

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Marie Sigvaldsen	3512	17:48										
01:39=	02:08=	04:42=	06:30=	06:43=	08:28=	11:20=	11:48=	12:32=	13:02=	14:38=	15:51=	17:16=	17:48=
01:39=	00:29=	02:34=	01:48=	00:13=	01:45=	02:52=	00:28=	00:44=	00:30=	01:36=	01:13=	01:25=	00:32=
00:00=	00:00=	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	Rebecca Briedis	1754	18:32										
01:22-	01:54-	04:47+	06:21-	06:41-	08:47+	11:31+	12:17+	12:48+	13:26+	15:24+	16:31+	18:06+	18:32+
01:22-	00:32+	02:53+	01:34-	00:20+	02:06+	02:44-	00:46+	00:31-	00:38+	01:58+	01:07-	01:35+	00:26-
00:17-	00:03#	00:19#	00:14-	00:07&	00:21#	00:08-	00:18&	00:13-	00:08&	00:22#	00:06-	00:10#	00:06-
3	Siri Eppeland	1884	18:56										
01:28-	02:02-	05:10+	06:47+	07:18+	09:18+	11:57+	12:30+	13:04+	13:33+	15:41+	16:48+	18:33+	18:56+
01:28-	00:34+	03:08+	01:37-	00:31+	02:00+	02:39-	00:33+	00:34+	00:29-	02:08+	01:07-	01:45+	00:23-
00:11-	00:05#	00:34#	00:11-	00:18&	00:15#	00:13-	00:05#	00:10-	00:01-	00:32&	00:06-	00:20#	00:09-
4	Aina Kalsaas Urstad	3580	19:13										
01:17-	01:51-	04:50+	06:37+	07:00+	08:50+	11:23+	11:57+	12:47+	14:21+	16:24+	17:24+	18:52+	19:13+
01:17-	00:34+	02:59+	01:47-	00:23+	01:50+	02:33-	00:34+	00:50+	01:34+	02:03+	01:00-	01:28+	00:21-
00:22-	00:05#	00:25#	00:01-	00:10&	00:05+	00:19-	00:06#	00:06#	01:04&	00:27&	00:13-	00:03+	00:11-
5	Maren Benjaminsen	1832	19:26										
02:05+	02:36+	05:24+	06:55+	07:13+	09:00+	12:29+	12:56+	14:13+	14:35+	16:26+	17:29+	19:02+	19:26+
02:05+	00:31+	02:48+	01:31-	00:18+	01:47+	03:29+	00:27-	01:17+	00:22-	01:51+	01:03-	01:33+	00:24-
00:26&	00:02+	00:14+	00:17-	00:05&	00:02+	00:37#	00:01-	00:33&	00:08-	00:15#	00:10-	00:08+	00:08-
6	Rønnaug Egeland	1884	19:44										
01:44+	02:25+	05:33+	07:41+	08:03+	10:03+	12:40+	13:17+	13:40+	14:30+	16:27+	17:40+	19:15+	19:44+
01:44+	00:41+	03:08+	02:08+	00:22+	02:00+	02:37-	00:37+	00:23-	00:50+	01:57+	01:13=	01:35+	00:29-
00:05+	00:12&	00:34#	00:20#	00:09&	00:15#	00:15-	00:09&	00:21-	00:20&	00:21#	00:00=	00:10#	00:03-
7	Hanne Berg Aspøy	896	19:51										
01:33-	02:09+	05:25+	07:06+	07:25+	09:36+	12:26+	13:03+	14:36+	14:55+	17:08+	18:13+	19:29+	19:51+
01:33-	00:36+	03:16+	01:41-	00:19+	02:11+	02:50-	00:37+	01:33+	00:19-	02:13+	01:05-	01:16-	00:22-
00:06-	00:07#	00:42&	00:07-	00:06&	00:26#	00:02-	00:09&	00:49&	00:11-	00:37&	00:08-	00:09-	00:10-
8	Marita Skorpe Falnes	3568	20:52										
01:32-	02:16+	05:39+	07:57+	08:21+	10:25+	13:15+	13:49+	14:25+	15:02+	17:30+	18:47+	20:27+	20:52+
01:32-	00:44+	03:23+	02:18+	00:24+	02:04+	02:50-	00:34+	00:36-	00:37+	02:28+	01:17+	01:40+	00:25-
00:07-	00:15&	00:49&	00:30&	00:11&	00:19#	00:02-	00:06#	00:08-	00:07#	00:52&	00:04+	00:15#	00:07-
9	Hege Bakken	1754	21:07										
01:32-	02:11+	05:13+	07:04+	07:33+	09:53+	12:43+	13:26+	14:59+	15:20+	17:35+	19:03+	20:35+	21:07+
01:32-	00:39+	03:02+	01:51+	00:29+	02:20+	02:50-	00:43+	01:33+	00:21-	02:15+	01:28+	01:32+	00:32=
00:07-	00:10&	00:28#	00:03+	00:16&	00:35&	00:02-	00:15&	00:49&	00:09-	00:39&	00:15#	00:07+	00:00=
10	Frida Erikstein	1830	22:48										
01:27-	02:06-	04:59+	08:42+	09:12+	11:03+	16:05+	16:33+	17:00+	17:28+	19:23+	20:29+	22:10+	22:48+
01:27-	00:39+	02:53+	03:43+	00:30+	01:51+	05:02+	00:28=	00:27-	00:28-	01:55+	01:06-	01:41+	00:38+
00:12-	00:10&	00:19#	01:55&	00:17&	00:06+	02:10&	00:00=	00:17-	00:02-	00:19#	00:07-	00:16#	00:06#
11	Dina Baerheim	722	23:30										
02:20+	03:05+	06:45+	09:14+	09:34+	11:53+	15:02+	15:41+	16:23+	17:12+	19:39+	21:20+	23:03+	23:30+
02:20+	00:45+	03:40+	02:29+	00:20+	02:19+	03:09+	00:39+	00:42-	00:49+	02:27+	01:41+	01:43+	00:27-
00:41&	00:16&	01:06&	00:41&	00:07&	00:34&	00:17+	00:11&	00:02-	00:19&	00:51&	00:28&	00:18#	00:05-
12	Heidi Langeland	896	24:39										
02:29+	03:17+	07:33+	09:34+	09:53+	12:35+	15:56+	16:33+	17:08+	18:15+	21:05+	22:30+	24:10+	24:39+
02:29+	00:48+	04:16+	02:01+	00:19+	02:42+	03:21+	00:37+	00:35-	01:07+	02:50+	01:25+	01:40+	00:29-
00:50&	00:19&	01:42&	00:13#	00:06&	00:57&	00:29#	00:09&	00:09-	00:37&	01:14&	00:12#	00:15#	00:03-
13	Marita Navjord Nicolaysen	1284	25:20										
01:32-	02:10+	05:31+	07:28+	07:55+	10:21+	15:23+	16:20+	17:45+	18:55+	21:18+	22:33+	24:56+	25:20+
01:32-	00:38+	03:21+	01:57+	00:27+	02:26+	05:02+	00:57+	01:25+	01:10+	02:23+	01:15+	02:23+	00:24-
00:07-	00:09&	00:47&	00:09+	00:14&	00:41&	02:10&	00:29&	00:41&	00:40&	00:47&	00:02+	00:58&	00:08-
14	Ann-Mari Vold	3529	25:24										
02:04+	03:05+	06:58+	09:15+	09:32+	11:37+	15:05+	15:45+	16:46+	17:18+	19:43+	21:02+	25:00+	25:24+
02:04+	01:01+	03:53+	02:17+	00:17+	02:05+	03:28+	00:40+	01:01+	00:32+	02:25+	01:19+	03:58+	00:24-
00:25&	00:32&	01:19&	00:29&	00:04&	00:20#	00:36#	00:12&	00:17&	00:02+	00:49&	00:06+	02:33&	00:08-

Class	Navn	Klasse	Tid
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Damer 16 - 39 år

15	Inga Borge	1832	25:46
01:47+	02:31+	06:24+	08:32+
01:47+	00:44+	03:53+	02:08+
00:08+	00:15&	01:19&	00:20#
09:25+	13:13+	16:40+	17:37+
00:53+	03:48+	03:27+	00:57+
00:40#	02:03#	00:35#	00:29#
18:15+	18:47+	21:26+	23:05+
25:19+	25:46+	00:38-	00:32+
00:06-	00:02+	01:03&	00:26&
02:39+	01:39+	02:14+	00:27-
00:49&	00:05-		
16	Cecilie Larsen	1754	26:05
01:45+	02:30+	06:33+	08:54+
01:45+	00:45+	04:03+	02:21+
01:45+	00:45+	04:03+	02:21+
09:20+	11:53+	15:32+	16:22+
00:26+	02:33+	03:39+	00:50+
02:21+	00:26+	02:33+	03:39+
18:18+	18:57+	21:52+	23:27+
25:30+	26:05+	01:56+	00:39+
02:55+	01:35+	02:03+	00:35+
01:56+	00:39+	02:55+	01:35+
02:03+	00:35+		
17	Mette Langeland	1832	27:59
02:05+	02:54+	08:03+	10:41+
02:05+	00:49+	05:09+	02:38+
02:05+	00:49+	05:09+	02:38+
11:14+	14:34+	18:35+	19:20+
00:33+	03:20+	04:01+	00:45+
03:20+	04:01+	00:45+	00:34+
19:54+	20:47+	24:01+	25:43+
27:29+	27:59+	00:34+	00:53+
03:14+	01:42+	01:46+	00:30+
03:14+	01:42+	01:46+	00:30+
18	Juliane Tytlandsvik Nødland	3512	30:48
01:50+	02:59+	08:22+	11:31+
01:50+	01:09+	05:23+	03:09+
01:50+	01:09+	05:23+	03:09+
12:01+	15:11+	19:00+	20:00+
00:30+	03:10+	03:49+	01:00+
00:30+	03:10+	00:52+	00:57+
20:52+	21:49+	25:07+	27:07+
29:45+	30:48+	03:18+	02:00+
02:38+	01:03+	00:52+	00:57+
03:18+	02:00+	02:38+	01:03+

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Åsta Bryne	3552	19:10
00:39=	01:51=	02:53=	05:55=
00:39=	01:12=	01:02=	03:02=
00:00=	00:00=	00:00=	00:00=
06:25=	07:53=	10:37=	11:48=
01:28=	02:44=	01:11=	01:58=
00:00=	00:00=	00:00=	00:00=
13:46=	14:12=	14:46=	16:04=
17:26=	18:53=	19:10=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Helene Lie	NOTEAM	20:48
00:45+	02:01+	03:08+	06:20+
00:45+	01:16+	01:07+	03:12+
00:06#	00:04+	00:05+	00:10+
06:57+	08:28+	11:40+	12:38+
01:31+	03:12+	00:58-	01:56-
00:03+	00:28#	00:13-	00:02-
15:08+	15:55+	17:33+	19:00+
00:47+	01:38+	01:27+	01:33+
00:08&	00:13&	00:05+	00:06+
00:08&	00:13&	00:05+	00:02-
3	Maren Thu	NOTEAM	21:55
00:40+	01:46-	02:43-	05:38-
00:40+	01:06-	00:57-	02:55-
00:01+	00:06-	00:05-	00:07-
07:49-	11:25+	12:11+	16:40+
01:44+	03:36+	00:46-	04:29+
00:16#	00:52&	00:25-	02:31#
17:02+	17:40+	19:00+	20:21+
00:38+	01:20+	01:21-	01:21-
00:04-	00:04#	00:02+	00:01-
21:42+	21:55+	00:06-	00:04-
4	Helen Haneferd	882	23:12
00:46+	02:02+	03:27+	06:38+
00:46+	01:16+	01:25+	03:11+
00:07#	00:04+	00:23&	00:09+
07:25+	09:02+	12:22+	13:46+
01:37+	03:20+	01:24+	02:27+
00:09#	00:36#	00:13#	00:29#
16:13+	16:58+	18:00+	19:50+
00:45+	01:02+	01:50+	01:22=
00:19&	00:28&	00:32&	00:00=
22:55+	23:12+	01:43+	00:17=
5	Ingunn Anda Haug	2342	23:36
00:49+	02:12+	03:30+	06:57+
00:49+	01:23+	01:18+	03:27+
00:10&	00:11#	00:16&	00:25#
09:05+	12:14+	14:35+	16:44+
01:36+	03:09+	02:21+	02:09+
00:08+	00:25#	01:10&	00:11+
17:18+	18:09+	19:51+	21:28+
00:34+	00:51+	01:42+	01:37+
00:08&	00:17&	00:24&	00:15#
23:19+	23:36+	01:51+	00:17=
00:24&	00:00=	00:24&	00:00=
6	Benedicte Kvalevåg	769	23:41
00:55+	02:39+	04:01+	07:04+
00:55+	01:44+	01:22+	03:03+
00:16&	00:32&	00:20&	00:01+
09:34+	13:16+	14:30+	17:39+
01:51+	03:42+	01:14+	03:09+
00:23&	00:58&	00:03+	01:11&
18:13+	18:55+	20:28+	21:47+
00:34+	00:42+	01:33+	01:19-
00:08#	00:08#	00:15#	00:03-
23:23+	23:41+	01:36+	00:18+
00:09#	00:01+	00:09#	00:01+
7	Randi Ladsten	879	24:55
00:49+	02:06+	03:34+	06:43+
00:49+	01:17+	01:28+	03:09+
00:10&	00:05+	00:26&	00:07+
09:22+	12:39+	13:51+	18:37+
02:06+	03:17+	01:12+	04:46+
00:38&	00:33#	00:01+	02:48#
19:12+	20:02+	21:38+	23:06+
00:35+	00:50+	01:36+	01:28+
00:09&	00:16&	00:18#	00:06+
24:39+	24:55+	01:33+	00:16-
00:06+	00:01-	00:06+	00:01-
8	Ingvild Marthinussen	3524	25:47
00:52+	02:33+	04:24+	08:10+
00:52+	01:41+	01:51+	03:46+
00:13&	00:29&	00:49&	00:44#
10:51+	14:09+	15:13+	17:50+
02:08+	03:18+	01:04-	02:37+
00:40&	00:34#	00:07-	00:39&
19:46+	20:30+	22:13+	23:48+
01:56+	00:44+	01:43+	01:35+
01:30#	00:10&	00:25&	00:13#
25:29+	25:47+	01:41+	00:18+
00:14#	00:01+	00:14#	00:01+

Damer 40 - 49 år

Beste strekktid for klassen

00:39 01:06 00:57 02:55 00:27 01:28 02:44 00:46 01:56 00:22 00:34 01:18 01:19 01:21 00:13

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

Damer 50 - 59 år

1	Keth Berggraf	1683	20:47											
00:42=	02:04=	03:18=	06:25=	06:59=	08:34=	11:25=	12:12=	14:33=	15:07=	15:47=	17:18=	18:56=	20:35=	20:47=
00:42=	01:22=	01:14=	03:07=	00:34=	01:35=	02:51=	00:47=	02:21=	00:34=	00:40=	01:31=	01:38=	01:39=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marit Haavardsholm	1683	21:16											
01:05+	02:28+	03:45+	07:15+	07:48+	09:23+	12:06+	13:03+	14:55+	15:36+	16:22+	17:56+	19:34+	21:01+	21:16+
01:05+	01:23+	01:17+	03:30+	00:33-	01:35=	02:43-	00:57+	01:52-	00:41+	00:46+	01:34+	01:38=	01:27-	00:15+
00:23&	00:01+	00:03+	00:23#	00:01-	00:00=	00:08-	00:10#	00:29-	00:07#	00:06#	00:03+	00:00=	00:12-	00:03#
3	Marianne Fuglestad	896	22:02											
00:44+	02:04=	03:06-	06:06-	06:37-	08:26-	12:12+	13:27+	15:38+	16:10+	16:43+	17:59+	19:59+	21:47+	22:02+
00:44+	01:20-	01:02-	03:00-	00:31-	01:49+	03:46+	01:15+	02:11-	00:32-	00:33-	01:16-	02:00+	01:48+	00:15+
00:02+	00:02-	00:12-	00:07-	00:03-	00:14#	00:55&	00:28&	00:10-	00:02-	00:07-	00:15-	00:22#	00:09+	00:03#
4	Signe Ottesen	1683	22:15											
00:49+	02:28+	03:46+	06:58+	07:33+	09:20+	12:16+	13:12+	15:27+	16:05+	17:05+	18:34+	20:05+	22:01+	22:15+
00:49+	01:39+	01:18+	03:12+	00:35+	01:47+	02:56+	00:56+	02:15-	00:38+	01:00+	01:29-	01:31-	01:56+	00:14+
00:07#	00:17#	00:04+	00:05+	00:01+	00:12#	00:05+	00:09#	00:06-	00:04#	00:20&	00:02-	00:07-	00:17#	00:02#
5	Tone Cecilie Nystrøm	874	22:23											
00:41-	02:24+	03:43+	06:58+	07:36+	09:11+	12:13+	13:25+	15:43+	16:29+	17:08+	18:45+	20:11+	22:06+	22:23+
00:41-	01:43+	01:19+	03:15+	00:38+	01:35=	03:02+	01:12+	02:18-	00:46+	00:39-	01:37+	01:26-	01:55+	00:17+
00:01-	00:21&	00:05+	00:08+	00:04#	00:00=	00:11+	00:25&	00:03-	00:12&	00:01-	00:06+	00:12-	00:16#	00:05&
6	Anita Glenne Kallhovd	3502	23:47											
00:44+	02:24+	03:30+	07:45+	08:22+	10:01+	13:24+	15:25+	17:22+	17:52+	18:45+	20:27+	22:00+	23:34+	23:47+
00:44+	01:40+	01:06-	04:15+	00:37+	01:39+	03:23+	02:01+	01:57-	00:30-	00:53+	01:42+	01:33-	01:34-	00:13+
00:02+	00:18#	00:08-	01:08&	00:03+	00:04+	00:32#	01:14@	00:24-	00:04-	00:13&	00:11#	00:05-	00:05-	00:01+
7	Tonje Tiley	882	24:23											
01:05+	02:42+	04:15+	07:36+	08:11+	09:50+	13:59+	15:27+	17:46+	18:15+	18:57+	20:45+	22:28+	24:09+	24:23+
01:05+	01:37+	01:33+	03:21+	00:35+	01:39+	04:09+	01:28+	02:19-	00:29-	00:42+	01:48+	01:43+	01:41+	00:14+
00:23&	00:15#	00:19&	00:14+	00:01+	00:04+	01:18&	00:41&	00:02-	00:05-	00:02+	00:17#	00:05+	00:02+	00:02#
8	Trude Hermanrud	896	24:28											
00:49+	02:35+	04:06+	07:35+	08:06+	09:39+	13:29+	14:38+	17:13+	17:50+	18:46+	20:26+	22:05+	24:11+	24:28+
00:49+	01:46+	01:31+	03:29+	00:31-	01:33-	03:50+	01:09+	02:35+	00:37+	00:56+	01:40+	01:39+	02:06+	00:17+
00:07#	00:24&	00:17#	00:22#	00:03-	00:02-	00:59&	00:22&	00:14+	00:03+	00:16&	00:09+	00:01+	00:27&	00:05&
9	Marie-Elizabeth Reinseth	882	24:36											
01:05+	02:37+	05:04+	08:16+	09:02+	10:47+	14:31+	15:51+	18:15+	18:56+	19:34+	21:09+	22:49+	24:21+	24:36+
01:05+	01:32+	02:27+	03:12+	00:46+	01:45+	03:44+	01:20+	02:24+	00:41+	00:38-	01:35+	01:40+	01:32-	00:15+
00:23&	00:10#	01:13&	00:05+	00:12&	00:10#	00:53&	00:33&	00:03+	00:07#	00:02-	00:04+	00:02+	00:07-	00:03#
10	Torill Andersen	1683	25:01											
00:52+	02:16+	03:40+	06:54+	07:32+	09:11+	15:18+	16:19+	18:41+	19:16+	20:07+	21:32+	23:08+	24:44+	25:01+
00:52+	01:24+	01:24+	03:14+	00:38+	01:39+	06:07+	01:01+	02:22+	00:35+	00:51+	01:25-	01:36-	01:36-	00:17+
00:10#	00:02+	00:10#	00:07+	00:04#	00:04+	03:16@	00:14&	00:01+	00:01+	00:11&	00:06-	00:02-	00:03-	00:05&
11	Astri Sandanger	896	25:22											
00:47+	02:11+	03:37+	07:16+	08:02+	09:47+	13:23+	14:33+	18:17+	18:57+	19:40+	21:29+	23:13+	25:08+	25:22+
00:47+	01:24+	01:26+	03:39+	00:46+	01:45+	03:36+	01:10+	03:44+	00:40+	00:43+	01:49+	01:44+	01:55+	00:14+
00:05#	00:02+	00:12#	00:32#	00:12&	00:10#	00:45&	00:23&	01:23&	00:06#	00:03+	00:18#	00:06+	00:16#	00:02#
12	Ingjerd Haddeland	3507	26:29											
00:48+	02:17+	03:43+	07:52+	08:35+	11:21+	15:42+	17:25+	20:01+	20:26+	21:10+	22:54+	24:29+	26:12+	26:29+
00:48+	01:29+	01:26+	04:09+	00:43+	02:46+	04:21+	01:43+	02:36+	00:25-	00:44+	01:44+	01:35-	01:43+	00:17+
00:06#	00:07+	00:12#	01:02&	00:09&	01:11&	01:30&	00:56@	00:15#	00:09-	00:04#	00:13#	00:03-	00:04+	00:05&

Class	Navn	Klasse												Tid	
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Damer 50 - 59 år

13	Elisabeth Melbø	879												26:37	
00:50+	02:13+	03:41+	06:46+	07:28+	09:21+	13:01+	14:44+	18:42+	19:25+	20:38+	21:55+	24:00+	26:23+	26:37+	
00:50+	01:23+	01:28+	03:05-	00:42+	01:53+	03:40+	01:43+	03:58+	00:43+	01:13+	01:17-	02:05+	02:23+	00:14+	
00:08#	00:01+	00:14#	00:02-	00:08#	00:18#	00:49#	00:56@	01:37&	00:09&	00:33&	00:14-	00:27&	00:44&	00:02#	
14	Åse Sellereite	882												26:52	
00:56+	02:40+	04:03+	07:20+	07:56+	09:49+	14:07+	15:11+	18:04+	18:35+	19:19+	22:16+	24:19+	26:37+	26:52+	
00:56+	01:44+	01:23+	03:17+	00:36+	01:53+	04:18+	01:04+	02:53+	00:31+	00:44+	02:57+	02:03+	02:18+	00:15+	
00:56+	01:44+	01:23+	03:17+	00:36+	01:53+	04:18+	01:04+	02:53+	00:31+	00:44+	02:57+	02:03+	02:18+	00:15+	
15	Ragnhild Berntsen	1758												27:02	
01:05+	02:53+	04:16+	07:52+	09:22+	11:32+	15:18+	16:54+	19:50+	20:28+	21:17+	23:07+	24:50+	26:46+	27:02+	
01:05+	01:48+	01:23+	03:36+	01:30+	02:10+	03:46+	01:36+	02:56+	00:38+	00:49+	01:50+	01:43+	01:56+	00:16+	
01:05+	01:48+	01:23+	03:36+	01:30+	02:10+	03:46+	01:36+	02:56+	00:38+	00:49+	01:50+	01:43+	01:56+	00:16+	
16	Irene Sirevåg	1754												27:37	
00:54+	02:38+	04:02+	07:44+	08:25+	10:12+	14:11+	15:33+	19:03+	20:10+	21:30+	23:23+	25:16+	27:17+	27:37+	
00:54+	01:44+	01:24+	03:42+	00:41+	01:47+	03:59+	01:22+	03:30+	01:07+	01:20+	01:53+	01:53+	02:01+	00:20+	
00:54+	01:44+	01:24+	03:42+	00:41+	01:47+	03:59+	01:22+	03:30+	01:07+	01:20+	01:53+	01:53+	02:01+	00:20+	
17	Andrea Tapken	3529												27:49	
00:52+	02:27+	04:07+	07:50+	08:34+	10:35+	15:04+	16:30+	19:32+	20:12+	21:12+	23:14+	25:05+	27:29+	27:49+	
00:52+	01:35+	01:40+	03:43+	00:44+	02:01+	04:29+	01:26+	03:02+	00:40+	01:00+	02:02+	01:51+	02:24+	00:20+	
00:52+	01:35+	01:40+	03:43+	00:44+	02:01+	04:29+	01:26+	03:02+	00:40+	01:00+	02:02+	01:51+	02:24+	00:20+	
18	May Bente Valdøl	1683												28:23	
00:41+	01:56+	03:07+	06:04+	06:38+	08:48+	11:39+	12:33+	21:50+	22:26+	23:34+	25:03+	26:32+	28:10+	28:23+	
00:41+	01:15+	01:11+	02:57+	00:34+	02:10+	02:51+	00:54+	09:17+	00:36+	01:08+	01:29+	01:29+	01:38+	00:13+	
00:41+	01:15+	01:11+	02:57+	00:34+	02:10+	02:51+	00:54+	09:17+	00:36+	01:08+	01:29+	01:29+	01:38+	00:13+	
19	Toril Dahle	1683												28:36	
00:55+	02:34+	04:06+	07:20+	08:01+	09:47+	12:36+	13:57+	16:39+	22:36+	23:33+	25:05+	26:44+	28:21+	28:36+	
00:55+	01:39+	01:32+	03:14+	00:41+	01:46+	02:49+	01:21+	02:42+	05:57+	00:57+	01:32+	01:39+	01:37+	00:15+	
00:55+	01:39+	01:32+	03:14+	00:41+	01:46+	02:49+	01:21+	02:42+	05:57+	00:57+	01:32+	01:39+	01:37+	00:15+	
20	Gerd Olaus Vikeså	1758												29:08	
01:05+	02:35+	03:52+	07:03+	07:41+	09:11+	18:56+	20:35+	22:39+	23:08+	23:55+	25:37+	27:13+	28:52+	29:08+	
01:05+	01:30+	01:17+	03:11+	00:38+	01:30+	09:45+	01:39+	02:04+	00:29+	00:47+	01:42+	01:36+	01:39+	00:16+	
01:05+	01:30+	01:17+	03:11+	00:38+	01:30+	09:45+	01:39+	02:04+	00:29+	00:47+	01:42+	01:36+	01:39+	00:16+	
21	Marianne Gjesdal Lyngås	892												29:34	
01:02+	02:46+	04:23+	08:16+	08:58+	11:04+	14:38+	16:15+	20:22+	21:22+	22:59+	25:03+	26:59+	29:13+	29:34+	
01:02+	01:44+	01:37+	03:53+	00:42+	02:06+	03:34+	01:37+	04:07+	01:00+	01:37+	02:04+	01:56+	02:14+	00:21+	
01:02+	01:44+	01:37+	03:53+	00:42+	02:06+	03:34+	01:37+	04:07+	01:00+	01:37+	02:04+	01:56+	02:14+	00:21+	
22	Brit Vivian Meling	1683												30:11	
00:54+	03:06+	04:35+	08:48+	09:34+	12:47+	16:19+	17:39+	20:57+	21:52+	23:19+	25:01+	26:48+	29:52+	30:11+	
00:54+	02:12+	01:29+	04:13+	00:46+	03:13+	03:32+	01:20+	03:18+	00:55+	01:27+	01:42+	01:47+	03:04+	00:19+	
00:54+	02:12+	01:29+	04:13+	00:46+	03:13+	03:32+	01:20+	03:18+	00:55+	01:27+	01:42+	01:47+	03:04+	00:19+	
23	Synnøve Westermoen	1683												37:04	
01:12+	03:01+	04:21+	08:24+	09:10+	11:36+	14:50+	16:40+	21:31+	22:06+	22:49+	24:28+	33:41+	36:40+	37:04+	
01:12+	01:49+	01:20+	04:03+	00:46+	02:26+	03:14+	01:50+	04:51+	00:35+	00:43+	01:39+	09:13+	02:59+	00:24+	
01:12+	01:49+	01:20+	04:03+	00:46+	02:26+	03:14+	01:50+	04:51+	00:35+	00:43+	01:39+	09:13+	02:59+	00:24+	

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke	722												20:10	
00:42=	02:10=	03:22=	06:07=	06:52=	07:46=	10:49=	13:25=	14:00=	14:53=	15:38=	17:13=	18:18=	19:45=	20:10=	
00:42=	01:28=	01:12=	02:45=	00:45=	00:54=	03:03=	02:36=	00:35=	00:53=	00:45=	01:35=	01:05=	01:27=	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=	

Damer 60 - 64 år

2	Anne-Siv Gjertsen	882	23:14
00:47+	02:10= 03:25+ 06:22+ 07:09+ 08:08+	12:20+ 15:19+ 15:55+ 16:50+ 17:47+	19:32+ 21:09+ 22:46+ 23:14+
00:47+	01:23- 01:15+ 02:57+ 00:47+ 00:59+	04:12+ 02:59+ 00:36+ 00:55+ 00:57+	01:45+ 01:37+ 01:37+ 00:28+
00:05#	00:05- 00:03+ 00:12+ 00:02+ 00:05+	01:09# 00:23# 00:01+ 00:02+ 00:12&	00:10# 00:32& 00:10# 00:03#
3	Ingrid E. I. Øxnevad	3516	23:27
00:39+	02:04+ 03:23+ 06:56+ 08:15+ 09:10+	12:36+ 16:09+ 16:51+ 17:19+ 18:00+	18:40+ 20:14+ 21:23+ 23:00+ 23:27+
00:39+	01:25+ 01:19+ 03:33+ 01:19+ 00:55+	03:26+ 03:33+ 00:42+ 00:28+ 00:41+	00:40+ 01:34+ 01:09+ 01:37+ 00:27+
00:39+	01:25+ 01:19+ 03:33+ 01:19+ 00:55+	03:26+ 03:33+ 00:42+ 00:28+ 00:41+	00:40+ 01:34+ 01:09+ 01:37+ 00:27+
4	Nina Christiansen	722	26:50
00:46+	02:03+ 03:14+ 05:49+ 06:32+ 07:42+	12:59+ 19:18+ 19:57+ 20:49+ 21:39+	23:14+ 24:33+ 26:22+ 26:50+
00:46+	01:17+ 01:11+ 02:35+ 00:43+ 01:10+	05:17+ 06:19+ 00:39+ 00:52+ 00:50+	01:35+ 01:19+ 01:49+ 00:28+
00:46+	01:17+ 01:11+ 02:35+ 00:43+ 01:10+	05:17+ 06:19+ 00:39+ 00:52+ 00:50+	01:35+ 01:19+ 01:49+ 00:28+
5	Anne Katrine Lycke	NOTEAM	27:21
00:48+	02:19+ 03:47+ 06:51+ 07:38+ 09:02+	13:09+ 16:25+ 17:14+ 18:33+ 20:06+	22:57+ 24:27+ 26:41+ 27:21+
00:48+	01:31+ 01:28+ 03:04+ 00:47+ 01:24+	04:07+ 03:16+ 00:49+ 01:19+ 01:33+	02:51+ 01:30+ 02:14+ 00:40+
00:48+	01:31+ 01:28+ 03:04+ 00:47+ 01:24+	04:07+ 03:16+ 00:49+ 01:19+ 01:33+	02:51+ 01:30+ 02:14+ 00:40+
6	Ellinor Hoemsnes	1683	27:36
00:55+	02:25+ 03:44+ 07:29+ 08:14+ 09:52+	13:56+ 17:33+ 18:17+ 19:17+ 20:20+	22:17+ 23:44+ 27:01+ 27:36+
00:55+	01:30+ 01:19+ 03:45+ 00:45+ 01:38+	04:04+ 03:37+ 00:44+ 01:00+ 01:03+	01:57+ 01:27+ 03:17+ 00:35+
00:55+	01:30+ 01:19+ 03:45+ 00:45+ 01:38+	04:04+ 03:37+ 00:44+ 01:00+ 01:03+	01:57+ 01:27+ 03:17+ 00:35+
7	Nidunn Sandvik	NOTEAM	29:20
01:01+	02:33+ 04:03+ 07:27+ 08:27+ 09:52+	15:07+ 19:29+ 20:17+ 21:30+ 22:38+	24:43+ 26:28+ 28:38+ 29:20+
01:01+	01:32+ 01:30+ 03:24+ 01:00+ 01:25+	05:15+ 04:22+ 00:48+ 01:13+ 01:08+	02:05+ 01:45+ 02:10+ 00:42+
01:01+	01:32+ 01:30+ 03:24+ 01:00+ 01:25+	05:15+ 04:22+ 00:48+ 01:13+ 01:08+	02:05+ 01:45+ 02:10+ 00:42+
8	Mona Berntsen	1832	31:06
00:50+	02:19+ 03:48+ 06:48+ 07:34+ 08:52+	18:04+ 22:12+ 22:51+ 23:39+ 24:23+	26:17+ 28:04+ 30:37+ 31:06+
00:50+	01:29+ 01:29+ 03:00+ 00:46+ 01:18+	09:12+ 04:08+ 00:39+ 00:48+ 00:44+	01:54+ 01:47+ 02:33+ 00:29+
00:50+	01:29+ 01:29+ 03:00+ 00:46+ 01:18+	09:12+ 04:08+ 00:39+ 00:48+ 00:44+	01:54+ 01:47+ 02:33+ 00:29+
9	Ellinor Nesse	1683	31:23
01:00+	02:47+ 04:37+ 08:33+ 09:28+ 10:47+	15:09+ 21:12+ 22:03+ 22:52+ 23:43+	25:59+ 27:50+ 30:48+ 31:23+
01:00+	01:47+ 01:50+ 03:56+ 00:55+ 01:19+	04:22+ 06:03+ 00:51+ 00:49+ 00:51+	02:16+ 01:51+ 02:58+ 00:35+
01:00+	01:47+ 01:50+ 03:56+ 00:55+ 01:19+	04:22+ 06:03+ 00:51+ 00:49+ 00:51+	02:16+ 01:51+ 02:58+ 00:35+
10	Birgitte Røe	593	35:16
01:08+	02:58+ 04:42+ 08:20+ 09:19+ 10:49+	17:11+ 23:52+ 24:45+ 27:04+ 28:13+	30:32+ 32:41+ 34:40+ 35:16+
01:08+	01:50+ 01:44+ 03:38+ 00:59+ 01:30+	06:22+ 06:41+ 00:53+ 02:19+ 01:09+	02:19+ 02:09+ 01:59+ 00:36+
01:08+	01:50+ 01:44+ 03:38+ 00:59+ 01:30+	06:22+ 06:41+ 00:53+ 02:19+ 01:09+	02:19+ 02:09+ 01:59+ 00:36+
11	Sarah Allen	793	41:35
01:21+	07:39+ 08:45+ 13:59+ 15:26+ 16:40+	21:14+ 25:50+ 26:53+ 27:38+ 29:36+	35:35+ 37:59+ 40:33+ 41:35+
01:21+	06:18+ 01:06+ 05:14+ 01:27+ 01:14+	04:34+ 04:36+ 01:03+ 00:45+ 01:58+	05:59+ 02:24+ 02:34+ 01:02+
01:21+	06:18+ 01:06+ 05:14+ 01:27+ 01:14+	04:34+ 04:36+ 01:03+ 00:45+ 01:58+	05:59+ 02:24+ 02:34+ 01:02+

Beste strekktid for klassen

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

Damer 65 - 69 år

1	Marit Karin Nygaard	892	23:54
01:10=	02:39= 04:09= 07:24= 08:16= 09:35=	13:23= 15:59= 16:32= 17:24= 18:09=	20:11= 21:40= 23:25= 23:54=
01:10=	01:29= 01:30= 03:15= 00:52= 01:19=	03:48= 02:36= 00:33= 00:52= 00:45=	02:02= 01:29= 01:45= 00:29=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
2	Ingrid Eik	1830	23:59
00:45-	02:31- 03:43- 06:37- 07:20- 08:16-	12:17- 16:00+ 16:43+ 17:24= 18:21+	20:10- 21:45+ 23:35+ 23:59+
00:45-	01:46+ 01:12- 02:54- 00:43- 00:56-	04:01+ 03:43+ 00:43+ 00:41- 00:57+	01:49- 01:35+ 01:50+ 00:24-
00:25-	00:17# 00:18- 00:21- 00:09- 00:23-	00:13+ 01:07& 00:10& 00:11- 00:12&	00:13- 00:06+ 00:05+ 00:05-

Class	Navn	Klasse	Tid
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Damer 65 - 69 år

3	Tove Bjerkreim	722	24:22
00:50-	02:32-	03:59-	06:54-
00:50-	01:42+	01:27-	02:55-
00:20-	00:13#	00:03-	00:20-
07:43-	10:00+	13:58+	16:45+
17:18+	17:59+	19:07+	20:48+
21:59+	23:35+	24:22+	
00:49-	02:17+	03:58+	02:47+
00:03-	00:58&	00:10+	00:11+
00:00=	00:11-	00:23&	00:21-
00:18-	00:09-	00:18&	
4	Margot Asheim	722	24:33
00:43+	02:02+	03:25+	07:10+
00:43+	01:19+	01:23+	03:45+
00:43+	01:19+	01:23+	03:45+
08:01+	09:14+	13:20+	17:10+
17:48+	18:29+	19:15+	20:55+
22:21+	24:05+	24:33+	
00:51+	01:13+	04:06+	03:50+
00:38+	00:41+	00:46+	01:40+
00:38+	00:41+	00:46+	01:40+
01:26+	01:44+	00:28+	
01:26+	01:44+	00:28+	
5	May Meling	593	26:24
00:48+	02:28+	03:35+	06:28+
00:48+	01:40+	01:07+	02:53+
00:48+	01:40+	01:07+	02:53+
07:11+	08:20+	15:25+	18:23+
19:02+	19:51+	20:38+	22:24+
23:36+	25:57+	26:24+	
07:05+	02:58+	00:39+	00:49+
00:39+	00:49+	00:47+	01:46+
00:39+	00:49+	00:47+	01:46+
01:12+	02:21+	00:27+	
01:12+	02:21+	00:27+	
6	Berit Bakken	1884	32:35
02:21+	03:43+	06:41+	08:25+
02:21+	01:22+	02:58+	01:44+
02:21+	01:22+	02:58+	01:44+
09:53+	13:04+	13:56+	15:13+
19:19+	22:49+	24:16+	25:14+
26:13+	28:20+	29:55+	32:05+
00:52+	01:17+	04:06+	03:30+
01:27+	00:58+	00:59+	02:07+
01:27+	00:58+	00:59+	02:07+
01:35+	02:10+	00:30+	
01:35+	02:10+	00:30+	
7	Sølvi Utbø Sakseid	3555	33:01
00:51+	02:22+	03:51+	11:06+
00:51+	01:31+	01:29+	07:15+
00:51+	01:31+	01:29+	07:15+
12:32+	13:34+	18:49+	23:46+
24:53+	26:06+	26:50+	28:40+
30:24+	32:36+	33:01+	
05:15+	04:57+	01:07+	01:13+
00:44+	01:50+	01:44+	02:12+
01:07+	01:13+	00:44+	01:50+
01:07+	01:13+	00:44+	01:50+
01:44+	02:12+	00:25+	
01:44+	02:12+	00:25+	
8	Kari Eva Thiis Blixhavn	3565	34:38
01:20+	03:29+	05:06+	09:05+
01:20+	02:09+	01:37+	03:59+
01:20+	02:09+	01:37+	03:59+
10:14+	11:46+	17:52+	23:04+
24:07+	25:04+	26:10+	28:35+
31:16+	33:36+	34:38+	
01:03+	00:57+	01:06+	02:25+
02:41+	02:20+	01:02+	02:41+
02:25+	02:41+	02:25+	02:41+
01:02+	01:02+	01:02+	02:25+
01:02+	01:02+	01:02+	02:25+
9	Eli Frafjord	1141	38:49
01:01+	02:50+	04:25+	08:08+
01:01+	01:49+	01:35+	03:43+
01:01+	01:49+	01:35+	03:43+
00:50+	01:15+	06:13+	13:10+
00:39+	00:47+	01:02+	02:22+
00:39+	00:47+	01:02+	02:22+
01:40+	02:05+	00:38+	
01:40+	02:05+	00:38+	

Beste strekktid for klassen

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

Damer 70 - 74 år

1	Mette Dagsland	874	29:13
00:58=	02:40=	04:07=	07:20=
00:58=	01:42=	01:27=	03:13=
00:00=	00:00=	00:00=	00:00=
08:09=	09:54=	15:25=	20:18=
21:03=	21:45=	22:47=	24:43=
26:32=	28:38=	29:13=	
00:49=	01:45=	05:31=	04:53=
00:45=	00:42=	01:02=	01:56=
00:45=	00:42=	01:02=	01:56=
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=	00:00=
2	Halldis Handeland	892	35:42
01:07+	02:59+	05:08+	09:05+
01:07+	01:52+	02:09+	03:57+
00:09#	00:10+	00:42&	00:44#
09:59+	11:33+	17:30+	22:44+
24:22+	25:13+	26:21+	27:28+
30:00+	32:15+	34:49+	35:42+
00:54+	01:34-	05:57+	05:14+
01:38+	00:51+	01:08+	01:07-
00:53@	00:09#	00:06+	00:49-
00:09#	00:06+	00:49-	00:43&
00:09+	01:59@	00:53+	
3	Lillian Dahl Fitjar	896	36:20
00:58=	03:10+	05:11+	09:11+
00:58=	02:12+	02:01+	04:00+
00:00=	00:30&	00:34&	00:47#
10:12+	11:58+	18:07+	24:56+
25:39+	27:55+	29:09+	31:29+
33:44+	35:45+	36:20+	
00:01+	00:38#	01:56&	00:02-
01:34@	00:12#	00:24#	00:26#
00:05-	00:00=		
4	Berit Gramstad	3551	40:31
01:07+	03:48+	05:51+	09:49+
01:07+	02:41+	02:03+	03:58+
00:09#	00:59&	00:36&	00:45#
10:44+	12:29+	20:06+	25:16+
26:18+	27:15+	28:42+	31:27+
37:39+	39:59+	40:31+	
07:37+	05:10+	01:02+	00:57+
01:27+	02:45+	06:12+	02:20+
00:17&	00:15&	00:25&	00:49&
00:17&	00:15&	00:25&	00:49&
00:03-			
5	Brit Skjelbred	1141	42:00
01:50+	04:41+	06:56+	11:51+
01:50+	02:51+	02:15+	04:55+
00:52&	01:09&	00:48&	01:42&
12:56+	14:27+	21:14+	26:35+
27:33+	28:33+	31:39+	34:16+
36:41+	41:24+	42:00+	
01:05+	01:31-	06:47+	05:21+
00:58+	01:00+	03:06+	02:37+
00:52&	01:09&	00:48&	01:42&
00:16&	00:14-	01:16#	00:28+
00:13&	00:18&	02:04@	00:41&
00:13&	00:18&	02:04@	00:36&
02:37&	02:25+	04:43+	00:36+
02:37&	02:25+	04:43+	00:36+

Class	Navn	Klasse	Tid
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Damer 70 - 74 år

Beste strekktid for klassen

00:58 01:42 01:27 03:13 00:49 01:31 05:31 04:53 00:43 00:42 01:02 01:07 01:49 02:01 00:32

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

Damer 75 - 79 år

1	Turid Nystrøm	874	24:10											
00:59=	02:29=	04:06=	07:08=	07:55=	09:03=	12:46=	15:55=	16:37=	17:22=	18:18=	20:06=	21:33=	23:39=	24:10=
00:59=	01:30=	01:37=	03:02=	00:47=	01:08=	03:43=	03:09=	00:42=	00:45=	00:56=	01:48=	01:27=	02:06=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Haldis Glendrange	874	28:46											
00:57-	02:58+	04:39+	07:55+	08:55+	10:16+	14:55+	19:16+	20:05+	21:07+	22:15+	24:32+	26:12+	28:11+	28:46+
00:57-	02:01+	01:41+	03:16+	01:00+	01:21+	04:39+	04:21+	00:49+	01:02+	01:08+	02:17+	01:40+	01:59-	00:35+
00:02-	00:31&	00:04+	00:14+	00:13&	00:13#	00:56&	01:12&	00:07#	00:17&	00:12#	00:29&	00:13#	00:07-	00:04#
3	Inger Skretting Opstad	3529	29:51											
01:02+	02:59+	04:42+	08:39+	09:36+	10:59+	16:01+	19:50+	20:40+	21:44+	22:43+	25:15+	27:06+	29:14+	29:51+
01:02+	01:57+	01:43+	03:57+	00:57+	01:23+	05:02+	03:49+	00:50+	01:04+	00:59+	02:32+	01:51+	02:08+	00:37+
00:03+	00:27&	00:06+	00:55&	00:10#	00:15#	01:19&	00:40#	00:08#	00:19&	00:03+	00:44&	00:24&	00:02+	00:06#
4	Gry Vikhamar Thengs	874	37:10											
01:00+	02:39+	04:15+	07:43+	08:31+	09:56+	25:53+	29:06+	29:47+	30:34+	31:31+	33:30+	34:54+	36:39+	37:10+
01:00+	01:39+	01:36-	03:28+	00:48+	01:25+	15:57+	03:13+	00:41-	00:47+	00:57+	01:59+	01:24-	01:45-	00:31=
00:01+	00:09#	00:01-	00:26#	00:01+	00:17#	12:14@	00:04+	00:01-	00:02+	00:01+	00:11#	00:03-	00:21-	00:00=
5	Aslaug Lura	1141	40:54											
01:07+	03:36+	05:50+	10:45+	11:50+	13:20+	20:15+	25:24+	26:25+	27:39+	30:33+	33:09+	35:40+	40:16+	40:54+
01:07+	02:29+	02:14+	04:55+	01:05+	01:30+	06:55+	05:09+	01:01+	01:14+	02:54+	02:36+	02:31+	04:36+	00:38+
00:08#	00:59&	00:37&	01:53&	00:18&	00:22&	03:12&	02:00&	00:19&	00:29&	01:58@	00:48&	01:04&	02:30@	00:07#

Beste strekktid for klassen

00:57 01:30 01:36 03:02 00:47 01:08 03:43 03:09 00:41 00:45 00:56 01:48 01:24 01:45 00:31

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

Damer 80 år og eldre

1	Helga Aaslid	3529	32:04											
02:00=	03:21=	05:22=	09:20=	10:29=	12:04=	14:05=	17:26=	19:30=	21:50=	25:49=	27:47=	28:31=	31:04=	32:04=
02:00=	01:21=	02:01=	03:58=	01:09=	01:35=	02:01=	03:21=	02:04=	02:20=	03:59=	01:58=	00:44=	02:33=	01:00=
00:00=	00:00=	00:00=	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	Berit Ebbell Olsen	874	33:49											
01:57-	03:04-	04:58-	09:45+	10:57+	12:34+	14:59+	18:37+	20:32+	23:00+	27:12+	29:22+	30:10+	32:29+	33:49+
01:57-	01:07-	01:54-	04:47+	01:12+	01:37+	02:25+	03:38+	01:55-	02:28+	04:12+	02:10+	00:48+	02:19-	01:20+
00:03-	00:14-	00:07-	00:49#	00:03+	00:02+	00:24#	00:17+	00:09-	00:08+	00:13+	00:12#	00:04+	00:14-	00:20&

Beste strekktid for klassen

01:57 01:07 01:54 03:58 01:09 01:35 02:01 03:21 01:55 02:20 03:59 01:58 00:44 02:19 01:00

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

Damer A

1	Aud Hognestad Taksdal	892	19:54																		
00:59=	02:15=	04:50=	05:36=	05:53=	06:08=	07:27=	07:57=	09:36=	10:30=	11:05=	12:31=	12:56=	13:50=	14:50=	15:30=	16:00=	17:16=	18:09=	18:28=	19:33=	19:54=
00:59=	01:16=	02:35=	00:46=	00:17=	00:15=	01:19=	00:30=	01:39=	00:54=	00:35=	01:26=	00:25=	00:54=	01:00=	00:40=	00:30=	01:16=	00:53=	00:19=	01:05=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Damer A

2	Katrine Haaland Leveraas	896	23:46																		
00:56-	02:20+	04:51+	05:39+	06:00+	06:20+	08:49+	09:18+	11:08+	12:05+	12:40+	15:09+	15:36+	16:39+	17:22+	19:24+	19:55+	21:11+	22:06+	22:25+	23:27+	23:46+
00:56-	01:24+	02:31-	00:48+	00:21+	00:20+	02:29+	00:29-	01:50+	00:57+	00:35=	02:29+	00:27+	01:03+	00:43-	02:02+	00:31+	01:16=	00:55+	00:19=	01:02-	00:19-
00:03-	00:08#	00:04-	00:02+	00:04#	00:05#	01:10#	00:01-	00:11#	00:03+	00:00=	01:03#	00:02+	00:09#	00:17-	01:22#	00:01+	00:00=	00:02+	00:00=	00:03-	00:02-
3	Kristin Helland-Hansen	3559	24:14																		
00:57+	02:19+	05:39+	06:34+	06:53+	07:11+	08:16+	08:47+	10:43+	11:43+	12:22+	15:22+	15:49+	17:09+	17:53+	18:47+	19:25+	20:47+	21:53+	22:17+	23:51+	24:14+
00:57+	01:22+	03:20+	00:55+	00:19+	00:18+	01:05+	00:31+	01:56+	01:00+	00:39+	03:00+	00:27+	01:20+	00:44+	00:54+	00:38+	01:22+	01:06+	00:24+	01:34+	00:23+
00:57+	01:22+	03:20+	00:55+	00:19+	00:18+	01:05+	00:31+	01:56+	01:00+	00:39+	03:00+	00:27+	01:20+	00:44+	00:54+	00:38+	01:22+	01:06+	00:24+	01:34+	00:23+
4	Matilde Skjæveland Skår	3486	24:21																		
01:06+	02:32+	05:45+	06:36+	07:09+	07:30+	08:50+	09:24+	11:29+	12:33+	13:12+	15:07+	15:42+	17:11+	18:01+	18:48+	19:30+	21:05+	22:11+	22:36+	23:56+	24:21+
01:06+	01:26+	03:13+	00:51+	00:33+	00:21+	01:20+	00:34+	02:05+	01:04+	00:39+	01:55+	00:35+	01:29+	00:50+	00:47+	00:42+	01:35+	01:06+	00:25+	01:20+	00:25+
01:06+	01:26+	03:13+	00:51+	00:33+	00:21+	01:20+	00:34+	02:05+	01:04+	00:39+	01:55+	00:35+	01:29+	00:50+	00:47+	00:42+	01:35+	01:06+	00:25+	01:20+	00:25+
5	Clare Leveridge	877	24:28																		
01:02+	03:29+	06:31+	07:23+	07:41+	07:59+	09:34+	10:08+	12:08+	13:12+	13:52+	15:35+	16:03+	17:13+	18:00+	19:07+	19:50+	21:19+	22:26+	22:55+	24:08+	24:28+
01:02+	02:27+	03:02+	00:52+	00:18+	00:18+	01:35+	00:34+	02:00+	01:04+	00:40+	01:43+	00:28+	01:10+	00:47+	01:07+	00:43+	01:29+	01:07+	00:29+	01:13+	00:20+
01:02+	02:27+	03:02+	00:52+	00:18+	00:18+	01:35+	00:34+	02:00+	01:04+	00:40+	01:43+	00:28+	01:10+	00:47+	01:07+	00:43+	01:29+	01:07+	00:29+	01:13+	00:20+
6	Silje Skorve Skarpeid	1758	24:43																		
01:02+	03:14+	07:29+	08:20+	08:38+	08:55+	10:05+	10:36+	12:29+	13:28+	14:11+	16:30+	16:58+	17:56+	18:49+	19:42+	20:31+	21:50+	22:48+	23:13+	24:18+	24:43+
01:02+	02:12+	04:15+	00:51+	00:18+	00:17+	01:10+	00:31+	01:53+	00:59+	00:43+	02:19+	00:28+	00:58+	00:53+	00:53+	00:49+	01:19+	00:58+	00:25+	01:05+	00:25+
01:02+	02:12+	04:15+	00:51+	00:18+	00:17+	01:10+	00:31+	01:53+	00:59+	00:43+	02:19+	00:28+	00:58+	00:53+	00:53+	00:49+	01:19+	00:58+	00:25+	01:05+	00:25+
7	Torill Brekken	896	24:48																		
01:10+	02:56+	06:20+	07:17+	07:41+	07:58+	09:20+	09:58+	12:07+	13:14+	13:52+	16:24+	16:49+	17:56+	18:52+	19:45+	20:20+	21:48+	22:54+	23:19+	24:25+	24:48+
01:10+	01:46+	03:24+	00:57+	00:24+	00:17+	01:22+	00:38+	02:09+	01:07+	00:38+	02:32+	00:25+	01:07+	00:56+	00:53+	00:35+	01:28+	01:06+	00:25+	01:06+	00:23+
01:10+	01:46+	03:24+	00:57+	00:24+	00:17+	01:22+	00:38+	02:09+	01:07+	00:38+	02:32+	00:25+	01:07+	00:56+	00:53+	00:35+	01:28+	01:06+	00:25+	01:06+	00:23+
8	Nina Karlsen	3531	26:03																		
01:03+	02:33+	06:04+	07:00+	07:27+	07:46+	09:11+	09:46+	11:48+	12:57+	13:45+	16:23+	16:57+	18:29+	19:26+	20:23+	21:05+	22:30+	23:51+	24:14+	25:36+	26:03+
01:03+	01:30+	03:31+	00:56+	00:27+	00:19+	01:25+	00:35+	02:02+	01:09+	00:48+	02:38+	00:34+	01:32+	00:57+	00:57+	00:42+	01:25+	01:21+	00:23+	01:22+	00:27+
01:03+	01:30+	03:31+	00:56+	00:27+	00:19+	01:25+	00:35+	02:02+	01:09+	00:48+	02:38+	00:34+	01:32+	00:57+	00:57+	00:42+	01:25+	01:21+	00:23+	01:22+	00:27+
9	Trine Bolstad Scheie	769	26:06																		
01:13+	02:51+	06:34+	07:31+	07:54+	08:13+	09:25+	10:05+	12:16+	13:32+	14:10+	16:45+	17:20+	18:21+	19:24+	20:31+	21:08+	23:03+	24:06+	24:30+	25:40+	26:06+
01:13+	01:38+	03:43+	00:57+	00:23+	00:19+	01:12+	00:40+	02:11+	01:16+	00:38+	02:35+	00:35+	01:01+	01:03+	01:07+	00:37+	01:55+	01:03+	00:24+	01:10+	00:26+
01:13+	01:38+	03:43+	00:57+	00:23+	00:19+	01:12+	00:40+	02:11+	01:16+	00:38+	02:35+	00:35+	01:01+	01:03+	01:07+	00:37+	01:55+	01:03+	00:24+	01:10+	00:26+

Beste strekketid for klassen

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

Damer B

1	Tone Torgersen	882	22:07																		
00:45=	01:51=	02:49=	05:45=	06:09=	06:43=	07:16=	10:00=	10:48=	11:13=	12:57=	13:24=	15:06=	16:17=	17:31=	19:00=	20:09=	21:40=	22:07=			
00:45=	01:06=	00:58=	02:56=	00:24=	00:34=	00:33=	02:44=	00:48=	00:25=	01:44=	00:27=	01:42=	01:11=	01:14=	01:29=	01:09=	01:31=	00:27=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Wenche Margrethe Sæbbø	896	22:26																		
00:46+	02:12+	03:12+	05:59+	06:27+	07:14+	07:50+	10:31+	11:15+	11:39+	13:27+	14:01+	15:36+	16:59+	18:06+	19:24+	20:31+	22:04+	22:26+			
00:46+	01:26+	01:00+	02:47-	00:28+	00:47+	00:36+	02:41-	00:44-	00:24-	01:48+	00:34+	01:35-	01:23+	01:07-	01:18-	01:07-	01:33+	00:22-			
00:01+	00:20#	00:02+	00:09-	00:04#	00:13#	00:03+	00:03-	00:04-	00:01-	00:04+	00:07#	00:07-	00:12#	00:07-	00:11-	00:02-	00:02+	00:05-			
3	Vibeke Lamark	878	22:59																		
00:43-	02:11+	03:10+	05:51+	06:19+	07:08+	07:48+	10:43+	11:43+	12:15+	14:07+	14:35+	15:57+	17:08+	18:09+	19:28+	20:42+	22:34+	22:59+			
00:43-	01:28#	00:59+	02:41-	00:28+	00:49+	00:40+	02:55+	01:00+	00:32+	01:52+	00:28+	01:22-	01:11=	01:01-	01:19-	01:14+	01:52+	00:25-			
00:02-	00:22#	00:01+	00:15-	00:04#	00:15#	00:07#	00:11+	00:12#	00:07#	00:08+	00:01+	00:20-	00:00=	00:13-	00:10-	00:05+	00:21#	00:02-			
4	Inger Tone Nygård	3502	23:04																		
00:43-	01:51=	02:50+	05:35-	06:04-	06:53+	07:35+	10:29+	11:16+	11:38+	13:30+	14:01+	16:17+	17:33+	18:39+	19:57+	21:02+	22:40+	23:04+			
00:43-	01:08+	00:59+	02:45-	00:29+	00:49+	00:42+	02:54+	00:47-	00:22-	01:52+	00:31+	02:16+	01:16+	01:06-	01:18-	01:05-	01:38+	00:24-			
00:02-	00:02+	00:01+	00:11-	00:05#	00:15#	00:09#	00:10+	00:01-	00:03-	00:08+	00:04#	00:34#	00:05+	00:08-	00:11-	00:04-	00:07+	00:03-			

Damer B

5 Helen Lomeland 722 24:03
00:44- 01:58+ 03:09+ 05:53+ 06:23+ 07:18+ 07:50+ 10:50+ 11:48+ 12:11+ 14:09+ 14:45+ 16:49+ 18:00+ 18:57+ 20:16+ 21:24+ 23:36+ 24:03+
00:44- 01:14+ 01:11+ 02:44- 00:30+ 00:55+ 00:32- 03:00+ 00:58+ 00:23- 01:58+ 00:36+ 02:04+ 01:11= 00:57- 01:19- 01:08- 02:12+ 00:27=
00:01- 00:08# 00:13# 00:12- 00:06# 00:21# 00:01- 00:16+ 00:10# 00:02- 00:14# 00:09# 00:22# 00:00= 00:17- 00:10- 00:01- 00:41# 00:00=

6 Ellen Tindeland 882 24:26
00:47+ 01:59+ 03:09+ 06:07+ 06:38+ 07:30+ 08:08+ 11:08+ 12:04+ 12:29+ 14:43+ 15:18+ 17:02+ 18:14+ 19:19+ 20:43+ 22:08+ 23:58+ 24:26+
00:47+ 01:12+ 01:10+ 02:58+ 00:31+ 00:52+ 00:38+ 03:00+ 00:56+ 00:25+ 02:14+ 00:35+ 01:44+ 01:12+ 01:05+ 01:24+ 01:25+ 01:50+ 00:28+
00:47+ 01:12+ 01:10+ 02:58+ 00:31+ 00:52+ 00:38+ 03:00+ 00:56+ 00:25+ 02:14+ 00:35+ 01:44+ 01:12+ 01:05+ 01:24+ 01:25+ 01:50+ 00:28+

7 Lise Isachsen 1384 24:26
00:39+ 01:55+ 02:50+ 05:17+ 05:41+ 06:28+ 07:00+ 10:10+ 10:50+ 11:13+ 14:23+ 14:58+ 17:05+ 19:02+ 19:53+ 21:05+ 22:06+ 24:00+ 24:26+
00:39+ 01:16+ 00:55+ 02:27+ 00:24+ 00:47+ 00:32+ 03:10+ 00:40+ 00:23+ 03:10+ 00:35+ 02:07+ 01:57+ 00:51+ 01:12+ 01:01+ 01:54+ 00:26+
00:39+ 01:16+ 00:55+ 02:27+ 00:24+ 00:47+ 00:32+ 03:10+ 00:40+ 00:23+ 03:10+ 00:35+ 02:07+ 01:57+ 00:51+ 01:12+ 01:01+ 01:54+ 00:26+

8 Ann Karin Tjørhom 1884 24:45
00:45+ 02:01+ 03:19+ 06:14+ 06:51+ 07:47+ 08:23+ 11:18+ 12:16+ 12:42+ 14:54+ 15:45+ 17:28+ 18:48+ 19:50+ 21:14+ 22:28+ 24:12+ 24:45+
00:45+ 01:16+ 01:18+ 02:55+ 00:37+ 00:56+ 00:36+ 02:55+ 00:58+ 00:26+ 02:12+ 00:51+ 01:43+ 01:20+ 01:02+ 01:24+ 01:14+ 01:44+ 00:33+
00:45+ 01:16+ 01:18+ 02:55+ 00:37+ 00:56+ 00:36+ 02:55+ 00:58+ 00:26+ 02:12+ 00:51+ 01:43+ 01:20+ 01:02+ 01:24+ 01:14+ 01:44+ 00:33+

9 Ann-Cathrin Nybak Urdal 3595 25:02
00:47+ 02:00+ 03:17+ 06:15+ 06:46+ 07:37+ 08:14+ 11:11+ 12:03+ 12:28+ 14:27+ 15:00+ 16:58+ 19:10+ 20:10+ 21:37+ 22:49+ 24:31+ 25:02+
00:47+ 01:13+ 01:17+ 02:58+ 00:31+ 00:51+ 00:37+ 02:57+ 00:52+ 00:25+ 01:59+ 00:33+ 01:58+ 02:12+ 01:00+ 01:27+ 01:12+ 01:42+ 00:31+
00:47+ 01:13+ 01:17+ 02:58+ 00:31+ 00:51+ 00:37+ 02:57+ 00:52+ 00:25+ 01:59+ 00:33+ 01:58+ 02:12+ 01:00+ 01:27+ 01:12+ 01:42+ 00:31+

10 Mariann Sveinsvoll 3504 25:09
00:44+ 02:11+ 03:14+ 06:30+ 07:01+ 07:58+ 08:39+ 11:32+ 12:27+ 12:57+ 15:19+ 15:58+ 17:47+ 18:59+ 20:11+ 21:35+ 22:49+ 24:38+ 25:09+
00:44+ 01:27+ 01:03+ 03:16+ 00:31+ 00:57+ 00:41+ 02:53+ 00:55+ 00:30+ 02:22+ 00:39+ 01:49+ 01:12+ 01:12+ 01:24+ 01:14+ 01:49+ 00:31+
00:44+ 01:27+ 01:03+ 03:16+ 00:31+ 00:57+ 00:41+ 02:53+ 00:55+ 00:30+ 02:22+ 00:39+ 01:49+ 01:12+ 01:12+ 01:24+ 01:14+ 01:49+ 00:31+

11 Jorunn Johannesen 1683 25:48
00:45+ 02:02+ 03:15+ 06:15+ 06:45+ 07:32+ 08:08+ 11:57+ 13:01+ 13:27+ 16:11+ 16:48+ 18:21+ 19:40+ 20:43+ 22:04+ 23:39+ 25:22+ 25:48+
00:45+ 01:17+ 01:13+ 03:00+ 00:30+ 00:47+ 00:36+ 03:49+ 01:04+ 00:26+ 02:44+ 00:37+ 01:33+ 01:19+ 01:03+ 01:21+ 01:35+ 01:43+ 00:26+
00:45+ 01:17+ 01:13+ 03:00+ 00:30+ 00:47+ 00:36+ 03:49+ 01:04+ 00:26+ 02:44+ 00:37+ 01:33+ 01:19+ 01:03+ 01:21+ 01:35+ 01:43+ 00:26+

12 Agnes Haker 1284 26:00
00:33+ 01:43+ 02:55+ 05:39+ 06:09+ 06:52+ 07:57+ 11:23+ 12:08+ 12:34+ 15:17+ 15:40+ 17:44+ 19:14+ 20:17+ 21:32+ 22:40+ 25:33+ 26:00+
00:33+ 01:10+ 01:12+ 02:44+ 00:30+ 00:43+ 01:05+ 03:26+ 00:45+ 00:26+ 02:43+ 00:23+ 02:04+ 01:30+ 01:03+ 01:15+ 01:08+ 02:53+ 00:27+
00:33+ 01:10+ 01:12+ 02:44+ 00:30+ 00:43+ 01:05+ 03:26+ 00:45+ 00:26+ 02:43+ 00:23+ 02:04+ 01:30+ 01:03+ 01:15+ 01:08+ 02:53+ 00:27+

13 Grethe Anda Fuglestad 1683 26:03
00:47+ 02:03+ 03:13+ 06:07+ 06:41+ 07:40+ 08:21+ 11:59+ 13:12+ 13:39+ 15:59+ 16:31+ 18:18+ 19:41+ 21:02+ 22:29+ 23:39+ 25:32+ 26:03+
00:47+ 01:16+ 01:10+ 02:54+ 00:34+ 00:59+ 00:41+ 03:38+ 01:13+ 00:27+ 02:20+ 00:32+ 01:47+ 01:23+ 01:21+ 01:27+ 01:10+ 01:53+ 00:31+
00:47+ 01:16+ 01:10+ 02:54+ 00:34+ 00:59+ 00:41+ 03:38+ 01:13+ 00:27+ 02:20+ 00:32+ 01:47+ 01:23+ 01:21+ 01:27+ 01:10+ 01:53+ 00:31+

14 Anina Hadland 3502 27:14
00:43+ 02:05+ 03:16+ 06:44+ 07:17+ 08:08+ 08:45+ 12:18+ 13:12+ 13:36+ 16:08+ 16:36+ 19:03+ 20:19+ 21:45+ 23:26+ 24:49+ 26:53+ 27:14+
00:43+ 01:22+ 01:11+ 03:28+ 00:33+ 00:51+ 00:37+ 03:33+ 00:54+ 00:24+ 02:32+ 00:28+ 02:27+ 01:16+ 01:26+ 01:41+ 01:23+ 02:04+ 00:21+
00:43+ 01:22+ 01:11+ 03:28+ 00:33+ 00:51+ 00:37+ 03:33+ 00:54+ 00:24+ 02:32+ 00:28+ 02:27+ 01:16+ 01:26+ 01:41+ 01:23+ 02:04+ 00:21+

15 Kristin Breivold 892 27:29
00:44+ 02:26+ 03:35+ 06:35+ 07:13+ 08:29+ 09:39+ 12:30+ 13:28+ 13:56+ 16:36+ 17:25+ 19:09+ 20:33+ 21:53+ 23:14+ 24:30+ 26:56+ 27:29+
00:44+ 01:42+ 01:09+ 03:00+ 00:38+ 01:16+ 01:10+ 02:51+ 00:58+ 00:28+ 02:40+ 00:49+ 01:44+ 01:24+ 01:20+ 01:21+ 01:16+ 02:26+ 00:33+
00:44+ 01:42+ 01:09+ 03:00+ 00:38+ 01:16+ 01:10+ 02:51+ 00:58+ 00:28+ 02:40+ 00:49+ 01:44+ 01:24+ 01:20+ 01:21+ 01:16+ 02:26+ 00:33+

16 Irene Rummelhoff 1683 28:27
00:46+ 02:15+ 04:36+ 07:31+ 08:06+ 09:11+ 09:52+ 13:04+ 14:02+ 14:28+ 17:01+ 17:42+ 20:01+ 21:41+ 22:51+ 24:28+ 25:42+ 27:54+ 28:27+
00:46+ 01:29+ 02:21+ 02:55+ 00:35+ 01:05+ 00:41+ 03:12+ 00:58+ 00:26+ 02:33+ 00:41+ 02:19+ 01:40+ 01:10+ 01:37+ 01:14+ 02:12+ 00:33+
00:46+ 01:29+ 02:21+ 02:55+ 00:35+ 01:05+ 00:41+ 03:12+ 00:58+ 00:26+ 02:33+ 00:41+ 02:19+ 01:40+ 01:10+ 01:37+ 01:14+ 02:12+ 00:33+

17 Heidi Martby-Skogsholm 722 28:31
00:44+ 02:01+ 03:24+ 06:54+ 07:28+ 08:21+ 09:03+ 12:25+ 13:23+ 13:53+ 16:47+ 17:26+ 19:43+ 21:27+ 22:49+ 24:23+ 26:03+ 27:59+ 28:31+
00:44+ 01:17+ 01:23+ 03:30+ 00:34+ 00:53+ 00:42+ 03:22+ 00:58+ 00:30+ 02:54+ 00:39+ 02:17+ 01:44+ 01:22+ 01:34+ 01:40+ 01:56+ 00:32+
00:44+ 01:17+ 01:23+ 03:30+ 00:34+ 00:53+ 00:42+ 03:22+ 00:58+ 00:30+ 02:54+ 00:39+ 02:17+ 01:44+ 01:22+ 01:34+ 01:40+ 01:56+ 00:32+

18 Gezien Jongenburger 892 28:45
00:46+ 02:03+ 03:04+ 05:44+ 06:18+ 07:33+ 08:25+ 13:01+ 14:02+ 14:23+ 17:13+ 18:14+ 20:57+ 22:36+ 23:39+ 24:54+ 26:09+ 28:09+ 28:45+
00:46+ 01:17+ 01:01+ 02:40+ 00:34+ 01:15+ 00:52+ 04:36+ 01:01+ 00:21+ 02:50+ 01:01+ 02:43+ 01:39+ 01:03+ 01:15+ 01:15+ 02:00+ 00:36+
00:46+ 01:17+ 01:01+ 02:40+ 00:34+ 01:15+ 00:52+ 04:36+ 01:01+ 00:21+ 02:50+ 01:01+ 02:43+ 01:39+ 01:03+ 01:15+ 01:15+ 02:00+ 00:36+

Class	Navn	Klasse	Tid
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Damer B

19	Ragnhild Auglænd	769	28:56															
00:53+	02:15+	03:44+	07:21+	08:01+	08:59+	09:46+	13:05+	14:02+	14:35+	17:59+	18:33+	20:27+	21:50+	23:35+	25:14+	26:46+	28:29+	28:56+
00:53+	01:22+	01:29+	03:37+	00:40+	00:58+	00:47+	03:19+	00:57+	00:33+	03:24+	00:34+	01:54+	01:23+	01:45+	01:39+	01:32+	01:43+	00:27+
00:53+	01:22+	01:29+	03:37+	00:40+	00:58+	00:47+	03:19+	00:57+	00:33+	03:24+	00:34+	01:54+	01:23+	01:45+	01:39+	01:32+	01:43+	00:27+
20	Hege Anita H. Nielsen	3545	28:59															
00:42+	02:17+	03:43+	07:32+	08:08+	09:06+	10:11+	13:29+	14:25+	14:58+	17:50+	18:36+	20:25+	21:47+	22:58+	24:52+	26:07+	28:36+	28:59+
00:42+	01:35+	01:26+	03:49+	00:36+	00:58+	01:05+	03:18+	00:56+	00:33+	02:52+	00:46+	01:49+	01:22+	01:11+	01:54+	01:15+	02:29+	00:23+
00:42+	01:35+	01:26+	03:49+	00:36+	00:58+	01:05+	03:18+	00:56+	00:33+	02:52+	00:46+	01:49+	01:22+	01:11+	01:54+	01:15+	02:29+	00:23+
21	Toyah Bråtveit	1832	31:28															
00:49+	01:59+	02:55+	06:17+	09:34+	10:47+	11:34+	14:05+	15:02+	15:23+	19:12+	19:52+	22:02+	25:47+	26:37+	27:59+	29:13+	30:48+	31:28+
00:49+	01:10+	00:56+	03:22+	03:17+	01:13+	00:47+	02:31+	00:57+	00:21+	03:49+	00:40+	02:10+	03:45+	00:50+	01:22+	01:14+	01:35+	00:40+
00:49+	01:10+	00:56+	03:22+	03:17+	01:13+	00:47+	02:31+	00:57+	00:21+	03:49+	00:40+	02:10+	03:45+	00:50+	01:22+	01:14+	01:35+	00:40+

Beste strekktid for klassen

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

Damer Ny

1	Marie Hernæs Larsen	3565	18:21											
01:06=	02:29=	03:16=	05:00=	07:07=	08:35=	09:29=	10:40=	11:29=	12:44=	14:06=	14:20=	16:12=	18:01=	18:21=
01:06=	01:23=	00:47=	01:44=	02:07=	01:28=	00:54=	01:11=	00:49=	01:15=	01:22=	00:14=	01:52=	01:49=	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=

Beste strekktid for klassen

01:06 01:23 00:47 01:44 02:07 01:28 00:54 01:11 00:49 01:15 01:22 00:14 01:52 01:49 00:20

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

Damer Trim

1	Fride Wirak	1830	18:38										
00:46=	01:47=	02:53=	05:46=	06:32=	07:44=	08:27=	10:28=	11:49=	12:38=	14:49=	16:24=	18:23=	18:38=
00:46=	01:01=	01:06=	02:53=	00:46=	01:12=	00:43=	02:01=	01:21=	00:49=	02:11=	01:35=	01:59=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marianne Strøm Uthaug	3551	19:06										
00:39-	01:33-	02:24-	05:07-	05:49-	06:55-	09:05+	10:51+	12:04+	12:47+	15:01+	16:40+	18:53+	19:06+
00:39-	00:54-	00:51-	02:43-	00:42-	01:06-	02:10+	01:46-	01:13-	00:43-	02:14+	01:39+	02:13+	00:13-
00:07-	00:07-	00:15-	00:10-	00:04-	00:06-	01:27#	00:15-	00:08-	00:06-	00:03+	00:04+	00:14#	00:02-
3	Marit L. Undheim	3529	19:19										
00:43-	01:41-	02:36-	05:36-	06:28-	07:29-	08:12-	10:39+	11:56+	12:45+	15:42+	17:25+	19:03+	19:19+
00:43-	00:58-	00:55-	03:00+	00:52+	01:01-	00:43-	02:27+	01:17-	00:49-	02:57+	01:43+	01:38-	00:16+
00:03-	00:03-	00:11-	00:07+	00:06#	00:11-	00:00=	00:26#	00:04-	00:00=	00:46&	00:08+	00:21-	00:01+
4	Maria Fjelde	722	19:29										
00:42-	01:42-	02:43-	05:39-	06:20-	07:49+	08:50+	11:04+	12:32+	13:30+	15:43+	17:05+	19:15+	19:29+
00:42-	01:00-	01:01-	02:56+	00:41-	01:29+	01:01+	02:14+	01:28+	00:58+	02:13+	01:22-	02:10+	00:14-
00:04-	00:01-	00:05-	00:03+	00:05-	00:17#	00:18#	00:13#	00:07+	00:09#	00:02+	00:13-	00:11+	00:01-
5	Karianne Skogland Enerstvedt	722	19:40										
00:42-	01:47=	02:59+	06:15+	07:10+	08:10+	08:45+	11:00+	12:27+	13:20+	15:50+	17:12+	19:26+	19:40+
00:42-	01:05+	01:12+	03:16+	00:55+	01:00-	00:35-	02:15+	01:27+	00:53+	02:30+	01:22-	02:14+	00:14-
00:04-	00:04+	00:06+	00:23#	00:09#	00:12-	00:08-	00:14#	00:06+	00:04+	00:19#	00:13-	00:15#	00:01-
6	Ingrid Overegseth Foss	896	19:43										
00:54+	01:59+	03:00+	06:07+	08:05+	08:50+	11:01+	12:20+	13:11+	15:41+	17:04+	19:26+	19:43+	
00:54+	01:05+	01:01-	03:07+	00:48+	01:10-	00:45+	02:11+	01:19-	00:51+	02:30+	01:23-	02:22+	00:17+
00:08#	00:04+	00:05-	00:14+	00:02+	00:02-	00:02+	00:10+	00:02-	00:02+	00:19#	00:12-	00:23#	00:02#

Class	Navn	Klasse	Tid
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Damer Trim

7	Monica Regine Romstad	722	19:55
00:50+	01:47= 02:49- 05:38- 06:39+ 08:57+	10:03+ 12:18+ 13:34+ 14:29+ 16:37+ 18:03+ 19:41+	19:55+
00:50+	00:57- 01:02- 02:49- 01:01+ 02:18+	01:06+ 02:15+ 01:16- 00:55+ 02:08- 01:26- 01:38-	00:14-
00:04+	00:04- 00:04- 00:04- 00:15& 01:06&	00:23& 00:14# 00:05- 00:06# 00:03- 00:09- 00:21-	00:01-
8	Inger Johanne Klausen	3529	20:09
00:49+	01:44+ 02:34+ 05:35+ 06:27+ 07:27+	08:44+ 11:03+ 12:25+ 13:25+ 15:54+ 17:42+ 19:46+	20:09+
00:49+	00:55+ 00:50+ 03:01+ 00:52+ 01:00+	01:17+ 02:19+ 01:22+ 01:00+ 02:29+ 01:48+ 02:04+	00:23+
00:49+	00:55+ 00:50+ 03:01+ 00:52+ 01:00+	01:17+ 02:19+ 01:22+ 01:00+ 02:29+ 01:48+ 02:04+	00:23+
9	Karine Ditlevsen	896	20:24
01:01+	01:58+ 02:57+ 05:52+ 06:44+ 07:50+	08:35+ 11:34+ 12:55+ 13:46+ 16:18+ 17:50+ 20:08+	20:24+
01:01+	00:57+ 00:59+ 02:55+ 00:52+ 01:06+	00:45+ 02:59+ 01:21+ 00:51+ 02:32+ 01:32+ 02:18+	00:16+
01:01+	00:57+ 00:59+ 02:55+ 00:52+ 01:06+	00:45+ 02:59+ 01:21+ 00:51+ 02:32+ 01:32+ 02:18+	00:16+
10	Linda Mørch	896	20:26
01:01+	01:57+ 02:57+ 05:52+ 06:43+ 07:50+	08:35+ 11:34+ 12:54+ 13:54+ 16:25+ 17:50+ 20:07+	20:26+
01:01+	00:56+ 01:00+ 02:55+ 00:51+ 01:07+	00:45+ 02:59+ 01:20+ 01:00+ 02:31+ 01:25+ 02:17+	00:19+
01:01+	00:56+ 01:00+ 02:55+ 00:51+ 01:07+	00:45+ 02:59+ 01:20+ 01:00+ 02:31+ 01:25+ 02:17+	00:19+
11	Therese Østbø	896	20:28
00:59+	02:02+ 03:02+ 05:57+ 06:49+ 07:55+	08:39+ 11:38+ 12:59+ 13:51+ 16:24+ 17:54+ 20:11+	20:28+
00:59+	01:03+ 01:00+ 02:55+ 00:52+ 01:06+	00:44+ 02:59+ 01:21+ 00:52+ 02:33+ 01:30+ 02:17+	00:17+
00:59+	01:03+ 01:00+ 02:55+ 00:52+ 01:06+	00:44+ 02:59+ 01:21+ 00:52+ 02:33+ 01:30+ 02:17+	00:17+
12	Anastasia Ollestad	1884	21:31
00:43+	01:36+ 02:30+ 05:23+ 06:32+ 07:37+	08:15+ 10:29+ 13:18+ 14:03+ 16:39+ 18:21+ 21:12+	21:31+
00:43+	00:53+ 00:54+ 02:53+ 01:09+ 01:05+	00:38+ 02:14+ 02:49+ 00:45+ 02:36+ 01:42+ 02:51+	00:19+
00:43+	00:53+ 00:54+ 02:53+ 01:09+ 01:05+	00:38+ 02:14+ 02:49+ 00:45+ 02:36+ 01:42+ 02:51+	00:19+
13	Marianne Steinkopf	880	22:12
00:53+	01:53+ 03:07+ 06:26+ 07:09+ 08:25+	09:53+ 12:37+ 14:25+ 15:18+ 18:10+ 19:35+ 21:54+	22:12+
00:53+	01:00+ 01:14+ 03:19+ 00:43+ 01:16+	01:28+ 02:44+ 01:48+ 00:53+ 02:52+ 01:25+ 02:19+	00:18+
00:53+	01:00+ 01:14+ 03:19+ 00:43+ 01:16+	01:28+ 02:44+ 01:48+ 00:53+ 02:52+ 01:25+ 02:19+	00:18+
14	Hanna Haaland Sømme	874	22:14
00:45+	02:27+ 04:56+ 08:00+ 08:35+ 09:53+	10:31+ 14:43+ 15:53+ 16:35+ 19:15+ 20:29+ 22:01+	22:14+
00:45+	01:42+ 02:29+ 03:04+ 00:35+ 01:18+	00:38+ 04:12+ 01:10+ 00:42+ 02:40+ 01:14+ 01:32+	00:13+
00:45+	01:42+ 02:29+ 03:04+ 00:35+ 01:18+	00:38+ 04:12+ 01:10+ 00:42+ 02:40+ 01:14+ 01:32+	00:13+
15	Grete Stokke Seljeskog	879	22:24
00:56+	01:57+ 02:57+ 05:40+ 06:25+ 08:44+	10:14+ 13:06+ 14:31+ 15:22+ 18:15+ 20:20+ 22:09+	22:24+
00:56+	01:01+ 01:00+ 02:43+ 00:45+ 02:19+	01:30+ 02:52+ 01:25+ 00:51+ 02:53+ 02:05+ 01:49+	00:15+
00:56+	01:01+ 01:00+ 02:43+ 00:45+ 02:19+	01:30+ 02:52+ 01:25+ 00:51+ 02:53+ 02:05+ 01:49+	00:15+
16	Elisabet Horpestad	896	22:40
00:43+	01:40+ 03:08+ 06:22+ 07:06+ 08:29+	09:10+ 14:36+ 15:38+ 16:26+ 18:30+ 20:11+ 22:27+	22:40+
00:43+	00:57+ 01:28+ 03:14+ 00:44+ 01:23+	00:41+ 05:26+ 01:02+ 00:48+ 02:04+ 01:41+ 02:16+	00:13+
00:43+	00:57+ 01:28+ 03:14+ 00:44+ 01:23+	00:41+ 05:26+ 01:02+ 00:48+ 02:04+ 01:41+ 02:16+	00:13+
17	Jeanette Mjøhus	722	22:51
00:53+	01:59+ 03:13+ 06:32+ 07:39+ 09:16+	10:23+ 12:41+ 14:02+ 15:02+ 18:08+ 20:50+ 22:36+	22:51+
00:53+	01:06+ 01:14+ 03:19+ 01:07+ 01:37+	01:07+ 02:18+ 01:21+ 01:00+ 03:06+ 02:42+ 01:46+	00:15+
00:53+	01:06+ 01:14+ 03:19+ 01:07+ 01:37+	01:07+ 02:18+ 01:21+ 01:00+ 03:06+ 02:42+ 01:46+	00:15+
18	Ritva Halsne	722	23:15
00:57+	01:56+ 03:18+ 06:32+ 07:39+ 09:08+	10:07+ 12:50+ 14:06+ 14:55+ 17:18+ 19:46+ 22:56+	23:15+
00:57+	00:59+ 01:22+ 03:14+ 01:07+ 01:29+	00:59+ 02:43+ 01:16+ 00:49+ 02:23+ 02:28+ 03:10+	00:19+
00:57+	00:59+ 01:22+ 03:14+ 01:07+ 01:29+	00:59+ 02:43+ 01:16+ 00:49+ 02:23+ 02:28+ 03:10+	00:19+
19	Stephanie Loin	877	23:16
00:54+	01:54+ 02:50+ 05:49+ 07:15+ 09:00+	09:44+ 13:28+ 14:41+ 15:40+ 18:00+ 19:54+ 22:56+	23:16+
00:54+	01:00+ 00:56+ 02:59+ 01:26+ 01:45+	00:44+ 03:44+ 01:13+ 00:59+ 02:20+ 01:54+ 03:02+	00:20+
00:54+	01:00+ 00:56+ 02:59+ 01:26+ 01:45+	00:44+ 03:44+ 01:13+ 00:59+ 02:20+ 01:54+ 03:02+	00:20+
20	Linda Cathrin Olsen	3512	23:39
00:52+	01:52+ 02:54+ 06:03+ 08:29+ 09:58+	11:14+ 14:06+ 15:31+ 16:31+ 19:35+ 21:18+ 23:20+	23:39+
00:52+	01:00+ 01:02+ 03:09+ 02:26+ 01:29+	01:16+ 02:52+ 01:25+ 01:00+ 03:04+ 01:43+ 02:02+	00:19+
00:52+	01:00+ 01:02+ 03:09+ 02:26+ 01:29+	01:16+ 02:52+ 01:25+ 01:00+ 03:04+ 01:43+ 02:02+	00:19+

Class	Navn	Klasse	Tid
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Damer Trim

21	Karolina Lenart	1376	24:01
00:43+	01:50+ 02:51+ 06:00+	06:45+ 08:16+ 09:06+ 12:53+	14:23+ 15:41+ 19:35+ 21:26+ 23:41+ 24:01+
00:43+	01:07+ 01:01+ 03:09+	00:45+ 01:31+ 00:50+ 03:47+	01:30+ 01:18+ 03:54+ 01:51+ 02:15+ 00:20+
00:43+	01:07+ 01:01+ 03:09+	00:45+ 01:31+ 00:50+ 03:47+	01:30+ 01:18+ 03:54+ 01:51+ 02:15+ 00:20+

22	Silje Rese	1832	24:16
00:51+	01:53+ 02:58+ 06:10+	08:08+ 10:07+ 11:42+ 14:29+	15:53+ 16:51+ 19:50+ 22:02+ 23:57+ 24:16+
00:51+	01:02+ 01:05+ 03:12+	01:58+ 01:59+ 01:35+ 02:47+	01:24+ 00:58+ 02:59+ 02:12+ 01:55+ 00:19+
00:51+	01:02+ 01:05+ 03:12+	01:58+ 01:59+ 01:35+ 02:47+	01:24+ 00:58+ 02:59+ 02:12+ 01:55+ 00:19+

23	Marta Bertolaso	1832	24:17
00:55+	01:58+ 02:57+ 06:15+	08:01+ 09:59+ 11:47+ 14:35+	15:52+ 16:56+ 19:47+ 21:54+ 23:55+ 24:17+
00:55+	01:03+ 00:59+ 03:18+	01:46+ 01:58+ 01:48+ 02:48+	01:17+ 01:04+ 02:51+ 02:07+ 02:01+ 00:22+
00:55+	01:03+ 00:59+ 03:18+	01:46+ 01:58+ 01:48+ 02:48+	01:17+ 01:04+ 02:51+ 02:07+ 02:01+ 00:22+

24	Johanne Trandem Næss	3512	24:51
00:52+	01:54+ 02:53+ 05:33+	07:50+ 08:53+ 10:04+ 16:05+	17:27+ 18:26+ 20:40+ 22:08+ 24:33+ 24:51+
00:52+	01:02+ 00:59+ 02:40+	02:17+ 01:03+ 01:11+ 06:01+	01:22+ 00:59+ 02:14+ 01:28+ 02:25+ 00:18+
00:52+	01:02+ 00:59+ 02:40+	02:17+ 01:03+ 01:11+ 06:01+	01:22+ 00:59+ 02:14+ 01:28+ 02:25+ 00:18+

25	Sara Dudzinska	1376	25:00
01:05+	03:32+ 04:38+ 07:49+	08:48+ 10:02+ 11:03+ 13:02+	14:21+ 16:44+ 20:42+ 22:23+ 24:42+ 25:00+
01:05+	02:27+ 01:06+ 03:11+	00:59+ 01:14+ 01:01+ 01:59+	01:19+ 02:23+ 03:58+ 01:41+ 02:19+ 00:18+
01:05+	02:27+ 01:06+ 03:11+	00:59+ 01:14+ 01:01+ 01:59+	01:19+ 02:23+ 03:58+ 01:41+ 02:19+ 00:18+

26	Marianne Berge	3512	25:42
00:53+	01:56+ 02:56+ 06:33+	07:22+ 08:30+ 09:33+ 12:10+	13:46+ 14:44+ 20:23+ 22:44+ 25:25+ 25:42+
00:53+	01:03+ 01:00+ 03:37+	00:49+ 01:08+ 01:03+ 02:37+	01:36+ 00:58+ 05:39+ 02:21+ 02:41+ 00:17+
00:53+	01:03+ 01:00+ 03:37+	00:49+ 01:08+ 01:03+ 02:37+	01:36+ 00:58+ 05:39+ 02:21+ 02:41+ 00:17+

27	Tone M. Seglem Giske	1683	26:01
01:09+	02:26+ 04:24+ 08:05+	09:13+ 10:51+ 11:46+ 14:38+	16:22+ 17:25+ 20:25+ 21:59+ 25:33+ 26:01+
01:09+	01:17+ 01:58+ 03:41+	01:08+ 01:38+ 00:55+ 02:52+	01:44+ 01:03+ 03:00+ 01:34+ 03:34+ 00:28+
01:09+	01:17+ 01:58+ 03:41+	01:08+ 01:38+ 00:55+ 02:52+	01:44+ 01:03+ 03:00+ 01:34+ 03:34+ 00:28+

28	Siv Hilde Berg	1754	26:11
00:59+	02:04+ 03:49+ 08:13+	09:05+ 10:31+ 11:20+ 14:05+	16:01+ 17:03+ 21:21+ 23:23+ 25:52+ 26:11+
00:59+	01:05+ 01:45+ 04:24+	00:52+ 01:26+ 00:49+ 02:45+	01:56+ 01:02+ 04:18+ 02:02+ 02:29+ 00:19+
00:59+	01:05+ 01:45+ 04:24+	00:52+ 01:26+ 00:49+ 02:45+	01:56+ 01:02+ 04:18+ 02:02+ 02:29+ 00:19+

29	Ida Sjursø	1754	26:26
00:52+	02:05+ 03:13+ 07:10+	08:07+ 09:54+ 11:06+ 14:38+	16:37+ 17:41+ 21:36+ 23:32+ 26:02+ 26:26+
00:52+	01:13+ 01:08+ 03:57+	01:47+ 01:47+ 01:12+ 03:32+	01:59+ 01:04+ 03:55+ 01:56+ 02:30+ 00:24+
00:52+	01:13+ 01:08+ 03:57+	00:57+ 01:47+ 01:12+ 03:32+	01:59+ 01:04+ 03:55+ 01:56+ 02:30+ 00:24+

30	Solbjørg Borgersen	3527	26:34
01:00+	02:24+ 04:06+ 08:02+	09:00+ 10:52+ 11:40+ 14:50+	16:43+ 17:44+ 21:54+ 23:56+ 26:08+ 26:34+
01:00+	01:24+ 01:42+ 03:56+	00:58+ 01:52+ 00:48+ 03:10+	01:53+ 01:01+ 04:10+ 02:02+ 02:12+ 00:26+
01:00+	01:24+ 01:42+ 03:56+	00:58+ 01:52+ 00:48+ 03:10+	01:53+ 01:01+ 04:10+ 02:02+ 02:12+ 00:26+

31	Sigrund Serigstad	879	26:55
00:35+	01:25+ 02:56+ 06:51+	07:30+ 09:35+ 10:18+ 12:36+	16:30+ 17:09+ 20:52+ 25:10+ 26:44+ 26:55+
00:35+	00:50+ 01:31+ 03:55+	00:39+ 02:05+ 00:43+ 02:18+	03:54+ 00:39+ 03:43+ 04:18+ 01:34+ 00:11+
00:35+	00:50+ 01:31+ 03:55+	00:39+ 02:05+ 00:43+ 02:18+	03:54+ 00:39+ 03:43+ 04:18+ 01:34+ 00:11+

32	Amalie Eikeskog	1884	27:17
00:49+	01:45+ 02:54+ 06:02+	06:56+ 10:21+ 11:17+ 15:37+	17:06+ 18:33+ 22:12+ 24:13+ 27:02+ 27:17+
00:49+	00:56+ 01:09+ 03:08+	00:54+ 03:25+ 00:56+ 04:20+	01:29+ 01:27+ 03:39+ 02:01+ 02:49+ 00:15+
00:49+	00:56+ 01:09+ 03:08+	00:54+ 03:25+ 00:56+ 04:20+	01:29+ 01:27+ 03:39+ 02:01+ 02:49+ 00:15+

33	Hilde Christine Hoff	848	27:35
01:26+	02:56+ 04:20+ 08:50+	10:01+ 11:35+ 12:40+ 16:09+	18:01+ 19:30+ 22:56+ 25:01+ 27:15+ 27:35+
01:26+	01:30+ 01:24+ 04:30+	01:11+ 01:34+ 01:05+ 03:29+	01:52+ 01:29+ 03:26+ 02:05+ 02:14+ 00:20+
01:26+	01:30+ 01:24+ 04:30+	01:11+ 01:34+ 01:05+ 03:29+	01:52+ 01:29+ 03:26+ 02:05+ 02:14+ 00:20+

34	Linda Haukås	NOTEAM	28:39
01:08+	02:36+ 04:02+ 08:16+	09:24+ 11:11+ 12:13+ 17:08+	19:07+ 20:18+ 23:59+ 25:59+ 28:16+ 28:39+
01:08+	01:28+ 01:26+ 04:14+	01:08+ 01:47+ 01:02+ 04:55+	01:59+ 01:11+ 03:41+ 02:00+ 02:17+ 00:23+
01:08+	01:28+ 01:26+ 04:14+	01:08+ 01:47+ 01:02+ 04:55+	01:59+ 01:11+ 03:41+ 02:00+ 02:17+ 00:23+

Damer Trim

35	Bente Skagseth	3559	28:49
01:17+	02:54+ 04:15+ 08:50+	09:56+ 12:07+	13:28+ 16:43+ 18:27+
01:17+	01:37+ 01:21+ 04:35+	01:06+ 02:11+	01:21+ 03:15+ 01:44+
01:17+	01:37+ 01:21+ 04:35+	01:06+ 02:11+	01:21+ 03:15+ 01:44+
36	Synnøve Vidstein	3558	28:51
01:25+	02:56+ 04:18+ 08:58+	09:55+ 12:16+	13:29+ 16:51+ 18:28+
01:25+	01:31+ 01:22+ 04:40+	00:57+ 02:21+	01:13+ 03:22+ 01:37+
01:25+	01:31+ 01:22+ 04:40+	00:57+ 02:21+	01:13+ 03:22+ 01:37+
37	Anne Lill M. Njå	892	28:55
00:49+	01:45+ 07:22+ 10:17+	11:00+ 12:33+	13:12+ 17:59+ 19:20+
00:49+	00:56+ 05:37+ 02:55+	00:43+ 01:33+	00:39+ 04:47+ 01:21+
00:49+	00:56+ 05:37+ 02:55+	00:43+ 01:33+	00:39+ 04:47+ 01:21+
38	Grethe Mo	NOTEAM	29:06
00:43+	01:39+ 02:38+ 05:29+	06:16+ 07:04+	07:48+ 09:46+ 11:00+
00:43+	00:56+ 00:59+ 02:51+	00:47+ 00:48+	00:44+ 01:58+ 01:14+
00:43+	00:56+ 00:59+ 02:51+	00:47+ 00:48+	00:44+ 01:58+ 01:14+
39	Liv Janne Fandrem Biland	892	29:23
01:52+	03:16+ 04:18+ 07:36+	09:36+ 10:54+	11:50+ 14:18+ 17:04+
01:52+	01:24+ 01:02+ 03:18+	02:00+ 01:18+	00:56+ 02:28+ 02:46+
01:52+	01:24+ 01:02+ 03:18+	02:00+ 01:18+	00:56+ 02:28+ 02:46+
40	Marie Volline Nessler	3516	29:29
01:12+	02:17+ 07:11+ 11:01+	11:51+ 13:56+	15:52+ 18:53+ 20:35+
01:12+	01:05+ 04:54+ 03:50+	00:50+ 02:05+	01:56+ 03:01+ 01:42+
01:12+	01:05+ 04:54+ 03:50+	00:50+ 02:05+	01:56+ 03:01+ 01:42+
41	Heidi Camilla Raugstad Hovet	769	30:52
00:57+	02:16+ 03:24+ 06:12+	08:50+ 10:57+	12:05+ 15:11+ 16:24+
00:57+	01:19+ 01:08+ 02:48+	02:38+ 02:07+	01:08+ 03:06+ 01:13+
00:57+	01:19+ 01:08+ 02:48+	02:38+ 02:07+	01:08+ 03:06+ 01:13+
42	Maren Heradstveit	3558	31:10
01:20+	02:46+ 04:19+ 08:53+	10:27+ 12:26+	13:45+ 17:35+ 19:47+
01:20+	01:26+ 01:33+ 04:34+	01:34+ 01:59+	01:19+ 03:50+ 02:12+
01:20+	01:26+ 01:33+ 04:34+	01:34+ 01:59+	01:19+ 03:50+ 02:12+
43	Åse Kristensen	1141	31:56
01:15+	02:35+ 05:15+ 09:37+	10:41+ 12:46+	15:32+ 18:40+ 20:35+
01:15+	01:20+ 02:40+ 04:22+	01:04+ 02:05+	02:46+ 03:08+ 01:55+
01:15+	01:20+ 02:40+ 04:22+	01:04+ 02:05+	02:46+ 03:08+ 01:55+
44	Signe Lise Haaland	3507	32:18
01:35+	03:14+ 04:49+ 09:40+	10:51+ 12:54+	14:04+ 18:40+ 20:45+
01:35+	01:39+ 01:35+ 04:51+	01:11+ 02:03+	01:10+ 04:36+ 02:05+
01:35+	01:39+ 01:35+ 04:51+	01:11+ 02:03+	01:10+ 04:36+ 02:05+
45	Ingunn Johanne Fandrem	3511	32:56
01:38+	03:03+ 04:27+ 08:30+	09:39+ 11:56+	13:11+ 17:44+ 20:20+
01:38+	01:25+ 01:24+ 04:03+	01:09+ 02:17+	01:15+ 04:33+ 02:36+
01:38+	01:25+ 01:24+ 04:03+	01:09+ 02:17+	01:15+ 04:33+ 02:36+
46	Solveig Marie Grønningen	3511	33:01
01:35+	03:01+ 04:31+ 08:28+	09:36+ 12:02+	13:14+ 17:44+ 20:23+
01:35+	01:26+ 01:30+ 03:57+	01:08+ 02:26+	01:12+ 04:30+ 02:39+
01:35+	01:26+ 01:30+ 03:57+	01:08+ 02:26+	01:12+ 04:30+ 02:39+
47	Unni Byberg Mæstad	892	33:44
00:52+	02:08+ 03:21+ 07:16+	08:22+ 09:52+	10:42+ 13:33+ 18:47+
00:52+	01:16+ 01:13+ 03:55+	01:06+ 01:30+	00:50+ 02:51+ 05:14+
00:52+	01:16+ 01:13+ 03:55+	01:06+ 01:30+	00:50+ 02:51+ 05:14+
48	Randi Roth	874	34:04
01:03+	02:29+ 03:55+ 09:36+	11:09+ 13:26+	14:53+ 19:27+ 22:04+
01:03+	01:26+ 01:26+ 05:41+	01:33+ 02:17+	01:27+ 04:34+ 02:37+
01:03+	01:26+ 01:26+ 05:41+	01:33+ 02:17+	01:27+ 04:34+ 02:37+

Class	Navn	Klasse	Tid
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Damer Trim

49	Gro Mariero	3581	34:09
01:43+	03:24+ 05:09+ 10:27+ 11:41+ 13:29+	14:34+ 18:56+ 21:10+ 22:30+ 27:35+	30:11+ 33:37+ 34:09+
01:43+	01:41+ 01:45+ 05:18+ 01:14+ 01:48+	01:05+ 04:22+ 02:14+ 01:20+ 05:05+	02:36+ 03:26+ 00:32+
01:43+	01:41+ 01:45+ 05:18+ 01:14+ 01:48+	01:05+ 04:22+ 02:14+ 01:20+ 05:05+	02:36+ 03:26+ 00:32+
50	Ewelina Uscinska	1456	37:48
01:07+	02:39+ 04:00+ 08:05+ 09:03+ 10:38+	12:58+ 16:01+ 27:50+ 28:44+ 32:46+	34:24+ 37:32+ 37:48+
01:07+	01:32+ 01:21+ 04:05+ 00:58+ 01:35+	02:20+ 03:03+ 11:49+ 00:54+ 04:02+	01:38+ 03:08+ 00:16+
01:07+	01:32+ 01:21+ 04:05+ 00:58+ 01:35+	02:20+ 03:03+ 11:49+ 00:54+ 04:02+	01:38+ 03:08+ 00:16+
51	Wibeke Lende	3503	38:18
01:55+	03:47+ 05:29+ 11:17+ 12:39+ 14:59+	16:18+ 20:45+ 23:06+ 24:30+ 31:21+	33:59+ 37:43+ 38:18+
01:55+	01:52+ 01:42+ 05:48+ 01:22+ 02:20+	01:19+ 04:27+ 02:21+ 01:24+ 06:51+	02:38+ 03:44+ 00:35+
01:55+	01:52+ 01:42+ 05:48+ 01:22+ 02:20+	01:19+ 04:27+ 02:21+ 01:24+ 06:51+	02:38+ 03:44+ 00:35+
52	Ragnhild Christiansen	1884	39:06
01:52+	03:43+ 05:37+ 11:32+ 13:03+ 15:40+	17:10+ 22:18+ 24:45+ 26:34+ 31:49+	34:45+ 38:34+ 39:06+
01:52+	01:51+ 01:54+ 05:55+ 01:31+ 02:37+	01:30+ 05:08+ 02:27+ 01:49+ 05:15+	02:56+ 03:49+ 00:32+
01:52+	01:51+ 01:54+ 05:55+ 01:31+ 02:37+	01:30+ 05:08+ 02:27+ 01:49+ 05:15+	02:56+ 03:49+ 00:32+
53	Else Marie Furland	NOTEAM	39:13
01:55+	03:46+ 05:39+ 11:39+ 13:13+ 15:57+	17:22+ 22:24+ 24:55+ 26:41+ 32:00+	34:56+ 38:40+ 39:13+
01:55+	01:51+ 01:53+ 06:00+ 01:34+ 02:44+	01:25+ 05:02+ 02:31+ 01:46+ 05:19+	02:56+ 03:44+ 00:33+
01:55+	01:51+ 01:53+ 06:00+ 01:34+ 02:44+	01:25+ 05:02+ 02:31+ 01:46+ 05:19+	02:56+ 03:44+ 00:33+
54	Marit Kløvstad Braut	892	39:15
01:50+	03:51+ 05:44+ 11:33+ 13:01+ 15:51+	17:16+ 22:24+ 25:06+ 26:53+ 32:08+	35:01+ 38:32+ 39:15+
01:50+	02:01+ 01:53+ 05:49+ 01:28+ 02:50+	01:25+ 05:08+ 02:42+ 01:47+ 05:15+	02:53+ 03:31+ 00:43+
01:50+	02:01+ 01:53+ 05:49+ 01:28+ 02:50+	01:25+ 05:08+ 02:42+ 01:47+ 05:15+	02:53+ 03:31+ 00:43+
55	Anna Langlo	722	40:01
01:40+	03:07+ 05:02+ 09:47+ 11:14+ 13:31+	15:13+ 20:02+ 21:51+ 25:05+ 30:51+	35:24+ 39:32+ 40:01+
01:40+	01:27+ 01:55+ 04:45+ 01:27+ 02:17+	01:42+ 04:49+ 01:49+ 03:14+ 05:46+	04:33+ 04:08+ 00:29+
01:40+	01:27+ 01:55+ 04:45+ 01:27+ 02:17+	01:42+ 04:49+ 01:49+ 03:14+ 05:46+	04:33+ 04:08+ 00:29+
56	Linda Strøm	722	40:03
01:41+	03:08+ 05:02+ 09:52+ 11:14+ 13:36+	15:14+ 20:05+ 21:51+ 25:05+ 30:51+	35:19+ 39:33+ 40:03+
01:41+	01:27+ 01:54+ 04:50+ 01:22+ 02:22+	01:38+ 04:51+ 01:46+ 03:14+ 05:46+	04:28+ 04:14+ 00:30+
01:41+	01:27+ 01:54+ 04:50+ 01:22+ 02:22+	01:38+ 04:51+ 01:46+ 03:14+ 05:46+	04:28+ 04:14+ 00:30+
57	Monika Korbecka	1456	40:27
02:05+	03:49+ 05:36+ 11:02+ 13:16+ 16:30+	17:54+ 22:19+ 24:26+ 25:49+ 32:52+	35:39+ 39:51+ 40:27+
02:05+	01:44+ 01:47+ 05:26+ 02:14+ 03:14+	01:24+ 04:25+ 02:07+ 01:23+ 07:03+	02:47+ 04:12+ 00:36+
02:05+	01:44+ 01:47+ 05:26+ 02:14+ 03:14+	01:24+ 04:25+ 02:07+ 01:23+ 07:03+	02:47+ 04:12+ 00:36+
58	Esther Boenheim	2539	40:37
00:57+	02:05+ 03:14+ 06:43+ 08:32+ 09:44+	10:50+ 13:38+ 15:05+ 16:01+ 30:38+	37:45+ 40:19+ 40:37+
00:57+	01:08+ 01:09+ 03:29+ 01:49+ 01:12+	01:06+ 02:48+ 01:27+ 00:56+ 14:37+	07:07+ 02:34+ 00:18+
00:57+	01:08+ 01:09+ 03:29+ 01:49+ 01:12+	01:06+ 02:48+ 01:27+ 00:56+ 14:37+	07:07+ 02:34+ 00:18+
59	Inger Lise Sigvaldsen	NOTEAM	43:12
10:14+	12:52+ 14:29+ 19:58+ 21:08+ 22:47+	24:15+ 28:32+ 30:39+ 32:12+ 36:38+	39:27+ 42:47+ 43:12+
10:14+	02:38+ 01:37+ 05:29+ 01:10+ 01:39+	01:28+ 04:17+ 02:07+ 01:33+ 04:26+	02:49+ 03:20+ 00:25+
10:14+	02:38+ 01:37+ 05:29+ 01:10+ 01:39+	01:28+ 04:17+ 02:07+ 01:33+ 04:26+	02:49+ 03:20+ 00:25+
60	May Kristin Haaland	3511	45:11
01:37+	03:14+ 05:06+ 10:20+ 12:37+ 14:54+	16:05+ 22:34+ 24:37+ 26:01+ 30:35+	39:57+ 44:47+ 45:11+
01:37+	01:37+ 01:52+ 05:14+ 02:17+ 02:17+	01:11+ 06:29+ 02:03+ 01:24+ 04:34+	09:22+ 04:50+ 00:24+
01:37+	01:37+ 01:52+ 05:14+ 02:17+ 02:17+	01:11+ 06:29+ 02:03+ 01:24+ 04:34+	09:22+ 04:50+ 00:24+
61	Kjersti Svalland	880	45:34
01:06+	02:08+ 03:32+ 07:22+ 08:59+ 10:43+	11:31+ 15:20+ 15:51+ 18:14+ 19:43+	20:42+ 39:56+ 41:24+ 45:17+ 45:34+
01:06+	01:02+ 01:24+ 03:50+ 01:37+ 01:44+	00:48+ 03:49+ 00:31+ 02:23+ 01:29+	00:59+ 19:14+ 01:28+ 03:53+ 00:17+
01:06+	01:02+ 01:24+ 03:50+ 01:37+ 01:44+	00:48+ 03:49+ 00:31+ 02:23+ 01:29+	00:59+ 19:14+ 01:28+ 03:53+ 00:17+

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Jørgen Hetland	3581	18:53																
00:36=	01:31=	02:21=	04:35=	04:59=	05:35=	06:04=	08:36=	09:14=	09:36=	11:12=	11:46=	13:08=	14:09=	14:56=	16:06=	17:05=	18:26=	18:53=	
00:36=	00:55=	00:50=	02:14=	00:24=	00:36=	00:29=	02:32=	00:38=	00:22=	01:36=	00:34=	01:22=	01:01=	00:47=	01:10=	00:59=	01:21=	00:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Per Christian Munkhaug	3516	20:55																
00:34-	01:44+	02:39+	05:05+	05:30+	06:08+	06:39+	08:55+	09:35+	09:58+	11:33+	12:24+	14:00+	15:34+	16:33+	17:47+	19:05+	20:28+	20:55+	
00:34-	01:10+	00:55+	02:26+	00:25+	00:38+	00:31+	02:16-	00:40+	00:23+	01:35-	00:51+	01:36+	01:34+	00:59+	01:14+	01:18+	01:23+	00:27=	
00:02-	00:15&	00:05#	00:12+	00:01+	00:02+	00:02+	00:16-	00:02+	00:01+	00:01-	00:17&	00:14#	00:33&	00:12&	00:04+	00:19&	00:02+	00:00=	
3	Torbjørn Fuglestad	878	21:35																
00:38+	01:40+	02:47+	05:30+	05:58+	06:41+	07:18+	09:59+	10:44+	11:07+	12:44+	13:20+	14:59+	16:02+	17:07+	18:34+	19:41+	21:10+	21:35+	
00:38+	01:02+	01:07+	02:43+	00:28+	00:43+	00:37+	02:41+	00:45+	00:23+	01:37+	00:36+	01:39+	01:03+	01:05+	01:27+	01:07+	01:29+	00:25-	
00:02+	00:07#	00:17&	00:29#	00:04#	00:07#	00:08&	00:09+	00:07#	00:01+	00:01+	00:02+	00:17#	00:02+	00:18&	00:17#	00:08#	00:08+	00:02-	
4	Frank Terje Berge	643	22:07																
00:45+	01:56+	02:52+	05:19+	05:50+	06:39+	07:14+	09:33+	10:19+	10:47+	13:06+	13:49+	15:54+	16:59+	17:53+	18:59+	20:18+	21:38+	22:07+	
00:45+	01:11+	00:56+	02:27+	00:31+	00:49+	00:35+	02:19-	00:46+	00:28+	02:19+	00:43+	02:05+	01:05+	00:54+	01:06-	01:19+	01:20-	00:29+	
00:09#	00:16&	00:06#	00:13+	00:07&	00:13&	00:06#	00:13-	00:08#	00:06&	00:43&	00:09&	00:43&	00:04+	00:07#	00:04-	00:20&	00:01-	00:02+	
5	Erlend Syse	3559	22:18																
00:38+	01:43+	02:38+	05:22+	05:47+	06:37+	07:10+	09:46+	10:30+	10:55+	13:30+	14:13+	15:42+	16:52+	17:56+	19:17+	20:24+	21:55+	22:18+	
00:38+	01:05+	00:55+	02:44+	00:25+	00:50+	00:33+	02:36+	00:44+	00:25+	02:35+	00:43+	01:29+	01:10+	01:04+	01:21+	01:07+	01:31+	00:23-	
00:02+	00:10#	00:05#	00:30#	00:01+	00:14&	00:04#	00:04+	00:06#	00:03#	00:59&	00:09&	00:07+	00:09#	00:17&	00:11#	00:08#	00:10#	00:04-	
6	Sondre Aspøy	896	23:09																
00:39+	01:54+	02:59+	05:39+	06:04+	06:55+	07:29+	10:38+	11:22+	11:49+	13:39+	14:24+	16:09+	17:26+	18:38+	20:01+	21:22+	22:43+	23:09+	
00:39+	01:15+	01:05+	02:40+	00:25+	00:51+	00:34+	03:09+	00:44+	00:27+	01:50+	00:45+	01:45+	01:17+	01:12+	01:23+	01:21+	01:21=	00:26-	
00:03+	00:20&	00:15&	00:26#	00:01+	00:15&	00:05#	00:37#	00:06#	00:05#	00:14#	00:11&	00:23&	00:16&	00:25&	00:13#	00:22&	00:00=	00:01-	
7	Eivind Brimsø	3559	23:09																
00:41+	01:52+	03:02+	05:41+	06:07+	06:59+	07:48+	10:22+	11:11+	11:34+	14:03+	14:43+	16:20+	17:15+	18:29+	19:48+	21:09+	22:39+	23:09+	
00:41+	01:11+	01:10+	02:39+	00:26+	00:52+	00:49+	02:34+	00:49+	00:23+	02:29+	00:40+	01:37+	00:55-	01:14+	01:19+	01:21+	01:30+	00:30+	
00:05#	00:16&	00:20&	00:25#	00:02+	00:16&	00:20&	00:02+	00:11&	00:01+	00:53&	00:06#	00:15#	00:06-	00:27&	00:09#	00:22&	00:09#	00:03#	
8	Truls Thorkildsen	2074	23:48																
00:38+	01:39+	02:46+	05:27+	05:57+	06:40+	07:10+	10:08+	10:51+	11:13+	14:03+	14:51+	15:23+	17:19+	18:35+	19:37+	20:55+	21:57+	23:25+	23:48+
00:38+	01:01+	01:07+	02:41+	00:30+	00:43+	00:30+	02:58+	00:43+	00:22=	02:50+	00:48+	00:32-	01:56+	01:16+	01:02-	01:18+	01:02-	01:28+	00:23+
00:02+	00:06#	00:17&	00:27#	00:06#	00:07#	00:01+	00:26#	00:05#	00:00=	01:14&	00:14&	00:50-	00:55&	00:29&	00:08-	00:19&	00:19-	01:01&	00:23+
9	Truls Kolnes	3512	23:49																
00:50+	01:58+	02:56+	05:23+	05:51+	06:48+	07:21+	10:19+	11:07+	11:29+	13:33+	14:26+	16:11+	17:45+	18:47+	19:58+	22:06+	23:22+	23:49+	
00:50+	01:08+	00:58+	02:27+	00:28+	00:57+	00:33+	02:58+	00:48+	00:22=	02:04+	00:53+	01:45+	01:34+	01:02+	01:11+	02:08+	01:16-	00:27=	
00:14&	00:13#	00:08#	00:13+	00:04#	00:21&	00:04#	00:26#	00:10&	00:00=	00:28&	00:19&	00:23&	00:33&	00:15&	00:01+	01:09&	00:05-	00:00=	
10	Gard Christophersen	3545	23:50																
00:41+	01:36+	02:35+	04:58+	05:32+	06:15+	06:44+	09:18+	10:03+	10:26+	12:08+	12:52+	14:32+	18:52+	19:38+	20:49+	21:48+	23:12+	23:50+	
00:41+	00:55=	00:59+	02:23+	00:34+	00:43+	00:29=	02:34+	00:45+	00:23+	01:42+	00:44+	01:40+	04:20+	00:46-	01:11+	00:59=	01:24+	00:38+	
00:05#	00:00=	00:09#	00:09+	00:10&	00:07#	00:00=	00:02+	00:07#	00:01+	00:06+	00:10&	00:18#	03:19&	00:01-	00:01+	00:00=	00:03+	00:11&	
11	Tor Gunnar Osen	1683	24:09																
00:40+	01:43+	02:43+	05:29+	06:07+	06:59+	07:35+	10:49+	11:34+	11:59+	14:22+	15:02+	16:34+	17:49+	18:45+	20:00+	21:14+	23:47+	24:09+	
00:40+	01:03+	01:00+	02:46+	00:38+	00:52+	00:36+	03:14+	00:45+	00:25+	02:23+	00:40+	01:32+	01:15+	00:56+	01:15+	01:14+	02:33+	00:22-	
00:04#	00:08#	00:10#	00:32#	00:14&	00:16&	00:07#	00:42&	00:07#	00:03#	00:47&	00:06#	00:10#	00:14#	00:09#	00:05+	00:15&	01:12&	00:05-	
12	Thomas Hinna	1456	24:28																
00:37+	01:47+	02:48+	05:38+	06:07+	06:54+	07:39+	10:27+	11:14+	11:35+	14:49+	15:36+	18:01+	19:08+	20:10+	21:26+	22:22+	24:03+	24:28+	
00:37+	01:10+	01:01+	02:50+	00:29+	00:47+	00:45+	02:48+	00:47+	00:21-	03:14+	00:47+	02:25+	01:07+	01:02+	01:16+	00:56-	01:41+	00:25-	
00:01+	00:15&	00:11#	00:36&	00:05#	00:11&	00:16&	00:16#	00:09#	00:01-	01:38&	00:13&	01:03&	00:06+	00:15&	00:06+	00:03-	00:20#	00:02-	
13	Sjur Berntsen	722	25:42																
00:35-	01:36+	02:33+	04:56+	05:29+	06:13+	06:55+	10:04+	10:55+	11:16+	16:38+	17:14+	19:10+	20:31+	21:19+	22:24+	23:34+	25:14+	25:42+	
00:35-	01:01+	00:57+	02:23+	00:33+	00:44+	00:42+	03:09+	00:51+	00:21-	05:22+	00:36+	01:56+	01:21+	00:48+	01:05-	01:10+	01:40+	00:28+	
00:01-	00:06#	00:07#	00:09+	00:09&	00:08#	00:13&	00:37#	00:13&	00:01-	03:46&	00:02+	00:34&	00:20&	00:01+	00:05-	00:11#	00:19#	00:01+	
14	Alf Olav Kalvik	793	26:13																
00:51+	02:10+	03:18+	06:01+	06:33+	07:44+	08:18+	11:18+	12:06+	12:33+	16:34+	17:11+	19:00+	20:11+	21:18+	22:24+	23:29+	25:35+	26:13+	
00:51+	01:19+	01:08+	02:43+	00:32+	01:11+	00:34+	03:00+	00:48+	00:27+	04:01+	00:37+	01:49+	01:11+	01:07+	01:06-	01:05+	02:06+	00:38+	
00:15&	00:24&	00:18&	00:29#	00:08&	00:35&	00:05#	00:28#	00:10&	00:05#	02:25&	00:03+	00:27&	00:10#	00:20&	00:04-	00:06#	00:45&	00:11&	

Herrer 16 - 39 år

15	Lars Kartevoll	3548	28:02															
00:50+	02:21+	03:34+	06:15+	06:50+	07:52+	08:28+	11:41+	12:40+	13:04+	16:42+	17:42+	19:23+	21:31+	22:45+	24:15+	25:31+	27:28+	28:02+
00:50+	01:31+	01:13+	02:41+	00:35+	01:02+	00:36+	03:13+	00:59+	00:24+	03:38+	01:00+	01:41+	02:08+	01:14+	01:30+	01:16+	01:57+	00:34+
00:14&	00:36&	00:23&	00:27#	00:11&	00:26&	00:07#	00:41&	00:21&	00:02+	02:02@	00:26&	00:19#	01:07@	00:27&	00:20&	00:17&	00:36&	00:07&
16	Jone Klemo Øverland	1384	30:11															
00:59+	01:56+	03:14+	06:07+	06:40+	07:45+	08:43+	11:46+	12:40+	13:06+	19:26+	20:08+	22:12+	23:29+	24:41+	26:31+	27:48+	29:47+	30:11+
00:59+	00:57+	01:18+	02:53+	00:33+	01:05+	00:58+	03:03+	00:54+	00:26+	06:20+	00:42+	02:04+	01:17+	01:12+	01:50+	01:17+	01:59+	00:24+
00:59+	00:57+	01:18+	02:53+	00:33+	01:05+	00:58+	03:03+	00:54+	00:26+	06:20+	00:42+	02:04+	01:17+	01:12+	01:50+	01:17+	01:59+	00:24+
17	Christoffer Soma	903	34:46															
00:45+	02:07+	03:33+	07:16+	08:26+	09:31+	10:20+	16:08+	17:13+	17:36+	21:02+	22:10+	24:45+	28:08+	29:23+	31:15+	32:33+	34:17+	34:46+
00:45+	01:22+	01:26+	03:43+	01:10+	01:05+	00:49+	05:48+	01:05+	00:23+	03:26+	01:08+	02:35+	03:23+	01:15+	01:52+	01:18+	01:44+	00:29+
00:45+	01:22+	01:26+	03:43+	01:10+	01:05+	00:49+	05:48+	01:05+	00:23+	03:26+	01:08+	02:35+	03:23+	01:15+	01:52+	01:18+	01:44+	00:29+

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Joakim B. Enne Haug	1284	19:22															
00:33=	01:25=	02:21=	04:35=	05:02=	05:50=	06:26=	09:18=	10:00=	10:19=	12:02=	12:28=	14:02=	14:55=	15:36=	16:42=	17:31=	18:58=	19:22=
00:33=	00:52=	00:56=	02:14=	00:27=	00:48=	00:36=	02:52=	00:42=	00:19=	01:43=	00:26=	01:34=	00:53=	00:41=	01:06=	00:49=	01:27=	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=	00:00=	00:00=	00:00=	00:00=
2	Eivind Lie	1683	20:22															
00:36+	01:33+	02:33+	04:58+	05:23+	06:05+	06:35+	09:18=	10:17+	10:36+	12:42+	13:17+	14:37+	15:38+	16:31+	17:38+	18:33+	19:56+	20:22+
00:36+	00:57+	01:00+	02:25+	00:25-	00:42-	00:30-	02:43-	00:59+	00:19=	02:06+	00:35+	01:20-	01:01+	00:53+	01:07+	00:55+	01:23-	00:26+
00:03+	00:05+	00:04+	00:11+	00:02-	00:06-	00:06-	00:09-	00:17&	00:00=	00:23#	00:09&	00:14-	00:08#	00:12&	00:01+	00:06#	00:04-	00:02+
3	Andreas Breiland	3522	20:26															
00:34+	01:34+	02:28+	04:56+	05:24+	06:10+	06:43+	09:28+	10:04+	10:30+	12:17+	12:57+	14:25+	15:44+	16:33+	17:45+	18:41+	20:07+	20:26+
00:34+	01:00+	00:54-	02:28+	00:28+	00:46-	00:33-	02:45-	00:36-	00:26+	01:47+	00:40+	01:28-	01:19+	00:49+	01:12+	00:56+	01:26-	00:19-
00:01+	00:08#	00:02-	00:14#	00:01+	00:02-	00:03-	00:07-	00:06-	00:07&	00:04+	00:14&	00:06-	00:26&	00:08#	00:06+	00:07#	00:01-	00:05-
4	Thomas Chruickshank	3545	21:41															
00:38+	01:35+	02:41+	05:00+	05:28+	06:10+	06:45+	09:28+	10:07+	10:34+	14:05+	14:34+	16:06+	17:06+	17:57+	18:58+	19:53+	21:20+	21:41+
00:38+	00:57+	01:06+	02:19+	00:28+	00:42-	00:35-	02:43-	00:39-	00:27+	03:31+	00:29+	01:32-	01:00+	00:51+	01:01-	00:55+	01:27=	00:21-
00:05#	00:05+	00:10#	00:05+	00:01+	00:06-	00:01-	00:09-	00:03-	00:08&	01:48@	00:03#	00:02-	00:07#	00:10#	00:05-	00:06#	00:00=	00:03-
5	Per Jan Ersland	3510	22:03															
00:36+	01:31+	02:20-	04:43+	05:08+	05:57+	06:29+	09:06-	10:03+	10:24+	12:46+	13:23+	16:01+	17:12+	18:14+	19:18+	20:20+	21:38+	22:03+
00:36+	00:55+	00:49-	02:23+	00:25-	00:49+	00:32-	02:37-	00:57+	00:21+	02:22+	00:37+	02:38+	01:11+	01:02+	01:04-	01:02+	01:18-	00:25+
00:03+	00:03+	00:07-	00:09+	00:02-	00:01+	00:04-	00:15-	00:15&	00:02#	00:39&	00:11&	01:04&	00:18&	00:21&	00:02-	00:13&	00:09-	00:01+
6	Antal Jansen	3530	22:22															
00:39+	02:46+	03:41+	06:16+	06:41+	07:25+	08:05+	10:28+	11:16+	11:41+	14:00+	14:47+	16:15+	17:22+	18:18+	19:21+	20:22+	22:00+	22:22+
00:39+	02:07+	00:55-	02:35+	00:25-	00:44-	00:40+	02:23-	00:48+	00:25+	02:19+	00:47+	01:28-	01:07+	00:56+	01:03-	01:01+	01:38+	00:22-
00:06#	01:15@	00:01-	00:21#	00:02-	00:04-	00:04#	00:29-	00:06#	00:06&	00:36&	00:21&	00:06-	00:14&	00:15&	00:03-	00:12#	00:11#	00:02-
7	Asgeir Nærland	1830	22:49															
00:34+	01:30+	02:41+	04:55+	05:26+	06:07+	06:38+	09:17-	10:22+	10:39+	13:10+	13:57+	16:42+	17:58+	18:51+	19:59+	20:56+	22:16+	22:49+
00:34+	00:56+	01:11+	02:14=	00:31+	00:41-	00:31-	02:39-	01:05+	00:17-	02:31+	00:47+	02:45+	01:16+	00:53+	01:08+	00:57+	01:20-	00:33+
00:01+	00:04+	00:15&	00:00=	00:04#	00:07-	00:05-	00:13-	00:23&	00:02-	00:48&	00:21&	01:11&	00:23&	00:12&	00:02+	00:08#	00:07-	00:09&
8	Magne Habbestad	3531	23:04															
00:41+	01:43+	02:44+	05:22+	05:49+	06:46+	07:18+	10:34+	11:23+	11:47+	13:51+	14:25+	15:54+	17:20+	18:25+	19:57+	21:05+	22:41+	23:04+
00:41+	01:02+	01:01+	02:38+	00:27=	00:57+	00:32-	03:16+	00:49+	00:24+	02:04+	00:34+	01:29-	01:26+	01:05+	01:32+	01:08+	01:36+	00:23-
00:08#	00:10#	00:05+	00:24#	00:00=	00:09#	00:04-	00:24#	00:07#	00:05&	00:21#	00:08&	00:05-	00:33&	00:24&	00:26&	00:19&	00:09#	00:01-
9	Sjur Sismo	1683	23:32															
00:42+	01:46+	02:50+	05:36+	06:02+	06:46+	07:20+	10:11+	11:05+	11:36+	13:40+	14:13+	16:06+	17:39+	18:48+	20:16+	21:30+	23:06+	23:32+
00:42+	01:04+	01:04+	02:46+	00:26-	00:44-	00:34-	02:51-	00:54+	00:31+	02:04+	00:33+	01:53+	01:33+	01:09+	01:28+	01:14+	01:36+	00:26+
00:09&	00:12#	00:08#	00:32#	00:01-	00:04-	00:02-	00:01-	00:12&	00:12&	00:21#	00:07&	00:19#	00:40&	00:28&	00:22&	00:25&	00:09#	00:02+

Herrer 40 - 49 år

10	Rune Hatle	903										23:44						
00:52+	02:14+	03:14+	06:11+	06:45+	07:28+	08:08+	10:57+	11:54+	12:20+	14:18+	14:44+	17:11+	18:22+	19:24+	20:51+	21:53+	23:26+	23:44+
00:52+	01:22+	01:00+	02:57+	00:34+	00:43-	00:40+	02:49-	00:57+	00:26+	01:58+	00:26+	02:27+	01:11+	01:02+	01:27+	01:02+	01:33+	00:18-
00:19&	00:30&	00:04+	00:43&	00:07&	00:05-	00:04#	00:03-	00:15&	00:07&	00:15#	00:00=	00:53&	00:18&	00:21&	00:21&	00:13&	00:06+	00:06-
11	Cedric Fayemendy	3559										24:36						
00:37+	01:48+	02:46+	05:20+	05:51+	06:32+	07:02+	10:04+	11:05+	11:24+	14:34+	15:03+	16:54+	18:21+	19:53+	21:05+	22:20+	24:08+	24:36+
00:37+	01:11+	00:58+	02:34+	00:31+	00:41+	00:30+	03:02+	01:01+	00:19+	03:10+	00:29+	01:51+	01:27+	01:32+	01:12+	01:15+	01:48+	00:28+
00:37+	01:11+	00:58+	02:34+	00:31+	00:41+	00:30+	03:02+	01:01+	00:19+	03:10+	00:29+	01:51+	01:27+	01:32+	01:12+	01:15+	01:48+	00:28+
12	Bjarte Harbo	1830										24:46						
00:40+	01:58+	03:01+	05:43+	06:13+	07:11+	07:53+	10:46+	11:35+	12:00+	14:56+	15:39+	17:37+	18:50+	19:58+	21:09+	22:21+	24:17+	24:46+
00:40+	01:18+	01:03+	02:42+	00:30+	00:58+	00:42+	02:53+	00:49+	00:25+	02:56+	00:43+	01:58+	01:13+	01:08+	01:11+	01:12+	01:56+	00:29+
00:40+	01:18+	01:03+	02:42+	00:30+	00:58+	00:42+	02:53+	00:49+	00:25+	02:56+	00:43+	01:58+	01:13+	01:08+	01:11+	01:12+	01:56+	00:29+
13	Jan-Kenneth Polle	3525										25:01						
00:52+	01:51+	02:52+	05:21+	05:50+	06:46+	07:26+	10:36+	11:41+	12:05+	14:15+	15:07+	16:44+	17:50+	18:49+	20:06+	23:03+	24:30+	25:01+
00:52+	00:59+	01:01+	02:29+	00:29+	00:56+	00:40+	03:10+	01:05+	00:24+	02:10+	00:52+	01:37+	01:06+	00:59+	01:17+	02:57+	01:27+	00:31+
00:52+	00:59+	01:01+	02:29+	00:29+	00:56+	00:40+	03:10+	01:05+	00:24+	02:10+	00:52+	01:37+	01:06+	00:59+	01:17+	02:57+	01:27+	00:31+
14	Reidar Mosvold	1754										25:58						
00:46+	02:15+	03:22+	06:27+	06:56+	08:05+	08:38+	12:11+	13:02+	13:29+	15:22+	15:57+	17:50+	19:07+	20:19+	22:05+	23:25+	25:17+	25:58+
00:46+	01:29+	01:07+	03:05+	00:29+	01:09+	00:33+	03:33+	00:51+	00:27+	01:53+	00:35+	01:53+	01:17+	01:12+	01:46+	01:20+	01:52+	00:41+
00:46+	01:29+	01:07+	03:05+	00:29+	01:09+	00:33+	03:33+	00:51+	00:27+	01:53+	00:35+	01:53+	01:17+	01:12+	01:46+	01:20+	01:52+	00:41+
15	Christian Ask	3563										26:59						
00:44+	01:44+	02:45+	05:25+	05:55+	06:50+	07:29+	11:15+	12:03+	12:26+	14:16+	14:51+	16:15+	21:41+	22:30+	23:43+	24:52+	26:35+	26:59+
00:44+	01:00+	01:01+	02:40+	00:30+	00:55+	00:39+	03:46+	00:48+	00:23+	01:50+	00:35+	01:24+	05:26+	00:49+	01:13+	01:09+	01:43+	00:24+
00:44+	01:00+	01:01+	02:40+	00:30+	00:55+	00:39+	03:46+	00:48+	00:23+	01:50+	00:35+	01:24+	05:26+	00:49+	01:13+	01:09+	01:43+	00:24+
16	Inge Arild Leknes	3548										27:07						
00:42+	01:55+	03:03+	06:00+	06:28+	07:41+	08:23+	11:12+	12:17+	12:34+	16:19+	17:18+	18:53+	20:16+	21:12+	22:27+	24:57+	26:46+	27:07+
00:42+	01:13+	01:08+	02:57+	00:28+	01:13+	00:42+	02:49+	01:05+	00:17+	03:45+	00:59+	01:35+	01:23+	00:56+	01:15+	02:30+	01:49+	00:21+
00:42+	01:13+	01:08+	02:57+	00:28+	01:13+	00:42+	02:49+	01:05+	00:17+	03:45+	00:59+	01:35+	01:23+	00:56+	01:15+	02:30+	01:49+	00:21+
17	Anders Presterud	903										27:39						
00:44+	02:16+	03:28+	06:20+	06:56+	08:02+	08:33+	12:01+	12:53+	13:25+	16:54+	17:29+	20:02+	21:14+	22:24+	23:52+	25:33+	27:08+	27:39+
00:44+	01:32+	01:12+	02:52+	00:36+	01:06+	00:31+	03:28+	00:52+	00:32+	03:29+	00:35+	02:33+	01:12+	01:10+	01:28+	01:41+	01:35+	00:31+
00:44+	01:32+	01:12+	02:52+	00:36+	01:06+	00:31+	03:28+	00:52+	00:32+	03:29+	00:35+	02:33+	01:12+	01:10+	01:28+	01:41+	01:35+	00:31+
18	Anders Hagen	3528										30:43						
00:43+	02:11+	03:15+	05:59+	06:31+	07:23+	08:00+	10:42+	11:43+	12:04+	16:42+	17:11+	19:28+	24:36+	25:37+	26:52+	28:33+	30:15+	30:43+
00:43+	01:28+	01:04+	02:44+	00:32+	00:52+	00:37+	02:42+	01:01+	00:21+	04:38+	00:29+	02:17+	05:08+	01:01+	01:15+	01:41+	01:42+	00:28+
00:43+	01:28+	01:04+	02:44+	00:32+	00:52+	00:37+	02:42+	01:01+	00:21+	04:38+	00:29+	02:17+	05:08+	01:01+	01:15+	01:41+	01:42+	00:28+
19	Åsbjørn Enerstvedt	3516										33:11						
01:04+	02:38+	03:45+	06:30+	06:59+	08:03+	09:50+	13:46+	14:46+	15:06+	18:51+	19:18+	21:15+	25:24+	26:12+	27:41+	28:54+	32:35+	33:11+
01:04+	01:34+	01:07+	02:45+	00:29+	01:04+	01:47+	03:56+	01:00+	00:20+	03:45+	00:27+	01:57+	04:09+	00:48+	01:29+	01:13+	03:41+	00:36+
01:04+	01:34+	01:07+	02:45+	00:29+	01:04+	01:47+	03:56+	01:00+	00:20+	03:45+	00:27+	01:57+	04:09+	00:48+	01:29+	01:13+	03:41+	00:36+

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Kevin Foust	2023										19:16							
01:34=	02:12=	04:57=	05:56=	06:26=	09:30=	11:25=	12:38=	13:22=	14:31=	16:24=	17:21=	17:41=	18:51=	19:16=					
01:34=	00:38=	02:45=	00:59=	00:30=	03:04=	01:55=	01:13=	00:44=	01:09=	01:53=	00:57=	00:20=	01:10=	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=					
2	Sigurd Ravndal	769										19:47							
01:57+	02:39+	05:41+	06:51+	07:25+	09:35+	11:45+	12:30-	13:33+	14:33+	16:40+	17:43+	18:06+	19:22+	19:47+					
01:57+	00:42+	03:02+	01:10+	00:34+	02:10-	02:10+	00:45-	01:03+	01:00-	02:07+	01:03+	00:23+	01:16+	00:25=					
00:23#	00:04#	00:17#	00:11#	00:04#	00:54-	00:15#	00:28-	00:19&	00:09-	00:14#	00:06#	00:03#	00:06+	00:00=					

Herrer 50 - 59 år

3	Geir Inge Høivik	3522	19:54
01:34=	02:16+ 05:04+ 06:19+	07:01+ 09:06-	11:43+ 12:25-
01:34=	00:42+ 02:48+ 01:15+	00:42+ 02:05-	02:37+ 00:42-
00:00=	00:04# 00:03+ 00:16&	00:12& 00:59-	00:42& 00:31-
			00:50+ 01:30+ 01:52-
			01:10+ 00:26+ 01:14+
			00:02+ 00:04+ 00:02+
4	Svein Roar Aas	3486	19:58
01:35+	02:17+ 05:09+ 06:22+	07:08+ 09:09+	11:41+ 12:25+
01:35+	00:42+ 02:52+ 01:13+	00:46+ 02:01+	02:32+ 00:44+
01:35+	00:42+ 02:52+ 01:13+	00:46+ 02:01+	02:32+ 00:44+
			01:00+ 01:12+ 01:55+
			01:13+ 00:28+ 01:22+
			00:23+ 01:22+ 00:23+
5	Anders Glenne	793	20:15
01:36+	02:15+ 05:02+ 06:11+	06:43+ 09:05+	11:13+ 11:50+
01:36+	00:39+ 02:47+ 01:09+	00:32+ 02:22+	02:08+ 00:37+
01:36+	00:39+ 02:47+ 01:09+	00:32+ 02:22+	02:08+ 00:37+
			02:10+ 01:14+ 02:01+
			01:01+ 00:24+ 01:12+
			00:23+ 01:12+ 00:23+
6	Rune Paulsen	3508	20:29
01:52+	02:34+ 05:29+ 06:38+	07:11+ 09:20+	11:54+ 12:46+
01:52+	00:42+ 02:55+ 01:09+	00:33+ 02:09+	02:34+ 00:52+
01:52+	00:42+ 02:55+ 01:09+	00:33+ 02:09+	02:34+ 00:52+
			01:02+ 01:04+ 02:01+
			01:05+ 00:26+ 01:48+
			00:17+ 20:12+ 20:29+
7	Jørgen Nilsen	1683	20:33
01:40+	02:18+ 05:19+ 06:35+	07:10+ 09:20+	11:37+ 12:18+
01:40+	00:38+ 03:01+ 01:16+	00:35+ 02:10+	02:17+ 00:41+
01:40+	00:38+ 03:01+ 01:16+	00:35+ 02:10+	02:17+ 00:41+
			00:58+ 01:33+ 02:10+
			01:11+ 00:33+ 01:25+
			00:25+ 01:25+ 00:25+
8	Steinar Hansen	882	20:35
01:40+	02:19+ 05:20+ 06:31+	07:02+ 08:59+	11:23+ 12:12+
01:40+	00:39+ 03:01+ 01:11+	00:31+ 01:57+	02:24+ 00:49+
01:40+	00:39+ 03:01+ 01:11+	00:31+ 01:57+	02:24+ 00:49+
			01:01+ 02:00+ 01:51+
			01:05+ 00:22+ 01:44+
			00:20+ 01:44+ 00:20+
9	Arne Hetlelid	3508	20:56
01:42+	02:26+ 05:22+ 06:45+	07:25+ 09:37+	12:00+ 12:50+
01:42+	00:44+ 02:56+ 01:23+	00:40+ 02:12+	02:23+ 00:50+
01:42+	00:44+ 02:56+ 01:23+	00:40+ 02:12+	02:23+ 00:50+
			01:09+ 01:14+ 02:14+
			01:05+ 00:26+ 01:21+
			00:37+ 20:19+ 20:56+
10	André Sirevåg	1683	21:00
01:42+	02:34+ 05:21+ 06:34+	07:11+ 09:08+	11:15+ 11:59+
01:42+	00:52+ 02:47+ 01:13+	00:37+ 01:57+	02:07+ 00:44+
01:42+	00:52+ 02:47+ 01:13+	00:37+ 01:57+	02:07+ 00:44+
			01:24+ 02:05+ 01:44+
			01:15+ 00:37+ 01:15+
			00:37+ 01:15+ 00:41+
11	Tore Halset	3486	21:11
01:35+	02:19+ 05:13+ 06:39+	07:16+ 10:02+	12:17+ 12:59+
01:35+	00:44+ 02:54+ 01:26+	00:37+ 02:46+	02:15+ 00:42+
01:35+	00:44+ 02:54+ 01:26+	00:37+ 02:46+	02:15+ 00:42+
			01:16+ 01:09+ 02:06+
			01:22+ 00:26+ 01:26+
			00:27+ 01:26+ 00:27+
12	Frank Hansen	3502	21:20
01:48+	02:29+ 05:35+ 07:12+	07:46+ 10:00+	12:36+ 13:19+
01:48+	00:41+ 03:06+ 01:37+	00:34+ 02:14+	02:36+ 00:43+
01:48+	00:41+ 03:06+ 01:37+	00:34+ 02:14+	02:36+ 00:43+
			00:53+ 01:09+ 02:14+
			01:27+ 00:27+ 01:10+
			00:41+ 20:39+ 21:20+
13	Erik Bjørnbom	3559	21:31
01:33+	02:16+ 05:17+ 06:20+	06:56+ 08:59+	11:22+ 12:03+
01:33+	00:43+ 03:01+ 01:03+	00:36+ 02:03+	02:23+ 00:41+
01:33+	00:43+ 03:01+ 01:03+	00:36+ 02:03+	02:23+ 00:41+
			01:57+ 01:15+ 02:19+
			01:28+ 00:27+ 01:30+
			00:32+ 01:30+ 00:32+
14	Sindre M. Dyrstad	1754	21:57
01:31+	02:11+ 04:47+ 06:14+	06:50+ 09:42+	13:04+ 14:43+
01:31+	00:40+ 02:36+ 01:27+	00:36+ 02:52+	03:22+ 01:39+
01:31+	00:40+ 02:36+ 01:27+	00:36+ 02:52+	03:22+ 01:39+
			00:47+ 01:05+ 01:43+
			01:13+ 00:29+ 01:11+
			00:46+ 01:11+ 00:46+
15	Ådne Hausberg	793	22:09
01:39+	02:24+ 05:43+ 07:04+	07:40+ 10:24+	12:47+ 13:26+
01:39+	00:45+ 03:19+ 01:21+	00:36+ 02:44+	02:23+ 00:39+
01:39+	00:45+ 03:19+ 01:21+	00:36+ 02:44+	02:23+ 00:39+
			01:15+ 01:18+ 02:26+
			01:19+ 00:28+ 01:31+
			00:26+ 01:31+ 00:26+
16	Erling Knutzen	879	23:01
01:54+	02:47+ 06:14+ 07:32+	08:06+ 10:39+	13:02+ 13:40+
01:54+	00:53+ 03:27+ 01:18+	00:34+ 02:33+	02:23+ 00:38+
01:54+	00:53+ 03:27+ 01:18+	00:34+ 02:33+	02:23+ 00:38+
			01:27+ 01:16+ 02:16+
			01:25+ 00:31+ 01:41+
			00:45+ 01:41+ 00:45+

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

17	Jarl Steinar Berntsen	882	23:04											
01:38+	02:26+	05:45+	07:00+	07:30+	09:45+	13:40+	14:19+	15:24+	17:03+	19:15+	20:41+	21:07+	22:39+	23:04+
01:38+	00:48+	03:19+	01:15+	00:30+	02:15+	03:55+	00:39+	01:05+	01:39+	02:12+	01:26+	00:26+	01:32+	00:25+
01:38+	00:48+	03:19+	01:15+	00:30+	02:15+	03:55+	00:39+	01:05+	01:39+	02:12+	01:26+	00:26+	01:32+	00:25+
18	Kjetil Solbakken	3507	23:06											
01:44+	02:25+	05:24+	06:38+	07:29+	09:28+	11:43+	12:51+	16:07+	17:08+	19:05+	20:25+	21:12+	22:34+	23:06+
01:44+	00:41+	02:59+	01:14+	00:51+	01:59+	02:15+	01:08+	03:16+	01:01+	01:57+	01:20+	00:47+	01:22+	00:32+
01:44+	00:41+	02:59+	01:14+	00:51+	01:59+	02:15+	01:08+	03:16+	01:01+	01:57+	01:20+	00:47+	01:22+	00:32+
19	Arve Sonflå	3563	23:09											
01:56+	02:37+	05:35+	07:06+	07:40+	09:50+	12:10+	13:03+	14:22+	16:17+	19:12+	20:25+	20:53+	22:12+	23:09+
01:56+	00:41+	02:58+	01:31+	00:34+	02:10+	02:20+	00:53+	01:19+	01:55+	02:55+	01:13+	00:28+	01:19+	00:57+
01:56+	00:41+	02:58+	01:31+	00:34+	02:10+	02:20+	00:53+	01:19+	01:55+	02:55+	01:13+	00:28+	01:19+	00:57+
20	Asbjørn Brådland	NOTEAM	24:00											
01:47+	02:35+	05:53+	07:26+	08:06+	10:22+	12:58+	13:55+	16:22+	17:35+	19:52+	21:17+	21:45+	23:18+	24:00+
01:47+	00:48+	03:18+	01:33+	00:40+	02:16+	02:36+	00:57+	02:27+	01:13+	02:17+	01:25+	00:28+	01:33+	00:42+
01:47+	00:48+	03:18+	01:33+	00:40+	02:16+	02:36+	00:57+	02:27+	01:13+	02:17+	01:25+	00:28+	01:33+	00:42+
21	Svend Vihovde	1683	24:25											
02:10+	03:01+	06:50+	08:17+	09:00+	11:34+	14:22+	15:10+	16:17+	17:41+	20:20+	21:41+	22:15+	23:55+	24:25+
02:10+	00:51+	03:49+	01:27+	00:43+	02:34+	02:48+	00:48+	01:07+	01:24+	02:39+	01:21+	00:34+	01:40+	00:30+
02:10+	00:51+	03:49+	01:27+	00:43+	02:34+	02:48+	00:48+	01:07+	01:24+	02:39+	01:21+	00:34+	01:40+	00:30+
22	Ingve Vold	3529	24:36											
01:36+	02:17+	05:18+	06:57+	07:34+	10:18+	13:45+	14:44+	16:11+	17:56+	20:19+	21:41+	22:09+	24:12+	24:36+
01:36+	00:41+	03:01+	01:39+	00:37+	02:44+	03:27+	00:59+	01:27+	01:45+	02:23+	01:22+	00:28+	02:03+	00:24+
01:36+	00:41+	03:01+	01:39+	00:37+	02:44+	03:27+	00:59+	01:27+	01:45+	02:23+	01:22+	00:28+	02:03+	00:24+
23	Trygve Michaelsen	896	24:47											
01:42+	02:27+	05:20+	06:35+	07:09+	12:42+	15:17+	15:53+	16:59+	18:41+	21:00+	22:26+	22:51+	24:15+	24:47+
01:42+	00:45+	02:53+	01:15+	00:34+	05:33+	02:35+	00:36+	01:06+	01:42+	02:19+	01:26+	00:25+	01:24+	00:32+
01:42+	00:45+	02:53+	01:15+	00:34+	05:33+	02:35+	00:36+	01:06+	01:42+	02:19+	01:26+	00:25+	01:24+	00:32+
24	Lars Primstad	769	24:50											
01:26+	02:09+	05:00+	06:08+	06:49+	11:43+	13:53+	15:33+	17:14+	19:25+	20:55+	22:50+	23:12+	24:24+	24:50+
01:26+	00:43+	02:51+	01:08+	00:41+	04:54+	02:10+	01:40+	01:41+	02:11+	01:30+	01:55+	00:22+	01:12+	00:26+
01:26+	00:43+	02:51+	01:08+	00:41+	04:54+	02:10+	01:40+	01:41+	02:11+	01:30+	01:55+	00:22+	01:12+	00:26+
25	Terje Undheim	3529	24:51											
01:23+	02:00+	04:26+	05:36+	06:07+	08:12+	15:57+	16:32+	17:15+	18:09+	19:52+	20:46+	21:08+	24:33+	24:51+
01:23+	00:37+	02:26+	01:10+	00:31+	02:05+	07:45+	00:35+	00:43+	00:54+	01:43+	00:54+	00:22+	03:25+	00:18+
01:23+	00:37+	02:26+	01:10+	00:31+	02:05+	07:45+	00:35+	00:43+	00:54+	01:43+	00:54+	00:22+	03:25+	00:18+
26	Jerome Renoult	3524	25:40											
02:02+	02:58+	06:35+	08:11+	08:58+	11:52+	14:26+	15:18+	16:18+	18:41+	21:37+	23:10+	23:47+	25:14+	25:40+
02:02+	00:56+	03:37+	01:36+	00:47+	02:54+	02:34+	00:52+	01:00+	02:23+	02:56+	01:33+	00:37+	01:27+	00:26+
02:02+	00:56+	03:37+	01:36+	00:47+	02:54+	02:34+	00:52+	01:00+	02:23+	02:56+	01:33+	00:37+	01:27+	00:26+
27	Ole Bakkevold	3517	25:45											
01:49+	02:41+	06:19+	08:09+	08:53+	11:20+	14:08+	14:56+	16:45+	18:41+	21:09+	22:31+	23:12+	25:20+	25:45+
01:49+	00:52+	03:38+	01:50+	00:44+	02:27+	02:48+	00:48+	01:49+	01:56+	02:28+	01:22+	00:41+	02:08+	00:25+
01:49+	00:52+	03:38+	01:50+	00:44+	02:27+	02:48+	00:48+	01:49+	01:56+	02:28+	01:22+	00:41+	02:08+	00:25+
28	Øystein Lie Karlsen	1683	25:54											
01:49+	02:39+	06:37+	08:03+	08:55+	11:25+	13:50+	14:49+	16:02+	19:28+	21:27+	22:35+	23:07+	25:27+	25:54+
01:49+	00:50+	03:58+	01:26+	00:52+	02:30+	02:25+	00:59+	01:13+	03:26+	01:59+	01:08+	00:32+	02:20+	00:27+
01:49+	00:50+	03:58+	01:26+	00:52+	02:30+	02:25+	00:59+	01:13+	03:26+	01:59+	01:08+	00:32+	02:20+	00:27+
29	Njål Foldnes	1754	30:41											
02:04+	02:47+	07:08+	08:39+	14:16+	16:40+	19:19+	20:37+	21:50+	24:56+	26:44+	27:59+	28:23+	29:47+	30:41+
02:04+	00:43+	04:21+	01:31+	05:37+	02:24+	02:39+	01:18+	01:13+	03:06+	01:48+	01:15+	00:24+	01:24+	00:54+
02:04+	00:43+	04:21+	01:31+	05:37+	02:24+	02:39+	01:18+	01:13+	03:06+	01:48+	01:15+	00:24+	01:24+	00:54+
30	Raymond B Pettersen	722	31:06											
02:04+	02:59+	07:18+	09:12+	10:10+	12:57+	16:09+	17:09+	20:31+	22:48+	26:21+	28:11+	28:41+	30:34+	31:06+
02:04+	00:55+	04:19+	01:54+	00:58+	02:47+	03:12+	01:00+	03:22+	02:17+	03:33+	01:50+	00:30+	01:53+	00:32+
02:04+	00:55+	04:19+	01:54+	00:58+	02:47+	03:12+	01:00+	03:22+	02:17+	03:33+	01:50+	00:30+	01:53+	00:32+

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

31	Ove Mæstad	2342	31:21											
01:47+	02:39+	06:38+	08:04+	08:42+	11:07+	13:38+	18:38+	20:07+	24:51+	27:01+	28:12+	28:38+	30:55+	31:21+
01:47+	00:52+	03:59+	01:26+	00:38+	02:25+	02:31+	05:00+	01:29+	04:44+	02:10+	01:11+	00:26+	02:17+	00:26+
01:47+	00:52+	03:59+	01:26+	00:38+	02:25+	02:31+	05:00+	01:29+	04:44+	02:10+	01:11+	00:26+	02:17+	00:26+

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Sturle Omdal	1683	16:52										
01:31=	02:04=	04:51=	06:22=	06:39=	08:39=	11:05=	11:35=	12:00=	12:29=	14:11=	15:11=	16:31=	16:52=
01:31=	00:33=	02:47=	01:31=	00:17=	02:00=	02:26=	00:30=	00:25=	00:29=	01:42=	01:00=	01:20=	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=

2	Morten Johannessen	793	17:45										
01:24-	02:01-	05:02+	07:02+	07:19+	11:19+	11:49+	12:14+	13:02+	14:50+	15:59+	17:22+	17:45+	
01:24-	00:37+	03:01+	02:00+	00:17=	01:46-	02:14-	00:30=	00:25=	00:48+	01:48+	01:09+	01:23+	00:23+
00:07-	00:04#	00:14+	00:29#	00:00=	00:14-	00:12-	00:00=	00:00=	00:19#	00:06+	00:09#	00:03+	00:02+

3	Knut Feldmann	882	19:37										
01:32+	02:08+	05:10+	06:54+	07:12+	09:18+	11:53+	12:25+	13:01+	13:35+	15:35+	16:53+	19:11+	19:37+
01:32+	00:36+	03:02+	01:44+	00:18+	02:06+	02:35+	00:32+	00:36+	00:34+	02:00+	01:18+	02:18+	00:26+
00:01+	00:03+	00:15+	00:13#	00:01+	00:06+	00:09+	00:02+	00:11#	00:05#	00:18#	00:18#	00:58#	00:05#

4	Håvard Håland	3507	20:09										
01:24-	02:00-	04:58+	06:35+	07:10+	09:01+	13:16+	13:50+	14:35+	15:06+	16:57+	18:04+	19:41+	20:09+
01:24-	00:36+	02:58+	01:37+	00:35+	01:51-	04:15+	00:34+	00:45+	00:31+	01:51+	01:07+	01:37+	00:28+
00:07-	00:03+	00:11+	00:06+	00:18#	00:09-	01:49#	00:04#	00:20#	00:02+	00:09+	00:07#	00:17#	00:07#

5	Magnar Mathias Møller	769	20:43										
01:30-	02:08+	05:24+	07:22+	07:40+	09:35+	12:11+	12:44+	13:19+	13:57+	16:08+	17:30+	20:18+	20:43+
01:30-	00:38+	03:16+	01:58+	00:18+	01:55-	02:36+	00:33+	00:35+	00:38+	02:11+	01:22+	02:48+	00:25+
00:01-	00:05#	00:29#	00:27#	00:01+	00:05-	00:10+	00:03#	00:10#	00:09#	00:29#	00:22#	01:28#	00:04#

6	Lars Bergersen	1683	20:44										
01:29-	02:13+	06:05+	07:53+	08:12+	10:29+	13:06+	13:39+	14:10+	14:48+	17:17+	18:40+	20:20+	20:44+
01:29-	00:44+	03:52+	01:48+	00:19+	02:17+	02:37+	00:33+	00:31+	00:38+	02:29+	01:23+	01:40+	00:24+
00:02-	00:11#	01:05#	00:17#	00:02#	00:17#	00:11+	00:03#	00:06#	00:09#	00:47#	00:23#	00:20#	00:03#

7	Kjell Ove Aksland	882	21:00										
01:32+	02:09+	05:36+	07:29+	07:56+	10:04+	13:18+	13:57+	14:28+	15:03+	17:23+	18:51+	20:30+	21:00+
01:32+	00:37+	03:27+	01:53+	00:27+	02:08+	03:14+	00:39+	00:31+	00:35+	02:20+	01:28+	01:39+	00:30+
00:01+	00:04#	00:40#	00:22#	00:10#	00:08+	00:48#	00:09#	00:06#	00:06#	00:38#	00:28#	00:19#	00:09#

8	Stein Sigbjørnsen	882	21:02										
02:03+	02:39+	05:49+	07:27+	07:45+	09:53+	12:43+	13:24+	14:06+	14:38+	17:16+	18:37+	20:36+	21:02+
02:03+	00:36+	03:10+	01:38+	00:18+	02:08+	02:50+	00:41+	00:42+	00:32+	02:38+	01:21+	01:59+	00:26+
00:32#	00:03+	00:23#	00:07+	00:01+	00:08+	00:24#	00:11#	00:17#	00:03#	00:56#	00:21#	00:39#	00:05#

9	Arne Øvstebø	1284	21:05										
01:41+	02:20+	05:52+	07:49+	08:09+	10:38+	13:48+	14:20+	14:55+	15:27+	17:40+	18:55+	20:23+	21:05+
01:41+	00:39+	03:32+	01:57+	00:20+	02:29+	03:10+	00:32+	00:35+	00:32+	02:13+	01:15+	01:28+	00:42+
00:10#	00:06#	00:45#	00:26#	00:03#	00:29#	00:44#	00:02+	00:10#	00:03#	00:31#	00:15#	00:08#	00:21#

10	Tor Inge Halvorsen	880	21:12										
01:34+	02:17+	05:45+	08:16+	08:37+	10:49+	13:38+	14:15+	14:39+	15:09+	17:17+	18:37+	20:37+	21:12+
01:34+	00:43+	03:28+	02:31+	00:21+	02:12+	02:49+	00:37+	00:24-	00:30+	02:08+	01:20+	02:00+	00:35+
00:03+	00:10#	00:41#	01:00#	00:04#	00:12#	00:23#	00:07#	00:01-	00:01+	00:26#	00:20#	00:40#	00:14#

11	Harald Jansen	3593	21:13											
01:48+	02:26+	05:27+	07:12+	07:34+	09:24+	11:44+	13:00+	13:25+	13:57+	15:41+	17:39+	18:55+	20:42+	21:13+
01:48+	00:38+	03:01+	01:45+	00:22+	01:50-	02:20-	01:16+	00:25=	00:32+	01:44+	01:58+	01:16-	01:47+	00:31+
00:17#	00:05#	00:14+	00:14#	00:05#	00:10-	00:06-	00:46#	00:00=	00:03#	00:02+	00:58#	00:04-	01:26#	00:31+

Class	Navn	Klasse	Tid
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Herrer 60 - 64 år

12	Inge Løland	1119	21:47											
01:44+	02:27+	06:14+	07:55+	08:18+	10:29+	13:11+	13:50+	14:15+	16:11+	16:38+	18:39+	19:49+	21:18+	21:47+
01:44+	00:43+	03:47+	01:41+	00:23+	02:11+	02:42+	00:39+	00:25+	01:56+	00:27-	02:01+	01:10-	01:29+	00:29+
00:13#	00:10#	01:00#	00:10#	00:06#	00:11+	00:16#	00:09#	00:00=	01:27#	01:15-	01:01#	00:10-	01:08#	00:29+
13	Per Ingar Hadland	793	22:10											
01:53+	02:36+	06:20+	08:20+	08:43+	10:56+	13:42+	14:18+	14:59+	15:57+	18:37+	20:11+	21:44+	22:10+	
01:53+	00:43+	03:44+	02:00+	00:23+	02:13+	02:46+	00:36+	00:41+	00:58+	02:40+	01:34+	01:33+	00:26+	
01:53+	00:43+	03:44+	02:00+	00:23+	02:13+	02:46+	00:36+	00:41+	00:58+	02:40+	01:34+	01:33+	00:26+	
14	Ivar Knutsen	1683	22:57											
01:47+	02:28+	06:32+	08:42+	09:02+	11:11+	14:04+	15:07+	15:37+	16:34+	18:47+	20:25+	22:12+	22:57+	
01:47+	00:41+	04:04+	02:10+	00:20+	02:09+	02:53+	01:03+	00:30+	00:57+	02:13+	01:38+	01:47+	00:45+	
01:47+	00:41+	04:04+	02:10+	00:20+	02:09+	02:53+	01:03+	00:30+	00:57+	02:13+	01:38+	01:47+	00:45+	
15	Torbjørn Salthe	593	23:18											
01:41+	02:27+	05:44+	08:03+	08:22+	10:26+	13:19+	14:02+	15:52+	16:16+	18:22+	19:56+	22:48+	23:18+	
01:41+	00:46+	03:17+	02:19+	00:19+	02:04+	02:53+	00:43+	01:50+	00:24+	02:06+	01:34+	02:52+	00:30+	
01:41+	00:46+	03:17+	02:19+	00:19+	02:04+	02:53+	00:43+	01:50+	00:24+	02:06+	01:34+	02:52+	00:30+	

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Otte Omdal	903	16:46											
01:19=	01:58=	04:52=	06:24=	06:41=	08:35=	10:35=	11:05=	11:30=	12:08=	13:57=	15:06=	16:25=	16:46=	
01:19=	00:39=	02:54=	01:32=	00:17=	01:54=	02:00=	00:30=	00:25=	00:38=	01:49=	01:09=	01:19=	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=	
2	Espen Krogh	793	17:00											
01:15-	01:48-	04:32-	05:58-	06:17-	07:58-	10:06-	10:37-	11:16-	11:41-	13:31-	14:45-	16:34+	17:00+	
01:15-	00:33-	02:44-	01:26-	00:19+	01:41-	02:08+	00:31+	00:39+	00:25-	01:50+	01:14+	01:49+	00:26+	
00:04-	00:06-	00:10-	00:06-	00:02#	00:13-	00:08+	00:01+	00:14#	00:13-	00:01+	00:05+	00:30#	00:05#	
3	Torbjørn Evensen	3556	18:51											
01:29+	02:13+	05:16+	06:51+	07:19+	09:12+	11:28+	12:18+	13:20+	13:48+	15:43+	17:01+	18:27+	18:51+	
01:29+	00:44+	03:03+	01:35+	00:28+	01:53-	02:16+	00:50+	01:02+	00:28-	01:55+	01:18+	01:26+	00:24+	
00:10#	00:05#	00:09+	00:03+	00:11#	00:01-	00:16#	00:20#	00:37#	00:10-	00:06+	00:09#	00:07+	00:03#	
4	Tor Geir Espedal	3530	20:54											
01:30+	02:07+	05:27+	07:44+	08:02+	10:12+	12:38+	13:10+	13:47+	14:57+	17:30+	18:57+	20:26+	20:54+	
01:30+	00:37-	03:20+	02:17+	00:18+	02:10+	02:26+	00:32+	00:37+	01:10+	02:33+	01:27+	01:29+	00:28+	
00:11#	00:02-	00:26#	00:45#	00:01+	00:16#	00:26#	00:02+	00:12#	00:32#	00:44#	00:18#	00:10#	00:07#	
5	Kjell Skjæveland	3515	21:32											
02:20+	03:06+	06:43+	08:37+	08:57+	11:19+	14:20+	14:52+	15:47+	16:20+	18:21+	19:34+	21:04+	21:32+	
02:20+	00:46+	03:37+	01:54+	00:20+	02:22+	03:01+	00:32+	00:55+	00:33-	02:01+	01:13+	01:30+	00:28+	
01:01#	00:07#	00:43#	00:22#	00:03#	00:28#	01:01#	00:02+	00:30#	00:05-	00:12#	00:04+	00:11#	00:07#	
6	Bjørn Sivertsen	1332	22:43											
02:23+	03:16+	07:18+	09:28+	09:47+	12:07+	14:53+	15:23+	16:25+	16:56+	19:17+	20:44+	22:18+	22:43+	
02:23+	00:53+	04:02+	02:10+	00:19+	02:20+	02:46+	00:30=	01:02+	00:31-	02:21+	01:27+	01:34+	00:25+	
01:04#	00:14#	01:08#	00:38#	00:02#	00:26#	00:46#	00:00=	00:37#	00:07-	00:32#	00:18#	00:15#	00:04#	
7	Jan Arendal	1683	23:22											
01:53+	02:38+	06:32+	08:27+	09:04+	11:25+	14:32+	15:14+	16:27+	17:03+	19:32+	20:59+	22:48+	23:22+	
01:53+	00:45+	03:54+	01:55+	00:37+	02:21+	03:07+	00:42+	01:13+	00:36-	02:29+	01:27+	01:49+	00:34+	
00:34#	00:06#	01:00#	00:23#	00:20#	00:27#	01:07#	00:12#	00:48#	00:02-	00:40#	00:18#	00:30#	00:13#	
8	Arnstein Skretting	3529	24:09											
01:43+	02:26+	05:49+	07:39+	08:04+	10:19+	13:16+	13:53+	17:16+	17:48+	20:17+	21:34+	23:40+	24:09+	
01:43+	00:43+	03:23+	01:50+	00:25+	02:15+	02:57+	00:37+	03:23+	00:32-	02:29+	01:17+	02:06+	00:29+	
00:24#	00:04#	00:29#	00:18#	00:08#	00:21#	00:57#	00:07#	02:58#	00:06-	00:40#	00:08#	00:47#	00:08#	

Class	Navn	Klasse	Tid
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Herrer 65 - 69 år

9	Sverre Magnar Nordal	1683	24:52										
01:49+	02:39+	06:48+	09:28+	09:53+	12:16+	15:36+	16:17+	16:50+	17:37+	21:03+	22:27+	24:09+	24:52+
01:49+	00:50+	04:09+	02:40+	00:25+	02:23+	03:20+	00:41+	00:33+	00:47+	03:26+	01:24+	01:42+	00:43+
00:30&	00:11&	01:15&	01:08&	00:08&	00:29&	01:20&	00:11&	00:08&	00:09#	01:37&	00:15#	00:23&	00:22@
10	Steinar Barmen	722	25:15										
01:46+	02:32+	07:10+	09:15+	09:44+	12:19+	15:08+	16:13+	17:08+	18:08+	21:01+	22:24+	24:35+	25:15+
01:46+	00:46+	04:38+	02:05+	00:29+	02:35+	02:49+	01:05+	00:55+	01:00+	02:53+	01:23+	02:11+	00:40+
01:46+	00:46+	04:38+	02:05+	00:29+	02:35+	02:49+	01:05+	00:55+	01:00+	02:53+	01:23+	02:11+	00:40+
11	Bjørn H Engseth	1884	27:17										
02:05+	03:08+	07:32+	09:59+	10:18+	13:22+	17:01+	17:58+	18:45+	19:28+	22:17+	24:07+	26:38+	27:17+
02:05+	01:03+	04:24+	02:27+	00:19+	03:04+	03:39+	00:57+	00:47+	00:43+	02:49+	01:50+	02:31+	00:39+
02:05+	01:03+	04:24+	02:27+	00:19+	03:04+	03:39+	00:57+	00:47+	00:43+	02:49+	01:50+	02:31+	00:39+
12	Tore Karlsen	722	28:27										
01:41+	02:36+	06:43+	08:42+	09:04+	11:37+	15:46+	16:29+	19:25+	21:14+	23:55+	25:24+	27:37+	28:27+
01:41+	00:55+	04:07+	01:59+	00:22+	02:33+	04:09+	00:43+	02:56+	01:49+	02:41+	01:29+	02:13+	00:50+
01:41+	00:55+	04:07+	01:59+	00:22+	02:33+	04:09+	00:43+	02:56+	01:49+	02:41+	01:29+	02:13+	00:50+
13	Ommund Bakkevold	874	28:28										
01:55+	02:48+	07:19+	10:29+	11:00+	13:54+	18:27+	19:23+	20:08+	21:03+	23:53+	25:48+	27:52+	28:28+
01:55+	00:53+	04:31+	03:10+	00:31+	02:54+	04:33+	00:56+	00:45+	00:55+	02:50+	01:55+	02:04+	00:36+
01:55+	00:53+	04:31+	03:10+	00:31+	02:54+	04:33+	00:56+	00:45+	00:55+	02:50+	01:55+	02:04+	00:36+
14	Rolf Kleppe	3524	40:11										
02:58+	05:32+	11:32+	15:28+	16:02+	21:38+	27:48+	28:41+	29:51+	30:31+	33:55+	36:34+	39:25+	40:11+
02:58+	02:34+	06:00+	03:56+	00:34+	05:36+	06:10+	00:53+	01:10+	00:40+	03:24+	02:39+	02:51+	00:46+
02:58+	02:34+	06:00+	03:56+	00:34+	05:36+	06:10+	00:53+	01:10+	00:40+	03:24+	02:39+	02:51+	00:46+

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Bjørn Martin Alsaker	3530	16:47										
01:22=	01:53=	04:46=	06:28=	06:44=	08:38=	10:50=	11:17=	11:39=	12:06=	13:54=	15:01=	16:21=	16:47=
01:22=	00:31=	02:53=	01:42=	00:16=	01:54=	02:12=	00:27=	00:22=	00:27=	01:48=	01:07=	01:20=	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=
2	Harry Breiland	3507	17:56										
01:30+	02:07+	05:00+	06:35+	06:57+	08:51+	11:12+	11:45+	12:21+	12:51+	14:52+	15:56+	17:16+	17:56+
01:30+	00:37+	02:53=	01:35=	00:22+	01:54=	02:21+	00:33+	00:36+	00:30+	02:01+	01:04=	01:20=	00:40+
00:08+	00:06#	00:00=	00:07=	00:06&	00:00=	00:09+	00:06#	00:14&	00:03#	00:13#	00:03=	00:00=	00:14&
3	Svein Berge	643	19:04										
01:20=	01:57+	05:06+	06:55+	07:11+	09:08+	11:37+	12:04+	13:23+	13:53+	15:41+	16:45+	18:17+	19:04+
01:20=	00:37+	03:09+	01:49+	00:16=	01:57+	02:29+	00:27=	01:19+	00:30+	01:48=	01:04=	01:32+	00:47+
00:02=	00:06#	00:16+	00:07+	00:00=	00:03+	00:17#	00:00=	00:57@	00:03#	00:00=	00:03=	00:12#	00:21&
4	Gunnar Sakseid	1683	19:08										
01:33+	02:08+	05:10+	07:13+	07:33+	09:33+	12:16+	12:54+	13:26+	14:00+	15:51+	17:03+	18:44+	19:08+
01:33+	00:35+	03:02+	02:03+	00:20+	02:00+	02:43+	00:38+	00:32+	00:34+	01:51+	01:12+	01:41+	00:24=
00:11#	00:04#	00:09+	00:21#	00:04#	00:06+	00:31#	00:11&	00:10&	00:07&	00:03+	00:05+	00:21&	00:02=
5	Ragnvald Frøyland	879	20:27										
01:41+	02:25+	06:02+	07:49+	08:08+	10:15+	12:55+	13:35+	14:12+	14:42+	16:59+	18:15+	19:59+	20:27+
01:41+	00:44+	03:37+	01:47+	00:19+	02:07+	02:40+	00:40+	00:37+	00:30+	02:17+	01:16+	01:44+	00:28+
00:19#	00:13&	00:44&	00:05+	00:03#	00:13#	00:28#	00:13&	00:15&	00:03#	00:29&	00:09#	00:24&	00:02+
6	Tom Hetland	880	22:01										
01:27+	02:08+	05:41+	07:43+	08:19+	10:29+	13:42+	14:24+	14:57+	15:30+	17:55+	19:30+	21:12+	22:01+
01:27+	00:41+	03:33+	02:02+	00:36+	02:10+	03:13+	00:42+	00:33+	00:33+	02:25+	01:35+	01:42+	00:49+
00:05+	00:10&	00:40#	00:20#	00:20@	00:16#	01:01&	00:15&	00:11&	00:06#	00:37&	00:28&	00:22&	00:23&

Class	Navn	Klasse												Tid
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Herrer 70 - 74 år

7	Jan Hetland	3502												22:13
01:37+	02:41+	06:10+	08:22+	08:45+	10:49+	13:21+	14:00+	16:17+	16:53+	18:50+	19:59+	21:34+	22:13+	
01:37+	01:04+	03:29+	02:12+	00:23+	02:04+	02:32+	00:39+	02:17+	00:36+	01:57+	01:09+	01:35+	00:39+	
00:15#	00:33#	00:36#	00:30#	00:07#	00:10+	00:20#	00:12#	01:55#	00:09#	00:09+	00:02+	00:15#	00:13#	
8	Arne Magne Handeland	892												22:28
01:43+	02:30+	06:12+	08:07+	08:42+	10:51+	13:48+	14:25+	15:53+	16:31+	18:49+	20:10+	21:54+	22:28+	
01:43+	00:47+	03:42+	01:55+	00:35+	02:09+	02:57+	00:37+	01:28+	00:38+	02:18+	01:21+	01:44+	00:34+	
01:43+	00:47+	03:42+	01:55+	00:35+	02:09+	02:57+	00:37+	01:28+	00:38+	02:18+	01:21+	01:44+	00:34+	
9	Eivind Lars Rake	892												22:36
01:50+	02:35+	06:14+	08:05+	08:24+	10:43+	13:30+	14:10+	15:41+	16:14+	18:52+	20:21+	22:03+	22:36+	
01:50+	00:45+	03:39+	01:51+	00:19+	02:19+	02:47+	00:40+	01:31+	00:33+	02:38+	01:29+	01:42+	00:33+	
01:50+	00:45+	03:39+	01:51+	00:19+	02:19+	02:47+	00:40+	01:31+	00:33+	02:38+	01:29+	01:42+	00:33+	
10	Kjell Ivar Skjørestad	892												23:18
02:09+	02:55+	06:28+	08:26+	08:47+	11:01+	14:13+	15:00+	15:37+	16:09+	18:14+	19:35+	22:36+	23:18+	
02:09+	00:46+	03:33+	01:58+	00:21+	02:14+	03:12+	00:47+	00:37+	00:32+	02:05+	01:21+	03:01+	00:42+	
02:09+	00:46+	03:33+	01:58+	00:21+	02:14+	03:12+	00:47+	00:37+	00:32+	02:05+	01:21+	03:01+	00:42+	
11	Jan Inge Lunde	1830												23:25
02:34+	03:23+	07:20+	09:20+	09:45+	12:08+	14:55+	15:34+	16:51+	17:29+	19:56+	21:18+	22:59+	23:25+	
02:34+	00:49+	03:57+	02:00+	00:25+	02:23+	02:47+	00:39+	01:17+	00:38+	02:27+	01:22+	01:41+	00:26+	
02:34+	00:49+	03:57+	02:00+	00:25+	02:23+	02:47+	00:39+	01:17+	00:38+	02:27+	01:22+	01:41+	00:26+	
12	Kjell-Ingar Olsen	1119												24:36
02:06+	02:52+	06:57+	09:09+	09:30+	12:15+	15:38+	16:22+	17:00+	17:38+	20:19+	22:05+	24:08+	24:36+	
02:06+	00:46+	04:05+	02:12+	00:21+	02:45+	03:23+	00:44+	00:38+	00:38+	02:41+	01:46+	02:03+	00:28+	
02:06+	00:46+	04:05+	02:12+	00:21+	02:45+	03:23+	00:44+	00:38+	00:38+	02:41+	01:46+	02:03+	00:28+	
13	Bjarne Gimre	1830												25:12
01:54+	02:41+	06:18+	08:36+	09:00+	11:16+	14:24+	15:05+	15:43+	16:33+	19:11+	20:28+	24:46+	25:12+	
01:54+	00:47+	03:37+	02:18+	00:24+	02:16+	03:08+	00:41+	00:38+	00:50+	02:38+	01:17+	04:18+	00:26+	
01:54+	00:47+	03:37+	02:18+	00:24+	02:16+	03:08+	00:41+	00:38+	00:50+	02:38+	01:17+	04:18+	00:26+	
14	Bjørn Bjelland	3541												25:45
02:04+	02:53+	07:21+	09:41+	10:07+	12:50+	16:31+	17:18+	17:51+	18:34+	21:24+	23:13+	25:16+	25:45+	
02:04+	00:49+	04:28+	02:20+	00:26+	02:43+	03:41+	00:47+	00:33+	00:43+	02:50+	01:49+	02:03+	00:29+	
02:04+	00:49+	04:28+	02:20+	00:26+	02:43+	03:41+	00:47+	00:33+	00:43+	02:50+	01:49+	02:03+	00:29+	
15	Sverre Uhlving	722												27:01
02:06+	03:04+	07:29+	09:54+	10:24+	13:01+	16:48+	17:35+	18:07+	18:54+	22:07+	24:21+	26:27+	27:01+	
02:06+	00:58+	04:25+	02:25+	00:30+	02:37+	03:47+	00:47+	00:32+	00:47+	03:13+	02:14+	02:06+	00:34+	
02:06+	00:58+	04:25+	02:25+	00:30+	02:37+	03:47+	00:47+	00:32+	00:47+	03:13+	02:14+	02:06+	00:34+	
16	Olav Habbestad	1683												31:24
01:42+	02:29+	05:44+	08:59+	09:15+	17:05+	22:29+	23:08+	23:45+	24:15+	26:42+	28:08+	30:40+	31:24+	
01:42+	00:47+	03:15+	03:15+	00:16+	07:50+	05:24+	00:39+	00:37+	00:30+	02:27+	01:26+	02:32+	00:44+	
01:42+	00:47+	03:15+	03:15+	00:16+	07:50+	05:24+	00:39+	00:37+	00:30+	02:27+	01:26+	02:32+	00:44+	
17	Arne Hope	1832												32:46
02:12+	03:04+	07:52+	10:06+	10:31+	13:11+	20:56+	22:07+	23:24+	24:47+	27:57+	29:46+	31:59+	32:46+	
02:12+	00:52+	04:48+	02:14+	00:25+	02:40+	07:45+	01:11+	01:17+	01:23+	03:10+	01:49+	02:13+	00:47+	
02:12+	00:52+	04:48+	02:14+	00:25+	02:40+	07:45+	01:11+	01:17+	01:23+	03:10+	01:49+	02:13+	00:47+	

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Asgeir Bell	896												21:32
00:44=	01:58=	03:09=	06:16=	07:02=	07:53=	11:31=	14:03=	14:32=	15:17=	16:08=	18:06=	19:25=	21:03=	21:32=
00:44=	01:14=	01:11=	03:07=	00:46=	00:51=	03:38=	02:32=	00:29=	00:45=	00:51=	01:58=	01:19=	01:38=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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Herrer 75 - 79 år

2	Paul Andreas Paulsen	896	23:27											
00:46+	02:02+	03:16+	06:01-	06:50-	07:50-	12:06+	15:15+	15:52+	16:57+	17:52+	19:56+	21:16+	22:56+	23:27+
00:46+	01:16+	01:14+	02:45-	00:49+	01:00+	04:16+	03:09+	00:37+	01:05+	00:55+	02:04+	01:20+	01:40+	00:31+
00:02+	00:02+	00:03+	00:22-	00:03+	00:09#	00:38#	00:37#	00:08&	00:20&	00:04+	00:06+	00:01+	00:02+	00:02+
3	Arne Østensen	3518	23:53											
00:53+	02:26+	03:51+	06:43+	07:26+	08:21+	12:13+	15:04+	15:41+	16:18+	17:03+	19:53+	21:41+	23:15+	23:53+
00:53+	01:33+	01:25+	02:52+	00:43+	00:55+	03:52+	02:51+	00:37+	00:37+	00:45+	02:50+	01:48+	01:34+	00:38+
00:53+	01:33+	01:25+	02:52+	00:43+	00:55+	03:52+	02:51+	00:37+	00:37+	00:45+	02:50+	01:48+	01:34+	00:38+
4	Finn-Morten Årstad	3530	24:24											
00:54+	02:25+	03:45+	07:08+	07:53+	08:58+	12:35+	15:51+	16:25+	18:15+	18:58+	20:47+	22:07+	23:53+	24:24+
00:54+	01:31+	01:20+	03:23+	00:45+	01:05+	03:37+	03:16+	00:34+	01:50+	00:43+	01:49+	01:20+	01:46+	00:31+
00:54+	01:31+	01:20+	03:23+	00:45+	01:05+	03:37+	03:16+	00:34+	01:50+	00:43+	01:49+	01:20+	01:46+	00:31+
5	Øyvind Egeskog	880	24:36											
00:49+	02:21+	03:50+	07:01+	07:51+	08:47+	12:52+	15:57+	16:31+	17:21+	18:13+	21:02+	22:27+	24:08+	24:36+
00:49+	01:32+	01:29+	03:11+	00:50+	00:56+	04:05+	03:05+	00:34+	00:50+	00:52+	02:49+	01:25+	01:41+	00:28+
00:49+	01:32+	01:29+	03:11+	00:50+	00:56+	04:05+	03:05+	00:34+	00:50+	00:52+	02:49+	01:25+	01:41+	00:28+
6	Knut Skjæveland	1884	24:47											
01:01+	02:33+	04:01+	07:06+	07:55+	08:55+	12:28+	16:07+	16:49+	17:39+	18:46+	20:40+	22:03+	24:17+	24:47+
01:01+	01:32+	01:28+	03:05+	00:49+	01:00+	03:33+	03:39+	00:42+	00:50+	01:07+	01:54+	01:23+	02:14+	00:30+
01:01+	01:32+	01:28+	03:05+	00:49+	01:00+	03:33+	03:39+	00:42+	00:50+	01:07+	01:54+	01:23+	02:14+	00:30+
7	Svein Glendrange	874	25:58											
01:03+	02:38+	04:10+	07:38+	08:29+	09:45+	14:10+	17:17+	17:58+	18:57+	19:44+	21:48+	23:26+	25:23+	25:58+
01:03+	01:35+	01:32+	03:28+	00:51+	01:16+	04:25+	03:07+	00:41+	00:59+	00:47+	02:04+	01:38+	01:57+	00:35+
01:03+	01:35+	01:32+	03:28+	00:51+	01:16+	04:25+	03:07+	00:41+	00:59+	00:47+	02:04+	01:38+	01:57+	00:35+
8	Hermann Skogsholm	1754	26:30											
00:43+	02:25+	03:41+	06:31+	07:19+	08:18+	15:57+	18:40+	19:15+	19:57+	21:06+	22:45+	24:04+	25:56+	26:30+
00:43+	01:42+	01:16+	02:50+	00:48+	00:59+	07:39+	02:43+	00:35+	00:42+	01:09+	01:39+	01:19+	01:52+	00:34+
00:43+	01:42+	01:16+	02:50+	00:48+	00:59+	07:39+	02:43+	00:35+	00:42+	01:09+	01:39+	01:19+	01:52+	00:34+
9	Norvald Skretting	1832	28:01											
00:57+	02:22+	03:46+	06:57+	07:51+	09:02+	14:30+	18:09+	19:01+	20:03+	21:08+	23:15+	25:11+	27:18+	28:01+
00:57+	01:25+	01:24+	03:11+	00:54+	01:11+	05:28+	03:39+	00:52+	01:02+	01:05+	02:07+	01:56+	02:07+	00:43+
00:57+	01:25+	01:24+	03:11+	00:54+	01:11+	05:28+	03:39+	00:52+	01:02+	01:05+	02:07+	01:56+	02:07+	00:43+
10	Hans Klausen	769	28:24											
01:01+	03:14+	04:57+	08:46+	09:45+	11:35+	15:42+	19:29+	20:10+	21:05+	21:53+	23:57+	25:30+	27:38+	28:24+
01:01+	02:13+	01:43+	03:49+	00:59+	01:50+	04:07+	03:47+	00:41+	00:55+	00:48+	02:04+	01:33+	02:08+	00:46+
01:01+	02:13+	01:43+	03:49+	00:59+	01:50+	04:07+	03:47+	00:41+	00:55+	00:48+	02:04+	01:33+	02:08+	00:46+
11	Steinar Undheim	3529	28:49											
01:00+	02:40+	04:24+	07:56+	08:47+	09:59+	15:14+	20:15+	20:51+	21:30+	22:23+	24:33+	26:20+	28:19+	28:49+
01:00+	01:40+	01:44+	03:32+	00:51+	01:12+	05:15+	05:01+	00:36+	00:39+	00:53+	02:10+	01:47+	01:59+	00:30+
01:00+	01:40+	01:44+	03:32+	00:51+	01:12+	05:15+	05:01+	00:36+	00:39+	00:53+	02:10+	01:47+	01:59+	00:30+
12	Olav Dag Borgersen	3536	28:51											
00:51+	02:19+	03:43+	07:13+	07:59+	09:13+	16:20+	20:37+	21:13+	22:23+	23:05+	25:02+	26:36+	28:17+	28:51+
00:51+	01:28+	01:24+	03:30+	00:46+	01:14+	07:07+	04:17+	00:36+	01:10+	00:42+	01:57+	01:34+	01:41+	00:34+
00:51+	01:28+	01:24+	03:30+	00:46+	01:14+	07:07+	04:17+	00:36+	01:10+	00:42+	01:57+	01:34+	01:41+	00:34+
13	Kjell Svihus	892	29:07											
01:01+	02:48+	04:31+	08:23+	09:19+	10:45+	15:32+	18:25+	19:03+	21:16+	22:14+	24:23+	25:58+	28:39+	29:07+
01:01+	01:47+	01:43+	03:52+	00:56+	01:26+	04:47+	02:53+	00:38+	02:13+	00:58+	02:09+	01:35+	02:41+	00:28+
01:01+	01:47+	01:43+	03:52+	00:56+	01:26+	04:47+	02:53+	00:38+	02:13+	00:58+	02:09+	01:35+	02:41+	00:28+
14	Olav A. Hognestad	892	31:01											
00:55+	02:39+	04:05+	07:39+	08:32+	09:31+	13:55+	16:58+	17:33+	23:20+	24:45+	26:51+	28:34+	30:22+	31:01+
00:55+	01:44+	01:26+	03:34+	00:53+	00:59+	04:24+	03:03+	00:35+	05:47+	01:25+	02:06+	01:43+	01:48+	00:39+
00:55+	01:44+	01:26+	03:34+	00:53+	00:59+	04:24+	03:03+	00:35+	05:47+	01:25+	02:06+	01:43+	01:48+	00:39+
15	Geir Husdal	1884	32:04											
01:13+	03:18+	05:31+	09:02+	09:53+	11:11+	16:45+	19:39+	20:13+	21:05+	21:53+	24:06+	28:54+	31:35+	32:04+
01:13+	02:05+	02:13+	03:31+	00:51+	01:18+	05:34+	02:54+	00:34+	00:52+	00:48+	02:13+	04:48+	02:41+	00:29+
01:13+	02:05+	02:13+	03:31+	00:51+	01:18+	05:34+	02:54+	00:34+	00:52+	00:48+	02:13+	04:48+	02:41+	00:29+

Plass	Navn	Klasse	Tid
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Herrer 75 - 79 år

16	Jostein Tunheim	1683	34:08
00:46+	02:35+ 04:01+ 07:13+ 08:34+ 09:34+ 17:04+ 21:40+	22:05+ 22:50+ 23:37+ 30:22+ 31:49+	33:41+ 34:08+
00:46+	01:49+ 01:26+ 03:12+ 01:21+ 01:00+ 07:30+ 04:36+	00:25+ 00:45+ 00:47+ 06:45+ 01:27+	01:52+ 00:27+
00:46+	01:49+ 01:26+ 03:12+ 01:21+ 01:00+ 07:30+ 04:36+	00:25+ 00:45+ 00:47+ 06:45+ 01:27+	01:52+ 00:27+
17	Mangor Eikeland	892	42:38
01:31+	04:08+ 06:15+ 10:58+ 12:14+ 14:34+ 21:09+ 27:35+	29:05+ 30:23+ 31:55+ 34:50+ 37:24+	41:41+ 42:38+
01:31+	02:37+ 02:07+ 04:43+ 01:16+ 02:20+ 06:35+ 06:26+	01:30+ 01:18+ 01:32+ 02:55+ 02:34+	04:17+ 00:57+
01:31+	02:37+ 02:07+ 04:43+ 01:16+ 02:20+ 06:35+ 06:26+	01:30+ 01:18+ 01:32+ 02:55+ 02:34+	04:17+ 00:57+
18	Knut Jonas Espedal	1754	44:41
01:54+	04:17+ 06:34+ 11:56+ 13:27+ 15:16+ 21:51+ 27:57+	29:21+ 30:36+ 34:51+ 37:54+ 40:47+	43:51+ 44:41+
01:54+	02:23+ 02:17+ 05:22+ 01:31+ 01:49+ 06:35+ 06:06+	01:24+ 01:15+ 04:15+ 03:03+ 02:53+	03:04+ 00:50+
01:54+	02:23+ 02:17+ 05:22+ 01:31+ 01:49+ 06:35+ 06:06+	01:24+ 01:15+ 04:15+ 03:03+ 02:53+	03:04+ 00:50+
19	Reidar Liland	3507	45:18
01:30+	03:41+ 05:41+ 11:33+ 12:43+ 14:39+ 22:27+ 28:23+	29:50+ 30:45+ 31:50+ 34:57+ 41:25+	44:24+ 45:18+
01:30+	02:11+ 02:00+ 05:52+ 01:10+ 01:56+ 07:48+ 05:56+	01:27+ 00:55+ 01:05+ 03:07+ 06:28+	02:59+ 00:54+
01:30+	02:11+ 02:00+ 05:52+ 01:10+ 01:56+ 07:48+ 05:56+	01:27+ 00:55+ 01:05+ 03:07+ 06:28+	02:59+ 00:54+

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Harald Vatne	2342	26:01
01:41=	02:44= 04:12= 08:17= 09:08= 10:15= 11:54= 14:47=	16:22= 17:42= 21:02= 22:47= 23:28= 25:12= 26:01=	
01:41=	01:03= 01:28= 04:05= 00:51= 01:07= 01:39= 02:53=	01:35= 01:20= 03:20= 01:45= 00:41= 01:44= 00:49=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Terje Braut	892	28:53
01:56+	03:05+ 04:45+ 08:46+ 09:27+ 10:28+ 12:02+ 14:45-	16:19- 17:35- 22:27+ 24:10+ 24:42+ 28:15+ 28:53+	
01:56+	01:09+ 01:40+ 04:01- 00:41- 01:01- 01:34- 02:43-	01:34- 01:16- 04:52+ 01:43- 00:32- 03:33+ 00:38-	
00:15#	00:06+ 00:12# 00:04- 00:10- 00:06- 00:05- 00:10-	00:01- 00:04- 01:32& 00:02- 00:09- 01:49# 00:11-	
3	Tormod Aaslid	3529	32:06
01:56+	03:24+ 05:20+ 09:17+ 10:22+ 11:56+ 14:03+ 17:23+	19:33+ 21:48+ 25:53+ 27:45+ 28:34+ 31:07+ 32:06+	
01:56+	01:28+ 01:56+ 03:57- 01:05+ 01:34+ 02:07+ 03:20+	02:10+ 02:15+ 04:05+ 01:52+ 00:49+ 02:33+ 00:59+	
00:15#	00:25& 00:28& 00:08- 00:14& 00:27& 00:28& 00:27#	00:35& 00:55& 00:45# 00:07+ 00:08# 00:49& 00:10#	
4	Alf Gyland	892	33:03
01:42+	02:49+ 04:46+ 09:18+ 10:05+ 13:55+ 16:37+ 19:49+	21:44+ 23:16+ 27:12+ 29:14+ 29:58+ 32:22+ 33:03+	
01:42+	01:07+ 01:57+ 04:32+ 00:47- 03:50+ 02:42+ 03:12+	01:55+ 01:32+ 03:56+ 02:02+ 00:44+ 02:24+ 00:41-	
00:01+	00:04+ 00:29& 00:27# 00:04- 02:43#	01:03& 00:19# 00:20# 00:12# 00:36# 00:17# 00:03+	00:40& 00:08-
5	Jan A. Bekkeheien	892	33:56
02:09+	03:17+ 05:28+ 10:24+ 11:15+ 12:26+ 14:20+ 17:23+	19:00+ 23:50+ 28:44+ 30:30+ 31:08+ 33:05+ 33:56+	
02:09+	01:08+ 02:11+ 04:56+ 00:51= 01:11+ 01:54+ 03:03+	01:37+ 04:50+ 04:54+ 01:46+ 00:38- 01:57+ 00:51+	
00:28&	00:05+ 00:43& 00:51# 00:00= 00:04+ 00:15# 00:10+	00:02+ 03:30# 01:34& 00:01+ 00:03- 00:13# 00:02+	
6	Sigurd Krosli	1884	36:29
01:46+	02:58+ 04:40+ 08:55+ 09:50+ 10:52+ 12:55+ 16:01+	17:50+ 21:26+ 26:10+ 27:57+ 28:47+ 35:50+ 36:29+	
01:46+	01:12+ 01:42+ 04:15+ 00:55+ 01:02- 02:03+ 03:06+	01:49+ 03:36+ 04:44+ 01:47+ 00:50+ 07:03+ 00:39-	
00:05+	00:09# 00:14# 00:10+ 00:04+ 00:05- 00:24# 00:13+	00:14# 02:16# 01:24& 00:02+ 00:09# 05:19# 00:10-	
7	Magne Jakobsen	3524	39:49
04:51+	05:48+ 08:08+ 14:02+ 15:16+ 17:05+ 20:07+ 23:39+	26:14+ 28:49+ 32:59+ 35:18+ 36:12+ 38:41+ 39:49+	
04:51+	00:57- 02:20+ 05:54+ 01:14+ 01:49+ 03:02+ 03:32+	02:35+ 02:35+ 04:10+ 02:19+ 00:54+ 02:29+ 01:08+	
03:10#	00:06- 00:52& 01:49& 00:23& 00:42& 01:23& 00:39#	01:00& 01:15& 00:50# 00:34& 00:13& 00:45& 00:19&	
8	Kjell Audun Maudal	3524	42:11
05:59+	07:26+ 10:09+ 15:55+ 17:18+ 19:12+ 22:05+ 25:38+	28:14+ 30:37+ 34:53+ 37:17+ 38:05+ 40:34+ 42:11+	
05:59+	01:27+ 02:43+ 05:46+ 01:23+ 01:54+ 02:53+ 03:33+	02:36+ 02:23+ 04:16+ 02:24+ 00:48+ 02:29+ 01:37+	
04:18#	00:24& 01:15& 01:41& 00:32& 00:47& 01:14& 00:40#	01:01& 01:03& 00:56& 00:39& 00:07# 00:45& 00:48&	

Pluss	Navn	Klasse	Tid
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Herrer 80 år og eldre

9	Arne Karlsen	722	1:07:01											
08:50+	14:30+	17:15+	25:35+	27:01+	29:56+	34:09+	40:51+	44:37+	48:37+	56:24+	60:26+	61:43+	65:34+	67:01+
08:50+	05:40+	02:45+	08:20+	01:26+	02:55+	04:13+	06:42+	03:46+	04:00+	07:47+	04:02+	01:17+	03:51+	01:27+
07:09#	04:37#	01:17#	04:15#	00:35#	01:48#	02:34#	03:49#	02:11#	02:40#	04:27#	02:17#	00:36#	02:07#	00:38#

Beste strekktid for klassen

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

Herrer A

1	Jone Valdal	1683	18:17																						
00:29=	01:10=	01:43=	02:11=	04:15=	04:39=	05:11=	05:29=	06:20=	06:48=	07:10=	09:02=	09:27=	09:42=	11:18=	11:37=	12:32=	12:46=	13:08=	13:37=	14:10=	14:50=	15:13=	16:07=	16:48=	17:08=
00:29=	00:41=	00:33=	00:28=	02:04=	00:24=	00:32=	00:18=	00:51=	00:28=	00:22=	01:52=	00:25=	00:15=	01:36=	00:19=	00:55=	00:14=	00:22=	00:29=	00:33=	00:40=	00:23=	00:54=	00:41=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
18:01=	18:17=																								
00:53=	00:16=																								
00:00=	00:00=																								

2	Ørjan Ravndal	3522	18:38																						
00:31+	01:19+	01:55+	02:30+	04:41+	05:07+	05:38+	05:51+	06:42+	07:08+	07:36+	09:20+	09:53+	10:10+	11:33+	11:51+	12:22-	12:39-	12:57-	13:29-	14:04-	14:45-	15:10-	16:12+	16:56+	17:13+
00:31+	00:48+	00:36+	00:35+	02:11+	00:26+	00:31-	00:13-	00:51=	00:26-	00:28+	01:44-	00:33+	00:17+	01:23-	00:18-	00:31-	00:17+	00:18-	00:32+	00:35+	00:41+	00:25+	01:02+	00:44+	00:17-
00:02+	00:07#	00:03+	00:07#	00:07+	00:02+	00:01-	00:05-	00:00=	00:02-	00:06#	00:08-	00:08#	00:02#	00:13-	00:01-	00:24-	00:03#	00:04-	00:03#	00:02+	00:01+	00:02+	00:08#	00:03+	00:03-
18:09+	18:38+																								
00:56+	00:29+																								
00:03+	00:13#																								

3	Sigurd R. Oftedal	3516	18:40																						
00:33+	01:21+	01:59+	02:29+	04:43+	05:08+	05:41+	05:54+	06:45+	07:19+	07:43+	09:29+	09:56+	10:09+	11:37+	11:56+	12:28-	12:43-	13:02-	13:30-	14:06-	14:52+	15:20+	16:23+	17:13+	17:31+
00:33+	00:48+	00:38+	00:30+	02:14+	00:25+	00:33+	00:13-	00:51=	00:34+	00:24+	01:46-	00:27+	00:13-	01:28-	00:19=	00:32-	00:15+	00:19-	00:28-	00:36+	00:46+	00:28+	01:03+	00:50+	00:18-
00:04#	00:07#	00:05#	00:02+	00:10+	00:01+	00:01+	00:05-	00:00=	00:06#	00:02+	00:06-	00:02+	00:02-	00:08-	00:00=	00:23-	00:01+	00:03-	00:01-	00:03+	00:06#	00:05#	00:09#	00:09#	00:02-
18:22+	18:40+																								
00:51-	00:18+																								
00:02-	00:02#																								

4	Morten Bjerga Sundli	3522	18:41																						
00:33+	01:20+	02:00+	02:29+	04:45+	05:11+	05:41+	05:55+	06:48+	07:13+	07:38+	09:19+	09:45+	10:01+	11:34+	11:54+	12:28-	12:44-	13:03-	13:33-	14:19+	15:00+	15:34+	16:34+	17:18+	17:35+
00:33+	00:47+	00:40+	00:29+	02:16+	00:26+	00:30-	00:14-	00:53+	00:25-	00:25+	01:41-	00:26+	00:16+	01:33-	00:20+	00:34-	00:16+	00:19-	00:30+	00:46+	00:41+	00:34+	01:00+	00:44+	00:17-
00:04#	00:06#	00:07#	00:01+	00:12+	00:02+	00:02-	00:04-	00:02+	00:03-	00:03#	00:11-	00:01+	00:01+	00:01+	00:03-	00:21-	00:02#	00:03-	00:01+	00:13#	00:01+	00:11#	00:06#	00:03+	00:03-
18:23+	18:41+																								
00:48-	00:18+																								
00:05-	00:02#																								

5	Svein Magnus Halsne	1284	20:29																						
00:29=	01:17+	01:56+	02:30+	05:01+	05:27+	06:06+	06:20+	07:16+	07:42+	08:10+	09:56+	10:22+	10:39+	12:12+	12:35+	13:13+	13:30+	14:09+	14:44+	15:28+	16:18+	16:50+	17:58+	18:50+	19:11+
00:29=	00:48+	00:39+	00:34+	02:31+	00:26+	00:39+	00:14-	00:56+	00:26-	00:28+	01:46-	00:26+	00:17+	01:33-	00:23+	00:38-	00:17+	00:39+	00:35+	00:44+	00:50+	00:32+	01:08+	00:52+	00:21+
00:00=	00:07#	00:06#	00:06#	00:27#	00:02+	00:07#	00:04-	00:05+	00:02-	00:06#	00:06-	00:01+	00:02#	00:03-	00:04#	00:17-	00:03#	00:17#	00:06#	00:11#	00:10#	00:09#	00:14#	00:11#	00:01+
20:11+	20:29+																								
01:00+	00:18+																								
00:07#	00:02#																								

6	Kristian Frafjord Haarr	882	23:00																						
00:36+	01:33+	02:16+	03:04+	05:33+	06:00+	06:33+	06:46+	07:54+	08:27+	08:51+	10:51+	11:21+	11:54+	14:24+	14:45+	15:25+	16:25+	16:48+	17:19+	17:57+	18:46+	19:24+	20:36+	21:26+	21:44+
00:36+	00:57+	00:43+	00:48+	02:29+	00:27+	00:33+	00:13-	01:08+	00:33+	00:24+	02:00+	00:30+	00:33+	02:30+	00:21+	00:40-	01:00+	00:23+	00:31+	00:38+	00:49+	00:38+	01:12+	00:50+	00:18-
00:07#	00:16#	00:10#	00:20#	00:25#	00:03#	00:01+	00:05-	00:17#	00:05#	00:02+	00:08+	00:05#	00:18#	00:54#	00:02#	00:15-	00:46#	00:01+	00:02+	00:05#	00:09#	00:15#	00:18#	00:09#	00:02-
22:42+	23:00+																								
00:58+	00:18+																								
00:05+	00:02#																								

7	Magne Hatteland	3528	23:10																						
00:36+	01:40+	02:26+	03:17+	05:59+	06:29+	07:09+	07:23+	08:24+	09:03+	09:31+	11:33+	12:11+	12:28+	14:13+	14:39+	15:19+	15:40+	16:09+	16:48+	17:38+	18:31+	19:02+	20:20+	21:17+	21:38+
00:36+	01:04+	00:46+	00:51+	02:42+	00:30+	00:40+	00:14-	01:01+	00:39+	00:28+	02:02+	00:38+	00:17+	01:45+	00:26+	00:40-	00:21+	00:29+	00:39+	00:50+	00:53+	00:31+	01:18+	00:57+	00:21+
00:07#	00:23#	00:13#	00:23#	00:38#	00:06#	00:08#	00:04-	00:10#	00:11#	00:06#	00:10+	00:13#	00:02#	00:09+	00:07#	00:15-	00:07#	00:07#	00:10#	00:17#	00:13#	00:08#	00:24#	00:16#	00:01+
22:46+	23:10+																								
01:08+	00:24+																								
00:15#	00:08#																								

Herrer A

8	Martin Blystad	3530	23:27																						
00:38+	01:32+	02:16+	02:49+	05:32+	06:02+	06:48+	07:05+	08:06+	08:36+	09:03+	11:29+	12:00+	13:00+	14:30+	14:53+	16:07+	16:24+	16:57+	17:33+	18:12+	19:01+	19:32+	20:44+	21:42+	22:00+
00:38+	00:54+	00:44+	00:33+	02:43+	00:30+	00:46+	00:17-	01:01+	00:30+	00:27+	02:26+	00:31+	01:00+	01:30-	00:23+	01:14+	00:17+	00:33+	00:36+	00:39+	00:49+	00:31+	01:12+	00:58+	00:18-
00:09&	00:13&	00:11&	00:05#	00:39&	00:06#	00:14&	00:01-	00:10#	00:02+	00:05#	00:34&	00:06#	00:45&	00:06-	00:04#	00:19&	00:03#	00:11&	00:07#	00:06#	00:09#	00:08&	00:18&	00:17&	00:02-
23:07+	23:27+																								
01:07+	00:20+																								
00:14&	00:04#																								
9	Runar Eike Toft	1683	24:18																						
00:37+	01:23+	01:58+	02:27+	05:01+	05:27+	06:15+	06:30+	07:32+	08:01+	08:30+	10:43+	11:09+	11:26+	13:44+	14:09+	15:24+	15:40+	16:14+	16:52+	19:02+	19:51+	20:30+	21:33+	22:28+	22:48+
00:37+	00:46+	00:35+	00:29+	02:34+	00:26+	00:48+	00:15+	01:02+	00:35+	00:29+	00:29+	02:13+	00:26+	00:17+	02:18+	00:25+	01:15+	00:16+	00:34+	00:38+	02:10+	00:49+	00:39+	01:03+	00:55+
00:37+	00:46+	00:35+	00:29+	02:34+	00:26+	00:48+	00:15+	01:02+	00:29+	00:29+	02:13+	00:26+	00:17+	02:18+	00:25+	01:15+	00:16+	00:34+	00:38+	02:10+	00:49+	00:39+	01:03+	00:55+	00:20+
23:56+	24:18+																								
01:08+	00:22+																								
01:08+	00:22+																								
10	Maximilian Erlbeck	2342	24:19																						
00:31+	01:28+	02:08+	02:54+	05:22+	05:48+	06:46+	07:03+	07:57+	08:33+	09:05+	11:04+	11:35+	11:53+	14:13+	14:31+	15:11+	16:11+	16:27+	16:48+	17:25+	18:50+	20:06+	20:36+	21:50+	22:44+
00:31+	00:57+	00:40+	00:46+	02:28+	00:26+	00:58+	00:17+	00:54+	00:36+	00:32+	01:59+	00:31+	00:18+	02:20+	00:18+	00:40+	01:00+	00:16+	00:21+	00:37+	01:25+	01:16+	00:30+	01:14+	00:54+
00:31+	00:57+	00:40+	00:46+	02:28+	00:26+	00:58+	00:17+	00:54+	00:36+	00:32+	01:59+	00:31+	00:18+	02:20+	00:18+	00:40+	01:00+	00:16+	00:21+	00:37+	01:25+	01:16+	00:30+	01:14+	00:54+
23:02+	24:02+	24:19+																							
00:18+	01:00+	00:17+																							
00:18+	01:00+	00:17+																							
11	Andreas Terjesen	1832	24:24																						
00:36+	01:37+	02:17+	03:05+	05:31+	06:01+	06:48+	07:11+	08:11+	08:51+	09:16+	12:01+	12:44+	13:02+	15:24+	15:50+	16:45+	17:03+	17:33+	18:08+	19:02+	19:53+	20:20+	21:33+	22:19+	22:38+
00:36+	01:01+	00:40+	00:48+	02:26+	00:30+	00:47+	00:23+	01:00+	00:40+	00:25+	02:45+	00:43+	00:18+	02:22+	00:26+	00:55+	00:18+	00:30+	00:35+	00:54+	00:51+	00:27+	01:13+	00:46+	00:19+
00:36+	01:01+	00:40+	00:48+	02:26+	00:30+	00:47+	00:23+	01:00+	00:40+	00:25+	02:45+	00:43+	00:18+	02:22+	00:26+	00:55+	00:18+	00:30+	00:35+	00:54+	00:51+	00:27+	01:13+	00:46+	00:19+
23:47+	24:24+																								
01:09+	00:37+																								
01:09+	00:37+																								
12	Marius Stene	882	24:40																						
00:40+	01:51+	02:36+	03:11+	06:01+	06:33+	07:19+	07:34+	08:37+	09:06+	09:33+	12:25+	12:57+	13:20+	15:02+	15:28+	16:18+	16:39+	17:05+	17:48+	18:47+	19:46+	20:32+	21:41+	22:31+	22:50+
00:40+	01:11+	00:45+	00:35+	02:50+	00:32+	00:46+	00:15+	01:03+	00:29+	00:27+	02:52+	00:32+	00:23+	01:42+	00:26+	00:50+	00:21+	00:26+	00:43+	00:59+	00:59+	00:46+	01:09+	00:50+	00:19+
00:40+	01:11+	00:45+	00:35+	02:50+	00:32+	00:46+	00:15+	01:03+	00:29+	00:27+	02:52+	00:32+	00:23+	01:42+	00:26+	00:50+	00:21+	00:26+	00:43+	00:59+	00:59+	00:46+	01:09+	00:50+	00:19+
24:23+	24:40+																								
01:33+	00:17+																								
01:33+	00:17+																								
13	Briac Le Ray	2342	25:42																						
00:36+	01:32+	02:17+	03:04+	05:33+	06:04+	07:14+	07:29+	08:35+	09:15+	09:42+	11:53+	12:21+	12:35+	14:48+	15:13+	16:09+	16:30+	17:21+	18:01+	20:09+	21:03+	21:32+	22:36+	23:31+	23:53+
00:36+	00:56+	00:45+	00:47+	02:29+	00:31+	01:10+	00:15+	01:06+	00:40+	00:27+	02:11+	00:28+	00:14+	02:13+	00:25+	00:56+	00:21+	00:51+	00:40+	02:08+	00:54+	00:29+	01:04+	00:55+	00:22+
00:36+	00:56+	00:45+	00:47+	02:29+	00:31+	01:10+	00:15+	01:06+	00:40+	00:27+	02:11+	00:28+	00:14+	02:13+	00:25+	00:56+	00:21+	00:51+	00:40+	02:08+	00:54+	00:29+	01:04+	00:55+	00:22+
25:06+	25:42+																								
01:13+	00:36+																								
01:13+	00:36+																								
14	Håkon Eggebø	1284	25:58																						
00:32+	01:37+	02:21+	02:59+	05:56+	06:26+	07:33+	07:51+	09:04+	09:33+	10:01+	12:09+	12:40+	12:58+	15:30+	15:56+	16:48+	17:17+	18:36+	19:31+	20:30+	21:20+	21:59+	23:17+	24:13+	24:35+
00:32+	01:05+	00:44+	00:38+	02:57+	00:30+	01:07+	00:18+	01:13+	00:29+	00:28+	02:08+	00:31+	00:18+	02:32+	00:26+	00:52+	00:29+	01:19+	00:55+	00:59+	00:50+	00:39+	01:18+	00:56+	00:22+
00:32+	01:05+	00:44+	00:38+	02:57+	00:30+	01:07+	00:18+	01:13+	00:29+	00:28+	02:08+	00:31+	00:18+	02:32+	00:26+	00:52+	00:29+	01:19+	00:55+	00:59+	00:50+	00:39+	01:18+	00:56+	00:22+
25:39+	25:58+																								
01:04+	00:19+																								
01:04+	00:19+																								
15	Svein Kyllingstad	1284	27:01																						
00:36+	01:28+	02:11+	03:07+	06:08+	06:43+	07:23+	07:42+	09:00+	09:37+	10:06+	12:49+	13:30+	13:54+	16:13+	16:38+	17:38+	18:15+	18:49+	19:36+	20:57+	22:02+	22:38+	23:59+	24:59+	25:21+
00:36+	00:52+	00:43+	00:56+	03:01+	00:35+	00:40+	00:19+	01:18+	00:37+	00:29+	02:43+	00:41+	00:24+	02:19+	00:25+	01:00+	00:37+	00:34+	00:47+	01:21+	01:05+	00:36+	01:21+	01:00+	00:22+
00:36+	00:52+	00:43+	00:56+	03:01+	00:35+	00:40+	00:19+	01:18+	00:37+	00:29+	02:43+	00:41+	00:24+	02:19+	00:25+	01:00+	00:37+	00:34+	00:47+	01:21+	01:05+	00:36+	01:21+	01:00+	00:22+
26:39+	27:01+																								
01:18+	00:22+																								
01:18+	00:22+																								

Herrer A

16	Bernhard Haver Vagle	643	27:15																						
00:36+	01:48+	02:33+	03:26+	06:18+	06:51+	07:39+	07:55+	09:03+	09:39+	10:08+	13:11+	13:44+	14:03+	16:15+	16:45+	17:49+	18:09+	18:38+	19:20+	21:04+	22:22+	23:01+	24:24+	25:25+	25:46+
00:36+	01:12+	00:45+	00:53+	02:52+	00:33+	00:48+	00:16+	01:08+	00:36+	00:29+	03:03+	00:33+	00:19+	02:12+	00:30+	01:04+	00:20+	00:29+	00:42+	01:44+	01:18+	00:39+	01:23+	01:01+	00:21+
00:36+	01:12+	00:45+	00:53+	02:52+	00:33+	00:48+	00:16+	01:08+	00:36+	00:29+	03:03+	00:33+	00:19+	02:12+	00:30+	01:04+	00:20+	00:29+	00:42+	01:44+	01:18+	00:39+	01:23+	01:01+	00:21+
26:57+	27:15+																								
01:11+	00:18+																								
01:11+	00:18+																								

Beste strekktid for klassen

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

Herrer B

1	Aart Joakim in't Veld	1884	21:00																						
00:31=	01:20=	02:01=	02:48=	05:13=	05:41=	06:13=	06:28=	07:25=	07:52=	08:17=	10:13=	11:06=	11:22=	12:48=	13:11=	13:57=	14:13=	14:37=	15:10=	15:51=	16:33=	17:15=	18:24=	19:20=	19:40=
00:31=	00:49=	00:41=	00:47=	02:25=	00:28=	00:32=	00:15=	00:57=	00:27=	00:25=	01:56=	00:53=	00:16=	01:26=	00:23=	00:46=	00:16=	00:24=	00:33=	00:41=	00:42=	00:42=	01:09=	00:56=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
20:41=	21:00=																								
01:01=	00:19=																								
00:00=	00:00=																								

2	Magnus Landstad	3507	21:18																						
00:36+	01:32+	02:18+	02:51+	05:32+	06:01+	06:33+	06:47+	07:51+	08:20+	08:54+	10:53+	11:21+	11:38+	13:14+	13:36+	14:13+	14:32+	14:52+	15:22+	15:58+	16:38+	17:05+	18:21+	19:16+	19:37+
00:36+	00:56+	00:46+	00:33-	02:41+	00:29+	00:32=	00:14-	01:04+	00:29+	00:34+	01:59+	00:28-	00:17+	01:36+	00:22-	00:37-	00:19+	00:20-	00:30-	00:36-	00:40-	00:27-	01:16+	00:55-	00:21+
00:05#	00:07#	00:05#	00:14-	00:16#	00:01+	00:00=	00:01-	00:07#	00:02+	00:09&	00:03+	00:25-	00:01+	00:10#	00:01-	00:09-	00:03#	00:04-	00:03-	00:05-	00:02-	00:15-	00:07#	00:01-	00:01+
20:57+	21:18+																								
01:20+	00:21+																								
00:19&	00:02#																								

3	Oddgeir Eikeskog	1884	22:00																						
00:37+	01:35+	02:20+	02:59+	05:43+	06:14+	06:50+	07:06+	08:07+	08:37+	09:04+	11:18+	11:48+	12:04+	13:47+	14:09+	14:48+	15:07+	15:32+	16:11+	16:51+	17:40+	18:08+	19:24+	20:19+	20:40+
00:37+	00:58+	00:45+	00:39-	02:44+	00:31+	00:36+	00:16+	01:01+	00:30+	00:27+	02:14+	00:30-	00:16=	01:43+	00:22-	00:39-	00:19+	00:25+	00:39+	00:40-	00:49+	00:28-	01:16+	00:55-	00:21+
00:06#	00:09#	00:04+	00:08-	00:19#	00:03#	00:04#	00:01+	00:04+	00:03#	00:02+	00:18#	00:23-	00:00=	00:17#	00:01-	00:07-	00:03#	00:01+	00:06#	00:01-	00:07#	00:14-	00:07#	00:01-	00:01+
21:41+	22:00+																								
01:01=	00:19=																								
00:00=	00:00=																								

4	Jan-Rune Larsen Basso	1376	22:13																						
00:33+	01:25+	02:09+	02:55+	05:31+	06:01+	06:41+	06:57+	07:55+	08:25+	08:51+	10:47+	11:18+	11:35+	13:19+	13:44+	14:25+	14:44+	15:11+	15:53+	16:36+	17:30+	18:15+	19:30+	20:25+	20:44+
00:33+	00:52+	00:44+	00:46-	02:36+	00:30+	00:40+	00:16+	00:58+	00:30+	00:26+	01:56=	00:31-	00:17+	01:44+	00:25+	00:41-	00:19+	00:27+	00:42+	00:43+	00:54+	00:45+	01:15+	00:55-	00:19-
00:02+	00:03+	00:03+	00:01-	00:11+	00:02+	00:08#	00:01+	00:01+	00:03#	00:01+	00:00=	00:22-	00:01+	00:18#	00:02+	00:05-	00:03#	00:03#	00:09&	00:02+	00:12&	00:03+	00:06+	00:01-	00:01-
21:52+	22:13+																								
01:08+	00:21+																								
00:07#	00:02#																								

5	Geir Sand	722	22:21																						
00:33+	01:29+	02:09+	02:42-	05:17+	05:49+	06:44+	06:56+	07:56+	08:28+	08:53+	10:48+	11:18+	11:36+	13:19+	13:43+	14:28+	14:45+	15:25+	16:05+	17:09+	17:56+	18:38+	19:44+	20:35+	20:53+
00:33+	00:56+	00:40-	00:33-	02:35+	00:32+	00:55+	00:12-	01:00+	00:32+	00:25=	01:55-	00:30-	00:18+	01:43+	00:24+	00:45-	00:17+	00:40+	00:40+	01:04+	00:47+	00:42=	01:06-	00:51-	00:18-
00:02+	00:07#	00:01-	00:14-	00:10+	00:04#	00:23&	00:03-	00:03+	00:05#	00:00=	00:01-	00:23-	00:02#	00:17#	00:01+	00:01-	00:01+	00:16&	00:07#	00:23&	00:05#	00:00=	00:03-	00:05-	00:02-
21:55+	22:21+																								
01:02+	00:26+																								
00:01+	00:07&																								

6	Oddvar Taksdal	3522	22:56																						
00:37+	01:33+	02:16+	02:52+	05:36+	06:07+	06:45+	06:59+	08:00+	08:32+	09:01+	11:16+	11:49+	12:09+	13:58+	14:21+	15:03+	15:21+	15:59+	16:51+	17:40+	18:29+	18:57+	20:12+	21:11+	21:31+
00:37+	00:56+	00:43+	00:36-	02:44+	00:31+	00:38+	00:14-	01:01+	00:32+	00:29+	02:15+	00:33-	00:20+	01:49+	00:23=	00:42-	00:18+	00:38+	00:52+	00:49+	00:49+	00:28-	01:15+	00:59+	00:20=
00:06#	00:07#	00:02+	00:11-	00:19#	00:03#	00:06#	00:01-	00:04+	00:05#	00:04#	00:19#	00:20-	00:04#	00:23&	00:00=	00:04-	00:02#	00:14&	00:19&	00:08#	00:07#	00:14-	00:06+	00:03+	00:00=
22:34+	22:56+																								
01:03+	00:22+																								
00:02+	00:03#																								

Herrer B

7	Tom Furland	769	23:14																						
00:38+	01:36+	02:21+	02:56+	05:45+	06:17+	06:57+	07:12+	08:16+	08:51+	09:26+	11:31+	12:03+	12:20+	14:31+	14:53+	15:36+	15:53+	16:17+	16:56+	17:39+	18:30+	19:06+	20:27+	21:33+	21:53+
00:38+	00:58+	00:45+	00:35-	02:49+	00:32+	00:40+	00:15=	01:04+	00:35+	00:35+	02:05+	00:32-	00:17+	02:11+	00:22-	00:43-	00:17+	00:24=	00:39+	00:43+	00:51+	00:36-	01:21+	01:06+	00:20=
00:07#	00:09#	00:04+	00:12-	00:24#	00:04#	00:08#	00:00=	00:07#	00:08&	00:10&	00:09+	00:21-	00:01+	00:45&	00:01-	00:03-	00:01+	00:00=	00:06#	00:02+	00:09#	00:06-	00:12#	00:10#	00:00=
22:53+	23:14+																								
01:00-	00:21+																								
00:01-	00:02#																								
8	Tallak Langmyr	3552	23:23																						
00:37+	01:31+	02:19+	02:57+	05:48+	06:18+	06:50+	07:05+	08:22+	08:52+	09:21+	11:42+	12:15+	12:34+	14:22+	14:47+	15:32+	15:53+	16:13+	16:59+	17:42+	18:54+	19:24+	20:43+	21:39+	21:59+
00:37+	00:54+	00:48+	00:38+	02:51+	00:30+	00:32+	00:15+	01:17+	00:30+	00:29+	02:21+	00:33+	00:19+	01:48+	00:25+	00:45+	00:21+	00:20+	00:46+	00:43+	01:12+	00:30+	01:19+	00:56+	00:20+
00:37+	00:54+	00:48+	00:38+	02:51+	00:30+	00:32+	00:15+	01:17+	00:30+	00:29+	02:21+	00:33+	00:19+	01:48+	00:25+	00:45+	00:21+	00:20+	00:46+	00:43+	01:12+	00:30+	01:19+	00:56+	00:20+
23:05+	23:23+																								
01:06+	00:18+																								
01:06+	00:18+																								
9	Arne Eirik Nielsen	3588	23:33																						
00:37+	01:41+	02:24+	02:58+	05:33+	06:03+	06:59+	07:17+	08:18+	08:46+	09:13+	11:53+	12:44+	12:59+	14:43+	15:08+	16:21+	16:41+	17:13+	17:47+	18:30+	19:19+	19:47+	21:01+	21:54+	22:13+
00:37+	01:04+	00:43+	00:34+	02:35+	00:30+	00:56+	00:18+	01:01+	00:28+	00:27+	02:40+	00:51+	00:15+	01:44+	00:25+	01:13+	00:20+	00:32+	00:34+	00:43+	00:49+	00:28+	01:14+	00:53+	00:19+
00:37+	01:04+	00:43+	00:34+	02:35+	00:30+	00:56+	00:18+	01:01+	00:28+	00:27+	02:40+	00:51+	00:15+	01:44+	00:25+	01:13+	00:20+	00:32+	00:34+	00:43+	00:49+	00:28+	01:14+	00:53+	00:19+
23:13+	23:33+																								
01:00+	00:20+																								
01:00+	00:20+																								
10	Tor Gunnar Aksland	1683	23:47																						
00:33+	01:28+	02:14+	02:58+	05:35+	06:06+	06:50+	07:11+	08:09+	08:38+	09:07+	11:09+	11:40+	12:00+	13:51+	14:16+	16:14+	16:35+	16:59+	17:31+	18:15+	19:02+	19:29+	20:43+	21:43+	22:08+
00:33+	00:55+	00:46+	00:44+	02:37+	00:31+	00:44+	00:21+	00:58+	00:29+	00:29+	02:02+	00:31+	00:20+	01:51+	00:25+	01:58+	00:21+	00:24+	00:32+	00:44+	00:47+	00:27+	01:14+	01:00+	00:25+
00:33+	00:55+	00:46+	00:44+	02:37+	00:31+	00:44+	00:21+	00:58+	00:29+	00:29+	02:02+	00:31+	00:20+	01:51+	00:25+	01:58+	00:21+	00:24+	00:32+	00:44+	00:47+	00:27+	01:14+	01:00+	00:25+
23:10+	23:47+																								
01:02+	00:37+																								
01:02+	00:37+																								
11	Joar Eilevstjøn	2342	24:29																						
00:35+	01:27+	02:09+	03:15+	05:54+	06:56+	07:31+	07:49+	08:53+	09:24+	09:53+	11:59+	12:30+	12:49+	14:47+	15:09+	16:42+	17:05+	17:36+	18:13+	19:02+	19:46+	20:26+	21:41+	22:45+	23:04+
00:35+	00:52+	00:42+	01:06+	02:39+	01:02+	00:35+	00:18+	01:04+	00:31+	00:29+	02:06+	00:31+	00:19+	01:58+	00:22+	01:33+	00:23+	00:31+	00:37+	00:49+	00:44+	00:40+	01:15+	01:04+	00:19+
00:35+	00:52+	00:42+	01:06+	02:39+	01:02+	00:35+	00:18+	01:04+	00:31+	00:29+	02:06+	00:31+	00:19+	01:58+	00:22+	01:33+	00:23+	00:31+	00:37+	00:49+	00:44+	00:40+	01:15+	01:04+	00:19+
24:11+	24:29+																								
01:07+	00:18+																								
01:07+	00:18+																								
12	Trond Sigurd Fotland	3507	24:37																						
00:39+	01:36+	02:19+	02:52+	05:36+	06:08+	06:47+	07:06+	08:27+	09:03+	09:32+	12:01+	12:35+	12:55+	15:05+	15:32+	16:11+	16:32+	16:55+	17:40+	18:24+	19:27+	20:20+	21:40+	22:40+	23:03+
00:39+	00:57+	00:43+	00:33+	02:44+	00:32+	00:39+	00:19+	01:21+	00:36+	00:29+	02:29+	00:34+	00:20+	02:10+	00:27+	00:39+	00:21+	00:23+	00:45+	00:44+	01:03+	00:53+	01:20+	01:00+	00:23+
00:39+	00:57+	00:43+	00:33+	02:44+	00:32+	00:39+	00:19+	01:21+	00:36+	00:29+	02:29+	00:34+	00:20+	02:10+	00:27+	00:39+	00:21+	00:23+	00:45+	00:44+	01:03+	00:53+	01:20+	01:00+	00:23+
24:15+	24:37+																								
01:12+	00:22+																								
01:12+	00:22+																								
13	Jørgen Breivold	3529	25:20																						
00:38+	01:49+	02:40+	03:18+	06:01+	06:36+	07:27+	07:53+	08:57+	09:38+	10:08+	12:15+	12:49+	13:09+	15:49+	16:14+	17:09+	17:42+	18:10+	18:49+	19:44+	20:41+	21:11+	22:21+	23:20+	23:53+
00:38+	01:11+	00:51+	00:38+	02:43+	00:35+	00:51+	00:26+	01:04+	00:41+	00:30+	02:07+	00:34+	00:20+	02:40+	00:25+	00:55+	00:33+	00:28+	00:39+	00:55+	00:57+	00:30+	01:10+	00:59+	00:33+
00:38+	01:11+	00:51+	00:38+	02:43+	00:35+	00:51+	00:26+	01:04+	00:41+	00:30+	02:07+	00:34+	00:20+	02:40+	00:25+	00:55+	00:33+	00:28+	00:39+	00:55+	00:57+	00:30+	01:10+	00:59+	00:33+
24:58+	25:20+																								
01:05+	00:22+																								
01:05+	00:22+																								
14	Jone Sæbbø	3516	25:47																						
00:48+	01:44+	02:30+	03:08+	05:51+	06:26+	07:23+	07:59+	08:49+	09:25+	09:57+	12:24+	13:00+	13:25+	15:32+	15:56+	16:43+	17:03+	17:32+	18:38+	19:31+	20:33+	21:07+	22:31+	23:42+	24:06+
00:48+	00:56+	00:46+	00:38+	02:43+	00:35+	00:57+	00:16+	01:10+	00:36+	00:32+	02:27+	00:36+	00:25+	02:07+	00:24+	00:47+	00:20+	00:29+	01:06+	00:53+	01:02+	00:34+	01:24+	01:11+	00:24+
00:48+	00:56+	00:46+	00:38+	02:43+	00:35+	00:57+	00:16+	01:10+	00:36+	00:32+	02:27+	00:36+	00:25+	02:07+	00:24+	00:47+	00:20+	00:29+	01:06+	00:53+	01:02+	00:34+	01:24+	01:11+	00:24+
25:21+	25:47+																								
01:15+	00:26+																								
01:15+	00:26+																								

Herrer B

15	Espen Fyhn Nilsen	1683	31:25																						
00:45+	01:59+	02:56+	03:51+	07:34+	08:19+	09:23+	09:45+	11:06+	11:52+	12:29+	15:14+	16:10+	16:47+	19:07+	19:41+	20:42+	21:08+	21:45+	22:37+	23:44+	25:20+	26:10+	27:50+	29:10+	29:38+
00:45+	01:14+	00:57+	00:55+	03:43+	00:45+	01:04+	00:22+	01:21+	00:46+	00:37+	02:45+	00:56+	00:37+	02:20+	00:34+	01:01+	00:26+	00:37+	00:52+	01:07+	01:36+	00:50+	01:40+	01:20+	00:28+
00:45+	01:14+	00:57+	00:55+	03:43+	00:45+	01:04+	00:22+	01:21+	00:46+	00:37+	02:45+	00:56+	00:37+	02:20+	00:34+	01:01+	00:26+	00:37+	00:52+	01:07+	01:36+	00:50+	01:40+	01:20+	00:28+
30:58+	31:25+																								
01:20+	00:27+																								
01:20+	00:27+																								

Beste strekktid for klassen

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

Herrer C

1	Lars Drage	3583	19:47																						
00:55=	02:10=	04:50=	05:35=	05:50=	06:05=	07:02=	07:29=	09:11=	10:04=	10:39=	12:10=	12:33=	13:47=	14:29=	15:08=	15:38=	17:04=	18:03=	18:23=	19:24=	19:47=				
00:55=	01:15=	02:40=	00:45=	00:15=	00:15=	00:57=	00:27=	01:42=	00:53=	00:35=	01:31=	00:23=	01:14=	00:42=	00:39=	00:30=	01:26=	00:59=	00:20=	01:01=	00:23=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Henning Sundby	3486	20:08																						
00:51-	02:02-	04:33-	05:16-	05:48-	06:03-	07:04+	07:31+	09:09-	09:57-	10:32-	12:53+	13:16+	14:10+	14:53+	15:44+	16:12+	17:21+	18:15+	18:37+	19:42+	20:08+				
00:51-	01:11-	02:31-	00:43-	00:32+	00:15=	01:01+	00:27=	01:38-	00:48-	00:35=	02:21+	00:23=	00:54-	00:43+	00:51+	00:28-	01:09-	00:54-	00:22+	01:05+	00:26+				
00:04-	00:04-	00:09-	00:02-	00:17@	00:00=	00:04+	00:00=	00:04-	00:05-	00:00=	00:50&	00:00=	00:20-	00:01+	00:12&	00:02-	00:17-	00:05-	00:02#	00:04+	00:03#				
3	Morten Aamodt	1683	20:18																						
00:57+	02:11+	04:50=	05:35=	05:54+	06:10+	07:14+	07:43+	09:29+	10:23+	11:01+	12:54+	13:19+	14:19+	14:56+	15:42+	16:09+	17:23+	18:29+	18:52+	19:56+	20:18+				
00:57+	01:14-	02:39-	00:45=	00:19+	00:16+	01:04+	00:29+	01:46+	00:54+	00:38+	01:53+	00:25+	01:00-	00:37-	00:46+	00:27-	01:14-	01:06+	00:23+	01:04+	00:22-				
00:02+	00:01-	00:01-	00:00=	00:04&	00:01+	00:07#	00:02+	00:04+	00:01+	00:03+	00:22#	00:02+	00:14-	00:05-	00:07#	00:03-	00:12-	00:07#	00:03#	00:03+	00:01-				
4	Terje Michaelsen	3511	20:40																						
00:58+	02:22+	05:03+	05:47+	06:06+	06:19+	07:16+	07:41+	09:24+	10:15+	10:46+	12:59+	13:24+	14:45+	15:21+	16:03+	16:37+	17:56+	18:55+	19:18+	20:21+	20:40+				
00:58+	01:24+	02:41+	00:44-	00:19+	00:13-	00:57=	00:25-	01:43+	00:51-	00:31-	02:13+	00:25+	01:21+	00:36-	00:42+	00:34+	01:19-	00:59=	00:23+	01:03+	00:19-				
00:03+	00:09#	00:01+	00:01-	00:04&	00:02-	00:00=	00:02-	00:01+	00:02-	00:04-	00:42&	00:02+	00:07+	00:06-	00:03+	00:04#	00:07-	00:00=	00:03#	00:02+	00:04-				
5	Kjetil Wirak	3486	21:00																						
00:58+	02:17+	05:09+	05:57+	06:20+	06:37+	07:37+	08:07+	09:51+	10:42+	11:19+	13:12+	13:38+	14:37+	15:17+	16:40+	17:06+	18:19+	19:17+	19:37+	20:40+	21:00+				
00:58+	01:19+	02:52+	00:48+	00:23+	00:17+	01:00+	00:30+	01:44+	00:51-	00:37+	01:53+	00:26+	00:59-	00:40-	01:23+	00:26-	01:13-	00:58-	00:20=	01:03+	00:20-				
00:03+	00:04+	00:12+	00:03+	00:08&	00:02#	00:03+	00:03#	00:02+	00:02-	00:02+	00:22#	00:03#	00:15-	00:02-	00:44@	00:04-	00:13-	00:01-	00:00=	00:02+	00:03-				
6	Oddmund Nordgård	722	21:53																						
01:03+	02:25+	05:27+	06:13+	06:32+	06:49+	07:52+	08:24+	10:21+	11:21+	11:59+	13:34+	14:00+	14:50+	15:40+	16:29+	17:08+	18:32+	19:32+	20:19+	21:31+	21:53+				
01:03+	01:22+	03:02+	00:46+	00:19+	00:17+	01:03+	00:32+	01:57+	01:00+	00:38+	01:35+	00:26+	00:50-	00:50+	00:49+	00:39+	01:24-	01:00+	00:47+	01:12+	00:22-				
00:08#	00:07+	00:22#	00:01+	00:04&	00:02#	00:06#	00:05#	00:15#	00:07#	00:03+	00:04+	00:03#	00:24-	00:08#	00:10&	00:09&	00:02-	00:01+	00:27@	00:11#	00:01-				
7	Jan-Einar Øvremo	1119	21:54																						
00:56+	02:14+	05:16+	06:11+	06:28+	07:07+	08:09+	08:48+	10:38+	11:39+	12:23+	13:58+	14:23+	15:16+	16:01+	16:51+	17:27+	18:54+	19:59+	20:21+	21:32+	21:54+				
00:56+	01:18+	03:02+	00:55+	00:17+	00:39+	01:02+	00:39+	01:50+	01:01+	00:44+	01:35+	00:25+	00:53-	00:45+	00:50+	00:36+	01:27+	01:05+	00:22+	01:11+	00:22-				
00:01+	00:03+	00:22#	00:10#	00:02#	00:24@	00:05+	00:12&	00:08+	00:08#	00:09&	00:04+	00:02+	00:21-	00:03+	00:11&	00:06#	00:01+	00:06#	00:02#	00:10#	00:01-				
8	Stein Arne Olsen	874	21:54																						
01:00+	02:23+	05:17+	06:07+	06:22+	06:38+	07:48+	08:17+	10:16+	11:15+	11:54+	13:48+	14:13+	15:06+	15:55+	16:49+	17:25+	18:48+	19:47+	20:08+	21:32+	21:54+				
01:00+	01:23+	02:54+	00:50+	00:15=	00:16+	01:10+	00:29+	01:59+	00:59+	00:39+	01:54+	00:25+	00:53-	00:49+	00:54+	00:36+	01:23-	00:59=	00:21+	01:24+	00:22-				
00:05+	00:08#	00:14+	00:05#	00:00=	00:01+	00:13#	00:02+	00:17#	00:06#	00:04#	00:23&	00:02+	00:21-	00:07#	00:15&	00:06#	00:03-	00:00=	00:01+	00:23&	00:01-				
9	Svein Oddvar Netland	1683	22:29																						
01:01+	02:25+	05:29+	06:21+	06:41+	07:03+	08:06+	08:39+	10:32+	11:35+	12:12+	14:01+	14:32+	15:27+	16:17+	17:04+	17:41+	19:11+	20:15+	20:52+	22:10+	22:29+				
01:01+	01:24+	03:04+	00:52+	00:20+	00:22+	01:03+	00:33+	01:53+	01:03+	00:37+	01:49+	00:31+	00:55-	00:50+	00:47+	00:37+	01:30+	01:04+	00:37+	01:18+	00:19-				
00:06#	00:09#	00:24#	00:07#	00:05&	00:07&	00:06#	00:06#	00:11#	00:10#	00:02+	00:18#	00:08&	00:19-	00:08#	00:08#	00:07#	00:04+	00:05+	00:17&	00:17&	00:04-				
10	Pål H. Gjerden	1683	22:35																						
01:01+	02:27+	05:14+	06:06+	06:30+	06:45+	07:59+	08:31+	10:24+	11:21+	12:05+	13:51+	14:21+	15:21+	16:09+	17:07+	17:45+	19:38+	20:38+	21:04+	22:13+	22:35+				
01:01+	01:26+	02:47+	00:52+	00:24+	00:15=	01:14+	00:32+	01:53+	00:57+	00:44+	01:46+	00:30+	01:00-	00:48+	00:58+	00:38+	01:53+	01:00+	00:26+	01:09+	00:22-				
00:06#	00:11#	00:07+	00:07#	00:09&	00:00=	00:17&	00:05#	00:11#	00:04+	00:09&	00:15#	00:07&	00:14-	00:06#	00:19&	00:08&	00:27&	00:01+	00:06&	00:08#	00:01-				
11	Leif Kjetil Hinna Gausel	1683	22:46																						
01:00+	02:21+	05:23+	06:14+	06:35+	06:50+	07:59+	08:29+	10:20+	11:20+	11:59+	14:18+	14:47+	15:53+	16:47+	17:44+	18:17+	19:41+	20:39+	21:02+	22:26+	22:46+				
01:00+	01:21+	03:02+	00:51+	00:21+	00:15=	01:09+	00:30+	01:51+	01:00+	00:39+	02:19+	00:29+	01:06-	00:54+	00:57+	00:33+	01:24-	00:58-	00:23+	01:24+	00:20-				
00:05+	00:06+	00:22#	00:06#	00:00=	00:00=	00:12#	00:03#	00:09+	00:07#	00:04#	00:18&	00:06&	00:08-	00:12&	00:18&	00:03#	00:02-	00:01-	00:03#	00:23&	00:20-				

Herrer C

12	Bertrand Denieul	877	22:53
01:02+	02:24+	05:24+	06:12+
07:16+	07:36+	08:53+	09:22+
11:14+	12:08+	12:42+	14:41+
15:10+	16:20+	17:01+	17:52+
18:22+	19:44+	20:47+	21:10+
22:14+	22:53+		
01:02+	01:22+	03:00+	00:48+
01:04+	00:20+	01:17+	00:29+
01:52+	00:54+	00:34-	01:59+
00:29+	01:10-	00:41-	00:51+
00:30+	00:04-	00:01-	00:12&
00:00+	00:04+	00:03#	00:03+
00:07#	00:07+	00:20#	00:03+
00:03+	00:03+	00:02+	00:10+
00:01+	00:01+	00:01-	00:28&
00:06&			00:06&
13	Nils John Vestøl	3541	23:13
00:56+	02:18+	05:29+	06:20+
06:42+	06:58+	08:02+	08:33+
10:22+	11:25+	12:01+	13:57+
14:21+	15:09+	16:00+	17:04+
17:51+	19:24+	21:16+	21:38+
22:54+	23:13+		
00:56+	01:22+	03:11+	00:51+
00:22+	00:16+	01:04+	00:31+
01:49+	01:03+	00:36+	01:56+
00:24+	00:48+	00:51+	01:04+
00:47+	01:33+	01:52+	00:22+
01:16+	00:19+		
00:56+	01:22+	03:11+	00:51+
00:22+	00:16+	01:04+	00:31+
01:49+	01:03+	00:36+	01:56+
00:24+	00:48+	00:51+	01:04+
00:47+	01:33+	01:52+	00:22+
01:16+	00:19+		
14	Geir Frøylog	3502	24:37
01:03+	02:38+	06:03+	07:02+
07:20+	07:39+	08:58+	09:34+
11:34+	12:46+	13:22+	15:28+
16:03+	17:26+	18:12+	19:02+
19:42+	21:22+	22:31+	23:00+
24:15+	24:37+		
01:03+	01:35+	03:25+	00:59+
00:18+	00:19+	01:19+	00:36+
02:00+	01:12+	00:36+	02:06+
00:35+	01:23+	00:46+	00:50+
00:40+	01:40+	01:09+	00:29+
01:15+	00:22+		
01:03+	01:35+	03:25+	00:59+
00:18+	00:19+	01:19+	00:36+
02:00+	01:12+	00:36+	02:06+
00:35+	01:23+	00:46+	00:50+
00:40+	01:40+	01:09+	00:29+
01:15+	00:22+		
15	Paul Terje Haarr	769	24:41
01:08+	02:34+	05:36+	06:27+
06:54+	07:13+	08:47+	09:20+
11:18+	12:28+	13:15+	15:49+
16:16+	17:47+	18:33+	19:27+
20:07+	21:38+	22:49+	23:14+
24:20+	24:41+		
01:08+	01:26+	03:02+	00:51+
00:27+	00:19+	01:34+	00:33+
01:58+	01:10+	00:47+	02:34+
00:27+	01:31+	00:46+	00:54+
00:40+	01:31+	01:11+	00:25+
01:06+	00:21+		
01:08+	01:26+	03:02+	00:51+
00:27+	00:19+	01:34+	00:33+
01:58+	01:10+	00:47+	02:34+
00:27+	01:31+	00:46+	00:54+
00:40+	01:31+	01:11+	00:25+
01:06+	00:21+		
16	Geir Haugvaldstad	465	25:31
01:09+	03:09+	06:31+	07:29+
07:52+	08:09+	09:24+	10:39+
11:05+	13:03+	14:00+	14:39+
17:02+	17:32+	18:56+	19:39+
20:27+	21:01+	22:15+	23:22+
23:47+	25:09+	25:31+	
01:09+	02:00+	03:22+	00:58+
00:23+	00:17+	01:15+	01:15+
00:26+	01:58+	00:57+	00:39+
02:23+	00:30+	01:24+	00:43+
00:48+	00:34+	01:14+	01:07+
00:25+	01:22+	00:22+	
01:09+	02:00+	03:22+	00:58+
00:23+	00:17+	01:15+	01:15+
00:26+	01:58+	00:57+	00:39+
02:23+	00:30+	01:24+	00:43+
00:48+	00:34+	01:14+	01:07+
00:25+	01:22+	00:22+	
17	Øivind Berggraf	1683	25:39
01:37+	03:13+	06:29+	07:24+
07:46+	08:10+	09:20+	09:56+
11:59+	13:08+	14:10+	16:13+
16:46+	18:03+	18:51+	19:48+
20:42+	22:20+	23:27+	23:54+
25:11+	25:39+		
01:37+	01:36+	03:16+	00:55+
00:22+	00:24+	01:10+	00:36+
02:03+	01:09+	01:02+	02:03+
00:33+	01:17+	00:48+	00:57+
00:54+	01:38+	01:07+	00:27+
01:17+	00:28+		
01:37+	01:36+	03:16+	00:55+
00:22+	00:24+	01:10+	00:36+
02:03+	01:09+	01:02+	02:03+
00:33+	01:17+	00:48+	00:57+
00:54+	01:38+	01:07+	00:27+
01:17+	00:28+		
18	Svein-Erik Kvame	1683	26:49
01:07+	03:23+	06:56+	07:54+
08:17+	08:35+	09:47+	10:20+
12:32+	13:34+	14:15+	16:53+
17:21+	18:29+	19:20+	20:51+
21:27+	22:58+	24:03+	24:34+
26:17+	26:49+		
01:07+	02:16+	03:33+	00:58+
00:23+	00:18+	01:12+	00:33+
02:12+	01:02+	00:41+	02:38+
00:28+	01:08+	00:51+	01:31+
00:36+	01:31+	01:05+	00:31+
01:43+	00:32+		
01:07+	02:16+	03:33+	00:58+
00:23+	00:18+	01:12+	00:33+
02:12+	01:02+	00:41+	02:38+
00:28+	01:08+	00:51+	01:31+
00:36+	01:31+	01:05+	00:31+
01:43+	00:32+		
19	Ove Oaland	1683	27:57
01:30+	03:06+	06:42+	07:41+
08:06+	08:27+	09:42+	10:22+
12:30+	13:44+	14:29+	16:41+
17:26+	17:55+	19:41+	20:39+
21:52+	22:35+	24:08+	25:22+
25:57+	27:29+	27:57+	
01:30+	01:36+	03:36+	00:59+
00:25+	00:21+	01:15+	00:40+
02:08+	01:14+	00:45+	02:12+
00:45+	00:29+	01:46+	00:58+
01:13+	00:43+	01:33+	01:14+
00:35+	01:32+	00:28+	
01:30+	01:36+	03:36+	00:59+
00:25+	00:21+	01:15+	00:40+
02:08+	01:14+	00:45+	02:12+
00:45+	00:29+	01:46+	00:58+
01:13+	00:43+	01:33+	01:14+
00:35+	01:32+	00:28+	
20	Erling Maudal	3541	27:59
01:03+	02:43+	06:12+	07:09+
07:46+	08:03+	09:31+	10:37+
13:24+	14:34+	15:22+	17:49+
18:25+	20:07+	21:05+	22:09+
22:49+	24:22+	25:38+	26:07+
27:32+	27:59+		
01:03+	01:40+	03:29+	00:57+
00:17+	01:28+	01:06+	01:10+
00:48+	02:27+	00:36+	01:42+
00:58+	01:04+	00:40+	01:33+
01:16+	00:29+	01:25+	00:27+
01:03+	01:40+	03:29+	00:57+
00:37+	00:17+	01:28+	01:06+
02:47+	01:10+	00:48+	02:27+
00:36+	01:42+	00:58+	01:04+
00:40+	01:33+	01:16+	00:29+
01:25+	00:27+		

Beste strekktid for klassen

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

Herrer Ny

1	Nikolay Khorunzhiy	NOTEAM	21:59
01:11=	03:29=	04:25=	06:46=
09:47=	11:25=	12:47=	13:43=
15:48=	17:13=	17:24=	18:42=
21:45=	21:59=		
01:11=	02:18=	00:56=	02:21=
00:56=	02:05=	01:38=	01:22=
00:56=	02:05=	00:56=	02:05=
01:25=	00:11=	01:18=	03:03=
00:14=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Jacek Jagodzinski	3486	22:34
01:13+	02:17-	03:02-	04:58-
06:33-	08:03-	08:59-	10:38-
11:18-	12:28-	15:20-	15:39-
19:31+	22:03+	22:34+	
01:13+	01:04-	00:45-	01:56-
01:35+	01:30-	00:56-	01:39+
00:40-	01:10-	02:52+	00:19+
03:52+	02:32-	00:31+	
00:02+	01:14-	00:11-	00:25-
00:39&	00:35-	00:42-	00:17#
00:16-	00:55-	01:27@	00:08&
02:34@	00:31-	00:17@	
3	Elga Silaban	1283	25:18
00:57-	02:55-	03:50-	05:33-
06:23-	12:33+	13:34+	14:27+
16:38+	17:54+	19:18+	19:31+
21:12+	25:01+	25:18+	
00:57-	01:58-	00:55-	01:43-
00:50-	06:10+	01:01-	00:53-
02:11+	01:16-	01:24-	00:13+
01:41+	03:49+	00:17+	
00:14-	00:20-	00:01-	00:38-
00:06-	04:05@	00:37-	00:29-
01:15@	00:49-	00:01-	00:02#
00:23&	00:46&	00:03#	

Herrer Ny

4	Sebastien Thomas	3552	25:44											
00:59-	02:08-	02:48-	03:59-	05:30-	07:24-	08:11-	09:17-	09:42-	10:45-	13:45-	13:58-	22:04+	25:17+	25:44+
00:59-	01:09-	00:40-	01:11-	01:31+	01:54-	00:47-	01:06-	00:25-	01:03-	03:00+	00:13+	08:06+	03:13+	00:27+
00:12-	01:09-	00:16-	01:10-	00:35&	00:11-	00:51-	00:16-	00:31-	01:02-	01:35@	00:02#	06:48@	00:10+	00:13&

5	Augustine Okafor	1683	30:22											
01:53+	03:22+	04:28+	11:10+	13:25+	14:57+	16:12+	17:52+	19:08+	22:59+	24:49+	25:03+	27:01+	29:46+	30:22+
01:53+	01:29+	01:06+	06:42+	02:15+	01:32+	01:15+	01:40+	01:16+	03:51+	01:50+	00:14+	01:58+	02:45+	00:36+
01:53+	01:29+	01:06+	06:42+	02:15+	01:32+	01:15+	01:40+	01:16+	03:51+	01:50+	00:14+	01:58+	02:45+	00:36+

Beste strekktid for klassen

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

Herrer Trim

1	Torkel Schibevaag	3486	16:27											
00:53=	01:25=	02:30=	04:56=	05:24=	06:09=	07:28=	09:10=	10:10=	11:03=	13:19=	14:34=	14:59=	16:02=	16:27=
00:53=	00:32=	01:05=	02:26=	00:28=	00:45=	01:19=	01:42=	01:00=	00:53=	02:16=	01:15=	00:25=	01:03=	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=

2	Vegard Hausken	1683	16:32											
01:01+	01:34+	02:31+	05:22+	05:52+	06:55+	08:13+	10:05+	11:03+	11:55+	13:41+	14:45+	15:08+	16:09+	16:32+
01:01+	00:33+	00:57-	02:51+	00:30+	01:03+	01:18-	01:52+	00:58-	00:52-	01:46-	01:04-	00:23-	01:01-	00:23-
00:08#	00:01+	00:08-	00:25#	00:02+	00:18&	00:01-	00:10+	00:02-	00:01-	00:30-	00:11-	00:02-	00:02-	00:02-

3	Bartłomiej Lenart	1376	17:20											
01:00+	01:33+	02:31+	05:22+	05:53+	06:33+	07:36+	09:13+	10:20+	11:58+	13:45+	14:40+	15:23+	16:55+	17:20+
01:00+	00:33+	00:58-	02:51+	00:31+	00:40-	01:03-	01:37-	01:07+	01:38+	01:47-	00:55-	00:43+	01:32+	00:25=
00:07#	00:01+	00:07-	00:25#	00:03#	00:05-	00:16-	00:05-	00:07#	00:45&	00:29-	00:20-	00:18&	00:29&	00:00=

4	John Peder Samdal	3512	17:36											
01:12+	01:49+	02:45+	05:18+	05:54+	08:21+	09:34+	11:11+	12:08+	12:56+	14:36+	15:38+	16:03+	17:09+	17:36+
01:12+	00:37+	00:56-	02:33+	00:36+	02:27+	01:13-	01:37-	00:57-	00:48-	01:40-	01:02-	00:25=	01:06+	00:27+
00:19&	00:05#	00:09-	00:07+	00:08&	00:02+	00:13-	00:05-	00:03-	00:05-	00:36-	00:13-	00:00=	00:03+	00:02+

5	Hans Frode Andersen	3548	17:44											
01:03+	01:52+	02:48+	05:28+	06:04+	06:51+	07:57+	09:43+	10:55+	12:23+	14:19+	15:40+	16:05+	17:12+	17:44+
01:03+	00:49+	00:56-	02:40+	00:36+	00:47+	01:06-	01:46+	01:12+	01:28+	01:56-	01:21+	00:25=	01:07+	00:32+
00:10#	00:17&	00:09-	00:14+	00:08&	00:02+	00:13-	00:04+	00:12#	00:35&	00:20-	00:06+	00:00=	00:04+	00:07&

6	Eivind Baltzersen	1283	17:56											
01:03+	01:42+	02:36+	05:24+	05:59+	06:46+	08:03+	10:00+	11:24+	12:18+	14:50+	15:53+	16:16+	17:27+	17:56+
01:03+	00:39+	00:54-	02:48+	00:35+	00:47+	01:17-	01:57+	01:24+	00:54+	02:32+	01:03-	00:23-	01:11+	00:29+
00:10#	00:07#	00:11-	00:22#	00:07#	00:02+	00:02-	00:15#	00:24&	00:01+	00:16#	00:12-	00:02-	00:08#	00:04#

7	Svein Erik Bjørnsen	1376	17:57											
01:09+	01:50+	02:47+	05:34+	06:04+	06:55+	08:26+	10:25+	11:27+	12:30+	14:42+	15:50+	16:20+	17:25+	17:57+
01:09+	00:41+	00:57-	02:47+	00:30+	00:51+	01:31+	01:59+	01:02+	01:03+	02:12-	01:08-	00:30+	01:05+	00:32+
00:16&	00:09&	00:08-	00:21#	00:02+	00:06#	00:12#	00:17#	00:02+	00:10#	00:04-	00:07-	00:05#	00:02+	00:07&

8	Stig E. Ollestad	3519	18:40											
01:04+	03:02+	04:19+	07:00+	07:33+	08:11+	09:13+	11:01+	12:15+	13:05+	15:08+	16:36+	17:03+	18:13+	18:40+
01:04+	01:58+	01:17+	02:41+	00:33+	00:38-	01:02-	01:48+	01:14+	00:50-	02:03-	01:28+	00:27+	01:10+	00:27+
00:11#	01:26@	00:12#	00:15#	00:05#	00:07-	00:17-	00:06+	00:14#	00:03-	00:13-	00:13#	00:02+	00:07#	00:02+

9	Frode Halvor Lund	3516	18:44											
01:10+	01:54+	03:09+	06:02+	06:36+	07:21+	08:43+	10:51+	12:01+	13:04+	15:10+	16:23+	16:52+	18:09+	18:44+
01:10+	00:44+	01:15+	02:53+	00:34+	00:45=	01:22+	02:08+	01:10+	01:03+	02:06-	01:13-	00:29+	01:17+	00:35+
00:17&	00:12&	00:10#	00:27#	00:06#	00:00=	00:03+	00:26&	00:10#	00:10#	00:10-	00:02-	00:04#	00:14#	00:10&

10	Anders Klungre	3548	18:44											
01:02+	01:47+	02:45+	05:10+	05:40+	08:33+	09:44+	11:36+	12:43+	13:38+	15:37+	16:39+	17:05+	18:17+	18:44+
01:02+	00:45+	00:58-	02:25-	00:30+	02:53+	01:11-	01:52+	01:07+	00:55+	01:59-	01:02-	00:26+	01:12+	00:27+
00:09#	00:13&	00:07-	00:01-	00:02+	02:08@	00:08-	00:10+	00:07#	00:02+	00:17-	00:13-	00:01+	00:09#	00:02+

Herrer Trim

11	Per Olof Wallerstedt	3516	19:04
01:05+	01:44+ 02:40+ 05:43+ 06:16+ 07:01+	08:04+ 10:13+ 11:34+ 12:46+ 15:06+ 16:29+ 16:56+ 18:18+ 19:04+	
01:05+	00:39+ 00:56- 03:03+ 00:33+ 00:45=	01:03- 02:09+ 01:21+ 01:12+ 02:20+ 01:23+ 00:27+ 01:22+ 00:46+	
00:12#	00:07# 00:09- 00:37& 00:05# 00:00=	00:16- 00:27& 00:21& 00:19& 00:04+ 00:08# 00:02+ 00:19& 00:21&	
12	Alexander Khorunzhiy	1456	19:10
01:15+	01:55+ 03:11+ 06:31+ 07:03+ 07:53+	09:13+ 11:13+ 12:26+ 13:16+ 15:34+ 16:52+ 17:18+ 18:38+ 19:10+	
01:15+	00:40+ 01:16+ 03:20+ 00:32+ 00:50+	01:20+ 02:00+ 01:13+ 00:50+ 02:18+ 01:18+ 00:26+ 01:20+ 00:32+	
01:15+	00:40+ 01:16+ 03:20+ 00:32+ 00:50+	01:20+ 02:00+ 01:13+ 00:50+ 02:18+ 01:18+ 00:26+ 01:20+ 00:32+	
13	Arne Magne Sondresen	722	20:02
01:10+	01:52+ 03:10+ 06:16+ 06:49+ 07:44+	09:02+ 11:22+ 12:55+ 14:07+ 16:22+ 17:41+ 18:07+ 19:27+ 20:02+	
01:10+	00:42+ 01:18+ 03:06+ 00:33+ 00:55+	01:18+ 02:20+ 01:33+ 01:12+ 02:15+ 01:19+ 00:26+ 01:20+ 00:35+	
01:10+	00:42+ 01:18+ 03:06+ 00:33+ 00:55+	01:18+ 02:20+ 01:33+ 01:12+ 02:15+ 01:19+ 00:26+ 01:20+ 00:35+	
14	Marius Bergstøl Hvidsten	3533	20:42
01:33+	02:19+ 03:31+ 06:35+ 07:06+ 08:54+	10:13+ 12:24+ 13:52+ 15:10+ 17:25+ 18:36+ 19:02+ 20:17+ 20:42+	
01:33+	00:46+ 01:12+ 03:04+ 00:31+ 01:48+	01:19+ 02:11+ 01:28+ 01:18+ 02:15+ 01:11+ 00:26+ 01:15+ 00:25+	
01:33+	00:46+ 01:12+ 03:04+ 00:31+ 01:48+	01:19+ 02:11+ 01:28+ 01:18+ 02:15+ 01:11+ 00:26+ 01:15+ 00:25+	
15	Arild Svihus	892	21:29
01:12+	02:13+ 03:28+ 07:18+ 07:48+ 08:53+	10:17+ 12:13+ 13:39+ 14:51+ 17:29+ 19:09+ 19:41+ 20:55+ 21:29+	
01:12+	01:01+ 01:15+ 03:50+ 00:30+ 01:05+	01:24+ 01:56+ 01:26+ 01:12+ 02:38+ 01:40+ 00:32+ 01:14+ 00:34+	
01:12+	01:01+ 01:15+ 03:50+ 00:30+ 01:05+	01:24+ 01:56+ 01:26+ 01:12+ 02:38+ 01:40+ 00:32+ 01:14+ 00:34+	
16	John Øgreid	882	21:34
01:45+	02:31+ 03:46+ 06:53+ 07:36+ 08:14+	09:36+ 11:55+ 13:09+ 14:04+ 16:40+ 18:04+ 18:36+ 21:02+ 21:34+	
01:45+	00:46+ 01:15+ 03:07+ 00:43+ 00:38+	01:22+ 02:19+ 01:14+ 00:55+ 02:36+ 01:24+ 00:32+ 02:26+ 00:32+	
01:45+	00:46+ 01:15+ 03:07+ 00:43+ 00:38+	01:22+ 02:19+ 01:14+ 00:55+ 02:36+ 01:24+ 00:32+ 02:26+ 00:32+	
17	Matthieu Pereira-Pires	877	22:04
01:01+	01:44+ 05:16+ 08:06+ 08:48+ 09:40+	11:06+ 13:35+ 14:34+ 15:56+ 18:26+ 19:43+ 20:11+ 21:35+ 22:04+	
01:01+	00:43+ 03:32+ 02:50+ 00:42+ 00:52+	01:26+ 02:29+ 00:59+ 01:22+ 02:30+ 01:17+ 00:28+ 01:24+ 00:29+	
01:01+	00:43+ 03:32+ 02:50+ 00:42+ 00:52+	01:26+ 02:29+ 00:59+ 01:22+ 02:30+ 01:17+ 00:28+ 01:24+ 00:29+	
18	Tom Kåre Versland	722	22:15
02:25+	03:02+ 04:22+ 07:20+ 07:55+ 09:02+	10:18+ 12:34+ 13:49+ 15:10+ 17:29+ 19:10+ 19:40+ 21:43+ 22:15+	
02:25+	00:37+ 01:20+ 02:58+ 00:35+ 01:07+	01:16+ 02:16+ 01:15+ 01:21+ 02:19+ 01:41+ 00:30+ 02:03+ 00:32+	
02:25+	00:37+ 01:20+ 02:58+ 00:35+ 01:07+	01:16+ 02:16+ 01:15+ 01:21+ 02:19+ 01:41+ 00:30+ 02:03+ 00:32+	
19	Nils Egil Lie	3548	22:30
01:10+	02:08+ 03:36+ 07:09+ 07:52+ 08:41+	10:10+ 12:23+ 14:06+ 15:24+ 18:05+ 19:59+ 20:28+ 21:57+ 22:30+	
01:10+	00:58+ 01:28+ 03:33+ 00:43+ 00:49+	01:29+ 02:13+ 01:43+ 01:18+ 02:41+ 01:54+ 00:29+ 01:29+ 00:33+	
01:10+	00:58+ 01:28+ 03:33+ 00:43+ 00:49+	01:29+ 02:13+ 01:43+ 01:18+ 02:41+ 01:54+ 00:29+ 01:29+ 00:33+	
20	Jørgen Jærnes	3563	22:30
01:12+	01:52+ 02:56+ 06:18+ 06:51+ 07:45+	09:15+ 11:52+ 13:14+ 14:30+ 16:46+ 18:30+ 19:01+ 22:02+ 22:30+	
01:12+	00:40+ 01:04+ 03:22+ 00:33+ 00:54+	01:30+ 02:37+ 01:22+ 01:16+ 02:16+ 01:44+ 00:31+ 03:01+ 00:28+	
01:12+	00:40+ 01:04+ 03:22+ 00:33+ 00:54+	01:30+ 02:37+ 01:22+ 01:16+ 02:16+ 01:44+ 00:31+ 03:01+ 00:28+	
21	Frode Følgesvold	880	22:49
01:23+	02:11+ 03:29+ 07:12+ 08:00+ 09:17+	10:39+ 13:00+ 14:24+ 15:42+ 18:24+ 20:00+ 20:36+ 22:12+ 22:49+	
01:23+	00:48+ 01:18+ 03:43+ 00:48+ 01:17+	01:22+ 02:21+ 01:24+ 01:18+ 02:42+ 01:36+ 00:36+ 01:36+ 00:37+	
01:23+	00:48+ 01:18+ 03:43+ 00:48+ 01:17+	01:22+ 02:21+ 01:24+ 01:18+ 02:42+ 01:36+ 00:36+ 01:36+ 00:37+	
22	Sjur Bjerke	3525	23:04
01:14+	01:55+ 03:06+ 06:35+ 07:11+ 08:07+	10:10+ 13:15+ 14:38+ 15:53+ 19:02+ 20:22+ 20:52+ 22:31+ 23:04+	
01:14+	00:41+ 01:11+ 03:29+ 00:36+ 00:56+	02:03+ 03:05+ 01:23+ 01:15+ 03:09+ 01:20+ 00:30+ 01:39+ 00:33+	
01:14+	00:41+ 01:11+ 03:29+ 00:36+ 00:56+	02:03+ 03:05+ 01:23+ 01:15+ 03:09+ 01:20+ 00:30+ 01:39+ 00:33+	
23	Per Marthon Møland	880	23:52
01:31+	02:26+ 03:53+ 07:07+ 07:50+ 08:36+	09:47+ 12:03+ 13:21+ 15:29+ 17:40+ 19:06+ 19:37+ 23:17+ 23:52+	
01:31+	00:55+ 01:27+ 03:14+ 00:43+ 00:46+	01:11+ 02:16+ 01:18+ 02:08+ 02:11+ 01:26+ 00:31+ 03:40+ 00:35+	
01:31+	00:55+ 01:27+ 03:14+ 00:43+ 00:46+	01:11+ 02:16+ 01:18+ 02:08+ 02:11+ 01:26+ 00:31+ 03:40+ 00:35+	
24	Svein Sivertsen	3530	24:52
01:29+	02:21+ 04:00+ 07:37+ 08:12+ 09:14+	10:50+ 13:16+ 16:22+ 17:36+ 20:31+ 22:13+ 22:44+ 24:19+ 24:52+	
01:29+	00:52+ 01:39+ 03:37+ 00:35+ 01:02+	01:36+ 02:26+ 03:06+ 01:14+ 02:55+ 01:42+ 00:31+ 01:35+ 00:33+	
01:29+	00:52+ 01:39+ 03:37+ 00:35+ 01:02+	01:36+ 02:26+ 03:06+ 01:14+ 02:55+ 01:42+ 00:31+ 01:35+ 00:33+	

Herrer Trim

25	Thomas Romstad	1683	25:30													
01:21+	02:12+	03:24+	06:38+	07:09+	07:54+	09:23+	11:44+	13:04+	14:06+	21:33+	23:10+	23:36+	24:52+	25:30+		
01:21+	00:51+	01:12+	03:14+	00:31+	00:45+	01:29+	02:21+	01:20+	01:02+	07:27+	01:37+	00:26+	01:16+	00:38+		
01:21+	00:51+	01:12+	03:14+	00:31+	00:45+	01:29+	02:21+	01:20+	01:02+	07:27+	01:37+	00:26+	01:16+	00:38+		
26	Frank Gulbrandsen	722	26:02													
03:16+	04:03+	05:20+	09:08+	09:40+	10:55+	12:35+	15:20+	16:47+	18:30+	21:27+	23:02+	23:35+	25:10+	26:02+		
03:16+	00:47+	01:17+	03:48+	00:32+	01:15+	01:40+	02:45+	01:27+	01:43+	02:57+	01:35+	00:33+	01:35+	00:52+		
03:16+	00:47+	01:17+	03:48+	00:32+	01:15+	01:40+	02:45+	01:27+	01:43+	02:57+	01:35+	00:33+	01:35+	00:52+		
27	Tore Romon Tvedt	3518	26:37													
02:00+	03:06+	04:45+	08:47+	09:32+	10:36+	12:11+	14:52+	16:20+	17:42+	20:27+	22:31+	23:05+	25:49+	26:37+		
02:00+	01:06+	01:39+	04:02+	00:45+	01:04+	01:35+	02:41+	01:28+	01:22+	02:45+	02:04+	00:34+	02:44+	00:48+		
02:00+	01:06+	01:39+	04:02+	00:45+	01:04+	01:35+	02:41+	01:28+	01:22+	02:45+	02:04+	00:34+	02:44+	00:48+		
28	Andreas Primstad	3548	26:55													
03:27+	04:17+	05:26+	09:55+	10:46+	11:58+	13:48+	17:07+	18:44+	20:01+	23:01+	24:34+	25:01+	26:16+	26:55+		
03:27+	00:50+	01:09+	04:29+	00:51+	01:12+	01:50+	03:19+	01:37+	01:17+	03:00+	01:33+	00:27+	01:15+	00:39+		
03:27+	00:50+	01:09+	04:29+	00:51+	01:12+	01:50+	03:19+	01:37+	01:17+	03:00+	01:33+	00:27+	01:15+	00:39+		
29	Stephane Bordet	877	27:11													
01:39+	02:42+	04:45+	08:30+	09:06+	10:33+	13:08+	15:33+	17:11+	18:44+	22:27+	24:25+	25:00+	26:29+	27:11+		
01:39+	01:03+	02:03+	03:45+	00:36+	01:27+	02:35+	02:25+	01:38+	01:33+	03:43+	01:58+	00:35+	01:29+	00:42+		
01:39+	01:03+	02:03+	03:45+	00:36+	01:27+	02:35+	02:25+	01:38+	01:33+	03:43+	01:58+	00:35+	01:29+	00:42+		
30	Martin Lillesand	1884	27:45													
01:26+	02:20+	05:15+	09:01+	09:57+	11:17+	13:14+	16:01+	17:36+	18:56+	22:03+	23:52+	24:29+	27:00+	27:45+		
01:26+	00:54+	02:55+	03:46+	00:56+	01:20+	01:57+	02:47+	01:35+	01:20+	03:07+	01:49+	00:37+	02:31+	00:45+		
01:26+	00:54+	02:55+	03:46+	00:56+	01:20+	01:57+	02:47+	01:35+	01:20+	03:07+	01:49+	00:37+	02:31+	00:45+		
31	Ivar Aalbu	3502	27:47													
01:32+	02:20+	03:39+	11:17+	11:58+	13:17+	14:40+	17:11+	19:04+	20:37+	23:11+	25:02+	25:31+	27:09+	27:47+		
01:32+	00:48+	01:19+	07:38+	00:41+	01:19+	01:23+	02:31+	01:53+	01:33+	02:34+	01:51+	00:29+	01:38+	00:38+		
01:32+	00:48+	01:19+	07:38+	00:41+	01:19+	01:23+	02:31+	01:53+	01:33+	02:34+	01:51+	00:29+	01:38+	00:38+		
32	Jan Erik Rasmussen	3519	28:04													
01:28+	02:27+	03:54+	08:06+	09:01+	10:30+	12:33+	16:46+	18:41+	20:06+	23:10+	24:52+	25:23+	27:13+	28:04+		
01:28+	00:59+	01:27+	04:12+	00:55+	01:29+	02:03+	04:13+	01:55+	01:25+	03:04+	01:42+	00:31+	01:50+	00:51+		
01:28+	00:59+	01:27+	04:12+	00:55+	01:29+	02:03+	04:13+	01:55+	01:25+	03:04+	01:42+	00:31+	01:50+	00:51+		
33	Asgeir Kleppa	3511	28:24													
01:23+	02:32+	03:50+	07:52+	08:23+	09:31+	11:03+	13:39+	14:58+	15:58+	18:31+	19:45+	24:02+	25:44+	26:15+	27:46+	28:24+
01:23+	01:09+	01:18+	04:02+	00:31+	01:08+	01:32+	02:36+	01:19+	01:00+	02:33+	01:14+	04:17+	01:42+	00:31+	01:31+	00:38+
01:23+	01:09+	01:18+	04:02+	00:31+	01:08+	01:32+	02:36+	01:19+	01:00+	02:33+	01:14+	04:17+	01:42+	00:31+	01:31+	00:38+
34	Steinar Løgith Aase	2539	28:24													
01:29+	02:32+	04:14+	08:54+	09:35+	10:43+	13:00+	15:55+	17:40+	19:15+	22:40+	24:55+	25:42+	27:39+	28:24+		
01:29+	01:03+	01:42+	04:40+	00:41+	01:08+	02:17+	02:55+	01:45+	01:35+	03:25+	02:15+	00:47+	01:57+	00:45+		
01:29+	01:03+	01:42+	04:40+	00:41+	01:08+	02:17+	02:55+	01:45+	01:35+	03:25+	02:15+	00:47+	01:57+	00:45+		
35	Trond Vigedal	896	29:37													
01:45+	02:37+	04:13+	09:14+	09:53+	11:05+	13:52+	16:51+	20:28+	21:54+	24:15+	26:03+	26:37+	28:56+	29:37+		
01:45+	00:52+	01:36+	05:01+	00:39+	01:12+	02:47+	02:59+	03:37+	01:26+	02:21+	01:48+	00:34+	02:19+	00:41+		
01:45+	00:52+	01:36+	05:01+	00:39+	01:12+	02:47+	02:59+	03:37+	01:26+	02:21+	01:48+	00:34+	02:19+	00:41+		
36	Tom Leveraas	1884	29:52													
01:39+	02:40+	03:54+	07:16+	08:08+	09:21+	11:16+	13:35+	15:11+	16:11+	19:00+	20:32+	21:08+	29:23+	29:52+		
01:39+	01:01+	01:14+	03:22+	00:52+	01:13+	01:55+	02:19+	01:36+	01:00+	02:49+	01:32+	00:36+	08:15+	00:29+		
01:39+	01:01+	01:14+	03:22+	00:52+	01:13+	01:55+	02:19+	01:36+	01:00+	02:49+	01:32+	00:36+	08:15+	00:29+		
37	Kjell-Ole Topnes	1683	30:33													
02:40+	03:40+	05:28+	09:53+	10:40+	11:55+	13:44+	18:53+	20:28+	22:05+	25:28+	27:24+	28:11+	29:55+	30:33+		
02:40+	01:00+	01:48+	04:25+	00:47+	01:15+	01:49+	05:09+	01:35+	01:37+	03:23+	01:56+	00:47+	01:44+	00:38+		
02:40+	01:00+	01:48+	04:25+	00:47+	01:15+	01:49+	05:09+	01:35+	01:37+	03:23+	01:56+	00:47+	01:44+	00:38+		
38	Francesco Pierfelice	1683	30:42													
01:17+	02:14+	03:57+	09:23+	10:03+	11:11+	14:01+	17:00+	18:54+	21:48+	25:13+	27:17+	28:06+	30:06+	30:42+		
01:17+	00:57+	01:43+	05:26+	00:40+	01:08+	02:50+	02:59+	01:54+	02:54+	03:25+	02:04+	00:49+	02:00+	00:36+		
01:17+	00:57+	01:43+	05:26+	00:40+	01:08+	02:50+	02:59+	01:54+	02:54+	03:25+	02:04+	00:49+	02:00+	00:36+		

Class	Navn	Klasse												Tid
Herrer Trim														
39	Kim Kverneland	3548												32:36
01:26+	02:16+	03:35+	08:07+	08:55+	10:29+	12:47+	17:16+	19:28+	21:31+	26:03+	28:50+	29:37+	31:41+	32:36+
01:26+	00:50+	01:19+	04:32+	00:48+	01:34+	02:18+	04:29+	02:12+	02:03+	04:32+	02:47+	00:47+	02:04+	00:55+
01:26+	00:50+	01:19+	04:32+	00:48+	01:34+	02:18+	04:29+	02:12+	02:03+	04:32+	02:47+	00:47+	02:04+	00:55+
40	Sebastien Krajka	NOTEAM												35:08
01:47+	02:42+	04:12+	07:23+	09:26+	10:16+	12:02+	16:15+	17:30+	22:01+	25:33+	32:01+	32:34+	34:23+	35:08+
01:47+	00:55+	01:30+	03:11+	02:03+	00:50+	01:46+	04:13+	01:15+	04:31+	03:32+	06:28+	00:33+	01:49+	00:45+
01:47+	00:55+	01:30+	03:11+	02:03+	00:50+	01:46+	04:13+	01:15+	04:31+	03:32+	06:28+	00:33+	01:49+	00:45+
41	Svein Inge Sævereid	643												38:07
03:07+	04:23+	06:37+	12:47+	13:47+	15:16+	17:31+	21:59+	24:18+	26:18+	31:13+	33:17+	34:10+	36:55+	38:07+
03:07+	01:16+	02:14+	06:10+	01:00+	01:29+	02:15+	04:28+	02:19+	02:00+	04:55+	02:04+	00:53+	02:45+	01:12+
03:07+	01:16+	02:14+	06:10+	01:00+	01:29+	02:15+	04:28+	02:19+	02:00+	04:55+	02:04+	00:53+	02:45+	01:12+
42	Joar Fandrem	1141												38:22
03:14+	08:13+	09:43+	13:35+	14:37+	15:31+	21:49+	24:42+	28:05+	29:40+	33:04+	34:34+	35:11+	37:47+	38:22+
03:14+	04:59+	01:30+	03:52+	01:02+	00:54+	06:18+	02:53+	03:23+	01:35+	03:24+	01:30+	00:37+	02:36+	00:35+
03:14+	04:59+	01:30+	03:52+	01:02+	00:54+	06:18+	02:53+	03:23+	01:35+	03:24+	01:30+	00:37+	02:36+	00:35+
43	Bent Horpestad	722												39:47
01:27+	02:15+	03:35+	07:33+	08:14+	09:18+	10:38+	13:05+	14:41+	15:39+	35:22+	36:57+	37:31+	39:12+	39:47+
01:27+	00:48+	01:20+	03:58+	00:41+	01:04+	01:20+	02:27+	01:36+	00:58+	19:43+	01:35+	00:34+	01:41+	00:35+
01:27+	00:48+	01:20+	03:58+	00:41+	01:04+	01:20+	02:27+	01:36+	00:58+	19:43+	01:35+	00:34+	01:41+	00:35+
44	Jon Grepstad	3531												42:12
02:14+	03:20+	06:22+	12:35+	13:36+	16:05+	18:06+	21:47+	27:36+	29:46+	36:03+	38:18+	39:01+	41:16+	42:12+
02:14+	01:06+	03:02+	06:13+	01:01+	02:29+	02:01+	03:41+	05:49+	02:10+	06:17+	02:15+	00:43+	02:15+	00:56+
02:14+	01:06+	03:02+	06:13+	01:01+	02:29+	02:01+	03:41+	05:49+	02:10+	06:17+	02:15+	00:43+	02:15+	00:56+
45	Per Bakken	880												47:01
01:43+	02:49+	04:51+	09:11+	09:55+	11:49+	14:46+	17:45+	19:54+	21:44+	41:37+	43:24+	43:58+	46:08+	47:01+
01:43+	01:06+	02:02+	04:20+	00:44+	01:54+	02:57+	02:59+	02:09+	01:50+	19:53+	01:47+	00:34+	02:10+	00:53+
01:43+	01:06+	02:02+	04:20+	00:44+	01:54+	02:57+	02:59+	02:09+	01:50+	19:53+	01:47+	00:34+	02:10+	00:53+

Beste strekktid for klassen

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