

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Marie Sigvaldsen	3512	23:02
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=
2	Aina Kalsaas Urstad	3580	25:28
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#
3	Sina Thu Randulff	1519	26:06
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#
4	Maren Benjaminsen	1832	26:20
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#
5	Frida Erikstein	1830	27:33
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+
6	Siri Eppeland	1884	28:07
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&
7	Rønnaug Egeland	1884	28:23
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&
8	Rebecca Briedis	1754	29:09
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&
9	Hanne Thu	3516	29:28
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&
10	Hanne Berg Aspøy	896	30:27
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#
11	Marita Navjord Nicolaysen	1284	30:48
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+
12	Hege Bakken	1754	32:33
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&
13	Cecilie Larsen	1754	34:51
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&
14	Inga Borge	1832	35:11
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

15	Katja Eliassen	722	37:00													
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#
16	Ingunn Landsnes	892	39:49													
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

1	Maren Thu	NOTEAM	27:51													
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=
2	Randi Ladsten	879	28:03													
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#
3	Ingvild Marthinussen	3524	29:17													
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#
4	Benedicte Kvalevåg	769	31:53													
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#
5	Ingunn Anda Haug	2342	31:54													
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&
6	Helene Lie	3565	34:42													
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#
7	Helen Haneferd	882	36:52													
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

1	Marianne Fuglestad	896	25:37													
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=

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

2	Keth Berggraf	1683	27:20													
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+
00:04-	00:55&	00:04-	00:18#	00:04-	00:06#	00:07+	00:05#	00:21&	00:31#	00:28#	00:28-	00:08-	00:02+	00:11-	00:12-	00:01+
3	Gerd Olaus Vikeså	1758	28:35													
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+
4	Anita Glenne Kallhovd	3502	29:21													
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+
5	May Bente Valdal	1683	30:23													
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+
6	Tonje Tiley	882	31:00													
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+
7	Tone Cecilie Nystrom	874	31:27													
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+
8	Liv Margot Sviland	3529	31:39													
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+
9	Trude Hermanrud	896	32:32													
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+
10	Torill Andersen	1683	32:45													
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+
11	Liv Omdal	1683	32:56													
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+
12	Andrea Tapken	3529	33:05													
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+
13	Gøril Braut Aarsand	2539	34:54													
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+
14	Astri Sandanger	896	36:23													
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+
15	Ingjerd Haddeland	3507	37:00													
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+

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

16	Turid Eikebu Alfsen	1683	37:34													
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+
17	Hilde Frøylog Karlsen	1284	37:53													
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+
18	Brit Vivian Meling	1683	42:58													
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+
19	Ragnhild Båtnes Berntsen	1758	43:26													
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+
20	Marianne Gjesdal Lyngås	892	44:13													
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+
21	Elisabeth Melbø	879	44:23													
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

1	Elisabeth Christie Ørke	722	24:16												
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=
2	Ingrid E. I. Øxnevad	3516	24:45												
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&
3	Anne-Siv Gjertsen	882	28:39												
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+
4	Nina Christiansen	722	30:43												
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#
5	Ellinor Nesse	1683	35:11												
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&
6	Ellinor Hoemsnes	1683	35:28												
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+
01:13&	00:03-	01:24@	00:55&	01:14&	01:34@	00:51&	00:18#	00:41&	00:48&	00:12#	00:19&	00:47&	00:24&	00:29&	00:06&

Class	Navn	Klasse	Tid
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Damer 60 - 64 år

7	Nidunn Sandvik	3565	36:26												
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+
00:38&	00:09+	00:32&	00:12#	00:00=	02:17@	00:55&	00:13#	01:18&	00:37&	00:34&	00:28&	01:56@	00:20&	01:54@	00:07&
8	Birgitte Røe	593	37:52												
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+
9	Eli Tjøland Stokka	1141	38:11												
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+
10	Siri Bjerkreim Hamre	1188	39:37												
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+
11	Mona Berntsen	1832	39:40												
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+
12	Marit Aandahl	3523	41:25												
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

1	Ingrid Eik	1830	29:26												
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=
2	Tove Bjerkreim	722	30:11												
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#
3	Liv-Grete Obrestad	3551	30:22												
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#
4	Margot Asheim	722	31:05												
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-
5	Amanda Renshaw	1758	31:27												
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#
6	May Meling	593	32:22												
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+
00:12+	00:58&	00:08-	00:03+	00:21-	00:43&	00:50&	00:04-	00:07-	00:13+	00:34-	00:08#	01:02&	00:00=	00:01-	00:02+

Pluss	Navn	Klasse	Tid
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Damer 65 - 69 år

7	Eli Frafjord	1141	34:24												
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+
00:26#	00:34&	00:31&	00:59&	00:19#	00:01-	00:27#	00:18#	00:32&	00:24#	00:08-	00:09#	00:05-	00:15#	00:13#	00:05#
8	Kari Eva Thiis Blixhavn	3565	44:11												
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+
9	Liv Sissel Obrestad	3529	47:34												
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+
10	Åse Møster	879	1:00:07												
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

1	Lillian Dahl Fitjar	896	39:39												
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=
2	Halldis Handeland	892	43:54												
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#
3	Berit Gramstad	3551	44:27												
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

1	Turid Nystrøm	874	34:31												
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=
2	Gry Vikhamar Thengs	874	35:34												
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-
3	Haldis Glendrange	874	37:33												
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=
00:10+	00:48&	00:06-	00:01+	00:16#	01:05-	00:04-	00:18#	00:11+	00:03-	00:43&	00:03-	01:12&	00:11#	00:33&	00:00=

Damer 75 - 79 år

4	Inger Skretting Opstad	3529	38:57												
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+
00:26#	00:26#	00:15#	01:20#	00:34#	00:49-	00:19+	00:14#	00:19#	00:16+	00:19#	00:03+	00:09+	00:20#	00:14#	00:01+
5	Helga Klausen	769	40:33												
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+
6	Hedvig Anda	1683	41:48												
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+	04:23+	02:27+	02:29+	03:32+	02:18+	02:13+	03:10+	02:48+	01:58+	03:17+	02:00+	03:31+
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+
7	Aslaug Lura	1141	47:01												
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

1	Helga Aaslid	3529	31:20												
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=			
2	Berit Ebbell Olsen	874	44:16												
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#			

Beste strekktid for klassen

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

1	Aud Hognestad Taksdal	892	26:11																	
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=
2	Katrine Haaland Leveraas	896	29:20																	
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#
3	Helena Kolesova	1754	29:31																	
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#
4	Clare Leveridge	877	29:57																	
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+
00:02-	00:08+	00:13-	00:10+	00:04+	00:07#	00:10#	00:01+	00:36#	00:19#	00:07+	00:10#	00:02+	00:04+	00:40#	00:10#	00:15#	00:11#	00:26#	00:14#	00:07#

Class	Navn	Klasse	Tid
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Damer A

5	Matilde Skjæveland Skår	3486	31:45																	
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+
00:00=	01:08&	00:33&	00:20#	00:15#	00:14#	00:12#	00:03+	00:38#	00:16#	00:09+	00:06#	00:07#	00:28&	00:03-	00:11#	00:22&	00:10#	00:05&	00:14#	00:06#
6	Silje Skorve Skarpeid	1758	33:44																	
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+
7	Torill Brekken	896	34:32																	
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

1	Lise Isachsen	1384	28:33																		
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=				
2	Inger Tone Nygård	3502	29:46																		
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#				
3	Wenche Margrethe Sæbbø	896	30:05																		
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#				
4	Vibeke Lamark	878	30:52																		
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#				
5	Helen Lomeland	722	31:20																		
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+				
6	Jorunn Johannesen	1683	31:27																		
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#				
7	Grethe Anda Fuglestad	1683	31:47																		
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#				
8	Ida Kolstø	3502	32:23																		
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#				
9	Anne Garsrud	3518	32:31																		
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+				
00:04+	00:21#	01:23&	00:45&	00:12#	00:18#	00:18#	00:20#	00:25-	00:05+	00:04+	00:45-	00:08#	00:07+	00:24&	00:04#	00:26#	00:09#				

Damer B

10	Ann-Cathrin Nybak Urdal	3595	32:34														
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+
00:02+	00:10+	00:08+	00:33#	00:16#	00:08-	00:32#	00:32#	00:39&	00:06#	00:01-	00:08+	00:07#	00:15#	00:12#	00:06&	00:10+	00:14&
11	Ellen Tindeland	882	32:49														
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+
12	Ann Karin Tjørhom	1884	33:37														
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+
13	Marit Haavardsholm	1683	33:49														
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+
14	Ingrid W. Hestness	896	33:55														
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+
15	Anina Hadland	3502	35:19														
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+
16	Berit Aksland	1683	35:35														
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+
17	Hege Anita H. Nielsen	3545	35:47														
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+
18	Kristin Breivold	892	36:18														
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 strekktid for klassen

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

Damer Ny

1	Bente Klausen	769	23:03							
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=
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	Ase 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+
01:25&	01:25&	02:28&	00:33&	02:59&	02:29&	00:59&	02:29@	00:54&	00:53&	01:24&

Class	Navn	Klasse	Tid
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Damer Ny

Beste strekktid for klassen

01:58 02:11 02:44 00:23 03:27 02:54 02:33 02:12 01:34 00:56 01:58

= 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#	
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-	
01:48@	00:05- 00:25# 00:08# 00:55& 00:06#	00:04- 00:16# 00:02+ 00:18# 00:25& 00:02-	

Pluss	Navn	Klasse	Tid
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Damer Trim

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+
00:58&	00:15+ 00:25# 00:05# 00:43& 01:00&	00:14# 00:03- 00:05+ 00:01- 00:27&	00:04+
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+
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+

Class	Navn	Klasse	Tid								
Damer Trim											
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 Mjølhus	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+
39	Hilde Christine Hoff	848	33:05								
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+
40	Ruth Grødem	722	33:13								
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+

Class	Navn	Klasse	Tid
Damer Trim			
41	Kristine Vik	3608	33:18
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+
42	Kirsti Strand Salvesen	3540	33:28
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+
43	Marie Hernæs Larsen	3565	33:37
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+
44	Unni B Sundli	892	34:32
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+
45	Liv Janne Nergaard	1683	34:40
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+
46	Wibeke Lende	3503	36:53
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+
47	Tone M. Seglem Giske	1683	37:50
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+
48	Signe Lise Haaland	3507	41:10
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+
49	Monika Korbecka	1456	41:41
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+
50	Ragnhild Christiansen	1884	45:05
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+
51	Marit Kløvstad Braut	892	45:10
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+
52	Else Marie Furland	NOTEAM	45:11
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+
53	Anna Langlo	722	49:05
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+
54	Linda Strøm	722	49:07
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+

Damer Trim

55 Lisbeth Davidsen 722 54:00

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+

56 Agnete Dedekam Stabel 1758 57:17

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 strekketid for klassen

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

Herrer 16 - 39 år

1 Vegard Kyllingstad 3507 26:15

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=

2 Vegard Våge 879 27:15

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-

3 Ole Morten Haaland 3528 27:58

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#

4 Truls Thorkildsen 2074 28:29

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#

5 Martin Skogland 3508 28:46

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#

6 Aksel Joranger 2023 29:04

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-

7 Eivind Brimsø 3559 29:08

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+

8 Sjur Berntsen 722 29:59

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+

9 Øyvind Rustan 722 30:15

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+

10 Frank Terje Berge 643 30:17

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+
00:02-	00:02-	00:40&	00:21#	00:06-	00:13#	00:04+	00:29#	01:29&	00:09#	00:22&	01:05-	00:17&	00:17&	00:20#	00:02+	00:29&	00:05#

Herrer 16 - 39 år

11	Arild Pfluger Hundeide	769	30:30															
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+	
00:13#	00:15#	00:03-	00:42&	00:08+	00:07#	00:24#	00:18#	00:31&	00:11#	00:03+	00:39&	00:01+	00:15#	00:07+	00:06&	00:12#	00:06#	
12	Erlend Syse	3559	31:31															
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+	
13	Alf Olav Kalvik	793	32:30															
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+	
14	Lars Kartevoll	3548	33:52															
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+	
15	Warren Whittington	3552	35:14															
01:32+	03:48+	10:43+	13:00+	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+	
16	Vidar Haus	3528	35:29															
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+	
17	Bjørn Morten Bøe Brunstøl	2023	37:20															
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+	
18	Jone Klemo Øverland	1384	41:28															
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+
19	Christoffer Soma	903	43:22															
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

1	Glenn Madland	879	26:18														
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=
2	Rolf Frøyland	880	27:14														
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-
3	Andreas Breiland	3522	27:16														
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-
00:03+	00:17#	00:05+	00:02-	00:14-	00:01+	00:09+	00:14+	00:17-	00:08-	00:24-	00:49&	00:24&	00:01+	00:17-	00:05-	00:29&	00:07-

Herrer 40 - 49 år

4	Per Jan Ersland	3510	28:24
01:03+	03:12+ 05:09- 07:34=	09:19+ 10:48+	12:50+ 15:56+ 18:20+
01:03+	02:09+ 01:57- 02:25+	01:45+ 01:29+	02:02+ 03:06+ 02:24+
00:01+	00:02+ 00:05- 00:02+	00:01+ 00:35±	00:04+ 00:22# 00:19#
00:10-	00:16-	00:32±	00:06#
23:16+	25:06+	25:55+	27:48+
28:24+	01:07-	01:50+	00:49+
01:53+	00:04-	00:02+	00:25±
00:36-	00:22#	00:12-	
5	Trondr Breiland	NOTEAM	29:00
01:08+	03:27+ 05:55+ 08:38+	10:21+ 11:21+	13:34+ 16:41+
01:08+	02:19+ 02:28+ 02:43+	01:43+ 01:00+	02:13+ 03:07+
01:08+	02:19+ 02:28+ 02:43+	01:43+ 01:00+	02:13+ 03:07+
19:08+	19:55+	20:37+	21:42+
22:36+	24:01+	25:37+	26:11+
28:18+	29:00+	01:25+	01:36+
00:42+	00:34+	02:07+	00:42+
01:25+	01:36+	00:34+	02:07+
00:42+	01:25+	01:36+	00:34+
00:42+	01:25+	01:36+	00:34+
6	Magne Habbestad	3531	29:30
01:13+	03:37+ 05:43+ 08:25+	10:13+ 11:16+	13:38+ 17:04+
01:13+	02:24+ 02:06+ 02:42+	01:48+ 01:03+	02:22+ 03:26+
01:13+	02:24+ 02:06+ 02:42+	01:48+ 01:03+	02:22+ 03:26+
19:14+	20:11+	20:59+	21:58+
22:50+	24:20+	26:03+	26:26+
28:41+	29:30+	01:30+	01:43+
00:49+	00:23+	02:15+	00:49+
01:30+	01:43+	00:23+	02:15+
00:49+	01:30+	01:43+	00:23+
7	Thomas Thue	1830	29:58
01:20+	05:13+ 07:11+ 09:52+	11:46+ 12:41+	14:44+ 17:51+
01:20+	03:53+ 01:58+ 02:41+	01:54+ 00:55+	02:03+ 03:07+
01:20+	03:53+ 01:58+ 02:41+	01:54+ 00:55+	02:03+ 03:07+
20:11+	21:14+	22:08+	23:14+
24:06+	25:22+	26:56+	27:18+
29:14+	29:58+	01:16+	01:34+
00:44+	00:22+	01:56+	00:44+
01:16+	01:34+	00:22+	01:56+
00:44+	01:16+	01:34+	00:22+
8	Antal Jansen	3530	30:05
02:00+	04:18+ 07:02+ 09:41+	11:16+ 12:13+	15:24+ 18:12+
02:00+	02:18+ 02:44+ 02:39+	01:35+ 00:57+	03:11+ 02:48+
02:00+	02:18+ 02:44+ 02:39+	01:35+ 00:57+	03:11+ 02:48+
19:50+	20:37+	21:28+	22:15+
22:58+	24:03+	27:29+	27:48+
30:05+	01:05+	03:26+	00:19+
01:40+	00:37+	01:05+	03:26+
00:19+	01:40+	00:37+	
9	Bjarte Harbo	1830	30:45
01:12+	03:36+ 06:28+ 10:43+	12:37+ 13:49+	16:24+ 19:13+
01:12+	02:24+ 02:52+ 04:15+	01:54+ 01:12+	02:35+ 02:49+
01:12+	02:24+ 02:52+ 04:15+	01:54+ 01:12+	02:35+ 02:49+
21:08+	22:00+	22:44+	23:54+
24:40+	25:53+	27:29+	27:51+
30:01+	30:45+	01:13+	01:36+
00:44+	00:22+	02:10+	00:44+
01:13+	01:36+	00:22+	02:10+
00:44+	01:13+	01:36+	00:22+
10	Rune Dahl Fitjar	1754	30:50
01:15+	03:48+ 06:07+ 08:49+	10:55+ 12:02+	14:34+ 18:01+
01:15+	02:33+ 02:19+ 02:42+	02:06+ 01:07+	02:32+ 03:27+
01:15+	02:33+ 02:19+ 02:42+	02:06+ 01:07+	02:32+ 03:27+
21:06+	21:57+	22:40+	23:46+
24:36+	25:58+	27:37+	28:04+
30:00+	30:50+	01:22+	01:39+
00:50+	01:22+	01:39+	00:27+
01:56+	00:50+	01:22+	01:39+
00:50+	01:56+	00:50+	01:56+
11	Anders Presterud	903	31:05
01:19+	03:55+ 06:52+ 09:29+	11:33+ 12:40+	15:14+ 18:40+
01:19+	02:36+ 02:57+ 02:37+	02:04+ 01:07+	02:34+ 03:26+
01:19+	02:36+ 02:57+ 02:37+	02:04+ 01:07+	02:34+ 03:26+
20:51+	21:47+	22:29+	23:38+
24:29+	25:54+	27:46+	28:30+
31:05+	01:25+	01:52+	00:44+
01:48+	00:47+	01:25+	01:52+
00:47+	01:25+	01:52+	00:44+
12	Ole-Tobias Frich	1683	31:08
01:14+	03:50+ 06:22+ 08:53+	10:43+ 11:45+	14:05+ 17:19+
01:14+	02:36+ 02:32+ 02:31+	01:50+ 01:02+	02:20+ 03:14+
01:14+	02:36+ 02:32+ 02:31+	01:50+ 01:02+	02:20+ 03:14+
19:52+	20:46+	21:32+	23:33+
24:12+	25:26+	27:21+	27:45+
31:08+	01:14+	01:55+	00:24+
00:50+	01:14+	01:55+	00:24+
00:50+	01:14+	01:55+	00:24+
13	Christian Ask	3563	31:11
01:13+	03:36+ 07:50+ 10:35+	12:33+ 14:04+	16:16+ 19:29+
01:13+	02:23+ 04:14+ 02:45+	01:58+ 01:31+	02:12+ 03:13+
01:13+	02:23+ 04:14+ 02:45+	01:58+ 01:31+	02:12+ 03:13+
21:41+	22:38+	23:23+	24:20+
25:12+	26:33+	28:08+	28:36+
31:11+	01:21+	01:35+	00:28+
01:51+	00:44+	01:21+	01:35+
00:44+	01:21+	01:35+	00:28+
14	Cedric Fayemdy	3559	31:25
01:09+	03:28+ 05:54+ 08:18+	10:01+ 11:56+	15:42+ 18:39+
01:09+	02:19+ 02:26+ 02:24+	01:43+ 01:55+	03:46+ 02:57+
01:09+	02:19+ 02:26+ 02:24+	01:43+ 01:55+	03:46+ 02:57+
20:55+	21:55+	22:39+	24:55+
25:35+	26:48+	28:20+	28:45+
31:25+	01:13+	01:32+	00:25+
01:53+	00:47+	01:13+	01:32+
00:47+	01:13+	01:32+	00:25+
15	Rune Hatle	903	32:07
01:14+	03:52+ 06:31+ 09:38+	11:46+ 13:29+	16:02+ 19:22+
01:14+	02:38+ 02:39+ 03:07+	02:08+ 01:43+	02:33+ 03:20+
01:14+	02:38+ 02:39+ 03:07+	02:08+ 01:43+	02:33+ 03:20+
21:56+	22:53+	23:38+	24:45+
25:29+	26:58+	29:09+	29:28+
31:20+	32:07+	01:29+	02:11+
00:47+	00:19+	01:52+	00:47+
01:29+	02:11+	00:19+	01:52+
00:47+	01:29+	02:11+	00:19+
16	Bjarne Bore	3529	32:14
01:18+	03:44+ 06:57+ 10:20+	12:17+ 13:58+	16:59+ 19:53+
01:18+	02:26+ 03:13+ 03:23+	01:57+ 01:41+	03:01+ 02:54+
01:18+	02:26+ 03:13+ 03:23+	01:57+ 01:41+	03:01+ 02:54+
22:03+	23:00+	23:51+	24:50+
25:42+	26:53+	28:44+	29:13+
31:26+	32:14+	01:11+	01:51+
00:48+	00:29+	02:13+	00:48+
01:11+	01:51+	00:29+	02:13+
00:48+	01:11+	01:51+	00:29+
17	Anders Hagen	3528	33:15
01:35+	04:19+ 07:12+ 09:51+	11:46+ 13:20+	15:32+ 18:34+
01:35+	02:44+ 02:53+ 02:39+	01:55+ 01:34+	02:12+ 03:02+
01:35+	02:44+ 02:53+ 02:39+	01:55+ 01:34+	02:12+ 03:02+
22:49+	23:53+	24:44+	26:20+
27:06+	28:17+	30:13+	30:42+
33:15+	01:11+	01:56+	00:29+
00:36+	01:11+	01:56+	00:29+
00:36+	01:11+	01:56+	00:29+

Class	Navn	Klasse	Tid
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Herrer 40 - 49 år

18	Jan-Kenneth Polle	3525	33:18
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+		
19	Reidar Mosvold	1754	34:10
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+		
20	Frode Ungar	1683	34:45
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+		
21	Andreas Molin	2342	35:06
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+		
22	Åsbjørn Enerstvedt	3516	38:02
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+		
23	Kjetil Gjerde	465	44:49
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

1	Kevin Foust	2023	25:49
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=		
2	Steinar Hansen	882	28:15
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+		
3	Anders Glenne	793	29:03
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+		
4	Geir Inge Høvik	3522	29:04
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&		
5	Thomas Chruickshank	3545	29:34
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+		
6	Frank Hansen	3502	30:01
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+		
00:18#	00:09+ 00:19& 00:40& 00:39# 00:08+ 00:04# 00:06# 00:07# 01:17@ 00:21& 00:16# 00:13+ 00:00= 00:15& 00:02#		

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

7	Øystein Fuglestad	878	30:04												
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+
00:15#	00:13+	00:09#	00:30#	01:04#	00:00=	00:10#	00:08#	00:20#	00:07-	00:12#	00:40#	00:00=	00:14#	00:18#	00:09#
8	Erik Bjørnbom	3558	31:08												
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+
9	Tore Halset	3486	32:08												
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+
10	Jørgen Nilsen	1683	34:09												
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+
11	Rune Paulsen	3508	34:39												
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+
12	Stein Arve Finnestad	1456	34:56												
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+
13	Trond Birkeland	882	35:01												
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+
14	John Breiland	NOTEAM	35:17												
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+
15	Lars Primstad	769	35:19												
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+	01:07+	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+	01:07+	01:07+	02:19+	01:52+	01:28+	00:51+	00:17+
16	Jarl Steinar Berntsen	882	35:51												
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+
17	Øystein Lie Karlsen	1683	36:38												
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+
18	André Sirevåg	1683	36:45												
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+
19	Trygve Michaelsen	896	36:49												
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+
20	Harald Taksdal	3547	36:57												
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+

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

21	Arild Holm	3486	37:29												
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+
22	Ove Mæstad	2342	37:47												
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+
23	Asbjørn Brådlund	879	37:50												
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+
24	Ole Bakkevold	3517	38:02												
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+
25	Ingve Vold	3529	38:54												
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+
26	Christof Schätz	3598	39:55												
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+
27	Raymond B Pettersen	722	41:49												
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

1	Sturle Omdal	1683	24:05														
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=	
2	Morten Johannessen	793	25:23														
01:18+	03:07-	05:06+	06:41+	08:05+	08:48+	09:23-	15:26-	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+
3	Inge Løland	1119	25:51														
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+	
00:00=	00:21#	00:15-	00:08#	00:40&	00:07#	00:10+	00:02-	00:01-	00:02-	00:03+	00:12#	00:03+	00:02-	00:01+	00:18#	00:05&	
4	Knut Feldmann	882	26:39														
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+	
00:15#	00:24#	00:17-	00:10#	00:12#	00:05#	00:42#	00:20#	00:11#	00:02+	00:07#	00:09#	00:01+	00:01+	00:00=	00:11+	00:01+	
5	Håvard Håland	3507	26:55														
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+	
00:02-	00:17#	00:28#	00:23&	00:23#	00:07#	00:20+	00:10+	00:11#	00:06#	00:05#	00:11#	00:02-	00:01-	00:03#	00:04+	00:07&	

Class	Navn	Klasse														Tid
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Herrer 60 - 64 år

6	Harald Syse	1884														27:48		
	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+	
	00:25&	01:30&	00:20#	00:10#	00:09+	00:29&	00:17-	00:15#	00:00=	00:14&	00:11#	00:03+	00:13#	00:10&	00:03-	00:09-	00:03#	
7	Arnfinn Rømuld	1683														28:46		
	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+
8	Tor Inge Halvorsen	880														28:51		
	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+	
9	Magnar Mathias Møller	769														29:27		
	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+	
10	Ivar Knutsen	1683														31:08		
	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+	
11	Inge Skretting	1384														31:42		
	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+	
12	Stein Sigbjørnsen	882														32:09		
	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+	
13	Kjell Ove Aksland	882														32:51		
	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+	
14	Sveinung Svebestad	878														33:25		
	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+	
15	John Carsten Sinnes	1884														35:28		
	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+	
16	Kjell Seland	3547														35:50		
	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+
17	Per Kolbein Tonstad	3507														40:03		
	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

Herrer 65 - 69 år

1	Otte Omdal	903	25:33													
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=
2	Tor Geir Espedal	3530	29:23													
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+
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+
3	Kjell Dale	1884	29:53													
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+
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+
4	Kjell Skjæveland	3515	32:03													
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+
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+
5	Olav Tunheim	1884	32:41													
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+
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+
6	Arnstein Skretting	3529	34:42													
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+
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+
7	Bjørn Sivertsen	1332	34:58													
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+
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+
8	Jan Arendal	1683	36:08													
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+
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+
9	Tore Karlsen	722	37:24													
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+
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+
10	Kjell Lervik	3598	38:28													
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+
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+
11	Sverre Magnar Nordal	1683	38:40													
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+
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+
12	Ommund Bakkevold	874	40:19													
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+
13	Bjørn H Engseth	1884	41:48													
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+
14	Rolf Kleppe	3524	47:35													
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+

Herrer 65 - 69 år

Beste strekketid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal	874	23:07													
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=
2	Bjørn Martin Alsaker	3530	23:48													
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-
3	Harry Breiland	3507	25:46													
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+
4	Svein Berge	643	28:31													
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-
5	Bjarne Gimre	1830	33:01													
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#
6	Tore Romon Tvedt	3518	34:51													
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&
7	Kjell Ivar Skjørestad	892	35:02													
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#
8	Bjørn Bjelland	3541	35:13													
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#
9	Jan Inge Lunde	1830	35:14													
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&	01:45@	00:02#	00:57&	00:07&
10	Svein Ims	903	35:47													
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+
00:17#	01:21&	00:07+	00:37&	01:40&	00:15&	02:06&	00:41&	00:21&	00:18&	00:39&	01:29@	01:25@	00:08&	00:11&	01:01&	00:04#
11	Bjørn Vidar Gunvaldsen	3502	35:49													
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+
00:23&	01:16&	00:21#	00:52&	00:06-	00:22&	05:04&	00:45&	00:16&	00:20&	00:37&	00:45&	00:32&	00:04#	00:03#	01:02&	00:06&
12	Rune Inge Olsen	1884	38:43													
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+
00:21&	01:22&	00:36&	00:55&	00:41&	00:23&	04:08&	03:04@	00:25&	00:24&	00:35&	00:48&	00:23&	00:10&	00:12&	00:59&	00:10&

Herrer 70 - 74 år

13	Bjørn Tore Aase	3502	40:00													
01:58+	05:48+	08:54+	11:10+	13:45+	14:58+	25:02+	27:55+	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+
00:39&	02:02@	01:10&	00:59&	00:28#	00:41@	04:52&	01:14&	00:28&	00:29&	00:31&	00:57&	00:36&	00:13&	00:13&	01:11&	00:10&
14	Arne Magne Handeland	892	44:36													
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+
15	Sverre Uhlving	722	48:40													
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

1	Asgeir Bell	896	27:46												
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=
2	Olav Dag Borgersen	3536	28:55												
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-
3	Hans Klausen	769	29:47												
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-
4	Paul Andreas Paulsen	896	30:07												
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-
5	Øyvind Egeskog	880	31:37												
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+
6	Finn-Morten Årstad	3530	31:40												
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-
7	Geir Husdal	1884	32:02												
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-
00:56&	00:27&	00:10#	00:10+	00:19#	00:00=	00:10+	00:26&	00:58-	00:34#	00:25#	00:22&	00:35&	00:31&	00:10#	00:01-
8	Knut Skjæveland	1884	32:28												
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+
01:44&	00:08+	00:01+	00:06+	00:32&	00:04+	00:07+	00:06+	00:59-	01:20&	00:15#	00:53&	00:03-	00:15#	00:09+	00:04#
9	Ingjald Egeland	793	34:14												
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+	02:43+	01:39+	02:00-	03:40+	01:59+	01:22+	02:58+	01:40+	01:41+	00:27+
02:35@	00:12#	00:01+	00:10+	00:39&	00:04+	00:08+	00:07+	00:59-	01:20&	00:17#	00:09#	01:21&	00:15#	00:07+	00:02+

Class	Navn	Klasse													Tid
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Herrer 75 - 79 år

10	Kjell Svihus	892													34:25
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+
00:59&	00:56&	00:14#	00:52&	00:36&	00:27&	00:43&	00:11#	00:38-	00:39&	00:31&	00:07+	00:15#	00:28&	00:16#	00:03#
11	Arne Østensen	3518													36:45
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+
12	Steinar Undheim	3529													36:55
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+
13	Jostein Tunheim	1683													37:29
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+
14	Norvald Skretting	1832													39:45
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+
15	Svein Glendrange	874													41:09
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+
16	Olav A. Hognestad	892													42:09
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+
17	Mangor Eikeland	892													47:42
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+
18	Knut Jonas Espedal	1754													59:59
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+
19	Reidar Liland	3507													1:13:22
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+

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Tormod Aaslid	3529													31:15
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=			
2	Terje Braut	892													31:51
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#			

Plass	Navn	Klasse	Tid
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Herrer 80 år og eldre

3	Harald Vatne	2342	34:00									
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-
4	Alf Gyland	892	38:48									
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+
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+
5	Magne Jakobsen	3524	40:39									
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+
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+
6	Sigurd Krosli	1884	41:00									
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+
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+
7	Jan A. Bekkeheien	892	42:20									
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+
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+
8	Torleiv Møgedal	874	52:08									
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+
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+
9	Kjell Audun Maudal	3524	56:14									
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+
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+

Beste strekktid for klassen

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

Herrer A

1	Jone Valdal	1683	23:52																			
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=
2	Morten Bjerga Sundli	3522	24:59																			
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+	00:03+	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=
3	Fredrik Sandal	1830	27:00																			
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=
00:15-	00:15#	00:09#	00:04&	00:02-	00:25&	00:06-	00:03+	00:47#	00:16#	00:15#	00:13&	00:07#	00:04#	00:08#	00:05#	00:12#	00:21&	00:01+	00:05#	00:03-	00:04+	00:00=
4	Maximilian Erlbeck	2342	27:25																			
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+	01:22+	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=
00:25-	00:12+	00:08#	00:03#	00:05#	00:10#	00:06-	00:25&	00:50#	00:16#	00:36&	00:02+	00:07#	00:05#	00:02+	00:07#	00:16#	00:15&	00:02#	00:13&	00:00=	00:10#	00:00=
5	Kristian Frafjord Haarr	882	28:05																			
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+
00:13-	00:13#	00:20&	00:03#	00:04+	00:22#	00:08-	00:07#	00:55&	00:35&	00:25&	00:10&	00:09#	00:07#	00:03+	00:05#	00:20&	00:12#	00:02#	00:10#	00:01+	00:08#	00:02#

Herrer A

6	Svein Magnus Halsne	1284	28:18																			
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=
00:22-	00:12+	00:09#	00:04&	00:05#	00:28&	00:07-	00:06#	01:24&	00:18#	00:29&	00:07#	00:14&	00:07#	00:05#	00:21&	00:16&	00:03#	00:14&	00:03-	00:09#	00:00=	
7	Erik Lima	1832	28:40																			
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+
8	Lars Sigve Oftedal	772	28:40																			
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+
9	Martin Blystad	3530	29:55																			
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+
10	Andreas Terjesen	1832	29:58																			
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+
11	Sven Hatteland	3528	30:31																			
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+
12	Håkon Eggebø	1284	32:22																			
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+
13	Bernhard Haver Vagle	643	32:22																			
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+
14	Svein Kyllingstad	1284	32:56																			
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+
15	Briac Le Ray	2342	34:12																			
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+

Beste strekktid for klassen

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

Herrer B

1	Aart Joakim in't Veld	1884	27:13																			
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=
2	Thomas Tveit	NOTEAM	27:58																			
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-

Herrer B

3 Arne Eirik Nielsen 3588 28:52
01:58+ 03:52- 05:26- 05:49+ 06:45+ 08:39+ 09:43+ 10:43+ 15:06+ 17:25+ 18:54+ 19:45+ 20:40+ 21:20+ 22:23+ 23:09+ 24:42+ 25:57+ 26:15+ 27:18+ 27:44+ 28:33+ 28:52+
01:58+ 01:54- 01:34+ 00:23+ 00:56+ 01:54+ 01:04+ 01:00- 04:23- 02:19+ 01:29+ 00:51+ 00:55+ 00:40+ 01:03+ 00:46+ 01:33+ 01:15+ 00:18+ 01:03+ 00:26+ 00:49+ 00:19+
00:10+ 00:21- 00:10# 00:05# 00:10# 00:05+ 00:11# 00:02- 00:13- 00:06+ 00:05+ 00:07# 00:02+ 00:07# 00:24# 00:07# 00:04+ 00:04+ 00:03# 00:05+ 00:05# 00:03+ 00:02#

4 Oddvar Taksdal 3522 28:58
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+
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+

5 Joar Eilevstjønn 2342 29:22
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+
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+

6 Geir Sand 722 29:25
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+
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+

7 Per Olav Haarr 769 30:36
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+
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+

8 Tor Gunnar Aksland 1683 30:42
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+
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+

9 Jan-Rune Larsen Basso 1376 30:53
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+
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+

10 Tom Furland 769 30:56
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+
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+

11 Oddgeir Eikeskog 1884 31:01
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+
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+

12 Njål F. Vadla 1884 31:36
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+
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+

13 Trond Sigurd Fotland 3507 32:43
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+
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+

14 Thomas Johansen 3531 33:07
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+
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+

15 Jone Sæbbø 3516 33:15
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+

16 Tallak Langmyr 3552 33:21
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+ 01:37+ 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+
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+

Herrer B

17	Bård Martby-Skogsholm	3522	33:25																			
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+
18	Jørgen Breivold	3529	33:52																			
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+
19	Espen Fyhn Nilsen	1683	41:58																			
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 strekktid for klassen

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

Herrer C

1	Henning Sundby	3486	25:39																	
00:57=	02:33=	03:55=	05:59=	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=
2	Terje Michaelsen	3511	26:58																	
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-
3	Kjetil Wirak	3486	27:01																	
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#
4	Morten Aamodt	1683	27:32																	
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#
5	Lars Drage	3583	27:33																	
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+
6	Stein Arne Olsen	874	28:36																	
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+
7	Ove Nygaard	1683	29:09																	
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-
8	Nils John Vestøl	3541	29:11																	
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=
00:01+	00:36&	00:07+	00:04+	00:15&	00:04+	00:21#	00:07#	00:10-	00:19#	00:21#	00:06#	00:07#	00:07-	00:49#	00:04+	00:10#	00:09#	00:06&	00:03+	00:00=
9	Odd Fuglestad	3522	29:27																	
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+
00:09#	00:26&	00:04+	00:16#	00:09#	00:05+	00:20#	00:06#	00:15+	00:23#	00:17#	00:06#	00:11&	00:07-	00:15&	00:12#	00:03+	00:14&	00:02#	00:11#	00:11&

Herrer C

10	Oddmund Nordgård	722	29:38																	
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+
00:28&	00:25&	00:09#	00:18#	00:06#	00:09#	00:25&	00:04#	00:11-	00:27#	00:19#	00:16&	00:05#	00:01-	00:06#	00:12#	00:13&	00:11#	00:05&	00:06+	00:07#
11	Leif Kjetil Hinna Gausel	1683	29:56																	
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+
12	Bertrand Denieul	877	30:46																	
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+
13	Svein Oddvar Netland	1683	30:58																	
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+
14	Paul Terje Haarr	769	31:10																	
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+
15	Pål H. Gjerden	1683	31:12																	
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+
16	Øivind Berggraf	1683	31:23																	
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+
17	Øyvind Rummelhoff	882	32:25																	
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+
18	Erling Mauland	3541	33:20																	
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+
19	Knut Taugbøl	1683	33:34																	
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+
20	Pål Bårdsen	3497	34:44																	
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+
21	Ove Oaland	1683	34:55																	
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+
22	Stephen Richardson	877	38:53																	
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.

Class	Navn	Klasse	Tid
-------	------	--------	-----

Herrer Ny

1 Øystein Endresen 3504 19:27

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=

2 Robert Hooper NOTEAM 26:17

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#

3 Håvard Jektnes 3531 29:26

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&

4 Nikolai Khorunzhiy 1456 30:45

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

1 Håvard Hageberg 1832 20:21

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=

2 Øyvind Onestad Olsen 3552 20:37

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=

3 Jon Vikse NOTEAM 21:04

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#

4 Anders Klungre 3548 21:05

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+

5 Stig E. Ollestad 3519 21:55

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=

6 Hans Frode Andersen 3548 22:24

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=
00:01- 00:05+ 00:19- 00:12- 01:22& 00:05- 00:15# 00:34& 00:02+ 00:06+ 00:09+ 00:07# 00:00=

7 Matthieu Pereira-Pires 877 23:06

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+
00:05- 00:09- 00:17- 00:10# 00:25# 00:21& 00:37& 00:05+ 00:11+ 00:12# 00:18# 00:55& 00:02#

8 Frode Halvor Lund 3516 23:25

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+
00:03- 00:01- 00:10- 00:07- 00:27# 00:17& 00:38& 00:03+ 00:12+ 00:11# 01:28& 00:08# 00:01+

Class	Navn	Klasse	Tid									
9	Alexander Khorunzhiy	1456	23:27									
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+
00:04-	00:18#	00:11-	00:01+	00:47&	00:04+	00:22#	00:06+	00:40&	00:12#	00:37&	00:11#	00:03#
10	Bartłomiej Lenart	1376	24:06									
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+
11	Arne Magne Sondresen	722	24:29									
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+
12	Svein Erik Bjørnsen	1376	24:42									
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+
13	Thomas Romstad	1683	24:49									
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+
14	Helge Hundeide	769	25:01									
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+
15	Jan Erik Syvertsen	3519	25:24									
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+
16	Per Marthon Mæland	880	25:31									
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+
17	Andreas Primstad	3548	26:33									
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+
18	Bruno Pierfelice	3519	26:40									
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+
19	Carlos Lluna	2342	26:43									
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+
20	Lars Salvesen	1119	27:11									
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+
21	Frode Følgesvold	880	27:45									
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+
22	Sjur Bjerke	3525	28:02									
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+

Class	Navn	Klasse	Tid
23	Svein Sivertsen	3530	29:02
	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+		
24	Per Olof Wallerstedt	3516	29:43
	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+		
25	Rune Jonassen	3533	30:13
	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+		
26	Roger Endre Nyseth	892	30:35
	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+		
27	Jan Henrik Neuenkirchen	896	31:10
	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+		
28	Arild Svihus	892	31:59
	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+		
29	Leif Jarle Skåra	3502	32:15
	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+		
30	Stephane Bordet	877	32:29
	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+		
31	Nils Egil Lie	3548	33:15
	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+		
32	Christian Nilsen	3525	33:22
	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+		
33	Frank Gulbrandsen	722	34:08
	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+		
34	Rune Hagen Maudal	3524	35:35
	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+		
35	John Helge Svandal	3531	36:23
	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+		
36	Jonas Lende Oftedal	NOTEAM	40:23
	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+		

Herrer Trim

37	Kjell-Ole Topnes	1683	41:06
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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+

38	Svein Inge Sævereid	643	50:16
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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.