

Pluss Navn
Damer 16 - 39 år

Klasse

Tid

1	Aina Kalsaas Urstad	3580	38:01															
03:14=	04:49=	06:57=	07:52=	09:27=	12:47=	14:16=	16:44=	18:36=	21:31=	23:07=	26:18=	29:18=	31:51=	34:24=	35:36=	36:33=	37:50=	38:01=
03:14=	01:35=	02:08=	00:55=	01:35=	03:20=	01:29=	02:28=	01:52=	02:55=	01:36=	03:11=	03:00=	02:33=	02:33=	01:12=	00:57=	01:17=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Maren Benjaminsen	1832	38:08															
03:20+	05:14+	07:45+	08:44+	10:17+	14:46+	16:15+	18:39+	20:37+	23:17+	25:15+	28:03+	30:16+	32:55+	34:49+	35:41+	36:37+	37:55+	38:08+
03:20+	01:54+	02:31+	00:59+	01:33-	04:29+	01:29=	02:24-	01:58+	02:40-	01:58+	02:48-	02:13-	02:39+	01:54-	00:52-	00:56-	01:18+	00:13+
00:06+	00:19#	00:23#	00:04+	00:02-	01:09&	00:00=	00:04-	00:06+	00:15-	00:22#	00:23-	00:47-	00:06+	00:39-	00:20-	00:01-	00:01+	00:02#
3	Marie Sigvaldsen	3512	39:33															
04:06+	05:47+	08:02+	08:38+	10:11+	13:43+	15:03+	17:35+	20:41+	23:26+	25:13+	28:06+	30:52+	33:23+	35:36+	36:42+	38:04+	39:19+	39:33+
04:06+	01:41+	02:15+	00:36-	01:33-	03:32+	01:20-	02:32+	03:06+	02:45-	01:47+	02:53-	02:46-	02:31-	02:13-	01:06-	01:22+	01:15-	00:14+
00:52&	00:06+	00:07+	00:04+	00:19-	00:02-	00:12+	00:09-	00:04+	01:14&	00:10-	00:11#	00:18-	00:14-	00:02-	00:20-	00:06-	00:25&	00:02-
4	Marie Silkeborg Brolev	3619	41:46															
03:08-	05:42+	07:59+	08:46+	10:28+	13:20+	14:59+	19:25+	21:33+	24:29+	25:41+	29:09+	32:32+	35:50+	37:43+	38:55+	39:57+	41:32+	41:46+
03:08-	02:34+	02:17+	00:47-	01:42+	02:52-	01:39+	04:26+	02:08+	02:56+	01:12-	03:28+	03:23+	03:18+	01:53-	01:12=	01:02+	01:35+	00:14+
00:06-	00:59&	00:09+	00:08-	00:07+	00:28-	00:10#	01:58&	00:16#	00:01+	00:24-	00:17+	00:23#	00:45&	00:40-	00:00=	00:05+	00:18#	00:03&
5	Rønnaug Egeland	1884	43:11															
02:54-	04:50+	06:53-	07:46-	11:33+	15:03+	16:34+	19:07+	21:01+	23:56+	26:10+	31:19+	34:28+	37:13+	39:20+	40:23+	41:26+	42:56+	43:11+
02:54-	01:56+	02:03-	00:53-	03:47+	03:30+	01:31+	02:33+	01:54+	02:55=	02:14+	05:09+	03:09+	02:45+	02:07-	01:03-	01:03+	01:30+	00:15+
00:20-	00:21#	00:05-	00:02-	02:12&	00:10+	00:02+	00:05+	00:02+	00:00=	00:38&	01:58&	00:09+	00:12+	00:26-	00:09-	00:06#	00:13#	00:04&
6	Hege Bakken	1754	46:37															
03:47+	06:23+	09:19+	10:22+	12:27+	16:05+	17:42+	20:57+	23:24+	26:49+	28:34+	31:50+	35:31+	39:00+	41:34+	43:19+	44:43+	46:21+	46:37+
03:47+	02:36+	02:56+	01:03+	02:05+	03:38+	01:37+	03:15+	02:27+	03:25+	01:45+	03:16+	03:41+	03:29+	02:34+	01:45+	01:24+	01:38+	00:16+
00:33#	01:01&	00:48&	00:08#	00:30&	00:18+	00:08+	00:47&	00:35&	00:30#	00:09+	00:05+	00:41#	00:56&	00:01+	00:33&	00:27&	00:21&	00:05&
7	Dina Baerheim	722	47:45															
04:01+	06:26+	09:30+	10:22+	12:18+	15:48+	17:41+	20:57+	23:29+	26:57+	28:51+	32:33+	35:26+	38:47+	43:01+	44:30+	45:44+	47:31+	47:45+
04:01+	02:25+	03:04+	00:52-	01:56+	03:30+	01:53+	03:16+	02:32+	03:28+	01:54+	03:42+	02:53-	03:21+	04:14+	01:29+	01:14+	01:47+	00:14+
00:47#	00:50&	00:56&	00:03-	00:21#	00:10+	00:24&	00:48&	00:40&	00:33#	00:18#	00:31#	00:07-	00:48&	01:41&	00:17#	00:17&	00:30&	00:03&
8	Frida Erikstein	1830	49:16															
05:07+	07:06+	09:43+	10:27+	12:07+	16:10+	18:11+	21:12+	22:49+	26:00+	27:30+	37:50+	39:43+	42:22+	45:51+	46:55+	47:41+	49:04+	49:16+
05:07+	01:59+	02:37+	00:44-	01:40+	04:03+	02:01+	03:01+	01:37-	03:11+	01:30-	10:20+	01:53-	02:39+	03:29+	01:04-	00:46-	01:23+	00:12+
01:53&	00:24&	00:29#	00:11-	00:05+	00:43#	00:32&	00:33#	00:15-	00:16+	00:06-	07:09&	01:07-	00:06+	00:56&	00:08-	00:11-	00:06+	00:01+
9	Hanne Thu	3516	50:19															
08:44+	10:41+	14:58+	15:48+	18:00+	21:00+	22:40+	25:31+	27:52+	31:24+	33:17+	37:00+	40:05+	43:01+	45:18+	47:26+	48:36+	50:04+	50:19+
08:44+	01:57+	04:17+	00:50-	02:12+	03:00-	01:40+	02:51+	02:21+	03:32+	01:53+	03:43+	03:05+	02:56+	02:17-	02:08+	01:10+	01:28+	00:15+
05:30&	00:22#	02:09&	00:05-	00:37&	00:20-	00:11#	00:23#	00:29&	00:37#	00:17#	00:32#	00:05+	00:23#	00:16-	00:56&	00:13#	00:11#	00:04&
10	Siri Eppeland	1884	52:20															
05:11+	07:39+	11:01+	12:10+	14:13+	20:34+	22:07+	25:01+	28:50+	31:53+	34:37+	38:49+	42:03+	45:21+	47:48+	49:20+	50:32+	52:04+	52:20+
05:11+	02:28+	03:22+	01:09+	02:03+	06:21+	01:33+	02:54+	03:49+	03:03+	02:44+	04:12+	03:14+	03:18+	02:27-	01:32+	01:12+	01:32+	00:16+
01:57&	00:53&	01:14&	00:14&	00:28&	03:01&	00:04+	00:26#	01:57&	00:08+	01:08&	01:01&	00:14+	00:45&	00:06-	00:20&	00:15&	00:15#	00:05&
11	Ann-Mari Vold	3529	53:28															
03:42+	05:55+	08:51+	09:48+	12:10+	15:45+	17:57+	21:19+	24:12+	28:28+	31:48+	37:31+	40:19+	44:11+	47:09+	49:27+	51:27+	53:14+	53:28+
03:42+	02:13+	02:56+	00:57+	02:22+	03:35+	02:12+	03:22+	02:53+	04:16+	03:20+	05:43+	02:48-	03:52+	02:58+	02:18+	02:00+	01:47+	00:14+
00:28#	00:38&	00:48&	00:02+	00:47&	00:15+	00:43&	00:54&	01:01&	01:21&	01:44&	02:32&	00:12-	01:19&	00:25#	01:06&	01:03&	00:30&	00:03&
12	Ingunn Landsnes	892	54:50															
03:51+	06:33+	09:51+	10:40+	15:45+	20:11+	22:12+	25:30+	28:04+	31:59+	34:30+	38:40+	42:57+	46:46+	49:47+	51:13+	52:34+	54:30+	54:50+
03:51+	02:42+	03:18+	00:49-	05:05+	04:26+	02:01+	03:18+	02:34+	03:55+	02:31+	04:10+	04:17+	03:49+	03:01+	01:26+	01:21+	01:56+	00:20+
00:37#	01:07&	01:10&	00:06-	03:30&	01:06&	00:32&	00:50&	00:42&	01:00&	00:55&	00:59&	01:17&	01:16&	00:28#	00:14#	00:24&	00:39&	00:09&
13	Marita Navjord Nicolaysen	1284	55:38															
03:30+	06:12+	10:38+	11:33+	13:39+	20:51+	22:46+	25:34+	28:42+	31:56+	33:32+	39:30+	42:58+	46:39+	49:55+	52:15+	53:52+	55:24+	55:38+
03:30+	02:42+	04:26+	00:55=	02:06+	07:12+	01:55+	02:48+	03:08+	03:14+	01:36=	05:58+	03:28+	03:41+	03:16+	02:20+	01:37+	01:32+	00:14+
00:16+	01:07&	02:18&	00:00=	00:31&	03:52&	00:26&	00:20#	01:16&	00:19#	00:00=	02:47&	00:28#	01:08&	00:43&	01:08&	00:40&	00:15#	00:03&
14	Marie Lunde	1284	56:02															
03:36+	05:38+	10:19+	11:18+	16:54+	20:16+	24:12+	27:49+	30:25+	34:06+	35:50+	42:13+	44:41+	48:07+	50:22+	51:55+	54:05+	55:48+	56:02+
03:36+	02:02+	04:41+	00:59+	05:36+	03:22+	03:56+	03:37+	02:36+	03:41+	01:44+	06:23+	02:28-	03:26+	02:15-	01:33+	02:10+	01:43+	00:14+
00:22#	00:27&	02:33&	00:04+	04:01&	00:02+	02:27&	01:09&	00:44&	00:46&	00:08+	03:12&	00:32-	00:53&	00:18-	00:21&	01:13&	00:26&	00:03&

Damer 16 - 39 år

15	Katja Eliassen	722	58:51															
04:51+	07:13+	10:27+	11:23+	13:47+	17:57+	19:41+	22:15+	25:32+	28:34+	34:08+	38:15+	42:36+	46:17+	51:28+	54:33+	55:59+	58:37+	58:51+
04:51+	02:22+	03:14+	00:56+	02:24+	04:10+	01:44+	02:34+	03:17+	03:02+	05:34+	04:07+	04:21+	03:41+	05:11+	03:05+	01:26+	02:38+	00:14+
01:37&	00:47&	01:06&	00:01+	00:49&	00:50#	00:15#	00:06+	01:25&	00:07+	03:58@	00:56&	01:21&	01:08&	02:38@	01:53@	00:29&	01:21@	00:03&

16	Idunn Husøy Naustdal	722	1:07:41															
04:32+	07:15+	10:21+	11:59+	15:28+	24:33+	26:37+	29:40+	33:57+	37:22+	39:27+	44:30+	51:00+	54:52+	59:20+	61:09+	63:07+	67:23+	67:41+
04:32+	02:43+	03:06+	01:38+	03:29+	09:05+	02:04+	03:03+	04:17+	03:25+	02:05+	05:03+	06:30+	03:52+	04:28+	01:49+	01:58+	04:16+	00:18+
04:32+	02:43+	03:06+	01:38+	03:29+	09:05+	02:04+	03:03+	04:17+	03:25+	02:05+	05:03+	06:30+	03:52+	04:28+	01:49+	01:58+	04:16+	00:18+

17	Juliane Tytlandsvik Nødland	3512	1:08:20															
04:42+	08:01+	12:04+	13:50+	17:01+	24:44+	27:19+	32:00+	35:55+	40:39+	43:55+	48:43+	52:57+	58:19+	61:28+	63:12+	65:45+	68:03+	68:20+
04:42+	03:19+	04:03+	01:46+	03:11+	07:43+	02:35+	04:41+	03:55+	04:44+	03:16+	04:48+	04:14+	05:22+	03:09+	01:44+	02:33+	02:18+	00:17+
04:42+	03:19+	04:03+	01:46+	03:11+	07:43+	02:35+	04:41+	03:55+	04:44+	03:16+	04:48+	04:14+	05:22+	03:09+	01:44+	02:33+	02:18+	00:17+

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Ingunn Anda Haug	2342	45:05																			
02:46=	04:02=	07:33=	08:55=	09:54=	12:05=	12:53=	15:21=	16:39=	18:16=	19:43=	24:16=	25:49=	26:31=	29:22=	32:02=	36:00=	39:27=	39:57=	41:57=	44:14=	44:50=	45:05=
02:46=	01:16=	03:31=	01:22=	00:59=	02:11=	00:48=	02:28=	01:18=	01:37=	01:27=	04:33=	01:33=	00:42=	02:51=	02:40=	03:58=	03:27=	00:30=	02:00=	02:17=	00:36=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Maren Thu	NOTEAM	45:09																			
02:39-	03:50-	06:48-	07:35-	08:16-	12:11+	12:46-	14:09-	16:31-	17:42-	20:04+	23:32-	27:23+	28:06+	30:24+	33:28+	37:07+	38:54-	39:49-	41:58+	44:20+	44:57+	45:09+
02:39-	01:11-	02:58-	00:47-	00:41-	03:55+	00:35-	01:23-	02:22+	01:11-	02:22+	03:28-	03:51+	00:43+	02:18-	03:04+	03:39-	01:47-	00:55+	02:09+	02:22+	00:37+	00:12-
00:07-	00:05-	00:33-	00:35-	00:18-	01:44&	00:13-	01:05-	01:04&	00:26-	00:55&	01:05-	02:18@	00:01+	00:33-	00:24#	00:19-	01:40-	00:25&	00:09+	00:05+	00:01+	00:03-

3	Helen Haneferd	882	46:18																			
02:43-	03:54-	07:50+	09:26+	10:22+	12:16+	13:05+	14:46-	15:52-	17:11-	18:44-	22:59-	24:55-	26:16-	29:06-	32:54+	36:52+	38:30-	39:58+	42:25+	45:03+	46:04+	46:18+
02:43-	01:11-	03:56+	01:36+	00:56-	01:54-	00:49+	01:41-	01:06-	01:19-	01:33+	04:15-	01:56+	01:21+	02:50-	03:48+	03:58=	01:38-	01:28+	02:27+	02:38+	01:01+	00:14-
00:03-	00:05-	00:25#	00:14#	00:03-	00:17-	00:01+	00:47-	00:12-	00:18-	00:06+	00:18-	00:23#	00:39&	00:01-	01:08&	00:00=	01:49-	00:58@	00:27#	00:21#	00:25&	00:01-

4	Helene Lie	3565	50:44																			
03:01+	05:06+	08:01+	09:07+	10:29+	13:52+	14:48+	16:43+	17:51+	20:08+	22:08+	26:29+	29:12+	30:14+	34:22+	38:14+	42:14+	43:51+	44:22+	47:03+	49:34+	50:28+	50:44+
03:01+	02:05+	02:55-	01:06-	01:22+	03:23+	00:56+	01:55-	01:08-	02:17+	02:00+	04:21-	02:43+	01:02+	04:08+	03:52+	04:00+	01:37-	00:31+	02:41+	02:31+	00:54+	00:16+
00:15+	00:49&	00:36-	00:16-	00:23&	01:12&	00:08#	00:33-	00:10-	00:40&	00:33&	00:12-	01:10&	00:20&	01:17&	01:12&	00:02+	01:50-	00:01+	00:41&	00:14#	00:18&	00:01+

5	Randi Ladsten	879	51:06																			
04:29+	05:56+	09:11+	10:27+	11:24+	13:09+	13:57+	16:34+	19:44+	21:16+	23:39+	27:52+	31:19+	32:19+	35:03+	38:35+	42:31+	44:07+	44:58+	47:35+	50:08+	50:50+	51:06+
04:29+	01:27+	03:15-	01:16-	00:57-	01:45-	00:48=	02:37+	03:10+	01:32-	02:23+	04:13-	03:27+	01:00+	02:44-	03:32+	03:56-	01:36-	00:51+	02:37+	02:33+	00:42+	00:16+
01:43&	00:11#	00:16-	00:06-	00:02-	00:26-	00:00=	00:09+	01:52@	00:05-	00:56&	00:20-	01:54@	00:18&	00:07-	00:52&	00:02-	01:51-	00:21&	00:37&	00:16#	00:06#	00:01+

6	Jeanette Mjøhus	722	56:47																			
05:16+	06:41+	09:47+	11:04+	12:06+	14:29+	15:24+	18:20+	19:25+	21:17+	23:22+	27:20+	29:02+	29:40+	32:08+	40:34+	46:41+	49:43+	50:46+	53:17+	55:24+	56:32+	56:47+
05:16+	01:25+	03:06-	01:17-	01:02+	02:23+	00:55+	02:56+	01:05-	01:52+	02:05+	03:58-	01:42+	00:38-	02:28-	08:26+	06:07+	03:02-	01:03+	02:31+	02:07-	01:08+	00:15=
02:30&	00:09#	00:25-	00:05-	00:03+	00:12+	00:07#	00:28#	00:13-	00:15#	00:38&	00:35-	00:09+	00:04-	00:23-	05:46@	02:09&	00:25-	00:33@	00:31&	00:10-	00:32&	00:00=

7	Elin Stueland	880	57:54																			
02:48+	03:59-	08:04+	08:57+	09:40-	12:33+	14:07+	16:36+	17:47+	20:41+	25:55+	30:12+	31:38+	33:45+	36:52+	41:06+	47:19+	50:28+	51:00+	54:10+	56:52+	57:36+	57:54+
02:48+	01:11-	04:05+	00:53-	00:43-	02:53+	01:34+	02:29+	01:11-	02:54+	05:14+	04:17-	01:26-	02:07+	03:07+	04:14+	06:13+	03:09-	00:32+	03:10+	02:42+	00:44+	00:18+
00:02+	00:05-	00:34#	00:29-	00:16-	00:42&	00:46&	00:01+	00:07-	01:17&	03:47@	00:16-	00:07-	01:25@	00:16+	01:34&	02:15&	00:18-	00:02+	01:10&	00:25#	00:08#	00:03#

8	Anne Lill M. Njå	892	1:08:17																					
04:08+	06:47+	09:49+	10:47+	11:48+	13:44+	14:23+	16:09+	17:58+	20:05+	21:56+	26:25+	28:10+	29:08+	29:43+	33:11+	36:36+	45:42+	47:58+	53:46+	54:43+	58:20+	67:06+	67:56+	68:17+
04:08+	02:39+	03:02-	00:58-	01:01+	01:56-	00:39-	01:46-	01:49+	02:07+	01:51+	04:29-	01:45+	00:58+	00:35-	03:28+	03:25-	09:06+	02:16+	05:48+	00:57-	03:37+	08:46+	00:50+	00:21+
01:22&	01:23@	00:29-	00:24-	00:02+	00:15-	00:09-	00:42-	00:31&	00:30&	00:24&	00:04-	00:12#	00:16&	01:16-	00:48&	00:33-	05:39@	01:46@	03:48@	01:20-	03:01@	08:31@	00:50+	00:21+

9	Marianne Strøm Uthaug	3551	1:10:57																			
02:44-	03:53-	11:12+	12:15+	13:31+	16:17+	17:41+	28:12+	30:13+	31:22+	33:50+	37:33+	39:45+	40:38+	44:30+	55:20+	58:53+	60:36+	61:40+	67:10+	69:58+	70:43+	70:57+
02:44-	01:09-	07:19+	01:03-	01:16+	02:46+	01:24+	10:31+	02:01+	01:09-	02:28+	03:43-	02:12+	00:53+	03:52+	10:50+	03:33-	01:43-	01:04+	05:30+	02:48+	00:45+	00:14-
00:02-	00:07-	03:48@	00:19-	00:17&	00:35&	00:36&	08:03@	00:43&	00:28-	01:01&	00:50-	00:39&	00:11&	01:01&	08:10@	00:25-	01:44-	00:34@	03:30@	00:31#	00:09#	00:01-

Damer 40 - 49 år

Beste strekktid for klassen

02:39 01:09 02:55 00:47 00:41 01:45 00:35 01:23 01:05 01:09 01:27 03:28 01:26 00:38 00:35 02:40 03:25 01:36 00:30 02:00 00:57 00:36 00:12

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

Damer 50 - 59 år

1	Signe Ottesen	1683	48:54
02:54=	04:11= 07:41= 09:04= 09:55= 12:01=	13:44= 15:52= 16:59= 18:35= 20:56=	25:04= 29:57= 30:54= 33:44= 36:15= 39:48=
02:54=	01:17= 03:30= 01:23= 00:51= 02:06=	01:43= 02:08= 01:07= 01:36= 02:21=	04:08= 04:53= 00:57= 02:50= 02:31= 03:33=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
2	Toril Dahle	1683	49:37
02:53-	04:07- 07:26- 08:30- 09:19- 11:00-	12:27- 14:06- 15:19- 17:57- 19:45-	23:53- 26:11- 26:51- 29:18- 33:48-
02:53-	01:14- 03:19- 01:04- 00:49- 01:41-	01:27- 01:39- 01:13+ 02:38+ 01:48-	04:08= 02:18- 00:40- 02:27- 04:30+
00:01-	00:03- 00:11- 00:19- 00:02- 00:25-	00:16- 00:29- 00:06+ 01:02& 00:33-	00:00= 02:35- 00:17- 00:23- 01:59&
3	Tone Cecilie Nystrom	874	49:41
02:52-	04:21+ 08:11+ 09:36+ 10:46+ 13:47+	14:50+ 16:33+ 17:41+ 20:05+ 21:48+	26:10+ 28:45- 29:40- 32:40-
02:52-	01:29+ 03:50+ 01:25+ 01:10+ 03:01+	01:03- 01:43- 01:08+ 02:24+ 01:43-	04:22+ 02:35- 00:02- 00:10+
00:02-	00:12# 00:20+ 00:02+ 00:19& 00:55&	00:40- 00:25- 00:01+ 00:48& 00:38-	00:14+ 02:18- 00:02- 00:10+
4	Margrethe Roalsø	1884	51:02
02:46-	03:59- 07:23- 08:19- 09:33- 12:34+	13:31- 20:03+ 21:05+ 22:30+ 25:14+	29:46+ 31:38+ 32:34+ 35:10+
02:46-	01:13- 03:24- 00:56- 01:14+ 03:01+	00:57- 06:32+ 01:02- 01:25- 02:44+	04:32+ 01:52- 00:56- 02:36-
00:08-	00:04- 00:06- 00:27- 00:23& 00:55&	00:46- 04:24@ 00:05- 00:11-	00:23# 00:24+ 03:01-
5	Tonje Tiley	882	51:07
03:49+	05:11+ 08:44+ 09:46+ 11:21+ 14:52+	16:00+ 17:53+ 19:04+ 20:47+ 22:46+	27:01+ 28:48- 29:34- 32:22-
03:49+	01:22+ 03:33+ 01:02- 01:35+ 03:31+	01:08- 01:53- 01:11+ 01:43+ 01:59-	04:15+ 01:47- 00:46- 02:48-
00:55&	00:05+ 00:03+ 00:21- 00:44& 01:25&	00:35- 00:15- 00:04+ 00:07+	00:22- 00:07+ 03:06-
6	Gøril Braut Aarsand	2539	52:38
02:57+	04:27+ 08:12+ 09:25+ 10:29+ 12:29+	13:29- 15:25- 17:09+ 18:59+	20:53- 26:01+ 28:00-
02:57+	01:30+ 03:45+ 01:13- 01:04+ 02:00-	01:00- 01:56- 01:44+ 01:50+	01:54- 05:08+ 01:59-
00:03+	00:13# 00:15+ 00:10- 00:13& 00:06-	00:43- 00:12- 00:37& 00:14#	00:27- 01:00# 02:54-
7	Marianne Fuglestad	896	53:16
03:40+	04:47+ 07:40- 08:49- 09:55= 14:57+	15:46+ 17:25+ 18:30+ 20:06+	22:03+ 25:54+ 28:17-
03:40+	01:07- 02:53- 01:09- 01:06+ 05:02+	00:49- 01:39- 01:05- 01:36=	01:57- 03:51-
00:46&	00:10- 00:37- 00:14- 00:15& 02:56@	00:54- 00:29- 00:02-	00:00= 00:24- 00:17-
8	Tove Irene Asheim	1683	53:35
03:29+	04:56+ 08:35+ 09:55+ 11:08+ 14:40+	15:51+ 18:09+ 20:24+ 22:36+	24:17+ 28:57+
03:29+	01:27+ 03:39+ 01:20- 01:13+ 03:32+	01:11- 02:18+ 02:15+ 02:12+	01:41- 04:40+ 02:13-
00:35#	00:10# 00:09+ 00:03- 00:22& 01:26&	00:32- 00:10+ 01:08@ 00:36&	00:40-
9	Marie-Elizabeth Reinseth	882	53:39
03:21+	04:47+ 07:59+ 09:09+ 10:13+ 17:10+	17:49+ 22:25+ 23:27+ 24:58+	26:34+ 31:11+
03:21+	01:26+ 03:12- 01:10- 01:04+ 06:57+	00:39- 04:36+ 01:02- 01:31-	01:36- 04:37+
00:27#	00:09# 00:18- 00:13- 00:13& 04:51@	01:04- 02:28@ 00:05-	00:05-
10	Astri Sandanger	896	54:28
03:13+	04:53+ 08:51+ 10:17+ 12:12+ 15:23+	17:41+ 19:42+ 21:05+ 22:40+	24:48+ 29:35+
03:13+	01:40+ 03:58+ 01:26+ 01:55+ 03:11+	02:18+ 02:01- 01:23+ 01:35-	02:08-
00:19#	00:23& 00:28# 00:03+ 01:04@ 01:05&	00:35& 00:07-	00:16# 00:01-
11	May Bente Valdal	1683	54:35
02:27-	08:42+ 11:44+ 12:49+ 15:13+ 16:57+	17:52+ 19:18+ 21:34+ 22:39+	25:08+ 28:39+
02:27-	06:15+ 03:02- 01:05- 02:24+ 01:44-	00:55- 01:26- 02:16+	01:05-
00:27-	04:58@ 00:28- 00:18- 01:33@ 00:22-	00:48- 00:42- 01:09@ 00:31-	00:08+
12	Ingjerd Haddeland	3507	55:55
03:19+	05:02+ 08:45+ 10:02+ 11:22+ 13:27+	14:26+ 16:22+ 17:47+ 19:45+	22:01+
03:19+	01:43+ 03:43+ 01:17- 01:20+ 02:05-	00:59- 01:56- 01:25+ 01:58+	02:16-
00:25#	00:26& 00:13+ 00:06- 00:29& 00:01-	00:44- 00:12- 00:18& 00:22#	00:05-

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

13	Siri Warland	1832	56:36																			
03:37+	05:24+	08:49+	09:48+	11:29+	13:39+	14:25+	15:42-	17:16+	18:31-	20:13-	23:54-	26:28-	28:25-	30:43-	40:36+	44:19+	46:15+	47:35+	51:12+	55:19+	56:19+	56:36+
03:37+	01:47+	03:25-	00:59-	01:41+	02:10+	00:46-	01:17-	01:34+	01:15-	01:42-	03:41-	02:34-	01:57+	02:18-	09:53+	03:43+	01:56+	01:20+	03:37+	04:07+	01:00+	00:17+
00:43#	00:30&	00:05-	00:24-	00:50&	00:04+	00:57-	00:51-	00:27&	00:21-	00:39-	00:27-	02:19-	01:00#	00:32-	07:22@	00:10+	00:33&	00:43@	01:10&	00:37#	00:06#	00:02#
14	Turid Eikebu Alfsen	1683	1:00:19																			
02:29+	05:59+	09:09+	10:37+	11:51+	14:00+	14:58+	17:08+	18:24+	19:34+	21:21+	25:31+	27:46+	28:59+	31:58+	43:30+	50:38+	52:55+	53:26+	56:41+	59:04+	60:02+	60:19+
02:29+	03:30+	03:10+	01:28+	01:14+	02:09+	00:58+	02:10+	01:16+	01:10+	01:47+	04:10+	02:15+	01:13+	02:59+	11:32+	07:08+	02:17+	00:31+	03:15+	02:23+	00:58+	00:17+
02:29+	03:30+	03:10+	01:28+	01:14+	02:09+	00:58+	02:10+	01:16+	01:10+	01:47+	04:10+	02:15+	01:13+	02:59+	11:32+	07:08+	02:17+	00:31+	03:15+	02:23+	00:58+	00:17+
15	Iren Undheim Øgreid	769	1:02:43																			
02:45+	04:09+	07:50+	08:49+	09:58+	15:37+	20:21+	22:09+	23:42+	25:21+	27:22+	31:40+	34:49+	35:47+	38:42+	44:04+	49:08+	55:02+	56:21+	58:56+	61:38+	62:25+	62:43+
02:45+	01:24+	03:41+	00:59+	01:09+	05:39+	04:44+	01:48+	01:33+	01:39+	02:01+	04:18+	03:09+	00:58+	02:55+	05:22+	05:04+	05:54+	01:19+	02:35+	02:42+	00:47+	00:18+
02:45+	01:24+	03:41+	00:59+	01:09+	05:39+	04:44+	01:48+	01:33+	01:39+	02:01+	04:18+	03:09+	00:58+	02:55+	05:22+	05:04+	05:54+	01:19+	02:35+	02:42+	00:47+	00:18+
16	Ragnhild Båtnes Berntsen	1758	1:03:09																			
06:07+	07:36+	11:47+	13:03+	14:02+	16:33+	17:29+	19:48+	21:59+	25:39+	28:22+	33:42+	36:56+	37:49+	41:24+	46:16+	50:45+	53:30+	54:30+	59:03+	61:48+	62:50+	63:09+
06:07+	01:29+	04:11+	01:16+	00:59+	02:31+	00:56+	02:19+	02:11+	03:40+	02:43+	05:20+	03:14+	00:53+	03:35+	04:52+	04:29+	02:45+	01:00+	04:33+	02:45+	01:02+	00:19+
06:07+	01:29+	04:11+	01:16+	00:59+	02:31+	00:56+	02:19+	02:11+	03:40+	02:43+	05:20+	03:14+	00:53+	03:35+	04:52+	04:29+	02:45+	01:00+	04:33+	02:45+	01:02+	00:19+
17	Marianne Gjesdal Lyngås	892	1:06:36																			
03:40+	05:31+	10:24+	12:11+	13:55+	24:47+	26:32+	28:37+	29:41+	32:02+	34:18+	39:11+	42:05+	43:09+	46:26+	50:44+	55:08+	58:04+	59:20+	61:41+	64:57+	66:17+	66:36+
03:40+	01:51+	04:53+	01:47+	01:44+	10:52+	01:45+	02:05+	01:04+	02:21+	02:16+	04:53+	02:54+	01:04+	03:17+	04:18+	04:24+	02:56+	01:16+	02:21+	03:16+	01:20+	00:19+
03:40+	01:51+	04:53+	01:47+	01:44+	10:52+	01:45+	02:05+	01:04+	02:21+	02:16+	04:53+	02:54+	01:04+	03:17+	04:18+	04:24+	02:56+	01:16+	02:21+	03:16+	01:20+	00:19+

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke	722	40:36														
01:37=	03:42=	06:15=	09:48=	15:01=	15:40=	17:05=	19:52=	21:28=	24:20=	27:03=	29:36=	32:05=	36:41=	37:47=	39:26=	40:24=	40:36=
01:37=	02:05=	02:33=	03:33=	05:13=	00:39=	01:25=	02:47=	01:36=	02:52=	02:43=	02:33=	02:29=	04:36=	01:06=	01:39=	00:58=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Nina Christiansen	722	44:49														
01:43+	04:05+	06:53+	09:24-	10:50-	11:42-	14:14-	15:47-	22:02+	27:08+	29:10+	32:23+	35:42+	38:44+	40:16+	42:18+	44:31+	44:49+
01:43+	02:22+	02:48+	02:31-	01:26-	00:52+	02:32+	01:33-	06:15+	05:06+	02:02-	03:13+	03:19+	03:02-	01:32+	02:02+	02:13+	00:18+
00:06+	00:17#	00:15+	01:02-	03:47-	00:13&	01:07&	01:14-	04:39@	02:14&	00:41-	00:40&	00:50&	01:34-	00:26&	00:23#	01:15@	00:06&
3	Nidunn Sandvik	3565	45:13														
02:14+	04:48+	09:16+	11:08+	13:35-	14:25-	17:32+	19:50-	21:51+	26:15+	28:15+	31:56+	36:19+	39:59+	41:30+	43:32+	44:53+	45:13+
02:14+	02:34+	04:28+	01:52-	02:27-	00:50+	03:07+	02:18-	02:01+	04:24+	02:00-	03:41+	04:23+	03:40-	01:31+	02:02+	01:21+	00:20+
00:37&	00:29#	01:55&	01:41-	02:46-	00:11&	01:42@	00:29-	00:25&	01:32&	00:43-	01:08&	01:54&	00:56-	00:25&	00:23#	00:23&	00:08&
4	Ellinor Nesse	1683	46:55														
02:27+	05:35+	09:49+	11:49+	13:48-	14:40-	16:43-	19:13-	21:22-	25:53+	27:58+	34:14+	38:05+	40:47+	42:22+	44:57+	46:38+	46:55+
02:27+	03:08+	04:14+	02:00-	01:59-	00:52+	02:03+	02:30-	02:09+	04:31+	02:05-	06:16+	03:51+	02:42-	01:35+	02:35+	01:41+	00:17+
00:50&	01:03&	01:41&	01:33-	03:14-	00:13&	00:38&	00:17-	00:33&	01:39&	00:38-	03:43@	01:22&	01:54-	00:29&	00:56&	00:43&	00:05&
5	Kari Anstensrud	896	47:56														
01:53+	04:39+	08:18+	12:12+	15:02+	16:21+	18:47+	23:05+	25:02+	29:24+	31:08+	35:18+	39:48+	42:16+	44:38+	46:31+	47:41+	47:56+
01:53+	02:46+	03:39+	03:54+	02:50-	01:19+	02:26+	04:18+	01:57+	04:22+	01:44-	04:10+	04:30+	02:28-	02:22+	01:53+	01:10+	00:15+
00:16#	00:41&	01:06&	00:21+	02:23-	00:40@	01:01&	01:31&	00:21#	01:30&	00:59-	01:37&	02:01&	02:08-	01:16@	00:14#	00:12#	00:03#
6	Anne-Siv Gjertsen	882	48:27														
02:00+	04:52+	08:06+	10:18+	15:08+	15:49+	23:57+	25:36+	27:59+	32:05+	34:17+	37:19+	40:05+	42:22+	44:52+	46:34+	48:10+	48:27+
02:00+	02:52+	03:14+	02:12-	04:50-	00:41+	08:08+	01:39-	02:23+	04:06+	02:12-	03:02+	02:46+	02:17-	02:30+	01:42+	01:36+	00:17+
00:23#	00:47&	00:41&	01:21-	00:23-	00:02+	06:43@	01:08-	00:47&	01:14&	00:31-	00:29#	00:17#	02:19-	01:24@	00:03+	00:38&	00:05&
7	Ellinor Hoemsnes	1683	50:57														
02:16+	05:24+	08:30+	11:20+	15:36+	18:13+	21:04+	23:29+	25:24+	29:36+	34:38+	38:47+	41:38+	45:04+	47:10+	48:54+	50:41+	50:57+
02:16+	03:08+	03:06+	02:50-	04:16-	02:37+	02:51+	02:25-	01:55+	04:12+	05:02+	04:09+	02:51+	03:26-	02:06+	01:44+	01:47+	00:16+
00:39&	01:03&	00:33#	00:43-	00:57-	01:58@	01:26@	00:22-	00:19#	01:20@	02:19&	01:36&	00:22#	01:10-	01:06&	00:05+	00:49&	00:04&

Class	Navn	Klasse														Tid
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Damer 60 - 64 år

8	Ingrid E. I. Øxnevad	3516	54:07														
09:12+	11:21+	17:28+	20:42+	23:04+	24:02+	25:47+	27:10+	30:05+	34:31+	36:53+	40:08+	46:56+	49:07+	50:39+	52:49+	53:51+	54:07+
09:12+	02:09+	06:07+	03:14-	02:22-	00:58+	01:45+	01:23-	02:55+	04:26+	02:22-	03:15+	06:48+	02:11-	01:32+	02:10+	01:02+	00:16+
07:35@	00:04+	03:34@	00:19-	02:51-	00:19@	00:20#	01:24-	01:19@	01:34@	00:21-	00:42@	04:19@	02:25-	00:26@	00:31@	00:04+	00:04@

Beste strekktid for klassen

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

Damer 65 - 69 år

1	Ingrid Eik	1830	35:25														
01:56=	04:13=	07:11=	09:06=	11:28=	12:22=	14:14=	15:57=	17:56=	21:34=	23:12=	25:57=	28:55=	30:59=	32:12=	34:03=	35:12=	35:25=
01:56=	02:17=	02:58=	01:55=	02:22=	00:54=	01:52=	01:43=	01:59=	03:38=	01:38=	02:45=	02:58=	02:04=	01:13=	01:51=	01:09=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	May Meling	593	37:51														
02:33+	05:06+	08:00+	10:11+	12:52+	13:44+	15:25+	17:05+	19:11+	22:22+	24:02+	26:51+	30:22+	33:04+	34:18+	36:15+	37:34+	37:51+
02:33+	02:33+	02:54-	02:11+	02:41+	00:52-	01:41-	01:40-	02:06+	03:11-	01:40+	02:49+	03:31+	02:42+	01:14+	01:57+	01:19+	00:17+
00:37@	00:16#	00:04-	00:16#	00:19#	00:02-	00:11-	00:03-	00:07+	00:27-	00:02+	00:04+	00:33#	00:38@	00:01+	00:06+	00:10#	00:04@

3	Eli Frafjord	1141	41:13														
02:18+	05:06+	08:54+	11:20+	13:25+	14:17+	16:52+	19:14+	21:20+	25:35+	27:26+	30:39+	33:36+	36:01+	37:23+	39:47+	40:57+	41:13+
02:18+	02:48+	03:48+	02:26+	02:05-	00:52-	02:35+	02:22+	02:06+	04:15+	01:51+	03:13+	02:57-	02:25+	01:22+	02:24+	01:10+	00:16+
00:22#	00:31#	00:50@	00:31@	00:17-	00:02-	00:43@	00:39@	00:07+	00:37#	00:13#	00:28#	00:01-	00:21#	00:09#	00:33@	00:01+	00:03#

4	Margot Asheim	722	42:51														
03:28+	05:48+	08:34+	10:30+	12:14+	13:02+	14:53+	17:25+	19:27+	23:14+	25:02+	27:54+	35:37+	37:44+	39:43+	41:29+	42:36+	42:51+
03:28+	02:20+	02:46-	01:56+	01:44-	00:48-	01:51-	02:32+	02:02+	03:47+	01:48+	02:52+	07:43+	02:07+	01:59+	01:46-	01:07-	00:15+
01:32@	00:03+	00:12-	00:01+	00:38-	00:06-	00:01-	00:49@	00:03+	00:09+	00:10#	00:07+	04:45@	00:03+	00:46@	00:05-	00:02-	00:02#

5	Berit Bakken	1884	44:20														
02:13+	04:45+	09:07+	11:58+	14:49+	15:54+	17:57+	19:39+	23:20+	27:44+	29:44+	33:32+	36:34+	39:12+	40:36+	42:47+	44:01+	44:20+
02:13+	02:32+	04:22+	02:51+	02:51+	01:05+	02:03+	01:42-	03:41+	04:24+	02:00+	03:48+	03:02+	02:38+	01:24+	02:11+	01:14+	00:19+
00:17#	00:15#	01:24@	00:56@	00:29#	00:11#	00:11+	00:01-	01:42@	00:46#	00:22#	01:03@	00:04+	00:34@	00:11#	00:20#	00:05+	00:06@

6	Tove Bjerkreim	722	45:30														
02:17+	04:43+	15:03+	16:54+	18:43+	19:30+	21:08+	22:43+	24:30+	28:15+	29:54+	32:47+	35:44+	40:50+	42:32+	43:55+	45:15+	45:30+
02:17+	02:26+	10:20+	01:51-	01:49-	00:47-	01:38-	01:35-	01:47-	03:45+	01:39+	02:53+	02:57-	05:06+	01:42+	01:23-	01:20+	00:15+
00:21#	00:09+	07:22@	00:04-	00:33-	00:07-	00:14-	00:08-	00:12-	00:07+	00:01+	00:08+	00:01-	03:02@	00:29@	00:28-	00:11#	00:02#

7	Liv Sissel Obrestad	3529	1:00:45														
02:51+	12:55+	17:06+	19:32+	21:47+	23:08+	26:25+	28:16+	33:20+	38:50+	40:50+	43:53+	47:27+	50:22+	52:24+	54:52+	60:28+	60:45+
02:51+	10:04+	04:11+	02:26+	02:15-	01:21+	03:17+	01:51+	05:04+	05:30+	02:00+	03:03+	03:34+	02:55+	02:02+	02:28+	05:36+	00:17+
00:55@	07:47@	01:13@	00:31@	00:07-	00:27@	01:25@	00:08+	03:05@	01:52@	00:22#	00:18#	00:36#	00:51@	00:49@	00:37@	04:27@	00:04@

8	Kari Eva Thiis Blixhavn	3565	1:05:53														
03:02+	06:36+	11:05+	14:09+	22:39+	24:10+	26:30+	29:05+	32:18+	37:57+	40:24+	47:53+	55:01+	58:30+	60:25+	63:25+	65:32+	65:53+
03:02+	03:34+	04:29+	03:04+	08:30+	01:31+	02:20+	02:35+	03:13+	05:39+	02:27+	07:29+	07:08+	03:29+	01:55+	03:00+	02:07+	00:21+
01:06@	01:17@	01:31@	01:09@	06:08@	00:37@	00:28#	00:52@	01:14@	02:01@	00:49@	04:44@	04:10@	01:25@	00:42@	01:09@	00:58@	00:08@

9	Åse Jacobsen Kro	879	1:22:15														
10:36+	14:55+	30:57+	32:54+	35:52+	36:43+	40:13+	42:24+	45:21+	54:58+	58:28+	63:47+	71:17+	74:57+	77:21+	79:31+	81:49+	82:15+
10:36+	04:19+	16:02+	01:57+	02:58+	00:51-	03:30+	02:11+	02:57+	09:37+	03:30+	05:19+	07:30+	03:40+	02:24+	02:10+	02:18+	00:26+
08:40@	02:02@	13:04@	00:02+	00:36@	00:03-	01:38@	00:28@	00:58@	05:59@	01:52@	02:34@	04:32@	01:36@	01:11@	00:19#	01:09@	00:13@

Beste strekktid for klassen

01:56 02:17 02:46 01:51 01:44 00:47 01:38 01:35 01:47 03:11 01:38 02:45 02:57 02:04 01:13 01:23 01:07 00:13

= 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	Berit Gramstad	3551	49:44															
02:48=	05:58=	09:43=	12:16=	15:01=	16:11=	18:38=	23:04=	25:25=	29:43=	32:06=	35:53=	39:44=	42:35=	44:28=	47:00=	49:20=	49:44=	
02:48=	03:10=	03:45=	02:33=	02:45=	01:10=	02:27=	04:26=	02:21=	04:18=	02:23=	03:47=	03:51=	02:51=	01:53=	02:32=	02:20=	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=	
2	Mette Dagsland	874	50:26															
05:09+	07:48+	11:37+	14:02+	16:53+	18:06+	20:49+	24:54+	27:09+	31:32+	33:29+	36:49+	40:28+	43:31+	45:46+	48:28+	50:07+	50:26+	
05:09+	02:39+	03:49+	02:25+	02:51+	01:13+	02:43+	04:05+	02:15+	04:23+	01:57+	03:20+	03:39+	03:03+	02:15+	02:42+	01:39+	00:19+	
05:09+	02:39+	03:49+	02:25+	02:51+	01:13+	02:43+	04:05+	02:15+	04:23+	01:57+	03:20+	03:39+	03:03+	02:15+	02:42+	01:39+	00:19+	
3	Lillian Dahl Fitjar	896	53:02															
02:21+	05:38+	11:14+	14:22+	18:39+	20:06+	22:27+	24:34+	27:36+	32:05+	34:34+	38:07+	41:29+	44:30+	46:54+	49:21+	52:39+	53:02+	
02:21+	03:17+	05:36+	03:08+	04:17+	01:27+	02:21+	02:07+	03:02+	04:29+	02:29+	03:33+	03:22+	03:01+	02:24+	02:27+	03:18+	00:23+	
02:21+	03:17+	05:36+	03:08+	04:17+	01:27+	02:21+	02:07+	03:02+	04:29+	02:29+	03:33+	03:22+	03:01+	02:24+	02:27+	03:18+	00:23+	
4	Halldis Handeland	892	1:01:11															
03:04+	07:10+	16:24+	19:54+	23:12+	25:17+	27:49+	30:00+	32:35+	37:31+	40:04+	44:47+	49:06+	52:43+	54:58+	58:36+	60:36+	61:11+	
03:04+	04:06+	09:14+	03:30+	03:18+	02:05+	02:32+	02:11+	02:35+	04:56+	02:33+	04:43+	04:19+	03:37+	02:15+	03:38+	02:00+	00:35+	
03:04+	04:06+	09:14+	03:30+	03:18+	02:05+	02:32+	02:11+	02:35+	04:56+	02:33+	04:43+	04:19+	03:37+	02:15+	03:38+	02:00+	00:35+	
5	Brit Skjelbred	1141	1:05:32															
03:59+	07:54+	13:04+	17:04+	20:40+	22:16+	25:58+	29:35+	32:32+	39:08+	41:55+	46:57+	51:58+	55:55+	57:49+	60:55+	64:19+	65:06+	65:32+
03:59+	03:55+	05:10+	04:00+	03:36+	01:36+	03:42+	03:37+	02:57+	06:36+	02:47+	05:02+	05:01+	03:57+	01:54+	03:06+	03:24+	00:47+	00:26+
03:59+	03:55+	05:10+	04:00+	03:36+	01:36+	03:42+	03:37+	02:57+	06:36+	02:47+	05:02+	05:01+	03:57+	01:54+	03:06+	03:24+	00:47+	00:26+

Beste strekktid for klassen

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

Damer 75 - 79 år

1	Turid Nystrøm	874	42:47														
02:13=	06:21=	10:07=	12:41=	14:39=	15:38=	17:30=	19:20=	21:31=	25:21=	27:11=	30:28=	33:49=	36:23=	38:12=	41:04=	42:28=	42:47=
02:13=	04:08=	03:46=	02:34=	01:58=	00:59=	01:52=	01:50=	02:11=	03:50=	01:50=	03:17=	03:21=	02:34=	01:49=	02:52=	01:24=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Haldis Glendrange	874	47:28														
02:11-	05:02-	09:08-	11:36-	14:20-	15:24-	17:30=	21:48+	24:21+	28:27+	31:04+	34:19+	38:27+	41:20+	42:59+	45:40+	47:09+	47:28+
02:11-	02:51-	04:06+	02:28-	02:44+	01:04+	02:06+	04:18+	02:33+	04:06+	02:37+	03:15-	04:08+	02:53+	01:39-	02:41-	01:29+	00:19=
00:02-	01:17-	00:20+	00:06-	00:46&	00:05+	00:14#	02:28@	00:22#	00:16+	00:47&	00:02-	00:47#	00:19#	00:10-	00:11-	00:05+	00:00=
3	Inger Skretting Opstad	3529	48:45														
02:32+	05:36-	10:08+	12:58+	15:09+	16:08+	18:04+	20:50+	23:20+	28:21+	30:37+	34:55+	38:38+	42:26+	44:14+	46:52+	48:27+	48:45+
02:32+	03:04+	04:32+	02:50+	02:11+	00:59=	01:56+	02:46+	02:30+	05:01+	02:16+	04:18+	03:43+	03:48+	01:48-	02:38-	01:35+	00:18-
00:19#	01:04-	00:46#	00:16#	00:13#	00:00=	00:04+	00:56&	00:19#	01:11&	00:26#	01:01&	00:22#	01:14&	00:01-	00:14-	00:11#	00:01-
4	Gry Vikhamar Thengs	874	50:10														
02:16+	04:52-	09:22-	12:37-	14:49+	15:54+	23:42+	25:43+	28:18+	32:22+	35:03+	38:17+	41:54+	44:41+	46:11+	48:23+	49:55+	50:10+
02:16+	02:36-	04:30+	03:15+	02:12+	01:05+	07:48+	02:01+	02:35+	04:04+	02:41+	03:14-	03:37+	02:47+	01:30-	02:12-	01:32+	00:15-
00:03+	01:32-	00:44#	00:41&	00:14#	00:06#	05:56@	00:11#	00:24#	00:14+	00:51&	00:03-	00:16+	00:13+	00:19-	00:40-	00:08+	00:04-
5	Hedvig Anda	1683	56:06														
03:37+	06:39+	10:51+	14:07+	17:31+	18:46+	21:12+	23:20+	25:39+	31:51+	34:10+	38:30+	44:31+	48:08+	50:47+	53:51+	55:44+	56:06+
03:37+	03:02-	04:12+	03:16+	03:24+	01:15+	02:26+	02:08+	02:19+	06:12+	02:19+	04:20+	06:01+	03:37+	02:39+	03:04+	01:53+	00:22+
01:24&	01:06-	00:26#	00:42&	01:26&	00:16&	00:34&	00:18#	00:08+	02:22&	00:29&	01:03&	02:40&	01:03&	00:50&	00:12+	00:29&	00:03#
6	Helga Klausen	769	58:53														
03:01+	06:22+	16:25+	19:12+	22:24+	23:53+	26:03+	28:47+	31:32+	37:34+	40:29+	44:25+	48:06+	51:10+	53:20+	56:59+	58:34+	58:53+
03:01+	03:21-	10:03+	02:47+	03:12+	01:29+	02:10+	02:44+	02:45+	06:02+	02:55+	03:56+	03:41+	03:04+	02:10+	03:39+	01:35+	00:19=
00:48&	00:47-	06:17@	00:13+	01:14&	00:30&	00:18#	00:54&	00:34&	02:12&	01:05&	00:39#	00:20+	00:30#	00:21#	00:47&	00:11#	00:00=
7	Aslaug Lura	1141	1:04:36														
02:56+	06:47+	11:58+	16:09+	19:35+	21:15+	25:04+	28:31+	31:40+	38:12+	40:47+	46:02+	50:58+	54:42+	56:47+	59:53+	64:10+	64:36+
02:56+	03:51-	05:11+	04:11+	03:26+	01:40+	03:49+	03:27+	03:09+	06:32+	02:35+	05:15+	04:56+	03:44+	02:05+	03:06+	04:17+	00:26+
00:43&	00:17-	01:25&	01:37&	01:28&	00:41&	01:57@	01:37&	00:58&	02:42&	00:45&	01:58&	01:35&	01:10&	00:16#	00:14+	02:53@	00:07&

Class	Navn	Klasse	Tid
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Damer 75 - 79 år

8	Brynhild Haaland	1758	1:05:25															
03:45+	07:44+	12:56+	16:54+	20:25+	22:17+	26:01+	29:33+	32:37+	38:58+	41:44+	46:41+	51:59+	55:39+	57:50+	60:53+	64:11+	64:56+	65:25+
03:45+	03:59-	05:12+	03:58+	03:31+	01:52+	03:44+	03:32+	03:04+	06:21+	02:46+	04:57+	05:18+	03:40+	02:11+	03:03+	03:18+	00:45+	00:29+
01:32&	00:09-	01:26&	01:24&	01:33&	00:53&	01:52&	01:42&	00:53&	02:31&	00:56&	01:40&	01:57&	01:06&	00:22#	00:11+	01:54@	00:26@	00:29+

Beste strekktid for klassen

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

Damer 80 år og eldre

1	Helga Aaslid	3529	48:22										
04:42=	07:26=	09:28=	11:04=	14:42=	19:16=	22:52=	27:21=	28:58=	30:38=	34:38=	44:40=	47:56=	48:22=
04:42=	02:44=	02:02=	01:36=	03:38=	04:34=	03:36=	04:29=	01:37=	01:40=	04:00=	10:02=	03:16=	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=

2	Berit Ebbell Olsen	874	52:24										
05:29+	08:06+	10:46+	12:34+	23:05+	28:20+	32:09+	36:04+	37:48+	39:55+	43:57+	47:30+	51:51+	52:24+
05:29+	02:37-	02:40+	01:48+	10:31+	05:15+	03:49+	03:55-	01:44+	02:07+	04:02+	03:33-	04:21+	00:33+
00:47#	00:07-	00:38&	00:12#	06:53@	00:41#	00:13+	00:34-	00:07+	00:27&	00:02+	06:29-	01:05&	00:07&

Beste strekktid for klassen

04:42 02:37 02:02 01:36 03:38 04:34 03:36 03:55 01:37 01:40 04:00 03:33 03:16 00:26

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

Damer A

1	Aud Hognestad Taksdal	892	41:34																						
02:40=	04:21=	06:02=	06:58=	08:14=	08:44=	10:57=	12:10=	13:24=	14:01=	14:22=	15:12=	17:02=	18:15=	19:34=	20:43=	23:06=	24:17=	24:46=	28:03=	28:51=	29:57=	31:45=	33:15=	34:12=	36:31=
02:40=	01:41=	01:41=	00:56=	01:16=	00:30=	02:13=	01:13=	01:14=	00:37=	00:21=	00:50=	01:50=	01:13=	01:19=	01:09=	02:23=	01:11=	00:29=	03:17=	00:48=	01:06=	01:48=	01:30=	00:57=	02:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
37:20=	38:17=	39:05=	40:20=	41:23=	41:34=																				
00:49=	00:57=	00:48=	01:15=	01:03=	00:11=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

2	Clare Leveridge	877	49:10																						
02:42+	04:13-	06:03+	06:45-	08:16+	08:47+	12:38+	14:01+	15:16+	15:57+	16:22+	17:20+	19:18+	20:39+	22:08+	23:41+	26:11+	27:54+	28:27+	32:29+	33:46+	35:06+	37:13+	39:30+	40:40+	43:17+
02:42+	01:31-	01:50+	00:42-	01:31+	00:31+	03:51+	01:23+	01:15+	00:41+	00:25+	00:58+	01:58+	01:21+	01:29+	01:33+	02:30+	01:43+	00:33+	04:02+	01:17+	01:20+	02:07+	02:17+	01:10+	02:37+
00:02+	00:10-	00:09+	00:14-	00:15#	00:01+	01:38&	00:10#	00:01+	00:04#	00:04#	00:08#	00:08+	00:08#	00:10#	00:24&	00:07+	00:32&	00:04#	00:45#	00:29&	00:14#	00:19#	00:47&	00:13#	00:18#
44:21+	45:15+	46:18+	47:52+	48:58+	49:10+																				
01:04+	00:54-	01:03+	01:34+	01:06+	00:12+																				
00:15&	00:03-	00:15&	00:19&	00:03+	00:01+																				

3	Trine Bolstad Scheie	769	52:28																						
03:18+	04:51+	06:49+	07:33+	08:56+	09:34+	13:21+	14:49+	16:11+	16:58+	17:18+	18:21+	20:26+	21:54+	23:25+	25:13+	28:02+	29:25+	29:58+	35:01+	36:01+	37:15+	39:23+	42:01+	43:03+	45:58+
03:18+	01:33-	01:58+	00:44-	01:23+	00:38+	03:47+	01:28+	01:22+	00:47+	00:20-	01:03+	02:05+	01:28+	01:31+	01:48+	02:49+	01:23+	00:33+	05:03+	01:00+	01:14+	02:08+	02:38+	01:02+	02:55+
00:38#	00:08-	00:17#	00:12-	00:07+	00:08&	01:34&	00:15#	00:08#	00:10&	00:01-	00:13&	00:15#	00:15#	00:12#	00:39&	00:26#	00:12#	00:04#	01:46&	00:12#	00:08#	00:20#	01:08&	00:05+	00:36&
47:27+	48:36+	49:42+	50:59+	52:13+	52:28+																				
01:29+	01:09+	01:06+	01:17+	01:14+	00:15+																				
00:40&	00:12#	00:18&	00:02+	00:11#	00:04&																				

4	Ane Helgerud	3516	53:57																						
02:42+	04:12-	06:16+	06:55-	09:01+	09:40+	12:12+	13:31+	14:42+	15:22+	15:49+	16:38+	18:46+	20:06+	21:32+	22:44+	25:23+	26:48+	27:26+	35:16+	37:07+	38:56+	41:14+	43:14+	45:28+	48:01+
02:42+	01:30-	02:04+	00:39-	02:06+	00:39+	02:32+	01:19+	01:11-	00:40+	00:27+	00:49-	02:08+	01:20+	01:26+	01:12+	02:39+	01:25+	00:38+	07:50+	01:51+	01:49+	02:18+	02:00+	02:14+	02:33+
00:02+	00:11-	00:23#	00:17-	00:50&	00:09&	00:19#	00:06+	00:03-	00:03+	00:06&	00:01-	00:18#	00:07+	00:07+	00:03+	00:16#	00:14#	00:09&	04:33@	01:03@	00:43&	00:30&	00:30&	01:17@	00:14#
48:52+	49:55+	50:54+	52:11+	53:44+	53:57+																				
00:51+	01:03+	00:59+	01:17+	01:33+	00:13+																				
00:02+	00:06#	00:11#	00:02+	00:30&	00:02#																				

Class	Navn	Klasse										Tid									
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Damer A

5	Silje Skorve Skarpeid	1758	54:57																						
02:52+	04:35+	08:27+	09:47+	11:25+	11:58+	15:09+	16:27+	17:43+	18:31+	19:02+	20:00+	21:51+	23:09+	24:49+	26:26+	29:09+	30:34+	31:05+	35:32+	37:09+	39:20+	41:46+	44:02+	45:17+	48:10+
02:52+	01:43+	03:52+	01:20+	01:38+	00:33+	03:11+	01:18+	01:16+	00:48+	00:31+	00:58+	01:51+	01:18+	01:40+	01:37+	02:43+	01:25+	00:31+	04:27+	01:37+	02:11+	02:26+	02:16+	01:15+	02:53+
00:12+	00:02+	02:11@	00:24&	00:22&	00:03#	00:58&	00:05+	00:02+	00:11&	00:10&	00:08#	00:01+	00:05+	00:21&	00:28&	00:20#	00:14#	00:02+	01:10&	00:49@	01:05&	00:38&	00:46&	00:18&	00:34#
49:20+	50:20+	51:24+	53:14+	54:42+	54:57+																				
01:10+	01:00+	01:04+	01:50+	01:28+	00:15+																				
00:21&	00:03+	00:16&	00:35&	00:25&	00:04&																				
6	Matilde Skjæveland Skår	3486	55:48																						
02:55+	04:28+	07:31+	08:06+	10:36+	11:14+	14:27+	15:46+	17:05+	17:48+	18:17+	19:36+	21:29+	22:52+	24:40+	26:09+	28:44+	29:56+	31:05+	35:38+	38:59+	40:19+	43:03+	45:11+	46:51+	49:22+
02:55+	01:33+	03:03+	00:35+	02:30+	00:38+	03:13+	01:19+	01:19+	00:43+	00:29+	01:19+	01:53+	01:23+	01:48+	01:29+	02:35+	01:12+	01:09+	04:33+	03:21+	01:20+	02:44+	02:08+	01:40+	02:31+
02:55+	01:33+	03:03+	00:35+	02:30+	00:38+	03:13+	01:19+	01:19+	00:43+	00:29+	01:19+	01:53+	01:23+	01:48+	01:29+	02:35+	01:12+	01:09+	04:33+	03:21+	01:20+	02:44+	02:08+	01:40+	02:31+
50:17+	51:16+	52:46+	54:26+	55:36+	55:48+																				
00:55+	00:59+	01:30+	01:40+	01:10+	00:12+																				
00:55+	00:59+	01:30+	01:40+	01:10+	00:12+																				
7	Torill Brekken	896	1:09:06																						
04:27+	06:39+	09:11+	10:02+	12:07+	12:49+	17:37+	19:23+	21:00+	22:00+	22:33+	24:39+	28:44+	30:34+	32:50+	34:44+	38:14+	40:10+	41:02+	48:17+	49:26+	51:05+	53:31+	56:10+	58:39+	61:43+
04:27+	02:12+	02:32+	00:51+	02:05+	00:42+	04:48+	01:46+	01:37+	01:00+	00:33+	02:06+	04:05+	01:50+	02:16+	01:54+	03:30+	01:56+	00:52+	07:15+	01:09+	01:39+	02:26+	02:39+	02:29+	03:04+
04:27+	02:12+	02:32+	00:51+	02:05+	00:42+	04:48+	01:46+	01:37+	01:00+	00:33+	02:06+	04:05+	01:50+	02:16+	01:54+	03:30+	01:56+	00:52+	07:15+	01:09+	01:39+	02:26+	02:39+	02:29+	03:04+
62:43+	64:08+	65:16+	67:23+	68:48+	69:06+																				
01:00+	01:25+	01:08+	02:07+	01:25+	00:18+																				
01:00+	01:25+	01:08+	02:07+	01:25+	00:18+																				

Beste strekktid for klassen

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

Damer B

1	Tone Torgersen	882	45:35																						
02:43=	03:41=	05:25=	07:17=	07:52=	09:16=	09:51=	11:43=	13:07=	14:30=	15:12=	15:34=	16:30=	18:33=	19:57=	23:51=	25:55=	26:26=	30:50=	31:54=	35:05=	37:45=	39:45=	41:29=	42:33=	43:36=
02:43=	00:58=	01:44=	01:52=	00:35=	01:24=	00:35=	01:52=	01:24=	01:23=	00:42=	00:22=	00:56=	02:03=	01:24=	03:54=	02:04=	00:31=	04:24=	01:04=	03:11=	02:40=	02:00=	01:44=	01:04=	01:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
44:30=	45:22=	45:35=																							
00:54=	00:52=	00:13=																							
00:00=	00:00=	00:00=																							
2	Lise Isachsen	1384	46:05																						
02:19-	03:30-	05:09-	07:00-	07:39-	09:24+	10:10+	13:01+	14:20+	15:40+	16:25+	16:52+	17:44+	19:56+	21:19+	24:41+	26:03+	27:01+	31:33+	33:01+	33:53-	38:17+	40:10+	41:41+	42:51+	43:51+
02:19-	01:11+	01:39-	01:51-	00:39+	01:45+	00:46+	02:51+	01:19-	01:20-	00:45+	00:27+	00:52-	02:12+	01:23-	03:22-	01:22-	00:58+	04:32+	01:28+	00:52-	04:24+	01:53-	01:31-	01:10+	01:00-
00:24-	00:13#	00:05-	00:01-	00:04#	00:21#	00:11&	00:59&	00:05-	00:03-	00:03+	00:05#	00:04-	00:09+	00:01-	00:32-	00:42-	00:27&	00:08+	00:24&	02:19-	01:44&	00:07-	00:13-	00:06+	00:03-
45:03+	45:52+	46:05+																							
01:12+	00:49-	00:13=																							
00:18&	00:03-	00:00=																							
3	Inger Tone Nygård	3502	48:06																						
02:31-	03:39-	05:37+	07:53+	08:35+	09:45+	10:21+	14:34+	16:06+	17:23+	18:10+	18:40+	19:40+	21:40+	23:15+	26:43+	28:12+	28:45+	33:11+	34:11+	35:19+	39:20+	41:24+	43:45+	44:53+	45:45+
02:31-	01:08+	01:58+	02:16+	00:42+	01:10-	00:36+	04:13+	01:32+	01:17-	00:47+	00:30+	01:00+	02:00-	01:35+	03:28-	01:29-	00:33+	04:26+	01:00-	01:08-	04:01+	02:04+	02:21+	01:08+	00:52-
00:12-	00:10#	00:14#	00:24#	00:07#	00:14-	00:01+	02:21@	00:08+	00:06-	00:05#	00:08&	00:04+	00:03-	00:11#	00:26-	00:35-	00:02+	00:02+	00:04-	02:03-	01:21&	00:04+	00:37&	00:04+	00:11-
46:56+	47:53+	48:06+																							
01:11+	00:57+	00:13-																							
00:17&	00:05+	00:00=																							
4	Agnes Haker	1284	48:50																						
02:14-	03:19-	05:02-	07:09-	07:47-	10:02+	11:15+	13:36+	14:52+	16:14+	16:55+	17:21+	18:23+	20:45+	22:21+	25:45+	27:09+	27:46+	33:33+	36:01+	37:03+	40:50+	42:35+	44:12+	45:12+	46:24+
02:14-	01:05+	01:43-	02:07+	00:38+	02:15+	01:13+	02:21+	01:16-	01:22-	00:41-	00:26+	01:02+	02:22+	01:36+	03:24-	01:24-	00:37+	05:47+	02:28+	01:02-	03:47+	01:45-	01:37-	01:00-	01:12+
00:29-	00:07#	00:01-	00:15#	00:03+	00:51&	00:38@	00:29&	00:08-	00:01-	00:01-	00:04#	00:06#	00:19#	00:12#	00:30-	00:40-	00:06#	01:23&	01:24@	02:09-	01:07&	00:15-	00:07-	00:04-	00:09#
47:41+	48:39+	48:50+																							
01:17+	00:58+	00:11-																							
00:23&	00:06#	00:02-																							

Damer B

5	Ann-Cathrin Nybak Urdal	3595	50:10
02:43=	03:56+ 05:44+ 08:11+ 08:56+ 10:38+	11:17+ 15:08+ 16:37+ 18:05+ 19:03+ 19:29+ 20:37+	22:55+ 24:38+ 28:25+ 30:40+ 31:16+ 36:27+ 37:45+ 38:52+ 41:54+ 43:44+ 45:32+ 46:43+ 47:51+
02:43=	01:13+ 01:48+ 02:27+ 00:45+ 01:42+	00:39+ 03:51+ 01:29+ 01:28+ 00:58+ 00:26+ 01:08+	02:18+ 01:43+ 03:47- 02:15+ 00:36+ 05:11+ 01:18+ 01:07- 03:02+ 01:50- 01:48+ 01:11+ 01:08+
00:00=	00:15& 00:04+ 00:35& 00:10& 00:18#	00:04# 01:59& 00:05+ 00:05+ 00:16& 00:04# 00:12#	00:15# 00:19# 00:07- 00:11+ 00:05# 00:47# 00:14# 02:04- 00:22# 00:10- 00:04+ 00:07# 00:05+
49:01+	49:56+ 50:10+		
01:10+	00:55+ 00:14+		
00:16&	00:03+ 00:01+		
6	Helen Lomeland	722	50:14
02:17+	03:24+ 05:09+ 08:58+ 09:47+ 11:13+	11:56+ 14:29+ 15:56+ 17:22+ 18:23+ 19:08+ 20:09+	22:19+ 23:45+ 27:18+ 28:42+ 30:21+ 34:42+ 37:22+ 38:29+ 41:53+ 44:02+ 45:51+ 46:58+ 47:56+
02:17+	01:07+ 01:45+ 03:49+ 00:49+ 01:26+	00:43+ 02:33+ 01:27+ 01:26+ 01:01+ 00:45+ 01:01+	02:10+ 01:26+ 03:33+ 01:24+ 01:39+ 04:21+ 02:40+ 01:07+ 03:24+ 02:09+ 01:49+ 01:07+ 00:58+
02:17+	01:07+ 01:45+ 03:49+ 00:49+ 01:26+	00:43+ 02:33+ 01:27+ 01:26+ 01:01+ 00:45+ 01:01+	02:10+ 01:26+ 03:33+ 01:24+ 01:39+ 04:21+ 02:40+ 01:07+ 03:24+ 02:09+ 01:49+ 01:07+ 00:58+
49:04+	50:02+ 50:14+		
01:08+	00:58+ 00:12+		
01:08+	00:58+ 00:12+		
7	Ingrid W. Hestness	896	52:12
02:25+	03:42+ 05:34+ 07:53+ 08:42+ 10:09+	11:03+ 14:11+ 15:36+ 17:02+ 19:19+ 20:00+ 21:04+	23:22+ 24:55+ 28:29+ 29:39+ 30:18+ 35:34+ 37:45+ 40:47+ 43:41+ 45:40+ 47:20+ 48:36+ 49:45+
02:25+	01:17+ 01:45+ 02:19+ 00:49+ 01:27+	00:54+ 03:08+ 01:25+ 01:26+ 02:17+ 00:41+ 01:04+	02:18+ 01:33+ 03:34+ 01:10+ 00:39+ 05:16+ 02:11+ 03:02+ 02:54+ 01:59+ 01:40+ 01:16+ 01:09+
02:25+	01:17+ 01:52+ 02:19+ 00:49+ 01:27+	00:54+ 03:08+ 01:25+ 01:26+ 02:17+ 00:41+ 01:04+	02:18+ 01:33+ 03:34+ 01:10+ 00:39+ 05:16+ 02:11+ 03:02+ 02:54+ 01:59+ 01:40+ 01:16+ 01:09+
50:51+	51:59+ 52:12+		
01:06+	01:08+ 00:13+		
01:06+	01:08+ 00:13+		
8	Ellen Tindeland	882	52:32
02:40+	03:45+ 05:36+ 08:26+ 09:17+ 10:49+	11:26+ 16:25+ 17:53+ 19:20+ 20:12+ 20:37+ 21:57+	24:10+ 25:44+ 29:48+ 31:32+ 32:10+ 36:48+ 37:51+ 39:51+ 43:24+ 45:19+ 48:06+ 49:07+ 50:05+
02:40+	01:05+ 01:51+ 02:50+ 00:51+ 01:32+	00:37+ 04:59+ 01:28+ 01:27+ 00:52+ 00:25+ 01:20+	02:13+ 01:34+ 04:04+ 01:44+ 00:38+ 04:38+ 01:03+ 02:00+ 03:33+ 01:55+ 02:47+ 01:01+ 00:58+
02:40+	01:05+ 01:51+ 02:50+ 00:51+ 01:32+	00:37+ 04:59+ 01:28+ 01:27+ 00:52+ 00:25+ 01:20+	02:13+ 01:34+ 04:04+ 01:44+ 00:38+ 04:38+ 01:03+ 02:00+ 03:33+ 01:55+ 02:47+ 01:01+ 00:58+
51:17+	52:19+ 52:32+		
01:12+	01:02+ 00:13+		
01:12+	01:02+ 00:13+		
9	Jorunn Johannesen	1683	53:14
02:26+	03:35+ 05:17+ 09:27+ 10:18+ 11:52+	12:33+ 15:35+ 17:18+ 18:45+ 21:01+ 21:29+ 22:36+	24:44+ 26:33+ 30:12+ 31:31+ 32:13+ 36:26+ 37:39+ 39:04+ 42:30+ 44:36+ 49:05+ 50:08+ 50:59+
02:26+	01:09+ 01:42+ 04:10+ 00:51+ 01:34+	00:41+ 03:02+ 01:43+ 01:27+ 02:16+ 00:28+ 01:07+	02:08+ 01:49+ 03:39+ 01:19+ 00:42+ 04:13+ 01:13+ 01:25+ 03:26+ 02:06+ 04:29+ 01:03+ 00:51+
02:26+	01:09+ 01:42+ 04:10+ 00:51+ 01:34+	00:41+ 03:02+ 01:43+ 01:27+ 02:16+ 00:28+ 01:07+	02:08+ 01:49+ 03:39+ 01:19+ 00:42+ 04:13+ 01:13+ 01:25+ 03:26+ 02:06+ 04:29+ 01:03+ 00:51+
52:06+	53:00+ 53:14+		
01:07+	00:54+ 00:14+		
01:07+	00:54+ 00:14+		
10	Ida Kolstø	3502	54:02
02:13+	03:39+ 05:27+ 08:25+ 09:11+ 10:37+	11:13+ 15:01+ 16:20+ 17:41+ 18:35+ 19:04+ 19:59+	21:52+ 23:28+ 27:04+ 28:55+ 29:32+ 37:47+ 39:15+ 41:03+ 45:31+ 47:28+ 49:27+ 50:41+ 51:51+
02:13+	01:26+ 01:48+ 02:58+ 00:46+ 01:26+	00:36+ 03:48+ 01:19+ 01:21+ 00:54+ 00:29+ 00:55+	01:53+ 01:36+ 03:36+ 01:51+ 00:37+ 08:15+ 01:28+ 01:48+ 04:28+ 01:57+ 01:59+ 01:14+ 01:10+
02:13+	01:26+ 01:48+ 02:58+ 00:46+ 01:26+	00:36+ 03:48+ 01:19+ 01:21+ 00:54+ 00:29+ 00:55+	01:53+ 01:36+ 03:36+ 01:51+ 00:37+ 08:15+ 01:28+ 01:48+ 04:28+ 01:57+ 01:59+ 01:14+ 01:10+
53:02+	53:50+ 54:02+		
01:11+	00:48+ 00:12+		
01:11+	00:48+ 00:12+		
11	Anina Hadland	3502	55:34
03:20+	04:21+ 06:17+ 08:43+ 09:20+ 11:09+	11:53+ 14:41+ 16:29+ 18:10+ 18:57+ 19:18+ 21:28+	25:45+ 27:19+ 34:07+ 35:24+ 35:59+ 40:54+ 42:00+ 43:12+ 46:17+ 48:13+ 50:27+ 51:39+ 53:07+
03:20+	01:01+ 01:56+ 02:26+ 00:37+ 01:49+	00:44+ 02:48+ 01:48+ 01:41+ 00:47+ 00:21+ 02:10+	04:17+ 01:34+ 06:48+ 01:17+ 00:35+ 04:55+ 01:06+ 01:12+ 03:05+ 01:56+ 02:14+ 01:12+ 01:28+
03:20+	01:01+ 01:56+ 02:26+ 00:37+ 01:49+	00:44+ 02:48+ 01:48+ 01:41+ 00:47+ 00:21+ 02:10+	04:17+ 01:34+ 06:48+ 01:17+ 00:35+ 04:55+ 01:06+ 01:12+ 03:05+ 01:56+ 02:14+ 01:12+ 01:28+
54:24+	55:23+ 55:34+		
01:17+	00:59+ 00:11+		
01:17+	00:59+ 00:11+		
12	Ann Karin Tjørhom	1884	56:37
03:12+	04:36+ 06:47+ 09:18+ 10:04+ 12:17+	13:02+ 15:44+ 17:29+ 19:05+ 20:04+ 20:32+ 21:36+	24:07+ 25:46+ 30:05+ 32:32+ 33:11+ 38:01+ 39:53+ 41:52+ 46:00+ 47:59+ 50:03+ 51:28+ 54:05+
03:12+	01:24+ 02:11+ 02:31+ 00:46+ 02:13+	00:45+ 02:42+ 01:45+ 01:36+ 00:59+ 00:28+ 01:04+	02:31+ 01:39+ 04:19+ 02:27+ 00:39+ 04:50+ 01:52+ 01:59+ 04:08+ 01:59+ 02:04+ 01:25+ 02:37+
03:12+	01:24+ 02:11+ 02:31+ 00:46+ 02:13+	00:45+ 02:42+ 01:45+ 01:36+ 00:59+ 00:28+ 01:04+	02:31+ 01:39+ 04:19+ 02:27+ 00:39+ 04:50+ 01:52+ 01:59+ 04:08+ 01:59+ 02:04+ 01:25+ 02:37+
55:20+	56:22+ 56:37+		
01:15+	01:02+ 00:15+		
01:15+	01:02+ 00:15+		

Damer B

13	Grethe Anda Fuglestad	1683	56:50																						
02:30+	03:42+	06:28+	08:23+	09:12+	10:33+	11:15+	17:03+	18:39+	20:07+	21:02+	21:27+	22:37+	24:59+	26:45+	30:38+	32:23+	33:08+	38:05+	39:12+	40:33+	44:09+	46:58+	51:20+	52:41+	53:44+
02:30+	01:12+	02:46+	01:55+	00:49+	01:21+	00:42+	05:48+	01:36+	01:28+	00:55+	00:25+	01:10+	02:22+	01:46+	03:53+	01:45+	00:45+	04:57+	01:07+	01:21+	03:36+	02:49+	04:22+	01:21+	01:03+
02:30+	01:12+	02:46+	01:55+	00:49+	01:21+	00:42+	05:48+	01:36+	01:28+	00:55+	00:25+	01:10+	02:22+	01:46+	03:53+	01:45+	00:45+	04:57+	01:07+	01:21+	03:36+	02:49+	04:22+	01:21+	01:03+
55:25+	56:35+	56:50+																							
01:41+	01:10+	00:15+																							
01:41+	01:10+	00:15+																							
14	Anne Garsrud	3518	57:41																						
02:42+	03:59+	05:45+	08:07+	08:54+	11:48+	12:43+	15:18+	17:04+	18:24+	20:08+	20:30+	21:30+	23:42+	25:03+	28:30+	29:53+	30:28+	35:51+	36:50+	37:56+	48:19+	50:22+	52:05+	53:29+	54:34+
02:42+	01:17+	01:46+	02:22+	00:47+	02:54+	00:55+	02:35+	01:46+	01:20+	01:44+	00:22+	01:00+	02:12+	01:21+	03:27+	01:23+	00:35+	05:23+	00:59+	01:06+	10:23+	02:03+	01:43+	01:24+	01:05+
02:42+	01:17+	01:46+	02:22+	00:47+	02:54+	00:55+	02:35+	01:46+	01:20+	01:44+	00:22+	01:00+	02:12+	01:21+	03:27+	01:23+	00:35+	05:23+	00:59+	01:06+	10:23+	02:03+	01:43+	01:24+	01:05+
56:25+	57:26+	57:41+																							
01:51+	01:01+	00:15+																							
01:51+	01:01+	00:15+																							
15	Toyah Bråtveit	1832	58:06																						
06:30+	07:50+	09:34+	13:11+	13:53+	15:32+	16:07+	19:50+	21:13+	22:33+	23:31+	24:09+	25:11+	27:04+	28:41+	32:18+	35:12+	35:48+	40:29+	41:51+	43:27+	48:19+	50:44+	52:47+	54:46+	56:00+
06:30+	01:20+	01:44+	03:37+	00:42+	01:39+	00:35+	03:43+	01:23+	01:20+	00:58+	00:38+	01:02+	01:53+	01:37+	03:37+	02:54+	00:36+	04:41+	01:22+	01:36+	04:52+	02:25+	02:03+	01:59+	01:14+
06:30+	01:20+	01:44+	03:37+	00:42+	01:39+	00:35+	03:43+	01:23+	01:20+	00:58+	00:38+	01:02+	01:53+	01:37+	03:37+	02:54+	00:36+	04:41+	01:22+	01:36+	04:52+	02:25+	02:03+	01:59+	01:14+
56:52+	57:54+	58:06+																							
00:52+	01:02+	00:12+																							
00:52+	01:02+	00:12+																							
16	Anne Sæbø Vik	1683	59:12																						
02:34+	03:53+	06:11+	08:26+	09:28+	12:55+	13:38+	20:31+	22:04+	23:33+	24:34+	25:03+	26:08+	28:12+	29:44+	33:24+	34:58+	35:34+	40:40+	41:44+	43:02+	49:37+	51:36+	53:43+	55:22+	56:39+
02:34+	01:19+	02:18+	02:15+	01:02+	03:27+	00:43+	06:53+	01:33+	01:29+	01:01+	00:29+	01:05+	02:04+	01:32+	03:40+	01:34+	00:36+	05:06+	01:04+	01:18+	06:35+	01:59+	02:07+	01:39+	01:17+
02:34+	01:19+	02:18+	02:15+	01:02+	03:27+	00:43+	06:53+	01:33+	01:29+	01:01+	00:29+	01:05+	02:04+	01:32+	03:40+	01:34+	00:36+	05:06+	01:04+	01:18+	06:35+	01:59+	02:07+	01:39+	01:17+
57:52+	58:57+	59:12+																							
01:13+	01:05+	00:15+																							
01:13+	01:05+	00:15+																							
17	Hege Anita H. Nielsen	3545	59:48																						
03:01+	04:20+	06:59+	09:55+	11:06+	12:33+	13:16+	17:18+	19:02+	20:51+	21:48+	22:18+	23:30+	26:12+	28:07+	32:59+	35:11+	36:04+	42:00+	43:21+	44:39+	48:37+	51:15+	53:40+	55:36+	57:13+
03:01+	01:19+	02:39+	02:56+	01:11+	01:27+	00:43+	04:02+	01:44+	01:49+	00:57+	00:30+	01:12+	02:42+	01:55+	04:52+	02:12+	00:53+	05:56+	01:21+	01:18+	03:58+	02:38+	02:25+	01:56+	01:37+
03:01+	01:19+	02:39+	02:56+	01:11+	01:27+	00:43+	04:02+	01:44+	01:49+	00:57+	00:30+	01:12+	02:42+	01:55+	04:52+	02:12+	00:53+	05:56+	01:21+	01:18+	03:58+	02:38+	02:25+	01:56+	01:37+
58:29+	59:35+	59:48+																							
01:16+	01:06+	00:13+																							
01:16+	01:06+	00:13+																							
18	Ragnhild Auglænd	769	1:00:16																						
02:57+	04:21+	06:22+	08:56+	09:41+	11:02+	11:42+	15:09+	17:10+	18:59+	20:43+	21:14+	22:31+	25:15+	27:05+	31:52+	33:57+	34:51+	40:51+	42:02+	44:09+	49:41+	51:58+	54:53+	56:13+	57:45+
02:57+	01:24+	02:01+	02:34+	00:45+	01:21+	00:40+	03:27+	02:01+	01:49+	01:44+	00:31+	01:17+	02:44+	01:50+	04:47+	02:05+	00:54+	06:00+	01:11+	02:07+	05:32+	02:17+	02:55+	01:20+	01:32+
02:57+	01:24+	02:01+	02:34+	00:45+	01:21+	00:40+	03:27+	02:01+	01:49+	01:44+	00:31+	01:17+	02:44+	01:50+	04:47+	02:05+	00:54+	06:00+	01:11+	02:07+	05:32+	02:17+	02:55+	01:20+	01:32+
59:00+	60:00+	60:16+																							
01:15+	01:00+	00:16+																							
01:15+	01:00+	00:16+																							
19	Kristin Breivold	892	1:01:53																						
03:01+	04:14+	08:37+	11:14+	12:46+	16:45+	17:30+	21:12+	22:49+	24:20+	26:04+	26:38+	27:48+	30:15+	32:25+	36:54+	39:04+	39:45+	44:52+	46:28+	48:02+	51:58+	54:22+	56:30+	57:57+	59:04+
03:01+	01:13+	04:23+	02:37+	01:32+	03:59+	00:45+	03:42+	01:37+	01:31+	01:44+	00:34+	01:10+	02:27+	02:10+	04:29+	02:10+	00:41+	05:07+	01:36+	01:34+	03:56+	02:24+	02:08+	01:27+	01:07+
03:01+	01:13+	04:23+	02:37+	01:32+	03:59+	00:45+	03:42+	01:37+	01:31+	01:44+	00:34+	01:10+	02:27+	02:10+	04:29+	02:10+	00:41+	05:07+	01:36+	01:34+	03:56+	02:24+	02:08+	01:27+	01:07+
60:34+	61:37+	61:53+																							
01:30+	01:03+	00:16+																							
01:30+	01:03+	00:16+																							
20	Mariann Sveinsvoll	3504	1:04:36																						
02:36+	04:01+	06:15+	09:00+	10:03+	12:43+	13:32+	17:18+	19:03+	20:44+	22:10+	22:45+	24:09+	27:02+	28:58+	33:06+	35:10+	36:10+	42:08+	45:00+	46:33+	51:31+	54:25+	56:50+	60:13+	61:54+
02:36+	01:25+	02:14+	02:45+	01:03+	02:40+	00:49+	03:46+	01:45+	01:41+	01:26+	00:35+	01:24+	02:53+	01:56+	04:08+	02:04+	01:00+	05:58+	02:52+	01:33+	04:58+	02:54+	02:25+	03:23+	01:41+
02:36+	01:25+	02:14+	02:45+	01:03+	02:40+	00:49+	03:46+	01:45+	01:41+	01:26+	00:35+	01:24+	02:53+	01:56+	04:08+	02:04+	01:00+	05:58+	02:52+	01:33+	04:58+	02:54+	02:25+	03:23+	01:41+
63:15+	64:22+	64:36+																							
01:21+	01:07+	00:14+																							
01:21+	01:07+	00:14+																							

Beste strekktid for klassen

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

Damer Ny

1	Bente Klausen	769	14:31								
01:36=	02:15=	03:23=	04:46=	06:49=	08:19=	09:27=	09:57=	11:28=	12:42=	14:14=	14:31=
01:36=	00:39=	01:08=	01:23=	02:03=	01:30=	01:08=	00:30=	01:31=	01:14=	01:32=	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=
2	Karoline Blyberg Lillehammer	1758	17:38								
01:23-	02:01-	03:53+	05:08+	07:40+	09:25+	10:34+	11:35+	12:58+	15:58+	17:23+	17:38+
01:23-	00:38-	01:52+	01:15-	02:32+	01:45+	01:09+	01:01+	01:23-	03:00+	01:25-	00:15-
00:13-	00:01-	00:44&	00:08-	00:29#	00:15#	00:01+	00:31@	00:08-	01:46@	00:07-	00:02-
3	Jannecke A. Moe	1758	21:46								
01:58+	02:55+	04:52+	06:16+	11:41+	13:22+	14:52+	15:44+	17:57+	19:52+	21:16+	21:46+
01:58+	00:57+	01:57+	01:24+	05:25+	01:41+	01:30+	00:52+	02:13+	01:55+	01:24-	00:30+
00:22#	00:18&	00:49&	00:01+	03:22@	00:11#	00:22&	00:22&	00:42&	00:41&	00:08-	00:13&
Beste strekktid for klassen											
01:23	00:38	01:08	01:15	02:03	01:30	01:08	00:30	01:23	01:14	01:24	00:15

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

Damer Trim

1	Fride Wirak	1830	22:49											
01:42=	03:47=	05:47=	07:20=	08:25=	09:59=	10:38=	12:49=	15:20=	17:22=	18:25=	19:35=	21:30=	22:35=	22:49=
01:42=	02:05=	02:00=	01:33=	01:05=	01:34=	00:39=	02:11=	02:31=	02:02=	01:03=	01:10=	01:55=	01:05=	00:14=
00:00=	00:00=	00:00=	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	24:48											
01:21-	03:28-	05:20-	06:48-	07:52-	10:47+	11:33+	14:13+	17:04+	19:10+	20:09+	21:19+	23:16+	24:33+	24:48+
01:21-	02:07+	01:52-	01:28-	01:04-	02:55+	00:46+	02:40+	02:51+	02:06+	00:59-	01:10=	01:57+	01:17+	00:15+
00:21-	00:02+	00:08-	00:05-	00:01-	01:21&	00:07#	00:29#	00:20#	00:04+	00:04-	00:00=	00:02+	00:12#	00:01+
3	Marit L. Undheim	3529	25:17											
01:23-	03:25-	05:55+	07:23+	08:29+	10:41+	11:26+	13:50+	16:18+	18:45+	19:50+	21:08+	23:47+	25:01+	25:17+
01:23-	02:02-	02:30+	01:28-	01:06+	02:12+	00:45+	02:24+	02:28-	02:27+	01:05+	01:18+	02:39+	01:14+	00:16+
00:19-	00:03-	00:30#	00:05-	00:01+	00:38&	00:06#	00:13+	00:03-	00:25#	00:02+	00:08#	00:44&	00:09#	00:02#
4	Marta Bertolaso	1832	26:45											
01:23-	03:27-	05:14-	06:50-	08:04-	10:21+	11:10+	13:22+	16:22+	18:54+	20:23+	21:50+	24:16+	26:27+	26:45+
01:23-	02:04-	01:47-	01:36+	01:14+	02:17+	00:49+	02:12+	03:00+	02:32+	01:29+	01:27+	02:26+	02:11+	00:18+
00:19-	00:01-	00:13-	00:03+	00:09#	00:43&	00:10&	00:01+	00:29#	00:30#	00:26&	00:17#	00:31&	01:06@	00:04&
5	Silje Rese	1832	26:45											
01:21-	03:24-	05:17-	06:52-	08:06-	10:18+	11:13+	13:25+	16:19+	19:00+	20:27+	21:53+	24:13+	26:24+	26:45+
01:21-	02:03-	01:53-	01:35+	01:14+	02:12+	00:55+	02:12+	02:54+	02:41+	01:27+	01:26+	02:20+	02:11+	00:21+
00:21-	00:02-	00:07-	00:02+	00:09#	00:38&	00:16&	00:01+	00:23#	00:39&	00:24&	00:16#	00:25#	01:06@	00:07&
6	Elisabet Horpestad	896	26:59											
01:25-	04:14+	06:11+	07:39+	08:44+	11:28+	13:11+	15:24+	18:08+	20:51+	22:10+	23:26+	25:34+	26:47+	26:59+
01:25-	02:49+	01:57-	01:28-	01:05=	02:44+	01:43+	02:13+	02:44+	02:43+	01:19+	01:16+	02:08+	01:13+	00:12-
00:17-	00:44&	00:03-	00:05-	00:00=	01:10&	01:04@	00:02+	00:13+	00:41&	00:16&	00:06+	00:13#	00:08#	00:02-
7	Monica Regine Romstad	722	27:28											
01:32-	04:03+	05:55+	07:35+	08:45+	11:40+	12:36+	15:04+	17:36+	20:11+	21:56+	23:10+	25:51+	27:13+	27:28+
01:32-	02:31+	01:52-	01:40+	01:10+	02:55+	00:56+	02:28+	02:32+	02:35+	01:45+	01:14+	02:41+	01:22+	00:15+
00:10-	00:26#	00:08-	00:07+	00:05+	01:21&	00:17&	00:17#	00:01+	00:33&	00:42&	00:04+	00:46&	00:17&	00:01+
8	Ane Odland	1683	28:02											
01:31-	03:36-	05:41-	07:09-	08:18-	12:39+	14:17+	16:19+	19:15+	21:54+	23:29+	24:47+	26:41+	27:50+	28:02+
01:31-	02:05=	02:05+	01:28-	01:09+	04:21+	01:38+	02:02-	02:56+	02:39+	01:35+	01:18+	01:54-	01:09+	00:12-
00:11-	00:00=	00:05+	00:05-	00:04+	02:47@	00:59@	00:09-	00:25#	00:37&	00:32&	00:08#	00:01-	00:04+	00:02-
9	Elisa Møller	769	28:03											
01:43+	04:13+	06:22+	08:05+	09:19+	11:46+	12:42+	15:19+	18:23+	21:11+	22:28+	24:10+	26:25+	27:49+	28:03+
01:43+	02:30+	02:09+	01:43+	01:14+	02:27+	00:56+	02:37+	03:04+	02:48+	01:17+	01:42+	02:15+	01:24+	00:14=
00:01+	00:25#	00:09+	00:10#	00:09#	00:53&	00:17&	00:26#	00:33#	00:46&	00:14#	00:32&	00:20#	00:19&	00:00=

Damer Trim

10	Siv Bogfjelldal	3507	28:05											
01:28-	03:39-	05:48+	07:27+	08:34+	11:46+	12:34+	15:37+	18:32+	21:11+	22:26+	23:49+	25:52+	27:47+	28:05+
01:28-	02:11+	02:09+	01:39+	01:07+	03:12+	00:48+	03:03+	02:55+	02:39+	01:15+	01:23+	02:03+	01:55+	00:18+
00:14-	00:06+	00:09+	00:06+	00:02+	01:38	00:09#	00:52#	00:24#	00:37#	00:12#	00:13#	00:08+	00:50#	00:04#
11	Mona Berntsen	1832	28:20											
01:25+	03:39+	05:37+	07:17+	08:29+	10:40+	11:27+	16:09+	19:13+	22:02+	23:12+	24:32+	26:44+	28:03+	28:20+
01:25+	02:14+	01:58+	01:40+	01:12+	02:11+	00:47+	04:42+	03:04+	02:49+	01:10+	01:20+	02:12+	01:19+	00:17+
01:25+	02:14+	01:58+	01:40+	01:12+	02:11+	00:47+	04:42+	03:04+	02:49+	01:10+	01:20+	02:12+	01:19+	00:17+
12	Karine Ditlevsen	896	28:28											
01:52+	04:29+	07:05+	08:48+	09:54+	12:28+	13:30+	16:06+	19:30+	21:48+	23:04+	24:28+	26:37+	28:12+	28:28+
01:52+	02:37+	02:36+	01:43+	01:06+	02:34+	01:02+	02:36+	03:24+	02:18+	01:16+	01:24+	02:09+	01:35+	00:16+
01:52+	02:37+	02:36+	01:43+	01:06+	02:34+	01:02+	02:36+	03:24+	02:18+	01:16+	01:24+	02:09+	01:35+	00:16+
13	Therese Østbø	896	28:31											
01:54+	04:32+	07:10+	08:50+	09:56+	12:31+	13:32+	16:08+	19:29+	21:50+	23:07+	24:31+	26:37+	28:15+	28:31+
01:54+	02:38+	02:38+	01:40+	01:06+	02:35+	01:01+	02:36+	03:21+	02:21+	01:17+	01:24+	02:06+	01:38+	00:16+
01:54+	02:38+	02:38+	01:40+	01:06+	02:35+	01:01+	02:36+	03:21+	02:21+	01:17+	01:24+	02:06+	01:38+	00:16+
14	Sigrund Serigstad	879	28:54											
01:09+	04:46+	07:12+	10:15+	11:08+	15:00+	15:56+	18:23+	21:22+	23:17+	24:24+	25:38+	27:18+	28:42+	28:54+
01:09+	03:37+	02:26+	03:03+	00:53+	03:52+	00:56+	02:27+	02:59+	01:55+	01:07+	01:14+	01:40+	01:24+	00:12+
01:09+	03:37+	02:26+	03:03+	00:53+	03:52+	00:56+	02:27+	02:59+	01:55+	01:07+	01:14+	01:40+	01:24+	00:12+
15	Ingunn Monsen	3525	29:03											
01:28+	03:47+	06:36+	08:12+	09:28+	11:49+	12:36+	17:09+	20:10+	22:42+	23:52+	25:11+	27:29+	28:47+	29:03+
01:28+	02:19+	02:49+	01:36+	01:16+	02:21+	00:47+	04:33+	03:01+	02:32+	01:10+	01:19+	02:18+	01:18+	00:16+
01:28+	02:19+	02:49+	01:36+	01:16+	02:21+	00:47+	04:33+	03:01+	02:32+	01:10+	01:19+	02:18+	01:18+	00:16+
16	Oda Ravnås Waldeland	NOTEAM	30:53											
01:34+	03:38+	06:12+	07:50+	08:52+	13:19+	16:08+	18:56+	22:00+	24:31+	25:59+	27:10+	29:28+	30:36+	30:53+
01:34+	02:04+	02:34+	01:38+	01:02+	04:27+	02:49+	02:48+	03:04+	02:31+	01:28+	01:11+	02:18+	01:08+	00:17+
01:34+	02:04+	02:34+	01:38+	01:02+	04:27+	02:49+	02:48+	03:04+	02:31+	01:28+	01:11+	02:18+	01:08+	00:17+
17	Karianne Skogland Enerstvedt	722	32:03											
01:35+	03:48+	05:36+	09:37+	10:43+	13:32+	14:54+	18:52+	21:58+	24:52+	25:51+	27:23+	29:31+	31:45+	32:03+
01:35+	02:13+	01:48+	04:01+	01:06+	02:49+	01:22+	03:58+	03:06+	02:54+	00:59+	01:32+	02:08+	02:14+	00:18+
01:35+	02:13+	01:48+	04:01+	01:06+	02:49+	01:22+	03:58+	03:06+	02:54+	00:59+	01:32+	02:08+	02:14+	00:18+
18	Ingrid Dagsland Halderaker	3562	32:26											
02:05+	04:56+	07:19+	09:24+	11:02+	13:14+	14:02+	16:35+	20:18+	23:15+	24:42+	26:29+	28:51+	32:05+	32:26+
02:05+	02:51+	02:23+	02:05+	01:38+	02:12+	00:48+	02:33+	03:43+	02:57+	01:27+	01:47+	02:22+	03:14+	00:21+
02:05+	02:51+	02:23+	02:05+	01:38+	02:12+	00:48+	02:33+	03:43+	02:57+	01:27+	01:47+	02:22+	03:14+	00:21+
19	Tonje Undheim	3533	32:41											
01:27+	04:19+	07:11+	09:01+	10:13+	14:28+	15:48+	18:34+	21:25+	24:16+	25:38+	27:13+	31:00+	32:22+	32:41+
01:27+	02:52+	02:52+	01:50+	01:12+	04:15+	01:20+	02:46+	02:51+	02:51+	01:22+	01:35+	03:47+	01:22+	00:19+
01:27+	02:52+	02:52+	01:50+	01:12+	04:15+	01:20+	02:46+	02:51+	02:51+	01:22+	01:35+	03:47+	01:22+	00:19+
20	Marianne Berge	3512	33:02											
01:35+	04:56+	07:48+	09:30+	10:46+	12:51+	13:59+	19:12+	23:03+	26:19+	27:32+	28:59+	31:16+	32:44+	33:02+
01:35+	03:21+	02:52+	01:42+	01:16+	02:05+	01:08+	05:13+	03:51+	03:16+	01:13+	01:27+	02:17+	01:28+	00:18+
01:35+	03:21+	02:52+	01:42+	01:16+	02:05+	01:08+	05:13+	03:51+	03:16+	01:13+	01:27+	02:17+	01:28+	00:18+
21	Unni Byberg Mæstad	892	33:14											
01:41+	04:22+	06:45+	08:41+	10:06+	13:18+	14:12+	17:08+	20:33+	24:18+	25:35+	27:08+	30:21+	32:56+	33:14+
01:41+	02:41+	02:23+	01:56+	01:25+	03:12+	00:54+	02:56+	03:25+	03:45+	01:17+	01:33+	03:13+	02:35+	00:18+
01:41+	02:41+	02:23+	01:56+	01:25+	03:12+	00:54+	02:56+	03:25+	03:45+	01:17+	01:33+	03:13+	02:35+	00:18+
22	Anette Tronstad	1832	34:31											
01:36+	05:04+	07:30+	09:36+	10:55+	15:33+	16:28+	20:49+	24:16+	27:05+	28:19+	30:06+	32:37+	34:12+	34:31+
01:36+	03:28+	02:26+	02:06+	01:19+	04:38+	00:55+	04:21+	03:27+	02:49+	01:14+	01:47+	02:31+	01:35+	00:19+
01:36+	03:28+	02:26+	02:06+	01:19+	04:38+	00:55+	04:21+	03:27+	02:49+	01:14+	01:47+	02:31+	01:35+	00:19+
23	Marie Hernæs Larsen	3565	34:41											
01:32+	04:56+	08:27+	10:12+	11:24+	16:08+	17:07+	20:03+	23:17+	26:52+	28:45+	30:12+	32:44+	34:22+	34:41+
01:32+	03:24+	03:31+	01:45+	01:12+	04:44+	00:59+	02:56+	03:14+	03:35+	01:53+	01:27+	02:32+	01:38+	00:19+
01:32+	03:24+	03:31+	01:45+	01:12+	04:44+	00:59+	02:56+	03:14+	03:35+	01:53+	01:27+	02:32+	01:38+	00:19+

Damer Trim

24	Stine Dalland	3512	35:00
01:13+	03:23+	06:32+	12:29+
01:13+	02:10+	03:09+	05:57+
01:13+	02:10+	03:09+	05:57+
01:00+	01:54+	03:19+	03:12+
01:00+	01:54+	03:19+	03:12+
03:11+	02:59+	01:09+	01:14+
02:30+	01:48+	00:15+	00:15+
25	Heidi Camilla Raugstad Hovet	769	35:32
01:31+	05:37+	08:13+	10:05+
01:31+	04:06+	02:36+	01:52+
01:31+	04:06+	02:36+	01:52+
01:22+	03:58+	01:15+	04:14+
01:22+	03:58+	01:15+	04:14+
03:21+	03:03+	01:21+	01:44+
03:06+	01:44+	00:19+	00:19+
26	Eli Thorset Våge	896	35:47
02:06+	05:04+	08:02+	10:14+
02:06+	02:58+	02:58+	02:12+
02:06+	02:58+	02:58+	02:12+
01:45+	03:50+	01:05+	03:05+
04:00+	03:18+	01:37+	01:48+
02:50+	01:57+	00:18+	00:18+
27	Ritva Halsne	722	35:55
01:31+	03:49+	06:23+	08:09+
01:31+	02:18+	02:34+	01:46+
01:31+	02:18+	02:34+	01:46+
01:12+	03:01+	01:01+	04:12+
01:12+	03:01+	01:01+	04:12+
03:15+	08:02+	01:32+	01:09+
02:16+	01:49+	00:17+	00:17+
28	Marianne Høie	1683	36:02
06:25+	09:22+	11:58+	13:40+
06:25+	02:57+	02:36+	01:42+
06:25+	02:57+	02:36+	01:42+
01:23+	03:07+	01:04+	03:08+
01:23+	03:07+	01:04+	03:08+
03:55+	02:49+	01:18+	01:27+
02:20+	01:34+	00:17+	00:17+
29	Ingrid Overegseth Foss	896	37:24
01:25+	03:26+	05:08+	06:38+
01:25+	02:01+	01:42+	01:30+
01:25+	02:01+	01:42+	01:30+
01:12+	03:12+	00:57+	09:21+
01:12+	03:12+	00:57+	09:21+
02:51+	02:21+	01:17+	01:34+
06:23+	01:22+	00:16+	00:16+
30	Lisbeth Davidsen	722	37:26
01:35+	04:06+	07:20+	08:53+
01:35+	02:31+	03:14+	01:33+
01:35+	02:31+	03:14+	01:33+
01:10+	02:41+	03:34+	06:39+
01:10+	02:41+	03:34+	06:39+
02:58+	02:51+	01:59+	01:48+
02:42+	01:54+	00:17+	00:17+
31	Kristine Vik	1284	38:02
01:36+	06:31+	09:11+	11:31+
01:36+	04:55+	02:40+	02:20+
01:36+	04:55+	02:40+	02:20+
02:05+	02:51+	00:54+	03:27+
02:05+	02:51+	00:54+	03:27+
04:03+	04:13+	01:39+	01:38+
02:58+	02:23+	00:20+	00:20+
32	Ruth Grødem	722	39:06
02:07+	06:00+	08:24+	10:43+
02:07+	03:53+	02:24+	02:19+
02:07+	03:53+	02:24+	02:19+
02:11+	03:01+	01:19+	06:23+
02:11+	03:01+	01:19+	06:23+
03:12+	01:32+	01:42+	02:40+
02:35+	00:22+	00:22+	00:22+
33	Kirsti Strand Salvesen	3540	39:15
02:14+	07:50+	10:21+	12:35+
02:14+	05:36+	02:31+	02:14+
02:14+	05:36+	02:31+	02:14+
01:45+	02:57+	01:26+	03:58+
01:45+	02:57+	01:26+	03:58+
04:00+	03:21+	01:31+	01:54+
02:36+	02:45+	00:27+	00:27+
34	Ida Sjørso	1754	40:09
01:49+	05:38+	08:38+	10:41+
01:49+	03:49+	03:00+	02:03+
01:49+	03:49+	03:00+	02:03+
01:25+	03:43+	00:54+	06:47+
01:25+	03:43+	00:54+	06:47+
03:48+	04:14+	01:24+	01:36+
02:53+	02:27+	00:17+	00:17+
35	Brit Svihus	892	43:27
02:12+	05:28+	08:36+	11:09+
02:12+	03:16+	03:08+	02:33+
02:12+	03:16+	03:08+	02:33+
01:49+	03:15+	02:06+	06:07+
01:49+	03:15+	02:06+	06:07+
03:50+	06:02+	01:36+	01:42+
03:00+	02:14+	00:37+	00:37+
36	Agnete Dedekam Stabel	1758	44:24
02:59+	07:03+	10:12+	12:21+
02:59+	04:04+	03:09+	02:09+
02:59+	04:04+	03:09+	02:09+
01:44+	03:32+	00:49+	06:00+
01:44+	03:32+	00:49+	06:00+
05:17+	03:21+	01:59+	01:31+
04:43+	02:49+	00:18+	00:18+
37	Signe Lise Haaland	3507	45:15
02:31+	05:57+	09:41+	12:23+
02:31+	03:26+	03:44+	02:42+
02:31+	03:26+	03:44+	02:42+
01:54+	03:22+	01:19+	05:45+
01:54+	03:22+	01:19+	05:45+
04:55+	04:43+	02:07+	02:23+
03:25+	02:28+	00:31+	00:31+

Damer Trim

38	Solbjørg Borgersen	3527	46:56											
01:58+	04:28+	06:33+	15:26+	16:41+	19:12+	26:22+	32:54+	36:12+	38:48+	40:10+	42:04+	44:18+	46:36+	46:56+
01:58+	02:30+	02:05+	08:53+	01:15+	02:31+	07:10+	06:32+	03:18+	02:36+	01:22+	01:54+	02:14+	02:18+	00:20+
01:58+	02:30+	02:05+	08:53+	01:15+	02:31+	07:10+	06:32+	03:18+	02:36+	01:22+	01:54+	02:14+	02:18+	00:20+
39	Liv Janne Fandrem Biland	892	47:31											
01:22+	03:52+	06:44+	08:29+	09:46+	14:24+	15:18+	18:03+	21:27+	38:59+	40:22+	42:03+	44:39+	46:53+	47:31+
01:22+	02:30+	02:52+	01:45+	01:17+	04:38+	00:54+	02:45+	03:24+	17:32+	01:23+	01:41+	02:36+	02:14+	00:38+
01:22+	02:30+	02:52+	01:45+	01:17+	04:38+	00:54+	02:45+	03:24+	17:32+	01:23+	01:41+	02:36+	02:14+	00:38+
40	Johanna Rajala	885	49:48											
02:24+	08:41+	11:38+	14:27+	17:30+	22:54+	24:08+	28:22+	33:10+	38:08+	40:48+	43:33+	47:03+	49:20+	49:48+
02:24+	06:17+	02:57+	02:49+	02:49+	03:03+	05:24+	01:14+	04:14+	04:48+	04:58+	02:40+	02:45+	03:30+	02:17+
02:24+	06:17+	02:57+	02:49+	03:03+	05:24+	01:14+	04:14+	04:48+	04:58+	02:40+	02:45+	03:30+	02:17+	00:28+
41	Margaux Simon	2023	49:57											
01:51+	06:22+	09:07+	10:51+	12:16+	28:18+	30:00+	35:26+	38:43+	42:02+	44:24+	46:04+	48:30+	49:43+	49:57+
01:51+	04:31+	02:45+	01:44+	01:25+	16:02+	01:42+	05:26+	03:17+	03:19+	02:22+	01:40+	02:26+	01:13+	00:14+
01:51+	04:31+	02:45+	01:44+	01:25+	16:02+	01:42+	05:26+	03:17+	03:19+	02:22+	01:40+	02:26+	01:13+	00:14+
42	May Kristin Haaland	3511	54:55											
02:22+	05:44+	08:38+	11:13+	13:06+	18:13+	21:44+	30:42+	36:19+	40:55+	43:02+	45:07+	48:56+	54:21+	54:55+
02:22+	03:22+	02:54+	02:35+	01:53+	05:07+	03:31+	08:58+	05:37+	04:36+	02:07+	02:05+	03:49+	05:25+	00:34+
02:22+	03:22+	02:54+	02:35+	01:53+	05:07+	03:31+	08:58+	05:37+	04:36+	02:07+	02:05+	03:49+	05:25+	00:34+
43	Bente Skagseth	3558	1:04:35											
01:44+	14:34+	16:41+	18:43+	20:11+	43:19+	44:08+	49:56+	53:25+	57:02+	58:24+	60:09+	62:43+	64:15+	64:35+
01:44+	12:50+	02:07+	02:02+	01:28+	23:08+	00:49+	05:48+	03:29+	03:37+	01:22+	01:45+	02:34+	01:32+	00:20+
01:44+	12:50+	02:07+	02:02+	01:28+	23:08+	00:49+	05:48+	03:29+	03:37+	01:22+	01:45+	02:34+	01:32+	00:20+

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Ole Morten Haaland	3528	45:27																						
01:56=	02:58=	04:40=	06:49=	07:29=	08:55=	09:29=	12:12=	13:39=	14:50=	15:52=	16:11=	17:05=	19:14=	20:25=	24:27=	25:44=	26:23=	31:44=	32:47=	34:08=	37:48=	39:35=	41:03=	42:15=	43:10=
01:56=	01:02=	01:42=	02:09=	00:40=	01:26=	00:34=	02:43=	01:27=	01:11=	01:02=	00:19=	00:54=	02:09=	01:11=	04:02=	01:17=	00:39=	05:21=	01:03=	01:21=	03:40=	01:47=	01:28=	01:12=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
44:23=	45:16=	45:27=																							
01:13=	00:53=	00:11=																							
00:00=	00:00=	00:00=																							
2	Truls Thorkildsen	2074	45:32																						
02:04+	03:06+	04:44+	08:44+	09:17+	10:21+	10:50+	14:15+	15:45+	17:16+	17:59+	18:21+	19:17+	21:29+	22:59+	26:25+	28:15+	28:44+	33:23+	34:40+	35:29+	38:00+	39:43+	41:23+	42:20+	43:25+
02:04+	01:02=	01:38-	04:00+	00:33-	01:04-	00:29-	03:25+	01:30+	01:31+	00:43-	00:22+	00:56+	02:12+	01:30+	03:26-	01:50+	00:29-	04:39-	01:17+	00:49-	02:31-	01:43-	01:40+	00:57-	01:05+
00:08+	00:00=	00:04-	01:51&	00:07-	00:22-	00:05-	00:42&	00:03+	00:20&	00:19-	00:03#	00:02+	00:03+	00:19&	00:36-	00:33&	00:10-	00:42-	00:14#	00:32-	01:09-	00:04-	00:12#	00:15-	00:10#
44:28+	45:20+	45:32+																							
01:03-	00:52-	00:12+																							
00:10-	00:01-	00:01+																							
3	Per Christian Munkhaug	3516	46:25																						
03:08+	04:08+	05:43+	07:52+	08:31+	09:46+	10:20+	14:11+	15:32+	16:52+	17:42+	18:05+	19:14+	21:18+	22:48+	26:03+	27:10+	27:37+	31:10-	31:59-	32:43-	38:36+	40:31+	42:14+	43:26+	44:25+
03:08+	01:00-	01:35-	02:09=	00:39-	01:15-	00:34=	03:51+	01:21-	01:20+	00:50-	00:23+	01:09+	02:04-	01:30+	03:15-	01:07-	00:27-	03:33-	00:49-	00:44-	05:53+	01:55+	01:43+	01:12=	00:59+
01:12&	00:02-	00:07-	00:00=	00:01-	00:11-	00:00=	01:08&	00:06-	00:09#	00:12-	00:04#	00:15&	00:05-	00:19&	00:47-	00:10-	00:12-	01:48-	00:14-	00:37-	02:13&	00:08+	00:15#	00:00=	00:04+
45:26+	46:14+	46:25+																							
01:01-	00:48-	00:11=																							
00:12-	00:05-	00:00=																							
4	Martin Skogland	3508	47:08																						
02:23+	03:50+	05:22+	07:26+	08:06+	09:48+	10:30+	13:15+	15:20+	16:35+	17:44+	18:18+	19:51+	21:51+	23:12+	26:24+	27:59+	28:35+	33:03+	33:56+	35:05+	38:48+	41:11+	42:49+	44:03+	45:02+
02:23+	01:27+	01:32-	02:04-	00:40=	01:42+	00:42+	02:45+	02:05+	01:15+	01:09+	00:34+	01:33+	02:00-	01:21+	03:12-	01:35+	00:36-	04:28-	00:53-	01:09-	03:43+	02:23+	01:38+	01:14+	00:59+
00:27#	00:25&	00:10-	00:05-	00:00=	00:16#	00:08#	00:02+	00:38&	00:04+	00:07#	00:15&	00:39&	00:09-	00:10#	00:50-	00:18#	00:03-	00:53-	00:10-	00:12-	00:03+	00:36&	00:10#	00:02+	00:04+
46:08+	46:55+	47:08+																							
01:06-	00:47-	00:13+																							
00:07-	00:06-	00:02#																							

Class	Navn	Klasse	Tid
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Herrer 16 - 39 år

13	Isak Austrheim	NOTEAM	1:03:14																						
02:42+	03:49+	05:29+	07:43+	09:54+	11:19+	11:55+	13:25+	16:50+	18:10+	19:07+	19:48+	20:46+	23:16+	24:45+	28:37+	30:23+	31:09+	45:08+	46:46+	49:40+	52:53+	56:43+	58:17+	59:00+	59:57+
02:42+	01:07+	01:40+	02:14+	02:11+	01:25+	00:36+	03:30+	01:25+	01:20+	00:57+	00:41+	00:58+	02:30+	01:29+	03:52+	01:46+	00:46+	13:59+	01:38+	02:54+	03:13+	03:50+	01:34+	00:43+	00:57+
02:42+	01:07+	01:40+	02:14+	02:11+	01:25+	00:36+	03:30+	01:25+	01:20+	00:57+	00:41+	00:58+	02:30+	01:29+	03:52+	01:46+	00:46+	13:59+	01:38+	02:54+	03:13+	03:50+	01:34+	00:43+	00:57+
60:56+	62:00+	63:02+	63:14+																						
00:59+	01:04+	01:02+	00:12+																						
00:59+	01:04+	01:02+	00:12+																						

14	Frank Terje Berge	643	1:04:40																						
04:48+	05:56+	08:00+	10:21+	11:03+	12:47+	13:28+	17:01+	18:25+	19:42+	21:55+	22:30+	23:19+	25:17+	26:48+	30:06+	31:31+	32:09+	38:04+	39:09+	40:38+	56:30+	58:31+	60:22+	61:25+	62:13+
04:48+	01:08+	02:04+	02:21+	00:42+	01:44+	00:41+	03:33+	01:24+	01:17+	02:13+	00:35+	00:49+	01:58+	01:31+	03:18+	01:25+	00:38+	05:55+	01:05+	01:29+	15:52+	02:01+	01:51+	01:03+	00:48+
04:48+	01:08+	02:04+	02:21+	00:42+	01:44+	00:41+	03:33+	01:24+	01:17+	02:13+	00:35+	00:49+	01:58+	01:31+	03:18+	01:25+	00:38+	05:55+	01:05+	01:29+	15:52+	02:01+	01:51+	01:03+	00:48+
63:22+	64:26+	64:40+																							
01:09+	01:04+	00:14+																							
01:09+	01:04+	00:14+																							

15	Truls Kolnes	3512	1:08:24																						
02:18+	03:27+	05:45+	10:19+	11:12+	12:38+	14:26+	17:04+	18:37+	19:58+	21:01+	23:51+	24:45+	30:01+	31:30+	35:14+	37:01+	37:56+	47:30+	48:44+	49:59+	55:54+	58:16+	60:47+	63:11+	65:27+
02:18+	01:09+	02:18+	04:34+	00:53+	01:26+	01:48+	02:38+	01:33+	01:21+	01:03+	02:50+	00:54+	05:16+	01:29+	03:44+	01:47+	00:55+	09:34+	01:14+	01:15+	05:55+	02:22+	02:31+	02:24+	02:16+
02:18+	01:09+	02:18+	04:34+	00:53+	01:26+	01:48+	02:38+	01:33+	01:21+	01:03+	02:50+	00:54+	05:16+	01:29+	03:44+	01:47+	00:55+	09:34+	01:14+	01:15+	05:55+	02:22+	02:31+	02:24+	02:16+
67:05+	68:06+	68:24+																							
01:38+	01:01+	00:18+																							
01:38+	01:01+	00:18+																							

16	Eivind Baltzersen	1283	1:09:39																						
02:41+	03:57+	06:26+	08:58+	09:46+	11:38+	12:25+	16:53+	18:14+	19:35+	20:39+	21:24+	22:19+	25:53+	28:02+	32:43+	35:10+	36:09+	50:06+	52:48+	54:06+	58:36+	60:42+	65:08+	66:21+	67:25+
02:41+	01:16+	02:29+	02:32+	00:48+	01:52+	00:47+	04:28+	01:21+	01:21+	01:04+	00:45+	00:55+	03:34+	02:09+	04:41+	02:27+	00:59+	13:57+	02:42+	01:18+	04:30+	02:06+	04:26+	01:13+	01:04+
02:41+	01:16+	02:29+	02:32+	00:48+	01:52+	00:47+	04:28+	01:21+	01:21+	01:04+	00:45+	00:55+	03:34+	02:09+	04:41+	02:27+	00:59+	13:57+	02:42+	01:18+	04:30+	02:06+	04:26+	01:13+	01:04+
68:22+	69:28+	69:39+																							
00:57+	01:06+	00:11+																							
00:57+	01:06+	00:11+																							

17	Eivind Brimsø	3559	1:10:09																						
02:25+	03:32+	05:20+	11:08+	11:50+	26:53+	27:14+	31:43+	33:11+	34:28+	35:23+	35:47+	36:42+	38:37+	40:14+	43:48+	45:33+	46:07+	53:51+	55:14+	58:02+	61:10+	63:09+	65:07+	66:19+	67:44+
02:25+	01:07+	01:48+	05:48+	00:42+	15:03+	00:21+	04:29+	01:28+	01:17+	00:55+	00:24+	00:55+	01:55+	01:37+	03:34+	01:45+	00:34+	07:44+	01:23+	02:48+	03:08+	01:59+	01:58+	01:12+	01:25+
02:25+	01:07+	01:48+	05:48+	00:42+	15:03+	00:21+	04:29+	01:28+	01:17+	00:55+	00:24+	00:55+	01:55+	01:37+	03:34+	01:45+	00:34+	07:44+	01:23+	02:48+	03:08+	01:59+	01:58+	01:12+	01:25+
68:59+	69:53+	70:09+																							
01:15+	00:54+	00:16+																							
01:15+	00:54+	00:16+																							

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Joakim B. Enne Haug	1284	46:36																						
02:22=	03:34=	05:22=	08:07=	08:53=	12:24=	12:56=	15:05=	16:32=	17:39=	18:41=	19:13=	20:03=	21:54=	23:03=	25:44=	27:23=	28:06=	32:29=	33:41=	34:40=	38:48=	40:30=	42:27=	43:41=	44:36=
02:22=	01:12=	01:48=	02:45=	00:46=	03:31=	00:32=	02:09=	01:27=	01:07=	01:02=	00:32=	00:50=	01:51=	01:09=	02:41=	01:39=	00:43=	04:23=	01:12=	00:59=	04:08=	01:42=	01:57=	01:14=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
45:35=	46:24=	46:36=																							
00:59=	00:49=	00:12=																							
00:00=	00:00=	00:00=																							

2	Andreas Breiland	3522	46:47																						
02:22=	03:34=	05:09=	07:22=	07:57=	09:17=	09:49=	11:46=	13:04=	14:16=	14:53=	15:21=	16:16=	18:07=	19:41=	23:16=	25:22=	25:55=	32:15=	34:21+	35:36+	38:58+	40:52+	42:43+	43:41=	44:32=
02:22=	01:12=	01:35=	02:13=	00:35=	01:20=	00:32=	01:57=	01:18=	01:12+	00:37=	00:28=	00:55+	01:51=	01:34+	03:35+	02:06+	00:33=	06:20+	02:06+	01:15+	03:22=	01:54+	01:51=	00:58=	00:51=
00:00=	00:00=	00:13=	00:32=	00:11=	02:11=	00:00=	00:12=	00:09=	00:05+	00:25=	00:04=	00:05#	00:00=	00:25#	00:54#	00:27#	00:10=	01:57#	00:54#	00:16#	00:46=	00:12#	00:06=	00:16=	00:04=
45:39+	46:35+	46:47+																							
01:07+	00:56+	00:12=																							
00:08#	00:07#	00:00=																							

Herrer 40 - 49 år

3	Gunnar Thorset	896	47:23
02:33+	03:36+	05:15-	07:22-
02:33+	01:03-	01:39-	02:07-
00:11+	00:09-	00:09-	00:38-
46:17+	47:09+	47:23+	
01:04+	00:52+	00:14+	
00:05+	00:03+	00:02#	
08:02-	09:12-	11:05-	13:44-
15:08-	16:34-	17:24-	17:52-
19:14-	21:17-	22:44-	26:31+
29:10+	29:44+	34:24+	35:42+
36:37+	39:49+	41:32+	43:20+
44:14+	45:13+		
01:53+	02:39+	01:24-	01:26+
00:50-	00:28-	01:22+	02:03+
00:12-	00:04-	00:32&	00:12#
00:18&	01:06&	01:00&	00:09-
00:17+	00:06+	00:04-	00:56-
00:01+	00:09-	00:20-	00:04+
00:53+	01:47+	00:38+	03:03+
01:28+	01:32+	00:55+	00:27+
01:03+	02:22+	01:27+	03:53+
01:34+	00:36+	04:25+	01:17+
01:00+	03:10+	02:04+	02:09+
01:00+	01:02+		
08:12+	09:59+	10:37+	13:40+
15:08+	16:40+	17:35+	18:02+
19:05+	21:27+	22:54+	26:47+
28:21+	28:57+	33:22+	34:39+
35:39+	38:49+	40:53+	43:02+
44:02+	45:04+		
00:53+	01:48+	02:01+	00:53+
01:47+	00:38+	03:03+	01:28+
01:32+	00:55+	00:27+	01:03+
02:22+	01:27+	03:53+	01:34+
00:36+	04:25+	01:17+	01:00+
03:10+	02:04+	02:09+	01:00+
01:02+			
01:12+	01:39+	02:27+	00:45+
03:45+	00:40+	03:14+	01:27+
01:27+	00:57+	00:29+	01:04+
02:18+	01:32+	03:41+	01:43+
00:41+	04:13+	01:19+	01:04+
03:25+	01:50+	02:06+	01:03+
01:00+			
01:12+	01:39+	02:27+	00:45+
03:45+	00:40+	03:14+	01:27+
01:27+	00:57+	00:29+	01:04+
02:18+	01:32+	03:41+	01:43+
00:41+	04:13+	01:19+	01:04+
03:25+	01:50+	02:06+	01:03+
01:00+			
03:30+	04:15+	05:02+	00:50+
05:02+	50:15+		
00:56+	00:13+		
00:56+	00:13+		
08:03+	08:57+	10:40+	11:25+
13:39+	17:02+	18:23+	19:08+
19:30+	20:29+	22:47+	24:14+
28:22+	30:10+	30:50+	35:07+
36:19+	37:25+	40:45+	42:56+
45:15+	46:37+	48:01+	
01:43+	01:48+	00:40+	04:17+
01:12+	01:06+	03:20+	02:11+
02:19+	01:22+	01:24+	
02:18+	01:27+	04:08+	01:48+
00:40+	04:17+	01:12+	01:06+
03:20+	02:11+	02:19+	01:22+
01:24+			
03:57+	05:42+	08:03+	08:57+
10:40+	11:25+	13:39+	17:02+
18:23+	19:08+	19:30+	20:29+
22:47+	24:14+	28:22+	30:10+
30:50+	35:07+	36:19+	37:25+
40:45+	42:56+	45:15+	46:37+
48:01+			
01:11+	01:45+	02:21+	00:54+
01:43+	00:45+	04:14+	01:23+
01:21+	00:45+	00:22+	00:59+
02:18+	01:27+	04:08+	01:48+
00:40+	04:17+	01:12+	01:06+
03:20+	02:11+	02:19+	01:22+
01:24+			
03:12+	05:01+	09:30+	10:19+
11:47+	12:24+	13:01+	16:28+
17:50+	18:44+	19:13+	20:17+
22:24+	23:58+	27:37+	29:05+
29:44+	34:07+	35:17+	36:52+
40:34+	42:28+	44:13+	46:35+
47:57+			
01:01+	01:49+	04:29+	00:49+
01:28+	00:37+	02:37+	01:27+
01:22+	00:54+	00:29+	01:04+
02:07+	01:34+	03:39+	01:28+
00:39+	04:23+	01:10+	01:35+
03:42+	01:54+	01:45+	02:22+
01:22+			
01:01+	01:49+	04:29+	00:49+
01:28+	00:37+	02:37+	01:27+
01:22+	00:54+	00:29+	01:04+
02:07+	01:34+	03:39+	01:28+
00:39+	04:23+	01:10+	01:35+
03:42+	01:54+	01:45+	02:22+
01:22+			
05:09+	50:08+	50:19+	
01:44+	00:59+	00:11+	
01:44+	00:59+	00:11+	
03:18+	05:09+	07:44+	08:25+
09:53+	10:35+	13:14+	14:37+
15:52+	16:39+	17:02+	18:17+
20:11+	21:26+	24:41+	27:59+
28:38+	32:40+	33:55+	35:41+
40:03+	42:00+	44:46+	46:00+
47:25+			
01:11+	01:51+	02:35+	00:41+
01:28+	00:42+	02:39+	01:23+
01:15+	00:47+	00:23+	01:15+
01:54+	01:15+	03:15+	03:18+
00:39+	04:02+	01:15+	01:46+
04:22+	01:57+	02:46+	01:14+
01:25+			
01:11+	01:51+	02:35+	00:41+
01:28+	00:42+	02:39+	01:23+
01:15+	00:47+	00:23+	01:15+
01:54+	01:15+	03:15+	03:18+
00:39+	04:02+	01:15+	01:46+
04:22+	01:57+	02:46+	01:14+
01:25+			
03:00+	04:51+	07:26+	07:57+
09:44+	10:26+	12:36+	15:54+
17:05+	17:55+	18:18+	20:04+
21:46+	23:25+	26:28+	28:33+
29:08+	34:27+	36:31+	37:37+
40:01+	41:34+	42:55+	44:22+
47:07+			
01:04+	01:51+	02:35+	00:31+
01:47+	00:42+	02:10+	03:18+
01:11+	00:50+	00:23+	01:46+
01:42+	01:39+	03:03+	02:05+
00:35+	05:19+	02:04+	01:06+
02:24+	01:33+	01:21+	01:27+
02:45+			
01:04+	01:51+	02:35+	00:31+
01:47+	00:42+	02:10+	03:18+
01:11+	00:50+	00:23+	01:46+
01:42+	01:39+	03:03+	02:05+
00:35+	05:19+	02:04+	01:06+
02:24+	01:33+	01:21+	01:27+
02:45+			
49:22+	50:15+	50:30+	
01:03+	01:12+	00:53+	00:15+
01:03+	01:12+	00:53+	00:15+
03:12+	04:42+	07:50+	08:55+
10:21+	10:54+	13:55+	15:49+
16:58+	17:55+	18:25+	19:16+
22:20+	23:45+	26:48+	28:19+
29:04+	36:31+	37:42+	38:50+
42:14+	44:11+	46:43+	47:59+
49:00+			
01:04+	01:30+	03:08+	01:05+
01:26+	00:33+	03:01+	01:54+
01:09+	00:57+	00:30+	00:51+
03:04+	01:25+	03:03+	01:31+
00:45+	07:27+	01:11+	01:08+
03:24+	01:57+	02:32+	01:16+
01:01+			
01:04+	01:30+	03:08+	01:05+
01:26+	00:33+	03:01+	01:54+
01:09+	00:57+	00:30+	00:51+
03:04+	01:25+	03:03+	01:31+
00:45+	07:27+	01:11+	01:08+
03:24+	01:57+	02:32+	01:16+
01:01+			
50:48+	50:59+		
00:56+	00:52+	00:11+	
00:56+	00:52+	00:11+	

Class	Navn	Klasse	Tid
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Herrer 40 - 49 år

11 Trondr Breiland

NOTEAM

51:09

02:15+	03:14+	05:14+	07:28+	08:04+	09:18+	09:50+	13:11+	14:27+	15:45+	16:40+	17:16+	18:11+	20:10+	21:44+	24:57+	26:27+	28:24+	33:48+	35:32+	36:32+	41:01+	43:41+	46:21+	47:33+	48:46+
02:15+	00:59+	02:00+	02:14+	00:36+	01:14+	00:32+	03:21+	01:16+	01:18+	00:55+	00:36+	00:55+	01:59+	01:34+	03:13+	01:30+	01:57+	05:24+	01:44+	01:00+	04:29+	02:40+	02:40+	01:12+	01:13+
02:15+	00:59+	02:00+	02:14+	00:36+	01:14+	00:32+	03:21+	01:16+	01:18+	00:55+	00:36+	00:55+	01:59+	01:34+	03:13+	01:30+	01:57+	05:24+	01:44+	01:00+	04:29+	02:40+	02:40+	01:12+	01:13+
49:44+	50:58+	51:09+																							
00:58+	01:14+	00:11+																							
00:58+	01:14+	00:11+																							

12 Anders Presterud

903

51:32

02:26+	03:38+	05:16+	08:46+	09:32+	10:56+	11:29+	15:17+	16:35+	17:54+	18:41+	19:11+	20:33+	23:24+	25:09+	29:05+	30:47+	31:31+	36:26+	37:48+	39:09+	42:19+	44:13+	46:42+	47:58+	48:54+
02:26+	01:12+	01:38+	03:30+	00:46+	01:24+	00:33+	03:48+	01:18+	01:19+	00:47+	00:30+	01:22+	02:51+	01:45+	03:56+	01:42+	00:44+	04:55+	01:22+	01:21+	03:10+	01:54+	02:29+	01:16+	00:56+
02:26+	01:12+	01:38+	03:30+	00:46+	01:24+	00:33+	03:48+	01:18+	01:19+	00:47+	00:30+	01:22+	02:51+	01:45+	03:56+	01:42+	00:44+	04:55+	01:22+	01:21+	03:10+	01:54+	02:29+	01:16+	00:56+
50:26+	51:19+	51:32+																							
01:32+	00:53+	00:13+																							
01:32+	00:53+	00:13+																							

13 Glenn Madland

879

51:40

02:01+	03:16+	05:33+	07:39+	08:18+	10:52+	11:50+	15:23+	16:57+	18:42+	19:34+	20:57+	21:55+	23:59+	25:14+	28:27+	30:32+	31:19+	36:30+	38:40+	39:42+	43:08+	45:00+	46:53+	48:17+	49:31+
02:01+	01:15+	02:17+	02:06+	00:39+	02:34+	00:58+	03:33+	01:34+	01:45+	00:52+	01:23+	00:58+	02:04+	01:15+	03:13+	02:05+	00:47+	05:11+	02:10+	01:02+	03:26+	01:52+	01:53+	01:24+	01:14+
02:01+	01:15+	02:17+	02:06+	00:39+	02:34+	00:58+	03:33+	01:34+	01:45+	00:52+	01:23+	00:58+	02:04+	01:15+	03:13+	02:05+	00:47+	05:11+	02:10+	01:02+	03:26+	01:52+	01:53+	01:24+	01:14+
50:26+	51:29+	51:40+																							
00:55+	01:03+	00:11+																							
00:55+	01:03+	00:11+																							

14 Cedric Fayemendy

3559

52:44

02:00+	02:57+	04:37+	06:50+	07:35+	09:48+	10:28+	14:14+	16:32+	17:50+	18:42+	19:13+	20:53+	23:02+	24:28+	28:03+	30:13+	30:55+	35:38+	36:58+	38:23+	43:28+	45:47+	48:10+	49:23+	50:18+
02:00+	00:57+	01:40+	02:13+	00:45+	02:13+	00:40+	03:46+	02:18+	01:18+	00:52+	00:31+	01:40+	02:09+	01:26+	03:35+	02:10+	00:42+	04:43+	01:20+	01:25+	05:05+	02:19+	02:23+	01:13+	00:55+
02:00+	00:57+	01:40+	02:13+	00:45+	02:13+	00:40+	03:46+	02:18+	01:18+	00:52+	00:31+	01:40+	02:09+	01:26+	03:35+	02:10+	00:42+	04:43+	01:20+	01:25+	05:05+	02:19+	02:23+	01:13+	00:55+
51:33+	52:31+	52:44+																							
01:15+	00:58+	00:13+																							
01:15+	00:58+	00:13+																							

15 Rune Hatle

903

53:27

02:17+	03:18+	05:04+	07:26+	08:11+	10:24+	11:20+	14:38+	16:02+	17:27+	18:14+	18:51+	20:03+	22:52+	24:26+	28:31+	29:51+	30:33+	36:08+	37:44+	39:05+	45:17+	47:34+	49:17+	50:20+	51:24+
02:17+	01:01+	01:46+	02:22+	00:45+	02:13+	00:56+	03:18+	01:24+	01:25+	00:47+	00:37+	01:12+	02:49+	01:34+	04:05+	01:20+	00:42+	05:35+	01:36+	01:21+	06:12+	02:17+	01:43+	01:03+	01:04+
02:17+	01:01+	01:46+	02:22+	00:45+	02:13+	00:56+	03:18+	01:24+	01:25+	00:47+	00:37+	01:12+	02:49+	01:34+	04:05+	01:20+	00:42+	05:35+	01:36+	01:21+	06:12+	02:17+	01:43+	01:03+	01:04+
52:25+	53:14+	53:27+																							
01:01+	00:49+	00:13+																							
01:01+	00:49+	00:13+																							

16 Bjarte Harbo

1830

54:49

02:16+	03:16+	05:12+	07:40+	08:35+	10:47+	11:29+	15:21+	16:42+	17:57+	18:55+	19:22+	20:10+	23:18+	24:43+	28:02+	29:53+	30:28+	37:30+	38:42+	39:52+	45:51+	47:38+	49:26+	51:02+	52:27+
02:16+	01:00+	01:56+	02:28+	00:55+	02:12+	00:42+	03:52+	01:21+	01:15+	00:58+	00:27+	00:48+	03:08+	01:25+	03:19+	01:51+	00:35+	07:02+	01:12+	01:10+	05:59+	01:47+	01:48+	01:36+	01:25+
02:16+	01:00+	01:56+	02:28+	00:55+	02:12+	00:42+	03:52+	01:21+	01:15+	00:58+	00:27+	00:48+	03:08+	01:25+	03:19+	01:51+	00:35+	07:02+	01:12+	01:10+	05:59+	01:47+	01:48+	01:36+	01:25+
53:43+	54:37+	54:49+																							
01:16+	00:54+	00:12+																							
01:16+	00:54+	00:12+																							

17 Christian Ask

3563

56:11

02:19+	03:33+	05:16+	07:24+	08:02+	09:19+	10:02+	14:42+	16:06+	17:28+	18:13+	18:39+	20:02+	22:15+	23:46+	27:21+	28:59+	29:36+	41:38+	42:55+	44:21+	47:44+	49:51+	51:40+	53:01+	54:03+
02:19+	01:14+	01:43+	02:08+	00:38+	01:17+	00:43+	04:40+	01:24+	01:22+	00:45+	00:26+	01:23+	02:13+	01:31+	03:35+	01:38+	00:37+	12:02+	01:17+	01:26+	03:23+	02:07+	01:49+	01:21+	01:02+
02:19+	01:14+	01:43+	02:08+	00:38+	01:17+	00:43+	04:40+	01:24+	01:22+	00:45+	00:26+	01:23+	02:13+	01:31+	03:35+	01:38+	00:37+	12:02+	01:17+	01:26+	03:23+	02:07+	01:49+	01:21+	01:02+
55:12+	55:59+	56:11+																							
01:09+	00:47+	00:12+																							
01:09+	00:47+	00:12+																							

18 Jan-Kenneth Polle

3525

57:41

02:06+	03:00+	04:56+	08:53+	09:26+	11:44+	12:22+	15:19+	16:43+	17:50+	19:07+	19:36+	20:33+	22:29+	23:56+	27:25+	29:37+	30:34+	42:36+	43:57+	45:28+	49:14+	51:00+	53:20+	54:17+	55:27+
02:06+	00:54+	01:56+	03:57+	00:33+	02:18+	00:38+	02:57+	01:24+	01:07+	01:17+	00:29+	00:57+	01:56+	01:27+	03:29+	02:12+	00:57+	12:02+	01:21+	01:31+	03:46+	01:46+	02:20+	00:57+	01:10+
02:06+	00:54+	01:56+	03:57+	00:33+	02:18+	00:38+	02:57+	01:24+	01:07+	01:17+	00:29+	00:57+	01:56+	01:27+	03:29+	02:12+	00:57+	12:02+	01:21+	01:31+	03:46+	01:46+	02:20+	00:57+	01:10+
56:33+	57:28+	57:41+																							
01:06+	00:55+	00:13+																							
01:06+	00:55+	00:13+																							

Herrer 40 - 49 år

19	Alexander Khorunzhiy	1456	1:01:05																						
02:44+	04:03+	06:31+	09:17+	10:05+	11:52+	12:35+	20:48+	22:20+	23:46+	24:44+	25:14+	26:35+	28:50+	30:26+	34:08+	35:58+	36:41+	41:36+	46:10+	47:34+	52:12+	54:33+	56:32+	57:33+	58:42+
02:44+	01:19+	02:28+	02:46+	00:48+	01:47+	00:43+	08:13+	01:32+	01:26+	00:58+	00:30+	01:21+	02:15+	01:36+	03:42+	01:50+	00:43+	04:55+	04:34+	01:24+	04:38+	02:21+	01:59+	01:01+	01:09+
02:44+	01:19+	02:28+	02:46+	00:48+	01:47+	00:43+	08:13+	01:32+	01:26+	00:58+	00:30+	01:21+	02:15+	01:36+	03:42+	01:50+	00:43+	04:55+	04:34+	01:24+	04:38+	02:21+	01:59+	01:01+	01:09+
59:57+	60:51+	61:05+																							
01:15+	00:54+	00:14+																							
01:15+	00:54+	00:14+																							

20	Sven Undheim	793	1:06:05																						
12:46+	13:53+	15:52+	18:53+	19:35+	21:05+	22:19+	25:57+	27:16+	28:30+	30:29+	30:49+	31:51+	34:05+	35:25+	38:54+	41:04+	41:41+	47:53+	49:59+	51:21+	55:00+	56:58+	61:02+	62:31+	63:39+
12:46+	01:07+	01:59+	03:01+	00:42+	01:30+	01:14+	03:38+	01:19+	01:14+	01:59+	00:20+	01:02+	02:14+	01:20+	03:29+	02:10+	00:37+	06:12+	02:06+	01:22+	03:39+	01:58+	04:04+	01:29+	01:08+
12:46+	01:07+	01:59+	03:01+	00:42+	01:30+	01:14+	03:38+	01:19+	01:14+	01:59+	00:20+	01:02+	02:14+	01:20+	03:29+	02:10+	00:37+	06:12+	02:06+	01:22+	03:39+	01:58+	04:04+	01:29+	01:08+
64:54+	65:52+	66:05+																							
01:15+	00:58+	00:13+																							
01:15+	00:58+	00:13+																							

21	Inge Arild Leknes	3548	1:22:24																						
02:11+	03:15+	05:15+	12:56+	13:30+	15:51+	16:58+	23:48+	25:17+	26:32+	27:28+	28:18+	30:04+	32:09+	33:39+	37:35+	39:31+	40:34+	54:07+	55:03+	57:45+	61:37+	64:35+	67:29+	75:08+	77:44+
02:11+	01:04+	02:00+	07:41+	00:34+	02:21+	01:07+	06:50+	01:29+	01:15+	00:56+	00:50+	01:46+	02:05+	01:30+	03:56+	01:56+	01:03+	13:33+	00:56+	02:42+	03:52+	02:58+	02:54+	07:39+	02:36+
02:11+	01:04+	02:00+	07:41+	00:34+	02:21+	01:07+	06:50+	01:29+	01:15+	00:56+	00:50+	01:46+	02:05+	01:30+	03:56+	01:56+	01:03+	13:33+	00:56+	02:42+	03:52+	02:58+	02:54+	07:39+	02:36+
80:34+	82:01+	82:24+																							
02:50+	01:27+	00:23+																							
02:50+	01:27+	00:23+																							

22	Andreas Molin	2342	1:22:36																						
04:50+	06:09+	07:55+	11:23+	12:17+	13:52+	14:33+	18:11+	19:41+	21:03+	23:35+	24:08+	25:14+	27:24+	29:00+	33:06+	36:18+	37:05+	59:13+	60:19+	61:29+	67:14+	69:32+	71:58+	74:19+	79:27+
04:50+	01:19+	01:46+	03:28+	00:54+	01:35+	00:41+	03:38+	01:30+	01:22+	02:32+	00:33+	01:06+	02:10+	01:36+	04:06+	03:12+	00:47+	22:08+	01:06+	01:10+	05:45+	02:18+	02:26+	02:21+	05:08+
04:50+	01:19+	01:46+	03:28+	00:54+	01:35+	00:41+	03:38+	01:30+	01:22+	02:32+	00:33+	01:06+	02:10+	01:36+	04:06+	03:12+	00:47+	22:08+	01:06+	01:10+	05:45+	02:18+	02:26+	02:21+	05:08+
81:24+	82:22+	82:36+																							
01:57+	00:58+	00:14+																							
01:57+	00:58+	00:14+																							

23	Anders Hagen	3528	1:23:34																						
02:28+	03:33+	05:39+	21:53+	22:23+	27:37+	28:26+	33:48+	35:17+	36:39+	37:33+	40:17+	42:42+	46:09+	49:17+	53:13+	55:23+	55:57+	69:07+	70:08+	71:18+	74:22+	76:19+	78:33+	79:49+	81:00+
02:28+	01:05+	02:06+	16:14+	00:30+	05:14+	00:49+	05:22+	01:29+	01:22+	00:54+	02:44+	02:25+	03:27+	03:08+	03:56+	02:10+	00:34+	13:10+	01:01+	01:10+	03:04+	01:57+	02:14+	01:16+	01:11+
02:28+	01:05+	02:06+	16:14+	00:30+	05:14+	00:49+	05:22+	01:29+	01:22+	00:54+	02:44+	02:25+	03:27+	03:08+	03:56+	02:10+	00:34+	13:10+	01:01+	01:10+	03:04+	01:57+	02:14+	01:16+	01:11+
82:15+	83:23+	83:34+																							
01:15+	01:08+	00:11+																							
01:15+	01:08+	00:11+																							

24	Bjarne Bore	3529	1:34:36																						
08:44+	09:53+	11:56+	16:23+	17:12+	18:28+	19:09+	38:11+	39:57+	41:05+	42:07+	42:34+	43:30+	45:52+	47:10+	50:59+	52:24+	53:36+	61:20+	62:53+	68:21+	72:46+	75:20+	77:00+	78:17+	89:52+
08:44+	01:09+	02:03+	04:27+	00:49+	01:16+	00:41+	19:02+	01:46+	01:08+	01:02+	00:27+	00:56+	02:22+	01:18+	03:49+	01:25+	01:12+	07:44+	01:33+	05:28+	04:25+	02:34+	01:40+	01:17+	11:35+
08:44+	01:09+	02:03+	04:27+	00:49+	01:16+	00:41+	19:02+	01:46+	01:08+	01:02+	00:27+	00:56+	02:22+	01:18+	03:49+	01:25+	01:12+	07:44+	01:33+	05:28+	04:25+	02:34+	01:40+	01:17+	11:35+
93:21+	94:23+	94:36+																							
03:29+	01:02+	00:13+																							
03:29+	01:02+	00:13+																							

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Erling Knutzen	879	46:49																						
01:49=	03:19=	04:26=	08:24=	09:01=	10:17=	10:54=	12:11=	14:05=	14:48=	15:42=	19:35=	20:48=	23:27=	25:14=	27:01=	32:01=	33:25=	34:39=	36:18=	38:39=	40:32=	42:54=	44:02=	45:14=	46:34=
01:49=	01:30=	01:07=	03:58=	00:37=	01:16=	00:37=	01:17=	01:54=	00:43=	00:54=	03:53=	01:13=	02:39=	01:47=	01:47=	05:00=	01:24=	01:14=	01:39=	02:21=	01:53=	02:22=	01:08=	01:12=	01:20=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
46:49=																									
00:15=																									
00:00=																									

Herrer 50 - 59 år

2	Anders Glenne	793	47:35
01:29- 01:29- 00:20- 47:35+ 00:12- 00:03-	02:48- 03:51- 07:41- 08:21- 10:06- 10:43- 13:22+ 15:58+ 16:38+ 17:38+ 21:02+ 22:08+ 24:16+ 25:59+ 27:23+ 31:58- 32:53- 34:05- 35:40- 39:58+ 41:42+ 43:40+ 44:39+ 46:01+ 47:23+	07:41- 08:21- 10:06- 10:43- 13:22+ 15:58+ 16:38+ 17:38+ 21:02+ 22:08+ 24:16+ 25:59+ 27:23+ 31:58- 32:53- 34:05- 35:40- 39:58+ 41:42+ 43:40+ 44:39+ 46:01+ 47:23+	00:20- 00:11- 00:04- 00:08- 00:03+ 00:29% 00:00= 01:22% 00:42% 00:03- 00:06# 00:29- 00:07- 00:31- 00:04- 00:23- 00:25- 00:29- 00:02- 00:04- 01:57% 00:09- 00:24- 00:09- 00:10# 00:02+
3	Svein Roar Aas	3486	48:19
01:29+ 01:29+ 01:29+ 48:19+ 00:13+ 00:13+	02:48+ 03:51+ 07:38+ 08:17+ 10:46+ 11:38+ 12:47+ 14:11+ 14:56+ 15:47+ 19:01+ 21:05+ 23:13+ 24:56+ 26:44+ 30:48+ 31:49+ 33:00+ 35:13+ 37:23+ 40:05+ 43:53+ 45:51+ 46:41+ 48:06+	07:38+ 08:17+ 10:46+ 11:38+ 12:47+ 14:11+ 14:56+ 15:47+ 19:01+ 21:05+ 23:13+ 24:56+ 26:44+ 30:48+ 31:49+ 33:00+ 35:13+ 37:23+ 40:05+ 43:53+ 45:51+ 46:41+ 48:06+	00:39+ 02:29+ 00:52+ 01:09+ 01:24+ 00:45+ 00:51+ 03:14+ 02:04+ 02:08+ 01:43+ 01:48+ 04:04+ 01:01+ 01:11+ 02:13+ 02:10+ 02:42+ 03:48+ 01:58+ 00:50+ 01:25+
4	Jone Kalheim	1884	48:20
01:36+ 01:36+ 01:36+ 48:20+ 00:11+ 00:11+	02:56+ 03:57+ 09:27+ 10:54+ 12:13+ 12:47+ 14:10+ 15:59+ 16:36+ 17:36+ 20:59+ 22:23+ 24:25+ 26:17+ 27:35+ 31:42+ 34:45+ 36:25+ 37:46+ 40:17+ 42:17+ 44:54+ 45:57+ 46:51+ 48:09+	09:27+ 10:54+ 12:13+ 12:47+ 14:10+ 15:59+ 16:36+ 17:36+ 20:59+ 22:23+ 24:25+ 26:17+ 27:35+ 31:42+ 34:45+ 36:25+ 37:46+ 40:17+ 42:17+ 44:54+ 45:57+ 46:51+ 48:09+	01:20+ 01:01+ 05:30+ 01:27+ 01:19+ 00:34+ 01:23+ 01:49+ 00:37+ 01:00+ 03:23+ 01:24+ 02:02+ 01:52+ 01:18+ 04:07+ 03:03+ 01:40+ 01:21+ 02:31+ 02:00+ 02:37+ 01:03+ 00:54+ 01:18+
5	Lars Primstad	769	49:15
03:38+ 03:38+ 03:38+ 49:15+ 00:11+ 00:11+	04:39+ 05:46+ 09:26+ 10:01+ 11:22+ 12:07+ 14:04+ 17:33+ 18:13+ 19:06+ 21:24+ 22:39+ 24:34+ 26:40+ 27:58+ 33:21+ 34:27+ 35:25+ 38:17+ 40:32+ 42:34+ 44:22+ 45:20+ 46:51+ 49:04+	09:26+ 10:01+ 11:22+ 12:07+ 14:04+ 17:33+ 18:13+ 19:06+ 21:24+ 22:39+ 24:34+ 26:40+ 27:58+ 33:21+ 34:27+ 35:25+ 38:17+ 40:32+ 42:34+ 44:22+ 45:20+ 46:51+ 49:04+	01:01+ 01:07+ 03:40+ 00:35+ 01:21+ 00:45+ 01:57+ 03:29+ 00:40+ 00:53+ 02:18+ 01:15+ 01:55+ 02:06+ 01:18+ 05:23+ 01:06+ 00:58+ 02:52+ 02:15+ 02:02+ 01:48+ 00:58+ 01:31+ 02:13+
6	Øystein Fuglestad	878	49:38
01:49+ 01:49+ 01:49+ 49:38+ 00:12+ 00:12+	03:08+ 04:35+ 08:07+ 08:51+ 11:17+ 11:57+ 13:32+ 16:30+ 17:14+ 18:11+ 21:59+ 23:33+ 25:51+ 27:39+ 29:17+ 35:09+ 36:11+ 37:19+ 38:57+ 41:32+ 43:36+ 45:22+ 46:42+ 47:58+ 49:26+	08:07+ 08:51+ 11:17+ 11:57+ 13:32+ 16:30+ 17:14+ 18:11+ 21:59+ 23:33+ 25:51+ 27:39+ 29:17+ 35:09+ 36:11+ 37:19+ 38:57+ 41:32+ 43:36+ 45:22+ 46:42+ 47:58+ 49:26+	01:19+ 01:27+ 03:32+ 00:44+ 02:26+ 00:40+ 01:35+ 02:58+ 00:44+ 00:57+ 03:48+ 01:34+ 02:18+ 01:48+ 01:38+ 05:52+ 01:02+ 01:08+ 01:38+ 02:35+ 02:04+ 01:46+ 01:20+ 01:16+ 01:28+
7	Terje Undheim	3529	50:57
01:48+ 01:48+ 01:48+ 50:57+ 00:10+ 00:10+	04:05+ 05:22+ 08:45+ 09:31+ 10:41+ 11:16+ 12:51+ 16:17+ 16:55+ 17:34+ 20:24+ 21:50+ 23:45+ 25:13+ 26:34+ 33:46+ 34:52+ 35:58+ 37:31+ 42:52+ 45:35+ 47:25+ 48:49+ 49:40+ 50:47+	08:45+ 09:31+ 10:41+ 11:16+ 12:51+ 16:17+ 16:55+ 17:34+ 20:24+ 21:50+ 23:45+ 25:13+ 26:34+ 33:46+ 34:52+ 35:58+ 37:31+ 42:52+ 45:35+ 47:25+ 48:49+ 49:40+ 50:47+	02:17+ 01:17+ 03:23+ 00:46+ 01:10+ 00:35+ 01:35+ 03:26+ 00:38+ 00:39+ 02:50+ 01:26+ 01:55+ 01:28+ 01:21+ 07:12+ 01:06+ 01:06+ 01:33+ 05:21+ 02:43+ 01:50+ 01:24+ 00:51+ 01:07+
8	Arngrim Utskarpen	896	51:46
01:39+ 01:39+ 01:39+ 51:46+ 00:14+ 00:14+	03:11+ 04:11+ 08:20+ 08:59+ 11:16+ 12:01+ 13:17+ 15:33+ 16:27+ 17:23+ 20:39+ 21:58+ 24:31+ 26:51+ 28:35+ 34:23+ 35:39+ 36:57+ 38:25+ 42:51+ 44:57+ 47:38+ 49:05+ 50:08+ 51:32+	08:20+ 08:59+ 11:16+ 12:01+ 13:17+ 15:33+ 16:27+ 17:23+ 20:39+ 21:58+ 24:31+ 26:51+ 28:35+ 34:23+ 35:39+ 36:57+ 38:25+ 42:51+ 44:57+ 47:38+ 49:05+ 50:08+ 51:32+	01:32+ 01:00+ 04:09+ 00:39+ 02:17+ 00:45+ 01:16+ 02:16+ 00:54+ 00:56+ 03:16+ 01:19+ 02:33+ 02:20+ 01:44+ 05:48+ 01:16+ 01:18+ 01:28+ 04:26+ 02:06+ 02:41+ 01:27+ 01:03+ 01:24+
9	Geir Inge Høvik	3522	52:19
01:33+ 01:33+ 01:33+ 52:19+ 00:15+ 00:15+	03:06+ 04:25+ 08:42+ 09:18+ 10:30+ 11:06+ 12:28+ 14:14+ 14:57+ 15:50+ 19:19+ 20:43+ 23:02+ 24:47+ 26:18+ 36:55+ 37:57+ 39:11+ 41:16+ 43:49+ 45:47+ 48:28+ 49:31+ 50:35+ 52:04+	08:42+ 09:18+ 10:30+ 11:06+ 12:28+ 14:14+ 14:57+ 15:50+ 19:19+ 20:43+ 23:02+ 24:47+ 26:18+ 36:55+ 37:57+ 39:11+ 41:16+ 43:49+ 45:47+ 48:28+ 49:31+ 50:35+ 52:04+	01:33+ 01:19+ 04:17+ 00:36+ 01:12+ 00:36+ 01:22+ 01:46+ 00:43+ 00:53+ 03:29+ 01:24+ 02:19+ 01:45+ 01:31+ 10:37+ 01:02+ 01:14+ 02:05+ 02:33+ 01:58+ 02:41+ 01:03+ 01:04+ 01:29+

Herrer 50 - 59 år

10	Øystein Lie Karlsen	1683	52:35
01:48+	03:21+ 04:32+ 08:58+ 10:00+	12:10+ 13:10+ 14:46+ 16:25+ 17:14+	18:15+ 21:37+ 23:36+ 25:49+ 27:34+
01:48+	01:33+ 01:11+ 04:26+ 01:02+	02:10+ 01:00+ 01:36+ 01:39+ 00:49+	01:01+ 03:22+ 01:59+ 02:13+ 01:45+
01:48+	01:33+ 01:11+ 04:26+ 01:02+	02:10+ 01:00+ 01:36+ 01:39+ 00:49+	01:01+ 03:22+ 01:59+ 02:13+ 01:45+
52:35+			28:56+ 34:02+ 35:35+ 36:34+
00:16+			38:46+ 43:06+ 45:56+ 48:04+
00:16+			49:37+ 50:49+ 52:19+
11	Frank Hansen	3502	55:46
01:48+	03:10+ 04:16+ 08:48+ 09:55+	11:38+ 12:21+ 16:13+ 21:51+	22:42+ 23:32+ 26:50+ 28:08+
01:48+	01:22+ 01:06+ 04:32+ 01:07+	01:43+ 00:43+ 03:52+ 05:38+	00:51+ 00:50+ 03:18+ 01:18+
01:48+	01:22+ 01:06+ 04:32+ 01:07+	01:43+ 00:43+ 03:52+ 05:38+	00:51+ 00:50+ 03:18+ 01:18+
55:46+			30:18+ 32:10+ 33:39+ 41:49+
00:14+			43:03+ 44:12+ 45:50+ 48:39+
00:14+			50:34+ 52:14+ 53:18+ 54:05+
12	Rune Paulsen	3508	57:49
01:54+	03:01+ 03:55+ 08:07+ 08:44+	10:08+ 10:55+ 13:12+ 15:42+	16:28+ 17:16+ 20:03+ 21:58+
01:54+	01:07+ 00:54+ 04:12+ 00:37+	01:24+ 00:47+ 02:17+ 02:30+	00:46+ 00:48+ 02:47+ 01:55+
01:54+	01:07+ 00:54+ 04:12+ 00:37+	01:24+ 00:47+ 02:17+ 02:30+	00:46+ 00:48+ 02:47+ 01:55+
57:49+			24:00+ 25:24+ 26:53+ 32:24+
00:13+			36:05+ 41:02+ 44:12+ 50:38+
00:13+			52:32+ 54:11+ 55:15+ 56:13+
13	Tore Halset	3486	58:09
02:10+	03:56+ 05:19+ 10:00+ 10:57+	12:28+ 13:13+ 15:04+ 18:48+	19:38+ 20:37+ 23:51+ 25:31+
02:10+	01:46+ 01:23+ 04:41+ 00:57+	01:31+ 00:45+ 01:51+ 03:44+	00:50+ 00:59+ 03:14+ 01:40+
02:10+	01:46+ 01:23+ 04:41+ 00:57+	01:31+ 00:45+ 01:51+ 03:44+	00:50+ 00:59+ 03:14+ 01:40+
58:09+			27:56+ 29:48+ 31:41+ 38:18+
00:17+			39:54+ 42:49+ 44:42+ 48:59+
00:17+			51:34+ 53:29+ 55:05+ 56:12+
14	Stein Arve Finnestad	1456	1:01:01
01:54+	03:20+ 04:32+ 11:14+ 12:00+	13:18+ 14:07+ 15:34+ 18:45+	19:41+ 20:40+ 24:01+ 27:44+
01:54+	01:26+ 01:12+ 06:42+ 00:46+	01:18+ 00:49+ 01:47+ 02:51+	00:56+ 00:59+ 03:21+ 03:43+
01:54+	01:26+ 01:12+ 06:42+ 00:46+	01:18+ 00:49+ 01:47+ 02:51+	00:56+ 00:59+ 03:21+ 03:43+
61:01+			30:17+ 32:30+ 34:37+ 40:39+
00:16+			42:05+ 43:34+ 45:37+ 48:49+
00:16+			51:24+ 56:41+ 57:58+ 59:07+
15	John Breiland	NOTEAM	1:01:37
01:48+	03:33+ 04:37+ 08:29+ 09:04+	13:00+ 13:40+ 15:12+ 19:26+	20:19+ 21:13+ 24:50+ 26:35+
01:48+	01:45+ 01:04+ 03:52+ 00:35+	03:56+ 00:40+ 01:32+ 04:14+	00:53+ 00:54+ 03:37+ 01:45+
01:48+	01:45+ 01:04+ 03:52+ 00:35+	03:56+ 00:40+ 01:32+ 04:14+	00:53+ 00:54+ 03:37+ 01:45+
61:37+			28:42+ 30:49+ 32:46+ 37:19+
00:13+			43:11+ 44:36+ 46:14+ 51:44+
00:13+			54:08+ 57:04+ 58:15+ 59:55+
16	Arne Hetlelid	3508	1:03:23
01:51+	03:19+ 04:58+ 08:45+ 10:13+	14:51+ 15:45+ 17:21+ 22:08+	22:53+ 23:47+ 27:14+ 29:34+
01:51+	01:28+ 01:39+ 03:47+ 01:28+	04:38+ 00:54+ 01:36+ 04:47+	00:45+ 00:54+ 03:27+ 02:20+
01:51+	01:28+ 01:39+ 03:47+ 01:28+	04:38+ 00:54+ 01:36+ 04:47+	00:45+ 00:54+ 03:27+ 02:20+
63:23+			32:16+ 34:18+ 35:59+ 42:19+
00:17+			43:46+ 45:51+ 47:52+ 54:06+
00:17+			56:33+ 58:51+ 60:05+ 61:29+
17	Harald Taksdal	3547	1:03:31
02:14+	04:11+ 05:38+ 10:24+ 11:26+	13:13+ 14:17+ 16:09+ 19:34+	20:34+ 21:42+ 25:29+ 27:24+
02:14+	01:57+ 01:27+ 04:46+ 01:02+	01:47+ 01:04+ 01:52+ 03:25+	01:00+ 01:08+ 03:47+ 01:55+
02:14+	01:57+ 01:27+ 04:46+ 01:02+	01:47+ 01:04+ 01:52+ 03:25+	01:00+ 01:08+ 03:47+ 01:55+
63:31+			32:16+ 34:18+ 35:59+ 42:19+
00:16+			43:46+ 45:51+ 47:52+ 54:06+
00:16+			56:33+ 58:51+ 60:05+ 61:29+

Herrer 50 - 59 år

18	Raymond B Pettersen	722																					1:05:15		
01:57+	03:47+	04:59+	09:42+	10:35+	12:49+	13:39+	15:04+	19:53+	20:39+	22:00+	26:41+	28:16+	31:12+	33:38+	35:42+	43:00+	44:28+	45:57+	50:55+	54:52+	57:53+	60:32+	62:06+	63:26+	64:59+
01:57+	01:50+	01:12+	04:43+	00:53+	02:14+	00:50+	01:25+	04:49+	00:46+	01:21+	04:41+	01:35+	02:56+	02:26+	02:04+	07:18+	01:28+	01:29+	04:58+	03:57+	03:01+	02:39+	01:34+	01:20+	01:33+
01:57+	01:50+	01:12+	04:43+	00:53+	02:14+	00:50+	01:25+	04:49+	00:46+	01:21+	04:41+	01:35+	02:56+	02:26+	02:04+	07:18+	01:28+	01:29+	04:58+	03:57+	03:01+	02:39+	01:34+	01:20+	01:33+
65:15+																									
00:16+																									
00:16+																									
19	Christof Schätz	3598																					1:07:13		
02:01+	03:45+	05:14+	09:50+	10:46+	15:37+	16:54+	19:05+	21:20+	22:28+	23:54+	27:50+	29:36+	32:24+	35:05+	37:12+	44:25+	46:13+	48:16+	51:26+	55:49+	58:59+	61:51+	63:51+	65:12+	66:54+
02:01+	01:44+	01:29+	04:36+	00:56+	04:51+	01:17+	02:11+	02:15+	01:08+	01:26+	03:56+	01:46+	02:48+	02:41+	02:07+	07:13+	01:48+	02:03+	03:10+	04:23+	03:10+	02:52+	02:00+	01:21+	01:42+
02:01+	01:44+	01:29+	04:36+	00:56+	04:51+	01:17+	02:11+	02:15+	01:08+	01:26+	03:56+	01:46+	02:48+	02:41+	02:07+	07:13+	01:48+	02:03+	03:10+	04:23+	03:10+	02:52+	02:00+	01:21+	01:42+
67:13+																									
00:19+																									
00:19+																									
20	Sigurd Ravndal	769																					1:08:35		
02:42+	06:23+	07:23+	10:34+	11:41+	16:26+	17:21+	18:30+	23:01+	23:40+	24:43+	27:39+	28:42+	30:45+	33:25+	35:14+	43:30+	48:55+	50:52+	54:38+	60:29+	62:17+	64:26+	65:59+	67:07+	68:23+
02:42+	03:41+	01:00+	03:11+	01:07+	04:45+	00:55+	01:09+	04:31+	00:39+	01:03+	02:56+	01:03+	02:03+	02:40+	01:49+	08:16+	05:25+	01:57+	03:46+	05:51+	01:48+	02:09+	01:33+	01:08+	01:16+
02:42+	03:41+	01:00+	03:11+	01:07+	04:45+	00:55+	01:09+	04:31+	00:39+	01:03+	02:56+	01:03+	02:03+	02:40+	01:49+	08:16+	05:25+	01:57+	03:46+	05:51+	01:48+	02:09+	01:33+	01:08+	01:16+
68:35+																									
00:12+																									
00:12+																									
21	Trygve Michaelsen	896																					1:11:25		
01:58+	03:22+	04:32+	12:54+	13:32+	17:59+	18:29+	20:12+	22:44+	23:29+	24:19+	29:39+	37:12+	39:33+	41:18+	43:16+	48:27+	51:39+	53:41+	56:39+	62:17+	64:41+	66:43+	67:46+	69:22+	71:13+
01:58+	01:24+	01:10+	08:22+	00:38+	04:27+	00:30+	01:43+	02:32+	00:45+	00:50+	05:20+	07:33+	02:21+	01:45+	01:58+	05:11+	03:12+	02:02+	02:58+	05:38+	02:24+	02:02+	01:03+	01:36+	01:51+
01:58+	01:24+	01:10+	08:22+	00:38+	04:27+	00:30+	01:43+	02:32+	00:45+	00:50+	05:20+	07:33+	02:21+	01:45+	01:58+	05:11+	03:12+	02:02+	02:58+	05:38+	02:24+	02:02+	01:03+	01:36+	01:51+
71:25+																									
00:12+																									
00:12+																									
22	Asbjørn Bråndland	879																					1:11:28		
03:54+	05:01+	06:30+	10:29+	11:16+	17:56+	18:56+	21:07+	24:02+	24:51+	25:57+	30:20+	32:12+	34:58+	37:25+	39:13+	47:55+	49:47+	53:34+	55:43+	61:03+	63:32+	66:45+	68:09+	69:31+	71:13+
03:54+	01:07+	01:29+	03:59+	00:47+	06:40+	01:00+	02:11+	02:55+	00:49+	01:06+	04:23+	01:52+	02:46+	02:27+	01:48+	08:42+	01:52+	03:47+	02:09+	05:20+	02:29+	03:13+	01:24+	01:22+	01:42+
03:54+	01:07+	01:29+	03:59+	00:47+	06:40+	01:00+	02:11+	02:55+	00:49+	01:06+	04:23+	01:52+	02:46+	02:27+	01:48+	08:42+	01:52+	03:47+	02:09+	05:20+	02:29+	03:13+	01:24+	01:22+	01:42+
71:28+																									
00:15+																									
00:15+																									
23	Geir Rune Seldal	2023																					1:11:51		
03:31+	05:22+	06:41+	11:44+	13:32+	14:34+	15:19+	17:19+	23:10+	24:21+	25:40+	30:19+	32:13+	35:26+	38:17+	40:21+	46:39+	49:28+	51:02+	53:18+	60:55+	64:00+	66:27+	68:10+	69:57+	71:35+
03:31+	01:51+	01:19+	05:03+	01:09+	01:41+	00:45+	02:00+	05:51+	01:11+	01:19+	04:39+	01:54+	03:13+	02:51+	02:04+	06:18+	02:49+	01:34+	02:16+	07:37+	03:05+	02:27+	01:43+	01:47+	01:38+
03:31+	01:51+	01:19+	05:03+	01:09+	01:41+	00:45+	02:00+	05:51+	01:11+	01:19+	04:39+	01:54+	03:13+	02:51+	02:04+	06:18+	02:49+	01:34+	02:16+	07:37+	03:05+	02:27+	01:43+	01:47+	01:38+
71:51+																									
00:16+																									
00:16+																									
24	Erik Bjørnbom	3558																					1:12:05		
05:40+	06:49+	07:56+	11:39+	12:26+	16:34+	17:28+	19:20+	23:59+	24:48+	26:00+	29:21+	31:03+	33:29+	35:32+	37:11+	45:28+	52:20+	53:43+	56:34+	61:48+	64:10+	67:36+	68:47+	70:08+	71:47+
05:40+	01:09+	01:07+	03:43+	00:47+	04:08+	00:54+	01:52+	04:39+	00:49+	01:12+	03:21+	01:42+	02:26+	02:03+	01:39+	08:17+	06:52+	01:23+	02:51+	05:14+	02:22+	03:26+	01:11+	01:21+	01:39+
05:40+	01:09+	01:07+	03:43+	00:47+	04:08+	00:54+	01:52+	04:39+	00:49+	01:12+	03:21+	01:42+	02:26+	02:03+	01:39+	08:17+	06:52+	01:23+	02:51+	05:14+	02:22+	03:26+	01:11+	01:21+	01:39+
72:05+																									
00:18+																									
00:18+																									
25	Jerome Renault	3524																					1:13:07		
01:56+	03:43+	05:01+	09:44+	10:30+	17:30+	18:23+	19:55+	25:02+	26:00+	27:14+	31:49+	33:15+	35:57+	38:06+	39:57+	48:58+	51:33+	52:59+	60:19+	63:46+	66:03+	68:04+	69:52+	71:22+	72:52+
01:56+	01:47+	01:18+	04:43+	00:46+	07:00+	00:53+	01:32+	05:07+	00:58+	01:14+	04:35+	01:26+	02:42+	02:09+	01:51+	09:01+	02:35+	01:26+	07:20+	03:27+	02:17+	02:01+	01:48+	01:30+	01:30+
01:56+	01:47+	01:18+	04:43+	00:46+	07:00+	00:53+	01:32+	05:07+	00:58+	01:14+	04:35+	01:26+	02:42+	02:09+	01:51+	09:01+	02:35+	01:26+	07:20+	03:27+	02:17+	02:01+	01:48+	01:30+	01:30+
73:07+																									
00:15+																									
00:15+																									

Herrer 50 - 59 år

26	Ove Mæstad	2342																		1:16:50									
02:24+	04:18+	05:40+	07:35+	11:20+	12:00+	13:35+	14:35+	15:55+	21:25+	22:11+	24:21+	28:19+	30:01+	33:06+	35:10+	37:00+	45:40+	47:59+	49:32+	58:35+	66:43+	69:16+	71:44+	73:44+	74:58+				
02:24+	01:54+	01:22+	01:55+	03:45+	00:40+	01:35+	01:00+	01:20+	05:30+	00:46+	02:10+	03:58+	01:42+	03:05+	02:04+	01:50+	08:40+	02:19+	01:33+	09:03+	08:08+	02:33+	02:28+	02:00+	01:14+				
02:24+	01:54+	01:22+	01:55+	03:45+	00:40+	01:35+	01:00+	01:20+	05:30+	00:46+	02:10+	03:58+	01:42+	03:05+	02:04+	01:50+	08:40+	02:19+	01:33+	09:03+	08:08+	02:33+	02:28+	02:00+	01:14+				
76:35+	76:50+																												
01:37+	00:15+																												
01:37+	00:15+																												
27	Ingve Vold	3529																		1:22:02									
06:06+	07:23+	08:52+	13:43+	14:29+	17:38+	18:18+	19:53+	26:05+	26:53+	27:54+	31:40+	32:49+	35:13+	37:27+	39:16+	45:50+	47:47+	49:47+	54:50+	70:35+	74:03+	76:22+	77:48+	80:20+	81:47+				
06:06+	01:17+	01:29+	04:51+	00:46+	03:09+	00:40+	01:35+	06:12+	00:48+	01:01+	03:46+	01:09+	02:24+	01:35+	06:12+	01:49+	06:34+	01:57+	02:00+	05:03+	15:45+	03:28+	02:19+	01:26+	02:32+				
06:06+	01:17+	01:29+	04:51+	00:46+	03:09+	00:40+	01:35+	06:12+	00:48+	01:01+	03:46+	01:09+	02:24+	01:35+	06:12+	01:49+	06:34+	01:57+	02:00+	05:03+	15:45+	03:28+	02:19+	01:26+	02:32+				
82:02+																													
00:15+																													
00:15+																													
28	Josef Luidold	3565																		1:44:57									
07:34+	09:06+	10:33+	15:32+	16:16+	20:21+	22:44+	29:22+	32:07+	32:59+	34:21+	38:50+	41:07+	44:55+	47:19+	51:35+	62:33+	64:38+	71:42+	75:40+	90:45+	94:32+	98:28+	99:44+	101:08+	104:19+				
07:34+	01:32+	01:27+	04:59+	00:44+	04:05+	02:23+	06:38+	02:45+	00:52+	01:22+	04:29+	02:17+	03:48+	02:24+	04:16+	10:58+	02:05+	07:04+	03:58+	15:05+	03:47+	03:56+	01:16+	01:24+	03:11+				
07:34+	01:32+	01:27+	04:59+	00:44+	04:05+	02:23+	06:38+	02:45+	00:52+	01:22+	04:29+	02:17+	03:48+	02:24+	04:16+	10:58+	02:05+	07:04+	03:58+	15:05+	03:47+	03:56+	01:16+	01:24+	03:11+				
104:57+																													
00:38+																													
00:38+																													

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Sturle Omdal	1683																		35:19									
02:49=	04:49=	06:52=	07:39=	09:05=	11:59=	13:26=	15:39=	17:39=	20:20=	21:41=	25:58=	27:58=	30:24=	32:04=	33:02=	33:51=	35:06=	35:19=											
02:49=	02:00=	02:03=	00:47=	01:26=	02:54=	01:27=	02:13=	02:00=	02:41=	01:21=	04:17=	02:00=	02:26=	01:40=	00:58=	00:49=	01:15=	00:13=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Inge Løland	1119																		35:46									
03:14+	05:01+	07:26+	08:04+	09:29+	12:51+	14:15+	16:43+	18:20+	21:03+	22:29+	25:26+	27:40+	30:25+	32:06+	33:03+	34:15+	35:33+	35:46+											
03:14+	01:47-	02:25+	00:38-	01:25-	03:22+	01:24-	02:28+	01:37-	02:43+	01:26+	02:57-	02:14+	02:45+	01:41+	00:57-	01:12+	01:18+	00:13=											
00:25#	00:13-	00:22#	00:09-	00:01-	00:28#	00:03-	00:15#	00:23-	00:02+	00:05+	01:20-	00:14#	00:19#	00:01+	00:01-	00:23&	00:03+	00:00=											
3	Kjell Seland	3547																		37:58									
03:26+	05:19+	08:04+	08:51+	11:17+	14:21+	15:47+	18:23+	20:37+	23:48+	24:59+	27:40+	29:32+	32:23+	34:14+	35:18+	36:19+	37:46+	37:58+											
03:26+	01:53-	02:45+	00:47=	02:26+	03:04+	01:26-	02:36+	02:14+	03:11+	01:11-	02:41-	01:52-	02:51+	01:51+	01:04+	01:01+	01:27+	00:12-											
00:37#	00:07-	00:42&	00:00=	01:00&	00:10+	00:01-	00:23#	00:14#	00:30#	00:10-	01:36-	00:08-	00:25#	00:11#	00:06#	00:12#	00:12#	00:01-											
4	Ivar Knutsen	1683																		40:11									
03:27+	05:08+	09:29+	10:21+	12:11+	15:58+	17:29+	20:05+	22:17+	24:59+	26:22+	29:09+	31:28+	34:02+	36:03+	37:13+	38:24+	39:57+	40:11+											
03:27+	01:41-	04:21+	00:52+	01:50+	03:47+	01:31+	02:36+	02:12+	02:42+	01:23+	02:47-	02:19+	02:34+	02:01+	01:10+	01:11+	01:33+	00:14+											
00:38#	00:19-	02:18@	00:05#	00:24&	00:53&	00:04+	00:23#	00:12#	00:01+	00:02+	01:30-	00:19#	00:08+	00:21#	00:12#	00:22&	00:18#	00:01+											
5	Magnar Mathias Møller	769																		41:14									
03:06+	05:10+	07:12+	07:54+	09:29+	12:36+	14:10+	17:06+	21:53+	25:08+	26:43+	29:45+	32:38+	35:29+	37:23+	38:31+	39:33+	41:00+	41:14+											
03:06+	02:04+	02:02-	00:42-	01:35+	03:07+	01:34+	02:56+	04:47+	03:15+	01:35+	03:02-	02:53+	02:51+	01:54+	01:08+	01:02+	01:27+	00:14+											
00:17#	00:04+	00:01-	00:05-	00:09#	00:13+	00:07+	00:43&	02:47@	00:34#	00:14#	01:15-	00:53&	00:25#	00:14#	00:10#	00:13&	00:12#	00:01+											
6	Øystein Dahle	1884																		42:00									
03:44+	05:53+	08:02+	09:06+	10:41+	14:07+	15:38+	18:19+	20:04+	23:13+	25:11+	28:18+	31:29+	34:37+	37:32+	38:35+	40:04+	41:44+	42:00+											
03:44+	02:09+	02:09+	01:04+	01:35+	03:26+	01:31+	02:41+	01:45-	03:09+	01:58+	03:07-	03:11+	03:08+	02:55+	01:03+	01:29+	01:40+	00:16+											
00:55&	00:09+	00:06+	00:17&	00:09#	00:32#	00:04+	00:28#	00:15-	00:28#	00:37&	01:10-	01:11&	00:42&	01:15&	00:05+	00:40&	00:25&	00:03#											
7	Tor Inge Halvorsen	880																		42:09									
03:47+	05:56+	08:20+	09:07+	11:15+	14:36+	16:23+	19:26+	21:37+	25:35+	27:08+	30:12+	32:20+	35:24+	37:36+	38:57+	40:05+	41:50+	42:09+											
03:47+	02:09+	02:24+	00:47=	02:08+	03:21+	01:47+	03:03+	02:11+	03:58+	01:33+	03:04-	02:08+	03:04+	02:12+	01:21+	01:08+	01:45+	00:19+											
00:58&	00:09+	00:21#	00:00=	00:42&	00:27#	00:20#	00:50&	00:11+	01:17&	00:12#	01:13-	00:08+	00:38&	00:32&	00:23&	00:19&	00:30&	00:06&											

Herrer 60 - 64 år

8	Arnfinn Rømuld	1683	43:30															
03:14+	04:52+	07:06+	07:53+	11:00+	13:59+	15:42+	18:29+	21:12+	24:10+	25:53+	28:56+	31:51+	34:47+	39:18+	40:20+	41:40+	43:16+	43:30+
03:14+	01:38-	02:14+	00:47=	03:07+	02:59+	01:43+	02:47+	02:43+	02:58+	01:43+	03:03-	02:55+	02:56+	04:31+	01:02+	01:20+	01:36+	00:14+
00:25#	00:22-	00:11+	00:00=	01:41@	00:05+	00:16#	00:34&	00:43&	00:17#	00:22&	01:14-	00:55&	00:30#	02:51@	00:04+	00:31&	00:21&	00:01+
9	Harald Syse	1884	44:00															
05:52+	07:55+	11:18+	11:59+	13:20+	18:09+	19:42+	22:07+	25:15+	27:53+	29:13+	31:51+	33:56+	38:04+	39:53+	41:05+	42:26+	43:42+	44:00+
05:52+	02:03+	03:23+	00:41+	01:21+	04:49+	01:33+	02:25+	03:08+	02:38+	01:20+	02:38+	02:05+	04:08+	01:49+	01:12+	01:21+	01:16+	00:18+
05:52+	02:03+	03:23+	00:41+	01:21+	04:49+	01:33+	02:25+	03:08+	02:38+	01:20+	02:38+	02:05+	04:08+	01:49+	01:12+	01:21+	01:16+	00:18+
10	Kjell Ove Aksland	882	44:15															
03:40+	05:46+	08:44+	09:33+	11:57+	16:17+	17:43+	20:49+	22:58+	26:08+	27:49+	31:05+	33:59+	36:53+	39:36+	40:53+	42:35+	44:02+	44:15+
03:40+	02:06+	02:58+	00:49+	02:24+	04:20+	01:26+	03:06+	02:09+	03:10+	01:41+	03:16+	02:54+	02:54+	02:43+	01:17+	01:42+	01:27+	00:13+
03:40+	02:06+	02:58+	00:49+	02:24+	04:20+	01:26+	03:06+	02:09+	03:10+	01:41+	03:16+	02:54+	02:54+	02:43+	01:17+	01:42+	01:27+	00:13+
11	Arne Øvstebø	1284	44:55															
03:32+	05:42+	08:32+	09:15+	13:15+	16:25+	18:07+	21:15+	23:06+	26:15+	27:48+	31:27+	34:23+	37:20+	39:48+	41:35+	43:03+	44:40+	44:55+
03:32+	02:10+	02:50+	00:43+	04:00+	03:10+	01:42+	03:08+	01:51+	03:09+	01:33+	03:39+	02:56+	02:57+	02:28+	01:47+	01:28+	01:37+	00:15+
03:32+	02:10+	02:50+	00:43+	04:00+	03:10+	01:42+	03:08+	01:51+	03:09+	01:33+	03:39+	02:56+	02:57+	02:28+	01:47+	01:28+	01:37+	00:15+
12	Harald Jansen	3593	45:10															
02:51+	04:51+	06:56+	07:40+	10:59+	18:41+	20:21+	23:32+	25:13+	28:04+	29:38+	32:36+	36:01+	38:45+	40:42+	41:58+	43:28+	44:55+	45:10+
02:51+	02:00+	02:05+	00:44+	03:19+	07:42+	01:40+	03:11+	01:41+	02:51+	01:34+	02:58+	03:25+	02:44+	01:57+	01:16+	01:30+	01:27+	00:15+
02:51+	02:00+	02:05+	00:44+	03:19+	07:42+	01:40+	03:11+	01:41+	02:51+	01:34+	02:58+	03:25+	02:44+	01:57+	01:16+	01:30+	01:27+	00:15+
13	Per Ingar Hadland	793	45:22															
04:02+	06:00+	08:39+	09:26+	11:50+	15:38+	17:38+	20:56+	23:11+	26:57+	28:37+	32:18+	35:35+	38:47+	40:53+	42:05+	43:24+	45:05+	45:22+
04:02+	01:58+	02:39+	00:47+	02:24+	03:48+	02:00+	03:18+	02:15+	03:46+	01:40+	03:41+	03:17+	03:12+	02:06+	01:12+	01:19+	01:41+	00:17+
04:02+	01:58+	02:39+	00:47+	02:24+	03:48+	02:00+	03:18+	02:15+	03:46+	01:40+	03:41+	03:17+	03:12+	02:06+	01:12+	01:19+	01:41+	00:17+
14	Sveinung Svebestad	878	46:16															
03:45+	06:02+	09:35+	10:20+	12:16+	15:30+	17:11+	20:13+	24:24+	27:58+	29:56+	33:12+	35:41+	39:03+	41:17+	42:41+	44:04+	45:57+	46:16+
03:45+	02:17+	03:33+	00:45+	01:56+	03:14+	01:41+	03:02+	04:11+	03:34+	01:58+	03:16+	02:29+	03:22+	02:14+	01:24+	01:23+	01:53+	00:19+
03:45+	02:17+	03:33+	00:45+	01:56+	03:14+	01:41+	03:02+	04:11+	03:34+	01:58+	03:16+	02:29+	03:22+	02:14+	01:24+	01:23+	01:53+	00:19+
15	Stein Sigbjørnsen	882	50:24															
03:25+	05:40+	10:18+	11:13+	13:31+	18:30+	20:45+	23:41+	26:47+	30:37+	32:05+	35:33+	39:22+	42:28+	45:16+	46:47+	48:31+	50:08+	50:24+
03:25+	02:15+	04:38+	00:55+	02:18+	04:59+	02:15+	02:56+	03:06+	03:50+	01:28+	03:28+	03:49+	03:06+	02:48+	01:31+	01:44+	01:37+	00:16+
03:25+	02:15+	04:38+	00:55+	02:18+	04:59+	02:15+	02:56+	03:06+	03:50+	01:28+	03:28+	03:49+	03:06+	02:48+	01:31+	01:44+	01:37+	00:16+
16	Inge Skretting	1384	50:31															
03:53+	06:03+	09:37+	10:40+	13:10+	19:25+	21:17+	24:24+	26:52+	30:33+	32:03+	35:20+	39:06+	42:37+	44:47+	45:55+	48:34+	50:16+	50:31+
03:53+	02:10+	03:34+	01:03+	02:30+	06:15+	01:52+	03:07+	02:28+	03:41+	01:30+	03:17+	03:46+	03:31+	02:10+	01:08+	02:39+	01:42+	00:15+
03:53+	02:10+	03:34+	01:03+	02:30+	06:15+	01:52+	03:07+	02:28+	03:41+	01:30+	03:17+	03:46+	03:31+	02:10+	01:08+	02:39+	01:42+	00:15+
17	John Carsten Sinnes	1884	53:48															
07:03+	08:56+	11:41+	12:37+	17:00+	24:24+	26:15+	29:10+	31:14+	34:38+	37:29+	41:04+	44:29+	47:23+	49:33+	51:16+	52:10+	53:36+	53:48+
07:03+	01:53+	02:45+	00:56+	04:23+	07:24+	01:51+	02:55+	02:04+	03:24+	02:51+	03:35+	03:25+	02:54+	02:10+	01:43+	00:54+	01:26+	00:12+
07:03+	01:53+	02:45+	00:56+	04:23+	07:24+	01:51+	02:55+	02:04+	03:24+	02:51+	03:35+	03:25+	02:54+	02:10+	01:43+	00:54+	01:26+	00:12+

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Espen Krogh	793	33:46															
02:34=	04:15=	06:51=	07:26=	08:56=	12:02=	13:21=	15:42=	17:11=	19:44=	20:59=	23:35=	26:06=	28:25=	30:07=	31:26=	32:23=	33:35=	33:46=
02:34=	01:41=	02:36=	00:35=	01:30=	03:06=	01:19=	02:21=	01:29=	02:33=	01:15=	02:36=	02:31=	02:19=	01:42=	01:19=	00:57=	01:12=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Otte Omdal	903	34:51															
02:41+	04:28+	06:40-	07:13-	09:01+	11:51-	13:09-	15:35-	17:03-	19:46+	21:15+	24:22+	26:59+	29:26+	31:21+	32:18+	33:24+	34:40+	34:51+
02:41+	01:47+	02:12-	00:33-	01:48+	02:50-	01:18-	02:26+	01:28-	02:43+	01:29+	03:07+	02:37+	02:27+	01:55+	00:57-	01:06+	01:16+	00:11=
00:07+	00:06+	00:24-	00:02-	00:18#	00:16-	00:01-	00:05+	00:01-	00:10+	00:14#	00:31#	00:06+	00:08+	00:13#	00:22-	00:09#	00:04+	00:00=

Herrer 65 - 69 år

3	Kjell Dale	1884														36:22			
03:07+	04:40+	07:24+	08:04+	10:31+	13:11+	14:30+	17:18+	19:45+	22:19+	23:28+	25:40+	27:53+	30:20+	32:04+	33:45+	34:30+	36:07+	36:22+	
03:07+	01:33-	02:44+	00:40+	02:27+	02:40-	01:19-	02:48+	02:27+	02:34+	01:09-	02:12-	02:13-	02:27+	01:44+	01:41+	00:45-	01:37+	00:15+	
00:33#	00:08-	00:08+	00:05#	00:57&	00:26-	00:00-	00:27#	00:58&	00:01+	00:06-	00:24-	00:18-	00:08+	00:02+	00:22&	00:12-	00:25&	00:04&	
4	Kjell Skjæveland	3515														37:37			
03:03+	04:38+	06:56+	08:26+	09:59+	12:49+	16:05+	18:43+	20:31+	23:33+	25:21+	28:03+	30:04+	32:37+	34:14+	35:08+	36:00+	37:21+	37:37+	
03:03+	01:35+	02:18+	01:30+	01:33+	02:50+	03:16+	02:38+	01:48+	03:02+	01:48+	02:42+	02:01+	02:33+	01:37+	00:54+	00:52+	01:21+	00:16+	
03:03+	01:35+	02:18+	01:30+	01:33+	02:50+	03:16+	02:38+	01:48+	03:02+	01:48+	02:42+	02:01+	02:33+	01:37+	00:54+	00:52+	01:21+	00:16+	
5	Torbjørn Evensen	3556														43:08			
03:05+	04:53+	07:05+	07:53+	09:29+	15:04+	16:45+	19:44+	21:36+	24:27+	26:22+	29:12+	33:52+	37:03+	39:07+	40:20+	41:32+	42:55+	43:08+	
03:05+	01:48+	02:12+	00:48+	01:36+	05:35+	01:41+	02:59+	01:52+	02:51+	01:55+	02:50+	04:40+	03:11+	02:04+	01:13+	01:12+	01:23+	00:13+	
03:05+	01:48+	02:12+	00:48+	01:36+	05:35+	01:41+	02:59+	01:52+	02:51+	01:55+	02:50+	04:40+	03:11+	02:04+	01:13+	01:12+	01:23+	00:13+	
6	Bjørn Sivertsen	1332														43:31			
04:08+	06:17+	09:05+	09:49+	11:34+	15:27+	17:26+	20:43+	22:47+	26:04+	27:32+	30:57+	33:57+	37:10+	39:08+	40:16+	41:23+	43:14+	43:31+	
04:08+	02:09+	02:48+	00:44+	01:45+	03:53+	01:59+	03:17+	02:04+	03:17+	01:28+	03:25+	03:00+	03:13+	01:58+	01:08+	01:07+	01:51+	00:17+	
04:08+	02:09+	02:48+	00:44+	01:45+	03:53+	01:59+	03:17+	02:04+	03:17+	01:28+	03:25+	03:00+	03:13+	01:58+	01:08+	01:07+	01:51+	00:17+	
7	Sveinung Tveit	3547														43:41			
03:45+	05:48+	08:09+	08:52+	10:42+	13:42+	15:25+	18:24+	22:31+	26:04+	28:10+	31:10+	33:44+	36:51+	39:12+	40:33+	41:57+	43:27+	43:41+	
03:45+	02:03+	02:21+	00:43+	01:50+	03:00+	01:43+	02:59+	04:07+	03:33+	02:06+	03:00+	02:34+	03:07+	02:21+	01:21+	01:24+	01:30+	00:14+	
03:45+	02:03+	02:21+	00:43+	01:50+	03:00+	01:43+	02:59+	04:07+	03:33+	02:06+	03:00+	02:34+	03:07+	02:21+	01:21+	01:24+	01:30+	00:14+	
8	Olav Tunheim	1884														44:06			
03:08+	05:16+	08:40+	09:36+	11:25+	16:34+	18:13+	20:55+	23:28+	26:24+	27:56+	31:14+	34:36+	37:37+	40:08+	41:31+	42:22+	43:52+	44:06+	
03:08+	02:08+	03:24+	00:56+	01:49+	05:09+	01:39+	02:42+	02:33+	02:56+	01:32+	03:18+	03:22+	03:01+	02:31+	01:23+	00:51+	01:30+	00:14+	
03:08+	02:08+	03:24+	00:56+	01:49+	05:09+	01:39+	02:42+	02:33+	02:56+	01:32+	03:18+	03:22+	03:01+	02:31+	01:23+	00:51+	01:30+	00:14+	
9	Arnstein Skretting	3529														46:38			
03:50+	06:37+	09:08+	10:00+	12:12+	15:50+	17:38+	20:44+	23:01+	26:47+	28:27+	32:04+	34:55+	38:41+	41:50+	43:11+	44:32+	46:22+	46:38+	
03:50+	02:47+	02:31+	00:52+	02:12+	03:38+	01:48+	03:06+	02:17+	03:46+	01:40+	03:37+	02:51+	03:46+	03:09+	01:21+	01:21+	01:50+	00:16+	
03:50+	02:47+	02:31+	00:52+	02:12+	03:38+	01:48+	03:06+	02:17+	03:46+	01:40+	03:37+	02:51+	03:46+	03:09+	01:21+	01:21+	01:50+	00:16+	
10	Steinar Barmen	722														48:25			
03:50+	06:13+	09:23+	10:38+	13:01+	17:54+	19:51+	23:00+	26:08+	29:40+	31:39+	35:07+	38:00+	41:11+	43:42+	45:01+	46:38+	48:11+	48:25+	
03:50+	02:23+	03:10+	01:15+	02:23+	04:53+	01:57+	03:09+	03:08+	03:32+	01:59+	03:28+	02:53+	03:11+	02:31+	01:19+	01:37+	01:33+	00:14+	
03:50+	02:23+	03:10+	01:15+	02:23+	04:53+	01:57+	03:09+	03:08+	03:32+	01:59+	03:28+	02:53+	03:11+	02:31+	01:19+	01:37+	01:33+	00:14+	
11	Terje Stokkeland	3522														48:40			
04:18+	06:39+	10:56+	11:51+	14:10+	19:30+	21:24+	24:23+	26:38+	30:01+	31:57+	35:31+	38:48+	42:23+	44:36+	45:37+	46:45+	48:27+	48:40+	
04:18+	02:21+	04:17+	00:55+	02:19+	05:20+	01:54+	02:59+	02:15+	03:23+	01:56+	03:34+	03:17+	03:35+	02:13+	01:01+	01:08+	01:42+	00:13+	
04:18+	02:21+	04:17+	00:55+	02:19+	05:20+	01:54+	02:59+	02:15+	03:23+	01:56+	03:34+	03:17+	03:35+	02:13+	01:01+	01:08+	01:42+	00:13+	
12	Tor Geir Espedal	3530														49:49			
03:48+	06:05+	08:18+	09:11+	13:08+	20:27+	22:12+	25:12+	27:09+	30:15+	32:09+	35:21+	38:01+	41:17+	43:31+	44:51+	48:01+	49:33+	49:49+	
03:48+	02:17+	02:13+	00:53+	03:57+	07:19+	01:45+	03:00+	01:57+	03:06+	01:54+	03:12+	02:40+	03:16+	02:14+	01:20+	03:10+	01:32+	00:16+	
03:48+	02:17+	02:13+	00:53+	03:57+	07:19+	01:45+	03:00+	01:57+	03:06+	01:54+	03:12+	02:40+	03:16+	02:14+	01:20+	03:10+	01:32+	00:16+	
13	Jan Arendal	1683														51:58			
04:01+	06:24+	09:18+	10:17+	12:50+	17:44+	19:45+	23:14+	26:01+	29:59+	31:47+	35:35+	39:25+	43:16+	46:11+	48:04+	49:36+	51:37+	51:58+	
04:01+	02:23+	02:54+	00:59+	02:33+	04:54+	02:01+	03:29+	02:47+	03:58+	01:48+	03:48+	03:50+	03:51+	02:55+	01:53+	01:32+	02:01+	00:21+	
04:01+	02:23+	02:54+	00:59+	02:33+	04:54+	02:01+	03:29+	02:47+	03:58+	01:48+	03:48+	03:50+	03:51+	02:55+	01:53+	01:32+	02:01+	00:21+	
14	Bjørn H Engseth	1884														59:32			
04:28+	07:17+	14:11+	15:12+	17:40+	21:35+	23:50+	27:45+	30:11+	34:24+	36:18+	40:33+	44:28+	49:00+	52:36+	54:37+	56:17+	59:08+	59:32+	
04:28+	02:49+	06:54+	01:01+	02:28+	03:55+	02:15+	03:55+	02:26+	04:13+	01:54+	04:15+	03:55+	04:32+	03:36+	02:01+	01:40+	02:51+	00:24+	
04:28+	02:49+	06:54+	01:01+	02:28+	03:55+	02:15+	03:55+	02:26+	04:13+	01:54+	04:15+	03:55+	04:32+	03:36+	02:01+	01:40+	02:51+	00:24+	
15	Asgeir Kleppa	3511														1:01:36			
06:30+	09:00+	11:47+	13:04+	16:10+	22:59+	25:01+	29:57+	33:01+	37:14+	39:56+	43:40+	47:10+	51:16+	54:08+	57:01+	59:15+	61:14+	61:36+	
06:30+	02:30+	02:47+	01:17+	03:06+	06:49+	02:02+	04:56+	03:04+	04:13+	02:42+	03:44+	03:30+	04:06+	02:52+	02:53+	02:14+	01:59+	00:22+	
06:30+	02:30+	02:47+	01:17+	03:06+	06:49+	02:02+	04:56+	03:04+	04:13+	02:42+	03:44+	03:30+	04:06+	02:52+	02:53+	02:14+	01:59+	00:22+	
16	Kjell Lervik	3598														1:04:04			
04:27+	08:16+	12:04+	13:16+	15:41+	23:19+	26:07+	29:46+	32:49+	37:24+	40:04+	46:46+	50:32+	54:27+	58:10+	59:57+	62:00+	63:44+	64:04+	
04:27+	03:49+	03:48+	01:12+	02:25+	07:38+	02:48+	03:39+	03:03+	04:35+	02:40+	06:42+	03:46+	03:55+	03:43+	01:47+	02:03+	01:44+	00:20+	
04:27+	03:49+	03:48+	01:12+	02:25+	07:38+	02:48+	03:39+	03:03+	04:35+	02:40+	06:42+	03:46+	03:55+	03:43+	01:47+	02:03+	01:44+	00:20+	

Herrer 65 - 69 år

17	Rolf Kleppe	3524															1:17:06	
05:55+	09:24+	18:44+	19:58+	22:22+	29:27+	31:42+	36:25+	39:26+	44:57+	46:51+	54:36+	58:16+	62:43+	67:09+	68:57+	71:35+	76:46+	77:06+
05:55+	03:29+	09:20+	01:14+	02:24+	07:05+	02:15+	04:43+	03:01+	05:31+	01:54+	07:45+	03:40+	04:27+	04:26+	01:48+	02:38+	05:11+	00:20+
05:55+	03:29+	09:20+	01:14+	02:24+	07:05+	02:15+	04:43+	03:01+	05:31+	01:54+	07:45+	03:40+	04:27+	04:26+	01:48+	02:38+	05:11+	00:20+

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal	874															30:20	
02:53=	04:16=	06:04=	06:45=	07:59=	10:34=	11:54=	14:03=	15:33=	17:56=	19:35=	21:49=	23:37=	26:02=	27:28=	28:14=	28:58=	30:08=	30:20=
02:53=	01:23=	01:48=	00:41=	01:14=	02:35=	01:20=	02:09=	01:30=	02:23=	01:39=	02:14=	01:48=	02:25=	01:26=	00:46=	00:44=	01:10=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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															33:51	
02:48-	04:15-	06:28+	07:06+	08:21+	12:19+	13:41+	16:19+	17:59+	20:26+	21:43+	24:10+	26:21+	28:48+	30:30+	31:27+	32:29+	33:39+	33:51+
02:48-	01:27+	02:13+	00:38-	01:15+	03:58+	01:22+	02:38+	01:40+	02:27+	01:17-	02:27+	02:11+	02:27+	01:42+	00:57+	01:02+	01:10=	00:12=
00:05-	00:04+	00:25#	00:03-	00:01+	01:23&	00:02+	00:29#	00:10#	00:04+	00:22-	00:13+	00:23#	00:02+	00:16#	00:11#	00:18&	00:00=	00:00=

3	Harry Breiland	3507															34:58	
03:07+	04:46+	06:49+	07:58+	09:31+	12:35+	13:58+	16:27+	18:07+	20:57+	22:07+	24:49+	26:55+	29:26+	31:12+	32:22+	33:20+	34:47+	34:58+
03:07+	01:39+	02:03+	01:09+	01:33+	03:04+	01:23+	02:29+	01:40+	02:50+	01:10-	02:42+	02:06+	02:31+	01:46+	01:10+	00:58+	01:27+	00:11-
00:14+	00:16#	00:15#	00:28&	00:19&	00:29#	00:03+	00:20#	00:10#	00:27#	00:29-	00:28#	00:18#	00:06+	00:20#	00:24&	00:14&	00:17#	00:01-

4	Jan Hetland	3502															44:01	
04:01+	05:53+	08:22+	09:22+	11:34+	15:05+	16:58+	19:19+	21:34+	24:30+	26:58+	31:07+	34:52+	37:43+	39:59+	41:30+	42:37+	43:48+	44:01+
04:01+	01:52+	02:29+	01:00+	02:12+	03:31+	01:53+	02:21+	02:15+	02:56+	02:28+	04:09+	03:45+	02:51+	02:16+	01:31+	01:07+	01:11+	00:13+
01:08&	00:29&	00:41&	00:19&	00:58&	00:56&	00:33&	00:12+	00:45&	00:33#	00:49&	01:55&	01:57@	00:26#	00:50&	00:45&	00:23&	00:01+	00:01+

5	Svein Berge	643															44:53	
03:02+	05:25+	07:09+	07:58+	09:41+	15:29+	16:52+	20:19+	22:35+	25:28+	27:07+	32:46+	35:00+	37:47+	39:55+	42:10+	43:15+	44:40+	44:53+
03:02+	02:23+	01:44-	00:49+	01:43+	05:48+	01:23+	03:27+	02:16+	02:53+	01:39=	05:39+	02:14+	02:47+	02:08+	02:15+	01:05+	01:25+	00:13+
00:09+	01:00&	00:04-	00:08#	00:29&	03:13@	00:03+	01:18&	00:46&	00:30#	00:00=	03:25@	00:26#	00:22#	00:42&	01:29@	00:21&	00:15#	00:01+

6	Jan Inge Lunde	1830															46:04	
04:07+	06:29+	09:09+	10:02+	11:52+	17:12+	19:04+	22:22+	24:33+	27:57+	29:47+	33:25+	35:59+	39:18+	41:33+	42:56+	44:03+	45:48+	46:04+
04:07+	02:22+	02:40+	00:53+	01:50+	05:20+	01:52+	03:18+	02:11+	03:24+	01:50+	03:38+	02:34+	03:19+	02:15+	01:23+	01:07+	01:45+	00:16+
01:14&	00:59&	00:52&	00:12&	00:36&	02:45@	00:32&	01:09&	00:41&	01:01&	00:11#	01:24&	00:46&	00:54&	00:49&	00:37&	00:23&	00:35&	00:04&

7	Ragnvald Frøyland	879															47:27	
03:17+	05:25+	07:56+	08:51+	10:40+	17:06+	18:51+	21:30+	23:53+	26:44+	28:16+	31:45+	34:43+	37:43+	40:44+	44:22+	45:39+	47:11+	47:27+
03:17+	02:08+	02:31+	00:55+	01:49+	06:26+	01:45+	02:39+	02:23+	02:51+	01:32-	03:29+	02:58+	03:00+	03:01+	03:38+	01:17+	01:32+	00:16+
00:24#	00:45&	00:43&	00:14&	00:35&	03:51@	00:25&	00:30#	00:53&	00:28#	00:07-	01:15&	01:10&	00:35#	01:35@	02:52@	00:33&	00:22&	00:04&

8	Kjell Ivar Skjørestad	892															47:28	
03:33+	05:40+	08:50+	09:29+	11:16+	16:20+	18:09+	21:17+	23:18+	27:18+	28:50+	32:03+	36:13+	39:35+	41:38+	42:51+	45:32+	47:12+	47:28+
03:33+	02:07+	03:10+	00:39-	01:47+	05:04+	01:49+	03:08+	02:01+	04:00+	01:32-	03:13+	04:10+	03:22+	02:03+	01:13+	02:41+	01:40+	00:16+
00:40#	00:44&	01:22&	00:02-	00:33&	02:29&	00:29&	00:59&	00:31&	01:37&	00:07-	00:59&	02:22@	00:57&	00:37&	00:27&	01:57@	00:30&	00:04&

9	Bjørn Bjelland	3541															50:25	
03:48+	06:08+	12:01+	12:41+	14:24+	19:10+	21:04+	24:10+	26:14+	30:29+	31:58+	35:16+	39:24+	42:39+	44:39+	45:51+	48:28+	50:09+	50:25+
03:48+	02:20+	05:53+	00:40-	01:43+	04:46+	01:54+	03:06+	02:04+	04:15+	01:29-	03:18+	04:08+	03:15+	02:00+	01:12+	02:37+	01:41+	00:16+
00:55&	00:57&	04:05@	00:01-	00:29&	02:11&	00:34&	00:57&	00:34&	01:52&	00:10-	01:04&	02:20@	00:50&	00:34&	00:26&	01:53@	00:31&	00:04&

10	Tom Hetland	880															52:42	
07:17+	09:19+	13:01+	13:55+	15:49+	21:43+	23:37+	26:31+	29:36+	32:51+	34:28+	38:05+	42:21+	45:34+	48:07+	49:47+	50:53+	52:28+	52:42+
07:17+	02:02+	03:42+	00:54+	01:54+	05:54+	01:54+	02:54+	03:05+	03:15+	01:37-	03:37+	04:16+	03:13+	02:33+	01:40+	01:06+	01:35+	00:14+
04:24@	00:39&	01:54@	00:13&	00:40&	03:19@	00:34&	00:45&	01:35@	00:52&	00:02-	01:23&	02:28@	00:48&	01:07&	00:54@	00:22&	00:25&	00:02#

11	Bjarne Gimre	1830															52:44	
04:29+	07:07+	09:45+	10:44+	12:52+	20:05+	22:19+	25:45+	28:19+	32:24+	34:09+	38:05+	41:13+	45:19+	47:58+	49:18+	50:44+	52:26+	52:44+
04:29+	02:38+	02:38+	00:59+	02:08+	07:13+	02:14+	03:26+	02:34+	04:05+	01:45+	03:56+	03:08+	04:06+	02:39+	01:20+	01:26+	01:42+	00:18+
01:36&	01:15&	00:50&	00:18&	00:54&	04:38@	00:54&	01:17&	01:04&	01:42&	00:06+	01:42&	01:20&	01:41&	01:13&	00:34&	00:42&	00:32&	00:06&

Class	Navn	Klasse	Tid
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Herrer 70 - 74 år

12	Tore Romon Tvedt	3518	53:01															
05:36+	08:02+	10:56+	11:54+	13:44+	18:27+	20:30+	23:48+	26:05+	31:45+	33:58+	37:27+	41:15+	44:51+	47:21+	49:12+	50:40+	52:40+	53:01+
05:36+	02:26+	02:54+	00:58+	01:50+	04:43+	02:03+	03:18+	02:17+	05:40+	02:13+	03:29+	03:48+	03:36+	02:30+	01:51+	01:28+	02:00+	00:21+
02:43&	01:03&	01:06&	00:17&	00:36&	02:08&	00:43&	01:09&	00:47&	03:17@	00:34&	01:15&	02:00@	01:11&	01:04&	01:05@	00:44&	00:50&	00:09&
13	Svein Ims	903	53:41															
03:31+	05:45+	08:37+	09:27+	11:22+	14:58+	16:52+	20:10+	26:34+	30:26+	32:38+	36:27+	39:56+	43:27+	45:49+	47:42+	51:24+	53:25+	53:41+
03:31+	02:14+	02:52+	00:50+	01:55+	03:36+	01:54+	03:18+	06:24+	03:52+	02:12+	03:49+	03:29+	03:31+	02:22+	01:53+	03:42+	02:01+	00:16+
03:31+	02:14+	02:52+	00:50+	01:55+	03:36+	01:54+	03:18+	06:24+	03:52+	02:12+	03:49+	03:29+	03:31+	02:22+	01:53+	03:42+	02:01+	00:16+
14	Kjell-Ingar Olsen	1119	1:00:14															
04:44+	07:25+	11:33+	12:57+	15:05+	21:48+	23:59+	27:30+	30:11+	34:03+	35:57+	39:31+	42:27+	46:42+	54:34+	56:21+	57:47+	59:56+	60:14+
04:44+	02:41+	04:08+	01:24+	01:58+	06:43+	02:11+	03:31+	02:41+	03:52+	01:54+	03:34+	02:56+	04:15+	07:52+	01:47+	01:26+	02:09+	00:18+
04:44+	02:41+	04:08+	01:24+	02:08+	06:43+	02:11+	03:31+	02:41+	03:52+	01:54+	03:34+	02:56+	04:15+	07:52+	01:47+	01:26+	02:09+	00:18+
15	Arne Magne Handeland	892	1:01:25															
03:43+	05:54+	09:19+	11:01+	12:59+	19:33+	21:22+	24:29+	28:29+	32:06+	34:20+	39:17+	50:12+	53:55+	56:35+	58:05+	59:28+	61:10+	61:25+
03:43+	02:11+	03:25+	01:42+	01:58+	06:34+	01:49+	03:07+	04:00+	03:37+	02:14+	04:57+	10:55+	03:43+	02:40+	01:30+	01:23+	01:42+	00:15+
03:43+	02:11+	03:25+	01:42+	01:58+	06:34+	01:49+	03:07+	04:00+	03:37+	02:14+	04:57+	10:55+	03:43+	02:40+	01:30+	01:23+	01:42+	00:15+
16	Leif Kåre Lende	879	1:01:39															
03:48+	06:04+	09:41+	10:31+	12:30+	29:19+	31:09+	34:24+	36:35+	39:55+	41:46+	46:18+	49:58+	53:53+	56:20+	57:47+	59:14+	61:20+	61:39+
03:48+	02:16+	03:37+	00:50+	01:59+	16:49+	01:50+	03:15+	02:11+	03:20+	01:51+	04:32+	03:40+	03:55+	02:27+	01:27+	01:27+	02:06+	00:19+
03:48+	02:16+	03:37+	00:50+	01:59+	16:49+	01:50+	03:15+	02:11+	03:20+	01:51+	04:32+	03:40+	03:55+	02:27+	01:27+	01:27+	02:06+	00:19+

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Asgeir Bell	896	32:40														
01:45=	03:47=	06:46=	08:29=	10:03=	10:41=	12:30=	14:01=	15:36=	18:57=	20:58=	23:23=	25:45=	27:47=	28:57=	31:26=	32:25=	32:40=
01:45=	02:02=	02:59=	01:43=	01:34=	00:38=	01:49=	01:31=	01:35=	03:21=	02:01=	02:25=	02:22=	02:02=	01:10=	02:29=	00:59=	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=
2	Finn-Morten Årstad	3530	34:43														
02:02+	04:34+	07:32+	09:34+	11:25+	12:06+	13:45+	15:34+	17:28+	21:08+	23:06+	25:46+	28:05+	30:18+	31:39+	33:20+	34:28+	34:43+
02:02+	02:32+	02:58-	02:02+	01:51+	00:41+	01:39-	01:49+	01:54+	03:40+	01:58-	02:40+	02:19-	02:13+	01:21+	01:41-	01:08+	00:15=
00:17#	00:30#	00:01-	00:19#	00:17#	00:03+	00:10-	00:18#	00:19#	00:19+	00:03-	00:15#	00:03-	00:11+	00:11#	00:48-	00:09#	00:00=
3	Hilmar Røthing	879	37:39														
02:07+	04:16+	06:59+	08:47+	11:50+	12:36+	16:04+	18:01+	20:32+	24:01+	25:45+	28:24+	31:36+	33:29+	34:45+	36:19+	37:25+	37:39+
02:07+	02:09+	02:43-	01:48+	03:03+	00:46+	03:28+	01:57+	02:31+	03:29+	01:44-	02:39+	03:12+	01:53-	01:16+	01:34-	01:06+	00:14-
00:22#	00:07+	00:16-	00:05+	01:29&	00:08#	01:39&	00:26&	00:56&	00:08+	00:17-	00:14+	00:50&	00:09-	00:06+	00:55-	00:07#	00:01-
4	Arne Østensen	3518	38:32														
01:54+	03:55+	09:27+	11:31+	13:06+	13:47+	15:27+	17:03+	18:58+	22:14+	24:42+	27:23+	30:54+	33:22+	34:48+	37:06+	38:14+	38:32+
01:54+	02:01-	05:32+	02:04+	01:35+	00:41+	01:40-	01:36+	01:55+	03:16-	02:28+	02:41+	03:31+	02:28+	01:26+	02:18-	01:08+	00:18+
00:09+	00:01-	02:33&	00:21#	00:01+	00:03+	00:09-	00:05+	00:20#	00:05-	00:27#	00:16#	01:09&	00:26#	00:16#	00:11-	00:09#	00:03#
5	Knut Skjæveland	1884	39:05														
02:11+	04:53+	08:07+	10:42+	12:40+	13:25+	15:13+	17:10+	20:24+	24:33+	26:29+	29:19+	32:01+	34:19+	35:47+	37:37+	38:49+	39:05+
02:11+	02:42+	03:14+	02:35+	01:58+	00:45+	01:48-	01:57+	03:14+	04:09+	01:56-	02:50+	02:42+	02:18+	01:28+	01:50-	01:12+	00:16+
00:26#	00:40&	00:15+	00:52&	00:24&	00:07#	00:01-	00:26&	01:39@	00:48#	00:05-	00:25#	00:20#	00:16#	00:18&	00:39-	00:13#	00:01+
6	Jostein Tunheim	1683	39:17														
01:59+	04:23+	07:30+	09:35+	11:10+	12:02+	14:42+	18:41+	20:26+	23:53+	26:24+	29:22+	32:28+	34:23+	36:01+	37:43+	39:01+	39:17+
01:59+	02:24+	03:07+	02:05+	01:35+	00:52+	02:40+	03:59+	01:45+	03:27+	02:31+	02:58+	03:06+	01:55-	01:38+	01:42-	01:18+	00:16+
00:14#	00:22#	00:08+	00:22#	00:01+	00:14&	00:51&	02:28@	00:10#	00:06+	00:30#	00:33#	00:44&	00:07-	00:28&	00:47-	00:19&	00:01+
7	Øyvind Egeskog	880	39:55														
02:10+	06:59+	10:13+	12:13+	14:16+	15:06+	16:50+	18:42+	20:29+	24:54+	26:49+	29:41+	32:37+	35:03+	36:37+	38:23+	39:38+	39:55+
02:10+	04:49+	03:14+	02:00+	02:03+	00:50+	01:44-	01:52+	01:47+	04:25+	01:55-	02:52+	02:56+	02:26+	01:34+	01:46-	01:15+	00:17+
00:25#	02:47@	00:15+	00:17#	00:29&	00:12&	00:05-	00:21#	00:12#	01:04&	00:06-	00:27#	00:34#	00:24#	00:24&	00:43-	00:16&	00:02#

Plass	Navn	Klasse	Tid
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Herrer 75 - 79 år

8	Kjell Svihus	892	40:47														
02:10+	05:37+	09:01+	11:05+	14:32+	15:45+	17:43+	19:45+	21:35+	25:56+	27:59+	30:54+	33:40+	36:09+	37:30+	39:17+	40:32+	40:47+
02:10+	03:27+	03:24+	02:04+	03:27+	01:13+	01:58+	02:02+	01:50+	04:21+	02:03+	02:55+	02:46+	02:29+	01:21+	01:47-	01:15+	00:15=
00:25#	01:25&	00:25#	00:21#	01:53&	00:35&	00:09+	00:31&	00:15#	01:00&	00:02+	00:30#	00:24#	00:27#	00:11#	00:42-	00:16&	00:00=
9	Hans Klausen	769	41:15														
02:07+	04:55+	08:14+	10:29+	12:42+	13:52+	16:16+	18:42+	21:03+	25:03+	26:57+	30:06+	33:28+	36:05+	37:33+	39:39+	41:01+	41:15+
02:07+	02:48+	03:19+	02:15+	02:13+	01:10+	02:24+	02:26+	02:21+	04:00+	01:54+	03:09+	03:22+	02:37+	01:28+	02:06+	01:22+	00:14+
02:07+	02:48+	03:19+	02:15+	02:13+	01:10+	02:24+	02:26+	02:21+	04:00+	01:54+	03:09+	03:22+	02:37+	01:28+	02:06+	01:22+	00:14+
10	Olav Dag Borgersen	3536	42:02														
02:20+	04:34+	07:42+	10:16+	14:50+	15:34+	17:18+	19:10+	20:43+	24:13+	26:34+	29:45+	35:46+	37:51+	39:06+	40:53+	41:50+	42:02+
02:20+	02:14+	03:08+	02:34+	04:34+	00:44+	01:44+	01:52+	01:33+	03:30+	02:21+	03:11+	06:01+	02:05+	01:15+	01:47+	00:57+	00:12+
02:20+	02:14+	03:08+	02:34+	04:34+	00:44+	01:44+	01:52+	01:33+	03:30+	02:21+	03:11+	06:01+	02:05+	01:15+	01:47+	00:57+	00:12+
11	Svein Glendrange	874	42:26														
02:16+	05:03+	08:41+	10:50+	12:36+	13:35+	15:39+	17:43+	19:58+	24:36+	26:34+	29:44+	33:23+	36:25+	38:03+	40:36+	42:06+	42:26+
02:16+	02:47+	03:38+	02:09+	01:46+	00:59+	02:04+	02:04+	02:15+	04:38+	01:58+	03:10+	03:39+	03:02+	01:38+	02:33+	01:30+	00:20+
02:16+	02:47+	03:38+	02:09+	01:46+	00:59+	02:04+	02:04+	02:15+	04:38+	01:58+	03:10+	03:39+	03:02+	01:38+	02:33+	01:30+	00:20+
12	Paul Andreas Paulsen	896	42:43														
02:08+	04:44+	08:41+	11:17+	14:34+	15:30+	17:44+	19:53+	22:23+	26:34+	28:32+	31:23+	34:40+	37:29+	38:56+	41:12+	42:25+	42:43+
02:08+	02:36+	03:57+	02:36+	03:17+	00:56+	02:14+	02:09+	02:30+	04:11+	01:58+	02:51+	03:17+	02:49+	01:27+	02:16+	01:13+	00:18+
02:08+	02:36+	03:57+	02:36+	03:17+	00:56+	02:14+	02:09+	02:30+	04:11+	01:58+	02:51+	03:17+	02:49+	01:27+	02:16+	01:13+	00:18+
13	Leif Gunnar Wikene	1832	44:47														
02:10+	05:49+	09:14+	12:13+	14:34+	15:35+	17:21+	19:23+	21:33+	25:56+	29:04+	31:48+	36:00+	38:19+	40:26+	43:01+	44:29+	44:47+
02:10+	03:39+	03:25+	02:59+	02:21+	01:01+	01:46+	02:02+	02:10+	04:23+	03:08+	02:44+	04:12+	02:19+	02:07+	02:35+	01:28+	00:18+
02:10+	03:39+	03:25+	02:59+	02:21+	01:01+	01:46+	02:02+	02:10+	04:23+	03:08+	02:44+	04:12+	02:19+	02:07+	02:35+	01:28+	00:18+
14	Olav A. Hognestad	892	45:11														
02:09+	04:52+	08:54+	10:58+	12:32+	13:26+	14:58+	19:49+	22:32+	26:41+	29:03+	32:08+	37:41+	39:47+	41:59+	43:45+	44:56+	45:11+
02:09+	02:43+	04:02+	02:04+	01:34+	00:54+	01:32+	04:51+	02:43+	04:09+	02:22+	03:05+	05:33+	02:06+	02:12+	01:46+	01:11+	00:15+
02:09+	02:43+	04:02+	02:04+	01:34+	00:54+	01:32+	04:51+	02:43+	04:09+	02:22+	03:05+	05:33+	02:06+	02:12+	01:46+	01:11+	00:15+
15	Geir Husdal	1884	49:52														
02:25+	05:16+	08:53+	11:07+	13:48+	15:18+	17:37+	19:50+	22:18+	26:20+	28:15+	31:31+	35:06+	38:39+	45:37+	48:10+	49:33+	49:52+
02:25+	02:51+	03:37+	02:14+	02:41+	01:30+	02:19+	02:13+	02:28+	04:02+	01:55+	03:16+	03:35+	03:33+	06:58+	02:33+	01:23+	00:19+
02:25+	02:51+	03:37+	02:14+	02:41+	01:30+	02:19+	02:13+	02:28+	04:02+	01:55+	03:16+	03:35+	03:33+	06:58+	02:33+	01:23+	00:19+
16	Norvald Skretting	1832	51:29														
02:24+	05:14+	12:53+	15:10+	17:08+	18:04+	19:53+	21:56+	24:21+	29:29+	32:17+	35:33+	40:10+	43:01+	45:19+	49:33+	51:05+	51:29+
02:24+	02:50+	07:39+	02:17+	01:58+	00:56+	01:49+	02:03+	02:25+	05:08+	02:48+	03:16+	04:37+	02:51+	02:18+	04:14+	01:32+	00:24+
02:24+	02:50+	07:39+	02:17+	01:58+	00:56+	01:49+	02:03+	02:25+	05:08+	02:48+	03:16+	04:37+	02:51+	02:18+	04:14+	01:32+	00:24+
17	Reidar Liland	3507	1:17:15														
03:01+	06:22+	14:14+	33:20+	36:54+	37:59+	41:09+	44:29+	46:44+	53:12+	55:33+	61:40+	66:04+	69:41+	71:34+	74:38+	76:48+	77:15+
03:01+	03:21+	07:52+	19:06+	03:34+	01:05+	03:10+	03:20+	02:15+	06:28+	02:21+	06:07+	04:24+	03:37+	01:53+	03:04+	02:10+	00:27+
03:01+	03:21+	07:52+	19:06+	03:34+	01:05+	03:10+	03:20+	02:15+	06:28+	02:21+	06:07+	04:24+	03:37+	01:53+	03:04+	02:10+	00:27+
18	Knut Jonas Espedal	1754	1:20:24														
03:35+	08:49+	24:16+	27:21+	30:21+	31:45+	34:38+	38:19+	43:00+	50:28+	54:11+	59:23+	65:50+	70:28+	73:23+	76:32+	79:48+	80:24+
03:35+	05:14+	15:27+	03:05+	03:00+	01:24+	02:53+	03:41+	04:41+	07:28+	03:43+	05:12+	06:27+	04:38+	02:55+	03:09+	03:16+	00:36+
03:35+	05:14+	15:27+	03:05+	03:00+	01:24+	02:53+	03:41+	04:41+	07:28+	03:43+	05:12+	06:27+	04:38+	02:55+	03:09+	03:16+	00:36+

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Harald Vatne	2342	35:42										
04:26=	06:26=	08:43=	10:08=	13:16=	16:18=	19:42=	24:09=	25:44=	27:22=	30:49=	32:31=	35:24=	35:42=
04:26=	02:00=	02:17=	01:25=	03:08=	03:02=	03:24=	04:27=	01:35=	01:38=	03:27=	01:42=	02:53=	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=

Plass	Navn	Klasse	Tid
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Herrer 80 år og eldre

2 Kjell Langvik 1884 38:58

04:17-	06:18-	10:47+	12:20+	18:39+	21:30+	25:13+	28:12+	29:27+	31:02+	34:32+	36:05+	38:41+	38:58+
04:17-	02:01+	04:29+	01:33+	06:19+	02:51-	03:43+	02:59-	01:15-	01:35-	03:30+	01:33-	02:36-	00:17-
00:09-	00:01+	02:12&	00:08+	03:11@	00:11-	00:19+	01:28-	00:20-	00:03-	00:03+	00:09-	00:17-	00:01-

3 Sigurd Krosli 1884 40:20

04:41+	06:48+	08:55+	10:19+	14:51+	20:12+	23:34+	26:29+	27:52+	29:31+	33:38+	36:47+	40:01+	40:20+
04:41+	02:07+	02:07+	01:24+	04:32+	05:21+	03:22+	02:55+	01:23+	01:39+	04:07+	03:09+	03:14+	00:19+
04:41+	02:07+	02:07+	01:24+	04:32+	05:21+	03:22+	02:55+	01:23+	01:39+	04:07+	03:09+	03:14+	00:19+

4 Alf Gyland 892 40:57

05:12+	07:37+	09:38+	11:05+	14:57+	17:27+	20:58+	23:55+	25:18+	26:54+	30:17+	37:16+	40:35+	40:57+
05:12+	02:25+	02:01+	01:27+	03:52+	02:30+	03:31+	02:57+	01:23+	01:36+	03:23+	06:59+	03:19+	00:22+
05:12+	02:25+	02:01+	01:27+	03:52+	02:30+	03:31+	02:57+	01:23+	01:36+	03:23+	06:59+	03:19+	00:22+

5 Magne Jakobsen 3524 42:55

04:45+	06:57+	09:03+	10:33+	17:24+	20:37+	24:02+	28:30+	30:11+	32:11+	36:30+	38:48+	42:37+	42:55+
04:45+	02:12+	02:06+	01:30+	06:51+	03:13+	03:25+	04:28+	01:41+	02:00+	04:19+	02:18+	03:49+	00:18+
04:45+	02:12+	02:06+	01:30+	06:51+	03:13+	03:25+	04:28+	01:41+	02:00+	04:19+	02:18+	03:49+	00:18+

6 Bjarne Edland 892 44:46

04:56+	07:52+	10:08+	11:43+	15:27+	19:27+	23:39+	26:58+	28:29+	30:09+	33:29+	41:18+	44:28+	44:46+
04:56+	02:56+	02:16+	01:35+	03:44+	04:00+	04:12+	03:19+	01:31+	01:40+	03:20+	07:49+	03:10+	00:18+
04:56+	02:56+	02:16+	01:35+	03:44+	04:00+	04:12+	03:19+	01:31+	01:40+	03:20+	07:49+	03:10+	00:18+

7 Magne Andreas Westerheim 1884 46:25

06:28+	08:59+	11:27+	13:25+	18:29+	22:16+	26:33+	29:48+	31:22+	33:07+	37:58+	40:32+	46:02+	46:25+
06:28+	02:31+	02:28+	01:58+	05:04+	03:47+	04:17+	03:15+	01:34+	01:45+	04:51+	02:34+	05:30+	00:23+
06:28+	02:31+	02:28+	01:58+	05:04+	03:47+	04:17+	03:15+	01:34+	01:45+	04:51+	02:34+	05:30+	00:23+

8 Arne Brandsberg 3502 46:52

06:13+	09:38+	12:32+	14:31+	18:21+	23:09+	27:47+	31:48+	33:54+	35:58+	40:33+	42:29+	46:25+	46:52+
06:13+	03:25+	02:54+	01:59+	03:50+	04:48+	04:38+	04:01+	02:06+	02:04+	04:35+	01:56+	03:56+	00:27+
06:13+	03:25+	02:54+	01:59+	03:50+	04:48+	04:38+	04:01+	02:06+	02:04+	04:35+	01:56+	03:56+	00:27+

9 Tormod Aaslid 3529 48:24

04:44+	07:21+	09:31+	11:10+	14:37+	19:06+	22:59+	27:14+	28:52+	30:34+	34:32+	44:56+	48:03+	48:24+
04:44+	02:37+	02:10+	01:39+	03:27+	04:29+	03:53+	04:15+	01:38+	01:42+	03:58+	10:24+	03:07+	00:21+
04:44+	02:37+	02:10+	01:39+	03:27+	04:29+	03:53+	04:15+	01:38+	01:42+	03:58+	10:24+	03:07+	00:21+

10 Kjell Audun Maudal 3524 1:00:21

06:10+	09:32+	12:30+	14:30+	20:24+	29:21+	34:07+	38:29+	40:53+	43:34+	48:35+	55:36+	59:55+	60:21+
06:10+	03:22+	02:58+	02:00+	05:54+	08:57+	04:46+	04:22+	02:24+	02:41+	05:01+	07:01+	04:19+	00:26+
06:10+	03:22+	02:58+	02:00+	05:54+	08:57+	04:46+	04:22+	02:24+	02:41+	05:01+	07:01+	04:19+	00:26+

Beste strekktid for klassen

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

Herrer A

1 Jone Valdal 1683 37:41

01:44=	02:32=	03:49=	05:11=	05:42=	06:35=	07:02=	08:46=	09:54=	10:51=	11:20=	11:36=	12:16=	13:46=	14:47=	17:11=	18:00=	18:26=	21:52=	22:39=	23:17=	24:33=	25:33=	27:11=	29:00=	29:42=
01:44=	00:48=	01:17=	01:22=	00:31=	00:53=	00:27=	01:44=	01:08=	00:57=	00:29=	00:16=	00:40=	01:30=	01:01=	02:24=	00:49=	00:26=	03:26=	00:47=	00:38=	01:16=	01:00=	01:38=	01:49=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
30:02=	31:04=	33:10=	33:48=	34:32=	35:20=	36:16=	37:03=	37:30=	37:41=																
00:20=	01:02=	02:06=	00:38=	00:44=	00:48=	00:56=	00:47=	00:27=	00:11=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																

2 Morten Bjerga Sundli 3522 39:42

01:39-	02:29-	03:52+	05:44+	06:11+	07:05+	07:39+	09:13+	10:20+	11:20+	11:53+	12:10+	12:51+	14:26+	15:30+	18:03+	19:02+	19:28+	22:13+	22:55+	24:35+	25:47+	26:58+	28:37+	30:34+	31:13+
01:39-	00:50+	01:23+	01:52+	00:27-	00:54+	00:34+	01:34-	01:07-	01:00+	00:33+	00:17+	00:41+	01:35+	01:04+	02:33+	00:59+	00:26=	02:45-	00:42-	01:40+	01:12-	01:11+	01:39+	01:57+	00:39-
00:05-	00:02+	00:06+	00:30&	00:04-	00:01+	00:07&	00:10-	00:01-	00:03+	00:04#	00:01+	00:01+	00:05+	00:03+	00:09+	00:10#	00:00=	00:41-	00:05-	01:02@	00:04-	00:11#	00:01+	00:08+	00:03-
31:39+	32:44+	35:03+	35:48+	36:27+	37:09+	38:10+	39:02+	39:29+	39:42+																
00:26+	01:05+	02:19+	00:45+	00:39-	00:42-	01:01+	00:52+	00:27=	00:13+																
00:06&	00:03+	00:13#	00:07#	00:05-	00:06-	00:05+	00:05#	00:00=	00:02#																

Herrer A

11	Fredrik Hana Voss	793	1:01:50																						
02:21+	03:17+	05:01+	07:24+	08:11+	11:42+	12:25+	17:57+	19:10+	20:17+	21:17+	21:46+	22:35+	24:15+	25:38+	28:44+	31:09+	31:53+	36:54+	38:06+	39:36+	41:34+	43:01+	45:09+	48:19+	49:15+
02:21+	00:56+	01:44+	02:23+	00:47+	03:31+	00:43+	05:32+	01:13+	01:07+	01:00+	00:29+	00:49+	01:40+	01:23+	03:06+	02:25+	00:44+	05:01+	01:12+	01:30+	01:58+	01:27+	02:08+	03:10+	00:56+
02:21+	00:56+	01:44+	02:23+	00:47+	03:31+	00:43+	05:32+	01:13+	01:07+	01:00+	00:29+	00:49+	01:40+	01:23+	03:06+	02:25+	00:44+	05:01+	01:12+	01:30+	01:58+	01:27+	02:08+	03:10+	00:56+
49:45+	51:12+	53:56+	54:28+	55:34+	56:27+	57:43+	59:28+	60:37+	61:38+	61:50+															
00:30+	01:27+	02:44+	00:32+	01:06+	00:53+	01:16+	01:45+	01:09+	01:01+	00:12+															
00:30+	01:27+	02:44+	00:32+	01:06+	00:53+	01:16+	01:45+	01:09+	01:01+	00:12+															

12	Svein Kyllingstad	1284	1:02:42																						
02:04+	03:02+	04:35+	08:11+	08:49+	10:33+	11:01+	14:56+	16:15+	17:27+	19:53+	20:20+	21:09+	24:48+	26:09+	29:20+	30:40+	31:29+	35:19+	37:54+	38:53+	40:52+	43:33+	45:25+	48:02+	49:27+
02:04+	00:58+	01:33+	03:36+	00:38+	01:44+	00:28+	03:55+	01:19+	01:12+	02:26+	00:27+	00:49+	03:39+	01:21+	03:11+	01:20+	00:49+	03:50+	02:35+	00:59+	01:59+	02:41+	01:52+	02:37+	01:25+
02:04+	00:58+	01:33+	03:36+	00:38+	01:44+	00:28+	03:55+	01:19+	01:12+	02:26+	00:27+	00:49+	03:39+	01:21+	03:11+	01:20+	00:49+	03:50+	02:35+	00:59+	01:59+	02:41+	01:52+	02:37+	01:25+
49:54+	52:08+	55:33+	56:32+	57:59+	59:12+	60:43+	61:58+	62:29+	62:42+																
00:27+	02:14+	03:25+	00:59+	01:27+	01:13+	01:31+	01:15+	00:31+	00:13+																
00:27+	02:14+	03:25+	00:59+	01:27+	01:13+	01:31+	01:15+	00:31+	00:13+																

Beste strekktid for klassen

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

Herrer B

1	Tom Furland	769	44:51																							
02:01=	02:54=	04:23=	05:56=	06:27=	07:20=	07:51=	09:58=	11:20=	12:34=	13:10=	13:30=	14:21=	16:22=	17:38=	20:46=	21:55=	22:26=	25:50=	26:42=	27:24=	28:39=	29:43=	31:29=	33:51=	34:41=	
02:01=	00:53=	01:29=	01:33=	00:31=	00:53=	00:31=	02:07=	01:22=	01:14=	00:36=	00:20=	00:51=	02:01=	01:16=	03:08=	01:09=	00:31=	03:24=	00:52=	00:42=	01:15=	01:04=	01:46=	02:22=	00:50=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
35:06=	36:15=	39:37=	40:21=	41:04=	41:54=	43:04=	44:05=	44:35=	44:51=																	
00:25=	01:09=	03:22=	00:44=	00:43=	00:50=	01:10=	01:01=	00:30=	00:16=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	

2	Aart Joakim in't Veld	1884	45:34																						
01:42-	02:28-	03:46-	05:38-	06:21-	07:25+	07:54+	10:20+	11:26+	12:30-	13:05-	13:23-	14:12-	15:49-	16:52-	19:44-	21:05-	21:29-	24:50-	25:41-	26:27-	27:39-	28:39-	30:26-	32:39-	33:37-
01:42-	00:46-	01:18-	01:52+	00:43+	01:04+	00:29-	02:26+	01:06-	01:04-	00:35-	00:18-	00:49-	01:37-	01:03-	02:52-	01:21+	00:24-	03:21-	00:51-	00:46+	01:12-	01:00-	01:47+	02:13-	00:58+
00:19-	00:07-	00:11-	00:19#	00:12&	00:11#	00:02-	00:19#	00:16-	00:10-	00:01-	00:02-	00:24-	00:13-	00:16-	00:12#	00:07-	00:03-	00:01-	00:04+	00:03-	00:04-	00:01+	00:09-	00:08#	
34:18-	36:41+	39:33-	40:46+	41:37+	42:41+	43:55+	44:51+	45:23+	45:34+																
00:41+	02:23+	02:52-	01:13+	00:51+	01:04+	01:14+	00:56-	00:32+	00:11-																
00:16&	01:14&	00:30-	00:29&	00:08#	00:14&	00:04+	00:05-	00:02+	00:05-																

3	Jan-Rune Larsen Basso	1376	46:13																						
01:41-	02:34-	04:02-	05:55-	06:27=	07:23+	07:52+	10:45+	11:50+	12:55+	13:40+	14:16+	15:03+	16:42+	17:54+	20:49+	22:03+	22:36+	26:00+	26:51+	27:43+	29:31+	30:43+	32:19+	34:42+	35:38+
01:41-	00:53=	01:28-	01:53+	00:32+	00:56+	00:29-	02:53+	01:05-	01:05-	00:45+	00:36+	00:47-	01:39-	01:12-	02:55-	01:14+	00:33+	03:24=	00:51-	00:52+	01:48+	01:12+	01:36-	02:22+	00:56+
00:20-	00:00=	00:01-	00:20#	00:01+	00:03+	00:02-	00:46&	00:17-	00:09-	00:09#	00:16&	00:04-	00:22-	00:04-	00:13-	00:05+	00:02+	00:00=	00:01-	00:10#	00:33&	00:08#	00:10-	00:01+	00:06#
36:22+	37:35+	40:29+	41:20+	42:04+	43:05+	44:17+	45:26+	46:00+	46:13+																
00:44+	01:13+	02:54-	00:51+	00:44+	01:01+	01:12+	01:09+	00:34+	00:13-																
00:19&	00:04+	00:28-	00:07#	00:01+	00:11#	00:02+	00:08#	00:04#	00:03-																

4	Geir Sand	722	46:22																						
01:55-	02:53-	04:18-	06:04+	06:38+	08:16+	08:44+	11:28+	12:56+	14:02+	14:41+	15:07+	16:00+	17:41+	18:53+	21:40+	23:01+	23:30+	27:18+	28:32+	29:44+	30:51+	32:13+	34:04+	36:14+	37:06+
01:55-	00:58+	01:25-	01:46+	00:34+	01:38+	00:28-	02:44+	01:28+	01:06-	00:39+	00:26+	00:53+	01:41-	01:12-	02:47-	01:21+	00:29-	03:48+	01:14+	01:12+	01:07-	01:22+	01:51+	02:10-	00:52+
00:06-	00:05+	00:04-	00:13#	00:03+	00:45&	00:03-	00:37&	00:06+	00:08-	00:03+	00:06&	00:02+	00:20-	00:04-	00:21-	00:12#	00:02-	00:24#	00:22&	00:30&	00:08-	00:18&	00:05+	00:12-	00:02+
37:38+	39:05+	41:30+	42:17+	42:52+	43:44+	44:48+	45:44+	46:11+	46:22+																
00:32+	01:27+	02:25-	00:47+	00:35-	00:52+	01:04-	00:56-	00:27-	00:11-																
00:07&	00:18&	00:57-	00:03+	00:08-	00:02+	00:06-	00:05-	00:03-	00:05-																

5	Oddvar Taksdal	3522	46:29																						
01:59-	02:49-	04:09-	05:43-	06:19-	07:19-	07:53+	09:49-	11:02-	12:13-	12:59-	13:18-	14:07-	15:54-	17:08-	20:08-	21:15-	21:48-	25:20-	26:26-	27:36+	28:58+	30:15+	31:47+	34:19+	35:14+
01:59-	00:50-	01:20-	01:34+	00:36+	01:00+	00:34+	01:56-	01:13-	01:11-	00:46+	00:19-	00:49-	01:47-	01:14-	03:00-	01:07-	00:33+	03:32+	01:06+	01:10+	01:22+	01:17+	01:32-	02:32+	00:55+
00:02-	00:03-	00:09-	00:01+	00:05#	00:07#	00:03+	00:11-	00:09-	00:03-	00:10&	00:01-	00:02-	00:14-	00:02-	00:08-	00:02-	00:02+	00:08+	00:14&	00:28&	00:07+	00:13#	00:14-	00:10+	00:05#
35:38+	37:51+	40:44+	41:39+	42:36+	43:29+	44:48+	45:47+	46:16+	46:29+																
00:24-	02:13+	02:53-	00:55+	00:57+	00:53+	01:19+	00:59-	00:29-	00:13-																
00:01-	01:04&	00:29-	00:11#	00:14&	00:03+	00:09#	00:02-	00:01-	00:03-																

Herrer B

14	Jørgen Breivold	3529	59:23																						
02:21+	03:16+	04:38+	06:35+	07:18+	09:04+	09:50+	13:40+	15:08+	16:27+	17:21+	17:46+	18:40+	20:39+	22:03+	25:22+	26:49+	27:29+	31:42+	32:49+	35:22+	38:17+	40:31+	42:41+	45:34+	47:11+
02:21+	00:55+	01:22+	01:57+	00:43+	01:46+	00:46+	03:50+	01:28+	01:19+	00:54+	00:25+	00:54+	01:59+	01:24+	03:19+	01:27+	00:40+	04:13+	01:07+	02:33+	02:55+	02:14+	02:10+	02:53+	01:37+
02:21+	00:55+	01:22+	01:57+	00:43+	01:46+	00:46+	03:50+	01:28+	01:19+	00:54+	00:25+	00:54+	01:59+	01:24+	03:19+	01:27+	00:40+	04:13+	01:07+	02:33+	02:55+	02:14+	02:10+	02:53+	01:37+
48:16+	50:06+	53:02+	54:07+	55:01+	55:58+	57:23+	58:32+	59:11+	59:23+																
01:05+	01:50+	02:56+	01:05+	00:54+	00:57+	01:25+	01:09+	00:39+	00:12+																
01:05+	01:50+	02:56+	01:05+	00:54+	00:57+	01:25+	01:09+	00:39+	00:12+																

15	Espen Fyhn Nilsen	1683	1:04:18
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02:29+	03:46+	06:08+	08:35+	09:27+	10:59+	11:35+	14:32+	16:04+	17:49+	18:46+	19:13+	20:16+	23:18+	24:54+	29:10+	30:42+	31:23+	36:52+	38:13+	39:16+	41:00+	42:29+	45:13+	49:04+	50:27+
02:29+	01:17+	02:22+	02:27+	00:52+	01:32+	00:36+	02:57+	01:32+	01:45+	00:57+	00:27+	01:03+	03:02+	01:36+	04:16+	01:32+	00:41+	05:29+	01:21+	01:03+	01:44+	01:29+	02:44+	03:51+	01:23+
02:29+	01:17+	02:22+	02:27+	00:52+	01:32+	00:36+	02:57+	01:32+	01:45+	00:57+	00:27+	01:03+	03:02+	01:36+	04:16+	01:32+	00:41+	05:29+	01:21+	01:03+	01:44+	01:29+	02:44+	03:51+	01:23+
51:07+	53:11+	57:03+	58:02+	59:00+	60:14+	61:54+	63:25+	64:03+	64:18+																
00:40+	02:04+	03:52+	00:59+	00:58+	01:14+	01:40+	01:31+	00:38+	00:15+																
00:40+	02:04+	03:52+	00:59+	00:58+	01:14+	01:40+	01:31+	00:38+	00:15+																

Beste strekktid for klassen

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

Herrer C

1	Lars Drage	3583	41:59																						
02:18=	03:48=	05:37=	06:08=	07:26=	07:52=	09:47=	10:56=	12:04=	12:38=	12:58=	13:58=	17:15=	18:27=	19:30=	20:41=	22:59=	23:59=	24:26=	28:22=	29:21=	31:02=	32:47=	34:22=	35:20=	37:35=
02:18=	01:30=	01:49=	00:31=	01:18=	00:26=	01:55=	01:09=	01:08=	00:34=	00:20=	01:00=	03:17=	01:12=	01:03=	01:11=	02:18=	01:00=	00:27=	03:56=	00:59=	01:41=	01:45=	01:35=	00:58=	02:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
38:21=	39:03=	39:50=	40:54=	41:48=	41:59=																				
00:46=	00:42=	00:47=	01:04=	00:54=	00:11=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

2	Morten Aamodt	1683	42:50																						
02:36+	04:09+	06:01+	06:35+	07:45+	08:12+	10:21+	11:38+	12:50+	13:33+	13:55+	14:49+	16:36+	17:46+	18:51+	20:09+	22:30+	23:40+	24:14+	28:14+	28:57+	30:04+	32:02+	34:02+	35:03+	37:09+
02:36+	01:33+	01:52+	00:34+	01:10+	00:27+	02:09+	01:17+	01:12+	00:43+	00:22+	00:54+	01:47+	01:10+	01:05+	01:18+	02:21+	01:10+	00:34+	04:00+	00:43+	01:07+	01:58+	02:00+	01:01+	02:06+
00:18#	00:03+	00:03+	00:03+	00:08+	00:01+	00:14#	00:08#	00:04+	00:09#	00:02#	00:06+	01:30+	00:02+	00:02+	00:07+	00:03+	00:10#	00:07#	00:04+	00:16+	00:34+	00:13#	00:25#	00:03+	00:09+
37:44+	38:37+	39:19+	40:17+	41:30+	42:36+	42:50+																			
00:35+	00:53+	00:42+	00:58+	01:13+	01:06+	00:14+																			
00:11+	00:11#	00:05+	00:06+	00:19#	00:14#																				

3	Kjetil Wirak	3486	43:05																						
02:43+	04:23+	06:14+	06:46+	08:08+	08:35+	11:40+	12:53+	14:03+	14:44+	15:09+	16:01+	17:52+	19:06+	20:29+	21:48+	24:09+	25:32+	25:59+	29:33+	30:14+	31:20+	33:01+	34:28+	35:29+	37:52+
02:43+	01:40+	01:51+	00:32+	01:22+	00:27+	03:05+	01:13+	01:10+	00:41+	00:25+	00:52+	01:51+	01:14+	01:23+	01:19+	02:21+	01:23+	00:27+	03:34+	00:41+	01:06+	01:41+	01:27+	01:01+	02:23+
00:25#	00:10#	00:02+	00:01+	00:04+	00:01+	01:10#	00:04+	00:02+	00:07#	00:05#	00:08+	01:26+	00:02+	00:20#	00:08#	00:03+	00:23#	00:00=	00:22+	00:18+	00:35+	00:04+	00:08+	00:03+	00:08+
38:53+	39:42+	40:35+	41:48+	42:54+	43:05+																				
01:01+	00:49+	00:53+	01:13+	01:06+	00:11=																				
00:15#	00:07#	00:06#	00:09#	00:12#	00:00=																				

4	Øyvind Rummelhoff	882	45:07																						
02:45+	04:17+	06:04+	06:38+	08:34+	09:15+	11:21+	12:40+	13:46+	14:28+	14:49+	15:37+	17:25+	18:45+	19:55+	21:09+	23:27+	24:37+	25:08+	29:36+	30:22+	31:47+	33:49+	36:06+	36:56+	39:31+
02:45+	01:32+	01:47+	00:34+	01:56+	00:41+	02:06+	01:19+	01:06+	00:42+	00:21+	00:48+	01:48+	01:20+	01:10+	01:14+	02:18+	01:10+	00:31+	04:28+	00:46+	01:25+	02:02+	02:17+	00:50+	02:35+
00:27#	00:02+	00:02+	00:03+	00:38#	00:15#	00:11+	00:10#	00:02+	00:08#	00:01+	00:12+	01:29+	00:08#	00:07#	00:03+	00:00=	00:10#	00:04#	00:32#	00:13+	00:16+	00:17#	00:42#	00:08+	00:20#
40:19+	41:38+	42:21+	43:54+	44:56+	45:07+																				
00:48+	01:19+	00:43+	01:33+	01:02+	00:11=																				
00:02+	00:37#	00:04+	00:08#	00:08#	00:00=																				

5	Henning Sundby	3486	45:41																						
02:25+	03:50+	05:34+	06:09+	07:31+	08:08+	10:13+	12:09+	13:12+	13:58+	14:20+	15:13+	17:15+	18:28+	19:53+	21:08+	23:20+	24:31+	25:01+	28:25+	29:30+	31:02+	32:52+	35:48+	36:41+	39:47+
02:25+	01:25+	01:44+	00:35+	01:22+	00:37+	02:05+	01:53+	01:06+	00:46+	00:22+	00:53+	02:02+	01:13+	01:25+	01:15+	02:12+	01:11+	00:30+	03:24+	01:05+	01:32+	01:50+	02:56+	00:53+	03:06+
00:07+	00:05+	00:05+	00:04#	00:04+	00:11#	00:10+	00:44#	00:02+	00:12#	00:02#	00:07+	01:15+	00:01+	00:22#	00:04+	00:06+	00:11#	00:03#	00:32+	00:06#	00:09+	00:05+	01:21#	00:05+	00:51#
40:54+	41:44+	42:41+	44:31+	45:27+	45:41+																				
01:07+	00:50+	00:57+	01:50+	00:56+	00:14+																				
00:21#	00:08#	00:10#	00:46#	00:02+	00:03#																				

Herrer C

6	Stein Arne Olsen	874	46:32																						
02:51+	04:23+	06:06+	06:43+	07:57+	08:27+	11:35+	12:55+	14:10+	14:52+	15:12+	16:06+	18:01+	19:20+	20:46+	21:56+	24:19+	25:46+	26:18+	29:57+	31:20+	32:49+	35:03+	36:59+	38:07+	40:49+
02:51+	01:32+	01:43-	00:37+	01:14-	00:30+	03:08+	01:20+	01:15+	00:42+	00:20=	00:54-	01:55-	01:19+	01:26+	01:10-	02:23+	01:27+	00:32+	03:39-	01:23+	01:29-	02:14+	01:56+	01:08+	02:42+
00:33#	00:02+	00:06-	00:06#	00:04-	00:04#	01:13&	00:11#	00:07#	00:08#	00:00=	00:06-	01:22-	00:07+	00:23&	00:01-	00:05+	00:27&	00:05#	00:17-	00:24&	00:12-	00:29&	00:21#	00:10#	00:27#
41:42+	42:43+	43:49+	45:15+	46:20+	46:32+																				
00:53+	01:01+	01:06+	01:26+	01:05+	00:12+																				
00:07#	00:19&	00:19&	00:22&	00:11#	00:01+																				

7	Nils John Vestøl	3541	47:07																						
02:32+	04:19+	06:24+	07:06+	08:44+	09:31+	12:07+	13:25+	14:39+	15:45+	16:00+	16:55+	18:56+	20:14+	22:06+	23:32+	26:12+	27:17+	27:43+	32:28+	33:02+	34:08+	36:03+	38:00+	39:15+	41:43+
02:32+	01:47+	02:05+	00:42+	01:38+	00:47+	02:36+	01:18+	01:14+	01:06+	00:15+	00:55+	02:01+	01:18+	01:52+	01:26+	02:40+	01:05+	00:26+	04:45+	00:34+	01:06+	01:55+	01:57+	01:15+	02:28+
02:32+	01:47+	02:05+	00:42+	01:38+	00:47+	02:36+	01:18+	01:14+	01:06+	00:15+	00:55+	02:01+	01:18+	01:52+	01:26+	02:40+	01:05+	00:26+	04:45+	00:34+	01:06+	01:55+	01:57+	01:15+	02:28+
42:42+	43:29+	44:36+	45:51+	46:57+	47:07+																				
00:59+	00:47+	01:07+	01:15+	01:06+	00:10+																				
00:59+	00:47+	01:07+	01:15+	01:06+	00:10+																				

8	Leif Kjetil Hinna Gausel	1683	48:16																						
02:51+	04:17+	06:12+	06:45+	08:29+	09:05+	14:14+	15:33+	16:48+	17:34+	17:56+	18:49+	20:55+	22:12+	23:26+	24:42+	27:14+	28:27+	29:01+	33:04+	34:03+	35:23+	37:00+	39:03+	39:55+	42:19+
02:51+	01:26+	01:55+	00:33+	01:44+	00:36+	05:09+	01:19+	01:15+	00:46+	00:22+	00:53+	02:06+	01:17+	01:14+	01:16+	02:32+	01:13+	00:34+	04:03+	00:59+	01:20+	01:37+	02:03+	00:52+	02:24+
02:51+	01:26+	01:55+	00:33+	01:44+	00:36+	05:09+	01:19+	01:15+	00:46+	00:22+	00:53+	02:06+	01:17+	01:14+	01:16+	02:32+	01:13+	00:34+	04:03+	00:59+	01:20+	01:37+	02:03+	00:52+	02:24+
43:17+	44:10+	45:13+	46:49+	47:58+	48:16+																				
00:58+	00:53+	01:03+	01:36+	01:09+	00:18+																				
00:58+	00:53+	01:03+	01:36+	01:09+	00:18+																				

9	Svein-Erik Kvame	1683	49:30																						
03:07+	04:58+	06:59+	07:36+	09:01+	09:33+	13:35+	15:00+	16:19+	17:00+	17:25+	18:26+	20:30+	21:43+	23:14+	24:27+	27:13+	28:26+	29:03+	32:54+	33:47+	35:15+	37:17+	39:59+	40:57+	43:57+
03:07+	01:51+	02:01+	00:37+	01:25+	00:32+	04:02+	01:25+	01:19+	00:41+	00:25+	01:01+	02:04+	01:13+	01:31+	01:13+	02:46+	01:13+	00:37+	03:51+	00:53+	01:28+	02:02+	02:42+	00:58+	03:00+
03:07+	01:51+	02:01+	00:37+	01:25+	00:32+	04:02+	01:25+	01:19+	00:41+	00:25+	01:01+	02:04+	01:13+	01:31+	01:13+	02:46+	01:13+	00:37+	03:51+	00:53+	01:28+	02:02+	02:42+	00:58+	03:00+
44:53+	45:57+	47:03+	48:13+	49:16+	49:30+																				
00:56+	01:04+	01:06+	01:10+	01:03+	00:14+																				
00:56+	01:04+	01:06+	01:10+	01:03+	00:14+																				

10	Paul Terje Haarr	769	50:07																						
03:23+	05:26+	07:18+	07:50+	09:08+	09:43+	12:36+	13:55+	15:11+	15:52+	16:19+	17:12+	19:27+	20:54+	22:12+	23:31+	27:23+	28:50+	29:32+	34:20+	35:08+	36:40+	38:47+	40:34+	42:07+	44:47+
03:23+	02:03+	01:52+	00:32+	01:18+	00:35+	02:53+	01:19+	01:16+	00:41+	00:27+	00:53+	02:15+	01:27+	01:18+	01:19+	03:52+	01:27+	00:42+	04:48+	00:48+	01:32+	02:07+	01:47+	01:33+	02:40+
03:23+	02:03+	01:52+	00:32+	01:18+	00:35+	02:53+	01:19+	01:16+	00:41+	00:27+	00:53+	02:15+	01:27+	01:18+	01:19+	03:52+	01:27+	00:42+	04:48+	00:48+	01:32+	02:07+	01:47+	01:33+	02:40+
45:43+	46:32+	47:34+	48:58+	49:53+	50:07+																				
00:56+	00:49+	01:02+	01:24+	00:55+	00:14+																				
00:56+	00:49+	01:02+	01:24+	00:55+	00:14+																				

11	Jan-Einar Øvremo	1119	50:18																						
02:47+	04:13+	06:34+	07:33+	09:55+	10:45+	13:04+	14:21+	15:37+	16:18+	16:42+	17:35+	19:40+	20:53+	22:34+	23:47+	26:40+	27:59+	28:29+	32:34+	34:02+	35:26+	37:32+	40:55+	42:23+	44:57+
02:47+	01:26+	02:21+	00:59+	02:22+	00:50+	02:19+	01:17+	01:16+	00:41+	00:24+	00:53+	02:05+	01:13+	01:41+	01:13+	02:53+	01:19+	00:30+	04:05+	01:28+	01:24+	02:06+	03:23+	01:28+	02:34+
02:47+	01:26+	02:21+	00:59+	02:22+	00:50+	02:19+	01:17+	01:16+	00:41+	00:24+	00:53+	02:05+	01:13+	01:41+	01:13+	02:53+	01:19+	00:30+	04:05+	01:28+	01:24+	02:06+	03:23+	01:28+	02:34+
45:48+	46:30+	47:40+	49:02+	50:07+	50:18+																				
00:51+	00:42+	01:10+	01:22+	01:05+	00:11+																				
00:51+	00:42+	01:10+	01:22+	01:05+	00:11+																				

12	Terje Michaelsen	3511	51:50																						
02:16+	03:34+	05:12+	05:43+	08:39+	09:33+	12:44+	13:55+	15:01+	15:42+	16:01+	17:26+	19:07+	20:20+	21:33+	22:35+	25:01+	26:19+	26:49+	35:19+	36:08+	37:08+	38:57+	41:09+	42:29+	45:35+
02:16+	01:18+	01:38+	00:31+	02:56+	00:54+	03:11+	01:11+	01:06+	00:41+	00:19+	01:25+	01:41+	01:13+	01:13+	01:02+	02:26+	01:18+	00:30+	08:30+	00:49+	01:00+	01:49+	02:12+	01:20+	03:06+
02:16+	01:18+	01:38+	00:31+	02:56+	00:54+	03:11+	01:11+	01:06+	00:41+	00:19+	01:25+	01:41+	01:13+	01:13+	01:02+	02:26+	01:18+	00:30+	08:30+	00:49+	01:00+	01:49+	02:12+	01:20+	03:06+
46:43+	47:48+	48:49+	50:35+	51:37+	51:50+																				
01:08+	01:05+	01:01+	01:46+	01:02+	00:13+																				
01:08+	01:05+	01:01+	01:46+	01:02+	00:13+																				

13	Kevin Foust	2023	52:04																						
02:48+	04:21+	06:27+	07:00+	08:30+	09:00+	11:47+	13:04+	14:15+	15:02+	15:30+	16:26+	18:20+	19:34+	21:16+	23:05+	25:43+	27:24+	28:04+	33:10+	34:12+	35:39+	37:41+	40:36+	41:56+	44:48+
02:48+	01:33+	02:06+	00:33+	01:30+	00:30+	02:47+	01:17+	01:11+	00:47+	00:28+	00:56+	01:54+	01:14+	01:42+	01:49+	02:38+	01:41+	00:40+	05:06+	01:02+	01:27+	02:02+	02:55+	01:20+	02:52+
02:48+	01:33+	02:06+	00:33+	01:30+	00:30+	02:47+	01:17+	01:11+	00:47+	00:28+	00:56+	01:54+	01:14+	01:42+	01:49+	02:38+	01:41+	00:40+	05:06+	01:02+	01:27+	02:02+	02:55+	01:20+	02:52+
45:59+	47:08+	48:20+	50:07+	51:51+	52:04+																				
01:11+	01:09+	01:12+	01:47+	01:44+	00:13+																				
01:11+	01:09+	01:12+	01:47+	01:44+	00:13+																				

Herrer C

14	Geir Haugvaldstad	1683	52:33																						
02:52+	04:39+	06:56+	07:44+	10:12+	10:49+	17:07+	18:29+	19:42+	20:23+	20:49+	21:42+	23:50+	25:14+	26:28+	27:35+	30:10+	31:22+	31:53+	35:51+	36:30+	38:16+	39:54+	41:48+	42:36+	45:04+
02:52+	01:47+	02:17+	00:48+	02:28+	00:37+	06:18+	01:22+	01:13+	00:41+	00:26+	00:53+	02:08+	01:24+	01:14+	01:07+	02:35+	01:12+	00:31+	03:58+	00:39+	01:46+	01:38+	01:54+	00:48+	02:28+
02:52+	01:47+	02:17+	00:48+	02:28+	00:37+	06:18+	01:22+	01:13+	00:41+	00:26+	00:53+	02:08+	01:24+	01:14+	01:07+	02:35+	01:12+	00:31+	03:58+	00:39+	01:46+	01:38+	01:54+	00:48+	02:28+
46:03+	47:47+	48:50+	51:09+	52:22+	52:33+																				
00:59+	01:44+	01:03+	02:19+	01:13+	00:11+																				
00:59+	01:44+	01:03+	02:19+	01:13+	00:11+																				
15	Trond Lamark	878	52:48																						
03:37+	05:32+	08:31+	09:10+	10:32+	11:06+	14:06+	15:39+	17:03+	18:02+	18:37+	19:40+	21:55+	23:21+	24:58+	26:21+	29:13+	30:55+	31:32+	36:13+	37:02+	38:28+	40:41+	42:39+	43:48+	46:32+
03:37+	01:55+	02:59+	00:39+	01:22+	00:34+	03:00+	01:33+	01:24+	00:59+	00:35+	01:03+	02:15+	01:26+	01:37+	01:23+	02:52+	01:42+	00:37+	04:41+	00:49+	01:26+	02:13+	01:58+	01:09+	02:44+
03:37+	01:55+	02:59+	00:39+	01:22+	00:34+	03:00+	01:33+	01:24+	00:59+	00:35+	01:03+	02:15+	01:26+	01:37+	01:23+	02:52+	01:42+	00:37+	04:41+	00:49+	01:26+	02:13+	01:58+	01:09+	02:44+
47:45+	48:43+	49:49+	51:13+	52:35+	52:48+																				
01:13+	00:58+	01:06+	01:24+	01:22+	00:13+																				
01:13+	00:58+	01:06+	01:24+	01:22+	00:13+																				
16	Svein Oddvar Netland	1683	54:27																						
02:47+	04:18+	06:19+	07:11+	09:26+	09:55+	13:15+	14:45+	16:03+	17:23+	18:26+	19:18+	21:15+	22:43+	24:30+	26:06+	28:51+	30:24+	31:11+	35:28+	36:09+	40:15+	42:32+	44:36+	45:54+	48:33+
02:47+	01:31+	02:01+	00:52+	02:15+	00:29+	03:20+	01:30+	01:18+	01:20+	01:03+	00:52+	01:57+	01:28+	01:47+	01:36+	02:45+	01:33+	00:47+	04:17+	00:41+	04:06+	02:17+	02:04+	01:18+	02:39+
02:47+	01:31+	02:01+	00:52+	02:15+	00:29+	03:20+	01:30+	01:18+	01:20+	01:03+	00:52+	01:57+	01:28+	01:47+	01:36+	02:45+	01:33+	00:47+	04:17+	00:41+	04:06+	02:17+	02:04+	01:18+	02:39+
49:44+	50:33+	51:57+	53:18+	54:16+	54:27+																				
01:11+	00:49+	01:24+	01:21+	00:58+	00:11+																				
01:11+	00:49+	01:24+	01:21+	00:58+	00:11+																				
17	Pål H. Gjerden	1683	54:47																						
02:54+	04:36+	07:07+	07:47+	09:04+	09:40+	14:11+	15:40+	17:06+	18:05+	18:36+	19:37+	21:53+	23:26+	24:57+	26:28+	29:12+	31:09+	31:46+	36:39+	37:47+	39:21+	41:44+	44:06+	45:33+	48:31+
02:54+	01:42+	02:31+	00:40+	01:17+	00:36+	04:31+	01:29+	01:26+	00:59+	00:31+	01:01+	02:16+	01:33+	01:31+	01:31+	02:44+	01:57+	00:37+	04:53+	01:08+	01:34+	02:23+	02:22+	01:27+	02:58+
02:54+	01:42+	02:31+	00:40+	01:17+	00:36+	04:31+	01:29+	01:26+	00:59+	00:31+	01:01+	02:16+	01:33+	01:31+	01:31+	02:44+	01:57+	00:37+	04:53+	01:08+	01:34+	02:23+	02:22+	01:27+	02:58+
49:31+	50:30+	51:39+	53:22+	54:34+	54:47+																				
01:00+	00:59+	01:09+	01:43+	01:12+	00:13+																				
01:00+	00:59+	01:09+	01:43+	01:12+	00:13+																				
18	Oddmund Nordgård	722	56:19																						
02:55+	04:27+	06:32+	07:12+	08:44+	09:14+	15:38+	16:59+	18:12+	18:58+	19:21+	20:32+	25:04+	26:24+	28:14+	29:34+	32:02+	33:43+	34:23+	39:10+	40:02+	41:54+	43:54+	45:54+	46:57+	50:19+
02:55+	01:32+	02:05+	00:40+	01:32+	00:30+	06:24+	01:21+	01:13+	00:46+	00:23+	01:11+	04:32+	01:20+	01:50+	01:20+	02:28+	01:41+	00:40+	04:47+	00:52+	01:52+	02:00+	02:00+	01:03+	03:22+
02:55+	01:32+	02:05+	00:40+	01:32+	00:30+	06:24+	01:21+	01:13+	00:46+	00:23+	01:11+	04:32+	01:20+	01:50+	01:20+	02:28+	01:41+	00:40+	04:47+	00:52+	01:52+	02:00+	02:00+	01:03+	03:22+
51:22+	52:22+	53:32+	54:58+	56:06+	56:19+																				
01:03+	01:00+	01:10+	01:26+	01:08+	00:13+																				
01:03+	01:00+	01:10+	01:26+	01:08+	00:13+																				
19	Ludovic Antresangle	877	57:19																						
03:11+	05:02+	07:19+	08:04+	09:35+	10:21+	13:17+	14:49+	16:04+	16:52+	17:33+	18:33+	20:36+	22:14+	23:38+	25:13+	27:39+	29:01+	29:41+	37:51+	38:53+	41:17+	44:14+	46:27+	47:41+	50:27+
03:11+	01:51+	02:17+	00:45+	01:31+	00:46+	02:56+	01:32+	01:15+	00:48+	00:41+	01:00+	02:03+	01:38+	01:24+	01:35+	02:26+	01:22+	00:40+	08:10+	01:02+	02:24+	02:57+	02:13+	01:14+	02:46+
03:11+	01:51+	02:17+	00:45+	01:31+	00:46+	02:56+	01:32+	01:15+	00:48+	00:41+	01:00+	02:03+	01:38+	01:24+	01:35+	02:26+	01:22+	00:40+	08:10+	01:02+	02:24+	02:57+	02:13+	01:14+	02:46+
51:30+	52:32+	54:15+	55:39+	57:07+	57:19+																				
01:03+	01:02+	01:43+	01:24+	01:28+	00:12+																				
01:03+	01:02+	01:43+	01:24+	01:28+	00:12+																				
20	Geir Frøylog	3502	58:52																						
03:22+	05:00+	07:05+	07:41+	09:06+	09:41+	12:18+	13:42+	15:07+	16:03+	16:39+	17:37+	19:45+	21:10+	22:45+	24:09+	27:10+	28:26+	29:06+	33:52+	34:41+	39:27+	41:26+	44:21+	46:03+	46:56+
03:22+	01:38+	02:05+	00:36+	01:25+	00:35+	02:37+	01:24+	01:25+	00:56+	00:36+	00:58+	02:08+	01:25+	01:35+	01:24+	03:01+	01:16+	00:40+	04:46+	00:49+	04:46+	01:59+	02:55+	01:42+	00:53+
03:22+	01:38+	02:05+	00:36+	01:25+	00:35+	02:37+	01:24+	01:25+	00:56+	00:36+	00:58+	02:08+	01:25+	01:35+	01:24+	03:01+	01:16+	00:40+	04:46+	00:49+	04:46+	01:59+	02:55+	01:42+	00:53+
51:13+	52:27+	54:18+	55:44+	57:22+	58:39+	58:52+																			
04:17+	01:14+	01:51+	01:26+	01:38+	01:17+	00:13+																			
04:17+	01:14+	01:51+	01:26+	01:38+	01:17+	00:13+																			
21	Erling Mauland	3541	1:05:39																						
03:06+	05:11+	13:28+	14:16+	16:07+	16:44+	19:37+	21:08+	22:31+	23:30+	24:07+	25:44+	28:03+	29:48+	31:40+	33:24+	36:10+	37:54+	38:39+	43:36+	44:50+	46:52+	49:59+	52:27+	54:25+	58:22+
03:06+	02:05+	08:17+	00:48+	01:51+	00:37+	02:53+	01:31+	01:23+	00:59+	00:37+	01:37+	02:19+	01:45+	01:52+	01:44+	02:46+	01:44+	00:45+	04:57+	01:14+	02:02+	03:07+	02:28+	01:58+	03:57+
03:06+	02:05+	08:17+	00:48+	01:51+	00:37+	02:53+	01:31+	01:23+	00:59+	00:37+	01:37+	02:19+	01:45+	01:52+	01:44+	02:46+	01:44+	00:45+	04:57+	01:14+	02:02+	03:07+	02:28+	01:58+	03:57+
60:13+	61:26+	62:46+	64:12+	65:25+	65:39+																				
01:51+	01:13+	01:20+	01:26+	01:13+	00:14+																				
01:51+	01:13+	01:20+	01:26+	01:13+	00:14+																				

Class	Navn	Klasse	Tid
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Herrer C

22	Ove Oaland	1683	1:10:30																						
03:47+	05:38+	08:37+	09:33+	14:03+	14:54+	19:59+	21:41+	23:13+	25:04+	25:30+	27:21+	31:12+	33:09+	34:58+	36:49+	40:08+	42:06+	42:55+	48:23+	49:41+	51:23+	54:13+	57:07+	58:31+	63:16+
03:47+	01:51+	02:59+	00:56+	04:30+	00:51+	05:05+	01:42+	01:32+	01:51+	00:26+	01:51+	03:51+	01:57+	01:49+	01:51+	03:19+	01:58+	00:49+	05:28+	01:18+	01:42+	02:50+	02:54+	01:24+	04:45+
03:47+	01:51+	02:59+	00:56+	04:30+	00:51+	05:05+	01:42+	01:32+	01:51+	00:26+	01:51+	03:51+	01:57+	01:49+	01:51+	03:19+	01:58+	00:49+	05:28+	01:18+	01:42+	02:50+	02:54+	01:24+	04:45+
64:38+	65:46+	67:01+	68:50+	70:14+	70:30+																				
01:22+	01:08+	01:15+	01:49+	01:24+	00:16+																				
01:22+	01:08+	01:15+	01:49+	01:24+	00:16+																				

Beste strekktid for klassen

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

Herrer Ny

1	Gunnar Mannes	3531	16:25																						
01:32=	02:19=	04:21=	05:45=	07:56=	09:11=	10:54=	11:33=	12:56=	14:10=	16:04=	16:25=														
01:32=	00:47=	02:02=	01:24=	02:11=	01:15=	01:43=	00:39=	01:23=	01:14=	01:54=	00:21=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
2	Håvard Jektnes	3531	26:55																						
02:16+	02:55+	05:16+	07:30+	12:46+	14:54+	16:58+	17:52+	20:58+	24:23+	26:20+	26:55+														
02:16+	00:39-	02:21+	02:14+	05:16+	02:08+	02:04+	00:54+	03:06+	03:25+	01:57+	00:35+														
00:44&	00:08-	00:19#	00:50&	03:05@	00:53&	00:21#	00:15&	01:43@	02:11@	00:03+	00:14&														
3	Nikolai Khorunzhiy	1456	27:40																						
02:54+	05:55+	07:10+	08:57+	13:48+	17:04+	20:04+	21:11+	23:52+	25:32+	27:24+	27:40+														
02:54+	03:01+	01:15-	01:47+	04:51+	03:16+	03:00+	01:07+	02:41+	01:40+	01:52-	00:16-														
01:22&	02:14@	00:47-	00:23&	02:40@	02:01@	01:17&	00:28&	01:18&	00:26&	00:02-	00:05-														

Beste strekktid for klassen

01:32 00:39 01:15 01:24 02:11 01:15 01:43 00:39 01:23 01:14 01:52 00:16

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

Herrer Trim

1	Frode Halvor Lund	3516	23:59																						
03:03=	04:40=	06:05=	07:14=	09:26=	11:25=	13:40=	15:42=	16:36=	17:46=	20:12=	21:26=	23:44=	23:59=												
03:03=	01:37=	01:25=	01:09=	02:12=	01:59=	02:15=	02:02=	00:54=	01:10=	02:26=	01:14=	02:18=	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=												
2	Svein Erik Bjørnsen	1376	25:12																						
03:13+	04:58+	06:32+	08:33+	11:06+	12:53+	15:10+	17:14+	18:18+	19:25+	21:52+	23:04+	24:58+	25:12+												
03:13+	01:45+	01:34+	02:01+	02:33+	01:47-	02:17+	02:04+	01:04+	01:07-	02:27+	01:12-	01:54-	00:14-												
00:10+	00:08+	00:09#	00:52&	00:21#	00:12-	00:02+	00:02+	00:10#	00:03-	00:01+	00:02-	00:24-	00:01-												
3	Matthieu Pereira-Pires	877	25:25																						
02:39-	04:36-	06:01-	07:00-	10:07+	11:56+	14:13+	16:04+	17:10+	18:09+	20:51+	23:07+	25:10+	25:25+												
02:39-	01:57+	01:25=	00:59-	03:07+	01:49-	02:17+	01:51-	01:06+	00:59-	02:42+	02:16+	02:03-	00:15=												
00:24-	00:20#	00:00=	00:10-	00:55&	00:10-	00:02+	00:11-	00:12#	00:11-	00:16#	01:02&	00:15-	00:00=												
4	Arne Magne Sondresen	722	25:32																						
03:10+	04:40=	06:12+	07:17+	10:01+	12:24+	14:54+	17:04+	18:07+	19:19+	21:58+	23:10+	25:15+	25:32+												
03:10+	01:30-	01:32+	01:05-	02:44+	02:23+	02:30+	02:10+	01:03+	01:12+	02:39+	01:12-	02:05-	00:17+												
00:07+	00:07-	00:07+	00:04-	00:32#	00:24#	00:15#	00:08+	00:09#	00:02+	00:13+	00:02-	00:13-	00:02#												
5	Torkel Schibevaag	3486	25:52																						
02:41-	04:02-	05:18-	06:18-	08:37-	12:58+	15:17+	17:15+	18:12+	19:19+	21:50+	23:47+	25:41+	25:52+												
02:41-	01:21-	01:16-	01:00-	02:19+	04:21+	02:19+	01:58-	00:57+	01:07-	02:31+	01:57+	01:54-	00:11-												
00:22-	00:16-	00:09-	00:09-	00:07+	02:22@	00:04+	00:04-	00:03+	00:03-	00:05+	00:43&	00:24-	00:04-												
6	Bruno Pierfelice	3519	26:51																						
02:58-	04:48+	06:24+	07:29+	10:04+	13:12+	16:04+	18:29+	19:22+	20:42+	23:43+	24:32+	26:39+	26:51+												
02:58-	01:50+	01:36+	01:05-	02:35+	03:08+	02:52+	02:25+	00:53-	01:20+	03:01+	00:49-	02:07-	00:12-												
00:05-	00:13#	00:11#	00:04-	00:23#	01:09&	00:37&	00:23#	00:01-	00:10#	00:35#	00:25-	00:11-	00:03-												

Class	Navn	Klasse	Tid
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Herrer Trim

7	Per Olof Wallerstedt	3516	27:20											
03:13+	04:54+	06:17+	07:21+	09:57+	13:22+	15:56+	18:04+	19:09+	20:22+	23:00+	25:04+	27:07+	27:20+	
03:13+	01:41+	01:23-	01:04-	02:36+	03:25+	02:34+	02:08+	01:05+	01:13+	02:38+	02:04+	02:03-	00:13-	
00:10+	00:04+	00:02-	00:05-	00:24#	01:26#	00:19#	00:06+	00:11#	00:03+	00:12+	00:50#	00:15-	00:02-	
8	Bjørn kristian Røyland	3503	28:01											
03:24+	05:01+	06:37+	07:41+	10:46+	12:51+	15:49+	18:20+	19:16+	20:26+	23:28+	24:58+	27:48+	28:01+	
03:24+	01:37+	01:36+	01:04+	03:05+	02:05+	02:58+	02:31+	00:56+	01:10+	03:02+	01:30+	02:50+	00:13+	
03:24+	01:37+	01:36+	01:04+	03:05+	02:05+	02:58+	02:31+	00:56+	01:10+	03:02+	01:30+	02:50+	00:13+	
9	Hans Gundersen	2342	28:02											
02:57+	04:24+	07:29+	08:26+	13:02+	15:00+	17:15+	19:19+	20:32+	21:37+	24:15+	25:59+	27:49+	28:02+	
02:57+	01:27+	03:05+	00:57+	04:36+	01:58+	02:15+	02:04+	01:13+	01:05+	02:38+	01:44+	01:50+	00:13+	
02:57+	01:27+	03:05+	00:57+	04:36+	01:58+	02:15+	02:04+	01:13+	01:05+	02:38+	01:44+	01:50+	00:13+	
10	Marius Bergstøl Hvidsten	3533	29:26											
02:52+	04:38+	07:56+	08:53+	11:42+	16:03+	18:23+	20:44+	21:53+	23:05+	25:28+	26:55+	29:13+	29:26+	
02:52+	01:46+	03:18+	00:57+	02:49+	04:21+	02:20+	02:21+	01:09+	01:12+	02:23+	01:27+	02:18+	00:13+	
02:52+	01:46+	03:18+	00:57+	02:49+	04:21+	02:20+	02:21+	01:09+	01:12+	02:23+	01:27+	02:18+	00:13+	
11	Sjur Bjerke	3525	29:46											
03:07+	05:14+	06:57+	08:13+	11:43+	14:11+	16:47+	19:09+	21:01+	22:15+	25:18+	26:53+	29:28+	29:46+	
03:07+	02:07+	01:43+	01:16+	03:30+	02:28+	02:36+	02:22+	01:52+	01:14+	03:03+	01:35+	02:35+	00:18+	
03:07+	02:07+	01:43+	01:16+	03:30+	02:28+	02:36+	02:22+	01:52+	01:14+	03:03+	01:35+	02:35+	00:18+	
12	Andreas Primstad	3548	29:53											
04:11+	05:41+	07:12+	08:21+	13:36+	15:50+	18:54+	21:04+	22:38+	23:52+	26:35+	27:49+	29:43+	29:53+	
04:11+	01:30+	01:31+	01:09+	05:15+	02:14+	03:04+	02:10+	01:34+	01:14+	02:43+	01:14+	01:54+	00:10+	
04:11+	01:30+	01:31+	01:09+	05:15+	02:14+	03:04+	02:10+	01:34+	01:14+	02:43+	01:14+	01:54+	00:10+	
13	Roger Endre Nyseth	892	30:29											
03:37+	05:27+	07:41+	08:47+	11:26+	13:46+	16:43+	19:14+	20:31+	21:49+	24:51+	27:37+	30:13+	30:29+	
03:37+	01:50+	02:14+	01:06+	02:39+	02:20+	02:57+	02:31+	01:17+	01:18+	03:02+	02:46+	02:36+	00:16+	
03:37+	01:50+	02:14+	01:06+	02:39+	02:20+	02:57+	02:31+	01:17+	01:18+	03:02+	02:46+	02:36+	00:16+	
14	Leif Jarle Skåra	3502	30:32											
03:57+	05:44+	07:33+	08:57+	11:33+	14:01+	17:32+	20:21+	21:30+	22:59+	26:29+	27:44+	30:17+	30:32+	
03:57+	01:47+	01:49+	01:24+	02:36+	02:28+	03:31+	02:49+	01:09+	01:29+	03:30+	01:15+	02:33+	00:15+	
03:57+	01:47+	01:49+	01:24+	02:36+	02:28+	03:31+	02:49+	01:09+	01:29+	03:30+	01:15+	02:33+	00:15+	
15	Svein Mæle	643	31:33											
03:23+	04:54+	07:27+	08:39+	09:45+	13:02+	15:21+	17:55+	20:13+	21:24+	22:43+	25:53+	28:45+	31:14+	31:33+
03:23+	01:31+	02:33+	01:12+	01:06+	03:17+	02:19+	02:34+	02:18+	01:11+	01:19+	03:10+	02:52+	02:29+	00:19+
03:23+	01:31+	02:33+	01:12+	01:06+	03:17+	02:19+	02:34+	02:18+	01:11+	01:19+	03:10+	02:52+	02:29+	00:19+
16	Christian Nilsen	3525	31:53											
03:48+	05:38+	07:23+	08:49+	11:28+	14:06+	17:41+	20:34+	21:58+	23:30+	27:04+	28:49+	31:39+	31:53+	
03:48+	01:50+	01:45+	01:26+	02:39+	02:38+	03:35+	02:53+	01:24+	01:32+	03:34+	01:45+	02:50+	00:14+	
03:48+	01:50+	01:45+	01:26+	02:39+	02:38+	03:35+	02:53+	01:24+	01:32+	03:34+	01:45+	02:50+	00:14+	
17	Hans Frode Andersen	3548	31:54											
02:34+	04:14+	05:26+	06:19+	09:11+	12:17+	14:11+	22:03+	23:40+	24:34+	27:02+	30:02+	31:40+	31:54+	
02:34+	01:40+	01:12+	00:53+	02:52+	03:06+	01:54+	07:52+	01:37+	00:54+	02:28+	03:00+	01:38+	00:14+	
02:34+	01:40+	01:12+	00:53+	02:52+	03:06+	01:54+	07:52+	01:37+	00:54+	02:28+	03:00+	01:38+	00:14+	
18	Ivar Aalbu	3502	32:29											
03:52+	05:48+	07:39+	09:07+	11:42+	14:33+	17:38+	21:28+	23:13+	24:41+	27:59+	29:25+	32:11+	32:29+	
03:52+	01:56+	01:51+	01:28+	02:35+	02:51+	03:05+	03:50+	01:45+	01:28+	03:18+	01:26+	02:46+	00:18+	
03:52+	01:56+	01:51+	01:28+	02:35+	02:51+	03:05+	03:50+	01:45+	01:28+	03:18+	01:26+	02:46+	00:18+	
19	Lars Salvesen	1119	32:29											
03:31+	05:13+	06:48+	08:00+	12:36+	17:52+	20:19+	22:37+	23:42+	24:58+	27:54+	29:48+	32:14+	32:29+	
03:31+	01:42+	01:35+	01:12+	04:36+	05:16+	02:27+	02:18+	01:05+	01:16+	02:56+	01:54+	02:26+	00:15+	
03:31+	01:42+	01:35+	01:12+	04:36+	05:16+	02:27+	02:18+	01:05+	01:16+	02:56+	01:54+	02:26+	00:15+	
20	Kjell-Ole Topnes	1683	32:37											
04:12+	06:57+	09:26+	10:54+	13:39+	16:08+	19:25+	22:25+	23:33+	25:03+	28:32+	29:48+	32:21+	32:37+	
04:12+	02:45+	02:29+	01:28+	02:45+	02:29+	03:17+	03:00+	01:08+	01:30+	03:29+	01:16+	02:33+	00:16+	
04:12+	02:45+	02:29+	01:28+	02:45+	02:29+	03:17+	03:00+	01:08+	01:30+	03:29+	01:16+	02:33+	00:16+	

Herrer Trim

21	Arild Svihus	892												33:15
03:31+	05:46+	07:37+	08:50+	11:37+	17:14+	20:39+	23:18+	24:34+	25:45+	28:59+	30:17+	33:01+	33:15+	
03:31+	02:15+	01:51+	01:13+	02:47+	05:37+	03:25+	02:39+	01:16+	01:11+	03:14+	01:18+	02:44+	00:14+	
03:31+	02:15+	01:51+	01:13+	02:47+	05:37+	03:25+	02:39+	01:16+	01:11+	03:14+	01:18+	02:44+	00:14+	
22	Frode Følgesvold	880												33:58
03:27+	05:50+	07:44+	09:08+	13:02+	16:16+	19:02+	21:55+	23:16+	24:44+	27:59+	30:48+	33:42+	33:58+	
03:27+	02:23+	01:54+	01:24+	03:54+	03:14+	02:46+	02:53+	01:21+	01:28+	03:15+	02:49+	02:54+	00:16+	
03:27+	02:23+	01:54+	01:24+	03:54+	03:14+	02:46+	02:53+	01:21+	01:28+	03:15+	02:49+	02:54+	00:16+	
23	Tom Leveraas	1884												34:12
03:26+	05:15+	07:13+	08:25+	12:09+	18:16+	21:20+	24:20+	25:54+	27:17+	29:56+	31:59+	34:12+	37:52+	38:12+
03:26+	01:49+	01:58+	01:12+	03:44+	06:07+	03:04+	03:00+	01:34+	01:23+	02:39+	02:03+	02:13+	03:40+	00:20+
03:26+	01:49+	01:58+	01:12+	03:44+	06:07+	03:04+	03:00+	01:34+	01:23+	02:39+	02:03+	02:13+	03:40+	00:20+
24	Øystein Endresen	3504												35:36
04:29+	06:17+	08:30+	10:05+	16:51+	19:21+	22:15+	25:49+	27:03+	28:23+	31:22+	33:01+	35:20+	35:36+	
04:29+	01:48+	02:13+	01:35+	06:46+	02:30+	02:54+	03:34+	01:14+	01:20+	02:59+	01:39+	02:19+	00:16+	
04:29+	01:48+	02:13+	01:35+	06:46+	02:30+	02:54+	03:34+	01:14+	01:20+	02:59+	01:39+	02:19+	00:16+	
25	Svein Sivertsen	3530												36:00
03:52+	05:49+	07:43+	08:58+	15:54+	18:36+	21:50+	25:24+	26:40+	28:09+	31:27+	32:54+	35:42+	36:00+	
03:52+	01:57+	01:54+	01:15+	06:56+	02:42+	03:14+	03:34+	01:16+	01:29+	03:18+	01:27+	02:48+	00:18+	
03:52+	01:57+	01:54+	01:15+	06:56+	02:42+	03:14+	03:34+	01:16+	01:29+	03:18+	01:27+	02:48+	00:18+	
26	Steinar Amundsen	3530												37:03
04:06+	06:03+	07:55+	09:30+	16:02+	19:41+	23:00+	25:35+	26:55+	28:27+	31:49+	34:13+	36:46+	37:03+	
04:06+	01:57+	01:52+	01:35+	06:32+	03:39+	03:19+	02:35+	01:20+	01:32+	03:22+	02:24+	02:33+	00:17+	
04:06+	01:57+	01:52+	01:35+	06:32+	03:39+	03:19+	02:35+	01:20+	01:32+	03:22+	02:24+	02:33+	00:17+	
27	Bent Horpestad	722												37:17
03:43+	06:06+	07:44+	08:57+	16:00+	19:31+	23:24+	25:57+	27:18+	28:41+	31:56+	34:28+	36:59+	37:17+	
03:43+	02:23+	01:38+	01:13+	07:03+	03:31+	03:53+	02:33+	01:21+	01:23+	03:15+	02:32+	02:31+	00:18+	
03:43+	02:23+	01:38+	01:13+	07:03+	03:31+	03:53+	02:33+	01:21+	01:23+	03:15+	02:32+	02:31+	00:18+	
28	John Helge Svandal	3531												37:18
04:10+	06:21+	08:13+	09:33+	13:50+	19:36+	22:59+	26:36+	27:40+	29:10+	32:23+	34:38+	37:05+	37:18+	
04:10+	02:11+	01:52+	01:20+	04:17+	05:46+	03:23+	03:37+	01:04+	01:30+	03:13+	02:15+	02:27+	00:13+	
04:10+	02:11+	01:52+	01:20+	04:17+	05:46+	03:23+	03:37+	01:04+	01:30+	03:13+	02:15+	02:27+	00:13+	
29	Torgeir Færevåg	3553												37:25
03:40+	06:04+	07:53+	09:12+	12:53+	17:49+	21:56+	24:54+	26:15+	27:39+	30:32+	34:54+	37:09+	37:25+	
03:40+	02:24+	01:49+	01:19+	03:41+	04:56+	04:07+	02:58+	01:21+	01:24+	02:53+	04:22+	02:15+	00:16+	
03:40+	02:24+	01:49+	01:19+	03:41+	04:56+	04:07+	02:58+	01:21+	01:24+	02:53+	04:22+	02:15+	00:16+	
30	Thomas Romstad	1683												37:30
09:28+	10:53+	12:11+	19:39+	22:55+	25:26+	27:45+	29:38+	30:29+	31:31+	33:53+	35:17+	37:15+	37:30+	
09:28+	01:25+	01:18+	07:28+	03:16+	02:31+	02:19+	01:53+	00:51+	01:02+	02:22+	01:24+	01:58+	00:15+	
09:28+	01:25+	01:18+	07:28+	03:16+	02:31+	02:19+	01:53+	00:51+	01:02+	02:22+	01:24+	01:58+	00:15+	
31	Ashwin Ashok	1376												38:21
04:15+	05:43+	07:28+	09:06+	12:30+	16:03+	19:06+	21:59+	25:43+	27:05+	30:32+	34:59+	38:07+	38:21+	
04:15+	01:28+	01:45+	01:38+	03:24+	03:33+	03:03+	02:53+	03:44+	01:22+	03:27+	04:27+	03:08+	00:14+	
04:15+	01:28+	01:45+	01:38+	03:24+	03:33+	03:03+	02:53+	03:44+	01:22+	03:27+	04:27+	03:08+	00:14+	
32	Robert Hooper	1683												39:57
03:44+	06:05+	07:46+	09:17+	14:49+	17:30+	21:15+	25:13+	26:44+	28:25+	31:43+	36:51+	39:40+	39:57+	
03:44+	02:21+	01:41+	01:31+	05:32+	02:41+	03:45+	03:58+	01:31+	01:41+	03:18+	05:08+	02:49+	00:17+	
03:44+	02:21+	01:41+	01:31+	05:32+	02:41+	03:45+	03:58+	01:31+	01:41+	03:18+	05:08+	02:49+	00:17+	
33	Jon Grepstad	3531												42:16
05:11+	07:43+	10:18+	11:59+	15:55+	19:00+	23:58+	28:30+	30:00+	31:52+	36:05+	38:05+	41:53+	42:16+	
05:11+	02:32+	02:35+	01:41+	03:56+	03:05+	04:58+	04:32+	01:30+	01:52+	04:13+	02:00+	03:48+	00:23+	
05:11+	02:32+	02:35+	01:41+	03:56+	03:05+	04:58+	04:32+	01:30+	01:52+	04:13+	02:00+	03:48+	00:23+	
34	Rohan Joseph	1376												43:40
05:52+	08:24+	10:39+	12:27+	17:27+	20:52+	25:15+	30:17+	31:41+	33:25+	38:02+	40:10+	43:24+	43:40+	
05:52+	02:32+	02:15+	01:48+	05:00+	03:25+	04:23+	05:02+	01:24+	01:44+	04:37+	02:08+	03:14+	00:16+	
05:52+	02:32+	02:15+	01:48+	05:00+	03:25+	04:23+	05:02+	01:24+	01:44+	04:37+	02:08+	03:14+	00:16+	

Class	Navn	Klasse												Tid
Herrer Trim														
35	Audun Sjøen	3531												45:14
04:05+	06:49+	09:20+	10:51+	15:09+	19:30+	24:13+	27:58+	29:47+	32:13+	36:34+	40:56+	44:44+	45:14+	
04:05+	02:44+	02:31+	01:31+	04:18+	04:21+	04:43+	03:45+	01:49+	02:26+	04:21+	04:22+	03:48+	00:30+	
04:05+	02:44+	02:31+	01:31+	04:18+	04:21+	04:43+	03:45+	01:49+	02:26+	04:21+	04:22+	03:48+	00:30+	
36	Steinar Løgth Aase	2539												46:54
04:26+	07:19+	09:27+	11:04+	19:53+	24:31+	28:20+	32:02+	33:34+	35:37+	39:41+	43:29+	46:36+	46:54+	
04:26+	02:53+	02:08+	01:37+	08:49+	04:38+	03:49+	03:42+	01:32+	02:03+	04:04+	03:48+	03:07+	00:18+	
04:26+	02:53+	02:08+	01:37+	08:49+	04:38+	03:49+	03:42+	01:32+	02:03+	04:04+	03:48+	03:07+	00:18+	
37	Trond Vigedal	896												47:30
03:54+	05:50+	07:34+	08:56+	16:49+	20:11+	24:58+	33:55+	35:20+	37:05+	40:33+	42:27+	47:11+	47:30+	
03:54+	01:56+	01:44+	01:22+	07:53+	03:22+	04:47+	08:57+	01:25+	01:45+	03:28+	01:54+	04:44+	00:19+	
03:54+	01:56+	01:44+	01:22+	07:53+	03:22+	04:47+	08:57+	01:25+	01:45+	03:28+	01:54+	04:44+	00:19+	
38	Per Bakken	880												47:33
04:40+	07:57+	10:27+	12:06+	21:38+	26:01+	29:46+	33:27+	35:17+	37:12+	41:35+	43:52+	47:07+	47:33+	
04:40+	03:17+	02:30+	01:39+	09:32+	04:23+	03:45+	03:41+	01:50+	01:55+	04:23+	02:17+	03:15+	00:26+	
04:40+	03:17+	02:30+	01:39+	09:32+	04:23+	03:45+	03:41+	01:50+	01:55+	04:23+	02:17+	03:15+	00:26+	
39	Elga Silaban	1283												47:48
07:20+	09:58+	15:34+	16:49+	22:43+	26:17+	30:43+	33:22+	35:29+	36:59+	40:25+	42:48+	47:25+	47:48+	
07:20+	02:38+	05:36+	01:15+	05:54+	03:34+	04:26+	02:39+	02:07+	01:30+	03:26+	02:23+	04:37+	00:23+	
07:20+	02:38+	05:36+	01:15+	05:54+	03:34+	04:26+	02:39+	02:07+	01:30+	03:26+	02:23+	04:37+	00:23+	
40	Erik Campbell Henriksen	1683												48:32
06:14+	09:00+	11:27+	13:21+	17:05+	22:09+	26:30+	31:37+	34:15+	36:16+	41:41+	44:45+	48:06+	48:32+	
06:14+	02:46+	02:27+	01:54+	03:44+	05:04+	04:21+	05:07+	02:38+	02:01+	05:25+	03:04+	03:21+	00:26+	
06:14+	02:46+	02:27+	01:54+	03:44+	05:04+	04:21+	05:07+	02:38+	02:01+	05:25+	03:04+	03:21+	00:26+	
41	André Forbergskog	896												49:14
08:21+	13:23+	16:11+	18:04+	23:05+	26:37+	30:10+	34:11+	36:00+	38:19+	42:41+	45:44+	48:47+	49:14+	
08:21+	05:02+	02:48+	01:53+	05:01+	03:32+	03:33+	04:01+	01:49+	02:19+	04:22+	03:03+	03:03+	00:27+	
08:21+	05:02+	02:48+	01:53+	05:01+	03:32+	03:33+	04:01+	01:49+	02:19+	04:22+	03:03+	03:03+	00:27+	
42	Svein Olav Høyland	1683												52:52
07:26+	10:41+	12:52+	14:54+	21:49+	26:05+	29:50+	37:35+	39:08+	40:40+	44:35+	48:35+	52:33+	52:52+	
07:26+	03:15+	02:11+	02:02+	06:55+	04:16+	03:45+	07:45+	01:33+	01:32+	03:55+	04:00+	03:58+	00:19+	
07:26+	03:15+	02:11+	02:02+	06:55+	04:16+	03:45+	07:45+	01:33+	01:32+	03:55+	04:00+	03:58+	00:19+	

Beste strekktid for klassen

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