

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Aina Kalsaas Urstad</b>	<b>3580</b>	<b>39:15</b>										
00:40=	03:09=	06:50=	09:28=	10:59=	11:39=	22:20=	23:24=	27:56=	33:18=	35:37=	37:09=	38:18=	39:15=
00:40=	02:29=	03:41=	02:38=	01:31=	00:40=	10:41=	01:04=	04:32=	05:22=	02:19=	01:32=	01:09=	00:57=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Maren Benjaminsen</b>	<b>1832</b>	<b>39:23</b>										
00:43+	04:09+	08:23+	10:30+	12:15+	12:48+	24:09+	25:04+	29:17+	33:22+	35:37=	37:22+	38:24+	39:23+
00:43+	03:26+	04:14+	02:07-	01:45+	00:33-	11:21+	00:55-	04:13-	04:05-	02:15-	01:45+	01:02-	00:59+
00:03+	00:57&	00:33#	00:31-	00:14#	00:07-	00:40+	00:09-	00:19-	01:17-	00:04-	00:13#	00:07-	00:02+
<b>3</b>	<b>Marie Lunde</b>	<b>1284</b>	<b>41:10</b>										
00:50+	04:03+	08:06+	10:35+	12:21+	12:59+	25:12+	26:15+	30:45+	35:35+	37:25+	38:50+	39:58+	41:10+
00:50+	03:13+	04:03+	02:29-	01:46+	00:38-	12:13+	01:03-	04:30-	04:50-	01:50-	01:25-	01:08-	01:12+
00:10#	00:44&	00:22+	00:09-	00:15#	00:02-	01:32#	00:01-	00:02-	00:32-	00:29-	00:07-	00:01-	00:15&
<b>4</b>	<b>Hanne Berg Aspøy</b>	<b>896</b>	<b>44:46</b>										
00:51+	04:15+	11:08+	13:13+	15:03+	15:38+	27:10+	28:16+	33:03+	38:32+	40:28+	42:42+	43:43+	44:46+
00:51+	03:24+	06:53+	02:05-	01:50+	00:35-	11:32+	01:06+	04:47+	05:29+	01:56-	02:14+	01:01-	01:03+
00:11&	00:55&	03:12&	00:33-	00:19#	00:05-	00:51+	00:02+	00:15+	00:07+	00:23-	00:42&	00:08-	00:06#
<b>5</b>	<b>Hege Bakken</b>	<b>1754</b>	<b>45:58</b>										
00:54+	04:25+	08:06+	11:44+	14:53+	15:41+	27:29+	28:45+	33:48+	39:20+	41:17+	43:25+	44:46+	45:58+
00:54+	03:31+	03:41=	03:38+	03:09+	00:48+	11:48+	01:16+	05:03+	05:32+	01:57-	02:08+	01:21+	01:12+
00:14&	01:02&	00:00=	01:00&	01:38&	00:08#	01:07#	00:12#	00:31#	00:10+	00:22-	00:36&	00:12#	00:15&
<b>6</b>	<b>Siri Eppeland</b>	<b>1884</b>	<b>46:17</b>										
00:50+	07:27+	11:34+	13:42+	15:46+	16:17+	27:42+	29:10+	34:23+	39:48+	41:56+	43:56+	45:04+	46:17+
00:50+	06:37+	04:07+	02:08-	02:04+	00:31-	11:25+	01:28+	05:13+	05:25+	02:08-	02:00+	01:08-	01:13+
00:10#	04:08@	00:26#	00:30-	00:33&	00:09-	00:44+	00:24&	00:41#	00:03+	00:11-	00:28&	00:01-	00:16&
<b>7</b>	<b>Helene P. Hundeide</b>	<b>769</b>	<b>46:24</b>										
01:26+	04:42+	09:08+	11:27+	14:04+	15:06+	29:09+	30:09+	34:53+	40:41+	42:40+	44:16+	45:23+	46:24+
01:26+	03:16+	04:26+	02:19-	02:37+	01:02+	14:03+	01:00-	04:44+	05:48+	01:59-	01:36+	01:07-	01:01+
00:46@	00:47&	00:45#	00:19-	01:06&	00:22&	03:22&	00:04-	00:12+	00:26+	00:20-	00:04+	00:02-	00:04+
<b>8</b>	<b>Marita Navjord Nicolaysen</b>	<b>1284</b>	<b>47:36</b>										
00:48+	04:57+	09:27+	12:17+	14:40+	15:22+	28:02+	29:06+	34:11+	40:35+	42:56+	45:16+	46:34+	47:36+
00:48+	04:09+	04:30+	02:50+	02:23+	00:42+	12:40+	01:04=	05:05+	06:24+	02:21+	02:20+	01:18+	01:02+
00:08#	01:40&	00:49#	00:12+	00:52&	00:02+	01:59#	00:00=	00:33#	01:02#	00:02+	00:48&	00:09#	00:05+
<b>9</b>	<b>Rønnaug Egeland</b>	<b>1884</b>	<b>49:59</b>										
00:38-	05:26+	08:54+	11:21+	13:05+	13:37+	29:54+	30:57+	35:48+	42:44+	46:30+	47:53+	48:53+	49:59+
00:38-	04:48+	03:28-	02:27-	01:44+	00:32-	16:17+	01:03-	04:51+	06:56+	03:46+	01:23-	01:00-	01:06+
00:02-	02:19&	00:13-	00:11-	00:13#	00:08-	05:36&	00:01-	00:19+	01:34&	01:27&	00:09-	00:09-	00:09#
<b>10</b>	<b>Rebecca Briedis</b>	<b>1754</b>	<b>50:01</b>										
00:42+	03:54+	08:03+	10:01+	11:43+	12:25+	23:27+	24:28+	29:11+	39:26+	44:21+	46:52+	48:28+	50:01+
00:42+	03:12+	04:09+	01:58-	01:42+	00:42+	11:02+	01:01-	04:43+	10:15+	04:55+	02:31+	01:36+	01:33+
00:02+	00:43&	00:28#	00:40-	00:11#	00:02+	00:21+	00:03-	00:11+	04:53&	02:36@	00:59&	00:27&	00:36&
<b>11</b>	<b>Ingvil Øvestad</b>	<b>3511</b>	<b>50:33</b>										
00:51+	04:38+	10:00+	12:55+	15:22+	16:08+	31:29+	32:41+	38:12+	44:04+	45:55+	47:58+	49:16+	50:33+
00:51+	03:47+	05:22+	02:55+	02:27+	00:46+	15:21+	01:12+	05:31+	05:52+	01:51-	02:03+	01:18+	01:17+
00:11&	01:18&	01:41&	00:17#	00:56&	00:06#	04:40&	00:08#	00:59#	00:30+	00:28-	00:31&	00:09#	00:20&
<b>12</b>	<b>Dina Baerheim</b>	<b>722</b>	<b>51:52</b>										
00:55+	05:35+	11:05+	13:34+	15:47+	16:26+	30:13+	31:31+	37:31+	43:52+	46:18+	48:56+	50:24+	51:52+
00:55+	04:40+	05:30+	02:29-	02:13+	00:39-	13:47+	01:18+	06:00+	06:21+	02:26+	02:38+	01:28+	01:28+
00:15&	02:11&	01:49&	00:09-	00:42&	00:01-	03:06&	00:14#	01:28&	00:59#	00:07+	01:06&	00:19&	00:31&
<b>13</b>	<b>Ann-Mari Vold</b>	<b>3529</b>	<b>53:21</b>										
00:42+	06:23+	11:34+	14:09+	16:50+	17:27+	32:11+	33:22+	38:41+	45:00+	47:22+	51:01+	52:08+	53:21+
00:42+	05:41+	05:11+	02:35-	02:41+	00:37-	14:44+	01:11+	05:19+	06:19+	02:22+	03:39+	01:07-	01:13+
00:02+	03:12@	01:30&	00:03-	01:10&	00:03-	04:03&	00:07#	00:47#	00:57#	00:03+	02:07@	00:02-	00:16&
<b>14</b>	<b>Lisa Turko</b>	<b>NOTEAM</b>	<b>53:28</b>										
00:44+	05:18+	11:10+	13:54+	15:56+	16:29+	32:09+	33:04+	37:18+	47:00+	48:36+	50:42+	52:21+	53:28+
00:44+	04:34+	05:52+	02:44+	02:02+	00:33-	15:40+	00:55-	04:14-	09:42+	01:36-	02:06+	01:39+	01:07+
00:04#	02:05&	02:11&	00:06+	00:31&	00:07-	04:59&	00:09-	00:18-	04:20&	00:43-	00:34&	00:30&	00:10#

Class	Navn	Klasse	Tid
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## Damer 16 - 39 år

<b>15</b>	<b>Frida Erikstein</b>	<b>1830</b>	<b>53:56</b>
00:49+	06:28+ 13:51+ 16:26+ 18:17+ 18:52+	30:44+ 31:57+ 36:40+ 45:46+ 49:39+	50:47+ 52:23+ 53:56+
00:49+	05:39+ 07:23+ 02:35- 01:51+ 00:35-	11:52+ 01:13+ 04:43+ 09:06+ 03:53+	01:08- 01:36+ 01:33+
00:09#	03:10@ 03:42@ 00:03- 00:20# 00:05-	01:11# 00:09# 00:11+ 03:44& 01:34&	00:24- 00:27& 00:36&
<b>16</b>	<b>Cecilie Larsen</b>	<b>1754</b>	<b>57:12</b>
00:53+	04:50+ 11:07+ 14:44+ 17:18+ 18:01+	33:35+ 35:17+ 41:18+ 49:39+ 52:07+	54:10+ 55:42+ 57:12+
00:53+	03:57+ 06:17+ 03:37+ 02:34+ 00:43+	15:34+ 01:42+ 06:01+ 08:21+ 02:28+	02:03+ 01:32+ 01:30+
00:53+	03:57+ 06:17+ 03:37+ 02:34+ 00:43+	15:34+ 01:42+ 06:01+ 08:21+ 02:28+	02:03+ 01:32+ 01:30+
<b>17</b>	<b>Ingrid Lycke Austbø</b>	<b>989</b>	<b>58:46</b>
00:39+	04:56+ 12:59+ 16:32+ 18:34+ 19:13+	32:22+ 33:28+ 37:52+ 47:32+ 52:18+	56:03+ 57:30+ 58:46+
00:39+	04:17+ 08:03+ 03:33+ 02:02+ 00:39+	13:09+ 01:06+ 04:24+ 09:40+ 04:46+	03:45+ 01:27+ 01:16+
00:39+	04:17+ 08:03+ 03:33+ 02:02+ 00:39+	13:09+ 01:06+ 04:24+ 09:40+ 04:46+	03:45+ 01:27+ 01:16+
<b>18</b>	<b>Ingunn Landsnes</b>	<b>892</b>	<b>1:08:23</b>
01:04+	05:46+ 11:31+ 14:40+ 17:01+ 17:42+	44:58+ 46:25+ 52:53+ 59:02+ 62:32+	65:35+ 67:05+ 68:23+
01:04+	04:42+ 05:45+ 03:09+ 02:21+ 00:41+	27:16+ 01:27+ 06:28+ 06:09+ 03:30+	03:03+ 01:30+ 01:18+
01:04+	04:42+ 05:45+ 03:09+ 02:21+ 00:41+	27:16+ 01:27+ 06:28+ 06:09+ 03:30+	03:03+ 01:30+ 01:18+

### Beste strekktid for klassen

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

## Damer 40 - 49 år

<b>1</b>	<b>Maren Thu</b>	<b>NOTEAM</b>	<b>40:31</b>
01:55=	12:03= 13:05= 17:54= 22:20= 23:18=	26:38= 28:52= 30:48= 33:29= 35:43=	38:37= 39:58= 40:31=
01:55=	10:08= 01:02= 04:49= 04:26= 00:58=	03:20= 02:14= 01:56= 02:41= 02:14=	02:54= 01:21= 00:33=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
<b>2</b>	<b>Helen Haneferd</b>	<b>882</b>	<b>51:16</b>
02:58+	13:27+ 15:07+ 22:22+ 27:44+ 28:55+	32:51+ 34:39+ 39:53+ 43:14+ 46:01+	48:43+ 50:29+ 51:16+
02:58+	10:29+ 01:40+ 07:15+ 05:22+ 01:11+	03:56+ 01:48- 05:14+ 03:21+ 02:47+	02:42- 01:46+ 00:47+
01:03&	00:21+ 00:38& 02:26& 00:56# 00:13#	00:36# 00:26- 03:18@ 00:40# 00:33#	00:12- 00:25& 00:14&
<b>3</b>	<b>Randi Ladsten</b>	<b>879</b>	<b>52:38</b>
02:33+	13:11+ 14:26+ 22:10+ 27:54+ 29:19+	33:04+ 38:09+ 40:32+ 44:17+ 47:02+	50:10+ 51:57+ 52:38+
02:33+	10:38+ 01:15+ 07:44+ 05:44+ 01:25+	03:45+ 05:05+ 02:23+ 03:45+ 02:45+	03:08+ 01:47+ 00:41+
00:38&	00:30+ 00:13# 02:55& 01:18& 00:27&	00:25# 02:51@ 00:27# 01:04& 00:31#	00:14+ 00:26& 00:08#
<b>4</b>	<b>Helene Lie</b>	<b>3565</b>	<b>53:31</b>
04:24+	14:04+ 15:23+ 22:30+ 28:15+ 30:24+	34:33+ 37:21+ 42:31+ 45:38+ 48:00+	50:59+ 52:49+ 53:31+
04:24+	09:40- 01:19+ 07:07+ 05:45+ 02:09+	04:09+ 02:48+ 05:10+ 03:07+ 02:22+	02:59+ 01:50+ 00:42+
02:29@	00:28- 00:17& 02:18& 01:19& 01:11@	00:49# 00:34& 03:14@ 00:26# 00:08+	00:05+ 00:29& 00:09&
<b>5</b>	<b>Benedicte Kvalevåg</b>	<b>769</b>	<b>54:37</b>
02:37+	14:15+ 15:37+ 22:16+ 29:17+ 30:52+	39:10+ 41:10+ 43:32+ 46:51+ 49:31+	52:10+ 53:49+ 54:37+
02:37+	11:38+ 01:22+ 06:39+ 07:01+ 01:35+	08:18+ 02:00- 02:22+ 03:19+ 02:40+	02:39- 01:39+ 00:48+
00:42&	01:30# 00:20& 01:50& 02:35& 00:37&	04:58@ 00:14- 00:26# 00:38# 00:26#	00:15- 00:18# 00:15&
<b>6</b>	<b>Ingvild Marthinussen</b>	<b>3524</b>	<b>1:07:21</b>
21:08+	32:43+ 33:51+ 39:58+ 44:47+ 45:44+	49:23+ 51:15+ 53:21+ 56:40+ 62:50+	64:41+ 66:23+ 67:21+
21:08+	11:35+ 01:08+ 06:07+ 04:49+ 00:57-	03:39+ 01:52- 02:06+ 03:19+ 06:10+	01:51- 01:42+ 00:58+
19:13@	01:27# 00:06+ 01:18& 00:23+ 00:01-	00:19+ 00:22- 00:10+ 00:38# 03:56@	01:03- 00:21& 00:25&
<b>7</b>	<b>Evelyn Braut</b>	<b>1384</b>	<b>1:17:03</b>
02:45+	19:57+ 22:39+ 30:08+ 39:40+ 40:55+	44:52+ 48:05+ 51:48+ 61:01+ 68:09+	73:21+ 76:13+ 77:03+
02:45+	17:12+ 02:42+ 07:29+ 09:32+ 01:15+	03:57+ 03:13+ 03:43+ 09:13+ 07:08+	05:12+ 02:52+ 00:50+
00:50&	07:04& 01:40@ 02:40& 05:06@ 00:17&	00:37# 00:59& 01:47& 06:32@ 04:54@	02:18& 01:31@ 00:17&
<b>8</b>	<b>Marianne Strøm Uthaug</b>	<b>3551</b>	<b>1:19:32</b>
01:57+	31:25+ 32:12+ 43:15+ 49:22+ 50:44+	54:15+ 58:00+ 61:14+ 69:10+ 72:15+	75:01+ 78:55+ 79:32+
01:57+	29:28+ 00:47- 11:03+ 06:07+ 01:22+	03:31+ 03:45+ 03:14+ 07:56+ 03:05+	02:46- 03:54+ 00:37+
00:02+	19:20@ 00:15- 06:14@ 01:41& 00:24&	00:11+ 01:31& 01:18& 05:15@ 00:51&	00:08- 02:33@ 00:04#

Class	Navn	Klasse												Tid
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## Damer 40 - 49 år

### Beste strekktid for klassen

01:55 09:40 00:47 04:49 04:26 00:57 03:20 01:48 01:56 02:41 02:14 01:51 01:21 00:33

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

## Damer 50 - 59 år

<b>1</b>	<b>Siri Warland</b>	<b>1832</b>	<b>42:44</b>
02:38=	12:56= 13:57= 19:30= 23:50= 25:00= 28:05= 29:44= 33:04= 35:32= 37:50= 40:36= 42:06= 42:44=		
02:38=	10:18= 01:01= 05:33= 04:20= 01:10= 03:05= 01:39= 03:20= 02:28= 02:18= 02:46= 01:30= 00:38=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Margrethe Roalsø</b>	<b>1884</b>	<b>43:30</b>
02:27-	13:29+ 14:36+ 20:55+ 25:43+ 26:53+ 30:10+ 32:14+ 34:39+ 37:12+ 39:20+ 41:14+ 42:38+ 43:30+		
02:27-	11:02+ 01:07+ 06:19+ 04:48+ 01:10= 03:17+ 02:04+ 02:25- 02:33+ 02:08- 01:54- 01:24- 00:52+		
00:11-	00:44+ 00:06+ 00:46# 00:28# 00:00= 00:12+ 00:25& 00:55- 00:05+ 00:10- 00:52- 00:06- 00:14&		
<b>3</b>	<b>Marianne Fuglestad</b>	<b>896</b>	<b>43:38</b>
02:45+	12:33- 14:09+ 18:57- 25:05+ 26:18+ 30:09+ 31:54+ 34:09+ 36:37+ 39:16+ 41:31+ 43:04+ 43:38+		
02:45+	09:48- 01:36+ 04:48- 06:08+ 01:13+ 03:51+ 01:45+ 02:15- 02:28= 02:39+ 02:15- 01:33+ 00:34-		
00:07+	00:30- 00:35& 00:45- 01:48& 00:03+ 00:46# 00:06+ 01:05- 00:00= 00:21# 00:31- 00:03+ 00:04-		
<b>4</b>	<b>Elisabeth Melbø</b>	<b>879</b>	<b>44:46</b>
02:44+	13:17+ 14:24+ 20:52+ 25:33+ 26:37+ 30:15+ 32:01+ 34:10+ 37:55+ 40:39+ 42:47+ 44:08+ 44:46+		
02:44+	10:33+ 01:07+ 06:28+ 04:41+ 01:04- 03:38+ 01:46+ 02:09- 03:45+ 02:44+ 02:08- 01:21- 00:38=		
00:06+	00:15+ 00:06+ 00:55# 00:21+ 00:06- 00:33# 00:07+ 01:11- 01:17& 00:26# 00:38- 00:09- 00:00=		
<b>5</b>	<b>Anita Glenne Kallhovd</b>	<b>3502</b>	<b>45:38</b>
03:01+	15:09+ 16:07+ 21:50+ 26:29+ 27:34+ 31:12+ 32:57+ 35:24+ 39:00+ 41:36+ 43:44+ 45:05+ 45:38+		
03:01+	12:08+ 00:58- 05:43+ 04:39+ 01:05- 03:38+ 01:45+ 02:27- 03:36+ 02:36+ 02:08- 01:21- 00:33-		
00:23#	01:50# 00:03- 00:10+ 00:19+ 00:05- 00:33# 00:06+ 00:53- 01:08& 00:18# 00:38- 00:09- 00:05-		
<b>6</b>	<b>Signe Ottesen</b>	<b>1683</b>	<b>46:08</b>
02:52+	13:36+ 14:58+ 21:18+ 26:49+ 27:46+ 31:41+ 33:01+ 36:41+ 39:49+ 42:07+ 44:05+ 45:28+ 46:08+		
02:52+	10:44+ 01:22+ 06:20+ 05:31+ 00:57- 03:55+ 01:20- 03:40+ 03:08+ 02:18= 01:58- 01:23- 00:40+		
00:14+	00:26+ 00:21& 00:47# 01:11& 00:13- 00:50& 00:19- 00:20# 00:40& 00:00= 00:48- 00:07- 00:02+		
<b>7</b>	<b>Gerd Olaug Vikeså</b>	<b>1758</b>	<b>46:16</b>
02:34-	13:23+ 14:29+ 20:14+ 25:16+ 26:26+ 27:43- 34:10+ 35:27+ 37:35+ 40:19+ 42:20+ 44:04+ 45:36+ 46:16+		
02:34-	10:49+ 01:06+ 05:45+ 05:02+ 01:10= 01:17- 06:27+ 01:17- 02:08- 02:44+ 02:01- 01:44+ 01:32+ 00:40+		
00:04-	00:31+ 00:05+ 00:12+ 00:42# 00:00= 01:48- 04:48@ 02:03- 00:20- 00:26# 00:45- 00:14# 00:54@ 00:40+		
<b>8</b>	<b>Iren Undheim Øgreid</b>	<b>769</b>	<b>46:29</b>
02:39+	13:50+ 15:10+ 20:32+ 25:25+ 26:29+ 32:02+ 33:40+ 35:56+ 39:12+ 41:33+ 43:49+ 45:41+ 46:29+		
02:39+	11:11+ 01:20+ 05:22- 04:53+ 01:04- 05:33+ 01:38- 02:16- 03:16+ 02:21+ 02:16- 01:52+ 00:48+		
00:01+	00:53+ 00:19& 00:11- 00:33# 00:06- 02:28& 00:01- 01:04- 00:48& 00:03+ 00:30- 00:22# 00:10&		
<b>9</b>	<b>Tone Cecilie Nystrom</b>	<b>874</b>	<b>47:41</b>
03:23+	13:56+ 15:30+ 21:28+ 26:53+ 28:13+ 32:21+ 34:08+ 36:33+ 39:29+ 42:08+ 44:54+ 46:52+ 47:41+		
03:23+	10:33+ 01:34+ 05:58+ 05:25+ 01:20+ 04:08+ 01:47+ 02:25- 02:56+ 02:39+ 02:46= 01:58+ 00:49+		
00:45&	00:15+ 00:33& 00:25+ 01:05# 00:10# 01:03& 00:08+ 00:55- 00:28# 00:21# 00:00= 00:28& 00:11&		
<b>10</b>	<b>Trude Hermanrud</b>	<b>896</b>	<b>47:50</b>
02:46+	15:20+ 16:24+ 22:12+ 27:33+ 28:43+ 32:06+ 34:00+ 36:31+ 39:38+ 42:51+ 45:12+ 47:03+ 47:50+		
02:46+	12:34+ 01:04+ 05:48+ 05:21+ 01:10= 03:23+ 01:54+ 02:31- 03:07+ 03:13+ 02:21- 01:51+ 00:47+		
00:08+	02:16# 00:03+ 00:15+ 01:01# 00:00= 00:18+ 00:15# 00:49- 00:39& 00:55& 00:25- 00:21# 00:09#		
<b>11</b>	<b>Gøril Braut Aarsand</b>	<b>2539</b>	<b>48:18</b>
02:50+	13:24+ 14:40+ 21:00+ 26:43+ 28:05+ 32:09+ 34:36+ 37:20+ 40:31+ 44:43+ 46:48+ 48:18+		
02:50+	10:34+ 01:16+ 06:20+ 05:43+ 01:22+ 04:04+ 02:27+ 02:44- 03:11+ 04:12+ 02:05- 01:30=		
00:12+	00:16+ 00:15# 00:47# 01:23& 00:12# 00:59& 00:48& 00:36- 00:43& 01:54& 00:41- 00:00=		
<b>12</b>	<b>Turid Eikebu Alfsen</b>	<b>1683</b>	<b>49:11</b>
02:41+	13:12+ 14:32+ 21:06+ 26:29+ 28:04+ 33:38+ 35:48+ 38:16+ 41:16+ 43:34+ 46:15+ 48:24+ 49:11+		
02:41+	10:31+ 01:20+ 06:34+ 05:23+ 01:35+ 05:34+ 02:10+ 02:28- 03:00+ 02:18= 02:41- 02:09+ 00:47+		
00:03+	00:13+ 00:19& 01:01# 01:03# 00:25& 02:29& 00:31& 00:52- 00:32# 00:00= 00:05- 00:39& 00:09#		

Class	Navn	Klasse												Tid
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## Damer 50 - 59 år

<b>13</b>	<b>Keth Berggraf</b>	<b>1683</b>												<b>50:15</b>
03:00+	12:37-	13:51-	19:54+	25:08+	26:12+	31:47+	33:30+	35:33+	44:34+	45:59+	48:08+	49:41+	50:15+	
03:00+	09:37-	01:14+	06:03+	05:14+	01:04-	05:35+	01:43+	02:03-	09:01+	01:25-	02:09-	01:33+	00:34-	
00:22#	00:41-	00:13#	00:30+	00:54#	00:06-	02:30#	00:04+	01:17-	06:33#	00:53-	00:37-	00:03+	00:04-	
<b>14</b>	<b>Liv Omdal</b>	<b>1683</b>												<b>53:00</b>
03:12+	14:19+	15:50+	21:51+	27:52+	29:05+	37:23+	40:33+	43:02+	45:57+	47:57+	50:24+	52:17+	53:00+	
03:12+	11:07+	01:31+	06:01+	06:01+	01:13+	08:18+	03:10+	02:29+	02:55+	02:00+	02:27+	01:53+	00:43+	
03:12+	11:07+	01:31+	06:01+	06:01+	01:13+	08:18+	03:10+	02:29+	02:55+	02:00+	02:27+	01:53+	00:43+	
<b>15</b>	<b>Tonje Tiley</b>	<b>882</b>												<b>53:36</b>
02:47+	16:03+	17:10+	23:29+	29:28+	30:46+	34:36+	36:17+	42:22+	45:28+	48:27+	51:20+	52:49+	53:36+	
02:47+	13:16+	01:07+	06:19+	05:59+	01:18+	03:50+	01:41+	06:05+	03:06+	02:59+	02:53+	01:29+	00:47+	
02:47+	13:16+	01:07+	06:19+	05:59+	01:18+	03:50+	01:41+	06:05+	03:06+	02:59+	02:53+	01:29+	00:47+	
<b>16</b>	<b>Torill Andersen</b>	<b>1683</b>												<b>55:07</b>
07:22+	18:20+	19:37+	27:38+	34:46+	36:25+	39:41+	41:18+	43:49+	46:38+	49:27+	51:58+	54:15+	55:07+	
07:22+	10:58+	01:17+	08:01+	07:08+	01:39+	03:50+	01:37+	02:31+	02:49+	02:49+	02:31+	02:17+	00:52+	
07:22+	10:58+	01:17+	08:01+	07:08+	01:39+	03:16+	01:37+	02:31+	02:49+	02:49+	02:31+	02:17+	00:52+	
<b>17</b>	<b>Åse Sellereite</b>	<b>882</b>												<b>57:47</b>
05:07+	16:32+	17:37+	24:03+	29:57+	31:18+	36:05+	40:04+	43:03+	46:55+	50:07+	55:31+	57:11+	57:47+	
05:07+	11:25+	01:05+	06:26+	05:54+	01:21+	04:47+	03:59+	02:59+	03:52+	03:12+	05:24+	01:40+	00:36+	
05:07+	11:25+	01:05+	06:26+	05:54+	01:21+	04:47+	03:59+	02:59+	03:52+	03:12+	05:24+	01:40+	00:36+	
<b>18</b>	<b>Andrea Tapken</b>	<b>3529</b>												<b>59:35</b>
03:08+	15:12+	16:44+	24:50+	31:47+	34:00+	38:21+	41:13+	46:40+	50:42+	53:16+	56:43+	58:37+	59:35+	
03:08+	12:04+	01:32+	08:06+	06:57+	02:13+	04:21+	02:52+	05:27+	04:02+	02:34+	03:27+	01:54+	00:58+	
03:08+	12:04+	01:32+	08:06+	06:57+	02:13+	04:21+	02:52+	05:27+	04:02+	02:34+	03:27+	01:54+	00:58+	
<b>19</b>	<b>Siv Skretting</b>	<b>1884</b>												<b>59:46</b>
10:15+	22:42+	24:15+	31:04+	36:57+	38:12+	43:25+	45:51+	48:28+	51:06+	55:03+	57:16+	58:59+	59:46+	
10:15+	12:27+	01:33+	06:49+	05:53+	01:15+	05:13+	02:26+	02:37+	02:38+	03:57+	02:13+	01:43+	00:47+	
10:15+	12:27+	01:33+	06:49+	05:53+	01:15+	05:13+	02:26+	02:37+	02:38+	03:57+	02:13+	01:43+	00:47+	
<b>20</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>1758</b>												<b>1:00:23</b>
03:48+	17:11+	18:37+	26:39+	33:32+	35:13+	40:06+	42:37+	47:33+	51:29+	54:29+	57:43+	59:36+	60:23+	
03:48+	13:23+	01:26+	08:02+	06:53+	01:41+	04:53+	02:31+	04:56+	03:56+	03:00+	03:14+	01:53+	00:47+	
03:48+	13:23+	01:26+	08:02+	06:53+	01:41+	04:53+	02:31+	04:56+	03:56+	03:00+	03:14+	01:53+	00:47+	
<b>21</b>	<b>Hilde Frøylog Karlsen</b>	<b>1284</b>												<b>1:01:55</b>
04:53+	18:11+	20:01+	27:54+	35:18+	36:42+	41:22+	44:48+	47:35+	52:00+	55:13+	58:55+	60:55+	61:55+	
04:53+	13:18+	01:50+	07:53+	07:24+	01:24+	04:40+	03:26+	02:47+	04:25+	03:13+	03:42+	02:00+	01:00+	
04:53+	13:18+	01:50+	07:53+	07:24+	01:24+	04:40+	03:26+	02:47+	04:25+	03:13+	03:42+	02:00+	01:00+	
<b>22</b>	<b>Irene Sirevåg</b>	<b>1754</b>												<b>1:06:10</b>
03:18+	15:45+	17:16+	25:16+	32:18+	33:47+	38:40+	42:52+	45:50+	50:04+	59:19+	63:05+	65:10+	66:10+	
03:18+	12:27+	01:31+	08:00+	07:02+	01:29+	04:53+	04:12+	02:58+	04:14+	09:15+	03:46+	02:05+	01:00+	
03:18+	12:27+	01:31+	08:00+	07:02+	01:29+	04:53+	04:12+	02:58+	04:14+	09:15+	03:46+	02:05+	01:00+	
<b>23</b>	<b>Astri Sandanger</b>	<b>896</b>												<b>1:07:11</b>
04:01+	20:53+	22:14+	29:25+	37:00+	38:47+	44:07+	46:23+	49:50+	53:10+	61:23+	64:18+	66:22+	67:11+	
04:01+	16:52+	01:21+	07:11+	07:35+	01:47+	05:20+	02:16+	03:27+	03:20+	08:13+	02:55+	02:04+	00:49+	
04:01+	16:52+	01:21+	07:11+	07:35+	01:47+	05:20+	02:16+	03:27+	03:20+	08:13+	02:55+	02:04+	00:49+	
<b>24</b>	<b>Marianne Gjesdal Lyngås</b>	<b>892</b>												<b>1:08:03</b>
03:37+	19:14+	21:03+	28:35+	36:07+	37:42+	42:35+	47:18+	54:16+	57:57+	61:14+	64:37+	66:56+	68:03+	
03:37+	15:37+	01:49+	07:32+	07:32+	01:35+	04:53+	04:43+	06:58+	03:41+	03:17+	03:23+	02:19+	01:07+	
03:37+	15:37+	01:49+	07:32+	07:32+	01:35+	04:53+	04:43+	06:58+	03:41+	03:17+	03:23+	02:19+	01:07+	
<b>25</b>	<b>Ingjerd Haddeland</b>	<b>3507</b>												<b>1:08:50</b>
04:51+	23:24+	24:39+	31:48+	38:28+	40:04+	44:28+	46:55+	54:15+	57:56+	62:57+	65:48+	67:48+	68:50+	
04:51+	18:33+	01:15+	07:09+	06:40+	01:36+	04:24+	02:27+	07:20+	03:41+	05:01+	02:51+	02:00+	01:02+	
04:51+	18:33+	01:15+	07:09+	06:40+	01:36+	04:24+	02:27+	07:20+	03:41+	05:01+	02:51+	02:00+	01:02+	
<b>26</b>	<b>Brit Vivian Meling</b>	<b>1683</b>												<b>1:11:55</b>
04:38+	20:38+	22:17+	29:15+	36:38+	39:32+	46:58+	51:49+	55:09+	60:42+	65:02+	68:35+	70:51+	71:55+	
04:38+	16:00+	01:39+	06:58+	07:23+	02:54+	07:26+	04:51+	03:20+	05:33+	04:20+	03:33+	02:16+	01:04+	
04:38+	16:00+	01:39+	06:58+	07:23+	02:54+	07:26+	04:51+	03:20+	05:33+	04:20+	03:33+	02:16+	01:04+	

Class	Navn	Klasse	Tid
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## Damer 50 - 59 år

<b>27</b>	<b>Kristin Furre Owe</b>	<b>896</b>	<b>1:42:08</b>										
08:45+	24:02+	25:49+	34:34+	45:28+	48:15+	56:57+	59:33+	62:28+	74:26+	79:09+	98:39+	100:50+	102:08+
08:45+	15:17+	01:47+	08:45+	10:54+	02:47+	08:42+	02:36+	02:55+	11:58+	04:43+	19:30+	02:11+	01:18+
08:45+	15:17+	01:47+	08:45+	10:54+	02:47+	08:42+	02:36+	02:55+	11:58+	04:43+	19:30+	02:11+	01:18+

### Beste strekktid for klassen

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

## Damer 60 - 64 år

<b>1</b>	<b>Elisabeth Christie Ørke</b>	<b>722</b>	<b>33:58</b>										
00:43=	05:00=	09:34=	12:03=	20:14=	21:55=	26:09=	27:12=	28:52=	31:34=	32:47=	33:58=		
00:43=	04:17=	04:34=	02:29=	08:11=	01:41=	04:14=	01:03=	01:40=	02:42=	01:13=	01:11=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Nina Christiansen</b>	<b>722</b>	<b>41:20</b>										
00:59+	06:34+	13:21+	15:45+	25:10+	27:01+	31:38+	32:43+	34:39+	38:04+	40:05+	41:20+		
00:59+	05:35+	06:47+	02:24-	09:25+	01:51+	04:37+	01:05+	01:56+	03:25+	02:01+	01:15+		
00:16&	01:18&	02:13&	00:05-	01:14#	00:10+	00:23+	00:02+	00:16#	00:43&	00:48&	00:04+		
<b>3</b>	<b>Nidunn Sandvik</b>	<b>3565</b>	<b>43:51</b>										
01:08+	04:56-	11:01+	13:01+	24:46+	27:01+	32:46+	34:15+	36:18+	40:10+	42:24+	43:51+		
01:08+	03:48-	06:05+	02:00-	11:45+	02:15+	05:45+	01:29+	02:03+	03:52+	02:14+	01:27+		
00:25&	00:29-	01:31&	00:29-	03:34&	00:34&	01:31&	00:26&	00:23#	01:10&	01:01&	00:16#		
<b>4</b>	<b>Anne-Siv Gjertsen</b>	<b>882</b>	<b>44:11</b>										
00:55+	05:20+	13:40+	16:05+	25:49+	27:46+	32:38+	34:07+	36:03+	40:56+	42:43+	44:11+		
00:55+	04:25+	08:20+	02:25-	09:44+	01:57+	04:52+	01:29+	01:56+	04:53+	01:47+	01:28+		
00:12&	00:08+	03:46&	00:04-	01:33#	00:16#	00:38#	00:26&	00:16#	02:11&	00:34&	00:17#		
<b>5</b>	<b>Ingrid E. I. Øxnevad</b>	<b>3516</b>	<b>45:40</b>										
00:55+	04:37-	12:48+	14:51+	26:33+	28:01+	32:45+	34:27+	36:14+	40:48+	44:31+	45:40+		
00:55+	03:42-	08:11+	02:03-	11:42+	01:28-	04:44+	01:42+	01:47+	04:34+	03:43+	01:09-		
00:12&	00:35-	03:37&	00:26-	03:31&	00:13-	00:30#	00:39&	00:07+	01:52&	02:30@	00:02-		
<b>6</b>	<b>Eli Tjøland Stokka</b>	<b>1141</b>	<b>50:01</b>										
01:14+	08:21+	15:38+	17:55+	29:45+	32:13+	37:40+	39:15+	41:17+	46:06+	48:27+	50:01+		
01:14+	07:07+	07:17+	02:17-	11:50+	02:28+	05:27+	01:35+	02:02+	04:49+	02:21+	01:34+		
00:31&	02:50&	02:43&	00:12-	03:39&	00:47&	01:13&	00:32&	00:22#	02:07&	01:08&	00:23&		
<b>7</b>	<b>Kari Anstensrud</b>	<b>896</b>	<b>53:20</b>										
01:00+	05:41+	11:55+	14:12+	28:14+	30:13+	35:47+	37:53+	39:58+	50:03+	52:08+	53:20+		
01:00+	04:41+	06:14+	02:17-	14:02+	01:59+	05:34+	02:06+	02:05+	10:05+	02:05+	01:12+		
00:17&	00:24+	01:40&	00:12-	05:51&	00:18#	01:20&	01:03&	00:25#	07:23@	00:52&	00:01+		
<b>8</b>	<b>Anne Katrine Lycke</b>	<b>989</b>	<b>53:47</b>										
02:11+	06:58+	15:44+	18:35+	31:26+	34:07+	40:04+	41:38+	43:47+	49:25+	52:10+	53:47+		
02:11+	04:47+	08:46+	02:51+	12:51+	02:41+	05:57+	01:34+	02:09+	05:38+	02:45+	01:37+		
01:28@	00:30#	04:12&	00:22#	04:40&	01:00&	01:43&	00:31&	00:29&	02:56@	01:32@	00:26&		
<b>9</b>	<b>Ellinor Nesse</b>	<b>1683</b>	<b>56:57</b>										
01:04+	06:04+	11:33+	14:23+	27:16+	29:18+	35:24+	36:46+	38:55+	51:29+	54:08+	56:57+		
01:04+	05:00+	05:29+	02:50+	12:53+	02:02+	06:06+	01:22+	02:09+	12:34+	02:39+	02:49+		
00:21&	00:43#	00:55#	00:21#	04:42&	00:21#	01:52&	00:19&	00:29&	09:52@	01:26@	01:38@		
<b>10</b>	<b>Ellinor Hoemsnes</b>	<b>1683</b>	<b>1:02:34</b>										
01:30+	07:10+	16:26+	18:58+	32:24+	34:48+	40:30+	41:53+	47:39+	58:54+	61:08+	62:34+		
01:30+	05:40+	09:16+	02:32+	13:26+	02:24+	05:42+	01:23+	05:46+	11:15+	02:14+	01:26+		
00:47@	01:23&	04:42@	00:03+	05:15&	00:43&	01:28&	00:20&	04:06@	08:33@	01:01&	00:15#		
<b>11</b>	<b>Marit Aandahl</b>	<b>3523</b>	<b>1:19:19</b>										
01:23+	08:57+	24:58+	29:48+	46:48+	50:23+	58:14+	59:44+	63:19+	74:47+	77:46+	79:19+		
01:23+	07:34+	16:01+	04:50+	17:00+	03:35+	07:51+	01:30+	03:35+	11:28+	02:59+	01:33+		
00:40&	03:17&	11:27@	02:21&	08:49@	01:54@	03:37&	00:27&	01:55@	08:46@	01:46@	00:22&		

Class	Navn	Klasse	Tid
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## Damer 60 - 64 år

**12 Sarah Allen 793 1:28:12**

01:14+	15:08+	26:26+	30:00+	45:52+	49:41+	58:50+	65:58+	68:34+	83:58+	86:47+	88:12+
01:14+	13:54+	11:18+	03:34+	15:52+	03:49+	09:09+	07:08+	02:36+	15:24+	02:49+	01:25+
00:31&	09:37@	06:44@	01:05&	07:41&	02:08@	04:55@	06:05@	00:56&	12:42@	01:36@	00:14#

### Beste strekktid for klassen

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

## Damer 65 - 69 år

**1 Ingrid Eik 1830 37:31**

00:54=	04:56=	10:35=	12:26=	21:28=	23:41=	28:22=	29:38=	31:49=	34:42=	36:21=	37:31=
00:54=	04:02=	05:39=	01:51=	09:02=	02:13=	04:41=	01:16=	02:11=	02:53=	01:39=	01:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**2 Margot Asheim 722 44:09**

01:02+	04:41-	12:12+	14:17+	25:23+	27:25+	33:14+	34:30+	36:43+	41:04+	43:02+	44:09+
01:02+	03:39-	07:31+	02:05+	11:06+	02:02-	05:49+	01:16=	02:13+	04:21+	01:58+	01:07-
00:08#	00:23-	01:52&	00:14#	02:04#	00:11-	01:08#	00:00=	00:02+	01:28&	00:19#	00:03-

**3 Marit Karin Nygaard 892 44:14**

00:57+	05:14+	10:23-	12:40+	23:44+	26:39+	31:56+	33:16+	35:30+	40:48+	42:59+	44:14+
00:57+	04:17+	05:09-	02:17+	11:04+	02:55+	05:17+	01:20+	02:14+	05:18+	02:11+	01:15+
00:03+	00:15+	00:30-	00:26#	02:02#	00:42&	00:36#	00:04+	00:03+	02:25&	00:32&	00:05+

**4 May Meling 593 45:35**

00:58+	04:53-	11:00+	13:17+	25:28+	29:00+	33:53+	35:03+	37:47+	41:47+	44:16+	45:35+
00:58+	03:55-	06:07+	02:17+	12:11+	03:32+	04:53+	01:10-	02:44+	04:00+	02:29+	01:19+
00:04+	00:07-	00:28+	00:26#	03:09&	01:19&	00:12+	00:06-	00:33&	01:07&	00:50&	00:09#

**5 Eli Frafjord 1141 47:59**

01:05+	06:05+	13:28+	15:44+	27:15+	29:19+	35:37+	37:07+	39:11+	44:02+	46:26+	47:59+
01:05+	05:00+	07:23+	02:16+	11:31+	02:04-	06:18+	01:30+	02:04-	04:51+	02:24+	01:33+
00:11#	00:58#	01:44&	00:25#	02:29&	00:09-	01:37&	00:14#	00:07-	01:58&	00:45&	00:23&

**6 Kari Eva Thiis Blixhavn 3565 55:32**

01:14+	07:38+	16:04+	19:22+	32:53+	35:27+	42:35+	44:24+	47:29+	51:04+	53:48+	55:32+
01:14+	06:24+	08:26+	03:18+	13:31+	02:34+	07:08+	01:49+	03:05+	03:35+	02:44+	01:44+
00:20&	02:22&	02:47&	01:27&	04:29&	00:21#	02:27&	00:33&	00:54&	00:42#	01:05&	00:34&

### Beste strekktid for klassen

00:54	03:39	05:09	01:51	09:02	02:02	04:41	01:10	02:04	02:53	01:39	01:07
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Damer 70 - 74 år

**1 Mette Dagsland 874 46:29**

01:06=	06:12=	11:32=	13:35=	26:23=	28:26=	34:09=	35:28=	37:33=	42:35=	44:55=	46:29=
01:06=	05:06=	05:20=	02:03=	12:48=	02:03=	05:43=	01:19=	02:05=	05:02=	02:20=	01:34=
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 Kirsten Carlsen 1884 53:38**

01:05-	07:17+	16:06+	18:31+	31:07+	33:20+	39:35+	41:02+	44:05+	48:55+	51:59+	53:38+
01:05-	06:12+	08:49+	02:25+	12:36-	02:13+	06:15+	01:27+	03:03+	04:50-	03:04+	01:39+
00:01-	01:06#	03:29&	00:22#	00:12-	00:10+	00:32+	00:08#	00:58&	00:12-	00:44&	00:05+

**3 Lillian Dahl Fitjar 896 56:02**

01:26+	06:39+	12:55+	16:36+	33:02+	35:12+	40:23+	41:49+	44:22+	51:41+	54:37+	56:02+
01:26+	05:13+	06:16+	03:41+	16:26+	02:10+	05:11-	01:26+	02:33+	07:19+	02:56+	01:25-
00:20&	00:07+	00:56#	01:38&	03:38&	00:07+	00:32-	00:07+	00:28#	02:17&	00:36&	00:09-

Class	Navn	Klasse	Tid
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## Damer 70 - 74 år

<b>4</b>	<b>Halldis Handeland</b>	<b>892</b>	<b>58:58</b>								
01:13+	06:51+	15:02+	17:37+	32:21+	34:33+	41:51+	43:47+	47:03+	53:23+	56:36+	58:58+
01:13+	05:38+	08:11+	02:35+	14:44+	02:12+	07:18+	01:56+	03:16+	06:20+	03:13+	02:22+
00:07#	00:32#	02:51&	00:32&	01:56#	00:09+	01:35&	00:37&	01:11&	01:18&	00:53&	00:48&
<b>5</b>	<b>Berit Gramstad</b>	<b>3551</b>	<b>1:02:44</b>								
01:20+	07:09+	14:11+	17:08+	40:28+	42:25+	49:21+	50:54+	53:15+	58:10+	61:08+	62:44+
01:20+	05:49+	07:02+	02:57+	23:20+	01:57+	06:56+	01:33+	02:21+	04:55+	02:58+	01:36+
01:20+	05:49+	07:02+	02:57+	23:20+	01:57+	06:56+	01:33+	02:21+	04:55+	02:58+	01:36+
<b>6</b>	<b>Brit Skjelbred</b>	<b>1141</b>	<b>1:18:24</b>								
02:06+	09:31+	21:56+	25:08+	42:06+	44:43+	55:03+	57:20+	60:17+	73:01+	76:35+	78:24+
02:06+	07:25+	12:25+	03:12+	16:58+	02:37+	10:20+	02:17+	02:57+	12:44+	03:34+	01:49+
02:06+	07:25+	12:25+	03:12+	16:58+	02:37+	10:20+	02:17+	02:57+	12:44+	03:34+	01:49+

### Beste strekktid for klassen

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

## Damer 75 - 79 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>874</b>	<b>43:53</b>								
01:04=	04:49=	11:50=	13:57=	24:18=	26:17=	31:40=	33:05=	35:15=	40:30=	42:32=	43:53=
01:04=	03:45=	07:01=	02:07=	10:21=	01:59=	05:23=	01:25=	02:10=	05:15=	02:02=	01:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Haldis Glendrange</b>	<b>874</b>	<b>50:28</b>								
01:05+	05:59+	13:14+	15:42+	27:09+	33:25+	39:30+	40:42+	43:42+	46:54+	49:10+	50:28+
01:05+	04:54+	07:15+	02:28+	11:27+	06:16+	06:05+	01:12-	03:00+	03:12-	02:16+	01:18-
00:01+	01:09&	00:14+	00:21#	01:06#	04:17@	00:42#	00:13-	00:50&	02:03-	00:14#	00:03-
<b>3</b>	<b>Gry Vikhamar Thengs</b>	<b>874</b>	<b>51:56</b>								
01:07+	06:25+	13:51+	16:09+	34:44+	36:49+	42:32+	43:48+	45:52+	48:37+	50:30+	51:56+
01:07+	05:18+	07:26+	02:18+	18:35+	02:05+	05:43+	01:16-	02:04-	02:45-	01:53-	01:26+
00:03+	01:33&	00:25+	00:11+	08:14&	00:06+	00:20+	00:09-	00:06-	02:30-	00:09-	00:05+
<b>4</b>	<b>Inger Skretting Opstad</b>	<b>3529</b>	<b>51:59</b>								
01:08+	05:56+	16:08+	18:41+	30:46+	33:33+	40:08+	41:38+	44:04+	47:57+	50:17+	51:59+
01:08+	04:48+	10:12+	02:33+	12:05+	02:47+	06:35+	01:30+	02:26+	03:53-	02:20+	01:42+
00:04+	01:03&	03:11&	00:26#	01:44#	00:48&	01:12#	00:05+	00:16#	01:22-	00:18#	00:21&
<b>5</b>	<b>Hedvig Anda</b>	<b>1683</b>	<b>56:35</b>								
01:30+	07:14+	15:41+	20:10+	33:26+	36:25+	43:04+	44:38+	47:00+	52:21+	55:02+	56:35+
01:30+	05:44+	08:27+	04:29+	13:16+	02:59+	06:39+	01:34+	02:22+	05:21+	02:41+	01:33+
00:26&	01:59&	01:26#	02:22@	02:55&	01:00&	01:16#	00:09#	00:12+	00:06+	00:39&	00:12#
<b>6</b>	<b>Aslaug Lura</b>	<b>1141</b>	<b>1:16:31</b>								
01:24+	07:29+	19:53+	23:05+	40:09+	42:41+	53:01+	55:16+	58:23+	71:18+	74:32+	76:31+
01:24+	06:05+	12:24+	03:12+	17:04+	02:32+	10:20+	02:15+	03:07+	12:55+	03:14+	01:59+
00:20&	02:20&	05:23&	01:05&	06:43&	00:33&	04:57&	00:50&	00:57&	07:40@	01:12&	00:38&
<b>7</b>	<b>Brynhild Haaland</b>	<b>1758</b>	<b>1:17:13</b>								
01:23+	08:34+	21:02+	24:12+	41:00+	43:47+	53:58+	56:07+	59:12+	72:08+	75:29+	77:13+
01:23+	07:11+	12:28+	03:10+	16:48+	02:47+	10:11+	02:09+	03:05+	12:56+	03:21+	01:44+
00:19&	03:26&	05:27&	01:03&	06:27&	00:48&	04:48&	00:44&	00:55&	07:41@	01:19&	00:23&

### Beste strekktid for klassen

01:04 03:45 07:01 02:07 10:21 01:59 05:23 01:12 02:04 02:45 01:53 01:18

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

## Damer 80 år og eldre

Class	Navn	Klasse	Tid
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## Damer 80 år og eldre

### 1 Helga Aaslid 3529 1:15:06

01:12= 08:09= 11:34= 13:38= 16:26= 45:09= 47:59= 49:57= 52:14= 59:18= 67:41= 72:20= 75:06=  
 01:12= 06:57= 03:25= 02:04= 02:48= 28:43= 02:50= 01:58= 02:17= 07:04= 08:23= 04:39= 02:46=  
 00:00= 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 1:19:00

01:42+ 19:27+ 23:42+ 27:11+ 32:07+ 42:56+ 47:14+ 50:49+ 53:45+ 62:12+ 71:22+ 76:59+ 79:00+  
 01:42+ 17:45+ 04:15+ 03:29+ 04:56+ 10:49+ 04:18+ 03:35+ 02:56+ 08:27+ 09:10+ 05:37+ 02:01+  
 01:42+ 17:45+ 04:15+ 03:29+ 04:56+ 10:49+ 04:18+ 03:35+ 02:56+ 08:27+ 09:10+ 05:37+ 02:01+

### Beste strekktid for klassen

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

## Damer A

### 1 Aud Hognestad Taksdal 892 42:06

00:43= 04:21= 05:48= 10:16= 11:20= 16:44= 19:59= 20:53= 29:40= 30:20= 31:58= 33:32= 34:19= 36:04= 38:10= 40:12= 41:38= 42:06=  
 00:43= 03:38= 01:27= 04:28= 01:04= 05:24= 03:15= 00:54= 08:47= 00:40= 01:38= 01:34= 00:47= 01:45= 02:06= 02:02= 01:26= 00:28=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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 47:16

00:46+ 04:52+ 06:51+ 11:50+ 13:22+ 19:10+ 22:56+ 24:24+ 32:41+ 33:27+ 34:47+ 36:18+ 37:14+ 40:13+ 42:49+ 45:03+ 46:46+ 47:16+  
 00:46+ 04:06+ 01:59+ 04:59+ 01:32+ 05:48+ 03:46+ 01:28+ 08:17= 00:46+ 01:20= 01:31= 00:56+ 02:59+ 02:36+ 02:14+ 01:43+ 00:30+  
 00:03+ 00:28# 00:32& 00:31# 00:28& 00:24+ 00:31# 00:34& 00:30= 00:06# 00:18= 00:03= 00:09# 01:14& 00:30# 00:12+ 00:17# 00:02+

### 3 Kristin Helland-Hansen 3559 50:09

00:45+ 04:36+ 06:06+ 12:26+ 15:41+ 22:13+ 25:16+ 27:22+ 35:45+ 36:34+ 38:02+ 40:49+ 41:50+ 43:43+ 46:29+ 48:12+ 49:40+ 50:09+  
 00:45+ 03:51+ 01:30+ 06:20+ 03:15+ 06:32+ 03:03= 02:06+ 08:23= 00:49+ 01:28= 02:47+ 01:01+ 01:53+ 02:46+ 01:43= 01:28+ 00:29+  
 00:02+ 00:13+ 00:03+ 01:52& 02:11@ 01:08# 00:12= 01:12@ 00:24= 00:09# 00:10= 01:13& 00:14& 00:08+ 00:40& 00:19= 00:02+ 00:01+

### 4 Trine Bolstad Scheie 769 51:24

00:49+ 04:49+ 06:34+ 11:26+ 13:22+ 21:24+ 25:23+ 26:23+ 36:11+ 37:00+ 38:44+ 40:37+ 41:46+ 43:54+ 47:06+ 49:06+ 50:51+ 51:24+  
 00:49+ 04:00+ 01:45+ 04:52+ 01:56+ 08:02+ 03:59+ 01:00+ 09:48+ 00:49+ 01:44+ 01:53+ 01:09+ 02:08+ 03:12+ 02:00= 01:45+ 00:33+  
 00:06# 00:22# 00:18# 00:24+ 00:52& 02:38& 00:44# 00:06# 01:01# 00:09# 00:06+ 00:19# 00:22& 00:23# 01:06& 00:02= 00:19# 00:05#

### 5 Matilde Skjæveland Skår 3486 53:47

01:01+ 05:21+ 07:03+ 12:05+ 13:32+ 21:44+ 25:53+ 26:48+ 38:18+ 39:08+ 40:45+ 42:18+ 43:13+ 46:36+ 49:24+ 51:32+ 53:15+ 53:47+  
 01:01+ 04:20+ 01:42+ 05:02+ 01:27+ 08:12+ 04:09+ 00:55+ 11:30+ 00:50+ 01:37= 01:33= 00:55+ 03:23+ 02:48+ 02:08+ 01:43+ 00:32+  
 00:18& 00:42# 00:15# 00:34# 00:23& 02:48& 00:54& 00:01+ 02:43& 00:10# 00:01= 00:01= 00:08# 01:38& 00:42& 00:06+ 00:17# 00:04#

### 6 Silje Skorve Skarpeid 1758 1:03:51

00:54+ 05:18+ 07:11+ 14:18+ 17:04+ 26:10+ 32:38+ 34:15+ 44:50+ 45:42+ 49:30+ 51:49+ 53:44+ 55:53+ 59:17+ 61:26+ 63:12+ 63:51+  
 00:54+ 04:24+ 01:53+ 07:07+ 02:46+ 09:06+ 06:28+ 01:37+ 10:35+ 00:52+ 03:48+ 02:19+ 01:55+ 02:09+ 03:24+ 02:09+ 01:46+ 00:39+  
 00:11& 00:46# 00:26& 02:39& 01:42@ 03:42& 03:13& 00:43& 01:48# 00:12& 02:10@ 00:45& 01:08@ 00:24# 01:18& 00:07+ 00:20# 00:11&

### 7 Pernille Ronæss Melleby 3516 1:16:15

01:03+ 07:25+ 09:41+ 17:41+ 19:48+ 30:16+ 35:37+ 37:06+ 53:12+ 54:19+ 56:55+ 58:47+ 60:08+ 65:38+ 69:43+ 72:36+ 75:27+ 76:15+  
 01:03+ 06:22+ 02:16+ 08:00+ 02:07+ 10:28+ 05:21+ 01:29+ 16:06+ 01:07+ 02:36+ 01:52+ 01:21+ 05:30+ 04:05+ 02:53+ 02:51+ 00:48+  
 00:20& 02:44& 00:49& 03:32& 01:03& 05:04& 02:06& 00:35& 07:19& 00:27& 00:58& 00:18# 00:34& 03:45@ 01:59& 00:51& 01:25& 00:20&

### Beste strekktid for klassen

00:43 03:38 01:27 04:28 01:04 05:24 03:03 00:54 08:17 00:40 01:20 01:31 00:47 01:45 02:06 01:43 01:26 00:28

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

## Damer B

### 1 Inger Tone Nygård 3502 40:31

02:53= 06:32= 08:29= 18:14= 21:59= 23:00= 32:23= 33:58= 37:06= 38:34= 39:58= 40:31=  
 02:53= 03:39= 01:57= 09:45= 03:45= 01:01= 09:23= 01:35= 03:08= 01:28= 01:24= 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=



Class	Navn	Klasse	Tid
<b>Damer B</b>			
<b>2</b>	<b>Tone Torgersen</b>	<b>882</b>	<b>44:57</b>
02:54+	06:36+	08:26-	19:19+
02:54+	03:42+	01:50-	10:53+
00:01+	00:03+	00:07-	01:08#
22:59+	24:44+	36:18+	37:50+
01:45+	11:34+	01:32-	03:28+
00:44#	02:11#	00:03-	00:20#
41:18+	42:46+	44:18+	44:57+
01:28+	01:32+	00:39+	
00:08+	00:06#		
<b>3</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>3595</b>	<b>45:38</b>
02:53+	06:43+	09:06+	20:43+
02:53+	03:50+	02:23+	11:37+
02:53+	03:50+	02:23+	11:37+
24:57+	26:17+	36:34+	38:15+
01:20+	10:17+	01:41+	03:36+
01:20+	10:17+	01:41+	03:36+
41:51+	43:34+	45:02+	45:38+
01:43+	01:28+	00:36+	
01:28+	00:36+		
<b>4</b>	<b>Ingrid W. Hestness</b>	<b>896</b>	<b>46:55</b>
02:57+	07:52+	10:07+	21:36+
02:57+	04:55+	02:15+	11:29+
02:57+	04:55+	02:15+	11:29+
25:38+	26:58+	37:35+	39:30+
01:20+	10:37+	01:55+	03:17+
01:20+	10:37+	01:55+	03:17+
42:47+	44:39+	46:16+	46:55+
03:17+	01:52+	01:37+	00:39+
03:17+	01:52+	01:37+	00:39+
<b>5</b>	<b>Ellen Tindeland</b>	<b>882</b>	<b>47:33</b>
03:57+	07:44+	10:34+	22:06+
03:57+	03:47+	02:50+	11:32+
03:57+	03:47+	02:50+	11:32+
26:00+	27:09+	38:46+	40:27+
01:09+	11:37+	01:41+	03:46+
01:09+	11:37+	01:41+	03:46+
44:13+	45:38+	46:58+	47:33+
01:25+	01:20+	00:35+	
01:20+	00:35+		
<b>6</b>	<b>Vibeke Lamark</b>	<b>878</b>	<b>47:41</b>
03:18+	07:41+	09:58+	21:26+
03:18+	04:23+	02:17+	11:28+
03:18+	04:23+	02:17+	11:28+
25:42+	26:58+	38:56+	40:39+
01:16+	11:58+	01:43+	03:27+
01:16+	11:58+	01:43+	03:27+
44:06+	45:35+	47:03+	47:41+
01:29+	01:28+	00:38+	
01:28+	00:38+		
<b>7</b>	<b>Grethe Anda Fuglestad</b>	<b>1683</b>	<b>47:50</b>
03:38+	07:47+	09:44+	21:58+
03:38+	04:09+	01:57+	12:14+
03:38+	04:09+	01:57+	12:14+
26:03+	27:12+	37:52+	39:48+
01:09+	10:40+	01:56+	03:52+
01:09+	10:40+	01:56+	03:52+
43:40+	45:12+	47:14+	47:50+
01:32+	02:02+	00:36+	
02:02+	00:36+		
<b>8</b>	<b>Anne Sæbø Vik</b>	<b>1683</b>	<b>48:06</b>
03:12+	07:22+	09:26+	20:38+
03:12+	04:10+	02:04+	11:12+
03:12+	04:10+	02:04+	11:12+
24:41+	26:01+	38:47+	40:12+
01:20+	12:46+	01:25+	04:11+
01:20+	12:46+	01:25+	04:11+
44:23+	46:06+	47:26+	48:06+
01:43+	01:20+	00:40+	
01:20+	00:40+		
<b>9</b>	<b>Marit Haavardsholm</b>	<b>1683</b>	<b>48:23</b>
03:18+	07:21+	09:27+	21:33+
03:18+	04:03+	02:06+	12:06+
03:18+	04:03+	02:06+	12:06+
25:49+	27:08+	39:27+	41:06+
01:19+	12:19+	01:39+	03:37+
01:19+	12:19+	01:39+	03:37+
44:43+	46:08+	47:42+	48:23+
01:25+	01:34+	00:41+	
01:34+	00:41+		
<b>10</b>	<b>Jorunn Johannesen</b>	<b>1683</b>	<b>49:09</b>
03:46+	07:29+	09:31+	23:14+
03:46+	03:43+	02:02+	13:43+
03:46+	03:43+	02:02+	13:43+
27:07+	28:15+	39:57+	42:05+
01:08+	11:42+	02:08+	03:13+
01:08+	11:42+	02:08+	03:13+
45:18+	46:55+	48:26+	49:09+
01:37+	01:31+	00:43+	
01:31+	00:43+		
<b>11</b>	<b>Berit Aksland</b>	<b>1683</b>	<b>49:30</b>
03:17+	07:07+	09:00+	21:05+
03:17+	03:50+	01:53+	12:05+
03:17+	03:50+	01:53+	12:05+
25:40+	27:28+	39:45+	41:17+
01:48+	12:17+	01:32+	03:14+
01:48+	12:17+	01:32+	03:14+
44:31+	47:05+	48:57+	49:30+
02:34+	01:52+	00:33+	
01:52+	00:33+		
<b>12</b>	<b>Kristin Breivold</b>	<b>892</b>	<b>49:52</b>
03:53+	08:57+	11:04+	22:41+
03:53+	05:04+	02:07+	11:37+
03:53+	05:04+	02:07+	11:37+
27:50+	29:17+	40:11+	42:18+
01:27+	10:54+	02:07+	03:38+
01:27+	10:54+	02:07+	03:38+
45:56+	47:34+	49:17+	49:52+
01:38+	01:43+	00:35+	
01:43+	00:35+		
<b>13</b>	<b>Helen Lomeland</b>	<b>722</b>	<b>50:56</b>
03:47+	08:37+	10:31+	22:01+
03:47+	04:50+	01:54+	11:30+
03:47+	04:50+	01:54+	11:30+
26:42+	27:49+	40:42+	42:12+
01:07+	12:53+	01:30+	03:23+
01:07+	12:53+	01:30+	03:23+
45:35+	48:54+	50:20+	50:56+
03:19+	01:26+	00:36+	
03:19+	01:26+	00:36+	
<b>14</b>	<b>Toyah Bråtveit</b>	<b>1832</b>	<b>51:22</b>
03:16+	11:41+	13:43+	27:24+
03:16+	08:25+	02:02+	13:41+
03:16+	08:25+	02:02+	13:41+
31:15+	32:34+	42:11+	44:00+
01:19+	09:37+	01:49+	04:17+
01:19+	09:37+	01:49+	04:17+
48:17+	49:37+	50:48+	51:22+
01:20+	01:11+	00:34+	
01:11+	00:34+		
<b>15</b>	<b>Ann Karin Tjørhom</b>	<b>1884</b>	<b>51:31</b>
04:21+	08:45+	10:48+	23:40+
04:21+	04:24+	02:03+	12:52+
04:21+	04:24+	02:03+	12:52+
28:27+	29:45+	42:20+	44:02+
01:18+	12:35+	01:42+	03:25+
01:18+	12:35+	01:42+	03:25+
47:27+	49:03+	50:48+	51:31+
01:36+	01:45+	00:43+	
01:45+	00:43+		

Class	Navn	Klasse	Tid
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## Damer B

<b>16</b>	<b>Hege Anita H. Nielsen</b>	<b>3545</b>	<b>55:19</b>								
03:51+	09:06+	11:53+	25:15+	29:37+	32:20+	45:13+	48:09+	51:39+	53:10+	54:43+	55:19+
03:51+	05:15+	02:47+	13:22+	04:22+	02:43+	12:53+	02:56+	03:30+	01:31+	01:33+	00:36+
03:51+	05:15+	02:47+	13:22+	04:22+	02:43+	12:53+	02:56+	03:30+	01:31+	01:33+	00:36+
<b>17</b>	<b>Lise Isachsen</b>	<b>1384</b>	<b>56:07</b>								
04:07+	12:05+	15:23+	27:57+	33:45+	34:50+	46:23+	47:49+	52:29+	54:11+	55:30+	56:07+
04:07+	07:58+	03:18+	12:34+	05:48+	01:05+	11:33+	01:26+	04:40+	01:42+	01:19+	00:37+
04:07+	07:58+	03:18+	12:34+	05:48+	01:05+	11:33+	01:26+	04:40+	01:42+	01:19+	00:37+
<b>18</b>	<b>Heidi Martby-Skogsholm</b>	<b>3522</b>	<b>56:29</b>								
03:54+	09:12+	11:13+	23:58+	29:38+	31:04+	44:53+	47:06+	51:29+	53:40+	55:47+	56:29+
03:54+	05:18+	02:01+	12:45+	05:40+	01:26+	13:49+	02:13+	04:23+	02:11+	02:07+	00:42+
03:54+	05:18+	02:01+	12:45+	05:40+	01:26+	13:49+	02:13+	04:23+	02:11+	02:07+	00:42+
<b>19</b>	<b>Ragnhild Auglænd</b>	<b>769</b>	<b>56:44</b>								
03:52+	08:42+	11:39+	25:27+	30:14+	31:43+	45:23+	48:04+	52:03+	53:42+	55:57+	56:44+
03:52+	04:50+	02:57+	13:48+	04:47+	01:29+	13:40+	02:41+	03:59+	01:39+	02:15+	00:47+
03:52+	04:50+	02:57+	13:48+	04:47+	01:29+	13:40+	02:41+	03:59+	01:39+	02:15+	00:47+

### Beste strekktid for klassen

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

## Damer Ny

<b>1</b>	<b>Karoline Blyberg Lillehammer</b>	<b>1758</b>	<b>18:47</b>							
00:20=	01:03=	03:37=	06:03=	07:44=	10:26=	11:30=	13:09=	16:52=	17:31=	18:47=
00:20=	00:43=	02:34=	02:26=	01:41=	02:42=	01:04=	01:39=	03:43=	00:39=	01:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>June Teodora Steinhovden</b>	<b>1283</b>	<b>21:24</b>							
00:19-	01:01-	03:52+	06:41+	08:42+	13:41+	14:49+	16:34+	19:19+	20:01+	21:24+
00:19-	00:42-	02:51+	02:49+	02:01+	04:59+	01:08+	01:45+	02:45-	00:42+	01:23+
00:01-	00:01-	00:17#	00:23#	00:20#	02:17&	00:04+	00:06+	00:58-	00:03+	00:07+
<b>3</b>	<b>Bente Klausen</b>	<b>769</b>	<b>24:50</b>							
00:23+	01:08+	04:08+	06:50+	08:59+	14:40+	16:22+	19:32+	22:12+	23:18+	24:50+
00:23+	00:45+	03:00+	02:42+	02:09+	05:41+	01:42+	03:10+	02:40-	01:06+	01:32+
00:03#	00:02+	00:26#	00:16#	00:28&	02:59@	00:38&	01:31&	01:03-	00:27&	00:16#
<b>4</b>	<b>Jannecke A. Moe</b>	<b>1758</b>	<b>27:37</b>							
00:23+	01:28+	04:53+	07:31+	10:10+	16:10+	17:29+	20:01+	24:32+	25:37+	27:37+
00:23+	01:05+	03:25+	02:38+	02:39+	06:00+	01:19+	02:32+	04:31+	01:05+	02:00+
00:03#	00:22&	00:51&	00:12+	00:58&	03:18@	00:15#	00:53&	00:48#	00:26&	00:44&
<b>5</b>	<b>Monja Harestad</b>	<b>627</b>	<b>32:28</b>							
00:38+	01:37+	05:30+	13:15+	15:17+	23:37+	24:27+	26:24+	30:09+	31:18+	32:28+
00:38+	00:59+	03:53+	07:45+	02:02+	08:20+	00:50-	01:57+	03:45+	01:09+	01:10-
00:18&	00:16&	01:19&	05:19@	00:21#	05:38@	00:14-	00:18#	00:02+	00:30&	00:06-

### Beste strekktid for klassen

00:19 00:42 02:34 02:26 01:41 02:42 00:50 01:39 02:40 00:39 01:10

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

## Damer Trim

<b>1</b>	<b>Stina Tran Huynh</b>	<b>3533</b>	<b>32:33</b>									
00:49=	05:44=	08:34=	11:39=	13:08=	19:35=	20:29=	22:17=	24:11=	25:31=	28:52=	31:33=	32:33=
00:49=	04:55=	02:50=	03:05=	01:29=	06:27=	00:54=	01:48=	01:54=	01:20=	03:21=	02:41=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
<b>Damer Trim</b>			
<b>2</b>	<b>Hanna Haaland Sømme</b>	<b>874</b>	<b>32:46</b>
00:44-	07:22+ 10:42+ 11:50+ 13:08= 20:28+	21:24+ 22:38+ 23:51- 25:24- 28:56+ 30:31- 32:46+	
00:44-	06:38+ 03:20+ 01:08- 01:18- 07:20+	00:56+ 01:14- 01:13- 01:33+ 03:32+ 01:35- 02:15+	
00:05-	01:43& 00:30# 01:57- 00:11- 00:53#	00:02+ 00:34- 00:41- 00:13# 00:11+ 01:06- 01:150	
<b>3</b>	<b>Kristin Ye-Eun Yoon</b>	<b>3533</b>	<b>32:52</b>
00:42+	06:29+ 10:13+ 12:12+ 13:41+ 19:52+	21:00+ 21:56+ 25:33+ 26:46+ 30:18+ 31:53+ 32:52+	
00:42+	05:47+ 03:44+ 01:59+ 01:29+ 06:11+	01:08+ 00:56+ 03:37+ 01:13+ 03:32+ 01:35+ 00:59+	
00:42+	05:47+ 03:44+ 01:59+ 01:29+ 06:11+	01:08+ 00:56+ 03:37+ 01:13+ 03:32+ 01:35+ 00:59+	
<b>4</b>	<b>Marta Bertolaso</b>	<b>1832</b>	<b>33:11</b>
00:47+	05:21+ 08:09+ 10:28+ 11:52+ 21:50+	22:41+ 24:08+ 25:05+ 26:30+ 30:11+ 31:56+ 33:11+	
00:47+	04:34+ 02:48+ 02:19+ 01:24+ 09:58+	00:51+ 01:27+ 00:57+ 01:25+ 03:41+ 01:45+ 01:15+	
00:47+	04:34+ 02:48+ 02:19+ 01:24+ 09:58+	00:51+ 01:27+ 00:57+ 01:25+ 03:41+ 01:45+ 01:15+	
<b>5</b>	<b>Ingrid Overegseth Foss</b>	<b>896</b>	<b>33:22</b>
00:53+	06:44+ 09:38+ 12:09+ 13:24+ 19:53+	20:55+ 22:20+ 23:44+ 25:21+ 30:13+ 32:11+ 33:22+	
00:53+	05:51+ 02:54+ 02:31+ 01:15+ 06:29+	01:02+ 01:25+ 01:24+ 01:37+ 04:52+ 01:58+ 01:11+	
00:53+	05:51+ 02:54+ 02:31+ 01:15+ 06:29+	01:02+ 01:25+ 01:24+ 01:37+ 04:52+ 01:58+ 01:11+	
<b>6</b>	<b>Marianne Berge</b>	<b>3512</b>	<b>34:35</b>
00:55+	06:39+ 09:55+ 12:13+ 13:24+ 20:46+	21:54+ 23:07+ 24:18+ 26:05+ 30:58+ 33:08+ 34:35+	
00:55+	05:44+ 03:16+ 02:18+ 01:11+ 07:22+	01:08+ 01:13+ 01:11+ 01:47+ 04:53+ 02:10+ 01:27+	
00:55+	05:44+ 03:16+ 02:18+ 01:11+ 07:22+	01:08+ 01:13+ 01:11+ 01:47+ 04:53+ 02:10+ 01:27+	
<b>7</b>	<b>Ane Odland</b>	<b>1683</b>	<b>34:35</b>
00:52+	07:25+ 10:03+ 11:55+ 13:06+ 19:34+	20:51+ 22:27+ 23:54+ 25:39+ 30:19+ 33:06+ 34:35+	
00:52+	06:33+ 02:38+ 01:52+ 01:11+ 06:28+	01:17+ 01:36+ 01:27+ 01:45+ 04:40+ 02:47+ 01:29+	
00:52+	06:33+ 02:38+ 01:52+ 01:11+ 06:28+	01:17+ 01:36+ 01:27+ 01:45+ 04:40+ 02:47+ 01:29+	
<b>8</b>	<b>Monica Gilje Rennemo</b>	<b>892</b>	<b>34:42</b>
00:52+	06:07+ 10:54+ 12:51+ 14:09+ 20:50+	22:00+ 23:08+ 25:19+ 27:03+ 31:14+ 33:15+ 34:42+	
00:52+	05:15+ 04:47+ 01:57+ 01:18+ 06:41+	01:10+ 01:08+ 02:11+ 01:44+ 04:11+ 02:01+ 01:27+	
00:52+	05:15+ 04:47+ 01:57+ 01:18+ 06:41+	01:10+ 01:08+ 02:11+ 01:44+ 04:11+ 02:01+ 01:27+	
<b>9</b>	<b>Marit L. Undheim</b>	<b>3529</b>	<b>35:09</b>
01:04+	08:36+ 11:49+ 13:35+ 16:00+ 21:46+	22:42+ 23:51+ 25:14+ 27:28+ 31:56+ 33:46+ 35:09+	
01:04+	07:32+ 03:13+ 01:46+ 02:25+ 05:46+	00:56+ 01:09+ 01:23+ 02:14+ 04:28+ 01:50+ 01:23+	
01:04+	07:32+ 03:13+ 01:46+ 02:25+ 05:46+	00:56+ 01:09+ 01:23+ 02:14+ 04:28+ 01:50+ 01:23+	
<b>10</b>	<b>Maria Fjelde</b>	<b>722</b>	<b>35:43</b>
01:10+	08:06+ 11:55+ 13:52+ 15:13+ 21:43+	22:40+ 24:18+ 26:06+ 27:47+ 31:50+ 34:26+ 35:43+	
01:10+	06:56+ 03:49+ 01:57+ 01:21+ 06:30+	00:57+ 01:38+ 01:48+ 01:41+ 04:03+ 02:36+ 01:17+	
01:10+	06:56+ 03:49+ 01:57+ 01:21+ 06:30+	00:57+ 01:38+ 01:48+ 01:41+ 04:03+ 02:36+ 01:17+	
<b>11</b>	<b>Johanne Trandem Næss</b>	<b>3512</b>	<b>36:09</b>
00:48+	08:36+ 11:02+ 13:23+ 14:25+ 21:30+	22:29+ 23:59+ 25:12+ 26:44+ 32:30+ 35:01+ 36:09+	
00:48+	07:48+ 02:26+ 02:21+ 01:02+ 07:05+	00:59+ 01:30+ 01:13+ 01:32+ 05:46+ 02:31+ 01:08+	
00:48+	07:48+ 02:26+ 02:21+ 01:02+ 07:05+	00:59+ 01:30+ 01:13+ 01:32+ 05:46+ 02:31+ 01:08+	
<b>12</b>	<b>Ritva Halsne</b>	<b>722</b>	<b>39:29</b>
00:56+	07:24+ 10:22+ 12:54+ 15:08+ 24:27+	25:36+ 27:26+ 28:39+ 30:16+ 35:13+ 38:09+ 39:29+	
00:56+	06:28+ 02:58+ 02:32+ 02:14+ 09:19+	01:09+ 01:50+ 01:13+ 01:37+ 04:57+ 02:56+ 01:20+	
00:56+	06:28+ 02:58+ 02:32+ 02:14+ 09:19+	01:09+ 01:50+ 01:13+ 01:37+ 04:57+ 02:56+ 01:20+	
<b>13</b>	<b>Lina Dahle</b>	<b>3533</b>	<b>41:49</b>
00:52+	07:22+ 11:52+ 14:13+ 18:04+ 25:56+	27:05+ 28:50+ 30:33+ 32:28+ 37:09+ 39:59+ 41:49+	
00:52+	06:30+ 04:30+ 02:21+ 03:51+ 07:52+	01:09+ 01:45+ 01:43+ 01:55+ 04:41+ 02:50+ 01:50+	
00:52+	06:30+ 04:30+ 02:21+ 03:51+ 07:52+	01:09+ 01:45+ 01:43+ 01:55+ 04:41+ 02:50+ 01:50+	
<b>14</b>	<b>Elisabet Horpestad</b>	<b>896</b>	<b>42:48</b>
01:09+	10:56+ 15:38+ 18:06+ 19:18+ 25:34+	27:45+ 29:20+ 31:33+ 33:20+ 38:21+ 41:11+ 42:48+	
01:09+	09:47+ 04:42+ 02:28+ 01:12+ 06:16+	02:11+ 01:35+ 02:13+ 01:47+ 05:01+ 02:50+ 01:37+	
01:09+	09:47+ 04:42+ 02:28+ 01:12+ 06:16+	02:11+ 01:35+ 02:13+ 01:47+ 05:01+ 02:50+ 01:37+	
<b>15</b>	<b>Silje Lea Sletten</b>	<b>892</b>	<b>43:02</b>
00:44+	09:16+ 12:01+ 14:41+ 24:16+ 30:13+	31:22+ 32:32+ 33:32+ 35:01+ 39:18+ 40:59+ 43:02+	
00:44+	08:32+ 02:45+ 02:40+ 09:35+ 05:57+	01:09+ 01:10+ 01:00+ 01:29+ 04:17+ 01:41+ 02:03+	
00:44+	08:32+ 02:45+ 02:40+ 09:35+ 05:57+	01:09+ 01:10+ 01:00+ 01:29+ 04:17+ 01:41+ 02:03+	

Class	Navn	Klasse	Tid									
<b>Damer Trim</b>												
<b>16</b>	<b>Kjersti Svalland</b>	<b>880</b>	<b>43:31</b>									
01:00+	11:44+	14:40+	17:01+	18:14+	24:42+	26:32+	28:00+	29:18+	30:58+	36:11+	42:08+	43:31+
01:00+	10:44+	02:56+	02:21+	01:13+	06:28+	01:50+	01:28+	01:18+	01:40+	05:13+	05:57+	01:23+
01:00+	10:44+	02:56+	02:21+	01:13+	06:28+	01:50+	01:28+	01:18+	01:40+	05:13+	05:57+	01:23+
<b>17</b>	<b>Helga Sandve Helgøy</b>	<b>3531</b>	<b>43:40</b>									
00:55+	13:57+	18:00+	20:57+	22:24+	29:19+	30:20+	31:51+	33:10+	34:53+	40:11+	42:12+	43:40+
00:55+	13:02+	04:03+	02:57+	01:27+	06:55+	01:01+	01:31+	01:19+	01:43+	05:18+	02:01+	01:28+
00:55+	13:02+	04:03+	02:57+	01:27+	06:55+	01:01+	01:31+	01:19+	01:43+	05:18+	02:01+	01:28+
<b>18</b>	<b>Karine Ditlevsen</b>	<b>896</b>	<b>43:41</b>									
01:19+	09:30+	12:18+	15:22+	17:13+	27:14+	28:30+	29:45+	31:19+	33:20+	39:58+	42:26+	43:41+
01:19+	08:11+	02:48+	03:04+	01:51+	10:01+	01:16+	01:15+	01:34+	02:01+	06:38+	02:28+	01:15+
01:19+	08:11+	02:48+	03:04+	01:51+	10:01+	01:16+	01:15+	01:34+	02:01+	06:38+	02:28+	01:15+
<b>19</b>	<b>Margaux Simon</b>	<b>2023</b>	<b>43:43</b>									
01:07+	08:18+	12:03+	16:49+	20:20+	28:52+	30:26+	32:21+	33:52+	35:27+	39:58+	42:13+	43:43+
01:07+	07:11+	03:45+	04:46+	03:31+	08:32+	01:34+	01:55+	01:31+	01:35+	04:31+	02:15+	01:30+
01:07+	07:11+	03:45+	04:46+	03:31+	08:32+	01:34+	01:55+	01:31+	01:35+	04:31+	02:15+	01:30+
<b>20</b>	<b>Therese Østbø</b>	<b>896</b>	<b>43:45</b>									
01:17+	09:27+	12:20+	15:18+	17:14+	27:12+	28:31+	29:47+	31:20+	33:16+	39:55+	42:23+	43:45+
01:17+	08:10+	02:53+	02:58+	01:56+	09:58+	01:19+	01:16+	01:33+	01:56+	06:39+	02:28+	01:22+
01:17+	08:10+	02:53+	02:58+	01:56+	09:58+	01:19+	01:16+	01:33+	01:56+	06:39+	02:28+	01:22+
<b>21</b>	<b>Anastasia Ollestad</b>	<b>1884</b>	<b>44:05</b>									
00:53+	05:58+	08:57+	11:59+	23:54+	30:58+	32:00+	33:27+	34:34+	36:14+	40:28+	42:54+	44:05+
00:53+	05:05+	02:59+	03:02+	11:55+	07:04+	01:02+	01:27+	01:07+	01:40+	04:14+	02:26+	01:11+
00:53+	05:05+	02:59+	03:02+	11:55+	07:04+	01:02+	01:27+	01:07+	01:40+	04:14+	02:26+	01:11+
<b>22</b>	<b>Anne Lill M. Njå</b>	<b>892</b>	<b>45:20</b>									
00:47+	06:22+	09:12+	13:04+	15:36+	23:51+	27:50+	29:34+	30:58+	32:30+	41:21+	43:40+	45:20+
00:47+	05:35+	02:50+	03:52+	02:32+	08:15+	03:59+	01:44+	01:24+	01:32+	08:51+	02:19+	01:40+
00:47+	05:35+	02:50+	03:52+	02:32+	08:15+	03:59+	01:44+	01:24+	01:32+	08:51+	02:19+	01:40+
<b>23</b>	<b>Wibeke Lende</b>	<b>3503</b>	<b>45:35</b>									
01:40+	09:24+	13:34+	15:47+	17:14+	25:02+	26:20+	27:18+	29:55+	32:18+	40:23+	43:02+	45:35+
01:40+	07:44+	04:10+	02:13+	01:27+	07:48+	01:18+	00:58+	02:37+	02:23+	08:05+	02:39+	02:33+
01:40+	07:44+	04:10+	02:13+	01:27+	07:48+	01:18+	00:58+	02:37+	02:23+	08:05+	02:39+	02:33+
<b>24</b>	<b>Marie Hernæs Larsen</b>	<b>3565</b>	<b>45:47</b>									
00:58+	12:10+	14:50+	18:11+	20:02+	27:55+	29:19+	31:05+	33:27+	35:45+	40:42+	44:04+	45:47+
00:58+	11:12+	02:40+	03:21+	01:51+	07:53+	01:24+	01:46+	02:22+	02:18+	04:57+	03:22+	01:43+
00:58+	11:12+	02:40+	03:21+	01:51+	07:53+	01:24+	01:46+	02:22+	02:18+	04:57+	03:22+	01:43+
<b>25</b>	<b>Monica Regine Romstad</b>	<b>722</b>	<b>46:20</b>									
00:53+	10:06+	12:45+	15:56+	17:58+	24:58+	25:59+	27:23+	28:22+	29:53+	41:57+	44:53+	46:20+
00:53+	09:13+	02:39+	03:11+	02:02+	07:00+	01:01+	01:24+	00:59+	01:31+	12:04+	02:56+	01:27+
00:53+	09:13+	02:39+	03:11+	02:02+	07:00+	01:01+	01:24+	00:59+	01:31+	12:04+	02:56+	01:27+
<b>26</b>	<b>Kristine Vik</b>	<b>1284</b>	<b>46:58</b>									
01:23+	11:05+	16:20+	19:39+	22:32+	30:12+	32:30+	34:12+	36:05+	38:19+	43:21+	45:43+	46:58+
01:23+	09:42+	05:15+	03:19+	02:53+	07:40+	02:18+	01:42+	01:53+	02:14+	05:02+	02:22+	01:15+
01:23+	09:42+	05:15+	03:19+	02:53+	07:40+	02:18+	01:42+	01:53+	02:14+	05:02+	02:22+	01:15+
<b>27</b>	<b>Åse Kristensen</b>	<b>1141</b>	<b>47:00</b>									
01:23+	08:56+	12:41+	16:01+	17:50+	27:49+	29:18+	31:05+	33:12+	35:25+	41:22+	44:57+	47:00+
01:23+	07:33+	03:45+	03:20+	01:49+	09:59+	01:29+	01:47+	02:07+	02:13+	05:57+	03:35+	02:03+
01:23+	07:33+	03:45+	03:20+	01:49+	09:59+	01:29+	01:47+	02:07+	02:13+	05:57+	03:35+	02:03+
<b>28</b>	<b>Marianne Høie</b>	<b>1683</b>	<b>47:17</b>									
01:17+	08:13+	11:23+	19:55+	20:53+	28:59+	30:17+	31:58+	33:06+	34:39+	40:05+	45:01+	47:17+
01:17+	06:56+	03:10+	08:32+	00:58+	08:06+	01:18+	01:41+	01:08+	01:33+	05:26+	04:56+	02:16+
01:17+	06:56+	03:10+	08:32+	00:58+	08:06+	01:18+	01:41+	01:08+	01:33+	05:26+	04:56+	02:16+
<b>29</b>	<b>Kirsti Strand Salvesen</b>	<b>3540</b>	<b>48:03</b>									
01:23+	10:40+	14:33+	18:53+	20:42+	29:31+	30:56+	32:45+	34:41+	37:15+	42:47+	45:50+	48:03+
01:23+	09:17+	03:53+	04:20+	01:49+	08:49+	01:25+	01:49+	01:56+	02:34+	05:32+	03:03+	02:13+
01:23+	09:17+	03:53+	04:20+	01:49+	08:49+	01:25+	01:49+	01:56+	02:34+	05:32+	03:03+	02:13+

Class	Navn	Klasse	Tid
<b>Damer Trim</b>			
<b>30</b>	<b>Tone M. Seglem Giske</b>	<b>1683</b>	<b>48:34</b>
00:58+	09:15+ 14:34+ 17:31+ 19:37+ 28:00+	29:47+ 32:11+ 34:08+ 37:03+ 43:52+ 47:04+ 48:34+	
00:58+	08:17+ 05:19+ 02:57+ 02:06+ 08:23+	01:47+ 02:24+ 01:57+ 02:55+ 06:49+ 03:12+ 01:30+	
00:58+	08:17+ 05:19+ 02:57+ 02:06+ 08:23+	01:47+ 02:24+ 01:57+ 02:55+ 06:49+ 03:12+ 01:30+	
<b>31</b>	<b>Anne Louise Gilling</b>	<b>1284</b>	<b>48:56</b>
01:18+	11:12+ 15:45+ 21:50+ 24:04+ 30:55+	32:45+ 34:32+ 36:39+ 39:09+ 44:03+ 46:28+ 48:56+	
01:18+	09:54+ 04:33+ 06:05+ 02:14+ 06:51+	01:50+ 01:47+ 02:07+ 02:30+ 04:54+ 02:25+ 02:28+	
01:18+	09:54+ 04:33+ 06:05+ 02:14+ 06:51+	01:50+ 01:47+ 02:07+ 02:30+ 04:54+ 02:25+ 02:28+	
<b>32</b>	<b>Oda Roaldsdotter Ravndal</b>	<b>3486</b>	<b>49:00</b>
01:41+	09:00+ 18:55+ 21:48+ 23:39+ 32:41+	33:56+ 35:24+ 36:49+ 38:57+ 44:39+ 47:10+ 49:00+	
01:41+	07:19+ 09:55+ 02:53+ 01:51+ 09:02+	01:15+ 01:28+ 01:25+ 02:08+ 05:42+ 02:31+ 01:50+	
01:41+	07:19+ 09:55+ 02:53+ 01:51+ 09:02+	01:15+ 01:28+ 01:25+ 02:08+ 05:42+ 02:31+ 01:50+	
<b>33</b>	<b>Grete Stokke Seljeskog</b>	<b>879</b>	<b>49:02</b>
00:52+	07:12+ 09:55+ 12:02+ 13:27+ 34:01+	35:10+ 36:30+ 38:15+ 40:07+ 44:44+ 47:39+ 49:02+	
00:52+	06:20+ 02:43+ 02:07+ 01:25+ 20:34+	01:09+ 01:20+ 01:45+ 01:52+ 04:37+ 02:55+ 01:23+	
00:52+	06:20+ 02:43+ 02:07+ 01:25+ 20:34+	01:09+ 01:20+ 01:45+ 01:52+ 04:37+ 02:55+ 01:23+	
<b>34</b>	<b>Solbjørg Borgersen</b>	<b>3527</b>	<b>49:08</b>
01:12+	08:55+ 17:10+ 20:05+ 21:41+ 32:17+	33:29+ 35:09+ 37:04+ 39:13+ 44:27+ 47:03+ 49:08+	
01:12+	07:43+ 08:15+ 02:55+ 01:36+ 10:36+	01:12+ 01:40+ 01:55+ 02:09+ 05:14+ 02:36+ 02:05+	
01:12+	07:43+ 08:15+ 02:55+ 01:36+ 10:36+	01:12+ 01:40+ 01:55+ 02:09+ 05:14+ 02:36+ 02:05+	
<b>35</b>	<b>Sara Dudzinska</b>	<b>1376</b>	<b>49:31</b>
00:55+	07:57+ 16:13+ 20:49+ 22:23+ 32:50+	34:14+ 35:54+ 37:43+ 39:28+ 44:49+ 47:51+ 49:31+	
00:55+	07:02+ 08:16+ 04:36+ 01:34+ 10:27+	01:24+ 01:40+ 01:49+ 01:45+ 05:21+ 03:02+ 01:40+	
00:55+	07:02+ 08:16+ 04:36+ 01:34+ 10:27+	01:24+ 01:40+ 01:49+ 01:45+ 05:21+ 03:02+ 01:40+	
<b>36</b>	<b>Tonje Undheim</b>	<b>3533</b>	<b>49:50</b>
00:49+	17:05+ 19:56+ 22:44+ 24:17+ 33:10+	34:18+ 36:10+ 37:45+ 39:38+ 44:57+ 48:33+ 49:50+	
00:49+	16:16+ 02:51+ 02:48+ 01:33+ 08:53+	01:08+ 01:52+ 01:35+ 01:53+ 05:19+ 03:36+ 01:17+	
00:49+	16:16+ 02:51+ 02:48+ 01:33+ 08:53+	01:08+ 01:52+ 01:35+ 01:53+ 05:19+ 03:36+ 01:17+	
<b>37</b>	<b>Karolina Lenart</b>	<b>1376</b>	<b>50:29</b>
01:03+	09:24+ 17:04+ 21:30+ 23:22+ 33:41+	35:14+ 36:47+ 38:25+ 40:29+ 45:54+ 48:49+ 50:29+	
01:03+	08:21+ 07:40+ 04:26+ 01:52+ 10:19+	01:33+ 01:33+ 01:38+ 02:04+ 05:25+ 02:55+ 01:40+	
01:03+	08:21+ 07:40+ 04:26+ 01:52+ 10:19+	01:33+ 01:33+ 01:38+ 02:04+ 05:25+ 02:55+ 01:40+	
<b>38</b>	<b>Unni Byberg Mæstad</b>	<b>892</b>	<b>50:59</b>
00:57+	08:18+ 15:19+ 18:14+ 19:58+ 29:09+	30:34+ 32:28+ 34:37+ 36:34+ 44:01+ 48:39+ 50:59+	
00:57+	07:21+ 07:01+ 02:55+ 01:44+ 09:11+	01:25+ 01:54+ 02:09+ 01:57+ 07:27+ 04:38+ 02:20+	
00:57+	07:21+ 07:01+ 02:55+ 01:44+ 09:11+	01:25+ 01:54+ 02:09+ 01:57+ 07:27+ 04:38+ 02:20+	
<b>39</b>	<b>Hilde Christine Hoff</b>	<b>848</b>	<b>51:01</b>
01:23+	09:38+ 16:16+ 19:06+ 21:15+ 32:03+	33:36+ 35:26+ 37:09+ 39:30+ 45:47+ 49:02+ 51:01+	
01:23+	08:15+ 06:38+ 02:50+ 02:09+ 10:48+	01:33+ 01:50+ 01:43+ 02:21+ 06:17+ 03:15+ 01:59+	
01:23+	08:15+ 06:38+ 02:50+ 02:09+ 10:48+	01:33+ 01:50+ 01:43+ 02:21+ 06:17+ 03:15+ 01:59+	
<b>40</b>	<b>Esther Boenheim</b>	<b>2539</b>	<b>51:08</b>
01:05+	10:56+ 14:56+ 22:20+ 23:36+ 35:02+	36:18+ 37:37+ 39:34+ 41:55+ 47:30+ 49:42+ 51:08+	
01:05+	09:51+ 04:00+ 07:24+ 01:16+ 11:26+	01:16+ 01:19+ 01:57+ 02:21+ 05:35+ 02:12+ 01:26+	
01:05+	09:51+ 04:00+ 07:24+ 01:16+ 11:26+	01:16+ 01:19+ 01:57+ 02:21+ 05:35+ 02:12+ 01:26+	
<b>41</b>	<b>Maria Haukalid</b>	<b>3511</b>	<b>51:22</b>
01:06+	11:47+ 16:59+ 21:47+ 23:56+ 33:37+	34:46+ 36:38+ 38:54+ 40:59+ 46:53+ 49:35+ 51:22+	
01:06+	10:41+ 05:12+ 04:48+ 02:09+ 09:41+	01:09+ 01:52+ 02:16+ 02:05+ 05:54+ 02:42+ 01:47+	
01:06+	10:41+ 05:12+ 04:48+ 02:09+ 09:41+	01:09+ 01:52+ 02:16+ 02:05+ 05:54+ 02:42+ 01:47+	
<b>42</b>	<b>Ingunn Monsen</b>	<b>3525</b>	<b>51:51</b>
00:58+	11:22+ 16:45+ 19:01+ 20:39+ 36:26+	38:18+ 39:42+ 41:07+ 42:53+ 48:08+ 50:36+ 51:51+	
00:58+	10:24+ 05:23+ 02:16+ 01:38+ 15:47+	01:52+ 01:24+ 01:25+ 01:46+ 05:15+ 02:28+ 01:15+	
00:58+	10:24+ 05:23+ 02:16+ 01:38+ 15:47+	01:52+ 01:24+ 01:25+ 01:46+ 05:15+ 02:28+ 01:15+	
<b>43</b>	<b>Linda Haukås</b>	<b>3551</b>	<b>52:07</b>
01:24+	11:48+ 15:47+ 19:34+ 21:51+ 33:04+	34:22+ 36:31+ 38:33+ 40:51+ 46:58+ 50:24+ 52:07+	
01:24+	10:24+ 03:59+ 03:47+ 02:17+ 11:13+	01:18+ 02:09+ 02:02+ 02:18+ 06:07+ 03:26+ 01:43+	
01:24+	10:24+ 03:59+ 03:47+ 02:17+ 11:13+	01:18+ 02:09+ 02:02+ 02:18+ 06:07+ 03:26+ 01:43+	

Class	Navn	Klasse	Tid
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## Damer Trim

<b>44</b>	<b>Bente Skagseth</b>	<b>3558</b>	<b>52:43</b>
01:09+	14:04+ 18:39+ 21:42+ 23:31+ 31:59+	33:23+ 35:19+ 38:54+ 41:23+ 46:43+ 50:20+ 52:43+	
01:09+	12:55+ 04:35+ 03:03+ 01:49+ 08:28+	01:24+ 01:56+ 03:35+ 02:29+ 05:20+ 03:37+ 02:23+	
01:09+	12:55+ 04:35+ 03:03+ 01:49+ 08:28+	01:24+ 01:56+ 03:35+ 02:29+ 05:20+ 03:37+ 02:23+	
<b>45</b>	<b>Ida Sjursø</b>	<b>1754</b>	<b>53:08</b>
01:00+	09:56+ 17:57+ 20:45+ 22:53+ 34:10+	36:18+ 39:52+ 41:41+ 43:36+ 48:52+ 51:10+ 53:08+	
01:00+	08:56+ 08:01+ 02:48+ 02:08+ 11:17+	02:08+ 03:34+ 01:49+ 01:55+ 05:16+ 02:18+ 01:58+	
01:00+	08:56+ 08:01+ 02:48+ 02:08+ 11:17+	02:08+ 03:34+ 01:49+ 01:55+ 05:16+ 02:18+ 01:58+	
<b>46</b>	<b>Liv Janne Fandrem Biland</b>	<b>892</b>	<b>53:19</b>
00:54+	06:12+ 11:18+ 16:26+ 18:52+ 32:01+	33:35+ 35:11+ 37:10+ 40:54+ 49:04+ 51:35+ 53:19+	
00:54+	05:18+ 05:06+ 05:08+ 02:26+ 13:09+	01:34+ 01:36+ 01:59+ 03:44+ 08:10+ 02:31+ 01:44+	
00:54+	05:18+ 05:06+ 05:08+ 02:26+ 13:09+	01:34+ 01:36+ 01:59+ 03:44+ 08:10+ 02:31+ 01:44+	
<b>47</b>	<b>Signe Lise Haaland</b>	<b>3507</b>	<b>53:52</b>
01:26+	09:59+ 14:11+ 16:39+ 21:55+ 32:19+	33:44+ 35:45+ 38:17+ 40:47+ 47:32+ 51:12+ 53:52+	
01:26+	08:33+ 04:12+ 02:28+ 05:16+ 10:24+	01:25+ 02:01+ 02:32+ 02:30+ 06:45+ 03:40+ 02:40+	
01:26+	08:33+ 04:12+ 02:28+ 05:16+ 10:24+	01:25+ 02:01+ 02:32+ 02:30+ 06:45+ 03:40+ 02:40+	
<b>48</b>	<b>Ingunn Johanne Fandrem</b>	<b>3511</b>	<b>54:54</b>
02:11+	10:54+ 15:42+ 19:35+ 21:38+ 33:26+	35:10+ 37:52+ 40:02+ 43:03+ 49:35+ 53:09+ 54:54+	
02:11+	08:43+ 04:48+ 03:53+ 02:03+ 11:48+	01:44+ 02:42+ 02:10+ 03:01+ 06:32+ 03:34+ 01:45+	
02:11+	08:43+ 04:48+ 03:53+ 02:03+ 11:48+	01:44+ 02:42+ 02:10+ 03:01+ 06:32+ 03:34+ 01:45+	
<b>49</b>	<b>Solveig Marie Grønning</b>	<b>3511</b>	<b>54:54</b>
02:08+	10:51+ 15:38+ 19:28+ 21:36+ 33:32+	35:05+ 37:54+ 40:05+ 42:58+ 49:40+ 53:11+ 54:54+	
02:08+	08:43+ 04:47+ 03:50+ 02:08+ 11:56+	01:33+ 02:49+ 02:11+ 02:53+ 06:42+ 03:31+ 01:43+	
02:08+	08:43+ 04:47+ 03:50+ 02:08+ 11:56+	01:33+ 02:49+ 02:11+ 02:53+ 06:42+ 03:31+ 01:43+	
<b>50</b>	<b>Aina Solheim</b>	<b>1832</b>	<b>55:07</b>
02:32+	12:28+ 16:21+ 27:53+ 29:16+ 37:24+	38:48+ 40:21+ 42:19+ 44:53+ 49:04+ 53:47+ 55:07+	
02:32+	09:56+ 03:53+ 11:32+ 01:23+ 08:08+	01:24+ 01:33+ 01:58+ 02:34+ 04:11+ 04:43+ 01:20+	
02:32+	09:56+ 03:53+ 11:32+ 01:23+ 08:08+	01:24+ 01:33+ 01:58+ 02:34+ 04:11+ 04:43+ 01:20+	
<b>51</b>	<b>Monika Korbecka</b>	<b>1456</b>	<b>55:18</b>
02:51+	11:50+ 16:41+ 20:10+ 22:07+ 32:46+	34:20+ 36:13+ 38:46+ 41:33+ 48:49+ 52:35+ 55:18+	
02:51+	08:59+ 04:51+ 03:29+ 01:57+ 10:39+	01:34+ 01:53+ 02:33+ 02:47+ 07:16+ 03:46+ 02:43+	
02:51+	08:59+ 04:51+ 03:29+ 01:57+ 10:39+	01:34+ 01:53+ 02:33+ 02:47+ 07:16+ 03:46+ 02:43+	
<b>52</b>	<b>Ruth Grødem</b>	<b>722</b>	<b>56:57</b>
01:14+	12:11+ 15:46+ 19:09+ 20:46+ 38:15+	39:32+ 43:26+ 44:58+ 46:52+ 52:35+ 55:23+ 56:57+	
01:14+	10:57+ 03:35+ 03:23+ 01:37+ 17:29+	01:17+ 03:54+ 01:32+ 01:54+ 05:43+ 02:48+ 01:34+	
01:14+	10:57+ 03:35+ 03:23+ 01:37+ 17:29+	01:17+ 03:54+ 01:32+ 01:54+ 05:43+ 02:48+ 01:34+	
<b>53</b>	<b>Jeanette Mjølhus</b>	<b>722</b>	<b>59:41</b>
00:45+	08:19+ 10:49+ 12:59+ 16:14+ 22:45+	27:04+ 28:22+ 29:57+ 31:51+ 51:32+ 58:07+ 59:41+	
00:45+	07:34+ 02:30+ 02:10+ 03:15+ 06:31+	04:19+ 01:18+ 01:35+ 01:54+ 19:41+ 06:35+ 01:34+	
00:45+	07:34+ 02:30+ 02:10+ 03:15+ 06:31+	04:19+ 01:18+ 01:35+ 01:54+ 19:41+ 06:35+ 01:34+	
<b>54</b>	<b>Sølvi Ballestad</b>	<b>722</b>	<b>1:03:08</b>
01:18+	12:22+ 20:18+ 24:06+ 26:48+ 36:19+	38:42+ 41:21+ 43:28+ 45:44+ 53:56+ 60:44+ 63:08+	
01:18+	11:04+ 07:56+ 03:48+ 02:42+ 09:31+	02:23+ 02:39+ 02:07+ 02:16+ 08:12+ 06:48+ 02:24+	
01:18+	11:04+ 07:56+ 03:48+ 02:42+ 09:31+	02:23+ 02:39+ 02:07+ 02:16+ 08:12+ 06:48+ 02:24+	
<b>55</b>	<b>May Kristin Haaland</b>	<b>3511</b>	<b>1:03:16</b>
01:09+	12:19+ 16:37+ 22:34+ 27:09+ 39:38+	42:15+ 44:50+ 47:28+ 50:16+ 56:50+ 61:21+ 63:16+	
01:09+	11:10+ 04:18+ 05:57+ 04:35+ 12:29+	02:37+ 02:35+ 02:38+ 02:48+ 06:34+ 04:31+ 01:55+	
01:09+	11:10+ 04:18+ 05:57+ 04:35+ 12:29+	02:37+ 02:35+ 02:38+ 02:48+ 06:34+ 04:31+ 01:55+	
<b>56</b>	<b>Else Marie Furland</b>	<b>NOTEAM</b>	<b>1:03:56</b>
02:08+	11:49+ 17:02+ 21:49+ 24:48+ 38:38+	40:30+ 43:24+ 46:02+ 49:00+ 57:30+ 61:20+ 63:56+	
02:08+	09:41+ 05:13+ 04:47+ 02:59+ 13:50+	01:52+ 02:54+ 02:38+ 02:58+ 08:30+ 03:50+ 02:36+	
02:08+	09:41+ 05:13+ 04:47+ 02:59+ 13:50+	01:52+ 02:54+ 02:38+ 02:58+ 08:30+ 03:50+ 02:36+	
<b>57</b>	<b>Ragnhild Christiansen</b>	<b>1884</b>	<b>1:04:01</b>
02:07+	11:43+ 17:01+ 21:41+ 24:49+ 38:37+	40:29+ 43:13+ 46:04+ 48:57+ 57:21+ 61:17+ 64:01+	
02:07+	09:36+ 05:18+ 04:40+ 03:08+ 13:48+	01:52+ 02:44+ 02:51+ 02:53+ 08:24+ 03:56+ 02:44+	
02:07+	09:36+ 05:18+ 04:40+ 03:08+ 13:48+	01:52+ 02:44+ 02:51+ 02:53+ 08:24+ 03:56+ 02:44+	

Class	Navn	Klasse	Tid
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## Damer Trim

<b>58</b>	<b>Marit Kløvstad Braut</b>	<b>892</b>	<b>1:04:04</b>
02:16+	11:57+ 17:11+ 22:08+ 24:54+ 38:51+	40:40+ 43:31+ 46:09+ 49:08+ 57:27+ 61:25+ 64:04+	
02:16+	09:41+ 05:14+ 04:57+ 02:46+ 13:57+	01:49+ 02:51+ 02:38+ 02:59+ 08:19+ 03:58+ 02:39+	
02:16+	09:41+ 05:14+ 04:57+ 02:46+ 13:57+	01:49+ 02:51+ 02:38+ 02:59+ 08:19+ 03:58+ 02:39+	
<b>59</b>	<b>Gro Mariero</b>	<b>3581</b>	<b>1:04:38</b>
02:16+	14:19+ 19:30+ 23:07+ 26:21+ 40:16+	41:54+ 44:34+ 47:23+ 50:28+ 57:41+ 61:41+ 64:38+	
02:16+	12:03+ 05:11+ 03:37+ 03:14+ 13:55+	01:38+ 02:40+ 02:49+ 03:05+ 07:13+ 04:00+ 02:57+	
02:16+	12:03+ 05:11+ 03:37+ 03:14+ 13:55+	01:38+ 02:40+ 02:49+ 03:05+ 07:13+ 04:00+ 02:57+	
<b>60</b>	<b>Sigrund Serigstad</b>	<b>879</b>	<b>1:05:04</b>
00:38+	10:31+ 16:58+ 18:15+ 19:17+ 36:01+	37:57+ 40:22+ 41:45+ 45:53+ 62:02+ 63:53+ 65:04+	
00:38+	09:53+ 06:27+ 01:17+ 01:02+ 16:44+	01:56+ 02:25+ 01:23+ 04:08+ 16:09+ 01:51+ 01:11+	
00:38+	09:53+ 06:27+ 01:17+ 01:02+ 16:44+	01:56+ 02:25+ 01:23+ 04:08+ 16:09+ 01:51+ 01:11+	
<b>61</b>	<b>Sacha Nacouzi</b>	<b>NOTEAM</b>	<b>1:08:36</b>
01:34+	19:59+ 23:23+ 27:58+ 30:48+ 42:58+	44:13+ 46:08+ 52:26+ 55:08+ 64:33+ 67:17+ 68:36+	
01:34+	18:25+ 03:24+ 04:35+ 02:50+ 12:10+	01:15+ 01:55+ 06:18+ 02:42+ 09:25+ 02:44+ 01:19+	
01:34+	18:25+ 03:24+ 04:35+ 02:50+ 12:10+	01:15+ 01:55+ 06:18+ 02:42+ 09:25+ 02:44+ 01:19+	
<b>62</b>	<b>Torhild Tveita</b>	<b>2539</b>	<b>1:28:58</b>
01:18+	22:51+ 35:42+ 42:42+ 44:13+ 55:33+	57:48+ 59:56+ 63:20+ 67:15+ 74:27+ 86:00+ 88:58+	
01:18+	21:33+ 12:51+ 07:00+ 01:31+ 11:20+	02:15+ 02:08+ 03:24+ 03:55+ 07:12+ 11:33+ 02:58+	
01:18+	21:33+ 12:51+ 07:00+ 01:31+ 11:20+	02:15+ 02:08+ 03:24+ 03:55+ 07:12+ 11:33+ 02:58+	
<b>63</b>	<b>Agnete Dedekam Stabel</b>	<b>1758</b>	<b>2:07:33</b>
03:15+	18:38+ 42:06+ 47:43+ 50:53+ 75:23+	77:32+ 79:37+ 84:41+ 88:58+ 111:48+ 125:53+ 127:33+	
03:15+	15:23+ 23:28+ 05:37+ 03:10+ 24:30+	02:09+ 02:05+ 05:04+ 04:17+ 22:50+ 14:05+ 01:40+	
03:15+	15:23+ 23:28+ 05:37+ 03:10+ 24:30+	02:09+ 02:05+ 05:04+ 04:17+ 22:50+ 14:05+ 01:40+	

## Beste strekktid for klassen

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

## Herrer 16 - 39 år

<b>1</b>	<b>Øyvind Onestad Olsen</b>	<b>3552</b>	<b>38:39</b>
02:46=	06:00= 07:55= 16:41= 20:06= 21:04=	30:06= 31:39= 35:46= 37:06= 38:13= 38:39=	
02:46=	03:14= 01:55= 08:46= 03:25= 00:58=	09:02= 01:33= 04:07= 01:20= 01:07= 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=	
<b>2</b>	<b>Arild Pfluger Hundeide</b>	<b>769</b>	<b>38:52</b>
02:48+	05:57- 07:47- 18:01+ 21:19+ 22:32+	32:01+ 33:22+ 36:07+ 37:16+ 38:23+ 38:52+	
02:48+	03:09- 01:50- 10:14+ 03:18- 01:13+	09:29+ 01:21- 02:45- 01:09- 01:07= 00:29+	
00:02+	00:05- 00:05- 01:28# 00:07- 00:15&	00:27+ 00:12- 01:22- 00:11- 00:00= 00:03#	
<b>3</b>	<b>Jørgen Hetland</b>	<b>3581</b>	<b>40:59</b>
02:11-	06:10+ 08:11+ 17:59+ 21:22+ 22:14+	30:51+ 32:23+ 36:06+ 39:08+ 40:24+ 40:59+	
02:11-	03:59+ 02:01+ 09:48+ 03:23- 00:52-	08:37- 01:32- 03:43- 03:02+ 01:16+ 00:35+	
00:35-	00:45# 00:06+ 01:02# 00:02- 00:06-	00:25- 00:01- 00:24- 01:42@ 00:09# 00:09&	
<b>4</b>	<b>Dag Eivind Watsend</b>	<b>892</b>	<b>41:18</b>
02:31-	05:34- 07:09- 17:23+ 21:38+ 23:47+	33:15+ 34:46+ 37:45+ 39:38+ 40:49+ 41:18+	
02:31-	03:03- 01:35- 10:14+ 04:15+ 02:09+	09:28+ 01:31- 02:59- 01:53+ 01:11+ 00:29+	
00:15-	00:11- 00:20- 01:28# 00:50# 01:11@	00:26+ 00:02- 01:08- 00:33& 00:04+ 00:03#	
<b>5</b>	<b>Ole Morten Haaland</b>	<b>3528</b>	<b>41:30</b>
02:18-	05:46- 07:16- 16:48+ 21:06+ 23:50+	33:19+ 35:04+ 38:13+ 39:46+ 40:59+ 41:30+	
02:18-	03:28+ 01:30- 09:32+ 04:18+ 02:44+	09:29+ 01:45+ 03:09- 01:33+ 01:13+ 00:31+	
00:28-	00:14+ 00:25- 00:46+ 00:53& 01:46@	00:27+ 00:12# 00:58- 00:13# 00:06+ 00:05#	
<b>6</b>	<b>Torbjørn Fuglestad</b>	<b>878</b>	<b>42:32</b>
03:57+	07:43+ 09:50+ 20:17+ 23:57+ 25:13+	34:27+ 36:10+ 39:27+ 40:47+ 42:03+ 42:32+	
03:57+	03:46+ 02:07+ 10:27+ 03:40+ 01:16+	09:14+ 01:43+ 03:17- 01:20= 01:16+ 00:29+	
01:11&	00:32# 00:12# 01:41# 00:15+ 00:18&	00:12+ 00:10# 00:50- 00:00= 00:09# 00:03#	

Plass	Navn	Klasse	Tid								
<b>Herrer 16 - 39 år</b>											
<b>7</b>	<b>Frank Terje Berge</b>	<b>643</b>	<b>43:04</b>								
02:43-	06:41+	09:01+	17:58+	24:14+	25:14+	34:26+	35:54+	38:57+	40:46+	42:21+	43:04+
02:43-	03:58+	02:20+	08:57+	06:16+	01:00+	09:12+	01:28-	03:03-	01:49+	01:35+	00:43+
00:03-	00:44#	00:25#	00:11+	02:51&	00:02+	00:10+	00:05-	01:04-	00:29&	00:28&	00:17&
<b>8</b>	<b>Per Christian Munkhaug</b>	<b>3516</b>	<b>43:09</b>								
02:37+	06:13+	08:00+	18:51+	22:08+	24:30+	35:40+	37:35+	40:19+	41:33+	42:42+	43:09+
02:37+	03:36+	01:47+	10:51+	03:17+	02:22+	11:10+	01:55+	02:44+	01:14+	01:09+	00:27+
02:37+	03:36+	01:47+	10:51+	03:17+	02:22+	11:10+	01:55+	02:44+	01:14+	01:09+	00:27+
<b>9</b>	<b>Aksel Joranger</b>	<b>2023</b>	<b>44:43</b>								
02:55+	06:28+	10:47+	21:18+	24:57+	27:07+	37:01+	38:35+	41:42+	43:14+	44:19+	44:43+
02:55+	03:33+	04:19+	10:31+	03:39+	02:10+	09:54+	01:34+	03:07+	01:32+	01:05+	00:24+
02:55+	03:33+	04:19+	10:31+	03:39+	02:10+	09:54+	01:34+	03:07+	01:32+	01:05+	00:24+
<b>10</b>	<b>Truls Thorkildsen</b>	<b>2074</b>	<b>47:06</b>								
05:01+	10:45+	13:00+	23:17+	26:47+	27:48+	38:15+	40:09+	44:21+	45:29+	46:36+	47:06+
05:01+	05:44+	02:15+	10:17+	03:30+	01:01+	10:27+	01:54+	04:12+	01:08+	01:07+	00:30+
05:01+	05:44+	02:15+	10:17+	03:30+	01:01+	10:27+	01:54+	04:12+	01:08+	01:07+	00:30+
<b>11</b>	<b>Victor Bastien-Thiry</b>	<b>877</b>	<b>47:07</b>								
02:41+	06:14+	09:05+	19:19+	22:57+	24:21+	32:38+	34:56+	42:41+	44:52+	46:36+	47:07+
02:41+	03:33+	02:51+	10:14+	03:38+	01:24+	08:17+	02:18+	07:45+	02:11+	01:44+	00:31+
02:41+	03:33+	02:51+	10:14+	03:38+	01:24+	08:17+	02:18+	07:45+	02:11+	01:44+	00:31+
<b>12</b>	<b>Martin Skogland</b>	<b>3508</b>	<b>47:33</b>								
02:51+	06:32+	08:24+	19:42+	24:15+	25:36+	38:30+	40:04+	43:03+	45:29+	46:58+	47:33+
02:51+	03:41+	01:52+	11:18+	04:33+	01:21+	12:54+	01:34+	02:59+	02:26+	01:29+	00:35+
02:51+	03:41+	01:52+	11:18+	04:33+	01:21+	12:54+	01:34+	02:59+	02:26+	01:29+	00:35+
<b>13</b>	<b>Øyvind Rustan</b>	<b>722</b>	<b>48:12</b>								
02:43+	07:08+	08:57+	18:43+	22:45+	24:22+	34:26+	36:05+	45:16+	46:31+	47:44+	48:12+
02:43+	04:25+	01:49+	09:46+	04:02+	01:37+	10:04+	01:39+	09:11+	01:15+	01:13+	00:28+
02:43+	04:25+	01:49+	09:46+	04:02+	01:37+	10:04+	01:39+	09:11+	01:15+	01:13+	00:28+
<b>14</b>	<b>Sondre Aspøy</b>	<b>896</b>	<b>48:35</b>								
03:03+	07:03+	08:45+	22:45+	26:42+	27:53+	38:32+	40:09+	45:00+	46:17+	48:02+	48:35+
03:03+	04:00+	01:42+	14:00+	03:57+	01:11+	10:39+	01:37+	04:51+	01:17+	01:45+	00:33+
03:03+	04:00+	01:42+	14:00+	03:57+	01:11+	10:39+	01:37+	04:51+	01:17+	01:45+	00:33+
<b>15</b>	<b>Gaute Haugen Sandnes</b>	<b>1832</b>	<b>50:51</b>								
03:20+	08:21+	10:32+	22:24+	26:57+	28:30+	40:13+	42:10+	46:55+	48:46+	50:15+	50:51+
03:20+	05:01+	02:11+	11:52+	04:33+	01:33+	11:43+	01:57+	04:45+	01:51+	01:29+	00:36+
03:20+	05:01+	02:11+	11:52+	04:33+	01:33+	11:43+	01:57+	04:45+	01:51+	01:29+	00:36+
<b>16</b>	<b>Bjørn Morten Bø Brunstøl</b>	<b>2023</b>	<b>52:56</b>								
03:00+	07:26+	11:42+	24:42+	28:51+	30:39+	42:24+	44:34+	47:27+	49:38+	52:14+	52:56+
03:00+	04:26+	04:16+	13:00+	04:09+	01:48+	11:45+	02:10+	02:53+	02:11+	02:36+	00:42+
03:00+	04:26+	04:16+	13:00+	04:09+	01:48+	11:45+	02:10+	02:53+	02:11+	02:36+	00:42+
<b>17</b>	<b>Alf Olav Kalvik</b>	<b>793</b>	<b>54:48</b>								
04:00+	08:33+	11:04+	23:27+	27:22+	28:53+	40:34+	43:12+	50:17+	52:35+	54:14+	54:48+
04:00+	04:33+	02:31+	12:23+	03:55+	01:31+	11:41+	02:38+	07:05+	02:18+	01:39+	00:34+
04:00+	04:33+	02:31+	12:23+	03:55+	01:31+	11:41+	02:38+	07:05+	02:18+	01:39+	00:34+
<b>18</b>	<b>Thomas Hinna</b>	<b>1456</b>	<b>55:16</b>								
06:17+	10:11+	12:18+	23:25+	29:34+	31:02+	41:58+	46:30+	51:11+	53:14+	54:41+	55:16+
06:17+	03:54+	02:07+	11:07+	06:09+	01:28+	10:56+	04:32+	04:41+	02:03+	01:27+	00:35+
06:17+	03:54+	02:07+	11:07+	06:09+	01:28+	10:56+	04:32+	04:41+	02:03+	01:27+	00:35+
<b>19</b>	<b>Henrik Aasheim</b>	<b>2342</b>	<b>57:17</b>								
02:41+	07:31+	09:46+	23:57+	33:51+	35:05+	45:44+	49:11+	52:45+	54:37+	56:46+	57:17+
02:41+	04:50+	02:15+	14:11+	09:54+	01:14+	10:39+	03:27+	03:34+	01:52+	02:09+	00:31+
02:41+	04:50+	02:15+	14:11+	09:54+	01:14+	10:39+	03:27+	03:34+	01:52+	02:09+	00:31+
<b>20</b>	<b>Christoffer Soma</b>	<b>903</b>	<b>1:03:56</b>								
04:08+	09:10+	11:57+	27:33+	34:00+	35:58+	52:50+	55:13+	59:45+	61:59+	63:23+	63:56+
04:08+	05:02+	02:47+	15:36+	06:27+	01:58+	16:52+	02:23+	04:32+	02:14+	01:24+	00:33+
04:08+	05:02+	02:47+	15:36+	06:27+	01:58+	16:52+	02:23+	04:32+	02:14+	01:24+	00:33+



Class	Navn	Klasse	Tid
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## Herrer 16 - 39 år

**21 Thomas Gjerde 903 1:05:08**

03:37+ 08:13+ 12:10+ 23:23+ 27:48+ 29:12+ 40:32+ 42:48+ 61:13+ 63:00+ 64:35+ 65:08+  
 03:37+ 04:36+ 03:57+ 11:13+ 04:25+ 01:24+ 11:20+ 02:16+ 18:25+ 01:47+ 01:35+ 00:33+  
 03:37+ 04:36+ 03:57+ 11:13+ 04:25+ 01:24+ 11:20+ 02:16+ 18:25+ 01:47+ 01:35+ 00:33+

**22 Eivind Baltzersen 1283 1:06:34**

03:21+ 14:14+ 16:57+ 29:22+ 34:14+ 36:20+ 49:47+ 52:20+ 61:47+ 63:47+ 65:45+ 66:34+  
 03:21+ 10:53+ 02:43+ 12:25+ 04:52+ 02:06+ 13:27+ 02:33+ 09:27+ 02:00+ 01:58+ 00:49+  
 03:21+ 10:53+ 02:43+ 12:25+ 04:52+ 02:06+ 13:27+ 02:33+ 09:27+ 02:00+ 01:58+ 00:49+

### Beste strekktid for klassen

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

## Herrer 40 - 49 år

**1 Joakim B. Enne Haug 1284 37:45**

03:18= 06:21= 07:54= 16:47= 20:22= 21:18= 30:19= 31:55= 34:43= 36:00= 37:12= 37:45=  
 03:18= 03:03= 01:33= 08:53= 03:35= 00:56= 09:01= 01:36= 02:48= 01:17= 01:12= 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=

**2 Andreas Breiland 3522 39:31**

03:07- 06:39+ 08:06+ 17:38+ 21:15+ 22:29+ 32:14+ 33:50+ 36:36+ 37:50+ 39:01+ 39:31+  
 03:07- 03:32+ 01:27- 09:32+ 03:37+ 01:14+ 09:45+ 01:36= 02:46- 01:14- 01:11- 00:30-  
 00:11- 00:29# 00:06- 00:39+ 00:02+ 00:18& 00:44+ 00:00= 00:02- 00:03- 00:01- 00:03-

**3 Stian Gunstensen 892 42:15**

03:07- 06:47+ 08:41+ 18:25+ 22:45+ 24:02+ 34:37+ 35:55+ 39:23+ 40:32+ 41:42+ 42:15+  
 03:07- 03:40+ 01:54+ 09:44+ 04:20+ 01:17+ 10:35+ 01:18- 03:28+ 01:09- 01:10- 00:33=  
 00:11- 00:37# 00:21# 00:51+ 00:45# 00:21& 01:34# 00:18- 00:40# 00:08- 00:02- 00:00=

**4 Eivind Lie 1683 43:30**

02:47- 06:29+ 10:15+ 20:40+ 25:47+ 26:56+ 36:03+ 37:27+ 40:10+ 41:41+ 42:58+ 43:30+  
 02:47- 03:42+ 03:46+ 10:25+ 05:07+ 01:09+ 09:07+ 01:24- 02:43- 01:31+ 01:17+ 00:32-  
 00:31- 00:39# 02:13@ 01:32# 01:32& 00:13# 00:06+ 00:12- 00:05- 00:14# 00:05+ 00:01-

**5 Jan-Kenneth Polle 3525 44:05**

02:41- 06:28+ 08:02+ 18:07+ 23:49+ 25:25+ 36:06+ 37:33+ 40:39+ 42:11+ 43:32+ 44:05+  
 02:41- 03:47+ 01:34+ 10:05+ 05:42+ 01:36+ 10:41+ 01:27- 03:06+ 01:32+ 01:21+ 00:33=  
 00:37- 00:44# 00:01+ 01:12# 02:07& 00:40& 01:40# 00:09- 00:18# 00:15# 00:09# 00:00=

**6 Per Jan Erslund 3510 44:10**

03:02- 06:34+ 09:04+ 18:38+ 22:13+ 23:31+ 34:55+ 36:46+ 41:02+ 42:31+ 43:41+ 44:10+  
 03:02- 03:32+ 02:30+ 09:34+ 03:35= 01:18+ 11:24+ 01:51+ 04:16+ 01:29+ 01:10- 00:29-  
 00:16- 00:29# 00:57& 00:41+ 00:00= 00:22& 02:23& 00:15# 01:28& 00:12# 00:02- 00:04-

**7 Rune Hatle 903 44:47**

02:48- 06:33+ 08:44+ 20:09+ 25:00+ 26:16+ 36:17+ 38:18+ 41:30+ 42:55+ 44:15+ 44:47+  
 02:48- 03:45+ 02:11+ 11:25+ 04:51+ 01:16+ 10:01+ 02:01+ 03:12+ 01:25+ 01:20+ 00:32-  
 00:30- 00:42# 00:38& 02:32& 01:16& 00:20& 01:00# 00:25& 00:24# 00:08# 00:08# 00:01-

**8 Anders Presterud 903 45:00**

03:00- 06:44+ 09:20+ 19:33+ 23:32+ 25:28+ 36:50+ 38:11+ 41:29+ 42:59+ 44:21+ 45:00+  
 03:00- 03:44+ 02:36+ 10:13+ 03:59+ 01:56+ 11:22+ 01:21- 03:18+ 01:30+ 01:22+ 00:39+  
 00:18- 00:41# 01:03& 01:20# 00:24# 01:00@ 02:21& 00:15- 00:30# 00:13# 00:10# 00:06#

**9 Cedric Fayemendy 3559 45:03**

03:03- 06:51+ 08:42+ 18:57+ 22:47+ 23:55+ 32:28+ 34:01+ 41:05+ 42:59+ 44:24+ 45:03+  
 03:03- 03:48+ 01:51+ 10:15+ 03:50+ 01:08+ 08:33- 01:33- 07:04+ 01:54+ 01:25+ 00:39+  
 00:15- 00:45# 00:18# 01:22# 00:15+ 00:12# 00:28- 00:03- 04:16@ 00:37& 00:13# 00:06#

**10 Rune Dahl Fitjar 1754 45:37**

03:05- 07:04+ 09:03+ 20:52+ 25:24+ 26:49+ 37:06+ 39:15+ 42:33+ 43:55+ 45:08+ 45:37+  
 03:05- 03:59+ 01:59+ 11:49+ 04:32+ 01:25+ 10:17+ 02:09+ 03:18+ 01:22+ 01:13+ 00:29-  
 00:13- 00:56& 00:26& 02:56& 00:57& 00:29& 01:16# 00:33& 00:30# 00:05+ 00:01+ 00:04-

Class	Navn	Klasse	Tid
<b>Herrer 40 - 49 år</b>			
<b>11</b>	<b>Christian Ask</b>	<b>3563</b>	<b>45:50</b>
03:00-	07:46+	09:23+	20:48+
03:00-	04:46+	01:37+	11:25+
00:18-	01:43&	00:04+	02:32&
	01:11&	00:16&	01:30#
	02:10+	03:05+	01:28+
	01:18+	00:32-	00:01-
<b>12</b>	<b>Sjur Sigmø</b>	<b>1683</b>	<b>45:51</b>
02:31+	06:23+	09:22+	20:47+
02:31+	03:52+	02:59+	11:25+
02:31+	03:52+	02:59+	11:25+
	03:52+	01:19+	11:08+
	01:43+	03:33+	01:22+
	01:43+	03:33+	01:22+
<b>13</b>	<b>Kristian Lenning</b>	<b>1683</b>	<b>46:07</b>
03:13+	06:36+	09:38+	18:47+
03:13+	03:23+	03:02+	09:09+
03:13+	03:23+	03:02+	09:09+
	04:05+	01:25+	13:37+
	01:46+	03:05+	01:20+
	01:34+	00:28+	
<b>14</b>	<b>Gunnar Thorset</b>	<b>896</b>	<b>46:23</b>
03:03+	07:25+	09:30+	20:33+
03:03+	04:22+	02:05+	11:03+
03:03+	04:22+	02:05+	11:03+
	04:20+	01:09+	09:49+
	01:52+	04:58+	01:30+
	01:33+	00:39+	
<b>15</b>	<b>Trondr Breiland</b>	<b>NOTEAM</b>	<b>46:28</b>
03:56+	07:09+	08:38+	19:41+
03:56+	03:13+	01:29+	11:03+
03:56+	03:13+	01:29+	11:03+
	04:04+	01:03+	14:03+
	01:25+	03:17+	01:20+
	01:05+	00:30+	
<b>16</b>	<b>Reidar Mosvold</b>	<b>1754</b>	<b>46:30</b>
03:50+	08:00+	10:09+	21:34+
03:50+	04:10+	02:09+	11:25+
03:50+	04:10+	02:09+	11:25+
	04:06+	01:13+	10:24+
	01:57+	04:00+	01:22+
	01:14+	00:40+	
<b>17</b>	<b>Magne Habbestad</b>	<b>3531</b>	<b>47:03</b>
02:51+	07:08+	08:47+	20:53+
02:51+	04:17+	01:39+	12:06+
02:51+	04:17+	01:39+	12:06+
	04:13+	01:09+	10:44+
	01:50+	03:32+	02:01+
	02:04+	00:37+	
<b>18</b>	<b>Antal Jansen</b>	<b>3530</b>	<b>47:29</b>
02:58+	07:48+	09:33+	22:26+
02:58+	04:50+	01:45+	12:53+
02:58+	04:50+	01:45+	12:53+
	04:31+	01:06+	10:28+
	01:46+	03:09+	01:40+
	01:50+	00:33+	
<b>19</b>	<b>Anders Hagen</b>	<b>3528</b>	<b>47:58</b>
03:11+	06:58+	09:16+	19:31+
03:11+	03:47+	02:18+	10:15+
03:11+	03:47+	02:18+	10:15+
	04:21+	01:21+	11:06+
	02:15+	04:00+	03:38+
	01:18+	00:28+	
<b>20</b>	<b>Ole-Tobias Frich</b>	<b>1683</b>	<b>49:37</b>
02:50+	07:41+	11:04+	22:38+
02:50+	04:51+	03:23+	11:34+
02:50+	04:51+	03:23+	11:34+
	04:15+	01:15+	11:10+
	01:37+	01:36+	03:01+
	01:28+	01:58+	00:39+
<b>21</b>	<b>Glenn Madland</b>	<b>879</b>	<b>52:57</b>
06:39+	14:50+	16:45+	26:37+
06:39+	08:11+	01:55+	09:52+
06:39+	08:11+	01:55+	09:52+
	04:48+	01:32+	11:00+
	01:38+	04:05+	01:33+
	01:12+	00:32+	
<b>22</b>	<b>Kjetil Gjerde</b>	<b>1683</b>	<b>1:01:59</b>
04:00+	09:28+	12:33+	27:11+
04:00+	05:28+	03:05+	14:38+
04:00+	05:28+	03:05+	14:38+
	05:12+	02:00+	15:39+
	02:26+	04:27+	01:56+
	02:10+	00:58+	
<b>23</b>	<b>Bjarte Harbo</b>	<b>1830</b>	<b>1:04:34</b>
02:36+	06:12+	09:08+	20:09+
02:36+	03:36+	02:56+	11:01+
02:36+	03:36+	02:56+	11:01+
	04:33+	01:31+	10:40+
	02:03+	15:23+	07:46+
	01:53+	00:36+	
<b>24</b>	<b>Bjarne Bore</b>	<b>3529</b>	<b>1:08:51</b>
04:15+	13:57+	16:35+	31:50+
04:15+	09:42+	02:38+	15:15+
04:15+	09:42+	02:38+	15:15+
	05:19+	03:18+	11:48+
	02:40+	08:32+	02:35+
	02:02+	00:47+	



Plass	Navn	Klasse	Tid
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## Herrer 50 - 59 år

<b>13</b>	<b>Arne Hetlelid</b>	<b>3508</b>	<b>46:46</b>
00:58+	03:02+ 05:27- 13:30+ 14:41+ 18:13+	19:56+ 31:36+ 32:49+ 34:08+ 37:55+	40:09+ 41:53+ 43:59+ 46:02+ 46:46+
00:58+	02:04+ 02:25- 08:03+ 01:11+ 03:32+	01:43+ 11:40+ 01:13+ 01:19+ 03:47+	02:14+ 01:44+ 02:06+ 02:03- 00:44+
00:17&	00:18# 01:26- 02:26& 00:23& 00:45&	00:43& 02:38& 00:15& 00:27& 01:44&	00:49& 00:19# 00:33& 00:22- 00:13&
<b>14</b>	<b>Erik Bjørnbom</b>	<b>3559</b>	<b>46:48</b>
00:42+	02:26+ 07:04+ 13:47+ 15:29+ 18:41+	19:55+ 31:36+ 32:47+ 34:00+ 36:48+	38:56+ 41:05+ 43:02+ 46:07+ 46:48+
00:42+	01:44+ 04:38+ 06:43+ 01:42+ 03:12+	01:14+ 11:41+ 01:11+ 01:13+ 02:48+	02:08+ 02:09+ 01:57+ 03:05+ 00:41+
00:42+	01:44+ 04:38+ 06:43+ 01:42+ 03:12+	01:14+ 11:41+ 01:11+ 01:13+ 02:48+	02:08+ 02:09+ 01:57+ 03:05+ 00:41+
<b>15</b>	<b>Øystein Lie Karlsen</b>	<b>1683</b>	<b>47:14</b>
00:58+	03:10+ 06:28+ 13:21+ 14:23+ 17:55+	19:23+ 30:20+ 31:37+ 33:01+ 35:20+	38:29+ 41:43+ 44:10+ 46:33+ 47:14+
00:58+	02:12+ 03:18+ 06:53+ 01:02+ 03:32+	01:28+ 10:57+ 01:17+ 01:24+ 02:19+	03:09+ 03:14+ 02:27+ 02:23+ 00:41+
00:58+	02:12+ 03:18+ 06:53+ 01:02+ 03:32+	01:28+ 10:57+ 01:17+ 01:24+ 02:19+	03:09+ 03:14+ 02:27+ 02:23+ 00:41+
<b>16</b>	<b>Jørgen Nilsen</b>	<b>1683</b>	<b>47:29</b>
00:52+	02:46+ 05:21+ 12:34+ 13:38+ 16:43+	18:31+ 29:51+ 30:59+ 32:43+ 36:38+	38:08+ 39:55+ 44:07+ 46:49+ 47:29+
00:52+	01:54+ 02:35+ 07:13+ 01:04+ 03:05+	01:48+ 11:20+ 01:08+ 01:44+ 03:55+	01:30+ 01:47+ 04:12+ 02:42+ 00:40+
00:52+	01:54+ 02:35+ 07:13+ 01:04+ 03:05+	01:48+ 11:20+ 01:08+ 01:44+ 03:55+	01:30+ 01:47+ 04:12+ 02:42+ 00:40+
<b>17</b>	<b>Svend Vihovde</b>	<b>1683</b>	<b>48:08</b>
00:56+	03:12+ 06:11+ 14:33+ 15:37+ 19:24+	20:57+ 33:05+ 34:28+ 35:48+ 39:25+	41:06+ 42:51+ 45:00+ 47:21+ 48:08+
00:56+	02:16+ 02:59+ 08:22+ 01:04+ 03:47+	01:33+ 12:08+ 01:23+ 01:20+ 03:37+	01:41+ 01:45+ 02:09+ 02:21+ 00:47+
00:56+	02:16+ 02:59+ 08:22+ 01:04+ 03:47+	01:33+ 12:08+ 01:23+ 01:20+ 03:37+	01:41+ 01:45+ 02:09+ 02:21+ 00:47+
<b>18</b>	<b>Trygve Michaelsen</b>	<b>896</b>	<b>51:45</b>
00:44+	03:14+ 07:23+ 15:14+ 16:18+ 19:28+	20:49+ 32:20+ 33:53+ 35:41+ 38:13+	39:51+ 45:10+ 48:35+ 51:09+ 51:45+
00:44+	02:30+ 04:09+ 07:51+ 01:04+ 03:10+	01:21+ 11:31+ 01:33+ 01:48+ 02:32+	01:38+ 05:19+ 03:25+ 02:34+ 00:36+
00:44+	02:30+ 04:09+ 07:51+ 01:04+ 03:10+	01:21+ 11:31+ 01:33+ 01:48+ 02:32+	01:38+ 05:19+ 03:25+ 02:34+ 00:36+
<b>19</b>	<b>Ole Bakkevoid</b>	<b>3517</b>	<b>52:01</b>
00:56+	02:44+ 06:01+ 15:17+ 16:39+ 20:06+	21:49+ 35:25+ 37:00+ 38:12+ 40:47+	43:36+ 46:00+ 48:06+ 51:29+ 52:01+
00:56+	01:48+ 03:17+ 09:16+ 01:22+ 03:27+	01:43+ 13:36+ 01:35+ 01:12+ 02:35+	02:49+ 02:24+ 02:06+ 03:23+ 00:32+
00:56+	01:48+ 03:17+ 09:16+ 01:22+ 03:27+	01:43+ 13:36+ 01:35+ 01:12+ 02:35+	02:49+ 02:24+ 02:06+ 03:23+ 00:32+
<b>20</b>	<b>Harald Taksdal</b>	<b>3547</b>	<b>52:17</b>
01:02+	03:08+ 05:45+ 14:43+ 16:20+ 19:59+	21:16+ 33:55+ 35:19+ 36:44+ 41:14+	44:01+ 46:16+ 48:59+ 51:28+ 52:17+
01:02+	02:06+ 02:37+ 08:58+ 01:37+ 03:39+	01:17+ 12:39+ 01:24+ 01:25+ 04:30+	02:47+ 02:15+ 02:43+ 02:29+ 00:49+
01:02+	02:06+ 02:37+ 08:58+ 01:37+ 03:39+	01:17+ 12:39+ 01:24+ 01:25+ 04:30+	02:47+ 02:15+ 02:43+ 02:29+ 00:49+
<b>21</b>	<b>Jerome Renoult</b>	<b>3524</b>	<b>52:33</b>
00:57+	03:19+ 06:02+ 14:31+ 15:41+ 19:18+	21:18+ 34:12+ 35:33+ 37:27+ 42:04+	44:44+ 47:34+ 49:45+ 51:53+ 52:33+
00:57+	02:22+ 02:43+ 08:29+ 01:10+ 03:37+	02:00+ 12:54+ 01:21+ 01:54+ 04:37+	02:40+ 02:50+ 02:11+ 02:08+ 00:40+
00:57+	02:22+ 02:43+ 08:29+ 01:10+ 03:37+	02:00+ 12:54+ 01:21+ 01:54+ 04:37+	02:40+ 02:50+ 02:11+ 02:08+ 00:40+
<b>22</b>	<b>Erling Knutzen</b>	<b>879</b>	<b>52:46</b>
00:50+	02:44+ 05:19+ 13:32+ 14:27+ 18:13+	20:10+ 36:43+ 37:57+ 39:39+ 43:18+	45:27+ 47:25+ 49:30+ 52:01+ 52:46+
00:50+	01:54+ 02:35+ 08:13+ 00:55+ 03:46+	01:57+ 16:33+ 01:14+ 01:42+ 03:39+	02:09+ 01:58+ 02:05+ 02:31+ 00:45+
00:50+	01:54+ 02:35+ 08:13+ 00:55+ 03:46+	01:57+ 16:33+ 01:14+ 01:42+ 03:39+	02:09+ 01:58+ 02:05+ 02:31+ 00:45+
<b>23</b>	<b>Sindre M. Dyrstad</b>	<b>1754</b>	<b>52:59</b>
01:03+	03:33+ 12:09+ 18:47+ 19:55+ 24:09+	25:42+ 37:27+ 38:31+ 39:36+ 41:17+	42:40+ 45:58+ 48:01+ 52:25+ 52:59+
01:03+	02:30+ 08:36+ 06:38+ 01:08+ 04:14+	01:33+ 11:45+ 01:04+ 01:05+ 01:41+	01:23+ 03:18+ 02:03+ 04:24+ 00:34+
01:03+	02:30+ 08:36+ 06:38+ 01:08+ 04:14+	01:33+ 11:45+ 01:04+ 01:05+ 01:41+	01:23+ 03:18+ 02:03+ 04:24+ 00:34+
<b>24</b>	<b>Jone Kalheim</b>	<b>1884</b>	<b>53:27</b>
00:45+	02:21+ 04:26+ 11:02+ 11:58+ 18:21+	22:41+ 37:52+ 38:57+ 40:15+ 42:25+	45:39+ 48:48+ 51:00+ 52:57+ 53:27+
00:45+	01:36+ 02:05+ 06:36+ 00:56+ 06:23+	04:20+ 15:11+ 01:05+ 01:18+ 02:10+	03:14+ 03:09+ 02:12+ 01:57+ 00:30+
00:45+	01:36+ 02:05+ 06:36+ 00:56+ 06:23+	04:20+ 15:11+ 01:05+ 01:18+ 02:10+	03:14+ 03:09+ 02:12+ 01:57+ 00:30+
<b>25</b>	<b>Raymond B Pettersen</b>	<b>722</b>	<b>56:11</b>
00:59+	02:53+ 05:51+ 15:39+ 17:14+ 21:39+	23:12+ 39:35+ 40:53+ 42:19+ 45:23+	47:21+ 49:53+ 52:32+ 55:24+ 56:11+
00:59+	01:54+ 02:58+ 09:48+ 01:35+ 04:25+	01:33+ 16:23+ 01:18+ 01:26+ 03:04+	01:58+ 02:32+ 02:39+ 02:52+ 00:47+
00:59+	01:54+ 02:58+ 09:48+ 01:35+ 04:25+	01:33+ 16:23+ 01:18+ 01:26+ 03:04+	01:58+ 02:32+ 02:39+ 02:52+ 00:47+
<b>26</b>	<b>Per Ivar Hovstad</b>	<b>1683</b>	<b>56:47</b>
01:03+	02:54+ 08:16+ 17:13+ 18:29+ 22:00+	23:11+ 36:12+ 37:38+ 39:38+ 42:44+	46:16+ 50:26+ 53:40+ 56:09+ 56:47+
01:03+	01:51+ 05:22+ 08:57+ 01:16+ 03:31+	01:11+ 13:01+ 01:26+ 02:00+ 03:06+	03:32+ 04:10+ 03:14+ 02:29+ 00:38+
01:03+	01:51+ 05:22+ 08:57+ 01:16+ 03:31+	01:11+ 13:01+ 01:26+ 02:00+ 03:06+	03:32+ 04:10+ 03:14+ 02:29+ 00:38+



## Herrer 60 - 64 år

<b>6</b>	<b>Lars Bergersen</b>	<b>1683</b>	<b>44:47</b>
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00:41-	03:46+	08:18+	10:34+	13:08+	13:48+	26:49+	27:54+	33:05+	38:59+	40:45+	42:16+	43:35+	44:47+
00:41-	03:05+	04:32+	02:16+	02:34+	00:40+	13:01+	01:05+	05:11+	05:54+	01:46+	01:31+	01:19+	01:12+
00:29-	00:52&	00:38#	00:09+	00:45&	00:02+	03:27&	00:12#	00:51#	00:06+	00:27&	00:32&	00:18&	00:17&

<b>7</b>	<b>Tor Inge Halvorsen</b>	<b>880</b>	<b>45:25</b>
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00:37+	04:45+	08:34+	11:42+	13:35+	14:16+	26:03+	27:19+	32:15+	37:06+	39:51+	42:00+	43:27+	45:25+
00:37+	04:08+	03:49+	03:08+	01:53+	00:41+	11:47+	01:16+	04:56+	04:51+	02:45+	02:09+	01:27+	01:58+
00:37+	04:08+	03:49+	03:08+	01:53+	00:41+	11:47+	01:16+	04:56+	04:51+	02:45+	02:09+	01:27+	01:58+

<b>8</b>	<b>Harald Jansen</b>	<b>3593</b>	<b>45:33</b>
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00:43+	04:07+	10:33+	12:41+	14:55+	15:36+	27:22+	28:30+	33:12+	37:44+	39:50+	42:50+	44:19+	45:33+
00:43+	03:24+	06:26+	02:08+	02:14+	00:41+	11:46+	01:08+	04:42+	04:32+	02:06+	03:00+	01:29+	01:14+
00:43+	03:24+	06:26+	02:08+	02:14+	00:41+	11:46+	01:08+	04:42+	04:32+	02:06+	03:00+	01:29+	01:14+

<b>9</b>	<b>Per Ingar Hadland</b>	<b>793</b>	<b>46:11</b>
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01:03+	04:03+	08:59+	11:30+	13:39+	14:26+	28:47+	29:50+	35:17+	40:29+	42:02+	43:41+	44:51+	46:11+
01:03+	03:00+	04:56+	02:31+	02:09+	00:47+	14:21+	01:03+	05:27+	05:12+	01:33+	01:39+	01:10+	01:20+
01:03+	03:00+	04:56+	02:31+	02:09+	00:47+	14:21+	01:03+	05:27+	05:12+	01:33+	01:39+	01:10+	01:20+

<b>10</b>	<b>Harald Syse</b>	<b>1884</b>	<b>46:45</b>
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00:42+	04:51+	10:39+	12:40+	14:27+	15:04+	26:58+	27:46+	32:55+	39:04+	41:41+	43:40+	44:51+	46:45+
00:42+	04:09+	05:48+	02:01+	01:47+	00:37+	11:54+	00:48+	05:09+	06:09+	02:37+	01:59+	01:11+	01:54+
00:42+	04:09+	05:48+	02:01+	01:47+	00:37+	11:54+	00:48+	05:09+	06:09+	02:37+	01:59+	01:11+	01:54+

<b>11</b>	<b>Magnar Mathias Møller</b>	<b>769</b>	<b>49:20</b>
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00:43+	04:19+	08:45+	11:01+	13:26+	14:00+	29:55+	31:00+	38:04+	43:35+	45:27+	46:49+	47:59+	49:20+
00:43+	03:36+	04:26+	02:16+	02:25+	00:34+	15:55+	01:05+	07:04+	05:31+	01:52+	01:22+	01:10+	01:21+
00:43+	03:36+	04:26+	02:16+	02:25+	00:34+	15:55+	01:05+	07:04+	05:31+	01:52+	01:22+	01:10+	01:21+

<b>12</b>	<b>John Carsten Sinnes</b>	<b>1884</b>	<b>51:28</b>
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00:48+	05:16+	09:08+	12:40+	14:37+	15:15+	30:53+	32:31+	38:26+	44:10+	46:38+	48:30+	50:16+	51:28+
00:48+	04:28+	03:52+	03:32+	01:57+	00:38+	15:38+	01:38+	05:55+	05:44+	02:28+	01:52+	01:46+	01:12+
00:48+	04:28+	03:52+	03:32+	01:57+	00:38+	15:38+	01:38+	05:55+	05:44+	02:28+	01:52+	01:46+	01:12+

<b>13</b>	<b>Per Kolbein Tonstad</b>	<b>3507</b>	<b>52:17</b>
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01:06+	04:18+	09:33+	12:42+	15:03+	15:40+	29:21+	30:46+	36:11+	42:28+	45:33+	49:06+	50:51+	52:17+
01:06+	03:12+	05:15+	03:09+	02:21+	00:37+	13:41+	01:25+	05:25+	06:17+	03:05+	03:33+	01:45+	01:26+
01:06+	03:12+	05:15+	03:09+	02:21+	00:37+	13:41+	01:25+	05:25+	06:17+	03:05+	03:33+	01:45+	01:26+

<b>14</b>	<b>Stein Sigbjørnsen</b>	<b>882</b>	<b>54:49</b>
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00:46+	04:04+	14:12+	16:31+	18:46+	19:23+	32:31+	33:47+	39:22+	48:12+	49:53+	52:05+	53:39+	54:49+
00:46+	03:18+	10:08+	02:19+	02:15+	00:37+	13:08+	01:16+	05:35+	08:50+	01:41+	02:12+	01:34+	01:10+
00:46+	03:18+	10:08+	02:19+	02:15+	00:37+	13:08+	01:16+	05:35+	08:50+	01:41+	02:12+	01:34+	01:10+

<b>15</b>	<b>Inge Skretting</b>	<b>1384</b>	<b>59:53</b>
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00:43+	04:45+	13:48+	16:04+	18:21+	18:58+	38:27+	39:33+	45:35+	53:00+	55:08+	57:02+	58:28+	59:53+
00:43+	04:02+	09:03+	02:16+	02:17+	00:37+	19:29+	01:06+	06:02+	07:25+	02:08+	01:54+	01:26+	01:25+
00:43+	04:02+	09:03+	02:16+	02:17+	00:37+	19:29+	01:06+	06:02+	07:25+	02:08+	01:54+	01:26+	01:25+

### Beste strekktid for klassen

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

## Herrer 65 - 69 år

<b>1</b>	<b>Otte Omdal</b>	<b>903</b>	<b>33:48</b>
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00:32=	03:30=	07:00=	08:48=	10:18=	10:50=	20:31=	21:21=	25:31=	29:31=	30:42=	31:46=	32:47=	33:48=
00:32=	02:58=	03:30=	01:48=	01:30=	00:32=	09:41=	00:50=	04:10=	04:00=	01:11=	01:04=	01:01=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Espen Krogh</b>	<b>793</b>	<b>35:44</b>
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00:42+	01:29-	03:31-	07:04-	08:54-	10:22-	10:52-	20:44-	21:37-	25:25-	29:24-	31:35-	33:49+	34:46+	35:44+
00:42+	00:47-	02:02-	03:33+	01:50+	01:28+	00:30-	09:52+	00:53-	03:48-	03:59+	02:11+	02:14+	00:57-	00:58+
00:10&	02:11-	01:28-	01:45&	00:20#	00:56@	09:11-	09:02@	03:17-	00:12-	02:48@	01:07@	01:13@	00:04-	00:58+

Class	Navn	Klasse	Tid
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## Herrer 65 - 69 år

<b>3</b>	<b>Kjell Skjæveland</b>	<b>3515</b>	<b>38:43</b>
00:41+	04:20+ 08:02+ 10:40+ 12:19+ 12:50+	23:02+ 24:06+ 28:40+ 33:15+ 34:58+	36:24+ 37:34+ 38:43+
00:41+	03:39+ 03:42+ 02:38+ 01:39+ 00:31-	10:12+ 01:04+ 04:34+ 04:35+ 01:43+	01:26+ 01:10+ 01:09+
00:09&	00:41# 00:12+ 00:50& 00:09# 00:01-	00:31+ 00:14& 00:24+ 00:35# 00:32&	00:22& 00:09# 00:08#
<b>4</b>	<b>Torbjørn Evensen</b>	<b>3556</b>	<b>42:15</b>
00:39+	04:01+ 07:40+ 10:19+ 12:12+ 12:53+	24:32+ 25:31+ 30:03+ 35:10+ 38:00+	39:49+ 41:01+ 42:15+
00:39+	03:22+ 03:39+ 02:39+ 01:53+ 00:41+	11:39+ 00:59+ 04:32+ 05:07+ 02:50+	01:49+ 01:12+ 01:14+
00:39+	03:22+ 03:39+ 02:39+ 01:53+ 00:41+	11:39+ 00:59+ 04:32+ 05:07+ 02:50+	01:49+ 01:12+ 01:14+
<b>5</b>	<b>Olav Tunheim</b>	<b>1884</b>	<b>48:10</b>
00:40+	04:52+ 08:49+ 11:23+ 13:25+ 14:01+	31:35+ 32:42+ 37:30+ 42:30+ 44:35+	45:46+ 47:06+ 48:10+
00:40+	04:12+ 03:57+ 02:34+ 02:02+	00:36+ 17:34+ 01:07+ 04:48+	05:00+ 02:05+ 01:11+
00:40+	04:12+ 03:57+ 02:34+ 02:02+	00:36+ 17:34+ 01:07+ 04:48+	05:00+ 02:05+ 01:11+
<b>6</b>	<b>Bjørn Sivertsen</b>	<b>1332</b>	<b>49:39</b>
00:41+	04:53+ 09:06+ 12:11+ 14:14+ 14:47+	30:49+ 32:01+ 37:30+ 42:34+ 44:29+	46:39+ 48:06+ 49:39+
00:41+	04:12+ 04:13+ 03:05+ 02:03+ 00:33+	16:02+ 01:12+ 05:29+ 05:04+ 01:55+	02:10+ 01:27+ 01:33+
00:41+	04:12+ 04:13+ 03:05+ 02:03+ 00:33+	16:02+ 01:12+ 05:29+ 05:04+ 01:55+	02:10+ 01:27+ 01:33+
<b>7</b>	<b>Tor Geir Espedal</b>	<b>3530</b>	<b>50:07</b>
00:48+	03:59+ 07:55+ 11:28+ 13:17+ 13:45+	30:06+ 31:08+ 36:20+ 41:28+ 43:59+	44:50+ 47:26+ 48:43+
00:48+	03:11+ 03:56+ 03:33+ 01:49+ 00:28+	16:21+ 01:02+ 05:12+ 05:08+ 02:31+	00:51+ 02:36+ 01:17+
00:48+	03:11+ 03:56+ 03:33+ 01:49+ 00:28+	16:21+ 01:02+ 05:12+ 05:08+ 02:31+	00:51+ 02:36+ 01:17+
<b>8</b>	<b>Jan Arendal</b>	<b>1683</b>	<b>51:10</b>
01:01+	04:50+ 09:51+ 12:24+ 14:36+ 15:25+	29:34+ 30:55+ 36:46+ 43:17+ 45:38+	47:52+ 49:39+ 51:10+
01:01+	03:49+ 05:01+ 02:33+ 02:12+ 00:49+	14:09+ 01:21+ 05:51+ 06:31+ 02:21+	02:14+ 01:47+ 01:31+
01:01+	03:49+ 05:01+ 02:33+ 02:12+ 00:49+	14:09+ 01:21+ 05:51+ 06:31+ 02:21+	02:14+ 01:47+ 01:31+
<b>9</b>	<b>Sveinung Tveit</b>	<b>3547</b>	<b>52:02</b>
00:57+	04:48+ 09:39+ 12:48+ 15:18+ 16:05+	29:31+ 30:40+ 35:42+ 43:47+ 46:04+	49:20+ 50:37+ 52:02+
00:57+	03:51+ 04:51+ 03:09+ 02:30+ 00:47+	13:26+ 01:09+ 05:02+ 08:05+ 02:17+	03:16+ 01:17+ 01:25+
00:57+	03:51+ 04:51+ 03:09+ 02:30+ 00:47+	13:26+ 01:09+ 05:02+ 08:05+ 02:17+	03:16+ 01:17+ 01:25+
<b>10</b>	<b>Kjell Lervik</b>	<b>3598</b>	<b>53:18</b>
01:00+	05:25+ 10:18+ 13:04+ 15:20+ 16:15+	31:01+ 32:28+ 38:15+ 44:58+ 47:52+	49:57+ 51:39+ 53:18+
01:00+	04:25+ 04:53+ 02:46+ 02:16+ 00:55+	14:46+ 01:27+ 05:47+ 06:43+ 02:54+	02:05+ 01:42+ 01:39+
01:00+	04:25+ 04:53+ 02:46+ 02:16+ 00:55+	14:46+ 01:27+ 05:47+ 06:43+ 02:54+	02:05+ 01:42+ 01:39+
<b>11</b>	<b>Arnstein Skretting</b>	<b>3529</b>	<b>54:42</b>
00:51+	04:02+ 08:53+ 11:32+ 13:35+ 14:21+	28:40+ 29:50+ 36:19+ 47:47+ 49:54+	51:36+ 53:06+ 54:42+
00:51+	03:11+ 04:51+ 02:39+ 02:03+ 00:46+	14:19+ 01:10+ 06:29+ 11:28+ 02:07+	01:42+ 01:30+ 01:36+
00:51+	03:11+ 04:51+ 02:39+ 02:03+ 00:46+	14:19+ 01:10+ 06:29+ 11:28+ 02:07+	01:42+ 01:30+ 01:36+
<b>12</b>	<b>Sverre Magnar Nordal</b>	<b>1683</b>	<b>56:32</b>
01:01+	05:10+ 10:31+ 13:28+ 15:44+ 16:29+	34:28+ 35:51+ 41:43+ 47:56+ 51:31+	53:23+ 55:02+ 56:32+
01:01+	04:09+ 05:21+ 02:57+ 02:16+ 00:45+	17:59+ 01:23+ 05:52+ 06:13+ 03:35+	01:52+ 01:39+ 01:30+
01:01+	04:09+ 05:21+ 02:57+ 02:16+ 00:45+	17:59+ 01:23+ 05:52+ 06:13+ 03:35+	01:52+ 01:39+ 01:30+
<b>13</b>	<b>Steinar Barmen</b>	<b>722</b>	<b>59:38</b>
00:46+	04:47+ 11:36+ 14:43+ 17:04+ 18:02+	36:26+ 37:49+ 43:00+ 50:38+ 53:09+	56:37+ 58:19+ 59:38+
00:46+	04:01+ 06:49+ 03:07+ 02:21+ 00:58+	18:24+ 01:23+ 05:11+ 07:38+ 02:31+	03:28+ 01:42+ 01:19+
00:46+	04:01+ 06:49+ 03:07+ 02:21+ 00:58+	18:24+ 01:23+ 05:11+ 07:38+ 02:31+	03:28+ 01:42+ 01:19+
<b>14</b>	<b>Ommund Bakkevold</b>	<b>874</b>	<b>1:07:53</b>
00:55+	06:30+ 13:23+ 17:51+ 21:02+ 22:05+	39:26+ 41:04+ 48:03+ 55:45+ 59:20+	64:30+ 66:18+ 67:53+
00:55+	05:35+ 06:53+ 04:28+ 03:11+ 01:03+	17:21+ 01:38+ 06:59+ 07:42+ 03:35+	05:10+ 01:48+ 01:35+
00:55+	05:35+ 06:53+ 04:28+ 03:11+ 01:03+	17:21+ 01:38+ 06:59+ 07:42+ 03:35+	05:10+ 01:48+ 01:35+
<b>15</b>	<b>Asgeir Kleppa</b>	<b>3511</b>	<b>1:11:48</b>
01:19+	05:00+ 13:31+ 16:48+ 19:01+ 19:59+	45:14+ 46:45+ 53:17+ 59:20+ 62:25+	66:52+ 68:54+ 71:48+
01:19+	03:41+ 08:31+ 03:17+ 02:13+ 00:58+	25:15+ 01:31+ 06:32+ 06:03+ 03:05+	04:27+ 02:02+ 02:54+
01:19+	03:41+ 08:31+ 03:17+ 02:13+ 00:58+	25:15+ 01:31+ 06:32+ 06:03+ 03:05+	04:27+ 02:02+ 02:54+
<b>16</b>	<b>Bjørn H Engseth</b>	<b>1884</b>	<b>1:12:38</b>
01:10+	05:10+ 12:11+ 22:13+ 24:39+ 25:26+	44:49+ 46:24+ 53:27+ 62:53+ 66:19+	68:57+ 70:49+ 72:38+
01:10+	04:00+ 07:01+ 10:02+ 02:26+ 00:47+	19:23+ 01:35+ 07:03+ 09:26+ 03:26+	02:38+ 01:52+ 01:49+
01:10+	04:00+ 07:01+ 10:02+ 02:26+ 00:47+	19:23+ 01:35+ 07:03+ 09:26+ 03:26+	02:38+ 01:52+ 01:49+





Class	Navn	Klasse	Tid
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## Herrer 70 - 74 år

<b>12</b>	<b>Bjørn Tore Aase</b>	<b>3502</b>	<b>1:05:56</b>
01:00+	05:12+	11:26+	14:53+
18:02+	18:57+	35:46+	37:12+
43:51+	50:36+	53:03+	62:29+
64:14+	65:56+		
01:00+	04:12+	06:14+	03:27+
03:09+	00:55+	16:49+	01:26+
06:39+	06:45+	02:27+	09:26+
01:45+	01:42+		
00:10#	00:56&	02:32&	01:04&
01:20&	00:20&	05:52&	00:26&
01:45&	02:11&	00:49&	08:01&
00:31&	00:37&		
<b>13</b>	<b>Bjørn Bjelland</b>	<b>3541</b>	<b>1:08:10</b>
01:10+	12:06+	16:45+	24:17+
27:28+	28:19+	44:47+	45:57+
52:10+	61:33+	63:44+	65:21+
66:46+	68:10+		
01:10+	10:56+	04:39+	07:32+
03:11+	00:51+	16:28+	01:10+
06:13+	09:23+	02:11+	01:37+
01:25+	01:24+		
01:10+	10:56+	04:39+	07:32+
03:11+	00:51+	16:28+	01:10+
06:13+	09:23+	02:11+	01:37+
01:25+	01:24+		
<b>14</b>	<b>Olav Habbestad</b>	<b>1683</b>	<b>1:11:37</b>
00:49+	06:11+	14:06+	17:27+
19:46+	20:39+	43:25+	44:28+
49:20+	59:42+	66:55+	68:39+
70:20+	71:37+		
00:49+	05:22+	07:55+	03:21+
02:19+	00:53+	22:46+	01:03+
04:52+	10:22+	07:13+	01:44+
01:41+	01:17+		
00:49+	05:22+	07:55+	03:21+
02:19+	00:53+	22:46+	01:03+
04:52+	10:22+	07:13+	01:44+
01:41+	01:17+		
<b>15</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>3502</b>	<b>1:11:39</b>
00:55+	05:12+	13:59+	16:36+
19:05+	19:47+	35:33+	37:24+
43:35+	62:01+	65:52+	68:22+
70:09+	71:39+		
00:55+	04:17+	08:47+	02:37+
02:29+	00:42+	15:46+	01:51+
06:11+	18:26+	03:51+	02:30+
01:47+	01:30+		
00:55+	04:17+	08:47+	02:37+
02:29+	00:42+	15:46+	01:51+
06:11+	18:26+	03:51+	02:30+
01:47+	01:30+		
<b>16</b>	<b>Sverre Uhlving</b>	<b>722</b>	<b>1:20:28</b>
01:10+	11:13+	17:15+	21:42+
24:09+	25:21+	44:32+	46:25+
55:04+	63:11+	72:51+	75:43+
77:59+	80:28+		
01:10+	10:03+	06:02+	04:27+
02:27+	01:12+	19:11+	01:53+
08:39+	08:07+	09:40+	02:52+
02:16+	02:29+		
01:10+	10:03+	06:02+	04:27+
02:27+	01:12+	19:11+	01:53+
08:39+	08:07+	09:40+	02:52+
02:16+	02:29+		

### Beste strekktid for klassen

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

## Herrer 75 - 79 år

<b>1</b>	<b>Asgeir Bell</b>	<b>896</b>	<b>34:50</b>
01:01=	04:41=	09:13=	11:00=
20:29=	22:07=	26:32=	27:34=
29:24=	32:00=	33:39=	34:50=
01:01=	03:40=	04:32=	01:47=
09:29=	01:38=	04:25=	01:02=
01:50=	02:36=	01:39=	01:11=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Paul Andreas Paulsen</b>	<b>896</b>	<b>38:53</b>
01:00-	05:26+	09:55+	11:59+
23:35+	25:33+	29:57+	31:01+
32:59+	35:36+	37:39+	38:53+
01:00-	04:26+	04:29-	02:04+
11:36+	01:58+	04:24-	01:04+
01:58+	02:37+	02:03+	01:14+
00:01-	00:46#	00:03-	00:17#
02:07#	00:20#	00:01-	00:02+
00:08+	00:01+	00:24#	00:03+
<b>3</b>	<b>Olav Dag Borgersen</b>	<b>3536</b>	<b>39:58</b>
01:29+	05:05+	12:40+	14:35+
24:02+	26:01+	30:07+	31:22+
33:14+	36:39+	38:14+	39:58+
01:29+	03:36-	07:35+	01:55+
09:27-	01:59+	04:06-	01:15+
01:52+	03:25+	01:35-	01:44+
00:28&	00:04-	03:03&	00:08+
00:02-	00:21#	00:19-	00:13#
00:02+	00:49&	00:04-	00:33&
<b>4</b>	<b>Svein Glendrange</b>	<b>874</b>	<b>41:08</b>
01:09+	05:13+	10:59+	13:14+
24:04+	25:52+	31:25+	32:43+
34:44+	37:23+	39:41+	41:08+
01:09+	04:04+	05:46+	02:15+
10:50+	01:48+	05:33+	01:18+
02:01+	02:39+	02:18+	01:27+
00:08#	00:24#	01:14&	00:28&
01:21#	00:10#	01:08&	00:16&
00:11#	00:03+	00:39&	00:16#
<b>5</b>	<b>Geir Husdal</b>	<b>1884</b>	<b>41:45</b>
00:57-	05:08+	10:22+	12:33+
25:31+	27:22+	32:02+	33:13+
35:35+	38:02+	40:34+	41:45+
00:57-	04:11+	05:14+	02:11+
12:58+	01:51+	04:40+	01:11+
02:22+	02:27-	02:32+	01:11=
00:04-	00:31#	00:42#	00:24#
03:29&	00:13#	00:15+	00:09#
00:32&	00:09-	00:53&	00:00=
<b>6</b>	<b>Steinar Undheim</b>	<b>3529</b>	<b>42:08</b>
00:56-	05:19+	09:58+	12:46+
23:14+	25:40+	31:57+	33:25+
35:14+	38:26+	40:44+	42:08+
00:56-	04:23+	04:39+	02:48+
10:28+	02:26+	06:17+	01:28+
01:49-	03:12+	02:18+	01:24+
00:05-	00:43#	00:07+	01:01&
00:59#	00:48&	01:52&	00:26&
00:01-	00:36#	00:39&	00:13#
<b>7</b>	<b>Jostein Tunheim</b>	<b>1683</b>	<b>42:41</b>
00:53-	05:28+	09:59+	11:50+
23:24+	29:07+	34:09+	35:21+
37:04+	39:33+	41:26+	42:41+
00:53-	04:35+	04:31-	01:51+
11:34+	05:43+	05:02+	01:12+
01:43-	02:29-	01:53+	01:15+
00:08-	00:55#	00:01-	00:04+
02:05#	04:05&	00:37#	00:10#
00:07-	00:07-	00:14#	00:04+

Pllass	Navn	Klasse	Tid
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## Herrer 75 - 79 år

<b>8</b>	<b>Hermann Skogsholm</b>	<b>1754</b>	<b>42:43</b>									
00:57-	05:59+	12:14+	14:25+	29:01+	30:34+	34:46+	35:44+	37:26+	39:52+	41:34+	42:43+	
00:57-	05:02+	06:15+	02:11+	14:36+	01:33-	04:12-	00:58-	01:42-	02:26-	01:42+	01:09-	
00:04-	01:22&	01:43&	00:24#	05:07&	00:05-	00:13-	00:04-	00:08-	00:10-	00:03+	00:02-	
<b>9</b>	<b>Øyvind Egeskog</b>	<b>880</b>	<b>43:30</b>									
00:55+	05:12+	12:07+	14:17+	25:42+	27:56+	33:22+	34:37+	36:43+	39:59+	42:01+	43:30+	
00:55+	04:17+	06:55+	02:10+	11:25+	02:14+	05:26+	01:15+	02:06+	03:16+	02:02+	01:29+	
00:55+	04:17+	06:55+	02:10+	11:25+	02:14+	05:26+	01:15+	02:06+	03:16+	02:02+	01:29+	
<b>10</b>	<b>Hilmar Røthing</b>	<b>879</b>	<b>45:28</b>									
00:52+	05:19+	09:57+	11:50+	28:38+	30:41+	36:47+	37:51+	39:46+	42:26+	44:13+	45:28+	
00:52+	04:27+	04:38+	01:53+	16:48+	02:03+	06:06+	01:04+	01:55+	02:40+	01:47+	01:15+	
00:52+	04:27+	04:38+	01:53+	16:48+	02:03+	06:06+	01:04+	01:55+	02:40+	01:47+	01:15+	
<b>11</b>	<b>Finn-Morten Årstad</b>	<b>3530</b>	<b>45:46</b>									
01:01+	04:54+	09:49+	11:49+	21:52+	23:34+	25:35+	30:40+	32:01+	34:16+	41:37+	43:34+	45:46+
01:01+	03:53+	04:55+	02:00+	10:03+	01:42+	02:01+	05:05+	01:21+	02:15+	07:21+	01:57+	02:12+
01:01+	03:53+	04:55+	02:00+	10:03+	01:42+	02:01+	05:05+	01:21+	02:15+	07:21+	01:57+	02:12+
<b>12</b>	<b>Leif Gunnar Wikene</b>	<b>1832</b>	<b>45:55</b>									
01:09+	05:48+	11:26+	13:45+	24:41+	27:40+	33:11+	34:20+	36:18+	41:49+	44:21+	45:55+	
01:09+	04:39+	05:38+	02:19+	10:56+	02:59+	05:31+	01:09+	01:58+	05:31+	02:32+	01:34+	
01:09+	04:39+	05:38+	02:19+	10:56+	02:59+	05:31+	01:09+	01:58+	05:31+	02:32+	01:34+	
<b>13</b>	<b>Norvald Skretting</b>	<b>1832</b>	<b>47:04</b>									
01:04+	04:53+	10:09+	12:37+	23:45+	27:49+	33:28+	35:03+	37:07+	43:04+	45:36+	47:04+	
01:04+	03:49+	05:16+	02:28+	11:08+	04:04+	05:39+	01:35+	02:04+	05:57+	02:32+	01:28+	
01:04+	03:49+	05:16+	02:28+	11:08+	04:04+	05:39+	01:35+	02:04+	05:57+	02:32+	01:28+	
<b>14</b>	<b>Knut Skjæveland</b>	<b>1884</b>	<b>48:36</b>									
01:05+	04:54+	10:22+	12:27+	24:59+	27:09+	32:48+	33:55+	35:45+	40:58+	46:24+	48:36+	
01:05+	03:49+	05:28+	02:05+	12:32+	02:10+	05:39+	01:07+	01:50+	05:13+	05:26+	02:12+	
01:05+	03:49+	05:28+	02:05+	12:32+	02:10+	05:39+	01:07+	01:50+	05:13+	05:26+	02:12+	
<b>15</b>	<b>Ingjald Egeland</b>	<b>793</b>	<b>49:39</b>									
01:05+	06:01+	11:35+	13:53+	26:55+	33:51+	38:53+	40:30+	42:28+	45:43+	48:17+	49:39+	
01:05+	04:56+	05:34+	02:18+	13:02+	06:56+	05:02+	01:37+	01:58+	03:15+	02:34+	01:22+	
01:05+	04:56+	05:34+	02:18+	13:02+	06:56+	05:02+	01:37+	01:58+	03:15+	02:34+	01:22+	
<b>16</b>	<b>Ole Auklend</b>	<b>885</b>	<b>51:57</b>									
01:12+	07:47+	13:31+	16:28+	28:16+	32:50+	40:38+	42:00+	44:21+	47:34+	50:01+	51:57+	
01:12+	06:35+	05:44+	02:57+	11:48+	04:34+	07:48+	01:22+	02:21+	03:13+	02:27+	01:56+	
01:12+	06:35+	05:44+	02:57+	11:48+	04:34+	07:48+	01:22+	02:21+	03:13+	02:27+	01:56+	
<b>17</b>	<b>Hans Klausen</b>	<b>769</b>	<b>53:19</b>									
03:30+	07:19+	17:27+	19:36+	30:59+	33:02+	38:15+	39:34+	41:32+	49:10+	51:48+	53:19+	
03:30+	03:49+	10:08+	02:09+	11:23+	02:03+	05:13+	01:19+	01:58+	07:38+	02:38+	01:31+	
03:30+	03:49+	10:08+	02:09+	11:23+	02:03+	05:13+	01:19+	01:58+	07:38+	02:38+	01:31+	
<b>18</b>	<b>Olav A. Hognestad</b>	<b>892</b>	<b>56:45</b>									
01:07+	09:29+	14:56+	17:19+	38:43+	40:47+	46:16+	47:47+	50:20+	52:31+	54:35+	56:45+	
01:07+	08:22+	05:27+	02:23+	21:24+	02:04+	05:29+	01:31+	02:33+	02:11+	02:04+	02:10+	
01:07+	08:22+	05:27+	02:23+	21:24+	02:04+	05:29+	01:31+	02:33+	02:11+	02:04+	02:10+	
<b>19</b>	<b>Arne Østensen</b>	<b>3518</b>	<b>1:00:06</b>									
00:47+	08:35+	13:15+	15:12+	36:13+	37:58+	42:53+	43:56+	45:51+	48:50+	58:49+	60:06+	
00:47+	07:48+	04:40+	01:57+	21:01+	01:45+	04:55+	01:03+	01:55+	02:59+	09:59+	01:17+	
00:47+	07:48+	04:40+	01:57+	21:01+	01:45+	04:55+	01:03+	01:55+	02:59+	09:59+	01:17+	
<b>20</b>	<b>Reidar Liland</b>	<b>3507</b>	<b>1:04:05</b>									
01:58+	07:53+	15:47+	18:34+	41:43+	43:54+	50:31+	52:08+	54:37+	59:00+	62:14+	64:05+	
01:58+	05:55+	07:54+	02:47+	23:09+	02:11+	06:37+	01:37+	02:29+	04:23+	03:14+	01:51+	
01:58+	05:55+	07:54+	02:47+	23:09+	02:11+	06:37+	01:37+	02:29+	04:23+	03:14+	01:51+	
<b>21</b>	<b>Mangor Eikeland</b>	<b>892</b>	<b>1:05:40</b>									
01:43+	08:30+	16:02+	19:34+	35:03+	40:30+	49:38+	51:29+	54:26+	59:58+	63:18+	65:40+	
01:43+	06:47+	07:32+	03:32+	15:29+	05:27+	09:08+	01:51+	02:57+	05:32+	03:20+	02:22+	
01:43+	06:47+	07:32+	03:32+	15:29+	05:27+	09:08+	01:51+	02:57+	05:32+	03:20+	02:22+	

Class	Navn	Klasse	Tid
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## Herrer 75 - 79 år

**22 Knut Jonas Espedal 1754 1:08:53**

01:59+ 08:11+ 16:57+ 24:00+ 41:13+ 44:22+ 53:15+ 55:15+ 58:49+ 63:40+ 66:37+ 68:53+  
 01:59+ 06:12+ 08:46+ 07:03+ 17:13+ 03:09+ 08:53+ 02:00+ 03:34+ 04:51+ 02:57+ 02:16+  
 01:59+ 06:12+ 08:46+ 07:03+ 17:13+ 03:09+ 08:53+ 02:00+ 03:34+ 04:51+ 02:57+ 02:16+

### Beste strekktid for klassen

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

## Herrer 80 år og eldre

**1 Kjell Langvik 1884 42:19**

01:05= 06:57= 11:45= 13:49= 17:30= 23:33= 25:30= 27:03= 29:32= 34:44= 37:51= 40:51= 42:19=  
 01:05= 05:52= 04:48= 02:04= 03:41= 06:03= 01:57= 01:33= 02:29= 05:12= 03:07= 03:00= 01:28=  
 00:00= 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 45:00**

01:25+ 07:51+ 11:20- 13:20- 18:49+ 24:32+ 26:37+ 27:45+ 29:50+ 36:06+ 39:45+ 43:20+ 45:00+  
 01:25+ 06:26+ 03:29- 02:00- 05:29+ 05:43- 02:05+ 01:08- 02:05- 06:16+ 03:39+ 03:35+ 01:40+  
 00:20& 00:34+ 01:19- 00:04- 01:48& 00:20- 00:08+ 00:25- 00:24- 01:04# 00:32# 00:35# 00:12#

**3 Harald Vatne 2342 49:58**

01:00- 06:10- 09:05- 11:12- 14:52- 24:06+ 26:20+ 27:49+ 29:58+ 36:36+ 43:05+ 48:22+ 49:58+  
 01:00- 05:10- 02:55- 02:07+ 03:40- 09:14+ 02:14+ 01:29- 02:09- 06:38+ 06:29+ 05:17+ 01:36+  
 00:05- 00:42- 01:53- 00:03+ 00:01- 03:11& 00:17# 00:04- 00:20- 01:26& 03:22@ 02:17& 00:08+

**4 Jan A. Bekkeheien 892 58:28**

01:36+ 08:23+ 11:31- 13:59+ 17:55+ 26:22+ 29:02+ 30:54+ 33:01+ 39:56+ 46:49+ 56:51+ 58:28+  
 01:36+ 06:47+ 03:08- 02:28+ 03:56+ 08:27+ 02:40+ 01:52+ 02:07- 06:55+ 06:53+ 10:02+ 01:37+  
 00:31& 00:55# 01:40- 00:24# 00:15+ 02:24& 00:43& 00:19# 00:22- 01:43& 03:46@ 07:02@ 00:09#

**5 Torleiv Møgedal 874 1:06:57**

01:25+ 11:41+ 18:42+ 21:03+ 26:47+ 35:46+ 39:20+ 41:57+ 44:53+ 51:53+ 56:23+ 63:09+ 66:57+  
 01:25+ 10:16+ 07:01+ 02:21+ 05:44+ 08:59+ 03:34+ 02:37+ 02:56+ 07:00+ 04:30+ 06:46+ 03:48+  
 00:20& 04:24& 02:13& 00:17# 02:03& 02:56& 01:37& 01:04& 00:27# 01:48& 01:23& 03:46@ 02:20@

**6 Alf Gyland 892 1:10:33**

01:05= 07:49+ 11:03- 13:22- 16:41- 29:45+ 32:16+ 33:39+ 35:43+ 44:14+ 48:50+ 68:45+ 70:33+  
 01:05= 06:44+ 03:14- 02:19+ 03:19- 13:04+ 02:31+ 01:23- 02:04- 08:31+ 04:36+ 19:55+ 01:48+  
 00:00= 00:52# 01:34- 00:15# 00:22- 07:01@ 00:34& 00:10- 00:25- 03:19& 01:29& 16:55@ 00:20#

**7 Tormod Aaslid 3529 1:15:10**

01:08+ 08:08+ 11:31- 13:30- 16:23- 45:15+ 47:58+ 50:01+ 52:20+ 59:29+ 67:38+ 72:26+ 75:10+  
 01:08+ 07:00+ 03:23- 01:59- 02:53- 28:52+ 02:43+ 02:03+ 02:19- 07:09+ 08:09+ 04:48+ 02:44+  
 00:03+ 01:08# 01:25- 00:05- 00:48- 22:49@ 00:46& 00:30& 00:10- 01:57& 05:02@ 01:48& 01:16&

**8 Kjell Audun Maudal 3524 1:27:11**

02:52+ 11:53+ 16:25+ 19:35+ 26:46+ 36:35+ 40:09+ 43:05+ 46:23+ 68:21+ 78:02+ 84:07+ 87:11+  
 02:52+ 09:01+ 04:32- 03:10+ 07:11+ 09:49+ 03:34+ 02:56+ 03:18+ 21:58+ 09:41+ 06:05+ 03:04+  
 01:47@ 03:09& 00:16- 01:06& 03:30& 03:46& 01:37& 01:23& 00:49& 16:46@ 06:34@ 03:05@ 01:36@

**9 Sigurd Krosli 1884 1:32:55**

01:30+ 08:08+ 11:05- 13:19- 16:24- 48:29+ 51:46+ 53:37+ 55:31+ 81:14+ 85:00+ 90:04+ 92:55+  
 01:30+ 06:38+ 02:57- 02:14+ 03:05- 32:05+ 03:17+ 01:51+ 01:54- 25:43+ 03:46+ 05:04+ 02:51+  
 00:25& 00:46# 01:51- 00:10+ 00:36- 26:02@ 01:20& 00:18# 00:35- 20:31@ 00:39# 02:04& 01:23&

**10 Bjarne Edland 892 1:33:22**

01:42+ 08:23+ 11:40- 13:44- 16:55- 48:44+ 51:57+ 53:56+ 55:58+ 75:03+ 84:11+ 90:28+ 93:22+  
 01:42+ 06:41+ 03:17- 02:04= 03:11- 31:49+ 03:13+ 01:59+ 02:02- 19:05+ 09:08+ 06:17+ 02:54+  
 00:37& 00:49# 01:31- 00:00= 00:30- 25:46@ 01:16& 00:26& 00:27- 13:53@ 06:01@ 03:17@ 01:26&

### Beste strekktid for klassen

01:00 05:10 02:55 01:59 02:53 05:43 01:57 01:08 01:54 05:12 03:07 03:00 01:28

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

Herrer A

Table with 19 columns and 14 rows. Each row represents a competitor, including name, class number, and 19 time entries. Row 1: Morten Bjerga Sundli, 3522, 43:14. Row 2: Harald Kalager, 793, 46:04. Row 3: Jone Valdahl, 1683, 47:27. Row 4: Kristian Frafjord Haarr, 882, 47:34. Row 5: Sven Hatteland, 3528, 48:46. Row 6: Erik Lima, 1832, 49:36. Row 7: Jørgen Strømstad, 1786, 49:59. Row 8: Martin Blystad, 3530, 50:50. Row 9: Svein Kyllingstad, 1284, 51:02. Row 10: Lars Erik Malde, NOTEAM, 51:14. Row 11: Maximilian Erlbeck, 2342, 52:27. Row 12: Magne Hatteland, 3528, 52:38. Row 13: Torbjørn Ims Østby, 3507, 53:22. Row 14: Briac Le Ray, 2342, 54:42.



## Herrer B

<b>12</b>	<b>Kristoffer Johannessen</b>	<b>1830</b>	<b>56:29</b>
00:40+	04:28+ 06:16+ 06:37+ 11:21+ 13:15+	15:21+ 18:35+ 24:27+ 25:16+ 27:31+ 31:43+ 40:38+	42:00+ 45:48+ 46:58+ 52:03+ 54:07+ 55:56+ 56:29+
00:40+	03:48+ 01:48+ 00:21- 04:44+ 01:54+	02:06+ 03:14+ 05:52+ 00:49+ 02:15- 04:12+ 08:55+	01:22+ 03:48+ 01:10+ 05:05+ 02:04+ 01:49+ 00:33+
00:10&	00:53& 00:34& 00:06- 00:30# 00:21#	01:25# 00:14+ 00:39# 00:08# 00:03- 02:58# 01:40#	00:11# 00:48& 00:01+ 00:08+ 00:36& 00:29& 00:04#
<b>13</b>	<b>Jone Sæbbø</b>	<b>3516</b>	<b>1:05:19</b>
00:40+	04:02+ 05:31+ 06:14+ 11:50+ 13:43+	14:49+ 18:52+ 25:15+ 26:06+ 33:17+ 34:36+ 44:25+	46:25+ 50:25+ 51:51+ 60:29+ 62:28+ 64:40+ 65:19+
00:40+	03:22+ 01:29+ 00:43+ 05:36+ 01:53+	01:06+ 04:03+ 06:23+ 00:51+ 07:11+ 01:19+ 09:49+	02:00+ 04:00+ 01:26+ 08:38+ 01:59+ 02:12+ 00:39+
00:40+	03:22+ 01:29+ 00:43+ 05:36+ 01:53+	01:06+ 04:03+ 06:23+ 00:51+ 07:11+ 01:19+ 09:49+	02:00+ 04:00+ 01:26+ 08:38+ 01:59+ 02:12+ 00:39+

### Beste strekktid for klassen

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

## Herrer C

<b>1</b>	<b>Terje Michaelsen</b>	<b>3511</b>	<b>40:30</b>
00:35=	04:20= 05:39= 09:18= 10:27= 16:05=	19:19= 20:09= 28:47= 29:29= 30:50= 32:09= 32:55=	34:34= 36:50= 38:41= 40:06= 40:30=
00:35=	03:45= 01:19= 03:39= 01:09= 05:38=	03:14= 00:50= 08:38= 00:42= 01:21= 01:19= 00:46=	01:39= 02:16= 01:51= 01:25= 00:24=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Lars Drage</b>	<b>3583</b>	<b>41:24</b>
00:36+	03:55- 05:16- 10:13+ 11:28+ 17:13+	20:37+ 21:33+ 29:53+ 30:35+ 32:09+ 33:11+ 34:03+	35:52+ 38:03+ 39:29+ 40:56+ 41:24+
00:36+	03:19- 01:21+ 04:57+ 01:15+ 05:45+	03:24+ 00:56+ 08:20- 00:42= 01:34+ 01:02- 00:52+	01:49+ 02:11- 01:26- 01:27+ 00:28+
00:01+	00:26- 00:02+ 01:18& 00:06+ 00:07+	00:10+ 00:06# 00:18- 00:00= 00:13# 00:17- 00:06#	00:10# 00:05- 00:25- 00:02+ 00:04#
<b>3</b>	<b>Henning Sundby</b>	<b>3486</b>	<b>42:55</b>
00:38+	04:03- 05:21- 09:48+ 11:10+ 17:10+	20:54+ 21:50+ 29:39+ 30:24+ 31:50+ 33:18+ 34:11+	36:36+ 39:06+ 40:47+ 42:22+ 42:55+
00:38+	03:25- 01:18- 04:27+ 01:22+ 06:00+	03:44+ 00:56+ 07:49- 00:45+ 01:26+ 01:28+ 00:53+	02:25+ 02:30+ 01:41- 01:35+ 00:33+
00:03+	00:20- 00:01- 00:48# 00:13# 00:22+	00:30# 00:06# 00:49- 00:03+ 00:05+ 00:09# 00:07#	00:46& 00:14# 00:10- 00:10# 00:09&
<b>4</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>1683</b>	<b>44:00</b>
00:42+	04:25+ 06:07+ 10:19+ 11:44+ 17:32+	20:46+ 21:56+ 31:24+ 32:07+ 33:38+ 34:55+ 35:48+	37:55+ 40:16+ 41:51+ 43:25+ 44:00+
00:42+	03:43- 01:42+ 04:12+ 01:25+ 05:48+	03:14= 01:10+ 09:28+ 00:43+ 01:31+ 01:17- 00:53+	02:07+ 02:21+ 01:35- 01:34+ 00:35+
00:07#	00:02- 00:23& 00:33# 00:16# 00:10+	00:00= 00:20& 00:50+ 00:01+ 00:10# 00:02- 00:07#	00:28& 00:05+ 00:16- 00:09# 00:11&
<b>5</b>	<b>Kjetil Wirak</b>	<b>3486</b>	<b>44:53</b>
00:41+	04:28+ 05:56+ 10:14+ 11:22+ 17:31+	21:03+ 22:05+ 30:49+ 31:33+ 33:03+ 35:42+ 36:33+	38:24+ 40:40+ 42:23+ 44:24+ 44:53+
00:41+	03:47+ 01:28+ 04:18+ 01:08- 06:09+	03:32+ 01:02+ 08:44+ 00:44+ 01:30+ 02:39+ 00:51+	01:51+ 02:16= 01:43- 02:01+ 00:29+
00:06#	00:02+ 00:09# 00:39# 00:01- 00:31+	00:18+ 00:12# 00:06+ 00:02+ 00:09# 01:20# 00:05#	00:12# 00:00= 00:08- 00:36& 00:05#
<b>6</b>	<b>Morten Aamodt</b>	<b>1683</b>	<b>45:07</b>
00:38+	03:57- 05:40+ 10:56+ 12:17+ 18:02+	21:52+ 23:20+ 32:20+ 33:07+ 34:32+ 36:09+ 37:03+	39:00+ 41:24+ 43:05+ 44:31+ 45:07+
00:38+	03:19- 01:43+ 05:16+ 01:21+ 05:45+	03:50+ 01:28+ 09:00+ 00:47+ 01:25+ 01:37+ 00:54+	01:57+ 02:24+ 01:41- 01:26+ 00:36+
00:03+	00:26- 00:24& 01:37& 00:12# 00:07+	00:36# 00:38& 00:22+ 00:05# 00:04+ 00:18# 00:08#	00:18# 00:08+ 00:10- 00:01+ 00:12&
<b>7</b>	<b>Stein Arne Olsen</b>	<b>874</b>	<b>45:51</b>
00:41+	04:37+ 06:03+ 10:17+ 11:34+ 17:50+	22:12+ 23:22+ 33:09+ 33:55+ 35:25+ 36:43+ 37:36+	39:30+ 42:03+ 43:42+ 45:16+ 45:51+
00:41+	03:56+ 01:26+ 04:14+ 01:17+ 06:16+	04:22+ 01:10+ 09:47+ 00:46+ 01:30+ 01:18- 00:53+	01:54+ 02:33+ 01:39- 01:34+ 00:35+
00:06#	00:11+ 00:07+ 00:35# 00:08# 00:38#	01:08& 00:20& 01:09# 00:04+ 00:09# 00:01- 00:07#	00:15# 00:17# 00:12- 00:09# 00:11&
<b>8</b>	<b>Jan-Einar Øvremo</b>	<b>1119</b>	<b>46:13</b>
00:42+	04:27+ 05:58+ 10:30+ 11:47+ 18:02+	22:19+ 23:21+ 32:32+ 33:30+ 35:10+ 36:27+ 37:27+	39:33+ 42:08+ 44:15+ 45:44+ 46:13+
00:42+	03:45= 01:31+ 04:32+ 01:17+ 06:15+	04:17+ 01:02+ 09:11+ 00:58+ 01:40+ 01:17- 01:00+	02:06+ 02:35+ 02:07+ 01:29+ 00:29+
00:07#	00:00= 00:12# 00:53# 00:08# 00:37#	01:03& 00:12# 00:33+ 00:16& 00:19# 00:02- 00:14&	00:27& 00:19# 00:16# 00:04+ 00:05#
<b>9</b>	<b>Oddmund Nordgård</b>	<b>722</b>	<b>46:38</b>
00:41+	04:57+ 06:35+ 10:47+ 12:05+ 18:18+	21:44+ 23:25+ 32:31+ 33:13+ 34:57+ 37:04+ 38:01+	40:04+ 42:29+ 44:29+ 46:12+ 46:38+
00:41+	04:16+ 01:38+ 04:12+ 01:18+ 06:13+	03:26+ 01:41+ 09:06+ 00:42= 01:44+ 02:07+ 00:57+	02:03+ 02:25+ 02:00+ 01:43+ 00:26+
00:06#	00:31# 00:19# 00:33# 00:09# 00:35#	00:12+ 00:51# 00:28+ 00:00= 00:23& 00:48& 00:11#	00:24# 00:09+ 00:09+ 00:18# 00:02+
<b>10</b>	<b>Nils John Vestøl</b>	<b>3541</b>	<b>47:52</b>
00:36+	04:23+ 05:50+ 09:57+ 11:08+ 18:18+	23:03+ 24:03+ 32:54+ 33:29+ 34:58+ 36:30+ 38:02+	41:36+ 44:08+ 45:50+ 47:24+ 47:52+
00:36+	03:47+ 01:27+ 04:07+ 01:11+ 07:10+	04:45+ 01:00+ 08:51+ 00:35- 01:29+ 01:32+ 01:32+	03:34+ 02:32+ 01:42- 01:34+ 00:28+
00:01+	00:02+ 00:08# 00:28# 00:02+ 01:32&	01:31& 00:10# 00:13+ 00:07- 00:08+ 00:13# 00:46&	01:55# 00:16# 00:09- 00:09# 00:04#

## Herrer C

<b>11</b>	<b>Bertrand Denieul</b>	<b>877</b>	<b>49:25</b>
00:39+	04:13-	06:00+	10:45+
00:39+	03:34-	01:47+	04:45+
00:04#	00:11-	00:28&	01:06&
12	<b>Trond Lamark</b>	<b>878</b>	<b>50:14</b>
00:49+	05:19+	07:17+	12:04+
00:49+	04:30+	01:58+	04:47+
00:49+	04:30+	01:58+	04:47+
13	<b>Svein-Erik Kvame</b>	<b>1683</b>	<b>50:26</b>
00:38+	05:04+	06:42+	11:41+
00:38+	04:26+	01:38+	04:59+
00:38+	04:26+	01:38+	04:59+
14	<b>Pål H. Gjerden</b>	<b>1683</b>	<b>50:43</b>
00:40+	04:41+	06:11+	11:23+
00:40+	04:01+	01:30+	05:12+
00:40+	04:01+	01:30+	05:12+
15	<b>Svein Oddvar Netland</b>	<b>1683</b>	<b>53:02</b>
01:13+	04:49+	06:30+	11:18+
01:13+	03:36+	01:41+	04:48+
01:13+	03:36+	01:41+	04:48+
16	<b>Paul Terje Haarr</b>	<b>769</b>	<b>54:14</b>
00:46+	05:11+	06:55+	12:17+
00:46+	04:25+	01:44+	05:22+
00:46+	04:25+	01:44+	05:22+
17	<b>Pål Bårdsen</b>	<b>3497</b>	<b>57:53</b>
00:49+	05:15+	07:18+	13:17+
00:49+	04:26+	02:03+	05:59+
00:49+	04:26+	02:03+	05:59+
18	<b>Geir Frøylog</b>	<b>3502</b>	<b>57:58</b>
00:46+	04:59+	06:42+	12:02+
00:46+	04:13+	01:43+	05:20+
00:46+	04:13+	01:43+	05:20+
19	<b>Otto Godeset</b>	<b>NOTEAM</b>	<b>1:00:31</b>
00:50+	04:31+	06:31+	11:37+
00:50+	03:41+	02:00+	05:06+
00:50+	03:41+	02:00+	05:06+
20	<b>Geir Haugvaldstad</b>	<b>1683</b>	<b>1:01:07</b>
00:46+	05:03+	06:58+	11:03+
00:46+	04:17+	01:55+	04:05+
00:46+	04:17+	01:55+	04:05+
21	<b>Ove Oaland</b>	<b>1683</b>	<b>1:18:52</b>
00:56+	05:49+	07:37+	13:26+
00:56+	04:53+	01:48+	05:49+
00:56+	04:53+	01:48+	05:49+

### Beste strekketid for klassen

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

## Herrer Ny

<b>1</b>	<b>Gunnar Mannes</b>	<b>3531</b>	<b>21:52</b>
00:29=	01:07=	03:25=	05:30=
00:29=	00:38=	02:18=	02:05=
00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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## Herrer Ny

<b>2</b>	<b>Robert Hooper</b>	<b>1683</b>	<b>25:48</b>							
00:20-	01:01-	04:24+	09:58+	11:54+	15:19+	16:58+	19:49+	23:06+	24:07+	25:48+
00:20-	00:41+	03:23+	05:34+	01:56+	03:25=	01:39+	02:51+	03:17-	01:01=	01:41-
00:09-	00:03+	01:05&	03:29@	00:12#	00:00=	00:15#	00:14+	00:34-	00:00=	00:39-
<b>3</b>	<b>Nikolai Khorunzhiy</b>	<b>1456</b>	<b>31:23</b>							
00:19+	01:15+	05:59+	09:43+	13:36+	19:08+	20:56+	23:55+	27:28+	28:23+	31:23+
00:19+	00:56+	04:44+	03:44+	03:53+	05:32+	01:48+	02:59+	03:33+	00:55+	03:00+
00:19+	00:56+	04:44+	03:44+	03:53+	05:32+	01:48+	02:59+	03:33+	00:55+	03:00+
<b>4</b>	<b>Tom Kåre Versland</b>	<b>722</b>	<b>33:56</b>							
01:25+	02:20+	06:42+	10:46+	13:38+	18:25+	20:04+	23:07+	30:30+	31:32+	33:56+
01:25+	00:55+	04:22+	04:04+	02:52+	04:47+	01:39+	03:03+	07:23+	01:02+	02:24+
01:25+	00:55+	04:22+	04:04+	02:52+	04:47+	01:39+	03:03+	07:23+	01:02+	02:24+
<b>5</b>	<b>Augustine Okafor</b>	<b>1683</b>	<b>49:33</b>							
00:22+	01:11+	05:34+	21:30+	27:46+	35:09+	36:52+	40:14+	46:32+	47:34+	49:33+
00:22+	00:49+	04:23+	15:56+	06:16+	07:23+	01:43+	03:22+	06:18+	01:02+	01:59+
00:22+	00:49+	04:23+	15:56+	06:16+	07:23+	01:43+	03:22+	06:18+	01:02+	01:59+

### Beste strekktid for klassen

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

## Herrer Trim

<b>1</b>	<b>Anders Klungre</b>	<b>3548</b>	<b>28:15</b>									
01:02=	05:03=	08:08=	09:16=	11:10=	15:16=	17:36=	18:31=	19:50=	23:08=	25:05=	27:14=	28:15=
01:02=	04:01=	03:05=	01:08=	01:54=	04:06=	02:20=	00:55=	01:19=	03:18=	01:57=	02:09=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Steven Repa</b>	<b>1832</b>	<b>29:22</b>									
01:07+	05:07+	06:58-	08:16-	10:55-	14:59-	16:43-	17:55-	19:23-	23:06-	25:38+	28:21+	29:22+
01:07+	04:00-	01:51-	01:18+	02:39+	04:04-	01:44-	01:12+	01:28+	03:43+	02:32+	02:43+	01:01=
00:05+	00:01-	01:14-	00:10#	00:45&	00:02-	00:36-	00:17&	00:09#	00:25#	00:35&	00:34&	00:00=
<b>3</b>	<b>Arne Magne Sondresen</b>	<b>722</b>	<b>31:50</b>									
00:58-	05:04+	07:21-	09:25+	11:52+	16:24+	18:08+	19:25+	20:55+	24:29+	27:36+	30:33+	31:50+
00:58-	04:06+	02:17-	02:04+	02:27+	04:32+	01:44-	01:17+	01:30+	03:34+	03:07+	02:57+	01:17+
00:04-	00:05+	00:48-	00:56&	00:33&	00:26#	00:36-	00:22&	00:11#	00:16+	01:10&	00:48&	00:16&
<b>4</b>	<b>Svein Erik Bjørnsen</b>	<b>1376</b>	<b>32:01</b>									
00:42-	05:01-	10:10+	12:06+	14:21+	18:49+	20:12+	21:17+	22:38+	26:08+	28:27+	30:57+	32:01+
00:42-	04:19+	05:09+	01:56+	02:15+	04:28+	01:23-	01:05+	01:21+	03:30+	02:19+	02:30+	01:04+
00:20-	00:18+	02:04&	00:48&	00:21#	00:22+	00:57-	00:10#	00:02+	00:12+	00:22#	00:21#	00:03+
<b>5</b>	<b>Helge Hundeide</b>	<b>769</b>	<b>32:50</b>									
01:16+	05:55+	08:29+	10:09+	12:55+	18:07+	19:42+	20:45+	22:18+	26:34+	29:17+	31:35+	32:50+
01:16+	04:39+	02:34-	01:40+	02:46+	05:12+	01:35-	01:03+	01:33+	04:16+	02:43+	02:18+	01:15+
00:14#	00:38#	00:31-	00:32&	00:52&	01:06&	00:45-	00:08#	00:14#	00:58&	00:46&	00:09+	00:14#
<b>6</b>	<b>Matthieu Pereira-Pires</b>	<b>877</b>	<b>33:11</b>									
01:30+	05:24+	07:18-	08:56-	11:27+	15:43+	18:26+	19:45+	21:01+	24:21+	29:00+	32:08+	33:11+
01:30+	03:54-	01:54-	01:38+	02:31+	04:16+	02:43+	01:19+	01:16-	03:20+	04:39+	03:08+	01:03+
00:28&	00:07-	01:11-	00:30&	00:37&	00:10+	00:23#	00:24&	00:03-	00:02+	02:42@	00:59&	00:02+
<b>7</b>	<b>Sjur Bjerke</b>	<b>3525</b>	<b>33:33</b>									
00:39-	06:32+	08:54+	10:22+	12:56+	18:10+	20:09+	21:24+	22:51+	26:44+	29:29+	32:12+	33:33+
00:39-	05:53+	02:22-	01:28+	02:34+	05:14+	01:59-	01:15+	01:27+	03:53+	02:45+	02:43+	01:21+
00:23-	01:52&	00:43-	00:20&	00:40&	01:08&	00:21-	00:20&	00:08#	00:35#	00:48&	00:34&	00:20&
<b>8</b>	<b>Marius Bergstøl Hvidsten</b>	<b>3533</b>	<b>33:43</b>									
00:47-	08:16+	10:11+	11:58+	14:21+	19:17+	21:00+	22:19+	23:56+	27:13+	29:42+	32:43+	33:43+
00:47-	07:29+	01:55-	01:47+	02:23+	04:56+	01:43-	01:19+	01:37+	03:17-	02:29+	03:01+	01:00-
00:15-	03:28&	01:10-	00:39&	00:29&	00:50#	00:37-	00:24&	00:18#	00:01-	00:32&	00:52&	00:01-



Class	Navn	Klasse	Tid									
<b>9</b>	<b>Thomas Romstad</b>	<b>1683</b>	<b>34:52</b>									
00:54-	05:25+	07:59-	09:27+	12:25+	16:37+	19:17+	20:17+	21:37+	25:17+	30:45+	33:10+	34:52+
00:54-	04:31+	02:34-	01:28+	02:58+	04:12+	02:40+	01:00+	01:20+	03:40+	05:28+	02:25+	01:42+
00:08-	00:30#	00:31-	00:20#	01:04#	00:06+	00:20#	00:05+	00:01+	00:22#	03:31#	00:16#	00:41#
<b>10</b>	<b>Lars Salvesen</b>	<b>1119</b>	<b>35:39</b>									
00:55+	05:38+	08:04+	09:54+	13:39+	18:42+	20:42+	21:57+	23:32+	28:08+	31:04+	34:13+	35:39+
00:55+	04:43+	02:26+	01:50+	03:45+	05:03+	02:00+	01:15+	01:35+	04:36+	02:56+	03:09+	01:26+
00:55+	04:43+	02:26+	01:50+	03:45+	05:03+	02:00+	01:15+	01:35+	04:36+	02:56+	03:09+	01:26+
<b>11</b>	<b>Roger Endre Nyseth</b>	<b>892</b>	<b>35:41</b>									
00:59+	05:55+	08:35+	10:35+	13:40+	18:46+	20:48+	22:12+	23:59+	28:20+	30:56+	34:05+	35:41+
00:59+	04:56+	02:40+	02:00+	03:05+	05:06+	02:02+	01:24+	01:47+	04:21+	02:36+	03:09+	01:36+
00:59+	04:56+	02:40+	02:00+	03:05+	05:06+	02:02+	01:24+	01:47+	04:21+	02:36+	03:09+	01:36+
<b>12</b>	<b>Jan Erik Syvertsen</b>	<b>3519</b>	<b>37:38</b>									
00:37+	06:10+	10:01+	11:24+	18:16+	22:55+	24:49+	26:12+	27:35+	31:13+	33:45+	36:26+	37:38+
00:37+	05:33+	03:51+	01:23+	06:52+	04:39+	01:54+	01:23+	01:23+	03:38+	02:32+	02:41+	01:12+
00:37+	05:33+	03:51+	01:23+	06:52+	04:39+	01:54+	01:23+	01:23+	03:38+	02:32+	02:41+	01:12+
<b>13</b>	<b>Bruno Pierfelice</b>	<b>3519</b>	<b>40:01</b>									
00:33+	07:11+	11:17+	13:47+	16:26+	23:56+	25:38+	26:28+	27:36+	34:31+	36:48+	38:57+	40:01+
00:33+	06:38+	04:06+	02:30+	02:39+	07:30+	01:42+	00:50+	01:08+	06:55+	02:17+	02:09+	01:04+
00:33+	06:38+	04:06+	02:30+	02:39+	07:30+	01:42+	00:50+	01:08+	06:55+	02:17+	02:09+	01:04+
<b>14</b>	<b>Bartłomiej Lenart</b>	<b>1376</b>	<b>41:19</b>									
01:04+	06:19+	15:15+	16:22+	18:05+	22:11+	23:39+	25:07+	26:15+	29:23+	37:36+	40:09+	41:19+
01:04+	05:15+	08:56+	01:07+	01:43+	04:06+	01:28+	01:28+	01:08+	03:08+	08:13+	02:33+	01:10+
01:04+	05:15+	08:56+	01:07+	01:43+	04:06+	01:28+	01:28+	01:08+	03:08+	08:13+	02:33+	01:10+
<b>15</b>	<b>Svein Sivertsen</b>	<b>3530</b>	<b>41:39</b>									
00:48+	05:49+	08:23+	10:24+	13:12+	20:33+	22:37+	23:46+	25:21+	29:52+	37:01+	40:13+	41:39+
00:48+	05:01+	02:34+	02:01+	02:48+	07:21+	02:04+	01:09+	01:35+	04:31+	07:09+	03:12+	01:26+
00:48+	05:01+	02:34+	02:01+	02:48+	07:21+	02:04+	01:09+	01:35+	04:31+	07:09+	03:12+	01:26+
<b>16</b>	<b>Frode Følgesvold</b>	<b>880</b>	<b>43:49</b>									
00:54+	10:36+	13:12+	15:44+	19:08+	24:33+	26:58+	28:24+	30:11+	35:35+	39:06+	42:32+	43:49+
00:54+	09:42+	02:36+	02:32+	03:24+	05:25+	02:25+	01:26+	01:47+	05:24+	03:31+	03:26+	01:17+
00:54+	09:42+	02:36+	02:32+	03:24+	05:25+	02:25+	01:26+	01:47+	05:24+	03:31+	03:26+	01:17+
<b>17</b>	<b>Leif Jarle Skåra</b>	<b>3502</b>	<b>44:26</b>									
00:52+	12:35+	15:14+	17:02+	19:53+	25:41+	27:47+	28:57+	30:38+	35:29+	38:37+	42:43+	44:26+
00:52+	11:43+	02:39+	01:48+	02:51+	05:48+	02:06+	01:10+	01:41+	04:51+	03:08+	04:06+	01:43+
00:52+	11:43+	02:39+	01:48+	02:51+	05:48+	02:06+	01:10+	01:41+	04:51+	03:08+	04:06+	01:43+
<b>18</b>	<b>Håvard Thomassen</b>	<b>3578</b>	<b>44:43</b>									
01:39+	07:13+	09:57+	12:02+	15:28+	23:12+	25:40+	27:11+	29:31+	35:09+	39:03+	43:20+	44:43+
01:39+	05:34+	02:44+	02:05+	03:26+	07:44+	02:28+	01:31+	02:20+	05:38+	03:54+	04:17+	01:23+
01:39+	05:34+	02:44+	02:05+	03:26+	07:44+	02:28+	01:31+	02:20+	05:38+	03:54+	04:17+	01:23+
<b>19</b>	<b>John Øgreid</b>	<b>882</b>	<b>45:07</b>									
00:55+	07:17+	10:22+	12:41+	15:55+	22:08+	23:52+	25:05+	26:50+	36:38+	40:15+	43:38+	45:07+
00:55+	06:22+	03:05+	02:19+	03:14+	06:13+	01:44+	01:13+	01:45+	09:48+	03:37+	03:23+	01:29+
00:55+	06:22+	03:05+	02:19+	03:14+	06:13+	01:44+	01:13+	01:45+	09:48+	03:37+	03:23+	01:29+
<b>20</b>	<b>Kjell-Ole Topnes</b>	<b>1683</b>	<b>45:55</b>									
01:37+	10:34+	14:48+	17:04+	21:02+	27:12+	29:19+	30:28+	32:10+	37:00+	40:09+	44:14+	45:55+
01:37+	08:57+	04:14+	02:16+	03:58+	06:10+	02:07+	01:09+	01:42+	04:50+	03:09+	04:05+	01:41+
01:37+	08:57+	04:14+	02:16+	03:58+	06:10+	02:07+	01:09+	01:42+	04:50+	03:09+	04:05+	01:41+
<b>21</b>	<b>Andreas Primstad</b>	<b>3548</b>	<b>45:59</b>									
00:45+	05:12+	09:57+	11:16+	14:18+	20:16+	25:36+	32:10+	33:55+	39:04+	41:25+	44:43+	45:59+
00:45+	04:27+	04:45+	01:19+	03:02+	05:58+	05:20+	06:34+	01:45+	05:09+	02:21+	03:18+	01:16+
00:45+	04:27+	04:45+	01:19+	03:02+	05:58+	05:20+	06:34+	01:45+	05:09+	02:21+	03:18+	01:16+
<b>22</b>	<b>Torbjørn Dahle</b>	<b>892</b>	<b>46:16</b>									
01:10+	06:52+	11:46+	13:59+	17:09+	23:46+	26:03+	27:51+	30:20+	36:16+	39:26+	43:45+	46:16+
01:10+	05:42+	04:54+	02:13+	03:10+	06:37+	02:17+	01:48+	02:29+	05:56+	03:10+	04:19+	02:31+
01:10+	05:42+	04:54+	02:13+	03:10+	06:37+	02:17+	01:48+	02:29+	05:56+	03:10+	04:19+	02:31+

Class	Navn	Klasse	Tid
<b>23</b>	<b>Tom Leveraas</b>	<b>1884</b>	<b>46:18</b>
01:06+	09:11+ 11:54+ 13:48+ 17:28+ 23:59+	28:40+ 30:34+ 32:27+ 37:33+ 40:36+ 44:46+ 46:18+	
01:06+	08:05+ 02:43+ 01:54+ 03:40+ 06:31+	04:41+ 01:54+ 01:53+ 05:06+ 03:03+ 04:10+ 01:32+	
01:06+	08:05+ 02:43+ 01:54+ 03:40+ 06:31+	04:41+ 01:54+ 01:53+ 05:06+ 03:03+ 04:10+ 01:32+	
<b>24</b>	<b>Arild Svihus</b>	<b>892</b>	<b>46:30</b>
01:29+	10:16+ 13:16+ 15:40+ 19:27+ 25:22+	27:11+ 28:47+ 30:38+ 35:36+ 39:14+ 45:06+ 46:30+	
01:29+	08:47+ 03:00+ 02:24+ 03:47+ 05:55+	01:49+ 01:36+ 01:51+ 04:58+ 03:38+ 05:52+ 01:24+	
01:29+	08:47+ 03:00+ 02:24+ 03:47+ 05:55+	01:49+ 01:36+ 01:51+ 04:58+ 03:38+ 05:52+ 01:24+	
<b>25</b>	<b>Jørgen Jærnes</b>	<b>3563</b>	<b>47:23</b>
00:44+	10:12+ 14:13+ 16:45+ 19:57+ 26:03+	30:20+ 31:49+ 33:26+ 37:36+ 40:56+ 45:49+ 47:23+	
00:44+	09:28+ 04:01+ 02:32+ 03:12+ 06:06+	04:17+ 01:29+ 01:37+ 04:10+ 03:20+ 04:53+ 01:34+	
00:44+	09:28+ 04:01+ 02:32+ 03:12+ 06:06+	04:17+ 01:29+ 01:37+ 04:10+ 03:20+ 04:53+ 01:34+	
<b>26</b>	<b>Tor Harald Lunde</b>	<b>3511</b>	<b>47:34</b>
01:19+	10:03+ 13:27+ 16:27+ 19:41+ 26:12+	28:20+ 29:57+ 31:58+ 37:18+ 41:20+ 45:16+ 47:34+	
01:19+	08:44+ 03:24+ 03:00+ 03:14+ 06:31+	02:08+ 01:37+ 02:01+ 05:20+ 04:02+ 03:56+ 02:18+	
01:19+	08:44+ 03:24+ 03:00+ 03:14+ 06:31+	02:08+ 01:37+ 02:01+ 05:20+ 04:02+ 03:56+ 02:18+	
<b>27</b>	<b>Øystein Endresen</b>	<b>3504</b>	<b>47:51</b>
03:07+	08:18+ 10:59+ 12:36+ 15:58+ 29:30+	31:13+ 32:57+ 34:40+ 38:35+ 41:55+ 46:00+ 47:51+	
03:07+	05:11+ 02:41+ 01:37+ 03:22+ 13:32+	01:43+ 01:44+ 01:43+ 03:55+ 03:20+ 04:05+ 01:51+	
03:07+	05:11+ 02:41+ 01:37+ 03:22+ 13:32+	01:43+ 01:44+ 01:43+ 03:55+ 03:20+ 04:05+ 01:51+	
<b>28</b>	<b>Ivar Aalbu</b>	<b>3502</b>	<b>47:52</b>
01:05+	11:05+ 13:37+ 15:29+ 19:54+ 26:40+	28:35+ 29:55+ 31:52+ 40:15+ 43:03+ 46:21+ 47:52+	
01:05+	10:00+ 02:32+ 01:52+ 04:25+ 06:46+	01:55+ 01:20+ 01:57+ 08:23+ 02:48+ 03:18+ 01:31+	
01:05+	10:00+ 02:32+ 01:52+ 04:25+ 06:46+	01:55+ 01:20+ 01:57+ 08:23+ 02:48+ 03:18+ 01:31+	
<b>29</b>	<b>Carlos Lluna</b>	<b>2342</b>	<b>48:19</b>
01:03+	05:31+ 11:11+ 13:05+ 18:25+ 25:20+	27:34+ 29:25+ 31:20+ 38:32+ 42:36+ 46:38+ 48:19+	
01:03+	04:28+ 05:40+ 01:54+ 05:20+ 06:55+	02:14+ 01:51+ 01:55+ 07:12+ 04:04+ 04:02+ 01:41+	
01:03+	04:28+ 05:40+ 01:54+ 05:20+ 06:55+	02:14+ 01:51+ 01:55+ 07:12+ 04:04+ 04:02+ 01:41+	
<b>30</b>	<b>Jan Erik Rasmussen</b>	<b>3519</b>	<b>50:06</b>
00:55+	08:51+ 12:04+ 14:22+ 18:47+ 26:01+	28:40+ 30:41+ 33:03+ 38:38+ 44:15+ 48:18+ 50:06+	
00:55+	07:56+ 03:13+ 02:18+ 04:25+ 07:14+	02:39+ 02:01+ 02:22+ 05:35+ 05:37+ 04:03+ 01:48+	
00:55+	07:56+ 03:13+ 02:18+ 04:25+ 07:14+	02:39+ 02:01+ 02:22+ 05:35+ 05:37+ 04:03+ 01:48+	
<b>31</b>	<b>John Helge Svandal</b>	<b>3531</b>	<b>50:24</b>
00:42+	09:36+ 17:32+ 19:24+ 22:31+ 30:25+	32:55+ 34:10+ 35:55+ 41:09+ 44:21+ 48:59+ 50:24+	
00:42+	08:54+ 07:56+ 01:52+ 03:07+ 07:54+	02:30+ 01:15+ 01:45+ 05:14+ 03:12+ 04:38+ 01:25+	
00:42+	08:54+ 07:56+ 01:52+ 03:07+ 07:54+	02:30+ 01:15+ 01:45+ 05:14+ 03:12+ 04:38+ 01:25+	
<b>32</b>	<b>Jan Henrik Neuenkirchen</b>	<b>896</b>	<b>50:32</b>
01:26+	08:16+ 10:47+ 12:59+ 22:19+ 28:37+	30:33+ 33:03+ 35:08+ 41:16+ 45:12+ 49:14+ 50:32+	
01:26+	06:50+ 02:31+ 02:12+ 09:20+ 06:18+	01:56+ 02:30+ 02:05+ 06:08+ 03:56+ 04:02+ 01:18+	
01:26+	06:50+ 02:31+ 02:12+ 09:20+ 06:18+	01:56+ 02:30+ 02:05+ 06:08+ 03:56+ 04:02+ 01:18+	
<b>33</b>	<b>Erland Båtnes Berntsen</b>	<b>643</b>	<b>51:59</b>
00:42+	11:38+ 13:43+ 15:21+ 18:56+ 24:31+	27:43+ 28:48+ 34:09+ 41:30+ 47:35+ 50:19+ 51:59+	
00:42+	10:56+ 02:05+ 01:38+ 03:35+ 05:35+	03:12+ 01:05+ 05:21+ 07:21+ 06:05+ 02:44+ 01:40+	
00:42+	10:56+ 02:05+ 01:38+ 03:35+ 05:35+	03:12+ 01:05+ 05:21+ 07:21+ 06:05+ 02:44+ 01:40+	
<b>34</b>	<b>Bent Horpestad</b>	<b>722</b>	<b>52:14</b>
00:53+	07:41+ 10:34+ 12:25+ 22:27+ 28:10+	33:01+ 34:06+ 35:58+ 40:11+ 46:07+ 50:43+ 52:14+	
00:53+	06:48+ 02:53+ 01:51+ 10:02+ 05:43+	04:51+ 01:05+ 01:52+ 04:13+ 05:56+ 04:36+ 01:31+	
00:53+	06:48+ 02:53+ 01:51+ 10:02+ 05:43+	04:51+ 01:05+ 01:52+ 04:13+ 05:56+ 04:36+ 01:31+	
<b>35</b>	<b>Frank Gulbrandsen</b>	<b>722</b>	<b>53:42</b>
01:01+	09:16+ 12:16+ 14:13+ 18:12+ 25:34+	28:03+ 29:28+ 31:49+ 38:19+ 46:14+ 51:35+ 53:42+	
01:01+	08:15+ 03:00+ 01:57+ 03:59+ 07:22+	02:29+ 01:25+ 02:21+ 06:30+ 07:55+ 05:21+ 02:07+	
01:01+	08:15+ 03:00+ 01:57+ 03:59+ 07:22+	02:29+ 01:25+ 02:21+ 06:30+ 07:55+ 05:21+ 02:07+	
<b>36</b>	<b>Christian Nilsen</b>	<b>3525</b>	<b>59:44</b>
01:00+	07:55+ 10:33+ 12:27+ 27:19+ 37:34+	41:15+ 44:00+ 45:47+ 50:29+ 53:26+ 57:37+ 59:44+	
01:00+	06:55+ 02:38+ 01:54+ 14:52+ 10:15+	03:41+ 02:45+ 01:47+ 04:42+ 02:57+ 04:11+ 02:07+	
01:00+	06:55+ 02:38+ 01:54+ 14:52+ 10:15+	03:41+ 02:45+ 01:47+ 04:42+ 02:57+ 04:11+ 02:07+	

Class	Navn	Klasse												Tid
<b>Herrer Trim</b>														
<b>37</b>	<b>Joar Fandrem</b>	<b>1141</b>												<b>1:01:41</b>
01:05+	08:14+	28:04+	29:56+	33:07+	38:47+	41:02+	42:43+	45:15+	50:14+	54:18+	59:02+	61:41+		
01:05+	07:09+	19:50+	01:52+	03:11+	05:40+	02:15+	01:41+	02:32+	04:59+	04:04+	04:44+	02:39+		
01:05+	07:09+	19:50+	01:52+	03:11+	05:40+	02:15+	01:41+	02:32+	04:59+	04:04+	04:44+	02:39+		
<b>38</b>	<b>Audun Sjøen</b>	<b>3531</b>												<b>1:02:54</b>
01:16+	10:05+	14:23+	17:42+	21:13+	32:28+	35:55+	38:25+	41:36+	48:35+	54:28+	60:55+	62:54+		
01:16+	08:49+	04:18+	03:19+	03:31+	11:15+	03:27+	02:30+	03:11+	06:59+	05:53+	06:27+	01:59+		
01:16+	08:49+	04:18+	03:19+	03:31+	11:15+	03:27+	02:30+	03:11+	06:59+	05:53+	06:27+	01:59+		
<b>39</b>	<b>Svein Olav Høyland</b>	<b>1683</b>												<b>1:04:10</b>
01:32+	13:39+	17:21+	21:21+	26:00+	33:52+	36:32+	39:02+	41:37+	48:25+	55:38+	61:59+	64:10+		
01:32+	12:07+	03:42+	04:00+	04:39+	07:52+	02:40+	02:30+	02:35+	06:48+	07:13+	06:21+	02:11+		
01:32+	12:07+	03:42+	04:00+	04:39+	07:52+	02:40+	02:30+	02:35+	06:48+	07:13+	06:21+	02:11+		
<b>40</b>	<b>Svein Inge Sævereid</b>	<b>643</b>												<b>1:04:52</b>
01:45+	09:46+	14:08+	17:28+	22:19+	31:11+	35:09+	38:43+	41:23+	49:51+	56:50+	62:30+	64:52+		
01:45+	08:01+	04:22+	03:20+	04:51+	08:52+	03:58+	03:34+	02:40+	08:28+	06:59+	05:40+	02:22+		
01:45+	08:01+	04:22+	03:20+	04:51+	08:52+	03:58+	03:34+	02:40+	08:28+	06:59+	05:40+	02:22+		
<b>41</b>	<b>Terje Malde</b>	<b>NOTEAM</b>												<b>1:06:10</b>
02:05+	11:08+	18:20+	20:51+	24:56+	33:34+	36:43+	38:24+	40:49+	46:48+	55:50+	64:05+	66:10+		
02:05+	09:03+	07:12+	02:31+	04:05+	08:38+	03:09+	01:41+	02:25+	05:59+	09:02+	08:15+	02:05+		
02:05+	09:03+	07:12+	02:31+	04:05+	08:38+	03:09+	01:41+	02:25+	05:59+	09:02+	08:15+	02:05+		
<b>42</b>	<b>Jon Grepstad</b>	<b>3531</b>												<b>1:13:33</b>
04:52+	12:55+	17:32+	29:45+	36:54+	47:43+	50:29+	52:38+	54:48+	60:32+	64:41+	71:32+	73:33+		
04:52+	08:03+	04:37+	12:13+	07:09+	10:49+	02:46+	02:09+	02:10+	05:44+	04:09+	06:51+	02:01+		
04:52+	08:03+	04:37+	12:13+	07:09+	10:49+	02:46+	02:09+	02:10+	05:44+	04:09+	06:51+	02:01+		
<b>43</b>	<b>Ashwin Ashok</b>	<b>1376</b>												<b>1:19:36</b>
03:17+	18:45+	30:54+	33:18+	43:38+	53:35+	56:34+	58:13+	60:24+	67:03+	70:30+	76:44+	79:36+		
03:17+	15:28+	12:09+	02:24+	10:20+	09:57+	02:59+	01:39+	02:11+	06:39+	03:27+	06:14+	02:52+		
03:17+	15:28+	12:09+	02:24+	10:20+	09:57+	02:59+	01:39+	02:11+	06:39+	03:27+	06:14+	02:52+		

### Beste strekktid for klassen

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