

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1 Maren Benjaminsen 1832 40:23

02:06= 03:54= 05:16= 07:04= 13:08= 16:26= 27:34= 30:25= 33:18= 34:18= 38:45= 39:44= 40:23=
 02:06= 01:48= 01:22= 01:48= 06:04= 03:18= 11:08= 02:51= 02:53= 01:00= 04:27= 00:59= 00:39=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ann-Mari Vold 3529 49:17

02:44+ 06:00+ 08:29+ 10:39+ 17:57+ 21:57+ 32:27+ 36:13+ 39:40+ 41:07+ 46:51+ 48:31+ 49:17+
 02:44+ 03:16+ 02:29+ 02:10+ 07:18+ 04:00+ 10:30= 03:46+ 03:27+ 01:27+ 05:44+ 01:40+ 00:46+
 00:38& 01:28& 01:07& 00:22# 01:14# 00:42# 00:38= 00:55& 00:34# 00:27& 01:17& 00:41& 00:07#

Beste strekketid for klassen

02:06 01:48 01:22 01:48 06:04 03:18 10:30 02:51 02:53 01:00 04:27 00:59 00:39

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

Damer 40 - 49 år

1 Randi Ladsten 879 58:01

03:04= 04:49= 12:47= 16:36= 20:46= 29:09= 32:46= 37:55= 45:05= 49:36= 55:42= 57:16= 58:01=
 03:04= 01:45= 07:58= 03:49= 04:10= 08:23= 03:37= 05:09= 07:10= 04:31= 06:06= 01:34= 00:45=
 00:00= 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 Benedicte Kvalevåg 769 1:07:54

02:08= 04:49= 13:10+ 17:01+ 23:36+ 27:32= 38:27+ 44:33+ 51:59+ 57:54+ 63:15+ 65:59+ 67:54+
 02:08= 02:41+ 08:21+ 03:51+ 06:35+ 03:56= 10:55+ 06:06+ 07:26+ 05:55+ 05:21= 02:44+ 01:55+
 00:56= 00:56& 00:23+ 00:02+ 02:25& 04:27= 07:18@ 00:57# 00:16+ 01:24& 00:45= 01:10& 01:10@

3 Jeanette Mjølhus 722 1:11:49

01:55= 03:49= 10:27= 14:50= 19:17= 23:33= 31:07= 49:26+ 58:27+ 63:39+ 69:14+ 70:50+ 71:49+
 01:55= 01:54+ 06:38= 04:23+ 04:27+ 04:16= 07:34+ 18:19+ 09:01+ 05:12+ 05:35= 01:36+ 00:59+
 01:09= 00:09+ 01:20= 00:34# 00:17+ 04:07= 03:57@ 13:10@ 01:51& 00:41# 00:31= 00:02+ 00:14&

Beste strekketid for klassen

01:55 01:45 06:38 03:49 04:10 03:56 03:37 05:09 07:10 04:31 05:21 01:34 00:45

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

Damer 50 - 59 år

1 Marianne Fuglestad 896 39:56

02:22= 03:52= 08:24= 11:33= 15:27= 20:31= 23:02= 26:39= 32:01= 34:27= 38:04= 39:17= 39:56=
 02:22= 01:30= 04:32= 03:09= 03:54= 05:04= 02:31= 03:37= 05:22= 02:26= 03:37= 01:13= 00:39=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Anita Glenne Kallhovd 3502 47:17

02:08= 03:48= 09:07+ 16:12+ 20:37+ 24:36+ 27:28+ 31:34+ 38:29+ 40:33+ 45:10+ 46:28+ 47:17+
 02:08= 01:40+ 05:19+ 07:05+ 04:25+ 03:59= 02:52+ 04:06+ 06:55+ 02:04= 04:37+ 01:18+ 00:49+
 00:14= 00:10# 00:47# 03:56@ 00:31# 01:05= 00:21# 00:29# 01:33& 00:22= 01:00& 00:05+ 00:10&

3 Trude Hermanrud 896 49:44

02:33+ 04:19+ 10:54+ 14:43+ 20:08+ 24:21+ 28:21+ 33:15+ 40:24+ 42:31+ 47:11+ 48:48+ 49:44+
 02:33+ 01:46+ 06:35+ 03:49+ 05:25+ 04:13= 04:00+ 04:54+ 07:09+ 02:07= 04:40+ 01:37+ 00:56+
 00:11+ 00:16# 02:03& 00:40# 01:31& 00:51= 01:29& 01:17& 01:47& 00:19= 01:03& 00:24& 00:17&

4 Tonje Tiley 882 56:40

01:54= 03:58+ 10:35+ 14:28+ 19:50+ 24:41+ 29:49+ 37:06+ 45:52+ 48:23+ 54:12+ 55:42+ 56:40+
 01:54= 02:04+ 06:37+ 03:53+ 05:22+ 04:51= 05:08+ 07:17+ 08:46+ 02:31+ 05:49+ 01:30+ 00:58+
 00:28= 00:34& 02:05& 00:44# 01:28& 00:13= 02:37@ 03:40@ 03:24& 00:05+ 02:12& 00:17# 00:19&

5 Torill Andersen 1683 58:06

02:17= 03:55+ 11:42+ 14:45+ 19:59+ 23:18+ 38:29+ 42:29+ 48:45+ 50:49+ 55:33+ 57:09+ 58:06+
 02:17= 01:38+ 07:47+ 03:03= 05:14+ 03:19= 15:11+ 04:00+ 06:16+ 02:04= 04:44+ 01:36+ 00:57+
 00:05= 00:08+ 03:15& 00:06= 01:20& 01:45= 12:40@ 00:23# 00:54# 00:22= 01:07& 00:23& 00:18&

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

6	Hilde Frøytlog Karlsen	1284	1:00:27									
02:39+	04:59+	11:36+	15:57+	21:32+	29:38+	33:39+	39:40+	49:09+	51:24+	57:42+	59:23+	60:27+
02:39+	02:20+	06:37+	04:21+	05:35+	08:06+	04:01+	06:01+	09:29+	02:15-	06:18+	01:41+	01:04+
00:17#	00:50&	02:05&	01:12&	01:41&	03:02&	01:30&	02:24&	04:07&	00:11-	02:41&	00:28&	00:25&
7	Andrea Tapken	3529	1:15:49									
02:35+	05:08+	14:11+	18:49+	24:07+	28:56+	34:03+	50:31+	59:32+	63:28+	73:00+	74:53+	75:49+
02:35+	02:33+	09:03+	04:38+	05:18+	04:49+	05:07+	16:28+	09:01+	03:56+	09:32+	01:53+	00:56+
02:35+	02:33+	09:03+	04:38+	05:18+	04:49+	05:07+	16:28+	09:01+	03:56+	09:32+	01:53+	00:56+
8	Astri Sandanger	896	1:18:47									
02:22+	04:39+	14:10+	19:02+	23:22+	29:36+	39:47+	45:27+	53:13+	56:25+	76:14+	77:47+	78:47+
02:22+	02:17+	09:31+	04:52+	04:20+	06:14+	10:11+	05:40+	07:46+	03:12+	19:49+	01:33+	01:00+
02:22+	02:17+	09:31+	04:52+	04:20+	06:14+	10:11+	05:40+	07:46+	03:12+	19:49+	01:33+	01:00+
9	Brit Vivian Meling	1683	1:24:29									
03:47+	06:22+	19:40+	28:30+	36:09+	42:29+	48:05+	57:00+	65:00+	72:30+	80:41+	83:13+	84:29+
03:47+	02:35+	13:18+	08:50+	07:39+	06:20+	05:36+	08:55+	08:00+	07:30+	08:11+	02:32+	01:16+
03:47+	02:35+	13:18+	08:50+	07:39+	06:20+	05:36+	08:55+	08:00+	07:30+	08:11+	02:32+	01:16+
10	Elisabeth Melbø	879	1:31:50									
02:18+	04:14+	26:58+	31:09+	36:52+	46:10+	50:49+	69:24+	78:31+	83:37+	89:20+	90:48+	91:50+
02:18+	01:56+	22:44+	04:11+	05:43+	09:18+	04:39+	18:35+	09:07+	05:06+	05:43+	01:28+	01:02+
02:18+	01:56+	22:44+	04:11+	05:43+	09:18+	04:39+	18:35+	09:07+	05:06+	05:43+	01:28+	01:02+

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Anne-Siv Gjertsen	882	39:19									
02:25=	05:07=	07:55=	08:49=	11:53=	15:50=	23:07=	27:07=	30:35=	34:52=	36:49=	38:21=	39:19=
02:25=	02:42=	02:48=	00:54=	03:04=	03:57=	07:17=	04:00=	03:28=	04:17=	01:57=	01:32=	00:58=
00:00=	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	Ellinor Hoemsnes	1683	40:13									
02:47+	05:35+	09:21+	10:29+	13:19+	16:54+	20:05-	24:11-	28:43-	36:29+	38:10+	39:26+	40:13+
02:47+	02:48+	03:46+	01:08+	02:50-	03:35-	03:11-	04:06+	04:32+	07:46+	01:41-	01:16-	00:47-
00:22#	00:06+	00:58&	00:14&	00:14-	00:22-	04:06-	00:06+	01:04&	03:29&	00:16-	00:16-	00:11-
3	Siri Bjerkreim Hamre	1188	42:15									
03:19+	06:36+	09:58+	11:05+	14:36+	19:02+	22:38-	27:05-	30:50+	37:27+	39:18+	41:05+	42:15+
03:19+	03:17+	03:22+	01:07+	03:31+	04:26+	03:36-	04:27+	03:45+	06:37+	01:51-	01:47+	01:10+
00:54&	00:35#	00:34#	00:13#	00:27#	00:29#	03:41-	00:27#	00:17+	02:20&	00:06-	00:15#	00:12#
4	Eli Tjåland Stokka	1141	52:22									
03:17+	06:55+	14:23+	15:47+	19:48+	23:51+	31:08+	35:32+	39:46+	47:19+	49:29+	51:15+	52:22+
03:17+	03:38+	07:28+	01:24+	04:01+	04:03+	07:17=	04:24+	04:14+	07:33+	02:10+	01:46+	01:07+
00:52&	00:56&	04:40@	00:30&	00:57&	00:06+	00:00=	00:24#	00:46#	03:16&	00:13#	00:14#	00:09#

Beste strekktid for klassen

02:25 02:42 02:48 00:54 02:50 03:35 03:11 04:00 03:28 04:17 01:41 01:16 00:47

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

Damer 65 - 69 år

1	Tove Bjerkreim	722	34:49									
02:33=	05:01=	07:41=	08:30=	11:13=	14:32=	20:02=	24:22=	27:09=	31:02=	32:37=	33:58=	34:49=
02:33=	02:28=	02:40=	00:49=	02:43=	03:19=	05:30=	04:20=	02:47=	03:53=	01:35=	01:21=	00:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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Damer 65 - 69 år

2	Eli Frafjord	1141	40:30
03:04+	06:12+	09:14+	10:40+
03:04+	03:08+	03:02+	01:26+
00:31#	00:40&	00:22#	00:37&
03:08+	06:15+	09:24+	10:37+
03:08+	03:07+	03:09+	01:13+
03:08+	03:07+	03:09+	01:13+
3	Berit Bakken	1884	46:49
03:08+	06:15+	09:24+	10:37+
03:08+	03:07+	03:09+	01:13+
03:08+	03:07+	03:09+	01:13+
4	Ingrid Eik	1830	49:55
02:50+	05:49+	08:39+	09:37+
02:50+	02:59+	02:50+	00:58+
02:50+	02:59+	02:50+	00:58+
5	Liv Sissel Obrestad	3529	50:02
03:22+	06:43+	09:53+	10:57+
03:22+	03:21+	03:10+	01:04+
03:22+	03:21+	03:10+	01:04+
6	May Meling	593	50:42
02:44+	05:12+	08:18+	09:28+
02:44+	02:28+	03:06+	01:10+
02:44+	02:28+	03:06+	01:10+
7	Margot Asheim	722	55:09
02:28+	05:17+	08:28+	09:37+
02:28+	02:49+	03:11+	01:09+
02:28+	02:49+	03:11+	01:09+

Beste strekktid for klassen

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

Damer 70 - 74 år

1	Mette Dagsland	874	53:21
03:49=	12:26=	15:43=	16:58=
03:49=	08:37=	03:17=	01:15=
00:00=	00:00=	00:00=	00:00=
2	Halldis Handeland	892	55:11
03:54+	07:56-	11:57-	13:20-
03:54+	04:02-	04:01+	01:23+
00:05+	04:35-	00:44#	00:08#
3	Berit Gramstad	3551	58:51
03:56+	08:00-	14:03-	15:32-
03:56+	04:04-	06:03+	01:29+
00:07+	04:33-	02:46&	00:14#

Beste strekktid for klassen

03:49 04:02 03:17 01:15 03:46 05:27 04:36 04:52 03:25 06:07 02:11 01:38 00:58

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

Damer 75 - 79 år

1	Gry Vikhamar Thengs	874	41:58
03:16=	07:16=	10:20=	11:34=
03:16=	04:00=	03:04=	01:14=
00:00=	00:00=	00:00=	00:00=

Plass	Navn	Klasse	Tid
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Damer 75 - 79 år

2 Turid Nystrøm 874 47:25

03:30+ 06:34- 10:52+ 12:28+ 16:22+ 24:13+ 27:44+ 32:32+ 36:20+ 42:59+ 45:00+ 46:31+ 47:25+
 03:30+ 03:04- 04:18+ 01:36+ 03:54+ 07:51+ 03:31- 04:48+ 03:48+ 06:39+ 02:01+ 01:31- 00:54-
 00:14+ 00:56- 01:14& 00:22& 00:00= 03:54& 02:18- 00:29# 00:18+ 02:15& 00:08+ 00:02- 00:11-

3 Helga Klausen 769 55:23

03:47+ 07:18+ 11:27+ 12:51+ 17:35+ 28:33+ 32:53+ 38:04+ 42:11+ 49:21+ 51:40+ 54:00+ 55:23+
 03:47+ 03:31+ 04:09+ 01:24+ 04:44+ 10:58+ 04:20+ 05:11+ 04:07+ 07:10+ 02:19+ 02:20+ 01:23+
 03:47+ 03:31+ 04:09+ 01:24+ 04:44+ 10:58+ 04:20+ 05:11+ 04:07+ 07:10+ 02:19+ 02:20+ 01:23+

4 Haldis Glendrange 874 55:26

04:06+ 07:21+ 11:40+ 12:59+ 17:01+ 22:00+ 31:06+ 37:05+ 42:39+ 50:13+ 52:33+ 54:19+ 55:26+
 04:06+ 03:15+ 04:19+ 01:19+ 04:02+ 04:59+ 09:06+ 05:59+ 05:34+ 07:34+ 02:20+ 01:46+ 01:07+
 04:06+ 03:15+ 04:19+ 01:19+ 04:02+ 04:59+ 09:06+ 05:59+ 05:34+ 07:34+ 02:20+ 01:46+ 01:07+

Beste strekktid for klassen

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

Damer 80 år og eldre

1 Helga Aaslid 3529 56:17

02:55= 11:15= 14:42= 16:58= 20:22= 25:07= 30:01= 34:55= 40:41= 45:25= 52:25= 55:12= 56:17=
 02:55= 08:20= 03:27= 02:16= 03:24= 04:45= 04:54= 04:54= 05:46= 04:44= 07:00= 02:47= 01:05=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

02:55 08:20 03:27 02:16 03:24 04:45 04:54 04:54 05:46 04:44 07:00 02:47 01:05

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

Damer A

1 Aud Hognestad Taksdal 892 37:59

02:12= 04:08= 08:05= 10:13= 14:58= 17:53= 21:30= 25:26= 28:39= 33:01= 34:18= 36:30= 37:21= 37:59=
 02:12= 01:56= 03:57= 02:08= 04:45= 02:55= 03:37= 03:56= 03:13= 04:22= 01:17= 02:12= 00:51= 00:38=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Jorunn Hadland 3502 41:24

02:13+ 04:13+ 08:12+ 10:20+ 15:40+ 18:49+ 23:15+ 27:32+ 30:57+ 35:50+ 37:12+ 39:48+ 40:41+ 41:24+
 02:13+ 02:00+ 03:59+ 02:08= 05:20+ 03:09+ 04:26+ 04:17+ 03:25+ 04:53+ 01:22+ 02:36+ 00:53+ 00:43+
 00:01+ 00:04+ 00:02+ 00:00= 00:35# 00:14+ 00:49# 00:21+ 00:12+ 00:31# 00:05+ 00:24# 00:02+ 00:05#

3 Trine Bolstad Scheie 769 52:54

03:14+ 05:31+ 11:22+ 14:07+ 19:16+ 23:01+ 29:03+ 35:02+ 40:01+ 46:46+ 48:19+ 51:04+ 52:07+ 52:54+
 03:14+ 02:17+ 05:51+ 02:45+ 05:09+ 03:45+ 06:02+ 05:59+ 04:59+ 06:45+ 01:33+ 02:45+ 01:03+ 00:47+
 01:02& 00:21# 01:54& 00:37& 00:24+ 00:50& 02:25& 02:03& 01:46& 02:23& 00:16# 00:33# 00:12# 00:09#

4 Katrine Haaland Leveraas 896 55:33

02:58+ 05:33+ 11:31+ 15:00+ 20:33+ 24:18+ 30:26+ 36:10+ 42:06+ 49:05+ 51:12+ 53:51+ 54:50+ 55:33+
 02:58+ 02:35+ 05:58+ 03:29+ 05:33+ 03:45+ 06:08+ 05:44+ 05:56+ 06:59+ 02:07+ 02:39+ 00:59+ 00:43+
 00:46& 00:39& 02:01& 01:21& 00:48# 00:50& 02:31& 01:48& 02:43& 02:37& 00:50& 00:27# 00:08# 00:05#

Beste strekktid for klassen

02:12 01:56 03:57 02:08 04:45 02:55 03:37 03:56 03:13 04:22 01:17 02:12 00:51 00:38

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

Damer B

Class	Navn	Klasse	Tid
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Damer B

1	Inger Tone Nygård	3502	41:11
01:23=	03:10= 05:31= 07:13= 14:09= 17:25= 21:48= 25:01= 34:07= 37:57= 39:16= 40:25= 41:11=		
01:23=	01:47= 02:21= 01:42= 06:56= 03:16= 04:23= 03:13= 09:06= 03:50= 01:19= 01:09= 00:46=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ann-Cathrin Nybak Urdal	3595	47:07
01:30+	03:23+ 06:04+ 07:54+ 16:51+ 20:57+ 25:42+ 29:41+ 39:31+ 43:32+ 44:54+ 46:17+ 47:07+		
01:30+	01:53+ 02:41+ 01:50+ 08:57+ 04:06+ 04:45+ 03:59+ 09:50+ 04:01+ 01:22+ 01:23+ 00:50+		
01:30+	01:53+ 02:41+ 01:50+ 08:57+ 04:06+ 04:45+ 03:59+ 09:50+ 04:01+ 01:22+ 01:23+ 00:50+		
3	Ann Karin Tjørhom	1884	49:37
01:46+	03:53+ 07:07+ 10:39+ 17:50+ 21:47+ 27:06+ 31:04+ 41:44+ 46:09+ 47:23+ 48:45+ 49:37+		
01:46+	02:07+ 03:14+ 03:32+ 07:11+ 03:57+ 05:19+ 03:58+ 10:40+ 04:25+ 01:14+ 01:22+ 00:52+		
01:46+	02:07+ 03:14+ 03:32+ 07:11+ 03:57+ 05:19+ 03:58+ 10:40+ 04:25+ 01:14+ 01:22+ 00:52+		
4	Lise Isachsen	1384	50:57
01:28+	03:11+ 06:11+ 08:40+ 16:41+ 20:36+ 24:52+ 28:33+ 44:12+ 48:00+ 49:07+ 50:07+ 50:57+		
01:28+	01:43+ 03:00+ 02:29+ 08:01+ 03:55+ 04:16+ 03:41+ 15:39+ 03:48+ 01:07+ 01:00+ 00:50+		
01:28+	01:43+ 03:00+ 02:29+ 08:01+ 03:55+ 04:16+ 03:41+ 15:39+ 03:48+ 01:07+ 01:00+ 00:50+		
5	Ida Kolstø	3502	51:50
01:29+	03:51+ 08:32+ 11:02+ 19:17+ 22:58+ 32:21+ 35:57+ 45:25+ 48:57+ 50:02+ 51:09+ 51:50+		
01:29+	02:22+ 04:41+ 02:30+ 08:15+ 03:41+ 09:23+ 03:36+ 09:28+ 03:32+ 01:05+ 01:07+ 00:41+		
01:29+	02:22+ 04:41+ 02:30+ 08:15+ 03:41+ 09:23+ 03:36+ 09:28+ 03:32+ 01:05+ 01:07+ 00:41+		
6	Grethe Anda Fuglestad	1683	51:51
01:40+	03:30+ 07:04+ 11:39+ 19:12+ 23:37+ 28:06+ 32:01+ 44:26+ 48:38+ 49:52+ 51:05+ 51:51+		
01:40+	01:50+ 03:34+ 04:35+ 07:33+ 04:25+ 04:29+ 03:55+ 12:25+ 04:12+ 01:14+ 01:13+ 00:46+		
01:40+	01:50+ 03:34+ 04:35+ 07:33+ 04:25+ 04:29+ 03:55+ 12:25+ 04:12+ 01:14+ 01:13+ 00:46+		
7	Helen Lomeland	722	53:23
01:20+	04:15+ 07:43+ 10:54+ 19:15+ 23:24+ 28:20+ 32:34+ 46:56+ 50:27+ 51:30+ 52:36+ 53:23+		
01:20+	02:55+ 03:28+ 03:11+ 08:21+ 04:09+ 04:56+ 04:14+ 14:22+ 03:31+ 01:03+ 01:06+ 00:47+		
01:20+	02:55+ 03:28+ 03:11+ 08:21+ 04:09+ 04:56+ 04:14+ 14:22+ 03:31+ 01:03+ 01:06+ 00:47+		
8	Anina Hadland	3502	58:25
01:18+	03:15+ 06:00+ 13:18+ 20:58+ 30:51+ 36:46+ 42:06+ 50:54+ 55:01+ 56:13+ 57:36+ 58:25+		
01:18+	01:57+ 02:45+ 07:18+ 07:40+ 09:53+ 05:55+ 05:20+ 08:48+ 04:07+ 01:12+ 01:23+ 00:49+		
01:18+	01:57+ 02:45+ 07:18+ 07:40+ 09:53+ 05:55+ 05:20+ 08:48+ 04:07+ 01:12+ 01:23+ 00:49+		
9	Mariann Sveinsvoll	3504	1:02:37
01:45+	04:12+ 08:23+ 10:33+ 22:56+ 28:03+ 35:14+ 41:20+ 53:39+ 59:00+ 60:21+ 61:45+ 62:37+		
01:45+	02:27+ 04:11+ 02:10+ 12:23+ 05:07+ 07:11+ 06:06+ 12:19+ 05:21+ 01:21+ 01:24+ 00:52+		
01:45+	02:27+ 04:11+ 02:10+ 12:23+ 05:07+ 07:11+ 06:06+ 12:19+ 05:21+ 01:21+ 01:24+ 00:52+		
10	Berit Aksland	1683	1:02:50
01:27+	03:09+ 07:20+ 09:44+ 17:15+ 23:13+ 36:40+ 44:00+ 54:06+ 59:19+ 60:42+ 62:00+ 62:50+		
01:27+	01:42+ 04:11+ 02:24+ 07:31+ 05:58+ 13:27+ 07:20+ 10:06+ 05:13+ 01:23+ 01:18+ 00:50+		
01:27+	01:42+ 04:11+ 02:24+ 07:31+ 05:58+ 13:27+ 07:20+ 10:06+ 05:13+ 01:23+ 01:18+ 00:50+		
11	Ragnhild Auglænd	769	1:04:58
02:01+	04:17+ 07:40+ 13:41+ 24:05+ 28:59+ 37:03+ 41:58+ 56:09+ 61:01+ 62:32+ 63:55+ 64:58+		
02:01+	02:16+ 03:23+ 06:01+ 10:24+ 04:54+ 08:04+ 04:55+ 14:11+ 04:52+ 01:31+ 01:23+ 01:03+		
02:01+	02:16+ 03:23+ 06:01+ 10:24+ 04:54+ 08:04+ 04:55+ 14:11+ 04:52+ 01:31+ 01:23+ 01:03+		

Beste strekktid for klassen

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

Damer Ny

1	Lise Eiane	3558	22:32
01:34=	04:32= 06:23= 07:55= 10:15= 11:05= 14:11= 14:58= 16:16= 20:09= 21:33= 22:32=		
01:34=	02:58= 01:51= 01:32= 02:20= 00:50= 03:06= 00:47= 01:18= 03:53= 01:24= 00:59=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Class	Navn	Klasse	Tid
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Damer Ny

2	Elisa Møller	769	30:49								
02:17+	07:56+	11:20+	15:03+	20:35+	21:48+	23:12+	24:05+	26:31+	28:29+	29:58+	30:49+
02:17+	05:39+	03:24+	03:43+	05:32+	01:13+	01:24-	00:53+	02:26+	01:58-	01:29+	00:51-
00:43&	02:41&	01:33&	02:11@	03:12@	00:23&	01:42-	00:06#	01:08&	01:55-	00:05+	00:08-
3	Bente Klausen	769	35:27								
02:23+	07:05+	10:09+	13:47+	20:24+	22:54+	25:14+	26:27+	29:34+	32:49+	34:25+	35:27+
02:23+	04:42+	03:04+	03:38+	06:37+	02:30+	02:20+	01:13+	03:07+	03:15+	01:36+	01:02+
02:23+	04:42+	03:04+	03:38+	06:37+	02:30+	02:20+	01:13+	03:07+	03:15+	01:36+	01:02+

Beste strekktid for klassen

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

Damer Trim

1	Marit L. Undheim	3529	27:21										
01:48=	04:06=	05:23=	07:05=	08:56=	12:01=	15:00=	16:52=	18:11=	21:46=	23:15=	25:25=	26:28=	27:21=
01:48=	02:18=	01:17=	01:42=	01:51=	03:05=	02:59=	01:52=	01:19=	03:35=	01:29=	02:10=	01:03=	00:53=
00:00=	00:00=	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	Elisabet Horpestad	896	29:30										
02:04+	04:16+	06:32+	08:41+	10:32+	13:23+	16:38+	18:50+	20:39+	24:03+	25:35+	27:24+	28:36+	29:30+
02:04+	02:12-	02:16+	02:09+	01:51=	02:51-	03:15+	02:12+	01:49+	03:24-	01:32+	01:49-	01:12+	00:54+
00:16#	00:06-	00:59&	00:27&	00:00=	00:14-	00:16+	00:20#	00:30&	00:11-	00:03+	00:21-	00:09#	00:01+
3	Silje Lea Sletten	892	29:35										
01:31-	03:24-	05:34+	07:02-	09:06+	11:44-	14:29-	16:55+	18:04-	20:39-	22:16-	24:07-	28:40+	29:35+
01:31-	01:53-	02:10+	01:28-	02:04+	02:38-	02:45-	02:26+	01:09-	02:35-	01:37+	01:51-	04:33+	00:55+
00:17-	00:25-	00:53&	00:14-	00:13#	00:27-	00:14-	00:34&	00:10-	01:00-	00:08+	00:19-	03:30@	00:02+
4	Inger Johanne Klausen	3529	34:31										
01:42-	03:54-	05:40+	07:23+	09:57+	17:03+	20:03+	22:00+	23:10+	27:34+	28:58+	32:26+	33:45+	34:31+
01:42-	02:12-	01:46+	01:43+	02:34+	07:06+	03:00+	01:57+	01:10-	04:24+	01:24-	03:28+	01:19+	00:46-
00:06-	00:06-	00:29&	00:01+	00:43&	04:01@	00:01+	00:05+	00:09-	00:49#	00:05-	01:18&	00:16&	00:07-
5	Sigrund Serigstad	879	34:37										
01:40-	04:05-	08:34+	09:53+	12:20+	16:58+	21:11+	24:38+	25:53+	28:33+	30:14+	32:09+	33:56+	34:37+
01:40-	02:25+	04:29+	01:19-	02:27+	04:38+	04:13+	03:27+	01:15-	02:40-	01:41+	01:55-	01:47+	00:41-
00:08-	00:07+	03:12@	00:23-	00:36&	01:33&	01:14&	01:35&	00:04-	00:55-	00:12#	00:15-	00:44&	00:12-
6	Ane Odland	1683	37:39										
01:47-	05:21+	06:39+	13:27+	15:38+	19:31+	22:42+	25:11+	26:35+	29:48+	31:14+	35:20+	36:53+	37:39+
01:47-	03:34+	01:18+	06:48+	02:11+	03:53+	03:11+	02:29+	01:24+	03:13-	01:26-	04:06+	01:33+	00:46-
00:01-	01:16&	00:01+	05:06@	00:20#	00:48&	00:12+	00:37&	00:05+	00:22-	00:03-	01:56&	00:30&	00:07-
7	Anastasia Ollestad	1884	37:49										
02:21+	06:04+	08:51+	11:28+	14:49+	18:36+	22:07+	25:25+	27:02+	30:07+	31:19+	35:23+	36:56+	37:49+
02:21+	03:43+	02:47+	02:37+	03:21+	03:47+	03:31+	03:18+	01:37+	03:05-	01:12-	04:04+	01:33+	00:53=
00:33&	01:25&	01:30@	00:55&	01:30&	00:42#	00:32#	01:26&	00:18#	00:30-	00:17-	01:54&	00:30&	00:00=
8	Maria Fjelde	722	42:30										
01:56+	04:29+	06:09+	08:40+	11:21+	14:41+	17:53+	21:19+	22:28+	25:25+	27:07+	40:28+	41:46+	42:30+
01:56+	02:33+	01:40+	02:31+	02:41+	03:20+	03:12+	03:26+	01:09-	02:57-	01:42+	13:21+	01:18+	00:44-
00:08+	00:15#	00:23&	00:49&	00:50&	00:15+	00:13+	01:34&	00:10-	00:38-	00:13#	11:11@	00:15#	00:09-
9	Kirsti Strand Salvesen	3540	42:40										
02:55+	06:29+	09:17+	12:03+	17:02+	21:20+	25:32+	28:46+	30:40+	34:10+	36:31+	39:14+	41:11+	42:40+
02:55+	03:34+	02:48+	02:46+	04:59+	04:18+	04:12+	03:14+	01:54+	03:30-	02:21+	02:43+	01:57+	01:29+
01:07&	01:16&	01:31@	01:04&	03:08@	01:13&	01:13&	01:22&	00:35&	00:05-	00:52&	00:33&	00:54&	00:36&
10	Karine Ditlevsen	896	45:06										
02:12+	04:46+	08:38+	11:08+	14:03+	18:31+	24:02+	26:29+	32:01+	37:48+	39:43+	42:05+	44:09+	45:06+
02:12+	02:34+	03:52+	02:30+	02:55+	04:28+	05:31+	02:27+	05:32+	05:47+	01:55+	02:22+	02:04+	00:57+
00:24#	00:16#	02:35@	00:48&	01:04&	01:23&	02:32&	00:35&	04:13@	02:12&	00:26&	00:12+	01:01&	00:04+

Class	Navn	Klasse	Tid
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Damer Trim

11	Therese Østbø	896	45:07
02:10+	04:50+ 08:40+ 11:12+ 14:01+ 18:34+	23:59+ 26:24+ 32:09+ 38:13+ 39:47+	42:07+ 44:11+ 45:07+
02:10+	02:40+ 03:50+ 02:32+ 02:49+ 04:33+	05:25+ 02:25+ 05:45+ 06:04+ 01:34+	02:20+ 02:04+ 00:56+
00:22#	00:22# 02:33# 00:50& 01:58& 01:28&	02:26& 00:33& 04:26# 02:29& 00:05+	00:10+ 01:01& 00:03+
12	Ritva Halsne	722	45:36
02:06+	05:23+ 07:40+ 10:08+ 13:18+ 17:17+	20:45+ 23:50+ 25:18+ 28:23+ 30:06+	43:43+ 44:57+ 45:36+
02:06+	03:17+ 02:17+ 02:28+ 03:10+ 03:59+	03:28+ 03:05+ 01:28+ 03:05+ 01:43+	13:37+ 01:14+ 00:39+
02:06+	03:17+ 02:17+ 02:28+ 03:10+ 03:59+	03:28+ 03:05+ 01:28+ 03:05+ 01:43+	13:37+ 01:14+ 00:39+
13	Ida Sjursø	1754	47:19
03:04+	06:43+ 09:04+ 13:29+ 16:48+ 21:15+	26:07+ 30:36+ 32:24+ 37:39+ 39:36+	44:01+ 46:24+ 47:19+
03:04+	03:39+ 02:21+ 04:25+ 03:19+ 04:27+	04:52+ 04:29+ 01:48+ 05:15+ 01:57+	04:25+ 02:23+ 00:55+
03:04+	03:39+ 02:21+ 04:25+ 03:19+ 04:27+	04:52+ 04:29+ 01:48+ 05:15+ 01:57+	04:25+ 02:23+ 00:55+
14	May Kristin Haaland	3511	1:12:39
04:14+	09:24+ 14:11+ 20:44+ 27:44+ 35:59+	42:27+ 48:22+ 51:12+ 59:20+ 62:36+	67:21+ 71:20+ 72:39+
04:14+	05:10+ 04:47+ 06:33+ 07:00+ 08:15+	06:28+ 05:55+ 02:50+ 08:08+ 03:16+	04:45+ 03:59+ 01:19+
04:14+	05:10+ 04:47+ 06:33+ 07:00+ 08:15+	06:28+ 05:55+ 02:50+ 08:08+ 03:16+	04:45+ 03:59+ 01:19+

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Arild Pfluger Hundeide	769	35:51
01:11=	02:41= 04:42= 06:48= 12:52= 15:53=	19:52= 22:35= 29:48= 33:09= 34:10=	35:11= 35:51=
01:11=	01:30= 02:01= 02:06= 06:04= 03:01=	03:59= 02:43= 07:13= 03:21= 01:01=	01:01= 00:40=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00=
2	Kristoffer Nygård	3502	36:58
01:07-	02:23- 04:31- 07:00+ 12:38- 15:42-	19:32- 22:32- 31:08+ 34:25+ 35:20+	36:17+ 36:58+
01:07-	01:16- 02:08+ 02:29+ 05:38- 03:04+	03:50- 03:00+ 08:36+ 03:17- 00:55-	00:57- 00:41+
00:04-	00:14- 00:07+ 00:23# 00:26-	00:09- 00:17# 01:23# 00:04-	00:06- 00:04-
3	Torbjørn Fuglestad	878	36:59
01:14+	02:56+ 05:22+ 06:57+ 13:01+ 16:48+	20:36+ 23:48+ 30:57+ 34:20+ 35:17+	36:20+ 36:59+
01:14+	01:42+ 02:26+ 01:35- 06:04= 03:47+	03:48- 03:12+ 07:09- 03:23+ 00:57-	01:03+ 00:39-
00:03+	00:12# 00:25# 00:31- 00:00=	00:46& 00:11- 00:29# 00:04-	00:02+ 00:04- 00:02+ 00:01-
4	Ole Morten Haaland	3528	37:25
01:29+	03:19+ 05:20+ 07:27+ 12:42- 15:57+	20:12+ 23:05+ 31:39+ 35:02+ 35:43+	36:51+ 37:25+
01:29+	01:50+ 02:01= 02:07+ 05:15- 03:15+	04:15+ 02:53+ 08:34+ 03:23+ 00:41-	01:08+ 00:34-
00:18&	00:20# 00:00= 00:01+ 00:49-	00:14+ 00:16+ 00:10+ 01:21#	00:02+ 00:20- 00:07# 00:06-
5	Truls Thorkildsen	2074	1:01:30
01:18+	02:58+ 05:31+ 15:02+ 21:42+ 26:39+	33:29+ 36:42+ 54:51+ 58:22+ 59:18+	60:35+ 61:30+
01:18+	01:40+ 02:33+ 09:31+ 06:40+ 04:57+	06:50+ 03:13+ 18:09+ 03:31+ 00:56-	01:17+ 00:55+
00:07+	00:10# 00:32& 07:25# 00:36+ 01:56&	02:51& 00:30# 10:56# 00:10+ 00:05-	00:16& 00:15&
6	Lars Kartevoll	3548	1:03:06
01:18+	03:17+ 06:10+ 09:02+ 29:09+ 32:53+	38:21+ 42:33+ 55:45+ 60:00+ 61:03+	62:18+ 63:06+
01:18+	01:59+ 02:53+ 02:52+ 20:07+ 03:44+	05:28+ 04:12+ 13:12+ 04:15+ 01:03+	01:15+ 00:48+
00:07+	00:29& 00:52& 00:46& 14:03# 00:43#	01:29& 01:29& 05:59& 00:54& 00:02+	00:14# 00:08#

Beste strekktid for klassen

01:07 01:16 02:01 01:35 05:15 03:01 03:48 02:43 07:09 03:17 00:41 00:57 00:34

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

Herrer 40 - 49 år

Class	Navn	Klasse	Tid
Herrer 40 - 49 år			
1	Gunnar Petterson	3502	35:52
	01:09= 02:38= 04:48= 06:11= 11:50= 16:19= 19:56= 23:06= 29:59= 33:11= 34:11= 35:10= 35:52=		
	01:09= 01:29= 02:10= 01:23= 05:39= 04:29= 03:37= 03:10= 06:53= 03:12= 01:00= 00:59= 00:42=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Olav Hannisdal	3502	36:42
	01:10+ 02:37+ 04:50+ 07:47+ 13:40+ 16:50+ 20:41+ 23:24+ 31:00+ 34:13+ 35:04+ 36:06+ 36:42+		
	01:10+ 01:27+ 02:13+ 02:57+ 05:53+ 03:10+ 03:51+ 02:43+ 07:36+ 03:13+ 00:51+ 01:02+ 00:36+		
	01:10+ 01:27+ 02:13+ 02:57+ 05:53+ 03:10+ 03:51+ 02:43+ 07:36+ 03:13+ 00:51+ 01:02+ 00:36+		
3	Andreas Breiland	3522	37:34
	01:13+ 02:43+ 04:55+ 07:15+ 13:21+ 16:50+ 20:59+ 24:59+ 31:43+ 34:53+ 35:55+ 36:56+ 37:34+		
	01:13+ 01:30+ 02:12+ 02:20+ 06:06+ 03:29+ 04:09+ 04:00+ 06:44+ 03:10+ 01:02+ 01:01+ 00:38+		
	01:13+ 01:30+ 02:12+ 02:20+ 06:06+ 03:29+ 04:09+ 04:00+ 06:44+ 03:10+ 01:02+ 01:01+ 00:38+		
4	Sturla Stokkeland	3522	38:20
	01:19+ 03:01+ 05:24+ 07:34+ 13:34+ 16:46+ 20:50+ 24:20+ 32:03+ 35:24+ 36:28+ 37:37+ 38:20+		
	01:19+ 01:42+ 02:23+ 02:10+ 06:00+ 03:12+ 04:04+ 03:30+ 07:43+ 03:21+ 01:04+ 01:09+ 00:43+		
	01:19+ 01:42+ 02:23+ 02:10+ 06:00+ 03:12+ 04:04+ 03:30+ 07:43+ 03:21+ 01:04+ 01:09+ 00:43+		
5	Sjur Sigmo	1683	42:34
	01:26+ 03:08+ 05:35+ 07:15+ 14:17+ 17:56+ 22:39+ 26:24+ 35:22+ 39:16+ 40:29+ 41:44+ 42:34+		
	01:26+ 01:42+ 02:27+ 01:40+ 07:02+ 03:39+ 04:43+ 03:45+ 08:58+ 03:54+ 01:13+ 01:15+ 00:50+		
	01:26+ 01:42+ 02:27+ 01:40+ 07:02+ 03:39+ 04:43+ 03:45+ 08:58+ 03:54+ 01:13+ 01:15+ 00:50+		
6	Magne Habbestad	3531	46:16
	01:22+ 02:59+ 05:32+ 08:59+ 14:55+ 19:00+ 23:54+ 27:28+ 39:00+ 43:04+ 44:09+ 45:25+ 46:16+		
	01:22+ 01:37+ 02:33+ 03:27+ 05:56+ 04:05+ 04:54+ 03:34+ 11:32+ 04:04+ 01:05+ 01:16+ 00:51+		
	01:22+ 01:37+ 02:33+ 03:27+ 05:56+ 04:05+ 04:54+ 03:34+ 11:32+ 04:04+ 01:05+ 01:16+ 00:51+		
7	Jan-Kenneth Polle	3525	47:06
	01:13+ 02:41+ 05:29+ 08:20+ 15:37+ 19:44+ 27:30+ 30:59+ 40:24+ 44:18+ 45:16+ 46:20+ 47:06+		
	01:13+ 01:28+ 02:48+ 02:51+ 07:17+ 04:07+ 07:46+ 03:29+ 09:25+ 03:54+ 00:58+ 01:04+ 00:46+		
	01:13+ 01:28+ 02:48+ 02:51+ 07:17+ 04:07+ 07:46+ 03:29+ 09:25+ 03:54+ 00:58+ 01:04+ 00:46+		
8	Anders Hagen	3528	47:59
	01:26+ 03:36+ 06:49+ 10:31+ 17:35+ 20:40+ 27:02+ 30:44+ 41:19+ 45:33+ 46:23+ 47:22+ 47:59+		
	01:26+ 02:10+ 03:13+ 03:42+ 07:04+ 03:05+ 06:22+ 03:42+ 10:35+ 04:14+ 00:50+ 00:59+ 00:37+		
	01:26+ 02:10+ 03:13+ 03:42+ 07:04+ 03:05+ 06:22+ 03:42+ 10:35+ 04:14+ 00:50+ 00:59+ 00:37+		
9	Bjarne Bore	3529	49:01
	01:19+ 03:01+ 05:25+ 07:28+ 15:24+ 22:37+ 27:49+ 33:26+ 42:40+ 46:15+ 47:16+ 48:26+ 49:01+		
	01:19+ 01:42+ 02:24+ 02:03+ 07:56+ 07:13+ 05:12+ 05:37+ 09:14+ 03:35+ 01:01+ 01:10+ 00:35+		
	01:19+ 01:42+ 02:24+ 02:03+ 07:56+ 07:13+ 05:12+ 05:37+ 09:14+ 03:35+ 01:01+ 01:10+ 00:35+		
10	Glenn Madland	879	49:40
	01:24+ 03:24+ 06:59+ 10:08+ 18:20+ 22:20+ 31:39+ 34:41+ 43:12+ 46:54+ 47:53+ 49:02+ 49:40+		
	01:24+ 02:00+ 03:35+ 03:09+ 08:12+ 04:00+ 09:19+ 03:02+ 08:31+ 03:42+ 00:59+ 01:09+ 00:38+		
	01:24+ 02:00+ 03:35+ 03:09+ 08:12+ 04:00+ 09:19+ 03:02+ 08:31+ 03:42+ 00:59+ 01:09+ 00:38+		
11	Rune Dahl Fitjar	1754	54:53
	01:37+ 03:36+ 06:14+ 09:29+ 17:31+ 23:52+ 29:04+ 34:24+ 46:43+ 51:09+ 52:30+ 54:01+ 54:53+		
	01:37+ 01:59+ 02:38+ 03:15+ 08:02+ 06:21+ 05:12+ 05:20+ 12:19+ 04:26+ 01:21+ 01:31+ 00:52+		
	01:37+ 01:59+ 02:38+ 03:15+ 08:02+ 06:21+ 05:12+ 05:20+ 12:19+ 04:26+ 01:21+ 01:31+ 00:52+		
12	Inge Arild Leknes	3548	56:36
	01:34+ 03:09+ 05:53+ 08:36+ 21:29+ 25:52+ 33:34+ 38:47+ 47:28+ 52:53+ 54:32+ 55:43+ 56:36+		
	01:34+ 01:35+ 02:44+ 02:43+ 12:53+ 04:23+ 07:42+ 05:13+ 08:41+ 05:25+ 01:39+ 01:11+ 00:53+		
	01:34+ 01:35+ 02:44+ 02:43+ 12:53+ 04:23+ 07:42+ 05:13+ 08:41+ 05:25+ 01:39+ 01:11+ 00:53+		
13	Trondr Breiland	NOTEAM	1:07:12
	01:43+ 03:21+ 05:51+ 08:32+ 15:45+ 18:45+ 23:33+ 26:57+ 57:52+ 64:04+ 65:17+ 66:28+ 67:12+		
	01:43+ 01:38+ 02:30+ 02:41+ 07:13+ 03:00+ 04:48+ 03:24+ 30:55+ 06:12+ 01:13+ 01:11+ 00:44+		
	01:43+ 01:38+ 02:30+ 02:41+ 07:13+ 03:00+ 04:48+ 03:24+ 30:55+ 06:12+ 01:13+ 01:11+ 00:44+		

Beste strekktid for klassen

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

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

1	Thomas Chruickshank	3545	37:35									
02:32=	07:12=	10:02=	15:00=	17:48=	19:30=	23:58=	26:28=	32:51=	34:11=	36:08=	36:55=	37:35=
02:32=	04:40=	02:50=	04:58=	02:48=	01:42=	04:28=	02:30=	06:23=	01:20=	01:57=	00:47=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Frank Hansen	3502	42:37									
02:48+	06:50-	09:34-	15:52+	19:08+	23:48+	28:50+	31:45+	36:54+	38:19+	40:47+	41:53+	42:37+
02:48+	04:02-	02:44-	06:18+	03:16+	04:40+	05:02+	02:55+	05:09-	01:25+	02:28+	01:06+	00:44+
00:16#	00:38-	00:06-	01:20&	00:28#	02:58@	00:34#	00:25#	01:14-	00:05+	00:31&	00:19&	00:04#
3	Øystein Fuglestad	878	45:41									
02:41+	06:28-	09:10-	14:29-	18:03+	25:02+	31:28+	34:32+	39:52+	41:15+	43:41+	44:47+	45:41+
02:41+	03:47-	02:42-	05:19+	03:34+	06:59+	06:26+	03:04+	05:20-	01:23+	02:26+	01:06+	00:54+
00:09+	00:53-	00:08-	00:21+	00:46&	05:17@	01:58&	00:34#	01:03-	00:03+	00:29#	00:19&	00:14&
4	Sigurd Ravndal	769	47:03									
02:19-	06:12-	08:41-	15:58+	19:07+	24:33+	29:34+	31:53+	41:57+	43:09+	45:26+	46:19+	47:03+
02:19-	03:53-	02:29-	07:17+	03:09+	05:26+	05:01+	02:19-	10:04+	01:12-	02:17+	00:53+	00:44+
00:13-	00:47-	00:21-	02:19&	00:21#	03:44@	00:33#	00:11-	03:41&	00:08-	00:20#	00:06#	00:04#
5	Trygve Michaelsen	896	47:25									
03:04+	07:48+	11:11+	17:23+	21:09+	23:57+	30:04+	34:21+	40:30+	42:00+	45:22+	46:32+	47:25+
03:04+	04:44+	03:23+	06:12+	03:46+	02:48+	06:07+	04:17+	06:09-	01:30+	03:22+	01:10+	00:53+
00:32#	00:04+	00:33#	01:14#	00:58&	01:06&	01:39&	01:47&	00:14-	00:10#	01:25&	00:23&	00:13&
6	John Breiland	NOTEAM	49:05									
03:05+	07:02-	09:38-	18:52+	22:49+	25:53+	31:00+	34:54+	41:44+	43:20+	46:40+	48:08+	49:05+
03:05+	03:57-	02:36-	09:14+	03:57+	03:04+	05:07+	03:54+	06:50+	01:36+	03:20+	01:28+	00:57+
00:33#	00:43-	00:14-	04:16&	01:09&	01:22&	00:39#	01:24&	00:27+	00:16#	01:23&	00:41&	00:17&
7	André Sirevåg	1683	49:55									
03:05+	08:55+	12:18+	19:35+	24:35+	27:06+	33:25+	36:34+	43:25+	44:52+	48:02+	49:14+	49:55+
03:05+	05:50+	03:23+	07:17+	05:00+	02:31+	06:19+	03:09+	06:51+	01:27+	03:10+	01:12+	00:41+
00:33#	01:10#	00:33#	02:19&	02:12&	00:49&	01:51&	00:39&	00:28+	00:07+	01:13&	00:25&	00:01+
8	Jørgen Nilsen	1683	51:15									
02:57+	07:23+	10:26+	16:22+	20:49+	24:35+	33:06+	36:22+	42:48+	46:39+	49:10+	50:26+	51:15+
02:57+	04:26-	03:03+	05:56+	04:27+	03:46+	08:31+	03:16+	06:26+	03:51+	02:31+	01:16+	00:49+
00:25#	00:14-	00:13+	00:58#	01:39&	02:04@	04:03&	00:46&	00:03+	02:31@	00:34&	00:29&	00:09#
9	Anders Glenne	793	52:13									
02:53+	07:50+	10:31+	17:14+	21:27+	24:49+	35:35+	38:32+	46:07+	47:46+	50:27+	51:29+	52:13+
02:53+	04:57+	02:41-	06:43+	04:13+	03:22+	10:46+	02:57+	07:35+	01:39+	02:41+	01:02+	00:44+
00:21#	00:17+	00:09-	01:45&	01:25&	01:40&	06:18@	00:27#	01:12#	00:19#	00:44&	00:15&	00:04#
10	Erling Knutzen	879	54:39									
03:02+	06:58-	10:20+	17:24+	21:58+	31:57+	37:23+	40:41+	47:09+	49:33+	52:36+	53:47+	54:39+
03:02+	03:56-	03:22+	07:04+	04:34+	09:59+	05:26+	03:18+	06:28+	02:24+	03:03+	01:11+	00:52+
00:30#	00:44-	00:32#	02:06&	01:46&	08:17@	00:58#	00:48&	00:05+	01:04&	01:06&	00:24&	00:12&
11	Harald Taksdal	3547	55:21									
03:30+	08:46+	12:19+	20:27+	25:39+	29:51+	35:56+	39:31+	47:37+	49:33+	52:58+	54:23+	55:21+
03:30+	05:16+	03:33+	08:08+	05:12+	04:12+	06:05+	03:35+	08:06+	01:56+	03:25+	01:25+	00:58+
00:58&	00:36#	00:43&	03:10&	02:24&	02:30@	01:37&	01:05&	01:43&	00:36&	01:28&	00:38&	00:18&
12	Raymond B Pettersen	722	56:00									
03:05+	08:21+	12:03+	19:07+	23:29+	26:26+	34:07+	38:52+	48:29+	50:13+	53:38+	55:08+	56:00+
03:05+	05:16+	03:42+	07:04+	04:22+	02:57+	07:41+	04:45+	09:37+	01:44+	03:25+	01:30+	00:52+
00:33#	00:36#	00:52&	02:06&	01:34&	01:15&	03:13&	02:15&	03:14&	00:24&	01:28&	00:43&	00:12&
13	Jerome Renoult	3524	56:40									
03:39+	09:28+	12:54+	19:42+	24:06+	26:41+	33:57+	38:03+	46:51+	48:56+	54:16+	55:35+	56:40+
03:39+	05:49+	03:26+	06:48+	04:24+	02:35+	07:16+	04:06+	08:48+	02:05+	05:20+	01:19+	01:05+
01:07&	01:09#	00:36#	01:50&	01:36&	00:53&	02:48&	01:36&	02:25&	00:45&	03:23@	00:32&	00:25&
14	Steinar Hansen	882	56:58									
02:38+	06:05-	08:36-	19:10+	22:30+	27:10+	35:43+	41:02+	50:39+	52:20+	55:05+	56:11+	56:58+
02:38+	03:27-	02:31-	10:34+	03:20+	04:40+	08:33+	05:19+	09:37+	01:41+	02:45+	01:06+	00:47+
00:06+	01:13-	00:19-	05:36@	00:32#	02:58@	04:05&	02:49@	03:14&	00:21&	00:48&	00:19&	00:07#

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

15	Stein Arve Finnestad	1456	59:21									
03:46+	09:58+	13:04+	21:39+	26:05+	32:04+	41:09+	44:55+	52:11+	54:06+	57:03+	58:26+	59:21+
03:46+	06:12+	03:06+	08:35+	04:26+	05:59+	09:05+	03:46+	07:16+	01:55+	02:57+	01:23+	00:55+
01:14&	01:32&	00:16+	03:37&	01:38&	04:17@	04:37@	01:16&	00:53#	00:35&	01:00&	00:36&	00:15&
16	Arild Holm	3486	1:00:52									
03:29+	10:42+	14:12+	25:46+	30:25+	33:28+	40:42+	44:49+	52:57+	54:53+	58:25+	59:56+	60:52+
03:29+	07:13+	03:30+	11:34+	04:39+	03:03+	07:14+	04:07+	08:08+	01:56+	03:32+	01:31+	00:56+
03:29+	07:13+	03:30+	11:34+	04:39+	03:03+	07:14+	04:07+	08:08+	01:56+	03:32+	01:31+	00:56+
17	Terje Undheim	3529	1:01:22									
02:21+	05:44+	08:56+	14:44+	18:11+	29:20+	46:51+	49:15+	56:25+	57:36+	59:50+	60:44+	61:22+
02:21+	03:23+	03:12+	05:48+	03:27+	11:09+	17:31+	02:24+	07:10+	01:11+	02:14+	00:54+	00:38+
02:21+	03:23+	03:12+	05:48+	03:27+	11:09+	17:31+	02:24+	07:10+	01:11+	02:14+	00:54+	00:38+
18	Lars Primstad	769	1:10:46									
02:19+	06:01+	09:31+	19:15+	23:06+	39:31+	54:46+	57:36+	62:52+	65:37+	68:50+	70:08+	70:46+
02:19+	03:42+	03:30+	09:44+	03:51+	16:25+	15:15+	02:50+	05:16+	02:45+	03:13+	01:18+	00:38+
02:19+	03:42+	03:30+	09:44+	03:51+	16:25+	15:15+	02:50+	05:16+	02:45+	03:13+	01:18+	00:38+
19	Asbjørn Brådlund	879	1:11:33									
03:24+	08:14+	11:24+	23:49+	28:32+	31:05+	37:58+	41:48+	60:38+	62:23+	68:48+	70:16+	71:33+
03:24+	04:50+	03:10+	12:25+	04:43+	02:33+	06:53+	03:50+	18:50+	01:45+	06:25+	01:28+	01:17+
03:24+	04:50+	03:10+	12:25+	04:43+	02:33+	06:53+	03:50+	18:50+	01:45+	06:25+	01:28+	01:17+
20	Arne Hetlelid	3508	1:15:33									
03:19+	07:46+	12:15+	27:01+	32:04+	43:17+	53:08+	57:10+	66:37+	68:33+	72:20+	74:21+	75:33+
03:19+	04:27+	04:29+	14:46+	05:03+	11:13+	09:51+	04:02+	09:27+	01:56+	03:47+	02:01+	01:12+
03:19+	04:27+	04:29+	14:46+	05:03+	11:13+	09:51+	04:02+	09:27+	01:56+	03:47+	02:01+	01:12+

Beste strekk tid for klassen

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

Herrer 60 - 64 år

1	Inge Løland	1119	29:38									
02:05=	04:03=	05:22=	06:43=	11:31=	13:54=	18:25=	21:10=	23:32=	24:20=	27:46=	28:50=	29:38=
02:05=	01:58=	01:19=	01:21=	04:48=	02:23=	04:31=	02:45=	02:22=	00:48=	03:26=	01:04=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Johannessen	793	33:05									
02:02-	03:58-	05:15-	06:54+	11:41+	15:59+	20:56+	23:39+	26:18+	27:11+	31:11+	32:17+	33:05+
02:02-	01:56-	01:17-	01:39+	04:47-	04:18+	04:57+	02:43-	02:39+	00:53+	04:00+	01:06+	00:48=
00:03-	00:02-	00:02-	00:18#	00:01-	01:55&	00:26+	00:02-	00:17#	00:05#	00:34#	00:02+	00:00=
3	Kjell Seland	3547	33:14									
02:20+	04:24+	05:57+	07:25+	12:30+	15:31+	20:32+	23:37+	26:10+	27:13+	31:13+	32:23+	33:14+
02:20+	02:04+	01:33+	01:28+	05:05+	03:01+	05:01+	03:05+	02:33+	01:03+	04:00+	01:10+	00:51+
00:15#	00:06+	00:14#	00:07+	00:17+	00:38&	00:30#	00:20#	00:11+	00:15&	00:34#	00:06+	00:03+
4	Sturle Omdal	1683	35:39									
02:19+	04:07+	05:24+	06:59+	12:25+	16:55+	21:57+	25:41+	29:22+	30:21+	33:48+	34:59+	35:39+
02:19+	01:48-	01:17-	01:35+	05:26+	04:30+	05:02+	03:44+	03:41+	00:59+	03:27+	01:11+	00:40-
00:14#	00:10-	00:02-	00:14#	00:38#	02:07&	00:31#	00:59&	01:19&	00:11#	00:01+	00:07#	00:08-
5	Per Ingar Hadland	793	37:23									
02:36+	05:17+	07:01+	08:41+	15:01+	17:58+	23:40+	26:54+	29:52+	30:54+	35:17+	36:30+	37:23+
02:36+	02:41+	01:44+	01:40+	06:20+	02:57+	05:42+	03:14+	02:58+	01:02+	04:23+	01:13+	00:53+
00:31#	00:43&	00:25&	00:19#	01:32&	00:34#	01:11&	00:29#	00:36&	00:14&	00:57&	00:09#	00:05#
6	Håvard Håland	3507	37:46									
02:24+	05:13+	07:57+	10:33+	15:45+	18:27+	24:08+	27:22+	30:37+	31:42+	35:42+	36:57+	37:46+
02:24+	02:49+	02:44+	02:36+	05:12+	02:42+	05:41+	03:14+	03:15+	01:05+	04:00+	01:15+	00:49+
00:19#	00:51&	01:25@	01:15&	00:24+	00:19#	01:10&	00:29#	00:53&	00:17&	00:34#	00:11#	00:01+

Plass	Navn	Klasse	Tid
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Herrer 60 - 64 år

7	John Carsten Sinnes	1884	38:47									
02:41+	05:00+	06:37+	08:37+	14:24+	17:10+	24:20+	27:56+	30:42+	31:58+	36:41+	37:56+	38:47+
02:41+	02:19+	01:37+	02:00+	05:47+	02:46+	07:10+	03:36+	02:46+	01:16+	04:43+	01:15+	00:51+
00:36&	00:21#	00:18#	00:39&	00:59#	00:23#	02:39&	00:51&	00:24#	00:28&	01:17&	00:11#	00:03+
8	Harald Syse	1884	41:00									
02:06+	04:12+	05:30+	06:52+	11:13+	13:57+	26:14+	29:02+	32:55+	33:43+	38:34+	39:34+	41:00+
02:06+	02:06+	01:18+	01:22+	04:21+	02:44+	12:17+	02:48+	03:53+	00:48+	04:51+	01:00+	01:26+
02:06+	02:06+	01:18+	01:22+	04:21+	02:44+	12:17+	02:48+	03:53+	00:48+	04:51+	01:00+	01:26+
9	Magnar Mathias Møller	769	44:15									
02:27+	04:34+	06:09+	08:00+	16:24+	19:34+	29:57+	33:20+	36:25+	37:33+	42:07+	43:20+	44:15+
02:27+	02:07+	01:35+	01:51+	08:24+	03:10+	10:23+	03:23+	03:05+	01:08+	04:34+	01:13+	00:55+
02:27+	02:07+	01:35+	01:51+	08:24+	03:10+	10:23+	03:23+	03:05+	01:08+	04:34+	01:13+	00:55+
10	Svein Magne Gloppen	1884	50:58									
02:47+	05:30+	07:25+	09:22+	15:55+	22:21+	30:47+	35:06+	41:03+	42:04+	48:29+	50:05+	50:58+
02:47+	02:43+	01:55+	01:57+	06:33+	06:26+	08:26+	04:19+	05:57+	01:01+	06:25+	01:36+	00:53+
02:47+	02:43+	01:55+	01:57+	06:33+	06:26+	08:26+	04:19+	05:57+	01:01+	06:25+	01:36+	00:53+
11	Ivar Knutsen	1683	54:41									
02:40+	05:10+	06:52+	09:13+	16:06+	33:28+	38:38+	42:23+	46:48+	48:02+	52:26+	53:47+	54:41+
02:40+	02:30+	01:42+	02:21+	06:53+	17:22+	05:10+	03:45+	04:25+	01:14+	04:24+	01:21+	00:54+
02:40+	02:30+	01:42+	02:21+	06:53+	17:22+	05:10+	03:45+	04:25+	01:14+	04:24+	01:21+	00:54+

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Arvid Mydland	3502	25:59									
01:42=	03:17=	04:32=	05:41=	09:51=	12:09=	16:03=	18:26=	20:03=	20:42=	24:11=	25:21=	25:59=
01:42=	01:35=	01:15=	01:09=	04:10=	02:18=	03:54=	02:23=	01:37=	00:39=	03:29=	01:10=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjell Dale	1884	30:27									
02:13+	03:48+	04:59+	06:45+	11:14+	13:54+	17:59+	20:50+	23:34+	24:31+	28:32+	29:38+	30:27+
02:13+	01:35=	01:11-	01:46+	04:29+	02:40+	04:05+	02:51+	02:44+	00:57+	04:01+	01:06-	00:49+
00:31&	00:00=	00:04-	00:37&	00:19+	00:22#	00:11+	00:28#	01:07&	00:18&	00:32#	00:04-	00:11&
3	Otte Omdal	903	31:03									
01:42=	03:31+	04:39+	06:00+	10:41+	15:05+	19:42+	22:22+	24:48+	25:34+	29:14+	30:17+	31:03+
01:42=	01:49+	01:08-	01:21+	04:41+	04:24+	04:37+	02:40+	02:26+	00:46+	03:40+	01:03-	00:46+
00:00=	00:14#	00:07-	00:12#	00:31#	02:06&	00:43#	00:17#	00:49&	00:07#	00:11+	00:07-	00:08#
4	Torbjørn Evensen	3556	35:13									
02:13+	04:13+	05:37+	07:19+	12:52+	15:20+	21:17+	24:58+	27:49+	28:57+	33:11+	34:23+	35:13+
02:13+	02:00+	01:24+	01:42+	05:33+	02:28+	05:57+	03:41+	02:51+	01:08+	04:14+	01:12+	00:50+
00:31&	00:25&	00:09#	00:33&	01:23&	00:10+	02:03&	01:18&	01:14&	00:29&	00:45#	00:02+	00:12&
5	Olav Tunheim	1884	38:51									
02:23+	04:32+	05:59+	07:32+	14:48+	17:41+	24:02+	27:45+	30:56+	32:17+	36:50+	38:02+	38:51+
02:23+	02:09+	01:27+	01:33+	07:16+	02:53+	06:21+	03:43+	03:11+	01:21+	04:33+	01:12+	00:49+
00:41&	00:34&	00:12#	00:24&	03:06&	00:35&	02:27&	01:20&	01:34&	00:42@	01:04&	00:02+	00:11&
6	Tor Geir Espedal	3530	40:59									
02:41+	04:50+	06:24+	08:22+	14:49+	17:52+	24:35+	28:14+	32:14+	33:47+	38:43+	40:03+	40:59+
02:41+	02:09+	01:34+	01:58+	06:27+	03:03+	06:43+	03:39+	04:00+	01:33+	04:56+	01:20+	00:56+
00:59&	00:34&	00:19&	00:49&	02:17&	00:45&	02:49&	01:16&	02:23@	00:54@	01:27&	00:10#	00:18&
7	Bjørn Sivertsen	1332	42:46									
02:30+	04:46+	06:33+	08:24+	16:18+	19:43+	26:49+	30:27+	33:46+	34:57+	40:32+	41:52+	42:46+
02:30+	02:16+	01:47+	01:51+	07:54+	03:25+	07:06+	03:38+	03:19+	01:11+	05:35+	01:20+	00:54+
00:48&	00:41&	00:32&	00:42&	03:44&	01:07&	03:12&	01:15&	01:42@	00:32&	02:06&	00:10#	00:16&

Class	Navn	Klasse	Tid
Herrer 65 - 69 år			
8	Sveinung Tveit	3547	42:52
	02:46+ 05:14+ 07:06+ 09:19+ 17:15+ 20:25+ 27:40+ 31:28+ 34:52+ 36:05+ 40:32+ 41:52+ 42:52+		
	02:46+ 02:28+ 01:52+ 02:13+ 07:56+ 03:10+ 07:15+ 03:48+ 03:24+ 01:13+ 04:27+ 01:20+ 01:00+		
	01:04& 00:53& 00:37& 01:04& 03:46& 00:52& 03:21& 01:25& 01:47& 00:34& 00:58& 00:10# 00:22&		
9	Asgeir Kleppa	3511	50:05
	02:59+ 05:59+ 07:52+ 10:17+ 17:31+ 23:19+ 30:57+ 35:24+ 38:26+ 39:37+ 47:27+ 49:03+ 50:05+		
	02:59+ 03:00+ 01:53+ 02:25+ 07:14+ 05:48+ 07:38+ 04:27+ 03:02+ 01:11+ 07:50+ 01:36+ 01:02+		
	02:59+ 03:00+ 01:53+ 02:25+ 07:14+ 05:48+ 07:38+ 04:27+ 03:02+ 01:11+ 07:50+ 01:36+ 01:02+		
10	Jan Arendal	1683	50:20
	03:11+ 06:43+ 08:49+ 11:13+ 21:30+ 25:02+ 32:43+ 36:39+ 40:54+ 42:27+ 47:45+ 49:21+ 50:20+		
	03:11+ 03:32+ 02:06+ 02:24+ 10:17+ 03:32+ 07:41+ 03:56+ 04:15+ 01:33+ 05:18+ 01:36+ 00:59+		
	03:11+ 03:32+ 02:06+ 02:24+ 10:17+ 03:32+ 07:41+ 03:56+ 04:15+ 01:33+ 05:18+ 01:36+ 00:59+		
11	Arnstein Skretting	3529	59:34
	02:48+ 05:20+ 07:01+ 09:08+ 18:30+ 34:33+ 41:13+ 45:15+ 49:45+ 51:26+ 57:00+ 58:29+ 59:34+		
	02:48+ 02:32+ 01:41+ 02:07+ 09:22+ 16:03+ 06:40+ 04:02+ 04:30+ 01:41+ 05:34+ 01:29+ 01:05+		
	02:48+ 02:32+ 01:41+ 02:07+ 09:22+ 16:03+ 06:40+ 04:02+ 04:30+ 01:41+ 05:34+ 01:29+ 01:05+		
12	Bjørn H Engseth	1884	1:00:57
	03:07+ 06:02+ 08:08+ 10:43+ 18:19+ 31:52+ 39:14+ 44:00+ 47:59+ 49:39+ 57:38+ 59:41+ 60:57+		
	03:07+ 02:55+ 02:06+ 02:35+ 07:36+ 13:33+ 07:22+ 04:46+ 03:59+ 01:40+ 07:59+ 02:03+ 01:16+		
	03:07+ 02:55+ 02:06+ 02:35+ 07:36+ 13:33+ 07:22+ 04:46+ 03:59+ 01:40+ 07:59+ 02:03+ 01:16+		
13	Steinar Barmen	722	1:02:11
	02:32+ 05:02+ 06:41+ 08:51+ 15:10+ 21:32+ 47:19+ 50:44+ 54:07+ 55:25+ 59:58+ 61:18+ 62:11+		
	02:32+ 02:30+ 01:39+ 02:10+ 06:19+ 06:22+ 25:47+ 03:25+ 03:23+ 01:18+ 04:33+ 01:20+ 00:53+		
	02:32+ 02:30+ 01:39+ 02:10+ 06:19+ 06:22+ 25:47+ 03:25+ 03:23+ 01:18+ 04:33+ 01:20+ 00:53+		
14	Rolf Kleppe	3524	1:21:44
	03:58+ 07:12+ 09:25+ 12:39+ 23:49+ 28:05+ 55:11+ 60:58+ 69:49+ 71:18+ 78:57+ 80:47+ 81:44+		
	03:58+ 03:14+ 02:13+ 03:14+ 11:10+ 04:16+ 27:06+ 05:47+ 08:51+ 01:29+ 07:39+ 01:50+ 00:57+		
	03:58+ 03:14+ 02:13+ 03:14+ 11:10+ 04:16+ 27:06+ 05:47+ 08:51+ 01:29+ 07:39+ 01:50+ 00:57+		

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal	874	27:13
	01:40= 03:17= 04:37= 05:54= 10:12= 12:15= 17:05= 19:37= 21:36= 22:19= 25:29= 26:30= 27:13=		
	01:40= 01:37= 01:20= 01:17= 04:18= 02:03= 04:50= 02:32= 01:59= 00:43= 03:10= 01:01= 00:43=		
	00:00= 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	Harry Breiland	3507	30:17
	02:02+ 04:16+ 05:34+ 07:01+ 11:44+ 13:49+ 18:45+ 21:38+ 24:01+ 24:48+ 28:30+ 29:32+ 30:17+		
	02:02+ 02:14+ 01:18= 01:27+ 04:43+ 02:05+ 04:56+ 02:53+ 02:23+ 00:47+ 03:42+ 01:02+ 00:45+		
	00:22# 00:37& 00:02- 00:10# 00:25+ 00:02+ 00:06+ 00:21# 00:24# 00:04+ 00:32# 00:01+ 00:02+		
3	Bjørn Martin Alsaker	3530	30:17
	01:55+ 03:37+ 04:49+ 06:26+ 11:09+ 13:55+ 18:29+ 21:33+ 24:01+ 25:00+ 28:31+ 29:34+ 30:17+		
	01:55+ 01:42+ 01:12- 01:37+ 04:43+ 02:46+ 04:34- 03:04+ 02:28+ 00:59+ 03:31+ 01:03+ 00:43=		
	00:15# 00:05+ 00:08- 00:20& 00:25+ 00:43& 00:16- 00:32# 00:29# 00:16& 00:21# 00:02+ 00:00=		
4	Jan Hetland	3502	36:56
	02:00+ 04:12+ 05:47+ 07:19+ 12:31+ 17:23+ 23:12+ 26:31+ 29:23+ 30:32+ 35:05+ 36:11+ 36:56+		
	02:00+ 02:12+ 01:35+ 01:32+ 05:12+ 04:52+ 05:49+ 03:19+ 02:52+ 01:09+ 04:33+ 01:06+ 00:45+		
	00:20# 00:35& 00:15# 00:15# 00:54# 02:49@ 00:59# 00:47& 00:53& 00:26& 01:23& 00:05+ 00:02+		
5	Ragnvald Frøyland	879	42:27
	02:30+ 05:07+ 06:40+ 08:22+ 14:19+ 20:04+ 26:28+ 30:08+ 33:47+ 34:44+ 40:13+ 41:33+ 42:27+		
	02:30+ 02:37+ 01:33+ 01:42+ 05:57+ 05:45+ 06:24+ 03:40+ 03:39+ 00:57+ 05:29+ 01:20+ 00:54+		
	00:50& 01:00& 00:13# 00:25& 01:39& 03:42@ 01:34& 01:08& 01:40& 00:14& 02:19& 00:19& 00:11&		

Class	Navn	Klasse	Tid
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Herrer 70 - 74 år

6 Kjell Ivar Skjørestad 892 43:09

02:23+ 07:53+ 10:10+ 11:55+ 18:04+ 22:01+ 28:34+ 32:40+ 35:41+ 36:43+ 41:14+ 42:21+ 43:09+
 02:23+ 05:30+ 02:17+ 01:45+ 06:09+ 03:57+ 06:33+ 04:06+ 03:01+ 01:02+ 04:31+ 01:07+ 00:48+
 00:43& 03:53@ 00:57& 00:28& 01:51& 01:54& 01:43& 01:34& 01:02& 00:19& 01:21& 00:06+ 00:05#

7 Leif Kåre Lende 879 43:09

02:39+ 05:20+ 07:07+ 08:57+ 16:31+ 21:36+ 28:07+ 31:40+ 34:48+ 36:03+ 41:03+ 42:13+ 43:09+
 02:39+ 02:41+ 01:47+ 01:50+ 07:34+ 05:05+ 06:31+ 03:33+ 03:08+ 01:15+ 05:00+ 01:10+ 00:56+
 02:39+ 02:41+ 01:47+ 01:50+ 07:34+ 05:05+ 06:31+ 03:33+ 03:08+ 01:15+ 05:00+ 01:10+ 00:56+

8 Svein Berge 643 45:40

01:55+ 04:21+ 05:37+ 07:12+ 13:08+ 17:54+ 32:42+ 36:02+ 38:07+ 39:16+ 43:52+ 44:55+ 45:40+
 01:55+ 02:26+ 01:16+ 01:35+ 05:56+ 04:46+ 14:48+ 03:20+ 02:05+ 01:09+ 04:36+ 01:03+ 00:45+
 01:55+ 02:26+ 01:16+ 01:35+ 05:56+ 04:46+ 14:48+ 03:20+ 02:05+ 01:09+ 04:36+ 01:03+ 00:45+

9 Jan Inge Lunde 1830 47:23

02:56+ 05:58+ 07:56+ 09:55+ 16:24+ 24:16+ 31:10+ 35:42+ 39:09+ 40:21+ 45:03+ 46:24+ 47:23+
 02:56+ 03:02+ 01:58+ 01:59+ 06:29+ 07:52+ 06:54+ 04:32+ 03:27+ 01:12+ 04:42+ 01:21+ 00:59+
 02:56+ 03:02+ 01:58+ 01:59+ 06:29+ 07:52+ 06:54+ 04:32+ 03:27+ 01:12+ 04:42+ 01:21+ 00:59+

10 Arne Magne Handeland 892 49:34

02:39+ 04:56+ 06:41+ 08:31+ 14:49+ 18:45+ 25:58+ 29:33+ 38:30+ 39:54+ 47:06+ 48:32+ 49:34+
 02:39+ 02:17+ 01:45+ 01:50+ 06:18+ 03:56+ 07:13+ 03:35+ 08:57+ 01:24+ 07:12+ 01:26+ 01:02+
 02:39+ 02:17+ 01:45+ 01:50+ 06:18+ 03:56+ 07:13+ 03:35+ 08:57+ 01:24+ 07:12+ 01:26+ 01:02+

11 Bjarne Gimre 1830 50:41

03:24+ 06:10+ 08:13+ 10:37+ 18:52+ 22:55+ 30:41+ 35:31+ 39:54+ 41:25+ 47:24+ 49:10+ 50:41+
 03:24+ 02:46+ 02:03+ 02:24+ 08:15+ 04:03+ 07:46+ 04:50+ 04:23+ 01:31+ 05:59+ 01:46+ 01:31+
 03:24+ 02:46+ 02:03+ 02:24+ 08:15+ 04:03+ 07:46+ 04:50+ 04:23+ 01:31+ 05:59+ 01:46+ 01:31+

12 Rune Inge Olsen 1884 1:03:57

03:04+ 05:38+ 07:19+ 09:30+ 18:18+ 22:50+ 43:48+ 48:02+ 51:23+ 52:45+ 61:26+ 63:00+ 63:57+
 03:04+ 02:34+ 01:41+ 02:11+ 08:48+ 04:32+ 20:58+ 04:14+ 03:21+ 01:22+ 08:41+ 01:34+ 00:57+
 03:04+ 02:34+ 01:41+ 02:11+ 08:48+ 04:32+ 20:58+ 04:14+ 03:21+ 01:22+ 08:41+ 01:34+ 00:57+

13 Tom Hetland 880 1:04:37

02:29+ 07:25+ 09:15+ 11:24+ 23:51+ 28:00+ 47:51+ 52:04+ 56:01+ 57:06+ 62:24+ 63:48+ 64:37+
 02:29+ 04:56+ 01:50+ 02:09+ 12:27+ 04:09+ 19:51+ 04:13+ 03:57+ 01:05+ 05:18+ 01:24+ 00:49+
 02:29+ 04:56+ 01:50+ 02:09+ 12:27+ 04:09+ 19:51+ 04:13+ 03:57+ 01:05+ 05:18+ 01:24+ 00:49+

14 Svein Ims 903 1:05:17

02:46+ 05:09+ 06:54+ 08:51+ 15:10+ 29:33+ 49:52+ 53:13+ 56:27+ 58:19+ 62:56+ 64:17+ 65:17+
 02:46+ 02:23+ 01:45+ 01:57+ 06:19+ 14:23+ 20:19+ 03:21+ 03:14+ 01:52+ 04:37+ 01:21+ 01:00+
 02:46+ 02:23+ 01:45+ 01:57+ 06:19+ 14:23+ 20:19+ 03:21+ 03:14+ 01:52+ 04:37+ 01:21+ 01:00+

Beste strekktid for klassen

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

Herrer 75 - 79 år

1 Hermann Skogsholm 1754 36:53

02:42= 05:01= 07:57= 08:56= 11:53= 15:17= 21:58= 26:13= 29:02= 32:55= 34:40= 36:01= 36:53=
 02:42= 02:19= 02:56= 00:59= 02:57= 03:24= 06:41= 04:15= 02:49= 03:53= 01:45= 01:21= 00:52=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Finn-Morten Årstad 3530 36:54

02:38- 04:54- 09:51+ 10:49+ 13:46+ 17:03+ 19:54- 24:14- 27:32- 32:50- 34:38- 35:58- 36:54+
 02:38- 02:16- 04:57+ 00:58- 02:57= 03:17- 02:51- 04:20+ 03:18+ 05:18+ 01:48+ 01:20- 00:56+
 00:04- 00:03- 02:01& 00:01- 00:00= 00:07- 03:50- 00:05+ 00:29# 01:25& 00:03+ 00:01- 00:04+

3 Knut Skjæveland 1884 40:04

03:01+ 06:00+ 09:13+ 10:14+ 13:59+ 18:32+ 22:54+ 27:26+ 30:43+ 35:48+ 37:34+ 39:04+ 40:04+
 03:01+ 02:59+ 03:13+ 01:01+ 03:45+ 04:33+ 04:22- 04:32+ 03:17+ 05:05+ 01:46+ 01:30+ 01:00+
 00:19# 00:40& 00:17+ 00:02+ 00:48& 01:09& 02:19- 00:17+ 00:28# 01:12& 00:01+ 00:09# 00:08#

Plass	Navn	Klasse	Tid
Herrer 75 - 79 år			
4	Hans Klausen	769	41:04
	02:44+ 05:07+ 07:47- 08:45- 11:51- 15:17= 23:43+ 29:33+ 33:09+ 36:55+ 38:35+ 39:58+ 41:04+		
	02:44+ 02:23+ 02:40- 00:58- 03:06+ 03:26+ 08:26+ 05:50+ 03:36+ 03:46- 01:40- 01:23+ 01:06+		
	00:02+ 00:04+ 00:16- 00:01- 00:09+ 00:02+ 01:45& 01:35& 00:47& 00:07- 00:05- 00:02+ 00:14&		
5	Øyvind Egeskog	880	42:40
	02:51+ 05:53+ 08:45+ 09:44+ 12:48+ 16:39+ 22:21+ 27:26+ 31:07+ 37:49+ 39:53+ 41:36+ 42:40+		
	02:51+ 03:02+ 02:52+ 00:59+ 03:04+ 03:51+ 05:42+ 05:05+ 03:41+ 06:42+ 02:04+ 01:43+ 01:04+		
	02:51+ 03:02+ 02:52+ 00:59+ 03:04+ 03:51+ 05:42+ 05:05+ 03:41+ 06:42+ 02:04+ 01:43+ 01:04+		
6	Svein Glendrange	874	43:53
	03:54+ 07:22+ 10:46+ 12:17+ 16:15+ 20:29+ 24:08+ 28:55+ 32:33+ 39:00+ 41:03+ 42:43+ 43:53+		
	03:54+ 03:28+ 03:24+ 01:31+ 03:58+ 04:14+ 03:39+ 04:47+ 03:38+ 06:27+ 02:03+ 01:40+ 01:10+		
	03:54+ 03:28+ 03:24+ 01:31+ 03:58+ 04:14+ 03:39+ 04:47+ 03:38+ 06:27+ 02:03+ 01:40+ 01:10+		
7	Jostein Tunheim	1683	45:21
	02:33+ 05:15+ 08:11+ 09:14+ 12:40+ 16:31+ 22:39+ 31:34+ 35:07+ 41:33+ 43:14+ 44:31+ 45:21+		
	02:33+ 02:42+ 02:56+ 01:03+ 03:26+ 03:51+ 06:08+ 08:55+ 03:33+ 06:26+ 01:41+ 01:17+ 00:50+		
	02:33+ 02:42+ 02:56+ 01:03+ 03:26+ 03:51+ 06:08+ 08:55+ 03:33+ 06:26+ 01:41+ 01:17+ 00:50+		
8	Olav A. Hognestad	892	47:53
	02:50+ 05:15+ 09:05+ 09:58+ 12:53+ 17:43+ 21:42+ 29:06+ 32:33+ 37:19+ 45:24+ 46:49+ 47:53+		
	02:50+ 02:25+ 03:50+ 00:53+ 02:55+ 04:50+ 03:59+ 07:24+ 03:27+ 04:46+ 08:05+ 01:25+ 01:04+		
	02:50+ 02:25+ 03:50+ 00:53+ 02:55+ 04:50+ 03:59+ 07:24+ 03:27+ 04:46+ 08:05+ 01:25+ 01:04+		
9	Geir Husdal	1884	52:11
	02:56+ 05:42+ 14:07+ 15:34+ 19:19+ 24:18+ 28:24+ 33:27+ 37:37+ 44:18+ 47:54+ 50:31+ 52:11+		
	02:56+ 02:46+ 08:25+ 01:27+ 03:45+ 04:59+ 04:06+ 05:03+ 04:10+ 06:41+ 03:36+ 02:37+ 01:40+		
	02:56+ 02:46+ 08:25+ 01:27+ 03:45+ 04:59+ 04:06+ 05:03+ 04:10+ 06:41+ 03:36+ 02:37+ 01:40+		
10	Asgeir Bell	896	53:55
	02:17+ 04:41+ 09:13+ 10:09+ 13:36+ 16:59+ 37:09+ 41:07+ 45:28+ 49:54+ 51:26+ 52:57+ 53:55+		
	02:17+ 02:24+ 04:32+ 00:56+ 03:27+ 03:23+ 20:10+ 03:58+ 04:21+ 04:26+ 01:32+ 01:31+ 00:58+		
	02:17+ 02:24+ 04:32+ 00:56+ 03:27+ 03:23+ 20:10+ 03:58+ 04:21+ 04:26+ 01:32+ 01:31+ 00:58+		
11	Kjell Svihus	892	56:03
	03:06+ 06:26+ 09:39+ 10:42+ 14:30+ 18:48+ 25:37+ 33:39+ 38:47+ 51:23+ 53:16+ 54:52+ 56:03+		
	03:06+ 03:20+ 03:13+ 01:03+ 03:48+ 04:18+ 06:49+ 08:02+ 05:08+ 12:36+ 01:53+ 01:36+ 01:11+		
	03:06+ 03:20+ 03:13+ 01:03+ 03:48+ 04:18+ 06:49+ 08:02+ 05:08+ 12:36+ 01:53+ 01:36+ 01:11+		
12	Reidar Liland	3507	1:19:18
	04:00+ 07:29+ 10:57+ 12:20+ 16:29+ 21:50+ 37:17+ 39:55+ 64:03+ 72:54+ 75:51+ 77:50+ 79:18+		
	04:00+ 03:29+ 03:28+ 01:23+ 04:09+ 05:21+ 15:27+ 22:38+ 04:08+ 08:51+ 02:57+ 01:59+ 01:28+		
	04:00+ 03:29+ 03:28+ 01:23+ 04:09+ 05:21+ 15:27+ 22:38+ 04:08+ 08:51+ 02:57+ 01:59+ 01:28+		

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Kjell Langvik	1884	36:24
	01:52= 04:08= 06:31= 08:34= 10:23= 13:58= 20:21= 23:55= 27:08= 30:04= 33:35= 35:31= 36:24=		
	01:52= 02:16= 02:23= 02:03= 01:49= 03:35= 06:23= 03:34= 03:13= 02:56= 03:31= 01:56= 00:53=		
	00:00= 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	Harald Vatne	2342	39:17
	02:21+ 05:00+ 07:15+ 09:13+ 11:37+ 15:42+ 20:26+ 24:09+ 27:33+ 31:05+ 35:52+ 38:24+ 39:17+		
	02:21+ 02:39+ 02:15- 01:58- 02:24+ 04:05+ 04:44- 03:43+ 03:24+ 03:32+ 04:47+ 02:32+ 00:53=		
	00:29& 00:23# 00:08- 00:05- 00:35& 00:30# 01:39- 00:09+ 00:11+ 00:36# 01:16& 00:36& 00:00=		
3	Alf Gyland	892	41:05
	02:28+ 05:31+ 07:53+ 09:57+ 12:41+ 17:06+ 22:22+ 26:32+ 29:55+ 33:39+ 37:35+ 39:51+ 41:05+		
	02:28+ 03:03+ 02:22- 02:04+ 02:44+ 04:25+ 05:16- 04:10+ 03:23+ 03:44+ 03:56+ 02:16+ 01:14+		
	00:36& 00:47& 00:01- 00:01+ 00:55& 00:50# 01:07- 00:36# 00:10+ 00:48& 00:25# 00:20# 00:21&		

Class	Navn	Klasse	Tid
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Herrer 80 år og eldre

4	Sigurd Krosli	1884	43:43									
02:26+	07:17+	10:31+	12:53+	15:37+	19:18+	24:16+	28:02+	32:22+	36:13+	40:21+	42:36+	43:43+
02:26+	04:51+	03:14+	02:22+	02:44+	03:41+	04:58-	03:46+	04:20+	03:51+	04:08+	02:15+	01:07+
00:34&	02:35@	00:51&	00:19#	00:55&	00:06+	01:25-	00:12+	01:07&	00:55&	00:37#	00:19#	00:14&
5	Terje Braut	892	51:21									
02:28+	05:07+	07:11+	09:21+	11:39+	15:35+	23:23+	35:03+	41:12+	44:37+	48:04+	50:16+	51:21+
02:28+	02:39+	02:04+	02:10+	02:18+	03:56+	07:48+	11:40+	06:09+	03:25+	03:27+	02:12+	01:05+
02:28+	02:39+	02:04+	02:10+	02:18+	03:56+	07:48+	11:40+	06:09+	03:25+	03:27+	02:12+	01:05+
6	Jan A. Bekkeheien	892	53:09									
02:46+	07:54+	10:11+	12:36+	15:29+	19:50+	25:36+	30:24+	35:53+	43:36+	49:00+	51:56+	53:09+
02:46+	05:08+	02:17+	02:25+	02:53+	04:21+	05:46+	04:48+	05:29+	07:43+	05:24+	02:56+	01:13+
02:46+	05:08+	02:17+	02:25+	02:53+	04:21+	05:46+	04:48+	05:29+	07:43+	05:24+	02:56+	01:13+
7	Tormod Aaslid	3529	56:13									
02:44+	11:09+	14:27+	16:44+	20:09+	24:45+	29:37+	36:42+	40:46+	45:36+	52:34+	55:09+	56:13+
02:44+	08:25+	03:18+	02:17+	03:25+	04:36+	04:52+	07:05+	04:04+	04:50+	06:58+	02:35+	01:04+
02:44+	08:25+	03:18+	02:17+	03:25+	04:36+	04:52+	07:05+	04:04+	04:50+	06:58+	02:35+	01:04+
8	Arne Brandsberg	3502	1:00:15									
03:29+	07:31+	10:29+	13:31+	18:02+	24:15+	30:55+	37:13+	42:40+	48:45+	54:51+	58:30+	60:15+
03:29+	04:02+	02:58+	03:02+	04:31+	06:13+	06:40+	06:18+	05:27+	06:05+	06:06+	03:39+	01:45+
03:29+	04:02+	02:58+	03:02+	04:31+	06:13+	06:40+	06:18+	05:27+	06:05+	06:06+	03:39+	01:45+
9	Torleiv Møgedal	874	1:02:55									
03:16+	07:02+	10:25+	13:49+	17:38+	22:48+	29:17+	38:14+	44:14+	51:43+	57:20+	60:55+	62:55+
03:16+	03:46+	03:23+	03:24+	03:49+	05:10+	06:29+	08:57+	06:00+	07:29+	05:37+	03:35+	02:00+
03:16+	03:46+	03:23+	03:24+	03:49+	05:10+	06:29+	08:57+	06:00+	07:29+	05:37+	03:35+	02:00+
10	Magne Jakobsen	3524	1:04:13									
02:46+	06:13+	09:32+	12:53+	16:54+	22:36+	32:18+	38:24+	44:39+	52:58+	59:25+	62:48+	64:13+
02:46+	03:27+	03:19+	03:21+	04:01+	05:42+	09:42+	06:06+	06:15+	08:19+	06:27+	03:23+	01:25+
02:46+	03:27+	03:19+	03:21+	04:01+	05:42+	09:42+	06:06+	06:15+	08:19+	06:27+	03:23+	01:25+
11	Kjell Audun Maudal	3524	1:07:09									
03:46+	07:54+	12:30+	16:06+	20:11+	25:31+	33:31+	41:37+	47:57+	55:58+	62:21+	65:45+	67:09+
03:46+	04:08+	04:36+	03:36+	04:05+	05:20+	08:00+	08:06+	06:20+	08:01+	06:23+	03:24+	01:24+
03:46+	04:08+	04:36+	03:36+	04:05+	05:20+	08:00+	08:06+	06:20+	08:01+	06:23+	03:24+	01:24+

Beste strekketid for klassen

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

Herrer A

1	Erik Lima	1832	47:30											
01:10=	06:49=	09:19=	12:54=	15:03=	19:25=	21:20=	26:09=	28:10=	31:42=	39:14=	40:34=	44:51=	46:55=	47:30=
01:10=	05:39=	02:30=	03:35=	02:09=	04:22=	01:55=	04:49=	02:01=	03:32=	07:32=	01:20=	04:17=	02:04=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sven Hatteland	3528	47:43											
01:06-	06:02-	08:15-	12:25-	13:49-	18:37-	20:23-	25:27-	27:45-	31:33-	39:41+	41:01+	45:27+	47:04+	47:43+
01:06-	04:56-	02:13-	04:10+	01:24-	04:48+	01:46-	05:04+	02:18+	03:48+	08:08+	01:20=	04:26+	01:37-	00:39+
00:04-	00:43-	00:17-	00:35#	00:45-	00:26+	00:09-	00:15+	00:17#	00:16+	00:36+	00:00=	00:09+	00:27-	00:04#
3	Magne Hatteland	3528	51:19											
01:23+	06:16-	08:41-	12:03-	13:46-	18:48-	21:35+	27:20+	29:52+	33:51+	42:59+	44:27+	48:48+	50:36+	51:19+
01:23+	04:53-	02:25-	03:22-	01:43-	05:02+	02:47+	05:45+	02:32+	03:59+	09:08+	01:28+	04:21+	01:48-	00:43+
00:13#	00:46-	00:05-	00:13-	00:26-	00:40#	00:52&	00:56#	00:31&	00:27#	01:36#	00:08#	00:04+	00:16-	00:08#
4	Martin Blystad	3530	53:48											
01:20+	06:31-	08:46-	12:25-	18:46+	24:03+	26:51+	31:50+	34:19+	38:01+	46:20+	47:41+	51:09+	53:08+	53:48+
01:20+	05:11-	02:15-	03:39+	06:21+	05:17+	02:48+	04:59+	02:29+	03:42+	08:19+	01:21+	03:28-	01:59-	00:40+
00:10#	00:28-	00:15-	00:04+	04:12@	00:55#	00:53&	00:10+	00:28#	00:10+	00:47#	00:01+	00:49-	00:05-	00:05#

Herrer A

5	Kenneth Mydland	3502	55:27											
01:28+	07:07+	09:34+	14:33+	16:16+	23:19+	25:26+	31:07+	33:28+	37:17+	45:54+	47:32+	52:02+	54:38+	55:27+
01:28+	05:39=	02:27-	04:59+	01:43-	07:03+	02:07+	05:41+	02:21+	03:49+	08:37+	01:38+	04:30+	02:36+	00:49+
00:18&	00:00=	00:03-	01:24&	00:26-	02:41&	00:12#	00:52#	00:20#	00:17+	01:05#	00:18#	00:13+	00:32&	00:14&
6	Svein Kyllingstad	1284	59:30											
01:12+	07:20+	10:00+	14:23+	19:00+	25:12+	30:10+	35:47+	38:25+	42:09+	51:13+	52:51+	56:44+	58:49+	59:30+
01:12+	06:08+	02:40+	04:23+	04:37+	06:12+	04:58+	05:37+	02:38+	03:44+	09:04+	01:38+	03:53+	02:05+	00:41+
01:12+	06:08+	02:40+	04:23+	04:37+	06:12+	04:58+	05:37+	02:38+	03:44+	09:04+	01:38+	03:53+	02:05+	00:41+
7	Håkon Eggebø	1284	1:06:26											
01:14+	06:25+	08:55+	13:41+	15:55+	21:34+	28:24+	33:53+	36:54+	41:04+	56:23+	58:20+	63:45+	65:44+	66:26+
01:14+	05:11+	02:30+	04:46+	02:14+	05:39+	06:50+	05:29+	03:01+	04:10+	15:19+	01:57+	05:25+	01:59+	00:42+
01:14+	05:11+	02:30+	04:46+	02:14+	05:39+	06:50+	05:29+	03:01+	04:10+	15:19+	01:57+	05:25+	01:59+	00:42+

Beste strekktid for klassen

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

Herrer B

1	Joar Eilevstjønn	2342	46:27											
01:18=	06:17=	08:37=	12:56=	15:20=	18:58=	20:42=	26:10=	28:23=	31:40=	38:59=	40:24=	44:20=	45:54=	46:27=
01:18=	04:59=	02:20=	04:19=	02:24=	03:38=	01:44=	05:28=	02:13=	03:17=	07:19=	01:25=	03:56=	01:34=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tor Gunnar Aksland	1683	46:41											
01:20+	06:19+	08:40+	11:45-	13:09-	18:16-	20:06-	24:57-	27:26-	30:53-	38:42-	40:12-	44:05-	46:01+	46:41+
01:20+	04:59=	02:21+	03:05-	01:24-	05:07+	01:50+	04:51-	02:29+	03:27+	07:49+	01:30+	03:53-	01:56+	00:40+
00:02+	00:00=	00:01+	01:14-	01:00-	01:29&	00:06+	00:37-	00:16#	00:10+	00:30+	00:05+	00:03-	00:22#	00:07#
3	Oddgeir Eikeskog	1884	47:18											
01:16-	06:21+	08:32-	13:06+	14:34-	18:45-	20:30-	25:41-	27:54-	31:32-	39:26+	40:47+	44:40+	46:39+	47:18+
01:16-	05:05+	02:11-	04:34+	01:28-	04:11+	01:45+	05:11-	02:13=	03:38+	07:54+	01:21-	03:53-	01:59+	00:39+
00:02-	00:06+	00:09-	00:15+	00:56-	00:33#	00:01+	00:17-	00:00=	00:21#	00:35+	00:04-	00:03-	00:25&	00:06#
4	Magnus Landstad	3507	47:46											
01:21+	06:30+	08:42+	12:42-	14:05-	18:27-	20:24-	25:24-	27:44-	31:18-	38:39-	40:05-	44:41+	47:05+	47:46+
01:21+	05:09+	02:12-	04:00-	01:23-	04:22+	01:57+	05:00-	02:20+	03:34+	07:21+	01:26+	04:36+	02:24+	00:41+
00:03+	00:10+	00:08-	00:19-	01:01-	00:44#	00:13#	00:28-	00:07+	00:17+	00:02+	00:01+	00:40#	00:50&	00:08#
5	Geir Sand	722	49:55											
01:49+	06:58+	09:43+	13:07+	14:44-	19:55+	21:56+	27:26+	30:16+	33:37+	41:43+	43:07+	47:22+	49:23+	49:55+
01:49+	05:09+	02:45+	03:24-	01:37-	05:11+	02:01+	05:30+	02:50+	03:21+	08:06+	01:24-	04:15+	02:01+	00:32-
00:31&	00:10+	00:25#	00:55-	00:47-	01:33&	00:17#	00:02+	00:37&	00:04+	00:47#	00:01-	00:19+	00:27&	00:01-
6	Jan-Rune Larsen Basso	1376	50:09											
01:14-	06:04-	08:35-	12:36-	14:38-	19:36+	22:28+	27:39+	29:57+	33:29+	41:29+	42:55+	46:58+	49:28+	50:09+
01:14-	04:50-	02:31+	04:01-	02:02-	04:58+	02:52+	05:11-	02:18+	03:32+	08:00+	01:26+	04:03+	02:30+	00:41+
00:04-	00:09-	00:11+	00:18-	00:22-	01:20&	01:08&	00:17-	00:05+	00:15+	00:41+	00:01+	00:07+	00:56&	00:08#
7	Arne Eirik Nielsen	3588	51:15											
01:19+	06:15-	08:33-	12:52-	14:27-	19:41+	21:35+	26:47+	29:30+	33:18+	41:36+	42:58+	48:07+	50:33+	51:15+
01:19+	04:56-	02:18-	04:19=	01:35-	05:14+	01:54+	05:12-	02:43+	03:48+	08:18+	01:22-	05:09+	02:26+	00:42+
00:01+	00:03-	00:02-	00:00=	00:49-	01:36&	00:10+	00:16-	00:30#	00:31#	00:59#	00:03-	01:13&	00:52&	00:09&
8	Tom Furland	769	51:30											
01:56+	08:14+	10:50+	14:24+	15:59+	21:04+	23:00+	28:43+	31:08+	34:51+	43:02+	44:24+	48:27+	50:30+	51:30+
01:56+	06:18+	02:36+	03:34-	01:35-	05:05+	01:56+	05:43+	02:25+	03:43+	08:11+	01:22-	04:03+	02:03+	01:00+
00:38&	01:19&	00:16#	00:45-	00:49-	01:27&	00:12#	00:15+	00:12+	00:26#	00:52#	00:03-	00:07+	00:29&	00:27&
9	Trond Sigurd Fotland	3507	54:27											
01:19+	06:38+	09:31+	14:12+	15:49+	20:34+	22:44+	30:40+	33:22+	36:43+	45:07+	46:34+	51:41+	53:46+	54:27+
01:19+	05:19+	02:53+	04:41+	01:37-	04:45+	02:10+	07:56+	02:42+	03:21+	08:24+	01:27+	05:07+	02:05+	00:41+
00:01+	00:20+	00:33#	00:22+	00:47-	01:07&	00:26#	02:28&	00:29#	00:04+	01:05#	00:02+	01:11&	00:31&	00:08#

Herrer B

10	Per Olav Haarr	769												54:33	
	01:26+	06:40+	09:01+	12:54-	16:52+	22:15+	24:33+	32:39+	35:15+	38:41+	46:53+	48:12+	51:57+	53:51+	54:33+
	01:26+	05:14+	02:21+	03:53-	03:58+	05:23+	02:18+	08:06+	02:36+	03:26+	08:12+	01:19-	03:45-	01:54+	00:42+
	00:08#	00:15+	00:01+	00:26-	01:34&	01:45&	00:34&	02:38&	00:23#	00:09+	00:53#	00:06-	00:11-	00:20#	00:09&
11	Kristoffer Johannessen	1830												1:12:41	
	01:25+	06:51+	09:07+	13:14+	26:14+	32:26+	38:36+	44:08+	46:53+	52:58+	62:03+	64:22+	69:55+	71:59+	72:41+
	01:25+	05:26+	02:16+	04:07+	13:00+	06:12+	06:10+	05:32+	02:45+	06:05+	09:05+	02:19+	05:33+	02:04+	00:42+
	01:25+	05:26+	02:16+	04:07+	13:00+	06:12+	06:10+	05:32+	02:45+	06:05+	09:05+	02:19+	05:33+	02:04+	00:42+

Beste strekktid for klassen

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

Herrer C

1	Terje Michaelsen	3511												37:31	
	01:59=	03:38=	07:11=	09:15=	13:14=	16:02=	20:23=	24:08=	28:45=	32:37=	33:55=	36:03=	36:55=	37:31=	
	01:59=	01:39=	03:33=	02:04=	03:59=	02:48=	04:21=	03:45=	04:37=	03:52=	01:18=	02:08=	00:52=	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=	
2	Kjetil Wirak	3486												40:30	
	02:14+	04:20+	08:23+	10:49+	15:40+	18:31+	22:18+	26:46+	30:22+	34:57+	36:23+	38:52+	39:49+	40:30+	
	02:14+	02:06+	04:03+	02:26+	04:51+	02:51+	03:47-	04:28+	03:36-	04:35+	01:26+	02:29+	00:57+	00:41+	
	00:15#	00:27&	00:30#	00:22#	00:52#	00:03+	00:34-	00:43#	01:01-	00:43#	00:08#	00:21#	00:05+	00:05#	
3	Henning Sundby	3486												42:03	
	02:16+	04:27+	08:47+	11:17+	16:34+	20:16+	25:06+	29:09+	32:26+	36:50+	38:10+	40:37+	41:28+	42:03+	
	02:16+	02:11+	04:20+	02:30+	05:17+	03:42+	04:50+	04:03+	03:17-	04:24+	01:20+	02:27+	00:51-	00:35-	
	00:17#	00:32&	00:47#	00:26#	01:18&	00:54&	00:29#	00:18+	01:20-	00:32#	00:02+	00:19#	00:01-	00:01-	
4	Oddmund Nordgård	722												43:16	
	02:20+	04:32+	08:42+	11:16+	16:28+	19:45+	24:11+	28:36+	32:40+	37:44+	39:12+	41:39+	42:35+	43:16+	
	02:20+	02:12+	04:10+	02:34+	05:12+	03:17+	04:26+	04:25+	04:04-	05:04+	01:28+	02:27+	00:56+	00:41+	
	00:21#	00:33&	00:37#	00:30#	01:13&	00:29#	00:05+	00:40#	00:33-	01:12&	00:10#	00:19#	00:04+	00:05#	
5	Svein-Erik Kvame	1683												44:14	
	02:29+	04:46+	09:29+	12:00+	16:52+	20:24+	25:31+	29:56+	33:35+	38:33+	40:03+	42:30+	43:29+	44:14+	
	02:29+	02:17+	04:43+	02:31+	04:52+	03:32+	05:07+	04:25+	03:39-	04:58+	01:30+	02:27+	00:59+	00:45+	
	00:30&	00:38&	01:10&	00:27#	00:53#	00:44&	00:46#	00:40#	00:58-	01:06&	00:12#	00:19#	00:07#	00:09#	
6	Øyvind Rummelhoff	882												44:31	
	02:42+	05:03+	09:59+	12:41+	18:05+	21:14+	26:26+	30:30+	34:14+	39:01+	40:34+	42:54+	43:51+	44:31+	
	02:42+	02:21+	04:56+	02:42+	05:24+	03:09+	05:12+	04:04+	03:44-	04:47+	01:33+	02:20+	00:57+	00:40+	
	00:43&	00:42&	01:23&	00:38&	01:25&	00:21#	00:51#	00:19+	00:53-	00:55#	00:15#	00:12+	00:05+	00:04#	
7	Nils John Vestøl	3541												45:51	
	02:13+	04:29+	08:54+	12:03+	17:52+	21:45+	26:36+	31:24+	36:00+	40:35+	42:00+	44:26+	45:15+	45:51+	
	02:13+	02:16+	04:25+	03:09+	05:49+	03:53+	04:51+	04:48+	04:36-	04:35+	01:25+	02:26+	00:49-	00:36=	
	00:14#	00:37&	00:52#	01:05&	01:50&	01:05&	00:30#	01:03&	00:01-	00:43#	00:07+	00:18#	00:03-	00:00=	
8	Leif Kjetil Hinna Gausel	1683												47:10	
	02:23+	04:40+	09:29+	12:40+	17:49+	21:27+	25:49+	30:58+	34:52+	39:44+	43:03+	45:33+	46:31+	47:10+	
	02:23+	02:17+	04:49+	03:11+	05:09+	03:38+	04:22+	05:09+	03:54-	04:52+	03:19+	02:30+	00:58+	00:39+	
	00:24#	00:38&	01:16&	01:07&	01:10&	00:50&	00:01+	01:24&	00:43-	01:00&	02:01@	00:22#	00:06#	00:03+	
9	Øivind Berggraf	1683												48:02	
	02:36+	05:15+	10:14+	12:49+	18:17+	22:08+	26:43+	31:39+	35:49+	40:35+	42:01+	45:52+	47:19+	48:02+	
	02:36+	02:39+	04:59+	02:35+	05:28+	03:51+	04:35+	04:56+	04:10-	04:46+	01:26+	03:51+	01:27+	00:43+	
	00:37&	01:00&	01:26&	00:31#	01:29&	01:03&	00:14+	01:11&	00:27-	00:54#	00:08#	01:43&	00:35&	00:07#	
10	Geir Frøytlog	3502												48:09	
	02:30+	04:45+	09:48+	12:35+	17:19+	20:43+	25:39+	31:17+	35:41+	41:35+	43:18+	46:17+	47:23+	48:09+	
	02:30+	02:15+	05:03+	02:47+	04:44+	03:24+	04:56+	05:38+	04:24-	05:54+	01:43+	02:59+	01:06+	00:46+	
	00:31&	00:36&	01:30&	00:43&	00:45#	00:36#	00:35#	01:53&	00:13-	02:02&	00:25&	00:51&	00:14&	00:10&	

Class	Navn	Klasse												Tid
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Herrer C

11 Jan-Einar Øvremo 1119 48:26

02:22+	04:42+	12:19+	14:52+	19:38+	22:50+	27:50+	32:18+	36:57+	42:17+	43:59+	46:49+	47:45+	48:26+
02:22+	02:20+	07:37+	02:33+	04:46+	03:12+	05:00+	04:28+	04:39+	05:20+	01:42+	02:50+	00:56+	00:41+
00:23#	00:41&	04:04@	00:29#	00:47#	00:24#	00:39#	00:43#	00:02+	01:28&	00:24&	00:42&	00:04+	00:05#

12 Trond Lamark 878 48:34

02:52+	05:25+	10:29+	13:24+	18:45+	22:31+	27:02+	31:41+	37:14+	42:04+	43:55+	46:42+	47:48+	48:34+
02:52+	02:33+	05:04+	02:55+	05:21+	03:46+	04:31+	04:39+	05:33+	04:50+	01:51+	02:47+	01:06+	00:46+
02:52+	02:33+	05:04+	02:55+	05:21+	03:46+	04:31+	04:39+	05:33+	04:50+	01:51+	02:47+	01:06+	00:46+

13 Svein Oddvar Netland 1683 50:36

02:43+	05:15+	10:23+	13:33+	18:39+	22:44+	27:25+	32:21+	39:08+	44:09+	45:53+	48:48+	49:52+	50:36+
02:43+	02:32+	05:08+	03:10+	05:06+	04:05+	04:41+	04:56+	06:47+	05:01+	01:44+	02:55+	01:04+	00:44+
02:43+	02:32+	05:08+	03:10+	05:06+	04:05+	04:41+	04:56+	06:47+	05:01+	01:44+	02:55+	01:04+	00:44+

14 Pål H. Gjerden 1683 52:00

02:24+	04:53+	11:50+	14:28+	20:39+	24:12+	29:07+	34:50+	39:34+	45:00+	47:12+	50:04+	51:18+	52:00+
02:24+	02:29+	06:57+	02:38+	06:11+	03:33+	04:55+	05:43+	04:44+	05:26+	02:12+	02:52+	01:14+	00:42+
02:24+	02:29+	06:57+	02:38+	06:11+	03:33+	04:55+	05:43+	04:44+	05:26+	02:12+	02:52+	01:14+	00:42+

15 Paul Terje Haarr 769 53:45

02:51+	06:03+	11:56+	15:04+	20:55+	25:50+	31:12+	36:13+	40:57+	47:21+	49:03+	51:53+	52:58+	53:45+
02:51+	03:12+	05:53+	03:08+	05:51+	04:55+	05:22+	05:01+	04:44+	06:24+	01:42+	02:50+	01:05+	00:47+
02:51+	03:12+	05:53+	03:08+	05:51+	04:55+	05:22+	05:01+	04:44+	06:24+	01:42+	02:50+	01:05+	00:47+

16 Ludovic Antresangle 877 1:00:05

02:43+	05:14+	10:25+	13:00+	18:22+	21:33+	25:49+	30:30+	46:40+	51:57+	54:01+	57:55+	59:18+	60:05+
02:43+	02:31+	05:11+	02:35+	05:22+	03:11+	04:16+	04:41+	16:10+	05:17+	02:04+	03:54+	01:23+	00:47+
02:43+	02:31+	05:11+	02:35+	05:22+	03:11+	04:16+	04:41+	16:10+	05:17+	02:04+	03:54+	01:23+	00:47+

17 Ove Oaland 1683 1:01:05

03:05+	06:14+	12:38+	16:29+	23:22+	28:06+	34:09+	41:35+	47:03+	53:08+	55:21+	58:49+	60:13+	61:05+
03:05+	03:09+	06:24+	03:51+	06:53+	04:44+	06:03+	07:26+	05:28+	06:05+	02:13+	03:28+	01:24+	00:52+
03:05+	03:09+	06:24+	03:51+	06:53+	04:44+	06:03+	07:26+	05:28+	06:05+	02:13+	03:28+	01:24+	00:52+

Beste strekktid for klassen

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

Herrer Ny

1 Asbjørn Rørvik 2023 22:20

01:34=	04:28=	06:18=	08:00=	10:21=	11:12=	14:26=	15:04=	16:24=	20:08=	21:40=	22:20=		
01:34=	02:54=	01:50=	01:42=	02:21=	00:51=	03:14=	00:38=	01:20=	03:44=	01:32=	00:40=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

2 Vidar Eiken 1683 23:42

01:40+	05:15+	08:06+	11:31+	15:05+	15:59+	17:25+	18:08+	19:48+	21:21+	22:52+	23:42+		
01:40+	03:35+	02:51+	03:25+	03:34+	00:54+	01:26+	00:43+	01:40+	01:33+	01:31+	00:50+		
00:06+	00:41#	01:01&	01:43@	01:13&	00:03+	01:48-	00:05#	00:20#	02:11-	00:01-	00:10#		

Beste strekktid for klassen

01:34	02:54	01:50	01:42	02:21	00:51	01:26	00:38	01:20	01:33	01:31	00:40		
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer Trim

1 Frode Halvor Lund 3516 28:32

01:39=	03:45=	05:33=	07:11=	09:18=	11:52=	15:06=	18:10=	20:36=	23:12=	26:06=	27:46=	28:32=	
01:39=	02:06=	01:48=	01:38=	02:07=	02:34=	03:14=	03:04=	02:26=	02:36=	02:54=	01:40=	00:46=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Class	Navn	Klasse	Tid									
2	Arne Magne Sondresen	722	32:53									
01:59+	04:12+	06:18+	08:06+	10:38+	13:59+	17:41+	20:46+	23:26+	26:24+	29:53+	31:59+	32:53+
01:59+	02:13+	02:06+	01:48+	02:32+	03:21+	03:42+	03:05+	02:40+	02:58+	03:29+	02:06+	00:54+
00:20#	00:07+	00:18#	00:10#	00:25#	00:47#	00:28#	00:01+	00:14+	00:22#	00:35#	00:26#	00:08#
3	Bruno Pierfelice	3519	34:19									
01:12+	03:21+	05:04+	06:57+	08:43+	11:08+	14:50+	19:41+	25:10+	28:54+	31:38+	33:28+	34:19+
01:12+	02:09+	01:43+	01:53+	01:46+	02:25+	03:42+	04:51+	05:29+	03:44+	02:44+	01:50+	00:51+
01:12+	02:09+	01:43+	01:53+	01:46+	02:25+	03:42+	04:51+	05:29+	03:44+	02:44+	01:50+	00:51+
4	Leif Jarle Skåra	3502	34:25									
01:51+	04:06+	05:50+	07:36+	09:55+	12:54+	17:40+	21:28+	24:16+	27:58+	31:35+	33:24+	34:25+
01:51+	02:15+	01:44+	01:46+	02:19+	02:59+	04:46+	03:48+	02:48+	03:42+	03:37+	01:49+	01:01+
01:51+	02:15+	01:44+	01:46+	02:19+	02:59+	04:46+	03:48+	02:48+	03:42+	03:37+	01:49+	01:01+
5	Matthieu Pereira-Pires	877	35:50									
01:39+	03:50+	05:37+	07:34+	09:42+	13:00+	20:34+	22:56+	27:02+	30:57+	33:44+	35:09+	35:50+
01:39+	02:11+	01:47+	01:57+	02:08+	03:18+	07:34+	02:22+	04:06+	03:55+	02:47+	01:25+	00:41+
01:39+	02:11+	01:47+	01:57+	02:08+	03:18+	07:34+	02:22+	04:06+	03:55+	02:47+	01:25+	00:41+
6	Roger Endre Nyseth	892	35:57									
01:50+	04:19+	06:20+	08:19+	10:38+	13:51+	17:56+	21:19+	24:17+	29:12+	32:34+	34:50+	35:57+
01:50+	02:29+	02:01+	01:59+	02:19+	03:13+	04:05+	03:23+	02:58+	04:55+	03:22+	02:16+	01:07+
01:50+	02:29+	02:01+	01:59+	02:19+	03:13+	04:05+	03:23+	02:58+	04:55+	03:22+	02:16+	01:07+
7	Sjur Bjerke	3525	36:18									
02:18+	04:38+	06:53+	08:44+	10:40+	14:15+	18:16+	24:13+	27:05+	29:44+	33:01+	35:26+	36:18+
02:18+	02:20+	02:15+	01:51+	01:56+	03:35+	04:01+	05:57+	02:52+	02:39+	03:17+	02:25+	00:52+
02:18+	02:20+	02:15+	01:51+	01:56+	03:35+	04:01+	05:57+	02:52+	02:39+	03:17+	02:25+	00:52+
8	Svein Sivertsen	3530	36:49									
01:47+	04:12+	06:15+	08:16+	10:24+	13:58+	18:27+	22:50+	25:42+	29:36+	33:25+	35:54+	36:49+
01:47+	02:25+	02:03+	02:01+	02:08+	03:34+	04:29+	04:23+	02:52+	03:54+	03:49+	02:29+	00:55+
01:47+	02:25+	02:03+	02:01+	02:08+	03:34+	04:29+	04:23+	02:52+	03:54+	03:49+	02:29+	00:55+
9	Ivar Aalbu	3502	36:51									
02:01+	04:12+	06:04+	08:11+	10:39+	14:40+	21:04+	24:11+	27:15+	30:08+	33:39+	35:50+	36:51+
02:01+	02:11+	01:52+	02:07+	02:28+	04:01+	06:24+	03:07+	03:04+	02:53+	03:31+	02:11+	01:01+
02:01+	02:11+	01:52+	02:07+	02:28+	04:01+	06:24+	03:07+	03:04+	02:53+	03:31+	02:11+	01:01+
10	Lars Salvesen	1119	37:08									
02:01+	04:30+	06:26+	08:19+	11:21+	15:17+	20:45+	24:36+	27:28+	31:04+	34:33+	36:16+	37:08+
02:01+	02:29+	01:56+	01:53+	03:02+	03:56+	05:28+	03:51+	02:52+	03:36+	03:29+	01:43+	00:52+
02:01+	02:29+	01:56+	01:53+	03:02+	03:56+	05:28+	03:51+	02:52+	03:36+	03:29+	01:43+	00:52+
11	Stig E. Ollestad	3519	38:05									
01:12+	02:54+	04:25+	05:52+	07:16+	12:10+	15:41+	19:05+	21:17+	33:00+	35:37+	37:21+	38:05+
01:12+	01:42+	01:31+	01:27+	01:24+	04:54+	03:31+	03:24+	02:12+	11:43+	02:37+	01:44+	00:44+
01:12+	01:42+	01:31+	01:27+	01:24+	04:54+	03:31+	03:24+	02:12+	11:43+	02:37+	01:44+	00:44+
12	Frode Følgesvold	880	39:50									
01:53+	04:24+	06:52+	08:47+	11:20+	15:01+	19:07+	25:22+	28:44+	33:03+	36:40+	38:56+	39:50+
01:53+	02:31+	02:28+	01:55+	02:33+	03:41+	04:06+	06:15+	03:22+	04:19+	03:37+	02:16+	00:54+
01:53+	02:31+	02:28+	01:55+	02:33+	03:41+	04:06+	06:15+	03:22+	04:19+	03:37+	02:16+	00:54+
13	Christian Nilsen	3525	47:01									
01:41+	04:27+	06:19+	08:04+	10:39+	13:55+	22:40+	28:58+	32:54+	37:58+	43:51+	46:02+	47:01+
01:41+	02:46+	01:52+	01:45+	02:35+	03:16+	08:45+	06:18+	03:56+	05:04+	05:53+	02:11+	00:59+
01:41+	02:46+	01:52+	01:45+	02:35+	03:16+	08:45+	06:18+	03:56+	05:04+	05:53+	02:11+	00:59+
14	Jan Erik Rasmussen	3519	48:32									
02:02+	05:25+	08:17+	10:40+	13:54+	18:27+	23:43+	30:16+	34:00+	40:07+	44:49+	47:28+	48:32+
02:02+	03:23+	02:52+	02:23+	03:14+	04:33+	05:16+	06:33+	03:44+	06:07+	04:42+	02:39+	01:04+
02:02+	03:23+	02:52+	02:23+	03:14+	04:33+	05:16+	06:33+	03:44+	06:07+	04:42+	02:39+	01:04+
15	Bent Horpestad	722	48:37									
01:50+	04:17+	07:28+	09:20+	11:33+	14:31+	20:20+	32:38+	38:09+	42:19+	45:53+	47:41+	48:37+
01:50+	02:27+	03:11+	01:52+	02:13+	02:58+	05:49+	12:18+	05:31+	04:10+	03:34+	01:48+	00:56+
01:50+	02:27+	03:11+	01:52+	02:13+	02:58+	05:49+	12:18+	05:31+	04:10+	03:34+	01:48+	00:56+

Class	Navn	Klasse	Tid
Herrer Trim			
16	Arild Svihus	892	49:05
02:34+	05:11+ 10:08+ 12:26+ 15:14+ 18:59+	25:34+ 31:53+ 37:25+ 42:14+ 46:28+ 48:20+ 49:05+	
02:34+	02:37+ 04:57+ 02:18+ 02:48+ 03:45+	06:35+ 06:19+ 05:32+ 04:49+ 04:14+ 01:52+ 00:45+	
02:34+	02:37+ 04:57+ 02:18+ 02:48+ 03:45+	06:35+ 06:19+ 05:32+ 04:49+ 04:14+ 01:52+ 00:45+	
17	Jan Henrik Neuenkirchen	896	50:48
02:17+	06:11+ 10:07+ 12:59+ 17:25+ 21:33+	27:40+ 32:19+ 38:30+ 42:47+ 47:31+ 49:55+ 50:48+	
02:17+	03:54+ 03:56+ 02:52+ 04:26+ 04:08+	06:07+ 04:39+ 06:11+ 04:17+ 04:44+ 02:24+ 00:53+	
02:17+	03:54+ 03:56+ 02:52+ 04:26+ 04:08+	06:07+ 04:39+ 06:11+ 04:17+ 04:44+ 02:24+ 00:53+	
18	Tore Karlsen	722	50:53
02:04+	05:09+ 07:13+ 10:46+ 13:36+ 19:26+	23:54+ 31:43+ 36:25+ 42:50+ 46:37+ 49:52+ 50:53+	
02:04+	03:05+ 02:04+ 03:33+ 02:50+ 05:50+	04:28+ 07:49+ 04:42+ 06:25+ 03:47+ 03:15+ 01:01+	
02:04+	03:05+ 02:04+ 03:33+ 02:50+ 05:50+	04:28+ 07:49+ 04:42+ 06:25+ 03:47+ 03:15+ 01:01+	
19	Torgeir Færevåg	3553	51:38
01:50+	04:19+ 06:27+ 08:19+ 10:46+ 14:29+	22:10+ 31:21+ 38:38+ 44:45+ 48:36+ 50:41+ 51:38+	
01:50+	02:29+ 02:08+ 01:52+ 02:27+ 03:43+	07:41+ 09:11+ 07:17+ 06:07+ 03:51+ 02:05+ 00:57+	
01:50+	02:29+ 02:08+ 01:52+ 02:27+ 03:43+	07:41+ 09:11+ 07:17+ 06:07+ 03:51+ 02:05+ 00:57+	
20	Tom Leveraas	1884	1:00:39
02:51+	06:03+ 08:28+ 10:10+ 13:22+ 17:03+	22:08+ 45:15+ 49:05+ 54:14+ 57:58+ 59:47+ 60:39+	
02:51+	03:12+ 02:25+ 01:42+ 03:12+ 03:41+	05:05+ 23:07+ 03:50+ 05:09+ 03:44+ 01:49+ 00:52+	
02:51+	03:12+ 02:25+ 01:42+ 03:12+ 03:41+	05:05+ 23:07+ 03:50+ 05:09+ 03:44+ 01:49+ 00:52+	
21	Terje Hodne Nilssen	3530	1:03:29
03:09+	06:48+ 14:35+ 17:23+ 21:50+ 27:28+	34:21+ 40:09+ 44:25+ 50:25+ 58:52+ 62:07+ 63:29+	
03:09+	03:39+ 07:47+ 02:48+ 04:27+ 05:38+	06:53+ 05:48+ 04:16+ 06:00+ 08:27+ 03:15+ 01:22+	
03:09+	03:39+ 07:47+ 02:48+ 04:27+ 05:38+	06:53+ 05:48+ 04:16+ 06:00+ 08:27+ 03:15+ 01:22+	
22	Jacek Jagodzinski	3486	1:16:06
03:10+	10:38+ 15:15+ 19:05+ 25:38+ 32:25+	38:24+ 47:02+ 56:05+ 65:51+ 71:42+ 74:29+ 76:06+	
03:10+	07:28+ 04:37+ 03:50+ 06:33+ 06:47+	05:59+ 08:38+ 09:03+ 09:46+ 05:51+ 02:47+ 01:37+	
03:10+	07:28+ 04:37+ 03:50+ 06:33+ 06:47+	05:59+ 08:38+ 09:03+ 09:46+ 05:51+ 02:47+ 01:37+	

Beste strekktid for klassen

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