

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Maren Benjaminsen	1832	1:02:08										
04:31=	07:49=	15:09=	22:56=	30:08=	32:08=	35:45=	44:08=	46:15=	49:52=	53:37=	59:29=	61:21=	62:08=
04:31=	03:18=	07:20=	07:47=	07:12=	02:00=	03:37=	08:23=	02:07=	03:37=	03:45=	05:52=	01:52=	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=
2	Wibeke Lende	3503	1:03:34										
04:21-	07:09-	11:39-	21:07-	26:40-	32:18+	38:07+	46:59+	49:13+	54:25+	57:40+	60:46+	62:43+	63:34+
04:21-	02:48-	04:30-	09:28+	05:33-	05:38+	05:49+	08:52+	02:14+	05:12+	03:15-	03:06-	01:57+	00:51+
00:10-	00:30-	02:50-	01:41#	01:39-	03:38@	02:12&	00:29+	00:07+	01:35&	00:30-	02:46-	00:05+	00:04+
3	Marie Sigvaldsen	3512	1:09:27										
04:42+	09:10+	15:44+	29:02+	35:33+	37:43+	43:06+	53:10+	55:52+	59:33+	63:15+	66:17+	68:39+	69:27+
04:42+	04:28+	06:34-	13:18+	06:31-	02:10+	05:23+	10:04+	02:42+	03:41+	03:42-	03:02-	02:22+	00:48+
00:11+	01:10&	00:46-	05:31&	00:41-	00:10+	01:46&	01:41#	00:35&	00:04+	00:03-	02:50-	00:30&	00:01+
4	Ingrid Lycke Austbø	989	1:09:59										
07:40+	12:49+	17:32+	28:35+	35:33+	37:30+	45:12+	54:34+	57:07+	61:03+	63:59+	67:23+	69:11+	69:59+
07:40+	05:09+	04:43-	11:03+	06:58-	01:57-	07:42+	09:22+	02:33+	03:56+	02:56-	03:24-	01:48-	00:48+
03:09&	01:51&	02:37-	03:16&	00:14-	00:03-	04:05@	00:59#	00:26#	00:19+	00:49-	02:28-	00:04-	00:01+
5	Ingunn Landsnes	892	1:15:57										
05:42+	09:17+	15:50+	26:35+	35:18+	38:23+	44:09+	54:39+	57:21+	61:41+	66:06+	72:05+	74:54+	75:57+
05:42+	03:35+	06:33-	10:45+	08:43+	03:05+	05:46+	10:30+	02:42+	04:20+	04:25+	05:59+	02:49+	01:03+
01:11&	00:17+	00:47-	02:58&	01:31#	01:05&	02:09&	02:07&	00:35&	00:43#	00:40#	00:07+	00:57&	00:16&
6	Aina Kalsaas Urstad	3580	1:19:14										
04:55+	17:15+	25:13+	39:28+	46:05+	48:05+	53:00+	62:17+	66:21+	69:35+	72:56+	76:41+	78:34+	79:14+
04:55+	12:20+	07:58+	14:15+	06:37-	02:00=	04:55+	09:17+	04:04+	03:14-	03:21-	03:45-	01:53+	00:40-
00:24+	09:02@	00:38+	06:28&	00:35-	00:00=	01:18&	00:54#	01:57&	00:23-	00:24-	02:07-	00:01+	00:07-

Beste strekktid for klassen

04:21 02:48 04:30 07:47 05:33 01:57 03:37 08:23 02:07 03:14 02:56 03:02 01:48 00:40

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

Damer 60 - 64 år

1	Anne-Siv Gjertsen	882	1:06:04										
03:22=	12:29=	23:25=	27:24=	30:00=	33:11=	43:15=	55:02=	58:19=	63:37=	65:05=	66:04=		
03:22=	09:07=	10:56=	03:59=	02:36=	03:11=	10:04=	11:47=	03:17=	05:18=	01:28=	00:59=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Nina Christiansen	722	1:19:14										
13:26+	22:19+	32:42+	36:55+	40:52+	44:02+	53:51+	65:38+	69:27+	76:40+	78:16+	79:14+		
13:26+	08:53-	10:23-	04:13+	03:57+	03:10-	09:49-	11:47=	03:49+	07:13+	01:36+	00:58-		
10:04@	00:14-	00:33-	00:14+	01:21&	00:01-	00:15-	00:00=	00:32#	01:55&	00:08+	00:01-		
3	Ingrid E. I. Øxnevad	3516	1:21:05										
03:52+	25:32+	34:51+	38:50+	41:27+	46:35+	55:23+	67:11+	70:56+	78:43+	80:12+	81:05+		
03:52+	21:40+	09:19-	03:59=	02:37+	05:08+	08:48-	11:48+	03:45+	07:47+	01:29+	00:53-		
00:30#	12:33@	01:37-	00:00=	00:01+	01:57&	01:16-	00:01+	00:28#	02:29&	00:01+	00:06-		
4	Elisabeth Christie Ørke	722	1:23:38										
02:46-	26:38+	34:17+	38:16+	40:40+	43:30+	52:21+	65:13+	70:22+	81:03+	82:51+	83:38+		
02:46-	23:52+	07:39-	03:59=	02:24-	02:50-	08:51-	12:52+	05:09+	10:41+	01:48+	00:47-		
00:36-	14:45@	03:17-	00:00=	00:12-	00:21-	01:13-	01:05+	01:52&	05:23@	00:20#	00:12-		
5	Marianne Høie	1683	1:46:54										
05:24+	16:40+	31:55+	50:34+	55:33+	60:16+	77:47+	91:16+	95:02+	103:23+	105:40+	106:54+		
05:24+	11:16+	15:15+	18:39+	04:59+	04:43+	17:31+	13:29+	03:46+	08:21+	02:17+	01:14+		
02:02&	02:09#	04:19&	14:40@	02:23&	01:32&	07:27&	01:42#	00:29#	03:03&	00:49&	00:15&		
6	Ellinor Hoemsnes	1683	1:58:21										
05:29+	43:03+	54:54+	58:30+	62:24+	68:20+	84:14+	105:17+	109:45+	115:27+	117:15+	118:21+		
05:29+	37:34+	11:51+	03:36-	03:54+	05:56+	15:54+	21:03+	04:28+	05:42+	01:48+	01:06+		
02:07&	28:27@	00:55+	00:23-	01:18&	02:45&	05:50&	09:16&	01:11&	00:24+	00:20#	00:07#		

Class	Navn	Klasse	Tid
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Damer 60 - 64 år

Beste strekktid for klassen

02:46 08:53 07:39 03:36 02:24 02:50 08:48 11:47 03:17 05:18 01:28 00:47

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

Damer 65 - 69 år

1	Ingrid Eik	1830	59:29								
03:34=	11:35=	21:03=	24:14=	28:09=	30:55=	38:58=	48:04=	51:02=	56:58=	58:27=	59:29=
03:34=	08:01=	09:28=	03:11=	03:55=	02:46=	08:03=	09:06=	02:58=	05:56=	01:29=	01:02=
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	Liv Sissel Obrestad	3529	1:07:30								
03:48+	12:03+	23:02+	26:44+	30:03+	33:28+	43:36+	55:51+	59:15+	64:31+	66:19+	67:30+
03:48+	08:15+	10:59+	03:42+	03:19-	03:25+	10:08+	12:15+	03:24+	05:16-	01:48+	01:11+
00:14+	00:14+	01:31#	00:31#	00:36-	00:39#	02:05&	03:09&	00:26#	00:40-	00:19#	00:09#
3	Eli Frafjord	1141	1:09:24								
04:09+	14:32+	28:14+	31:55+	34:48+	37:47+	45:55+	57:19+	60:42+	66:15+	68:05+	69:24+
04:09+	10:23+	13:42+	03:41+	02:53-	02:59+	08:08+	11:24+	03:23+	05:33-	01:50+	01:19+
00:35#	02:22&	04:14&	00:30#	01:02-	00:13+	00:05+	02:18&	00:25#	00:23-	00:21#	00:17&
4	Marit Karin Skretting Nygård	892	1:19:48								
04:30+	14:34+	31:30+	35:23+	38:23+	41:45+	52:12+	63:40+	68:06+	76:43+	78:37+	79:48+
04:30+	10:04+	16:56+	03:53+	03:00-	03:22+	10:27+	11:28+	04:26+	08:37+	01:54+	01:11+
00:56&	02:03&	07:28&	00:42#	00:55-	00:36#	02:24&	02:22&	01:28&	02:41&	00:25&	00:09#
5	Margot Asheim	722	1:27:43								
24:25+	39:43+	48:11+	52:03+	54:45+	59:17+	67:07+	76:09+	79:09+	85:02+	86:38+	87:43+
24:25+	15:18+	08:28-	03:52+	02:42-	04:32+	07:50-	09:02-	03:00+	05:53-	01:36+	01:05+
20:51@	07:17&	01:00-	00:41#	01:13-	01:46&	00:13-	00:04-	00:02+	00:03-	00:07+	00:03+

Beste strekktid for klassen

03:34 08:01 08:28 03:11 02:42 02:46 07:50 09:02 02:58 05:16 01:29 01:02

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

Damer 70 - 74 år

1	Mette Dagsland	874	1:26:17								
04:18=	20:14=	30:53=	34:21=	38:12=	41:35=	50:58=	66:10=	70:40=	82:45=	84:44=	86:17=
04:18=	15:56=	10:39=	03:28=	03:51=	03:23=	09:23=	15:12=	04:30=	12:05=	01:59=	01:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Gramstad	3551	1:40:49								
06:47+	17:41-	42:30+	48:05+	51:24+	55:46+	69:33+	84:59+	89:26+	97:13+	99:22+	100:49+
06:47+	10:54-	24:49+	05:35+	03:19-	04:22+	13:47+	15:26+	04:27-	07:47-	02:09+	01:27-
02:29&	05:02-	14:10@	02:07&	00:32-	00:59&	04:24&	00:14+	00:03-	04:18-	00:10+	00:06-

Beste strekktid for klassen

04:18 10:54 10:39 03:28 03:19 03:23 09:23 15:12 04:27 07:47 01:59 01:27

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

Damer 75 - 79 år

1	Turid Nystrøm	874	1:11:04								
04:23=	13:51=	24:30=	28:26=	31:16=	34:34=	44:10=	57:56=	61:39=	67:58=	69:39=	71:04=
04:23=	09:28=	10:39=	03:56=	02:50=	03:18=	09:36=	13:46=	03:43=	06:19=	01:41=	01:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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Damer 75 - 79 år

2 Gry Vikhamar Thengs 874 1:13:04

04:00-	20:06+	30:03+	33:25+	37:58+	41:25+	50:09+	60:43+	64:20+	70:11+	71:49+	73:04+
04:00-	16:06+	09:57-	03:22-	04:33+	03:27+	08:44-	10:34-	03:37-	05:51-	01:38-	01:15-
00:23-	06:38&	00:42-	00:34-	01:43&	00:09+	00:52-	03:12-	00:06-	00:28-	00:03-	00:10-

3 Inger Skretting Opstad 3529 1:14:09

04:54+	14:19+	24:55+	28:36+	32:12+	35:48+	45:46+	58:29+	62:33+	70:29+	72:45+	74:09+
04:54+	09:25+	10:36+	03:41+	03:36+	03:36+	09:58+	12:43+	04:04+	07:56+	02:16+	01:24+
04:54+	09:25+	10:36+	03:41+	03:36+	03:36+	09:58+	12:43+	04:04+	07:56+	02:16+	01:24+

4 Haldis Glendrange 874 1:19:32

04:18+	13:31+	24:22+	27:47+	31:40+	36:19+	45:24+	60:36+	65:34+	75:22+	77:50+	79:32+
04:18+	09:13+	10:51+	03:25+	03:53+	04:39+	09:05+	15:12+	04:58+	09:48+	02:28+	01:42+
04:18+	09:13+	10:51+	03:25+	03:53+	04:39+	09:05+	15:12+	04:58+	09:48+	02:28+	01:42+

5 Hedvig Anda 1683 1:56:58

06:30+	22:36+	44:32+	48:55+	53:23+	62:36+	79:47+	96:15+	102:40+	112:28+	115:29+	116:58+
06:30+	16:06+	21:56+	04:23+	04:28+	09:13+	17:11+	16:28+	06:25+	09:48+	03:01+	01:29+
06:30+	16:06+	21:56+	04:23+	04:28+	09:13+	17:11+	16:28+	06:25+	09:48+	03:01+	01:29+

6 Helga Klausen 769 2:13:07

06:38+	18:13+	35:45+	41:08+	45:52+	52:26+	98:10+	115:31+	120:11+	129:09+	131:31+	133:07+
06:38+	11:35+	17:32+	05:23+	04:44+	06:34+	45:44+	17:21+	04:40+	08:58+	02:22+	01:36+
06:38+	11:35+	17:32+	05:23+	04:44+	06:34+	45:44+	17:21+	04:40+	08:58+	02:22+	01:36+

Beste strekktid for klassen

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

Damer 80 år og eldre

1 Helga Aaslid 3529 1:25:20

05:01=	12:25=	17:24=	22:28=	31:28=	40:44=	49:08=	56:11=	64:46=	75:02=	81:29=	83:49=	85:20=
05:01=	07:24=	04:59=	05:04=	09:00=	09:16=	08:24=	07:03=	08:35=	10:16=	06:27=	02:20=	01:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

05:01	07:24	04:59	05:04	09:00	09:16	08:24	07:03	08:35	10:16	06:27	02:20	01:31
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer A

1 Aud Hognestad Taksdal 892 50:13

02:12=	03:39=	10:32=	17:05=	18:17=	22:17=	25:10=	31:44=	32:53=	34:38=	38:49=	41:54=	43:44=	47:57=	49:32=	50:13=
02:12=	01:27=	06:53=	06:33=	01:12=	04:00=	02:53=	06:34=	01:09=	01:45=	04:11=	03:05=	01:50=	04:13=	01:35=	00:41=
00:00=	00:00=	00:00=	00:00=	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 Silje Skorve Skarpeid 1758 1:13:48

03:06+	05:23+	17:31+	26:34+	28:48+	33:25+	37:14+	45:52+	47:10+	50:01+	57:58+	62:27+	65:40+	70:24+	72:56+	73:48+
03:06+	02:17+	12:08+	09:03+	02:14+	04:37+	03:49+	08:38+	01:18+	02:51+	07:57+	04:29+	03:13+	04:44+	02:32+	00:52+
00:54&	00:50&	05:15&	02:30&	01:02&	00:37#	00:56&	02:04&	00:09#	01:06&	03:46&	01:24&	01:23&	00:31#	00:57&	00:11&

3 Matilde Skjæveland Skår 3486 1:30:56

03:14+	05:48+	23:02+	31:18+	34:06+	38:01+	42:09+	51:59+	53:46+	57:15+	69:39+	73:42+	77:55+	87:24+	89:54+	90:56+
03:14+	02:34+	17:14+	08:16+	02:48+	03:55-	04:08+	09:50+	01:47+	03:29+	12:24+	04:03+	04:13+	09:29+	02:30+	01:02+
01:02&	01:07&	10:21@	01:43&	01:36@	00:05-	01:15&	03:16&	00:38&	01:44&	08:13@	00:58&	02:23@	05:16@	00:55&	00:21&

Beste strekktid for klassen

02:12	01:27	06:53	06:33	01:12	03:55	02:53	06:34	01:09	01:45	04:11	03:05	01:50	04:13	01:35	00:41
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Class	Navn	Klasse	Tid
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Damer B

1	Inger Tone Nygård	3502	58:05										
04:26=	07:03=	09:00=	22:05=	27:12=	29:15=	34:27=	40:36=	43:53=	49:13=	52:11=	55:22=	57:12=	58:05=
04:26=	02:37=	01:57=	13:05=	05:07=	02:03=	05:12=	06:09=	03:17=	05:20=	02:58=	03:11=	01:50=	00:53=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jorunn Johannesen	1683	1:01:26										
04:08-	06:24-	12:01+	24:28+	30:03+	32:14+	37:35+	45:54+	49:56+	52:54+	56:01+	58:39+	60:28+	61:26+
04:08-	02:16-	05:37+	12:27-	05:35+	02:11+	05:21+	08:19+	04:02+	02:58-	03:07+	02:38-	01:49-	00:58+
00:18-	00:21-	03:40@	00:38-	00:28+	00:08+	00:09+	02:10&	00:45#	02:22-	00:09+	00:33-	00:01-	00:05+
3	Grethe Anda Fuglestad	1683	1:07:34										
06:00+	09:17+	12:37+	28:34+	35:03+	37:24+	43:32+	49:37+	54:21+	57:34+	61:02+	64:20+	66:28+	67:34+
06:00+	03:17+	03:20+	15:57+	06:29+	02:21+	06:08+	06:05-	04:44+	03:13-	03:28+	03:18+	02:08+	01:06+
01:34&	00:40&	01:23&	02:52#	01:22&	00:18#	00:56#	00:04-	01:27&	02:07-	00:30#	00:07+	00:18#	00:13#
4	Marit Haavardsholm	1683	1:08:41										
08:14+	11:08+	13:26+	29:01+	35:44+	38:00+	43:50+	50:12+	54:44+	57:29+	60:39+	65:38+	67:37+	68:41+
08:14+	02:54+	02:18+	15:35+	06:43+	02:16+	05:50+	06:22+	04:32+	02:45-	03:10+	04:59+	01:59+	01:04+
03:48&	00:17#	00:21#	02:30#	01:36&	00:13#	00:38#	00:13+	01:15&	02:35-	00:12+	01:48&	00:09+	00:11#
5	Toyah Bråtveit	1832	1:13:00										
07:22+	10:39+	15:25+	32:19+	38:40+	41:06+	48:50+	55:29+	60:32+	63:33+	66:59+	70:12+	72:13+	73:00+
07:22+	03:17+	04:46+	16:54+	06:21+	02:26+	07:44+	06:39+	05:03+	03:01-	03:26+	03:13+	02:01+	00:47-
02:56&	00:40&	02:49@	03:49&	01:14#	00:23#	02:32&	00:30+	01:46&	02:19-	00:28#	00:02+	00:11+	00:06-
6	Vibeke Lamark	878	1:16:58										
04:28+	07:02-	09:15+	25:10+	33:37+	35:58+	41:31+	47:44+	65:25+	68:00+	71:04+	74:00+	75:53+	76:58+
04:28+	02:34-	02:13+	15:55+	08:27+	02:21+	05:33+	06:13+	17:41+	02:35-	03:04+	02:56-	01:53+	01:05+
00:02+	00:03-	00:16#	02:50#	03:20&	00:18#	00:21+	00:04+	14:24@	02:45-	00:06+	00:15-	00:03+	00:12#
7	Ingrid W. Hestness	896	1:17:35										
13:44+	16:24+	20:30+	38:03+	45:14+	47:20+	53:09+	60:43+	64:51+	68:15+	71:36+	74:36+	76:30+	77:35+
13:44+	02:40+	04:06+	17:33+	07:11+	02:06+	05:49+	07:34+	04:08+	03:24-	03:21+	03:00-	01:54+	01:05+
09:18@	00:03+	02:09@	04:28&	02:04&	00:03+	00:37#	01:25#	00:51&	01:56-	00:23#	00:11-	00:04+	00:12#
8	Anne Sæbø Vik	1683	1:20:28										
14:31+	17:48+	21:09+	37:23+	43:04+	45:35+	52:45+	59:15+	66:45+	70:28+	73:52+	77:22+	79:32+	80:28+
14:31+	03:17+	03:21+	16:14+	05:41+	02:31+	07:10+	06:30+	07:30+	03:43-	03:24+	03:30+	02:10+	00:56+
10:05@	00:40&	01:24&	03:09#	00:34#	00:28#	01:58&	00:21+	04:13@	01:37-	00:26#	00:19+	00:20#	00:03+
9	Ann Karin Tjørhom	1884	1:20:31										
06:51+	10:10+	17:08+	34:24+	41:37+	44:20+	52:53+	59:18+	65:02+	68:28+	72:30+	76:34+	79:23+	80:31+
06:51+	03:19+	06:58+	17:16+	07:13+	02:43+	08:33+	06:25+	05:44+	03:26-	04:02+	04:04+	02:49+	01:08+
02:25&	00:42&	05:01@	04:11&	02:06&	00:40&	03:21&	00:16+	02:27&	01:54-	01:04&	00:53&	00:59&	00:15&
10	Anne Botne	3559	1:23:03										
12:27+	15:27+	18:21+	34:34+	43:56+	46:42+	53:29+	60:28+	68:18+	71:53+	75:51+	79:38+	82:02+	83:03+
12:27+	03:00+	02:54+	16:13+	09:22+	02:46+	06:47+	06:59+	07:50+	03:35-	03:58+	03:47+	02:24+	01:01+
08:01@	00:23#	00:57&	03:08#	04:15&	00:43&	01:35&	00:50#	04:33@	01:45-	01:00&	00:36#	00:34&	00:08#
11	Kristin Breivold	892	1:28:45										
06:49+	10:46+	15:49+	40:34+	47:40+	50:17+	59:04+	66:16+	73:38+	76:37+	80:33+	84:21+	87:53+	88:45+
06:49+	03:57+	05:03+	24:45+	07:06+	02:37+	08:47+	07:12+	07:22+	02:59-	03:56+	03:48+	03:32+	00:52-
02:23&	01:20&	03:06@	11:40&	01:59&	00:34&	03:35&	01:03#	04:05@	02:21-	00:58&	00:37#	01:42&	00:01-
04:08	02:16	01:57	12:27	05:07	02:03	05:12	06:05	03:17	02:35	02:58	02:38	01:49	00:47

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

Damer Trim

1	Ane Hatteland Nese	769	53:46							
05:56=	14:08=	18:35=	24:35=	31:58=	37:52=	41:54=	44:09=	50:39=	52:26=	53:46=
05:56=	08:12=	04:27=	06:00=	07:23=	05:54=	04:02=	02:15=	06:30=	01:47=	01:20=
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
Damer Trim			
2	Ingunn Monsen	3525	1:02:50
04:07-	12:10-	16:01-	31:42+
04:07-	08:03-	03:51-	15:41+
01:49-	00:09-	00:36-	09:41#
			02:14#
			00:32+
			00:43#
			00:21#
			01:47-
			00:04+
			00:10-
3	Oda Roaldsdotter Ravndal	3486	1:05:26
04:45+	12:57+	19:06+	30:55+
04:45+	08:12+	06:09+	11:49+
04:45+	08:12+	06:09+	11:49+
			09:19+
			09:02+
			04:43+
			02:49+
			05:13+
			02:12+
			01:13+
4	Tone M. Seglem Giske	1683	1:09:49
09:01+	17:03+	22:17+	32:37+
09:01+	08:02+	05:14+	10:20+
09:01+	08:02+	05:14+	10:20+
			08:44+
			09:32+
			05:39+
			02:45+
			06:36+
			02:13+
			01:43+
5	Benedicte Kvalevåg	769	1:11:31
10:39+	17:44+	23:09+	31:52+
10:39+	07:05+	05:25+	08:43+
10:39+	07:05+	05:25+	08:43+
			13:55+
			07:04+
			04:57+
			03:25+
			06:31+
			02:05+
			01:42+
6	Marianne Steinkopf	880	1:12:30
11:37+	18:46+	24:05+	32:59+
11:37+	07:09+	05:19+	08:54+
11:37+	07:09+	05:19+	08:54+
			13:50+
			07:05+
			04:57+
			03:29+
			06:26+
			01:57+
			01:47+
7	Kirsti Strand Salvesen	3540	1:12:57
05:38+	13:40+	20:25+	34:31+
05:38+	08:02+	06:45+	14:06+
05:38+	08:02+	06:45+	14:06+
			09:48+
			08:19+
			05:38+
			03:45+
			06:27+
			02:26+
			02:03+
8	Ane Odland	1683	1:13:46
15:26+	26:19+	30:19+	44:55+
15:26+	10:53+	04:00+	14:36+
15:26+	10:53+	04:00+	14:36+
			08:37+
			07:06+
			04:31+
			02:29+
			03:36+
			01:33+
			00:59+
9	Karoline Blyberg Lillehammer	1758	1:25:51
07:05+	27:12+	40:26+	50:56+
07:05+	20:07+	13:14+	10:30+
07:05+	20:07+	13:14+	10:30+
			10:14+
			08:28+
			03:50+
			03:38+
			05:33+
			02:03+
			01:09+
10	Mari-Marthe Aamold	880	1:26:16
10:30+	14:46+	36:48+	63:38+
10:30+	04:16+	22:02+	26:50+
10:30+	04:16+	22:02+	26:50+
			04:38+
			05:03+
			04:00+
			03:04+
			03:23+
			01:42+
			00:48+
11	Ruth Grødem	722	1:27:03
05:28+	16:34+	29:00+	39:40+
05:28+	11:06+	12:26+	10:40+
05:28+	11:06+	12:26+	10:40+
			15:48+
			10:28+
			07:15+
			04:11+
			06:03+
			02:13+
			01:25+
12	Brit Svihus	892	1:29:13
06:56+	17:40+	29:59+	41:24+
06:56+	10:44+	12:19+	11:25+
06:56+	10:44+	12:19+	11:25+
			15:10+
			10:19+
			07:31+
			04:31+
			05:52+
			02:17+
			02:09+
13	Maria Fjelde	722	1:43:14
23:13+	37:02+	47:56+	59:55+
23:13+	13:49+	10:54+	11:59+
23:13+	13:49+	10:54+	11:59+
			14:25+
			09:57+
			05:47+
			03:41+
			06:10+
			01:56+
			01:23+
14	Kristine Vik	1284	1:47:24
07:31+	20:27+	47:23+	74:26+
07:31+	12:56+	26:56+	27:03+
07:31+	12:56+	26:56+	27:03+
			08:54+
			07:26+
			04:31+
			03:53+
			05:28+
			01:45+
			01:01+
15	Elisabet Horpestad	896	1:48:05
22:50+	33:30+	41:15+	77:49+
22:50+	10:40+	07:45+	36:34+
22:50+	10:40+	07:45+	36:34+
			09:41+
			06:12+
			04:17+
			02:05+
			04:32+
			02:37+
			00:52+

Class	Navn	Klasse	Tid
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Damer Trim

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Torbjørn Fuglestad	878	50:55										
03:49=	06:05=	08:23=	21:19=	26:31=	28:25=	33:42=	38:15=	42:07=	44:12=	46:26=	48:38=	50:18=	50:55=
03:49=	02:16=	02:18=	12:56=	05:12=	01:54=	05:17=	04:33=	03:52=	02:05=	02:14=	02:12=	01:40=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ole Andre Brandsberg	3502	59:44										
04:47+	07:12+	09:32+	23:49+	29:44+	32:13+	37:36+	44:13+	48:14+	50:36+	53:44+	56:29+	58:59+	59:44+
04:47+	02:25+	02:20+	14:17+	05:55+	02:29+	05:23+	06:37+	04:01+	02:22+	03:08+	02:45+	02:30+	00:45+
00:58&	00:09+	00:02+	01:21#	00:43#	00:35&	00:06+	02:04&	00:09+	00:17#	00:54&	00:33#	00:50&	00:08#
3	Martin Skogland	3508	1:04:37										
03:53+	05:43-	07:37-	20:35-	25:57-	27:48-	43:13+	48:34+	53:00+	55:42+	59:02+	61:53+	63:43+	64:37+
03:53+	01:50-	01:54-	12:58+	05:22+	01:51-	15:25+	05:21+	04:26+	02:42+	03:20+	02:51+	01:50+	00:54+
00:04+	00:26-	00:24-	00:02+	00:10+	00:03-	10:08@	00:48#	00:34#	00:37&	01:06&	00:39&	00:10+	00:17&
4	Henrik Aasheim	2342	1:06:40										
05:22+	08:15+	13:22+	31:17+	36:49+	38:46+	44:36+	49:17+	53:22+	56:27+	60:06+	63:05+	65:46+	66:40+
05:22+	02:53+	05:07+	17:55+	05:32+	01:57+	05:50+	04:41+	04:05+	03:05+	03:39+	02:59+	02:41+	00:54+
01:33&	00:37&	02:49@	04:59&	00:20+	00:03+	00:33#	00:08+	00:13+	01:00&	01:25&	00:47&	01:01&	00:17&
5	Erlend Syse	3559	1:08:10										
07:01+	09:40+	11:44+	29:45+	36:37+	39:00+	45:51+	53:34+	57:29+	60:04+	63:12+	65:48+	67:26+	68:10+
07:01+	02:39+	02:04-	18:01+	06:52+	02:23+	06:51+	07:43+	03:55+	02:35+	03:08+	02:36+	01:38-	00:44+
03:12&	00:23#	00:14-	05:05&	01:40&	00:29&	01:34&	03:10&	00:03+	00:30#	00:54&	00:24#	00:02-	00:07#
6	Truls Thorkildsen	2074	1:09:37										
04:57+	09:51+	15:13+	34:06+	40:55+	42:51+	48:33+	54:39+	59:15+	61:37+	64:22+	67:07+	68:42+	69:37+
04:57+	04:54+	05:22+	18:53+	06:49+	01:56+	05:42+	06:06+	04:36+	02:22+	02:45+	02:45+	01:35-	00:55+
01:08&	02:38@	03:04@	05:57&	01:37&	00:02+	00:25+	01:33&	00:44#	00:17#	00:31#	00:33#	00:05-	00:18&
7	Eivind Brimsø	3559	1:11:15										
07:42+	10:38+	14:13+	35:07+	40:06+	42:17+	47:54+	53:38+	60:54+	62:51+	65:01+	68:44+	70:29+	71:15+
07:42+	02:56+	03:35+	20:54+	04:59-	02:11+	05:37+	05:44+	07:16+	01:57-	02:10-	03:43+	01:45+	00:46+
03:53@	00:40&	01:17&	07:58&	00:13-	00:17#	00:20+	01:11&	03:24&	00:08-	00:04-	01:31&	00:05+	00:09#
8	Ole Morten Haaland	3528	1:12:06										
06:13+	08:20+	11:14+	36:44+	42:14+	43:49+	49:10+	57:09+	61:18+	63:54+	66:33+	69:09+	71:27+	72:06+
06:13+	02:07-	02:54+	25:30+	05:30+	01:35-	05:21+	07:59+	04:09+	02:36+	02:39+	02:36+	02:18+	00:39+
02:24&	00:09-	00:36&	12:34&	00:18+	00:19-	00:04+	03:26&	00:17+	00:31#	00:25#	00:24#	00:38&	00:02+
9	Anders Klungre	3548	1:17:17										
08:24+	11:25+	15:19+	32:41+	38:55+	41:09+	48:02+	58:56+	63:30+	66:29+	70:13+	73:47+	76:30+	77:17+
08:24+	03:01+	03:54+	17:22+	06:14+	02:14+	06:53+	10:54+	04:34+	02:59+	03:44+	03:34+	02:43+	00:47+
04:35@	00:45&	01:36&	04:26&	01:02#	00:20#	01:36&	06:21@	00:42#	00:54&	01:30&	01:22&	01:03&	00:10&
10	Håvard Landråk	3676	1:31:38										
09:55+	14:13+	17:51+	35:21+	42:15+	49:39+	60:51+	69:48+	75:41+	80:00+	83:45+	87:54+	90:41+	91:38+
09:55+	04:18+	03:38+	17:30+	06:54+	07:24+	11:12+	08:57+	05:53+	04:19+	03:45+	04:09+	02:47+	00:57+
06:06@	02:02&	01:20&	04:34&	01:42&	05:30@	05:55@	04:24&	02:01&	02:14@	01:31&	01:57&	01:07&	00:20&

Beste strekktid for klassen

03:49 01:50 01:54 12:56 04:59 01:35 05:17 04:33 03:52 01:57 02:10 02:12 01:35 00:37

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

Herrer 40 - 49 år

Herrer 40 - 49 år

1	Sturla Stokkeland	3522											55:07	
	03:56=	06:27=	08:11=	23:01=	27:52=	29:51=	35:06=	40:41=	43:59=	46:24=	49:13=	52:29=	54:12=	55:07=
	03:56=	02:31=	01:44=	14:50=	04:51=	01:59=	05:15=	05:35=	03:18=	02:25=	02:49=	03:16=	01:43=	00:55=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Christian Ask	3563											59:49	
	03:50+	06:22+	08:38+	21:40+	26:56+	28:59+	41:15+	46:21+	50:26+	52:54+	55:20+	57:41+	59:05+	59:49+
	03:50+	02:32+	02:16+	13:02+	05:16+	02:03+	12:16+	05:06+	04:05+	02:28+	02:26+	02:21+	01:24+	00:44+
	03:50+	02:32+	02:16+	13:02+	05:16+	02:03+	12:16+	05:06+	04:05+	02:28+	02:26+	02:21+	01:24+	00:44+
3	Inge Arild Leknes	3548											1:02:56	
	04:23+	06:55+	09:03+	26:01+	32:16+	35:08+	40:23+	45:48+	50:37+	53:33+	57:10+	60:09+	62:04+	62:56+
	04:23+	02:32+	02:08+	16:58+	06:15+	02:52+	05:15+	05:25+	04:49+	02:56+	03:37+	02:59+	01:55+	00:52+
	04:23+	02:32+	02:08+	16:58+	06:15+	02:52+	05:15+	05:25+	04:49+	02:56+	03:37+	02:59+	01:55+	00:52+
4	Magne Habbestad	3531											1:04:06	
	04:15+	06:45+	12:42+	27:38+	33:01+	35:08+	41:38+	49:31+	53:43+	55:50+	58:33+	61:23+	63:15+	64:06+
	04:15+	02:30+	05:57+	14:56+	05:23+	02:07+	06:30+	07:53+	04:12+	02:07+	02:43+	02:50+	01:52+	00:51+
	04:15+	02:30+	05:57+	14:56+	05:23+	02:07+	06:30+	07:53+	04:12+	02:07+	02:43+	02:50+	01:52+	00:51+
5	Sven Undheim	793											1:06:29	
	08:09+	10:40+	16:18+	31:16+	36:07+	38:01+	43:38+	50:07+	54:49+	57:06+	60:43+	63:30+	65:37+	66:29+
	08:09+	02:31+	05:38+	14:58+	04:51+	01:54+	05:37+	06:29+	04:42+	02:17+	03:37+	02:47+	02:07+	00:52+
	08:09+	02:31+	05:38+	14:58+	04:51+	01:54+	05:37+	06:29+	04:42+	02:17+	03:37+	02:47+	02:07+	00:52+
6	Anders Presterud	903											1:07:04	
	05:33+	07:43+	09:57+	28:29+	35:09+	37:13+	43:04+	49:13+	54:31+	57:35+	60:56+	64:21+	66:20+	67:04+
	05:33+	02:10+	02:14+	18:32+	06:40+	02:04+	05:51+	06:09+	05:18+	03:04+	03:21+	03:25+	01:59+	00:44+
	05:33+	02:10+	02:14+	18:32+	06:40+	02:04+	05:51+	06:09+	05:18+	03:04+	03:21+	03:25+	01:59+	00:44+
7	Rune Hatle	903											1:07:19	
	04:40+	07:51+	09:37+	28:02+	34:32+	36:48+	43:07+	48:51+	55:35+	58:05+	61:43+	64:33+	66:28+	67:19+
	04:40+	03:11+	01:46+	18:25+	06:30+	02:16+	06:19+	05:44+	06:44+	02:30+	03:38+	02:50+	01:55+	00:51+
	04:40+	03:11+	01:46+	18:25+	06:30+	02:16+	06:19+	05:44+	06:44+	02:30+	03:38+	02:50+	01:55+	00:51+
8	Jan-Kenneth Polle	3525											1:08:06	
	04:32+	07:17+	08:54+	27:35+	32:53+	35:18+	42:32+	50:33+	54:25+	56:47+	60:06+	65:12+	67:19+	68:06+
	04:32+	02:45+	01:37+	18:41+	05:18+	02:25+	07:14+	08:01+	03:52+	02:22+	03:19+	05:06+	02:07+	00:47+
	04:32+	02:45+	01:37+	18:41+	05:18+	02:25+	07:14+	08:01+	03:52+	02:22+	03:19+	05:06+	02:07+	00:47+
9	Frode Ungar	1683											1:16:06	
	05:27+	14:10+	17:16+	32:23+	39:57+	43:08+	50:27+	56:47+	62:11+	64:49+	69:00+	72:51+	75:02+	76:06+
	05:27+	08:43+	03:06+	15:07+	07:34+	03:11+	07:19+	06:20+	05:24+	02:38+	04:11+	03:51+	02:11+	01:04+
	05:27+	08:43+	03:06+	15:07+	07:34+	03:11+	07:19+	06:20+	05:24+	02:38+	04:11+	03:51+	02:11+	01:04+
10	Eivind Lie	1683											1:20:43	
	10:12+	12:19+	14:59+	36:29+	50:16+	52:07+	59:29+	64:42+	69:02+	71:27+	74:19+	78:05+	79:54+	80:43+
	10:12+	02:07+	02:40+	21:30+	13:47+	01:51+	07:22+	05:13+	04:20+	02:25+	02:52+	03:46+	01:49+	00:49+
	10:12+	02:07+	02:40+	21:30+	13:47+	01:51+	07:22+	05:13+	04:20+	02:25+	02:52+	03:46+	01:49+	00:49+
11	Glenn Madland	879											1:20:50	
	06:07+	13:00+	16:00+	34:48+	42:23+	44:37+	50:31+	57:03+	66:59+	70:28+	74:18+	77:51+	80:00+	80:50+
	06:07+	06:53+	03:00+	18:48+	07:35+	02:14+	05:54+	06:32+	09:56+	03:29+	03:50+	03:33+	02:09+	00:50+
	06:07+	06:53+	03:00+	18:48+	07:35+	02:14+	05:54+	06:32+	09:56+	03:29+	03:50+	03:33+	02:09+	00:50+
12	Bjarte Harbo	1830											1:27:55	
	04:50+	11:08+	14:59+	44:40+	54:56+	57:00+	63:36+	70:24+	75:38+	78:40+	82:14+	85:13+	87:02+	87:55+
	04:50+	06:18+	03:51+	29:41+	10:16+	02:04+	06:36+	06:48+	05:14+	03:02+	03:34+	02:59+	01:49+	00:53+
	04:50+	06:18+	03:51+	29:41+	10:16+	02:04+	06:36+	06:48+	05:14+	03:02+	03:34+	02:59+	01:49+	00:53+
13	Rune Dahl Fitjar	1754											1:33:09	
	18:42+	21:38+	24:37+	43:01+	55:13+	58:10+	65:49+	73:05+	78:06+	81:15+	84:55+	88:41+	92:06+	93:09+
	18:42+	02:56+	02:59+	18:24+	12:12+	02:57+	07:39+	07:16+	05:01+	03:09+	03:40+	03:46+	03:25+	01:03+
	18:42+	02:56+	02:59+	18:24+	12:12+	02:57+	07:39+	07:16+	05:01+	03:09+	03:40+	03:46+	03:25+	01:03+
14	Arild Stave	3676											1:33:46	
	14:13+	16:22+	19:38+	34:32+	40:43+	43:06+	51:10+	62:40+	78:41+	82:12+	85:30+	91:24+	93:05+	93:46+
	14:13+	02:09+	03:16+	14:54+	06:11+	02:23+	08:04+	11:30+	16:01+	03:31+	03:18+	05:54+	01:41+	00:41+
	14:13+	02:09+	03:16+	14:54+	06:11+	02:23+	08:04+	11:30+	16:01+	03:31+	03:18+	05:54+	01:41+	00:41+

Herrer 40 - 49 år

15 Anders Hagen 3528 1:46:07

17:37+	21:33+	28:07+	65:43+	70:46+	73:19+	79:36+	85:41+	92:11+	95:08+	100:14+	103:22+	105:25+	106:07+
17:37+	03:56+	06:34+	37:36+	05:03+	02:33+	06:17+	06:05+	06:30+	02:57+	05:06+	03:08+	02:03+	00:42+
17:37+	03:56+	06:34+	37:36+	05:03+	02:33+	06:17+	06:05+	06:30+	02:57+	05:06+	03:08+	02:03+	00:42+

16 Bjarne Bore 3529 1:47:24

16:01+	20:43+	27:44+	54:21+	61:40+	64:43+	71:49+	81:30+	91:41+	96:17+	99:56+	104:12+	106:29+	107:24+
16:01+	04:42+	07:01+	26:37+	07:19+	03:03+	07:06+	09:41+	10:11+	04:36+	03:39+	04:16+	02:17+	00:55+
16:01+	04:42+	07:01+	26:37+	07:19+	03:03+	07:06+	09:41+	10:11+	04:36+	03:39+	04:16+	02:17+	00:55+

Beste strekketid for klassen

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

Herrer 50 - 59 år

1 Øyvind Madland NOTEAM 42:47

01:46=	04:46=	10:52=	15:22=	17:12=	21:03=	24:15=	26:21=	31:13=	32:46=	38:20=	39:19=	40:31=	42:05=	42:47=
01:46=	03:00=	06:06=	04:30=	01:50=	03:51=	03:12=	02:06=	04:52=	01:33=	05:34=	00:59=	01:12=	01:34=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Øystein Fuglestad 878 56:16

03:02+	06:45+	13:46+	19:07+	21:20+	25:51+	31:09+	33:22+	38:54+	41:46+	49:58+	51:15+	52:55+	55:10+	56:16+
03:02+	03:43+	07:01+	05:21+	02:13+	04:31+	05:18+	02:13+	05:32+	02:52+	08:12+	01:17+	01:40+	02:15+	01:06+
01:16&	00:43#	00:55#	00:51#	00:23#	00:40#	02:06&	00:07+	00:40#	01:19&	02:38&	00:18&	00:28&	00:41&	00:24&

3 Thomas Chruickshank 3545 58:41

02:16+	04:49+	20:12+	23:46+	29:10+	31:58+	37:17+	42:11+	43:29+	54:56+	55:45+	56:45+	58:02+	58:41+	
02:16+	02:33-	15:23+	03:34-	01:48-	03:36-	02:48-	05:19+	04:54+	01:18-	11:27+	00:49-	01:00-	01:17-	00:39-
00:30&	00:27-	09:17@	00:56-	00:02-	00:15-	00:24-	03:13@	00:02+	00:15-	05:53@	00:10-	00:12-	00:17-	00:03-

4 Arngrim Utskarpen 896 1:00:09

02:29+	06:27+	18:53+	23:38+	26:12+	31:27+	35:16+	39:57+	46:58+	48:53+	54:53+	55:57+	57:25+	59:28+	60:09+
02:29+	03:58+	12:26+	04:45+	02:34+	05:15+	03:49+	04:41+	07:01+	01:55+	06:00+	01:04+	01:28+	02:03+	00:41-
00:43&	00:58&	06:20@	00:15+	00:44&	01:24&	00:37#	02:35@	02:09&	00:22#	00:26+	00:05+	00:16#	00:29&	00:01-

5 Frank Hansen 3502 1:01:47

06:43+	12:54+	19:44+	25:26+	27:36+	32:34+	37:25+	39:42+	45:08+	47:21+	56:02+	57:21+	58:52+	60:52+	61:47+
06:43+	06:11+	06:50+	05:42+	02:10+	04:58+	04:51+	02:17+	05:26+	02:13+	08:41+	01:19+	01:31+	02:00+	00:55+
04:57@	03:11@	00:44#	01:12&	00:20#	01:07&	01:39&	00:11+	00:34#	00:40&	03:07&	00:20&	00:19&	00:26&	00:13&

6 Sigurd Ravndal 769 1:03:40

02:05+	09:26+	25:54+	30:50+	32:37+	36:24+	40:22+	42:02+	48:45+	52:12+	58:17+	60:00+	61:15+	62:55+	63:40+
02:05+	07:21+	16:28+	04:56+	01:47-	03:47-	03:58+	01:40-	06:43+	03:27+	06:05+	01:43+	01:15+	01:40+	00:45+
00:19#	04:21@	10:22@	00:26+	00:03-	00:04-	00:46#	00:26-	01:51&	01:54@	00:31+	00:44&	00:03+	00:06+	00:03+

7 Erling Knutzen 879 1:04:07

02:51+	07:52+	16:12+	22:10+	25:17+	31:10+	37:34+	40:23+	48:32+	50:16+	57:34+	58:38+	61:30+	63:16+	64:07+
02:51+	05:01+	08:20+	05:58+	03:07+	05:53+	06:24+	02:49+	08:09+	01:44+	07:18+	01:04+	02:52+	01:46+	00:51+
01:05&	02:01&	02:14&	01:28&	01:17&	02:02&	03:12&	00:43&	03:17&	00:11#	01:44&	00:05+	01:40@	00:12#	00:09#

8 Cedric Fayemdy 3559 1:07:01

06:32+	08:40+	18:19+	24:30+	27:10+	33:24+	40:32+	43:33+	51:48+	53:36+	60:47+	62:18+	63:51+	66:12+	67:01+
06:32+	02:08-	09:39+	06:11+	02:40+	06:14+	07:08+	03:01+	08:15+	01:48+	07:11+	01:31+	01:33+	02:21+	00:49+
04:46@	00:52-	03:33&	01:41&	00:50&	02:23&	03:56@	00:55&	03:23&	00:15#	01:37&	00:32&	00:21&	00:47&	00:07#

9 Arve Sonflå 3563 1:07:01

02:51+	07:59+	16:39+	22:15+	24:39+	30:14+	34:31+	43:01+	49:30+	51:27+	60:20+	61:42+	63:23+	65:48+	67:01+
02:51+	05:08+	08:40+	05:36+	02:24+	05:35+	04:17+	08:30+	06:29+	01:57+	08:53+	01:22+	01:41+	02:25+	01:13+
01:05&	02:08&	02:34&	01:06#	00:34&	01:44&	01:05&	06:24@	01:37&	00:24&	03:19&	00:23&	00:29&	00:51&	00:31&

10 Jørgen Nilsen 1683 1:07:19

03:13+	11:59+	19:30+	25:25+	27:48+	32:33+	41:38+	43:52+	51:46+	53:21+	61:01+	62:12+	64:41+	66:26+	67:19+
03:13+	08:46+	07:31+	05:55+	02:23+	04:45+	09:05+	02:14+	07:54+	01:35+	07:40+	01:11+	02:29+	01:45+	00:53+
01:27&	05:46@	01:25#	01:25&	00:33&	00:54#	05:53@	00:08+	03:02&	00:02+	02:06&	00:12#	01:17@	00:11#	00:11&

Herrer 50 - 59 år

11	Trygve Michaelsen	896	1:07:29											
02:07+	04:24=	14:02+	19:21+	22:02+	27:07+	31:46+	34:20+	44:20+	46:26+	55:46+	57:30+	64:17+	66:29+	67:29+
02:07+	02:17-	09:38+	05:19+	02:41+	05:05+	04:39+	02:34+	10:00+	02:06+	09:20+	01:44+	06:47+	02:12+	01:00+
00:21#	00:43-	03:32&	00:49#	00:51&	01:14&	01:27&	00:28#	05:08@	00:33&	03:46&	00:45&	05:35@	00:38&	00:18&
12	John Breiland	3694	1:11:17											
03:14+	06:54+	15:45+	22:57+	25:52+	35:59+	41:54+	45:05+	54:36+	56:39+	65:00+	66:20+	67:56+	70:04+	71:17+
03:14+	03:40+	08:51+	07:12+	02:55+	10:07+	05:55+	03:11+	09:31+	02:03+	08:21+	01:20+	01:36+	02:08+	01:13+
03:14+	03:40+	08:51+	07:12+	02:55+	10:07+	05:55+	03:11+	09:31+	02:03+	08:21+	01:20+	01:36+	02:08+	01:13+
13	Harald Taksdal	3547	1:12:09											
03:46+	10:22+	19:39+	26:53+	29:44+	37:19+	42:57+	46:28+	54:57+	57:22+	65:09+	67:03+	69:00+	71:09+	72:09+
03:46+	06:36+	09:17+	07:14+	02:51+	07:35+	05:38+	03:31+	08:29+	02:25+	07:47+	01:54+	01:57+	02:09+	01:00+
03:46+	06:36+	09:17+	07:14+	02:51+	07:35+	05:38+	03:31+	08:29+	02:25+	07:47+	01:54+	01:57+	02:09+	01:00+
14	André Sirevåg	1683	1:14:20											
04:02+	07:54+	21:10+	27:17+	30:05+	36:09+	40:39+	44:05+	54:12+	57:59+	68:04+	69:38+	71:22+	73:24+	74:20+
04:02+	03:52+	13:16+	06:07+	02:48+	06:04+	04:30+	03:26+	10:07+	03:47+	10:05+	01:34+	01:44+	02:02+	00:56+
04:02+	03:52+	13:16+	06:07+	02:48+	06:04+	04:30+	03:26+	10:07+	03:47+	10:05+	01:34+	01:44+	02:02+	00:56+
15	Geir Inge Høvik	3522	1:15:37											
02:00+	03:59+	22:45+	28:01+	30:26+	35:27+	38:59+	41:50+	52:07+	56:13+	65:43+	70:59+	72:46+	74:35+	75:37+
02:00+	01:59+	18:46+	05:16+	02:25+	05:01+	03:32+	02:51+	10:17+	04:06+	09:30+	05:16+	01:47+	01:49+	01:02+
02:00+	01:59+	18:46+	05:16+	02:25+	05:01+	03:32+	02:51+	10:17+	04:06+	09:30+	05:16+	01:47+	01:49+	01:02+
16	Stein Arve Finnestad	1456	1:18:24											
03:25+	06:27+	18:25+	28:35+	31:05+	37:43+	45:10+	48:24+	58:47+	60:50+	72:18+	73:32+	75:12+	77:17+	78:24+
03:25+	03:02+	11:58+	10:10+	02:30+	06:38+	07:27+	03:14+	10:23+	02:03+	11:28+	01:14+	01:40+	02:05+	01:07+
03:25+	03:02+	11:58+	10:10+	02:30+	06:38+	07:27+	03:14+	10:23+	02:03+	11:28+	01:14+	01:40+	02:05+	01:07+
17	Jerome Renault	3524	1:21:31											
04:27+	08:16+	19:52+	27:53+	30:51+	37:32+	41:58+	49:52+	60:20+	62:52+	73:58+	75:36+	77:43+	80:12+	81:31+
04:27+	03:49+	11:36+	08:01+	02:58+	06:41+	04:26+	07:54+	10:28+	02:32+	11:06+	01:38+	02:07+	02:29+	01:19+
04:27+	03:49+	11:36+	08:01+	02:58+	06:41+	04:26+	07:54+	10:28+	02:32+	11:06+	01:38+	02:07+	02:29+	01:19+
18	Steinar Hansen	882	1:35:12											
02:52+	11:55+	22:07+	35:52+	37:55+	42:12+	49:37+	57:13+	69:06+	72:02+	89:00+	90:21+	92:14+	94:13+	95:12+
02:52+	09:03+	10:12+	13:45+	02:03+	04:17+	07:25+	07:36+	11:53+	02:56+	16:58+	01:21+	01:53+	01:59+	00:59+
02:52+	09:03+	10:12+	13:45+	02:03+	04:17+	07:25+	07:36+	11:53+	02:56+	16:58+	01:21+	01:53+	01:59+	00:59+
19	Christof Schätz	3598	1:51:13											
08:05+	18:09+	27:33+	34:29+	38:45+	46:58+	52:54+	61:08+	79:03+	84:41+	102:58+	104:39+	106:53+	109:42+	111:13+
08:05+	10:04+	09:24+	06:56+	04:16+	08:13+	05:56+	08:14+	17:55+	05:38+	18:17+	01:41+	02:14+	02:49+	01:31+
08:05+	10:04+	09:24+	06:56+	04:16+	08:13+	05:56+	08:14+	17:55+	05:38+	18:17+	01:41+	02:14+	02:49+	01:31+

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Sveinung Svebestad	878	51:55										
03:24=	05:20=	08:49=	16:00=	21:08=	22:49=	26:33=	33:52=	36:59=	40:38=	44:11=	48:19=	50:45=	51:55=
03:24=	01:56=	03:29=	07:11=	05:08=	01:41=	03:44=	07:19=	03:07=	03:39=	03:33=	04:08=	02:26=	01:10=
00:00=	00:00=	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	53:23										
03:25+	05:40+	15:58+	24:27+	30:08+	31:37+	34:51+	41:18+	43:10+	46:05+	48:54+	51:16+	52:42+	53:23+
03:25+	02:15+	10:18+	08:29+	05:41+	01:29-	03:14-	06:27-	01:52-	02:55-	02:49-	02:22-	01:26-	00:41-
00:01+	00:19#	06:49@	01:18#	00:33#	00:12-	00:30-	00:52-	01:15-	00:44-	00:44-	01:46-	01:00-	00:29-
3	Per Ingar Hadland	793	57:36										
03:31+	05:33+	09:24+	19:23+	25:48+	27:56+	33:11+	41:26+	43:51+	47:54+	51:19+	54:06+	56:38+	57:36+
03:31+	02:02+	03:51+	09:59+	06:25+	02:08+	05:15+	08:15+	02:25-	04:03+	03:25-	02:47-	02:32+	00:58-
00:07+	00:06+	00:22#	02:48&	01:17#	00:27&	01:31&	00:56#	00:42-	00:24#	00:08-	01:21-	00:06+	00:12-

Herrer 60 - 64 år

4	Ivar Knutsen	1683												1:01:33
	03:50+	07:33+	11:37+	19:58+	27:15+	29:33+	34:21+	44:30+	46:42+	50:25+	53:58+	57:30+	60:29+	61:33+
	03:50+	03:43+	04:04+	08:21+	07:17+	02:18+	04:48+	10:09+	02:12-	03:43+	03:33=	03:32-	02:59+	01:04-
	00:26#	01:47&	00:35#	01:10#	02:09&	00:37&	01:04&	02:50&	00:55-	00:04+	00:00=	00:36-	00:33#	00:06-
5	Arne Øvstebø	1284												1:09:20
	07:48+	10:35+	12:44+	18:31+	29:32+	35:38+	39:15+	42:58+	50:56+	53:44+	57:53+	62:02+	65:18+	68:17+ 69:20+
	07:48+	02:47+	02:09+	05:47+	11:01+	06:06+	03:37+	03:43+	07:58+	02:48+	04:09+	04:09+	03:16+	02:59+ 01:03+
	07:48+	02:47+	02:09+	05:47+	11:01+	06:06+	03:37+	03:43+	07:58+	02:48+	04:09+	04:09+	03:16+	02:59+ 01:03+
6	Stein Sigbjørnsen	882												1:14:47
	05:28+	08:08+	14:02+	25:20+	34:14+	37:08+	42:22+	53:46+	57:01+	61:34+	65:51+	71:19+	73:43+	74:47+
	05:28+	02:40+	05:54+	11:18+	08:54+	02:54+	05:14+	11:24+	03:15+	04:33+	04:17+	05:28+	02:24+	01:04+
	05:28+	02:40+	05:54+	11:18+	08:54+	02:54+	05:14+	11:24+	03:15+	04:33+	04:17+	05:28+	02:24+	01:04+
7	Sveinung Rosenvinge	1683												1:17:11
	04:10+	07:18+	13:21+	26:26+	35:24+	42:38+	47:59+	59:25+	62:07+	66:21+	70:24+	73:57+	76:08+	77:11+
	04:10+	03:08+	06:03+	13:05+	08:58+	07:14+	05:21+	11:26+	02:42+	04:14+	04:03+	03:33+	02:11+	01:03+
	04:10+	03:08+	06:03+	13:05+	08:58+	07:14+	05:21+	11:26+	02:42+	04:14+	04:03+	03:33+	02:11+	01:03+
8	John Carsten Sinnes	1884												1:26:20
	03:48+	06:12+	10:43+	33:39+	43:54+	59:22+	70:42+	72:36+	76:16+	79:30+	82:34+	85:19+	86:20+	
	03:48+	02:24+	04:31+	22:56+	08:06+	02:09+	15:28+	11:20+	01:54+	03:40+	03:14+	03:04+	02:45+	01:01+
	03:48+	02:24+	04:31+	22:56+	08:06+	02:09+	15:28+	11:20+	01:54+	03:40+	03:14+	03:04+	02:45+	01:01+

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Kjell Dale	1884												43:16
	02:51=	04:37=	07:40=	13:47=	18:28=	20:15=	23:12=	30:06=	31:45=	34:28=	37:28=	40:16=	42:13=	43:16=
	02:51=	01:46=	03:03=	06:07=	04:41=	01:47=	02:57=	06:54=	01:39=	02:43=	03:00=	02:48=	01:57=	01:03=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Otte Omdal	903												58:35
	08:49+	19:43+	23:22+	30:46+	35:35+	37:22+	40:55+	47:06+	48:33+	51:38+	54:08+	56:19+	57:46+	58:35+
	08:49+	10:54+	03:39+	07:24+	04:49+	01:47+	03:33+	06:11-	01:27-	03:05+	02:30-	02:11-	01:27-	00:49-
	05:58@	09:08@	00:36#	01:17#	00:08+	00:00=	00:36#	00:43-	00:12-	00:22#	00:30-	00:37-	00:30-	00:14-
3	Bjørn Sivertsen	1332												1:02:29
	03:37+	05:48+	11:19+	23:24+	30:04+	32:09+	36:47+	45:26+	47:27+	52:09+	56:04+	59:09+	61:22+	62:29+
	03:37+	02:11+	05:31+	12:05+	06:40+	02:05+	04:38+	08:39+	02:01+	04:42+	03:55+	03:05+	02:13+	01:07+
	00:46&	00:25#	02:28&	05:58&	01:59&	00:18#	01:41&	01:45&	00:22#	01:59&	00:55&	00:17#	00:16#	00:04+
4	Sveinung Tveit	3547												1:06:10
	04:17+	13:29+	17:17+	27:09+	34:26+	36:27+	40:17+	48:18+	50:19+	53:58+	57:43+	62:31+	64:56+	66:10+
	04:17+	09:12+	03:48+	09:52+	07:17+	02:01+	03:50+	08:01+	02:01+	03:39+	03:45+	04:48+	02:25+	01:14+
	01:26&	07:26@	00:45#	03:45&	02:36&	00:14#	00:53&	01:07#	00:22#	00:56&	00:45#	02:00&	00:28#	00:11#
5	Torbjørn Evensen	3556												1:18:50
	03:23+	05:19+	10:14+	26:10+	36:22+	38:42+	43:01+	52:30+	55:36+	60:46+	65:25+	72:36+	77:38+	78:50+
	03:23+	01:56+	04:55+	15:56+	10:12+	02:20+	04:19+	09:29+	03:06+	05:10+	04:39+	07:11+	05:02+	01:12+
	00:32#	00:10+	01:52&	09:49@	05:31@	00:33&	01:22&	02:35&	01:27&	02:27&	01:39&	04:23@	03:05@	00:09#
6	Terje Stokkeland	3522												1:20:10
	03:36+	08:46+	20:59+	29:21+	43:52+	45:57+	50:56+	61:14+	63:40+	67:54+	72:11+	76:47+	79:11+	80:10+
	03:36+	05:10+	12:13+	08:22+	14:31+	02:05+	04:59+	10:18+	02:26+	04:14+	04:17+	04:36+	02:24+	00:59-
	00:45&	03:24@	09:10@	02:15&	09:50@	00:18#	02:02&	03:24&	00:47&	01:31&	01:17&	01:48&	00:27#	00:04-
7	Tor Geir Espedal	3530												1:20:58
	05:29+	11:28+	24:01+	40:29+	47:29+	49:34+	54:18+	62:46+	66:14+	70:30+	74:04+	77:29+	79:46+	80:58+
	05:29+	05:59+	12:33+	16:28+	07:00+	02:05+	04:44+	08:28+	03:28+	04:16+	03:34+	03:25+	02:17+	01:12+
	02:38&	04:13@	09:30@	10:21@	02:19&	00:18#	01:47&	01:34#	01:49@	01:33&	00:34#	00:37#	00:20#	00:09#

Herrer 65 - 69 år

8	Steinar Barmen	722	1:23:27
04:34+	07:53+	16:00+	27:30+
04:34+	03:19+	08:07+	11:30+
01:43&	01:33&	05:04@	05:23&
36:22+	38:53+	46:26+	57:33+
02:31+	07:33+	11:07+	03:17+
00:44&	04:36@	04:13&	01:38&
60:50+	70:25+	74:57+	79:15+
09:35+	04:32+	04:18+	02:57+
06:52@	01:32&	01:30&	01:00&
82:12+	83:27+		
01:15+	00:12#		
9	Sverre Magnar Nordal	1683	1:24:08
15:42+	19:21+	26:33+	37:20+
15:42+	03:39+	07:12+	10:47+
15:42+	03:39+	07:12+	10:47+
48:29+	51:06+	57:36+	65:52+
02:37+	06:30+	08:16+	03:31+
02:37+	06:30+	08:16+	03:31+
73:40+	77:15+	80:42+	82:59+
04:17+	03:35+	03:27+	02:17+
04:17+	03:35+	03:27+	02:17+
84:08+	84:08+		
01:09+	01:09+		
10	Jan Arendal	1683	1:36:56
05:21+	09:47+	16:30+	28:34+
05:21+	04:26+	06:43+	12:04+
05:21+	04:26+	06:43+	12:04+
39:21+	43:25+	50:19+	64:41+
43:25+	50:19+	64:41+	68:53+
68:53+	75:27+	82:35+	91:34+
75:27+	82:35+	91:34+	95:08+
91:34+	95:08+	96:56+	
95:08+	96:56+		
96:56+			
11	Bjørn H Engseth	1884	1:38:22
05:12+	08:48+	15:50+	32:29+
05:12+	03:36+	07:02+	16:39+
05:12+	03:36+	07:02+	16:39+
43:43+	47:58+	55:17+	72:30+
47:58+	55:17+	72:30+	75:16+
75:16+	81:07+	86:42+	93:01+
81:07+	86:42+	93:01+	96:36+
93:01+	96:36+	98:22+	
96:36+	98:22+		
98:22+			

Beste strekketid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal	874	42:31
02:21=	04:53=	10:32=	18:18=
02:21=	02:32=	05:39=	07:46=
00:00=	00:00=	00:00=	00:00=
22:24=	23:33=	26:29=	31:34=
23:33=	26:29=	31:34=	32:44=
32:44=	35:29=	38:02=	40:06=
35:29=	38:02=	40:06=	41:41=
40:06=	41:41=	42:31=	
41:41=	42:31=		
42:31=			
2	Harry Breiland	3507	55:45
03:03+	07:21+	13:50+	22:48+
03:03+	04:18+	06:29+	08:58+
00:42&	01:46&	00:50#	01:12#
28:00+	29:35+	33:01+	39:41+
29:35+	33:01+	39:41+	41:31+
41:31+	44:57+	47:53+	52:40+
44:57+	47:53+	52:40+	54:42+
52:40+	54:42+	55:45+	
54:42+	55:45+		
55:45+			
3	Svein Berge	643	57:56
06:09+	08:55+	10:33+	15:06-
06:09+	02:46+	01:38-	04:33-
03:48@	00:14+	04:01-	03:13-
23:42+	28:44+	30:32+	34:37+
28:44+	30:32+	34:37+	43:09+
43:09+	45:47+	48:55+	52:20+
45:47+	48:55+	52:20+	55:16+
52:20+	55:16+	57:03+	57:56+
55:16+	57:03+	57:56+	
57:03+	57:56+		
4	Jan Inge Lunde	1830	1:00:19
04:06+	06:25+	11:10+	21:40+
04:06+	02:19-	04:45-	10:30+
01:45&	00:13-	00:54-	02:44&
28:49+	31:04+	35:31+	44:13+
31:04+	35:31+	44:13+	46:46+
46:46+	50:24+	53:33+	56:51+
50:24+	53:33+	56:51+	59:14+
53:33+	56:51+	59:14+	60:19+
56:51+	59:14+	60:19+	
60:19+			
5	Ragnvald Frøyland	879	1:03:41
04:18+	06:55+	11:26+	20:13+
04:18+	02:37+	04:31-	08:47+
01:57&	00:05+	01:08-	01:01#
29:47+	29:47+	34:04+	43:39+
29:47+	34:04+	43:39+	45:49+
45:49+	52:07+	55:58+	59:49+
52:07+	55:58+	59:49+	62:38+
55:58+	59:49+	62:38+	63:41+
59:49+	62:38+	63:41+	
62:38+	63:41+		
6	Bjarne Gimre	1830	1:04:31
03:52+	06:20+	16:02+	25:34+
03:52+	02:28-	09:42+	09:32+
01:31&	00:04-	04:03&	01:46#
33:06+	35:25+	39:50+	48:17+
35:25+	39:50+	48:17+	50:04+
50:04+	54:25+	57:57+	61:20+
54:25+	57:57+	61:20+	63:31+
57:57+	61:20+	63:31+	64:31+
61:20+	63:31+	64:31+	
63:31+	64:31+		
7	Kjell Ivar Skjørestad	892	1:05:44
03:38+	06:00+	11:18+	19:53+
03:38+	02:22-	05:18-	08:35+
01:17&	00:10-	00:21-	00:49#
35:48+	40:51+	49:46+	51:43+
40:51+	49:46+	51:43+	55:02+
51:43+	55:02+	57:55+	62:41+
55:02+	57:55+	62:41+	64:45+
57:55+	62:41+	64:45+	
62:41+	64:45+		
8	Jan Hetland	3502	1:11:25
05:31+	07:56+	11:46+	24:55+
05:31+	02:25-	03:50-	13:09+
03:10@	00:07-	01:49-	05:23&
38:22+	43:02+	54:04+	56:18+
43:02+	54:04+	56:18+	61:20+
61:20+	65:13+	68:21+	70:37+
65:13+	68:21+	70:37+	71:25+
70:37+	71:25+		
71:25+			

Class	Navn	Klasse	Tid
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Herrer 70 - 74 år

9	Tom Hetland	880	1:15:13										
04:19+	07:27+	12:04+	21:45+	29:53+	32:06+	46:09+	55:46+	58:12+	62:20+	65:59+	72:23+	74:23+	75:13+
04:19+	03:08+	04:37-	09:41+	08:08+	02:13+	14:03+	09:37+	02:26+	04:08+	03:39+	06:24+	02:00+	00:50=
01:58&	00:36#	01:02-	01:55#	04:02&	01:04&	11:07@	04:32&	01:16@	01:23&	01:06&	04:20@	00:25&	00:00=
10	Arne Magne Handeland	892	1:20:26										
04:00+	12:21+	16:31+	29:40+	41:00+	43:15+	48:08+	61:49+	65:04+	69:32+	73:08+	76:28+	79:25+	80:26+
04:00+	08:21+	04:10+	13:09+	11:20+	02:15+	04:53+	13:41+	03:15+	04:28+	03:36+	03:20+	02:57+	01:01+
04:00+	08:21+	04:10+	13:09+	11:20+	02:15+	04:53+	13:41+	03:15+	04:28+	03:36+	03:20+	02:57+	01:01+
11	Leif Kåre Lende	879	1:34:17										
04:36+	13:01+	34:40+	44:42+	56:40+	59:12+	62:56+	72:09+	74:07+	79:04+	84:42+	89:15+	93:28+	94:17+
04:36+	08:25+	21:39+	10:02+	11:58+	02:32+	03:44+	09:13+	01:58+	04:57+	05:38+	04:33+	04:13+	00:49+
04:36+	08:25+	21:39+	10:02+	11:58+	02:32+	03:44+	09:13+	01:58+	04:57+	05:38+	04:33+	04:13+	00:49+

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Finn-Morten Årstad	3530	57:30										
04:06=	10:57=	20:02=	23:03=	25:34=	28:03=	37:44=	47:11=	50:10=	54:57=	56:25=	57:30=		
04:06=	06:51=	09:05=	03:01=	02:31=	02:29=	09:41=	09:27=	02:59=	04:47=	01:28=	01:05=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Hans Klausen	769	57:38										
04:52+	11:29+	20:28+	23:54+	26:46+	30:09+	38:53+	47:43+	50:40+	55:12+	56:37+	57:38+		
04:52+	06:37-	08:59-	03:26+	02:52+	03:23+	08:44-	08:50-	02:57-	04:32-	01:25-	01:01-		
00:46#	00:14-	00:06-	00:25#	00:21#	00:54&	00:57-	00:37-	00:02-	00:15-	00:03-	00:04-		
3	Kjell Svihus	892	1:00:01										
03:51-	12:50+	22:20+	26:15+	29:06+	31:57+	40:06+	48:58+	52:06+	57:14+	58:50+	60:01+		
03:51-	08:59+	09:30+	03:55+	02:51+	02:51+	08:09-	08:52-	03:08+	05:08+	01:36+	01:11+		
00:15-	02:08&	00:25+	00:54&	00:20#	00:22#	01:32-	00:35-	00:09+	00:21+	00:08+	00:06+		
4	Hermann Skogsholm	1754	1:01:51										
03:58-	10:38-	20:19+	23:04+	26:32+	29:59+	38:47+	49:28+	53:06+	58:54+	60:40+	61:51+		
03:58-	06:40-	09:41+	02:45-	03:28+	03:27+	08:48-	10:41+	03:38+	05:48+	01:46+	01:11+		
00:08-	00:11-	00:36+	00:16-	00:57&	00:58&	00:53-	01:14#	00:39#	01:01#	00:18#	00:06+		
5	Øyvind Egeskog	880	1:10:21										
07:46+	16:10+	26:49+	29:53+	32:30+	37:02+	45:24+	57:07+	60:16+	67:10+	68:53+	70:21+		
07:46+	08:24+	10:39+	03:04+	02:37+	04:32+	08:22-	11:43+	03:09+	06:54+	01:43+	01:28+		
03:40&	01:33#	01:34#	00:03+	00:06+	02:03&	01:19-	02:16#	00:10+	02:07&	00:15#	00:23&		
6	Knut Skjæveland	1884	1:10:25										
04:06=	16:47+	27:08+	33:01+	35:42+	38:57+	46:57+	58:00+	61:34+	67:19+	69:11+	70:25+		
04:06=	12:41+	10:21+	05:53+	02:41+	03:15+	08:00-	11:03+	03:34+	05:45+	01:52+	01:14+		
00:00=	05:50&	01:16#	02:52&	00:10+	00:46&	01:41-	01:36#	00:35#	00:58#	00:24&	00:09#		
7	Jostein Tunheim	1683	1:10:47										
03:27-	10:32-	28:57+	32:58+	35:58+	40:46+	50:50+	61:05+	63:49+	68:38+	69:50+	70:47+		
03:27-	07:05+	18:25+	04:01+	03:00+	04:48+	10:04+	10:15+	02:44-	04:49+	01:12-	00:57-		
00:39-	00:14+	09:20@	01:00&	00:29#	02:19&	00:23+	00:48+	00:15-	00:02+	00:16-	00:08-		
8	Paul Andreas Paulsen	896	1:14:08										
03:37-	24:58+	37:12+	39:52+	42:33+	45:29+	52:50+	61:55+	65:15+	71:08+	72:47+	74:08+		
03:37-	21:21+	12:14+	02:40-	02:41+	02:56+	07:21-	09:05-	03:20+	05:53+	01:39+	01:21+		
00:29-	14:30@	03:09&	00:21-	00:10+	00:27#	02:20-	00:22-	00:21#	01:06#	00:11#	00:16#		
9	Steinar Undheim	3529	1:17:59										
07:48+	19:53+	29:44+	33:42+	36:31+	39:58+	50:05+	61:57+	66:16+	74:47+	76:42+	77:59+		
07:48+	12:05+	09:51+	03:58+	02:49+	03:27+	10:07+	11:52+	04:19+	08:31+	01:55+	01:17+		
03:42&	05:14&	00:46+	00:57&	00:18#	00:58&	00:26+	02:25&	01:20&	03:44&	00:27&	00:12#		

Class	Navn	Klasse	Tid
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Herrer 75 - 79 år

10 Svein Glendrange 874 1:26:36

05:02+	15:17+	29:08+	33:11+	36:26+	41:10+	52:23+	67:54+	73:42+	82:29+	84:57+	86:36+
05:02+	10:15+	13:51+	04:03+	03:15+	04:44+	11:13+	15:31+	05:48+	08:47+	02:28+	01:39+
00:56#	03:24&	04:46&	01:02&	00:44&	02:15&	01:32#	06:04&	02:49&	04:00&	01:00&	00:34&

11 Olav A. Hognestad 892 1:31:19

04:42+	12:00+	47:44+	50:39+	53:29+	57:55+	66:20+	77:50+	81:10+	88:13+	89:48+	91:19+
04:42+	07:18+	35:44+	02:55+	02:50+	04:26+	08:25+	11:30+	03:20+	07:03+	01:35+	01:31+
04:42+	07:18+	35:44+	02:55+	02:50+	04:26+	08:25+	11:30+	03:20+	07:03+	01:35+	01:31+

Beste strekktid for klassen

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

Herrer 80 år og eldre

1 Kjell Langvik 1884 56:45

03:45=	08:05=	11:15=	15:45=	26:14=	30:53=	35:16=	38:52=	43:54=	50:14=	53:46=	55:39=	56:45=
03:45=	04:20=	03:10=	04:30=	10:29=	04:39=	04:23=	03:36=	05:02=	06:20=	03:32=	01:53=	01:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Magne Jakobsen 3524 1:20:46

07:04+	13:03+	17:44+	22:35+	32:53+	45:35+	51:55+	56:16+	64:46+	72:45+	76:56+	79:07+	80:46+
07:04+	05:59+	04:41+	04:51+	10:18-	12:42+	06:20+	04:21+	08:30+	07:59+	04:11+	02:11+	01:39+
03:19&	01:39&	01:31&	00:21+	00:11-	08:03@	01:57&	00:45#	03:28&	01:39&	00:39#	00:18#	00:33&

3 Arne Brandsberg 3502 1:28:50

05:43+	13:03+	18:15+	23:20+	32:30+	41:35+	50:14+	57:27+	66:25+	76:32+	82:43+	86:23+	88:50+
05:43+	07:20+	05:12+	05:05+	09:10-	09:05+	08:39+	07:13+	08:58+	10:07+	06:11+	03:40+	02:27+
01:58&	03:00&	02:02&	00:35#	01:19-	04:26&	04:16&	03:37@	03:56&	03:47&	02:39&	01:47&	01:21@

4 Torleiv Møgedal 874 1:31:22

05:59+	13:57+	19:28+	29:30+	39:01+	48:36+	55:53+	61:25+	69:55+	80:10+	86:16+	89:06+	91:22+
05:59+	07:58+	05:31+	10:02+	09:31-	09:35+	07:17+	05:32+	08:30+	10:15+	06:06+	02:50+	02:16+
02:14&	03:38&	02:21&	05:32@	00:58-	04:56@	02:54&	01:56&	03:28&	03:55&	02:34&	00:57&	01:10@

5 Kjell Audun Maudal 3524 1:50:30

10:33+	19:21+	27:14+	37:02+	50:58+	61:05+	71:05+	78:18+	87:44+	100:02+	105:57+	108:26+	110:30+
10:33+	08:48+	07:53+	09:48+	13:56+	10:07+	10:00+	07:13+	09:26+	12:18+	05:55+	02:29+	02:04+
06:48@	04:28@	04:43@	05:18@	03:27&	05:28@	05:37@	03:37@	04:24&	05:58&	02:23&	00:36&	00:58&

6 Harald Vatne 2342 1:53:56

06:04+	11:36+	15:39+	64:35+	73:05+	79:29+	84:58+	89:08+	97:12+	104:02+	109:28+	111:54+	113:56+
06:04+	05:32+	04:03+	48:56+	08:30-	06:24+	05:29+	04:10+	08:04+	06:50+	05:26+	02:26+	02:02+
02:19&	01:12&	00:53&	44:26@	01:59-	01:45&	01:06&	00:34#	03:02&	00:30+	01:54&	00:33&	00:56&

Beste strekktid for klassen

03:45	04:20	03:10	04:30	08:30	04:39	04:23	03:36	05:02	06:20	03:32	01:53	01:06
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer A

1 Morten Bjerga Sundli 3522 48:30

02:55=	04:33=	13:30=	14:42=	15:48=	24:33=	28:11=	30:38=	38:27=	40:48=	42:13=	43:59=	45:15=	46:32=	47:52=	48:30=
02:55=	01:38=	08:57=	01:12=	01:06=	08:45=	03:38=	02:27=	07:49=	02:21=	01:25=	01:46=	01:16=	01:17=	01:20=	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=

2 Fredrik Sandal 1830 49:54

03:42+	05:30+	14:04+	15:13+	16:22+	24:56+	28:12+	30:40+	38:39+	41:21+	43:06+	45:02+	46:07+	47:34+	49:12+	49:54+
03:42+	01:48+	08:34-	01:09-	01:09+	08:34-	03:16-	02:28+	07:59+	02:42+	01:45+	01:56+	01:05-	01:27+	01:38+	00:42+
00:47&	00:10#	00:23-	00:03-	00:03+	00:11-	00:22-	00:01+	00:10+	00:21#	00:20#	00:10+	00:11-	00:10#	00:18#	00:04#

Herrer A

3	Lars Sigve Oftedal	772														51:42
03:10+	04:50+	13:52+	15:04+	16:23+	24:46+	28:08-	31:14+	39:51+	42:35+	45:23+	47:15+	48:19+	49:42+	51:01+	51:42+	
03:10+	01:40+	09:02+	01:12=	01:19+	08:23-	03:22-	03:06+	08:37+	02:44+	02:48+	01:52+	01:04-	01:23+	01:19-	00:41+	
00:15+	00:02+	00:05+	00:00=	00:13#	00:22-	00:16-	00:39&	00:48#	00:23#	01:23&	00:06+	00:12-	00:06+	00:01-	00:03+	
4	Erik Lima	1832														55:21
03:30+	05:20+	13:59+	15:17+	16:45+	25:44+	29:23+	32:09+	41:38+	44:33+	47:07+	49:58+	51:31+	53:11+	54:38+	55:21+	
03:30+	01:50+	08:39+	01:18+	01:28+	08:59+	03:39+	02:46+	09:29+	02:55+	02:34+	02:51+	01:33+	01:40+	01:27+	00:43+	
03:30+	01:50+	08:39+	01:18+	01:28+	08:59+	03:39+	02:46+	09:29+	02:55+	02:34+	02:51+	01:33+	01:40+	01:27+	00:43+	
5	Harald Kalager	793														56:24
03:44+	05:53+	16:47+	18:06+	19:23+	28:49+	32:30+	35:31+	44:06+	47:06+	49:06+	51:23+	52:37+	54:12+	55:39+	56:24+	
03:44+	02:09+	10:54+	01:19+	01:17+	09:26+	03:41+	03:01+	08:35+	03:00+	02:00+	02:17+	01:14+	01:35+	01:27+	00:45+	
03:44+	02:09+	10:54+	01:19+	01:17+	09:26+	03:41+	03:01+	08:35+	03:00+	02:00+	02:17+	01:14+	01:35+	01:27+	00:45+	
6	Fredrik Omdal	3828														56:32
05:13+	06:44+	16:15+	18:17+	19:37+	27:48+	31:29+	35:52+	44:28+	47:20+	49:57+	51:56+	53:05+	54:32+	55:53+	56:32+	
05:13+	01:31+	09:31+	02:02+	01:20+	08:11+	03:41+	04:23+	08:36+	02:52+	02:37+	01:59+	01:09+	01:27+	01:21+	00:39+	
05:13+	01:31+	09:31+	02:02+	01:20+	08:11+	03:41+	04:23+	08:36+	02:52+	02:37+	01:59+	01:09+	01:27+	01:21+	00:39+	
7	Sven Hatteland	3528														58:33
03:03+	04:56+	16:01+	17:23+	18:39+	29:42+	33:41+	37:05+	47:06+	49:56+	51:33+	53:34+	54:58+	56:15+	57:51+	58:33+	
03:03+	01:53+	11:05+	01:22+	01:16+	11:03+	03:59+	03:24+	10:01+	02:50+	01:37+	02:01+	01:24+	01:17+	01:36+	00:42+	
03:03+	01:53+	11:05+	01:22+	01:16+	11:03+	03:59+	03:24+	10:01+	02:50+	01:37+	02:01+	01:24+	01:17+	01:36+	00:42+	
8	Kristian Frafjord Haarr	882														1:02:14
03:58+	06:00+	17:48+	19:01+	20:37+	31:51+	36:11+	40:19+	49:32+	52:39+	54:52+	57:13+	58:37+	60:07+	61:25+	62:14+	
03:58+	02:02+	11:48+	01:13+	01:36+	11:14+	04:20+	04:08+	09:13+	03:07+	02:13+	02:21+	01:24+	01:30+	01:18+	00:49+	
03:58+	02:02+	11:48+	01:13+	01:36+	11:14+	04:20+	04:08+	09:13+	03:07+	02:13+	02:21+	01:24+	01:30+	01:18+	00:49+	
9	Jørgen Strømstad	1786														1:03:56
05:29+	07:42+	19:01+	20:28+	21:50+	31:37+	35:50+	39:17+	49:27+	52:53+	55:19+	57:48+	59:34+	61:22+	63:16+	63:56+	
05:29+	02:13+	11:19+	01:27+	01:22+	09:47+	04:13+	03:27+	10:10+	03:26+	02:26+	02:29+	01:46+	01:48+	01:54+	00:40+	
05:29+	02:13+	11:19+	01:27+	01:22+	09:47+	04:13+	03:27+	10:10+	03:26+	02:26+	02:29+	01:46+	01:48+	01:54+	00:40+	
10	Håkon Eggebø	1284														1:10:16
08:33+	10:46+	22:38+	24:07+	25:24+	37:15+	41:20+	44:30+	55:57+	59:12+	61:13+	63:47+	65:57+	68:11+	69:37+	70:16+	
08:33+	02:13+	11:52+	01:29+	01:17+	11:51+	04:05+	03:10+	11:27+	03:15+	02:01+	02:34+	02:10+	02:14+	01:26+	00:39+	
08:33+	02:13+	11:52+	01:29+	01:17+	11:51+	04:05+	03:10+	11:27+	03:15+	02:01+	02:34+	02:10+	02:14+	01:26+	00:39+	
11	Martin Blystad	3530														1:12:03
04:03+	10:21+	22:03+	24:10+	25:17+	36:37+	40:38+	45:39+	58:30+	61:51+	63:55+	66:21+	67:51+	69:26+	71:08+	72:03+	
04:03+	06:18+	11:42+	02:07+	01:07+	11:20+	04:01+	05:01+	12:51+	03:21+	02:04+	02:26+	01:30+	01:35+	01:42+	00:55+	
04:03+	06:18+	11:42+	02:07+	01:07+	11:20+	04:01+	05:01+	12:51+	03:21+	02:04+	02:26+	01:30+	01:35+	01:42+	00:55+	
12	Svein Kyllingstad	1284														1:12:11
05:47+	12:27+	23:12+	25:32+	26:46+	39:17+	44:02+	47:22+	58:14+	62:17+	64:50+	66:57+	68:07+	69:43+	71:24+	72:11+	
05:47+	06:40+	10:45+	02:20+	01:14+	12:31+	04:45+	03:20+	10:52+	04:03+	02:33+	02:07+	01:10+	01:36+	01:41+	00:47+	
05:47+	06:40+	10:45+	02:20+	01:14+	12:31+	04:45+	03:20+	10:52+	04:03+	02:33+	02:07+	01:10+	01:36+	01:41+	00:47+	
13	Lars Erik Malde	3676														1:12:56
06:38+	12:10+	26:37+	27:58+	29:28+	41:07+	45:44+	48:28+	57:54+	61:27+	64:40+	67:01+	69:04+	70:29+	72:19+	72:56+	
06:38+	05:32+	14:27+	01:21+	01:30+	11:39+	04:37+	02:44+	09:26+	03:33+	03:13+	02:21+	02:03+	01:25+	01:50+	00:37+	
06:38+	05:32+	14:27+	01:21+	01:30+	11:39+	04:37+	02:44+	09:26+	03:33+	03:13+	02:21+	02:03+	01:25+	01:50+	00:37+	
14	Torbjørn Ims Østby	3507														1:20:08
09:19+	12:47+	26:41+	28:28+	30:13+	44:10+	49:09+	53:04+	64:26+	68:22+	70:45+	73:45+	75:18+	77:10+	79:14+	80:08+	
09:19+	03:28+	13:54+	01:47+	01:45+	13:57+	04:59+	03:55+	11:22+	03:56+	02:23+	03:00+	01:33+	01:52+	02:04+	00:54+	
09:19+	03:28+	13:54+	01:47+	01:45+	13:57+	04:59+	03:55+	11:22+	03:56+	02:23+	03:00+	01:33+	01:52+	02:04+	00:54+	

Beste strekktid for klassen

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

Herrer B

Herrer B

1	Torgeir Nevland	NOTEAM	48:39												
03:05=	04:48=	12:57=	14:07=	15:04=	23:11=	26:47=	29:14=	36:56=	39:45=	41:24=	43:24=	45:05=	46:42=	47:57=	48:39=
03:05=	01:43=	08:09=	01:10=	00:57=	08:07=	03:36=	02:27=	07:42=	02:49=	01:39=	02:00=	01:41=	01:37=	01:15=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Aart Joakim in't Veld	1884	54:45												
03:03+	04:44+	16:09+	17:22+	18:39+	27:23+	31:11+	33:53+	42:40+	45:46+	47:32+	49:38+	51:37+	52:49+	54:04+	54:45+
03:03+	01:41+	11:25+	01:13+	01:17+	08:44+	03:48+	02:42+	08:47+	03:06+	01:46+	02:06+	01:59+	01:12+	01:15+	00:41+
03:03+	01:41+	11:25+	01:13+	01:17+	08:44+	03:48+	02:42+	08:47+	03:06+	01:46+	02:06+	01:59+	01:12+	01:15+	00:41+
3	Jon Åsmund Espedal	NOTEAM	55:01												
05:30+	07:01+	15:47+	18:23+	19:30+	28:34+	32:11+	34:40+	43:07+	46:13+	47:50+	49:43+	51:11+	52:46+	54:19+	55:01+
05:30+	01:31+	08:46+	02:36+	01:07+	09:04+	03:37+	02:29+	08:27+	03:06+	01:37+	01:53+	01:28+	01:35+	01:33+	00:42+
05:30+	01:31+	08:46+	02:36+	01:07+	09:04+	03:37+	02:29+	08:27+	03:06+	01:37+	01:53+	01:28+	01:35+	01:33+	00:42+
4	Tom Furland	769	55:49												
03:37+	05:31+	15:13+	16:36+	17:49+	27:16+	31:15+	34:24+	43:43+	46:34+	48:35+	50:42+	52:08+	53:39+	54:57+	55:49+
03:37+	01:54+	09:42+	01:23+	01:13+	09:27+	03:59+	03:09+	09:19+	02:51+	02:01+	02:07+	01:26+	01:31+	01:18+	00:52+
03:37+	01:54+	09:42+	01:23+	01:13+	09:27+	03:59+	03:09+	09:19+	02:51+	02:01+	02:07+	01:26+	01:31+	01:18+	00:52+
5	Oddgeir Eikeskog	1884	59:00												
03:49+	05:54+	16:06+	17:29+	18:46+	29:45+	33:48+	37:06+	45:21+	48:45+	51:19+	53:51+	55:06+	56:45+	58:11+	59:00+
03:49+	02:05+	10:12+	01:23+	01:17+	10:59+	04:03+	03:18+	08:15+	03:24+	02:34+	02:32+	01:15+	01:39+	01:26+	00:49+
03:49+	02:05+	10:12+	01:23+	01:17+	10:59+	04:03+	03:18+	08:15+	03:24+	02:34+	02:32+	01:15+	01:39+	01:26+	00:49+
6	Magnus Landstad	3507	1:00:10												
06:21+	08:13+	18:00+	19:25+	21:23+	30:21+	34:05+	39:24+	47:39+	50:40+	52:46+	55:03+	56:44+	58:07+	59:26+	60:10+
06:21+	01:52+	09:47+	01:25+	01:58+	08:58+	03:44+	05:19+	08:15+	03:01+	02:06+	02:17+	01:41+	01:23+	01:19+	00:44+
06:21+	01:52+	09:47+	01:25+	01:58+	08:58+	03:44+	05:19+	08:15+	03:01+	02:06+	02:17+	01:41+	01:23+	01:19+	00:44+
7	Joar Eilevstjønn	2342	1:01:35												
06:23+	08:47+	18:52+	20:44+	22:07+	32:06+	36:04+	39:07+	49:29+	52:51+	54:29+	56:29+	58:08+	59:35+	60:59+	61:35+
06:23+	02:24+	10:05+	01:52+	01:23+	09:59+	03:58+	03:03+	10:22+	03:22+	01:38+	02:00+	01:39+	01:27+	01:24+	00:36+
06:23+	02:24+	10:05+	01:52+	01:23+	09:59+	03:58+	03:03+	10:22+	03:22+	01:38+	02:00+	01:39+	01:27+	01:24+	00:36+
8	Jan-Rune Larsen Basso	1376	1:02:34												
04:38+	06:48+	16:25+	18:46+	20:14+	30:24+	34:37+	37:49+	47:25+	50:52+	53:08+	55:48+	57:27+	59:44+	61:48+	62:34+
04:38+	02:10+	09:37+	02:21+	01:28+	10:10+	04:13+	03:12+	09:36+	03:27+	02:16+	02:40+	01:39+	02:17+	02:04+	00:46+
04:38+	02:10+	09:37+	02:21+	01:28+	10:10+	04:13+	03:12+	09:36+	03:27+	02:16+	02:40+	01:39+	02:17+	02:04+	00:46+
9	Geir Sand	722	1:02:40												
04:17+	06:42+	16:34+	18:07+	19:56+	30:24+	34:48+	37:33+	49:11+	52:58+	55:05+	57:32+	58:53+	60:30+	62:00+	62:40+
04:17+	02:25+	09:52+	01:33+	01:49+	10:28+	04:24+	02:45+	11:38+	03:47+	02:07+	02:27+	01:21+	01:37+	01:30+	00:40+
04:17+	02:25+	09:52+	01:33+	01:49+	10:28+	04:24+	02:45+	11:38+	03:47+	02:07+	02:27+	01:21+	01:37+	01:30+	00:40+
10	Per Olav Haarr	769	1:04:55												
04:20+	06:33+	20:15+	21:54+	23:14+	34:40+	38:34+	41:22+	51:15+	54:46+	57:17+	59:54+	61:12+	62:41+	64:12+	64:55+
04:20+	02:13+	13:42+	01:39+	01:20+	11:26+	03:54+	02:48+	09:53+	03:31+	02:31+	02:37+	01:18+	01:29+	01:31+	00:43+
04:20+	02:13+	13:42+	01:39+	01:20+	11:26+	03:54+	02:48+	09:53+	03:31+	02:31+	02:37+	01:18+	01:29+	01:31+	00:43+
11	Tor Gunnar Aksland	1683	1:06:05												
03:18+	05:28+	16:20+	18:23+	19:58+	30:25+	34:49+	37:55+	52:42+	56:01+	58:11+	60:31+	62:03+	63:45+	65:14+	66:05+
03:18+	02:10+	10:52+	02:03+	01:35+	10:27+	04:24+	03:06+	14:47+	03:19+	02:10+	02:20+	01:32+	01:42+	01:29+	00:51+
03:18+	02:10+	10:52+	02:03+	01:35+	10:27+	04:24+	03:06+	14:47+	03:19+	02:10+	02:20+	01:32+	01:42+	01:29+	00:51+
12	Kristoffer Johannessen	1830	1:07:36												
04:12+	06:16+	18:10+	19:33+	20:59+	32:27+	36:55+	40:20+	51:24+	56:43+	59:01+	61:38+	63:03+	64:47+	66:54+	67:36+
04:12+	02:04+	11:54+	01:23+	01:26+	11:28+	04:28+	03:25+	11:04+	05:19+	02:18+	02:37+	01:25+	01:44+	02:07+	00:42+
04:12+	02:04+	11:54+	01:23+	01:26+	11:28+	04:28+	03:25+	11:04+	05:19+	02:18+	02:37+	01:25+	01:44+	02:07+	00:42+
13	Njål F. Vadla	1884	1:09:28												
04:01+	06:27+	19:14+	21:54+	23:42+	34:39+	39:22+	42:39+	54:21+	57:44+	60:17+	62:44+	64:15+	66:26+	68:31+	69:28+
04:01+	02:26+	12:47+	02:40+	01:48+	10:57+	04:43+	03:17+	11:42+	03:23+	02:33+	02:27+	01:31+	02:11+	02:05+	00:57+
04:01+	02:26+	12:47+	02:40+	01:48+	10:57+	04:43+	03:17+	11:42+	03:23+	02:33+	02:27+	01:31+	02:11+	02:05+	00:57+

Beste strekktid for klassen

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

Herrer C

1 Kjetil Wirak 3486 50:16
02:12= 03:39= 12:35= 19:21= 20:48= 23:23= 25:58= 32:53= 34:07= 35:57= 40:38= 43:30= 44:59= 48:05= 49:33= 50:16=
02:12= 01:27= 08:56= 06:46= 01:27= 02:35= 02:35= 06:55= 01:14= 01:50= 04:41= 02:52= 01:29= 03:06= 01:28= 00:43=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Henning Sundby 3486 58:12
02:39+ 04:09+ 13:38+ 20:03+ 21:17+ 26:43+ 29:42+ 36:58+ 38:16+ 41:31+ 46:23+ 49:47+ 51:39+ 55:47+ 57:26+ 58:12+
02:39+ 01:30+ 09:29+ 06:25- 01:14- 05:26+ 02:59+ 07:16+ 01:18+ 03:15+ 04:52+ 03:24+ 01:52+ 04:08+ 01:39+ 00:46+
00:27# 00:03+ 00:33+ 00:21- 00:13- 02:51# 00:24# 00:21+ 00:04+ 01:25& 00:11+ 00:32# 00:23& 01:02& 00:11# 00:03+

3 Terje Michaelsen 3511 1:01:27
02:17+ 03:43+ 11:06- 18:24- 20:15- 23:25+ 25:58= 39:30+ 40:46+ 47:15+ 51:05+ 54:07+ 55:44+ 59:19+ 60:49+ 61:27+
02:17+ 01:26- 07:23- 07:18+ 01:51+ 03:10+ 02:33- 13:32+ 01:16+ 06:29+ 03:50- 03:02+ 01:37+ 03:35+ 01:30+ 00:38-
00:05+ 00:01- 01:33- 00:32+ 00:24& 00:35# 00:02- 06:37& 00:02+ 04:39# 00:51- 00:10+ 00:08+ 00:29# 00:02+ 00:05-

4 Oddmund Nordgård 722 1:03:07
02:50+ 04:28+ 13:27+ 20:42+ 22:04+ 24:53+ 28:58+ 40:01+ 41:25+ 43:41+ 49:27+ 53:21+ 55:42+ 60:19+ 62:25+ 63:07+
02:50+ 01:38+ 08:59+ 07:15+ 01:22- 02:49+ 04:05+ 11:03+ 01:24+ 02:16+ 05:46+ 03:54+ 02:21+ 04:37+ 02:06+ 00:42-
00:38& 00:11# 00:03+ 00:29+ 00:05- 00:14+ 01:30& 04:08& 00:10# 00:26# 01:05# 01:02& 00:52& 01:31& 00:38& 00:01-

5 Nils John Vestøl 3541 1:03:36
03:00+ 04:53+ 14:54+ 22:36+ 24:18+ 27:10+ 30:56+ 40:32+ 42:16+ 44:09+ 49:44+ 53:47+ 57:10+ 61:12+ 62:59+ 63:36+
03:00+ 01:53+ 10:01+ 07:42+ 01:42+ 02:52+ 03:46+ 09:36+ 01:44+ 01:53+ 05:35+ 04:03+ 03:23+ 04:02+ 01:47+ 00:37-
00:48& 00:26& 01:05# 00:56# 00:15# 00:17# 01:11& 02:41& 00:30& 00:03+ 00:54# 01:11& 01:54# 00:56& 00:19# 00:06-

6 Jan-Einar Øvremo 1119 1:04:02
02:22+ 04:20+ 13:23+ 21:15+ 23:03+ 25:53+ 29:17+ 36:26+ 37:58+ 42:28+ 51:25+ 54:45+ 56:36+ 62:03+ 63:21+ 64:02+
02:22+ 01:58+ 09:03+ 07:52+ 01:48+ 02:50+ 03:24+ 07:09+ 01:32+ 04:30+ 08:57+ 03:20+ 01:51+ 05:27+ 01:18- 00:41-
00:10+ 00:31& 00:07+ 01:06# 00:21# 00:15+ 00:49& 00:14+ 00:18# 02:40# 04:16& 00:28# 00:22# 02:21& 00:10- 00:02-

7 Svein-Erik Kvame 1683 1:05:21
03:37+ 05:35+ 15:21+ 23:55+ 25:27+ 28:33+ 31:39+ 40:00+ 41:29+ 45:40+ 50:55+ 55:09+ 57:33+ 62:29+ 64:23+ 65:21+
03:37+ 01:58+ 09:46+ 08:34+ 01:32+ 03:06+ 03:06+ 08:21+ 01:29+ 04:11+ 05:15+ 04:14+ 02:24+ 04:56+ 01:54+ 00:58+
01:25& 00:31& 00:50+ 01:48& 00:05+ 00:31# 00:31# 01:26# 00:15# 02:21# 00:34# 01:22& 00:55& 01:50& 00:26& 00:15&

8 Øivind Berggraf 1683 1:07:44
02:49+ 04:46+ 16:40+ 25:21+ 27:28+ 30:52+ 34:28+ 43:34+ 45:09+ 47:31+ 54:06+ 57:30+ 60:05+ 65:00+ 66:56+ 67:44+
02:49+ 01:57+ 11:54+ 08:41+ 02:07+ 03:24+ 03:36+ 09:06+ 01:35+ 02:22+ 06:35+ 03:24+ 02:35+ 04:55+ 01:56+ 00:48+
00:37& 00:30& 02:58& 01:55& 00:40& 00:49& 01:01& 02:11& 00:21& 00:32& 01:54& 00:32# 01:06& 01:49& 00:28& 00:05#

9 Morten Aamodt 1683 1:08:07
02:46+ 04:27+ 14:49+ 23:52+ 25:35+ 28:44+ 31:44+ 39:09+ 40:37+ 43:10+ 48:54+ 52:33+ 56:23+ 64:55+ 67:09+ 68:07+
02:46+ 01:41+ 10:22+ 09:03+ 01:43+ 03:09+ 03:00+ 07:25+ 01:28+ 02:33+ 05:44+ 03:39+ 03:50+ 08:32+ 02:14+ 00:58+
00:34& 00:14# 01:26# 02:17& 00:16# 00:34# 00:25# 00:30+ 00:14# 00:43& 01:03# 00:47& 02:21# 05:26# 00:46& 00:15&

10 Svein Oddvar Netland 1683 1:11:13
03:01+ 05:08+ 15:46+ 25:58+ 28:29+ 32:08+ 35:58+ 44:18+ 46:22+ 49:18+ 55:38+ 61:04+ 63:06+ 68:40+ 70:20+ 71:13+
03:01+ 02:07+ 10:38+ 10:12+ 02:31+ 03:39+ 03:50+ 08:20+ 02:04+ 02:56+ 06:20+ 05:26+ 02:02+ 05:34+ 01:40+ 00:53+
00:49& 00:40& 01:42# 03:26& 01:04& 01:04& 01:15& 01:25# 00:50& 01:06& 01:39& 02:34& 00:33& 02:28& 00:12# 00:10#

11 Leif Kjetil Hinna Gausel 1683 1:11:17
03:19+ 05:21+ 17:23+ 26:07+ 28:51+ 32:40+ 36:06+ 44:09+ 45:52+ 48:39+ 56:10+ 60:25+ 62:53+ 68:13+ 70:19+ 71:17+
03:19+ 02:02+ 12:02+ 08:44+ 02:44+ 03:49+ 03:26+ 08:03+ 01:43+ 02:47+ 07:31+ 04:15+ 02:28+ 05:20+ 02:06+ 00:58+
01:07& 00:35& 03:06& 01:58& 01:17& 01:14& 00:51& 01:08# 00:29& 00:57& 02:50& 01:23& 00:59& 02:14& 00:38& 00:15&

12 Pål Bårdsen 3497 1:11:34
02:49+ 04:42+ 14:41+ 25:01+ 26:43+ 31:03+ 34:56+ 45:13+ 46:38+ 49:18+ 56:45+ 60:38+ 63:10+ 68:37+ 70:35+ 71:34+
02:49+ 01:53+ 09:59+ 10:20+ 01:42+ 04:20+ 03:53+ 10:17+ 01:25+ 02:40+ 07:27+ 03:53+ 02:32+ 05:27+ 01:58+ 00:59+
00:37& 00:26& 01:03# 03:34& 00:15# 01:45& 01:18& 03:22& 00:11# 00:50& 02:46& 01:01& 01:03& 02:21& 00:30& 00:16&

13 Erling Mauland 3541 1:12:29
03:37+ 07:55+ 19:41+ 28:45+ 30:40+ 34:07+ 38:08+ 47:08+ 49:13+ 51:25+ 57:35+ 62:02+ 64:26+ 69:29+ 71:36+ 72:29+
03:37+ 04:18+ 11:46+ 09:04+ 01:55+ 03:27+ 04:01+ 09:00+ 02:05+ 02:12+ 06:10+ 04:27+ 02:24+ 05:03+ 02:07+ 00:53+
01:25& 02:51# 02:50& 02:18& 00:28& 00:52& 01:26& 02:05& 00:51& 00:22# 01:29& 01:35& 00:55& 01:57& 00:39& 00:10#

14 Øyvind Rummelhoff 882 1:13:48
03:09+ 04:56+ 15:16+ 29:33+ 31:18+ 34:30+ 37:39+ 49:22+ 50:41+ 52:46+ 60:07+ 63:38+ 66:49+ 71:50+ 73:06+ 73:48+
03:09+ 01:47+ 10:20+ 14:17+ 01:45+ 03:12+ 03:09+ 11:43+ 01:19+ 02:05+ 07:21+ 03:31+ 03:11+ 05:01+ 01:16- 00:42-
00:57& 00:20# 01:24# 07:31# 00:18# 00:37# 00:34# 04:48& 00:05+ 00:15# 02:40& 00:39# 01:42# 01:55& 00:12- 00:01-

Class	Navn	Klasse	Tid
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Herrer C

15	Pål H. Gjerden	1683	1:22:16													
03:05+	05:08+	16:56+	28:51+	30:51+	35:46+	40:09+	49:38+	51:31+	53:50+	61:37+	66:34+	69:53+	77:38+	81:04+	82:16+	
03:05+	02:03+	11:48+	11:55+	02:00+	04:55+	04:23+	09:29+	01:53+	02:19+	07:47+	04:57+	03:19+	07:45+	03:26+	01:12+	
00:53&	00:36&	02:52&	05:09&	00:33&	02:20&	01:48&	02:34&	00:39&	00:29&	03:06&	02:05&	01:50&	04:39&	01:58&	00:29&	
16	Bertrand Denieul	877	1:24:48													
03:15+	04:48+	26:15+	34:55+	36:50+	40:02+	43:40+	53:01+	54:40+	57:17+	69:16+	73:34+	76:22+	81:21+	84:02+	84:48+	
03:15+	01:33+	21:27+	08:40+	01:55+	03:12+	03:38+	09:21+	01:39+	02:37+	11:59+	04:18+	02:48+	04:59+	02:41+	00:46+	
03:15+	01:33+	21:27+	08:40+	01:55+	03:12+	03:38+	09:21+	01:39+	02:37+	11:59+	04:18+	02:48+	04:59+	02:41+	00:46+	
17	Ove Oaland	1683	1:43:54													
04:21+	06:33+	25:40+	40:03+	42:28+	44:29+	53:29+	58:05+	68:50+	71:00+	77:54+	85:06+	90:00+	93:31+	100:30+	102:46+	103:54+
04:21+	02:12+	19:07+	14:23+	02:25+	02:01+	09:00+	04:36+	10:45+	02:10+	06:54+	07:12+	04:54+	03:31+	06:59+	02:16+	01:08+
04:21+	02:12+	19:07+	14:23+	02:25+	02:01+	09:00+	04:36+	10:45+	02:10+	06:54+	07:12+	04:54+	03:31+	06:59+	02:16+	01:08+
18	Stephen Richardson	877	1:58:38													
05:19+	13:00+	36:46+	54:43+	57:41+	61:43+	67:08+	81:05+	83:24+	88:41+	97:29+	103:04+	107:18+	114:58+	117:28+	118:38+	
05:19+	07:41+	23:46+	17:57+	02:58+	04:02+	05:25+	13:57+	02:19+	05:17+	08:48+	05:35+	04:14+	07:40+	02:30+	01:10+	
05:19+	07:41+	23:46+	17:57+	02:58+	04:02+	05:25+	13:57+	02:19+	05:17+	08:48+	05:35+	04:14+	07:40+	02:30+	01:10+	

Beste strekktid for klassen

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

Herrer Trim

1	Per Simensen	3725	39:34									
04:14=	07:13=	09:11=	12:08=	17:48=	22:33=	25:20=	27:17=	31:06=	34:46=	37:26=	38:44=	39:34=
04:14=	02:59=	01:58=	02:57=	05:40=	04:45=	02:47=	01:57=	03:49=	03:40=	02:40=	01:18=	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=
2	Roger Endre Nyseth	892	48:00									
03:30-	07:19+	10:25+	13:46+	19:51+	24:03+	29:11+	32:03+	36:57+	42:22+	45:15+	46:49+	48:00+
03:30-	03:49+	03:06+	03:21+	06:05+	04:12-	05:08+	02:52+	04:54+	05:25+	02:53+	01:34+	01:11+
00:44-	00:50&	01:08&	00:24#	00:25+	00:33-	02:21&	00:55&	01:05&	01:45&	00:13+	00:16#	00:21&
3	Svein Erik Bjørnsen	1376	48:22									
04:05-	07:48+	10:10+	13:25+	19:39+	24:33+	28:23+	30:54+	34:59+	43:15+	46:00+	47:31+	48:22+
04:05-	03:43+	02:22+	03:15+	06:14+	04:54+	03:50+	02:31+	04:05+	08:16+	02:45+	01:31+	00:51+
00:09-	00:44#	00:24#	00:18#	00:34+	00:09+	01:03&	00:34&	00:16+	04:36&	00:05+	00:13#	00:01+
4	Svein Sivertsen	3530	48:55									
03:26-	07:24+	10:24+	14:58+	20:54+	26:08+	30:51+	34:03+	38:41+	43:07+	46:26+	47:52+	48:55+
03:26-	03:58+	03:00+	04:34+	05:56+	05:14+	04:43+	03:12+	04:38+	04:26+	03:19+	01:26+	01:03+
00:48-	00:59&	01:02&	01:37&	00:16+	00:29#	01:56&	01:15&	00:49#	00:46#	00:39#	00:08#	00:13&
5	Arne Magne Sondresen	722	51:29									
03:39-	07:41+	10:41+	14:54+	23:01+	27:27+	32:20+	35:41+	40:16+	45:40+	48:51+	50:19+	51:29+
03:39-	04:02+	03:00+	04:13+	08:07+	04:26-	04:53+	03:21+	04:35+	05:24+	03:11+	01:28+	01:10+
00:35-	01:03&	01:02&	01:16&	02:27&	00:19-	02:06&	01:24&	00:46#	01:44&	00:31#	00:10#	00:20&
6	Andreas Primstad	3548	52:18									
03:33-	06:21-	08:26-	11:49-	17:15-	30:21+	35:04+	37:34+	41:39+	47:24+	50:07+	51:24+	52:18+
03:33-	02:48-	02:05+	03:23+	05:26-	13:06+	04:43+	02:30+	04:05+	05:45+	02:43+	01:17-	00:54+
00:41-	00:11-	00:07+	00:26#	00:14-	08:21&	01:56&	00:33&	00:16+	02:05&	00:03+	00:01-	00:04+
7	Leif Jarle Skåra	3502	57:05									
03:22-	07:19+	10:13+	14:38+	24:17+	30:25+	34:41+	38:16+	44:20+	51:19+	54:29+	56:03+	57:05+
03:22-	03:57+	02:54+	04:25+	09:39+	06:08+	04:16+	03:35+	06:04+	06:59+	03:10+	01:34+	01:02+
00:52-	00:58&	00:56&	01:28&	03:59&	01:23&	01:29&	01:38&	02:15&	03:19&	00:30#	00:16#	00:12#
8	Lars Salvesen	1119	58:10									
03:52-	08:14+	11:29+	15:42+	24:50+	31:18+	35:46+	39:20+	45:24+	52:22+	55:35+	57:07+	58:10+
03:52-	04:22+	03:15+	04:13+	09:08+	06:28+	04:28+	03:34+	06:04+	06:58+	03:13+	01:32+	01:03+
00:22-	01:23&	01:17&	01:16&	03:28&	01:43&	01:41&	01:37&	02:15&	03:18&	00:33#	00:14#	00:13&

Class	Navn	Klasse	Tid
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Herrer Trim

9	Frode Følgesvold	880	59:21									
04:55+	09:36+	13:06+	18:00+	25:25+	30:01+	34:39+	37:50+	43:11+	49:37+	56:48+	58:21+	59:21+
04:55+	04:41+	03:30+	04:54+	07:25+	04:36-	04:38+	03:11+	05:21+	06:26+	07:11+	01:33+	01:00+
00:41#	01:42&	01:32&	01:57&	01:45&	00:09-	01:51&	01:14&	01:32&	02:46&	04:31@	00:15#	00:10#
10	Adam Alfred Brennhaugen	3512	1:01:14									
15:29+	18:14+	20:41+	25:41+	31:57+	37:10+	40:03+	42:42+	50:13+	54:45+	58:59+	60:31+	61:14+
15:29+	02:45+	02:27+	05:00+	06:16+	05:13+	02:53+	02:39+	07:31+	04:32+	04:14+	01:32+	00:43+
15:29+	02:45+	02:27+	05:00+	06:16+	05:13+	02:53+	02:39+	07:31+	04:32+	04:14+	01:32+	00:43+
11	Sjur Bjerke	3525	1:01:26									
03:35+	08:10+	11:07+	14:45+	21:38+	31:23+	36:34+	40:29+	46:30+	54:10+	58:29+	60:16+	61:26+
03:35+	04:35+	02:57+	03:38+	06:53+	09:45+	05:11+	03:55+	06:01+	07:40+	04:19+	01:47+	01:10+
03:35+	04:35+	02:57+	03:38+	06:53+	09:45+	05:11+	03:55+	06:01+	07:40+	04:19+	01:47+	01:10+
12	Nils Egil Lie	3548	1:13:07									
05:01+	14:38+	18:44+	30:37+	37:22+	43:07+	48:32+	52:55+	60:10+	65:19+	70:03+	72:03+	73:07+
05:01+	09:37+	04:06+	11:53+	06:45+	05:45+	05:25+	04:23+	07:15+	05:09+	04:44+	02:00+	01:04+
05:01+	09:37+	04:06+	11:53+	06:45+	05:45+	05:25+	04:23+	07:15+	05:09+	04:44+	02:00+	01:04+
13	Per Marthon Møland	880	1:13:54									
08:00+	16:39+	19:35+	35:16+	41:37+	46:43+	50:39+	54:08+	59:39+	65:57+	70:20+	72:08+	73:54+
08:00+	08:39+	02:56+	15:41+	06:21+	05:06+	03:56+	03:29+	05:31+	06:18+	04:23+	01:48+	01:46+
08:00+	08:39+	02:56+	15:41+	06:21+	05:06+	03:56+	03:29+	05:31+	06:18+	04:23+	01:48+	01:46+
14	Stein Stornes Nordal	NOTEAM	1:14:03									
16:46+	22:33+	25:32+	32:34+	41:41+	48:30+	52:45+	56:27+	62:11+	67:54+	72:08+	73:09+	74:03+
16:46+	05:47+	02:59+	07:02+	09:07+	06:49+	04:15+	03:42+	05:44+	05:43+	04:14+	01:01+	00:54+
16:46+	05:47+	02:59+	07:02+	09:07+	06:49+	04:15+	03:42+	05:44+	05:43+	04:14+	01:01+	00:54+
15	Torgeir Færevåg	3553	1:15:02									
05:58+	10:54+	14:49+	20:30+	32:04+	38:38+	45:32+	49:34+	55:48+	63:26+	72:02+	74:00+	75:02+
05:58+	04:56+	03:55+	05:41+	11:34+	06:34+	06:54+	04:02+	06:14+	07:38+	08:36+	01:58+	01:02+
05:58+	04:56+	03:55+	05:41+	11:34+	06:34+	06:54+	04:02+	06:14+	07:38+	08:36+	01:58+	01:02+
16	Bent Horpestad	722	1:15:38									
06:17+	10:24+	13:16+	27:27+	37:19+	48:44+	53:58+	57:21+	63:15+	68:48+	72:24+	74:33+	75:38+
06:17+	04:07+	02:52+	14:11+	09:52+	11:25+	05:14+	03:23+	05:54+	05:33+	03:36+	02:09+	01:05+
06:17+	04:07+	02:52+	14:11+	09:52+	11:25+	05:14+	03:23+	05:54+	05:33+	03:36+	02:09+	01:05+
17	Arild Svihus	892	1:22:16									
05:11+	11:09+	17:01+	22:08+	31:34+	41:52+	50:09+	55:13+	62:40+	73:41+	79:09+	80:57+	82:16+
05:11+	05:58+	05:52+	05:07+	09:26+	10:18+	08:17+	05:04+	07:27+	11:01+	05:28+	01:48+	01:19+
05:11+	05:58+	05:52+	05:07+	09:26+	10:18+	08:17+	05:04+	07:27+	11:01+	05:28+	01:48+	01:19+
18	Jan Henrik Neuenkirchen	896	1:23:40									
05:04+	10:50+	14:38+	22:03+	35:23+	41:20+	49:21+	55:38+	63:58+	73:42+	79:57+	82:03+	83:40+
05:04+	05:46+	03:48+	07:25+	13:20+	05:57+	08:01+	06:17+	08:20+	09:44+	06:15+	02:06+	01:37+
05:04+	05:46+	03:48+	07:25+	13:20+	05:57+	08:01+	06:17+	08:20+	09:44+	06:15+	02:06+	01:37+
19	Bernt Christian Bugge	3676	1:24:41									
05:18+	09:21+	11:57+	20:44+	43:09+	56:27+	61:08+	64:26+	72:20+	77:51+	81:40+	83:26+	84:41+
05:18+	04:03+	02:36+	08:47+	22:25+	13:18+	04:41+	03:18+	07:54+	05:31+	03:49+	01:46+	01:15+
05:18+	04:03+	02:36+	08:47+	22:25+	13:18+	04:41+	03:18+	07:54+	05:31+	03:49+	01:46+	01:15+
20	Frans Mo Foldnes	896	1:25:34									
03:57+	25:46+	28:37+	36:48+	50:55+	56:52+	64:15+	68:45+	74:53+	80:10+	82:48+	84:30+	85:34+
03:57+	21:49+	02:51+	08:11+	14:07+	05:57+	07:23+	04:30+	06:08+	05:17+	02:38+	01:42+	01:04+
03:57+	21:49+	02:51+	08:11+	14:07+	05:57+	07:23+	04:30+	06:08+	05:17+	02:38+	01:42+	01:04+
21	Jesper Weibull	3676	1:25:40									
06:25+	10:32+	13:02+	21:49+	44:15+	57:32+	62:15+	65:33+	73:17+	78:54+	82:43+	84:38+	85:40+
06:25+	04:07+	02:30+	08:47+	22:26+	13:17+	04:43+	03:18+	07:44+	05:37+	03:49+	01:55+	01:02+
06:25+	04:07+	02:30+	08:47+	22:26+	13:17+	04:43+	03:18+	07:44+	05:37+	03:49+	01:55+	01:02+
22	Christian Nilsen	3525	1:25:45									
07:42+	14:24+	17:52+	25:07+	35:38+	42:05+	48:18+	53:55+	62:57+	76:48+	82:35+	84:35+	85:45+
07:42+	06:42+	03:28+	07:15+	10:31+	06:27+	06:13+	05:37+	09:02+	13:51+	05:47+	02:00+	01:10+
07:42+	06:42+	03:28+	07:15+	10:31+	06:27+	06:13+	05:37+	09:02+	13:51+	05:47+	02:00+	01:10+

Herrer Trim

23 Bear Gyves NOTEAM 1:44:49

12:29+	19:37+	24:43+	33:21+	52:10+	60:42+	67:19+	73:05+	84:42+	95:43+	100:45+	102:49+	104:49+
12:29+	07:08+	05:06+	08:38+	18:49+	08:32+	06:37+	05:46+	11:37+	11:01+	05:02+	02:04+	02:00+
12:29+	07:08+	05:06+	08:38+	18:49+	08:32+	06:37+	05:46+	11:37+	11:01+	05:02+	02:04+	02:00+

24 John Helge Svandal 3531 1:48:13

14:33+	19:05+	21:52+	33:27+	59:05+	65:40+	72:10+	79:55+	89:51+	98:57+	104:39+	106:54+	108:13+
14:33+	04:32+	02:47+	11:35+	25:38+	06:35+	06:30+	07:45+	09:56+	09:06+	05:42+	02:15+	01:19+
14:33+	04:32+	02:47+	11:35+	25:38+	06:35+	06:30+	07:45+	09:56+	09:06+	05:42+	02:15+	01:19+

Beste strekktid for klassen

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