

Plass Navn

Klasse

Tid

## Damer 16 - 39 år

<b>1</b>	<b>Aina Kalsaas Urstad</b>	<b>3580</b>	<b>35:46</b>										
01:05=	06:00=	09:30=	11:37=	14:10=	15:52=	19:21=	22:41=	24:39=	27:10=	30:23=	33:16=	35:10=	35:46=
01:05=	04:55=	03:30=	02:07=	02:33=	01:42=	03:29=	03:20=	01:58=	02:31=	03:13=	02:53=	01:54=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marie Silkeborg Brolev</b>	<b>3619</b>	<b>38:15</b>										
01:53+	06:56+	09:13-	11:35-	14:23+	16:46+	20:15+	23:53+	25:42+	28:01+	32:12+	35:07+	37:43+	38:15+
01:53+	05:03+	02:17-	02:22+	02:48+	02:23+	03:29=	03:38+	01:49-	02:19-	04:11+	02:55+	02:36+	00:32-
00:48&	00:08+	01:13-	00:15#	00:15+	00:41&	00:00=	00:18+	00:09-	00:12-	00:58&	00:02+	00:42&	00:04-
<b>3</b>	<b>Maren Benjaminsen</b>	<b>1832</b>	<b>39:06</b>										
01:00-	05:34-	07:48-	09:46-	12:52-	14:15-	18:35-	22:26-	24:05-	31:09+	34:23+	36:27+	38:28+	39:06+
01:00-	04:34-	02:14-	01:58-	03:06+	01:23-	04:20+	03:51+	01:39-	07:04+	03:14+	02:04-	02:01+	00:38+
00:05-	00:21-	01:16-	00:09-	00:33#	00:19-	00:51#	00:31#	00:19-	04:33&	00:01+	00:49-	00:07+	00:02+
<b>4</b>	<b>Fride Wirak</b>	<b>1830</b>	<b>39:54</b>										
01:11+	06:54+	09:46+	12:00+	14:58+	17:07+	21:41+	26:53+	28:21+	30:44+	34:33+	36:50+	39:09+	39:54+
01:11+	05:43+	02:52-	02:14+	02:58+	02:09+	04:34+	05:12+	01:28-	02:23-	03:49+	02:17-	02:19+	00:45+
00:06+	00:48#	00:38-	00:07+	00:25#	00:27&	01:05&	01:52&	00:30-	00:08-	00:36#	00:36-	00:25#	00:09#
<b>5</b>	<b>Wibeke Lende</b>	<b>3503</b>	<b>40:46</b>										
01:26+	06:51+	09:17-	11:48+	15:22+	17:12+	20:55+	25:20+	27:14+	30:20+	34:33+	37:42+	40:12+	40:46+
01:26+	05:25+	02:26-	02:31+	03:34+	01:50+	03:43+	04:25+	01:54-	03:06+	04:13+	03:09+	02:30+	00:34-
00:21&	00:30#	01:04-	00:24#	01:01&	00:08+	00:14+	01:05&	00:04-	00:35#	01:00&	00:16+	00:36&	00:02-
<b>6</b>	<b>Lisa Turko</b>	<b>NOTEAM</b>	<b>41:15</b>										
01:13+	07:26+	10:09+	12:48+	17:42+	19:23+	23:08+	27:05+	28:39+	30:40+	34:35+	38:12+	40:21+	41:15+
01:13+	06:13+	02:43-	02:39+	04:54+	01:41-	03:45+	03:57+	01:34-	02:01-	03:55+	03:37+	02:09+	00:54+
00:08#	01:18&	00:47-	00:32&	02:21&	00:01-	00:16+	00:37#	00:24-	00:30-	00:42#	00:44&	00:15#	00:18&
<b>7</b>	<b>Hanne Berg Aspøy</b>	<b>896</b>	<b>42:39</b>										
00:59-	06:16+	09:35+	12:13+	14:47+	18:55+	23:09+	26:52+	28:41+	33:41+	37:16+	39:54+	41:59+	42:39+
00:59-	05:17+	03:19-	02:38+	02:34+	04:08+	04:14+	03:43+	01:49-	05:00+	03:35+	02:38-	02:05+	00:40+
00:06-	00:22+	00:11-	00:31#	00:01+	02:26@	00:45#	00:23#	00:09-	02:29&	00:22#	00:15-	00:11+	00:04#
<b>8</b>	<b>Marie Sigvaldsen</b>	<b>3512</b>	<b>43:19</b>										
01:32+	05:49-	08:28-	10:56-	14:01-	16:25+	19:16-	23:32+	25:38+	34:49+	37:44+	40:43+	42:42+	43:19+
01:32+	04:17-	02:39-	02:28+	03:05+	02:24+	02:51-	04:16+	02:06+	09:11+	02:55-	02:59+	01:59+	00:37+
00:27&	00:38-	00:51-	00:21#	00:32#	00:42&	00:38-	00:56&	00:08+	06:40&	00:18-	00:06+	00:05+	00:01+
<b>9</b>	<b>Helene P. Hundeide</b>	<b>769</b>	<b>44:44</b>										
00:58-	05:44-	08:01-	10:29-	18:34+	20:12+	23:44+	27:53+	29:25+	34:49+	37:48+	40:59+	44:01+	44:44+
00:58-	04:46-	02:17-	02:28+	08:05+	01:38-	03:32+	04:09+	01:32-	05:24+	02:59-	03:11+	03:02+	00:43+
00:07-	00:09-	01:13-	00:21#	05:32@	00:04-	00:03+	00:49#	00:26-	02:53@	00:14-	00:18#	01:08&	00:07#
<b>10</b>	<b>Ingrid Kornberg Simensen</b>	<b>1758</b>	<b>45:03</b>										
01:53+	06:28+	09:33+	13:51+	19:13+	21:09+	24:35+	31:21+	33:02+	35:20+	38:57+	41:46+	44:11+	45:03+
01:53+	04:35-	03:05-	04:18+	05:22+	01:56+	03:26-	06:46+	01:41-	02:18-	03:37+	02:49-	02:25+	00:52+
00:48&	00:20-	00:25-	02:11@	02:49@	00:14#	00:03-	03:26@	00:17-	00:13-	00:24#	00:04-	00:31&	00:16&
<b>11</b>	<b>Hege Bakken</b>	<b>1754</b>	<b>45:45</b>										
01:19+	06:57+	11:03+	13:33+	17:29+	19:36+	23:47+	28:05+	29:53+	34:26+	38:39+	42:07+	44:57+	45:45+
01:19+	05:38+	04:06+	02:30+	03:56+	02:07+	04:11+	04:18+	01:48-	04:33+	04:13+	03:28+	02:50+	00:48+
00:14#	00:43#	00:36#	00:23#	01:23&	00:25#	00:42#	00:58&	00:10-	02:02&	01:00&	00:35#	00:56&	00:12&
<b>12</b>	<b>Frida Erikstein</b>	<b>1830</b>	<b>46:24</b>										
01:01-	06:05+	13:59+	15:59+	18:54+	20:14+	23:29+	28:19+	31:34+	35:30+	39:35+	42:59+	45:52+	46:24+
01:01-	05:04+	07:54+	02:00-	02:55+	01:20-	03:15-	04:50+	03:15+	03:56+	04:05+	03:24+	02:53+	00:32-
00:04-	00:09+	04:24@	00:07-	00:22#	00:22-	00:14-	01:30&	01:17&	01:25&	00:52&	00:31#	00:59&	00:04-
<b>13</b>	<b>Sina Thu Randulff</b>	<b>643</b>	<b>47:55</b>										
00:49-	05:44-	07:52-	09:37-	12:25-	17:05+	20:37+	24:11+	25:34+	39:35+	42:56+	45:14+	47:20+	47:55+
00:49-	04:55=	02:08-	01:45-	02:48+	04:40+	03:32+	03:34+	01:23-	14:01+	03:21+	02:18-	02:06+	00:35-
00:16-	00:00=	01:22-	00:22-	00:15+	02:58@	00:03+	00:14+	00:35-	11:30@	00:08+	00:35-	00:12#	00:01-
<b>14</b>	<b>Hanne Thu</b>	<b>3516</b>	<b>49:19</b>										
01:14+	07:26+	10:59+	13:51+	17:39+	20:55+	25:19+	30:21+	32:31+	35:34+	42:02+	46:18+	48:37+	49:19+
01:14+	06:12+	03:33+	02:52+	03:48+	03:16+	04:24+	05:02+	02:10+	03:03+	06:28+	04:16+	02:19+	00:42+
00:09#	01:17&	00:03+	00:45&	01:15&	01:34&	00:55&	01:42&	00:12#	00:32#	03:15@	01:23&	00:25#	00:06#

Class	Navn	Klasse										Tid
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## Damer 16 - 39 år

<b>15</b>	<b>Katja Eliassen</b>	<b>722</b>	<b>51:33</b>										
01:21+	06:59+	10:22+	13:05+	17:32+	20:07+	25:15+	30:32+	33:58+	38:38+	43:46+	47:39+	50:40+	51:33+
01:21+	05:38+	03:23-	02:43+	04:27+	02:35+	05:08+	05:17+	03:26+	04:40+	05:08+	03:53+	03:01+	00:53+
00:16#	00:43#	00:07-	00:36&	01:54&	00:53&	01:39&	01:57&	01:28&	02:09&	01:55&	01:00&	01:07&	00:17&
<b>16</b>	<b>Ingrid Lycke Austbø</b>	<b>989</b>	<b>53:48</b>										
02:03+	06:49+	09:16+	11:11+	15:37+	17:45+	23:22+	31:44+	39:27+	42:33+	46:40+	50:34+	52:57+	53:48+
02:03+	04:46+	02:27+	01:55+	04:26+	02:08+	05:37+	14:22+	01:43+	03:06+	04:07+	03:54+	02:23+	00:51+
02:03+	04:46+	02:27+	01:55+	04:26+	02:08+	05:37+	14:22+	01:43+	03:06+	04:07+	03:54+	02:23+	00:51+
<b>17</b>	<b>Ingunn Landsnes</b>	<b>892</b>	<b>54:41</b>										
01:19+	08:55+	13:05+	16:57+	21:42+	24:17+	29:07+	33:59+	36:14+	39:29+	44:31+	50:49+	53:40+	54:41+
01:19+	07:36+	04:10+	03:52+	04:45+	02:35+	04:50+	04:52+	02:15+	03:15+	05:02+	06:18+	02:51+	01:01+
01:19+	07:36+	04:10+	03:52+	04:45+	02:35+	04:50+	04:52+	02:15+	03:15+	05:02+	06:18+	02:51+	01:01+
<b>18</b>	<b>Dina Baerheim</b>	<b>722</b>	<b>1:00:42</b>										
03:55+	10:57+	14:45+	17:16+	21:21+	23:22+	28:01+	34:54+	37:04+	46:54+	54:12+	57:00+	59:49+	60:42+
03:55+	07:02+	03:48+	02:31+	04:05+	02:01+	04:39+	06:53+	02:10+	09:50+	07:18+	02:48+	02:49+	00:53+
03:55+	07:02+	03:48+	02:31+	04:05+	02:01+	04:39+	06:53+	02:10+	09:50+	07:18+	02:48+	02:49+	00:53+
<b>19</b>	<b>Idunn Husøy Naustdal</b>	<b>722</b>	<b>1:15:27</b>										
02:17+	09:01+	15:01+	19:49+	23:42+	38:40+	42:36+	47:51+	54:38+	58:56+	63:36+	67:45+	74:26+	75:27+
02:17+	06:44+	06:00+	04:48+	03:53+	14:58+	03:56+	05:15+	06:47+	04:18+	04:40+	04:09+	06:41+	01:01+
02:17+	06:44+	06:00+	04:48+	03:53+	14:58+	03:56+	05:15+	06:47+	04:18+	04:40+	04:09+	06:41+	01:01+

### Beste strekktid for klassen

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

## Damer 40 - 49 år

<b>1</b>	<b>Ingunn Anda Haug</b>	<b>2342</b>	<b>41:50</b>										
01:53=	07:29=	09:23=	11:58=	17:26=	19:27=	23:22=	26:49=	30:14=	35:39=	37:29=	39:01=	41:02=	41:50=
01:53=	05:36=	01:54=	02:35=	05:28=	02:01=	03:55=	03:27=	03:25=	05:25=	01:50=	01:32=	02:01=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Helen Haneferd</b>	<b>882</b>	<b>51:43</b>										
02:13+	07:48+	12:07+	15:43+	22:25+	24:29+	28:40+	32:48+	39:48+	43:40+	46:16+	48:13+	50:46+	51:43+
02:13+	05:35-	04:19+	03:36+	06:42+	02:04+	04:11+	04:08+	07:00+	03:52-	02:36+	01:57+	02:33+	00:57+
00:20#	00:01-	02:25@	01:01&	01:14#	00:03+	00:16+	00:41#	03:35@	01:33-	00:46&	00:25&	00:32&	00:09#
<b>3</b>	<b>Maren Thu</b>	<b>NOTEAM</b>	<b>51:46</b>										
02:07+	06:51-	08:58-	11:21-	16:53-	24:18+	30:00+	40:05+	43:43+	46:01+	47:42+	48:54+	51:00+	51:46+
02:07+	04:44-	02:07+	02:23-	05:32+	07:25+	05:42+	10:05+	03:38+	02:18-	01:41-	01:12-	02:06+	00:46-
00:14#	00:52-	00:13#	00:12-	00:04+	05:24@	01:47&	06:38@	00:13+	03:07-	00:09-	00:20-	00:05+	00:02-
<b>4</b>	<b>Randi Ladsten</b>	<b>879</b>	<b>58:26</b>										
04:38+	11:09+	13:20+	17:40+	24:17+	26:59+	34:34+	41:55+	46:00+	49:30+	51:26+	54:20+	57:17+	58:26+
04:38+	06:31+	02:11+	04:20+	06:37+	02:42+	07:35+	07:21+	04:05+	03:30-	01:56+	02:54+	02:57+	01:09+
02:45@	00:55#	00:17#	01:45&	01:09#	00:41&	03:40&	03:54@	00:40#	01:55-	00:06+	01:22&	00:56&	00:21&
<b>5</b>	<b>Elin Stueland</b>	<b>880</b>	<b>1:10:29</b>										
01:40-	08:25+	10:47+	15:50+	21:09+	24:50+	29:28+	35:11+	52:30+	58:15+	63:04+	66:41+	69:37+	70:29+
01:40-	06:45+	02:22+	05:03+	05:19-	03:41+	04:38+	05:43+	17:19+	05:45+	04:49+	03:37+	02:56+	00:52+
00:13-	01:09#	00:28#	02:28&	00:09-	01:40&	00:43#	02:16&	13:54@	00:20+	02:59@	02:05@	00:55&	00:04+
<b>Beste strekktid for klassen</b>													
01:40	04:44	01:54	02:23	05:19	02:01	03:55	03:27	03:25	02:18	01:41	01:12	02:01	00:46

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

## Damer 50 - 59 år

Class	Navn	Klasse												Tid
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## Damer 50 - 59 år

<b>1</b>	<b>Keth Berggraf</b>	<b>1683</b>												<b>43:04</b>
	02:00=	06:34=	08:39=	10:44=	15:49=	17:49=	21:09=	29:47=	33:52=	36:20=	37:55=	40:24=	42:21=	43:04=
	02:00=	04:34=	02:05=	02:05=	05:05=	02:00=	03:20=	08:38=	04:05=	02:28=	01:35=	02:29=	01:57=	00:43=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Trude Hermanrud</b>	<b>896</b>												<b>45:06</b>
	02:04+	07:13+	11:43+	14:20+	19:51+	21:53+	25:37+	30:16+	34:21+	37:21+	39:12+	42:06+	44:11+	45:06+
	02:04+	05:09+	04:30+	02:37+	05:31+	02:02+	03:44+	04:39+	04:05+	03:00+	01:51+	02:54+	02:05+	00:55+
	02:04+	05:09+	04:30+	02:37+	05:31+	02:02+	03:44+	04:39+	04:05+	03:00+	01:51+	02:54+	02:05+	00:55+
<b>3</b>	<b>Tone Cecilie Nystrøm</b>	<b>874</b>												<b>45:44</b>
	01:48+	06:57+	12:07+	14:51+	20:49+	22:42+	26:28+	31:00+	34:23+	37:50+	39:38+	42:32+	45:00+	45:44+
	01:48+	05:09+	05:10+	02:44+	05:58+	01:53+	03:46+	04:32+	03:23+	03:27+	01:48+	02:54+	02:28+	00:44+
	01:48+	05:09+	05:10+	02:44+	05:58+	01:53+	03:46+	04:32+	03:23+	03:27+	01:48+	02:54+	02:28+	00:44+
<b>4</b>	<b>Åse Sellereite</b>	<b>882</b>												<b>47:12</b>
	01:54+	06:48+	11:09+	13:34+	21:27+	23:33+	27:15+	30:53+	35:39+	40:08+	42:15+	44:07+	46:23+	47:12+
	01:54+	04:54+	04:21+	02:25+	07:53+	02:06+	03:42+	03:38+	04:46+	04:29+	02:07+	01:52+	02:16+	00:49+
	01:54+	04:54+	04:21+	02:25+	07:53+	02:06+	03:42+	03:38+	04:46+	04:29+	02:07+	01:52+	02:16+	00:49+
<b>5</b>	<b>Anita Glenne Kallhovd</b>	<b>3502</b>												<b>49:49</b>
	03:22+	09:45+	11:39+	14:00+	18:48+	22:15+	26:02+	30:41+	35:52+	41:39+	43:36+	46:27+	49:05+	49:49+
	03:22+	06:23+	01:54+	02:21+	04:48+	03:27+	03:47+	04:39+	05:11+	05:47+	01:57+	02:51+	02:38+	00:44+
	03:22+	06:23+	01:54+	02:21+	04:48+	03:27+	03:47+	04:39+	05:11+	05:47+	01:57+	02:51+	02:38+	00:44+
<b>6</b>	<b>Marie-Elizabeth Reinseth</b>	<b>882</b>												<b>51:00</b>
	02:24+	07:52+	10:39+	13:44+	20:44+	22:36+	26:31+	32:45+	41:30+	44:14+	46:09+	47:45+	50:09+	51:00+
	02:24+	05:28+	02:47+	03:05+	07:00+	01:52+	03:55+	06:14+	08:45+	02:44+	01:55+	01:36+	02:24+	00:51+
	02:24+	05:28+	02:47+	03:05+	07:00+	01:52+	03:55+	06:14+	08:45+	02:44+	01:55+	01:36+	02:24+	00:51+
<b>7</b>	<b>Gøril Braut Aarsand</b>	<b>2539</b>												<b>51:56</b>
	02:00+	09:47+	12:53+	16:31+	24:18+	26:26+	30:10+	34:46+	39:06+	43:48+	45:35+	47:39+	50:57+	51:56+
	02:00+	07:47+	03:06+	03:38+	07:47+	02:08+	03:44+	04:36+	04:20+	04:42+	01:47+	02:04+	03:18+	00:59+
	02:00+	07:47+	03:06+	03:38+	07:47+	02:08+	03:44+	04:36+	04:20+	04:42+	01:47+	02:04+	03:18+	00:59+
<b>8</b>	<b>Tonje Tiley</b>	<b>882</b>												<b>53:34</b>
	01:31+	07:32+	11:13+	14:01+	19:29+	21:45+	32:08+	36:57+	43:17+	46:22+	48:18+	50:04+	52:46+	53:34+
	01:31+	06:01+	03:41+	02:48+	05:28+	02:16+	10:23+	04:49+	06:20+	03:05+	01:56+	01:46+	02:42+	00:48+
	01:31+	06:01+	03:41+	02:48+	05:28+	02:16+	10:23+	04:49+	06:20+	03:05+	01:56+	01:46+	02:42+	00:48+
<b>9</b>	<b>May Bente Valdøl</b>	<b>1683</b>												<b>54:27</b>
	02:04+	18:13+	21:52+	24:39+	30:59+	32:33+	36:53+	40:10+	45:13+	48:28+	50:04+	51:44+	53:49+	54:27+
	02:04+	16:09+	03:39+	02:47+	06:20+	01:34+	04:20+	03:17+	05:03+	03:15+	01:36+	01:40+	02:05+	00:38+
	02:04+	16:09+	03:39+	02:47+	06:20+	01:34+	04:20+	03:17+	05:03+	03:15+	01:36+	01:40+	02:05+	00:38+
<b>10</b>	<b>Toril Dahle</b>	<b>1683</b>												<b>55:08</b>
	06:50+	13:36+	16:28+	18:46+	27:57+	29:50+	35:32+	39:04+	43:52+	47:15+	49:08+	51:00+	54:11+	55:08+
	06:50+	06:46+	02:52+	02:18+	09:11+	01:53+	05:42+	03:32+	04:48+	03:23+	01:53+	01:52+	03:11+	00:57+
	06:50+	06:46+	02:52+	02:18+	09:11+	01:53+	05:42+	03:32+	04:48+	03:23+	01:53+	01:52+	03:11+	00:57+
<b>11</b>	<b>Signe Ottesen</b>	<b>1683</b>												<b>59:57</b>
	01:40+	07:00+	09:05+	12:34+	18:30+	20:07+	23:47+	29:29+	49:00+	51:55+	53:39+	56:37+	58:47+	59:57+
	01:40+	05:20+	02:05+	03:29+	05:56+	01:37+	03:40+	05:42+	19:31+	02:55+	01:44+	02:58+	02:10+	01:10+
	01:40+	05:20+	02:05+	03:29+	05:56+	01:37+	03:40+	05:42+	19:31+	02:55+	01:44+	02:58+	02:10+	01:10+
<b>12</b>	<b>Tove Irene Asheim</b>	<b>1683</b>												<b>1:00:39</b>
	02:59+	09:45+	12:13+	15:54+	22:42+	25:08+	30:21+	36:14+	44:57+	49:26+	53:44+	56:32+	59:43+	60:39+
	02:59+	06:46+	02:28+	03:41+	06:48+	02:26+	05:13+	05:53+	08:43+	04:29+	04:18+	02:48+	03:11+	00:56+
	02:59+	06:46+	02:28+	03:41+	06:48+	02:26+	05:13+	05:53+	08:43+	04:29+	04:18+	02:48+	03:11+	00:56+
<b>13</b>	<b>Astri Sandanger</b>	<b>896</b>												<b>1:02:00</b>
	02:41+	08:46+	11:29+	14:14+	20:22+	26:09+	33:50+	42:05+	46:56+	52:07+	54:54+	57:50+	61:09+	62:00+
	02:41+	06:05+	02:43+	02:45+	06:08+	05:47+	07:41+	08:15+	04:51+	05:11+	02:47+	02:56+	03:19+	00:51+
	02:41+	06:05+	02:43+	02:45+	06:08+	05:47+	07:41+	08:15+	04:51+	05:11+	02:47+	02:56+	03:19+	00:51+
<b>14</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>1758</b>												<b>1:02:14</b>
	04:34+	10:55+	14:12+	17:07+	25:14+	28:44+	34:10+	38:31+	45:28+	50:25+	52:19+	58:03+	60:53+	62:14+
	04:34+	06:21+	03:17+	02:55+	08:07+	03:30+	05:26+	04:21+	06:57+	04:57+	01:54+	05:44+	02:50+	01:21+
	04:34+	06:21+	03:17+	02:55+	08:07+	03:30+	05:26+	04:21+	06:57+	04:57+	01:54+	05:44+	02:50+	01:21+

Plass	Navn	Klasse	Tid
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## Damer 50 - 59 år

<b>15</b>	<b>Irene Sirevåg</b>	<b>1754</b>	<b>1:03:56</b>
04:54+	11:05+ 14:52+ 18:22+ 25:53+ 28:05+ 36:54+ 41:56+ 47:09+ 53:06+ 55:52+ 59:57+ 62:52+ 63:56+		
04:54+	06:11+ 03:47+ 03:30+ 07:31+ 02:12+ 08:49+ 05:02+ 05:13+ 05:57+ 02:46+ 04:05+ 02:55+ 01:04+		
04:54+	06:11+ 03:47+ 03:30+ 07:31+ 02:12+ 08:49+ 05:02+ 05:13+ 05:57+ 02:46+ 04:05+ 02:55+ 01:04+		
<b>16</b>	<b>Elisabeth Melbø</b>	<b>879</b>	<b>1:04:13</b>
08:14+	13:23+ 15:41+ 18:46+ 24:08+ 28:06+ 36:30+ 40:29+ 47:31+ 52:28+ 54:17+ 60:00+ 62:51+ 64:13+		
08:14+	05:09+ 02:18+ 03:05+ 05:22+ 03:58+ 08:24+ 03:59+ 07:02+ 04:57+ 01:49+ 05:43+ 02:51+ 01:22+		
08:14+	05:09+ 02:18+ 03:05+ 05:22+ 03:58+ 08:24+ 03:59+ 07:02+ 04:57+ 01:49+ 05:43+ 02:51+ 01:22+		
<b>17</b>	<b>Torill Andersen</b>	<b>1683</b>	<b>1:06:36</b>
01:51+	07:10+ 09:29+ 13:13+ 19:38+ 21:29+ 25:44+ 48:12+ 54:39+ 58:13+ 60:14+ 62:56+ 65:37+ 66:36+		
01:51+	05:19+ 02:19+ 03:44+ 06:25+ 01:51+ 04:15+ 22:28+ 06:27+ 03:34+ 02:01+ 02:42+ 02:41+ 00:59+		
01:51+	05:19+ 02:19+ 03:44+ 06:25+ 01:51+ 04:15+ 22:28+ 06:27+ 03:34+ 02:01+ 02:42+ 02:41+ 00:59+		
<b>18</b>	<b>Turid Eikebu Alfsen</b>	<b>1683</b>	<b>1:07:14</b>
05:32+	10:59+ 14:45+ 18:23+ 25:21+ 27:57+ 39:40+ 48:34+ 54:33+ 58:51+ 61:24+ 63:36+ 66:27+ 67:14+		
05:32+	05:27+ 03:46+ 03:38+ 06:58+ 02:36+ 11:43+ 08:54+ 05:59+ 04:18+ 02:33+ 02:12+ 02:51+ 00:47+		
05:32+	05:27+ 03:46+ 03:38+ 06:58+ 02:36+ 11:43+ 08:54+ 05:59+ 04:18+ 02:33+ 02:12+ 02:51+ 00:47+		
<b>19</b>	<b>Marianne Gjesdal Lyngås</b>	<b>892</b>	<b>1:09:08</b>
03:01+	10:43+ 15:53+ 20:37+ 27:54+ 34:39+ 41:42+ 51:35+ 55:46+ 60:16+ 62:43+ 64:56+ 68:04+ 69:08+		
03:01+	07:42+ 05:10+ 04:44+ 07:17+ 06:45+ 07:03+ 09:53+ 04:11+ 04:30+ 02:27+ 02:13+ 03:08+ 01:04+		
03:01+	07:42+ 05:10+ 04:44+ 07:17+ 06:45+ 07:03+ 09:53+ 04:11+ 04:30+ 02:27+ 02:13+ 03:08+ 01:04+		
<b>20</b>	<b>Andrea Tapken</b>	<b>3529</b>	<b>1:10:19</b>
03:30+	09:39+ 12:37+ 15:49+ 28:39+ 31:53+ 38:01+ 43:27+ 52:16+ 58:43+ 61:38+ 65:48+ 69:11+ 70:19+		
03:30+	06:09+ 02:58+ 03:12+ 12:50+ 03:14+ 06:08+ 05:26+ 08:49+ 06:27+ 02:55+ 04:10+ 03:23+ 01:08+		
03:30+	06:09+ 02:58+ 03:12+ 12:50+ 03:14+ 06:08+ 05:26+ 08:49+ 06:27+ 02:55+ 04:10+ 03:23+ 01:08+		
<b>21</b>	<b>Ingjerd Haddeland</b>	<b>3507</b>	<b>1:13:15</b>
12:29+	19:02+ 22:12+ 24:49+ 32:53+ 35:40+ 40:23+ 49:15+ 56:44+ 61:32+ 63:44+ 68:09+ 71:23+ 73:15+		
12:29+	06:33+ 03:10+ 02:37+ 08:04+ 02:47+ 04:43+ 08:52+ 07:29+ 04:48+ 02:12+ 04:25+ 03:14+ 01:52+		
12:29+	06:33+ 03:10+ 02:37+ 08:04+ 02:47+ 04:43+ 08:52+ 07:29+ 04:48+ 02:12+ 04:25+ 03:14+ 01:52+		
<b>22</b>	<b>Synnøve Westermoen</b>	<b>1683</b>	<b>1:13:34</b>
06:26+	12:09+ 18:32+ 22:03+ 29:10+ 33:04+ 37:28+ 52:18+ 57:09+ 61:14+ 64:03+ 69:15+ 72:27+ 73:34+		
06:26+	05:43+ 06:23+ 03:31+ 07:07+ 03:54+ 04:24+ 14:50+ 04:51+ 04:05+ 02:49+ 05:12+ 03:12+ 01:07+		
06:26+	05:43+ 06:23+ 03:31+ 07:07+ 03:54+ 04:24+ 14:50+ 04:51+ 04:05+ 02:49+ 05:12+ 03:12+ 01:07+		
<b>23</b>	<b>Brit Vivian Meling</b>	<b>1683</b>	<b>1:20:14</b>
11:27+	17:18+ 21:51+ 26:17+ 33:40+ 35:59+ 43:54+ 51:40+ 64:27+ 69:41+ 72:50+ 75:17+ 78:50+ 80:14+		
11:27+	05:51+ 04:33+ 04:26+ 07:23+ 02:19+ 07:55+ 07:46+ 12:47+ 05:14+ 03:09+ 02:27+ 03:33+ 01:24+		
11:27+	05:51+ 04:33+ 04:26+ 07:23+ 02:19+ 07:55+ 07:46+ 12:47+ 05:14+ 03:09+ 02:27+ 03:33+ 01:24+		
<b>24</b>	<b>Siv Skretting</b>	<b>1884</b>	<b>1:28:50</b>
02:27+	10:14+ 12:51+ 17:15+ 25:21+ 28:19+ 33:41+ 42:34+ 68:39+ 75:40+ 77:45+ 84:53+ 88:04+ 88:50+		
02:27+	07:47+ 02:37+ 04:24+ 08:06+ 02:58+ 05:22+ 08:53+ 26:05+ 07:01+ 02:05+ 07:08+ 03:11+ 00:46+		
02:27+	07:47+ 02:37+ 04:24+ 08:06+ 02:58+ 05:22+ 08:53+ 26:05+ 07:01+ 02:05+ 07:08+ 03:11+ 00:46+		
<b>25</b>	<b>Siw Gjerdingen</b>	<b>3676</b>	<b>2:07:36</b>
10:32+	25:10+ 46:01+ 52:53+ 63:05+ 71:36+ 79:00+ 86:16+ 96:47+ 108:07+ 112:57+ 120:49+ 125:23+ 127:36+		
10:32+	14:38+ 20:51+ 06:52+ 10:12+ 08:31+ 07:24+ 07:16+ 10:31+ 11:20+ 04:50+ 07:52+ 04:34+ 02:13+		
10:32+	14:38+ 20:51+ 06:52+ 10:12+ 08:31+ 07:24+ 07:16+ 10:31+ 11:20+ 04:50+ 07:52+ 04:34+ 02:13+		

## Beste strekktid for klassen

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

## Damer 60 - 64 år

<b>1</b>	<b>Anne-Siv Gjertsen</b>	<b>882</b>	<b>42:45</b>
03:11=	09:16= 11:47= 14:12= 17:32= 21:18= 23:23= 25:24= 31:40= 36:15= 38:46= 41:36= 42:45=		
03:11=	06:05= 02:31= 02:25= 03:20= 03:46= 02:05= 02:01= 06:16= 04:35= 02:31= 02:50= 01:09=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Class	Navn	Klasse	Tid
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## Damer 60 - 64 år

<b>2</b>	<b>Elisabeth Christie Ørke</b>	<b>722</b>	<b>45:42</b>									
01:59-	07:48-	10:27-	13:06-	15:59-	19:12-	28:27+	30:12+	33:02+	38:25+	41:00+	44:25+	45:42+
01:59-	05:49-	02:39+	02:39+	02:53-	03:13-	09:15+	01:45-	02:50-	05:23+	02:35+	03:25+	01:17+
01:12-	00:16-	00:08+	00:14+	00:27-	00:33-	07:10#	00:16-	03:26-	00:48#	00:04+	00:35#	00:08#
<b>3</b>	<b>Kari Anstensrud</b>	<b>896</b>	<b>51:41</b>									
08:14+	14:49+	17:44+	21:44+	25:49+	30:18+	34:08+	36:24+	41:06+	45:04+	47:54+	50:34+	51:41+
08:14+	06:35+	02:55+	04:00+	04:05+	04:29+	03:50+	02:16+	04:42+	03:58+	02:50+	02:40+	01:07+
08:14+	06:35+	02:55+	04:00+	04:05+	04:29+	03:50+	02:16+	04:42+	03:58+	02:50+	02:40+	01:07+
<b>4</b>	<b>Nina Christiansen</b>	<b>722</b>	<b>51:47</b>									
03:26+	08:53+	11:48+	14:34+	18:14+	22:21+	25:09+	27:37+	37:43+	42:41+	46:51+	49:58+	51:47+
03:26+	05:27+	02:55+	02:46+	03:40+	04:07+	02:48+	02:28+	10:06+	04:58+	04:10+	03:07+	01:49+
03:26+	05:27+	02:55+	02:46+	03:40+	04:07+	02:48+	02:28+	10:06+	04:58+	04:10+	03:07+	01:49+
<b>5</b>	<b>Ingrid E. I. Øxnevad</b>	<b>3516</b>	<b>1:01:58</b>									
05:14+	10:34+	13:47+	16:44+	20:20+	33:12+	38:08+	40:04+	46:43+	52:52+	56:02+	60:35+	61:58+
05:14+	05:20+	03:13+	02:57+	03:36+	12:52+	04:56+	01:56+	06:39+	06:09+	03:10+	04:33+	01:23+
05:14+	05:20+	03:13+	02:57+	03:36+	12:52+	04:56+	01:56+	06:39+	06:09+	03:10+	04:33+	01:23+
<b>6</b>	<b>Ellinor Hoemsnes</b>	<b>1683</b>	<b>1:02:26</b>									
03:27+	09:46+	13:31+	17:22+	22:31+	26:54+	30:08+	33:03+	38:17+	49:01+	54:12+	61:20+	62:26+
03:27+	06:19+	03:45+	03:51+	05:09+	04:23+	03:14+	02:55+	05:14+	10:44+	05:11+	07:08+	01:06+
03:27+	06:19+	03:45+	03:51+	05:09+	04:23+	03:14+	02:55+	05:14+	10:44+	05:11+	07:08+	01:06+
<b>7</b>	<b>Ellinor Nesse</b>	<b>1683</b>	<b>1:09:45</b>									
09:11+	16:45+	20:14+	23:33+	28:37+	41:46+	46:16+	49:18+	52:53+	59:42+	62:51+	67:45+	69:45+
09:11+	07:34+	03:29+	03:19+	05:04+	13:09+	04:30+	03:02+	03:35+	06:49+	03:09+	04:54+	02:00+
09:11+	07:34+	03:29+	03:19+	05:04+	13:09+	04:30+	03:02+	03:35+	06:49+	03:09+	04:54+	02:00+
<b>8</b>	<b>Eli Tjåland Stokka</b>	<b>1141</b>	<b>1:19:47</b>									
07:25+	14:51+	18:32+	21:44+	26:03+	30:54+	34:01+	36:57+	41:14+	53:35+	73:03+	77:48+	79:47+
07:25+	07:26+	03:41+	03:12+	04:19+	04:51+	03:07+	02:56+	04:17+	12:21+	19:28+	04:45+	01:59+
07:25+	07:26+	03:41+	03:12+	04:19+	04:51+	03:07+	02:56+	04:17+	12:21+	19:28+	04:45+	01:59+

### Beste strekktid for klassen

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

## Damer 65 - 69 år

<b>1</b>	<b>Liv-Grete Obrestad</b>	<b>3551</b>	<b>40:50</b>									
02:17=	08:17=	10:49=	13:02=	16:30=	21:14=	24:39=	27:01=	29:36=	34:14=	36:33=	39:26=	40:50=
02:17=	06:00=	02:32=	02:13=	03:28=	04:44=	03:25=	02:22=	02:35=	04:38=	02:19=	02:53=	01:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Berit Bakken</b>	<b>1884</b>	<b>46:06</b>									
02:46+	08:25+	11:25+	18:04+	22:59+	26:21+	28:35+	30:44+	33:46+	38:44+	41:41+	44:52+	46:06+
02:46+	05:39+	03:00+	06:39+	04:55+	03:22-	02:14-	02:09-	03:02+	04:58+	02:57+	03:11+	01:14-
00:29#	00:21-	00:28#	04:26#	01:27&	01:22-	01:11-	00:13-	00:27#	00:20+	00:38&	00:18#	00:10-
<b>3</b>	<b>Marit Karin Skretting Nygård</b>	<b>892</b>	<b>46:07</b>									
02:47+	10:04+	12:54+	15:16+	18:49+	23:04+	27:15+	29:34+	32:27+	37:48+	40:18+	44:02+	46:07+
02:47+	07:17+	02:50+	02:22+	03:33+	04:15-	04:11+	02:19-	02:53+	05:21+	02:30+	03:44+	02:05+
00:30#	01:17#	00:18#	00:09+	00:05+	00:29-	00:46#	00:03-	00:18#	00:43#	00:11+	00:51&	00:41&
<b>4</b>	<b>May Meling</b>	<b>593</b>	<b>49:30</b>									
02:36+	07:31-	12:05+	14:38+	18:16+	22:02+	28:34+	31:10+	35:32+	41:41+	44:23+	47:50+	49:30+
02:36+	04:55-	04:34+	02:33+	03:38+	03:46-	06:32+	02:36+	04:22+	06:09+	02:42+	03:27+	01:40+
00:19#	01:05-	02:02&	00:20#	00:10+	00:58-	03:07&	00:14+	01:47&	01:31&	00:23#	00:34#	00:16#
<b>5</b>	<b>Tove Bjerkreim</b>	<b>722</b>	<b>51:12</b>									
02:40+	08:53+	13:24+	17:00+	21:06+	25:13+	27:43+	34:54+	38:42+	44:17+	47:07+	49:53+	51:12+
02:40+	06:13+	04:31+	03:36+	04:06+	04:07-	02:30-	07:11+	03:48+	05:35+	02:50+	02:46-	01:19-
00:23#	00:13+	01:59&	01:23&	00:38#	00:37-	00:55-	04:49#	01:13&	00:57#	00:31#	00:07-	00:05-

Class	Navn	Klasse	Tid
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## Damer 65 - 69 år

<b>6</b>	<b>Ingrid Eik</b>	<b>1830</b>	<b>51:23</b>									
01:56-	08:44+	11:02+	14:06+	17:15+	20:19-	36:21+	38:09+	41:06+	45:01+	47:20+	49:58+	51:23+
01:56-	06:48+	02:18-	03:04+	03:09-	03:04-	16:02+	01:48-	02:57+	03:55-	02:19=	02:38-	01:25+
00:21-	00:48#	00:14-	00:51&	00:19-	01:40-	12:37@	00:34-	00:22#	00:43-	00:00=	00:15-	00:01+
<b>7</b>	<b>Eli Frafjord</b>	<b>1141</b>	<b>52:47</b>									
04:21+	11:01+	14:36+	17:24+	21:11+	25:44+	31:48+	34:45+	37:54+	43:17+	47:12+	50:53+	52:47+
04:21+	06:40+	03:35+	02:48+	03:47+	04:33+	06:04+	02:57+	03:09+	05:23+	03:55+	03:41+	01:54+
04:21+	06:40+	03:35+	02:48+	03:47+	04:33+	06:04+	02:57+	03:09+	05:23+	03:55+	03:41+	01:54+
<b>8</b>	<b>Margot Asheim</b>	<b>722</b>	<b>53:42</b>									
02:14+	07:21+	10:37+	14:04+	18:03+	22:29+	25:11+	27:46+	35:32+	41:35+	47:23+	52:26+	53:42+
02:14+	05:07+	03:16+	03:27+	03:59+	04:26+	02:42+	02:35+	07:46+	06:03+	05:48+	05:03+	01:16+
02:14+	05:07+	03:16+	03:27+	03:59+	04:26+	02:42+	02:35+	07:46+	06:03+	05:48+	05:03+	01:16+

### Beste strekktid for klassen

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

## Damer 70 - 74 år

<b>1</b>	<b>Halldis Handeland</b>	<b>892</b>	<b>1:00:58</b>									
03:47=	12:45=	17:30=	20:55=	25:37=	31:06=	34:09=	37:09=	43:45=	50:42=	54:27=	58:12=	60:58=
03:47=	08:58=	04:45=	03:25=	04:42=	05:29=	03:03=	03:00=	06:36=	06:57=	03:45=	03:45=	02:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Lillian Dahl Fitjar</b>	<b>896</b>	<b>1:04:44</b>									
04:15+	12:08-	15:33-	18:37-	23:42-	36:52+	41:11+	44:16+	47:56+	54:37+	57:55+	62:42+	64:44+
04:15+	07:53-	03:25-	03:04-	05:05+	13:10+	04:19+	03:05+	03:40-	06:41-	03:18-	04:47+	02:02-
00:28#	01:05-	01:20-	00:21-	00:23+	07:41@	01:16&	00:05+	02:56-	00:16-	00:27-	01:02&	00:44-
<b>3</b>	<b>Mette Dagsland</b>	<b>874</b>	<b>1:09:21</b>									
08:25+	15:40+	19:14+	22:29+	38:03+	42:44+	46:45+	52:12+	56:14+	61:32+	64:39+	67:51+	69:21+
08:25+	07:15-	03:34-	03:15-	15:34+	04:41-	04:01+	05:27+	04:02-	05:18-	03:07-	03:12-	01:30-
04:38@	01:43-	01:11-	00:10-	10:52@	00:48-	00:58&	02:27&	02:34-	01:39-	00:38-	00:33-	01:16-
<b>4</b>	<b>Berit Gramstad</b>	<b>3551</b>	<b>1:28:50</b>									
16:30+	24:03+	27:36+	30:50+	35:15+	40:07+	43:06+	46:03+	50:20+	62:45+	81:53+	87:07+	88:50+
16:30+	07:33-	03:33-	03:14-	04:25-	04:52-	02:59-	02:57-	04:17-	12:25+	19:08+	05:14+	01:43-
12:43@	01:25-	01:12-	00:11-	00:17-	00:37-	00:04-	00:03-	02:19-	05:28&	15:23@	01:29&	01:03-
<b>5</b>	<b>Brit Skjelbred</b>	<b>1141</b>	<b>1:31:43</b>									
06:30+	15:47+	20:54+	26:53+	32:31+	38:23+	42:00+	45:32+	50:21+	65:34+	84:49+	89:47+	91:43+
06:30+	09:17+	05:07+	05:59+	05:38+	05:52+	03:37+	03:32+	04:49-	15:13+	19:15+	04:58+	01:56-
02:43&	00:19+	00:22+	02:34&	00:56#	00:23+	00:34#	00:32#	01:47-	08:16@	15:30@	01:13&	00:50-

### Beste strekktid for klassen

03:47 07:15 03:25 03:04 04:25 04:41 02:59 02:57 03:40 05:18 03:07 03:12 01:30

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

## Damer 75 - 79 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>874</b>	<b>44:49</b>									
02:25=	08:39=	12:12=	16:07=	19:49=	24:16=	27:18=	29:35=	32:11=	37:42=	40:31=	43:27=	44:49=
02:25=	06:14=	03:33=	03:55=	03:42=	04:27=	03:02=	02:17=	02:36=	05:31=	02:49=	02:56=	01:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Gry Vikhamar Thengs</b>	<b>874</b>	<b>49:19</b>									
02:45+	09:59+	13:21+	17:36+	22:22+	26:59+	29:08+	31:24+	36:06+	40:13+	44:05+	47:54+	49:19+
02:45+	07:14+	03:22-	04:15+	04:46+	04:37+	02:09-	02:16-	04:42+	04:07-	03:52+	03:49+	01:25+
00:20#	01:00#	00:11-	00:20+	01:04&	00:10+	00:53-	00:01-	02:06&	01:24-	01:03&	00:53&	00:03+

Class	Navn	Klasse	Tid
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## Damer 75 - 79 år

<b>3</b>	<b>Inger Skretting Opstad</b>	<b>3529</b>	<b>53:06</b>									
06:12+	13:56+	17:27+	20:34+	26:13+	30:54+	33:13+	39:45+	38:47+	44:07+	46:57+	51:15+	53:06+
06:12+	07:44+	03:31-	03:07-	05:39+	04:41+	02:19-	02:32+	03:02+	05:20-	02:50+	04:18+	01:51+
03:47@	01:30#	00:02-	00:48-	01:57&	00:14+	00:43-	00:15#	00:26#	00:11-	00:01+	01:22&	00:29&
<b>4</b>	<b>Haldis Glendrange</b>	<b>874</b>	<b>56:29</b>									
03:29+	10:06+	13:21+	19:45+	24:25+	29:50+	33:48+	39:05+	42:58+	48:22+	51:35+	55:00+	56:29+
03:29+	06:37+	03:15+	06:24+	04:40+	05:25+	03:58+	05:17+	03:53+	05:24+	03:13+	03:25+	01:29+
03:29+	06:37+	03:15+	06:24+	04:40+	05:25+	03:58+	05:17+	03:53+	05:24+	03:13+	03:25+	01:29+
<b>5</b>	<b>Hedvig Anda</b>	<b>1683</b>	<b>1:02:16</b>									
06:40+	13:58+	18:46+	22:56+	27:42+	33:43+	36:23+	39:06+	42:47+	51:12+	55:36+	59:54+	62:16+
06:40+	07:18+	04:48+	04:10+	04:46+	06:01+	02:40+	02:43+	03:41+	08:25+	04:24+	04:18+	02:22+
06:40+	07:18+	04:48+	04:10+	04:46+	06:01+	02:40+	02:43+	03:41+	08:25+	04:24+	04:18+	02:22+
<b>6</b>	<b>Helga Klausen</b>	<b>769</b>	<b>1:30:31</b>									
09:25+	17:30+	21:27+	24:30+	29:39+	34:07+	58:33+	61:20+	65:55+	76:01+	82:13+	88:32+	90:31+
09:25+	08:05+	03:57+	03:03+	05:09+	04:28+	24:26+	02:47+	04:35+	10:06+	06:12+	06:19+	01:59+
09:25+	08:05+	03:57+	03:03+	05:09+	04:28+	24:26+	02:47+	04:35+	10:06+	06:12+	06:19+	01:59+
<b>7</b>	<b>Aslaug Lura</b>	<b>1141</b>	<b>1:30:42</b>									
05:27+	14:58+	19:55+	25:53+	31:30+	37:24+	41:01+	44:33+	49:22+	64:31+	83:57+	88:57+	90:42+
05:27+	09:31+	04:57+	05:58+	05:37+	05:54+	03:37+	03:32+	04:49+	15:09+	19:26+	05:00+	01:45+
05:27+	09:31+	04:57+	05:58+	05:37+	05:54+	03:37+	03:32+	04:49+	15:09+	19:26+	05:00+	01:45+

### Beste strekktid for klassen

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

## Damer 80 år og eldre

<b>1</b>	<b>Helga Aaslid</b>	<b>3529</b>	<b>47:20</b>						
03:30=	09:33=	12:25=	16:11=	27:17=	32:38=	36:53=	40:26=	46:19=	47:20=
03:30=	06:03=	02:52=	03:46=	11:06=	05:21=	04:15=	03:33=	05:53=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Berit Ebbell Olsen</b>	<b>874</b>	<b>55:44</b>						
02:57-	11:22+	14:43+	18:13+	32:25+	38:19+	43:28+	48:37+	54:07+	55:44+
02:57-	08:25+	03:21+	03:30-	14:12+	05:54+	05:09+	05:09+	05:30-	01:37+
00:33-	02:22&	00:29#	00:16-	03:06&	00:33#	00:54#	01:36&	00:23-	00:36&

### Beste strekktid for klassen

02:57 06:03 02:52 03:30 11:06 05:21 04:15 03:33 05:30 01:01

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>892</b>	<b>34:00</b>													
00:54=	04:55=	06:04=	08:45=	12:07=	14:16=	16:33=	17:38=	18:49=	21:05=	22:42=	24:27=	27:04=	29:46=	31:41=	33:14=	34:00=
00:54=	04:01=	01:09=	02:41=	03:22=	02:09=	02:17=	01:05=	01:11=	02:16=	01:37=	01:45=	02:37=	02:42=	01:55=	01:33=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Hilde Sæbbø</b>	<b>NOTEAM</b>	<b>38:56</b>													
00:55+	05:56+	07:07+	10:10+	13:09+	16:38+	19:49+	21:08+	22:35+	24:55+	26:39+	28:32+	31:12+	33:57+	36:16+	38:15+	38:56+
00:55+	05:01+	01:11+	03:03+	02:59-	03:29+	03:11+	01:19+	01:27+	02:20+	01:44+	01:53+	02:40+	02:45+	02:19+	01:59+	00:41-
00:01+	01:00#	00:02+	00:22#	00:23-	01:20&	00:54&	00:14#	00:16#	00:04+	00:07+	00:08+	00:03+	00:03+	00:24#	00:26&	00:05-
<b>3</b>	<b>Clare Leveridge</b>	<b>877</b>	<b>42:02</b>													
00:52-	05:09+	06:25+	09:25+	13:10+	16:56+	20:00+	22:00+	23:40+	26:47+	28:45+	30:48+	33:53+	37:26+	39:34+	41:21+	42:02+
00:52-	04:17+	01:16+	03:00+	03:45+	03:46+	03:04+	02:00+	01:40+	03:07+	01:58+	02:03+	03:05+	03:33+	02:08+	01:47+	00:41-
00:02-	00:16+	00:07#	00:19#	00:23#	01:37&	00:47&	00:55&	00:29&	00:51&	00:21#	00:18#	00:28#	00:51&	00:13#	00:14#	00:05-

Class	Navn	Klasse	Tid
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## Damer A

<b>4</b>	<b>Helena Kolesova</b>	<b>1754</b>	<b>43:47</b>													
01:06+	05:12+	06:22+	09:22+	14:06+	17:37+	20:36+	22:16+	23:58+	27:02+	28:54+	30:47+	34:38+	38:29+	40:47+	42:54+	43:47+
01:06+	04:06+	01:10+	03:00+	04:44+	03:31+	02:59+	01:40+	01:42+	03:04+	01:52+	01:53+	03:51+	03:51+	02:18+	02:07+	00:53+
00:12#	00:05+	00:01+	00:19#	01:22&	01:22&	00:42&	00:35&	00:31&	00:48&	00:15#	00:08+	01:14&	01:09&	00:23#	00:34&	00:07#
<b>5</b>	<b>Torill Brekken</b>	<b>896</b>	<b>44:46</b>													
01:09+	07:40+	09:24+	12:55+	16:59+	20:21+	23:05+	24:47+	26:07+	29:09+	30:48+	33:04+	36:42+	39:53+	42:07+	43:52+	44:46+
01:09+	06:31+	01:44+	03:31+	04:04+	03:22+	02:44+	01:42+	01:20+	03:02+	01:39+	02:16+	03:38+	03:11+	02:14+	01:45+	00:54+
01:09+	06:31+	01:44+	03:31+	04:04+	03:22+	02:44+	01:42+	01:20+	03:02+	01:39+	02:16+	03:38+	03:11+	02:14+	01:45+	00:54+
<b>6</b>	<b>Silje Skorve Skarpeid</b>	<b>1758</b>	<b>44:56</b>													
00:59+	05:12+	08:12+	11:05+	15:01+	19:00+	21:53+	23:15+	25:08+	28:09+	29:57+	32:03+	35:51+	40:06+	42:22+	44:06+	44:56+
00:59+	04:13+	03:00+	02:53+	03:56+	03:59+	02:53+	01:22+	01:53+	03:01+	01:48+	02:06+	03:48+	04:15+	02:16+	01:44+	00:50+
00:59+	04:13+	03:00+	02:53+	03:56+	03:59+	02:53+	01:22+	01:53+	03:01+	01:48+	02:06+	03:48+	04:15+	02:16+	01:44+	00:50+
<b>7</b>	<b>Katrine Haaland Leveraas</b>	<b>896</b>	<b>45:45</b>													
01:04+	05:06+	06:41+	09:40+	13:35+	16:38+	19:33+	21:21+	22:48+	26:32+	28:24+	30:35+	35:47+	39:49+	43:08+	44:51+	45:45+
01:04+	04:02+	01:35+	02:59+	03:55+	03:03+	02:55+	01:48+	01:27+	03:44+	01:52+	02:11+	05:12+	04:02+	03:19+	01:43+	00:54+
01:04+	04:02+	01:35+	02:59+	03:55+	03:03+	02:55+	01:48+	01:27+	03:44+	01:52+	02:11+	05:12+	04:02+	03:19+	01:43+	00:54+
<b>8</b>	<b>Matilde Skjæveland Skår</b>	<b>3486</b>	<b>50:08</b>													
00:55+	06:05+	07:33+	10:44+	14:25+	21:33+	24:27+	26:09+	28:15+	31:10+	33:00+	35:23+	41:23+	45:25+	47:39+	49:22+	50:08+
00:55+	05:10+	01:28+	03:11+	03:41+	07:08+	02:54+	01:42+	02:06+	02:55+	01:50+	02:23+	06:00+	04:02+	02:14+	01:43+	00:46+
00:55+	05:10+	01:28+	03:11+	03:41+	07:08+	02:54+	01:42+	02:06+	02:55+	01:50+	02:23+	06:00+	04:02+	02:14+	01:43+	00:46+
<b>9</b>	<b>Trine Bolstad Scheie</b>	<b>769</b>	<b>53:00</b>													
01:00+	06:13+	07:36+	11:00+	14:44+	21:11+	24:16+	25:28+	27:06+	32:09+	33:51+	37:43+	40:56+	47:23+	49:55+	51:53+	53:00+
01:00+	05:13+	01:23+	03:24+	03:44+	06:27+	03:05+	01:12+	01:38+	05:03+	01:42+	03:52+	03:13+	06:27+	02:32+	01:58+	01:07+
01:00+	05:13+	01:23+	03:24+	03:44+	06:27+	03:05+	01:12+	01:38+	05:03+	01:42+	03:52+	03:13+	06:27+	02:32+	01:58+	01:07+
<b>10</b>	<b>Ane Helgerud</b>	<b>3516</b>	<b>54:29</b>													
01:57+	06:09+	07:35+	10:22+	16:30+	19:53+	22:52+	25:03+	29:14+	33:10+	35:02+	42:11+	45:31+	49:48+	51:56+	53:37+	54:29+
01:57+	04:12+	01:26+	02:47+	06:08+	03:23+	02:59+	05:11+	01:11+	03:56+	01:52+	07:09+	03:20+	04:17+	02:08+	01:41+	00:52+
01:57+	04:12+	01:26+	02:47+	06:08+	03:23+	02:59+	05:11+	01:11+	03:56+	01:52+	07:09+	03:20+	04:17+	02:08+	01:41+	00:52+
<b>11</b>	<b>Anastasiia Chistiakova</b>	<b>3578</b>	<b>1:48:21</b>													
20:43+	28:26+	31:56+	35:48+	42:39+	47:12+	52:17+	53:56+	56:08+	61:32+	65:53+	70:03+	91:23+	96:10+	99:30+	107:06+	108:21+
20:43+	07:43+	03:30+	03:52+	06:51+	04:33+	05:05+	01:39+	02:12+	05:24+	04:21+	04:10+	21:20+	04:47+	03:20+	07:36+	01:15+
20:43+	07:43+	03:30+	03:52+	06:51+	04:33+	05:05+	01:39+	02:12+	05:24+	04:21+	04:10+	21:20+	04:47+	03:20+	07:36+	01:15+

### Beste strekketid for klassen

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

## Damer B

<b>1</b>	<b>Wenche Margrethe Sæbbø</b>	<b>896</b>	<b>33:04</b>													
01:10=	03:17=	06:39=	09:41=	14:21=	17:06=	18:23=	20:05=	22:44=	26:14=	29:40=	32:06=	33:04=				
01:10=	02:07=	03:22=	03:02=	04:40=	02:45=	01:17=	01:42=	02:39=	03:30=	03:26=	02:26=	00:58=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Lise Isachsen</b>	<b>1384</b>	<b>33:36</b>													
01:44+	03:46+	06:38-	09:33-	13:33-	15:55-	17:29-	19:03-	22:07-	27:43+	30:55+	32:49+	33:36+				
01:44+	02:02-	02:52-	02:55-	04:00-	02:22-	01:34+	01:34-	03:04+	05:36+	03:12-	01:54-	00:47-				
00:34&	00:05-	00:30-	00:07-	00:40-	00:23-	00:17#	00:08-	00:25#	02:06&	00:14-	00:32-	00:11-				
<b>3</b>	<b>Tone Torgersen</b>	<b>882</b>	<b>34:40</b>													
01:33+	04:01+	07:20+	10:53+	14:57+	17:25+	18:42+	20:47+	23:56+	27:09+	31:07+	33:43+	34:40+				
01:33+	02:28+	03:19-	03:33+	04:04-	02:28-	01:17=	02:05+	03:09+	03:13-	03:58+	02:36+	00:57-				
00:23&	00:21#	00:03-	00:31#	00:36-	00:17-	00:00=	00:23#	00:30#	00:17-	00:32#	00:10+	00:01-				
<b>4</b>	<b>Inger Tone Nygård</b>	<b>3502</b>	<b>36:34</b>													
01:20+	03:45+	07:12+	11:15+	16:18+	19:27+	21:01+	22:44+	25:58+	29:34+	33:05+	35:40+	36:34+				
01:20+	02:25+	03:27+	04:03+	05:03+	03:09+	01:34+	01:43+	03:14+	03:36+	03:31+	02:35+	00:54-				
00:10#	00:18#	00:05+	01:01&	00:23+	00:24#	00:17#	00:01+	00:35#	00:06+	00:05+	00:09+	00:04-				



Class	Navn	Klasse	Tid
<b>Damer B</b>			
<b>5</b>	<b>Anne Garsrud</b>	<b>3518</b>	<b>36:54</b>
02:14+	04:29+	07:40+	11:29+
02:14+	02:15+	03:11-	03:49+
01:04&	00:08+	00:11-	00:47&
16:06+	19:37+	21:04+	22:52+
26:19+	29:56+	33:30+	35:57+
36:54+			
02:14+	02:15+	03:11-	03:49+
04:37-	03:31+	01:27+	01:48+
03:27+	03:37+	03:34+	02:27+
00:01-			
01:04&	00:08+	00:11-	00:47&
00:03-	00:46&	00:10#	00:06+
00:48&	00:07+	00:08+	00:01+
00:01-			
<b>6</b>	<b>Helen Lomeland</b>	<b>722</b>	<b>37:28</b>
01:39+	03:55+	08:01+	12:45+
16:56+	19:47+	21:48+	23:43+
26:40+	30:40+	34:03+	36:36+
37:28+			
01:39+	02:16+	04:06+	04:44+
04:11+	02:51+	02:01+	01:55+
02:57+	04:00+	03:23+	02:33+
00:52+			
01:39+	02:16+	04:06+	04:44+
04:11+	02:51+	02:01+	01:55+
02:57+	04:00+	03:23+	02:33+
00:52+			
<b>7</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>3595</b>	<b>38:48</b>
01:34+	04:05+	09:20+	13:09+
17:28+	20:36+	22:19+	24:42+
27:53+	31:53+	35:30+	37:50+
38:48+			
01:34+	02:31+	05:15+	03:49+
04:19+	03:08+	01:43+	02:23+
03:11+	04:00+	03:37+	02:20+
00:58+			
01:34+	02:31+	05:15+	03:49+
04:19+	03:08+	01:43+	02:23+
03:11+	04:00+	03:37+	02:20+
00:58+			
<b>8</b>	<b>Anne Sæbø Vik</b>	<b>1683</b>	<b>39:57</b>
01:46+	04:04+	07:40+	11:06+
15:47+	19:14+	21:45+	24:17+
28:31+	32:34+	36:29+	38:50+
39:57+			
01:46+	02:18+	03:36+	03:26+
04:41+	03:27+	02:31+	02:32+
04:14+	04:03+	03:55+	02:21+
01:07+			
01:46+	02:18+	03:36+	03:26+
04:41+	03:27+	02:31+	02:32+
04:14+	04:03+	03:55+	02:21+
01:07+			
<b>9</b>	<b>Ellen Tindeland</b>	<b>882</b>	<b>40:00</b>
01:28+	03:46+	08:16+	11:48+
16:24+	22:35+	24:48+	26:47+
30:09+	33:44+	36:59+	39:07+
40:00+			
01:28+	02:18+	04:30+	03:32+
04:36+	06:11+	02:13+	01:59+
03:22+	03:35+	03:15+	02:08+
00:53+			
01:28+	02:18+	04:30+	03:32+
04:36+	06:11+	02:13+	01:59+
03:22+	03:35+	03:15+	02:08+
00:53+			
<b>10</b>	<b>Agnès Haker</b>	<b>1284</b>	<b>40:51</b>
01:32+	03:43+	07:10+	11:00+
15:50+	18:53+	20:19+	25:27+
28:13+	34:48+	37:36+	39:56+
40:51+			
01:32+	02:11+	03:27+	03:50+
04:50+	03:03+	01:26+	05:08+
02:46+	06:35+	02:48+	02:20+
00:55+			
01:32+	02:11+	03:27+	03:50+
04:50+	03:03+	01:26+	05:08+
02:46+	06:35+	02:48+	02:20+
00:55+			
<b>11</b>	<b>Anina Hadland</b>	<b>3502</b>	<b>40:53</b>
01:57+	04:30+	08:19+	12:21+
17:22+	23:42+	25:05+	27:01+
30:37+	34:13+	37:25+	39:54+
40:53+			
01:57+	02:33+	03:49+	04:02+
05:01+	06:20+	01:23+	01:56+
03:36+	03:36+	03:12+	02:29+
00:59+			
01:57+	02:33+	03:49+	04:02+
05:01+	06:20+	01:23+	01:56+
03:36+	03:36+	03:12+	02:29+
00:59+			
<b>12</b>	<b>Ingrid W. Hestness</b>	<b>896</b>	<b>42:20</b>
01:42+	04:04+	07:54+	11:36+
16:27+	20:00+	22:33+	25:13+
31:17+	35:48+	38:44+	41:11+
42:20+			
01:42+	02:22+	03:50+	03:42+
04:51+	03:33+	02:33+	02:40+
06:04+	04:31+	02:56+	02:27+
01:09+			
01:42+	02:22+	03:50+	03:42+
04:51+	03:33+	02:33+	02:40+
06:04+	04:31+	02:56+	02:27+
01:09+			
<b>13</b>	<b>Ann Karin Tjørhom</b>	<b>1884</b>	<b>42:38</b>
02:09+	04:48+	08:41+	12:48+
18:38+	22:02+	24:04+	26:19+
29:59+	35:20+	39:00+	41:36+
42:38+			
02:09+	02:39+	03:53+	04:07+
05:50+	03:24+	02:02+	02:15+
03:40+	05:21+	03:40+	02:36+
01:02+			
02:09+	02:39+	03:53+	04:07+
05:50+	03:24+	02:02+	02:15+
03:40+	05:21+	03:40+	02:36+
01:02+			
<b>14</b>	<b>Ida Kolstø</b>	<b>3502</b>	<b>43:13</b>
04:56+	07:14+	11:09+	15:35+
21:22+	25:10+	27:13+	28:53+
32:40+	36:49+	40:17+	42:26+
43:13+			
04:56+	02:18+	03:55+	04:26+
05:47+	03:48+	02:03+	01:40+
03:47+	04:09+	03:28+	02:09+
00:47+			
04:56+	02:18+	03:55+	04:26+
05:47+	03:48+	02:03+	01:40+
03:47+	04:09+	03:28+	02:09+
00:47+			
<b>15</b>	<b>Mariann Sveinsvoll</b>	<b>3504</b>	<b>45:27</b>
02:51+	05:43+	12:30+	16:45+
22:56+	27:06+	28:58+	31:13+
34:33+	38:25+	41:32+	44:18+
45:27+			
02:51+	02:52+	06:47+	04:15+
06:11+	04:10+	01:52+	02:15+
03:20+	03:52+	03:07+	02:46+
01:09+			
02:51+	02:52+	06:47+	04:15+
06:11+	04:10+	01:52+	02:15+
03:20+	03:52+	03:07+	02:46+
01:09+			
<b>16</b>	<b>Ragnhild Auglænd</b>	<b>769</b>	<b>47:21</b>
02:29+	05:05+	09:50+	14:17+
19:45+	24:12+	26:18+	28:22+
33:07+	38:41+	43:18+	46:13+
47:21+			
02:29+	02:36+	04:45+	04:27+
05:28+	04:27+	02:06+	02:04+
04:45+	05:34+	04:37+	02:55+
01:08+			
02:29+	02:36+	04:45+	04:27+
05:28+	04:27+	02:06+	02:04+
04:45+	05:34+	04:37+	02:55+
01:08+			
<b>17</b>	<b>Kristin Breivold</b>	<b>892</b>	<b>49:01</b>
01:49+	05:06+	09:08+	13:57+
21:52+	27:04+	29:12+	31:18+
34:47+	41:51+	44:58+	47:59+
49:01+			
01:49+	03:17+	04:02+	04:49+
07:55+	05:12+	02:08+	02:06+
03:29+	07:04+	03:07+	03:01+
01:02+			
01:49+	03:17+	04:02+	04:49+
07:55+	05:12+	02:08+	02:06+
03:29+	07:04+	03:07+	03:01+
01:02+			

### Beste strekktid for klassen

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

Class	Navn	Klasse	Tid
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## Damer Ny

<b>1</b>	<b>Mari-Marthe Aamold</b>	<b>880</b>	<b>38:51</b>
	12:51= 19:41= 22:05= 24:41= 27:04= 29:46= 32:30= 34:24= 36:17= 38:51=		
	12:51= 06:50= 02:24= 02:36= 02:23= 02:42= 02:44= 01:54= 01:53= 02:34=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Bente Klausen</b>	<b>769</b>	<b>42:23</b>
	08:20- 11:45- 17:10- 20:14- 25:15- 30:38+ 33:34+ 36:00+ 39:08+ 42:23+		
	08:20- 03:25- 05:25+ 03:04+ 05:01+ 05:23+ 02:56+ 02:26+ 03:08+ 03:15+		
	04:31- 03:25- 03:01@ 00:28# 02:38@ 02:41& 00:12+ 00:32& 01:15& 00:41&		
<b>3</b>	<b>Margaux Simon</b>	<b>2023</b>	<b>1:07:13</b>
	17:37+ 24:39+ 32:05+ 38:57+ 42:30+ 50:09+ 54:45+ 59:05+ 63:56+ 67:13+		
	17:37+ 07:02+ 07:26+ 06:52+ 03:33+ 07:39+ 04:36+ 04:20+ 04:51+ 03:17+		
	04:46& 00:12+ 05:02@ 04:16@ 01:10& 04:57@ 01:52& 02:26@ 02:58@ 00:43&		
<b>4</b>	<b>Helene Racine Bjordal Bergesen</b>	<b>1830</b>	<b>1:50:18</b>
	58:47+ 64:57+ 70:16+ 75:10+ 82:55+ 90:45+ 96:22+ 100:20+ 105:06+ 110:18+		
	58:47+ 06:10- 05:19+ 04:54+ 07:45+ 07:50+ 05:37+ 03:58+ 04:46+ 05:12+		
	45:56@ 00:40- 02:55@ 02:18& 05:22@ 05:08@ 02:53@ 02:04@ 02:53@ 02:38@		
<b>5</b>	<b>Emilie Westlye Refseth</b>	<b>1830</b>	<b>1:51:18</b>
	60:01+ 65:39+ 71:33+ 76:04+ 83:59+ 91:39+ 97:27+ 101:22+ 106:40+ 111:18+		
	60:01+ 05:38- 05:54+ 04:31+ 07:55+ 07:40+ 05:48+ 03:55+ 05:18+ 04:38+		
	47:10@ 01:12- 03:30@ 01:55& 05:32@ 04:58@ 03:04@ 02:01@ 03:25@ 02:04&		
<b>6</b>	<b>Jannecke A. Moe</b>	<b>1758</b>	<b>2:01:40</b>
	43:13+ 56:33+ 60:06+ 63:44+ 91:15+ 105:39+ 111:46+ 114:30+ 118:28+ 121:40+		
	43:13+ 13:20+ 03:33+ 03:38+ 27:31+ 14:24+ 06:07+ 02:44+ 03:58+ 03:12+		
	30:22@ 06:30& 01:09& 01:02& 25:08@ 11:42@ 03:23@ 00:50& 02:05@ 00:38#		

### Beste strekktid for klassen

08:20 03:25 02:24 02:36 02:23 02:42 02:44 01:54 01:53 02:34

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

## Damer Trim

<b>1</b>	<b>Benedicte Kvalevåg</b>	<b>769</b>	<b>30:43</b>
	02:18= 08:16= 12:03= 16:18= 19:30= 21:58= 23:32= 26:32= 28:05= 29:49= 30:43=		
	02:18= 05:58= 03:47= 04:15= 03:12= 02:28= 01:34= 03:00= 01:33= 01:44= 00:54=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Silje Lea Sletten</b>	<b>892</b>	<b>30:45</b>
	01:54- 07:43- 10:02- 14:42- 17:39- 20:21- 21:55- 25:59- 27:26- 30:00+ 30:45+		
	01:54- 05:49- 02:19- 04:40+ 02:57- 02:42+ 01:34= 04:04+ 01:27- 02:34+ 00:45-		
	00:24- 00:09- 01:28- 00:25+ 00:15- 00:14+ 00:00= 01:04& 00:06- 00:50& 00:09-		
<b>3</b>	<b>Ingrid Overegseth Foss</b>	<b>896</b>	<b>31:37</b>
	02:22+ 07:35- 11:23- 16:17- 19:44+ 22:27+ 23:55+ 26:38+ 28:43+ 30:36+ 31:37+		
	02:22+ 05:13- 03:48+ 04:54+ 03:27+ 02:43+ 01:28- 02:43- 02:05+ 01:53+ 01:01+		
	00:04+ 00:45- 00:01+ 00:39# 00:15+ 00:15# 00:06- 00:17- 00:32& 00:09+ 00:07#		
<b>4</b>	<b>Hanna Haaland Sømme</b>	<b>874</b>	<b>33:11</b>
	02:51+ 08:19+ 11:44- 16:42+ 19:54+ 22:29+ 25:06+ 28:19+ 30:04+ 32:15+ 33:11+		
	02:51+ 05:28- 03:25- 04:58+ 03:12= 02:35+ 02:37+ 03:13+ 01:45+ 02:11+ 00:56+		
	00:33# 00:30- 00:22- 00:43# 00:00= 00:07+ 01:03& 00:13+ 00:12# 00:27& 00:02+		
<b>5</b>	<b>Karine Ditlevsen</b>	<b>896</b>	<b>33:12</b>
	02:10- 07:49- 11:30- 16:43+ 20:37+ 23:42+ 25:14+ 28:42+ 30:25+ 32:15+ 33:12+		
	02:10- 05:39- 03:41- 05:13+ 03:54+ 03:05+ 01:32- 03:28+ 01:43+ 01:50+ 00:57+		
	00:08- 00:19- 00:06- 00:58# 00:42# 00:37# 00:02- 00:28# 00:10# 00:06+ 00:03+		
<b>6</b>	<b>Therese Østbø</b>	<b>896</b>	<b>33:13</b>
	02:12- 07:46- 11:33- 16:39+ 20:31+ 23:38+ 25:12+ 28:39+ 30:27+ 32:11+ 33:13+		
	02:12- 05:34- 03:47= 05:06+ 03:52+ 03:07+ 01:34= 03:27+ 01:48+ 01:44= 01:02+		
	00:06- 00:24- 00:00= 00:51# 00:40# 00:39& 00:00= 00:27# 00:15# 00:00= 00:08#		

Class	Navn	Klasse	Tid
<b>Damer Trim</b>			
<b>7</b>	<b>Solbjørg Borgersen</b>	<b>3527</b>	<b>34:25</b>
02:35+	09:07+	12:26+	18:37+
02:35+	06:32+	03:19-	06:11+
00:17#	00:34+	00:28-	01:56&
			00:22#
			00:26#
			00:30&
			00:11-
			00:14#
			00:08-
			00:10#
<b>8</b>	<b>Mona Berntsen</b>	<b>1832</b>	<b>37:42</b>
02:13+	07:44+	10:50+	16:23+
02:13+	05:31+	03:06+	05:33+
02:13+	05:31+	03:06+	05:33+
			03:51+
			03:08+
			02:01+
			03:10+
			01:46+
			06:30+
			00:53+
			01:46+
			06:30+
			00:53+
<b>9</b>	<b>Kristin Ye-Eun Yoon</b>	<b>3533</b>	<b>38:25</b>
07:10+	12:57+	16:02+	20:00+
07:10+	05:47+	03:05+	03:58+
07:10+	05:47+	03:05+	03:58+
			03:45+
			03:57+
			01:56+
			02:32+
			02:28+
			03:03+
			00:44+
			02:28+
			03:03+
			00:44+
<b>10</b>	<b>Johanne Trandem Næss</b>	<b>3512</b>	<b>38:41</b>
01:47+	07:54+	11:07+	16:04+
01:47+	06:07+	03:13+	04:57+
01:47+	06:07+	03:13+	04:57+
			04:19+
			02:34+
			01:54+
			08:12+
			02:29+
			02:07+
			01:02+
			02:29+
			02:07+
			01:02+
<b>11</b>	<b>Juliane Tytlandsvik Nødland</b>	<b>3512</b>	<b>39:41</b>
02:38+	09:21+	13:19+	18:21+
02:38+	06:43+	03:58+	05:02+
02:38+	06:43+	03:58+	05:02+
			03:45+
			02:59+
			04:11+
			04:45+
			02:30+
			02:09+
			01:01+
			04:11+
			04:45+
			02:30+
			02:09+
			01:01+
<b>12</b>	<b>Maria Fjelde</b>	<b>722</b>	<b>41:12</b>
02:00+	07:58+	10:55+	19:45+
02:00+	05:58+	02:57+	08:50+
02:00+	05:58+	02:57+	08:50+
			07:57+
			02:40+
			01:15+
			03:33+
			01:54+
			03:28+
			00:40+
			01:15+
			03:33+
			01:54+
			03:28+
			00:40+
<b>13</b>	<b>Thea Karoline Mork Aamodt</b>	<b>3512</b>	<b>43:54</b>
05:25+	11:15+	15:23+	21:22+
05:25+	05:50+	04:08+	05:59+
05:25+	05:50+	04:08+	05:59+
			04:27+
			04:06+
			01:54+
			03:35+
			02:25+
			04:25+
			01:40+
			01:54+
			03:35+
			02:25+
			04:25+
			01:40+
<b>14</b>	<b>Tone M. Seglem Giske</b>	<b>1683</b>	<b>44:02</b>
02:38+	08:56+	13:31+	19:26+
02:38+	06:18+	04:35+	05:55+
02:38+	06:18+	04:35+	05:55+
			09:19+
			03:52+
			02:10+
			04:11+
			02:06+
			01:55+
			01:03+
			02:06+
			01:55+
			01:03+
<b>15</b>	<b>Stine Dalland</b>	<b>3512</b>	<b>45:05</b>
07:29+	13:51+	16:40+	22:55+
07:29+	06:22+	02:49+	06:15+
07:29+	06:22+	02:49+	06:15+
			07:50+
			02:44+
			01:55+
			03:54+
			01:46+
			03:14+
			00:47+
			01:46+
			03:14+
			00:47+
<b>16</b>	<b>Marianne Steinkopf</b>	<b>880</b>	<b>45:10</b>
02:29+	09:27+	13:04+	26:31+
02:29+	06:58+	03:37+	13:27+
02:29+	06:58+	03:37+	13:27+
			04:30+
			03:01+
			03:26+
			03:02+
			01:55+
			01:56+
			00:49+
			03:26+
			03:02+
			01:55+
			01:56+
			00:49+
<b>17</b>	<b>Monica Regine Romstad</b>	<b>722</b>	<b>46:11</b>
02:26+	09:07+	18:57+	25:02+
02:26+	06:41+	09:50+	06:05+
02:26+	06:41+	09:50+	06:05+
			03:39+
			02:26+
			02:34+
			04:36+
			02:48+
			03:38+
			01:28+
			02:34+
			04:36+
			02:48+
			03:38+
			01:28+
<b>18</b>	<b>Ritva Halsne</b>	<b>722</b>	<b>47:15</b>
01:54+	08:37+	12:19+	20:39+
01:54+	06:43+	03:42+	08:20+
01:54+	06:43+	03:42+	08:20+
			03:42+
			03:08+
			05:28+
			04:36+
			02:29+
			06:11+
			01:02+
			05:28+
			04:36+
			02:29+
			06:11+
			01:02+
<b>19</b>	<b>Ida Sjursø</b>	<b>1754</b>	<b>47:22</b>
03:38+	13:17+	17:34+	24:09+
03:38+	09:39+	04:17+	06:35+
03:38+	09:39+	04:17+	06:35+
			05:03+
			03:03+
			02:42+
			06:45+
			02:21+
			02:02+
			01:17+
			05:03+
			03:03+
			02:42+
			06:45+
			02:21+
			02:02+
			01:17+
<b>20</b>	<b>Eli Thorset Våge</b>	<b>896</b>	<b>48:51</b>
03:30+	11:52+	18:28+	27:59+
03:30+	08:22+	06:36+	09:31+
03:30+	08:22+	06:36+	09:31+
			04:26+
			03:06+
			02:35+
			04:20+
			02:46+
			02:31+
			01:08+
			04:26+
			03:06+
			02:35+
			04:20+
			02:46+
			02:31+
			01:08+

Class	Navn	Klasse	Tid
<b>Damer Trim</b>			
<b>21</b>	<b>Unni B Sundli</b>	<b>892</b>	<b>49:40</b>
02:58+	11:19+ 16:01+ 23:01+	29:48+ 33:53+ 36:47+ 41:46+	45:29+ 48:03+ 49:40+
02:58+	08:21+ 04:42+ 07:00+	06:47+ 04:05+ 02:54+ 04:59+	03:43+ 02:34+ 01:37+
02:58+	08:21+ 04:42+ 07:00+	06:47+ 04:05+ 02:54+ 04:59+	03:43+ 02:34+ 01:37+
<b>22</b>	<b>Marianne Berge</b>	<b>3512</b>	<b>49:50</b>
03:33+	09:49+ 15:08+ 26:40+	29:41+ 32:42+ 37:57+ 44:52+	47:17+ 49:02+ 49:50+
03:33+	06:16+ 05:19+ 11:32+	03:01+ 03:01+ 05:15+ 06:55+	02:25+ 01:45+ 00:48+
03:33+	06:16+ 05:19+ 11:32+	03:01+ 03:01+ 05:15+ 06:55+	02:25+ 01:45+ 00:48+
<b>23</b>	<b>Renate Furenes</b>	<b>892</b>	<b>49:59</b>
02:32+	14:43+ 19:50+ 24:17+	28:06+ 31:34+ 33:41+ 37:41+	46:58+ 49:14+ 49:59+
02:32+	12:11+ 05:07+ 04:27+	03:49+ 03:28+ 02:07+ 04:00+	09:17+ 02:16+ 00:45+
02:32+	12:11+ 05:07+ 04:27+	03:49+ 03:28+ 02:07+ 04:00+	09:17+ 02:16+ 00:45+
<b>24</b>	<b>Synnøve Vidstein</b>	<b>3559</b>	<b>50:01</b>
03:41+	10:17+ 13:45+ 20:00+	23:50+ 26:59+ 32:32+ 37:47+	42:03+ 49:16+ 50:01+
03:41+	06:36+ 03:28+ 06:15+	03:50+ 03:09+ 05:33+ 05:15+	04:16+ 07:13+ 00:45+
03:41+	06:36+ 03:28+ 06:15+	03:50+ 03:09+ 05:33+ 05:15+	04:16+ 07:13+ 00:45+
<b>25</b>	<b>Hilde Christine Hoff</b>	<b>848</b>	<b>50:22</b>
03:32+	13:16+ 18:09+ 26:24+	31:31+ 35:33+ 38:06+ 42:37+	45:25+ 48:50+ 50:22+
03:32+	09:44+ 04:53+ 08:15+	05:07+ 04:02+ 02:33+ 04:31+	02:48+ 03:25+ 01:32+
03:32+	09:44+ 04:53+ 08:15+	05:07+ 04:02+ 02:33+ 04:31+	02:48+ 03:25+ 01:32+
<b>26</b>	<b>Liv Janne Fandrem Biland</b>	<b>892</b>	<b>51:07</b>
04:14+	13:26+ 18:16+ 24:46+	32:04+ 35:37+ 38:06+ 43:11+	45:42+ 50:09+ 51:07+
04:14+	09:12+ 04:50+ 06:30+	07:18+ 03:33+ 02:29+ 05:05+	02:31+ 04:27+ 00:58+
04:14+	09:12+ 04:50+ 06:30+	07:18+ 03:33+ 02:29+ 05:05+	02:31+ 04:27+ 00:58+
<b>27</b>	<b>Silje Rese</b>	<b>1832</b>	<b>51:52</b>
02:11+	07:25+ 17:16+ 28:29+	33:21+ 36:39+ 38:35+ 42:59+	46:06+ 50:53+ 51:52+
02:11+	05:14+ 09:51+ 11:13+	04:52+ 03:18+ 01:56+ 04:24+	03:07+ 04:47+ 00:59+
02:11+	05:14+ 09:51+ 11:13+	04:52+ 03:18+ 01:56+ 04:24+	03:07+ 04:47+ 00:59+
<b>28</b>	<b>Ane Odland</b>	<b>1683</b>	<b>51:58</b>
03:32+	09:47+ 30:58+ 36:26+	39:44+ 42:17+ 43:43+ 46:38+	48:39+ 51:05+ 51:58+
03:32+	06:15+ 21:11+ 05:28+	03:18+ 02:33+ 01:26+ 02:55+	02:01+ 02:26+ 00:53+
03:32+	06:15+ 21:11+ 05:28+	03:18+ 02:33+ 01:26+ 02:55+	02:01+ 02:26+ 00:53+
<b>29</b>	<b>Ruth Grødem</b>	<b>722</b>	<b>53:18</b>
03:32+	11:59+ 16:02+ 23:26+	28:17+ 32:00+ 38:50+ 43:46+	47:59+ 52:02+ 53:18+
03:32+	08:27+ 04:03+ 07:24+	04:51+ 03:43+ 06:50+ 04:56+	04:13+ 04:03+ 01:16+
03:32+	08:27+ 04:03+ 07:24+	04:51+ 03:43+ 06:50+ 04:56+	04:13+ 04:03+ 01:16+
<b>30</b>	<b>Linn Kristin Askø</b>	<b>3507</b>	<b>53:28</b>
03:59+	12:32+ 17:17+ 23:27+	36:04+ 38:22+ 43:06+ 47:04+	49:55+ 52:24+ 53:28+
03:59+	08:33+ 04:45+ 06:10+	12:37+ 02:18+ 04:44+ 03:58+	02:51+ 02:29+ 01:04+
03:59+	08:33+ 04:45+ 06:10+	12:37+ 02:18+ 04:44+ 03:58+	02:51+ 02:29+ 01:04+
<b>31</b>	<b>Signe Lise Haaland</b>	<b>3507</b>	<b>53:52</b>
05:26+	13:45+ 20:41+ 27:01+	32:22+ 36:48+ 40:42+ 46:10+	49:20+ 52:34+ 53:52+
05:26+	08:19+ 06:56+ 06:20+	05:21+ 04:26+ 03:54+ 05:28+	03:10+ 03:14+ 01:18+
05:26+	08:19+ 06:56+ 06:20+	05:21+ 04:26+ 03:54+ 05:28+	03:10+ 03:14+ 01:18+
<b>32</b>	<b>Gro Mariero</b>	<b>3581</b>	<b>55:48</b>
03:06+	13:09+ 20:38+ 28:26+	33:49+ 39:14+ 42:08+ 47:06+	50:06+ 53:59+ 55:48+
03:06+	10:03+ 07:29+ 07:48+	05:23+ 05:25+ 02:54+ 04:58+	03:00+ 03:53+ 01:49+
03:06+	10:03+ 07:29+ 07:48+	05:23+ 05:25+ 02:54+ 04:58+	03:00+ 03:53+ 01:49+
<b>33</b>	<b>Linda Haukås</b>	<b>3551</b>	<b>58:03</b>
02:49+	10:35+ 16:04+ 29:38+	35:33+ 41:00+ 43:51+ 49:05+	52:09+ 56:18+ 58:03+
02:49+	07:46+ 05:29+ 13:34+	05:55+ 05:27+ 02:51+ 05:14+	03:04+ 04:09+ 01:45+
02:49+	07:46+ 05:29+ 13:34+	05:55+ 05:27+ 02:51+ 05:14+	03:04+ 04:09+ 01:45+
<b>34</b>	<b>Åse Kristensen</b>	<b>1141</b>	<b>59:02</b>
14:05+	22:08+ 27:06+ 34:34+	39:23+ 43:10+ 46:10+ 52:26+	54:49+ 57:29+ 59:02+
14:05+	08:03+ 04:58+ 07:28+	04:49+ 03:47+ 03:00+ 06:16+	02:23+ 02:40+ 01:33+
14:05+	08:03+ 04:58+ 07:28+	04:49+ 03:47+ 03:00+ 06:16+	02:23+ 02:40+ 01:33+

Class	Navn	Klasse	Tid
<b>Damer Trim</b>			
<b>35</b>	<b>Linda Strøm</b>	<b>722</b>	<b>1:03:12</b>
05:24+	15:30+	20:25+	28:19+
05:24+	10:06+	04:55+	07:54+
05:24+	10:06+	04:55+	07:54+
<b>36</b>	<b>Anna Langlo</b>	<b>722</b>	<b>1:03:19</b>
05:32+	15:32+	20:17+	28:38+
05:32+	10:00+	04:45+	08:21+
05:32+	10:00+	04:45+	08:21+
<b>37</b>	<b>Lina Dahle</b>	<b>3533</b>	<b>1:05:01</b>
06:44+	12:46+	18:09+	23:20+
06:44+	06:02+	05:23+	05:11+
06:44+	06:02+	05:23+	05:11+
<b>38</b>	<b>Brit Svihus</b>	<b>892</b>	<b>1:05:24</b>
02:56+	11:37+	18:50+	26:11+
02:56+	08:41+	07:13+	07:21+
02:56+	08:41+	07:13+	07:21+
<b>39</b>	<b>Stina Tran Huynh</b>	<b>3533</b>	<b>1:06:02</b>
08:31+	15:18+	19:07+	25:09+
08:31+	06:47+	03:49+	06:02+
08:31+	06:47+	03:49+	06:02+
<b>40</b>	<b>Monika Korbecka</b>	<b>1456</b>	<b>1:07:21</b>
05:10+	13:14+	31:32+	41:07+
05:10+	08:04+	18:18+	09:35+
05:10+	08:04+	18:18+	09:35+
<b>41</b>	<b>Solveig Marie Grønning</b>	<b>3511</b>	<b>1:08:05</b>
03:05+	12:25+	20:03+	29:13+
03:05+	09:20+	07:38+	09:10+
03:05+	09:20+	07:38+	09:10+
<b>42</b>	<b>Kristine Vik</b>	<b>1284</b>	<b>1:09:21</b>
05:23+	14:28+	18:56+	33:19+
05:23+	09:05+	04:28+	14:23+
05:23+	09:05+	04:28+	14:23+
<b>43</b>	<b>Bente Skagseth</b>	<b>3558</b>	<b>1:26:29</b>
03:34+	13:15+	20:41+	39:09+
03:34+	09:41+	07:26+	18:28+
03:34+	09:41+	07:26+	18:28+
<b>44</b>	<b>Heidi Camilla Raugstad Hovet</b>	<b>769</b>	<b>1:41:31</b>
02:49+	11:51+	17:12+	53:53+
02:49+	09:02+	05:21+	36:41+
02:49+	09:02+	05:21+	36:41+

### Beste strekktid for klassen

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

### Herrer 16 - 39 år

<b>1</b>	<b>Per Christian Munkhaug</b>	<b>3516</b>	<b>33:39</b>
01:06=	03:02=	05:58=	08:59=
01:06=	01:56=	02:56=	03:01=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ole Morten Haaland</b>	<b>3528</b>	<b>33:55</b>
01:58+	03:47+	06:44+	10:35+
01:58+	01:49-	02:57+	03:51+
00:52&	00:07-	00:01+	00:50&

Plass	Navn	Klasse	Tid
<b>Herrer 16 - 39 år</b>			
<b>3</b>	<b>Cato Eike</b>	<b>1493</b>	<b>34:10</b>
	01:21+ 03:17+ 06:40+ 09:45+ 14:03- 17:25- 18:47- 20:50- 23:46- 27:30- 31:10+ 33:25+ 34:10+		
	01:21+ 01:56= 03:23+ 03:05+ 04:18- 03:22+ 01:22+ 02:03+ 02:56+ 03:44+ 03:40+ 02:15+ 00:45+		
	00:15# 00:00= 00:27# 00:04+ 04:24- 00:51& 00:15# 00:20# 00:30# 00:41# 01:17& 00:14# 00:01+		
<b>4</b>	<b>Øyvind Onestad Olsen</b>	<b>3552</b>	<b>34:50</b>
	01:54+ 04:20+ 07:39+ 11:10+ 16:32+ 19:41+ 21:08+ 23:06+ 25:54+ 29:21+ 31:39+ 33:53+ 34:50+		
	01:54+ 02:26+ 03:19+ 03:31+ 05:22+ 03:09+ 01:27+ 01:58+ 02:48+ 03:27+ 02:18+ 02:14+ 00:57+		
	01:54+ 02:26+ 03:19+ 03:31+ 05:22+ 03:09+ 01:27+ 01:58+ 02:48+ 03:27+ 02:18+ 02:14+ 00:57+		
<b>5</b>	<b>Anders Klungre</b>	<b>3548</b>	<b>38:36</b>
	01:04+ 03:29+ 06:24+ 10:52+ 15:40+ 19:53+ 21:57+ 23:35+ 26:22+ 30:37+ 33:54+ 37:27+ 38:36+		
	01:04+ 02:25+ 02:55+ 04:28+ 04:48+ 04:13+ 02:04+ 01:38+ 02:47+ 04:15+ 03:17+ 03:33+ 01:09+		
	01:04+ 02:25+ 02:55+ 04:28+ 04:48+ 04:13+ 02:04+ 01:38+ 02:47+ 04:15+ 03:17+ 03:33+ 01:09+		
<b>6</b>	<b>Erlend Syse</b>	<b>3559</b>	<b>38:42</b>
	01:56+ 04:03+ 07:56+ 12:13+ 19:19+ 22:42+ 24:23+ 25:58+ 29:14+ 32:53+ 35:36+ 37:50+ 38:42+		
	01:56+ 02:07+ 03:53+ 04:17+ 07:06+ 03:23+ 01:41+ 01:35+ 03:16+ 03:39+ 02:43+ 02:14+ 00:52+		
	01:56+ 02:07+ 03:53+ 04:17+ 07:06+ 03:23+ 01:41+ 01:35+ 03:16+ 03:39+ 02:43+ 02:14+ 00:52+		
<b>7</b>	<b>Alexander Romanov</b>	<b>3562</b>	<b>39:32</b>
	04:18+ 06:16+ 09:35+ 13:05+ 17:45+ 20:10+ 21:46+ 23:19+ 29:15+ 33:17+ 36:24+ 38:26+ 39:32+		
	04:18+ 01:58+ 03:19+ 03:30+ 04:40+ 02:25+ 01:36+ 01:33+ 05:56+ 04:02+ 03:07+ 02:02+ 01:06+		
	04:18+ 01:58+ 03:19+ 03:30+ 04:40+ 02:25+ 01:36+ 01:33+ 05:56+ 04:02+ 03:07+ 02:02+ 01:06+		
<b>8</b>	<b>Arild Pfluger Hundeide</b>	<b>769</b>	<b>39:46</b>
	01:10+ 03:21+ 06:37+ 10:07+ 20:00+ 22:10+ 23:35+ 25:11+ 28:04+ 34:15+ 37:12+ 39:03+ 39:46+		
	01:10+ 02:11+ 03:16+ 03:30+ 09:53+ 02:10+ 01:25+ 01:36+ 02:53+ 06:11+ 02:57+ 01:51+ 00:43+		
	01:10+ 02:11+ 03:16+ 03:30+ 09:53+ 02:10+ 01:25+ 01:36+ 02:53+ 06:11+ 02:57+ 01:51+ 00:43+		
<b>9</b>	<b>Frank Terje Berge</b>	<b>643</b>	<b>40:10</b>
	04:57+ 07:51+ 10:43+ 13:57+ 19:23+ 22:43+ 24:39+ 26:20+ 29:23+ 34:07+ 36:33+ 39:04+ 40:10+		
	04:57+ 02:54+ 02:52+ 03:14+ 05:26+ 03:20+ 01:56+ 01:41+ 03:03+ 04:44+ 02:26+ 02:31+ 01:06+		
	04:57+ 02:54+ 02:52+ 03:14+ 05:26+ 03:20+ 01:56+ 01:41+ 03:03+ 04:44+ 02:26+ 02:31+ 01:06+		
<b>10</b>	<b>Sondre Aspøy</b>	<b>896</b>	<b>41:01</b>
	01:11+ 03:25+ 07:19+ 11:37+ 16:30+ 20:11+ 21:37+ 25:38+ 29:39+ 34:23+ 37:47+ 40:13+ 41:01+		
	01:11+ 02:14+ 03:54+ 04:18+ 04:53+ 03:41+ 01:26+ 04:01+ 04:01+ 04:44+ 03:24+ 02:26+ 00:48+		
	01:11+ 02:14+ 03:54+ 04:18+ 04:53+ 03:41+ 01:26+ 04:01+ 04:01+ 04:44+ 03:24+ 02:26+ 00:48+		
<b>11</b>	<b>Torkel Schibevaag</b>	<b>3486</b>	<b>42:23</b>
	02:09+ 04:10+ 07:54+ 12:11+ 17:35+ 21:02+ 24:48+ 27:59+ 32:09+ 36:26+ 39:28+ 41:39+ 42:23+		
	02:09+ 02:01+ 03:44+ 04:17+ 05:24+ 03:27+ 03:46+ 03:11+ 04:10+ 04:17+ 03:02+ 02:11+ 00:44+		
	02:09+ 02:01+ 03:44+ 04:17+ 05:24+ 03:27+ 03:46+ 03:11+ 04:10+ 04:17+ 03:02+ 02:11+ 00:44+		
<b>12</b>	<b>Henrik Aasheim</b>	<b>2342</b>	<b>42:37</b>
	01:31+ 03:47+ 06:56+ 11:58+ 19:51+ 24:11+ 27:15+ 29:47+ 33:16+ 36:57+ 39:28+ 41:40+ 42:37+		
	01:31+ 02:16+ 03:09+ 05:02+ 07:53+ 04:20+ 03:04+ 02:32+ 03:29+ 03:41+ 02:31+ 02:12+ 00:57+		
	01:31+ 02:16+ 03:09+ 05:02+ 07:53+ 04:20+ 03:04+ 02:32+ 03:29+ 03:41+ 02:31+ 02:12+ 00:57+		
<b>13</b>	<b>Truls Thorkildsen</b>	<b>2074</b>	<b>43:01</b>
	01:49+ 03:56+ 07:02+ 10:37+ 22:40+ 25:27+ 27:32+ 30:02+ 32:59+ 36:27+ 39:58+ 42:08+ 43:01+		
	01:49+ 02:07+ 03:06+ 03:35+ 12:03+ 02:47+ 02:05+ 02:30+ 02:57+ 03:28+ 03:31+ 02:10+ 00:53+		
	01:49+ 02:07+ 03:06+ 03:35+ 12:03+ 02:47+ 02:05+ 02:30+ 02:57+ 03:28+ 03:31+ 02:10+ 00:53+		
<b>14</b>	<b>Aksel Joranger</b>	<b>2023</b>	<b>43:14</b>
	07:21+ 10:19+ 15:16+ 18:51+ 23:08+ 25:54+ 27:33+ 29:28+ 33:15+ 37:15+ 39:54+ 42:16+ 43:14+		
	07:21+ 02:58+ 04:57+ 03:35+ 04:17+ 02:46+ 01:39+ 01:55+ 03:47+ 04:00+ 02:39+ 02:22+ 00:58+		
	07:21+ 02:58+ 04:57+ 03:35+ 04:17+ 02:46+ 01:39+ 01:55+ 03:47+ 04:00+ 02:39+ 02:22+ 00:58+		
<b>15</b>	<b>Torbjørn Fuglestad</b>	<b>878</b>	<b>45:38</b>
	03:51+ 06:03+ 09:41+ 12:40+ 18:01+ 21:27+ 29:17+ 30:53+ 33:37+ 38:36+ 40:57+ 43:58+ 44:53+ 45:38+		
	03:51+ 02:12+ 03:38+ 02:59+ 05:21+ 03:26+ 07:50+ 01:36+ 02:44+ 04:59+ 02:21+ 03:01+ 00:55+ 00:45+		
	03:51+ 02:12+ 03:38+ 02:59+ 05:21+ 03:26+ 07:50+ 01:36+ 02:44+ 04:59+ 02:21+ 03:01+ 00:55+ 00:45+		
<b>16</b>	<b>Truls Kolnes</b>	<b>3512</b>	<b>48:04</b>
	02:18+ 04:38+ 08:37+ 12:21+ 20:53+ 23:52+ 25:56+ 28:17+ 31:50+ 41:48+ 44:32+ 47:03+ 48:04+		
	02:18+ 02:20+ 03:59+ 03:44+ 08:32+ 02:59+ 02:04+ 02:21+ 03:33+ 09:58+ 02:44+ 02:31+ 01:01+		
	02:18+ 02:20+ 03:59+ 03:44+ 08:32+ 02:59+ 02:04+ 02:21+ 03:33+ 09:58+ 02:44+ 02:31+ 01:01+		

Class	Navn	Klasse	Tid
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## Herrer 16 - 39 år

<b>17</b>	<b>Sondre Størkersen</b>	<b>896</b>	<b>53:21</b>									
03:02+	07:33+	11:34+	19:20+	25:07+	29:21+	31:06+	33:43+	41:57+	46:04+	49:53+	52:27+	53:21+
03:02+	04:31+	04:01+	07:46+	05:47+	04:14+	01:45+	02:37+	08:14+	04:07+	03:49+	02:34+	00:54+
03:02+	04:31+	04:01+	07:46+	05:47+	04:14+	01:45+	02:37+	08:14+	04:07+	03:49+	02:34+	00:54+
<b>18</b>	<b>Håvard Hageberg</b>	<b>1832</b>	<b>1:00:50</b>									
01:39+	04:00+	07:23+	11:26+	15:43+	28:24+	45:22+	47:10+	50:25+	55:28+	57:55+	60:04+	60:50+
01:39+	02:21+	03:23+	04:03+	04:17+	12:41+	16:58+	01:48+	03:15+	05:03+	02:27+	02:09+	00:46+
01:39+	02:21+	03:23+	04:03+	04:17+	12:41+	16:58+	01:48+	03:15+	05:03+	02:27+	02:09+	00:46+
<b>19</b>	<b>Bjørn Morten Bø Brunstøl</b>	<b>2023</b>	<b>1:01:23</b>									
07:45+	10:06+	13:47+	18:08+	25:53+	39:23+	40:59+	43:01+	46:34+	54:49+	58:09+	60:32+	61:23+
07:45+	02:21+	03:41+	04:21+	07:45+	13:30+	01:36+	02:02+	03:33+	08:15+	03:20+	02:23+	00:51+
07:45+	02:21+	03:41+	04:21+	07:45+	13:30+	01:36+	02:02+	03:33+	08:15+	03:20+	02:23+	00:51+
<b>20</b>	<b>Christian Schmidt</b>	<b>2342</b>	<b>1:19:06</b>									
13:31+	17:03+	20:09+	39:19+	49:49+	52:55+	58:06+	59:58+	63:48+	73:22+	75:44+	78:19+	79:06+
13:31+	03:32+	03:06+	19:10+	10:30+	03:06+	05:11+	01:52+	03:50+	09:34+	02:22+	02:35+	00:47+
13:31+	03:32+	03:06+	19:10+	10:30+	03:06+	05:11+	01:52+	03:50+	09:34+	02:22+	02:35+	00:47+

### Beste strekktid for klassen

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

## Herrer 40 - 49 år

<b>1</b>	<b>Magne Habbestad</b>	<b>3531</b>	<b>32:26</b>									
01:22=	03:26=	06:26=	09:36=	14:15=	16:29=	18:12=	19:57=	23:32=	26:56=	29:30=	31:38=	32:26=
01:22=	02:04=	03:00=	03:10=	04:39=	02:14=	01:43=	01:45=	03:35=	03:24=	02:34=	02:08=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Asgeir Nærland</b>	<b>1830</b>	<b>34:59</b>									
01:29+	03:31+	07:13+	11:11+	15:17+	18:06+	19:41+	21:08+	25:43+	29:54+	32:06+	34:09+	34:59+
01:29+	02:02-	03:42+	03:58+	04:06-	02:49+	01:35-	01:27-	04:35+	04:11+	02:12-	02:03-	00:50+
00:07+	00:02-	00:42#	00:48&	00:33-	00:35&	00:08-	00:18-	01:00&	00:47#	00:22-	00:05-	00:02+
<b>3</b>	<b>Andreas Breiland</b>	<b>3522</b>	<b>35:07</b>									
01:29+	03:43+	06:55+	10:40+	15:41+	18:36+	20:09+	21:44+	25:11+	28:37+	32:04+	34:22+	35:07+
01:29+	02:14+	03:12+	03:45+	05:01+	02:55+	01:33-	01:35-	03:27-	03:26+	03:27+	02:18+	00:45-
00:07+	00:10+	00:12+	00:35#	00:22+	00:41&	00:10-	00:10-	00:08-	00:02+	00:53&	00:10+	00:03-
<b>4</b>	<b>Christian Ask</b>	<b>3563</b>	<b>35:23</b>									
01:33+	03:49+	07:29+	11:47+	16:08+	19:03+	20:31+	22:10+	25:17+	29:22+	32:30+	34:34+	35:23+
01:33+	02:16+	03:40+	04:18+	04:21-	02:55+	01:28-	01:39-	03:07-	04:05+	03:08+	02:04-	00:49+
00:11#	00:12+	00:40#	01:08&	00:18-	00:41&	00:15-	00:06-	00:28-	00:41#	00:34#	00:04-	00:01+
<b>5</b>	<b>Rolf Frøyland</b>	<b>880</b>	<b>35:24</b>									
01:03-	03:08-	06:58+	10:00+	16:00+	18:30+	20:02+	22:34+	25:23+	30:06+	32:35+	34:41+	35:24+
01:03-	02:05+	03:50+	03:02-	06:00+	02:30+	01:32-	02:32+	02:49-	04:43+	02:29-	02:06-	00:43-
00:19-	00:01+	00:50&	00:08-	01:21&	00:16#	00:11-	00:47&	00:46-	01:19&	00:05-	00:02-	00:05-
<b>6</b>	<b>Jan-Kenneth Polle</b>	<b>3525</b>	<b>37:37</b>									
01:30+	03:27+	06:30+	10:48+	14:35+	17:00+	24:37+	26:11+	29:04+	32:12+	34:45+	36:47+	37:37+
01:30+	01:57-	03:03+	04:18+	03:47-	02:25+	07:37+	01:34-	02:53-	03:08-	02:33-	02:02-	00:50+
00:08+	00:07-	00:03+	01:08&	00:52-	00:11+	05:54@	00:11-	00:42-	00:16-	00:01-	00:06-	00:02+
<b>7</b>	<b>Ole-Tobias Frich</b>	<b>1683</b>	<b>37:41</b>									
02:26+	04:47+	08:34+	11:58+	16:51+	20:30+	21:57+	23:56+	27:09+	30:42+	33:43+	36:45+	37:41+
02:26+	02:21+	03:47+	03:24+	04:53+	03:39+	01:27-	01:59+	03:13-	03:33+	03:01+	03:02+	00:56+
01:04&	00:17#	00:47&	00:14+	00:14+	01:25&	00:16-	00:14#	00:22-	00:09+	00:27#	00:54&	00:08#
<b>8</b>	<b>Gunnar Thorset</b>	<b>896</b>	<b>38:13</b>									
01:25+	03:45+	07:38+	10:58+	15:50+	18:55+	20:25+	22:17+	25:14+	31:58+	34:53+	37:23+	38:13+
01:25+	02:20+	03:53+	03:20+	04:52+	03:05+	01:30-	01:52+	02:57-	06:44+	02:55+	02:30+	00:50+
00:03+	00:16#	00:53&	00:10+	00:13+	00:51&	00:13-	00:07+	00:38-	03:20&	00:21#	00:22#	00:02+

Class	Navn	Klasse	Tid
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## Herrer 40 - 49 år

<b>9</b>	<b>Anders Presterud</b>	<b>903</b>	<b>38:35</b>									
02:07+	04:27+	07:35+	11:10+	17:32+	21:06+	22:36+	24:38+	27:47+	32:25+	35:02+	37:34+	38:35+
02:07+	02:20+	03:08+	03:35+	06:22+	03:34+	01:30-	02:02+	03:09-	04:38+	02:37+	02:32+	01:01+
00:45&	00:16#	00:08+	00:25#	01:43&	01:20&	00:13-	00:17#	00:26-	01:14&	00:03+	00:24#	00:13&
<b>10</b>	<b>Rune Dahl Fitjar</b>	<b>1754</b>	<b>39:15</b>									
01:48+	03:55+	09:04+	12:45+	17:30+	20:51+	22:43+	24:32+	28:07+	32:05+	35:55+	38:19+	39:15+
01:48+	02:07+	05:09+	03:41+	04:45+	03:21+	01:52+	01:49+	03:35+	03:58+	03:50+	02:24+	00:56+
01:48+	02:07+	05:09+	03:41+	04:45+	03:21+	01:52+	01:49+	03:35+	03:58+	03:50+	02:24+	00:56+
<b>11</b>	<b>Rune Hatle</b>	<b>903</b>	<b>39:36</b>									
01:37+	03:49+	07:12+	14:55+	19:44+	22:32+	24:00+	26:03+	29:23+	33:08+	36:48+	38:56+	39:36+
01:37+	02:12+	03:23+	07:43+	04:49+	02:48+	01:28+	02:03+	03:20+	03:45+	03:40+	02:08+	00:40+
01:37+	02:12+	03:23+	07:43+	04:49+	02:48+	01:28+	02:03+	03:20+	03:45+	03:40+	02:08+	00:40+
<b>12</b>	<b>Joakim B. Enne Haug</b>	<b>1284</b>	<b>39:44</b>									
02:52+	05:08+	09:38+	17:58+	22:04+	24:47+	26:09+	28:03+	31:07+	34:45+	37:09+	39:02+	39:44+
02:52+	02:16+	04:30+	08:20+	04:06+	02:43+	01:22+	01:54+	03:04+	03:38+	02:24+	01:53+	00:42+
02:52+	02:16+	04:30+	08:20+	04:06+	02:43+	01:22+	01:54+	03:04+	03:38+	02:24+	01:53+	00:42+
<b>13</b>	<b>Trondr Breiland</b>	<b>NOTEAM</b>	<b>39:56</b>									
01:22+	03:19+	07:15+	10:36+	16:38+	23:31+	25:03+	26:54+	29:55+	33:06+	36:55+	38:59+	39:56+
01:22+	01:57+	03:56+	03:21+	06:02+	06:53+	01:32+	01:51+	03:01+	03:11+	03:49+	02:04+	00:57+
01:22+	01:57+	03:56+	03:21+	06:02+	06:53+	01:32+	01:51+	03:01+	03:11+	03:49+	02:04+	00:57+
<b>14</b>	<b>Bjarte Harbo</b>	<b>1830</b>	<b>42:11</b>									
02:29+	04:44+	09:08+	13:09+	17:51+	21:17+	23:05+	24:40+	28:43+	35:46+	38:48+	41:23+	42:11+
02:29+	02:15+	04:24+	04:01+	04:42+	03:26+	01:48+	01:35+	04:03+	07:03+	03:02+	02:35+	00:48+
02:29+	02:15+	04:24+	04:01+	04:42+	03:26+	01:48+	01:35+	04:03+	07:03+	03:02+	02:35+	00:48+
<b>15</b>	<b>Per Jan Erslund</b>	<b>3510</b>	<b>42:17</b>									
02:48+	04:45+	08:36+	12:17+	16:37+	20:24+	21:43+	23:27+	26:55+	35:48+	39:25+	41:29+	42:17+
02:48+	01:57+	03:51+	03:41+	04:20+	03:47+	01:19+	01:44+	03:28+	08:53+	03:37+	02:04+	00:48+
02:48+	01:57+	03:51+	03:41+	04:20+	03:47+	01:19+	01:44+	03:28+	08:53+	03:37+	02:04+	00:48+
<b>16</b>	<b>Sven Undheim</b>	<b>793</b>	<b>43:48</b>									
01:39+	03:42+	11:52+	15:36+	23:32+	26:07+	27:54+	29:33+	32:53+	38:08+	40:36+	42:49+	43:48+
01:39+	02:03+	08:10+	03:44+	07:56+	02:35+	01:47+	01:39+	03:20+	05:15+	02:28+	02:13+	00:59+
01:39+	02:03+	08:10+	03:44+	07:56+	02:35+	01:47+	01:39+	03:20+	05:15+	02:28+	02:13+	00:59+
<b>17</b>	<b>Frode Ungar</b>	<b>1683</b>	<b>44:13</b>									
01:09+	03:44+	07:17+	16:03+	23:10+	26:22+	28:15+	30:24+	33:39+	37:51+	40:36+	43:21+	44:13+
01:09+	02:35+	03:33+	08:46+	07:07+	03:12+	01:53+	02:09+	03:15+	04:12+	02:45+	02:45+	00:52+
01:09+	02:35+	03:33+	08:46+	07:07+	03:12+	01:53+	02:09+	03:15+	04:12+	02:45+	02:45+	00:52+
<b>18</b>	<b>Inge Arild Leknes</b>	<b>3548</b>	<b>46:20</b>									
02:38+	06:13+	10:47+	14:38+	23:34+	28:22+	30:03+	31:45+	35:00+	40:08+	42:45+	45:27+	46:20+
02:38+	03:35+	04:34+	03:51+	08:56+	04:48+	01:41+	01:42+	03:15+	05:08+	02:37+	02:42+	00:53+
02:38+	03:35+	04:34+	03:51+	08:56+	04:48+	01:41+	01:42+	03:15+	05:08+	02:37+	02:42+	00:53+
<b>19</b>	<b>Bjarne Bore</b>	<b>3529</b>	<b>46:56</b>									
02:11+	04:54+	08:40+	13:43+	20:22+	26:51+	29:13+	31:05+	34:29+	39:55+	43:34+	45:58+	46:56+
02:11+	02:43+	03:46+	05:03+	06:39+	06:29+	02:22+	01:52+	03:24+	05:26+	03:39+	02:24+	00:58+
02:11+	02:43+	03:46+	05:03+	06:39+	06:29+	02:22+	01:52+	03:24+	05:26+	03:39+	02:24+	00:58+
<b>20</b>	<b>Cedric Fayemendy</b>	<b>3558</b>	<b>48:31</b>									
04:24+	06:23+	09:56+	13:54+	24:55+	28:00+	29:43+	31:27+	34:33+	42:04+	45:19+	47:37+	48:31+
04:24+	01:59+	03:33+	03:58+	11:01+	03:05+	01:43+	01:44+	03:06+	07:31+	03:15+	02:18+	00:54+
04:24+	01:59+	03:33+	03:58+	11:01+	03:05+	01:43+	01:44+	03:06+	07:31+	03:15+	02:18+	00:54+
<b>21</b>	<b>Glenn Madland</b>	<b>879</b>	<b>53:34</b>									
01:43+	04:30+	07:45+	18:54+	30:52+	33:58+	36:19+	38:23+	41:39+	46:29+	49:15+	52:46+	53:34+
01:43+	02:47+	03:15+	11:09+	11:58+	03:06+	02:21+	02:04+	03:16+	04:50+	02:46+	03:31+	00:48+
01:43+	02:47+	03:15+	11:09+	11:58+	03:06+	02:21+	02:04+	03:16+	04:50+	02:46+	03:31+	00:48+
<b>22</b>	<b>Anders Hagen</b>	<b>3528</b>	<b>1:03:16</b>									
16:14+	19:09+	23:21+	31:41+	36:56+	41:29+	43:02+	45:33+	52:29+	57:35+	60:05+	62:29+	63:16+
16:14+	02:55+	04:12+	08:20+	05:15+	04:33+	01:33+	02:31+	06:56+	05:06+	02:30+	02:24+	00:47+
16:14+	02:55+	04:12+	08:20+	05:15+	04:33+	01:33+	02:31+	06:56+	05:06+	02:30+	02:24+	00:47+



### Herrer 40 - 49 år

**23 Pierre Goud 896 1:12:49**

13:16+	20:31+	28:04+	35:31+	43:13+	48:22+	51:27+	54:26+	58:31+	62:57+	67:41+	71:38+	72:49+
13:16+	07:15+	07:33+	07:27+	07:42+	05:09+	03:05+	02:59+	04:05+	04:26+	04:44+	03:57+	01:11+
13:16+	07:15+	07:33+	07:27+	07:42+	05:09+	03:05+	02:59+	04:05+	04:26+	04:44+	03:57+	01:11+

#### Beste strekktid for klassen

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

### Herrer 50 - 59 år

**1 John Breiland 1754 37:13**

02:07=	08:13=	09:23=	11:56=	14:42=	16:56=	18:15=	19:56=	21:49=	24:33=	27:38=	31:07=	33:20=	34:16=	36:24=	37:13=
02:07=	06:06=	01:10=	02:33=	02:46=	02:14=	01:19=	01:41=	01:53=	02:44=	03:05=	03:29=	02:13=	00:56=	02:08=	00:49=
00:00=	00:00=	00:00=	00:00=	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 Geir Inge Høivik 3522 39:31**

04:06+	09:58+	11:15+	13:22+	16:27+	19:15+	21:12+	22:32+	23:57+	27:25+	30:21+	33:23+	35:50+	36:53+	38:50+	39:31+
04:06+	05:52-	01:17+	02:07-	03:05+	02:48+	01:57+	01:20-	01:25-	03:28+	02:56-	03:02-	02:27+	01:03+	01:57-	00:41-
01:59&	00:14-	00:07#	00:26-	00:19#	00:34&	00:38&	00:21-	00:28-	00:44&	00:09-	00:27-	00:14#	00:07#	00:11-	00:08-

**3 Tore Halset 3486 40:05**

02:05-	07:39-	08:59-	11:02-	14:59+	17:02+	18:42+	21:24+	23:13+	26:58+	30:10+	32:35+	35:08+	36:40+	39:16+	40:05+
02:05-	05:34-	01:20+	02:03-	03:57+	02:03-	01:40+	02:42+	01:49-	03:45+	03:12+	02:25-	02:33+	01:32+	02:36+	00:49=
00:02-	00:32-	00:10#	00:30-	01:11&	00:11-	00:21&	01:01&	00:04-	01:01&	00:07+	01:04-	00:20#	00:36&	00:28#	00:00=

**4 Øystein Fuglestad 878 40:24**

01:55-	07:29-	08:35-	10:35-	13:45-	17:15+	19:37+	21:26+	23:11+	27:21+	31:01+	33:42+	36:09+	37:20+	39:44+	40:24+
01:55-	05:34-	01:06-	02:00-	03:10+	03:30+	02:22+	01:49+	01:45-	04:10+	03:40+	02:41-	02:27+	01:11+	02:24+	00:40-
00:12-	00:32-	00:04-	00:33-	00:24#	01:16&	01:03&	00:08+	00:08-	01:26&	00:35#	00:48-	00:14#	00:15&	00:16#	00:09-

**5 Frank Hansen 3502 41:30**

02:07=	08:04-	09:12-	11:19-	14:48+	19:25+	21:18+	22:46+	24:32+	28:19+	31:29+	35:00+	37:21+	38:33+	40:50+	41:30+
02:07=	05:57-	01:08-	02:07-	03:29+	04:37+	01:53+	01:28-	01:46-	03:47+	03:10+	03:31+	02:21+	01:12+	02:17+	00:40-
00:00=	00:09-	00:02-	00:26-	00:43&	02:23@	00:34&	00:13-	00:07-	01:03&	00:05+	00:02+	00:08+	00:16&	00:09+	00:09-

**6 Jørgen Nilsen 1683 42:19**

01:51-	07:58-	09:21-	11:28-	14:34-	17:41+	18:53+	20:29+	25:49+	29:40+	32:39+	35:29+	37:52+	39:03+	41:32+	42:19+
01:51-	06:07+	01:23+	02:07-	03:06+	03:07+	01:12-	01:36-	05:20+	03:51+	02:59-	02:50-	02:23+	01:11+	02:29+	00:47-
00:16-	00:01+	00:13#	00:26-	00:20#	00:53&	00:07-	00:05-	03:27@	01:07&	00:06-	00:39-	00:10+	00:15&	00:21#	00:02-

**7 Erik Bjørnbom 3558 42:56**

01:55-	07:46-	09:15-	11:12-	14:34-	16:44-	18:08-	19:33-	23:53+	27:33+	31:00+	35:42+	38:28+	39:59+	42:13+	42:56+
01:55-	05:51-	01:29+	01:57-	03:22+	02:10-	01:24+	01:25-	04:20+	03:40+	03:27+	04:42+	02:46+	01:31+	02:14+	00:43-
00:12-	00:15-	00:19&	00:36-	00:36#	00:04-	00:05+	00:16-	02:27@	00:56&	00:22#	01:13&	00:33#	00:35&	00:06+	00:06-

**8 Erling Knutzen 879 43:05**

04:00+	09:59+	11:12+	13:41+	17:25+	19:49+	23:04+	25:26+	27:13+	29:58+	32:59+	35:44+	38:18+	39:40+	42:26+	43:05+
04:00+	05:59-	01:13+	02:29-	03:44+	02:24+	03:15+	02:22+	01:47-	02:45+	03:01-	02:45-	02:34+	01:22+	02:46+	00:39-
01:53&	00:07-	00:03+	00:04-	00:58&	00:10+	01:56@	00:41&	00:06-	00:01+	00:04-	00:44-	00:21#	00:26&	00:38&	00:10-

**9 Harald Taksdal 3547 46:50**

03:03+	10:20+	11:51+	14:26+	18:26+	21:36+	23:36+	26:16+	28:29+	32:40+	35:41+	38:24+	41:13+	42:43+	46:01+	46:50+
03:03+	07:17+	01:31+	02:35+	04:00+	03:10+	02:00+	02:40+	02:13+	04:11+	03:01-	02:43-	02:49+	01:30+	03:18+	00:49=
00:56&	01:11#	00:21&	00:02+	01:14&	00:56&	00:41&	00:59&	00:20#	01:27&	00:04-	00:46-	00:36&	00:34&	01:10&	00:00=

**10 Jone Kalheim 1884 47:25**

01:34-	06:47-	09:21-	12:38+	17:06+	19:56+	21:48+	23:27+	28:48+	33:52+	37:21+	40:47+	43:37+	44:53+	46:52+	47:25+
01:34-	05:13-	02:34+	03:17+	04:28+	02:50+	01:52+	01:39-	05:21+	05:04+	03:29+	03:26-	02:50+	01:16+	01:59-	00:33-
00:33-	00:53-	01:24@	00:44&	01:42&	00:36&	00:33&	00:02-	03:28@	02:20&	00:24#	00:03-	00:37&	00:20&	00:09-	00:16-

**11 Ole Bakkevold 3517 47:37**

02:21+	10:42+	13:25+	15:43+	19:38+	22:29+	25:44+	28:16+	30:19+	33:18+	37:20+	39:52+	42:38+	44:28+	46:59+	47:37+
02:21+	08:21+	02:43+	02:18-	03:55+	02:51+	03:15+	02:32+	02:03+	02:59+	04:02+	02:32-	02:46+	01:50+	02:31+	00:38-
00:14#	02:15&	01:33@	00:15-	01:09&	00:37&	01:56@	00:51&	00:10+	00:15+	00:57&	00:57-	00:33#	00:54&	00:23#	00:11-

### Herrer 50 - 59 år

<b>12</b>	<b>Jarl Steinar Berntsen</b>	<b>882</b>													<b>48:13</b>
04:33+	10:44+	12:35+	15:18+	19:29+	22:22+	24:28+	26:32+	29:02+	32:09+	35:30+	38:47+	42:33+	44:03+	47:20+	48:13+
04:33+	06:11+	01:51+	02:43+	04:11+	02:53+	02:06+	02:04+	02:30+	03:07+	03:21+	03:17-	03:46+	01:30+	03:17+	00:53+
02:26@	00:05+	00:41&	00:10+	01:25&	00:39&	00:47&	00:23#	00:37&	00:23#	00:16+	00:12-	01:33&	00:34&	01:09&	00:04+
<b>13</b>	<b>Terje Undheim</b>	<b>3529</b>													<b>50:52</b>
05:44+	10:44+	11:52+	13:29+	21:57+	24:15+	25:32+	27:09+	34:37+	38:55+	41:32+	45:13+	47:18+	48:12+	50:18+	50:52+
05:44+	05:00+	01:08+	01:37+	08:28+	02:18+	01:17+	01:37+	07:28+	04:18+	02:37+	03:41+	02:05+	00:54+	02:06+	00:34+
05:44+	05:00+	01:08+	01:37+	08:28+	02:18+	01:17+	01:37+	07:28+	04:18+	02:37+	03:41+	02:05+	00:54+	02:06+	00:34+
<b>14</b>	<b>Steinar Hansen</b>	<b>882</b>													<b>54:26</b>
02:05+	07:53+	09:29+	11:07+	15:02+	29:12+	32:55+	35:17+	37:13+	40:47+	43:28+	47:13+	50:06+	51:20+	53:46+	54:26+
02:05+	05:48+	01:36+	01:38+	03:55+	14:10+	03:43+	02:22+	01:56+	03:34+	02:41+	03:45+	02:53+	01:14+	02:26+	00:40+
02:05+	05:48+	01:36+	01:38+	03:55+	14:10+	03:43+	02:22+	01:56+	03:34+	02:41+	03:45+	02:53+	01:14+	02:26+	00:40+
<b>15</b>	<b>Arild Holm</b>	<b>3486</b>													<b>55:29</b>
06:05+	13:04+	14:35+	16:46+	20:38+	23:38+	29:02+	31:38+	36:10+	40:16+	43:35+	46:57+	49:36+	51:39+	54:37+	55:29+
06:05+	06:59+	01:31+	02:11+	03:52+	03:00+	05:24+	02:36+	04:32+	04:06+	03:19+	03:22+	02:39+	02:03+	02:58+	00:52+
06:05+	06:59+	01:31+	02:11+	03:52+	03:00+	05:24+	02:36+	04:32+	04:06+	03:19+	03:22+	02:39+	02:03+	02:58+	00:52+
<b>16</b>	<b>Arne Hetlelid</b>	<b>3508</b>													<b>56:15</b>
02:07+	08:11+	11:09+	13:23+	17:02+	19:47+	24:06+	26:06+	38:34+	41:59+	45:32+	48:03+	51:01+	52:47+	55:23+	56:15+
02:07+	06:04+	02:58+	02:14+	03:39+	02:45+	04:19+	02:00+	12:28+	03:25+	03:33+	02:31+	02:58+	01:46+	02:36+	00:52+
02:07+	06:04+	02:58+	02:14+	03:39+	02:45+	04:19+	02:00+	12:28+	03:25+	03:33+	02:31+	02:58+	01:46+	02:36+	00:52+
<b>17</b>	<b>Raymond B Pettersen</b>	<b>722</b>													<b>57:32</b>
06:02+	14:29+	17:11+	20:14+	24:28+	27:15+	28:55+	30:46+	35:16+	39:13+	43:05+	47:04+	51:30+	53:50+	56:46+	57:32+
06:02+	08:27+	02:42+	03:03+	04:14+	02:47+	01:40+	01:51+	04:30+	03:57+	03:52+	03:59+	04:26+	02:20+	02:56+	00:46+
06:02+	08:27+	02:42+	03:03+	04:14+	02:47+	01:40+	01:51+	04:30+	03:57+	03:52+	03:59+	04:26+	02:20+	02:56+	00:46+
<b>18</b>	<b>Jerome Renoult</b>	<b>3524</b>													<b>58:02</b>
02:19+	09:25+	11:01+	13:20+	17:08+	32:29+	36:00+	37:55+	40:43+	44:17+	47:38+	50:31+	53:28+	54:54+	57:14+	58:02+
02:19+	07:06+	01:36+	02:19+	03:48+	15:21+	03:31+	01:55+	02:48+	03:34+	03:21+	02:53+	02:57+	01:26+	02:20+	00:48+
02:19+	07:06+	01:36+	02:19+	03:48+	15:21+	03:31+	01:55+	02:48+	03:34+	03:21+	02:53+	02:57+	01:26+	02:20+	00:48+
<b>19</b>	<b>Ove Mæstad</b>	<b>2342</b>													<b>59:01</b>
04:08+	11:15+	12:37+	16:50+	21:26+	25:34+	32:40+	35:08+	38:35+	41:53+	46:30+	49:54+	53:47+	55:18+	58:19+	59:01+
04:08+	07:07+	01:22+	04:13+	04:36+	04:08+	07:06+	02:28+	03:27+	03:18+	04:37+	03:24+	03:53+	01:31+	03:01+	00:42+
04:08+	07:07+	01:22+	04:13+	04:36+	04:08+	07:06+	02:28+	03:27+	03:18+	04:37+	03:24+	03:53+	01:31+	03:01+	00:42+
<b>20</b>	<b>André Sirevåg</b>	<b>1683</b>													<b>1:00:45</b>
07:36+	13:57+	15:29+	17:28+	21:30+	25:39+	29:18+	35:28+	37:59+	43:14+	48:11+	53:52+	56:24+	57:36+	59:57+	60:45+
07:36+	06:21+	01:32+	01:59+	04:02+	04:09+	03:39+	06:10+	02:31+	05:15+	04:57+	05:41+	02:32+	01:12+	02:21+	00:48+
07:36+	06:21+	01:32+	01:59+	04:02+	04:09+	03:39+	06:10+	02:31+	05:15+	04:57+	05:41+	02:32+	01:12+	02:21+	00:48+
<b>21</b>	<b>Trygve Michaelsen</b>	<b>896</b>													<b>1:01:41</b>
04:11+	15:30+	17:06+	19:10+	31:38+	34:06+	35:25+	37:59+	40:01+	43:15+	46:56+	53:41+	56:25+	57:47+	61:01+	61:41+
04:11+	11:19+	01:36+	02:04+	12:28+	02:28+	01:19+	02:34+	02:02+	03:14+	03:41+	06:45+	02:44+	01:22+	03:14+	00:40+
04:11+	11:19+	01:36+	02:04+	12:28+	02:28+	01:19+	02:34+	02:02+	03:14+	03:41+	06:45+	02:44+	01:22+	03:14+	00:40+
<b>22</b>	<b>Stein Arve Finnstad</b>	<b>1456</b>													<b>1:02:24</b>
07:54+	16:40+	18:15+	20:32+	25:13+	28:09+	32:50+	34:49+	36:38+	41:18+	44:36+	49:54+	53:47+	55:12+	61:36+	62:24+
07:54+	08:46+	01:35+	02:17+	04:41+	02:56+	04:41+	01:59+	01:49+	04:40+	03:18+	05:18+	03:53+	01:25+	06:24+	00:48+
07:54+	08:46+	01:35+	02:17+	04:41+	02:56+	04:41+	01:59+	01:49+	04:40+	03:18+	05:18+	03:53+	01:25+	06:24+	00:48+
<b>23</b>	<b>Svein Roar Aas</b>	<b>3486</b>													<b>1:08:07</b>
09:02+	14:22+	15:43+	17:33+	20:41+	43:28+	46:41+	48:42+	50:33+	53:45+	57:42+	61:28+	64:04+	65:23+	67:28+	68:07+
09:02+	05:20+	01:21+	01:50+	03:08+	22:47+	03:13+	02:01+	01:51+	03:12+	03:57+	03:46+	02:36+	01:19+	02:05+	00:39+
09:02+	05:20+	01:21+	01:50+	03:08+	22:47+	03:13+	02:01+	01:51+	03:12+	03:57+	03:46+	02:36+	01:19+	02:05+	00:39+
<b>24</b>	<b>Hans Frode Andersen</b>	<b>3548</b>													<b>1:10:46</b>
05:22+	10:11+	11:19+	13:18+	40:01+	43:49+	51:47+	53:34+	56:09+	58:58+	61:39+	64:10+	66:45+	68:07+	70:10+	70:46+
05:22+	04:49+	01:08+	01:59+	26:43+	03:48+	07:58+	01:47+	02:35+	02:49+	02:41+	02:31+	02:35+	01:22+	02:03+	00:36+
05:22+	04:49+	01:08+	01:59+	26:43+	03:48+	07:58+	01:47+	02:35+	02:49+	02:41+	02:31+	02:35+	01:22+	02:03+	00:36+

### Beste strekktid for klassen

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

Class	Navn	Klasse	Tid
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## Herrer 60 - 64 år

<b>1</b>	<b>Inge Løland</b>	<b>1119</b>	<b>30:32</b>
00:59=	05:39= 08:14= 09:48= 12:15= 13:39= 16:20= 19:36= 20:54= 22:59= 25:33= 27:39= 29:59= 30:32=		
00:59=	04:40= 02:35= 01:34= 02:27= 01:24= 02:41= 03:16= 01:18= 02:05= 02:34= 02:06= 02:20= 00:33=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Harald Jansen</b>	<b>3593</b>	<b>31:02</b>
00:55-	05:22- 07:23- 09:20- 11:42- 13:07- 16:33+ 19:55+ 21:23+ 23:55+ 26:24+ 28:28+ 30:24+ 31:02+		
00:55-	04:27- 02:01- 01:57+ 02:22- 01:25+ 03:26+ 03:22+ 01:28+ 02:32+ 02:29- 02:04- 01:56- 00:38+		
00:04-	00:13- 00:34- 00:23# 00:05- 00:01+ 00:45# 00:06+ 00:10# 00:27# 00:05- 00:02- 00:24- 00:05#		
<b>3</b>	<b>Tor Inge Halvorsen</b>	<b>880</b>	<b>40:24</b>
01:24+	07:17+ 09:52+ 12:09+ 15:14+ 17:06+ 21:02+ 24:30+ 26:17+ 28:41+ 33:10+ 36:37+ 39:41+ 40:24+		
01:24+	05:53+ 02:35= 02:17+ 03:05+ 01:52+ 03:56+ 03:28+ 01:47+ 02:24+ 04:29+ 03:27+ 03:04+ 00:43+		
00:25&	01:13& 00:00= 00:43& 00:38& 00:28& 01:15& 00:12+ 00:29& 00:19# 01:55& 01:21& 00:44& 00:10&		
<b>4</b>	<b>Magnar Mathias Møller</b>	<b>769</b>	<b>40:53</b>
01:05+	06:40+ 09:16+ 11:32+ 14:35+ 16:35+ 20:07+ 22:59+ 24:59+ 30:01+ 35:04+ 37:40+ 40:02+ 40:53+		
01:05+	05:35+ 02:36+ 02:16+ 03:03+ 02:00+ 03:32+ 02:52- 02:00+ 05:02+ 05:03+ 02:36+ 02:22+ 00:51+		
00:06#	00:55# 00:01+ 00:42& 00:36# 00:36& 00:51& 00:24- 00:42& 02:57@ 02:29& 00:30# 00:02+ 00:18&		
<b>5</b>	<b>Sveinung Svebestad</b>	<b>878</b>	<b>42:18</b>
01:22+	06:36+ 09:09+ 11:34+ 14:30+ 16:21+ 21:01+ 25:26+ 27:13+ 30:51+ 35:10+ 37:55+ 41:26+ 42:18+		
01:22+	05:14+ 02:33- 02:25+ 02:56+ 01:51+ 04:40+ 04:25+ 01:47+ 03:38+ 04:19+ 02:45+ 03:31+ 00:52+		
00:23&	00:34# 00:02- 00:51& 00:29# 00:27& 01:59& 01:09& 00:29& 01:33& 01:45& 00:39& 01:11& 00:19&		
<b>6</b>	<b>Ivar Knutsen</b>	<b>1683</b>	<b>43:00</b>
01:20+	06:37+ 09:17+ 11:48+ 17:16+ 19:03+ 24:36+ 28:22+ 30:15+ 32:28+ 35:51+ 38:42+ 42:18+ 43:00+		
01:20+	05:17+ 02:40+ 02:31+ 05:28+ 01:47+ 05:33+ 03:46+ 01:53+ 02:13+ 03:23+ 02:51+ 03:36+ 00:42+		
00:21&	00:37# 00:05+ 00:57& 03:01@ 00:23& 02:52@ 00:30# 00:35& 00:08+ 00:49& 00:45& 01:16& 00:09&		
<b>7</b>	<b>Stein Sigbjørnsen</b>	<b>882</b>	<b>43:58</b>
00:59=	07:03+ 10:12+ 12:34+ 15:23+ 18:14+ 21:55+ 28:09+ 30:02+ 33:59+ 37:47+ 40:39+ 43:24+ 43:58+		
00:59=	06:04+ 03:09+ 02:22+ 02:49+ 02:51+ 03:41+ 06:14+ 01:53+ 03:57+ 03:48+ 02:52+ 02:45+ 00:34+		
00:00=	01:24& 00:34# 00:48& 00:22# 01:27@ 01:00& 02:58& 00:35& 01:52& 01:14& 00:46& 00:25# 00:01+		
<b>8</b>	<b>John Carsten Sinnes</b>	<b>1884</b>	<b>47:56</b>
01:20+	07:29+ 11:08+ 13:35+ 17:47+ 19:45+ 24:25+ 28:38+ 32:27+ 35:38+ 40:42+ 43:22+ 46:06+ 47:56+		
01:20+	06:09+ 03:39+ 02:27+ 04:12+ 01:58+ 04:40+ 04:13+ 03:49+ 03:11+ 05:04+ 02:40+ 02:44+ 01:50+		
00:21&	01:29& 01:04& 00:53& 01:45& 00:34& 01:59& 00:57& 02:31@ 01:06& 02:30& 00:34& 00:24# 01:17@		
<b>9</b>	<b>Harald Syse</b>	<b>1884</b>	<b>48:44</b>
04:05+	09:25+ 11:45+ 13:23+ 24:31+ 26:46+ 29:59+ 34:00+ 35:34+ 38:23+ 42:14+ 45:47+ 48:08+ 48:44+		
04:05+	05:20+ 02:20- 01:38+ 11:08+ 02:15+ 03:13+ 04:01+ 01:34+ 02:49+ 03:51+ 03:33+ 02:21+ 00:36+		
03:06@	00:40# 00:15- 00:04+ 08:41@ 00:51& 00:32# 00:45# 00:16# 00:44& 01:17& 01:27& 00:01+ 00:03+		
<b>10</b>	<b>Per Kolbein Tonstad</b>	<b>3507</b>	<b>49:40</b>
01:58+	07:54+ 11:00+ 13:41+ 18:11+ 21:28+ 26:03+ 30:29+ 32:58+ 39:00+ 43:02+ 46:06+ 48:40+ 49:40+		
01:58+	05:56+ 03:06+ 02:41+ 04:30+ 03:17+ 04:35+ 04:26+ 02:29+ 06:02+ 04:02+ 03:04+ 02:34+ 01:00+		
00:59&	01:16& 00:31# 01:07& 02:03& 01:53@ 01:54& 01:10& 01:11& 03:57@ 01:28& 00:58& 00:14# 00:27&		
<b>11</b>	<b>Svein Magne Gloppe</b>	<b>1884</b>	<b>57:32</b>
01:42+	08:30+ 11:36+ 14:09+ 17:26+ 21:40+ 28:15+ 38:11+ 40:21+ 47:41+ 51:41+ 54:39+ 56:51+ 57:32+		
01:42+	06:48+ 03:06+ 02:33+ 03:17+ 04:14+ 06:35+ 09:56+ 02:10+ 07:20+ 04:00+ 02:58+ 02:12- 00:41+		
00:43&	02:08& 00:31# 00:59& 00:50& 02:50@ 03:54@ 06:40@ 00:52& 05:15@ 01:26& 00:52& 00:08- 00:08#		
<b>12</b>	<b>Kjell Ove Aksland</b>	<b>882</b>	<b>1:01:37</b>
01:00+	07:03+ 10:22+ 12:56+ 16:01+ 21:39+ 25:48+ 39:28+ 41:31+ 44:24+ 55:04+ 58:07+ 60:54+ 61:37+		
01:00+	06:03+ 03:19+ 02:34+ 03:05+ 05:38+ 04:09+ 13:40+ 02:03+ 02:53+ 10:40+ 03:03+ 02:47+ 00:43+		
00:01+	01:23& 00:44& 01:00& 00:38& 04:14@ 01:28& 10:24@ 00:45& 00:48& 08:06@ 00:57& 00:27# 00:10&		
<b>13</b>	<b>Einar Tommy Sundal</b>	<b>3578</b>	<b>1:24:07</b>
02:32+	10:46+ 17:44+ 22:23+ 28:35+ 31:18+ 39:19+ 53:54+ 57:42+ 63:00+ 72:07+ 76:40+ 81:09+ 84:07+		
02:32+	08:14+ 06:58+ 04:39+ 06:12+ 02:43+ 08:01+ 14:35+ 03:48+ 05:18+ 09:07+ 04:33+ 04:29+ 02:58+		
01:33@	03:34& 04:23@ 03:05@ 03:45@ 01:19& 05:20@ 11:19@ 02:30@ 03:13@ 06:33@ 02:27@ 02:09& 02:25@		

### Beste strekktid for klassen

00:55 04:27 02:01 01:34 02:22 01:24 02:41 02:52 01:18 02:05 02:29 02:04 01:56 00:33

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

Class	Navn	Klasse	Tid
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## Herrer 65 - 69 år

<b>1</b>	<b>Espen Krogh</b>	<b>793</b>	<b>31:56</b>										
00:48=	05:07=	07:26=	09:30=	12:48=	14:05=	17:21=	20:03=	21:38=	24:15=	27:36=	29:33=	31:19=	31:56=
00:48=	04:19=	02:19=	02:04=	03:18=	01:17=	03:16=	02:42=	01:35=	02:37=	03:21=	01:57=	01:46=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Torbjørn Evensen</b>	<b>3556</b>	<b>35:28</b>										
00:50+	05:50+	08:20+	11:04+	13:48+	15:22+	18:56+	21:51+	23:59+	26:22+	29:14+	31:59+	34:41+	35:28+
00:50+	05:00+	02:30+	02:44+	02:44-	01:34+	03:34+	02:55+	02:08+	02:23-	02:52-	02:45+	02:42+	00:47+
00:02+	00:41#	00:11+	00:40&	00:34-	00:17#	00:18+	00:13+	00:33&	00:14-	00:29-	00:48&	00:56&	00:10&
<b>3</b>	<b>Kjell Dale</b>	<b>1884</b>	<b>36:59</b>										
01:02+	05:27+	07:48+	09:56+	16:22+	17:53+	20:40+	23:57+	25:20+	28:06+	30:48+	33:35+	36:02+	36:50+
01:02+	04:25+	02:21+	02:08+	06:26+	01:31+	02:47-	03:17+	01:23-	02:46+	02:42-	02:47+	02:27+	00:48+
00:14&	00:06+	00:02+	00:04+	03:08&	00:14#	00:29-	00:35#	00:12-	00:09+	00:39-	00:50&	00:41&	00:11&
<b>4</b>	<b>Olav Tunheim</b>	<b>1884</b>	<b>39:42</b>										
01:06+	06:12+	08:44+	11:32+	14:37+	16:42+	20:57+	24:27+	26:18+	28:45+	33:01+	35:47+	38:57+	39:42+
01:06+	05:06+	02:32+	02:48+	03:05-	02:05+	04:15+	03:30+	01:51+	02:27-	04:16+	02:46+	03:10+	00:45+
00:18&	00:47#	00:13+	00:44&	00:13-	00:48&	00:59&	00:48&	00:16#	00:10-	00:55&	00:49&	01:24&	00:08#
<b>5</b>	<b>Tor Geir Espedal</b>	<b>3530</b>	<b>42:58</b>										
01:13+	06:37+	11:12+	13:19+	16:12+	17:59+	22:14+	29:30+	31:23+	33:31+	37:00+	39:46+	42:08+	42:58+
01:13+	05:24+	04:35+	02:07+	02:53-	01:47+	04:15+	07:16+	01:53+	02:08-	03:29+	02:46+	02:22+	00:50+
00:25&	01:05&	02:16&	00:03+	00:25-	00:30&	00:59&	04:34@	00:18#	00:29-	00:08+	00:49&	00:36&	00:13&
<b>6</b>	<b>Otte Omdal</b>	<b>903</b>	<b>44:29</b>										
00:52+	05:16+	10:34+	14:09+	18:43+	20:04+	23:46+	31:46+	33:20+	36:01+	39:03+	41:33+	43:46+	44:29+
00:52+	04:24+	05:18+	03:35+	04:34+	01:21+	03:42+	08:00+	01:34-	02:41+	03:02-	02:30+	02:13+	00:43+
00:04+	00:05+	02:59@	01:31&	01:16&	00:04+	00:26#	05:18@	00:01-	00:04+	00:19-	00:33&	00:27&	00:06#
<b>7</b>	<b>Arnstein Skretting</b>	<b>3529</b>	<b>44:33</b>										
01:31+	09:03+	11:59+	15:50+	19:04+	21:50+	26:09+	30:33+	32:39+	34:54+	38:30+	41:03+	43:49+	44:33+
01:31+	07:32+	02:56+	03:51+	03:14-	02:46+	04:19+	04:24+	02:06+	02:15-	03:36+	02:33+	02:46+	00:44+
00:43&	03:13&	00:37&	01:47&	00:04-	01:29@	01:03&	01:42&	00:31&	00:22-	00:15+	00:36&	01:00&	00:07#
<b>8</b>	<b>Hans Erik Terjesen</b>	<b>1683</b>	<b>47:15</b>										
01:17+	07:18+	10:16+	13:05+	15:57+	19:39+	24:00+	28:49+	31:33+	36:42+	41:13+	43:38+	46:17+	47:15+
01:17+	06:01+	02:58+	02:49+	02:52-	03:42+	04:21+	04:49+	02:44+	05:09+	04:31+	02:25+	02:39+	00:58+
00:29&	01:42&	00:39&	00:45&	00:26-	02:25@	01:05&	02:07&	01:09&	02:32&	01:10&	00:28#	00:53&	00:21&
<b>9</b>	<b>Steinar Barmen</b>	<b>722</b>	<b>48:31</b>										
01:13+	07:35+	10:40+	13:11+	16:30+	20:30+	27:18+	33:36+	35:42+	38:25+	42:15+	44:48+	47:47+	48:31+
01:13+	06:22+	03:05+	02:31+	03:19+	04:00+	06:48+	06:18+	02:06+	02:43+	03:50+	02:33+	02:59+	00:44+
00:25&	02:03&	00:46&	00:27#	00:01+	02:43@	03:32@	03:36@	00:31&	00:06+	00:29#	00:36&	01:13&	00:07#
<b>10</b>	<b>Jan Arendal</b>	<b>1683</b>	<b>49:04</b>										
01:33+	07:51+	10:58+	14:07+	18:35+	20:40+	25:52+	30:47+	33:17+	36:20+	41:11+	44:59+	48:04+	49:04+
01:33+	06:18+	03:07+	03:09+	04:28+	02:05+	05:12+	04:55+	02:30+	03:03+	04:51+	03:48+	03:05+	01:00+
00:45&	01:59&	00:48&	01:05&	01:10&	00:48&	01:56&	02:13&	00:55&	00:26#	01:30&	01:51&	01:19&	00:23&
<b>11</b>	<b>Sveinung Tveit</b>	<b>3547</b>	<b>49:20</b>										
01:21+	07:56+	10:34+	13:09+	16:30+	18:24+	22:02+	28:18+	30:24+	37:40+	42:25+	45:46+	48:36+	49:20+
01:21+	06:35+	02:38+	02:35+	03:21+	01:54+	03:38+	06:16+	02:06+	07:16+	04:45+	03:21+	02:50+	00:44+
00:33&	02:16&	00:19#	00:31#	00:03+	00:37&	00:22#	03:34@	00:31&	04:39@	01:24&	01:24&	01:04&	00:07#
<b>12</b>	<b>Terje Stokkeland</b>	<b>3522</b>	<b>50:07</b>										
01:21+	08:50+	12:57+	15:53+	19:00+	22:34+	27:13+	32:13+	34:16+	39:56+	44:16+	46:41+	49:21+	50:07+
01:21+	07:29+	04:07+	02:56+	03:07-	03:34+	04:39+	05:00+	02:03+	05:40+	04:20+	02:25+	02:40+	00:46+
00:33&	03:10&	01:48&	00:52&	00:11-	02:17@	01:23&	02:18&	00:28&	03:03@	00:59&	00:28#	00:54&	00:09#
<b>13</b>	<b>Bjørn Sivertsen</b>	<b>1332</b>	<b>52:27</b>										
01:25+	08:04+	11:01+	13:41+	17:05+	19:00+	25:53+	36:23+	38:37+	41:11+	45:44+	48:39+	51:31+	52:27+
01:25+	06:39+	02:57+	02:40+	03:24+	01:55+	06:53+	10:30+	02:14+	02:34-	04:33+	02:55+	02:52+	00:56+
00:37&	02:20&	00:38&	00:36&	00:06+	00:38&	03:37@	07:48@	00:39&	00:03-	01:12&	00:58&	01:06&	00:19&
<b>14</b>	<b>Ommund Bakkevold</b>	<b>874</b>	<b>1:03:16</b>										
01:32+	09:00+	16:05+	19:17+	23:42+	27:57+	33:25+	39:51+	42:28+	48:17+	54:35+	58:54+	62:13+	63:16+
01:32+	07:28+	07:05+	03:12+	04:25+	04:15+	05:28+	06:26+	02:37+	05:49+	06:18+	04:19+	03:19+	01:03+
00:44&	03:09&	04:46@	01:08&	01:07&	02:58@	02:12&	03:44@	01:02&	03:12@	02:57&	02:22@	01:33&	00:26&

Class	Navn	Klasse	Tid
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## Herrer 65 - 69 år

### 15 Asgeir Kleppa 3511 1:03:31

02:19+	12:49+	16:54+	24:57+	28:47+	30:55+	37:00+	45:20+	47:16+	49:30+	54:05+	57:50+	62:29+	63:31+
02:19+	10:30+	04:05+	08:03+	03:50+	02:08+	06:05+	08:20+	01:56+	02:14-	04:35+	03:45+	04:39+	01:02+
01:31@	06:11@	01:46&	05:59@	00:32#	00:51&	02:49&	05:38@	00:21#	00:23-	01:14&	01:48&	02:53@	00:25&

### 16 Rolf Kleppe 3524 1:10:29

01:50+	09:05+	13:13+	17:48+	22:12+	24:38+	30:24+	43:05+	46:12+	53:57+	61:24+	65:22+	69:29+	70:29+
01:50+	07:15+	04:08+	04:35+	04:24+	02:26+	05:46+	12:41+	03:07+	07:45+	07:27+	03:58+	04:07+	01:00+
01:50+	07:15+	04:08+	04:35+	04:24+	02:26+	05:46+	12:41+	03:07+	07:45+	07:27+	03:58+	04:07+	01:00+

### Beste strekketid for klassen

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

## Herrer 70 - 74 år

### 1 Arne Kristian Espedal 874 30:46

00:45=	05:00=	06:57=	08:51=	11:55=	13:00=	16:07=	19:01=	20:25=	23:00=	25:46=	27:47=	30:11=	30:46=
00:45=	04:15=	01:57=	01:54=	03:04=	01:05=	03:07=	02:54=	01:24=	02:35=	02:46=	02:01=	02:24=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

### 2 Ragnvald Frøyland 879 40:02

01:04+	06:22+	09:58+	12:11+	15:25+	17:05+	20:40+	25:40+	27:40+	30:29+	34:21+	37:09+	39:19+	40:02+
01:04+	05:18+	03:36+	02:13+	03:14+	01:40+	03:35+	05:00+	02:00+	02:49+	03:52+	02:48+	02:10-	00:43+
00:19&	01:03#	01:39&	00:19#	00:10+	00:35&	00:28#	02:06&	00:36&	00:14+	01:06&	00:47&	00:14-	00:08#

### 3 Jan Inge Lunde 1830 41:48

01:14+	07:07+	10:55+	13:20+	16:57+	18:56+	23:02+	27:23+	29:23+	31:28+	35:20+	37:54+	41:08+	41:48+
01:14+	05:53+	03:48+	02:25+	03:37+	01:59+	04:06+	04:21+	02:00+	02:05-	03:52+	02:34+	03:14+	00:40+
00:29&	01:38&	01:51&	00:31&	00:33#	00:54&	00:59&	01:27&	00:36&	00:30-	01:06&	00:33&	00:50&	00:05#

### 4 Tom Hetland 880 43:41

01:25+	07:06+	09:56+	12:33+	15:49+	17:32+	21:47+	26:11+	28:10+	31:51+	35:57+	38:54+	43:04+	43:41+
01:25+	05:41+	02:50+	02:37+	03:16+	01:43+	04:15+	04:24+	01:59+	03:41+	04:06+	02:57+	04:10+	00:37+
00:40&	01:26&	00:53&	00:43&	00:12+	00:38&	01:08&	01:30&	00:35&	01:06&	01:20&	00:56&	01:46&	00:02+

### 5 Jan Hetland 3502 43:45

01:13+	07:14+	10:31+	13:24+	16:01+	19:06+	22:17+	27:30+	29:49+	34:58+	38:21+	41:02+	43:03+	43:45+
01:13+	06:01+	03:17+	02:53+	02:37-	03:05+	03:11+	05:13+	02:19+	05:09+	03:23+	02:41+	02:01-	00:42+
00:28&	01:46&	01:20&	00:59&	00:27-	02:00@	00:04+	02:19&	00:55&	02:34&	00:37#	00:40&	00:23-	00:07#

### 6 Bjørn Bjelland 3541 43:51

01:33+	08:25+	11:59+	14:38+	18:03+	20:14+	24:15+	29:16+	31:06+	33:33+	37:35+	40:11+	43:00+	43:51+
01:33+	06:52+	03:34+	02:39+	03:25+	02:11+	04:01+	05:01+	01:50+	02:27-	04:02+	02:36+	02:49+	00:51+
00:48@	02:37&	01:37&	00:45&	00:21#	01:06@	00:54&	02:07&	00:26&	00:08-	01:16&	00:35&	00:25#	00:16&

### 7 Bjarne Gimre 1830 47:29

01:34+	08:40+	11:30+	14:00+	18:05+	20:12+	27:20+	32:31+	34:34+	36:57+	41:07+	43:44+	46:40+	47:29+
01:34+	07:06+	02:50+	02:30+	04:05+	02:07+	07:08+	05:11+	02:03+	02:23-	04:10+	02:37+	02:56+	00:49+
00:49@	02:51&	00:53&	00:36&	01:01&	01:02&	04:01@	02:17&	00:39&	00:12-	01:24&	00:36&	00:32#	00:14&

### 8 Kjell-Ingar Olsen 1119 48:49

01:31+	08:35+	12:11+	15:15+	19:11+	21:24+	28:43+	33:44+	35:39+	38:23+	42:26+	45:04+	47:58+	48:49+
01:31+	07:04+	03:36+	03:04+	03:56+	02:13+	07:19+	05:01+	01:55+	02:44+	04:03+	02:38+	02:54+	00:51+
00:46@	02:49&	01:39&	01:10&	00:52&	01:08@	04:12@	02:07&	00:31&	00:09+	01:17&	00:37&	00:30#	00:16&

### 9 Tore Romon Tvedt 3518 50:24

01:43+	08:14+	11:08+	13:37+	19:35+	21:52+	25:49+	31:31+	34:00+	39:01+	42:47+	46:15+	49:23+	50:24+
01:43+	06:31+	02:54+	02:29+	05:58+	02:17+	03:57+	05:42+	02:29+	05:01+	03:46+	03:28+	03:08+	01:01+
00:58@	02:16&	00:57&	00:35&	02:54&	01:12@	00:50&	02:48&	01:05&	02:26&	01:00&	01:27&	00:44&	00:26&

### 10 Eivind Lars Rake 892 51:39

01:29+	08:16+	14:37+	17:05+	20:30+	22:57+	28:38+	32:14+	34:27+	37:27+	43:23+	47:49+	50:42+	51:39+
01:29+	06:47+	06:21+	02:28+	03:25+	02:27+	05:41+	03:36+	02:13+	03:00+	05:56+	04:26+	02:53+	00:57+
00:44&	02:32&	04:24@	00:34&	00:21#	01:22@	02:34&	00:42#	00:49&	00:25#	03:10@	02:25@	00:29#	00:22&

Class	Navn	Klasse	Tid
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## Herrer 70 - 74 år

<b>11</b>	<b>Rune Inge Olsen</b>	<b>1884</b>	<b>52:19</b>
01:08+	07:28+	10:26+	13:38+
01:08+	06:20+	02:58+	03:12+
00:23&	02:05&	01:01&	01:18&
01:22+	06:56+	12:24+	16:44+
01:22+	05:34+	05:28+	04:20+
01:22+	05:34+	05:28+	04:20+
<b>12</b>	<b>Svein Ims</b>	<b>903</b>	<b>1:00:17</b>
01:22+	06:56+	12:24+	16:44+
01:22+	05:34+	05:28+	04:20+
01:22+	05:34+	05:28+	04:20+
<b>13</b>	<b>Arne Magne Handeland</b>	<b>892</b>	<b>1:02:38</b>
01:18+	07:17+	10:12+	12:53+
01:18+	05:59+	02:55+	02:41+
01:18+	05:59+	02:55+	02:41+
<b>14</b>	<b>Kjell Ivar Skjørestad</b>	<b>892</b>	<b>1:02:48</b>
01:06+	06:19+	09:19+	12:41+
01:06+	05:13+	03:00+	03:22+
01:06+	05:13+	03:00+	03:22+
<b>15</b>	<b>Olav Habbestad</b>	<b>1683</b>	<b>1:10:54</b>
01:21+	08:16+	12:12+	14:40+
01:21+	06:55+	03:56+	02:28+
01:21+	06:55+	03:56+	02:28+

### Beste strekktid for klassen

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

## Herrer 75 - 79 år

<b>1</b>	<b>Asgeir Bell</b>	<b>896</b>	<b>33:07</b>
01:54=	06:43=	09:11=	11:15=
01:54=	04:49=	02:28=	02:04=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Finn-Morten Årstad</b>	<b>3530</b>	<b>39:17</b>
02:22+	07:48+	10:34+	13:21+
02:22+	05:26+	02:46+	02:47+
00:28#	00:37#	00:18#	00:43&
<b>3</b>	<b>Knut Skjæveland</b>	<b>1884</b>	<b>42:02</b>
02:40+	07:54+	11:31+	14:36+
02:40+	05:14+	03:37+	03:05+
00:46&	00:25+	01:09&	01:01&
<b>4</b>	<b>Øyvind Egeskog</b>	<b>880</b>	<b>43:19</b>
02:35+	08:24+	11:31+	14:01+
02:35+	05:49+	03:07+	02:30+
00:41&	01:00#	00:39&	00:26#
<b>5</b>	<b>Olav Dag Borgersen</b>	<b>3536</b>	<b>44:40</b>
02:11+	07:11+	09:47+	15:28+
02:11+	05:00+	02:36+	05:41+
00:17#	00:11+	00:08+	03:37@
<b>6</b>	<b>Kjell Svihus</b>	<b>892</b>	<b>45:11</b>
02:32+	08:46+	13:54+	16:20+
02:32+	06:14+	05:08+	02:26+
00:38&	01:25&	02:40@	00:22#
<b>7</b>	<b>Svein Glendrange</b>	<b>874</b>	<b>45:53</b>
02:38+	08:42+	12:55+	16:05+
02:38+	06:04+	04:13+	03:10+
00:44&	01:15&	01:45&	01:06&

Plass	Navn	Klasse	Tid									
<b>Herrer 75 - 79 år</b>												
<b>8</b>	<b>Jostein Tunheim</b>	<b>1683</b>	<b>49:16</b>									
03:09+	08:08+	11:36+	14:23+	21:27+	24:42+	31:27+	33:24+	37:03+	41:56+	45:13+	48:11+	49:16+
03:09+	04:59+	03:28+	02:47+	07:04+	03:15+	06:45+	01:57+	03:39+	04:53+	03:17+	02:58+	01:05-
01:15&	00:10+	01:00&	00:43&	03:54@	00:18#	04:50@	00:15#	01:19&	01:05&	01:18&	00:15+	00:13-
<b>9</b>	<b>Hermann Skogsholm</b>	<b>1754</b>	<b>49:47</b>									
02:15+	10:02+	13:28+	16:29+	20:03+	23:26+	35:22+	37:21+	39:30+	43:17+	45:23+	48:24+	49:47+
02:15+	07:47+	03:26+	03:01+	03:34+	03:23+	11:56+	01:59+	02:09+	03:47+	02:06+	03:01+	01:23+
02:15+	07:47+	03:26+	03:01+	03:34+	03:23+	11:56+	01:59+	02:09+	03:47+	02:06+	03:01+	01:23+
<b>10</b>	<b>Olav A. Hognestad</b>	<b>892</b>	<b>50:01</b>									
02:12+	07:49+	10:49+	13:34+	24:49+	28:27+	31:04+	33:24+	36:07+	41:06+	44:14+	48:29+	50:01+
02:12+	05:37+	03:00+	02:45+	11:15+	03:38+	02:37+	02:20+	02:43+	04:59+	03:08+	04:15+	01:32+
02:12+	05:37+	03:00+	02:45+	11:15+	03:38+	02:37+	02:20+	02:43+	04:59+	03:08+	04:15+	01:32+
<b>11</b>	<b>Ole Auklend</b>	<b>885</b>	<b>54:52</b>									
02:37+	09:50+	13:15+	16:47+	21:51+	26:26+	30:49+	33:25+	41:07+	46:14+	49:07+	53:04+	54:52+
02:37+	07:13+	03:25+	03:32+	05:04+	04:35+	04:23+	02:36+	07:42+	05:07+	02:53+	03:57+	01:48+
02:37+	07:13+	03:25+	03:32+	05:04+	04:35+	04:23+	02:36+	07:42+	05:07+	02:53+	03:57+	01:48+
<b>12</b>	<b>Norvald Skretting</b>	<b>1832</b>	<b>55:59</b>									
02:22+	09:20+	12:35+	18:59+	23:33+	28:38+	31:16+	34:22+	40:02+	46:24+	50:25+	54:16+	55:59+
02:22+	06:58+	03:15+	06:24+	04:34+	05:05+	02:38+	03:06+	05:40+	06:22+	04:01+	03:51+	01:43+
02:22+	06:58+	03:15+	06:24+	04:34+	05:05+	02:38+	03:06+	05:40+	06:22+	04:01+	03:51+	01:43+
<b>13</b>	<b>Leif Gunnar Wikene</b>	<b>1832</b>	<b>59:08</b>									
08:56+	14:30+	18:26+	21:32+	27:07+	31:03+	33:11+	35:50+	40:08+	50:51+	54:13+	57:42+	59:08+
08:56+	05:34+	03:56+	03:06+	05:35+	03:56+	02:08+	02:39+	04:18+	10:43+	03:22+	03:29+	01:26+
08:56+	05:34+	03:56+	03:06+	05:35+	03:56+	02:08+	02:39+	04:18+	10:43+	03:22+	03:29+	01:26+
<b>14</b>	<b>Mangor Eikeland</b>	<b>892</b>	<b>1:12:42</b>									
07:27+	16:48+	21:47+	26:42+	32:48+	38:43+	43:09+	47:11+	51:37+	60:09+	64:49+	69:44+	72:42+
07:27+	09:21+	04:59+	04:55+	06:06+	05:55+	04:26+	04:02+	04:26+	08:32+	04:40+	04:55+	02:58+
07:27+	09:21+	04:59+	04:55+	06:06+	05:55+	04:26+	04:02+	04:26+	08:32+	04:40+	04:55+	02:58+

### Beste strekktid for klassen

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

### Herrer 80 år og eldre

<b>1</b>	<b>Terje Braut</b>	<b>892</b>	<b>35:18</b>						
02:02=	07:57=	10:04=	12:45=	21:19=	25:17=	29:04=	31:23=	34:24=	35:18=
02:02=	05:55=	02:07=	02:41=	08:34=	03:58=	03:47=	02:19=	03:01=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjell Langvik</b>	<b>1884</b>	<b>36:09</b>						
02:33+	08:29+	11:10+	14:02+	20:24-	25:58+	29:50+	32:08+	35:18+	36:09+
02:33+	05:56+	02:41+	02:52+	06:22-	05:34+	03:52+	02:18-	03:10+	00:51-
00:31&	00:01+	00:34&	00:11+	02:12-	01:36&	00:05+	00:01-	00:09+	00:03-
<b>3</b>	<b>Harald Vatne</b>	<b>2342</b>	<b>40:14</b>						
02:23+	08:14+	10:48+	13:40+	22:40+	27:23+	31:42+	35:08+	39:15+	40:14+
02:23+	05:51-	02:34+	02:52+	09:00+	04:43+	04:19+	03:26+	04:07+	00:59+
00:21#	00:04-	00:27#	00:11+	00:26+	00:45#	00:32#	01:07&	01:06&	00:05+
<b>4</b>	<b>Sigurd Krosli</b>	<b>1884</b>	<b>42:31</b>						
04:12+	10:14+	12:38+	15:30+	24:36+	29:41+	34:21+	37:37+	41:31+	42:31+
04:12+	06:02+	02:24+	02:52+	09:06+	05:05+	04:40+	03:16+	03:54+	01:00+
02:10@	00:07+	00:17#	00:11+	00:32+	01:07&	00:53#	00:57&	00:53&	00:06#
<b>5</b>	<b>Jan A. Bekkeheien</b>	<b>892</b>	<b>48:05</b>						
05:43+	12:00+	14:41+	17:51+	27:02+	32:26+	36:49+	40:14+	47:07+	48:05+
05:43+	06:17+	02:41+	03:10+	09:11+	05:24+	04:23+	03:25+	06:53+	00:58+
03:41@	00:22+	00:34&	00:29#	00:37+	01:26&	00:36#	01:06&	03:52@	00:04+

Plass	Navn	Klasse	Tid
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## Herrer 80 år og eldre

<b>6</b>	<b>Arne Brandsberg</b>	<b>3502</b>	<b>53:40</b>
03:02+	11:28+ 15:28+ 20:05+ 30:03+ 37:01+	42:29+ 47:19+ 52:06+ 53:40+	
03:02+	08:26+ 04:00+ 04:37+ 09:58+ 06:58+	05:28+ 04:50+ 04:47+ 01:34+	
01:00&	02:31& 01:53& 01:56& 01:24# 03:00&	01:41& 02:31@ 01:46& 00:40&	
<b>7</b>	<b>Alf Gyland</b>	<b>892</b>	<b>54:04</b>
01:44+	08:19+ 10:30+ 13:25+ 29:48+ 40:21+	44:10+ 47:02+ 52:58+ 54:04+	
01:44+	06:35+ 02:11+ 02:55+ 16:23+ 10:33+	03:49+ 02:52+ 05:56+ 01:06+	
01:44+	06:35+ 02:11+ 02:55+ 16:23+ 10:33+	03:49+ 02:52+ 05:56+ 01:06+	
<b>8</b>	<b>Magne Jakobsen</b>	<b>3524</b>	<b>56:42</b>
03:32+	11:32+ 14:01+ 17:52+ 37:12+ 43:40+	48:34+ 52:01+ 55:44+ 56:42+	
03:32+	08:00+ 02:29+ 03:51+ 19:20+ 06:28+	04:54+ 03:27+ 03:43+ 00:58+	
03:32+	08:00+ 02:29+ 03:51+ 19:20+ 06:28+	04:54+ 03:27+ 03:43+ 00:58+	
<b>9</b>	<b>Magne Andreas Westerheim</b>	<b>1884</b>	<b>1:02:01</b>
03:12+	09:42+ 13:40+ 17:07+ 33:02+ 40:32+	46:08+ 52:36+ 60:59+ 62:01+	
03:12+	06:30+ 03:58+ 03:27+ 15:55+ 07:30+	05:36+ 06:28+ 08:23+ 01:02+	
03:12+	06:30+ 03:58+ 03:27+ 15:55+ 07:30+	05:36+ 06:28+ 08:23+ 01:02+	
<b>10</b>	<b>Torleiv Møgedal</b>	<b>874</b>	<b>1:06:06</b>
03:36+	16:04+ 19:02+ 23:44+ 36:44+ 43:52+	51:01+ 60:15+ 64:51+ 66:06+	
03:36+	12:28+ 02:58+ 04:42+ 13:00+ 07:08+	07:09+ 09:14+ 04:36+ 01:15+	
03:36+	12:28+ 02:58+ 04:42+ 13:00+ 07:08+	07:09+ 09:14+ 04:36+ 01:15+	

### Beste strekktid for klassen

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

## Herrer A

<b>1</b>	<b>Ørjan Ravndal</b>	<b>3522</b>	<b>33:49</b>
01:10=	04:07= 05:52= 07:39= 10:52= 13:25=	14:59= 16:29= 18:04= 19:02= 20:21=	21:46= 24:25= 27:16= 29:10= 30:39=
01:10=	02:57= 01:45= 01:47= 03:13= 02:33=	01:34= 01:30= 01:35= 00:58= 01:19=	01:25= 02:39= 02:51= 01:54= 01:29=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Harald Kalager</b>	<b>793</b>	<b>35:49</b>
01:17+	04:28+ 06:37+ 08:34+ 11:51+ 14:00+	14:50+ 16:41+ 18:40+ 19:51+ 21:08+	22:11+ 25:10+ 27:52+ 31:04+ 32:45+
01:17+	03:11+ 02:09+ 01:57+ 03:17+ 02:09-	00:50- 01:51+ 01:59+ 01:11+ 01:17-	01:03- 02:59+ 02:42- 03:12+ 01:41+
00:07#	00:14+ 00:24# 00:10+ 00:04+ 00:24-	00:44- 00:21# 00:24& 00:13# 00:02-	00:22- 00:20# 00:09- 01:18& 00:12#
<b>3</b>	<b>Morten Bjerga Sundli</b>	<b>3522</b>	<b>36:15</b>
01:24+	04:37+ 06:32+ 08:26+ 12:24+ 15:19+	16:08+ 17:47+ 20:14+ 21:25+ 22:56+	24:04+ 26:41+ 29:10+ 31:32+ 33:07+
01:24+	03:13+ 01:55+ 01:54+ 03:58+ 02:55+	00:49- 01:39+ 02:27+ 01:11+ 01:31+	01:08- 02:37- 02:29- 02:22+ 01:35+
00:14#	00:16+ 00:10+ 00:07+ 00:45# 00:22#	00:45- 00:09# 00:52& 00:13# 00:12#	00:17- 00:02- 00:22- 00:28# 00:06+
<b>4</b>	<b>Jone Valdøl</b>	<b>1683</b>	<b>37:16</b>
01:13+	04:47+ 06:55+ 08:52+ 12:25+ 16:06+	17:04+ 19:04+ 21:09+ 22:11+ 23:20+	24:24+ 27:24+ 30:01+ 32:06+ 33:43+
01:13+	03:34+ 02:08+ 01:57+ 03:33+ 03:41+	00:58- 02:00+ 02:05+ 01:02+ 01:09-	01:04- 03:00+ 02:37- 02:05+ 01:37+
00:03+	00:37# 00:23# 00:10+ 00:20# 01:08&	00:36- 00:30& 00:30& 00:04+ 00:10-	00:21- 00:21# 00:14- 00:11+ 00:08+
<b>5</b>	<b>Svein Magnus Halsne</b>	<b>3634</b>	<b>38:53</b>
01:16+	04:32+ 06:30+ 08:28+ 13:08+ 17:04+	18:19+ 20:13+ 22:01+ 23:17+ 24:34+	25:37+ 28:22+ 31:12+ 33:35+ 35:13+
01:16+	03:16+ 01:58+ 01:58+ 04:40+ 03:56+	01:15- 01:54+ 01:48+ 01:16+ 01:17-	01:03- 02:45+ 02:50- 02:23+ 01:38+
00:06+	00:19# 00:13# 00:11# 01:27& 01:23&	00:19- 00:24& 00:13# 00:18& 00:02-	00:22- 00:06+ 00:01- 00:29& 00:09#
<b>6</b>	<b>Sven Hatteland</b>	<b>3528</b>	<b>41:40</b>
01:27+	05:10+ 07:18+ 09:25+ 12:59+ 16:20+	18:11+ 19:47+ 21:53+ 23:08+ 24:28+	25:35+ 28:48+ 31:36+ 36:26+ 38:19+
01:27+	03:43+ 02:08+ 02:07+ 03:34+ 03:21+	01:51+ 01:36+ 02:06+ 01:15+ 01:20+	01:07- 03:13+ 02:48- 04:50+ 01:53+
00:17#	00:46& 00:23# 00:20# 00:21# 00:48&	00:17# 00:06+ 00:31& 00:17& 00:01+	00:18- 00:34# 00:03- 02:56@ 00:24&
<b>7</b>	<b>Erik Lima</b>	<b>1832</b>	<b>41:50</b>
01:47+	05:06+ 07:13+ 09:10+ 14:02+ 16:41+	17:31+ 19:21+ 21:49+ 22:48+ 24:06+	25:07+ 28:51+ 32:35+ 35:27+ 37:19+
01:47+	03:19+ 02:07+ 01:57+ 04:52+ 02:39+	00:50- 01:50+ 02:28+ 00:59+ 01:18-	01:01- 03:44+ 03:44+ 02:52+ 01:52+
00:37&	00:22# 00:22# 00:10+ 01:39& 00:06+	00:44- 00:20# 00:53& 00:01+ 00:01-	00:24- 01:05& 00:53& 00:58& 00:23&



Class	Navn	Klasse	Tid
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## Herrer A

<b>8</b>	<b>Kristian Frafjord Haarr</b>	<b>882</b>	<b>42:18</b>															
01:29+	04:59+	07:00+	09:06+	12:33+	14:50+	15:56+	17:51+	19:48+	20:49+	22:06+	23:07+	26:49+	34:29+	36:59+	38:46+	39:56+	41:26+	42:18+
01:29+	03:30+	02:01+	02:06+	03:27+	02:17-	01:06-	01:55+	01:57+	01:01+	01:17-	01:01-	03:42+	07:40+	02:30+	01:47+	01:10+	01:30+	00:52+
00:19&	00:33#	00:16#	00:19#	00:14+	00:16-	00:28-	00:25&	00:22#	00:03+	00:02-	00:24-	01:03&	04:49#	00:36&	00:18#	00:09#	00:06+	00:07#
<b>9</b>	<b>Fredrik Sandal</b>	<b>1830</b>	<b>42:19</b>															
01:40+	05:21+	07:33+	09:54+	14:55+	17:55+	19:11+	21:16+	23:20+	24:32+	26:43+	27:47+	30:41+	33:39+	36:02+	37:48+	39:36+	41:22+	42:19+
01:40+	03:41+	02:12+	02:21+	05:01+	03:00+	01:16+	02:05+	02:04+	01:12+	02:11+	01:04+	02:54+	02:58+	02:23+	01:46+	01:48+	01:46+	00:57+
01:40+	03:41+	02:12+	02:21+	05:01+	03:00+	01:16+	02:05+	02:04+	01:12+	02:11+	01:04+	02:54+	02:58+	02:23+	01:46+	01:48+	01:46+	00:57+
<b>10</b>	<b>Magne Hatteland</b>	<b>3528</b>	<b>43:20</b>															
01:29+	05:09+	07:32+	09:43+	14:11+	17:40+	18:34+	20:28+	22:37+	23:43+	27:07+	28:12+	31:23+	34:18+	37:30+	39:19+	40:42+	42:21+	43:20+
01:29+	03:40+	02:23+	02:11+	04:28+	03:29+	00:54+	01:54+	02:09+	01:06+	03:24+	01:05+	03:11+	02:55+	03:12+	01:49+	01:23+	01:39+	00:59+
01:29+	03:40+	02:23+	02:11+	04:28+	03:29+	00:54+	01:54+	02:09+	01:06+	03:24+	01:05+	03:11+	02:55+	03:12+	01:49+	01:23+	01:39+	00:59+
<b>11</b>	<b>Svein Kyllingstad</b>	<b>1284</b>	<b>44:57</b>															
01:32+	05:08+	07:13+	09:30+	13:28+	17:32+	18:47+	21:12+	23:12+	25:44+	27:22+	28:39+	32:20+	35:15+	38:25+	40:22+	42:26+	43:58+	44:57+
01:32+	03:36+	02:05+	02:17+	03:58+	04:04+	01:15+	02:25+	02:00+	02:32+	01:38+	01:17+	03:41+	02:55+	03:10+	01:57+	02:04+	01:32+	00:59+
01:32+	03:36+	02:05+	02:17+	03:58+	04:04+	01:15+	02:25+	02:00+	02:32+	01:38+	01:17+	03:41+	02:55+	03:10+	01:57+	02:04+	01:32+	00:59+
<b>12</b>	<b>Håkon Eggebø</b>	<b>1284</b>	<b>46:04</b>															
01:46+	05:35+	07:55+	10:24+	16:31+	20:01+	21:04+	23:00+	25:23+	26:35+	28:18+	29:33+	33:28+	36:22+	39:38+	41:39+	43:31+	45:21+	46:04+
01:46+	03:49+	02:20+	02:29+	06:07+	03:30+	01:03+	01:56+	02:23+	01:12+	01:43+	01:15+	03:55+	02:54+	03:16+	02:01+	01:52+	01:50+	00:43+
01:46+	03:49+	02:20+	02:29+	06:07+	03:30+	01:03+	01:56+	02:23+	01:12+	01:43+	01:15+	03:55+	02:54+	03:16+	02:01+	01:52+	01:50+	00:43+
<b>13</b>	<b>Martin Blystad</b>	<b>3530</b>	<b>46:09</b>															
01:22+	05:07+	07:35+	09:35+	13:53+	17:03+	19:47+	22:38+	24:36+	25:56+	27:36+	29:11+	32:45+	36:51+	39:50+	42:05+	43:49+	45:22+	46:09+
01:22+	03:45+	02:28+	02:00+	04:18+	03:10+	02:44+	02:51+	01:58+	01:20+	01:40+	01:35+	03:34+	04:06+	02:59+	02:15+	01:44+	01:33+	00:47+
01:22+	03:45+	02:28+	02:00+	04:18+	03:10+	02:44+	02:51+	01:58+	01:20+	01:40+	01:35+	03:34+	04:06+	02:59+	02:15+	01:44+	01:33+	00:47+
<b>14</b>	<b>Maximilian Erlbeck</b>	<b>2342</b>	<b>52:13</b>															
03:55+	07:13+	09:42+	11:54+	17:28+	23:47+	26:54+	29:05+	31:15+	33:55+	35:54+	37:16+	40:26+	43:15+	45:49+	47:28+	49:54+	51:23+	52:13+
03:55+	03:18+	02:29+	02:12+	05:34+	06:19+	03:07+	02:11+	02:10+	02:40+	01:59+	01:22+	03:10+	02:49+	02:34+	01:39+	02:26+	01:29+	00:50+
03:55+	03:18+	02:29+	02:12+	05:34+	06:19+	03:07+	02:11+	02:10+	02:40+	01:59+	01:22+	03:10+	02:49+	02:34+	01:39+	02:26+	01:29+	00:50+
<b>15</b>	<b>Briac Le Ray</b>	<b>2342</b>	<b>55:58</b>															
03:24+	07:11+	09:41+	11:51+	17:44+	23:12+	29:23+	32:00+	36:58+	38:28+	40:09+	41:24+	44:31+	47:15+	50:18+	51:57+	53:41+	55:07+	55:58+
03:24+	03:47+	02:30+	02:10+	05:53+	05:28+	06:11+	02:37+	04:58+	01:30+	01:41+	01:15+	03:07+	02:44+	03:03+	01:39+	01:44+	01:26+	00:51+
03:24+	03:47+	02:30+	02:10+	05:53+	05:28+	06:11+	02:37+	04:58+	01:30+	01:41+	01:15+	03:07+	02:44+	03:03+	01:39+	01:44+	01:26+	00:51+
<b>16</b>	<b>Lars Erik Malde</b>	<b>NOTEAM</b>	<b>1:21:13</b>															
05:45+	09:53+	16:11+	19:38+	27:40+	33:10+	34:23+	37:09+	39:28+	41:02+	42:44+	56:14+	59:56+	71:18+	75:01+	76:59+	78:05+	80:10+	81:13+
05:45+	04:08+	06:18+	03:27+	08:02+	05:30+	01:13+	02:46+	02:19+	01:34+	01:42+	13:30+	03:42+	11:22+	03:43+	01:58+	01:06+	02:05+	01:03+
05:45+	04:08+	06:18+	03:27+	08:02+	05:30+	01:13+	02:46+	02:19+	01:34+	01:42+	13:30+	03:42+	11:22+	03:43+	01:58+	01:06+	02:05+	01:03+

### Beste strekktid for klassen

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

## Herrer B

<b>1</b>	<b>Tom Furland</b>	<b>769</b>	<b>37:32</b>															
01:20=	04:56=	07:10=	09:15=	12:37=	14:51=	15:40=	17:28=	20:20=	21:22=	22:37=	23:50=	26:55=	29:43=	31:58=	33:43=	35:16=	36:46=	37:32=
01:20=	03:36=	02:14=	02:05=	03:22=	02:14=	00:49=	01:48=	02:52=	01:02=	01:15=	01:13=	03:05=	02:48=	02:15=	01:45=	01:33=	01:30=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jan-Rune Larsen Basso</b>	<b>1376</b>	<b>40:17</b>															
01:37+	05:34+	07:33+	09:42+	14:22+	16:45+	17:42+	19:26+	21:26+	22:32+	23:56+	25:18+	28:28+	31:18+	33:47+	35:31+	37:51+	39:25+	40:17+
01:37+	03:57+	01:59-	02:09+	04:40+	02:23+	00:57+	01:44-	02:00-	01:06+	01:24+	01:22+	03:10+	02:50+	02:29+	01:44-	02:20+	01:34+	00:52+
00:17#	00:21+	00:15-	00:04+	01:18&	00:09+	00:08#	00:04-	00:52-	00:04+	00:09#	00:09#	00:05+	00:02+	00:14#	00:01-	00:47&	00:04+	00:06#
<b>3</b>	<b>Geir Sand</b>	<b>722</b>	<b>40:56</b>															
01:41+	05:22+	07:34+	09:35+	13:23+	16:11+	19:02+	20:59+	23:08+	24:29+	25:55+	27:25+	30:24+	33:05+	35:33+	37:15+	38:24+	40:00+	40:56+
01:41+	03:41+	02:12-	02:01-	03:48+	02:48+	02:51+	01:57+	02:09-	01:21+	01:26+	01:30+	02:59-	02:41-	02:28+	01:42-	01:09-	01:36+	00:56+
00:21&	00:05+	00:02-	00:04-	00:26#	00:34&	02:02#	00:09+	00:43-	00:19&	00:11#	00:17#	00:06-	00:07-	00:13+	00:03-	00:24-	00:06+	00:10#

## Herrer B

<b>4</b>	<b>Arne Eirik Nielsen</b>	<b>3588</b>	<b>42:28</b>															
01:29+	04:59+	07:10=	09:07-	13:56+	17:45+	18:54+	21:07+	23:17+	24:52+	26:19+	27:36+	30:46+	33:23+	36:36+	38:35+	39:59+	41:26+	42:28+
01:29+	03:30-	02:11-	01:57-	04:49+	03:49+	01:09+	02:13+	02:10-	01:35+	01:27+	01:17+	03:10+	02:37-	03:13+	01:59+	01:24-	01:27-	01:02+
00:09#	00:06-	00:03-	00:08-	01:27#	01:35#	00:20#	00:25#	00:42-	00:33#	00:12#	00:04+	00:05+	00:11-	00:58#	00:14#	00:09-	00:03-	00:16#
<b>5</b>	<b>Oddgeir Eikeskog</b>	<b>1884</b>	<b>43:02</b>															
01:34+	05:12+	07:25+	09:35+	13:35+	15:41+	17:24+	19:17+	24:16+	25:29+	26:58+	28:06+	31:29+	34:15+	36:37+	38:58+	40:16+	41:53+	43:02+
01:34+	03:38+	02:13+	02:10+	04:00+	02:06+	01:43+	01:53+	04:59+	01:13+	01:29+	01:08+	03:23+	02:46+	02:22+	02:21+	01:18+	01:37+	01:09+
01:34+	03:38+	02:13+	02:10+	04:00+	02:06+	01:43+	01:53+	04:59+	01:13+	01:29+	01:08+	03:23+	02:46+	02:22+	02:21+	01:18+	01:37+	01:09+
<b>6</b>	<b>Bård Martby-Skogsholm</b>	<b>3522</b>	<b>44:16</b>															
01:36+	05:24+	07:52+	10:08+	14:36+	17:32+	19:20+	21:23+	23:21+	24:28+	26:01+	27:07+	31:04+	34:27+	38:03+	39:55+	41:00+	42:59+	44:16+
01:36+	03:48+	02:28+	02:16+	04:28+	02:56+	01:48+	02:03+	01:58+	01:07+	01:33+	01:06+	03:57+	03:23+	03:36+	01:52+	01:05+	01:59+	01:17+
01:36+	03:48+	02:28+	02:16+	04:28+	02:56+	01:48+	02:03+	01:58+	01:07+	01:33+	01:06+	03:57+	03:23+	03:36+	01:52+	01:05+	01:59+	01:17+
<b>7</b>	<b>Joar Eilevstjønn</b>	<b>2342</b>	<b>45:42</b>															
01:38+	05:12+	08:11+	10:13+	13:56+	19:19+	20:36+	22:27+	24:38+	25:57+	27:36+	28:55+	32:17+	35:17+	39:33+	41:22+	42:54+	44:45+	45:42+
01:38+	03:34+	02:59+	02:02+	03:43+	05:23+	01:17+	01:51+	02:11+	01:19+	01:39+	01:19+	03:22+	03:00+	04:16+	01:49+	01:32+	01:51+	00:57+
01:38+	03:34+	02:59+	02:02+	03:43+	05:23+	01:17+	01:51+	02:11+	01:19+	01:39+	01:19+	03:22+	03:00+	04:16+	01:49+	01:32+	01:51+	00:57+
<b>8</b>	<b>Kristoffer Johannessen</b>	<b>1830</b>	<b>46:56</b>															
01:42+	06:01+	07:57+	10:02+	13:45+	16:46+	19:35+	22:05+	24:17+	25:37+	26:55+	28:08+	31:43+	36:23+	40:06+	41:53+	43:25+	45:26+	46:56+
01:42+	04:19+	01:56+	02:05+	03:43+	03:01+	02:49+	02:30+	02:12+	01:20+	01:18+	01:13+	03:35+	04:40+	03:43+	01:47+	01:32+	02:01+	01:30+
01:42+	04:19+	01:56+	02:05+	03:43+	03:01+	02:49+	02:30+	02:12+	01:20+	01:18+	01:13+	03:35+	04:40+	03:43+	01:47+	01:32+	02:01+	01:30+
<b>9</b>	<b>Trond Sigurd Fotland</b>	<b>3507</b>	<b>47:09</b>															
01:59+	05:37+	08:03+	10:11+	18:04+	21:39+	22:33+	24:35+	26:52+	28:08+	29:52+	31:00+	34:22+	37:28+	39:57+	41:44+	44:26+	46:10+	47:09+
01:59+	03:38+	02:26+	02:08+	07:53+	03:35+	00:54+	02:02+	02:17+	01:16+	01:44+	01:08+	03:22+	03:06+	02:29+	01:47+	02:42+	01:44+	00:59+
01:59+	03:38+	02:26+	02:08+	07:53+	03:35+	00:54+	02:02+	02:17+	01:16+	01:44+	01:08+	03:22+	03:06+	02:29+	01:47+	02:42+	01:44+	00:59+
<b>10</b>	<b>Njål F. Vadla</b>	<b>1884</b>	<b>47:21</b>															
01:48+	05:19+	07:15+	09:28+	14:02+	17:10+	18:43+	21:12+	25:05+	26:33+	28:30+	30:56+	34:00+	37:58+	40:56+	42:49+	44:40+	46:26+	47:21+
01:48+	03:31+	01:56+	02:13+	04:34+	03:08+	01:33+	02:29+	03:53+	01:28+	01:57+	02:26+	03:04+	03:58+	02:58+	01:53+	01:51+	01:46+	00:55+
01:48+	03:31+	01:56+	02:13+	04:34+	03:08+	01:33+	02:29+	03:53+	01:28+	01:57+	02:26+	03:04+	03:58+	02:58+	01:53+	01:51+	01:46+	00:55+
<b>11</b>	<b>Tim Griffin</b>	<b>3516</b>	<b>48:19</b>															
02:10+	06:03+	08:37+	11:06+	17:48+	20:33+	21:38+	23:50+	26:25+	28:10+	29:55+	31:06+	34:43+	37:48+	40:34+	42:40+	45:04+	47:11+	48:19+
02:10+	03:53+	02:34+	02:29+	06:42+	02:45+	01:05+	02:12+	02:35+	01:45+	01:45+	01:11+	03:37+	03:05+	02:46+	02:06+	02:24+	02:07+	01:08+
02:10+	03:53+	02:34+	02:29+	06:42+	02:45+	01:05+	02:12+	02:35+	01:45+	01:45+	01:11+	03:37+	03:05+	02:46+	02:06+	02:24+	02:07+	01:08+
<b>12</b>	<b>Thomas Johansen</b>	<b>3531</b>	<b>49:52</b>															
01:45+	05:28+	08:11+	10:26+	20:19+	23:50+	25:05+	27:18+	29:56+	31:23+	32:55+	34:14+	37:17+	40:20+	43:21+	45:20+	47:00+	48:50+	49:52+
01:45+	03:43+	02:43+	02:15+	09:53+	03:31+	01:15+	02:13+	02:38+	01:27+	01:32+	01:19+	03:03+	03:03+	03:01+	01:59+	01:40+	01:50+	01:02+
01:45+	03:43+	02:43+	02:15+	09:53+	03:31+	01:15+	02:13+	02:38+	01:27+	01:32+	01:19+	03:03+	03:03+	03:01+	01:59+	01:40+	01:50+	01:02+
<b>13</b>	<b>Fredrik Jomaas</b>	<b>1493</b>	<b>52:10</b>															
02:00+	06:41+	09:51+	12:38+	17:51+	21:04+	22:24+	24:54+	27:25+	28:53+	30:34+	31:58+	36:38+	41:08+	44:15+	46:54+	48:49+	50:58+	52:10+
02:00+	04:41+	03:10+	02:47+	05:13+	03:13+	01:20+	02:30+	02:31+	01:28+	01:41+	01:24+	04:40+	04:30+	03:07+	02:39+	01:55+	02:09+	01:12+
02:00+	04:41+	03:10+	02:47+	05:13+	03:13+	01:20+	02:30+	02:31+	01:28+	01:41+	01:24+	04:40+	04:30+	03:07+	02:39+	01:55+	02:09+	01:12+
<b>14</b>	<b>Jone Sæbbø</b>	<b>3516</b>	<b>52:22</b>															
01:35+	05:37+	07:52+	10:00+	16:39+	19:19+	21:19+	23:38+	26:34+	27:50+	29:40+	30:58+	38:04+	41:10+	43:58+	46:08+	49:01+	51:08+	52:22+
01:35+	04:02+	02:15+	02:08+	06:39+	02:40+	02:00+	02:19+	02:56+	01:16+	01:50+	01:18+	07:06+	03:06+	02:48+	02:10+	02:53+	02:07+	01:14+
01:35+	04:02+	02:15+	02:08+	06:39+	02:40+	02:00+	02:19+	02:56+	01:16+	01:50+	01:18+	07:06+	03:06+	02:48+	02:10+	02:53+	02:07+	01:14+
<b>15</b>	<b>Espen Fyhn Nilsen</b>	<b>1683</b>	<b>57:05</b>															
02:08+	07:30+	10:35+	13:47+	18:31+	21:56+	23:20+	26:23+	29:55+	31:41+	33:37+	35:19+	39:58+	44:38+	48:41+	51:39+	53:30+	55:50+	57:05+
02:08+	05:22+	03:05+	03:12+	04:44+	03:25+	01:24+	03:03+	03:32+	01:46+	01:56+	01:42+	04:39+	04:40+	04:03+	02:58+	01:51+	02:20+	01:15+
02:08+	05:22+	03:05+	03:12+	04:44+	03:25+	01:24+	03:03+	03:32+	01:46+	01:56+	01:42+	04:39+	04:40+	04:03+	02:58+	01:51+	02:20+	01:15+

### Beste strekktid for klassen

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

## Herrer C

## Herrer C

<b>1</b>	<b>Lars Drage</b>	<b>3583</b>	<b>33:00</b>
00:45=	04:38= 05:30= 08:03= 10:49= 12:56= 14:55= 17:17= 18:55= 21:28= 22:59= 24:31= 26:44= 28:56= 30:49= 32:16= 33:00=		
00:45=	03:53= 00:52= 02:33= 02:46= 02:07= 01:59= 02:22= 01:38= 02:33= 01:31= 01:32= 02:13= 02:12= 01:53= 01:27= 00:44=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Morten Aamodt</b>	<b>1683</b>	<b>35:15</b>
01:00+	04:52+ 06:07+ 08:55+ 11:40+ 14:04+ 16:41+ 18:17+ 19:28+ 22:02+ 23:33+ 25:43+ 28:05+ 30:50+ 32:45+ 34:23+ 35:15+		
01:00+	03:52+ 01:15+ 02:48+ 02:45+ 02:24+ 02:37+ 01:36+ 01:11+ 02:34+ 01:31+ 02:10+ 02:22+ 02:45+ 01:55+ 01:38+ 00:52+		
01:00+	03:52+ 01:15+ 02:48+ 02:45+ 02:24+ 02:37+ 01:36+ 01:11+ 02:34+ 01:31+ 02:10+ 02:22+ 02:45+ 01:55+ 01:38+ 00:52+		
<b>3</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>1683</b>	<b>36:23</b>
00:51+	05:12+ 06:32+ 09:29+ 12:33+ 15:13+ 17:50+ 18:53+ 20:11+ 22:33+ 24:13+ 26:16+ 29:01+ 31:34+ 33:27+ 35:31+ 36:23+		
00:51+	04:21+ 01:20+ 02:57+ 03:04+ 02:40+ 02:37+ 01:03+ 01:18+ 02:22+ 01:40+ 02:03+ 02:45+ 02:33+ 01:53+ 02:04+ 00:52+		
00:51+	04:21+ 01:20+ 02:57+ 03:04+ 02:40+ 02:37+ 01:03+ 01:18+ 02:22+ 01:40+ 02:03+ 02:45+ 02:33+ 01:53+ 02:04+ 00:52+		
<b>4</b>	<b>Terje Michaelsen</b>	<b>3511</b>	<b>36:32</b>
00:44+	04:33+ 05:39+ 08:13+ 11:17+ 13:53+ 16:07+ 17:17+ 18:57+ 21:59+ 24:41+ 26:26+ 29:25+ 32:14+ 34:04+ 35:53+ 36:32+		
00:44+	03:49+ 01:06+ 02:34+ 03:04+ 02:36+ 02:14+ 01:10+ 01:40+ 03:02+ 02:42+ 01:45+ 02:59+ 02:49+ 01:50+ 01:49+ 00:39+		
00:44+	03:49+ 01:06+ 02:34+ 03:04+ 02:36+ 02:14+ 01:10+ 01:40+ 03:02+ 02:42+ 01:45+ 02:59+ 02:49+ 01:50+ 01:49+ 00:39+		
<b>5</b>	<b>Stein Arne Olsen</b>	<b>874</b>	<b>37:11</b>
00:55+	05:22+ 06:47+ 09:49+ 12:53+ 15:06+ 18:06+ 19:46+ 20:55+ 24:03+ 25:42+ 27:42+ 30:09+ 32:41+ 34:33+ 36:22+ 37:11+		
00:55+	04:27+ 01:25+ 03:02+ 03:04+ 02:13+ 03:00+ 01:40+ 01:09+ 03:08+ 01:39+ 02:00+ 02:27+ 02:32+ 01:52+ 01:49+ 00:49+		
00:55+	04:27+ 01:25+ 03:02+ 03:04+ 02:13+ 03:00+ 01:40+ 01:09+ 03:08+ 01:39+ 02:00+ 02:27+ 02:32+ 01:52+ 01:49+ 00:49+		
<b>6</b>	<b>Odd Fuglestad</b>	<b>3522</b>	<b>37:51</b>
00:52+	05:27+ 06:44+ 09:48+ 13:16+ 15:34+ 17:51+ 19:07+ 20:35+ 23:51+ 25:22+ 27:14+ 30:34+ 33:21+ 35:14+ 36:59+ 37:51+		
00:52+	04:35+ 01:17+ 03:04+ 03:28+ 02:18+ 02:17+ 01:16+ 01:28+ 03:16+ 01:31+ 01:52+ 03:20+ 02:47+ 01:53+ 01:45+ 00:52+		
00:52+	04:35+ 01:17+ 03:04+ 03:28+ 02:18+ 02:17+ 01:16+ 01:28+ 03:16+ 01:31+ 01:52+ 03:20+ 02:47+ 01:53+ 01:45+ 00:52+		
<b>7</b>	<b>Jan-Einar Øvremo</b>	<b>1119</b>	<b>38:01</b>
00:57+	05:25+ 06:27+ 09:25+ 13:42+ 16:57+ 18:59+ 20:51+ 21:58+ 24:44+ 26:21+ 28:44+ 31:07+ 33:36+ 35:27+ 37:11+ 38:01+		
00:57+	04:28+ 01:02+ 02:58+ 04:17+ 03:15+ 02:02+ 01:52+ 01:07+ 02:46+ 01:37+ 02:23+ 02:23+ 02:29+ 01:51+ 01:44+ 00:50+		
00:57+	04:28+ 01:02+ 02:58+ 04:17+ 03:15+ 02:02+ 01:52+ 01:07+ 02:46+ 01:37+ 02:23+ 02:23+ 02:29+ 01:51+ 01:44+ 00:50+		
<b>8</b>	<b>Kjetil Wirak</b>	<b>3486</b>	<b>38:29</b>
00:54+	05:36+ 06:58+ 09:44+ 12:46+ 15:46+ 18:01+ 19:07+ 20:17+ 22:39+ 24:22+ 26:05+ 31:42+ 34:16+ 36:02+ 37:42+ 38:29+		
00:54+	04:42+ 01:22+ 02:46+ 03:02+ 03:00+ 02:15+ 01:06+ 01:10+ 02:22+ 01:43+ 01:43+ 05:37+ 02:34+ 01:46+ 01:40+ 00:47+		
00:54+	04:42+ 01:22+ 02:46+ 03:02+ 03:00+ 02:15+ 01:06+ 01:10+ 02:22+ 01:43+ 01:43+ 05:37+ 02:34+ 01:46+ 01:40+ 00:47+		
<b>9</b>	<b>Øyvind Rummelhoff</b>	<b>882</b>	<b>38:44</b>
01:01+	04:34+ 05:45+ 07:23+ 10:17+ 13:54+ 16:58+ 19:25+ 20:53+ 22:13+ 24:48+ 26:27+ 28:34+ 31:29+ 34:20+ 36:12+ 37:53+ 38:44+		
01:01+	03:33+ 01:11+ 01:38+ 02:54+ 03:37+ 03:04+ 02:27+ 01:28+ 02:07+ 02:35+ 01:39+ 02:07+ 02:55+ 02:51+ 01:52+ 01:41+ 00:51+		
01:01+	03:33+ 01:11+ 01:38+ 02:54+ 03:37+ 03:04+ 02:27+ 01:28+ 01:20+ 02:35+ 01:39+ 02:07+ 02:55+ 02:51+ 01:52+ 01:41+ 00:51+		
<b>10</b>	<b>Henning Sundby</b>	<b>3486</b>	<b>41:40</b>
00:45+	04:53+ 06:12+ 08:45+ 12:10+ 17:50+ 20:29+ 21:27+ 22:34+ 24:48+ 26:18+ 29:49+ 33:47+ 37:28+ 39:17+ 40:50+ 41:40+		
00:45+	04:08+ 01:19+ 02:33+ 03:25+ 05:40+ 02:39+ 00:58+ 01:07+ 02:14+ 01:30+ 03:31+ 03:58+ 03:41+ 01:49+ 01:33+ 00:50+		
00:45+	04:08+ 01:19+ 02:33+ 03:25+ 05:40+ 02:39+ 00:58+ 01:07+ 02:14+ 01:30+ 03:31+ 03:58+ 03:41+ 01:49+ 01:33+ 00:50+		
<b>11</b>	<b>Pål H. Gjerden</b>	<b>1683</b>	<b>41:56</b>
00:48+	05:36+ 06:50+ 10:12+ 13:22+ 15:45+ 18:34+ 20:04+ 23:20+ 26:34+ 28:30+ 30:42+ 33:30+ 37:07+ 39:16+ 41:00+ 41:56+		
00:48+	04:48+ 01:14+ 03:22+ 03:10+ 02:23+ 02:49+ 01:30+ 03:16+ 03:14+ 01:56+ 02:12+ 02:48+ 03:37+ 02:09+ 01:44+ 00:56+		
00:48+	04:48+ 01:14+ 03:22+ 03:10+ 02:23+ 02:49+ 01:30+ 03:16+ 03:14+ 01:56+ 02:12+ 02:48+ 03:37+ 02:09+ 01:44+ 00:56+		
<b>12</b>	<b>Trond Lamark</b>	<b>878</b>	<b>42:05</b>
01:05+	06:05+ 07:33+ 10:50+ 14:51+ 17:26+ 20:32+ 21:57+ 23:30+ 26:13+ 28:00+ 30:13+ 33:19+ 36:58+ 39:10+ 41:08+ 42:05+		
01:05+	05:00+ 01:28+ 03:17+ 04:01+ 02:35+ 03:06+ 01:25+ 01:33+ 02:43+ 01:47+ 02:13+ 03:06+ 03:39+ 02:12+ 01:58+ 00:57+		
01:05+	05:00+ 01:28+ 03:17+ 04:01+ 02:35+ 03:06+ 01:25+ 01:33+ 02:43+ 01:47+ 02:13+ 03:06+ 03:39+ 02:12+ 01:58+ 00:57+		
<b>13</b>	<b>Kevin Foust</b>	<b>2023</b>	<b>43:25</b>
01:00+	05:40+ 07:29+ 10:35+ 14:16+ 21:28+ 23:41+ 25:12+ 26:31+ 29:00+ 30:43+ 33:22+ 36:37+ 38:59+ 41:02+ 42:36+ 43:25+		
01:00+	04:40+ 01:49+ 03:06+ 03:41+ 07:12+ 02:13+ 01:31+ 01:19+ 02:29+ 01:43+ 02:39+ 03:15+ 02:22+ 02:03+ 01:34+ 00:49+		
01:00+	04:40+ 01:49+ 03:06+ 03:41+ 07:12+ 02:13+ 01:31+ 01:19+ 02:29+ 01:43+ 02:39+ 03:15+ 02:22+ 02:03+ 01:34+ 00:49+		
<b>14</b>	<b>Paul Terje Haarr</b>	<b>769</b>	<b>44:59</b>
01:26+	08:12+ 09:23+ 12:44+ 16:27+ 20:56+ 24:27+ 25:40+ 27:05+ 30:41+ 32:22+ 34:20+ 37:17+ 40:12+ 42:18+ 44:06+ 44:59+		
01:26+	06:46+ 01:11+ 03:21+ 03:43+ 04:29+ 03:31+ 01:13+ 01:25+ 03:36+ 01:41+ 01:58+ 02:57+ 02:55+ 02:06+ 01:48+ 00:53+		
01:26+	06:46+ 01:11+ 03:21+ 03:43+ 04:29+ 03:31+ 01:13+ 01:25+ 03:36+ 01:41+ 01:58+ 02:57+ 02:55+ 02:06+ 01:48+ 00:53+		

Class	Navn	Klasse	Tid
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## Herrer C

<b>15</b>	<b>Geir Frøytlog</b>	<b>3502</b>	<b>45:02</b>
00:50+	06:45+ 08:08+ 11:25+ 15:43+ 18:51+	21:51+ 24:48+ 26:20+ 29:52+ 31:43+	33:38+ 36:39+ 40:03+ 42:17+ 44:07+
00:50+	05:55+ 01:23+ 03:17+ 04:18+ 03:08+	03:00+ 02:57+ 01:32+ 03:32+ 01:51+	01:55+ 03:01+ 03:24+ 02:14+ 01:50+
00:50+	05:55+ 01:23+ 03:17+ 04:18+ 03:08+	03:00+ 02:57+ 01:32+ 03:32+ 01:51+	01:55+ 03:01+ 03:24+ 02:14+ 01:50+
<b>16</b>	<b>Øivind Berggraf</b>	<b>1683</b>	<b>45:09</b>
00:59+	05:56+ 07:15+ 10:28+ 14:52+ 18:17+	21:13+ 23:12+ 24:33+ 27:23+ 29:10+	32:02+ 37:01+ 40:26+ 42:27+ 44:17+
00:59+	04:57+ 01:19+ 03:13+ 04:24+ 03:25+	02:56+ 01:59+ 01:21+ 02:50+ 01:47+	02:52+ 04:59+ 03:25+ 02:01+ 01:50+
00:59+	04:57+ 01:19+ 03:13+ 04:24+ 03:25+	02:56+ 01:59+ 01:21+ 02:50+ 01:47+	02:52+ 04:59+ 03:25+ 02:01+ 01:50+
<b>17</b>	<b>Bertrand Denieul</b>	<b>877</b>	<b>47:03</b>
03:01+	07:07+ 09:03+ 11:52+ 19:51+ 22:29+	25:03+ 26:07+ 27:18+ 33:14+ 34:54+	36:42+ 39:39+ 42:17+ 44:25+ 46:15+
03:01+	04:06+ 01:56+ 02:49+ 07:59+ 02:38+	02:34+ 01:04+ 01:11+ 05:56+ 01:40+	01:48+ 02:57+ 02:38+ 02:08+ 01:50+
03:01+	04:06+ 01:56+ 02:49+ 07:59+ 02:38+	02:34+ 01:04+ 01:11+ 05:56+ 01:40+	01:48+ 02:57+ 02:38+ 02:08+ 01:50+
<b>18</b>	<b>Oddmund Nordgård</b>	<b>722</b>	<b>47:45</b>
01:01+	06:39+ 09:26+ 12:41+ 17:03+ 20:41+	24:50+ 26:07+ 27:43+ 30:33+ 32:18+	34:47+ 39:28+ 42:57+ 45:10+ 46:57+
01:01+	05:38+ 02:47+ 03:15+ 04:22+ 03:38+	04:09+ 01:17+ 01:36+ 02:50+ 01:45+	02:29+ 04:41+ 03:29+ 02:13+ 01:47+
01:01+	05:38+ 02:47+ 03:15+ 04:22+ 03:38+	04:09+ 01:17+ 01:36+ 02:50+ 01:45+	02:29+ 04:41+ 03:29+ 02:13+ 01:47+
<b>19</b>	<b>Geir Haugvaldstad</b>	<b>1683</b>	<b>48:06</b>
01:22+	08:46+ 10:03+ 12:54+ 16:40+ 23:04+	25:30+ 28:09+ 31:29+ 34:20+ 36:11+	37:44+ 40:56+ 43:12+ 45:06+ 47:12+
01:22+	07:24+ 01:17+ 02:51+ 03:46+ 06:24+	02:26+ 02:39+ 03:20+ 02:51+ 01:51+	01:33+ 03:12+ 02:16+ 01:54+ 02:06+
01:22+	07:24+ 01:17+ 02:51+ 03:46+ 06:24+	02:26+ 02:39+ 03:20+ 02:51+ 01:51+	01:33+ 03:12+ 02:16+ 01:54+ 02:06+
<b>20</b>	<b>Ludovic Antresangle</b>	<b>877</b>	<b>48:51</b>
01:03+	05:23+ 06:38+ 09:31+ 14:12+ 22:49+	25:46+ 27:09+ 28:49+ 33:36+ 35:44+	37:35+ 40:44+ 44:28+ 46:32+ 48:01+
01:03+	04:20+ 01:15+ 02:53+ 04:41+ 08:37+	02:57+ 01:23+ 01:40+ 04:47+ 02:08+	01:51+ 03:09+ 03:44+ 02:04+ 01:29+
01:03+	04:20+ 01:15+ 02:53+ 04:41+ 08:37+	02:57+ 01:23+ 01:40+ 04:47+ 02:08+	01:51+ 03:09+ 03:44+ 02:04+ 01:29+
<b>21</b>	<b>Svein Oddvar Netland</b>	<b>1683</b>	<b>51:24</b>
00:58+	05:43+ 07:26+ 10:30+ 20:07+ 23:35+	26:48+ 29:09+ 30:47+ 34:02+ 35:51+	37:51+ 42:24+ 46:03+ 48:25+ 50:25+
00:58+	04:45+ 01:43+ 03:04+ 09:37+ 03:28+	03:13+ 02:21+ 01:38+ 03:15+ 01:49+	02:00+ 04:33+ 03:39+ 02:22+ 02:00+
00:58+	04:45+ 01:43+ 03:04+ 09:37+ 03:28+	03:13+ 02:21+ 01:38+ 03:15+ 01:49+	02:00+ 04:33+ 03:39+ 02:22+ 02:00+
<b>22</b>	<b>Ove Oaland</b>	<b>1683</b>	<b>54:21</b>
01:32+	07:56+ 10:14+ 13:55+ 18:45+ 22:42+	26:27+ 28:11+ 31:39+ 35:40+ 37:56+	40:42+ 44:40+ 48:38+ 51:11+ 53:13+
01:32+	06:24+ 02:18+ 03:41+ 04:50+ 03:57+	03:45+ 01:44+ 03:28+ 04:01+ 02:16+	02:46+ 03:58+ 03:58+ 02:33+ 02:02+
01:32+	06:24+ 02:18+ 03:41+ 04:50+ 03:57+	03:45+ 01:44+ 03:28+ 04:01+ 02:16+	02:46+ 03:58+ 03:58+ 02:33+ 02:02+
<b>23</b>	<b>Svein-Erik Kvame</b>	<b>1683</b>	<b>58:02</b>
00:57+	06:33+ 08:22+ 11:44+ 20:07+ 24:17+	28:39+ 30:43+ 32:16+ 36:04+ 38:19+	40:19+ 46:32+ 51:46+ 54:22+ 56:49+
00:57+	05:36+ 01:49+ 03:22+ 08:23+ 04:10+	04:22+ 02:04+ 01:33+ 03:48+ 02:15+	02:00+ 06:13+ 05:14+ 02:36+ 02:27+
00:57+	05:36+ 01:49+ 03:22+ 08:23+ 04:10+	04:22+ 02:04+ 01:33+ 03:48+ 02:15+	02:00+ 06:13+ 05:14+ 02:36+ 02:27+
<b>24</b>	<b>Erling Mauland</b>	<b>3541</b>	<b>58:35</b>
01:10+	05:56+ 07:35+ 11:07+ 25:54+ 33:09+	37:39+ 38:59+ 40:31+ 44:40+ 46:36+	48:50+ 51:14+ 53:56+ 56:00+ 57:43+
01:10+	04:46+ 01:39+ 03:32+ 14:47+ 07:15+	04:30+ 01:20+ 01:32+ 04:09+ 01:56+	02:14+ 02:24+ 02:42+ 02:04+ 01:43+
01:10+	04:46+ 01:39+ 03:32+ 14:47+ 07:15+	04:30+ 01:20+ 01:32+ 04:09+ 01:56+	02:14+ 02:24+ 02:42+ 02:04+ 01:43+

### Beste strekktid for klassen

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

## Herrer Ny

<b>1</b>	<b>Håvard Landråk</b>	<b>3676</b>	<b>25:14</b>
06:07=	08:36= 11:08= 13:01= 14:52= 17:19=	19:12= 20:41= 23:21= 25:14=	
06:07=	02:29= 02:32= 01:53= 01:51= 02:27=	01:53= 01:29= 02:40= 01:53=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	

### Beste strekktid for klassen

06:07 02:29 02:32 01:53 01:51 02:27 01:53 01:29 02:40 01:53

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

Class	Navn	Klasse	Tid
<b>1</b>	<b>Frode Halvor Lund</b>	<b>3516</b>	<b>28:16</b>
	02:08= 06:10= 07:55= 10:11= 16:07= 19:36= 22:37= 25:21= 27:30= 28:16=		
	02:08= 04:02= 01:45= 02:16= 05:56= 03:29= 03:01= 02:44= 02:09= 00:46=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Thomas Barvik Møland</b>	<b>3507</b>	<b>29:36</b>
	03:20+ 07:04+ 08:28+ 10:46+ 16:21+ 19:44+ 24:06+ 26:43+ 28:58+ 29:36+		
	03:20+ 03:44- 01:24- 02:18+ 05:35- 03:23- 04:22+ 02:37- 02:15+ 00:38-		
	01:12& 00:18- 00:21- 00:02+ 00:21- 00:06- 01:21& 00:07- 00:06+ 00:08-		
<b>3</b>	<b>Arne Magne Sondresen</b>	<b>722</b>	<b>30:18</b>
	01:30- 06:24+ 08:15+ 10:29+ 16:12+ 19:55+ 23:24+ 26:03+ 29:35+ 30:18+		
	01:30- 04:54+ 01:51+ 02:14- 05:43- 03:43+ 03:29+ 02:39- 03:32+ 00:43-		
	00:38- 00:52# 00:06+ 00:02- 00:13- 00:14+ 00:28# 00:05- 01:23& 00:03-		
<b>4</b>	<b>Svein Erik Bjørnsen</b>	<b>1376</b>	<b>31:00</b>
	02:04- 08:03+ 10:12+ 12:18+ 18:19+ 21:38+ 25:02+ 28:00+ 30:19+ 31:00+		
	02:04- 05:59+ 02:09+ 02:06- 06:01+ 03:19- 03:24+ 02:58+ 02:19+ 00:41-		
	00:04- 01:57& 00:24# 00:10- 00:05+ 00:10- 00:23# 00:14+ 00:10+ 00:05-		
<b>5</b>	<b>Arild Stave</b>	<b>3676</b>	<b>31:45</b>
	02:00- 07:36+ 09:08+ 11:43+ 17:16+ 25:27+ 27:33+ 29:26+ 31:11+ 31:45+		
	02:00- 05:36+ 01:32- 02:35+ 05:33- 08:11+ 02:06- 01:53- 01:45- 00:34-		
	00:08- 01:34& 00:13- 00:19# 00:23- 04:42@ 00:55- 00:51- 00:24- 00:12-		
<b>6</b>	<b>Helge Hundeide</b>	<b>769</b>	<b>33:44</b>
	01:51- 06:54+ 08:54+ 11:41+ 18:19+ 23:30+ 28:27+ 30:37+ 33:00+ 33:44+		
	01:51- 05:03+ 02:00+ 02:47+ 06:38+ 05:11+ 04:57+ 02:10- 02:23+ 00:44-		
	00:17- 01:01& 00:15# 00:31# 00:42# 01:42& 01:56& 00:34- 00:14# 00:02-		
<b>7</b>	<b>Svein Sivertsen</b>	<b>3530</b>	<b>35:57</b>
	01:37- 06:51+ 09:17+ 11:48+ 21:21+ 26:09+ 29:44+ 32:28+ 35:14+ 35:57+		
	01:37- 05:14+ 02:26+ 02:31+ 09:33+ 04:48+ 03:35+ 02:44= 02:46+ 00:43-		
	00:31- 01:12& 00:41& 00:15# 03:37& 01:19& 00:34# 00:00= 00:37& 00:03-		
<b>8</b>	<b>Adam Alfred Brennhagen</b>	<b>3512</b>	<b>36:01</b>
	04:52+ 08:38+ 10:27+ 12:36+ 20:14+ 23:25+ 28:19+ 32:21+ 35:04+ 36:01+		
	04:52+ 03:46- 01:49+ 02:09- 07:38+ 03:11- 04:54+ 04:02+ 02:43+ 00:57+		
	02:44@ 00:16- 00:04+ 00:07- 01:42& 00:18- 01:53& 01:18& 00:34& 00:11#		
<b>9</b>	<b>Bruno Pierfelice</b>	<b>3519</b>	<b>36:42</b>
	01:38- 06:11+ 08:33+ 12:17+ 22:17+ 27:44+ 31:00+ 33:36+ 36:01+ 36:42+		
	01:38- 04:33+ 02:22+ 03:44+ 10:00+ 05:27+ 03:16+ 02:36- 02:25+ 00:41-		
	00:30- 00:31# 00:37& 01:28& 04:04& 01:58& 00:15+ 00:08- 00:16# 00:05-		
<b>10</b>	<b>Eivind Baltzersen</b>	<b>1283</b>	<b>36:42</b>
	01:52- 06:45+ 08:23+ 11:07+ 22:23+ 27:39+ 30:17+ 33:28+ 36:04+ 36:42+		
	01:52- 04:53+ 01:38- 02:44+ 11:16+ 05:16+ 02:38- 03:11+ 02:36+ 00:38-		
	00:16- 00:51# 00:07- 00:28# 05:20& 01:47& 00:23- 00:27# 00:27# 00:08-		
<b>11</b>	<b>Thomas Romstad</b>	<b>1683</b>	<b>37:31</b>
	02:02- 07:13+ 09:33+ 11:42+ 21:40+ 29:19+ 32:00+ 34:25+ 36:53+ 37:31+		
	02:02- 05:11+ 02:20+ 02:09- 09:58+ 07:39+ 02:41- 02:25- 02:28+ 00:38-		
	00:06- 01:09& 00:35& 00:07- 04:02& 04:10@ 00:20- 00:19- 00:19# 00:08-		
<b>12</b>	<b>Roger Endre Nyseth</b>	<b>892</b>	<b>37:42</b>
	01:35- 07:01+ 09:17+ 11:58+ 22:21+ 27:07+ 30:58+ 33:33+ 36:47+ 37:42+		
	01:35- 05:26+ 02:16+ 02:41+ 10:23+ 04:46+ 03:51+ 02:35- 03:14+ 00:55+		
	00:33- 01:24& 00:31& 00:25# 04:27& 01:17& 00:50& 00:09- 01:05& 00:09#		
<b>13</b>	<b>John Øgreid</b>	<b>882</b>	<b>38:08</b>
	02:24+ 07:32+ 10:36+ 12:51+ 20:30+ 24:20+ 30:22+ 32:56+ 37:23+ 38:08+		
	02:24+ 05:08+ 03:04+ 02:15- 07:39+ 03:50+ 06:02+ 02:34- 04:27+ 00:45-		
	00:16# 01:06& 01:19& 00:01- 01:43& 00:21# 03:01& 00:10- 02:18@ 00:01-		
<b>14</b>	<b>Erland Båtnes Berntsen</b>	<b>643</b>	<b>39:36</b>
	05:54+ 10:39+ 12:20+ 14:35+ 26:35+ 29:53+ 33:11+ 36:08+ 38:44+ 39:36+		
	05:54+ 04:45+ 01:41- 02:15- 12:00+ 03:18- 03:18+ 02:57+ 02:36+ 00:52+		
	03:46@ 00:43# 00:04- 00:01- 06:04@ 00:11- 00:17+ 00:13+ 00:27# 00:06#		

Class	Navn	Klasse	Tid
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## Herrer Trim

### 15 Jan Henrik Neuenkirchen 896 40:00

02:23+ 08:42+ 10:45+ 16:55+ 24:57+ 29:12+ 33:16+ 36:23+ 39:14+ 40:00+  
02:23+ 06:19+ 02:03+ 06:10+ 08:02+ 04:15+ 04:04+ 03:07+ 02:51+ 00:46=  
00:15# 02:17# 00:18# 03:54# 02:06# 00:46# 01:03# 00:23# 00:42# 00:00=

### 16 Tor Harald Lunde 3511 40:03

05:08+ 10:48+ 13:10+ 15:54+ 25:02+ 29:36+ 33:47+ 36:27+ 39:22+ 40:03+  
05:08+ 05:40+ 02:22+ 02:44+ 09:08+ 04:34+ 04:11+ 02:40+ 02:55+ 00:41+  
05:08+ 05:40+ 02:22+ 02:44+ 09:08+ 04:34+ 04:11+ 02:40+ 02:55+ 00:41+

### 17 Matthieu Pereira-Pires 877 40:34

06:29+ 11:14+ 16:57+ 19:02+ 28:12+ 31:14+ 33:44+ 36:28+ 39:59+ 40:34+  
06:29+ 04:45+ 05:43+ 02:05+ 09:10+ 03:02+ 02:30+ 02:44+ 03:31+ 00:35+  
06:29+ 04:45+ 05:43+ 02:05+ 09:10+ 03:02+ 02:30+ 02:44+ 03:31+ 00:35+

### 18 Leif Jarle Skåra 3502 40:36

02:03+ 07:25+ 09:24+ 12:01+ 24:36+ 29:29+ 32:51+ 36:03+ 39:44+ 40:36+  
02:03+ 05:22+ 01:59+ 02:37+ 12:35+ 04:53+ 03:22+ 03:12+ 03:41+ 00:52+  
02:03+ 05:22+ 01:59+ 02:37+ 12:35+ 04:53+ 03:22+ 03:12+ 03:41+ 00:52+

### 19 Ivar Aalbu 3502 41:42

02:12+ 09:23+ 11:21+ 14:25+ 23:24+ 28:55+ 33:07+ 36:24+ 40:47+ 41:42+  
02:12+ 07:11+ 01:58+ 03:04+ 08:59+ 05:31+ 04:12+ 03:17+ 04:23+ 00:55+  
02:12+ 07:11+ 01:58+ 03:04+ 08:59+ 05:31+ 04:12+ 03:17+ 04:23+ 00:55+

### 20 Jan Erik Syvertsen 3519 42:07

01:29+ 06:55+ 08:55+ 11:53+ 24:56+ 30:06+ 33:32+ 37:21+ 41:30+ 42:07+  
01:29+ 05:26+ 02:00+ 02:58+ 13:03+ 05:10+ 03:26+ 03:49+ 04:09+ 00:37+  
01:29+ 05:26+ 02:00+ 02:58+ 13:03+ 05:10+ 03:26+ 03:49+ 04:09+ 00:37+

### 21 Arne Hope 1832 42:39

02:13+ 08:37+ 11:21+ 14:42+ 23:18+ 29:49+ 33:41+ 36:28+ 41:44+ 42:39+  
02:13+ 06:24+ 02:44+ 03:21+ 08:36+ 06:31+ 03:52+ 02:47+ 05:16+ 00:55+  
02:13+ 06:24+ 02:44+ 03:21+ 08:36+ 06:31+ 03:52+ 02:47+ 05:16+ 00:55+

### 22 John Helge Svandal 3531 44:02

02:51+ 10:11+ 11:59+ 14:56+ 25:24+ 29:32+ 33:05+ 37:23+ 43:08+ 44:02+  
02:51+ 07:20+ 01:48+ 02:57+ 10:28+ 04:08+ 03:33+ 04:18+ 05:45+ 00:54+  
02:51+ 07:20+ 01:48+ 02:57+ 10:28+ 04:08+ 03:33+ 04:18+ 05:45+ 00:54+

### 23 Frank Gulbrandsen 722 45:52

02:01+ 09:38+ 12:29+ 15:56+ 26:46+ 31:53+ 36:11+ 41:35+ 45:06+ 45:52+  
02:01+ 07:37+ 02:51+ 03:27+ 10:50+ 05:07+ 04:18+ 05:24+ 03:31+ 00:46+  
02:01+ 07:37+ 02:51+ 03:27+ 10:50+ 05:07+ 04:18+ 05:24+ 03:31+ 00:46+

### 24 Sjur Bjerke 3525 45:53

08:38+ 16:40+ 18:20+ 20:48+ 30:34+ 34:53+ 38:06+ 41:58+ 44:58+ 45:53+  
08:38+ 08:02+ 01:40+ 02:28+ 09:46+ 04:19+ 03:13+ 03:52+ 03:00+ 00:55+  
08:38+ 08:02+ 01:40+ 02:28+ 09:46+ 04:19+ 03:13+ 03:52+ 03:00+ 00:55+

### 25 Hans Østebø NOTEAM 46:12

04:27+ 09:33+ 11:28+ 14:20+ 31:58+ 35:43+ 38:29+ 40:53+ 44:55+ 46:12+  
04:27+ 05:06+ 01:55+ 02:52+ 17:38+ 03:45+ 02:46+ 02:24+ 04:02+ 01:17+  
04:27+ 05:06+ 01:55+ 02:52+ 17:38+ 03:45+ 02:46+ 02:24+ 04:02+ 01:17+

### 26 Erik Østebø NOTEAM 46:15

04:26+ 09:36+ 11:32+ 14:23+ 32:06+ 35:25+ 38:33+ 40:53+ 45:32+ 46:15+  
04:26+ 05:10+ 01:56+ 02:51+ 17:43+ 03:19+ 03:08+ 02:20+ 04:39+ 00:43+  
04:26+ 05:10+ 01:56+ 02:51+ 17:43+ 03:19+ 03:08+ 02:20+ 04:39+ 00:43+

### 27 Andreas Primstad 3548 47:22

01:41+ 08:00+ 10:37+ 12:59+ 23:51+ 39:22+ 41:41+ 43:56+ 46:42+ 47:22+  
01:41+ 06:19+ 02:37+ 02:22+ 10:52+ 15:31+ 02:19+ 02:15+ 02:46+ 00:40+  
01:41+ 06:19+ 02:37+ 02:22+ 10:52+ 15:31+ 02:19+ 02:15+ 02:46+ 00:40+

### 28 Frode Følgesvold 880 47:35

01:55+ 09:23+ 11:41+ 14:24+ 22:33+ 27:24+ 37:26+ 40:56+ 46:48+ 47:35+  
01:55+ 07:28+ 02:18+ 02:43+ 08:09+ 04:51+ 10:02+ 03:30+ 05:52+ 00:47+  
01:55+ 07:28+ 02:18+ 02:43+ 08:09+ 04:51+ 10:02+ 03:30+ 05:52+ 00:47+

Class	Navn	Klasse	Tid
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## Herrer Trim

<b>29</b>	<b>Lars Tore Kvasseheim</b>	<b>793</b>	<b>47:46</b>
02:37+	12:17+ 14:40+ 17:48+ 27:36+	34:29+ 38:41+ 42:27+	46:33+ 47:46+
02:37+	09:40+ 02:23+ 03:08+ 09:48+	06:53+ 04:12+ 03:46+	04:06+ 01:13+
02:37+	09:40+ 02:23+ 03:08+ 09:48+	06:53+ 04:12+ 03:46+	04:06+ 01:13+
<b>30</b>	<b>Joar Fandrem</b>	<b>1141</b>	<b>49:38</b>
02:23+	08:13+ 10:31+ 13:49+ 28:32+	33:41+ 37:29+ 43:39+	48:42+ 49:38+
02:23+	05:50+ 02:18+ 03:18+ 14:43+	05:09+ 03:48+ 06:10+	05:03+ 00:56+
02:23+	05:50+ 02:18+ 03:18+ 14:43+	05:09+ 03:48+ 06:10+	05:03+ 00:56+
<b>31</b>	<b>Ashwin Ashok</b>	<b>1376</b>	<b>52:11</b>
02:18+	09:27+ 14:09+ 17:52+ 33:49+	38:39+ 42:42+ 48:09+	51:27+ 52:11+
02:18+	07:09+ 04:42+ 03:43+ 15:57+	04:50+ 04:03+ 05:27+	03:18+ 00:44+
02:18+	07:09+ 04:42+ 03:43+ 15:57+	04:50+ 04:03+ 05:27+	03:18+ 00:44+
<b>32</b>	<b>Rohan Joseph</b>	<b>1376</b>	<b>52:18</b>
02:17+	09:31+ 13:53+ 17:53+ 33:52+	38:41+ 42:44+ 48:00+	51:32+ 52:18+
02:17+	07:14+ 04:22+ 04:00+ 15:59+	04:49+ 04:03+ 05:16+	03:32+ 00:46+
02:17+	07:14+ 04:22+ 04:00+ 15:59+	04:49+ 04:03+ 05:16+	03:32+ 00:46+
<b>33</b>	<b>Jon Grepstad</b>	<b>3531</b>	<b>58:08</b>
02:21+	09:08+ 12:23+ 17:44+ 37:56+	43:48+ 48:10+ 52:20+	57:03+ 58:08+
02:21+	06:47+ 03:15+ 05:21+ 20:12+	05:52+ 04:22+ 04:10+	04:43+ 01:05+
02:21+	06:47+ 03:15+ 05:21+ 20:12+	05:52+ 04:22+ 04:10+	04:43+ 01:05+
<b>34</b>	<b>Nils Egil Lie</b>	<b>3548</b>	<b>1:03:47</b>
03:25+	09:55+ 12:35+ 15:24+ 40:32+	44:57+ 53:40+ 59:32+	62:56+ 63:47+
03:25+	06:30+ 02:40+ 02:49+ 25:08+	04:25+ 08:43+ 05:52+	03:24+ 00:51+
03:25+	06:30+ 02:40+ 02:49+ 25:08+	04:25+ 08:43+ 05:52+	03:24+ 00:51+
<b>35</b>	<b>Per Bakken</b>	<b>880</b>	<b>1:05:02</b>
02:51+	13:23+ 18:30+ 22:17+ 34:11+	42:08+ 50:17+ 55:23+	62:52+ 65:02+
02:51+	10:32+ 05:07+ 03:47+ 11:54+	07:57+ 08:09+ 05:06+	07:29+ 02:10+
02:51+	10:32+ 05:07+ 03:47+ 11:54+	07:57+ 08:09+ 05:06+	07:29+ 02:10+
<b>36</b>	<b>Kjell-Ole Topnes</b>	<b>1683</b>	<b>1:07:05</b>
02:40+	16:26+ 18:44+ 21:48+ 38:00+	45:27+ 51:04+ 57:32+	65:54+ 67:05+
02:40+	13:46+ 02:18+ 03:04+ 16:12+	07:27+ 05:37+ 06:28+	08:22+ 01:11+
02:40+	13:46+ 02:18+ 03:04+ 16:12+	07:27+ 05:37+ 06:28+	08:22+ 01:11+
<b>37</b>	<b>Torgeir Færevåg</b>	<b>3553</b>	<b>1:15:02</b>
04:16+	09:37+ 11:30+ 14:22+ 49:08+	61:10+ 64:34+ 68:28+	74:07+ 75:02+
04:16+	05:21+ 01:53+ 02:52+ 34:46+	12:02+ 03:24+ 03:54+	05:39+ 00:55+
04:16+	05:21+ 01:53+ 02:52+ 34:46+	12:02+ 03:24+ 03:54+	05:39+ 00:55+
<b>38</b>	<b>Audun Sjøen</b>	<b>3531</b>	<b>1:16:43</b>
03:09+	09:08+ 12:33+ 28:59+ 41:47+	58:06+ 64:40+ 69:46+	74:33+ 76:43+
03:09+	05:59+ 03:25+ 16:26+ 12:48+	16:19+ 06:34+ 05:06+	04:47+ 02:10+
03:09+	05:59+ 03:25+ 16:26+ 12:48+	16:19+ 06:34+ 05:06+	04:47+ 02:10+
<b>39</b>	<b>Christian Nilsen</b>	<b>3525</b>	<b>1:19:12</b>
11:01+	16:45+ 19:07+ 37:29+ 57:04+	63:03+ 67:38+ 71:52+	77:38+ 79:12+
11:01+	05:44+ 02:22+ 18:22+ 19:35+	05:59+ 04:35+ 04:14+	05:46+ 01:34+
11:01+	05:44+ 02:22+ 18:22+ 19:35+	05:59+ 04:35+ 04:14+	05:46+ 01:34+
<b>40</b>	<b>Arvid Walskaar</b>	<b>3512</b>	<b>1:20:21</b>
02:10+	11:03+ 13:33+ 21:04+ 32:41+	62:19+ 65:53+ 70:32+	79:22+ 80:21+
02:10+	08:53+ 02:30+ 07:31+ 11:37+	29:38+ 03:34+ 04:39+	08:50+ 00:59+
02:10+	08:53+ 02:30+ 07:31+ 11:37+	29:38+ 03:34+ 04:39+	08:50+ 00:59+
<b>41</b>	<b>Bent Horpestad</b>	<b>722</b>	<b>1:21:18</b>
03:55+	12:11+ 14:16+ 17:23+ 68:05+	71:55+ 75:04+ 77:52+	80:26+ 81:18+
03:55+	08:16+ 02:05+ 03:07+ 50:42+	03:50+ 03:09+ 02:48+	02:34+ 00:52+
03:55+	08:16+ 02:05+ 03:07+ 50:42+	03:50+ 03:09+ 02:48+	02:34+ 00:52+
<b>42</b>	<b>Terje Malde</b>	<b>NOTEAM</b>	<b>1:22:34</b>
17:09+	31:34+ 38:03+ 41:53+ 57:25+	62:13+ 66:35+ 72:06+	81:02+ 82:34+
17:09+	14:25+ 06:29+ 03:50+ 15:32+	04:48+ 04:22+ 05:31+	08:56+ 01:32+
17:09+	14:25+ 06:29+ 03:50+ 15:32+	04:48+ 04:22+ 05:31+	08:56+ 01:32+

## Herrer Trim

**43 Erik Campbell Henriksen 1683 1:26:57**

17:17+	24:51+	28:29+	32:22+	51:27+	61:45+	66:36+	81:38+	85:46+	86:57+
17:17+	07:34+	03:38+	03:53+	19:05+	10:18+	04:51+	15:02+	04:08+	01:11+
17:17+	07:34+	03:38+	03:53+	19:05+	10:18+	04:51+	15:02+	04:08+	01:11+

### Beste strekktid for klassen

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