00:07+	00:15&
9	Silje H. Myklebust	54										21:25
02:05+	04:17+	06:15+	07:45+	11:00+	11:46+	13:09+	14:35+	16:17+	18:46+	19:32+	21:08+	21:25+
02:05+	02:12+	01:58+	01:30+	03:15+	00:46+	01:23+	01:26+	01:42+	02:29+	00:46+	01:36+	00:17+
00:51&	00:24#	00:16#	00:12#	00:59&	00:08#	00:18&	00:11#	00:22&	00:19#	00:20&	00:24&	00:01+
10	Inger Johanne Klausen	54										21:26
02:04+	04:13+	06:14+	07:43+	11:05+	11:50+	13:11+	14:35+	16:13+	18:35+	19:20+	21:11+	21:26+
02:04+	02:09+	02:01+	01:29+	03:22+	00:45+	01:21+	01:24+	01:38+	02:22+	00:45+	01:51+	00:15-
00:50&	00:21#	00:19#	00:11#	01:06&	00:07#	00:16#	00:09#	00:18#	00:12+	00:19&	00:39&	00:01-
11	Marianne Strøm Uthaug	113										21:44
01:41+	04:38+	07:33+	09:20+	12:17+	13:11+	14:26+	15:47+	17:09+	19:13+	19:57+	21:31+	21:44+
01:41+	02:57+	02:55+	01:47+	02:57+	00:54+	01:15+	01:21+	01:22+	02:04-	00:44+	01:34+	00:13-
00:27&	01:09&	01:13&	00:29&	00:41&	00:16&	00:10#	00:06+	00:02+	00:06-	00:18&	00:22&	00:03-
12	Hanne Thu	18										21:53
01:29+	05:01+	06:42+	08:09+	10:51+	11:32+	12:33+	14:03+	17:04+	19:18+	19:55+	21:35+	21:53+
01:29+	03:32+	01:41-	01:27+	02:42+	00:41+	01:01-	01:30+	03:01+	02:14+	00:37+	01:40+	00:18+
00:15#	01:44&	00:01-	00:09#	00:26#	00:03+	00:04-	00:15#	01:41&	00:04+	00:11&	00:28&	00:02#
13	Mona Berntsen	43										22:35
01:37+	03:52+	06:07+	08:50+	11:44+	12:35+	13:54+	15:27+	17:25+	20:01+	20:39+	22:15+	22:35+
01:37+	02:15+	02:15+	02:43+	02:54+	00:51+	01:19+	01:33+	01:58+	02:36+	00:38+	01:36+	00:20+
00:23&	00:27#	00:33&	01:25&	00:38&	00:13&	00:14#	00:18#	00:38&	00:26#	00:12&	00:24&	00:04#
14	Laura Maria Kull	92										23:22
02:05+	04:37+	06:51+	08:33+	12:38+	13:23+	14:48+	16:12+	17:40+	20:41+	21:19+	23:04+	23:22+
02:05+	02:32+	02:14+	01:42+	04:05+	00:45+	01:25+	01:24+	01:28+	03:01+	00:38+	01:45+	00:18+
00:51&	00:44&	00:32&	00:24&	01:49&	00:07#	00:20&	00:09#	00:08#	00:51&	00:12&	00:33&	00:02#
15	Benedicte Kvalevåg	375										23:43
01:45+	04:09+	06:06+	07:26+	10:23+	11:18+	14:22+	15:56+	18:32+	21:05+	21:42+	23:09+	23:43+
01:45+	02:24+	01:57+	01:20+	02:57+	00:55+	03:04+	01:34+	02:36+	02:33+	00:37+	01:27+	00:34+
00:31&	00:36&	00:15#	00:02+	00:41&	00:17&	01:59&	00:19&	01:16&	00:23#	00:11&	00:15#	00:18&
16	Astri Sandanger	93										24:47
03:23+	05:36+	08:01+	09:28+	12:31+	13:35+	14:48+	16:22+	17:53+	22:27+	23:04+	24:31+	24:47+
03:23+	02:13+	02:25+	01:27+	03:03+	01:04+	01:13+	01:34+	01:31+	04:34+	00:37+	01:27+	00:16=
02:09&	00:25#	00:43&	00:09#	00:47&	00:26&	00:08#	00:19&	00:11#	02:24&	00:11&	00:15#	00:00=
17	Anne Lill Njå	105										24:51
04:01+	07:15+	09:17+	11:03+	14:08+	15:01+	16:22+	17:59+	19:42+	22:10+	22:51+	24:27+	24:51+
04:01+	03:14+	02:02+	01:46+	03:05+	00:53+	01:21+	01:37+	01:43+	02:28+	00:41+	01:36+	00:24+
02:47&	01:26&	00:20#	00:28&	00:49&	00:15&	00:16#	00:22&	00:23&	00:18#	00:15&	00:24&	00:08&
18	Esther Boenheim	268										25:17
02:02+	04:29+	07:33+	09:01+	13:35+	14:23+	15:53+	17:50+	19:44+	22:32+	23:19+	24:58+	25:17+
02:02+	02:27+	03:04+	01:28+	04:34+	00:48+	01:30+	01:57+	01:54+	02:48+	00:47+	01:39+	00:19+
00:48&	00:39&	01:22&	00:10#	02:18&	00:10&	00:25&	00:42&	00:34&	00:38&	00:21&	00:27&	00:03#
19	Silje Wiik Rese	43										26:33
02:03+	04:46+	07:15+	09:51+	14:06+	14:56+	16:29+	17:57+	19:29+	22:33+	23:12+	26:14+	26:33+
02:03+	02:43+	02:29+	02:36+	04:15+	00:50+	01:33+	01:28+	01:32+	03:04+	00:39+	03:02+	00:19+
00:49&	00:55&	00:47&	01:18&	01:59&	00:12&	00:28&	00:13#	00:12#	00:54&	00:13&	01:50&	00:03#
20	Linda Charlotte Jahren Mørch	117										26:37
02:09+	04:51+	07:43+	09:24+	14:42+	15:29+	17:23+	18:50+	20:37+	23:39+	24:28+	26:19+	26:37+
02:09+	02:42+	02:52+	01:41+	05:18+	00:47+	01:54+	01:27+	01:47+	03:02+	00:49+	01:51+	00:18+
00:55&	00:54&	01:10&	00:23&	03:02&	00:09#	00:49&	00:12#	00:27&	00:52&	00:23&	00:39&	00:02#
21	Karine Ditlevsen	117										26:40
02:15+	05:09+	07:45+	09:27+	14:34+	15:31+	17:26+	19:00+	20:41+	23:41+	24:28+	26:19+	26:40+
02:15+	02:54+	02:36+	01:42+	05:07+	00:57+	01:55+	01:34+	01:41+	03:00+	00:47+	01:51+	00:21+
01:01&	01:06&	00:54&	00:24&	02:51&	00:19&	00:50&	00:19&	00:21&	00:50&	00:21&	00:39&	00:05&

Class	Navn	Klasse										Tid
22	Therese Østbø	117										26:40
02:18+	05:04+	07:46+	09:27+	14:42+	15:31+	17:23+	18:57+	20:37+	23:43+	24:29+	26:20+	26:40+
02:18+	02:46+	02:42+	01:41+	05:15+	00:49+	01:52+	01:34+	01:40+	03:06+	00:46+	01:51+	00:20+
01:04&	00:58&	01:00&	00:23&	02:59&	00:11&	00:47&	00:19&	00:20#	00:56&	00:20&	00:39&	00:04#
23	Anastasia Ollestad	93										26:53
01:58+	05:13+	07:12+	08:41+	11:27+	12:25+	13:36+	14:51+	16:04+	18:30+	19:06+	26:35+	26:53+
01:58+	03:15+	01:59+	01:29+	02:46+	00:58+	01:11+	01:15=	01:13-	02:26+	00:36+	07:29+	00:18+
00:44&	01:27&	00:17#	00:11#	00:30#	00:20&	00:06+	00:00=	00:07-	00:16#	00:10&	06:17@	00:02#
24	Halldis Handeland	92										27:05
02:16+	05:48+	08:19+	10:12+	13:27+	14:21+	15:53+	17:47+	19:47+	23:14+	23:59+	24:38+	26:45+
02:16+	03:32+	02:31+	01:53+	03:15+	00:54+	01:32+	01:54+	02:00+	03:27+	00:45+	00:39-	02:07+
01:02&	01:44&	00:49&	00:35&	00:59&	00:16&	00:27&	00:39&	00:40&	01:17&	00:19&	00:33-	01:51@
25	Marianne Høie	116										28:41
01:59+	05:06+	07:28+	09:30+	14:30+	15:10+	16:31+	18:08+	19:46+	25:13+	25:50+	28:19+	28:41+
01:59+	03:07+	02:22+	02:02+	05:00+	00:40+	01:21+	01:37+	01:38+	05:27+	00:37+	02:29+	00:22+
00:45&	01:19&	00:40&	00:44&	02:44@	00:02+	00:16#	00:22&	00:18#	03:17@	00:11&	01:17@	00:06&
26	Kirsti Strand Salvesen	256										29:27
02:14+	06:08+	09:06+	11:12+	14:45+	15:53+	17:33+	19:44+	21:37+	25:17+	26:10+	28:55+	29:27+
02:14+	03:54+	02:58+	02:06+	03:33+	01:08+	01:40+	02:11+	01:53+	03:40+	00:53+	02:45+	00:32+
01:00&	02:06@	01:16&	00:48&	01:17&	00:30&	00:35&	00:56&	00:33&	01:30&	00:27@	01:33@	00:16&
27	Linda Haukås	113										29:50
02:07+	05:15+	08:21+	10:51+	14:45+	15:58+	18:02+	20:13+	22:10+	26:18+	27:17+	29:29+	29:50+
02:07+	03:08+	03:06+	02:30+	03:54+	01:13+	02:04+	02:11+	01:57+	04:08+	00:59+	02:12+	00:21+
00:53&	01:20&	01:24&	01:12&	01:38&	00:35&	00:59&	00:56&	00:37&	01:58&	00:33@	01:00&	00:05&
28	Ritva Aiko Halsne	105										30:10
02:29+	05:12+	07:24+	09:02+	12:15+	13:07+	15:45+	18:15+	19:38+	21:13+	24:43+	25:29+	29:53+
02:29+	02:43+	02:12+	01:38+	03:13+	00:52+	02:38+	02:30+	01:23+	01:35-	03:30+	00:46-	04:24+
01:15@	00:55&	00:30&	00:20&	00:57&	00:14&	01:33@	01:15&	00:03+	00:35-	03:04@	00:26-	04:08@
29	Kathrin Sandstad	117										30:11
01:53+	09:37+	12:11+	13:58+	17:22+	18:29+	19:50+	21:41+	23:22+	27:14+	28:05+	29:51+	30:11+
01:53+	07:44+	02:34+	01:47+	03:24+	01:07+	01:21+	01:51+	01:41+	03:52+	00:51+	01:46+	00:20+
00:39&	05:56@	00:52&	00:29&	01:08&	00:29&	00:16#	00:36&	00:21&	01:42&	00:25&	00:34&	00:04#
30	Ruth Grødem	105										30:30
02:02+	05:23+	07:53+	09:55+	13:34+	14:33+	16:03+	17:56+	19:40+	26:20+	27:11+	30:08+	30:30+
02:02+	03:21+	02:30+	02:02+	03:39+	00:59+	01:30+	01:53+	01:44+	06:40+	00:51+	02:57+	00:22+
00:48&	01:33&	00:48&	00:44&	01:23&	00:21&	00:25&	00:38&	00:24&	04:30@	00:25&	01:45@	00:06&
31	Unni Byberg Mæstad	92										30:35
01:54+	05:18+	08:12+	10:11+	17:27+	18:15+	19:55+	21:52+	23:37+	26:56+	27:58+	30:10+	30:35+
01:54+	03:24+	02:54+	01:59+	07:16+	00:48+	01:40+	01:57+	01:45+	03:19+	01:02+	02:12+	00:25+
00:40&	01:36&	01:12&	00:41&	05:00@	00:10&	00:35&	00:42&	00:25&	01:09&	00:36@	01:00&	00:09&
32	Liv Janne Fandrem Biland	92										32:38
01:54+	04:55+	07:17+	10:24+	15:50+	17:00+	19:07+	20:56+	22:55+	28:57+	29:44+	32:14+	32:38+
01:54+	03:01+	02:22+	03:07+	05:26+	01:10+	02:07+	01:49+	01:59+	06:02+	00:47+	02:30+	00:24+
00:40&	01:13&	00:40&	01:49@	03:10@	00:32&	01:02&	00:34&	00:39&	03:52@	00:21&	01:18@	00:08&
33	Kjersti Vasbø	126										32:50
02:13+	05:54+	09:38+	11:46+	16:01+	17:02+	19:10+	21:21+	23:49+	28:26+	29:20+	32:20+	32:50+
02:13+	03:41+	03:44+	02:08+	04:15+	01:01+	02:08+	02:11+	02:28+	04:37+	00:54+	03:00+	00:30+
00:59&	01:53@	02:02@	00:50&	01:59&	00:23&	01:03&	00:56&	01:08&	02:27@	00:28@	01:48@	00:14&
34	Signe Lise Haaland	66										34:16
02:31+	06:23+	09:50+	12:22+	17:07+	18:30+	20:27+	23:17+	25:33+	29:48+	30:48+	33:34+	34:16+
02:31+	03:52+	03:27+	02:32+	04:45+	01:23+	01:57+	02:50+	02:16+	04:15+	01:00+	02:46+	00:42+
01:17@	02:04@	01:45@	01:14&	02:29@	00:45@	00:52&	01:35@	00:56&	02:05&	00:34@	01:34@	00:26@
35	Brit Svihus	92										35:16
05:03+	10:56+	14:55+	17:09+	19:56+	21:14+	22:09+	24:10+	25:56+	27:47+	31:22+	32:16+	34:51+
05:03+	05:53+	03:59+	02:14+	02:47+	01:18+	00:55-	02:01+	01:46+	01:51-	03:35+	00:54-	02:35+
03:49@	04:05@	02:17@	00:56&	00:31#	00:40@	00:10-	00:46&	00:26&	00:19-	03:09@	00:18-	02:19@
36	Nuh Ha Nguyen	92										37:20
03:13+	07:54+	12:27+	15:14+	20:12+	22:06+	24:21+	26:46+	29:04+	33:04+	34:00+	36:55+	37:20+
03:13+	04:41+	04:33+	02:47+	04:58+	01:54+	02:15+	02:25+	02:18+	04:00+	00:56+	02:55+	00:25+
01:59@	02:53@	02:51@	01:29@	02:42@	01:16@	01:10@	01:10&	00:58&	01:50&	00:30@	01:43@	00:09&

Class	Navn	Klasse												Tid
37	Kate Lie	92												38:18
04:08+	09:09+	13:23+	21:05+	23:04+	24:55+	27:35+	30:00+	33:51+	34:57+	37:52+	38:18+			
04:08+	05:01+	04:14+	02:48+	04:54+	01:59+	01:51+	02:40+	02:25+	03:51+	01:06+	02:55+	00:26+		
02:54@	03:13@	02:32@	01:30@	02:38@	01:21@	00:46&	01:25@	01:05&	01:41&	00:40@	01:43@	00:10&		
38	Monica Nesse	92												39:16
05:09+	10:02+	14:17+	17:07+	21:52+	23:58+	25:51+	28:39+	31:01+	34:47+	35:50+	38:49+	39:16+		
05:09+	04:53+	04:15+	02:50+	04:45+	02:06+	01:53+	02:48+	02:22+	03:46+	01:03+	02:59+	00:27+		
03:55@	03:05@	02:33@	01:32@	02:29@	01:28@	00:48&	01:33@	01:02&	01:36&	00:37@	01:47@	00:11&		
39	Marit Kløvstad Braut	92												42:14
03:22+	08:11+	12:43+	16:10+	22:11+	23:58+	26:45+	29:52+	32:32+	37:37+	39:02+	41:33+	42:14+		
03:22+	04:49+	04:32+	03:27+	06:01+	01:47+	02:47+	03:07+	02:40+	05:05+	01:25+	02:31+	00:41+		
02:08@	03:01@	02:50@	02:09@	03:45@	01:09@	01:42@	01:52@	01:20&	02:55@	00:59@	01:19@	00:25@		
40	Ragnhild Christiansen	93												42:15
03:35+	08:04+	12:42+	16:07+	22:19+	23:54+	26:36+	29:31+	32:20+	37:26+	38:58+	41:29+	42:15+		
03:35+	04:29+	04:38+	03:25+	06:12+	01:35+	02:42+	02:55+	02:49+	05:06+	01:32+	02:31+	00:46+		
02:21@	02:41@	02:56@	02:07@	03:56@	00:57@	01:37@	01:40@	01:29@	02:56@	01:06@	01:19@	00:30@		
41	Else Marie Furland	93												42:18
03:46+	08:15+	12:42+	16:14+	22:36+	24:09+	26:44+	29:39+	32:26+	37:41+	39:07+	41:38+	42:18+		
03:46+	04:29+	04:27+	03:32+	06:22+	01:33+	02:35+	02:55+	02:47+	05:15+	01:26+	02:31+	00:40+		
02:32@	02:41@	02:45@	02:14@	04:06@	00:55@	01:30@	01:40@	01:27@	03:05@	01:00@	01:19@	00:24@		
42	Ingunn Fandrem	47												43:06
02:55+	07:53+	11:19+	14:01+	27:44+	28:42+	30:38+	32:38+	35:12+	39:19+	40:10+	42:44+	43:06+		
02:55+	04:58+	03:26+	02:42+	13:43+	00:58+	01:56+	02:00+	02:34+	04:07+	00:51+	02:34+	00:22+		
01:41@	03:10@	01:44@	01:24@	11:27@	00:20&	00:51&	00:45&	01:14&	01:57&	00:25&	01:22@	00:06&		
43	Solveig Marie Grønning	47												43:07
02:58+	07:58+	11:17+	14:03+	27:49+	28:45+	30:43+	32:42+	35:08+	39:15+	40:13+	42:46+	43:07+		
02:58+	05:00+	03:19+	02:46+	13:46+	00:56+	01:58+	01:59+	02:26+	04:07+	00:58+	02:33+	00:21+		
01:44@	03:12@	01:37&	01:28@	11:30@	00:18&	00:53&	00:44&	01:06&	01:57&	00:32@	01:21@	00:05&		
44	Helga Sandve Helgøy	111												45:04
02:03+	07:00+	09:40+	12:12+	16:33+	17:15+	18:55+	20:44+	27:07+	41:45+	42:15+	44:41+	45:04+		
02:03+	04:57+	02:40+	02:32+	04:21+	00:42+	01:40+	01:49+	06:23+	14:38+	00:30+	02:26+	00:23+		
00:49&	03:09@	00:58&	01:14&	02:05&	00:04#	00:35&	00:34&	05:03@	12:28@	00:04#	01:14@	00:07&		
45	Grete Sveinsvoll	370												45:20
03:16+	08:13+	15:59+	18:36+	22:56+	24:02+	25:40+	27:46+	29:32+	40:43+	41:35+	44:45+	45:20+		
03:16+	04:57+	07:46+	02:37+	04:20+	01:06+	01:38+	02:06+	01:46+	11:11+	00:52+	03:10+	00:35+		
02:02@	03:09@	06:04@	01:19@	02:04&	00:28&	00:33&	00:51&	00:26&	09:01@	00:26&	01:58@	00:19@		
46	Marita Skorpe Falnes	385												48:51
03:05+	07:20+	12:37+	16:27+	25:03+	26:14+	29:39+	32:04+	35:31+	44:00+	45:27+	48:30+	48:51+		
03:05+	04:15+	05:17+	03:50+	08:36+	01:11+	03:25+	02:25+	03:27+	08:29+	01:27+	03:03+	00:21+		
01:51@	02:27@	03:35@	02:32@	06:20@	00:33&	02:20@	01:10&	02:07@	06:19@	01:01@	01:51@	00:05&		
47	Agnete Dedekam Stabel	101												1:10:00
07:44+	27:08+	36:08+	43:12+	52:31+	54:07+	56:16+	58:24+	60:56+	64:24+	66:06+	69:36+	70:00+		
07:44+	19:24+	09:00+	07:04+	09:19+	01:36+	02:09+	02:08+	02:32+	03:28+	01:42+	03:30+	00:24+		
06:30@	17:36@	07:18@	05:46@	07:03@	00:58@	01:04&	00:53&	01:12&	01:18&	01:16@	02:18@	00:08&		
Beste strekktid for klassen														
01:14	01:48	01:32	01:18	02:07	00:32	00:55	01:09	01:11	01:35	00:26	00:39	00:13		

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

Herrer 16 - 39 år

1	Magne Hatteland	399												23:52				
01:44=	02:44=	04:52=	07:43=	09:05=	11:11=	11:41=	12:09=	13:11=	15:40=	16:55=	18:02=	19:01=	20:07=	22:01=	22:22=	22:54=	23:38=	23:52=
01:44=	01:00=	02:08=	02:51=	01:22=	02:06=	00:30=	00:28=	01:02=	02:29=	01:15=	01:07=	00:59=	01:06=	01:54=	00:21=	00:32=	00:44=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Sven Hatteland	399												25:32				
02:12+	03:18+	05:30+	08:11+	09:33+	11:34+	12:08+	12:39+	13:54+	16:51+	18:20+	19:30+	20:35+	21:47+	23:43+	24:10+	24:38+	25:20+	25:32+
02:12+	01:06+	02:12+	02:41-	01:22=	02:01-	00:34+	00:31+	01:15+	02:57+	01:29+	01:10+	01:05+	01:12+	01:56+	00:27+	00:28-	00:42-	00:12-
00:28&	00:06#	00:04+	00:10-	00:00=	00:05-	00:04#	00:03#	00:13#	00:28#	00:14#	00:03+	00:06#	00:06+	00:02+	00:06&	00:04-	00:02-	00:02-

Class	Navn	Klasse										Tid						
3	Jørgen Strømstad	50										26:17						
02:03+	03:03+	05:42+	08:16+	09:31+	12:01+	12:29+	12:54+	14:07+	16:40+	19:37+	20:39+	21:38+	22:42+	24:30+	24:52+	25:19+	26:04+	26:17+
02:03+	01:00=	02:39+	02:34-	01:15-	02:30+	00:28-	00:25-	01:13+	02:33+	02:57+	01:02-	00:59=	01:04-	01:48-	00:22+	00:27-	00:45+	00:13-
00:19#	00:00=	00:31#	00:17-	00:07-	00:24#	00:02-	00:03-	00:11#	00:04+	01:42@	00:05-	00:00=	00:02-	00:06-	00:01+	00:05-	00:01+	00:01-
4	Per Christian Munkhuag	18										27:51						
02:09+	03:20+	06:06+	09:08+	10:40+	12:55+	13:36+	14:16+	15:38+	18:30+	20:16+	21:29+	22:32+	23:42+	25:40+	26:07+	26:40+	27:37+	27:51+
02:09+	01:11+	02:46+	03:02+	01:32+	02:15+	00:41+	00:40+	01:22+	02:52+	01:46+	01:13+	01:03+	01:10+	01:58+	00:27+	00:33+	00:57+	00:14=
00:25#	00:11#	00:38&	00:11+	00:10#	00:09+	00:11&	00:12&	00:20&	00:23#	00:31&	00:06+	00:04+	00:04+	00:04+	00:06&	00:01+	00:13&	00:00=
5	Bernhard Haver Vagle	126										27:54						
02:00+	03:04+	07:00+	10:10+	11:23+	13:13+	13:49+	14:25+	15:35+	18:23+	19:44+	20:53+	22:48+	23:52+	25:52+	26:18+	26:51+	27:41+	27:54+
02:00+	01:04+	03:56+	03:10+	01:13-	01:50-	00:36+	00:36+	01:10+	02:48+	01:21+	01:09+	01:55+	01:04-	02:00+	00:26+	00:33+	00:50+	00:13-
00:16#	00:04+	01:48&	00:19#	00:09-	00:16-	00:06#	00:08&	00:08#	00:19#	00:06+	00:02+	00:56&	00:02-	00:06+	00:05#	00:01+	00:06#	00:01-
6	Truls Thorkildsen	39										28:55						
02:21+	03:47+	07:03+	10:16+	11:53+	13:52+	14:24+	15:00+	16:16+	19:27+	21:06+	22:21+	23:28+	24:38+	26:39+	27:03+	27:39+	28:38+	28:55+
02:21+	01:26+	03:16+	03:13+	01:37+	01:59-	00:32+	00:36+	01:16+	03:11+	01:39+	01:15+	01:07+	01:10+	02:01+	00:24+	00:36+	00:59+	00:17+
00:37&	00:26&	01:08&	00:22#	00:15#	00:07-	00:02+	00:08&	00:14#	00:42&	00:24&	00:08#	00:08#	00:04+	00:07+	00:03#	00:04#	00:15&	00:03#
7	Vegard Våge	128										30:18						
02:45+	03:52+	07:28+	10:27+	11:54+	14:42+	15:19+	15:58+	17:37+	21:31+	23:07+	24:11+	25:06+	26:09+	28:01+	28:33+	29:13+	30:01+	30:18+
02:45+	01:07+	03:36+	02:59+	01:27+	02:48+	00:37+	00:39+	01:39+	03:54+	01:36+	01:04-	00:55-	01:03-	01:52-	00:32+	00:40+	00:48+	00:17+
01:01&	00:07#	01:28&	00:08+	00:05+	00:42&	00:07#	00:11&	00:37&	01:25&	00:21&	00:03-	00:04-	00:03-	00:02-	00:11&	00:08#	00:04+	00:03#
8	Frank Terje Berge	126										30:24						
02:24+	03:44+	06:51+	10:04+	11:23+	13:54+	14:39+	15:55+	17:37+	20:48+	22:28+	23:32+	24:35+	25:37+	27:36+	28:02+	28:54+	30:09+	30:24+
02:24+	01:20+	03:07+	03:13+	01:19-	02:31+	00:45+	01:16+	01:42+	03:11+	01:40+	01:04-	01:03+	01:02-	01:59+	00:26+	00:52+	01:15+	00:15+
00:40&	00:20&	00:59&	00:22#	00:03-	00:25#	00:15&	00:48@	00:40&	00:42&	00:25&	00:03-	00:04+	00:04-	00:05+	00:05#	00:20&	00:31&	00:01+
9	Eivind Brimsø	76										31:23						
02:05+	03:17+	05:55+	09:00+	10:51+	13:28+	14:19+	14:58+	17:09+	20:08+	21:50+	23:27+	24:44+	26:14+	28:35+	29:14+	30:11+	31:09+	31:23+
02:05+	01:12+	02:38+	03:05+	01:51+	02:37+	00:51+	00:39+	02:11+	02:59+	01:42+	01:37+	01:17+	01:30+	02:21+	00:39+	00:57+	00:58+	00:14=
00:21#	00:12#	00:30#	00:14+	00:29&	00:31#	00:21&	00:11&	01:09@	00:30#	00:27&	00:30&	00:18&	00:24&	00:27#	00:18&	00:25&	00:14&	00:00=
10	Martin Skogland	98										32:14						
02:15+	03:40+	07:00+	10:52+	12:09+	15:11+	15:54+	16:29+	17:58+	22:24+	23:51+	24:59+	26:10+	27:32+	29:37+	30:13+	30:52+	31:55+	32:14+
02:15+	01:25+	03:20+	03:52+	01:17-	03:02+	00:43+	00:35+	01:29+	04:26+	01:27+	01:08+	01:11+	01:22+	02:05+	00:36+	00:39+	01:03+	00:19+
00:31&	00:25&	01:12&	01:01&	00:05-	00:56&	00:13&	00:07#	00:27&	01:57&	00:12#	00:01+	00:12#	00:16#	00:11+	00:15&	00:07#	00:19&	00:05&
11	Håvard Høie	378										32:50						
02:57+	04:47+	07:45+	11:05+	12:45+	16:02+	16:44+	17:23+	18:39+	21:59+	23:27+	24:44+	25:51+	27:13+	29:27+	30:00+	31:02+	32:35+	32:50+
02:57+	01:50+	02:58+	03:20+	01:40+	03:17+	00:42+	00:39+	01:16+	03:20+	01:28+	01:17+	01:07+	01:22+	02:14+	00:33+	01:02+	01:33+	00:15+
01:13&	00:50&	00:50&	00:29#	00:18#	01:11&	00:12&	00:11&	00:14#	00:51&	00:13#	00:10#	00:08#	00:16#	00:20#	00:12&	00:30&	00:49@	00:01+
12	Jone Klemo Øverland	165										33:59						
02:26+	04:00+	07:26+	10:44+	12:22+	14:41+	15:35+	16:37+	18:24+	21:50+	23:21+	24:39+	27:37+	29:08+	31:27+	32:08+	32:48+	33:44+	33:59+
02:26+	01:34+	03:26+	03:18+	01:38+	02:19+	00:54+	01:02+	01:47+	03:26+	01:31+	01:18+	02:58+	01:31+	02:19+	00:41+	00:40+	00:56+	00:15+
00:42&	00:34&	01:18&	00:27#	00:16#	00:13#	00:24&	00:34@	00:45&	00:57&	00:16#	00:11#	01:59@	00:25&	00:25#	00:20&	00:08#	00:12&	00:01+
13	Ole Morten Haaland	399										34:28						
05:32+	06:38+	11:36+	14:58+	16:39+	18:54+	19:32+	20:07+	22:15+	25:08+	26:26+	27:35+	28:33+	29:44+	31:46+	32:40+	33:17+	34:15+	34:28+
05:32+	01:06+	04:58+	03:22+	01:41+	02:15+	00:38+	00:35+	02:08+	02:53+	01:18+	01:09+	00:58-	01:11+	02:02+	00:54+	00:37+	00:58+	00:13-
03:48@	00:06#	02:50@	00:31#	00:19#	00:09+	00:08&	00:07#	01:06@	00:24#	00:03+	00:02+	00:01-	00:05+	00:08+	00:33@	00:05#	00:14&	00:01-
14	Tor Gunnar Osen	116										35:06						
02:24+	03:46+	06:50+	11:32+	13:13+	16:55+	17:45+	18:57+	20:20+	24:27+	26:02+	27:32+	28:41+	30:11+	32:35+	33:06+	33:44+	34:48+	35:06+
02:24+	01:22+	03:04+	04:42+	01:41+	03:42+	00:50+	01:12+	01:23+	04:07+	01:35+	01:21+	01:18+	01:30+	02:24+	00:31+	00:38+	01:04+	00:18+
00:40&	00:22&	00:56&	01:51&	00:19#	01:36&	00:20&	00:44@	00:21&	01:38&	00:20&	00:14#	00:19&	00:24&	00:30&	00:10&	00:06#	00:20&	00:04&
15	Vidar Haus	399										36:40						
02:36+	03:48+	06:58+	10:57+	13:04+	15:57+	16:43+	17:36+	20:06+	26:35+	28:18+	29:36+	30:49+	32:05+	34:11+	34:44+	35:22+	36:22+	36:40+
02:36+	01:12+	03:10+	03:59+	02:07+	02:53+	00:46+	00:53+	02:30+	06:29+	01:43+	01:18+	01:13+	01:16+	02:06+	00:33+	00:38+	01:00+	00:18+
00:52&	00:12#	01:02&	01:08&	00:45&	00:47&	00:16&	00:25&	01:28@	04:00@	00:28&	00:11#	00:14#	00:10#	00:12#	00:12&	00:06#	00:16&	00:04&
16	Aksel Joranger	192										37:27						
02:46+	04:04+	14:19+	18:00+	19:27+	21:37+	22:17+	23:18+	24:40+	27:54+	29:23+	30:36+	31:57+	33:13+	35:11+	35:41+	36:18+	37:14+	37:27+
02:46+	01:18+	10:15+	03:41+	01:27+	02:10+	00:40+	01:01+	01:22+	03:14+	01:29+	01:13+	01:21+	01:16+	01:58+	00:30+	00:37+	00:56+	00:13-
01:02&	00:18&	08:07@	00:50&	00:05+	00:04+	00:10&	00:33@	00:20&	00:45&	00:14#	00:06+	00:22&	00:10#	00:04+	00:09&	00:05#	00:12&	00:01-
17	Aleksander Claussen	74										37:41						
02:54+	04:47+	08:37+	12:19+	13:47+	18:08+	18:44+	19:34+	21:40+	25:23+	27:22+	29:01+	30:31+	32:03+	34:39+	35:13+	36:02+	37:14+	37:41+
02:54+	01:53+	03:50+	03:42+	01:28+	04:21+	00:36+	00:50+	02:06+	03:43+	01:59+	01:39+	01:30+	01:32+	02:36+	00:34+	00:49+	01:12+	00:27+
01:10&	00:53&	01:42&	00:51&	00:06+	02:15@	00:06#	00:22&	01:04@	01:14&	00:44&	00:32&	00:31&	00:26&	00:42&	00:13&	00:17&	00:28&	00:13&

Class	Navn	Klasse												Tid					
18	Håvard Barkved	71												39:05					
02:43+	04:01+	07:10+	10:12+	17:50+	20:34+	21:06+	22:52+	25:28+	30:00+	31:23+	32:24+	33:26+	34:38+	36:23+	37:00+	37:38+	38:49+	39:05+	
02:43+	01:18+	03:09+	03:02+	07:38+	02:44+	00:32+	01:46+	02:36+	04:32+	01:23+	01:01-	01:02+	01:12+	01:45-	00:37+	00:38+	01:11+	00:16+	
00:59&	00:18&	01:01&	00:11+	06:16@	00:38&	00:02+	01:18@	01:34@	02:03&	00:08#	00:06-	00:03+	00:06+	00:09-	00:16&	00:06#	00:27&	00:02#	
19	Torbjørn Fuglestad	46												41:03					
02:57+	05:03+	09:35+	14:10+	16:19+	19:11+	20:02+	20:53+	22:57+	27:26+	29:35+	31:24+	33:08+	35:05+	38:19+	38:52+	39:42+	40:48+	41:03+	
02:57+	02:06+	04:32+	04:35+	02:09+	02:52+	00:51+	00:51+	02:04+	04:29+	02:09+	01:49+	01:44+	01:57+	03:14+	00:33+	00:50+	01:06+	00:15+	
01:13&	01:06@	02:24@	01:44&	00:47&	00:46&	00:21&	00:23&	01:02&	02:00&	00:54&	00:42&	00:45&	00:51&	01:20&	00:12&	00:18&	00:22&	00:01+	
20	Alf Olav Kalvik	7												41:23					
03:13+	04:56+	08:48+	13:32+	15:36+	18:33+	19:19+	20:11+	22:36+	26:05+	27:42+	29:04+	35:01+	36:25+	38:43+	39:22+	40:04+	41:09+	41:23+	
03:13+	01:43+	03:52+	04:44+	02:04+	02:57+	00:46+	00:52+	02:25+	03:29+	01:37+	01:22+	05:57+	01:24+	02:18+	00:39+	00:42+	01:05+	00:14=	
01:29&	00:43&	01:44&	01:53&	00:42&	00:51&	00:16&	00:24&	01:23@	01:00&	00:22&	00:15#	04:58@	00:18&	00:24#	00:18&	00:10&	00:21&	00:00=	
21	Bruno Pierfelice	51												42:09					
02:39+	04:04+	08:12+	13:23+	15:35+	18:08+	18:54+	19:50+	20:17+	21:54+	26:24+	31:19+	32:35+	34:21+	35:52+	38:38+	39:16+	40:48+	41:54+	42:09+
02:39+	01:25+	04:08+	05:11+	02:12+	02:33+	00:46+	00:56+	00:27-	01:37-	04:30+	04:55+	01:16+	01:46+	01:31-	02:46+	00:38+	01:32+	01:06+	00:15+
00:55&	00:25&	02:00&	02:20&	00:50&	00:27#	00:16&	00:28&	00:35-	00:52-	03:15@	03:48@	00:17&	00:40&	00:23-	02:25@	00:06#	00:48@	00:52@	00:15+
22	Gaute Haugen Sandnes	43												44:41					
02:56+	05:54+	13:48+	17:29+	19:10+	22:36+	23:24+	24:11+	29:57+	33:59+	35:33+	36:50+	38:10+	39:22+	41:34+	42:05+	43:04+	44:27+	44:41+	
02:56+	02:58+	07:54+	03:41+	01:41+	03:26+	00:48+	00:47+	05:46+	04:02+	01:34+	01:17+	01:20+	01:12+	02:12+	00:31+	00:59+	01:23+	00:14=	
01:12&	01:58@	05:46@	00:50&	00:19#	01:20&	00:18&	00:19&	04:44@	01:33&	00:19&	00:10#	00:21&	00:06+	00:18#	00:10&	00:27&	00:39&	00:00=	
23	Bjørn Morten B Brunstøl	192												49:53					
04:03+	06:16+	12:57+	17:12+	18:36+	22:26+	27:55+	28:48+	31:27+	37:33+	40:14+	41:39+	42:55+	44:06+	46:27+	47:13+	48:16+	49:29+	49:53+	
04:03+	02:13+	06:41+	04:15+	01:24+	03:50+	05:29+	00:53+	02:39+	06:06+	02:41+	01:16+	01:16+	01:11+	02:21+	00:46+	01:03+	01:13+	00:24+	
02:19@	01:13@	04:33@	01:24&	00:02+	01:44&	04:59@	00:25&	01:37@	03:37@	01:26@	00:18&	00:17&	00:05+	00:27#	00:25@	00:31&	00:29&	00:10&	
24	Bjarte Sola	192												1:00:22					
06:33+	09:36+	17:11+	24:18+	28:00+	32:49+	33:34+	34:20+	37:28+	43:11+	46:32+	48:17+	49:54+	52:22+	55:45+	56:32+	58:22+	60:01+	60:22+	
06:33+	03:03+	07:35+	07:07+	03:42+	04:49+	00:45+	00:46+	03:08+	05:43+	03:21+	01:45+	01:37+	02:28+	03:23+	00:47+	01:50+	01:39+	00:21+	
04:49@	02:03@	05:27@	04:16@	02:20@	02:43@	00:15&	00:18&	02:06@	03:14@	02:06@	00:38&	00:38&	01:22@	01:29&	00:26@	01:18@	00:55@	00:07&	
Beste strekktid for klassen																			
01:44	01:00	02:08	02:34	01:13	01:50	00:28	00:25	00:27	01:37	01:15	01:01	00:55	01:02	01:31	00:21	00:27	00:42	00:12	

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

Herrer 40 - 49 år

1	Tallak Langmyr	370												24:41					
01:46=	02:53=	05:00=	07:47=	09:14=	10:58=	11:32=	12:05=	13:10=	16:05=	17:34=	18:42=	19:45=	20:52=	22:52=	23:16=	23:47=	24:28=	24:41=	
01:46=	01:07=	02:07=	02:47=	01:27=	01:44=	00:34=	00:33=	01:05=	02:55=	01:29=	01:08=	01:03=	01:07=	02:00=	00:24=	00:31=	00:41=	00:13=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Øyvind Madland	405												30:37					
02:19+	03:33+	06:22+	09:26+	10:53+	12:53+	13:36+	14:06+	16:04+	18:59+	20:24+	21:33+	22:38+	23:51+	26:37+	27:52+	29:32+	30:20+	30:37+	
02:19+	01:14+	02:49+	03:04+	01:27=	02:00+	00:43+	00:30-	01:58+	02:55=	01:25-	01:09+	01:05+	01:13+	02:46+	01:15+	01:40+	00:48+	00:17+	
00:33&	00:07#	00:42&	00:17#	00:00=	00:16#	00:09&	00:03-	00:53&	00:00=	00:04-	00:01+	00:02+	00:06+	00:46&	00:51@	01:09@	00:07#	00:04&	
3	Per Jan Erslund	43												30:40					
02:25+	04:05+	07:30+	10:26+	12:08+	14:58+	15:33+	16:13+	17:34+	20:36+	22:08+	23:18+	24:21+	25:38+	27:47+	29:09+	29:39+	30:26+	30:40+	
02:25+	01:40+	03:25+	02:56+	01:42+	02:50+	00:35+	00:40+	01:21+	03:02+	01:32+	01:10+	01:03=	01:17+	02:09+	01:22+	00:30-	00:47+	00:14+	
00:39&	00:33&	01:18&	00:09+	00:15#	01:06&	00:01+	00:07#	00:16#	00:07+	00:03+	00:02+	00:00=	00:10#	00:09+	00:58@	00:01-	00:06#	00:01+	
4	Frode Ungar	116												31:02					
02:22+	03:45+	06:56+	11:08+	12:34+	14:41+	15:21+	16:09+	17:30+	20:56+	22:41+	23:58+	25:13+	26:32+	28:41+	29:08+	29:43+	30:48+	31:02+	
02:22+	01:23+	03:11+	04:12+	01:26-	02:07+	00:40+	00:48+	01:21+	03:26+	01:45+	01:17+	01:15+	01:19+	02:09+	00:27+	00:35+	01:05+	00:14+	
00:36&	00:16#	01:04&	01:25&	00:01-	00:23#	00:06#	00:15&	00:16#	00:31#	00:16#	00:09#	00:12#	00:12#	00:09+	00:03#	00:04#	00:24&	00:01+	
5	Gunnar Thorset	117												31:03					
02:26+	03:39+	06:52+	10:21+	11:53+	14:17+	14:59+	15:40+	17:13+	20:35+	22:03+	23:23+	24:46+	26:03+	28:23+	28:53+	29:29+	30:45+	31:03+	
02:26+	01:13+	03:13+	03:29+	01:32+	02:24+	00:42+	00:41+	01:33+	03:22+	01:28-	01:20+	01:23+	01:17+	02:20+	00:30+	00:36+	01:16+	00:18+	
00:40&	00:06+	01:06&	00:42&	00:05+	00:40&	00:08#	00:08#	00:28&	00:27#	00:01-	00:12#	00:20&	00:10#	00:20#	00:06#	00:05#	00:35&	00:05&	
6	Christian Ask	180												31:29					
02:56+	04:06+	06:48+	10:30+	12:12+	15:27+	16:02+	16:39+	18:09+	21:31+	23:04+	24:21+	25:33+	26:49+	28:58+	29:46+	30:22+	31:13+	31:29+	
02:56+	01:10+	02:42+	03:42+	01:42+	03:15+	00:35+	00:37+	01:30+	03:22+	01:33+	01:17+	01:12+	01:16+	02:09+	00:48+	00:36+	00:51+	00:16+	
01:10&	00:03+	00:35&	00:55&	00:15#	01:31&	00:01+	00:04#	00:25&	00:27#	00:04+	00:09#	00:09#	00:09#	00:09+	00:24&	00:05#	00:10#	00:03#	

Class	Navn	Klasse													Tid			
7	Kristoffer Buchholz Johannessen 88														31:50			
02:56+	04:12+	10:11+	12:48+	14:13+	16:13+	17:04+	18:04+	19:24+	23:22+	24:38+	25:41+	26:39+	27:53+	29:35+	30:01+	30:38+	31:35+	31:50+
02:56+	01:16+	05:59+	02:37-	01:25-	02:00+	00:51+	01:00+	01:20+	03:58+	01:16-	01:03-	00:58-	01:14+	01:42-	00:26+	00:37+	00:57+	00:15+
01:10&	00:09#	03:52@	00:10-	00:02-	00:16#	00:17&	00:27&	00:15#	01:03&	00:13-	00:05-	00:05-	00:07#	00:18-	00:02+	00:06#	00:16&	00:02#
8	Magne Habbestad 111														32:02			
02:28+	03:36+	07:04+	10:51+	12:18+	14:32+	15:08+	15:41+	16:55+	22:15+	23:54+	25:02+	26:12+	27:28+	29:41+	30:11+	30:50+	31:48+	32:02+
02:28+	01:08+	03:28+	03:47+	01:27=	02:14+	00:36+	00:33=	01:14+	05:20+	01:39+	01:08=	01:10+	01:16+	02:13+	00:30+	00:39+	00:58+	00:14+
00:42&	00:01+	01:21&	01:00&	00:00=	00:30&	00:02+	00:00=	00:09#	02:25&	00:10#	00:00=	00:07#	00:09#	00:13#	00:06#	00:08&	00:17&	00:01+
9	Glenn Madland 128														32:10			
02:25+	03:48+	08:51+	12:04+	13:18+	16:08+	16:45+	17:30+	18:58+	23:00+	24:43+	25:50+	26:54+	28:01+	29:55+	30:28+	31:04+	31:58+	32:10+
02:25+	01:23+	05:03+	03:13+	01:14-	02:50+	00:37+	00:45+	01:28+	04:02+	01:43+	01:07-	01:04+	01:07=	01:54-	00:33+	00:36+	00:54+	00:12-
00:39&	00:16#	02:56@	00:26#	00:13-	01:06&	00:03+	00:12&	00:23&	01:07&	00:14#	00:01-	00:01+	00:00=	00:06-	00:09&	00:05#	00:13&	00:01-
10	Jan-Kenneth Polle 83														32:14			
02:38+	04:09+	07:38+	10:40+	12:07+	17:07+	17:42+	18:13+	19:29+	22:26+	23:49+	24:56+	26:14+	27:37+	29:48+	30:25+	31:01+	31:57+	32:14+
02:38+	01:31+	03:29+	03:02+	01:27=	05:00+	00:35+	00:31-	01:16+	02:57+	01:23-	01:07-	01:18+	01:23+	02:11+	00:37+	00:36+	00:56+	00:17+
00:52&	00:24&	00:12&	00:15+	00:00=	03:16@	00:01+	00:02-	00:11#	00:02+	00:06-	00:01-	00:15#	00:16#	00:11+	00:13&	00:05#	00:15&	00:04&
11	Håvard Svihus 267														32:41			
02:41+	04:12+	07:11+	10:37+	12:06+	15:11+	15:51+	16:36+	17:56+	21:43+	23:26+	24:39+	26:44+	27:58+	30:07+	30:37+	31:15+	32:25+	32:41+
02:41+	01:31+	02:59+	03:26+	01:29+	03:05+	00:40+	00:45+	01:20+	03:47+	01:43+	01:13+	02:05+	01:14+	02:09+	00:30+	00:38+	01:10+	00:16+
00:55&	00:24&	00:05&	00:39#	00:02+	01:21&	00:06#	00:12&	00:15#	00:52&	00:14#	00:05+	01:02&	00:07#	00:09+	00:06#	00:07#	00:29&	00:03#
12	Åsbjørn Enerstvedt 18														34:02			
04:03+	05:16+	08:46+	11:42+	13:46+	16:36+	17:27+	18:08+	19:50+	23:05+	25:53+	27:13+	28:24+	29:33+	31:40+	32:10+	32:45+	33:48+	34:02+
04:03+	01:13+	03:30+	02:56+	02:04+	02:50+	00:51+	00:41+	01:42+	03:15+	02:48+	01:20+	01:11+	01:09+	02:07+	00:30+	00:35+	01:03+	00:14+
02:17@	00:06+	01:23&	00:09+	00:37&	01:06&	00:17&	00:08#	00:37&	00:20#	01:19&	00:12#	00:08#	00:02+	00:07+	00:06#	00:04#	00:22&	00:01+
13	Kristian Bjo 165														34:05			
02:45+	03:58+	11:31+	14:26+	15:57+	17:53+	18:38+	19:06+	20:35+	23:48+	25:15+	26:34+	27:42+	29:00+	31:10+	31:50+	32:46+	33:47+	34:05+
02:45+	01:13+	07:33+	02:55+	01:31+	01:56+	00:45+	00:28-	01:29+	03:13+	01:27-	01:19+	01:08+	01:18+	02:10+	00:40+	00:56+	01:01+	00:18+
00:59&	00:06+	05:26@	00:08+	00:04+	00:12#	00:11&	00:05-	00:24&	00:18#	00:02-	00:11#	00:05+	00:11#	00:10+	00:16&	00:25&	00:20&	00:05&
14	Anders Hagen 399														34:40			
03:14+	08:13+	10:34+	13:39+	15:04+	17:31+	18:16+	19:14+	21:23+	24:53+	26:25+	27:38+	28:54+	30:08+	32:06+	32:34+	33:13+	34:26+	34:40+
03:14+	04:59+	02:21+	03:05+	01:25-	02:27+	00:45+	00:58+	02:09+	03:30+	01:32+	01:13+	01:16+	01:14+	01:58-	00:28+	00:39+	01:13+	00:14+
01:28&	03:52@	00:14#	00:18#	00:02-	00:43&	00:11&	00:25&	01:04&	00:35#	00:03+	00:05+	00:13#	00:07#	00:02-	00:04#	00:08&	00:32&	00:01+
15	Rune Hatle 65														35:59			
02:26+	04:01+	10:55+	14:48+	16:38+	19:16+	19:51+	20:36+	21:59+	25:09+	26:47+	27:56+	29:22+	31:01+	33:33+	33:58+	34:42+	35:43+	35:59+
02:26+	01:35+	06:54+	03:53+	01:50+	02:38+	00:35+	00:45+	01:23+	03:10+	01:38+	01:09+	01:26+	01:39+	02:32+	00:25+	00:44+	01:01+	00:16+
00:40&	00:28&	04:47@	01:06&	00:23&	00:54&	00:01+	00:12&	00:18&	00:15+	00:09#	00:01+	00:23&	00:32&	00:32&	00:01+	00:13&	00:20&	00:03#
16	Cedric Fayemedy 76														36:20			
02:50+	06:23+	09:38+	13:06+	17:07+	19:35+	20:14+	21:06+	23:06+	26:51+	28:26+	29:42+	30:54+	32:04+	33:59+	34:30+	35:06+	36:06+	36:20+
02:50+	03:33+	03:15+	03:28+	04:01+	02:28+	00:39+	00:52+	02:00+	03:45+	01:35+	01:16+	01:12+	01:10+	01:55-	00:31+	00:36+	01:00+	00:14+
01:04&	02:26@	01:08&	00:41#	00:34@	00:44&	00:05#	00:19&	00:55&	00:50&	00:06+	00:08#	00:09#	00:03+	00:05-	00:07&	00:05#	00:19&	00:01+
17	Anders Presterud 65														36:30			
03:21+	05:12+	09:10+	12:50+	14:42+	18:16+	18:50+	19:35+	21:16+	24:49+	26:44+	28:02+	30:16+	31:34+	33:56+	34:26+	35:04+	36:14+	36:30+
03:21+	01:51+	03:58+	03:40+	01:52+	03:34+	00:34=	00:45+	01:41+	03:33+	01:55+	01:18+	02:14+	01:18+	02:22+	00:30+	00:38+	01:10+	00:16+
01:35&	00:44&	01:51&	00:53&	00:25&	01:50@	00:00=	00:12&	00:36&	00:38#	00:26&	00:10#	01:11@	00:11#	00:22#	00:06#	00:07#	00:29&	00:03#
18	Rolf Frøyland 5														37:21			
02:24+	04:29+	07:06+	11:20+	12:46+	14:54+	15:26+	16:07+	17:34+	25:57+	27:24+	28:36+	29:41+	30:51+	32:46+	34:03+	35:48+	37:07+	37:21+
02:24+	02:05+	02:37+	04:14+	01:26-	02:08+	00:32-	00:41+	01:27+	08:23+	01:27-	01:12+	01:05+	01:10+	01:55-	01:17+	01:45+	01:19+	00:14+
00:38&	00:58&	00:30#	01:27&	00:01-	00:24#	00:02-	00:08#	00:22&	05:28@	00:02-	00:04+	00:02+	00:03+	00:05-	00:53@	01:14@	00:38&	00:01+
19	Thomas Chruickshank 48														38:15			
02:19+	04:13+	06:59+	18:43+	19:41+	23:17+	23:51+	24:28+	26:14+	29:49+	31:13+	32:11+	33:05+	34:03+	35:43+	36:24+	37:03+	38:00+	38:15+
02:19+	01:54+	02:46+	11:44+	00:58-	03:36+	00:34=	00:37+	01:46+	03:35+	01:24-	00:58-	00:54-	00:58-	01:40-	00:41+	00:39+	00:57+	00:15+
00:33&	00:47&	00:39&	08:57@	00:29-	01:52@	00:00=	00:04#	00:41&	00:40#	00:05-	00:10-	00:09-	00:09-	00:20-	00:17&	00:08&	00:16&	00:02#
20	Antal Jansen 115														44:49			
02:59+	04:40+	20:10+	22:59+	24:42+	27:41+	28:22+	29:18+	30:52+	35:45+	37:25+	38:32+	39:38+	40:43+	42:32+	43:02+	43:40+	44:35+	44:49+
02:59+	01:41+	15:30+	02:49+	01:43+	02:59+	00:41+	00:56+	01:34+	04:53+	01:40+	01:07-	01:06+	01:05-	01:49-	00:30+	00:38+	00:55+	00:14+
01:13&	00:34&	13:23@	00:02+	00:16#	01:15&	00:07#	00:23&	00:29&	01:58&	00:11#	00:01-	00:03+	00:02-	00:11-	00:06#	00:07#	00:14&	00:01+
Beste strekktid for klassen																		
01:46	01:07	02:07	02:37	00:58	01:44	00:32	00:28	01:05	02:55	01:16	00:58	00:54	00:58	01:40	00:24	00:30	00:41	00:12

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

Herrer 50 - 59 år

1	Bjørnar André Haug	80	23:24
00:57=	03:20= 04:01= 05:23= 07:09= 08:23= 09:16= 11:57= 14:19= 14:52= 16:34= 17:37= 18:40= 19:46= 21:30= 21:53= 22:23= 23:11= 23:24=		
00:57=	02:23= 00:41= 01:22= 01:46= 01:14= 00:53= 02:41= 02:22= 00:33= 01:42= 01:03= 01:03= 01:06= 01:44= 00:23= 00:30= 00:48= 00:13=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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	Lars Primstad	62	24:13
01:13+	03:30+ 04:09+ 05:29+ 07:26+ 08:49+ 09:46+ 13:06+ 15:21+ 16:00+ 16:52+ 18:08+ 19:09+ 20:25+ 22:16+ 22:44+ 23:12+ 23:59+ 24:13+		
01:13+	02:17- 00:39- 01:20- 01:57+ 01:23+ 00:57+ 03:20+ 02:15- 00:39+ 00:52- 01:16+ 01:01- 01:16+ 01:51+ 00:28+ 00:28- 00:47- 00:14+		
00:16&	00:06- 00:02- 00:02- 00:11# 00:09# 00:04+ 00:39# 00:07- 00:06# 00:50- 00:13# 00:02- 00:10# 00:07+ 00:05# 00:02- 00:01- 00:01+		
3	Anders Glenne	7	27:10
01:06+	03:59+ 04:48+ 06:14+ 08:28+ 09:56+ 11:47+ 15:00+ 17:35+ 18:17+ 19:28+ 20:35+ 21:48+ 22:54+ 24:59+ 25:29+ 26:01+ 26:55+ 27:10+		
01:06+	02:53+ 00:49+ 01:26+ 01:26+ 01:28+ 01:51+ 03:13+ 02:35+ 00:42+ 01:11- 01:07+ 01:13+ 01:06= 02:05+ 00:30+ 00:32+ 00:54+ 00:15+		
00:09#	00:30# 00:08# 00:04+ 00:28& 00:14# 00:58@ 00:32# 00:13+ 00:09& 00:31- 00:04+ 00:10# 00:00= 00:21# 00:07& 00:02+ 00:06# 00:02#		
4	Jone Kalheim	93	27:54
02:26+	05:13+ 06:20+ 07:35+ 09:46+ 11:10+ 12:19+ 15:42+ 18:31+ 19:23+ 20:19+ 21:30+ 22:31+ 23:39+ 25:33+ 26:02+ 26:43+ 27:40+ 27:54+		
02:26+	02:47+ 01:07+ 01:15- 02:11+ 01:24+ 01:09+ 03:23+ 02:49+ 00:52+ 00:56- 01:11+ 01:01- 01:08+ 01:54+ 00:29+ 00:41+ 00:57+ 00:14+		
01:29@	00:24# 00:26& 00:07- 00:25# 00:10# 00:16& 00:42& 00:27# 00:19& 00:46- 00:08# 00:02- 00:02+ 00:10+ 00:06& 00:11& 00:09# 00:01+		
5	Erling Knutzen	128	28:26
01:10+	03:51+ 04:46+ 06:28+ 08:44+ 10:10+ 11:12+ 13:59+ 17:32+ 18:13+ 19:19+ 20:34+ 22:02+ 23:35+ 26:05+ 26:39+ 27:17+ 28:13+ 28:26+		
01:10+	02:41+ 00:55+ 01:42+ 02:16+ 01:26+ 01:02+ 02:47+ 03:33+ 00:41+ 01:06- 01:15+ 01:28+ 01:33+ 02:30+ 00:34+ 00:38+ 00:56+ 00:13=		
00:13#	00:18# 00:14& 00:20# 00:30& 00:12# 00:09# 00:06+ 01:11& 00:08# 00:36- 00:12# 00:25& 00:27& 00:46& 00:11& 00:08& 00:08# 00:00=		
6	Terje Undheim	54	28:56
01:02+	07:35+ 08:20+ 09:40+ 11:22+ 12:41+ 13:39+ 17:42+ 20:05+ 20:48+ 21:42+ 22:40+ 23:39+ 24:49+ 26:34+ 27:12+ 27:51+ 28:43+ 28:56+		
01:02+	06:33+ 00:45+ 01:20- 01:42- 01:19+ 00:58+ 04:03+ 02:23+ 00:43+ 00:54- 00:58- 00:59- 01:10+ 01:45+ 00:38+ 00:39+ 00:52+ 00:13=		
00:05+	04:10@ 00:04+ 00:02- 00:04- 00:05+ 00:05+ 01:22& 00:01+ 00:10& 00:48- 00:05- 00:04- 00:04+ 00:01+ 00:15& 00:09& 00:04+ 00:00=		
7	Geir Haugvaldstad	116	28:59
01:28+	05:19+ 06:06+ 07:31+ 09:36+ 10:57+ 12:22+ 14:52+ 17:10+ 17:47+ 18:39+ 19:47+ 23:24+ 24:42+ 26:40+ 27:08+ 27:45+ 28:46+ 28:59+		
01:28+	03:51+ 00:47+ 01:25+ 02:05+ 01:21+ 01:25+ 02:30- 02:18- 00:37+ 00:52- 01:08+ 03:37+ 01:18+ 01:58+ 00:28+ 00:37+ 01:01+ 00:13=		
00:31&	01:28& 00:06# 00:03+ 00:19# 00:07+ 00:32& 00:11- 00:04- 00:04# 00:50- 00:05+ 02:34@ 00:12# 00:14# 00:05# 00:07# 00:13& 00:00=		
8	Steinar Hansen	27	29:40
01:14+	04:36+ 05:24+ 06:59+ 09:21+ 10:54+ 12:06+ 15:52+ 19:24+ 20:06+ 21:13+ 22:20+ 23:31+ 24:45+ 26:54+ 27:28+ 28:23+ 29:25+ 29:40+		
01:14+	03:22+ 00:48+ 01:35+ 02:22+ 01:33+ 01:12+ 03:46+ 03:32+ 00:42+ 01:07- 01:07+ 01:11+ 01:14+ 02:09+ 00:34+ 00:55+ 01:02+ 00:15+		
00:17&	00:59& 00:07# 00:13# 00:36& 00:19& 00:19& 01:05& 01:10& 00:09& 00:35- 00:04+ 00:08# 00:08# 00:08# 00:25# 00:11& 00:25& 00:14& 00:02#		
9	Frank Hansen	29	29:57
01:17+	04:14+ 05:08+ 06:44+ 09:39+ 11:20+ 12:56+ 16:08+ 19:06+ 19:44+ 20:55+ 22:14+ 23:23+ 24:43+ 27:04+ 27:51+ 28:31+ 29:42+ 29:57+		
01:17+	02:57+ 00:54+ 01:36+ 02:55+ 01:41+ 01:36+ 03:12+ 02:58+ 00:38+ 01:11- 01:19+ 01:09+ 01:20+ 02:21+ 00:47+ 00:40+ 01:11+ 00:15+		
00:20&	00:34# 00:13& 00:14# 01:09& 00:27& 00:43& 00:31# 00:36& 00:05# 00:31- 00:16& 00:06+ 00:14# 00:37& 00:24@ 00:10& 00:23& 00:02#		
10	Kjell Seland	236	30:32
01:15+	04:50+ 05:43+ 07:16+ 09:44+ 11:18+ 12:33+ 15:44+ 19:22+ 20:07+ 21:09+ 22:40+ 24:06+ 25:37+ 28:06+ 28:36+ 29:13+ 30:16+ 30:32+		
01:15+	03:35+ 00:53+ 01:33+ 02:28+ 01:34+ 01:15+ 03:11+ 03:38+ 00:45+ 01:02- 01:31+ 01:26+ 01:31+ 02:29+ 00:30+ 00:37+ 01:03+ 00:16+		
00:18&	01:12& 00:12& 00:11# 00:42& 00:20& 00:22& 00:30# 01:16& 00:12& 00:40- 00:28& 00:23& 00:25& 00:45& 00:07& 00:07# 00:15& 00:03#		
11	Tore Halset	114	30:43
01:12+	04:15+ 05:11+ 06:39+ 09:25+ 10:57+ 12:16+ 16:16+ 19:26+ 20:14+ 21:18+ 22:34+ 23:53+ 25:20+ 27:48+ 28:23+ 29:06+ 30:25+ 30:43+		
01:12+	03:03+ 00:56+ 01:28+ 02:46+ 01:32+ 01:19+ 04:00+ 03:10+ 00:48+ 01:04- 01:16+ 01:19+ 01:27+ 02:28+ 00:35+ 00:43+ 01:19+ 00:18+		
00:15&	00:40& 00:15& 00:06+ 01:00& 00:18# 00:26& 01:19& 00:48& 00:15& 00:38- 00:13# 00:16& 00:21& 00:44& 00:12& 00:13& 00:31& 00:05&		
12	Magnar Møller	62	31:26
01:24+	04:32+ 05:32+ 07:25+ 09:46+ 11:19+ 12:35+ 17:00+ 19:46+ 20:30+ 21:51+ 23:18+ 24:55+ 26:23+ 28:54+ 29:26+ 30:06+ 31:07+ 31:26+		
01:24+	03:08+ 01:00+ 01:53+ 02:21+ 01:33+ 01:16+ 04:25+ 02:46+ 00:44+ 01:21- 01:27+ 01:37+ 01:28+ 02:31+ 00:32+ 00:40+ 01:01+ 00:19+		
00:27&	00:45& 00:19& 00:31& 00:35& 00:19& 00:23& 01:44& 00:24# 00:11& 00:21- 00:24& 00:34& 00:22& 00:47& 00:09& 00:10& 00:13& 00:06&		
13	Trygve Michaelsen	117	31:30
01:12+	04:10+ 05:07+ 06:47+ 09:07+ 10:57+ 12:16+ 15:38+ 18:18+ 19:05+ 20:19+ 21:50+ 23:14+ 24:43+ 28:39+ 29:10+ 29:51+ 31:10+ 31:30+		
01:12+	02:58+ 00:57+ 01:40+ 02:20+ 01:50+ 01:19+ 03:22+ 02:40+ 00:47+ 01:14- 01:31+ 01:24+ 01:29+ 03:56+ 00:31+ 00:41+ 01:19+ 00:20+		
00:15&	00:35# 00:16& 00:18# 00:34& 00:36& 00:26& 00:41& 00:18# 00:14& 00:28- 00:28& 00:21& 00:23& 02:12@ 00:08& 00:11& 00:31& 00:07&		
14	Tor Sverre Skåra	266	31:44
01:05+	05:11+ 06:08+ 07:57+ 10:28+ 12:04+ 13:46+ 17:16+ 20:06+ 20:48+ 21:57+ 23:23+ 24:54+ 26:27+ 29:04+ 29:36+ 30:12+ 31:28+ 31:44+		
01:05+	04:06+ 00:57+ 01:49+ 02:31+ 01:36+ 01:42+ 03:30+ 02:50+ 00:42+ 01:09- 01:26+ 01:31+ 01:33+ 02:37+ 00:32+ 00:36+ 01:16+ 00:16+		
00:08#	01:43& 00:16& 00:27& 00:45& 00:22& 00:49& 00:49& 00:28# 00:09& 00:33- 00:23& 00:28& 00:27& 00:53& 00:09& 00:06# 00:28& 00:03#		

Class	Navn	Klasse										Tid							
15	Harald Taksdal	236										33:32							
01:52+	06:01+	07:10+	09:02+	11:46+	14:09+	15:35+	18:46+	22:24+	23:08+	24:11+	25:40+	27:05+	28:38+	31:07+	31:37+	32:14+	33:16+	33:32+	
01:52+	04:09+	01:09+	01:52+	02:44+	02:23+	01:26+	03:11+	03:38+	00:44+	01:03-	01:29+	01:25+	01:33+	02:29+	00:30+	00:37+	01:02+	00:16+	
00:55&	01:46&	00:28&	00:30&	00:58&	01:09&	00:33&	00:30#	01:16&	00:11&	00:39-	00:26&	00:22&	00:27&	00:45&	00:07&	00:07#	00:14&	00:03#	
16	Ådne Hausberg	7										33:42							
01:19+	04:35+	05:28+	07:19+	10:55+	12:27+	14:05+	17:59+	21:33+	22:20+	23:28+	25:03+	26:25+	27:51+	30:20+	30:59+	31:38+	33:23+	33:42+	
01:19+	03:16+	00:53+	01:51+	03:36+	01:32+	01:38+	03:54+	03:34+	00:47+	01:08-	01:35+	01:22+	01:26+	02:29+	00:39+	00:39+	01:45+	00:19+	
00:22&	00:53&	00:12&	00:29&	01:50@	00:18#	00:45&	01:13&	01:12&	00:14&	00:34-	00:32&	00:19&	00:20&	00:45&	00:16&	00:09&	00:57@	00:06&	
17	Ulric Björck	53										33:53							
01:20+	04:16+	05:28+	06:56+	09:14+	11:47+	14:16+	17:44+	23:54+	24:33+	25:32+	26:44+	27:51+	29:12+	31:25+	31:58+	32:39+	33:38+	33:53+	
01:20+	02:56+	01:12+	01:28+	02:18+	02:33+	02:29+	03:28+	06:10+	00:39+	00:59-	01:12+	01:07+	01:21+	02:13+	00:33+	00:41+	00:59+	00:15+	
00:23&	00:33#	00:31&	00:06+	00:32&	01:19@	01:36@	00:47&	03:48@	00:06#	00:43-	00:09#	00:04+	00:15#	00:29&	00:10&	00:11&	00:11#	00:02#	
18	Per Ivar Hovstad	116										33:59							
01:55+	05:23+	06:28+	08:02+	10:57+	12:56+	14:20+	20:21+	23:44+	24:29+	25:45+	26:57+	28:05+	29:26+	31:44+	32:22+	32:53+	33:43+	33:59+	
01:55+	03:28+	01:05+	01:34+	02:55+	01:59+	01:24+	06:01+	03:23+	00:45+	01:16-	01:12+	01:08+	01:21+	02:18+	00:38+	00:31+	00:50+	00:16+	
00:58@	01:05&	00:24&	00:12#	01:09&	00:45&	00:31&	03:20@	01:01&	00:12&	00:26-	00:09#	00:05+	00:15#	00:34&	00:15&	00:01+	00:02+	00:03#	
19	Arngrim Utskarpen	117										34:01							
01:06+	05:33+	06:12+	07:53+	11:02+	12:58+	14:24+	20:25+	23:15+	24:09+	25:05+	26:30+	27:45+	29:07+	31:33+	32:01+	32:35+	33:48+	34:01+	
01:06+	04:27+	00:39-	01:41+	03:09+	01:56+	01:26+	06:01+	02:50+	00:54+	00:56-	01:25+	01:15+	01:22+	02:26+	00:28+	00:34+	01:13+	00:13=	
00:09#	02:04&	00:02-	00:19#	01:23&	00:42&	00:33&	03:20@	00:28#	00:21&	00:46-	00:22&	00:12#	00:16#	00:42&	00:05#	00:04#	00:25&	00:00=	
20	Christof Schätz	239										34:39							
01:20+	05:22+	06:46+	08:31+	11:11+	13:11+	14:30+	19:03+	21:56+	23:00+	24:22+	25:49+	27:08+	28:36+	31:08+	32:00+	32:53+	34:17+	34:39+	
01:20+	04:02+	01:24+	01:45+	02:40+	02:00+	01:19+	04:33+	02:53+	01:04+	01:22-	01:27+	01:19+	01:28+	02:32+	00:52+	00:53+	01:24+	00:22+	
00:23&	01:39&	00:43@	00:23&	00:54&	00:46&	00:26&	01:52&	00:31#	00:31&	00:20-	00:24&	00:16&	00:22&	00:48&	00:29@	00:23&	00:36&	00:09&	
21	Erik Bjørnbom	76										36:30							
01:08+	05:47+	06:35+	08:19+	10:55+	12:27+	15:43+	21:07+	25:16+	25:58+	27:06+	28:28+	29:55+	31:24+	33:48+	34:20+	35:01+	36:10+	36:30+	
01:08+	04:39+	00:48+	01:44+	02:36+	01:32+	03:16+	05:24+	04:09+	00:42+	01:08-	01:22+	01:27+	01:29+	02:24+	00:32+	00:41+	01:09+	00:20+	
00:11#	02:16&	00:07#	00:22&	00:50&	00:18#	02:23@	02:43@	01:47&	00:09&	00:34-	00:19&	00:24&	00:23&	00:40&	00:09&	00:11&	00:21&	00:07&	
22	Asbjørn Bråndland	297										36:36							
01:32+	04:59+	05:50+	07:26+	11:23+	12:50+	17:16+	23:13+	25:35+	26:12+	27:14+	28:42+	29:59+	31:23+	33:41+	34:19+	35:05+	36:18+	36:36+	
01:32+	03:27+	00:51+	01:36+	03:57+	01:27+	04:26+	05:57+	02:22=	00:37+	01:02-	01:28+	01:17+	01:24+	02:18+	00:38+	00:46+	01:13+	00:18+	
00:35&	01:04&	00:10#	00:14#	02:11@	00:13#	03:33@	03:16@	00:00=	00:04#	00:40-	00:25&	00:14#	00:18&	00:34&	00:15&	00:16&	00:25&	00:05&	
23	Ingve Vold	54										38:19							
01:21+	04:47+	05:47+	08:25+	11:11+	13:42+	16:11+	20:25+	26:47+	27:44+	29:00+	30:23+	31:42+	33:01+	35:29+	36:09+	36:53+	38:00+	38:19+	
01:21+	03:26+	01:00+	02:38+	02:46+	02:31+	02:29+	04:14+	06:22+	00:57+	01:16-	01:23+	01:19+	01:19+	02:28+	00:40+	00:44+	01:07+	00:19+	
00:24&	01:03&	00:19&	01:16&	01:00&	01:17@	01:36@	01:33&	04:00@	00:24&	00:26-	00:20&	00:16&	00:13#	00:44&	00:17&	00:14&	00:19&	00:06&	
24	Geir Rune Seldal	192										38:44							
01:47+	06:06+	07:07+	09:07+	12:26+	14:17+	15:55+	20:25+	26:10+	26:55+	28:19+	29:52+	31:20+	32:55+	35:39+	36:35+	37:25+	38:25+	38:44+	
01:47+	04:19+	01:01+	02:00+	03:19+	01:51+	01:38+	04:30+	05:45+	00:45+	01:24-	01:33+	01:28+	01:35+	02:44+	00:56+	00:50+	01:00+	00:19+	
00:50&	01:56&	00:20&	00:38&	01:33&	00:37&	00:45&	01:49&	03:23@	00:12&	00:18-	00:30&	00:25&	00:29&	01:00&	00:33@	00:20&	00:12#	00:06&	
25	Raymond B. Pettersen	105										41:28							
01:14+	04:52+	06:18+	08:31+	13:02+	14:55+	16:50+	23:41+	27:01+	28:01+	29:14+	30:55+	32:47+	34:52+	38:15+	39:02+	40:01+	41:10+	41:28+	
01:14+	03:38+	01:26+	02:13+	04:31+	01:53+	01:55+	06:51+	03:20+	01:00+	01:13-	01:41+	01:52+	02:05+	03:23+	00:47+	00:59+	01:09+	00:18+	
00:17&	01:15&	00:45@	00:51&	02:45@	00:39&	01:02@	04:10@	00:58&	00:27&	00:29-	00:38&	00:49&	00:59&	01:39&	00:24@	00:29&	00:21&	00:05&	
26	Arne Hetlelid	98										42:04							
01:12+	03:55+	04:44+	06:18+	08:34+	10:14+	12:08+	21:56+	27:25+	28:08+	31:58+	33:22+	35:10+	36:37+	39:11+	39:45+	40:33+	41:49+	42:04+	
01:12+	02:43+	00:49+	01:34+	02:16+	01:40+	01:54+	09:48+	05:29+	00:43+	03:50+	03:24+	01:48+	01:27+	02:34+	00:34+	00:48+	01:16+	00:15+	
00:15&	00:20#	00:08#	00:12#	00:30&	00:26&	01:01@	07:07@	03:07@	00:10&	02:08@	00:21&	00:45&	00:21&	00:50&	00:11&	00:18&	00:28&	00:02#	
27	Håvard Håland	66										45:10							
01:09+	03:52+	04:50+	06:28+	08:37+	10:22+	11:40+	15:01+	21:21+	32:21+	33:02+	36:19+	37:28+	38:38+	40:01+	42:21+	42:54+	43:34+	44:51+	
01:09+	02:43+	00:58+	01:38+	02:09+	01:45+	01:18+	03:21+	06:20+	11:00+	00:41-	03:17+	01:09+	01:10+	01:23-	02:20+	00:33+	00:40-	01:17+	
00:12#	00:20#	00:17&	00:16#	00:23#	00:31&	00:25&	00:40#	03:58@	10:27@	01:01-	02:14@	00:06+	00:04+	00:21-	01:57@	00:03#	00:08-	01:04@	
28	Trond Birkeland	27										48:37							
03:02+	18:13+	19:35+	20:59+	23:33+	26:12+	28:27+	35:49+	38:47+	39:33+	40:37+	41:51+	43:07+	44:17+	46:12+	46:44+	47:20+	48:21+	48:37+	
03:02+	15:11+	01:22+	01:24+	02:34+	02:39+	02:15+	07:22+	02:58+	00:46+	01:04-	01:14+	01:16+	01:10+	01:55+	00:32+	00:36+	01:01+	00:16+	
02:05@	12:48@	00:41&	00:02+	00:48&	01:25@	01:22@	04:41@	00:36&	00:13&	00:38-	00:11#	00:13#	00:04+	00:11#	00:09&	00:06#	00:13&	00:03#	
Beste strekktid for klassen																			
00:57	02:17	00:39	01:15	01:42	01:14	00:53	02:30	02:15	00:33	00:41	00:58	00:59	01:06	01:23	00:23	00:28	00:40	00:13	

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

Herrer 60 - 64 år

1	Morten Johannessen	7	26:14														
01:06=	02:44=	04:06=	04:49=	06:03=	08:04=	09:27=	10:22=	15:09=	17:58=	18:40=	19:40=	20:52=	21:55=	23:54=	24:53=	25:53=	26:14=
01:06=	01:38=	01:22=	00:43=	01:14=	02:01=	01:23=	00:55=	04:47=	02:49=	00:42=	01:00=	01:12=	01:03=	01:59=	00:59=	01:00=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arnfinn Rømuld	116	27:47														
01:07+	02:39-	04:22+	05:14+	06:43+	09:39+	11:14+	12:23+	15:29+	17:51-	18:34-	19:49+	21:07+	22:54+	25:17+	26:25+	27:32+	27:47+
01:07+	01:32-	01:43+	00:52+	01:29+	02:56+	01:35+	01:09+	03:06-	02:22-	00:43+	01:15+	01:18+	01:47+	02:23+	01:08+	01:07+	00:15-
00:01+	00:06-	00:21&	00:09#	00:15#	00:55&	00:12#	00:14&	01:41-	00:27-	00:01+	00:15#	00:06+	00:44&	00:24#	00:09#	00:07#	00:06-
3	Espen Krogh	7	27:52														
00:56-	02:40-	03:46-	04:30-	05:52-	08:05+	09:21-	10:42+	16:43+	20:11+	20:47+	21:39+	22:57+	24:03+	25:53+	26:44+	27:38+	27:52+
00:56-	01:44+	01:06-	00:44+	01:22+	02:13+	01:16-	01:21+	06:01+	03:28+	00:36-	00:52-	01:18+	01:06+	01:50-	00:51-	00:54-	00:14-
00:10-	00:06+	00:16-	00:01+	00:08#	00:12+	00:07-	00:26&	01:14&	00:39#	00:06-	00:08-	00:06+	00:03+	00:09-	00:08-	00:06-	00:07-
4	Harald Jansen	289	29:17														
01:02-	03:30+	04:44+	05:39+	07:11+	10:07+	12:25+	13:59+	17:49+	20:21+	21:12+	22:17+	23:34+	24:40+	26:49+	27:49+	28:58+	29:17+
01:02-	02:28+	01:14-	00:55+	01:32+	02:56+	02:18+	01:34+	03:50-	02:32-	00:51+	01:05+	01:17+	01:06+	02:09+	01:00+	01:09+	00:19-
00:04-	00:50&	00:08-	00:12&	00:18#	00:55&	00:55&	00:39&	00:57-	00:17-	00:09#	00:05+	00:05+	00:03+	00:10+	00:01+	00:09#	00:02-
5	Stein Sigbjørnsen	27	32:52														
01:15+	03:10+	04:46+	05:53+	08:23+	10:45+	12:45+	14:06+	18:55+	22:28+	23:10+	24:32+	25:54+	27:22+	30:04+	31:19+	32:35+	32:52+
01:15+	01:55+	01:36+	01:07+	02:30+	02:22+	02:00+	01:21+	04:49+	03:33+	00:42=	01:22+	01:22+	01:28+	02:42+	01:15+	01:16+	00:17-
00:09#	00:17#	00:14#	00:24&	01:16@	00:21#	00:37&	00:26&	00:02+	00:44&	00:00=	00:22&	00:10#	00:25&	00:43&	00:16&	00:16&	00:04-
6	Sveinung Svebestad	46	32:55														
01:24+	03:32+	04:57+	05:51+	07:41+	10:30+	12:25+	14:02+	18:28+	21:38+	22:30+	23:52+	25:32+	27:00+	29:38+	31:05+	32:30+	32:55+
01:24+	02:08+	01:25+	00:54+	01:50+	02:49+	01:55+	01:37+	04:26-	03:10+	00:52+	01:22+	01:40+	01:28+	02:38+	01:27+	01:25+	00:25+
00:18&	00:30&	00:03+	00:11&	00:36&	00:48&	00:32&	00:42&	00:21-	00:21#	00:10#	00:22&	00:28&	00:25&	00:39&	00:28&	00:25&	00:04#
7	Per Ingar Hadland	7	32:57														
01:24+	03:47+	05:21+	06:28+	08:27+	11:10+	12:57+	14:26+	18:25+	21:17+	22:07+	23:27+	25:14+	26:52+	29:50+	31:07+	32:38+	32:57+
01:24+	02:23+	01:34+	01:07+	01:59+	02:43+	01:47+	01:29+	03:59-	02:52+	00:50+	01:20+	01:47+	01:38+	02:58+	01:17+	01:31+	00:19-
00:18&	00:45&	00:12#	00:24&	00:45&	00:42&	00:24&	00:34&	00:48-	00:03+	00:08#	00:20&	00:35&	00:35&	00:59&	00:18&	00:31&	00:02-
8	Ivar Knutsen	116	35:25														
01:37+	03:39+	05:59+	07:00+	08:40+	11:40+	13:40+	15:08+	19:23+	23:16+	23:56+	25:14+	26:38+	28:03+	30:27+	33:07+	35:06+	35:25+
01:37+	02:02+	02:20+	01:01+	01:40+	03:00+	02:00+	01:28+	04:15-	03:53+	00:40-	01:18+	01:24+	01:25+	02:24+	02:40+	01:59+	00:19-
00:31&	00:24#	00:58&	00:18&	00:26&	00:59&	00:37&	00:33&	00:32-	01:04&	00:02-	00:18&	00:12#	00:22&	00:25#	01:41@	00:59&	00:02-
9	Kjell Ove Aksland	27	36:06														
01:22+	03:48+	05:40+	06:36+	08:24+	12:57+	14:54+	18:15+	22:49+	26:03+	27:06+	28:24+	29:38+	31:09+	33:24+	34:43+	35:49+	36:06+
01:22+	02:26+	01:52+	00:56+	01:48+	04:33+	01:57+	03:21+	04:34-	03:14+	01:03+	01:18+	01:14+	01:31+	02:15+	01:19+	01:06+	00:17-
00:16#	00:48&	00:30&	00:13&	00:34&	02:32@	00:34&	02:26@	00:13-	00:25#	00:21&	00:18&	00:02+	00:28&	00:16#	00:20&	00:06#	00:04-
10	Torbjørn Dahle	92	36:14														
01:29+	03:29+	05:08+	06:19+	08:20+	11:35+	13:26+	16:05+	20:14+	24:02+	24:52+	26:26+	28:18+	29:58+	32:53+	34:26+	35:51+	36:14+
01:29+	02:00+	01:39+	01:11+	02:01+	03:15+	01:51+	02:39+	04:09-	03:48+	00:50+	01:34+	01:52+	01:40+	02:55+	01:33+	01:25+	00:23+
00:23&	00:22#	00:17#	00:28&	00:47&	01:14&	00:28&	01:44@	00:38-	00:59&	00:08#	00:34&	00:40&	00:37&	00:56&	00:34&	00:25&	00:02+
11	Inge Skretting	165	37:18														
01:43+	03:30+	05:04+	06:10+	07:41+	10:18+	12:05+	15:49+	21:00+	23:50+	24:35+	25:52+	27:13+	28:37+	34:38+	35:54+	37:02+	37:18+
01:43+	01:47+	01:34+	01:06+	01:31+	02:37+	01:47+	03:44+	05:11+	02:50+	00:45+	01:17+	01:21+	01:24+	06:01+	01:16+	01:08+	00:16-
00:37&	00:09+	00:12#	00:23&	00:17#	00:36&	00:24&	02:49@	00:24+	00:01+	00:03+	00:17&	00:09#	00:21&	04:02@	00:17&	00:08#	00:05-
12	Arne Øvstebø	71	38:21														
05:10+	07:03+	08:31+	09:33+	11:13+	14:06+	15:57+	18:17+	22:33+	28:33+	29:29+	30:42+	32:09+	33:34+	35:46+	37:09+	38:04+	38:21+
05:10+	01:53+	01:28+	01:02+	01:40+	02:53+	01:51+	02:20+	04:16-	06:00+	00:56+	01:13+	01:27+	01:25+	02:12+	01:23+	00:55-	00:17-
04:04@	00:15#	00:06+	00:19&	00:26&	00:52&	00:28&	01:25@	00:31-	03:11@	00:14&	00:13#	00:15#	00:22&	00:13#	00:24&	00:05-	00:04-
13	Tor Inge Halvorsen	5	41:11														
02:04+	04:15+	05:43+	06:38+	08:11+	11:01+	12:35+	14:17+	26:49+	31:14+	31:59+	33:17+	34:48+	36:13+	38:38+	39:46+	40:52+	41:11+
02:04+	02:11+	01:28+	00:55+	01:33+	02:50+	01:34+	01:42+	12:32+	04:25+	00:45+	01:18+	01:31+	01:25+	02:25+	01:08+	01:06+	00:19-
00:58&	00:33&	00:06+	00:12&	00:19&	00:49&	00:11#	00:47&	07:45@	01:36&	00:03+	00:18&	00:19&	00:22&	00:26#	00:09#	00:06#	00:02-
14	John C. Sinnes	93	44:17														
02:18+	04:41+	06:25+	07:28+	09:30+	14:00+	18:39+	20:33+	28:55+	31:28+	35:00+	36:04+	37:39+	38:58+	41:31+	42:43+	43:57+	44:17+
02:18+	02:23+	01:44+	01:03+	02:02+	04:30+	04:39+	01:54+	08:22+	02:33-	03:32+	01:04+	01:35+	01:19+	02:33+	01:12+	01:14+	00:20-
01:12@	00:45&	00:22&	00:20&	00:48&	02:29@	03:16@	00:59@	03:35&	00:16-	02:50@	00:04+	00:23&	00:16&	00:34&	00:13#	00:14#	00:01-

Class	Navn	Klasse										Tid					
15	Svein Magne Gloppen	93										45:35					
02:00+	04:45+	08:13+	09:43+	11:53+	15:14+	17:17+	18:49+	30:42+	33:44+	34:28+	35:30+	36:49+	38:40+	41:03+	43:50+	45:13+	45:35+
02:00+	02:45+	03:28+	01:30+	02:10+	03:21+	02:03+	01:32+	11:53+	03:02+	00:44+	01:02+	01:19+	01:51+	02:23+	02:47+	01:23+	00:22+
00:54&	01:07&	02:06@	00:47@	00:56&	01:20&	00:40&	00:37&	07:06@	00:13+	00:02+	00:02+	00:07+	00:48&	00:24#	01:48@	00:23&	00:01+

Beste strekktid for klassen

00:56 01:32 01:06 00:43 01:14 02:01 01:16 00:55 03:06 02:22 00:36 00:52 01:12 01:03 01:50 00:51 00:54 00:14

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

Herrer 65 - 69 år

1	Bjarne Gimre	88										29:02					
01:19=	03:26=	04:48=	05:54=	07:44=	10:20=	11:58=	13:20=	16:43=	19:29=	20:19=	21:30=	22:57=	24:21=	26:44=	27:43=	28:46=	29:02=
01:19=	02:07=	01:22=	01:06=	01:50=	02:36=	01:38=	01:22=	03:23=	02:46=	00:50=	01:11=	01:27=	01:24=	02:23=	00:59=	01:03=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Olav Tunheim	93										30:08					
01:17-	03:16-	04:59+	06:16+	07:49+	10:22+	12:53+	14:09+	17:39+	20:44+	21:33+	22:39+	23:55+	25:20+	27:40+	28:55+	29:55+	30:08+
01:17-	01:59-	01:43+	01:17+	01:33-	02:33-	02:31+	01:16-	03:30+	03:05+	00:49-	01:06-	01:16-	01:25+	02:20-	01:15+	01:00-	00:13-
00:02-	00:08-	00:21&	00:11#	00:17-	00:03-	00:53&	00:06-	00:07+	00:19#	00:01-	00:05-	00:11-	00:01+	00:03-	00:16&	00:03-	00:03-
3	Bjørn Sivertsen	99										31:42					
01:31+	03:50+	05:27+	06:24+	08:14+	10:49+	12:37+	14:01+	18:15+	21:25+	22:11+	23:21+	24:58+	26:22+	29:03+	30:15+	31:23+	31:42+
01:31+	02:19+	01:37+	00:57-	01:50=	02:35-	01:48+	01:24+	04:14+	03:10+	00:46-	01:10-	01:37+	01:24=	02:41+	01:12+	01:08+	00:19+
00:12#	00:12+	00:15#	00:09-	00:00=	00:01-	00:10#	00:02+	00:51&	00:24#	00:04-	00:01-	00:10#	00:00=	00:18#	00:13#	00:05+	00:03#
4	Kjell Skjæveland	166										31:47					
01:16-	02:59-	04:34-	05:34-	07:10-	10:09-	11:50-	13:02-	19:13+	22:13+	22:54+	24:03+	25:22+	26:34+	28:59+	30:18+	31:31+	31:47+
01:16-	01:43-	01:35+	01:00-	01:36-	02:59+	01:41+	01:12-	06:11+	03:00+	00:41-	01:09-	01:19-	01:12-	02:25+	01:19+	01:13+	00:16=
00:03-	00:24-	00:13#	00:06-	00:14-	00:23#	00:03+	00:10-	02:48&	00:14+	00:09-	00:02-	00:08-	00:12-	00:02+	00:20&	00:10#	00:00=
5	Torbjørn Evensen	108										33:33					
01:13-	02:52-	04:23-	05:13-	06:46-	09:22-	10:53-	12:13-	16:10-	23:15+	24:26+	25:48+	27:00+	28:27+	30:42+	31:51+	33:15+	33:33+
01:13-	01:39-	01:31+	00:50-	01:33-	02:36=	01:31-	01:20-	03:57+	07:05+	01:11+	01:22+	01:12-	01:27+	02:15-	01:09+	01:24+	00:18+
00:06-	00:28-	00:09#	00:16-	00:17-	00:00=	00:07-	00:02-	00:34#	04:19@	00:21&	00:11#	00:15-	00:03+	00:08-	00:10#	00:21&	00:02#
6	Sveinung Tveit	236										36:10					
01:47+	04:21+	06:03+	07:06+	09:04+	11:49+	15:27+	16:52+	19:57+	24:51+	25:40+	26:51+	28:33+	30:12+	33:14+	34:30+	35:49+	36:10+
01:47+	02:34+	01:42+	01:03-	01:58+	02:45+	03:38+	01:25+	03:05-	04:54+	00:49-	01:11=	01:42+	01:39+	03:02+	01:16+	01:19+	00:21+
00:28&	00:27#	00:20#	00:03-	00:08+	00:09+	02:00@	00:03+	00:18-	02:08&	00:01-	00:00=	00:15#	00:15#	00:39&	00:17&	00:16&	00:05&
7	Arne Magne Handeland	92										37:01					
01:39+	03:41+	05:09+	06:11+	08:14+	10:55+	14:41+	16:26+	21:16+	26:07+	26:53+	28:00+	29:26+	31:00+	33:55+	35:20+	36:43+	37:01+
01:39+	02:02-	01:28+	01:02-	02:03+	02:41+	03:46+	01:45+	04:50+	04:51+	00:46-	01:07-	01:26-	01:34+	02:55+	01:25+	01:23+	00:18+
00:20&	00:05-	00:06+	00:04-	00:13#	00:05+	02:08@	00:23&	01:27&	02:05&	00:04-	00:04-	00:01-	00:10#	00:32#	00:26&	00:20&	00:02#
8	Bjørn Bjelland	83										37:03					
01:58+	04:02+	05:59+	07:37+	09:32+	12:39+	14:34+	17:01+	22:13+	25:53+	26:46+	27:52+	29:30+	31:15+	34:06+	35:20+	36:41+	37:03+
01:58+	02:04-	01:57+	01:38+	01:55+	03:07+	01:55+	02:27+	05:12+	03:40+	00:53+	01:06-	01:38+	01:45+	02:51+	01:14+	01:21+	00:22+
00:39&	00:03-	00:35&	00:32&	00:05+	00:31#	00:17#	01:05&	01:49&	00:54&	00:03+	00:05-	00:11#	00:21#	00:28#	00:15&	00:18&	00:06&
9	Jan Arendal	116										38:28					
01:32+	04:06+	05:52+	07:00+	09:06+	12:07+	14:29+	16:12+	20:56+	26:38+	27:36+	29:00+	30:45+	32:24+	35:17+	36:40+	38:07+	38:28+
01:32+	02:34+	01:46+	01:08+	02:06+	03:01+	02:22+	01:43+	04:44+	05:42+	00:58+	01:24+	01:45+	01:39+	02:53+	01:23+	01:27+	00:21+
00:13#	00:27#	00:24&	00:02+	00:16#	00:25#	00:44&	00:21&	01:21&	02:56@	00:08#	00:13#	00:18#	00:15#	00:30#	00:24&	00:24&	00:05&
10	Arnstein Skretting	54										40:18					
01:45+	04:14+	09:02+	10:00+	12:06+	15:49+	17:41+	21:17+	25:19+	29:04+	29:55+	31:28+	32:55+	34:34+	37:28+	38:52+	39:58+	40:18+
01:45+	02:29+	04:48+	00:58-	02:06+	03:43+	01:52+	03:36+	04:02+	03:45+	00:51+	01:33+	01:27=	01:39+	02:54+	01:24+	01:06+	00:20+
00:26&	00:22#	03:26@	00:08-	00:16#	01:07&	00:14#	02:14@	00:39#	00:59&	00:01+	00:22&	00:00=	00:15#	00:31#	00:25&	00:03+	00:04#
11	Frode Sandal	29										40:39					
01:12-	02:59-	04:32-	05:25-	06:58-	10:35+	12:08+	13:18-	16:34-	28:58+	31:55+	33:01+	34:25+	35:45+	38:00+	39:15+	40:17+	40:39+
01:12-	01:47-	01:33+	00:53-	01:33-	03:37+	01:33-	01:10-	03:16-	12:24+	02:57+	01:06-	01:24-	01:20-	02:15-	01:15+	01:02-	00:22+
00:07-	00:20-	00:11#	00:13-	00:17-	01:01&	00:05-	00:12-	00:07-	09:38@	02:07@	00:05-	00:03-	00:04-	00:08-	00:16&	00:01-	00:06&
12	Tore Karlsen	105										42:56					
01:37+	04:02+	07:42+	09:41+	12:36+	15:54+	18:16+	20:21+	25:00+	29:00+	29:50+	31:11+	32:51+	34:42+	39:54+	41:23+	42:33+	42:56+
01:37+	02:25+	03:40+	01:59+	02:55+	03:18+	02:22+	02:05+	04:39+	04:00+	00:50=	01:21+	01:40+	01:51+	05:12+	01:29+	01:10+	00:23+
00:18#	00:18#	02:18@	00:53&	01:05&	00:42&	00:44&	00:43&	01:16&	01:14&	00:00=	00:10#	00:13#	00:27&	02:49@	00:30&	00:07#	00:07&

Class	Navn	Klasse										Tid					
13	Rolf Kleppe	63										43:23					
02:13+	04:58+	06:56+	08:09+	10:18+	14:14+	16:17+	18:05+	27:10+	30:52+	31:46+	33:10+	34:55+	36:50+	40:10+	41:36+	43:02+	43:23+
02:13+	02:45+	01:58+	01:13+	02:09+	03:56+	02:03+	01:48+	09:05+	03:42+	00:54+	01:24+	01:45+	01:55+	03:20+	01:26+	01:26+	00:21+
00:54&	00:38&	00:36&	00:07#	00:19#	01:20&	00:25&	00:26&	05:42@	00:56&	00:04+	00:13#	00:18#	00:31&	00:57&	00:27&	00:23&	00:05&
14	Steinar Barmen	105										56:16					
01:45+	03:58+	09:10+	10:27+	12:47+	31:34+	33:37+	35:39+	41:41+	45:08+	46:03+	47:24+	48:53+	50:16+	52:54+	54:05+	55:59+	56:16+
01:45+	02:13+	05:12+	01:17+	02:20+	18:47+	02:03+	02:02+	06:02+	03:27+	00:55+	01:21+	01:29+	01:23-	02:38+	01:11+	01:54+	00:17+
00:26&	00:06+	03:50@	00:11#	00:30&	16:11@	00:25&	00:40&	02:39&	00:41#	00:05#	00:10#	00:02+	00:01-	00:15#	00:12#	00:51&	00:01+
Beste strekktid for klassen																	
01:12	01:39	01:22	00:50	01:33	02:33	01:31	01:10	03:05	02:46	00:41	01:06	01:12	01:12	02:15	00:59	01:00	00:13

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

Herrer 70 - 74 år

1	Bjørn Alsaker	115										24:02					
01:04=	02:32=	03:46=	04:30=	05:56=	08:13=	09:36=	10:47=	13:16=	15:45=	16:22=	17:19=	18:31=	19:38=	21:37=	22:42=	23:45=	24:02=
01:04=	01:28=	01:14=	00:44=	01:26=	02:17=	01:23=	01:11=	02:29=	02:29=	00:37=	00:57=	01:12=	01:07=	01:59=	01:05=	01:03=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gunnar Sakseid	116										25:16					
01:15+	03:01+	04:24+	05:13+	06:47+	09:08+	10:32+	11:53+	14:40+	16:49+	17:28+	18:26+	19:38+	20:47+	23:05+	24:05+	25:00+	25:16+
01:15+	01:46+	01:23+	00:49+	01:34+	02:21+	01:24+	01:21+	02:47+	02:09+	00:39+	00:58+	01:12=	01:09+	02:18+	01:00-	00:55-	00:16-
00:11#	00:18#	00:09#	00:05#	00:08+	00:04+	00:01+	00:10#	00:18#	00:20-	00:02+	00:01+	00:00=	00:02+	00:19#	00:05-	00:08-	00:01-
3	Harry Breiland	66										25:31					
01:08+	02:40+	03:51+	04:38+	06:04+	08:17+	09:43+	10:51+	13:56+	17:08+	17:52+	18:53+	20:10+	21:19+	23:22+	24:21+	25:16+	25:31+
01:08+	01:32+	01:11-	00:47+	01:26=	02:13-	01:26+	01:08-	03:05+	03:12+	00:44+	01:01+	01:17+	01:09+	02:03+	00:59-	00:55-	00:15-
00:04+	00:04+	00:03-	00:03+	00:00=	00:04-	00:03+	00:03-	00:36#	00:43&	00:07#	00:04+	00:05+	00:02+	00:04+	00:06-	00:08-	00:02-
4	Svein Berge	126										27:55					
01:05+	02:40+	03:53+	04:41+	06:08+	09:36+	11:19+	12:43+	15:45+	19:15+	20:04+	21:04+	22:16+	23:32+	25:45+	26:43+	27:40+	27:55+
01:05+	01:35+	01:13-	00:48+	01:27+	03:28+	01:43+	01:24+	03:02+	03:30+	00:49+	01:00+	01:12=	01:16+	02:13+	00:58-	00:57-	00:15-
00:01+	00:07+	00:01-	00:04+	00:01+	01:11&	00:20#	00:13#	00:33#	01:01&	00:12&	00:03+	00:00=	00:09#	00:14#	00:07-	00:06-	00:02-
5	Paul A. Paulsen	117										30:19					
01:22+	03:09+	05:24+	06:29+	08:07+	10:37+	12:19+	13:31+	17:34+	20:46+	21:35+	22:40+	24:01+	25:26+	27:54+	28:58+	30:02+	30:19+
01:22+	01:47+	02:15+	01:05+	01:38+	02:30+	01:42+	01:12+	04:03+	03:12+	00:49+	01:05+	01:21+	01:25+	02:28+	01:04-	01:04+	00:17=
00:18&	00:19#	01:01&	00:21&	00:12#	00:13+	00:19#	00:01+	01:34&	00:43&	00:12&	00:08#	00:09#	00:18&	00:29#	00:01-	00:01+	00:00=
6	Jan Inge Lunde	88										31:34					
01:36+	03:49+	05:06+	06:24+	08:11+	11:01+	12:50+	14:07+	17:48+	20:42+	21:32+	22:46+	24:24+	25:57+	28:46+	29:58+	31:15+	31:34+
01:36+	02:13+	01:17+	01:18+	01:47+	02:50+	01:49+	01:17+	03:41+	02:54+	00:50+	01:14+	01:38+	01:33+	02:49+	01:12+	01:17+	00:19+
00:32&	00:45&	00:03+	00:34&	00:21#	00:33#	00:26&	00:06+	01:12&	00:25#	00:13&	00:17&	00:26&	00:26&	00:50&	00:07#	00:14#	00:02#
7	Jan Hetland	29										32:13					
01:23+	06:32+	08:01+	09:33+	11:16+	13:47+	15:40+	17:14+	21:04+	23:30+	24:03+	25:06+	26:16+	27:32+	29:46+	30:58+	32:00+	32:13+
01:23+	05:09+	01:29+	01:32+	01:43+	02:31+	01:53+	01:34+	03:50+	02:26-	00:33-	01:03+	01:10-	01:16+	02:14+	01:12+	01:02-	00:13-
00:19&	03:41@	00:15#	00:48@	00:17#	00:14#	00:30&	00:23&	01:21&	00:03-	00:04-	00:06#	00:02-	00:09#	00:15#	00:07#	00:01-	00:04-
8	Jostein Tunheim	116										34:44					
01:46+	04:09+	05:58+	07:15+	09:12+	11:49+	13:26+	14:53+	19:00+	22:33+	23:19+	24:34+	26:02+	27:39+	30:28+	33:05+	34:22+	34:44+
01:46+	02:23+	01:49+	01:17+	01:57+	02:37+	01:37+	01:27+	04:07+	03:33+	00:46+	01:15+	01:28+	01:37+	02:49+	02:37+	01:17+	00:22+
00:42&	00:55&	00:35&	00:33&	00:31&	00:20#	00:14#	00:16#	01:38&	01:04&	00:09#	00:18&	00:16#	00:30&	00:50&	01:32@	00:14#	00:05&
9	Ragnvald Frøyland	128										35:56					
01:14+	03:43+	05:10+	06:22+	08:01+	10:33+	12:14+	14:13+	20:30+	26:11+	26:57+	28:08+	29:28+	30:51+	33:25+	34:36+	35:35+	35:56+
01:14+	02:29+	01:27+	01:12+	01:39+	02:32+	01:41+	01:59+	06:17+	05:41+	00:46+	01:11+	01:20+	01:23+	02:34+	01:11+	00:59-	00:21+
00:10#	01:01&	00:13#	00:28&	00:13#	00:15#	00:18#	00:48&	03:48@	03:12@	00:09#	00:14#	00:08#	00:16#	00:35&	00:06+	00:04-	00:04#
10	Tore R. Tvedt	395										36:05					
02:01+	04:16+	05:59+	07:02+	09:08+	14:11+	16:17+	18:22+	22:15+	25:46+	26:36+	28:02+	29:29+	30:50+	33:12+	34:27+	35:44+	36:05+
02:01+	02:15+	01:43+	01:03+	02:06+	05:03+	02:06+	02:05+	03:53+	03:31+	00:50+	01:26+	01:27+	01:21+	02:22+	01:15+	01:17+	00:21+
00:57&	00:47&	00:29&	00:19&	00:40&	02:46@	00:43&	00:54&	01:24&	01:02&	00:13&	00:29&	00:15#	00:14#	00:23#	00:10#	00:14#	00:04#
11	Kjell Ivar Skjørestad	92										36:41					
01:28+	03:24+	05:11+	06:08+	07:49+	12:07+	14:19+	16:41+	21:47+	25:53+	26:59+	28:17+	29:52+	31:10+	33:41+	34:47+	36:20+	36:41+
01:28+	01:56+	01:47+	00:57+	01:41+	04:18+	02:12+	02:22+	05:06+	04:06+	01:06+	01:18+	01:35+	01:18+	02:31+	01:06+	01:33+	00:21+
00:24&	00:28&	00:33&	00:13&	00:15#	02:01&	00:49&	01:11&	02:37@	01:37&	00:29&	00:21&	00:23&	00:11#	00:32&	00:01+	00:30&	00:04#

Class	Navn	Klasse											Tid				
12	Leif Kåre Lende	128											43:11				
01:18+	03:16+	04:37+	05:39+	07:25+	11:16+	12:51+	14:30+	19:50+	32:50+	33:36+	34:44+	36:12+	37:41+	40:17+	41:45+	42:55+	43:11+
01:18+	01:58+	01:21+	01:02+	01:46+	03:51+	01:35+	01:39+	05:20+	13:00+	00:46+	01:08+	01:28+	01:29+	02:36+	01:28+	01:10+	00:16-
00:14#	00:30#	00:07+	00:18#	00:20#	01:34#	00:12#	00:28#	02:51#	10:31#	00:09#	00:11#	00:16#	00:22#	00:37#	00:23#	00:07#	00:01-
13	Kjell Ingar Olsen	50											43:35				
01:59+	04:49+	07:52+	09:10+	11:20+	14:47+	17:11+	21:13+	26:32+	30:23+	31:41+	33:09+	34:42+	36:40+	39:44+	41:29+	43:16+	43:35+
01:59+	02:50+	03:03+	01:18+	02:10+	03:27+	02:24+	04:02+	05:19+	03:51+	01:18+	01:28+	01:33+	01:58+	03:04+	01:45+	01:47+	00:19+
00:55#	01:22#	01:49#	00:34#	00:44#	01:10#	01:01#	02:51#	02:50#	01:22#	00:41#	00:31#	00:21#	00:51#	01:05#	00:40#	00:44#	00:02#
14	Leif Gunnar Wikene	43											43:40				
01:25+	03:38+	05:51+	07:08+	09:18+	13:38+	18:02+	19:52+	25:13+	31:27+	32:19+	33:42+	35:28+	37:04+	39:55+	41:31+	43:15+	43:40+
01:25+	02:13+	02:13+	01:17+	02:10+	04:20+	04:24+	01:50+	05:21+	06:14+	00:52+	01:23+	01:46+	01:36+	02:51+	01:36+	01:44+	00:25+
00:21#	00:45#	00:59#	00:33#	00:44#	02:03#	03:01#	00:39#	02:52#	03:45#	00:15#	00:26#	00:34#	00:29#	00:52#	00:31#	00:41#	00:08#
15	Sverre Uhlving	105											1:07:58				
06:13+	10:14+	13:49+	15:51+	19:19+	24:45+	28:06+	30:53+	43:03+	51:56+	53:23+	54:57+	56:49+	58:49+	63:37+	66:06+	67:36+	67:58+
06:13+	04:01+	03:35+	02:02+	03:28+	05:26+	03:21+	02:47+	12:10+	08:53+	01:27+	01:34+	01:52+	02:00+	04:48+	02:29+	01:30+	00:22+
05:09#	02:33#	02:21#	01:18#	02:02#	03:09#	01:58#	01:36#	09:41#	06:24#	00:50#	00:37#	00:40#	00:53#	02:49#	01:24#	00:27#	00:05#
Beste strekktid for klassen																	
01:04	01:28	01:11	00:44	01:26	02:13	01:23	01:08	02:29	02:09	00:33	00:57	01:10	01:07	01:59	00:58	00:55	00:13

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

Herrer 75 - 79 år

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

Class	Navn	Klasse												Tid
10	Hermann Skogsholm	53												44:06
16:11+	17:39+	19:40+	23:08+	25:06+	27:24+	32:13+	34:39+	36:21+	38:06+	39:32+	41:11+	42:18+	43:43+	44:06+
16:11+	01:28+	02:01+	03:28+	01:58+	02:18+	04:49+	02:26+	01:42+	01:45+	01:26+	01:39+	01:07+	01:25-	00:23=
11:28@	00:25&	00:13#	00:23#	00:07+	00:51&	01:23&	00:24#	00:08+	00:14#	00:12#	00:30&	00:19&	00:04-	00:00=
11	Hilmar Røthing	128												47:10
07:09+	08:34+	11:01+	15:25+	18:18+	20:19+	27:13+	34:19+	36:54+	39:06+	40:53+	42:43+	43:59+	46:15+	47:10+
07:09+	01:25+	02:27+	04:24+	02:53+	02:01+	06:54+	07:06+	02:35+	02:12+	01:47+	01:50+	01:16+	02:16+	00:55+
02:26&	00:22&	00:39&	01:19&	01:02&	00:34&	03:28@	05:04@	01:01&	00:41&	00:33&	00:41&	00:28&	00:47&	00:32@
12	Mangor Eikeland	92												1:03:52
15:59+	17:34+	27:06+	32:55+	36:52+	39:45+	45:54+	49:34+	52:19+	55:08+	57:01+	59:27+	60:46+	63:15+	63:52+
15:59+	01:35+	09:32+	05:49+	03:57+	02:53+	06:09+	03:40+	02:45+	02:49+	01:53+	02:26+	01:19+	02:29+	00:37+
11:16@	00:32&	07:44@	02:44&	02:06@	01:26&	02:43&	01:38&	01:11&	01:18&	00:39&	01:17@	00:31&	01:00&	00:14&
Beste strekktid for klassen														
04:43	01:02	01:45	02:41	01:39	01:27	03:26	01:44	01:28	01:23	01:14	01:09	00:45	01:03	00:17

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

Herrer 80 år og eldre

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

Class	Navn	Klasse														Tid
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Beste strekktid for klassen

02:42 01:26 02:34 01:39 03:07 00:54 01:18 01:40 02:57 02:39 00:42 01:27 00:19

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

Herrer A

1	Sigurd Oftedal	18	26:37																	
02:41=	03:13=	04:11=	05:44=	06:44=	07:32=	09:29=	11:09=	12:21=	13:18=	14:09=	15:08=	16:38=	16:59=	17:35=	20:52=	21:29=	22:18=	25:50=	26:25=	26:37=
02:41=	00:32=	00:58=	01:33=	01:00=	00:48=	01:57=	01:40=	01:12=	00:57=	00:51=	00:59=	01:30=	00:21=	00:36=	03:17=	00:37=	00:49=	03:32=	00:35=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Harald Kalager	7	28:12																	
02:37-	03:09-	04:15+	05:55+	07:01+	07:52+	10:00+	11:56+	13:10+	14:04+	14:57+	15:54+	17:32+	17:54+	18:37+	21:51+	22:38+	23:26+	27:10+	27:58+	28:12+
02:37-	00:32=	01:06+	01:40+	01:06+	00:51+	02:08+	01:56+	01:14+	00:54-	00:53+	00:57-	01:38+	00:22+	00:43+	03:14-	00:47+	00:48-	03:44+	00:48+	00:14+
00:04-	00:00=	00:08#	00:07+	00:06#	00:03+	00:11+	00:16#	00:02+	00:03-	00:02+	00:02-	00:08+	00:01+	00:07#	00:03-	00:10#	00:01-	00:12+	00:13#	00:02#

3	Svein Magnus Halsne	71	28:39																	
02:41=	03:16+	04:21+	05:56+	06:53+	08:05+	10:31+	12:08+	13:20+	14:19+	15:14+	16:11+	17:46+	18:11+	18:53+	22:38+	23:19+	24:04+	27:42+	28:26+	28:39+
02:41=	00:35+	01:05+	01:35+	00:57-	01:12+	02:26+	01:37-	01:12=	00:59+	00:55+	00:57-	01:35+	00:25+	00:42+	03:45+	00:41+	00:45-	03:38+	00:44+	00:13+
00:00=	00:03+	00:07#	00:02+	00:03-	00:24#	00:29#	00:03-	00:00=	00:02+	00:04+	00:02-	00:05+	00:04#	00:06#	00:28#	00:04#	00:04-	00:06+	00:09#	00:01+

4	Thomas Olsen Schive	126	30:13																	
02:44+	03:17+	04:21+	06:06+	07:16+	08:07+	10:34+	12:20+	13:34+	14:34+	15:29+	16:25+	18:02+	18:25+	19:13+	23:22+	24:23+	25:10+	29:17+	29:59+	30:13+
02:44+	00:33+	01:04+	01:45+	01:10+	00:51+	02:27+	01:46+	01:14+	01:00+	00:55+	00:56-	01:37+	00:23+	00:48+	04:09+	01:01+	00:47-	04:07+	00:42+	00:14+
00:03+	00:01+	00:06#	00:12#	00:10#	00:03+	00:30#	00:06+	00:02+	00:03+	00:04+	00:03-	00:07+	00:02+	00:12#	00:52#	00:24#	00:02-	00:35#	00:07#	00:02#

5	Lars Sigve Oftedal	167	31:09																	
02:58+	03:39+	04:50+	06:38+	07:49+	08:51+	11:19+	13:15+	14:34+	15:39+	16:39+	17:41+	19:37+	20:06+	20:49+	24:02+	24:58+	25:49+	30:08+	30:54+	31:09+
02:58+	00:41+	01:11+	01:48+	01:11+	01:02+	02:28+	01:56+	01:19+	01:05+	01:00+	01:02+	01:56+	00:29+	00:43+	03:13-	00:56+	00:51+	04:19+	00:46+	00:15+
00:17#	00:09#	00:13#	00:15#	00:11#	00:14#	00:31#	00:16#	00:07+	00:08#	00:09#	00:03+	00:26#	00:08#	00:07#	00:04-	00:19#	00:02+	00:47#	00:11#	00:03#

6	Kristian Haarr	27	31:40																	
02:53+	03:35+	04:47+	06:23+	07:29+	08:33+	11:30+	13:29+	14:42+	15:49+	16:45+	17:45+	19:37+	19:59+	20:35+	24:28+	25:16+	26:14+	30:40+	31:25+	31:40+
02:53+	00:42+	01:12+	01:36+	01:06+	01:04+	02:57+	01:59+	01:13+	01:07+	00:56+	01:00+	01:52+	00:22+	00:36=	03:53+	00:48+	00:58+	04:26+	00:45+	00:15+
00:12+	00:10#	00:14#	00:03+	00:06#	00:16#	01:00#	00:19#	00:01+	00:10#	00:05+	00:01+	00:22#	00:01+	00:00=	00:36#	00:11#	00:09#	00:54#	00:10#	00:03#

7	Andreas Mykkeltveit Terjesen	43	33:26																	
03:24+	04:05+	05:17+	07:13+	08:28+	10:22+	13:11+	15:24+	16:40+	17:42+	18:43+	19:47+	21:43+	22:07+	22:51+	26:10+	27:17+	28:16+	32:25+	33:14+	33:26+
03:24+	00:41+	01:12+	01:56+	01:15+	01:54+	02:49+	02:13+	01:16+	01:02+	01:01+	01:04+	01:56+	00:24+	00:44+	03:19+	01:07+	00:59+	04:09+	00:49+	00:12=
00:43#	00:09#	00:14#	00:23#	00:15#	01:06#	00:52#	00:33#	00:04+	00:05+	00:10#	00:05+	00:26#	00:03#	00:08#	00:02+	00:30#	00:10#	00:37#	00:14#	00:00=

8	Martin Blystad	115	36:18																	
02:57+	03:35+	04:48+	06:50+	08:02+	09:54+	13:51+	15:53+	18:25+	19:32+	20:34+	21:45+	23:43+	24:14+	25:01+	28:21+	29:17+	31:03+	35:14+	36:03+	36:18+
02:57+	00:38+	01:13+	02:02+	01:12+	01:52+	03:57+	02:02+	02:32+	01:07+	01:02+	01:11+	01:58+	00:31+	00:47+	03:20+	00:56+	01:46+	04:11+	00:49+	00:15+
00:16+	00:06#	00:15#	00:29#	00:12#	01:04#	02:00#	00:22#	01:20#	00:10#	00:11#	00:12#	00:28#	00:10#	00:11#	00:03+	00:19#	00:57#	00:39#	00:14#	00:03#

9	Håkon Eggebø	71	36:27																	
03:10+	03:50+	05:12+	07:14+	08:33+	09:52+	12:57+	17:03+	18:38+	19:44+	20:41+	22:00+	23:59+	24:24+	25:13+	29:12+	30:21+	31:12+	35:23+	36:16+	36:27+
03:10+	00:40+	01:22+	02:02+	01:19+	01:19+	03:05+	04:06+	01:35+	01:06+	00:57+	01:19+	01:59+	00:25+	00:49+	03:59+	01:09+	00:51+	04:11+	00:53+	00:11-
00:29#	00:08#	00:24#	00:29#	00:19#	00:31#	01:08#	02:26#	00:23#	00:09#	00:06#	00:20#	00:29#	00:04#	00:13#	00:42#	00:32#	00:02+	00:39#	00:18#	00:01-

10	Svein Kyllingstad	71	36:36																	
03:06+	03:51+	04:54+	06:46+	10:27+	11:26+	14:29+	16:57+	18:12+	19:17+	21:05+	22:07+	24:06+	24:30+	25:17+	28:51+	29:40+	30:49+	35:26+	36:18+	36:36+
03:06+	00:45+	01:03+	01:52+	03:41+	00:59+	03:03+	02:28+	01:15+	01:05+	01:48+	01:02+	01:59+	00:24+	00:47+	03:34+	00:49+	01:09+	04:37+	00:52+	00:18+
00:25#	00:13#	00:05+	00:19#	02:41#	00:11#	01:06#	00:48#	00:03+	00:08#	00:57#	00:03+	00:29#	00:03#	00:11#	00:17+	00:12#	00:20#	01:05#	00:17#	00:06#

11	Torbjørn Ims Østby	66	37:35																	
03:40+	09:04+	10:13+	12:10+	13:19+	14:32+	17:15+	19:19+	20:29+	21:36+	22:35+	23:47+	25:42+	26:09+	27:01+	30:32+	31:16+	32:11+	36:39+	37:20+	37:35+
03:40+	05:24+	01:09+	01:57+	01:09+	01:13+	02:43+	02:04+	01:10-	01:07+	00:59+	01:12+	01:55+	00:27+	00:52+	03:31+	00:44+	00:55+	04:28+	00:41+	00:15+
00:59#	04:52#	00:11#	00:24#	00:09#	00:25#	00:46#	00:24#	00:02-	00:10#	00:08#	00:13#	00:25#	00:06#	00:16#	00:14+	00:07#	00:06#	00:56#	00:06#	00:03#

Beste strekktid for klassen

02:37 00:32 00:58 01:33 00:57 00:48 01:57 01:37 01:10 00:54 00:51 00:56 01:30 00:21 00:36 03:13 00:37 00:45 03:32 00:35 00:11

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

Herrer B

Class	Navn	Klasse										Tid									
1	Ørjan Ravndal	194										25:48									
02:16=	02:47=	03:47=	05:24=	06:16=	07:06=	09:18=	10:58=	12:05=	13:05=	13:56=	14:51=	16:30=	16:53=	17:35=	20:04=	20:45=	21:29=	24:53=	25:36=	25:48=	
02:16=	00:31=	01:00=	01:37=	00:52=	00:50=	02:12=	01:40=	01:07=	01:00=	00:51=	00:55=	01:39=	00:23=	00:42=	02:29=	00:41=	00:44=	03:24=	00:43=	00:12=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Aart Joakim in't Veld	93										27:40									
02:28+	03:03+	04:13+	05:45+	06:46+	07:38+	09:54+	11:42+	12:55+	13:58+	14:50+	15:52+	17:31+	17:56+	18:35+	21:40+	22:25+	23:11+	26:47+	27:25+	27:40+	
02:28+	00:35+	01:10+	01:32-	01:01+	00:52+	02:16+	01:48+	01:13+	01:03+	00:52+	01:02+	01:39=	00:25+	00:39-	03:05+	00:45+	00:46+	03:36+	00:38-	00:15+	
00:12+	00:04#	00:10#	00:05-	00:09#	00:02+	00:04+	00:08+	00:06+	00:03+	00:01+	00:07#	00:00=	00:02+	00:03-	00:36#	00:04+	00:02+	00:12+	00:05-	00:03#	
3	Oddvar Taksdal	194										29:04									
02:45+	03:21+	04:31+	06:12+	07:19+	08:09+	10:21+	12:09+	13:20+	14:22+	15:17+	16:20+	18:03+	18:30+	19:13+	22:21+	23:06+	23:54+	28:01+	28:48+	29:04+	
02:45+	00:36+	01:10+	01:41+	01:07+	00:50=	02:12=	01:48+	01:11+	01:02+	00:55+	01:03+	01:43+	00:27+	00:43+	03:08+	00:45+	00:48+	04:07+	00:47+	00:16+	
00:29#	00:05#	00:10#	00:04+	00:15&	00:00=	00:00=	00:08+	00:04+	00:02+	00:04+	00:08#	00:04+	00:04#	00:01+	00:39&	00:04+	00:04+	00:43#	00:04+	00:04&	
4	Thomas Tveit	134										30:24									
02:56+	03:35+	04:37+	07:05+	08:27+	09:19+	11:34+	13:44+	15:40+	16:34+	17:28+	18:42+	20:08+	20:30+	21:41+	24:44+	25:27+	26:16+	29:29+	30:13+	30:24+	
02:56+	00:39+	01:02+	02:28+	01:22+	00:52+	02:15+	02:10+	01:56+	00:54-	00:54+	01:14+	01:26-	00:22-	01:11+	03:03+	00:43+	00:49+	03:13-	00:44+	00:11-	
00:40&	00:08&	00:02+	00:51&	00:30&	00:02+	00:03+	00:30&	00:49&	00:06-	00:03+	00:19&	00:13-	00:01-	00:29&	00:34#	00:02+	00:05#	00:11-	00:01+	00:01-	
5	Geir Sand	105										30:46									
03:05+	03:41+	04:47+	06:30+	07:39+	08:51+	11:22+	13:26+	14:41+	15:43+	16:44+	18:08+	19:53+	20:17+	21:03+	24:02+	24:48+	25:43+	29:47+	30:33+	30:46+	
03:05+	00:36+	01:06+	01:43+	01:09+	01:12+	02:31+	02:04+	01:15+	01:02+	01:01+	01:24+	01:45+	00:24+	00:46+	02:59+	00:46+	00:55+	04:04+	00:46+	00:13+	
00:49&	00:05#	00:06#	00:06#	00:17&	00:22&	00:19#	00:24#	00:08#	00:02+	00:10#	00:29&	00:06+	00:01+	00:04+	00:30#	00:05#	00:11#	00:40#	00:03+	00:01+	
6	Tom Furland	62										30:50									
02:54+	03:34+	04:54+	06:48+	07:59+	08:57+	11:06+	13:03+	14:22+	15:30+	16:30+	17:36+	19:32+	19:57+	20:38+	23:45+	24:33+	25:27+	29:47+	30:34+	30:50+	
02:54+	00:40+	01:20+	01:54+	01:11+	00:58+	02:09-	01:57+	01:19+	01:08+	01:00+	01:56+	01:32+	00:25+	00:41-	03:07+	00:48+	00:54+	04:20+	00:47+	00:16+	
00:38&	00:09&	00:20&	00:17#	00:19&	00:08#	00:03-	00:17#	00:12#	00:08#	00:09#	00:11#	00:17#	00:02+	00:01-	00:38&	00:07#	00:10#	00:56&	00:04+	00:04&	
7	Stein Arne Olsen	68										31:05									
02:56+	03:35+	04:50+	06:48+	07:58+	09:03+	11:51+	14:01+	15:19+	16:22+	17:22+	18:28+	20:14+	20:38+	21:26+	24:26+	25:16+	26:12+	30:06+	30:51+	31:05+	
02:56+	00:39+	01:15+	01:58+	01:10+	01:05+	02:48+	02:10+	01:18+	01:03+	01:00+	01:06+	01:46+	00:24+	00:48+	03:00+	00:50+	00:56+	03:54+	00:45+	00:14+	
00:40&	00:08&	00:15#	00:21#	00:18&	00:15&	00:36&	00:30&	00:11#	00:03+	00:09#	00:11#	00:07+	00:01+	00:06#	00:31#	00:09#	00:12&	00:30#	00:02+	00:02#	
8	Kim Richter	353										31:27									
02:57+	03:34+	04:44+	06:22+	07:35+	08:33+	11:13+	13:30+	15:27+	16:23+	17:16+	18:16+	19:57+	20:21+	21:03+	24:32+	25:52+	26:43+	30:27+	31:11+	31:27+	
02:57+	00:37+	01:10+	01:38+	01:13+	00:58+	02:40+	02:17+	01:57+	00:56-	00:53+	01:00+	01:41+	00:24+	00:42=	03:29+	01:20+	00:51+	03:44+	00:44+	00:16+	
00:41&	00:06#	00:10#	00:01+	00:21&	00:08#	00:28#	00:37&	00:50&	00:04-	00:02+	00:05+	00:02+	00:01+	00:00=	01:00&	00:39&	00:07#	00:20+	00:01+	00:04&	
9	Magnus Landstad	66										32:53									
02:49+	03:26+	04:40+	07:30+	08:39+	09:33+	11:39+	13:27+	14:43+	15:51+	16:54+	17:53+	20:12+	20:43+	21:22+	25:40+	26:27+	27:24+	31:43+	32:37+	32:53+	
02:49+	00:37+	01:14+	02:50+	01:09+	00:54+	02:06-	01:48+	01:16+	01:08+	01:03+	00:59+	02:19+	00:31+	00:39-	04:18+	00:47+	00:57+	04:19+	00:54+	00:16+	
00:33#	00:06#	00:14#	01:13&	00:17&	00:04+	00:06-	00:08+	00:09#	00:08#	00:12#	00:04+	00:40&	00:08&	00:03-	01:49&	00:06#	00:13&	00:55&	00:11&	00:04&	
10	Per Olav Haarr	62										33:22									
02:51+	03:34+	04:45+	06:40+	07:54+	09:29+	11:56+	15:09+	16:31+	17:32+	18:33+	19:37+	21:31+	21:55+	22:39+	26:03+	26:59+	27:46+	32:18+	33:07+	33:22+	
02:51+	00:43+	01:11+	01:55+	01:14+	01:35+	02:27+	03:13+	01:22+	01:01+	01:01+	01:04+	01:54+	00:24+	00:44+	03:24+	00:56+	00:47+	04:32+	00:49+	00:15+	
00:35&	00:12&	00:11#	00:18#	00:22&	00:45&	00:15#	01:33&	00:15#	00:01+	00:10#	00:09#	00:15#	00:01+	00:02+	00:55&	00:15&	00:03+	01:08&	00:06#	00:03#	
11	Arne Eirik Nielsen	386										33:40									
02:46+	03:23+	04:34+	06:40+	08:55+	09:53+	12:37+	14:35+	15:53+	16:58+	17:57+	19:03+	20:53+	21:18+	22:15+	25:50+	26:50+	27:43+	32:35+	33:28+	33:40+	
02:46+	00:37+	01:11+	02:06+	02:15+	00:58+	02:44+	01:58+	01:18+	01:05+	00:59+	01:06+	01:50+	00:25+	00:57+	03:35+	01:00+	00:53+	04:52+	00:53+	00:12=	
00:30#	00:06#	00:11#	00:29&	01:23@	00:08#	00:32#	00:18#	00:11#	00:05+	00:08#	00:11#	00:11#	00:02+	00:15&	01:06&	00:19&	00:09#	01:28&	00:10#	00:00=	
12	Joar Eilevstjønn	67										33:56									
04:36+	05:18+	06:30+	08:17+	09:24+	10:12+	12:56+	15:14+	17:15+	18:19+	19:17+	20:13+	21:11+	22:53+	23:14+	23:59+	27:19+	28:09+	29:06+	33:03+	33:42+	33:56+
04:36+	00:42+	01:12+	01:47+	01:07+	00:48-	02:44+	02:18+	02:01+	01:04+	00:58+	00:56+	00:58-	01:42+	00:21-	00:45-	03:20+	00:50+	00:57-	03:57+	00:39+	00:14+
02:20@	00:11&	00:12#	00:10#	00:15&	00:02-	00:32#	00:38&	00:54&	00:04+	00:07#	00:01+	00:41-	01:19@	00:21-	01:44-	02:39@	00:06#	02:27-	03:14@	00:27@	00:14+
13	Jan-Rune L. Basso	91										34:16									
02:49+	03:28+	04:43+	06:35+	07:47+	08:49+	11:53+	13:50+	15:06+	16:07+	17:03+	18:03+	19:52+	20:15+	21:05+	27:20+	28:10+	29:04+	33:16+	34:00+	34:16+	
02:49+	00:39+	01:15+	01:52+	01:12+	01:02+	03:04+	01:57+	01:16+	01:01+	00:56+	01:00+	01:49+	00:23=	00:50+	06:15+	00:50+	00:54+	04:12+	00:44+	00:16+	
00:33#	00:08&	00:15#	00:15#	00:20&	00:12#	00:52&	00:17#	00:09#	00:01+	00:05+	00:05+	00:10#	00:00=	00:08#	03:46@	00:09#	00:10#	00:48#	00:01+	00:04&	
14	Bård Skogsholm	194										34:47									
03:18+	04:08+	05:22+	07:46+	09:17+	10:16+	13:12+	15:24+	16:51+	17:55+	18:58+	20:14+	22:20+	22:47+	23:30+	27:05+	28:23+	29:30+	33:52+	34:32+	34:47+	
03:18+	00:50+	01:14+	02:24+	01:31+	00:59+	02:56+	02:12+	01:27+	01:04+	01:03+	01:16+	02:06+	00:27+	00:43+	03:35+	01:18+	01:07+	04:22+	00:40-	00:15+	
01:02&	00:19&	00:14#	00:47&	00:39&	00:09#	00:44&	00:32&	00:20&	00:04+	00:12#	00:21&	00:27&	00:04#	00:01+	01:06&	00:37&	00:23&	00:58&	00:03-	00:03#	
15	Øyvind Rummelhoff	27										38:26									
02:55+	03:41+	04:51+	10:16+	11:54+	12:55+	15:41+	17:46+	19:01+	20:06+	21:05+	22:08+	23:59+	24:29+	25:19+	29:10+	30:24+	31:35+	37:19+	38:12+	38:26+	
02:55+	00:46+	01:10+	05:25+	01:38+	01:01+	02:46+	02:05+	01:15+	01:05+	00:59+	01:03+	01:51+	00:30+	00:50+	03:51+	01:14+	01:11+	05:44+	00:53+	00:14+	
00:39&	00:15&	00:10#	03:48@	00:46&	00:11#	00:34&	00:25#	00:08#	00:05+	00:08#	00:08#	00:12#	00:07&	00:08#	01:22&	00:33&	00:27&	02:20&	00:10#	00:02#	

Class	Navn	Klasse										Tid									
12	Øivind Berggraf	116										32:07									
02:11-	02:52-	04:17+	05:04-	06:29-	08:35+	10:11+	11:21+	14:23+	15:44+	16:58+	18:09+	19:06+	23:59+	24:53+	25:55+	29:51+	30:18+	30:50+	31:42+	32:07+	
02:11-	00:41-	01:25+	00:47-	01:25-	02:06+	01:36+	01:10-	03:02+	01:21+	01:14+	01:11+	00:57-	04:53+	00:54-	01:02-	03:56+	00:27-	00:32-	00:52+	00:25+	
00:17-	00:14-	00:47@	00:24-	00:23-	01:02&	00:40&	01:06-	01:51@	00:19&	00:07#	00:36@	01:52-	04:05@	00:02-	01:54-	03:21@	00:05-	00:13-	00:38@	00:25+	
13	Lars Helgeland	23										32:21									
02:32+	04:01+	04:52+	06:17+	08:52+	10:43+	11:45+	15:26+	17:00+	18:13+	19:23+	20:16+	24:28+	25:34+	26:36+	30:11+	30:39+	31:13+	32:04+	32:21+		
02:32+	01:29+	00:51+	01:25+	02:35+	01:51+	01:02+	03:41+	01:34+	01:13+	01:10+	00:53+	04:12+	01:06+	01:02+	03:35+	00:28-	00:34+	00:51+	00:17+		
00:04+	00:34&	00:13&	00:14#	00:47&	00:47&	00:06#	01:25&	00:23&	00:11#	00:03+	00:18&	01:23&	00:18&	00:06#	00:39#	00:07-	00:02+	00:06#	00:03#		
14	Nils John Vestøl	83										32:22									
02:19-	03:24+	04:02+	05:22+	07:58+	09:26+	11:51+	14:40+	15:59+	17:07+	18:13+	18:59+	24:30+	25:24+	26:26+	30:22+	30:48+	31:19+	32:08+	32:22+		
02:19-	01:05+	00:38=	01:20+	02:36+	01:28+	02:25+	02:49+	01:19+	01:08+	01:06-	00:46+	05:31+	00:54+	01:02+	03:56+	00:26-	00:31-	00:49+	00:14=		
00:09-	00:10#	00:00=	00:09#	00:48&	00:24&	01:29@	00:33#	00:08#	00:06+	00:01-	00:11&	02:42&	00:06#	00:06#	01:00&	00:09-	00:01-	00:04+	00:00=		
15	Sturle Omdal	116										32:46									
02:31+	03:57+	04:51+	06:11+	08:28+	10:08+	11:37+	15:27+	17:11+	18:18+	19:27+	20:02+	24:06+	25:14+	26:17+	30:39+	31:02+	31:40+	32:33+	32:46+		
02:31+	01:26+	00:54+	01:20+	02:17+	01:40+	01:29+	03:50+	01:44+	01:07+	01:09+	00:35=	04:04+	01:08+	01:03+	04:22+	00:23-	00:38+	00:53+	00:13-		
00:03+	00:31&	00:16&	00:09#	00:29&	00:36&	00:33&	00:42&	00:20&	00:05+	00:02+	00:00=	01:15&	00:20&	00:07#	01:26&	00:12-	00:06#	00:08#	00:01-		
16	Pål H. Gjerden	116										32:58									
02:32+	03:57+	04:42+	06:11+	08:26+	09:48+	10:58+	13:56+	15:27+	16:41+	18:02+	18:50+	23:41+	25:00+	26:23+	30:38+	31:10+	31:43+	32:42+	32:58+		
02:32+	01:25+	00:45+	01:29+	02:15+	01:22+	01:10+	02:58+	01:31+	01:14+	01:21+	00:48+	04:51+	01:19+	01:23+	04:15+	00:32-	00:33+	00:59+	00:16+		
00:04+	00:30&	00:07#	00:18&	00:27#	00:18&	00:14#	00:42&	00:20&	00:12#	00:14#	00:13&	02:02&	00:31&	00:27&	01:19&	00:03-	00:01+	00:14&	00:02#		
17	Bertrand Denieul	42										33:35									
02:03-	03:21-	03:58-	05:02-	07:08+	08:29+	09:42+	12:38+	14:09+	15:18+	16:22+	17:07+	24:51+	27:10+	27:59+	31:27+	31:53+	32:30+	33:22+	33:35+		
02:03-	01:18+	00:37-	01:04-	02:06+	01:21+	01:13+	02:56+	01:31+	01:09+	01:04-	00:45+	07:44+	02:19+	00:49-	03:28+	00:26-	00:37+	00:52+	00:13-		
00:25-	00:23&	00:01-	00:07-	00:18#	00:17&	00:17&	00:40&	00:20&	00:07#	00:03-	00:10&	04:55@	01:31@	00:07-	00:32#	00:09-	00:05#	00:07#	00:01-		
18	Øystein Fuglestad	46										33:43									
02:17-	04:04+	04:52+	06:24+	08:36+	10:03+	11:15+	14:25+	16:04+	17:23+	18:40+	19:30+	24:48+	25:48+	27:08+	31:17+	31:44+	32:25+	33:28+	33:43+		
02:17-	01:47+	00:48+	01:32+	02:12+	01:27+	01:12+	03:10+	01:39+	01:19+	01:17+	00:50+	05:18+	01:00+	01:20+	04:09+	00:27-	00:41+	01:03+	00:15+		
00:11-	00:52&	00:10&	00:21&	00:24#	00:23&	00:16&	00:54&	00:28&	00:17&	00:10#	00:15&	02:29&	00:12#	00:24&	01:13&	00:08-	00:09&	00:18&	00:01+		
19	Øistein Haaland	116										36:41									
03:05+	04:29+	05:17+	06:47+	08:53+	10:21+	11:27+	14:59+	16:13+	19:30+	20:50+	22:00+	23:18+	23:58+	28:14+	29:35+	30:58+	34:33+	34:55+	35:24+	36:22+	36:41+
03:05+	01:24+	00:48+	01:30+	02:06+	01:28+	01:06+	03:32+	01:14+	03:17+	01:20+	01:10+	01:18-	00:40-	04:16+	01:21-	01:23+	03:35+	00:22-	00:29+	00:58+	00:19+
00:37#	00:29&	00:10&	00:19&	00:18#	00:24&	00:10#	01:16&	00:03+	02:15@	00:13#	00:35&	01:31-	00:08-	03:20@	01:35-	00:48@	03:03@	00:23-	00:15@	00:58+	00:19+
20	Rune Christiansen	93										38:27									
02:53+	04:10+	05:07+	06:52+	09:19+	11:07+	13:01+	16:54+	19:04+	20:25+	21:42+	22:38+	28:01+	29:19+	30:56+	35:59+	36:32+	37:08+	38:11+	38:27+		
02:53+	01:17+	00:57+	01:45+	02:27+	01:48+	01:54+	03:53+	02:10+	01:21+	01:17+	00:56+	05:23+	01:18+	01:37+	05:03+	00:33-	00:36+	01:03+	00:16+		
00:25#	00:22&	00:19&	00:34&	00:39&	00:44&	00:58@	01:37&	00:59&	00:19&	00:10#	00:21&	02:34&	00:30&	00:41&	02:07&	00:02-	00:04#	00:18&	00:02#		
21	Ove Oaland	116										39:12									
02:49+	04:18+	05:10+	06:46+	09:23+	10:57+	12:26+	15:53+	17:31+	18:59+	20:16+	21:09+	26:12+	29:40+	30:59+	36:34+	37:09+	37:48+	38:56+	39:12+		
02:49+	01:29+	00:52+	01:36+	02:37+	01:34+	01:29+	03:27+	01:38+	01:28+	01:17+	00:53+	05:03+	03:28+	01:19+	05:35+	00:35=	00:39+	01:08+	00:16+		
00:21#	00:34&	00:14&	00:25&	00:49&	00:30&	00:33&	01:11&	00:27&	00:26&	00:10#	00:18&	02:14&	02:40@	00:23&	02:39&	00:00=	00:07#	00:23&	00:02#		
Beste strekktid for klassen																					
01:55	00:41	00:37	00:47	01:25	01:04	00:56	01:10	01:11	01:02	00:58	00:35	00:57	00:40	00:49	01:02	00:21	00:25	00:22	00:12		

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

Herrer Ny

1	Vegard Madland	405										17:55									
01:12=	01:58=	03:59=	07:04=	10:48=	12:17=	13:38=	15:32=	16:52=	17:40=	17:55=											
01:12=	00:46=	02:01=	03:05=	03:44=	01:29=	01:21=	01:54=	01:20=	00:48=	00:15=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
2	Teodor Østby	134										17:56									
01:27+	02:32+	04:14+	07:00-	09:45-	11:01-	12:40-	14:35-	16:20-	17:39-	17:56+											
01:27+	01:05+	01:42-	02:46-	02:45-	01:16-	01:39+	01:55+	01:45+	01:19+	00:17+											
00:15#	00:19&	00:19-	00:19-	00:59-	00:13-	00:18#	00:01+	00:25&	00:31&	00:02#											
3	Markus Inden	39										20:45									
01:09-	02:01+	03:06-	04:56-	12:43+	13:44+	14:57+	18:58+	19:54+	20:28+	20:45+											
01:09-	00:52+	01:05-	01:50-	07:47+	01:01-	01:13-	04:01+	00:56-	00:34-	00:17+											
00:03-	00:06#	00:56-	01:15-	04:03@	00:28-	00:08-	02:07@	00:24-	00:14-	00:02#											

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:09 00:46 01:05 01:50 02:45 01:01 01:13 01:54 00:56 00:34 00:15

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

Herrer Trim

1	Sjur Berntsen	105	17:42									
01:57=	03:05=	04:43=	05:57=	08:05=	08:45=	09:40=	10:51=	13:40=	15:46=	16:20=	17:29=	17:42=
01:57=	01:08=	01:38=	01:14=	02:08=	00:40=	00:55=	01:11=	02:49=	02:06=	00:34=	01:09=	00:13=
00:00=	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	Viktor Klippen	5	17:55									
01:53-	03:52+	05:30+	06:59+	09:04+	09:40+	10:52+	11:55+	13:52+	15:45-	16:21+	17:32+	17:55+
01:53-	01:59+	01:38=	01:29+	02:05-	00:36-	01:12+	01:03-	01:57-	01:53-	00:36+	01:11+	00:23+
00:04-	00:51&	00:00=	00:15#	00:03-	00:04-	00:17&	00:08-	00:52-	00:13-	00:02+	00:02+	00:10&
3	Inge Arild Leknes	376	18:33									
01:29-	03:31+	05:05+	06:14+	09:39+	10:09+	11:20+	12:28+	14:33+	16:31+	16:55+	18:17+	18:33+
01:29-	02:02+	01:34-	01:09-	03:25+	00:30-	01:11+	01:08-	02:05-	01:58-	00:24-	01:22+	00:16+
00:28-	00:54&	00:04-	00:05-	01:17&	00:10-	00:16&	00:03-	00:44-	00:08-	00:10-	00:13#	00:03#
4	Per-Olof Wallerstedt	18	18:51									
01:39-	02:48-	04:45+	06:00+	08:48+	09:28+	10:30+	11:41+	13:50+	16:20+	17:06+	18:31+	18:51+
01:39-	01:09+	01:57+	01:15+	02:48+	00:40=	01:02+	01:11=	02:09-	02:30+	00:46+	01:25+	00:20+
00:18-	00:01+	00:19#	00:01+	00:40&	00:00=	00:07#	00:00=	00:40-	00:24#	00:12&	00:16#	00:07&
5	Arve Sonflå	180	18:52									
02:05+	03:08+	05:09+	06:20+	09:31+	10:23+	11:30+	12:46+	14:51+	17:01+	17:31+	18:34+	18:52+
02:05+	01:03-	02:01+	01:11-	03:11+	00:52+	01:07+	01:16+	02:05-	02:10+	00:30-	01:03-	00:18+
00:08+	00:05-	00:23#	00:03-	01:03&	00:12&	00:12#	00:05+	00:44-	00:04+	00:04-	00:06-	00:05&
6	Frode Lund	18	20:01									
01:53-	03:09+	05:06+	06:25+	09:06+	09:51+	10:56+	12:15+	14:40+	17:17+	17:55+	19:41+	20:01+
01:53-	01:16+	01:57+	01:19+	02:41+	00:45+	01:05+	01:19+	02:25-	02:37+	00:38+	01:46+	00:20+
00:04-	00:08#	00:19#	00:05+	00:33&	00:05#	00:10#	00:08#	00:24-	00:31#	00:04#	00:37&	00:07&
7	Svein Erik Bjørnsen	91	20:14									
01:45-	02:49-	04:36-	05:55-	11:04+	11:42+	12:42+	13:53+	16:04+	18:16+	18:49+	19:56+	20:14+
01:45-	01:04-	01:47+	01:19+	05:09+	00:38-	01:00+	01:11=	02:11-	02:12+	00:33-	01:07-	00:18+
00:12-	00:04-	00:09+	00:05+	03:01&	00:02-	00:05+	00:00=	00:38-	00:06+	00:01-	00:02-	00:05&
8	Truls Fretland	376	20:28									
01:54-	04:07+	05:54+	07:05+	11:38+	12:06+	13:04+	14:04+	16:17+	18:13+	18:39+	20:16+	20:28+
01:54-	02:13+	01:47+	01:11-	04:33+	00:28-	00:58+	01:00-	02:13-	01:56-	00:26-	01:37+	00:12-
00:03-	01:05&	00:09+	00:03-	02:25&	00:12-	00:03+	00:11-	00:36-	00:10-	00:08-	00:28&	00:01-
9	Nils Egil Lie	376	20:59									
02:17+	03:34+	05:45+	06:58+	10:30+	11:05+	12:08+	13:28+	16:17+	18:50+	19:25+	20:43+	20:59+
02:17+	01:17+	02:11+	01:13-	03:32+	00:35-	01:03+	01:20+	02:49=	02:33+	00:35+	01:18+	00:16+
00:20#	00:09#	00:33&	00:01-	01:24&	00:05-	00:08#	00:09#	00:00=	00:27#	00:01+	00:09#	00:03#
10	Roger Nyseth	92	21:09									
01:55-	03:15+	05:23+	06:55+	09:30+	10:26+	11:34+	13:09+	15:56+	18:45+	19:24+	20:48+	21:09+
01:55-	01:20+	02:08+	01:32+	02:35+	00:56+	01:08+	01:35+	02:47-	02:49+	00:39+	01:24+	00:21+
00:02-	00:12#	00:30&	00:18#	00:27#	00:16&	00:13#	00:24&	00:02-	00:43&	00:05#	00:15#	00:08&
11	Sveinung Skjørsæter	129	21:25									
02:21+	04:16+	06:03+	07:46+	10:18+	11:02+	12:12+	13:33+	15:53+	18:07+	18:34+	21:09+	21:25+
02:21+	01:55+	01:47+	01:43+	02:32+	00:44+	01:10+	01:21+	02:20-	02:14+	00:27-	02:35+	00:16+
00:24#	00:47&	00:09+	00:29&	00:24#	00:04#	00:15&	00:10#	00:29-	00:08+	00:07-	01:26&	00:03#
12	Lars Salvesen	50	21:28									
03:01+	05:00+	06:55+	08:20+	11:01+	11:53+	12:51+	14:14+	16:50+	19:19+	19:57+	21:12+	21:28+
03:01+	01:59+	01:55+	01:25+	02:41+	00:52+	00:58+	01:23+	02:36-	02:29+	00:38+	01:15+	00:16+
01:04&	00:51&	00:17#	00:11#	00:33&	00:12&	00:03+	00:12#	00:13-	00:23#	00:04#	00:06+	00:03#
13	Arild Svihus	92	21:52									
02:51+	05:35+	07:52+	09:18+	11:49+	12:37+	13:38+	15:03+	17:18+	19:46+	20:21+	21:36+	21:52+
02:51+	02:44+	02:17+	01:26+	02:31+	00:48+	01:01+	01:25+	02:15-	02:28+	00:35+	01:15+	00:16+
00:54&	01:36&	00:39&	00:12#	00:23#	00:08#	00:06#	00:14#	00:34-	00:22#	00:01+	00:06+	00:03#

Class	Navn	Klasse	Tid
14	Birger Lindtjørn	105	22:07
02:04+	03:59+ 06:34+ 08:01+ 11:34+ 13:14+	14:16+ 15:30+ 17:30+ 19:40+ 20:18+ 21:49+ 22:07+	
02:04+	01:55+ 02:35+ 01:27+ 03:33+ 01:40+	01:02+ 01:14+ 02:00- 02:10+ 00:38+ 01:31+ 00:18+	
00:07+	00:47& 00:57& 00:13# 01:25& 01:00#	00:07# 00:03+ 00:49- 00:04+ 00:04# 00:22& 00:05&	
15	Jan Erik Syvertsen	51	22:10
01:59+	03:22+ 05:42+ 06:59+ 11:48+ 12:25+	13:22+ 14:36+ 17:09+ 19:45+ 20:19+ 21:52+ 22:10+	
01:59+	01:23+ 02:20+ 01:17+ 04:49+ 00:37-	00:57+ 01:14+ 02:33- 02:36+ 00:34= 01:33+ 00:18+	
00:02+	00:15# 00:42& 00:03+ 02:41# 00:03-	00:02+ 00:03+ 00:16- 00:30# 00:00= 00:24& 00:05&	
16	Marius Bergstøl Hvidsten	372	22:22
01:41-	02:48- 04:38- 06:03+ 08:18+ 09:11+	11:04+ 12:29+ 17:53+ 20:20+ 20:57+ 22:04+ 22:22+	
01:41-	01:07- 01:50+ 01:25+ 02:15+ 00:53+	01:53+ 01:25+ 05:24+ 02:27+ 00:37+ 01:07- 00:18+	
00:16-	00:01- 00:12# 00:11# 00:07+ 00:13&	00:58# 00:14# 02:35& 00:21# 00:03+ 00:02- 00:05&	
17	Svein Sivertsen	115	22:23
02:16+	03:48+ 06:09+ 07:40+ 10:11+ 11:04+	12:20+ 14:06+ 16:56+ 19:51+ 20:32+ 22:03+ 22:23+	
02:16+	01:32+ 02:21+ 01:31+ 02:31+ 00:53+	01:16+ 01:46+ 02:50+ 02:55+ 00:41+ 01:31+ 00:20+	
00:19#	00:24& 00:43& 00:17# 00:23# 00:13&	00:21& 00:35& 00:01+ 00:49& 00:07# 00:22& 00:07&	
18	Lars Kartevoll	376	22:45
01:29-	02:36- 04:37- 05:59+ 10:44+ 11:15+	12:15+ 16:31+ 18:31+ 20:46+ 21:28+ 22:31+ 22:45+	
01:29-	01:07- 02:01+ 01:22+ 04:45+ 00:31-	01:00+ 04:16+ 02:00- 02:15+ 00:42+ 01:03- 00:14+	
00:28-	00:01- 00:23# 00:08# 02:37# 00:09-	00:05+ 03:05# 00:49- 00:09+ 00:08# 00:06- 00:01+	
19	Stig Erlend Ollestad	51	22:49
06:12+	07:00+ 08:33+ 09:36+ 14:30+ 15:10+	16:02+ 17:06+ 19:04+ 21:04+ 21:31+ 22:37+ 22:49+	
06:12+	00:48- 01:33- 01:03- 04:54+ 00:40=	00:52- 01:04- 01:58- 02:00- 00:27- 01:06- 00:12-	
04:15#	00:20- 00:05- 00:11- 02:46# 00:00=	00:03- 00:07- 00:51- 00:06- 00:07- 00:03- 00:01-	
20	Tom Kåre Versland	105	22:58
03:56+	05:11+ 07:24+ 08:54+ 11:35+ 12:27+	13:37+ 15:12+ 17:44+ 20:17+ 21:12+ 22:40+ 22:58+	
03:56+	01:15+ 02:13+ 01:30+ 02:41+ 00:52+	01:10+ 01:35+ 02:32- 02:33+ 00:55+ 01:28+ 00:18+	
01:59#	00:07# 00:35& 00:16# 00:33& 00:12&	00:15& 00:24& 00:17- 00:27# 00:21& 00:19& 00:05&	
21	John Helge Svandal	111	23:22
02:18+	03:33+ 06:24+ 08:05+ 11:15+ 12:04+	13:39+ 15:09+ 17:52+ 20:39+ 21:13+ 23:05+ 23:22+	
02:18+	01:15+ 02:51+ 01:41+ 03:10+ 00:49+	01:35+ 01:30+ 02:43- 02:47+ 00:34= 01:52+ 00:17+	
00:21#	00:07# 01:13& 00:27& 01:02& 00:09#	00:40& 00:19& 00:06- 00:41& 00:00= 00:43& 00:04&	
22	Joar Fandrem	94	24:16
03:02+	04:30+ 06:46+ 08:19+ 12:19+ 13:08+	14:37+ 16:01+ 19:01+ 21:46+ 22:29+ 23:58+ 24:16+	
03:02+	01:28+ 02:16+ 01:33+ 04:00+ 00:49+	01:29+ 01:24+ 03:00+ 02:45+ 00:43+ 01:29+ 00:18+	
01:05&	00:20& 00:38& 00:19& 01:52& 00:09#	00:34& 00:13# 00:11+ 00:39& 00:09& 00:20& 00:05&	
23	Ivar Aalbu	29	24:32
02:26+	03:59+ 07:36+ 09:16+ 12:22+ 13:13+	14:43+ 16:22+ 19:16+ 21:55+ 22:37+ 24:13+ 24:32+	
02:26+	01:33+ 03:37+ 01:40+ 03:06+ 00:51+	01:30+ 01:39+ 02:54+ 02:39+ 00:42+ 01:36+ 00:19+	
00:29#	00:25& 01:59# 00:26& 00:58& 00:11&	00:35& 00:28& 00:05+ 00:33& 00:08# 00:27& 00:06&	
24	Asgeir Kleppa	47	24:40
03:33+	05:13+ 07:21+ 09:12+ 12:38+ 13:38+	14:57+ 16:26+ 19:15+ 21:56+ 22:38+ 24:10+ 24:40+	
03:33+	01:40+ 02:08+ 01:51+ 03:26+ 01:00+	01:19+ 01:29+ 02:49= 02:41+ 00:42+ 01:32+ 00:30+	
01:36&	00:32& 00:30& 00:37& 01:18& 00:20&	00:24& 00:18& 00:00= 00:35& 00:08# 00:23& 00:17#	
25	Eirik Hope	126	24:51
02:38+	03:57+ 06:17+ 08:10+ 11:20+ 12:35+	13:56+ 15:38+ 18:53+ 22:06+ 23:23+ 24:34+ 24:51+	
02:38+	01:19+ 02:20+ 01:53+ 03:10+ 01:15+	01:21+ 01:42+ 03:15+ 03:13+ 01:17+ 01:11+ 00:17+	
00:41&	00:11# 00:42& 00:39& 01:02& 00:35&	00:26& 00:31& 00:26# 01:07& 00:43# 00:02+ 00:04&	
26	Sjur Bjerke	401	25:49
04:52+	06:25+ 08:21+ 09:48+ 13:06+ 13:44+	15:01+ 16:12+ 21:04+ 23:41+ 24:20+ 25:34+ 25:49+	
04:52+	01:33+ 01:56+ 01:27+ 03:18+ 00:38-	01:17+ 01:11= 04:52+ 02:37+ 00:39+ 01:14+ 00:15+	
02:55#	00:25& 00:18# 00:13# 01:10& 00:02-	00:22& 00:00= 02:03& 00:31# 00:05# 00:05+ 00:02#	
27	Kim Kverneland	376	25:52
02:45+	03:50+ 05:51+ 10:26+ 13:32+ 14:29+	15:40+ 17:13+ 20:19+ 23:27+ 24:06+ 25:34+ 25:52+	
02:45+	01:05- 02:01+ 04:35+ 03:06+ 00:57+	01:11+ 01:33+ 03:06+ 03:08+ 00:39+ 01:28+ 00:18+	
00:48&	00:03- 00:23# 03:21# 00:58& 00:17&	00:16& 00:22& 00:17# 01:02& 00:05# 00:19& 00:05&	
28	Lars Andreas Flesjå Genthner	180	25:55
05:01+	05:59+ 07:44+ 09:00+ 16:59+ 17:36+	18:50+ 20:06+ 22:01+ 23:55+ 24:29+ 25:42+ 25:55+	
05:01+	00:58- 01:45+ 01:16+ 07:59+ 00:37-	01:14+ 01:16+ 01:55- 01:54- 00:34= 01:13+ 00:13=	
03:04#	00:10- 00:07+ 00:02+ 05:51# 00:03-	00:19& 00:05+ 00:54- 00:12- 00:00= 00:04+ 00:00=	

Class	Navn	Klasse										Tid
29	Trond Vigedal	117										26:07
02:09+	04:33+	08:00+	09:32+	12:37+	13:30+	14:50+	16:19+	19:14+	21:48+	22:26+	25:46+	26:07+
02:09+	02:24+	03:27+	01:32+	03:05+	00:53+	01:20+	01:29+	02:55+	02:34+	00:38+	03:20+	00:21+
00:12#	01:16@	01:49@	00:18#	00:57&	00:13&	00:25&	00:18&	00:06+	00:28#	00:04#	02:11@	00:08&
30	Jerome Renoult	63										26:08
02:23+	06:36+	08:59+	10:47+	13:44+	14:45+	16:02+	17:34+	20:38+	23:24+	24:05+	25:48+	26:08+
02:23+	04:13+	02:23+	01:48+	02:57+	01:01+	01:17+	01:32+	03:04+	02:46+	00:41+	01:43+	00:20+
00:26#	03:05@	00:45&	00:34&	00:49&	00:21&	00:22&	00:21&	00:15+	00:40&	00:07#	00:34&	00:07&
31	John Øgreid	27										26:49
04:28+	06:00+	07:59+	09:24+	15:27+	16:13+	17:37+	19:12+	21:42+	24:12+	25:08+	26:30+	26:49+
04:28+	01:32+	01:59+	01:25+	06:03+	00:46+	01:24+	01:35+	02:30-	02:30+	00:56+	01:22+	00:19+
02:31@	00:24&	00:21#	00:11#	03:55@	00:06#	00:29&	00:24&	00:19-	00:24#	00:22&	00:13#	00:06&
32	Frode Følgesvold	5										26:52
02:30+	04:07+	06:40+	08:25+	13:26+	14:50+	16:11+	17:52+	20:24+	23:30+	24:32+	26:34+	26:52+
02:30+	01:37+	02:33+	01:45+	05:01+	01:24+	01:21+	01:41+	02:32-	03:06+	01:02+	02:02+	00:18+
00:33&	00:29&	00:55&	00:31&	02:53@	00:44@	00:26&	00:30&	00:17-	01:00&	00:28&	00:53&	00:05&
33	Rune Hagen Maudal	63										26:54
02:50+	05:30+	07:52+	09:35+	12:31+	13:21+	15:05+	16:59+	20:26+	24:27+	25:00+	26:32+	26:54+
02:50+	02:40+	02:22+	01:43+	02:56+	00:50+	01:44+	01:54+	03:27+	04:01+	00:33-	01:32+	00:22+
00:53&	01:32@	00:44&	00:29&	00:48&	00:10#	00:49&	00:43&	00:38#	01:55&	00:01-	00:23&	00:09&
34	Leif Jarle Skåra	29										27:37
02:29+	04:19+	07:01+	08:42+	12:18+	13:06+	14:37+	16:23+	19:38+	23:52+	24:54+	25:29+	27:15+
02:29+	01:50+	02:42+	01:41+	03:36+	00:48+	01:31+	01:46+	03:15+	04:14+	01:02+	00:35-	01:46+
00:32&	00:42&	01:04&	00:27&	01:28&	00:08#	00:36&	00:35&	00:26#	02:08@	00:28&	00:34-	01:33@
35	Jan Erik Rasmussen	51										27:40
03:24+	05:22+	08:01+	10:13+	13:49+	14:55+	16:29+	18:15+	21:09+	24:10+	25:07+	27:19+	27:40+
03:24+	01:58+	02:39+	02:12+	03:36+	01:06+	01:34+	01:46+	02:54+	03:01+	00:57+	02:12+	00:21+
01:27&	00:50&	01:01&	00:58&	01:28&	00:26&	00:39&	00:35&	00:05+	00:55&	00:23&	01:03&	00:08&
36	Steinar Aase	268										28:01
02:50+	04:34+	07:32+	09:05+	13:30+	14:20+	15:51+	17:54+	21:19+	24:39+	25:22+	27:35+	28:01+
02:50+	01:44+	02:58+	01:33+	04:25+	00:50+	01:31+	02:03+	03:25+	03:20+	00:43+	02:13+	00:26+
00:53&	00:36&	01:20&	00:19&	02:17@	00:10#	00:36&	00:52&	00:36#	01:14&	00:09&	01:04&	00:13&
37	Kjell-Ole Topnes	116										29:01
03:55+	05:45+	08:27+	10:08+	13:45+	14:33+	16:03+	17:48+	21:04+	26:15+	26:53+	28:35+	29:01+
03:55+	01:50+	02:42+	01:41+	03:37+	00:48+	01:30+	01:45+	03:16+	05:11+	00:38+	01:42+	00:26+
01:58@	00:42&	01:04&	00:27&	01:29&	00:08#	00:35&	00:34&	00:27#	03:05@	00:04#	00:33&	00:13&
38	John Thorsnæs	51										29:30
02:51+	04:24+	07:03+	08:51+	14:42+	16:04+	17:28+	19:08+	22:26+	26:07+	27:02+	29:14+	29:30+
02:51+	01:33+	02:39+	01:48+	05:51+	01:22+	01:24+	01:40+	03:18+	03:41+	00:55+	02:12+	00:16+
00:54&	00:25&	01:01&	00:34&	03:43@	00:42@	00:29&	00:29&	00:29#	01:35&	00:21&	01:03&	00:03#
39	Per Bakken	5										30:29
03:43+	06:07+	08:33+	10:14+	15:51+	16:42+	18:39+	20:28+	24:06+	27:09+	27:50+	29:47+	30:29+
03:43+	02:24+	02:26+	01:41+	05:37+	00:51+	01:57+	01:49+	03:38+	03:03+	00:41+	01:57+	00:42+
01:46&	01:16@	00:48&	00:27&	03:29@	00:11&	01:02@	00:38&	00:49&	00:57&	00:07#	00:48&	00:29@
40	Erik Henriksen	116										35:59
03:30+	06:54+	11:20+	13:49+	21:13+	22:00+	23:53+	25:54+	29:18+	32:35+	33:24+	35:39+	35:59+
03:30+	03:24+	04:26+	02:29+	07:24+	00:47+	01:53+	02:01+	03:24+	03:17+	00:49+	02:15+	00:20+
01:33&	02:16@	02:48@	01:15@	05:16@	00:07#	00:58@	00:50&	00:35#	01:11&	00:15&	01:06&	00:07&
41	Svein Inge Sævereid	126										36:38
04:34+	07:10+	10:39+	13:10+	17:26+	19:12+	21:28+	24:10+	28:17+	32:20+	33:23+	35:51+	36:38+
04:34+	02:36+	03:29+	02:31+	04:16+	01:46+	02:16+	02:42+	04:07+	04:03+	01:03+	02:28+	00:47+
02:37@	01:28@	01:51@	01:17@	02:08&	01:06@	01:21@	01:31@	01:18&	01:57&	00:29&	01:19@	00:34@
42	Rakul Ponnuthurai Inthrakumar	376										53:29
08:39+	10:05+	16:43+	23:18+	39:46+	40:38+	42:02+	43:51+	47:15+	50:37+	51:22+	53:07+	53:29+
08:39+	01:26+	06:38+	06:35+	16:28+	00:52+	01:24+	01:49+	03:24+	03:22+	00:45+	01:45+	00:22+
06:42@	00:18&	05:00@	05:21@	14:20@	00:12&	00:29&	00:38&	00:35#	01:16&	00:11&	00:36&	00:09&
43	Inge Grødem	92										1:06:35
05:59+	18:27+	23:32+	28:17+	43:04+	44:30+	47:19+	50:37+	55:43+	60:57+	62:11+	65:58+	66:35+
05:59+	12:28+	05:05+	04:45+	14:47+	01:26+	02:49+	03:18+	05:06+	05:14+	01:14+	03:47+	00:37+
04:02@	11:20@	03:27@	03:31@	12:39@	00:46@	01:54@	02:07@	02:17&	03:08@	00:40@	02:38@	00:24@

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

01:29 00:48 01:33 01:03 02:05 00:28 00:52 01:00 01:55 01:53 00:24 00:35 00:12

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