

Pluss Navn Klasse Tid
Damer 16 - 39 år

1	Maren Benjaminsen	1832	30:59																
02:17=	05:21=	06:36=	07:18=	10:01=	11:38=	12:45=	13:56=	14:53=	15:41=	18:25=	20:42=	22:11=	23:14=	26:36=	27:53=	29:25=	30:03=	30:36=	30:59=
02:17=	03:04=	01:35=	00:22=	02:43=	01:37=	01:07=	01:11=	00:57=	00:48=	02:44=	02:17=	01:29=	01:03=	03:22=	01:17=	01:32=	00:38=	00:33=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Frida Erikstein	1830	33:18																
02:59+	06:38+	08:25+	08:46+	11:47+	13:32+	14:53+	15:59+	16:53+	17:45+	20:49+	23:11+	24:43+	25:51+	28:40+	29:57+	31:40+	32:21+	32:58+	33:18+
02:59+	03:39+	01:47+	00:21-	03:01+	01:45+	01:21+	01:06-	00:54-	00:52+	03:04+	02:22+	01:32+	01:08+	02:49-	01:17=	01:43+	00:41+	00:37+	00:20-
00:42&	00:35#	00:12#	00:01-	00:18#	00:08+	00:14#	00:05-	00:03-	00:04+	00:20#	00:05+	00:03+	00:05+	00:33-	00:00=	00:11#	00:03+	00:04#	00:03-
3	Aina Kalsaas Urstad	3580	34:06																
01:54-	04:57-	06:39-	07:01-	09:46-	11:52+	13:10+	14:20+	15:31+	16:22+	20:00+	22:42+	24:23+	26:14+	29:25+	30:48+	32:33+	33:17+	33:46+	34:06+
01:54-	03:03-	01:42+	00:22=	02:45+	02:06+	01:18+	01:10-	01:11+	00:51+	03:38+	02:42+	01:41+	01:51+	03:11-	01:23+	01:45+	00:44+	00:29-	00:20-
00:23-	00:01-	00:07+	00:00=	00:02+	00:29&	00:11#	00:01-	00:14#	00:03+	00:54&	00:25#	00:12#	00:48&	00:11-	00:06+	00:13#	00:06#	00:04-	00:03-
4	Sina Thu Randulff	643	34:32																
01:56-	06:41+	08:12+	08:29+	11:06+	12:59+	14:03+	15:06+	15:59+	16:46+	20:07+	22:33+	24:03+	25:10+	30:22+	31:29+	32:51+	33:42+	34:15+	34:32+
01:56-	04:45+	01:31-	00:17-	02:37-	01:53+	01:04-	01:03-	00:53-	00:47-	03:21+	02:26+	01:30+	01:07+	05:12+	01:07-	01:22-	00:51+	00:33=	00:17-
00:21-	01:41&	00:04-	00:05-	00:06-	00:16#	00:03-	00:08-	00:04-	00:01-	00:37#	00:09+	00:01+	00:04+	01:50&	00:10-	00:10-	00:13&	00:00=	00:06-
5	Marita Skorpe Falnes	3568	37:34																
02:41+	05:40+	08:04+	08:32+	11:44+	13:41+	15:07+	16:30+	17:40+	18:33+	22:32+	25:40+	27:21+	28:30+	32:01+	33:49+	35:43+	36:28+	37:08+	37:34+
02:41+	02:59-	02:24+	00:28+	03:12+	01:57+	01:26+	01:23+	01:10+	00:53+	03:59+	03:08+	01:41+	01:09+	03:31+	01:48+	01:54+	00:45+	00:40+	00:26+
00:24#	00:05-	00:49&	00:06&	00:29#	00:20#	00:19&	00:12#	00:13#	00:05#	01:15&	00:51&	00:12#	00:06+	00:09+	00:31&	00:22#	00:07#	00:07#	00:03#
6	Trine Selvikvåg	3529	38:49																
02:30+	06:47+	08:54+	09:15+	12:15+	14:29+	15:58+	17:09+	18:24+	19:25+	23:09+	26:03+	27:56+	29:10+	32:08+	34:39+	37:02+	37:56+	38:28+	38:49+
02:30+	04:17+	02:07+	00:21-	03:00+	02:14+	01:29+	01:11=	01:15+	01:01+	03:44+	02:54+	01:53+	01:14+	02:58-	02:31+	02:23+	00:54+	00:32-	00:21-
00:13+	01:13&	00:32&	00:01-	00:17#	00:37&	00:22&	00:00=	00:18&	00:13&	01:00&	00:37&	00:24&	00:11#	00:24-	01:14&	00:51&	00:16&	00:01-	00:02-
7	Hanne Berg Aspøy	896	39:31																
02:39+	06:29+	10:29+	11:47+	14:53+	17:08+	18:32+	19:42+	20:40+	21:24+	25:15+	27:52+	29:43+	31:08+	34:29+	36:08+	37:53+	38:34+	39:08+	39:31+
02:39+	03:50+	04:00+	01:18+	03:06+	02:15+	01:24+	01:10-	00:58+	00:44-	03:51+	02:37+	01:51+	01:25+	03:21-	01:39+	01:45+	00:41+	00:34+	00:23=
00:22#	00:46#	02:25@	00:56@	00:23#	00:38&	00:17&	00:01-	00:01+	00:04-	01:07&	00:20#	00:22#	00:22&	00:01-	00:22&	00:13#	00:03+	00:01+	00:00=
8	Hege Bakken	1754	39:38																
02:40+	05:44+	07:46+	08:25+	11:57+	14:16+	16:12+	17:40+	18:46+	19:46+	23:50+	26:38+	29:10+	30:38+	34:12+	35:48+	37:47+	38:31+	39:09+	39:38+
02:40+	03:04=	02:02+	00:39+	03:32+	02:19+	01:56+	01:28+	01:06+	01:00+	04:04+	02:48+	02:32+	01:28+	03:34+	01:36+	01:59+	00:44+	00:38+	00:29+
00:23#	00:00=	00:27&	00:17&	00:49&	00:42&	00:49&	00:17#	00:09#	00:12#	01:20&	00:31#	01:03&	00:25&	00:12+	00:19#	00:27&	00:06#	00:05#	00:06&
9	Hanne Thu	3516	41:17																
03:22+	07:26+	09:38+	10:05+	13:20+	15:48+	17:42+	19:13+	20:26+	21:24+	25:03+	28:06+	29:59+	31:17+	35:03+	36:52+	39:19+	40:10+	40:51+	41:17+
03:22+	04:04+	02:12+	00:27+	03:15+	02:28+	01:54+	01:31+	01:13+	00:58+	03:39+	03:03+	01:53+	01:18+	03:46+	01:49+	02:27+	00:51+	00:41+	00:26+
01:05&	01:00&	00:37&	00:05#	00:32#	00:51&	00:47&	00:20&	00:16&	00:10#	00:55&	00:46&	00:24&	00:15#	00:24#	00:32&	00:55&	00:13&	00:08#	00:03#
10	Marita Navjord Nicolaysen	1284	45:59																
02:37+	07:54+	10:09+	10:48+	14:50+	17:13+	18:47+	20:14+	21:36+	22:34+	27:40+	30:35+	32:42+	34:06+	39:08+	41:09+	43:34+	44:33+	45:32+	45:59+
02:37+	05:17+	02:15+	00:39+	04:02+	02:23+	01:34+	01:27+	01:22+	00:58+	05:06+	02:55+	02:07+	01:24+	05:02+	02:01+	02:25+	00:59+	00:59+	00:27+
00:20#	02:13&	00:40&	00:17&	01:19&	00:46&	00:27&	00:16#	00:25&	00:10#	02:22&	00:38&	00:38&	00:21&	01:40&	00:44&	00:53&	00:21&	00:26&	00:04#
11	Dina Baerheim	722	46:12																
02:46+	07:03+	09:43+	10:11+	14:04+	16:44+	18:34+	20:12+	21:46+	22:48+	27:29+	31:09+	33:48+	35:10+	39:43+	41:48+	43:52+	44:48+	45:45+	46:12+
02:46+	04:17+	02:40+	00:28+	03:53+	02:40+	01:50+	01:38+	01:34+	01:02+	04:41+	03:40+	02:39+	01:22+	04:33+	02:05+	02:04+	00:56+	00:57+	00:27+
00:29#	01:13&	01:05&	00:06&	01:10&	01:03&	00:43&	00:27&	00:37&	00:14&	01:57&	01:23&	01:10&	00:19&	01:11&	00:48&	00:32&	00:18&	00:24&	00:04#
12	Katja Eliassen	722	50:38																
03:14+	06:47+	09:44+	10:24+	14:22+	17:09+	20:43+	22:14+	23:41+	25:00+	28:52+	32:03+	37:01+	38:32+	43:03+	44:59+	47:45+	48:55+	50:11+	50:38+
03:14+	03:33+	02:57+	00:40+	03:58+	02:47+	03:34+	01:31+	01:27+	01:19+	03:52+	03:11+	04:58+	01:31+	04:31+	01:56+	02:46+	01:10+	01:16+	00:27+
00:57&	00:29#	01:22&	00:18&	01:15&	01:10&	02:27@	00:20&	00:30&	00:31&	01:08&	00:54&	03:29@	00:28&	01:09&	00:39&	01:14&	00:32&	00:43@	00:04#
13	Ingvil Øvestad	3511	51:18																
03:41+	10:12+	12:56+	13:23+	17:07+	19:30+	21:19+	23:08+	24:27+	25:42+	30:48+	34:14+	37:36+	39:26+	44:23+	46:23+	48:50+	49:49+	50:40+	51:18+
03:41+	06:31+	02:44+	00:27+	03:44+	02:23+	01:49+	01:49+	01:19+	01:15+	05:06+	03:26+	03:22+	01:50+	04:57+	02:00+	02:27+	00:59+	00:51+	00:38+
01:24&	03:27@	01:09&	00:05#	01:01&	00:46&	00:42&	00:38&	00:22&	00:27&	02:22&	01:09&	01:53@	00:47&	01:35&	00:43&	00:55&	00:21&	00:18&	00:15&
14	Svitlana Rasheva	1683	51:24																
03:14+	07:27+	09:50+	10:23+	14:17+	17:09+	18:51+	20:22+	22:00+	25:03+	30:18+	34:12+	36:46+	38:05+	43:20+	45:45+	48:14+	49:37+	50:50+	51:24+
03:14+	04:13+	02:23+	00:33+	03:54+	02:52+	01:42+	01:31+	01:38+	03:03+	05:15+	03:54+	02:34+	01:19+	05:15+	02:25+	02:29+	01:23+	01:13+	00:34+
00:57&	01:09&	00:48&	00:11&	01:11&	01:15&	00:35&	00:20&	00:41&	02:15@	02:31&	01:37&	01:05&	00:16&	01:53&	01:08&	00:57&	00:45@	00:40@	00:11&

Class	Navn	Klasse	Tid
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Damer 16 - 39 år

15	Juliane Tytlandsvik Nødland	3512	1:00:37																
03:40+	09:39+	12:54+	13:34+	18:35+	21:41+	24:34+	26:44+	28:13+	29:45+	36:29+	40:32+	43:42+	45:56+	51:26+	54:24+	57:21+	58:50+	59:54+	60:37+
03:40+	05:59+	03:15+	00:40+	05:01+	03:06+	02:53+	02:10+	01:29+	01:32+	06:44+	04:03+	03:10+	02:14+	05:30+	02:58+	02:57+	01:29+	01:04+	00:43+
01:23&	02:55&	01:40@	00:18&	02:18&	01:29&	01:46@	00:59&	00:32&	00:44&	04:00@	01:46&	01:41@	01:11@	02:08&	01:41@	01:25&	00:51@	00:31&	00:20&

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Maren Thu	NOTEAM	40:25																	
01:57=	02:32=	04:08=	05:34=	06:23=	10:14=	10:58=	15:02=	16:48=	17:07=	20:27=	22:52=	24:20=	26:58=	33:46=	34:34=	36:30=	38:34=	39:22=	40:02=	40:25=
01:57=	00:35=	01:36=	01:26=	00:49=	03:51=	00:44=	04:04=	01:46=	00:19=	03:20=	02:25=	01:28=	02:38=	06:48=	00:48=	01:56=	02:04=	00:48=	00:40=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gezien Jongenburger	892	43:53																	
02:57+	03:34+	05:23+	07:32+	08:36+	10:59+	12:48+	15:59+	18:29+	18:54+	21:49+	24:50+	26:19+	28:28+	35:42+	36:31+	38:56+	41:58+	42:46+	43:25+	43:53+
02:57+	00:37+	01:49+	02:09+	01:04+	02:23-	01:49+	03:11-	02:30+	00:25+	02:55-	03:01+	01:29+	02:09-	07:14+	00:49+	02:25+	03:02+	00:48=	00:39-	00:28+
01:00&	00:02+	00:13#	00:43&	00:15&	01:28-	01:05@	00:53-	00:44&	00:06&	00:25-	00:36#	00:01+	00:29-	00:26+	00:01+	00:29#	00:58&	00:00=	00:01-	00:05#
3	Helene Lie	3565	44:11																	
01:54-	02:35+	04:36+	06:18+	07:33+	10:37+	11:28+	16:00+	18:49+	19:14+	23:00+	25:17+	26:58+	29:45+	37:12+	37:58+	40:08+	42:07+	42:54+	43:45+	44:11+
01:54-	00:41+	02:01+	01:42+	01:15+	03:04-	00:51+	04:32+	02:49+	00:25+	03:46+	02:17-	01:41+	02:47+	07:27+	00:46-	02:10+	01:59-	00:47-	00:51+	00:26+
00:03-	00:06#	00:25&	00:16#	00:26&	00:47-	00:07#	00:28#	01:03&	00:06&	00:26#	00:08-	00:13#	00:09+	00:39+	00:02-	00:14#	00:05-	00:01-	00:11&	00:03#
4	Randi Ladsten	879	45:42																	
01:59+	02:52+	04:48+	06:36+	07:35+	11:32+	12:36+	16:05+	18:21+	18:49+	22:36+	25:07+	26:45+	29:12+	37:13+	38:04+	41:00+	43:31+	44:28+	45:15+	45:42+
01:59+	00:53+	01:56+	01:48+	00:59+	03:57+	01:04+	03:29-	02:16+	00:28+	03:47+	02:31+	01:38+	02:27-	08:01+	00:51+	02:56+	02:31+	00:57+	00:47+	00:27+
00:02+	00:18&	00:20#	00:22&	00:10#	00:06+	00:20&	00:35-	00:30&	00:09&	00:27#	00:06+	00:10#	00:11-	01:13#	00:03+	01:00&	00:27#	00:09#	00:07#	00:04#
5	Ingunn Anda Haug	2342	47:54																	
01:59+	02:38+	08:24+	10:01+	11:02+	14:19+	15:16+	18:02+	20:16+	20:44+	24:34+	26:53+	28:17+	30:43+	40:14+	41:12+	43:36+	45:47+	46:40+	47:22+	47:54+
01:59+	00:39+	05:46+	01:37+	01:01+	03:17-	00:57+	02:46-	02:14+	00:28+	03:50+	02:19-	01:24-	02:26-	09:31+	00:58+	02:24+	02:11+	00:53+	00:42+	00:32+
00:02+	00:04#	04:10@	00:11#	00:12#	00:34-	00:13&	01:18-	00:28&	00:09&	00:30#	00:06-	00:04-	00:12-	02:43&	00:10#	00:28#	00:07+	00:05#	00:02+	00:09&
6	Ingvild Marthinussen	3524	48:14																	
03:27+	04:07+	06:03+	07:52+	09:13+	12:26+	13:39+	18:22+	21:25+	21:56+	25:41+	28:22+	30:21+	32:36+	40:20+	41:02+	43:28+	46:09+	47:11+	47:47+	48:14+
03:27+	00:40+	01:56+	01:49+	01:21+	03:13-	01:13+	04:43+	03:03+	00:31+	03:45+	02:41+	01:59+	02:15-	07:44+	00:42-	02:26+	02:41+	01:02+	00:36-	00:27+
01:30&	00:05#	00:20#	00:23&	00:32&	00:38-	00:29#	00:39#	01:17&	00:12&	00:25#	00:16#	00:31&	00:23-	00:56#	00:06-	00:30&	00:37&	00:14&	00:04-	00:04#
7	Anne Lill M. Njå	892	52:18																	
02:35+	03:26+	05:32+	07:40+	09:03+	13:16+	14:17+	17:26+	19:38+	20:13+	23:50+	26:00+	27:39+	31:18+	38:41+	42:58+	46:29+	49:38+	50:31+	51:48+	52:18+
02:35+	00:51+	02:06+	02:08+	01:23+	04:13+	01:01+	03:09-	02:12+	00:35+	03:37+	02:10-	01:39+	03:39+	07:23+	04:17+	03:31+	03:09+	00:53+	01:17+	00:30+
00:38&	00:16&	00:30&	00:42&	00:34&	00:22+	00:17&	00:55-	00:26#	00:16&	00:17+	00:15-	00:11#	01:01&	00:35+	03:29@	01:35&	01:05&	00:05#	00:37&	00:07&
8	Jeanette Mjøhus	722	56:23																	
02:18+	03:10+	05:07+	07:15+	08:35+	11:54+	13:06+	23:19+	24:56+	25:54+	30:08+	32:38+	34:28+	36:31+	45:22+	47:03+	50:07+	52:30+	54:33+	55:59+	56:23+
02:18+	00:52+	01:57+	02:08+	01:20+	03:19-	01:12+	10:13+	01:37-	00:58+	04:14+	02:30+	01:50+	02:03-	08:51+	01:41+	03:04+	02:23+	02:03+	01:26+	00:24+
00:21#	00:17&	00:21#	00:42&	00:31&	00:32-	00:28&	06:09@	00:09-	00:39@	00:54&	00:05+	00:22#	00:35-	02:03&	00:53@	01:08&	00:19#	01:15@	00:46@	00:01+

Beste strekktid for klassen

01:54 00:35 01:36 01:26 00:49 02:23 00:44 02:46 01:37 00:19 02:55 02:10 01:24 02:03 06:48 00:42 01:56 01:59 00:47 00:36 00:23

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

Damer 50 - 59 år

1	Anita Glenne Kallhovd	3502	41:19																	
03:11=	03:46=	05:36=	07:14=	08:06=	11:15=	12:02=	14:35=	16:41=	17:01=	20:13=	22:24=	23:52=	25:57=	33:17=	34:24=	37:00=	39:34=	40:17=	40:55=	41:19=
03:11=	00:35=	01:50=	01:38=	00:52=	03:09=	00:47=	02:33=	02:06=	00:20=	03:12=	02:11=	01:28=	02:05=	07:20=	01:07=	02:36=	02:34=	00:43=	00:38=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Damer 50 - 59 år

2	Gerd Olaug Vikeså	1758	41:37																	
01:51-	02:30-	04:21-	06:04-	07:01-	09:45-	10:39-	14:39+	16:49+	17:15+	20:56+	23:37+	24:56+	27:10+	34:30+	35:20+	37:38+	39:30-	40:26+	41:11+	41:37+
01:51-	00:39+	01:51+	01:43+	00:57+	02:44-	00:54+	04:00+	02:10+	00:26+	03:41+	02:41+	01:19-	02:14+	07:20+	00:50-	02:18-	01:52-	00:56+	00:45+	00:26+
01:20-	00:04#	00:01+	00:05+	00:05+	00:25-	00:07#	01:27&	00:04+	00:06&	00:29#	00:30#	00:09-	00:09+	00:00+	00:17-	00:18-	00:42-	00:13&	00:07#	00:02+
3	Marianne Fuglestad	896	41:54																	
01:35+	02:12+	03:55+	05:24+	06:11+	08:38+	09:55+	13:40+	15:47+	16:12+	19:14+	21:39+	24:54+	27:57+	34:29+	35:17+	37:32+	39:50+	40:48+	41:31+	41:54+
01:35+	00:37+	01:43+	01:29+	00:47+	02:27+	01:17+	03:45+	02:07+	00:25+	03:02+	02:25+	03:15+	03:03+	06:32+	00:48+	02:15+	02:18+	00:58+	00:43+	00:23+
01:35+	00:37+	01:43+	01:29+	00:47+	02:27+	01:17+	03:45+	02:07+	00:25+	03:02+	02:25+	03:15+	03:03+	06:32+	00:48+	02:15+	02:18+	00:58+	00:43+	00:23+
4	Torill Andersen	1683	42:27																	
02:01+	02:39+	04:35+	06:45+	07:43+	11:05+	11:57+	15:21+	17:50+	18:20+	21:55+	23:54+	25:26+	27:44+	34:46+	35:35+	37:44+	40:19+	41:15+	41:58+	42:27+
02:01+	00:38+	01:56+	02:10+	00:58+	03:22+	00:52+	03:24+	02:29+	00:30+	03:35+	01:59+	01:32+	02:18+	07:02+	00:49+	02:09+	02:35+	00:56+	00:43+	00:29+
02:01+	00:38+	01:56+	02:10+	00:58+	03:22+	00:52+	03:24+	02:29+	00:30+	03:35+	01:59+	01:32+	02:18+	07:02+	00:49+	02:09+	02:35+	00:56+	00:43+	00:29+
5	Trude Hermanrud	896	44:35																	
02:43+	03:20+	05:15+	07:27+	08:47+	12:00+	13:08+	16:05+	18:07+	18:41+	22:33+	25:09+	26:41+	29:07+	37:07+	37:59+	40:14+	42:35+	43:23+	44:07+	44:35+
02:43+	00:37+	01:55+	02:12+	01:20+	03:13+	01:08+	02:57+	02:02+	00:34+	03:52+	02:36+	01:32+	02:26+	08:00+	00:52+	02:15+	02:21+	00:48+	00:44+	00:28+
02:43+	00:37+	01:55+	02:12+	01:20+	03:13+	01:08+	02:57+	02:02+	00:34+	03:52+	02:36+	01:32+	02:26+	08:00+	00:52+	02:15+	02:21+	00:48+	00:44+	00:28+
6	Toril Dahle	1683	45:40																	
02:12+	02:51+	05:16+	06:56+	08:00+	11:16+	12:18+	15:08+	17:44+	18:10+	21:35+	23:56+	25:30+	27:38+	38:37+	39:35+	41:44+	43:49+	44:34+	45:11+	45:40+
02:12+	00:39+	02:25+	01:40+	01:04+	03:16+	01:02+	02:50+	02:36+	00:26+	03:25+	02:21+	01:34+	02:08+	10:59+	00:58+	02:09+	02:05+	00:45+	00:37+	00:29+
02:12+	00:39+	02:25+	01:40+	01:04+	03:16+	01:02+	02:50+	02:36+	00:26+	03:25+	02:21+	01:34+	02:08+	10:59+	00:58+	02:09+	02:05+	00:45+	00:37+	00:29+
7	Ase Sellereite	882	46:26																	
01:54+	02:43+	05:37+	07:06+	08:14+	10:42+	11:49+	15:24+	17:42+	18:17+	22:49+	25:19+	26:48+	29:10+	37:17+	38:18+	41:04+	43:36+	45:02+	45:55+	46:26+
01:54+	00:49+	02:54+	01:29+	01:08+	02:28+	01:07+	03:35+	02:18+	00:35+	04:32+	02:30+	01:29+	02:22+	08:07+	01:01+	02:46+	02:32+	01:26+	00:53+	00:31+
01:54+	00:49+	02:54+	01:29+	01:08+	02:28+	01:07+	03:35+	02:18+	00:35+	04:32+	02:30+	01:29+	02:22+	08:07+	01:01+	02:46+	02:32+	01:26+	00:53+	00:31+
8	Elisabeth Melbø	879	46:37																	
01:48+	02:26+	04:25+	05:59+	07:36+	11:12+	12:46+	15:34+	17:40+	18:16+	22:37+	25:18+	28:49+	31:05+	38:50+	39:52+	42:10+	44:24+	45:17+	46:04+	46:37+
01:48+	00:38+	01:59+	01:34+	01:37+	03:36+	01:34+	02:48+	02:06+	00:36+	04:21+	02:41+	03:31+	02:16+	07:45+	01:02+	02:18+	02:14+	00:53+	00:47+	00:33+
01:48+	00:38+	01:59+	01:34+	01:37+	03:36+	01:34+	02:48+	02:06+	00:36+	04:21+	02:41+	03:31+	02:16+	07:45+	01:02+	02:18+	02:14+	00:53+	00:47+	00:33+
9	Signe Ottesen	1683	46:53																	
01:55+	02:47+	05:43+	07:40+	08:44+	11:53+	12:53+	16:17+	19:18+	19:48+	23:14+	26:04+	27:37+	30:10+	39:01+	39:54+	42:43+	44:41+	45:33+	46:25+	46:53+
01:55+	00:52+	02:56+	01:57+	01:04+	03:09+	01:00+	03:24+	03:01+	00:30+	03:26+	02:50+	01:33+	02:33+	08:51+	00:53+	02:49+	01:58+	00:52+	00:52+	00:28+
01:55+	00:52+	02:56+	01:57+	01:04+	03:09+	01:00+	03:24+	03:01+	00:30+	03:26+	02:50+	01:33+	02:33+	08:51+	00:53+	02:49+	01:58+	00:52+	00:52+	00:28+
10	Tonje Tiley	882	47:44																	
02:25+	03:10+	05:17+	07:32+	08:28+	12:02+	12:59+	17:22+	19:47+	20:22+	24:23+	26:26+	28:35+	30:57+	39:40+	40:30+	42:49+	45:13+	46:14+	47:13+	47:44+
02:25+	00:45+	02:07+	02:15+	00:56+	03:34+	00:57+	04:23+	02:25+	00:35+	04:01+	02:03+	02:09+	02:22+	08:43+	00:50+	02:19+	02:24+	01:01+	00:59+	00:31+
02:25+	00:45+	02:07+	02:15+	00:56+	03:34+	00:57+	04:23+	02:25+	00:35+	04:01+	02:03+	02:09+	02:22+	08:43+	00:50+	02:19+	02:24+	01:01+	00:59+	00:31+
11	Siv Skretting	1884	49:40																	
02:17+	03:03+	05:02+	06:57+	08:21+	12:46+	13:45+	18:53+	22:14+	22:40+	26:20+	28:34+	30:43+	33:02+	41:52+	42:42+	45:07+	47:22+	48:21+	49:09+	49:40+
02:17+	00:46+	01:59+	01:55+	01:24+	04:25+	00:59+	05:08+	03:21+	00:26+	03:40+	02:14+	02:09+	02:19+	08:50+	00:50+	02:25+	02:15+	00:59+	00:48+	00:31+
02:17+	00:46+	01:59+	01:55+	01:24+	04:25+	00:59+	05:08+	03:21+	00:26+	03:40+	02:14+	02:09+	02:19+	08:50+	00:50+	02:25+	02:15+	00:59+	00:48+	00:31+
12	Liv Omdal	1683	49:52																	
03:38+	04:27+	06:42+	08:33+	09:47+	13:54+	15:18+	19:02+	21:43+	22:31+	26:30+	29:15+	31:06+	33:38+	41:52+	43:20+	45:50+	47:44+	48:38+	49:24+	49:52+
03:38+	00:49+	02:15+	01:51+	01:14+	04:07+	01:24+	03:44+	02:41+	00:48+	03:59+	02:45+	01:51+	02:32+	08:14+	01:28+	02:30+	01:54+	00:54+	00:46+	00:28+
03:38+	00:49+	02:15+	01:51+	01:14+	04:07+	01:24+	03:44+	02:41+	00:48+	03:59+	02:45+	01:51+	02:32+	08:14+	01:28+	02:30+	01:54+	00:54+	00:46+	00:28+
13	Gøril Braut Aarsand	2539	50:22																	
02:19+	03:15+	05:29+	07:34+	08:50+	12:21+	13:21+	17:17+	20:06+	20:48+	25:34+	27:54+	29:45+	32:14+	40:27+	41:25+	45:22+	47:44+	48:53+	49:43+	50:22+
02:19+	00:56+	02:14+	02:05+	01:16+	03:31+	01:00+	03:56+	02:49+	00:42+	04:46+	02:20+	01:51+	02:29+	08:13+	00:58+	03:57+	02:22+	01:09+	00:50+	00:39+
02:19+	00:56+	02:14+	02:05+	01:16+	03:31+	01:00+	03:56+	02:49+	00:42+	04:46+	02:20+	01:51+	02:29+	08:13+	00:58+	03:57+	02:22+	01:09+	00:50+	00:39+
14	Turid Eikebu Alfsen	1683	52:14																	
02:08+	03:19+	05:23+	07:22+	09:07+	12:19+	13:33+	16:51+	19:58+	20:56+	24:50+	28:01+	30:04+	33:07+	41:15+	43:46+	47:12+	49:52+	50:49+	51:41+	52:14+
02:08+	01:11+	02:04+	01:59+	01:45+	03:12+	01:14+	03:18+	03:07+	00:58+	03:54+	03:11+	02:03+	03:03+	08:08+	02:31+	03:26+	02:40+	00:57+	00:52+	00:33+
02:08+	01:11+	02:04+	01:59+	01:45+	03:12+	01:14+	03:18+	03:07+	00:58+	03:54+	03:11+	02:03+	03:03+	08:08+	02:31+	03:26+	02:40+	00:57+	00:52+	00:33+
15	Ingjerd Haddeland	3507	52:48																	
02:32+	03:17+	05:29+	07:51+	09:03+	12:50+	13:44+	18:21+	20:48+	21:16+	25:54+	29:16+	31:09+	33:35+	43:51+	44:47+	47:39+	50:29+	51:28+	52:20+	52:48+
02:32+	00:45+	02:12+	02:22+	01:12+	03:47+	00:54+	04:37+	02:27+	00:28+	04:38+	03:22+	01:53+	02:26+	10:16+	00:56+	02:52+	02:50+	00:59+	00:52+	00:28+
02:32+	00:45+	02:12+	02:22+	01:12+	03:47+	00:54+	04:37+	02:27+	00:28+	04:38+	03:22+	01:53+	02:26+	10:16+	00:56+	02:52+	02:50+	00:59+	00:52+	00:28+

Damer 50 - 59 år

16	Irene Sirevåg	1754	56:55																		
02:23+	03:10+	05:30+	07:32+	08:42+	12:30+	13:34+	17:00+	19:51+	20:36+	25:20+	28:25+	30:24+	34:16+	44:21+	45:34+	51:53+	54:23+	55:28+	56:24+	56:55+	
02:23+	00:47+	02:20+	02:02+	01:10+	03:48+	01:04+	03:26+	02:51+	00:45+	04:44+	03:05+	01:59+	03:52+	10:05+	01:13+	06:19+	02:30+	01:05+	00:56+	00:31+	
02:23+	00:47+	02:20+	02:02+	01:10+	03:48+	01:04+	03:26+	02:51+	00:45+	04:44+	03:05+	01:59+	03:52+	10:05+	01:13+	06:19+	02:30+	01:05+	00:56+	00:31+	
17	Astri Sandanger	896	58:07																		
02:24+	03:17+	06:11+	10:18+	11:37+	16:43+	18:13+	21:20+	23:59+	24:40+	29:14+	32:15+	35:45+	38:50+	48:51+	49:56+	53:36+	55:55+	56:52+	57:40+	58:07+	
02:24+	00:53+	02:54+	04:07+	01:19+	05:06+	01:30+	03:07+	02:39+	00:41+	04:34+	03:01+	03:30+	03:05+	10:01+	01:05+	03:40+	02:19+	00:57+	00:48+	00:27+	
02:24+	00:53+	02:54+	04:07+	01:19+	05:06+	01:30+	03:07+	02:39+	00:41+	04:34+	03:01+	03:30+	03:05+	10:01+	01:05+	03:40+	02:19+	00:57+	00:48+	00:27+	
18	Synnøve Westermoen	1683	58:28																		
03:18+	04:10+	07:09+	08:53+	10:10+	17:10+	21:43+	22:29+	25:40+	28:02+	28:30+	34:18+	36:15+	38:07+	40:31+	48:53+	49:52+	52:48+	54:41+	57:09+	57:57+	58:28+
03:18+	00:52+	02:59+	01:44+	01:17+	07:00+	04:33+	00:46+	03:11+	02:22+	00:28+	05:48+	01:57+	01:52+	02:24+	08:22+	00:59+	02:56+	01:53+	02:28+	00:48+	00:31+
03:18+	00:52+	02:59+	01:44+	01:17+	07:00+	04:33+	00:46+	03:11+	02:22+	00:28+	05:48+	01:57+	01:52+	02:24+	08:22+	00:59+	02:56+	01:53+	02:28+	00:48+	00:31+
19	Tove Irene Asheim	1683	1:02:34																		
02:32+	03:37+	06:43+	09:06+	10:24+	15:44+	16:42+	19:58+	23:01+	23:37+	28:53+	32:04+	34:03+	37:07+	46:22+	50:40+	54:58+	60:13+	61:08+	61:54+	62:34+	
02:32+	01:05+	03:06+	02:23+	01:18+	05:20+	00:58+	03:16+	03:03+	00:36+	05:16+	03:11+	01:59+	01:52+	02:24+	04:18+	04:18+	05:15+	00:55+	00:46+	00:40+	
02:32+	01:05+	03:06+	02:23+	01:18+	05:20+	00:58+	03:16+	03:03+	00:36+	05:16+	03:11+	01:59+	03:04+	09:15+	04:18+	04:18+	05:15+	00:55+	00:46+	00:40+	
20	Brit Vivian Meling	1683	1:06:12																		
02:51+	03:44+	06:07+	12:06+	13:34+	18:21+	20:01+	23:32+	26:54+	27:39+	33:00+	35:55+	38:02+	41:43+	52:43+	57:11+	60:27+	62:58+	64:14+	65:26+	66:12+	
02:51+	00:53+	02:23+	05:59+	01:28+	04:47+	01:40+	03:31+	03:22+	00:45+	05:21+	02:55+	02:07+	03:41+	11:00+	04:28+	03:16+	02:31+	01:16+	01:12+	00:46+	
02:51+	00:53+	02:23+	05:59+	01:28+	04:47+	01:40+	03:31+	03:22+	00:45+	05:21+	02:55+	02:07+	03:41+	11:00+	04:28+	03:16+	02:31+	01:16+	01:12+	00:46+	
21	Kristin Furre Owe	896	1:17:35																		
03:52+	04:56+	08:10+	10:45+	13:08+	17:20+	18:35+	28:13+	31:44+	32:23+	38:35+	43:00+	45:14+	48:51+	62:57+	65:35+	69:18+	72:47+	75:45+	76:55+	77:35+	
03:52+	01:04+	03:14+	02:35+	02:23+	04:12+	01:15+	09:38+	03:31+	00:39+	06:12+	04:25+	02:14+	03:37+	14:06+	02:38+	03:43+	03:29+	02:58+	01:10+	00:40+	
03:52+	01:04+	03:14+	02:35+	02:23+	04:12+	01:15+	09:38+	03:31+	00:39+	06:12+	04:25+	02:14+	03:37+	14:06+	02:38+	03:43+	03:29+	02:58+	01:10+	00:40+	

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Ingrid E. I. Øxnevad	3516	29:40												
01:53=	04:00=	05:57=	06:20=	09:08=	10:56=	11:37=	15:06=	19:10=	21:07=	22:22=	26:01=	27:39=	28:27=	29:15=	29:40=
01:53=	02:07=	01:57=	00:23=	02:48=	01:48=	00:41=	03:29=	04:04=	01:57=	01:15=	03:39=	01:38=	00:48=	00:48=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne-Siv Gjertsen	882	35:04												
02:08+	07:06+	08:41+	09:09+	12:42+	15:38+	16:32+	20:20+	23:46+	25:41+	27:02+	31:00+	32:37+	33:35+	34:36+	35:04+
02:08+	04:58+	01:35-	00:28+	03:33+	02:56+	00:54+	03:48+	03:26-	01:55-	01:21+	03:58+	01:37-	00:58+	01:01+	00:28+
00:15#	02:51@	00:22-	00:05#	00:45&	01:08&	00:13&	00:19+	00:38-	00:02-	00:06+	00:19+	00:01-	00:10#	00:13&	00:03#
3	Nidunn Sandvik	3565	36:31												
02:21+	05:40+	08:21+	08:46+	12:32+	15:13+	16:06+	19:29+	23:16+	25:20+	27:06+	31:45+	33:46+	34:46+	35:58+	36:31+
02:21+	03:19+	02:41+	00:25+	03:46+	02:41+	00:53+	03:23-	03:47-	02:04+	01:46+	04:39+	02:01+	01:00+	01:12+	00:33+
00:28#	01:12&	00:44&	00:02+	00:58&	00:53&	00:12&	00:06-	00:17-	00:07+	00:31&	01:00&	00:23#	00:12#	00:24&	00:08&
4	Ellinor Nesse	1683	43:17												
03:13+	07:33+	10:23+	10:52+	15:29+	18:34+	19:39+	24:57+	29:25+	31:53+	33:38+	37:42+	39:37+	41:24+	42:44+	43:17+
03:13+	04:20+	02:50+	00:29+	04:37+	03:05+	01:05+	05:18+	04:28+	02:28+	01:45+	04:04+	01:55+	01:47+	01:20+	00:33+
01:20&	02:13@	00:53&	00:06&	01:49&	01:17&	00:24&	01:49&	00:24+	00:31&	00:30&	00:25#	00:17#	00:59@	00:32&	00:08&
5	Kari Anstensrud	896	49:27												
02:26+	08:12+	10:57+	11:25+	15:32+	18:17+	19:29+	23:38+	27:09+	29:13+	30:34+	44:15+	46:29+	47:36+	48:58+	49:27+
02:26+	05:46+	02:45+	00:28+	04:07+	02:45+	01:12+	04:09+	03:31-	02:04+	01:21+	13:41+	02:14+	01:07+	01:22+	00:29+
00:33&	03:39@	00:48&	00:05#	01:19&	00:57&	00:31&	00:40#	00:33-	00:07+	00:06+	10:02@	00:36&	00:19&	00:34&	00:04#
6	Ellinor Hoemsnes	1683	50:50												
05:06+	10:36+	14:00+	14:25+	20:26+	23:32+	24:35+	28:37+	35:44+	39:33+	41:30+	45:58+	47:51+	49:00+	50:19+	50:50+
05:06+	05:30+	03:24+	00:25+	06:01+	03:06+	01:03+	04:02+	07:07+	03:49+	01:57+	04:28+	01:53+	01:09+	01:19+	00:31+
03:13@	03:23@	01:27&	00:02+	03:13@	01:18&	00:22&	00:33#	03:03&	01:52&	00:42&	00:49#	00:15#	00:21&	00:31&	00:06#

Damer 60 - 64 år

7	Nina Christiansen	722	55:05												
02:19+	08:00+	10:42+	11:08+	14:54+	18:48+	19:59+	31:47+	36:01+	39:02+	45:28+	50:17+	52:25+	53:32+	54:31+	55:05+
02:19+	05:41+	02:42+	00:26+	03:46+	03:54+	01:11+	11:48+	04:14+	03:01+	06:26+	04:49+	02:08+	01:07+	00:59+	00:34+
00:26#	03:34@	00:45&	00:03#	00:58&	02:06@	00:30&	08:19@	00:10+	01:04&	05:11@	01:10&	00:30&	00:19&	00:11#	00:09&

Beste strekktid for klassen

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

Damer 65 - 69 år

1	May Meling	593	32:33												
02:06=	04:24=	06:31=	06:58=	10:14=	12:27=	13:20=	16:44=	19:54=	22:15=	23:34=	27:41=	29:53=	30:53=	32:03=	32:33=
02:06=	02:18=	02:07=	00:27=	03:16=	02:13=	00:53=	03:24=	03:10=	02:21=	01:19=	04:07=	02:12=	01:00=	01:10=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Liv-Grete Obrestad	3551	32:56												
02:15+	05:50+	07:57+	08:23+	11:29+	13:51+	14:53+	17:41+	20:51+	22:22+	23:38+	29:04+	30:31+	31:26+	32:31+	32:56+
02:15+	03:35+	02:07=	00:26-	03:06-	02:22+	01:02+	02:48-	03:10=	01:31-	01:16-	05:26+	01:27-	00:55-	01:05-	00:25-
00:09+	01:17&	00:00=	00:01-	00:10-	00:09+	00:09#	00:36-	00:00=	00:50-	00:03-	01:19&	00:45-	00:05-	00:05-	00:05-

3	Tove Bjerkeim	722	33:30												
02:18+	04:55+	09:04+	09:32+	12:43+	14:32+	15:27+	18:26+	21:33+	23:27+	24:43+	29:44+	31:10+	32:05+	33:03+	33:30+
02:18+	02:37+	04:09+	00:28+	03:11-	01:49-	00:55+	02:59-	03:07-	01:54-	01:16-	05:01+	01:26-	00:55-	00:58-	00:27-
00:12+	00:19#	02:02&	00:01+	00:05-	00:24-	00:02+	00:25-	00:03-	00:27-	00:03-	00:54#	00:46-	00:05-	00:12-	00:03-

4	Amanda Renshaw	1758	33:56												
02:46+	06:10+	08:19+	08:40+	12:09+	14:01+	15:45+	19:28+	22:38+	25:04+	26:11+	29:55+	31:30+	32:28+	33:29+	33:56+
02:46+	03:24+	02:09+	00:21-	03:29+	01:52-	01:44+	03:43+	03:10=	02:26+	01:07-	03:44-	01:35-	00:58-	01:01-	00:27-
00:40&	01:06&	00:02+	00:06-	00:13+	00:21-	00:51&	00:19+	00:00=	00:05+	00:12-	00:23-	00:37-	00:02-	00:09-	00:03-

5	Margot Asheim	722	33:58												
01:50-	04:46+	06:44+	07:08+	10:34+	13:12+	15:39+	18:41+	22:13+	24:14+	25:35+	29:50+	31:34+	32:30+	33:33+	33:58+
01:50-	02:56+	01:58-	00:24-	03:26+	02:38+	02:27+	03:02-	03:32+	02:01-	01:21+	04:15+	01:44-	00:56-	01:03-	00:25-
00:16-	00:38&	00:09-	00:03-	00:10+	00:25#	01:34@	00:22-	00:22#	00:20-	00:02+	00:08+	00:28-	00:04-	00:07-	00:05-

6	Marit Karin Skretting Nygård	892	36:21												
02:24+	05:21+	09:00+	09:28+	13:22+	16:14+	17:12+	20:30+	24:00+	26:10+	27:41+	31:54+	33:44+	34:53+	35:58+	36:21+
02:24+	02:57+	03:39+	00:28+	03:54+	02:52+	00:58+	03:18-	03:30+	02:10-	01:31+	04:13+	01:50-	01:09+	01:05-	00:23-
00:18#	00:39&	01:32&	00:01+	00:38#	00:39&	00:05+	00:06-	00:20#	00:11-	00:12#	00:06+	00:22-	00:09#	00:05-	00:07-

7	Berit Bakken	1884	39:47												
02:55+	06:00+	08:39+	09:19+	13:06+	16:34+	17:51+	21:33+	25:29+	28:16+	30:02+	34:13+	36:16+	37:37+	39:04+	39:47+
02:55+	03:05+	02:39+	00:40+	03:47+	03:28+	01:17+	03:42+	03:56+	02:47+	01:46+	04:11+	02:03-	01:21+	01:27+	00:43+
00:49&	00:47&	00:32&	00:13&	00:31#	01:15&	00:24&	00:18+	00:46#	00:26#	00:27&	00:04+	00:09-	00:21&	00:17#	00:13&

8	Liv Sissel Obrestad	3529	44:47												
02:50+	06:10+	08:48+	09:22+	14:00+	17:01+	17:55+	21:50+	26:04+	28:39+	30:39+	35:46+	41:22+	42:53+	44:14+	44:47+
02:50+	03:20+	02:38+	00:34+	04:38+	03:01+	00:54+	03:55+	04:14+	02:35+	02:00+	05:07+	05:36+	01:31+	01:21+	00:33+
00:44&	01:02&	00:31#	00:07&	01:22&	00:48&	00:01+	00:31#	01:04&	00:14+	00:41&	01:00#	03:24@	00:31&	00:11#	00:03#

9	Ase Jacobsen Kro	879	1:35:04													
03:15+	09:24+	13:14+	16:19+	17:28+	24:43+	29:11+	30:04+	34:39+	42:16+	46:23+	48:14+	85:49+	88:37+	90:07+	94:24+	95:04+
03:15+	06:09+	03:50+	03:05+	01:09-	07:15+	04:28+	00:53-	04:35+	07:37+	04:07+	01:51-	37:35+	02:48+	01:30+	04:17+	00:40+
01:09&	03:51@	01:43&	02:38@	02:07-	05:02@	03:35@	02:31-	01:25&	05:16@	02:48@	02:16-	35:23@	01:48@	00:20&	03:47@	00:40+

Beste strekktid for klassen

01:50 02:18 01:58 00:21 01:09 01:49 00:53 00:53 03:07 01:31 01:07 01:51 01:26 00:55 00:58 00:23

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

Damer 70 - 74 år

Class	Navn	Klasse	Tid
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Damer 70 - 74 år

1	Mette Dagsland	874	45:40												
02:55=	13:51=	16:12=	16:39=	21:48=	24:18=	25:33=	30:15=	33:59=	35:49=	37:11=	41:19=	43:03=	44:03=	45:06=	45:40=
02:55=	10:56=	02:21=	00:27=	05:09=	02:30=	01:15=	04:42=	03:44=	01:50=	01:22=	04:08=	01:44=	01:00=	01:03=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Halldis Handeland	892	52:16												
06:07+	12:57+	15:38+	16:21+	21:17+	24:47+	26:02+	30:26+	35:54+	39:06+	40:52+	46:05+	48:39+	50:07+	51:37+	52:16+
06:07+	06:50+	02:41+	00:43+	04:56+	03:30+	01:15+	04:24+	05:28+	03:12+	01:46+	05:13+	02:34+	01:28+	01:30+	00:39+
06:07+	06:50+	02:41+	00:43+	04:56+	03:30+	01:15+	04:24+	05:28+	03:12+	01:46+	05:13+	02:34+	01:28+	01:30+	00:39+
3	Berit Gramstad	3551	58:45												
03:44+	11:59+	14:27+	15:11+	20:08+	24:30+	26:21+	31:45+	37:03+	41:33+	44:04+	51:21+	54:35+	56:39+	58:08+	58:45+
03:44+	08:15+	02:28+	00:44+	04:57+	04:22+	01:51+	05:24+	05:18+	04:30+	02:31+	07:17+	03:14+	02:04+	01:29+	00:37+
03:44+	08:15+	02:28+	00:44+	04:57+	04:22+	01:51+	05:24+	05:18+	04:30+	02:31+	07:17+	03:14+	02:04+	01:29+	00:37+
4	Brit Skjelbred	1141	1:02:12												
05:31+	11:49+	15:51+	16:30+	22:38+	26:12+	27:44+	33:14+	38:55+	45:28+	47:45+	54:53+	58:15+	59:53+	61:28+	62:12+
05:31+	06:18+	04:02+	00:39+	06:08+	03:34+	01:32+	05:30+	05:41+	06:33+	02:17+	07:08+	03:22+	01:38+	01:35+	00:44+
05:31+	06:18+	04:02+	00:39+	06:08+	03:34+	01:32+	05:30+	05:41+	06:33+	02:17+	07:08+	03:22+	01:38+	01:35+	00:44+

Beste strekktid for klassen

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

Damer 75 - 79 år

1	Haldis Glendrange	874	45:16												
03:13=	06:19=	09:24=	09:58=	14:52=	18:24=	19:29=	24:33=	28:51=	31:34=	33:52=	39:32=	41:53=	43:12=	44:40=	45:16=
03:13=	03:06=	03:05=	00:34=	04:54=	03:32=	01:05=	05:04=	04:18=	02:43=	02:18=	05:40=	02:21=	01:19=	01:28=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gry Vikhamar Thengs	874	48:40												
02:57-	09:07+	12:07+	12:37+	16:45+	22:12+	23:41+	29:37+	33:30+	38:05+	39:47+	43:43+	45:49+	47:04+	48:12+	48:40+
02:57-	06:10+	03:00-	00:30-	04:08-	05:27+	01:29+	05:56+	03:53-	04:35+	01:42-	03:56-	02:06-	01:15-	01:08-	00:28-
00:16-	03:04&	00:05-	00:04-	00:46-	01:55&	00:24&	00:52#	00:25-	01:52&	00:36-	01:44-	00:15-	00:04-	00:20-	00:08-
3	Helga Klausen	769	50:12												
03:17+	07:21+	10:25+	11:11+	16:27+	19:31+	20:58+	25:35+	30:35+	34:03+	36:11+	44:37+	46:58+	48:21+	49:37+	50:12+
03:17+	04:04+	03:04-	00:46+	05:16+	03:04-	01:27+	04:37-	05:00+	03:28+	02:08-	08:26+	02:21=	01:23+	01:16-	00:35-
00:04+	00:58&	00:01-	00:12&	00:22+	00:28-	00:22&	00:27-	00:42#	00:45&	00:10-	02:46&	00:00=	00:04+	00:12-	00:01-
4	Hedvig Anda	1683	52:00												
03:15+	08:26+	11:28+	12:10+	16:50+	22:03+	23:27+	28:09+	32:42+	35:42+	37:44+	45:46+	48:17+	49:39+	51:13+	52:00+
03:15+	05:11+	03:02-	00:42+	04:40-	05:13+	01:24+	04:42-	04:33+	03:00+	02:02-	08:02+	02:31+	01:22+	01:34+	00:47+
00:02+	02:05&	00:03-	00:08#	00:14-	01:41&	00:19&	00:22-	00:15+	00:17#	00:16-	02:22&	00:10+	00:03+	00:06+	00:11&
5	Aslaug Lura	1141	1:00:11												
03:16+	09:44+	13:40+	14:21+	20:46+	24:08+	25:35+	31:07+	36:59+	43:30+	45:38+	53:03+	56:15+	57:52+	59:27+	60:11+
03:16+	06:28+	03:56+	00:41+	06:25+	03:22-	01:27+	05:32+	05:52+	06:31+	02:08-	07:25+	03:12+	01:37+	01:35+	00:44+
00:03+	03:22@	00:51&	00:07#	01:31&	00:10-	00:22&	00:28+	01:34&	03:48@	00:10-	01:45&	00:51&	00:18#	00:07+	00:08#
6	Brynhild Haaland	1758	1:01:11												
04:10+	10:57+	14:46+	15:30+	21:37+	25:18+	26:41+	32:21+	37:56+	44:38+	46:45+	53:54+	57:15+	58:54+	60:28+	61:11+
04:10+	06:47+	03:49+	00:44+	06:07+	03:41+	01:23+	05:40+	05:35+	06:42+	02:07-	07:09+	03:21+	01:39+	01:34+	00:43+
00:57&	03:41@	00:44#	00:10&	01:13#	00:09+	00:18&	00:36#	01:17&	03:59@	00:11-	01:29&	01:00&	00:20&	00:06+	00:07#

Beste strekktid for klassen

02:57 03:06 03:00 00:30 04:08 03:04 01:05 04:37 03:53 02:43 01:42 03:56 02:06 01:15 01:08 00:28

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

Damer 80 år og eldre

Damer 80 år og eldre

1	Helga Aaslid	3529	39:42													
04:16=	05:47=	08:15=	09:59=	14:59=	16:23=	19:00=	21:28=	23:08=	27:11=	29:12=	30:03=	34:01=	37:11=	38:02=	39:01=	39:42=
04:16=	01:31=	02:28=	01:44=	05:00=	01:24=	02:37=	02:28=	01:40=	04:03=	02:01=	00:51=	03:58=	03:10=	00:51=	00:59=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	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	54:34													
08:36+	10:36+	14:43+	16:48+	23:04+	24:47+	28:12+	30:43+	32:31+	38:45+	41:25+	42:45+	47:39+	51:01+	52:02+	53:27+	54:34+
08:36+	02:00+	04:07+	02:05+	06:16+	01:43+	03:25+	02:31+	01:48+	06:14+	02:40+	01:20+	04:54+	03:22+	01:01+	01:25+	01:07+
08:36+	02:00+	04:07+	02:05+	06:16+	01:43+	03:25+	02:31+	01:48+	06:14+	02:40+	01:20+	04:54+	03:22+	01:01+	01:25+	01:07+

Beste strekktid for klassen

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

Damer A

1	Aud Hognestad Taksdal	892	30:44																		
01:45=	03:11=	04:13=	04:55=	06:58=	07:31=	09:05=	11:14=	12:35=	13:23=	14:56=	19:55=	21:40=	22:37=	23:25=	25:10=	26:02=	28:09=	29:10=	29:50=	30:27=	30:44=
01:45=	01:26=	01:02=	00:42=	02:03=	00:33=	01:34=	02:09=	01:21=	00:48=	01:33=	04:59=	01:45=	00:57=	00:48=	01:45=	00:52=	02:07=	01:01=	00:40=	00:37=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ane Helgerud	3516	35:54																		
02:00+	03:17+	04:16+	04:57+	07:04+	07:40+	09:22+	11:54+	13:38+	14:34+	16:16+	21:40+	24:02+	25:23+	26:31+	29:00+	30:04+	32:59+	34:12+	34:54+	35:35+	35:54+
02:00+	01:17-	00:59-	00:41-	02:07+	00:36+	01:42+	02:32+	01:44+	00:56+	01:42+	05:24+	02:22+	01:21+	01:08+	02:29+	01:04+	02:55+	01:13+	00:42+	00:41+	00:19+
00:15#	00:09-	00:03-	00:01-	00:04+	00:03+	00:08+	00:23#	00:23&	00:08#	00:09+	00:25+	00:37&	00:24&	00:20&	00:44&	00:12#	00:48&	00:12#	00:02+	00:04#	00:02#
3	Trine Bolstad Scheie	769	37:09																		
01:53+	03:21+	04:31+	05:16+	07:23+	08:02+	09:49+	13:11+	14:38+	15:40+	17:19+	23:20+	25:34+	26:33+	27:33+	30:04+	31:10+	33:45+	35:19+	36:03+	36:47+	37:09+
01:53+	01:28+	01:10+	00:45+	02:07+	00:39+	01:47+	03:22+	01:27+	01:02+	01:39+	06:01+	02:14+	00:59+	01:00+	02:31+	01:06+	02:35+	01:34+	00:44+	00:44+	00:22+
00:08+	00:02+	00:08#	00:03+	00:04+	00:06#	00:13#	01:13&	00:06+	00:14&	00:06+	01:02#	00:29&	00:02+	00:12#	00:46&	00:14&	00:28#	00:33&	00:04#	00:07#	00:05&
4	Clare Leveridge	877	38:20																		
01:51+	03:37+	04:42+	05:26+	07:54+	08:38+	10:37+	12:56+	14:29+	15:33+	17:23+	23:21+	25:52+	27:09+	28:29+	31:07+	32:21+	35:12+	36:28+	37:15+	38:01+	38:20+
01:51+	01:46+	01:05+	00:44+	02:28+	00:44+	01:59+	02:19+	01:33+	01:04+	01:50+	05:58+	02:31+	01:17+	01:20+	02:38+	01:14+	02:51+	01:16+	00:47+	00:46+	00:19+
00:06+	00:20#	00:03+	00:02+	00:25#	00:11&	00:25&	00:10+	00:12#	00:16&	00:17#	00:59#	00:46&	00:20&	00:32&	00:53&	00:22&	00:44&	00:15#	00:07#	00:09#	00:02#
5	Katrine Haaland Leveraas	896	38:29																		
01:56+	03:13+	04:21+	05:04+	07:07+	07:43+	10:34+	13:09+	14:43+	15:41+	17:27+	22:58+	25:26+	26:37+	28:14+	30:40+	31:48+	34:49+	36:05+	37:29+	38:10+	38:29+
01:56+	01:17-	01:08+	00:43+	02:03=	00:36+	02:51+	02:35+	01:34+	00:58+	01:46+	05:31+	02:28+	01:11+	01:37+	02:26+	01:08+	03:01+	01:16+	01:24+	00:41+	00:19+
00:11#	00:09-	00:06+	00:01+	00:00=	00:03+	01:17&	00:26#	00:13#	00:10#	00:13#	00:32#	00:43&	00:14#	00:49#	00:41&	00:16&	00:54&	00:15#	00:44#	00:04#	00:02#
6	Matilde Skjæveland Skår	3486	40:16																		
02:13+	04:02+	05:16+	06:07+	08:29+	09:20+	11:56+	14:24+	16:20+	17:24+	19:07+	25:00+	27:13+	28:25+	29:50+	32:42+	33:53+	36:57+	38:16+	39:06+	39:54+	40:16+
02:13+	01:49+	01:14+	00:51+	02:22+	00:51+	02:36+	02:28+	01:56+	01:04+	01:43+	05:53+	02:13+	01:12+	01:25+	02:52+	01:11+	03:04+	01:19+	00:50+	00:48+	00:22+
00:28&	00:23&	00:12#	00:09#	00:19#	00:18&	01:02&	00:19#	00:35&	00:16&	00:10#	00:54#	00:28&	00:15&	00:37&	01:07&	00:19&	00:57&	00:18&	00:10#	00:11&	00:05&
7	Torill Brekken	896	42:37																		
02:10+	03:51+	05:11+	05:55+	08:04+	08:52+	14:13+	16:36+	18:33+	19:36+	21:20+	27:32+	29:58+	31:06+	32:04+	34:43+	35:53+	38:47+	40:26+	41:11+	42:04+	42:37+
02:10+	01:41+	01:20+	00:44+	02:09+	00:48+	05:21+	02:23+	01:57+	01:03+	01:44+	06:12+	02:26+	01:08+	00:58+	02:39+	01:10+	02:54+	01:39+	00:45+	00:53+	00:33+
00:25#	00:15#	00:18&	00:02+	00:06+	00:15&	03:47#	00:14#	00:36&	00:15&	00:11#	01:13#	00:41&	00:11#	00:10#	00:54&	00:18&	00:47&	00:38&	00:05#	00:16&	00:16&
8	Nina Karlsen	3531	43:44																		
01:54+	03:29+	04:49+	05:41+	08:12+	08:56+	11:19+	14:25+	16:39+	17:46+	19:42+	26:30+	29:26+	31:07+	32:24+	35:05+	36:15+	39:36+	41:38+	42:24+	43:17+	43:44+
01:54+	01:35+	01:20+	00:52+	02:31+	00:44+	02:23+	03:06+	02:14+	01:07+	01:56+	06:48+	02:56+	01:41+	01:17+	02:41+	01:10+	03:21+	02:02+	00:46+	00:53+	00:27+
00:09+	00:09#	00:18&	00:10#	00:28#	00:11&	00:49&	00:57&	00:53&	00:19&	00:23#	01:49&	01:11&	00:44&	00:29&	00:56&	00:18&	01:14&	01:01&	00:06#	00:16&	00:10&

Beste strekktid for klassen

01:45 01:17 00:59 00:41 02:03 00:33 01:34 02:09 01:21 00:48 01:33 04:59 01:45 00:57 00:48 01:45 00:52 02:07 01:01 00:40 00:37 00:17

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

Damer B

Damer B

1	Tone Torgersen	882	34:25																
01:50=	03:56=	05:58=	06:19=	09:08=	10:49=	11:27=	12:02=	13:51=	20:11=	21:32=	22:35=	23:42=	25:15=	27:17=	27:55=	31:33=	32:45=	34:02=	34:25=
01:50=	02:06=	02:02=	00:21=	02:49=	01:41=	00:38=	00:35=	01:49=	06:20=	01:21=	01:03=	01:07=	01:33=	02:02=	00:38=	03:38=	01:12=	01:17=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Vibeke Lamark	878	35:14																
01:42+	04:06+	05:47+	06:15+	09:10+	10:55+	11:38+	12:18+	14:08+	20:06+	21:34+	22:44+	24:01+	25:06+	27:43+	28:25+	32:02+	33:25+	34:51+	35:14+
01:42+	02:24+	01:41+	00:28+	02:55+	01:45+	00:43+	00:40+	01:50+	05:58+	01:28+	01:10+	01:17+	01:05+	02:37+	00:42+	03:37+	01:23+	01:26+	00:23+
01:42+	02:24+	01:41+	00:28+	02:55+	01:45+	00:43+	00:40+	01:50+	05:58+	01:28+	01:10+	01:17+	01:05+	02:37+	00:42+	03:37+	01:23+	01:26+	00:23+
3	Helen Lomeland	722	35:19																
01:52+	04:07+	05:46+	06:03+	08:57+	10:38+	11:21+	11:54+	13:48+	19:53+	21:24+	22:31+	24:28+	25:24+	27:31+	28:10+	32:12+	33:24+	34:58+	35:19+
01:52+	02:15+	01:39+	00:17+	02:54+	01:41+	00:43+	00:33+	01:54+	06:05+	01:31+	01:07+	01:57+	00:56+	02:07+	00:39+	04:02+	01:12+	01:34+	00:21+
01:52+	02:15+	01:39+	00:17+	02:54+	01:41+	00:43+	00:33+	01:54+	06:05+	01:31+	01:07+	01:57+	00:56+	02:07+	00:39+	04:02+	01:12+	01:34+	00:21+
4	Lise Isachsen	1384	35:29																
01:33+	03:43+	05:14+	05:36+	08:25+	10:10+	11:13+	12:01+	13:40+	20:21+	22:03+	23:06+	24:15+	25:33+	28:16+	28:51+	32:13+	33:39+	35:07+	35:29+
01:33+	02:10+	01:31+	00:22+	02:49+	01:45+	01:03+	00:48+	01:39+	06:41+	01:42+	01:03+	01:09+	01:18+	02:43+	00:35+	03:22+	01:26+	01:28+	00:22+
01:33+	02:10+	01:31+	00:22+	02:49+	01:45+	01:03+	00:48+	01:39+	06:41+	01:42+	01:03+	01:09+	01:18+	02:43+	00:35+	03:22+	01:26+	01:28+	00:22+
5	Silje Thorsen Borthen	877	36:00																
01:42+	04:56+	06:26+	06:47+	09:36+	11:05+	11:49+	12:27+	14:05+	20:38+	21:59+	22:56+	24:03+	25:05+	27:23+	27:56+	33:03+	34:20+	35:42+	36:00+
01:42+	03:14+	01:30+	00:21+	02:49+	01:29+	00:44+	00:38+	01:38+	06:33+	01:21+	00:57+	01:07+	01:02+	02:18+	00:33+	05:07+	01:17+	01:22+	00:18+
01:42+	03:14+	01:30+	00:21+	02:49+	01:29+	00:44+	00:38+	01:38+	06:33+	01:21+	00:57+	01:07+	01:02+	02:18+	00:33+	05:07+	01:17+	01:22+	00:18+
6	Jorunn Johannesen	1683	36:52																
01:53+	04:15+	05:58+	06:20+	09:17+	11:01+	11:56+	12:35+	14:27+	20:41+	22:09+	23:18+	24:42+	26:04+	28:37+	29:23+	33:23+	34:56+	36:26+	36:52+
01:53+	02:22+	01:43+	00:22+	02:57+	01:44+	00:55+	00:39+	01:52+	06:14+	01:28+	01:09+	01:24+	01:22+	02:33+	00:46+	04:00+	01:33+	01:30+	00:26+
01:53+	02:22+	01:43+	00:22+	02:57+	01:44+	00:55+	00:39+	01:52+	06:14+	01:28+	01:09+	01:24+	01:22+	02:33+	00:46+	04:00+	01:33+	01:30+	00:26+
7	Anne Garsrud	3518	37:06																
01:58+	04:24+	06:17+	06:38+	09:27+	11:07+	11:47+	12:28+	14:22+	20:30+	22:08+	23:28+	24:54+	26:02+	28:56+	29:36+	34:05+	35:18+	36:44+	37:06+
01:58+	02:26+	01:53+	00:21+	02:49+	01:40+	00:40+	00:41+	01:54+	06:08+	01:38+	01:20+	01:26+	01:08+	02:54+	00:40+	04:29+	01:13+	01:26+	00:22+
01:58+	02:26+	01:53+	00:21+	02:49+	01:40+	00:40+	00:41+	01:54+	06:08+	01:38+	01:20+	01:26+	01:08+	02:54+	00:40+	04:29+	01:13+	01:26+	00:22+
8	Ann-Cathrin Nybak Urdal	3595	37:28																
01:53+	04:13+	05:52+	06:11+	09:20+	11:07+	11:49+	12:28+	14:31+	21:18+	22:50+	24:18+	25:38+	26:58+	29:30+	30:11+	34:17+	35:41+	37:04+	37:28+
01:53+	02:20+	01:39+	00:19+	03:09+	01:47+	00:42+	00:39+	02:03+	06:47+	01:32+	01:28+	01:20+	01:20+	02:32+	00:41+	04:06+	01:24+	01:23+	00:24+
01:53+	02:20+	01:39+	00:19+	03:09+	01:47+	00:42+	00:39+	02:03+	06:47+	01:32+	01:28+	01:20+	01:20+	02:32+	00:41+	04:06+	01:24+	01:23+	00:24+
9	Ellen Tindeland	882	38:23																
02:01+	04:39+	06:27+	06:58+	10:01+	11:48+	12:33+	13:13+	15:14+	21:45+	23:25+	24:41+	26:00+	27:14+	30:12+	30:59+	35:07+	36:28+	38:00+	38:23+
02:01+	02:38+	01:48+	00:31+	03:03+	01:47+	00:45+	00:40+	02:01+	06:31+	01:40+	01:16+	01:19+	01:14+	02:58+	00:47+	04:08+	01:21+	01:32+	00:23+
02:01+	02:38+	01:48+	00:31+	03:03+	01:47+	00:45+	00:40+	02:01+	06:31+	01:40+	01:16+	01:19+	01:14+	02:58+	00:47+	04:08+	01:21+	01:32+	00:23+
10	Grethe Anda Fuglestad	1683	38:28																
02:00+	04:25+	06:26+	06:54+	10:11+	11:55+	12:39+	13:27+	15:23+	22:08+	23:44+	24:53+	26:13+	27:25+	30:03+	30:48+	35:00+	36:28+	38:02+	38:28+
02:00+	02:25+	02:01+	00:28+	03:17+	01:44+	00:44+	00:48+	01:56+	06:45+	01:36+	01:09+	01:20+	01:12+	02:38+	00:45+	04:12+	01:28+	01:34+	00:26+
02:00+	02:25+	02:01+	00:28+	03:17+	01:44+	00:44+	00:48+	01:56+	06:45+	01:36+	01:09+	01:20+	01:12+	02:38+	00:45+	04:12+	01:28+	01:34+	00:26+
11	Toyah Bråtveit	1832	38:55																
02:10+	05:08+	06:58+	07:23+	10:06+	11:54+	12:39+	13:22+	15:06+	21:49+	23:30+	24:36+	26:15+	27:16+	30:44+	31:38+	35:25+	36:46+	38:34+	38:55+
02:10+	02:58+	01:50+	00:25+	02:43+	01:48+	00:45+	00:43+	01:44+	06:43+	01:41+	01:06+	01:39+	01:01+	03:28+	00:54+	03:47+	01:21+	01:48+	00:21+
02:10+	02:58+	01:50+	00:25+	02:43+	01:48+	00:45+	00:43+	01:44+	06:43+	01:41+	01:06+	01:39+	01:01+	03:28+	00:54+	03:47+	01:21+	01:48+	00:21+
12	Agnes Haker	1284	41:07																
01:32+	04:13+	06:11+	06:30+	09:31+	11:27+	12:08+	12:48+	14:56+	21:27+	22:51+	23:57+	26:16+	27:33+	30:38+	31:25+	37:44+	39:11+	40:49+	41:07+
01:32+	02:41+	01:58+	00:19+	03:01+	01:56+	00:41+	00:40+	02:08+	06:31+	01:24+	01:06+	02:19+	01:17+	03:05+	00:47+	06:19+	01:27+	01:38+	00:18+
01:32+	02:41+	01:58+	00:19+	03:01+	01:56+	00:41+	00:40+	02:08+	06:31+	01:24+	01:06+	02:19+	01:17+	03:05+	00:47+	06:19+	01:27+	01:38+	00:18+
13	Kristin Breivold	892	41:25																
02:13+	04:53+	06:58+	07:25+	10:45+	12:48+	13:55+	14:48+	16:43+	23:55+	25:32+	26:47+	28:04+	29:52+	32:50+	33:34+	37:42+	39:10+	40:59+	41:25+
02:13+	02:40+	02:05+	00:27+	03:20+	02:03+	01:07+	00:53+	01:55+	07:12+	01:37+	01:15+	01:17+	01:48+	02:58+	00:44+	04:08+	01:28+	01:49+	00:26+
02:13+	02:40+	02:05+	00:27+	03:20+	02:03+	01:07+	00:53+	01:55+	07:12+	01:37+	01:15+	01:17+	01:48+	02:58+	00:44+	04:08+	01:28+	01:49+	00:26+
14	Marit Haavardsholm	1683	41:28																
02:19+	04:39+	06:27+	06:50+	10:19+	12:15+	13:10+	13:53+	16:00+	23:38+	25:32+	27:15+	28:44+	30:08+	33:03+	33:49+	38:08+	39:39+	41:03+	41:28+
02:19+	02:20+	01:48+	00:23+	03:29+	01:56+	00:55+	00:43+	02:07+	07:38+	01:54+	01:43+	01:29+	01:24+	02:55+	00:46+	04:19+	01:31+	01:24+	00:25+
02:19+	02:20+	01:48+	00:23+	03:29+	01:56+	00:55+	00:43+	02:07+	07:38+	01:54+	01:43+	01:29+	01:24+	02:55+	00:46+	04:19+	01:31+	01:24+	00:25+

Damer B

15	Ida Kolstø	3502	43:19																
01:53+	04:07+	06:41+	07:09+	10:35+	13:27+	15:03+	15:37+	17:32+	23:59+	25:39+	26:46+	28:12+	29:51+	33:09+	33:54+	39:49+	41:23+	43:00+	43:19+
01:53+	02:14+	02:34+	00:28+	03:26+	02:52+	01:36+	00:34+	01:55+	06:27+	01:40+	01:07+	01:26+	01:39+	03:18+	00:45+	05:55+	01:34+	01:37+	00:19+
01:53+	02:14+	02:34+	00:28+	03:26+	02:52+	01:36+	00:34+	01:55+	06:27+	01:40+	01:07+	01:26+	01:39+	03:18+	00:45+	05:55+	01:34+	01:37+	00:19+
16	Mariann Sveinsvoll	3504	43:28																
02:02+	04:52+	06:49+	07:14+	10:34+	12:25+	13:14+	14:05+	16:32+	23:36+	25:52+	27:34+	29:06+	30:31+	33:22+	34:13+	39:53+	41:23+	42:58+	43:28+
02:02+	02:50+	01:57+	00:25+	03:20+	01:51+	00:49+	00:51+	02:27+	07:04+	02:16+	01:42+	01:32+	01:25+	02:51+	00:51+	05:40+	01:30+	01:35+	00:30+
02:02+	02:50+	01:57+	00:25+	03:20+	01:51+	00:49+	00:51+	02:27+	07:04+	02:16+	01:42+	01:32+	01:25+	02:51+	00:51+	05:40+	01:30+	01:35+	00:30+
17	Hege Anita H. Nielsen	3545	43:42																
01:47+	04:20+	06:09+	06:25+	10:02+	12:13+	12:56+	13:36+	15:32+	23:04+	25:18+	26:35+	28:13+	30:06+	33:28+	34:12+	39:58+	41:30+	43:22+	43:42+
01:47+	02:33+	01:49+	00:16+	03:37+	02:11+	00:43+	00:40+	01:56+	07:32+	02:14+	01:17+	01:38+	01:53+	03:22+	00:44+	05:46+	01:32+	01:52+	00:20+
01:47+	02:33+	01:49+	00:16+	03:37+	02:11+	00:43+	00:40+	01:56+	07:32+	02:14+	01:17+	01:38+	01:53+	03:22+	00:44+	05:46+	01:32+	01:52+	00:20+
18	Ann Karin Tjørhom	1884	44:20																
02:05+	05:14+	07:31+	08:04+	11:53+	14:14+	15:29+	17:16+	19:31+	26:29+	28:06+	29:27+	31:04+	32:16+	35:17+	36:04+	40:40+	42:16+	43:51+	44:20+
02:05+	03:09+	02:17+	00:33+	03:49+	02:21+	01:15+	01:47+	02:15+	06:58+	01:37+	01:21+	01:37+	01:12+	03:01+	00:47+	04:36+	01:36+	01:35+	00:29+
02:05+	03:09+	02:17+	00:33+	03:49+	02:21+	01:15+	01:47+	02:15+	06:58+	01:37+	01:21+	01:37+	01:12+	03:01+	00:47+	04:36+	01:36+	01:35+	00:29+
19	Ragnhild Auglænd	769	46:31																
02:21+	06:24+	08:42+	09:04+	12:29+	14:34+	15:21+	16:00+	18:22+	27:16+	29:20+	30:37+	32:15+	33:58+	37:12+	37:58+	42:49+	44:25+	46:07+	46:31+
02:21+	04:03+	02:18+	00:22+	03:25+	02:05+	00:47+	00:39+	02:22+	08:54+	02:04+	01:17+	01:38+	01:43+	03:14+	00:46+	04:51+	01:36+	01:42+	00:24+
02:21+	04:03+	02:18+	00:22+	03:25+	02:05+	00:47+	00:39+	02:22+	08:54+	02:04+	01:17+	01:38+	01:43+	03:14+	00:46+	04:51+	01:36+	01:42+	00:24+
20	Berit Aksland	1683	48:28																
01:55+	04:43+	06:52+	07:12+	10:10+	12:11+	13:21+	14:21+	16:24+	23:20+	25:00+	26:08+	27:47+	29:18+	32:35+	33:14+	45:14+	46:35+	48:09+	48:28+
01:55+	02:48+	02:09+	00:20+	02:58+	02:01+	01:10+	01:00+	02:03+	06:56+	01:40+	01:08+	01:39+	01:31+	03:17+	00:39+	12:00+	01:21+	01:34+	00:19+
01:55+	02:48+	02:09+	00:20+	02:58+	02:01+	01:10+	01:00+	02:03+	06:56+	01:40+	01:08+	01:39+	01:31+	03:17+	00:39+	12:00+	01:21+	01:34+	00:19+

Beste strekktid for klassen

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

Damer Ny

1	Bente Klausen	769	17:32							
02:51=	05:08=	06:20=	08:47=	09:56=	11:32=	13:54=	15:04=	16:18=	16:56=	17:32=
02:51=	02:17=	01:12=	02:27=	01:09=	01:36=	02:22=	01:10=	01:14=	00:38=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jannecke A. Moe	1758	27:03							
02:22-	05:26+	07:00+	10:27+	11:58+	15:25+	18:01+	23:47+	24:57+	26:11+	27:03+
02:22-	03:04+	01:34+	03:27+	01:31+	03:27+	02:36+	05:46+	01:10-	01:14+	00:52+
00:29-	00:47&	00:22&	01:00&	00:22&	01:51&	00:14+	04:36&	00:04-	00:36&	00:16&
3	Anne Louise Gilling	1284	30:25							
05:04+	11:44+	13:50+	16:15+	18:00+	20:32+	23:12+	24:44+	29:33+	29:55+	30:25+
05:04+	06:40+	02:06+	02:25-	01:45+	02:32+	02:40+	01:32+	04:49+	00:22-	00:30-
02:13&	04:23&	00:54&	00:02-	00:36&	00:56&	00:18#	00:22&	03:35&	00:16-	00:06-
4	Lise Nessa Di Lorenzo	NOTEAM	31:06							
05:09+	08:29+	10:46+	14:24+	15:38+	18:42+	23:51+	25:50+	28:54+	30:02+	31:06+
05:09+	03:20+	02:17+	03:38+	01:14+	03:04+	05:09+	01:59+	03:04+	01:08+	01:04+
02:18&	01:03&	01:05&	01:11&	00:05+	01:28&	02:47&	00:49&	01:50&	00:30&	00:28&
5	Ase Karin Taugbøl	3511	1:24:04							
05:59+	15:41+	18:52+	23:17+	25:56+	39:11+	55:38+	67:48+	77:43+	82:59+	84:04+
05:59+	09:42+	03:11+	04:25+	02:39+	13:15+	16:27+	12:10+	09:55+	05:16+	01:05+
03:08&	07:25&	01:59&	01:58&	01:30&	11:39&	14:05&	11:00&	08:41&	04:38&	00:29&

Beste strekktid for klassen

02:22 02:17 01:12 02:25 01:09 01:36 02:22 01:10 01:10 00:22 00:30

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

Damer Trim

1	Wibeke Lende	3503	26:11
02:00=	03:44= 05:13= 06:31= 10:04= 11:03=	12:36= 15:07= 16:01= 18:09= 19:13= 19:39= 22:46=	23:41= 24:43= 25:09= 25:44= 26:11=
02:00=	01:44= 01:29= 01:18= 03:33= 00:59=	01:33= 02:31= 00:54= 02:08= 01:04= 00:26= 03:07=	00:55= 01:02= 00:26= 00:35= 00:27=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
2	Marit L. Undheim	3529	26:43
01:56-	03:35- 05:11- 06:10- 09:55- 10:55-	12:33- 14:25- 15:23- 17:59- 19:18+ 19:57+ 22:48+	23:43+ 24:43= 25:10+ 26:12+ 26:43+
01:56-	01:39- 01:36+ 00:59- 03:45+ 01:00+	01:38+ 01:52- 00:58+ 02:36+ 01:19+ 00:39+ 02:51-	00:55= 01:00- 00:27+ 01:02+ 00:31+
00:04-	00:05- 00:07+ 00:19- 00:12+ 00:01+	00:05+ 00:39- 00:04+ 00:28# 00:15# 00:13# 00:16-	00:00= 00:02- 00:01+ 00:27# 00:04#
3	Benedicte Kvalevåg	769	27:29
01:59-	03:38- 05:23+ 06:28- 10:15+ 11:24+	13:16+ 14:39- 15:42- 18:39+ 19:56+ 20:32+ 23:38+	24:34+ 25:38+ 26:09+ 26:58+ 27:29+
01:59-	01:39- 01:45+ 01:05- 03:47+ 01:09+	01:52+ 01:23- 01:03+ 02:57+ 01:17+ 00:36+ 03:06-	00:56+ 01:04+ 00:31+ 00:49+ 00:31+
00:01-	00:05- 00:16# 00:13- 00:14+ 00:10#	00:19# 01:08- 00:09# 00:49# 00:13# 00:10# 00:01-	00:01+ 00:02+ 00:05# 00:14# 00:04#
4	Ingunn Monsen	3525	29:10
02:20+	04:07+ 05:53+ 07:09+ 11:25+ 12:28+	14:35+ 15:46+ 17:23+ 19:57+ 21:12+ 21:44+ 25:13+	26:10+ 27:19+ 27:54+ 28:38+ 29:10+
02:20+	01:47+ 01:46+ 01:16- 04:16+ 01:03+	02:07+ 01:11- 01:37+ 02:34+ 01:15+ 00:32+ 03:29+	00:57+ 01:09+ 00:35+ 00:44+ 00:32+
00:20#	00:03+ 00:17# 00:02- 00:43# 00:04+	00:34# 01:20- 00:43# 00:26# 00:11# 00:06# 00:22#	00:02+ 00:07# 00:09# 00:09# 00:05#
5	Silje Lea Sletten	892	29:34
01:32-	03:04- 04:27- 05:30- 08:48- 09:49-	11:14- 12:29- 14:04- 16:23- 17:44- 18:36- 26:11+	27:06+ 28:02+ 28:31+ 29:13+ 29:34+
01:32-	01:32- 01:23- 01:03- 03:18- 01:01+	01:25- 01:15- 01:35+ 02:19+ 01:21+ 00:52+ 07:35+	00:55= 00:56- 00:29+ 00:42+ 00:21-
00:28-	00:12- 00:06- 00:15- 00:15- 00:02+	00:08- 01:16- 00:41# 00:11+ 00:17# 00:26# 04:28#	00:00= 00:06- 00:03# 00:07# 00:06-
6	Grete Stokke Seljeskog	879	29:40
01:56-	03:25- 05:17+ 06:15- 09:50- 10:47-	12:41+ 13:59- 15:06- 18:07- 21:02+ 21:42+ 25:50+	26:47+ 28:00+ 28:30+ 29:11+ 29:40+
01:56-	01:29- 01:52+ 00:58- 03:35+ 00:57-	01:54+ 01:18- 01:07+ 03:01+ 02:55+ 00:40+ 04:08+	00:57+ 01:13+ 00:30+ 00:41+ 00:29+
00:04-	00:15- 00:23# 00:20- 00:02+ 00:02-	00:21# 01:13- 00:13# 00:53# 01:51# 00:14# 01:01#	00:02+ 00:11# 00:04# 00:06# 00:02+
7	Johanne Trandum Næss	3512	30:54
01:53-	03:31- 05:02- 06:44+ 12:14+ 13:19+	15:02+ 17:13+ 19:54+ 22:04+ 23:31+ 24:15+ 26:51+	27:59+ 29:23+ 29:52+ 30:33+ 30:54+
01:53-	01:38- 01:31+ 01:42+ 05:30+ 01:05+	01:43+ 02:11- 02:41+ 02:10+ 01:27+ 00:44+ 02:36-	01:08+ 01:24+ 00:29+ 00:41+ 00:21-
00:07-	00:06- 00:02+ 00:24# 01:57# 00:06#	00:10# 00:20- 01:47# 00:02+ 00:23# 00:18# 00:31-	00:13# 00:22# 00:03# 00:06# 00:06-
8	Ann Iren Undheim Seitzberg	3548	31:59
02:01+	03:46+ 05:40+ 07:01+ 10:39+ 11:37+	13:35+ 15:46+ 17:44+ 21:33+ 22:55+ 23:52+ 27:18+	28:05+ 30:15+ 30:53+ 31:32+ 31:59+
02:01+	01:45+ 01:54+ 01:21+ 03:38+ 00:58-	01:58+ 02:11- 01:58+ 03:49+ 01:22+ 00:57+ 03:26+	00:47- 02:10+ 00:38+ 00:39+ 00:27=
00:01+	00:01+ 00:25# 00:03+ 00:05+ 00:01-	00:25# 00:20- 01:04# 01:41# 00:18# 00:31# 00:19#	00:08- 01:08# 00:12# 00:04# 00:00=
9	Karine Ditlevsen	896	32:55
02:27+	04:24+ 06:26+ 07:41+ 11:50+ 13:05+	15:22+ 17:48+ 19:18+ 22:44+ 24:12+ 25:21+ 28:35+	29:39+ 30:52+ 31:32+ 32:27+ 32:55+
02:27+	01:57+ 02:02+ 01:15- 04:09+ 01:15+	02:17+ 02:26- 01:30+ 03:26+ 01:28+ 01:09+ 03:14+	01:04+ 01:13+ 00:40+ 00:55+ 00:28+
00:27#	00:13# 00:33# 00:03- 00:36# 00:16#	00:44# 00:05- 00:36# 01:18# 00:24# 00:43# 00:07+	00:09# 00:11# 00:14# 00:20# 00:01+
10	Therese Østbø	896	32:58
02:30+	04:22+ 06:25+ 07:43+ 11:52+ 13:05+	15:28+ 17:46+ 19:21+ 22:47+ 24:14+ 25:22+ 28:38+	29:41+ 30:55+ 31:31+ 32:30+ 32:58+
02:30+	01:52+ 02:03+ 01:18= 04:09+ 01:13+	02:23+ 02:18- 01:35+ 03:26+ 01:27+ 01:08+ 03:16+	01:03+ 01:14+ 00:36+ 00:59+ 00:28+
00:30#	00:08+ 00:34# 00:00= 00:36# 00:14#	00:50# 00:13- 00:41# 01:18# 00:23# 00:42# 00:09+	00:08# 00:12# 00:10# 00:24# 00:01+
11	Sara Dudzinska	1376	33:23
03:28+	05:24+ 07:13+ 08:31+ 12:51+ 13:56+	15:50+ 17:40+ 19:04+ 22:22+ 23:48+ 25:02+ 29:45+	30:32+ 31:23+ 31:56+ 32:53+ 33:23+
03:28+	01:56+ 01:49+ 01:18= 04:20+ 01:05+	01:54+ 01:50- 01:24+ 03:18+ 01:26+ 01:14+ 04:43+	00:47- 00:51- 00:33+ 00:57+ 00:30+
01:28#	00:12# 00:20# 00:00= 00:47# 00:06#	00:21# 00:41- 00:30# 01:10# 00:22# 00:48# 01:36#	00:08- 00:11- 00:07# 00:22# 00:03#
12	Elisa Møller	769	34:52
02:08+	04:01+ 05:56+ 07:14+ 11:53+ 13:01+	15:30+ 17:03+ 19:16+ 22:29+ 25:22+ 25:59+ 30:24+	31:40+ 32:49+ 33:29+ 34:18+ 34:52+
02:08+	01:53+ 01:55+ 01:18= 04:39+ 01:08+	02:29+ 01:33- 02:13+ 03:13+ 02:53+ 00:37+ 04:25+	01:16+ 01:09+ 00:40+ 00:49+ 00:34+
00:08+	00:09+ 00:26# 00:00= 01:06# 00:09#	00:56# 00:58- 01:19# 01:05# 01:49# 00:11# 01:18#	00:21# 00:07# 00:14# 00:14# 00:07#
13	Ritva Halsne	722	35:08
02:50+	04:34+ 06:44+ 08:06+ 12:52+ 14:02+	16:15+ 18:03+ 19:41+ 23:54+ 25:45+ 27:08+ 30:45+	31:48+ 32:54+ 33:23+ 34:35+ 35:08+
02:50+	01:44= 02:10+ 01:22+ 04:46+ 01:10+	02:13+ 01:48- 01:38+ 04:13+ 01:51+ 01:23+ 03:37+	01:03+ 01:06+ 00:29+ 01:12+ 00:33+
00:50#	00:00= 00:41# 00:04+ 01:13# 00:11#	00:40# 00:43- 00:44# 02:05# 00:47# 00:57# 00:30#	00:08# 00:04+ 00:03# 00:37# 00:06#
14	Heidi Camilla Raugstad Hovet	769	37:18
02:37+	04:30+ 06:08+ 07:00+ 10:32+ 12:01+	13:53+ 19:38+ 21:14+ 24:15+ 27:04+ 27:51+ 32:22+	34:02+ 35:05+ 35:46+ 36:53+ 37:18+
02:37+	01:53+ 01:38+ 00:52- 03:32- 01:29+	01:52+ 05:45+ 01:36+ 03:01+ 02:49+ 00:47+ 04:31+	01:40+ 01:03+ 00:41+ 01:07+ 00:25-
00:37#	00:09+ 00:09# 00:26- 00:01- 00:30#	00:19# 03:14# 00:42# 00:53# 01:45# 00:21# 01:24#	00:45# 00:01+ 00:15# 00:32# 00:02-

Damer Trim

15	Siv Bogfjelldal	3507	37:40														
02:15+	04:05+	05:58+	08:30+	13:00+	14:23+	16:46+	21:53+	22:36+	25:51+	27:34+	28:34+	32:53+	34:10+	35:29+	36:07+	37:05+	37:40+
02:15+	01:50+	01:53+	02:32+	04:30+	01:23+	02:23+	05:07+	00:43-	03:15+	01:43+	01:00+	04:19+	01:17+	01:19+	00:38+	00:58+	00:35+
00:15#	00:06+	00:24#	01:14#	00:57#	00:24#	00:50#	02:36#	00:11-	01:07#	00:39#	00:34#	01:12#	00:22#	00:17#	00:12#	00:23#	00:08#
16	Marianne Berge	3512	37:41														
03:43+	05:35+	07:19+	08:31+	18:39+	19:36+	22:34+	24:07+	25:15+	28:10+	29:53+	30:35+	33:50+	34:50+	35:54+	36:23+	37:10+	37:41+
03:43+	01:52+	01:44+	01:12+	10:08+	00:57+	02:58+	01:33+	01:08+	02:55+	01:43+	00:42+	03:15+	01:00+	01:04+	00:29+	00:47+	00:31+
03:43+	01:52+	01:44+	01:12+	10:08+	00:57+	02:58+	01:33+	01:08+	02:55+	01:43+	00:42+	03:15+	01:00+	01:04+	00:29+	00:47+	00:31+
17	Anastasia Ollestad	1884	37:46														
01:54+	03:44+	05:27+	06:52+	11:26+	12:28+	14:41+	22:39+	23:37+	27:27+	29:10+	29:39+	33:41+	34:43+	35:54+	36:30+	37:12+	37:46+
01:54+	01:50+	01:43+	01:25+	04:34+	01:02+	02:13+	07:58+	00:58+	03:50+	01:43+	00:29+	04:02+	01:02+	01:11+	00:36+	00:42+	00:34+
01:54+	01:50+	01:43+	01:25+	04:34+	01:02+	02:13+	07:58+	00:58+	03:50+	01:43+	00:29+	04:02+	01:02+	01:11+	00:36+	00:42+	00:34+
18	Oda Roaldsdotter Ravndal	3486	38:32														
02:52+	05:21+	07:25+	08:37+	14:05+	15:29+	17:42+	21:35+	23:00+	26:57+	28:45+	29:36+	33:02+	34:30+	36:17+	36:57+	37:57+	38:32+
02:52+	02:29+	02:04+	01:12+	05:28+	01:24+	02:13+	03:53+	01:25+	03:57+	01:48+	00:51+	03:26+	01:28+	01:47+	00:40+	01:00+	00:35+
02:52+	02:29+	02:04+	01:12+	05:28+	01:24+	02:13+	03:53+	01:25+	03:57+	01:48+	00:51+	03:26+	01:28+	01:47+	00:40+	01:00+	00:35+
19	Karianne Skogland Enerstvedt	722	38:56														
03:56+	05:35+	07:32+	08:36+	12:54+	14:03+	16:20+	23:37+	24:25+	28:09+	29:59+	30:59+	34:23+	35:22+	36:35+	37:07+	38:21+	38:56+
03:56+	01:39+	01:57+	01:04+	04:18+	01:09+	02:17+	07:17+	00:48+	03:44+	01:50+	01:00+	03:24+	00:59+	01:13+	00:32+	01:14+	00:35+
03:56+	01:39+	01:57+	01:04+	04:18+	01:09+	02:17+	07:17+	00:48+	03:44+	01:50+	01:00+	03:24+	00:59+	01:13+	00:32+	01:14+	00:35+
20	Marie Silkeborg Brolev	3619	39:10														
02:36+	04:56+	06:59+	08:32+	12:50+	14:23+	17:04+	19:13+	20:24+	23:25+	25:47+	26:23+	34:34+	35:25+	36:35+	37:02+	38:32+	39:10+
02:36+	02:20+	02:03+	01:33+	04:18+	01:33+	02:41+	02:09+	01:11+	03:01+	02:22+	00:36+	08:11+	00:51+	01:10+	00:27+	01:30+	00:38+
02:36+	02:20+	02:03+	01:33+	04:18+	01:33+	02:41+	02:09+	01:11+	03:01+	02:22+	00:36+	08:11+	00:51+	01:10+	00:27+	01:30+	00:38+
21	Anette Tronstad	1832	39:54														
02:04+	04:06+	06:08+	07:31+	12:28+	13:43+	16:18+	22:40+	23:44+	28:04+	29:49+	30:39+	34:32+	35:37+	37:57+	38:26+	39:17+	39:54+
02:04+	02:02+	02:02+	01:23+	04:57+	01:15+	02:35+	06:22+	01:04+	04:20+	01:45+	00:50+	03:53+	01:05+	02:20+	00:29+	00:51+	00:37+
02:04+	02:02+	02:02+	01:23+	04:57+	01:15+	02:35+	06:22+	01:04+	04:20+	01:45+	00:50+	03:53+	01:05+	02:20+	00:29+	00:51+	00:37+
22	Tonje Undheim	3533	40:19														
02:07+	03:54+	06:28+	07:48+	13:11+	14:46+	18:09+	21:08+	22:29+	26:13+	30:24+	31:15+	35:06+	35:59+	37:03+	38:45+	39:43+	40:19+
02:07+	01:47+	02:34+	01:20+	05:23+	01:35+	03:23+	02:59+	01:21+	03:44+	04:11+	00:51+	03:51+	00:53+	01:04+	01:42+	00:58+	00:36+
02:07+	01:47+	02:34+	01:20+	05:23+	01:35+	03:23+	02:59+	01:21+	03:44+	04:11+	00:51+	03:51+	00:53+	01:04+	01:42+	00:58+	00:36+
23	Solbjørg Borgersen	3527	40:26														
03:43+	05:56+	08:15+	09:53+	15:02+	16:17+	19:06+	22:01+	23:08+	26:42+	28:36+	29:27+	34:01+	35:11+	36:28+	38:51+	39:43+	40:26+
03:43+	02:13+	02:19+	01:38+	05:09+	01:15+	02:49+	02:55+	01:07+	03:34+	01:54+	00:51+	04:34+	01:10+	01:17+	02:23+	00:52+	00:43+
03:43+	02:13+	02:19+	01:38+	05:09+	01:15+	02:49+	02:55+	01:07+	03:34+	01:54+	00:51+	04:34+	01:10+	01:17+	02:23+	00:52+	00:43+
24	Thea Karoline Mork Aamodt	3512	41:21														
02:20+	04:32+	06:47+	09:47+	13:37+	14:41+	16:22+	18:39+	19:56+	23:05+	25:02+	25:41+	36:10+	37:31+	38:58+	39:38+	40:47+	41:21+
02:20+	02:12+	02:15+	03:00+	03:50+	01:04+	01:41+	02:17+	01:17+	03:09+	01:57+	00:39+	10:29+	01:21+	01:27+	00:40+	01:09+	00:34+
02:20+	02:12+	02:15+	03:00+	03:50+	01:04+	01:41+	02:17+	01:17+	03:09+	01:57+	00:39+	10:29+	01:21+	01:27+	00:40+	01:09+	00:34+
25	Stine Dalland	3512	41:23														
02:26+	04:32+	06:54+	09:48+	13:43+	14:46+	16:20+	18:47+	20:00+	23:02+	25:03+	25:41+	36:15+	37:32+	38:59+	39:50+	40:49+	41:23+
02:26+	02:06+	02:22+	02:54+	03:55+	01:03+	01:34+	02:27+	01:13+	03:02+	02:01+	00:38+	10:34+	01:17+	01:27+	00:51+	00:59+	00:34+
02:26+	02:06+	02:22+	02:54+	03:55+	01:03+	01:34+	02:27+	01:13+	03:02+	02:01+	00:38+	10:34+	01:17+	01:27+	00:51+	00:59+	00:34+
26	Marianne Høie	1683	42:19														
07:55+	09:50+	11:54+	13:40+	18:41+	19:59+	22:33+	24:28+	25:42+	29:42+	31:54+	32:36+	37:19+	38:29+	39:47+	40:25+	41:43+	42:19+
07:55+	01:55+	02:04+	01:46+	05:01+	01:18+	02:34+	01:55+	01:14+	04:00+	02:12+	00:42+	04:43+	01:10+	01:18+	00:38+	01:18+	00:36+
07:55+	01:55+	02:04+	01:46+	05:01+	01:18+	02:34+	01:55+	01:14+	04:00+	02:12+	00:42+	04:43+	01:10+	01:18+	00:38+	01:18+	00:36+
27	Kristine Vik	1284	42:31														
02:53+	05:01+	07:14+	08:33+	13:13+	14:38+	17:10+	19:40+	21:05+	25:08+	28:46+	29:52+	35:09+	36:31+	37:52+	38:41+	41:51+	42:31+
02:53+	02:08+	02:13+	01:19+	04:40+	01:25+	02:32+	02:30+	01:25+	04:03+	03:38+	01:06+	05:17+	01:22+	01:21+	00:49+	03:10+	00:40+
02:53+	02:08+	02:13+	01:19+	04:40+	01:25+	02:32+	02:30+	01:25+	04:03+	03:38+	01:06+	05:17+	01:22+	01:21+	00:49+	03:10+	00:40+
28	Kirsti Strand Salvesen	3540	42:32														
03:14+	05:53+	08:22+	09:55+	15:24+	17:02+	20:06+	22:16+	24:07+	28:12+	30:08+	31:09+	36:32+	37:58+	39:39+	40:26+	41:37+	42:32+
03:14+	02:39+	02:29+	01:33+	05:29+	01:38+	03:04+	02:10+	01:51+	04:05+	01:56+	01:01+	05:23+	01:26+	01:41+	00:47+	01:11+	00:55+
03:14+	02:39+	02:29+	01:33+	05:29+	01:38+	03:04+	02:10+	01:51+	04:05+	01:56+	01:01+	05:23+	01:26+	01:41+	00:47+	01:11+	00:55+

Damer Trim

29	Unni Byberg Mæstad	892	43:43															
05:02+	07:00+	09:09+	11:46+	16:39+	17:54+	24:15+	27:26+	28:56+	33:14+	34:49+	35:45+	39:05+	40:11+	41:47+	42:19+	43:08+	43:43+	
05:02+	01:58+	02:09+	02:37+	04:53+	01:15+	06:21+	03:11+	01:30+	04:18+	01:35+	00:56+	03:20+	01:06+	01:36+	00:32+	00:49+	00:35+	
05:02+	01:58+	02:09+	02:37+	04:53+	01:15+	06:21+	03:11+	01:30+	04:18+	01:35+	00:56+	03:20+	01:06+	01:36+	00:32+	00:49+	00:35+	
30	Ane Odland	1683	44:13															
02:14+	03:58+	05:37+	06:41+	10:34+	11:43+	13:40+	21:11+	22:03+	27:57+	31:21+	33:09+	39:47+	40:42+	42:17+	42:50+	43:44+	44:13+	
02:14+	01:44+	01:39+	01:04+	03:53+	01:09+	01:57+	07:31+	00:52+	05:54+	03:24+	01:48+	06:38+	00:55+	01:35+	00:33+	00:54+	00:29+	
02:14+	01:44+	01:39+	01:04+	03:53+	01:09+	01:57+	07:31+	00:52+	05:54+	03:24+	01:48+	06:38+	00:55+	01:35+	00:33+	00:54+	00:29+	
31	Esther Boenheim	2539	44:36															
02:29+	04:24+	06:21+	07:27+	12:46+	13:50+	26:37+	28:15+	29:08+	33:39+	35:46+	36:20+	40:18+	41:30+	42:46+	43:15+	44:04+	44:36+	
02:29+	01:55+	01:57+	01:06+	05:19+	01:04+	12:47+	01:38+	00:53+	04:31+	02:07+	00:34+	03:58+	01:12+	01:16+	00:29+	00:49+	00:32+	
02:29+	01:55+	01:57+	01:06+	05:19+	01:04+	12:47+	01:38+	00:53+	04:31+	02:07+	00:34+	03:58+	01:12+	01:16+	00:29+	00:49+	00:32+	
32	Maria Haukalid	3511	45:10															
02:23+	04:42+	06:54+	08:30+	13:24+	14:47+	17:51+	20:18+	22:27+	25:26+	31:31+	33:19+	38:03+	39:38+	41:25+	43:45+	44:33+	45:10+	
02:23+	02:19+	02:12+	01:36+	04:54+	01:23+	03:04+	02:27+	02:09+	02:59+	06:05+	01:48+	04:44+	01:35+	01:47+	02:20+	00:48+	00:37+	
02:23+	02:19+	02:12+	01:36+	04:54+	01:23+	03:04+	02:27+	02:09+	02:59+	06:05+	01:48+	04:44+	01:35+	01:47+	02:20+	00:48+	00:37+	
33	Ruth Grødem	722	46:31															
04:03+	06:13+	08:37+	10:15+	16:01+	17:25+	20:17+	22:15+	23:50+	31:26+	33:24+	34:04+	40:44+	41:59+	44:05+	44:42+	45:46+	46:31+	
04:03+	02:10+	02:24+	01:38+	05:46+	01:24+	02:52+	01:58+	01:35+	07:36+	01:58+	00:40+	06:40+	01:15+	02:06+	00:37+	01:04+	00:45+	
04:03+	02:10+	02:24+	01:38+	05:46+	01:24+	02:52+	01:58+	01:35+	07:36+	01:58+	00:40+	06:40+	01:15+	02:06+	00:37+	01:04+	00:45+	
34	Monica Regine Romstad	722	48:00															
03:04+	04:44+	06:16+	07:26+	10:57+	11:56+	13:37+	21:45+	22:32+	33:06+	35:55+	37:11+	37:36+	41:44+	43:11+	46:19+	46:43+	47:35+	48:00+
03:04+	01:40+	01:32+	01:10+	03:31+	00:59+	01:41+	08:08+	00:47+	10:34+	02:49+	01:16+	00:25+	04:08+	01:27+	03:08+	00:24+	00:52+	00:25+
03:04+	01:40+	01:32+	01:10+	03:31+	00:59+	01:41+	08:08+	00:47+	10:34+	02:49+	01:16+	00:25+	04:08+	01:27+	03:08+	00:24+	00:52+	00:25+
35	Liv Janne Fandrem Biland	892	48:02															
02:22+	04:18+	06:35+	07:53+	12:40+	13:58+	16:26+	21:01+	22:14+	35:54+	37:49+	38:43+	42:38+	43:57+	45:28+	46:18+	47:26+	48:02+	
02:22+	01:56+	02:17+	01:18+	04:47+	01:18+	02:28+	04:35+	01:13+	13:40+	01:55+	00:54+	03:55+	01:19+	01:31+	00:50+	01:08+	00:36+	
02:22+	01:56+	02:17+	01:18+	04:47+	01:18+	02:28+	04:35+	01:13+	13:40+	01:55+	00:54+	03:55+	01:19+	01:31+	00:50+	01:08+	00:36+	
36	Unni B Sundli	892	48:09															
03:18+	05:46+	08:20+	09:58+	15:17+	17:09+	20:31+	26:29+	29:17+	33:32+	35:30+	36:48+	42:01+	43:16+	44:54+	45:38+	47:16+	48:09+	
03:18+	02:28+	02:34+	01:38+	05:19+	01:52+	03:22+	05:58+	02:48+	04:15+	01:58+	01:18+	05:13+	01:15+	01:38+	00:44+	01:38+	00:53+	
03:18+	02:28+	02:34+	01:38+	05:19+	01:52+	03:22+	05:58+	02:48+	04:15+	01:58+	01:18+	05:13+	01:15+	01:38+	00:44+	01:38+	00:53+	
37	Ingunn Johanne Fandrem	3511	48:11															
05:23+	07:53+	10:32+	12:11+	17:30+	19:04+	22:29+	24:50+	27:22+	31:07+	34:29+	35:59+	41:08+	42:32+	44:31+	45:18+	47:24+	48:11+	
05:23+	02:30+	02:39+	01:39+	05:19+	01:34+	03:25+	02:21+	02:32+	03:45+	03:22+	01:30+	05:09+	01:24+	01:59+	00:47+	02:06+	00:47+	
05:23+	02:30+	02:39+	01:39+	05:19+	01:34+	03:25+	02:21+	02:32+	03:45+	03:22+	01:30+	05:09+	01:24+	01:59+	00:47+	02:06+	00:47+	
38	Sigrund Serigstad	879	50:06															
01:37+	06:19+	07:37+	09:32+	15:31+	16:24+	21:33+	30:40+	31:15+	34:42+	40:52+	41:28+	46:19+	47:14+	48:11+	48:41+	49:41+	50:06+	
01:37+	04:42+	01:18+	01:55+	05:59+	00:53+	05:09+	09:07+	00:35+	03:27+	06:10+	00:36+	04:51+	00:55+	00:57+	00:30+	01:00+	00:25+	
01:37+	04:42+	01:18+	01:55+	05:59+	00:53+	05:09+	09:07+	00:35+	03:27+	06:10+	00:36+	04:51+	00:55+	00:57+	00:30+	01:00+	00:25+	
39	Stina Tran Huynh	3533	50:38															
01:56+	03:29+	05:06+	06:04+	10:08+	11:06+	13:00+	29:40+	30:59+	34:04+	41:32+	42:21+	46:20+	47:40+	48:58+	49:30+	50:13+	50:38+	
01:56+	01:33+	01:37+	00:58+	04:04+	00:58+	01:54+	16:40+	01:19+	03:05+	07:28+	00:49+	03:59+	01:20+	01:18+	00:32+	00:43+	00:25+	
01:56+	01:33+	01:37+	00:58+	04:04+	00:58+	01:54+	16:40+	01:19+	03:05+	07:28+	00:49+	03:59+	01:20+	01:18+	00:32+	00:43+	00:25+	
40	Signe Lise Haaland	3507	50:40															
03:21+	06:24+	09:09+	11:01+	18:00+	19:47+	23:18+	25:42+	27:40+	33:33+	35:50+	37:25+	42:34+	44:35+	47:04+	48:02+	49:34+	50:40+	
03:21+	03:03+	02:45+	01:52+	06:59+	01:47+	03:31+	02:24+	01:58+	05:53+	02:17+	01:35+	05:09+	02:01+	02:29+	00:58+	01:32+	01:06+	
03:21+	03:03+	02:45+	01:52+	06:59+	01:47+	03:31+	02:24+	01:58+	05:53+	02:17+	01:35+	05:09+	02:01+	02:29+	00:58+	01:32+	01:06+	
41	Synnøve Vidstein	3558	53:16															
02:56+	05:13+	07:49+	09:12+	14:31+	16:10+	18:39+	32:18+	34:21+	38:24+	40:13+	41:09+	45:47+	48:09+	50:35+	51:24+	52:37+	53:16+	
02:56+	02:17+	02:36+	01:23+	05:19+	01:39+	02:29+	13:39+	02:03+	04:03+	01:49+	00:56+	04:38+	02:22+	02:26+	00:49+	01:13+	00:39+	
02:56+	02:17+	02:36+	01:23+	05:19+	01:39+	02:29+	13:39+	02:03+	04:03+	01:49+	00:56+	04:38+	02:22+	02:26+	00:49+	01:13+	00:39+	
42	Bente Skagseth	3558	53:16															
02:39+	05:13+	07:38+	09:13+	14:22+	16:03+	18:36+	32:09+	34:14+	38:27+	40:13+	41:08+	45:57+	48:09+	50:33+	51:11+	52:22+	53:16+	
02:39+	02:34+	02:25+	01:35+	05:09+	01:41+	02:33+	13:33+	02:05+	04:13+	01:46+	00:55+	04:49+	02:12+	02:24+	00:38+	01:11+	00:54+	
02:39+	02:34+	02:25+	01:35+	05:09+	01:41+	02:33+	13:33+	02:05+	04:13+	01:46+	00:55+	04:49+	02:12+	02:24+	00:38+	01:11+	00:54+	

Damer Trim

43	Linn Kristin Askø	3507	56:39														
04:00+	05:54+	07:58+	09:21+	13:26+	16:40+	19:46+	33:29+	36:54+	40:21+	42:33+	43:22+	49:54+	51:14+	53:43+	54:34+	55:49+	56:39+
04:00+	01:54+	02:04+	01:23+	04:05+	03:14+	03:06+	13:43+	03:25+	03:27+	02:12+	00:49+	06:32+	01:20+	02:29+	00:51+	01:15+	00:50+
04:00+	01:54+	02:04+	01:23+	04:05+	03:14+	03:06+	13:43+	03:25+	03:27+	02:12+	00:49+	06:32+	01:20+	02:29+	00:51+	01:15+	00:50+
44	Renate Furenes	892	56:49														
03:18+	06:08+	07:49+	09:12+	13:37+	14:50+	17:19+	33:10+	34:20+	43:32+	46:00+	46:57+	50:58+	52:22+	54:14+	54:50+	56:02+	56:49+
03:18+	02:50+	01:41+	01:23+	04:25+	01:13+	02:29+	15:51+	01:10+	09:12+	02:28+	00:57+	04:01+	01:24+	01:52+	00:36+	01:12+	00:47+
03:18+	02:50+	01:41+	01:23+	04:25+	01:13+	02:29+	15:51+	01:10+	09:12+	02:28+	00:57+	04:01+	01:24+	01:52+	00:36+	01:12+	00:47+
45	Ane Hatteland Nese	769	57:15														
02:26+	04:39+	06:44+	08:11+	12:54+	14:14+	16:30+	41:49+	42:50+	45:39+	47:25+	48:01+	52:11+	53:21+	55:03+	55:47+	56:37+	57:15+
02:26+	02:13+	02:05+	01:27+	04:43+	01:20+	02:16+	25:19+	01:01+	02:49+	01:46+	00:36+	04:10+	01:10+	01:42+	00:44+	00:50+	00:38+
02:26+	02:13+	02:05+	01:27+	04:43+	01:20+	02:16+	25:19+	01:01+	02:49+	01:46+	00:36+	04:10+	01:10+	01:42+	00:44+	00:50+	00:38+
46	Marie Hernæs Larsen	3565	57:28														
03:08+	05:16+	07:56+	09:03+	13:14+	15:18+	17:44+	42:19+	43:19+	45:53+	47:36+	48:58+	52:47+	54:03+	55:15+	55:54+	56:51+	57:28+
03:08+	02:08+	02:40+	01:07+	04:11+	02:04+	02:26+	24:35+	01:00+	02:34+	01:43+	01:22+	03:49+	01:16+	01:12+	00:39+	00:57+	00:37+
03:08+	02:08+	02:40+	01:07+	04:11+	02:04+	02:26+	24:35+	01:00+	02:34+	01:43+	01:22+	03:49+	01:16+	01:12+	00:39+	00:57+	00:37+
47	Ragnhild Christiansen	1884	58:37														
04:17+	07:54+	11:11+	13:41+	21:38+	23:45+	27:17+	29:42+	31:59+	38:05+	41:09+	42:09+	49:28+	52:16+	54:32+	55:42+	57:23+	58:37+
04:17+	03:37+	03:17+	02:30+	07:57+	02:07+	03:32+	02:25+	02:17+	06:06+	03:04+	01:00+	07:19+	02:48+	02:16+	01:10+	01:41+	01:14+
04:17+	03:37+	03:17+	02:30+	07:57+	02:07+	03:32+	02:25+	02:17+	06:06+	03:04+	01:00+	07:19+	02:48+	02:16+	01:10+	01:41+	01:14+
48	Else Marie Furland	NOTEAM	58:43														
04:23+	07:56+	11:28+	13:46+	21:42+	23:55+	27:22+	29:45+	32:02+	38:08+	41:14+	42:18+	49:40+	52:13+	54:41+	56:03+	57:30+	58:43+
04:23+	03:33+	03:32+	02:18+	07:56+	02:13+	03:27+	02:23+	02:17+	06:06+	03:06+	01:04+	07:22+	02:33+	02:28+	01:22+	01:27+	01:13+
04:23+	03:33+	03:32+	02:18+	07:56+	02:13+	03:27+	02:23+	02:17+	06:06+	03:06+	01:04+	07:22+	02:33+	02:28+	01:22+	01:27+	01:13+
49	Marit Kløvstad Braut	892	58:51														
04:42+	08:01+	11:30+	14:02+	21:57+	24:02+	27:39+	30:00+	32:18+	38:45+	41:29+	42:34+	50:34+	52:33+	55:03+	56:09+	57:33+	58:51+
04:42+	03:19+	03:29+	02:32+	07:55+	02:05+	03:37+	02:21+	02:18+	06:27+	02:44+	01:05+	08:00+	01:59+	02:30+	01:06+	01:24+	01:18+
04:42+	03:19+	03:29+	02:32+	07:55+	02:05+	03:37+	02:21+	02:18+	06:27+	02:44+	01:05+	08:00+	01:59+	02:30+	01:06+	01:24+	01:18+
50	Anna Langlo	722	1:01:22														
04:48+	08:15+	12:09+	14:14+	21:35+	23:25+	27:14+	30:55+	34:26+	41:24+	44:33+	45:49+	52:54+	55:04+	57:21+	58:14+	60:03+	61:22+
04:48+	03:27+	03:54+	02:05+	07:21+	01:50+	03:49+	03:41+	03:31+	06:58+	03:09+	01:16+	07:05+	02:10+	02:17+	00:53+	01:49+	01:19+
04:48+	03:27+	03:54+	02:05+	07:21+	01:50+	03:49+	03:41+	03:31+	06:58+	03:09+	01:16+	07:05+	02:10+	02:17+	00:53+	01:49+	01:19+
51	Linda Strøm	722	1:01:25														
04:45+	08:12+	12:01+	14:19+	21:25+	23:28+	27:02+	30:59+	34:30+	41:20+	44:26+	45:52+	52:52+	55:03+	57:19+	58:07+	60:02+	61:25+
04:45+	03:27+	03:49+	02:18+	07:06+	02:03+	03:34+	03:57+	03:31+	06:50+	03:06+	01:26+	07:00+	02:11+	02:16+	00:48+	01:55+	01:23+
04:45+	03:27+	03:49+	02:18+	07:06+	02:03+	03:34+	03:57+	03:31+	06:50+	03:06+	01:26+	07:00+	02:11+	02:16+	00:48+	01:55+	01:23+
52	Agnete Dedekam Stabel	1758	1:02:39														
08:30+	11:50+	14:44+	16:22+	22:31+	24:24+	28:05+	34:40+	36:58+	43:32+	46:04+	47:30+	55:09+	57:02+	59:38+	60:32+	62:03+	62:39+
08:30+	03:20+	02:54+	01:38+	06:09+	01:53+	03:41+	06:35+	02:18+	06:34+	02:32+	01:26+	07:39+	01:53+	02:36+	00:54+	01:31+	00:36+
08:30+	03:20+	02:54+	01:38+	06:09+	01:53+	03:41+	06:35+	02:18+	06:34+	02:32+	01:26+	07:39+	01:53+	02:36+	00:54+	01:31+	00:36+

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Arild Pfluger Hundeide	769	31:28																
01:30=	03:36=	05:09=	05:27=	08:15=	09:52=	10:25=	10:58=	12:45=	18:33=	19:49=	20:54=	21:56=	23:00=	25:02=	25:38=	28:54=	30:07=	31:10=	31:28=
01:30=	02:06=	01:33=	00:18=	02:48=	01:37=	00:33=	00:33=	01:47=	05:48=	01:16=	01:05=	01:02=	01:04=	02:02=	00:36=	03:16=	01:13=	01:03=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Dag Eivind Watsend	892	32:17																
01:47+	03:39+	05:00-	05:17-	08:03-	09:52=	10:28+	11:02+	12:33-	17:53-	19:19-	20:22-	21:21-	23:10+	25:30+	26:00+	29:17+	30:40+	31:56+	32:17+
01:47+	01:52-	01:21-	00:17-	02:46-	01:49+	00:36+	00:34+	01:31-	05:20-	01:26+	01:03-	00:59-	01:49+	02:20+	00:30-	03:17+	01:23+	01:16+	00:21+
00:17#	00:14-	00:12-	00:01-	00:02-	00:12#	00:03+	00:01+	00:16-	00:28-	00:10#	00:02-	00:03-	00:45&	00:18#	00:06-	00:01+	00:10#	00:13#	00:03#

Herrer 16 - 39 år

3	Per Christian Munkhaug	3516	32:38																
01:27-	03:27-	05:01-	05:22-	07:59-	09:47-	10:25=	11:01+	12:46+	18:42+	20:04+	21:10+	22:43+	23:44+	26:10+	26:49+	29:57+	31:05+	32:15+	32:38+
01:27-	02:00-	01:34+	00:21+	02:37-	01:48+	00:38+	00:36+	01:45-	05:56+	01:22+	01:06+	01:33+	01:01-	02:26+	00:39+	03:08-	01:08-	01:10+	00:23+
00:03-	00:06-	00:01+	00:03#	00:11-	00:11#	00:05#	00:03+	00:02-	00:08+	00:06+	00:01+	00:31&	00:03-	00:24#	00:03+	00:08-	00:05-	00:07#	00:05&
4	Martin Skogland	3508	32:46																
01:27+	03:28+	05:04+	05:27+	08:17+	09:53+	10:35+	11:14+	12:54+	18:23+	19:44+	20:45+	22:19+	23:05+	25:38+	26:33+	30:01+	31:12+	32:25+	32:46+
01:27+	02:01+	01:36+	00:23+	02:50+	01:36+	00:42+	00:39+	01:40+	05:29+	01:21+	01:01+	01:34+	00:46+	02:33+	00:55+	03:28+	01:11+	01:13+	00:21+
01:27+	02:01+	01:36+	00:23+	02:50+	01:36+	00:42+	00:39+	01:40+	05:29+	01:21+	01:01+	01:34+	00:46+	02:33+	00:55+	03:28+	01:11+	01:13+	00:21+
5	Eivind Brimsø	3559	33:58																
01:37+	03:36+	05:01+	05:21+	08:09+	09:53+	10:34+	11:13+	12:55+	18:52+	20:19+	21:29+	22:39+	24:08+	26:39+	27:21+	30:52+	32:08+	33:39+	33:58+
01:37+	01:59+	01:25+	00:20+	02:48+	01:44+	00:41+	00:39+	01:42+	05:57+	01:27+	01:10+	01:10+	01:29+	02:31+	00:42+	03:31+	01:16+	01:31+	00:19+
01:37+	01:59+	01:25+	00:20+	02:48+	01:44+	00:41+	00:39+	01:42+	05:57+	01:27+	01:10+	01:10+	01:29+	02:31+	00:42+	03:31+	01:16+	01:31+	00:19+
6	Torbjørn Fuglestad	878	34:05																
01:39+	03:26+	04:58+	05:16+	08:09+	10:03+	10:51+	11:27+	13:23+	19:41+	21:07+	22:08+	23:21+	24:37+	27:10+	27:49+	31:20+	32:31+	33:50+	34:05+
01:39+	01:47+	01:32+	00:18+	02:53+	01:54+	00:48+	00:36+	01:56+	06:18+	01:26+	01:01+	01:13+	01:16+	02:33+	00:39+	03:31+	01:11+	01:19+	00:15+
01:39+	01:47+	01:32+	00:18+	02:53+	01:54+	00:48+	00:36+	01:56+	06:18+	01:26+	01:01+	01:13+	01:16+	02:33+	00:39+	03:31+	01:11+	01:19+	00:15+
7	Øyvind Rustan	722	34:25																
01:19+	05:06+	06:36+	06:59+	09:31+	11:14+	12:01+	12:45+	14:37+	20:21+	22:09+	23:28+	24:44+	25:54+	28:08+	28:45+	32:05+	33:05+	34:09+	34:25+
01:19+	03:47+	01:30+	00:23+	02:32+	01:43+	00:47+	00:44+	01:52+	05:44+	01:48+	01:19+	01:16+	01:10+	02:14+	00:37+	03:20+	01:00+	01:04+	00:16+
01:19+	03:47+	01:30+	00:23+	02:32+	01:43+	00:47+	00:44+	01:52+	05:44+	01:48+	01:19+	01:16+	01:10+	02:14+	00:37+	03:20+	01:00+	01:04+	00:16+
8	Aksel Joranger	2023	34:44																
01:56+	04:24+	06:11+	06:30+	08:53+	10:37+	11:22+	12:17+	13:55+	19:27+	21:05+	22:16+	23:44+	24:50+	27:28+	28:14+	31:55+	33:21+	34:27+	34:44+
01:56+	02:28+	01:47+	00:19+	02:23+	01:44+	00:45+	00:55+	01:38+	05:32+	01:38+	01:11+	01:28+	01:06+	02:38+	00:46+	03:41+	01:26+	01:06+	00:17+
01:56+	02:28+	01:47+	00:19+	02:23+	01:44+	00:45+	00:55+	01:38+	05:32+	01:38+	01:11+	01:28+	01:06+	02:38+	00:46+	03:41+	01:26+	01:06+	00:17+
9	Ole Morten Haaland	3528	35:10																
01:35+	03:45+	05:51+	06:12+	09:01+	10:43+	11:14+	11:52+	14:15+	19:38+	21:07+	22:12+	23:49+	25:00+	27:51+	28:23+	32:16+	33:29+	34:49+	35:10+
01:35+	02:10+	02:06+	00:21+	02:49+	01:42+	00:31+	00:38+	02:23+	05:23+	01:29+	01:05+	01:37+	01:11+	02:51+	00:32+	03:53+	01:13+	01:20+	00:21+
01:35+	02:10+	02:06+	00:21+	02:49+	01:42+	00:31+	00:38+	02:23+	05:23+	01:29+	01:05+	01:37+	01:11+	02:51+	00:32+	03:53+	01:13+	01:20+	00:21+
10	Truls Thorkildsen	2074	35:14																
01:57+	03:50+	05:16+	05:32+	08:35+	10:13+	10:54+	11:29+	13:09+	19:31+	20:58+	22:02+	23:08+	24:13+	26:28+	27:05+	32:19+	33:32+	34:52+	35:14+
01:57+	01:53+	01:26+	00:16+	03:03+	01:38+	00:41+	00:35+	01:40+	06:22+	01:27+	01:04+	01:06+	01:05+	02:15+	00:37+	05:14+	01:13+	01:20+	00:22+
01:57+	01:53+	01:26+	00:16+	03:03+	01:38+	00:41+	00:35+	01:40+	06:22+	01:27+	01:04+	01:06+	01:05+	02:15+	00:37+	05:14+	01:13+	01:20+	00:22+
11	Alexander Romanov	3562	36:00																
01:27+	04:05+	05:40+	05:59+	08:45+	10:23+	11:02+	11:42+	13:32+	19:50+	21:48+	22:50+	24:24+	25:42+	28:35+	29:10+	32:52+	34:11+	35:38+	36:00+
01:27+	02:38+	01:35+	00:19+	02:46+	01:38+	00:39+	00:40+	01:50+	06:18+	01:58+	01:02+	01:34+	01:18+	02:53+	00:35+	03:42+	01:19+	01:27+	00:22+
01:27+	02:38+	01:35+	00:19+	02:46+	01:38+	00:39+	00:40+	01:50+	06:18+	01:58+	01:02+	01:34+	01:18+	02:53+	00:35+	03:42+	01:19+	01:27+	00:22+
12	Frank Terje Berge	643	36:51																
01:51+	03:50+	05:48+	06:10+	08:52+	10:55+	11:43+	12:41+	14:40+	20:28+	22:07+	23:21+	24:49+	26:24+	29:17+	29:57+	33:31+	34:55+	36:26+	36:51+
01:51+	01:59+	01:58+	00:22+	02:42+	02:03+	00:48+	00:58+	01:59+	05:48+	01:39+	01:14+	01:28+	01:35+	02:53+	00:40+	03:34+	01:24+	01:31+	00:25+
01:51+	01:59+	01:58+	00:22+	02:42+	02:03+	00:48+	00:58+	01:59+	05:48+	01:39+	01:14+	01:28+	01:35+	02:53+	00:40+	03:34+	01:24+	01:31+	00:25+
13	Lars Kartevoll	3548	39:28																
02:22+	05:51+	07:30+	08:00+	11:23+	13:03+	13:49+	14:35+	16:30+	23:28+	25:02+	26:11+	27:46+	29:06+	31:48+	32:27+	36:30+	37:37+	39:05+	39:28+
02:22+	03:29+	01:39+	00:30+	03:23+	01:40+	00:46+	00:46+	01:55+	06:58+	01:34+	01:09+	01:35+	01:20+	02:42+	00:39+	04:03+	01:07+	01:28+	00:23+
02:22+	03:29+	01:39+	00:30+	03:23+	01:40+	00:46+	00:46+	01:55+	06:58+	01:34+	01:09+	01:35+	01:20+	02:42+	00:39+	04:03+	01:07+	01:28+	00:23+
14	Sondre Aspøy	896	39:32																
01:51+	05:36+	07:21+	07:43+	10:44+	12:44+	13:28+	14:10+	15:55+	22:28+	24:08+	25:31+	26:47+	28:03+	30:42+	31:23+	36:19+	37:48+	39:11+	39:32+
01:51+	03:45+	01:45+	00:22+	03:01+	02:00+	00:44+	00:42+	01:45+	06:33+	01:40+	01:23+	01:16+	01:16+	02:39+	00:41+	04:56+	01:29+	01:23+	00:21+
01:51+	03:45+	01:45+	00:22+	03:01+	02:00+	00:44+	00:42+	01:45+	06:33+	01:40+	01:23+	01:16+	01:16+	02:39+	00:41+	04:56+	01:29+	01:23+	00:21+
15	Truls Kolnes	3512	40:04																
03:14+	05:05+	06:38+	07:04+	10:56+	12:11+	14:14+	15:00+	16:45+	22:01+	23:24+	24:27+	26:05+	27:50+	29:56+	30:55+	36:37+	37:56+	39:42+	40:04+
03:14+	01:51+	01:33+	00:26+	03:52+	01:15+	02:03+	00:46+	01:45+	05:16+	01:23+	01:03+	01:38+	01:45+	02:06+	00:59+	05:42+	01:19+	01:46+	00:22+
03:14+	01:51+	01:33+	00:26+	03:52+	01:15+	02:03+	00:46+	01:45+	05:16+	01:23+	01:03+	01:38+	01:45+	02:06+	00:59+	05:42+	01:19+	01:46+	00:22+
16	Erlend Syse	3559	40:16																
02:03+	04:04+	05:51+	06:13+	09:30+	11:20+	12:02+	13:53+	15:48+	22:41+	24:44+	25:47+	27:41+	28:58+	31:44+	32:23+	36:18+	38:07+	39:54+	40:16+
02:03+	02:01+	01:47+	00:22+	03:17+	01:50+	00:42+	01:51+	01:55+	06:53+	02:03+	01:03+	01:54+	01:17+	02:46+	00:39+	03:55+	01:49+	01:47+	00:22+
02:03+	02:01+	01:47+	00:22+	03:17+	01:50+	00:42+	01:51+	01:55+	06:53+	02:03+	01:03+	01:54+	01:17+	02:46+	00:39+	03:55+	01:49+	01:47+	00:22+

Herrer 16 - 39 år

17	Gaute Haugen Sandnes	1832	49:15																	
03:43+	07:37+	09:25+	09:52+	12:48+	15:01+	15:47+	16:36+	18:47+	25:37+	31:42+	32:48+	34:24+	35:57+	38:46+	39:46+	45:31+	47:09+	48:52+	49:15+	
03:43+	03:54+	01:48+	00:27+	02:56+	02:13+	00:46+	00:49+	02:11+	06:50+	06:05+	01:06+	01:36+	01:33+	02:49+	01:00+	05:45+	01:38+	01:43+	00:23+	
03:43+	03:54+	01:48+	00:27+	02:56+	02:13+	00:46+	00:49+	02:11+	06:50+	06:05+	01:06+	01:36+	01:33+	02:49+	01:00+	05:45+	01:38+	01:43+	00:23+	
18	Jone Klemo Øverland	1384	49:28																	
01:56+	05:33+	07:25+	07:43+	11:28+	13:59+	15:22+	16:26+	17:05+	19:25+	28:10+	30:25+	31:52+	34:09+	36:07+	39:52+	41:04+	45:51+	47:29+	49:05+	49:28+
01:56+	03:37+	01:52+	00:18+	03:45+	02:31+	01:23+	01:04+	00:39+	02:20+	08:45+	02:15+	01:27+	02:17+	01:58+	03:45+	01:12+	04:47+	01:38+	01:36+	00:23+
01:56+	03:37+	01:52+	00:18+	03:45+	02:31+	01:23+	01:04+	00:39+	02:20+	08:45+	02:15+	01:27+	02:17+	01:58+	03:45+	01:12+	04:47+	01:38+	01:36+	00:23+
19	Bjørn Morten Bø Brunstøl	2023	49:53																	
05:11+	10:03+	11:23+	11:43+	14:42+	16:30+	17:15+	17:56+	19:44+	26:29+	27:44+	28:48+	34:00+	34:51+	38:05+	38:59+	46:11+	47:33+	49:29+	49:53+	
05:11+	04:52+	01:20+	00:20+	02:59+	01:48+	00:45+	00:41+	01:48+	06:45+	01:15+	01:04+	05:12+	00:51+	03:14+	00:54+	07:12+	01:22+	01:56+	00:24+	
05:11+	04:52+	01:20+	00:20+	02:59+	01:48+	00:45+	00:41+	01:48+	06:45+	01:15+	01:04+	05:12+	00:51+	03:14+	00:54+	07:12+	01:22+	01:56+	00:24+	
20	Isak Austrheim	NOTEAM	53:31																	
02:40+	07:49+	09:44+	10:02+	15:17+	17:33+	18:22+	19:05+	21:41+	33:55+	35:58+	37:37+	38:40+	40:05+	43:17+	44:05+	49:26+	51:42+	53:08+	53:31+	
02:40+	05:09+	01:35+	00:18+	05:15+	02:16+	00:49+	00:43+	02:36+	12:14+	02:03+	01:39+	01:03+	01:25+	03:12+	00:48+	05:21+	02:16+	01:26+	00:23+	
02:40+	05:09+	01:35+	00:18+	05:15+	02:16+	00:49+	00:43+	02:36+	12:14+	02:03+	01:39+	01:03+	01:25+	03:12+	00:48+	05:21+	02:16+	01:26+	00:23+	
21	Christoffer Soma	903	54:38																	
02:00+	05:23+	08:05+	08:30+	12:36+	14:58+	15:56+	17:14+	19:29+	28:30+	31:10+	32:28+	37:00+	38:14+	42:04+	43:19+	50:58+	52:38+	54:17+	54:38+	
02:00+	03:23+	02:42+	00:25+	04:06+	02:22+	00:58+	01:18+	02:15+	09:01+	02:40+	01:18+	04:32+	01:14+	03:50+	01:15+	07:39+	01:40+	01:39+	00:21+	
02:00+	03:23+	02:42+	00:25+	04:06+	02:22+	00:58+	01:18+	02:15+	09:01+	02:40+	01:18+	04:32+	01:14+	03:50+	01:15+	07:39+	01:40+	01:39+	00:21+	

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Joakim B. Enne Haug	1284	29:43																	
01:28=	03:15=	04:44=	05:06=	07:28=	09:00=	09:34=	10:14=	11:49=	16:35=	18:01=	19:01=	20:11=	21:22=	23:43=	24:20=	27:22=	28:23=	29:28=	29:43=	
01:28=	01:47=	01:29=	00:22=	02:22=	01:32=	00:34=	00:40=	01:35=	04:46=	01:26=	01:00=	01:10=	01:11=	02:21=	00:37=	03:02=	01:01=	01:05=	00:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Per Jan Ersland	3510	32:39																	
01:42+	03:31+	04:46+	05:12+	05:28-	08:20-	09:59+	10:45+	11:30-	13:22-	18:57+	20:17+	21:10+	22:10+	23:33-	25:42+	26:20-	29:56+	31:06+	32:20+	32:39+
01:42+	01:49+	01:15-	00:26+	00:16-	02:52+	01:39+	00:46+	00:45-	01:52-	05:35+	01:20+	00:53-	01:00-	01:23-	02:09+	00:38-	03:36+	01:10+	01:14+	00:19+
00:14#	00:02+	00:14-	00:04#	02:06-	01:20#	01:05#	00:06#	00:50-	02:54-	04:09#	00:20#	00:17-	00:11-	00:58-	01:32#	02:24-	02:35#	00:05+	00:59#	00:19+
3	Frode Ungar	1683	34:44																	
01:36+	03:42+	05:05+	05:22+	08:03+	09:44+	10:23+	11:08+	12:55+	19:03+	20:30+	21:37+	22:48+	24:33+	27:13+	27:47+	31:48+	33:02+	34:22+	34:44+	
01:36+	02:06+	01:23-	00:17-	02:41+	01:41+	00:39+	00:45+	01:47+	06:08+	01:27+	01:07+	01:11+	01:45+	02:40+	00:34-	04:01+	01:14+	01:20+	00:22+	
00:08+	00:19#	00:06-	00:05-	00:19#	00:09+	00:05#	00:05#	00:12#	01:22#	00:01+	00:07#	00:01+	00:34#	00:19#	00:03-	00:59#	00:13#	00:15#	00:07#	
4	Rolf Frøyland	880	35:37																	
01:53+	04:00+	05:35+	05:55+	08:16+	10:03+	11:00+	11:36+	13:31+	19:03+	20:28+	21:36+	22:45+	23:48+	26:10+	26:49+	31:49+	33:09+	35:16+	35:37+	
01:53+	02:07+	01:35+	00:20-	02:21-	01:47+	00:57+	00:36-	01:55+	05:32+	01:25-	01:08+	01:09-	01:03-	02:22+	00:39+	05:00+	01:20+	02:07+	00:21+	
00:25#	00:20#	00:06+	00:02-	00:01-	00:15#	00:23#	00:04-	00:20#	00:46#	00:01-	00:08#	00:01-	00:08-	00:01+	00:02+	01:58#	00:19#	01:02#	00:06#	
5	Reidar Mosvold	1754	35:56																	
01:42+	03:52+	05:26+	05:55+	08:43+	10:36+	11:14+	11:50+	13:52+	20:28+	21:53+	23:08+	24:17+	25:55+	28:38+	29:20+	32:50+	34:19+	35:32+	35:56+	
01:42+	02:10+	01:34+	00:29+	02:48+	01:53+	00:38+	00:36-	02:02+	06:36+	01:25-	01:15+	01:09-	01:38+	02:43+	00:42+	03:30+	01:29+	01:13+	00:24+	
00:14#	00:23#	00:05+	00:07#	00:26#	00:21#	00:04#	00:04-	00:27#	01:50#	00:01-	00:15#	00:01-	00:27#	00:22#	00:05#	00:28#	00:28#	00:08#	00:09#	
6	Gunnar Thorset	896	36:13																	
02:07+	04:08+	05:43+	06:03+	08:57+	10:38+	11:17+	11:57+	13:46+	19:56+	21:27+	22:36+	23:54+	25:31+	28:18+	29:03+	33:08+	34:33+	35:49+	36:13+	
02:07+	02:01+	01:35+	00:20-	02:54+	01:41+	00:39+	00:40=	01:49+	06:10+	01:31+	01:09+	01:18+	01:37+	02:47+	00:45+	04:05+	01:25+	01:16+	00:24+	
00:39#	00:14#	00:06+	00:02-	00:32#	00:09+	00:05#	00:00=	00:14#	01:24#	00:05+	00:09#	00:08#	00:26#	00:26#	00:08#	01:03#	00:24#	00:11#	00:09#	
7	Sjur Sismo	1683	36:30																	
02:58+	04:54+	06:31+	06:49+	09:40+	11:18+	11:55+	12:33+	14:24+	20:54+	22:22+	23:27+	24:58+	26:12+	29:02+	29:45+	33:27+	34:39+	36:06+	36:30+	
02:58+	01:56+	01:37+	00:18-	02:51+	01:38+	00:37+	00:38-	01:51+	06:30+	01:28+	01:05+	01:31+	01:14+	02:50+	00:43+	03:42+	01:12+	01:27+	00:24+	
01:30#	00:09+	00:08+	00:04-	00:29#	00:06+	00:03+	00:02-	00:16#	01:44#	00:02+	00:05+	00:21#	00:03+	00:29#	00:06#	00:40#	00:11#	00:22#	00:09#	

Herrer 40 - 49 år

8	Trondr Breiland	NOTEAM	36:35																
01:41+	03:41+	05:03+	05:22+	08:19+	10:21+	11:01+	11:33+	13:15+	19:55+	21:46+	22:37+	23:51+	24:57+	28:12+	28:56+	33:21+	34:49+	36:09+	36:35+
01:41+	02:00+	01:22-	00:19-	02:57+	02:02+	00:40+	00:32-	01:42+	06:40+	01:51+	00:51-	01:14+	01:06-	03:15+	00:44+	04:25+	01:28+	01:20+	00:26+
00:13#	00:13#	00:07-	00:03-	00:35#	00:30#	00:06#	00:08-	00:07+	01:54#	00:25#	00:09-	00:04+	00:05-	00:54#	00:07#	01:23#	00:27#	00:15#	00:11#
9	Antal Jansen	3530	37:22																
01:53+	04:12+	05:57+	06:17+	09:05+	11:07+	11:57+	12:36+	14:15+	20:18+	22:05+	23:07+	24:23+	25:26+	28:47+	29:30+	34:01+	35:33+	37:02+	37:22+
01:53+	02:19+	01:45+	00:20+	02:48+	02:02+	00:50+	00:39+	01:39+	06:03+	01:47+	01:02+	01:16+	01:03+	03:21+	00:43+	04:31+	01:32+	01:29+	00:20+
01:53+	02:19+	01:45+	00:20+	02:48+	02:02+	00:50+	00:39+	01:39+	06:03+	01:47+	01:02+	01:16+	01:03+	03:21+	00:43+	04:31+	01:32+	01:29+	00:20+
10	Ole-Tobias Frich	1683	37:27																
01:54+	04:01+	05:36+	05:58+	08:44+	10:44+	11:24+	12:11+	14:05+	20:03+	21:36+	23:10+	24:28+	25:49+	28:21+	29:03+	34:00+	35:23+	37:01+	37:27+
01:54+	02:07+	01:35+	00:22+	02:46+	02:00+	00:40+	00:47+	01:54+	05:58+	01:33+	01:34+	01:18+	01:21+	02:32+	00:42+	04:57+	01:23+	01:38+	00:26+
01:54+	02:07+	01:35+	00:22+	02:46+	02:00+	00:40+	00:47+	01:54+	05:58+	01:33+	01:34+	01:18+	01:21+	02:32+	00:42+	04:57+	01:23+	01:38+	00:26+
11	Asgeir Nærland	1830	37:55																
01:36+	03:40+	05:32+	05:55+	09:04+	10:53+	11:39+	12:27+	14:20+	21:06+	23:03+	24:28+	26:05+	27:14+	30:00+	30:41+	34:34+	36:12+	37:35+	37:55+
01:36+	02:04+	01:52+	00:23+	03:09+	01:49+	00:46+	00:48+	01:53+	06:46+	01:57+	01:25+	01:37+	01:09+	02:46+	00:41+	03:53+	01:38+	01:23+	00:20+
01:36+	02:04+	01:52+	00:23+	03:09+	01:49+	00:46+	00:48+	01:53+	06:46+	01:57+	01:25+	01:37+	01:09+	02:46+	00:41+	03:53+	01:38+	01:23+	00:20+
12	Magne Habbestad	3531	38:05																
01:39+	03:50+	05:29+	05:48+	08:33+	10:27+	11:21+	12:02+	13:50+	20:30+	22:36+	23:50+	25:11+	26:24+	29:36+	30:20+	34:57+	36:13+	37:38+	38:05+
01:39+	02:11+	01:39+	00:19+	02:45+	01:54+	00:54+	00:41+	01:48+	06:40+	02:06+	01:14+	01:21+	01:13+	03:12+	00:44+	04:37+	01:16+	01:25+	00:27+
01:39+	02:11+	01:39+	00:19+	02:45+	01:54+	00:54+	00:41+	01:48+	06:40+	02:06+	01:14+	01:21+	01:13+	03:12+	00:44+	04:37+	01:16+	01:25+	00:27+
13	Christian Ask	3563	38:11																
01:57+	04:21+	07:55+	08:11+	11:13+	12:48+	13:31+	14:07+	16:01+	22:17+	24:07+	25:12+	26:26+	27:41+	30:40+	31:22+	35:16+	36:25+	37:52+	38:11+
01:57+	02:24+	03:34+	00:16+	03:02+	01:35+	00:43+	00:36+	01:54+	06:16+	01:50+	01:05+	01:14+	01:15+	02:59+	00:42+	03:54+	01:09+	01:27+	00:19+
01:57+	02:24+	03:34+	00:16+	03:02+	01:35+	00:43+	00:36+	01:54+	06:16+	01:50+	01:05+	01:14+	01:15+	02:59+	00:42+	03:54+	01:09+	01:27+	00:19+
14	Jan-Kenneth Polle	3525	38:15																
01:55+	04:10+	05:45+	06:07+	09:03+	11:01+	11:39+	12:21+	14:11+	20:48+	22:28+	23:35+	24:49+	26:02+	29:09+	29:51+	34:18+	35:59+	37:55+	38:15+
01:55+	02:15+	01:35+	00:22+	02:56+	01:58+	00:38+	00:42+	01:50+	06:37+	01:40+	01:07+	01:14+	01:13+	03:07+	00:42+	04:27+	01:41+	01:56+	00:20+
01:55+	02:15+	01:35+	00:22+	02:56+	01:58+	00:38+	00:42+	01:50+	06:37+	01:40+	01:07+	01:14+	01:13+	03:07+	00:42+	04:27+	01:41+	01:56+	00:20+
15	Rune Dahl Fitjar	1754	38:26																
01:50+	04:34+	06:22+	06:47+	09:57+	12:02+	12:46+	13:31+	15:38+	22:18+	24:16+	25:29+	26:57+	28:20+	31:15+	31:58+	35:30+	36:47+	38:02+	38:26+
01:50+	02:44+	01:48+	00:25+	03:10+	02:05+	00:44+	00:45+	02:07+	06:40+	01:58+	01:13+	01:28+	01:23+	02:55+	00:43+	03:32+	01:17+	01:15+	00:24+
01:50+	02:44+	01:48+	00:25+	03:10+	02:05+	00:44+	00:45+	02:07+	06:40+	01:58+	01:13+	01:28+	01:23+	02:55+	00:43+	03:32+	01:17+	01:15+	00:24+
16	Cedric Fayemendy	3559	38:34																
02:48+	04:51+	06:54+	07:16+	10:00+	11:45+	12:32+	13:16+	15:05+	21:00+	22:48+	24:12+	25:44+	26:54+	29:54+	30:44+	35:19+	36:52+	38:14+	38:34+
02:48+	02:03+	02:03+	00:22+	02:44+	01:45+	00:47+	00:44+	01:49+	05:55+	01:48+	01:24+	01:32+	01:10+	03:00+	00:50+	04:35+	01:33+	01:22+	00:20+
02:48+	02:03+	02:03+	00:22+	02:44+	01:45+	00:47+	00:44+	01:49+	05:55+	01:48+	01:24+	01:32+	01:10+	03:00+	00:50+	04:35+	01:33+	01:22+	00:20+
17	Inge Arild Leknes	3548	39:56																
02:05+	05:05+	07:04+	07:28+	10:32+	12:17+	13:01+	13:40+	15:37+	21:32+	23:16+	24:30+	26:19+	27:40+	31:14+	31:57+	36:36+	37:58+	39:30+	39:56+
02:05+	03:00+	01:59+	00:24+	03:04+	01:45+	00:44+	00:39+	01:57+	05:55+	01:44+	01:14+	01:49+	01:21+	03:34+	00:43+	04:39+	01:22+	01:32+	00:26+
02:05+	03:00+	01:59+	00:24+	03:04+	01:45+	00:44+	00:39+	01:57+	05:55+	01:44+	01:14+	01:49+	01:21+	03:34+	00:43+	04:39+	01:22+	01:32+	00:26+
18	Bjarne Bore	3529	41:04																
01:42+	04:09+	06:14+	06:41+	09:45+	11:45+	12:35+	13:19+	15:09+	22:27+	24:43+	25:56+	27:41+	29:12+	32:41+	33:23+	37:56+	39:21+	40:43+	41:04+
01:42+	02:27+	02:05+	00:27+	03:04+	02:00+	00:50+	00:44+	01:50+	07:18+	02:16+	01:13+	01:45+	01:31+	03:29+	00:42+	04:33+	01:25+	01:22+	00:21+
01:42+	02:27+	02:05+	00:27+	03:04+	02:00+	00:50+	00:44+	01:50+	07:18+	02:16+	01:13+	01:45+	01:31+	03:29+	00:42+	04:33+	01:25+	01:22+	00:21+
19	Rune Hatle	903	41:47																
02:42+	04:46+	06:27+	06:43+	09:40+	11:09+	11:57+	12:37+	14:33+	21:19+	23:08+	24:14+	25:46+	27:31+	29:45+	30:28+	38:55+	40:09+	41:28+	41:47+
02:42+	02:04+	01:41+	00:16+	02:57+	01:29+	00:48+	00:40+	01:56+	06:46+	01:49+	01:06+	01:32+	01:45+	02:14+	00:43+	08:27+	01:14+	01:19+	00:19+
02:42+	02:04+	01:41+	00:16+	02:57+	01:29+	00:48+	00:40+	01:56+	06:46+	01:49+	01:06+	01:32+	01:45+	02:14+	00:43+	08:27+	01:14+	01:19+	00:19+
20	Anders Hagen	3528	42:21																
03:31+	06:55+	08:46+	09:09+	12:13+	13:46+	14:51+	15:38+	17:18+	23:05+	25:41+	27:37+	29:03+	30:12+	32:52+	33:34+	37:46+	39:09+	42:03+	42:21+
03:31+	03:24+	01:51+	00:23+	03:04+	01:33+	01:05+	00:47+	01:40+	05:47+	02:36+	01:56+	01:26+	01:09+	02:40+	00:42+	04:12+	01:23+	02:54+	00:18+
03:31+	03:24+	01:51+	00:23+	03:04+	01:33+	01:05+	00:47+	01:40+	05:47+	02:36+	01:56+	01:26+	01:09+	02:40+	00:42+	04:12+	01:23+	02:54+	00:18+
21	Anders Presterud	903	42:26																
01:41+	06:15+	08:05+	08:30+	11:27+	13:20+	14:05+	14:46+	16:35+	23:46+	27:41+	28:44+	30:10+	31:32+	34:10+	35:15+	39:09+	40:37+	42:06+	42:26+
01:41+	04:34+	01:50+	00:25+	02:57+	01:53+	00:45+	00:41+	01:49+	07:11+	03:55+	01:03+	01:26+	01:22+	02:38+	01:05+	03:54+	01:28+	01:29+	00:20+
01:41+	04:34+	01:50+	00:25+	02:57+	01:53+	00:45+	00:41+	01:49+	07:11+	03:55+	01:03+	01:26+	01:22+	02:38+	01:05+	03:54+	01:28+	01:29+	00:20+

Herrer 40 - 49 år

22	Bjarte Harbo	1830	43:38
01:43+	05:14+ 07:04+ 07:24+ 10:21+ 12:06+	12:58+ 13:38+ 15:36+ 21:47+ 24:31+ 26:14+ 27:41+	29:27+ 34:32+ 35:14+ 40:19+ 41:47+ 43:14+ 43:38+
01:43+	03:31+ 01:50+ 00:20+ 02:57+ 01:45+	00:52+ 00:40+ 01:58+ 06:11+ 02:44+ 01:43+ 01:27+	01:46+ 05:05+ 00:42+ 05:05+ 01:28+ 01:27+ 00:24+
01:43+	03:31+ 01:50+ 00:20+ 02:57+ 01:45+	00:52+ 00:40+ 01:58+ 06:11+ 02:44+ 01:43+ 01:27+	01:46+ 05:05+ 00:42+ 05:05+ 01:28+ 01:27+ 00:24+
23	Stian Gunstensen	892	44:20
01:51+	04:04+ 05:49+ 06:05+ 08:54+ 10:27+	11:08+ 12:08+ 14:51+ 21:39+ 23:22+ 24:21+ 26:21+	27:31+ 36:42+ 37:38+ 41:10+ 42:33+ 44:01+ 44:20+
01:51+	02:13+ 01:45+ 00:16+ 02:49+ 01:33+	00:41+ 01:00+ 02:43+ 06:48+ 01:43+ 00:59+ 02:00+	01:10+ 09:11+ 00:56+ 03:32+ 01:23+ 01:28+ 00:19+
01:51+	02:13+ 01:45+ 00:16+ 02:49+ 01:33+	00:41+ 01:00+ 02:43+ 06:48+ 01:43+ 00:59+ 02:00+	01:10+ 09:11+ 00:56+ 03:32+ 01:23+ 01:28+ 00:19+
24	Sjur Gausel	2342	47:24
02:45+	06:29+ 08:28+ 08:52+ 14:38+ 17:00+	17:48+ 18:40+ 20:55+ 28:09+ 30:09+ 31:22+ 33:23+	34:58+ 38:12+ 38:58+ 43:36+ 45:18+ 47:01+ 47:24+
02:45+	03:44+ 01:59+ 00:24+ 05:46+ 02:22+	00:48+ 00:52+ 02:15+ 07:14+ 02:00+ 01:13+ 02:01+	01:35+ 03:14+ 00:46+ 04:38+ 01:42+ 01:43+ 00:23+
02:45+	03:44+ 01:59+ 00:24+ 05:46+ 02:22+	00:48+ 00:52+ 02:15+ 07:14+ 02:00+ 01:13+ 02:01+	01:35+ 03:14+ 00:46+ 04:38+ 01:42+ 01:43+ 00:23+
25	Thomas Thue	1830	53:57
02:03+	06:44+ 08:39+ 09:02+ 12:05+ 14:43+	15:31+ 16:28+ 20:39+ 28:10+ 30:16+ 31:39+ 33:36+	36:44+ 40:02+ 41:06+ 46:37+ 48:36+ 53:23+ 53:57+
02:03+	04:41+ 01:55+ 00:23+ 03:03+ 02:38+	00:48+ 00:57+ 04:11+ 07:31+ 02:06+ 01:23+ 01:57+	03:08+ 03:18+ 01:04+ 05:31+ 01:59+ 04:47+ 00:34+
02:03+	04:41+ 01:55+ 00:23+ 03:03+ 02:38+	00:48+ 00:57+ 04:11+ 07:31+ 02:06+ 01:23+ 01:57+	03:08+ 03:18+ 01:04+ 05:31+ 01:59+ 04:47+ 00:34+
26	Kjetil Gjerde	1683	55:40
02:36+	06:46+ 10:59+ 11:32+ 15:38+ 18:08+	19:14+ 20:15+ 22:54+ 31:55+ 34:23+ 36:04+ 37:57+	39:46+ 44:21+ 45:36+ 51:02+ 53:12+ 55:04+ 55:40+
02:36+	04:10+ 04:13+ 00:33+ 04:06+ 02:30+	01:06+ 01:01+ 02:39+ 09:01+ 02:28+ 01:41+ 01:53+	01:49+ 04:35+ 01:15+ 05:26+ 02:10+ 01:52+ 00:36+
02:36+	04:10+ 04:13+ 00:33+ 04:06+ 02:30+	01:06+ 01:01+ 02:39+ 09:01+ 02:28+ 01:41+ 01:53+	01:49+ 04:35+ 01:15+ 05:26+ 02:10+ 01:52+ 00:36+
27	Glenn Madland	879	59:19
03:37+	06:57+ 26:38+ 26:57+ 30:04+ 31:45+	32:37+ 33:29+ 35:20+ 41:32+ 43:18+ 44:29+ 46:06+	47:36+ 50:09+ 50:49+ 55:22+ 57:14+ 58:57+ 59:19+
03:37+	03:20+ 19:41+ 00:19+ 03:07+ 01:41+	00:52+ 00:52+ 01:51+ 06:12+ 01:46+ 01:11+ 01:37+	01:30+ 02:33+ 00:40+ 04:33+ 01:52+ 01:43+ 00:22+
03:37+	03:20+ 19:41+ 00:19+ 03:07+ 01:41+	00:52+ 00:52+ 01:51+ 06:12+ 01:46+ 01:11+ 01:37+	01:30+ 02:33+ 00:40+ 04:33+ 01:52+ 01:43+ 00:22+

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Lars Primstad	769	26:47
01:23=	01:52= 03:22= 04:25= 05:12= 07:44=	09:55= 12:40= 13:38= 14:52= 15:57= 18:08= 18:46=	19:23= 22:58= 24:13= 25:26= 26:01= 26:29= 26:47=
01:23=	00:29= 01:30= 01:03= 00:47= 02:32=	02:11= 02:45= 00:58= 01:14= 01:05= 02:11= 00:38=	00:37= 03:35= 01:15= 01:13= 00:35= 00:28= 00:18=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Frank Hansen	3502	27:54
01:43+	02:15+ 03:58+ 05:15+ 06:08+ 08:54+	11:06+ 12:41+ 14:01+ 15:18+ 16:22+ 18:34+ 19:16+	20:05+ 23:12+ 24:29+ 26:15+ 26:52+ 27:29+ 27:54+
01:43+	00:32+ 01:43+ 01:17+ 00:53+ 02:46+	02:12+ 01:35= 01:20+ 01:17+ 01:04= 02:12+ 00:42+	00:49+ 03:07= 01:17+ 01:46+ 00:37+ 00:37+ 00:25+
00:20#	00:03# 00:13# 00:14# 00:06# 00:14+	00:01+ 01:10= 00:22& 00:03+ 00:01= 00:01+ 00:04#	00:12& 00:28= 00:02+ 00:33& 00:02+ 00:09& 00:07&
3	Øystein Fuglestad	878	28:12
01:28+	02:05+ 03:37+ 04:56+ 05:43+ 08:48+	11:05+ 12:27= 13:34= 14:40= 15:47= 18:25+ 19:10+	19:52+ 23:11+ 24:47+ 26:27+ 27:11+ 27:48+ 28:12+
01:28+	00:37+ 01:32+ 01:19+ 00:47= 03:05+	02:17+ 01:22= 01:07+ 01:06= 01:07+ 02:38+ 00:45+	00:42+ 03:19= 01:36+ 01:40+ 00:44+ 00:37+ 00:24+
00:05+	00:08& 00:02+ 00:16& 00:00= 00:33#	00:06+ 01:23= 00:09# 00:08= 00:02+ 00:27# 00:07#	00:05# 00:16= 00:21& 00:27& 00:09& 00:09& 00:06&
4	Sigurd Ravndal	769	28:59
01:30+	02:04+ 03:50+ 05:11+ 06:00+ 08:42+	10:40+ 12:21= 13:36= 15:28+ 16:42+ 20:11+ 21:07+	21:48+ 24:37+ 26:01+ 27:28+ 28:03+ 28:39+ 28:59+
01:30+	00:34+ 01:46+ 01:21+ 00:49+ 02:42+	01:58= 01:41= 01:15+ 01:52+ 01:14+ 03:29+ 00:56+	00:41+ 02:49= 01:24+ 01:27+ 00:35= 00:36+ 00:20+
00:07+	00:05# 00:16# 00:18& 00:02+ 00:10+	00:13= 01:04= 00:17& 00:38& 00:09# 01:18& 00:18&	00:04# 00:46= 00:09# 00:14# 00:00= 00:08& 00:02#
5	Steinar Hansen	882	30:03
01:52+	02:34+ 04:08+ 05:35+ 06:45+ 10:51+	13:10+ 14:37+ 15:40+ 16:59+ 18:11+ 20:52+ 21:28+	22:09+ 25:37+ 26:56+ 28:28+ 29:06+ 29:42+ 30:03+
01:52+	00:42+ 01:34+ 01:27+ 01:10+ 04:06+	02:19+ 01:27= 01:03+ 01:19+ 01:12+ 02:41+ 00:36=	00:41+ 03:28= 01:19+ 01:32+ 00:38+ 00:36+ 00:21+
00:29&	00:13& 00:04+ 00:24& 00:23& 01:34&	00:08+ 01:18= 00:05+ 00:05+ 00:07# 00:30# 00:02=	00:04# 00:07= 00:04+ 00:19& 00:03+ 00:08& 00:03#
6	Anders Glenne	793	30:06
01:40+	02:18+ 03:55+ 05:22+ 06:17+ 09:17+	12:24+ 14:12+ 15:16+ 16:30+ 17:51+ 20:47+ 21:26+	22:11+ 25:43+ 27:13+ 28:35+ 29:09+ 29:44+ 30:06+
01:40+	00:38+ 01:37+ 01:27+ 00:55+ 03:00+	03:07+ 01:48= 01:04+ 01:14= 01:21+ 02:56+ 00:39+	00:45+ 03:32= 01:30+ 01:22+ 00:34= 00:35+ 00:22+
00:17#	00:09& 00:07+ 00:24& 00:08# 00:28#	00:56& 00:57= 00:06# 00:00= 00:16# 00:45& 00:01+	00:08# 00:03= 00:15# 00:09# 00:01= 00:07# 00:04#

Herrer 50 - 59 år

7	Terje Undheim	3529	30:14																	
01:24+	01:54+	03:18-	04:29+	05:12=	07:59+	10:23+	15:37+	17:03+	18:26+	19:20+	21:58+	22:34+	23:10+	26:07+	27:12+	28:41+	29:20+	29:53+	30:14+	
01:24+	00:30+	01:24-	01:11+	00:43-	02:47+	02:24+	05:14+	01:26+	01:23+	00:54-	02:38+	00:36-	00:36-	02:57-	01:05-	01:29+	00:39+	00:33+	00:21+	
00:01+	00:01+	00:06-	00:08#	00:04-	00:15+	00:13+	02:29#	00:28#	00:09#	00:11-	00:27#	00:02-	00:01-	00:38-	00:10-	00:16#	00:04#	00:05#	00:03#	
8	Jørgen Nilsen	1683	30:42																	
01:48+	02:19+	04:04+	05:29+	06:21+	09:43+	12:17+	13:52+	14:57+	16:14+	17:48+	20:44+	21:30+	22:13+	25:27+	27:03+	28:48+	29:38+	30:14+	30:42+	
01:48+	00:31+	01:45+	01:25+	00:52+	03:22+	02:34+	01:35+	01:05+	01:17+	01:34+	02:56+	00:46+	00:43+	03:14+	01:36+	01:45+	00:50+	00:36+	00:28+	
01:48+	00:31+	01:45+	01:25+	00:52+	03:22+	02:34+	01:35+	01:05+	01:17+	01:34+	02:56+	00:46+	00:43+	03:14+	01:36+	01:45+	00:50+	00:36+	00:28+	
9	Erling Knutzen	879	31:01																	
01:42+	02:23+	04:01+	05:33+	06:21+	09:58+	12:44+	14:14+	15:20+	16:43+	18:15+	21:13+	21:57+	22:41+	26:10+	27:34+	29:18+	30:02+	30:36+	31:01+	
01:42+	00:41+	01:38+	01:32+	00:48+	03:37+	02:46+	01:30+	01:06+	01:23+	01:32+	02:58+	00:44+	00:44+	03:29+	01:24+	01:44+	00:44+	00:34+	00:25+	
01:42+	00:41+	01:38+	01:32+	00:48+	03:37+	02:46+	01:30+	01:06+	01:23+	01:32+	02:58+	00:44+	00:44+	03:29+	01:24+	01:44+	00:44+	00:34+	00:25+	
10	Erik Bjørnbom	3559	31:41																	
01:51+	02:22+	03:58+	05:36+	06:24+	09:34+	12:05+	13:30+	14:36+	16:12+	17:26+	20:52+	21:36+	22:25+	25:49+	27:52+	29:44+	30:34+	31:14+	31:41+	
01:51+	00:31+	01:36+	01:38+	00:48+	03:10+	02:31+	01:25+	01:06+	01:36+	01:14+	03:26+	00:44+	00:49+	03:24+	02:03+	01:52+	00:50+	00:40+	00:27+	
01:51+	00:31+	01:36+	01:38+	00:48+	03:10+	02:31+	01:25+	01:06+	01:36+	01:14+	03:26+	00:44+	00:49+	03:24+	02:03+	01:52+	00:50+	00:40+	00:27+	
11	Jan S. Eike	NOTEAM	31:58																	
02:25+	03:02+	04:43+	06:14+	07:03+	09:48+	12:16+	13:40+	14:52+	16:21+	17:47+	20:47+	21:32+	22:53+	27:14+	28:48+	30:19+	31:00+	31:34+	31:58+	
02:25+	00:37+	01:41+	01:31+	00:49+	02:45+	02:28+	01:24+	01:12+	01:29+	01:26+	03:00+	00:45+	01:21+	04:21+	01:34+	01:31+	00:41+	00:34+	00:24+	
02:25+	00:37+	01:41+	01:31+	00:49+	02:45+	02:28+	01:24+	01:12+	01:29+	01:26+	03:00+	00:45+	01:21+	04:21+	01:34+	01:31+	00:41+	00:34+	00:24+	
12	Svein Roar Aas	3486	32:10																	
02:02+	02:49+	04:19+	05:47+	06:47+	09:52+	12:14+	14:11+	15:18+	17:02+	18:20+	21:18+	22:07+	23:36+	27:08+	28:52+	30:26+	31:11+	31:47+	32:10+	
02:02+	00:47+	01:30+	01:28+	01:00+	03:05+	02:22+	01:57+	01:07+	01:44+	01:18+	02:58+	00:49+	01:29+	03:32+	01:44+	01:34+	00:45+	00:36+	00:23+	
02:02+	00:47+	01:30+	01:28+	01:00+	03:05+	02:22+	01:57+	01:07+	01:44+	01:18+	02:58+	00:49+	01:29+	03:32+	01:44+	01:34+	00:45+	00:36+	00:23+	
13	Tore Halset	3486	32:16																	
01:45+	02:16+	03:57+	05:25+	06:10+	09:29+	12:01+	13:56+	15:25+	16:52+	18:01+	20:54+	21:37+	22:27+	26:18+	28:05+	30:16+	31:03+	31:47+	32:16+	
01:45+	00:31+	01:41+	01:28+	00:45+	03:19+	02:32+	01:55+	01:29+	01:27+	01:09+	02:53+	00:43+	00:50+	03:51+	01:47+	02:11+	00:47+	00:44+	00:29+	
01:45+	00:31+	01:41+	01:28+	00:45+	03:19+	02:32+	01:55+	01:29+	01:27+	01:09+	02:53+	00:43+	00:50+	03:51+	01:47+	02:11+	00:47+	00:44+	00:29+	
14	Ove Mæstad	2342	32:57																	
02:05+	02:50+	04:34+	06:18+	07:08+	10:47+	13:37+	15:11+	16:13+	17:33+	18:47+	21:58+	22:47+	23:35+	27:48+	29:15+	31:10+	31:57+	32:35+	32:57+	
02:05+	00:45+	01:44+	01:44+	00:50+	03:39+	02:50+	01:34+	01:02+	01:20+	01:14+	03:11+	00:49+	00:48+	04:13+	01:27+	01:55+	00:47+	00:38+	00:22+	
02:05+	00:45+	01:44+	01:44+	00:50+	03:39+	02:50+	01:34+	01:02+	01:20+	01:14+	03:11+	00:49+	00:48+	04:13+	01:27+	01:55+	00:47+	00:38+	00:22+	
15	Arne Hetlelid	3508	33:28																	
01:42+	02:26+	04:02+	05:33+	06:18+	10:05+	12:33+	14:19+	15:34+	17:44+	19:11+	22:17+	23:05+	24:04+	28:04+	29:40+	31:39+	32:22+	33:01+	33:28+	
01:42+	00:44+	01:36+	01:31+	00:45+	03:47+	02:28+	01:46+	01:15+	02:10+	01:27+	03:06+	00:48+	00:59+	04:00+	01:36+	01:59+	00:43+	00:39+	00:27+	
01:42+	00:44+	01:36+	01:31+	00:45+	03:47+	02:28+	01:46+	01:15+	02:10+	01:27+	03:06+	00:48+	00:59+	04:00+	01:36+	01:59+	00:43+	00:39+	00:27+	
16	Trygve Michaelsen	896	33:39																	
01:45+	02:20+	03:56+	06:25+	07:13+	10:49+	15:39+	17:25+	18:45+	20:03+	21:22+	23:35+	24:22+	25:04+	28:18+	30:19+	31:59+	32:40+	33:16+	33:39+	
01:45+	00:35+	01:36+	02:29+	00:48+	03:36+	04:50+	01:46+	01:20+	01:18+	01:19+	02:13+	00:47+	00:42+	03:14+	02:01+	01:40+	00:41+	00:36+	00:23+	
01:45+	00:35+	01:36+	02:29+	00:48+	03:36+	04:50+	01:46+	01:20+	01:18+	01:19+	02:13+	00:47+	00:42+	03:14+	02:01+	01:40+	00:41+	00:36+	00:23+	
17	Arve Sonflå	3563	34:49																	
02:01+	02:42+	04:26+	05:53+	07:12+	10:44+	13:20+	15:05+	16:18+	18:35+	21:22+	24:25+	25:15+	26:00+	29:12+	30:55+	32:55+	33:42+	34:23+	34:49+	
02:01+	00:41+	01:44+	01:27+	01:19+	03:32+	02:36+	01:45+	01:13+	02:17+	02:47+	03:03+	00:50+	00:45+	03:12+	01:43+	02:00+	00:47+	00:41+	00:26+	
02:01+	00:41+	01:44+	01:27+	01:19+	03:32+	02:36+	01:45+	01:13+	02:17+	02:47+	03:03+	00:50+	00:45+	03:12+	01:43+	02:00+	00:47+	00:41+	00:26+	
18	Arngrim Utskarpen	896	35:06																	
01:57+	02:55+	04:46+	06:19+	07:05+	10:12+	12:45+	14:24+	15:39+	17:10+	18:32+	23:42+	24:26+	25:18+	29:51+	31:25+	33:19+	34:09+	34:44+	35:06+	
01:57+	00:58+	01:51+	01:33+	00:46+	03:07+	02:33+	01:39+	01:15+	01:31+	01:22+	05:10+	00:44+	00:52+	04:33+	01:34+	01:54+	00:50+	00:35+	00:22+	
01:57+	00:58+	01:51+	01:33+	00:46+	03:07+	02:33+	01:39+	01:15+	01:31+	01:22+	05:10+	00:44+	00:52+	04:33+	01:34+	01:54+	00:50+	00:35+	00:22+	
19	Jone Kalheim	1884	35:07																	
02:52+	03:19+	04:58+	06:12+	07:02+	09:32+	10:34+	12:55+	14:43+	15:50+	17:05+	19:50+	22:52+	23:39+	24:25+	29:49+	31:28+	33:19+	34:11+	34:48+	35:07+
02:52+	00:27+	01:39+	01:14+	00:50+	02:30+	01:02+	02:21+	01:48+	01:07+	01:15+	02:45+	03:02+	00:47+	00:46+	05:24+	01:39+	01:51+	00:52+	00:37+	00:19+
02:52+	00:27+	01:39+	01:14+	00:50+	02:30+	01:02+	02:21+	01:48+	01:07+	01:15+	02:45+	03:02+	00:47+	00:46+	05:24+	01:39+	01:51+	00:52+	00:37+	00:19+
20	Rune Paulsen	3508	35:56																	
02:56+	03:35+	05:09+	06:20+	07:11+	10:33+	12:52+	18:58+	20:10+	21:57+	23:05+	25:31+	26:14+	27:02+	31:23+	32:52+	34:24+	35:06+	35:39+	35:56+	
02:56+	00:39+	01:34+	01:11+	00:51+	03:22+	02:19+	06:06+	01:12+	01:47+	01:08+	02:26+	00:43+	00:48+	04:21+	01:29+	01:32+	00:42+	00:33+	00:17+	
02:56+	00:39+	01:34+	01:11+	00:51+	03:22+	02:19+	06:06+	01:12+	01:47+	01:08+	02:26+	00:43+	00:48+	04:21+	01:29+	01:32+	00:42+	00:33+	00:17+	

Herrer 50 - 59 år

21	André Sirevåg	1683	36:40																
01:47+	02:28+	04:07+	05:47+	06:44+	10:26+	14:16+	16:31+	17:52+	19:34+	21:19+	24:48+	25:32+	26:56+	31:02+	32:49+	34:45+	35:37+	36:15+	36:40+
01:47+	00:41+	01:39+	01:40+	00:57+	03:42+	03:50+	02:15+	01:21+	01:42+	01:45+	03:29+	00:44+	01:24+	04:06+	01:47+	01:56+	00:52+	00:38+	00:25+
01:47+	00:41+	01:39+	01:40+	00:57+	03:42+	03:50+	02:15+	01:21+	01:42+	01:45+	03:29+	00:44+	01:24+	04:06+	01:47+	01:56+	00:52+	00:38+	00:25+
22	Sindre M. Dyrstad	1754	36:47																
02:00+	02:32+	04:01+	05:28+	06:17+	09:33+	12:15+	16:11+	17:11+	19:04+	20:38+	24:15+	25:00+	26:01+	29:11+	30:48+	34:53+	35:41+	36:20+	36:47+
02:00+	00:32+	01:29+	01:27+	00:49+	03:16+	02:42+	03:56+	01:00+	01:53+	01:34+	03:37+	00:45+	01:01+	03:10+	01:37+	04:05+	00:48+	00:39+	00:27+
02:00+	00:32+	01:29+	01:27+	00:49+	03:16+	02:42+	03:56+	01:00+	01:53+	01:34+	03:37+	00:45+	01:01+	03:10+	01:37+	04:05+	00:48+	00:39+	00:27+
23	John Breiland	NOTEAM	37:12																
03:00+	03:36+	05:14+	06:45+	07:38+	10:31+	13:01+	14:57+	16:28+	18:02+	19:44+	23:07+	23:49+	25:19+	30:03+	32:05+	35:03+	35:59+	36:40+	37:12+
03:00+	00:36+	01:38+	01:31+	00:53+	02:53+	02:30+	01:56+	01:31+	01:34+	01:42+	03:23+	00:42+	01:30+	04:44+	02:02+	02:58+	00:56+	00:41+	00:32+
03:00+	00:36+	01:38+	01:31+	00:53+	02:53+	02:30+	01:56+	01:31+	01:34+	01:42+	03:23+	00:42+	01:30+	04:44+	02:02+	02:58+	00:56+	00:41+	00:32+
24	Raymond B Pettersen	722	39:47																
01:41+	02:26+	04:11+	06:32+	07:28+	12:48+	16:01+	18:03+	19:19+	21:11+	22:51+	27:14+	28:03+	28:53+	33:55+	35:46+	37:58+	38:42+	39:25+	39:47+
01:41+	00:45+	01:45+	02:21+	00:56+	05:20+	03:13+	02:02+	01:16+	01:52+	01:40+	04:23+	00:49+	00:50+	05:02+	01:51+	02:12+	00:44+	00:43+	00:22+
01:41+	00:45+	01:45+	02:21+	00:56+	05:20+	03:13+	02:02+	01:16+	01:52+	01:40+	04:23+	00:49+	00:50+	05:02+	01:51+	02:12+	00:44+	00:43+	00:22+
25	Christof Schätz	3598	40:28																
02:04+	02:42+	04:40+	06:22+	07:28+	11:34+	14:30+	16:58+	18:42+	20:37+	22:33+	26:51+	27:47+	29:11+	33:35+	35:44+	37:54+	39:00+	39:52+	40:28+
02:04+	00:38+	01:58+	01:42+	01:06+	04:06+	02:56+	02:28+	01:44+	01:55+	01:56+	04:18+	00:56+	01:24+	04:24+	02:09+	02:10+	01:06+	00:52+	00:36+
02:04+	00:38+	01:58+	01:42+	01:06+	04:06+	02:56+	02:28+	01:44+	01:55+	01:56+	04:18+	00:56+	01:24+	04:24+	02:09+	02:10+	01:06+	00:52+	00:36+
26	Jerome Renoult	3524	40:40																
02:11+	03:06+	05:05+	07:08+	08:25+	12:53+	16:25+	18:56+	20:19+	22:08+	24:16+	28:05+	28:59+	29:59+	34:14+	36:14+	38:39+	39:29+	40:12+	40:40+
02:11+	00:55+	01:59+	02:03+	01:17+	04:28+	03:32+	02:31+	01:23+	01:49+	02:08+	03:49+	00:54+	01:00+	04:15+	02:00+	02:25+	00:50+	00:43+	00:28+
02:11+	00:55+	01:59+	02:03+	01:17+	04:28+	03:32+	02:31+	01:23+	01:49+	02:08+	03:49+	00:54+	01:00+	04:15+	02:00+	02:25+	00:50+	00:43+	00:28+
27	Stein Arve Finnestad	1456	41:31																
02:52+	03:33+	05:28+	07:08+	08:13+	12:26+	15:16+	17:14+	18:58+	20:26+	21:50+	25:41+	26:29+	27:30+	35:56+	37:34+	39:29+	40:18+	41:05+	41:31+
02:52+	00:41+	01:55+	01:40+	01:05+	04:13+	02:50+	01:58+	01:44+	01:28+	01:24+	03:51+	00:48+	01:01+	08:26+	01:38+	01:55+	00:49+	00:47+	00:26+
02:52+	00:41+	01:55+	01:40+	01:05+	04:13+	02:50+	01:58+	01:44+	01:28+	01:24+	03:51+	00:48+	01:01+	08:26+	01:38+	01:55+	00:49+	00:47+	00:26+
28	Geir Rune Seldal	2023	43:27																
02:10+	02:46+	04:57+	07:04+	08:13+	12:26+	20:41+	22:45+	24:11+	26:06+	27:58+	31:07+	32:03+	32:57+	37:22+	39:04+	41:20+	42:12+	42:58+	43:27+
02:10+	00:36+	02:11+	02:07+	01:09+	04:13+	08:15+	02:04+	01:26+	01:55+	01:52+	03:09+	00:56+	00:54+	04:25+	01:42+	02:16+	00:52+	00:46+	00:29+
02:10+	00:36+	02:11+	02:07+	01:09+	04:13+	08:15+	02:04+	01:26+	01:55+	01:52+	03:09+	00:56+	00:54+	04:25+	01:42+	02:16+	00:52+	00:46+	00:29+

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Inge Løland	1119	30:01																
01:53=	04:40=	06:09=	06:24=	09:05=	10:37=	11:52=	12:59=	13:54=	14:39=	17:27=	19:33=	20:59=	22:00=	25:26=	26:42=	28:20=	29:02=	29:36=	30:01=
01:53=	02:47=	01:29=	00:15=	02:41=	01:32=	01:15=	01:07=	00:55=	00:45=	02:48=	02:06=	01:26=	01:01=	03:26=	01:16=	01:38=	00:42=	00:34=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Johannessen	793	31:09																
02:07+	04:25-	06:18+	06:42+	09:29+	11:13+	13:00+	14:09+	15:03+	15:46+	18:34+	20:41+	22:10+	23:15+	26:45+	28:06+	29:33+	30:09+	30:43+	31:09+
02:07+	02:18-	01:53+	00:24+	02:47+	01:44+	01:47+	01:09+	00:54-	00:43-	02:48=	02:07+	01:29+	01:05+	03:30+	01:21+	01:27-	00:36-	00:34=	00:26+
00:14#	00:29-	00:24#	00:09#	00:06+	00:12#	00:32#	00:02+	00:01-	00:02-	00:00=	00:01+	00:03+	00:04+	00:04+	00:05+	00:11-	00:06-	00:00=	00:01+
3	Sturle Omdal	1683	31:51																
02:48+	05:54+	07:37+	08:02+	10:36+	12:12+	13:10+	14:19+	15:20+	16:06+	18:56+	21:04+	22:23+	23:24+	27:19+	28:28+	30:02+	30:48+	31:28+	31:51+
02:48+	03:06+	01:43+	00:25+	02:34-	01:36+	00:58-	01:09+	01:01+	00:46+	02:50+	02:08+	01:19-	01:01=	03:55+	01:09-	01:34-	00:46+	00:40+	00:23-
00:55#	00:19#	00:14#	00:10#	00:07-	00:04+	00:17-	00:02+	00:06#	00:01+	00:02+	00:02+	00:07-	00:00=	00:29#	00:07-	00:04-	00:04+	00:06#	00:02-
4	Magnar Mathias Møller	769	34:38																
02:13+	04:45+	06:37+	06:54+	10:07+	11:53+	13:08+	14:32+	15:44+	16:39+	20:13+	23:13+	24:54+	26:17+	29:49+	31:14+	33:02+	33:40+	34:16+	34:38+
02:13+	02:32-	01:52+	00:17+	03:13+	01:46+	01:15=	01:24+	01:12+	00:55+	03:34+	03:00+	01:41+	01:23+	03:32+	01:25+	01:48+	00:38-	00:36+	00:22-
00:20#	00:15-	00:23#	00:02#	00:32#	00:14#	00:00=	00:17#	00:17#	00:10#	00:46#	00:54#	00:15#	00:22#	00:06+	00:09#	00:10#	00:04-	00:02+	00:03-

Herrer 60 - 64 år

5	Harald Syse	1884	34:54																
02:16+	06:12+	07:49+	08:24+	11:01+	12:28+	14:47+	16:07+	17:05+	17:49+	21:24+	24:23+	25:44+	26:41+	29:52+	31:12+	32:44+	33:27+	34:25+	34:54+
02:16+	03:56+	01:37+	00:35+	02:37-	01:27-	02:19+	01:20+	00:58+	00:44-	03:35+	02:59+	01:21-	00:57-	03:11-	01:20+	01:32-	00:43+	00:58+	00:29+
00:23#	01:09&	00:08+	00:20#	00:04-	00:05-	01:04&	00:13#	00:03+	00:01-	00:47&	00:53&	00:05-	00:04-	00:15-	00:04+	00:06-	00:01+	00:24&	00:04#
6	Per Ingar Hadland	793	36:03																
02:30+	05:14+	07:08+	07:32+	10:50+	13:03+	14:10+	15:37+	16:45+	17:43+	21:37+	24:19+	25:46+	27:02+	30:34+	32:07+	34:11+	34:57+	35:35+	36:03+
02:30+	02:44+	01:54+	00:24+	03:18+	02:13+	01:07+	01:27+	01:08+	00:58+	03:54+	02:42+	01:27+	01:16+	03:32+	01:33+	02:04+	00:46+	00:38+	00:28+
02:30+	02:44+	01:54+	00:24+	03:18+	02:13+	01:07+	01:27+	01:08+	00:58+	03:54+	02:42+	01:27+	01:16+	03:32+	01:33+	02:04+	00:46+	00:38+	00:28+
7	Tor Inge Halvorsen	880	37:57																
03:09+	06:00+	07:54+	08:13+	11:28+	13:36+	14:54+	16:14+	17:24+	18:18+	21:50+	24:45+	26:30+	27:42+	31:52+	33:31+	35:52+	36:39+	37:31+	37:57+
03:09+	02:51+	01:54+	00:19+	03:15+	02:08+	01:18+	01:20+	01:10+	00:54+	03:32+	02:55+	01:45+	01:12+	04:10+	01:39+	02:21+	00:47+	00:52+	00:26+
03:09+	02:51+	01:54+	00:19+	03:15+	02:08+	01:18+	01:20+	01:10+	00:54+	03:32+	02:55+	01:45+	01:12+	04:10+	01:39+	02:21+	00:47+	00:52+	00:26+
8	Øystein Dahle	1884	38:18																
02:13+	05:11+	07:02+	07:36+	10:59+	12:55+	14:27+	15:54+	17:05+	18:04+	21:57+	24:58+	27:08+	28:30+	32:23+	34:11+	36:07+	36:57+	37:45+	38:18+
02:13+	02:58+	01:51+	00:34+	03:23+	01:56+	01:32+	01:27+	01:11+	00:59+	03:53+	03:01+	02:10+	01:22+	03:53+	01:48+	01:56+	00:50+	00:48+	00:33+
02:13+	02:58+	01:51+	00:34+	03:23+	01:56+	01:32+	01:27+	01:11+	00:59+	03:53+	03:01+	02:10+	01:22+	03:53+	01:48+	01:56+	00:50+	00:48+	00:33+
9	Lars Bergersen	1683	40:18																
02:31+	05:37+	08:00+	08:35+	12:21+	14:37+	16:24+	17:43+	18:55+	20:00+	24:11+	27:10+	28:48+	30:06+	34:55+	36:28+	38:25+	39:17+	39:51+	40:18+
02:31+	03:06+	02:23+	00:35+	03:46+	02:16+	01:47+	01:19+	01:12+	01:05+	04:11+	02:59+	01:38+	01:18+	04:49+	01:33+	01:57+	00:52+	00:34+	00:27+
02:31+	03:06+	02:23+	00:35+	03:46+	02:16+	01:47+	01:19+	01:12+	01:05+	04:11+	02:59+	01:38+	01:18+	04:49+	01:33+	01:57+	00:52+	00:34+	00:27+
10	Inge Skretting	1384	41:44																
02:44+	05:54+	08:02+	08:25+	11:53+	14:08+	15:39+	17:07+	18:31+	19:26+	24:01+	27:05+	29:53+	31:13+	35:30+	37:26+	39:37+	40:27+	41:19+	41:44+
02:44+	03:10+	02:08+	00:23+	03:28+	02:15+	01:31+	01:28+	01:24+	00:55+	04:35+	03:04+	02:48+	01:20+	04:17+	01:56+	02:11+	00:50+	00:52+	00:25+
02:44+	03:10+	02:08+	00:23+	03:28+	02:15+	01:31+	01:28+	01:24+	00:55+	04:35+	03:04+	02:48+	01:20+	04:17+	01:56+	02:11+	00:50+	00:52+	00:25+
11	John Carsten Sinnes	1884	41:48																
02:58+	06:06+	08:03+	08:34+	12:18+	15:21+	16:40+	18:08+	19:24+	20:30+	24:04+	27:00+	29:58+	31:24+	36:41+	38:21+	40:06+	40:52+	41:26+	41:48+
02:58+	03:08+	01:57+	00:31+	03:44+	03:03+	01:19+	01:28+	01:16+	01:06+	03:34+	02:56+	02:58+	01:26+	05:17+	01:40+	01:45+	00:46+	00:34+	00:22+
02:58+	03:08+	01:57+	00:31+	03:44+	03:03+	01:19+	01:28+	01:16+	01:06+	03:34+	02:56+	02:58+	01:26+	05:17+	01:40+	01:45+	00:46+	00:34+	00:22+
12	Arne Øvstebø	1284	44:48																
02:50+	10:50+	12:29+	13:00+	17:01+	19:09+	20:38+	22:05+	23:16+	24:12+	28:08+	31:51+	33:54+	35:17+	39:02+	40:41+	42:42+	43:33+	44:22+	44:48+
02:50+	08:00+	01:39+	00:31+	04:01+	02:08+	01:29+	01:27+	01:11+	00:56+	03:56+	03:43+	02:03+	01:23+	03:45+	01:39+	02:01+	00:51+	00:49+	00:26+
02:50+	08:00+	01:39+	00:31+	04:01+	02:08+	01:29+	01:27+	01:11+	00:56+	03:56+	03:43+	02:03+	01:23+	03:45+	01:39+	02:01+	00:51+	00:49+	00:26+
13	Svein Magne Gloppen	1884	45:39																
03:28+	09:44+	11:44+	12:10+	15:37+	18:10+	19:35+	21:03+	22:13+	23:14+	28:24+	31:19+	33:50+	35:39+	39:24+	42:02+	43:50+	44:37+	45:12+	45:39+
03:28+	06:16+	02:00+	00:26+	03:27+	02:33+	01:25+	01:28+	01:10+	01:01+	05:10+	02:55+	02:31+	01:49+	03:45+	02:38+	01:48+	00:47+	00:35+	00:27+
03:28+	06:16+	02:00+	00:26+	03:27+	02:33+	01:25+	01:28+	01:10+	01:01+	05:10+	02:55+	02:31+	01:49+	03:45+	02:38+	01:48+	00:47+	00:35+	00:27+

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Otte Omdal	903	28:10																
01:50=	04:00=	05:34=	05:53=	08:40=	10:03=	11:00=	12:00=	12:52=	13:33=	15:47=	17:48=	19:09=	20:17=	22:58=	25:17=	26:42=	27:19=	27:48=	28:10=
01:50=	02:10=	01:34=	00:19=	02:47=	01:23=	00:57=	01:00=	00:52=	00:41=	02:14=	02:01=	01:21=	01:08=	02:41=	02:19=	01:25=	00:37=	00:29=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Espen Krogh	793	31:14																
01:47-	04:38+	06:20+	06:45+	09:27+	11:27+	12:39+	13:48+	14:39+	15:29+	18:39+	21:05+	22:41+	23:45+	26:33+	27:54+	29:32+	30:15+	30:53+	31:14+
01:47-	02:51+	01:42+	00:25+	02:42-	02:00+	01:12+	01:09+	00:51-	00:50+	03:10+	02:26+	01:36+	01:04-	02:48+	01:21-	01:38+	00:43+	00:38+	00:21-
00:03-	00:41&	00:08+	00:06&	00:05-	00:37&	00:15&	00:09#	00:01-	00:09#	00:56&	00:25#	00:15#	00:04-	00:07+	00:58-	00:13#	00:06#	00:09&	00:01-
3	Kjell Dale	1884	31:43																
02:15+	04:35+	06:09+	06:31+	09:20+	10:54+	12:09+	13:24+	14:18+	15:01+	18:19+	20:28+	21:51+	23:03+	26:47+	28:17+	29:57+	30:37+	31:11+	31:43+
02:15+	02:20+	01:34=	00:22+	02:49+	01:34+	01:15+	01:15+	00:54+	00:43+	03:18+	02:09+	01:23+	01:12+	03:44+	01:30-	01:40+	00:40+	00:34+	00:32+
00:25#	00:10+	00:00=	00:03#	00:02+	00:11#	00:18&	00:15#	00:02+	00:02+	01:04&	00:08+	00:02+	00:04+	01:03&	00:49-	00:15#	00:03+	00:05#	00:10&

Herrer 65 - 69 år

4	Kjell Skjæveland	3515	34:34																	
02:12+	04:44+	06:32+	07:04+	10:49+	12:35+	13:52+	15:05+	16:08+	16:59+	19:57+	22:11+	23:43+	25:10+	29:37+	31:14+	32:45+	33:31+	34:08+	34:34+	
02:12+	02:32+	01:48+	00:32+	03:45+	01:46+	01:17+	01:13+	01:03+	00:51+	02:58+	02:14+	01:32+	01:27+	04:27+	01:37-	01:31+	00:46+	00:37+	00:26+	
00:22#	00:22#	00:14#	00:13#	00:58#	00:23#	00:20#	00:13#	00:11#	00:10#	00:44#	00:13#	00:11#	00:19#	01:46#	00:42-	00:06+	00:09#	00:08#	00:04#	
5	Torbjørn Evensen	3556	35:44																	
02:02+	05:13+	06:52+	07:19+	10:45+	13:11+	14:45+	15:43+	16:56+	17:57+	18:50+	22:04+	24:39+	26:19+	27:30+	30:41+	32:05+	33:54+	34:42+	35:18+	35:44+
02:02+	03:11+	01:39+	00:27+	03:26+	02:26+	01:34+	00:58+	01:13+	01:01+	00:53+	03:14+	02:35+	01:40+	01:11+	03:11+	01:24+	01:49+	00:48+	00:36+	00:26+
02:02+	03:11+	01:39+	00:27+	03:26+	02:26+	01:34+	00:58+	01:13+	01:01+	00:53+	03:14+	02:35+	01:40+	01:11+	03:11+	01:24+	01:49+	00:48+	00:36+	00:26+
6	Olav Tunheim	1884	35:46																	
02:19+	05:15+	07:33+	07:58+	11:09+	12:58+	14:22+	15:52+	17:00+	17:50+	21:14+	23:54+	25:56+	27:06+	30:42+	32:15+	34:01+	34:47+	35:22+	35:46+	
02:19+	02:56+	02:18+	00:25+	03:11+	01:49+	01:24+	01:30+	01:08+	00:50+	03:24+	02:40+	02:02+	01:10+	03:36+	01:33+	01:46+	00:46+	00:35+	00:24+	
02:19+	02:56+	02:18+	00:25+	03:11+	01:49+	01:24+	01:30+	01:08+	00:50+	03:24+	02:40+	02:02+	01:10+	03:36+	01:33+	01:46+	00:46+	00:35+	00:24+	
7	Tor Geir Espedal	3530	40:03																	
02:20+	07:23+	09:27+	09:52+	13:22+	15:41+	16:50+	18:17+	19:35+	20:32+	24:48+	27:48+	29:37+	30:56+	34:20+	35:59+	38:06+	38:53+	39:35+	40:03+	
02:20+	05:03+	02:04+	00:25+	03:30+	02:19+	01:09+	01:27+	01:18+	00:57+	04:16+	03:00+	01:49+	01:19+	03:24+	01:39+	02:07+	00:47+	00:42+	00:28+	
02:20+	05:03+	02:04+	00:25+	03:30+	02:19+	01:09+	01:27+	01:18+	00:57+	04:16+	03:00+	01:49+	01:19+	03:24+	01:39+	02:07+	00:47+	00:42+	00:28+	
8	Bjørn Sivertsen	1332	41:06																	
04:01+	06:55+	08:57+	09:22+	13:05+	16:09+	17:43+	19:08+	20:24+	21:33+	25:28+	28:18+	30:09+	31:36+	35:25+	37:05+	39:00+	39:55+	40:36+	41:06+	
04:01+	02:54+	02:02+	00:25+	03:43+	03:04+	01:34+	01:25+	01:16+	01:09+	03:55+	02:50+	01:51+	01:27+	03:49+	01:40+	01:55+	00:55+	00:41+	00:30+	
04:01+	02:54+	02:02+	00:25+	03:43+	03:04+	01:34+	01:25+	01:16+	01:09+	03:55+	02:50+	01:51+	01:27+	03:49+	01:40+	01:55+	00:55+	00:41+	00:30+	
9	Sverre Magnar Nordal	1683	44:16																	
03:14+	06:36+	09:00+	09:33+	13:17+	15:53+	17:18+	18:53+	20:10+	21:22+	24:25+	26:19+	29:37+	31:49+	33:11+	37:56+	39:43+	42:20+	43:11+	43:49+	44:16+
03:14+	03:22+	02:24+	00:33+	03:44+	02:36+	01:25+	01:35+	01:17+	01:12+	03:03+	01:54+	03:18+	02:12+	01:22+	04:45+	01:47+	02:37+	00:51+	00:38+	00:27+
03:14+	03:22+	02:24+	00:33+	03:44+	02:36+	01:25+	01:35+	01:17+	01:12+	03:03+	01:54+	03:18+	02:12+	01:22+	04:45+	01:47+	02:37+	00:51+	00:38+	00:27+
10	Jan Arendal	1683	44:22																	
03:03+	06:13+	08:36+	09:08+	13:23+	15:48+	17:19+	19:00+	20:20+	21:24+	25:55+	29:16+	31:57+	33:36+	37:43+	39:58+	42:03+	43:01+	43:49+	44:22+	
03:03+	03:10+	02:23+	00:32+	04:15+	02:25+	01:31+	01:41+	01:20+	01:04+	04:31+	03:21+	02:41+	01:39+	04:07+	02:15+	02:05+	00:58+	00:48+	00:33+	
03:03+	03:10+	02:23+	00:32+	04:15+	02:25+	01:31+	01:41+	01:20+	01:04+	04:31+	03:21+	02:41+	01:39+	04:07+	02:15+	02:05+	00:58+	00:48+	00:33+	
11	Sveinung Tveit	3547	44:29																	
03:05+	08:54+	10:55+	11:25+	15:06+	17:08+	19:54+	21:32+	22:45+	23:52+	27:57+	31:20+	33:22+	34:47+	38:48+	40:23+	42:30+	43:17+	43:56+	44:29+	
03:05+	05:49+	02:01+	00:30+	03:41+	02:02+	02:46+	01:38+	01:13+	01:07+	04:05+	03:23+	02:02+	01:25+	04:01+	01:35+	02:07+	00:47+	00:39+	00:33+	
03:05+	05:49+	02:01+	00:30+	03:41+	02:02+	02:46+	01:38+	01:13+	01:07+	04:05+	03:23+	02:02+	01:25+	04:01+	01:35+	02:07+	00:47+	00:39+	00:33+	
12	Bjørn H Engseth	1884	47:49																	
02:59+	06:36+	08:58+	09:29+	13:34+	16:10+	17:55+	19:47+	21:26+	22:41+	27:32+	31:03+	33:16+	35:11+	40:40+	42:46+	45:05+	46:05+	47:04+	47:49+	
02:59+	03:37+	02:22+	00:31+	04:05+	02:36+	01:45+	01:52+	01:39+	01:15+	04:51+	03:31+	02:13+	01:55+	05:29+	02:06+	02:19+	01:00+	00:59+	00:45+	
02:59+	03:37+	02:22+	00:31+	04:05+	02:36+	01:45+	01:52+	01:39+	01:15+	04:51+	03:31+	02:13+	01:55+	05:29+	02:06+	02:19+	01:00+	00:59+	00:45+	
13	Steinar Barmen	722	49:24																	
03:14+	07:23+	10:03+	10:33+	14:26+	17:00+	18:31+	20:09+	21:23+	22:23+	31:09+	34:14+	36:54+	38:10+	43:14+	44:50+	47:24+	48:17+	49:00+	49:24+	
03:14+	04:09+	02:40+	00:30+	03:53+	02:34+	01:31+	01:38+	01:14+	01:00+	08:46+	03:05+	02:40+	01:16+	05:04+	01:36+	02:34+	00:53+	00:43+	00:24+	
03:14+	04:09+	02:40+	00:30+	03:53+	02:34+	01:31+	01:38+	01:14+	01:00+	08:46+	03:05+	02:40+	01:16+	05:04+	01:36+	02:34+	00:53+	00:43+	00:24+	
14	Asgeir Kleppa	3511	52:07																	
03:05+	07:03+	09:05+	10:46+	11:21+	15:36+	18:07+	19:41+	21:11+	23:49+	24:53+	28:51+	35:12+	37:28+	39:15+	44:26+	46:27+	49:08+	50:11+	51:21+	52:07+
03:05+	03:58+	02:02+	01:41+	00:35+	04:15+	02:31+	01:34+	01:30+	02:38+	01:04+	03:58+	06:21+	02:16+	01:47+	05:11+	02:01+	02:41+	01:03+	01:10+	00:46+
03:05+	03:58+	02:02+	01:41+	00:35+	04:15+	02:31+	01:34+	01:30+	02:38+	01:04+	03:58+	06:21+	02:16+	01:47+	05:11+	02:01+	02:41+	01:03+	01:10+	00:46+
15	Tore Karlsen	722	57:49																	
03:35+	09:00+	11:21+	11:47+	15:30+	18:29+	20:16+	21:41+	22:53+	23:56+	28:00+	34:07+	36:05+	37:57+	49:48+	53:17+	55:29+	56:28+	57:21+	57:49+	
03:35+	05:25+	02:21+	00:26+	03:43+	02:59+	01:47+	01:25+	01:12+	01:03+	04:04+	06:07+	01:58+	01:52+	11:51+	03:29+	02:12+	00:59+	00:53+	00:28+	
03:35+	05:25+	02:21+	00:26+	03:43+	02:59+	01:47+	01:25+	01:12+	01:03+	04:04+	06:07+	01:58+	01:52+	11:51+	03:29+	02:12+	00:59+	00:53+	00:28+	
16	Omund Bakkevold	874	59:13																	
03:13+	07:38+	11:16+	11:51+	17:22+	20:38+	22:52+	24:34+	26:23+	27:43+	33:28+	37:44+	41:17+	43:23+	49:21+	52:23+	56:11+	57:31+	58:35+	59:13+	
03:13+	04:25+	03:38+	00:35+	05:31+	03:16+	02:14+	01:42+	01:49+	01:20+	05:45+	04:16+	03:33+	02:06+	05:58+	03:02+	03:48+	01:20+	01:04+	00:38+	
03:13+	04:25+	03:38+	00:35+	05:31+	03:16+	02:14+	01:42+	01:49+	01:20+	05:45+	04:16+	03:33+	02:06+	05:58+	03:02+	03:48+	01:20+	01:04+	00:38+	
17	Rolf Kleppe	3524	1:04:35																	
03:19+	08:09+	11:10+	14:33+	19:31+	22:44+	25:16+	27:57+	29:20+	30:41+	35:46+	45:39+	49:27+	51:41+	56:33+	58:50+	62:06+	63:08+	63:56+	64:35+	
03:19+	04:50+	03:01+	03:23+	04:58+	03:13+	02:32+	02:41+	01:23+	01:21+	05:05+	09:53+	03:48+	02:14+	04:52+	02:17+	03:16+	01:02+	00:48+	00:39+	
03:19+	04:50+	03:01+	03:23+	04:58+	03:13+	02:32+	02:41+	01:23+	01:21+	05:05+	09:53+	03:48+	02:14+	04:52+	02:17+	03:16+	01:02+	00:48+	00:39+	

Herrer 65 - 69 år

Beste strekketid for klassen

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

Herrer 70 - 74 år

1	Harry Breiland	3507	30:25																
02:17=	04:33=	06:08=	06:28=	09:06=	10:50=	11:58=	13:06=	14:05=	14:50=	17:34=	19:55=	21:22=	22:29=	25:33=	27:08=	28:39=	29:26=	30:01=	30:25=
02:17=	02:16=	01:35=	00:20=	02:38=	01:44=	01:08=	01:08=	00:59=	00:45=	02:44=	02:21=	01:27=	01:07=	03:04=	01:35=	01:31=	00:47=	00:35=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørn Martin Alsaker	3530	30:40																
01:56-	04:02-	05:40-	06:02-	09:16+	10:58+	12:06+	13:14+	14:05=	14:51+	17:56+	20:22+	21:53+	22:55+	26:03+	27:23+	28:59+	29:44+	30:16+	30:40+
01:56-	02:06-	01:38+	00:22+	03:14+	01:42-	01:08=	01:08=	00:51-	00:46+	03:05+	02:26+	01:31+	01:02-	03:08+	01:20-	01:36+	00:45-	00:32-	00:24=
00:21-	00:10-	00:03+	00:02#	00:36#	00:02-	00:00=	00:00=	00:08-	00:01+	00:21#	00:05+	00:04+	00:05-	00:04+	00:15-	00:05+	00:02-	00:03-	00:00=
3	Ragnvald Frøyland	879	37:11																
02:27+	05:24+	07:29+	07:56+	11:44+	13:43+	15:11+	16:31+	17:44+	18:41+	22:21+	25:46+	27:33+	28:37+	31:45+	33:10+	35:11+	35:58+	36:48+	37:11+
02:27+	02:57+	02:05+	00:27+	03:48+	01:59+	01:28+	01:20+	01:13+	00:57+	03:40+	03:25+	01:47+	01:04-	03:08+	01:25-	02:01+	00:47=	00:50+	00:23-
00:10+	00:41&	00:30&	00:07&	01:10&	00:15#	00:20&	00:12#	00:14#	00:12&	00:56&	01:04&	00:20#	00:03-	00:04+	00:10-	00:30&	00:00=	00:15&	00:01-
4	Jan Inge Lunde	1830	38:13																
02:46+	05:52+	07:51+	08:11+	11:48+	13:50+	15:02+	16:32+	17:44+	18:47+	22:28+	25:32+	27:23+	28:41+	32:46+	34:17+	36:14+	37:04+	37:45+	38:13+
02:46+	03:06+	01:59+	00:20=	03:37+	02:02+	01:12+	01:30+	01:12+	01:03+	03:41+	03:04+	01:51+	01:18+	04:05+	01:31-	01:57+	00:50+	00:41+	00:28+
00:29#	00:50&	00:24&	00:00=	00:59&	00:18#	00:04+	00:22&	00:13#	00:18&	00:57&	00:43&	00:24&	00:11#	01:01&	00:04-	00:26&	00:03+	00:06#	00:04#
5	Eivind Lars Rake	892	38:36																
02:45+	05:30+	07:39+	08:03+	11:36+	13:36+	14:47+	16:19+	17:37+	18:41+	22:28+	25:39+	27:43+	29:08+	32:52+	34:36+	36:37+	37:26+	38:06+	38:36+
02:45+	02:45+	02:09+	00:24+	03:33+	02:00+	01:11+	01:32+	01:18+	01:04+	03:47+	03:11+	02:04+	01:25+	03:44+	01:44+	02:01+	00:49+	00:40+	00:30+
00:28#	00:29#	00:34&	00:04#	00:55&	00:16#	00:03+	00:24&	00:19&	00:19&	01:03&	00:50&	00:37&	00:18&	00:40#	00:09+	00:30&	00:02+	00:05#	00:06#
6	Jan Hetland	3502	40:15																
02:15-	05:54+	07:47+	08:07+	12:02+	14:40+	16:12+	17:37+	18:58+	19:55+	23:24+	27:14+	30:59+	32:17+	35:28+	36:49+	38:32+	39:18+	39:57+	40:15+
02:15-	03:39+	01:53+	00:20=	03:55+	02:38+	01:32+	01:25+	01:21+	00:57+	03:29+	03:50+	03:45+	01:18+	03:11+	01:21-	01:43+	00:46-	00:39+	00:18-
00:02-	01:23&	00:18#	00:00=	01:17&	00:54&	00:24&	00:17#	00:22&	00:12&	00:45&	01:29&	02:18@	00:11#	00:07+	00:14-	00:12#	00:01-	00:04#	00:06-
7	Kjell Ivar Skjørestad	892	40:32																
02:12-	05:50+	07:46+	08:15+	11:13+	13:31+	16:52+	18:09+	19:10+	20:20+	23:28+	27:12+	30:54+	32:15+	35:36+	36:50+	38:38+	39:23+	40:06+	40:32+
02:12-	03:38+	01:56+	00:29+	02:58+	02:18+	03:21+	01:17+	01:01+	01:10+	03:08+	03:44+	03:42+	01:21+	03:21+	01:14-	01:48+	00:45-	00:43+	00:26+
00:05-	01:22&	00:21#	00:09&	00:20#	00:34&	02:13@	00:09#	00:02+	00:25&	00:24#	01:23&	02:15@	00:14#	00:17+	00:21-	00:17#	00:02-	00:08#	00:02+
8	Arne Magne Handeland	892	42:37																
05:29+	08:38+	10:47+	11:17+	15:11+	17:37+	19:01+	20:37+	21:51+	22:56+	26:34+	29:30+	31:41+	33:01+	36:57+	38:39+	40:40+	41:24+	42:09+	42:37+
05:29+	03:09+	02:09+	00:30+	03:54+	02:26+	01:24+	01:36+	01:14+	01:05+	03:38+	02:56+	02:11+	01:20+	03:56+	01:42+	02:01+	00:44-	00:45+	00:28+
03:12@	00:53&	00:34&	00:10&	01:16&	00:42&	00:16#	00:28&	00:15&	00:20&	00:54&	00:35#	00:44&	00:13#	00:52&	00:07+	00:30&	00:03-	00:10&	00:04#
9	Olav Habbestad	1683	42:58																
02:45+	07:02+	09:03+	09:30+	13:20+	15:31+	16:55+	18:44+	19:49+	20:47+	25:01+	27:59+	29:39+	31:00+	37:17+	38:47+	40:43+	41:51+	42:31+	42:58+
02:45+	04:17+	02:01+	00:27+	03:50+	02:11+	01:24+	01:49+	01:05+	00:58+	04:14+	02:58+	01:40+	01:21+	06:17+	01:30-	01:56+	01:08+	00:40+	00:27+
00:28#	02:01&	00:26&	00:07&	01:12&	00:27&	00:16#	00:41&	00:06#	00:13&	01:30&	00:37&	00:13#	00:14#	03:13@	00:05-	00:25&	00:21&	00:05#	00:03#
10	Bjørn Bjelland	3541	44:54																
03:14+	07:19+	09:43+	10:10+	14:23+	16:32+	17:49+	19:19+	21:01+	22:11+	26:48+	30:58+	33:49+	35:26+	39:11+	40:55+	42:53+	43:44+	44:24+	44:54+
03:14+	04:05+	02:24+	00:27+	04:13+	02:09+	01:17+	01:30+	01:42+	01:10+	04:37+	04:10+	02:51+	01:37+	03:45+	01:44+	01:58+	00:51+	00:40+	00:30+
00:57&	01:49&	00:49&	00:07&	01:35&	00:25#	00:09#	00:22&	00:43&	00:25&	01:53&	01:49&	01:24&	00:30&	00:41#	00:09+	00:27&	00:04+	00:05#	00:06#
11	Tore Romon Tvedt	3518	45:24																
03:08+	06:31+	08:44+	09:16+	12:47+	15:22+	17:18+	18:55+	20:23+	21:31+	26:17+	30:36+	32:37+	34:14+	38:47+	40:56+	42:58+	43:53+	44:47+	45:24+
03:08+	03:23+	02:13+	00:32+	03:31+	02:35+	01:56+	01:37+	01:28+	01:08+	04:46+	04:19+	02:01+	01:37+	04:33+	02:09+	02:02+	00:55+	00:54+	00:37+
00:51&	01:07&	00:38&	00:12&	00:53&	00:51&	00:48&	00:29&	00:29&	00:23&	02:02&	01:58&	00:34&	00:30&	01:29&	00:34&	00:31&	00:08#	00:19&	00:13&
12	Svein Ims	903	46:35																
03:08+	06:25+	09:01+	09:54+	14:00+	16:24+	18:18+	19:59+	21:29+	22:38+	27:18+	30:44+	33:14+	35:19+	39:30+	41:35+	43:55+	44:57+	46:01+	46:35+
03:08+	03:17+	02:36+	00:53+	04:06+	02:24+	01:54+	01:41+	01:30+	01:09+	04:40+	03:26+	02:30+	02:05+	04:11+	02:05+	02:20+	01:02+	01:04+	00:34+
00:51&	01:01&	01:01&	00:33@	01:28&	00:40&	00:46&	00:33&	00:31&	00:24&	01:56&	01:05&	01:03&	00:58&	01:07&	00:30&	00:49&	00:15&	00:29&	00:10&

Class	Navn	Klasse	Tid
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Herrer 70 - 74 år

13	Bjarne Gimre	1830	47:03																
03:04+	06:25+	08:44+	09:10+	13:22+	16:03+	17:35+	19:27+	20:53+	22:13+	26:50+	30:53+	33:08+	34:52+	39:44+	41:41+	44:45+	45:40+	46:25+	47:03+
03:04+	03:21+	02:19+	00:26+	04:12+	02:41+	01:32+	01:52+	01:26+	01:20+	04:37+	04:03+	02:15+	01:44+	04:52+	01:57+	03:04+	00:55+	00:45+	00:38+
00:47&	01:05&	00:44&	00:06&	01:34&	00:57&	00:24&	00:44&	00:27&	00:35&	01:53&	01:42&	00:48&	00:37&	01:48&	00:22#	01:33#	00:08#	00:10&	00:14&
14	Kjell-Ingar Olsen	1119	47:56																
03:08+	07:00+	09:26+	09:54+	14:26+	17:29+	19:08+	20:58+	22:27+	23:38+	28:38+	32:11+	34:34+	36:14+	41:26+	43:45+	45:47+	46:38+	47:22+	47:56+
03:08+	03:52+	02:26+	00:28+	04:32+	03:03+	01:39+	01:50+	01:29+	01:11+	05:00+	03:33+	02:23+	01:40+	05:12+	02:19+	02:02+	00:51+	00:44+	00:34+
03:08+	03:52+	02:26+	00:28+	04:32+	03:03+	01:39+	01:50+	01:29+	01:11+	05:00+	03:33+	02:23+	01:40+	05:12+	02:19+	02:02+	00:51+	00:44+	00:34+
15	Rune Inge Olsen	1884	57:50																
02:38+	05:42+	08:07+	08:34+	12:08+	17:01+	18:30+	20:07+	21:19+	24:07+	28:23+	40:09+	41:57+	43:26+	49:49+	52:39+	54:51+	56:18+	57:15+	57:50+
02:38+	03:04+	02:25+	00:27+	03:34+	04:53+	01:29+	01:37+	01:12+	02:48+	04:16+	11:46+	01:48+	01:29+	06:23+	02:50+	02:12+	01:27+	00:57+	00:35+
02:38+	03:04+	02:25+	00:27+	03:34+	04:53+	01:29+	01:37+	01:12+	02:48+	04:16+	11:46+	01:48+	01:29+	06:23+	02:50+	02:12+	01:27+	00:57+	00:35+
16	Sverre Uhling	722	1:13:25																
06:14+	15:26+	18:12+	18:49+	24:42+	29:11+	31:49+	33:53+	36:02+	37:55+	43:54+	51:11+	53:50+	56:41+	64:42+	67:00+	70:25+	71:48+	72:49+	73:25+
06:14+	09:12+	02:46+	00:37+	05:53+	04:29+	02:38+	02:04+	02:09+	01:53+	05:59+	07:17+	02:39+	02:51+	08:01+	02:18+	03:25+	01:23+	01:01+	00:36+
06:14+	09:12+	02:46+	00:37+	05:53+	04:29+	02:38+	02:04+	02:09+	01:53+	05:59+	07:17+	02:39+	02:51+	08:01+	02:18+	03:25+	01:23+	01:01+	00:36+

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Asgeir Bell	896	29:19												
01:49=	04:02=	05:50=	06:14=	09:30=	11:56=	12:43=	15:18=	19:08=	20:45=	21:57=	25:37=	26:59=	27:57=	28:52=	29:19=
01:49=	02:13=	01:48=	00:24=	03:16=	02:26=	00:47=	02:35=	03:50=	01:37=	01:12=	03:40=	01:22=	00:58=	00:55=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hilmar Røthing	879	30:15												
02:08+	04:37+	06:29+	06:53+	10:34+	13:08+	13:52+	16:42+	19:43+	21:12+	22:34+	26:26+	27:58+	29:00+	29:52+	30:15+
02:08+	02:29+	01:52+	00:24=	03:41+	02:34+	00:44=	02:50+	03:01=	01:29=	01:22+	03:52+	01:32+	01:02+	00:52=	00:23=
00:19#	00:16#	00:04+	00:00=	00:25#	00:08+	00:03=	00:15+	00:49=	00:08=	00:10#	00:12+	00:10#	00:04+	00:03=	00:04=
3	Finn-Morten Årstad	3530	30:34												
02:13+	04:36+	06:45+	07:09+	10:33+	12:38+	13:33+	16:26+	19:51+	21:34+	22:59+	26:37+	28:11+	29:10+	30:07+	30:34+
02:13+	02:23+	02:09+	00:24=	03:24+	02:05=	00:55+	02:53+	03:25=	01:43+	01:25+	03:38=	01:34+	00:59+	00:57+	00:27=
00:24#	00:10+	00:21#	00:00=	00:08+	00:21=	00:08#	00:18#	00:25=	00:06+	00:13#	00:02=	00:12#	00:01+	00:02+	00:00=
4	Paul Andreas Paulsen	896	31:21												
01:53+	04:25+	06:33+	07:00+	10:19+	12:14+	13:11+	16:39+	20:03+	21:57+	23:47+	27:21+	28:49+	29:55+	30:55+	31:21+
01:53+	02:32+	02:08+	00:27+	03:19+	01:55=	00:57+	03:28+	03:24=	01:54+	01:50+	03:34=	01:28+	01:06+	01:00+	00:26=
00:04+	00:19#	00:20#	00:03#	00:03+	00:31=	00:10#	00:53&	00:26=	00:17#	00:38&	00:06=	00:06+	00:08#	00:05+	00:01=
5	Olav Dag Borgersen	3536	32:03												
02:02+	04:26+	06:40+	07:05+	10:12+	12:23+	13:06+	15:54+	19:08=	20:49+	22:26+	25:58+	28:27+	29:37+	31:40+	32:03+
02:02+	02:24+	02:14+	00:25+	03:07=	02:11=	00:43=	02:48+	03:14=	01:41+	01:37+	03:32=	02:29+	01:10+	02:03+	00:23=
00:13#	00:11+	00:26#	00:01+	00:09=	00:15=	00:04=	00:13+	00:36=	00:04+	00:25&	00:08=	01:07&	00:12#	01:08#	00:04=
6	Knut Skjæveland	1884	32:12												
02:16+	04:37+	06:46+	07:19+	11:07+	13:10+	14:15+	17:23+	20:48+	22:45+	24:19+	28:01+	29:42+	30:40+	31:41+	32:12+
02:16+	02:21+	02:09+	00:33+	03:48+	02:03=	01:05+	03:08+	03:25=	01:57+	01:34+	03:42+	01:41+	00:58=	01:01+	00:31+
00:27#	00:08+	00:21#	00:09&	00:32#	00:23=	00:18&	00:33#	00:25=	00:20#	00:22&	00:02+	00:19#	00:00=	00:06#	00:04#
7	Hermann Skogsholm	1754	32:43												
02:14+	05:09+	07:13+	07:40+	11:03+	13:31+	14:23+	17:23+	20:43+	22:37+	23:50+	27:53+	30:05+	31:10+	32:13+	32:43+
02:14+	02:55+	02:04+	00:27+	03:23+	02:28+	00:52+	03:00+	03:20=	01:54+	01:13+	04:03+	02:12+	01:05+	01:03+	00:30+
00:25#	00:42&	00:16#	00:03#	00:07+	00:02+	00:05#	00:25#	00:30=	00:17#	00:01+	00:23#	00:50&	00:07#	00:08#	00:03#
8	Jostein Tunheim	1683	33:47												
02:29+	04:52+	07:03+	07:26+	10:43+	12:44+	14:07+	19:04+	22:11+	24:36+	25:45+	29:46+	31:31+	32:25+	33:21+	33:47+
02:29+	02:23+	02:11+	00:23=	03:17+	02:01=	01:23+	04:57+	03:07=	02:25+	01:09=	04:01+	01:45+	00:54=	00:56+	00:26=
00:40&	00:10+	00:23#	00:01=	00:01+	00:25=	00:36&	02:22&	00:43=	00:48&	00:03=	00:21+	00:23&	00:04=	00:01+	00:01=

Class	Navn	Klasse														Tid
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Herrer 75 - 79 år

9	Steinar Undheim	3529														34:59
02:16+	05:22+	07:33+	07:57+	11:50+	15:01+	15:53+	19:31+	23:07+	25:05+	26:22+	30:42+	32:22+	33:22+	34:32+	34:59+	
02:16+	03:06+	02:11+	00:24=	03:53+	03:11+	00:52+	03:38+	03:36-	01:58+	01:17+	04:20+	01:40+	01:00+	01:10+	00:27=	
00:27#	00:53&	00:23#	00:00=	00:37#	00:45&	00:05#	01:03&	00:14-	00:21#	00:05+	00:40#	00:18#	00:02+	00:15&	00:00=	
10	Svein Glendrange	874														35:20
02:35+	05:17+	07:25+	07:57+	11:50+	14:13+	15:13+	18:37+	22:32+	24:35+	26:11+	30:19+	32:21+	33:37+	34:44+	35:20+	
02:35+	02:42+	02:08+	00:32+	03:53+	02:23+	01:00+	03:24+	03:55+	02:03+	01:36+	04:08+	02:02+	01:16+	01:07+	00:36+	
02:35+	02:42+	02:08+	00:32+	03:53+	02:23+	01:00+	03:24+	03:55+	02:03+	01:36+	04:08+	02:02+	01:16+	01:07+	00:36+	
11	Øyvind Egeskog	880														35:20
02:19+	05:14+	07:21+	07:45+	11:40+	13:55+	14:47+	17:59+	21:56+	23:54+	26:53+	31:08+	32:43+	33:52+	34:55+	35:20+	
02:19+	02:55+	02:07+	00:24+	03:55+	02:15+	00:52+	03:12+	03:57+	01:58+	02:59+	04:15+	01:35+	01:09+	01:03+	00:25+	
02:19+	02:55+	02:07+	00:24+	03:55+	02:15+	00:52+	03:12+	03:57+	01:58+	02:59+	04:15+	01:35+	01:09+	01:03+	00:25+	
12	Geir Husdal	1884														36:40
02:26+	05:17+	07:32+	08:19+	12:32+	14:46+	15:46+	19:27+	23:52+	26:03+	27:33+	31:40+	33:38+	34:51+	36:11+	36:40+	
02:26+	02:51+	02:15+	00:47+	04:13+	02:14+	01:00+	03:41+	04:25+	02:11+	01:30+	04:07+	01:58+	01:13+	01:20+	00:29+	
02:26+	02:51+	02:15+	00:47+	04:13+	02:14+	01:00+	03:41+	04:25+	02:11+	01:30+	04:07+	01:58+	01:13+	01:20+	00:29+	
13	Olav A. Hognestad	892														38:36
02:16+	04:50+	07:04+	07:31+	11:16+	13:24+	14:26+	17:42+	21:53+	23:50+	25:36+	34:27+	36:08+	37:08+	38:11+	38:36+	
02:16+	02:34+	02:14+	00:27+	03:45+	02:08+	01:02+	03:16+	04:11+	01:57+	01:46+	08:51+	01:41+	01:00+	01:03+	00:25+	
02:16+	02:34+	02:14+	00:27+	03:45+	02:08+	01:02+	03:16+	04:11+	01:57+	01:46+	08:51+	01:41+	01:00+	01:03+	00:25+	
14	Ole Auklend	885														38:45
02:33+	05:52+	08:07+	08:41+	12:32+	14:52+	15:51+	19:28+	23:41+	26:03+	28:01+	32:58+	35:22+	36:45+	38:05+	38:45+	
02:33+	03:19+	02:15+	00:34+	03:51+	02:20+	00:59+	03:37+	04:13+	02:22+	01:58+	04:57+	02:24+	01:23+	01:20+	00:40+	
02:33+	03:19+	02:15+	00:34+	03:51+	02:20+	00:59+	03:37+	04:13+	02:22+	01:58+	04:57+	02:24+	01:23+	01:20+	00:40+	
15	Arne Østensen	3518														38:51
03:04+	06:35+	08:28+	08:52+	12:36+	15:48+	16:37+	20:45+	24:02+	25:53+	27:27+	31:13+	35:19+	36:01+	38:23+	38:51+	
03:04+	03:31+	01:53+	00:24+	03:44+	03:12+	00:49+	04:08+	03:17+	01:51+	01:34+	03:46+	04:06+	00:42+	02:22+	00:28+	
03:04+	03:31+	01:53+	00:24+	03:44+	03:12+	00:49+	04:08+	03:17+	01:51+	01:34+	03:46+	04:06+	00:42+	02:22+	00:28+	
16	Hans Klausen	769														47:05
02:19+	04:54+	07:35+	08:03+	15:54+	17:49+	18:38+	22:45+	26:29+	29:01+	30:16+	36:41+	43:16+	44:45+	45:41+	46:37+	47:05+
02:19+	02:35+	02:41+	00:28+	07:51+	01:55+	00:49+	04:07+	03:44+	02:32+	01:15+	06:25+	06:35+	01:29+	00:56+	00:56+	00:28+
02:19+	02:35+	02:41+	00:28+	07:51+	01:55+	00:49+	04:07+	03:44+	02:32+	01:15+	06:25+	06:35+	01:29+	00:56+	00:56+	00:28+
17	Norvald Skretting	1832														47:07
03:06+	08:02+	10:43+	11:19+	14:52+	17:26+	18:49+	22:32+	28:57+	32:47+	34:26+	39:09+	41:14+	45:13+	46:28+	47:07+	
03:06+	04:56+	02:41+	00:36+	03:33+	02:34+	01:23+	03:43+	06:25+	03:50+	01:39+	04:43+	02:05+	03:59+	01:15+	00:39+	
03:06+	04:56+	02:41+	00:36+	03:33+	02:34+	01:23+	03:43+	06:25+	03:50+	01:39+	04:43+	02:05+	03:59+	01:15+	00:39+	
18	Knut Jonas Espedal	1754														59:57
04:52+	10:00+	13:13+	14:05+	20:22+	24:31+	26:10+	32:59+	38:47+	42:14+	44:46+	52:09+	55:18+	57:35+	59:09+	59:57+	
04:52+	05:08+	03:13+	00:52+	06:17+	04:09+	01:39+	06:49+	05:48+	03:27+	02:32+	07:23+	03:09+	02:17+	01:34+	00:48+	
04:52+	05:08+	03:13+	00:52+	06:17+	04:09+	01:39+	06:49+	05:48+	03:27+	02:32+	07:23+	03:09+	02:17+	01:34+	00:48+	
19	Mangor Eikeland	892														1:05:44
04:00+	09:54+	14:06+	15:13+	21:49+	25:51+	27:32+	35:33+	41:23+	45:42+	48:18+	56:28+	59:50+	62:03+	64:36+	65:44+	
04:00+	05:54+	04:12+	01:07+	06:36+	04:02+	01:41+	08:01+	05:50+	04:19+	02:36+	08:10+	03:22+	02:13+	02:33+	01:08+	
04:00+	05:54+	04:12+	01:07+	06:36+	04:02+	01:41+	08:01+	05:50+	04:19+	02:36+	08:10+	03:22+	02:13+	02:33+	01:08+	

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Kjell Langvik	1884														36:21
03:11=	04:50=	06:42=	08:16=	12:47=	14:18=	16:59=	21:46=	22:48=	26:07=	27:42=	28:30=	31:55=	34:29=	35:04=	35:51=	36:21=
03:11=	01:39=	01:52=	01:34=	04:31=	01:31=	02:41=	04:47=	01:02=	03:19=	01:35=	00:48=	03:25=	02:34=	00:35=	00:47=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navn	Klasse	Tid
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Herrer 80 år og eldre

2	Sigurd Krosli	1884	36:25													
04:23+	05:59+	08:12+	09:49+	14:49+	16:15+	18:41+	20:19-	21:30-	25:52-	27:32-	28:08-	32:02+	34:20-	35:05+	35:52+	36:25+
04:23+	01:36-	02:13+	01:37+	05:00+	01:26-	02:26-	01:38-	01:11+	04:22+	01:40+	00:36-	03:54+	02:18-	00:45+	00:47=	00:33+
01:12&	00:03-	00:21#	00:03+	00:29#	00:05-	00:15-	03:09-	00:09#	01:03&	00:05+	00:12-	00:29#	00:16-	00:10&	00:00=	00:03#
3	Harald Vatne	2342	38:07													
03:15+	04:48+	06:59+	08:28+	13:01+	14:17+	21:02+	22:43+	23:56+	27:36+	29:12+	29:59+	33:19+	35:45+	36:29+	37:33+	38:07+
03:15+	01:33+	02:11+	01:29+	04:33+	01:16+	06:45+	01:41+	01:13+	03:40+	01:36+	00:47+	03:20+	02:26+	00:44+	01:04+	00:34+
03:15+	01:33+	02:11+	01:29+	04:33+	01:16+	06:45+	01:41+	01:13+	03:40+	01:36+	00:47+	03:20+	02:26+	00:44+	01:04+	00:34+
4	Terje Braut	892	38:43													
04:43+	06:07+	07:55+	09:15+	13:26+	14:35+	16:32+	18:11+	19:18+	26:14+	27:36+	29:34+	33:22+	35:47+	36:32+	38:08+	38:43+
04:43+	01:24+	01:48+	01:20+	04:11+	01:09+	01:57+	01:39+	01:07+	06:56+	01:22+	01:58+	03:48+	02:25+	00:45+	01:36+	00:35+
04:43+	01:24+	01:48+	01:20+	04:11+	01:09+	01:57+	01:39+	01:07+	06:56+	01:22+	01:58+	03:48+	02:25+	00:45+	01:36+	00:35+
5	Alf Gyland	892	38:55													
03:05+	04:43+	06:42+	08:10+	15:05+	16:17+	18:40+	20:29+	22:11+	25:36+	29:45+	30:40+	34:29+	36:50+	37:23+	38:21+	38:55+
03:05+	01:38+	01:59+	01:28+	06:55+	01:12+	02:23+	01:49+	01:42+	03:25+	04:09+	00:55+	03:49+	02:21+	00:33+	00:58+	00:34+
03:05+	01:38+	01:59+	01:28+	06:55+	01:12+	02:23+	01:49+	01:42+	03:25+	04:09+	00:55+	03:49+	02:21+	00:33+	00:58+	00:34+
6	Tormod Aaslid	3529	39:36													
04:14+	05:53+	08:25+	09:54+	14:58+	16:22+	18:56+	21:27+	23:07+	27:17+	29:09+	29:56+	33:49+	37:25+	38:08+	39:01+	39:36+
04:14+	01:39+	02:32+	01:29+	05:04+	01:24+	02:34+	02:31+	01:40+	04:10+	01:52+	00:47+	03:53+	03:36+	00:43+	00:53+	00:35+
04:14+	01:39+	02:32+	01:29+	05:04+	01:24+	02:34+	02:31+	01:40+	04:10+	01:52+	00:47+	03:53+	03:36+	00:43+	00:53+	00:35+
7	Magne Jakobsen	3524	45:36													
03:15+	04:50+	08:03+	09:33+	14:58+	16:39+	19:21+	21:27+	29:06+	33:46+	35:48+	36:33+	40:31+	43:02+	43:43+	44:53+	45:36+
03:15+	01:35+	03:13+	01:30+	05:25+	01:41+	02:42+	08:06+	01:39+	04:40+	02:02+	00:45+	03:58+	02:31+	00:41+	01:10+	00:43+
03:15+	01:35+	03:13+	01:30+	05:25+	01:41+	02:42+	08:06+	01:39+	04:40+	02:02+	00:45+	03:58+	02:31+	00:41+	01:10+	00:43+
8	Magne Andreas Westerheim	1884	47:22													
03:41+	05:36+	08:04+	09:58+	16:07+	17:47+	20:50+	25:36+	27:25+	33:04+	34:53+	36:35+	41:07+	44:40+	45:43+	46:41+	47:22+
03:41+	01:55+	02:28+	01:54+	06:09+	01:40+	03:03+	04:46+	01:49+	05:39+	01:49+	01:42+	04:32+	03:33+	01:03+	00:58+	00:41+
03:41+	01:55+	02:28+	01:54+	06:09+	01:40+	03:03+	04:46+	01:49+	05:39+	01:49+	01:42+	04:32+	03:33+	01:03+	00:58+	00:41+
9	Arne Brandsberg	3502	54:27													
04:29+	07:28+	10:23+	16:10+	22:39+	24:25+	27:32+	32:20+	34:23+	39:19+	41:20+	42:48+	47:37+	51:11+	52:02+	53:21+	54:27+
04:29+	02:59+	02:55+	05:47+	06:29+	01:46+	03:07+	04:48+	02:03+	04:56+	02:01+	01:28+	04:49+	03:34+	00:51+	01:19+	01:06+
04:29+	02:59+	02:55+	05:47+	06:29+	01:46+	03:07+	04:48+	02:03+	04:56+	02:01+	01:28+	04:49+	03:34+	00:51+	01:19+	01:06+
10	Bjarne Edland	892	57:30													
05:37+	07:30+	09:33+	12:43+	17:07+	18:23+	20:46+	22:06+	23:15+	35:25+	44:35+	45:30+	50:50+	54:46+	55:38+	56:58+	57:30+
05:37+	01:53+	02:03+	03:10+	04:24+	01:16+	02:23+	01:20+	01:09+	12:10+	09:10+	00:55+	05:20+	03:56+	00:52+	01:20+	00:32+
05:37+	01:53+	02:03+	03:10+	04:24+	01:16+	02:23+	01:20+	01:09+	12:10+	09:10+	00:55+	05:20+	03:56+	00:52+	01:20+	00:32+
11	Torleiv Møgedal	874	58:15													
04:22+	06:30+	09:10+	10:56+	16:54+	19:11+	22:00+	25:10+	27:18+	32:42+	36:40+	37:56+	48:51+	53:54+	54:57+	56:36+	58:15+
04:22+	02:08+	02:40+	01:46+	05:58+	02:17+	02:49+	03:10+	02:08+	05:24+	03:58+	01:16+	10:55+	05:03+	01:03+	01:39+	01:39+
04:22+	02:08+	02:40+	01:46+	05:58+	02:17+	02:49+	03:10+	02:08+	05:24+	03:58+	01:16+	10:55+	05:03+	01:03+	01:39+	01:39+
12	Kjell Audun Maudal	3524	1:08:01													
07:24+	09:50+	12:30+	15:09+	21:39+	24:13+	32:15+	34:06+	35:58+	41:52+	45:58+	47:07+	60:47+	64:35+	65:45+	67:06+	68:01+
07:24+	02:26+	02:40+	02:39+	06:30+	02:34+	08:02+	01:51+	01:52+	05:54+	04:06+	01:09+	13:40+	03:48+	01:10+	01:21+	00:55+
07:24+	02:26+	02:40+	02:39+	06:30+	02:34+	08:02+	01:51+	01:52+	05:54+	04:06+	01:09+	13:40+	03:48+	01:10+	01:21+	00:55+

Beste strekktid for klassen

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

Herrer A

1	Ørjan Ravndal	3522	29:07																						
01:12=	01:33=	02:36=	03:25=	03:59=	05:29=	05:56=	07:12=	08:18=	08:30=	10:30=	11:44=	12:23=	13:35=	17:47=	18:46=	19:40=	20:29=	21:16=	23:07=	23:37=	24:03=	26:03=	26:56=	28:02=	28:28=
01:12=	00:21=	01:03=	00:49=	00:34=	01:30=	00:27=	01:16=	01:06=	00:12=	02:00=	01:14=	00:39=	01:12=	04:12=	00:59=	00:54=	00:49=	00:47=	01:51=	00:30=	00:26=	02:00=	00:53=	01:06=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
28:52=	29:07=																								
00:24=	00:15=																								
00:00=	00:00=																								

Herrer A

2	Morten Bjerga Sundli	3522	29:33																						
01:07-	01:31-	02:40+	03:34+	04:06+	05:38+	06:09+	07:35+	08:43+	08:59+	11:00+	12:11+	12:53+	14:13+	18:14+	19:12+	20:05+	20:57+	21:45+	23:36+	24:00+	24:27+	26:28+	27:19+	28:28+	28:53+
01:07-	00:24+	01:09+	00:54+	00:32-	01:32+	00:31+	01:26+	01:08+	00:16+	02:01+	01:11-	00:42+	01:20+	04:01-	00:58-	00:53-	00:52+	00:48+	01:51=	00:24-	00:27+	02:01+	00:51-	01:09+	00:25-
00:05-	00:03#	00:06+	00:05#	00:02-	00:02+	00:04#	00:10#	00:02+	00:04#	00:01+	00:03-	00:03+	00:08#	00:11-	00:01-	00:01-	00:03+	00:01+	00:00=	00:06-	00:01+	00:01+	00:02-	00:03+	00:01-
29:17+	29:33+																								
00:24=	00:16+																								
00:00=	00:01+																								

3	Harald Kalager	793	31:44																						
01:11+	01:39+	02:46+	03:39+	04:18+	05:58+	06:28+	07:58+	09:14+	09:31+	11:36+	12:55+	13:45+	15:11+	19:41+	20:51+	21:40+	22:41+	23:27+	25:13+	25:42+	26:12+	28:28+	29:27+	30:31+	31:00+
01:11+	00:28+	01:07+	00:53+	00:39+	01:40+	00:30+	01:30+	01:16+	00:17+	02:05+	01:19+	00:50+	01:26+	04:30+	01:10+	00:49+	01:01+	00:46+	01:46+	00:29+	00:30+	02:16+	00:59+	01:04+	00:29+
01:11+	00:28+	01:07+	00:53+	00:39+	01:40+	00:30+	01:30+	01:16+	00:17+	02:05+	01:19+	00:50+	01:26+	04:30+	01:10+	00:49+	01:01+	00:46+	01:46+	00:29+	00:30+	02:16+	00:59+	01:04+	00:29+
31:27+	31:44+																								
00:27+	00:17+																								
00:27+	00:17+																								

4	Kristian Frafjord Haarr	882	32:32																						
01:12+	01:35+	02:48+	03:54+	04:26+	06:08+	06:38+	08:10+	09:24+	09:37+	12:02+	13:24+	14:20+	15:44+	20:17+	21:25+	22:16+	23:10+	23:56+	25:58+	26:27+	26:57+	29:13+	30:11+	31:17+	31:49+
01:12+	00:23+	01:13+	01:06+	00:32+	01:42+	00:30+	01:32+	01:14+	00:13+	02:25+	01:22+	00:56+	01:24+	04:33+	01:08+	00:51+	00:54+	00:46+	02:02+	00:29+	00:30+	02:16+	00:58+	01:06+	00:32+
01:12+	00:23+	01:13+	01:06+	00:32+	01:42+	00:30+	01:32+	01:14+	00:13+	02:25+	01:22+	00:56+	01:24+	04:33+	01:08+	00:51+	00:54+	00:46+	02:02+	00:29+	00:30+	02:16+	00:58+	01:06+	00:32+
32:15+	32:32+																								
00:26+	00:17+																								
00:26+	00:17+																								

5	Maximilian Erlbeck	2342	33:54																						
01:07+	01:28+	02:38+	03:29+	04:04+	05:36+	06:05+	07:33+	08:47+	09:07+	11:21+	13:08+	13:53+	15:14+	21:19+	22:39+	23:29+	24:27+	25:39+	27:33+	28:01+	28:29+	30:32+	31:34+	32:44+	33:15+
01:07+	00:21+	01:10+	00:51+	00:35+	01:32+	00:29+	01:28+	01:14+	00:20+	02:14+	01:47+	00:45+	01:21+	06:05+	01:20+	00:50+	00:58+	01:12+	01:54+	00:28+	00:28+	02:03+	01:02+	01:10+	00:31+
01:07+	00:21+	01:10+	00:51+	00:35+	01:32+	00:29+	01:28+	01:14+	00:20+	02:14+	01:47+	00:45+	01:21+	06:05+	01:20+	00:50+	00:58+	01:12+	01:54+	00:28+	00:28+	02:03+	01:02+	01:10+	00:31+
33:40+	33:54+																								
00:25+	00:14+																								
00:25+	00:14+																								

6	Erik Lima	1832	34:31																						
01:34+	02:00+	03:25+	04:25+	05:03+	07:11+	07:52+	09:27+	10:49+	11:07+	13:18+	14:44+	15:40+	17:11+	21:47+	22:59+	23:46+	24:46+	25:33+	27:26+	27:54+	28:25+	31:00+	32:04+	33:18+	33:48+
01:34+	00:26+	01:25+	01:00+	00:38+	02:08+	00:41+	01:35+	01:22+	00:18+	02:11+	01:26+	00:56+	01:31+	04:36+	01:12+	00:47+	01:00+	00:47+	01:53+	00:28+	00:31+	02:35+	01:04+	01:14+	00:30+
01:34+	00:26+	01:25+	01:00+	00:38+	02:08+	00:41+	01:35+	01:22+	00:18+	02:11+	01:26+	00:56+	01:31+	04:36+	01:12+	00:47+	01:00+	00:47+	01:53+	00:28+	00:31+	02:35+	01:04+	01:14+	00:30+
34:13+	34:31+																								
00:25+	00:18+																								
00:25+	00:18+																								

7	Jørgen Strømstad	1786	34:31																						
01:08+	01:36+	02:52+	03:56+	04:35+	06:14+	06:50+	08:27+	09:39+	09:55+	12:24+	13:52+	14:51+	16:27+	21:16+	22:36+	23:32+	24:28+	25:29+	27:20+	27:52+	28:23+	30:50+	31:56+	33:10+	33:43+
01:08+	00:28+	01:16+	01:04+	00:39+	01:39+	00:36+	01:37+	01:12+	00:16+	02:29+	01:28+	00:59+	01:36+	04:49+	01:20+	00:56+	00:56+	01:01+	01:51+	00:32+	00:31+	02:27+	01:06+	01:14+	00:33+
01:08+	00:28+	01:16+	01:04+	00:39+	01:39+	00:36+	01:37+	01:12+	00:16+	02:29+	01:28+	00:59+	01:36+	04:49+	01:20+	00:56+	00:56+	01:01+	01:51+	00:32+	00:31+	02:27+	01:06+	01:14+	00:33+
34:14+	34:31+																								
00:31+	00:17+																								
00:31+	00:17+																								

8	Thomas Schive	643	35:28																						
01:19+	01:48+	03:13+	04:11+	04:50+	06:38+	07:37+	09:07+	10:28+	10:43+	13:06+	14:36+	15:30+	17:00+	22:11+	23:17+	24:11+	25:11+	26:08+	28:06+	28:38+	29:15+	31:45+	32:53+	34:09+	34:42+
01:19+	00:29+	01:25+	00:58+	00:39+	01:48+	00:59+	01:30+	01:21+	00:15+	02:23+	01:30+	00:54+	01:30+	05:11+	01:06+	00:54+	01:00+	00:57+	01:58+	00:32+	00:37+	02:30+	01:08+	01:16+	00:33+
01:19+	00:29+	01:25+	00:58+	00:39+	01:48+	00:59+	01:30+	01:21+	00:15+	02:23+	01:30+	00:54+	01:30+	05:11+	01:06+	00:54+	01:00+	00:57+	01:58+	00:32+	00:37+	02:30+	01:08+	01:16+	00:33+
35:09+	35:28+																								
00:27+	00:19+																								
00:27+	00:19+																								

9	Magne Hatteland	3528	35:38																						
01:12+	01:38+	02:55+	04:04+	04:41+	06:35+	07:06+	08:50+	10:21+	10:36+	13:08+	14:31+	15:24+	17:12+	22:09+	23:19+	24:28+	25:34+	26:26+	28:21+	28:56+	29:30+	31:57+	33:05+	34:26+	34:57+
01:12+	00:26+	01:17+	01:09+	00:37+	01:54+	00:31+	01:44+	01:31+	00:15+	02:32+	01:23+	00:53+	01:48+	04:57+	01:10+	01:09+	01:06+	00:52+	01:55+	00:35+	00:34+	02:27+	01:08+	01:21+	00:31+
01:12+	00:26+	01:17+	01:09+	00:37+	01:54+	00:31+	01:44+	01:31+	00:15+	02:32+	01:23+	00:53+	01:48+	04:57+	01:10+	01:09+	01:06+	00:52+	01:55+	00:35+	00:34+	02:27+	01:08+	01:21+	00:31+
35:20+	35:38+																								
00:23+	00:18+																								
00:23+	00:18+																								

Herrer A

10	Sven Hatteland	3528	36:29																						
01:17+	01:42+	03:05+	04:08+	04:48+	06:34+	07:12+	09:03+	10:28+	10:46+	13:11+	14:45+	15:46+	17:21+	22:46+	23:56+	24:59+	26:01+	26:57+	29:05+	29:39+	30:11+	32:50+	33:54+	35:11+	35:45+
01:17+	00:25+	01:23+	01:03+	00:40+	01:46+	00:38+	01:51+	01:25+	00:18+	02:25+	01:34+	01:01+	01:35+	05:25+	01:10+	01:03+	01:02+	00:56+	02:08+	00:34+	00:32+	02:39+	01:04+	01:17+	00:34+
01:17+	00:25+	01:23+	01:03+	00:40+	01:46+	00:38+	01:51+	01:25+	00:18+	02:25+	01:34+	01:01+	01:35+	05:25+	01:10+	01:03+	01:02+	00:56+	02:08+	00:34+	00:32+	02:39+	01:04+	01:17+	00:34+
36:12+	36:29+																								
00:27+	00:17+																								
00:27+	00:17+																								

11	Lars Sigve Oftedal	772	37:26																						
01:26+	01:54+	04:36+	05:42+	06:23+	08:14+	08:50+	10:41+	12:02+	12:21+	14:36+	15:57+	16:54+	18:26+	23:29+	24:43+	25:49+	26:55+	27:56+	29:55+	30:28+	31:04+	33:27+	34:36+	36:00+	36:32+
01:26+	00:28+	02:42+	01:06+	00:41+	01:51+	00:36+	01:51+	01:21+	00:19+	02:15+	01:21+	00:57+	01:32+	05:03+	01:14+	01:06+	01:06+	01:01+	01:59+	00:33+	00:36+	02:23+	01:09+	01:24+	00:32+
01:26+	00:28+	02:42+	01:06+	00:41+	01:51+	00:36+	01:51+	01:21+	00:19+	02:15+	01:21+	00:57+	01:32+	05:03+	01:14+	01:06+	01:06+	01:01+	01:59+	00:33+	00:36+	02:23+	01:09+	01:24+	00:32+
37:04+	37:26+																								
00:32+	00:22+																								
00:32+	00:22+																								

12	Lars Erik Malde	NOTEAM	38:10																						
01:12+	01:44+	02:58+	04:25+	05:07+	07:03+	07:47+	10:45+	12:01+	12:15+	14:28+	15:46+	16:49+	18:14+	22:48+	24:25+	25:16+	26:12+	27:47+	29:44+	30:27+	31:34+	34:09+	35:36+	36:51+	37:22+
01:12+	00:32+	01:14+	01:27+	00:42+	01:56+	00:44+	02:58+	01:16+	00:14+	02:13+	01:18+	01:03+	01:25+	04:34+	01:37+	00:51+	00:56+	01:35+	01:57+	00:43+	01:07+	02:35+	01:27+	01:15+	00:31+
01:12+	00:32+	01:14+	01:27+	00:42+	01:56+	00:44+	02:58+	01:16+	00:14+	02:13+	01:18+	01:03+	01:25+	04:34+	01:37+	00:51+	00:56+	01:35+	01:57+	00:43+	01:07+	02:35+	01:27+	01:15+	00:31+
37:50+	38:10+																								
00:28+	00:20+																								
00:28+	00:20+																								

13	Briac Le Ray	2342	38:47																						
01:12+	01:40+	03:01+	04:14+	04:55+	07:14+	07:44+	09:23+	11:10+	11:22+	13:32+	14:53+	16:06+	17:38+	22:41+	24:16+	25:06+	26:31+	27:45+	29:56+	30:27+	31:17+	35:02+	36:17+	37:34+	38:03+
01:12+	00:28+	01:21+	01:13+	00:41+	02:19+	00:30+	01:39+	01:47+	00:12+	02:10+	01:21+	01:13+	01:32+	05:03+	01:35+	00:50+	01:25+	01:14+	02:11+	00:31+	00:50+	03:45+	01:15+	01:17+	00:29+
01:12+	00:28+	01:21+	01:13+	00:41+	02:19+	00:30+	01:39+	01:47+	00:12+	02:10+	01:21+	01:13+	01:32+	05:03+	01:35+	00:50+	01:25+	01:14+	02:11+	00:31+	00:50+	03:45+	01:15+	01:17+	00:29+
38:30+	38:47+																								
00:27+	00:17+																								
00:27+	00:17+																								

14	Fredrik Hana Voss	793	39:16																						
01:35+	02:04+	03:26+	04:27+	05:07+	07:04+	07:45+	10:01+	11:28+	11:46+	13:59+	15:52+	16:44+	18:14+	23:45+	25:05+	26:25+	27:47+	29:10+	31:32+	32:07+	32:41+	35:16+	36:27+	37:46+	38:22+
01:35+	00:29+	01:22+	01:01+	00:40+	01:57+	00:41+	02:16+	01:27+	00:18+	02:13+	01:53+	00:52+	01:30+	05:31+	01:20+	01:20+	01:22+	01:23+	02:22+	00:35+	00:34+	02:35+	01:11+	01:19+	00:36+
01:35+	00:29+	01:22+	01:01+	00:40+	01:57+	00:41+	02:16+	01:27+	00:18+	02:13+	01:53+	00:52+	01:30+	05:31+	01:20+	01:20+	01:22+	01:23+	02:22+	00:35+	00:34+	02:35+	01:11+	01:19+	00:36+
38:57+	39:16+																								
00:35+	00:19+																								
00:35+	00:19+																								

15	Torbjørn Ims Østby	3507	39:56																						
01:09+	01:37+	02:55+	04:13+	04:56+	07:01+	07:37+	10:22+	12:01+	12:21+	14:51+	16:22+	17:24+	19:07+	24:26+	25:42+	26:41+	27:49+	29:17+	31:42+	32:12+	32:50+	35:51+	37:00+	38:27+	39:08+
01:09+	00:28+	01:18+	01:18+	00:43+	02:05+	00:36+	02:45+	01:39+	00:20+	02:30+	01:31+	01:02+	01:43+	05:19+	01:16+	00:59+	01:08+	01:28+	02:25+	00:30+	00:38+	03:01+	01:09+	01:27+	00:41+
01:09+	00:28+	01:18+	01:18+	00:43+	02:05+	00:36+	02:45+	01:39+	00:20+	02:30+	01:31+	01:02+	01:43+	05:19+	01:16+	00:59+	01:08+	01:28+	02:25+	00:30+	00:38+	03:01+	01:09+	01:27+	00:41+
39:39+	39:56+																								
00:31+	00:17+																								
00:31+	00:17+																								

16	Svein Kyllingstad	1284	40:18																						
01:39+	02:11+	03:37+	04:39+	05:23+	07:36+	08:12+	10:08+	11:41+	11:56+	14:40+	16:15+	17:36+	19:17+	24:42+	26:08+	27:26+	28:40+	29:52+	32:12+	32:50+	33:30+	36:21+	37:32+	38:47+	39:28+
01:39+	00:32+	01:26+	01:02+	00:44+	02:13+	00:36+	01:56+	01:33+	00:15+	02:44+	01:35+	01:21+	01:41+	05:25+	01:26+	01:18+	01:14+	01:12+	02:20+	00:38+	00:40+	02:51+	01:11+	01:15+	00:41+
01:39+	00:32+	01:26+	01:02+	00:44+	02:13+	00:36+	01:56+	01:33+	00:15+	02:44+	01:35+	01:21+	01:41+	05:25+	01:26+	01:18+	01:14+	01:12+	02:20+	00:38+	00:40+	02:51+	01:11+	01:15+	00:41+
39:58+	40:18+																								
00:30+	00:20+																								
00:30+	00:20+																								

17	Håkon Eggebø	1284	44:18																						
03:02+	03:26+	04:52+	06:14+	06:52+	08:43+	09:19+	11:09+	12:30+	12:45+	17:02+	18:45+	19:53+	21:33+	27:26+	28:47+	29:44+	33:07+	34:40+	36:52+	37:22+	37:52+	40:25+	41:30+	42:50+	43:24+
03:02+	00:24+	01:26+	01:22+	00:38+	01:51+	00:36+	01:50+	01:21+	00:15+	04:17+	01:43+	01:08+	01:40+	05:53+	01:21+	00:57+	03:23+	01:33+	02:12+	00:30+	00:30+	02:33+	01:05+	01:20+	00:34+
03:02+	00:24+	01:26+	01:22+	00:38+	01:51+	00:36+	01:50+	01:21+	00:15+	04:17+	01:43+	01:08+	01:40+	05:53+	01:21+	00:57+	03:23+	01:33+	02:12+	00:30+	00:30+	02:33+	01:05+	01:20+	00:34+
43:59+	44:18+																								
00:35+	00:19+																								
00:35+	00:19+																								

Beste strekktid for klassen

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

Herrer B

1	Aart Joakim in't Veld	1884	32:37																						
01:04=	01:28=	02:34=	03:37=	04:13=	05:50=	06:21=	08:31=	09:56=	10:10=	12:24=	13:52=	14:34=	15:57=	20:24=	21:25=	22:13=	23:05=	23:48=	25:51=	26:17=	26:59=	29:09=	30:07=	31:22=	31:53=
01:04=	00:24=	01:06=	01:03=	00:36=	01:37=	00:31=	02:10=	01:25=	00:14=	02:14=	01:28=	00:42=	01:23=	04:27=	01:01=	00:48=	00:52=	00:43=	02:03=	00:26=	00:42=	02:10=	00:58=	01:15=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
32:20=	32:37=																								
00:27=	00:17=																								
00:00=	00:00=																								

2	Joar Eilevstjønn	2342	33:46																						
01:18+	01:47+	03:05+	04:05+	04:42+	06:33+	07:10+	09:03+	10:18+	10:37+	12:52+	14:16+	15:09+	16:45+	21:14+	22:16+	23:21+	24:18+	25:17+	27:20+	27:47+	28:15+	30:22+	31:26+	32:34+	33:06+
01:18+	00:29+	01:18+	01:00-	00:37+	01:51+	00:37+	01:53-	01:15-	00:19+	02:15+	01:24-	00:53+	01:36+	04:29+	01:02+	01:05+	00:57+	00:59+	02:03=	00:27+	00:28-	02:07-	01:04+	01:08-	00:32+
00:14#	00:05#	00:12#	00:03-	00:01+	00:14#	00:06#	00:17-	00:10-	00:05&	00:01+	00:04-	00:11&	00:13#	00:02+	00:01+	00:17&	00:05+	00:16&	00:00=	00:01+	00:14-	00:03-	00:06#	00:07-	00:01+
33:31+	33:46+																								
00:25-	00:15-																								
00:02-	00:02-																								

3	Jon Åsmund Espedal	1000	34:14																						
01:46+	02:07+	03:16+	04:11+	04:47+	06:27+	06:59+	09:08+	10:22+	10:34+	12:43+	14:03+	14:47+	16:19+	20:58+	21:59+	22:49+	23:44+	25:25+	27:24+	27:54+	28:22+	30:38+	31:40+	33:00+	33:30+
01:46+	00:21-	01:09+	00:55-	00:36=	01:40+	00:32+	02:09-	01:14-	00:12-	02:09-	01:20-	00:44+	01:32+	04:39+	01:01=	00:50+	00:55+	01:41+	01:59-	00:30+	00:28-	02:16+	01:02+	01:20+	00:30-
00:42&	00:03-	00:03+	00:08-	00:00=	00:03+	00:01+	00:01-	00:11-	00:02-	00:05-	00:08-	00:02+	00:09#	00:12+	00:00=	00:02+	00:03+	00:58&	00:04-	00:04#	00:14-	00:06+	00:04+	00:05+	00:01-
33:57+	34:14+																								
00:27=	00:17=																								
00:00=	00:00=																								

4	Tor Gunnar Aksland	1683	34:22																						
01:13+	01:42+	02:59+	04:02+	04:39+	06:48+	07:20+	08:56+	10:16+	10:30+	12:44+	14:14+	15:05+	16:36+	21:33+	22:36+	23:35+	24:36+	25:32+	27:18+	27:49+	28:21+	30:37+	31:45+	33:05+	33:36+
01:13+	00:29+	01:17+	01:03=	00:37+	02:09+	00:32+	01:36-	01:20-	00:14=	02:14=	01:30+	00:51+	01:31+	04:57+	01:03+	00:59+	01:01+	00:56+	01:46-	00:31+	00:32-	02:16+	01:08+	01:20+	00:31=
00:09#	00:05#	00:11#	00:00=	00:01+	00:32&	00:01+	00:34-	00:05-	00:00=	00:00=	00:02+	00:09#	00:08+	00:30#	00:02+	00:11#	00:09#	00:13&	00:17-	00:05#	00:10-	00:06+	00:10#	00:05+	00:00=
34:04+	34:22+																								
00:28+	00:18+																								
00:01+	00:01+																								

5	Oddvar Taksdal	3522	34:52																						
01:17+	01:42+	03:04+	04:07+	04:44+	06:38+	07:10+	08:57+	10:17+	10:34+	12:58+	14:29+	15:21+	16:57+	21:54+	23:13+	24:09+	25:02+	25:59+	27:44+	28:18+	28:51+	31:13+	32:11+	33:28+	34:01+
01:17+	00:25+	01:22+	01:03=	00:37+	01:54+	00:32+	01:47-	01:20-	00:17+	02:24+	01:31+	00:52+	01:36+	04:57+	01:19+	00:56+	00:53+	00:57+	01:45-	00:34+	00:33-	02:22+	00:58=	01:17+	00:33+
00:13#	00:01+	00:16#	00:00=	00:01+	00:17#	00:01+	00:23-	00:05-	00:03#	00:10+	00:03+	00:10#	00:13#	00:30#	00:18&	00:08#	00:01+	00:14&	00:18-	00:08&	00:09-	00:12+	00:00=	00:02+	00:02+
34:28+	34:52+																								
00:27=	00:24+																								
00:00=	00:07&																								

6	Geir Sand	722	34:52																						
01:16+	01:40+	02:55+	04:00+	04:37+	06:22+	06:55+	08:29-	09:45-	10:04-	12:16-	13:58+	14:56+	16:21+	21:37+	22:47+	23:40+	24:42+	25:32+	27:46+	28:24+	28:54+	31:24+	32:27+	33:38+	34:08+
01:16+	00:24=	01:15+	01:05+	00:37+	01:45+	00:33+	01:34-	01:16-	00:19+	02:12-	01:42+	00:58+	01:25+	05:16+	01:10+	00:53+	01:02+	00:50+	02:14+	00:38+	00:30-	02:30+	01:03+	01:11-	00:30-
00:12#	00:00=	00:09#	00:02+	00:01+	00:08+	00:02+	00:36-	00:09-	00:05&	00:02-	00:14#	00:16&	00:02+	00:49#	00:09#	00:05#	00:10#	00:07#	00:11+	00:12&	00:12-	00:20#	00:05+	00:04-	00:01-
34:35+	34:52+																								
00:27=	00:17=																								
00:00=	00:00=																								

7	Njål F. Vadla	1884	35:16																						
01:15+	01:43+	03:03+	04:04+	04:44+	06:39+	07:13+	09:24+	10:48+	11:06+	13:31+	14:45+	15:37+	17:06+	22:10+	23:45+	24:38+	25:38+	26:34+	28:35+	29:04+	29:36+	31:53+	32:47+	34:00+	34:28+
01:15+	00:28+	01:20+	01:01-	00:40+	01:55+	00:34+	02:11+	01:24-	00:18+	02:25+	01:14-	00:52+	01:29+	05:04+	01:35+	00:53+	01:00+	00:56+	02:01-	00:29+	00:32-	02:17+	00:54-	01:13-	00:28-
00:11#	00:04#	00:14#	00:02-	00:04#	00:18#	00:03+	00:01+	00:01-	00:04&	00:11+	00:14-	00:10#	00:06+	00:37#	00:34&	00:05#	00:08#	00:13&	00:02-	00:03#	00:10-	00:07+	00:04-	00:02-	00:03-
34:57+	35:16+																								
00:29+	00:19+																								
00:02+	00:02#																								

8	Arne Eirik Nielsen	3588	36:41																						
01:14+	01:46+	03:05+	04:04+	04:45+	06:48+	07:24+	09:58+	10:22+	10:43+	13:06+	14:33+	16:00+	17:33+	22:37+	23:49+	24:42+	25:52+	27:01+	29:20+	29:53+	30:28+	32:54+	34:00+	35:19+	35:53+
01:14+	00:32+	01:19+	00:59-	00:41+	02:03+	00:36+	01:34-	01:24-	00:21+	02:23+	01:27-	01:27+	01:33+	05:04+	01:12+	00:53+	01:10+	01:09+	02:19+	00:33+	00:35-	02:26+	01:06+	01:19+	00:34+
00:10#	00:08&	00:13#	00:04-	00:05#	00:26&	00:05#	00:36-	00:01-	00:07&	00:09+	00:01-	00:45&	00:10#	00:37#	00:11#	00:05#	00:18&	00:26&	00:16#	00:07&	00:07-	00:16#	00:08#	00:04+	00:03+
36:20+	36:41+																								
00:27=	00:21+																								
00:00=	00:04#																								

Herrer C

1	Geir Haugvaldstad	1683	31:24																		
02:17=	03:53=	04:57=	05:40=	07:33=	08:11=	09:47=	11:57=	13:18=	14:08=	15:38=	20:36=	22:21=	23:17=	24:04=	25:50=	26:42=	28:50=	29:51=	30:30=	31:07=	31:24=
02:17=	01:36=	01:04=	00:43=	01:53=	00:38=	01:36=	02:10=	01:21=	00:50=	01:30=	04:58=	01:45=	00:56=	00:47=	01:46=	00:52=	02:08=	01:01=	00:39=	00:37=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Lars Drage	3583	32:23																		
01:36-	02:52-	03:55-	04:30-	06:23-	06:54-	08:26-	10:20-	11:39-	12:29-	14:01-	19:22-	21:13-	22:07-	23:22-	25:47-	26:43+	29:45+	30:45+	31:28+	32:06+	32:23+
01:36-	01:16-	01:03-	00:35-	01:53=	00:31-	01:32-	01:54-	01:19-	00:50=	01:32+	05:21+	01:51+	00:54-	01:15+	02:25+	00:56+	03:02+	01:00-	00:43+	00:38+	00:17=
00:41-	00:20-	00:01-	00:08-	00:00=	00:07-	00:04-	00:16-	00:02-	00:00=	00:02+	00:23+	00:06+	00:02-	00:28&	00:39&	00:04+	00:54&	00:01-	00:04#	00:01+	00:00=
3	Terje Michaelsen	3511	32:25																		
01:37-	02:51-	03:52-	04:30-	06:16-	06:56-	08:34-	10:48-	12:15-	13:04-	15:19-	20:26-	22:49+	23:43+	24:33+	26:39+	27:39+	30:09+	31:00+	31:34+	32:09+	32:25+
01:37-	01:14-	01:01-	00:38-	01:46-	00:40+	01:38+	02:14+	01:27+	00:49-	02:15+	05:07+	02:23+	00:54-	00:50+	02:06+	01:00+	02:30+	00:51-	00:34-	00:35-	00:16-
00:40-	00:22-	00:03-	00:05-	00:07-	00:02+	00:02+	00:04+	00:06+	00:01-	00:45&	00:09+	00:38&	00:02-	00:03+	00:20#	00:08#	00:22#	00:10-	00:05-	00:02-	00:01-
4	Morten Aamodt	1683	33:54																		
01:43-	03:08-	04:14-	04:54-	06:51-	07:23-	09:20-	11:30-	13:06-	13:59-	15:33-	20:43+	22:41+	23:45+	24:54+	27:00+	27:59+	31:02+	32:09+	32:50+	33:32+	33:54+
01:43-	01:25-	01:06+	00:40-	01:57+	00:32-	01:57+	02:10=	01:36+	00:53+	01:34+	05:10+	01:58+	01:04+	01:09+	02:06+	00:59+	03:03+	01:07+	00:41+	00:42+	00:22+
00:34-	00:11-	00:02+	00:03-	00:04+	00:06-	00:21#	00:00=	00:15#	00:03+	00:04+	00:12+	00:13#	00:08#	00:22&	00:20#	00:07#	00:55&	00:06+	00:02+	00:05#	00:05&
5	Kjetil Wirak	3486	34:04																		
01:45-	03:19-	04:25-	05:08-	07:09-	07:57-	09:36-	11:54-	13:21+	14:22+	16:04+	21:10+	23:12+	24:16+	25:05+	27:19+	28:17+	31:19+	32:23+	33:00+	33:44+	34:04+
01:45-	01:34-	01:06+	00:43=	02:01+	00:48+	01:39+	02:18+	01:27+	01:01+	01:42+	05:06+	02:02+	01:04+	00:49+	02:14+	00:58+	03:02+	01:04+	00:37-	00:44+	00:20+
00:32-	00:02-	00:02+	00:00=	00:08+	00:10&	00:03+	00:08+	00:06+	00:11#	00:12#	00:08+	00:17#	00:08#	00:02+	00:28&	00:06#	00:54&	00:03+	00:02-	00:07#	00:03#
6	Nils John Vestøl	3541	34:39																		
01:46-	03:11-	04:14-	05:11-	07:24-	08:05-	09:49+	11:57=	13:21+	14:21+	16:04+	21:32+	23:48+	24:57+	26:06+	28:16+	29:20+	31:51+	33:03+	33:46+	34:23+	34:39+
01:46-	01:25-	01:03-	00:57+	02:13+	00:41+	01:44+	02:08-	01:24+	01:00+	01:43+	05:28+	02:16+	01:09+	01:09+	02:10+	01:04+	02:31+	01:12+	00:43+	00:37=	00:16-
00:31-	00:11-	00:01-	00:14&	00:20#	00:03+	00:08+	00:02-	00:03+	00:10#	00:13#	00:30#	00:31&	00:13#	00:22&	00:24#	00:12#	00:23#	00:11#	00:04#	00:00=	00:01-
7	Svein Oddvar Netland	1683	36:35																		
02:17=	03:51-	05:03+	05:46+	07:59+	08:37+	10:26+	12:47+	14:46+	15:43+	17:22+	23:12+	25:21+	26:29+	27:27+	29:29+	30:43+	33:28+	34:34+	35:24+	36:11+	36:35+
02:17=	01:34-	01:12+	00:43=	02:13+	00:38=	01:49+	02:21+	01:59+	00:57+	01:39+	05:50+	02:09+	01:08+	00:58+	02:02+	01:14+	02:45+	01:06+	00:50+	00:47+	00:24+
00:00=	00:02-	00:08#	00:00=	00:20#	00:00=	00:13#	00:11+	00:38&	00:07#	00:09#	00:52#	00:24#	00:12#	00:11#	00:16#	00:22&	00:37&	00:05+	00:11&	00:10&	00:07&
8	Henning Sundby	3486	36:36																		
01:37-	02:51-	03:48-	04:23-	06:17-	06:49-	12:32+	14:42+	15:54+	16:48+	18:58+	23:24+	25:13+	26:35+	28:36+	30:40+	31:32+	34:02+	34:59+	35:39+	36:17+	36:36+
01:37-	01:14-	00:57-	00:35-	01:54+	00:32-	05:43+	02:10=	01:12-	00:54+	02:10+	04:26-	01:49+	01:22+	02:01+	02:04+	00:52=	02:30+	00:57-	00:40+	00:38+	00:19+
00:40-	00:22-	00:07-	00:08-	00:01+	00:06-	04:07@	00:00=	00:09-	00:04+	00:40&	00:32-	00:04+	00:26&	01:14@	00:18#	00:00=	00:22#	00:04-	00:01+	00:01+	00:02#
9	Bertrand Denieul	877	37:18																		
01:44-	03:33-	04:40-	05:26-	07:26-	08:48+	10:34+	13:00+	14:37+	15:44+	17:25+	22:55+	25:25+	26:45+	27:55+	30:33+	31:34+	34:11+	35:24+	36:05+	36:58+	37:18+
01:44-	01:49+	01:07+	00:46+	02:00+	01:22+	01:46+	02:26+	01:37+	01:07+	01:41+	05:30+	02:30+	01:20+	01:10+	02:38+	01:01+	02:37+	01:13+	00:41+	00:53+	00:20+
00:33-	00:13#	00:03+	00:03+	00:07+	00:44@	00:10#	00:16#	00:16#	00:17&	00:11#	00:32#	00:45&	00:24&	00:23&	00:52&	00:09#	00:29#	00:12#	00:02+	00:16&	00:03#
10	Leif Kjetil Hinna Gausel	1683	37:22																		
01:49-	03:17-	04:28-	05:11-	07:20-	07:58-	09:52+	13:07+	14:57+	16:03+	17:46+	23:23+	25:42+	26:51+	27:52+	30:17+	31:21+	34:21+	35:27+	36:12+	36:59+	37:22+
01:49-	01:28-	01:11+	00:43=	02:09+	00:38=	01:54+	03:15+	01:50+	01:06+	01:43+	05:37+	02:19+	01:09+	01:01+	02:25+	01:04+	03:00+	01:06+	00:45+	00:47+	00:23+
00:28-	00:08-	00:07#	00:00=	00:16#	00:00=	00:18#	01:05&	00:29&	00:16&	00:13#	00:39#	00:34&	00:13#	00:14&	00:39&	00:12#	00:52&	00:05+	00:06#	00:10&	00:06&
11	Jan-Einar Øvremo	1119	37:48																		
01:54-	04:46+	06:06+	06:46+	08:46+	09:22+	11:18+	14:05+	15:42+	16:42+	18:22+	24:12+	26:20+	27:37+	28:40+	30:40+	31:41+	34:32+	35:53+	36:42+	37:30+	37:48+
01:54-	02:52+	01:20+	00:40-	02:00+	00:36-	01:56+	02:47+	01:37+	01:00+	01:40+	05:50+	02:08+	01:17+	01:03+	02:00+	01:01+	02:51+	01:21+	00:49+	00:48+	00:18+
00:23-	01:16&	00:16#	00:03-	00:07+	00:02-	00:20#	00:37&	00:16#	00:10#	00:10#	00:52#	00:23#	00:21&	00:16&	00:14#	00:09#	00:43&	00:20&	00:10&	00:11&	00:01+
12	Trond Lamark	878	39:06																		
02:21+	04:03+	05:21+	06:07+	08:22+	09:03+	10:51+	13:48+	15:29+	16:33+	18:25+	25:01+	27:25+	28:26+	29:35+	31:48+	33:01+	35:58+	37:16+	38:03+	38:45+	39:06+
02:21+	01:42+	01:18+	00:46+	02:15+	00:41+	01:48+	02:57+	01:41+	01:04+	01:52+	06:36+	02:24+	01:01+	01:09+	02:13+	01:13+	02:57+	01:18+	00:47+	00:42+	00:21+
00:04+	00:06+	00:14#	00:03+	00:22#	00:03+	00:12#	00:47&	00:20#	00:14&	00:22#	01:38&	00:39&	00:05+	00:22&	00:27&	00:21&	00:49&	00:17&	00:08#	00:05#	00:04#
13	Knut Taugbøl	1683	39:52																		
02:02-	03:40-	04:59+	05:47+	08:39+	09:24+	11:20+	13:51+	15:33+	16:39+	18:26+	24:10+	26:32+	28:05+	29:16+	31:59+	33:08+	36:08+	37:32+	38:27+	39:27+	39:52+
02:02-	01:38+	01:19+	00:48+	02:52+	00:45+	01:56+	02:31+	01:42+	01:06+	01:47+	05:44+	02:22+	01:33+	01:11+	02:43+	01:09+	03:00+	01:24+	00:55+	01:00+	00:25+
00:15-	00:02+	00:15#	00:05#	00:07#	00:20#	00:21#	00:21#	00:21&	00:16&	00:17#	00:46#	00:37&	00:37&	00:24&	00:57&	00:17&	00:52&	00:23&	00:16&	00:23&	00:08&
14	Pål H. Gjerden	1683	40:26																		
01:55-	03:22-	04:38-	05:22-	07:36+	08:25+	10:42+	13:05+	14:50+	15:54+	17:53+	24:16+	26:57+	28:24+	29:44+	32:14+	33:28+	37:03+	38:18+	39:16+	40:02+	40:26+
01:55-	01:27-	01:16+	00:44+	02:14+	00:49+	02:17+	02:23+	01:45+	01:04+	01:59+	06:23+	02:41+	01:27+	01:20+	02:30+	01:14+	03:35+	01:15+	00:58+	00:46+	00:24+
00:22-	00:09-	00:12#	00:01+	00:21#	00:11&	00:41&	00:13#	00:24&	00:14&	00:29&	01:25&	00:56&	00:31&	00:33&	00:44&	00:22&	01:27&	00:14#	00:19&	00:09#	00:07&

Herrer C

15	Kevin Foust	2023	42:12																		
01:57-	03:28-	04:43-	05:21-	07:36+	08:22+	10:16+	13:08+	14:56+	16:13+	17:55+	23:48+	26:09+	27:20+	28:51+	31:18+	32:23+	39:03+	40:44+	41:17+	41:54+	42:12+
01:57-	01:31-	01:15+	00:38-	02:15+	00:46+	01:54+	02:52+	01:48+	01:17+	01:42+	05:53+	02:21+	01:11+	01:31+	02:27+	01:05+	06:40+	01:41+	00:33-	00:37=	00:18+
00:20-	00:05-	00:11#	00:05-	00:22#	00:08#	00:18#	00:42&	00:27&	00:27&	00:12#	00:55#	00:36&	00:15&	00:44&	00:41&	00:13#	04:32@	00:40&	00:06-	00:00=	00:01+
16	Øivind Berggraf	1683	43:29																		
01:56+	03:29+	04:52+	05:38+	07:58+	08:43+	12:08+	14:25+	16:11+	17:19+	19:02+	25:16+	27:43+	28:54+	31:21+	35:22+	36:42+	39:53+	41:23+	42:19+	43:08+	43:29+
01:56+	01:33+	01:23+	00:46+	02:20+	00:45+	03:25+	02:17+	01:46+	01:08+	01:43+	06:14+	02:27+	01:11+	02:27+	04:01+	01:20+	03:11+	01:30+	00:56+	00:49+	00:21+
01:56+	01:33+	01:23+	00:46+	02:20+	00:45+	03:25+	02:17+	01:46+	01:08+	01:43+	06:14+	02:27+	01:11+	02:27+	04:01+	01:20+	03:11+	01:30+	00:56+	00:49+	00:21+
17	Ove Oaland	1683	44:09																		
02:16+	03:55+	05:23+	06:20+	08:55+	09:40+	12:31+	15:07+	16:59+	18:16+	20:13+	27:22+	30:12+	31:34+	32:48+	35:38+	36:53+	40:27+	41:48+	42:42+	43:42+	44:09+
02:16+	01:39+	01:28+	00:57+	02:35+	00:45+	02:51+	02:36+	01:52+	01:17+	01:57+	07:09+	02:50+	01:22+	01:14+	02:50+	01:15+	03:34+	01:21+	00:54+	01:00+	00:27+
02:16+	01:39+	01:28+	00:57+	02:35+	00:45+	02:51+	02:36+	01:52+	01:17+	01:57+	07:09+	02:50+	01:22+	01:14+	02:50+	01:15+	03:34+	01:21+	00:54+	01:00+	00:27+

Beste strekktid for klassen

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

Herrer Ny

1	Magnus Landstad	3507	20:30																		
02:41=	05:15=	06:24=	09:20=	10:14=	12:19=	15:18=	17:11=	18:53=	19:47=	20:30=											
02:41=	02:34=	01:09=	02:56=	00:54=	02:05=	02:59=	01:53=	01:42=	00:54=	00:43=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
2	Håvard Jektnes	3531	21:42																		
03:25+	05:38+	07:17+	10:33+	11:23+	13:37+	16:22+	17:57+	19:45+	20:43+	21:42+											
03:25+	02:13-	01:39+	03:16+	00:50-	02:14+	02:45-	01:35-	01:48+	00:58+	00:59+											
00:44&	00:21-	00:30&	00:20#	00:04-	00:09+	00:14-	00:18-	00:06+	00:04+	00:16&											
3	Nikolai Khorunzhiy	1456	28:48																		
03:01+	10:48+	13:12+	16:16+	17:53+	20:09+	22:43+	24:12+	26:52+	28:21+	28:48+											
03:01+	07:47+	02:24+	03:04+	01:37+	02:16+	02:34-	01:29-	02:40+	01:29+	00:27-											
00:20#	05:13@	01:15@	00:08+	00:43&	00:11+	00:25-	00:24-	00:58&	00:35&	00:16-											

Beste strekktid for klassen

02:41 02:13 01:09 02:56 00:50 02:05 02:34 01:29 01:42 00:54 00:27

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

Herrer Trim

1	Håvard Hageberg	1832	20:51																		
01:45=	02:48=	04:09=	05:04=	07:39=	08:27=	09:51=	11:01=	11:56=	14:02=	15:16=	15:48=	17:50=	19:31=	19:54=	20:31=	20:51=					
01:45=	01:03=	01:21=	00:55=	02:35=	00:48=	01:24=	01:10=	00:55=	02:06=	01:14=	00:32=	02:02=	01:41=	00:23=	00:37=	00:20=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Anders Klungre	3548	21:01																		
01:46+	02:48=	04:33+	05:18+	08:13+	09:00+	10:25+	11:40+	12:36+	14:34+	15:43+	16:11+	18:09+	19:47+	20:12+	20:41+	21:01+					
01:46+	01:02-	01:45+	00:45-	02:55+	00:47-	01:25+	01:15+	00:56+	01:58-	01:09-	00:28-	01:58-	01:38-	00:25+	00:29-	00:20=					
00:01+	00:01-	00:24&	00:10-	00:20#	00:01-	00:01+	00:05+	00:01+	00:08-	00:05-	00:04-	00:04-	00:03-	00:02+	00:08-	00:00=					
3	Sven Undheim	793	24:14																		
02:26+	03:30+	04:53+	05:38+	07:55+	08:39+	09:58+	12:24+	15:18+	17:18+	18:14+	18:46+	20:55+	22:40+	23:13+	23:54+	24:14+					
02:26+	01:04+	01:23+	00:45-	02:17-	00:44-	01:19-	02:26+	02:54+	02:00-	00:56-	00:32=	02:09+	01:45+	00:33+	00:41+	00:20=					
00:41&	00:01+	00:02+	00:10-	00:18-	00:04-	00:05-	01:16@	01:59@	00:06-	00:18-	00:00=	00:07+	00:04+	00:10&	00:04#	00:00=					
4	Stig E. Ollestad	3519	25:37																		
02:00+	03:06+	04:19+	05:12+	08:15+	09:03+	10:35+	11:39+	12:26+	18:35+	19:42+	20:12+	22:32+	24:24+	25:18+	25:37+						
02:00+	01:06+	01:13-	00:53-	03:03+	00:48=	01:32+	01:04-	00:47-	06:09+	01:07-	00:30-	02:20+	01:52+	00:22-	00:32-	00:19-					
00:15#	00:03+	00:08-	00:02-	00:28#	00:00=	00:08+	00:06-	00:08-	04:03@	00:07-	00:02-	00:18#	00:11#	00:01-	00:05-	00:01-					

Herrer Trim

5	Per Olof Wallerstedt	3516														25:40				
02:06+	03:21+	04:48+	05:59+	09:50+	10:51+	12:41+	14:52+	15:44+	17:59+	19:09+	19:41+	21:44+	24:01+	24:31+	25:16+	25:40+				
02:06+	01:15+	01:27+	01:11+	03:51+	01:01+	01:50+	02:11+	00:52-	02:15+	01:10-	00:32=	02:03+	02:17+	00:30+	00:45+	00:24+				
00:21#	00:12#	00:06+	00:16#	01:16#	00:13#	00:26#	01:01#	00:03-	00:09+	00:04-	00:00=	00:01+	00:36#	00:07#	00:08#	00:04#				
6	Thomas Romstad	1683														25:45				
02:20+	03:32+	04:44+	05:41+	11:03+	11:53+	13:24+	14:40+	15:49+	17:58+	19:24+	20:13+	22:28+	24:15+	24:43+	25:19+	25:45+				
02:20+	01:12+	01:12+	00:57+	05:22+	00:50+	01:31+	01:16+	01:09+	02:09+	01:26+	00:49+	02:15+	01:47+	00:28+	00:36+	00:26+				
02:20+	01:12+	01:12+	00:57+	05:22+	00:50+	01:31+	01:16+	01:09+	02:09+	01:26+	00:49+	02:15+	01:47+	00:28+	00:36+	00:26+				
7	Bjørn kristian Røyland	3503														26:22				
02:30+	03:37+	05:25+	06:38+	10:13+	11:21+	13:21+	14:48+	15:47+	18:27+	19:36+	20:21+	22:57+	24:39+	25:16+	25:58+	26:22+				
02:30+	01:07+	01:48+	01:13+	03:35+	01:08+	02:00+	01:27+	00:59+	02:40+	01:09+	00:45+	02:36+	01:42+	00:37+	00:42+	00:24+				
02:30+	01:07+	01:48+	01:13+	03:35+	01:08+	02:00+	01:27+	00:59+	02:40+	01:09+	00:45+	02:36+	01:42+	00:37+	00:42+	00:24+				
8	Arne Magne Sondresen	722														27:26				
03:01+	04:12+	05:58+	07:03+	10:40+	11:43+	13:32+	14:55+	15:58+	18:23+	19:40+	20:10+	23:18+	25:35+	26:10+	26:53+	27:26+				
03:01+	01:11+	01:46+	01:05+	03:37+	01:03+	01:49+	01:23+	01:03+	02:25+	01:17+	00:30+	03:08+	02:17+	00:35+	00:43+	00:33+				
03:01+	01:11+	01:46+	01:05+	03:37+	01:03+	01:49+	01:23+	01:03+	02:25+	01:17+	00:30+	03:08+	02:17+	00:35+	00:43+	00:33+				
9	Bruno Pierfelice	3519														27:43				
02:18+	03:24+	04:55+	06:05+	10:05+	11:01+	13:16+	15:45+	16:41+	19:58+	21:26+	21:57+	24:27+	26:18+	26:42+	27:22+	27:43+				
02:18+	01:06+	01:31+	01:10+	04:00+	00:56+	02:15+	02:29+	00:56+	03:17+	01:28+	00:31+	02:30+	01:51+	00:24+	00:40+	00:21+				
02:18+	01:06+	01:31+	01:10+	04:00+	00:56+	02:15+	02:29+	00:56+	03:17+	01:28+	00:31+	02:30+	01:51+	00:24+	00:40+	00:21+				
10	Roger Endre Nyseth	892														28:10				
02:18+	03:44+	05:28+	06:42+	10:53+	12:05+	14:07+	15:19+	16:19+	19:01+	20:22+	20:55+	24:02+	26:19+	26:47+	27:39+	28:10+				
02:18+	01:26+	01:44+	01:14+	04:11+	01:12+	02:02+	01:12+	01:00+	02:42+	01:21+	00:33+	03:07+	02:17+	00:28+	00:52+	00:31+				
02:18+	01:26+	01:44+	01:14+	04:11+	01:12+	02:02+	01:12+	01:00+	02:42+	01:21+	00:33+	03:07+	02:17+	00:28+	00:52+	00:31+				
11	Marius Bergstøl Hvidsten	3533														28:23				
03:19+	04:30+	05:56+	07:28+	11:14+	12:12+	13:49+	15:02+	15:57+	19:15+	20:39+	21:14+	24:21+	26:35+	27:16+	28:00+	28:23+				
03:19+	01:11+	01:26+	01:32+	03:46+	00:58+	01:37+	01:13+	00:55+	03:18+	01:24+	00:35+	03:07+	02:14+	00:41+	00:44+	00:23+				
03:19+	01:11+	01:26+	01:32+	03:46+	00:58+	01:37+	01:13+	00:55+	03:18+	01:24+	00:35+	03:07+	02:14+	00:41+	00:44+	00:23+				
12	Alexander Khorunzhiy	1456														29:05				
02:58+	04:20+	05:53+	07:04+	10:46+	11:57+	13:37+	16:43+	17:34+	20:08+	21:32+	22:06+	25:46+	27:38+	28:03+	28:42+	29:05+				
02:58+	01:22+	01:33+	01:11+	03:42+	01:11+	01:40+	03:06+	00:51+	02:34+	01:24+	00:34+	03:40+	01:52+	00:25+	00:39+	00:23+				
02:58+	01:22+	01:33+	01:11+	03:42+	01:11+	01:40+	03:06+	00:51+	02:34+	01:24+	00:34+	03:40+	01:52+	00:25+	00:39+	00:23+				
13	Arild Svihus	892														29:16				
02:36+	03:52+	05:30+	06:40+	10:27+	11:28+	13:16+	15:10+	16:17+	19:29+	21:14+	21:58+	25:11+	27:34+	28:05+	28:50+	29:16+				
02:36+	01:16+	01:38+	01:10+	03:47+	01:01+	01:48+	01:54+	01:07+	03:12+	01:45+	00:44+	03:13+	02:23+	00:31+	00:45+	00:26+				
02:36+	01:16+	01:38+	01:10+	03:47+	01:01+	01:48+	01:54+	01:07+	03:12+	01:45+	00:44+	03:13+	02:23+	00:31+	00:45+	00:26+				
14	Tor Geir Ødegård Garpestad	1832														29:36				
05:27+	07:05+	08:21+	09:25+	12:11+	13:01+	14:23+	16:15+	17:07+	19:13+	21:21+	22:14+	24:42+	27:57+	28:26+	29:11+	29:36+				
05:27+	01:38+	01:16+	01:04+	02:46+	00:50+	01:22+	01:52+	00:52+	02:06+	02:08+	00:53+	02:28+	03:15+	00:29+	00:45+	00:25+				
05:27+	01:38+	01:16+	01:04+	02:46+	00:50+	01:22+	01:52+	00:52+	02:06+	02:08+	00:53+	02:28+	03:15+	00:29+	00:45+	00:25+				
15	Svein Sivertsen	3530														30:06				
02:49+	04:13+	05:57+	07:16+	11:34+	13:16+	15:10+	17:11+	18:20+	21:26+	22:53+	23:20+	26:27+	28:31+	29:00+	29:39+	30:06+				
02:49+	01:24+	01:44+	01:19+	04:18+	01:42+	01:54+	02:01+	01:09+	03:06+	01:27+	00:27+	03:07+	02:04+	00:29+	00:39+	00:27+				
02:49+	01:24+	01:44+	01:19+	04:18+	01:42+	01:54+	02:01+	01:09+	03:06+	01:27+	00:27+	03:07+	02:04+	00:29+	00:39+	00:27+				
16	Jan Henrik Neuenkirchen	896														30:49				
02:26+	03:39+	05:18+	06:30+	10:59+	11:59+	13:51+	15:22+	16:31+	21:07+	22:44+	23:24+	26:39+	28:41+	29:11+	30:11+	30:49+				
02:26+	01:13+	01:39+	01:12+	04:29+	01:00+	01:52+	01:31+	01:09+	04:36+	01:37+	00:40+	03:15+	02:02+	00:30+	01:00+	00:38+				
02:26+	01:13+	01:39+	01:12+	04:29+	01:00+	01:52+	01:31+	01:09+	04:36+	01:37+	00:40+	03:15+	02:02+	00:30+	01:00+	00:38+				
17	Matthieu Pereira-Pires	877														30:55				
02:55+	04:01+	05:27+	06:31+	11:24+	12:20+	14:01+	15:34+	16:33+	19:29+	20:46+	24:53+	27:26+	29:08+	29:34+	30:25+	30:55+				
02:55+	01:06+	01:26+	01:04+	04:53+	00:56+	01:41+	01:33+	00:59+	02:56+	01:17+	04:07+	02:33+	01:42+	00:26+	00:51+	00:30+				
02:55+	01:06+	01:26+	01:04+	04:53+	00:56+	01:41+	01:33+	00:59+	02:56+	01:17+	04:07+	02:33+	01:42+	00:26+	00:51+	00:30+				
18	Stephane Bordet	877														30:56				
02:52+	04:03+	05:31+	06:34+	11:30+	12:21+	13:57+	15:36+	16:30+	19:27+	20:48+	24:36+	27:14+	29:13+	29:38+	30:34+	30:56+				
02:52+	01:11+	01:28+	01:03+	04:56+	00:51+	01:36+	01:39+	00:54+	02:57+	01:21+	03:48+	02:38+	01:59+	00:25+	00:56+	00:22+				
02:52+	01:11+	01:28+	01:03+	04:56+	00:51+	01:36+	01:39+	00:54+	02:57+	01:21+	03:48+	02:38+	01:59+	00:25+	00:56+	00:22+				

Herrer Trim

19	Lars Salvesen	1119	31:21													
03:11+	04:29+	06:05+	07:20+	11:06+	12:22+	14:14+	15:36+	16:48+	21:16+	22:35+	24:38+	27:36+	29:44+	30:15+	30:54+	31:21+
03:11+	01:18+	01:36+	01:15+	03:46+	01:16+	01:52+	01:22+	01:12+	04:28+	01:19+	02:03+	02:58+	02:08+	00:31+	00:39+	00:27+
03:11+	01:18+	01:36+	01:15+	03:46+	01:16+	01:52+	01:22+	01:12+	04:28+	01:19+	02:03+	02:58+	02:08+	00:31+	00:39+	00:27+
20	Andreas Primstad	3548	31:36													
04:31+	05:46+	07:07+	09:27+	14:51+	16:11+	17:35+	19:43+	20:57+	23:08+	24:20+	25:05+	27:59+	30:01+	30:27+	31:10+	31:36+
04:31+	01:15+	01:21+	02:20+	05:24+	01:20+	01:24+	02:08+	01:14+	02:11+	01:12+	00:45+	02:54+	02:02+	00:26+	00:43+	00:26+
04:31+	01:15+	01:21+	02:20+	05:24+	01:20+	01:24+	02:08+	01:14+	02:11+	01:12+	00:45+	02:54+	02:02+	00:26+	00:43+	00:26+
21	Per Marthon Mæland	880	32:17													
02:25+	03:45+	05:17+	06:29+	10:11+	11:16+	13:18+	15:17+	16:11+	18:40+	20:09+	20:35+	28:36+	30:34+	31:04+	31:48+	32:17+
02:25+	01:20+	01:32+	01:12+	03:42+	01:05+	02:02+	01:59+	00:54+	02:29+	01:29+	00:26+	08:01+	01:58+	00:30+	00:44+	00:29+
02:25+	01:20+	01:32+	01:12+	03:42+	01:05+	02:02+	01:59+	00:54+	02:29+	01:29+	00:26+	08:01+	01:58+	00:30+	00:44+	00:29+
22	John Helge Svandal	3531	33:05													
03:01+	04:24+	06:10+	07:19+	11:52+	13:04+	15:09+	16:36+	17:57+	20:55+	22:41+	24:05+	29:01+	31:29+	31:58+	32:41+	33:05+
03:01+	01:23+	01:46+	01:09+	04:33+	01:12+	02:05+	01:27+	01:21+	02:58+	01:46+	01:24+	04:56+	02:28+	00:29+	00:43+	00:24+
03:01+	01:23+	01:46+	01:09+	04:33+	01:12+	02:05+	01:27+	01:21+	02:58+	01:46+	01:24+	04:56+	02:28+	00:29+	00:43+	00:24+
23	Ketil Vestbakke	1683	33:20													
02:41+	04:10+	05:48+	07:02+	10:50+	11:59+	13:59+	15:32+	16:53+	19:44+	21:21+	22:20+	28:14+	31:21+	32:00+	32:49+	33:20+
02:41+	01:29+	01:38+	01:14+	03:48+	01:09+	02:00+	01:33+	01:21+	02:51+	01:37+	00:59+	05:54+	03:07+	00:39+	00:49+	00:31+
02:41+	01:29+	01:38+	01:14+	03:48+	01:09+	02:00+	01:33+	01:21+	02:51+	01:37+	00:59+	05:54+	03:07+	00:39+	00:49+	00:31+
24	Ivar Aalbu	3502	34:23													
02:59+	04:36+	06:38+	07:46+	11:54+	13:07+	15:26+	16:55+	17:58+	23:20+	24:48+	25:29+	29:44+	32:19+	32:53+	33:44+	34:23+
02:59+	01:37+	02:02+	01:08+	04:08+	01:13+	02:19+	01:29+	01:03+	05:22+	01:28+	00:41+	04:15+	02:35+	00:34+	00:51+	00:39+
02:59+	01:37+	02:02+	01:08+	04:08+	01:13+	02:19+	01:29+	01:03+	05:22+	01:28+	00:41+	04:15+	02:35+	00:34+	00:51+	00:39+
25	Frode Følgesvold	880	34:30													
02:28+	03:59+	05:51+	07:17+	11:54+	13:02+	15:21+	17:35+	19:38+	23:35+	25:36+	26:16+	29:24+	32:13+	32:49+	33:53+	34:30+
02:28+	01:31+	01:52+	01:26+	04:37+	01:08+	02:19+	02:14+	02:03+	03:57+	02:01+	00:40+	03:08+	02:49+	00:36+	01:04+	00:37+
02:28+	01:31+	01:52+	01:26+	04:37+	01:08+	02:19+	02:14+	02:03+	03:57+	02:01+	00:40+	03:08+	02:49+	00:36+	01:04+	00:37+
26	Nils Egil Lie	3548	35:12													
02:16+	03:34+	05:14+	06:29+	10:42+	11:53+	13:55+	20:18+	21:21+	25:31+	27:05+	27:44+	30:50+	33:36+	34:07+	34:46+	35:12+
02:16+	01:18+	01:40+	01:15+	04:13+	01:11+	02:02+	06:23+	01:03+	04:10+	01:34+	00:39+	03:06+	02:46+	00:31+	00:39+	00:26+
02:16+	01:18+	01:40+	01:15+	04:13+	01:11+	02:02+	06:23+	01:03+	04:10+	01:34+	00:39+	03:06+	02:46+	00:31+	00:39+	00:26+
27	Erland Båtnes Berntsen	643	35:23													
06:22+	07:21+	08:40+	09:55+	13:33+	14:34+	16:04+	19:07+	20:55+	23:23+	26:12+	27:16+	30:51+	33:19+	33:54+	34:57+	35:23+
06:22+	00:59+	01:19+	01:15+	03:38+	01:01+	01:30+	03:03+	01:48+	02:28+	02:49+	01:04+	03:35+	02:28+	00:35+	01:03+	00:26+
06:22+	00:59+	01:19+	01:15+	03:38+	01:01+	01:30+	03:03+	01:48+	02:28+	02:49+	01:04+	03:35+	02:28+	00:35+	01:03+	00:26+
28	Sjur Bjerke	3525	35:45													
06:11+	07:27+	09:03+	10:04+	13:56+	15:19+	17:10+	19:17+	20:31+	23:05+	24:42+	25:32+	31:05+	33:48+	34:25+	35:14+	35:45+
06:11+	01:16+	01:36+	01:01+	03:52+	01:23+	01:51+	02:07+	01:14+	02:34+	01:37+	00:50+	05:33+	02:43+	00:37+	00:49+	00:31+
06:11+	01:16+	01:36+	01:01+	03:52+	01:23+	01:51+	02:07+	01:14+	02:34+	01:37+	00:50+	05:33+	02:43+	00:37+	00:49+	00:31+
29	Kjell Husebø	1832	36:25													
02:22+	04:22+	06:08+	07:25+	11:43+	12:45+	14:50+	16:30+	17:41+	23:57+	25:47+	27:29+	30:55+	33:25+	34:05+	35:42+	36:25+
02:22+	02:00+	01:46+	01:17+	04:18+	01:02+	02:05+	01:40+	01:11+	06:16+	01:50+	01:42+	03:26+	02:30+	00:40+	01:37+	00:43+
02:22+	02:00+	01:46+	01:17+	04:18+	01:02+	02:05+	01:40+	01:11+	06:16+	01:50+	01:42+	03:26+	02:30+	00:40+	01:37+	00:43+
30	Kjell-Ole Topnes	1683	37:07													
03:30+	05:11+	07:17+	08:45+	14:00+	15:12+	17:24+	19:13+	21:23+	24:43+	26:14+	28:05+	32:17+	34:59+	35:34+	36:27+	37:07+
03:30+	01:41+	02:06+	01:28+	05:15+	01:12+	02:12+	01:49+	02:10+	03:20+	01:31+	01:51+	04:12+	02:42+	00:35+	00:53+	00:40+
03:30+	01:41+	02:06+	01:28+	05:15+	01:12+	02:12+	01:49+	02:10+	03:20+	01:31+	01:51+	04:12+	02:42+	00:35+	00:53+	00:40+
31	Torgeir Færevåg	3553	37:17													
03:01+	04:37+	06:17+	07:31+	11:18+	12:24+	15:20+	17:49+	19:09+	22:28+	24:07+	26:41+	32:14+	34:51+	35:31+	36:41+	37:17+
03:01+	01:36+	01:40+	01:14+	03:47+	01:06+	02:56+	02:29+	01:20+	03:19+	01:39+	02:34+	05:33+	02:37+	00:40+	01:10+	00:36+
03:01+	01:36+	01:40+	01:14+	03:47+	01:06+	02:56+	02:29+	01:20+	03:19+	01:39+	02:34+	05:33+	02:37+	00:40+	01:10+	00:36+
32	Hans Gundersen	2342	40:19													
05:31+	07:33+	09:02+	10:00+	13:31+	14:39+	16:17+	24:47+	25:32+	30:42+	32:40+	33:28+	36:25+	38:26+	38:55+	39:50+	40:19+
05:31+	02:02+	01:29+	00:58+	03:31+	01:08+	01:38+	08:30+	00:45+	05:10+	01:58+	00:48+	02:57+	02:01+	00:29+	00:55+	00:29+
05:31+	02:02+	01:29+	00:58+	03:31+	01:08+	01:38+	08:30+	00:45+	05:10+	01:58+	00:48+	02:57+	02:01+	00:29+	00:55+	00:29+

Herrer Trim

33	Øystein Endresen	3504	40:48													
02:56+	04:18+	05:56+	06:55+	11:02+	12:10+	14:16+	16:54+	17:58+	25:21+	26:39+	27:37+	35:27+	38:37+	39:41+	40:19+	40:48+
02:56+	01:22+	01:38+	00:59+	04:07+	01:08+	02:06+	02:38+	01:04+	07:23+	01:18+	00:58+	07:50+	03:10+	01:04+	00:38+	00:29+
02:56+	01:22+	01:38+	00:59+	04:07+	01:08+	02:06+	02:38+	01:04+	07:23+	01:18+	00:58+	07:50+	03:10+	01:04+	00:38+	00:29+
34	Trond Vigedal	896	40:57													
02:53+	04:22+	05:58+	07:21+	11:41+	12:45+	14:51+	22:13+	24:14+	27:06+	29:22+	30:35+	35:23+	38:44+	39:24+	40:26+	40:57+
02:53+	01:29+	01:36+	01:23+	04:20+	01:04+	02:06+	07:22+	02:01+	02:52+	02:16+	01:13+	04:48+	03:21+	00:40+	01:02+	00:31+
02:53+	01:29+	01:36+	01:23+	04:20+	01:04+	02:06+	07:22+	02:01+	02:52+	02:16+	01:13+	04:48+	03:21+	00:40+	01:02+	00:31+
35	Steinar Løgth Aase	2539	45:16													
02:57+	04:42+	06:50+	08:08+	13:06+	14:13+	16:25+	28:18+	29:04+	33:44+	35:42+	36:24+	40:20+	43:18+	43:52+	44:41+	45:16+
02:57+	01:45+	02:08+	01:18+	04:58+	01:07+	02:12+	11:53+	00:46+	04:40+	01:58+	00:42+	03:56+	02:58+	00:34+	00:49+	00:35+
02:57+	01:45+	02:08+	01:18+	04:58+	01:07+	02:12+	11:53+	00:46+	04:40+	01:58+	00:42+	03:56+	02:58+	00:34+	00:49+	00:35+
36	Joar Fandrem	1141	45:21													
03:17+	04:44+	06:50+	08:03+	12:25+	14:22+	16:54+	24:06+	28:05+	30:36+	36:17+	36:52+	40:51+	43:00+	43:35+	44:45+	45:21+
03:17+	01:27+	02:06+	01:13+	04:22+	01:57+	02:32+	07:12+	03:59+	02:31+	05:41+	00:35+	03:59+	02:09+	00:35+	01:10+	00:36+
03:17+	01:27+	02:06+	01:13+	04:22+	01:57+	02:32+	07:12+	03:59+	02:31+	05:41+	00:35+	03:59+	02:09+	00:35+	01:10+	00:36+
37	Robert Hooper	1683	46:49													
02:33+	03:59+	06:18+	08:03+	16:19+	17:40+	20:45+	24:33+	26:26+	31:54+	34:26+	35:13+	41:53+	44:41+	45:20+	46:13+	46:49+
02:33+	01:26+	02:19+	01:45+	08:16+	01:21+	03:05+	03:48+	01:53+	05:28+	02:32+	00:47+	06:40+	02:48+	00:39+	00:53+	00:36+
02:33+	01:26+	02:19+	01:45+	08:16+	01:21+	03:05+	03:48+	01:53+	05:28+	02:32+	00:47+	06:40+	02:48+	00:39+	00:53+	00:36+
38	Håvard Thomassen	3578	48:16													
11:30+	13:11+	15:02+	18:06+	24:00+	25:11+	27:49+	30:10+	31:21+	34:56+	37:46+	39:15+	43:08+	45:57+	46:36+	47:45+	48:16+
11:30+	01:41+	01:51+	03:04+	05:54+	01:11+	02:38+	02:21+	01:11+	03:35+	02:50+	01:29+	03:53+	02:49+	00:39+	01:09+	00:31+
11:30+	01:41+	01:51+	03:04+	05:54+	01:11+	02:38+	02:21+	01:11+	03:35+	02:50+	01:29+	03:53+	02:49+	00:39+	01:09+	00:31+
39	Svein Olav Høyland	1683	48:29													
05:14+	07:00+	09:17+	10:40+	16:08+	17:32+	21:01+	23:56+	25:26+	32:31+	34:42+	35:34+	41:39+	45:13+	46:40+	47:52+	48:29+
05:14+	01:46+	02:17+	01:23+	05:28+	01:24+	03:29+	02:55+	01:30+	07:05+	02:11+	00:52+	06:05+	03:34+	01:27+	01:12+	00:37+
05:14+	01:46+	02:17+	01:23+	05:28+	01:24+	03:29+	02:55+	01:30+	07:05+	02:11+	00:52+	06:05+	03:34+	01:27+	01:12+	00:37+
40	Dima Fjellberg	NOTEAM	49:15													
12:32+	14:10+	15:56+	19:05+	25:00+	26:11+	28:52+	31:06+	32:15+	35:49+	38:37+	40:07+	44:02+	46:58+	47:31+	48:45+	49:15+
12:32+	01:38+	01:46+	03:09+	05:55+	01:11+	02:41+	02:14+	01:09+	03:34+	02:48+	01:30+	03:55+	02:56+	00:33+	01:14+	00:30+
12:32+	01:38+	01:46+	03:09+	05:55+	01:11+	02:41+	02:14+	01:09+	03:34+	02:48+	01:30+	03:55+	02:56+	00:33+	01:14+	00:30+
41	Ashwin Ashok	1376	50:28													
03:16+	05:24+	07:23+	10:03+	15:45+	17:22+	20:26+	23:48+	25:42+	36:02+	38:29+	39:19+	45:09+	48:40+	49:03+	50:04+	50:28+
03:16+	02:08+	01:59+	02:40+	05:42+	01:37+	03:04+	03:22+	01:54+	10:20+	02:27+	00:50+	05:50+	03:31+	00:23+	01:01+	00:24+
03:16+	02:08+	01:59+	02:40+	05:42+	01:37+	03:04+	03:22+	01:54+	10:20+	02:27+	00:50+	05:50+	03:31+	00:23+	01:01+	00:24+
42	Rohan Joseph	1376	50:49													
04:03+	05:21+	07:23+	10:30+	15:22+	17:12+	20:23+	23:35+	25:32+	35:52+	38:20+	39:21+	45:07+	48:46+	49:20+	50:07+	50:49+
04:03+	01:18+	02:02+	03:07+	04:52+	01:50+	03:11+	03:12+	01:57+	10:20+	02:28+	01:01+	05:46+	03:39+	00:34+	00:47+	00:42+
04:03+	01:18+	02:02+	03:07+	04:52+	01:50+	03:11+	03:12+	01:57+	10:20+	02:28+	01:01+	05:46+	03:39+	00:34+	00:47+	00:42+
43	Svein Inge Sævereid	643	51:12													
03:59+	06:28+	09:26+	11:34+	17:56+	20:06+	23:33+	26:11+	28:29+	32:54+	35:30+	36:37+	43:04+	47:30+	48:42+	50:05+	51:12+
03:59+	02:29+	02:58+	02:08+	06:22+	02:10+	03:27+	02:38+	02:18+	04:25+	02:36+	01:07+	06:27+	04:26+	01:12+	01:23+	01:07+
03:59+	02:29+	02:58+	02:08+	06:22+	02:10+	03:27+	02:38+	02:18+	04:25+	02:36+	01:07+	06:27+	04:26+	01:12+	01:23+	01:07+
44	Erik Campbell Henriksen	1683	58:24													
03:59+	05:59+	08:52+	10:31+	17:10+	18:45+	21:48+	37:07+	38:30+	43:19+	45:22+	46:23+	50:41+	55:34+	56:23+	57:41+	58:24+
03:59+	02:00+	02:53+	01:39+	06:39+	01:35+	03:03+	15:19+	01:23+	04:49+	02:03+	01:01+	04:18+	04:53+	00:49+	01:18+	00:43+
03:59+	02:00+	02:53+	01:39+	06:39+	01:35+	03:03+	15:19+	01:23+	04:49+	02:03+	01:01+	04:18+	04:53+	00:49+	01:18+	00:43+
45	Jacek Jagodzinski	3486	1:04:44													
10:39+	13:05+	15:53+	17:40+	25:12+	26:49+	30:04+	33:11+	35:24+	42:04+	45:02+	45:45+	55:03+	61:44+	62:30+	63:50+	64:44+
10:39+	02:26+	02:48+	01:47+	07:32+	01:37+	03:15+	03:07+	02:13+	06:40+	02:58+	00:43+	09:18+	06:41+	00:46+	01:20+	00:54+
10:39+	02:26+	02:48+	01:47+	07:32+	01:37+	03:15+	03:07+	02:13+	06:40+	02:58+	00:43+	09:18+	06:41+	00:46+	01:20+	00:54+

Beste strekktid for klassen

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