

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Helene Omdal</b>	<b>91</b>	<b>19:09</b>												
01:33=	02:29=	02:58=	05:03=	07:23=	08:32=	09:17=	10:13=	12:17=	13:20=	14:39=	16:15=	16:54=	17:59=	18:29=	19:09=
01:33=	00:56=	00:29=	02:05=	02:20=	01:09=	00:45=	00:56=	02:04=	01:03=	01:19=	01:36=	00:39=	01:05=	00:30=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marie Sigvaldsen</b>	<b>392</b>	<b>23:26</b>												
01:39+	03:07+	03:34+	05:39+	08:34+	09:59+	10:56+	11:49+	14:47+	16:22+	18:13+	20:10+	20:50+	22:10+	22:43+	23:26+
01:39+	01:28+	00:27-	02:05=	02:55+	01:25+	00:57+	00:53-	02:58+	01:35+	01:51+	01:57+	00:40+	01:20+	00:33+	00:43+
00:06+	00:32&	00:02-	00:00=	00:35#	00:16#	00:12&	00:03-	00:54&	00:32&	00:32&	00:21#	00:01+	00:15#	00:03#	00:03+
<b>3</b>	<b>Siri Eppeland</b>	<b>74</b>	<b>23:51</b>												
01:52+	03:11+	03:48+	06:22+	09:32+	11:02+	12:02+	12:57+	15:19+	16:38+	18:09+	20:21+	21:07+	22:28+	23:08+	23:51+
01:52+	01:19+	00:37+	02:34+	03:10+	01:30+	01:00+	00:55-	02:22+	01:19+	01:31+	02:12+	00:46+	01:21+	00:40+	00:43+
00:19#	00:23&	00:08&	00:29#	00:50&	00:21&	00:15&	00:01-	00:18#	00:16&	00:12#	00:36&	00:07#	00:16#	00:10&	00:03+
<b>4</b>	<b>Rebecca Briedis</b>	<b>53</b>	<b>24:03</b>												
01:42+	02:52+	03:26+	05:51+	09:00+	10:16+	11:07+	12:08+	14:46+	15:56+	18:02+	20:05+	20:58+	22:42+	23:17+	24:03+
01:42+	01:10+	00:34+	02:25+	03:09+	01:16+	00:51+	01:01+	02:38+	01:10+	02:06+	02:03+	00:53+	01:44+	00:35+	00:46+
00:09+	00:14#	00:05#	00:20#	00:49&	00:07#	00:06#	00:05+	00:34&	00:07#	00:47&	00:27&	00:14&	00:39&	00:05#	00:06#
<b>5</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>24:21</b>												
01:42+	02:55+	03:28+	05:53+	09:08+	10:29+	11:21+	12:14+	14:23+	15:54+	17:38+	19:40+	20:21+	23:04+	23:38+	24:21+
01:42+	01:13+	00:33+	02:25+	03:15+	01:21+	00:52+	00:53-	02:09+	01:31+	01:44+	02:02+	00:41+	02:43+	00:34+	00:43+
00:09+	00:17&	00:04#	00:20#	00:55&	00:12#	00:07#	00:03-	00:05+	00:28&	00:25&	00:26&	00:02+	01:38@	00:04#	00:03+
<b>6</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>	<b>25:57</b>												
01:52+	03:02+	03:31+	06:00+	09:38+	10:56+	11:56+	13:04+	15:59+	17:42+	19:38+	21:58+	22:54+	24:32+	25:11+	25:57+
01:52+	01:10+	00:29=	02:29+	03:38+	01:18+	01:00+	01:08+	02:55+	01:43+	01:56+	02:20+	00:56+	01:38+	00:39+	00:46+
00:19#	00:14#	00:00=	00:24#	01:18&	00:09#	00:15&	00:12#	00:51&	00:40&	00:37&	00:44&	00:17&	00:33&	00:09&	00:06#
<b>7</b>	<b>Hanne Berg Aspøy</b>	<b>117</b>	<b>26:04</b>												
02:29+	03:40+	04:08+	06:59+	10:10+	11:49+	12:50+	13:50+	16:25+	17:42+	19:33+	21:53+	22:44+	24:24+	25:07+	26:04+
02:29+	01:11+	00:28-	02:51+	03:11+	01:39+	01:01+	01:00+	02:35+	01:17+	01:51+	02:20+	00:51+	01:40+	00:43+	00:57+
00:56&	00:15&	00:01-	00:46&	00:51&	00:30&	00:16&	00:04+	00:31#	00:14#	00:32&	00:44&	00:12&	00:35&	00:13&	00:17&
<b>8</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>26:43</b>												
01:55+	03:15+	03:50+	06:16+	09:37+	11:10+	12:08+	13:10+	16:22+	17:42+	19:37+	21:39+	23:03+	25:12+	25:58+	26:43+
01:55+	01:20+	00:35+	02:26+	03:21+	01:33+	00:58+	01:02+	03:12+	01:20+	01:55+	02:02+	01:24+	02:09+	00:46+	00:45+
00:22#	00:24&	00:06#	00:21#	01:01&	00:24&	00:13&	00:06#	01:08&	00:17&	00:36&	00:26&	00:45@	01:04&	00:16&	00:05#
<b>9</b>	<b>Ragnhild Thorset Våge</b>	<b>117</b>	<b>27:37</b>												
01:51+	03:08+	03:52+	06:11+	09:09+	11:32+	14:21+	15:12+	17:40+	18:48+	20:22+	22:49+	23:35+	26:01+	26:56+	27:37+
01:51+	01:17+	00:44+	02:19+	02:58+	02:23+	02:49+	00:51-	02:28+	01:08+	01:34+	02:27+	00:46+	02:26+	00:55+	00:41+
00:18#	00:21&	00:15&	00:14#	00:38&	01:14@	02:04@	00:05-	00:24#	00:05+	00:15#	00:51&	00:07#	01:21@	00:25&	00:01+
<b>10</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>28:04</b>												
02:20+	03:35+	04:09+	06:38+	09:43+	11:04+	11:57+	13:04+	17:08+	19:17+	21:10+	23:23+	24:42+	26:06+	27:17+	28:04+
02:20+	01:15+	00:34+	02:29+	03:05+	01:21+	00:53+	01:07+	04:04+	02:09+	01:53+	02:13+	01:19+	01:24+	01:11+	00:47+
00:47&	00:19&	00:05#	00:24#	00:45&	00:12#	00:08#	00:11#	02:00&	01:06@	00:34&	00:37&	00:40@	00:19&	00:41@	00:07#
<b>11</b>	<b>Ingrid Dagsland Halderaker</b>	<b>11</b>	<b>28:37</b>												
02:06+	03:31+	04:06+	06:46+	10:08+	13:25+	14:59+	16:02+	18:44+	19:59+	21:48+	24:04+	25:15+	27:05+	27:48+	28:37+
02:06+	01:25+	00:35+	02:40+	03:22+	03:17+	01:34+	01:03+	02:42+	01:15+	01:49+	02:16+	01:11+	01:50+	00:43+	00:49+
00:33&	00:29&	00:06#	00:35&	01:02&	02:08@	00:49@	00:07#	00:38&	00:12#	00:30&	00:40&	00:32&	00:45&	00:13&	00:09#
<b>12</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>28:38</b>												
02:30+	03:47+	04:21+	06:58+	10:48+	12:20+	13:24+	14:24+	17:44+	20:09+	22:11+	24:30+	25:32+	27:08+	27:48+	28:38+
02:30+	01:17+	00:34+	02:37+	03:50+	01:32+	01:04+	01:00+	03:20+	02:25+	02:02+	02:19+	01:02+	01:36+	00:40+	00:50+
00:57&	00:21&	00:05#	00:32&	01:30&	00:23&	00:19&	00:04+	01:16&	01:22@	00:43&	00:43&	00:23&	00:31&	00:10&	00:10#
<b>13</b>	<b>Katja Eliassen</b>	<b>105</b>	<b>29:01</b>												
02:12+	03:25+	04:02+	06:46+	09:57+	11:59+	12:53+	13:57+	17:11+	18:28+	20:41+	22:59+	26:17+	27:33+	28:09+	29:01+
02:12+	01:13+	00:37+	02:44+	03:11+	02:02+	00:54+	01:04+	03:14+	01:17+	02:13+	02:18+	03:18+	01:16+	00:36+	00:52+
00:39&	00:17&	00:08&	00:39&	00:51&	00:53&	00:09#	00:08#	01:10&	00:14#	00:54&	00:42&	02:39@	00:11#	00:06#	00:12&
<b>14</b>	<b>Hege Bakken</b>	<b>53</b>	<b>29:45</b>												
01:56+	03:14+	03:53+	06:39+	11:42+	13:19+	14:14+	15:23+	18:57+	20:54+	22:48+	25:34+	26:27+	28:09+	28:51+	29:45+
01:56+	01:18+	00:39+	02:46+	05:03+	01:37+	00:55+	01:09+	03:34+	01:57+	01:54+	02:46+	00:53+	01:42+	00:42+	00:54+
00:23#	00:22&	00:10&	00:41&	02:43@	00:28&	00:10#	00:13#	01:30&	00:54&	00:35&	01:10&	00:14&	00:37&	00:12&	00:14&

Class	Navn	Klasse														Tid	
<b>15</b>	<b>Heidi Nordaunet</b>	<b>126</b>														<b>33:40</b>	
		02:38+	04:09+	04:49+	07:58+	12:04+	13:57+	15:13+	16:34+	20:27+	22:27+	25:15+	28:24+	29:33+	31:32+	32:27+	33:40+
		02:38+	01:31+	00:40+	03:09+	04:06+	01:53+	01:16+	01:21+	03:53+	02:00+	02:48+	03:09+	01:09+	01:59+	00:55+	01:13+
		01:05&	00:35&	00:11&	01:04&	01:46&	00:44&	00:31&	00:25&	01:49&	00:57&	01:29&	01:33&	00:30&	00:54&	00:25&	00:33&

**Beste strekktid for klassen**

01:33 00:56 00:27 02:05 02:20 01:09 00:45 00:51 02:04 01:03 01:19 01:36 00:39 01:05 00:30 00:40

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

**Damer 40 - 49 år**

<b>1</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>														<b>25:48</b>
		01:02=	03:12=	03:53=	06:51=	09:36=	11:00=	12:55=	15:42=	17:07=	18:42=	20:38=	22:37=	24:21=	25:24=	25:48=
		01:02=	02:10=	00:41=	02:58=	02:45=	01:24=	01:55=	02:47=	01:25=	01:35=	01:56=	01:59=	01:44=	01:03=	00:24=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Helene Lie</b>	<b>228</b>														<b>25:55</b>
		01:05+	03:16+	03:51-	06:43-	09:37+	11:01+	12:46-	15:09-	16:36-	18:19-	20:17-	22:40+	24:22+	25:31+	25:55+
		01:05+	02:11+	00:35-	02:52-	02:54+	01:24=	01:45-	02:23-	01:27+	01:43+	01:58+	02:23+	01:42-	01:09+	00:24=
		00:03+	00:01+	00:06-	00:06-	00:09+	00:00=	00:10-	00:24-	00:02+	00:08+	00:02+	00:24#	00:02-	00:06+	00:00=
<b>3</b>	<b>Randi Helen Ladsten</b>	<b>128</b>														<b>26:21</b>
		01:11+	03:04-	03:38-	06:20-	08:55-	10:21-	12:05-	15:32-	16:56-	18:40-	20:25-	22:16-	24:53+	25:56+	26:21+
		01:11+	01:53-	00:34-	02:42-	02:35-	01:26+	01:44-	03:27+	01:24+	01:44+	01:45-	01:51-	02:37+	01:03=	00:25+
		00:09#	00:17-	00:07-	00:16-	00:10-	00:02+	00:11-	00:40#	00:01-	00:09+	00:11-	00:08-	00:53&	00:00=	00:01+
<b>4</b>	<b>Heidi Martby-Skogsholm</b>	<b>105</b>														<b>26:25</b>
		00:58-	03:13+	03:58+	06:34-	09:26-	11:00=	13:11+	16:33+	18:02+	19:14+	21:05+	22:48+	24:34+	26:04+	26:25+
		00:58-	02:15+	00:45+	02:36-	02:52+	01:34+	02:11+	03:22+	01:29+	01:12-	01:51-	01:43-	01:46+	01:30+	00:21-
		00:04-	00:05+	00:04+	00:22-	00:07+	00:10#	00:16#	00:35#	00:04+	00:23-	00:05-	00:16-	00:02+	00:27&	00:03-
<b>5</b>	<b>Helen Haneferd</b>	<b>27</b>														<b>28:11</b>
		01:02=	03:19+	04:09+	06:51=	09:34-	11:12+	12:50-	16:05+	17:38+	19:32+	21:26+	23:25+	26:39+	27:42+	28:11+
		01:02=	02:17+	00:50+	02:42-	02:43-	01:38+	01:38-	03:15+	01:33+	01:54+	01:54-	01:59=	03:14+	01:03=	00:29+
		00:00=	00:07+	00:09#	00:16-	00:02-	00:14#	00:17-	00:28#	00:08+	00:19#	00:02-	00:00=	01:30&	00:00=	00:05#
<b>6</b>	<b>Elin Norveel</b>	<b>105</b>														<b>36:40</b>
		01:22+	04:13+	04:58+	08:49+	12:28+	14:41+	17:03+	22:21+	24:22+	26:26+	29:07+	32:12+	34:39+	36:05+	36:40+
		01:22+	02:51+	00:45+	03:51+	03:39+	02:13+	02:22+	05:18+	02:01+	02:04+	02:41+	03:05+	02:27+	01:26+	00:35+
		00:20&	00:41&	00:04+	00:53&	00:54&	00:49&	00:27#	02:31&	00:36&	00:29&	00:45&	01:06&	00:43&	00:23&	00:11&

**Beste strekktid for klassen**

00:58 01:53 00:34 02:36 02:35 01:24 01:38 02:23 01:24 01:12 01:45 01:43 01:42 01:03 00:21

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

**Damer 50 - 59 år**

<b>1</b>	<b>Irene Rummelhoff</b>	<b>116</b>														<b>23:34</b>
		01:06=	03:01=	03:30=	06:05=	08:40=	10:14=	11:48=	14:25=	15:57=	17:01=	18:42=	20:34=	22:05=	23:09=	23:34=
		01:06=	01:55=	00:29=	02:35=	02:35=	01:34=	01:34=	02:37=	01:32=	01:04=	01:41=	01:52=	01:31=	01:04=	00:25=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ragnhild Auglænd</b>	<b>62</b>														<b>24:46</b>
		01:07+	03:26+	03:58+	06:38+	09:14+	10:43+	12:24+	15:03+	16:22+	17:56+	19:48+	21:47+	23:20+	24:21+	24:46+
		01:07+	02:19+	00:32+	02:40+	02:36+	01:29+	01:41+	02:39+	01:19+	01:34+	01:52+	01:59+	01:33+	01:01-	00:25=
		00:01+	00:24#	00:03#	00:05+	00:01+	00:05-	00:07+	00:02+	00:13-	00:30&	00:11#	00:07+	00:02+	00:03-	00:00=
<b>3</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>														<b>24:57</b>
		01:02-	02:57-	03:32+	06:13+	08:43+	10:06-	11:36-	14:59+	16:20+	18:20+	20:07+	21:47+	23:36+	24:34+	24:57+
		01:02-	01:55=	00:35+	02:41+	02:30-	01:23-	01:30-	03:23+	01:21-	02:00+	01:47+	01:40-	01:49+	00:58-	00:23-
		00:04-	00:00=	00:06#	00:06+	00:05-	00:11-	00:04-	00:46&	00:11-	00:56&	00:06+	00:12-	00:18#	00:06-	00:02-
<b>4</b>	<b>Keth Berggraf</b>	<b>116</b>														<b>24:58</b>
		00:57-	03:11+	03:46+	06:20+	08:46+	10:21+	12:08+	14:36+	16:12+	17:43+	19:47+	21:40+	23:20+	24:33+	24:58+
		00:57-	02:14+	00:35+	02:34-	02:26-	01:35+	01:47+	02:28-	01:36+	01:31+	02:04+	01:53+	01:40+	01:13+	00:25=
		00:09-	00:19#	00:06#	00:01-	00:09-	00:01+	00:13#	00:09-	00:04+	00:27&	00:23#	00:01+	00:09+	00:09#	00:00=

Class	Navn	Klasse										Tid			
<b>5</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>										<b>25:20</b>			
	00:58-	02:58-	03:28-	05:50-	08:08-	09:30-	11:30-	14:27+	15:51-	17:17+	19:10+	21:01+	23:53+	24:54+	25:20+
	00:58-	02:00+	00:30+	02:22-	02:18-	01:22-	02:00+	02:57+	01:24-	01:26+	01:53+	01:51-	02:52+	01:01-	00:26+
	00:08-	00:05+	00:01+	00:13-	00:17-	00:12-	00:26&	00:20#	00:08-	00:22&	00:12#	00:01-	01:21&	00:03-	00:01+
<b>6</b>	<b>Tone Cecilie Nystrom</b>	<b>68</b>										<b>26:15</b>			
	01:08+	03:14+	03:54+	06:44+	09:28+	10:54+	12:47+	15:38+	17:08+	19:00+	21:00+	22:58+	24:42+	25:49+	26:15+
	01:08+	02:06+	00:40+	02:50+	02:44+	01:26-	01:53+	02:51+	01:30-	01:52+	02:00+	01:58+	01:44+	01:07+	00:26+
	00:02+	00:11+	00:11&	00:15+	00:09+	00:08-	00:19#	00:14+	00:02-	00:48&	00:19#	00:06+	00:13#	00:03+	00:01+
<b>7</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>26:24</b>			
	01:08+	03:13+	03:55+	06:39+	11:13+	12:43+	14:23+	17:13+	18:34+	20:11+	21:54+	23:42+	25:01+	26:01+	26:24+
	01:08+	02:05+	00:42+	02:44+	04:34+	01:30-	01:40+	02:50+	01:21-	01:37+	01:43+	01:48-	01:19-	01:00-	00:23-
	00:02+	00:10+	00:13&	00:09+	01:59&	00:04-	00:06+	00:13+	00:11-	00:33&	00:02+	00:04-	00:12-	00:04-	00:02-
<b>8</b>	<b>Gerd Olaug Vikeså</b>	<b>101</b>										<b>27:08</b>			
	01:08+	03:25+	04:03+	07:15+	10:09+	11:50+	13:41+	16:34+	18:00+	19:40+	21:40+	23:49+	25:36+	26:43+	27:08+
	01:08+	02:17+	00:38+	03:12+	02:54+	01:41+	01:51+	02:53+	01:26-	01:40+	02:00+	02:09+	01:47+	01:07+	00:25=
	00:02+	00:22#	00:09&	00:37#	00:19#	00:07+	00:17#	00:16#	00:06-	00:36&	00:19#	00:17#	00:16#	00:03+	00:00=
<b>9</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>27:43</b>			
	01:06=	03:32+	04:01+	06:51+	09:41+	11:15+	13:15+	16:37+	18:27+	20:14+	22:14+	24:23+	26:12+	27:16+	27:43+
	01:06=	02:26+	00:29=	02:50+	02:50+	01:34=	02:00+	03:22+	01:50+	01:47+	02:00+	02:09+	01:49+	01:04=	00:27+
	00:00=	00:31&	00:00=	00:15+	00:15+	00:00=	00:26&	00:45&	00:18#	00:43&	00:19#	00:17#	00:18#	00:00=	00:02+
<b>10</b>	<b>Liv Omdal</b>	<b>116</b>										<b>28:23</b>			
	01:19+	03:31+	03:59+	07:25+	10:09+	11:51+	13:42+	17:40+	19:22+	20:55+	22:53+	24:51+	26:50+	28:00+	28:23+
	01:19+	02:12+	00:28-	03:26+	02:44+	01:42+	01:51+	03:58+	01:42+	01:33+	01:58+	01:58+	01:59+	01:10+	00:23-
	00:13#	00:17#	00:01-	00:51&	00:09+	00:08+	00:17#	01:21&	00:10#	00:29&	00:17#	00:06+	00:28&	00:06+	00:02-
<b>11</b>	<b>Toril Dahle</b>	<b>116</b>										<b>29:06</b>			
	01:06=	03:19+	04:03+	07:43+	10:11+	11:39+	13:22+	16:54+	18:53+	20:46+	23:13+	25:03+	26:55+	28:45+	29:06+
	01:06=	02:13+	00:44+	03:40+	02:28-	01:28-	01:43+	03:32+	01:59+	01:53+	02:27+	01:50-	01:52+	01:50+	00:21-
	00:00=	00:18#	00:15&	01:05&	00:07-	00:06-	00:09+	00:55&	00:27&	00:49&	00:46&	00:02-	00:21#	00:46&	00:04-
<b>12</b>	<b>Hilde Frøytlog Karlsen</b>	<b>71</b>										<b>31:21</b>			
	01:16+	04:05+	04:50+	08:08+	11:24+	13:04+	15:05+	18:33+	20:11+	22:45+	25:06+	27:33+	29:15+	30:47+	31:21+
	01:16+	02:49+	00:45+	03:18+	03:16+	01:40+	02:01+	03:28+	01:38+	02:34+	02:21+	02:27+	01:42+	01:32+	00:34+
	00:10#	00:54&	00:16&	00:43&	00:41&	00:06+	00:27&	00:51&	00:06+	01:30@	00:40&	00:35&	00:11#	00:28&	00:09&
<b>13</b>	<b>Ingjerd Haddeland</b>	<b>66</b>										<b>31:29</b>			
	01:32+	03:58+	04:39+	07:29+	10:31+	12:28+	14:59+	19:31+	21:45+	23:25+	25:46+	27:44+	29:40+	31:00+	31:29+
	01:32+	02:26+	00:41+	02:50+	03:02+	01:57+	02:31+	04:32+	02:14+	01:40+	02:21+	01:58+	01:56+	01:20+	00:29+
	00:26&	00:31&	00:12&	00:15+	00:27#	00:23#	00:57&	01:55&	00:42&	00:36&	00:40&	00:06+	00:25&	00:16#	00:04#
<b>14</b>	<b>Torill Andersen</b>	<b>116</b>										<b>32:18</b>			
	01:16+	03:38+	04:12+	06:53+	11:08+	15:44+	17:35+	21:03+	22:48+	24:30+	26:29+	28:45+	30:30+	31:47+	32:18+
	01:16+	02:22+	00:34+	02:41+	04:15+	04:36+	01:51+	03:28+	01:45+	01:42+	01:59+	02:16+	01:45+	01:17+	00:31+
	00:10#	00:27#	00:05#	00:06+	01:40&	03:02@	00:17#	00:51&	00:13#	00:38&	00:18#	00:24#	00:14#	00:13#	00:06#
<b>15</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>33:19</b>			
	01:34+	04:25+	05:12+	08:34+	11:52+	14:12+	16:22+	21:02+	23:09+	24:30+	26:51+	29:17+	31:15+	32:48+	33:19+
	01:34+	02:51+	00:47+	03:22+	03:18+	02:20+	02:10+	04:40+	02:07+	01:21+	02:21+	02:26+	01:58+	01:33+	00:31+
	00:28&	00:56&	00:18&	00:47&	00:43&	00:46&	00:36&	02:03&	00:35&	00:17&	00:40&	00:34&	00:27&	00:29&	00:06#
<b>16</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>33:19</b>			
	01:31+	04:09+	04:58+	08:17+	11:23+	13:48+	17:38+	21:46+	23:33+	24:50+	27:10+	29:23+	31:24+	32:44+	33:19+
	01:31+	02:38+	00:49+	03:19+	03:06+	02:25+	03:50+	04:08+	01:47+	01:17+	02:20+	02:13+	02:01+	01:20+	00:35+
	00:25&	00:43&	00:20&	00:44&	00:31#	00:51&	02:16@	01:31&	00:15#	00:13#	00:39&	00:21#	00:30&	00:16#	00:10&
<b>17</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>36:11</b>			
	01:21+	04:36+	05:09+	08:32+	11:43+	13:41+	16:08+	19:24+	21:32+	22:52+	30:04+	32:37+	34:19+	35:41+	36:11+
	01:21+	03:15+	00:33+	03:23+	03:11+	01:58+	02:27+	03:16+	02:08+	01:20+	07:12+	02:33+	01:42+	01:22+	00:30+
	00:15#	01:20&	00:04#	00:48&	00:36#	00:24&	00:53&	00:39#	00:36&	00:16#	05:31@	00:41&	00:11#	00:18&	00:05#
<b>18</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>										<b>40:24</b>			
	01:51+	04:54+	06:10+	10:17+	14:23+	16:47+	19:41+	24:03+	26:36+	29:20+	32:28+	35:34+	38:00+	39:43+	40:24+
	01:51+	03:03+	01:16+	04:07+	04:06+	02:24+	02:54+	04:22+	02:33+	02:44+	03:08+	03:06+	02:26+	01:43+	00:41+
	00:45&	01:08&	00:47@	01:32&	01:31&	00:50&	01:20&	01:45&	01:01&	01:40@	01:27&	01:14&	00:55&	00:39&	00:16&
<b>19</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>46:59</b>			
	01:25+	04:20+	05:01+	08:44+	12:08+	14:23+	16:57+	21:02+	35:41+	37:10+	39:18+	41:54+	44:15+	46:21+	46:59+
	01:25+	02:55+	00:41+	03:43+	03:24+	02:15+	02:34+	04:05+	14:39+	01:29+	02:08+	02:36+	02:21+	02:06+	00:38+
	00:19&	01:00&	00:12&	01:08&	00:49&	00:41&	01:00&	01:28&	13:07@	00:25&	00:27&	00:44&	00:50&	01:02&	00:13&

Class	Navn	Klasse												Tid
<b>20</b>	<b>Elisabeth Melbø</b>	<b>128</b>												<b>1:08:52</b>
06:24+	08:35+	09:25+	29:56+	39:46+	41:34+	44:58+	48:43+	50:17+	52:19+	58:26+	60:38+	66:53+	68:21+	68:52+
06:24+	02:11+	00:50+	20:31+	09:50+	01:48+	03:24+	03:45+	01:34+	02:02+	06:07+	02:12+	06:15+	01:28+	00:31+
05:18@	00:16#	00:21&	17:56@	07:15@	00:14#	01:50@	01:08&	00:02+	00:58&	04:26@	00:20#	04:44@	00:24&	00:06#

**Beste strekktid for klassen**

00:57 01:55 00:28 02:22 02:18 01:22 01:30 02:28 01:19 01:04 01:41 01:40 01:19 00:58 00:21

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

**Damer 60 - 64 år**

<b>1</b>	<b>Elisabeth Christie Ørke</b>	<b>105</b>												<b>27:32</b>
00:58=	03:40=	04:14=	06:19=	09:11=	10:56=	11:53=	15:14=	16:46=	19:33=	21:05=	22:24=	24:28=	26:50=	27:32=
00:58=	02:42=	00:34=	02:05=	02:52=	01:45=	00:57=	03:21=	01:32=	02:47=	01:32=	01:19=	02:04=	02:22=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Ingrid Øxnevad</b>	<b>18</b>												<b>27:47</b>
01:02+	04:10+	04:44+	06:14-	09:01-	10:53-	11:48-	14:57-	16:40-	19:29-	20:50-	22:16-	24:51+	27:01+	27:47+
01:02+	03:08+	00:34=	01:30-	02:47-	01:52+	00:55-	03:09-	01:43+	02:49+	01:21-	01:26+	02:35+	02:10-	00:46+
00:04+	00:26#	00:00=	00:35-	00:05-	00:07+	00:02-	00:12-	00:11#	00:02+	00:11-	00:07+	00:31#	00:12-	00:04+

<b>3</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>												<b>32:45</b>
01:03+	04:08+	04:44+	06:22+	08:48-	10:48-	12:26+	15:33+	17:10+	19:54+	21:31+	22:46+	29:02+	31:35+	32:45+
01:03+	03:05+	00:36+	01:38-	02:26-	02:00+	01:38+	03:07-	01:37+	02:44-	01:37+	01:15-	06:16+	02:33+	01:10+
00:05+	00:23#	00:02+	00:27-	00:26-	00:15#	00:41&	00:14-	00:05+	00:03-	00:05+	00:04-	04:12@	00:11+	00:28&

<b>4</b>	<b>Ingunn Voilås</b>	<b>29</b>												<b>34:23</b>
01:17+	04:06+	04:50+	06:37+	10:21+	12:18+	15:01+	19:26+	21:22+	24:32+	26:15+	27:55+	30:56+	33:22+	34:23+
01:17+	02:49+	00:44+	01:47-	03:44+	01:57+	02:43+	04:25+	01:56+	03:10+	01:43+	01:40+	03:01+	02:26+	01:01+
00:19&	00:07+	00:10&	00:18-	00:52&	00:12#	01:46@	01:04&	00:24&	00:23#	00:11#	00:21&	00:57&	00:04+	00:19&

**Beste strekktid for klassen**

00:58 02:42 00:34 01:30 02:26 01:45 00:55 03:07 01:32 02:44 01:21 01:15 02:04 02:10 00:42

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

**Damer 65 - 69 år**

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>												<b>28:21</b>
01:03=	04:05=	04:45=	06:18=	09:06=	11:01=	12:07=	15:23=	16:55=	19:50=	21:40=	22:54=	25:16=	27:25=	28:21=
01:03=	03:02=	00:40=	01:33=	02:48=	01:55=	01:06=	03:16=	01:32=	02:55=	01:50=	01:14=	02:22=	02:09=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Margot Asheim</b>	<b>105</b>												<b>31:12</b>
01:01-	03:38-	04:11-	06:14-	08:54-	11:00-	12:10+	15:43+	17:49+	21:29+	23:24+	24:58+	27:47+	30:18+	31:12+
01:01-	02:37-	00:33-	02:03+	02:40-	02:06+	01:10+	03:33+	02:06+	03:40+	01:55+	01:34+	02:49+	02:31+	00:54-
00:02-	00:25-	00:07-	00:30&	00:08-	00:11+	00:04+	00:17+	00:34&	00:45&	00:05+	00:20&	00:27#	00:22#	00:02-

<b>3</b>	<b>Tove Bjerkeim</b>	<b>105</b>												<b>33:18</b>
01:29+	04:42+	05:27+	07:30+	10:18+	12:36+	14:15+	17:43+	21:19+	23:55+	25:41+	27:18+	30:17+	32:23+	33:18+
01:29+	03:13+	00:45+	02:03+	02:48=	02:18#	01:39+	03:28+	03:36+	02:36-	01:46-	01:37+	02:59+	02:06-	00:55-
00:26&	00:11+	00:05#	00:30&	00:00=	00:23#	00:33&	00:12+	02:04@	00:19-	00:04-	00:23&	00:37&	00:03-	00:01-

<b>4</b>	<b>Eli Frafjord</b>	<b>94</b>												<b>34:29</b>
01:21+	04:40+	05:26+	07:31+	10:48+	13:14+	14:37+	17:52+	19:37+	22:51+	24:48+	26:27+	29:54+	33:28+	34:29+
01:21+	03:19+	00:46+	02:05+	03:17+	02:26+	01:23+	03:15-	01:45+	03:14+	01:57+	01:39+	03:27+	03:34+	01:01+
00:18&	00:17+	00:06#	00:32&	00:29#	00:31&	00:17&	00:01-	00:13#	00:19#	00:07+	00:25&	01:05&	01:25&	00:05+

<b>5</b>	<b>Kari Blixhavn</b>	<b>228</b>												<b>36:13</b>
01:24+	04:49+	05:40+	08:01+	11:12+	13:45+	15:15+	18:34+	20:29+	25:00+	27:05+	28:51+	31:49+	34:51+	36:13+
01:24+	03:25+	00:51+	02:21+	03:11+	02:33+	01:30+	03:19+	01:55+	04:31+	02:05+	01:46+	02:58+	03:02+	01:22+
00:21&	00:23#	00:11&	00:48&	00:23#	00:38&	00:24&	00:03+	00:23#	01:36&	00:15#	00:32&	00:36&	00:53&	00:26&

<b>6</b>	<b>May Elinor Meling</b>	<b>125</b>												<b>37:28</b>
01:13+	06:07+	06:43+	08:19+	10:44+	12:32+	14:16+	17:25+	19:18+	21:57+	23:28+	24:56+	34:18+	36:27+	37:28+
01:13+	04:54+	00:36-	01:36+	02:25-	01:48-	01:44+	03:09-	01:53+	02:39-	01:31-	01:28+	09:22+	02:09=	01:01+
00:10#	01:52&	00:04-	00:03+	00:23-	00:07-	00:38&	00:07-	00:21#	00:16-	00:19-	00:14#	07:00@	00:00=	00:05+

Class	Navn	Klasse												Tid
<b>7</b>	<b>Berit Gramstad</b>	<b>113</b>												<b>39:09</b>
01:37+	05:16+	06:20+	09:06+	12:57+	15:43+	17:22+	20:41+	22:36+	27:03+	29:15+	30:55+	33:56+	37:26+	39:09+
01:37+	03:39+	01:04+	02:46+	03:51+	02:46+	01:39+	03:19+	01:55+	04:27+	02:12+	01:40+	03:01+	03:30+	01:43+
00:34&	00:37#	00:24&	01:13&	01:03&	00:51&	00:33&	00:03+	00:23#	01:32&	00:22#	00:26&	00:39&	01:21&	00:47&

**Beste strekktid for klassen**

01:01 02:37 00:33 01:33 02:25 01:48 01:06 03:09 01:32 02:36 01:31 01:14 02:22 02:06 00:54

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

**Damer 70 - 74 år**

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>												<b>35:23</b>
01:27=	05:01=	05:52=	08:05=	11:07=	13:24=	14:53=	19:05=	21:01=	24:41=	26:33=	28:11=	31:27=	34:16=	35:23=
01:27=	03:34=	00:51=	02:13=	03:02=	02:17=	01:29=	04:12=	01:56=	03:40=	01:52=	01:38=	03:16=	02:49=	01:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>												<b>45:25</b>
02:13+	06:06+	07:12+	09:45+	14:56+	17:26+	18:50+	22:14+	29:19+	32:56+	35:29+	37:28+	41:20+	44:15+	45:25+
02:13+	03:53+	01:06+	02:33+	05:11+	02:30+	01:24-	03:24-	07:05+	03:37-	02:33+	01:59+	03:52+	02:55+	01:10+
00:46&	00:19+	00:15&	00:20#	02:09&	00:13+	00:05-	00:48-	05:09&	00:03-	00:41&	00:21#	00:36#	00:06+	00:03+

**Beste strekktid for klassen**

01:27 03:34 00:51 02:13 03:02 02:17 01:24 03:24 01:56 03:37 01:52 01:38 03:16 02:49 01:07

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

**Damer 75 - 79 år**

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>												<b>30:15</b>
01:22=	04:04=	04:50=	06:38=	09:36=	11:44=	13:00=	16:22=	18:23=	21:08=	22:49=	24:19=	26:47=	29:17=	30:15=
01:22=	02:42=	00:46=	01:48=	02:58=	02:08=	01:16=	03:22=	02:01=	02:45=	01:41=	01:30=	02:28=	02:30=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Hedvig Anda</b>	<b>116</b>												<b>37:43</b>
01:24+	04:36+	05:24+	07:27+	11:12+	13:34+	15:05+	19:49+	21:55+	25:31+	27:50+	29:51+	33:24+	36:11+	37:43+
01:24+	03:12+	00:48+	02:03+	03:45+	02:22+	01:31+	04:44+	02:06+	03:36+	02:19+	02:01+	03:33+	02:47+	01:32+
00:02+	00:30#	00:02+	00:15#	00:47&	00:14#	00:15#	01:22&	00:05+	00:51&	00:38&	00:31&	01:05&	00:17#	00:34&

<b>3</b>	<b>Helga Aasliid</b>	<b>54</b>												<b>42:24</b>
01:59+	05:59+	06:50+	09:06+	13:11+	16:50+	18:44+	23:02+	25:09+	30:13+	32:44+	34:37+	38:20+	41:10+	42:24+
01:59+	04:00+	00:51+	02:16+	04:05+	03:39+	01:54+	04:18+	02:07+	05:04+	02:31+	01:53+	03:43+	02:50+	01:14+
00:37&	01:18&	00:05#	00:28&	01:07&	01:31&	00:38&	00:56&	00:06+	02:19&	00:50&	00:23&	01:15&	00:20#	00:16&

<b>4</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>												<b>49:02</b>
01:37+	05:27+	06:26+	08:50+	14:13+	17:21+	19:14+	24:10+	26:26+	31:45+	35:05+	37:38+	42:37+	47:06+	49:02+
01:37+	03:50+	00:59+	02:24+	05:23+	03:08+	01:53+	04:56+	02:16+	05:19+	03:20+	02:33+	04:59+	04:29+	01:56+
00:15#	01:08&	00:13&	00:36&	02:25&	01:00&	00:37&	01:34&	00:15#	02:34&	01:39&	01:03&	02:31&	01:59&	00:58&

<b>5</b>	<b>Helga Klausen</b>	<b>62</b>												<b>52:36</b>
01:46+	06:45+	07:51+	10:31+	15:44+	18:53+	20:55+	26:18+	28:49+	34:38+	38:04+	42:48+	47:07+	51:07+	52:36+
01:46+	04:59+	01:06+	02:40+	05:13+	03:09+	02:02+	05:23+	02:31+	05:49+	03:26+	04:44+	04:19+	04:00+	01:29+
00:24&	02:17&	00:20&	00:52&	02:15&	01:01&	00:46&	02:01&	00:30#	03:04&	01:45&	03:14&	01:51&	01:30&	00:31&

**Beste strekktid for klassen**

01:22 02:42 00:46 01:48 02:58 02:08 01:16 03:22 02:01 02:45 01:41 01:30 02:28 02:30 00:58

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

**Damer 80 år og eldre**

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>												<b>1:41:05</b>			
02:41=	05:46=	07:59=	12:24=	28:57=	33:30=	37:07=	39:18=	42:23=	48:49=	58:23=	62:56=	75:32=	78:47=	89:51=	91:46=	100:10=	101:05=
02:41=	03:05=	02:13=	04:25=	16:33=	04:33=	03:37=	02:11=	03:05=	06:26=	09:34=	04:33=	12:36=	03:15=	11:04=	01:55=	08:24=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse															Tid
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### Beste strekktid for klassen

02:41 03:05 02:13 04:25 16:33 04:33 03:37 02:11 03:05 06:26 09:34 04:33 12:36 03:15 11:04 01:55 08:24 00:55

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

## Damer A

### 1 Aud Hognestad Taksdal

92

22:58

01:27= 02:45= 03:02= 04:33= 06:37= 08:07= 09:16= 10:36= 11:27= 12:31= 13:12= 13:58= 15:36= 16:42= 18:30= 19:20= 20:09= 21:00= 22:20= 22:58=  
 01:27= 01:18= 00:17= 01:31= 02:04= 01:30= 01:09= 01:20= 00:51= 01:04= 00:41= 00:46= 01:38= 01:06= 01:48= 00:50= 00:49= 00:51= 01:20= 00:38=  
 00:00=

### 2 Trine Bolstad Scheie

62

27:17

01:57+ 03:21+ 03:42+ 05:27+ 08:05+ 09:27+ 10:51+ 12:38+ 13:40+ 14:58+ 15:49+ 16:47+ 18:48+ 20:07+ 21:43+ 22:44+ 23:42+ 24:45+ 26:23+ 27:17+  
 01:57+ 01:24+ 00:21+ 01:45+ 02:38+ 01:22- 01:24+ 01:47+ 01:02+ 01:18+ 00:51+ 00:58+ 02:01+ 01:19+ 01:36- 01:01+ 00:58+ 01:03+ 01:38+ 00:54+  
 00:30& 00:06+ 00:04# 00:14# 00:34& 00:08- 00:15# 00:27& 00:11# 00:14# 00:10# 00:12& 00:23# 00:13# 00:12- 00:11# 00:09# 00:12# 00:18# 00:16&

### Beste strekktid for klassen

01:27 01:18 00:17 01:31 02:04 01:22 01:09 01:20 00:51 01:04 00:41 00:46 01:38 01:06 01:36 00:50 00:49 00:51 01:20 00:38

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

## Damer B

### 1 Inger Tone Nygård

29

23:52

01:51= 03:45= 04:17= 06:37= 07:53= 09:40= 10:56= 11:50= 13:50= 14:41= 16:58= 17:45= 19:26= 21:15= 22:31= 23:30= 23:52=  
 01:51= 01:54= 00:32= 02:20= 01:16= 01:47= 01:16= 00:54= 02:00= 00:51= 02:17= 00:47= 01:41= 01:49= 01:16= 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=

### 2 Ida K. Kolstø

29

23:52

01:37- 03:14- 03:50- 06:21- 07:40- 09:26- 10:37- 11:38- 13:44- 14:48+ 16:49- 17:41- 19:34+ 21:17+ 22:38+ 23:34+ 23:52=  
 01:37- 01:37- 00:36+ 02:31+ 01:19+ 01:46- 01:11- 01:01+ 02:06+ 01:04+ 02:01- 00:52+ 01:53+ 01:43- 01:21+ 00:56- 00:18-  
 00:14- 00:17- 00:04# 00:11+ 00:03+ 00:01- 00:05- 00:07# 00:06+ 00:13& 00:16- 00:05# 00:12# 00:06- 00:05+ 00:03- 00:04-

### 3 Jorunn Johannesen

116

25:10

01:57+ 03:41- 04:18+ 06:55+ 08:17+ 10:05+ 11:20+ 12:16+ 14:24+ 15:29+ 17:37+ 18:32+ 20:17+ 22:21+ 23:45+ 24:46+ 25:10+  
 01:57+ 01:44- 00:37+ 02:37+ 01:22+ 01:48+ 01:15- 00:56+ 02:08+ 01:05+ 02:08- 00:55+ 01:45+ 02:04+ 01:24+ 01:01+ 00:24+  
 00:06+ 00:10- 00:05# 00:17# 00:06+ 00:01+ 00:01- 00:02+ 00:08+ 00:14& 00:09- 00:08# 00:04+ 00:15# 00:08# 00:02+ 00:02+

### 4 Toyah Bråtveit

43

26:02

01:40- 03:34- 04:05- 06:41+ 08:25+ 10:09+ 11:30+ 12:36+ 14:49+ 16:10+ 18:05+ 19:27+ 21:11+ 23:01+ 24:32+ 25:43+ 26:02+  
 01:40- 01:54= 00:31- 02:36+ 01:44+ 01:44- 01:21+ 01:06+ 02:13+ 01:21+ 01:55- 01:22+ 01:44+ 01:50+ 01:31+ 01:11+ 00:19-  
 00:11- 00:00= 00:01- 00:16# 00:28& 00:03- 00:05+ 00:12# 00:13# 00:30& 00:22- 00:35& 00:03+ 00:01+ 00:15# 00:12# 00:03-

### 5 Ann-Cathrin Nybak Urdal

118

27:05

02:06+ 03:41- 04:19+ 07:05+ 08:30+ 10:27+ 11:55+ 12:59+ 15:20+ 16:17+ 18:44+ 19:34+ 21:21+ 23:51+ 25:35+ 26:41+ 27:05+  
 02:06+ 01:35- 00:38+ 02:46+ 01:25+ 01:57+ 01:28+ 01:04+ 02:21+ 00:57+ 02:27+ 00:50+ 01:47+ 02:30+ 01:44+ 01:06+ 00:24+  
 00:15# 00:19- 00:06# 00:26# 00:09# 00:10+ 00:12# 00:10# 00:21# 00:06# 00:10+ 00:03+ 00:06+ 00:41& 00:28& 00:07# 00:02+

### 6 Ellen Tindeland

27

27:23

01:53+ 03:42- 04:22+ 07:01+ 08:29+ 10:34+ 11:57+ 13:14+ 15:31+ 17:07+ 19:23+ 20:12+ 22:03+ 24:04+ 25:50+ 27:01+ 27:23+  
 01:53+ 01:49- 00:40+ 02:39+ 01:28+ 02:05+ 01:23+ 01:17+ 02:17+ 01:36+ 02:16- 00:49+ 01:51+ 02:01+ 01:46+ 01:11+ 00:22=  
 00:02+ 00:05- 00:08# 00:19# 00:12# 00:18# 00:07+ 00:23& 00:17# 00:45& 00:01- 00:02+ 00:10+ 00:12# 00:30& 00:12# 00:00=

### 7 Kristin Breivold

92

27:47

01:44- 03:29- 04:05- 06:39+ 08:04+ 09:59+ 11:26+ 12:22+ 14:40+ 15:53+ 20:22+ 21:17+ 22:55+ 24:59+ 26:27+ 27:26+ 27:47+  
 01:44- 01:45- 00:36+ 02:34+ 01:25+ 01:55+ 01:27+ 00:56+ 02:18+ 01:13+ 04:29+ 00:55+ 01:38- 02:04+ 01:28+ 00:59= 00:21-  
 00:07- 00:09- 00:04# 00:14# 00:09# 00:08+ 00:11# 00:02+ 00:18# 00:22& 02:12& 00:08# 00:03- 00:15# 00:12# 00:00= 00:01-

### 8 Anne Sæbø Vik

116

28:05

01:48- 03:23- 04:04- 06:53+ 08:15+ 10:22+ 11:50+ 12:48+ 14:52+ 16:12+ 18:56+ 19:57+ 21:43+ 24:10+ 26:30+ 27:40+ 28:05+  
 01:48- 01:35- 00:41+ 02:49+ 01:22+ 02:07+ 01:28+ 00:58+ 02:04+ 01:20+ 02:44+ 01:01+ 01:46+ 02:27+ 02:20+ 01:10+ 00:25+  
 00:03- 00:19- 00:09& 00:29# 00:06+ 00:20# 00:12# 00:04+ 00:04+ 00:29& 00:27# 00:14& 00:05+ 00:38& 01:04& 00:11# 00:03#

### 9 Mariann Sveinsvoll

94

28:23

02:14+ 03:52+ 04:32+ 07:15+ 09:25+ 11:25+ 12:53+ 14:00+ 16:14+ 17:33+ 19:56+ 20:46+ 22:59+ 25:16+ 26:40+ 28:01+ 28:23+  
 02:14+ 01:38- 00:40+ 02:43+ 02:10+ 02:00+ 01:28+ 01:07+ 02:14+ 01:19+ 02:23+ 00:50+ 02:13+ 02:17+ 01:24+ 01:21+ 00:22=  
 00:23# 00:16- 00:08# 00:23# 00:54& 00:13# 00:12# 00:13# 00:14# 00:28& 00:06+ 00:03+ 00:32& 00:28& 00:08# 00:22& 00:00=

Class	Navn	Klasse										Tid				
<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>28:57</b>				
01:59+	03:45=	04:27+	07:19+	08:54+	11:12+	13:16+	14:18+	16:36+	17:49+	20:19+	21:10+	23:08+	25:49+	27:20+	28:31+	28:57+
01:59+	01:46-	00:42+	02:52+	01:35+	02:18+	02:04+	01:02+	02:18+	01:13+	02:30+	00:51+	01:58+	02:41+	01:31+	01:11+	00:26+
00:08+	00:08-	00:10&	00:32#	00:19#	00:31&	00:48&	00:08#	00:18#	00:22&	00:13+	00:04+	00:17#	00:52&	00:15#	00:12#	00:04#
<b>11</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>29:45</b>				
02:08+	03:40-	04:11-	06:42+	08:01+	09:47+	11:01+	12:06+	14:01+	15:10+	18:51+	19:55+	21:44+	26:31+	28:22+	29:23+	29:45+
02:08+	01:32-	00:31-	02:31+	01:19+	01:46-	01:14-	01:05+	01:55-	01:09+	03:41+	01:04+	01:49+	04:47+	01:51+	01:01+	00:22=
00:17#	00:22-	00:01-	00:11+	00:03+	00:01-	00:02-	00:11#	00:05-	00:18&	01:24&	00:17&	00:08+	02:58#	00:35&	00:02+	00:00=
<b>12</b>	<b>Anne Garsrud</b>	<b>395</b>										<b>29:45</b>				
01:57+	03:40-	04:14-	07:33+	09:25+	11:19+	12:48+	13:54+	17:28+	18:22+	20:45+	21:48+	23:40+	25:43+	28:15+	29:21+	29:45+
01:57+	01:43-	00:34+	03:19+	01:52+	01:54+	01:29+	01:06+	03:34+	00:54+	02:23+	01:03+	01:52+	02:03+	02:32+	01:06+	00:24+
00:06+	00:11-	00:02+	00:59&	00:36&	00:07+	00:13#	00:12#	01:34&	00:03+	00:06+	00:16&	00:11#	00:14#	01:16&	00:07#	00:02+
<b>13</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>33:04</b>				
02:01+	03:44-	04:19+	07:36+	09:04+	15:04+	16:28+	17:25+	19:41+	21:11+	23:24+	24:20+	26:07+	28:28+	31:02+	32:39+	33:04+
02:01+	01:43-	00:35+	03:17+	01:28+	06:00+	01:24+	00:57+	02:16+	01:30+	02:13-	00:56+	01:47+	02:21+	02:34+	01:37+	00:25+
00:10+	00:11-	00:03+	00:57&	00:12#	04:13#	00:08#	00:03+	00:16#	00:39&	00:04-	00:09#	00:06+	00:32&	01:18#	00:38&	00:03#
<b>Beste strekktid for klassen</b>																
01:37	01:32	00:31	02:20	01:16	01:44	01:11	00:54	01:55	00:51	01:55	00:47	01:38	01:43	01:16	00:56	00:18
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
<b>Damer Trim</b>																
<b>1</b>	<b>Maren Benjaminsen</b>	<b>43</b>										<b>20:06</b>				
01:07=	02:55=	03:58=	04:49=	06:03=	07:48=	08:52=	09:45=	11:55=	13:18=	14:29=	16:29=	17:50=	18:40=	19:46=	20:06=	
01:07=	01:48=	01:03=	00:51=	01:14=	01:45=	01:04=	00:53=	02:10=	01:23=	01:11=	02:00=	01:21=	00:50=	01:06=	00:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Anastasia Ollestad</b>	<b>93</b>										<b>22:28</b>				
01:02-	02:43-	03:46-	04:43-	06:01-	08:04+	09:16+	10:07+	13:37+	15:05+	16:13+	18:29+	20:02+	20:57+	22:06+	22:28+	
01:02-	01:41-	01:03=	00:57+	01:18+	02:03+	01:12+	00:51-	03:30+	01:28+	01:08-	02:16+	01:33+	00:55+	01:09+	00:22+	
00:05-	00:07-	00:00=	00:06#	00:04+	00:18#	00:08#	00:02-	01:20&	00:05+	00:03-	00:16#	00:12#	00:05#	00:03+	00:02#	
<b>3</b>	<b>Benedicte Kvalevåg</b>	<b>375</b>										<b>23:10</b>				
01:16+	03:03+	04:24+	05:22+	06:46+	08:34+	09:51+	10:46+	13:02+	14:35+	15:58+	18:11+	19:56+	20:48+	22:43+	23:10+	
01:16+	01:47-	01:21+	00:58+	01:24+	01:48+	01:17+	00:55+	02:16+	01:33+	01:23+	02:13+	01:45+	00:52+	01:55+	00:27+	
00:09#	00:01-	00:18&	00:07#	00:10#	00:03+	00:13#	00:02+	00:06+	00:10#	00:12#	00:13#	00:24&	00:02+	00:49&	00:07&	
<b>4</b>	<b>Karine Ditlevsen</b>	<b>117</b>										<b>23:54</b>				
01:16+	03:12+	04:28+	05:38+	07:15+	09:27+	10:46+	11:48+	14:10+	15:58+	17:21+	19:24+	21:00+	21:59+	23:32+	23:54+	
01:16+	01:56+	01:16+	01:10+	01:37+	02:12+	01:19+	01:02+	02:22+	01:48+	01:23+	02:03+	01:36+	00:59+	01:33+	00:22+	
00:09#	00:08+	00:13#	00:019&	00:23&	00:27&	00:15#	00:09#	00:12+	00:25&	00:12#	00:03+	00:15#	00:09#	00:27&	00:02#	
<b>5</b>	<b>Therese Østbø</b>	<b>117</b>										<b>24:04</b>				
01:17+	03:22+	04:38+	05:46+	07:18+	09:32+	10:52+	11:48+	14:15+	16:01+	17:21+	19:30+	21:08+	22:08+	23:33+	24:04+	
01:17+	02:05+	01:16+	01:08+	01:32+	02:14+	01:20+	00:56+	02:27+	01:46+	01:20+	02:09+	01:38+	01:00+	01:25+	00:31+	
00:10#	00:17#	00:13#	00:17&	00:18#	00:29&	00:16#	00:03+	00:17#	00:23&	00:09#	00:09+	00:17#	00:10#	00:19&	00:11&	
<b>6</b>	<b>Hanne Thu</b>	<b>18</b>										<b>24:11</b>				
01:08+	03:17+	04:30+	05:40+	07:19+	09:22+	10:52+	11:36+	14:04+	15:47+	16:57+	19:03+	21:10+	22:32+	23:46+	24:11+	
01:08+	02:09+	01:13+	01:10+	01:39+	02:03+	01:30+	00:44-	02:28+	01:43+	01:10-	02:06+	02:07+	01:22+	01:14+	00:25+	
00:01+	00:21#	00:10#	00:19&	00:25&	00:18#	00:26&	00:09-	00:18#	00:20#	00:01-	00:06+	00:46&	00:32&	00:08#	00:05#	
<b>7</b>	<b>Laura Maria Kull</b>	<b>92</b>										<b>24:30</b>				
01:29+	03:25+	04:45+	05:44+	07:16+	09:17+	10:42+	11:30+	14:57+	16:20+	17:41+	20:06+	21:55+	22:55+	24:06+	24:30+	
01:29+	01:56+	01:20+	00:59+	01:32+	02:01+	01:25+	00:48-	03:27+	01:23+	01:21+	02:25+	01:49+	01:00+	01:11+	00:24+	
00:22&	00:08+	00:17&	00:08#	00:18#	00:16#	00:21&	00:05-	01:17&	00:00=	00:10#	00:25#	00:28&	00:10#	00:05+	00:04#	
<b>8</b>	<b>Maria Fjelde</b>	<b>105</b>										<b>24:35</b>				
01:07=	03:25+	04:35+	05:52+	07:14+	09:43+	11:08+	12:01+	14:24+	15:57+	17:16+	19:59+	21:43+	23:02+	24:12+	24:35+	
01:07=	02:18+	01:10+	01:17+	01:22+	02:29+	01:25+	00:53=	02:23+	01:33+	01:19+	02:43+	01:44+	01:19+	01:10+	00:23+	
00:00=	00:30&	00:07#	00:26&	00:08#	00:44&	00:21&	00:00=	00:13#	00:10#	00:08#	00:43&	00:23&	00:29&	00:04+	00:03#	
<b>9</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>25:17</b>				
01:08+	03:14+	04:32+	05:47+	07:13+	09:19+	10:42+	11:34+	14:26+	15:54+	18:02+	20:23+	22:27+	23:27+	24:49+	25:17+	
01:08+	02:06+	01:18+	01:15+	01:26+	02:06+	01:23+	00:52-	02:52+	01:28+	02:08+	02:21+	02:04+	01:00+	01:22+	00:28+	
00:01+	00:18#	00:15#	00:24&	00:12#	00:21#	00:19&	00:01-	00:42&	00:05+	00:57&	00:21#	00:43&	00:10#	00:16#	00:08&	

Class	Navn	Klasse										Tid			
<b>10</b>	<b>Silje Wiik Rese</b>	<b>43</b>										<b>25:37</b>			
01:17+	03:13+	04:35+	05:43+	07:07+	09:12+	10:35+	11:44+	14:25+	16:05+	17:30+	19:54+	22:03+	23:54+	25:09+	25:37+
01:17+	01:56+	01:22+	01:08+	01:24+	02:05+	01:23+	01:09+	02:41+	01:40+	01:25+	02:24+	02:09+	01:51+	01:15+	00:28+
00:10#	00:08+	00:19&	00:17&	00:10#	00:20#	00:19&	00:16&	00:31#	00:17#	00:14#	00:24#	00:48&	01:01@	00:09#	00:08&
<b>11</b>	<b>Marta Bertolaso</b>	<b>43</b>										<b>25:38</b>			
01:23+	03:19+	04:35+	05:44+	07:06+	09:12+	10:37+	11:46+	14:30+	16:11+	17:32+	19:55+	22:04+	23:54+	25:10+	25:38+
01:23+	01:56+	01:16+	01:09+	01:22+	02:06+	01:25+	01:09+	02:44+	01:41+	01:21+	02:23+	02:09+	01:50+	01:16+	00:28+
00:16#	00:08+	00:13#	00:18&	00:08#	00:21#	00:21&	00:16&	00:34&	00:18#	00:10#	00:23#	00:48&	01:00@	00:10#	00:08&
<b>12</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>										<b>25:47</b>			
01:21+	03:19+	04:41+	05:53+	07:21+	09:38+	10:58+	12:05+	14:50+	16:37+	17:51+	20:23+	22:28+	24:01+	25:22+	25:47+
01:21+	01:58+	01:22+	01:12+	01:28+	02:17+	01:20+	01:07+	02:45+	01:47+	01:14+	02:32+	02:05+	01:33+	01:21+	00:25+
00:14#	00:10+	00:19&	00:21&	00:14#	00:32&	00:16#	00:14&	00:35&	00:24&	00:03+	00:32&	00:44&	00:43&	00:15#	00:05#
<b>13</b>	<b>Marit Lindtveit Undheim</b>	<b>54</b>										<b>25:54</b>			
01:21+	03:19+	04:30+	05:31+	06:51+	08:49+	10:07+	12:24+	15:21+	17:13+	18:24+	20:48+	22:33+	23:54+	25:29+	25:54+
01:21+	01:58+	01:11+	01:01+	01:20+	01:58+	01:18+	02:17+	02:57+	01:52+	01:11=	02:24+	01:45+	01:21+	01:35+	00:25+
00:14#	00:10+	00:08#	00:10#	00:06+	00:13#	00:14#	01:24@	00:47&	00:29&	00:00=	00:24#	00:24&	00:31&	00:29&	00:05#
<b>14</b>	<b>Inger Johanne Klausen</b>	<b>54</b>										<b>26:34</b>			
01:24+	03:37+	05:06+	06:26+	08:07+	10:18+	11:40+	12:35+	16:09+	17:24+	19:05+	21:33+	23:17+	24:25+	26:08+	26:34+
01:24+	02:13+	01:29+	01:20+	01:41+	02:11+	01:22+	00:55+	03:34+	01:15-	01:41+	02:28+	01:44+	01:08+	01:43+	00:26+
00:17&	00:25#	00:26&	00:29&	00:27&	00:26#	00:18&	00:02+	01:24&	00:08-	00:30&	00:28#	00:23&	00:18&	00:37&	00:06&
<b>15</b>	<b>Silje H. Myklebust</b>	<b>54</b>										<b>26:39</b>			
01:25+	03:41+	05:09+	06:19+	08:11+	10:21+	11:42+	12:36+	15:58+	17:25+	19:13+	21:40+	23:27+	24:36+	26:15+	26:39+
01:25+	02:16+	01:28+	01:10+	01:52+	02:10+	01:21+	00:54+	03:22+	01:27+	01:48+	02:27+	01:47+	01:09+	01:39+	00:24+
00:18&	00:28&	00:25&	00:19&	00:38&	00:25#	00:17&	00:01+	01:12&	00:04+	00:37&	00:27#	00:26&	00:19&	00:33&	00:04#
<b>16</b>	<b>Stephanie Thomson</b>	<b>27</b>										<b>27:11</b>			
01:16+	03:22+	04:37+	05:51+	07:39+	09:46+	11:05+	12:03+	14:54+	16:44+	18:14+	20:36+	23:21+	25:19+	26:46+	27:11+
01:16+	02:06+	01:15+	01:14+	01:48+	02:07+	01:19+	00:58+	02:51+	01:50+	01:30+	02:22+	02:45+	01:58+	01:27+	00:25+
00:09#	00:18#	00:12#	00:23&	00:34&	00:22#	00:15#	00:05+	00:41&	00:27&	00:19&	00:22#	01:24@	01:08@	00:21&	00:05#
<b>17</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>27:12</b>			
01:09+	03:26+	04:50+	05:57+	07:29+	09:44+	11:08+	12:03+	15:20+	17:16+	18:36+	21:20+	23:29+	24:40+	26:20+	27:12+
01:09+	02:17+	01:24+	01:07+	01:32+	02:15+	01:24+	00:55+	03:17+	01:56+	01:20+	02:44+	02:09+	01:11+	01:40+	00:52+
00:02+	00:29&	00:21&	00:16&	00:18#	00:30&	00:20&	00:02+	01:07&	00:33&	00:09#	00:44&	00:48&	00:21&	00:34&	00:32@
<b>18</b>	<b>Synnøve Hognestad</b>	<b>43</b>										<b>27:20</b>			
01:14+	03:21+	04:42+	05:46+	07:09+	09:16+	10:39+	11:47+	15:50+	17:52+	19:11+	21:54+	23:55+	24:59+	26:52+	27:20+
01:14+	02:07+	01:21+	01:04+	01:23+	02:07+	01:23+	01:08+	04:03+	02:02+	01:19+	02:43+	02:01+	01:04+	01:53+	00:28+
00:07#	00:19#	00:18&	00:13&	00:09#	00:22#	00:19&	00:15&	01:53&	00:39&	00:08#	00:43&	00:40&	00:14&	00:47&	00:08&
<b>19</b>	<b>Marianne Strøm Uthaug</b>	<b>113</b>										<b>28:38</b>			
01:02-	02:56+	03:58=	05:42+	06:52+	09:03+	10:24+	17:25+	19:12+	20:34+	21:41+	23:53+	25:22+	26:41+	28:03+	28:38+
01:02-	01:54+	01:02-	01:44+	01:10-	02:11+	01:21+	07:01+	01:47-	01:22-	01:07-	02:12+	01:29+	01:19+	01:22+	00:35+
00:05-	00:06+	00:01-	00:53@	00:04-	00:26#	00:17&	06:08@	00:23-	00:01-	00:04-	00:12#	00:08+	00:29&	00:16#	00:15&
<b>20</b>	<b>Hanna Haaland Sømme</b>	<b>68</b>										<b>28:41</b>			
01:19+	03:19+	06:08+	07:24+	08:52+	10:42+	12:04+	12:54+	15:34+	17:12+	18:19+	20:34+	23:14+	25:14+	28:16+	28:41+
01:19+	02:00+	02:49+	01:16+	01:28+	01:50+	01:22+	00:50-	02:40+	01:38+	01:07-	02:15+	02:40+	02:00+	03:02+	00:25+
00:12#	00:12#	01:46@	00:25&	00:14#	00:05+	00:18&	00:03-	00:30#	00:15#	00:04-	00:15#	01:19&	01:10@	01:56@	00:05#
<b>21</b>	<b>Ellen Vaage Grimnes</b>	<b>117</b>										<b>29:39</b>			
02:03+	04:18+	06:26+	07:41+	10:20+	12:22+	13:39+	14:36+	17:20+	19:16+	20:43+	22:53+	25:36+	27:43+	29:08+	29:39+
02:03+	02:15+	02:08+	01:15+	02:39+	02:02+	01:17+	00:57+	02:44+	01:56+	01:27+	02:10+	02:43+	02:07+	01:25+	00:31+
00:56&	00:27#	01:05@	00:24&	01:25@	00:17#	00:13#	00:04+	00:34&	00:33&	00:16#	00:10+	01:22@	01:17@	00:19&	00:11&
<b>22</b>	<b>Amra Buzaljko</b>	<b>180</b>										<b>29:42</b>			
02:07+	04:22+	06:30+	07:45+	10:24+	12:22+	13:39+	14:36+	17:19+	19:16+	20:47+	22:58+	25:40+	27:48+	29:13+	29:42+
02:07+	02:15+	02:08+	01:15+	02:39+	01:58+	01:17+	00:57+	02:43+	01:57+	01:31+	02:11+	02:42+	02:08+	01:25+	00:29+
01:00&	00:27#	01:05@	00:24&	01:25@	00:13#	00:13#	00:04+	00:33&	00:34&	00:20&	00:11+	01:21&	01:18@	00:19&	00:09&
<b>23</b>	<b>Marianne Høie</b>	<b>116</b>										<b>30:13</b>			
01:40+	03:57+	05:13+	06:31+	08:20+	10:36+	13:14+	14:06+	17:56+	20:35+	21:58+	24:48+	27:03+	28:09+	29:40+	30:13+
01:40+	02:17+	01:16+	01:18+	01:49+	02:16+	02:38+	00:52-	03:50+	02:39+	01:23+	02:50+	02:15+	01:06+	01:31+	00:33+
00:33&	00:29&	00:13#	00:27&	00:35&	00:31&	01:34@	00:01-	01:40&	01:16&	00:12#	00:50&	00:54&	00:16&	00:25&	00:13&
<b>24</b>	<b>Sigrund Serigstad</b>	<b>128</b>										<b>30:13</b>			
01:06-	04:17+	05:38+	07:01+	10:28+	12:33+	14:19+	15:03+	17:22+	19:08+	20:20+	22:48+	24:40+	28:44+	29:53+	30:13+
01:06-	03:11+	01:21+	01:23+	03:27+	02:05+	01:46+	00:44-	02:19+	01:46+	01:12+	02:28+	01:52+	04:04+	01:09+	00:20=
00:01-	01:23&	00:18&	00:32&	02:13@	00:20#	00:42&	00:09-	00:09+	00:23&	00:01+	00:28#	00:31&	03:14@	00:03+	00:00=



Class	Navn	Klasse										Tid				
<b>25</b>	<b>Kristin Barvik</b>	<b>92</b>										<b>31:10</b>				
01:22+	04:03+	05:33+	06:34+	11:13+	13:37+	14:59+	16:01+	18:53+	21:07+	22:34+	25:27+	27:38+	29:08+	30:44+	31:10+	
01:22+	02:41+	01:30+	01:01+	04:39+	02:24+	01:22+	01:02+	02:52+	02:14+	01:27+	02:53+	02:11+	01:30+	01:36+	00:26+	
00:15#	00:53&	00:27&	00:10#	03:25@	00:39&	00:18&	00:09#	00:42&	00:51&	00:16#	00:53&	00:50&	00:40&	00:30&	00:06&	
<b>26</b>	<b>Linda Haukås</b>	<b>113</b>										<b>32:09</b>				
01:34+	04:29+	06:12+	07:35+	09:31+	12:11+	13:51+	14:57+	18:39+	20:55+	22:29+	25:50+	28:40+	30:09+	31:39+	32:09+	
01:34+	02:55+	01:43+	01:23+	01:56+	02:40+	01:40+	01:06+	03:42+	02:16+	01:34+	03:21+	02:50+	01:29+	01:30+	00:30+	
00:27&	01:07&	00:40&	00:32&	00:42&	00:55&	00:36&	00:13#	01:32&	00:53&	00:23&	01:21&	01:29@	00:39&	00:24&	00:10&	
<b>27</b>	<b>Elisabeth Horpestad</b>	<b>117</b>										<b>33:54</b>				
03:48+	06:26+	07:41+	09:00+	10:43+	13:23+	15:02+	16:50+	20:55+	22:40+	24:18+	27:18+	29:31+	31:40+	33:27+	33:54+	
03:48+	02:38+	01:15+	01:19+	01:43+	02:40+	01:39+	01:48+	04:05+	01:45+	01:38+	03:00+	02:13+	02:09+	01:47+	00:27+	
02:41@	00:50&	00:12#	00:28&	00:29&	00:55&	00:35&	00:55@	01:55&	00:22&	00:27&	01:00&	00:52&	01:19@	00:41&	00:07&	
<b>28</b>	<b>Halldis Handeland</b>	<b>92</b>										<b>34:22</b>				
01:28+	04:26+	06:08+	07:28+	09:19+	12:56+	14:43+	15:57+	19:41+	22:14+	23:58+	27:30+	30:18+	31:53+	33:50+	34:22+	
01:28+	02:58+	01:42+	01:20+	01:51+	03:37+	01:47+	01:14+	03:44+	02:33+	01:44+	03:32+	02:48+	01:35+	01:57+	00:32+	
00:21&	01:10&	00:39&	00:29&	00:37&	00:42&	00:43&	00:21&	01:34&	01:10&	00:33&	01:32&	01:27@	00:45&	00:51&	00:12&	
<b>29</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>										<b>34:44</b>				
01:57+	04:22+	06:09+	07:34+	09:28+	11:55+	13:48+	14:55+	19:16+	22:27+	24:13+	27:49+	30:38+	32:16+	34:00+	34:44+	
01:57+	02:25+	01:47+	01:25+	01:54+	02:27+	01:53+	01:07+	04:21+	03:11+	01:46+	03:36+	02:49+	01:38+	01:44+	00:44+	
00:50&	00:37&	00:44&	00:34&	00:40&	00:42&	00:49&	00:14&	02:11@	01:48@	00:35&	01:36&	01:28@	00:48&	00:38&	00:24@	
<b>30</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>35:11</b>				
01:51+	04:27+	06:12+	08:07+	10:07+	12:50+	15:00+	16:17+	20:40+	23:10+	24:53+	28:21+	31:04+	32:42+	34:31+	35:11+	
01:51+	02:36+	01:45+	01:55+	02:00+	02:43+	02:10+	01:17+	04:23+	02:30+	01:43+	03:28+	02:43+	01:38+	01:49+	00:40+	
00:44&	00:48&	00:42&	01:04@	00:46&	00:58&	01:06@	00:24&	02:13@	01:07&	00:32&	01:28&	01:22@	00:48&	00:43&	00:20&	
<b>31</b>	<b>Monica Regine Romstad</b>	<b>105</b>										<b>35:17</b>				
01:07=	03:14+	04:31+	06:16+	08:14+	10:43+	12:00+	13:01+	23:45+	25:35+	26:48+	29:18+	31:39+	33:26+	34:50+	35:17+	
01:07=	02:07+	01:17+	01:45+	01:58+	02:29+	01:17+	01:01+	10:44+	01:50+	01:13+	02:30+	02:21+	01:47+	01:24+	00:27+	
00:00=	00:19#	00:14#	00:54@	00:44&	00:44&	00:13#	00:08#	08:34@	00:27&	00:02+	00:30#	01:00&	00:57@	00:18&	00:07&	
<b>32</b>	<b>Liv Janne Fandrem Biland</b>	<b>92</b>										<b>35:19</b>				
01:20+	03:59+	05:34+	07:29+	09:24+	13:32+	15:09+	16:58+	20:03+	22:33+	25:26+	28:36+	31:03+	32:10+	34:11+	35:19+	
01:20+	02:39+	01:35+	01:55+	01:55+	04:08+	01:37+	01:49+	03:05+	02:30+	02:53+	03:10+	02:27+	01:07+	02:01+	01:08+	
00:13#	00:51&	00:32&	01:04@	00:41&	02:23@	00:33&	00:56@	00:55&	01:07&	01:42@	01:10&	01:06&	00:17&	00:55&	00:48@	
<b>33</b>	<b>Randi Roth</b>	<b>68</b>										<b>35:27</b>				
01:29+	04:17+	06:09+	07:24+	09:49+	12:43+	14:57+	16:26+	20:26+	22:35+	24:34+	28:13+	31:19+	32:53+	34:32+	35:27+	
01:29+	02:48+	01:52+	01:15+	02:25+	02:54+	02:14+	01:29+	04:00+	02:09+	01:59+	03:39+	03:06+	01:34+	01:39+	00:55+	
00:22&	01:00&	00:49&	00:24&	01:11&	01:09&	01:10@	00:36&	01:50&	00:46&	00:48&	01:39&	01:45@	00:44&	00:33&	00:35@	
<b>34</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>35:33</b>				
01:41+	04:18+	05:56+	07:33+	09:27+	13:00+	14:43+	16:06+	21:17+	22:55+	24:51+	27:51+	30:54+	32:08+	35:07+	35:33+	
01:41+	02:37+	01:38+	01:37+	01:54+	03:33+	01:43+	01:23+	05:11+	01:38+	01:56+	03:00+	03:03+	01:14+	02:59+	00:26+	
00:34&	00:49&	00:35&	00:46&	00:40&	01:48@	00:39&	00:30&	03:01@	00:15#	00:45&	01:00&	01:42@	00:24&	01:53@	00:06&	
<b>35</b>	<b>Eli Våge</b>	<b>117</b>										<b>35:39</b>				
01:43+	04:28+	06:06+	07:32+	09:29+	14:09+	16:02+	17:35+	21:22+	23:48+	25:25+	28:51+	31:28+	33:23+	35:12+	35:39+	
01:43+	02:45+	01:38+	01:26+	01:57+	04:40+	01:53+	01:33+	03:47+	02:26+	01:37+	03:26+	02:37+	01:55+	01:49+	00:27+	
00:36&	00:57&	00:35&	00:35&	00:43&	02:55@	00:49&	00:40&	01:37&	01:03&	00:26&	01:26&	01:16&	01:05@	00:43&	00:07&	
<b>36</b>	<b>Liv Janne Nergaard</b>	<b>116</b>										<b>36:43</b>				
01:16+	03:17+	04:31+	05:38+	07:09+	09:43+	11:35+	12:30+	23:07+	25:03+	26:31+	30:34+	32:46+	33:54+	36:21+	36:43+	
01:16+	02:01+	01:14+	01:07+	01:31+	02:34+	01:52+	00:55+	10:37+	01:56+	01:28+	04:03+	02:12+	01:08+	02:27+	00:22+	
00:09#	00:13#	00:11#	00:16&	00:17#	00:49&	00:48&	00:02+	08:27@	00:33&	00:17#	02:03@	00:51&	00:18&	01:21@	00:02#	
<b>37</b>	<b>Grethe Mo</b>	<b>117</b>										<b>37:22</b>				
01:26+	03:24+	04:26+	05:19+	06:32+	08:59+	17:14+	22:27+	25:31+	27:10+	28:41+	31:01+	33:15+	35:50+	36:57+	37:22+	
01:26+	01:58+	01:02-	00:53+	01:13-	02:27+	08:15+	05:13+	03:04+	01:39+	01:31+	02:20+	02:14+	02:35+	01:07+	00:25+	
00:19&	00:10+	00:01-	00:02+	00:01-	00:42&	07:11@	04:20@	00:54&	00:16#	00:20&	00:20#	00:53&	01:45@	00:01+	00:05#	
<b>38</b>	<b>Karolina Lenart</b>	<b>91</b>										<b>37:34</b>				
01:18+	03:48+	05:01+	06:41+	08:26+	10:49+	12:42+	13:58+	24:33+	26:58+	28:31+	31:34+	33:56+	35:27+	37:00+	37:34+	
01:18+	02:30+	01:13+	01:40+	01:45+	02:23+	01:53+	01:16+	10:35+	02:25+	01:33+	03:03+	02:22+	01:31+	01:33+	00:34+	
00:11#	00:42&	00:10#	00:49&	00:31&	00:38&	00:49&	00:23&	08:25@	01:02&	00:22&	01:03&	01:01&	00:41&	00:27&	00:14&	
<b>39</b>	<b>Signe Lise Haaland</b>	<b>66</b>										<b>38:25</b>				
02:05+	04:52+	06:59+	08:46+	10:46+	13:22+	15:35+	16:51+	21:35+	25:01+	26:47+	30:51+	33:56+	35:24+	37:39+	38:25+	
02:05+	02:47+	02:07+	01:47+	02:00+	02:36+	02:13+	01:16+	04:44+	03:26+	01:46+	04:04+	03:05+	01:28+	02:15+	00:46+	
00:58&	00:59&	01:04@	00:56@	00:46&	00:51&	01:09@	00:23&	02:34@	02:03@	00:35&	02:04@	01:44@	00:38&	01:09@	00:26@	

Class	Navn	Klasse										Tid				
<b>40</b>	<b>Anna Langlo</b>	<b>105</b>										<b>39:22</b>				
01:56+	05:01+	06:54+	08:22+	10:29+	13:38+	15:48+	17:05+	21:34+	23:48+	26:16+	30:00+	33:23+	35:08+	37:16+	39:22+	
01:56+	03:05+	01:53+	01:28+	02:07+	03:09+	02:10+	01:17+	04:29+	02:14+	02:28+	03:44+	03:23+	01:45+	02:08+	02:06+	
00:49&	01:17&	00:50&	00:37&	00:53&	01:24&	01:06&	00:24&	02:19&	00:51&	01:17&	01:44&	02:02&	00:55&	01:02&	01:46&	
<b>41</b>	<b>Brit Svihus</b>	<b>92</b>										<b>39:23</b>				
01:33+	04:49+	06:35+	08:41+	12:34+	15:52+	18:12+	21:05+	25:43+	29:13+	30:48+	33:41+	35:48+	37:16+	38:54+	39:23+	
01:33+	03:16+	01:46+	02:06+	03:53+	03:18+	02:20+	02:53+	04:38+	03:30+	01:35+	02:53+	02:07+	01:28+	01:38+	00:29+	
00:26&	01:28&	00:43&	01:15&	02:39&	01:33&	01:16&	02:00&	02:28&	02:07&	00:24&	00:53&	00:46&	00:38&	00:32&	00:09&	
<b>42</b>	<b>Linda Strøm</b>	<b>105</b>										<b>39:24</b>				
01:57+	05:04+	06:55+	08:21+	10:29+	13:36+	15:51+	17:09+	21:35+	23:48+	26:16+	30:03+	33:23+	35:11+	37:15+	39:24+	
01:57+	03:07+	01:51+	01:26+	02:08+	03:07+	02:15+	01:18+	04:26+	02:13+	02:28+	03:47+	03:20+	01:48+	02:04+	02:09+	
00:50&	01:19&	00:48&	00:35&	00:54&	01:22&	01:11&	00:25&	02:16&	00:50&	01:17&	01:47&	01:59&	00:58&	00:58&	01:49&	
<b>43</b>	<b>Anne Lill Njå</b>	<b>105</b>										<b>42:34</b>				
01:33+	04:14+	11:40+	12:54+	16:59+	19:21+	20:41+	21:58+	27:49+	29:30+	31:03+	34:47+	36:47+	37:47+	41:49+	42:34+	
01:33+	02:41+	07:26+	01:14+	04:05+	02:22+	01:20+	01:17+	05:51+	01:41+	01:33+	03:44+	02:00+	01:00+	04:02+	00:45+	
00:26&	00:53&	06:23&	00:23&	02:51&	00:37&	00:16&	00:24&	03:41&	00:18&	00:22&	01:44&	00:39&	00:10&	02:56&	00:25&	
<b>44</b>	<b>Kate Lie</b>	<b>92</b>										<b>43:03</b>				
02:08+	05:41+	07:56+	10:00+	15:35+	18:32+	20:43+	21:44+	26:07+	29:05+	31:23+	35:08+	38:17+	40:20+	42:28+	43:03+	
02:08+	03:33+	02:15+	02:04+	05:35+	02:57+	02:11+	01:01+	04:23+	02:58+	02:18+	03:45+	03:09+	02:03+	02:08+	00:35+	
01:01&	01:45&	01:12&	01:13&	04:21&	01:12&	01:07&	00:08&	02:13&	01:35&	01:07&	01:45&	01:48&	01:13&	01:02&	00:15&	
<b>45</b>	<b>Monica Nesse</b>	<b>92</b>										<b>44:01</b>				
03:08+	06:40+	08:56+	10:59+	16:33+	19:28+	21:41+	22:42+	27:03+	30:10+	32:23+	36:14+	39:20+	41:19+	43:27+	44:01+	
03:08+	03:32+	02:16+	02:03+	05:34+	02:55+	02:13+	01:01+	03:07+	02:13+	03:51+	03:06+	01:59+	02:08+	00:34+		
02:01&	01:44&	01:13&	01:12&	04:20&	01:10&	01:09&	00:08&	02:11&	01:44&	01:02&	01:51&	01:45&	01:09&	01:02&	00:14&	
<b>46</b>	<b>Marie Volline Nessler</b>	<b>18</b>										<b>45:00</b>				
02:30+	06:11+	08:32+	10:35+	13:48+	17:00+	19:28+	23:04+	26:49+	30:09+	32:34+	37:08+	40:36+	41:52+	44:13+	45:00+	
02:30+	03:41+	02:21+	02:03+	03:13+	03:12+	02:28+	03:36+	03:45+	03:20+	02:25+	04:34+	03:28+	01:16+	02:21+	00:47+	
01:23&	01:53&	01:18&	01:12&	01:59&	01:27&	01:24&	02:43&	01:35&	01:57&	01:14&	02:34&	02:07&	00:26&	01:15&	00:27&	
<b>47</b>	<b>Sølvi Ballestad</b>	<b>105</b>										<b>47:05</b>				
04:04+	07:01+	08:53+	11:03+	13:37+	21:04+	22:58+	25:01+	29:32+	32:26+	35:35+	40:19+	42:53+	44:17+	46:28+	47:05+	
04:04+	02:57+	01:52+	02:10+	02:34+	07:27+	01:54+	02:03+	04:31+	02:54+	03:09+	04:44+	02:34+	01:24+	02:11+	00:37+	
02:57&	01:09&	00:49&	01:19&	01:20&	05:42&	00:50&	01:10&	02:21&	01:31&	01:58&	02:44&	01:13&	00:34&	01:05&	00:17&	
<b>48</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>47:50</b>				
02:04+	05:00+	07:56+	09:20+	10:36+	12:25+	26:57+	28:26+	29:25+	33:44+	35:46+	39:14+	42:00+	44:12+	45:43+	47:18+	47:50+
02:04+	02:56+	02:56+	01:24+	01:16+	01:49+	14:32+	01:29+	00:59-	04:19+	02:02+	03:28+	02:46+	02:12+	01:31+	01:35+	00:32+
00:57&	01:08&	01:53&	00:33&	00:02+	00:04+	13:28&	00:36&	01:11-	02:56&	00:51&	01:28&	01:25&	01:22&	00:25&	01:15&	00:32+
<b>49</b>	<b>Bente Skagseth</b>	<b>76</b>										<b>49:21</b>				
02:28+	05:26+	11:24+	13:56+	16:23+	20:03+	22:23+	24:29+	29:59+	33:04+	36:34+	40:40+	44:16+	46:16+	48:38+	49:21+	
02:28+	02:58+	05:58+	02:32+	02:27+	03:40+	02:20+	02:06+	05:30+	03:05+	03:30+	04:06+	03:36+	02:00+	02:22+	00:43+	
01:21&	01:10&	04:55&	01:41&	01:13&	01:55&	01:16&	01:13&	03:20&	01:42&	02:19&	02:06&	02:15&	01:10&	01:16&	00:23&	
<b>50</b>	<b>Synnøve Vidstein</b>	<b>76</b>										<b>49:23</b>				
02:39+	05:29+	11:33+	14:05+	16:25+	20:01+	22:25+	24:32+	30:08+	33:05+	36:44+	40:41+	44:18+	46:19+	48:40+	49:23+	
02:39+	02:50+	06:04+	02:32+	02:20+	03:36+	02:24+	02:07+	05:36+	02:57+	03:39+	03:57+	03:37+	02:01+	02:21+	00:43+	
01:32&	01:02&	05:01&	01:41&	01:06&	01:51&	01:20&	01:14&	03:26&	01:34&	02:28&	01:57&	02:16&	01:11&	01:15&	00:23&	
<b>51</b>	<b>Else Marie Furland</b>	<b>93</b>										<b>50:57</b>				
02:27+	06:26+	09:03+	11:24+	13:56+	19:36+	22:12+	24:00+	29:29+	32:50+	36:11+	40:37+	44:24+	46:22+	49:58+	50:57+	
02:27+	03:59+	02:37+	02:21+	02:32+	05:40+	02:36+	01:48+	05:29+	03:21+	03:21+	04:26+	03:47+	01:58+	03:36+	00:59+	
01:20&	02:11&	01:34&	01:30&	01:18&	03:55&	01:32&	00:55&	03:19&	01:58&	02:10&	02:26&	02:26&	01:08&	02:30&	00:39&	
<b>52</b>	<b>Ragnhild Christiansen</b>	<b>93</b>										<b>50:57</b>				
02:26+	06:31+	09:01+	11:22+	13:54+	19:35+	22:12+	24:05+	29:32+	32:49+	36:06+	40:36+	44:21+	46:18+	50:01+	50:57+	
02:26+	04:05+	02:30+	02:21+	02:32+	05:41+	02:37+	01:53+	05:27+	03:17+	03:17+	04:30+	03:45+	01:57+	03:43+	00:56+	
01:19&	02:17&	01:27&	01:30&	01:18&	03:56&	01:33&	01:00&	03:17&	01:54&	02:06&	02:30&	02:24&	01:07&	02:37&	00:36&	
<b>53</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>										<b>50:59</b>				
02:32+	06:45+	09:12+	11:26+	14:02+	19:40+	22:14+	24:08+	29:33+	32:54+	36:07+	40:40+	44:32+	46:33+	50:02+	50:59+	
02:32+	04:13+	02:27+	02:14+	02:36+	05:38+	02:34+	01:54+	05:25+	03:21+	03:13+	04:33+	03:52+	02:01+	03:29+	00:57+	
01:25&	02:25&	01:24&	01:23&	01:22&	03:53&	01:30&	01:01&	03:15&	01:58&	02:02&	02:33&	02:31&	01:11&	02:23&	00:37&	
<b>54</b>	<b>Hazel Grayson</b>	<b>263</b>										<b>51:54</b>				
04:19+	08:02+	10:20+	12:08+	14:54+	18:56+	25:27+	26:52+	32:22+	35:54+	38:33+	43:07+	46:47+	48:34+	51:01+	51:54+	
04:19+	03:43+	02:18+	01:48+	02:46+	04:02+	06:31+	01:25+	05:30+	03:32+	02:39+	04:34+	03:40+	01:47+	02:27+	00:53+	
03:12&	01:55&	01:15&	00:57&	01:32&	02:17&	05:27&	00:32&	03:20&	02:09&	01:28&	02:34&	02:19&	00:57&	01:21&	00:33&	

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

01:02 01:41 01:02 00:51 01:10 01:45 01:04 00:44 00:59 01:15 01:07 02:00 01:21 00:50 01:06 00:20

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

**Herrer 16 - 39 år**

<b>1</b>	<b>Maximilian Erlbeck</b>	<b>67</b>	<b>19:58</b>														
02:04=	03:10=	03:36=	05:19=	06:27=	07:46=	08:58=	09:39=	11:11=	11:57=	14:06=	14:42=	16:08=	17:35=	18:44=	19:40=	19:58=	
02:04=	01:06=	00:26=	01:43=	01:08=	01:19=	01:12=	00:41=	01:32=	00:46=	02:09=	00:36=	01:26=	01:27=	01:09=	00:56=	00:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Magne Hatteland</b>	<b>399</b>	<b>20:25</b>														
01:16-	02:27-	02:57-	05:13-	06:21-	07:46=	08:57-	09:42+	11:16+	11:54-	13:55-	14:30-	15:53-	18:10+	19:20+	20:07+	20:25+	
01:16-	01:11+	00:30+	02:16+	01:08=	01:25+	01:11-	00:45+	01:34+	00:38-	02:01-	00:35-	01:23-	02:17+	01:10+	00:47-	00:18=	
00:48-	00:05+	00:04#	00:33&	00:00=	00:06+	00:01-	00:04+	00:02+	00:08-	00:08-	00:01-	00:03-	00:50&	00:01+	00:09-	00:00=	
<b>3</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>	<b>20:36</b>														
01:29-	02:47-	03:16-	05:22+	06:39+	08:09+	09:13+	10:03+	11:42+	12:26+	14:18+	14:55+	16:14+	18:00+	19:04+	20:19+	20:36+	
01:29-	01:18+	00:29+	02:06+	01:17+	01:30+	01:04-	00:50+	01:39+	00:44-	01:52-	00:37+	01:19-	01:46+	01:04-	01:15+	00:17-	
00:35-	00:12#	00:03#	00:23#	00:09#	00:11#	00:08-	00:09#	00:07+	00:02-	00:17-	00:01+	00:07-	00:19#	00:05-	00:19&	00:01-	
<b>4</b>	<b>Sven Hatteland</b>	<b>399</b>	<b>20:43</b>														
01:04-	01:20-	03:14-	03:43-	05:37-	06:44-	08:15-	09:19-	10:04-	11:43-	12:47-	14:41-	15:20-	16:44-	18:30-	19:38-	20:26+	20:43+
01:04-	00:16-	01:54+	00:29-	01:54+	01:07-	01:31+	01:04+	00:45-	01:39+	01:04-	01:54+	00:39-	01:24-	01:46+	01:08+	00:48+	00:17+
01:00-	00:50-	01:28@	01:14-	00:46&	00:12-	00:19&	00:23&	00:47-	00:53@	01:05-	01:18@	00:47-	00:03-	00:37&	00:12#	00:30@	00:17+
<b>5</b>	<b>Ole Morten Haaland</b>	<b>399</b>	<b>21:18</b>														
01:29-	03:00-	03:29-	05:31+	06:46+	08:18+	09:23+	10:33+	12:09+	12:59+	14:53+	15:33+	16:56+	18:40+	20:10+	21:00+	21:18+	
01:29-	01:31+	00:29+	02:02+	01:15+	01:32+	01:05-	01:10+	01:36+	00:50+	01:54-	00:40+	01:23-	01:44+	01:30+	00:50-	00:18=	
00:35-	00:25&	00:03#	00:19#	00:07#	00:13#	00:07-	00:29&	00:04+	00:04+	00:15-	00:04#	00:03-	00:17#	00:21&	00:06-	00:00=	
<b>6</b>	<b>Briac LeRay</b>	<b>67</b>	<b>21:39</b>														
01:47-	03:20+	03:47+	06:16+	07:56+	09:27+	10:27+	11:17+	13:01+	13:46+	15:28+	16:22+	17:43+	19:33+	20:32+	21:22+	21:39+	
01:47-	01:33+	00:27+	02:29+	01:40+	01:31+	01:00-	00:50+	01:44+	00:45-	01:42-	00:54+	01:21-	01:50+	00:59-	00:50-	00:17-	
00:17-	00:27&	00:01+	00:46&	00:32&	00:12#	00:12-	00:09#	00:12#	00:01-	00:27-	00:18&	00:05-	00:23&	00:10-	00:06-	00:01-	
<b>7</b>	<b>Thomas Jansen</b>	<b>289</b>	<b>22:26</b>														
01:30-	02:47-	03:16-	05:21+	06:57+	08:34+	09:44+	10:35+	12:20+	13:21+	15:29+	16:14+	17:51+	19:54+	21:12+	22:08+	22:26+	
01:30-	01:17+	00:29+	02:05+	01:36+	01:37+	01:10-	00:51+	01:45+	01:01+	02:08-	00:45+	01:37+	02:03+	01:18+	00:56=	00:18=	
00:34-	00:11#	00:03#	00:22#	00:28&	00:18#	00:02-	00:10#	00:13#	00:15&	00:01-	00:09#	00:11#	00:36&	00:09#	00:00=	00:00=	
<b>8</b>	<b>Truls Thorkildsen</b>	<b>39</b>	<b>23:04</b>														
01:32-	03:04-	03:40+	06:20+	07:43+	09:23+	10:36+	11:25+	13:18+	14:21+	16:14+	17:02+	18:41+	20:40+	21:52+	22:47+	23:04+	
01:32-	01:32+	00:36+	02:40+	01:23+	01:40+	01:13+	00:49+	01:53+	01:03+	01:53-	00:48+	01:39+	01:59+	01:12+	00:55-	00:17-	
00:32-	00:26&	00:10&	00:57&	00:21&	00:15#	00:01+	00:08#	00:21#	00:17&	00:16-	00:12&	00:13#	00:32&	00:03+	00:01-	00:01-	
<b>9</b>	<b>Per Christian Munkhuag</b>	<b>18</b>	<b>23:06</b>														
01:25-	02:45-	03:18-	05:33+	07:36+	09:18+	10:28+	11:20+	13:03+	14:02+	15:57+	16:40+	18:18+	20:15+	21:29+	22:49+	23:06+	
01:25-	01:20+	00:33+	02:15+	02:03+	01:42+	01:10-	00:52+	01:43+	00:59+	01:55-	00:43+	01:38+	01:57+	01:14+	01:20+	00:17-	
00:39-	00:14#	00:07&	00:32&	00:55&	00:23&	00:02-	00:11&	00:11#	00:13&	00:14-	00:07#	00:12#	00:30&	00:05+	00:24&	00:01-	
<b>10</b>	<b>Vegard Våge</b>	<b>128</b>	<b>23:12</b>														
02:51+	04:16+	04:45+	06:51+	08:14+	09:56+	11:10+	12:05+	13:42+	14:44+	16:45+	17:25+	18:59+	20:35+	21:58+	22:52+	23:12+	
02:51+	01:25+	00:29+	02:06+	01:23+	01:42+	01:14+	00:55+	01:37+	01:02+	02:01-	00:40+	01:34+	01:36+	01:23+	00:54-	00:20+	
00:47&	00:19&	00:03#	00:23#	00:15#	00:23&	00:02+	00:14&	00:05+	00:16&	00:08-	00:04#	00:08+	00:09#	00:14#	00:02-	00:02#	
<b>11</b>	<b>Thomas Barvik Mæland</b>	<b>66</b>	<b>24:15</b>														
01:41-	03:00-	03:37+	06:21+	07:43+	09:39+	10:59+	11:53+	13:53+	15:02+	17:07+	17:54+	19:52+	21:46+	22:54+	23:57+	24:15+	
01:41-	01:19+	00:37+	02:44+	01:22+	01:56+	01:20+	00:54+	02:00+	01:09+	02:05-	00:47+	01:58+	01:54+	01:08-	01:03+	00:18=	
00:23-	00:13#	00:11&	01:01&	00:14#	00:37&	00:08#	00:13&	00:28&	00:23&	00:04-	00:11&	00:32&	00:27&	00:01-	00:07#	00:00=	
<b>12</b>	<b>Thomas Hinna</b>	<b>287</b>	<b>25:01</b>														
01:43-	03:30+	04:01+	06:29+	08:17+	09:57+	11:14+	12:15+	14:11+	15:26+	17:27+	18:15+	19:57+	22:27+	23:42+	24:38+	25:01+	
01:43-	01:47+	00:31+	02:28+	01:48+	01:40+	01:17+	01:01+	01:56+	01:15+	02:01-	00:48+	01:42+	02:30+	01:15+	00:56=	00:23+	
00:21-	00:41&	00:05#	00:45&	00:40&	00:21&	00:05+	00:20&	00:24&	00:29&	00:08-	00:12&	00:16#	01:03&	00:06+	00:00=	00:05&	
<b>13</b>	<b>Tor Gunnar Osen</b>	<b>116</b>	<b>25:04</b>														
01:48-	03:43+	04:17+	06:45+	08:11+	10:11+	11:27+	12:24+	14:26+	15:43+	17:46+	18:31+	20:17+	22:17+	23:44+	24:43+	25:04+	
01:48-	01:55+	00:34+	02:28+	01:26+	02:00+	01:16+	00:57+	02:02+	01:17+	02:03-	00:45+	01:46+	02:00+	01:27+	00:59+	00:21+	
00:16-	00:49&	00:08&	00:45&	00:18&	00:41&	00:04+	00:16&	00:30&	00:31&	00:06-	00:09#	00:20#	00:33&	00:18&	00:03+	00:03#	

Class	Navn	Klasse												Tid			
<b>14</b>	<b>Martin Skogland</b>	<b>98</b>												<b>27:03</b>			
01:43-	03:11+	03:41+	05:58+	08:28+	10:08+	11:22+	12:12+	13:57+	14:43+	16:55+	17:41+	19:21+	23:41+	25:15+	26:40+	27:03+	
01:43-	01:28+	00:30+	02:17+	02:30+	01:40+	01:14+	00:50+	01:45+	00:46=	02:12+	00:46+	01:40+	04:20+	01:34+	01:25+	00:23+	
00:21-	00:22&	00:04#	00:34&	01:22@	00:21&	00:02+	00:09#	00:13#	00:00=	00:03+	00:10&	00:14#	02:53@	00:25&	00:29&	00:05&	
<b>15</b>	<b>Erlend Syse</b>	<b>76</b>												<b>27:12</b>			
01:46-	03:11+	03:48+	06:33+	07:52+	09:55+	11:17+	13:12+	15:07+	16:11+	18:22+	19:13+	21:02+	24:16+	25:46+	26:51+	27:12+	
01:46-	01:25+	00:37+	02:45+	01:19+	02:03+	01:22+	01:55+	01:55+	01:04+	02:11+	00:51+	01:49+	03:14+	01:30+	01:05+	00:21+	
00:18-	00:19&	00:11&	01:02&	00:11#	00:44&	00:10#	01:14@	00:23#	00:18&	00:02+	00:15&	00:23&	01:47@	00:21&	00:09#	00:03#	
<b>16</b>	<b>Per Daniel Carlson</b>	<b>105</b>												<b>27:17</b>			
01:44-	03:18+	03:57+	06:28+	08:08+	09:59+	11:19+	12:18+	14:30+	15:32+	18:06+	19:02+	20:55+	23:39+	25:40+	26:52+	27:17+	
01:44-	01:34+	00:39+	02:31+	01:40+	01:51+	01:20+	00:59+	02:12+	01:02+	02:34+	00:56+	01:53+	02:44+	02:01+	01:12+	00:25+	
00:20-	00:28&	00:13&	00:48&	00:32&	00:32&	00:08#	00:18&	00:40&	00:16&	00:25#	00:20&	00:27&	01:17&	00:52&	00:16&	00:07&	
<b>17</b>	<b>Håvard Høie</b>	<b>378</b>												<b>27:55</b>			
02:31+	04:05+	04:39+	07:31+	08:56+	11:12+	14:31+	15:27+	17:43+	18:38+	20:52+	21:37+	23:23+	25:16+	26:37+	27:33+	27:55+	
02:31+	01:34+	00:34+	02:52+	01:25+	02:16+	03:19+	00:56+	02:16+	00:55+	02:14+	00:45+	01:46+	01:53+	01:21+	00:56=	00:22+	
00:27#	00:28&	00:08&	01:09&	00:17#	00:57&	02:07@	00:15&	00:44&	00:09#	00:05+	00:09#	00:20#	00:26&	00:12#	00:00=	00:04#	
<b>18</b>	<b>Bruno Pierfelice</b>	<b>51</b>												<b>28:34</b>			
01:54-	03:41+	04:15+	07:06+	08:48+	10:45+	12:17+	14:07+	16:15+	17:39+	20:08+	21:05+	22:58+	25:21+	26:48+	28:05+	28:34+	
01:54-	01:47+	00:34+	02:51+	01:42+	01:57+	01:32+	01:50+	02:08+	01:24+	02:29+	00:57+	01:53+	02:23+	01:27+	01:17+	00:29+	
00:10-	00:41&	00:08&	01:08&	00:34&	00:38&	00:20#	01:09@	00:36&	00:38&	00:20#	00:21&	00:27&	00:56&	00:18&	00:21&	00:11&	
<b>19</b>	<b>Torbjørn Fuglestad</b>	<b>46</b>												<b>31:37</b>			
02:08+	04:01+	04:49+	08:08+	09:54+	12:16+	14:36+	15:48+	18:23+	19:55+	22:46+	23:51+	25:53+	28:18+	29:59+	31:17+	31:37+	
02:08+	01:53+	00:48+	03:19+	01:46+	02:22+	02:20+	01:12+	02:35+	01:32+	02:51+	01:05+	02:02+	02:25+	01:41+	01:18+	00:20+	
00:04+	00:47&	00:22&	01:36&	00:38&	01:03&	01:08&	00:31&	01:03&	00:46&	00:42&	00:29&	00:36&	00:58&	00:32&	00:22&	00:02#	
<b>20</b>	<b>Jone Klemo Øverland</b>	<b>165</b>												<b>32:09</b>			
05:11+	07:02+	07:41+	10:42+	12:34+	14:59+	16:26+	17:29+	19:40+	20:51+	23:31+	24:21+	26:56+	29:08+	30:35+	31:43+	32:09+	
05:11+	01:51+	00:39+	03:01+	01:52+	02:25+	01:27+	01:03+	02:11+	01:11+	02:40+	00:50+	02:35+	02:12+	01:27+	01:08+	00:26+	
03:07@	00:45&	00:13&	01:18&	00:44&	01:06&	00:15#	00:22&	00:39&	00:25&	00:31#	00:14&	01:09&	00:45&	00:18&	00:12#	00:08&	
<b>21</b>	<b>Markus Inden</b>	<b>39</b>												<b>33:20</b>			
01:48-	04:19+	04:54+	07:28+	09:37+	11:33+	13:12+	14:11+	16:10+	17:14+	20:08+	21:21+	23:10+	30:13+	31:47+	32:54+	33:20+	
01:48-	02:31+	00:35+	02:34+	02:09+	01:56+	01:39+	00:59+	01:59+	01:04+	02:54+	01:13+	01:49+	07:03+	01:34+	01:07+	00:26+	
00:16-	01:25@	00:09&	00:51&	01:01&	00:37&	00:27&	00:18&	00:27&	00:18&	00:45&	00:37@	00:23&	05:36@	00:25&	00:11#	00:08&	
<b>22</b>	<b>Thomas Gjerde</b>	<b>65</b>												<b>34:00</b>			
01:39-	03:37+	04:10+	06:55+	08:58+	10:56+	12:33+	13:59+	16:49+	17:58+	20:35+	22:00+	23:48+	30:37+	32:17+	33:30+	34:00+	
01:39-	01:58+	00:33+	02:45+	02:03+	01:58+	01:37+	01:26+	02:50+	01:09+	02:37+	01:25+	01:48+	06:49+	01:40+	01:13+	00:30+	
00:25-	00:52&	00:07&	01:02&	00:55&	00:39&	00:25&	00:45@	01:18&	00:23&	00:28#	00:49@	00:22&	05:22@	00:31&	00:17&	00:12&	
<b>23</b>	<b>Bjarte Sola</b>	<b>192</b>												<b>42:05</b>			
02:12+	04:56+	05:47+	10:35+	13:04+	15:58+	18:05+	19:48+	23:46+	25:20+	28:53+	30:10+	33:21+	36:57+	39:38+	41:31+	42:05+	
02:12+	02:44+	00:51+	04:48+	02:29+	02:54+	02:07+	01:43+	03:58+	01:34+	03:33+	01:17+	03:11+	03:36+	02:41+	01:53+	00:34+	
00:08+	01:38@	00:25&	03:05@	01:21@	01:35@	00:55&	01:02@	02:26@	00:48@	01:24&	00:41@	01:45@	02:09@	01:32@	00:57@	00:16&	
<b>Beste strekktid for klassen</b>																	
01:04	00:16	00:26	00:29	01:08	01:07	01:00	00:41	00:45	00:38	01:04	00:35	00:39	01:24	00:59	00:47	00:17	

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

## Herrer 40 - 49 år

<b>1</b>	<b>Kristoffer Buchholz Johannessen</b>	<b>88</b>												<b>21:53</b>			
01:33=	02:53=	03:24=	05:31=	06:59=	08:29=	09:39=	10:26=	12:17=	13:12=	15:26=	16:06=	17:31=	19:15=	20:33=	21:31=	21:53=	
01:33=	01:20=	00:31=	02:07=	01:28=	01:30=	01:10=	00:47=	01:51=	00:55=	02:14=	00:40=	01:25=	01:44=	01:18=	00:58=	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=	
<b>2</b>	<b>Thomas Chruickshank</b>	<b>48</b>												<b>22:25</b>			
01:32-	03:01+	03:30+	05:28-	06:37-	08:43+	09:49+	10:37+	12:22+	13:15+	15:30+	16:11+	17:42+	19:59+	21:09+	22:07+	22:25+	
01:32-	01:29+	00:29-	01:58-	01:09-	02:06+	01:06-	00:48+	01:45-	00:53-	02:15+	00:41+	01:31+	02:17+	01:10-	00:58=	00:18-	
00:01-	00:09#	00:02-	00:09-	00:19-	00:36&	00:04-	00:01+	00:06-	00:02-	00:01+	00:01+	00:06+	00:33&	00:08-	00:00=	00:04-	
<b>3</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>												<b>23:24</b>			
01:38+	03:00+	03:35+	05:58+	07:22+	09:08+	10:23+	11:18+	13:22+	14:28+	16:31+	17:15+	18:57+	20:49+	22:01+	23:01+	23:24+	
01:38+	01:22+	00:35+	02:23+	01:24-	01:46+	01:15+	00:55+	02:04+	01:06+	02:03-	00:44+	01:42+	01:52+	01:12-	01:00+	00:23+	
00:05+	00:02+	00:04#	00:16#	00:04-	00:16#	00:05+	00:08#	00:13#	00:11#	00:11-	00:04#	00:17#	00:08+	00:06-	00:02+	00:01+	

Class	Navn	Klasse										Tid				
<b>4</b>	<b>Kristian Bjo</b>	<b>165</b>										<b>23:44</b>				
01:52+	03:20+	03:53+	06:08+	07:37+	09:25+	10:37+	11:32+	13:22+	14:26+	16:19+	17:04+	18:47+	20:35+	21:53+	23:06+	23:44+
01:52+	01:28+	00:33+	02:15+	01:29+	01:48+	01:12+	00:55+	01:50-	01:04+	01:53-	00:45+	01:43+	01:48+	01:18=	01:13+	00:38+
00:19#	00:08#	00:02+	00:08+	00:01+	00:18#	00:02+	00:08#	00:01-	00:09#	00:21-	00:05#	00:18#	00:04+	00:00=	00:15&	00:16&
<b>5</b>	<b>Jan-Kenneth Polle</b>	<b>83</b>										<b>23:48</b>				
01:33=	02:47-	03:20-	05:51+	07:30+	09:19+	10:45+	11:36+	13:36+	14:33+	16:27+	17:11+	18:48+	21:11+	22:38+	23:29+	23:48+
01:33=	01:14-	00:33+	02:31+	01:39+	01:49+	01:26+	00:51+	02:00+	00:57+	01:54-	00:44+	01:37+	02:23+	01:27+	00:51-	00:19-
00:00=	00:06-	00:02+	00:24#	00:11#	00:19#	00:16#	00:04+	00:09+	00:02+	00:20-	00:04#	00:12#	00:39&	00:09#	00:07-	00:03-
<b>6</b>	<b>Trond Bø</b>	<b>101</b>										<b>24:14</b>				
01:39+	03:03+	03:38+	05:56+	07:25+	08:54+	10:12+	11:04+	13:04+	14:00+	15:52+	16:33+	18:03+	21:44+	22:55+	23:51+	24:14+
01:39+	01:24+	00:35+	02:18+	01:29+	01:29-	01:18+	00:52+	02:00+	00:56+	01:52-	00:41+	01:30+	03:41+	01:11-	00:56-	00:23+
00:06+	00:04+	00:04#	00:11+	00:01+	00:01-	00:08#	00:05#	00:09+	00:01+	00:22-	00:01+	00:05+	01:57@	00:07-	00:02-	00:01+
<b>7</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>24:26</b>				
01:41+	03:08+	03:43+	06:21+	07:40+	09:28+	10:43+	11:40+	13:41+	15:06+	17:05+	17:49+	19:32+	21:34+	22:58+	24:02+	24:26+
01:41+	01:27+	00:35+	02:38+	01:19-	01:48+	01:15+	00:57+	02:01+	01:25+	01:59-	00:44+	01:43+	02:02+	01:24+	01:04+	00:24+
00:08+	00:07+	00:04#	00:31#	00:09-	00:18#	00:05+	00:10#	00:10+	00:30&	00:15-	00:04#	00:18#	00:18#	00:06+	00:06#	00:02+
<b>8</b>	<b>Audun Thomassen</b>	<b>65</b>										<b>24:36</b>				
01:47+	03:07+	03:42+	05:52+	07:07+	08:45+	09:52+	10:49+	12:35+	13:30+	15:29+	16:18+	18:00+	19:46+	22:46+	24:18+	24:36+
01:47+	01:20=	00:35+	02:10+	01:15-	01:38+	01:07-	00:57+	01:46-	00:55=	01:59-	00:49+	01:42+	01:46+	03:00+	01:32+	00:18-
00:14#	00:00=	00:04#	00:03+	00:13-	00:08+	00:03-	00:10#	00:05-	00:00=	00:15-	00:09#	00:17#	00:02+	01:42@	00:34&	00:04-
<b>9</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>24:40</b>				
01:30-	03:01+	03:35+	05:55+	07:19+	09:07+	10:21+	11:18+	13:17+	14:21+	16:45+	17:35+	19:16+	21:55+	23:20+	24:20+	24:40+
01:30-	01:31+	00:34+	02:20+	01:24-	01:48+	01:14+	00:57+	01:59+	01:04+	02:24+	00:50+	01:41+	02:39+	01:25+	01:00+	00:20-
00:03-	00:11#	00:03+	00:13#	00:04-	00:18#	00:04+	00:10#	00:08+	00:09#	00:10+	00:10#	00:16#	00:55&	00:07+	00:02+	00:02-
<b>10</b>	<b>Cedric Fayemendy</b>	<b>76</b>										<b>24:45</b>				
01:41+	03:13+	03:47+	06:31+	08:18+	10:08+	11:28+	12:30+	14:18+	15:26+	17:28+	18:14+	20:03+	22:01+	23:24+	24:24+	24:45+
01:41+	01:32+	00:34+	02:44+	01:47+	01:50+	01:20+	01:02+	01:48-	01:08+	02:02-	00:46+	01:49+	01:58+	01:23+	01:00+	00:21-
00:08+	00:12#	00:03+	00:37&	00:19#	00:20#	00:10#	00:15&	00:03-	00:13#	00:12-	00:06#	00:24&	00:14#	00:05+	00:02+	00:01-
<b>11</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>24:45</b>				
01:48+	03:21+	03:57+	06:20+	07:40+	09:30+	10:54+	11:53+	14:01+	15:02+	17:06+	17:54+	19:34+	21:51+	23:21+	24:24+	24:45+
01:48+	01:33+	00:36+	02:23+	01:20-	01:50+	01:24+	00:59+	02:08+	01:01+	02:04-	00:48+	01:40+	02:17+	01:30+	01:03+	00:21-
00:15#	00:13#	00:05#	00:16#	00:08-	00:20#	00:14#	00:12&	00:17#	00:06#	00:10-	00:08#	00:15#	00:33&	00:12#	00:05+	00:01-
<b>12</b>	<b>Per Jan Ersland</b>	<b>43</b>										<b>24:45</b>				
01:44+	03:09+	03:42+	05:57+	07:10+	08:51+	10:05+	11:05+	12:54+	13:59+	15:46+	16:30+	18:04+	22:18+	23:28+	24:27+	24:45+
01:44+	01:25+	00:33+	02:15+	01:13-	01:41+	01:14+	01:00+	01:49-	01:05+	01:47-	00:44+	01:34+	04:14+	01:10-	00:59+	00:18-
00:11#	00:05+	00:02+	00:08+	00:15-	00:11#	00:04+	00:13&	00:02-	00:10#	00:27-	00:04#	00:09#	02:30@	00:08-	00:01+	00:04-
<b>13</b>	<b>Christian Ask</b>	<b>180</b>										<b>25:03</b>				
01:49+	03:19+	03:52+	06:12+	07:53+	09:40+	10:55+	11:52+	13:54+	14:54+	16:54+	17:45+	19:32+	22:23+	23:48+	24:43+	25:03+
01:49+	01:30+	00:33+	02:20+	01:41+	01:47+	01:15+	00:57+	02:02+	01:00+	02:00-	00:51+	01:47+	02:51+	01:25+	00:55-	00:20-
00:16#	00:10#	00:02+	00:13#	00:13#	00:17#	00:05+	00:10#	00:11+	00:05+	00:14-	00:11&	00:22&	01:07&	00:07+	00:03-	00:02-
<b>14</b>	<b>Glenn Madland</b>	<b>128</b>										<b>25:28</b>				
01:29-	02:57+	03:28+	05:38+	07:53+	09:44+	11:16+	14:26+	16:19+	17:25+	19:15+	19:53+	21:28+	23:06+	24:18+	25:11+	25:28+
01:29-	01:28+	00:31=	02:10+	02:15+	01:51+	01:32+	03:10+	01:53+	01:06+	01:50-	00:38-	01:35+	01:38-	01:12-	00:53-	00:17-
00:04-	00:08#	00:00=	00:03+	00:47&	00:21#	00:22&	02:23@	00:02+	00:11#	00:24-	00:02-	00:10#	00:06-	00:06-	00:05-	00:05-
<b>15</b>	<b>Eivind Lie</b>	<b>116</b>										<b>25:34</b>				
01:42+	03:09+	03:42+	05:55+	07:22+	08:59+	10:14+	11:07+	13:04+	15:39+	18:35+	19:21+	20:55+	22:53+	24:08+	25:13+	25:34+
01:42+	01:27+	00:33+	02:13+	01:27-	01:37+	01:15+	00:53+	01:57+	02:35+	02:56+	00:46+	01:34+	01:58+	01:15-	01:05+	00:21-
00:09+	00:07+	00:02+	00:06+	00:01-	00:07+	00:05+	00:06#	00:06+	01:40@	00:42&	00:06#	00:09#	00:14#	00:03-	00:07#	00:01-
<b>16</b>	<b>Frode Ungar</b>	<b>116</b>										<b>26:25</b>				
01:32-	03:08+	03:42+	07:19+	08:40+	10:28+	11:36+	12:37+	14:38+	15:50+	18:23+	19:06+	21:05+	23:23+	25:13+	26:05+	26:25+
01:32-	01:36+	00:34+	03:37+	01:21-	01:48+	01:08-	01:01+	02:01+	01:12+	02:33+	00:43+	01:59+	02:18+	01:50+	00:52-	00:20-
00:01-	00:16#	00:03+	01:30&	00:07-	00:18#	00:02-	00:14&	00:10+	00:17&	00:19#	00:03+	00:34&	00:34&	00:32&	00:06-	00:02-
<b>17</b>	<b>Rune Hatle</b>	<b>65</b>										<b>26:57</b>				
01:46+	03:27+	04:02+	06:48+	08:23+	10:23+	11:50+	12:49+	15:03+	16:23+	18:32+	19:35+	21:26+	23:53+	25:19+	26:33+	26:57+
01:46+	01:41+	00:35+	02:46+	01:35+	02:00+	01:27+	00:59+	02:14+	01:20+	02:09-	01:03+	01:51+	02:27+	01:26+	01:14+	00:24+
00:13#	00:21&	00:04#	00:39&	00:07+	00:30&	00:17#	00:12&	00:23#	00:25&	00:05-	00:23&	00:26&	00:43&	00:08#	00:16&	00:02+
<b>18</b>	<b>Ludvig Mellemstrand</b>	<b>105</b>										<b>29:36</b>				
02:03+	04:54+	05:28+	08:05+	09:47+	11:38+	12:57+	13:53+	16:45+	17:51+	20:08+	21:22+	23:20+	26:26+	27:57+	29:13+	29:36+
02:03+	02:51+	00:34+	02:37+	01:42+	01:51+	01:19+	00:56+	02:52+	01:06+	02:17+	01:14+	01:58+	03:06+	01:31+	01:16+	00:23+
00:30&	01:31@	00:03+	00:30#	00:14#	00:21#	00:09#	00:09#	01:01&	00:11#	00:03+	00:34&	00:33&	01:22&	00:13#	00:18&	00:01+

Class	Navn	Klasse	Tid													
<b>19</b>	<b>Bjørn Kristian Røyland</b>	<b>74</b>	<b>37:33</b>													
02:46+	04:45+	05:39+	10:08+	12:12+	15:09+	17:31+	19:07+	22:07+	23:39+	26:57+	28:41+	31:02+	33:31+	35:54+	37:08+	37:33+
02:46+	01:59+	00:54+	04:29+	02:04+	02:57+	02:22+	01:36+	03:00+	01:32+	03:18+	01:44+	02:21+	02:29+	02:23+	01:14+	00:25+
01:13&	00:39&	00:23&	02:22&	00:36&	01:27&	01:12&	00:49&	01:09&	00:37&	01:04&	01:04&	00:56&	00:45&	01:05&	00:16&	00:03#

**Beste strekktid for klassen**

01:29 01:14 00:29 01:58 01:09 01:29 01:06 00:47 01:45 00:53 01:47 00:38 01:25 01:38 01:10 00:51 00:17

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

**Herrer 50 - 59 år**

<b>1</b>	<b>Bjørnar André Haug</b>	<b>80</b>	<b>20:34</b>														
01:14=	02:15=	03:00=	04:13=	06:19=	07:41=	08:54=	10:18=	11:23=	12:08=	13:03=	14:41=	15:26=	17:13=	18:01=	19:26=	19:55=	20:34=
01:14=	01:01=	00:45=	01:13=	02:06=	01:22=	01:13=	01:24=	01:05=	00:45=	00:55=	01:38=	00:45=	01:47=	00:48=	01:25=	00:29=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kevin Thomas Foust</b>	<b>192</b>	<b>21:45</b>														
01:20+	02:24+	03:12+	04:22+	06:30+	07:49+	08:55+	10:22+	11:39+	12:27+	13:15+	15:00+	15:59+	18:00+	18:54+	20:28+	21:02+	21:45+
01:20+	01:04+	00:48+	01:10-	02:08+	01:19-	01:06-	01:27+	01:17+	00:48+	00:48-	01:45+	00:59+	02:01+	00:54+	01:34+	00:34+	00:43+
00:06+	00:03+	00:03+	00:03-	00:02+	00:03-	00:07-	00:03+	00:12#	00:03+	00:07-	00:07+	00:14&	00:14#	00:06#	00:09#	00:05#	00:04#
<b>3</b>	<b>Terje Undheim</b>	<b>54</b>	<b>22:57</b>														
02:20+	03:31+	04:15+	05:28+	07:49+	09:10+	10:28+	11:59+	13:06+	13:51+	14:40+	16:17+	17:15+	19:19+	20:10+	21:45+	22:15+	22:57+
02:20+	01:11+	00:44-	01:13=	02:21+	01:21-	01:18+	01:31+	01:07+	00:45=	00:49-	01:37-	00:58+	02:04+	00:51+	01:35+	00:30+	00:42+
01:06&	00:10#	00:01-	00:00=	00:15#	00:01-	00:05+	00:07+	00:02+	00:40=	00:06-	00:01-	00:13&	00:17#	00:03+	00:10#	00:01+	00:03+
<b>4</b>	<b>Anders Glenne</b>	<b>7</b>	<b>24:09</b>														
01:32+	02:46+	03:40+	04:54+	07:14+	08:44+	09:57+	11:32+	12:56+	13:47+	14:45+	16:27+	17:30+	20:05+	21:13+	22:47+	23:21+	24:09+
01:32+	01:14+	00:54+	01:14+	02:20+	01:30+	01:13=	01:35+	01:24+	00:51+	00:58+	01:42+	01:03+	02:35+	01:08+	01:34+	00:34+	00:48+
00:18#	00:13#	00:09#	00:01+	00:14#	00:08+	00:00=	00:11#	00:19&	00:06#	00:03+	00:04+	00:18&	00:48&	00:20&	00:09#	00:05#	00:09#
<b>5</b>	<b>Lars Primstad</b>	<b>62</b>	<b>24:10</b>														
01:13-	02:21+	03:10+	04:20+	06:39+	08:22+	09:39+	11:14+	12:25+	13:25+	14:14+	16:05+	17:25+	19:56+	21:33+	22:59+	23:30+	24:10+
01:13-	01:08+	00:49+	01:10-	02:19+	01:43+	01:17+	01:35+	01:11+	01:00+	00:49-	01:51+	01:20+	02:31+	01:37+	01:26+	00:31+	00:40+
00:01-	00:07#	00:04+	00:03-	00:13#	00:21&	00:04+	00:11#	00:06+	00:15&	00:06-	00:13#	00:35&	00:44&	00:49&	00:01+	00:02+	00:01+
<b>6</b>	<b>Steinar Hansen</b>	<b>27</b>	<b>24:45</b>														
01:24+	02:39+	03:31+	04:42+	07:07+	08:30+	10:14+	12:40+	13:50+	14:41+	15:29+	17:32+	18:28+	20:23+	21:29+	23:24+	24:00+	24:45+
01:24+	01:15+	00:52+	01:11-	02:25+	01:23+	01:44+	02:26+	01:10+	00:51+	00:48-	02:03+	00:56+	01:55+	01:06+	01:55+	00:36+	00:45+
00:10#	00:14#	00:07#	00:02-	00:19#	00:01+	00:31&	01:02&	00:05+	00:06#	00:07-	00:25&	00:11#	00:08+	00:18&	00:30&	00:07#	00:06#
<b>7</b>	<b>Svein Roar Aas</b>	<b>114</b>	<b>25:45</b>														
01:28+	02:40+	03:32+	05:09+	07:34+	09:43+	11:03+	12:47+	14:21+	15:14+	16:06+	18:15+	19:19+	21:25+	22:30+	24:13+	24:59+	25:45+
01:28+	01:12+	00:52+	01:37+	02:25+	02:09+	01:20+	01:44+	01:34+	00:53+	00:52-	02:09+	01:04+	02:06+	01:05+	01:43+	00:46+	00:46+
00:14#	00:11#	00:07#	00:24&	00:19#	00:47&	00:07+	00:20#	00:29&	00:08#	00:03-	00:31&	00:19&	00:19#	00:17&	00:18#	00:17&	00:07#
<b>8</b>	<b>Geir Haugvaldstad</b>	<b>116</b>	<b>26:24</b>														
01:35+	03:07+	03:59+	05:30+	08:02+	09:27+	10:56+	12:52+	14:20+	15:21+	16:18+	18:15+	19:29+	22:21+	23:23+	24:56+	25:30+	26:24+
01:35+	01:32+	00:52+	01:31+	02:32+	01:25+	01:29+	01:56+	01:28+	01:01+	00:57+	01:57+	01:14+	02:52+	01:02+	01:33+	00:34+	00:54+
00:21&	00:31&	00:07#	00:18#	00:26#	00:03+	00:16#	00:32&	00:23&	00:16&	00:02+	00:19#	00:29&	01:05&	00:14&	00:08+	00:05#	00:15&
<b>9</b>	<b>Arne Hetlelid</b>	<b>98</b>	<b>26:25</b>														
01:30+	02:47+	03:41+	05:02+	07:30+	09:03+	10:21+	12:09+	13:45+	14:32+	15:27+	17:37+	18:44+	22:09+	23:14+	24:57+	25:34+	26:25+
01:30+	01:17+	00:54+	01:21+	02:28+	01:33+	01:18+	01:48+	01:36+	00:47+	00:55=	02:10+	01:07+	03:25+	01:05+	01:43+	00:37+	00:51+
00:16#	00:16&	00:09#	00:08#	00:22#	00:11#	00:05+	00:24&	00:31&	00:02+	00:00=	00:32&	00:22&	01:38&	00:17&	00:18#	00:08&	00:12&
<b>10</b>	<b>Jone Kalheim</b>	<b>93</b>	<b>26:29</b>														
01:16+	02:28+	03:19+	04:50+	07:21+	08:48+	10:03+	11:52+	13:23+	14:14+	15:07+	18:22+	19:25+	21:58+	23:06+	24:34+	25:52+	26:29+
01:16+	01:12+	00:51+	01:31+	02:31+	01:27+	01:15+	01:49+	01:31+	00:51+	00:53-	03:15+	01:03+	02:33+	01:08+	01:28+	01:18+	00:37-
00:02+	00:11#	00:06#	00:18#	00:25#	00:05+	00:02+	00:25&	00:26&	00:06#	00:02-	01:37&	00:18&	00:46&	00:20&	00:03+	00:49&	00:02-
<b>11</b>	<b>Jørgen Nilsen</b>	<b>116</b>	<b>26:42</b>														
01:21+	02:34+	03:30+	04:48+	07:32+	09:33+	10:57+	12:39+	14:16+	15:13+	16:08+	18:32+	19:37+	22:13+	23:40+	25:13+	25:53+	26:42+
01:21+	01:13+	00:56+	01:18+	02:44+	02:01+	01:24+	01:42+	01:37+	00:57+	00:55=	02:24+	01:05+	02:36+	01:27+	01:33+	00:40+	00:49+
00:07+	00:12#	00:11#	00:05+	00:38&	00:39&	00:11#	00:18#	00:32&	00:12&	00:00=	00:46&	00:20&	00:49&	00:39&	00:08+	00:11&	00:10&
<b>12</b>	<b>Håvard Håland</b>	<b>66</b>	<b>26:44</b>														
01:23+	02:45+	03:38+	05:06+	07:47+	09:21+	10:59+	12:41+	14:11+	15:25+	16:15+	18:34+	19:45+	22:24+	23:28+	25:15+	25:58+	26:44+
01:23+	01:22+	00:53+	01:28+	02:41+	01:34+	01:38+	01:42+	01:30+	01:14+	00:50-	02:19+	01:11+	02:39+	01:04+	01:47+	00:43+	00:46+
00:09#	00:21&	00:08#	00:15#	00:35&	00:12#	00:25&	00:18#	00:25&	00:29&	00:05-	00:41&	00:26&	00:52&	00:16&	00:22&	00:14&	00:07#

Class	Navn	Klasse										Tid					
<b>13</b>	<b>Asbjørn Brådland</b>	<b>297</b>										<b>26:46</b>					
01:26+	02:50+	03:48+	05:19+	08:12+	09:57+	11:28+	13:56+	15:14+	16:11+	17:07+	19:16+	20:20+	22:35+	23:43+	25:24+	26:02+	26:46+
01:26+	01:24+	00:58+	01:31+	02:53+	01:45+	01:31+	02:28+	01:18+	00:57+	00:56+	02:09+	01:04+	02:15+	01:08+	01:41+	00:38+	00:44+
00:12#	00:23&	00:13&	00:18#	00:47&	00:23&	00:18#	01:04&	00:13#	00:12&	00:01+	00:31&	00:19&	00:28&	00:20&	00:16#	00:09&	00:05#
<b>14</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>26:50</b>					
01:48+	03:21+	04:10+	05:35+	08:03+	09:44+	11:09+	12:53+	14:15+	16:01+	16:58+	19:04+	20:13+	22:13+	23:19+	25:30+	26:09+	26:50+
01:48+	01:33+	00:49+	01:25+	02:28+	01:41+	01:25+	01:44+	01:22+	01:46+	00:57+	02:06+	01:09+	02:00+	01:06+	02:11+	00:39+	00:41+
00:34&	00:32&	00:04+	00:12#	00:22#	00:19#	00:12#	00:20#	00:17&	01:01@	00:02+	00:28&	00:24&	00:13#	00:18&	00:46&	00:10&	00:02+
<b>15</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>26:51</b>					
01:18+	02:56+	03:55+	05:34+	08:20+	09:53+	11:18+	13:02+	14:24+	15:22+	16:27+	18:32+	19:38+	22:42+	23:48+	25:27+	26:05+	26:51+
01:18+	01:38+	00:59+	01:39+	02:46+	01:33+	01:25+	01:44+	01:22+	00:58+	01:05+	02:05+	01:06+	03:04+	01:06+	01:39+	00:38+	00:46+
00:04+	00:37&	00:14&	00:26&	00:40&	00:11#	00:12#	00:20#	00:17&	00:13&	00:10#	00:27&	00:21&	01:17&	00:18&	00:14#	00:09&	00:07#
<b>16</b>	<b>Frank Hansen</b>	<b>29</b>										<b>27:05</b>					
01:21+	02:38+	03:37+	05:13+	07:53+	09:39+	11:01+	13:01+	14:23+	15:19+	16:33+	18:58+	20:06+	22:48+	23:57+	25:39+	26:19+	27:05+
01:21+	01:17+	00:59+	01:36+	02:40+	01:46+	01:22+	02:00+	01:22+	00:56+	01:14+	02:25+	01:08+	02:42+	01:09+	01:42+	00:40+	00:46+
00:07+	00:16&	00:14&	00:23&	00:34&	00:24&	00:09#	00:36&	00:17&	00:11#	00:19&	00:47&	00:23&	00:55&	00:21&	00:17#	00:11&	00:07#
<b>17</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>27:32</b>					
01:22+	02:56+	03:54+	05:34+	08:13+	10:05+	11:50+	13:45+	15:11+	16:08+	17:13+	19:30+	20:42+	23:09+	24:17+	26:03+	26:43+	27:32+
01:22+	01:34+	00:58+	01:40+	02:39+	01:52+	01:45+	01:55+	01:26+	00:57+	01:05+	02:17+	01:12+	02:27+	01:08+	01:46+	00:40+	00:49+
00:08#	00:33&	00:13&	00:27&	00:33&	00:30&	00:32&	00:31&	00:21&	00:12&	00:10#	00:39&	00:27&	00:40&	00:20&	00:21#	00:11&	00:10&
<b>18</b>	<b>Tore Halset</b>	<b>114</b>										<b>27:45</b>					
01:29+	02:50+	03:46+	05:15+	07:51+	09:31+	10:58+	13:08+	14:39+	15:48+	16:51+	19:00+	20:06+	22:44+	24:03+	26:06+	26:52+	27:45+
01:29+	01:21+	00:56+	01:29+	02:36+	01:40+	01:27+	02:10+	01:31+	01:09+	01:03+	02:09+	01:06+	02:38+	01:19+	02:03+	00:46+	00:53+
00:15#	00:20&	00:11#	00:16#	00:30#	00:18#	00:14#	00:46&	00:26&	00:24&	00:08#	00:31&	00:21&	00:51&	00:31&	00:38&	00:17&	00:14&
<b>19</b>	<b>Kjetil Solbakken</b>	<b>66</b>										<b>27:53</b>					
01:27+	02:50+	03:46+	05:20+	07:56+	09:46+	11:18+	13:13+	15:19+	16:39+	17:41+	19:49+	21:27+	23:35+	24:43+	26:26+	27:03+	27:53+
01:27+	01:23+	00:56+	01:34+	02:36+	01:50+	01:32+	01:55+	02:06+	01:20+	01:02+	02:08+	01:38+	02:08+	01:08+	01:43+	00:37+	00:50+
00:13#	00:22&	00:11#	00:21&	00:30#	00:28&	00:19&	00:31&	01:01&	00:35&	00:07#	00:30&	00:53@	00:21#	00:20&	00:18#	00:08&	00:11&
<b>20</b>	<b>Magnar Møller</b>	<b>62</b>										<b>27:56</b>					
01:47+	03:06+	04:04+	05:33+	08:20+	10:01+	11:21+	13:04+	14:40+	15:33+	16:37+	18:56+	20:12+	23:20+	24:33+	26:20+	27:03+	27:56+
01:47+	01:19+	00:58+	01:29+	02:47+	01:41+	01:20+	01:43+	01:36+	00:53+	01:04+	02:19+	01:16+	03:08+	01:13+	01:47+	00:43+	00:53+
00:33&	00:18&	00:13&	00:16#	00:41&	00:19#	00:07+	00:19#	00:31&	00:08#	00:09#	00:41&	00:31&	01:21&	00:25&	00:22&	00:14&	00:14&
<b>21</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>28:29</b>					
01:53+	03:12+	04:16+	05:51+	08:45+	10:28+	11:59+	14:05+	15:32+	16:30+	17:34+	20:01+	21:02+	23:23+	25:00+	26:48+	27:36+	28:29+
01:53+	01:19+	01:04+	01:35+	02:54+	01:43+	01:31+	02:06+	01:27+	00:58+	01:04+	02:27+	01:01+	02:21+	01:37+	01:48+	00:48+	00:53+
00:39&	00:18&	00:19&	00:22&	00:48&	00:21&	00:18#	00:42&	00:22&	00:13&	00:09#	00:49&	00:16&	00:34&	00:49@	00:23&	00:19&	00:14&
<b>22</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>29:30</b>					
01:32+	02:52+	03:55+	05:26+	08:25+	10:04+	11:29+	13:23+	16:52+	17:40+	18:44+	21:01+	22:12+	24:53+	26:14+	28:00+	28:46+	29:30+
01:32+	01:20+	01:03+	01:31+	02:59+	01:39+	01:25+	01:54+	03:29+	00:48+	01:04+	02:17+	01:11+	02:41+	01:21+	01:46+	00:46+	00:44+
00:18#	00:19&	00:18&	00:18#	00:53&	00:17#	00:12#	00:30&	02:24@	00:03+	00:09#	00:39&	00:26&	00:54+	00:33&	00:21#	00:17&	00:05#
<b>23</b>	<b>Erik Bjørnbom</b>	<b>76</b>										<b>29:50</b>					
01:16+	02:37+	03:30+	04:57+	07:27+	09:21+	10:46+	12:24+	13:51+	14:48+	15:49+	20:04+	21:21+	23:54+	25:00+	26:59+	28:56+	29:50+
01:16+	01:21+	00:53+	01:27+	02:30+	01:54+	01:25+	01:38+	01:27+	00:57+	01:01+	04:15+	01:17+	02:33+	01:06+	01:59+	01:57+	00:54+
00:02+	00:20&	00:08#	00:14#	00:24#	00:32&	00:12#	00:14#	00:22&	00:12&	00:06#	02:37@	00:32&	00:46&	00:18&	00:34&	01:28@	00:15&
<b>24</b>	<b>Øystein Lie Karlsen</b>	<b>116</b>										<b>30:21</b>					
02:51+	04:17+	05:11+	06:41+	09:30+	11:25+	13:00+	14:50+	16:37+	18:14+	19:33+	21:58+	23:05+	25:20+	26:29+	28:25+	29:10+	30:21+
02:51+	01:26+	00:54+	01:30+	02:49+	01:55+	01:35+	01:50+	01:47+	01:37+	01:19+	02:25+	01:07+	02:15+	01:09+	01:56+	00:45+	01:11+
01:37@	00:25&	00:09#	00:17#	00:43&	00:33&	00:22&	00:26&	00:42&	00:52@	00:24&	00:47&	00:22&	00:28&	00:21&	00:31&	00:16&	00:32&
<b>25</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>30:46</b>					
01:54+	03:35+	04:44+	06:29+	09:44+	11:22+	13:08+	15:11+	16:50+	17:45+	18:56+	21:23+	22:49+	25:34+	26:56+	29:04+	29:54+	30:46+
01:54+	01:41+	01:09+	01:45+	03:15+	01:38+	01:46+	02:03+	01:39+	00:55+	01:11+	02:27+	01:26+	02:45+	01:22+	02:08+	00:50+	00:52+
00:40&	00:40&	00:24&	00:32&	01:09&	00:16#	00:33&	00:39&	00:34&	00:10#	00:16&	00:49&	00:41&	00:58&	00:34&	00:43&	00:21&	00:13&
<b>26</b>	<b>Arild Holm</b>	<b>114</b>										<b>31:14</b>					
01:45+	03:47+	04:49+	06:27+	09:51+	11:32+	13:18+	15:11+	16:54+	17:57+	19:03+	21:36+	22:40+	26:16+	27:37+	29:29+	30:21+	31:14+
01:45+	02:02+	01:02+	01:38+	03:24+	01:41+	01:46+	01:53+	01:43+	01:03+	01:06+	02:33+	01:04+	03:36+	01:21+	01:52+	00:52+	00:53+
00:31&	01:01&	00:17&	00:25&	01:18&	00:19#	00:33&	00:29&	00:38&	00:18&	00:11#	00:55&	00:19&	01:49@	00:33&	00:27&	00:23&	00:14&
<b>27</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>31:27</b>					
01:30+	03:10+	04:11+	05:47+	08:55+	10:44+	12:38+	14:39+	17:08+	18:18+	19:26+	21:49+	22:59+	26:31+	27:59+	29:57+	30:40+	31:27+
01:30+	01:40+	01:01+	01:36+	03:08+	01:49+	01:54+	02:01+	02:29+	01:10+	01:08+	02:23+	01:10+	03:32+	01:28+	01:58+	00:43+	00:47+
00:16#	00:39&	00:16&	00:23&	01:02&	00:27&	00:41&	00:37&	01:24@	00:25&	00:13#	00:45&	00:25&	01:45&	00:40&	00:33&	00:14&	00:08#

Class	Navn	Klasse										Tid					
<b>28</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>31:28</b>					
02:00+	03:33+	04:39+	06:28+	09:30+	12:15+	13:45+	15:48+	17:32+	18:39+	19:49+	22:32+	23:50+	26:30+	27:47+	29:35+	30:21+	31:28+
02:00+	01:33+	01:06+	01:49+	03:02+	02:45+	01:30+	02:03+	01:44+	01:07+	01:10+	02:43+	01:18+	02:40+	01:17+	01:48+	00:46+	01:07+
00:46&	00:32&	00:21&	00:36&	00:56&	01:23&	00:17#	00:39&	00:39&	00:22&	00:15&	01:05&	00:33&	00:53&	00:29&	00:23&	00:17&	00:28&
<b>29</b>	<b>Ingve Vold</b>	<b>54</b>										<b>31:37</b>					
01:36+	02:59+	03:54+	05:29+	07:57+	09:52+	11:45+	14:21+	16:02+	17:03+	18:04+	21:18+	22:35+	25:06+	26:11+	28:09+	30:42+	31:37+
01:36+	01:23+	00:55+	01:35+	02:28+	01:55+	01:53+	02:36+	01:41+	01:01+	01:01+	03:14+	01:17+	02:31+	01:05+	01:58+	02:33+	00:55+
00:22&	00:22&	00:10#	00:22&	00:22#	00:33&	00:40&	01:12&	00:36&	00:16&	00:06#	01:36&	00:32&	00:44&	00:17&	00:33&	02:04@	00:16&
<b>30</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>33:02</b>					
01:36+	03:07+	04:16+	06:07+	09:42+	11:31+	13:14+	15:44+	17:34+	18:39+	19:54+	23:09+	24:50+	27:38+	29:13+	31:16+	32:06+	33:02+
01:36+	01:31+	01:09+	01:51+	03:35+	01:49+	01:43+	02:30+	01:50+	01:05+	01:15+	03:15+	01:41+	02:48+	01:35+	02:03+	00:50+	00:56+
00:22&	00:30&	00:24&	00:38&	01:29&	00:27&	00:30&	01:06&	00:45&	00:20&	00:20&	01:37&	00:56@	01:01&	00:47&	00:38&	00:21&	00:17&
<b>31</b>	<b>Christof Schätz</b>	<b>239</b>										<b>33:27</b>					
06:02+	07:22+	08:21+	09:56+	12:37+	14:34+	16:21+	18:12+	19:37+	20:41+	21:42+	23:58+	25:10+	28:23+	30:00+	31:53+	32:36+	33:27+
06:02+	01:20+	00:59+	01:35+	02:41+	01:57+	01:47+	01:51+	01:25+	01:04+	01:01+	02:16+	01:12+	03:13+	01:37+	01:53+	00:43+	00:51+
04:48@	00:19&	00:14&	00:22&	00:35&	00:35&	00:34&	00:27&	00:20&	00:19&	00:06#	00:38&	00:27&	01:26&	00:49@	00:28&	00:14&	00:12&
<b>32</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>34:57</b>					
01:27+	02:43+	03:34+	04:58+	08:08+	09:48+	11:38+	13:34+	16:31+	19:35+	20:59+	24:39+	25:41+	29:26+	31:00+	33:03+	33:59+	34:57+
01:27+	01:16+	00:51+	01:24+	03:10+	01:40+	01:50+	01:56+	02:57+	03:04+	01:24+	03:40+	01:02+	03:45+	01:34+	02:03+	00:56+	00:58+
00:13#	00:15#	00:06#	00:11#	01:04&	00:18#	00:37&	00:32&	01:52@	02:19@	00:29&	02:02@	00:17&	01:58@	00:46&	00:38&	00:27&	00:19&
<b>33</b>	<b>Sindre Dyrstad</b>	<b>53</b>										<b>41:35</b>					
02:03+	03:14+	04:05+	05:29+	07:55+	09:24+	11:17+	21:17+	24:17+	26:00+	27:11+	29:06+	31:19+	33:25+	35:42+	40:16+	40:47+	41:35+
02:03+	01:11+	00:51+	01:24+	02:26+	01:29+	01:53+	10:00+	03:00+	01:43+	01:11+	01:55+	02:13+	02:06+	02:17+	04:34+	00:31+	00:48+
00:49&	00:10#	00:06#	00:11#	00:20#	00:07+	00:40&	08:36@	01:55@	00:58@	00:16&	00:17#	01:28@	00:19#	01:29@	03:09@	00:02+	00:09#
<b>Beste strekktid for klassen</b>																	
01:13	01:01	00:44	01:10	02:06	01:19	01:06	01:24	01:05	00:45	00:48	01:37	00:45	01:47	00:48	01:25	00:29	00:37

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

## Herrer 60 - 64 år

<b>1</b>	<b>Sturle Omdal</b>	<b>116</b>										<b>22:31</b>					
01:42=	02:46=	03:18=	05:32=	09:10=	10:22=	11:09=	11:55=	14:25=	15:34=	17:29=	19:15=	19:55=	21:16=	21:51=	22:31=		
01:42=	01:04=	00:32=	02:14=	03:38=	01:12=	00:47=	00:46=	02:30=	01:09=	01:55=	01:46=	00:40=	01:21=	00:35=	00:40=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Espen Krogh</b>	<b>7</b>										<b>24:04</b>					
01:24-	02:26-	02:53-	04:59-	07:29-	08:41-	09:35-	10:27-	12:28-	13:32-	14:55-	16:34-	21:25+	22:48+	23:24+	24:04+		
01:24-	01:02-	00:27-	02:06-	02:30-	01:12=	00:54+	00:52+	02:01-	01:04-	01:23-	01:39-	04:51+	01:23+	00:36+	00:40=		
00:18-	00:02-	00:05-	00:08-	01:08-	00:00=	00:07#	00:06#	00:29-	00:05-	00:32-	00:07-	04:11@	00:02+	00:01+	00:00=		
<b>3</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>24:13</b>					
01:46+	02:55+	03:26+	05:47+	08:45-	10:07-	11:02-	11:54-	14:34+	16:19+	18:13+	20:35+	21:23+	22:53+	23:30+	24:13+		
01:46+	01:09+	00:31-	02:21+	02:58-	01:22+	00:55+	00:52+	02:40+	01:45+	01:54-	02:22+	00:48+	01:30+	00:37+	00:43+		
00:04+	00:05+	00:01-	00:07+	00:40-	00:10#	00:08#	00:06#	00:10+	00:36&	00:01-	00:36&	00:08#	00:09#	00:02+	00:03+		
<b>4</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>27:38</b>					
01:56+	03:13+	03:49+	06:44+	10:12+	11:37+	12:36+	13:34+	16:29+	17:57+	20:50+	23:30+	24:27+	25:54+	26:36+	27:38+		
01:56+	01:17+	00:36+	02:55+	03:28-	01:25+	00:59+	00:58+	02:55+	01:28+	02:53+	02:40+	00:57+	01:27+	00:42+	01:02+		
00:14#	00:13#	00:04#	00:41&	00:10-	00:13#	00:12&	00:12&	00:25#	00:19&	00:58&	00:54&	00:17&	00:06+	00:07#	00:22&		
<b>5</b>	<b>Arne Øvstebø</b>	<b>71</b>										<b>28:38</b>					
02:28+	04:00+	04:33+	07:11+	10:29+	12:08+	13:09+	14:14+	16:52+	18:51+	21:36+	24:03+	25:04+	26:53+	27:40+	28:38+		
02:28+	01:32+	00:33+	02:38+	03:18-	01:39+	01:01+	01:05+	02:38+	01:59+	02:45+	02:27+	01:01+	01:49+	00:47+	00:58+		
00:46&	00:28&	00:01+	00:24#	00:20-	00:27&	00:14&	00:19&	00:08+	00:50&	00:50&	00:41&	00:21&	00:28&	00:12&	00:18&		
<b>6</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>29:08</b>					
02:23+	03:42+	04:24+	07:37+	11:08+	12:53+	13:59+	15:12+	18:35+	20:02+	22:03+	24:32+	25:29+	27:16+	28:00+	29:08+		
02:23+	01:19+	00:42+	03:13+	03:31-	01:45+	01:06+	01:13+	03:23+	01:27+	02:01+	02:29+	00:57+	01:47+	00:44+	01:08+		
00:41&	00:15#	00:10&	00:59&	00:07-	00:33&	00:19&	00:27&	00:53&	00:18&	00:06+	00:43&	00:17&	00:26&	00:09&	00:28&		
<b>7</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>29:16</b>					
02:04+	03:22+	04:02+	07:08+	12:40+	13:49+	15:10+	17:52+	19:19+	21:24+	24:34+	25:30+	27:24+	28:16+	29:16+			
02:04+	01:18+	00:40+	03:06+	03:50+	01:42+	01:09+	01:21+	02:42+	01:27+	02:05+	03:10+	00:56+	01:54+	00:52+	01:00+		
00:22#	00:14#	00:08#	00:52&	00:12+	00:30&	00:22&	00:35&	00:12+	00:18&	00:10+	01:24&	00:16&	00:33&	00:17&	00:20&		



Class	Navn	Klasse												Tid	
<b>8</b>	<b>Torbjørn Salthe</b>	<b>125</b>												<b>29:48</b>	
02:02+	04:34+	05:30+	07:59+	11:18+	13:03+	14:34+	15:43+	18:54+	20:13+	22:50+	24:56+	25:52+	28:08+	28:52+	29:48+
02:02+	02:32+	00:56+	02:29+	03:19-	01:45+	01:31+	01:09+	03:11+	01:19+	02:37+	02:06+	00:56+	02:16+	00:44+	00:56+
00:20#	01:28@	00:24&	00:15#	00:19-	00:33&	00:44&	00:23&	00:41&	00:10#	00:42&	00:20#	00:16&	00:55&	00:09&	00:16&
<b>9</b>	<b>John C. Sinnes</b>	<b>93</b>												<b>32:41</b>	
02:53+	04:34+	05:16+	08:03+	12:45+	14:27+	15:52+	17:16+	20:28+	22:16+	25:31+	28:04+	29:00+	30:49+	31:44+	32:41+
02:53+	01:41+	00:42+	02:47+	04:42+	01:42+	01:25+	01:24+	03:12+	01:48+	03:15+	02:33+	00:56+	01:49+	00:55+	00:57+
01:11&	00:37&	00:10&	00:33#	01:04&	00:30&	00:38&	00:38&	00:42&	00:39&	01:20&	00:47&	00:16&	00:28&	00:20&	00:17&
<b>10</b>	<b>Svein Magne Gloppen</b>	<b>93</b>												<b>44:40</b>	
02:56+	04:17+	05:01+	08:12+	14:21+	15:57+	17:08+	18:25+	26:00+	27:40+	33:34+	36:14+	41:20+	42:58+	43:48+	44:40+
02:56+	01:21+	00:44+	03:11+	06:09+	01:36+	01:11+	01:17+	07:35+	01:40+	05:54+	02:40+	05:06+	01:38+	00:50+	00:52+
01:14&	00:17&	00:12&	00:57&	02:31&	00:24&	00:24&	00:31&	05:05@	00:31&	03:59@	00:54&	04:26@	00:17#	00:15&	00:12&
<b>Beste strekktid for klassen</b>															
01:24	01:02	00:27	02:06	02:30	01:12	00:47	00:46	02:01	01:04	01:23	01:39	00:40	01:21	00:35	00:40

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>												<b>20:14</b>	
01:31=	02:31=	03:07=	05:05=	07:46=	09:11=	09:56=	10:46=	12:51=	14:01=	15:24=	17:04=	17:41=	18:47=	19:30=	20:14=
01:31=	01:00=	00:36=	01:58=	02:41=	01:25=	00:45=	00:50=	02:05=	01:10=	01:23=	01:40=	00:37=	01:06=	00:43=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Frode Sandal</b>	<b>29</b>												<b>25:36</b>	
01:59+	03:17+	03:57+	06:29+	09:29+	11:35+	12:34+	13:32+	16:10+	18:02+	19:46+	21:47+	22:32+	24:08+	24:46+	25:36+
01:59+	01:18+	00:40+	02:32+	03:00+	02:06+	00:59+	00:58+	02:38+	01:52+	01:44+	02:01+	00:45+	01:36+	00:38-	00:50+
00:28&	00:18&	00:04#	00:34&	00:19#	00:41&	00:14&	00:08#	00:33&	00:42&	00:21&	00:21#	00:08#	00:30&	00:05-	00:06#
<b>3</b>	<b>Olav Tunheim</b>	<b>93</b>												<b>27:03</b>	
01:54+	03:31+	04:06+	06:47+	10:25+	12:01+	13:01+	13:57+	17:06+	18:20+	20:54+	23:06+	24:05+	25:41+	26:22+	27:03+
01:54+	01:37+	00:35-	02:41+	03:38+	01:36+	01:00+	00:56+	03:09+	01:14+	02:34+	02:12+	00:59+	01:36+	00:41-	00:41-
00:23&	00:37&	00:01-	00:43&	00:57&	00:11#	00:15&	00:06#	01:04&	00:04+	01:11&	00:32&	00:22&	00:30&	00:02-	00:03-
<b>4</b>	<b>Torbjørn Evensen</b>	<b>108</b>												<b>29:10</b>	
01:47+	02:52+	03:26+	05:57+	11:45+	14:08+	15:03+	16:01+	18:43+	20:17+	22:37+	24:58+	25:50+	27:31+	28:13+	29:10+
01:47+	01:05+	00:34-	02:31+	05:48+	02:23+	00:55+	00:58+	02:42+	01:34+	02:20+	02:21+	00:52+	01:41+	00:42-	00:57+
00:16#	00:05+	00:02-	00:33&	03:07@	00:58&	00:10#	00:08#	00:37&	00:24&	00:57&	00:41&	00:15&	00:35&	00:01-	00:13&
<b>5</b>	<b>Bjarne Gimre</b>	<b>88</b>												<b>29:49</b>	
03:05+	04:24+	05:03+	07:58+	11:22+	12:52+	13:54+	15:06+	18:01+	19:58+	22:55+	25:03+	26:27+	28:19+	29:02+	29:49+
03:05+	01:19+	00:39+	02:55+	03:24+	01:30+	01:02+	01:12+	02:55+	01:57+	02:57+	02:08+	01:24+	01:52+	00:43=	00:47+
01:34@	00:19&	00:03+	00:57&	00:43&	00:05+	00:17&	00:22&	00:50&	00:47&	01:34@	00:28&	00:47@	00:46&	00:00=	00:03+
<b>6</b>	<b>Arne Magne Handeland</b>	<b>92</b>												<b>30:04</b>	
02:08+	03:36+	04:18+	07:19+	10:48+	12:28+	13:35+	14:44+	17:56+	20:07+	22:36+	25:18+	26:15+	27:59+	28:47+	30:04+
02:08+	01:28+	00:42+	03:01+	03:29+	01:40+	01:07+	01:09+	03:12+	02:11+	02:29+	02:42+	00:57+	01:44+	00:48+	01:17+
00:37&	00:28&	00:06#	01:03&	00:48&	00:15#	00:22&	00:19&	01:07&	01:01&	01:06&	01:02&	00:20&	00:38&	00:05#	00:33&
<b>7</b>	<b>Sveinung Tveit</b>	<b>236</b>												<b>31:58</b>	
02:17+	03:55+	04:34+	07:44+	11:42+	13:20+	14:26+	15:37+	19:06+	21:06+	23:41+	27:05+	28:24+	30:11+	31:03+	31:58+
02:17+	01:38+	00:39+	03:10+	03:58+	01:38+	01:06+	01:11+	03:29+	02:00+	02:35+	03:24+	01:19+	01:47+	00:52+	00:55+
00:46&	00:38&	00:03+	01:12&	01:17&	00:13#	00:21&	00:21&	01:24&	00:50&	01:12&	01:44@	00:42@	00:41&	00:09#	00:11#
<b>8</b>	<b>Bjørn Bjelland</b>	<b>83</b>												<b>32:48</b>	
02:33+	04:46+	05:33+	09:28+	13:46+	15:48+	17:00+	18:25+	21:21+	22:39+	24:28+	26:47+	27:36+	30:53+	31:55+	32:48+
02:33+	02:13+	00:47+	03:55+	04:18+	02:02+	01:12+	01:25+	02:56+	01:18+	01:49+	02:19+	00:49+	03:17+	01:02+	00:53+
01:02&	01:13@	00:11&	01:57&	01:37&	00:37&	00:27&	00:35&	00:51&	00:08#	00:26&	00:39&	00:12&	02:11@	00:19&	00:09#
<b>9</b>	<b>Tom Hetland</b>	<b>5</b>												<b>34:11</b>	
02:02+	03:26+	04:02+	09:15+	16:02+	18:49+	19:47+	20:54+	24:45+	26:07+	28:02+	30:22+	31:10+	32:42+	33:19+	34:11+
02:02+	01:24+	00:36=	05:13+	06:47+	02:47+	00:58+	01:07+	03:51+	01:22+	01:55+	02:20+	00:48+	01:32+	00:37-	00:52+
00:31&	00:24&	00:00=	03:15@	04:06@	01:22&	00:13&	00:17&	01:46&	00:12#	00:32&	00:40&	00:11&	00:26&	00:06-	00:08#
<b>10</b>	<b>Rolf Kleppe</b>	<b>63</b>												<b>41:30</b>	
03:13+	04:59+	05:44+	09:29+	14:32+	16:48+	18:37+	19:59+	24:30+	28:51+	32:05+	35:17+	36:32+	39:09+	40:03+	41:30+
03:13+	01:46+	00:45+	03:45+	05:03+	02:16+	01:49+	01:22+	04:31+	04:21+	03:14+	03:12+	01:15+	02:37+	00:54+	01:27+
01:42@	00:46&	00:09#	01:47&	02:22&	00:51&	01:04@	00:32&	02:26@	03:11@	01:51@	01:32&	00:38@	01:31@	00:11&	00:43&

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

01:31 01:00 00:34 01:58 02:41 01:25 00:45 00:50 02:05 01:10 01:23 01:40 00:37 01:06 00:37 00:41

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

**Herrer 70 - 74 år**

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>	<b>24:05</b>												
02:03=	03:14=	03:52=	06:16=	09:04=	10:41=	11:30=	12:33=	15:19=	16:22=	18:04=	20:05=	20:52=	22:37=	23:17=	24:05=
02:03=	01:11=	00:38=	02:24=	02:48=	01:37=	00:49=	01:03=	02:46=	01:03=	01:42=	02:01=	00:47=	01:45=	00:40=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Svein Berge</b>	<b>126</b>	<b>24:36</b>												
02:03=	03:18+	03:50-	06:15-	09:33+	11:06+	11:59+	13:03+	15:40+	16:53+	18:42+	21:06+	22:02+	23:17+	23:53+	24:36+
02:03=	01:15+	00:32-	02:25+	03:18+	01:33-	00:53+	01:04+	02:37-	01:13+	01:49+	02:24+	00:56+	01:15-	00:36-	00:43-
00:00=	00:04+	00:06-	00:01+	00:30#	00:04-	00:04+	00:01+	00:09-	00:10#	00:07+	00:23#	00:09#	00:30-	00:04-	00:05-
<b>3</b>	<b>Ragnvald Frøyland</b>	<b>128</b>	<b>25:56</b>												
02:16+	03:39+	04:19+	06:48+	09:56+	11:23+	12:25+	13:25+	16:11+	17:27+	19:19+	21:31+	22:20+	23:42+	24:27+	25:56+
02:16+	01:23+	00:40+	02:29+	03:08+	01:27-	01:02+	01:00-	02:46=	01:16+	01:52+	02:12+	00:49+	01:22-	00:45+	01:29+
00:13#	00:12#	00:02+	00:05+	00:20#	00:10-	00:13#	00:03-	00:00=	00:13#	00:10+	00:11+	00:02+	00:23-	00:05#	00:41#
<b>4</b>	<b>Paul A. Paulsen</b>	<b>117</b>	<b>28:51</b>												
02:13+	03:42+	04:17+	07:15+	10:36+	12:16+	13:22+	14:32+	17:40+	19:01+	22:08+	24:26+	25:25+	27:06+	27:56+	28:51+
02:13+	01:29+	00:35-	02:58+	03:21+	01:40+	01:06+	01:10+	03:08+	01:21+	03:07+	02:18+	00:59+	01:41-	00:50+	00:55+
00:10+	00:18#	00:03-	00:34#	00:33#	00:03+	00:17#	00:07#	00:22#	00:18#	01:25#	00:17#	00:12#	00:04-	00:10#	00:07#
<b>5</b>	<b>Jan Hetland</b>	<b>29</b>	<b>29:22</b>												
01:48-	03:03-	03:41-	06:28+	10:17+	11:58+	13:13+	14:13+	17:11+	20:12+	22:39+	24:55+	25:44+	27:36+	28:17+	29:22+
01:48-	01:15+	00:38=	02:47+	03:49+	01:41+	01:15+	01:00-	02:58+	03:01+	02:27+	02:16+	00:49+	01:52+	00:41+	01:05+
00:15-	00:04+	00:00=	00:23#	01:01#	00:04+	00:26#	00:03-	00:12+	01:58#	00:45#	00:15#	00:02+	00:07+	00:01+	00:17#
<b>6</b>	<b>Asgeir Bell</b>	<b>117</b>	<b>29:50</b>												
02:20+	04:00+	04:44+	07:49+	11:48+	13:25+	14:55+	16:05+	19:05+	21:10+	23:03+	25:29+	26:24+	27:56+	28:46+	29:50+
02:20+	01:40+	00:44+	03:05+	03:59+	01:37=	01:30+	01:10+	03:00+	02:05+	01:53+	02:26+	00:55+	01:32-	00:50+	01:04+
00:17#	00:29#	00:06#	00:41#	01:11#	00:00=	00:41#	00:07#	00:14+	01:02#	00:11#	00:25#	00:08#	00:13-	00:10#	00:16#
<b>7</b>	<b>Jan Inge Lunde</b>	<b>88</b>	<b>30:32</b>												
02:15+	03:50+	04:32+	07:36+	11:24+	13:07+	14:18+	15:27+	18:59+	20:24+	23:02+	25:23+	26:59+	28:49+	29:35+	30:32+
02:15+	01:35+	00:42+	03:04+	03:48+	01:43+	01:11+	01:09+	03:32+	01:25+	02:38+	02:21+	01:36+	01:50+	00:46+	00:57+
00:12+	00:24#	00:04#	00:40#	01:00#	00:06+	00:22#	00:06+	00:46#	00:22#	00:56#	00:20#	00:49#	00:05+	00:06#	00:09#
<b>8</b>	<b>Eivind L. Rake</b>	<b>92</b>	<b>33:44</b>												
01:56-	03:11-	03:46-	06:35+	12:05+	13:33+	18:42+	19:40+	22:28+	23:42+	26:57+	29:04+	29:54+	32:05+	32:52+	33:44+
01:56-	01:15+	00:35-	02:49+	05:30+	01:28-	05:09+	00:58-	02:48+	01:14+	03:15+	02:07+	00:50+	02:11+	00:47+	00:52+
00:07-	00:04+	00:03-	00:25#	02:42#	00:09-	04:20#	00:05-	00:02+	00:11#	01:33#	00:06+	00:03+	00:26#	00:07#	00:04+
<b>9</b>	<b>Arne Østensen</b>	<b>395</b>	<b>34:59</b>												
03:53+	05:08+	05:43+	08:20+	11:45+	13:15+	14:29+	15:37+	23:38+	25:06+	27:30+	30:08+	31:05+	32:52+	34:04+	34:59+
03:53+	01:15+	00:35-	02:37+	03:25+	01:30-	01:14+	01:08+	08:01+	01:28+	02:24+	02:38+	00:57+	01:47+	01:12+	00:55+
01:50#	00:04+	00:03-	00:13+	00:37#	00:07-	00:25#	00:05+	05:15#	00:25#	00:42#	00:37#	00:10#	00:02+	00:32#	00:07#
<b>10</b>	<b>Leif Kåre Lende</b>	<b>128</b>	<b>37:38</b>												
01:51-	03:50+	04:28+	07:13+	10:20+	11:59+	13:38+	14:50+	15:54+	19:09+	27:05+	29:11+	31:32+	32:23+	35:47+	36:47+
01:51-	01:59+	00:38=	02:45+	03:07+	01:39+	01:39+	01:12+	01:04-	03:15+	07:56+	02:06+	02:21+	00:51-	03:24+	01:00+
00:12-	00:48#	00:00=	00:21#	00:19#	00:02+	00:50#	00:09#	01:42-	02:12#	06:14#	00:05+	01:34#	00:54-	02:44#	00:12#
<b>11</b>	<b>Olav Habbestad</b>	<b>116</b>	<b>38:28</b>												
02:01-	04:22+	05:04+	07:43+	16:12+	18:32+	20:17+	21:14+	24:25+	26:17+	30:13+	33:28+	34:24+	36:52+	37:33+	38:28+
02:01-	02:21+	00:42+	02:39+	08:29+	02:20+	01:45+	00:57-	03:11+	01:52+	03:56+	03:15+	00:56+	02:28+	00:41+	00:55+
00:02-	01:10#	00:04#	00:15#	05:41#	00:43#	00:56#	00:06-	00:25#	00:49#	02:14#	01:14#	00:09#	00:43#	00:01+	00:07#
<b>12</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>	<b>39:24</b>												
02:23+	03:55+	04:34+	07:44+	14:39+	17:35+	18:47+	19:59+	23:36+	25:05+	28:44+	31:40+	32:37+	36:07+	37:10+	39:24+
02:23+	01:32+	00:39+	03:10+	06:55+	02:56+	01:12+	01:12+	03:37+	01:29+	03:39+	02:56+	00:57+	03:30+	01:03+	02:14+
00:20#	00:21#	00:01+	00:46#	04:07#	01:19#	00:23#	00:09#	00:51#	00:26#	01:57#	00:55#	00:10#	01:45#	00:23#	01:26#
<b>13</b>	<b>Terje Helland</b>	<b>88</b>	<b>42:15</b>												
02:15+	04:26+	04:57+	08:06+	11:31+	16:06+	18:46+	19:41+	22:41+	32:35+	34:43+	37:30+	38:43+	40:36+	41:20+	42:15+
02:15+	02:11+	00:31-	03:09+	03:25+	04:35+	02:40+	00:55-	03:00+	09:54+	02:08+	02:47+	01:13+	01:53+	00:44+	00:55+
00:12+	01:00#	00:07-	00:45#	00:37#	02:58#	01:51#	00:08-	00:14+	08:51#	00:26#	00:46#	00:26#	00:08+	00:04#	00:07#

Class	Navn	Klasse											Tid		
<b>14</b>	<b>Jostein Tunheim</b>	<b>116</b>											<b>42:22</b>		
02:06+	03:34+	04:14+	07:00+	12:55+	22:01+	23:50+	24:44+	29:00+	30:50+	33:43+	37:09+	38:11+	40:26+	41:24+	42:22+
02:06+	01:28+	00:40+	02:46+	05:55+	09:06+	01:49+	00:54-	04:16+	01:50+	02:53+	03:26+	01:02+	02:15+	00:58+	00:58+
00:03+	00:17#	00:02+	00:22#	03:07#	07:29#	01:00#	00:09-	01:30#	00:47#	01:11#	01:25#	00:15#	00:30#	00:18#	00:10#
<b>15</b>	<b>Gunnar Sakseid</b>	<b>116</b>											<b>44:32</b>		
03:37+	05:25+	06:24+	11:01+	16:06+	18:39+	20:24+	22:11+	26:46+	28:50+	32:13+	36:18+	39:12+	41:38+	42:53+	44:32+
03:37+	01:48+	00:59+	04:37+	05:05+	02:33+	01:45+	01:47+	04:35+	02:04+	03:23+	04:05+	02:54+	02:26+	01:15+	01:39+
01:34#	00:37#	00:21#	02:13#	02:17#	00:56#	00:56#	00:44#	01:49#	01:01#	01:41#	02:04#	02:07#	00:41#	00:35#	00:51#
<b>16</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>											<b>48:13</b>		
02:02-	03:33+	04:14+	13:19+	18:31+	20:20+	21:30+	22:45+	27:08+	29:08+	34:35+	38:02+	40:28+	45:23+	47:02+	48:13+
02:02-	01:31+	00:41+	09:05+	05:12+	01:49+	01:10+	01:15+	04:23+	02:00+	05:27+	03:27+	02:26+	04:55+	01:39+	01:11+
00:01-	00:20#	00:03+	06:41#	02:24#	00:12#	00:21#	00:12#	01:37#	00:57#	03:45#	01:26#	01:39#	03:10#	00:59#	00:23#
<b>17</b>	<b>Svein Ims</b>	<b>65</b>											<b>54:25</b>		
03:08+	04:39+	05:32+	08:27+	14:13+	16:10+	17:19+	19:31+	22:46+	32:29+	40:51+	43:57+	44:53+	52:43+	53:21+	54:25+
03:08+	01:31+	00:53+	02:55+	05:46+	01:57+	01:09+	02:12+	03:15+	09:43+	08:22+	03:06+	00:56+	07:50+	00:38-	01:04+
01:05#	00:20#	00:15#	00:31#	02:58#	00:20#	00:20#	01:09#	00:29#	08:40#	06:40#	01:05#	00:09#	06:05#	00:02-	00:16#

### Beste strekktid for klassen

01:48 01:11 00:31 02:24 02:48 01:27 00:49 00:54 01:04 01:03 01:42 02:01 00:47 00:51 00:36 00:43

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

## Herrer 75 - 79 år

<b>1</b>	<b>Finn Morten Årstad</b>	<b>115</b>											<b>30:44</b>	
01:15=	04:04=	04:49=	06:39=	09:18=	11:17=	12:29=	15:52=	17:19=	20:20=	22:13=	23:38=	27:23=	29:48=	30:44=
01:15=	02:49=	00:45=	01:50=	02:39=	01:59=	01:12=	03:23=	01:27=	03:01=	01:53=	01:25=	03:45=	02:25=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Knut Skjæveland</b>	<b>93</b>											<b>31:32</b>	
01:18+	04:19+	05:05+	06:48+	09:34+	11:53+	13:46+	17:07+	18:53+	21:57+	24:14+	25:40+	28:08+	30:36+	31:32+
01:18+	03:01+	00:46+	01:43-	02:46+	02:19+	01:53+	03:21-	01:46+	03:04+	02:17+	01:26+	02:28-	02:28+	00:56=
00:03+	00:12+	00:01+	00:07-	00:07+	00:20#	00:41#	00:02-	00:19#	00:03+	00:24#	00:01+	01:17-	00:03+	00:00=
<b>3</b>	<b>Hans Klausen</b>	<b>62</b>											<b>33:13</b>	
01:12-	04:31+	05:12+	06:53+	10:10+	12:22+	13:43+	19:51+	21:45+	24:49+	26:23+	27:42+	30:12+	32:16+	33:13+
01:12-	03:19+	00:41-	01:41-	03:17+	02:12+	01:21+	06:08+	01:54+	03:04+	01:34-	01:19-	02:30-	02:04-	00:57+
00:03-	00:30#	00:04-	00:09-	00:38#	00:13#	00:09#	02:45#	00:27#	00:03+	00:19-	00:06-	01:15-	00:21-	00:01+
<b>4</b>	<b>Øyvind Egeskog</b>	<b>5</b>											<b>33:27</b>	
01:09-	03:54-	04:40-	06:19-	09:08-	11:06-	12:29=	16:16+	17:49+	20:53+	22:27+	23:52+	29:20+	32:33+	33:27+
01:09-	02:45-	00:46+	01:39-	02:49+	01:58-	01:23+	03:47+	01:33+	03:04+	01:34-	01:25=	05:28+	03:13+	00:54-
00:06-	00:04-	00:01+	00:11-	00:10+	00:01-	00:11#	00:24#	00:06+	00:03+	00:19-	00:00=	01:43#	00:48#	00:02-
<b>5</b>	<b>Geir Husdal</b>	<b>93</b>											<b>33:34</b>	
01:14-	04:09+	04:55+	06:46+	10:33+	12:43+	13:55+	18:44+	20:38+	23:44+	25:31+	26:52+	29:59+	32:14+	33:34+
01:14-	02:55+	00:46+	01:51+	03:47+	02:10+	01:12=	04:49+	01:54+	03:06+	01:47-	01:21-	03:07-	02:15-	01:20+
00:01-	00:06+	00:01+	00:01+	01:08#	00:11+	00:00=	01:26#	00:27#	00:05+	00:06-	00:04-	00:38-	00:10-	00:24#
<b>6</b>	<b>Hermann Skogsholm</b>	<b>53</b>											<b>33:44</b>	
01:20+	05:03+	05:42+	07:32+	10:54+	13:25+	15:11+	18:34+	20:18+	23:12+	24:42+	25:59+	29:43+	32:40+	33:44+
01:20+	03:43+	00:39-	01:50=	03:22+	02:31+	01:46+	03:23=	01:44+	02:54-	01:30-	01:17-	03:44-	02:57+	01:04+
00:05+	00:54#	00:06-	00:00=	00:43#	00:32#	00:34#	00:00=	00:17#	00:07-	00:23-	00:08-	00:01-	00:32#	00:08#
<b>7</b>	<b>Steinar Undheim</b>	<b>54</b>											<b>36:21</b>	
01:23+	04:54+	05:38+	07:42+	12:16+	14:42+	15:58+	19:43+	21:29+	25:43+	27:35+	29:15+	32:16+	35:14+	36:21+
01:23+	03:31+	00:44-	02:04+	04:34+	02:26+	01:16+	03:45+	01:46+	04:14+	01:52-	01:40+	03:01-	02:58+	01:07+
00:08#	00:42#	00:01-	00:14#	01:55#	00:27#	00:04+	00:22#	00:19#	01:13#	00:01-	00:15#	00:44-	00:33#	00:11#
<b>8</b>	<b>Kjell Svihus</b>	<b>154</b>											<b>36:33</b>	
01:16+	04:27+	05:17+	07:32+	10:25+	12:46+	17:03+	20:02+	21:50+	25:20+	28:20+	29:42+	32:30+	35:26+	36:33+
01:16+	03:11+	00:50+	02:15+	02:53+	02:21+	04:17+	02:59-	01:48+	03:30+	03:00+	01:22-	02:48-	02:56+	01:07+
00:01+	00:22#	00:05#	00:25#	00:14+	00:22#	03:05#	00:24-	00:21#	00:29#	01:07#	00:03-	00:57-	00:31#	00:11#
<b>9</b>	<b>Norvald Skretting</b>	<b>43</b>											<b>37:26</b>	
01:22+	05:17+	06:01+	08:00+	11:54+	14:34+	15:52+	18:57+	20:52+	24:20+	27:16+	29:46+	32:59+	36:22+	37:26+
01:22+	03:55+	00:44-	01:59+	03:54+	02:40+	01:18+	03:05-	01:55+	03:28+	02:56+	02:30+	03:13-	03:23+	01:04+
00:07+	01:06#	00:01-	00:09+	01:15#	00:41#	00:06+	00:18-	00:28#	00:27#	01:03#	01:05#	00:32-	00:58#	00:08#

Class	Navn	Klasse										Tid			
<b>10</b>	<b>Reidar Magne Liland</b>	<b>66</b>										<b>37:27</b>			
01:47+	05:56+	06:48+	09:09+	12:17+	14:56+	16:25+	19:45+	21:40+	25:13+	28:20+	30:04+	32:58+	36:01+	37:27+	
01:47+	04:09+	00:52+	02:21+	03:08+	02:39+	01:29+	03:20-	01:55+	03:33+	03:07+	01:44+	02:54-	03:03+	01:26+	
00:32&	01:20&	00:07#	00:31&	00:29#	00:40&	00:17#	00:03-	00:28&	00:32#	01:14&	00:19#	00:51-	00:38&	00:30&	
<b>11</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>42:28</b>			
02:02+	06:03+	06:55+	09:12+	13:16+	16:53+	18:48+	23:08+	25:16+	30:10+	32:53+	34:45+	38:27+	41:13+	42:28+	
02:02+	04:01+	00:52+	02:17+	04:04+	03:37+	01:55+	04:20+	02:08+	04:54+	02:43+	01:52+	03:42-	02:46+	01:15+	
00:47&	01:12&	00:07#	00:27#	01:25&	01:38&	00:43&	00:57&	00:41&	01:53&	00:50&	00:27&	00:03-	00:21#	00:19&	
<b>12</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>45:20</b>			
01:31+	05:34+	06:31+	08:58+	12:54+	15:24+	22:03+	25:50+	27:55+	31:57+	34:12+	36:25+	40:35+	43:55+	45:20+	
01:31+	04:03+	00:57+	02:27+	03:56+	02:30+	06:39+	03:47+	02:05+	04:02+	02:15+	02:13+	04:10+	03:20+	01:25+	
00:16#	01:14&	00:12&	00:37&	01:17&	00:31&	05:27@	00:24#	00:38&	01:01&	00:22#	00:48&	00:25#	00:55&	00:29&	
<b>13</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>49:49</b>			
01:56+	06:10+	07:14+	09:59+	13:51+	17:14+	18:55+	23:41+	26:20+	31:04+	33:53+	36:40+	42:54+	48:10+	49:49+	
01:56+	04:14+	01:04+	02:45+	03:52+	03:23+	01:41+	04:46+	02:39+	04:44+	02:49+	02:47+	06:14+	05:16+	01:39+	
00:41&	01:25&	00:19&	00:55&	01:13&	01:24&	00:29&	01:23&	01:12&	01:43&	00:56&	01:22&	02:29&	02:51@	00:43&	
<b>14</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>58:54</b>			
01:01-	07:42+	08:18+	10:12+	13:24+	34:57+	38:06+	41:29+	43:08+	45:55+	47:37+	48:44+	56:03+	57:57+	58:54+	
01:01-	06:41+	00:36-	01:54+	03:12+	21:33+	03:09+	03:23=	01:39+	02:47-	01:42-	01:07-	07:19+	01:54-	00:57+	
00:14-	03:52@	00:09-	00:04+	00:33#	19:34@	01:57@	00:00=	00:12#	00:14-	00:11-	00:18-	03:34&	00:31-	00:01+	
<b>15</b>	<b>Olav Hognestad</b>	<b>92</b>										<b>1:01:56</b>			
03:23+	08:18+	08:57+	10:56+	13:50+	37:42+	39:02+	42:30+	44:37+	50:18+	52:19+	53:56+	57:08+	60:41+	61:56+	
03:23+	04:55+	00:39-	01:59+	02:54+	23:52+	01:20+	03:28+	02:07+	05:41+	02:01+	01:37+	03:12-	03:33+	01:15+	
02:08@	02:06&	00:06-	00:09+	00:15+	21:53@	00:08#	00:05+	00:40&	02:40&	00:08+	00:12#	00:33-	01:08&	00:19&	
<b>Beste strekktid for klassen</b>															
01:01	02:45	00:36	01:39	02:39	01:58	01:12	02:59	01:27	02:47	01:30	01:07	02:28	01:54	00:54	

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

## Herrer 80 år og eldre

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

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

01:34 01:18 01:23 02:03 02:08 02:03 01:26 01:12 01:40 02:59 02:26 02:11 01:55 01:13 03:39 00:58 01:01 00:26

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

**Herrer A**

**1 Tobias Rødde 46 21:12**  
 01:37= 02:01= 02:35= 03:51= 05:34= 06:44= 07:38= 08:48= 09:30= 10:30= 11:07= 11:49= 13:43= 14:38= 15:41= 16:44= 17:33= 19:12= 19:54= 20:53= 21:12=  
 01:37= 00:24= 00:34= 01:16= 01:43= 01:10= 00:54= 01:10= 00:42= 01:00= 00:37= 00:42= 01:54= 00:55= 01:03= 01:03= 00:49= 01:39= 00:42= 00:59= 00:19=  
 00:00=

**2 Thomas Olsen Schive 126 21:15**  
 01:43+ 02:08+ 02:40+ 03:52+ 05:30- 06:38- 07:46+ 09:05+ 09:54+ 10:51+ 11:30+ 12:12+ 14:02+ 15:00+ 16:01+ 17:08+ 17:58+ 19:15+ 20:00+ 20:58+ 21:15+  
 01:43+ 00:25+ 00:32- 01:12- 01:38- 01:08- 01:08+ 01:19+ 00:49+ 00:57- 00:39+ 00:42= 01:50- 00:58+ 01:01- 01:07+ 00:50+ 01:17- 00:45+ 00:58- 00:17-  
 00:06+ 00:01+ 00:02- 00:04- 00:05- 00:02- 00:14& 00:09# 00:07# 00:03- 00:02+ 00:00= 00:04- 00:03+ 00:02- 00:04+ 00:01+ 00:22- 00:03+ 00:01- 00:02-

**3 Svein Magnus Halsne 71 21:20**  
 01:48+ 02:09+ 02:42+ 03:57+ 05:38+ 06:49+ 07:40+ 08:56+ 09:40+ 10:41+ 11:22+ 12:04+ 14:18+ 15:15+ 16:23+ 17:27+ 18:13+ 19:22+ 20:06+ 21:03+ 21:20+  
 01:48+ 00:21- 00:33- 01:15- 01:41- 01:11+ 00:51- 01:16+ 00:44+ 01:01+ 00:41+ 00:42= 02:14+ 00:57+ 01:08+ 01:04+ 00:46- 01:09- 00:44+ 00:57- 00:17-  
 00:11# 00:03- 00:01- 00:01- 00:02- 00:01+ 00:03- 00:06+ 00:02+ 00:01+ 00:04# 00:00= 00:20# 00:02+ 00:05+ 00:01+ 00:03- 00:30- 00:02+ 00:02- 00:02-

**4 Martin Blystad 115 24:00**  
 01:55+ 02:21+ 03:00+ 04:16+ 06:17+ 07:50+ 08:49+ 10:14+ 11:01+ 12:03+ 12:47+ 13:36+ 15:30+ 16:33+ 17:44+ 19:01+ 19:55+ 21:39+ 22:37+ 23:43+ 24:00+  
 01:55+ 00:26+ 00:39+ 01:16= 02:01+ 01:33+ 00:59+ 01:25+ 00:47+ 01:02+ 00:44+ 00:49+ 01:54= 01:03+ 01:11+ 01:17+ 00:54+ 01:44+ 00:58+ 01:06+ 00:17-  
 00:18# 00:02+ 00:05# 00:00= 00:18# 00:23& 00:05+ 00:15# 00:05# 00:02+ 00:07# 00:07# 00:00= 00:08# 00:08# 00:14# 00:05# 00:05+ 00:16& 00:07# 00:02-

**5 Joakim B. Enne Haug 71 24:15**  
 02:07+ 02:36+ 03:16+ 04:32+ 06:28+ 07:47+ 08:49+ 10:12+ 11:01+ 12:03+ 12:46+ 13:35+ 15:42+ 16:49+ 17:53+ 19:46+ 20:36+ 22:01+ 22:54+ 23:55+ 24:15+  
 02:07+ 00:29+ 00:40+ 01:16= 01:56+ 01:19+ 01:02+ 01:23+ 00:49+ 01:02+ 00:43+ 00:49+ 02:07+ 01:07+ 01:04+ 01:53+ 00:50+ 01:25- 00:53+ 01:01+ 00:20+  
 00:30& 00:05# 00:06# 00:00= 00:13# 00:09# 00:08# 00:13# 00:07# 00:02+ 00:06# 00:07# 00:13# 00:12# 00:01+ 00:50& 00:01+ 00:14- 00:11& 00:02+ 00:01+

**6 Marius Stene 27 25:06**  
 02:12+ 03:04+ 03:39+ 04:55+ 06:50+ 08:15+ 09:15+ 10:42+ 11:31+ 12:46+ 13:34+ 14:24+ 16:38+ 17:44+ 18:57+ 20:20+ 21:13+ 22:52+ 23:47+ 24:47+ 25:06+  
 02:12+ 00:52+ 00:35+ 01:16= 01:55+ 01:25+ 01:00+ 01:27+ 00:49+ 01:15+ 00:48+ 00:50+ 02:14+ 01:06+ 01:13+ 01:23+ 00:53+ 01:39= 00:55+ 01:00+ 00:19=  
 00:35& 00:28@ 00:01+ 00:00= 00:12# 00:15# 00:06# 00:17# 00:07# 00:15# 00:11& 00:08# 00:20# 00:11# 00:10# 00:20& 00:04+ 00:00= 00:13& 00:01+ 00:00=

**7 Erik Lima 43 25:30**  
 02:35+ 03:03+ 03:53+ 05:16+ 07:18+ 08:33+ 09:35+ 11:00+ 11:51+ 13:00+ 13:38+ 14:22+ 16:29+ 17:39+ 18:58+ 20:24+ 21:16+ 23:19+ 24:11+ 25:12+ 25:30+  
 02:35+ 00:28+ 00:50+ 01:23+ 02:02+ 01:15+ 01:02+ 01:25+ 00:51+ 01:09+ 00:38+ 00:44+ 02:07+ 01:10+ 01:19+ 01:26+ 00:52+ 02:03+ 00:52+ 01:01+ 00:18-  
 00:58& 00:04# 00:16& 00:07+ 00:19# 00:05+ 00:08# 00:15# 00:09# 00:09# 00:01+ 00:02+ 00:13# 00:15& 00:16& 00:23& 00:03+ 00:24# 00:10# 00:02+ 00:01-

**8 Håkon Eggebø 71 25:55**  
 01:57+ 02:31+ 03:20+ 04:38+ 06:44+ 08:02+ 09:06+ 10:59+ 11:48+ 13:01+ 13:50+ 14:37+ 16:52+ 17:56+ 19:12+ 21:04+ 22:12+ 23:32+ 24:31+ 25:37+ 25:55+  
 01:57+ 00:34+ 00:49+ 01:18+ 02:06+ 01:18+ 01:04+ 01:53+ 00:49+ 01:13+ 00:49+ 00:47+ 02:15+ 01:04+ 01:16+ 01:52+ 01:08+ 01:20- 00:59+ 01:06+ 00:18-  
 00:20# 00:10& 00:15& 00:02+ 00:23# 00:08# 00:10# 00:43& 00:07# 00:13# 00:12& 00:05# 00:21# 00:09# 00:13# 00:49& 00:19& 00:19- 00:17& 00:07# 00:01-

**9 Svein Kyllingstad 71 27:08**  
 02:21+ 02:52+ 03:28+ 04:47+ 06:46+ 08:23+ 09:33+ 11:05+ 12:01+ 13:11+ 14:03+ 14:50+ 16:44+ 18:35+ 19:53+ 21:25+ 22:33+ 24:20+ 25:19+ 26:48+ 27:08+  
 02:21+ 00:31+ 00:36+ 01:19+ 01:59+ 01:37+ 01:10+ 01:32+ 00:56+ 01:10+ 00:52+ 00:47+ 01:54= 01:51+ 01:18+ 01:32+ 01:08+ 01:47+ 00:59+ 01:29+ 00:20+  
 00:44& 00:07& 00:02+ 00:03+ 00:16# 00:27& 00:16& 00:22& 00:14& 00:10# 00:15& 00:05# 00:00= 00:56@ 00:15# 00:29& 00:19& 00:08+ 00:17& 00:30& 00:01+

**Beste strekktid for klassen**

01:37 00:21 00:32 01:12 01:38 01:08 00:51 01:10 00:42 00:57 00:37 00:42 01:50 00:55 01:01 01:03 00:46 01:09 00:42 00:57 00:17

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

**Herrer B**

**1 Ørjan Ravndal 194 21:07**  
 01:43= 02:10= 02:43= 03:52= 05:33= 06:44= 07:42= 08:56= 09:40= 10:44= 11:28= 12:05= 13:51= 14:44= 15:42= 17:09= 17:56= 19:04= 19:52= 20:50= 21:07=  
 01:43= 00:27= 00:33= 01:09= 01:41= 01:11= 00:58= 01:14= 00:44= 01:04= 00:44= 00:37= 01:46= 00:53= 00:58= 01:27= 00:47= 01:08= 00:48= 00:58= 00:17=  
 00:00=

**2 Geir Sand 105 21:09**  
 01:45+ 02:12+ 02:50+ 03:59+ 05:47+ 06:55+ 07:48+ 09:03+ 09:46+ 10:44= 11:23- 12:03- 13:39- 14:35- 15:56+ 17:12+ 17:58+ 19:10+ 19:52= 20:53+ 21:09+  
 01:45+ 00:27= 00:38+ 01:09= 01:48+ 01:08- 00:53- 01:15+ 00:43- 00:58- 00:39- 00:40+ 01:36- 00:56+ 01:21+ 01:16- 00:46- 01:12+ 00:42- 01:01+ 00:16-  
 00:02+ 00:00= 00:05# 00:00= 00:07+ 00:03- 00:05- 00:01+ 00:01- 00:06- 00:05- 00:03+ 00:10- 00:03+ 00:23& 00:11- 00:01- 00:04+ 00:06- 00:03+ 00:01-

Class	Navn	Klasse														Tid													
<b>3</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>														<b>21:38</b>													
01:47+	02:10=	02:46+	04:02+	05:46+	06:53+	07:46+	09:01+	09:50+	10:52+	11:33+	12:17+	14:03+	15:02+	16:09+	17:41+	18:31+	19:40+	20:27+	21:21+	21:38+									
01:47+	00:23-	00:36+	01:16+	01:44+	01:07-	00:53-	01:15+	00:49+	01:02-	00:41-	00:44+	01:46=	00:59+	01:07+	01:32+	00:50+	01:09+	00:47-	00:54-	00:17=									
00:04+	00:04-	00:03+	00:07#	00:03+	00:04-	00:05-	00:01+	00:05#	00:02-	00:03-	00:07#	00:00=	00:06#	00:09#	00:05+	00:03+	00:01+	00:01-	00:04-	00:00=									
<b>4</b>	<b>Jan-Rune L. Basso</b>	<b>91</b>														<b>23:18</b>													
01:52+	02:14+	02:55+	04:09+	06:05+	07:18+	08:17+	09:34+	10:23+	11:29+	12:15+	13:04+	15:03+	16:10+	17:26+	18:49+	19:41+	20:55+	21:55+	22:58+	23:18+									
01:52+	00:22-	00:41+	01:14+	01:56+	01:13+	00:59+	01:17+	00:49+	01:06+	00:46+	00:49+	01:59+	01:07+	01:16+	01:23-	00:52+	01:14+	01:00+	01:03+	00:20+									
00:09+	00:05-	00:08#	00:05+	00:15#	00:02+	00:01+	00:03+	00:05#	00:02+	00:02+	00:12&	00:13#	00:14&	00:18&	00:04-	00:05#	00:06+	00:12#	00:05+	00:03#									
<b>5</b>	<b>Stein Arne Olsen</b>	<b>68</b>														<b>23:32</b>													
02:02+	02:30+	03:07+	04:28+	06:23+	07:41+	08:49+	10:09+	10:57+	12:06+	12:47+	13:36+	15:24+	16:31+	17:40+	19:04+	19:57+	21:17+	22:07+	23:14+	23:32+									
02:02+	00:28+	00:37+	01:21+	01:55+	01:18+	01:08+	01:20+	00:48+	01:09+	00:41-	00:49+	01:48+	01:07+	01:09+	01:24-	00:53+	01:20+	00:50+	01:07+	00:18+									
00:19#	00:01+	00:04#	00:12#	00:14#	00:07+	00:10#	00:06+	00:04+	00:05+	00:03-	00:12&	00:02+	00:14&	00:11#	00:03-	00:06#	00:12#	00:02+	00:09#	00:01+									
<b>6</b>	<b>Magnus Landstad</b>	<b>66</b>														<b>24:44</b>													
01:56+	02:46+	03:20+	04:38+	06:26+	07:43+	08:44+	10:02+	10:50+	11:57+	12:42+	13:30+	15:47+	16:56+	18:06+	19:52+	20:44+	22:33+	23:25+	24:26+	24:44+									
01:56+	00:50+	00:34+	01:18+	01:48+	01:17+	01:01+	01:18+	00:48+	01:07+	00:45+	00:48+	02:17+	01:09+	01:10+	01:46+	00:52+	01:49+	00:52+	01:01+	00:18+									
00:13#	00:23&	00:01+	00:09#	00:07+	00:06+	00:03+	00:04+	00:04+	00:03+	00:01+	00:11&	00:31&	00:16&	00:12#	00:19#	00:05#	00:41&	00:04+	00:03+	00:01+									
<b>7</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>														<b>24:48</b>													
01:53+	02:17+	02:57+	04:18+	06:12+	07:37+	08:45+	10:11+	11:03+	12:22+	13:10+	13:57+	16:15+	17:21+	18:29+	20:07+	21:00+	22:16+	23:20+	24:31+	24:48+									
01:53+	00:24-	00:40+	01:21+	01:54+	01:25+	01:08+	01:26+	00:52+	01:19+	00:48+	00:47+	02:18+	01:06+	01:08+	01:38+	00:53+	01:16+	01:04+	01:11+	00:17=									
00:10+	00:03-	00:07#	00:12#	00:13#	00:14#	00:10#	00:12#	00:08#	00:15#	00:04+	00:10&	00:32&	00:13#	00:10#	00:11#	00:06#	00:08#	00:16&	00:13#	00:00=									
<b>8</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>														<b>25:02</b>													
02:00+	02:27+	03:03+	04:30+	06:24+	07:48+	08:49+	10:14+	11:07+	12:08+	12:49+	13:42+	16:14+	17:21+	18:38+	20:09+	21:01+	22:40+	23:36+	24:42+	25:02+									
02:00+	00:27=	00:36+	01:27+	01:54+	01:24+	01:01+	01:25+	00:53+	01:01-	00:41-	00:53+	02:32+	01:07+	01:17+	01:31+	00:52+	01:39+	00:56+	01:06+	00:20+									
00:17#	00:00=	00:03+	00:18&	00:13#	00:13#	00:03+	00:11#	00:09#	00:03-	00:03-	00:16&	00:46&	00:14&	00:19&	00:04+	00:05#	00:31&	00:08#	00:08#	00:03#									
<b>9</b>	<b>Tom Furland</b>	<b>62</b>														<b>25:45</b>													
02:01+	02:35+	03:13+	04:34+	06:32+	08:00+	09:02+	10:30+	11:20+	12:26+	13:11+	14:00+	16:04+	17:15+	18:29+	20:05+	20:58+	23:19+	24:16+	25:23+	25:45+									
02:01+	00:34+	00:38+	01:21+	01:58+	01:28+	01:02+	01:28+	00:50+	01:06+	00:45+	00:49+	02:04+	01:11+	01:14+	01:36+	00:53+	02:21+	00:57+	01:07+	00:22+									
00:18#	00:07&	00:05#	00:12#	00:17#	00:17#	00:04+	00:14#	00:06#	00:02+	00:01+	00:12&	00:18#	00:18&	00:16&	00:09#	00:06#	01:13&	00:09#	00:09#	00:05&									
<b>10</b>	<b>Jørgen Breivold</b>	<b>54</b>														<b>26:59</b>													
02:10+	02:43+	03:22+	05:06+	07:09+	08:36+	09:41+	11:11+	12:04+	13:11+	13:54+	14:49+	17:39+	18:50+	20:04+	22:01+	22:56+	24:19+	25:28+	26:41+	26:59+									
02:10+	00:33+	00:39+	01:44+	02:03+	01:27+	01:05+	01:30+	00:53+	01:07+	00:43-	00:55+	02:50+	01:11+	01:14+	01:57+	00:55+	01:23+	01:09+	01:13+	00:18+									
00:27&	00:06#	00:06#	00:35&	00:22#	00:16#	00:07#	00:16#	00:09#	00:03+	00:01-	00:18&	01:04&	00:18&	00:16&	00:30&	00:08#	00:15#	00:21&	00:15&	00:01+									
<b>11</b>	<b>Joar Eilevstjønn</b>	<b>67</b>														<b>26:59</b>													
01:49+	02:43+	03:20+	04:35+	06:25+	07:57+	09:07+	10:27+	11:13+	12:54+	13:34+	14:22+	16:26+	17:38+	18:47+	20:03+	20:53+	24:45+	25:33+	26:41+	26:59+									
01:49+	00:54+	00:37+	01:15+	01:50+	01:32+	01:10+	01:20+	00:46+	01:41+	00:40-	00:48+	02:04+	01:12+	01:09+	01:16-	00:50+	03:52+	00:48=	01:08+	00:18+									
00:06+	00:27&	00:04#	00:06+	00:09+	00:21&	00:12#	00:06+	00:02+	00:37&	00:04-	00:11&	00:18#	00:19&	00:11#	00:11-	00:03+	02:44&	00:00=	00:10#	00:01+									
<b>12</b>	<b>Per Olav Haarr</b>	<b>62</b>														<b>27:21</b>													
02:03+	03:08+	03:47+	05:29+	07:32+	09:10+	10:17+	11:48+	13:25+	14:32+	15:20+	16:07+	18:01+	19:16+	20:33+	22:12+	23:17+	24:40+	25:49+	26:59+	27:21+									
02:03+	01:05+	00:39+	01:42+	02:03+	01:38+	01:07+	01:31+	01:37+	01:07+	00:48+	00:47+	01:54+	01:15+	01:17+	01:39+	01:05+	01:23+	01:09+	01:10+	00:22+									
00:20#	00:38&	00:06#	00:33&	00:22#	00:27&	00:09#	00:17#	00:53&	00:03+	00:04+	00:10&	00:08+	00:22&	00:19&	00:12#	00:18&	00:15#	00:21&	00:12#	00:05&									
<b>13</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>														<b>32:49</b>													
02:56+	03:35+	04:25+	06:16+	09:01+	10:46+	12:04+	14:06+	15:19+	16:39+	17:34+	18:50+	21:23+	23:02+	24:44+	26:36+	27:45+	29:36+	30:54+	32:22+	32:49+									
02:56+	00:39+	00:50+	01:51+	02:45+	01:45+	01:18+	02:02+	01:13+	01:20+	00:55+	01:16+	02:33+	01:39+	01:42+	01:52+	01:09+	01:51+	01:18+	01:28+	00:27+									
01:13&	00:12&	00:17&	00:42&	01:04&	00:34&	00:20&	00:48&	00:29&	00:16#	00:11#	00:39&	00:47&	00:46&	00:44&	00:25&	00:22&	00:43&	00:30&	00:30&	00:10&									
<b>Beste strekktid for klassen</b>																													
01:43	00:22	00:33	01:09	01:41	01:07	00:53	01:14	00:43	00:58	00:39	00:37	01:36	00:53	00:58	01:16	00:46	01:08	00:42	00:54	00:16									

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

## Herrer C

<b>1</b>	<b>Kjetil Wirak</b>	<b>114</b>														<b>22:08</b>													
01:29=	02:39=	02:56=	04:19=	06:12=	07:31=	08:45=	10:04=	10:54=	11:59=	12:45=	13:35=	15:15=	16:21=	17:37=	18:29=	19:20=	20:11=	21:30=	22:08=										
01:29=	01:10=	00:17=	01:23=	01:53=	01:19=	01:14=	01:19=	00:50=	01:05=	00:46=	00:50=	01:40=	01:06=	01:16=	00:52=	00:51=	00:51=	01:19=	00:38=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
<b>2</b>	<b>Henning Sundby</b>	<b>114</b>														<b>23:23</b>													
01:48+	03:04+	03:21+	04:36+	06:36+	08:02+	09:16+	10:40+	11:46+	13:00+	13:44+	14:29+	16:01+	16:59+	18:25+	19:17+	20:16+	21:04+	22:37+	23:23+										
01:48+	01:16+	00:17=	01:22-	01:53=	01:26+	01:14=	01:24+	01:06+	01:14+	00:44-	00:45-	01:32-	00:58-	01:26+	00:52=	00:59+	00:48-	01:33+	00:46+										
00:19#	00:06+	00:00=	00:01-	00:00=	00:07+	00:00=	00:05+	00:16&	00:09#	00:02-	00:05-	00:08-	00:08-	00:10#	00:00=	00:08#	00:03-	00:14#	00:08#										

Class	Navn	Klasse										Tid									
<b>3</b>	<b>Jan Einar Øvremo</b>	<b>50</b>										<b>23:47</b>									
		01:25-	02:46+	03:03+	04:37+	07:08+	08:16+	09:38+	10:58+	11:49+	13:10+	13:54+	14:42+	16:21+	17:09+	19:06+	19:57+	20:47+	21:40+	23:09+	23:47+
		01:25-	01:21+	00:17=	01:34+	02:31+	01:08-	01:22+	01:20+	00:51+	01:21+	00:44-	00:48-	01:39-	00:48-	01:57+	00:51-	00:50-	00:53+	01:29+	00:38=
		00:04-	00:11#	00:00=	00:11#	00:38&	00:11-	00:08#	00:01+	00:01+	00:16#	00:02-	00:02-	00:01-	00:18-	00:41&	00:01-	00:01-	00:02+	00:10#	00:00=
<b>4</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>23:59</b>									
		01:34+	02:56+	03:14+	04:59+	07:02+	08:12+	09:47+	11:24+	12:15+	13:19+	14:09+	14:58+	16:40+	17:33+	18:59+	20:11+	21:07+	22:01+	23:19+	23:59+
		01:34+	01:22+	00:18+	01:45+	02:03+	01:10-	01:35+	01:37+	00:51+	01:04-	00:50+	00:49-	01:42+	00:53-	01:26+	01:12+	00:56+	00:54+	01:18-	00:40+
		00:05+	00:12#	00:01+	00:02&	00:10+	00:09-	00:21&	00:18#	00:01+	00:01-	00:04+	00:01-	00:02+	00:13-	00:10#	00:20&	00:05+	00:03+	00:01-	00:02+
<b>5</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>24:25</b>									
		01:30+	02:53+	03:08+	04:28+	06:21+	08:00+	09:22+	10:50+	11:42+	13:10+	14:00+	14:50+	16:43+	17:25+	19:21+	20:32+	21:32+	22:25+	23:47+	24:25+
		01:30+	01:23+	00:15-	01:20-	01:53=	01:39+	01:22+	01:28+	00:52+	01:28+	00:50+	00:50=	01:53+	00:42-	01:56+	01:11+	01:00+	00:53+	01:22+	00:38=
		00:01+	00:13#	00:02-	00:03-	00:00=	00:20&	00:08#	00:09#	00:02+	00:23&	00:04+	00:00=	00:13#	00:24-	00:40&	00:19&	00:09#	00:02+	00:03+	00:00=
<b>6</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>24:57</b>									
		01:38+	03:00+	03:17+	04:44+	06:52+	08:07+	09:46+	11:11+	12:06+	13:16+	14:07+	15:09+	17:07+	18:07+	19:38+	20:38+	21:43+	22:37+	24:18+	24:57+
		01:38+	01:22+	00:17=	01:27+	02:08+	01:15-	01:39+	01:25+	00:55+	01:10+	00:51+	01:02+	01:58+	01:00-	01:31+	01:00+	01:05+	00:54+	01:41+	00:39+
		00:09#	00:12#	00:00=	00:04+	00:15#	00:04-	00:25&	00:06+	00:05#	00:05+	00:05#	00:12#	00:18#	00:06-	00:15#	00:08#	00:14&	00:03+	00:22&	00:01+
<b>7</b>	<b>Nils John Vestøl</b>	<b>83</b>										<b>25:06</b>									
		01:40+	03:11+	03:28+	04:53+	07:00+	08:23+	09:52+	11:34+	12:28+	13:57+	14:48+	15:41+	17:36+	18:37+	20:11+	21:07+	22:03+	22:59+	24:22+	25:06+
		01:40+	01:31+	00:17=	01:25+	02:07+	01:23+	01:29+	01:42+	00:54+	01:29+	00:51+	00:53+	01:55+	01:01-	01:34+	00:56+	00:56+	00:56+	01:23+	00:44+
		00:11#	00:21&	00:00=	00:02+	00:14#	00:04+	00:15#	00:23&	00:04+	00:24&	00:05#	00:03+	00:15#	00:05-	00:18#	00:04+	00:05+	00:05+	00:04+	00:06#
<b>8</b>	<b>Trond Nilsen Lamark</b>	<b>46</b>										<b>25:10</b>									
		01:47+	03:07+	03:29+	05:03+	07:14+	08:32+	09:58+	11:34+	12:29+	13:41+	14:32+	15:38+	17:26+	18:26+	20:03+	21:00+	21:56+	22:55+	24:20+	25:10+
		01:47+	01:20+	00:22+	01:34+	02:11+	01:18-	01:26+	01:36+	00:55+	01:12+	00:51+	01:06+	01:48+	01:00-	01:37+	00:57+	00:56+	00:59+	01:25+	00:50+
		00:18#	00:10#	00:05&	00:11#	00:18#	00:01-	00:12#	00:17#	00:05#	00:07#	00:05#	00:16&	00:08+	00:06-	00:21&	00:05+	00:05+	00:08#	00:06+	00:12&
<b>9</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>25:18</b>									
		01:34+	03:28+	03:42+	05:01+	07:01+	08:28+	09:57+	11:20+	12:09+	13:22+	14:06+	14:52+	16:28+	17:35+	20:25+	21:18+	22:09+	23:14+	24:41+	25:18+
		01:34+	01:54+	00:14-	01:19+	02:00+	01:27+	01:29+	01:23+	00:49-	01:13+	00:44-	00:46-	01:36-	01:07+	02:50+	00:53+	00:51=	01:05+	01:27+	00:37-
		00:05+	00:44&	00:03-	00:04-	00:07+	00:08#	00:15#	00:04+	00:01-	00:08#	00:02-	00:04-	00:04-	00:01+	01:34@	00:01+	00:00=	00:14&	00:08#	00:01-
<b>10</b>	<b>Oddmund Nordgård</b>	<b>105</b>										<b>25:35</b>									
		01:40+	03:03+	03:20+	04:53+	07:30+	08:54+	10:21+	12:28+	13:26+	14:45+	15:34+	16:30+	18:13+	19:18+	20:45+	21:43+	22:38+	23:35+	24:55+	25:35+
		01:40+	01:23+	00:17=	01:33+	02:37+	01:24+	01:27+	02:07+	00:58+	01:19+	00:49+	00:56+	01:43+	01:05-	01:27+	00:58+	00:55+	00:57+	01:20+	00:40+
		00:11#	00:13#	00:00=	00:10#	00:44&	00:05+	00:13#	00:48&	00:08#	00:14#	00:03+	00:06#	00:03+	00:01-	00:11#	00:06#	00:04+	00:06#	00:01+	00:02+
<b>11</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>25:40</b>									
		01:38+	03:06+	03:22+	04:53+	07:10+	08:24+	09:50+	11:34+	12:28+	13:42+	14:39+	15:37+	17:33+	18:32+	20:16+	21:18+	22:16+	23:12+	24:55+	25:40+
		01:38+	01:28+	00:16-	01:31+	02:17+	01:14-	01:26+	01:44+	00:54+	01:14+	00:57+	00:58+	01:56+	00:59-	01:44+	01:02+	00:58+	00:56+	01:43+	00:45+
		00:09#	00:18&	00:01-	00:08+	00:24#	00:05-	00:12#	00:25&	00:04+	00:09#	00:11#	00:08#	00:16#	00:07-	00:28&	00:10#	00:07#	00:05+	00:24&	00:07#
<b>12</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>26:17</b>									
		01:34+	03:05+	03:23+	05:05+	07:11+	08:31+	10:06+	12:05+	12:54+	14:09+	14:55+	15:43+	17:39+	18:47+	20:49+	21:46+	22:48+	23:46+	25:34+	26:17+
		01:34+	01:31+	00:18+	01:42+	02:06+	01:20+	01:35+	01:59+	00:49-	01:15+	00:46=	00:48-	01:56+	01:08+	02:02+	00:57+	01:02+	00:58+	01:48+	00:43+
		00:05+	00:21&	00:01+	00:19#	00:13#	00:01+	00:21&	00:40&	00:01-	00:10#	00:00=	00:02-	00:16#	00:02+	00:46&	00:05+	00:11#	00:07#	00:29&	00:05#
<b>13</b>	<b>Paul Terje Haarr</b>	<b>62</b>										<b>26:56</b>									
		01:48+	03:14+	03:32+	05:06+	07:23+	08:50+	10:19+	12:02+	12:53+	14:10+	15:00+	15:59+	17:54+	19:41+	21:08+	22:05+	23:10+	24:18+	26:09+	26:56+
		01:48+	01:26+	00:18+	01:34+	02:17+	01:27+	01:29+	01:43+	00:51+	01:17+	00:50+	00:59+	01:55+	01:47+	01:27+	00:57+	01:05+	01:08+	01:51+	00:47+
		00:19#	00:16#	00:01+	00:11#	00:24#	00:08#	00:15#	00:24&	00:01+	00:12#	00:04+	00:09#	00:15#	00:41&	00:11#	00:05+	00:14&	00:17&	00:32&	00:09#
<b>14</b>	<b>Erling Mauland</b>	<b>83</b>										<b>29:48</b>									
		02:00+	03:38+	04:00+	05:40+	08:24+	09:40+	11:36+	13:45+	14:42+	16:04+	16:55+	17:52+	20:19+	21:29+	23:40+	24:41+	26:07+	27:12+	29:00+	29:48+
		02:00+	01:38+	00:22+	01:40+	02:44+	01:16-	01:56+	02:09+	00:57+	01:22+	00:51+	00:57+	02:27+	01:10+	02:11+	01:01+	01:26+	01:05+	01:48+	00:48+
		00:31&	00:28&	00:05&	00:17#	00:51&	00:03-	00:42&	00:50&	00:07#	00:17&	00:05#	00:07#	00:47&	00:04+	00:55&	00:09#	00:35&	00:14&	00:29&	00:10&
<b>15</b>	<b>Steve Richardson</b>	<b>42</b>										<b>30:03</b>									
		01:59+	03:31+	03:52+	05:44+	08:11+	09:53+	11:52+	13:48+	14:59+	16:53+	17:52+	18:59+	21:08+	22:26+	24:00+	25:08+	26:11+	27:19+	29:16+	30:03+
		01:59+	01:32+	00:21+	01:52+	02:27+	01:42+	01:59+	01:56+	01:11+	01:54+	00:59+	01:07+	02:09+	01:18+	01:34+	01:08+	01:03+	01:08+	01:57+	00:47+
		00:30&	00:22&	00:04#	00:29&	00:34&	00:23&	00:45&	00:37&	00:21&	00:49&	00:13&	00:17&	00:29&	00:12#	00:18#	00:16&	00:12#	00:17&	00:38&	00:09#
<b>16</b>	<b>Ove Oaland</b>	<b>116</b>										<b>34:05</b>									
		01:59+	03:45+	04:09+	06:00+	08:43+	10:15+	12:17+	14:18+	15:28+	16:53+	17:49+	18:55+	21:05+	22:28+	27:35+	28:55+	30:09+	31:17+	33:04+	34:05+
		01:59+	01:46+	00:24+	01:51+	02:43+	01:32+	02:02+	02:01+	01:10+	01:25+	00:56+	01:06+	02:10+	01:23+	05:07+	01:20+	01:14+	01:08+	01:47+	01:01+
		00:30&	00:36&	00:07&	00:28&	00:50&	00:13#	00:48&	00:42&	00:20&	00:20&	00:10#	00:16&	00:30&	00:17&	03:51@	00:28&	00:23&	00:17&	00:28&	00:23&

**Beste strekktid for klassen**

01:25 01:10 00:14 01:19 01:53 01:08 01:14 01:19 00:49 01:04 00:44 00:45 01:32 00:42 01:16 00:51 00:50 00:48 01:18 00:37

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

## Herrer Ny

<b>1</b>	<b>Håvard Jektnes</b>	<b>111</b>	<b>28:00</b>							
06:37=	07:29=	10:04=	13:16=	15:16=	19:39=	22:15=	24:30=	25:19=	27:13=	28:00=
06:37=	00:52=	02:35=	03:12=	02:00=	04:23=	02:36=	02:15=	00:49=	01:54=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>John Olav Molin</b>	<b>239</b>	<b>30:42</b>							
04:51-	05:35-	08:35-	10:23-	12:18-	19:53+	24:21+	26:41+	27:35+	29:57+	30:42+
04:51-	00:44-	03:00+	01:48-	01:55-	07:35+	04:28+	02:20+	00:54+	02:22+	00:45-
01:46-	00:08-	00:25#	01:24-	00:05-	03:12&	01:52&	00:05+	00:05#	00:28#	00:02-

<b>3</b>	<b>Nikolai Korunzhiy</b>	<b>386</b>	<b>33:54</b>							
02:36-	03:18-	06:14-	09:19-	11:38-	20:34+	25:39+	28:44+	30:10+	33:29+	33:54+
02:36-	00:42-	02:56+	03:05-	02:19+	08:56+	05:05+	03:05+	01:26+	03:19+	00:25-
04:01-	00:10-	00:21#	00:07-	00:19#	04:33@	02:29&	00:50&	00:37&	01:25&	00:22-

**Beste strekktid for klassen**

02:36	00:42	02:35	01:48	01:55	04:23	02:36	02:15	00:49	01:54	00:25
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Herrer Trim

<b>1</b>	<b>Sjur Berntsen</b>	<b>105</b>	<b>19:35</b>														
01:01=	01:43=	02:36=	03:50=	05:17=	06:40=	08:08=	08:57=	10:01=	11:27=	12:41=	14:00=	15:09=	15:54=	17:55=	18:36=	19:14=	19:35=
01:01=	00:42=	00:53=	01:14=	01:27=	01:23=	01:28=	00:49=	01:04=	01:26=	01:14=	01:19=	01:09=	00:45=	02:01=	00:41=	00:38=	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=

<b>2</b>	<b>Adam Alfred Brennhagen</b>	<b>392</b>	<b>19:58</b>														
01:28+	02:07+	03:07+	04:14+	05:29+	06:45+	07:51-	08:33-	09:38-	11:03-	12:25-	14:04+	14:59-	15:50-	18:26+	19:01+	19:37+	19:58+
01:28+	00:39-	01:00+	01:07-	01:15-	01:16-	01:06-	00:42-	01:05+	01:25-	01:22+	01:39+	00:55-	00:51+	02:36+	00:35-	00:36-	00:21=
00:27&	00:03-	00:07#	00:07-	00:12-	00:07-	00:22-	00:07-	00:01+	00:01-	00:08#	00:20&	00:14-	00:06#	00:35&	00:06-	00:02-	00:00=

<b>3</b>	<b>Eivind Gjesteland</b>	<b>136</b>	<b>20:35</b>														
00:57-	01:40-	02:42+	03:48-	05:23+	06:59+	07:59-	08:46-	09:44-	11:31+	13:00+	14:28+	15:38+	16:28+	18:49+	19:28+	20:17+	20:35+
00:57-	00:43+	01:02+	01:06-	01:35+	01:36+	01:00-	00:47-	00:58-	01:47+	01:29+	01:28+	01:10+	00:50+	02:21+	00:39-	00:49+	00:18-
00:04-	00:01+	00:09#	00:08-	00:08+	00:13#	00:28-	00:02-	00:06-	00:21#	00:15#	00:09#	00:01+	00:05#	00:20#	00:02-	00:11&	00:03-

<b>4</b>	<b>Alexander Khorunzhiy</b>	<b>287</b>	<b>20:37</b>														
01:04+	01:58+	02:55+	04:16+	05:49+	07:22+	08:22+	09:14+	10:24+	11:59+	13:22+	14:21+	15:33+	16:24+	18:59+	19:40+	20:15+	20:37+
01:04+	00:54+	00:57+	01:21+	01:33+	01:33+	01:00-	00:52+	01:10+	01:35+	01:23+	00:59-	01:12+	00:51+	02:35+	00:41=	00:35-	00:22+
00:03+	00:12&	00:04+	00:07+	00:06+	00:10#	00:28-	00:03+	00:06+	00:09#	00:09#	00:20-	00:03+	00:06#	00:34&	00:00=	00:03-	00:01+

<b>5</b>	<b>Hans Olav Myskja</b>	<b>117</b>	<b>21:08</b>														
01:12+	01:57+	03:17+	04:32+	05:49+	07:13+	08:41+	09:31+	10:30+	12:11+	13:45+	14:50+	15:59+	16:51+	19:09+	19:55+	20:41+	21:08+
01:12+	00:45+	01:20+	01:15+	01:17-	01:24+	01:28=	00:50+	00:59-	01:41+	01:34+	01:05-	01:09=	00:52+	02:18+	00:46+	00:46+	00:27+
00:11#	00:03+	00:27&	00:01+	00:10-	00:01+	00:00=	00:01+	00:05-	00:15#	00:20&	00:14-	00:00=	00:07#	00:17#	00:05#	00:08#	00:06&

<b>6</b>	<b>Inge Arild Leknes</b>	<b>376</b>	<b>21:51</b>														
01:05+	04:17+	05:03+	06:10+	07:31+	08:44+	09:43+	10:32+	11:35+	12:58+	14:43+	16:01+	17:23+	18:09+	20:19+	20:53+	21:31+	21:51+
01:05+	03:12+	00:46-	01:07-	01:21-	01:13-	00:59-	00:49=	01:03-	01:23-	01:45+	01:18-	01:22+	00:46+	02:10+	00:34-	00:38=	00:20-
00:04+	02:30@	00:07-	00:07-	00:06-	00:10-	00:29-	00:00=	00:01-	00:03-	00:31&	00:01-	00:13#	00:01+	00:09+	00:07-	00:00=	00:01-

<b>7</b>	<b>Per-Olof Wallerstedt</b>	<b>18</b>	<b>22:06</b>														
01:05+	01:59+	03:01+	04:30+	06:11+	07:43+	08:50+	09:44+	11:04+	12:36+	14:01+	15:22+	16:34+	17:26+	19:57+	20:43+	21:45+	22:06+
01:05+	00:54+	01:02+	01:29+	01:41+	01:32+	01:07-	00:54+	01:20+	01:32+	01:25+	01:21+	01:12+	00:52+	02:31+	00:46+	01:02+	00:21=
00:04+	00:12&	00:09#	00:15#	00:14#	00:09#	00:21-	00:05#	00:16#	00:06+	00:11#	00:02+	00:03+	00:07#	00:30#	00:05#	00:24&	00:00=

<b>8</b>	<b>Bartlomiej Lenart</b>	<b>91</b>	<b>22:11</b>														
01:12+	01:58+	03:06+	04:25+	05:49+	07:16+	08:20+	09:26+	10:34+	11:50+	13:29+	14:34+	16:18+	17:03+	20:32+	21:12+	21:48+	22:11+
01:12+	00:46+	01:08+	01:19+	01:24-	01:27+	01:04-	01:06+	01:08+	01:16-	01:39+	01:05-	01:44+	00:45=	03:29+	00:40-	00:36-	00:23+
00:11#	00:04+	00:15&	00:05+	00:03-	00:04+	00:24-	00:17&	00:04+	00:10-	00:25&	00:14-	00:35&	00:00=	01:28&	00:01-	00:02-	00:02+

<b>9</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>22:55</b>															
00:53-	02:27+	03:35+	04:44+	06:01+	06:36-	07:54-	08:56-	09:53-	10:53-	14:14+	15:45+	16:59+	18:08+	19:09+	21:15+	21:57+	22:35+	22:55+
00:53-	01:34+	01:08+	01:09-	01:17-	00:35-	01:18-	01:02+	00:57-	01:00-	03:21+	01:31+	01:14+	01:09+	01:01-	02:06+	00:42+	00:38+	00:20+
00:08-	00:52@	00:15&	00:05-	00:10-	00:48-	00:10-	00:13&	00:07-	00:26-	02:07@	00:12#	00:05+	00:24&	01:00-	01:25@	00:04#	00:17&	00:20+



Class	Navn	Klasse										Tid					
<b>10</b>	<b>Andreas Primstad</b>	<b>376</b>										<b>23:04</b>					
00:58-	01:51+	02:57+	04:25+	06:12+	08:00+	09:33+	10:19+	11:32+	13:26+	14:53+	16:29+	17:36+	18:35+	21:13+	21:54+	22:36+	23:04+
00:58-	00:53+	01:06+	01:28+	01:47+	01:48+	01:33+	00:46-	01:13+	01:54+	01:27+	01:36+	01:07-	00:59+	02:38+	00:41=	00:42+	00:28+
00:03-	00:11&	00:13#	00:14#	00:20#	00:25&	00:05+	00:03-	00:09#	00:28&	00:13#	00:17#	00:02-	00:14&	00:37&	00:00=	00:04#	00:07&
<b>11</b>	<b>Frode Lund</b>	<b>18</b>										<b>23:57</b>					
01:02+	01:54+	02:56+	04:33+	06:34+	08:13+	09:20+	10:27+	11:39+	13:46+	15:40+	17:12+	18:24+	19:12+	22:02+	22:47+	23:33+	23:57+
01:02+	00:52+	01:02+	01:37+	02:01+	01:39+	01:07-	01:07+	01:12+	02:07+	01:54+	01:32+	01:12+	00:48+	02:50+	00:45+	00:46+	00:24+
00:01+	00:10#	00:09#	00:23&	00:34&	00:16#	00:21-	00:18&	00:08#	00:41&	00:40&	00:13#	00:03+	00:03+	00:49&	00:04+	00:08#	00:03#
<b>12</b>	<b>Jerome Renout</b>	<b>63</b>										<b>24:02</b>					
01:08+	02:12+	03:18+	04:56+	06:32+	08:11+	09:25+	10:26+	11:38+	13:59+	15:25+	17:04+	18:23+	19:33+	22:10+	22:54+	23:37+	24:02+
01:08+	01:04+	01:06+	01:38+	01:36+	01:39+	01:14-	01:01+	01:12+	02:21+	01:26+	01:39+	01:19+	01:10+	02:37+	00:44+	00:43+	00:25+
00:07#	00:22&	00:13#	00:24&	00:09#	00:16#	00:14-	00:12#	00:08#	00:55&	00:12#	00:20&	00:10#	00:25&	00:36&	00:03+	00:05#	00:04#
<b>13</b>	<b>Eivind Baltzersen</b>	<b>136</b>										<b>24:02</b>					
01:10+	02:04+	03:24+	04:41+	06:16+	08:20+	09:36+	10:59+	12:25+	14:17+	15:59+	17:29+	18:46+	19:37+	22:20+	22:58+	23:39+	24:02+
01:10+	00:54+	01:20+	01:17+	01:35+	02:04+	01:16-	01:23+	01:26+	01:52+	01:42+	01:30+	01:17+	00:51+	02:43+	00:38-	00:41+	00:23+
00:09#	00:12&	00:27&	00:03+	00:08+	00:41&	00:12-	00:34&	00:22&	00:26&	00:28&	00:11#	00:08#	00:06#	00:42&	00:03-	00:03+	00:02+
<b>14</b>	<b>Marius Bergstøl Hvidsten</b>	<b>372</b>										<b>24:08</b>					
01:02+	01:52+	02:53+	04:45+	06:15+	07:38+	08:56+	09:49+	11:11+	13:02+	15:49+	17:21+	18:47+	19:39+	22:17+	23:03+	23:44+	24:08+
01:02+	00:50+	01:01+	01:52+	01:30+	01:23=	01:18-	00:53+	01:22+	01:51+	02:47+	01:32+	01:26+	00:52+	02:38+	00:46+	00:41+	00:24+
00:01+	00:08#	00:08#	00:38&	00:03+	00:00=	00:10-	00:04+	00:18&	00:25&	01:33@	00:13#	00:17#	00:07#	00:37&	00:05#	00:03+	00:03#
<b>15</b>	<b>Nils Egil Lie</b>	<b>376</b>										<b>24:26</b>					
01:03+	01:59+	03:24+	05:00+	06:38+	08:15+	09:31+	10:30+	11:57+	13:40+	15:09+	17:03+	18:35+	19:51+	22:21+	23:13+	24:04+	24:26+
01:03+	00:56+	01:25+	01:36+	01:38+	01:37+	01:16-	00:59+	01:27+	01:43+	01:29+	01:54+	01:32+	01:16+	02:30+	00:52+	00:51+	00:22+
00:02+	00:14&	00:32&	00:22&	00:11#	00:14#	00:12-	00:10#	00:23&	00:17#	00:15#	00:35&	00:23&	00:31&	00:29#	00:11&	00:13&	00:01+
<b>16</b>	<b>Matthieu Pereira-Pires</b>	<b>42</b>										<b>24:26</b>					
00:56-	01:42-	02:41+	04:07+	05:27+	07:04+	08:54+	09:49+	10:58+	13:03+	14:42+	16:14+	17:29+	18:30+	22:44+	23:21+	24:03+	24:26+
00:56-	00:46+	00:59+	01:26+	01:38+	01:37+	01:50+	00:55+	01:09+	02:05+	01:39+	01:32+	01:15+	01:01+	04:14+	00:37-	00:42+	00:23+
00:05-	00:04+	00:06#	00:12#	00:07-	00:14#	00:22#	00:06#	00:05+	00:39&	00:25&	00:13#	00:06+	00:16&	02:13@	00:04-	00:04#	00:02+
<b>17</b>	<b>Jørgen Jærnes</b>	<b>180</b>										<b>24:43</b>					
01:13+	02:07+	03:17+	04:41+	06:24+	08:06+	09:39+	10:38+	12:16+	14:07+	15:38+	17:26+	18:40+	19:42+	22:39+	23:35+	24:20+	24:43+
01:13+	00:54+	01:10+	01:24+	01:43+	01:42+	01:33+	00:59+	01:38+	01:51+	01:31+	01:48+	01:14+	01:02+	02:57+	00:56+	00:45+	00:23+
00:12#	00:12&	00:17&	00:10#	00:16#	00:19#	00:05+	00:10#	00:34&	00:25&	00:17#	00:29&	00:05+	00:17&	00:56&	00:15&	00:07#	00:02+
<b>18</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>24:55</b>					
01:20+	02:15+	03:20+	04:47+	06:35+	08:26+	09:41+	10:51+	12:14+	13:52+	15:54+	17:48+	19:08+	19:58+	22:55+	23:46+	24:38+	24:55+
01:20+	00:55+	01:05+	01:27+	01:48+	01:51+	01:15-	01:10+	01:23+	01:38+	02:02+	01:54+	01:20+	00:50+	02:57+	00:51+	00:52+	00:17-
00:19&	00:13&	00:12#	00:13#	00:21#	00:28&	00:13-	00:21&	00:19&	00:12#	00:48&	00:35&	00:11#	00:05#	00:56&	00:10#	00:14&	00:04-
<b>19</b>	<b>Thomas Romstad</b>	<b>116</b>										<b>26:05</b>					
01:00-	01:53+	03:01+	04:28+	06:04+	07:32+	12:22+	13:25+	14:32+	15:59+	17:20+	18:29+	19:56+	20:50+	23:56+	24:44+	25:36+	26:05+
01:00-	00:53+	01:08+	01:27+	01:36+	01:28+	04:50+	01:03+	01:07+	01:27+	01:21+	01:09-	01:27+	00:54+	03:06+	00:48+	00:52+	00:29+
00:01-	00:11&	00:15&	00:13#	00:09#	00:05+	03:22@	00:14&	00:03+	00:01+	00:07+	00:10-	00:18&	00:09#	01:05&	00:07#	00:14&	00:08&
<b>20</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>26:09</b>					
01:08+	01:55+	02:56+	04:26+	08:44+	10:39+	11:58+	12:47+	14:46+	16:49+	18:21+	19:30+	21:12+	22:02+	24:20+	25:06+	25:45+	26:09+
01:08+	00:47+	01:01+	01:30+	04:18+	01:55+	01:19-	00:49=	01:59+	02:03+	01:32+	01:09-	01:42+	00:50+	02:18+	00:46+	00:39+	00:24+
00:07#	00:05#	00:08#	00:16#	02:51@	00:32&	00:09-	00:00=	00:55&	00:37&	00:18#	00:10-	00:33&	00:05#	00:17#	00:05#	00:01+	00:03#
<b>21</b>	<b>Arne Magne Sondresen</b>	<b>105</b>										<b>26:35</b>					
01:04+	02:01+	03:18+	04:42+	08:38+	10:47+	11:51+	12:45+	13:58+	15:52+	17:20+	18:56+	20:07+	21:02+	24:28+	25:16+	26:07+	26:35+
01:04+	00:57+	01:17+	01:24+	03:56+	02:09+	01:04-	00:54+	01:13+	01:54+	01:28+	01:36+	01:11+	00:55+	03:26+	00:48+	00:51+	00:28+
00:03+	00:15&	00:24&	00:10#	02:29@	00:46&	00:24-	00:05#	00:09#	00:28&	00:14#	00:17#	00:02+	00:10#	01:25&	00:07#	00:13&	00:07&
<b>22</b>	<b>Svein Mæle</b>	<b>43</b>										<b>26:51</b>					
01:15+	02:07+	03:13+	04:53+	06:45+	08:30+	11:26+	12:24+	13:49+	15:42+	17:35+	19:47+	21:21+	22:14+	24:52+	25:39+	26:26+	26:51+
01:15+	00:52+	01:06+	01:40+	01:52+	01:45+	02:56+	00:58+	01:25+	01:53+	01:53+	02:12+	01:34+	00:53+	02:38+	00:47+	00:47+	00:25+
00:14#	00:10#	00:13#	00:26&	00:25&	00:22&	01:28&	00:09#	00:21&	00:27&	00:39&	00:53&	00:25&	00:08#	00:37&	00:06#	00:09#	00:04#
<b>23</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>26:56</b>					
01:13+	02:12+	03:25+	04:57+	06:48+	08:39+	09:58+	11:02+	12:22+	15:04+	16:48+	18:55+	20:24+	21:42+	24:53+	25:39+	26:30+	26:56+
01:13+	00:59+	01:13+	01:32+	01:51+	01:51+	01:19-	01:04+	01:20+	02:42+	01:44+	02:07+	01:29+	01:18+	03:11+	00:46+	00:51+	00:26+
00:12#	00:17&	00:20&	00:18#	00:24&	00:28&	00:09-	00:15&	00:16#	01:16&	00:30&	00:48&	00:20&	00:33&	01:10&	00:05#	00:13&	00:05#
<b>24</b>	<b>Sjur Bjerke</b>	<b>401</b>										<b>27:10</b>					
01:57+	03:20+	04:17+	05:52+	07:32+	09:30+	10:45+	11:51+	13:03+	15:52+	17:37+	18:57+	20:08+	20:59+	24:50+	25:45+	26:37+	27:10+
01:57+	01:23+	00:57+	01:35+	01:40+	01:58+	01:15-	01:06+	01:12+	02:49+	01:45+	01:20+	01:11+	00:51+	03:51+	00:55+	00:52+	00:33+
00:56&	00:41&	00:04+	00:21&	00:13#	00:35&	00:13-	00:17&	00:08#	01:23&	00:31&	00:01+	00:02+	00:06#	01:50&	00:14&	00:14&	00:12&

Class	Navn	Klasse										Tid						
<b>25</b>	<b>Arild Svihus</b>	<b>92</b>										<b>27:40</b>						
01:24+	02:20+	03:33+	06:57+	08:39+	10:02+	11:53+	13:08+	14:06+	15:31+	17:38+	19:09+	20:41+	21:59+	22:51+	25:46+	26:27+	27:15+	27:40+
01:24+	00:56+	01:13+	03:24+	01:42+	01:23=	01:51+	01:15+	00:58-	01:25-	02:07+	01:31+	01:32+	01:18+	00:52-	02:55+	00:41+	00:48+	00:25+
00:23&	00:14&	00:20&	02:10@	00:15#	00:00=	00:23&	00:26&	00:06-	00:01-	00:53&	00:12#	00:23&	00:33&	01:09-	02:14@	00:03+	00:27@	00:25+
<b>26</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>27:54</b>						
01:10+	02:14+	03:27+	05:11+	07:11+	09:06+	10:39+	11:52+	13:17+	15:31+	17:30+	19:43+	21:04+	22:14+	25:18+	26:07+	27:07+	27:54+	
01:10+	01:04+	01:13+	01:44+	02:00+	01:55+	01:33+	01:13+	01:25+	02:14+	01:59+	02:13+	01:21+	01:10+	03:04+	00:49+	01:00+	00:47+	
00:09#	00:22&	00:20&	00:30&	00:33&	00:32&	00:05+	00:24&	00:21&	00:48&	00:45&	00:54&	00:12#	00:25&	01:03&	00:08#	00:22&	00:26@	
<b>27</b>	<b>John Helge Svdal</b>	<b>111</b>										<b>27:59</b>						
01:04+	01:57+	03:12+	04:43+	07:09+	09:21+	11:10+	12:13+	13:36+	15:57+	17:48+	19:55+	21:48+	22:51+	25:45+	26:41+	27:33+	27:59+	
01:04+	00:53+	01:15+	01:31+	02:26+	02:12+	01:49+	01:03+	01:23+	02:21+	01:51+	02:07+	01:53+	01:03+	02:54+	00:56+	00:52+	00:26+	
00:03+	00:11&	00:22&	00:17#	00:59&	00:49&	00:21#	00:14&	00:19&	00:55&	00:37&	00:48&	00:44&	00:18&	00:53&	00:15&	00:14&	00:05#	
<b>28</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>28:02</b>						
01:20+	02:21+	03:34+	05:21+	07:13+	09:32+	11:05+	12:12+	13:44+	15:57+	17:55+	19:45+	21:22+	22:35+	25:40+	26:39+	27:36+	28:02+	
01:20+	01:01+	01:13+	01:47+	01:52+	02:19+	01:33+	01:07+	01:32+	02:13+	01:58+	01:50+	01:37+	01:13+	03:05+	00:59+	00:57+	00:26+	
00:19&	00:19&	00:20&	00:33&	00:25&	00:56&	00:05+	00:18&	00:28&	00:47&	00:44&	00:31&	00:28&	00:28&	01:04&	00:18&	00:19&	00:05#	
<b>29</b>	<b>Bent Horpestad</b>	<b>105</b>										<b>28:13</b>						
01:32+	02:36+	04:31+	06:10+	07:43+	09:45+	11:32+	12:27+	13:46+	17:10+	18:43+	19:57+	22:13+	23:04+	26:00+	26:45+	27:40+	28:13+	
01:32+	01:04+	01:55+	01:39+	01:33+	02:02+	01:47+	00:55+	01:19+	03:24+	01:33+	01:14-	02:16+	00:51+	02:56+	00:45+	00:55+	00:33+	
00:31&	00:22&	01:02@	00:25&	00:06+	00:39&	00:19#	00:06#	00:15#	01:58@	00:19&	00:05-	01:07&	00:06#	00:55&	00:04+	00:17&	00:12&	
<b>30</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>28:46</b>						
01:16+	02:20+	03:35+	05:13+	07:06+	09:44+	12:24+	13:24+	14:52+	16:50+	18:26+	19:32+	22:56+	23:55+	26:37+	27:28+	28:19+	28:46+	
01:16+	01:04+	01:15+	01:38+	01:53+	02:38+	02:40+	01:00+	01:58+	01:36+	01:06-	03:24+	00:59+	02:42+	00:51+	00:51+	00:27+		
00:15#	00:22&	00:22&	00:24&	00:26&	01:15&	01:12&	00:11#	00:24&	00:32&	00:22&	00:13-	02:15@	00:14&	00:41&	00:10#	00:13&	00:06&	
<b>31</b>	<b>David Torgersen</b>	<b>287</b>										<b>28:52</b>						
01:32+	08:08+	09:13+	10:38+	11:58+	13:25+	15:08+	17:15+	18:19+	19:53+	21:09+	22:31+	23:32+	24:25+	27:21+	27:58+	28:33+	28:52+	
01:32+	06:36+	01:05+	01:25+	01:20-	01:27+	01:43+	02:07+	01:04=	01:34+	01:16+	01:22+	01:01-	00:53+	02:56+	00:37-	00:35-	00:19-	
00:31&	05:54@	00:12#	00:11#	00:07-	00:04+	00:15#	01:18@	00:00=	00:08+	00:02+	00:03+	00:08-	00:08#	00:55&	00:04-	00:03-	00:02-	
<b>32</b>	<b>Trond Vigedal</b>	<b>117</b>										<b>29:12</b>						
01:23+	02:16+	04:01+	05:46+	07:19+	09:32+	11:39+	13:07+	14:48+	16:43+	18:14+	20:10+	21:54+	23:15+	26:48+	27:49+	28:37+	29:12+	
01:23+	00:53+	01:45+	01:45+	01:33+	02:13+	02:07+	01:28+	01:41+	01:55+	01:31+	01:56+	01:44+	01:21+	03:33+	01:01+	00:48+	00:35+	
00:22&	00:11&	00:52&	00:31&	00:06+	00:50&	00:39&	00:39&	00:37&	00:29&	00:17#	00:37&	00:35&	00:36&	01:32&	00:20&	00:10&	00:14&	
<b>33</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>29:15</b>						
01:08+	02:10+	03:36+	05:17+	07:10+	09:46+	11:19+	12:35+	14:03+	17:04+	19:46+	21:36+	22:59+	24:05+	27:05+	28:01+	28:47+	29:15+	
01:08+	01:02+	01:26+	01:41+	01:53+	02:36+	01:33+	01:16+	01:28+	03:01+	02:42+	01:50+	01:23+	01:06+	03:00+	00:56+	00:46+	00:28+	
00:07#	00:20&	00:33&	00:27&	00:26&	01:13&	00:05+	00:27&	00:24&	01:35@	01:28@	00:31&	00:14#	00:21&	00:59&	00:15&	00:08#	00:07&	
<b>34</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>29:42</b>						
01:25+	02:32+	03:54+	05:39+	07:35+	10:05+	11:33+	12:41+	14:28+	17:09+	19:01+	21:11+	22:46+	24:09+	27:16+	28:14+	29:10+	29:42+	
01:25+	01:07+	01:22+	01:45+	01:56+	02:30+	01:28=	01:08+	01:47+	02:41+	01:52+	02:10+	01:35+	01:23+	03:07+	00:58+	00:56+	00:32+	
00:24&	00:25&	00:29&	00:31&	00:29&	01:07&	00:00=	00:19&	00:43&	01:15&	00:38&	00:51&	00:26&	00:38&	01:06&	00:17&	00:18&	00:11&	
<b>35</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>29:48</b>						
01:12+	02:20+	03:44+	05:43+	08:05+	10:20+	12:03+	13:09+	14:55+	16:54+	18:45+	20:47+	22:28+	23:45+	27:01+	28:00+	29:05+	29:48+	
01:12+	01:08+	01:24+	01:59+	02:22+	02:15+	01:43+	01:06+	01:46+	01:59+	01:51+	02:02+	01:41+	01:17+	03:16+	00:59+	01:05+	00:43+	
00:11#	00:26&	00:31&	00:45&	00:52&	00:52&	00:15#	00:17&	00:42&	00:33&	00:37&	00:43&	00:32&	00:32&	01:15&	00:18&	00:27&	00:22@	
<b>36</b>	<b>Eivind Tolo</b>	<b>111</b>										<b>29:54</b>						
01:27+	02:34+	04:26+	05:53+	08:36+	10:41+	12:02+	13:07+	14:33+	16:52+	18:40+	20:04+	23:36+	24:34+	27:30+	28:24+	29:18+	29:54+	
01:27+	01:07+	01:52+	01:27+	02:43+	02:05+	01:21-	01:05+	01:26+	02:19+	01:48+	01:24+	03:32+	00:58+	02:56+	00:54+	00:54+	00:36+	
00:26&	00:25&	00:59@	00:13#	01:16&	00:42&	00:07-	00:16&	00:22&	00:53&	00:34&	00:05+	02:23@	00:13&	00:55&	00:13&	00:16&	00:15&	
<b>37</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>30:34</b>						
01:22+	02:27+	03:56+	05:42+	07:28+	09:34+	11:21+	12:48+	14:25+	17:36+	19:28+	21:47+	23:16+	24:22+	27:50+	28:47+	30:01+	30:34+	
01:22+	01:05+	01:29+	01:46+	01:46+	02:06+	01:47+	01:27+	01:37+	03:11+	01:52+	02:19+	01:29+	01:06+	03:28+	00:57+	01:14+	00:33+	
00:21&	00:23&	00:36&	00:32&	00:19#	00:43&	00:19#	00:38&	00:33&	01:45@	00:38&	01:00&	00:20&	00:21&	01:27&	00:16&	00:36&	00:12&	
<b>38</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>33:12</b>						
01:34+	02:48+	04:20+	06:42+	09:21+	12:14+	14:00+	15:17+	16:54+	18:55+	20:57+	23:07+	24:54+	26:25+	29:59+	30:59+	32:26+	33:12+	
01:34+	01:14+	01:32+	02:22+	02:39+	02:53+	01:46+	01:17+	01:37+	02:01+	02:02+	02:10+	01:47+	01:31+	03:34+	01:00+	01:27+	00:46+	
00:33&	00:32&	00:39&	01:08&	01:12&	01:30@	00:18#	00:28&	00:33&	00:35&	00:48&	00:51&	00:38&	00:46@	01:33&	00:19&	00:49@	00:25@	
<b>39</b>	<b>Martin Lillesand</b>	<b>93</b>										<b>33:16</b>						
01:21+	02:42+	04:03+	06:27+	08:25+	10:31+	11:58+	13:15+	15:08+	19:11+	21:38+	24:03+	26:03+	27:30+	30:25+	31:28+	32:38+	33:16+	
01:21+	01:21+	01:21+	02:24+	01:58+	02:06+	01:27-	01:17+	01:53+	04:03+	02:27+	02:25+	02:00+	01:27+	02:55+	01:03+	01:10+	00:38+	
00:20&	00:39&	00:28&	01:10&	00:31&	00:43&	00:01-	00:28&	00:49&	02:37@	01:13&	01:06&	00:51&	00:42&	00:54&	00:22&	00:32&	00:17&	

Class	Navn	Klasse												Tid			
<b>40</b>	<b>Frank Gulbrandsen</b>	<b>105</b>												<b>33:43</b>			
01:40+	02:48+	04:21+	09:05+	11:17+	13:26+	15:39+	17:04+	18:39+	20:51+	22:41+	24:32+	26:07+	27:49+	31:22+	32:29+	33:15+	33:43+
01:40+	01:08+	01:33+	04:44+	02:12+	02:09+	02:13+	01:25+	01:35+	02:12+	01:50+	01:51+	01:35+	01:42+	03:33+	01:07+	00:46+	00:28+
00:39&	00:26&	00:40&	03:30@	00:45&	00:46&	00:45&	00:36&	00:31&	00:46&	00:36&	00:32&	00:26&	00:57@	01:32&	00:26&	00:08#	00:07&
<b>41</b>	<b>Torgeir Færevåg</b>	<b>125</b>												<b>34:59</b>			
01:29+	02:33+	03:47+	05:29+	07:22+	10:14+	11:44+	12:55+	14:27+	16:46+	21:56+	23:48+	25:25+	26:51+	32:40+	33:44+	34:35+	34:59+
01:29+	01:04+	01:14+	01:42+	01:53+	02:52+	01:30+	01:11+	01:32+	02:19+	05:10+	01:52+	01:37+	01:26+	05:49+	01:04+	00:51+	00:24+
00:28&	00:22&	00:21&	00:28&	00:26&	01:29@	00:02+	00:22&	00:28&	00:53&	03:56@	00:33&	00:28&	00:41&	03:48@	00:23&	00:13&	00:03#
<b>42</b>	<b>Endre Gabrielsen</b>	<b>126</b>												<b>35:18</b>			
01:32+	02:32+	04:07+	05:42+	07:42+	09:28+	11:40+	13:15+	14:41+	18:22+	22:21+	24:26+	26:06+	27:11+	32:59+	34:02+	34:51+	35:18+
01:32+	01:00+	01:35+	01:35+	02:00+	01:46+	02:12+	01:35+	01:26+	03:41+	03:59+	02:05+	01:40+	01:05+	05:48+	01:03+	00:49+	00:27+
00:31&	00:18&	00:42&	00:21&	00:33&	00:23&	00:44&	00:46&	00:22&	02:15@	02:45@	00:46&	00:31&	00:20&	03:47@	00:22&	00:11&	00:06&
<b>43</b>	<b>Lars Salvesen</b>	<b>50</b>												<b>35:42</b>			
01:19+	02:17+	03:33+	05:10+	07:45+	09:40+	11:31+	12:29+	13:55+	25:05+	26:32+	28:13+	29:44+	30:51+	33:36+	34:24+	35:14+	35:42+
01:19+	00:58+	01:16+	01:37+	02:35+	01:55+	01:51+	00:58+	01:26+	11:10+	01:27+	01:41+	01:31+	01:07+	02:45+	00:48+	00:50+	00:28+
00:18&	00:16&	00:23&	00:23&	01:08&	00:32&	00:23&	00:09#	00:22&	09:44@	00:13#	00:22&	00:22&	00:22&	00:44&	00:07#	00:12&	00:07&
<b>44</b>	<b>John Thorsnæs</b>	<b>51</b>												<b>35:51</b>			
01:42+	02:53+	04:26+	06:26+	08:29+	11:46+	13:17+	14:29+	16:19+	20:17+	23:04+	25:21+	27:07+	28:17+	33:20+	34:24+	35:26+	35:51+
01:42+	01:11+	01:33+	02:00+	02:03+	03:17+	01:31+	01:12+	01:50+	03:58+	02:47+	02:17+	01:46+	01:10+	05:03+	01:04+	01:02+	00:25+
00:41&	00:29&	00:40&	00:46&	01:54@	00:03+	00:03&	00:23&	00:46&	02:32@	01:33@	00:58&	00:37&	00:25&	03:02@	00:23&	00:24&	00:04#
<b>45</b>	<b>Tom Kåre Versland</b>	<b>105</b>												<b>36:02</b>			
01:16+	02:04+	03:54+	05:34+	06:57+	08:46+	09:59+	10:54+	12:14+	14:41+	23:36+	25:07+	26:40+	27:43+	33:54+	34:38+	35:27+	36:02+
01:16+	00:48+	01:50+	01:40+	01:23-	08:46+	01:13-	00:55+	01:20+	02:27+	08:55+	01:31+	01:33+	01:03+	06:11+	00:44+	00:49+	00:35+
00:15#	00:06#	00:57@	00:26&	00:04-	00:26&	00:15-	00:06#	00:16#	01:01&	07:41@	00:12#	00:24&	00:18&	04:10@	00:03+	00:11&	00:14&
<b>46</b>	<b>Per Bakken</b>	<b>5</b>												<b>36:26</b>			
02:29+	03:46+	05:34+	07:23+	09:34+	11:52+	15:37+	17:01+	18:41+	21:17+	24:11+	26:41+	28:37+	29:56+	34:01+	34:58+	35:57+	36:26+
02:29+	01:17+	01:48+	01:49+	02:11+	02:18+	03:45+	01:24+	01:40+	02:36+	02:54+	02:30+	01:56+	01:19+	04:05+	00:57+	00:59+	00:29+
01:28@	00:35&	00:55@	00:35&	00:44&	00:55&	02:17@	00:35&	00:36&	01:10&	01:40@	01:11&	00:47&	00:34&	02:04@	00:16&	00:21&	00:08&
<b>47</b>	<b>Kjell Helge Husebø</b>	<b>43</b>												<b>38:53</b>			
01:27+	02:28+	05:15+	06:55+	08:50+	13:54+	15:46+	16:49+	18:30+	21:38+	27:53+	29:54+	31:28+	32:38+	35:26+	36:30+	37:29+	38:53+
01:27+	01:01+	02:47+	01:40+	01:55+	05:04+	01:52+	01:03+	01:41+	03:08+	06:15+	02:01+	01:34+	01:10+	02:48+	01:04+	00:59+	01:24+
00:26&	00:19&	01:54@	00:26&	00:28&	03:41@	00:24&	00:14&	00:37&	01:42@	05:01@	00:42&	00:25&	00:25&	00:47&	00:23&	00:21&	01:03@
<b>48</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>												<b>39:35</b>			
01:48+	03:20+	05:06+	07:09+	10:15+	13:20+	16:11+	17:51+	19:55+	22:48+	25:08+	27:43+	29:43+	31:13+	36:17+	37:37+	39:02+	39:35+
01:48+	01:32+	01:46+	02:03+	03:06+	03:05+	02:51+	01:40+	02:04+	02:53+	02:20+	02:35+	02:00+	01:30+	05:04+	01:20+	01:25+	00:33+
00:47&	00:50@	00:53&	00:49&	01:39@	01:42@	01:23&	00:51@	01:00&	01:27@	01:06&	01:16&	00:51&	00:45&	03:03@	00:39&	00:47@	00:12&
<b>49</b>	<b>Asgeir Kleppa</b>	<b>47</b>												<b>43:00</b>			
01:52+	03:55+	05:16+	07:15+	10:13+	12:59+	16:19+	17:37+	19:19+	21:23+	31:28+	33:43+	35:15+	36:19+	40:21+	41:15+	42:27+	43:00+
01:52+	02:03+	01:21+	01:59+	02:58+	02:46+	03:20+	01:18+	01:42+	02:04+	10:05+	02:15+	01:32+	01:04+	04:02+	00:54+	01:12+	00:33+
00:51&	01:21@	00:28&	00:45&	01:31@	01:23&	01:52@	00:29&	00:38&	00:38&	08:51@	00:56&	00:23&	00:19&	02:01&	00:13&	00:34&	00:12&
<b>50</b>	<b>Erik Henriksen</b>	<b>116</b>												<b>43:38</b>			
02:13+	04:11+	05:44+	08:03+	16:48+	19:24+	21:49+	23:24+	25:34+	28:10+	30:28+	32:10+	34:22+	35:42+	39:48+	41:21+	42:41+	43:38+
02:13+	01:58+	01:33+	02:19+	08:45+	02:36+	02:25+	01:35+	02:10+	02:36+	02:18+	01:42+	02:12+	01:20+	04:06+	01:33+	01:20+	00:57+
01:12@	01:16@	00:40&	01:05&	07:18@	01:13&	00:57&	00:46&	01:06@	01:10&	01:04&	00:23&	01:03&	00:35&	02:05@	00:52@	00:42@	00:36@
<b>51</b>	<b>Johan Rasmussen</b>	<b>93</b>												<b>44:51</b>			
01:42+	02:45+	06:37+	08:26+	10:20+	12:48+	14:27+	16:37+	18:16+	22:33+	25:19+	28:12+	31:35+	33:07+	39:04+	42:40+	44:07+	44:51+
01:42+	01:03+	03:52+	01:49+	01:54+	02:28+	01:39+	02:10+	01:39+	04:17+	02:46+	02:53+	03:23+	01:32+	05:57+	03:36+	01:27+	00:44+
00:41&	00:21&	02:59@	00:35&	00:27&	01:05&	00:11#	01:21@	00:35&	02:51@	01:32@	01:34@	02:14@	00:47@	03:56@	02:55@	00:49@	00:23@
<b>52</b>	<b>Svein Inge Sævereid</b>	<b>126</b>												<b>47:09</b>			
02:49+	04:19+	06:11+	08:44+	11:35+	15:22+	17:50+	20:24+	23:07+	26:20+	28:56+	31:31+	34:07+	36:05+	43:03+	44:35+	46:16+	47:09+
02:49+	01:30+	01:52+	02:33+	02:51+	03:47+	02:28+	02:34+	02:43+	03:13+	02:36+	02:35+	02:36+	01:58+	06:58+	01:32+	01:41+	00:53+
01:48@	00:48@	00:59@	01:19@	01:24&	02:24@	01:00&	01:45@	01:39@	01:47@	01:22@	01:16&	01:27@	01:13@	04:57@	00:51@	01:03@	00:32@
<b>53</b>	<b>Thomas Chauvin</b>	<b>376</b>												<b>1:37:29</b>			
05:51+	10:00+	10:53+	13:02+	16:05+	33:51+	38:31+	39:55+	41:41+	45:26+	80:06+	81:50+	84:28+	86:14+	94:24+	95:32+	96:43+	97:29+
05:51+	04:09+	00:53=	02:09+	03:03+	17:46+	04:40+	01:24+	01:46+	03:45+	34:40+	01:44+	02:38+	01:46+	08:10+	01:08+	01:11+	00:46+
04:50@	03:27@	00:00=	00:55&	01:36@	16:23@	03:12@	00:35&	00:42&	02:19@	33:26@	00:25&	01:29@	01:01@	06:09@	00:27&	00:33&	00:25@
<b>Beste strekktid for klassen</b>																	
00:53	00:39	00:46	01:06	01:15	00:35	00:59	00:42	00:57	01:00	01:14	00:59	00:55	00:45	00:52	00:34	00:35	00:17

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