

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Maren Benjaminsen</b>	<b>1832</b>	<b>34:13</b>									
03:49=	06:16=	07:36=	09:16=	13:47=	17:56=	21:15=	23:09=	27:37=	30:56=	31:54=	33:34=	34:13=
03:49=	02:27=	01:20=	01:40=	04:31=	04:09=	03:19=	01:54=	04:28=	03:19=	00:58=	01:40=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Rebecca Briedis</b>	<b>1754</b>	<b>40:00</b>									
03:47-	05:54-	07:28-	09:32+	18:03+	22:23+	25:20+	27:40+	32:31+	35:59+	37:10+	38:59+	40:00+
03:47-	02:07-	01:34+	02:04+	08:31+	04:20+	02:57-	02:20+	04:51+	03:28+	01:11+	01:49+	01:01+
00:02-	00:20-	00:14#	00:24#	04:00&	00:11+	00:22-	00:26#	00:23+	00:09+	00:13#	00:09+	00:22&
<b>3</b>	<b>Aina Kalsaas Urstad</b>	<b>3580</b>	<b>43:29</b>									
04:20+	05:55-	07:07-	08:47-	13:55+	17:56=	26:54+	28:54+	34:51+	38:22+	39:13+	42:47+	43:29+
04:20+	01:35-	01:12-	01:40=	05:08+	04:01-	08:58&	02:00+	05:57+	03:31+	00:51-	03:34+	00:42+
00:31#	00:52-	00:08-	00:00=	00:37#	00:08-	05:39&	00:06+	01:29&	00:12+	00:07-	01:54&	00:03+
<b>4</b>	<b>Hege Bakken</b>	<b>1754</b>	<b>46:21</b>									
04:52+	06:38+	08:35+	10:57+	16:38+	22:23+	25:57+	30:21+	38:11+	42:18+	43:31+	45:35+	46:21+
04:52+	01:46-	01:57+	02:22+	05:41+	05:45+	03:34+	04:24+	07:50+	04:07+	01:13+	02:04+	00:46+
01:03&	00:41-	00:37&	00:42&	01:10&	01:36&	00:15+	02:30&	03:22&	00:48#	00:15&	00:24#	00:07#
<b>5</b>	<b>Marie Sigvaldsen</b>	<b>3512</b>	<b>48:04</b>									
03:17-	07:32+	14:29+	16:39+	20:57+	26:01+	29:56+	36:05+	40:14+	43:27+	44:45+	47:22+	48:04+
03:17-	04:15+	06:57+	02:10+	04:18-	05:04+	03:55+	06:09+	04:09-	03:13-	01:18+	02:37+	00:42+
00:32-	01:48&	05:37@	00:30&	00:13-	00:55#	00:36#	04:15@	00:19-	00:06-	00:20&	00:57&	00:03+
<b>6</b>	<b>Siri Eppeland</b>	<b>1884</b>	<b>48:37</b>									
04:19+	10:23+	11:48+	14:58+	20:33+	25:26+	30:12+	32:37+	37:29+	43:59+	45:29+	47:47+	48:37+
04:19+	06:04+	01:25+	03:10+	05:35+	04:53+	04:46+	02:25+	04:52+	06:30+	01:30+	02:18+	00:50+
00:30#	03:37@	00:05+	01:30&	01:04#	00:44#	01:27&	00:31&	00:24+	03:11&	00:32&	00:38&	00:11&
<b>7</b>	<b>Dina Baerheim</b>	<b>722</b>	<b>51:03</b>									
04:18+	06:02-	11:59+	14:26+	22:19+	27:57+	32:16+	35:41+	41:51+	46:14+	47:17+	50:04+	51:03+
04:18+	01:44-	05:57+	02:27+	07:53+	05:38+	04:19+	03:25+	06:10+	04:23+	01:03+	02:47+	00:59+
00:29#	00:43-	04:37@	00:47&	03:22&	01:29&	01:00&	01:31&	01:42&	01:04&	00:05+	01:07&	00:20&
<b>8</b>	<b>Frida Erikstein</b>	<b>3608</b>	<b>51:46</b>									
03:01-	05:04-	06:15-	07:54-	20:35+	27:01+	30:17+	32:33+	37:14+	44:04+	45:13+	51:04+	51:46+
03:01-	02:03-	01:11-	01:39-	12:41+	06:26+	03:16-	02:16+	04:41+	06:50+	01:09+	05:51+	00:42+
00:48-	00:24-	00:09-	00:01-	08:10@	02:17&	00:03-	00:22#	00:13+	03:31@	00:11#	04:11@	00:03+
<b>9</b>	<b>Hanne Thu</b>	<b>3516</b>	<b>52:54</b>									
04:34+	06:14-	10:33+	12:47+	18:12+	27:34+	31:03+	38:19+	44:32+	48:46+	50:03+	52:05+	52:54+
04:34+	01:40-	04:19+	02:14+	05:25+	09:22+	03:29+	07:16+	06:13+	04:14+	01:17+	02:02+	00:49+
00:45#	00:47-	02:59@	00:34&	00:54#	05:13@	00:10+	05:22@	01:45&	00:55&	00:19&	00:22#	00:10&
<b>10</b>	<b>Ann-Mari Vold</b>	<b>3529</b>	<b>1:01:18</b>									
05:26+	12:30+	14:39+	17:21+	26:43+	34:33+	38:43+	41:27+	46:39+	56:20+	58:19+	60:32+	61:18+
05:26+	07:04+	02:09+	02:42+	09:22+	07:50+	04:10+	02:44+	05:12+	09:41+	01:59+	02:13+	00:46+
01:37&	04:37@	00:49&	01:02&	04:51@	03:41&	00:51&	00:50&	00:44#	06:22@	01:01@	00:33&	00:07#
<b>11</b>	<b>Ingunn Landsnes</b>	<b>892</b>	<b>1:03:36</b>									
04:56+	07:07+	13:01+	15:50+	23:26+	29:56+	34:58+	39:17+	47:08+	56:17+	57:56+	62:32+	63:36+
04:56+	02:11-	05:54+	02:49+	07:36+	06:30+	05:02+	04:19+	07:51+	09:09+	01:39+	04:36+	01:04+
01:07&	00:16-	04:34@	01:09&	03:05&	02:21&	01:43&	02:25@	03:23&	05:50@	00:41&	02:56@	00:25&
<b>12</b>	<b>Marita Navjord Nicolaysen</b>	<b>1284</b>	<b>1:05:24</b>									
05:52+	11:54+	13:27+	19:27+	25:47+	36:37+	44:00+	47:44+	56:42+	60:42+	62:12+	64:30+	65:24+
05:52+	06:02+	01:33+	06:00+	06:20+	10:50+	07:23+	03:44+	08:58+	04:00+	01:30+	02:18+	00:54+
02:03&	03:35@	00:13#	04:20@	01:49&	06:41@	04:04@	01:50&	04:30@	00:41#	00:32&	00:38&	00:15&
<b>13</b>	<b>Inga Borge</b>	<b>1832</b>	<b>1:07:05</b>									
04:28+	22:16+	23:38+	25:37+	32:05+	37:50+	43:52+	46:29+	52:20+	59:24+	61:19+	66:05+	67:05+
04:28+	17:48+	01:22+	01:59+	06:28+	05:45+	06:02+	02:37+	05:51+	07:04+	01:55+	04:46+	01:00+
00:39#	15:21@	00:02+	00:19#	01:57&	01:36&	02:43&	00:43&	01:23&	03:45@	00:57&	03:06@	00:21&
<b>14</b>	<b>Katja Eliassen</b>	<b>722</b>	<b>1:10:38</b>									
04:56+	07:17+	24:14+	27:26+	35:40+	42:16+	50:33+	53:03+	58:41+	63:09+	64:47+	70:01+	70:38+
04:56+	02:21-	16:57+	03:12+	08:14+	06:36+	08:17+	02:30+	05:38+	04:28+	01:38+	05:14+	00:37-
01:07&	00:06-	15:37@	01:32&	03:43&	02:27&	04:58@	00:36&	01:10&	01:09&	00:40&	03:34@	00:02-

Class	Navn	Klasse	Tid
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## Damer 16 - 39 år

**15 Juliane Tytlandsvik Nødland 3512 1:22:51**

07:41+ 15:00+ 17:10+ 20:43+ 30:45+ 39:32+ 47:03+ 57:54+ 65:14+ 71:09+ 73:17+ 81:37+ 82:51+  
 07:41+ 07:19+ 02:10+ 03:33+ 10:02+ 08:47+ 07:31+ 10:51+ 07:20+ 05:55+ 02:08+ 08:20+ 01:14+  
 03:52@ 04:52@ 00:50& 01:53@ 05:31@ 04:38@ 04:12@ 08:57@ 02:52& 02:36& 01:10@ 06:40@ 00:35&

### Beste strekktid for klassen

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

## Damer 40 - 49 år

**1 Maren Thu NOTEAM 43:23**

02:40= 04:13= 09:24= 14:00= 19:00= 26:10= 28:08= 30:44= 34:54= 37:26= 39:23= 42:23= 43:23=  
 02:40= 01:33= 05:11= 04:36= 05:00= 07:10= 01:58= 02:36= 04:10= 02:32= 01:57= 03:00= 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=

**2 Åsta Bryne 3552 43:47**

01:41- 03:22- 07:50- 10:18- 15:32- 23:01- 27:58- 30:51+ 34:35- 38:14+ 40:21+ 42:43+ 43:47+  
 01:41- 01:41+ 04:28- 02:28- 05:14+ 07:29+ 04:57+ 02:53+ 03:44- 03:39+ 02:07+ 02:22- 01:04+  
 00:59- 00:08+ 00:43- 02:08- 00:14+ 00:19+ 02:59@ 00:17# 00:26- 01:07& 00:10+ 00:38- 00:04+

**3 Randi Ladsten 879 44:45**

02:26- 04:37+ 07:47- 10:53- 17:08- 25:02- 27:33- 30:26- 34:47- 37:21- 40:58+ 43:18+ 44:45+  
 02:26- 02:11+ 03:10- 03:06- 06:15+ 07:54+ 02:31+ 02:53+ 04:21+ 02:34+ 03:37+ 02:20- 01:27+  
 00:14- 00:38& 02:01- 01:30- 01:15# 00:44# 00:33& 00:17# 00:11+ 00:02+ 01:40& 00:40- 00:27&

**4 Kari Sjørusen 896 56:19**

02:51+ 04:44+ 07:56- 12:32- 18:39- 29:21+ 35:48+ 38:58+ 44:41+ 48:45+ 52:43+ 55:11+ 56:19+  
 02:51+ 01:53+ 03:12- 04:36= 06:07+ 10:42+ 06:27+ 03:10+ 05:43+ 04:04+ 03:58+ 02:28- 01:08+  
 00:11+ 00:20# 01:59- 00:00= 01:07# 03:32& 04:29@ 00:34# 01:33& 01:32& 02:01@ 00:32- 00:08#

**5 Benedicte Kvalevåg 769 1:05:15**

05:54+ 08:29+ 17:06+ 21:30+ 32:23+ 41:52+ 44:23+ 47:35+ 52:01+ 55:33+ 59:10+ 63:58+ 65:15+  
 05:54+ 02:35+ 08:37+ 04:24- 10:53+ 09:29+ 02:31+ 03:12+ 04:26+ 03:32+ 03:37+ 04:48+ 01:17+  
 03:14@ 01:02& 03:26& 00:12- 05:53@ 02:19& 00:33& 00:36# 00:16+ 01:00& 01:40& 01:48& 00:17&

**6 Helene Lie 3565 1:05:49**

04:30+ 06:45+ 09:45+ 13:24- 20:04+ 39:28+ 46:13+ 49:41+ 53:50+ 58:09+ 61:26+ 64:32+ 65:49+  
 04:30+ 02:15+ 03:00- 03:39- 06:40+ 19:24+ 06:45+ 03:28+ 04:09- 04:19+ 03:17+ 03:06+ 01:17+  
 01:50& 00:42& 02:11- 00:57- 01:40& 12:14@ 04:47@ 00:52& 00:01- 01:47& 01:20& 00:06+ 00:17&

**7 Gezien Jongenburger 892 1:07:00**

07:30+ 10:26+ 15:51+ 23:20+ 30:52+ 38:44+ 42:08+ 49:49+ 55:27+ 58:53+ 61:16+ 65:29+ 67:00+  
 07:30+ 02:56+ 05:25+ 07:29+ 07:32+ 07:52+ 03:24+ 07:41+ 05:38+ 03:26+ 02:23+ 04:13+ 01:31+  
 04:50@ 01:23& 00:14+ 02:53& 02:32& 00:42+ 01:26& 05:05@ 01:28& 00:54& 00:26# 01:13& 00:31&

**8 Johanna Rajala 885 1:31:52**

03:45+ 06:19+ 09:37+ 15:59+ 28:33+ 38:00+ 47:16+ 50:57+ 73:35+ 82:27+ 85:48+ 90:19+ 91:52+  
 03:45+ 02:34+ 03:18- 06:22+ 12:34+ 09:27+ 09:16+ 03:41+ 22:38+ 08:52+ 03:21+ 04:31+ 01:33+  
 01:05& 01:01& 01:53- 01:46& 07:34@ 02:17& 07:18@ 01:05& 18:28@ 06:20@ 01:24& 01:31& 00:33&

### Beste strekktid for klassen

01:41 01:33 03:00 02:28 05:00 07:10 01:58 02:36 03:44 02:32 01:57 02:20 01:00

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

## Damer 50 - 59 år

**1 Gerd Olaug Vikeså 1758 43:56**

02:05= 04:18= 07:05= 10:05= 15:46= 24:23= 27:30= 30:38= 34:34= 37:40= 40:01= 42:46= 43:56=  
 02:05= 02:13= 02:47= 03:00= 05:41= 08:37= 03:07= 03:08= 03:56= 03:06= 02:21= 02:45= 01:10=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Plass	Navn	Klasse	Tid
<b>Damer 50 - 59 år</b>			
<b>2</b>	<b>Anita Glenne Kallhovd</b>	<b>3502</b>	<b>46:31</b>
	03:04+ 05:07+ 08:21+ 11:44+ 18:50+ 27:13+ 29:30+ 32:45+ 37:21+ 40:26+ 42:45+ 45:15+ 46:31+		
	03:04+ 02:03- 03:14+ 03:23+ 07:06+ 08:23- 02:17- 03:15+ 04:36+ 03:05- 02:19- 02:30- 01:16+		
	00:59& 00:10- 00:27# 00:23# 01:25# 00:14- 00:50- 00:07+ 00:40# 00:01- 00:02- 00:15- 00:06+		
<b>3</b>	<b>Marianne Fuglestad</b>	<b>896</b>	<b>46:51</b>
	01:50+ 03:39+ 06:52+ 09:44+ 16:00+ 23:11+ 26:08+ 29:01+ 38:00+ 40:05+ 43:05+ 45:49+ 46:51+		
	01:50+ 01:49+ 03:13+ 02:52+ 06:16+ 07:11+ 02:57+ 02:53+ 08:59+ 02:05+ 03:00+ 02:44+ 01:02+		
	01:50+ 01:49+ 03:13+ 02:52+ 06:16+ 07:11+ 02:57+ 02:53+ 08:59+ 02:05+ 03:00+ 02:44+ 01:02+		
<b>4</b>	<b>Keth Berggraf</b>	<b>1683</b>	<b>46:52</b>
	01:58+ 04:04+ 06:45+ 09:56+ 16:16+ 26:09+ 28:26+ 31:35+ 35:24+ 40:21+ 43:23+ 45:43+ 46:52+		
	01:58+ 02:06+ 02:41+ 03:11+ 06:20+ 09:53+ 02:17+ 03:09+ 03:49+ 04:57+ 03:02+ 02:20+ 01:09+		
	01:58+ 02:06+ 02:41+ 03:11+ 06:20+ 09:53+ 02:17+ 03:09+ 03:49+ 04:57+ 03:02+ 02:20+ 01:09+		
<b>5</b>	<b>Trude Hermanrud</b>	<b>896</b>	<b>47:20</b>
	02:09+ 04:13+ 07:44+ 12:05+ 18:41+ 27:22+ 29:55+ 33:33+ 37:48+ 40:27+ 43:12+ 45:58+ 47:20+		
	02:09+ 02:04+ 03:31+ 04:21+ 06:36+ 08:41+ 02:33+ 03:38+ 04:15+ 02:39+ 02:45+ 02:46+ 01:22+		
	02:09+ 02:04+ 03:31+ 04:21+ 06:36+ 08:41+ 02:33+ 03:38+ 04:15+ 02:39+ 02:45+ 02:46+ 01:22+		
<b>6</b>	<b>Tone Cecilie Nystrom</b>	<b>874</b>	<b>51:53</b>
	02:35+ 04:48+ 08:08+ 12:07+ 19:55+ 29:59+ 32:52+ 36:29+ 41:10+ 44:39+ 47:36+ 50:31+ 51:53+		
	02:35+ 02:13+ 03:20+ 03:59+ 07:48+ 10:04+ 02:53+ 03:37+ 04:41+ 03:29+ 02:57+ 02:55+ 01:22+		
	02:35+ 02:13+ 03:20+ 03:59+ 07:48+ 10:04+ 02:53+ 03:37+ 04:41+ 03:29+ 02:57+ 02:55+ 01:22+		
<b>7</b>	<b>May Bente Valdahl</b>	<b>1683</b>	<b>51:53</b>
	02:04+ 04:16+ 07:00+ 12:09+ 19:25+ 27:02+ 32:39+ 35:58+ 40:15+ 43:45+ 46:01+ 50:15+ 51:53+		
	02:04+ 02:12+ 02:44+ 05:09+ 07:16+ 07:37+ 05:37+ 03:19+ 04:17+ 03:30+ 02:16+ 04:14+ 01:38+		
	02:04+ 02:12+ 02:44+ 05:09+ 07:16+ 07:37+ 05:37+ 03:19+ 04:17+ 03:30+ 02:16+ 04:14+ 01:38+		
<b>8</b>	<b>Siv Skretting</b>	<b>1884</b>	<b>52:08</b>
	02:27+ 04:34+ 08:24+ 11:26+ 17:55+ 25:58+ 28:59+ 34:13+ 38:28+ 42:16+ 46:46+ 50:49+ 52:08+		
	02:27+ 02:07+ 03:50+ 03:02+ 06:29+ 08:03+ 03:01+ 05:14+ 04:15+ 03:48+ 04:30+ 04:03+ 01:19+		
	02:27+ 02:07+ 03:50+ 03:02+ 06:29+ 08:03+ 03:01+ 05:14+ 04:15+ 03:48+ 04:30+ 04:03+ 01:19+		
<b>9</b>	<b>Torill Andersen</b>	<b>1683</b>	<b>52:48</b>
	02:19+ 04:31+ 08:09+ 14:40+ 21:07+ 29:44+ 34:20+ 37:18+ 41:36+ 46:02+ 48:53+ 51:36+ 52:48+		
	02:19+ 02:12+ 03:38+ 06:31+ 06:27+ 08:37+ 04:36+ 02:58+ 04:18+ 04:26+ 02:51+ 02:43+ 01:12+		
	02:19+ 02:12+ 03:38+ 06:31+ 06:27+ 08:37+ 04:36+ 02:58+ 04:18+ 04:26+ 02:51+ 02:43+ 01:12+		
<b>10</b>	<b>Toril Dahle</b>	<b>1683</b>	<b>58:36</b>
	02:09+ 04:30+ 07:54+ 12:00+ 20:17+ 30:17+ 32:58+ 37:13+ 41:15+ 44:32+ 54:16+ 57:02+ 58:36+		
	02:09+ 02:21+ 03:24+ 04:06+ 08:17+ 10:00+ 02:41+ 04:15+ 04:02+ 03:17+ 09:44+ 02:46+ 01:34+		
	02:09+ 02:21+ 03:24+ 04:06+ 08:17+ 10:00+ 02:41+ 04:15+ 04:02+ 03:17+ 09:44+ 02:46+ 01:34+		
<b>11</b>	<b>Ragnhild Berntsen</b>	<b>1758</b>	<b>59:56</b>
	03:16+ 07:01+ 10:28+ 14:37+ 21:41+ 34:39+ 39:08+ 42:46+ 47:34+ 51:15+ 55:44+ 58:30+ 59:56+		
	03:16+ 03:45+ 03:27+ 04:09+ 07:04+ 12:58+ 04:29+ 03:38+ 04:48+ 03:41+ 04:29+ 02:46+ 01:26+		
	03:16+ 03:45+ 03:27+ 04:09+ 07:04+ 12:58+ 04:29+ 03:38+ 04:48+ 03:41+ 04:29+ 02:46+ 01:26+		
<b>12</b>	<b>Tonje Tiley</b>	<b>882</b>	<b>1:01:16</b>
	04:00+ 05:55+ 11:24+ 15:59+ 23:15+ 37:12+ 40:34+ 45:32+ 50:52+ 53:39+ 56:45+ 59:47+ 61:16+		
	04:00+ 01:55+ 05:29+ 04:35+ 07:16+ 13:57+ 03:22+ 04:58+ 05:20+ 02:47+ 03:06+ 03:02+ 01:29+		
	04:00+ 01:55+ 05:29+ 04:35+ 07:16+ 13:57+ 03:22+ 04:58+ 05:20+ 02:47+ 03:06+ 03:02+ 01:29+		
<b>13</b>	<b>Elisabeth Melbø</b>	<b>879</b>	<b>1:01:41</b>
	02:43+ 04:49+ 11:54+ 16:36+ 23:35+ 34:11+ 36:33+ 39:47+ 46:51+ 54:49+ 57:51+ 60:21+ 61:41+		
	02:43+ 02:06+ 07:05+ 04:42+ 06:59+ 10:36+ 02:22+ 03:14+ 07:04+ 07:58+ 03:02+ 02:30+ 01:20+		
	02:43+ 02:06+ 07:05+ 04:42+ 06:59+ 10:36+ 02:22+ 03:14+ 07:04+ 07:58+ 03:02+ 02:30+ 01:20+		
<b>14</b>	<b>Astri Sandanger</b>	<b>896</b>	<b>1:02:47</b>
	02:27+ 04:32+ 09:07+ 13:15+ 21:37+ 36:15+ 38:51+ 43:02+ 48:20+ 55:22+ 58:25+ 61:17+ 62:47+		
	02:27+ 02:05+ 04:35+ 04:08+ 08:22+ 14:38+ 02:36+ 04:11+ 05:18+ 07:02+ 03:03+ 02:52+ 01:30+		
	02:27+ 02:05+ 04:35+ 04:08+ 08:22+ 14:38+ 02:36+ 04:11+ 05:18+ 07:02+ 03:03+ 02:52+ 01:30+		
<b>15</b>	<b>Hilde Frøytlog Karlsen</b>	<b>1284</b>	<b>1:02:51</b>
	03:37+ 06:36+ 11:11+ 15:15+ 23:12+ 33:48+ 36:44+ 41:25+ 46:52+ 52:06+ 55:03+ 61:13+ 62:51+		
	03:37+ 02:59+ 04:35+ 04:04+ 07:57+ 10:36+ 02:56+ 04:41+ 05:27+ 05:14+ 02:57+ 06:10+ 01:38+		
	03:37+ 02:59+ 04:35+ 04:04+ 07:57+ 10:36+ 02:56+ 04:41+ 05:27+ 05:14+ 02:57+ 06:10+ 01:38+		

Class	Navn	Klasse	Tid
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## Damer 50 - 59 år

**16 Andrea Tapken 3529 1:03:59**

02:46+	05:10+	09:14+	17:57+	29:43+	40:24+	44:02+	47:52+	52:51+	56:51+	59:32+	62:37+	63:59+
02:46+	02:24+	04:04+	08:43+	11:46+	10:41+	03:38+	03:50+	04:59+	04:00+	02:41+	03:05+	01:22+
02:46+	02:24+	04:04+	08:43+	11:46+	10:41+	03:38+	03:50+	04:59+	04:00+	02:41+	03:05+	01:22+

**17 Åse Sellereite 882 1:05:07**

02:06+	03:58+	07:02+	17:21+	24:53+	34:32+	39:30+	42:55+	48:50+	51:29+	60:34+	63:26+	65:07+
02:06+	01:52+	03:04+	10:19+	07:32+	09:39+	04:58+	03:25+	05:55+	02:39+	09:05+	02:52+	01:41+
02:06+	01:52+	03:04+	10:19+	07:32+	09:39+	04:58+	03:25+	05:55+	02:39+	09:05+	02:52+	01:41+

**18 Ingjerd Haddeland 3507 1:05:35**

03:03+	05:02+	08:38+	13:17+	23:04+	31:35+	35:29+	41:29+	53:22+	58:00+	61:07+	64:10+	65:35+
03:03+	01:59+	03:36+	04:39+	09:47+	08:31+	03:54+	06:00+	11:53+	04:38+	03:07+	03:03+	01:25+
03:03+	01:59+	03:36+	04:39+	09:47+	08:31+	03:54+	06:00+	11:53+	04:38+	03:07+	03:03+	01:25+

**19 Gøril Braut Aarsand 2539 1:09:08**

03:19+	06:02+	09:59+	13:14+	28:51+	40:12+	45:04+	48:54+	53:19+	59:25+	64:23+	67:36+	69:08+
03:19+	02:43+	03:57+	03:15+	15:37+	11:21+	04:52+	03:50+	04:25+	06:06+	04:58+	03:13+	01:32+
03:19+	02:43+	03:57+	03:15+	15:37+	11:21+	04:52+	03:50+	04:25+	06:06+	04:58+	03:13+	01:32+

**20 Iren Undheim Øgreid 769 1:12:21**

03:07+	05:06+	14:22+	17:11+	29:26+	38:08+	40:52+	48:11+	60:03+	64:55+	67:49+	71:05+	72:21+
03:07+	01:59+	09:16+	02:49+	12:15+	08:42+	02:44+	07:19+	11:52+	04:52+	02:54+	03:16+	01:16+
03:07+	01:59+	09:16+	02:49+	12:15+	08:42+	02:44+	07:19+	11:52+	04:52+	02:54+	03:16+	01:16+

**21 Liv Margot Sviland 3529 1:14:12**

02:36+	05:38+	13:27+	25:24+	36:17+	46:10+	49:33+	53:20+	57:40+	66:11+	69:07+	72:50+	74:12+
02:36+	03:02+	07:49+	11:57+	10:53+	09:53+	03:23+	03:47+	04:20+	08:31+	02:56+	03:43+	01:22+
02:36+	03:02+	07:49+	11:57+	10:53+	09:53+	03:23+	03:47+	04:20+	08:31+	02:56+	03:43+	01:22+

**22 Turid Eikebu Alfsen 1683 1:16:36**

05:27+	08:16+	24:58+	29:20+	35:24+	47:13+	51:31+	54:41+	59:20+	69:45+	72:20+	75:10+	76:36+
05:27+	02:49+	16:42+	04:22+	06:04+	11:49+	04:18+	03:10+	04:39+	10:25+	02:35+	02:50+	01:26+
05:27+	02:49+	16:42+	04:22+	06:04+	11:49+	04:18+	03:10+	04:39+	10:25+	02:35+	02:50+	01:26+

**23 Brit Vivian Meling 1683 1:17:31**

03:48+	07:23+	11:33+	20:03+	28:52+	40:53+	44:21+	47:43+	53:50+	59:22+	71:41+	75:37+	77:31+
03:48+	03:35+	04:10+	08:30+	08:49+	12:01+	03:28+	03:22+	06:07+	05:32+	12:19+	03:56+	01:54+
03:48+	03:35+	04:10+	08:30+	08:49+	12:01+	03:28+	03:22+	06:07+	05:32+	12:19+	03:56+	01:54+

**24 Synnøve Westermoen 1683 1:24:42**

02:21+	05:12+	10:43+	16:22+	47:01+	55:33+	59:45+	63:40+	67:51+	74:45+	78:05+	82:20+	84:42+
02:21+	02:51+	05:31+	05:39+	30:39+	08:32+	04:12+	03:55+	04:11+	06:54+	03:20+	04:15+	02:22+
02:21+	02:51+	05:31+	05:39+	30:39+	08:32+	04:12+	03:55+	04:11+	06:54+	03:20+	04:15+	02:22+

**25 Kristin Furre Owe 896 1:38:19**

03:39+	06:41+	10:55+	20:10+	42:07+	54:29+	58:53+	62:50+	71:00+	76:28+	88:49+	96:46+	98:19+
03:39+	03:02+	04:14+	09:15+	21:57+	12:22+	04:24+	03:57+	08:10+	05:28+	12:21+	07:57+	01:33+
03:39+	03:02+	04:14+	09:15+	21:57+	12:22+	04:24+	03:57+	08:10+	05:28+	12:21+	07:57+	01:33+

### Beste strekktid for klassen

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

## Damer 60 - 64 år

**1 Anne-Siv Gjertsen 882 34:29**

04:22=	06:45=	09:48=	17:02=	19:51=	24:20=	26:37=	31:24=	33:20=	34:29=
04:22=	02:23=	03:03=	07:14=	02:49=	04:29=	02:17=	04:47=	01:56=	01:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**2 Ingrid E. I. Øxnevad 3516 38:23**

03:50-	07:18+	11:46+	18:24+	22:18+	27:30+	31:08+	36:06+	37:45+	38:23+
03:50-	03:28+	04:28+	06:38-	03:54+	05:12+	03:38+	04:58+	01:39-	00:38-
00:32-	01:05&	01:25&	00:36-	01:05&	00:43#	01:21&	00:11+	00:17-	00:31-

Class	Navn	Klasse	Tid
<b>Damer 60 - 64 år</b>			
<b>3</b>	<b>Birgitte Røe</b>	<b>593</b>	<b>47:01</b>
05:10+	08:05+	12:00+	24:03+
05:10+	02:55+	03:55+	12:03+
00:48#	00:32#	00:52&	04:49&
28:58+	34:40+	37:41+	43:26+
04:55+	05:42+	03:01+	05:45+
02:06&	01:13&	00:44&	00:58#
46:00+	47:01+	02:34+	01:01-
00:38&	00:08-		
<b>4</b>	<b>Siri Bjerkreim Hamre</b>	<b>1188</b>	<b>48:47</b>
05:01+	08:58+	12:45+	22:09+
05:01+	03:57+	03:47+	09:24+
05:01+	03:57+	03:47+	09:24+
25:40+	31:24+	33:50+	44:58+
05:44+	02:26+	11:08+	02:39+
05:44+	02:26+	11:08+	02:39+
47:37+	48:47+	01:10+	01:10+
<b>5</b>	<b>Nina Christiansen</b>	<b>722</b>	<b>48:55</b>
05:31+	09:16+	12:19+	20:26+
05:31+	03:45+	03:03+	08:07+
05:31+	03:45+	03:03+	08:07+
26:34+	36:25+	40:15+	45:10+
06:08+	09:51+	03:50+	04:55+
06:08+	09:51+	03:50+	04:55+
47:51+	48:55+	02:41+	01:04+
<b>6</b>	<b>Nidunn Sandvik</b>	<b>3565</b>	<b>52:55</b>
05:37+	08:54+	14:57+	22:34+
05:37+	03:17+	06:03+	07:37+
05:37+	03:17+	06:03+	07:37+
29:08+	39:23+	42:17+	49:21+
06:34+	10:15+	02:54+	07:04+
06:34+	10:15+	02:54+	07:04+
51:43+	52:55+	02:22+	01:12+
<b>7</b>	<b>Eli Tjåland Stokka</b>	<b>1141</b>	<b>54:20</b>
07:14+	10:55+	15:05+	24:50+
07:14+	03:41+	04:10+	09:45+
07:14+	03:41+	04:10+	09:45+
31:36+	36:49+	39:43+	50:06+
05:13+	02:54+	10:23+	02:55+
05:13+	02:54+	10:23+	02:55+
53:01+	54:20+	01:19+	01:19+
<b>8</b>	<b>Ellinor Hoemsnes</b>	<b>1683</b>	<b>57:01</b>
10:49+	18:56+	22:45+	31:17+
10:49+	08:07+	03:49+	08:32+
10:49+	08:07+	03:49+	08:32+
36:06+	43:29+	46:08+	53:21+
07:23+	02:39+	07:13+	02:46+
07:23+	02:39+	07:13+	02:46+
56:07+	57:01+	00:54+	00:54+
<b>9</b>	<b>Elisabeth Christie Ørke</b>	<b>722</b>	<b>57:03</b>
03:09+	05:47+	15:54+	31:11+
03:09+	02:38+	10:07+	15:17+
03:09+	02:38+	10:07+	15:17+
39:36+	41:58+	49:07+	56:18+
05:06+	02:22+	07:09+	07:11+
05:06+	02:22+	07:09+	07:11+
57:03+	00:45+	00:45+	
<b>10</b>	<b>Ellinor Nesse</b>	<b>1683</b>	<b>1:07:08</b>
10:16+	13:19+	23:03+	35:50+
10:16+	03:03+	09:44+	12:47+
10:16+	03:03+	09:44+	12:47+
44:01+	51:14+	54:27+	61:33+
07:13+	03:13+	07:06+	04:20+
07:13+	03:13+	07:06+	04:20+
67:08+	01:15+	01:15+	
<b>11</b>	<b>Anne Katrine Lycke</b>	<b>989</b>	<b>1:18:02</b>
13:41+	22:31+	25:28+	41:16+
13:41+	08:50+	02:57+	15:48+
13:41+	08:50+	02:57+	15:48+
54:35+	63:40+	67:22+	73:37+
09:05+	03:42+	06:15+	03:02+
09:05+	03:42+	06:15+	03:02+
78:02+	01:23+	01:23+	

### Beste strekktid for klassen

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

### Damer 65 - 69 år

<b>1</b>	<b>Ingunn Voilås</b>	<b>3502</b>	<b>36:41</b>
04:59=	07:28=	10:06=	18:25=
04:59=	02:29=	02:38=	08:19=
00:00=	00:00=	00:00=	00:00=
21:46=	25:56=	28:14=	33:21=
04:10=	02:18=	05:07=	02:12=
00:00=	00:00=	00:00=	00:00=
35:33=	36:41=		
<b>2</b>	<b>Amanda Renshaw</b>	<b>1758</b>	<b>37:56</b>
04:25-	07:21-	09:48-	16:14-
04:25-	02:56+	02:27-	06:26-
00:34-	00:27#	00:11-	01:53-
20:04-	24:35-	26:45-	33:50+
04:31+	02:10-	07:05+	03:22+
00:21+	00:08-	01:58&	01:10&
37:12+	37:56+	00:44-	00:24-
<b>3</b>	<b>Tove Bjerkreim</b>	<b>722</b>	<b>40:39</b>
04:38-	08:12+	11:09+	18:53+
04:38-	03:34+	02:57+	07:44-
00:21-	01:05&	00:19#	00:35-
25:29+	29:21+	31:33+	37:50+
06:36+	03:52-	02:12-	06:17+
03:15&	00:18-	00:06-	01:10#
39:48+	40:39+	01:58-	00:51-
00:14-	00:17-		

Class	Navn	Klasse	Tid
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## Damer 65 - 69 år

<b>4</b>	<b>Berit Bakken</b>	<b>1884</b>	<b>41:24</b>						
04:44-	07:23-	10:50+	20:19+	23:24+	27:58+	30:31+	38:17+	40:30+	41:24+
04:44-	02:39+	03:27+	09:29+	03:05-	04:34+	02:33+	07:46+	02:13+	00:54-
00:15-	00:10+	00:49&	01:10#	00:16-	00:24+	00:15#	02:39&	00:01+	00:14-
<b>5</b>	<b>Ingrid Eik</b>	<b>1830</b>	<b>43:33</b>						
07:21+	11:23+	15:30+	22:03+	26:00+	30:24+	32:43+	40:32+	42:31+	43:33+
07:21+	04:02+	04:07+	06:33+	03:57+	04:24+	02:19+	07:49+	01:59+	01:02+
07:21+	04:02+	04:07+	06:33+	03:57+	04:24+	02:19+	07:49+	01:59+	01:02+
<b>6</b>	<b>Eli Frafjord</b>	<b>1141</b>	<b>43:48</b>						
05:29+	09:10+	12:56+	20:36+	28:04+	32:35+	34:59+	40:27+	42:47+	43:48+
05:29+	03:41+	03:46+	07:40+	07:28+	04:31+	02:24+	05:28+	02:20+	01:01+
05:29+	03:41+	03:46+	07:40+	07:28+	04:31+	02:24+	05:28+	02:20+	01:01+
<b>7</b>	<b>Marit Karin Nygaard</b>	<b>892</b>	<b>45:26</b>						
05:48+	09:33+	12:26+	20:27+	24:17+	33:02+	36:48+	42:27+	44:24+	45:26+
05:48+	03:45+	02:53+	08:01+	03:50+	08:45+	03:46+	05:39+	01:57+	01:02+
05:48+	03:45+	02:53+	08:01+	03:50+	08:45+	03:46+	05:39+	01:57+	01:02+
<b>8</b>	<b>Margot Asheim</b>	<b>722</b>	<b>45:29</b>						
04:26+	06:43+	10:04+	21:19+	25:03+	29:09+	31:11+	41:10+	44:48+	45:29+
04:26+	02:17+	03:21+	11:15+	03:44+	04:06+	02:02+	09:59+	03:38+	00:41+
04:26+	02:17+	03:21+	11:15+	03:44+	04:06+	02:02+	09:59+	03:38+	00:41+
<b>9</b>	<b>Liv Sissel Obrestad</b>	<b>3529</b>	<b>46:06</b>						
04:48+	08:00+	11:17+	20:54+	27:03+	32:08+	35:17+	41:10+	45:02+	46:06+
04:48+	03:12+	03:17+	09:37+	06:09+	05:05+	03:09+	05:53+	03:52+	01:04+
04:48+	03:12+	03:17+	09:37+	06:09+	05:05+	03:09+	05:53+	03:52+	01:04+
<b>10</b>	<b>May Meling</b>	<b>593</b>	<b>50:52</b>						
05:41+	21:11+	24:27+	31:28+	36:35+	40:32+	42:38+	47:27+	49:56+	50:52+
05:41+	15:30+	03:16+	07:01+	05:07+	03:57+	02:06+	04:49+	02:29+	00:56+
05:41+	15:30+	03:16+	07:01+	05:07+	03:57+	02:06+	04:49+	02:29+	00:56+
<b>11</b>	<b>Kari Eva Thiis Blixhavn</b>	<b>3565</b>	<b>1:12:47</b>						
06:12+	13:07+	17:22+	41:56+	50:20+	56:28+	60:07+	67:42+	70:55+	72:47+
06:12+	06:55+	04:15+	24:34+	08:24+	06:08+	03:39+	07:35+	03:13+	01:52+
06:12+	06:55+	04:15+	24:34+	08:24+	06:08+	03:39+	07:35+	03:13+	01:52+

### Beste strekketid for klassen

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

## Damer 70 - 74 år

<b>1</b>	<b>Mette Dagsland</b>	<b>874</b>	<b>47:36</b>						
07:25=	11:26=	15:06=	24:22=	27:59=	33:52=	37:00=	44:35=	46:37=	47:36=
07:25=	04:01=	03:40=	09:16=	03:37=	05:53=	03:08=	07:35=	02:02=	00:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Lillian Dahl Fitjar</b>	<b>896</b>	<b>55:47</b>						
06:10-	12:40+	16:40+	25:51+	33:45+	38:54+	41:44+	51:09+	54:49+	55:47+
06:10-	06:30+	04:00+	09:11-	07:54+	05:09-	02:50-	09:25+	03:40+	00:58-
01:15-	02:29&	00:20+	00:05-	04:17@	00:44-	00:18-	01:50#	01:38&	00:01-
<b>3</b>	<b>Halldis Handeland</b>	<b>892</b>	<b>57:00</b>						
08:22+	12:02+	16:56+	31:06+	35:46+	41:46+	44:47+	52:06+	55:33+	57:00+
08:22+	03:40-	04:54+	14:10+	04:40+	06:00+	03:01-	07:19-	03:27+	01:27+
00:57#	00:21-	01:14&	01:03&	00:07+	00:07-	00:07-	00:16-	01:25&	00:28&
<b>4</b>	<b>Brit Skjelbred</b>	<b>1141</b>	<b>1:09:57</b>						
09:38+	13:39+	19:08+	32:20+	38:08+	47:58+	53:48+	64:03+	68:25+	69:57+
09:38+	04:01=	05:29+	13:12+	05:48+	09:50+	05:50+	10:15+	04:22+	01:32+
02:13&	00:00=	01:49&	03:56&	02:11&	03:57&	02:42&	02:40&	02:20@	00:33&

Class	Navn	Klasse	Tid
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## Damer 70 - 74 år

<b>5</b>	<b>Berit Gramstad</b>	<b>3551</b>	<b>1:31:28</b>						
14:50+	34:36+	40:21+	50:52+	65:19+	73:40+	77:45+	84:49+	89:52+	91:28+
05:39=	03:14=	04:25=	10:02=	03:49=	04:31=	02:28=	04:58=	02:15=	00:59=
07:25&	15:45@	02:05&	01:15#	10:50@	02:28&	00:57&	00:31-	03:01@	00:37&

### Beste strekktid for klassen

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

## Damer 75 - 79 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>874</b>	<b>42:20</b>						
05:39=	08:53=	13:18=	23:20=	27:09=	31:40=	34:08=	39:06=	41:21=	42:20=
05:39=	03:14=	04:25=	10:02=	03:49=	04:31=	02:28=	04:58=	02:15=	00:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Inger Skretting Opstad</b>	<b>3529</b>	<b>43:49</b>						
06:04+	09:51+	13:42+	21:56-	25:49-	31:06-	34:04-	39:54+	42:23+	43:49+
06:04+	03:47+	03:51-	08:14-	03:53+	05:17+	02:58+	05:50+	02:29+	01:26+
00:25+	00:33#	00:34-	01:48-	00:04+	00:46#	00:30#	00:52#	00:14#	00:27&

<b>3</b>	<b>Haldis Glendrange</b>	<b>874</b>	<b>45:48</b>						
07:01+	10:34+	15:35+	23:48+	28:18+	33:30+	36:25+	41:57+	44:21+	45:48+
07:01+	03:33+	05:01+	08:13-	04:30+	05:12+	02:55+	05:32+	02:24+	01:27+
01:22#	00:19+	00:36#	01:49-	00:41#	00:41#	00:27#	00:34#	00:09+	00:28&

<b>4</b>	<b>Helga Klausen</b>	<b>769</b>	<b>50:14</b>						
05:57+	10:36+	15:19+	27:05+	31:13+	36:37+	40:10+	46:29+	49:07+	50:14+
05:57+	04:39+	04:43+	11:46+	04:08+	05:24+	03:33+	06:19+	02:38+	01:07+
00:18+	01:25&	00:18+	01:44#	00:19+	00:53#	01:05&	01:21&	00:23#	00:08#

<b>5</b>	<b>Gry Vikhamar Thengs</b>	<b>874</b>	<b>1:04:46</b>						
06:03+	11:37+	15:45+	36:59+	43:20+	50:18+	56:28+	61:41+	63:46+	64:46+
06:03+	05:34+	04:08-	21:14+	06:21+	06:58+	06:10+	05:13+	02:05-	01:00+
00:24+	02:20&	00:17-	11:12@	02:32&	02:27&	03:42@	00:15+	00:10-	00:01+

<b>6</b>	<b>Aslaug Lura</b>	<b>1141</b>	<b>1:08:55</b>						
08:36+	12:37+	17:50+	31:17+	37:05+	46:53+	52:46+	63:01+	67:22+	68:55+
08:36+	04:01+	05:13+	13:27+	05:48+	09:48+	05:53+	10:15+	04:21+	01:33+
02:57&	00:47#	00:48#	03:25&	01:59&	05:17@	03:25@	05:17@	02:06&	00:34&

<b>7</b>	<b>Hedvig Anda</b>	<b>1683</b>	<b>1:18:44</b>						
07:51+	27:31+	31:24+	50:16+	56:24+	62:24+	65:41+	74:07+	77:43+	78:44+
07:51+	19:40+	03:53-	18:52+	06:08+	06:00+	03:17+	08:26+	03:36+	01:01+
02:12&	16:26@	00:32-	08:50&	02:19&	01:29&	00:49&	03:28&	01:21&	00:02+

### Beste strekktid for klassen

05:39 03:14 03:51 08:13 03:49 04:31 02:28 04:58 02:05 00:59

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

## Damer 80 år og eldre

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>874</b>	<b>1:06:21</b>							
10:06=	12:57=	16:50=	26:14=	36:14=	43:11=	55:30=	57:56=	61:00=	64:23=	66:21=
10:06=	02:51=	03:53=	09:24=	10:00=	06:57=	12:19=	02:26=	03:04=	03:23=	01:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Helga Aaslid</b>	<b>3529</b>	<b>1:07:11</b>							
02:18-	04:23-	06:37-	14:35-	42:46+	46:41+	53:06-	55:17-	58:12-	65:22+	67:11+
02:18-	02:05-	02:14-	07:58-	28:11+	03:55-	06:25-	02:11-	02:55-	07:10+	01:49-
07:48-	00:46-	01:39-	01:26-	18:11@	03:02-	05:54-	00:15-	00:09-	03:47@	00:09-

Class	Navn	Klasse	Tid
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## Damer 80 år og eldre

### Beste strekktid for klassen

02:18 02:05 02:14 07:58 10:00 03:55 06:25 02:11 02:55 03:23 01:49

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>892</b>	<b>39:07</b>												
01:14=	02:35=	06:02=	08:19=	11:59=	15:42=	17:03=	19:14=	23:05=	24:35=	27:00=	30:24=	33:48=	36:54=	38:34=	39:07=
01:14=	01:21=	03:27=	02:17=	03:40=	03:43=	01:21=	02:11=	03:51=	01:30=	02:25=	03:24=	03:24=	03:06=	01:40=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kristin Helland-Hansen</b>	<b>3559</b>	<b>41:48</b>												
01:26+	03:43+	07:00+	09:56+	13:21+	17:30+	18:51+	20:41+	24:52+	26:38+	29:06+	32:26+	35:55+	39:15+	41:08+	41:48+
01:26+	02:17+	03:17-	02:56+	03:25-	04:09+	01:21=	01:50-	04:11+	01:46+	02:28+	03:20-	03:29+	03:20+	01:53+	00:40+
00:12#	00:56&	00:10-	00:39&	00:15-	00:26#	00:00=	00:21-	00:20+	00:16#	00:03+	00:04-	00:05+	00:14+	00:13#	00:07#
<b>3</b>	<b>Helena Kolesova</b>	<b>1754</b>	<b>46:12</b>												
01:27+	03:08+	07:10+	11:21+	14:45+	18:52+	20:16+	22:23+	27:05+	29:01+	31:48+	36:35+	40:18+	43:24+	45:31+	46:12+
01:27+	01:41+	04:02+	04:11+	03:24-	04:07+	01:24+	02:07-	04:42+	01:56+	02:47+	04:47+	03:43+	03:06=	02:07+	00:41+
00:13#	00:20#	00:35#	01:54&	00:16-	00:24#	00:03+	00:04-	00:51#	00:26&	00:22#	01:23&	00:19+	00:00=	00:27&	00:08#
<b>4</b>	<b>Matilde Skjæveland Skår</b>	<b>3486</b>	<b>49:22</b>												
02:03+	03:51+	07:46+	11:00+	14:57+	19:19+	20:57+	23:09+	28:12+	31:01+	34:06+	39:00+	42:54+	46:26+	48:34+	49:22+
02:03+	01:48+	03:55+	03:14+	03:57+	04:22+	01:38+	02:12+	05:03+	02:49+	03:05+	04:54+	03:54+	03:32+	02:08+	00:48+
00:49&	00:27&	00:28#	00:57&	00:17+	00:39#	00:17#	00:01+	01:12&	01:19&	00:40&	01:30&	00:30#	00:26#	00:28&	00:15&
<b>5</b>	<b>Clare Leveridge</b>	<b>877</b>	<b>50:26</b>												
01:30+	03:14+	06:35+	09:53+	13:55+	18:33+	20:24+	23:19+	28:18+	30:20+	33:22+	39:22+	43:50+	47:13+	49:29+	50:26+
01:30+	01:44+	03:21-	03:18+	04:02+	04:38+	01:51+	02:55+	04:59+	02:02+	03:02+	06:00+	04:28+	03:23+	02:16+	00:57+
00:16#	00:23&	00:06-	01:01&	00:22#	00:55#	00:30&	00:44&	01:08&	00:32&	00:37&	02:36&	01:04&	00:17+	00:36&	00:24&
<b>6</b>	<b>Silje Skorve Skarpeid</b>	<b>1758</b>	<b>52:24</b>												
02:00+	04:06+	07:58+	11:32+	17:00+	21:42+	24:07+	26:42+	31:31+	33:50+	36:51+	40:37+	44:48+	48:36+	51:12+	52:24+
02:00+	02:06+	03:52+	03:34+	05:28+	04:42+	02:25+	02:35+	04:49+	02:19+	03:01+	03:46+	04:11+	03:48+	02:36+	01:12+
00:46&	00:45&	00:25#	01:17&	01:48&	00:59&	01:04&	00:24#	00:58&	00:49&	00:36#	00:22#	00:47#	00:42#	00:56&	00:39&

### Beste strekktid for klassen

01:14 01:21 03:17 02:17 03:24 03:43 01:21 01:50 03:51 01:30 02:25 03:20 03:24 03:06 01:40 00:33

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

## Damer B

<b>1</b>	<b>Tone Torgersen</b>	<b>882</b>	<b>43:30</b>													
02:44=	05:37=	07:29=	08:45=	11:13=	14:57=	19:57=	23:00=	26:07=	28:04=	30:27=	33:27=	38:40=	40:18=	41:46=	42:43=	43:30=
02:44=	02:53=	01:52=	01:16=	02:28=	03:44=	05:00=	03:03=	03:07=	01:57=	02:23=	03:00=	05:13=	01:38=	01:28=	00:57=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>3595</b>	<b>46:08</b>													
03:29+	06:11+	08:04+	09:22+	11:56+	15:58+	20:57+	24:41+	28:21+	30:22+	32:53+	35:43+	41:17+	43:10+	44:32+	45:22+	46:08+
03:29+	02:42-	01:53+	01:18+	02:34+	04:02+	04:59-	03:44+	03:40+	02:01+	02:31+	02:50-	05:34+	01:53+	01:22-	00:50-	00:46-
00:45&	00:11-	00:01+	00:02+	00:06+	00:18+	00:01-	00:41#	00:33#	00:04+	00:08+	00:10-	00:21+	00:15#	00:06-	00:07-	00:01-
<b>3</b>	<b>Ida Kolstø</b>	<b>3502</b>	<b>46:54</b>													
03:47+	06:33+	08:25+	09:53+	12:56+	18:15+	23:38+	27:15+	30:19+	32:00+	34:14+	36:56+	41:48+	43:25+	45:09+	46:15+	46:54+
03:47+	02:46-	01:52=	01:28+	03:03+	05:19+	05:23+	03:37+	03:04-	01:41-	02:14-	02:42-	04:52-	01:37-	01:44+	01:06+	00:39-
01:03&	00:07-	00:00=	00:12#	00:35#	01:35&	00:23+	00:34#	00:03-	00:16-	00:09-	00:18-	00:21-	00:01-	00:16#	00:09#	00:08-
<b>4</b>	<b>Inger Tone Nygård</b>	<b>3502</b>	<b>47:12</b>													
03:01+	05:38+	08:39+	09:51+	12:33+	18:19+	23:22+	27:50+	30:41+	32:35+	34:37+	37:27+	42:41+	44:18+	45:40+	46:29+	47:12+
03:01+	02:37-	03:01+	01:12-	02:42+	05:46+	05:03+	04:28+	02:51-	01:54-	02:02-	02:50-	05:14+	01:37-	01:22-	00:49-	00:43-
00:17#	00:16-	01:09&	00:04-	00:14+	02:02&	00:03+	01:25&	00:16-	00:03-	00:21-	00:10-	00:01+	00:01-	00:06-	00:08-	00:04-



Class	Navn	Klasse													Tid			
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**Damer B**

5	Lise Isachsen	1384													48:35			
03:50+	07:17+	15:33+	16:36+	19:03+	22:46+	27:06+	29:50+	32:24+	33:59+	35:52+	38:20+	42:41+	45:17+	46:48+	47:57+	48:35+		
03:50+	03:27+	08:16+	01:03-	02:27-	03:43-	04:20-	02:44-	02:34-	01:35-	01:53-	02:28-	04:21-	02:36+	01:31+	01:09+	00:38-		
01:06&	00:34#	06:24@	00:13-	00:01-	00:01-	00:40-	00:19-	00:33-	00:22-	00:30-	00:32-	00:52-	00:58&	00:03+	00:12#	00:09-		

6	Helen Lomeland	722													48:59			
02:51+	05:43+	08:07+	09:38+	12:56+	17:19+	23:44+	27:37+	32:06+	33:46+	35:46+	38:32+	43:56+	46:14+	47:30+	48:15+	48:59+		
02:51+	02:52+	02:24+	01:31+	03:18+	04:23+	06:25+	03:53+	04:29+	01:40+	02:00+	02:46+	05:24+	02:18+	01:16+	00:45+	00:44+		
02:51+	02:52+	02:24+	01:31+	03:18+	04:23+	06:25+	03:53+	04:29+	01:40+	02:00+	02:46+	05:24+	02:18+	01:16+	00:45+	00:44+		

7	Ann Karin Tjørhom	1884													49:24			
03:53+	07:06+	09:17+	10:51+	14:25+	18:27+	24:03+	26:48+	31:29+	33:31+	35:38+	38:43+	44:22+	46:23+	47:49+	48:37+	49:24+		
03:53+	03:13+	02:11+	01:34+	03:34+	04:02+	05:36+	02:45+	04:41+	02:02+	02:07+	03:05+	05:39+	02:01+	01:26+	00:48+	00:47+		
03:53+	03:13+	02:11+	01:34+	03:34+	04:02+	05:36+	02:45+	04:41+	02:02+	02:07+	03:05+	05:39+	02:01+	01:26+	00:48+	00:47+		

8	Berit Aksland	1683													49:58			
03:33+	06:36+	09:26+	10:57+	14:19+	19:44+	24:59+	29:45+	32:23+	34:16+	36:55+	40:04+	44:42+	46:27+	48:07+	49:11+	49:58+		
03:33+	03:03+	02:50+	01:31+	03:22+	05:25+	05:15+	04:46+	02:38+	01:53+	02:39+	03:09+	04:38+	01:45+	01:40+	01:04+	00:47+		
03:33+	03:03+	02:50+	01:31+	03:22+	05:25+	05:15+	04:46+	02:38+	01:53+	02:39+	03:09+	04:38+	01:45+	01:40+	01:04+	00:47+		

9	Ellen Tindeland	882													51:27			
04:01+	08:49+	10:41+	12:30+	17:32+	21:31+	26:51+	29:35+	33:33+	36:24+	38:31+	41:28+	46:38+	48:26+	49:51+	50:42+	51:27+		
04:01+	04:48+	01:52+	01:49+	05:02+	03:59+	05:20+	02:44+	03:58+	02:51+	02:07+	02:57+	05:10+	01:48+	01:25+	00:51+	00:45+		
04:01+	04:48+	01:52+	01:49+	05:02+	03:59+	05:20+	02:44+	03:58+	02:51+	02:07+	02:57+	05:10+	01:48+	01:25+	00:51+	00:45+		

10	Mariann Sveinsvoll	3504													52:29			
03:25+	06:50+	09:23+	10:54+	13:52+	19:06+	24:44+	28:08+	31:33+	33:40+	37:02+	40:27+	46:16+	48:52+	50:35+	51:40+	52:29+		
03:25+	03:25+	02:33+	01:31+	02:58+	05:14+	05:38+	03:24+	03:25+	02:07+	03:22+	03:25+	05:49+	02:36+	01:43+	01:05+	00:49+		
03:25+	03:25+	02:33+	01:31+	02:58+	05:14+	05:38+	03:24+	03:25+	02:07+	03:22+	03:25+	05:49+	02:36+	01:43+	01:05+	00:49+		

11	Marit Haavardsholm	1683													53:12			
03:41+	06:34+	08:45+	10:20+	13:14+	18:16+	25:24+	30:41+	33:13+	35:24+	37:28+	40:12+	47:46+	49:32+	51:15+	52:17+	53:12+		
03:41+	02:53+	02:11+	01:35+	02:54+	05:02+	07:08+	05:17+	02:32+	02:11+	02:04+	02:44+	07:34+	01:46+	01:43+	01:02+	00:55+		
03:41+	02:53+	02:11+	01:35+	02:54+	05:02+	07:08+	05:17+	02:32+	02:11+	02:04+	02:44+	07:34+	01:46+	01:43+	01:02+	00:55+		

12	Kristin Breivold	892													53:18			
04:04+	07:51+	10:26+	11:49+	15:13+	20:27+	25:49+	29:08+	35:30+	37:32+	40:20+	43:23+	48:32+	50:15+	51:42+	52:31+	53:18+		
04:04+	03:47+	02:35+	01:23+	03:24+	05:14+	05:22+	03:19+	06:22+	02:02+	02:48+	03:03+	05:09+	01:43+	01:27+	00:49+	00:47+		
04:04+	03:47+	02:35+	01:23+	03:24+	05:14+	05:22+	03:19+	06:22+	02:02+	02:48+	03:03+	05:09+	01:43+	01:27+	00:49+	00:47+		

13	Heidi Martby-Skogsholm	3522													55:14			
03:50+	07:14+	09:34+	11:11+	15:07+	20:35+	26:45+	29:54+	33:09+	35:23+	37:40+	40:58+	46:54+	52:01+	53:31+	54:24+	55:14+		
03:50+	03:24+	02:20+	01:37+	03:56+	05:28+	06:10+	03:09+	03:15+	02:14+	02:17+	03:18+	05:56+	05:07+	01:30+	00:53+	00:50+		
03:50+	03:24+	02:20+	01:37+	03:56+	05:28+	06:10+	03:09+	03:15+	02:14+	02:17+	03:18+	05:56+	05:07+	01:30+	00:53+	00:50+		

14	Grethe Anda Fuglestad	1683													57:03			
03:58+	07:21+	12:40+	14:13+	17:10+	22:03+	27:24+	31:21+	37:02+	39:03+	42:49+	45:48+	52:06+	53:53+	55:31+	56:19+	57:03+		
03:58+	03:23+	05:19+	01:33+	02:57+	04:53+	05:21+	03:57+	05:41+	02:01+	03:46+	02:59+	06:18+	01:47+	01:38+	00:48+	00:44+		
03:58+	03:23+	05:19+	01:33+	02:57+	04:53+	05:21+	03:57+	05:41+	02:01+	03:46+	02:59+	06:18+	01:47+	01:38+	00:48+	00:44+		

15	Ragnhild Auglænd	769													57:04			
04:11+	07:38+	10:39+	12:49+	16:03+	21:08+	27:30+	32:15+	35:35+	38:11+	41:50+	45:44+	51:46+	53:38+	55:10+	56:11+	57:04+		
04:11+	03:27+	03:01+	02:10+	03:14+	05:05+	06:22+	04:45+	03:20+	02:36+	03:39+	03:54+	06:02+	01:52+	01:32+	01:01+	00:53+		
04:11+	03:27+	03:01+	02:10+	03:14+	05:05+	06:22+	04:45+	03:20+	02:36+	03:39+	03:54+	06:02+	01:52+	01:32+	01:01+	00:53+		

16	Hege Anita H. Nielsen	3545													57:12			
07:57+	11:50+	14:37+	16:21+	19:47+	24:02+	29:53+	32:54+	36:47+	38:56+	41:09+	44:24+	52:10+	54:06+	55:38+	56:28+	57:12+		
07:57+	03:53+	02:47+	01:44+	03:26+	04:15+	05:51+	03:01+	03:53+	02:09+	02:13+	03:15+	07:46+	01:56+	01:32+	00:50+	00:44+		
07:57+	03:53+	02:47+	01:44+	03:26+	04:15+	05:51+	03:01+	03:53+	02:09+	02:13+	03:15+	07:46+	01:56+	01:32+	00:50+	00:44+		

17	Toyah Bråtveit	1832													1:02:42			
05:00+	08:54+	11:20+	12:41+	15:15+	18:58+	28:14+	30:53+	45:49+	47:33+	50:07+	52:44+	57:50+	59:31+	61:06+	62:04+	62:42+		
05:00+	03:54+	02:26+	01:21+	02:34+	03:43+	09:16+	02:39+	14:56+	01:44+	02:34+	02:37+	05:06+	01:41+	01:35+	00:58+	00:38+		
05:00+	03:54+	02:26+	01:21+	02:34+	03:43+	09:16+	02:39+	14:56+	01:44+	02:34+	02:37+	05:06+	01:41+	01:35+	00:58+	00:38+		

18	Anina Hadland	3502													1:02:58			
04:06+	10:32+	14:50+	16:02+	19:20+	23:57+	30:36+	35:05+	38:30+	40:53+	47:04+	50:17+	57:34+	59:46+	61:23+	62:14+	62:58+		
04:06+	06:26+	04:18+	01:12+	03:18+	04:37+	06:39+	04:29+	03:25+	02:23+	06:11+	03:13+	07:17+	02:12+	01:37+	00:51+	00:44+		
04:06+	06:26+	04:18+	01:12+	03:18+	04:37+	06:39+	04:29+	03:25+	02:23+	06:11+	03:13+	07:17+	02:12+	01:37+	00:51+	00:44+		

## Damer B

<b>19</b>	<b>Agnes Haker</b>	<b>1284</b>	<b>1:03:23</b>													
03:48+	06:49+	09:11+	19:05+	22:44+	27:27+	34:29+	37:10+	46:12+	48:07+	50:59+	53:43+	58:27+	60:07+	61:46+	62:41+	63:23+
03:48+	03:01+	02:22+	09:54+	03:39+	04:43+	07:02+	02:41+	09:02+	01:55+	02:52+	02:44+	04:44+	01:40+	01:39+	00:55+	00:42+
03:48+	03:01+	02:22+	09:54+	03:39+	04:43+	07:02+	02:41+	09:02+	01:55+	02:52+	02:44+	04:44+	01:40+	01:39+	00:55+	00:42+

### Beste strekktid for klassen

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

## Damer Ny

<b>1</b>	<b>Bente Klausen</b>	<b>769</b>	<b>18:21</b>				
02:24=	04:09=	06:42=	08:43=	12:17=	14:17=	16:10=	18:21=
02:24=	01:45=	02:33=	02:01=	03:34=	02:00=	01:53=	02:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Louise Johansson</b>	<b>1284</b>	<b>23:27</b>				
01:45-	05:15+	07:40+	11:45+	16:11+	19:40+	22:02+	23:27+
01:45-	03:30+	02:25-	04:05+	04:26+	03:29+	02:22+	01:25-
00:39-	01:45&	00:08-	02:04@	00:52#	01:29&	00:29&	00:46-
<b>3</b>	<b>Ingunn Monsen</b>	<b>3525</b>	<b>24:47</b>				
02:59+	05:28+	08:42+	11:35+	16:19+	20:04+	22:50+	24:47+
02:59+	02:29+	03:14+	02:53+	04:44+	03:45+	02:46+	01:57-
00:35#	00:44&	00:41&	00:52&	01:10&	01:45&	00:53&	00:14-
<b>4</b>	<b>Trine Lura Dolonen</b>	<b>3525</b>	<b>25:26</b>				
03:29+	06:13+	09:14+	12:13+	16:59+	20:44+	23:31+	25:26+
03:29+	02:44+	03:01+	02:59+	04:46+	03:45+	02:47+	01:55-
01:05&	00:59&	00:28#	00:58&	01:12&	01:45&	00:54&	00:16-
<b>5</b>	<b>June Teodora Steinhovden</b>	<b>3608</b>	<b>28:40</b>				
03:09+	06:43+	10:00+	13:27+	19:25+	23:16+	27:14+	28:40+
03:09+	03:34+	03:17+	03:27+	05:58+	03:51+	03:58+	01:26-
00:45&	01:49@	00:44&	01:26&	02:24&	01:51&	02:05@	00:45-
<b>6</b>	<b>Lisbeth Davidsen</b>	<b>3608</b>	<b>29:23</b>				
03:57+	07:26+	10:37+	14:16+	20:01+	24:09+	28:00+	29:23+
03:57+	03:29+	03:11+	03:39+	05:45+	04:08+	03:51+	01:23-
01:33&	01:44&	00:38#	01:38&	02:11&	02:08@	01:58@	00:48-
<b>7</b>	<b>Monja Harestad</b>	<b>3608</b>	<b>29:50</b>				
04:14+	07:46+	10:56+	14:44+	20:28+	24:29+	28:18+	29:50+
04:14+	03:32+	03:10+	03:48+	05:44+	04:01+	03:49+	01:32-
01:50&	01:47@	00:37#	01:47&	02:10&	02:01@	01:56@	00:39-
<b>8</b>	<b>Tonje Undheim</b>	<b>3608</b>	<b>30:28</b>				
03:27+	07:01+	10:32+	15:40+	20:46+	23:35+	28:20+	30:28+
03:27+	03:34+	03:31+	05:08+	05:06+	02:49+	04:45+	02:08-
01:03&	01:49@	00:58&	03:07@	01:32&	00:49&	02:52@	00:03-
<b>9</b>	<b>Eva Vatland</b>	<b>3608</b>	<b>30:39</b>				
03:15+	06:57+	10:49+	15:53+	20:32+	23:44+	28:14+	30:39+
03:15+	03:42+	03:52+	05:04+	04:39+	03:12+	04:30+	02:25+
00:51&	01:57@	01:19&	03:03@	01:05&	01:12&	02:37@	00:14#
<b>10</b>	<b>Karoline Blyberg Lillehammer</b>	<b>1758</b>	<b>30:45</b>				
03:42+	07:24+	10:53+	16:09+	20:55+	23:59+	28:33+	30:45+
03:42+	03:42+	03:29+	05:16+	04:46+	03:04+	04:34+	02:12+
01:18&	01:57@	00:56&	03:15@	01:12&	01:04&	02:41@	00:01+
<b>11</b>	<b>Anne Louise Gilling</b>	<b>1284</b>	<b>40:23</b>				
03:55+	08:24+	13:00+	17:53+	26:51+	31:28+	37:26+	40:23+
03:55+	04:29+	04:36+	04:53+	08:58+	04:37+	05:58+	02:57+
01:31&	02:44@	02:03&	02:52@	05:24@	02:37@	04:05@	00:46&

Class	Navn	Klasse	Tid
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## Damer Ny

**12 Kristine Vik 1284 40:26**

03:57+ 08:21+ 13:09+ 17:55+ 26:51+ 31:36+ 37:27+ 40:26+  
 03:57+ 04:24+ 04:48+ 04:46+ 08:56+ 04:45+ 05:51+ 02:59+  
 01:33& 02:39@ 02:15& 02:45@ 05:22@ 02:45@ 03:58@ 00:48&

**13 Sacha Nacouzi NOTEAM 59:04**

03:44+ 06:27+ 16:49+ 20:56+ 50:07+ 53:16+ 56:12+ 59:04+  
 03:44+ 02:43+ 10:22+ 04:07+ 29:11+ 03:09+ 02:56+ 02:52+  
 03:44+ 02:43+ 10:22+ 04:07+ 29:11+ 03:09+ 02:56+ 02:52+

### Beste strekktid for klassen

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

## Damer Trim

**1 Janeth Kleppe 879 37:31**

03:13= 09:45= 13:37= 18:41= 23:20= 26:07= 30:50= 32:14= 33:51= 35:22= 36:28= 37:31=  
 03:13= 06:32= 03:52= 05:04= 04:39= 02:47= 04:43= 01:24= 01:37= 01:31= 01:06= 01:03=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Grete Stokke Seljeskog 879 38:17**

03:22+ 07:42- 11:29- 16:06- 23:21+ 26:42+ 30:35- 32:11- 33:53+ 35:46+ 37:36+ 38:17+  
 03:22+ 04:20- 03:47- 04:37- 07:15+ 03:21+ 03:53- 01:36+ 01:42+ 01:53+ 01:50+ 00:41-  
 00:09+ 02:12- 00:05- 00:27- 02:36& 00:34# 00:50- 00:12# 00:05+ 00:22# 00:44& 00:22-

**3 Ingrid Overegseth Foss 896 38:56**

03:19+ 08:33- 12:29- 17:01- 23:43+ 26:07= 30:46- 32:13- 34:01+ 36:04+ 37:58+ 38:56+  
 03:19+ 05:14- 03:56+ 04:32- 06:42+ 02:24- 04:39- 01:27+ 01:48+ 02:03+ 01:54+ 00:58-  
 00:06+ 01:18- 00:04+ 00:32- 02:03& 00:23- 00:04- 00:03+ 00:11# 00:32& 00:48& 00:05-

**4 Monica Gilje Rennemo 892 40:51**

04:00+ 11:00+ 13:59+ 18:51+ 26:59+ 29:10+ 33:05+ 34:23+ 36:22+ 38:30+ 39:31+ 40:51+  
 04:00+ 07:00+ 02:59- 04:52- 08:08+ 02:11- 03:55- 01:18- 01:59+ 02:08+ 01:01- 01:20+  
 00:47# 00:28+ 00:53- 00:12- 03:29& 00:36- 00:48- 00:06- 00:22# 00:37& 00:05- 00:17&

**5 Elisabet Horpestad 896 42:59**

04:00+ 09:50+ 14:16+ 20:43+ 26:31+ 30:08+ 35:11+ 36:48+ 39:47+ 41:15+ 42:19+ 42:59+  
 04:00+ 05:50- 04:26+ 06:27+ 05:48+ 03:37+ 05:03+ 01:37+ 02:59+ 01:28- 01:04- 00:40-  
 00:47# 00:42- 00:34# 01:23& 01:09# 00:50& 00:20+ 00:13# 01:22& 00:03- 00:02- 00:23-

**6 Inger Johanne Klausen 3529 44:49**

04:09+ 13:28+ 16:59+ 22:55+ 28:37+ 31:53+ 37:49+ 39:23+ 41:06+ 42:54+ 43:57+ 44:49+  
 04:09+ 09:19+ 03:31- 05:56+ 05:42+ 03:16+ 05:56+ 01:34+ 01:43+ 01:48+ 01:03- 00:52-  
 00:56& 02:47& 00:21- 00:52# 01:03# 00:29# 01:13& 00:10# 00:06+ 00:17# 00:03- 00:11-

**7 Ann Iren Undheim Seitzberg 3548 46:10**

04:16+ 08:51- 12:16- 17:31- 24:47+ 31:27+ 36:26+ 38:50+ 42:11+ 44:08+ 45:17+ 46:10+  
 04:16+ 04:35- 03:25- 05:15+ 07:16+ 06:40+ 04:59+ 02:24+ 03:21+ 01:57+ 01:09+ 00:53-  
 01:03& 01:57- 00:27- 00:11+ 02:37& 03:53@ 00:16+ 01:00& 01:44@ 00:26& 00:03+ 00:10-

**8 Marianne Steinkopf 880 47:33**

04:06+ 11:10+ 15:45+ 21:52+ 28:51+ 32:20+ 36:49+ 38:20+ 43:07+ 44:36+ 46:37+ 47:33+  
 04:06+ 07:04+ 04:35+ 06:07+ 06:59+ 03:29+ 04:29- 01:31+ 04:47+ 01:29- 02:01+ 00:56-  
 00:53& 00:32+ 00:43# 01:03# 02:20& 00:42& 00:14- 00:07+ 03:10@ 00:02- 00:55& 00:07-

**9 Marit L. Undheim 3529 48:15**

03:17+ 11:18+ 15:19+ 20:46+ 34:38+ 37:27+ 41:32+ 42:53+ 44:40+ 46:28+ 47:24+ 48:15+  
 03:17+ 08:01+ 04:01+ 05:27+ 13:52+ 02:49+ 04:05- 01:21- 01:47+ 01:48+ 00:56- 00:51-  
 00:04+ 01:29# 00:09+ 00:23+ 09:13@ 00:02+ 00:38- 00:03- 00:10# 00:17# 00:10- 00:12-

**10 Solbjørg Borgersen 3527 49:53**

04:46+ 10:32+ 17:20+ 24:02+ 31:09+ 36:21+ 42:22+ 43:57+ 45:55+ 47:48+ 48:53+ 49:53+  
 04:46+ 05:46- 06:48+ 06:42+ 07:07+ 05:12+ 06:01+ 01:35+ 01:58+ 01:53+ 01:05- 01:00-  
 01:33& 00:46- 02:56& 01:38& 02:28& 02:25& 01:18& 00:11# 00:21# 00:22# 00:01- 00:03-

Class	Navn	Klasse										Tid
<b>11</b>	<b>Anne Turid Vestbakke</b>	<b>1683</b>										<b>50:19</b>
	06:39+	11:45+	15:05+	22:51+	32:06+	35:08+	39:44+	42:19+	44:49+	47:31+	49:06+	50:19+
	06:39+	05:06-	03:20-	07:46+	09:15+	03:02+	04:36-	02:35+	02:30+	02:42+	01:35+	01:13+
	03:26@	01:26-	00:32-	02:42&	04:36&	00:15+	00:07-	01:11&	00:53&	01:11&	00:29&	00:10#
<b>12</b>	<b>Unni Byberg Mæstad</b>	<b>892</b>										<b>50:47</b>
	04:19+	09:57+	14:48+	21:22+	29:01+	35:20+	41:21+	43:29+	45:55+	48:03+	49:34+	50:47+
	04:19+	05:38+	04:51+	06:34+	07:39+	06:19+	06:01+	02:08+	02:26+	02:08+	01:31+	01:13+
	04:19+	05:38+	04:51+	06:34+	07:39+	06:19+	06:01+	02:08+	02:26+	02:08+	01:31+	01:13+
<b>13</b>	<b>Kirsti Strand Salvesen</b>	<b>3540</b>										<b>51:48</b>
	05:17+	12:45+	17:30+	24:25+	32:42+	35:59+	41:39+	43:28+	46:05+	48:44+	50:26+	51:48+
	05:17+	07:28+	04:45+	06:55+	08:17+	03:17+	05:40+	01:49+	02:37+	02:39+	01:42+	01:22+
	05:17+	07:28+	04:45+	06:55+	08:17+	03:17+	05:40+	01:49+	02:37+	02:39+	01:42+	01:22+
<b>14</b>	<b>Linda Mørch</b>	<b>896</b>										<b>53:02</b>
	04:32+	10:49+	16:46+	23:10+	32:37+	36:10+	41:13+	43:19+	49:10+	50:37+	52:15+	53:02+
	04:32+	06:17+	05:57+	06:24+	09:27+	03:33+	05:03+	02:06+	05:51+	01:27+	01:38+	00:47+
	04:32+	06:17+	05:57+	06:24+	09:27+	03:33+	05:03+	02:06+	05:51+	01:27+	01:38+	00:47+
<b>15</b>	<b>Karine Ditlevsen</b>	<b>896</b>										<b>53:04</b>
	04:34+	10:59+	16:49+	23:12+	32:34+	36:08+	41:09+	43:14+	49:08+	50:45+	52:17+	53:04+
	04:34+	06:25+	05:50+	06:23+	09:22+	03:34+	05:01+	02:05+	05:54+	01:37+	01:32+	00:47+
	04:34+	06:25+	05:50+	06:23+	09:22+	03:34+	05:01+	02:05+	05:54+	01:37+	01:32+	00:47+
<b>16</b>	<b>Therese Østbø</b>	<b>896</b>										<b>53:13</b>
	04:39+	11:21+	16:16+	23:19+	32:34+	36:08+	41:17+	43:19+	49:14+	50:49+	52:22+	53:13+
	04:39+	06:42+	04:55+	07:03+	09:15+	03:34+	05:09+	02:02+	05:55+	01:35+	01:33+	00:51+
	04:39+	06:42+	04:55+	07:03+	09:15+	03:34+	05:09+	02:02+	05:55+	01:35+	01:33+	00:51+
<b>17</b>	<b>Maria Fjelde</b>	<b>722</b>										<b>54:54</b>
	09:56+	14:53+	24:41+	29:57+	39:23+	42:35+	47:03+	48:19+	50:21+	52:36+	54:07+	54:54+
	09:56+	04:57+	09:48+	05:16+	09:26+	03:12+	04:28+	01:16+	02:02+	02:15+	01:31+	00:47+
	09:56+	04:57+	09:48+	05:16+	09:26+	03:12+	04:28+	01:16+	02:02+	02:15+	01:31+	00:47+
<b>18</b>	<b>Wibeke Lende</b>	<b>3503</b>										<b>55:03</b>
	07:51+	14:00+	19:32+	27:43+	35:50+	39:18+	45:02+	46:41+	49:16+	51:46+	53:23+	55:03+
	07:51+	06:09+	05:32+	08:11+	08:07+	03:28+	05:44+	01:39+	02:35+	02:30+	01:37+	01:40+
	07:51+	06:09+	05:32+	08:11+	08:07+	03:28+	05:44+	01:39+	02:35+	02:30+	01:37+	01:40+
<b>19</b>	<b>Signe Lise Haaland</b>	<b>3507</b>										<b>56:09</b>
	05:39+	12:05+	17:45+	25:04+	33:27+	37:27+	43:48+	45:45+	49:04+	52:26+	54:23+	56:09+
	05:39+	06:26+	05:40+	07:19+	08:23+	04:00+	06:21+	01:57+	03:19+	03:22+	01:57+	01:46+
	05:39+	06:26+	05:40+	07:19+	08:23+	04:00+	06:21+	01:57+	03:19+	03:22+	01:57+	01:46+
<b>20</b>	<b>Ane Odland</b>	<b>1683</b>										<b>56:58</b>
	03:29+	08:41+	12:10+	17:02+	39:10+	41:27+	45:46+	47:47+	49:53+	55:02+	56:03+	56:58+
	03:29+	05:12+	03:29+	04:52+	22:08+	02:17+	04:19+	02:01+	02:06+	05:09+	01:01+	00:55+
	03:29+	05:12+	03:29+	04:52+	22:08+	02:17+	04:19+	02:01+	02:06+	05:09+	01:01+	00:55+
<b>21</b>	<b>Kristin Harbo</b>	<b>892</b>										<b>57:21</b>
	06:52+	20:04+	24:22+	31:29+	38:29+	41:29+	46:34+	48:27+	51:35+	53:59+	56:01+	57:21+
	06:52+	13:12+	04:18+	07:07+	07:00+	03:00+	05:05+	01:53+	03:08+	02:24+	02:02+	01:20+
	06:52+	13:12+	04:18+	07:07+	07:00+	03:00+	05:05+	01:53+	03:08+	02:24+	02:02+	01:20+
<b>22</b>	<b>Ida Sjursø</b>	<b>1754</b>										<b>59:22</b>
	05:44+	14:07+	18:54+	34:41+	41:26+	44:30+	49:59+	52:14+	54:22+	56:57+	58:09+	59:22+
	05:44+	08:23+	04:47+	15:47+	06:45+	03:04+	05:29+	02:15+	02:08+	02:35+	01:12+	01:13+
	05:44+	08:23+	04:47+	15:47+	06:45+	03:04+	05:29+	02:15+	02:08+	02:35+	01:12+	01:13+
<b>23</b>	<b>Hilde Christine Hoff</b>	<b>848</b>										<b>1:00:18</b>
	05:22+	11:44+	17:22+	27:14+	39:28+	42:53+	49:50+	52:15+	54:48+	57:23+	58:45+	60:18+
	05:22+	06:22+	05:38+	09:52+	12:14+	03:25+	06:57+	02:25+	02:33+	02:35+	01:22+	01:33+
	05:22+	06:22+	05:38+	09:52+	12:14+	03:25+	06:57+	02:25+	02:33+	02:35+	01:22+	01:33+
<b>24</b>	<b>Stina Tran Huynh</b>	<b>3533</b>										<b>1:01:14</b>
	03:44+	19:40+	23:16+	34:08+	41:29+	45:43+	49:49+	51:50+	54:25+	59:42+	60:27+	61:14+
	03:44+	15:56+	03:36+	10:52+	07:21+	04:14+	04:06+	02:01+	02:35+	05:17+	00:45+	00:47+
	03:44+	15:56+	03:36+	10:52+	07:21+	04:14+	04:06+	02:01+	02:35+	05:17+	00:45+	00:47+

Class	Navn	Klasse	Tid
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## Damer Trim

### 25 Anne Mette Riskjell Høyland 3524 1:01:32

03:22+	10:09+	13:18+	24:54+	41:43+	46:46+	51:25+	53:50+	56:13+	58:54+	60:05+	61:32+
03:22+	06:47+	03:09+	11:36+	16:49+	05:03+	04:39+	02:25+	02:23+	02:41+	01:11+	01:27+
03:22+	06:47+	03:09+	11:36+	16:49+	05:03+	04:39+	02:25+	02:23+	02:41+	01:11+	01:27+

### 26 Karolina Lenart 1376 1:01:52

10:10+	17:22+	26:38+	33:51+	40:17+	43:52+	48:36+	50:18+	52:50+	59:37+	60:56+	61:52+
10:10+	07:12+	09:16+	07:13+	06:26+	03:35+	04:44+	01:42+	02:32+	06:47+	01:19+	00:56+
10:10+	07:12+	09:16+	07:13+	06:26+	03:35+	04:44+	01:42+	02:32+	06:47+	01:19+	00:56+

### 27 Sara Dudzinska 1376 1:02:44

15:04+	19:59+	24:53+	31:53+	46:43+	49:31+	54:16+	56:45+	58:27+	60:42+	61:57+	62:44+
15:04+	04:55+	04:54+	07:00+	14:50+	02:48+	04:45+	02:29+	01:42+	02:15+	01:15+	00:47+
15:04+	04:55+	04:54+	07:00+	14:50+	02:48+	04:45+	02:29+	01:42+	02:15+	01:15+	00:47+

### 28 Tone M. Seglem Giske 1683 1:04:12

06:41+	15:07+	22:08+	30:46+	41:18+	46:29+	52:37+	54:57+	57:38+	61:14+	62:49+	64:12+
06:41+	08:26+	07:01+	08:38+	10:32+	05:11+	06:08+	02:20+	02:41+	03:36+	01:35+	01:23+
06:41+	08:26+	07:01+	08:38+	10:32+	05:11+	06:08+	02:20+	02:41+	03:36+	01:35+	01:23+

### 29 Marianne Strøm Uthaug 3551 1:06:05

05:56+	10:24+	13:49+	19:07+	31:53+	34:50+	46:21+	58:28+	61:28+	63:57+	65:19+	66:05+
05:56+	04:28+	03:25+	05:18+	12:46+	02:57+	11:31+	12:07+	03:00+	02:29+	01:22+	00:46+
05:56+	04:28+	03:25+	05:18+	12:46+	02:57+	11:31+	12:07+	03:00+	02:29+	01:22+	00:46+

### 30 Ritva Halsne 722 1:06:43

06:32+	15:36+	27:45+	38:56+	47:08+	50:37+	54:48+	56:29+	58:16+	60:50+	65:52+	66:43+
06:32+	09:04+	12:09+	11:11+	08:12+	03:29+	04:11+	01:41+	01:47+	02:34+	05:02+	00:51+
06:32+	09:04+	12:09+	11:11+	08:12+	03:29+	04:11+	01:41+	01:47+	02:34+	05:02+	00:51+

### 31 Monica Regine Romstad 722 1:07:24

04:51+	09:37+	14:13+	23:09+	44:16+	49:57+	57:23+	59:44+	62:22+	65:05+	66:31+	67:24+
04:51+	04:46+	04:36+	08:56+	21:07+	05:41+	07:26+	02:21+	02:38+	02:43+	01:26+	00:53+
04:51+	04:46+	04:36+	08:56+	21:07+	05:41+	07:26+	02:21+	02:38+	02:43+	01:26+	00:53+

### 32 Helga Sandve Helgøy 3531 1:08:02

24:29+	29:26+	33:14+	39:16+	45:39+	48:31+	59:15+	60:52+	63:00+	65:09+	66:35+	68:02+
24:29+	04:57+	03:48+	06:02+	06:23+	02:52+	10:44+	01:37+	02:08+	02:09+	01:26+	01:27+
24:29+	04:57+	03:48+	06:02+	06:23+	02:52+	10:44+	01:37+	02:08+	02:09+	01:26+	01:27+

### 33 Ruth Grødem 722 1:08:20

08:18+	14:13+	19:59+	28:31+	46:43+	50:35+	57:29+	60:42+	63:08+	65:37+	67:12+	68:20+
08:18+	05:55+	05:46+	08:32+	18:12+	03:52+	06:54+	03:13+	02:26+	02:29+	01:35+	01:08+
08:18+	05:55+	05:46+	08:32+	18:12+	03:52+	06:54+	03:13+	02:26+	02:29+	01:35+	01:08+

### 34 Jeanette Mjølhus 722 1:09:11

15:40+	27:44+	32:36+	41:45+	48:42+	52:26+	57:28+	59:37+	61:46+	65:05+	68:31+	69:11+
15:40+	12:04+	04:52+	09:09+	06:57+	03:44+	05:02+	02:09+	02:09+	03:19+	03:26+	00:40+
15:40+	12:04+	04:52+	09:09+	06:57+	03:44+	05:02+	02:09+	02:09+	03:19+	03:26+	00:40+

### 35 Ewelina Uscinska 1456 1:11:29

03:58+	10:45+	14:47+	21:46+	52:11+	56:10+	62:26+	64:57+	67:31+	69:26+	70:34+	71:29+
03:58+	06:47+	04:02+	06:59+	30:25+	03:59+	06:16+	02:31+	02:34+	01:55+	01:08+	00:55+
03:58+	06:47+	04:02+	06:59+	30:25+	03:59+	06:16+	02:31+	02:34+	01:55+	01:08+	00:55+

### 36 Ingunn Johanne Fandrem 3511 1:11:56

05:55+	16:52+	22:04+	35:02+	47:05+	52:08+	59:21+	61:56+	65:03+	69:01+	70:32+	71:56+
05:55+	10:57+	05:12+	12:58+	12:03+	05:03+	07:13+	02:35+	03:07+	03:58+	01:31+	01:24+
05:55+	10:57+	05:12+	12:58+	12:03+	05:03+	07:13+	02:35+	03:07+	03:58+	01:31+	01:24+

### 37 Marie Hernæs Larsen 3565 1:11:57

05:01+	26:42+	32:35+	43:47+	52:33+	55:48+	61:47+	63:53+	67:13+	69:32+	70:52+	71:57+
05:01+	21:41+	05:53+	11:12+	08:46+	03:15+	05:59+	02:06+	03:20+	02:19+	01:20+	01:05+
05:01+	21:41+	05:53+	11:12+	08:46+	03:15+	05:59+	02:06+	03:20+	02:19+	01:20+	01:05+

### 38 Solveig Marie Grønning 3511 1:12:02

06:00+	16:54+	22:02+	35:09+	47:06+	52:14+	59:22+	61:58+	65:05+	69:01+	70:34+	72:02+
06:00+	10:54+	05:08+	13:07+	11:57+	05:08+	07:08+	02:36+	03:07+	03:56+	01:33+	01:28+
06:00+	10:54+	05:08+	13:07+	11:57+	05:08+	07:08+	02:36+	03:07+	03:56+	01:33+	01:28+

Class	Navn	Klasse										Tid
<b>Damer Trim</b>												
<b>39</b>	<b>Unni B Sundli</b>	<b>892</b>										<b>1:12:12</b>
05:34+	15:47+	21:03+	29:45+	48:58+	53:23+	59:04+	60:52+	63:19+	66:02+	70:35+	72:12+	
05:34+	10:13+	05:16+	08:42+	19:13+	04:25+	05:41+	01:48+	02:27+	02:43+	04:33+	01:37+	
05:34+	10:13+	05:16+	08:42+	19:13+	04:25+	05:41+	01:48+	02:27+	02:43+	04:33+	01:37+	
<b>40</b>	<b>Anne Lill M. Njå</b>	<b>892</b>										<b>1:12:17</b>
18:41+	30:46+	35:33+	44:41+	51:45+	55:23+	60:32+	62:38+	64:44+	67:59+	71:33+	72:17+	
18:41+	12:05+	04:47+	09:08+	07:04+	03:38+	05:09+	02:06+	02:06+	03:15+	03:34+	00:44+	
18:41+	12:05+	04:47+	09:08+	07:04+	03:38+	05:09+	02:06+	02:06+	03:15+	03:34+	00:44+	
<b>41</b>	<b>May Kristin Haaland</b>	<b>3511</b>										<b>1:16:42</b>
07:06+	18:11+	26:07+	36:14+	54:49+	59:23+	66:05+	68:51+	71:33+	73:59+	75:26+	76:42+	
07:06+	11:05+	07:56+	10:07+	18:35+	04:34+	06:42+	02:46+	02:42+	02:26+	01:27+	01:16+	
07:06+	11:05+	07:56+	10:07+	18:35+	04:34+	06:42+	02:46+	02:42+	02:26+	01:27+	01:16+	
<b>42</b>	<b>Marit Kløvstad Braut</b>	<b>892</b>										<b>1:18:00</b>
06:48+	17:13+	23:15+	33:53+	50:05+	55:38+	63:47+	66:43+	70:17+	73:45+	76:13+	78:00+	
06:48+	10:25+	06:02+	10:38+	16:12+	05:33+	08:09+	02:56+	03:34+	03:28+	02:28+	01:47+	
06:48+	10:25+	06:02+	10:38+	16:12+	05:33+	08:09+	02:56+	03:34+	03:28+	02:28+	01:47+	
<b>43</b>	<b>Ragnhild Christiansen</b>	<b>1884</b>										<b>1:18:06</b>
06:48+	16:51+	23:06+	33:39+	49:47+	55:48+	63:46+	66:42+	70:02+	73:42+	76:24+	78:06+	
06:48+	10:03+	06:15+	10:33+	16:08+	06:01+	07:58+	02:56+	03:20+	03:40+	02:42+	01:42+	
06:48+	10:03+	06:15+	10:33+	16:08+	06:01+	07:58+	02:56+	03:20+	03:40+	02:42+	01:42+	
<b>44</b>	<b>Else Marie Furland</b>	<b>NOTEAM</b>										<b>1:18:14</b>
06:55+	17:32+	23:19+	34:07+	50:11+	55:54+	63:47+	66:49+	70:10+	73:50+	76:31+	78:14+	
06:55+	10:37+	05:47+	10:48+	16:04+	05:43+	07:53+	03:02+	03:21+	03:40+	02:41+	01:43+	
06:55+	10:37+	05:47+	10:48+	16:04+	05:43+	07:53+	03:02+	03:21+	03:40+	02:41+	01:43+	
<b>45</b>	<b>Bente Skagseth</b>	<b>3558</b>										<b>1:18:19</b>
08:17+	15:37+	23:10+	29:55+	42:21+	47:06+	53:02+	55:40+	69:32+	72:58+	77:18+	78:19+	
08:17+	07:20+	07:33+	06:45+	12:26+	04:45+	05:56+	02:38+	13:52+	03:26+	04:20+	01:01+	
08:17+	07:20+	07:33+	06:45+	12:26+	04:45+	05:56+	02:38+	13:52+	03:26+	04:20+	01:01+	
<b>46</b>	<b>Inger Lise Sigvaldsen</b>	<b>874</b>										<b>1:34:36</b>
06:44+	15:16+	21:49+	33:57+	51:29+	56:09+	75:43+	79:30+	85:01+	88:03+	90:07+	94:36+	
06:44+	08:32+	06:33+	12:08+	17:32+	04:40+	19:34+	03:47+	05:31+	03:02+	02:04+	04:29+	
06:44+	08:32+	06:33+	12:08+	17:32+	04:40+	19:34+	03:47+	05:31+	03:02+	02:04+	04:29+	
<b>47</b>	<b>Anna Langlo</b>	<b>722</b>										<b>1:43:55</b>
07:17+	22:07+	30:54+	47:27+	62:01+	69:56+	86:53+	91:47+	95:39+	99:50+	102:00+	103:55+	
07:17+	14:50+	08:47+	16:33+	14:34+	07:55+	16:57+	04:54+	03:52+	04:11+	02:10+	01:55+	
07:17+	14:50+	08:47+	16:33+	14:34+	07:55+	16:57+	04:54+	03:52+	04:11+	02:10+	01:55+	
<b>48</b>	<b>Linda Strøm</b>	<b>722</b>										<b>1:43:58</b>
07:04+	21:46+	30:42+	46:52+	62:09+	69:55+	86:52+	91:48+	95:49+	99:58+	102:02+	103:58+	
07:04+	14:42+	08:56+	16:10+	15:17+	07:46+	16:57+	04:56+	04:01+	04:09+	02:04+	01:56+	
07:04+	14:42+	08:56+	16:10+	15:17+	07:46+	16:57+	04:56+	04:01+	04:09+	02:04+	01:56+	
<b>49</b>	<b>Heidi Camilla Raugstad Hovet</b>	<b>769</b>										<b>1:49:40</b>
34:59+	45:15+	51:29+	67:53+	78:59+	83:00+	89:11+	91:16+	94:21+	99:39+	108:52+	109:40+	
34:59+	10:16+	06:14+	16:24+	11:06+	04:01+	06:11+	02:05+	03:05+	05:18+	09:13+	00:48+	
34:59+	10:16+	06:14+	16:24+	11:06+	04:01+	06:11+	02:05+	03:05+	05:18+	09:13+	00:48+	

**Beste strekktid for klassen**

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

**Herrer 16 - 39 år**

<b>1</b>	<b>Per Christian Munkhaug</b>										<b>3516</b>										<b>40:16</b>
02:18=	04:34=	06:17=	07:30=	09:45=	12:57=	17:17=	20:07=	22:11=	24:28=	27:41=	30:05=	35:48=	37:23=	38:52=	39:38=	40:16=					
02:18=	02:16=	01:43=	01:13=	02:15=	03:12=	04:20=	02:50=	02:04=	02:17=	03:13=	02:24=	05:43=	01:35=	01:29=	00:46=	00:38=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

## Herrer 16 - 39 år

<b>2</b>	<b>Øyvind Rustan</b>	<b>722</b>	<b>50:59</b>													
05:27+	07:48+	12:14+	13:20+	16:04+	19:31+	24:04+	27:06+	29:45+	31:35+	33:37+	36:07+	46:09+	47:42+	49:17+	50:03+	50:59+
05:27+	02:21+	04:26+	01:06-	02:44+	03:27+	04:33+	03:02+	02:39+	01:50-	02:02-	02:30+	10:02+	01:33-	01:35+	00:46=	00:56+
03:09#	00:05+	02:43#	00:07-	00:29#	00:15+	00:13+	00:12+	00:35&	00:27-	01:11-	00:06+	04:19&	00:02-	00:06+	00:00=	00:18&
<b>3</b>	<b>Frank Terje Berge</b>	<b>643</b>	<b>54:54</b>													
04:00+	07:23+	09:39+	10:54+	14:10+	17:49+	23:12+	26:26+	35:46+	37:36+	39:41+	42:22+	47:37+	49:31+	53:10+	54:02+	54:54+
04:00+	03:23+	02:16+	01:15+	03:16+	03:39+	05:23+	03:14+	09:20+	01:50+	02:05+	02:41+	05:15+	01:54+	03:39+	00:52+	00:52+
04:00+	03:23+	02:16+	01:15+	03:16+	03:39+	05:23+	03:14+	09:20+	01:50+	02:05+	02:41+	05:15+	01:54+	03:39+	00:52+	00:52+
<b>4</b>	<b>Martin Skogland</b>	<b>3508</b>	<b>55:06</b>													
03:02+	05:34+	07:35+	09:20+	11:41+	15:02+	23:19+	25:39+	35:29+	37:04+	39:11+	41:48+	46:59+	48:55+	53:29+	54:28+	55:06+
03:02+	02:32+	02:01+	01:45+	02:21+	03:21+	08:17+	02:20+	09:50+	01:35+	02:07+	02:37+	05:11+	01:56+	04:34+	00:59+	00:38+
03:02+	02:32+	02:01+	01:45+	02:21+	03:21+	08:17+	02:20+	09:50+	01:35+	02:07+	02:37+	05:11+	01:56+	04:34+	00:59+	00:38+
<b>5</b>	<b>Adam Alfred Brennhagen</b>	<b>3512</b>	<b>58:57</b>													
04:24+	08:05+	10:19+	11:46+	15:52+	25:26+	30:32+	34:33+	40:19+	42:16+	44:54+	47:45+	53:00+	55:21+	57:22+	58:16+	58:57+
04:24+	03:41+	02:14+	01:27+	04:06+	09:34+	05:06+	04:01+	05:46+	01:57+	02:38+	02:51+	05:15+	02:21+	02:01+	00:54+	00:41+
04:24+	03:41+	02:14+	01:27+	04:06+	09:34+	05:06+	04:01+	05:46+	01:57+	02:38+	02:51+	05:15+	02:21+	02:01+	00:54+	00:41+
<b>6</b>	<b>Truls Thorkildsen</b>	<b>2074</b>	<b>1:00:56</b>													
03:09+	05:41+	07:29+	11:08+	16:08+	21:12+	27:36+	36:32+	45:17+	46:52+	48:41+	51:36+	56:27+	58:12+	59:33+	60:20+	60:56+
03:09+	02:32+	01:48+	03:39+	05:00+	05:04+	06:24+	08:56+	08:45+	01:35+	01:49+	02:55+	04:51+	01:45+	01:21+	00:47+	00:36+
03:09+	02:32+	01:48+	03:39+	05:00+	05:04+	06:24+	08:56+	08:45+	01:35+	01:49+	02:55+	04:51+	01:45+	01:21+	00:47+	00:36+
<b>7</b>	<b>Vidar Haus</b>	<b>3528</b>	<b>1:01:01</b>													
04:21+	07:28+	09:50+	12:34+	14:57+	20:59+	26:39+	30:17+	41:42+	43:22+	45:34+	48:37+	54:35+	57:01+	59:04+	60:18+	61:01+
04:21+	03:07+	02:22+	02:44+	02:23+	06:02+	05:40+	03:38+	11:25+	01:40+	02:12+	03:03+	05:58+	02:26+	02:03+	01:14+	00:43+
04:21+	03:07+	02:22+	02:44+	02:23+	06:02+	05:40+	03:38+	11:25+	01:40+	02:12+	03:03+	05:58+	02:26+	02:03+	01:14+	00:43+
<b>8</b>	<b>Aksel Joranger</b>	<b>2023</b>	<b>1:06:05</b>													
09:18+	12:05+	14:08+	15:17+	18:47+	22:35+	30:04+	35:18+	40:51+	42:34+	50:46+	53:38+	59:06+	61:35+	63:28+	65:31+	66:05+
09:18+	02:47+	02:03+	01:09+	03:30+	03:48+	07:29+	05:14+	05:33+	01:43+	08:12+	02:52+	05:28+	02:29+	01:53+	02:03+	00:34+
09:18+	02:47+	02:03+	01:09+	03:30+	03:48+	07:29+	05:14+	05:33+	01:43+	08:12+	02:52+	05:28+	02:29+	01:53+	02:03+	00:34+

### Beste strekktid for klassen

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

## Herrer 40 - 49 år

<b>1</b>	<b>Asgeir Nærland</b>	<b>1830</b>	<b>42:35</b>													
02:19=	07:12=	09:24=	10:29=	14:08=	17:38=	21:57=	25:21=	27:21=	29:02=	31:06=	33:32=	38:12=	39:41=	41:09=	42:02=	42:35=
02:19=	04:53=	02:12=	01:05=	03:39=	03:30=	04:19=	03:24=	02:00=	01:41=	02:04=	02:26=	04:40=	01:29=	01:28=	00:53=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Andreas Breiland</b>	<b>3522</b>	<b>43:57</b>													
03:22+	05:41-	07:14-	08:25-	14:00-	17:57+	23:44+	26:17+	28:33+	30:19+	32:12+	34:31+	38:49+	40:15+	41:34+	43:16+	43:57+
03:22+	02:19-	01:33-	01:11+	05:35+	03:57+	05:47+	02:33-	02:16+	01:46+	01:53-	02:19-	04:18-	01:26-	01:19-	01:42+	00:41+
01:03&	02:34-	00:39-	00:06+	01:56&	00:27#	01:28&	00:51-	00:16#	00:05+	00:11-	00:07-	00:22-	00:03-	00:09-	00:49&	00:08#
<b>3</b>	<b>Jan-Kenneth Polle</b>	<b>3525</b>	<b>44:23</b>													
02:55+	05:22-	07:11-	08:37-	10:54-	14:36-	19:17-	21:47-	24:04-	26:46-	29:17-	32:45-	38:31+	40:14+	43:10+	43:42+	44:23+
02:55+	02:27-	01:49-	01:26+	02:17-	03:42+	04:41+	02:30-	02:17+	02:42+	02:31+	03:28+	05:46+	01:43+	02:56+	00:32-	00:41+
00:36&	02:26-	00:23-	00:21&	01:22-	00:12+	00:22+	00:54-	00:17#	01:01&	00:27#	01:02&	01:06#	00:14#	01:28&	00:21-	00:08#
<b>4</b>	<b>Sjur Sigmo</b>	<b>1683</b>	<b>44:30</b>													
02:44+	05:42-	07:59-	09:14-	12:02-	16:12-	22:23+	24:50-	27:20-	29:19+	31:33+	34:19+	39:40+	41:16+	42:39+	43:40+	44:30+
02:44+	02:58-	02:17+	01:15+	02:48-	04:10+	06:11+	02:27-	02:30+	01:59+	02:14+	02:46+	05:21+	01:36+	01:23-	01:01+	00:50+
00:25#	01:55-	00:05+	00:10#	00:51-	00:40#	01:52&	00:57-	00:30#	00:18#	00:10+	00:20#	00:41#	00:07+	00:05-	00:08#	00:17&
<b>5</b>	<b>Rune Dahl Fitjar</b>	<b>1754</b>	<b>44:54</b>													
03:10+	05:53-	07:51-	09:16-	12:30-	16:24-	21:23-	23:52-	26:26-	29:16+	31:40+	34:32+	40:29+	41:58+	43:18+	44:09+	44:54+
03:10+	02:43-	01:58-	01:25+	03:14-	03:54+	04:59+	02:29-	02:34+	02:50+	02:24+	02:52+	05:57+	01:29=	01:20-	00:51-	00:45+
00:51&	02:10-	00:14-	00:20&	00:25-	00:24#	00:40#	00:55-	00:34&	01:09&	00:20#	00:26#	01:17&	00:00=	00:08-	00:02-	00:12&

## Herrer 40 - 49 år

<b>6</b>	<b>Ole-Tobias Frich</b>	<b>1683</b>	<b>45:21</b>
03:05+	06:36- 08:35- 09:47- 12:46- 16:31- 21:43- 24:18-	29:32+ 31:15+ 33:17+ 36:05+ 40:32+	42:16+ 43:47+ 44:36+ 45:21+
03:05+	03:31- 01:59- 01:12+ 02:59- 03:45+ 05:12+ 02:35-	05:14+ 01:43+ 02:02- 02:48+ 04:27-	01:44+ 01:31+ 00:49- 00:45+
00:466	01:22- 00:13- 00:07# 00:40- 00:15+ 00:53# 00:49-	03:140 00:02+ 00:02- 00:22# 00:13-	00:15# 00:03+ 00:04- 00:126
<b>7</b>	<b>Christian Ask</b>	<b>3563</b>	<b>47:04</b>
04:09+	06:49+ 09:04+ 10:37+ 13:37+ 17:03+ 24:29+ 27:23+	29:54+ 32:55+ 34:51+ 37:33+ 42:29+	44:08+ 45:35+ 46:25+ 47:04+
04:09+	02:40+ 02:15+ 01:33+ 03:00+ 03:26+ 07:26+ 02:54+	02:31+ 03:01+ 01:56+ 02:42+ 04:56+	01:39+ 01:27+ 00:50+ 00:39+
04:09+	02:40+ 02:15+ 01:33+ 03:00+ 03:26+ 07:26+ 02:54+	02:31+ 03:01+ 01:56+ 02:42+ 04:56+	01:39+ 01:27+ 00:50+ 00:39+
<b>8</b>	<b>Reidar Mosvold</b>	<b>1754</b>	<b>49:02</b>
04:02+	07:08+ 09:40+ 11:10+ 13:50+ 19:15+ 24:22+ 28:00+	30:32+ 32:57+ 35:03+ 38:10+ 43:54+	45:42+ 47:20+ 48:06+ 49:02+
04:02+	03:06+ 02:32+ 01:30+ 02:40+ 05:25+ 05:07+ 03:38+	02:32+ 02:25+ 02:06+ 03:07+ 05:44+	01:48+ 01:38+ 00:46+ 00:56+
04:02+	03:06+ 02:32+ 01:30+ 02:40+ 05:25+ 05:07+ 03:38+	02:32+ 02:25+ 02:06+ 03:07+ 05:44+	01:48+ 01:38+ 00:46+ 00:56+
<b>9</b>	<b>Inge Arild Leknes</b>	<b>3548</b>	<b>50:20</b>
03:14+	08:22+ 10:38+ 11:58+ 14:33+ 18:44+ 23:06+ 25:29+	29:39+ 31:41+ 33:44+ 37:00+ 44:49+	46:51+ 48:39+ 49:40+ 50:20+
03:14+	05:08+ 02:16+ 01:20+ 02:35+ 04:11+ 04:22+ 02:23+	04:10+ 02:02+ 02:03+ 03:16+ 07:49+	02:02+ 01:48+ 01:01+ 00:40+
03:14+	05:08+ 02:16+ 01:20+ 02:35+ 04:11+ 04:22+ 02:23+	04:10+ 02:02+ 02:03+ 03:16+ 07:49+	02:02+ 01:48+ 01:01+ 00:40+
<b>10</b>	<b>Frode Ungar</b>	<b>1683</b>	<b>51:48</b>
03:19+	06:59+ 08:47+ 10:13+ 13:12+ 17:59+ 23:28+ 26:33+	32:08+ 34:14+ 36:42+ 39:21+ 44:14+	46:07+ 50:06+ 50:52+ 51:48+
03:19+	03:40+ 01:48+ 01:26+ 02:59+ 04:47+ 05:29+ 03:05+	05:35+ 02:06+ 02:28+ 02:39+ 04:53+	01:53+ 03:59+ 00:46+ 00:56+
03:19+	03:40+ 01:48+ 01:26+ 02:59+ 04:47+ 05:29+ 03:05+	05:35+ 02:06+ 02:28+ 02:39+ 04:53+	01:53+ 03:59+ 00:46+ 00:56+
<b>11</b>	<b>Per Jan Ersland</b>	<b>3510</b>	<b>52:21</b>
02:31+	05:21+ 07:41+ 08:51+ 12:56+ 16:26+ 22:13+ 25:37+	29:25+ 30:56+ 37:45+ 40:02+ 44:26+	46:34+ 51:11+ 51:44+ 52:21+
02:31+	02:50+ 02:20+ 01:10+ 04:05+ 03:30+ 05:47+ 03:24+	03:48+ 01:31+ 06:49+ 02:17+ 04:24+	02:08+ 04:37+ 00:33+ 00:37+
02:31+	02:50+ 02:20+ 01:10+ 04:05+ 03:30+ 05:47+ 03:24+	03:48+ 01:31+ 06:49+ 02:17+ 04:24+	02:08+ 04:37+ 00:33+ 00:37+
<b>12</b>	<b>Rune Hatle</b>	<b>903</b>	<b>52:39</b>
03:25+	06:30+ 09:41+ 11:03+ 13:41+ 17:58+ 23:20+ 26:16+	29:41+ 31:46+ 39:31+ 42:14+ 47:38+	49:18+ 50:48+ 51:54+ 52:39+
03:25+	03:05+ 03:11+ 01:22+ 02:38+ 04:17+ 05:22+ 02:56+	03:25+ 02:05+ 07:45+ 02:43+ 05:24+	01:40+ 01:30+ 01:06+ 00:45+
03:25+	03:05+ 03:11+ 01:22+ 02:38+ 04:17+ 05:22+ 02:56+	03:25+ 02:05+ 07:45+ 02:43+ 05:24+	01:40+ 01:30+ 01:06+ 00:45+
<b>13</b>	<b>Trondr Breiland</b>	<b>3503</b>	<b>54:20</b>
03:34+	06:33+ 10:51+ 14:21+ 21:39+ 25:20+ 29:29+ 32:13+	38:51+ 40:32+ 42:30+ 44:50+ 49:35+	51:24+ 52:51+ 53:37+ 54:20+
03:34+	02:59+ 04:18+ 03:30+ 07:18+ 03:41+ 04:09+ 02:44+	06:38+ 01:41+ 01:58+ 02:20+ 04:45+	01:49+ 01:27+ 00:46+ 00:43+
03:34+	02:59+ 04:18+ 03:30+ 07:18+ 03:41+ 04:09+ 02:44+	06:38+ 01:41+ 01:58+ 02:20+ 04:45+	01:49+ 01:27+ 00:46+ 00:43+
<b>14</b>	<b>Eivind Lie</b>	<b>1683</b>	<b>54:59</b>
08:52+	13:23+ 17:05+ 18:09+ 20:56+ 24:33+ 29:19+ 32:19+	39:00+ 40:37+ 43:21+ 45:41+ 49:55+	51:45+ 53:10+ 54:24+ 54:59+
08:52+	04:31+ 03:42+ 01:04+ 02:47+ 03:37+ 04:46+ 03:00+	06:41+ 01:37+ 02:44+ 02:20+ 04:14+	01:50+ 01:25+ 01:14+ 00:35+
08:52+	04:31+ 03:42+ 01:04+ 02:47+ 03:37+ 04:46+ 03:00+	06:41+ 01:37+ 02:44+ 02:20+ 04:14+	01:50+ 01:25+ 01:14+ 00:35+
<b>15</b>	<b>Magne Habbestad</b>	<b>3531</b>	<b>55:22</b>
03:46+	06:29+ 08:14+ 09:29+ 12:04+ 16:44+ 21:50+ 26:31+	36:20+ 38:27+ 41:39+ 45:18+ 50:38+	52:23+ 53:51+ 54:38+ 55:22+
03:46+	02:43+ 01:45+ 01:15+ 02:35+ 04:40+ 05:06+ 04:41+	09:49+ 02:07+ 03:12+ 03:39+ 05:20+	01:45+ 01:28+ 00:47+ 00:44+
03:46+	02:43+ 01:45+ 01:15+ 02:35+ 04:40+ 05:06+ 04:41+	09:49+ 02:07+ 03:12+ 03:39+ 05:20+	01:45+ 01:28+ 00:47+ 00:44+
<b>16</b>	<b>Audun Thomassen</b>	<b>903</b>	<b>55:38</b>
02:40+	05:54+ 07:31+ 08:46+ 11:24+ 16:02+ 20:42+ 23:34+	28:24+ 34:55+ 42:32+ 45:12+ 50:18+	52:07+ 53:51+ 54:56+ 55:38+
02:40+	03:14+ 01:37+ 01:15+ 02:38+ 04:38+ 04:40+ 02:52+	04:50+ 06:31+ 07:37+ 02:40+ 05:06+	01:49+ 01:44+ 01:05+ 00:42+
02:40+	03:14+ 01:37+ 01:15+ 02:38+ 04:38+ 04:40+ 02:52+	04:50+ 06:31+ 07:37+ 02:40+ 05:06+	01:49+ 01:44+ 01:05+ 00:42+
<b>17</b>	<b>Antal Jansen</b>	<b>3530</b>	<b>1:03:34</b>
06:51+	09:12+ 10:54+ 11:58+ 14:29+ 21:19+ 27:02+ 30:52+	46:53+ 48:34+ 50:38+ 52:58+ 57:49+	59:40+ 61:58+ 62:54+ 63:34+
06:51+	02:21+ 01:42+ 01:04+ 02:31+ 06:50+ 05:43+ 03:50+	16:01+ 01:41+ 02:04+ 02:20+ 04:51+	01:51+ 02:18+ 00:56+ 00:40+
06:51+	02:21+ 01:42+ 01:04+ 02:31+ 06:50+ 05:43+ 03:50+	16:01+ 01:41+ 02:04+ 02:20+ 04:51+	01:51+ 02:18+ 00:56+ 00:40+
<b>18</b>	<b>Bjarte Harbo</b>	<b>1830</b>	<b>1:08:05</b>
05:25+	13:36+ 15:31+ 17:23+ 22:00+ 30:43+ 37:05+ 40:08+	47:49+ 49:34+ 52:47+ 55:55+ 63:02+	64:55+ 66:24+ 67:19+ 68:05+
05:25+	08:11+ 01:55+ 01:52+ 04:37+ 08:43+ 06:22+ 03:03+	07:41+ 01:45+ 03:13+ 03:08+ 07:07+	01:53+ 01:29+ 00:55+ 00:46+
05:25+	08:11+ 01:55+ 01:52+ 04:37+ 08:43+ 06:22+ 03:03+	07:41+ 01:45+ 03:13+ 03:08+ 07:07+	01:53+ 01:29+ 00:55+ 00:46+
<b>19</b>	<b>Thomas Thue</b>	<b>1830</b>	<b>1:09:01</b>
06:37+	11:03+ 13:27+ 15:43+ 26:25+ 31:40+ 37:30+ 42:47+	46:59+ 49:04+ 54:11+ 57:20+ 62:56+	65:25+ 67:16+ 68:14+ 69:01+
06:37+	04:26+ 02:24+ 02:16+ 10:42+ 05:15+ 05:50+ 05:17+	04:12+ 02:05+ 05:07+ 03:09+ 05:36+	02:29+ 01:51+ 00:58+ 00:47+
06:37+	04:26+ 02:24+ 02:16+ 10:42+ 05:15+ 05:50+ 05:17+	04:12+ 02:05+ 05:07+ 03:09+ 05:36+	02:29+ 01:51+ 00:58+ 00:47+



Class	Navn	Klasse												Tid			
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## Herrer 40 - 49 år

<b>20</b>	<b>Glenn Madland</b>	<b>879</b>												<b>1:09:18</b>			
03:17+	09:35+	11:37+	12:52+	15:15+	26:58+	40:06+	45:35+	48:28+	50:17+	52:30+	55:25+	63:53+	65:30+	67:50+	68:41+	69:18+	
03:17+	06:18+	02:02+	01:15+	02:23+	11:43+	13:08+	05:29+	02:53+	01:49+	02:13+	02:55+	08:28+	01:37+	02:20+	00:51+	00:37+	
03:17+	06:18+	02:02+	01:15+	02:23+	11:43+	13:08+	05:29+	02:53+	01:49+	02:13+	02:55+	08:28+	01:37+	02:20+	00:51+	00:37+	

### Beste strekktid for klassen

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

## Herrer 50 - 59 år

<b>1</b>	<b>John Breiland</b>	<b>NOTEAM</b>												<b>41:37</b>			
02:12=	03:37=	05:38=	11:32=	17:18=	19:14=	21:13=	24:30=	30:08=	32:18=	33:34=	38:36=	40:34=	41:37=				
02:12=	01:25=	02:01=	05:54=	05:46=	01:56=	01:59=	03:17=	05:38=	02:10=	01:16=	05:02=	01:58=	01:03=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

<b>2</b>	<b>Frank Hansen</b>	<b>3502</b>												<b>42:12</b>			
02:22+	03:59+	06:27+	12:33+	17:42+	20:05+	23:31+	26:47+	32:39+	34:53+	35:55+	39:11+	41:11+	42:12+				
02:22+	01:37+	02:28+	06:06+	05:09-	02:23+	03:26+	03:16-	05:52+	02:14+	01:02-	03:16-	02:00+	01:01-				
00:10+	00:12#	00:27#	00:12+	00:37-	00:27#	01:27&	00:01-	00:14+	00:04+	00:14-	01:46-	00:02+	00:02-				

<b>3</b>	<b>Terje Undheim</b>	<b>3529</b>												<b>43:05</b>			
02:25+	04:00+	06:25+	10:55-	16:33-	19:40+	23:27+	26:56+	32:23+	34:32+	35:55+	40:15+	42:11+	43:05+				
02:25+	01:35+	02:25+	04:30-	05:38-	03:07+	03:47+	03:29+	05:27-	02:09-	01:23+	04:20-	01:56-	00:54-				
00:13+	00:10#	00:24#	01:24-	00:08-	01:11&	01:48&	00:12+	00:11-	00:01-	00:07+	00:42-	00:02-	00:09-				

<b>4</b>	<b>Tore Halset</b>	<b>3486</b>												<b>44:26</b>			
03:03+	04:58+	07:44+	13:29+	18:35+	21:10+	23:23+	26:46+	32:58+	35:28+	37:00+	40:53+	43:15+	44:26+				
03:03+	01:55+	02:46+	05:45-	05:06-	02:35+	02:13+	03:23+	06:12+	02:30+	01:32+	03:53-	02:22+	01:11+				
00:51&	00:30&	00:45&	00:09-	00:40-	00:39&	00:14#	00:06+	00:34#	00:20#	00:16#	01:09-	00:24#	00:08#				

<b>5</b>	<b>Trygve Michaelsen</b>	<b>896</b>												<b>44:42</b>			
02:29+	04:06+	06:27+	12:10+	18:40+	21:45+	24:08+	27:43+	33:49+	36:03+	37:24+	41:06+	43:45+	44:42+				
02:29+	01:37+	02:21+	05:43-	06:30+	03:05+	02:23+	03:35+	06:06+	02:14+	01:21+	03:42-	02:39+	00:57-				
00:17#	00:12#	00:20#	00:11-	00:44#	01:09&	00:24#	00:18+	00:28+	00:04+	00:05+	01:20-	00:41&	00:06-				

<b>6</b>	<b>Svein Roar Aas</b>	<b>3486</b>												<b>45:54</b>			
02:43+	04:49+	07:40+	12:46+	17:56+	20:48+	24:10+	27:18+	33:57+	36:21+	37:37+	41:49+	44:43+	45:54+				
02:43+	02:06+	02:51+	05:06-	05:10-	02:52+	03:22+	03:08-	06:39+	02:24+	01:16=	04:12-	02:54+	01:11+				
00:31#	00:41&	00:50&	00:48-	00:36-	00:56&	01:23&	00:09-	01:01#	00:14#	00:00=	00:50-	00:56&	00:08#				

<b>7</b>	<b>Geir Inge Høivik</b>	<b>3522</b>												<b>46:02</b>			
03:09+	04:52+	07:39+	13:09+	19:59+	22:11+	25:20+	28:25+	34:16+	36:19+	37:38+	41:08+	45:07+	46:02+				
03:09+	01:43+	02:47+	05:30-	06:50+	02:12+	03:09+	03:05-	05:51+	02:03-	01:19+	03:30-	03:59+	00:55-				
00:57&	00:18#	00:46&	00:24-	01:04#	00:16#	01:10&	00:12-	00:13+	00:07-	00:03+	01:32-	02:01&	00:08-				

<b>8</b>	<b>Erik Bjørnbom</b>	<b>3559</b>												<b>46:02</b>			
02:17+	04:22+	07:03+	12:57+	18:28+	22:31+	24:46+	28:28+	35:44+	37:44+	39:08+	42:34+	44:52+	46:02+				
02:17+	02:05+	02:41+	05:54+	05:31-	04:03+	02:15+	03:42+	07:16+	02:00-	01:24+	03:26+	02:18+	01:10+				
00:05+	00:40&	00:40&	00:00=	00:15-	02:07&	00:16#	00:25#	01:38&	00:10-	00:08#	01:36-	00:20#	00:07#				

<b>9</b>	<b>Sigurd Ravndal</b>	<b>769</b>												<b>46:35</b>			
03:06+	04:59+	08:06+	14:26+	18:57+	24:31+	27:41+	31:23+	37:21+	39:03+	39:55+	43:38+	45:31+	46:35+				
03:06+	01:53+	03:07+	06:20+	04:31-	05:34+	03:10+	03:42+	05:58+	01:42-	00:52-	03:43-	01:53-	01:04+				
00:54&	00:28&	01:06&	00:26+	01:15-	03:38&	01:11&	00:25#	00:20+	00:28-	00:24-	01:19-	00:05-	00:01+				

<b>10</b>	<b>Jørgen Nilsen</b>	<b>1683</b>												<b>46:43</b>			
02:38+	04:28+	06:39+	13:34+	19:07+	21:18+	23:32+	27:18+	34:22+	37:12+	38:44+	43:33+	45:27+	46:43+				
02:38+	01:50+	02:11+	06:55+	05:33-	02:11+	02:14+	03:46+	07:04+	02:50+	01:32+	04:49-	01:54-	01:16+				
00:26#	00:25&	00:10+	01:01#	00:13-	00:15#	00:15#	00:29#	01:26&	00:40&	00:16#	00:13-	00:04-	00:13#				

<b>11</b>	<b>Svend Vihovde</b>	<b>1683</b>												<b>47:15</b>			
02:47+	04:54+	07:24+	14:05+	20:02+	22:36+	25:12+	28:58+	36:08+	38:43+	40:10+	43:36+	45:53+	47:15+				
02:47+	02:07+	02:30+	06:41+	05:57+	02:34+	02:36+	03:46+	07:10+	02:35+	01:27+	03:26-	02:17+	01:22+				
00:35&	00:42&	00:29#	00:47#	00:11+	00:38&	00:37&	00:29#	01:32&	00:25#	00:11#	01:36-	00:19#	00:19&				

### Herrer 50 - 59 år

<b>12</b>	<b>Erling Knutzen</b>	<b>879</b>	<b>47:50</b>
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02:44+	04:38+	06:40+	12:59+	20:16+	24:08+	27:02+	30:15+	37:39+	40:02+	40:55+	44:41+	46:48+	47:50+
02:44+	01:54+	02:02+	06:19+	07:17+	03:52+	02:54+	03:13-	07:24+	02:23+	00:53-	03:46-	02:07+	01:02-
00:32#	00:29#	00:01+	00:25+	01:31#	01:56#	00:55#	00:04-	01:46#	00:13#	00:23-	01:16-	00:09+	00:01-

<b>13</b>	<b>Rune Paulsen</b>	<b>3508</b>	<b>48:05</b>
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02:50+	05:00+	07:45+	18:43+	24:14+	26:05+	28:23+	31:38+	37:58+	39:51+	41:08+	44:51+	47:10+	48:05+
02:50+	02:10+	02:45+	10:58+	05:31+	01:51+	02:18+	03:15+	06:20+	01:53+	01:17+	03:43+	02:19+	00:55+
02:50+	02:10+	02:45+	10:58+	05:31+	01:51+	02:18+	03:15+	06:20+	01:53+	01:17+	03:43+	02:19+	00:55+

<b>14</b>	<b>Arne Hetlelid</b>	<b>3508</b>	<b>49:58</b>
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04:28+	06:18+	11:19+	17:27+	23:10+	25:26+	28:08+	31:42+	38:49+	40:49+	42:38+	46:23+	48:48+	49:58+
04:28+	01:50+	05:01+	06:08+	05:43+	02:16+	02:42+	03:34+	07:07+	02:00+	01:49+	03:45+	02:25+	01:10+
04:28+	01:50+	05:01+	06:08+	05:43+	02:16+	02:42+	03:34+	07:07+	02:00+	01:49+	03:45+	02:25+	01:10+

<b>15</b>	<b>Øystein Fuglestad</b>	<b>878</b>	<b>50:01</b>
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06:23+	08:06+	12:34+	18:45+	25:40+	27:43+	29:58+	33:22+	39:36+	41:49+	43:15+	46:33+	48:44+	50:01+
06:23+	01:43+	04:28+	06:11+	06:55+	02:03+	02:15+	03:24+	06:14+	02:13+	01:26+	03:18+	02:11+	01:17+
06:23+	01:43+	04:28+	06:11+	06:55+	02:03+	02:15+	03:24+	06:14+	02:13+	01:26+	03:18+	02:11+	01:17+

<b>16</b>	<b>Ådne Hausberg</b>	<b>793</b>	<b>50:38</b>
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02:49+	05:48+	09:14+	17:07+	22:52+	25:27+	28:01+	31:54+	39:13+	41:34+	43:12+	46:47+	49:24+	50:38+
02:49+	02:59+	03:26+	07:53+	05:45+	02:35+	02:34+	03:53+	07:19+	02:21+	01:38+	03:35+	02:37+	01:14+
02:49+	02:59+	03:26+	07:53+	05:45+	02:35+	02:34+	03:53+	07:19+	02:21+	01:38+	03:35+	02:37+	01:14+

<b>17</b>	<b>Ingve Vold</b>	<b>3529</b>	<b>51:16</b>
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03:57+	05:52+	08:15+	15:35+	22:01+	24:37+	27:47+	31:06+	37:27+	39:52+	43:24+	47:04+	50:11+	51:16+
03:57+	01:55+	02:23+	07:20+	06:26+	02:36+	03:10+	03:19+	06:21+	02:25+	03:32+	03:40+	03:07+	01:05+
03:57+	01:55+	02:23+	07:20+	06:26+	02:36+	03:10+	03:19+	06:21+	02:25+	03:32+	03:40+	03:07+	01:05+

<b>18</b>	<b>Jarl Steinar Berntsen</b>	<b>882</b>	<b>51:34</b>
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03:11+	05:59+	08:58+	15:05+	23:18+	25:38+	28:31+	32:44+	40:27+	42:26+	43:49+	47:19+	50:34+	51:34+
03:11+	02:48+	02:59+	06:07+	08:13+	02:20+	02:53+	04:13+	07:43+	01:59+	01:23+	03:30+	03:15+	01:00+
03:11+	02:48+	02:59+	06:07+	08:13+	02:20+	02:53+	04:13+	07:43+	01:59+	01:23+	03:30+	03:15+	01:00+

<b>19</b>	<b>André Sirevåg</b>	<b>1683</b>	<b>51:40</b>
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03:38+	05:35+	09:05+	15:01+	20:47+	23:41+	26:44+	30:23+	37:23+	40:49+	42:56+	47:52+	50:23+	51:40+
03:38+	01:57+	03:30+	05:56+	05:46+	02:54+	03:03+	03:39+	07:00+	03:26+	02:07+	04:56+	02:31+	01:17+
03:38+	01:57+	03:30+	05:56+	05:46+	02:54+	03:03+	03:39+	07:00+	03:26+	02:07+	04:56+	02:31+	01:17+

<b>20</b>	<b>Steinar Hansen</b>	<b>882</b>	<b>53:54</b>
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02:39+	05:37+	08:40+	14:43+	29:22+	31:40+	34:53+	38:49+	44:15+	46:01+	47:22+	50:34+	52:46+	53:54+
02:39+	02:58+	03:03+	06:03+	14:39+	02:18+	03:13+	03:56+	05:26+	01:46+	01:21+	03:12+	02:12+	01:08+
02:39+	02:58+	03:03+	06:03+	14:39+	02:18+	03:13+	03:56+	05:26+	01:46+	01:21+	03:12+	02:12+	01:08+

<b>21</b>	<b>Jerome Renoult</b>	<b>3524</b>	<b>54:58</b>
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03:08+	06:27+	09:41+	16:37+	23:04+	27:58+	30:55+	35:07+	42:42+	44:56+	46:34+	50:48+	53:35+	54:58+
03:08+	03:19+	03:14+	06:56+	06:27+	04:54+	02:57+	04:12+	07:35+	02:14+	01:38+	04:14+	02:47+	01:23+
03:08+	03:19+	03:14+	06:56+	06:27+	04:54+	02:57+	04:12+	07:35+	02:14+	01:38+	04:14+	02:47+	01:23+

<b>22</b>	<b>Christof Schätz</b>	<b>3598</b>	<b>57:58</b>
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02:51+	05:00+	09:28+	19:55+	26:55+	29:49+	32:52+	37:12+	44:44+	47:25+	48:39+	53:24+	56:33+	57:58+
02:51+	02:09+	04:28+	10:27+	07:00+	02:54+	03:03+	04:20+	07:32+	02:41+	01:14+	04:45+	03:09+	01:25+
02:51+	02:09+	04:28+	10:27+	07:00+	02:54+	03:03+	04:20+	07:32+	02:41+	01:14+	04:45+	03:09+	01:25+

<b>23</b>	<b>Ove Mæstad</b>	<b>2342</b>	<b>58:08</b>
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03:23+	05:26+	08:22+	16:28+	25:01+	27:50+	30:47+	34:26+	41:48+	44:34+	47:14+	52:27+	57:06+	58:08+
03:23+	02:03+	02:56+	08:06+	08:33+	02:49+	02:57+	03:39+	07:22+	02:46+	02:40+	05:13+	04:39+	01:02+
03:23+	02:03+	02:56+	08:06+	08:33+	02:49+	02:57+	03:39+	07:22+	02:46+	02:40+	05:13+	04:39+	01:02+

<b>24</b>	<b>Raymond B Pettersen</b>	<b>722</b>	<b>1:02:00</b>
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02:33+	04:23+	07:17+	17:00+	26:58+	33:08+	35:47+	39:56+	49:27+	51:45+	53:15+	57:13+	60:57+	62:00+
02:33+	01:50+	02:54+	09:43+	09:58+	06:10+	02:39+	04:09+	09:31+	02:18+	01:30+	03:58+	03:44+	01:03+
02:33+	01:50+	02:54+	09:43+	09:58+	06:10+	02:39+	04:09+	09:31+	02:18+	01:30+	03:58+	03:44+	01:03+

<b>25</b>	<b>Ole Bakkevoold</b>	<b>3517</b>	<b>1:02:35</b>
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03:23+	05:25+	15:11+	23:04+	29:44+	35:10+	38:15+	42:55+	50:13+	52:38+	53:41+	58:17+	61:40+	62:35+
03:23+	02:02+	09:46+	07:53+	06:40+	05:26+	03:05+	04:40+	07:18+	02:25+	01:03+	04:36+	03:23+	00:55+
03:23+	02:02+	09:46+	07:53+	06:40+	05:26+	03:05+	04:40+	07:18+	02:25+	01:03+	04:36+	03:23+	00:55+

Class	Navn	Klasse	Tid
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## Herrer 50 - 59 år

<b>26</b>	<b>Harald Taksdal</b>	<b>3547</b>	<b>1:09:28</b>										
05:30+	07:30+	10:51+	17:28+	25:44+	28:12+	32:03+	36:09+	44:39+	47:24+	49:01+	55:28+	68:04+	69:28+
05:30+	02:00+	03:21+	06:37+	08:16+	02:28+	03:51+	04:06+	08:30+	02:45+	01:37+	06:27+	12:36+	01:24+
05:30+	02:00+	03:21+	06:37+	08:16+	02:28+	03:51+	04:06+	08:30+	02:45+	01:37+	06:27+	12:36+	01:24+
<b>27</b>	<b>Stein Arve Finnestad</b>	<b>1456</b>	<b>1:10:18</b>										
02:39+	04:33+	12:05+	28:55+	34:46+	37:23+	41:08+	44:49+	58:11+	60:27+	61:52+	66:31+	68:56+	70:18+
02:39+	01:54+	07:32+	16:50+	05:51+	02:37+	03:45+	03:41+	13:22+	02:16+	01:25+	04:39+	02:25+	01:22+
02:39+	01:54+	07:32+	16:50+	05:51+	02:37+	03:45+	03:41+	13:22+	02:16+	01:25+	04:39+	02:25+	01:22+

### Beste strekktid for klassen

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

## Herrer 60 - 64 år

<b>1</b>	<b>Inge Løland</b>	<b>1119</b>	<b>33:03</b>									
02:43=	04:17=	05:22=	06:34=	11:23=	15:30=	18:19=	20:18=	24:46=	28:14=	29:14=	32:12=	33:03=
02:43=	01:34=	01:05=	01:12=	04:49=	04:07=	02:49=	01:59=	04:28=	03:28=	01:00=	02:58=	00:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Morten Johannessen</b>	<b>793</b>	<b>33:36</b>									
03:17+	04:52+	05:54+	07:56+	13:27+	17:46+	20:21+	22:22+	26:23+	30:26+	31:24+	32:53+	33:36+
03:17+	01:35+	01:02-	02:02+	05:31+	04:19+	02:35-	02:01+	04:01-	04:03+	00:58-	01:29-	00:43-
00:34#	00:01+	00:03-	00:50&	00:42#	00:12+	00:14-	00:02+	00:27-	00:35#	00:02-	01:29-	00:08-
<b>3</b>	<b>Håvard Håland</b>	<b>3507</b>	<b>35:16</b>									
03:30+	05:49+	07:04+	08:52+	13:24+	17:39+	21:18+	23:15+	28:07+	31:49+	32:53+	34:36+	35:16+
03:30+	02:19+	01:15+	01:48+	04:32-	04:15+	03:39+	01:57-	04:52+	03:42+	01:04+	01:43-	00:40-
00:47&	00:45&	00:10#	00:36&	00:17-	00:08+	00:50&	00:02-	00:24+	00:14+	00:04+	01:15-	00:11-
<b>4</b>	<b>Arnfinn Rømuld</b>	<b>1683</b>	<b>37:26</b>									
02:57+	04:47+	06:01+	07:32+	14:48+	19:37+	23:40+	25:44+	30:10+	33:46+	34:49+	36:38+	37:26+
02:57+	01:50+	01:14+	01:31+	07:16+	04:49+	04:03+	02:04+	04:26-	03:36+	01:03+	01:49-	00:48-
00:14+	00:16#	00:09#	00:19&	02:27&	00:42#	01:14&	00:05+	00:02-	00:08+	00:03+	01:09-	00:03-
<b>5</b>	<b>Sturle Omdal</b>	<b>1683</b>	<b>37:38</b>									
03:00+	04:37+	05:48+	07:37+	15:05+	19:12+	22:22+	26:19+	30:44+	34:08+	35:07+	36:46+	37:38+
03:00+	01:37+	01:11+	01:49+	07:28+	04:07=	03:10+	03:57+	04:25-	03:24-	00:59-	01:39-	00:52+
00:17#	00:03+	00:06+	00:37&	02:39&	00:00=	00:21#	01:58&	00:03-	00:04-	00:01-	01:19-	00:01+
<b>6</b>	<b>Lars Bergersen</b>	<b>1683</b>	<b>38:17</b>									
04:12+	06:03+	07:13+	09:01+	14:41+	19:42+	22:53+	25:05+	30:17+	34:27+	35:33+	37:29+	38:17+
04:12+	01:51+	01:10+	01:48+	05:40+	05:01+	03:11+	02:12+	05:12+	04:10+	01:06+	01:56-	00:48-
01:29&	00:17#	00:05+	00:36&	00:51#	00:54#	00:22#	00:13#	00:44#	00:42#	00:06#	01:02-	00:03-
<b>7</b>	<b>Per Ingar Hadland</b>	<b>793</b>	<b>38:40</b>									
03:43+	05:28+	06:36+	08:33+	14:06+	18:53+	22:17+	24:49+	29:58+	34:31+	35:40+	37:34+	38:40+
03:43+	01:45+	01:08+	01:57+	05:33+	04:47+	03:24+	02:32+	05:09+	04:33+	01:09+	01:54-	01:06+
01:00&	00:11#	00:03+	00:45&	00:44#	00:40#	00:35#	00:33&	00:41#	01:05&	00:09#	01:04-	00:15&
<b>8</b>	<b>Magnar Mathias Møller</b>	<b>769</b>	<b>40:19</b>									
04:20+	05:52+	07:02+	08:28+	15:00+	19:45+	23:55+	26:39+	32:03+	36:38+	37:38+	39:33+	40:19+
04:20+	01:32-	01:10+	01:26+	06:32+	04:45+	04:10+	02:44+	05:24+	04:35+	01:00=	01:55-	00:46-
01:37&	00:02-	00:05+	00:14#	01:43&	00:38#	01:21&	00:45&	00:56#	01:07&	00:00=	01:03-	00:05-
<b>9</b>	<b>Inge Skretting</b>	<b>1384</b>	<b>41:39</b>									
04:38+	06:25+	07:52+	09:27+	16:12+	21:14+	25:01+	27:18+	32:42+	37:05+	38:28+	40:23+	41:39+
04:38+	01:47+	01:27+	01:35+	06:45+	05:02+	03:47+	02:17+	05:24+	04:23+	01:23+	01:55-	01:16+
01:55&	00:13#	00:22&	00:23&	01:56&	00:55#	00:58&	00:18#	00:56#	00:55&	00:23&	01:03-	00:25&
<b>10</b>	<b>Knut Feldmann</b>	<b>882</b>	<b>45:03</b>									
03:41+	06:15+	07:37+	09:17+	16:45+	21:20+	28:43+	30:44+	35:32+	40:56+	42:04+	44:01+	45:03+
03:41+	02:34+	01:22+	01:40+	07:28+	04:35+	07:23+	02:01+	04:48+	05:24+	01:08+	01:57-	01:02+
00:58&	01:00&	00:17&	00:28&	02:39&	00:28#	04:34@	00:02+	00:20+	01:56&	00:08#	01:01-	00:11#

Class	Navn	Klasse	Tid
<b>Herrer 60 - 64 år</b>			
<b>11</b>	<b>Harald Syse</b>	<b>1884</b>	<b>45:39</b>
03:48+	05:31+	06:42+	14:53+
20:23+	24:03+	26:37+	31:12+
36:49+	41:57+	42:51+	44:58+
45:39+	03:48+	01:43+	01:11+
08:11+	05:30+	03:40-	02:34-
04:35+	05:37+	05:08+	00:54-
02:07-	00:41-	01:05&	00:09+
00:06+	06:59&	00:41#	00:27-
00:15-	00:15-	00:15-	00:15-
<b>12</b>	<b>Kjell Seland</b>	<b>3547</b>	<b>46:09</b>
07:59+	09:38+	14:54+	16:52+
22:51+	27:44+	30:58+	33:03+
38:21+	42:24+	43:27+	45:15+
46:09+	07:59+	01:39+	05:16+
01:58+	05:59+	04:53+	03:14+
02:05+	05:18+	04:03+	01:03+
01:48+	00:54+	07:59+	01:39+
05:16+	01:58+	04:53+	03:14+
02:05+	05:18+	04:03+	01:03+
01:48+	00:54+	<b>13</b>	<b>John Carsten Sinnes</b>
<b>1884</b>	<b>47:12</b>	04:04+	06:00+
07:54+	10:12+	17:20+	23:41+
28:08+	31:06+	36:55+	43:09+
44:09+	46:15+	47:12+	04:04+
01:56+	01:54+	02:18+	07:08+
06:21+	04:27+	02:58+	05:49+
06:14+	01:00+	02:06+	00:57+
00:57+	04:04+	01:56+	01:54+
02:18+	07:08+	06:21+	04:27+
02:58+	05:49+	06:14+	01:00+
02:06+	00:57+	<b>14</b>	<b>Ivar Knutsen</b>
<b>1683</b>	<b>47:13</b>	03:41+	09:09+
10:25+	12:10+	23:08+	28:02+
30:59+	33:00+	38:01+	41:42+
42:51+	46:24+	47:13+	03:41+
05:28+	01:16+	01:45+	10:58+
04:54+	02:57+	02:01+	05:01+
03:41+	01:09+	03:33+	00:49+
00:49+	03:41+	05:28+	01:16+
01:45+	10:58+	04:54+	02:57+
02:01+	05:01+	03:41+	01:09+
03:33+	00:49+	<b>15</b>	<b>Arne Øvstebø</b>
<b>1284</b>	<b>51:17</b>	03:26+	05:29+
06:48+	09:04+	16:01+	23:50+
28:22+	32:48+	40:57+	45:05+
48:36+	50:31+	51:17+	03:26+
02:03+	01:19+	02:16+	06:57+
07:49+	04:32+	04:26+	08:09+
04:08+	03:31+	01:55+	00:46+
00:46+	03:26+	02:03+	01:19+
02:16+	06:57+	07:49+	04:32+
04:26+	08:09+	04:08+	03:31+
01:55+	00:46+	<b>16</b>	<b>Kjell Ove Aksland</b>
<b>882</b>	<b>1:08:10</b>	14:34+	17:51+
19:01+	21:07+	27:06+	41:36+
46:06+	51:47+	58:17+	63:15+
64:42+	67:21+	68:10+	14:34+
03:17+	01:10+	02:06+	05:59+
14:30+	04:30+	05:41+	06:30+
04:58+	01:27+	02:39+	00:49+
00:49+	14:34+	03:17+	01:10+
02:06+	05:59+	14:30+	04:30+
05:41+	06:30+	04:58+	01:27+
02:39+	00:49+	<b>17</b>	<b>Tor Inge Halvorsen</b>
<b>880</b>	<b>1:08:15</b>	29:22+	31:04+
32:18+	34:02+	41:38+	46:13+
49:50+	54:11+	59:44+	64:43+
65:43+	67:36+	68:15+	29:22+
01:42+	01:14+	01:44+	07:36+
04:35+	03:37+	04:21+	05:33+
04:59+	01:00+	01:53+	00:39+
00:39+	29:22+	01:42+	01:14+
01:44+	07:36+	04:35+	03:37+
04:21+	05:33+	04:59+	01:00+
01:53+	00:39+		

### Beste strekktid for klassen

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

### Herrer 65 - 69 år

<b>1</b>	<b>Otte Omdal</b>	<b>903</b>	<b>30:38</b>
02:33=	04:02=	04:58=	06:14=
10:49=	14:41=	17:44=	19:25=
23:13=	26:49=	27:39=	30:05=
30:38=	02:33=	01:29=	00:56=
01:16=	04:35=	03:52=	03:03=
01:41=	03:48=	03:36=	00:50=
02:26=	00:33=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Torbjørn Evensen</b>	<b>3556</b>	<b>36:16</b>
03:27+	05:09+	06:15+	07:51+
13:21+	18:33+	21:40+	24:05+
28:40+	32:31+	33:40+	35:27+
36:16+	03:27+	01:42+	01:06+
01:36+	05:30+	05:12+	03:07+
02:25+	04:35+	03:51+	01:09+
01:47-	00:49+	00:54&	00:13#
00:10#	00:20&	00:55#	01:20&
00:04+	00:44&	00:47#	00:15+
00:19&	00:39-	00:16&	<b>3</b>
<b>Kjell Dale</b>	<b>1884</b>	<b>39:53</b>	03:39+
05:31+	06:55+	08:31+	14:27+
19:37+	23:02+	25:37+	31:29+
35:53+	36:55+	38:51+	39:53+
03:39+	01:52+	01:24+	01:36+
05:56+	05:10+	03:25+	02:35+
05:52+	04:24+	01:02+	01:56-
01:02+	01:06&	00:23&	00:28&
00:20&	01:21&	01:18&	00:22#
00:54&	02:04&	00:48#	00:12#
00:30-	00:29&	<b>4</b>	<b>Kjell Skjæveland</b>
<b>3515</b>	<b>40:44</b>	03:19+	05:03+
06:19+	08:15+	16:32+	21:04+
24:17+	26:26+	32:28+	35:56+
37:06+	39:40+	40:44+	03:19+
01:44+	01:16+	01:56+	08:17+
04:32+	03:13+	02:09+	06:02+
03:28-	01:10+	02:34+	01:04+
01:04+	00:46&	00:15#	00:20&
00:40&	03:42&	00:40#	00:10+
00:28&	02:14&	00:08-	00:20&
00:08+	00:31&	<b>5</b>	<b>Olav Tunheim</b>
<b>1884</b>	<b>41:05</b>	03:44+	05:27+
06:47+	09:05+	14:32+	19:42+
24:43+	27:29+	32:40+	36:42+
38:07+	40:08+	41:05+	03:44+
01:43+	01:20+	02:18+	05:27+
05:10+	05:01+	02:46+	05:11+
04:02+	01:25+	02:01-	00:57+
00:57+	01:11&	00:14#	00:24&
01:02&	00:52#	01:18&	01:58&
01:05&	01:23&	00:26#	00:35&
00:25-	00:24&		

Class	Navn	Klasse	Tid
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## Herrer 65 - 69 år

<b>6</b>	<b>Bjørn Sivertsen</b>	<b>1332</b>	<b>43:22</b>									
03:47+	06:53+	08:15+	10:20+	16:18+	21:12+	26:30+	28:45+	34:05+	38:19+	40:40+	42:30+	43:22+
03:47+	03:06+	01:22+	02:05+	05:58+	04:54+	05:18+	02:15+	05:20+	04:14+	02:21+	01:50-	00:52+
01:14&	01:37&	00:26&	00:49&	01:23&	01:02&	02:15&	00:34&	01:32&	00:38#	01:31&	00:36-	00:19&
<b>7</b>	<b>Jan Arendal</b>	<b>1683</b>	<b>49:48</b>									
05:04+	07:05+	08:49+	13:35+	20:12+	26:19+	30:14+	33:27+	40:05+	44:45+	46:23+	48:40+	49:48+
05:04+	02:01+	01:44+	04:46+	06:37+	06:07+	03:55+	03:13+	06:38+	04:40+	01:38+	02:17+	01:08+
05:04+	02:01+	01:44+	04:46+	06:37+	06:07+	03:55+	03:13+	06:38+	04:40+	01:38+	02:17+	01:08+
<b>8</b>	<b>Sverre Magnar Nordal</b>	<b>1683</b>	<b>49:51</b>									
03:54+	05:51+	07:37+	10:03+	16:40+	22:57+	26:48+	30:04+	38:48+	45:03+	46:26+	48:58+	49:51+
03:54+	01:57+	01:46+	02:26+	06:37+	06:17+	03:51+	03:16+	08:44+	06:15+	01:23+	02:32+	00:53+
03:54+	01:57+	01:46+	02:26+	06:37+	06:17+	03:51+	03:16+	08:44+	06:15+	01:23+	02:32+	00:53+
<b>9</b>	<b>Arnstein Skretting</b>	<b>3529</b>	<b>51:55</b>									
05:21+	07:19+	09:43+	13:00+	20:18+	26:33+	31:19+	34:23+	41:07+	47:33+	48:49+	50:56+	51:55+
05:21+	01:58+	02:24+	03:17+	07:18+	06:15+	04:46+	03:04+	06:44+	06:26+	01:16+	02:07+	00:59+
05:21+	01:58+	02:24+	03:17+	07:18+	06:15+	04:46+	03:04+	06:44+	06:26+	01:16+	02:07+	00:59+
<b>10</b>	<b>Steinar Barmen</b>	<b>722</b>	<b>53:54</b>									
04:24+	11:42+	14:09+	16:31+	23:55+	30:56+	34:49+	37:06+	42:40+	47:47+	50:13+	52:56+	53:54+
04:24+	07:18+	02:27+	02:22+	07:24+	07:01+	03:53+	02:17+	05:34+	05:07+	02:26+	02:43+	00:58+
04:24+	07:18+	02:27+	02:22+	07:24+	07:01+	03:53+	02:17+	05:34+	05:07+	02:26+	02:43+	00:58+
<b>11</b>	<b>Bjørn H Engseth</b>	<b>1884</b>	<b>1:08:08</b>									
04:39+	06:33+	08:03+	10:08+	18:08+	35:29+	45:22+	49:12+	55:48+	62:52+	64:22+	66:51+	68:08+
04:39+	01:54+	01:30+	02:05+	08:00+	17:21+	09:53+	03:50+	06:36+	07:04+	01:30+	02:29+	01:17+
04:39+	01:54+	01:30+	02:05+	08:00+	17:21+	09:53+	03:50+	06:36+	07:04+	01:30+	02:29+	01:17+
<b>12</b>	<b>Rolf Kleppe</b>	<b>3524</b>	<b>1:23:11</b>									
05:01+	07:32+	09:07+	11:38+	21:23+	46:24+	56:13+	62:34+	72:16+	78:20+	79:46+	82:10+	83:11+
05:01+	02:31+	01:35+	02:31+	09:45+	25:01+	09:49+	06:21+	09:42+	06:04+	01:26+	02:24+	01:01+
05:01+	02:31+	01:35+	02:31+	09:45+	25:01+	09:49+	06:21+	09:42+	06:04+	01:26+	02:24+	01:01+

### Beste strekktid for klassen

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

## Herrer 70 - 74 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>874</b>	<b>28:02</b>									
02:36=	03:50=	05:08=	06:30=	10:44=	14:14=	16:26=	18:04=	22:08=	25:03=	25:58=	27:25=	28:02=
02:36=	01:14=	01:18=	01:22=	04:14=	03:30=	02:12=	01:38=	04:04=	02:55=	00:55=	01:27=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bjørn Martin Alsaker</b>	<b>3530</b>	<b>31:37</b>									
02:41+	04:07+	05:09+	06:36+	11:27+	15:22+	18:25+	20:30+	25:18+	28:32+	29:32+	30:57+	31:37+
02:41+	01:26+	01:02-	01:27+	04:51+	03:55+	03:03+	02:05+	04:48+	03:14+	01:00+	01:25-	00:40+
00:05+	00:12#	00:16-	00:05+	00:37#	00:25#	00:51&	00:27&	00:44#	00:19#	00:05+	00:02-	00:03+
<b>3</b>	<b>Harry Breiland</b>	<b>3507</b>	<b>32:38</b>									
03:02+	04:31+	05:39+	07:03+	11:51+	16:06+	19:40+	21:43+	26:02+	29:22+	30:18+	31:53+	32:38+
03:02+	01:29+	01:08-	01:24+	04:48+	04:15+	03:34+	02:03+	04:19+	03:20+	00:56+	01:35+	00:45+
00:26#	00:15#	00:10-	00:02+	00:34#	00:45#	01:22&	00:25&	00:15+	00:25#	00:01+	00:08+	00:08#
<b>4</b>	<b>Ragnvald Frøyland</b>	<b>879</b>	<b>39:34</b>									
03:43+	05:29+	06:41+	08:25+	14:55+	20:03+	23:27+	25:34+	31:41+	35:55+	36:58+	38:44+	39:34+
03:43+	01:46+	01:12-	01:44+	06:30+	05:08+	03:24+	02:07+	06:07+	04:14+	01:03+	01:46+	00:50+
01:07&	00:32&	00:06-	00:22&	02:16&	01:38&	01:12&	00:29&	02:03&	01:19&	00:08#	00:19#	00:13&
<b>5</b>	<b>Bjarne Gimre</b>	<b>1830</b>	<b>42:06</b>									
04:12+	06:26+	07:47+	09:30+	16:26+	21:41+	25:39+	27:53+	33:10+	38:12+	39:22+	41:14+	42:06+
04:12+	02:14+	01:21+	01:43+	06:56+	05:15+	03:58+	02:14+	05:17+	05:02+	01:10+	01:52+	00:52+
01:36&	01:00&	00:03+	00:21&	02:42&	01:45&	01:46&	00:36&	01:13&	02:07&	00:15&	00:25&	00:15&

Class	Navn	Klasse	Tid
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## Herrer 70 - 74 år

<b>6</b>	<b>Bjørn Bjelland</b>	<b>3541</b>	<b>43:13</b>										
05:14+	07:29+	08:53+	10:52+	16:33+	22:30+	26:54+	29:12+	34:26+	39:24+	40:36+	42:26+	43:13+	
05:14+	02:15+	01:24+	01:59+	05:41+	05:57+	04:24+	02:18+	05:14+	04:58+	01:12+	01:50+	00:47+	
02:38@	01:01&	00:06+	00:37&	01:27&	02:27&	02:12&	00:40&	01:10&	02:03&	00:17&	00:23&	00:10&	
<b>7</b>	<b>Jan Hetland</b>	<b>3502</b>	<b>44:09</b>										
04:25+	07:26+	09:08+	12:06+	17:52+	23:49+	27:01+	30:54+	36:20+	40:11+	41:22+	43:23+	44:09+	
04:25+	03:01+	01:42+	02:58+	05:46+	05:57+	03:12+	03:53+	05:26+	03:51+	01:11+	02:01+	00:46+	
04:25+	03:01+	01:42+	02:58+	05:46+	05:57+	03:12+	03:53+	05:26+	03:51+	01:11+	02:01+	00:46+	
<b>8</b>	<b>Eivind Lars Rake</b>	<b>892</b>	<b>46:26</b>										
04:05+	06:00+	07:25+	09:43+	16:01+	21:42+	27:10+	29:59+	36:00+	40:39+	42:36+	45:17+	46:26+	
04:05+	01:55+	01:25+	02:18+	06:18+	05:41+	05:28+	02:49+	06:01+	04:39+	01:57+	02:41+	01:09+	
04:05+	01:55+	01:25+	02:18+	06:18+	05:41+	05:28+	02:49+	06:01+	04:39+	01:57+	02:41+	01:09+	
<b>9</b>	<b>Leif Kåre Lende</b>	<b>879</b>	<b>46:58</b>										
03:47+	06:02+	07:43+	09:17+	16:06+	22:07+	25:55+	29:08+	38:36+	42:54+	43:55+	45:53+	46:58+	
03:47+	02:15+	01:41+	01:34+	06:49+	06:01+	03:48+	03:13+	09:28+	04:18+	01:01+	01:58+	01:05+	
03:47+	02:15+	01:41+	01:34+	06:49+	06:01+	03:48+	03:13+	09:28+	04:18+	01:01+	01:58+	01:05+	
<b>10</b>	<b>Arne Magne Handeland</b>	<b>892</b>	<b>49:55</b>										
05:08+	08:58+	10:05+	11:59+	17:58+	23:09+	27:37+	30:31+	36:45+	41:42+	43:07+	48:53+	49:55+	
05:08+	03:50+	01:07+	01:54+	05:59+	05:11+	04:28+	02:54+	06:14+	04:57+	01:25+	05:46+	01:02+	
05:08+	03:50+	01:07+	01:54+	05:59+	05:11+	04:28+	02:54+	06:14+	04:57+	01:25+	05:46+	01:02+	
<b>11</b>	<b>Kjell-Ingar Olsen</b>	<b>1119</b>	<b>52:51</b>										
04:27+	06:30+	08:02+	09:56+	17:59+	23:58+	29:49+	33:27+	41:16+	47:10+	48:59+	51:49+	52:51+	
04:27+	02:03+	01:32+	01:54+	08:03+	05:59+	05:51+	03:38+	07:49+	05:54+	01:49+	02:50+	01:02+	
04:27+	02:03+	01:32+	01:54+	08:03+	05:59+	05:51+	03:38+	07:49+	05:54+	01:49+	02:50+	01:02+	
<b>12</b>	<b>Kjell Ivar Skjørestad</b>	<b>892</b>	<b>58:01</b>										
04:51+	06:31+	20:48+	25:25+	31:54+	37:11+	41:16+	44:01+	49:29+	54:00+	55:17+	57:14+	58:01+	
04:51+	01:40+	14:17+	04:37+	06:29+	05:17+	04:05+	02:45+	05:28+	04:31+	01:17+	01:57+	00:47+	
04:51+	01:40+	14:17+	04:37+	06:29+	05:17+	04:05+	02:45+	05:28+	04:31+	01:17+	01:57+	00:47+	
<b>13</b>	<b>Tom Hetland</b>	<b>880</b>	<b>1:02:16</b>										
04:33+	07:09+	09:18+	14:10+	22:41+	31:49+	40:07+	44:45+	48:35+	53:54+	57:41+	59:30+	61:27+	62:16+
04:33+	02:36+	02:09+	04:52+	08:31+	09:08+	08:18+	04:38+	03:50+	05:19+	03:47+	01:49+	01:57+	00:49+
04:33+	02:36+	02:09+	04:52+	08:31+	09:08+	08:18+	04:38+	03:50+	05:19+	03:47+	01:49+	01:57+	00:49+
<b>14</b>	<b>Tore Romon Tvedt</b>	<b>3518</b>	<b>1:03:09</b>										
05:06+	07:22+	09:01+	15:12+	23:15+	28:56+	36:48+	45:48+	52:34+	57:31+	59:15+	61:53+	63:09+	
05:06+	02:16+	01:39+	06:11+	08:03+	05:41+	07:52+	09:00+	06:46+	04:57+	01:44+	02:38+	01:16+	
05:06+	02:16+	01:39+	06:11+	08:03+	05:41+	07:52+	09:00+	06:46+	04:57+	01:44+	02:38+	01:16+	
<b>15</b>	<b>Sverre Uhlving</b>	<b>722</b>	<b>1:40:20</b>										
06:28+	09:02+	13:32+	46:36+	54:39+	64:32+	72:57+	76:49+	85:23+	92:30+	95:13+	99:18+	100:20+	
06:28+	02:34+	04:30+	33:04+	08:03+	09:53+	08:25+	03:52+	08:34+	07:07+	02:43+	04:05+	01:02+	
06:28+	02:34+	04:30+	33:04+	08:03+	09:53+	08:25+	03:52+	08:34+	07:07+	02:43+	04:05+	01:02+	

### Beste strekktid for klassen

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

## Herrer 75 - 79 år

<b>1</b>	<b>Asgeir Bell</b>	<b>896</b>	<b>30:47</b>						
03:38=	05:45=	08:19=	15:16=	18:08=	21:54=	23:57=	28:04=	29:57=	30:47=
03:38=	02:07=	02:34=	06:57=	02:52=	03:46=	02:03=	04:07=	01:53=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Paul Andreas Paulsen</b>	<b>896</b>	<b>35:15</b>						
03:39+	05:53+	08:49+	15:55+	19:10+	25:24+	27:25+	32:32+	34:33+	35:15+
03:39+	02:14+	02:56+	07:06+	03:15+	06:14+	02:01-	05:07+	02:01+	00:42-
00:01+	00:07+	00:22#	00:09+	00:23#	02:28&	00:02-	01:00#	00:08+	00:08-

Class	Navn	Klasse	Tid
<b>Herrer 75 - 79 år</b>			
<b>3</b>	<b>Hermann Skogsholm</b>	<b>1754</b>	<b>35:28</b>
04:25+	06:57+	10:10+	16:56+
04:25+	02:32+	03:13+	06:46-
00:47#	00:25#	00:39#	00:11-
20:56+	25:03+	27:28+	32:38+
34:30+	35:28+		
04:07+	02:25+	05:10+	01:52-
00:21+	00:22#	01:03#	00:01-
00:08#			
<b>4</b>	<b>Finn-Morten Årstad</b>	<b>3530</b>	<b>36:21</b>
05:22+	09:05+	11:31+	18:19+
05:22+	03:43+	02:26+	06:48+
05:22+	03:43+	02:26+	06:48+
22:39+	26:38+	28:52+	33:29+
35:22+	36:21+		
04:20+	03:59+	02:14+	04:37+
04:20+	03:59+	02:14+	04:37+
01:53+	00:59+		
01:53+	00:59+		
<b>5</b>	<b>Kjell Svihus</b>	<b>892</b>	<b>41:05</b>
04:29+	07:16+	09:55+	19:08+
04:29+	02:47+	02:39+	09:13+
04:29+	02:47+	02:39+	09:13+
26:21+	30:41+	33:17+	38:07+
40:11+	41:05+		
04:20+	02:36+	04:50+	02:04+
04:20+	02:36+	04:50+	02:04+
00:54+	00:54+		
00:54+	00:54+		
<b>6</b>	<b>Geir Husdal</b>	<b>1884</b>	<b>41:09</b>
04:38+	07:37+	14:00+	20:56+
04:38+	02:59+	06:23+	06:56+
04:38+	02:59+	06:23+	06:56+
23:54+	28:42+	31:05+	36:52+
40:03+	41:09+		
04:48+	02:23+	05:47+	03:11+
04:48+	02:23+	05:47+	03:11+
01:06+	01:06+		
01:06+	01:06+		
<b>7</b>	<b>Hans Klausen</b>	<b>769</b>	<b>41:33</b>
04:27+	08:26+	11:33+	18:42+
04:27+	03:59+	03:07+	07:09+
04:27+	03:59+	03:07+	07:09+
28:03+	31:44+	34:15+	38:38+
40:44+	41:33+		
09:21+	03:41+	02:31+	04:23+
09:21+	03:41+	02:31+	04:23+
00:49+	00:49+		
00:49+	00:49+		
<b>8</b>	<b>Olav A. Hognestad</b>	<b>892</b>	<b>42:55</b>
04:19+	07:09+	12:58+	21:26+
04:19+	02:50+	05:49+	08:28+
04:19+	02:50+	05:49+	08:28+
25:00+	30:42+	33:20+	39:14+
42:04+	42:55+		
03:34+	05:42+	02:38+	05:54+
03:34+	05:42+	02:38+	05:54+
00:51+	00:51+		
00:51+	00:51+		
<b>9</b>	<b>Steinar Undheim</b>	<b>3529</b>	<b>43:46</b>
04:51+	08:52+	14:05+	21:48+
04:51+	04:01+	05:13+	07:43+
04:51+	04:01+	05:13+	07:43+
27:11+	31:41+	35:05+	40:42+
42:53+	43:46+		
05:23+	04:30+	03:24+	05:37+
05:23+	04:30+	03:24+	05:37+
00:53+	00:53+		
00:53+	00:53+		
<b>10</b>	<b>Knut Skjæveland</b>	<b>1884</b>	<b>43:48</b>
05:44+	08:25+	11:44+	19:34+
05:44+	02:41+	03:19+	07:50+
05:44+	02:41+	03:19+	07:50+
28:56+	33:04+	35:23+	40:15+
42:27+	43:48+		
09:22+	04:08+	02:19+	04:52+
09:22+	04:08+	02:19+	04:52+
01:21+	01:21+		
01:21+	01:21+		
<b>11</b>	<b>Olav Dag Borgersen</b>	<b>3536</b>	<b>44:55</b>
04:59+	09:29+	11:52+	19:30+
04:59+	04:30+	02:23+	07:38+
04:59+	04:30+	02:23+	07:38+
23:18+	31:12+	34:09+	38:24+
44:08+	44:55+		
07:54+	07:54+	02:57+	04:15+
07:54+	07:54+	02:57+	04:15+
00:47+	00:47+		
00:47+	00:47+		
<b>12</b>	<b>Svein Glendrange</b>	<b>874</b>	<b>45:11</b>
04:47+	07:42+	10:53+	19:40+
04:47+	02:55+	03:11+	08:47+
04:47+	02:55+	03:11+	08:47+
23:45+	28:34+	34:41+	41:41+
44:04+	45:11+		
04:05+	04:49+	06:07+	07:00+
04:05+	04:49+	06:07+	07:00+
01:07+	01:07+		
01:07+	01:07+		
<b>13</b>	<b>Norvald Skretting</b>	<b>1832</b>	<b>45:24</b>
05:31+	08:49+	12:20+	21:08+
05:31+	03:18+	03:31+	08:48+
05:31+	03:18+	03:31+	08:48+
26:04+	32:53+	36:12+	42:03+
44:24+	45:24+		
06:49+	03:19+	05:51+	02:21+
06:49+	03:19+	05:51+	02:21+
01:00+	01:00+		
01:00+	01:00+		
<b>14</b>	<b>Arne Østensen</b>	<b>3518</b>	<b>52:28</b>
04:13+	15:54+	18:57+	24:43+
04:13+	11:41+	03:03+	05:46+
04:13+	11:41+	03:03+	05:46+
39:38+	43:22+	45:50+	50:00+
51:42+	52:28+		
03:44+	02:28+	04:10+	01:42+
03:44+	02:28+	04:10+	01:42+
00:46+	00:46+		
00:46+	00:46+		
<b>15</b>	<b>Leif Gunnar Wikene</b>	<b>1832</b>	<b>53:44</b>
06:05+	10:43+	16:12+	26:40+
06:05+	04:38+	05:29+	10:28+
06:05+	04:38+	05:29+	10:28+
31:54+	37:41+	42:15+	49:23+
52:06+	53:44+		
05:14+	05:47+	04:34+	07:08+
05:14+	05:47+	04:34+	07:08+
01:38+	01:38+		
01:38+	01:38+		
<b>16</b>	<b>Knut Jonas Espedal</b>	<b>1754</b>	<b>1:08:47</b>
09:24+	15:56+	23:22+	35:15+
09:24+	06:32+	07:26+	11:53+
09:24+	06:32+	07:26+	11:53+
40:29+	48:54+	53:24+	62:58+
66:49+	68:47+		
05:14+	08:25+	04:30+	09:34+
05:14+	08:25+	04:30+	09:34+
01:58+	01:58+		
01:58+	01:58+		

Pluss	Navn	Klasse	Tid
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## Herrer 75 - 79 år

**17 Reidar Liland 3507 1:13:07**

08:08+ 15:07+ 20:53+ 31:49+ 46:25+ 55:35+ 59:10+ 68:29+ 71:41+ 73:07+  
 08:08+ 06:59+ 05:46+ 10:56+ 14:36+ 09:10+ 03:35+ 09:19+ 03:12+ 01:26+  
 08:08+ 06:59+ 05:46+ 10:56+ 14:36+ 09:10+ 03:35+ 09:19+ 03:12+ 01:26+

### Beste strekktid for klassen

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

## Herrer 80 år og eldre

**1 Terje Braut 892 41:19**

02:20= 04:09= 06:34= 21:13= 27:05= 30:11= 34:43= 36:00= 37:57= 39:46= 41:19=  
 02:20= 01:49= 02:25= 14:39= 05:52= 03:06= 04:32= 01:17= 01:57= 01:49= 01:33=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Magne Jakobsen 3524 43:02**

02:20= 04:21+ 06:49+ 15:43- 25:37- 29:32- 35:45+ 37:08+ 39:25+ 41:23+ 43:02+  
 02:20= 02:01+ 02:28+ 08:54- 09:54+ 03:55+ 06:13+ 01:23+ 02:17+ 01:58+ 01:39+  
 00:00= 00:12# 00:03+ 05:45- 04:02& 00:49& 01:41& 00:06+ 00:20# 00:09+ 00:06+

**3 Kjell Langvik 1884 44:02**

02:10- 03:50- 06:09- 19:03- 26:50- 29:18- 33:49- 38:37+ 40:27+ 42:22+ 44:02+  
 02:10- 01:40- 02:19- 12:54- 07:47+ 02:28- 04:31- 04:48+ 01:50- 01:55+ 01:40+  
 00:10- 00:09- 00:06- 01:45- 01:55& 00:38- 00:01- 03:31@ 00:07- 00:06+ 00:07+

**4 Harald Vatne 2342 45:20**

02:08- 03:59- 06:15- 13:57- 29:35+ 33:04+ 37:43+ 39:12+ 41:40+ 44:00+ 45:20+  
 02:08- 01:51+ 02:16- 07:42- 15:38+ 03:29+ 04:39+ 01:29+ 02:28+ 02:20+ 01:20-  
 00:12- 00:02+ 00:09- 06:57- 09:46@ 00:23# 00:07+ 00:12# 00:31& 00:31& 00:13-

**5 Arne Brandsberg 3502 52:10**

03:19+ 05:59+ 10:40+ 22:36+ 32:36+ 35:49+ 42:27+ 44:28+ 47:12+ 50:01+ 52:10+  
 03:19+ 02:40+ 04:41+ 11:56- 10:00+ 03:13+ 06:38+ 02:01+ 02:44+ 02:49+ 02:09+  
 00:59& 00:51& 02:16& 02:43- 04:08& 00:07+ 02:06& 00:44& 00:47& 01:00& 00:36&

**6 Alf Gyland 892 58:23**

02:12- 04:20+ 06:57+ 15:45- 23:36- 26:46- 48:34+ 50:05+ 54:18+ 56:38+ 58:23+  
 02:12- 02:08+ 02:37+ 08:48- 07:51+ 03:10+ 21:48+ 01:31+ 04:13+ 02:20+ 01:45+  
 00:08- 00:19# 00:12+ 05:51- 01:59& 00:04+ 17:16@ 00:14# 02:16@ 00:31& 00:12#

**7 Bjarne Edland 892 1:00:58**

07:27+ 10:16+ 12:42+ 26:42+ 37:08+ 42:19+ 52:01+ 53:52+ 56:42+ 59:33+ 60:58+  
 07:27+ 02:49+ 02:26+ 14:00- 10:26+ 05:11+ 09:42+ 01:51+ 02:50+ 02:51+ 01:25-  
 05:07@ 01:00& 00:01+ 00:39- 04:34& 02:05& 05:10@ 00:34& 00:53& 01:02& 00:08-

**8 Jan A. Bekkeheien 892 1:03:29**

02:27+ 04:22+ 07:04+ 31:29+ 40:05+ 45:14+ 53:41+ 55:15+ 59:34+ 61:44+ 63:29+  
 02:27+ 01:55+ 02:42+ 24:25+ 08:36+ 05:09+ 08:27+ 01:34+ 04:19+ 02:10+ 01:45+  
 00:07+ 00:06+ 00:17# 09:46& 02:44& 02:03& 03:55& 00:17# 02:22@ 00:21# 00:12#

**9 Sigurd Krosli 1884 1:06:42**

04:46+ 07:00+ 09:39+ 23:29+ 30:03+ 34:17+ 59:51+ 61:13+ 63:13+ 65:04+ 66:42+  
 04:46+ 02:14+ 02:39+ 13:50- 06:34+ 04:14+ 25:34+ 01:22+ 02:00+ 01:51+ 01:38+  
 02:26@ 00:25# 00:14+ 00:49- 00:42# 01:08& 21:02@ 00:05+ 00:03+ 00:02+ 00:05+

**10 Tormod Aaslid 3529 1:07:16**

02:20= 04:16+ 06:41+ 14:29- 42:54+ 46:38+ 53:09+ 55:21+ 58:08+ 65:34+ 67:16+  
 02:20= 01:56+ 02:25= 07:48- 28:25+ 03:44+ 06:31+ 02:12+ 02:47+ 07:26+ 01:42+  
 00:00= 00:07+ 00:00= 06:51- 22:33@ 00:38# 01:59& 00:55& 00:50& 05:37@ 00:09+

**11 Kjell Audun Maudal 3524 1:11:19**

04:27+ 08:08+ 13:45+ 25:08+ 39:38+ 44:47+ 54:22+ 60:07+ 65:19+ 69:20+ 71:19+  
 04:27+ 03:41+ 05:37+ 11:23- 14:30+ 05:09+ 09:35+ 05:45+ 05:12+ 04:01+ 01:59+  
 02:07& 01:52@ 03:12@ 03:16- 08:38@ 02:03& 05:03@ 04:28@ 03:15@ 02:12@ 00:26&



Herrer 80 år og eldre

Beste strekktid for klassen

02:08 01:40 02:16 07:42 05:52 02:28 04:31 01:17 01:50 01:49 01:20

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

Herrer A

Table with 18 columns (Rank, Name, Class, Time) and 12 rows of race results for Herrer A. Includes names like Ørjan Ravndal, Jone Valdal, Sigurd R. Oftedal, Morten Bjerga Sundli, Fredrik Sandal, Harald Kalager, Kristian Frafjord Haarr, Sven Hatteland, Svein Magnus Halsne, Lars Sigve Oftedal, Martin Blystad, and Jørgen Strømstad.

Class	Navn	Klasse	Tid
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## Herrer A

<b>13</b>	<b>Runar Eike Toft</b>	<b>1683</b>	<b>48:10</b>														
02:00+	04:09+	06:58+	09:08+	12:33+	16:34+	18:54+	23:19+	28:03+	30:09+	31:39+	35:19+	38:22+	39:33+	41:21+	45:18+	46:56+	48:10+
02:00+	02:09+	02:49+	02:10+	03:25+	04:01+	02:20+	04:25+	04:44+	02:06+	01:30+	03:40+	03:03+	01:11+	01:48+	03:57+	01:38+	01:14+
00:27&	00:39&	00:34&	00:50&	00:47&	00:46#	00:35&	03:08&	01:27&	00:40&	00:03+	01:15&	00:55&	00:21&	00:53&	02:08&	00:26&	00:31&
<b>14</b>	<b>Maximilian Erlbeck</b>	<b>2342</b>	<b>48:36</b>														
02:39+	05:03+	07:18+	08:49+	13:18+	18:58+	21:40+	23:51+	27:51+	32:29+	34:01+	38:23+	41:07+	42:29+	43:28+	45:54+	47:27+	48:36+
02:39+	02:24+	02:15+	01:31+	04:29+	05:40+	02:42+	02:11+	04:00+	04:38+	01:32+	04:22+	02:44+	01:22+	00:59+	02:26+	01:33+	01:09+
02:39+	02:24+	02:15+	01:31+	04:29+	05:40+	02:42+	02:11+	04:00+	04:38+	01:32+	04:22+	02:44+	01:22+	00:59+	02:26+	01:33+	01:09+
<b>15</b>	<b>Håkon Eggebø</b>	<b>1284</b>	<b>51:03</b>														
02:05+	04:33+	07:17+	09:05+	12:45+	18:00+	20:28+	21:53+	29:14+	35:43+	37:26+	40:54+	43:44+	45:05+	46:25+	48:44+	50:12+	51:03+
02:05+	02:28+	02:44+	01:48+	03:40+	05:15+	02:28+	01:25+	07:21+	06:29+	01:43+	03:28+	02:50+	01:21+	01:20+	02:19+	01:28+	00:51+
02:05+	02:28+	02:44+	01:48+	03:40+	05:15+	02:28+	01:25+	07:21+	06:29+	01:43+	03:28+	02:50+	01:21+	01:20+	02:19+	01:28+	00:51+
<b>16</b>	<b>Svein Kyllingstad</b>	<b>1284</b>	<b>55:35</b>														
02:59+	06:50+	10:32+	12:54+	16:23+	24:17+	27:24+	29:17+	34:49+	37:18+	40:04+	44:16+	47:20+	48:28+	50:03+	52:45+	54:41+	55:35+
02:59+	03:51+	03:42+	02:22+	03:29+	07:54+	03:07+	01:53+	05:32+	02:29+	02:46+	04:12+	03:04+	01:08+	01:35+	02:42+	01:56+	00:54+
02:59+	03:51+	03:42+	02:22+	03:29+	07:54+	03:07+	01:53+	05:32+	02:29+	02:46+	04:12+	03:04+	01:08+	01:35+	02:42+	01:56+	00:54+
<b>17</b>	<b>Briac Le Ray</b>	<b>2342</b>	<b>55:56</b>														
02:09+	09:30+	12:31+	14:49+	18:04+	22:02+	24:53+	28:11+	32:29+	37:03+	38:37+	43:54+	46:27+	47:32+	48:59+	51:43+	55:12+	55:56+
02:09+	07:21+	03:01+	02:18+	03:15+	03:58+	02:51+	03:18+	04:18+	04:34+	01:34+	05:17+	02:33+	01:05+	01:27+	02:44+	03:29+	00:44+
02:09+	07:21+	03:01+	02:18+	03:15+	03:58+	02:51+	03:18+	04:18+	04:34+	01:34+	05:17+	02:33+	01:05+	01:27+	02:44+	03:29+	00:44+
<b>18</b>	<b>Bernhard Haver Vagle</b>	<b>643</b>	<b>1:00:45</b>														
04:09+	07:09+	10:36+	12:56+	18:47+	26:03+	29:05+	33:51+	40:23+	42:21+	43:56+	47:51+	50:51+	52:23+	53:50+	56:37+	59:51+	60:45+
04:09+	03:00+	03:27+	02:20+	05:51+	07:16+	03:02+	04:46+	06:32+	01:58+	01:35+	03:55+	03:00+	01:32+	01:27+	02:47+	03:14+	00:54+
04:09+	03:00+	03:27+	02:20+	05:51+	07:16+	03:02+	04:46+	06:32+	01:58+	01:35+	03:55+	03:00+	01:32+	01:27+	02:47+	03:14+	00:54+

### Beste strekketid for klassen

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

## Herrer B

<b>1</b>	<b>Oddvar Taksdal</b>	<b>3522</b>	<b>37:59</b>														
01:41=	03:38=	05:49=	07:35=	10:35=	14:26=	16:38=	18:10=	22:03=	23:48=	25:20=	28:42=	31:15=	32:13=	33:34=	35:39=	37:07=	37:59=
01:41=	01:57=	02:11=	01:46=	03:00=	03:51=	02:12=	01:32=	03:53=	01:45=	01:32=	03:22=	02:33=	00:58=	01:21=	02:05=	01:28=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Aart Joakim in't Veld</b>	<b>1884</b>	<b>38:17</b>														
01:34-	03:37-	06:17+	08:05+	11:39+	15:11+	17:14+	18:41+	22:57+	24:59+	26:28+	29:22+	31:48+	32:47+	33:53+	36:03+	37:27+	38:17+
01:34-	02:03+	02:40+	01:48+	03:34+	03:32-	02:03-	01:27-	04:16+	02:02+	01:29-	02:54-	02:26-	00:59+	01:06-	02:10+	01:24-	00:50-
00:07-	00:06+	00:29#	00:02+	00:34#	00:19-	00:09-	00:05-	00:23+	00:17#	00:03-	00:28-	00:07-	00:01+	00:15-	00:05+	00:04-	00:02-
<b>3</b>	<b>Tom Furland</b>	<b>769</b>	<b>39:08</b>														
01:42+	03:35-	06:05+	07:46+	11:03+	15:11+	17:22+	18:56+	22:54+	25:00+	26:40+	29:50+	32:32+	33:25+	34:22+	36:38+	38:12+	39:08+
01:42+	01:53-	02:30+	01:41-	03:17+	04:08+	02:11-	01:34+	03:58+	02:06+	01:40+	03:10-	02:42+	00:53-	00:57-	02:16+	01:34+	00:56+
00:01+	00:04-	00:19#	00:05-	00:17+	00:17+	00:01-	00:02+	00:05+	00:21#	00:08+	00:12-	00:09+	00:05-	00:24-	00:11+	00:06+	00:04+
<b>4</b>	<b>Oddgeir Eikeskog</b>	<b>1884</b>	<b>40:16</b>														
01:35-	03:34-	06:12+	07:59+	10:58+	14:43+	17:01+	18:23+	22:16+	25:17+	26:53+	30:09+	32:46+	33:43+	34:53+	37:10+	39:22+	40:16+
01:35-	01:59+	02:38+	01:47+	02:59-	03:45-	02:18+	01:22-	03:53-	03:01+	01:36+	03:16-	02:37+	00:57-	01:10-	02:17+	02:12+	00:54+
00:06-	00:02+	00:27#	00:01+	00:01-	00:06-	00:06+	00:10-	00:00=	01:16&	00:04+	00:06-	00:04+	00:01-	00:11-	00:12+	00:44&	00:02+
<b>5</b>	<b>Tor Gunnar Aksland</b>	<b>1683</b>	<b>42:00</b>														
01:56+	04:07+	06:32+	08:30+	11:34+	15:30+	17:48+	19:38+	23:51+	26:01+	27:43+	30:50+	34:49+	35:48+	37:01+	39:25+	41:01+	42:00+
01:56+	02:11+	02:25+	01:58+	03:04+	03:56+	02:18+	01:50+	04:13+	02:10+	01:42+	03:07-	03:59+	00:59+	01:13-	02:24+	01:36+	00:59+
00:15#	00:14#	00:14#	00:12#	00:04+	00:05+	00:06+	00:18#	00:20+	00:25#	00:10#	00:15-	01:26&	00:01+	00:08-	00:19#	00:08+	00:07#
<b>6</b>	<b>Tallak Langmyr</b>	<b>3552</b>	<b>42:12</b>														
01:48+	03:52+	06:23+	08:13+	11:32+	15:46+	18:08+	19:49+	24:25+	26:23+	28:11+	31:49+	34:52+	35:51+	37:08+	39:43+	41:25+	42:12+
01:48+	02:04+	02:31+	01:50+	03:19+	04:14+	02:22+	01:41+	04:36+	01:58+	01:48+	03:38+	03:03+	00:59+	01:17-	02:35+	01:42+	00:47-
00:07+	00:07+	00:20#	00:04+	00:19#	00:23+	00:10+	00:09+	00:43#	00:13#	00:16#	00:16+	00:30#	00:01+	00:04-	00:30#	00:14#	00:05-

Class	Navn	Klasse																Tid
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## Herrer B

<b>7</b>	<b>Njål F. Vadla</b>	<b>1884</b>																<b>42:28</b>
	01:45+	03:59+	07:13+	08:55+	11:58+	16:51+	19:01+	22:04+	26:19+	28:01+	29:37+	32:39+	35:21+	36:31+	37:40+	39:58+	41:35+	42:28+
	01:45+	02:14+	03:14+	01:42-	03:03+	04:53+	02:10-	03:03+	04:15+	01:42-	01:36+	03:02-	02:42+	01:10+	01:09-	02:18+	01:37+	00:53+
	00:04+	00:17#	01:03&	00:04-	00:03+	01:02&	00:02-	01:31&	00:22+	00:03-	00:04+	00:20-	00:09+	00:12#	00:12-	00:13#	00:09#	00:01+
<b>8</b>	<b>Geir Sand</b>	<b>722</b>																<b>44:22</b>
	02:23+	04:18+	07:21+	09:21+	12:05+	15:52+	18:35+	21:39+	25:36+	28:02+	29:37+	32:36+	34:58+	36:03+	37:28+	39:45+	43:33+	44:22+
	02:23+	01:55+	03:03+	02:00+	02:44+	03:47+	02:43+	03:04+	03:57+	02:26+	01:35+	02:59+	02:22+	01:05+	01:25+	02:17+	03:48+	00:49+
	02:23+	01:55+	03:03+	02:00+	02:44+	03:47+	02:43+	03:04+	03:57+	02:26+	01:35+	02:59+	02:22+	01:05+	01:25+	02:17+	03:48+	00:49+
<b>9</b>	<b>Joar Eilevstjønn</b>	<b>2342</b>																<b>44:38</b>
	01:43+	03:51+	06:35+	08:53+	11:47+	15:42+	20:47+	22:32+	26:40+	29:13+	30:40+	35:06+	37:49+	38:56+	40:03+	42:13+	43:47+	44:38+
	01:43+	02:08+	02:44+	02:18+	02:54+	03:55+	05:05+	01:45+	04:08+	02:33+	01:27+	04:26+	02:43+	01:07+	01:07+	02:10+	01:34+	00:51+
	01:43+	02:08+	02:44+	02:18+	02:54+	03:55+	05:05+	01:45+	04:08+	02:33+	01:27+	04:26+	02:43+	01:07+	01:07+	02:10+	01:34+	00:51+
<b>10</b>	<b>Arne Eirik Nielsen</b>	<b>3588</b>																<b>45:22</b>
	02:20+	04:12+	06:49+	08:37+	12:12+	17:34+	20:00+	21:42+	26:55+	29:42+	31:21+	36:31+	38:55+	39:52+	40:57+	43:01+	44:29+	45:22+
	02:20+	01:52+	02:37+	01:48+	03:35+	05:22+	02:26+	01:42+	05:13+	02:47+	01:39+	05:10+	02:24+	00:57+	01:05+	02:04+	01:28+	00:53+
	02:20+	01:52+	02:37+	01:48+	03:35+	05:22+	02:26+	01:42+	05:13+	02:47+	01:39+	05:10+	02:24+	00:57+	01:05+	02:04+	01:28+	00:53+
<b>11</b>	<b>Jan-Rune Larsen Basso</b>	<b>1376</b>																<b>45:46</b>
	01:44+	04:09+	06:38+	12:46+	15:46+	19:39+	22:01+	24:04+	27:58+	29:55+	31:26+	35:16+	38:12+	39:17+	40:59+	43:20+	44:54+	45:46+
	01:44+	02:25+	02:29+	06:08+	03:00+	03:53+	02:22+	02:03+	03:54+	01:57+	01:31+	03:50+	02:56+	01:05+	01:42+	02:21+	01:34+	00:52+
	01:44+	02:25+	02:29+	06:08+	03:00+	03:53+	02:22+	02:03+	03:54+	01:57+	01:31+	03:50+	02:56+	01:05+	01:42+	02:21+	01:34+	00:52+
<b>12</b>	<b>Jørgen Breivold</b>	<b>3529</b>																<b>46:08</b>
	02:10+	04:58+	08:22+	10:26+	14:10+	18:43+	21:18+	23:12+	27:30+	29:54+	31:26+	35:17+	38:28+	39:33+	40:54+	43:20+	45:16+	46:08+
	02:10+	02:48+	03:24+	02:04+	03:44+	04:33+	02:35+	01:54+	04:18+	02:24+	01:32+	03:51+	03:11+	01:05+	01:21+	02:26+	01:56+	00:52+
	02:10+	02:48+	03:24+	02:04+	03:44+	04:33+	02:35+	01:54+	04:18+	02:24+	01:32+	03:51+	03:11+	01:05+	01:21+	02:26+	01:56+	00:52+
<b>13</b>	<b>Trond Sigurd Fotland</b>	<b>31507</b>																<b>46:29</b>
	01:53+	04:10+	07:38+	09:38+	13:15+	17:20+	19:41+	22:00+	26:53+	28:55+	30:33+	34:56+	38:34+	39:46+	41:05+	43:47+	45:35+	46:29+
	01:53+	02:17+	03:28+	02:00+	03:37+	04:05+	02:21+	02:19+	04:53+	02:02+	01:38+	04:23+	03:38+	01:12+	01:19+	02:42+	01:48+	00:54+
	01:53+	02:17+	03:28+	02:00+	03:37+	04:05+	02:21+	02:19+	04:53+	02:02+	01:38+	04:23+	03:38+	01:12+	01:19+	02:42+	01:48+	00:54+
<b>14</b>	<b>Jone Sæbbø</b>	<b>3516</b>																<b>54:51</b>
	01:51+	03:49+	06:37+	08:40+	15:03+	19:34+	22:13+	23:54+	31:40+	34:34+	36:24+	42:59+	45:58+	47:09+	49:09+	52:11+	53:51+	54:51+
	01:51+	01:58+	02:48+	02:03+	06:23+	04:31+	02:39+	01:41+	07:46+	02:54+	01:50+	06:35+	02:59+	01:11+	02:00+	03:02+	01:40+	01:00+
	01:51+	01:58+	02:48+	02:03+	06:23+	04:31+	02:39+	01:41+	07:46+	02:54+	01:50+	06:35+	02:59+	01:11+	02:00+	03:02+	01:40+	01:00+
<b>15</b>	<b>Thomas Johansen</b>	<b>3531</b>																<b>58:56</b>
	02:09+	04:12+	07:44+	11:06+	14:11+	18:48+	21:18+	24:09+	29:17+	32:00+	33:37+	43:50+	47:13+	50:13+	51:52+	55:04+	58:03+	58:56+
	02:09+	02:03+	03:32+	03:22+	03:05+	04:37+	02:30+	02:51+	05:08+	02:43+	01:37+	10:13+	03:23+	03:00+	01:39+	03:12+	02:59+	00:53+
	02:09+	02:03+	03:32+	03:22+	03:05+	04:37+	02:30+	02:51+	05:08+	02:43+	01:37+	10:13+	03:23+	03:00+	01:39+	03:12+	02:59+	00:53+
<b>16</b>	<b>Kristoffer Johannessen</b>	<b>1830</b>																<b>1:09:44</b>
	02:18+	16:34+	19:12+	22:16+	33:19+	37:48+	40:06+	41:41+	46:28+	48:26+	49:57+	57:27+	61:16+	62:30+	64:19+	67:20+	68:49+	69:44+
	02:18+	14:16+	02:38+	03:04+	11:03+	04:29+	02:18+	01:35+	04:47+	01:58+	01:31+	07:30+	03:49+	01:14+	01:49+	03:01+	01:29+	00:55+
	02:18+	14:16+	02:38+	03:04+	11:03+	04:29+	02:18+	01:35+	04:47+	01:58+	01:31+	07:30+	03:49+	01:14+	01:49+	03:01+	01:29+	00:55+

### Beste strekktid for klassen

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

## Herrer C

<b>1</b>	<b>Stein Arne Olsen</b>	<b>874</b>																<b>42:13</b>
	01:27=	03:00=	05:56=	08:39=	11:59=	16:28=	18:04=	19:54=	24:30=	26:20=	29:13=	32:44=	36:15=	39:44=	41:38=	42:13=		
	01:27=	01:33=	02:56=	02:43=	03:20=	04:29=	01:36=	01:50=	04:36=	01:50=	02:53=	03:31=	03:31=	03:29=	01:54=	00:35=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Kjetil Wirak</b>	<b>3486</b>																<b>42:13</b>
	01:43+	03:19+	07:49+	10:32+	13:45+	17:48+	19:26+	21:18+	25:19+	27:09+	29:46+	33:04+	36:41+	39:43-	41:33-	42:13=		
	01:43+	01:36+	04:30+	02:43=	03:13-	04:03-	01:38+	01:52+	04:01-	01:50=	02:37-	03:18-	03:37+	03:02-	01:50-	00:40+		
	00:16#	00:03+	01:34&	00:00=	00:07-	00:26-	00:02+	00:02+	00:35-	00:00=	00:16-	00:13-	00:06+	00:27-	00:04-	00:05#		

## Herrer C

<b>3</b>	<b>Henning Sundby</b>	<b>3486</b>	<b>42:20</b>													
01:29+	02:54-	06:41+	09:53+	13:34+	17:17+	18:46+	21:00+	25:05+	26:43+	29:11-	32:51+	36:38+	39:58+	41:42+	42:20+	
01:29+	01:25-	03:47+	03:12+	03:41+	03:43-	01:29-	02:14+	04:05-	01:38-	02:28-	03:40+	03:47+	03:20-	01:44-	00:38+	
00:02+	00:08-	00:51&	00:29#	00:21#	00:46-	00:07-	00:24#	00:31-	00:12-	00:25-	00:09+	00:16+	00:09-	00:10-	00:03+	
<b>4</b>	<b>Morten Aamodt</b>	<b>1683</b>	<b>42:22</b>													
01:24+	02:51+	05:29+	08:00+	11:05+	15:04+	16:49+	18:57+	22:47+	24:16+	26:46+	30:39+	35:02+	39:05+	41:24+	42:22+	
01:24+	01:27+	02:38+	02:31+	03:05+	03:59+	01:45+	02:08+	03:50+	01:29+	02:30+	03:53+	04:23+	04:03+	02:19+	00:58+	
01:24+	01:27+	02:38+	02:31+	03:05+	03:59+	01:45+	02:08+	03:50+	01:29+	02:30+	03:53+	04:23+	04:03+	02:19+	00:58+	
<b>5</b>	<b>Jan-Einar Øvremo</b>	<b>1119</b>	<b>44:24</b>													
01:24+	02:47+	05:50+	08:42+	12:07+	16:30+	17:53+	19:34+	24:23+	26:10+	30:01+	34:44+	38:30+	41:41+	43:46+	44:24+	
01:24+	01:23+	03:03+	02:52+	03:25+	04:23+	01:23+	01:41+	04:49+	01:47+	03:51+	04:43+	03:46+	03:11+	02:05+	00:38+	
01:24+	01:23+	03:03+	02:52+	03:25+	04:23+	01:23+	01:41+	04:49+	01:47+	03:51+	04:43+	03:46+	03:11+	02:05+	00:38+	
<b>6</b>	<b>Paul Terje Haarr</b>	<b>769</b>	<b>46:38</b>													
01:34+	03:03+	06:49+	09:40+	13:22+	17:44+	19:54+	21:41+	26:24+	28:38+	31:56+	36:01+	40:13+	43:57+	45:54+	46:38+	
01:34+	01:29+	03:46+	02:51+	03:42+	04:22+	02:10+	01:47+	04:43+	02:14+	03:18+	04:05+	04:12+	03:44+	01:57+	00:44+	
01:34+	01:29+	03:46+	02:51+	03:42+	04:22+	02:10+	01:47+	04:43+	02:14+	03:18+	04:05+	04:12+	03:44+	01:57+	00:44+	
<b>7</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>1683</b>	<b>48:02</b>													
01:22+	02:53+	06:52+	10:42+	14:18+	20:24+	21:54+	24:07+	28:41+	30:40+	33:28+	37:57+	41:47+	45:10+	47:17+	48:02+	
01:22+	01:31+	03:59+	03:50+	03:36+	06:06+	01:30+	02:13+	04:34+	01:59+	02:48+	04:29+	03:50+	03:23+	02:07+	00:45+	
01:22+	01:31+	03:59+	03:50+	03:36+	06:06+	01:30+	02:13+	04:34+	01:59+	02:48+	04:29+	03:50+	03:23+	02:07+	00:45+	
<b>8</b>	<b>Knut Taugbøl</b>	<b>1683</b>	<b>49:01</b>													
01:33+	03:03+	06:25+	09:15+	12:30+	16:48+	18:30+	22:56+	27:49+	31:44+	34:23+	37:53+	41:33+	45:53+	48:18+	49:01+	
01:33+	01:30+	03:22+	02:50+	03:15+	04:18+	01:42+	04:26+	04:53+	03:55+	02:39+	03:30+	03:40+	04:20+	02:25+	00:43+	
01:33+	01:30+	03:22+	02:50+	03:15+	04:18+	01:42+	04:26+	04:53+	03:55+	02:39+	03:30+	03:40+	04:20+	02:25+	00:43+	
<b>9</b>	<b>Bjørnar André Haug</b>	<b>3523</b>	<b>49:15</b>													
01:40+	03:21+	06:50+	10:02+	14:10+	19:24+	20:49+	23:07+	28:21+	30:38+	34:00+	38:55+	43:17+	46:30+	48:36+	49:15+	
01:40+	01:41+	03:29+	03:12+	04:08+	05:14+	01:25+	02:18+	05:14+	02:17+	03:22+	04:55+	04:22+	03:13+	02:06+	00:39+	
01:40+	01:41+	03:29+	03:12+	04:08+	05:14+	01:25+	02:18+	05:14+	02:17+	03:22+	04:55+	04:22+	03:13+	02:06+	00:39+	
<b>10</b>	<b>Pål H. Gjerden</b>	<b>1683</b>	<b>51:23</b>													
01:28+	03:12+	07:02+	10:18+	14:08+	18:55+	20:46+	23:25+	29:28+	31:38+	34:56+	38:51+	43:18+	48:11+	50:42+	51:23+	
01:28+	01:44+	03:50+	03:16+	03:50+	04:47+	01:51+	02:39+	06:03+	02:10+	03:18+	03:55+	04:27+	04:53+	02:31+	00:41+	
01:28+	01:44+	03:50+	03:16+	03:50+	04:47+	01:51+	02:39+	06:03+	02:10+	03:18+	03:55+	04:27+	04:53+	02:31+	00:41+	
<b>11</b>	<b>Oddmund Nordgård</b>	<b>722</b>	<b>52:09</b>													
02:00+	03:39+	08:36+	11:37+	16:18+	21:00+	22:41+	25:48+	29:48+	32:03+	35:01+	42:09+	45:50+	49:31+	51:31+	52:09+	
02:00+	01:39+	04:57+	03:01+	04:41+	04:42+	01:41+	03:07+	04:00+	02:15+	02:58+	07:08+	03:41+	03:41+	02:00+	00:38+	
02:00+	01:39+	04:57+	03:01+	04:41+	04:42+	01:41+	03:07+	04:00+	02:15+	02:58+	07:08+	03:41+	03:41+	02:00+	00:38+	
<b>12</b>	<b>Nils John Vestøl</b>	<b>3541</b>	<b>52:50</b>													
01:20+	02:56+	06:15+	09:58+	13:22+	17:16+	18:57+	21:08+	30:19+	33:17+	35:14+	37:49+	41:36+	45:09+	48:16+	51:58+	52:50+
01:20+	01:36+	03:19+	03:43+	03:24+	03:54+	01:41+	08:11+	03:11+	02:58+	01:57+	02:35+	03:47+	03:33+	03:07+	03:42+	00:52+
01:20+	01:36+	03:19+	03:43+	03:24+	03:54+	01:41+	08:11+	03:11+	02:58+	01:57+	02:35+	03:47+	03:33+	03:07+	03:42+	00:52+
<b>13</b>	<b>Trond Lamark</b>	<b>878</b>	<b>54:03</b>													
01:38+	03:28+	07:39+	11:21+	16:51+	24:25+	26:02+	28:15+	32:55+	34:54+	38:05+	42:33+	46:55+	50:39+	53:11+	54:03+	
01:38+	01:50+	04:11+	03:42+	05:30+	07:34+	01:37+	02:13+	04:40+	01:59+	03:11+	04:28+	04:22+	03:44+	02:32+	00:52+	
01:38+	01:50+	04:11+	03:42+	05:30+	07:34+	01:37+	02:13+	04:40+	01:59+	03:11+	04:28+	04:22+	03:44+	02:32+	00:52+	
<b>14</b>	<b>Øivind Berggraf</b>	<b>1683</b>	<b>55:14</b>													
01:24+	03:10+	06:55+	10:45+	15:31+	20:50+	22:52+	24:58+	28:13+	32:44+	34:53+	38:18+	42:21+	47:13+	51:17+	54:32+	55:14+
01:24+	01:46+	03:45+	03:50+	04:46+	05:19+	02:02+	02:06+	03:15+	04:31+	02:09+	03:25+	04:03+	04:52+	04:04+	03:15+	00:42+
01:24+	01:46+	03:45+	03:50+	04:46+	05:19+	02:02+	02:06+	03:15+	04:31+	02:09+	03:25+	04:03+	04:52+	04:04+	03:15+	00:42+
<b>15</b>	<b>Ove Oaland</b>	<b>1683</b>	<b>57:31</b>													
02:17+	04:14+	08:34+	12:20+	17:00+	22:21+	24:20+	26:56+	32:17+	36:12+	39:39+	44:05+	49:53+	54:09+	56:47+	57:31+	
02:17+	01:57+	04:20+	03:46+	04:40+	05:21+	01:59+	02:36+	05:21+	03:55+	03:27+	04:26+	05:48+	04:16+	02:38+	00:44+	
02:17+	01:57+	04:20+	03:46+	04:40+	05:21+	01:59+	02:36+	05:21+	03:55+	03:27+	04:26+	05:48+	04:16+	02:38+	00:44+	
<b>16</b>	<b>Pål Bårdsen</b>	<b>3497</b>	<b>59:31</b>													
02:06+	03:55+	09:28+	12:51+	17:46+	23:00+	26:10+	28:37+	35:15+	37:42+	41:10+	46:48+	51:17+	56:20+	58:42+	59:31+	
02:06+	01:49+	05:33+	03:23+	04:55+	05:14+	03:10+	02:27+	06:38+	02:27+	03:28+	05:38+	04:29+	05:03+	02:22+	00:49+	
02:06+	01:49+	05:33+	03:23+	04:55+	05:14+	03:10+	02:27+	06:38+	02:27+	03:28+	05:38+	04:29+	05:03+	02:22+	00:49+	

## Herrer C

<b>17</b>	<b>Geir Haugvaldstad</b>	<b>1683</b>	<b>1:01:40</b>												
01:30+	03:21+	07:31+	10:48+	14:50+	20:46+	27:23+	32:48+	37:15+	38:59+	43:27+	48:04+	55:16+	58:49+	61:00+	61:40+
01:30+	01:51+	04:10+	03:17+	04:02+	05:56+	06:37+	05:25+	04:27+	01:44+	04:28+	04:37+	07:12+	03:33+	02:11+	00:40+
01:30+	01:51+	04:10+	03:17+	04:02+	05:56+	06:37+	05:25+	04:27+	01:44+	04:28+	04:37+	07:12+	03:33+	02:11+	00:40+
<b>18</b>	<b>Ludovic Antresangle</b>	<b>877</b>	<b>1:01:41</b>												
01:28+	03:20+	08:44+	11:57+	16:12+	24:13+	34:31+	36:45+	42:01+	44:11+	46:51+	50:42+	54:23+	58:17+	60:52+	61:41+
01:28+	01:52+	05:24+	03:13+	04:15+	08:01+	10:18+	02:14+	05:16+	02:10+	02:40+	03:51+	03:41+	03:54+	02:35+	00:49+
01:28+	01:52+	05:24+	03:13+	04:15+	08:01+	10:18+	02:14+	05:16+	02:10+	02:40+	03:51+	03:41+	03:54+	02:35+	00:49+
<b>19</b>	<b>Bertrand Denieul</b>	<b>877</b>	<b>1:05:15</b>												
01:45+	03:15+	07:07+	10:04+	15:47+	24:18+	26:13+	33:21+	39:37+	41:33+	46:08+	53:45+	58:08+	62:13+	64:34+	65:15+
01:45+	01:30+	03:52+	02:57+	05:43+	08:31+	01:55+	07:08+	06:16+	01:56+	04:35+	07:37+	04:23+	04:05+	02:21+	00:41+
01:45+	01:30+	03:52+	02:57+	05:43+	08:31+	01:55+	07:08+	06:16+	01:56+	04:35+	07:37+	04:23+	04:05+	02:21+	00:41+
<b>20</b>	<b>Erling Maudal</b>	<b>3541</b>	<b>1:07:27</b>												
02:50+	04:28+	16:30+	19:53+	24:16+	28:54+	30:33+	39:00+	44:45+	47:40+	51:04+	55:21+	59:41+	64:00+	66:43+	67:27+
02:50+	01:38+	12:02+	03:23+	04:23+	04:38+	01:39+	08:27+	05:45+	02:55+	03:24+	04:17+	04:20+	04:19+	02:43+	00:44+
02:50+	01:38+	12:02+	03:23+	04:23+	04:38+	01:39+	08:27+	05:45+	02:55+	03:24+	04:17+	04:20+	04:19+	02:43+	00:44+

### Beste strekktid for klassen

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

## Herrer Ny

<b>1</b>	<b>Øyvind Onestad Olsen</b>	<b>3608</b>	<b>12:37</b>												
01:48=	02:59=	04:19=	06:08=	08:01=	09:22=	11:35=	12:37=								
01:48=	01:11=	01:20=	01:49=	01:53=	01:21=	02:13=	01:02=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
<b>2</b>	<b>Jonas Lende Oftedal</b>	<b>NOTEAM</b>	<b>19:53</b>												
04:33+	05:47+	07:14+	12:38+	15:28+	17:35+	18:55+	19:53+								
04:33+	01:14+	01:27+	05:24+	02:50+	02:07+	01:20-	00:58-								
02:45@	00:03+	00:07+	03:35@	00:57&	00:46&	00:53-	00:04-								
<b>3</b>	<b>Kjell-Arvid Storm</b>	<b>3608</b>	<b>21:45</b>												
02:06+	04:16+	06:29+	08:43+	12:03+	14:08+	20:03+	21:45+								
02:06+	02:10+	02:13+	02:14+	03:20+	02:05+	05:55+	01:42+								
00:18#	00:59&	00:53&	00:25#	01:27&	00:44&	03:42@	00:40&								
<b>4</b>	<b>Øystein Endresen</b>	<b>3608</b>	<b>22:00</b>												
02:19+	04:29+	06:42+	08:56+	12:16+	14:22+	20:16+	22:00+								
02:19+	02:10+	02:13+	02:14+	03:20+	02:06+	05:54+	01:44+								
00:31&	00:59&	00:53&	00:25#	01:27&	00:45&	03:41@	00:42&								
<b>5</b>	<b>Christian Nilsen</b>	<b>3525</b>	<b>24:28</b>												
02:05+	06:06+	08:45+	12:22+	16:31+	19:31+	22:05+	24:28+								
02:05+	04:01+	02:39+	03:37+	04:09+	03:00+	02:34+	02:23+								
00:17#	02:50@	01:19&	01:48&	02:16@	01:39@	00:21#	01:21@								
<b>6</b>	<b>Vidar Eiken</b>	<b>3608</b>	<b>24:38</b>												
01:42-	03:24+	05:16+	13:27+	18:21+	20:31+	23:15+	24:38+								
01:42-	01:42+	01:52+	08:11+	04:54+	02:10+	02:44+	01:23+								
00:06-	00:31&	00:32&	06:22@	03:01@	00:49&	00:31#	00:21&								
<b>7</b>	<b>Robert Hooper</b>	<b>3608</b>	<b>25:09</b>												
02:03+	03:53+	06:19+	09:56+	13:43+	16:12+	23:48+	25:09+								
02:03+	01:50+	02:26+	03:37+	03:47+	02:29+	07:36+	01:21+								
00:15#	00:39&	01:06&	01:48&	01:54@	01:08&	05:23@	00:19&								
<b>8</b>	<b>Paul Martin Dolonen</b>	<b>3525</b>	<b>25:35</b>												
03:26+	06:15+	09:16+	12:11+	16:58+	20:51+	23:37+	25:35+								
03:26+	02:49+	03:01+	02:55+	04:47+	03:53+	02:46+	01:58+								
01:38&	01:38@	01:41@	01:06&	02:54@	02:32@	00:33#	00:56&								

Class	Navn	Klasse	Tid
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## Herrer Ny

**9 Gunnar Mannes 3531 30:42**

03:31+ 07:10+ 10:37+ 15:48+ 20:42+ 23:42+ 28:24+ 30:42+  
 03:31+ 03:39+ 03:27+ 05:11+ 04:54+ 03:00+ 04:42+ 02:18+  
 01:43& 02:28@ 02:07@ 03:22@ 03:01@ 01:39@ 02:29@ 01:16@

**10 Gaute Wiig 3608 31:02**

02:17+ 05:03+ 08:14+ 13:05+ 18:53+ 22:56+ 28:11+ 31:02+  
 02:17+ 02:46+ 03:11+ 04:51+ 05:48+ 04:03+ 05:15+ 02:51+  
 02:17+ 02:46+ 03:11+ 04:51+ 05:48+ 04:03+ 05:15+ 02:51+

**11 Nikolai Khorunzhiy NOTEAM 52:46**

04:34+ 08:31+ 12:40+ 33:20+ 41:52+ 47:06+ 50:22+ 52:46+  
 04:34+ 03:57+ 04:09+ 20:40+ 08:32+ 05:14+ 03:16+ 02:24+  
 04:34+ 03:57+ 04:09+ 20:40+ 08:32+ 05:14+ 03:16+ 02:24+

### Beste strekktid for klassen

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

## Herrer Trim

**1 Frode Halvor Lund 3516 26:27**

01:30= 02:43= 04:30= 09:58= 15:15= 17:26= 21:32= 22:36= 24:00= 25:23= 26:27=  
 01:30= 01:13= 01:47= 05:28= 05:17= 02:11= 04:06= 01:04= 01:24= 01:23= 01:04=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Sven Undheim 793 27:38**

03:16+ 04:40+ 06:30+ 12:22+ 16:47+ 18:44+ 21:22- 23:49+ 25:06+ 26:34+ 27:38+  
 03:16+ 01:24+ 01:50+ 05:52+ 04:25- 01:57- 02:38- 02:27+ 01:17- 01:28+ 01:04=  
 01:46@ 00:11# 00:03+ 00:24+ 00:52- 00:14- 01:28- 01:23@ 00:07- 00:05+ 00:00=

**3 Alexander Khorunzhiy 1456 28:21**

03:19+ 04:47+ 06:59+ 12:58+ 18:02+ 20:02+ 23:18+ 24:34+ 25:59+ 27:20+ 28:21+  
 03:19+ 01:28+ 02:12+ 05:59+ 05:04- 02:00- 03:16- 01:16+ 01:25+ 01:21- 01:01-  
 01:49@ 00:15# 00:25# 00:31+ 00:13- 00:11- 00:50- 00:12# 00:01+ 00:02- 00:03-

**4 Jan Erik Syvertsen 3519 29:22**

01:50+ 03:09+ 04:58+ 10:38+ 15:52+ 19:19+ 23:24+ 24:39+ 26:18+ 28:25+ 29:22+  
 01:50+ 01:19+ 01:49+ 05:40+ 05:14- 03:27+ 04:05- 01:15+ 01:39+ 02:07+ 00:57-  
 00:20# 00:06+ 00:02+ 00:12+ 00:03- 01:16& 00:01- 00:11# 00:15# 00:44& 00:07-

**5 Per Marthon Mæland 880 29:36**

01:51+ 03:20+ 05:14+ 11:10+ 17:57+ 20:15+ 24:07+ 25:09+ 26:45+ 28:23+ 29:36+  
 01:51+ 01:29+ 01:54+ 05:56+ 06:47+ 02:18+ 03:52- 01:02- 01:36+ 01:38+ 01:13+  
 00:21# 00:16# 00:07+ 00:28+ 01:30& 00:07+ 00:14- 00:02- 00:12# 00:15# 00:09#

**6 Svein Erik Bjørnsen 1376 30:46**

03:50+ 05:11+ 06:51+ 12:43+ 17:06+ 19:05+ 23:24+ 26:17+ 28:26+ 29:52+ 30:46+  
 03:50+ 01:21+ 01:40- 05:52+ 04:23- 01:59- 04:19+ 02:53+ 02:09+ 01:26+ 00:54-  
 02:20@ 00:08# 00:07- 00:24+ 00:54- 00:12- 00:13+ 01:49@ 00:45& 00:03+ 00:10-

**7 Arne Magne Sondresen 722 30:53**

01:44+ 03:28+ 05:10+ 13:35+ 18:20+ 21:25+ 25:13+ 26:30+ 28:03+ 29:37+ 30:53+  
 01:44+ 01:44+ 01:42- 08:25+ 04:45- 03:05+ 03:48- 01:17+ 01:33+ 01:34+ 01:16+  
 00:14# 00:31& 00:05- 02:57& 00:32- 00:54& 00:18- 00:13# 00:09# 00:11# 00:12#

**8 Frode Følgesvold 880 31:41**

01:39+ 03:29+ 05:42+ 12:53+ 19:02+ 21:50+ 25:50+ 27:08+ 28:47+ 30:33+ 31:41+  
 01:39+ 01:50+ 02:13+ 07:11+ 06:09+ 02:48+ 04:00- 01:18+ 01:39+ 01:46+ 01:08+  
 00:09# 00:37& 00:26# 01:43& 00:52# 00:37& 00:06- 00:14# 00:15# 00:23& 00:04+

**9 Andreas Primstad 3548 32:31**

01:36+ 02:57+ 04:58+ 11:39+ 17:25+ 20:34+ 25:05+ 27:31+ 29:09+ 31:17+ 32:31+  
 01:36+ 01:21+ 02:01+ 06:41+ 05:46+ 03:09+ 04:31+ 02:26+ 01:38+ 02:08+ 01:14+  
 00:06+ 00:08# 00:14# 01:13# 00:29+ 00:58& 00:25# 01:22@ 00:14# 00:45& 00:10#

Class	Navn	Klasse	Tid
<b>10</b>	<b>Bruno Pierfelice</b>	<b>3519</b>	<b>33:16</b>
01:42+	03:13+ 05:26+ 14:22+	20:36+ 24:01+ 28:07+ 29:19+	30:46+ 32:14+ 33:16+
01:42+	01:31+ 02:13+ 08:56+	06:14+ 03:25+ 04:06+ 01:12+	01:27+ 01:28+ 01:02-
00:12#	00:18# 00:26# 03:28#	00:57# 01:14# 00:00+ 00:08#	00:03+ 00:05+ 00:02-
<b>11</b>	<b>Hans Frode Andersen</b>	<b>3548</b>	<b>33:53</b>
02:48+	04:10+ 05:45+ 12:17+	19:55+ 22:48+ 26:36+ 27:58+	29:36+ 33:03+ 33:53+
02:48+	01:22+ 01:35+ 06:32+	07:38+ 02:53+ 03:48+ 01:22+	01:38+ 03:27+ 00:50+
02:48+	01:22+ 01:35+ 06:32+	07:38+ 02:53+ 03:48+ 01:22+	01:38+ 03:27+ 00:50+
<b>12</b>	<b>Anders Klungre</b>	<b>3548</b>	<b>34:16</b>
02:38+	03:50+ 05:26+ 16:49+	23:39+ 25:51+ 28:56+ 30:12+	31:37+ 33:21+ 34:16+
02:38+	01:12+ 01:36+ 11:23+	06:50+ 02:12+ 03:05+ 01:16+	01:25+ 01:44+ 00:55+
02:38+	01:12+ 01:36+ 11:23+	06:50+ 02:12+ 03:05+ 01:16+	01:25+ 01:44+ 00:55+
<b>13</b>	<b>Bent Horpestad</b>	<b>722</b>	<b>34:55</b>
02:03+	03:57+ 05:48+ 12:16+	17:20+ 20:20+ 27:15+ 29:09+	31:50+ 33:42+ 34:55+
02:03+	01:54+ 01:51+ 06:28+	05:04+ 03:00+ 06:55+ 01:54+	02:41+ 01:52+ 01:13+
02:03+	01:54+ 01:51+ 06:28+	05:04+ 03:00+ 06:55+ 01:54+	02:41+ 01:52+ 01:13+
<b>14</b>	<b>Svein Sivertsen</b>	<b>3530</b>	<b>36:01</b>
02:38+	04:03+ 06:26+ 15:29+	21:12+ 23:55+ 30:01+ 31:18+	33:04+ 34:51+ 36:01+
02:38+	01:25+ 02:23+ 09:03+	05:43+ 02:43+ 06:06+ 01:17+	01:46+ 01:47+ 01:10+
02:38+	01:25+ 02:23+ 09:03+	05:43+ 02:43+ 06:06+ 01:17+	01:46+ 01:47+ 01:10+
<b>15</b>	<b>Rune Hagen Maudal</b>	<b>3524</b>	<b>36:09</b>
02:58+	05:02+ 07:13+ 14:39+	20:38+ 23:15+ 27:52+ 30:35+	32:49+ 34:49+ 36:09+
02:58+	02:04+ 02:11+ 07:26+	05:59+ 02:37+ 04:37+ 02:43+	02:14+ 02:00+ 01:20+
02:58+	02:04+ 02:11+ 07:26+	05:59+ 02:37+ 04:37+ 02:43+	02:14+ 02:00+ 01:20+
<b>16</b>	<b>Bartłomiej Lenart</b>	<b>1376</b>	<b>36:23</b>
01:38+	02:49+ 04:08+ 17:43+	27:23+ 28:47+ 31:52+ 32:46+	34:12+ 35:22+ 36:23+
01:38+	01:11+ 01:19+ 13:35+	09:40+ 01:24+ 03:05+ 00:54+	01:26+ 01:10+ 01:01+
01:38+	01:11+ 01:19+ 13:35+	09:40+ 01:24+ 03:05+ 00:54+	01:26+ 01:10+ 01:01+
<b>17</b>	<b>Nils Egil Lie</b>	<b>3548</b>	<b>36:55</b>
02:55+	04:27+ 06:40+ 15:57+	22:11+ 26:07+ 30:36+ 32:08+	33:47+ 35:43+ 36:55+
02:55+	01:32+ 02:13+ 09:17+	06:14+ 03:56+ 04:29+ 01:32+	01:39+ 01:56+ 01:12+
02:55+	01:32+ 02:13+ 09:17+	06:14+ 03:56+ 04:29+ 01:32+	01:39+ 01:56+ 01:12+
<b>18</b>	<b>Trond Vigesdal</b>	<b>896</b>	<b>38:30</b>
01:55+	03:50+ 05:43+ 12:43+	23:06+ 24:58+ 30:50+ 32:23+	35:20+ 37:10+ 38:30+
01:55+	01:55+ 01:53+ 07:00+	10:23+ 01:52+ 05:52+ 01:33+	02:57+ 01:50+ 01:20+
01:55+	01:55+ 01:53+ 07:00+	10:23+ 01:52+ 05:52+ 01:33+	02:57+ 01:50+ 01:20+
<b>19</b>	<b>Jan Henrik Neuenkirchen</b>	<b>896</b>	<b>38:50</b>
01:49+	03:33+ 05:59+ 16:56+	22:46+ 26:12+ 31:03+ 32:49+	34:40+ 37:18+ 38:50+
01:49+	01:44+ 02:26+ 10:57+	05:50+ 03:26+ 04:51+ 01:46+	01:51+ 02:38+ 01:32+
01:49+	01:44+ 02:26+ 10:57+	05:50+ 03:26+ 04:51+ 01:46+	01:51+ 02:38+ 01:32+
<b>20</b>	<b>Arild Svihus</b>	<b>892</b>	<b>38:59</b>
02:05+	03:47+ 06:34+ 16:30+	22:51+ 27:26+ 31:50+ 33:16+	35:36+ 37:21+ 38:59+
02:05+	01:42+ 02:47+ 09:56+	06:21+ 04:35+ 04:24+ 01:26+	02:20+ 01:45+ 01:38+
02:05+	01:42+ 02:47+ 09:56+	06:21+ 04:35+ 04:24+ 01:26+	02:20+ 01:45+ 01:38+
<b>21</b>	<b>John Helge Svdal</b>	<b>3531</b>	<b>41:19</b>
02:12+	04:00+ 05:58+ 21:49+	27:02+ 29:46+ 34:12+ 35:56+	37:57+ 40:12+ 41:19+
02:12+	01:48+ 01:58+ 15:51+	05:13+ 02:44+ 04:26+ 01:44+	02:01+ 02:15+ 01:07+
02:12+	01:48+ 01:58+ 15:51+	05:13+ 02:44+ 04:26+ 01:44+	02:01+ 02:15+ 01:07+
<b>22</b>	<b>Asgeir Kleppa</b>	<b>3511</b>	<b>41:22</b>
02:25+	04:31+ 07:02+ 14:19+	23:07+ 26:35+ 33:58+ 35:36+	37:54+ 39:30+ 41:22+
02:25+	02:06+ 02:31+ 07:17+	08:48+ 03:28+ 07:23+ 01:38+	02:18+ 01:36+ 01:52+
02:25+	02:06+ 02:31+ 07:17+	08:48+ 03:28+ 07:23+ 01:38+	02:18+ 01:36+ 01:52+
<b>23</b>	<b>Ketil Vestbakke</b>	<b>1683</b>	<b>41:38</b>
02:15+	04:18+ 06:34+ 13:49+	24:01+ 27:30+ 32:36+ 35:18+	37:42+ 39:59+ 41:38+
02:15+	02:03+ 02:16+ 07:15+	10:12+ 03:29+ 05:06+ 02:42+	02:24+ 02:17+ 01:39+
02:15+	02:03+ 02:16+ 07:15+	10:12+ 03:29+ 05:06+ 02:42+	02:24+ 02:17+ 01:39+

Class	Navn	Klasse	Tid							
<b>24</b>	<b>Thomas Romstad</b>	<b>1683</b>	<b>44:07</b>							
04:10+	05:57+	08:10+	14:24+	22:40+	30:56+	35:23+	37:03+	38:37+	43:12+	44:07+
04:10+	01:47+	02:13+	06:14+	08:16+	08:16+	04:27+	01:40+	01:34+	04:35+	00:55+
04:10+	01:47+	02:13+	06:14+	08:16+	08:16+	04:27+	01:40+	01:34+	04:35+	00:55+
<b>25</b>	<b>Marius Bergstøl Hvidsten</b>	<b>3533</b>	<b>44:46</b>							
02:00+	03:46+	05:55+	26:31+	31:45+	34:56+	38:29+	40:14+	41:59+	43:45+	44:46+
02:00+	01:46+	02:09+	20:36+	05:14+	03:11+	03:33+	01:45+	01:45+	01:46+	01:01+
02:00+	01:46+	02:09+	20:36+	05:14+	03:11+	03:33+	01:45+	01:45+	01:46+	01:01+
<b>26</b>	<b>Torbjørn Dahle</b>	<b>892</b>	<b>45:08</b>							
02:55+	04:59+	07:22+	15:49+	24:53+	27:58+	34:22+	36:27+	39:05+	42:46+	45:08+
02:55+	02:04+	02:23+	08:27+	09:04+	03:05+	06:24+	02:05+	02:38+	03:41+	02:22+
02:55+	02:04+	02:23+	08:27+	09:04+	03:05+	06:24+	02:05+	02:38+	03:41+	02:22+
<b>27</b>	<b>Matthieu Pereira-Pires</b>	<b>877</b>	<b>45:22</b>							
10:20+	11:53+	13:28+	20:25+	33:11+	36:13+	39:15+	40:56+	42:49+	44:27+	45:22+
10:20+	01:33+	01:35+	06:57+	12:46+	03:02+	03:02+	01:41+	01:53+	01:38+	00:55+
10:20+	01:33+	01:35+	06:57+	12:46+	03:02+	03:02+	01:41+	01:53+	01:38+	00:55+
<b>28</b>	<b>Kjell-Ole Topnes</b>	<b>1683</b>	<b>45:39</b>							
02:40+	05:09+	07:21+	19:19+	27:46+	31:38+	37:48+	39:21+	41:59+	44:18+	45:39+
02:40+	02:29+	02:12+	11:58+	08:27+	03:52+	06:10+	01:33+	02:38+	02:19+	01:21+
02:40+	02:29+	02:12+	11:58+	08:27+	03:52+	06:10+	01:33+	02:38+	02:19+	01:21+
<b>29</b>	<b>Erland Båtnes Berntsen</b>	<b>643</b>	<b>46:01</b>							
02:17+	03:51+	05:32+	10:57+	23:04+	25:35+	30:04+	38:07+	40:01+	42:58+	46:01+
02:17+	01:34+	01:41+	05:25+	12:07+	02:31+	04:29+	08:03+	01:54+	02:57+	03:03+
02:17+	01:34+	01:41+	05:25+	12:07+	02:31+	04:29+	08:03+	01:54+	02:57+	03:03+
<b>30</b>	<b>Stephane Bordet</b>	<b>877</b>	<b>46:28</b>							
12:48+	14:42+	16:37+	24:08+	30:48+	34:46+	39:28+	41:35+	43:41+	45:18+	46:28+
12:48+	01:54+	01:55+	07:31+	06:40+	03:58+	04:42+	02:07+	02:06+	01:37+	01:10+
12:48+	01:54+	01:55+	07:31+	06:40+	03:58+	04:42+	02:07+	02:06+	01:37+	01:10+
<b>31</b>	<b>Lars Salvesen</b>	<b>1119</b>	<b>46:58</b>							
02:10+	04:08+	06:45+	25:42+	32:06+	35:41+	40:05+	41:37+	43:42+	45:28+	46:58+
02:10+	01:58+	02:37+	18:57+	06:24+	03:35+	04:24+	01:32+	02:05+	01:46+	01:30+
02:10+	01:58+	02:37+	18:57+	06:24+	03:35+	04:24+	01:32+	02:05+	01:46+	01:30+
<b>32</b>	<b>John Øgreid</b>	<b>882</b>	<b>47:51</b>							
01:34+	03:19+	05:12+	15:19+	32:01+	34:35+	40:43+	43:08+	44:55+	46:43+	47:51+
01:34+	01:45+	01:53+	10:07+	16:42+	02:34+	06:08+	02:25+	01:47+	01:48+	01:08+
01:34+	01:45+	01:53+	10:07+	16:42+	02:34+	06:08+	02:25+	01:47+	01:48+	01:08+
<b>33</b>	<b>Tom Leveraas</b>	<b>1884</b>	<b>48:13</b>							
01:51+	03:26+	05:30+	11:36+	17:01+	37:20+	40:19+	42:42+	44:46+	47:01+	48:13+
01:51+	01:35+	02:04+	06:06+	05:25+	20:19+	02:59+	02:23+	02:04+	02:15+	01:12+
01:51+	01:35+	02:04+	06:06+	05:25+	20:19+	02:59+	02:23+	02:04+	02:15+	01:12+
<b>34</b>	<b>Ivar Aalbu</b>	<b>3502</b>	<b>50:41</b>							
01:56+	06:01+	08:07+	23:15+	29:21+	32:34+	42:59+	44:27+	46:41+	48:59+	50:41+
01:56+	04:05+	02:06+	15:08+	06:06+	03:13+	10:25+	01:28+	02:14+	02:18+	01:42+
01:56+	04:05+	02:06+	15:08+	06:06+	03:13+	10:25+	01:28+	02:14+	02:18+	01:42+
<b>35</b>	<b>Jan Erik Rasmussen</b>	<b>3519</b>	<b>52:39</b>							
02:58+	05:51+	08:23+	16:03+	25:03+	31:15+	39:24+	41:37+	45:27+	50:58+	52:39+
02:58+	02:53+	02:32+	07:40+	09:00+	06:12+	08:09+	02:13+	03:50+	05:31+	01:41+
02:58+	02:53+	02:32+	07:40+	09:00+	06:12+	08:09+	02:13+	03:50+	05:31+	01:41+
<b>36</b>	<b>Per Bakken</b>	<b>880</b>	<b>53:17</b>							
04:09+	06:15+	08:44+	18:21+	29:14+	33:31+	41:44+	43:52+	46:18+	49:53+	53:17+
04:09+	02:06+	02:29+	09:37+	10:53+	04:17+	08:13+	02:08+	02:26+	03:35+	03:24+
04:09+	02:06+	02:29+	09:37+	10:53+	04:17+	08:13+	02:08+	02:26+	03:35+	03:24+
<b>37</b>	<b>Francesco Pierfelice</b>	<b>1683</b>	<b>56:00</b>							
05:24+	07:34+	17:10+	28:44+	37:26+	41:24+	47:47+	49:38+	52:17+	54:29+	56:00+
05:24+	02:10+	09:36+	11:34+	08:42+	03:58+	06:23+	01:51+	02:39+	02:12+	01:31+
05:24+	02:10+	09:36+	11:34+	08:42+	03:58+	06:23+	01:51+	02:39+	02:12+	01:31+



## Herrer Trim

**38 Jacek Jagodzinski 3608 1:16:57**

03:19+ 06:18+ 10:28+ 21:08+ 43:30+ 50:59+ 62:20+ 67:25+ 70:42+ 74:48+ 76:57+  
03:19+ 02:59+ 04:10+ 10:40+ 22:22+ 07:29+ 11:21+ 05:05+ 03:17+ 04:06+ 02:09+  
03:19+ 02:59+ 04:10+ 10:40+ 22:22+ 07:29+ 11:21+ 05:05+ 03:17+ 04:06+ 02:09+

**39 Svein Olav Høyland 1683 1:25:49**

20:13+ 26:52+ 30:59+ 43:28+ 59:31+ 62:46+ 71:09+ 77:08+ 80:25+ 83:22+ 85:49+  
20:13+ 06:39+ 04:07+ 12:29+ 16:03+ 03:15+ 08:23+ 05:59+ 03:17+ 02:57+ 02:27+  
20:13+ 06:39+ 04:07+ 12:29+ 16:03+ 03:15+ 08:23+ 05:59+ 03:17+ 02:57+ 02:27+

### Beste strekktid for klassen

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