

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Marie Sigvaldsen</b>	<b>3512</b>	<b>23:02</b>
01:02=	03:00= 04:39= 06:01= 08:00= 08:34=	14:10= 15:48= 16:26= 17:06= 17:55= 19:14= 20:17=	20:34= 20:46= 22:45= 23:02=
01:02=	01:58= 01:39= 01:22= 01:59= 00:34=	05:36= 01:38= 00:38= 00:40= 00:49= 01:19= 01:03=	00:17= 00:12= 01:59= 00:17=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Aina Kalsaas Urstad</b>	<b>3580</b>	<b>25:28</b>
01:06+	02:58- 05:17+ 06:43+ 08:58+ 09:36+	15:44+ 17:34+ 18:25+ 19:11+ 20:02+	21:32+ 22:37+ 22:56+ 23:15+ 25:09+ 25:28+
01:06+	01:52- 02:19+ 01:26+ 02:15+ 00:38+	06:08+ 01:50+ 00:51+ 00:46+ 00:51+	01:30+ 01:05+ 00:19+ 00:19+ 01:54- 00:19+
00:04+	00:06- 00:40& 00:04+ 00:16# 00:04#	00:32+ 00:12# 00:13& 00:06# 00:02+	00:11# 00:02+ 00:02# 00:07& 00:05- 00:02#
<b>3</b>	<b>Sina Thu Randulff</b>	<b>1519</b>	<b>26:06</b>
01:07+	03:18+ 04:50+ 06:10+ 08:39+ 09:22+	15:50+ 17:52+ 18:38+ 19:29+ 20:18+	21:48+ 22:58+ 23:21+ 23:39+ 25:46+ 26:06+
01:07+	02:11+ 01:32- 01:20- 02:29+ 00:43+	06:28+ 02:02+ 00:46+ 00:51+ 00:49=	01:30+ 01:10+ 00:23+ 00:18+ 02:07+ 00:20+
00:05+	00:13# 00:07- 00:02- 00:30& 00:09&	00:52# 00:24# 00:08# 00:11& 00:00=	00:11# 00:07# 00:06& 00:06& 00:08+ 00:03#
<b>4</b>	<b>Maren Benjaminsen</b>	<b>1832</b>	<b>26:20</b>
01:14+	03:17+ 05:30+ 06:58+ 08:53+ 09:38+	15:46+ 18:09+ 18:51+ 19:37+ 20:27+	22:09+ 23:16+ 23:38+ 23:57+ 26:01+ 26:20+
01:14+	02:03+ 02:13+ 01:28+ 01:55- 00:45+	06:08+ 02:23+ 00:42+ 00:46+ 00:50+	01:42+ 01:07+ 00:22+ 00:19+ 02:04+ 00:19+
00:12#	00:05+ 00:34& 00:06+ 00:04- 00:11&	00:32+ 00:45& 00:04# 00:06# 00:01+	00:23& 00:04+ 00:05& 00:07& 00:05+ 00:02#
<b>5</b>	<b>Frida Erikstein</b>	<b>1830</b>	<b>27:33</b>
01:29+	03:54+ 06:30+ 07:57+ 09:37+ 10:22+	10:53- 16:45+ 18:49+ 19:49+ 20:40+	21:38+ 23:08+ 24:14+ 24:36+ 24:57+ 27:12+ 27:33+
01:29+	02:25+ 02:36+ 01:27+ 01:40- 00:45+	00:31- 05:52+ 02:04+ 01:00+ 00:51+	00:58- 01:30+ 01:06+ 00:22+ 00:21- 02:15+ 00:21+
00:27&	00:27# 00:57& 00:05+ 00:19- 00:11&	05:05- 04:14@ 01:26@ 00:20& 00:02+	00:21- 00:27& 00:49@ 00:10& 01:38- 01:58@ 00:21+
<b>6</b>	<b>Siri Eppeland</b>	<b>1884</b>	<b>28:07</b>
01:12+	03:38+ 05:16+ 06:48+ 09:02+ 09:47+	16:48+ 18:50+ 19:42+ 20:37+ 21:34+	23:14+ 24:45+ 25:05+ 25:25+ 27:45+ 28:07+
01:12+	02:26+ 01:38- 01:32+ 02:14+ 00:45+	07:01+ 02:02+ 00:52+ 00:55+ 00:57+	01:40+ 01:31+ 00:20+ 00:20+ 02:20+ 00:22+
00:10#	00:28# 00:01- 00:10# 00:15# 00:11&	01:25& 00:24# 00:14& 00:15& 00:08#	00:21& 00:28& 00:03# 00:08& 00:21# 00:05&
<b>7</b>	<b>Rønnaug Egeland</b>	<b>1884</b>	<b>28:23</b>
01:19+	03:48+ 05:29+ 06:58+ 09:23+ 10:00+	16:45+ 18:36+ 19:52+ 20:40+ 21:35+	23:59+ 25:08+ 25:29+ 25:47+ 28:01+ 28:23+
01:19+	02:29+ 01:41+ 01:29+ 02:25+ 00:37+	06:45+ 01:51+ 01:16+ 00:48+ 00:55+	02:24+ 01:09+ 00:21+ 00:18+ 02:14+ 00:22+
00:17&	00:31& 00:02+ 00:07+ 00:26# 00:03+	01:09# 00:13# 00:38& 00:08# 00:06#	01:05& 00:06+ 00:04# 00:06& 00:15# 00:05&
<b>8</b>	<b>Rebecca Briedis</b>	<b>1754</b>	<b>29:09</b>
01:21+	03:30+ 05:17+ 06:49+ 08:48+ 09:31+	16:28+ 18:35+ 19:24+ 20:21+ 21:26+	24:55+ 26:04+ 26:25+ 26:39+ 28:47+ 29:09+
01:21+	02:09+ 01:47+ 01:32+ 01:59= 00:43+	06:57+ 02:07+ 00:49+ 00:57+ 01:05+	03:29+ 01:09+ 00:21+ 00:14+ 02:08+ 00:22+
00:19&	00:11+ 00:08+ 00:10# 00:00= 00:09&	01:21# 00:29& 00:11& 00:17& 00:16&	02:10@ 00:06+ 00:04# 00:02# 00:09+ 00:05&
<b>9</b>	<b>Hanne Thu</b>	<b>3516</b>	<b>29:28</b>
01:21+	03:45+ 05:41+ 07:26+ 09:19+ 10:01+	17:05+ 19:44+ 20:29+ 21:31+ 22:30+	24:15+ 25:42+ 26:03+ 26:23+ 29:06+ 29:28+
01:21+	02:24+ 01:56+ 01:45+ 01:53- 00:42+	07:04+ 02:39+ 00:45+ 01:02+ 00:59+	01:45+ 01:27+ 00:21+ 00:20+ 02:43+ 00:22+
00:19&	00:26# 00:17# 00:23& 00:06- 00:08#	01:28& 01:01& 00:07# 00:22& 00:10#	00:26& 00:24& 00:04# 00:08& 00:44& 00:05&
<b>10</b>	<b>Hanne Berg Aspøy</b>	<b>896</b>	<b>30:27</b>
01:18+	03:23+ 06:25+ 07:53+ 10:13+ 11:06+	19:17+ 21:49+ 22:32+ 23:23+ 24:23+	26:03+ 27:18+ 27:38+ 27:54+ 30:06+ 30:27+
01:18+	02:05+ 03:02+ 01:28+ 02:20+ 00:53+	08:11+ 02:32+ 00:43+ 00:51+ 01:00+	01:40+ 01:15+ 00:20+ 00:16+ 02:12+ 00:21+
00:16&	00:07+ 01:23& 00:06+ 00:21# 00:19&	02:35& 00:54& 00:05# 00:11& 00:11#	00:21& 00:12# 00:03# 00:04& 00:13# 00:04#
<b>11</b>	<b>Marita Navjord Nicolaysen</b>	<b>1284</b>	<b>30:48</b>
01:24+	04:11+ 06:10+ 07:47+ 09:53+ 10:35+	17:17+ 19:54+ 20:50+ 23:15+ 24:18+	26:06+ 27:30+ 27:53+ 28:15+ 30:30+ 30:48+
01:24+	02:47+ 01:59+ 01:37+ 02:06+ 00:42+	06:42+ 02:37+ 00:56+ 02:25+ 01:03+	01:48+ 01:24+ 00:23+ 00:22+ 02:15+ 00:18+
00:22&	00:49& 00:20# 00:15# 00:07+ 00:08#	01:06# 00:59& 00:18& 01:45@ 00:14&	00:29& 00:21& 00:06& 00:10& 00:16# 00:01+
<b>12</b>	<b>Hege Bakken</b>	<b>1754</b>	<b>32:33</b>
01:27+	04:23+ 06:59+ 08:47+ 11:05+ 11:48+	19:14+ 22:54+ 23:42+ 24:34+ 25:32+	27:20+ 28:55+ 29:16+ 29:33+ 32:09+ 32:33+
01:27+	02:56+ 02:36+ 01:48+ 02:18+ 00:43+	07:26+ 03:40+ 00:48+ 00:52+ 00:58+	01:48+ 01:35+ 00:21+ 00:17+ 02:36+ 00:24+
00:25&	00:58& 00:57& 00:26& 00:19# 00:09&	01:50& 02:02@ 00:10& 00:12& 00:09#	00:29& 00:32& 00:04# 00:05& 00:37& 00:07&
<b>13</b>	<b>Cecilie Larsen</b>	<b>1754</b>	<b>34:51</b>
01:30+	03:56+ 05:50+ 07:44+ 10:29+ 11:24+	20:09+ 23:26+ 24:23+ 25:34+ 26:52+	28:52+ 30:29+ 30:55+ 31:16+ 34:28+ 34:51+
01:30+	02:26+ 01:54+ 01:54+ 02:45+ 00:55+	08:45+ 03:17+ 00:57+ 01:11+ 01:18+	02:00+ 01:37+ 00:26+ 00:21+ 03:12+ 00:23+
00:28&	00:28# 00:15# 00:32& 00:46& 00:21&	03:09& 01:39@ 00:19& 00:31& 00:29&	00:41& 00:34& 00:09& 00:09& 01:13& 00:06&
<b>14</b>	<b>Inga Borge</b>	<b>1832</b>	<b>35:11</b>
01:29+	04:57+ 07:06+ 09:47+ 12:01+ 12:49+	20:53+ 23:15+ 24:12+ 25:34+ 26:47+	28:56+ 30:42+ 31:10+ 31:41+ 34:45+ 35:11+
01:29+	03:28+ 02:09+ 02:41+ 02:14+ 00:48+	08:04+ 02:22+ 00:57+ 01:22+ 01:13+	02:09+ 01:46+ 00:28+ 00:31+ 03:04+ 00:26+
00:27&	01:30& 00:30& 01:19& 00:15# 00:14&	02:28& 00:44& 00:19& 00:42@ 00:24&	00:50& 00:43& 00:11& 00:19@ 01:05& 00:09&

Class	Navn	Klasse	Tid
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## Damer 16 - 39 år

<b>15</b>	<b>Katja Eliassen</b>	<b>722</b>	<b>37:00</b>													
01:19+	07:45+	10:40+	12:31+	15:04+	15:47+	22:21+	24:27+	25:37+	29:09+	30:07+	32:11+	33:41+	34:05+	34:27+	36:41+	37:00+
01:19+	06:26+	02:55+	01:51+	02:33+	00:43+	06:34+	02:06+	01:10+	03:32+	00:58+	02:04+	01:30+	00:24+	00:22+	02:14+	00:19+
00:17&	04:28@	01:16&	00:29&	00:34&	00:09&	00:58&	00:28&	00:32&	02:52@	00:09#	00:45&	00:27&	00:07&	00:10&	00:15#	00:02#
<b>16</b>	<b>Ingunn Landsnes</b>	<b>892</b>	<b>39:49</b>													
01:41+	04:22+	07:56+	10:57+	13:34+	14:27+	23:18+	26:27+	28:24+	29:32+	31:41+	33:39+	35:34+	35:58+	36:29+	39:25+	39:49+
01:41+	02:41+	03:34+	03:01+	02:37+	00:53+	08:51+	03:09+	01:57+	01:08+	02:09+	01:58+	01:55+	00:24+	00:31+	02:56+	00:24+
01:41+	02:41+	03:34+	03:01+	02:37+	00:53+	08:51+	03:09+	01:57+	01:08+	02:09+	01:58+	01:55+	00:24+	00:31+	02:56+	00:24+

### Beste strekktid for klassen

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

## Damer 40 - 49 år

<b>1</b>	<b>Maren Thu</b>	<b>NOTEAM</b>	<b>27:51</b>													
01:45=	05:43=	06:07=	08:45=	09:55=	10:40=	11:48=	12:36=	13:53=	17:50=	20:37=	21:45=	22:48=	24:03=	25:33=	27:32=	27:51=
01:45=	03:58=	00:24=	02:38=	01:10=	00:45=	01:08=	00:48=	01:17=	03:57=	02:47=	01:08=	01:03=	01:15=	01:30=	01:59=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Randi Ladsten</b>	<b>879</b>	<b>28:03</b>													
01:40-	04:20-	04:45-	07:31-	09:05-	09:54-	11:18-	12:16-	13:49-	17:45-	20:04-	21:00-	22:18-	23:47-	25:22-	27:41+	28:03+
01:40-	02:40-	00:25+	02:46+	01:34+	00:49+	01:24+	00:58+	01:33+	03:56-	02:19-	00:56-	01:18+	01:29+	01:35+	02:19+	00:22+
00:05-	01:18-	00:01+	00:08+	00:24&	00:04+	00:16#	00:10#	00:16#	00:01-	00:28-	00:12-	00:15#	00:14#	00:05+	00:20#	00:03#
<b>3</b>	<b>Ingvild Marthinussen</b>	<b>3524</b>	<b>29:17</b>													
01:21-	03:50-	04:13-	06:57-	08:21-	09:11-	10:45-	11:49-	13:27-	17:11-	19:58-	21:16-	22:43-	24:14+	26:26+	28:54+	29:17+
01:21-	02:29-	00:23-	02:44+	01:24+	00:50+	01:34+	01:04+	01:38+	03:44-	02:47=	01:18+	01:27+	01:31+	02:12+	02:28+	00:23+
00:24-	01:29-	00:01-	00:06+	00:14#	00:05#	00:26&	00:16&	00:21&	00:13-	00:00=	00:10#	00:24&	00:16#	00:42&	00:29#	00:04#
<b>4</b>	<b>Benedicte Kvalevåg</b>	<b>769</b>	<b>31:53</b>													
01:40-	05:14-	05:44-	09:14+	10:41+	11:28+	14:00+	14:49+	16:31+	20:37+	23:28+	24:26+	25:35+	26:53+	28:29+	31:32+	31:53+
01:40-	03:34-	00:30+	03:30+	01:27+	00:47+	02:32+	00:49+	01:42+	04:06+	02:51+	00:58-	01:09+	01:18+	01:36+	03:03+	00:21+
00:05-	00:24-	00:06#	00:52&	00:17#	00:02+	01:24@	00:01+	00:25&	00:09+	00:04+	00:10-	00:06+	00:03+	00:06+	01:04&	00:02#
<b>5</b>	<b>Ingunn Anda Haug</b>	<b>2342</b>	<b>31:54</b>													
01:32-	04:01-	04:31-	08:10-	09:42-	10:41+	12:36+	13:35+	15:10+	19:43+	22:15+	23:28+	24:31+	26:10+	28:47+	31:29+	31:54+
01:32-	02:29-	00:30+	03:39+	01:32+	00:59+	01:55+	00:59+	01:35+	04:33+	02:32-	01:13+	01:03=	01:39+	02:37+	02:42+	00:25+
00:13-	01:29-	00:06#	01:01&	00:22&	00:14&	00:47&	00:11#	00:18#	00:36#	00:15-	00:05+	00:00=	00:24&	01:07&	00:43&	00:06&
<b>6</b>	<b>Helene Lie</b>	<b>3565</b>	<b>34:42</b>													
01:28-	04:39-	05:08-	08:37-	10:15+	11:05+	12:37+	13:35+	15:16+	19:02+	26:05+	27:37+	28:42+	30:16+	31:54+	34:19+	34:42+
01:28-	03:11-	00:29+	03:29+	01:38+	00:50+	01:32+	00:58+	01:41+	03:46-	07:03+	01:32+	01:05+	01:34+	01:38+	02:25+	00:23+
00:17-	00:47-	00:05#	00:51&	00:28&	00:05#	00:24&	00:10#	00:24&	00:11-	04:16@	00:24&	00:02+	00:19&	00:08+	00:26#	00:04#
<b>7</b>	<b>Helen Haneferd</b>	<b>882</b>	<b>36:52</b>													
01:31-	04:34-	05:02-	08:13-	09:57+	10:54+	12:17+	13:15+	14:47+	22:47+	25:34+	26:38+	30:42+	32:25+	33:56+	36:27+	36:52+
01:31-	03:03-	00:28+	03:11+	01:44+	00:57+	01:23+	00:58+	01:32+	08:00+	02:47=	01:04-	04:04+	01:43+	01:31+	02:31+	00:25+
00:14-	00:55-	00:04#	00:33#	00:34&	00:12&	00:15#	00:10#	00:15#	04:03@	00:00=	00:04-	03:01@	00:28&	00:01+	00:32&	00:06&

### Beste strekktid for klassen

01:21 02:29 00:23 02:38 01:10 00:45 01:08 00:48 01:17 03:44 02:19 00:56 01:03 01:15 01:30 01:59 00:19

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

## Damer 50 - 59 år

<b>1</b>	<b>Marianne Fuglestad</b>	<b>896</b>	<b>25:37</b>													
01:18=	03:17=	03:49=	06:18=	07:49=	08:36=	09:54=	10:41=	11:54=	15:06=	17:07=	18:37=	19:41=	21:01=	22:40=	25:17=	25:37=
01:18=	01:59=	00:32=	02:29=	01:31=	00:47=	01:18=	00:47=	01:13=	03:12=	02:01=	01:30=	01:04=	01:20=	01:39=	02:37=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## Damer 50 - 59 år

<b>2</b>	<b>Iren Undheim Øgreid</b>	<b>769</b>	<b>26:53</b>													
01:22+	03:54+	04:20+	07:23+	08:46+	09:34+	10:53+	11:43+	13:21+	16:48+	19:18+	20:20+	21:21+	22:42+	24:20+	26:30+	26:53+
01:22+	02:32+	00:26-	03:03+	01:23-	00:48+	01:19+	00:50+	01:38+	03:27+	02:30+	01:02-	01:01-	01:21+	01:38-	02:10-	00:23+
00:04+	00:33&	00:06-	00:34#	00:08-	00:01+	00:01+	00:03+	00:25&	00:15+	00:29#	00:28-	00:03-	00:01+	00:01-	00:27-	00:03#
<b>3</b>	<b>Keth Berggraf</b>	<b>1683</b>	<b>27:20</b>													
01:14+	04:08+	04:36+	07:23+	08:50+	09:43+	11:08+	12:00+	13:34+	17:17+	19:46+	20:48+	21:44+	23:06+	24:34+	26:59+	27:20+
01:14+	02:54+	00:28+	02:47+	01:27+	00:53+	01:25+	00:52+	01:34+	03:43+	02:29+	01:02+	00:56+	01:22+	01:28+	02:25+	00:21+
01:14+	02:54+	00:28+	02:47+	01:27+	00:53+	01:25+	00:52+	01:34+	03:43+	02:29+	01:02+	00:56+	01:22+	01:28+	02:25+	00:21+
<b>4</b>	<b>Gerd Olaug Vikeså</b>	<b>1758</b>	<b>28:35</b>													
01:23+	04:05+	04:29+	07:21+	08:52+	09:42+	11:06+	11:58+	13:28+	17:11+	19:18+	20:29+	21:30+	22:59+	25:46+	28:13+	28:35+
01:23+	02:42+	00:24+	02:52+	01:31+	00:50+	01:24+	00:52+	01:30+	03:43+	02:07+	01:11+	01:01+	01:29+	02:47+	02:27+	00:22+
01:23+	02:42+	00:24+	02:52+	01:31+	00:50+	01:24+	00:52+	01:30+	03:43+	02:07+	01:11+	01:01+	01:29+	02:47+	02:27+	00:22+
<b>5</b>	<b>Siri Warland</b>	<b>1832</b>	<b>28:52</b>													
01:34+	04:42+	05:05+	07:58+	09:14+	10:00+	11:13+	12:00+	13:25+	16:49+	18:57+	20:06+	21:04+	22:25+	26:10+	28:28+	28:52+
01:34+	03:08+	00:23+	02:53+	01:16+	00:46+	01:13+	00:47+	01:25+	03:24+	02:08+	01:09+	00:58+	01:21+	03:45+	02:18+	00:24+
01:34+	03:08+	00:23+	02:53+	01:16+	00:46+	01:13+	00:47+	01:25+	03:24+	02:08+	01:09+	00:58+	01:21+	03:45+	02:18+	00:24+
<b>6</b>	<b>Anita Glenne Kallhovd</b>	<b>3502</b>	<b>29:21</b>													
01:46+	04:07+	04:31+	07:18+	08:43+	09:32+	11:00+	11:59+	13:31+	17:21+	19:44+	22:19+	23:19+	24:44+	26:16+	28:54+	29:21+
01:46+	02:21+	00:24+	02:47+	01:25+	00:49+	01:28+	00:59+	01:32+	03:50+	02:23+	02:35+	01:00+	01:25+	01:32+	02:38+	00:27+
01:46+	02:21+	00:24+	02:47+	01:25+	00:49+	01:28+	00:59+	01:32+	03:50+	02:23+	02:35+	01:00+	01:25+	01:32+	02:38+	00:27+
<b>7</b>	<b>May Bente Valdøl</b>	<b>1683</b>	<b>30:23</b>													
02:27+	05:13+	05:40+	08:56+	11:28+	12:18+	13:49+	14:43+	16:10+	19:53+	22:03+	23:13+	24:36+	26:07+	27:42+	30:01+	30:23+
02:27+	02:46+	00:27+	03:16+	02:32+	00:50+	01:31+	00:54+	01:27+	03:43+	02:10+	01:10+	01:23+	01:31+	01:35+	02:19+	00:22+
02:27+	02:46+	00:27+	03:16+	02:32+	00:50+	01:31+	00:54+	01:27+	03:43+	02:10+	01:10+	01:23+	01:31+	01:35+	02:19+	00:22+
<b>8</b>	<b>Tonje Tiley</b>	<b>882</b>	<b>31:00</b>													
01:30+	04:23+	04:54+	08:08+	09:46+	10:41+	12:26+	13:31+	15:34+	19:37+	21:56+	23:18+	24:19+	26:12+	27:50+	30:36+	31:00+
01:30+	02:53+	00:31+	03:14+	01:38+	00:55+	01:45+	01:05+	02:03+	04:03+	02:19+	01:22+	01:01+	01:53+	01:38+	02:46+	00:24+
01:30+	02:53+	00:31+	03:14+	01:38+	00:55+	01:45+	01:05+	02:03+	04:03+	02:19+	01:22+	01:01+	01:53+	01:38+	02:46+	00:24+
<b>9</b>	<b>Tone Cecilie Nystrom</b>	<b>874</b>	<b>31:27</b>													
01:35+	04:46+	05:15+	08:26+	10:07+	11:03+	12:33+	13:41+	15:20+	19:23+	21:34+	23:52+	25:15+	26:48+	28:25+	30:58+	31:27+
01:35+	03:11+	00:29+	03:11+	01:41+	00:56+	01:30+	01:08+	01:39+	04:03+	02:11+	02:18+	01:23+	01:33+	01:37+	02:33+	00:29+
01:35+	03:11+	00:29+	03:11+	01:41+	00:56+	01:30+	01:08+	01:39+	04:03+	02:11+	02:18+	01:23+	01:33+	01:37+	02:33+	00:29+
<b>10</b>	<b>Liv Margot Sviland</b>	<b>3529</b>	<b>31:39</b>													
01:39+	04:49+	05:16+	08:53+	10:38+	11:35+	13:06+	14:47+	16:25+	20:45+	23:01+	24:06+	25:17+	26:57+	28:49+	31:16+	31:39+
01:39+	03:10+	00:27+	03:37+	01:45+	00:57+	01:31+	01:41+	01:38+	04:20+	02:16+	01:05+	01:11+	01:40+	01:52+	02:27+	00:23+
01:39+	03:10+	00:27+	03:37+	01:45+	00:57+	01:31+	01:41+	01:38+	04:20+	02:16+	01:05+	01:11+	01:40+	01:52+	02:27+	00:23+
<b>11</b>	<b>Trude Hermanrud</b>	<b>896</b>	<b>32:32</b>													
01:33+	04:07+	05:45+	08:49+	10:20+	11:09+	12:46+	13:43+	15:29+	19:39+	22:10+	24:57+	26:15+	27:46+	29:33+	32:05+	32:32+
01:33+	02:34+	01:38+	03:04+	01:31+	00:49+	01:37+	00:57+	01:46+	04:10+	02:31+	02:47+	01:18+	01:31+	01:47+	02:32+	00:27+
01:33+	02:34+	01:38+	03:04+	01:31+	00:49+	01:37+	00:57+	01:46+	04:10+	02:31+	02:47+	01:18+	01:31+	01:47+	02:32+	00:27+
<b>12</b>	<b>Torill Andersen</b>	<b>1683</b>	<b>32:45</b>													
01:28+	04:39+	05:04+	08:17+	09:49+	10:39+	12:07+	13:02+	14:30+	18:22+	24:14+	25:27+	26:43+	28:11+	29:41+	32:21+	32:45+
01:28+	03:11+	00:25+	03:13+	01:32+	00:50+	01:28+	00:55+	01:28+	03:52+	05:52+	01:13+	01:16+	01:28+	01:30+	02:40+	00:24+
01:28+	03:11+	00:25+	03:13+	01:32+	00:50+	01:28+	00:55+	01:28+	03:52+	05:52+	01:13+	01:16+	01:28+	01:30+	02:40+	00:24+
<b>13</b>	<b>Liv Omdal</b>	<b>1683</b>	<b>32:56</b>													
01:32+	04:06+	04:38+	07:46+	09:21+	10:16+	11:44+	12:37+	14:21+	18:26+	20:53+	24:15+	25:45+	27:15+	29:43+	32:33+	32:56+
01:32+	02:34+	00:32+	03:08+	01:35+	00:55+	01:28+	00:53+	01:44+	04:05+	02:27+	03:22+	01:30+	01:30+	02:28+	02:50+	00:23+
01:32+	02:34+	00:32+	03:08+	01:35+	00:55+	01:28+	00:53+	01:44+	04:05+	02:27+	03:22+	01:30+	01:30+	02:28+	02:50+	00:23+
<b>14</b>	<b>Andrea Tapken</b>	<b>3529</b>	<b>33:05</b>													
01:51+	04:43+	05:09+	08:39+	10:27+	11:29+	13:17+	14:21+	16:07+	20:44+	23:18+	24:36+	26:04+	27:40+	29:47+	32:39+	33:05+
01:51+	02:52+	00:26+	03:30+	01:48+	01:02+	01:48+	01:04+	01:46+	04:37+	02:34+	01:18+	01:28+	01:36+	02:07+	02:52+	00:26+
01:51+	02:52+	00:26+	03:30+	01:48+	01:02+	01:48+	01:04+	01:46+	04:37+	02:34+	01:18+	01:28+	01:36+	02:07+	02:52+	00:26+
<b>15</b>	<b>Gøril Braut Aarsand</b>	<b>2539</b>	<b>34:54</b>													
01:47+	05:21+	05:50+	09:05+	12:53+	13:51+	15:30+	16:31+	18:12+	22:29+	25:19+	26:48+	27:56+	29:40+	31:27+	34:20+	34:54+
01:47+	03:34+	00:29+	03:15+	03:48+	00:58+	01:39+	01:01+	01:41+	04:17+	02:50+	01:29+	01:08+	01:44+	01:47+	02:53+	00:34+
01:47+	03:34+	00:29+	03:15+	03:48+	00:58+	01:39+	01:01+	01:41+	04:17+	02:50+	01:29+	01:08+	01:44+	01:47+	02:53+	00:34+

Class	Navn	Klasse	Tid
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## Damer 50 - 59 år

<b>16</b>	<b>Astri Sandanger</b>	<b>896</b>	<b>36:23</b>													
01:43+	05:35+	06:03+	09:16+	11:29+	12:36+	14:33+	15:41+	17:34+	22:05+	24:53+	27:39+	29:14+	30:53+	32:32+	36:01+	36:23+
01:43+	03:52+	00:28+	03:13+	02:13+	01:07+	01:57+	01:08+	01:53+	04:31+	02:48+	02:46+	01:35+	01:39+	01:39+	03:29+	00:22+
01:43+	03:52+	00:28+	03:13+	02:13+	01:07+	01:57+	01:08+	01:53+	04:31+	02:48+	02:46+	01:35+	01:39+	01:39+	03:29+	00:22+
<b>17</b>	<b>Ingjerd Haddeland</b>	<b>3507</b>	<b>37:00</b>													
01:57+	04:52+	05:20+	08:19+	10:10+	11:03+	12:42+	13:45+	20:05+	24:11+	26:46+	28:03+	29:41+	31:23+	33:33+	36:31+	37:00+
01:57+	02:55+	00:28+	02:59+	01:51+	00:53+	01:39+	01:03+	06:20+	04:06+	02:35+	01:17+	01:38+	01:42+	02:10+	02:58+	00:29+
01:57+	02:55+	00:28+	02:59+	01:51+	00:53+	01:39+	01:03+	06:20+	04:06+	02:35+	01:17+	01:38+	01:42+	02:10+	02:58+	00:29+
<b>18</b>	<b>Turid Eikebu Alfsen</b>	<b>1683</b>	<b>37:34</b>													
01:36+	05:03+	05:50+	09:16+	11:09+	12:06+	13:45+	14:57+	19:28+	23:31+	26:03+	29:35+	30:59+	32:32+	34:26+	37:09+	37:34+
01:36+	03:27+	00:47+	03:26+	01:53+	00:57+	01:39+	01:12+	04:31+	04:03+	02:32+	03:32+	01:24+	01:33+	01:54+	02:43+	00:25+
01:36+	03:27+	00:47+	03:26+	01:53+	00:57+	01:39+	01:12+	04:31+	04:03+	02:32+	03:32+	01:24+	01:33+	01:54+	02:43+	00:25+
<b>19</b>	<b>Hilde Frøytlog Karlsen</b>	<b>1284</b>	<b>37:53</b>													
02:19+	05:21+	05:52+	09:42+	11:30+	12:37+	14:24+	15:38+	17:40+	22:45+	26:34+	28:13+	29:51+	31:43+	34:15+	37:25+	37:53+
02:19+	03:02+	00:31+	03:50+	01:48+	01:07+	01:47+	01:14+	02:02+	05:05+	03:49+	01:39+	01:38+	01:52+	02:32+	03:10+	00:28+
02:19+	03:02+	00:31+	03:50+	01:48+	01:07+	01:47+	01:14+	02:02+	05:05+	03:49+	01:39+	01:38+	01:52+	02:32+	03:10+	00:28+
<b>20</b>	<b>Brit Vivian Meling</b>	<b>1683</b>	<b>42:58</b>													
02:05+	05:45+	07:45+	11:08+	13:05+	14:35+	16:30+	17:58+	19:55+	25:30+	29:00+	30:34+	34:13+	36:08+	38:25+	42:26+	42:58+
02:05+	03:40+	02:00+	03:23+	01:57+	01:30+	01:55+	01:28+	01:57+	05:35+	03:30+	01:34+	03:39+	01:55+	02:17+	04:01+	00:32+
02:05+	03:40+	02:00+	03:23+	01:57+	01:30+	01:55+	01:28+	01:57+	05:35+	03:30+	01:34+	03:39+	01:55+	02:17+	04:01+	00:32+
<b>21</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>1758</b>	<b>43:26</b>													
03:57+	08:18+	08:39+	13:57+	15:49+	16:47+	18:38+	19:42+	21:37+	26:18+	32:44+	34:30+	35:46+	37:27+	39:31+	42:59+	43:26+
03:57+	04:21+	00:21+	05:18+	01:52+	00:58+	01:51+	01:04+	01:55+	04:41+	06:26+	01:46+	01:16+	01:41+	02:04+	03:28+	00:27+
03:57+	04:21+	00:21+	05:18+	01:52+	00:58+	01:51+	01:04+	01:55+	04:41+	06:26+	01:46+	01:16+	01:41+	02:04+	03:28+	00:27+
<b>22</b>	<b>Marianne Gjesdal Lyngås</b>	<b>892</b>	<b>44:13</b>													
01:56+	06:27+	06:56+	12:27+	14:47+	15:49+	17:35+	19:33+	21:42+	26:40+	30:19+	34:20+	35:59+	37:56+	39:53+	43:42+	44:13+
01:56+	04:31+	00:29+	05:31+	02:20+	01:02+	01:46+	01:58+	02:09+	04:58+	03:39+	04:01+	01:39+	01:57+	01:57+	03:49+	00:31+
01:56+	04:31+	00:29+	05:31+	02:20+	01:02+	01:46+	01:58+	02:09+	04:58+	03:39+	04:01+	01:39+	01:57+	01:57+	03:49+	00:31+
<b>23</b>	<b>Elisabeth Melbø</b>	<b>879</b>	<b>44:23</b>													
01:52+	05:14+	05:43+	09:23+	10:58+	11:52+	13:21+	15:07+	16:51+	20:28+	30:24+	34:20+	37:29+	38:53+	41:18+	43:59+	44:23+
01:52+	03:22+	00:29+	03:40+	01:35+	00:54+	01:29+	01:46+	01:44+	03:37+	09:56+	03:56+	03:09+	01:24+	02:25+	02:41+	00:24+
01:52+	03:22+	00:29+	03:40+	01:35+	00:54+	01:29+	01:46+	01:44+	03:37+	09:56+	03:56+	03:09+	01:24+	02:25+	02:41+	00:24+

### Beste strekktid for klassen

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

## Damer 60 - 64 år

<b>1</b>	<b>Elisabeth Christie Ørke</b>	<b>722</b>	<b>24:16</b>												
02:27=	04:04=	05:12=	07:07=	08:37=	09:52=	12:02=	13:24=	14:59=	17:15=	18:47=	19:55=	21:22=	22:38=	23:55=	24:16=
02:27=	01:37=	01:08=	01:55=	01:30=	01:15=	02:10=	01:22=	01:35=	02:16=	01:32=	01:08=	01:27=	01:16=	01:17=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ingrid E. I. Øxnevad</b>	<b>3516</b>	<b>24:45</b>												
02:21-	03:36-	04:54-	06:50-	07:57-	10:17+	12:27+	13:40+	15:15+	17:25+	19:06+	20:12+	21:39+	22:55+	24:10+	24:45+
02:21-	01:15-	01:18+	01:56+	01:07-	02:20+	02:10=	01:13-	01:35=	02:10-	01:41+	01:06-	01:27=	01:16=	01:15-	00:35+
00:06-	00:22-	00:10#	00:01+	00:23-	01:05&	00:00=	00:09-	00:00=	00:06-	00:09+	00:02-	00:00=	00:00=	00:02-	00:14&
<b>3</b>	<b>Anne-Siv Gjertsen</b>	<b>882</b>	<b>28:39</b>												
02:45+	04:34+	06:01+	08:03+	09:30+	11:26+	14:11+	15:34+	17:29+	20:19+	22:09+	23:20+	25:08+	26:40+	28:17+	28:39+
02:45+	01:49+	01:27+	02:02+	01:27-	01:56+	02:45+	01:23+	01:55+	02:50+	01:50+	01:11+	01:48+	01:32+	01:37+	00:22+
00:18#	00:12#	00:19&	00:07+	00:03-	00:41&	00:35&	00:01+	00:20#	00:34#	00:18#	00:03+	00:21#	00:16#	00:20&	00:01+
<b>4</b>	<b>Nina Christiansen</b>	<b>722</b>	<b>30:43</b>												
02:50+	04:14+	05:50+	08:02+	09:29+	11:34+	13:53+	16:23+	18:12+	20:47+	23:11+	24:40+	27:11+	28:36+	30:18+	30:43+
02:50+	01:24-	01:36+	02:12+	01:27-	02:05+	02:19+	02:30+	01:49+	02:35+	02:24+	01:29+	02:31+	01:25+	01:42+	00:25+
00:23#	00:13-	00:28&	00:17#	00:03-	00:50&	00:09+	01:08&	00:14#	00:19#	00:52&	00:21&	01:04&	00:09#	00:25&	00:04#

Class	Navn	Klasse	Tid
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## Damer 60 - 64 år

<b>5</b>	<b>Ellinor Nesse</b>	<b>1683</b>	<b>35:11</b>												
03:49+	05:44+	07:28+	10:05+	12:12+	13:48+	16:57+	19:01+	21:19+	24:32+	26:48+	28:27+	30:43+	32:39+	34:40+	35:11+
03:49+	01:55+	01:44+	02:37+	02:07+	01:36+	03:09+	02:04+	02:18+	03:13+	02:16+	01:39+	02:16+	01:56+	02:01+	00:31+
01:22&	00:18#	00:36&	00:42&	00:37&	00:21&	00:59&	00:42&	00:43&	00:57&	00:44&	00:31&	00:49&	00:40&	00:44&	00:10&
<b>6</b>	<b>Ellinor Hoemsnes</b>	<b>1683</b>	<b>35:28</b>												
03:40+	05:14+	07:46+	10:36+	13:20+	16:09+	19:10+	20:50+	23:06+	26:10+	27:54+	29:21+	31:35+	33:15+	35:01+	35:28+
03:40+	01:34+	02:32+	02:50+	02:44+	02:49+	03:01+	01:40+	02:16+	03:04+	01:44+	01:27+	02:14+	01:40+	01:46+	00:27+
03:40+	01:34+	02:32+	02:50+	02:44+	02:49+	03:01+	01:40+	02:16+	03:04+	01:44+	01:27+	02:14+	01:40+	01:46+	00:27+
<b>7</b>	<b>Nidunn Sandvik</b>	<b>3565</b>	<b>36:26</b>												
03:05+	04:51+	06:31+	08:38+	10:08+	13:40+	16:45+	18:20+	21:13+	24:06+	26:12+	27:48+	31:11+	32:47+	35:58+	36:26+
03:05+	01:46+	01:40+	02:07+	01:30+	03:32+	03:05+	01:35+	02:53+	02:53+	02:06+	01:36+	03:23+	01:36+	03:11+	00:28+
03:05+	01:46+	01:40+	02:07+	01:30+	03:32+	03:05+	01:35+	02:53+	02:53+	02:06+	01:36+	03:23+	01:36+	03:11+	00:28+
<b>8</b>	<b>Birgitte Røe</b>	<b>593</b>	<b>37:52</b>												
03:25+	05:34+	07:25+	10:19+	12:11+	13:57+	17:17+	19:45+	22:15+	25:30+	27:59+	29:57+	33:25+	35:28+	37:23+	37:52+
03:25+	02:09+	01:51+	02:54+	01:52+	01:46+	03:20+	02:28+	02:30+	03:15+	02:29+	01:58+	03:28+	02:03+	01:55+	00:29+
03:25+	02:09+	01:51+	02:54+	01:52+	01:46+	03:20+	02:28+	02:30+	03:15+	02:29+	01:58+	03:28+	02:03+	01:55+	00:29+
<b>9</b>	<b>Eli Tjåland Stokka</b>	<b>1141</b>	<b>38:11</b>												
03:38+	05:42+	08:25+	11:25+	13:53+	15:47+	19:40+	21:31+	23:43+	27:03+	29:26+	31:30+	33:48+	35:34+	37:44+	38:11+
03:38+	02:04+	02:43+	03:00+	02:28+	01:54+	03:53+	01:51+	02:12+	03:20+	02:23+	02:04+	02:18+	01:46+	02:10+	00:27+
03:38+	02:04+	02:43+	03:00+	02:28+	01:54+	03:53+	01:51+	02:12+	03:20+	02:23+	02:04+	02:18+	01:46+	02:10+	00:27+
<b>10</b>	<b>Siri Bjerkreim Hamre</b>	<b>1188</b>	<b>39:37</b>												
03:48+	05:50+	07:38+	10:28+	12:27+	14:35+	18:16+	20:07+	25:40+	28:37+	30:52+	32:32+	34:33+	36:23+	39:06+	39:37+
03:48+	02:02+	01:48+	02:50+	01:59+	02:08+	03:41+	01:51+	05:33+	02:57+	02:15+	01:40+	02:01+	01:50+	02:43+	00:31+
03:48+	02:02+	01:48+	02:50+	01:59+	02:08+	03:41+	01:51+	05:33+	02:57+	02:15+	01:40+	02:01+	01:50+	02:43+	00:31+
<b>11</b>	<b>Mona Berntsen</b>	<b>1832</b>	<b>39:40</b>												
03:08+	05:08+	06:53+	09:04+	11:37+	17:35+	20:15+	22:07+	24:19+	26:59+	28:49+	34:17+	36:04+	37:34+	39:13+	39:40+
03:08+	02:00+	01:45+	02:11+	02:33+	05:58+	02:40+	01:52+	02:12+	02:40+	01:50+	05:28+	01:47+	01:30+	01:39+	00:27+
03:08+	02:00+	01:45+	02:11+	02:33+	05:58+	02:40+	01:52+	02:12+	02:40+	01:50+	05:28+	01:47+	01:30+	01:39+	00:27+
<b>12</b>	<b>Marit Aandahl</b>	<b>3523</b>	<b>41:25</b>												
04:23+	06:34+	08:32+	11:42+	13:38+	15:46+	19:50+	21:53+	24:16+	27:53+	31:01+	34:47+	37:01+	38:44+	40:50+	41:25+
04:23+	02:11+	01:58+	03:10+	01:56+	02:08+	04:04+	02:03+	02:23+	03:37+	03:08+	03:46+	02:14+	01:43+	02:06+	00:35+
04:23+	02:11+	01:58+	03:10+	01:56+	02:08+	04:04+	02:03+	02:23+	03:37+	03:08+	03:46+	02:14+	01:43+	02:06+	00:35+

### Beste strekktid for klassen

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

## Damer 65 - 69 år

<b>1</b>	<b>Ingrid Eik</b>	<b>1830</b>	<b>29:26</b>												
02:53=	04:25=	05:51=	08:02=	09:46=	11:47=	14:19=	15:54=	17:50=	20:18=	22:39=	23:56=	26:03=	27:29=	29:04=	29:26=
02:53=	01:32=	01:26=	02:11=	01:44=	02:01=	02:32=	01:35=	01:56=	02:28=	02:21=	01:17=	02:07=	01:26=	01:35=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Tove Bjerkreim</b>	<b>722</b>	<b>30:11</b>												
03:34+	05:09+	06:39+	08:56+	10:41+	13:47+	16:09+	17:37+	19:19+	21:37+	23:32+	25:04+	26:41+	28:11+	29:44+	30:11+
03:34+	01:35+	01:30+	02:17+	01:45+	03:06+	02:22-	01:28-	01:42-	02:18-	01:55-	01:32+	01:37-	01:30+	01:33-	00:27+
00:41#	00:03+	00:04+	00:06+	00:01+	01:05&	00:10-	00:07-	00:14-	00:10-	00:26-	00:15#	00:30-	00:04+	00:02-	00:05#
<b>3</b>	<b>Liv-Grete Obrestad</b>	<b>3551</b>	<b>30:22</b>												
02:54+	04:32+	05:52+	08:17+	09:44-	13:13+	15:48+	17:21+	19:15+	21:45+	23:41+	25:02+	27:03+	28:26+	29:57+	30:22+
02:54+	01:38+	01:20-	02:25+	01:27-	03:29+	02:35+	01:33-	01:54-	02:30+	01:56-	01:21+	02:01-	01:23-	01:31-	00:25+
00:01+	00:06+	00:06-	00:14#	00:17-	01:28&	00:03-	00:02-	00:02-	00:02+	00:25-	00:04+	00:06-	00:03-	00:04-	00:03#
<b>4</b>	<b>Margot Asheim</b>	<b>722</b>	<b>31:05</b>												
03:03+	04:33+	06:01+	08:19+	10:00+	13:01+	15:54+	17:32+	19:31+	22:25+	24:16+	25:50+	27:36+	29:11+	30:44+	31:05+
03:03+	01:30-	01:28+	02:18+	01:41-	03:01+	02:53+	01:38+	01:59+	02:54+	01:51-	01:34+	01:46-	01:35+	01:33-	00:21-
00:10+	00:02-	00:02+	00:07+	00:03-	01:00&	00:21#	00:03+	00:03+	00:26#	00:30-	00:17#	00:21-	00:09#	00:02-	00:01-

Class	Navn	Klasse	Tid
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## Damer 65 - 69 år

<b>5</b>	<b>Amanda Renshaw</b>	<b>1758</b>	<b>31:27</b>												
03:35+	05:15+	06:38+	08:45+	10:53+	12:27+	15:08+	17:38+	19:28+	22:17+	24:13+	25:33+	27:36+	29:14+	31:02+	31:27+
03:35+	01:40+	01:23-	02:07-	02:08+	01:34-	02:41+	02:30+	01:50-	02:49+	01:56-	01:20+	02:03-	01:38+	01:48+	00:25+
00:42#	00:08+	00:03-	00:04-	00:24#	00:27-	00:09+	00:55&	00:06-	00:21#	00:25-	00:03+	00:04-	00:12#	00:13#	00:03#
<b>6</b>	<b>May Meling</b>	<b>593</b>	<b>32:22</b>												
03:05+	05:35+	06:53+	09:07+	10:30+	13:14+	16:36+	18:07+	19:56+	22:37+	24:24+	25:49+	28:58+	30:24+	31:58+	32:22+
03:05+	02:30+	01:18+	02:14+	01:23+	02:44+	03:22+	01:31+	01:49+	02:41+	01:47+	01:25+	03:09+	01:26+	01:34+	00:24+
03:05+	02:30+	01:18+	02:14+	01:23+	02:44+	03:22+	01:31+	01:49+	02:41+	01:47+	01:25+	03:09+	01:26+	01:34+	00:24+
<b>7</b>	<b>Eli Frafjord</b>	<b>1141</b>	<b>34:24</b>												
03:19+	05:25+	07:22+	10:32+	12:35+	14:35+	17:34+	19:27+	21:55+	24:47+	27:00+	28:26+	30:28+	32:09+	33:57+	34:24+
03:19+	02:06+	01:57+	03:10+	02:03+	02:00+	02:59+	01:53+	02:28+	02:52+	02:13+	01:26+	02:02+	01:41+	01:48+	00:27+
03:19+	02:06+	01:57+	03:10+	02:03+	02:00+	02:59+	01:53+	02:28+	02:52+	02:13+	01:26+	02:02+	01:41+	01:48+	00:27+
<b>8</b>	<b>Kari Eva Thiis Blixhavn</b>	<b>3565</b>	<b>44:11</b>												
04:19+	06:30+	08:16+	11:15+	13:34+	15:45+	19:34+	21:50+	24:37+	28:10+	32:43+	34:42+	38:58+	41:08+	43:33+	44:11+
04:19+	02:11+	01:46+	02:59+	02:19+	02:11+	03:49+	02:16+	02:47+	03:33+	04:33+	01:59+	04:16+	02:10+	02:25+	00:38+
04:19+	02:11+	01:46+	02:59+	02:19+	02:11+	03:49+	02:16+	02:47+	03:33+	04:33+	01:59+	04:16+	02:10+	02:25+	00:38+
<b>9</b>	<b>Liv Sissel Obrestad</b>	<b>3529</b>	<b>47:34</b>												
03:44+	06:01+	16:45+	19:43+	21:45+	25:00+	28:12+	30:05+	32:29+	35:48+	38:50+	40:50+	43:02+	45:09+	47:01+	47:34+
03:44+	02:17+	10:44+	02:58+	02:02+	03:15+	03:12+	01:53+	02:24+	03:19+	03:02+	02:00+	02:12+	02:07+	01:52+	00:33+
03:44+	02:17+	10:44+	02:58+	02:02+	03:15+	03:12+	01:53+	02:24+	03:19+	03:02+	02:00+	02:12+	02:07+	01:52+	00:33+
<b>10</b>	<b>Ase Møster</b>	<b>879</b>	<b>1:00:07</b>												
07:59+	11:08+	15:09+	18:47+	21:24+	25:31+	30:35+	33:14+	37:48+	42:17+	45:06+	47:31+	53:53+	56:01+	59:38+	60:07+
07:59+	03:09+	04:01+	03:38+	02:37+	04:07+	05:04+	02:39+	04:34+	04:29+	02:49+	02:25+	06:22+	02:08+	03:37+	00:29+
07:59+	03:09+	04:01+	03:38+	02:37+	04:07+	05:04+	02:39+	04:34+	04:29+	02:49+	02:25+	06:22+	02:08+	03:37+	00:29+

### Beste strekktid for klassen

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

## Damer 70 - 74 år

<b>1</b>	<b>Lillian Dahl Fitjar</b>	<b>896</b>	<b>39:39</b>												
03:54=	05:58=	07:49=	10:32=	12:43=	16:07=	19:11=	21:20=	24:08=	27:50=	30:15=	32:21=	34:53=	36:49=	39:06=	39:39=
03:54=	02:04=	01:51=	02:43=	02:11=	03:24=	03:04=	02:09=	02:48=	03:42=	02:25=	02:06=	02:32=	01:56=	02:17=	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>Halldis Handeland</b>	<b>892</b>	<b>43:54</b>												
04:17+	06:42+	08:40+	11:38+	13:29+	19:32+	22:47+	25:03+	28:21+	32:01+	34:34+	36:27+	38:47+	41:01+	43:16+	43:54+
04:17+	02:25+	01:58+	02:58+	01:51-	06:03+	03:15+	02:16+	03:18+	03:40-	02:33+	01:53-	02:20-	02:14+	02:15-	00:38+
00:23+	00:21#	00:07+	00:15+	00:20-	02:39&	00:11+	00:07+	00:30#	00:02-	00:08+	00:13-	00:12-	00:18#	00:02-	00:05#
<b>3</b>	<b>Berit Gramstad</b>	<b>3551</b>	<b>44:27</b>												
05:29+	07:40+	09:39+	12:24+	14:34+	16:56+	20:15+	22:19+	25:15+	28:52+	33:22+	35:30+	39:48+	41:43+	43:52+	44:27+
05:29+	02:11+	01:59+	02:45+	02:10-	02:22-	03:19+	02:04-	02:56+	03:37-	04:30+	02:08+	04:18+	01:55-	02:09-	00:35+
01:35&	00:07+	00:08+	00:02+	00:01-	01:02-	00:15+	00:05-	00:08+	00:05-	02:05&	00:02+	01:46&	00:01-	00:08-	00:02+

### Beste strekktid for klassen

03:54 02:04 01:51 02:43 01:51 02:22 03:04 02:04 02:48 03:37 02:25 01:53 02:20 01:55 02:09 00:33

= 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>34:31</b>												
03:26=	05:11=	06:50=	09:14=	10:51=	13:55=	17:14=	19:17=	21:20=	24:27=	26:36=	28:21=	30:32=	32:10=	34:01=	34:31=
03:26=	01:45=	01:39=	02:24=	01:37=	03:04=	03:19=	02:03=	02:03=	03:07=	02:09=	01:45=	02:11=	01:38=	01:51=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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## Damer 75 - 79 år

<b>2</b>	<b>Gry Vikhamar Thengs</b>	<b>874</b>	<b>35:34</b>												
04:32+	06:27+	08:08+	10:40+	12:38+	14:36+	17:28+	19:12-	21:18-	24:28+	27:39+	29:29+	31:34+	33:13+	35:07+	35:34+
04:32+	01:55+	01:41+	02:32+	01:58+	01:58-	02:52-	01:44-	02:06+	03:10+	03:11+	01:50+	02:05-	01:39+	01:54+	00:27-
01:06&	00:10+	00:02+	00:08+	00:21#	01:06-	00:27-	00:19-	00:03+	00:03+	01:02&	00:05+	00:06-	00:01+	00:03+	00:03-
<b>3</b>	<b>Haldis Glendrange</b>	<b>874</b>	<b>37:33</b>												
03:36+	06:09+	07:42+	10:07+	12:00+	13:59+	17:14+	19:35+	21:49+	24:53+	27:45+	29:27+	32:50+	34:39+	37:03+	37:33+
03:36+	02:33+	01:33+	02:25+	01:53+	01:59+	03:15+	02:21+	02:14+	03:04+	02:52+	01:42+	03:23+	01:49+	02:24+	00:30+
03:36+	02:33+	01:33+	02:25+	01:53+	01:59+	03:15+	02:21+	02:14+	03:04+	02:52+	01:42+	03:23+	01:49+	02:24+	00:30+
<b>4</b>	<b>Inger Skretting Opstad</b>	<b>3529</b>	<b>38:57</b>												
03:52+	06:03+	07:57+	11:41+	13:52+	16:07+	19:45+	22:02+	24:24+	27:47+	30:15+	32:03+	34:23+	36:21+	38:26+	38:57+
03:52+	02:11+	01:54+	03:44+	02:11+	02:15+	03:38+	02:17+	02:22+	03:23+	02:28+	01:48+	02:20+	01:58+	02:05+	00:31+
03:52+	02:11+	01:54+	03:44+	02:11+	02:15+	03:38+	02:17+	02:22+	03:23+	02:28+	01:48+	02:20+	01:58+	02:05+	00:31+
<b>5</b>	<b>Helga Klausen</b>	<b>769</b>	<b>40:33</b>												
04:28+	06:54+	08:51+	11:55+	14:19+	16:41+	20:11+	22:21+	25:05+	28:44+	31:29+	33:35+	35:44+	37:53+	40:03+	40:33+
04:28+	02:26+	01:57+	03:04+	02:24+	02:22+	03:30+	02:10+	02:44+	03:39+	02:45+	02:06+	02:09+	02:09+	02:10+	00:30+
04:28+	02:26+	01:57+	03:04+	02:24+	02:22+	03:30+	02:10+	02:44+	03:39+	02:45+	02:06+	02:09+	02:09+	02:10+	00:30+
<b>6</b>	<b>Hedvig Anda</b>	<b>1683</b>	<b>41:48</b>												
03:43+	05:35+	07:13+	11:36+	14:03+	16:32+	20:04+	22:22+	24:35+	27:45+	30:33+	32:31+	35:48+	37:48+	41:19+	41:48+
03:43+	01:52+	01:38+	04:23+	02:27+	02:29+	03:32+	02:18+	02:13+	03:10+	02:48+	01:58+	03:17+	02:00+	03:31+	00:29+
03:43+	01:52+	01:38+	04:23+	02:27+	02:29+	03:32+	02:18+	02:13+	03:10+	02:48+	01:58+	03:17+	02:00+	03:31+	00:29+
<b>7</b>	<b>Aslaug Lura</b>	<b>1141</b>	<b>47:01</b>												
04:39+	07:14+	10:08+	13:32+	16:00+	18:17+	22:06+	24:21+	27:50+	33:57+	37:10+	39:10+	41:36+	43:51+	46:27+	47:01+
04:39+	02:35+	02:54+	03:24+	02:28+	02:17+	03:49+	02:15+	03:29+	06:07+	03:13+	02:00+	02:26+	02:15+	02:36+	00:34+
04:39+	02:35+	02:54+	03:24+	02:28+	02:17+	03:49+	02:15+	03:29+	06:07+	03:13+	02:00+	02:26+	02:15+	02:36+	00:34+

### Beste strekktid for klassen

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

## Damer 80 år og eldre

<b>1</b>	<b>Helga Aaslid</b>	<b>3529</b>	<b>31:20</b>												
02:27=	05:05=	08:11=	10:06=	13:11=	14:34=	17:55=	20:35=	23:26=	25:24=	29:08=	30:50=	31:20=			
02:27=	02:38=	03:06=	01:55=	03:05=	01:23=	03:21=	02:40=	02:51=	01:58=	03:44=	01:42=	00:30=			
00:00=	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>Berit Ebbell Olsen</b>	<b>874</b>	<b>44:16</b>												
02:36+	05:28+	08:39+	11:08+	16:14+	18:19+	22:30+	25:52+	29:57+	32:30+	41:01+	43:38+	44:16+			
02:36+	02:52+	03:11+	02:29+	05:06+	02:05+	04:11+	03:22+	04:05+	02:33+	08:31+	02:37+	00:38+			
00:09+	00:14+	00:05+	00:34&	02:01&	00:42&	00:50#	00:42&	01:14&	00:35&	04:47@	00:55&	00:08&			
<b>Beste strekktid for klassen</b>			02:27	02:38	03:06	01:55	03:05	01:23	03:21	02:40	02:51	01:58	03:44	01:42	00:30

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>892</b>	<b>26:11</b>																	
01:09=	02:45=	04:16=	06:14=	07:17=	08:14=	09:48=	10:28=	14:01=	16:08=	17:46=	18:36=	19:21=	20:22=	21:09=	22:13=	22:56=	23:53=	24:11=	25:29=	26:11=
01:09=	01:36=	01:31=	01:58=	01:03=	00:57=	01:34=	00:40=	03:33=	02:07=	01:38=	00:50=	00:45=	01:01=	00:47=	01:04=	00:43=	00:57=	00:18=	01:18=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Katrine Haaland Leveraas</b>	<b>896</b>	<b>29:20</b>																	
01:19+	03:11+	04:49+	07:07+	08:19+	09:23+	11:11+	11:51+	15:34+	18:01+	19:44+	20:56+	21:43+	22:53+	23:39+	24:54+	25:47+	26:48+	27:08+	28:32+	29:20+
01:19+	01:52+	01:38+	02:18+	01:12+	01:04+	01:48+	00:40=	03:43+	02:27+	01:43+	01:12+	00:47+	01:10+	00:46-	01:15+	00:53+	01:01+	00:20+	01:24+	00:48+
00:10#	00:16#	00:07+	00:20#	00:09#	00:07#	00:14#	00:00=	00:10+	00:20#	00:05+	00:22&	00:02+	00:09#	00:01-	00:11#	00:10#	00:04+	00:02#	00:06+	00:06#

### Damer A

<b>3</b>	<b>Helena Kolesova</b>	<b>1754</b>	<b>29:31</b>																	
01:03-	02:48+	04:36+	06:45+	07:58+	08:57+	10:45+	11:26+	15:04+	17:28+	19:15+	20:12+	20:57+	22:00+	22:47+	24:01+	24:48+	25:56+	27:16+	28:44+	29:31+
01:03-	01:45+	01:48+	02:09+	01:13+	00:59+	01:48+	00:41+	03:38+	02:24+	01:47+	00:57+	00:45+	01:03+	00:47+	01:14+	00:47+	01:08+	01:20+	01:28+	00:47+
00:06-	00:09+	00:17#	00:11+	00:10#	00:02+	00:14#	00:01+	00:05+	00:17#	00:09+	00:07#	00:00=	00:02+	00:00=	00:10#	00:04+	00:11#	01:02#	00:10#	00:05#
<b>4</b>	<b>Clare Leveridge</b>	<b>877</b>	<b>29:57</b>																	
01:07+	02:51+	04:09+	06:17+	07:24+	08:28+	10:12+	10:53+	15:02+	17:28+	19:13+	20:13+	21:00+	22:05+	23:32+	24:46+	25:44+	26:52+	27:36+	29:08+	29:57+
01:07+	01:44+	01:18+	02:08+	01:07+	01:04+	01:44+	00:41+	04:09+	02:26+	01:45+	01:00+	00:47+	01:05+	01:27+	01:14+	00:58+	01:08+	00:44+	01:32+	00:49+
01:07+	01:44+	01:18+	02:08+	01:07+	01:04+	01:44+	00:41+	04:09+	02:26+	01:45+	01:00+	00:47+	01:05+	01:27+	01:14+	00:58+	01:08+	00:44+	01:32+	00:49+
<b>5</b>	<b>Matilde Skjæveland Skår</b>	<b>3486</b>	<b>31:45</b>																	
01:09+	03:53+	05:57+	08:15+	09:33+	10:44+	12:30+	13:13+	17:24+	19:47+	21:34+	22:30+	23:22+	24:51+	25:35+	26:50+	27:55+	29:02+	29:25+	30:57+	31:45+
01:09+	02:44+	02:04+	02:18+	01:18+	01:11+	01:46+	00:43+	04:11+	02:23+	01:47+	00:56+	00:52+	01:29+	00:44+	01:15+	01:05+	01:07+	00:23+	01:32+	00:48+
01:09+	02:44+	02:04+	02:18+	01:18+	01:11+	01:46+	00:43+	04:11+	02:23+	01:47+	00:56+	00:52+	01:29+	00:44+	01:15+	01:05+	01:07+	00:23+	01:32+	00:48+
<b>6</b>	<b>Silje Skorve Skarpeid</b>	<b>1758</b>	<b>33:44</b>																	
01:10+	03:50+	05:51+	08:14+	09:32+	10:41+	12:25+	13:10+	17:17+	19:49+	21:39+	22:50+	23:44+	25:48+	27:19+	28:37+	29:37+	30:52+	31:10+	32:48+	33:44+
01:10+	02:40+	02:01+	02:23+	01:18+	01:09+	01:44+	00:45+	04:07+	02:32+	01:50+	01:11+	00:54+	02:04+	01:31+	01:18+	01:00+	01:15+	00:18+	01:38+	00:56+
01:10+	02:40+	02:01+	02:23+	01:18+	01:09+	01:44+	00:45+	04:07+	02:32+	01:50+	01:11+	00:54+	02:04+	01:31+	01:18+	01:00+	01:15+	00:18+	01:38+	00:56+
<b>7</b>	<b>Torill Brekken</b>	<b>896</b>	<b>34:32</b>																	
01:24+	04:36+	06:18+	08:57+	10:18+	11:30+	13:20+	14:02+	18:34+	21:17+	23:21+	24:19+	25:15+	26:29+	27:19+	28:49+	29:39+	30:59+	31:58+	33:42+	34:32+
01:24+	03:12+	01:42+	02:39+	01:21+	01:12+	01:50+	00:42+	04:32+	02:43+	02:04+	00:58+	00:56+	01:14+	00:50+	01:30+	00:50+	01:20+	00:59+	01:44+	00:50+
01:24+	03:12+	01:42+	02:39+	01:21+	01:12+	01:50+	00:42+	04:32+	02:43+	02:04+	00:58+	00:56+	01:14+	00:50+	01:30+	00:50+	01:20+	00:59+	01:44+	00:50+

### Beste strekktid for klassen

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

### Damer B

<b>1</b>	<b>Lise Isachsen</b>	<b>1384</b>	<b>28:33</b>														
01:14=	03:39=	05:57=	08:22=	10:04=	11:18=	13:42=	16:40=	18:55=	19:47=	20:34=	22:26=	23:06=	24:17=	25:42=	26:04=	27:49=	28:33=
01:14=	02:25=	02:18=	02:25=	01:42=	01:14=	02:24=	02:58=	02:15=	00:52=	00:47=	01:52=	00:40=	01:11=	01:25=	00:22=	01:45=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Inger Tone Nygård</b>	<b>3502</b>	<b>29:46</b>														
01:14=	03:39=	06:39+	09:28+	11:15+	12:22+	14:42+	18:05+	20:02+	20:55+	21:47+	22:48+	23:37+	25:00+	26:34+	27:01+	28:56+	29:46+
01:14=	02:25=	03:00+	02:49+	01:47+	01:07-	02:20-	03:23+	01:57-	00:53+	00:52+	01:01-	00:49+	01:23+	01:34+	00:27+	01:55+	00:50+
00:00=	00:00=	00:42&	00:24#	00:05+	00:07-	00:04-	00:25#	00:18-	00:01+	00:05#	00:51-	00:09#	00:12#	00:09#	00:05#	00:10+	00:06#
<b>3</b>	<b>Wenche Margrethe Sæbbø</b>	<b>896</b>	<b>30:05</b>														
01:14=	03:41+	06:04+	08:49+	10:36+	11:36+	14:01+	17:22+	19:30+	20:22+	21:00+	23:32+	24:09+	25:28+	26:58+	27:20+	29:16+	30:05+
01:14=	02:27+	02:23+	02:45+	01:47+	01:00-	02:25+	03:21+	02:08-	00:52=	00:38-	02:32+	00:37-	01:19+	01:30+	00:22=	01:56+	00:49+
00:00=	00:02+	00:05+	00:20#	00:05+	00:14-	00:01+	00:23#	00:07-	00:00=	00:09-	00:40&	00:03-	00:08#	00:05+	00:00=	00:11#	00:05#
<b>4</b>	<b>Vibeke Lamark</b>	<b>878</b>	<b>30:52</b>														
01:21+	03:57+	06:26+	09:13+	10:59+	12:37+	15:11+	18:30+	20:45+	21:40+	22:24+	23:32+	24:16+	25:38+	27:16+	27:55+	30:01+	30:52+
01:21+	02:36+	02:29+	02:47+	01:46+	01:38+	02:34+	03:19+	02:15=	00:55+	00:44-	01:08-	00:44+	01:22+	01:38+	00:39+	02:06+	00:51+
00:07+	00:11+	00:11+	00:22#	00:04+	00:24&	00:10+	00:21#	00:00=	00:03+	00:03-	00:44-	00:04#	00:11#	00:13#	00:17&	00:21#	00:07#
<b>5</b>	<b>Helen Lomeland</b>	<b>722</b>	<b>31:20</b>														
01:16+	03:55+	06:31+	09:11+	11:06+	13:04+	15:37+	18:50+	20:48+	21:44+	22:25+	24:16+	25:05+	26:25+	27:55+	28:20+	30:32+	31:20+
01:16+	02:39+	02:36+	02:40+	01:55+	01:58+	02:33+	03:13+	01:58-	00:56+	00:41-	01:51-	00:49+	01:20+	01:30+	00:25+	02:12+	00:48+
00:02+	00:14+	00:18#	00:15#	00:13#	00:44&	00:09+	00:15+	00:17-	00:04+	00:06-	00:01-	00:09#	00:09#	00:05+	00:03#	00:27&	00:04+
<b>6</b>	<b>Jorunn Johannesen</b>	<b>1683</b>	<b>31:27</b>														
01:39+	04:16+	06:42+	09:41+	11:42+	13:19+	15:46+	19:23+	21:22+	22:16+	23:03+	24:07+	24:53+	26:19+	27:55+	28:23+	30:35+	31:27+
01:39+	02:37+	02:26+	02:59+	02:01+	01:37+	02:27+	03:37+	01:59-	00:54+	00:47=	01:04-	00:46+	01:26+	01:36+	00:28+	02:12+	00:52+
00:25&	00:12+	00:08+	00:34#	00:19#	00:23&	00:03+	00:39#	00:16-	00:02+	00:00=	00:48-	00:06#	00:15#	00:11#	00:06&	00:27&	00:08#
<b>7</b>	<b>Grethe Anda Fuglestad</b>	<b>1683</b>	<b>31:47</b>														
01:23+	04:09+	06:48+	09:50+	11:52+	13:23+	16:05+	19:40+	21:51+	22:47+	23:32+	24:34+	25:29+	26:50+	28:28+	28:58+	30:58+	31:47+
01:23+	02:46+	02:39+	03:02+	02:02+	01:31+	02:42+	03:35+	02:11-	00:56+	00:45-	01:02-	00:55+	01:21+	01:38+	00:30+	02:00+	00:49+
00:09#	00:21#	00:21#	00:37&	00:20#	00:17#	00:18#	00:37#	00:04-	00:04+	00:02-	00:50-	00:15&	00:10#	00:13#	00:08&	00:15#	00:05#



Class	Navn	Klasse															Tid
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## Damer B

<b>8</b>	<b>Ida Kolstø</b>	<b>3502</b>	<b>32:23</b>														
01:10-	03:39=	06:29+	09:54+	11:46+	12:55+	15:39+	19:02+	21:25+	22:20+	23:08+	24:10+	25:15+	26:49+	29:04+	29:24+	31:31+	32:23+
01:10-	02:29+	02:50+	03:25+	01:52+	01:09-	02:44+	03:23+	02:23+	00:55+	00:48+	01:02-	01:05+	01:34+	02:15+	00:20-	02:07+	00:52+
00:04-	00:04+	00:32#	01:00#	00:10+	00:05-	00:20#	00:25#	00:08+	00:03+	00:01+	00:50-	00:25#	00:23#	00:50#	00:02-	00:22#	00:08#
<b>9</b>	<b>Anne Garsrud</b>	<b>3518</b>	<b>32:31</b>														
01:18+	04:04+	07:45+	10:55+	12:49+	14:21+	17:03+	20:21+	22:11+	23:08+	23:59+	25:06+	25:54+	27:12+	29:01+	29:27+	31:38+	32:31+
01:18+	02:46+	03:41+	03:10+	01:54+	01:32+	02:42+	03:18+	01:50+	00:57+	00:51+	01:07+	00:48+	01:18+	01:49+	00:26+	02:11+	00:53+
01:18+	02:46+	03:41+	03:10+	01:54+	01:32+	02:42+	03:18+	01:50+	00:57+	00:51+	01:07+	00:48+	01:18+	01:49+	00:26+	02:11+	00:53+
<b>10</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>3595</b>	<b>32:34</b>														
01:16+	03:51+	06:17+	09:15+	11:13+	12:19+	15:15+	18:45+	21:39+	22:37+	23:23+	25:23+	26:10+	27:36+	29:13+	29:41+	31:36+	32:34+
01:16+	02:35+	02:26+	02:58+	01:58+	01:06+	02:56+	03:30+	02:54+	00:58+	00:46+	02:00+	00:47+	01:26+	01:37+	00:28+	01:55+	00:58+
01:16+	02:35+	02:26+	02:58+	01:58+	01:06+	02:56+	03:30+	02:54+	00:58+	00:46+	02:00+	00:47+	01:26+	01:37+	00:28+	01:55+	00:58+
<b>11</b>	<b>Ellen Tindeland</b>	<b>882</b>	<b>32:49</b>														
01:25+	04:06+	06:28+	09:23+	11:41+	13:31+	16:04+	19:34+	21:47+	22:40+	23:28+	25:43+	26:25+	27:47+	29:28+	29:55+	31:54+	32:49+
01:25+	02:41+	02:22+	02:55+	02:18+	01:50+	02:33+	03:30+	02:13+	00:53+	00:48+	02:15+	00:42+	01:22+	01:41+	00:27+	01:59+	00:55+
01:25+	02:41+	02:22+	02:55+	02:18+	01:50+	02:33+	03:30+	02:13+	00:53+	00:48+	02:15+	00:42+	01:22+	01:41+	00:27+	01:59+	00:55+
<b>12</b>	<b>Ann Karin Tjørhom</b>	<b>1884</b>	<b>33:37</b>														
01:29+	04:11+	06:47+	09:38+	11:39+	13:07+	15:48+	19:35+	21:49+	22:48+	23:37+	25:43+	26:28+	27:56+	29:54+	30:22+	32:33+	33:37+
01:29+	02:42+	02:36+	02:51+	02:01+	01:28+	02:41+	03:47+	02:14+	00:59+	00:49+	02:06+	00:45+	01:28+	01:58+	00:28+	02:11+	01:04+
01:29+	02:42+	02:36+	02:51+	02:01+	01:28+	02:41+	03:47+	02:14+	00:59+	00:49+	02:06+	00:45+	01:28+	01:58+	00:28+	02:11+	01:04+
<b>13</b>	<b>Marit Haavardsholm</b>	<b>1683</b>	<b>33:49</b>														
01:26+	04:17+	06:59+	10:05+	12:11+	13:20+	16:03+	19:51+	23:00+	23:58+	24:41+	25:52+	26:48+	28:20+	30:08+	30:38+	32:46+	33:49+
01:26+	02:51+	02:42+	03:06+	02:06+	01:09+	02:43+	03:48+	03:09+	00:58+	00:43+	01:11+	00:56+	01:32+	01:48+	00:30+	02:08+	01:03+
01:26+	02:51+	02:42+	03:06+	02:06+	01:09+	02:43+	03:48+	03:09+	00:58+	00:43+	01:11+	00:56+	01:32+	01:48+	00:30+	02:08+	01:03+
<b>14</b>	<b>Ingrid W. Hestness</b>	<b>896</b>	<b>33:55</b>														
01:38+	04:18+	07:14+	11:07+	13:07+	14:43+	17:31+	20:51+	22:56+	23:56+	24:41+	25:46+	26:54+	28:11+	29:59+	30:27+	32:56+	33:55+
01:38+	02:40+	02:56+	03:53+	02:00+	01:36+	02:48+	03:20+	02:05+	01:00+	00:45+	01:05+	01:08+	01:17+	01:48+	00:28+	02:29+	00:59+
01:38+	02:40+	02:56+	03:53+	02:00+	01:36+	02:48+	03:20+	02:05+	01:00+	00:45+	01:05+	01:08+	01:17+	01:48+	00:28+	02:29+	00:59+
<b>15</b>	<b>Anina Hadland</b>	<b>3502</b>	<b>35:19</b>														
01:23+	04:22+	07:13+	10:59+	13:17+	14:36+	17:52+	21:41+	23:59+	25:00+	25:44+	27:09+	27:55+	29:29+	31:41+	32:04+	34:23+	35:19+
01:23+	02:59+	02:51+	03:46+	02:18+	01:19+	03:16+	03:49+	02:18+	01:01+	00:44+	01:25+	00:46+	01:34+	02:12+	00:23+	02:19+	00:56+
01:23+	02:59+	02:51+	03:46+	02:18+	01:19+	03:16+	03:49+	02:18+	01:01+	00:44+	01:25+	00:46+	01:34+	02:12+	00:23+	02:19+	00:56+
<b>16</b>	<b>Berit Aksland</b>	<b>1683</b>	<b>35:35</b>														
01:21+	03:55+	06:45+	09:59+	12:00+	13:07+	15:37+	18:48+	21:35+	22:30+	23:15+	26:21+	27:10+	30:07+	31:43+	32:08+	34:37+	35:35+
01:21+	02:34+	02:50+	03:14+	02:01+	01:07+	02:30+	03:11+	02:47+	00:55+	00:45+	03:06+	00:49+	02:57+	01:36+	00:25+	02:29+	00:58+
01:21+	02:34+	02:50+	03:14+	02:01+	01:07+	02:30+	03:11+	02:47+	00:55+	00:45+	03:06+	00:49+	02:57+	01:36+	00:25+	02:29+	00:58+
<b>17</b>	<b>Hege Anita H. Nielsen</b>	<b>3545</b>	<b>35:47</b>														
01:39+	04:34+	07:26+	10:59+	13:33+	14:47+	17:29+	21:21+	24:05+	25:15+	26:05+	27:15+	28:16+	29:49+	31:48+	32:21+	34:52+	35:47+
01:39+	02:55+	02:52+	03:33+	02:34+	01:14+	02:42+	03:52+	02:44+	01:10+	00:50+	01:10+	01:01+	01:33+	01:59+	00:33+	02:31+	00:55+
01:39+	02:55+	02:52+	03:33+	02:34+	01:14+	02:42+	03:52+	02:44+	01:10+	00:50+	01:10+	01:01+	01:33+	01:59+	00:33+	02:31+	00:55+
<b>18</b>	<b>Kristin Breivold</b>	<b>892</b>	<b>36:18</b>														
03:09+	05:41+	08:27+	11:42+	14:19+	16:04+	18:57+	22:45+	25:01+	26:01+	27:07+	28:10+	29:07+	30:41+	32:31+	33:02+	35:12+	36:18+
03:09+	02:32+	02:46+	03:15+	02:37+	01:45+	02:53+	03:48+	02:16+	01:00+	01:06+	01:03+	00:57+	01:34+	01:50+	00:31+	02:10+	01:06+
03:09+	02:32+	02:46+	03:15+	02:37+	01:45+	02:53+	03:48+	02:16+	01:00+	01:06+	01:03+	00:57+	01:34+	01:50+	00:31+	02:10+	01:06+

### Beste strekketid 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>23:03</b>							
01:58=	04:09=	06:53=	07:28=	10:55=	13:49=	16:22=	18:35=	20:09=	21:05=	23:03=
01:58=	02:11=	02:44=	00:35=	03:27=	02:54=	02:33=	02:13=	01:34=	00:56=	01:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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## Damer Ny

**2 Jannecke A. Moe 1758 38:55**

02:01+ 04:56+ 14:28+ 14:51+ 20:32+ 23:51+ 29:51+ 32:03+ 35:31+ 36:33+ 38:55+  
 02:01+ 02:55+ 09:32+ 00:23- 05:41+ 03:19+ 06:00+ 02:12- 03:28+ 01:02+ 02:22+  
 00:03+ 00:44& 06:48@ 00:12- 02:14& 00:25# 03:27@ 00:01- 01:54@ 00:06# 00:24#

**3 Åse Karin Taugbøl 3511 41:01**

03:23+ 06:59+ 12:11+ 13:19+ 19:45+ 25:08+ 28:40+ 33:22+ 35:50+ 37:39+ 41:01+  
 03:23+ 03:36+ 05:12+ 01:08+ 06:26+ 05:23+ 03:32+ 04:42+ 02:28+ 01:49+ 03:22+  
 03:23+ 03:36+ 05:12+ 01:08+ 06:26+ 05:23+ 03:32+ 04:42+ 02:28+ 01:49+ 03:22+

### Beste strekktid for klassen

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

## Damer Trim

**1 Hanna Haaland Sømme 874 19:20**

01:16= 03:58= 06:04= 06:48= 08:52= 09:51= 11:35= 12:50= 14:01= 16:41= 17:56= 19:20=  
 01:16= 02:42= 02:06= 00:44= 02:04= 00:59= 01:44= 01:15= 01:11= 02:40= 01:15= 01:24=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Kristin Ye-Eun Yoon 3533 20:13**

01:19+ 03:43- 05:56- 06:48= 09:05+ 10:18+ 11:52+ 13:02+ 14:15+ 16:55+ 18:31+ 20:13+  
 01:19+ 02:24- 02:13+ 00:52+ 02:17+ 01:13+ 01:34- 01:10- 01:13+ 02:40= 01:36+ 01:42+  
 00:03+ 00:18- 00:07+ 00:08# 00:13# 00:14# 00:10- 00:05- 00:02+ 00:00= 00:21& 00:18#

**3 Ane Nærland 3580 20:17**

01:27+ 03:38- 05:38- 06:31- 08:48- 10:03+ 11:42+ 13:20+ 14:24+ 16:42+ 18:16+ 20:17+  
 01:27+ 02:11- 02:00- 00:53+ 02:17+ 01:15+ 01:39- 01:38+ 01:04- 02:18- 01:34+ 02:01+  
 00:11# 00:31- 00:06- 00:09# 00:13# 00:16& 00:05- 00:23& 00:07- 00:22- 00:19& 00:37&

**4 Marianne Strøm Uthaug 3551 22:06**

01:32+ 04:47+ 06:47+ 07:38+ 09:46+ 11:23+ 13:02+ 15:11+ 17:04+ 19:30+ 20:45+ 22:06+  
 01:32+ 03:15+ 02:00- 00:51+ 02:08+ 01:37+ 01:39- 02:09+ 01:53+ 02:26- 01:15= 01:21-  
 00:16# 00:33# 00:06- 00:07# 00:04+ 00:38& 00:05- 00:54& 00:42& 00:14- 00:00= 00:03-

**5 Elisabet Horpestad 896 22:07**

01:32+ 04:21+ 06:42+ 07:35+ 09:57+ 11:14+ 13:04+ 14:29+ 16:26+ 19:07+ 20:40+ 22:07+  
 01:32+ 02:49+ 02:21+ 00:53+ 02:22+ 01:17+ 01:50+ 01:25+ 01:57+ 02:41+ 01:33+ 01:27+  
 00:16# 00:07+ 00:15# 00:09# 00:18# 00:18& 00:06+ 00:10# 00:46& 00:01+ 00:18# 00:03+

**6 Stina Tran Huynh 3533 22:39**

01:21+ 04:19+ 06:21+ 07:14+ 10:13+ 11:50+ 14:08+ 16:12+ 17:39+ 19:54+ 21:20+ 22:39+  
 01:21+ 02:58+ 02:02- 00:53+ 02:59+ 01:37+ 02:18+ 02:04+ 01:27+ 02:15- 01:26+ 01:19-  
 00:05+ 00:16+ 00:04- 00:09# 00:55& 00:38& 00:34& 00:49& 00:16# 00:25- 00:11# 00:05-

**7 Ingrid Overegseth Foss 896 22:49**

01:41+ 04:26+ 06:44+ 07:47+ 10:25+ 11:56+ 13:44+ 15:02+ 16:34+ 19:34+ 21:07+ 22:49+  
 01:41+ 02:45+ 02:18+ 01:03+ 02:38+ 01:31+ 01:48+ 01:18+ 01:32+ 03:00+ 01:33+ 01:42+  
 00:25& 00:03+ 00:12+ 00:19& 00:34& 00:32& 00:04+ 00:03+ 00:21& 00:20# 00:18# 00:18#

**8 Inger Johanne Klausen 3529 22:50**

01:46+ 04:24+ 07:13+ 08:04+ 10:38+ 12:00+ 14:04+ 15:37+ 17:00+ 19:43+ 21:30+ 22:50+  
 01:46+ 02:38- 02:49+ 00:51+ 02:34+ 01:22+ 02:04+ 01:33+ 01:23+ 02:43+ 01:47+ 01:20-  
 00:30& 00:04- 00:43& 00:07# 00:30# 00:23& 00:20# 00:18# 00:12# 00:03+ 00:32& 00:04-

**9 Ane Odland 1683 22:50**

01:29+ 04:04+ 07:21+ 08:10+ 10:43+ 11:58+ 14:03+ 15:40+ 17:06+ 19:44+ 21:10+ 22:50+  
 01:29+ 02:35- 03:17+ 00:49+ 02:33+ 01:15+ 02:05+ 01:37+ 01:26+ 02:38- 01:26+ 01:40+  
 00:13# 00:07- 01:11& 00:05# 00:29# 00:16& 00:21# 00:22& 00:15# 00:02- 00:11# 00:16#

**10 Ritva Halsne 722 22:59**

02:08+ 05:14+ 07:24+ 08:16+ 11:06+ 12:16+ 14:09+ 15:30+ 17:19+ 20:00+ 21:26+ 22:59+  
 02:08+ 03:06+ 02:10+ 00:52+ 02:50+ 01:10+ 01:53+ 01:21+ 01:49+ 02:41+ 01:26+ 01:33+  
 00:52& 00:24# 00:04+ 00:08# 00:46& 00:11# 00:09+ 00:06+ 00:38& 00:01+ 00:11# 00:09#

Pluss	Navn	Klasse	Tid
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## Damer Trim

**11 Marit L. Undheim 3529 23:08**

01:30+ 05:08+ 07:17+ 08:13+ 10:32+ 11:49+ 13:33+ 14:55+ 17:07+ 19:57+ 21:36+ 23:08+  
01:30+ 03:38+ 02:09+ 00:56+ 02:19+ 01:17+ 01:44+ 01:22+ 02:12+ 02:50+ 01:39+ 01:32+  
00:14# 00:56# 00:03+ 00:12# 00:15# 00:18# 00:00# 00:07+ 01:01# 00:10+ 00:24# 00:08+

**12 Maria Fjelde 722 23:32**

03:04+ 05:41+ 08:12+ 09:04+ 12:03+ 13:08+ 14:48+ 16:19+ 17:32+ 20:30+ 22:10+ 23:32+  
03:04+ 02:37+ 02:31+ 00:52+ 02:59+ 01:05+ 01:40+ 01:31+ 01:13+ 02:58+ 01:40+ 01:22+  
03:04+ 02:37+ 02:31+ 00:52+ 02:59+ 01:05+ 01:40+ 01:31+ 01:13+ 02:58+ 01:40+ 01:22+

**13 Julie Hansen 1519 23:32**

02:14+ 05:11+ 07:42+ 08:31+ 11:18+ 13:17+ 15:15+ 16:27+ 17:43+ 20:22+ 22:04+ 23:32+  
02:14+ 02:57+ 02:31+ 00:49+ 02:47+ 01:59+ 01:58+ 01:12+ 01:16+ 02:39+ 01:42+ 01:28+  
02:14+ 02:57+ 02:31+ 00:49+ 02:47+ 01:59+ 01:58+ 01:12+ 01:16+ 02:39+ 01:42+ 01:28+

**14 Grete Stokke Seljeskog 879 23:53**

04:16+ 06:40+ 08:47+ 09:38+ 12:12+ 13:24+ 15:02+ 16:24+ 18:04+ 20:39+ 22:06+ 23:53+  
04:16+ 02:24+ 02:07+ 00:51+ 02:34+ 01:12+ 01:38+ 01:22+ 01:40+ 02:35+ 01:27+ 01:47+  
04:16+ 02:24+ 02:07+ 00:51+ 02:34+ 01:12+ 01:38+ 01:22+ 01:40+ 02:35+ 01:27+ 01:47+

**15 Anastasia Ollestad 1884 24:05**

01:42+ 04:45+ 07:28+ 08:35+ 11:17+ 12:37+ 14:46+ 16:27+ 17:54+ 20:48+ 22:26+ 24:05+  
01:42+ 03:03+ 02:43+ 01:07+ 02:42+ 01:20+ 02:09+ 01:41+ 01:27+ 02:54+ 01:38+ 01:39+  
01:42+ 03:03+ 02:43+ 01:07+ 02:42+ 01:20+ 02:09+ 01:41+ 01:27+ 02:54+ 01:38+ 01:39+

**16 Monica Regine Romstad 722 25:04**

01:24+ 03:48+ 06:01+ 06:54+ 10:30+ 11:34+ 14:16+ 16:06+ 19:05+ 22:09+ 23:32+ 25:04+  
01:24+ 02:24+ 02:13+ 00:53+ 03:36+ 01:04+ 02:42+ 01:50+ 02:59+ 03:04+ 01:23+ 01:32+  
01:24+ 02:24+ 02:13+ 00:53+ 03:36+ 01:04+ 02:42+ 01:50+ 02:59+ 03:04+ 01:23+ 01:32+

**17 Karine Ditlevsen 896 25:15**

01:41+ 04:32+ 07:48+ 08:43+ 11:32+ 12:51+ 14:51+ 16:43+ 19:03+ 22:07+ 23:43+ 25:15+  
01:41+ 02:51+ 03:16+ 00:55+ 02:49+ 01:19+ 02:00+ 01:52+ 02:20+ 03:04+ 01:36+ 01:32+  
01:41+ 02:51+ 03:16+ 00:55+ 02:49+ 01:19+ 02:00+ 01:52+ 02:20+ 03:04+ 01:36+ 01:32+

**18 Linda Mørch 896 25:22**

01:44+ 04:33+ 07:49+ 08:49+ 11:29+ 12:56+ 14:53+ 16:48+ 19:04+ 22:14+ 23:45+ 25:22+  
01:44+ 02:49+ 03:16+ 01:00+ 02:40+ 01:27+ 01:57+ 01:55+ 02:16+ 03:10+ 01:31+ 01:37+  
01:44+ 02:49+ 03:16+ 01:00+ 02:40+ 01:27+ 01:57+ 01:55+ 02:16+ 03:10+ 01:31+ 01:37+

**19 Therese Østbø 896 25:23**

01:41+ 04:28+ 07:43+ 08:46+ 11:32+ 12:53+ 14:55+ 16:44+ 18:59+ 22:03+ 23:49+ 25:23+  
01:41+ 02:47+ 03:15+ 01:03+ 02:46+ 01:21+ 02:02+ 01:49+ 02:15+ 03:04+ 01:46+ 01:34+  
01:41+ 02:47+ 03:15+ 01:03+ 02:46+ 01:21+ 02:02+ 01:49+ 02:15+ 03:04+ 01:46+ 01:34+

**20 Sara Dudzinska 1376 25:27**

02:33+ 05:19+ 07:32+ 08:26+ 10:44+ 12:12+ 14:11+ 16:07+ 17:37+ 20:34+ 23:52+ 25:27+  
02:33+ 02:46+ 02:13+ 00:54+ 02:18+ 01:28+ 01:59+ 01:56+ 01:30+ 02:57+ 03:18+ 01:35+  
02:33+ 02:46+ 02:13+ 00:54+ 02:18+ 01:28+ 01:59+ 01:56+ 01:30+ 02:57+ 03:18+ 01:35+

**21 Anne Lill M. Njå 892 25:57**

01:41+ 04:42+ 07:09+ 08:14+ 10:57+ 12:28+ 14:16+ 15:52+ 18:59+ 22:31+ 24:21+ 25:57+  
01:41+ 03:01+ 02:27+ 01:05+ 02:43+ 01:31+ 01:48+ 01:36+ 03:07+ 03:32+ 01:50+ 01:36+  
01:41+ 03:01+ 02:27+ 01:05+ 02:43+ 01:31+ 01:48+ 01:36+ 03:07+ 03:32+ 01:50+ 01:36+

**22 Sigrund Serigstad 879 26:35**

01:07+ 03:30+ 05:28+ 06:10+ 13:17+ 15:46+ 16:37+ 17:59+ 19:17+ 20:35+ 23:03+ 25:21+ 26:35+  
01:07+ 02:23+ 01:58+ 00:42+ 07:07+ 02:29+ 00:51+ 01:22+ 01:18+ 01:18+ 02:28+ 02:18+ 01:14+  
01:07+ 02:23+ 01:58+ 00:42+ 07:07+ 02:29+ 00:51+ 01:22+ 01:18+ 01:18+ 02:28+ 02:18+ 01:14+

**23 Karolina Lenart 1376 26:43**

01:42+ 04:17+ 06:35+ 07:33+ 10:21+ 11:58+ 14:05+ 16:04+ 18:26+ 22:56+ 24:43+ 26:43+  
01:42+ 02:35+ 02:18+ 00:58+ 02:48+ 01:37+ 02:07+ 01:59+ 02:22+ 04:30+ 01:47+ 02:00+  
01:42+ 02:35+ 02:18+ 00:58+ 02:48+ 01:37+ 02:07+ 01:59+ 02:22+ 04:30+ 01:47+ 02:00+

**24 Ingunn Monsen 3525 27:11**

01:56+ 05:16+ 08:11+ 09:11+ 13:10+ 14:34+ 16:36+ 18:03+ 19:49+ 23:10+ 24:59+ 27:11+  
01:56+ 03:20+ 02:55+ 01:00+ 03:59+ 01:24+ 02:02+ 01:27+ 01:46+ 03:21+ 01:49+ 02:12+  
01:56+ 03:20+ 02:55+ 01:00+ 03:59+ 01:24+ 02:02+ 01:27+ 01:46+ 03:21+ 01:49+ 02:12+

Class	Navn	Klasse	Tid
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## Damer Trim

**25 Kjersti Svalland 880 27:24**

01:40+	04:58+	07:23+	08:27+	10:53+	12:31+	16:16+	18:12+	19:46+	23:23+	25:22+	27:24+
01:40+	03:18+	02:25+	01:04+	02:26+	01:38+	03:45+	01:56+	01:34+	03:37+	01:59+	02:02+
01:40+	03:18+	02:25+	01:04+	02:26+	01:38+	03:45+	01:56+	01:34+	03:37+	01:59+	02:02+

**26 Linn Kristin Askø 3507 27:44**

01:42+	04:36+	07:28+	08:23+	12:55+	14:07+	16:12+	17:58+	20:59+	23:53+	25:43+	27:44+
01:42+	02:54+	02:52+	00:55+	04:32+	01:12+	02:05+	01:46+	03:01+	02:54+	01:50+	02:01+
01:42+	02:54+	02:52+	00:55+	04:32+	01:12+	02:05+	01:46+	03:01+	02:54+	01:50+	02:01+

**27 Liv Janne Fandrem Biland 892 28:07**

01:44+	04:38+	08:39+	09:42+	12:47+	14:14+	17:04+	18:57+	21:02+	24:03+	25:52+	28:07+
01:44+	02:54+	04:01+	01:03+	03:05+	01:27+	02:50+	01:53+	02:05+	03:01+	01:49+	02:15+
01:44+	02:54+	04:01+	01:03+	03:05+	01:27+	02:50+	01:53+	02:05+	03:01+	01:49+	02:15+

**28 Ane Hatteland Nese 769 28:17**

01:52+	05:28+	08:31+	09:49+	13:14+	14:49+	16:45+	18:29+	20:08+	24:07+	25:55+	28:17+
01:52+	03:36+	03:03+	01:18+	03:25+	01:35+	01:56+	01:44+	01:39+	03:59+	01:48+	02:22+
01:52+	03:36+	03:03+	01:18+	03:25+	01:35+	01:56+	01:44+	01:39+	03:59+	01:48+	02:22+

**29 Jeanette Mjølhø 722 29:08**

01:40+	04:40+	07:19+	08:18+	11:01+	12:24+	17:03+	19:01+	22:21+	25:06+	26:56+	29:08+
01:40+	03:00+	02:39+	00:59+	02:43+	01:23+	04:39+	01:58+	03:20+	02:45+	01:50+	02:12+
01:40+	03:00+	02:39+	00:59+	02:43+	01:23+	04:39+	01:58+	03:20+	02:45+	01:50+	02:12+

**30 Heidi Camilla Raugstad Hovet 769 29:21**

01:14+	05:03+	08:13+	09:24+	13:11+	14:53+	17:25+	19:30+	21:33+	25:12+	27:17+	29:21+
01:14+	03:49+	03:10+	01:11+	03:47+	01:42+	02:32+	02:05+	02:03+	03:39+	02:05+	02:04+
01:14+	03:49+	03:10+	01:11+	03:47+	01:42+	02:32+	02:05+	02:03+	03:39+	02:05+	02:04+

**31 Hilde Meisingset 1456 29:35**

01:51+	04:55+	08:01+	09:03+	12:41+	14:09+	16:27+	18:47+	20:36+	24:22+	27:22+	29:35+
01:51+	03:04+	03:06+	01:02+	03:38+	01:28+	02:18+	02:20+	01:49+	03:46+	03:00+	02:13+
01:51+	03:04+	03:06+	01:02+	03:38+	01:28+	02:18+	02:20+	01:49+	03:46+	03:00+	02:13+

**32 Ida Aamodt 1884 29:48**

01:32+	05:54+	13:23+	14:37+	17:31+	18:45+	20:33+	22:12+	23:47+	26:21+	28:14+	29:48+
01:32+	04:22+	07:29+	01:14+	02:54+	01:14+	01:48+	01:39+	01:35+	02:34+	01:53+	01:34+
01:32+	04:22+	07:29+	01:14+	02:54+	01:14+	01:48+	01:39+	01:35+	02:34+	01:53+	01:34+

**33 Oda Roaldsdotter Ravndal 3486 30:02**

01:58+	05:41+	08:49+	10:04+	13:55+	15:42+	17:42+	19:30+	21:54+	26:03+	28:01+	30:02+
01:58+	03:43+	03:08+	01:15+	03:51+	01:47+	02:00+	01:48+	02:24+	04:09+	01:58+	02:01+
01:58+	03:43+	03:08+	01:15+	03:51+	01:47+	02:00+	01:48+	02:24+	04:09+	01:58+	02:01+

**34 Solbjørg Borgersen 3527 30:03**

02:05+	05:41+	08:32+	09:41+	13:22+	14:46+	17:51+	20:26+	22:17+	25:34+	28:06+	30:03+
02:05+	03:36+	02:51+	01:09+	03:41+	01:24+	03:05+	02:35+	01:51+	03:17+	02:32+	01:57+
02:05+	03:36+	02:51+	01:09+	03:41+	01:24+	03:05+	02:35+	01:51+	03:17+	02:32+	01:57+

**35 Silje Elise Elstad 769 30:15**

02:06+	05:57+	09:12+	10:14+	14:08+	15:42+	18:26+	20:21+	22:25+	26:10+	28:08+	30:15+
02:06+	03:51+	03:15+	01:02+	03:54+	01:34+	02:44+	01:55+	02:04+	03:45+	01:58+	02:07+
02:06+	03:51+	03:15+	01:02+	03:54+	01:34+	02:44+	01:55+	02:04+	03:45+	01:58+	02:07+

**36 Ewelina Uscinska 1456 30:57**

02:03+	05:11+	08:25+	09:55+	15:19+	17:03+	19:36+	21:19+	23:24+	27:13+	29:09+	30:57+
02:03+	03:08+	03:14+	01:30+	05:24+	01:44+	02:33+	01:43+	02:05+	03:49+	01:56+	01:48+
02:03+	03:08+	03:14+	01:30+	05:24+	01:44+	02:33+	01:43+	02:05+	03:49+	01:56+	01:48+

**37 Maria Haukalid 3511 31:27**

02:06+	06:56+	09:42+	10:46+	14:14+	15:46+	18:08+	20:04+	24:03+	27:30+	29:23+	31:27+
02:06+	04:50+	02:46+	01:04+	03:28+	01:32+	02:22+	01:56+	03:59+	03:27+	01:53+	02:04+
02:06+	04:50+	02:46+	01:04+	03:28+	01:32+	02:22+	01:56+	03:59+	03:27+	01:53+	02:04+

**38 Tonje Undheim 3533 33:00**

01:40+	04:58+	07:22+	08:42+	12:21+	13:42+	16:03+	23:15+	25:35+	29:13+	31:10+	33:00+
01:40+	03:18+	02:24+	01:20+	03:39+	01:21+	02:21+	07:12+	02:20+	03:38+	01:57+	01:50+
01:40+	03:18+	02:24+	01:20+	03:39+	01:21+	02:21+	07:12+	02:20+	03:38+	01:57+	01:50+

Class	Navn	Klasse	Tid
<b>Damer Trim</b>			
<b>39</b>	<b>Hilde Christine Hoff</b>	<b>848</b>	<b>33:05</b>
02:27+	06:35+ 10:03+ 11:26+ 15:07+ 17:00+	19:23+ 21:34+ 23:29+ 28:09+ 30:21+ 33:05+	
02:27+	04:08+ 03:28+ 01:23+ 03:41+ 01:53+	02:23+ 02:11+ 01:55+ 04:40+ 02:12+ 02:44+	
02:27+	04:08+ 03:28+ 01:23+ 03:41+ 01:53+	02:23+ 02:11+ 01:55+ 04:40+ 02:12+ 02:44+	
<b>40</b>	<b>Ruth Grødem</b>	<b>722</b>	<b>33:13</b>
02:13+	05:47+ 08:48+ 10:12+ 14:22+ 16:00+	19:46+ 21:57+ 23:51+ 27:33+ 30:57+ 33:13+	
02:13+	03:34+ 03:01+ 01:24+ 04:10+ 01:38+	03:46+ 02:11+ 01:54+ 03:42+ 03:24+ 02:16+	
02:13+	03:34+ 03:01+ 01:24+ 04:10+ 01:38+	03:46+ 02:11+ 01:54+ 03:42+ 03:24+ 02:16+	
<b>41</b>	<b>Kristine Vik</b>	<b>3608</b>	<b>33:18</b>
02:21+	06:36+ 09:22+ 10:36+ 14:39+ 16:15+	18:51+ 21:11+ 24:36+ 28:20+ 30:33+ 33:18+	
02:21+	04:15+ 02:46+ 01:14+ 04:03+ 01:36+	02:36+ 02:20+ 03:25+ 03:44+ 02:13+ 02:45+	
02:21+	04:15+ 02:46+ 01:14+ 04:03+ 01:36+	02:36+ 02:20+ 03:25+ 03:44+ 02:13+ 02:45+	
<b>42</b>	<b>Kirsti Strand Salvesen</b>	<b>3540</b>	<b>33:28</b>
02:28+	06:32+ 10:18+ 11:35+ 15:25+ 17:13+	19:48+ 21:54+ 23:53+ 28:08+ 30:25+ 33:28+	
02:28+	04:04+ 03:46+ 01:17+ 03:50+ 01:48+	02:35+ 02:06+ 01:59+ 04:15+ 02:17+ 03:03+	
02:28+	04:04+ 03:46+ 01:17+ 03:50+ 01:48+	02:35+ 02:06+ 01:59+ 04:15+ 02:17+ 03:03+	
<b>43</b>	<b>Marie Hernæs Larsen</b>	<b>3565</b>	<b>33:37</b>
02:01+	06:40+ 09:39+ 10:48+ 13:51+ 15:08+	17:39+ 19:29+ 27:05+ 30:09+ 31:51+ 33:37+	
02:01+	04:39+ 02:59+ 01:09+ 03:03+ 01:17+	02:31+ 01:50+ 07:36+ 03:04+ 01:42+ 01:46+	
02:01+	04:39+ 02:59+ 01:09+ 03:03+ 01:17+	02:31+ 01:50+ 07:36+ 03:04+ 01:42+ 01:46+	
<b>44</b>	<b>Unni B Sundli</b>	<b>892</b>	<b>34:32</b>
02:50+	06:59+ 10:25+ 11:51+ 16:08+ 18:00+	21:11+ 23:35+ 25:33+ 29:27+ 31:53+ 34:32+	
02:50+	04:09+ 03:26+ 01:26+ 04:17+ 01:52+	03:11+ 02:24+ 01:58+ 03:54+ 02:26+ 02:39+	
02:50+	04:09+ 03:26+ 01:26+ 04:17+ 01:52+	03:11+ 02:24+ 01:58+ 03:54+ 02:26+ 02:39+	
<b>45</b>	<b>Liv Janne Nergaard</b>	<b>1683</b>	<b>34:40</b>
01:39+	07:24+ 09:40+ 10:38+ 13:59+ 15:09+	17:53+ 21:02+ 23:14+ 29:12+ 31:25+ 34:40+	
01:39+	05:45+ 02:16+ 00:58+ 03:21+ 01:10+	02:44+ 03:09+ 02:12+ 05:58+ 02:13+ 03:15+	
01:39+	05:45+ 02:16+ 00:58+ 03:21+ 01:10+	02:44+ 03:09+ 02:12+ 05:58+ 02:13+ 03:15+	
<b>46</b>	<b>Wibeke Lende</b>	<b>3503</b>	<b>36:53</b>
02:24+	06:42+ 11:32+ 13:11+ 17:42+ 19:42+	21:50+ 24:20+ 26:09+ 31:17+ 33:41+ 36:53+	
02:24+	04:18+ 04:50+ 01:39+ 04:31+ 02:00+	02:08+ 02:30+ 01:49+ 05:08+ 02:24+ 03:12+	
02:24+	04:18+ 04:50+ 01:39+ 04:31+ 02:00+	02:08+ 02:30+ 01:49+ 05:08+ 02:24+ 03:12+	
<b>47</b>	<b>Tone M. Seglem Giske</b>	<b>1683</b>	<b>37:50</b>
06:24+	11:45+ 15:10+ 16:30+ 20:07+ 22:08+	24:11+ 26:28+ 28:03+ 32:37+ 34:57+ 37:50+	
06:24+	05:21+ 03:25+ 01:20+ 03:37+ 02:01+	02:03+ 02:17+ 01:35+ 04:34+ 02:20+ 02:53+	
06:24+	05:21+ 03:25+ 01:20+ 03:37+ 02:01+	02:03+ 02:17+ 01:35+ 04:34+ 02:20+ 02:53+	
<b>48</b>	<b>Signe Lise Haaland</b>	<b>3507</b>	<b>41:10</b>
02:08+	06:19+ 10:24+ 11:46+ 16:59+ 22:16+	24:37+ 26:58+ 30:44+ 35:06+ 37:51+ 41:10+	
02:08+	04:11+ 04:05+ 01:22+ 05:13+ 05:17+	02:21+ 02:21+ 03:46+ 04:22+ 02:45+ 03:19+	
02:08+	04:11+ 04:05+ 01:22+ 05:13+ 05:17+	02:21+ 02:21+ 03:46+ 04:22+ 02:45+ 03:19+	
<b>49</b>	<b>Monika Korbecka</b>	<b>1456</b>	<b>41:41</b>
03:57+	08:28+ 12:49+ 14:14+ 19:36+ 21:37+	24:57+ 27:36+ 30:03+ 35:08+ 37:44+ 41:41+	
03:57+	04:31+ 04:21+ 01:25+ 05:22+ 02:01+	03:20+ 02:39+ 02:27+ 05:05+ 02:36+ 03:57+	
03:57+	04:31+ 04:21+ 01:25+ 05:22+ 02:01+	03:20+ 02:39+ 02:27+ 05:05+ 02:36+ 03:57+	
<b>50</b>	<b>Ragnhild Christiansen</b>	<b>1884</b>	<b>45:05</b>
03:47+	08:34+ 13:24+ 15:03+ 19:55+ 22:52+	26:12+ 29:32+ 32:23+ 38:11+ 41:11+ 45:05+	
03:47+	04:47+ 04:50+ 01:39+ 04:52+ 02:57+	03:20+ 03:20+ 02:51+ 05:48+ 03:00+ 03:54+	
03:47+	04:47+ 04:50+ 01:39+ 04:52+ 02:57+	03:20+ 03:20+ 02:51+ 05:48+ 03:00+ 03:54+	
<b>51</b>	<b>Marit Kløvstad Braut</b>	<b>892</b>	<b>45:10</b>
03:46+	08:43+ 13:20+ 15:15+ 20:36+ 23:05+	26:52+ 29:45+ 32:44+ 38:24+ 41:21+ 45:10+	
03:46+	04:57+ 04:37+ 01:55+ 05:21+ 02:29+	03:47+ 02:53+ 02:59+ 05:40+ 02:57+ 03:49+	
03:46+	04:57+ 04:37+ 01:55+ 05:21+ 02:29+	03:47+ 02:53+ 02:59+ 05:40+ 02:57+ 03:49+	
<b>52</b>	<b>Else Marie Furland</b>	<b>NOTEAM</b>	<b>45:11</b>
03:49+	08:50+ 13:31+ 15:17+ 20:15+ 23:17+	26:45+ 29:42+ 32:38+ 38:19+ 41:18+ 45:11+	
03:49+	05:01+ 04:41+ 01:46+ 04:58+ 03:02+	03:28+ 02:57+ 02:56+ 05:41+ 02:59+ 03:53+	
03:49+	05:01+ 04:41+ 01:46+ 04:58+ 03:02+	03:28+ 02:57+ 02:56+ 05:41+ 02:59+ 03:53+	

Class	Navn	Klasse	Tid
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## Damer Trim

<b>53</b>	<b>Anna Langlo</b>	<b>722</b>	<b>49:05</b>
03:13+	10:09+ 15:06+ 16:41+ 22:08+ 24:25+ 28:05+ 31:54+ 36:22+ 41:35+ 44:35+ 49:05+		
03:13+	06:56+ 04:57+ 01:35+ 05:27+ 02:17+ 03:40+ 03:49+ 04:28+ 05:13+ 03:00+ 04:30+		
03:13+	06:56+ 04:57+ 01:35+ 05:27+ 02:17+ 03:40+ 03:49+ 04:28+ 05:13+ 03:00+ 04:30+		
<b>54</b>	<b>Linda Strøm</b>	<b>722</b>	<b>49:07</b>
03:09+	10:03+ 14:56+ 16:39+ 22:03+ 24:34+ 28:03+ 31:55+ 36:23+ 41:34+ 44:35+ 49:07+		
03:09+	06:54+ 04:53+ 01:43+ 05:24+ 02:31+ 03:29+ 03:52+ 04:28+ 05:11+ 03:01+ 04:32+		
03:09+	06:54+ 04:53+ 01:43+ 05:24+ 02:31+ 03:29+ 03:52+ 04:28+ 05:11+ 03:01+ 04:32+		
<b>55</b>	<b>Lisbeth Davidsen</b>	<b>722</b>	<b>54:00</b>
02:24+	13:59+ 19:17+ 21:25+ 26:33+ 28:59+ 32:34+ 37:00+ 40:32+ 44:34+ 51:42+ 54:00+		
02:24+	11:35+ 05:18+ 02:08+ 05:08+ 02:26+ 03:35+ 04:26+ 03:32+ 04:02+ 07:08+ 02:18+		
02:24+	11:35+ 05:18+ 02:08+ 05:08+ 02:26+ 03:35+ 04:26+ 03:32+ 04:02+ 07:08+ 02:18+		
<b>56</b>	<b>Agnete Dedekam Stabel</b>	<b>1758</b>	<b>57:17</b>
12:54+	17:22+ 20:48+ 22:19+ 28:32+ 30:37+ 34:56+ 41:07+ 46:06+ 49:45+ 55:06+ 57:17+		
12:54+	04:28+ 03:26+ 01:31+ 06:13+ 02:05+ 04:19+ 06:11+ 04:59+ 03:39+ 05:21+ 02:11+		
12:54+	04:28+ 03:26+ 01:31+ 06:13+ 02:05+ 04:19+ 06:11+ 04:59+ 03:39+ 05:21+ 02:11+		

## Beste strekktid for klassen

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

## Herrer 16 - 39 år

<b>1</b>	<b>Vegard Kyllingstad</b>	<b>3507</b>	<b>26:15</b>
01:12=	03:27= 05:37= 07:53= 09:46= 10:53= 13:00= 15:54= 17:27= 18:13= 18:46= 20:43= 21:17= 22:20= 23:41= 24:04= 25:36= 26:15=		
01:12=	02:15= 02:10= 02:16= 01:53= 01:07= 02:07= 02:54= 01:33= 00:46= 00:33= 01:57= 00:34= 01:03= 01:21= 00:23= 01:32= 00:39=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Vegard Våge</b>	<b>879</b>	<b>27:15</b>
00:59-	03:44+ 06:24+ 09:01+ 10:38+ 11:34+ 13:40+ 16:27+ 18:00+ 18:52+ 19:32+ 20:28- 21:09- 22:16- 23:46+ 24:53+ 26:37+ 27:15+		
00:59-	02:45+ 02:40+ 02:37+ 01:37- 00:56- 02:06- 02:47- 01:33= 00:52+ 00:40+ 00:56- 00:41+ 01:07+ 01:30+ 01:07+ 01:44+ 00:38-		
00:13-	00:30# 00:30# 00:21# 00:16- 00:11- 00:01- 00:07- 00:00= 00:06# 00:07# 01:01- 00:07# 00:04+ 00:09# 00:44@ 00:12# 00:01-		
<b>3</b>	<b>Ole Morten Haaland</b>	<b>3528</b>	<b>27:58</b>
01:13+	03:21- 05:48+ 08:09+ 09:49+ 10:53= 13:01+ 15:50- 17:41+ 18:31+ 19:12+ 20:57+ 22:08+ 23:22+ 24:47+ 25:25+ 27:12+ 27:58+		
01:13+	02:08- 02:27+ 02:21+ 01:40- 01:04- 02:08+ 02:49- 01:51+ 00:50+ 00:41+ 01:45- 01:11+ 01:14+ 01:25+ 00:38+ 01:47+ 00:46+		
00:01+	00:07- 00:17# 00:05+ 00:13- 00:03- 00:01+ 00:05- 00:18# 00:04+ 00:08# 00:12- 00:37@ 00:11# 00:04+ 00:15& 00:15# 00:07#		
<b>4</b>	<b>Truls Thorkildsen</b>	<b>2074</b>	<b>28:29</b>
01:11-	03:46+ 06:08+ 08:47+ 11:00+ 12:01+ 14:15+ 17:21+ 19:04+ 19:59+ 20:36+ 21:29+ 22:22+ 23:41+ 25:11+ 25:48+ 27:45+ 28:29+		
01:11-	02:35+ 02:22+ 02:39+ 02:13+ 01:01- 02:14+ 03:06+ 01:43+ 00:55+ 00:37+ 00:53- 00:53+ 01:19+ 01:30+ 00:37+ 01:57+ 00:44+		
00:01-	00:20# 00:12+ 00:23# 00:20# 00:06- 00:07+ 00:12+ 00:10# 00:09# 00:04# 01:04- 00:19& 00:16& 00:09# 00:14& 00:25& 00:05#		
<b>5</b>	<b>Martin Skogland</b>	<b>3508</b>	<b>28:46</b>
01:23+	03:41+ 05:57+ 08:31+ 10:35+ 11:39+ 14:01+ 17:12+ 18:57+ 19:50+ 20:28+ 22:14+ 22:54+ 24:07+ 25:50+ 26:13+ 28:01+ 28:46+		
01:23+	02:18+ 02:16+ 02:34+ 02:04+ 01:04- 02:22+ 03:11+ 01:45+ 00:53+ 00:38+ 01:46- 00:40+ 01:13+ 01:43+ 00:23= 01:48+ 00:45+		
00:11#	00:03+ 00:06+ 00:18# 00:11+ 00:03- 00:15# 00:17+ 00:12# 00:07# 00:05# 00:11- 00:06# 00:10# 00:22& 00:00= 00:16# 00:06#		
<b>6</b>	<b>Aksel Joranger</b>	<b>2023</b>	<b>29:04</b>
01:02-	03:37+ 06:01+ 08:22+ 10:10+ 11:13+ 14:56+ 18:00+ 20:11+ 20:59+ 21:38+ 22:36+ 23:35+ 24:53+ 26:33+ 26:55+ 28:32+ 29:04+		
01:02-	02:35+ 02:24+ 02:21+ 01:48- 01:03- 03:43+ 03:04+ 02:11+ 00:48+ 00:39+ 00:58- 00:59+ 01:18+ 01:40+ 00:22- 01:37+ 00:32-		
00:10-	00:20# 00:14# 00:05+ 00:05- 00:04- 01:36& 00:10+ 00:38& 00:02+ 00:06# 00:59- 00:25& 00:15# 00:19# 00:01- 00:05+ 00:07-		
<b>7</b>	<b>Eivind Brimsø</b>	<b>3559</b>	<b>29:08</b>
01:03-	03:29+ 05:43+ 08:22+ 10:14+ 11:27+ 13:53+ 17:18+ 19:32+ 20:25+ 21:08+ 22:09+ 22:57+ 24:16+ 26:00+ 26:38+ 28:26+ 29:08+		
01:03-	02:26+ 02:14+ 02:39+ 01:52- 01:13+ 02:26+ 03:25+ 02:14+ 00:53+ 00:43+ 01:01- 00:48+ 01:19+ 01:44+ 00:38+ 01:48+ 00:42+		
00:09-	00:11+ 00:04+ 00:23# 00:01- 00:06+ 00:19# 00:31# 00:41& 00:07# 00:10& 00:56- 00:14& 00:16& 00:23& 00:15& 00:16# 00:03+		
<b>8</b>	<b>Sjur Berntsen</b>	<b>722</b>	<b>29:59</b>
01:30+	03:46+ 06:19+ 08:45+ 10:50+ 12:06+ 14:20+ 17:35+ 20:03+ 20:52+ 21:35+ 22:46+ 23:46+ 25:05+ 26:46+ 27:20+ 29:17+ 29:59+		
01:30+	02:16+ 02:33+ 02:26+ 02:05+ 01:16+ 02:14+ 03:15+ 02:28+ 00:49+ 00:43+ 01:11- 01:00+ 01:19+ 01:41+ 00:34+ 01:57+ 00:42+		
00:18#	00:01+ 00:23# 00:10+ 00:12# 00:09# 00:07+ 00:21# 00:55& 00:03+ 00:10& 00:46- 00:26& 00:16& 00:20# 00:11& 00:25& 00:03+		

Class	Navn	Klasse	Tid
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## Herrer 16 - 39 år

<b>9</b>	<b>Øyvind Rustan</b>	<b>722</b>	<b>30:15</b>															
01:16+	03:31+	06:09+	09:19+	11:22+	13:29+	15:49+	18:38+	21:02+	21:56+	22:41+	23:36+	24:32+	25:39+	27:04+	27:45+	29:33+	30:15+	
01:16+	02:15=	02:38+	03:10+	02:03+	02:07+	02:20+	02:49-	02:24+	00:54+	00:45+	00:55-	00:56+	01:07+	01:25+	00:41+	01:48+	00:42+	
00:04+	00:00=	00:28#	00:54&	00:10+	01:00&	00:13#	00:05-	00:51&	00:08#	00:12&	01:02-	00:22&	00:04+	00:04+	00:18&	00:16#	00:03+	
<b>10</b>	<b>Frank Terje Berge</b>	<b>643</b>	<b>30:17</b>															
01:10+	03:23+	06:13+	08:50+	10:37+	11:57+	14:08+	17:31+	20:33+	21:28+	22:23+	23:15+	24:06+	25:26+	27:07+	27:32+	29:33+	30:17+	
01:10+	02:13+	02:50+	02:37+	01:47+	01:20+	02:11+	03:23+	03:02+	00:55+	00:55+	00:52+	00:51+	01:20+	01:41+	00:25+	02:01+	00:44+	
01:10+	02:13+	02:50+	02:37+	01:47+	01:20+	02:11+	03:23+	03:02+	00:55+	00:55+	00:52+	00:51+	01:20+	01:41+	00:25+	02:01+	00:44+	
<b>11</b>	<b>Arild Pfluger Hundeide</b>	<b>769</b>	<b>30:30</b>															
01:25+	03:55+	06:02+	09:00+	11:01+	12:15+	14:46+	17:58+	20:02+	20:59+	21:35+	24:11+	24:46+	26:04+	27:32+	28:01+	29:45+	30:30+	
01:25+	02:30+	02:07+	02:58+	02:01+	01:14+	02:31+	03:12+	02:04+	00:57+	00:36+	02:36+	00:35+	01:18+	01:28+	00:29+	01:44+	00:45+	
01:25+	02:30+	02:07+	02:58+	02:01+	01:14+	02:31+	03:12+	02:04+	00:57+	00:36+	02:36+	00:35+	01:18+	01:28+	00:29+	01:44+	00:45+	
<b>12</b>	<b>Erlend Syse</b>	<b>3559</b>	<b>31:31</b>															
01:14+	03:40+	05:58+	09:13+	11:13+	12:45+	15:18+	18:36+	20:58+	21:55+	22:41+	23:42+	24:51+	26:10+	28:14+	28:41+	30:47+	31:31+	
01:14+	02:26+	02:18+	03:15+	02:00+	01:32+	02:33+	03:18+	02:22+	00:57+	00:46+	01:01+	01:09+	01:19+	02:04+	00:27+	02:06+	00:44+	
01:14+	02:26+	02:18+	03:15+	02:00+	01:32+	02:33+	03:18+	02:22+	00:57+	00:46+	01:01+	01:09+	01:19+	02:04+	00:27+	02:06+	00:44+	
<b>13</b>	<b>Alf Olav Kalvik</b>	<b>793</b>	<b>32:30</b>															
01:24+	03:58+	07:00+	09:48+	11:47+	13:48+	16:25+	19:50+	21:55+	22:47+	23:36+	25:02+	25:53+	27:16+	29:05+	29:49+	31:50+	32:30+	
01:24+	02:34+	03:02+	02:48+	01:59+	02:01+	02:37+	03:25+	02:05+	00:52+	00:49+	01:26+	00:51+	01:23+	01:49+	00:44+	02:01+	00:40+	
01:24+	02:34+	03:02+	02:48+	01:59+	02:01+	02:37+	03:25+	02:05+	00:52+	00:49+	01:26+	00:51+	01:23+	01:49+	00:44+	02:01+	00:40+	
<b>14</b>	<b>Lars Kartevoll</b>	<b>3548</b>	<b>33:52</b>															
01:59+	04:35+	07:50+	10:40+	12:45+	13:51+	16:40+	20:34+	23:14+	24:13+	25:09+	26:16+	27:11+	28:37+	30:23+	30:51+	32:56+	33:52+	
01:59+	02:36+	03:15+	02:50+	02:05+	01:06+	02:49+	03:54+	02:40+	00:59+	00:56+	01:07+	00:55+	01:26+	01:46+	00:28+	02:05+	00:56+	
01:59+	02:36+	03:15+	02:50+	02:05+	01:06+	02:49+	03:54+	02:40+	00:59+	00:56+	01:07+	00:55+	01:26+	01:46+	00:28+	02:05+	00:56+	
<b>15</b>	<b>Warren Whittington</b>	<b>3552</b>	<b>35:14</b>															
01:32+	03:48+	10:43+	13:08+	15:00+	16:10+	18:30+	21:13+	23:08+	24:19+	25:40+	26:31+	27:22+	28:56+	31:47+	32:30+	34:35+	35:14+	
01:32+	02:16+	06:55+	02:25+	01:52+	01:10+	02:20+	02:43+	01:55+	01:11+	01:21+	00:51+	00:51+	01:34+	02:51+	00:43+	02:05+	00:39+	
01:32+	02:16+	06:55+	02:25+	01:52+	01:10+	02:20+	02:43+	01:55+	01:11+	01:21+	00:51+	00:51+	01:34+	02:51+	00:43+	02:05+	00:39+	
<b>16</b>	<b>Vidar Haus</b>	<b>3528</b>	<b>35:29</b>															
01:32+	04:15+	08:05+	11:27+	13:40+	15:07+	17:32+	21:08+	23:48+	24:52+	25:37+	26:39+	28:38+	30:01+	31:51+	32:12+	34:39+	35:29+	
01:32+	02:43+	03:50+	03:22+	02:13+	01:27+	02:25+	03:36+	02:40+	01:04+	00:45+	01:02+	01:59+	01:23+	01:50+	00:21+	02:27+	00:50+	
01:32+	02:43+	03:50+	03:22+	02:13+	01:27+	02:25+	03:36+	02:40+	01:04+	00:45+	01:02+	01:59+	01:23+	01:50+	00:21+	02:27+	00:50+	
<b>17</b>	<b>Bjørn Morten Bø Brunstøl</b>	<b>2023</b>	<b>37:20</b>															
01:41+	04:32+	08:41+	11:28+	13:54+	14:59+	17:19+	20:48+	22:47+	23:58+	25:01+	27:27+	28:32+	29:53+	32:22+	32:42+	36:39+	37:20+	
01:41+	02:51+	04:09+	02:47+	02:26+	01:05+	02:20+	03:29+	01:59+	01:11+	01:03+	02:26+	01:05+	01:21+	02:29+	00:20+	03:57+	00:41+	
01:41+	02:51+	04:09+	02:47+	02:26+	01:05+	02:20+	03:29+	01:59+	01:11+	01:03+	02:26+	01:05+	01:21+	02:29+	00:20+	03:57+	00:41+	
<b>18</b>	<b>Jone Klemo Øverland</b>	<b>1384</b>	<b>41:28</b>															
01:27+	04:24+	12:51+	16:04+	18:09+	19:51+	23:01+	26:38+	28:43+	29:48+	31:08+	32:50+	33:36+	35:02+	36:43+	38:16+	38:48+	40:45+	41:28+
01:27+	02:57+	08:27+	03:13+	02:05+	01:42+	03:10+	03:37+	02:05+	01:05+	01:20+	01:42+	00:46+	01:26+	01:41+	01:33+	00:32+	01:57+	00:43+
01:27+	02:57+	08:27+	03:13+	02:05+	01:42+	03:10+	03:37+	02:05+	01:05+	01:20+	01:42+	00:46+	01:26+	01:41+	01:33+	00:32+	01:57+	00:43+
<b>19</b>	<b>Christoffer Soma</b>	<b>903</b>	<b>43:22</b>															
01:45+	05:38+	08:50+	12:37+	15:12+	18:46+	21:37+	26:16+	29:59+	31:10+	32:09+	34:05+	35:08+	36:46+	38:51+	40:01+	42:38+	43:22+	
01:45+	03:53+	03:12+	03:47+	02:35+	03:34+	02:51+	04:39+	03:43+	01:11+	00:59+	01:56+	01:03+	01:38+	02:05+	01:10+	02:37+	00:44+	
01:45+	03:53+	03:12+	03:47+	02:35+	03:34+	02:51+	04:39+	03:43+	01:11+	00:59+	01:56+	01:03+	01:38+	02:05+	01:10+	02:37+	00:44+	

### Beste strekktid for klassen

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

## Herrer 40 - 49 år

<b>1</b>	<b>Glenn Madland</b>	<b>879</b>	<b>26:18</b>														
01:02=	03:09=	05:11=	07:34=	09:18=	10:12=	12:10=	14:54=	16:59=	17:53=	18:56=	19:50=	20:36=	21:47=	23:35=	23:59=	25:30=	26:18=
01:02=	02:07=	02:02=	02:23=	01:44=	00:54=	01:58=	02:44=	02:05=	00:54=	01:03=	00:54=	00:46=	01:11=	01:48=	00:24=	01:31=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## Herrer 40 - 49 år

<b>2</b>	<b>Rolf Frøyland</b>	<b>880</b>	<b>27:14</b>														
01:16+	03:24+	06:57+	09:38+	11:22+	12:19+	14:47+	17:34+	19:19+	20:03+	20:37+	21:30+	22:18+	23:25+	24:44+	25:05+	26:38+	27:14+
01:16+	02:08+	03:33+	02:41+	01:44=	00:57+	02:28+	02:47+	01:45-	00:44-	00:34-	00:53-	00:48+	01:07-	01:19-	00:21-	01:33+	00:36-
00:14#	00:01+	01:31&	00:18#	00:00=	00:03+	00:30&	00:03+	00:20-	00:10-	00:29-	00:01-	00:02+	00:04-	00:29-	00:03-	00:02+	00:12-
<b>3</b>	<b>Andreas Breiland</b>	<b>3522</b>	<b>27:16</b>														
01:05+	03:29+	05:36+	07:57+	09:27+	10:22+	12:29+	15:27+	17:15+	18:01+	18:40+	20:23+	21:33+	22:45+	24:16+	24:35+	26:35+	27:16+
01:05+	02:24+	02:07+	02:21+	01:30+	00:55+	02:07+	02:58+	01:48+	00:46+	00:39+	01:43+	01:10+	01:12+	01:31+	00:19+	02:00+	00:41+
01:05+	02:24+	02:07+	02:21+	01:30+	00:55+	02:07+	02:58+	01:48+	00:46+	00:39+	01:43+	01:10+	01:12+	01:31+	00:19+	02:00+	00:41+
<b>4</b>	<b>Per Jan Ersland</b>	<b>3510</b>	<b>28:24</b>														
01:03+	03:12+	05:09+	07:34+	09:19+	10:48+	12:50+	15:56+	18:20+	19:04+	19:51+	21:17+	22:09+	23:16+	25:06+	25:55+	27:48+	28:24+
01:03+	02:09+	01:57+	02:25+	01:45+	01:29+	02:02+	03:06+	02:24+	00:44+	00:47+	01:26+	00:52+	01:07+	01:50+	00:49+	01:53+	00:36+
01:03+	02:09+	01:57+	02:25+	01:45+	01:29+	02:02+	03:06+	02:24+	00:44+	00:47+	01:26+	00:52+	01:07+	01:50+	00:49+	01:53+	00:36+
<b>5</b>	<b>Trondr Breiland</b>	<b>NOTEAM</b>	<b>29:00</b>														
01:08+	03:27+	05:55+	08:38+	10:21+	11:21+	13:34+	16:41+	19:08+	19:55+	20:37+	21:42+	22:36+	24:01+	25:37+	26:11+	28:18+	29:00+
01:08+	02:19+	02:28+	02:43+	01:43+	01:00+	02:13+	03:07+	02:27+	00:47+	00:42+	01:05+	00:54+	01:25+	01:36+	00:34+	02:07+	00:42+
01:08+	02:19+	02:28+	02:43+	01:43+	01:00+	02:13+	03:07+	02:27+	00:47+	00:42+	01:05+	00:54+	01:25+	01:36+	00:34+	02:07+	00:42+
<b>6</b>	<b>Magne Habbestad</b>	<b>3531</b>	<b>29:30</b>														
01:13+	03:37+	05:43+	08:25+	10:13+	11:16+	13:38+	17:04+	19:14+	20:11+	20:59+	21:58+	22:50+	24:20+	26:03+	26:26+	28:41+	29:30+
01:13+	02:24+	02:06+	02:42+	01:48+	01:03+	02:22+	03:26+	02:10+	00:57+	00:48+	00:59+	00:52+	01:30+	01:43+	00:23+	02:15+	00:49+
01:13+	02:24+	02:06+	02:42+	01:48+	01:03+	02:22+	03:26+	02:10+	00:57+	00:48+	00:59+	00:52+	01:30+	01:43+	00:23+	02:15+	00:49+
<b>7</b>	<b>Thomas Thue</b>	<b>1830</b>	<b>29:58</b>														
01:20+	05:13+	07:11+	09:52+	11:46+	12:41+	14:44+	17:51+	20:11+	21:14+	22:08+	23:14+	24:06+	25:22+	26:56+	27:18+	29:14+	29:58+
01:20+	03:53+	01:58+	02:41+	01:54+	00:55+	02:03+	03:07+	02:20+	01:03+	00:54+	01:06+	00:52+	01:16+	01:34+	00:22+	01:56+	00:44+
01:20+	03:53+	01:58+	02:41+	01:54+	00:55+	02:03+	03:07+	02:20+	01:03+	00:54+	01:06+	00:52+	01:16+	01:34+	00:22+	01:56+	00:44+
<b>8</b>	<b>Antal Jansen</b>	<b>3530</b>	<b>30:05</b>														
02:00+	04:18+	07:02+	09:41+	11:16+	12:13+	15:24+	18:12+	19:50+	20:37+	21:28+	22:15+	22:58+	24:03+	27:29+	27:48+	29:28+	30:05+
02:00+	02:18+	02:44+	02:39+	01:35+	00:57+	03:11+	02:48+	01:38+	00:47+	00:51+	00:47+	00:43+	01:05+	03:26+	00:19+	01:40+	00:37+
02:00+	02:18+	02:44+	02:39+	01:35+	00:57+	03:11+	02:48+	01:38+	00:47+	00:51+	00:47+	00:43+	01:05+	03:26+	00:19+	01:40+	00:37+
<b>9</b>	<b>Bjarte Harbo</b>	<b>1830</b>	<b>30:45</b>														
01:12+	03:36+	06:28+	10:43+	12:37+	13:49+	16:24+	19:13+	21:08+	22:00+	22:44+	23:54+	24:40+	25:53+	27:29+	27:51+	30:01+	30:45+
01:12+	02:24+	02:52+	04:15+	01:54+	01:12+	02:35+	02:49+	01:55+	00:52+	00:44+	01:10+	00:46+	01:13+	01:36+	00:22+	02:10+	00:44+
01:12+	02:24+	02:52+	04:15+	01:54+	01:12+	02:35+	02:49+	01:55+	00:52+	00:44+	01:10+	00:46+	01:13+	01:36+	00:22+	02:10+	00:44+
<b>10</b>	<b>Rune Dahl Fitjar</b>	<b>1754</b>	<b>30:50</b>														
01:15+	03:48+	06:07+	08:49+	10:55+	12:02+	14:34+	18:01+	21:06+	21:57+	22:40+	23:46+	24:36+	25:58+	27:37+	28:04+	30:00+	30:50+
01:15+	02:33+	02:19+	02:42+	02:06+	01:07+	02:32+	03:27+	03:05+	00:51+	00:43+	01:06+	00:50+	01:22+	01:39+	00:27+	01:56+	00:50+
01:15+	02:33+	02:19+	02:42+	02:06+	01:07+	02:32+	03:27+	03:05+	00:51+	00:43+	01:06+	00:50+	01:22+	01:39+	00:27+	01:56+	00:50+
<b>11</b>	<b>Anders Presterud</b>	<b>903</b>	<b>31:05</b>														
01:19+	03:55+	06:52+	09:29+	11:33+	12:40+	15:14+	18:40+	20:51+	21:47+	22:29+	23:38+	24:29+	25:54+	27:46+	28:30+	30:18+	31:05+
01:19+	02:36+	02:57+	02:37+	02:04+	01:07+	02:34+	03:26+	02:11+	00:56+	00:42+	01:09+	00:51+	01:25+	01:52+	00:44+	01:48+	00:47+
01:19+	02:36+	02:57+	02:37+	02:04+	01:07+	02:34+	03:26+	02:11+	00:56+	00:42+	01:09+	00:51+	01:25+	01:52+	00:44+	01:48+	00:47+
<b>12</b>	<b>Ole-Tobias Frich</b>	<b>1683</b>	<b>31:08</b>														
01:14+	03:50+	06:22+	08:53+	10:43+	11:45+	14:05+	17:19+	19:52+	20:46+	21:32+	23:33+	24:12+	25:26+	27:21+	27:45+	30:18+	31:08+
01:14+	02:36+	02:32+	02:31+	01:50+	01:02+	02:20+	03:14+	02:33+	00:54+	00:46+	02:01+	00:39+	01:14+	01:55+	00:24+	02:33+	00:50+
01:14+	02:36+	02:32+	02:31+	01:50+	01:02+	02:20+	03:14+	02:33+	00:54+	00:46+	02:01+	00:39+	01:14+	01:55+	00:24+	02:33+	00:50+
<b>13</b>	<b>Christian Ask</b>	<b>3563</b>	<b>31:11</b>														
01:13+	03:36+	07:50+	10:35+	12:33+	14:04+	16:16+	19:29+	21:41+	22:38+	23:23+	24:20+	25:12+	26:33+	28:08+	28:36+	30:27+	31:11+
01:13+	02:23+	04:14+	02:45+	01:58+	01:31+	02:12+	03:13+	02:12+	00:57+	00:45+	00:57+	00:52+	01:21+	01:35+	00:28+	01:51+	00:44+
01:13+	02:23+	04:14+	02:45+	01:58+	01:31+	02:12+	03:13+	02:12+	00:57+	00:45+	00:57+	00:52+	01:21+	01:35+	00:28+	01:51+	00:44+
<b>14</b>	<b>Cedric Fayemydy</b>	<b>3559</b>	<b>31:25</b>														
01:09+	03:28+	05:54+	08:18+	10:01+	11:56+	15:42+	18:39+	20:55+	21:55+	22:39+	24:55+	25:35+	26:48+	28:20+	28:45+	30:38+	31:25+
01:09+	02:19+	02:26+	02:24+	01:43+	01:55+	03:46+	02:57+	02:16+	01:00+	00:44+	02:16+	00:40+	01:13+	01:32+	00:25+	01:53+	00:47+
01:09+	02:19+	02:26+	02:24+	01:43+	01:55+	03:46+	02:57+	02:16+	01:00+	00:44+	02:16+	00:40+	01:13+	01:32+	00:25+	01:53+	00:47+
<b>15</b>	<b>Rune Hatle</b>	<b>903</b>	<b>32:07</b>														
01:14+	03:52+	06:31+	09:38+	11:46+	13:29+	16:02+	19:22+	21:56+	22:53+	23:38+	24:45+	25:29+	26:58+	29:09+	29:28+	31:20+	32:07+
01:14+	02:38+	02:39+	03:07+	02:08+	01:43+	02:33+	03:20+	02:34+	00:57+	00:45+	01:07+	00:44+	01:29+	02:11+	00:19+	01:52+	00:47+
01:14+	02:38+	02:39+	03:07+	02:08+	01:43+	02:33+	03:20+	02:34+	00:57+	00:45+	01:07+	00:44+	01:29+	02:11+	00:19+	01:52+	00:47+



Class	Navn	Klasse														Tid			
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## Herrer 40 - 49 år

<b>16</b>	<b>Bjarne Bore</b>	<b>3529</b>														<b>32:14</b>			
	01:18+	03:44+	06:57+	10:20+	12:17+	13:58+	16:59+	19:53+	22:03+	23:00+	23:51+	24:50+	25:42+	26:53+	28:44+	29:13+	31:26+	32:14+	
	01:18+	02:26+	03:13+	03:23+	01:57+	01:41+	03:01+	02:54+	02:10+	00:57+	00:51+	00:59+	00:52+	01:11+	01:51+	00:29+	02:13+	00:48+	
	01:18+	02:26+	03:13+	03:23+	01:57+	01:41+	03:01+	02:54+	02:10+	00:57+	00:51+	00:59+	00:52+	01:11+	01:51+	00:29+	02:13+	00:48+	
<b>17</b>	<b>Anders Hagen</b>	<b>3528</b>														<b>33:15</b>			
	01:35+	04:19+	07:12+	09:51+	11:46+	13:20+	15:32+	18:34+	22:49+	23:53+	24:44+	26:20+	27:06+	28:17+	30:13+	30:42+	32:39+	33:15+	
	01:35+	02:44+	02:53+	02:39+	01:55+	01:34+	02:12+	03:02+	04:15+	01:04+	00:51+	01:36+	00:46+	01:11+	01:56+	00:29+	01:57+	00:36+	
	01:35+	02:44+	02:53+	02:39+	01:55+	01:34+	02:12+	03:02+	04:15+	01:04+	00:51+	01:36+	00:46+	01:11+	01:56+	00:29+	01:57+	00:36+	
<b>18</b>	<b>Jan-Kenneth Polle</b>	<b>3525</b>														<b>33:18</b>			
	02:06+	04:24+	06:40+	09:13+	10:58+	12:10+	14:32+	18:04+	21:53+	22:48+	23:36+	26:11+	26:58+	28:14+	29:46+	30:13+	32:28+	33:18+	
	02:06+	02:18+	02:16+	02:33+	01:45+	01:12+	02:22+	03:32+	03:49+	00:55+	00:48+	02:35+	00:47+	01:16+	01:32+	00:27+	02:15+	00:50+	
	02:06+	02:18+	02:16+	02:33+	01:45+	01:12+	02:22+	03:32+	03:49+	00:55+	00:48+	02:35+	00:47+	01:16+	01:32+	00:27+	02:15+	00:50+	
<b>19</b>	<b>Reidar Mosvold</b>	<b>1754</b>														<b>34:10</b>			
	01:17+	03:58+	07:11+	10:01+	12:05+	13:19+	16:05+	19:48+	22:26+	23:32+	24:18+	26:29+	27:18+	28:47+	30:45+	31:07+	33:08+	34:10+	
	01:17+	02:41+	03:13+	02:50+	02:04+	01:14+	02:46+	03:43+	02:38+	01:06+	00:46+	02:11+	00:49+	01:29+	01:58+	00:22+	02:01+	01:02+	
	01:17+	02:41+	03:13+	02:50+	02:04+	01:14+	02:46+	03:43+	02:38+	01:06+	00:46+	02:11+	00:49+	01:29+	01:58+	00:22+	02:01+	01:02+	
<b>20</b>	<b>Frode Ungar</b>	<b>1683</b>														<b>34:45</b>			
	01:10+	03:28+	08:41+	11:37+	13:55+	15:07+	17:46+	21:08+	23:48+	24:44+	25:37+	26:56+	27:51+	29:53+	31:56+	32:17+	33:59+	34:45+	
	01:10+	02:18+	05:13+	02:56+	02:18+	01:12+	02:39+	03:22+	02:40+	00:56+	00:53+	01:19+	00:55+	02:02+	02:03+	00:21+	01:42+	00:46+	
	01:10+	02:18+	05:13+	02:56+	02:18+	01:12+	02:39+	03:22+	02:40+	00:56+	00:53+	01:19+	00:55+	02:02+	02:03+	00:21+	01:42+	00:46+	
<b>21</b>	<b>Andreas Molin</b>	<b>2342</b>														<b>35:06</b>			
	01:04+	03:11+	08:12+	11:06+	12:59+	14:19+	16:49+	21:14+	24:18+	25:12+	25:54+	27:14+	28:13+	29:43+	31:47+	32:18+	34:18+	35:06+	
	01:04+	02:07+	05:01+	02:54+	01:53+	01:20+	02:30+	04:25+	03:04+	00:54+	00:42+	01:20+	00:59+	01:30+	02:04+	00:31+	02:00+	00:48+	
	01:04+	02:07+	05:01+	02:54+	01:53+	01:20+	02:30+	04:25+	03:04+	00:54+	00:42+	01:20+	00:59+	01:30+	02:04+	00:31+	02:00+	00:48+	
<b>22</b>	<b>Åsbjørn Enerstvedt</b>	<b>3516</b>														<b>38:02</b>			
	01:16+	03:54+	06:40+	14:26+	16:40+	18:07+	21:31+	24:42+	26:55+	28:03+	28:51+	29:50+	30:40+	31:58+	34:15+	34:42+	37:12+	38:02+	
	01:16+	02:38+	02:46+	07:46+	02:14+	01:27+	03:24+	03:11+	02:13+	01:08+	00:48+	00:59+	00:50+	01:18+	02:17+	00:27+	02:30+	00:50+	
	01:16+	02:38+	02:46+	07:46+	02:14+	01:27+	03:24+	03:11+	02:13+	01:08+	00:48+	00:59+	00:50+	01:18+	02:17+	00:27+	02:30+	00:50+	
<b>23</b>	<b>Kjetil Gjerde</b>	<b>465</b>														<b>44:49</b>			
	01:59+	05:26+	09:39+	14:28+	17:25+	19:02+	22:48+	27:11+	30:20+	31:44+	32:48+	34:13+	35:34+	37:28+	40:08+	40:40+	43:30+	44:49+	
	01:59+	03:27+	04:13+	04:49+	02:57+	01:37+	03:46+	04:23+	03:09+	01:24+	01:04+	01:25+	01:21+	01:54+	02:40+	00:32+	02:50+	01:19+	
	01:59+	03:27+	04:13+	04:49+	02:57+	01:37+	03:46+	04:23+	03:09+	01:24+	01:04+	01:25+	01:21+	01:54+	02:40+	00:32+	02:50+	01:19+	

### Beste strekktid for klassen

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

## Herrer 50 - 59 år

<b>1</b>	<b>Kevin Foust</b>	<b>2023</b>														<b>25:49</b>			
	02:07=	04:18=	05:20=	07:49=	12:50=	14:22=	15:01=	16:00=	17:00=	18:15=	18:59=	21:15=	23:07=	24:39=	25:31=	25:49=			
	02:07=	02:11=	01:02=	02:29=	05:01=	01:32=	00:39=	00:59=	01:00=	01:15=	00:44=	02:16=	01:52=	01:32=	00:52=	00:18=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Steinar Hansen</b>	<b>882</b>														<b>28:15</b>			
	02:26+	04:52+	06:08+	08:44+	14:08+	15:28+	16:04+	16:59+	18:07+	19:14+	20:04+	23:42+	25:15+	26:52+	27:56+	28:15+			
	02:26+	02:26+	01:16+	02:36+	05:24+	01:20-	00:36-	00:55-	01:08+	01:07-	00:50+	03:38+	01:33-	01:37+	01:04+	00:19+			
	00:19#	00:15#	00:14#	00:07+	00:23+	00:12-	00:03-	00:04-	00:08#	00:08-	00:06#	01:22&	00:19-	00:05+	00:12#	00:01+			
<b>3</b>	<b>Anders Glenne</b>	<b>793</b>														<b>29:03</b>			
	02:29+	05:04+	06:25+	09:12+	15:12+	16:34+	17:18+	18:21+	19:29+	21:13+	22:03+	24:29+	26:08+	27:43+	28:46+	29:03+			
	02:29+	02:35+	01:21+	02:47+	06:00+	01:22-	00:44+	01:03+	01:08+	01:44+	00:50+	02:26+	01:39-	01:35+	01:03+	00:17-			
	00:22#	00:24#	00:19&	00:18#	00:59#	00:10-	00:05#	00:04+	00:08#	00:29&	00:06#	00:10+	00:13-	00:03+	00:11#	00:01-			
<b>4</b>	<b>Geir Inge Høivik</b>	<b>3522</b>														<b>29:04</b>			
	02:15+	05:03+	06:15+	08:56+	14:54+	16:15+	17:00+	18:15+	19:17+	20:16+	21:14+	23:51+	25:48+	27:39+	28:41+	29:04+			
	02:15+	02:48+	01:12+	02:41+	05:58+	01:21-	00:45+	01:15+	01:02+	00:59-	00:58+	02:37+	01:57+	01:51+	01:02+	00:23+			
	00:08+	00:37&	00:10#	00:12+	00:57#	00:11-	00:06#	00:16&	00:02+	00:16-	00:14&	00:21#	00:05+	00:19#	00:10#	00:05&			

## Herrer 50 - 59 år

<b>5</b>	<b>Thomas Chruickshank</b>	<b>3545</b>	<b>29:34</b>												
02:13+	04:54+	06:18+	09:06+	14:51+	18:27+	19:03+	19:49+	20:45+	21:50+	22:43+	25:04+	26:38+	28:17+	29:15+	29:34+
02:13+	02:41+	01:24+	02:48+	05:45+	03:36+	00:36-	00:46-	00:56-	01:05-	00:53+	02:21+	01:34-	01:39+	00:58+	00:19+
00:06+	00:30#	00:22&	00:19#	00:44#	02:04#	00:03-	00:13-	00:04-	00:10-	00:09#	00:05+	00:18-	00:07+	00:06#	00:01+
<b>6</b>	<b>Frank Hansen</b>	<b>3502</b>	<b>30:01</b>												
02:25+	04:45+	06:06+	09:15+	14:55+	16:19+	17:02+	18:07+	19:14+	21:46+	22:51+	25:23+	27:02+	28:34+	29:41+	30:01+
02:25+	02:20+	01:21+	03:09+	05:40+	01:24+	00:43+	01:05+	01:07+	02:32+	01:05+	02:32+	01:39+	01:32+	01:07+	00:20+
02:25+	02:20+	01:21+	03:09+	05:40+	01:24+	00:43+	01:05+	01:07+	02:32+	01:05+	02:32+	01:39+	01:32+	01:07+	00:20+
<b>7</b>	<b>Øystein Fuglestad</b>	<b>878</b>	<b>30:04</b>												
02:22+	04:46+	05:57+	08:56+	15:01+	16:33+	17:22+	18:29+	19:49+	20:57+	21:53+	24:49+	26:41+	28:27+	29:37+	30:04+
02:22+	02:24+	01:11+	02:59+	06:05+	01:32+	00:49+	01:07+	01:20+	01:08+	00:56+	02:56+	01:52+	01:46+	01:10+	00:27+
02:22+	02:24+	01:11+	02:59+	06:05+	01:32+	00:49+	01:07+	01:20+	01:08+	00:56+	02:56+	01:52+	01:46+	01:10+	00:27+
<b>8</b>	<b>Erik Bjørnbom</b>	<b>3558</b>	<b>31:08</b>												
02:26+	05:50+	07:13+	10:04+	16:20+	17:46+	18:35+	19:54+	21:09+	22:12+	23:06+	25:51+	27:51+	29:29+	30:43+	31:08+
02:26+	03:24+	01:23+	02:51+	06:16+	01:26+	00:49+	01:19+	01:15+	01:03+	00:54+	02:45+	02:00+	01:38+	01:14+	00:25+
02:26+	03:24+	01:23+	02:51+	06:16+	01:26+	00:49+	01:19+	01:15+	01:03+	00:54+	02:45+	02:00+	01:38+	01:14+	00:25+
<b>9</b>	<b>Tore Halset</b>	<b>3486</b>	<b>32:08</b>												
02:28+	05:10+	06:26+	09:36+	16:12+	17:50+	18:38+	19:50+	20:59+	22:50+	23:50+	26:40+	28:31+	30:25+	31:45+	32:08+
02:28+	02:42+	01:16+	03:10+	06:36+	01:38+	00:48+	01:12+	01:09+	01:51+	01:00+	02:50+	01:51+	01:54+	01:20+	00:23+
02:28+	02:42+	01:16+	03:10+	06:36+	01:38+	00:48+	01:12+	01:09+	01:51+	01:00+	02:50+	01:51+	01:54+	01:20+	00:23+
<b>10</b>	<b>Jørgen Nilsen</b>	<b>1683</b>	<b>34:09</b>												
02:23+	05:10+	06:29+	09:50+	17:51+	19:47+	20:50+	21:56+	23:05+	24:28+	25:39+	28:34+	30:52+	32:37+	33:46+	34:09+
02:23+	02:47+	01:19+	03:21+	08:01+	01:56+	01:03+	01:06+	01:09+	01:23+	01:11+	02:55+	02:18+	01:45+	01:09+	00:23+
02:23+	02:47+	01:19+	03:21+	08:01+	01:56+	01:03+	01:06+	01:09+	01:23+	01:11+	02:55+	02:18+	01:45+	01:09+	00:23+
<b>11</b>	<b>Erling Knutzen</b>	<b>879</b>	<b>34:19</b>												
02:45+	05:37+	07:13+	11:00+	18:06+	19:53+	20:44+	21:56+	23:14+	24:27+	25:23+	28:36+	30:45+	32:44+	33:55+	34:19+
02:45+	02:52+	01:36+	03:47+	07:06+	01:47+	00:51+	01:12+	01:18+	01:13+	00:56+	03:13+	02:09+	01:59+	01:11+	00:24+
02:45+	02:52+	01:36+	03:47+	07:06+	01:47+	00:51+	01:12+	01:18+	01:13+	00:56+	03:13+	02:09+	01:59+	01:11+	00:24+
<b>12</b>	<b>Rune Paulsen</b>	<b>3508</b>	<b>34:39</b>												
02:46+	05:01+	06:32+	09:58+	16:52+	18:14+	19:00+	19:57+	25:38+	26:35+	27:28+	30:06+	31:49+	33:30+	34:24+	34:39+
02:46+	02:15+	01:31+	03:26+	06:54+	01:22+	00:46+	00:57+	05:41+	00:57+	00:53+	02:38+	01:43+	01:41+	00:54+	00:15+
02:46+	02:15+	01:31+	03:26+	06:54+	01:22+	00:46+	00:57+	05:41+	00:57+	00:53+	02:38+	01:43+	01:41+	00:54+	00:15+
<b>13</b>	<b>Stein Arve Finnestad</b>	<b>1456</b>	<b>34:56</b>												
02:36+	05:24+	06:48+	10:22+	17:39+	19:39+	20:30+	21:54+	23:19+	24:42+	25:48+	29:10+	31:17+	33:16+	34:32+	34:56+
02:36+	02:48+	01:24+	03:34+	07:17+	02:00+	00:51+	01:24+	01:25+	01:23+	01:06+	03:22+	02:07+	01:59+	01:16+	00:24+
02:36+	02:48+	01:24+	03:34+	07:17+	02:00+	00:51+	01:24+	01:25+	01:23+	01:06+	03:22+	02:07+	01:59+	01:16+	00:24+
<b>14</b>	<b>Trond Birkeland</b>	<b>882</b>	<b>35:01</b>												
02:40+	05:31+	06:55+	10:15+	16:08+	17:47+	18:38+	19:51+	21:03+	22:16+	23:13+	29:20+	31:26+	33:19+	34:37+	35:01+
02:40+	02:51+	01:24+	03:20+	05:53+	01:39+	00:51+	01:13+	01:12+	01:13+	00:57+	06:07+	02:06+	01:53+	01:18+	00:24+
02:40+	02:51+	01:24+	03:20+	05:53+	01:39+	00:51+	01:13+	01:12+	01:13+	00:57+	06:07+	02:06+	01:53+	01:18+	00:24+
<b>15</b>	<b>John Breiland</b>	<b>NOTEAM</b>	<b>35:17</b>												
02:30+	05:19+	06:58+	10:08+	15:56+	17:21+	18:00+	18:59+	20:04+	21:51+	22:42+	25:20+	27:03+	30:16+	34:01+	35:17+
02:30+	02:49+	01:39+	03:10+	05:48+	01:25+	00:39+	00:59+	01:05+	01:47+	00:51+	02:38+	01:43+	03:13+	03:45+	01:16+
02:30+	02:49+	01:39+	03:10+	05:48+	01:25+	00:39+	00:59+	01:05+	01:47+	00:51+	02:38+	01:43+	03:13+	03:45+	01:16+
<b>16</b>	<b>Lars Primstad</b>	<b>769</b>	<b>35:19</b>												
02:03+	10:10+	13:08+	15:41+	21:29+	23:50+	24:17+	25:39+	26:39+	27:25+	28:32+	30:51+	32:43+	34:11+	35:02+	35:19+
02:03+	08:07+	02:58+	02:33+	05:48+	02:21+	00:27+	01:22+	01:00+	00:46+	01:07+	02:19+	01:52+	01:28+	00:51+	00:17+
02:03+	08:07+	02:58+	02:33+	05:48+	02:21+	00:27+	01:22+	01:00+	00:46+	01:07+	02:19+	01:52+	01:28+	00:51+	00:17+
<b>17</b>	<b>Jarl Steinar Berntsen</b>	<b>882</b>	<b>35:51</b>												
02:33+	05:37+	08:49+	11:40+	18:26+	19:58+	21:00+	22:21+	23:40+	26:18+	27:15+	30:27+	32:19+	34:09+	35:28+	35:51+
02:33+	03:04+	03:12+	02:51+	06:46+	01:32+	01:02+	01:21+	01:19+	02:38+	00:57+	03:12+	01:52+	01:50+	01:19+	00:23+
02:33+	03:04+	03:12+	02:51+	06:46+	01:32+	01:02+	01:21+	01:19+	02:38+	00:57+	03:12+	01:52+	01:50+	01:19+	00:23+
<b>18</b>	<b>Svend Vihovde</b>	<b>1683</b>	<b>35:52</b>												
03:07+	06:10+	07:46+	10:58+	18:25+	20:06+	21:03+	22:30+	23:45+	25:12+	26:23+	29:42+	31:56+	34:04+	35:24+	35:52+
03:07+	03:03+	01:36+	03:12+	07:27+	01:41+	00:57+	01:27+	01:15+	01:27+	01:11+	03:19+	02:14+	02:08+	01:20+	00:28+
03:07+	03:03+	01:36+	03:12+	07:27+	01:41+	00:57+	01:27+	01:15+	01:27+	01:11+	03:19+	02:14+	02:08+	01:20+	00:28+

Class	Navn	Klasse														Tid
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## Herrer 50 - 59 år

<b>19</b>	<b>Øystein Lie Karlsen</b>	<b>1683</b>	<b>36:38</b>												
02:52+	06:10+	10:17+	13:43+	20:17+	21:52+	22:53+	24:21+	25:28+	26:48+	28:27+	31:02+	32:57+	34:38+	36:09+	36:38+
02:52+	03:18+	04:07+	03:26+	06:34+	01:35+	01:01+	01:28+	01:07+	01:20+	01:39+	02:35+	01:55+	01:41+	01:31+	00:29+
02:52+	03:18+	04:07+	03:26+	06:34+	01:35+	01:01+	01:28+	01:07+	01:20+	01:39+	02:35+	01:55+	01:41+	01:31+	00:29+
<b>20</b>	<b>André Sirevåg</b>	<b>1683</b>	<b>36:45</b>												
02:50+	05:52+	07:24+	10:51+	17:49+	19:35+	21:01+	23:44+	24:58+	26:24+	27:45+	31:10+	33:15+	35:07+	36:24+	36:45+
02:50+	03:02+	01:32+	03:27+	06:58+	01:46+	01:26+	02:43+	01:14+	01:26+	01:21+	03:25+	02:05+	01:52+	01:17+	00:21+
02:50+	03:02+	01:32+	03:27+	06:58+	01:46+	01:26+	02:43+	01:14+	01:26+	01:21+	03:25+	02:05+	01:52+	01:17+	00:21+
<b>21</b>	<b>Trygve Michaelsen</b>	<b>896</b>	<b>36:49</b>												
02:17+	04:32+	05:55+	14:23+	21:17+	22:51+	23:38+	24:56+	26:06+	27:28+	28:27+	31:17+	33:36+	35:27+	36:32+	36:49+
02:17+	02:15+	01:23+	08:28+	06:54+	01:34+	00:47+	01:18+	01:10+	01:22+	00:59+	02:50+	02:19+	01:51+	01:05+	00:17+
02:17+	02:15+	01:23+	08:28+	06:54+	01:34+	00:47+	01:18+	01:10+	01:22+	00:59+	02:50+	02:19+	01:51+	01:05+	00:17+
<b>22</b>	<b>Harald Taksdal</b>	<b>3547</b>	<b>36:57</b>												
03:19+	06:55+	08:46+	12:17+	20:00+	21:44+	22:36+	23:57+	25:13+	26:51+	28:04+	31:13+	33:19+	35:11+	36:30+	36:57+
03:19+	03:36+	01:51+	03:31+	07:43+	01:44+	00:52+	01:21+	01:16+	01:38+	01:13+	03:09+	02:06+	01:52+	01:19+	00:27+
03:19+	03:36+	01:51+	03:31+	07:43+	01:44+	00:52+	01:21+	01:16+	01:38+	01:13+	03:09+	02:06+	01:52+	01:19+	00:27+
<b>23</b>	<b>Arild Holm</b>	<b>3486</b>	<b>37:29</b>												
02:53+	06:10+	07:48+	11:28+	19:16+	21:09+	22:08+	23:24+	24:50+	26:14+	27:31+	30:53+	33:12+	35:09+	36:50+	37:29+
02:53+	03:17+	01:38+	03:40+	07:48+	01:53+	00:59+	01:16+	01:26+	01:24+	01:17+	03:22+	02:19+	01:57+	01:41+	00:39+
02:53+	03:17+	01:38+	03:40+	07:48+	01:53+	00:59+	01:16+	01:26+	01:24+	01:17+	03:22+	02:19+	01:57+	01:41+	00:39+
<b>24</b>	<b>Ove Mæstad</b>	<b>2342</b>	<b>37:47</b>												
03:26+	06:31+	08:09+	12:12+	19:22+	21:14+	22:10+	23:22+	24:50+	25:54+	26:58+	30:04+	34:02+	36:08+	37:24+	37:47+
03:26+	03:05+	01:38+	04:03+	07:10+	01:52+	00:56+	01:12+	01:28+	01:04+	01:04+	03:06+	03:58+	02:06+	01:16+	00:23+
03:26+	03:05+	01:38+	04:03+	07:10+	01:52+	00:56+	01:12+	01:28+	01:04+	01:04+	03:06+	03:58+	02:06+	01:16+	00:23+
<b>25</b>	<b>Asbjørn Bråndland</b>	<b>879</b>	<b>37:50</b>												
02:45+	08:16+	09:51+	12:48+	19:54+	21:30+	22:28+	24:34+	25:57+	27:14+	28:47+	31:59+	34:08+	36:12+	37:28+	37:50+
02:45+	05:31+	01:35+	02:57+	07:06+	01:36+	00:58+	02:06+	01:23+	01:17+	01:33+	03:12+	02:09+	02:04+	01:16+	00:22+
02:45+	05:31+	01:35+	02:57+	07:06+	01:36+	00:58+	02:06+	01:23+	01:17+	01:33+	03:12+	02:09+	02:04+	01:16+	00:22+
<b>26</b>	<b>Ole Bakkevold</b>	<b>3517</b>	<b>38:02</b>												
02:44+	05:53+	07:34+	10:55+	18:21+	19:57+	24:06+	25:20+	26:42+	28:05+	29:09+	32:11+	34:14+	36:21+	37:45+	38:02+
02:44+	03:09+	01:41+	03:21+	07:26+	01:36+	04:09+	01:14+	01:22+	01:23+	01:04+	03:02+	02:03+	02:07+	01:24+	00:17+
02:44+	03:09+	01:41+	03:21+	07:26+	01:36+	04:09+	01:14+	01:22+	01:23+	01:04+	03:02+	02:03+	02:07+	01:24+	00:17+
<b>27</b>	<b>Ingve Vold</b>	<b>3529</b>	<b>38:54</b>												
04:00+	06:54+	08:35+	11:35+	19:24+	21:05+	22:00+	23:20+	24:33+	25:33+	26:42+	32:50+	34:35+	37:22+	38:32+	38:54+
04:00+	02:54+	01:41+	03:00+	07:49+	01:41+	00:55+	01:20+	01:13+	01:00+	01:09+	06:08+	01:45+	02:47+	01:10+	00:22+
04:00+	02:54+	01:41+	03:00+	07:49+	01:41+	00:55+	01:20+	01:13+	01:00+	01:09+	06:08+	01:45+	02:47+	01:10+	00:22+
<b>28</b>	<b>Christof Schätz</b>	<b>3598</b>	<b>39:55</b>												
02:47+	07:38+	09:10+	13:10+	21:20+	23:24+	24:27+	26:00+	27:35+	28:56+	30:13+	33:47+	36:03+	38:07+	39:28+	39:55+
02:47+	04:51+	01:32+	04:00+	08:10+	02:04+	01:03+	01:33+	01:35+	01:21+	01:17+	03:34+	02:16+	02:04+	01:21+	00:27+
02:47+	04:51+	01:32+	04:00+	08:10+	02:04+	01:03+	01:33+	01:35+	01:21+	01:17+	03:34+	02:16+	02:04+	01:21+	00:27+
<b>29</b>	<b>Raymond B Pettersen</b>	<b>722</b>	<b>41:49</b>												
02:48+	06:22+	08:02+	12:23+	21:13+	23:40+	24:47+	26:27+	27:52+	29:58+	31:05+	34:55+	37:32+	39:46+	41:24+	41:49+
02:48+	03:34+	01:40+	04:21+	08:50+	02:27+	01:07+	01:40+	01:25+	02:06+	01:07+	03:50+	02:37+	02:14+	01:38+	00:25+
02:48+	03:34+	01:40+	04:21+	08:50+	02:27+	01:07+	01:40+	01:25+	02:06+	01:07+	03:50+	02:37+	02:14+	01:38+	00:25+

## Beste strekktid for klassen

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

## Herrer 60 - 64 år

<b>1</b>	<b>Sturle Omdal</b>	<b>1683</b>	<b>24:05</b>													
01:10=	03:11=	05:03=	06:18=	07:59=	08:36=	14:27=	16:12=	16:56=	17:42=	18:32=	19:56=	21:09=	21:30=	21:46=	23:47=	24:05=
01:10=	02:01=	01:52=	01:15=	01:41=	00:37=	05:51=	01:45=	00:44=	00:46=	00:50=	01:24=	01:13=	00:21=	00:16=	02:01=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse														Tid			
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## Herrer 60 - 64 år

<b>2</b>	<b>Morten Johannessen</b>	<b>793</b>	<b>25:23</b>														
01:18+	03:07-	05:06+	06:41+	08:05+	08:48+	09:23-	11:26-	17:06+	17:48+	18:36+	19:42-	21:08-	22:16+	22:39+	22:57-	25:01+	25:23+
01:18+	01:49-	01:59+	01:35+	01:24-	00:43+	00:35-	06:03+	01:40+	00:42-	00:48-	01:06-	01:26+	01:08+	00:23+	00:18-	02:04+	00:22+
00:08#	00:12-	00:07+	00:20#	00:17-	00:06#	05:16-	04:18#	00:56#	00:04-	00:02-	00:18-	00:13#	00:47#	00:07#	01:43-	01:46#	00:22+
<b>3</b>	<b>Inge Løland</b>	<b>1119</b>	<b>25:51</b>														
01:10+	03:32+	05:09+	06:32+	08:53+	09:37+	15:38+	17:21+	18:04+	18:48+	19:41+	21:17+	22:33+	22:52+	23:09+	25:28+	25:51+	
01:10+	02:22+	01:37+	01:23+	02:21+	00:44+	06:01+	01:43+	00:43+	00:44+	00:53+	01:36+	01:16+	00:19+	00:17+	02:19+	00:23+	
01:10+	02:22+	01:37+	01:23+	02:21+	00:44+	06:01+	01:43+	00:43+	00:44+	00:53+	01:36+	01:16+	00:19+	00:17+	02:19+	00:23+	
<b>4</b>	<b>Knut Feldmann</b>	<b>882</b>	<b>26:39</b>														
01:25+	03:50+	05:25+	06:50+	08:43+	09:25+	15:58+	18:03+	18:58+	19:46+	20:43+	22:16+	23:30+	23:52+	24:08+	26:20+	26:39+	
01:25+	02:25+	01:35+	01:25+	01:53+	00:42+	06:33+	02:05+	00:55+	00:48+	00:57+	01:33+	01:14+	00:22+	00:16+	02:12+	00:19+	
01:25+	02:25+	01:35+	01:25+	01:53+	00:42+	06:33+	02:05+	00:55+	00:48+	00:57+	01:33+	01:14+	00:22+	00:16+	02:12+	00:19+	
<b>5</b>	<b>Håvard Håland</b>	<b>3507</b>	<b>26:55</b>														
01:08+	03:26+	05:46+	07:24+	09:28+	10:12+	16:23+	18:18+	19:13+	20:05+	21:00+	22:35+	23:46+	24:06+	24:25+	26:30+	26:55+	
01:08+	02:18+	02:20+	01:38+	02:04+	00:44+	06:11+	01:55+	00:55+	00:52+	00:55+	01:35+	01:11+	00:20+	00:19+	02:05+	00:25+	
01:08+	02:18+	02:20+	01:38+	02:04+	00:44+	06:11+	01:55+	00:55+	00:52+	00:55+	01:35+	01:11+	00:20+	00:19+	02:05+	00:25+	
<b>6</b>	<b>Harald Syse</b>	<b>1884</b>	<b>27:48</b>														
01:35+	05:06+	07:18+	08:43+	10:33+	11:39+	17:13+	19:13+	19:57+	20:57+	21:58+	23:25+	24:51+	25:22+	25:35+	27:27+	27:48+	
01:35+	03:31+	02:12+	01:25+	01:50+	01:06+	05:34+	02:00+	00:44+	01:00+	01:01+	01:27+	01:26+	00:31+	00:13+	01:52+	00:21+	
01:35+	03:31+	02:12+	01:25+	01:50+	01:06+	05:34+	02:00+	00:44+	01:00+	01:01+	01:27+	01:26+	00:31+	00:13+	01:52+	00:21+	
<b>7</b>	<b>Arnfinn Rømuld</b>	<b>1683</b>	<b>28:46</b>														
01:11+	03:38+	06:20+	08:02+	09:44+	10:26+	16:27+	18:43+	19:26+	20:13+	21:11+	22:47+	24:05+	24:25+	25:46+	26:02+	28:24+	28:46+
01:11+	02:27+	02:42+	01:42+	01:42+	00:42+	06:01+	02:16+	00:43+	00:47+	00:58+	01:36+	01:18+	00:20+	01:21+	00:16+	02:22+	00:22+
01:11+	02:27+	02:42+	01:42+	01:42+	00:42+	06:01+	02:16+	00:43+	00:47+	00:58+	01:36+	01:18+	00:20+	01:21+	00:16+	02:22+	00:22+
<b>8</b>	<b>Tor Inge Halvorsen</b>	<b>880</b>	<b>28:51</b>														
01:11+	03:39+	05:31+	07:04+	09:49+	10:35+	17:15+	19:27+	20:13+	20:58+	22:01+	23:46+	25:10+	25:33+	25:52+	28:28+	28:51+	
01:11+	02:28+	01:52+	01:33+	02:45+	00:46+	06:40+	02:12+	00:46+	00:45+	01:03+	01:45+	01:24+	00:23+	00:19+	02:36+	00:23+	
01:11+	02:28+	01:52+	01:33+	02:45+	00:46+	06:40+	02:12+	00:46+	00:45+	01:03+	01:45+	01:24+	00:23+	00:19+	02:36+	00:23+	
<b>9</b>	<b>Magnar Mathias Møller</b>	<b>769</b>	<b>29:27</b>														
01:26+	04:00+	05:47+	07:25+	09:24+	10:09+	17:40+	19:53+	20:36+	21:48+	22:53+	24:39+	26:04+	26:28+	26:43+	29:04+	29:27+	
01:26+	02:34+	01:47+	01:38+	01:59+	00:45+	07:31+	02:13+	00:43+	01:12+	01:05+	01:46+	01:25+	00:24+	00:15+	02:21+	00:23+	
01:26+	02:34+	01:47+	01:38+	01:59+	00:45+	07:31+	02:13+	00:43+	01:12+	01:05+	01:46+	01:25+	00:24+	00:15+	02:21+	00:23+	
<b>10</b>	<b>Ivar Knutsen</b>	<b>1683</b>	<b>31:08</b>														
01:27+	05:52+	07:44+	10:00+	12:00+	12:51+	19:36+	21:26+	22:22+	23:58+	24:56+	26:29+	27:45+	28:07+	28:29+	30:43+	31:08+	
01:27+	04:25+	01:52+	02:16+	02:00+	00:51+	06:45+	01:50+	00:56+	01:36+	00:58+	01:33+	01:16+	00:22+	00:22+	02:14+	00:25+	
01:27+	04:25+	01:52+	02:16+	02:00+	00:51+	06:45+	01:50+	00:56+	01:36+	00:58+	01:33+	01:16+	00:22+	00:22+	02:14+	00:25+	
<b>11</b>	<b>Inge Skretting</b>	<b>1384</b>	<b>31:42</b>														
01:52+	04:33+	06:31+	08:19+	10:35+	11:34+	19:22+	21:38+	22:34+	23:30+	24:37+	26:36+	28:02+	28:27+	28:45+	31:19+	31:42+	
01:52+	02:41+	01:58+	01:48+	02:16+	00:59+	07:48+	02:16+	00:56+	00:56+	01:07+	01:59+	01:26+	00:25+	00:18+	02:34+	00:23+	
01:52+	02:41+	01:58+	01:48+	02:16+	00:59+	07:48+	02:16+	00:56+	00:56+	01:07+	01:59+	01:26+	00:25+	00:18+	02:34+	00:23+	
<b>12</b>	<b>Stein Sigbjørnsen</b>	<b>882</b>	<b>32:09</b>														
01:10+	04:38+	06:38+	08:15+	10:35+	11:50+	19:42+	22:07+	23:00+	23:50+	25:10+	27:23+	28:40+	29:00+	29:20+	31:44+	32:09+	
01:10+	03:28+	02:00+	01:37+	02:20+	01:15+	07:52+	02:25+	00:53+	00:50+	01:20+	02:13+	01:17+	00:20+	00:20+	02:24+	00:25+	
01:10+	03:28+	02:00+	01:37+	02:20+	01:15+	07:52+	02:25+	00:53+	00:50+	01:20+	02:13+	01:17+	00:20+	00:20+	02:24+	00:25+	
<b>13</b>	<b>Kjell Ove Aksland</b>	<b>882</b>	<b>32:51</b>														
01:10+	04:55+	08:24+	10:19+	12:35+	13:20+	20:30+	22:54+	23:45+	24:41+	26:14+	27:49+	29:21+	29:40+	30:07+	32:26+	32:51+	
01:10+	03:45+	03:29+	01:55+	02:16+	00:45+	07:10+	02:24+	00:51+	00:56+	01:33+	01:35+	01:32+	00:19+	00:27+	02:19+	00:25+	
01:10+	03:45+	03:29+	01:55+	02:16+	00:45+	07:10+	02:24+	00:51+	00:56+	01:33+	01:35+	01:32+	00:19+	00:27+	02:19+	00:25+	
<b>14</b>	<b>Sveinung Svebestad</b>	<b>878</b>	<b>33:25</b>														
01:26+	03:55+	06:29+	08:28+	11:03+	11:50+	19:47+	22:15+	23:08+	24:08+	25:27+	27:24+	29:02+	29:36+	29:57+	32:56+	33:25+	
01:26+	02:29+	02:34+	01:59+	02:35+	00:47+	07:57+	02:28+	00:53+	01:00+	01:19+	01:57+	01:38+	00:34+	00:21+	02:59+	00:29+	
01:26+	02:29+	02:34+	01:59+	02:35+	00:47+	07:57+	02:28+	00:53+	01:00+	01:19+	01:57+	01:38+	00:34+	00:21+	02:59+	00:29+	
<b>15</b>	<b>John Carsten Sinnes</b>	<b>1884</b>	<b>35:28</b>														
01:34+	06:35+	08:31+	10:11+	12:24+	13:07+	20:07+	24:15+	25:15+	26:29+	27:47+	30:27+	31:49+	32:13+	32:33+	35:04+	35:28+	
01:34+	05:01+	01:56+	01:40+	02:13+	00:43+	07:00+	04:08+	01:00+	01:14+	01:18+	02:40+	01:22+	00:24+	00:20+	02:31+	00:24+	
01:34+	05:01+	01:56+	01:40+	02:13+	00:43+	07:00+	04:08+	01:00+	01:14+	01:18+	02:40+	01:22+	00:24+	00:20+	02:31+	00:24+	

## Herrer 60 - 64 år

<b>16</b>	<b>Kjell Seland</b>	<b>3547</b>	<b>35:50</b>														
01:31+	04:06+	11:20+	13:43+	15:11+	16:00+	16:40+	24:19+	26:15+	26:56+	27:49+	28:51+	30:46+	32:10+	32:34+	32:52+	35:28+	35:50+
01:31+	02:35+	07:14+	02:23+	01:28+	00:49+	00:40+	07:39+	01:56+	00:41+	00:53+	01:02+	01:55+	01:24+	00:24+	00:18+	02:36+	00:22+
01:31+	02:35+	07:14+	02:23+	01:28+	00:49+	00:40+	07:39+	01:56+	00:41+	00:53+	01:02+	01:55+	01:24+	00:24+	00:18+	02:36+	00:22+
<b>17</b>	<b>Per Kolbein Tonstad</b>	<b>3507</b>	<b>40:03</b>														
01:54+	06:13+	09:49+	11:53+	15:33+	16:31+	25:43+	28:36+	29:34+	30:46+	32:10+	34:16+	35:55+	36:19+	36:52+	39:35+	40:03+	
01:54+	04:19+	03:36+	02:04+	03:40+	00:58+	09:12+	02:53+	00:58+	01:12+	01:24+	02:06+	01:39+	00:24+	00:33+	02:43+	00:28+	
01:54+	04:19+	03:36+	02:04+	03:40+	00:58+	09:12+	02:53+	00:58+	01:12+	01:24+	02:06+	01:39+	00:24+	00:33+	02:43+	00:28+	

### 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>25:33</b>														
01:04=	03:25=	04:53=	06:10=	10:21=	10:54=	16:24=	17:58=	18:36=	19:16=	20:19=	21:35=	22:48=	23:05=	23:21=	25:10=	25:33=	
01:04=	02:21=	01:28=	01:17=	04:11=	00:33=	05:30=	01:34=	00:38=	00:40=	01:03=	01:16=	01:13=	00:17=	00:16=	01:49=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Tor Geir Espedal</b>	<b>3530</b>	<b>29:23</b>														
01:27+	03:45+	05:44+	07:25+	09:29+	10:11-	17:19+	19:46+	20:35+	21:29+	22:34+	24:22+	25:48+	26:10+	26:29+	29:03+	29:23+	
01:27+	02:18-	01:59+	01:41+	02:04-	00:42+	07:08+	02:27+	00:49+	00:54+	01:05+	01:48+	01:26+	00:22+	00:19+	02:34+	00:20-	
00:23&	00:03-	00:31&	00:24&	02:07-	00:09&	01:38&	00:53&	00:11&	00:14&	00:02+	00:32&	00:13#	00:05&	00:03#	00:45&	00:03-	
<b>3</b>	<b>Kjell Dale</b>	<b>1884</b>	<b>29:53</b>														
01:23+	03:33+	06:11+	07:47+	09:57-	10:41-	17:54+	20:04+	21:00+	21:54+	22:56+	24:45+	26:07+	26:29+	26:49+	29:25+	29:53+	
01:23+	02:10-	02:38+	01:36+	02:10-	00:44+	07:13+	02:10+	00:56+	00:54+	01:02-	01:49+	01:22+	00:22+	00:20+	02:36+	00:28+	
00:19&	00:11-	01:10&	00:19#	02:01-	00:11&	01:43&	00:36&	00:18&	00:14&	00:01-	00:33&	00:09#	00:05&	00:04#	00:47&	00:05#	
<b>4</b>	<b>Kjell Skjæveland</b>	<b>3515</b>	<b>32:03</b>														
01:23+	03:33+	05:41+	07:12+	09:15-	09:55-	16:20-	21:16+	22:02+	22:49+	23:57+	25:28+	26:44+	27:06+	29:29+	31:40+	32:03+	
01:23+	02:10-	02:08+	01:31+	02:03-	00:40+	06:25+	04:56+	00:46+	00:47+	01:08+	01:31+	01:16+	00:22+	02:23+	02:11+	00:23=	
00:19&	00:11-	00:40&	00:14#	02:08-	00:07#	00:55#	03:22@	00:08#	00:07#	00:05+	00:15#	00:03+	00:05&	02:07@	00:22#	00:00=	
<b>5</b>	<b>Olav Tunheim</b>	<b>1884</b>	<b>32:41</b>														
01:22+	04:21+	07:06+	09:13+	11:46+	12:33+	20:04+	22:49+	23:45+	24:47+	25:46+	27:37+	29:05+	29:27+	29:51+	32:20+	32:41+	
01:22+	02:59+	02:45+	02:07+	02:33-	00:47+	07:31+	02:45+	00:56+	01:02+	00:59-	01:51+	01:28+	00:22+	00:24+	02:29+	00:21-	
00:18&	00:38&	01:17&	00:50&	01:38-	00:14&	02:01&	01:11&	00:18&	00:22&	00:04-	00:35&	00:15#	00:05&	00:08&	00:40&	00:02-	
<b>6</b>	<b>Arnstein Skretting</b>	<b>3529</b>	<b>34:42</b>														
01:37+	04:59+	07:43+	09:41+	11:35+	12:29+	21:02+	23:52+	24:50+	25:47+	27:04+	29:05+	30:32+	30:56+	31:22+	34:14+	34:42+	
01:37+	03:22+	02:44+	01:58+	01:54-	00:54+	08:33+	02:50+	00:58+	00:57+	01:17+	02:01+	01:27+	00:24+	00:26+	02:52+	00:28+	
00:33&	01:01&	01:16&	00:41&	02:17-	00:21&	03:03&	01:16&	00:20&	00:17&	00:14#	00:45&	00:14#	00:07&	00:10&	01:03&	00:05#	
<b>7</b>	<b>Bjørn Sivertsen</b>	<b>1332</b>	<b>34:58</b>														
01:35+	04:34+	07:47+	09:55+	11:55+	12:42+	22:21+	24:45+	25:39+	26:32+	27:38+	29:33+	31:07+	31:31+	31:52+	34:28+	34:58+	
01:35+	02:59+	03:13+	02:08+	02:00-	00:47+	09:39+	02:24+	00:54+	00:53+	01:06+	01:55+	01:34+	00:24+	00:21+	02:36+	00:30+	
00:31&	00:38&	01:45@	00:51&	02:11-	00:14&	04:09&	00:50&	00:16&	00:13&	00:03+	00:39&	00:21&	00:07&	00:05&	00:47&	00:07&	
<b>8</b>	<b>Jan Arendal</b>	<b>1683</b>	<b>36:08</b>														
01:42+	05:03+	07:55+	09:52+	12:48+	13:41+	22:39+	24:49+	25:48+	26:59+	28:12+	30:16+	31:53+	32:24+	32:48+	35:38+	36:08+	
01:42+	03:21+	02:52+	01:57+	02:56-	00:53+	08:58+	02:10+	00:59+	01:11+	01:13+	02:04+	01:37+	00:31+	00:24+	02:50+	00:30+	
00:38&	01:00&	01:24&	00:40&	01:15-	00:20&	03:28&	00:36&	00:21&	00:31&	00:10#	00:48&	00:24&	00:14&	00:08&	01:01&	00:07&	
<b>9</b>	<b>Tore Karlsen</b>	<b>722</b>	<b>37:24</b>														
01:38+	05:12+	07:19+	09:22+	12:18+	13:06+	22:10+	26:05+	26:59+	27:53+	29:13+	31:25+	33:04+	33:32+	34:02+	36:57+	37:24+	
01:38+	03:34+	02:07+	02:03+	02:56-	00:48+	09:04+	03:55+	00:54+	00:54+	01:20+	02:12+	01:39+	00:28+	00:30+	02:55+	00:27+	
00:34&	01:13&	00:39&	00:46&	01:15-	00:15&	03:34&	02:21@	00:16&	00:14&	00:17&	00:56&	00:26&	00:11&	00:14&	01:06&	00:04#	
<b>10</b>	<b>Kjell Lervik</b>	<b>3598</b>	<b>38:28</b>														
01:49+	05:30+	08:37+	10:58+	13:48+	14:49+	23:30+	26:14+	27:25+	28:38+	30:21+	32:15+	33:55+	34:22+	34:47+	38:02+	38:28+	
01:49+	03:41+	03:07+	02:21+	02:50-	01:01+	08:41+	02:44+	01:11+	01:13+	01:43+	01:54+	01:40+	00:27+	00:25+	03:15+	00:26+	
00:45&	01:20&	01:39@	01:04&	01:21-	00:28&	03:11&	01:10&	00:33&	00:33&	00:40&	00:38&	00:27&	00:10&	00:09&	01:26&	00:03#	

Class	Navn	Klasse	Tid
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## Herrer 65 - 69 år

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

### 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>23:07</b>													
01:19=	03:07=	05:03=	06:20=	08:27=	08:59=	14:11=	15:50=	16:25=	17:05=	17:48=	19:08=	20:19=	20:38=	20:54=	22:47=	23:07=
01:19=	01:48=	01:56=	01:17=	02:07=	00:32=	05:12=	01:39=	00:35=	00:40=	00:43=	01:20=	01:11=	00:19=	00:16=	01:53=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bjørn Martin Alsaker</b>	<b>3530</b>	<b>23:48</b>													
01:07-	03:09+	04:45-	06:06-	07:52-	08:31-	14:31+	16:12+	16:51+	17:34+	18:24+	19:51+	20:57+	21:14+	21:29+	23:30+	23:48+
01:07-	02:02+	01:36-	01:21+	01:46-	00:39+	06:00+	01:41+	00:39+	00:43+	00:50+	01:27+	01:06-	00:17-	00:15-	02:01+	00:18-
00:12-	00:14#	00:20-	00:04+	00:21-	00:07#	00:48#	00:02+	00:04#	00:03+	00:07#	00:07+	00:05-	00:02-	00:01-	00:08+	00:02-
<b>3</b>	<b>Harry Breiland</b>	<b>3507</b>	<b>25:46</b>													
02:16+	04:27+	05:59+	07:26+	09:07+	09:45+	15:37+	17:22+	18:03+	18:49+	19:42+	21:14+	22:28+	22:47+	23:20+	25:25+	25:46+
02:16+	02:11+	01:32-	01:27+	01:41-	00:38+	05:52+	01:45+	00:41+	00:46+	00:53+	01:32+	01:14+	00:19+	00:33+	02:05+	00:21+
00:57&	00:23#	00:24-	00:10#	00:26-	00:06#	00:40#	00:06+	00:06#	00:06#	00:10#	00:12#	00:03+	00:00=	00:17@	00:12#	00:01+
<b>4</b>	<b>Svein Berge</b>	<b>643</b>	<b>28:31</b>													
01:04-	03:50+	06:22+	07:51+	09:35+	10:22+	18:19+	20:11+	21:11+	21:55+	22:47+	24:18+	25:30+	25:50+	26:07+	28:13+	28:31+
01:04-	02:46+	02:32+	01:29+	01:44-	00:47+	07:57+	01:52+	01:00+	00:44+	00:52+	01:31+	01:12+	00:20+	00:17+	02:06+	00:18-
00:15-	00:58&	00:36&	00:12#	00:23-	00:15&	02:45&	00:13#	00:25&	00:04#	00:09#	00:11#	00:01+	00:01+	00:01+	00:13#	00:02-
<b>5</b>	<b>Bjarne Gimre</b>	<b>1830</b>	<b>33:01</b>													
01:52+	04:49+	06:49+	09:03+	11:29+	12:21+	20:22+	22:41+	23:37+	24:37+	25:50+	27:48+	29:21+	29:44+	30:04+	32:39+	33:01+
01:52+	02:57+	02:00+	02:14+	02:26+	00:52+	08:01+	02:19+	00:56+	01:00+	01:13+	01:58+	01:33+	00:23+	00:20+	02:35+	00:22+
00:33&	01:09&	00:04+	00:57&	00:19#	00:20&	02:49&	00:40&	00:21&	00:20&	00:30&	00:38&	00:22&	00:04#	00:04#	00:42&	00:02#
<b>6</b>	<b>Tore Romon Tvedt</b>	<b>3518</b>	<b>34:51</b>													
01:42+	04:35+	07:04+	09:02+	11:26+	12:16+	19:54+	22:20+	23:20+	24:16+	25:24+	27:16+	28:45+	30:43+	31:07+	34:22+	34:51+
01:42+	02:53+	02:29+	01:58+	02:24+	00:50+	07:38+	02:26+	01:00+	00:56+	01:08+	01:52+	01:29+	01:58+	00:24+	03:15+	00:29+
00:23&	01:05&	00:33&	00:41&	00:17#	00:18&	02:26&	00:47&	00:25&	00:16&	00:25&	00:32&	00:18&	01:39@	00:08&	01:22&	00:09&
<b>7</b>	<b>Kjell Ivar Skjørestad</b>	<b>892</b>	<b>35:02</b>													
01:37+	04:40+	07:52+	09:44+	11:51+	12:44+	19:52+	24:45+	25:39+	26:38+	28:00+	29:43+	31:10+	31:39+	32:05+	34:39+	35:02+
01:37+	03:03+	03:12+	01:52+	02:07=	00:53+	07:08+	04:53+	00:54+	00:59+	01:22+	01:43+	01:27+	00:29+	00:26+	02:34+	00:23+
00:18#	01:15&	01:16&	00:35&	00:00=	00:21&	01:56&	03:14@	00:19&	00:19&	00:39&	00:23&	00:16#	00:10&	00:10&	00:41&	00:03#
<b>8</b>	<b>Bjørn Bjelland</b>	<b>3541</b>	<b>35:13</b>													
01:34+	05:20+	07:31+	09:32+	11:37+	12:50+	20:57+	23:19+	24:23+	25:23+	27:05+	29:09+	30:34+	31:52+	32:11+	34:50+	35:13+
01:34+	03:46+	02:11+	02:01+	02:05-	01:13+	08:07+	02:22+	01:04+	01:00+	01:42+	02:04+	01:25+	01:18+	00:19+	02:39+	00:23+
00:15#	01:58@	00:15#	00:44&	00:02-	00:41@	02:55&	00:43&	00:29&	00:20&	00:59@	00:44&	00:14#	00:59@	00:03#	00:46&	00:03#

## Herrer 70 - 74 år

<b>9</b>	<b>Jan Inge Lunde</b>	<b>1830</b>	<b>35:14</b>													
01:47+	05:11+	08:00+	09:59+	12:16+	13:10+	20:41+	23:09+	24:05+	25:02+	26:07+	28:04+	29:35+	31:39+	31:57+	34:47+	35:14+
01:47+	03:24+	02:49+	01:59+	02:17+	00:54+	07:31+	02:28+	00:56+	00:57+	01:05+	01:57+	01:31+	02:04+	00:18+	02:50+	00:27+
00:28&	01:36&	00:53&	00:42&	00:10+	00:22&	02:19&	00:49&	00:21&	00:17&	00:22&	00:37&	00:20&	01:450	00:02#	00:57&	00:07&
<b>10</b>	<b>Svein Ims</b>	<b>903</b>	<b>35:47</b>													
01:36+	04:45+	06:48+	08:42+	12:29+	13:16+	20:34+	22:54+	23:50+	24:48+	26:10+	28:59+	31:35+	32:02+	32:29+	35:23+	35:47+
01:36+	03:09+	02:03+	01:54+	03:47+	00:47+	07:18+	02:20+	00:56+	00:58+	01:22+	02:49+	02:36+	00:27+	00:27+	02:54+	00:24+
01:36+	03:09+	02:03+	01:54+	03:47+	00:47+	07:18+	02:20+	00:56+	00:58+	01:22+	02:49+	02:36+	00:27+	00:27+	02:54+	00:24+
<b>11</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>3502</b>	<b>35:49</b>													
01:42+	04:46+	07:03+	09:12+	11:13+	12:07+	22:23+	24:47+	25:38+	26:38+	27:58+	30:03+	31:46+	32:09+	32:28+	35:23+	35:49+
01:42+	03:04+	02:17+	02:09+	02:01+	00:54+	10:16+	02:24+	00:51+	01:00+	01:20+	02:05+	01:43+	00:23+	00:19+	02:55+	00:26+
01:42+	03:04+	02:17+	02:09+	02:01+	00:54+	10:16+	02:24+	00:51+	01:00+	01:20+	02:05+	01:43+	00:23+	00:19+	02:55+	00:26+
<b>12</b>	<b>Rune Inge Olsen</b>	<b>1884</b>	<b>38:43</b>													
01:40+	04:50+	07:22+	09:34+	12:22+	13:17+	22:37+	27:20+	28:20+	29:24+	30:42+	32:50+	34:24+	34:53+	35:21+	38:13+	38:43+
01:40+	03:10+	02:32+	02:12+	02:48+	00:55+	09:20+	04:43+	01:00+	01:04+	01:18+	02:08+	01:34+	00:29+	00:28+	02:52+	00:30+
01:40+	03:10+	02:32+	02:12+	02:48+	00:55+	09:20+	04:43+	01:00+	01:04+	01:18+	02:08+	01:34+	00:29+	00:28+	02:52+	00:30+
<b>13</b>	<b>Bjørn Tore Aase</b>	<b>3502</b>	<b>40:00</b>													
01:58+	05:48+	08:54+	11:10+	13:45+	14:58+	25:02+	27:35+	28:58+	30:07+	31:21+	33:38+	35:25+	35:57+	36:26+	39:30+	40:00+
01:58+	03:50+	03:06+	02:16+	02:35+	01:13+	10:04+	02:53+	01:03+	01:09+	01:14+	02:17+	01:47+	00:32+	00:29+	03:04+	00:30+
01:58+	03:50+	03:06+	02:16+	02:35+	01:13+	10:04+	02:53+	01:03+	01:09+	01:14+	02:17+	01:47+	00:32+	00:29+	03:04+	00:30+
<b>14</b>	<b>Arne Magne Handeland</b>	<b>892</b>	<b>44:36</b>													
01:39+	04:33+	16:46+	18:50+	21:43+	22:32+	30:52+	33:26+	34:15+	35:27+	36:58+	38:57+	40:29+	41:01+	41:26+	44:11+	44:36+
01:39+	02:54+	12:13+	02:04+	02:53+	00:49+	08:20+	02:34+	00:49+	01:12+	01:31+	01:59+	01:32+	00:32+	00:25+	02:45+	00:25+
01:39+	02:54+	12:13+	02:04+	02:53+	00:49+	08:20+	02:34+	00:49+	01:12+	01:31+	01:59+	01:32+	00:32+	00:25+	02:45+	00:25+
<b>15</b>	<b>Sverre Uhlving</b>	<b>722</b>	<b>48:40</b>													
01:49+	05:51+	09:35+	12:39+	16:38+	17:41+	29:24+	33:57+	35:20+	37:01+	38:33+	41:12+	43:42+	44:06+	44:32+	48:12+	48:40+
01:49+	04:02+	03:44+	03:04+	03:59+	01:03+	11:43+	04:33+	01:23+	01:41+	01:32+	02:39+	02:30+	00:24+	00:26+	03:40+	00:28+
01:49+	04:02+	03:44+	03:04+	03:59+	01:03+	11:43+	04:33+	01:23+	01:41+	01:32+	02:39+	02:30+	00:24+	00:26+	03:40+	00:28+

### 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>27:46</b>												
02:33=	04:06=	05:28=	07:37=	08:59=	10:24=	12:59=	14:31=	17:30=	19:50=	21:32=	22:45=	24:22=	25:47=	27:21=	27:46=
02:33=	01:33=	01:22=	02:09=	01:22=	01:25=	02:35=	01:32=	02:59=	02:20=	01:42=	01:13=	01:37=	01:25=	01:34=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Olav Dag Borgersen</b>	<b>3536</b>	<b>28:55</b>												
03:03+	04:50+	06:13+	08:23+	10:03+	11:28+	14:11+	15:45+	17:37+	20:07+	21:59+	23:10+	25:32+	27:02+	28:33+	28:55+
03:03+	01:47+	01:23+	02:10+	01:40+	01:25=	02:43+	01:34+	01:52-	02:30+	01:52+	01:11-	02:22+	01:30+	01:31-	00:22-
00:30#	00:14#	00:01+	00:01+	00:18#	00:00=	00:08+	00:02+	01:07-	00:10+	00:10+	00:02-	00:45&	00:05+	00:03-	00:03-
<b>3</b>	<b>Hans Klausen</b>	<b>769</b>	<b>29:47</b>												
03:38+	05:20+	06:53+	09:09+	10:50+	12:11+	14:55+	16:36+	18:33+	21:11+	23:08+	24:38+	26:05+	27:43+	29:25+	29:47+
03:38+	01:42+	01:33+	02:16+	01:41+	01:21-	02:44+	01:41+	01:57-	02:38+	01:57+	01:30+	01:27-	01:38+	01:42+	00:22-
01:05&	00:09+	00:11#	00:07+	00:19#	00:04-	00:09+	00:09+	01:02-	00:18#	00:15#	00:17#	00:10-	00:13#	00:08+	00:03-
<b>4</b>	<b>Paul Andreas Paulsen</b>	<b>896</b>	<b>30:07</b>												
02:58+	04:38+	06:12+	08:30+	10:11+	12:02+	14:31+	16:06+	18:14+	20:53+	23:15+	24:33+	26:04+	27:39+	29:44+	30:07+
02:58+	01:40+	01:34+	02:18+	01:41+	01:51+	02:29-	01:35+	02:08-	02:39+	02:22+	01:18+	01:31-	01:35+	02:05+	00:23-
00:25#	00:07+	00:12#	00:09+	00:19#	00:26&	00:06-	00:03+	00:51-	00:19#	00:40&	00:05+	00:06-	00:10#	00:31&	00:02-
<b>5</b>	<b>Øyvind Egeskog</b>	<b>880</b>	<b>31:37</b>												
03:17+	05:17+	06:45+	09:10+	11:05+	12:49+	15:41+	17:32+	19:41+	22:23+	24:26+	25:57+	27:37+	29:21+	31:10+	31:37+
03:17+	02:00+	01:28+	02:25+	01:55+	01:44+	02:52+	01:51+	02:09-	02:42+	02:03+	01:31+	01:40+	01:44+	01:49+	00:27+
00:44&	00:27&	00:06+	00:16#	00:33&	00:19#	00:17#	00:19#	00:50-	00:22#	00:21#	00:18#	00:03+	00:19#	00:15#	00:02+

## Herrer 75 - 79 år

<b>6</b>	<b>Finn-Morten Årstad</b>	<b>3530</b>	<b>31:40</b>												
03:20+	05:17+	07:02+	09:32+	12:24+	14:31+	17:08+	18:49+	20:51+	23:22+	25:16+	26:35+	28:13+	29:50+	31:18+	31:40+
03:20+	01:57+	01:45+	02:30+	02:52+	02:07+	02:37+	01:41+	02:02-	02:31+	01:54+	01:19+	01:38+	01:37+	01:28-	00:22-
00:47&	00:24&	00:23&	00:21#	01:30#	00:42&	00:02+	00:09+	00:57-	00:11+	00:12#	00:06+	00:01+	00:12#	00:06-	00:03-
<b>7</b>	<b>Geir Husdal</b>	<b>1884</b>	<b>32:02</b>												
03:29+	05:29+	07:01+	09:20+	11:01+	12:26+	15:11+	17:09+	19:10+	22:04+	24:11+	25:46+	27:58+	29:54+	31:38+	32:02+
03:29+	02:00+	01:32+	02:19+	01:41+	01:25+	02:45+	01:58+	02:01+	02:54+	02:07+	01:35+	02:12+	01:56+	01:44+	00:24+
03:29+	02:00+	01:32+	02:19+	01:41+	01:25+	02:45+	01:58+	02:01+	02:54+	02:07+	01:35+	02:12+	01:56+	01:44+	00:24+
<b>8</b>	<b>Knut Skjæveland</b>	<b>1884</b>	<b>32:28</b>												
04:17+	05:58+	07:21+	09:36+	11:30+	12:59+	15:41+	17:19+	19:19+	22:59+	24:56+	27:02+	28:36+	30:16+	31:59+	32:28+
04:17+	01:41+	01:23+	02:15+	01:54+	01:29+	02:42+	01:38+	02:00+	03:40+	01:57+	02:06+	01:34+	01:40+	01:43+	00:29+
04:17+	01:41+	01:23+	02:15+	01:54+	01:29+	02:42+	01:38+	02:00+	03:40+	01:57+	02:06+	01:34+	01:40+	01:43+	00:29+
<b>9</b>	<b>Ingjald Egeland</b>	<b>793</b>	<b>34:14</b>												
05:08+	06:53+	08:16+	10:35+	12:36+	14:05+	16:48+	18:27+	20:27+	24:07+	26:06+	27:28+	30:26+	32:06+	33:47+	34:14+
05:08+	01:45+	01:23+	02:19+	02:01+	01:29+	02:42+	01:39+	02:00+	03:40+	01:59+	01:22+	02:58+	01:40+	01:41+	00:27+
05:08+	01:45+	01:23+	02:19+	02:01+	01:29+	02:43+	01:39+	02:00+	03:40+	01:59+	01:22+	02:58+	01:40+	01:41+	00:27+
<b>10</b>	<b>Kjell Svihus</b>	<b>892</b>	<b>34:25</b>												
03:32+	06:01+	07:37+	10:38+	12:36+	14:28+	17:46+	19:29+	21:50+	24:49+	27:02+	28:22+	30:14+	32:07+	33:57+	34:25+
03:32+	02:29+	01:36+	03:01+	01:58+	01:52+	03:18+	01:43+	02:21+	02:59+	02:13+	01:20+	01:52+	01:53+	01:50+	00:28+
03:32+	02:29+	01:36+	03:01+	01:58+	01:52+	03:18+	01:43+	02:21+	02:59+	02:13+	01:20+	01:52+	01:53+	01:50+	00:28+
<b>11</b>	<b>Arne Østensen</b>	<b>3518</b>	<b>36:45</b>												
02:47+	04:26+	06:06+	08:12+	09:54+	11:36+	20:34+	24:10+	26:08+	28:32+	30:19+	31:35+	33:17+	34:43+	36:22+	36:45+
02:47+	01:39+	01:40+	02:06+	01:42+	01:42+	08:58+	03:36+	01:58+	02:24+	01:47+	01:16+	01:42+	01:26+	01:39+	00:23+
02:47+	01:39+	01:40+	02:06+	01:42+	01:42+	08:58+	03:36+	01:58+	02:24+	01:47+	01:16+	01:42+	01:26+	01:39+	00:23+
<b>12</b>	<b>Steinar Undheim</b>	<b>3529</b>	<b>36:55</b>												
03:33+	05:26+	08:33+	11:06+	12:46+	16:07+	19:33+	21:15+	24:48+	27:46+	30:02+	31:25+	33:15+	34:57+	36:30+	36:55+
03:33+	01:53+	03:07+	02:33+	01:40+	03:21+	03:26+	01:42+	03:33+	02:58+	02:16+	01:23+	01:50+	01:42+	01:33+	00:25+
03:33+	01:53+	03:07+	02:33+	01:40+	03:21+	03:26+	01:42+	03:33+	02:58+	02:16+	01:23+	01:50+	01:42+	01:33+	00:25+
<b>13</b>	<b>Jostein Tunheim</b>	<b>1683</b>	<b>37:29</b>												
07:00+	08:30+	09:57+	12:01+	13:26+	17:06+	20:46+	22:23+	24:19+	26:59+	29:18+	32:40+	34:11+	35:37+	37:07+	37:29+
07:00+	01:30+	01:27+	02:04+	01:25+	03:40+	03:40+	01:37+	01:56+	02:40+	02:19+	03:22+	01:31+	01:26+	01:30+	00:22+
07:00+	01:30+	01:27+	02:04+	01:25+	03:40+	03:40+	01:37+	01:56+	02:40+	02:19+	03:22+	01:31+	01:26+	01:30+	00:22+
<b>14</b>	<b>Norvald Skretting</b>	<b>1832</b>	<b>39:45</b>												
03:41+	05:33+	07:04+	09:22+	11:16+	12:55+	19:44+	21:28+	23:30+	28:04+	30:24+	31:55+	35:38+	37:22+	39:15+	39:45+
03:41+	01:52+	01:31+	02:18+	01:54+	01:39+	06:49+	01:44+	02:02+	04:34+	02:20+	01:31+	03:43+	01:44+	01:53+	00:30+
03:41+	01:52+	01:31+	02:18+	01:54+	01:39+	06:49+	01:44+	02:02+	04:34+	02:20+	01:31+	03:43+	01:44+	01:53+	00:30+
<b>15</b>	<b>Svein Glendrange</b>	<b>874</b>	<b>41:09</b>												
04:10+	05:53+	07:34+	10:05+	12:11+	15:01+	18:06+	25:46+	27:59+	31:07+	33:18+	34:57+	36:55+	38:49+	40:40+	41:09+
04:10+	01:43+	01:41+	02:31+	02:06+	02:50+	03:05+	07:40+	02:13+	03:08+	02:11+	01:39+	01:58+	01:54+	01:51+	00:29+
04:10+	01:43+	01:41+	02:31+	02:06+	02:50+	03:05+	07:40+	02:13+	03:08+	02:11+	01:39+	01:58+	01:54+	01:51+	00:29+
<b>16</b>	<b>Olav A. Hognestad</b>	<b>892</b>	<b>42:09</b>												
04:51+	06:42+	08:14+	10:50+	12:28+	20:00+	23:08+	25:09+	27:22+	30:30+	32:50+	34:30+	38:02+	39:50+	41:40+	42:09+
04:51+	01:51+	01:32+	02:36+	01:38+	07:32+	03:08+	02:01+	02:13+	03:08+	02:20+	01:40+	03:32+	01:48+	01:50+	00:29+
04:51+	01:51+	01:32+	02:36+	01:38+	07:32+	03:08+	02:01+	02:13+	03:08+	02:20+	01:40+	03:32+	01:48+	01:50+	00:29+
<b>17</b>	<b>Mangor Eikeland</b>	<b>892</b>	<b>47:42</b>												
05:05+	07:52+	10:14+	13:39+	15:57+	18:46+	23:21+	26:12+	29:19+	33:44+	36:33+	38:42+	41:53+	44:17+	46:59+	47:42+
05:05+	02:47+	02:22+	03:25+	02:18+	02:49+	04:35+	02:51+	03:07+	04:25+	02:49+	02:09+	03:11+	02:24+	02:42+	00:43+
05:05+	02:47+	02:22+	03:25+	02:18+	02:49+	04:35+	02:51+	03:07+	04:25+	02:49+	02:09+	03:11+	02:24+	02:42+	00:43+
<b>18</b>	<b>Knut Jonas Espedal</b>	<b>1754</b>	<b>59:59</b>												
05:45+	08:18+	10:43+	21:19+	23:38+	26:37+	32:09+	35:04+	38:48+	43:40+	47:18+	50:03+	53:12+	55:49+	59:16+	59:59+
05:45+	02:33+	02:25+	10:36+	02:19+	02:59+	05:32+	02:55+	03:44+	04:52+	03:38+	02:45+	03:09+	02:37+	03:27+	00:43+
05:45+	02:33+	02:25+	10:36+	02:19+	02:59+	05:32+	02:55+	03:44+	04:52+	03:38+	02:45+	03:09+	02:37+	03:27+	00:43+
<b>19</b>	<b>Reidar Liland</b>	<b>3507</b>	<b>1:13:22</b>												
33:09+	35:24+	37:32+	40:30+	42:41+	44:42+	48:19+	50:43+	53:34+	57:17+	60:53+	64:16+	67:41+	70:14+	72:38+	73:22+
33:09+	02:15+	02:08+	02:58+	02:11+	02:01+	03:37+	02:24+	02:51+	03:43+	03:36+	03:23+	03:25+	02:33+	02:24+	00:44+
33:09+	02:15+	02:08+	02:58+	02:11+	02:01+	03:37+	02:24+	02:51+	03:43+	03:36+	03:23+	03:25+	02:33+	02:24+	00:44+



Class	Navn	Klasse	Tid
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## Herrer 75 - 79 år

### Beste strekktid for klassen

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

## Herrer 80 år og eldre

<b>1</b>	<b>Tormod Aaslid</b>	<b>3529</b>	<b>31:15</b>									
02:23=	05:14=	08:07=	10:05=	13:09=	14:40=	17:45=	20:34=	23:26=	25:21=	29:08=	30:49=	31:15=
02:23=	02:51=	02:53=	01:58=	03:04=	01:31=	03:05=	02:49=	02:52=	01:55=	03:47=	01:41=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Terje Braut</b>	<b>892</b>	<b>31:51</b>									
02:03-	04:32-	07:07-	08:59-	12:09-	13:40-	17:07-	20:08-	23:06-	25:16-	29:35+	31:21+	31:51+
02:03-	02:29-	02:35-	01:52-	03:10+	01:31=	03:27+	03:01+	02:58+	02:10+	04:19+	01:46+	00:30+
00:20-	00:22-	00:18-	00:06-	00:06+	00:00=	00:22#	00:12+	00:06+	00:15#	00:32#	00:05+	00:04#
<b>3</b>	<b>Harald Vatne</b>	<b>2342</b>	<b>34:00</b>									
02:19-	04:49-	07:45-	09:37-	15:21+	16:49+	20:13+	23:01+	26:09+	28:02+	32:02+	33:37+	34:00+
02:19-	02:30-	02:56+	01:52-	05:44+	01:28-	03:24+	02:48-	03:08+	01:53-	04:00+	01:35-	00:23-
00:04-	00:21-	00:03+	00:06-	02:40&	00:03-	00:19#	00:01-	00:16+	00:02-	00:13+	00:06-	00:03-
<b>4</b>	<b>Alf Gyland</b>	<b>892</b>	<b>38:48</b>									
01:53-	04:31-	07:12-	09:23-	15:23+	17:37+	20:57+	23:52+	27:09+	29:29+	35:33+	38:19+	38:48+
01:53-	02:38-	02:41-	02:11+	06:00+	02:14+	03:20+	02:55+	03:17+	02:20+	06:04+	02:46+	00:29+
00:30-	00:13-	00:12-	00:13#	02:56&	00:43&	00:15+	00:06+	00:25#	00:25#	02:17&	01:05&	00:03#
<b>5</b>	<b>Magne Jakobsen</b>	<b>3524</b>	<b>40:39</b>									
02:20-	05:09-	07:56-	09:50-	17:45+	20:04+	23:47+	27:28+	30:41+	32:46+	37:17+	40:03+	40:39+
02:20-	02:49-	02:47-	01:54-	07:55+	02:19+	03:43+	03:41+	03:13+	02:05+	04:31+	02:46+	00:36+
00:03-	00:02-	00:06-	00:04-	04:51&	00:48&	00:38#	00:52&	00:21#	00:10+	00:44#	01:05&	00:10&
<b>6</b>	<b>Sigurd Krosli</b>	<b>1884</b>	<b>41:00</b>									
02:15-	12:28+	15:06+	16:54+	19:51+	22:34+	26:22+	29:18+	32:30+	34:31+	38:41+	40:32+	41:00+
02:15-	10:13+	02:38-	01:48-	02:57-	02:43+	03:48+	02:56+	03:12+	02:01+	04:10+	01:51+	00:28+
00:08-	07:22&	00:15-	00:10-	00:07-	01:12&	00:43#	00:07+	00:20#	00:06+	00:23#	00:10+	00:02+
<b>7</b>	<b>Jan A. Bekkeheien</b>	<b>892</b>	<b>42:20</b>									
03:25+	05:56+	08:52+	10:42+	20:53+	23:00+	26:48+	29:44+	33:24+	35:27+	40:09+	41:53+	42:20+
03:25+	02:31-	02:56+	01:50-	10:11+	02:07+	03:48+	02:56+	03:40+	02:03+	04:42+	01:44+	00:27+
01:02&	00:20-	00:03+	00:08-	07:07&	00:36&	00:43#	00:07+	00:48&	00:08+	00:55#	00:03+	00:01+
<b>8</b>	<b>Torleiv Møgedal</b>	<b>874</b>	<b>52:08</b>									
02:18-	05:19+	14:11+	16:22+	25:02+	27:02+	30:53+	34:35+	38:40+	41:43+	48:56+	51:26+	52:08+
02:18-	03:01+	08:52+	02:11+	08:40+	02:00+	03:51+	03:42+	04:05+	03:03+	07:13+	02:30+	00:42+
00:05-	00:10+	05:59&	00:13#	05:36&	00:29&	00:46#	00:53&	01:13&	01:08&	03:26&	00:49&	00:16&
<b>9</b>	<b>Kjell Audun Maudal</b>	<b>3524</b>	<b>56:14</b>									
03:39+	09:30+	13:41+	16:29+	26:52+	29:19+	33:52+	38:36+	43:22+	46:30+	52:49+	55:34+	56:14+
03:39+	05:51+	04:11+	02:48+	10:23+	02:27+	04:33+	04:44+	04:46+	03:08+	06:19+	02:45+	00:40+
01:16&	03:00&	01:18&	00:50&	07:19&	00:56&	01:28&	01:55&	01:54&	01:13&	02:32&	01:04&	00:14&

### Beste strekktid for klassen

01:53 02:29 02:35 01:48 02:57 01:28 03:05 02:48 02:52 01:53 03:47 01:35 00:23

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

## Herrer A

<b>1</b>	<b>Jone Valdal</b>	<b>1683</b>	<b>23:52</b>																			
02:10=	04:17=	05:31=	05:46=	06:31=	08:00=	09:00=	09:53=	13:27=	15:13=	16:22=	16:58=	17:42=	18:13=	18:48=	19:21=	20:35=	21:32=	21:45=	22:33=	22:56=	23:37=	23:52=
02:10=	02:07=	01:14=	00:15=	00:45=	01:29=	01:00=	00:53=	03:34=	01:46=	01:09=	00:36=	00:44=	00:31=	00:35=	00:33=	01:14=	00:57=	00:13=	00:48=	00:23=	00:41=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## Herrer A

<b>2</b>	<b>Morten Bjerga Sundli</b>	<b>3522</b>	<b>24:59</b>																			
01:51-	04:02-	05:22-	05:38-	06:30-	08:16+	09:06+	09:58+	13:55+	15:49+	17:07+	17:45+	18:30+	19:03+	19:40+	20:16+	21:37+	22:40+	22:53+	23:45+	24:01+	24:44+	24:59+
01:51-	02:11+	01:20+	00:16+	00:52+	01:46+	00:50-	00:52-	03:57+	01:54+	01:18+	00:38+	00:45+	00:33+	00:37+	00:36+	01:21+	01:03+	00:13=	00:52+	00:16-	00:43+	00:15=
00:19-	00:04+	00:06+	00:01+	00:07#	00:17#	00:10-	00:01-	00:23#	00:08+	00:09#	00:02+	00:01+	00:02+	00:02+	00:03+	00:07+	00:06#	00:00=	00:04+	00:07-	00:02+	00:00=
<b>3</b>	<b>Fredrik Sandal</b>	<b>1830</b>	<b>27:00</b>																			
01:55+	04:17+	05:40+	05:59+	06:42+	08:36+	09:30+	10:26+	14:47+	16:49+	18:13+	19:02+	19:53+	20:28+	21:11+	21:49+	23:15+	24:33+	24:47+	25:40+	26:00+	26:45+	27:00+
01:55+	02:22+	01:23+	00:19+	00:43+	01:54+	00:54+	00:56+	04:21+	02:02+	01:24+	00:49+	00:51+	00:35+	00:43+	00:38+	01:26+	01:18+	00:14+	00:53+	00:20+	00:45+	00:15+
01:55+	02:22+	01:23+	00:19+	00:43+	01:54+	00:54+	00:56+	04:21+	02:02+	01:24+	00:49+	00:51+	00:35+	00:43+	00:38+	01:26+	01:18+	00:14+	00:53+	00:20+	00:45+	00:15+
<b>4</b>	<b>Maximilian Erlbeck</b>	<b>2342</b>	<b>27:25</b>																			
01:45+	04:04+	05:26+	05:44+	06:34+	08:13+	09:07+	10:25+	14:49+	16:51+	18:36+	19:14+	20:05+	20:41+	21:18+	21:58+	23:28+	24:40+	24:55+	25:56+	26:19+	27:10+	27:25+
01:45+	02:19+	01:34+	00:18+	00:50+	01:39+	00:54+	01:18+	04:24+	02:02+	01:45+	00:38+	00:51+	00:36+	00:37+	00:40+	01:30+	01:12+	00:15+	01:01+	00:23+	00:51+	00:15+
01:45+	02:19+	01:22+	00:18+	00:50+	01:39+	00:54+	01:18+	04:24+	02:02+	01:45+	00:38+	00:51+	00:36+	00:37+	00:40+	01:30+	01:12+	00:15+	01:01+	00:23+	00:51+	00:15+
<b>5</b>	<b>Kristian Frafjord Haarr</b>	<b>882</b>	<b>28:04</b>																			
01:57+	04:17+	05:51+	06:09+	06:58+	08:49+	09:41+	10:41+	15:10+	17:31+	19:05+	19:51+	20:44+	21:22+	22:00+	22:38+	24:12+	25:21+	25:36+	26:34+	26:58+	27:47+	28:04+
01:57+	02:20+	01:34+	00:18+	00:49+	01:51+	00:52+	01:00+	04:29+	02:21+	01:34+	00:46+	00:53+	00:38+	00:38+	00:38+	01:34+	01:09+	00:15+	00:58+	00:24+	00:49+	00:17+
01:57+	02:20+	01:34+	00:18+	00:49+	01:51+	00:52+	01:00+	04:29+	02:21+	01:34+	00:46+	00:53+	00:38+	00:38+	00:38+	01:34+	01:09+	00:15+	00:58+	00:24+	00:49+	00:17+
<b>6</b>	<b>Svein Magnus Halsne</b>	<b>1284</b>	<b>28:18</b>																			
01:48+	04:07+	05:30+	05:49+	06:39+	08:36+	09:29+	10:28+	15:26+	17:30+	19:08+	19:51+	20:49+	21:27+	22:09+	22:47+	24:22+	25:35+	25:51+	26:53+	27:13+	28:03+	28:18+
01:48+	02:19+	01:23+	00:19+	00:50+	01:57+	00:53+	00:59+	04:58+	02:04+	01:38+	00:43+	00:58+	00:38+	00:42+	00:38+	01:35+	01:13+	00:16+	01:02+	00:20+	00:50+	00:15+
01:48+	02:19+	01:23+	00:19+	00:50+	01:57+	00:53+	00:59+	04:58+	02:04+	01:38+	00:43+	00:58+	00:38+	00:42+	00:38+	01:35+	01:13+	00:16+	01:02+	00:20+	00:50+	00:15+
<b>7</b>	<b>Erik Lima</b>	<b>1832</b>	<b>28:40</b>																			
01:58+	04:53+	06:28+	06:48+	07:45+	09:34+	10:32+	11:34+	16:00+	18:10+	19:42+	20:23+	21:19+	21:56+	22:38+	23:18+	24:44+	25:56+	26:11+	27:14+	27:34+	28:23+	28:40+
01:58+	02:55+	01:35+	00:20+	00:57+	01:49+	00:58+	01:02+	04:26+	02:10+	01:32+	00:41+	00:56+	00:37+	00:42+	00:40+	01:26+	01:12+	00:15+	01:03+	00:20+	00:49+	00:17+
01:58+	02:55+	01:35+	00:20+	00:57+	01:49+	00:58+	01:02+	04:26+	02:10+	01:32+	00:41+	00:56+	00:37+	00:42+	00:40+	01:26+	01:12+	00:15+	01:03+	00:20+	00:49+	00:17+
<b>8</b>	<b>Lars Sigve Oftedal</b>	<b>772</b>	<b>28:40</b>																			
02:15+	04:40+	06:16+	06:36+	07:35+	09:24+	10:17+	11:15+	15:45+	17:55+	19:17+	20:16+	21:08+	21:47+	22:26+	23:08+	24:32+	25:45+	26:01+	27:02+	27:24+	28:21+	28:40+
02:15+	02:25+	01:36+	00:20+	00:59+	01:49+	00:53+	00:58+	04:30+	02:10+	01:22+	00:59+	00:52+	00:39+	00:39+	00:42+	01:24+	01:13+	00:16+	01:01+	00:22+	00:57+	00:19+
02:15+	02:25+	01:36+	00:20+	00:59+	01:49+	00:53+	00:58+	04:30+	02:10+	01:22+	00:59+	00:52+	00:39+	00:39+	00:42+	01:24+	01:13+	00:16+	01:01+	00:22+	00:57+	00:19+
<b>9</b>	<b>Martin Blystad</b>	<b>3530</b>	<b>29:55</b>																			
01:58+	04:18+	05:56+	06:14+	07:06+	09:02+	09:59+	10:58+	15:29+	17:40+	19:12+	19:56+	20:52+	21:30+	23:36+	24:19+	25:54+	27:10+	27:27+	28:28+	28:50+	29:38+	29:55+
01:58+	02:20+	01:38+	00:18+	00:52+	01:56+	00:57+	00:59+	04:31+	02:11+	01:32+	00:44+	00:56+	00:38+	02:06+	00:43+	01:35+	01:16+	00:17+	01:01+	00:22+	00:48+	00:17+
01:58+	02:20+	01:38+	00:18+	00:52+	01:56+	00:57+	00:59+	04:31+	02:11+	01:32+	00:44+	00:56+	00:38+	02:06+	00:43+	01:35+	01:16+	00:17+	01:01+	00:22+	00:48+	00:17+
<b>10</b>	<b>Andreas Terjesen</b>	<b>1832</b>	<b>29:58</b>																			
01:59+	04:23+	05:52+	06:12+	07:14+	09:17+	10:21+	11:25+	16:53+	19:06+	20:36+	21:16+	22:12+	22:53+	23:34+	24:19+	25:47+	27:06+	27:21+	28:27+	28:54+	29:42+	29:58+
01:59+	02:24+	01:29+	00:20+	01:02+	02:03+	01:04+	01:04+	05:28+	02:13+	01:30+	00:40+	00:56+	00:41+	00:41+	00:45+	01:28+	01:19+	00:15+	01:06+	00:27+	00:48+	00:16+
01:59+	02:24+	01:29+	00:20+	01:02+	02:03+	01:04+	01:04+	05:28+	02:13+	01:30+	00:40+	00:56+	00:41+	00:41+	00:45+	01:28+	01:19+	00:15+	01:06+	00:27+	00:48+	00:16+
<b>11</b>	<b>Sven Hatteland</b>	<b>3528</b>	<b>30:31</b>																			
01:59+	04:31+	06:03+	06:25+	07:21+	09:24+	10:27+	11:33+	16:29+	18:51+	20:20+	21:06+	22:10+	22:50+	23:36+	24:22+	26:05+	27:32+	27:50+	28:58+	29:21+	30:15+	30:31+
01:59+	02:32+	01:32+	00:22+	00:56+	02:03+	01:03+	01:06+	04:56+	02:22+	01:29+	00:46+	01:04+	00:40+	00:46+	00:46+	01:43+	01:27+	00:18+	01:08+	00:23+	00:54+	00:16+
01:59+	02:32+	01:32+	00:22+	00:56+	02:03+	01:03+	01:06+	04:56+	02:22+	01:29+	00:46+	01:04+	00:40+	00:46+	00:46+	01:43+	01:27+	00:18+	01:08+	00:23+	00:54+	00:16+
<b>12</b>	<b>Håkon Eggebø</b>	<b>1284</b>	<b>32:22</b>																			
02:01+	04:13+	05:52+	06:12+	07:25+	09:30+	10:46+	11:53+	17:10+	19:39+	21:25+	22:11+	23:10+	23:50+	24:35+	25:23+	27:04+	28:23+	29:32+	30:42+	31:11+	32:05+	32:22+
02:01+	02:12+	01:39+	00:20+	01:13+	02:05+	01:16+	01:07+	05:17+	02:29+	01:46+	00:46+	00:59+	00:40+	00:45+	00:48+	01:41+	01:19+	01:09+	01:10+	00:29+	00:54+	00:17+
02:01+	02:12+	01:39+	00:20+	01:13+	02:05+	01:16+	01:07+	05:17+	02:29+	01:46+	00:46+	00:59+	00:40+	00:45+	00:48+	01:41+	01:19+	01:09+	01:10+	00:29+	00:54+	00:17+
<b>13</b>	<b>Bernhard Haver Vagle</b>	<b>643</b>	<b>32:22</b>																			
02:07+	04:44+	06:25+	06:47+	08:03+	10:16+	11:21+	12:36+	18:04+	20:42+	22:23+	23:10+	24:11+	24:51+	25:33+	26:25+	28:05+	29:23+	29:40+	30:47+	31:11+	32:04+	32:22+
02:07+	02:37+	01:41+	00:22+	01:16+	02:13+	01:05+	01:15+	05:28+	02:38+	01:41+	00:47+	01:01+	00:40+	00:42+	00:52+	01:40+	01:18+	00:17+	01:07+	00:24+	00:53+	00:18+
02:07+	02:37+	01:41+	00:22+	01:16+	02:13+	01:05+	01:15+	05:28+	02:38+	01:41+	00:47+	01:01+	00:40+	00:42+	00:52+	01:40+	01:18+	00:17+	01:07+	00:24+	00:53+	00:18+
<b>14</b>	<b>Svein Kyllingstad</b>	<b>1284</b>	<b>32:56</b>																			
01:51+	04:34+	06:07+	06:29+	07:42+	09:44+	10:50+	11:51+	17:43+	20:33+	22:26+	23:33+	24:40+	25:19+	26:12+	26:57+	28:35+	29:57+	30:13+	31:20+	31:44+	32:40+	32:56+
01:51+	02:43+	01:33+	00:22+	01:13+	02:02+	01:06+	01:01+	05:52+	02:50+	01:53+	01:07+	01:07+	00:39+	00:53+	00:45+	01:38+	01:22+	00:16+	01:07+	00:24+	00:56+	00:16+
01:51+	02:43+	01:33+	00:22+	01:13+	02:02+	01:06+	01:01+	05:52+	02:50+	01:53+	01:07+	01:07+	00:39+	00:53+	00:45+	01:38+	01:22+	00:16+	01:07+	00:24+	00:56+	00:16+
<b>15</b>	<b>Briac Le Ray</b>	<b>2342</b>	<b>34:12</b>																			
02:02+	04:44+	06:18+	06:49+	08:28+	10:33+	13:30+	14:40+	20:18+	22:18+	23:39+	24:30+	25:22+	26:03+	27:38+	28:25+	30:00+	31:10+	31:29+	32:39+	33:05+	33:57+	34:12+
02:02+	02:42+	01:34+	00:31+	01:39+	02:05+	02:57+	01:10+	05:38+	02:00+	01:21+	00:51+	00:52+	00:41+	01:35+	00:47+	01:35+	01:10+	00:19+	01:10+	00:26+	00:52+	00:15+
02:02+	02:42+	01:34+	00:31+	01:39+	02:05+	02:57+	01:10+	05:38+	02:00+	01:21+	00:51+	00:52+	00:41+	01:35+	00:47+	01:35+	01:10+	00:19+	01:10+	00:26+	00:52+	00:15+

## Herrer A

### Beste strekktid for klassen

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

## Herrer B

<b>1</b>	<b>Aart Joakim in't Veld</b>	<b>1884</b>	<b>27:13</b>																			
01:48=	04:03=	05:27=	05:45=	06:31=	08:20=	09:13=	10:15=	14:51=	17:04=	18:28=	19:12=	20:05=	20:38=	21:17=	21:56=	23:25=	24:36=	24:51=	25:49=	26:10=	26:56=	27:13=
01:48=	02:15=	01:24=	00:18=	00:46=	01:49=	00:53=	01:02=	04:36=	02:13=	01:24=	00:44=	00:53=	00:33=	00:39=	00:39=	01:29=	01:11=	00:15=	00:58=	00:21=	00:46=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Thomas Tveit</b>	<b>NOTEAM</b>	<b>27:58</b>																			
02:57+	05:16+	06:39+	07:00+	07:57+	09:41+	10:48+	11:52+	16:01+	17:58+	19:22+	20:13+	21:04+	21:40+	22:18+	22:57+	24:16+	25:23+	25:37+	26:32+	26:58+	27:43+	27:58+
02:57+	02:19+	01:23-	00:21+	00:57+	01:44-	01:07+	01:04+	04:09-	01:57-	01:24=	00:51+	00:51-	00:36+	00:38-	00:39=	01:19-	01:07-	00:14-	00:55-	00:26+	00:45-	00:15-
01:09&	00:04+	00:01-	00:03#	00:11#	00:05-	00:14&	00:02+	00:27-	00:16-	00:00=	00:07#	00:02-	00:03+	00:01-	00:00=	00:10-	00:04-	00:01-	00:03-	00:05#	00:01-	00:02-
<b>3</b>	<b>Oddvar Taksdal</b>	<b>3522</b>	<b>28:58</b>																			
02:01+	04:26+	05:59+	06:18+	07:10+	09:03+	10:01+	11:00+	15:46+	18:06+	19:36+	20:21+	21:17+	21:58+	22:37+	23:21+	24:52+	26:07+	26:23+	27:22+	27:46+	28:41+	28:58+
02:01+	02:25+	01:33+	00:19+	00:52+	01:53+	00:58+	00:59-	04:46+	02:20+	01:30+	00:45+	00:56+	00:41+	00:39=	00:44+	01:31+	01:15+	00:16+	00:59+	00:24+	00:55+	00:17=
00:13#	00:10+	00:09#	00:01+	00:06#	00:04+	00:05+	00:03-	00:10+	00:07+	00:06+	00:01+	00:03+	00:08#	00:00=	00:05#	00:02+	00:04+	00:01+	00:01+	00:03#	00:09#	00:00=
<b>4</b>	<b>Joar Eilevstjønn</b>	<b>2342</b>	<b>29:22</b>																			
02:00+	04:30+	06:03+	06:23+	07:44+	09:41+	10:47+	11:50+	16:47+	18:54+	20:18+	21:03+	21:59+	22:36+	23:16+	23:59+	25:32+	26:45+	27:00+	28:00+	28:21+	29:07+	29:22+
02:00+	02:30+	01:33+	00:20+	01:21+	01:57+	01:06+	01:03+	04:57+	02:07-	01:24=	00:45+	00:56+	00:37+	00:40+	00:43+	01:33+	01:13+	00:15=	01:00+	00:21=	00:46=	00:15-
00:12#	00:15#	00:09#	00:02#	00:35&	00:08+	00:13#	00:01+	00:21+	00:06-	00:00=	00:01+	00:03+	00:04#	00:01+	00:04#	00:04+	00:02+	00:00=	00:02+	00:00=	00:00=	00:02-
<b>5</b>	<b>Geir Sand</b>	<b>722</b>	<b>29:25</b>																			
02:02+	04:24+	05:54+	06:13+	07:30+	09:26+	10:33+	11:37+	16:21+	18:35+	20:03+	20:51+	21:48+	22:25+	23:10+	23:55+	25:25+	26:36+	26:56+	27:58+	28:21+	29:09+	29:25+
02:02+	02:22+	01:30+	00:19+	01:17+	01:56+	01:07+	01:04+	04:44+	02:14+	01:28+	00:48+	00:57+	00:37+	00:45+	00:45+	01:30+	01:11=	00:20+	01:02+	00:23+	00:48+	00:16-
00:14#	00:07+	00:06+	00:01+	00:31&	00:07+	00:14&	00:02+	00:08+	00:01+	00:04+	00:04+	00:04+	00:04+	00:06#	00:06#	00:01+	00:00=	00:05&	00:04+	00:02+	00:02+	00:01-
<b>6</b>	<b>Per Olav Haarr</b>	<b>769</b>	<b>30:36</b>																			
02:11+	04:32+	06:47+	07:06+	08:02+	09:52+	10:49+	11:50+	16:29+	18:49+	20:28+	21:24+	22:34+	23:14+	24:04+	24:46+	26:26+	27:46+	28:02+	29:07+	29:30+	30:20+	30:36+
02:11+	02:21+	02:15+	00:19+	00:56+	01:50+	00:57+	01:01-	04:39+	02:20+	01:39+	00:56+	01:10+	00:40+	00:50+	00:42+	01:40+	01:20+	00:16+	01:05+	00:23+	00:50+	00:16-
00:23#	00:06+	00:51&	00:01+	00:10#	00:01+	00:04+	00:01-	00:03+	00:07+	00:15#	00:12&	00:17&	00:07#	00:11&	00:03+	00:11#	00:09#	00:01+	00:07#	00:02+	00:04+	00:01-
<b>7</b>	<b>Tor Gunnar Aksland</b>	<b>1683</b>	<b>30:42</b>																			
02:03+	04:37+	06:12+	06:35+	07:35+	09:33+	10:33+	11:39+	16:38+	18:59+	20:35+	21:33+	22:31+	23:13+	23:56+	24:41+	26:20+	27:37+	27:54+	28:58+	29:29+	30:22+	30:42+
02:03+	02:34+	01:35+	00:23+	01:00+	01:58+	01:00+	01:06+	04:59+	02:21+	01:36+	00:58+	00:58+	00:42+	00:43+	00:45+	01:39+	01:17+	00:17+	01:04+	00:31+	00:53+	00:20+
00:15#	00:19#	00:11#	00:05&	00:14&	00:09+	00:07#	00:04+	00:23+	00:08+	00:12#	00:14&	00:05+	00:09&	00:04#	00:06#	00:10#	00:06+	00:02#	00:06#	00:10&	00:07#	00:03#
<b>8</b>	<b>Jan-Rune Larsen Basso</b>	<b>1376</b>	<b>30:53</b>																			
01:50+	05:44+	07:13+	07:34+	08:30+	10:31+	11:30+	12:32+	17:05+	19:17+	20:52+	21:43+	22:49+	23:28+	24:12+	25:03+	26:39+	27:56+	28:14+	29:18+	29:42+	30:35+	30:53+
01:50+	03:54+	01:29+	00:21+	00:56+	02:01+	00:59+	01:02=	04:33-	02:12-	01:35+	00:51+	01:06+	00:39+	00:44+	00:51+	01:36+	01:17+	00:18+	01:04+	00:24+	00:53+	00:18+
00:02+	01:39&	00:05+	00:03#	00:10#	00:12#	00:06#	00:00=	00:03-	00:01-	00:11#	00:07#	00:13#	00:06#	00:05#	00:12&	00:07+	00:06+	00:03#	00:06#	00:03#	00:07#	00:01+
<b>9</b>	<b>Tom Furland</b>	<b>769</b>	<b>30:56</b>																			
02:05+	04:42+	06:20+	06:42+	07:38+	09:49+	10:51+	11:52+	16:46+	19:20+	20:56+	21:40+	22:39+	23:20+	24:06+	24:49+	26:33+	27:54+	28:11+	29:18+	29:40+	30:37+	30:56+
02:05+	02:37+	01:38+	00:22+	00:56+	02:11+	01:02+	01:01-	04:54+	02:34+	01:36+	00:44=	00:59+	00:41+	00:46+	00:43+	01:44+	01:21+	00:17+	01:07+	00:22+	00:57+	00:19+
00:17#	00:22#	00:14#	00:04#	00:10#	00:22#	00:09#	00:01-	00:18+	00:21#	00:12#	00:00=	00:06#	00:08#	00:07#	00:04#	00:15#	00:10#	00:02#	00:09#	00:01+	00:11#	00:02#
<b>10</b>	<b>Oddgeir Eikeskog</b>	<b>1884</b>	<b>31:01</b>																			
02:03+	04:36+	06:11+	06:34+	08:15+	10:18+	11:19+	12:21+	17:18+	19:44+	21:19+	22:05+	22:58+	23:43+	24:24+	25:10+	26:48+	28:05+	28:22+	29:26+	29:51+	30:43+	31:01+
02:03+	02:33+	01:35+	00:23+	01:41+	02:03+	01:01+	01:02=	04:57+	02:26+	01:35+	00:46+	00:53=	00:45+	00:41+	00:46+	01:38+	01:17+	00:17+	01:04+	00:25+	00:52+	00:18+
00:15#	00:18#	00:11#	00:05&	00:55&	00:14#	00:08#	00:00=	00:21+	00:13+	00:11#	00:02+	00:00=	00:12&	00:02+	00:07#	00:09#	00:06+	00:02#	00:06#	00:04#	00:06#	00:01+
<b>11</b>	<b>Njål F. Vadla</b>	<b>1884</b>	<b>31:36</b>																			
02:02+	04:30+	06:06+	06:26+	07:17+	09:15+	10:22+	11:54+	17:22+	19:45+	21:26+	22:16+	23:21+	24:05+	24:49+	25:34+	27:18+	28:38+	28:54+	30:02+	30:25+	31:18+	31:36+
02:02+	02:28+	01:36+	00:20+	00:51+	01:58+	01:07+	01:32+	05:28+	02:23+	01:41+	00:50+	01:05+	00:44+	00:44+	00:45+	01:44+	01:20+	00:16+	01:08+	00:23+	00:53+	00:18+
00:14#	00:13+	00:12#	00:02#	00:05#	00:09+	00:14&	00:30&	00:52#	00:10+	00:17#	00:06#	00:12#	00:11&	00:05#	00:06#	00:15#	00:09#	00:01+	00:10#	00:02+	00:07#	00:01+
<b>12</b>	<b>Trond Sigurd Fotland</b>	<b>3507</b>	<b>32:43</b>																			
02:03+	04:35+	06:21+	06:41+	08:02+	10:04+	12:40+	13:45+	18:33+	20:53+	22:28+	23:28+	24:24+	25:04+	25:49+	26:44+	28:23+	29:41+	29:57+	31:05+	31:31+	32:25+	32:43+
02:03+	02:32+	01:46+	00:20+	01:21+	02:02+	02:36+	01:05+	04:48+	02:20+	01:35+	01:00+	00:56+	00:40+	00:45+	00:55+	01:39+	01:18+	00:16+	01:08+	00:26+	00:54+	00:18+
00:15#	00:17#	00:22&	00:02#	00:35&	00:13#	01:43&	00:03+	00:12+	00:07+	00:11#	00:16&	00:03+	00:07#	00:06#	00:16&	00:10#	00:07+	00:01+	00:10#	00:05#	00:08#	00:01+

## Herrer B

<b>13</b>	<b>Thomas Johansen</b>	<b>3531</b>	<b>33:07</b>																			
02:00+	04:28+	06:00+	06:21+	07:35+	09:40+	10:51+	12:08+	18:36+	20:56+	22:37+	23:32+	24:39+	25:21+	26:05+	27:01+	28:35+	29:55+	30:12+	31:19+	31:46+	32:50+	33:07+
02:00+	02:28+	01:32+	00:21+	01:14+	02:05+	01:11+	01:17+	06:28+	02:20+	01:41+	00:55+	01:07+	00:42+	00:44+	00:56+	01:34+	01:20+	00:17+	01:07+	00:27+	01:04+	00:17=
00:12#	00:13+	00:08+	00:03#	00:28&	00:16#	00:18&	00:15#	01:52&	00:07+	00:17#	00:11#	00:14&	00:09&	00:05#	00:17&	00:05+	00:09#	00:02#	00:09#	00:06&	00:18&	00:00=
<b>14</b>	<b>Jone Sæbbø</b>	<b>3516</b>	<b>33:15</b>																			
02:03+	04:43+	06:22+	06:43+	07:52+	10:04+	11:09+	12:21+	17:46+	20:31+	22:19+	23:11+	24:09+	24:55+	25:44+	26:36+	28:29+	29:49+	30:07+	31:21+	31:53+	32:56+	33:15+
02:03+	02:40+	01:39+	00:21+	01:09+	02:12+	01:05+	01:12+	05:25+	02:45+	01:48+	00:52+	00:58+	00:46+	00:49+	00:52+	01:53+	01:20+	00:18+	01:14+	00:32+	01:03+	00:19+
02:03+	02:40+	01:39+	00:21+	01:09+	02:12+	01:05+	01:12+	05:25+	02:45+	01:48+	00:52+	00:58+	00:46+	00:49+	00:52+	01:53+	01:20+	00:18+	01:14+	00:32+	01:03+	00:19+
<b>15</b>	<b>Tallak Langmyr</b>	<b>3552</b>	<b>33:21</b>																			
02:14+	04:51+	06:28+	06:50+	07:43+	09:50+	10:55+	12:06+	17:19+	20:11+	22:09+	23:00+	24:07+	24:50+	25:31+	26:22+	28:06+	29:26+	29:42+	31:48+	32:13+	33:05+	33:21+
02:14+	02:37+	01:47+	00:22+	00:53+	02:07+	01:05+	01:11+	05:13+	02:52+	01:58+	00:51+	01:07+	00:43+	00:41+	00:51+	01:44+	01:20+	00:16+	02:06+	00:25+	00:52+	00:16+
02:14+	02:37+	01:37+	00:22+	00:53+	02:07+	01:05+	01:11+	05:13+	02:52+	01:58+	00:51+	01:07+	00:43+	00:41+	00:51+	01:44+	01:20+	00:16+	02:06+	00:25+	00:52+	00:16+
<b>16</b>	<b>Bård Martby-Skogsholm</b>	<b>3522</b>	<b>33:25</b>																			
02:17+	05:12+	06:59+	07:22+	08:26+	10:40+	11:48+	13:06+	18:30+	20:56+	22:47+	23:41+	24:44+	25:31+	26:22+	27:15+	28:56+	30:21+	30:39+	31:47+	32:09+	33:03+	33:25+
02:17+	02:55+	01:47+	00:23+	01:04+	02:14+	01:08+	01:18+	05:24+	02:26+	01:51+	00:54+	01:03+	00:47+	00:51+	00:53+	01:41+	01:25+	00:18+	01:08+	00:22+	00:54+	00:22+
02:17+	02:55+	01:47+	00:23+	01:04+	02:14+	01:08+	01:18+	05:24+	02:26+	01:51+	00:54+	01:03+	00:47+	00:51+	00:53+	01:41+	01:25+	00:18+	01:08+	00:22+	00:54+	00:22+
<b>17</b>	<b>Jørgen Breivold</b>	<b>3529</b>	<b>33:52</b>																			
02:00+	05:25+	06:52+	07:12+	08:25+	10:32+	12:37+	13:39+	18:38+	20:57+	22:29+	23:13+	24:13+	24:54+	25:33+	26:18+	27:58+	29:18+	29:38+	31:18+	32:40+	33:34+	33:52+
02:00+	03:25+	01:27+	00:20+	01:13+	02:07+	02:05+	01:02+	04:59+	02:19+	01:32+	00:44+	01:00+	00:41+	00:39+	00:45+	01:40+	01:20+	00:20+	01:40+	01:22+	00:54+	00:18+
02:00+	03:25+	01:27+	00:20+	01:13+	02:07+	02:05+	01:02+	04:59+	02:19+	01:32+	00:44+	01:00+	00:41+	00:39+	00:45+	01:40+	01:20+	00:20+	01:40+	01:22+	00:54+	00:18+
<b>18</b>	<b>Espen Fyhn Nilsen</b>	<b>1683</b>	<b>41:58</b>																			
02:42+	05:58+	08:33+	09:02+	10:32+	13:13+	14:38+	16:00+	22:46+	26:13+	28:21+	29:21+	30:43+	31:37+	32:46+	33:52+	36:04+	37:56+	38:19+	39:47+	40:25+	41:34+	41:58+
02:42+	03:16+	02:35+	00:29+	01:30+	02:41+	01:25+	01:22+	06:46+	03:27+	02:08+	01:00+	01:22+	00:54+	01:09+	01:06+	02:12+	01:52+	00:23+	01:28+	00:38+	01:09+	00:24+
02:42+	03:16+	02:35+	00:29+	01:30+	02:41+	01:25+	01:22+	06:46+	03:27+	02:08+	01:00+	01:22+	00:54+	01:09+	01:06+	02:12+	01:52+	00:23+	01:28+	00:38+	01:09+	00:24+

### Beste strekketid for klassen

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

## Herrer C

<b>1</b>	<b>Henning Sundby</b>	<b>3486</b>	<b>25:39</b>																	
00:57=	02:33=	03:55=	05:59=	06:55=	07:55=	09:22=	09:59=	13:58=	15:55=	17:23=	18:07=	18:49=	20:00=	20:40=	21:43=	22:24=	23:16=	23:34=	24:59=	25:39=
00:57=	01:36=	01:22=	02:04=	00:56=	01:00=	01:27=	00:37=	03:59=	01:57=	01:28=	00:44=	00:42=	01:11=	00:40=	01:03=	00:41=	00:52=	00:18=	01:25=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Terje Michaelsen</b>	<b>3511</b>	<b>26:58</b>																	
01:00+	03:11+	05:09+	07:09+	08:03+	09:03+	10:44+	11:31+	14:58+	17:00+	18:35+	19:25+	20:09+	21:11+	21:52+	22:58+	23:46+	24:42+	25:01+	26:19+	26:58+
01:00+	02:11+	01:58+	02:00-	00:54-	01:00=	01:41+	00:47+	03:27-	02:02+	01:35+	00:50+	00:44+	01:02-	00:41+	01:06+	00:48+	00:56+	00:19+	01:18-	00:39-
00:03+	00:35&	00:36&	00:04-	00:02-	00:00=	00:14#	00:10&	00:32-	00:05+	00:07+	00:06#	00:02+	00:09-	00:01+	00:03+	00:07#	00:04+	00:01+	00:07-	00:01-
<b>3</b>	<b>Kjetil Wirak</b>	<b>3486</b>	<b>27:01</b>																	
01:07+	02:41+	03:51-	05:51-	06:54-	07:55=	09:33+	10:28+	14:18+	16:34+	18:04+	18:50+	19:40+	20:50+	21:36+	22:42+	23:30+	24:31+	24:51+	26:16+	27:01+
01:07+	01:34-	01:10-	02:00-	01:03+	01:01+	01:38+	00:55+	03:50-	02:16+	01:30+	00:46+	00:50+	01:10-	00:46+	01:06+	00:48+	01:01+	00:20+	01:25=	00:45+
00:10#	00:02-	00:12-	00:04-	00:07#	00:01+	00:11#	00:18&	00:09-	00:19#	00:02+	00:02+	00:08#	00:01-	00:06#	00:03+	00:07#	00:09#	00:02#	00:00=	00:05#
<b>4</b>	<b>Morten Aamodt</b>	<b>1683</b>	<b>27:32</b>																	
01:01+	02:52+	04:11+	06:14+	07:19+	08:18+	10:14+	10:50+	14:33+	16:44+	18:18+	19:02+	19:49+	21:01+	22:10+	23:18+	24:02+	25:02+	25:21+	26:47+	27:32+
01:01+	01:51+	01:19-	02:03-	01:05+	00:59-	01:56+	00:36-	03:43-	02:11+	01:34+	00:44=	00:47+	01:12+	01:09+	01:08+	00:44+	01:00+	00:19+	01:26+	00:45+
00:04+	00:15#	00:03-	00:01-	00:09#	00:01-	00:29&	00:01-	00:16-	00:14#	00:06+	00:00=	00:05#	00:01+	00:29&	00:05+	00:03+	00:08#	00:01+	00:01+	00:05#
<b>5</b>	<b>Lars Drage</b>	<b>3583</b>	<b>27:33</b>																	
00:59+	03:16+	05:00+	07:03+	08:02+	09:01+	10:32+	11:08+	14:43+	16:42+	18:17+	19:00+	19:47+	20:44+	21:52+	22:58+	23:49+	24:49+	25:11+	26:50+	27:33+
00:59+	02:17+	01:44+	02:03-	00:59+	00:59-	01:31+	00:36-	03:35-	01:59+	01:35+	00:43-	00:47+	00:57-	01:08+	01:06+	00:51+	01:00+	00:22+	01:39+	00:43+
00:02+	00:41&	00:22&	00:01-	00:03+	00:01-	00:04+	00:01-	00:24-	00:02+	00:07+	00:01-	00:05#	00:14-	00:28&	00:03+	00:10#	00:08#	00:04#	00:14#	00:03+
<b>6</b>	<b>Stein Arne Olsen</b>	<b>874</b>	<b>28:36</b>																	
01:05+	02:51+	04:20+	06:34+	07:41+	08:50+	10:30+	11:11+	15:14+	17:55+	19:36+	20:22+	21:12+	22:17+	23:03+	24:15+	25:07+	26:09+	26:29+	27:55+	28:36+
01:05+	01:46+	01:29+	02:14+	01:07+	01:09+	01:40+	00:41+	04:03+	02:41+	01:41+	00:46+	00:50+	01:05-	00:46+	01:12+	00:52+	01:02+	00:20+	01:26+	00:41+
00:08#	00:10#	00:07+	00:10+	00:11#	00:09#	00:13#	00:04#	00:04+	00:44&	00:13#	00:02+	00:08#	00:06-	00:06#	00:09#	00:11&	00:10#	00:02#	00:01+	00:01+

## Herrer C

<b>7</b>	<b>Ove Nygaard</b>	<b>1683</b>	<b>29:09</b>																	
01:12+	04:05+	05:26+	07:33+	08:58+	09:59+	12:02+	12:38+	16:03+	18:19+	19:45+	20:35+	21:44+	22:46+	24:03+	25:11+	25:54+	26:47+	27:10+	28:30+	29:09+
01:12+	02:53+	01:21-	02:07+	01:25+	01:01+	02:03+	00:36-	03:25-	02:16+	01:26-	00:50+	01:09+	01:02-	01:17+	01:08+	00:43+	00:53+	00:23+	01:20-	00:39-
00:15&	01:17&	00:01-	00:03+	00:29&	00:01+	00:36&	00:01-	00:34-	00:19#	00:02-	00:06#	00:27&	00:09-	00:37&	00:05+	00:02+	00:01+	00:05&	00:05-	00:01-
<b>8</b>	<b>Nils John Vestøl</b>	<b>3541</b>	<b>29:11</b>																	
00:58+	03:10+	04:39+	06:47+	07:58+	09:02+	10:50+	11:34+	15:23+	17:39+	19:28+	20:18+	21:07+	22:11+	23:40+	24:47+	25:38+	26:39+	27:03+	28:31+	29:11+
00:58+	02:12+	01:29+	02:08+	01:11+	01:04+	01:48+	00:44+	03:49+	02:16+	01:49+	00:50+	00:49+	01:04+	01:29+	01:07+	00:51+	01:01+	00:24+	01:28+	00:40+
00:58+	02:12+	01:29+	02:08+	01:11+	01:04+	01:48+	00:44+	03:49+	02:16+	01:49+	00:50+	00:49+	01:04+	01:29+	01:07+	00:51+	01:01+	00:24+	01:28+	00:40+
<b>9</b>	<b>Odd Fuglestad</b>	<b>3522</b>	<b>29:27</b>																	
01:06+	03:08+	04:34+	06:54+	07:59+	09:04+	10:51+	11:34+	15:48+	18:08+	19:53+	20:43+	21:36+	22:40+	23:35+	24:50+	25:34+	26:40+	27:00+	28:36+	29:27+
01:06+	02:02+	01:26+	02:20+	01:05+	01:05+	01:47+	00:43+	04:14+	02:20+	01:45+	00:50+	00:53+	01:04+	00:55+	01:15+	00:44+	01:06+	00:20+	01:36+	00:51+
01:06+	02:02+	01:26+	02:20+	01:05+	01:05+	01:47+	00:43+	04:14+	02:20+	01:45+	00:50+	00:53+	01:04+	00:55+	01:15+	00:44+	01:06+	00:20+	01:36+	00:51+
<b>10</b>	<b>Oddmund Nordgård</b>	<b>722</b>	<b>29:38</b>																	
01:25+	03:26+	04:57+	07:19+	08:21+	09:30+	11:22+	12:03+	15:51+	18:15+	20:02+	21:02+	21:49+	22:59+	23:45+	25:00+	25:54+	26:57+	27:20+	28:51+	29:38+
01:25+	02:01+	01:31+	02:22+	01:02+	01:09+	01:52+	00:41+	03:48+	02:24+	01:47+	01:00+	00:47+	01:10+	00:46+	01:15+	00:54+	01:03+	00:23+	01:31+	00:47+
01:25+	02:01+	01:31+	02:22+	01:02+	01:09+	01:52+	00:41+	03:48+	02:24+	01:47+	01:00+	00:47+	01:10+	00:46+	01:15+	00:54+	01:03+	00:23+	01:31+	00:47+
<b>11</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>1683</b>	<b>29:56</b>																	
01:08+	03:29+	05:35+	08:02+	09:11+	10:15+	11:53+	12:33+	16:21+	18:31+	20:13+	21:03+	21:54+	22:57+	23:48+	25:24+	26:17+	27:18+	27:35+	29:02+	29:56+
01:08+	02:21+	02:06+	02:27+	01:09+	01:04+	01:38+	00:40+	03:48+	02:10+	01:42+	00:50+	00:51+	01:03+	00:51+	01:36+	00:53+	01:01+	00:17+	01:27+	00:54+
01:08+	02:21+	02:06+	02:27+	01:09+	01:04+	01:38+	00:40+	03:48+	02:10+	01:42+	00:50+	00:51+	01:03+	00:51+	01:36+	00:53+	01:01+	00:17+	01:27+	00:54+
<b>12</b>	<b>Bertrand Denieul</b>	<b>877</b>	<b>30:46</b>																	
01:01+	03:00+	04:28+	06:56+	08:00+	09:07+	10:56+	11:42+	15:39+	18:18+	19:59+	20:58+	21:59+	23:34+	24:58+	26:10+	26:55+	28:02+	28:20+	30:03+	30:46+
01:01+	01:59+	01:28+	02:28+	01:04+	01:07+	01:49+	00:46+	03:57+	02:39+	01:41+	00:59+	01:01+	01:35+	01:24+	01:12+	00:45+	01:07+	00:18+	01:43+	00:43+
01:01+	01:59+	01:28+	02:28+	01:04+	01:07+	01:49+	00:46+	03:57+	02:39+	01:41+	00:59+	01:01+	01:35+	01:24+	01:12+	00:45+	01:07+	00:18+	01:43+	00:43+
<b>13</b>	<b>Svein Oddvar Netland</b>	<b>1683</b>	<b>30:58</b>																	
01:02+	03:22+	05:19+	07:47+	08:55+	09:59+	11:52+	12:33+	16:29+	18:54+	20:43+	21:32+	22:22+	24:03+	25:04+	26:20+	27:03+	28:08+	28:43+	30:11+	30:58+
01:02+	02:20+	01:57+	02:28+	01:08+	01:04+	01:53+	00:41+	03:56+	02:25+	01:49+	00:49+	00:50+	01:41+	01:01+	01:16+	00:43+	01:05+	00:35+	01:28+	00:47+
01:02+	02:20+	01:57+	02:28+	01:08+	01:04+	01:53+	00:41+	03:56+	02:25+	01:49+	00:49+	00:50+	01:41+	01:01+	01:16+	00:43+	01:05+	00:35+	01:28+	00:47+
<b>14</b>	<b>Paul Terje Haarr</b>	<b>769</b>	<b>31:10</b>																	
01:10+	03:28+	05:02+	07:24+	08:50+	09:59+	11:44+	12:31+	16:33+	19:04+	21:09+	22:01+	22:53+	24:26+	25:11+	26:35+	27:18+	28:26+	28:49+	30:19+	31:10+
01:10+	02:18+	01:34+	02:22+	01:26+	01:09+	01:45+	00:47+	04:02+	02:31+	02:05+	00:52+	00:52+	01:33+	00:45+	01:24+	00:43+	01:08+	00:23+	01:30+	00:51+
01:10+	02:18+	01:34+	02:22+	01:26+	01:09+	01:45+	00:47+	04:02+	02:31+	02:05+	00:52+	00:52+	01:33+	00:45+	01:24+	00:43+	01:08+	00:23+	01:30+	00:51+
<b>15</b>	<b>Pål H. Gjerden</b>	<b>1683</b>	<b>31:12</b>																	
01:09+	02:55+	04:51+	07:31+	08:39+	09:48+	11:28+	12:09+	16:16+	18:49+	20:39+	21:40+	22:37+	24:00+	25:29+	26:39+	27:25+	28:32+	28:50+	30:25+	31:12+
01:09+	01:46+	01:56+	02:40+	01:08+	01:09+	01:40+	00:41+	04:07+	02:33+	01:50+	01:01+	00:57+	01:23+	01:29+	01:10+	00:46+	01:07+	00:18+	01:35+	00:47+
01:09+	01:46+	01:56+	02:40+	01:08+	01:09+	01:40+	00:41+	04:07+	02:33+	01:50+	01:01+	00:57+	01:23+	01:29+	01:10+	00:46+	01:07+	00:18+	01:35+	00:47+
<b>16</b>	<b>Øivind Berggraf</b>	<b>1683</b>	<b>31:23</b>																	
01:08+	03:11+	04:40+	07:04+	08:34+	09:39+	11:18+	12:12+	16:26+	19:13+	21:10+	22:08+	23:05+	24:15+	25:13+	26:33+	27:22+	28:27+	28:55+	30:35+	31:23+
01:08+	02:03+	01:29+	02:24+	01:30+	01:05+	01:39+	00:54+	04:14+	02:47+	01:57+	00:58+	00:57+	01:10+	00:58+	01:20+	00:49+	01:05+	00:28+	01:40+	00:48+
01:08+	02:03+	01:29+	02:24+	01:30+	01:05+	01:39+	00:54+	04:14+	02:47+	01:57+	00:58+	00:57+	01:10+	00:58+	01:20+	00:49+	01:05+	00:28+	01:40+	00:48+
<b>17</b>	<b>Øyvind Rummelhoff</b>	<b>882</b>	<b>32:25</b>																	
01:04+	03:15+	04:39+	07:26+	09:29+	10:37+	13:03+	14:23+	18:26+	21:01+	22:46+	23:40+	24:29+	25:36+	26:25+	27:40+	28:30+	29:43+	30:10+	31:39+	32:25+
01:04+	02:11+	01:24+	02:47+	02:03+	01:08+	02:26+	01:20+	04:03+	02:35+	01:45+	00:54+	00:49+	01:07+	00:49+	01:15+	00:50+	01:13+	00:27+	01:29+	00:46+
01:04+	02:11+	01:24+	02:47+	02:03+	01:08+	02:26+	01:20+	04:03+	02:35+	01:45+	00:54+	00:49+	01:07+	00:49+	01:15+	00:50+	01:13+	00:27+	01:29+	00:46+
<b>18</b>	<b>Erling Mauland</b>	<b>3541</b>	<b>33:20</b>																	
01:21+	03:57+	05:29+	08:11+	09:52+	10:59+	13:13+	14:19+	18:31+	21:09+	23:04+	24:12+	25:00+	26:12+	27:10+	28:23+	29:15+	30:22+	30:52+	32:32+	33:20+
01:21+	02:36+	01:32+	02:42+	01:41+	01:07+	02:14+	01:06+	04:12+	02:38+	01:55+	01:08+	00:48+	01:12+	00:58+	01:13+	00:52+	01:07+	00:30+	01:40+	00:48+
01:21+	02:36+	01:32+	02:42+	01:41+	01:07+	02:14+	01:06+	04:12+	02:38+	01:55+	01:08+	00:48+	01:12+	00:58+	01:13+	00:52+	01:07+	00:30+	01:40+	00:48+
<b>19</b>	<b>Knut Taugbøl</b>	<b>1683</b>	<b>33:34</b>																	
01:16+	03:17+	04:50+	07:17+	08:23+	09:28+	11:08+	12:00+	15:56+	18:25+	20:11+	21:38+	22:38+	25:57+	27:20+	28:32+	29:54+	30:54+	31:13+	32:46+	33:34+
01:16+	02:01+	01:33+	02:27+	01:06+	01:05+	01:40+	00:52+	03:56+	02:29+	01:46+	01:27+	01:00+	03:19+	01:23+	01:12+	01:22+	01:00+	00:19+	01:33+	00:48+
01:16+	02:01+	01:33+	02:27+	01:06+	01:05+	01:40+	00:52+	03:56+	02:29+	01:46+	01:27+	01:00+	03:19+	01:23+	01:12+	01:22+	01:00+	00:19+	01:33+	00:48+
<b>20</b>	<b>Pål Bårdsen</b>	<b>3497</b>	<b>34:44</b>																	
01:12+	03:13+	04:49+	07:42+	08:53+	10:03+	12:16+	13:03+	17:58+	21:00+	23:21+	24:32+	25:35+	26:45+	27:51+	29:20+	30:27+	31:46+	32:07+	33:47+	34:44+
01:12+	02:01+	01:36+	02:53+	01:11+	01:10+	02:13+	00:47+	04:55+	03:02+	02:21+	01:11+	01:03+	01:10+	01:06+	01:29+	01:07+	01:19+	00:21+	01:40+	00:57+
01:12+	02:01+	01:36+	02:53+	01:11+	01:10+	02:13+	00:47+	04:55+	03:02+	02:21+	01:11+	01:03+	01:10+	01:06+	01:29+	01:07+	01:19+	00:21+	01:40+	00:57+

## Herrer C

<b>21</b>	<b>Ove Oaland</b>	<b>1683</b>	<b>34:55</b>																	
01:24+	03:31+	05:13+	07:56+	09:10+	10:32+	12:34+	13:25+	18:13+	20:58+	22:55+	24:20+	25:15+	26:52+	28:22+	29:41+	30:37+	31:55+	32:20+	34:05+	34:55+
01:24+	02:07+	01:42+	02:43+	01:14+	01:22+	02:02+	00:51+	04:48+	02:45+	01:57+	01:25+	00:55+	01:37+	01:30+	01:19+	00:56+	01:18+	00:25+	01:45+	00:50+
01:24+	02:07+	01:42+	02:43+	01:14+	01:22+	02:02+	00:51+	04:48+	02:45+	01:57+	01:25+	00:55+	01:37+	01:30+	01:19+	00:56+	01:18+	00:25+	01:45+	00:50+
<b>22</b>	<b>Stephen Richardson</b>	<b>877</b>	<b>38:53</b>																	
01:35+	03:54+	05:35+	08:19+	11:56+	13:19+	15:29+	16:27+	21:24+	24:17+	26:39+	28:01+	28:58+	30:44+	31:50+	33:22+	34:22+	35:58+	36:24+	38:03+	38:53+
01:35+	02:19+	01:41+	02:44+	03:37+	01:23+	02:10+	00:58+	04:57+	02:53+	02:22+	01:22+	00:57+	01:46+	01:06+	01:32+	01:00+	01:36+	00:26+	01:39+	00:50+
01:35+	02:19+	01:41+	02:44+	03:37+	01:23+	02:10+	00:58+	04:57+	02:53+	02:22+	01:22+	00:57+	01:46+	01:06+	01:32+	01:00+	01:36+	00:26+	01:39+	00:50+

### Beste strekktid for klassen

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

## Herrer Ny

<b>1</b>	<b>Øystein Endresen</b>	<b>3504</b>	<b>19:27</b>																		
01:38=	03:30=	06:06=	06:29=	10:01=	12:22=	14:01=	15:29=	16:38=	17:35=	19:27=											
01:38=	01:52=	02:36=	00:23=	03:32=	02:21=	01:39=	01:28=	01:09=	00:57=	01:52=											
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>Robert Hooper</b>	<b>NOTEAM</b>	<b>26:17</b>																		
04:53+	06:35+	09:11+	09:36+	14:21+	17:31+	19:19+	21:12+	23:01+	24:07+	26:17+											
04:53+	01:42-	02:36=	00:25+	04:45+	03:10+	01:48+	01:53+	01:49+	01:06+	02:10+											
03:15@	00:10-	00:00=	00:02+	01:13&	00:49&	00:09+	00:25&	00:40&	00:09#	00:18#											
<b>3</b>	<b>Håvard Jektnes</b>	<b>3531</b>	<b>29:26</b>																		
03:02+	05:39+	09:32+	10:04+	15:02+	18:27+	19:52+	22:01+	24:25+	26:03+	29:26+											
03:02+	02:37+	03:53+	00:32+	04:58+	03:25+	01:25-	02:09+	02:24+	01:38+	03:23+											
01:24&	00:45&	01:17&	00:09&	01:26&	01:04&	00:14-	00:41&	01:15@	00:41&	01:31&											
<b>4</b>	<b>Nikolai Khorunzhiy</b>	<b>1456</b>	<b>30:45</b>																		
02:44+	06:40+	12:57+	13:29+	18:12+	21:27+	23:13+	25:58+	27:22+	28:32+	30:45+											
02:44+	03:56+	06:17+	00:32+	04:43+	03:15+	01:46+	02:45+	01:24+	01:10+	02:13+											
01:06&	02:04@	03:41@	00:09&	01:11&	00:54&	00:07+	01:17&	00:15#	00:13#	00:21#											

### Beste strekktid for klassen

01:38 01:42 02:36 00:23 03:32 02:21 01:25 01:28 01:09 00:57 01:52

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

## Herrer Trim

<b>1</b>	<b>Håvard Hageberg</b>	<b>1832</b>	<b>20:21</b>																		
01:20=	03:05=	05:06=	06:28=	08:28=	09:25=	11:34=	13:29=	15:31=	16:39=	18:57=	20:02=	20:21=									
01:20=	01:45=	02:01=	01:22=	02:00=	00:57=	02:09=	01:55=	02:02=	01:08=	02:18=	01:05=	00:19=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
<b>2</b>	<b>Øyvind Onestad Olsen</b>	<b>3552</b>	<b>20:37</b>																		
01:26+	03:05=	05:07+	06:13-	08:45+	09:52+	11:55+	13:27-	15:31=	16:38-	19:16+	20:18+	20:37+									
01:26+	01:39-	02:02+	01:06-	02:32+	01:07+	02:03-	01:32-	02:04+	01:07-	02:38+	01:02-	00:19=									
00:06+	00:06-	00:01+	00:16-	00:32&	00:10#	00:06-	00:23-	00:02+	00:01-	00:20#	00:03-	00:00=									
<b>3</b>	<b>Jon Vikse</b>	<b>NOTEAM</b>	<b>21:04</b>																		
01:27+	03:08+	04:58-	06:06-	08:55+	09:52+	12:12+	13:50+	15:44+	17:04+	19:22+	20:43+	21:04+									
01:27+	01:41-	01:50-	01:08-	02:49+	00:57=	02:20+	01:38-	01:54-	01:20+	02:18=	01:21+	00:21+									
00:07+	00:04-	00:11-	00:14-	00:49&	00:00=	00:11+	00:17-	00:08-	00:12#	00:00=	00:16#	00:02#									
<b>4</b>	<b>Anders Klungre</b>	<b>3548</b>	<b>21:05</b>																		
01:09-	03:03-	04:37-	06:04-	08:43+	09:33+	11:27-	13:26-	15:18-	16:51+	19:28+	20:45+	21:05+									
01:09-	01:54+	01:34-	01:27+	02:39+	00:50-	01:54-	01:59+	01:52-	01:33+	02:37+	01:17+	00:20+									
00:11-	00:09+	00:27-	00:05+	00:39&	00:07-	00:15-	00:04+	00:10-	00:25&	00:19#	00:12#	00:01+									

Class	Navn	Klasse	Tid
<b>5</b>	<b>Stig E. Ollestad</b>	<b>3519</b>	<b>21:55</b>
	01:14- 02:47- 04:28- 05:33- 08:10- 09:06- 11:32- 13:31+ 16:11+ 17:29+ 20:16+ 21:36+ 21:55+		
	01:14- 01:33- 01:41- 01:05- 02:37+ 00:56- 02:26+ 01:59+ 02:40+ 01:18+ 02:47+ 01:20+ 00:19=		
	00:06- 00:12- 00:20- 00:17- 00:37& 00:01- 00:17# 00:04+ 00:38& 00:10# 00:29# 00:15# 00:00=		
<b>6</b>	<b>Hans Frode Andersen</b>	<b>3548</b>	<b>22:24</b>
	01:19+ 03:09+ 04:51+ 06:01+ 09:23+ 10:15+ 12:39+ 15:08+ 17:12+ 18:26+ 20:53+ 22:05+ 22:24+		
	01:19+ 01:50+ 01:42+ 01:10+ 03:22+ 00:52+ 02:24+ 02:29+ 02:04+ 01:14+ 02:27+ 01:12+ 00:19+		
	01:19+ 01:50+ 01:42+ 01:10+ 03:22+ 00:52+ 02:24+ 02:29+ 02:04+ 01:14+ 02:27+ 01:12+ 00:19+		
<b>7</b>	<b>Matthieu Pereira-Pires</b>	<b>877</b>	<b>23:06</b>
	01:15+ 02:51+ 04:35+ 06:07+ 08:32+ 09:50+ 12:36+ 14:36+ 16:49+ 18:09+ 20:45+ 22:45+ 23:06+		
	01:15+ 01:36+ 01:44+ 01:32+ 02:25+ 01:18+ 02:46+ 02:00+ 02:13+ 01:20+ 02:36+ 02:00+ 00:21+		
	01:15+ 01:36+ 01:44+ 01:32+ 02:25+ 01:18+ 02:46+ 02:00+ 02:13+ 01:20+ 02:36+ 02:00+ 00:21+		
<b>8</b>	<b>Frode Halvor Lund</b>	<b>3516</b>	<b>23:25</b>
	01:17+ 03:01+ 04:52+ 06:07+ 08:34+ 09:48+ 12:35+ 14:33+ 16:47+ 18:06+ 21:52+ 23:05+ 23:25+		
	01:17+ 01:44+ 01:51+ 01:15+ 02:27+ 01:14+ 02:47+ 01:58+ 02:14+ 01:19+ 03:46+ 01:13+ 00:20+		
	01:17+ 01:44+ 01:51+ 01:15+ 02:27+ 01:14+ 02:47+ 01:58+ 02:14+ 01:19+ 03:46+ 01:13+ 00:20+		
<b>9</b>	<b>Alexander Khorunzhiy</b>	<b>1456</b>	<b>23:27</b>
	01:16+ 03:19+ 05:09+ 06:32+ 09:19+ 10:20+ 12:51+ 14:52+ 17:34+ 18:54+ 21:49+ 23:05+ 23:27+		
	01:16+ 02:03+ 01:50+ 01:23+ 02:47+ 01:01+ 02:31+ 02:01+ 02:42+ 01:20+ 02:55+ 01:16+ 00:22+		
	01:16+ 02:03+ 01:50+ 01:23+ 02:47+ 01:01+ 02:31+ 02:01+ 02:42+ 01:20+ 02:55+ 01:16+ 00:22+		
<b>10</b>	<b>Bartłomiej Lenart</b>	<b>1376</b>	<b>24:06</b>
	01:07+ 02:37+ 04:09+ 05:20+ 08:47+ 12:24+ 14:30+ 16:09+ 17:58+ 19:16+ 22:24+ 23:45+ 24:06+		
	01:07+ 01:30+ 01:32+ 01:11+ 03:27+ 03:37+ 02:06+ 01:39+ 01:49+ 01:18+ 03:08+ 01:21+ 00:21+		
	01:07+ 01:30+ 01:32+ 01:11+ 03:27+ 03:37+ 02:06+ 01:39+ 01:49+ 01:18+ 03:08+ 01:21+ 00:21+		
<b>11</b>	<b>Arne Magne Sondresen</b>	<b>722</b>	<b>24:29</b>
	01:37+ 03:28+ 05:31+ 07:06+ 09:30+ 10:37+ 13:05+ 15:13+ 17:47+ 19:15+ 22:38+ 24:05+ 24:29+		
	01:37+ 01:51+ 02:03+ 01:35+ 02:24+ 01:07+ 02:28+ 02:08+ 02:34+ 01:28+ 03:23+ 01:27+ 00:24+		
	01:37+ 01:51+ 02:03+ 01:35+ 02:24+ 01:07+ 02:28+ 02:08+ 02:34+ 01:28+ 03:23+ 01:27+ 00:24+		
<b>12</b>	<b>Svein Erik Bjørnsen</b>	<b>1376</b>	<b>24:42</b>
	01:31+ 03:29+ 05:09+ 06:18+ 11:20+ 12:46+ 14:52+ 16:53+ 18:56+ 20:21+ 23:12+ 24:21+ 24:42+		
	01:31+ 01:58+ 01:40+ 01:09+ 05:02+ 01:26+ 02:06+ 02:01+ 02:03+ 01:25+ 02:51+ 01:09+ 00:21+		
	01:31+ 01:58+ 01:40+ 01:09+ 05:02+ 01:26+ 02:06+ 02:01+ 02:03+ 01:25+ 02:51+ 01:09+ 00:21+		
<b>13</b>	<b>Thomas Romstad</b>	<b>1683</b>	<b>24:49</b>
	01:37+ 03:23+ 05:05+ 06:28+ 09:27+ 11:16+ 13:30+ 15:35+ 18:36+ 20:16+ 23:06+ 24:24+ 24:49+		
	01:37+ 01:46+ 01:42+ 01:23+ 02:59+ 01:49+ 02:14+ 02:05+ 03:01+ 01:40+ 02:50+ 01:18+ 00:25+		
	01:37+ 01:46+ 01:42+ 01:23+ 02:59+ 01:49+ 02:14+ 02:05+ 03:01+ 01:40+ 02:50+ 01:18+ 00:25+		
<b>14</b>	<b>Helge Hundeide</b>	<b>769</b>	<b>25:01</b>
	01:27+ 03:30+ 05:57+ 07:22+ 09:35+ 10:46+ 13:22+ 15:47+ 18:15+ 19:53+ 23:10+ 24:41+ 25:01+		
	01:27+ 02:03+ 02:27+ 01:25+ 02:13+ 01:11+ 02:36+ 02:25+ 02:28+ 01:38+ 03:17+ 01:31+ 00:20+		
	01:27+ 02:03+ 02:27+ 01:25+ 02:13+ 01:11+ 02:36+ 02:25+ 02:28+ 01:38+ 03:17+ 01:31+ 00:20+		
<b>15</b>	<b>Jan Erik Syvertsen</b>	<b>3519</b>	<b>25:24</b>
	02:01+ 03:47+ 05:38+ 07:08+ 09:42+ 11:07+ 13:54+ 16:18+ 18:39+ 20:24+ 23:36+ 25:02+ 25:24+		
	02:01+ 01:46+ 01:51+ 01:30+ 02:34+ 01:25+ 02:47+ 02:24+ 02:21+ 01:45+ 03:12+ 01:26+ 00:22+		
	02:01+ 01:46+ 01:51+ 01:30+ 02:34+ 01:25+ 02:47+ 02:24+ 02:21+ 01:45+ 03:12+ 01:26+ 00:22+		
<b>16</b>	<b>Per Marthon Møland</b>	<b>880</b>	<b>25:31</b>
	01:54+ 04:10+ 06:23+ 07:51+ 10:17+ 11:21+ 13:58+ 16:22+ 18:56+ 20:19+ 23:40+ 25:08+ 25:31+		
	01:54+ 02:16+ 02:13+ 01:28+ 02:26+ 01:04+ 02:37+ 02:24+ 02:34+ 01:23+ 03:21+ 01:28+ 00:23+		
	01:54+ 02:16+ 02:13+ 01:28+ 02:26+ 01:04+ 02:37+ 02:24+ 02:34+ 01:23+ 03:21+ 01:28+ 00:23+		
<b>17</b>	<b>Andreas Primstad</b>	<b>3548</b>	<b>26:33</b>
	01:57+ 03:44+ 05:26+ 06:55+ 09:45+ 11:10+ 14:48+ 16:59+ 20:09+ 21:32+ 24:51+ 26:14+ 26:33+		
	01:57+ 01:47+ 01:42+ 01:29+ 02:50+ 01:25+ 03:38+ 02:11+ 03:10+ 01:23+ 03:19+ 01:23+ 00:19+		
	01:57+ 01:47+ 01:42+ 01:29+ 02:50+ 01:25+ 03:38+ 02:11+ 03:10+ 01:23+ 03:19+ 01:23+ 00:19+		
<b>18</b>	<b>Bruno Pierfelice</b>	<b>3519</b>	<b>26:40</b>
	02:19+ 04:06+ 06:28+ 07:57+ 10:03+ 11:07+ 14:10+ 16:13+ 19:15+ 21:02+ 24:50+ 26:15+ 26:40+		
	02:19+ 01:47+ 02:22+ 01:29+ 02:06+ 01:04+ 03:03+ 02:03+ 03:02+ 01:47+ 03:48+ 01:25+ 00:25+		
	02:19+ 01:47+ 02:22+ 01:29+ 02:06+ 01:04+ 03:03+ 02:03+ 03:02+ 01:47+ 03:48+ 01:25+ 00:25+		

Class	Navn	Klasse	Tid									
<b>19</b>	<b>Carlos Lluna</b>	<b>2342</b>	<b>26:43</b>									
01:23+	03:26+	06:20+	08:02+	10:28+	12:09+	14:44+	16:59+	19:49+	21:30+	25:02+	26:23+	26:43+
01:23+	02:03+	02:54+	01:42+	02:26+	01:41+	02:35+	02:15+	02:50+	01:41+	03:32+	01:21+	00:20+
01:23+	02:03+	02:54+	01:42+	02:26+	01:41+	02:35+	02:15+	02:50+	01:41+	03:32+	01:21+	00:20+
<b>20</b>	<b>Lars Salvesen</b>	<b>1119</b>	<b>27:11</b>									
01:50+	03:44+	06:04+	07:36+	10:42+	12:00+	14:45+	17:17+	19:58+	21:40+	25:18+	26:48+	27:11+
01:50+	01:54+	02:20+	01:32+	03:06+	01:18+	02:45+	02:32+	02:41+	01:42+	03:38+	01:30+	00:23+
01:50+	01:54+	02:20+	01:32+	03:06+	01:18+	02:45+	02:32+	02:41+	01:42+	03:38+	01:30+	00:23+
<b>21</b>	<b>Frode Følgesvold</b>	<b>880</b>	<b>27:45</b>									
01:31+	03:33+	05:53+	07:24+	10:01+	11:18+	14:38+	17:16+	20:09+	21:53+	25:47+	27:20+	27:45+
01:31+	02:02+	02:20+	01:31+	02:37+	01:17+	03:20+	02:38+	02:53+	01:44+	03:54+	01:33+	00:25+
01:31+	02:02+	02:20+	01:31+	02:37+	01:17+	03:20+	02:38+	02:53+	01:44+	03:54+	01:33+	00:25+
<b>22</b>	<b>Sjur Bjerke</b>	<b>3525</b>	<b>28:02</b>									
02:35+	04:24+	06:35+	08:08+	11:34+	12:56+	15:30+	17:59+	20:24+	21:54+	26:12+	27:37+	28:02+
02:35+	01:49+	02:11+	01:33+	03:26+	01:22+	02:34+	02:29+	02:25+	01:30+	04:18+	01:25+	00:25+
02:35+	01:49+	02:11+	01:33+	03:26+	01:22+	02:34+	02:29+	02:25+	01:30+	04:18+	01:25+	00:25+
<b>23</b>	<b>Svein Sivertsen</b>	<b>3530</b>	<b>29:02</b>									
01:44+	04:06+	06:21+	08:00+	10:55+	12:37+	15:37+	18:27+	21:17+	23:09+	27:01+	28:34+	29:02+
01:44+	02:22+	02:15+	01:39+	02:55+	01:42+	03:00+	02:50+	02:50+	01:52+	03:52+	01:33+	00:28+
01:44+	02:22+	02:15+	01:39+	02:55+	01:42+	03:00+	02:50+	02:50+	01:52+	03:52+	01:33+	00:28+
<b>24</b>	<b>Per Olof Wallerstedt</b>	<b>3516</b>	<b>29:43</b>									
01:25+	03:26+	05:26+	06:54+	12:24+	13:33+	16:16+	18:41+	21:18+	22:45+	28:03+	29:18+	29:43+
01:25+	02:01+	02:00+	01:28+	05:30+	01:09+	02:43+	02:25+	02:37+	01:27+	05:18+	01:15+	00:25+
01:25+	02:01+	02:00+	01:28+	05:30+	01:09+	02:43+	02:25+	02:37+	01:27+	05:18+	01:15+	00:25+
<b>25</b>	<b>Rune Jonassen</b>	<b>3533</b>	<b>30:13</b>									
01:20+	05:05+	07:27+	09:05+	12:04+	13:20+	16:39+	19:19+	22:35+	24:19+	28:14+	29:48+	30:13+
01:20+	03:45+	02:22+	01:38+	02:59+	01:16+	03:19+	02:40+	03:16+	01:44+	03:55+	01:34+	00:25+
01:20+	03:45+	02:22+	01:38+	02:59+	01:16+	03:19+	02:40+	03:16+	01:44+	03:55+	01:34+	00:25+
<b>26</b>	<b>Roger Endre Nyseth</b>	<b>892</b>	<b>30:35</b>									
01:50+	04:36+	07:28+	09:20+	12:15+	13:45+	17:04+	19:46+	22:40+	24:18+	28:17+	30:03+	30:35+
01:50+	02:46+	02:52+	01:52+	02:55+	01:30+	03:19+	02:42+	02:54+	01:38+	03:59+	01:46+	00:32+
01:50+	02:46+	02:52+	01:52+	02:55+	01:30+	03:19+	02:42+	02:54+	01:38+	03:59+	01:46+	00:32+
<b>27</b>	<b>Jan Henrik Neuenkirchen</b>	<b>896</b>	<b>31:10</b>									
01:31+	03:22+	05:43+	07:19+	11:53+	13:11+	16:03+	18:38+	21:27+	23:20+	29:10+	30:48+	31:10+
01:31+	01:51+	02:21+	01:36+	04:34+	01:18+	02:52+	02:35+	02:49+	01:53+	05:50+	01:38+	00:22+
01:31+	01:51+	02:21+	01:36+	04:34+	01:18+	02:52+	02:35+	02:49+	01:53+	05:50+	01:38+	00:22+
<b>28</b>	<b>Arild Svihus</b>	<b>892</b>	<b>31:59</b>									
02:09+	04:44+	07:18+	08:58+	11:50+	16:58+	19:39+	22:18+	24:53+	26:52+	30:06+	31:35+	31:59+
02:09+	02:35+	02:34+	01:40+	02:52+	05:08+	02:41+	02:39+	02:35+	01:59+	03:14+	01:29+	00:24+
02:09+	02:35+	02:34+	01:40+	02:52+	05:08+	02:41+	02:39+	02:35+	01:59+	03:14+	01:29+	00:24+
<b>29</b>	<b>Leif Jarle Skåra</b>	<b>3502</b>	<b>32:15</b>									
01:44+	04:02+	06:36+	08:19+	13:32+	14:54+	18:08+	20:56+	24:14+	26:08+	30:11+	31:50+	32:15+
01:44+	02:18+	02:34+	01:43+	05:13+	01:22+	03:14+	02:48+	03:18+	01:54+	04:03+	01:39+	00:25+
01:44+	02:18+	02:34+	01:43+	05:13+	01:22+	03:14+	02:48+	03:18+	01:54+	04:03+	01:39+	00:25+
<b>30</b>	<b>Stephane Bordet</b>	<b>877</b>	<b>32:29</b>									
01:18+	03:35+	05:55+	07:49+	16:26+	17:40+	20:06+	22:21+	25:13+	26:56+	30:21+	31:58+	32:29+
01:18+	02:17+	02:20+	01:54+	08:37+	01:14+	02:26+	02:15+	02:52+	01:43+	03:25+	01:37+	00:31+
01:18+	02:17+	02:20+	01:54+	08:37+	01:14+	02:26+	02:15+	02:52+	01:43+	03:25+	01:37+	00:31+
<b>31</b>	<b>Nils Egil Lie</b>	<b>3548</b>	<b>33:15</b>									
01:56+	04:11+	06:40+	08:54+	13:53+	15:12+	18:47+	21:24+	24:29+	26:42+	31:08+	32:45+	33:15+
01:56+	02:15+	02:29+	02:14+	04:59+	01:19+	03:35+	02:37+	03:05+	02:13+	04:26+	01:37+	00:30+
01:56+	02:15+	02:29+	02:14+	04:59+	01:19+	03:35+	02:37+	03:05+	02:13+	04:26+	01:37+	00:30+
<b>32</b>	<b>Christian Nilsen</b>	<b>3525</b>	<b>33:22</b>									
01:46+	04:11+	07:09+	08:52+	12:12+	13:51+	17:51+	20:51+	24:09+	26:23+	30:37+	32:49+	33:22+
01:46+	02:25+	02:58+	01:43+	03:20+	01:39+	04:00+	03:00+	03:18+	02:14+	04:14+	02:12+	00:33+
01:46+	02:25+	02:58+	01:43+	03:20+	01:39+	04:00+	03:00+	03:18+	02:14+	04:14+	02:12+	00:33+



Class	Navn	Klasse	Tid									
<b>Herrer Trim</b>												
<b>33</b>	<b>Frank Gulbrandsen</b>	<b>722</b>	<b>34:08</b>									
02:02+	04:48+	07:30+	09:39+	13:23+	15:01+	18:36+	21:38+	24:54+	27:22+	31:49+	33:40+	34:08+
02:02+	02:46+	02:42+	02:09+	03:44+	01:38+	03:35+	03:02+	03:16+	02:28+	04:27+	01:51+	00:28+
02:02+	02:46+	02:42+	02:09+	03:44+	01:38+	03:35+	03:02+	03:16+	02:28+	04:27+	01:51+	00:28+
<b>34</b>	<b>Rune Hagen Maudal</b>	<b>3524</b>	<b>35:35</b>									
02:21+	04:31+	07:25+	09:25+	13:13+	15:17+	20:14+	23:28+	26:34+	28:17+	33:03+	35:07+	35:35+
02:21+	02:10+	02:54+	02:00+	03:48+	02:04+	04:57+	03:14+	03:06+	01:43+	04:46+	02:04+	00:28+
02:21+	02:10+	02:54+	02:00+	03:48+	02:04+	04:57+	03:14+	03:06+	01:43+	04:46+	02:04+	00:28+
<b>35</b>	<b>John Helge Svandal</b>	<b>3531</b>	<b>36:23</b>									
01:33+	03:25+	05:46+	07:28+	12:59+	14:23+	17:22+	20:14+	23:02+	24:55+	33:47+	36:00+	36:23+
01:33+	01:52+	02:21+	01:42+	05:31+	01:24+	02:59+	02:52+	02:48+	01:53+	08:52+	02:13+	00:23+
01:33+	01:52+	02:21+	01:42+	05:31+	01:24+	02:59+	02:52+	02:48+	01:53+	08:52+	02:13+	00:23+
<b>36</b>	<b>Jonas Lende Oftedal</b>	<b>NOTEAM</b>	<b>40:23</b>									
01:15+	05:50+	08:04+	09:33+	14:37+	16:04+	20:22+	22:52+	25:06+	26:46+	38:57+	40:04+	40:23+
01:15+	04:35+	02:14+	01:29+	05:04+	01:27+	04:18+	02:30+	02:14+	01:40+	12:11+	01:07+	00:19+
01:15+	04:35+	02:14+	01:29+	05:04+	01:27+	04:18+	02:30+	02:14+	01:40+	12:11+	01:07+	00:19+
<b>37</b>	<b>Kjell-Ole Topnes</b>	<b>1683</b>	<b>41:06</b>									
01:51+	08:48+	11:09+	13:43+	16:47+	19:59+	23:06+	25:57+	29:20+	32:06+	37:08+	40:37+	41:06+
01:51+	06:57+	02:21+	02:34+	03:04+	03:12+	03:07+	02:51+	03:23+	02:46+	05:02+	03:29+	00:29+
01:51+	06:57+	02:21+	02:34+	03:04+	03:12+	03:07+	02:51+	03:23+	02:46+	05:02+	03:29+	00:29+
<b>38</b>	<b>Svein Inge Sævereid</b>	<b>643</b>	<b>50:16</b>									
04:03+	07:39+	11:29+	14:31+	19:27+	21:57+	26:44+	30:57+	35:54+	38:43+	46:34+	49:28+	50:16+
04:03+	03:36+	03:50+	03:02+	04:56+	02:30+	04:47+	04:13+	04:57+	02:49+	07:51+	02:54+	00:48+
04:03+	03:36+	03:50+	03:02+	04:56+	02:30+	04:47+	04:13+	04:57+	02:49+	07:51+	02:54+	00:48+

**Beste strekktid for klassen**

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