

Selshammeren bedrifts-o-løp

Strekktider

-19.06.2024

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Wibeke Lende	3503	47:20									
02:58=	04:50=	06:48=	12:50=	15:52=	18:56=	23:13=	25:16=	30:15=	33:52=	38:48=	46:27=	47:20=
02:58=	01:52=	01:58=	06:02=	03:02=	03:04=	04:17=	02:03=	04:59=	03:37=	04:56=	07:39=	00:53=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Maren Benjaminsen	1832	48:36									
04:09+	05:20+	07:16+	15:32+	19:20+	22:03+	27:08+	29:22+	34:35+	39:20+	42:10+	47:46+	48:36+
04:09+	01:11-	01:56-	08:16+	03:48+	02:43-	05:05+	02:14+	05:13+	04:45+	02:50-	05:36-	00:50-
01:11&	00:41-	00:02-	02:14&	00:46&	00:21-	00:48#	00:11+	00:14+	01:08&	02:06-	02:03-	00:03-
3	Hanne Berg Aspøy	896	58:50									
02:53-	04:13-	06:16-	17:49+	21:35+	25:28+	31:11+	33:39+	39:13+	43:45+	49:32+	57:54+	58:50+
02:53-	01:20-	02:03+	11:33+	03:46+	03:53+	05:43+	02:28+	05:34+	04:32+	05:47+	08:22+	00:56+
00:05-	00:32-	00:05+	05:31&	00:44#	00:49&	01:26&	00:25#	00:35#	00:55&	00:51#	00:43+	00:03+
4	Ingrid Lycke Austbø	989	58:57									
02:35-	03:37-	05:13-	14:45+	19:34+	22:36+	26:13+	30:45+	35:47+	40:55+	45:27+	57:58+	58:57+
02:35-	01:02-	01:36-	09:32+	04:49+	03:02-	03:37-	04:32+	05:02+	05:08+	04:32-	12:31+	00:59+
00:23-	00:50-	00:22-	03:30&	01:47&	00:02-	00:40-	02:29@	00:03+	01:31&	00:24-	04:52&	00:06#
5	Marie Sigvaldsen	3512	1:00:04									
06:34+	07:54+	09:54+	17:11+	20:02+	24:22+	28:25+	32:41+	37:19+	46:08+	49:23+	59:15+	60:04+
06:34+	01:20-	02:00+	07:17+	02:51-	04:20+	04:03-	04:16+	04:38-	08:49+	03:15-	09:52+	00:49-
03:36@	00:32-	00:02+	01:15#	00:11-	01:16&	00:14-	02:13@	00:21-	05:12@	01:41-	02:13&	00:04-
6	Frida Erikstein	1830	1:02:56									
06:14+	07:47+	11:34+	22:45+	28:20+	31:21+	36:32+	40:08+	44:47+	48:21+	51:14+	61:57+	62:56+
06:14+	01:33-	03:47+	11:11+	05:35+	03:01-	05:11+	03:36+	04:39-	03:34-	02:53-	10:43+	00:59+
03:16@	00:19-	01:49&	05:09&	02:33&	00:03-	00:54#	01:33&	00:20-	00:03-	02:03-	03:04&	00:06#
7	Hege Bakken	1754	1:06:15									
05:27+	07:06+	09:24+	17:43+	21:09+	24:31+	29:19+	31:55+	37:57+	43:59+	53:48+	65:09+	66:15+
05:27+	01:39-	02:18+	08:19+	03:26+	03:22+	04:48+	02:36+	06:02+	06:02+	09:49+	11:21+	01:06+
02:29&	00:13-	00:20#	02:17&	00:24#	00:18+	00:31#	00:33&	01:03#	02:25&	04:53&	03:42&	00:13#
8	Dina Baerheim	722	1:06:46									
03:40+	05:25+	07:26+	15:36+	18:56+	23:00+	28:47+	31:53+	39:54+	45:11+	49:12+	65:42+	66:46+
03:40+	01:45-	02:01+	08:10+	03:20+	04:04+	05:47+	03:06+	08:01+	05:17+	04:01-	16:30+	01:04+
00:42#	00:07-	00:03+	02:08&	00:18+	01:00&	01:30&	01:03&	03:02&	01:40&	00:55-	08:51@	00:11#
9	Aina Kalsaas Urstad	3580	1:10:47									
07:07+	09:10+	12:03+	27:45+	31:59+	35:32+	40:57+	44:47+	52:48+	57:19+	60:42+	69:27+	70:47+
07:07+	02:03+	02:53+	15:42+	04:14+	03:33+	05:25+	03:50+	08:01+	04:31+	03:23-	08:45+	01:20+
04:09@	00:11+	00:55&	09:40@	01:12&	00:29#	01:08&	01:47&	03:02&	00:54#	01:33-	01:06#	00:27&
10	Guro Fuglestad	878	1:13:46									
14:51+	16:02+	19:14+	28:11+	33:04+	36:35+	46:22+	52:14+	59:02+	62:44+	65:53+	73:00+	73:46+
14:51+	01:11-	03:12+	08:57+	04:53+	03:31+	09:47+	05:52+	06:48+	03:42+	03:09-	07:07-	00:46-
11:53@	00:41-	01:14&	02:55&	01:51&	00:27#	05:30@	03:49@	01:49&	00:05+	01:47-	00:32-	00:07-
11	Silje Lea Sletten	892	1:20:50									
02:53-	06:54+	08:33+	17:43+	21:14+	24:30+	29:09+	31:17+	52:25+	56:45+	62:07+	79:41+	80:50+
02:53-	04:01+	01:39-	09:10+	03:31+	03:16+	04:39+	02:08+	21:08+	04:20+	05:22+	17:34+	01:09+
00:05-	02:09@	00:19-	03:08&	00:29#	00:12+	00:22+	00:05+	16:09@	00:43#	00:26+	09:55@	00:16&
12	Lisa Turko	NOTEAM	1:21:13									
05:21+	06:40+	08:41+	32:19+	35:17+	38:58+	53:27+	55:57+	60:55+	64:57+	67:35+	80:21+	81:13+
05:21+	01:19-	02:01+	23:38+	02:58-	03:41+	14:29+	02:30+	04:58-	04:02+	02:38-	12:46+	00:52-
02:23&	00:33-	00:03+	17:36@	00:04-	00:37#	10:12@	00:27#	00:01-	00:25#	02:18-	05:07&	00:01-
13	Ingunn Landsnes	892	1:26:14									
03:09+	05:33+	08:40+	18:03+	23:18+	27:52+	33:46+	40:28+	50:00+	55:57+	64:04+	85:07+	86:14+
03:09+	02:24+	03:07+	09:23+	05:15+	04:34+	05:54+	06:42+	09:32+	05:57+	08:07+	21:03+	01:07+
00:11+	00:32&	01:09&	03:21&	02:13&	01:30&	01:37&	04:39@	04:33&	02:20&	03:11&	13:24@	00:14&
14	Oda Ravnås Waldeland	3619	1:26:44									
13:37+	17:58+	22:32+	30:47+	35:07+	38:52+	52:49+	55:46+	66:56+	71:47+	79:09+	85:44+	86:44+
13:37+	04:21+	04:34+	08:15+	04:20+	03:45+	13:57+	02:57+	11:10+	04:51+	07:22+	06:35-	01:00+
10:39@	02:29@	02:36@	02:13&	01:18&	00:41#	09:40@	00:54&	06:11@	01:14&	02:26&	01:04-	00:07#

Class	Navn	Klasse	Tid
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Damer 16 - 39 år

15 Marita Navjord Nicolaysen 1284 1:31:08

04:09+ 06:18+ 10:05+ 27:39+ 31:03+ 34:19+ 45:41+ 52:04+ 65:29+ 71:53+ 78:25+ 90:04+ 91:08+
 04:09+ 02:09+ 03:47+ 17:34+ 03:24+ 03:16+ 11:22+ 06:23+ 13:25+ 06:24+ 06:32+ 11:39+ 01:04+
 01:11& 00:17# 01:49& 11:32@ 00:22# 00:12+ 07:05@ 04:20@ 08:26@ 02:47& 01:36& 04:00& 00:11#

16 Ann-Mari Vold 3529 1:36:53

19:42+ 21:26+ 24:35+ 34:13+ 39:11+ 43:42+ 54:04+ 57:03+ 65:19+ 71:34+ 76:03+ 95:48+ 96:53+
 19:42+ 01:44+ 03:09+ 09:38+ 04:58+ 04:31+ 10:22+ 02:59+ 08:16+ 06:15+ 04:29+ 19:45+ 01:05+
 19:42+ 01:44+ 03:09+ 09:38+ 04:58+ 04:31+ 10:22+ 02:59+ 08:16+ 06:15+ 04:29+ 19:45+ 01:05+

17 Idunn Husøy Naustdal 722 1:37:53

16:28+ 19:59+ 29:04+ 47:20+ 52:19+ 57:50+ 68:13+ 70:46+ 83:15+ 86:38+ 90:07+ 96:54+ 97:53+
 16:28+ 03:31+ 09:05+ 18:16+ 04:59+ 05:31+ 10:23+ 02:33+ 12:29+ 03:23+ 03:29+ 06:47+ 00:59+
 16:28+ 03:31+ 09:05+ 18:16+ 04:59+ 05:31+ 10:23+ 02:33+ 12:29+ 03:23+ 03:29+ 06:47+ 00:59+

Beste strekktid for klassen

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

Damer 40 - 49 år

1 Helen Haneferd 882 56:27

04:15= 06:03= 08:23= 17:55= 22:55= 25:55= 28:39= 34:42= 39:39= 44:25= 46:09= 55:27= 56:27=
 04:15= 01:48= 02:20= 09:32= 05:00= 03:00= 02:44= 06:03= 04:57= 04:46= 01:44= 09:18= 01:00=
 00:00= 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 Helene Lie 3565 1:00:09

04:16+ 06:24+ 09:02+ 18:50+ 25:19+ 28:46+ 33:16+ 40:04+ 45:57+ 50:10+ 52:09+ 59:08+ 60:09+
 04:16+ 02:08+ 02:38+ 09:48+ 06:29+ 03:27+ 04:30+ 06:48+ 05:53+ 04:13- 01:59+ 06:59- 01:01+
 00:01+ 00:20# 00:18# 00:16+ 01:29& 00:27# 01:46& 00:45# 00:56# 00:33- 00:15# 02:19- 00:01+

3 Randi Ladsten 879 1:03:38

03:20- 06:06+ 08:13- 19:58+ 24:18+ 26:53+ 31:00+ 40:58+ 46:44+ 50:59+ 53:47+ 62:32+ 63:38+
 03:20- 02:46+ 02:07- 11:45+ 04:20- 02:35- 04:07+ 09:58+ 05:46+ 04:15- 02:48+ 08:45- 01:06+
 00:55- 00:58& 00:13- 02:13# 00:40- 00:25- 01:23& 03:55& 00:49# 00:31- 01:04& 00:33- 00:06#

4 Marianne Strøm Uthaug 3551 1:13:32

13:40+ 15:05+ 17:27+ 29:14+ 33:28+ 39:13+ 44:29+ 49:03+ 54:42+ 59:19+ 61:01+ 72:37+ 73:32+
 13:40+ 01:25- 02:22+ 11:47+ 04:14- 05:45+ 05:16+ 04:34- 05:39+ 04:37- 01:42- 11:36+ 00:55-
 09:25@ 00:23- 00:02+ 02:15# 00:46- 02:45& 02:32& 01:29- 00:42# 00:09- 00:02- 02:18# 00:05-

5 Anne Lill M. Njå 892 1:19:09

11:07+ 23:04+ 25:17+ 33:58+ 39:38+ 45:18+ 48:16+ 54:39+ 60:09+ 63:50+ 66:57+ 77:57+ 79:09+
 11:07+ 11:57+ 02:13- 08:41- 05:40+ 05:40+ 02:58+ 06:23+ 05:30+ 03:41- 03:07+ 11:00+ 01:12+
 06:52@ 10:09@ 00:07- 00:51- 00:40# 02:40& 00:14+ 00:20+ 00:33# 01:05- 01:23& 01:42# 00:12#

6 Jeanette Mjøhus 722 1:20:13

12:21+ 15:55+ 21:33+ 34:54+ 41:04+ 44:03+ 47:30+ 53:56+ 59:09+ 63:20+ 69:08+ 79:08+ 80:13+
 12:21+ 03:34+ 05:38+ 13:21+ 06:10+ 02:59- 03:27+ 06:26+ 05:13+ 04:11- 05:48+ 10:00+ 01:05+
 08:06@ 01:46& 03:18@ 03:49& 01:10# 00:01- 00:43& 00:23+ 00:16+ 00:35- 04:04@ 00:42+ 00:05+

Beste strekktid for klassen

03:20 01:25 02:07 08:41 04:14 02:35 02:44 04:34 04:57 03:41 01:42 06:59 00:55

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

Damer 50 - 59 år

1 Tone Cecilie Nystrom 874 51:00

03:32= 05:15= 08:21= 15:21= 19:16= 21:40= 24:52= 30:33= 35:46= 40:40= 42:20= 49:53= 51:00=
 03:32= 01:43= 03:06= 07:00= 03:55= 02:24= 03:12= 05:41= 05:13= 04:54= 01:40= 07:33= 01:07=
 00:00= 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 50 - 59 år

2	Gerd Olaug Vikeså	1758	52:22									
03:28-	05:04-	07:50-	15:26+	20:00+	22:32+	25:09+	31:12+	37:33+	42:09+	43:38+	51:23+	52:22+
03:28-	01:36-	02:46-	07:36+	04:34+	02:32+	02:37-	06:03+	06:21+	04:36-	01:29-	07:45+	00:59-
00:04-	00:07-	00:20-	00:36+	00:39#	00:08+	00:35-	00:22+	01:08#	00:18-	00:11-	00:12+	00:08-
3	Anita Glenne Kallhovd	3502	53:20									
03:41+	05:24+	12:14+	21:13+	25:54+	28:10+	31:58+	38:22+	42:09+	45:40+	46:49+	52:23+	53:20+
03:41+	01:43+	06:50+	08:59+	04:41+	02:16+	03:48+	06:24+	03:47+	03:31+	01:09+	05:34+	00:57+
03:41+	01:43+	06:50+	08:59+	04:41+	02:16+	03:48+	06:24+	03:47+	03:31+	01:09+	05:34+	00:57+
4	Signe Ottesen	1683	58:04									
03:11+	04:52+	07:45+	16:15+	21:33+	24:09+	26:57+	37:43+	41:24+	47:13+	48:36+	57:06+	58:04+
03:11+	01:41+	02:53+	08:30+	05:18+	02:36+	02:48+	10:46+	03:41+	05:49+	01:23+	08:30+	00:58+
03:11+	01:41+	02:53+	08:30+	05:18+	02:36+	02:48+	10:46+	03:41+	05:49+	01:23+	08:30+	00:58+
5	Liv Omdal	1683	1:03:47									
05:17+	08:01+	10:45+	21:05+	27:32+	30:15+	34:31+	41:58+	47:00+	51:49+	54:02+	62:44+	63:47+
05:17+	02:44+	02:44+	10:20+	06:27+	02:43+	04:16+	07:27+	05:02+	04:49+	02:13+	08:42+	01:03+
05:17+	02:44+	02:44+	10:20+	06:27+	02:43+	04:16+	07:27+	05:02+	04:49+	02:13+	08:42+	01:03+
6	Trude Hermanrud	896	1:06:55									
10:16+	11:53+	14:20+	24:43+	29:08+	31:35+	35:40+	42:46+	47:51+	52:55+	54:35+	65:53+	66:55+
10:16+	01:37+	02:27+	10:23+	04:25+	02:27+	04:05+	07:06+	05:05+	05:04+	01:40+	11:18+	01:02+
10:16+	01:37+	02:27+	10:23+	04:25+	02:27+	04:05+	07:06+	05:05+	05:04+	01:40+	11:18+	01:02+
7	Gøril Braut Aarsand	2539	1:09:14									
05:52+	07:34+	09:50+	18:48+	23:00+	33:00+	38:22+	45:13+	49:51+	54:49+	57:34+	68:06+	69:14+
05:52+	01:42+	02:16+	08:58+	04:12+	10:00+	05:22+	06:51+	04:38+	04:58+	02:45+	10:32+	01:08+
05:52+	01:42+	02:16+	08:58+	04:12+	10:00+	05:22+	06:51+	04:38+	04:58+	02:45+	10:32+	01:08+
8	Turid Eikebu Alfsen	1683	1:11:03									
09:34+	11:50+	15:33+	26:52+	30:40+	35:37+	39:01+	47:27+	55:06+	59:30+	61:44+	69:51+	71:03+
09:34+	02:16+	03:43+	11:19+	03:48+	04:57+	03:24+	08:26+	07:39+	04:24+	02:14+	08:07+	01:12+
09:34+	02:16+	03:43+	11:19+	03:48+	04:57+	03:24+	08:26+	07:39+	04:24+	02:14+	08:07+	01:12+
9	Andrea Tapken	3529	1:11:46									
03:57+	11:47+	14:32+	26:03+	32:22+	35:47+	40:20+	47:16+	53:35+	58:29+	61:00+	70:31+	71:46+
03:57+	07:50+	02:45+	11:31+	06:19+	03:25+	04:33+	06:56+	06:19+	04:54+	02:31+	09:31+	01:15+
03:57+	07:50+	02:45+	11:31+	06:19+	03:25+	04:33+	06:56+	06:19+	04:54+	02:31+	09:31+	01:15+
10	Marianne Gjesdal Lyngås	892	1:12:05									
03:56+	06:25+	09:31+	21:46+	25:53+	35:54+	41:01+	49:58+	57:20+	61:25+	63:50+	70:58+	72:05+
03:56+	02:29+	03:06+	12:15+	04:07+	10:01+	05:07+	08:57+	07:22+	04:05+	02:25+	07:08+	01:07+
03:56+	02:29+	03:06+	12:15+	04:07+	10:01+	05:07+	08:57+	07:22+	04:05+	02:25+	07:08+	01:07+
11	Tonje Tiley	882	1:15:06									
10:26+	12:33+	14:51+	26:07+	30:39+	33:51+	37:41+	45:25+	52:12+	56:40+	58:50+	74:00+	75:06+
10:26+	02:07+	02:18+	11:16+	04:32+	03:12+	03:50+	07:44+	06:47+	04:28+	02:10+	15:10+	01:06+
10:26+	02:07+	02:18+	11:16+	04:32+	03:12+	03:50+	07:44+	06:47+	04:28+	02:10+	15:10+	01:06+
12	Elisabeth Melbø	879	1:16:10									
05:59+	13:12+	16:08+	26:26+	33:46+	36:33+	40:42+	50:02+	53:31+	57:32+	61:57+	75:00+	76:10+
05:59+	07:13+	02:56+	10:18+	07:20+	02:47+	04:09+	09:20+	03:29+	04:01+	04:25+	13:03+	01:10+
05:59+	07:13+	02:56+	10:18+	07:20+	02:47+	04:09+	09:20+	03:29+	04:01+	04:25+	13:03+	01:10+
13	Ingjerd Haddeland	3507	1:16:32									
04:09+	07:37+	10:26+	28:59+	35:31+	39:59+	43:48+	51:24+	56:23+	62:04+	64:55+	75:29+	76:32+
04:09+	03:28+	02:49+	18:33+	06:32+	04:28+	03:49+	07:36+	04:59+	05:41+	02:51+	10:34+	01:03+
04:09+	03:28+	02:49+	18:33+	06:32+	04:28+	03:49+	07:36+	04:59+	05:41+	02:51+	10:34+	01:03+
14	Renate Furenes	892	1:17:49									
06:37+	09:11+	12:03+	20:39+	27:13+	29:58+	33:48+	42:04+	55:10+	63:54+	66:19+	76:45+	77:49+
06:37+	02:34+	02:52+	08:36+	06:34+	02:45+	03:50+	08:16+	13:06+	08:44+	02:25+	10:26+	01:04+
06:37+	02:34+	02:52+	08:36+	06:34+	02:45+	03:50+	08:16+	13:06+	08:44+	02:25+	10:26+	01:04+
15	Ragnhild Båtnes Berntsen	1758	1:18:43									
05:58+	07:59+	10:24+	28:41+	33:28+	36:31+	42:30+	49:58+	61:52+	66:21+	68:21+	77:37+	78:43+
05:58+	02:01+	02:25+	18:17+	04:47+	03:03+	05:59+	07:28+	11:54+	04:29+	02:00+	09:16+	01:06+
05:58+	02:01+	02:25+	18:17+	04:47+	03:03+	05:59+	07:28+	11:54+	04:29+	02:00+	09:16+	01:06+

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

16	Åse Sellereite	882	1:22:16									
09:04+	10:21+	12:57+	29:13+	38:46+	42:22+	46:34+	52:10+	57:16+	64:44+	67:11+	81:11+	82:16+
09:04+	01:17+	02:36+	16:16+	09:33+	03:36+	04:12+	05:36+	05:06+	07:28+	02:27+	14:00+	01:05+
09:04+	01:17+	02:36+	16:16+	09:33+	03:36+	04:12+	05:36+	05:06+	07:28+	02:27+	14:00+	01:05+

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Ingrid E. I. Øxnevad	3516	45:48										
03:39=	05:23=	07:18=	08:38=	13:47=	16:12=	18:15=	21:27=	26:32=	28:50=	35:03=	43:16=	44:59=	45:48=
03:39=	01:44=	01:55=	01:20=	05:09=	02:25=	02:03=	03:12=	05:05=	02:18=	06:13=	08:13=	01:43=	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=
2	Kari Anstensrud	896	51:26										
05:32+	07:20+	10:03+	12:05+	16:19+	20:10+	22:39+	28:45+	33:31+	36:21+	41:53+	48:31+	50:08+	51:26+
05:32+	01:48+	02:43+	02:02+	04:14-	03:51+	02:29+	06:06+	04:46-	02:50+	05:32-	06:38-	01:37-	01:18+
01:53&	00:04+	00:48&	00:42&	00:55-	01:26&	00:26#	02:54&	00:19-	00:32#	00:41-	01:35-	00:06-	00:29&
3	Nidunn Sandvik	3565	52:09										
06:38+	08:19+	10:54+	12:30+	15:37+	18:53+	21:19+	25:35+	32:16+	35:15+	41:08+	46:38+	50:55+	52:09+
06:38+	01:41-	02:35+	01:36+	03:07-	03:16+	02:26+	04:16+	06:41+	02:59+	05:53-	05:30-	04:17+	01:14+
02:59&	00:03-	00:40&	00:16#	02:02-	00:51&	00:23#	01:04&	01:36&	00:41&	00:20-	02:43-	02:34@	00:25&
4	Nina Christiansen	722	53:58										
04:04+	06:09+	09:12+	12:45+	16:40+	18:32+	20:30+	24:37+	31:45+	37:54+	42:55+	50:56+	52:46+	53:58+
04:04+	02:05+	03:03+	03:33+	03:55-	01:52-	01:58-	04:07+	07:08+	06:09+	05:01-	08:01-	01:50+	01:12+
00:25#	00:21#	01:08&	02:13@	01:14-	00:33-	00:05-	00:55&	02:03&	03:51@	01:12-	00:12-	00:07+	00:23&
5	Anne Katrine Lycke	989	1:15:58										
09:34+	11:37+	14:29+	16:52+	29:52+	32:11+	35:04+	40:58+	48:02+	53:07+	60:33+	73:09+	74:27+	75:58+
09:34+	02:03+	02:52+	02:23+	13:00+	02:19-	02:53+	05:54+	07:04+	05:05+	07:26+	12:36+	01:18-	01:31+
05:55@	00:19#	00:57&	01:03&	07:51@	00:06-	00:50&	02:42&	01:59&	02:47@	01:13#	04:23&	00:25-	00:42&
6	Marianne Høie	1683	1:28:21										
26:44+	30:12+	33:44+	35:56+	41:03+	43:34+	46:20+	52:56+	59:55+	64:01+	71:50+	82:59+	86:29+	88:21+
26:44+	03:28+	03:32+	02:12+	05:07-	02:31+	02:46+	06:36+	06:59+	04:06+	07:49+	11:09+	03:30+	01:52+
23:05@	01:44&	01:37&	00:52&	00:02-	00:06+	00:43&	03:24@	01:54&	01:48&	01:36&	02:56&	01:47@	01:03@

Beste strekktid for klassen

03:39 01:41 01:55 01:20 03:07 01:52 01:58 03:12 04:46 02:18 05:01 05:30 01:18 00:49

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

Damer 65 - 69 år

1	Ingrid Eik	1830	42:10										
03:10=	04:55=	06:50=	09:31=	12:26=	14:18=	17:38=	22:17=	27:03=	30:07=	33:53=	39:42=	41:10=	42:10=
03:10=	01:45=	01:55=	02:41=	02:55=	01:52=	03:20=	04:39=	04:46=	03:04=	03:46=	05:49=	01:28=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marit Karin Skretting Nygård	892	43:14										
02:54-	04:47-	07:04+	08:51-	12:22-	14:23+	16:19-	20:47-	27:17+	29:49-	34:25+	40:46+	42:07+	43:14+
02:54-	01:53+	02:17+	01:47-	03:31+	02:01+	01:56-	04:28-	06:30+	02:32-	04:36+	06:21+	01:21-	01:07+
00:16-	00:08+	00:22#	00:54-	00:36#	00:09+	01:24-	00:11-	01:44&	00:32-	00:50#	00:32+	00:07-	00:07#
3	Margot Asheim	722	48:02										
06:08+	08:11+	10:06+	15:31+	18:24+	20:20+	22:25+	26:55+	32:37+	35:01+	39:58+	44:52+	47:08+	48:02+
06:08+	02:03+	01:55=	05:25+	02:53-	01:56+	02:05-	04:30-	05:42+	02:24-	04:57+	04:54-	02:16+	00:54-
02:58&	00:18#	00:00=	02:44@	00:02-	00:04+	01:15-	00:09-	00:56#	00:40-	01:11&	00:55-	00:48&	00:06-

Class	Navn	Klasse	Tid
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Damer 65 - 69 år

4	Tove Bjerkreim	722	54:57										
10:04+	12:35+	14:59+	16:40+	20:36+	23:03+	25:55+	31:53+	37:43+	40:37+	45:55+	51:08+	53:28+	54:57+
10:04+	02:31+	02:24+	01:41-	03:56+	02:27+	02:52-	05:58+	05:50+	02:54-	05:18+	05:13-	02:20+	01:29+
06:54@	00:46&	00:29&	01:00-	01:00-	00:35&	00:28-	01:19&	01:04#	00:10-	01:32&	00:36-	00:52&	00:29&
5	Liv Sissel Obrestad	3529	1:03:18										
05:28+	07:18+	09:54+	11:24+	15:19+	17:38+	24:04+	29:08+	36:33+	39:20+	43:23+	48:22+	62:13+	63:18+
05:28+	01:50+	02:36+	01:30+	03:55+	02:19+	06:26+	05:04+	07:25+	02:47+	04:03+	04:59+	13:51+	01:05+
05:28+	01:50+	02:36+	01:30+	03:55+	02:19+	06:26+	05:04+	07:25+	02:47+	04:03+	04:59+	13:51+	01:05+
6	Kari Eva Thiis Blixhavn	3565	1:10:27										
07:53+	12:18+	15:13+	24:32+	29:15+	32:42+	35:43+	41:51+	48:57+	52:19+	58:04+	65:59+	68:56+	70:27+
07:53+	04:25+	02:55+	09:19+	04:43+	03:27+	03:01+	06:08+	07:06+	03:22+	05:45+	07:55+	02:57+	01:31+
07:53+	04:25+	02:55+	09:19+	04:43+	03:27+	03:01+	06:08+	07:06+	03:22+	05:45+	07:55+	02:57+	01:31+

Beste strekktid for klassen

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

Damer 70 - 74 år

1	Lillian Dahl Fitjar	896	54:37										
04:33=	06:15=	08:46=	10:26=	13:54=	16:56=	19:20=	23:57=	30:51=	33:31=	46:08=	51:56=	53:26=	54:37=
04:33=	01:42=	02:31=	01:40=	03:28=	03:02=	02:24=	04:37=	06:54=	02:40=	12:37=	05:48=	01:30=	01:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hanne Eik	896	58:59										
04:04-	06:20+	08:43-	13:20+	17:45+	20:41+	23:05+	28:06+	33:57+	37:06+	44:39-	52:11+	57:22+	58:59+
04:04-	02:16+	02:23-	04:37+	04:25+	02:56-	02:24=	05:01+	05:51-	03:09+	07:33-	07:32+	05:11+	01:37+
00:29-	00:34&	00:08-	02:57@	00:57&	00:06-	00:00=	00:24+	01:03-	00:29#	05:04-	01:44&	03:41@	00:26&
3	Mette Dagsland	874	59:49										
09:51+	11:29+	13:40+	15:17+	18:19+	20:42+	23:34+	29:17+	35:37+	38:20+	51:00+	56:51+	58:34+	59:49+
09:51+	01:38-	02:11-	01:37-	03:02-	02:23-	02:52+	05:43+	06:20-	02:43+	12:40+	05:51+	01:43+	01:15+
05:18@	00:04-	00:20-	00:03-	00:26-	00:39-	00:28#	01:06#	00:34-	00:03+	00:03+	00:03+	00:13#	00:04+
4	Berit Gramstad	3551	1:16:30										
18:37+	20:23+	23:03+	24:40+	28:25+	30:55+	37:20+	42:32+	49:51+	54:21+	60:58+	73:43+	75:04+	76:30+
18:37+	01:46+	02:40+	01:37-	03:45+	02:30-	06:25+	05:12+	07:19+	04:30+	06:37-	12:45+	01:21-	01:26+
14:04@	00:04+	00:09+	00:03-	00:17+	00:32-	04:01@	00:35#	00:25+	01:50&	06:00-	06:57@	00:09-	00:15#

Beste strekktid for klassen

04:04 01:38 02:11 01:37 03:02 02:23 02:24 04:37 05:51 02:40 06:37 05:48 01:21 01:11

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

Damer 75 - 79 år

1	Haldis Glendrange	874	50:30										
06:29=	08:24=	10:52=	13:07=	16:45=	19:24=	22:10=	27:49=	33:37=	36:46=	41:43=	46:45=	49:17=	50:30=
06:29=	01:55=	02:28=	02:15=	03:38=	02:39=	02:46=	05:39=	05:48=	03:09=	04:57=	05:02=	02:32=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gry Vikhamar Thengs	874	52:11										
04:21-	06:03-	09:05-	10:51-	14:41-	17:24-	20:14-	23:58-	29:54-	32:35-	39:01-	46:58+	51:06+	52:11+
04:21-	01:42-	03:02+	01:46-	03:50+	02:43+	02:50+	03:44-	05:56+	02:41-	06:26+	07:57+	04:08+	01:05-
02:08-	00:13-	00:34#	00:29-	00:12+	00:04+	00:04+	01:55-	00:08+	00:28-	01:29&	02:55&	01:36&	00:08-
3	Inger Skretting Opstad	3529	58:36										
04:18-	15:35+	18:09+	19:52+	24:58+	27:15+	30:09+	35:24+	41:15+	44:17+	49:38+	55:28+	57:08+	58:36+
04:18-	11:17+	02:34+	01:43-	05:06+	02:17-	02:54+	05:15-	05:51+	03:02-	05:21+	05:50+	01:40-	01:28+
02:11-	09:22@	00:06+	00:32-	01:28&	00:22-	00:08+	00:24-	00:03+	00:07-	00:24+	00:48#	00:52-	00:15#

Class	Navn	Klasse	Tid
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Damer 75 - 79 år

4 Helga Klausen 769 1:08:15

04:52- 07:10- 10:15- 12:11- 15:41- 18:21- 22:10= 28:26+ 35:23+ 38:48+ 43:59+ 59:34+ 66:45+ 68:15+
 04:52- 02:18+ 03:05+ 01:56- 03:30- 02:40+ 03:49+ 06:16+ 06:57+ 03:25+ 05:11+ 15:35+ 07:11+ 01:30+
 01:37- 00:23# 00:37# 00:19- 00:08- 00:01+ 01:03& 00:37# 01:09# 00:16+ 00:14+ 10:33@ 04:39@ 00:17#

5 Hedvig Anda 1683 1:09:11

06:45+ 17:47+ 20:49+ 22:56+ 27:19+ 30:08+ 33:29+ 38:01+ 45:30+ 48:56+ 54:20+ 66:02+ 68:01+ 69:11+
 06:45+ 11:02+ 03:02+ 02:07+ 04:23+ 02:49+ 03:21+ 04:32+ 07:29+ 03:26+ 05:24+ 11:42+ 01:59+ 01:10+
 06:45+ 11:02+ 03:02+ 02:07+ 04:23+ 02:49+ 03:21+ 04:32+ 07:29+ 03:26+ 05:24+ 11:42+ 01:59+ 01:10+

Beste strekktid for klassen

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

Damer 80 år og eldre

1 Helga Aaslid 3529 53:01

06:55= 10:25= 17:43= 24:35= 28:02= 35:31= 41:04= 49:49= 51:32= 53:01=
 06:55= 03:30= 07:18= 06:52= 03:27= 07:29= 05:33= 08:45= 01:43= 01:29=
 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 1:13:35

11:52+ 17:09+ 27:07+ 37:39+ 41:29+ 51:41+ 56:08+ 68:01+ 71:45+ 73:35+
 11:52+ 05:17+ 09:58+ 10:32+ 03:50+ 10:12+ 04:27- 11:53+ 03:44+ 01:50+
 04:57& 01:47& 02:40& 03:40& 00:23# 02:43& 01:06- 03:08& 02:01@ 00:21#

Beste strekktid for klassen

06:55 03:30 07:18 06:52 03:27 07:29 04:27 08:45 01:43 01:29

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

Damer A

1 Matilde Skjæveland Skår 3486 52:52

03:24= 04:45= 05:38= 09:02= 14:56= 18:14= 23:04= 24:46= 26:14= 27:45= 34:39= 39:06= 47:33= 50:35= 52:05= 52:52=
 03:24= 01:21= 00:53= 03:24= 05:54= 03:18= 04:50= 01:42= 01:28= 01:31= 06:54= 04:27= 08:27= 03:02= 01:30= 00:47=
 00:00= 00:00= 00:00= 00:00= 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 55:04

02:42- 04:14- 05:08- 08:07- 13:40- 16:26- 21:10- 22:51- 24:23- 26:04- 34:06- 40:57+ 47:56+ 53:19+ 54:17+ 55:04+
 02:42- 01:32+ 00:54+ 02:59- 05:33- 02:46- 04:44- 01:41- 01:32+ 01:41+ 08:02+ 06:51+ 06:59- 05:23+ 01:58- 00:47=
 00:42- 00:11# 00:01+ 00:25- 00:21- 00:32- 00:06- 00:01- 00:04+ 00:10# 01:08# 02:24& 01:28- 02:21& 00:32- 00:00=

3 Torill Brekken 896 57:56

04:37+ 06:16+ 08:59+ 12:15+ 17:41+ 20:38+ 25:14+ 27:01+ 28:36+ 30:15+ 37:42+ 42:00+ 49:30+ 55:25+ 57:03+ 57:56+
 04:37+ 01:39+ 02:43+ 03:16- 05:26- 02:57- 04:36- 01:47+ 01:35+ 01:39+ 07:27+ 04:18- 07:30- 05:55+ 01:38+ 00:53+
 01:13& 00:18# 01:50@ 00:08- 00:28- 00:21- 00:14- 00:05+ 00:07+ 00:08+ 00:33+ 00:09- 00:57- 02:53& 00:08+ 00:06#

Beste strekktid for klassen

02:42 01:21 00:53 02:59 05:26 02:46 04:36 01:41 01:28 01:31 06:54 04:18 06:59 03:02 00:58 00:47

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

Damer B

1 Ann-Cathrin Nybak Urdal 3595 54:28

02:18= 04:09= 08:00= 12:39= 16:26= 19:15= 25:04= 29:11= 32:09= 36:56= 39:52= 41:43= 46:18= 53:34= 54:28=
 02:18= 01:51= 03:51= 04:39= 03:47= 02:49= 05:49= 04:07= 02:58= 04:47= 02:56= 01:51= 04:35= 07:16= 00:54=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Damer B

2	Lise Isachsen	1384												55:10
03:27+	05:03+	08:28+	13:25+	17:11+	20:27+	25:52+	30:46+	33:52+	39:19+	43:33+	45:20+	49:14+	54:23+	55:10+
03:27+	01:36-	03:25-	04:57+	03:46-	03:16+	05:25-	04:54+	03:06+	05:27+	04:14+	01:47-	03:54-	05:09-	00:47-
01:09&	00:15-	00:26-	00:18+	00:01-	00:27#	00:24-	00:47#	00:08+	00:40#	01:18&	00:04-	00:41-	02:07-	00:07-
3	Inger Tone Nygård	3502												55:23
02:38+	04:21+	09:24+	14:13+	18:46+	21:41+	26:56+	31:06+	34:24+	38:55+	41:58+	44:09+	48:49+	54:30+	55:23+
02:38+	01:43+	05:03+	04:49+	04:33+	02:55+	05:15+	04:10+	03:18+	04:31+	03:03+	02:11+	04:40+	05:41+	00:53+
02:38+	01:43+	05:03+	04:49+	04:33+	02:55+	05:15+	04:10+	03:18+	04:31+	03:03+	02:11+	04:40+	05:41+	00:53+
4	Anne Garsrud	3518												55:49
02:25+	04:50+	09:02+	12:51+	16:26+	19:36+	25:24+	30:10+	34:48+	39:25+	43:11+	45:04+	50:00+	54:56+	55:49+
02:25+	02:25+	04:12+	03:49+	03:35+	03:10+	05:48+	04:46+	04:38+	04:37+	03:46+	01:53+	04:56+	04:56+	00:53+
02:25+	02:25+	04:12+	03:49+	03:35+	03:10+	05:48+	04:46+	04:38+	04:37+	03:46+	01:53+	04:56+	04:56+	00:53+
5	Agnes Haker	1284												59:20
02:10+	07:02+	10:59+	14:58+	18:43+	21:13+	26:19+	30:25+	36:43+	42:20+	45:50+	47:20+	51:26+	58:31+	59:20+
02:10+	04:52+	03:57+	03:59+	03:45+	02:30+	05:06+	04:06+	06:18+	05:37+	03:30+	01:30+	04:06+	07:05+	00:49+
02:10+	04:52+	03:57+	03:59+	03:45+	02:30+	05:06+	04:06+	06:18+	05:37+	03:30+	01:30+	04:06+	07:05+	00:49+
6	Vibeke Lamark	878												1:00:38
02:28+	05:16+	08:43+	13:55+	17:53+	20:26+	25:27+	30:54+	35:15+	40:49+	46:51+	48:48+	53:24+	59:41+	60:38+
02:28+	02:48+	03:27+	05:12+	03:58+	02:33+	05:01+	05:27+	04:21+	05:34+	06:02+	01:57+	04:36+	06:17+	00:57+
02:28+	02:48+	03:27+	05:12+	03:58+	02:33+	05:01+	05:27+	04:21+	05:34+	06:02+	01:57+	04:36+	06:17+	00:57+
7	Anne Sæbø Vik	1683												1:01:19
05:12+	07:33+	10:40+	15:08+	18:36+	24:38+	30:24+	34:24+	37:53+	43:07+	46:09+	48:05+	52:56+	60:22+	61:19+
05:12+	02:21+	03:07+	04:28+	03:28+	06:02+	05:46+	04:00+	03:29+	05:14+	03:02+	01:56+	04:51+	07:26+	00:57+
05:12+	02:21+	03:07+	04:28+	03:28+	06:02+	05:46+	04:00+	03:29+	05:14+	03:02+	01:56+	04:51+	07:26+	00:57+
8	Ann Karin Tjørhom	1884												1:03:05
05:45+	08:39+	13:03+	17:34+	21:35+	24:50+	29:57+	34:06+	39:14+	44:36+	49:13+	51:21+	55:33+	62:07+	63:05+
05:45+	02:54+	04:24+	04:31+	04:01+	03:15+	05:07+	04:09+	05:08+	05:22+	04:37+	02:08+	04:12+	06:34+	00:58+
05:45+	02:54+	04:24+	04:31+	04:01+	03:15+	05:07+	04:09+	05:08+	05:22+	04:37+	02:08+	04:12+	06:34+	00:58+
9	Tone Torgersen	882												1:03:49
03:43+	06:39+	10:07+	14:32+	19:02+	22:07+	31:07+	35:16+	38:19+	42:46+	46:57+	49:06+	54:44+	62:50+	63:49+
03:43+	02:56+	03:28+	04:25+	04:30+	03:05+	09:00+	04:09+	03:03+	04:27+	04:11+	02:09+	05:38+	08:06+	00:59+
03:43+	02:56+	03:28+	04:25+	04:30+	03:05+	09:00+	04:09+	03:03+	04:27+	04:11+	02:09+	05:38+	08:06+	00:59+
10	Anina Hadland	3502												1:05:12
02:32+	04:22+	09:26+	14:00+	18:02+	21:32+	27:56+	34:06+	37:06+	45:33+	48:30+	50:38+	56:55+	64:13+	65:12+
02:32+	01:50+	05:04+	04:34+	04:02+	03:30+	06:24+	06:10+	03:00+	08:27+	02:57+	02:08+	06:17+	07:18+	00:59+
02:32+	01:50+	05:04+	04:34+	04:02+	03:30+	06:24+	06:10+	03:00+	08:27+	02:57+	02:08+	06:17+	07:18+	00:59+
11	Grethe Anda Fuglestad	1683												1:06:22
02:56+	05:50+	11:29+	16:08+	24:04+	27:30+	32:25+	37:28+	41:47+	47:30+	50:54+	52:49+	59:34+	65:23+	66:22+
02:56+	02:54+	05:39+	04:39+	07:56+	03:26+	04:55+	05:03+	04:19+	05:43+	03:24+	01:55+	06:45+	05:49+	00:59+
02:56+	02:54+	05:39+	04:39+	07:56+	03:26+	04:55+	05:03+	04:19+	05:43+	03:24+	01:55+	06:45+	05:49+	00:59+
12	Helen Lomeland	722												1:10:57
04:24+	08:40+	14:43+	20:58+	25:47+	29:02+	33:49+	37:28+	42:26+	47:18+	54:14+	56:32+	60:28+	69:56+	70:57+
04:24+	04:16+	06:03+	06:15+	04:49+	03:15+	04:47+	03:39+	04:58+	04:52+	06:56+	02:18+	03:56+	09:28+	01:01+
04:24+	04:16+	06:03+	06:15+	04:49+	03:15+	04:47+	03:39+	04:58+	04:52+	06:56+	02:18+	03:56+	09:28+	01:01+
13	Mariann Sveinsvoll	3504												1:12:08
03:12+	05:56+	10:03+	15:27+	24:06+	28:59+	38:09+	42:41+	47:26+	53:21+	57:37+	59:40+	64:25+	71:05+	72:08+
03:12+	02:44+	04:07+	05:24+	08:39+	04:53+	09:10+	04:32+	04:45+	05:55+	04:16+	02:03+	04:45+	06:40+	01:03+
03:12+	02:44+	04:07+	05:24+	08:39+	04:53+	09:10+	04:32+	04:45+	05:55+	04:16+	02:03+	04:45+	06:40+	01:03+
14	Kristin Breivold	892												1:24:56
04:12+	06:07+	09:38+	24:57+	30:03+	39:01+	45:48+	50:42+	56:57+	62:38+	65:35+	67:26+	73:05+	83:58+	84:56+
04:12+	01:55+	03:31+	15:19+	05:06+	08:58+	06:47+	04:54+	06:15+	05:41+	02:57+	01:51+	05:39+	10:53+	00:58+
04:12+	01:55+	03:31+	15:19+	05:06+	08:58+	06:47+	04:54+	06:15+	05:41+	02:57+	01:51+	05:39+	10:53+	00:58+
15	Ingrid W. Hestness	896												1:26:09
02:21+	04:08+	10:43+	15:15+	21:53+	24:26+	31:18+	36:07+	42:01+	50:11+	63:55+	66:25+	71:58+	85:12+	86:09+
02:21+	01:47+	06:35+	04:32+	06:38+	02:33+	06:52+	04:49+	05:54+	08:10+	13:44+	02:30+	05:33+	13:14+	00:57+
02:21+	01:47+	06:35+	04:32+	06:38+	02:33+	06:52+	04:49+	05:54+	08:10+	13:44+	02:30+	05:33+	13:14+	00:57+

Damer B

16 Grethe Mo NOTEAM 1:39:04

09:56+ 16:10+ 44:58+ 64:59+ 77:37+ 82:49+ 97:59+ 99:04+
 09:56+ 06:14+ 28:48+ 20:01+ 12:38+ 05:12+ 15:10+ 01:05+
 09:56+ 06:14+ 28:48+ 20:01+ 12:38+ 05:12+ 15:10+ 01:05+

Beste strekktid for klassen

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

Damer Ny

1 Eli Karine Klungre 1754 26:43

04:23= 09:51= 11:04= 14:47= 19:56= 22:53= 25:39= 26:43=
 04:23= 05:28= 01:13= 03:43= 05:09= 02:57= 02:46= 01:04=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Emilie W Refseth 1830 35:29

04:20- 12:33+ 14:37+ 17:15+ 23:58+ 27:04+ 31:50+ 35:29+
 04:20- 08:13+ 02:04+ 02:38- 06:43+ 03:06+ 04:46+ 03:39+
 00:03- 02:45& 00:51& 01:05- 01:34& 00:09+ 02:00& 02:35@

3 Unni B Sundli 892 43:45

04:52+ 12:08+ 14:50+ 23:56+ 33:21+ 37:30+ 42:18+ 43:45+
 04:52+ 07:16+ 02:42+ 09:06+ 09:25+ 04:09+ 04:48+ 01:27+
 00:29# 01:48& 01:29@ 05:23@ 04:16& 01:12& 02:02& 00:23&

4 Lisbeth Davidsen 722 54:11

06:05+ 14:24+ 16:17+ 19:05+ 28:15+ 32:45+ 53:00+ 54:11+
 06:05+ 08:19+ 01:53+ 02:48- 09:10+ 04:30+ 20:15+ 01:11+
 01:42& 02:51& 00:40& 00:55- 04:01& 01:33& 17:29@ 00:07#

5 Elisabeth Moats 1493 59:37

22:51+ 30:51+ 33:45+ 36:32+ 45:14+ 51:05+ 57:26+ 59:37+
 22:51+ 08:00+ 02:54+ 02:47- 08:42+ 05:51+ 06:21+ 02:11+
 18:28@ 02:32& 01:41@ 00:56- 03:33& 02:54& 03:35@ 01:07@

Beste strekktid for klassen

04:20 05:28 01:13 02:38 05:09 02:57 02:46 01:04

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

Damer Trim

1 Marit L. Undheim 3529 37:54

02:23= 07:36= 12:19= 16:15= 21:34= 26:46= 28:57= 34:35= 36:51= 37:54=
 02:23= 05:13= 04:43= 03:56= 05:19= 05:12= 02:11= 05:38= 02:16= 01:03=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Maria Fjelde 722 42:57

05:12+ 11:00+ 15:12+ 20:40+ 25:09+ 31:50+ 34:20+ 40:51+ 41:55+ 42:57+
 05:12+ 05:48+ 04:12- 05:28+ 04:29- 06:41+ 02:30+ 06:31+ 01:04- 01:02-
 02:49@ 00:35# 00:31- 01:32& 00:50- 01:29& 00:19# 00:53# 01:12- 00:01-

3 Hanna Haaland Sømme 874 45:26

08:11+ 14:10+ 22:09+ 26:38+ 30:14+ 35:34+ 37:59+ 43:28+ 44:24+ 45:26+
 08:11+ 05:59+ 07:59+ 04:29+ 03:36- 05:20+ 02:25+ 05:29- 00:56- 01:02-
 05:48@ 00:46# 03:16& 00:33# 01:43- 00:08+ 00:14# 00:09- 01:20- 00:01-

4 Inger Johanne Klausen 3529 46:22

05:17+ 10:45+ 17:08+ 22:02+ 26:02+ 35:22+ 38:41+ 43:40+ 45:17+ 46:22+
 05:17+ 05:28+ 06:23+ 04:54+ 04:00- 09:20+ 03:19+ 04:59- 01:37- 01:05+
 02:54@ 00:15+ 01:40& 00:58# 01:19- 04:08& 01:08& 00:39- 00:39- 00:02+

Damer Trim

5	Ingrid Overegseth Foss	896	48:47						
02:50+	09:12+	13:40+	21:39+	25:54+	32:35+	35:42+	45:54+	47:16+	48:47+
02:50+	06:22+	04:28-	07:59+	04:15-	06:41+	03:07+	10:12+	01:22-	01:31+
00:27#	01:09#	00:15-	04:03#	01:04-	01:29#	00:56#	04:34#	00:54-	00:28#
6	Ruth Grødem	722	54:30						
05:07+	13:13+	20:22+	27:15+	32:24+	40:34+	44:10+	51:15+	52:53+	54:30+
05:07+	08:06+	07:09+	06:53+	05:09+	08:10+	03:36+	07:05+	01:38+	01:37+
05:07+	08:06+	07:09+	06:53+	05:09+	08:10+	03:36+	07:05+	01:38+	01:37+
7	Marta Bertolaso	1832	58:31						
10:51+	16:22+	23:01+	29:20+	34:02+	41:01+	43:30+	52:56+	57:23+	58:31+
10:51+	05:31+	06:39+	06:19+	04:42+	06:59+	02:29+	09:26+	04:27+	01:08+
10:51+	05:31+	06:39+	06:19+	04:42+	06:59+	02:29+	09:26+	04:27+	01:08+
8	Camilla Huynh	3533	1:00:57						
14:03+	18:53+	30:08+	34:26+	37:48+	43:08+	45:43+	59:38+	60:57+	
14:03+	04:50+	11:15+	04:18+	03:22+	05:20+	02:35+	13:55+	01:19+	
14:03+	04:50+	11:15+	04:18+	03:22+	05:20+	02:35+	13:55+	01:19+	
9	Kirsti Strand Salvesen	3540	1:01:46						
04:01+	12:02+	17:47+	23:53+	29:28+	36:58+	41:19+	54:49+	60:00+	61:46+
04:01+	08:01+	05:45+	06:06+	05:35+	07:30+	04:21+	13:30+	05:11+	01:46+
04:01+	08:01+	05:45+	06:06+	05:35+	07:30+	04:21+	13:30+	05:11+	01:46+
10	Stina Tran Huynh	3533	1:03:21						
13:39+	21:51+	26:02+	31:27+	36:39+	42:50+	45:52+	60:26+	62:13+	63:21+
13:39+	08:12+	04:11+	05:25+	05:12+	06:11+	03:02+	14:34+	01:47+	01:08+
13:39+	08:12+	04:11+	05:25+	05:12+	06:11+	03:02+	14:34+	01:47+	01:08+
11	Mona Berntsen	1832	1:03:47						
15:20+	21:33+	26:15+	30:38+	42:52+	47:45+	50:27+	56:27+	62:37+	63:47+
15:20+	06:13+	04:42+	04:23+	12:14+	04:53+	02:42+	06:00+	06:10+	01:10+
15:20+	06:13+	04:42+	04:23+	12:14+	04:53+	02:42+	06:00+	06:10+	01:10+
12	Karine Ditlevsen	896	1:04:14						
05:58+	13:19+	23:23+	29:10+	43:04+	48:42+	51:23+	60:03+	63:15+	64:14+
05:58+	07:21+	10:04+	05:47+	13:54+	05:38+	02:41+	08:40+	03:12+	00:59+
05:58+	07:21+	10:04+	05:47+	13:54+	05:38+	02:41+	08:40+	03:12+	00:59+
13	Therese Østbø	896	1:04:17						
06:01+	13:18+	23:25+	29:12+	43:02+	48:53+	51:26+	60:07+	63:17+	64:17+
06:01+	07:17+	10:07+	05:47+	13:50+	05:51+	02:33+	08:41+	03:10+	01:00+
06:01+	07:17+	10:07+	05:47+	13:50+	05:51+	02:33+	08:41+	03:10+	01:00+
14	Lina Dahle	3533	1:05:36						
14:54+	22:37+	30:11+	38:01+	42:28+	50:13+	53:54+	62:36+	64:16+	65:36+
14:54+	07:43+	07:34+	07:50+	04:27+	07:45+	03:41+	08:42+	01:40+	01:20+
14:54+	07:43+	07:34+	07:50+	04:27+	07:45+	03:41+	08:42+	01:40+	01:20+
15	Esther Boenheim	2539	1:06:51						
08:21+	15:53+	23:59+	29:00+	37:13+	44:50+	48:11+	64:29+	65:36+	66:51+
08:21+	07:32+	08:06+	05:01+	08:13+	07:37+	03:21+	16:18+	01:07+	01:15+
08:21+	07:32+	08:06+	05:01+	08:13+	07:37+	03:21+	16:18+	01:07+	01:15+
16	Ragnhild Christiansen	1884	1:08:13						
05:20+	16:36+	23:24+	31:25+	39:26+	50:28+	55:48+	63:37+	66:09+	68:13+
05:20+	11:16+	06:48+	08:01+	08:01+	11:02+	05:20+	07:49+	02:32+	02:04+
05:20+	11:16+	06:48+	08:01+	08:01+	11:02+	05:20+	07:49+	02:32+	02:04+
17	Hilde Christine Hoff	848	1:08:20						
10:55+	21:38+	28:35+	37:15+	43:47+	51:42+	56:11+	64:18+	66:36+	68:20+
10:55+	10:43+	06:57+	08:40+	06:32+	07:55+	04:29+	08:07+	02:18+	01:44+
10:55+	10:43+	06:57+	08:40+	06:32+	07:55+	04:29+	08:07+	02:18+	01:44+
18	Monica Regine Romstad	722	1:09:14						
14:47+	20:48+	25:52+	32:15+	38:01+	43:58+	46:36+	66:17+	68:16+	69:14+
14:47+	06:01+	05:04+	06:23+	05:46+	05:57+	02:38+	19:41+	01:59+	00:58+
14:47+	06:01+	05:04+	06:23+	05:46+	05:57+	02:38+	19:41+	01:59+	00:58+

Class	Navn	Klasse	Tid
Damer Trim			
19	Synnøve Vidstein	3558	1:09:51
11:36+	19:02+ 25:35+ 30:21+ 34:54+ 42:01+ 44:46+ 66:14+ 68:17+ 69:51+		
11:36+	07:26+ 06:33+ 04:46+ 04:33+ 07:07+ 02:45+ 21:28+ 02:03+ 01:34+		
11:36+	07:26+ 06:33+ 04:46+ 04:33+ 07:07+ 02:45+ 21:28+ 02:03+ 01:34+		
20	Signe Lise Haaland	3507	1:14:10
08:39+	18:23+ 24:05+ 34:12+ 41:25+ 52:57+ 58:03+ 69:00+ 71:56+ 74:10+		
08:39+	09:44+ 05:42+ 10:07+ 07:13+ 11:32+ 05:06+ 10:57+ 02:56+ 02:14+		
08:39+	09:44+ 05:42+ 10:07+ 07:13+ 11:32+ 05:06+ 10:57+ 02:56+ 02:14+		
21	Anna Kaia Søreide	1384	1:17:45
03:21+	27:50+ 38:53+ 46:07+ 49:42+ 57:07+ 60:31+ 66:21+ 76:39+ 77:45+		
03:21+	24:29+ 11:03+ 07:14+ 03:35+ 07:25+ 03:24+ 05:50+ 10:18+ 01:06+		
03:21+	24:29+ 11:03+ 07:14+ 03:35+ 07:25+ 03:24+ 05:50+ 10:18+ 01:06+		
22	Hilde Meisingset	1456	1:18:21
14:07+	32:58+ 38:08+ 46:37+ 53:03+ 62:40+ 66:13+ 73:25+ 76:43+ 78:21+		
14:07+	18:51+ 05:10+ 08:29+ 06:26+ 09:37+ 03:33+ 07:12+ 03:18+ 01:38+		
14:07+	18:51+ 05:10+ 08:29+ 06:26+ 09:37+ 03:33+ 07:12+ 03:18+ 01:38+		
23	Tonje Undheim	3533	1:20:34
15:52+	22:09+ 33:12+ 41:37+ 49:42+ 59:10+ 63:48+ 76:01+ 79:34+ 80:34+		
15:52+	06:17+ 11:03+ 08:25+ 08:05+ 09:28+ 04:38+ 12:13+ 03:33+ 01:00+		
15:52+	06:17+ 11:03+ 08:25+ 08:05+ 09:28+ 04:38+ 12:13+ 03:33+ 01:00+		
24	Heidi Camilla Raugstad Hovet	769	1:21:08
23:31+	29:44+ 37:40+ 44:03+ 48:34+ 55:51+ 58:51+ 77:03+ 79:36+ 81:08+		
23:31+	06:13+ 07:56+ 06:23+ 04:31+ 07:17+ 03:00+ 18:12+ 02:33+ 01:32+		
23:31+	06:13+ 07:56+ 06:23+ 04:31+ 07:17+ 03:00+ 18:12+ 02:33+ 01:32+		
25	Liv Janne Fandrem Biland	892	1:21:33
05:43+	15:34+ 28:32+ 35:55+ 42:52+ 48:46+ 54:46+ 76:37+ 80:11+ 81:33+		
05:43+	09:51+ 12:58+ 07:23+ 06:57+ 05:54+ 06:00+ 21:51+ 03:34+ 01:22+		
05:43+	09:51+ 12:58+ 07:23+ 06:57+ 05:54+ 06:00+ 21:51+ 03:34+ 01:22+		
26	Marianne Steinkopf	880	1:21:59
09:42+	28:51+ 37:34+ 42:27+ 58:16+ 65:56+ 69:22+ 79:33+ 80:52+ 81:59+		
09:42+	19:09+ 08:43+ 04:53+ 15:49+ 07:40+ 03:26+ 10:11+ 01:19+ 01:07+		
09:42+	19:09+ 08:43+ 04:53+ 15:49+ 07:40+ 03:26+ 10:11+ 01:19+ 01:07+		
27	Sigrund Serigstad	879	1:22:01
10:39+	25:59+ 38:43+ 43:22+ 59:20+ 65:14+ 68:06+ 76:09+ 81:02+ 82:01+		
10:39+	15:20+ 12:44+ 04:39+ 15:58+ 05:54+ 02:52+ 08:03+ 04:53+ 00:59+		
10:39+	15:20+ 12:44+ 04:39+ 15:58+ 05:54+ 02:52+ 08:03+ 04:53+ 00:59+		
28	Solveig Marie Grønning	3511	1:22:35
05:59+	15:57+ 21:12+ 37:41+ 43:59+ 52:41+ 56:45+ 77:38+ 81:08+ 82:35+		
05:59+	09:58+ 05:15+ 16:29+ 06:18+ 08:42+ 04:04+ 20:53+ 03:30+ 01:27+		
05:59+	09:58+ 05:15+ 16:29+ 06:18+ 08:42+ 04:04+ 20:53+ 03:30+ 01:27+		
29	Karolina Lenart	1376	1:49:57
31:53+	44:47+ 54:29+ 64:20+ 79:19+ 91:14+ 94:51+ 106:08+ 108:29+ 109:57+		
31:53+	12:54+ 09:42+ 09:51+ 14:59+ 11:55+ 03:37+ 11:17+ 02:21+ 01:28+		
31:53+	12:54+ 09:42+ 09:51+ 14:59+ 11:55+ 03:37+ 11:17+ 02:21+ 01:28+		
30	Sara Dudzinska	1376	1:50:59
32:59+	45:46+ 55:34+ 65:25+ 80:24+ 92:20+ 95:54+ 107:16+ 109:33+ 110:59+		
32:59+	12:47+ 09:48+ 09:51+ 14:59+ 11:56+ 03:34+ 11:22+ 02:17+ 01:26+		
32:59+	12:47+ 09:48+ 09:51+ 14:59+ 11:56+ 03:34+ 11:22+ 02:17+ 01:26+		

Beste strekktid for klassen

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

Herrer 16 - 39 år

Herrer 16 - 39 år

1	Per Christian Munkhaug	3516	47:52											
02:38=	04:11=	07:26=	11:47=	15:15=	17:43=	21:45=	25:30=	28:06=	32:34=	35:24=	38:58=	42:18=	47:04=	47:52=
02:38=	01:33=	03:15=	04:21=	03:28=	02:28=	04:02=	03:45=	02:36=	04:28=	02:50=	03:34=	03:20=	04:46=	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=	00:00=
2	Truls Thorkildsen	2074	49:43											
02:13+	03:44+	07:45+	11:47+	15:19+	19:45+	24:01+	27:56+	31:48+	36:03+	38:36+	40:26+	44:36+	48:53+	49:43+
02:13+	01:31+	04:01+	04:02+	03:32+	04:26+	04:16+	03:55+	03:52+	04:15+	02:33+	01:50+	04:10+	04:17+	00:50+
02:13+	01:31+	04:01+	04:02+	03:32+	04:26+	04:16+	03:55+	03:52+	04:15+	02:33+	01:50+	04:10+	04:17+	00:50+
3	Sam McCloy	793	51:55											
02:39+	04:17+	08:42+	11:58+	15:37+	18:04+	22:14+	26:58+	30:54+	37:40+	40:58+	42:33+	45:39+	51:13+	51:55+
02:39+	01:38+	04:25+	03:16+	03:39+	02:27+	04:10+	04:44+	03:56+	06:46+	03:18+	01:35+	03:06+	05:34+	00:42+
02:39+	01:38+	04:25+	03:16+	03:39+	02:27+	04:10+	04:44+	03:56+	06:46+	03:18+	01:35+	03:06+	05:34+	00:42+
4	Torbjørn Fuglestad	878	56:17											
03:18+	05:00+	08:14+	13:57+	17:53+	20:15+	25:46+	29:19+	34:06+	39:16+	41:52+	43:28+	48:25+	55:34+	56:17+
03:18+	01:42+	03:14+	05:43+	03:56+	02:22+	05:31+	03:33+	04:47+	05:10+	02:36+	01:36+	04:57+	07:09+	00:43+
03:18+	01:42+	03:14+	05:43+	03:56+	02:22+	05:31+	03:33+	04:47+	05:10+	02:36+	01:36+	04:57+	07:09+	00:43+
5	Cato Eike	1493	56:27											
02:15+	03:47+	09:00+	12:41+	16:57+	19:34+	26:07+	30:27+	34:23+	41:18+	44:13+	46:01+	49:54+	55:42+	56:27+
02:15+	01:32+	05:13+	03:41+	04:16+	02:37+	06:33+	04:20+	03:56+	06:55+	02:55+	01:48+	03:53+	05:48+	00:45+
02:15+	01:32+	05:13+	03:41+	04:16+	02:37+	06:33+	04:20+	03:56+	06:55+	02:55+	01:48+	03:53+	05:48+	00:45+
6	Sondre Aspøy	896	1:01:53											
03:25+	06:55+	12:23+	16:39+	20:01+	23:20+	28:45+	33:35+	38:04+	43:01+	46:14+	48:13+	52:20+	61:03+	61:53+
03:25+	03:30+	05:28+	04:16+	03:22+	03:19+	05:25+	04:50+	04:29+	04:57+	03:13+	01:59+	04:07+	08:43+	00:50+
03:25+	03:30+	05:28+	04:16+	03:22+	03:19+	05:25+	04:50+	04:29+	04:57+	03:13+	01:59+	04:07+	08:43+	00:50+
7	Ole Morten Haaland	3528	1:02:23											
06:16+	09:24+	15:51+	20:12+	23:54+	26:56+	31:46+	35:29+	39:00+	43:44+	46:46+	50:06+	54:31+	61:39+	62:23+
06:16+	03:08+	06:27+	04:21+	03:42+	03:02+	04:50+	03:43+	03:31+	04:44+	03:02+	03:20+	04:25+	07:08+	00:44+
06:16+	03:08+	06:27+	04:21+	03:42+	03:02+	04:50+	03:43+	03:31+	04:44+	03:02+	03:20+	04:25+	07:08+	00:44+
8	Anders Klungre	3548	1:03:51											
02:35+	06:10+	12:53+	19:39+	23:04+	26:07+	31:37+	35:46+	40:47+	46:35+	50:42+	52:30+	56:27+	63:04+	63:51+
02:35+	03:35+	06:43+	06:46+	03:25+	03:03+	05:30+	04:09+	05:01+	05:48+	04:07+	01:48+	03:57+	06:37+	00:47+
02:35+	03:35+	06:43+	06:46+	03:25+	03:03+	05:30+	04:09+	05:01+	05:48+	04:07+	01:48+	03:57+	06:37+	00:47+
9	Henrik Aasheim	2342	1:10:53											
02:53+	05:18+	09:44+	13:30+	17:19+	26:14+	31:34+	35:43+	39:06+	45:05+	48:27+	55:17+	61:33+	69:54+	70:53+
02:53+	02:25+	04:26+	03:46+	03:49+	08:55+	05:20+	04:09+	03:23+	05:59+	03:22+	06:50+	06:16+	08:21+	00:59+
02:53+	02:25+	04:26+	03:46+	03:49+	08:55+	05:20+	04:09+	03:23+	05:59+	03:22+	06:50+	06:16+	08:21+	00:59+
10	Magnus Kristoffersen	3676	1:14:32											
03:41+	08:28+	14:33+	18:52+	23:34+	27:39+	35:53+	41:50+	47:11+	53:00+	57:07+	58:53+	65:16+	73:43+	74:32+
03:41+	04:47+	06:05+	04:19+	04:42+	04:05+	08:14+	05:57+	05:21+	05:49+	04:07+	01:46+	06:23+	08:27+	00:49+
03:41+	04:47+	06:05+	04:19+	04:42+	04:05+	08:14+	05:57+	05:21+	05:49+	04:07+	01:46+	06:23+	08:27+	00:49+
11	Jone Klemo Øverland	1384	1:19:38											
08:18+	09:59+	14:27+	19:20+	23:46+	26:57+	33:42+	40:25+	45:02+	57:20+	61:07+	63:12+	68:15+	78:43+	79:38+
08:18+	01:41+	04:28+	04:53+	04:26+	03:11+	06:45+	06:43+	04:37+	12:18+	03:47+	02:05+	05:03+	10:28+	00:55+
08:18+	01:41+	04:28+	04:53+	04:26+	03:11+	06:45+	06:43+	04:37+	12:18+	03:47+	02:05+	05:03+	10:28+	00:55+
12	Isac Shiffman	1493	1:33:42											
16:38+	18:09+	22:33+	28:15+	32:20+	37:34+	44:46+	50:28+	57:47+	62:40+	65:54+	68:02+	85:10+	92:48+	93:42+
16:38+	01:31+	04:24+	05:42+	04:05+	05:14+	07:12+	05:42+	07:19+	04:53+	03:14+	02:08+	17:08+	07:38+	00:54+
16:38+	01:31+	04:24+	05:42+	04:05+	05:14+	07:12+	05:42+	07:19+	04:53+	03:14+	02:08+	17:08+	07:38+	00:54+
13	Thomas Hinna	1456	1:38:28											
13:26+	17:35+	22:17+	33:15+	38:09+	46:47+	53:42+	58:42+	64:51+	73:40+	78:25+	81:11+	86:18+	97:30+	98:28+
13:26+	04:09+	04:42+	10:58+	04:54+	08:38+	06:55+	05:00+	06:09+	08:49+	04:45+	02:46+	05:07+	11:12+	00:58+
13:26+	04:09+	04:42+	10:58+	04:54+	08:38+	06:55+	05:00+	06:09+	08:49+	04:45+	02:46+	05:07+	11:12+	00:58+
14	Tor Geir Ødegård Garpestad	1832	1:39:27											
09:14+	12:32+	33:04+	38:10+	43:42+	47:04+	53:39+	62:33+	68:44+	77:24+	81:05+	84:37+	89:16+	98:27+	99:27+
09:14+	03:18+	20:32+	05:06+	05:32+	03:22+	06:35+	08:54+	06:11+	08:40+	03:41+	03:32+	04:39+	09:11+	01:00+
09:14+	03:18+	20:32+	05:06+	05:32+	03:22+	06:35+	08:54+	06:11+	08:40+	03:41+	03:32+	04:39+	09:11+	01:00+

Class	Navn	Klasse	Tid
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Herrer 16 - 39 år

Beste strekketid for klassen

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

Herrer 40 - 49 år

1	Magne Habbestad	3531	51:52												
02:14=	03:36=	06:16=	10:08=	13:33=	15:49=	24:14=	28:24=	31:41=	35:56=	38:34=	40:18=	44:53=	51:02=	51:52=	
02:14=	01:22=	02:40=	03:52=	03:25=	02:16=	08:25=	04:10=	03:17=	04:15=	02:38=	01:44=	04:35=	06:09=	00:50=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Asgeir Nærland	1830	54:30												
02:31+	04:18+	09:48+	13:42+	17:07+	20:20+	26:04+	29:38+	34:44+	40:09+	42:58+	44:34+	48:22+	53:46+	54:30+	
02:31+	01:47+	05:30+	03:54+	03:25=	03:13+	05:44=	03:34-	05:06+	05:25+	02:49+	01:36-	03:48-	05:24-	00:44-	
00:17#	00:25&	02:50@	00:02+	00:00=	00:57&	02:41-	00:36-	01:49&	01:10&	00:11+	00:08-	00:47-	00:45-	00:06-	
3	Gunnar Thorset	896	56:38												
02:39+	05:32+	09:31+	13:27+	17:26+	20:26+	25:42+	29:57+	33:24+	40:43+	43:50+	45:44+	49:26+	55:45+	56:38+	
02:39+	02:53+	03:59+	03:56+	03:59+	03:00+	05:16-	04:15+	03:27+	07:19+	03:07+	01:54+	03:42-	06:19+	00:53+	
00:25#	01:31@	01:19&	00:04+	00:34#	00:44&	03:09-	00:05+	00:10+	03:04&	00:29#	00:10+	00:53-	00:10+	00:03+	
4	Anders Presterud	903	58:57												
02:26+	04:30+	07:50+	13:40+	17:52+	21:41+	25:57+	30:09+	35:29+	40:46+	43:57+	45:46+	49:26+	58:05+	58:57+	
02:26+	02:04+	03:20+	05:50+	04:12+	03:49+	04:16-	04:12+	05:20+	05:17+	03:11+	01:49+	03:40-	08:39+	00:52+	
00:12+	00:42&	00:40#	01:58&	00:47#	01:33&	04:09-	00:02+	02:03&	01:02#	00:33#	00:05+	00:55-	02:30&	00:02+	
5	Jon Arne Sæterås	1884	1:02:03												
02:38+	04:33+	08:34+	13:07+	16:34+	20:32+	26:27+	31:40+	34:10+	38:51+	44:12+	47:27+	49:35+	53:59+	61:09+	62:03+
02:38+	01:55+	04:01+	04:33+	03:27+	03:58+	05:55-	05:13+	02:30-	04:41+	05:21+	03:15+	02:08-	04:24-	07:10+	00:54+
00:24#	00:33&	01:21&	00:41#	00:02+	01:42&	02:30-	01:03&	00:47-	00:26#	02:43@	01:31&	02:27-	01:45-	06:20@	00:54+
6	Eivind Lie	1683	1:02:12												
10:58+	12:49+	16:18+	19:58+	23:22+	26:00+	30:24+	34:56+	38:44+	44:11+	47:23+	48:46+	53:09+	61:21+	62:12+	
10:58+	01:51+	03:29+	03:40-	03:24-	02:38+	04:24-	04:32+	03:48+	05:27+	03:12+	01:23-	04:23-	08:12+	00:51+	
08:44@	00:29&	00:49&	00:12-	00:01-	00:22#	04:01-	00:22+	00:31#	01:12&	00:34#	00:21-	00:12-	02:03&	00:01+	
7	Christian Ask	3563	1:04:31												
04:11+	05:57+	10:42+	14:12+	24:36+	26:52+	33:09+	38:12+	41:18+	46:12+	49:26+	51:07+	55:32+	63:43+	64:31+	
04:11+	01:46+	04:45+	03:30-	10:24+	02:16-	06:17-	05:03+	03:06-	04:54+	03:14+	01:41-	04:25-	08:11+	00:48-	
01:57&	00:24&	02:05&	00:22-	06:59@	00:00=	02:08-	00:53#	00:11-	00:39#	00:36#	00:03-	00:10-	02:02&	00:02-	
8	Alexander Khorunzhiy	1456	1:09:49												
07:18+	10:44+	15:58+	20:33+	25:15+	30:42+	36:03+	40:24+	45:44+	51:13+	54:44+	57:39+	62:22+	68:52+	69:49+	
07:18+	03:26+	05:14+	04:35+	04:42+	05:27+	05:21-	04:21+	05:20+	05:29+	03:31+	02:55+	04:43+	06:30+	00:57+	
05:04@	02:04@	02:34&	00:43#	01:17&	03:11@	03:04-	00:11+	02:03&	01:14&	00:53&	01:11&	00:08+	00:21+	00:07#	
9	Rune Dahl Fitjar	1754	1:10:26												
02:50+	04:40+	13:43+	19:36+	26:14+	29:38+	37:55+	42:48+	47:17+	53:15+	56:17+	58:10+	63:20+	69:22+	70:26+	
02:50+	01:50+	09:03+	05:53+	06:38+	03:24+	08:17-	04:53+	04:29+	05:58+	03:02+	01:53+	05:10+	06:02-	01:04+	
00:36&	00:28&	06:23@	02:01&	03:13&	01:08&	00:08-	00:43#	01:12&	01:43&	00:24#	00:09+	00:35#	00:07-	00:14&	
10	Jan-Kenneth Polle	3525	1:14:18												
05:24+	08:59+	13:02+	20:08+	25:27+	32:34+	38:07+	42:22+	47:55+	53:37+	57:54+	59:39+	63:32+	73:15+	74:18+	
05:24+	03:35+	04:03+	07:06+	05:19+	07:07+	05:33-	04:15+	05:33+	05:42+	04:17+	01:45+	03:53-	09:43+	01:03+	
03:10@	02:13@	01:23&	03:14&	01:54&	04:51@	02:52-	00:05+	02:16&	01:27&	01:39&	00:01+	00:42-	03:34&	00:13&	
11	Inge Arild Leknes	3548	1:16:34												
07:34+	09:58+	16:31+	20:52+	26:37+	29:09+	35:54+	41:01+	45:56+	54:23+	57:56+	60:37+	66:41+	75:26+	76:34+	
07:34+	02:24+	06:33+	04:21+	05:45+	02:32+	06:45-	05:07+	04:55+	08:27+	03:33+	02:41+	06:04+	08:45+	01:08+	
05:20@	01:02&	03:53@	00:29#	02:20&	00:16#	01:40-	00:57#	01:38&	04:12&	00:55&	00:57&	01:29&	02:36&	00:18&	
12	Trondr Breiland	NOTEAM	1:17:07												
02:01-	04:46+	15:03+	19:40+	24:35+	27:55+	40:31+	46:15+	49:47+	55:58+	59:26+	61:31+	66:15+	76:13+	77:07+	
02:01-	02:45+	10:17+	04:37+	04:55+	03:20+	12:36+	05:44+	03:32+	06:11+	03:28+	02:05+	04:44+	09:58+	00:54+	
00:13-	01:23@	07:37@	00:45#	01:30&	01:04&	04:11&	01:34&	00:15+	01:56&	00:50&	00:21#	00:09+	03:49&	00:04+	

Herrer 40 - 49 år

13	Kjetil Gjerde	1683	1:25:29												
03:38+	06:44+	13:54+	19:50+	25:24+	32:51+	40:02+	50:40+	56:02+	62:47+	67:20+	69:52+	76:07+	84:09+	85:29+	
03:38+	03:06+	07:10+	05:56+	05:34+	07:27+	07:11-	10:38+	05:22+	06:45+	04:33+	02:32+	06:15+	08:02+	01:20+	
01:24&	01:44@	04:30@	02:04&	02:09&	05:11@	01:14-	06:28@	02:05&	02:30&	01:55&	00:48&	01:40&	01:53&	00:30&	
14	Anders Hagen	3528	1:36:49												
02:58+	05:35+	23:26+	28:05+	35:07+	42:15+	49:51+	57:28+	65:18+	73:01+	79:33+	83:29+	87:35+	95:42+	96:49+	
02:58+	02:37+	17:51+	04:39+	07:02+	07:08+	07:36+	07:37+	07:50+	07:43+	06:32+	03:56+	04:06+	08:07+	01:07+	
02:58+	02:37+	17:51+	04:39+	07:02+	07:08+	07:36+	07:37+	07:50+	07:43+	06:32+	03:56+	04:06+	08:07+	01:07+	
15	Kay Roar Harila	643	2:05:20												
15:20+	18:47+	20:52+	26:39+	35:50+	41:15+	47:56+	55:30+	60:45+	70:44+	85:57+	93:46+	96:48+	111:57+	124:10+	125:20+
15:20+	03:27+	02:05+	05:47+	09:11+	05:25+	06:41+	07:34+	05:15+	09:59+	15:13+	07:49+	03:02+	15:09+	12:13+	01:10+
15:20+	03:27+	02:05+	05:47+	09:11+	05:25+	06:41+	07:34+	05:15+	09:59+	15:13+	07:49+	03:02+	15:09+	12:13+	01:10+

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Thomas Chruickshank	3545	51:49												
03:03=	04:28=	05:18=	08:47=	10:54=	13:46=	16:18=	18:22=	20:48=	35:13=	38:14=	42:41=	44:18=	50:07=	51:03=	51:49=
03:03=	01:25=	00:50=	03:29=	02:07=	02:52=	02:32=	02:04=	02:26=	14:25=	03:01=	04:27=	01:37=	05:49=	00:56=	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=
2	Terje Undheim	3529	52:08												
02:55-	05:02+	06:12+	11:23+	13:39+	18:29+	20:07+	22:31+	24:51+	32:44-	34:23-	38:49-	44:29+	50:33+	51:24+	52:08+
02:55-	02:07+	01:10+	05:11+	02:16+	04:50+	01:38-	02:24+	02:20-	07:53-	01:39-	04:26-	05:40+	06:04+	00:51-	00:44-
00:08-	00:42&	00:20&	01:42&	00:09+	01:58&	00:54-	00:20#	00:06-	06:32-	01:22-	00:01-	04:03@	00:15+	00:05-	00:02-
3	Erik Bjørnbom	3558	53:12												
03:40+	05:18+	06:30+	09:52+	12:05+	16:04+	18:52+	22:36+	25:21+	35:14+	37:04-	42:53+	45:36+	51:10+	52:15+	53:12+
03:40+	01:38+	01:12+	03:22-	02:13+	03:59+	02:48+	03:44+	02:45+	09:53-	01:50-	05:49+	02:43+	05:34-	01:05+	00:57+
00:37#	00:13#	00:22&	00:07-	00:06+	01:07&	00:16#	01:40&	00:19#	04:32-	01:11-	01:22&	01:06&	00:15-	00:09#	00:11#
4	Erling Knutzen	879	55:20												
04:27+	05:54+	07:04+	11:18+	13:31+	17:49+	20:13+	23:04+	25:33+	34:42-	39:44+	46:35+	48:18+	53:23+	54:34+	55:20+
04:27+	01:27+	01:10+	04:14+	02:13+	04:18+	02:24-	02:51+	02:29+	09:09-	05:02+	06:51+	01:43+	05:05-	01:11+	00:46=
01:24&	00:02+	00:20&	00:45#	00:06+	01:26&	00:08-	00:47&	00:03+	05:16-	02:01&	02:24&	00:06+	00:44-	00:15&	00:00=
5	Arngrim Utskarpen	896	57:18												
06:29+	08:24+	09:26+	15:49+	18:12+	24:44+	26:28+	29:14+	31:36+	41:06+	42:38+	48:06+	50:04+	55:37+	56:33+	57:18+
06:29+	01:55+	01:02+	06:23+	02:23+	06:32+	01:44-	02:46+	02:22-	09:30-	01:32-	05:28+	01:58+	05:33-	00:56=	00:45-
03:26@	00:30&	00:12#	02:54&	00:16#	03:40@	00:48-	00:42&	00:04-	04:55-	01:29-	01:01#	00:21#	00:16-	00:00=	00:01-
6	Lars Primstad	769	57:21												
10:45+	12:31+	14:48+	17:47+	21:20+	25:07+	27:23+	30:04+	32:09+	40:37+	42:00+	46:47+	48:37+	55:00+	56:36+	57:21+
10:45+	01:46+	02:17+	02:59-	03:33+	03:47+	02:16-	02:41+	02:05-	08:28-	01:23-	04:47+	01:50+	06:23+	01:36+	00:45-
07:42@	00:21#	01:27@	00:30-	01:26&	00:55&	00:16-	00:37&	00:21-	05:57-	01:38-	00:20+	00:13#	00:34+	00:40&	00:01-
7	Geir Inge Høvik	3522	57:50												
03:30+	05:02+	07:03+	13:26+	15:42+	20:06+	23:39+	26:37+	28:56+	37:08+	38:54+	44:19+	45:57+	55:28+	56:47+	57:50+
03:30+	01:32+	02:01+	06:23+	02:16+	04:24+	03:33+	02:58+	02:19-	08:12-	01:46-	05:25+	01:38+	09:31+	01:19+	01:03+
00:27#	00:07+	01:11@	02:54&	00:09+	01:32&	01:01&	00:54&	00:07-	06:13-	01:15-	00:58#	00:01+	03:42&	00:23&	00:17&
8	Svend Vihovde	1683	59:50												
04:18+	06:29+	07:52+	12:19+	15:22+	20:24+	22:34+	26:26+	29:36+	40:52+	42:42+	49:09+	51:34+	57:35+	58:44+	59:50+
04:18+	02:11+	01:23+	04:27+	03:03+	05:02+	02:10-	03:52+	03:10+	11:16-	01:50-	06:27+	02:25+	06:01+	01:09+	01:06+
01:15&	00:46&	00:33&	00:58&	00:56&	02:10&	00:22-	01:48&	00:44&	03:09-	01:11-	02:00&	00:48&	00:12+	00:13#	00:20&
9	Anders Glenne	793	59:56												
03:48+	05:54+	09:53+	14:13+	16:49+	20:41+	22:51+	26:21+	28:36+	38:49+	42:54+	48:18+	50:01+	57:41+	58:59+	59:56+
03:48+	02:06+	03:59+	04:20+	02:36+	03:52+	02:10-	03:30+	02:15-	10:13-	04:05+	05:24+	01:43+	07:40+	01:18+	00:57+
00:45#	00:41&	03:09@	00:51#	00:29#	01:00&	00:22-	01:26&	00:11-	04:12-	01:04&	00:57#	00:06+	01:51&	00:22&	00:11#

Herrer 50 - 59 år

10	Trygve Michaelsen	896	1:00:23												
05:54+	08:03+	09:11+	13:01+	15:28+	19:28+	22:16+	25:13+	31:50+	41:29+	43:21+	49:14+	51:18+	57:21+	59:35+	60:23+
05:54+	02:09+	01:08+	03:50+	02:27+	04:00+	02:48+	02:57+	06:37+	09:39-	01:52-	05:53+	02:04+	06:03+	02:14+	00:48+
02:51&	00:44&	00:18&	00:21#	00:20#	01:08&	00:16#	00:53&	04:11@	04:46-	01:09-	01:26&	00:27&	00:14+	01:18@	00:02+
11	Jone Kalheim	1884	1:00:37												
03:53+	05:46+	07:07+	10:47+	13:28+	18:41+	21:10+	23:28+	25:52+	34:23+	36:02+	41:02+	45:41+	58:44+	59:48+	60:37+
03:53+	01:53+	01:21+	03:40+	02:41+	05:13+	02:29+	02:18+	02:24+	08:31+	01:39+	05:00+	04:39+	13:03+	01:04+	00:49+
03:53+	01:53+	01:21+	03:40+	02:41+	05:13+	02:29+	02:18+	02:24+	08:31+	01:39+	05:00+	04:39+	13:03+	01:04+	00:49+
12	Tore Halset	3486	1:01:34												
09:25+	11:16+	12:37+	16:28+	19:17+	23:56+	26:55+	30:31+	33:13+	42:22+	44:29+	51:07+	53:17+	59:03+	60:36+	61:34+
09:25+	01:51+	01:21+	03:51+	02:49+	04:39+	02:59+	03:36+	02:42+	09:09+	02:07+	06:38+	02:10+	05:46+	01:33+	00:58+
09:25+	01:51+	01:21+	03:51+	02:49+	04:39+	02:59+	03:36+	02:42+	09:09+	02:07+	06:38+	02:10+	05:46+	01:33+	00:58+
13	Jerome Renoult	3524	1:08:51												
05:14+	07:16+	08:55+	13:18+	16:11+	23:09+	25:31+	29:40+	35:13+	46:05+	48:17+	55:40+	60:08+	66:33+	67:57+	68:51+
05:14+	02:02+	01:39+	04:23+	02:53+	06:58+	02:22+	04:09+	05:33+	10:52+	02:12+	07:23+	04:28+	06:25+	01:24+	00:54+
05:14+	02:02+	01:39+	04:23+	02:53+	06:58+	02:22+	04:09+	05:33+	10:52+	02:12+	07:23+	04:28+	06:25+	01:24+	00:54+
14	Svein Roar Aas	3486	1:09:57												
09:38+	11:45+	17:00+	21:09+	25:47+	32:02+	34:47+	37:23+	39:46+	49:28+	50:59+	55:14+	56:59+	67:40+	69:03+	69:57+
09:38+	02:07+	05:15+	04:09+	04:38+	06:15+	02:45+	02:36+	02:23+	09:42+	01:31+	04:15+	01:45+	10:41+	01:23+	00:54+
09:38+	02:07+	05:15+	04:09+	04:38+	06:15+	02:45+	02:36+	02:23+	09:42+	01:31+	04:15+	01:45+	10:41+	01:23+	00:54+
15	Steinar Hansen	882	1:11:47												
08:17+	11:03+	12:54+	17:50+	21:22+	28:16+	31:15+	34:59+	39:32+	50:21+	51:54+	57:06+	58:49+	69:46+	70:54+	71:47+
08:17+	02:46+	01:51+	04:56+	03:32+	06:54+	02:59+	03:44+	04:33+	10:49+	01:33+	05:12+	01:43+	10:57+	01:08+	00:53+
08:17+	02:46+	01:51+	04:56+	03:32+	06:54+	02:59+	03:44+	04:33+	10:49+	01:33+	05:12+	01:43+	10:57+	01:08+	00:53+
16	Frank Hansen	3502	1:12:33												
07:49+	09:49+	11:50+	22:56+	25:27+	29:07+	33:40+	36:59+	40:51+	51:19+	53:02+	59:05+	60:57+	70:31+	71:30+	72:33+
07:49+	02:00+	02:01+	11:06+	02:31+	03:40+	04:33+	03:19+	03:52+	10:28+	01:43+	06:03+	01:52+	09:34+	00:59+	01:03+
07:49+	02:00+	02:01+	11:06+	02:31+	03:40+	04:33+	03:19+	03:52+	10:28+	01:43+	06:03+	01:52+	09:34+	00:59+	01:03+
17	Arne Hetlelid	3508	1:13:36												
05:08+	07:41+	08:59+	12:54+	15:54+	20:51+	24:19+	27:43+	30:49+	40:17+	41:57+	48:00+	50:17+	70:57+	72:24+	73:36+
05:08+	02:33+	01:18+	03:55+	03:00+	04:57+	03:28+	03:24+	03:06+	09:28+	01:40+	06:03+	02:17+	20:40+	01:27+	01:12+
05:08+	02:33+	01:18+	03:55+	03:00+	04:57+	03:28+	03:24+	03:06+	09:28+	01:40+	06:03+	02:17+	20:40+	01:27+	01:12+
18	Rune Paulsen	3508	1:17:31												
06:16+	09:00+	11:09+	14:56+	17:53+	22:17+	24:31+	27:07+	30:39+	39:05+	44:53+	50:48+	54:11+	75:24+	76:41+	77:31+
06:16+	02:44+	02:09+	03:47+	02:57+	04:24+	02:14+	02:36+	03:32+	08:26+	05:48+	05:55+	03:23+	21:13+	01:17+	00:50+
06:16+	02:44+	02:09+	03:47+	02:57+	04:24+	02:14+	02:36+	03:32+	08:26+	05:48+	05:55+	03:23+	21:13+	01:17+	00:50+
19	Raymond B Pettersen	722	1:22:24												
04:06+	06:34+	08:21+	14:22+	18:22+	23:14+	26:36+	30:40+	35:58+	46:28+	48:35+	55:55+	66:31+	80:02+	81:27+	82:24+
04:06+	02:28+	01:47+	06:01+	04:00+	04:52+	03:22+	04:04+	05:18+	10:30+	02:07+	07:20+	10:36+	13:31+	01:25+	00:57+
04:06+	02:28+	01:47+	06:01+	04:00+	04:52+	03:22+	04:04+	05:18+	10:30+	02:07+	07:20+	10:36+	13:31+	01:25+	00:57+
20	Harald Taksdal	3547	1:26:01												
18:16+	20:22+	22:13+	29:23+	32:51+	38:35+	41:11+	44:50+	52:08+	62:14+	65:14+	71:48+	76:24+	83:43+	85:03+	86:01+
18:16+	02:06+	01:51+	07:10+	03:28+	05:44+	02:36+	03:39+	07:18+	10:06+	03:00+	06:34+	04:36+	07:19+	01:20+	00:58+
18:16+	02:06+	01:51+	07:10+	03:28+	05:44+	02:36+	03:39+	07:18+	10:06+	03:00+	06:34+	04:36+	07:19+	01:20+	00:58+
21	Christof Schätz	3598	1:28:30												
09:25+	12:57+	14:44+	23:15+	27:29+	35:27+	37:56+	42:26+	52:41+	65:39+	68:35+	75:56+	78:11+	86:14+	87:20+	88:30+
09:25+	03:32+	01:47+	08:31+	04:14+	07:58+	02:29+	04:30+	10:15+	12:58+	02:56+	07:21+	02:15+	08:03+	01:06+	01:10+
09:25+	03:32+	01:47+	08:31+	04:14+	07:58+	02:29+	04:30+	10:15+	12:58+	02:56+	07:21+	02:15+	08:03+	01:06+	01:10+
22	TorSverre E. Skåra	1841	1:31:34												
05:25+	07:47+	09:22+	16:38+	19:17+	33:54+	39:14+	43:07+	46:27+	60:47+	63:31+	70:33+	74:50+	87:24+	89:57+	91:34+
05:25+	02:22+	01:35+	07:16+	02:39+	14:37+	05:20+	03:53+	03:20+	14:20+	02:44+	07:02+	04:17+	12:34+	02:33+	01:37+
05:25+	02:22+	01:35+	07:16+	02:39+	14:37+	05:20+	03:53+	03:20+	14:20+	02:44+	07:02+	04:17+	12:34+	02:33+	01:37+
23	Ingve Vold	3529	1:41:05												
09:15+	12:08+	14:19+	38:07+	40:47+	50:44+	54:37+	57:22+	65:02+	76:56+	78:54+	83:38+	86:48+	93:28+	100:06+	101:05+
09:15+	02:53+	02:11+	23:48+	02:40+	09:57+	03:53+	02:45+	07:40+	11:54+	01:58+	04:44+	03:10+	06:40+	06:38+	00:59+
09:15+	02:53+	02:11+	23:48+	02:40+	09:57+	03:53+	02:45+	07:40+	11:54+	01:58+	04:44+	03:10+	06:40+	06:38+	00:59+

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Sveinung Svebestad	878	44:15									
02:30=	03:43=	05:33=	11:44=	14:19=	17:30=	22:32=	25:05=	30:16=	33:47=	37:01=	42:59=	44:15=
02:30=	01:13=	01:50=	06:11=	02:35=	03:11=	05:02=	02:33=	05:11=	03:31=	03:14=	05:58=	01:16=
00:00=	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	Sturle Omdal	1683	47:19									
03:52+	05:00+	07:18+	13:08+	16:02+	18:42+	23:09+	27:15+	31:35+	35:28+	38:14+	46:34+	47:19+
03:52+	01:08-	02:18+	05:50-	02:54+	02:40-	04:27-	04:06+	04:20-	03:53+	02:46-	08:20+	00:45-
01:22&	00:05-	00:28&	00:21-	00:19#	00:31-	00:35-	01:33&	00:51-	00:22#	00:28-	02:22&	00:31-
3	Morten Johannessen	793	49:04									
05:47+	06:51+	08:22+	16:08+	19:09+	21:48+	26:04+	28:02+	35:06+	38:34+	42:09+	48:06+	49:04+
05:47+	01:04-	01:31-	07:46+	03:01+	02:39-	04:16-	01:58-	07:04+	03:28-	03:35+	05:57-	00:58-
03:17@	00:09-	00:19-	01:35&	00:26#	00:32-	00:46-	00:35-	01:53&	00:03-	00:21#	00:01-	00:18-
4	Kjell Seland	3547	49:07									
07:35+	08:51+	10:54+	17:02+	19:12+	22:41+	27:40+	30:08+	35:37+	38:53+	41:18+	48:12+	49:07+
07:35+	01:16+	02:03+	06:08-	02:10-	03:29+	04:59-	02:28-	05:29+	03:16-	02:25-	06:54+	00:55-
05:05@	00:03+	00:13#	00:03-	00:25-	00:18+	00:03-	00:05-	00:18+	00:15-	00:49-	00:56#	00:21-
5	Per Ingar Hadland	793	50:50									
06:22+	07:43+	09:37+	17:20+	20:11+	23:36+	27:52+	30:06+	36:44+	40:35+	43:39+	49:55+	50:50+
06:22+	01:21+	01:54+	07:43+	02:51+	03:25+	04:16-	02:14-	06:38+	03:51+	03:04-	06:16+	00:55-
03:52@	00:08#	00:04+	01:32#	00:16#	00:14+	00:46-	00:19-	01:27&	00:20+	00:10-	00:18+	00:21-
6	Magnar Mathias Møller	769	55:27									
02:45+	04:06+	06:06+	15:51+	18:37+	22:36+	26:56+	30:25+	35:19+	39:30+	46:06+	54:22+	55:27+
02:45+	01:21+	02:00+	09:45+	02:46+	03:59+	04:20-	03:29+	04:54-	04:11+	06:36+	08:16+	01:05-
00:15#	00:08#	00:10+	03:34&	00:11+	00:48&	00:42-	00:56&	00:17-	00:40#	03:22@	02:18&	00:11-
7	Ivar Knutsen	1683	56:38									
02:36+	04:17+	08:36+	15:04+	18:10+	21:35+	27:09+	29:52+	41:27+	45:31+	49:23+	55:39+	56:38+
02:36+	01:41+	04:19+	06:28+	03:06+	03:25+	05:34+	02:43+	11:35+	04:04+	03:52+	06:16+	00:59-
00:06+	00:28&	02:29@	00:17+	00:31#	00:14+	00:32#	00:10+	06:24@	00:33#	00:38#	00:18+	00:17-
8	Harald Syse	1884	57:26									
06:01+	08:20+	10:21+	15:32+	18:12+	21:09+	25:29+	28:34+	34:30+	40:39+	47:04+	56:31+	57:26+
06:01+	02:19+	02:01+	05:11-	02:40+	02:57-	04:20-	03:05+	05:56+	06:09+	06:25+	09:27+	00:55-
03:31@	01:06&	00:11#	01:00-	00:05+	00:14-	00:42-	00:32#	00:45#	02:38&	03:11&	03:29&	00:21-
9	Sveinung Rosenvinge	1683	1:00:55									
06:00+	07:26+	10:07+	18:43+	23:02+	27:04+	33:11+	36:29+	43:34+	48:20+	52:28+	59:42+	60:55+
06:00+	01:26+	02:41+	08:36+	04:19+	04:02+	06:07+	03:18+	07:05+	04:46+	04:08+	07:14+	01:13-
03:30@	00:13#	00:51&	02:25&	01:44&	00:51&	01:05#	00:45&	01:54&	01:15&	00:54&	01:16#	00:03-
10	Håvard Håland	3507	1:03:35									
05:58+	07:16+	09:07+	20:11+	23:55+	26:55+	31:59+	34:16+	46:39+	50:53+	54:13+	62:27+	63:35+
05:58+	01:18+	01:51+	11:04+	03:44+	03:00-	05:04+	02:17-	12:23+	04:14+	03:20+	08:14+	01:08-
03:28@	00:05+	00:01+	04:53&	01:09&	00:11-	00:02+	00:16-	07:12@	00:43#	00:06+	02:16&	00:08-
11	Stein Sigbjørnsen	882	1:06:20									
03:32+	05:22+	08:18+	20:44+	25:13+	28:59+	37:36+	40:25+	46:22+	51:34+	55:49+	65:12+	66:20+
03:32+	01:50+	02:56+	12:26+	04:29+	03:46+	08:37+	02:49+	05:57+	05:12+	04:15+	09:23+	01:08-
01:02&	00:37&	01:06&	06:15@	01:54&	00:35#	03:35&	00:16#	00:46#	01:41&	01:01&	03:25&	00:08-
12	Inge Skretting	1384	1:06:38									
05:23+	07:04+	10:34+	18:30+	22:22+	26:14+	31:48+	34:42+	43:20+	47:46+	51:37+	65:38+	66:38+
05:23+	01:41+	03:30+	07:56+	03:52+	03:52+	05:34+	02:54+	08:38+	04:26+	03:51+	14:01+	01:00-
02:53@	00:28&	01:40&	01:45&	01:17&	00:41#	00:32#	00:21#	03:27&	00:55&	00:37#	08:03@	00:16-

Class	Navn	Klasse	Tid
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Herrer 60 - 64 år

13	Kjell Ove Aksland	882	1:10:36									
04:45+	06:02+	09:11+	18:14+	22:53+	26:12+	31:15+	36:12+	48:13+	56:21+	60:00+	69:39+	70:36+
04:45+	01:17+	03:09+	09:03+	04:39+	03:19+	05:03+	04:57+	12:01+	08:08+	03:39+	09:39+	00:57-
02:15&	00:04+	01:19&	02:52&	02:04&	00:08+	00:01+	02:24&	06:50@	04:37@	00:25#	03:41&	00:19-
14	John Carsten Sinnes	1884	1:11:41									
04:36+	06:04+	08:22+	23:13+	27:57+	31:15+	42:17+	45:38+	53:53+	61:29+	64:32+	70:47+	71:41+
04:36+	01:28+	02:18+	14:51+	04:44+	03:18+	11:02+	03:21+	08:15+	07:36+	03:03+	06:15+	00:54+
04:36+	01:28+	02:18+	14:51+	04:44+	03:18+	11:02+	03:21+	08:15+	07:36+	03:03+	06:15+	00:54+
15	Svein Magne Gloppen	1884	1:11:51									
03:15+	05:26+	07:48+	30:25+	33:56+	38:02+	43:56+	46:03+	51:33+	56:13+	59:15+	70:19+	71:51+
03:15+	02:11+	02:22+	22:37+	03:31+	04:06+	05:54+	02:07+	05:30+	04:40+	03:02+	11:04+	01:32+
03:15+	02:11+	02:22+	22:37+	03:31+	04:06+	05:54+	02:07+	05:30+	04:40+	03:02+	11:04+	01:32+
16	Per Kolbein Tonstad	3507	1:30:46									
04:27+	08:37+	12:01+	21:33+	25:50+	29:37+	47:23+	51:48+	61:36+	69:46+	79:47+	89:31+	90:46+
04:27+	04:10+	03:24+	09:32+	04:17+	03:47+	17:46+	04:25+	09:48+	08:10+	10:01+	09:44+	01:15+
04:27+	04:10+	03:24+	09:32+	04:17+	03:47+	17:46+	04:25+	09:48+	08:10+	10:01+	09:44+	01:15+

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Kjell Dale	1884	36:44									
02:04=	03:08=	04:39=	11:09=	13:16=	15:48=	19:20=	21:29=	25:19=	28:53=	30:58=	35:48=	36:44=
02:04=	01:04=	01:31=	06:30=	02:07=	02:32=	03:32=	02:09=	03:50=	03:34=	02:05=	04:50=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Otte Omdal	903	40:12									
02:15+	03:14+	04:53+	10:14-	13:03-	15:37-	20:06+	23:38+	28:24+	31:21+	34:11+	39:20+	40:12+
02:15+	00:59-	01:39+	05:21-	02:49+	02:34+	04:29+	03:32+	04:46+	02:57-	02:50+	05:09+	00:52-
00:11+	00:05-	00:08+	01:09-	00:42&	00:02+	00:57&	01:23&	00:56#	00:37-	00:45&	00:19+	00:04-
3	Kjell Skjæveland	3515	45:58									
03:18+	04:32+	06:07+	13:24+	16:41+	20:02+	24:36+	26:36+	32:20+	36:00+	38:57+	45:03+	45:58+
03:18+	01:14+	01:35+	07:17+	03:17+	03:21+	04:34+	02:00-	05:44+	03:40+	02:57+	06:06+	00:55-
01:14&	00:10#	00:04+	00:47#	01:10&	00:49&	01:02&	00:09-	01:54&	00:06+	00:52&	01:16&	00:01-
4	Tor Geir Espedal	3530	54:04									
06:00+	07:23+	09:38+	17:03+	20:31+	24:14+	29:25+	31:35+	37:31+	41:30+	45:18+	52:56+	54:04+
06:00+	01:23+	02:15+	07:25+	03:28+	03:43+	05:11+	02:10+	05:56+	03:59+	03:48+	07:38+	01:08+
03:56@	00:19&	00:44&	00:55#	01:21&	01:11&	01:39&	00:01+	02:06&	00:25#	01:43&	02:48&	00:12#
5	Bjørn Sivertsen	1332	54:05									
03:35+	04:55+	07:06+	15:45+	19:02+	22:49+	28:29+	30:51+	37:08+	41:14+	46:54+	53:01+	54:05+
03:35+	01:20+	02:11+	08:39+	03:17+	03:47+	05:40+	02:22+	06:17+	04:06+	05:40+	06:07+	01:04+
01:31&	00:16#	00:40&	02:09&	01:10&	01:15&	02:08&	00:13#	02:27&	00:32#	03:35@	01:17&	00:08#
6	Arnstein Skretting	3529	58:37									
06:38+	08:04+	10:12+	18:29+	21:21+	25:17+	31:21+	33:39+	39:13+	44:27+	48:07+	57:29+	58:37+
06:38+	01:26+	02:08+	08:17+	02:52+	03:56+	06:04+	02:18+	05:34+	05:14+	03:40+	09:22+	01:08+
04:34@	00:22&	00:37&	01:47&	00:45&	01:24&	02:32&	00:09+	01:44&	01:40&	01:35&	04:32&	00:12#
7	Jan Arendal	1683	1:08:15									
03:21+	05:07+	08:00+	17:37+	21:52+	26:30+	32:18+	38:39+	45:14+	52:24+	57:17+	66:57+	68:15+
03:21+	01:46+	02:53+	09:37+	04:15+	04:38+	05:48+	06:21+	06:35+	07:10+	04:53+	09:40+	01:18+
01:17&	00:42&	01:22&	03:07&	02:08@	02:06&	02:16&	04:12@	02:45&	03:36@	02:48@	04:50&	00:22&
8	Asgeir Kleppa	3511	1:14:32									
09:30+	11:21+	13:49+	22:18+	27:11+	31:13+	39:46+	43:13+	49:40+	55:35+	61:44+	73:22+	74:32+
09:30+	01:51+	02:28+	08:29+	04:53+	04:02+	08:33+	03:27+	06:27+	05:55+	06:09+	11:38+	01:10+
07:26@	00:47&	00:57&	01:59&	02:46@	01:30&	05:01@	01:18&	02:37&	02:21&	04:04@	06:48@	00:14#

Class	Navn	Klasse	Tid
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Herrer 65 - 69 år

9 Bjørn H Engseth 1884 1:35:54

11:13+ 14:00+ 17:45+ 30:35+ 34:59+ 38:52+ 46:19+ 53:03+ 62:15+ 68:07+ 72:37+ 94:18+ 95:54+
 11:13+ 02:47+ 03:45+ 12:50+ 04:24+ 03:53+ 07:27+ 06:44+ 09:12+ 05:52+ 04:30+ 21:41+ 01:36+
 09:09@ 01:43@ 02:14@ 06:20& 02:17@ 01:21& 03:55@ 04:35@ 05:22@ 02:18& 02:25@ 16:51@ 00:40&

10 Tore Karlsen 722 1:38:31

04:49+ 06:45+ 09:19+ 20:08+ 24:58+ 29:14+ 38:54+ 42:52+ 51:36+ 61:29+ 82:29+ 97:12+ 98:31+
 04:49+ 01:56+ 02:34+ 10:49+ 04:50+ 04:16+ 09:40+ 03:58+ 08:44+ 09:53+ 21:00+ 14:43+ 01:19+
 04:49+ 01:56+ 02:34+ 10:49+ 04:50+ 04:16+ 09:40+ 03:58+ 08:44+ 09:53+ 21:00+ 14:43+ 01:19+

11 Rolf Kleppe 3524 2:00:27

17:31+ 21:25+ 25:04+ 40:55+ 45:41+ 51:38+ 60:30+ 68:44+ 77:58+ 98:17+ 103:41+ 118:51+ 120:27+
 17:31+ 03:54+ 03:39+ 15:51+ 04:46+ 05:57+ 08:52+ 08:14+ 09:14+ 20:19+ 05:24+ 15:10+ 01:36+
 17:31+ 03:54+ 03:39+ 15:51+ 04:46+ 05:57+ 08:52+ 08:14+ 09:14+ 20:19+ 05:24+ 15:10+ 01:36+

Beste strekktid for klassen

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

Herrer 70 - 74 år

1 Bjørn Martin Alsaker 3530 39:14

02:31= 03:39= 05:18= 11:03= 13:15= 16:35= 20:38= 22:59= 27:13= 29:55= 32:18= 38:29= 39:14=
 02:31= 01:08= 01:39= 05:45= 02:12= 03:20= 04:03= 02:21= 04:14= 02:42= 02:23= 06:11= 00:45=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Harry Breiland 3507 40:41

02:35+ 03:50+ 05:29+ 10:49+ 13:17+ 16:32+ 20:33+ 23:16+ 27:44+ 31:09+ 33:47+ 39:52+ 40:41+
 02:35+ 01:15+ 01:39= 05:20- 02:28+ 03:15- 04:01- 02:43+ 04:28+ 03:25+ 02:38+ 06:05- 00:49+
 00:04+ 00:07# 00:00= 00:25- 00:16# 00:05- 00:02# 00:14+ 00:43& 00:15# 00:06- 00:04+

3 Arne Kristian Espedal 874 44:05

07:34+ 08:35+ 10:09+ 15:58+ 18:23+ 20:40+ 27:17+ 28:54+ 33:16+ 35:47+ 38:09+ 43:15+ 44:05+
 07:34+ 01:01- 01:34- 05:49+ 02:25+ 02:17- 06:37+ 01:37- 04:22+ 02:31- 02:22- 05:06- 00:50+
 05:03@ 00:07- 00:05- 00:04+ 00:13+ 01:03- 02:34& 00:44- 00:08+ 00:11- 00:01- 01:05- 00:05#

4 Jan Inge Lunde 1830 54:31

03:19+ 04:57+ 06:52+ 16:04+ 19:27+ 23:05+ 28:39+ 30:57+ 36:25+ 40:41+ 44:16+ 53:23+ 54:31+
 03:19+ 01:38+ 01:55+ 09:12+ 03:23+ 03:38+ 05:34+ 02:18- 05:28+ 04:16+ 03:35+ 09:07+ 01:08+
 00:48& 00:30& 00:16# 03:27& 01:11& 00:18+ 01:31& 00:03- 01:14& 01:34& 01:12& 02:56& 00:23&

5 Jan Hetland 3502 55:09

05:43+ 07:09+ 09:04+ 17:20+ 19:54+ 23:59+ 29:46+ 31:44+ 37:08+ 42:10+ 46:25+ 54:16+ 55:09+
 05:43+ 01:26+ 01:55+ 08:16+ 02:34+ 04:05+ 05:47+ 01:58- 05:24+ 05:02+ 04:15+ 07:51+ 00:53+
 03:12@ 00:18& 00:16# 02:31& 00:22# 00:45# 01:44& 00:23- 01:10& 02:20& 01:52& 01:40& 00:08#

6 Ragnvald Frøyland 879 56:40

03:36+ 05:04+ 07:23+ 15:36+ 18:50+ 23:15+ 30:21+ 33:29+ 39:34+ 43:25+ 46:37+ 55:29+ 56:40+
 03:36+ 01:28+ 02:19+ 08:13+ 03:14+ 04:25+ 07:06+ 03:08+ 06:05+ 03:51+ 03:12+ 08:52+ 01:11+
 01:05& 00:20& 00:40& 02:28& 01:02& 01:05& 03:03& 00:47& 01:51& 01:09& 00:49& 02:41& 00:26&

7 Kjell Ivar Skjørestad 892 57:42

02:58+ 04:23+ 07:21+ 15:11+ 18:54+ 22:09+ 30:23+ 33:24+ 38:57+ 43:49+ 49:07+ 56:47+ 57:42+
 02:58+ 01:25+ 02:58+ 07:50+ 03:43+ 03:15- 08:14+ 03:01+ 05:33+ 04:52+ 05:18+ 07:40+ 00:55+
 00:27# 00:17# 01:19& 02:05& 01:31& 00:05- 04:11@ 00:40& 01:19& 02:10& 02:55@ 01:29# 00:10#

8 Bjørn Bjelland 3541 1:00:03

06:31+ 08:25+ 10:29+ 17:13+ 20:21+ 24:00+ 29:58+ 36:02+ 43:02+ 48:07+ 52:27+ 59:03+ 60:03+
 06:31+ 01:54+ 02:04+ 06:44+ 03:08+ 03:39+ 05:58+ 06:04+ 07:00+ 05:05+ 04:20+ 06:36+ 01:00+
 04:00@ 00:46& 00:25& 00:59# 00:56& 00:19+ 01:55& 03:43@ 02:46& 02:23& 01:57& 00:25+ 00:15&

9 Bjørn Tore Aase 3502 1:02:26

03:48+ 05:48+ 08:32+ 16:52+ 21:20+ 26:08+ 32:43+ 35:46+ 42:16+ 46:58+ 51:11+ 61:18+ 62:26+
 03:48+ 02:00+ 02:44+ 08:20+ 04:28+ 04:48+ 06:35+ 03:03+ 06:30+ 04:42+ 04:13+ 10:07+ 01:08+
 01:17& 00:52& 01:05& 02:35& 02:16@ 01:28& 02:32& 00:42& 02:16& 02:00& 01:50& 03:56& 00:23&

Class	Navn	Klasse	Tid
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Herrer 70 - 74 år

10	Tom Hetland	880	1:03:07									
02:45+	05:59+	07:57+	16:46+	20:17+	23:54+	30:16+	33:20+	39:57+	45:53+	50:00+	62:07+	63:07+
02:45+	03:14+	01:58+	08:49+	03:31+	03:37+	06:22+	03:04+	06:37+	05:56+	04:07+	12:07+	01:00+
00:14+	02:06@	00:19#	03:04&	01:19&	00:17+	02:19&	00:43&	02:23&	03:14@	01:44&	05:56&	00:15&
11	Tore Romon Tvedt	3518	1:10:05									
03:36+	05:32+	07:55+	17:25+	23:09+	26:54+	35:20+	3/:57+	45:39+	51:59+	57:20+	68:48+	70:05+
03:36+	01:56+	02:23+	09:30+	05:44+	03:45+	08:26+	02:37+	07:42+	06:20+	05:21+	11:28+	01:17+
03:36+	01:56+	02:23+	09:30+	05:44+	03:45+	08:26+	02:37+	07:42+	06:20+	05:21+	11:28+	01:17+
12	Kjell-Ingar Olsen	1119	1:17:39									
04:34+	17:17+	19:19+	27:24+	30:23+	34:30+	41:06+	43:51+	59:50+	64:29+	67:46+	76:32+	77:39+
04:34+	12:43+	02:02+	08:05+	08:14+	04:43+	03:29+	10:58+	02:45+	15:59+	04:39+	03:17+	08:46+
04:34+	12:43+	02:02+	08:05+	02:59+	04:07+	06:36+	02:45+	15:59+	04:39+	03:17+	08:46+	01:07+
13	Leif Kåre Lende	879	1:20:32									
12:35+	14:26+	17:06+	25:20+	30:03+	33:32+	44:30+	47:31+	56:01+	62:53+	67:23+	79:20+	80:32+
12:35+	01:51+	02:40+	08:14+	04:43+	03:29+	10:58+	03:01+	08:30+	06:52+	04:30+	11:57+	01:12+
12:35+	01:51+	02:40+	08:14+	04:43+	03:29+	10:58+	03:01+	08:30+	06:52+	04:30+	11:57+	01:12+
14	Rune Inge Olsen	1884	1:35:48									
03:31+	05:12+	07:30+	19:53+	29:37+	35:04+	44:08+	50:23+	73:52+	81:01+	84:54+	94:30+	95:48+
03:31+	01:41+	02:18+	12:23+	09:44+	05:27+	09:04+	06:15+	23:29+	07:09+	03:53+	09:36+	01:18+
03:31+	01:41+	02:18+	12:23+	09:44+	05:27+	09:04+	06:15+	23:29+	07:09+	03:53+	09:36+	01:18+

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Asgeir Bell	896	33:33										
02:42=	04:00=	05:54=	07:10=	09:38=	11:28=	13:18=	16:46=	21:17=	23:37=	27:33=	31:10=	32:29=	33:33=
02:42=	01:18=	01:54=	01:16=	02:28=	01:50=	01:50=	03:28=	04:31=	02:20=	03:56=	03:37=	01:19=	01:04=
00:00=	00:00=	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	Paul Andreas Paulsen	896	36:17										
02:50+	04:27+	06:45+	07:54+	10:43+	12:14+	14:02+	17:24+	21:55+	26:03+	29:27+	34:10+	35:15+	36:17+
02:50+	01:37+	02:18+	01:09-	02:49+	01:31-	01:48-	03:22-	04:31=	04:08+	03:24-	04:43+	01:05-	01:02-
00:08+	00:19#	00:24#	00:07-	00:21#	00:19-	00:02-	00:06-	00:00=	01:48&	00:32-	01:06&	00:14-	00:02-
3	Jostein Tunheim	1683	38:40										
03:32+	05:20+	07:45+	09:02+	12:18+	14:01+	15:56+	19:52+	24:44+	27:39+	31:13+	35:41+	37:45+	38:40+
03:32+	01:48+	02:25+	01:17+	03:16+	01:43-	01:55+	03:56+	04:52+	02:55+	03:34-	04:28+	02:04+	00:55-
00:50&	00:30&	00:31&	00:01+	00:48&	00:07-	00:05+	00:28#	00:21+	00:35#	00:22-	00:51#	00:45&	00:09-
4	Knut Skjæveland	1884	38:57										
02:57+	04:49+	07:05+	09:04+	12:00+	13:48+	16:10+	20:05+	24:42+	27:31+	31:53+	36:34+	37:44+	38:57+
02:57+	01:52+	02:16+	01:59+	02:56+	01:48-	02:22+	03:55+	04:37+	02:49+	04:22+	04:41+	01:10-	01:13+
00:15+	00:34&	00:22#	00:43&	00:28#	00:02-	00:32&	00:27#	00:06+	00:29#	00:26#	01:04&	00:09-	00:09#
5	Hilmar Røthing	879	40:37										
05:42+	07:10+	09:35+	10:42+	14:00+	15:50+	17:38+	21:45+	26:49+	29:32+	33:03+	37:35+	39:46+	40:37+
05:42+	01:28+	02:25+	01:07-	03:18+	01:50=	01:48-	04:07+	05:04+	02:43+	03:31-	04:32+	02:11+	00:51-
03:00@	00:10#	00:31&	00:09-	00:50&	00:00=	00:02-	00:39#	00:33#	00:23#	00:25-	00:55&	00:52&	00:13-
6	Hermann Skogsholm	1754	43:36										
04:30+	06:23+	08:30+	10:07+	13:23+	15:18+	17:57+	21:56+	26:39+	29:10+	33:09+	41:09+	42:29+	43:36+
04:30+	01:53+	02:07+	01:37+	03:16+	01:55+	02:39+	03:59+	04:43+	02:31+	03:59+	08:00+	01:20+	01:07+
01:48&	00:35&	00:13#	00:21&	00:48&	00:05+	00:49&	00:31#	00:12+	00:11+	00:03+	04:23@	00:01+	00:03+
7	Svein Glendrange	874	44:44										
03:50+	05:32+	07:48+	10:03+	13:14+	15:30+	18:41+	22:31+	27:54+	31:08+	35:38+	40:48+	43:20+	44:44+
03:50+	01:42+	02:16+	02:15+	03:11+	02:16+	03:11+	03:50+	05:23+	03:14+	04:30+	05:10+	02:32+	01:24+
01:08&	00:24&	00:22#	00:59&	00:43&	00:26#	01:21&	00:22#	00:52#	00:54&	00:34#	01:33&	01:13&	00:20&

Class	Navn	Klasse												Tid
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Herrer 75 - 79 år

8	Kjell Svihus	892												47:33
06:30+	08:45+	10:50+	17:22+	20:20+	22:14+	24:41+	29:08+	33:42+	36:13+	40:43+	45:14+	46:28+	47:33+	
06:30+	02:15+	02:05+	06:32+	02:58+	01:54+	02:27+	04:27+	04:34+	02:31+	04:30+	04:31+	01:14-	01:05+	
03:48@	00:57&	00:11+	05:16@	00:30#	00:04+	00:37&	00:59&	00:03+	00:11+	00:34#	00:54#	00:05-	00:01+	
9	Steinar Undheim	3529												49:11
07:33+	09:22+	11:16+	16:29+	19:29+	21:17+	23:32+	27:54+	33:43+	36:07+	41:06+	45:58+	48:07+	49:11+	
07:33+	01:49+	01:54+	05:13+	03:00+	01:48+	02:15+	04:22+	05:49+	02:24+	04:59+	04:52+	02:09+	01:04+	
07:33+	01:49+	01:54+	05:13+	03:00+	01:48+	02:15+	04:22+	05:49+	02:24+	04:59+	04:52+	02:09+	01:04+	
10	Ole Auklend	885												58:04
03:58+	12:59+	15:45+	17:37+	21:14+	23:33+	26:04+	31:08+	37:18+	40:48+	46:56+	54:29+	56:12+	58:04+	
03:58+	09:01+	02:46+	01:52+	03:37+	02:19+	02:31+	05:04+	06:10+	03:30+	06:08+	07:33+	01:43+	01:52+	
03:58+	09:01+	02:46+	01:52+	03:37+	02:19+	02:31+	05:04+	06:10+	03:30+	06:08+	07:33+	01:43+	01:52+	
11	Øyvind Egeskog	880												1:00:53
05:56+	07:59+	10:22+	12:01+	18:02+	22:09+	24:06+	29:58+	34:58+	37:27+	53:34+	58:02+	59:40+	60:53+	
05:56+	02:03+	02:23+	01:39+	06:01+	04:07+	01:57+	05:52+	05:00+	02:29+	16:07+	04:28+	01:38+	01:13+	
05:56+	02:03+	02:23+	01:39+	06:01+	04:07+	01:57+	05:52+	05:00+	02:29+	16:07+	04:28+	01:38+	01:13+	
12	Norvald Skretting	1832												1:04:54
07:08+	09:02+	11:17+	13:12+	16:22+	18:20+	29:12+	35:05+	40:39+	43:50+	56:24+	61:48+	63:28+	64:54+	
07:08+	01:54+	02:15+	01:55+	03:10+	01:58+	10:52+	05:53+	05:34+	03:11+	12:34+	05:24+	01:40+	01:26+	
07:08+	01:54+	02:15+	01:55+	03:10+	01:58+	10:52+	05:53+	05:34+	03:11+	12:34+	05:24+	01:40+	01:26+	
13	Hans Klausen	769												1:05:52
03:39+	05:48+	07:57+	10:04+	13:03+	15:17+	17:25+	21:22+	27:10+	29:44+	34:36+	57:23+	64:36+	65:52+	
03:39+	02:09+	02:09+	02:07+	02:59+	02:14+	02:08+	03:57+	05:48+	02:34+	04:52+	22:47+	07:13+	01:16+	
03:39+	02:09+	02:09+	02:07+	02:59+	02:14+	02:08+	03:57+	05:48+	02:34+	04:52+	22:47+	07:13+	01:16+	
14	Reidar Liland	3507												1:19:34
12:46+	16:34+	21:04+	23:19+	27:17+	30:15+	37:58+	43:51+	51:07+	54:43+	67:40+	75:30+	77:22+	79:34+	
12:46+	03:48+	04:30+	02:15+	03:58+	02:58+	07:43+	05:53+	07:16+	03:36+	12:57+	07:50+	01:52+	02:12+	
12:46+	03:48+	04:30+	02:15+	03:58+	02:58+	07:43+	05:53+	07:16+	03:36+	12:57+	07:50+	01:52+	02:12+	
15	Mangor Eikeland	892												1:22:26
06:05+	09:25+	13:22+	16:07+	21:58+	25:12+	28:33+	35:29+	45:46+	50:13+	60:20+	66:08+	80:26+	82:26+	
06:05+	03:20+	03:57+	02:45+	05:51+	03:14+	03:21+	06:56+	10:17+	04:27+	10:07+	05:48+	14:18+	02:00+	
06:05+	03:20+	03:57+	02:45+	05:51+	03:14+	03:21+	06:56+	10:17+	04:27+	10:07+	05:48+	14:18+	02:00+	

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Kjell Langvik	1884												45:18
07:34=	10:24=	16:22=	20:48=	23:08=	31:24=	34:37=	42:51=	44:14=	45:18=					
07:34=	02:50=	05:58=	04:26=	02:20=	08:16=	03:13=	08:14=	01:23=	01:04=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Sigurd Krosli	1884												50:57
07:12-	09:41-	16:56+	22:38+	26:54+	35:26+	39:26+	48:18+	49:46+	50:57+					
07:12-	02:29-	07:15+	05:42+	04:16+	08:32+	04:00+	08:52+	01:28+	01:11+					
00:22-	00:21-	01:17#	01:16&	01:56&	00:16+	00:47#	00:38+	00:05+	00:07#					
3	Terje Braut	892												52:46
06:40-	09:20-	19:09+	23:40+	31:55+	40:36+	43:05+	49:38+	51:31+	52:46+					
06:40-	02:40-	09:49+	04:31+	08:15+	08:41+	02:29-	06:33-	01:53+	01:15+					
00:54-	00:10-	03:51&	00:05+	05:55@	00:25+	00:44-	01:41-	00:30&	00:11#					
4	Tormod Aaslid	3529												53:03
07:08-	10:37+	17:35+	24:30+	27:59+	35:25+	41:00+	49:56+	51:37+	53:03+					
07:08-	03:29+	06:58+	06:55+	03:29+	07:26-	05:35+	08:56+	01:41+	01:26+					
00:26-	00:39#	01:00#	02:29&	01:09&	00:50-	02:22&	00:42+	00:18#	00:22&					

Plass	Navn	Klasse	Tid
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Herrer 80 år og eldre

5 Kjell Audun Maudal 3524 58:15

10:08+	13:53+	23:13+	30:27+	33:29+	43:49+	47:44+	54:45+	56:30+	58:15+
10:08+	03:45+	09:20+	07:14+	03:02+	10:20+	03:55+	07:01-	01:45+	01:45+
02:34&	00:55&	03:22&	02:48&	00:42&	02:04#	00:42#	01:13-	00:22&	00:41&

6 Alf Gyland 892 59:07

07:16+	09:47+	16:12+	22:33+	24:57+	35:32+	38:43+	45:17+	57:42+	59:07+
07:16+	02:31+	06:25+	06:21+	02:24+	10:35+	03:11+	06:34+	12:25+	01:25+
07:16+	02:31+	06:25+	06:21+	02:24+	10:35+	03:11+	06:34+	12:25+	01:25+

7 Jan A. Bekkeheien 892 59:44

06:54+	10:07+	18:26+	27:30+	36:03+	44:47+	48:47+	56:02+	58:20+	59:44+
06:54+	03:13+	08:19+	09:04+	08:33+	08:44+	04:00+	07:15+	02:18+	01:24+
06:54+	03:13+	08:19+	09:04+	08:33+	08:44+	04:00+	07:15+	02:18+	01:24+

8 Magne Jakobsen 3524 1:11:51

12:30+	16:05+	24:27+	29:11+	45:29+	53:43+	57:07+	67:46+	69:49+	71:51+
12:30+	03:35+	08:22+	04:44+	16:18+	08:14+	03:24+	10:39+	02:03+	02:02+
12:30+	03:35+	08:22+	04:44+	16:18+	08:14+	03:24+	10:39+	02:03+	02:02+

9 Torleiv Møgedal 874 1:19:53

15:01+	19:00+	29:37+	36:47+	48:09+	60:28+	67:10+	75:46+	77:51+	79:53+
15:01+	03:59+	10:37+	07:10+	11:22+	12:19+	06:42+	08:36+	02:05+	02:02+
15:01+	03:59+	10:37+	07:10+	11:22+	12:19+	06:42+	08:36+	02:05+	02:02+

Beste strekktid for klassen

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

Herrer A

1 Bjarthe Westerheim 3522 46:03

02:05=	05:17=	07:00=	11:07=	12:39=	16:03=	17:38=	18:44=	19:37=	21:10=	23:48=	27:24=	28:47=	30:17=	34:05=	36:52=	38:03=	39:28=	43:20=	45:25=	46:03=
02:05=	03:12=	01:43=	04:07=	01:32=	03:24=	01:35=	01:06=	00:53=	01:33=	02:38=	03:36=	01:23=	01:30=	03:48=	02:47=	01:11=	01:25=	03:52=	02:05=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Morten Bjerga Sundli 3522 48:22

02:14+	05:45+	10:18+	11:49+	15:24+	17:24+	18:46+	19:40+	21:25+	24:09+	27:58+	29:06+	30:51+	33:54+	36:49+	37:54+	42:28+	45:17+	47:40+	48:22+
02:14+	03:31+	04:33+	01:31-	03:35+	02:00-	01:22-	00:54-	01:45+	02:44+	03:49+	01:08-	01:45+	03:03+	02:55-	01:05-	04:34+	02:49+	02:23-	00:42-
00:09+	00:19+	02:50@	02:36-	02:03@	01:24-	00:13-	00:12-	00:52&	01:11&	01:11&	02:28-	00:22&	01:33@	00:53-	01:42-	03:23@	01:24&	01:29-	01:23-

3 Sven Hatteland 3528 51:16

02:27+	06:04+	10:55+	12:47+	16:52+	18:56+	20:17+	21:13+	22:59+	26:12+	30:22+	31:52+	33:57+	37:30+	41:01+	42:24+	44:37+	48:11+	50:27+	51:16+
02:27+	03:37+	04:51+	01:52-	04:05+	02:04-	01:21-	00:56-	01:46+	03:13+	04:10+	01:30-	02:05+	03:33+	03:31-	01:23-	02:13+	03:34+	02:16-	00:49-
00:22#	00:25#	03:08@	02:15-	02:33@	01:20-	00:14-	00:10-	00:53&	01:40@	01:32&	02:06-	00:42&	02:03@	00:17-	01:24-	01:02&	02:09@	01:36-	01:16-

4 Erik Lima 1832 51:20

02:40+	06:28+	10:48+	12:22+	15:58+	17:44+	19:08+	20:05+	21:48+	24:40+	28:45+	30:03+	32:01+	35:39+	39:04+	40:16+	44:44+	48:21+	50:40+	51:20+
02:40+	03:48+	04:20+	01:34-	03:36+	01:46-	01:24-	00:57-	01:43+	02:52+	04:05+	01:18-	01:58+	03:38+	03:25-	01:12-	04:28+	03:37+	02:19-	00:40-
00:35&	00:36#	02:37@	02:33-	02:04@	01:38-	00:11-	00:09-	00:50&	01:19&	01:27&	02:18-	00:35&	02:08@	00:23-	01:35-	03:17@	02:12@	01:33-	01:25-

5 Kristian Frafjord Haarr 882 52:56

02:40+	06:46+	12:06+	13:46+	17:43+	19:42+	21:07+	22:10+	24:01+	27:04+	31:34+	33:20+	35:38+	39:48+	43:03+	44:22+	46:12+	50:05+	52:10+	52:56+
02:40+	04:06+	05:20+	01:40-	03:57+	01:59-	01:25-	01:03-	01:51+	03:03+	04:30+	01:46-	02:18+	04:10+	03:15-	01:19-	01:50+	03:53+	02:05-	00:46-
00:35&	00:54&	03:37@	02:27-	02:25@	01:25-	00:10-	00:03-	00:58@	01:30&	01:52&	01:50-	00:55&	02:40@	00:33-	01:28-	00:39&	02:28@	01:47-	01:19-

6 Svein Magnus Halsne 2345 54:10

02:25+	05:59+	10:53+	12:42+	17:20+	19:34+	20:46+	22:23+	24:04+	28:06+	32:51+	34:20+	36:27+	40:30+	44:35+	45:50+	47:23+	50:45+	53:17+	54:10+
02:25+	03:34+	04:54+	01:49-	04:38+	02:14-	01:12-	01:37+	01:41+	04:02+	04:45+	01:29-	02:07+	04:03+	04:05+	01:15-	01:33+	03:22+	02:32-	00:53-
00:20#	00:22#	03:11@	02:18-	03:06@	01:10-	00:23-	00:31&	00:48&	02:29@	02:07&	02:07-	00:44&	02:33@	00:17+	01:32-	00:22&	01:57@	01:20-	01:12-

7 Magne Hatteland 3528 56:53

02:33+	06:13+	11:42+	13:46+	17:33+	20:19+	21:42+	22:56+	24:54+	28:05+	32:29+	34:26+	36:44+	40:39+	44:45+	46:12+	48:13+	53:33+	56:07+	56:53+
02:33+	03:40+	05:29+	02:04-	03:47+	02:46-	01:23-	01:14+	01:58+	03:11+	04:24+	01:57-	02:18+	03:55+	04:06+	01:27-	02:01+	05:20+	02:34-	00:46-
00:28#	00:28#	03:46@	02:03-	02:15@	00:38-	00:12-	00:08#	01:05@	01:38@	01:46&	01:39-	00:55&	02:25@	00:18+	01:20-	00:50&	03:55@	01:18-	01:19-

Herrer A

8	Martin Blystad	3530	58:12																
02:38+	07:54+	13:09+	15:11+	19:00+	20:49+	22:11+	23:48+	25:56+	28:55+	34:09+	35:44+	37:45+	41:29+	45:37+	46:58+	50:14+	54:10+	57:26+	58:12+
02:38+	05:16+	05:15+	02:02-	03:49+	01:49-	01:22-	01:37+	02:08+	02:59+	05:14+	01:35-	02:01+	03:44+	04:08+	01:21-	03:16+	03:56+	03:16-	00:46-
00:33&	02:04&	03:32@	02:05-	02:17@	01:35-	00:13-	00:31&	01:15@	01:26&	02:36&	02:01-	00:38&	02:14@	00:20+	01:26-	02:05@	02:31@	00:36-	01:19-
9	Joar Øverland	1683	1:00:04																
02:51+	09:10+	14:14+	16:00+	19:33+	21:27+	24:45+	25:48+	27:43+	30:22+	36:19+	37:57+	41:44+	46:13+	49:12+	50:37+	52:15+	55:58+	59:21+	60:04+
02:51+	06:19+	05:04+	01:46+	03:33+	01:54+	03:18+	01:03+	01:55+	02:39+	05:57+	01:38+	03:47+	04:29+	02:59+	01:25+	01:38+	03:43+	03:23+	00:43+
02:51+	06:19+	05:04+	01:46+	03:33+	01:54+	03:18+	01:03+	01:55+	02:39+	05:57+	01:38+	03:47+	04:29+	02:59+	01:25+	01:38+	03:43+	03:23+	00:43+
10	Torbjørn Ims Østby	3507	1:01:08																
02:30+	06:56+	12:28+	14:09+	19:32+	21:43+	23:19+	24:32+	26:47+	30:27+	36:15+	38:16+	40:43+	44:59+	49:50+	51:16+	53:28+	57:46+	60:27+	61:08+
02:30+	04:26+	05:32+	01:41+	05:23+	02:11+	01:36+	01:13+	02:15+	03:40+	05:48+	02:01+	02:27+	04:16+	04:51+	01:26+	02:12+	04:18+	02:41+	00:41+
02:30+	04:26+	05:32+	01:41+	05:23+	02:11+	01:36+	01:13+	02:15+	03:40+	05:48+	02:01+	02:27+	04:16+	04:51+	01:26+	02:12+	04:18+	02:41+	00:41+
11	Jørgen Strømstad	1786	1:02:14																
03:05+	09:05+	13:39+	15:32+	20:45+	23:09+	25:00+	26:02+	27:50+	31:12+	36:20+	38:11+	40:57+	45:35+	49:16+	50:39+	54:15+	58:12+	61:33+	62:14+
03:05+	06:00+	04:34+	01:53+	05:13+	02:24+	01:51+	01:02+	01:48+	03:22+	05:08+	01:51+	02:46+	04:38+	03:41+	01:23+	03:36+	03:57+	03:21+	00:41+
03:05+	06:00+	04:34+	01:53+	05:13+	02:24+	01:51+	01:02+	01:48+	03:22+	05:08+	01:51+	02:46+	04:38+	03:41+	01:23+	03:36+	03:57+	03:21+	00:41+
12	Erik Bakke	1493	1:02:26																
04:01+	08:10+	13:19+	15:04+	19:29+	21:50+	25:13+	26:08+	28:23+	33:06+	37:47+	40:37+	42:51+	46:59+	50:51+	52:29+	54:30+	58:21+	61:37+	62:26+
04:01+	04:09+	05:09+	01:45+	04:25+	02:21+	03:23+	00:55+	02:15+	04:43+	04:41+	02:50+	02:14+	04:08+	03:52+	01:38+	02:01+	03:51+	03:16+	00:49+
04:01+	04:09+	05:09+	01:45+	04:25+	02:21+	03:23+	00:55+	02:15+	04:43+	04:41+	02:50+	02:14+	04:08+	03:52+	01:38+	02:01+	03:51+	03:16+	00:49+
13	Briac Le Ray	2342	1:02:41																
04:55+	09:11+	14:40+	16:34+	20:34+	23:17+	27:26+	29:02+	30:39+	33:40+	38:37+	40:53+	44:39+	48:38+	51:29+	53:02+	54:52+	58:45+	61:55+	62:41+
04:55+	04:16+	05:29+	01:54+	04:00+	02:43+	04:09+	01:36+	01:37+	03:01+	04:57+	02:16+	03:46+	03:59+	02:51+	01:33+	01:50+	03:53+	03:10+	00:46+
04:55+	04:16+	05:29+	01:54+	04:00+	02:43+	04:09+	01:36+	01:37+	03:01+	04:57+	02:16+	03:46+	03:59+	02:51+	01:33+	01:50+	03:53+	03:10+	00:46+
14	Svein Kyllingstad	1284	1:03:53																
03:22+	08:13+	13:35+	16:45+	21:12+	23:56+	25:49+	27:53+	29:40+	33:36+	38:45+	40:46+	43:21+	47:28+	51:14+	52:43+	54:35+	59:02+	63:08+	63:53+
03:22+	04:51+	05:22+	03:10+	04:27+	02:44+	01:53+	02:04+	01:47+	03:56+	05:09+	02:01+	02:35+	04:07+	03:46+	01:29+	01:52+	04:27+	04:06+	00:45+
03:22+	04:51+	05:22+	03:10+	04:27+	02:44+	01:53+	02:04+	01:47+	03:56+	05:09+	02:01+	02:35+	04:07+	03:46+	01:29+	01:52+	04:27+	04:06+	00:45+
15	Bernhard Haver Vagle	643	1:04:16																
04:01+	08:34+	14:27+	16:30+	21:43+	23:57+	26:22+	27:44+	29:41+	32:55+	38:23+	40:33+	42:53+	47:22+	51:03+	52:32+	57:40+	60:58+	63:31+	64:16+
04:01+	04:33+	05:53+	02:03+	05:13+	02:14+	02:25+	01:22+	01:57+	03:14+	05:28+	02:10+	02:20+	04:29+	03:41+	01:29+	05:08+	03:18+	02:33+	00:45+
04:01+	04:33+	05:53+	02:03+	05:13+	02:14+	02:25+	01:22+	01:57+	03:14+	05:28+	02:10+	02:20+	04:29+	03:41+	01:29+	05:08+	03:18+	02:33+	00:45+
16	Lars Erik Malde	3676	1:05:17																
03:18+	07:16+	13:20+	15:29+	22:13+	24:39+	26:19+	27:28+	29:04+	32:33+	37:49+	41:54+	44:13+	47:57+	51:14+	52:42+	56:45+	60:21+	64:30+	65:17+
03:18+	03:58+	06:04+	02:09+	06:44+	02:26+	01:40+	01:09+	01:36+	03:29+	05:16+	04:05+	02:19+	03:44+	03:17+	01:28+	04:03+	03:36+	04:09+	00:47+
03:18+	03:58+	06:04+	02:09+	06:44+	02:26+	01:40+	01:09+	01:36+	03:29+	05:16+	04:05+	02:19+	03:44+	03:17+	01:28+	04:03+	03:36+	04:09+	00:47+
17	Håkon Eggebø	1284	1:07:49																
04:46+	08:51+	14:55+	16:55+	21:39+	24:23+	27:41+	28:30+	31:04+	34:26+	39:16+	41:56+	44:38+	50:38+	54:29+	56:09+	58:13+	64:11+	67:03+	67:49+
04:46+	04:05+	06:04+	02:00+	04:44+	02:44+	03:18+	00:49+	02:34+	03:22+	04:50+	02:40+	02:42+	06:00+	03:51+	01:40+	02:04+	05:58+	02:52+	00:46+
04:46+	04:05+	06:04+	02:00+	04:44+	02:44+	03:18+	00:49+	02:34+	03:22+	04:50+	02:40+	02:42+	06:00+	03:51+	01:40+	02:04+	05:58+	02:52+	00:46+
18	Markus Andreas Breivold	1493	1:14:48																
02:49+	07:21+	13:52+	15:59+	20:25+	23:00+	25:12+	26:39+	28:56+	33:00+	38:17+	41:13+	43:51+	48:14+	53:30+	55:01+	66:41+	70:22+	73:57+	74:48+
02:49+	04:32+	06:31+	02:07+	04:26+	02:35+	02:12+	01:27+	02:17+	04:04+	05:17+	02:56+	02:38+	04:23+	05:16+	01:31+	11:40+	03:41+	03:35+	00:51+
02:49+	04:32+	06:31+	02:07+	04:26+	02:35+	02:12+	01:27+	02:17+	04:04+	05:17+	02:56+	02:38+	04:23+	05:16+	01:31+	11:40+	03:41+	03:35+	00:51+

Beste strekktid for klassen

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

Herrer B

1	Njål F. Vadla	1884	49:30																
02:17=	05:52=	10:30=	12:22=	15:42=	17:26=	18:41=	19:47=	21:32=	24:54=	29:34=	30:53=	32:54=	36:32=	39:53=	41:09=	42:44=	46:19=	48:41=	49:30=
02:17=	03:35=	04:38=	01:52=	03:20=	01:44=	01:15=	01:06=	01:45=	03:22=	04:40=	01:19=	02:01=	03:38=	03:21=	01:16=	01:35=	03:35=	02:22=	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=	00:00=	00:00=	00:00=	00:00=

Herrer B

2	Aart Joakim in't Veld	1884	52:40																	
02:58+	06:25+	11:14+	13:05+	16:51+	19:15+	20:30+	21:29+	23:42+	26:38+	31:31+	32:55+	34:53+	39:21+	43:22+	44:51+	46:20+	49:44+	51:53+	52:40+	
02:58+	03:27-	04:49+	01:51-	03:46+	02:24+	01:15=	00:59-	02:13+	02:56-	04:53+	01:24+	01:58-	04:28+	04:01+	01:29+	01:29-	03:24-	02:09-	00:47-	
00:41&	00:08-	00:11+	00:01-	00:26#	00:40&	00:00=	00:07-	00:28&	00:26-	00:13+	00:05+	00:03-	00:50#	00:40#	00:13#	00:06-	00:11-	00:13-	00:02-	
3	Tallak Langmyr	3552	59:52																	
02:48+	07:31+	13:49+	15:59+	20:34+	22:47+	24:27+	25:31+	27:35+	31:05+	36:22+	37:49+	40:16+	45:02+	49:25+	51:04+	52:51+	56:17+	59:04+	59:52+	
02:48+	04:43+	06:18+	02:10+	04:35+	02:13+	01:40+	01:04+	02:04+	03:30+	05:17+	01:27+	02:27+	04:46+	04:23+	01:39+	01:47+	03:26+	02:47+	00:48+	
02:48+	04:43+	06:18+	02:10+	04:35+	02:13+	01:40+	01:04+	02:04+	03:30+	05:17+	01:27+	02:27+	04:46+	04:23+	01:39+	01:47+	03:26+	02:47+	00:48+	
4	Per Olav Haarr	769	1:01:19																	
02:51+	06:36+	12:02+	14:06+	18:44+	21:05+	22:47+	23:44+	25:58+	30:31+	35:43+	37:37+	40:24+	45:02+	48:48+	50:27+	52:24+	57:04+	60:34+	61:19+	
02:51+	03:45+	05:26+	02:04+	04:38+	02:21+	01:42+	00:57+	02:14+	04:33+	05:12+	01:54+	02:47+	04:38+	03:46+	01:39+	01:57+	04:40+	03:30+	00:45+	
02:51+	03:45+	05:26+	02:04+	04:38+	02:21+	01:42+	00:57+	02:14+	04:33+	05:12+	01:54+	02:47+	04:38+	03:46+	01:39+	01:57+	04:40+	03:30+	00:45+	
5	Arne Eirik Nielsen	3588	1:01:45																	
02:59+	06:48+	11:37+	13:27+	17:20+	19:17+	20:47+	23:18+	25:19+	28:34+	33:42+	35:25+	37:55+	41:53+	48:30+	50:07+	53:50+	57:21+	60:54+	61:45+	
02:59+	03:49+	04:49+	01:50+	03:53+	01:57+	01:30+	02:31+	02:01+	03:15+	05:08+	01:43+	02:30+	03:58+	06:37+	01:37+	03:43+	03:31+	03:33+	00:51+	
02:59+	03:49+	04:49+	01:50+	03:53+	01:57+	01:30+	02:31+	02:01+	03:15+	05:08+	01:43+	02:30+	03:58+	06:37+	01:37+	03:43+	03:31+	03:33+	00:51+	
6	Bård Martby-Skogsholm	3522	1:03:41																	
03:27+	07:37+	12:21+	14:22+	19:10+	21:25+	23:16+	24:35+	25:28+	27:25+	31:16+	38:05+	40:39+	43:40+	47:41+	51:23+	53:05+	55:41+	59:54+	62:55+	63:41+
03:27+	04:10+	04:44+	02:01+	04:48+	02:15+	01:51+	01:19+	00:53+	01:57+	03:51+	06:49+	02:34+	03:01+	04:01+	03:42+	01:42+	02:36+	04:13+	03:01+	00:46+
03:27+	04:10+	04:44+	02:01+	04:48+	02:15+	01:51+	01:19+	00:53+	01:57+	03:51+	06:49+	02:34+	03:01+	04:01+	03:42+	01:42+	02:36+	04:13+	03:01+	00:46+
7	Geir Sand	722	1:11:23																	
03:01+	09:10+	14:14+	16:06+	21:39+	23:47+	25:19+	26:22+	28:20+	32:16+	37:36+	39:58+	42:17+	48:15+	52:32+	58:24+	61:02+	65:32+	70:34+	71:23+	
03:01+	06:09+	05:04+	01:52+	05:33+	02:08+	01:32+	01:03+	01:58+	03:56+	05:20+	02:22+	02:19+	05:58+	04:17+	05:52+	02:38+	04:30+	05:02+	00:49+	
03:01+	06:09+	05:04+	01:52+	05:33+	02:08+	01:32+	01:03+	01:58+	03:56+	05:20+	02:22+	02:19+	05:58+	04:17+	05:52+	02:38+	04:30+	05:02+	00:49+	
8	Espen Fyhn Nilsen	1683	1:24:54																	
04:12+	09:26+	16:52+	19:52+	27:02+	29:56+	32:21+	34:04+	37:03+	42:27+	49:34+	52:50+	56:58+	62:09+	67:36+	69:33+	73:29+	79:44+	83:55+	84:54+	
04:12+	05:14+	07:26+	03:00+	07:10+	02:54+	02:25+	01:43+	02:59+	05:24+	07:07+	03:16+	04:08+	05:11+	05:27+	01:57+	03:56+	06:15+	04:11+	00:59+	
04:12+	05:14+	07:26+	03:00+	07:10+	02:54+	02:25+	01:43+	02:59+	05:24+	07:07+	03:16+	04:08+	05:11+	05:27+	01:57+	03:56+	06:15+	04:11+	00:59+	
9	Tore Tengedal	NOTEAM	1:51:56																	
04:29+	10:09+	24:36+	27:27+	33:57+	39:40+	42:13+	44:26+	46:51+	52:29+	58:55+	67:53+	71:46+	76:25+	83:26+	85:08+	98:46+	106:20+	110:58+	111:56+	
04:29+	05:40+	14:27+	02:51+	06:30+	05:43+	02:33+	02:13+	02:25+	05:38+	06:26+	08:58+	03:53+	04:39+	07:01+	01:42+	13:38+	07:34+	04:38+	00:58+	
04:29+	05:40+	14:27+	02:51+	06:30+	05:43+	02:33+	02:13+	02:25+	05:38+	06:26+	08:58+	03:53+	04:39+	07:01+	01:42+	13:38+	07:34+	04:38+	00:58+	

Beste strekktid for klassen

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

Herrer C

1	Morten Aamodt	1683	41:39													
02:21=	03:31=	04:15=	07:00=	11:38=	13:44=	17:10=	18:26=	19:38=	21:05=	27:48=	31:12=	37:34=	40:06=	40:53=	41:39=	
02:21=	01:10=	00:44=	02:45=	04:38=	02:06=	03:26=	01:16=	01:12=	01:27=	06:43=	03:24=	06:22=	02:32=	00:47=	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=	
2	Henning Sundby	3486	43:38													
03:07+	04:51+	05:42+	08:26+	13:20+	15:49+	19:11+	20:27+	21:39+	23:07+	29:52+	33:13+	39:34+	42:11+	42:54+	43:38+	
03:07+	01:44+	00:51+	02:44-	04:54+	02:29+	03:22-	01:16=	01:12=	01:28+	06:45+	03:21-	06:21-	02:37+	00:43-	00:44-	
00:46&	00:34&	00:07#	00:01-	00:16+	00:23#	00:04-	00:00=	00:00=	00:01+	00:02+	00:03-	00:01-	00:05+	00:04-	00:02-	
3	Kjetil Wirak	3486	46:11													
02:48+	04:25+	05:22+	08:09+	12:48+	15:49+	19:59+	21:35+	22:53+	24:12+	31:26+	34:50+	41:38+	44:00+	45:24+	46:11+	
02:48+	01:37+	00:57+	02:47+	04:39+	03:01+	04:10+	01:36+	01:18+	01:19-	07:14+	03:24=	06:48+	02:22-	01:24+	00:47+	
00:27#	00:27&	00:13&	00:02+	00:01+	00:55&	00:44#	00:20&	00:06+	00:08-	00:31+	00:00=	00:26+	00:10-	00:37&	00:01+	
4	Jan-Einar Øvremo	1119	46:23													
02:41+	03:58+	04:52+	08:11+	13:04+	15:35+	19:19+	20:32+	21:52+	23:08+	24:41-	32:06+	35:54-	42:33+	44:48+	45:39+	46:23+
02:41+	01:17+	00:54+	03:19+	04:53+	02:31+	03:44+	01:13-	01:20+	01:16-	01:33-	07:25+	03:48-	06:39+	02:15+	00:51+	00:44+
00:20#	00:07#	00:10#	00:34#	00:15+	00:25#	00:18+	00:03-	00:08#	00:11-	05:10-	04:01@	02:34-	04:07@	01:28@	00:05#	00:44+

Herrer C

5	Odd Fuglestad	3522	47:02												
02:43+	04:06+	05:11+	08:24+	14:02+	16:29+	20:27+	21:51+	23:08+	24:47+	33:21+	36:39+	42:42+	45:20+	46:11+	47:02+
02:43+	01:23+	01:05+	03:13+	05:38+	02:27+	03:58+	01:24+	01:17+	01:39+	08:34+	03:18-	06:03-	02:38+	00:51+	00:51+
00:22#	00:13#	00:21&	00:28#	01:00#	00:21#	00:32#	00:08#	00:05+	00:12#	01:51&	00:06-	00:19-	00:06+	00:04+	00:05#
6	Stein Arne Olsen	874	48:25												
02:53+	04:11+	05:03+	08:05+	13:35+	16:11+	20:40+	22:10+	23:34+	25:12+	32:39+	36:41+	44:13+	46:45+	47:37+	48:25+
02:53+	01:18+	00:52+	03:02+	05:30+	02:36+	04:29+	01:30+	01:24+	01:38+	07:27+	04:02+	07:32+	02:32+	00:52+	00:48+
02:53+	01:18+	00:52+	03:02+	05:30+	02:36+	04:29+	01:30+	01:24+	01:38+	07:27+	04:02+	07:32+	02:32+	00:52+	00:48+
7	Pål H. Gjerden	1683	55:26												
03:27+	05:04+	06:28+	09:21+	15:22+	18:35+	23:32+	25:15+	26:46+	28:49+	39:08+	43:14+	50:20+	53:26+	54:37+	55:26+
03:27+	01:37+	01:24+	02:53+	06:01+	03:13+	04:57+	01:43+	01:31+	02:03+	10:19+	04:06+	07:06+	03:06+	01:11+	00:49+
03:27+	01:37+	01:24+	02:53+	06:01+	03:13+	04:57+	01:43+	01:31+	02:03+	10:19+	04:06+	07:06+	03:06+	01:11+	00:49+
8	Oddmund Nordgård	722	55:48												
05:29+	07:09+	08:12+	11:17+	16:20+	19:33+	24:33+	25:58+	27:27+	29:50+	38:25+	43:05+	50:37+	54:03+	55:03+	55:48+
05:29+	01:40+	01:03+	03:05+	05:03+	03:13+	05:00+	01:25+	01:29+	02:23+	08:35+	04:40+	07:32+	03:26+	01:00+	00:45+
05:29+	01:40+	01:03+	03:05+	05:03+	03:13+	05:00+	01:25+	01:29+	02:23+	08:35+	04:40+	07:32+	03:26+	01:00+	00:45+
9	Nils John Vestøl	3541	56:26												
05:18+	06:43+	07:48+	11:04+	16:41+	19:42+	24:44+	26:29+	28:04+	29:48+	37:03+	42:00+	51:15+	54:53+	55:39+	56:26+
05:18+	01:25+	01:05+	03:16+	05:37+	03:01+	05:02+	01:45+	01:35+	01:44+	07:15+	04:57+	09:15+	03:38+	00:46+	00:47+
05:18+	01:25+	01:05+	03:16+	05:37+	03:01+	05:02+	01:45+	01:35+	01:44+	07:15+	04:57+	09:15+	03:38+	00:46+	00:47+
10	Paul Terje Haarr	769	56:59												
05:10+	06:58+	08:01+	11:18+	17:49+	20:52+	25:34+	27:27+	29:16+	31:02+	38:57+	43:44+	51:55+	55:13+	56:11+	56:59+
05:10+	01:48+	01:03+	03:17+	06:31+	03:03+	04:42+	01:53+	01:49+	01:46+	07:55+	04:47+	08:11+	03:18+	00:58+	00:48+
05:10+	01:48+	01:03+	03:17+	06:31+	03:03+	04:42+	01:53+	01:49+	01:46+	07:55+	04:47+	08:11+	03:18+	00:58+	00:48+
11	Bertrand Denieul	877	57:33												
03:23+	04:46+	05:52+	08:38+	13:50+	16:46+	22:17+	23:52+	25:15+	26:56+	34:37+	39:32+	49:38+	55:27+	56:33+	57:33+
03:23+	01:23+	01:06+	02:46+	05:12+	02:56+	05:31+	01:35+	01:23+	01:41+	07:41+	04:55+	10:06+	05:49+	01:06+	01:00+
03:23+	01:23+	01:06+	02:46+	05:12+	02:56+	05:31+	01:35+	01:23+	01:41+	07:41+	04:55+	10:06+	05:49+	01:06+	01:00+
12	Trond Lamark	NOTEAM	58:08												
04:22+	05:50+	06:56+	10:25+	16:48+	19:58+	25:18+	27:06+	28:48+	30:39+	41:03+	45:54+	53:21+	56:15+	57:13+	58:08+
04:22+	01:28+	01:06+	03:29+	06:23+	03:10+	05:20+	01:48+	01:42+	01:51+	10:24+	04:51+	07:27+	02:54+	00:58+	00:55+
04:22+	01:28+	01:06+	03:29+	06:23+	03:10+	05:20+	01:48+	01:42+	01:51+	10:24+	04:51+	07:27+	02:54+	00:58+	00:55+
13	Erling Mauland	3541	1:00:49												
04:58+	06:40+	07:45+	11:21+	17:16+	19:51+	24:47+	28:27+	30:01+	31:57+	41:05+	45:22+	53:23+	58:15+	59:55+	60:49+
04:58+	01:42+	01:05+	03:36+	05:55+	02:35+	04:56+	03:40+	01:34+	01:56+	09:08+	04:17+	08:01+	04:52+	01:40+	00:54+
04:58+	01:42+	01:05+	03:36+	05:55+	02:35+	04:56+	03:40+	01:34+	01:56+	09:08+	04:17+	08:01+	04:52+	01:40+	00:54+
14	Geir Haugvaldstad	1683	1:01:23												
03:23+	04:50+	06:01+	10:47+	16:39+	20:15+	28:16+	29:54+	31:45+	33:09+	40:45+	45:38+	56:47+	59:43+	60:38+	61:23+
03:23+	01:27+	01:11+	04:46+	05:52+	03:36+	08:01+	01:38+	01:51+	01:24+	07:36+	04:53+	11:09+	02:56+	00:55+	00:45+
03:23+	01:27+	01:11+	04:46+	05:52+	03:36+	08:01+	01:38+	01:51+	01:24+	07:36+	04:53+	11:09+	02:56+	00:55+	00:45+
15	Leif Kjetil Hinna Gausel	1683	1:02:51												
04:19+	06:04+	08:16+	11:58+	17:29+	23:57+	28:58+	30:55+	32:31+	34:51+	43:48+	48:18+	58:08+	60:48+	61:45+	62:51+
04:19+	01:45+	02:12+	03:42+	05:31+	06:28+	05:01+	01:57+	01:36+	02:20+	08:57+	04:30+	09:50+	02:40+	00:57+	01:06+
04:19+	01:45+	02:12+	03:42+	05:31+	06:28+	05:01+	01:57+	01:36+	02:20+	08:57+	04:30+	09:50+	02:40+	00:57+	01:06+
16	Ove Oaland	1683	1:27:25												
04:29+	06:29+	08:12+	12:13+	21:02+	29:21+	37:00+	39:30+	42:04+	44:25+	54:44+	61:18+	80:09+	85:09+	86:23+	87:25+
04:29+	02:00+	01:43+	04:01+	08:49+	08:19+	07:39+	02:30+	02:34+	02:21+	10:19+	06:34+	18:51+	05:00+	01:14+	01:02+
04:29+	02:00+	01:43+	04:01+	08:49+	08:19+	07:39+	02:30+	02:34+	02:21+	10:19+	06:34+	18:51+	05:00+	01:14+	01:02+

Beste strekktid for klassen

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

Herrer Ny

Class	Navn	Klasse	Tid
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Herrer Ny

1	Johannes Øverland	1683	34:27
	06:10= 12:14= 13:58= 17:18= 25:22= 28:57= 33:05= 34:27=		
	06:10= 06:04= 01:44= 03:20= 08:04= 03:35= 04:08= 01:22=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Nikolai Khorunzhiy	1456	35:11
	02:52+ 10:15+ 13:44+ 16:13+ 25:12+ 28:23+ 34:08+ 35:11+		
	02:52+ 07:23+ 03:29+ 02:29+ 08:59+ 03:11+ 05:45+ 01:03+		
	02:52+ 07:23+ 03:29+ 02:29+ 08:59+ 03:11+ 05:45+ 01:03+		
3	Håvard Jektnes	3531	39:07
	04:32+ 12:16+ 14:52+ 20:27+ 28:17+ 32:37+ 37:14+ 39:07+		
	04:32+ 07:44+ 02:36+ 05:35+ 07:50+ 04:20+ 04:37+ 01:53+		
	04:32+ 07:44+ 02:36+ 05:35+ 07:50+ 04:20+ 04:37+ 01:53+		

Beste strekktid for klassen

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

Herrer Trim

1	Arne Magne Sondresen	722	35:41
	04:53= 07:09= 12:13= 16:34= 20:06= 26:24= 29:00= 33:10= 34:29= 35:41=		
	04:53= 02:16= 05:04= 04:21= 03:32= 06:18= 02:36= 04:10= 01:19= 01:12=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Roger Endre Nyseth	892	36:51
	05:20+ 07:54+ 13:46+ 17:47+ 19:37- 27:05+ 29:46+ 34:19+ 35:40+ 36:51+		
	05:20+ 02:34+ 05:52+ 04:01- 01:50- 07:28+ 02:41+ 04:33+ 01:21+ 01:11-		
	00:27+ 00:18# 00:48# 00:20- 01:42- 01:10# 00:05+ 00:23+ 00:02+ 00:01-		
3	Leif Jarle Skåra	3502	41:02
	06:00+ 08:26+ 15:37+ 19:39+ 21:40+ 29:26+ 32:01+ 37:36+ 39:52+ 41:02+		
	06:00+ 02:26+ 07:11+ 04:02- 02:01- 07:46+ 02:35- 05:35+ 02:16+ 01:10-		
	01:07# 00:10+ 02:07& 00:19- 01:31- 01:28# 00:01- 01:25& 00:57& 00:02-		
4	Adam Alfred Brennhagen	3512	41:10
	09:15+ 11:21+ 16:01+ 19:31+ 20:58+ 26:04- 28:17- 34:31+ 40:09+ 41:10+		
	09:15+ 02:06- 04:40- 03:30- 01:27- 05:06- 02:13- 06:14+ 05:38+ 01:01-		
	04:22& 00:10- 00:24- 00:51- 02:05- 01:12- 00:23- 02:04& 04:19@ 00:11-		
5	Bruno Pierfelice	3519	43:48
	13:13+ 15:00+ 20:07+ 23:47+ 25:20+ 32:03+ 34:06+ 40:11+ 43:00+ 43:48+		
	13:13+ 01:47- 05:07+ 03:40- 01:33- 06:43+ 02:03- 06:05+ 02:49+ 00:48-		
	08:20@ 00:29- 00:03+ 00:41- 01:59- 00:25+ 00:33- 01:55& 01:30@ 00:24-		
6	Thomas Romstad	1683	46:51
	15:30+ 18:02+ 24:11+ 28:42+ 30:27+ 36:28+ 38:47+ 43:03+ 45:57+ 46:51+		
	15:30+ 02:32+ 06:09+ 04:31+ 01:45- 06:01- 02:19- 04:16+ 02:54+ 00:54-		
	10:37@ 00:16# 01:05# 00:10+ 01:47- 00:17- 00:17- 00:06+ 01:35@ 00:18-		
7	Truls Østebø	NOTEAM	47:39
	07:43+ 11:06+ 17:40+ 21:46+ 23:18+ 28:35+ 31:13+ 41:48+ 46:38+ 47:39+		
	07:43+ 03:23+ 06:34+ 04:06- 01:32- 05:17- 02:38+ 10:35+ 04:50+ 01:01-		
	02:50& 01:07& 01:30& 00:15- 02:00- 01:01- 00:02+ 06:25@ 03:31@ 00:11-		
8	Hans Østebø	NOTEAM	47:43
	07:47+ 11:05+ 17:37+ 21:43+ 23:19+ 28:35+ 31:20+ 41:57+ 46:40+ 47:43+		
	07:47+ 03:18+ 06:32+ 04:06- 01:36- 05:16- 02:45+ 10:37+ 04:43+ 01:03-		
	02:54& 01:02& 01:28& 00:15- 01:56- 01:02- 00:09+ 06:27@ 03:24@ 00:09-		
9	Erik Østebø	NOTEAM	47:46
	07:50+ 11:13+ 17:34+ 21:47+ 23:26+ 28:25+ 31:20+ 41:53+ 47:00+ 47:46+		
	07:50+ 03:23+ 06:21+ 04:13- 01:39- 04:59- 02:55+ 10:33+ 05:07+ 00:46-		
	02:57& 01:07& 01:17& 00:08- 01:53- 01:19- 00:19# 06:23@ 03:48@ 00:26-		

Class	Navn	Klasse	Tid
Herrer Trim			
10	Stian Bentsen Malmanger	3676	48:12
10:58+	13:29+ 25:29+ 28:44+ 30:43+ 37:59+	40:55+ 46:04+ 47:11+ 48:12+	
10:58+	02:31+ 12:00+ 03:15- 01:59- 07:16+	02:56+ 05:09+ 01:07- 01:01-	
06:05@	00:15# 06:56@ 01:06- 01:33- 00:58#	00:20# 00:59# 00:12- 00:11-	
11	Sjur Bjerke	3525	49:09
09:12+	12:09+ 22:15+ 28:27+ 30:10+ 36:58+	39:39+ 46:27+ 47:56+ 49:09+	
09:12+	02:57+ 10:06+ 06:12+ 01:43+ 06:48+	02:41+ 06:48+ 01:29+ 01:13+	
09:12+	02:57+ 10:06+ 06:12+ 01:43+ 06:48+	02:41+ 06:48+ 01:29+ 01:13+	
12	Ivar Aalbu	3502	51:58
07:29+	09:53+ 17:09+ 22:52+ 25:02+ 32:55+	35:46+ 42:43+ 50:34+ 51:58+	
07:29+	02:24+ 07:16+ 05:43+ 02:10+ 07:53+	02:51+ 06:57+ 07:51+ 01:24+	
07:29+	02:24+ 07:16+ 05:43+ 02:10+ 07:53+	02:51+ 06:57+ 07:51+ 01:24+	
13	Bartłomiej Lenart	1376	52:22
11:10+	13:32+ 18:39+ 24:11+ 28:30+ 33:38+	35:36+ 47:37+ 51:30+ 52:22+	
11:10+	02:22+ 05:07+ 05:32+ 04:19+ 05:08+	01:58+ 12:01+ 03:53+ 00:52+	
11:10+	02:22+ 05:07+ 05:32+ 04:19+ 05:08+	01:58+ 12:01+ 03:53+ 00:52+	
14	Stein Stornes Nordal	NOTEAM	52:28
11:27+	13:46+ 20:08+ 25:03+ 27:53+ 34:10+	36:53+ 41:10+ 51:25+ 52:28+	
11:27+	02:19+ 06:22+ 04:55+ 02:50+ 06:17+	02:43+ 04:17+ 10:15+ 01:03+	
11:27+	02:19+ 06:22+ 04:55+ 02:50+ 06:17+	02:43+ 04:17+ 10:15+ 01:03+	
15	Cedric Fayemendy	3558	52:36
11:41+	14:27+ 20:35+ 25:29+ 27:43+ 34:31+	37:56+ 46:34+ 51:44+ 52:36+	
11:41+	02:46+ 06:08+ 04:54+ 02:14+ 06:48+	03:25+ 08:38+ 05:10+ 00:52+	
11:41+	02:46+ 06:08+ 04:54+ 02:14+ 06:48+	03:25+ 08:38+ 05:10+ 00:52+	
16	Per Bakken	880	54:29
07:45+	11:28+ 19:20+ 26:12+ 29:14+ 37:30+	40:57+ 48:43+ 52:49+ 54:29+	
07:45+	03:43+ 07:52+ 06:52+ 03:02+ 08:16+	03:27+ 07:46+ 04:06+ 01:40+	
07:45+	03:43+ 07:52+ 06:52+ 03:02+ 08:16+	03:27+ 07:46+ 04:06+ 01:40+	
17	Per Marthon Mæland	880	54:58
13:12+	15:20+ 22:50+ 30:33+ 32:39+ 41:24+	43:49+ 51:40+ 53:54+ 54:58+	
13:12+	02:08+ 07:30+ 07:43+ 02:06+ 08:45+	02:25+ 07:51+ 02:14+ 01:04+	
13:12+	02:08+ 07:30+ 07:43+ 02:06+ 08:45+	02:25+ 07:51+ 02:14+ 01:04+	
18	Kjell-Ole Topnes	1683	55:21
13:13+	17:57+ 24:45+ 31:20+ 34:55+ 43:30+	46:03+ 51:41+ 53:57+ 55:21+	
13:13+	04:44+ 06:48+ 06:35+ 03:35+ 08:35+	02:33+ 05:38+ 02:16+ 01:24+	
13:13+	04:44+ 06:48+ 06:35+ 03:35+ 08:35+	02:33+ 05:38+ 02:16+ 01:24+	
19	John Øgreid	882	59:15
06:40+	09:52+ 16:23+ 23:08+ 29:33+ 38:12+	42:05+ 50:40+ 57:43+ 59:15+	
06:40+	03:12+ 06:31+ 06:45+ 06:25+ 08:39+	03:53+ 08:35+ 07:03+ 01:32+	
06:40+	03:12+ 06:31+ 06:45+ 06:25+ 08:39+	03:53+ 08:35+ 07:03+ 01:32+	
20	Christian Nilsen	3525	1:00:38
08:14+	10:59+ 26:24+ 31:13+ 33:24+ 42:28+	45:36+ 57:45+ 59:26+ 60:38+	
08:14+	02:45+ 15:25+ 04:49+ 02:11+ 09:04+	03:08+ 12:09+ 01:41+ 01:12+	
08:14+	02:45+ 15:25+ 04:49+ 02:11+ 09:04+	03:08+ 12:09+ 01:41+ 01:12+	
21	Lars Salvesen	1119	1:01:10
15:50+	18:26+ 27:11+ 32:32+ 35:39+ 42:55+	46:14+ 53:22+ 59:52+ 61:10+	
15:50+	02:36+ 08:45+ 05:21+ 03:07+ 07:16+	03:19+ 07:08+ 06:30+ 01:18+	
15:50+	02:36+ 08:45+ 05:21+ 03:07+ 07:16+	03:19+ 07:08+ 06:30+ 01:18+	
22	Lars Tore Kvasheim	793	1:01:42
08:07+	11:29+ 18:02+ 23:10+ 25:50+ 35:06+	40:04+ 51:48+ 59:54+ 61:42+	
08:07+	03:22+ 06:33+ 05:08+ 02:40+ 09:16+	04:58+ 11:44+ 08:06+ 01:48+	
08:07+	03:22+ 06:33+ 05:08+ 02:40+ 09:16+	04:58+ 11:44+ 08:06+ 01:48+	
23	Hans Gundersen	2342	1:02:09
07:51+	10:37+ 21:12+ 25:36+ 32:02+ 37:35+	39:52+ 59:27+ 61:04+ 62:09+	
07:51+	02:46+ 10:35+ 04:24+ 06:26+ 05:33+	02:17+ 19:35+ 01:37+ 01:05+	
07:51+	02:46+ 10:35+ 04:24+ 06:26+ 05:33+	02:17+ 19:35+ 01:37+ 01:05+	

Class	Navn	Klasse	Tid
Herrer Trim			
24	Svein Olav Høyland	1683	1:04:04
18:34+	22:47+ 31:35+ 38:48+ 41:14+ 48:20+	52:36+ 60:29+ 62:36+ 64:04+	
18:34+	04:13+ 08:48+ 07:13+ 02:26+ 07:06+	04:16+ 07:53+ 02:07+ 01:28+	
18:34+	04:13+ 08:48+ 07:13+ 02:26+ 07:06+	04:16+ 07:53+ 02:07+ 01:28+	
25	Jan Henrik Neuenkirchen	896	1:04:28
14:51+	19:23+ 26:26+ 33:49+ 39:48+ 49:15+	52:09+ 60:12+ 62:16+ 64:28+	
14:51+	04:32+ 07:03+ 07:23+ 05:59+ 09:27+	02:54+ 08:03+ 02:04+ 02:12+	
14:51+	04:32+ 07:03+ 07:23+ 05:59+ 09:27+	02:54+ 08:03+ 02:04+ 02:12+	
26	Marius Bergstøl Hvidsten	3533	1:04:44
14:15+	16:43+ 31:55+ 36:15+ 39:01+ 45:51+	47:48+ 62:30+ 63:45+ 64:44+	
14:15+	02:28+ 15:12+ 04:20+ 02:46+ 06:50+	01:57+ 14:42+ 01:15+ 00:59+	
14:15+	02:28+ 15:12+ 04:20+ 02:46+ 06:50+	01:57+ 14:42+ 01:15+ 00:59+	
27	Steinar Løgith Aase	2539	1:08:36
09:03+	13:55+ 22:49+ 31:41+ 42:13+ 52:09+	55:44+ 65:42+ 66:57+ 68:36+	
09:03+	04:52+ 08:54+ 08:52+ 10:32+ 09:56+	03:35+ 09:58+ 01:15+ 01:39+	
09:03+	04:52+ 08:54+ 08:52+ 10:32+ 09:56+	03:35+ 09:58+ 01:15+ 01:39+	
28	Rune Hagen Maudal	3524	1:08:56
06:35+	09:41+ 41:05+ 45:50+ 47:52+ 56:37+	59:36+ 66:36+ 67:48+ 68:56+	
06:35+	03:06+ 31:24+ 04:45+ 02:02+ 08:45+	02:59+ 07:00+ 01:12+ 01:08+	
06:35+	03:06+ 31:24+ 04:45+ 02:02+ 08:45+	02:59+ 07:00+ 01:12+ 01:08+	
29	Erik Campbell Henriksen	1683	1:12:37
12:23+	16:07+ 32:27+ 39:00+ 41:32+ 52:54+	57:00+ 68:44+ 70:52+ 72:37+	
12:23+	03:44+ 16:20+ 06:33+ 02:32+ 11:22+	04:06+ 11:44+ 02:08+ 01:45+	
12:23+	03:44+ 16:20+ 06:33+ 02:32+ 11:22+	04:06+ 11:44+ 02:08+ 01:45+	
30	Torgeir Færevåg	3553	1:13:49
06:43+	09:14+ 16:17+ 23:01+ 27:07+ 34:56+	38:33+ 52:22+ 72:34+ 73:49+	
06:43+	02:31+ 07:03+ 06:44+ 04:06+ 07:49+	03:37+ 13:49+ 20:12+ 01:15+	
06:43+	02:31+ 07:03+ 06:44+ 04:06+ 07:49+	03:37+ 13:49+ 20:12+ 01:15+	
31	Stephane Bordet	877	1:17:24
20:02+	22:13+ 46:38+ 51:12+ 53:35+ 60:42+	63:41+ 74:27+ 76:02+ 77:24+	
20:02+	02:11+ 24:25+ 04:34+ 02:23+ 07:07+	02:59+ 10:46+ 01:35+ 01:22+	
20:02+	02:11+ 24:25+ 04:34+ 02:23+ 07:07+	02:59+ 10:46+ 01:35+ 01:22+	
32	Robert Hooper	1683	1:18:17
26:41+	29:17+ 35:42+ 43:51+ 48:53+ 56:41+	59:46+ 75:37+ 76:58+ 78:17+	
26:41+	02:36+ 06:25+ 08:09+ 05:02+ 07:48+	03:05+ 15:51+ 01:21+ 01:19+	
26:41+	02:36+ 06:25+ 08:09+ 05:02+ 07:48+	03:05+ 15:51+ 01:21+ 01:19+	
33	Terje Malde	NOTEAM	1:19:44
10:33+	14:39+ 22:22+ 29:32+ 54:08+ 62:24+	67:05+ 75:34+ 77:46+ 79:44+	
10:33+	04:06+ 07:43+ 07:10+ 24:36+ 08:16+	04:41+ 08:29+ 02:12+ 01:58+	
10:33+	04:06+ 07:43+ 07:10+ 24:36+ 08:16+	04:41+ 08:29+ 02:12+ 01:58+	
34	Eivind Baltzersen	1283	1:32:30
14:18+	16:57+ 51:34+ 64:52+ 69:14+ 75:56+	79:06+ 83:44+ 91:26+ 92:30+	
14:18+	02:39+ 34:37+ 13:18+ 04:22+ 06:42+	03:10+ 04:38+ 07:42+ 01:04+	
14:18+	02:39+ 34:37+ 13:18+ 04:22+ 06:42+	03:10+ 04:38+ 07:42+ 01:04+	

Beste strekktid for klassen

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