

1	Maren Benjaminsen	1832	35:03
04:50=	06:07=	08:47=	10:25=
04:50=	01:17=	02:40=	01:38=
00:00=	00:00=	00:00=	00:00=
2	Rønnaug Egeland	1884	35:22
03:38=	05:01=	07:03=	08:56=
03:38=	01:23+	02:02=	01:53+
01:12=	00:06+	00:08=	00:15#
3	Aina Kalsaas Urstad	3580	38:38
04:26=	05:58=	08:25=	10:04=
04:26=	01:32+	02:27=	01:39+
00:24=	00:15#	00:13=	00:01+
4	Marie Sigvaldsen	3512	39:02
05:14+	06:07=	08:32=	10:16=
05:14+	00:53=	02:25=	01:44+
00:24+	00:24=	00:15=	00:06+
5	Guro Fuglestad	878	40:13
04:57+	07:13+	10:22+	12:04+
04:57+	02:16+	03:09+	01:42+
00:07+	00:59&	00:29#	00:04+
6	Hanne Berg Aspøy	896	40:51
04:46=	06:04=	08:23=	10:10=
04:46=	01:18+	02:19=	01:47+
00:04=	00:01+	00:21=	00:09+
7	Ingrid Lycke Austbø	989	43:01
06:01+	07:08+	09:09+	10:41+
06:01+	01:07=	02:01=	01:32=
01:11#	00:10=	00:39=	00:06=
8	Marita Skorpe Falnes	3568	43:14
04:25=	07:30+	09:19+	11:25+
04:25=	03:05+	01:49=	02:06+
00:25=	01:48@	00:51=	00:28&
9	Marita Navjord Nicolaysen	1284	43:59
05:38+	07:01+	09:44+	12:05+
05:38+	01:23+	02:43+	02:21+
00:48#	00:06+	00:03+	00:43&
10	Wibeke Lende	3503	44:56
05:17+	06:26+	09:03+	11:30+
05:17+	01:09=	02:37=	02:27+
00:27+	00:08=	00:03=	00:49&
11	Hege Bakken	1754	48:58
05:08+	07:50+	10:41+	12:41+
05:08+	02:42+	02:51+	02:00+
00:18+	01:25@	00:11+	00:22#
12	Lisa Turko	NOTEAM	49:31
10:17+	12:18+	14:24+	15:59+
10:17+	02:01+	02:06=	01:35=
05:27@	00:44&	00:34=	00:03=
13	Dina Baerheim	722	53:05
06:44+	14:49+	17:22+	19:33+
06:44+	08:05+	02:33=	02:11+
01:54&	06:48@	00:07=	00:33&
14	Ingunn Landsnes	892	58:12
06:13+	08:03+	10:39+	13:14+
06:13+	01:50+	02:36=	02:35+
01:23&	00:33&	00:04=	00:57&

Damer 16 - 39 år

15	Svitlana Rasheva	1683	58:18													
06:45+	10:48+	15:16+	17:59+	25:20+	26:01+	29:20+	34:01+	37:31+	39:53+	41:33+	45:20+	47:03+	49:50+	55:05+	57:43+	58:18+
06:45+	04:03+	04:28+	02:43+	07:21+	00:41+	03:19+	04:41+	03:30+	02:22+	01:40+	03:47+	01:43+	02:47+	05:15+	02:38+	00:35+
01:55&	02:46@	01:48&	01:05&	04:16@	00:14&	01:21&	01:13&	01:41&	00:24#	00:39&	01:01&	00:08+	01:38@	01:44&	01:11&	00:11&
16	Frida Erikstein	1830	58:33													
16:34+	18:16+	20:17+	26:20+	29:42+	30:07+	31:43+	34:50+	43:52+	45:58+	46:58+	50:38+	52:15+	53:55+	56:36+	58:04+	58:33+
16:34+	01:42+	02:01+	06:03+	03:22+	00:25+	01:36+	03:07+	09:02+	02:06+	01:00+	03:40+	01:37+	01:40+	02:41+	01:28+	00:29+
16:34+	01:42+	02:01+	06:03+	03:22+	00:25+	01:36+	03:07+	09:02+	02:06+	01:00+	03:40+	01:37+	01:40+	02:41+	01:28+	00:29+
17	Ann-Mari Vold	3529	1:00:34													
06:37+	08:20+	18:56+	21:01+	26:34+	27:06+	29:37+	34:42+	37:22+	40:27+	42:31+	46:48+	48:31+	54:18+	58:20+	60:05+	60:34+
06:37+	01:43+	10:36+	02:05+	05:33+	00:32+	02:31+	05:05+	02:40+	03:05+	02:04+	04:17+	01:43+	05:47+	04:02+	01:45+	00:29+
06:37+	01:43+	10:36+	02:05+	05:33+	00:32+	02:31+	05:05+	02:40+	03:05+	02:04+	04:17+	01:43+	05:47+	04:02+	01:45+	00:29+
18	Idunn Husøy Naustdal	722	1:07:56													
15:00+	16:48+	21:54+	23:31+	27:31+	34:06+	36:14+	42:12+	45:05+	47:28+	49:16+	52:40+	54:24+	60:38+	65:31+	67:25+	67:56+
15:00+	01:48+	05:06+	01:37+	04:00+	06:35+	02:08+	05:58+	02:53+	02:23+	01:48+	03:24+	01:44+	06:14+	04:53+	01:54+	00:31+
15:00+	01:48+	05:06+	01:37+	04:00+	06:35+	02:08+	05:58+	02:53+	02:23+	01:48+	03:24+	01:44+	06:14+	04:53+	01:54+	00:31+

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Marianne Strøm Uthaug	3551	39:38													
05:02=	07:51=	09:55=	12:45=	13:05=	16:14=	19:19=	21:45=	23:33=	25:18=	28:04=	30:02=	33:47=	35:24=	37:51=	39:13=	39:38=
05:02=	02:49=	02:04=	02:50=	00:20=	03:09=	03:05=	02:26=	01:48=	01:45=	02:46=	01:58=	03:45=	01:37=	02:27=	01:22=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingunn Anda Haug	2342	41:30													
04:00-	06:12-	08:02-	10:57-	11:25-	14:51-	17:49-	19:58-	22:09-	25:02-	28:05+	30:21+	35:08+	36:29+	38:56+	40:55+	41:30+
04:00-	02:12-	01:50-	02:55+	00:28+	03:26+	02:58-	02:09-	02:11+	02:53+	03:03+	02:16+	04:47+	01:21-	02:27=	01:59+	00:35+
01:02-	00:37-	00:14-	00:05+	00:08&	00:17+	00:07-	00:17-	00:23#	01:08&	00:17#	00:18#	01:02&	00:16-	00:00=	00:37&	00:10&
3	Grethe Mo	896	42:46													
03:12-	05:30-	07:02-	09:57-	10:23-	13:31-	16:59-	19:39-	21:46-	24:31-	27:21-	29:52-	35:45+	37:27+	40:29+	42:15+	42:46+
03:12-	02:18-	01:32-	02:55+	00:26+	03:08-	03:28+	02:40+	02:07+	02:45+	02:50+	02:31+	05:53+	01:42+	03:02+	01:46+	00:31+
01:50-	00:31-	00:32-	00:05+	00:06&	00:01-	00:23#	00:14+	00:19#	01:00&	00:04+	00:33&	02:08&	00:05+	00:35#	00:24&	00:06#
4	Helene Lie	3565	43:58													
05:00-	07:15-	09:14-	13:04+	13:31+	17:01+	19:43+	22:09+	24:19+	27:15+	29:47+	32:03+	36:33+	38:06+	41:38+	43:26+	43:58+
05:00-	02:15-	01:59-	03:50+	00:27+	03:30+	02:42-	02:26=	02:10+	02:56+	02:32-	02:16+	04:30+	01:33-	03:32+	01:48+	00:32+
00:02-	00:34-	00:05-	01:00&	00:07&	00:21#	00:23-	00:00=	00:22#	01:11&	00:14-	00:18#	00:45#	00:04-	01:05&	00:26&	00:07&
5	Randi Ladsten	879	44:11													
04:02-	06:54-	08:52-	11:40-	12:17-	15:54-	18:39-	21:14-	25:17+	28:03+	31:11+	33:36+	37:53+	39:04+	42:05+	43:41+	44:11+
04:02-	02:52+	01:58-	02:48-	00:37+	03:37+	02:45-	02:35+	04:03+	02:46+	03:08+	02:25+	04:17+	01:11-	03:01+	01:36+	00:30+
01:00-	00:03+	00:06-	00:02-	00:17&	00:28#	00:20-	00:09+	02:15@	01:01&	00:22#	00:27#	00:32#	00:26-	00:34#	00:14#	00:05#
6	Maren Thu	NOTEAM	45:22													
02:52-	06:17-	08:38-	10:44-	11:03-	13:40-	16:08-	19:02-	22:19-	24:28-	27:23-	29:28-	34:26+	35:40+	43:21+	44:55+	45:22+
02:52-	03:25+	02:21+	02:06-	00:19-	02:37-	02:28-	02:54+	03:17+	02:09+	02:55+	02:05+	04:58+	01:14-	07:41+	01:34+	00:27+
02:10-	00:36#	00:17#	00:44-	00:01-	00:32-	00:37-	00:28#	01:29&	00:24#	00:09+	00:07+	01:13&	00:23-	05:14@	00:12#	00:02+
7	Helen Haneferd	882	46:52													
03:19-	10:20+	11:52+	14:26+	15:13+	18:37+	21:29+	24:16+	26:41+	29:20+	32:07+	34:23+	39:45+	41:38+	44:15+	46:16+	46:52+
03:19-	07:01+	01:32-	02:34-	00:47+	03:24+	02:52-	02:47+	02:25+	02:39+	02:47+	02:16+	05:22+	01:53+	02:37+	02:01+	00:36+
01:43-	04:12@	00:32-	00:16-	00:27@	00:15+	00:13-	00:21#	00:37&	00:54&	00:01+	00:18#	01:37&	00:16#	00:10+	00:39&	00:11&
8	Anne Lill M. Njå	892	58:18													
05:16+	08:43+	10:17+	13:56+	14:29+	19:40+	26:16+	36:02+	38:11+	40:25+	44:19+	46:29+	51:33+	53:05+	55:43+	57:45+	58:18+
05:16+	03:27+	01:34-	03:39+	00:33+	05:11+	06:36+	09:46+	02:09+	02:14+	03:54+	02:10+	05:04+	01:32-	02:38+	02:02+	00:33+
00:14+	00:38#	00:30-	00:49&	00:13&	02:02&	03:31@	07:20@	00:21#	00:29&	01:08&	00:12#	01:19&	00:05-	00:11+	00:40&	00:08&

Class	Navn	Klasse	Tid
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Damer 40 - 49 år

Beste strekktid for klassen

02:52 02:12 01:32 02:06 00:19 02:37 02:28 02:09 01:48 01:45 02:32 01:58 03:45 01:11 02:27 01:22 00:25

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

Damer 50 - 59 år

1	Anita Glenne Kallhovd	3502	38:23														
03:21=	05:44=	07:18=	09:46=	10:11=	13:32=	16:27=	18:24=	20:10=	23:09=	25:55=	28:15=	32:32=	33:49=	36:05=	37:54=	38:23=	
03:21=	02:23=	01:34=	02:28=	00:25=	03:21=	02:55=	01:57=	01:46=	02:59=	02:46=	02:20=	04:17=	01:17=	02:16=	01:49=	00:29=	
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=	00:00=	
2	Elisabeth Melbø	879	39:21														
03:35+	05:34+	08:13+	11:02+	11:27+	14:16+	17:10+	19:34+	20:59+	23:24+	26:00+	28:21+	33:35+	34:52+	36:54+	38:48+	39:21+	
03:35+	01:59-	02:39+	02:49+	00:25=	02:49-	02:54-	02:24+	01:25-	02:25-	02:36-	02:21+	05:14+	01:17=	02:02-	01:54+	00:33+	
00:14+	00:24-	01:05&	00:21#	00:00=	00:32-	00:01-	00:27#	00:21-	00:34-	00:10-	00:01+	00:57#	00:00=	00:14-	00:05+	00:04#	
3	Marianne Fuglestad	896	40:07														
03:19-	05:39-	07:13-	09:44-	10:04-	13:41+	16:26-	19:58+	22:09+	24:12+	27:39+	29:47+	33:45+	35:24+	37:49+	39:39+	40:07+	
03:19-	02:20-	01:34=	02:31+	00:20-	03:37+	02:45-	03:32+	02:11+	02:03-	03:27+	02:08-	03:58-	01:39+	02:25+	01:50+	00:28-	
00:02-	00:03-	00:00=	00:03+	00:05-	00:16+	00:10-	01:35&	00:25#	00:56-	00:41#	00:12-	00:19-	00:22&	00:09+	00:01+	00:01-	
4	Keth Berggraf	1683	40:40														
03:03-	05:47+	08:02+	10:37+	11:04+	14:20+	17:03+	19:35+	22:14+	24:58+	27:41+	30:03+	34:44+	36:19+	38:22+	40:06+	40:40+	
03:03-	02:44+	02:15+	02:35+	00:27+	03:16-	02:43-	02:32+	02:39+	02:44-	02:43-	02:22+	04:41+	01:35+	02:03-	01:44-	00:34+	
00:18-	00:21#	00:41&	00:07+	00:02+	00:05-	00:12-	00:35&	00:53&	00:15-	00:03-	00:02+	00:24+	00:18#	00:13-	00:05-	00:05#	
5	Tonje Tiley	882	42:10														
03:28+	06:13+	08:13+	11:07+	12:04+	15:18+	18:01+	20:13+	21:44+	24:43+	27:42+	30:36+	35:32+	37:19+	39:37+	41:35+	42:10+	
03:28+	02:45+	02:00+	02:54+	00:57+	03:14-	02:43-	02:12+	01:31-	02:59=	02:59+	02:54+	04:56+	01:47+	02:18+	01:58+	00:35+	
00:07+	00:22#	00:26&	00:26#	00:32#	00:07-	00:12-	00:15#	00:15-	00:00=	00:13+	00:34#	00:39#	00:30&	00:02+	00:09+	00:06#	
6	Toril Dahle	1683	42:35														
03:30+	05:51+	08:01+	10:55+	11:28+	14:50+	18:37+	20:42+	22:24+	25:09+	27:57+	30:16+	35:25+	37:07+	40:20+	42:03+	42:35+	
03:30+	02:21-	02:10+	02:54+	00:33+	03:22+	03:47+	02:05+	01:42-	02:45-	02:48+	02:19-	05:09+	01:42+	03:13+	01:43-	00:32+	
00:09+	00:02-	00:36&	00:26#	00:08&	00:01+	00:52&	00:08+	00:04-	00:14-	00:02+	00:01-	00:52#	00:25&	00:57&	00:06-	00:03#	
7	Tone Cecilie Nystrøm	874	42:45														
03:24+	06:09+	07:49+	11:00+	11:32+	15:01+	18:36+	21:38+	23:25+	26:14+	29:02+	31:21+	36:33+	37:58+	40:26+	42:13+	42:45+	
03:24+	02:45+	01:40+	03:11+	00:32+	03:29+	03:35+	03:02+	01:47+	02:49-	02:48+	02:19-	05:12+	01:25+	02:28+	01:47-	00:32+	
00:03+	00:22#	00:06+	00:43&	00:07&	00:08+	00:40#	01:05&	00:01+	00:10-	00:02+	00:01-	00:55#	00:08#	00:12+	00:02-	00:03#	
8	Irene Rummelhoff	1683	42:50														
03:19-	05:36-	07:08-	11:39+	12:02+	15:45+	18:46+	21:30+	23:48+	26:11+	28:47+	31:21+	36:39+	38:27+	40:39+	42:22+	42:50+	
03:19-	02:17-	01:32-	04:31+	00:23-	03:43+	03:01+	02:44+	02:18+	02:23-	02:36-	02:34+	05:18+	01:48+	02:12-	01:43-	00:28-	
00:02-	00:06-	00:02-	02:03&	00:02-	00:22#	00:06+	00:47&	00:32&	00:36-	00:10-	00:14#	01:01#	00:31&	00:04-	00:06-	00:01-	
9	Trude Hermanrud	896	43:35														
03:51+	06:14+	08:01+	10:42+	11:21+	11:45-	15:21-	18:00-	20:16+	22:06-	24:59-	28:13-	30:48-	36:44+	38:20+	41:08+	42:57+	43:35+
03:51+	02:23=	01:47+	02:41+	00:39+	00:24-	03:36+	02:39+	02:16+	01:50-	02:53+	03:14+	02:35-	05:56+	01:36-	02:48+	01:49+	00:38+
00:30#	00:00=	00:13#	00:13+	00:14&	02:57-	00:41#	00:42&	00:30&	01:09-	00:07+	00:54&	01:42-	04:39#	00:40-	00:59&	01:20#	00:38+
10	May Bente Valdal	1683	44:42														
03:11-	05:47+	07:30+	10:05+	10:31+	13:29-	16:40+	20:36+	23:21+	25:52+	28:50+	31:33+	36:10+	37:29+	42:36+	44:12+	44:42+	
03:11-	02:36+	01:43+	02:35+	00:26+	02:58-	03:11+	03:56+	02:45+	02:31-	02:58+	02:43+	04:37+	01:19+	05:07+	01:36-	00:30+	
00:10-	00:13+	00:09+	00:07+	00:01+	00:23-	00:16+	01:59#	00:59&	00:28-	00:12+	00:23#	00:20+	00:02+	02:51#	00:13-	00:01+	
11	Liv Omdal	1683	47:38														
04:12+	06:54+	08:35+	11:18+	12:11+	12:37-	16:23-	19:26+	21:57+	26:17+	29:48+	32:52+	35:19+	40:20+	41:57+	45:14+	47:06+	47:38+
04:12+	02:42+	01:41+	02:43+	00:53+	00:26-	03:46+	03:03+	02:31+	04:20+	03:31+	03:04+	02:27-	05:01+	01:37-	03:17+	01:52+	00:32+
00:51&	00:19#	00:07+	00:15#	00:28#	02:55-	00:51&	01:06&	00:45&	01:21&	00:45&	00:44&	01:50-	03:44#	00:39-	01:28&	01:23#	00:32+
12	Iren Undheim Øgreid	769	49:07														
03:43+	05:59+	07:45+	10:22+	10:45+	14:44+	17:37+	19:36+	27:57+	30:31+	36:00+	38:39+	42:49+	44:13+	46:49+	48:35+	49:07+	
03:43+	02:16-	01:46+	02:37+	00:23-	03:59+	02:53-	01:59+	08:21+	02:34-	05:29+	02:39+	04:10-	01:24+	02:36+	01:46-	00:32+	
00:22#	00:07-	00:12#	00:09+	00:02-	00:38#	00:02-	00:02+	06:35#	00:25-	02:43&	00:19#	00:07-	00:07+	00:20#	00:03-	00:03#	

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

13	Marie-Elizabeth Reinseth	882	50:14													
04:24+	07:37+	09:39+	13:17+	13:59+	17:46+	21:21+	27:08+	29:51+	32:26+	35:36+	38:47+	43:18+	45:08+	47:48+	49:35+	50:14+
04:24+	03:13+	02:02+	03:38+	00:42+	03:47+	03:35+	05:47+	02:43+	02:35-	03:10+	03:11+	04:31+	01:50+	02:40+	01:47-	00:39+
01:03&	00:50&	00:28&	01:10&	00:17&	00:26#	00:40#	03:50#	00:57&	00:24-	00:24#	00:51&	00:14+	00:33&	00:24#	00:02-	00:10&
14	Gøril Braut Aarsand	2539	50:53													
03:53+	06:32+	08:39+	11:48+	12:28+	15:46+	18:26+	23:25+	25:26+	28:13+	31:22+	34:07+	39:49+	46:06+	48:16+	50:12+	50:53+
03:53+	02:39+	02:07+	03:09+	00:40+	03:18+	02:40+	04:59+	02:01+	02:47+	03:09+	02:45+	05:42+	06:17+	02:10+	01:56+	00:41+
03:53+	02:39+	02:07+	03:09+	00:40+	03:18+	02:40+	04:59+	02:01+	02:47+	03:09+	02:45+	05:42+	06:17+	02:10+	01:56+	00:41+
15	Hilde Frøytlog Karlsen	1284	52:22													
04:14+	07:35+	09:56+	13:34+	14:09+	18:15+	21:45+	25:16+	29:07+	32:47+	35:59+	39:00+	44:29+	46:01+	49:23+	51:38+	52:22+
04:14+	03:21+	02:21+	03:38+	00:35+	04:06+	03:30+	03:31+	03:51+	03:40+	03:12+	03:01+	05:29+	01:32+	03:22+	02:15+	00:44+
04:14+	03:21+	02:21+	03:38+	00:35+	04:06+	03:30+	03:31+	03:51+	03:40+	03:12+	03:01+	05:29+	01:32+	03:22+	02:15+	00:44+
16	Turid Eikebu Alfsen	1683	52:42													
03:59+	06:57+	08:48+	12:19+	13:01+	16:53+	19:51+	30:34+	32:26+	35:31+	38:44+	41:48+	46:31+	47:54+	50:23+	52:12+	52:42+
03:59+	02:58+	01:51+	03:31+	00:42+	03:52+	02:58+	10:43+	01:52+	03:05+	03:13+	03:04+	04:43+	01:23+	02:29+	01:49+	00:30+
03:59+	02:58+	01:51+	03:31+	00:42+	03:52+	02:58+	10:43+	01:52+	03:05+	03:13+	03:04+	04:43+	01:23+	02:29+	01:49+	00:30+
17	Marianne Gjesdal Lyngås	892	53:00													
05:04+	08:40+	10:51+	14:36+	15:02+	19:08+	21:52+	24:33+	26:38+	30:01+	33:41+	37:02+	44:44+	47:11+	50:04+	52:19+	53:00+
05:04+	03:36+	02:11+	03:45+	00:26+	04:06+	02:44+	02:41+	02:05+	03:23+	03:40+	03:21+	07:42+	02:27+	02:53+	02:15+	00:41+
05:04+	03:36+	02:11+	03:45+	00:26+	04:06+	02:44+	02:41+	02:05+	03:23+	03:40+	03:21+	07:42+	02:27+	02:53+	02:15+	00:41+
18	Astri Sandanger	896	53:22													
04:12+	07:00+	09:11+	12:22+	12:51+	16:53+	19:51+	27:51+	31:15+	34:38+	37:59+	41:00+	46:07+	47:48+	50:38+	52:46+	53:22+
04:12+	02:48+	02:11+	03:11+	00:29+	04:02+	02:58+	08:00+	03:24+	03:23+	03:21+	03:01+	05:07+	01:41+	02:50+	02:08+	00:36+
04:12+	02:48+	02:11+	03:11+	00:29+	04:02+	02:58+	08:00+	03:24+	03:23+	03:21+	03:01+	05:07+	01:41+	02:50+	02:08+	00:36+
19	Tove Irene Asheim	1683	53:34													
04:32+	07:32+	09:50+	13:49+	14:30+	18:51+	22:45+	25:46+	27:59+	31:26+	35:05+	38:05+	45:21+	47:16+	50:53+	52:57+	53:34+
04:32+	03:00+	02:18+	03:59+	00:41+	04:21+	03:54+	03:01+	02:13+	03:27+	03:39+	03:00+	07:16+	01:55+	03:37+	02:04+	00:37+
04:32+	03:00+	02:18+	03:59+	00:41+	04:21+	03:54+	03:01+	02:13+	03:27+	03:39+	03:00+	07:16+	01:55+	03:37+	02:04+	00:37+
20	Andrea Tapken	3529	54:42													
04:13+	07:26+	09:35+	13:11+	14:19+	18:23+	24:41+	28:27+	31:17+	34:13+	37:47+	41:00+	46:34+	48:25+	51:49+	53:55+	54:42+
04:13+	03:13+	02:09+	03:36+	01:08+	04:04+	06:18+	03:46+	02:50+	02:56+	03:34+	03:13+	05:34+	01:51+	03:24+	02:06+	00:47+
04:13+	03:13+	02:09+	03:36+	01:08+	04:04+	06:18+	03:46+	02:50+	02:56+	03:34+	03:13+	05:34+	01:51+	03:24+	02:06+	00:47+
21	Ragnhild Båtnes Berntsen	1758	55:47													
05:44+	08:33+	11:22+	14:56+	15:26+	20:05+	25:21+	28:42+	32:23+	35:27+	39:31+	42:32+	47:51+	49:32+	53:04+	55:07+	55:47+
05:44+	02:49+	02:49+	03:34+	00:30+	04:39+	05:16+	03:21+	03:41+	03:04+	04:04+	03:01+	05:19+	01:41+	03:32+	02:03+	00:40+
05:44+	02:49+	02:49+	03:34+	00:30+	04:39+	05:16+	03:21+	03:41+	03:04+	04:04+	03:01+	05:19+	01:41+	03:32+	02:03+	00:40+
22	Kristin Barvik	892	58:50													
06:59+	09:49+	11:50+	15:00+	15:25+	19:09+	22:55+	26:26+	35:22+	38:53+	42:22+	45:19+	50:32+	52:19+	55:57+	58:02+	58:50+
06:59+	02:50+	02:01+	03:10+	00:25+	03:44+	03:46+	03:31+	08:56+	03:31+	03:29+	02:57+	05:13+	01:47+	03:38+	02:05+	00:48+
06:59+	02:50+	02:01+	03:10+	00:25+	03:44+	03:46+	03:31+	08:56+	03:31+	03:29+	02:57+	05:13+	01:47+	03:38+	02:05+	00:48+
23	Åse Sellereite	882	1:11:15													
03:59+	06:37+	08:37+	27:31+	28:03+	36:11+	42:19+	46:35+	48:51+	51:48+	54:28+	57:04+	63:38+	65:06+	68:50+	70:37+	71:15+
03:59+	02:38+	02:00+	18:54+	00:32+	08:08+	06:08+	04:16+	02:16+	02:57+	02:40+	02:36+	06:34+	01:28+	03:44+	01:47+	00:38+
03:59+	02:38+	02:00+	18:54+	00:32+	08:08+	06:08+	04:16+	02:16+	02:57+	02:40+	02:36+	06:34+	01:28+	03:44+	01:47+	00:38+
24	Kristin Furre Owe	896	1:49:12													
06:03+	10:42+	13:34+	21:06+	21:50+	27:53+	34:06+	47:58+	79:49+	83:49+	89:22+	93:59+	100:25+	102:16+	105:33+	108:20+	109:12+
06:03+	04:39+	02:52+	07:32+	00:44+	06:03+	06:13+	13:52+	31:51+	04:00+	05:33+	04:37+	06:26+	01:51+	03:17+	02:47+	00:52+
06:03+	04:39+	02:52+	07:32+	00:44+	06:03+	06:13+	13:52+	31:51+	04:00+	05:33+	04:37+	06:26+	01:51+	03:17+	02:47+	00:52+

Beste strekktid for klassen

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

Damer 60 - 64 år

Damer 60 - 64 år

1	Ingrid E. I. Øxnevad	3516	32:00
03:03=	04:38= 07:07= 07:51= 09:27= 13:14=	13:43= 19:35= 17:50= 19:57= 21:56= 23:28= 24:21=	25:22= 26:21= 27:38= 30:05= 31:32= 32:00=
03:03=	01:35= 02:29= 00:44= 01:36= 03:47=	00:29= 01:52= 02:15= 02:07= 01:59= 01:32= 00:53=	01:01= 00:59= 01:17= 02:27= 01:27= 00:28=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Elisabeth Christie Ørke	722	36:09
03:43+	05:13+ 07:46+ 08:52+ 10:50+ 14:52+	15:26+ 17:35+ 19:42+ 21:24+ 23:54+ 25:31+ 26:08+	27:24+ 30:10+ 31:56+ 34:05+ 35:39+ 36:09+
03:43+	01:30+ 02:33+ 01:06+ 01:58+ 04:02+	00:34+ 02:09+ 02:07+ 01:42+ 02:30+ 01:37+ 00:37+	01:16+ 02:46+ 01:46+ 02:09+ 01:34+ 00:30+
03:43+	01:30+ 02:33+ 01:06+ 01:58+ 04:02+	00:34+ 02:09+ 02:07+ 01:42+ 02:30+ 01:37+ 00:37+	01:16+ 02:46+ 01:46+ 02:09+ 01:34+ 00:30+
3	Kari Anstensrud	896	38:05
05:00+	06:46+ 09:11+ 10:16+ 12:18+ 16:20+	17:03+ 19:28+ 21:55+ 23:45+ 25:49+ 28:07+ 29:03+	30:25+ 31:46+ 33:41+ 35:34+ 37:37+ 38:05+
05:00+	01:46+ 02:25+ 01:05+ 02:02+ 04:02+	00:43+ 02:25+ 02:27+ 01:50+ 02:04+ 02:18+ 00:56+	01:22+ 01:21+ 01:55+ 01:53+ 02:03+ 00:28+
05:00+	01:46+ 02:25+ 01:05+ 02:02+ 04:02+	00:43+ 02:25+ 02:27+ 01:50+ 02:04+ 02:18+ 00:56+	01:22+ 01:21+ 01:55+ 01:53+ 02:03+ 00:28+
4	Anne-Siv Gjertsen	882	39:50
03:54+	05:42+ 08:58+ 09:48+ 11:43+ 17:59+	18:35+ 20:50+ 23:23+ 25:52+ 28:17+ 30:21+ 31:15+	32:30+ 33:51+ 35:02+ 37:12+ 39:14+ 39:50+
03:54+	01:48+ 03:16+ 00:50+ 01:55+ 06:16+	00:36+ 02:15+ 02:33+ 02:29+ 02:25+ 02:04+ 00:54+	01:15+ 01:21+ 01:11+ 02:10+ 02:02+ 00:36+
03:54+	01:48+ 03:16+ 00:50+ 01:55+ 06:16+	00:36+ 02:15+ 02:33+ 02:29+ 02:25+ 02:04+ 00:54+	01:15+ 01:21+ 01:11+ 02:10+ 02:02+ 00:36+
5	Nidunn Sandvik	3565	47:01
04:46+	06:42+ 08:39+ 12:16+ 13:23+ 16:20+	21:05+ 21:42+ 24:22+ 26:48+ 29:33+ 33:34+ 35:55+	37:00+ 38:22+ 39:18+ 41:02+ 44:15+ 46:22+ 47:01+
04:46+	01:56+ 01:57+ 03:37+ 01:07+ 02:57+	04:45+ 00:37+ 02:40+ 02:26+ 02:45+ 04:01+ 02:21+	01:05+ 01:22+ 00:56+ 01:44+ 03:13+ 02:07+ 00:39+
04:46+	01:56+ 01:57+ 03:37+ 01:07+ 02:57+	04:45+ 00:37+ 02:40+ 02:26+ 02:45+ 04:01+ 02:21+	01:05+ 01:22+ 00:56+ 01:44+ 03:13+ 02:07+ 00:39+
6	Ellinor Nesse	1683	47:26
05:32+	07:22+ 10:35+ 11:39+ 14:46+ 19:15+	19:50+ 22:33+ 25:49+ 28:02+ 30:39+ 32:57+ 33:58+	35:40+ 38:49+ 40:51+ 44:23+ 46:47+ 47:26+
05:32+	01:50+ 03:13+ 01:04+ 03:07+ 04:29+	00:35+ 02:43+ 03:16+ 02:13+ 02:37+ 02:18+ 01:01+	01:42+ 03:09+ 02:02+ 03:32+ 02:24+ 00:39+
05:32+	01:50+ 03:13+ 01:04+ 03:07+ 04:29+	00:35+ 02:43+ 03:16+ 02:13+ 02:37+ 02:18+ 01:01+	01:42+ 03:09+ 02:02+ 03:32+ 02:24+ 00:39+
7	Nina Christiansen	722	54:26
16:00+	18:30+ 20:59+ 22:06+ 24:48+ 29:01+	29:43+ 32:17+ 34:40+ 36:44+ 39:09+ 40:58+ 42:19+	43:35+ 47:36+ 49:26+ 52:07+ 53:53+ 54:26+
16:00+	02:30+ 02:29+ 01:07+ 02:42+ 04:13+	00:42+ 02:34+ 02:23+ 02:04+ 02:25+ 01:49+ 01:21+	01:16+ 04:01+ 01:50+ 02:41+ 01:46+ 00:33+
16:00+	02:30+ 02:29+ 01:07+ 02:42+ 04:13+	00:42+ 02:34+ 02:23+ 02:04+ 02:25+ 01:49+ 01:21+	01:16+ 04:01+ 01:50+ 02:41+ 01:46+ 00:33+
8	Ellinor Hoemsnes	1683	59:56
05:25+	09:14+ 13:11+ 20:48+ 23:09+ 28:55+	30:22+ 33:19+ 37:01+ 39:40+ 42:45+ 44:51+ 45:51+	47:30+ 50:40+ 52:33+ 57:31+ 59:22+ 59:56+
05:25+	03:49+ 03:57+ 07:37+ 02:21+ 05:46+	01:27+ 02:57+ 03:42+ 02:39+ 03:05+ 02:06+ 01:00+	01:39+ 03:10+ 01:53+ 04:58+ 01:51+ 00:34+
05:25+	03:49+ 03:57+ 07:37+ 02:21+ 05:46+	01:27+ 02:57+ 03:42+ 02:39+ 03:05+ 02:06+ 01:00+	01:39+ 03:10+ 01:53+ 04:58+ 01:51+ 00:34+
9	Marit Aandahl	3523	1:02:35
04:15+	11:44+ 16:38+ 17:26+ 19:39+ 29:09+	29:54+ 32:40+ 35:48+ 38:44+ 42:48+ 45:32+ 46:42+	48:21+ 50:08+ 52:05+ 59:34+ 61:58+ 62:35+
04:15+	07:29+ 04:54+ 00:48+ 02:13+ 09:30+	00:45+ 02:46+ 03:08+ 02:56+ 04:04+ 02:44+ 01:10+	01:39+ 01:47+ 01:57+ 07:29+ 02:24+ 00:37+
04:15+	07:29+ 04:54+ 00:48+ 02:13+ 09:30+	00:45+ 02:46+ 03:08+ 02:56+ 04:04+ 02:44+ 01:10+	01:39+ 01:47+ 01:57+ 07:29+ 02:24+ 00:37+
10	Eli Tjåland Stokka	1141	1:03:25
14:18+	17:00+ 21:35+ 22:39+ 25:57+ 31:38+	32:33+ 35:27+ 38:44+ 41:28+ 46:59+ 49:29+ 51:09+	52:59+ 54:33+ 57:25+ 60:28+ 62:42+ 63:25+
14:18+	02:42+ 04:35+ 01:04+ 03:18+ 05:41+	00:55+ 02:54+ 03:17+ 02:44+ 05:31+ 02:30+ 01:40+	01:50+ 01:34+ 02:52+ 03:03+ 02:14+ 00:43+
14:18+	02:42+ 04:35+ 01:04+ 03:18+ 05:41+	00:55+ 02:54+ 03:17+ 02:44+ 05:31+ 02:30+ 01:40+	01:50+ 01:34+ 02:52+ 03:03+ 02:14+ 00:43+

Beste strekktid for klassen

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

Damer 65 - 69 år

1	Ingrid Eik	1830	36:45
03:59=	05:41= 08:55= 09:47= 11:48= 16:13=	16:48= 19:13= 21:40= 23:32= 25:41= 27:32= 28:20=	29:33= 31:04= 32:15= 34:25= 36:16= 36:45=
03:59=	01:42= 03:14= 00:52= 02:01= 04:25=	00:35= 02:25= 02:27= 01:52= 02:09= 01:51= 00:48=	01:13= 01:31= 01:11= 02:10= 01:51= 00:29=
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= 00:00= 00:00= 00:00= 00:00=
2	May Meling	593	39:50
03:45-	05:49+ 09:21+ 10:23+ 12:32+ 17:18+	17:59+ 20:18+ 22:43+ 24:33+ 26:43+ 28:45+ 29:44+	31:06+ 33:14+ 35:23+ 37:24+ 39:14+ 39:50+
03:45-	02:04+ 03:32+ 01:02+ 02:09+ 04:46+	00:41+ 02:19- 02:25- 01:50- 02:10+ 02:02+ 00:59+	01:22+ 02:08+ 02:09+ 02:01- 01:50- 00:36+
00:14-	00:22# 00:18+ 00:10# 00:08+ 00:21+	00:06# 00:06- 00:02- 00:02- 00:01+ 00:11+ 00:11#	00:09# 00:37# 00:58# 00:09- 00:01- 00:07#

Class	Navn	Klasse	Tid
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Damer 75 - 79 år

1	Turid Nystrøm	874	41:17															
03:53=	06:13=	10:26=	11:32=	14:17=	19:14=	19:55=	22:34=	24:55=	27:02=	29:28=	31:37=	32:42=	33:58=	34:56=	36:31=	38:42=	40:42=	41:17=
03:53=	02:20=	04:13=	01:06=	02:45=	04:57=	00:41=	02:39=	02:21=	02:07=	02:26=	02:09=	01:05=	01:16=	00:58=	01:35=	02:11=	02:00=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Inger Skretting Opstad	3529	46:04															
04:37+	07:03+	10:47+	11:57+	15:08+	20:02+	20:46+	23:51+	26:58+	29:29+	32:05+	34:33+	35:47+	37:14+	38:21+	40:33+	42:57+	45:26+	46:04+
04:37+	02:26+	03:44-	01:10+	03:11+	04:54-	00:44+	03:05+	03:07+	02:31+	02:36+	02:28+	01:14+	01:27+	01:07+	02:12+	02:24+	02:29+	00:38+
00:44#	00:06+	00:29-	00:04+	00:26#	00:03-	00:03+	00:26#	00:46&	00:24#	00:10+	00:19#	00:09#	00:11#	00:09#	00:37&	00:13+	00:29#	00:03+
3	Haldis Glendrange	874	46:40															
04:12+	06:26+	12:25+	13:32+	16:33+	20:54+	21:44+	24:45+	28:00+	30:19+	33:15+	35:50+	37:01+	38:35+	39:49+	41:25+	43:43+	45:59+	46:40+
04:12+	02:14-	05:59+	01:07+	03:01+	04:21-	00:50+	03:01+	03:15+	02:19+	02:56+	02:35+	01:11+	01:34+	01:14+	01:36+	02:18+	02:16+	00:41+
00:19+	00:06-	01:46&	00:01+	00:16+	00:36-	00:09#	00:22#	00:54&	00:12+	00:30#	00:26#	00:06+	00:18#	00:16&	00:01+	00:07+	00:16#	00:06#
4	Helga Klausen	769	52:44															
05:53+	08:00+	13:35+	15:31+	18:41+	25:17+	26:01+	29:01+	32:23+	35:20+	37:52+	40:26+	41:36+	43:03+	45:06+	46:42+	49:14+	51:55+	52:44+
05:53+	02:07-	05:35+	01:56+	03:10+	06:36+	00:44+	03:00+	03:22+	02:57+	02:32+	02:34+	01:10+	01:27+	02:03+	01:36+	02:32+	02:41+	00:49+
02:00&	00:13-	01:22&	00:50&	00:25#	01:39&	00:03+	00:21#	01:01&	00:50&	00:06+	00:25#	00:05+	00:11#	01:05@	00:01+	00:21#	00:41&	00:14&
5	Hedvig Anda	1683	54:32															
05:17+	11:37+	15:34+	17:02+	20:26+	25:55+	26:51+	30:04+	33:13+	36:04+	38:31+	40:57+	42:24+	43:52+	46:16+	48:39+	51:39+	53:51+	54:32+
05:17+	06:20+	03:57-	01:28+	03:24+	05:29+	00:56+	03:13+	03:09+	02:51+	02:27+	02:26+	01:27+	01:28+	02:24+	02:23+	03:00+	02:12+	00:41+
01:24&	04:00@	00:16-	00:22&	00:39#	00:32#	00:15&	00:34#	00:48&	00:44&	00:01+	00:17#	00:22&	00:12#	01:26@	00:48&	00:49&	00:12#	00:06#
6	Aslaug Lura	1141	1:03:30															
05:14+	12:34+	17:40+	18:50+	22:05+	28:17+	29:46+	33:22+	37:07+	40:23+	44:26+	47:40+	49:04+	51:02+	52:35+	56:02+	59:19+	62:36+	63:30+
05:14+	07:20+	05:06+	01:10+	03:15+	06:12+	01:29+	03:36+	03:45+	03:16+	04:03+	03:14+	01:24+	01:58+	01:33+	03:27+	03:17+	03:17+	00:54+
01:21&	05:00@	00:53#	00:04+	00:30#	01:15&	00:48@	00:57&	01:24&	01:09&	01:37&	01:05&	00:19&	00:42&	00:35&	01:52@	01:06&	01:17&	00:19&

Beste strekktid for klassen

03:53 02:07 03:44 01:06 02:45 04:21 00:41 02:39 02:21 02:07 02:26 02:09 01:05 01:16 00:58 01:35 02:11 02:00 00:35

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

Damer 80 år og eldre

1	Helga Aaslid	3529	41:07								
03:03=	06:49=	09:51=	11:39=	14:43=	15:24=	18:36=	24:38=	33:50=	38:04=	40:29=	41:07=
03:03=	03:46=	03:02=	01:48=	03:04=	00:41=	03:12=	06:02=	09:12=	04:14=	02:25=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Ebbell Olsen	874	49:46								
05:07+	09:48+	13:57+	16:58+	21:22+	23:09+	27:43+	36:32+	42:07+	45:50+	48:55+	49:46+
05:07+	04:41+	04:09+	03:01+	04:24+	01:47+	04:34+	08:49+	05:35-	03:43-	03:05+	00:51+
02:04&	00:55#	01:07&	01:13&	01:20&	01:06@	01:22&	02:47&	03:37-	00:31-	00:40&	00:13&
Beste strekktid for klassen											
03:03	03:46	03:02	01:48	03:04	00:41	03:12	06:02	05:35	03:43	02:25	00:38

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

Damer A

1	Aud Hognestad Taksdal	892	28:47																
03:38=	04:38=	05:27=	06:19=	07:13=	09:45=	10:07=	12:12=	13:26=	14:28=	17:34=	17:56=	19:28=	21:56=	22:28=	23:56=	25:28=	27:05=	28:22=	28:47=
03:38=	01:00=	00:49=	00:52=	00:54=	02:32=	00:22=	02:05=	01:14=	01:02=	03:06=	00:22=	01:32=	02:28=	00:32=	01:28=	01:32=	01:37=	01:17=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ane Helgerud	3516	31:23																
04:04+	05:05+	06:04+	07:11+	08:09+	10:55+	11:18+	13:37+	15:24+	16:08+	19:10+	19:34+	21:13+	23:44+	24:20+	26:01+	27:49+	29:39+	30:58+	31:23+
04:04+	01:01+	00:59+	01:07+	00:58+	02:46+	00:23+	02:19+	01:47+	00:44-	03:02-	00:24+	01:39+	02:31+	00:36+	01:41+	01:48+	01:50+	01:19+	00:25=
00:26#	00:01+	00:10#	00:15&	00:04+	00:14+	00:01+	00:14#	00:33&	00:18-	00:04-	00:02+	00:07+	00:03+	00:04#	00:13#	00:16#	00:13#	00:02+	00:00=

Class	Navn	Klasse	Tid
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Damer A

3	Matilde Skjæveland Skår	3486	32:06
03:14- 04:11- 05:03- 07:23+ 08:24+ 11:22+ 11:44+ 14:10+ 15:24+ 15:59+ 19:22+ 19:47+ 21:26+ 24:15+ 24:57+ 26:33+ 28:42+ 30:15+ 31:42+ 32:06+	03:14- 00:57- 00:52+ 02:20+ 01:01+ 02:58+ 00:22= 02:26+ 01:14= 00:35- 03:23+ 00:25+ 01:39+ 02:49+ 00:42+ 01:36+ 02:09+ 01:33- 01:27+ 00:24-	00:24- 00:03- 00:03+ 01:280 00:07# 00:26# 00:00= 00:21# 00:00= 00:27- 00:17+ 00:03# 00:07+ 00:21# 00:00= 00:100 00:08+ 00:370 00:04- 00:10# 00:01-	
4	Silje Skorve Skarpeid	1758	35:03
04:42+ 05:41+ 06:34+ 07:42+ 08:52+ 12:13+ 12:45+ 15:13+ 16:45+ 17:43+ 20:59+ 21:48+ 23:45+ 26:15+ 26:57+ 29:07+ 31:17+ 33:00+ 34:36+ 35:03+	04:42+ 00:59+ 00:53+ 01:08+ 01:10+ 03:21+ 00:32+ 02:28+ 01:32+ 00:58+ 03:16+ 00:49+ 01:57+ 02:30+ 00:42+ 02:10+ 02:10+ 01:43+ 01:36+ 00:27+	04:42+ 00:59+ 00:53+ 01:08+ 01:10+ 03:21+ 00:32+ 02:28+ 01:32+ 00:58+ 03:16+ 00:49+ 01:57+ 02:30+ 00:42+ 02:10+ 02:10+ 01:43+ 01:36+ 00:27+	
5	Torill Brekken	896	35:26
04:44+ 05:49+ 06:52+ 07:42+ 08:45+ 12:50+ 13:12+ 15:55+ 17:25+ 18:05+ 21:49+ 22:15+ 24:06+ 27:19+ 27:59+ 29:51+ 31:41+ 33:22+ 35:01+ 35:26+	04:44+ 01:05+ 01:03+ 00:50+ 01:03+ 04:05+ 00:22+ 02:43+ 01:30+ 00:40+ 03:44+ 00:26+ 01:51+ 03:13+ 00:40+ 01:52+ 01:50+ 01:41+ 01:39+ 00:25+	04:44+ 01:05+ 01:03+ 00:50+ 01:03+ 04:05+ 00:22+ 02:43+ 01:30+ 00:40+ 03:44+ 00:26+ 01:51+ 03:13+ 00:40+ 01:52+ 01:50+ 01:41+ 01:39+ 00:25+	
6	Trine Bolstad Scheie	769	37:59
04:29+ 05:37+ 06:37+ 07:45+ 08:57+ 12:33+ 13:05+ 15:53+ 17:14+ 18:08+ 22:39+ 23:07+ 25:08+ 28:18+ 28:58+ 31:07+ 33:36+ 35:33+ 37:21+ 37:59+	04:29+ 01:08+ 01:00+ 01:08+ 01:12+ 03:36+ 00:32+ 02:48+ 01:21+ 00:54+ 04:31+ 00:28+ 02:01+ 03:10+ 00:40+ 02:09+ 02:29+ 01:57+ 01:48+ 00:38+	04:29+ 01:08+ 01:00+ 01:08+ 01:12+ 03:36+ 00:32+ 02:48+ 01:21+ 00:54+ 04:31+ 00:28+ 02:01+ 03:10+ 00:40+ 02:09+ 02:29+ 01:57+ 01:48+ 00:38+	

Beste strekketid for klassen

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

Damer B

1	Tone Torgersen	882	34:02
03:26= 04:39= 06:20= 08:18= 11:28= 12:29= 14:17= 17:58= 19:53= 20:52= 22:50= 24:31= 26:37= 28:44= 29:44= 31:35= 33:23= 34:02=	03:26= 01:13= 01:41= 01:58= 03:10= 01:01= 01:48= 03:41= 01:55= 00:59= 01:58= 01:41= 02:06= 02:07= 01:00= 01:51= 01:48= 00:39=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Inger Tone Nygård	3502	34:55
03:51+ 05:31+ 07:05+ 08:57+ 12:29+ 13:19+ 15:35+ 19:25+ 21:21+ 22:17+ 24:18+ 26:04+ 27:51+ 30:08+ 31:10+ 32:56+ 34:28+ 34:55+	03:51+ 01:40+ 01:34- 01:52- 03:32+ 00:50- 02:16+ 03:50+ 01:56+ 00:56- 02:01+ 01:46+ 01:47- 02:17+ 01:02+ 01:46- 01:32- 00:27-	00:25# 00:270 00:07- 00:06- 00:22# 00:11- 00:280 00:09+ 00:01+ 00:03- 00:03+ 00:05+ 00:19- 00:10+ 00:02+ 00:05- 00:16- 00:12-	
3	Vibeke Lamark	878	35:17
03:15- 04:35- 06:22+ 08:20+ 11:37+ 12:43+ 14:57+ 18:45+ 20:40+ 21:35+ 23:48+ 25:35+ 27:24+ 30:28+ 31:35+ 33:17+ 34:49+ 35:17+	03:15- 01:20+ 01:47+ 01:58= 03:17+ 01:06+ 02:14+ 03:48+ 01:55= 00:55- 02:13+ 01:47+ 01:49- 03:04+ 01:07+ 01:42- 01:32- 00:28-	00:11- 00:07+ 00:06+ 00:00= 00:07+ 00:05+ 00:26# 00:07+ 00:00= 00:04- 00:15# 00:06+ 00:17- 00:570 00:07# 00:09- 00:16- 00:11-	
4	Anne Sæbø Vik	1683	37:40
04:24+ 05:51+ 08:16+ 10:03+ 13:38+ 14:44+ 17:08+ 20:46+ 22:54+ 23:54+ 26:07+ 27:58+ 30:03+ 32:24+ 33:25+ 35:28+ 37:04+ 37:40+	04:24+ 01:27+ 02:25+ 01:47- 03:35+ 01:06+ 02:24+ 03:38- 02:08+ 01:00+ 02:13+ 01:51+ 02:05- 02:21+ 01:01+ 02:03+ 01:36- 00:36-	00:580 00:14# 00:440 00:11- 00:25# 00:05+ 00:360 00:03- 00:13# 00:01+ 00:15# 00:10+ 00:01- 00:14# 00:01+ 00:12# 00:12- 00:03-	
5	Lise Isachsen	1384	38:15
06:35+ 08:52+ 10:29+ 12:04+ 16:06+ 17:01+ 19:05+ 22:20+ 24:46+ 25:36+ 27:27+ 29:15+ 31:40+ 33:49+ 34:51+ 36:27+ 37:48+ 38:15+	06:35+ 02:17+ 01:37- 01:35- 04:02+ 00:55- 02:04+ 03:15- 02:26+ 00:50- 01:51- 01:48+ 02:25+ 02:09+ 01:02+ 01:36- 01:21- 00:27-	03:090 01:040 00:04- 00:23- 00:520 00:06- 00:16# 00:26- 00:310 00:09- 00:07- 00:07+ 00:19# 00:02+ 00:02+ 00:15- 00:27- 00:12-	
6	Agnes Haker	1284	39:38
04:01+ 05:25+ 07:15+ 09:59+ 13:39+ 14:41+ 16:41+ 20:51+ 26:01+ 26:46+ 28:42+ 30:21+ 32:42+ 34:53+ 36:12+ 37:42+ 39:12+ 39:38+	04:01+ 01:24+ 01:50+ 02:44+ 03:40+ 01:02+ 02:00+ 04:10+ 05:10+ 00:45- 01:56- 01:39- 02:21+ 02:11+ 01:19+ 01:30- 01:30- 00:26-	00:35# 00:11# 00:09+ 00:460 00:30# 00:01+ 00:12# 00:29# 03:150 00:14- 00:02- 00:02- 00:15# 00:04+ 00:190 00:21- 00:18- 00:13-	
7	Jorunn Johannesen	1683	40:12
04:47+ 06:21+ 09:21+ 11:37+ 15:06+ 16:14+ 18:33+ 22:35+ 25:22+ 26:20+ 28:17+ 30:03+ 32:12+ 34:46+ 36:01+ 37:57+ 39:40+ 40:12+	04:47+ 01:34+ 03:00+ 02:16+ 03:29+ 01:08+ 02:19+ 04:02+ 02:47+ 00:58- 01:57- 01:46+ 02:09+ 02:34+ 01:15+ 01:56+ 01:43- 00:32-	01:210 00:210 01:190 00:18# 00:19# 00:07# 00:310 00:21+ 00:520 00:01- 00:01- 00:05+ 00:03+ 00:27# 00:15# 00:05+ 00:05- 00:07-	
8	Helen Lomeland	722	40:56
03:55+ 06:50+ 08:42+ 10:46+ 14:23+ 15:20+ 18:01+ 21:52+ 24:26+ 25:15+ 27:12+ 29:15+ 31:59+ 34:14+ 35:35+ 38:53+ 40:27+ 40:56+	03:55+ 02:55+ 01:52+ 02:04+ 03:37+ 00:57- 02:41+ 03:51+ 02:34+ 00:49- 01:57- 02:03+ 02:44+ 02:15+ 01:21+ 03:18+ 01:34- 00:29-	00:29# 01:420 00:11# 00:06+ 00:27# 00:04- 00:530 00:10+ 00:390 00:10- 00:01- 00:22# 00:380 00:08+ 00:210 01:270 00:14- 00:10-	

Class	Navn	Klasse	Tid
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Damer B

9	Anina Hadland	3502	41:49														
05:33+	07:00+	08:50+	10:46+	14:54+	15:51+	18:32+	22:54+	25:32+	26:30+	28:56+	31:13+	33:12+	35:48+	37:06+	39:33+	41:15+	41:49+
05:33+	01:27+	01:50+	01:56-	04:08+	00:57-	02:41+	04:22+	02:38+	00:58-	02:26+	02:17+	01:59-	02:36+	01:18+	02:27+	01:42-	00:34-
02:07&	00:14#	00:09+	00:02-	00:58&	00:04-	00:53&	00:41#	00:43&	00:01-	00:28#	00:36&	00:07-	00:29#	00:18&	00:36&	00:06-	00:05-
10	Ann Karin Tjørhom	1884	42:02														
04:45+	06:22+	08:26+	10:52+	14:57+	16:04+	18:58+	23:35+	25:50+	26:49+	29:01+	30:52+	32:54+	35:41+	36:54+	39:36+	41:25+	42:02+
04:45+	01:37+	02:04+	02:26+	04:05+	01:07+	02:54+	04:37+	02:15+	00:59+	02:12+	01:51+	02:02+	02:47+	01:13+	02:42+	01:49+	00:37+
04:45+	01:37+	02:04+	02:26+	04:05+	01:07+	02:54+	04:37+	02:15+	00:59+	02:12+	01:51+	02:02+	02:47+	01:13+	02:42+	01:49+	00:37+
11	Toyah Bråtveit	1832	42:36														
04:10+	07:26+	09:18+	11:16+	15:40+	16:36+	18:43+	23:36+	26:53+	27:38+	29:42+	31:16+	33:21+	36:07+	39:03+	40:56+	42:13+	42:36+
04:10+	03:16+	01:52+	01:58+	04:24+	00:56+	02:07+	04:53+	03:17+	00:45+	02:04+	01:34+	02:05+	02:46+	02:56+	01:53+	01:17+	00:23+
04:10+	03:16+	01:52+	01:58+	04:24+	00:56+	02:07+	04:53+	03:17+	00:45+	02:04+	01:34+	02:05+	02:46+	02:56+	01:53+	01:17+	00:23+
12	Hege Anita H. Nielsen	3545	42:49														
04:00+	06:37+	08:19+	11:18+	15:11+	16:30+	19:03+	23:05+	26:16+	27:16+	29:45+	31:41+	34:27+	37:00+	38:20+	40:27+	42:17+	42:49+
04:00+	02:37+	01:42+	02:59+	03:53+	01:19+	02:33+	04:02+	03:11+	01:00+	02:29+	01:56+	02:46+	02:33+	01:20+	02:07+	01:50+	00:32+
04:00+	02:37+	01:42+	02:59+	03:53+	01:19+	02:33+	04:02+	03:11+	01:00+	02:29+	01:56+	02:46+	02:33+	01:20+	02:07+	01:50+	00:32+
13	Anne Garsrud	3518	42:56														
06:27+	09:30+	11:58+	14:03+	17:22+	18:27+	20:36+	24:50+	27:19+	28:15+	30:27+	32:20+	34:26+	36:50+	38:56+	40:56+	42:26+	42:56+
06:27+	03:03+	02:28+	02:05+	03:19+	01:05+	02:09+	04:14+	02:29+	00:56+	02:12+	01:53+	02:06+	02:24+	02:06+	02:00+	01:30+	00:30+
06:27+	03:03+	02:28+	02:05+	03:19+	01:05+	02:09+	04:14+	02:29+	00:56+	02:12+	01:53+	02:06+	02:24+	02:06+	02:00+	01:30+	00:30+
14	Kristin Breivold	892	42:56														
04:33+	06:32+	08:36+	10:57+	14:31+	15:40+	18:15+	23:00+	27:30+	28:27+	30:55+	32:50+	34:44+	37:22+	38:38+	40:47+	42:24+	42:56+
04:33+	01:59+	02:04+	02:21+	03:34+	01:09+	02:35+	04:45+	04:30+	00:57+	02:28+	01:55+	01:54+	02:38+	01:16+	02:09+	01:37+	00:32+
04:33+	01:59+	02:04+	02:21+	03:34+	01:09+	02:35+	04:45+	04:30+	00:57+	02:28+	01:55+	01:54+	02:38+	01:16+	02:09+	01:37+	00:32+
15	Heidi Martby-Skogsholm	3522	44:05														
05:07+	07:28+	09:30+	11:53+	16:26+	17:32+	20:01+	23:55+	26:39+	27:46+	29:51+	31:46+	34:22+	36:53+	39:29+	41:52+	43:32+	44:05+
05:07+	02:21+	02:02+	02:23+	04:33+	01:06+	02:29+	03:54+	02:44+	01:07+	02:05+	01:55+	02:36+	02:31+	02:36+	02:23+	01:40+	00:33+
05:07+	02:21+	02:02+	02:23+	04:33+	01:06+	02:29+	03:54+	02:44+	01:07+	02:05+	01:55+	02:36+	02:31+	02:36+	02:23+	01:40+	00:33+
16	Grethe Anda Fuglestad	1683	45:30														
04:23+	06:09+	08:03+	10:10+	13:47+	14:54+	17:11+	21:02+	23:14+	24:14+	26:41+	28:26+	35:51+	38:54+	40:10+	43:15+	44:57+	45:30+
04:23+	01:46+	01:54+	02:07+	03:37+	01:07+	02:17+	03:51+	02:12+	01:00+	02:27+	01:45+	07:25+	03:03+	01:16+	03:05+	01:42+	00:33+
04:23+	01:46+	01:54+	02:07+	03:37+	01:07+	02:17+	03:51+	02:12+	01:00+	02:27+	01:45+	07:25+	03:03+	01:16+	03:05+	01:42+	00:33+
17	Ingrid W. Hestness	896	48:13														
04:38+	07:03+	08:58+	10:56+	14:38+	15:42+	18:22+	22:27+	31:00+	31:48+	34:10+	37:01+	39:06+	42:00+	43:25+	46:02+	47:38+	48:13+
04:38+	02:25+	01:55+	01:58+	03:42+	01:04+	02:40+	04:05+	08:33+	00:48+	02:22+	02:51+	02:05+	02:54+	01:25+	02:37+	01:36+	00:35+
04:38+	02:25+	01:55+	01:58+	03:42+	01:04+	02:40+	04:05+	08:33+	00:48+	02:22+	02:51+	02:05+	02:54+	01:25+	02:37+	01:36+	00:35+
18	Silje Thorsen Borthen	877	48:15														
03:39+	10:19+	12:52+	14:55+	18:32+	19:19+	21:25+	26:22+	33:17+	33:51+	35:58+	38:43+	40:35+	42:36+	43:59+	46:32+	47:50+	48:15+
03:39+	06:40+	02:33+	02:03+	03:37+	00:47+	02:06+	04:57+	06:55+	00:34+	02:07+	02:45+	01:52+	02:01+	01:23+	02:33+	01:18+	00:25+
03:39+	06:40+	02:33+	02:03+	03:37+	00:47+	02:06+	04:57+	06:55+	00:34+	02:07+	02:45+	01:52+	02:01+	01:23+	02:33+	01:18+	00:25+
19	Ragnhild Auglænd	769	48:54														
04:45+	06:42+	08:53+	11:15+	15:25+	16:51+	19:33+	24:18+	31:08+	32:30+	35:15+	37:23+	39:44+	42:40+	44:05+	46:10+	48:14+	48:54+
04:45+	01:57+	02:11+	02:22+	04:10+	01:26+	02:42+	04:45+	06:50+	01:22+	02:45+	02:08+	02:21+	02:56+	01:25+	02:05+	02:04+	00:40+
04:45+	01:57+	02:11+	02:22+	04:10+	01:26+	02:42+	04:45+	06:50+	01:22+	02:45+	02:08+	02:21+	02:56+	01:25+	02:05+	02:04+	00:40+
20	Mariann Sveinsoell	3504	49:59														
07:23+	09:43+	11:44+	14:26+	18:23+	19:41+	22:23+	27:09+	30:47+	32:06+	35:54+	38:10+	40:58+	43:42+	45:18+	47:50+	49:31+	49:59+
07:23+	02:20+	02:01+	02:42+	03:57+	01:18+	02:42+	04:46+	03:38+	01:19+	03:48+	02:16+	02:48+	02:44+	01:36+	02:32+	01:41+	00:28+
07:23+	02:20+	02:01+	02:42+	03:57+	01:18+	02:42+	04:46+	03:38+	01:19+	03:48+	02:16+	02:48+	02:44+	01:36+	02:32+	01:41+	00:28+

Beste strekktid for klassen

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

Damer Ny

Class	Navn	Klasse	Tid
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Damer Ny

1	Bente Klausen	769	21:30							
01:35=	04:24=	05:33=	07:13=	10:55=	12:05=	15:08=	16:41=	18:50=	20:53=	21:30=
01:35=	02:49=	01:09=	01:40=	03:42=	01:10=	03:03=	01:33=	02:09=	02:03=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jannecke A. Moe	1758	32:08							
01:26+	05:49+	07:54+	09:36+	15:47+	17:09+	19:42+	25:28+	28:57+	31:28+	32:08+
01:26+	04:23+	02:05+	01:42+	06:11+	01:22+	02:33+	05:46+	03:29+	02:31+	00:40+
01:26+	04:23+	02:05+	01:42+	06:11+	01:22+	02:33+	05:46+	03:29+	02:31+	00:40+
3	Helene Racine Bjordal Bergesen	1830	42:27							
02:49+	08:43+	10:40+	13:11+	27:32+	28:55+	32:50+	35:20+	39:23+	41:52+	42:27+
02:49+	05:54+	01:57+	02:31+	14:21+	01:23+	03:55+	02:30+	04:03+	02:29+	00:35+
02:49+	05:54+	01:57+	02:31+	14:21+	01:23+	03:55+	02:30+	04:03+	02:29+	00:35+
4	Emilie W Refseth	1830	43:15							
03:42+	09:37+	11:35+	14:04+	28:26+	29:49+	33:44+	36:13+	40:09+	42:35+	43:15+
03:42+	05:55+	01:58+	02:29+	14:22+	01:23+	03:55+	02:29+	03:56+	02:26+	00:40+
03:42+	05:55+	01:58+	02:29+	14:22+	01:23+	03:55+	02:29+	03:56+	02:26+	00:40+

Beste strekktid for klassen

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

Damer Trim

1	Marit L. Undheim	3529	20:46									
01:55=	02:35=	04:49=	06:18=	07:29=	09:05=	11:31=	12:34=	14:34=	16:29=	18:19=	20:10=	20:46=
01:55=	00:40=	02:14=	01:29=	01:11=	01:36=	02:26=	01:03=	02:00=	01:55=	01:50=	01:51=	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=
2	Mari-Marthe Aamold	880	23:10									
03:32+	04:56+	06:23+	08:16+	09:20+	11:15+	13:11+	14:08+	17:04+	19:09+	21:05+	22:43+	23:10+
03:32+	01:24+	01:27-	01:53+	01:04-	01:55+	01:56-	00:57-	02:56+	02:05+	01:56+	01:38-	00:27-
01:37&	00:44@	00:47-	00:24&	00:07-	00:19#	00:30-	00:06-	00:56&	00:10+	00:06+	00:13-	00:09-
3	Benedicte Kvalevåg	769	23:32									
02:52+	03:51+	06:00+	07:25+	08:37+	09:49+	12:23+	13:20+	16:05+	17:54+	21:18+	23:02+	23:32+
02:52+	00:59+	02:09-	01:25-	01:12+	01:12-	02:34+	00:57-	02:45+	01:49-	03:24+	01:44-	00:30-
00:57&	00:19&	00:05-	00:04-	00:01+	00:24-	00:08+	00:06-	00:45&	00:06-	01:34&	00:07-	00:06-
4	Marta Bertolaso	1832	24:21									
02:20+	03:13+	05:17+	07:08+	08:19+	10:46+	13:54+	15:00+	17:24+	18:55+	21:44+	23:49+	24:21+
02:20+	00:53+	02:04-	01:51+	01:11=	02:27+	03:08+	01:06+	02:24+	01:31-	02:49+	02:05+	00:32-
00:25#	00:13&	00:10-	00:22#	00:00=	00:51&	00:42&	00:03+	00:24#	00:24-	00:59&	00:14#	00:04-
5	Ingunn Monsen	3525	25:46									
02:58+	03:56+	06:25+	08:08+	09:32+	10:48+	13:30+	14:41+	19:26+	21:17+	23:16+	25:15+	25:46+
02:58+	00:58+	02:29+	01:43+	01:24+	01:16-	02:42+	01:11+	04:45+	01:51-	01:59+	01:59+	00:31-
01:03&	00:18&	00:15#	00:14#	00:13#	00:20-	00:16#	00:08#	02:45@	00:04-	00:09+	00:08+	00:05-
6	Kristin Ye-Eun Yoon	3533	27:13									
02:46+	04:05+	05:59+	07:46+	12:52+	14:08+	17:17+	18:15+	20:31+	22:00+	24:42+	26:45+	27:13+
02:46+	01:19+	01:54-	01:47+	05:06+	01:16-	03:09+	00:58-	02:16+	01:29-	02:42+	02:03+	00:28-
00:51&	00:39&	00:20-	00:18#	03:55@	00:20-	00:43&	00:05-	00:16#	00:26-	00:52&	00:12#	00:08-
7	Elisa Møller	769	27:32									
02:40+	03:46+	06:00+	07:47+	09:11+	10:28+	14:31+	15:36+	18:14+	22:35+	25:16+	27:05+	27:32+
02:40+	01:06+	02:14=	01:47+	01:24+	01:17-	04:03+	01:05+	02:38+	04:21+	02:41+	01:49-	00:27-
00:45&	00:26&	00:00=	00:18#	00:13#	00:19-	01:37&	00:02+	00:38&	02:26@	00:51&	00:02-	00:09-
8	Inger Johanne Klausen	3529	27:44									
02:40+	03:36+	06:00+	07:31+	09:12+	10:23+	17:13+	18:24+	21:15+	23:33+	25:22+	27:18+	27:44+
02:40+	00:56+	02:24+	01:31+	01:41+	01:11-	06:50+	01:11+	02:51+	02:18+	01:49-	01:56+	00:26-
00:45&	00:16&	00:10+	00:02+	00:30&	00:25-	04:24@	00:08#	00:51&	00:23#	00:01-	00:05+	00:10-

Class	Navn	Klasse	Tid									
Damer Trim												
9	Lynn Marie Galston	1683	28:35									
03:55+	06:02+	08:31+	09:50+	11:29+	12:53+	16:09+	17:15+	19:59+	22:33+	26:24+	28:06+	28:35+
03:55+	02:07+	02:29+	01:19-	01:39+	01:24-	03:16+	01:06+	02:44+	02:34+	03:51+	01:42-	00:29-
02:00@	01:27@	00:15#	00:10-	00:28@	00:12-	00:50@	00:03+	00:44@	00:39@	02:01@	00:09-	00:07-
10	Janeth Kleppe	879	28:53									
02:14+	03:25+	06:20+	13:53+	15:15+	16:19+	19:02+	20:13+	22:27+	24:29+	26:26+	28:20+	28:53+
02:14+	01:11+	02:55+	07:33+	01:22+	01:04+	02:43+	01:11+	02:14+	02:02+	01:57+	01:54+	00:33+
02:14+	01:11+	02:55+	07:33+	01:22+	01:04+	02:43+	01:11+	02:14+	02:02+	01:57+	01:54+	00:33+
11	Karoline Blyberg Lillehammer	1758	29:01									
03:46+	05:06+	07:47+	09:35+	11:21+	12:46+	16:25+	17:35+	21:54+	24:19+	26:30+	28:30+	29:01+
03:46+	01:20+	02:41+	01:48+	01:46+	01:25+	03:39+	01:10+	04:19+	02:25+	02:11+	02:00+	00:31+
03:46+	01:20+	02:41+	01:48+	01:46+	01:25+	03:39+	01:10+	04:19+	02:25+	02:11+	02:00+	00:31+
12	Johanne Trandem Næss	3512	29:37									
02:35+	03:52+	05:50+	10:46+	12:24+	13:55+	17:22+	18:23+	20:41+	22:28+	27:25+	29:11+	29:37+
02:35+	01:17+	01:58+	04:56+	01:38+	01:31+	03:27+	01:01+	02:18+	01:47+	04:57+	01:46+	00:26+
02:35+	01:17+	01:58+	04:56+	01:38+	01:31+	03:27+	01:01+	02:18+	01:47+	04:57+	01:46+	00:26+
13	Ane Odland	1683	29:44									
02:14+	03:41+	06:12+	07:51+	09:10+	10:51+	13:23+	14:27+	17:09+	25:09+	27:24+	29:15+	29:44+
02:14+	01:27+	02:31+	01:39+	01:19+	01:41+	02:32+	01:04+	02:42+	08:00+	02:15+	01:51+	00:29+
02:14+	01:27+	02:31+	01:39+	01:19+	01:41+	02:32+	01:04+	02:42+	08:00+	02:15+	01:51+	00:29+
14	Maria Fjelde	722	31:09									
02:45+	03:44+	06:08+	07:49+	09:44+	10:59+	13:49+	14:55+	18:22+	23:07+	28:52+	30:40+	31:09+
02:45+	00:59+	02:24+	01:41+	01:55+	01:15+	02:50+	01:06+	03:27+	04:45+	05:45+	01:48+	00:29+
02:45+	00:59+	02:24+	01:41+	01:55+	01:15+	02:50+	01:06+	03:27+	04:45+	05:45+	01:48+	00:29+
15	Anne Turid Vestbakke	1683	31:31									
02:47+	04:14+	06:47+	08:43+	10:17+	12:24+	15:38+	17:17+	21:10+	23:49+	28:53+	30:58+	31:31+
02:47+	01:27+	02:33+	01:56+	01:34+	02:07+	03:14+	01:39+	03:53+	02:39+	05:04+	02:05+	00:33+
02:47+	01:27+	02:33+	01:56+	01:34+	02:07+	03:14+	01:39+	03:53+	02:39+	05:04+	02:05+	00:33+
16	Monica Regine Romstad	722	31:35									
02:01+	03:06+	05:53+	07:31+	08:45+	10:44+	13:09+	14:39+	21:28+	26:37+	29:17+	31:08+	31:35+
02:01+	01:05+	02:47+	01:38+	01:14+	01:59+	02:25+	01:30+	06:49+	05:09+	02:40+	01:51+	00:27+
02:01+	01:05+	02:47+	01:38+	01:14+	01:59+	02:25+	01:30+	06:49+	05:09+	02:40+	01:51+	00:27+
17	Marie Hernæs Larsen	3565	32:00									
03:18+	04:46+	07:18+	09:59+	11:25+	14:37+	17:07+	18:21+	21:52+	24:58+	29:15+	31:22+	32:00+
03:18+	01:28+	02:32+	02:41+	01:26+	03:12+	02:30+	01:14+	03:31+	03:06+	04:17+	02:07+	00:38+
03:18+	01:28+	02:32+	02:41+	01:26+	03:12+	02:30+	01:14+	03:31+	03:06+	04:17+	02:07+	00:38+
18	Elisabet Horpestad	896	32:04									
02:12+	03:27+	05:43+	07:12+	10:06+	11:25+	15:41+	16:32+	23:51+	26:10+	29:52+	31:31+	32:04+
02:12+	01:15+	02:16+	01:29+	02:54+	01:19+	04:16+	00:51+	07:19+	02:19+	03:42+	01:39+	00:33+
02:12+	01:15+	02:16+	01:29+	02:54+	01:19+	04:16+	00:51+	07:19+	02:19+	03:42+	01:39+	00:33+
19	Lina Dahle	3533	32:32									
05:10+	07:57+	11:04+	13:06+	14:46+	16:32+	19:20+	21:06+	24:00+	26:53+	29:39+	32:01+	32:32+
05:10+	02:47+	03:07+	02:02+	01:40+	01:46+	02:48+	01:46+	02:54+	02:53+	02:46+	02:22+	00:31+
05:10+	02:47+	03:07+	02:02+	01:40+	01:46+	02:48+	01:46+	02:54+	02:53+	02:46+	02:22+	00:31+
20	Unni Byberg Mæstad	892	32:49									
02:39+	04:00+	06:41+	09:20+	11:50+	14:03+	18:40+	20:09+	23:47+	27:01+	29:38+	32:01+	32:49+
02:39+	01:21+	02:41+	02:39+	02:30+	02:13+	04:37+	01:29+	03:38+	03:14+	02:37+	02:23+	00:48+
02:39+	01:21+	02:41+	02:39+	02:30+	02:13+	04:37+	01:29+	03:38+	03:14+	02:37+	02:23+	00:48+
21	Esther Boenheim	2539	32:57									
03:44+	05:39+	08:42+	10:46+	12:25+	14:18+	17:39+	19:12+	22:59+	25:41+	30:04+	32:21+	32:57+
03:44+	01:55+	03:03+	02:04+	01:39+	01:53+	03:21+	01:33+	03:47+	02:42+	04:23+	02:17+	00:36+
03:44+	01:55+	03:03+	02:04+	01:39+	01:53+	03:21+	01:33+	03:47+	02:42+	04:23+	02:17+	00:36+
22	Karine Ditlevsen	896	32:59									
03:19+	04:25+	07:17+	09:12+	10:35+	12:05+	14:45+	15:57+	18:21+	20:39+	30:23+	32:27+	32:59+
03:19+	01:06+	02:52+	01:55+	01:23+	01:30+	02:40+	01:12+	02:24+	02:18+	09:44+	02:04+	00:32+
03:19+	01:06+	02:52+	01:55+	01:23+	01:30+	02:40+	01:12+	02:24+	02:18+	09:44+	02:04+	00:32+

Class	Navn	Klasse											Tid	
23	Therese Østbø	896											32:59	
	03:18+	04:27+	07:18+	09:09+	10:36+	12:00+	14:44+	15:54+	18:23+	20:41+	30:22+	32:26+	32:59+	
	03:18+	01:09+	02:51+	01:51+	01:27+	01:24+	02:44+	01:10+	02:29+	02:18+	09:41+	02:04+	00:33+	
	03:18+	01:09+	02:51+	01:51+	01:27+	01:24+	02:44+	01:10+	02:29+	02:18+	09:41+	02:04+	00:33+	
24	Hilde Meisingset	1456											33:59	
	03:33+	04:40+	07:38+	10:59+	12:42+	14:27+	17:47+	19:10+	22:24+	27:15+	30:32+	33:12+	33:59+	
	03:33+	01:07+	02:58+	03:21+	01:43+	01:45+	03:20+	01:23+	03:14+	04:51+	03:17+	02:40+	00:47+	
	03:33+	01:07+	02:58+	03:21+	01:43+	01:45+	03:20+	01:23+	03:14+	04:51+	03:17+	02:40+	00:47+	
25	Maria Haukalid	3511											34:06	
	02:52+	05:46+	08:40+	10:33+	12:08+	14:50+	18:11+	19:36+	24:14+	27:30+	31:02+	33:26+	34:06+	
	02:52+	02:54+	02:54+	01:53+	01:35+	02:42+	03:21+	01:25+	04:38+	03:16+	03:32+	02:24+	00:40+	
	02:52+	02:54+	02:54+	01:53+	01:35+	02:42+	03:21+	01:25+	04:38+	03:16+	03:32+	02:24+	00:40+	
26	Solbjørg Borgersen	3527											34:35	
	03:09+	04:06+	07:23+	09:24+	11:38+	17:54+	19:00+	23:24+	24:37+	27:28+	29:16+	31:33+	33:48+	34:35+
	03:09+	00:57+	03:17+	02:01+	02:14+	06:16+	01:06+	04:24+	01:13+	02:51+	01:48+	02:17+	02:15+	00:47+
	03:09+	00:57+	03:17+	02:01+	02:14+	06:16+	01:06+	04:24+	01:13+	02:51+	01:48+	02:17+	02:15+	00:47+
27	Heidi Camilla Raugstad Hovet	769											35:19	
	03:13+	04:06+	07:08+	08:17+	09:44+	11:28+	13:51+	15:02+	23:59+	28:36+	31:49+	34:47+	35:19+	
	03:13+	00:53+	03:02+	01:09+	01:27+	01:44+	02:23+	01:11+	08:57+	04:37+	03:13+	02:58+	00:32+	
	03:13+	00:53+	03:02+	01:09+	01:27+	01:44+	02:23+	01:11+	08:57+	04:37+	03:13+	02:58+	00:32+	
28	Camilla Huynh	3533											35:50	
	06:22+	08:31+	12:38+	14:26+	17:05+	19:46+	22:34+	23:55+	27:45+	30:30+	33:14+	35:18+	35:50+	
	06:22+	02:09+	04:07+	01:48+	02:39+	02:41+	02:48+	01:21+	03:50+	02:45+	02:44+	02:04+	00:32+	
	06:22+	02:09+	04:07+	01:48+	02:39+	02:41+	02:48+	01:21+	03:50+	02:45+	02:44+	02:04+	00:32+	
29	Grete Sveinsvoll	3552											36:32	
	03:16+	04:21+	08:53+	10:26+	12:12+	14:19+	18:41+	20:07+	25:12+	29:38+	33:05+	35:44+	36:32+	
	03:16+	01:05+	04:32+	01:33+	01:46+	02:07+	04:22+	01:26+	05:05+	04:26+	03:27+	02:39+	00:48+	
	03:16+	01:05+	04:32+	01:33+	01:46+	02:07+	04:22+	01:26+	05:05+	04:26+	03:27+	02:39+	00:48+	
30	Hilde Christine Hoff	848											37:28	
	03:56+	05:16+	08:40+	11:20+	13:26+	15:14+	19:28+	21:22+	25:48+	28:37+	33:02+	36:25+	37:28+	
	03:56+	01:20+	03:24+	02:40+	02:06+	01:48+	04:14+	01:54+	04:26+	02:49+	04:25+	03:23+	01:03+	
	03:56+	01:20+	03:24+	02:40+	02:06+	01:48+	04:14+	01:54+	04:26+	02:49+	04:25+	03:23+	01:03+	
31	Renate Furenes	892											37:48	
	04:37+	05:54+	08:04+	10:56+	12:40+	15:30+	18:34+	19:51+	30:09+	32:12+	35:12+	37:11+	37:48+	
	04:37+	01:17+	02:10+	02:52+	01:44+	02:50+	03:04+	01:17+	10:18+	02:03+	03:00+	01:59+	00:37+	
	04:37+	01:17+	02:10+	02:52+	01:44+	02:50+	03:04+	01:17+	10:18+	02:03+	03:00+	01:59+	00:37+	
32	Ritva Halsne	722											38:04	
	03:09+	04:45+	07:34+	10:58+	12:32+	16:33+	19:10+	20:26+	29:03+	31:50+	35:29+	37:39+	38:04+	
	03:09+	01:36+	02:49+	03:24+	01:34+	04:01+	02:37+	01:16+	08:37+	02:47+	03:39+	02:10+	00:25+	
	03:09+	01:36+	02:49+	03:24+	01:34+	04:01+	02:37+	01:16+	08:37+	02:47+	03:39+	02:10+	00:25+	
33	Signe Lise Haaland	3507											40:08	
	04:06+	05:50+	09:48+	12:03+	14:16+	16:50+	22:05+	24:09+	28:05+	31:49+	35:23+	39:04+	40:08+	
	04:06+	01:44+	03:58+	02:15+	02:13+	02:34+	05:15+	02:04+	03:56+	03:44+	03:34+	03:41+	01:04+	
	04:06+	01:44+	03:58+	02:15+	02:13+	02:34+	05:15+	02:04+	03:56+	03:44+	03:34+	03:41+	01:04+	
34	Kirsti Strand Salvesen	3540											44:08	
	03:49+	05:38+	08:41+	10:58+	12:57+	15:04+	26:56+	29:01+	32:40+	35:06+	40:13+	43:17+	44:08+	
	03:49+	01:49+	03:03+	02:17+	01:59+	02:07+	11:52+	02:05+	03:39+	02:26+	05:07+	03:04+	00:51+	
	03:49+	01:49+	03:03+	02:17+	01:59+	02:07+	11:52+	02:05+	03:39+	02:26+	05:07+	03:04+	00:51+	
35	Eli Thorset Våge	896											45:53	
	04:06+	05:31+	09:12+	12:02+	14:16+	23:45+	27:26+	29:00+	34:39+	37:43+	42:09+	44:59+	45:53+	
	04:06+	01:25+	03:41+	02:50+	02:14+	09:29+	03:41+	01:34+	05:39+	03:04+	04:26+	02:50+	00:54+	
	04:06+	01:25+	03:41+	02:50+	02:14+	09:29+	03:41+	01:34+	05:39+	03:04+	04:26+	02:50+	00:54+	
36	Ragnhild Christiansen	1884											46:09	
	04:47+	06:35+	10:38+	14:18+	16:54+	19:16+	25:41+	27:46+	33:34+	36:28+	41:29+	45:04+	46:09+	
	04:47+	01:48+	04:03+	03:40+	02:36+	02:22+	06:25+	02:05+	05:48+	02:54+	05:01+	03:35+	01:05+	
	04:47+	01:48+	04:03+	03:40+	02:36+	02:22+	06:25+	02:05+	05:48+	02:54+	05:01+	03:35+	01:05+	

Class	Navn	Klasse	Tid									
Damer Trim												
37	Liv Janne Fandrem Biland	892	47:46									
03:15+	04:52+	07:36+	09:37+	13:54+	16:00+	29:24+	30:47+	34:49+	38:50+	45:04+	47:10+	47:46+
03:15+	01:37+	02:44+	02:01+	04:17+	02:06+	13:24+	01:23+	04:02+	04:01+	06:14+	02:06+	00:36+
03:15+	01:37+	02:44+	02:01+	04:17+	02:06+	13:24+	01:23+	04:02+	04:01+	06:14+	02:06+	00:36+
38	Brit Svihus	892	48:48									
07:10+	09:14+	12:49+	15:23+	17:32+	19:57+	25:00+	27:25+	37:24+	41:02+	45:14+	47:59+	48:48+
07:10+	02:04+	03:35+	02:34+	02:09+	02:25+	05:03+	02:25+	09:59+	03:38+	04:12+	02:45+	00:49+
07:10+	02:04+	03:35+	02:34+	02:09+	02:25+	05:03+	02:25+	09:59+	03:38+	04:12+	02:45+	00:49+
39	Sigrund Serigstad	879	48:59									
04:23+	06:27+	17:48+	19:55+	21:07+	29:30+	34:17+	35:35+	40:39+	41:58+	46:51+	48:27+	48:59+
04:23+	02:04+	11:21+	02:07+	01:12+	08:23+	04:47+	01:18+	05:04+	01:19+	04:53+	01:36+	00:32+
04:23+	02:04+	11:21+	02:07+	01:12+	08:23+	04:47+	01:18+	05:04+	01:19+	04:53+	01:36+	00:32+
40	Unni B Sundli	892	51:10									
04:17+	05:48+	20:01+	22:27+	24:51+	27:23+	31:16+	33:30+	39:13+	43:33+	47:16+	50:24+	51:10+
04:17+	01:31+	14:13+	02:26+	02:24+	02:32+	03:53+	02:14+	05:43+	04:20+	03:43+	03:08+	00:46+
04:17+	01:31+	14:13+	02:26+	02:24+	02:32+	03:53+	02:14+	05:43+	04:20+	03:43+	03:08+	00:46+
41	Ingunn Johanne Fandrem	3511	57:36									
04:43+	06:49+	10:53+	15:51+	19:16+	21:45+	27:37+	29:21+	32:52+	48:20+	54:05+	56:53+	57:36+
04:43+	02:06+	04:04+	04:58+	03:25+	02:29+	05:52+	01:44+	03:31+	15:28+	05:45+	02:48+	00:43+
04:43+	02:06+	04:04+	04:58+	03:25+	02:29+	05:52+	01:44+	03:31+	15:28+	05:45+	02:48+	00:43+
42	Solveig Marie Grønning	3511	57:37									
04:42+	06:53+	10:50+	15:50+	19:13+	21:49+	27:37+	29:22+	32:58+	48:18+	54:02+	56:57+	57:37+
04:42+	02:11+	03:57+	05:00+	03:23+	02:36+	05:48+	01:45+	03:36+	15:20+	05:44+	02:55+	00:40+
04:42+	02:11+	03:57+	05:00+	03:23+	02:36+	05:48+	01:45+	03:36+	15:20+	05:44+	02:55+	00:40+
43	Monika Korbecka	1456	58:20									
08:22+	10:23+	14:52+	17:24+	20:06+	22:32+	28:00+	30:42+	37:23+	41:26+	53:03+	57:10+	58:20+
08:22+	02:01+	04:29+	02:32+	02:42+	02:26+	05:28+	02:42+	06:41+	04:03+	11:37+	04:07+	01:10+
08:22+	02:01+	04:29+	02:32+	02:42+	02:26+	05:28+	02:42+	06:41+	04:03+	11:37+	04:07+	01:10+
44	Agnete Dedekam Stabel	1758	59:31									
06:08+	09:24+	15:07+	18:32+	21:04+	24:15+	30:42+	32:03+	39:59+	47:06+	56:32+	58:44+	59:31+
06:08+	03:16+	05:43+	03:25+	02:32+	03:11+	06:27+	01:21+	07:56+	07:07+	09:26+	02:12+	00:47+
06:08+	03:16+	05:43+	03:25+	02:32+	03:11+	06:27+	01:21+	07:56+	07:07+	09:26+	02:12+	00:47+

Beste strekketid for klassen

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

Herrer 16 - 39 år

1	Vegard Kyllingstad	3507	30:24														
03:03=	05:28=	07:04=	08:46=	11:29=	12:25=	14:38=	17:36=	19:16=	20:02=	21:47=	23:03=	24:34=	26:17=	27:10=	28:58=	30:06=	30:24=
03:03=	02:25=	01:36=	01:42=	02:43=	00:56=	02:13=	02:58=	01:40=	00:46=	01:45=	01:16=	01:31=	01:43=	00:53=	01:48=	01:08=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arild Pfluger Hundeide	769	32:02														
02:54-	04:52-	06:10-	07:53-	11:13-	12:10-	13:52-	17:04-	18:56-	19:50-	21:38-	23:07+	24:47+	27:23+	28:36+	30:13+	31:35+	32:02+
02:54-	01:58-	01:18-	01:43+	03:20+	00:57+	01:42-	03:12+	01:52+	00:54+	01:48+	01:29+	01:40+	02:36+	01:13+	01:37-	01:22+	00:27+
00:09-	00:27-	00:18-	00:01+	00:37#	00:01+	00:31-	00:14+	00:12#	00:08#	00:03+	00:13#	00:09+	00:53&	00:20&	00:11-	00:14#	00:09&
3	Ole Morten Haaland	3528	32:33														
03:16+	04:26-	06:44-	08:25-	11:57+	12:40+	14:22-	17:44+	19:37+	20:14+	21:52+	23:16+	25:03+	26:59+	28:02+	30:55+	32:08+	32:33+
03:16+	01:10-	02:18+	01:41-	03:32+	00:43-	01:42-	03:22+	01:53+	00:37-	01:38-	01:24+	01:47+	01:56+	01:03+	02:53+	01:13+	00:25+
00:13+	01:15-	00:42&	00:01-	00:49&	00:13-	00:31-	00:24#	00:13#	00:09-	00:07-	00:08#	00:16#	00:13#	00:10#	01:05&	00:05+	00:07&
4	Håvard Hageberg	1832	32:45														
03:41+	05:15-	07:37+	09:31+	12:27+	13:22+	15:17+	18:36+	20:24+	21:10+	22:49+	24:21+	26:02+	28:02+	28:59+	30:54+	32:22+	32:45+
03:41+	01:34-	02:22+	01:54+	02:56+	00:55-	01:55-	03:19+	01:48+	00:46=	01:39-	01:32+	01:41+	02:00+	00:57+	01:55+	01:28+	00:23+
00:38#	00:51-	00:46&	00:12#	00:13+	00:01-	00:18-	00:21#	00:08+	00:00=	00:06-	00:16#	00:10#	00:17#	00:04+	00:07+	00:20&	00:05&

Herrer 16 - 39 år

5	Truls Thorkildsen	2074	34:20														
02:56-	04:16-	06:56-	08:43-	11:58+	12:56+	14:46+	18:10+	20:03+	20:48+	24:00+	25:31+	27:33+	29:47+	30:53+	32:27+	33:53+	34:20+
02:56-	01:20-	02:40+	01:47+	03:15+	00:58+	01:50-	03:24+	01:53+	00:45-	03:12+	01:31+	02:02+	02:14+	01:06+	01:34-	01:26+	00:27+
00:07-	01:05-	01:04&	00:05+	00:32#	00:02+	00:23-	00:26#	00:13#	00:01-	01:27&	00:15#	00:31&	00:31&	00:13#	00:14-	00:18&	00:09&
6	Frank Terje Berge	643	34:24														
03:47+	05:59+	08:52+	10:31+	13:33+	14:25+	16:36+	19:48+	21:45+	22:28+	24:21+	25:56+	27:42+	29:50+	30:55+	32:42+	33:59+	34:24+
03:47+	02:12+	02:53+	01:39+	03:02+	00:52+	02:11+	03:12+	01:57+	00:43+	01:53+	01:35+	01:46+	02:08+	01:05+	01:47+	01:17+	00:25+
03:47+	02:12+	02:53+	01:39+	03:02+	00:52+	02:11+	03:12+	01:57+	00:43+	01:53+	01:35+	01:46+	02:08+	01:05+	01:47+	01:17+	00:25+
7	Torbjørn Fuglestad	878	34:44														
03:42+	05:05+	07:19+	09:14+	12:24+	13:18+	15:10+	18:38+	20:36+	21:27+	23:10+	24:50+	26:53+	28:57+	30:09+	33:05+	34:26+	34:44+
03:42+	01:23+	02:14+	01:55+	03:10+	00:54+	01:52+	03:28+	01:58+	00:51+	01:43+	01:40+	02:03+	02:04+	01:12+	02:56+	01:21+	00:18+
03:42+	01:23+	02:14+	01:55+	03:10+	00:54+	01:52+	03:28+	01:58+	00:51+	01:43+	01:40+	02:03+	02:04+	01:12+	02:56+	01:21+	00:18+
8	Cato Eike	1493	34:49														
03:24+	04:46+	06:44+	08:22+	12:12+	13:05+	15:05+	18:18+	20:12+	21:00+	22:49+	26:15+	27:46+	29:49+	30:53+	33:11+	34:25+	34:49+
03:24+	01:22+	01:58+	01:38+	03:50+	00:53+	02:00+	03:13+	01:54+	00:48+	01:49+	03:26+	01:31+	02:03+	01:04+	02:18+	01:14+	00:24+
03:24+	01:22+	01:58+	01:38+	03:50+	00:53+	02:00+	03:13+	01:54+	00:48+	01:49+	03:26+	01:31+	02:03+	01:04+	02:18+	01:14+	00:24+
9	Anders Klungre	3548	36:07														
04:58+	07:08+	08:49+	10:29+	14:01+	15:00+	17:19+	20:42+	22:54+	23:38+	25:32+	27:19+	29:00+	30:51+	32:20+	34:19+	35:45+	36:07+
04:58+	02:10+	01:41+	01:40+	03:32+	00:59+	02:19+	03:23+	02:12+	00:44+	01:54+	01:47+	01:41+	01:51+	01:29+	01:59+	01:26+	00:22+
04:58+	02:10+	01:41+	01:40+	03:32+	00:59+	02:19+	03:23+	02:12+	00:44+	01:54+	01:47+	01:41+	01:51+	01:29+	01:59+	01:26+	00:22+
10	Magnus Gabriel Ersdal	3528	36:35														
03:55+	06:01+	07:59+	09:42+	14:32+	16:16+	20:33+	22:22+	23:09+	25:02+	26:36+	28:41+	30:56+	32:52+	34:39+	36:10+	36:35+	
03:55+	02:06+	01:58+	01:43+	03:04+	01:46+	01:44+	04:17+	01:49+	00:47+	01:53+	01:34+	02:05+	02:15+	01:56+	01:47+	01:31+	00:25+
03:55+	02:06+	01:58+	01:43+	03:04+	01:46+	01:44+	04:17+	01:49+	00:47+	01:53+	01:34+	02:05+	02:15+	01:56+	01:47+	01:31+	00:25+
11	Erlend Syse	3559	36:42														
03:57+	05:53+	07:24+	09:04+	12:37+	13:38+	15:57+	19:46+	22:13+	23:13+	25:13+	26:48+	28:59+	31:12+	32:24+	34:40+	36:17+	36:42+
03:57+	01:56+	01:31+	01:40+	03:33+	01:01+	02:19+	03:49+	02:27+	01:00+	02:00+	01:35+	02:11+	02:13+	01:12+	02:16+	01:37+	00:25+
03:57+	01:56+	01:31+	01:40+	03:33+	01:01+	02:19+	03:49+	02:27+	01:00+	02:00+	01:35+	02:11+	02:13+	01:12+	02:16+	01:37+	00:25+
12	Martin Skogland	3508	37:12														
05:00+	06:30+	08:05+	09:57+	13:24+	14:19+	16:12+	19:41+	21:52+	22:45+	24:54+	26:52+	28:47+	31:19+	32:32+	35:15+	36:43+	37:12+
05:00+	01:30+	01:35+	01:52+	03:27+	00:55+	01:53+	03:29+	02:11+	00:53+	02:09+	01:58+	01:55+	02:32+	01:13+	02:43+	01:28+	00:29+
05:00+	01:30+	01:35+	01:52+	03:27+	00:55+	01:53+	03:29+	02:11+	00:53+	02:09+	01:58+	01:55+	02:32+	01:13+	02:43+	01:28+	00:29+
13	Sondre Aspøy	896	42:02														
06:18+	08:25+	10:28+	12:38+	16:59+	18:03+	20:36+	25:07+	27:30+	28:23+	30:45+	32:18+	34:16+	36:39+	38:13+	40:18+	41:37+	42:02+
06:18+	02:07+	02:03+	02:10+	04:21+	01:04+	02:33+	04:31+	02:23+	00:53+	02:22+	01:33+	01:58+	02:23+	01:34+	02:05+	01:19+	00:25+
06:18+	02:07+	02:03+	02:10+	04:21+	01:04+	02:33+	04:31+	02:23+	00:53+	02:22+	01:33+	01:58+	02:23+	01:34+	02:05+	01:19+	00:25+
14	Jone Klemo Øverland	1384	42:28														
04:53+	06:34+	09:34+	11:34+	15:41+	16:59+	19:30+	23:42+	26:07+	27:29+	29:52+	31:50+	34:10+	36:51+	37:58+	40:09+	41:58+	42:28+
04:53+	01:41+	03:00+	02:00+	04:07+	01:18+	02:31+	04:12+	02:25+	01:22+	02:23+	01:58+	02:20+	02:41+	01:07+	02:11+	01:49+	00:30+
04:53+	01:41+	03:00+	02:00+	04:07+	01:18+	02:31+	04:12+	02:25+	01:22+	02:23+	01:58+	02:20+	02:41+	01:07+	02:11+	01:49+	00:30+

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Asgeir Nærland	1830	31:29														
03:59=	05:26=	07:01=	08:46=	11:37=	12:33=	14:27=	17:11=	19:06=	19:56=	21:28=	23:05=	24:58=	26:57=	28:15=	29:52=	31:06=	31:29=
03:59=	01:27=	01:35=	01:45=	02:51=	00:56=	01:54=	02:44=	01:55=	00:50=	01:32=	01:37=	01:53=	01:59=	01:18=	01:37=	01:14=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Magne Habbestad	3531	33:39														
04:02+	05:23-	06:57-	08:31-	11:44+	12:36+	14:36+	18:05+	20:06+	20:55+	22:50+	24:37+	26:33+	28:58+	30:10+	31:51+	33:14+	33:39+
04:02+	01:21-	01:34-	01:34-	03:13+	00:52-	02:00+	03:29+	02:01+	00:49-	01:55+	01:47+	01:56+	02:25+	01:12-	01:41+	01:23+	00:25+
00:03+	00:06-	00:01-	00:11-	00:22#	00:04-	00:06+	00:45&	00:06+	00:01-	00:23#	00:10#	00:03+	00:26#	00:06-	00:04+	00:09#	00:02+

Herrer 40 - 49 år

3	Glenn Madland	879	34:25
04:12+	05:48+ 07:27+ 09:14+	12:10+ 13:12+ 15:21+ 18:30+ 20:41+ 21:30+ 23:15+ 25:12+ 27:17+	29:12+ 30:11+ 32:47+ 34:02+ 34:25+
04:12+	01:36+ 01:39+ 01:47+	02:56+ 01:02+ 02:09+ 03:09+ 02:11+ 00:49- 01:45+ 01:57+ 02:05+	01:55- 00:59- 02:36+ 01:15+ 00:23=
00:13+	00:09# 00:04+ 00:02+	00:05+ 00:06# 00:15# 00:25# 00:16# 00:01- 00:13# 00:20# 00:12#	00:04- 00:19- 00:59& 00:01+ 00:00=
4	Trondr Breiland	NOTEAM	35:20
03:53+	05:41+ 07:48+ 09:40+	13:15+ 14:14+ 16:12+ 19:28+ 21:25+ 22:14+ 24:05+ 27:11+ 28:57+	30:59+ 32:06+ 33:37+ 34:56+ 35:20+
03:53+	01:48+ 02:07+ 01:52+	03:35+ 00:59+ 01:58+ 03:16+ 01:57+ 00:49+ 01:51+ 03:06+ 01:46+	02:02+ 01:07+ 01:31+ 01:19+ 00:24+
03:53+	01:48+ 02:07+ 01:52+	03:35+ 00:59+ 01:58+ 03:16+ 01:57+ 00:49+	01:51+ 03:06+ 01:46+
5	Bjarte Harbo	1830	35:24
04:47+	06:28+ 07:59+ 09:29+	12:44+ 13:34+ 15:29+ 18:45+ 20:49+ 21:35+ 23:39+ 25:23+ 27:05+	29:12+ 30:22+ 33:41+ 35:00+ 35:24+
04:47+	01:41+ 01:31+ 01:30+	03:15+ 00:50+ 01:55+ 03:16+ 02:04+ 00:46+ 02:04+ 01:44+ 01:42+	02:07+ 01:10+ 03:19+ 01:19+ 00:24+
04:47+	01:41+ 01:31+ 01:30+	03:15+ 00:50+ 01:55+ 03:16+ 02:04+ 00:46+ 02:04+	01:44+ 01:42+ 02:07+ 01:10+ 03:19+ 01:19+ 00:24+
6	Andreas Breiland	3522	36:05
03:45+	05:12+ 07:06+ 08:39+	11:40+ 12:36+ 14:34+ 17:46+ 19:32+ 20:23+ 22:16+ 23:46+ 25:34+	27:46+ 28:49+ 34:16+ 35:37+ 36:05+
03:45+	01:27+ 01:54+ 01:33+	03:01+ 00:56+ 01:58+ 03:12+ 01:46+ 00:51+ 01:53+ 01:30+ 01:48+	02:12+ 01:03+ 05:27+ 01:21+ 00:28+
03:45+	01:27+ 01:54+ 01:33+	03:01+ 00:56+ 01:58+ 03:12+ 01:46+ 00:51+ 01:53+	01:30+ 01:48+ 02:12+ 01:03+ 05:27+ 01:21+ 00:28+
7	Anders Presterud	903	36:07
03:51+	06:46+ 08:25+ 10:06+	13:30+ 14:26+ 16:27+ 20:34+ 22:24+ 23:20+ 25:11+ 26:58+ 28:41+	30:53+ 32:26+ 34:18+ 35:40+ 36:07+
03:51+	02:55+ 01:39+ 01:41+	03:24+ 00:56+ 02:01+ 04:07+ 01:50+ 00:56+ 01:51+ 01:47+ 01:43+	02:12+ 01:33+ 01:52+ 01:22+ 00:27+
03:51+	02:55+ 01:39+ 01:41+	03:24+ 00:56+ 02:01+ 04:07+ 01:50+ 00:56+ 01:51+ 01:47+ 01:43+	02:12+ 01:33+ 01:52+ 01:22+ 00:27+
8	Bjarne Bore	3529	36:15
04:02+	05:54+ 07:44+ 09:18+	12:31+ 13:32+ 15:36+ 19:52+ 22:01+ 22:54+ 25:13+ 27:17+ 29:05+	31:14+ 32:29+ 34:32+ 35:51+ 36:15+
04:02+	01:52+ 01:50+ 01:34+	03:13+ 01:01+ 02:04+ 04:16+ 02:09+ 00:53+ 02:19+ 02:04+ 01:48+	02:09+ 01:15+ 02:03+ 01:19+ 00:24+
04:02+	01:52+ 01:50+ 01:34+	03:13+ 01:01+ 02:04+ 04:16+ 02:09+ 00:53+ 02:19+ 02:04+	01:48+ 02:09+ 01:15+ 02:03+ 01:19+ 00:24+
9	Christian Ask	3563	36:48
03:40+	06:01+ 08:23+ 10:27+	13:35+ 14:35+ 16:26+ 19:50+ 21:53+ 22:48+ 24:38+ 26:19+ 28:08+	30:32+ 31:32+ 34:52+ 36:22+ 36:48+
03:40+	02:21+ 02:22+ 02:04+	03:08+ 01:00+ 01:51+ 03:24+ 02:03+ 00:55+ 01:50+ 01:41+ 01:49+	02:24+ 01:00+ 03:20+ 01:30+ 00:26+
03:40+	02:21+ 02:22+ 02:04+	03:08+ 01:00+ 01:51+ 03:24+ 02:03+ 00:55+ 01:50+	01:41+ 01:49+ 02:24+ 01:00+ 03:20+ 01:30+ 00:26+
10	Jan-Kenneth Polle	3525	37:09
04:15+	06:17+ 07:52+ 09:25+	13:03+ 13:56+ 15:48+ 20:08+ 22:11+ 23:06+ 24:55+ 26:36+ 29:06+	32:03+ 33:28+ 35:24+ 36:42+ 37:09+
04:15+	02:02+ 01:35+ 01:33+	03:38+ 00:53+ 01:52+ 04:20+ 02:03+ 00:55+ 01:49+ 01:41+ 02:30+	02:57+ 01:25+ 01:56+ 01:18+ 00:27+
04:15+	02:02+ 01:35+ 01:33+	03:38+ 00:53+ 01:52+ 04:20+ 02:03+ 00:55+ 01:49+	01:41+ 02:30+
11	Gunnar Thorset	896	37:21
03:40+	05:07+ 06:38+ 08:28+	11:37+ 12:47+ 14:46+ 18:05+ 20:11+ 21:07+ 24:09+ 25:43+ 27:26+	29:39+ 33:49+ 35:24+ 36:55+ 37:21+
03:40+	01:27+ 01:31+ 01:50+	03:09+ 01:10+ 01:59+ 03:19+ 02:06+ 00:56+ 03:02+ 01:34+ 01:43+	02:13+ 04:10+ 01:35+ 01:31+ 00:26+
03:40+	01:27+ 01:31+ 01:50+	03:09+ 01:10+ 01:59+ 03:19+ 02:06+ 00:56+ 03:02+	01:34+ 01:43+ 02:13+ 04:10+ 01:35+ 01:31+ 00:26+
12	Anders Hagen	3528	39:17
05:01+	07:16+ 09:16+ 10:44+	14:44+ 16:00+ 18:23+ 21:57+ 24:28+ 25:28+ 27:49+ 29:29+ 31:22+	33:48+ 35:12+ 37:06+ 38:53+ 39:17+
05:01+	02:15+ 02:00+ 01:28+	04:00+ 01:16+ 02:23+ 03:34+ 02:31+ 01:00+ 02:21+ 01:40+ 01:53+	02:26+ 01:24+ 01:54+ 01:47+ 00:24+
05:01+	02:15+ 02:00+ 01:28+	04:00+ 01:16+ 02:23+ 03:34+ 02:31+ 01:00+ 02:21+	01:40+ 01:53+ 02:26+ 01:24+ 01:54+ 01:47+ 00:24+
13	Rune Hatle	903	39:58
03:48+	05:46+ 09:11+ 10:56+	14:47+ 15:43+ 18:11+ 21:56+ 24:17+ 25:10+ 27:16+ 29:33+ 32:30+	35:02+ 36:15+ 37:55+ 39:26+ 39:58+
03:48+	01:58+ 03:25+ 01:45+	03:51+ 00:56+ 02:28+ 03:45+ 02:21+ 00:53+ 02:06+ 02:17+ 02:57+	02:32+ 01:13+ 01:40+ 01:31+ 00:32+
03:48+	01:58+ 03:25+ 01:45+	03:51+ 00:56+ 02:28+ 03:45+ 02:21+	00:53+ 02:06+ 02:17+ 02:57+
14	Stian Gunstensen	892	43:35
03:22+	05:39+ 09:17+ 10:58+	15:21+ 16:10+ 18:04+ 21:21+ 23:57+ 24:52+ 26:52+ 28:38+ 30:40+	32:43+ 35:04+ 41:45+ 43:10+ 43:35+
03:22+	02:17+ 03:38+ 01:41+	04:23+ 00:49+ 01:54+ 03:17+ 02:36+ 00:55+ 02:00+ 01:46+ 02:02+	02:03+ 02:21+ 06:41+ 01:25+ 00:25+
03:22+	02:17+ 03:38+ 01:41+	04:23+ 00:49+ 01:54+ 03:17+ 02:36+ 00:55+ 02:00+	01:46+ 02:02+
15	Andreas Molin	2342	44:46
03:40+	09:05+ 10:50+ 12:52+	16:13+ 17:10+ 19:07+ 25:01+ 27:36+ 28:13+ 30:41+ 33:36+ 35:28+	37:55+ 39:11+ 42:55+ 44:22+ 44:46+
03:40+	05:25+ 01:45+ 02:02+	03:21+ 00:57+ 01:57+ 05:54+ 02:35+ 00:37+ 02:28+ 02:55+ 01:52+	02:27+ 01:16+ 03:44+ 01:27+ 00:24+
03:40+	05:25+ 01:45+ 02:02+	03:21+ 00:57+ 01:57+ 05:54+ 02:35+ 00:37+ 02:28+	02:55+ 01:52+
16	Alexander Khorunzhiy	1456	47:17
10:02+	12:05+ 15:18+ 17:17+	21:24+ 22:29+ 24:31+ 28:59+ 31:30+ 32:28+ 34:28+ 36:19+ 38:17+	41:10+ 42:38+ 45:00+ 46:50+ 47:17+
10:02+	02:03+ 03:13+ 01:59+	04:07+ 01:05+ 02:02+ 04:28+ 02:31+ 00:58+ 02:00+	01:51+ 01:58+ 02:53+ 01:28+ 02:22+ 01:50+ 00:27+
10:02+	02:03+ 03:13+ 01:59+	04:07+ 01:05+ 02:02+ 04:28+ 02:31+	00:58+ 02:00+ 01:51+ 01:58+ 02:53+ 01:28+ 02:22+ 01:50+ 00:27+

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

12	Rune Paulsen	3508	39:48
04:22+	08:59+ 10:10+ 13:28+	13:55+ 15:51+	19:00+ 21:01+
04:22+	04:37+ 01:11- 03:18-	00:27- 01:56+	03:09+ 02:01+
00:40#	03:45# 00:09- 00:10-	00:01- 00:11#	00:38# 00:56#
13	Arve Sonflå	3563	39:48
04:41+	06:47+ 08:02+ 11:48+	12:19+ 14:54+	18:10+ 19:35+
04:41+	02:06+ 01:15+ 03:46+	00:31+ 02:35+	03:16+ 01:25+
04:41+	02:06+ 01:15+ 03:46+	00:31+ 02:35+	03:16+ 01:25+
14	Hans Frode Andersen	3548	40:00
05:31+	08:28+ 09:44+ 15:13+	15:55+ 18:23+	21:24+ 22:53+
05:31+	02:57+ 01:16+ 05:29+	00:42+ 02:28+	03:01+ 01:29+
05:31+	02:57+ 01:16+ 05:29+	00:42+ 02:28+	03:01+ 01:29+
15	Arne Hetlelid	3508	40:18
05:47+	07:39+ 09:13+ 12:44+	13:21+ 15:47+	19:03+ 20:33+
05:47+	01:52+ 01:34+ 03:31+	00:37+ 02:26+	03:16+ 01:30+
05:47+	01:52+ 01:34+ 03:31+	00:37+ 02:26+	03:16+ 01:30+
16	Christof Schätz	3598	41:14
06:13+	07:29+ 08:47+ 12:47+	13:23+ 15:34+	19:01+ 20:29+
06:13+	01:16+ 01:18+ 04:00+	00:36+ 02:11+	03:27+ 01:28+
06:13+	01:16+ 01:18+ 04:00+	00:36+ 02:11+	03:27+ 01:28+
17	Ingve Vold	3529	42:24
04:43+	08:42+ 09:56+ 15:22+	15:52+ 18:07+	21:03+ 22:17+
04:43+	03:59+ 01:14+ 05:26+	00:30+ 02:15+	02:56+ 01:14+
04:43+	03:59+ 01:14+ 05:26+	00:30+ 02:15+	02:56+ 01:14+
18	Harald Taksdal	3547	42:28
06:58+	08:51+ 10:16+ 14:03+	15:06+ 17:29+	20:52+ 22:25+
06:58+	01:53+ 01:25+ 03:47+	01:03+ 02:23+	03:23+ 01:33+
06:58+	01:53+ 01:25+ 03:47+	01:03+ 02:23+	03:23+ 01:33+
19	Erling Knutzen	879	43:48
04:20+	08:21+ 09:33+ 13:15+	13:56+ 16:04+	19:32+ 21:07+
04:20+	04:01+ 01:12+ 03:42+	00:41+ 02:08+	03:28+ 01:35+
04:20+	04:01+ 01:12+ 03:42+	00:41+ 02:08+	03:28+ 01:35+
20	Raymond B Pettersen	722	46:32
05:07+	07:00+ 08:36+ 13:42+	14:13+ 16:53+	21:27+ 23:00+
05:07+	01:53+ 01:36+ 05:06+	00:31+ 02:40+	04:34+ 01:33+
05:07+	01:53+ 01:36+ 05:06+	00:31+ 02:40+	04:34+ 01:33+
21	Njål Foldnes	1754	47:27
08:01+	10:07+ 11:36+ 15:24+	16:12+ 18:24+	23:00+ 24:29+
08:01+	02:06+ 01:29+ 03:48+	00:48+ 02:12+	04:36+ 01:29+
08:01+	02:06+ 01:29+ 03:48+	00:48+ 02:12+	04:36+ 01:29+
22	Jerome Renoult	3524	47:49
07:51+	09:26+ 10:52+ 18:03+	18:35+ 20:55+	24:28+ 25:48+
07:51+	01:35+ 01:26+ 07:11+	00:32+ 02:20+	03:33+ 01:20+
07:51+	01:35+ 01:26+ 07:11+	00:32+ 02:20+	03:33+ 01:20+
23	Ove Mæstad	2342	47:52
05:54+	11:20+ 12:43+ 16:37+	17:08+ 21:26+	24:34+ 25:48+
05:54+	05:26+ 01:23+ 03:54+	00:31+ 04:18+	03:08+ 01:14+
05:54+	05:26+ 01:23+ 03:54+	00:31+ 04:18+	03:08+ 01:14+
24	Jarl Steinar Berntsen	882	53:18
06:33+	09:20+ 10:25+ 15:48+	16:18+ 19:16+	22:57+ 24:42+
06:33+	02:47+ 01:05+ 05:23+	00:30+ 02:58+	03:41+ 01:45+
06:33+	02:47+ 01:05+ 05:23+	00:30+ 02:58+	03:41+ 01:45+

Beste strekktid for klassen

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

Class	Navn	Klasse	Tid
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Herrer 65 - 69 år

12	Sverre Magnar Nordal	1683	49:31													
07:12+	09:44+	13:19+	15:37+	20:10+	21:10+	23:48+	27:30+	30:45+	33:30+	34:59+	39:57+	42:01+	43:54+	47:11+	48:54+	49:31+
07:12+	02:32+	03:35+	02:18+	04:33+	01:00+	02:38+	03:42+	03:15+	02:45+	01:29+	04:58+	02:04+	01:53+	03:17-	01:43+	00:37+
03:27&	01:38@	02:05@	00:52&	01:43&	00:39@	00:54&	01:02&	01:34&	00:48&	00:11#	02:31@	00:32&	00:43&	00:09-	00:26&	00:12&
13	Ommund Bakkevold	874	56:22													
08:08+	10:56+	14:23+	16:56+	21:47+	22:31+	25:24+	30:35+	33:54+	37:21+	39:08+	42:52+	45:27+	48:12+	53:31+	55:36+	56:22+
08:08+	02:48+	03:27+	02:33+	04:51+	00:44+	02:53+	05:11+	03:19+	03:27+	01:47+	03:44+	02:35+	02:45+	05:19+	02:05+	00:46+
08:08+	02:48+	03:27+	02:33+	04:51+	00:44+	02:53+	05:11+	03:19+	03:27+	01:47+	03:44+	02:35+	02:45+	05:19+	02:05+	00:46+
14	Hans Erik Terjesen	1683	1:00:24													
11:52+	13:07+	16:22+	18:30+	24:38+	25:10+	27:44+	32:15+	34:50+	38:02+	39:33+	44:05+	46:18+	52:43+	57:36+	59:46+	60:24+
11:52+	01:15+	03:15+	02:08+	06:08+	00:32+	02:34+	04:31+	02:35+	03:12+	01:31+	04:32+	02:13+	06:25+	04:53+	02:10+	00:38+
11:52+	01:15+	03:15+	02:08+	06:08+	00:32+	02:34+	04:31+	02:35+	03:12+	01:31+	04:32+	02:13+	06:25+	04:53+	02:10+	00:38+
15	Rolf Kleppe	3524	1:07:40													
07:56+	12:39+	19:29+	24:37+	30:03+	30:44+	33:46+	39:04+	41:59+	45:22+	47:12+	52:33+	55:24+	58:13+	64:31+	66:48+	67:40+
07:56+	04:43+	06:50+	05:08+	05:26+	00:41+	03:02+	05:18+	02:55+	03:23+	01:50+	05:21+	02:51+	02:49+	06:18+	02:17+	00:52+
07:56+	04:43+	06:50+	05:08+	05:26+	00:41+	03:02+	05:18+	02:55+	03:23+	01:50+	05:21+	02:51+	02:49+	06:18+	02:17+	00:52+
16	Steinar Barmen	722	1:08:53													
07:09+	08:36+	11:05+	16:52+	20:43+	21:18+	23:48+	28:43+	44:20+	47:13+	48:31+	52:36+	54:49+	57:47+	66:30+	68:17+	68:53+
07:09+	01:27+	02:29+	05:47+	03:51+	00:35+	02:30+	04:55+	15:37+	02:53+	01:18+	04:05+	02:13+	02:58+	08:43+	01:47+	00:36+
07:09+	01:27+	02:29+	05:47+	03:51+	00:35+	02:30+	04:55+	15:37+	02:53+	01:18+	04:05+	02:13+	02:58+	08:43+	01:47+	00:36+
17	Tore Karlsen	722	1:16:21													
23:35+	25:21+	29:37+	32:50+	38:36+	39:28+	42:17+	48:07+	51:12+	53:55+	55:40+	61:06+	63:33+	69:11+	73:13+	75:32+	76:21+
23:35+	01:46+	04:16+	03:13+	05:46+	00:52+	02:49+	05:50+	03:05+	02:43+	01:45+	05:26+	02:27+	05:38+	04:02+	02:19+	00:49+
23:35+	01:46+	04:16+	03:13+	05:46+	00:52+	02:49+	05:50+	03:05+	02:43+	01:45+	05:26+	02:27+	05:38+	04:02+	02:19+	00:49+

Beste strekketid for klassen

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

Herrer 70 - 74 år

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

Plass	Navn	Klasse	Tid
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Herrer 75 - 79 år

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Kjell Langvik	1884	29:54
	03:02= 05:16= 07:46= 09:39= 12:45= 13:23= 16:08= 20:49= 23:46= 27:09= 29:04= 29:54=		
	03:02= 02:14= 02:30= 01:53= 03:06= 00:38= 02:45= 04:41= 02:57= 03:23= 01:55= 00:50=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Terje Braut	892	30:56
	02:59- 05:30+ 08:45+ 10:32+ 13:36+ 14:10+ 16:49+ 20:49= 23:13- 28:13+ 30:15+ 30:56+		
	02:59- 02:31+ 03:15+ 01:47- 03:04- 00:34- 02:39- 04:00- 02:24- 05:00+ 02:02+ 00:41-		
	00:03- 00:17# 00:45& 00:06- 00:02- 00:04- 00:06- 00:41- 00:33- 01:37& 00:07+ 00:09-		
3	Sigurd Krosli	1884	34:22
	02:43- 06:21+ 09:46+ 11:48+ 14:52+ 15:33+ 18:13+ 24:05+ 27:45+ 31:11+ 33:45+ 34:22+		
	02:43- 03:38+ 03:25+ 02:02+ 03:04- 00:41+ 02:40- 05:52+ 03:40+ 03:26+ 02:34+ 00:37-		
	00:19- 01:24& 00:55& 00:09+ 00:02- 00:03+ 00:05- 01:11& 00:43# 00:03+ 00:39& 00:13-		
4	Harald Vatne	2342	36:20
	03:43+ 07:59+ 10:28+ 12:21+ 15:24+ 19:33+ 22:23+ 26:30+ 30:24+ 33:31+ 35:45+ 36:20+		
	03:43+ 04:16+ 02:29- 01:53= 03:03- 04:09+ 02:50+ 04:07- 03:54+ 03:07- 02:14+ 00:35-		
	00:41# 02:02& 00:01- 00:00= 00:03- 03:31@ 00:05+ 00:34- 00:57& 00:16- 00:19# 00:15-		
5	Tormod Aaslid	3529	41:10
	03:04+ 06:49+ 09:47+ 11:34+ 14:49+ 15:31+ 18:41+ 24:37+ 34:01+ 38:14+ 40:31+ 41:10+		
	03:04+ 03:45+ 02:58+ 01:47- 03:15+ 00:42+ 03:10+ 05:56+ 09:24+ 04:13+ 02:17+ 00:39-		
	00:02+ 01:31& 00:28# 00:06- 00:09+ 00:04# 00:25# 01:15& 06:27@ 00:50# 00:22# 00:11-		
6	Arne Brandsberg	3502	44:10
	04:03+ 08:51+ 12:19+ 14:59+ 19:24+ 20:30+ 24:25+ 31:17+ 35:22+ 40:00+ 43:10+ 44:10+		
	04:03+ 04:48+ 03:28+ 02:40+ 04:25+ 01:06+ 03:55+ 06:52+ 04:05+ 04:38+ 03:10+ 01:00+		
	01:01& 02:34@ 00:58& 00:47& 01:19& 00:28& 01:10& 02:11& 01:08& 01:15& 01:15& 00:10#		
7	Magne Jakobsen	3524	47:01
	04:17+ 10:15+ 12:59+ 14:54+ 18:54+ 19:47+ 22:58+ 31:06+ 36:40+ 43:58+ 46:14+ 47:01+		
	04:17+ 05:58+ 02:44+ 01:55+ 04:00+ 00:53+ 03:11+ 08:08+ 05:34+ 07:18+ 02:16+ 00:47-		
	01:15& 03:44@ 00:14+ 00:02+ 00:54& 00:15& 00:26# 03:27& 02:37& 03:55@ 00:21# 00:03-		
8	Magne Andreas Westerheim	1884	47:44
	04:37+ 08:12+ 14:26+ 16:42+ 20:52+ 21:46+ 25:09+ 33:04+ 38:41+ 44:07+ 46:53+ 47:44+		
	04:37+ 03:35+ 06:14+ 02:16+ 04:10+ 00:54+ 03:23+ 07:55+ 05:37+ 05:26+ 02:46+ 00:51+		
	01:35& 01:21& 03:44@ 00:23# 01:04& 00:16& 00:38# 03:14& 02:40& 02:03& 00:51& 00:01+		
9	Bjarne Edland	892	54:53
	02:52- 05:46+ 08:52+ 12:00+ 15:58+ 16:48+ 20:41+ 35:25+ 49:16+ 51:33+ 54:06+ 54:53+		
	02:52- 02:54+ 03:06+ 03:08+ 03:58+ 00:50+ 03:53+ 14:44+ 13:51+ 02:17- 02:33+ 00:47-		
	00:10- 00:40& 00:36# 01:15& 00:52& 00:12& 01:08& 10:03@ 10:54@ 01:06- 00:38& 00:03-		
10	Kjell Audun Maudal	3524	1:03:43
	04:25+ 14:35+ 22:08+ 24:56+ 31:29+ 32:58+ 39:26+ 48:13+ 55:07+ 59:09+ 62:51+ 63:43+		
	04:25+ 10:10+ 07:33+ 02:48+ 06:33+ 01:29+ 06:28+ 08:47+ 06:54+ 04:02+ 03:42+ 00:52+		
	01:23& 07:56@ 05:03@ 00:55& 03:27@ 00:51@ 03:43@ 04:06& 03:57@ 00:39# 01:47& 00:02+		
11	Torleiv Møgedal	874	1:05:31
	03:57+ 07:28+ 11:09+ 27:48+ 32:54+ 33:57+ 38:20+ 45:10+ 55:55+ 60:39+ 64:24+ 65:31+		
	03:57+ 03:31+ 03:41+ 16:39+ 05:06+ 01:03+ 04:23+ 06:50+ 10:45+ 04:44+ 03:45+ 01:07+		
	00:55& 01:17& 01:11& 14:46@ 02:00& 00:25& 01:38& 02:09& 07:48@ 01:21& 01:50& 00:17&		

Beste strekktid for klassen

02:43 02:14 02:29 01:47 03:03 00:34 02:39 04:00 02:24 02:17 01:55 00:35

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

Class	Navn	Klasse	Tid
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Herrer Ny

1 Stian Bentsen Malmanger 3676 18:50

01:23= 04:16= 06:11= 08:09= 11:09= 11:49= 13:16= 14:40= 16:29= 18:17= 18:50=
01:23= 02:53= 01:55= 01:58= 03:00= 00:40= 01:27= 01:24= 01:49= 01:48= 00:33=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Isak Vestbakke 1683 27:50

01:24+ 05:12+ 06:33+ 07:46- 14:08+ 18:10+ 20:48+ 23:33+ 25:35+ 27:20+ 27:50+
01:24+ 03:48+ 01:21- 01:13- 06:22+ 04:02+ 02:38+ 02:45+ 02:02+ 01:45- 00:30-
00:01+ 00:55& 00:34- 00:45- 03:22@ 03:22@ 01:11& 01:21& 00:13# 00:03- 00:03-

3 Håvard Jektnes 3531 32:30

01:59+ 05:23+ 07:37+ 13:51+ 19:07+ 20:12+ 22:58+ 25:15+ 28:24+ 31:35+ 32:30+
01:59+ 03:24+ 02:14+ 06:14+ 05:16+ 01:05+ 02:46+ 02:17+ 03:09+ 03:11+ 00:55+
00:36& 00:31# 00:19# 04:16@ 02:16& 00:25& 01:19& 00:53& 01:20& 01:23& 00:22&

4 Nikolai Khorunzhiy 1456 42:18

02:21+ 11:12+ 13:08+ 16:02+ 22:26+ 23:10+ 27:19+ 30:05+ 33:29+ 41:28+ 42:18+
02:21+ 08:51+ 01:56+ 02:54+ 06:24+ 00:44+ 04:09+ 02:46+ 03:24+ 07:59+ 00:50+
00:58& 05:58@ 00:01+ 00:56& 03:24@ 00:04# 02:42@ 01:22& 01:35& 06:11@ 00:17&

Beste strekktid for klassen

01:23 02:53 01:21 01:13 03:00 00:40 01:27 01:24 01:49 01:45 00:30

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

Herrer Trim

1 Håvard Landråk 3676 19:34

02:13= 03:47= 05:09= 06:09= 08:29= 08:53= 10:45= 14:04= 16:11= 17:41= 19:10= 19:34=
02:13= 01:34= 01:22= 01:00= 02:20= 00:24= 01:52= 03:19= 02:07= 01:30= 01:29= 00:24=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Andreas Primstad 3548 22:29

02:06- 04:28+ 06:14+ 07:24+ 09:53+ 10:17+ 12:09+ 16:01+ 18:17+ 20:25+ 22:06+ 22:29+
02:06- 02:22+ 01:46+ 01:10+ 02:29+ 00:24= 01:52= 03:52+ 02:16+ 02:08+ 01:41+ 00:23-
00:07- 00:48& 00:24& 00:10# 00:09+ 00:00= 00:00= 00:33# 00:09+ 00:38& 00:12# 00:01-

3 Magnus Kristoffersen 3676 24:01

02:07- 05:41+ 07:28+ 08:57+ 11:15+ 11:40+ 13:29+ 16:51+ 20:13+ 22:05+ 23:36+ 24:01+
02:07- 03:34+ 01:47+ 01:29+ 02:18- 00:25+ 01:49- 03:22+ 03:22+ 01:52+ 01:31+ 00:25+
00:06- 02:00@ 00:25& 00:29& 00:02- 00:01+ 00:03- 00:03+ 01:15& 00:22# 00:02+ 00:01+

4 Arild Stave 3676 24:18

03:00+ 05:41+ 06:56+ 08:09+ 09:54+ 10:14+ 11:47+ 17:43+ 19:17+ 22:46+ 23:58+ 24:18+
03:00+ 02:41+ 01:15- 01:13+ 01:45- 00:20- 01:33- 05:56+ 01:34- 03:29+ 01:12- 00:20-
00:47& 01:07& 00:07- 00:13# 00:35- 00:04- 00:19- 02:37& 00:33- 01:59@ 00:17- 00:04-

5 Helge Hundeide 769 24:21

01:53- 03:47= 05:49+ 07:24+ 09:50+ 10:17+ 12:35+ 16:28+ 19:07+ 21:50+ 23:48+ 24:21+
01:53- 01:54+ 02:02+ 01:35+ 02:26+ 00:27+ 02:18+ 03:53+ 02:39+ 02:43+ 01:58+ 00:33+
00:20- 00:20# 00:40& 00:35& 00:06+ 00:03# 00:26# 00:34# 00:32& 01:13& 00:29& 00:09&

6 Per Marthon Mæland 880 25:49

02:32+ 05:07+ 07:08+ 08:40+ 11:10+ 11:39+ 13:58+ 18:12+ 21:03+ 23:26+ 25:15+ 25:49+
02:32+ 02:35+ 02:01+ 01:32+ 02:30+ 00:29+ 02:19+ 04:14+ 02:51+ 02:23+ 01:49+ 00:34+
00:19# 01:01& 00:39& 00:32& 00:10+ 00:05# 00:27# 00:55& 00:44& 00:53& 00:20# 00:10&

7 Lars Salvesen 1119 25:58

02:37+ 04:38+ 06:48+ 08:20+ 11:19+ 11:57+ 14:12+ 17:57+ 20:01+ 23:26+ 25:19+ 25:58+
02:37+ 02:01+ 02:10+ 01:32+ 02:59+ 00:38+ 02:15+ 03:45+ 02:04- 03:25+ 01:53+ 00:39+
00:24# 00:27& 00:48& 00:32& 00:39& 00:14& 00:23# 00:26# 00:03- 01:55@ 00:24& 00:15&

8 Jan Erik Syvertsen 3519 26:21

02:05- 05:36+ 07:27+ 09:15+ 12:03+ 12:41+ 14:51+ 19:55+ 22:14+ 24:21+ 25:50+ 26:21+
02:05- 03:31+ 01:51+ 01:48+ 02:48+ 00:38+ 02:10+ 05:04+ 02:19+ 02:07+ 01:29= 00:31+
00:08- 01:57@ 00:29& 00:48& 00:28# 00:14& 00:18# 01:45& 00:12+ 00:37& 00:00= 00:07&

Class	Navn	Klasse	Tid
9	Svein Erik Bjørnsen	1376	26:24
	01:47- 03:32- 05:21+ 06:41+ 09:25+ 09:58+ 11:58+ 15:30+ 22:12+ 24:26+ 25:56+ 26:24+		
	01:47- 01:45+ 01:49+ 01:20+ 02:44+ 00:33+ 02:00+ 03:32+ 06:42+ 02:14+ 01:30+ 00:28+		
	00:26- 00:11# 00:27& 00:20& 00:24# 00:09& 00:08+ 00:13+ 04:35& 00:44& 00:01+ 00:04#		
10	Roger Endre Nyseth	892	26:31
	02:07+ 04:22+ 06:32+ 08:16+ 10:59+ 11:54+ 14:32+ 18:38+ 20:55+ 23:34+ 25:50+ 26:31+		
	02:07+ 02:15+ 02:10+ 01:44+ 02:43+ 00:55+ 02:38+ 04:06+ 02:17+ 02:39+ 02:16+ 00:41+		
	02:07+ 02:15+ 02:10+ 01:44+ 02:43+ 00:55+ 02:38+ 04:06+ 02:17+ 02:39+ 02:16+ 00:41+		
11	Bruno Pierfelice	3519	26:57
	01:22+ 04:48+ 06:16+ 07:58+ 10:18+ 10:46+ 13:12+ 16:44+ 22:21+ 24:38+ 26:20+ 26:57+		
	01:22+ 03:26+ 01:28+ 01:42+ 02:20+ 00:28+ 02:26+ 03:32+ 05:37+ 02:17+ 01:42+ 00:37+		
	01:22+ 03:26+ 01:28+ 01:42+ 02:20+ 00:28+ 02:26+ 03:32+ 05:37+ 02:17+ 01:42+ 00:37+		
12	Birk Halseth	896	27:12
	01:58+ 03:51+ 05:19+ 07:19+ 14:46+ 15:13+ 17:09+ 20:51+ 23:42+ 25:27+ 26:48+ 27:12+		
	01:58+ 01:53+ 01:28+ 02:00+ 07:27+ 00:27+ 01:56+ 03:42+ 02:51+ 01:45+ 01:21+ 00:24+		
	01:58+ 01:53+ 01:28+ 02:00+ 07:27+ 00:27+ 01:56+ 03:42+ 02:51+ 01:45+ 01:21+ 00:24+		
13	Arne Magne Sondresen	722	28:00
	02:01+ 04:04+ 06:02+ 07:35+ 10:13+ 10:56+ 13:22+ 19:19+ 22:59+ 25:27+ 27:29+ 28:00+		
	02:01+ 02:03+ 01:58+ 01:33+ 02:38+ 00:43+ 02:26+ 05:57+ 03:40+ 02:28+ 02:02+ 00:31+		
	02:01+ 02:03+ 01:58+ 01:33+ 02:38+ 00:43+ 02:26+ 05:57+ 03:40+ 02:28+ 02:02+ 00:31+		
14	Svein Sivertsen	3530	28:06
	02:34+ 05:05+ 07:08+ 08:53+ 11:37+ 12:09+ 14:42+ 18:59+ 22:06+ 25:34+ 27:24+ 28:06+		
	02:34+ 02:31+ 02:03+ 01:45+ 02:44+ 00:32+ 02:33+ 04:17+ 03:07+ 03:28+ 01:50+ 00:42+		
	02:34+ 02:31+ 02:03+ 01:45+ 02:44+ 00:32+ 02:33+ 04:17+ 03:07+ 03:28+ 01:50+ 00:42+		
15	Baard Fuglestad	189	28:37
	01:45+ 10:00+ 12:32+ 13:49+ 16:17+ 16:48+ 18:41+ 22:00+ 24:29+ 26:24+ 28:09+ 28:37+		
	01:45+ 08:15+ 02:32+ 01:17+ 02:28+ 00:31+ 01:53+ 03:19+ 02:29+ 01:55+ 01:45+ 00:28+		
	01:45+ 08:15+ 02:32+ 01:17+ 02:28+ 00:31+ 01:53+ 03:19+ 02:29+ 01:55+ 01:45+ 00:28+		
16	Tor Harald Lunde	3511	28:50
	02:23+ 05:08+ 07:44+ 09:26+ 12:18+ 12:56+ 15:52+ 20:37+ 23:33+ 25:57+ 28:09+ 28:50+		
	02:23+ 02:45+ 02:36+ 01:42+ 02:52+ 00:38+ 02:56+ 04:45+ 02:56+ 02:24+ 02:12+ 00:41+		
	02:23+ 02:45+ 02:36+ 01:42+ 02:52+ 00:38+ 02:56+ 04:45+ 02:56+ 02:24+ 02:12+ 00:41+		
17	Leif Jarle Skåra	3502	29:53
	02:42+ 05:26+ 07:46+ 09:32+ 12:36+ 13:19+ 15:55+ 21:44+ 24:59+ 27:13+ 29:17+ 29:53+		
	02:42+ 02:44+ 02:20+ 01:46+ 03:04+ 00:43+ 02:36+ 05:49+ 03:15+ 02:14+ 02:04+ 00:36+		
	02:42+ 02:44+ 02:20+ 01:46+ 03:04+ 00:43+ 02:36+ 05:49+ 03:15+ 02:14+ 02:04+ 00:36+		
18	Carlos Lluna	2342	30:00
	02:55+ 04:56+ 06:57+ 10:37+ 13:44+ 14:27+ 17:18+ 22:10+ 25:15+ 27:36+ 29:17+ 30:00+		
	02:55+ 02:01+ 02:01+ 03:40+ 03:07+ 00:43+ 02:51+ 04:52+ 03:05+ 02:21+ 01:41+ 00:43+		
	02:55+ 02:01+ 02:01+ 03:40+ 03:07+ 00:43+ 02:51+ 04:52+ 03:05+ 02:21+ 01:41+ 00:43+		
19	Rune Hagen Maudal	3524	30:07
	03:07+ 06:20+ 08:53+ 11:00+ 14:12+ 14:56+ 17:42+ 21:59+ 24:26+ 27:17+ 29:22+ 30:07+		
	03:07+ 03:13+ 02:33+ 02:07+ 03:12+ 00:44+ 02:46+ 04:17+ 02:27+ 02:51+ 02:05+ 00:45+		
	03:07+ 03:13+ 02:33+ 02:07+ 03:12+ 00:44+ 02:46+ 04:17+ 02:27+ 02:51+ 02:05+ 00:45+		
20	Stian Sletten	1376	30:13
	03:12+ 05:51+ 07:37+ 10:59+ 15:35+ 17:52+ 20:16+ 23:11+ 25:39+ 28:28+ 29:47+ 30:13+		
	03:12+ 02:39+ 01:46+ 03:22+ 04:36+ 02:17+ 02:24+ 02:55+ 02:28+ 02:49+ 01:19+ 00:26+		
	03:12+ 02:39+ 01:46+ 03:22+ 04:36+ 02:17+ 02:24+ 02:55+ 02:28+ 02:49+ 01:19+ 00:26+		
21	Marius Bergstøl Hvidsten	3533	30:23
	02:10+ 09:19+ 11:09+ 12:38+ 15:23+ 16:51+ 18:49+ 24:05+ 26:13+ 28:16+ 30:00+ 30:23+		
	02:10+ 07:09+ 01:50+ 01:29+ 02:45+ 01:28+ 01:58+ 05:16+ 02:08+ 02:03+ 01:44+ 00:23+		
	02:10+ 07:09+ 01:50+ 01:29+ 02:45+ 01:28+ 01:58+ 05:16+ 02:08+ 02:03+ 01:44+ 00:23+		
22	Thomas Romstad	1683	30:50
	01:42+ 11:59+ 14:52+ 16:01+ 19:04+ 19:34+ 21:39+ 24:47+ 26:31+ 28:35+ 30:21+ 30:50+		
	01:42+ 10:17+ 02:53+ 01:09+ 03:03+ 00:30+ 02:05+ 03:08+ 01:44+ 02:04+ 01:46+ 00:29+		
	01:42+ 10:17+ 02:53+ 01:09+ 03:03+ 00:30+ 02:05+ 03:08+ 01:44+ 02:04+ 01:46+ 00:29+		

Class	Navn	Klasse	Tid								
23	John Helge Svandal	3531	32:31								
04:11+	06:38+	08:50+	10:13+	13:13+	13:43+	16:12+	21:42+	26:42+	30:20+	32:01+	32:31+
04:11+	02:27+	02:12+	01:23+	03:00+	00:30+	02:29+	05:30+	05:00+	03:38+	01:41+	00:30+
04:11+	02:27+	02:12+	01:23+	03:00+	00:30+	02:29+	05:30+	05:00+	03:38+	01:41+	00:30+
24	John Øgreid	882	33:27								
03:10+	05:43+	09:43+	11:25+	15:18+	16:04+	19:07+	23:31+	26:52+	29:53+	32:36+	33:27+
03:10+	02:33+	04:00+	01:42+	03:53+	00:46+	03:03+	04:24+	03:21+	03:01+	02:43+	00:51+
03:10+	02:33+	04:00+	01:42+	03:53+	00:46+	03:03+	04:24+	03:21+	03:01+	02:43+	00:51+
25	Kjell-Ole Topnes	1683	33:46								
02:57+	06:50+	10:00+	11:51+	15:17+	16:16+	20:12+	24:45+	28:10+	30:54+	33:11+	33:46+
02:57+	03:53+	03:10+	01:51+	03:26+	00:59+	03:56+	04:33+	03:25+	02:44+	02:17+	00:35+
02:57+	03:53+	03:10+	01:51+	03:26+	00:59+	03:56+	04:33+	03:25+	02:44+	02:17+	00:35+
26	Frode Følgesvold	880	34:32								
02:23+	07:51+	10:48+	12:29+	15:54+	16:50+	19:54+	26:48+	29:48+	32:00+	34:00+	34:32+
02:23+	05:28+	02:57+	01:41+	03:25+	00:56+	03:04+	06:54+	03:00+	02:12+	02:00+	00:32+
02:23+	05:28+	02:57+	01:41+	03:25+	00:56+	03:04+	06:54+	03:00+	02:12+	02:00+	00:32+
27	Ketil Vestbakke	1683	34:43								
02:23+	05:26+	07:52+	09:24+	12:12+	12:48+	15:14+	24:13+	27:12+	32:19+	34:12+	34:43+
02:23+	03:03+	02:26+	01:32+	02:48+	00:36+	02:26+	08:59+	02:59+	05:07+	01:53+	00:31+
02:23+	03:03+	02:26+	01:32+	02:48+	00:36+	02:26+	08:59+	02:59+	05:07+	01:53+	00:31+
28	Stephane Bordet	877	35:05								
01:59+	06:36+	08:35+	10:28+	13:26+	16:43+	19:02+	23:17+	29:18+	32:15+	34:21+	35:05+
01:59+	04:37+	01:59+	01:53+	02:58+	03:17+	02:19+	04:15+	06:01+	02:57+	02:06+	00:44+
01:59+	04:37+	01:59+	01:53+	02:58+	03:17+	02:19+	04:15+	06:01+	02:57+	02:06+	00:44+
29	Joar Fandrem	1141	35:34								
02:50+	05:19+	07:54+	11:30+	19:02+	19:53+	22:26+	26:58+	30:33+	33:04+	35:02+	35:34+
02:50+	02:29+	02:35+	03:36+	07:32+	00:51+	02:33+	04:32+	03:35+	02:31+	01:58+	00:32+
02:50+	02:29+	02:35+	03:36+	07:32+	00:51+	02:33+	04:32+	03:35+	02:31+	01:58+	00:32+
30	Lars Tore Kvasheim	793	36:01								
03:39+	06:43+	09:19+	11:18+	15:01+	15:45+	19:01+	25:35+	29:35+	32:48+	35:18+	36:01+
03:39+	03:04+	02:36+	01:59+	03:43+	00:44+	03:16+	06:34+	04:00+	03:13+	02:30+	00:43+
03:39+	03:04+	02:36+	01:59+	03:43+	00:44+	03:16+	06:34+	04:00+	03:13+	02:30+	00:43+
31	Jan Erik Rasmussen	3519	36:01								
03:08+	06:09+	09:33+	11:28+	15:15+	16:27+	19:45+	25:28+	28:32+	32:56+	35:18+	36:01+
03:08+	03:01+	03:24+	01:55+	03:47+	01:12+	03:18+	05:43+	03:04+	04:24+	02:22+	00:43+
03:08+	03:01+	03:24+	01:55+	03:47+	01:12+	03:18+	05:43+	03:04+	04:24+	02:22+	00:43+
32	Christian Nilsen	3525	36:31								
02:36+	06:54+	09:28+	12:41+	16:26+	17:04+	19:49+	24:09+	30:12+	33:24+	35:53+	36:31+
02:36+	04:18+	02:34+	03:13+	03:45+	00:38+	02:45+	04:20+	06:03+	03:12+	02:29+	00:38+
02:36+	04:18+	02:34+	03:13+	03:45+	00:38+	02:45+	04:20+	06:03+	03:12+	02:29+	00:38+
33	Torgeir Færevåg	3553	36:54								
03:08+	08:27+	11:16+	13:03+	16:10+	16:49+	19:17+	24:46+	30:51+	34:15+	36:20+	36:54+
03:08+	05:19+	02:49+	01:47+	03:07+	00:39+	02:28+	05:29+	06:05+	03:24+	02:05+	00:34+
03:08+	05:19+	02:49+	01:47+	03:07+	00:39+	02:28+	05:29+	06:05+	03:24+	02:05+	00:34+
34	Bernt Christian Bugge	3676	37:03								
03:09+	05:03+	07:00+	08:28+	13:52+	14:24+	16:48+	29:33+	32:32+	34:41+	36:30+	37:03+
03:09+	01:54+	01:57+	01:28+	05:24+	00:32+	02:24+	12:45+	02:59+	02:09+	01:49+	00:33+
03:09+	01:54+	01:57+	01:28+	05:24+	00:32+	02:24+	12:45+	02:59+	02:09+	01:49+	00:33+
35	Rohan Joseph	1376	37:32								
04:08+	07:23+	09:27+	13:44+	17:03+	17:41+	20:59+	26:14+	30:06+	34:54+	36:54+	37:32+
04:08+	03:15+	02:04+	04:17+	03:19+	00:38+	03:18+	05:15+	03:52+	04:48+	02:00+	00:38+
04:08+	03:15+	02:04+	04:17+	03:19+	00:38+	03:18+	05:15+	03:52+	04:48+	02:00+	00:38+
36	Stein Stornes Nordal	NOTEAM	38:20								
01:56+	04:59+	07:15+	18:15+	24:17+	25:16+	27:12+	31:08+	34:19+	36:17+	37:54+	38:20+
01:56+	03:03+	02:16+	11:00+	06:02+	00:59+	01:56+	03:56+	03:11+	01:58+	01:37+	00:26+
01:56+	03:03+	02:16+	11:00+	06:02+	00:59+	01:56+	03:56+	03:11+	01:58+	01:37+	00:26+

Class	Navn	Klasse	Tid								
37	Ivar Aalbu	3502	38:24								
02:51+	06:41+	08:49+	10:29+	18:14+	19:01+	21:46+	26:44+	32:13+	35:22+	37:45+	38:24+
02:51+	03:50+	02:08+	01:40+	07:45+	00:47+	02:45+	04:58+	05:29+	03:09+	02:23+	00:39+
02:51+	03:50+	02:08+	01:40+	07:45+	00:47+	02:45+	04:58+	05:29+	03:09+	02:23+	00:39+
38	Svein Olav Høyland	1683	39:49								
05:31+	10:37+	13:16+	15:21+	19:47+	20:59+	26:03+	30:35+	34:51+	37:04+	39:11+	39:49+
05:31+	05:06+	02:39+	02:05+	04:26+	01:12+	05:04+	04:32+	04:16+	02:13+	02:07+	00:38+
05:31+	05:06+	02:39+	02:05+	04:26+	01:12+	05:04+	04:32+	04:16+	02:13+	02:07+	00:38+
39	Steinar Løgith Aase	2539	43:12								
02:46+	08:27+	10:59+	13:20+	16:47+	17:29+	20:52+	25:46+	36:01+	40:02+	42:19+	43:12+
02:46+	05:41+	02:32+	02:21+	03:27+	00:42+	03:23+	04:54+	10:15+	04:01+	02:17+	00:53+
02:46+	05:41+	02:32+	02:21+	03:27+	00:42+	03:23+	04:54+	10:15+	04:01+	02:17+	00:53+
40	Per Bakken	880	44:01								
05:09+	07:50+	11:19+	16:05+	20:20+	22:26+	26:03+	31:29+	35:49+	40:43+	43:20+	44:01+
05:09+	02:41+	03:29+	04:46+	04:15+	02:06+	03:37+	05:26+	04:20+	04:54+	02:37+	00:41+
05:09+	02:41+	03:29+	04:46+	04:15+	02:06+	03:37+	05:26+	04:20+	04:54+	02:37+	00:41+
41	Jacek Jagodzinski	3486	54:03								
05:14+	11:06+	16:03+	18:50+	23:20+	24:25+	28:35+	35:36+	44:15+	50:27+	53:22+	54:03+
05:14+	05:52+	04:57+	02:47+	04:30+	01:05+	04:10+	07:01+	08:39+	06:12+	02:55+	00:41+
05:14+	05:52+	04:57+	02:47+	04:30+	01:05+	04:10+	07:01+	08:39+	06:12+	02:55+	00:41+
42	Erik Campbell Henriksen	1683	1:01:51								
03:29+	10:36+	13:59+	19:14+	23:57+	24:45+	28:14+	34:31+	53:29+	57:07+	61:03+	61:51+
03:29+	07:07+	03:23+	05:15+	04:43+	00:48+	03:29+	06:17+	18:58+	03:38+	03:56+	00:48+
03:29+	07:07+	03:23+	05:15+	04:43+	00:48+	03:29+	06:17+	18:58+	03:38+	03:56+	00:48+
43	Arvid Walskaar	3512	1:07:44								
16:53+	27:36+	31:39+	34:00+	38:07+	39:25+	47:03+	54:54+	59:27+	63:56+	66:25+	67:44+
16:53+	10:43+	04:03+	02:21+	04:07+	01:18+	07:38+	07:51+	04:33+	04:29+	02:29+	01:19+
16:53+	10:43+	04:03+	02:21+	04:07+	01:18+	07:38+	07:51+	04:33+	04:29+	02:29+	01:19+

Beste strekktid for klassen

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