

Class Navn

Klasse

Tid

Damer 16 - 39 år

1	Aina Kalsaas Urstad	3580	38:08																	
01:49=	04:50=	07:52=	10:01=	11:17=	15:01=	16:59=	19:11=	20:01=	22:59=	26:09=	29:17=	30:19=	31:59=	32:39=	34:17=	36:34=	37:08=	37:51=	38:08=	
01:49=	03:01=	03:02=	02:09=	01:16=	03:44=	01:58=	02:12=	00:50=	02:58=	03:10=	03:08=	01:02=	01:40=	00:40=	01:38=	02:17=	00:34=	00:43=	00:17=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Maren Benjaminsen	1832	38:09																	
01:39=	06:02+	08:37+	11:03+	12:49+	14:32=	16:34=	18:40=	19:30=	22:21=	27:47+	29:50+	30:55+	32:36+	33:19+	34:50+	36:30=	37:01=	37:48=	38:09+	
01:39=	04:23+	02:35=	02:26+	01:46+	01:43=	02:02+	02:06=	00:50=	02:51=	05:26+	02:03=	01:05+	01:41+	00:43+	01:31=	01:40=	00:31=	00:47+	00:21+	
00:10=	01:22&	00:27=	00:17#	00:30&	02:01=	00:04+	00:06=	00:00=	00:07=	02:16&	01:05=	00:03+	00:01+	00:03+	00:07=	00:37=	00:03=	00:04+	00:04#	
3	Marie Sigvaldsen	3512	41:16																	
01:32=	04:27=	07:09=	10:06+	12:13+	14:13=	18:48+	20:54+	21:41+	24:38+	27:42+	30:44+	31:42+	33:31+	34:02+	35:44+	39:41+	40:07+	40:48+	41:16+	
01:32=	02:55=	02:42=	02:57+	02:07+	02:00=	04:35+	02:06=	00:47=	02:57=	03:04=	03:02=	00:58=	01:49+	00:31=	01:42+	03:57+	00:26=	00:41=	00:28+	
00:17=	00:06=	00:20=	00:48&	00:51&	01:44=	02:37&	00:06=	00:03=	00:01=	00:06=	00:06=	00:04=	00:09+	00:09=	00:04+	01:40&	00:08=	00:02=	00:11&	
4	Rønnaug Egeland	1884	42:12																	
01:33=	05:08+	08:38+	11:14+	12:53+	14:41=	17:01+	19:27+	20:22+	23:30+	27:49+	32:15+	33:24+	35:28+	36:06+	37:48+	40:23+	41:07+	41:55+	42:12+	
01:33=	03:35+	03:30+	02:36+	01:39+	01:48=	02:20+	02:26+	00:55+	03:08+	04:19+	04:26+	01:09+	02:04+	00:38=	01:42+	02:35+	00:44+	00:48+	00:17=	
00:16=	00:34#	00:28#	00:27#	00:23&	01:56=	00:22#	00:14#	00:05+	00:10+	01:09&	01:18&	00:07#	00:24#	00:02=	00:04+	00:18#	00:10&	00:05#	00:00=	
5	Ingrid Lycke Austbø	989	42:24																	
01:38=	05:13+	08:14+	10:53+	13:06+	15:17+	17:43+	20:14+	21:17+	24:19+	27:36+	31:04+	32:01+	34:02+	34:42+	37:18+	40:25+	41:14+	42:09+	42:24+	
01:38=	03:35+	03:01=	02:39+	02:13+	02:11=	02:26+	02:31+	01:03+	03:02+	03:17+	03:28+	00:57=	02:01+	00:40=	02:36+	03:07+	00:49+	00:55+	00:15=	
00:11=	00:34#	00:01=	00:30#	00:57&	01:33=	00:28#	00:19#	00:13&	00:04+	00:07+	00:20#	00:05=	00:21#	00:00=	00:58&	00:50&	00:15&	00:12&	00:02=	
6	Ingunn Landsnes	892	47:00																	
02:04+	05:41+	09:12+	11:47+	13:34+	15:41+	18:38+	22:22+	23:30+	27:44+	32:01+	34:42+	36:15+	38:37+	39:13+	41:11+	42:32+	45:06+	45:46+	46:41+	47:00+
02:04+	03:37+	03:31+	02:35+	01:47+	02:07=	02:57+	03:44+	01:08+	04:14+	04:17+	02:41=	01:33+	02:22+	00:36=	01:58+	01:21=	02:34+	00:40=	00:55+	00:19+
00:15#	00:36#	00:29#	00:26#	00:31&	01:37=	00:59&	01:32&	00:18&	01:16&	01:07&	00:27=	00:31&	00:42&	00:04=	00:20#	00:56=	02:00@	00:03=	00:38@	00:19+
7	Wibeke Lende	3503	47:51																	
01:31=	06:27+	14:28+	16:24+	17:58+	19:56+	21:58+	24:07+	25:01+	28:22+	31:32+	34:05+	35:19+	37:03+	38:11+	40:18+	45:57+	46:41+	47:34+	47:51+	
01:31=	04:56+	08:01+	01:56=	01:34+	01:58=	02:02+	02:09=	00:54+	03:21+	03:10=	02:33=	01:14+	01:44+	01:08+	02:07+	05:39+	00:44+	00:53+	00:17=	
00:18=	01:55&	04:59@	00:13=	00:18#	01:46=	00:04+	00:03=	00:04+	00:23#	00:00=	00:35=	00:12#	00:04+	00:28&	00:29&	03:22@	00:10&	00:10#	00:00=	
8	Marita Skorpe Falnes	3568	48:32																	
02:02+	05:19+	12:31+	15:29+	18:28+	20:49+	23:12+	26:21+	27:37+	31:44+	35:38+	37:47+	39:14+	41:19+	42:03+	44:38+	46:49+	47:30+	48:14+	48:32+	
02:02+	03:17+	07:12+	02:58+	02:59+	02:21=	02:23+	03:09+	01:16+	04:07+	03:54+	02:09=	01:27+	02:05+	00:44+	02:35+	02:11=	00:41+	00:44+	00:18+	
00:13#	00:16+	04:10@	00:49&	01:43@	01:23=	00:25#	00:57&	00:26&	01:09&	00:44#	00:59=	00:25&	00:25#	00:04+	00:57&	00:06=	00:07#	00:01+	00:01+	
9	Hanne Thu	3516	49:38																	
01:57+	05:35+	09:06+	11:47+	13:23+	15:36+	19:32+	21:54+	23:14+	28:09+	33:16+	36:16+	37:37+	41:12+	41:46+	44:52+	47:12+	48:06+	49:19+	49:38+	
01:57+	03:38+	03:31+	02:41+	01:36+	02:13=	03:56+	02:22+	01:20+	04:55+	05:07+	03:00=	01:21+	03:35+	00:34=	03:06+	02:20+	00:54+	01:13+	00:19+	
00:08+	00:37#	00:29#	00:32#	00:20&	01:31=	01:58&	00:10+	00:30&	01:57&	01:57&	00:08=	00:19&	01:55@	00:06=	01:28&	00:03+	00:20&	00:30&	00:02#	
10	Mari-Marthe Aamold	880	56:11																	
02:20+	08:48+	11:51+	16:16+	26:43+	28:26+	30:51+	33:16+	34:03+	36:55+	42:10+	44:50+	45:53+	49:05+	49:38+	51:36+	54:37+	55:07+	55:52+	56:11+	
02:20+	06:28+	03:03+	04:25+	10:27+	01:43=	02:25+	02:25+	00:47=	02:52=	05:15+	02:40=	01:03+	03:12+	00:33=	01:58+	03:01+	00:30=	00:45+	00:19+	
00:31&	03:27@	00:01+	02:16@	09:11@	02:01=	00:27#	00:13+	00:03=	00:06=	02:05&	00:28=	00:01+	01:32&	00:07=	00:20#	00:44&	00:04=	00:02+	00:02#	
11	Hege Bakken	1754	58:14																	
01:50+	11:40+	15:33+	22:32+	24:27+	26:37+	30:45+	33:55+	35:08+	39:29+	43:34+	46:01+	47:13+	49:40+	50:29+	53:13+	55:30+	57:06+	57:49+	58:14+	
01:50+	09:50+	03:53+	06:59+	01:55+	02:10=	04:08+	03:10+	01:13+	04:21+	04:05+	02:27=	01:12+	02:27+	00:49+	02:44+	02:17=	01:36+	00:43=	00:25+	
00:01+	06:49@	00:51&	04:50@	00:39&	01:34=	02:10@	00:58&	00:23&	01:23&	00:55&	00:41=	00:10#	00:47&	00:09#	01:06&	00:00=	01:02@	00:00=	00:08&	
12	Ragnhild Thorset Våge	896	1:01:58																	
04:00+	12:01+	15:47+	19:21+	21:09+	23:01+	25:04+	27:12+	28:14+	37:37+	41:24+	44:24+	45:49+	48:25+	49:08+	51:19+	60:08+	60:31+	61:37+	61:58+	
04:00+	08:01+	03:46+	03:34+	01:48+	01:52=	02:03+	02:08=	01:02+	09:23+	03:47+	03:00=	01:25+	02:36+	00:43+	02:11+	08:49+	00:23=	01:06+	00:21+	
02:11@	05:00@	00:44#	01:25&	00:32&	01:52=	00:05+	00:04=	00:12#	06:25@	00:37#	00:08=	00:23&	00:56&	00:03+	00:33&	06:32@	00:11=	00:23&	00:04#	
13	Trine Selvikvåg	3529	1:02:19																	
04:07+	08:43+	13:11+	21:12+	23:16+	25:02+	28:47+	31:46+	32:54+	37:53+	42:54+	49:47+	51:10+	53:29+	54:33+	56:49+	59:49+	61:00+	61:54+	62:19+	
04:07+	04:36+	04:28+	08:01+	02:04+	01:46=	03:45+	02:59+	01:08+	04:59+	05:01+	06:53+	01:23+	02:19+	01:04+	02:16+	03:00+	01:11+	00:54+	00:25+	
02:18@	01:35&	01:26&	05:52@	00:48&	01:58=	01:47&	00:47&	00:18&	02:01&	01:51&	03:45@	00:21&	00:39&	00:24&	00:38&	00:43&	00:37@	00:11&	00:08&	
14	Julie Birkeland	3839	1:18:39																	
02:24+	23:38+	27:40+	30:21+	42:18+	44:52+	48:26+	51:27+	52:27+	55:47+	61:57+	65:43+	67:26+	69:48+	72:58+	75:06+	76:59+	77:44+	78:43+	79:07+	
02:24+	21:14+	04:02+	02:41+	11:57+	02:34=	03:34+	03:01+	01:00+	03:20+	06:10+	03:46+	01:43+	02:22+	03:10+	02:08+	01:53=	00:45+	00:59+	00:24+	
00:35&	18:13@	01:00&	00:32#	10:41@	01:10=	01:36&	00:49&	00:10#	00:22#	03:00&	00:38#	00:41&	00:42&	02:30@	00:30&	00:24=	00:11&	00:16&	00:07&	

Damer 16 - 39 år

15	Juliane Tytlandsvik Nødland	3512	1:26:47																
02:49+	19:46+	26:07+	32:12+	35:26+	38:34+	43:09+	48:12+	49:54+	57:04+	63:55+	70:01+	72:23+	75:46+	76:48+	80:08+	84:02+	85:00+	86:21+	86:47+
02:49+	16:57+	06:21+	06:05+	03:14+	03:08-	04:35+	05:03+	01:42+	07:10+	06:51+	06:06+	02:22+	03:23+	01:02+	03:20+	03:54+	00:58+	01:21+	00:26+
01:00&	13:56&	03:19&	03:56&	01:58&	00:36-	02:37&	02:51&	00:52&	04:12&	03:41&	02:58&	01:20&	01:43&	00:22&	01:42&	01:37&	00:24&	00:38&	00:09&

16	Ida Marie Pedersen	NOTEAM	1:27:42																
13:05+	20:54+	27:04+	33:10+	36:22+	39:33+	44:25+	49:08+	50:49+	57:58+	64:49+	70:55+	73:15+	76:38+	77:41+	81:11+	84:57+	85:53+	87:16+	87:42+
13:05+	07:49+	06:10+	06:06+	03:12+	03:11+	04:52+	04:43+	01:41+	07:09+	06:51+	06:06+	02:20+	03:23+	01:03+	03:30+	03:46+	00:56+	01:23+	00:26+
13:05+	07:49+	06:10+	06:06+	03:12+	03:11+	04:52+	04:43+	01:41+	07:09+	06:51+	06:06+	02:20+	03:23+	01:03+	03:30+	03:46+	00:56+	01:23+	00:26+

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Randi Ladsten	879	1:00:28																			
01:08=	05:20=	08:52=	13:12=	14:27=	16:49=	18:16=	21:01=	21:37=	24:49=	27:12=	29:42=	30:38=	35:09=	40:24=	43:02=	43:59=	48:19=	51:27=	55:43=	57:54=	60:07=	60:28=
01:08=	04:12=	03:32=	04:20=	01:15=	02:22=	01:27=	02:45=	00:36=	03:12=	02:23=	02:30=	00:56=	04:31=	05:15=	02:38=	00:57=	04:20=	03:08=	04:16=	02:11=	02:13=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Helen Haneferd	882	1:00:41																			
01:14+	04:09-	06:57-	11:57-	13:27-	15:35-	18:01-	20:23-	21:03-	23:05-	24:38-	26:38-	27:43-	31:25-	41:25+	44:52+	46:17+	50:24+	53:05+	55:12-	58:12+	60:16+	60:41+
01:14+	02:55-	02:48-	05:00+	01:30+	02:08-	02:26+	02:22-	00:40+	02:02-	01:33-	02:00-	01:05+	03:42-	10:00+	03:27+	01:25+	04:07-	02:41-	02:07-	03:00+	02:04-	00:25+
00:06+	01:17-	00:44-	00:40#	00:15#	00:14-	00:59&	00:23-	00:04#	01:10-	00:50-	00:30-	00:09#	00:49-	04:45&	00:49&	00:28&	00:13-	00:27-	02:09-	00:49&	00:09-	00:04#

3	Helene Lie	3565	1:02:45																			
01:23+	04:42-	07:47-	12:39-	13:57-	16:40-	20:45+	23:18+	23:57+	26:33+	28:15+	30:12+	31:26+	36:02+	41:19+	44:04+	45:12+	50:17+	53:42+	57:01+	60:30+	62:22+	62:45+
01:23+	03:19-	03:05-	04:52+	01:18+	02:43+	04:05+	02:33-	00:39+	02:36-	01:42-	01:57-	01:14+	04:36+	05:17+	02:45+	01:08+	05:05+	03:25+	03:19-	03:29+	01:52-	00:23+
00:15#	00:53-	00:27-	00:32#	00:03+	00:21#	02:38&	00:12-	00:03+	00:36-	00:41-	00:33-	00:18&	00:05+	00:02-	00:07+	00:11#	00:45#	00:17+	00:57-	01:18&	00:21-	00:02+

4	Maren Thu	NOTEAM	1:11:02																			
00:59-	03:13-	12:14+	21:55+	23:22+	30:31+	31:54+	34:08+	34:42+	37:14+	38:37+	40:08+	41:09+	44:44+	48:55+	53:27+	54:12+	57:38+	60:23+	63:41+	68:20+	70:42+	71:02+
00:59-	02:14-	09:01+	09:41+	01:27+	07:09+	01:23-	02:14-	00:34-	02:32-	01:23-	01:31-	01:01+	03:35-	04:11-	04:32+	00:45-	03:26-	02:45-	03:18-	04:39+	02:22+	00:20-
00:09-	01:58-	05:29&	05:21&	00:12#	04:47&	00:04-	00:31-	00:02-	00:40-	01:00-	00:59-	00:05+	00:56-	01:04-	01:54&	00:12-	00:54-	00:23-	00:58-	02:28&	00:09+	00:01-

5	Anne Lill M. Njå	892	1:29:15																			
01:40+	07:57+	11:05+	16:43+	17:55+	23:21+	25:09+	27:33+	28:30+	30:58+	32:23+	34:47+	35:52+	43:07+	57:09+	58:51+	59:54+	67:30+	73:37+	82:40+	86:56+	88:54+	89:15+
01:40+	06:17+	03:08-	05:38+	01:12-	05:26+	01:48+	02:24-	00:57+	02:28-	01:25-	02:24-	01:05+	07:15+	14:02+	01:42-	01:03+	07:36+	06:07+	09:03+	04:16+	01:58-	00:21=
00:32&	02:05&	00:24-	01:18&	00:03-	03:04&	00:21#	00:21-	00:21&	00:44-	00:58-	00:06-	00:09#	02:44&	08:47&	00:56-	00:06#	03:16&	02:59&	04:47&	02:05&	00:15-	00:00=

Beste strekktid for klassen

00:59	02:14	02:48	04:20	01:12	02:08	01:23	02:14	00:34	02:02	01:23	01:31	00:56	03:35	04:11	01:42	00:45	03:26	02:41	02:07	02:11	01:52	00:20
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 50 - 59 år

1	Keth Berggraf	1683	50:26																			
01:41=	03:55=	06:44=	09:53=	10:50=	11:58=	13:10=	15:16=	15:50=	19:00=	20:55=	22:48=	23:44=	27:45=	31:29=	34:20=	35:13=	39:35=	42:20=	45:02=	47:34=	50:04=	50:26=
01:41=	02:14=	02:49=	03:09=	00:57=	01:08=	01:12=	02:06=	00:34=	03:10=	01:55=	01:53=	00:56=	04:01=	03:44=	02:51=	00:53=	04:22=	02:45=	02:42=	02:32=	02:30=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Tone Cecilie Nystrøm	874	54:46																			
01:17-	04:08+	07:15+	11:36+	12:32+	14:13+	15:46+	18:18+	18:58+	21:25+	23:13+	25:25+	26:37+	30:49+	35:06+	37:22+	38:27+	42:41+	46:01+	48:58+	52:38+	54:19+	54:46+
01:17-	02:51+	03:07+	04:21+	00:56-	01:41+	01:33+	02:32+	00:40+	02:27-	01:48-	02:12+	01:12+	04:12+	04:17+	02:16-	01:05+	04:14-	03:20+	02:57+	03:40+	01:41-	00:27+
00:24-	00:37&	00:18#	01:12&	00:01-	00:33&	00:21&	00:26#	00:06#	00:43-	00:07-	00:19#	00:16&	00:11+	00:33#	00:35-	00:12#	00:08-	00:35#	00:15+	01:08&	00:49-	00:05#

3	Anita Glenne Kallhovd	3502	55:35																			
01:33-	04:02+	06:47+	10:47+	11:47+	13:07+	14:35+	16:34+	17:50+	21:17+	22:52+	24:28+	25:37+	31:47+	36:14+	38:25+	39:16+	42:34+	49:27+	51:49+	53:55+	55:13+	55:35+
01:33-	02:29+	02:45-	04:00+	01:00+	01:20+	01:28+	01:59-	01:16+	03:27+	01:35-	01:36-	01:09+	06:10+	04:27+	02:11-	00:51-	03:18-	06:53+	02:22-	02:06-	01:18-	00:22=
00:08-	00:15#	00:04-	00:51&	00:03+	00:12#	00:16#	00:07-	00:42&	00:17+	00:20-	00:17-	00:13#	02:09&	00:43#	00:40-	00:02-	01:04-	04:08&	00:20-	00:26-	01:12-	00:00=

Damer 50 - 59 år

4	Trude Hermanrud	896	1:02:37																				
01:39-	11:16+	15:19+	18:35+	19:21+	21:58+	23:36+	26:15+	27:02+	29:08+	31:03+	32:43+	33:48+	37:58+	42:30+	44:47+	45:57+	50:26+	53:20+	55:50+	60:06+	62:15+	62:37+	
01:39-	09:37+	04:03+	03:16+	00:46-	02:37+	01:38+	02:39+	00:47+	02:06-	01:55=	01:40-	01:05+	04:10+	04:32+	02:17-	01:10+	04:29+	02:54+	02:30-	04:16+	02:09-	00:22=	
00:02-	07:23#	01:14&	00:07+	00:11-	01:29#	00:26&	00:33&	00:13&	01:04-	00:00=	00:13-	00:09#	00:09+	00:48#	00:34-	00:17&	00:07+	00:09+	00:12-	01:44&	00:21-	00:00=	
5	Toril Dahle	1683	1:02:46																				
01:06+	04:29+	07:20+	13:22+	14:31+	16:18+	17:52+	19:59+	20:45+	24:58+	26:25+	28:14+	29:14+	34:30+	38:20+	41:56+	47:29+	51:36+	54:26+	57:23+	60:24+	62:20+	62:46+	
01:06+	03:23+	02:51+	06:02+	01:09+	01:47+	01:34+	02:07+	00:46+	04:13+	01:27+	01:49+	01:00+	05:16+	03:50+	03:36+	05:33+	04:07+	02:50+	02:57+	03:01+	01:56+	00:26+	
01:06+	03:23+	02:51+	06:02+	01:09+	01:47+	01:34+	02:07+	00:46+	04:13+	01:27+	01:49+	01:00+	05:16+	03:50+	03:36+	05:33+	04:07+	02:50+	02:57+	03:01+	01:56+	00:26+	
6	Torill Andersen	1683	1:02:53																				
01:53+	07:39+	10:51+	14:27+	15:59+	18:10+	19:53+	22:35+	23:13+	27:16+	30:01+	31:58+	33:03+	36:18+	37:52+	42:09+	44:58+	46:03+	50:13+	53:39+	57:33+	59:52+	62:28+	62:53+
01:53+	05:46+	03:12+	03:36+	01:32+	02:11+	01:43+	02:42+	00:38+	04:03+	02:45+	01:57+	01:05+	03:15+	01:34+	04:17+	02:49+	01:05+	04:10+	03:26+	03:54+	02:19+	02:36+	00:25+
01:53+	05:46+	03:12+	03:36+	01:32+	02:11+	01:43+	02:42+	00:38+	04:03+	02:45+	01:57+	01:05+	03:15+	01:34+	04:17+	02:49+	01:05+	04:10+	03:26+	03:54+	02:19+	02:36+	00:25+
7	Marianne Fuglestad	896	1:03:21																				
02:20+	04:20+	07:15+	11:11+	12:32+	13:47+	15:24+	17:33+	18:20+	20:47+	22:00+	23:48+	24:54+	37:36+	43:30+	45:50+	46:46+	50:46+	53:40+	57:27+	61:12+	62:56+	63:21+	
02:20+	02:00+	02:55+	03:56+	01:21+	01:15+	01:37+	02:09+	00:47+	02:27+	01:13+	01:48+	01:06+	12:42+	05:54+	02:20+	00:56+	04:00+	02:54+	03:47+	03:45+	01:44+	00:25+	
02:20+	02:00+	02:55+	03:56+	01:21+	01:15+	01:37+	02:09+	00:47+	02:27+	01:13+	01:48+	01:06+	12:42+	05:54+	02:20+	00:56+	04:00+	02:54+	03:47+	03:45+	01:44+	00:25+	
8	Iren Undheim Øgreid	769	1:06:49																				
08:55+	11:41+	14:34+	17:52+	18:59+	20:43+	22:06+	24:42+	25:22+	27:29+	29:26+	31:37+	32:47+	36:43+	41:06+	46:29+	50:26+	54:47+	58:30+	61:20+	64:09+	66:20+	66:49+	
08:55+	02:46+	02:53+	03:18+	01:07+	01:44+	01:23+	02:36+	00:40+	02:07+	01:57+	02:11+	01:10+	03:56+	04:23+	05:23+	03:57+	04:21+	03:43+	02:50+	02:49+	02:11+	00:29+	
08:55+	02:46+	02:53+	03:18+	01:07+	01:44+	01:23+	02:36+	00:40+	02:07+	01:57+	02:11+	01:10+	03:56+	04:23+	05:23+	03:57+	04:21+	03:43+	02:50+	02:49+	02:11+	00:29+	
9	Ragnhild Båtnes Berntsen	1758	1:12:40																				
01:08+	04:31+	08:02+	18:31+	20:37+	23:17+	25:57+	28:42+	29:28+	32:40+	34:34+	37:06+	38:47+	44:22+	50:00+	53:19+	54:27+	60:43+	64:01+	67:13+	69:59+	72:13+	72:40+	
01:08+	03:23+	03:31+	10:29+	02:06+	02:40+	02:40+	02:45+	00:46+	03:12+	01:54+	02:32+	01:41+	05:35+	05:38+	03:19+	01:08+	06:16+	03:18+	03:12+	02:46+	02:14+	00:27+	
01:08+	03:23+	03:31+	10:29+	02:06+	02:40+	02:40+	02:45+	00:46+	03:12+	01:54+	02:32+	01:41+	05:35+	05:38+	03:19+	01:08+	06:16+	03:18+	03:12+	02:46+	02:14+	00:27+	
10	Tove Irene Asheim	1683	1:13:09																				
01:46+	05:55+	10:08+	15:46+	18:53+	21:02+	23:24+	27:23+	28:09+	32:34+	34:37+	36:53+	38:15+	46:10+	51:08+	53:50+	56:46+	61:53+	65:15+	68:02+	71:08+	72:43+	73:09+	
01:46+	04:09+	04:13+	05:38+	03:07+	02:09+	02:22+	03:59+	00:46+	04:25+	02:03+	02:16+	01:22+	07:55+	04:58+	02:42+	02:56+	05:07+	03:22+	02:47+	03:06+	01:35+	00:26+	
01:46+	04:09+	04:13+	05:38+	03:07+	02:09+	02:22+	03:59+	00:46+	04:25+	02:03+	02:16+	01:22+	07:55+	04:58+	02:42+	02:56+	05:07+	03:22+	02:47+	03:06+	01:35+	00:26+	
11	Hilde Frøylog Karlsen	1284	1:13:16																				
01:22+	05:07+	08:59+	13:29+	15:29+	17:48+	19:43+	23:12+	24:07+	29:49+	32:13+	34:42+	36:06+	41:43+	47:45+	50:50+	55:05+	59:40+	63:20+	67:47+	70:52+	72:45+	73:16+	
01:22+	03:45+	03:52+	04:30+	02:00+	02:19+	01:55+	03:29+	00:55+	05:42+	02:24+	02:29+	01:24+	05:37+	06:02+	03:05+	04:15+	04:35+	03:40+	04:27+	03:05+	01:53+	00:31+	
01:22+	03:45+	03:52+	04:30+	02:00+	02:19+	01:55+	03:29+	00:55+	05:42+	02:24+	02:29+	01:24+	05:37+	06:02+	03:05+	04:15+	04:35+	03:40+	04:27+	03:05+	01:53+	00:31+	
12	Astri Sandanger	896	1:13:50																				
01:21+	04:37+	08:02+	12:24+	13:34+	15:29+	17:07+	19:53+	20:34+	24:44+	26:35+	28:28+	29:37+	34:07+	41:22+	46:18+	47:45+	61:15+	64:43+	68:12+	71:13+	73:27+	73:50+	
01:21+	03:16+	03:25+	04:22+	01:10+	01:55+	01:38+	02:46+	00:41+	04:10+	01:51+	01:53+	01:09+	04:30+	07:15+	04:56+	01:27+	13:30+	03:28+	03:29+	03:01+	02:14+	00:23+	
01:21+	03:16+	03:25+	04:22+	01:10+	01:55+	01:38+	02:46+	00:41+	04:10+	01:51+	01:53+	01:09+	04:30+	07:15+	04:56+	01:27+	13:30+	03:28+	03:29+	03:01+	02:14+	00:23+	
13	Andrea Tapken	3529	1:14:19																				
02:35+	06:11+	10:39+	16:29+	18:17+	21:00+	23:17+	26:12+	27:07+	30:35+	32:36+	35:01+	36:21+	41:38+	46:55+	50:26+	51:56+	58:06+	62:08+	68:24+	72:11+	73:53+	74:19+	
02:35+	03:36+	04:28+	05:50+	01:48+	02:43+	02:17+	02:55+	00:55+	03:28+	02:01+	02:25+	01:20+	05:17+	05:17+	03:31+	01:30+	06:10+	04:02+	06:16+	03:47+	01:42+	00:26+	
02:35+	03:36+	04:28+	05:50+	01:48+	02:43+	02:17+	02:55+	00:55+	03:28+	02:01+	02:25+	01:20+	05:17+	05:17+	03:31+	01:30+	06:10+	04:02+	06:16+	03:47+	01:42+	00:26+	
14	Ingjerd Haddeland	3507	1:15:01																				
02:54+	06:39+	10:11+	14:17+	16:50+	19:20+	22:13+	25:31+	26:14+	30:38+	33:00+	36:06+	37:15+	42:03+	47:58+	51:50+	54:06+	59:26+	62:36+	66:02+	72:53+	74:36+	75:01+	
02:54+	03:45+	03:32+	04:06+	02:33+	02:30+	02:53+	03:18+	00:43+	04:24+	02:22+	03:06+	01:09+	04:48+	05:55+	03:52+	02:16+	05:20+	03:10+	03:26+	06:51+	01:43+	00:25+	
02:54+	03:45+	03:32+	04:06+	02:33+	02:30+	02:53+	03:18+	00:43+	04:24+	02:22+	03:06+	01:09+	04:48+	05:55+	03:52+	02:16+	05:20+	03:10+	03:26+	06:51+	01:43+	00:25+	
15	Gerd Olaug Vikeså	1758	1:15:27																				
01:59+	06:39+	09:33+	15:39+	18:52+	20:44+	23:37+	25:51+	26:33+	30:14+	31:56+	33:39+	34:47+	38:31+	42:25+	44:31+	45:40+	62:47+	65:47+	69:10+	73:14+	75:06+	75:27+	
01:59+	04:40+	02:54+	06:06+	03:13+	01:52+	02:53+	02:14+	00:42+	03:41+	01:42+	01:43+	01:08+	03:44+	03:54+	02:06+	01:09+	17:07+	03:00+	03:23+	04:04+	01:52+	00:21+	
01:59+	04:40+	02:54+	06:06+	03:13+	01:52+	02:53+	02:14+	00:42+	03:41+	01:42+	01:43+	01:08+	03:44+	03:54+	02:06+	01:09+	17:07+	03:00+	03:23+	04:04+	01:52+	00:21+	
16	Liv Margot Sviland	3529	1:19:58																				
02:09+	07:13+	13:22+	18:41+	20:23+	22:57+	24:58+	28:10+	29:08+	31:46+	33:32+	35:26+	36:41+	43:52+	49:43+	58:01+	58:57+	64:50+	68:26+	73:23+	76:28+	79:28+	79:58+	
02:09+	05:04+	06:09+	05:19+	01:42+	02:34+	02:01+	03:12+	00:58+	02:38+	01:46+	01:54+	01:15+	07:11+	05:51+	08:18+	00:56+	05:53+	03:36+	04:57+	03:05+	03:00+	00:30+	
02:09+	05:04+	06:09+	05:19+	01:42+	02:34+	02:01+	03:12+	00:58+	02:38+	01:46+	01:54+	01:15+	07:11+	05:51+	08:18+	00:56+	05:53+	03:36+	04:57+	03:05+	03:00+	00:30+	
17	Elisabeth Melbø	879	1:32:46																				
01:20+	06:13+	17:33+	28:20+	29:40+	30:36+	42:10+	45:50+	49:20+	50:09+	53:51+	56:14+	58:27+	59:33+	63:43+	68:48+	71:17+	72:17+	78:11+	81:38+	83:49+	86:56+	92:04+	92:46+
01:20+	04:53+	11:20+	10:47+	01:20+	00:56+	11:34+	03:40+	03:30+	00:49+	03:42+	02:23+	02:13+	01:06+	04:10+	05:05+	02:29+	01:00+	05:54+	03:27+	02:11+	03:07+	05:08+	00:42+
01:20+	04:53+	11:20+	10:47+	01:20+	00:56+	11:34+	03:40+	03:30+	00:49+	03:42+	02:23+	02:13+	01:06+	04:10+	05:05+	02:29+	01:00+	05:54+	03:27+	02:11+	03:07+	05:08+	00:42+

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

18	Siw Gjerdingen	3676	2:34:24																			
13:02+	27:38+	34:32+	41:41+	45:41+	52:28+	56:33+	61:33+	62:44+	70:52+	73:30+	76:49+	78:29+	87:34+	98:44+	102:29+	114:15+	130:34+	136:05+	139:57+	150:49+	153:36+	154:24+
13:02+	14:36+	06:54+	07:09+	04:00+	06:47+	04:05+	05:00+	01:11+	08:08+	02:38+	03:19+	01:40+	09:05+	11:10+	03:45+	11:46+	16:19+	05:31+	03:52+	10:52+	02:47+	00:48+
13:02+	14:36+	06:54+	07:09+	04:00+	06:47+	04:05+	05:00+	01:11+	08:08+	02:38+	03:19+	01:40+	09:05+	11:10+	03:45+	11:46+	16:19+	05:31+	03:52+	10:52+	02:47+	00:48+

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Anne-Siv Gjertsen	882	51:53															
01:13=	03:23=	05:58=	09:40=	11:50=	14:25=	16:18=	18:53=	20:01=	24:12=	26:16=	31:38=	33:55=	36:25=	41:30=	45:10=	50:23=	51:30=	51:53=
01:13=	02:10=	02:35=	03:42=	02:10=	02:35=	01:53=	02:35=	01:08=	04:11=	02:04=	05:22=	02:17=	02:30=	05:05=	03:40=	05:13=	01:07=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid E. I. Øxnevad	3516	53:48															
03:47+	05:06+	08:38+	12:38+	15:28+	18:10+	20:16+	22:07+	23:36+	27:08+	29:26+	33:20+	35:54+	37:46+	45:24+	48:51+	52:14+	53:23+	53:48+
03:47+	01:19-	03:32+	04:00+	02:50+	02:42+	02:06+	01:51-	01:29+	03:32-	02:18+	03:54-	02:34+	01:52-	07:38+	03:27-	03:23-	01:09+	00:25+
02:34@	00:51-	00:57&	00:18+	00:40&	00:07+	00:13#	00:44-	00:21&	00:39-	00:14#	01:28-	00:17#	00:38-	02:33&	00:13-	01:50-	00:02+	00:02+
3	Nina Christiansen	722	59:31															
01:21+	03:38+	09:11+	13:08+	15:36+	18:28+	20:40+	22:45+	23:48+	30:46+	33:13+	37:33+	41:51+	44:10+	47:45+	51:58+	54:34+	59:04+	59:31+
01:21+	02:17+	05:33+	03:57+	02:28+	02:52+	02:12+	02:05-	01:03-	06:58+	02:27+	04:20-	04:18+	02:19-	03:35-	04:13+	02:36-	04:30+	00:27+
00:08#	00:07+	02:58@	00:15+	00:18#	00:17#	00:19#	00:30-	00:05-	02:47&	00:23#	01:02-	02:01&	00:11-	01:30-	00:33#	02:37-	03:23@	00:04#
4	Eli Tjåland Stokka	1141	1:06:51															
01:40+	05:10+	09:35+	12:58+	15:50+	24:58+	27:17+	29:35+	30:48+	35:03+	38:28+	43:44+	46:58+	49:26+	52:46+	58:49+	65:17+	66:21+	66:51+
01:40+	03:30+	04:25+	03:23-	02:52+	09:08+	02:19+	02:18-	01:13+	04:15+	03:25+	05:16-	03:14+	02:28-	03:20-	06:03+	06:28+	01:04-	00:30+
00:27&	01:20&	01:50&	00:19-	00:42&	06:33@	00:26#	00:17-	00:05+	00:04+	01:21&	00:06-	00:57&	00:02-	01:45-	02:23&	01:15#	00:03-	00:07&

Beste strekktid for klassen

01:13 01:19 02:35 03:23 02:10 02:35 01:53 01:51 01:03 03:32 02:04 03:54 02:17 01:52 03:20 03:27 02:36 01:04 00:23

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

Damer 65 - 69 år

1	Marit Karin Skretting Nygård	892	44:50																
01:15=	03:06=	05:39=	08:32=	10:36=	14:20=	16:37=	18:40=	19:42=	22:46=	25:01=	29:45=	32:22=	34:39=	37:28=	40:36=	43:38=	44:26=	44:50=	
01:15=	01:51=	02:33=	02:53=	02:04=	03:44=	02:17=	02:03=	01:02=	03:04=	02:15=	04:44=	02:37=	02:17=	02:49=	03:08=	03:02=	00:48=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Eli Frafjord	1141	49:46																
01:26+	02:56+	06:03+	08:53+	10:54+	13:58+	16:22+	18:20-	19:33-	23:21+	26:12+	31:05+	36:41+	39:01+	41:43+	45:02+	48:10+	49:18+	49:46+	
01:26+	01:30-	03:07+	02:50-	02:01-	03:04-	02:24+	01:58-	01:13+	03:48+	02:51+	04:53+	05:36+	02:20+	02:42-	03:19+	03:08+	01:08+	00:28+	
00:11#	00:21-	00:34#	00:03-	00:03-	00:40-	00:07+	00:05-	00:11#	00:44#	00:36&	00:09+	02:59@	00:03+	00:07-	00:11+	00:06+	00:20&	00:04#	
3	Margot Asheim	722	58:39																
01:14-	07:29+	11:00+	13:40+	16:12+	20:19+	22:59+	25:19+	26:26+	30:57+	33:45+	38:56+	43:11+	45:15+	48:31+	52:44+	57:25+	58:17+	58:39+	
01:14-	06:15+	03:31+	02:40-	02:32+	04:07+	02:40+	02:20+	01:07+	04:31+	02:48+	05:11+	04:15+	02:04-	03:16+	04:13+	04:41+	00:52+	00:22-	
00:01-	04:24@	00:58&	00:13-	00:28#	00:23#	00:23#	00:17#	00:05+	01:27&	00:33#	00:27+	01:38&	00:13-	00:27#	01:05&	01:39&	00:04+	00:02-	
4	May Meling	593	1:05:12																
01:12-	03:16+	05:59+	09:22+	11:43+	14:03-	16:58+	18:45+	20:39+	21:38-	24:59-	32:59+	39:24+	42:31+	44:56+	55:04+	59:19+	63:54+	64:47+	65:12+
01:12-	02:04+	02:43+	03:23+	02:21+	02:20-	02:55+	01:47-	01:54+	00:59-	03:21+	08:00+	06:25+	03:07+	02:25-	10:08+	04:15+	04:35+	00:53+	00:25+
00:03-	00:13#	00:10+	00:30#	00:17#	01:24-	00:38&	00:16-	00:52&	02:05-	01:06&	03:16&	03:48@	00:50&	00:24-	07:00@	01:13&	03:47@	00:29@	00:25+
5	Berit Bakken	1884	1:07:30																
02:23+	04:06+	07:30+	10:59+	19:58+	26:29+	28:43+	31:01+	32:20+	36:38+	38:51+	43:53+	46:46+	49:05+	52:00+	59:45+	65:45+	66:59+	67:30+	
02:23+	01:43-	03:24+	03:29+	08:59+	06:31+	02:14-	02:18+	01:19+	04:18+	02:13-	05:02+	02:53+	02:19+	02:55+	07:45+	06:00+	01:14+	00:31+	
01:08&	00:08-	00:51&	00:36#	06:55@	02:47&	00:03-	00:15#	00:17&	01:14&	00:02-	00:18+	00:16#	00:02+	00:06+	04:37@	02:58&	00:26&	00:07&	

Class	Navn	Klasse	Tid
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Damer 65 - 69 år

6	Liv Sissel Obrestad	3529	1:14:47															
03:01+	05:43+	09:06+	21:12+	24:20+	27:43+	30:47+	33:53+	34:58+	39:43+	42:22+	48:21+	52:50+	56:19+	61:49+	66:39+	73:29+	74:13+	74:47+
03:01+	02:42+	03:23+	12:06+	03:08+	03:23-	03:04+	03:06+	01:05+	04:45+	02:39+	05:59+	04:29+	03:29+	05:30+	04:50+	06:50+	00:44-	00:34+
01:46@	00:51&	00:50&	09:13@	01:04&	00:21-	00:47&	01:03&	00:03+	01:41&	00:24#	01:15&	01:52&	01:12&	02:41&	01:42&	03:48@	00:04-	00:10&

Beste strekktid for klassen

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

Damer 70 - 74 år

1	Mette Dagsland	874	1:07:31															
01:44=	05:33=	10:18=	13:51=	16:49=	22:16=	24:25=	26:35=	27:41=	31:13=	38:23=	44:24=	47:38=	50:08=	54:06=	59:48=	65:36=	67:01=	67:31=
01:44=	03:49=	04:45=	03:33=	02:58=	05:27=	02:09=	02:10=	01:06=	03:32=	07:10=	06:01=	03:14=	02:30=	03:58=	05:42=	05:48=	01:25=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	1:11:58															
04:31+	06:15+	09:32-	13:54+	17:19+	21:27-	24:32+	27:31+	28:59+	33:42+	36:28-	48:52+	52:06+	54:37+	57:56+	63:59+	70:19+	71:30+	71:58+
04:31+	01:44-	03:17-	04:22+	03:25+	04:08-	03:05+	02:59+	01:28+	04:43+	02:46-	12:24+	03:14=	02:31+	03:19-	06:03+	06:20+	01:11-	00:28-
02:47@	02:05-	01:28-	00:49#	00:27#	01:19-	00:56&	00:49&	00:22&	01:11&	04:24-	06:23@	00:00=	00:01+	00:39-	00:21+	00:32+	00:14-	00:02-

3	Halldis Handeland	892	1:15:49															
01:54+	04:05-	08:01-	11:35-	14:56-	19:30-	22:15-	25:06-	26:27-	36:09+	39:01+	45:06+	48:43+	51:55+	56:10+	62:41+	73:59+	75:09+	75:49+
01:54+	02:11-	03:56-	03:34+	03:21+	04:34-	02:45+	02:51+	01:21+	09:42+	02:52-	06:05+	03:37+	03:12+	04:15+	06:31+	11:18+	01:10-	00:40+
00:10+	01:38-	00:49-	00:01+	00:23#	00:53-	00:36&	00:41&	00:15#	06:10@	04:18-	00:04+	00:23#	00:42&	00:17+	00:49#	05:30&	00:15-	00:10&

Beste strekktid for klassen

01:44	01:44	03:17	03:33	02:58	04:08	02:09	02:10	01:06	03:32	02:46	06:01	03:14	02:30	03:19	05:42	05:48	01:10	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 75 - 79 år

1	Haldis Glendrange	874	1:02:20															
01:43=	04:00=	07:03=	10:30=	13:44=	17:15=	20:03=	24:21=	25:43=	29:19=	32:13=	38:14=	41:33=	44:49=	48:26=	53:37=	60:16=	61:48=	62:20=
01:43=	02:17=	03:03=	03:27=	03:14=	03:31=	02:48=	04:18=	01:22=	03:36=	02:54=	06:01=	03:19=	03:16=	03:37=	05:11=	06:39=	01:32=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Turid Nystrøm	874	1:03:10															
02:05+	03:55-	07:49+	12:37+	16:20+	19:30+	21:42+	24:06-	25:24-	34:55+	37:48+	42:23+	45:00+	47:38+	50:22+	54:00+	61:21+	62:37+	63:10+
02:05+	01:50-	03:54+	04:48+	03:43+	03:10-	02:12-	02:24-	01:18-	09:31+	02:53-	04:35-	02:37-	02:38-	02:44-	03:38-	07:21+	01:16-	00:33+
00:22#	00:27-	00:51&	01:21&	00:29#	00:21-	00:36-	01:54-	00:04-	05:55@	00:01-	01:26-	00:42-	00:38-	00:53-	01:33-	00:42#	00:16-	00:01+

3	Helga Klausen	769	1:05:07															
01:24-	03:23-	11:59+	15:56+	19:06+	22:53+	25:25+	29:22+	30:34+	34:25+	37:07+	43:33+	46:45+	49:21+	52:57+	58:24+	62:36+	64:38+	65:07+
01:24-	01:59-	08:36+	03:57+	03:10-	03:47+	02:32-	03:57-	01:12-	03:51+	02:42-	06:26+	03:12-	02:36-	03:36-	05:27+	04:12-	02:02+	00:29-
00:19-	00:18-	05:33@	00:30#	00:04-	00:16+	00:16-	00:21-	00:10-	00:15+	00:12-	00:25+	00:07-	00:40-	00:01-	00:16+	02:27-	00:30&	00:03-

Beste strekktid for klassen

01:24	01:50	03:03	03:27	03:10	03:10	02:12	02:24	01:12	03:36	02:42	04:35	02:37	02:36	02:44	03:38	04:12	01:16	00:29
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 80 år og eldre

1	Helga Aaslid	3529	42:42															
02:23=	04:23=	05:54=	09:34=	12:36=	15:59=	17:11=	20:33=	23:41=	24:55=	26:42=	28:19=	29:44=	33:46=	35:30=	37:26=	39:36=	41:43=	42:42=
02:23=	02:00=	01:31=	03:40=	03:02=	03:23=	01:12=	03:22=	03:08=	01:14=	01:47=	01:37=	01:25=	04:02=	01:44=	01:56=	02:10=	02:07=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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Damer 80 år og eldre

2	Berit Ebbell Olsen	874	1:07:51															
03:25+	06:29+	09:15+	19:05+	25:18+	30:39+	32:42+	37:09+	42:22+	44:36+	46:59+	48:56+	50:21+	55:24+	57:45+	60:26+	63:34+	66:30+	67:51+
03:25+	03:04+	02:46+	09:50+	06:13+	05:21+	02:03+	04:27+	05:13+	02:14+	02:23+	01:57+	01:25+	05:03+	02:21+	02:41+	03:08+	02:56+	01:21+
01:02&	01:04&	01:15&	06:10&	03:11&	01:58&	00:51&	01:05&	02:05&	01:00&	00:36&	00:20#	00:00=	01:01&	00:37&	00:45&	00:58&	00:49&	00:22&

Beste strekktid for klassen

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

Damer A

1	Aud Hognestad Taksdal	892	35:53																			
01:21=	04:54=	05:57=	07:54=	08:59=	10:28=	11:24=	13:01=	14:06=	15:07=	16:38=	18:17=	19:48=	22:08=	24:30=	26:27=	27:36=	29:13=	31:42=	33:23=	35:05=	35:37=	35:53=
01:21=	03:33=	01:03=	01:57=	01:05=	01:29=	00:56=	01:37=	01:05=	01:01=	01:31=	01:39=	01:31=	02:20=	02:22=	01:57=	01:09=	01:37=	02:29=	01:41=	01:42=	00:32=	00:16=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Matilde Skjæveland Skår	3486	44:57																			
01:34+	05:46+	06:56+	09:12+	10:55+	14:55+	16:19+	18:45+	19:57+	21:16+	23:11+	25:22+	27:13+	30:07+	32:45+	34:44+	36:20+	36:59+	39:51+	41:58+	44:04+	44:39+	44:57+
01:34+	04:12+	01:10+	02:16+	01:43+	04:00+	01:24+	02:26+	01:12+	01:19+	01:55+	02:11+	01:51+	02:54+	02:38+	01:59+	01:36+	00:39-	02:52+	02:07+	02:06+	00:35+	00:18+
00:13#	00:39#	00:07#	00:19#	00:38&	02:31&	00:28&	00:49&	00:07#	00:18&	00:24&	00:32&	00:20#	00:34#	00:16#	00:02+	00:27&	00:58-	00:23#	00:26&	00:24#	00:03+	00:02#
3	Clare Leveridge	877	44:58																			
01:23+	06:12+	07:24+	09:28+	11:06+	13:13+	15:09+	17:06+	18:18+	19:37+	21:13+	23:32+	25:29+	28:08+	31:10+	33:51+	35:44+	36:35+	39:36+	41:54+	44:03+	44:41+	44:58+
01:23+	04:49+	01:12+	02:04+	01:38+	02:07+	01:56+	01:57+	01:12+	01:19+	01:36+	02:19+	01:57+	02:39+	03:02+	02:41+	01:53+	00:51-	03:01+	02:18+	02:09+	00:38+	00:17+
00:02+	01:16&	00:09#	00:07+	00:33&	00:38&	01:00&	00:20#	00:07#	00:18&	00:05+	00:40&	00:26&	00:19#	00:40&	00:44&	00:44&	00:46-	00:32#	00:37&	00:27&	00:06#	00:01+
4	Katrine Haaland Leveraas	896	46:46																			
01:36+	06:46+	09:06+	12:02+	13:32+	16:21+	17:08+	18:56+	20:07+	21:37+	24:59+	27:12+	28:52+	31:20+	33:58+	35:48+	37:01+	37:39+	40:37+	42:49+	45:50+	46:29+	46:46+
01:36+	05:10+	02:20+	02:56+	01:30+	02:49+	00:47-	01:48+	01:11+	01:30+	03:22+	02:13+	01:40+	02:28+	02:38+	01:50-	01:13+	00:38-	02:58+	02:12+	03:01+	00:39+	00:17+
00:15#	01:37&	01:17&	00:59&	00:25&	01:20&	00:09-	00:11#	00:06+	00:29&	01:51&	00:34&	00:09+	00:08+	00:16#	00:07-	00:04+	00:59-	00:29#	00:31&	01:19&	00:07#	00:01+
5	Trine Bolstad Scheie	769	46:54																			
02:10+	06:51+	08:14+	10:33+	12:04+	15:44+	17:06+	19:14+	20:31+	21:57+	23:42+	25:44+	27:39+	30:38+	33:31+	35:32+	36:47+	38:22+	41:25+	43:50+	45:57+	46:34+	46:54+
02:10+	04:41+	01:23+	02:19+	01:31+	03:40+	01:22+	02:08+	01:17+	01:26+	01:45+	02:02+	01:55+	02:59+	02:53+	02:01+	01:15+	01:35-	03:03+	02:25+	02:07+	00:37+	00:20+
00:49&	01:08&	00:20&	00:22#	00:26&	02:11&	00:26&	00:31&	00:12#	00:25&	00:14#	00:23#	00:24&	00:39&	00:31#	00:04+	00:06+	00:02-	00:34#	00:44&	00:25#	00:05#	00:04#
6	Silje Skorve Skarpeid	1758	54:40																			
02:23+	07:31+	09:02+	11:31+	13:17+	16:05+	17:00+	18:52+	20:32+	22:30+	25:39+	28:03+	30:02+	32:45+	35:45+	38:01+	39:45+	42:11+	46:14+	48:42+	53:20+	54:18+	54:40+
02:23+	05:08+	01:31+	02:29+	01:46+	02:48+	00:55-	01:52+	01:40+	01:58+	03:09+	02:24+	01:59+	02:43+	03:00+	02:16+	01:44+	02:26+	04:03+	02:28+	04:38+	00:58+	00:22+
01:02&	01:35&	00:28&	00:32&	00:41&	01:19&	00:01-	00:15#	00:35&	00:57&	01:38&	00:45&	00:28&	00:23#	00:38&	00:19#	00:35&	00:49&	01:34&	00:47&	02:56&	00:26&	00:06&

Beste strekktid for klassen

01:21	03:33	01:03	01:57	01:05	01:29	00:47	01:37	01:05	01:01	01:31	01:39	01:31	02:20	02:22	01:50	01:09	00:38	02:29	01:41	01:42	00:32	00:16
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer B

1	Inger Tone Nygård	3502	47:03																				
01:00=	02:31=	03:53=	04:48=	09:10=	11:31=	13:05=	15:49=	16:40=	17:54=	19:17=	20:22=	21:48=	23:19=	25:32=	27:23=	30:39=	34:18=	35:58=	37:24=	40:08=	45:56=	46:44=	47:03=
01:00=	01:31=	01:22=	00:55=	04:22=	02:21=	01:34=	02:44=	00:51=	01:14=	01:23=	01:05=	01:26=	01:31=	02:13=	01:51=	03:16=	03:39=	01:40=	01:26=	02:44=	05:48=	00:48=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anina Hadland	3502	47:16																				
01:06+	02:40+	04:42+	05:32+	09:55+	11:10-	13:10+	16:20+	17:17+	18:44+	20:06+	21:36+	23:13+	25:07+	27:37+	29:56+	33:30+	37:06+	38:58+	40:59+	43:55+	45:59+	46:59+	47:16+
01:06+	01:34+	02:02+	00:50-	04:23+	01:15-	02:00+	03:10+	00:57+	01:27+	01:22-	01:30+	01:37+	01:54+	02:30+	02:19+	03:34+	03:36-	01:52+	02:01+	02:56+	02:04-	01:00+	00:17-
00:06+	00:03+	00:40&	00:05-	00:01+	01:06-	00:26&	00:26#	00:06#	00:13#	00:01-	00:25&	00:11#	00:23&	00:17#	00:28&	00:18+	00:03-	00:12#	00:35&	00:12+	03:44-	00:12#	00:02-
3	Jorunn Johannesen	1683	48:38																				
01:04+	02:28+	04:02+	06:49+	10:02+	14:25+	15:59+	18:39+	19:38+	20:49+	22:11+	23:40+	25:06+	26:46+	29:24+	31:30+	34:12+	37:27+	40:54+	42:20+	44:59+	46:50+	48:15+	48:38+
01:04+	01:24+	01:34+	02:47+	03:13-	04:23+	01:34=	02:40-	00:59+	01:11-	01:22-	01:29+	01:26=	01:40+	02:38+	02:06+	02:42-	03:15-	03:27+	01:26=	02:39-	01:51-	01:25+	00:23+
00:04+	00:07-	00:12#	01:52&	01:09-	02:02&	00:00=	00:04-	00:08#	00:03-	00:01-	00:24&	00:00=	00:09+	00:25#	00:15#	00:34-	00:24-	01:47&	00:00=	00:05-	03:57-	00:37&	00:04#

Damer B

4	Anne Sæbø Vik	1683	53:56																				
01:33+	03:18+	05:02+	06:10+	09:29+	12:26+	14:06+	18:19+	19:06+	23:09+	24:21+	27:36+	29:03+	30:39+	34:10+	36:20+	39:38+	43:03+	45:48+	47:14+	50:11+	52:29+	53:35+	53:56+
01:33+	01:45+	01:44+	01:08+	03:19-	02:57+	01:40+	04:13+	00:47-	04:03+	01:12-	03:15+	01:27+	01:36+	03:31+	02:10+	03:18+	03:25-	02:45+	01:26+	02:57+	02:18-	01:06+	00:21+
00:33&	00:14#	00:22&	00:13#	01:03-	00:36&	00:06+	01:29&	00:04-	02:49#	00:11-	02:10#	00:01+	00:05+	01:18&	00:19#	00:02+	00:14-	01:05&	00:00=	00:13+	03:30-	00:18&	00:02#
5	Ida Kolstø	3502	54:08																				
01:08+	02:48+	04:48+	06:02+	09:09+	11:08+	12:51+	16:28+	17:52+	19:50+	21:26+	24:03+	25:34+	29:32+	32:08+	34:23+	38:41+	42:40+	44:51+	47:30+	50:21+	52:23+	53:50+	54:08+
01:08+	01:40+	02:00+	01:14+	03:07+	01:59+	01:43+	03:37+	01:24+	01:58+	01:36+	02:37+	01:31+	03:58+	02:36+	02:15+	04:18+	03:59+	02:11+	02:39+	02:51+	02:02+	01:27+	00:18+
01:08+	01:40+	02:00+	01:14+	03:07+	01:59+	01:43+	03:37+	01:24+	01:58+	01:36+	02:37+	01:31+	03:58+	02:36+	02:15+	04:18+	03:59+	02:11+	02:39+	02:51+	02:02+	01:27+	00:18+
6	Vibeke Lamark	878	56:23																				
00:55+	02:34+	04:20+	05:02+	08:30+	10:16+	11:58+	14:40+	19:28+	20:51+	22:06+	23:53+	25:24+	27:40+	30:04+	32:03+	35:24+	44:00+	45:41+	49:25+	52:39+	54:44+	55:58+	56:23+
00:55+	01:39+	01:46+	00:42+	03:28+	01:46+	01:42+	02:42+	04:48+	01:23+	01:15+	01:47+	01:31+	02:16+	02:24+	01:59+	03:21+	08:36+	01:41+	03:44+	03:14+	02:05+	01:14+	00:25+
00:55+	01:39+	01:46+	00:42+	03:28+	01:46+	01:42+	02:42+	04:48+	01:23+	01:15+	01:47+	01:31+	02:16+	02:24+	01:59+	03:21+	08:36+	01:41+	03:44+	03:14+	02:05+	01:14+	00:25+
7	Ragnhild Auglænd	769	56:43																				
02:43+	04:17+	06:02+	07:11+	13:08+	15:28+	17:25+	21:03+	22:09+	24:15+	25:48+	27:10+	28:48+	30:45+	33:26+	35:48+	41:10+	45:02+	47:23+	49:12+	52:34+	54:43+	56:17+	56:43+
02:43+	01:34+	01:45+	01:09+	05:57+	02:20+	01:57+	03:38+	01:06+	02:06+	01:33+	01:22+	01:38+	01:57+	02:41+	02:22+	05:22+	03:52+	02:21+	01:49+	03:22+	02:09+	01:34+	00:26+
02:43+	01:34+	01:45+	01:09+	05:57+	02:20+	01:57+	03:38+	01:06+	02:06+	01:33+	01:22+	01:38+	01:57+	02:41+	02:22+	05:22+	03:52+	02:21+	01:49+	03:22+	02:09+	01:34+	00:26+
8	Agnes Haker	1284	56:44																				
00:59+	02:15+	03:52+	04:34+	14:29+	17:41+	19:08+	22:01+	22:45+	24:06+	26:16+	28:14+	30:20+	32:10+	34:43+	36:32+	39:34+	43:16+	45:13+	46:43+	50:29+	55:21+	56:25+	56:44+
00:59+	01:16+	01:37+	00:42+	09:55+	03:12+	01:27+	02:53+	00:44+	01:21+	02:10+	01:58+	02:06+	01:50+	02:33+	01:49+	03:02+	03:42+	01:57+	01:30+	03:46+	04:52+	01:04+	00:19+
00:59+	01:16+	01:37+	00:42+	09:55+	03:12+	01:27+	02:53+	00:44+	01:21+	02:10+	01:58+	02:06+	01:50+	02:33+	01:49+	03:02+	03:42+	01:57+	01:30+	03:46+	04:52+	01:04+	00:19+
9	Ann Karin Tjørhom	1884	56:55																				
01:33+	03:34+	05:41+	06:38+	11:27+	14:30+	16:29+	20:07+	20:55+	22:39+	24:17+	25:48+	27:29+	31:33+	34:14+	36:35+	39:52+	44:58+	47:22+	49:07+	52:28+	55:03+	56:31+	56:55+
01:33+	02:01+	02:07+	00:57+	04:49+	03:03+	01:59+	03:38+	00:48+	01:44+	01:38+	01:31+	01:41+	04:04+	02:41+	02:21+	03:17+	05:06+	02:24+	01:45+	03:21+	02:35+	01:28+	00:24+
01:33+	02:01+	02:07+	00:57+	04:49+	03:03+	01:59+	03:38+	00:48+	01:44+	01:38+	01:31+	01:41+	04:04+	02:41+	02:21+	03:17+	05:06+	02:24+	01:45+	03:21+	02:35+	01:28+	00:24+
10	Mariann Sveinsvoll	3504	56:57																				
01:01+	02:59+	05:53+	06:58+	11:08+	13:02+	14:47+	19:03+	20:04+	21:39+	23:23+	25:21+	27:12+	31:02+	33:59+	36:17+	40:13+	44:32+	46:31+	49:09+	52:38+	55:00+	56:31+	56:57+
01:01+	01:58+	02:54+	01:05+	04:10+	01:54+	01:45+	04:16+	01:01+	01:35+	01:44+	01:58+	01:51+	03:50+	02:57+	02:18+	03:56+	04:19+	01:59+	02:38+	03:29+	02:22+	01:31+	00:26+
01:01+	01:58+	02:54+	01:05+	04:10+	01:54+	01:45+	04:16+	01:01+	01:35+	01:44+	01:58+	01:51+	03:50+	02:57+	02:18+	03:56+	04:19+	01:59+	02:38+	03:29+	02:22+	01:31+	00:26+
11	Anne Garsrud	3518	59:19																				
01:37+	03:51+	06:33+	07:31+	11:19+	12:40+	14:33+	18:15+	19:22+	20:50+	22:06+	23:52+	25:36+	27:46+	30:22+	32:08+	35:13+	38:48+	42:30+	49:25+	53:25+	57:37+	58:59+	59:19+
01:37+	02:14+	02:42+	00:58+	03:48+	01:21+	01:53+	03:42+	01:07+	01:28+	01:16+	01:46+	01:44+	02:10+	02:36+	01:46+	03:05+	03:35+	03:42+	06:55+	04:00+	04:12+	01:22+	00:20+
01:37+	02:14+	02:42+	00:58+	03:48+	01:21+	01:53+	03:42+	01:07+	01:28+	01:16+	01:46+	01:44+	02:10+	02:36+	01:46+	03:05+	03:35+	03:42+	06:55+	04:00+	04:12+	01:22+	00:20+
12	Anne Botne	3559	1:00:46																				
01:19+	03:02+	04:50+	05:37+	17:13+	18:41+	20:46+	25:31+	26:35+	28:38+	29:54+	31:17+	33:10+	35:01+	37:34+	40:00+	43:27+	46:47+	50:43+	53:17+	56:32+	58:41+	60:22+	60:46+
01:19+	01:43+	01:48+	00:47+	11:36+	01:28+	02:05+	04:45+	01:04+	02:03+	01:16+	01:23+	01:53+	01:51+	02:33+	02:26+	03:27+	03:20+	03:56+	02:34+	03:15+	02:09+	01:41+	00:24+
01:19+	01:43+	01:48+	00:47+	11:36+	01:28+	02:05+	04:45+	01:04+	02:03+	01:16+	01:23+	01:53+	01:51+	02:33+	02:26+	03:27+	03:20+	03:56+	02:34+	03:15+	02:09+	01:41+	00:24+
13	Kristin Breivold	892	1:02:12																				
01:47+	03:38+	05:30+	07:48+	11:56+	14:37+	16:19+	19:10+	20:32+	22:31+	23:48+	25:47+	27:27+	29:20+	32:03+	34:07+	37:23+	47:45+	52:40+	54:24+	57:38+	59:57+	61:50+	62:12+
01:47+	01:51+	01:52+	02:18+	04:08+	02:41+	01:42+	02:51+	01:22+	01:59+	01:17+	01:59+	01:40+	01:53+	02:43+	02:04+	03:16+	10:22+	04:55+	01:44+	03:14+	02:19+	01:53+	00:22+
01:47+	01:51+	01:52+	02:18+	04:08+	02:41+	01:42+	02:51+	01:22+	01:59+	01:17+	01:59+	01:40+	01:53+	02:43+	02:04+	03:16+	10:22+	04:55+	01:44+	03:14+	02:19+	01:53+	00:22+
14	Heidi Martby-Skogsholm	3522	1:09:26																				
01:09+	03:04+	05:08+	06:11+	10:54+	12:53+	14:58+	18:15+	20:52+	22:20+	24:06+	26:24+	28:22+	31:08+	42:58+	45:17+	51:51+	56:14+	58:57+	61:10+	64:45+	67:20+	69:05+	69:26+
01:09+	01:55+	02:04+	01:03+	04:43+	01:59+	02:05+	03:17+	02:37+	01:28+	01:46+	02:18+	01:58+	02:46+	11:50+	02:19+	06:34+	04:23+	02:43+	02:13+	03:35+	02:35+	01:45+	00:21+
01:09+	01:55+	02:04+	01:03+	04:43+	01:59+	02:05+	03:17+	02:37+	01:28+	01:46+	02:18+	01:58+	02:46+	11:50+	02:19+	06:34+	04:23+	02:43+	02:13+	03:35+	02:35+	01:45+	00:21+

Beste strekktid for klassen

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

Damer Ny

1	Gabriella Mattingsdal	NOTEAM	25:21										
03:23=	04:24=	08:06=	09:24=	12:14=	13:17=	14:15=	15:07=	16:30=	19:15=	21:44=	23:27=	24:34=	25:21=
03:23=	01:01=	03:42=	01:18=	02:50=	01:03=	00:58=	00:52=	01:23=	02:45=	02:29=	01:43=	01:07=	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=

Damer Ny

2 Emilie W Refseth 1830 30:04

01:58-	02:58-	06:25-	07:43-	11:33-	13:20+	15:17+	16:46+	18:19+	22:09+	25:28+	27:54+	29:19+	30:04+
01:58-	01:00-	03:27-	01:18=	03:50+	01:47+	01:57+	01:29+	01:33+	03:50+	03:19+	02:26+	01:25+	00:45-
01:25-	00:01-	00:15-	00:00=	00:44&	00:59&	00:37&	00:10#	01:05&	00:50&	00:43&	00:18&		00:02-

3 Helene Racine Bjordal Bergesen 1830 30:05

01:56+	02:56+	06:06+	07:36+	11:24+	13:05+	15:10+	16:35+	18:16+	22:02+	25:19+	27:53+	29:19+	30:05+
01:56+	01:00+	03:10+	01:30+	03:48+	01:41+	02:05+	01:25+	01:41+	03:46+	03:17+	02:34+	01:26+	00:46+
01:56+	01:00+	03:10+	01:30+	03:48+	01:41+	02:05+	01:25+	01:41+	03:46+	03:17+	02:34+	01:26+	00:46+

Beste strekktid for klassen

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

Damer Trim

1 Marit L. Undheim 3529 33:03

01:58=	03:50=	05:38=	07:41=	09:00=	14:29=	16:31=	17:44=	19:19=	20:29=	21:15=	22:33=	26:15=	27:42=	29:11=	30:47=	32:27=	33:03=
01:58=	01:52=	01:48=	02:03=	01:19=	05:29=	02:02=	01:13=	01:35=	01:10=	00:46=	01:18=	03:42=	01:27=	01:29=	01:36=	01:40=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Inger Johanne Klausen 3529 34:20

01:47-	07:11+	08:28+	10:48+	13:49+	16:21+	18:19+	19:16+	20:52+	21:58+	22:49+	24:22+	27:02+	28:33+	29:56+	32:13+	33:56+	34:20+
01:47-	05:24+	01:17-	02:20+	03:01+	02:32-	01:58-	00:57-	01:36+	01:06-	00:51+	01:33+	02:40-	01:31+	01:23-	02:17+	01:43+	00:24-
00:11-	03:32@	00:31-	00:17#	01:42@	02:57-	00:04-	00:16-	00:01+	00:04-	00:05#	00:15#	01:02-	00:04+	00:06-	00:41&	00:03+	00:12-

3 Ane Odland 1683 35:37

02:06+	03:58+	05:17-	07:48+	09:40+	13:03-	15:29-	16:50-	18:31-	20:21-	22:29+	24:23+	27:26+	28:58+	30:12+	32:46+	35:08+	35:37+
02:06+	01:52=	01:19-	02:31+	01:52+	03:23-	02:26+	01:21+	01:41+	01:50+	02:08+	01:54+	03:03-	01:32+	01:14-	02:34+	02:22+	00:29-
00:08+	00:00=	00:29-	00:28#	00:33&	02:06-	00:24#	00:08#	00:06+	00:40&	01:22@	00:36&	00:39-	00:05+	00:15-	00:58&	00:42&	00:07-

4 Ane Hatteland Nese 769 36:31

02:33+	04:27+	05:52+	08:27+	09:53+	13:40-	16:37+	20:39+	22:25+	23:58+	25:00+	26:34+	29:56+	31:10+	32:34+	34:08+	35:50+	36:31+
02:33+	01:54+	01:25-	02:35+	01:26+	03:47-	02:57+	04:02+	01:46+	01:33+	01:02+	01:34+	03:22-	01:14-	01:24-	01:34-	01:42+	00:41+
00:35&	00:02+	00:23-	00:32&	00:07+	01:42-	00:55&	02:49@	00:11#	00:23&	00:16&	00:16#	00:20-	00:13-	00:05-	00:02-	00:02+	00:05#

5 Benedicte Kvalevåg 769 37:55

02:18+	08:35+	09:49+	12:19+	13:56+	17:01+	19:24+	20:30+	22:43+	23:54+	24:48+	26:14+	29:11+	30:31+	32:53+	35:33+	37:26+	37:55+
02:18+	06:17+	01:14-	02:30+	01:37+	03:05-	02:23+	01:06-	02:13+	01:11+	00:54+	01:26+	02:57-	01:20-	02:22+	02:40+	01:53+	00:29-
00:20#	04:25@	00:34-	00:27#	00:18#	02:24-	00:21#	00:07-	00:38&	00:01+	00:08#	00:08#	00:45-	00:07-	00:53&	01:04&	00:13#	00:07-

6 Elisa Møller 769 39:15

02:34+	05:40+	07:14+	09:51+	12:13+	17:12+	20:45+	22:02+	24:55+	26:13+	27:03+	28:37+	31:46+	33:13+	34:24+	36:22+	38:45+	39:15+
02:34+	03:06+	01:34-	02:37+	02:22+	04:59-	03:33+	01:17+	02:53+	01:18+	00:50+	01:34+	03:09-	01:27=	01:11-	01:58+	02:23+	00:30-
00:36&	01:14&	00:14-	00:34&	01:03&	00:30-	01:31&	00:04+	01:18&	00:08#	00:04+	00:16#	00:33-	00:00=	00:18-	00:22#	00:43&	00:06-

7 Ritva Halsne 722 42:30

02:57+	04:56+	06:40+	10:03+	11:56+	17:23+	20:12+	22:05+	26:05+	27:49+	29:17+	31:00+	34:52+	36:27+	37:56+	40:31+	42:01+	42:30+
02:57+	01:59+	01:44-	03:23+	01:53+	05:27-	02:49+	01:53+	04:00+	01:44+	01:28+	01:43+	03:52+	01:35+	01:29=	02:35+	01:30-	00:29-
00:59&	00:07+	00:04-	01:20&	00:34&	00:02-	00:47&	00:40&	02:25@	00:34&	00:42&	00:25&	00:10+	00:08+	00:00=	00:59&	00:10-	00:07-

8 Marie Hernæs Larsen 3565 42:35

02:22+	05:07+	07:43+	11:13+	14:28+	18:17+	21:27+	22:52+	26:29+	27:46+	28:56+	30:26+	33:32+	35:36+	37:30+	39:38+	41:35+	42:35+
02:22+	02:45+	02:36+	03:30+	03:15+	03:49-	03:10+	01:25+	03:37+	01:17+	01:10+	01:30+	03:06-	02:04+	01:54+	02:08+	01:57+	01:00+
00:24#	00:53&	00:48&	01:27&	01:56@	01:40-	01:08&	00:12#	02:02@	00:07+	00:24&	00:12#	00:36-	00:37&	00:25&	00:32&	00:17#	00:24&

9 Karoline Blyberg Lillehammer 1758 42:35

02:49+	06:13+	07:51+	14:23+	16:27+	21:14+	23:37+	24:58+	27:32+	29:16+	29:57+	31:34+	34:40+	36:00+	37:19+	39:56+	42:02+	42:35+
02:49+	03:24+	01:38-	06:32+	02:04+	04:47-	02:23+	01:21+	02:34+	01:44+	00:41-	01:37+	03:06-	01:20-	01:19-	02:37+	02:06+	00:33-
00:51&	01:32&	00:10-	04:29@	00:45&	00:42-	00:21#	00:08#	00:59&	00:34&	00:05-	00:19#	00:36-	00:07-	00:10-	01:01&	00:26&	00:03-

10 Elisabet Horpestad 896 44:13

02:14+	06:35+	08:35+	13:50+	17:16+	21:25+	24:21+	25:36+	28:41+	30:47+	31:29+	33:12+	36:07+	38:45+	40:53+	42:35+	43:53+	44:13+
02:14+	04:21+	02:00+	05:15+	03:26+	04:09-	02:56+	01:15+	03:05+	02:06+	00:42-	01:43+	02:55-	02:38+	02:08+	01:42+	01:18-	00:20-
00:16#	02:29@	00:12#	03:12@	02:07@	01:20-	00:54&	00:02+	01:30&	00:56&	00:04-	00:25&	00:47-	01:11&	00:39&	00:06+	00:22-	00:16-

Damer Trim

11	Maria Fjelde	722	44:33															
02:17+	04:36+	06:26+	08:41+	12:21+	17:10+	19:49+	20:51+	22:45+	24:15+	25:13+	27:18+	30:51+	33:07+	35:05+	42:38+	44:08+	44:33+	
02:17+	02:19+	01:50+	02:15+	03:40+	04:49-	02:39+	01:02-	01:54+	01:30+	00:58+	02:05+	03:33-	02:16+	01:58+	07:33+	01:30-	00:25-	
00:19#	00:27#	00:02+	00:12+	02:21#	00:40-	00:37#	00:11-	00:19#	00:20#	00:12#	00:47#	00:09-	00:49#	00:29#	05:57#	00:10-	00:11-	
12	Hilde Christine Hoff	848	47:11															
03:11+	05:57+	07:37+	11:05+	13:26+	18:18+	22:32+	24:16+	26:42+	28:59+	30:21+	32:48+	37:18+	39:45+	41:32+	44:02+	46:09+	47:11+	
03:11+	02:46+	01:40+	03:28+	02:21+	04:52+	04:14+	01:44+	02:26+	02:17+	01:22+	02:27+	04:30+	02:27+	01:47+	02:30+	02:07+	01:02+	
03:11+	02:46+	01:40+	03:28+	02:21+	04:52+	04:14+	01:44+	02:26+	02:17+	01:22+	02:27+	04:30+	02:27+	01:47+	02:30+	02:07+	01:02+	
13	Unni B Sundli	892	51:25															
04:21+	07:37+	09:59+	15:07+	17:55+	22:42+	26:11+	27:44+	29:46+	31:19+	32:22+	34:34+	38:33+	40:20+	42:34+	44:02+	48:10+	50:35+	51:25+
04:21+	03:16+	02:22+	05:08+	02:48+	04:47+	03:29+	01:33+	02:02+	01:33+	01:03+	02:12+	03:59+	01:47+	02:14+	01:28+	04:08+	02:25+	00:50+
04:21+	03:16+	02:22+	05:08+	02:48+	04:47+	03:29+	01:33+	02:02+	01:33+	01:03+	02:12+	03:59+	01:47+	02:14+	01:28+	04:08+	02:25+	00:50+
14	Kirsti Strand Salvesen	3540	52:33															
03:10+	06:10+	08:34+	16:23+	18:54+	24:04+	27:50+	29:30+	31:52+	34:03+	35:14+	37:34+	41:46+	43:34+	45:48+	48:42+	51:30+	52:33+	
03:10+	03:00+	02:24+	07:49+	02:31+	05:10+	03:46+	01:40+	02:22+	02:11+	01:11+	02:20+	04:12+	01:48+	02:14+	02:54+	02:48+	01:03+	
03:10+	03:00+	02:24+	07:49+	02:31+	05:10+	03:46+	01:40+	02:22+	02:11+	01:11+	02:20+	04:12+	01:48+	02:14+	02:54+	02:48+	01:03+	
15	Ingunn Monsen	3525	53:24															
02:11+	05:29+	07:11+	28:03+	30:00+	33:05+	35:36+	37:26+	38:57+	40:14+	41:07+	42:41+	46:07+	47:45+	50:01+	51:39+	52:53+	53:24+	
02:11+	03:18+	01:42+	20:52+	01:57+	03:05+	02:31+	01:50+	01:31+	01:17+	00:53+	01:34+	03:26+	01:38+	02:16+	01:38+	01:14+	00:31+	
02:11+	03:18+	01:42+	20:52+	01:57+	03:05+	02:31+	01:50+	01:31+	01:17+	00:53+	01:34+	03:26+	01:38+	02:16+	01:38+	01:14+	00:31+	
16	Brit Svihus	892	53:45															
03:33+	07:12+	10:24+	15:23+	19:42+	24:13+	27:35+	29:34+	31:59+	33:32+	34:39+	36:48+	40:43+	42:40+	44:08+	45:46+	50:11+	52:49+	53:45+
03:33+	03:39+	03:12+	04:59+	04:19+	04:31+	03:22+	01:59+	02:25+	01:33+	01:07+	02:09+	03:55+	01:57+	01:28+	01:38+	04:25+	02:38+	00:56+
03:33+	03:39+	03:12+	04:59+	04:19+	04:31+	03:22+	01:59+	02:25+	01:33+	01:07+	02:09+	03:55+	01:57+	01:28+	01:38+	04:25+	02:38+	00:56+
17	Marta Bertoloso	1832	54:23															
02:43+	10:54+	12:22+	15:21+	17:02+	20:53+	24:15+	25:33+	27:18+	28:39+	29:32+	31:19+	34:52+	36:45+	38:07+	45:06+	53:50+	54:23+	
02:43+	08:11+	01:28+	02:59+	01:41+	03:51+	03:22+	01:18+	01:45+	01:21+	00:53+	01:47+	03:33+	01:53+	01:22+	06:59+	08:44+	00:33+	
02:43+	08:11+	01:28+	02:59+	01:41+	03:51+	03:22+	01:18+	01:45+	01:21+	00:53+	01:47+	03:33+	01:53+	01:22+	06:59+	08:44+	00:33+	
18	Ann Iren Undheim Seitzberg	3548	54:28															
02:41+	09:18+	11:27+	14:38+	17:19+	25:23+	29:09+	30:53+	33:40+	35:32+	36:35+	39:31+	42:52+	45:27+	47:16+	50:28+	53:29+	54:28+	
02:41+	06:37+	02:09+	03:11+	02:41+	08:04+	03:46+	01:44+	02:47+	01:52+	01:03+	02:56+	03:21+	02:35+	01:49+	03:12+	03:01+	00:59+	
02:41+	06:37+	02:09+	03:11+	02:41+	08:04+	03:46+	01:44+	02:47+	01:52+	01:03+	02:56+	03:21+	02:35+	01:49+	03:12+	03:01+	00:59+	
19	Heidi Camilla Raugstad Hovet	769	55:27															
02:20+	05:57+	07:41+	17:21+	19:24+	28:11+	31:06+	32:30+	35:15+	37:53+	39:18+	41:25+	45:19+	47:26+	49:34+	52:57+	54:57+	55:27+	
02:20+	03:37+	01:44+	09:40+	02:03+	08:47+	02:55+	01:24+	02:45+	02:38+	01:25+	02:07+	03:54+	02:07+	02:08+	03:23+	02:00+	00:30+	
02:20+	03:37+	01:44+	09:40+	02:03+	08:47+	02:55+	01:24+	02:45+	02:38+	01:25+	02:07+	03:54+	02:07+	02:08+	03:23+	02:00+	00:30+	
20	Ruth Grødem	722	55:32															
03:32+	05:54+	07:43+	18:13+	21:29+	26:04+	29:37+	31:25+	33:51+	35:30+	36:32+	38:42+	42:36+	46:08+	47:38+	52:06+	54:42+	55:32+	
03:32+	02:22+	01:49+	10:30+	03:16+	04:35+	03:33+	01:48+	02:26+	01:39+	01:02+	02:10+	03:54+	03:32+	01:30+	04:28+	02:36+	00:50+	
03:32+	02:22+	01:49+	10:30+	03:16+	04:35+	03:33+	01:48+	02:26+	01:39+	01:02+	02:10+	03:54+	03:32+	01:30+	04:28+	02:36+	00:50+	
21	Silje Elise Elstad	769	56:17															
03:00+	06:40+	08:24+	18:39+	20:08+	28:52+	31:49+	33:13+	36:02+	38:41+	40:07+	42:08+	46:01+	48:10+	50:17+	53:52+	55:45+	56:17+	
03:00+	03:40+	01:44+	10:15+	01:29+	08:44+	02:57+	01:24+	02:49+	02:39+	01:26+	02:01+	03:53+	02:09+	02:07+	03:35+	01:53+	00:32+	
03:00+	03:40+	01:44+	10:15+	01:29+	08:44+	02:57+	01:24+	02:49+	02:39+	01:26+	02:01+	03:53+	02:09+	02:07+	03:35+	01:53+	00:32+	
22	Sigrund Serigstad	879	56:42															
03:26+	12:28+	14:02+	17:49+	21:25+	25:36+	29:25+	30:31+	32:15+	33:30+	34:02+	35:27+	39:14+	41:17+	42:37+	48:09+	56:17+	56:42+	
03:26+	09:02+	01:34+	03:47+	03:36+	04:11+	03:49+	01:06+	01:44+	01:15+	00:32+	01:25+	03:47+	02:03+	01:20+	05:32+	08:08+	00:25+	
03:26+	09:02+	01:34+	03:47+	03:36+	04:11+	03:49+	01:06+	01:44+	01:15+	00:32+	01:25+	03:47+	02:03+	01:20+	05:32+	08:08+	00:25+	
23	Unni Byberg Mæstad	892	59:10															
02:28+	04:52+	06:17+	18:37+	20:53+	25:41+	28:46+	30:22+	32:58+	34:34+	35:27+	37:36+	41:51+	43:56+	45:42+	48:09+	58:20+	59:10+	
02:28+	02:24+	01:25+	12:20+	02:16+	04:48+	03:05+	01:36+	02:36+	01:36+	00:53+	02:09+	04:15+	02:05+	01:46+	02:27+	10:11+	00:50+	
02:28+	02:24+	01:25+	12:20+	02:16+	04:48+	03:05+	01:36+	02:36+	01:36+	00:53+	02:09+	04:15+	02:05+	01:46+	02:27+	10:11+	00:50+	
24	Bente Skagseth	3558	59:17															
03:49+	06:14+	08:32+	11:50+	14:50+	18:49+	22:22+	25:45+	34:19+	35:42+	37:42+	39:27+	43:28+	46:07+	48:27+	56:03+	58:39+	59:17+	
03:49+	02:25+	02:18+	03:18+	03:00+	03:59+	03:33+	03:23+	08:34+	01:23+	02:00+	01:45+	04:01+	02:39+	02:20+	07:36+	02:36+	00:38+	
03:49+	02:25+	02:18+	03:18+	03:00+	03:59+	03:33+	03:23+	08:34+	01:23+	02:00+	01:45+	04:01+	02:39+	02:20+	07:36+	02:36+	00:38+	

Damer Trim

25	Åse Kristensen	1141	59:41
05:45+	12:54+ 15:10+ 20:27+ 24:44+ 28:38+ 31:48+ 33:15+ 36:45+ 38:17+ 39:29+ 42:09+ 46:13+ 50:33+ 52:06+ 56:16+ 58:49+ 59:41+		
05:45+	07:09+ 02:16+ 05:17+ 04:17+ 03:54+ 03:10+ 01:27+ 03:30+ 01:32+ 01:12+ 02:40+ 04:04+ 04:20+ 01:33+ 04:10+ 02:33+ 00:52+		
05:45+	07:09+ 02:16+ 05:17+ 04:17+ 03:54+ 03:10+ 01:27+ 03:30+ 01:32+ 01:12+ 02:40+ 04:04+ 04:20+ 01:33+ 04:10+ 02:33+ 00:52+		
26	Kristine Vik	1284	1:01:56
05:14+	11:22+ 13:12+ 16:27+ 22:40+ 30:18+ 33:52+ 35:28+ 37:53+ 39:57+ 41:16+ 43:56+ 48:03+ 51:54+ 55:27+ 59:07+ 61:21+ 61:56+		
05:14+	06:08+ 01:50+ 03:15+ 06:13+ 07:38+ 03:34+ 01:36+ 02:25+ 02:04+ 01:19+ 02:40+ 04:07+ 03:51+ 03:33+ 03:40+ 02:14+ 00:35+		
05:14+	06:08+ 01:50+ 03:15+ 06:13+ 07:38+ 03:34+ 01:36+ 02:25+ 02:04+ 01:19+ 02:40+ 04:07+ 03:51+ 03:33+ 03:40+ 02:14+ 00:35+		
27	Gro Mariero	3581	1:02:18
03:18+	12:04+ 14:15+ 18:51+ 21:12+ 27:53+ 32:09+ 34:36+ 37:23+ 40:04+ 41:12+ 43:24+ 48:12+ 50:54+ 53:02+ 58:56+ 61:23+ 62:18+		
03:18+	08:46+ 02:11+ 04:36+ 02:21+ 06:41+ 04:16+ 02:27+ 02:47+ 02:41+ 01:08+ 02:12+ 04:48+ 02:42+ 02:08+ 05:54+ 02:27+ 00:55+		
03:18+	08:46+ 02:11+ 04:36+ 02:21+ 06:41+ 04:16+ 02:27+ 02:47+ 02:41+ 01:08+ 02:12+ 04:48+ 02:42+ 02:08+ 05:54+ 02:27+ 00:55+		
28	Liv Janne Fandrem Biland	892	1:05:50
03:27+	06:09+ 07:57+ 13:40+ 22:52+ 28:01+ 40:18+ 41:55+ 44:37+ 46:34+ 47:48+ 49:45+ 52:54+ 56:20+ 58:28+ 61:05+ 64:42+ 65:50+		
03:27+	02:42+ 01:48+ 05:43+ 09:12+ 05:09+ 12:17+ 01:37+ 02:42+ 01:57+ 01:14+ 01:57+ 03:09+ 03:26+ 02:08+ 02:37+ 03:37+ 01:08+		
03:27+	02:42+ 01:48+ 05:43+ 09:12+ 05:09+ 12:17+ 01:37+ 02:42+ 01:57+ 01:14+ 01:57+ 03:09+ 03:26+ 02:08+ 02:37+ 03:37+ 01:08+		
29	Ingunn Johanne Fandrem	3511	1:12:28
04:21+	10:02+ 13:52+ 19:29+ 28:25+ 35:39+ 39:28+ 42:21+ 46:06+ 48:38+ 50:01+ 52:43+ 58:02+ 61:13+ 63:18+ 67:27+ 71:26+ 72:28+		
04:21+	05:41+ 03:50+ 05:37+ 08:56+ 07:14+ 03:49+ 02:53+ 03:45+ 02:32+ 01:23+ 02:42+ 05:19+ 03:11+ 02:05+ 04:09+ 03:59+ 01:02+		
04:21+	05:41+ 03:50+ 05:37+ 08:56+ 07:14+ 03:49+ 02:53+ 03:45+ 02:32+ 01:23+ 02:42+ 05:19+ 03:11+ 02:05+ 04:09+ 03:59+ 01:02+		
30	Solveig Marie Grønning	3511	1:12:35
04:23+	09:56+ 13:54+ 19:31+ 28:23+ 35:42+ 39:31+ 42:18+ 46:15+ 48:41+ 49:58+ 52:39+ 58:06+ 61:09+ 63:22+ 67:28+ 71:28+ 72:35+		
04:23+	05:33+ 03:58+ 05:37+ 08:52+ 07:19+ 03:49+ 02:47+ 03:57+ 02:26+ 01:17+ 02:41+ 05:27+ 03:03+ 02:13+ 04:06+ 04:00+ 01:07+		
04:23+	05:33+ 03:58+ 05:37+ 08:52+ 07:19+ 03:49+ 02:47+ 03:57+ 02:26+ 01:17+ 02:41+ 05:27+ 03:03+ 02:13+ 04:06+ 04:00+ 01:07+		
31	Agnete Dedekam Stabel	1758	1:30:05
03:59+	12:38+ 15:22+ 28:47+ 35:09+ 43:14+ 46:51+ 49:27+ 56:18+ 59:45+ 61:48+ 64:17+ 68:41+ 70:52+ 73:20+ 76:44+ 89:19+ 90:05+		
03:59+	08:39+ 02:44+ 13:25+ 06:22+ 08:05+ 03:37+ 02:36+ 06:51+ 03:27+ 02:03+ 02:29+ 04:24+ 02:11+ 02:28+ 03:24+ 12:35+ 00:46+		
03:59+	08:39+ 02:44+ 13:25+ 06:22+ 08:05+ 03:37+ 02:36+ 06:51+ 03:27+ 02:03+ 02:29+ 04:24+ 02:11+ 02:28+ 03:24+ 12:35+ 00:46+		
32	Lisbeth Davidsen	722	1:36:39
05:07+	12:14+ 13:36+ 19:31+ 23:03+ 29:19+ 34:02+ 36:42+ 39:32+ 47:14+ 66:51+ 70:36+ 75:05+ 77:55+ 80:14+ 84:52+ 95:36+ 96:39+		
05:07+	07:07+ 01:22+ 05:55+ 03:32+ 06:16+ 04:43+ 02:40+ 02:50+ 07:42+ 19:37+ 03:45+ 04:29+ 02:50+ 02:19+ 04:38+ 10:44+ 01:03+		
05:07+	07:07+ 01:22+ 05:55+ 03:32+ 06:16+ 04:43+ 02:40+ 02:50+ 07:42+ 19:37+ 03:45+ 04:29+ 02:50+ 02:19+ 04:38+ 10:44+ 01:03+		

Beste strekketid for klassen

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

Herrer 16 - 39 år

1	Per Christian Munkhag	3516	36:19
00:44=	01:50= 03:08= 03:44= 06:26= 07:38= 09:01= 12:04= 12:47= 13:36= 16:56= 17:59= 19:11= 20:46= 22:34= 24:06= 26:30= 28:46= 30:10= 31:20= 33:33= 35:02= 36:04= 36:19=		
00:44=	01:06= 01:18= 00:36= 02:42= 01:12= 01:23= 03:03= 00:43= 00:49= 03:20= 01:03= 01:12= 01:35= 01:48= 01:32= 02:24= 02:16= 01:24= 01:10= 02:13= 01:29= 01:02= 00:15=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Vegard Kyllingstad	3507	39:55
00:45+	02:00+ 03:58+ 04:35+ 07:10+ 08:02+ 09:27+ 12:30+ 13:27+ 14:30+ 15:24+ 16:28+ 17:44+ 18:54+ 20:46+ 22:30+ 25:42+ 30:20+ 31:53+ 34:19+ 36:44+ 38:31+ 39:40+ 39:55+		
00:45+	01:15+ 01:58+ 00:37+ 02:35+ 00:52+ 01:25+ 03:03= 00:57+ 01:03+ 00:54+ 01:04+ 01:16+ 01:10+ 01:52+ 01:44+ 03:12+ 04:38+ 01:33+ 02:26+ 02:25+ 01:47+ 01:09+ 00:15=		
00:01+	00:09# 00:40& 00:01+ 00:07- 00:20- 00:02+ 00:00= 00:14& 00:14& 02:26- 00:01+ 00:04+ 00:25- 00:04+ 00:12# 00:48& 02:22@ 00:09# 01:16@ 00:12+ 00:18# 00:07# 00:00=		
3	Torbjørn Fuglestad	878	41:57
00:50+	02:20+ 03:42+ 05:00+ 10:24+ 11:35+ 13:18+ 16:05+ 17:05+ 18:09+ 19:03+ 20:09+ 21:45+ 23:15+ 25:13+ 27:01+ 29:41+ 32:32+ 34:37+ 36:44+ 38:59+ 40:55+ 41:42+ 41:57+		
00:50+	01:30+ 01:22+ 01:18+ 05:24+ 01:11- 01:43+ 02:47- 01:00+ 01:04+ 00:54+ 01:06+ 01:36+ 01:30+ 01:58+ 01:48+ 02:40+ 02:51+ 02:05+ 02:07+ 02:15+ 01:56+ 00:47- 00:15=		
00:06#	00:24& 00:04+ 00:42& 02:42& 00:01- 00:20# 00:16- 00:17& 00:15& 02:26- 00:03+ 00:24& 00:05- 00:10+ 00:16# 00:16# 00:35& 00:41& 00:57& 00:02+ 00:27& 00:15- 00:00=		
4	Sindre Jakobsen	1830	42:34
01:05+	02:17+ 04:18+ 05:06+ 08:17+ 09:30+ 11:14+ 14:21+ 15:07+ 16:09+ 17:08+ 18:17+ 19:34+ 21:17+ 24:01+ 25:52+ 28:57+ 31:54+ 33:29+ 36:14+ 38:52+ 40:46+ 42:22+ 42:34+		
01:05+	01:12+ 02:01+ 00:48+ 03:11+ 01:13+ 01:44+ 03:07+ 00:46+ 01:02+ 00:59+ 01:09+ 01:17+ 01:43+ 02:44+ 01:51+ 03:05+ 02:57+ 01:35+ 02:45+ 02:38+ 01:54+ 01:36+ 00:12-		
00:21&	00:06+ 00:43& 00:12& 00:29# 00:01+ 00:21& 00:04+ 00:03+ 00:13& 02:21- 00:06+ 00:05+ 00:08+ 00:56& 00:19# 00:41& 00:41& 00:11# 01:35@ 00:25# 00:25& 00:34& 00:03-		

Herrer 16 - 39 år

5	Truls Thorkildsen	2074	44:10																					
00:48+	02:21+	04:26+	05:14+	08:55+	10:44+	12:23+	15:35+	16:16+	17:36+	18:35+	19:55+	21:11+	23:33+	25:34+	27:20+	30:04+	32:48+	35:30+	37:05+	39:48+	42:29+	43:50+	44:10+	
00:48+	01:33+	02:05+	00:48+	03:41+	01:49+	01:39+	03:12+	00:41-	01:20+	00:59-	01:20+	01:16+	02:22+	02:01+	01:46+	02:44+	02:44+	02:42+	01:35+	02:43+	02:41+	01:21+	00:20+	
00:04+	00:27%	00:47%	00:12%	00:59%	00:37%	00:16%	00:09+	00:02-	00:31%	02:21-	00:17%	00:04+	00:47%	00:13%	00:14%	00:20%	00:28%	01:18%	00:25%	00:30%	01:12%	00:19%	00:05%	
6	Eivind Brimsø	3559	44:46																					
03:14+	04:31+	06:22+	07:00+	10:18+	11:20+	13:03+	15:44+	16:37+	18:07+	19:11+	21:32+	22:42+	24:12+	26:09+	27:44+	30:38+	33:27+	34:52+	39:04+	41:26+	43:10+	44:30+	44:46+	
03:14+	01:17+	01:51+	00:38+	03:18+	01:02+	01:43+	02:51+	00:43+	01:30+	01:04+	02:21+	01:10+	01:30+	01:57+	01:35+	02:54+	02:49+	01:25+	04:12+	02:22+	01:44+	01:20+	00:16+	
03:14+	01:17+	01:51+	00:38+	03:18+	01:02+	01:43+	02:51+	00:43+	01:30+	01:04+	02:21+	01:10+	01:30+	01:57+	01:35+	02:54+	02:49+	01:25+	04:12+	02:22+	01:44+	01:20+	00:16+	
7	Erlend Syse	3559	49:06																					
02:22+	03:38+	05:15+	05:56+	09:03+	10:11+	12:03+	15:25+	16:20+	17:55+	19:41+	21:04+	22:30+	24:02+	25:57+	27:39+	30:45+	34:05+	36:00+	38:31+	44:24+	46:21+	48:47+	49:06+	
02:22+	01:16+	01:37+	00:41+	03:07+	01:08+	01:52+	03:22+	00:55+	01:35+	01:46+	01:23+	01:26+	01:32+	01:55+	01:42+	03:06+	03:20+	01:55+	02:31+	05:53+	01:57+	02:26+	00:19+	
02:22+	01:16+	01:37+	00:41+	03:07+	01:08+	01:52+	03:22+	00:55+	01:35+	01:46+	01:23+	01:26+	01:32+	01:55+	01:42+	03:06+	03:20+	01:55+	02:31+	05:53+	01:57+	02:26+	00:19+	
8	Ole Andre Brandsberg	3502	50:31																					
02:50+	05:21+	07:33+	08:04+	11:24+	13:42+	15:23+	18:45+	19:55+	23:50+	25:01+	26:32+	27:42+	29:25+	31:48+	33:37+	37:02+	40:34+	42:03+	45:03+	47:27+	48:53+	50:08+	50:31+	
02:50+	02:31+	02:12+	00:31+	03:20+	02:18+	01:41+	03:22+	01:10+	03:55+	01:11+	01:31+	01:10+	01:43+	02:23+	01:49+	03:25+	03:32+	01:29+	03:00+	02:24+	01:26+	01:15+	00:23+	
02:50+	02:31+	02:12+	00:31+	03:20+	02:18+	01:41+	03:22+	01:10+	03:55+	01:11+	01:31+	01:10+	01:43+	02:23+	01:49+	03:25+	03:32+	01:29+	03:00+	02:24+	01:26+	01:15+	00:23+	
9	Henrik Aasheim	2342	53:39																					
02:10+	03:49+	05:24+	06:23+	09:54+	16:52+	18:33+	21:19+	22:59+	25:09+	26:29+	28:14+	30:27+	32:38+	34:36+	36:12+	38:42+	41:27+	43:02+	46:12+	49:15+	51:32+	53:18+	53:39+	
02:10+	01:39+	01:35+	00:59+	03:31+	06:58+	01:41+	02:46+	01:40+	02:10+	01:20+	01:45+	02:13+	02:11+	01:58+	01:36+	02:30+	02:45+	01:35+	03:10+	03:03+	02:17+	01:46+	00:21+	
02:10+	01:39+	01:35+	00:59+	03:31+	06:58+	01:41+	02:46+	01:40+	02:10+	01:20+	01:45+	02:13+	02:11+	01:58+	01:36+	02:30+	02:45+	01:35+	03:10+	03:03+	02:17+	01:46+	00:21+	
10	Anders Klungre	3548	54:46																					
01:02+	02:45+	04:46+	05:46+	09:34+	11:14+	12:59+	15:58+	16:42+	18:06+	19:19+	20:39+	22:05+	23:52+	26:12+	28:10+	33:05+	36:08+	37:54+	39:21+	49:44+	51:39+	54:26+	54:46+	
01:02+	01:43+	02:01+	01:00+	03:48+	01:40+	01:45+	02:59+	00:44+	01:24+	01:13+	01:20+	01:26+	01:47+	02:20+	01:58+	04:55+	03:03+	01:46+	01:27+	10:23+	01:55+	02:47+	00:20+	
01:02+	01:43+	02:01+	01:00+	03:48+	01:40+	01:45+	02:59+	00:44+	01:24+	01:13+	01:20+	01:26+	01:47+	02:20+	01:58+	04:55+	03:03+	01:46+	01:27+	10:23+	01:55+	02:47+	00:20+	
11	Magnus Gabriel Ersdal	3528	57:50																					
03:35+	04:49+	06:17+	07:19+	12:18+	13:32+	14:54+	18:50+	20:36+	22:15+	23:44+	25:21+	26:43+	29:03+	31:30+	33:30+	36:22+	38:53+	45:46+	46:51+	49:45+	57:01+	57:33+	57:50+	
03:35+	01:14+	01:28+	01:02+	04:59+	01:14+	01:22+	03:56+	01:46+	01:39+	01:29+	01:37+	01:22+	02:20+	02:27+	02:00+	02:52+	02:31+	06:53+	01:05+	02:54+	07:16+	00:32+	00:17+	
03:35+	01:14+	01:28+	01:02+	04:59+	01:14+	01:22+	03:56+	01:46+	01:39+	01:29+	01:37+	01:22+	02:20+	02:27+	02:00+	02:52+	02:31+	06:53+	01:05+	02:54+	07:16+	00:32+	00:17+	
12	Håvard Landræk	3676	1:06:44																					
03:53+	05:20+	07:24+	09:35+	13:14+	14:57+	16:37+	22:34+	23:15+	25:28+	26:42+	28:32+	34:14+	35:46+	38:11+	40:02+	48:51+	52:28+	54:09+	55:50+	58:45+	61:42+	66:13+	66:44+	
03:53+	01:27+	02:04+	02:11+	03:39+	01:43+	01:40+	05:57+	00:41+	02:13+	01:14+	01:50+	05:42+	01:32+	02:25+	01:51+	08:49+	03:37+	01:41+	01:41+	02:55+	02:57+	04:31+	00:31+	
03:53+	01:27+	02:04+	02:11+	03:39+	01:43+	01:40+	05:57+	00:41+	02:13+	01:14+	01:50+	05:42+	01:32+	02:25+	01:51+	08:49+	03:37+	01:41+	01:41+	02:55+	02:57+	04:31+	00:31+	
13	Magnus Kristoffersen	3676	1:12:03																					
01:42+	03:34+	05:32+	14:26+	20:02+	22:53+	24:43+	30:02+	32:03+	35:01+	36:20+	37:56+	39:57+	43:02+	45:46+	48:12+	51:37+	53:03+	57:42+	62:52+	65:30+	68:09+	69:57+	71:44+	72:03+
01:42+	01:52+	01:58+	08:54+	05:36+	02:51+	01:50+	05:19+	02:01+	02:58+	01:19+	01:36+	02:01+	03:05+	02:44+	02:26+	03:25+	01:26+	04:39+	05:10+	02:38+	02:39+	01:48+	01:47+	00:19+
01:42+	01:52+	01:58+	08:54+	05:36+	02:51+	01:50+	05:19+	02:01+	02:58+	01:19+	01:36+	02:01+	03:05+	02:44+	02:26+	03:25+	01:26+	04:39+	05:10+	02:38+	02:39+	01:48+	01:47+	00:19+
14	Vegard Løken	3840	1:21:24																					
01:00+	03:30+	08:38+	09:53+	14:53+	16:46+	18:35+	23:52+	24:49+	26:55+	29:06+	32:50+	34:57+	36:57+	39:39+	41:25+	45:32+	63:24+	65:29+	67:08+	69:37+	77:53+	80:51+	81:24+	
01:00+	02:30+	05:08+	01:15+	05:00+	01:53+	01:49+	05:17+	00:57+	02:06+	02:11+	03:44+	02:07+	02:00+	02:42+	01:46+	04:07+	17:52+	02:05+	01:39+	02:29+	08:16+	02:58+	00:33+	
01:00+	02:30+	05:08+	01:15+	05:00+	01:53+	01:49+	05:17+	00:57+	02:06+	02:11+	03:44+	02:07+	02:00+	02:42+	01:46+	04:07+	17:52+	02:05+	01:39+	02:29+	08:16+	02:58+	00:33+	
15	Jørgen Mæland Gabrielsen	NOTEAM	1:24:35																					
05:22+	08:57+	11:06+	12:16+	16:40+	24:25+	26:30+	38:23+	39:19+	40:39+	41:58+	43:35+	45:20+	47:46+	50:28+	52:54+	56:14+	59:05+	65:15+	75:27+	80:17+	82:24+	84:09+	84:35+	
05:22+	03:35+	02:09+	01:10+	04:24+	07:45+	02:05+	11:53+	00:56+	01:20+	01:19+	01:37+	01:45+	02:26+	02:42+	02:26+	03:20+	02:51+	06:10+	10:12+	04:50+	02:07+	01:45+	00:26+	
05:22+	03:35+	02:09+	01:10+	04:24+	07:45+	02:05+	11:53+	00:56+	01:20+	01:19+	01:37+	01:45+	02:26+	02:42+	02:26+	03:20+	02:51+	06:10+	10:12+	04:50+	02:07+	01:45+	00:26+	

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Sturla Stokkeland	3522	35:17																				
00:46=	02:01=	03:22=	03:53=	06:42=	07:54=	09:30=	11:52=	12:31=	13:34=	14:34=	15:46=	16:55=	18:18=	20:28=	22:15=	24:43=	27:31=	29:01=	30:19=	32:40=	34:09=	34:58=	35:17=
00:46=	01:15=	01:21=	00:31=	02:49=	01:12=	01:36=	02:22=	00:39=	01:03=	01:00=	01:12=	01:09=	01:23=	02:10=	01:47=	02:28=	02:48=	01:30=	01:18=	02:21=	01:29=	00:49=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Herrer 40 - 49 år

2	Magne Habbestad	3531	37:26																					
00:49+	02:12+	03:41+	04:19+	07:02+	08:03+	09:30+	11:44-	12:21-	13:28-	14:47+	16:12+	17:38+	19:39+	21:57+	23:40+	26:12+	29:08+	30:39+	31:48+	34:16+	35:51+	37:10+	37:26+	
00:49+	01:23+	01:29+	00:38+	02:43-	01:01-	01:27-	02:14-	00:37-	01:07+	01:19+	01:25+	01:26+	02:01+	02:18+	01:43-	02:32+	02:56+	01:31+	01:09-	02:28+	01:35+	01:19+	00:16-	
00:03+	00:08#	00:08#	00:07#	00:06-	00:11-	00:09-	00:08-	00:02-	00:04+	00:19#	00:13#	00:17#	00:38#	00:08+	00:04-	00:04+	00:08+	00:01+	00:09-	00:07+	00:06+	00:30#	00:03-	
3	Kjetil Torgersen	3502	39:48																					
00:56+	04:10+	05:24+	05:57+	08:45+	09:49+	11:08+	13:33+	14:24+	15:39+	16:43+	17:45+	18:54+	21:59+	23:55+	25:31+	28:03+	30:52+	32:25+	34:10+	36:27+	38:05+	39:25+	39:48+	
00:56+	03:14+	01:14+	00:33+	02:48+	01:04+	01:19+	02:25+	00:51+	01:15+	01:04+	01:02+	01:09+	03:05+	01:56+	01:36+	02:32+	02:49+	01:33+	01:45+	02:17+	01:38+	01:20+	00:23+	
00:56+	03:14+	01:14+	00:33+	02:48+	01:04+	01:19+	02:25+	00:51+	01:15+	01:04+	01:02+	01:09+	03:05+	01:56+	01:36+	02:32+	02:49+	01:33+	01:45+	02:17+	01:38+	01:20+	00:23+	
4	Bjarte Harbo	1830	41:52																					
00:56+	02:10+	04:13+	05:03+	08:16+	09:36+	11:10+	13:55+	15:06+	16:11+	17:03+	18:09+	19:36+	21:24+	23:19+	25:01+	28:07+	31:06+	32:34+	35:31+	37:58+	40:03+	41:36+	41:52+	
00:56+	01:14+	02:03+	00:50+	03:13+	01:20+	01:34+	02:45+	01:11+	01:05+	00:52+	01:06+	01:27+	01:48+	01:55+	01:42+	03:06+	02:59+	01:28+	02:57+	02:27+	02:05+	01:33+	00:16+	
00:56+	01:14+	02:03+	00:50+	03:13+	01:20+	01:34+	02:45+	01:11+	01:05+	00:52+	01:06+	01:27+	01:48+	01:55+	01:42+	03:06+	02:59+	01:28+	02:57+	02:27+	02:05+	01:33+	00:16+	
5	Asgeir Nærland	1830	41:52																					
00:53+	02:14+	03:38+	04:12+	07:08+	08:12+	09:51+	13:36+	14:43+	16:05+	17:13+	19:06+	21:04+	23:13+	25:16+	26:40+	29:42+	32:41+	34:20+	35:51+	38:17+	40:02+	41:38+	41:52+	
00:53+	01:21+	02:03+	00:34+	02:56+	01:04+	01:39+	03:45+	01:07+	01:22+	01:08+	01:53+	01:58+	02:09+	02:03+	01:24+	03:02+	02:59+	01:39+	01:31+	02:26+	01:45+	01:36+	00:14+	
00:53+	01:21+	01:24+	00:34+	02:56+	01:04+	01:39+	03:45+	01:07+	01:22+	01:08+	01:53+	01:58+	02:09+	02:03+	01:24+	03:02+	02:59+	01:39+	01:31+	02:26+	01:45+	01:36+	00:14+	
6	Jan-Kenneth Polle	3525	42:39																					
00:41+	02:03+	04:05+	04:54+	07:39+	08:50+	10:29+	13:22+	14:19+	15:48+	17:00+	18:55+	20:28+	22:30+	24:45+	26:24+	29:21+	32:20+	34:13+	35:30+	38:09+	41:02+	42:23+	42:39+	
00:41+	01:22+	02:02+	00:49+	02:45+	01:11+	01:39+	02:53+	00:57+	01:29+	01:12+	01:55+	01:33+	02:02+	02:15+	01:39+	02:57+	02:59+	01:53+	01:17+	02:39+	02:53+	01:21+	00:16+	
00:41+	01:22+	02:02+	00:49+	02:45+	01:11+	01:39+	02:53+	00:57+	01:29+	01:12+	01:55+	01:33+	02:02+	02:15+	01:39+	02:57+	02:59+	01:53+	01:17+	02:39+	02:53+	01:21+	00:16+	
7	Reidar Mosvold	1754	44:06																					
01:03+	02:23+	04:02+	05:54+	09:15+	10:40+	12:31+	15:50+	16:29+	17:27+	18:31+	19:54+	21:24+	23:25+	25:46+	27:45+	30:53+	34:24+	36:22+	37:49+	40:29+	42:26+	43:47+	44:06+	
01:03+	01:20+	01:39+	01:52+	03:21+	01:25+	01:51+	03:19+	00:39+	00:58+	01:04+	01:23+	01:30+	02:01+	02:21+	01:59+	03:08+	03:31+	01:58+	01:27+	02:40+	01:57+	01:21+	00:19+	
01:03+	01:20+	01:39+	01:52+	03:21+	01:25+	01:51+	03:19+	00:39+	00:58+	01:04+	01:23+	01:30+	02:01+	02:21+	01:59+	03:08+	03:31+	01:58+	01:27+	02:40+	01:57+	01:21+	00:19+	
8	Rune Dahl Fitjar	1754	44:53																					
01:11+	02:45+	05:06+	08:02+	10:59+	12:08+	13:50+	17:38+	18:33+	19:50+	21:00+	22:17+	23:50+	25:40+	27:52+	29:59+	32:57+	36:18+	38:06+	39:22+	42:01+	43:37+	44:33+	44:53+	
01:11+	01:34+	02:21+	02:56+	02:57+	01:09+	01:42+	03:48+	00:55+	01:17+	01:10+	01:17+	01:33+	01:50+	02:12+	02:07+	02:58+	03:21+	01:48+	01:16+	02:39+	01:36+	00:56+	00:20+	
01:11+	01:34+	02:21+	02:56+	02:57+	01:09+	01:42+	03:48+	00:55+	01:17+	01:10+	01:17+	01:33+	01:50+	02:12+	02:07+	02:58+	03:21+	01:48+	01:16+	02:39+	01:36+	00:56+	00:20+	
9	Andreas Breiland	3522	46:26																					
03:03+	04:27+	05:52+	06:40+	10:27+	13:07+	14:35+	17:39+	18:24+	19:35+	20:51+	22:25+	23:51+	25:26+	27:48+	29:33+	32:53+	36:10+	38:25+	40:29+	42:58+	44:50+	46:12+	46:26+	
03:03+	01:24+	01:25+	00:48+	03:47+	02:40+	01:28+	03:04+	00:45+	01:11+	01:16+	01:34+	01:26+	01:35+	02:22+	01:45+	03:20+	03:17+	02:15+	02:04+	02:29+	01:52+	01:22+	00:14+	
03:03+	01:24+	01:25+	00:48+	03:47+	02:40+	01:28+	03:04+	00:45+	01:11+	01:16+	01:34+	01:26+	01:35+	02:22+	01:45+	03:20+	03:17+	02:15+	02:04+	02:29+	01:52+	01:22+	00:14+	
10	Gunnar Thorset	896	49:17																					
02:14+	03:42+	05:16+	06:01+	10:05+	11:32+	13:19+	16:32+	17:44+	19:09+	20:29+	22:15+	24:10+	26:06+	28:37+	30:43+	34:13+	37:36+	39:46+	42:11+	45:08+	47:27+	48:54+	49:17+	
02:14+	01:28+	01:34+	00:45+	04:04+	01:27+	01:47+	03:13+	01:12+	01:25+	01:20+	01:46+	01:55+	01:56+	02:31+	02:06+	03:30+	03:23+	02:10+	02:25+	02:57+	02:19+	01:27+	00:23+	
02:14+	01:28+	01:34+	00:45+	04:04+	01:27+	01:47+	03:13+	01:12+	01:25+	01:20+	01:46+	01:55+	01:56+	02:31+	02:06+	03:30+	03:23+	02:10+	02:25+	02:57+	02:19+	01:27+	00:23+	
11	Ole-Tobias Frich	1683	49:30																					
03:35+	04:46+	06:27+	07:08+	11:13+	12:48+	14:20+	17:11+	18:05+	19:28+	20:45+	23:11+	24:48+	26:39+	28:58+	30:41+	33:28+	37:05+	38:56+	40:32+	43:51+	47:45+	49:09+	49:30+	
03:35+	01:11+	01:41+	00:41+	04:05+	01:35+	01:32+	02:51+	00:54+	01:23+	01:17+	02:26+	01:37+	01:51+	02:19+	01:43+	02:47+	03:37+	01:51+	01:36+	03:19+	03:54+	01:24+	00:21+	
03:35+	01:11+	01:41+	00:41+	04:05+	01:35+	01:32+	02:51+	00:54+	01:23+	01:17+	02:26+	01:37+	01:51+	02:19+	01:43+	02:47+	03:37+	01:51+	01:36+	03:19+	03:54+	01:24+	00:21+	
12	Per Jan Erstrand	3510	49:40																					
01:10+	02:32+	04:41+	05:39+	08:59+	10:21+	11:50+	14:56+	15:37+	16:44+	17:51+	19:06+	20:29+	25:33+	28:43+	30:30+	33:55+	37:00+	38:54+	40:54+	43:42+	48:40+	49:22+	49:40+	
01:10+	01:22+	02:09+	00:58+	03:20+	01:22+	01:29+	03:06+	00:41+	01:07+	01:07+	01:15+	01:23+	05:04+	03:10+	01:47+	03:25+	03:05+	01:54+	02:00+	02:48+	04:58+	00:42+	00:18+	
01:10+	01:22+	02:09+	00:58+	03:20+	01:22+	01:29+	03:06+	00:41+	01:07+	01:07+	01:15+	01:23+	05:04+	03:10+	01:47+	03:25+	03:05+	01:54+	02:00+	02:48+	04:58+	00:42+	00:18+	
13	Anders Presterud	903	50:41																					
00:53+	02:08+	04:24+	05:12+	08:21+	10:31+	12:03+	17:29+	18:09+	19:15+	20:34+	21:54+	23:22+	25:20+	27:47+	29:43+	32:34+	36:03+	37:35+	43:21+	46:06+	48:53+	50:20+	50:41+	
00:53+	01:15+	02:16+	00:48+	03:09+	02:10+	01:32+	05:26+	00:40+	01:06+	01:19+	01:20+	01:28+	01:58+	02:27+	01:56+	02:51+	03:29+	01:32+	05:46+	02:45+	02:47+	01:27+	00:21+	
00:53+	01:15+	02:16+	00:48+	03:09+	02:10+	01:32+	05:26+	00:40+	01:06+	01:19+	01:20+	01:28+	01:58+	02:27+	01:56+	02:51+	03:29+	01:32+	05:46+	02:45+	02:47+	01:27+	00:21+	
14	Eivind Lie	1683	52:33																					
01:19+	02:41+	05:09+	05:58+	09:00+	11:20+	12:52+	16:18+	17:53+	19:02+	20:06+	22:40+	25:36+	27:55+	29:54+	31:34+	37:40+	40:30+	43:37+	45:01+	48:43+	50:47+	52:16+	52:33+	
01:19+	01:22+	02:28+	00:49+	03:02+	02:20+	01:32+	03:26+	01:35+	01:09+	01:04+	02:34+	02:56+	02:19+	01:59+	01:40+	06:06+	02:50+	03:07+	01:24+	03:42+	02:04+	01:29+	00:17+	
01:19+	01:22+	02:28+	00:49+	03:02+	02:20+	01:32+	03:26+	01:35+	01:09+	01:04+	02:34+	02:56+	02:19+	01:59+	01:40+	06:06+	02:50+	03:07+	01:24+	03:42+	02:04+	01:29+	00:17+	
15	Inge Arild Leknes	3548	53:01																					
00:58+	02:24+	04:57+	06:11+	09:28+	10:45+	12:44+	15:07+	15:46+	17:01+	18:07+	19:07+	20:33+	21:55+	23:23+	25:35+	27:27+	32:46+	38:29+	40:24+	43:06+	46:00+	50:59+	52:36+	53:01+
00:58+	01:26+	02:33+	01:14+	03:17+	01:17+	01:59+	02:23+	00:39+	01:15+	01:06+	01:00+	01:26+	01:22+	01:28+	02:12+	01:52+	05:19+	05:43+	01:55+	02:42+	02:54+	04:59+	01:37+	00:25+
00:58+	01:26+	02:33+	01:14+	03:17+	01:17+	01:59+	02:23+	00:39+	01:15+	01:06+	01:00+	01:26+	01:22+	01:28+	02:12+	01:52+	05:19+	05:4						

Herrer 40 - 49 år

16	Stian Gunstensen	892	54:04																					
00:51+	02:18+	04:14+	05:08+	08:47+	10:51+	12:35+	15:20+	15:59+	16:55+	18:00+	20:27+	22:13+	25:28+	27:56+	30:17+	33:10+	36:23+	40:34+	46:13+	49:14+	52:16+	53:44+	54:04+	
00:51+	01:27+	01:56+	00:54+	03:39+	02:04+	01:44+	02:45+	00:39+	00:56+	01:05+	02:27+	01:46+	03:15+	02:28+	02:21+	02:53+	03:13+	04:11+	05:39+	03:01+	03:02+	01:28+	00:20+	
00:51+	01:27+	01:56+	00:54+	03:39+	02:04+	01:44+	02:45+	00:39+	00:56+	01:05+	02:27+	01:46+	03:15+	02:28+	02:21+	02:53+	03:13+	04:11+	05:39+	03:01+	03:02+	01:28+	00:20+	
17	Sven Undheim	793	58:14																					
01:27+	02:50+	04:51+	05:52+	09:21+	10:43+	12:38+	18:56+	21:54+	23:56+	25:12+	27:51+	29:18+	31:01+	33:28+	35:11+	42:38+	46:45+	48:33+	50:37+	53:35+	55:49+	57:58+	58:14+	
01:27+	01:23+	02:01+	01:01+	03:29+	01:22+	01:55+	06:18+	02:58+	02:02+	01:16+	02:39+	01:27+	01:43+	02:27+	01:43+	07:27+	04:07+	01:48+	02:04+	02:58+	02:14+	02:09+	00:16+	
01:27+	01:23+	02:01+	01:01+	03:29+	01:22+	01:55+	06:18+	02:58+	02:02+	01:16+	02:39+	01:27+	01:43+	02:27+	01:43+	07:27+	04:07+	01:48+	02:04+	02:58+	02:14+	02:09+	00:16+	
18	Glenn Madland	879	1:02:19																					
00:50+	04:08+	06:05+	08:07+	14:45+	15:53+	17:27+	20:49+	22:28+	24:45+	26:08+	30:17+	31:47+	34:50+	37:06+	38:52+	45:51+	48:58+	50:40+	52:33+	58:30+	60:28+	62:01+	62:19+	
00:50+	03:18+	01:57+	02:02+	06:38+	01:08+	01:34+	03:22+	01:39+	02:17+	01:23+	04:09+	01:30+	03:03+	02:16+	01:46+	06:59+	03:07+	01:42+	01:53+	05:57+	01:58+	01:33+	00:18+	
00:50+	03:18+	01:57+	02:02+	06:38+	01:08+	01:34+	03:22+	01:39+	02:17+	01:23+	04:09+	01:30+	03:03+	02:16+	01:46+	06:59+	03:07+	01:42+	01:53+	05:57+	01:58+	01:33+	00:18+	
19	Thomas Thue	1830	1:02:26																					
01:02+	02:24+	04:35+	05:43+	09:43+	11:31+	13:12+	16:49+	17:43+	18:53+	20:27+	22:33+	24:32+	29:20+	32:25+	34:50+	38:35+	43:09+	49:51+	51:52+	55:06+	59:53+	62:03+	62:26+	
01:02+	01:22+	02:11+	01:08+	04:00+	01:48+	01:41+	03:37+	00:54+	01:10+	01:34+	02:06+	01:59+	04:48+	03:05+	02:25+	03:45+	04:34+	06:42+	02:01+	03:14+	04:47+	02:10+	00:23+	
01:02+	01:22+	02:11+	01:08+	04:00+	01:48+	01:41+	03:37+	00:54+	01:10+	01:34+	02:06+	01:59+	04:48+	03:05+	02:25+	03:45+	04:34+	06:42+	02:01+	03:14+	04:47+	02:10+	00:23+	
20	Sveinung Skjørsæter	1830	1:08:08																					
02:32+	05:55+	08:22+	09:15+	12:56+	14:28+	16:36+	20:35+	21:42+	23:06+	24:48+	29:47+	31:48+	36:45+	39:38+	42:37+	47:31+	52:17+	55:26+	57:45+	63:00+	66:10+	67:50+	68:08+	
02:32+	03:23+	02:27+	00:53+	03:41+	01:32+	02:08+	03:59+	01:07+	01:24+	01:42+	04:59+	02:01+	04:57+	02:53+	02:59+	04:54+	04:46+	03:09+	02:19+	05:15+	03:10+	01:40+	00:18+	
02:32+	03:23+	02:27+	00:53+	03:41+	01:32+	02:08+	03:59+	01:07+	01:24+	01:42+	04:59+	02:01+	04:57+	02:53+	02:59+	04:54+	04:46+	03:09+	02:19+	05:15+	03:10+	01:40+	00:18+	
21	Arild Stave	3676	1:12:11																					
04:40+	11:14+	13:04+	14:01+	17:11+	23:10+	26:28+	29:15+	34:11+	35:32+	36:45+	37:58+	39:27+	42:23+	45:07+	46:45+	48:43+	53:15+	56:26+	58:03+	61:56+	64:31+	66:57+	71:53+	72:11+
04:40+	06:34+	01:50+	00:57+	03:10+	05:59+	03:18+	02:47+	04:56+	01:21+	01:13+	01:13+	01:29+	02:56+	02:44+	01:38+	01:58+	04:32+	03:11+	01:37+	03:53+	02:35+	02:26+	04:56+	00:18+
04:40+	06:34+	01:50+	00:57+	03:10+	05:59+	03:18+	02:47+	04:56+	01:21+	01:13+	01:13+	01:29+	02:56+	02:44+	01:38+	01:58+	04:32+	03:11+	01:37+	03:53+	02:35+	02:26+	04:56+	00:18+
22	Anders Hagen	3528	1:13:14																					
03:37+	05:30+	09:07+	11:54+	17:06+	18:40+	20:38+	23:32+	25:13+	27:50+	29:38+	31:15+	35:47+	37:54+	40:11+	41:58+	54:32+	59:11+	60:43+	63:43+	66:56+	69:46+	72:59+	73:14+	
03:37+	01:53+	03:37+	02:47+	05:12+	01:34+	01:58+	02:54+	01:41+	02:37+	01:48+	01:37+	04:32+	02:07+	02:17+	01:47+	12:34+	04:39+	01:32+	03:00+	03:13+	02:50+	03:13+	00:15+	
03:37+	01:53+	03:37+	02:47+	05:12+	01:34+	01:58+	02:54+	01:41+	02:37+	01:48+	01:37+	04:32+	02:07+	02:17+	01:47+	12:34+	04:39+	01:32+	03:00+	03:13+	02:50+	03:13+	00:15+	
23	Kay Roar Harila	643	1:42:34																					
02:04+	04:01+	08:02+	18:57+	24:11+	32:04+	34:07+	39:22+	40:35+	43:27+	45:11+	47:25+	49:30+	58:14+	62:21+	64:37+	68:58+	82:02+	89:41+	93:08+	96:44+	99:18+	102:08+	102:34+	
02:04+	01:57+	04:01+	10:55+	05:14+	07:53+	02:03+	05:15+	01:13+	02:52+	01:44+	02:14+	02:05+	08:44+	04:07+	02:16+	04:21+	13:04+	07:39+	03:27+	03:36+	02:34+	02:50+	00:26+	
02:04+	01:57+	04:01+	10:55+	05:14+	07:53+	02:03+	05:15+	01:13+	02:52+	01:44+	02:14+	02:05+	08:44+	04:07+	02:16+	04:21+	13:04+	07:39+	03:27+	03:36+	02:34+	02:50+	00:26+	

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Thomas Chruichshank	3545	44:44																				
03:06=	05:57=	08:03=	10:27=	12:08=	13:41=	15:51=	19:26=	21:13=	22:32=	24:01=	25:23=	26:58=	28:12=	29:02=	30:36=	32:14=	35:24=	37:51=	41:29=	42:45=	43:45=	44:28=	44:44=
03:06=	02:51=	02:06=	02:24=	01:41=	01:33=	02:10=	03:35=	01:47=	01:19=	01:29=	01:22=	01:35=	01:14=	00:50=	01:34=	01:38=	03:10=	02:27=	03:38=	01:16=	01:00=	00:43=	00:16=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jone Kalheim	1884	45:23																				
01:55-	05:37-	07:43-	09:27-	10:57-	12:45-	15:00-	16:36-	18:34-	20:05-	21:35-	24:38-	27:13+	28:29+	29:17+	30:59+	33:36+	35:41+	38:30+	42:22+	43:42+	44:16+	45:05+	45:23+
01:55-	03:42+	02:06=	01:44-	01:30-	01:48+	02:15+	01:36-	01:58+	01:31+	01:30+	03:03+	02:35+	01:16+	00:48-	01:42+	02:37+	02:05-	02:49+	03:52+	01:20+	00:34-	00:49+	00:18+
01:11-	00:51#	00:00=	00:40-	00:11-	00:15#	00:05+	01:59-	00:11#	00:12#	00:01+	01:41#	01:00#	00:02+	00:02-	00:08+	00:59#	01:05-	00:22#	00:14+	00:04+	00:26-	00:06#	00:02#
3	John Breiland	3694	46:33																				
01:39-	05:08-	07:04-	08:49-	10:52-	12:34-	14:43-	16:24-	18:34-	20:14-	21:42-	24:10-	25:38-	26:55-	27:44-	30:38+	35:43+	37:32+	39:15+	43:14+	44:19+	45:35+	46:13+	46:33+
01:39-	03:29+	01:56-	01:45-	02:03+	01:42+	02:09-	01:41-	02:10+	01:40+	01:28-	02:28+	01:28-	01:17+	00:49-	02:54+	05:05+	01:49-	01:43-	03:59+	01:05-	01:16+	00:38-	00:20+
01:27-	00:38#	00:10-	00:39-	00:22#	00:09+	00:01-	01:54-	00:23#	00:21#	00:01-	01:06#	00:07-	00:03+	00:01-	01:20#	03:27#	01:21-	00:44-	00:21+	00:11-	00:16#	00:05-	00:04#
4	Erling Knutzen	879	46:43																				
01:20-	04:30-	06:36-	08:25-	10:15-	11:55-	14:20-	15:39-	18:26-	20:31-	22:55-	24:47-	26:03-	27:26-	28:29-	30:53+	33:25+	36:02+	38:55+	43:20+	44:40+	45:25+	46:25+	46:43+
01:20-	03:10+	02:06=	01:49-	01:50+	01:40+	02:25+	01:19-	02:47+	02:05+	02:24+	01:52+	01:16-	01:23+	01:03+	02:24+	02:32+	02:37-	02:53+	04:25+	01:20+	00:45-	01:00+	00:18+
01:46-	00:19#	00:00=	00:35-	00:09+	00:07+	00:15#	02:16-	01:00#	00:46#	00:55#	00:30#	00:19-	00:09#	00:13#	00:50#	00:54#	00:33-	00:26#	00:47#	00:04+	00:15-	00:17#	00:02#

Herrer 50 - 59 år

5	Øystein Fuglestad	878	46:56																				
01:26-	06:36+	08:49+	10:22-	12:15+	14:15+	16:18+	18:01-	20:31-	22:09-	23:51-	25:40+	26:53-	28:49+	29:48+	31:50+	34:01+	36:43+	39:17+	43:21+	44:43+	45:42+	46:32+	46:56+
01:26-	05:10+	02:13+	01:33-	01:53+	02:00+	02:03-	01:43-	02:30+	01:38+	01:42+	01:49+	01:13-	01:56+	00:59+	02:02+	02:11+	02:42-	02:34+	04:04+	01:22+	00:59-	00:50+	00:24+
01:40-	02:19%	00:07+	00:51-	00:12#	00:27%	00:07-	01:52-	00:43%	00:19#	00:13#	00:27%	00:22-	00:42%	00:09#	00:28%	00:33%	00:28-	00:07+	00:26#	00:06+	00:01-	00:07#	00:08%

6	Anders Glenne	793	46:57																				
01:19+	04:05+	06:34+	08:50+	10:33+	12:05+	15:42+	16:46+	18:50+	20:20+	23:49+	25:57+	27:08+	28:53+	29:46+	31:57+	34:22+	36:46+	39:40+	44:09+	45:13+	45:54+	46:37+	46:57+
01:19+	02:46+	02:29+	02:16+	01:43+	01:32+	03:37+	01:04+	02:04+	01:30+	03:29+	02:08+	01:11+	01:45+	00:53+	02:11+	02:25+	02:24+	02:54+	04:29+	01:04+	00:41+	00:43+	00:20+
01:19+	02:46+	02:29+	02:16+	01:43+	01:32+	03:37+	01:04+	02:04+	01:30+	03:29+	02:08+	01:11+	01:45+	00:53+	02:11+	02:25+	02:24+	02:54+	04:29+	01:04+	00:41+	00:43+	00:20+

7	Geir Inge Høivik	3522	47:15																				
02:29+	04:54+	06:35+	09:23+	11:01+	12:42+	15:05+	16:15+	18:56+	20:18+	21:42+	23:14+	24:15+	25:45+	26:29+	28:51+	31:02+	33:45+	36:13+	43:38+	45:13+	45:52+	46:52+	47:15+
02:29+	02:25+	01:41+	02:48+	01:38+	01:41+	02:23+	01:10+	02:41+	01:22+	01:24+	01:32+	01:01+	01:30+	00:44+	02:22+	02:11+	02:43+	02:28+	07:25+	01:35+	00:39+	01:00+	00:23+
02:29+	02:25+	01:41+	02:48+	01:38+	01:41+	02:23+	01:10+	02:41+	01:22+	01:24+	01:32+	01:01+	01:30+	00:44+	02:22+	02:11+	02:43+	02:28+	07:25+	01:35+	00:39+	01:00+	00:23+

8	Arngrim Utskarpen	896	48:33																				
02:18+	07:48+	10:12+	11:49+	13:37+	15:05+	17:21+	19:00+	22:03+	23:53+	25:32+	27:17+	28:41+	30:14+	31:08+	33:12+	35:36+	38:34+	41:00+	45:01+	46:34+	47:26+	48:12+	48:33+
02:18+	05:30+	02:24+	01:37+	01:48+	01:28+	02:16+	01:39+	03:03+	01:50+	01:39+	01:45+	01:24+	01:33+	00:54+	02:04+	02:24+	02:58+	02:26+	04:01+	01:33+	00:52+	00:46+	00:21+
02:18+	05:30+	02:24+	01:37+	01:48+	01:28+	02:16+	01:39+	03:03+	01:50+	01:39+	01:45+	01:24+	01:33+	00:54+	02:04+	02:24+	02:58+	02:26+	04:01+	01:33+	00:52+	00:46+	00:21+

9	Frank Hansen	3502	49:39																				
01:26+	05:30+	08:12+	11:00+	12:54+	14:35+	17:20+	18:56+	21:32+	23:09+	24:33+	26:09+	27:48+	29:13+	30:14+	32:37+	35:07+	38:11+	40:20+	45:58+	47:31+	48:14+	49:20+	49:39+
01:26+	04:04+	02:42+	02:48+	01:54+	01:41+	02:45+	01:36+	02:36+	01:37+	01:24+	01:36+	01:39+	01:25+	01:01+	02:23+	02:30+	03:04+	02:09+	05:38+	01:33+	00:43+	01:06+	00:19+
01:26+	04:04+	02:42+	02:48+	01:54+	01:41+	02:45+	01:36+	02:36+	01:37+	01:24+	01:36+	01:39+	01:25+	01:01+	02:23+	02:30+	03:04+	02:09+	05:38+	01:33+	00:43+	01:06+	00:19+

10	Svein Roar Aas	3486	50:06																				
01:57+	06:11+	09:20+	11:32+	13:11+	15:02+	18:34+	20:00+	22:10+	23:45+	25:29+	27:36+	28:56+	30:53+	31:44+	33:48+	35:55+	38:15+	41:09+	45:10+	47:57+	48:23+	49:43+	50:06+
01:57+	04:14+	03:09+	02:12+	01:39+	01:51+	03:32+	01:26+	02:10+	01:35+	01:44+	02:07+	01:20+	01:57+	00:51+	02:04+	02:07+	02:20+	02:54+	04:01+	02:47+	00:26+	01:20+	00:23+
01:57+	04:14+	03:09+	02:12+	01:39+	01:51+	03:32+	01:26+	02:10+	01:35+	01:44+	02:07+	01:20+	01:57+	00:51+	02:04+	02:07+	02:20+	02:54+	04:01+	02:47+	00:26+	01:20+	00:23+

11	Sigurd Ravndal	769	50:07																				
01:38+	05:13+	09:26+	15:01+	16:59+	18:30+	20:39+	21:47+	23:54+	25:16+	26:49+	28:25+	29:35+	30:46+	33:07+	35:04+	37:20+	41:18+	43:41+	46:58+	48:02+	48:34+	49:45+	50:07+
01:38+	03:35+	04:13+	05:35+	01:58+	01:31+	02:09+	01:08+	02:07+	01:22+	01:33+	01:36+	01:10+	01:11+	02:21+	01:57+	02:16+	03:58+	02:23+	03:17+	01:04+	00:32+	01:11+	00:22+
01:38+	03:35+	04:13+	05:35+	01:58+	01:31+	02:09+	01:08+	02:07+	01:22+	01:33+	01:36+	01:10+	01:11+	02:21+	01:57+	02:16+	03:58+	02:23+	03:17+	01:04+	00:32+	01:11+	00:22+

12	Trygve Michaelsen	896	52:36																					
01:33+	05:46+	07:58+	09:39+	11:21+	12:58+	15:18+	17:06+	20:39+	22:34+	24:06+	25:49+	27:30+	28:59+	29:55+	32:06+	34:26+	36:37+	39:00+	43:36+	49:41+	50:45+	51:26+	52:09+	52:36+
01:33+	04:13+	02:12+	01:41+	01:42+	01:37+	02:20+	01:48+	03:33+	01:55+	01:32+	01:43+	01:41+	01:29+	00:56+	02:11+	02:20+	02:11+	02:23+	04:36+	06:05+	01:04+	00:41+	00:43+	00:27+
01:33+	04:13+	02:12+	01:41+	01:42+	01:37+	02:20+	01:48+	03:33+	01:55+	01:32+	01:43+	01:41+	01:29+	00:56+	02:11+	02:20+	02:11+	02:23+	04:36+	06:05+	01:04+	00:41+	00:43+	00:27+

13	Jerome Renoult	3524	53:33																				
01:59+	05:17+	08:11+	10:17+	13:48+	16:02+	19:33+	21:05+	23:28+	25:08+	27:04+	28:57+	30:32+	32:11+	33:15+	35:49+	38:46+	41:40+	44:32+	49:10+	51:17+	52:11+	53:12+	53:33+
01:59+	03:18+	02:54+	02:06+	03:31+	02:14+	03:31+	01:32+	02:23+	01:40+	01:56+	01:53+	01:35+	01:39+	01:04+	02:34+	02:57+	02:54+	02:52+	04:38+	02:07+	00:54+	01:01+	00:21+
01:59+	03:18+	02:54+	02:06+	03:31+	02:14+	03:31+	01:32+	02:23+	01:40+	01:56+	01:53+	01:35+	01:39+	01:04+	02:34+	02:57+	02:54+	02:52+	04:38+	02:07+	00:54+	01:01+	00:21+

14	Tore Halset	3486	53:46																				
01:34+	04:58+	07:30+	09:13+	11:10+	12:56+	15:22+	17:14+	20:12+	22:21+	24:14+	26:03+	27:47+	29:16+	30:17+	32:42+	34:50+	37:16+	44:12+	50:05+	51:43+	52:22+	53:23+	53:46+
01:34+	03:24+	02:32+	01:43+	01:57+	01:46+	02:26+	01:52+	02:58+	02:09+	01:53+	01:49+	01:44+	01:29+	01:01+	02:25+	02:08+	02:26+	06:56+	05:53+	01:38+	00:39+	01:01+	00:23+
01:34+	03:24+	02:32+	01:43+	01:57+	01:46+	02:26+	01:52+	02:58+	02:09+	01:53+	01:49+	01:44+	01:29+	01:01+	02:25+	02:08+	02:26+	06:56+	05:53+	01:38+	00:39+	01:01+	00:23+

15	André Sirevåg	1683	56:05																				
01:41+	09:31+	11:55+	13:51+	15:25+	17:09+	19:44+	21:22+	23:53+	25:50+	29:54+	32:44+	34:29+	35:57+	37:07+	39:35+	42:06+	44:26+	47:07+	51:17+	52:35+	54:38+	55:43+	56:05+
01:41+	07:50+	02:24+	01:56+	01:34+	01:44+	02:35+	01:38+	02:31+	01:57+	04:04+	02:50+	01:45+	01:28+	01:10+	02:28+	02:31+	02:20+	02:41+	04:10+	01:18+	02:03+	01:05+	00:22+
01:41+	07:50+	02:24+	01:56+	01:34+	01:44+	02:35+	01:38+	02:31+	01:57+	04:04+	02:50+	01:45+	01:28+	01:10+	02:28+	02:31+	02:20+	02:41+	04:10+	01:18+	02:03+	01:05+	00:22+

16	Jarl Steinar Berntsen	882	1:02:47																				
02:02+	06:21+	09:12+	13:54+	17:33+	19:25+	22:02+	24:11+	27:09+	29:00+	30:44+	34:24+	36:29+	37:55+	38:57+	41:06+	43:56+	48:43+	52:05+	56:16+	60:30+	61:13+	62:30+	62:47+
02:02+	04:19+	02:51+	04:42+	03:39+	01:52+	02:37+	02:09+	02:58+	01:51+	01:44+	03:40+	02:05+	01:26+	01:02+	02:09+	02:50+	04:47+	03:22+	04:11+	04:14+	00:43+	01:17+	00:17+
02:02+	04:19+	02:51+	04:42+	03:39+	01:52+	02:37+	02:09+	02:58+	01:51+	01:44+	03:40+	02:05+	01:26+	01:02+	02:09+	02:50+	04:47+	03:22+	04:11+	04:14+	00:43+	01:17+	00:17+

17	Ove Mæstad	2342	1:02:49																				
02:50+	11:00+	14:10+	16:30+	18:36+	20:43+	23:55+	26:26+	29:36+	31:38+	33:25+	36:54+	38:54+	41:19+	42:29+	44:48+	47:27+	50:08+	54:06+	58:57+	60:38+	61:25+	62:27+	62:49+
02:50+	08:10+	03:10+	02:20+	02:06+	02:07+	03:12+	02:31+	03:10+	02:02+	01:47+	03:29+	02:00+	02:25+	01:10+	02:19+	02:39+	02:41+	03:58+	04:51+	01:41+	00:47+	01:02+	00:22+
02:50+	08:10+	03:10+	02:20+	02:06+	02:07+	03:12+	02:31+	03:10+	02:02+	01:47+	03:29+	02:00+	02:25+	01:10+	02:19+	02:39+	02:41+	03:58+	04:51+	01:41+	00:47+	01:02+	00:22+

18	Harald Taksdal	3547	1:05:00														
03:06+	07:56+	15:17+	17:51+	19:59+	22:13+	25:13+	27:21+	30:08+	32:08+	34:11+	37:23+	39:19+	41:04+	42:16+	44:38+	47:59+	51:18+

Herrer 50 - 59 år

19	Lars Primstad	769	1:05:35																				
01:16+	03:46+	06:01+	14:36+	16:19+	17:54+	22:58+	24:13+	26:26+	28:21+	29:38+	37:22+	38:57+	40:22+	42:51+	44:46+	53:14+	55:09+	58:00+	62:56+	64:02+	64:32+	65:13+	65:35+
01:16+	02:30+	02:15+	08:35+	01:43+	01:35+	05:04+	01:15+	02:13+	01:55+	01:17+	07:44+	01:35+	01:25+	02:29+	01:55+	08:28+	01:55+	02:51+	04:56+	01:06+	00:30+	00:41+	00:22+
01:16+	02:30+	02:15+	08:35+	01:43+	01:35+	05:04+	01:15+	02:13+	01:55+	01:17+	07:44+	01:35+	01:25+	02:29+	01:55+	08:28+	01:55+	02:51+	04:56+	01:06+	00:30+	00:41+	00:22+

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Sturle Omdal	1683	38:17																
01:56=	04:50=	07:59=	10:25=	12:10=	13:36=	16:12=	18:30=	19:26=	24:17=	27:10=	29:15=	30:20=	31:58=	32:40=	34:28=	36:27=	37:09=	37:58=	38:17=
01:56=	02:54=	03:09=	02:26=	01:45=	01:26=	02:36=	02:18=	00:56=	04:51=	02:53=	02:05=	01:05=	01:38=	00:42=	01:48=	01:59=	00:42=	00:49=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sveinung Svebestad	878	38:45																
01:31-	04:46-	07:33-	09:31-	10:56-	12:47-	15:01-	17:41-	18:38-	21:51-	25:24-	27:50-	28:57-	30:51-	31:36-	33:38-	36:43+	37:25+	38:22+	38:45+
01:31-	03:15+	02:47-	01:58-	01:25-	01:51+	02:14-	02:40+	00:57+	03:13-	03:33+	02:26+	01:07+	01:54+	00:45+	02:02+	03:05+	00:42=	00:57+	00:23+
00:25-	00:21#	00:22-	00:28-	00:20-	00:25#	00:22-	00:22#	00:01+	01:38-	00:40#	00:21#	00:02+	00:16#	00:03+	00:14#	01:06#	00:00=	00:08#	00:04#
3	Magnar Mathias Møller	769	39:03																
01:38-	05:40+	08:31+	11:49+	13:21+	15:31+	17:32+	19:49+	20:46+	23:47-	27:06-	29:39+	30:41+	32:16+	32:52+	34:49+	37:14+	37:49+	38:42+	39:03+
01:38-	04:02+	02:51-	03:18+	01:32-	02:10+	02:01-	02:17-	00:57+	03:01-	03:19+	02:33+	01:02-	01:35-	00:36-	01:57+	02:25+	00:35-	00:53+	00:21+
00:18-	01:08#	00:18-	00:52#	00:13-	00:44#	00:35-	00:01-	00:01+	01:50-	00:26#	00:28#	00:03-	00:03-	00:06-	00:09+	00:26#	00:07-	00:04+	00:02#
4	Per Ingar Hadland	793	40:09																
02:11+	05:10+	08:10+	10:17-	11:49-	13:37+	15:53-	18:26-	19:29+	23:20-	27:09-	29:47+	30:50+	32:29+	33:06+	35:01+	37:58+	38:54+	39:48+	40:09+
02:11+	02:59+	03:00-	02:07-	01:32-	01:48+	02:16-	02:33+	01:03+	03:51-	03:49+	02:38+	01:03-	01:39+	00:37-	01:55+	02:57+	00:56+	00:54+	00:21+
00:15#	00:05+	00:09-	00:19-	00:13-	00:22#	00:20-	00:15#	00:07#	01:00-	00:56#	00:33#	00:02-	00:01+	00:05-	00:07+	00:58#	00:14#	00:05#	00:02#
5	Kjell Seland	3547	41:34																
06:14+	09:06+	11:54+	13:48+	15:33+	17:31+	19:27+	21:34+	22:34+	25:50+	28:48+	30:41+	31:48+	33:24+	34:00+	35:46+	39:53+	40:24+	41:16+	41:34+
06:14+	02:52-	02:48-	01:54-	01:45=	01:58+	01:56-	02:07-	01:00+	03:16-	02:58+	01:53-	01:07+	01:36-	00:36-	01:46-	04:07+	00:31-	00:52+	00:18-
04:18#	00:02-	00:21-	00:32-	00:00=	00:32#	00:40-	00:11-	00:04+	01:35-	00:05+	00:12-	00:02+	00:02-	00:06-	00:02-	02:08#	00:11-	00:03+	00:01-
6	Håvard Håland	3507	44:04																
02:04+	05:40+	09:28+	12:13+	13:53+	16:04+	18:15+	20:42+	21:42+	25:29+	29:08+	32:15+	33:38+	35:26+	36:16+	38:24+	42:07+	42:51+	43:43+	44:04+
02:04+	03:36+	03:48+	02:45+	01:40-	02:11+	02:11-	02:27+	01:00+	03:47-	03:39+	03:07+	01:23+	01:48+	00:50+	02:08+	03:43+	00:44+	00:52+	00:21+
00:08+	00:42#	00:39#	00:19#	00:05-	00:45#	00:25-	00:09+	00:04+	01:04-	00:46#	01:02#	00:18#	00:10#	00:08#	00:20#	01:44#	00:02+	00:03+	00:02#
7	Harald Syse	1884	47:12																
01:44-	06:17+	09:02+	11:23+	13:13+	14:36+	16:15+	18:16-	19:05-	21:59-	27:10=	29:50+	30:53+	32:25+	33:22+	41:14+	43:03+	46:01+	46:49+	47:12+
01:44-	04:33+	02:45-	02:21-	01:50+	01:23-	01:39-	02:01-	00:49-	02:54-	05:11+	02:40+	01:03-	01:32-	00:57+	07:52+	01:49-	02:58+	00:48-	00:23+
00:12-	01:39#	00:24-	00:05-	00:05+	00:03-	00:57-	00:17-	00:07-	01:57-	02:18#	00:35#	00:02-	00:06-	00:15#	06:04#	00:10-	02:16#	00:01-	00:04#
8	Harald Jansen	3593	49:20																
01:36-	05:12+	09:05+	11:36+	14:50+	16:07+	19:51+	21:47+	22:46+	26:30+	33:18+	39:13+	40:17+	41:44+	42:31+	44:12+	46:16+	47:35+	49:00+	49:20+
01:36-	03:36+	03:53+	02:31+	03:14+	01:17-	03:44+	01:56-	00:59+	03:44-	06:48+	05:55+	01:04-	01:27-	00:47+	01:41-	02:04+	01:19+	01:25+	00:20+
00:20-	00:42#	00:44#	00:05+	01:29#	00:09-	01:08#	00:22-	00:03+	01:07-	03:55#	03:50#	00:01-	00:11-	00:05#	00:07-	00:05+	00:37#	00:36#	00:01+
9	Ivar Knutsen	1683	52:42																
02:04+	06:12+	10:37+	13:07+	14:44+	20:46+	23:34+	26:29+	27:31+	31:45+	35:29+	38:18+	39:43+	41:57+	42:45+	47:03+	50:22+	51:21+	52:17+	52:42+
02:04+	04:08+	04:25+	02:30+	01:37-	06:02+	02:48+	02:55+	01:02+	04:14-	03:44+	02:49+	01:25+	02:14+	00:48+	04:18+	03:19+	00:59+	00:56+	00:25+
00:08+	01:14#	01:16#	00:04+	00:08-	04:36#	00:12+	00:37#	00:06#	00:37-	00:51#	00:44#	00:20#	00:36#	00:06#	02:30#	01:20#	00:17#	00:07#	00:06#
10	Knut Feldmann	882	53:09																
01:27-	06:32+	23:56+	26:43+	29:00+	30:33+	32:28+	34:42+	35:31+	38:29+	41:23+	43:36+	44:41+	46:35+	47:09+	49:08+	51:13+	52:04+	52:47+	53:09+
01:27-	05:05+	17:24+	02:47+	02:17+	01:33+	01:55-	02:14-	00:49-	02:58-	02:54+	02:13+	01:05=	01:54+	00:34-	01:59+	02:05+	00:51+	00:43-	00:22+
00:29-	02:11#	14:15#	00:21#	00:32#	00:07+	00:41-	00:04-	00:07-	01:53-	00:01+	00:08+	00:00=	00:16#	00:08-	00:11#	00:06+	00:09#	00:06-	00:03#
11	John Carsten Sinnes	1884	55:04																
01:56=	05:57+	10:17+	12:55+	15:12+	17:40+	20:17+	23:20+	24:20+	28:07+	34:53+	43:56+	45:03+	47:04+	47:48+	50:07+	52:51+	53:39+	54:37+	55:04+
01:56=	04:01+	04:20+	02:38+	02:17+	02:28+	02:37+	03:03+	01:00+	03:47-	06:46+	09:03+	01:07+	02:01+	00:44+	02:19+	02:44+	00:48+	00:58+	00:27+
00:00=	01:07#	01:11#	00:12+	00:32#	01:02#	00:01+	00:45#	00:04+	01:04-	03:53#	06:58#	00:02+	00:23#	00:02+	00:31#	00:45#	00:06#	00:09#	00:08#

Herrer 60 - 64 år

12	Stein Sigbjørnsen	882	56:02																
02:31+	06:04+	09:37+	11:47+	13:38+	15:41+	19:37+	22:17+	23:28+	30:16+	36:45+	40:50+	43:01+	46:07+	47:05+	50:15+	53:17+	54:42+	55:41+	56:02+
02:31+	03:33+	03:33+	02:10-	01:51+	02:03+	03:56+	02:40+	01:11+	06:48+	06:29+	04:05+	02:11+	03:06+	00:58+	03:10+	03:02+	01:25+	00:59+	00:21+
00:35&	00:39#	00:24#	00:16-	00:06+	00:37&	01:20&	00:22#	00:15&	01:57&	03:36@	02:00&	01:06@	01:28&	00:16&	01:22&	01:03&	00:43@	00:10#	00:02#

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Kjell Dale	1884	33:50																
01:29=	04:06=	06:39=	09:34=	11:51=	13:18=	15:16=	17:16=	18:04=	20:39=	23:18=	25:23=	26:17=	27:44=	28:15=	29:40=	31:18=	32:52=	33:29=	33:50=
01:29=	02:37=	02:33=	02:55=	02:17=	01:27=	01:58=	02:00=	00:48=	02:35=	02:39=	02:05=	00:54=	01:27=	00:31=	01:25=	01:38=	01:34=	00:37=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Otte Omdal	903	36:41																
01:24-	03:45-	06:13-	08:24-	10:27-	11:35-	13:25-	15:19-	16:06-	20:13-	25:10+	27:34+	28:53+	30:14+	30:47+	32:31+	34:31+	35:28+	36:24+	36:41+
01:24-	02:21-	02:28-	02:11-	02:03-	01:08-	01:50-	01:54-	00:47-	04:07+	04:57+	02:24+	01:19+	01:21-	00:33+	01:44+	02:00+	00:57-	00:56+	00:17-
00:05-	00:16-	00:05-	00:44-	00:14-	00:19-	00:08-	00:06-	00:01-	01:32&	02:18&	00:19#	00:25&	00:06-	00:02+	00:19#	00:22#	00:37-	00:19&	00:04-

3	Torbjørn Evensen	3556	40:51																
01:32+	04:23+	07:09+	09:37+	11:15-	13:11-	17:02+	20:01+	21:00+	24:11+	27:23+	29:43+	30:52+	32:52+	33:33+	35:38+	38:03+	39:37+	40:27+	40:51+
01:32+	02:51+	02:46+	02:28-	01:38-	01:56+	03:51+	02:59+	00:59+	03:11+	03:12+	02:20+	01:09+	02:00+	00:41+	02:05+	02:25+	01:34=	00:50+	00:24+
00:03+	00:14+	00:13+	00:27-	00:39-	00:29&	01:53&	00:59&	00:11#	00:36#	00:33#	00:15#	00:15&	00:33&	00:10&	00:40&	00:47&	00:00=	00:13&	00:03#

4	Bjørn Sivertsen	1332	46:32																
01:52+	05:18+	09:15+	12:09+	13:55+	15:40+	18:06+	20:57+	22:05+	26:03+	29:53+	33:28+	34:46+	36:34+	37:36+	40:02+	44:54+	45:30+	46:14+	46:32+
01:52+	03:26+	03:57+	02:54-	01:46-	01:45+	02:26+	02:51+	01:08+	03:58+	03:50+	03:35+	01:18+	01:48+	01:02+	02:26+	04:52+	00:36-	00:44+	00:18-
00:23&	00:49&	01:24&	00:01-	00:31-	00:18#	00:28#	00:51&	00:20&	01:23&	01:11&	01:30&	00:24&	00:21#	00:31&	01:01&	03:14@	00:58-	00:07#	00:03-

5	Sveinung Tveit	3547	49:10																
02:34+	06:50+	10:09+	13:03+	14:48+	16:57+	20:22+	23:13+	24:34+	28:43+	32:48+	35:44+	36:55+	38:59+	39:37+	41:48+	47:00+	47:38+	48:44+	49:10+
02:34+	04:16+	03:19+	02:54-	01:45-	02:09+	03:25+	02:51+	01:21+	04:09+	04:05+	02:56+	01:11+	02:04+	00:38+	02:11+	05:12+	00:38-	01:06+	00:26+
01:05&	01:39&	00:46&	00:01-	00:32-	00:42&	01:27&	00:51&	00:33&	01:34&	01:26&	00:51&	00:17&	00:37&	00:07#	00:46&	03:34@	00:56-	00:29&	00:05#

6	Tor Geir Espedal	3530	49:40																
01:48+	07:29+	10:38+	13:05+	15:10+	16:46+	19:20+	22:05+	23:10+	28:45+	32:40+	37:09+	38:20+	40:10+	40:59+	43:13+	47:00+	47:59+	49:14+	49:40+
01:48+	05:41+	03:09+	02:27-	02:05-	01:36+	02:34+	02:45+	01:05+	05:35+	03:55+	04:29+	01:11+	01:50+	00:49+	02:14+	03:47+	00:59-	01:15+	00:26+
00:19#	03:04@	00:36#	00:28-	00:12-	00:09#	00:36&	00:45&	00:17&	03:00@	01:16&	02:24@	00:17&	00:23&	00:18&	00:49&	02:09@	00:35-	00:38@	00:05#

7	Terje Stokkeland	3522	51:55																
02:45+	08:18+	11:27+	14:39+	17:05+	18:42+	20:53+	23:42+	24:40+	29:52+	33:37+	35:57+	37:18+	39:08+	40:10+	46:55+	49:57+	50:39+	51:34+	51:55+
02:45+	05:33+	03:09+	03:12+	02:26+	01:37+	02:11+	02:49+	00:58+	05:12+	03:45+	02:20+	01:21+	01:50+	01:02+	06:45+	03:02+	00:42-	00:55+	00:21=
01:16&	02:56@	00:36#	00:17+	00:09+	00:10#	00:13#	00:49&	00:10#	02:37@	01:06&	00:15#	00:27&	00:23&	00:31&	05:20@	01:24&	00:52-	00:18&	00:00=

8	Jan Arendal	1683	52:06																
02:00+	06:15+	10:19+	13:12+	15:07+	17:15+	20:18+	23:37+	24:50+	29:32+	34:09+	37:14+	38:43+	41:08+	42:08+	45:02+	49:04+	50:23+	51:36+	52:06+
02:00+	04:15+	04:04+	02:53-	01:55-	02:08+	03:03+	03:19+	01:13+	04:42+	04:37+	03:05+	01:29+	02:25+	01:00+	02:54+	04:02+	01:19-	01:13+	00:30+
00:31&	01:38&	01:31&	00:02-	00:22-	00:41&	01:05&	01:19&	00:25&	02:07&	01:58&	01:00&	00:35&	00:58&	00:29&	01:29@	02:24@	00:15-	00:36&	00:09&

9	Hans Erik Terjesen	1683	52:22																
02:22+	05:56+	09:08+	11:57+	13:56+	18:31+	21:03+	23:58+	25:02+	32:19+	36:42+	40:38+	41:50+	43:44+	44:29+	47:15+	49:46+	50:52+	51:56+	52:22+
02:22+	03:34+	03:12+	02:49-	01:59-	04:35+	02:32+	02:55+	01:04+	07:17+	04:23+	03:56+	01:12+	01:54+	00:45+	02:46+	02:31+	01:06-	01:04+	00:26+
00:53&	00:57&	00:39&	00:06-	00:18-	03:08@	00:34&	00:55&	00:16&	04:42@	01:44&	01:51&	00:18&	00:27&	00:14&	01:21&	00:53&	00:28-	00:27&	00:05#

10	Arnstein Skretting	3529	57:09																
06:28+	10:46+	14:31+	18:31+	20:48+	22:53+	25:53+	28:55+	30:20+	34:51+	39:03+	43:16+	44:53+	47:14+	48:09+	51:17+	54:39+	55:44+	56:39+	57:09+
06:28+	04:18+	03:45+	04:00+	02:17=	02:05+	03:00+	03:02+	01:25+	04:31+	04:12+	04:13+	01:37+	02:21+	00:55+	03:08+	03:22+	01:05-	00:55+	00:30+
04:59@	01:41&	01:12&	01:05&	00:00=	00:38&	01:02&	01:02&	00:37&	01:56&	01:33&	02:08@	00:43&	00:54&	00:24&	01:43@	01:44@	00:29-	00:18&	00:09&

11	Olav Tunheim	1884	57:41																
02:08+	05:42+	09:05+	11:23+	13:11+	16:55+	19:42+	22:10+	23:15+	29:49+	42:59+	46:03+	47:28+	49:34+	50:16+	52:25+	55:40+	56:26+	57:20+	57:41+
02:08+	03:34+	03:23+	02:18-	01:48-	03:44+	02:47+	02:28+	01:05+	06:34+	13:10+	03:04+	01:25+	02:06+	00:42+	02:09+	03:15+	00:46-	00:54+	00:21=
00:39&	00:57&	00:50&	00:37-	00:29-	02:17@	00:49&	00:28#	00:17&	03:59@	10:31@	00:59&	00:31&	00:39&	00:11&	00:44&	01:37&	00:48-	00:17&	00:00=

Class	Navn	Klasse	Tid
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Herrer 65 - 69 år

12	Rolf Kleppe	3524	1:02:39																
02:26+	09:31+	13:54+	18:07+	21:04+	24:05+	26:52+	30:22+	31:48+	37:06+	42:34+	46:06+	47:40+	49:50+	50:53+	54:18+	60:02+	61:07+	62:13+	62:39+
02:26+	07:05+	04:23+	04:13+	02:57+	03:01+	02:47+	03:30+	01:26+	05:18+	05:28+	03:32+	01:34+	02:10+	01:03+	03:25+	05:44+	01:05-	01:06+	00:26+
00:57&	04:28@	01:50&	01:18&	00:40&	01:34@	00:49&	01:30&	00:38&	02:43@	02:49@	01:27&	00:40&	00:43&	00:32@	02:00@	04:06@	00:29-	00:29&	00:05#

13	Tore Karlsen	722	1:10:28																
02:15+	06:34+	10:14+	29:14+	32:44+	35:00+	37:42+	40:39+	41:46+	47:47+	52:37+	55:29+	57:07+	59:37+	60:30+	63:33+	68:03+	68:35+	69:56+	70:28+
02:15+	04:19+	03:40+	19:00+	03:30+	02:16+	02:42+	02:57+	01:07+	06:01+	04:50+	02:52+	01:38+	02:30+	00:53+	03:03+	04:30+	00:32+	01:21+	00:32+
02:15+	04:19+	03:40+	19:00+	03:30+	02:16+	02:42+	02:57+	01:07+	06:01+	04:50+	02:52+	01:38+	02:30+	00:53+	03:03+	04:30+	00:32+	01:21+	00:32+

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal	874	33:13																
02:05=	04:25=	06:41=	09:18=	12:01=	13:12=	14:46=	16:42=	17:27=	20:50=	23:12=	25:00=	25:53=	27:12=	27:48=	29:09=	31:49=	32:17=	32:55=	33:13=
02:05=	02:20=	02:16=	02:37=	02:43=	01:11=	01:34=	01:56=	00:45=	03:23=	02:22=	01:48=	00:53=	01:19=	00:36=	01:21=	02:40=	00:28=	00:38=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Harry Breiland	3507	33:55																
01:35-	04:17-	06:44+	08:49-	10:07-	11:43-	13:44-	16:05-	16:58-	20:05-	23:31+	25:47+	26:51+	28:24+	29:03+	30:35+	32:18+	32:53+	33:36+	33:55+
01:35-	02:42+	02:27+	02:05-	01:18-	01:36+	02:01+	02:21+	00:53+	03:07-	03:26+	02:16+	01:04+	01:33+	00:39+	01:32+	01:43-	00:35+	00:43+	00:19+
00:30-	00:22#	00:11+	00:32-	01:25-	00:25&	00:27&	00:25#	00:08#	00:16-	01:04&	00:28&	00:11#	00:14#	00:03+	00:11#	00:57-	00:07#	00:05#	00:01+

3	Bjørn Martin Alsaker	3530	35:16																
01:28-	04:06-	06:49+	09:15-	10:34-	11:55-	13:46-	15:36-	16:23-	20:08-	23:00-	24:45-	25:45-	27:13+	27:56+	30:15+	33:44+	34:15+	34:57+	35:16+
01:28-	02:38+	02:43+	02:26-	01:19-	01:21+	01:51+	01:50-	00:47+	03:45+	02:52+	01:45-	01:00+	01:28+	00:43+	02:19+	03:29+	00:31+	00:42+	00:19+
00:37-	00:18#	00:27#	00:11-	01:24-	00:10#	00:17#	00:06-	00:02+	00:22#	00:30#	00:03-	00:07#	00:09#	00:07#	00:58&	00:49&	00:03#	00:04#	00:01+

4	Svein Berge	643	39:21																
01:33-	04:39+	07:03+	08:48-	10:18-	11:57-	14:09-	16:11-	17:04-	20:22-	26:54+	28:56+	30:01+	31:32+	32:06+	33:53+	36:31+	38:08+	39:03+	39:21+
01:33-	03:06+	02:24+	01:45-	01:30-	01:39+	02:12+	02:02+	00:53+	03:18-	06:32+	02:02+	01:05+	01:31+	00:34-	01:47+	02:38-	01:37+	00:55+	00:18=
00:32-	00:46&	00:08+	00:52-	01:13-	00:28&	00:38&	00:06+	00:08#	00:05-	04:10@	00:14#	00:12#	00:12#	00:02-	00:26&	00:02-	01:09@	00:17&	00:00=

5	Bjarne Gimre	1830	43:08																
02:00-	05:07+	08:42+	11:22+	13:07+	15:15+	17:43+	20:35+	21:47+	26:06+	30:10+	32:47+	34:00+	36:08+	36:53+	39:07+	41:17+	42:00+	42:46+	43:08+
02:00-	03:07+	03:35+	02:40+	01:45-	02:08+	02:28+	02:52+	01:12+	04:19+	04:04+	02:37+	01:13+	02:08+	00:45+	02:14+	02:10-	00:43+	00:46+	00:22+
00:05-	00:47&	01:19&	00:03+	00:58-	00:57&	00:54&	00:56&	00:27&	00:56&	01:42&	00:49&	00:20&	00:49&	00:09#	00:53&	00:30-	00:15&	00:08#	00:04#

6	Arne Magne Handeland	892	47:52																
01:58-	05:32+	08:48+	11:54+	13:38+	15:45+	18:26+	21:35+	22:38+	29:13+	33:19+	35:58+	37:14+	39:47+	40:47+	42:54+	45:30+	46:37+	47:31+	47:52+
01:58-	03:34+	03:16+	03:06+	01:44-	02:07+	02:41+	03:09+	01:03+	06:35+	04:06+	02:39+	01:16+	02:33+	01:00+	02:07+	02:36-	01:07+	00:54+	00:21+
00:07-	01:14&	01:00&	00:29#	00:59-	00:56&	01:07&	01:13&	00:18&	03:12&	01:44&	00:51&	00:23&	01:14&	00:24&	00:46&	00:04-	00:39@	00:16&	00:03#

7	Jan Inge Lunde	1830	51:20																
02:10+	05:52+	09:01+	12:59+	14:43+	19:43+	22:15+	25:32+	26:38+	30:23+	34:29+	37:33+	38:45+	40:51+	41:37+	43:48+	48:41+	50:00+	50:55+	51:20+
02:10+	03:42+	03:09+	03:58+	01:44-	05:00+	02:32+	03:17+	01:06+	03:45+	04:06+	03:04+	01:12+	02:06+	00:46+	02:11+	04:53+	01:19+	00:55+	00:25+
00:05+	01:22&	00:53&	01:21&	00:59-	03:49@	00:58&	01:21&	00:21&	00:22#	01:44&	01:16&	00:19&	00:47&	00:10&	00:50&	02:13&	00:51@	00:17&	00:07&

8	Ragnvald Frøyland	879	54:30																	
01:46-	05:08+	09:10+	12:19+	14:15+	16:22+	18:57+	21:30+	22:45+	28:02+	32:24+	35:56+	41:56+	43:21+	46:02+	46:47+	48:45+	51:28+	53:03+	54:03+	54:30+
01:46-	03:22+	04:02+	03:09+	01:56-	02:07+	02:35+	02:33+	01:15+	05:17+	04:22+	03:32+	06:00+	01:25+	02:41+	00:45-	01:58-	02:43+	01:35+	01:00+	00:27+
00:19-	01:02&	01:46&	00:32#	00:47-	00:56&	01:01&	00:37&	00:30&	01:54&	02:00&	01:44&	05:07@	00:06+	02:05@	00:36-	00:42-	02:15@	00:57@	00:42@	00:27+

9	Eivind Lars Rake	892	56:45																
02:04-	07:27+	11:33+	14:51+	16:52+	18:58+	21:51+	24:51+	26:08+	30:27+	35:07+	38:02+	44:32+	47:10+	48:01+	50:10+	54:29+	55:22+	56:17+	56:45+
02:04-	05:23+	04:06+	03:18+	02:01-	02:06+	02:53+	03:00+	01:17+	04:19+	04:40+	02:55+	06:30+	02:38+	00:51+	02:09+	04:19+	00:53+	00:55+	00:28+
00:01-	03:03@	01:50&	00:41&	00:42-	00:55&	01:19&	01:04&	00:32&	00:56&	02:18&	01:07&	05:37@	01:19&	00:15&	00:48&	01:39&	00:25&	00:17&	00:10&

10	Jan Hetland	3502	58:08																
02:33+	05:55+	09:17+	12:21+	19:35+	21:58+	25:46+	28:30+	29:39+	33:32+	37:41+	40:25+	46:40+	48:42+	49:27+	51:58+	56:19+	57:07+	57:50+	58:08+
02:33+	03:22+	03:22+	03:04+	07:14+	02:23+	03:48+	02:44+	01:09+	03:53+	04:09+	02:44+	06:15+	02:02+	00:45+	02:31+	04:21+	00:48+	00:43+	00:18=
00:28#	01:02&	01:06&	00:27#	04:31@	01:12@	02:14@	00:48&	00:24&	00:30#	01:47&	00:56&	05:22@	00:43&	00:09#	01:10&	01:41&	00:20&	00:05#	00:00=

Herrer 70 - 74 år

11	Svein Ims	903																		59:53
02:20+	07:06+	12:20+	15:32+	20:52+	23:26+	26:50+	30:19+	32:08+	36:20+	40:48+	44:36+	46:09+	48:44+	49:40+	52:39+	57:46+	58:35+	59:27+	59:53+	
02:20+	04:46+	05:14+	03:12+	05:20+	02:34+	03:24+	03:29+	01:49+	04:12+	04:28+	03:48+	01:33+	02:35+	00:56+	02:59+	05:07+	00:49+	00:52+	00:26+	
00:15#	02:26@	02:58@	00:35#	02:37&	01:23@	01:50@	01:33&	01:04@	00:49#	02:06&	02:00@	00:40&	01:16&	00:20&	01:38@	02:27&	00:21&	00:14&	00:08&	
12	Bjørn Vidar Gunvaldsen	3502																		1:00:06
02:04+	06:49+	10:29+	13:38+	20:51+	22:56+	27:04+	30:11+	31:57+	36:28+	41:29+	44:32+	45:59+	49:05+	49:53+	52:38+	58:01+	58:51+	59:39+	60:06+	
02:04+	04:45+	03:40+	03:09+	07:13+	02:05+	04:08+	03:07+	01:46+	04:31+	05:01+	03:03+	01:27+	03:06+	00:48+	02:45+	05:23+	00:50+	00:48+	00:27+	
02:04+	04:45+	03:40+	03:09+	07:13+	02:05+	04:08+	03:07+	01:46+	04:31+	05:01+	03:03+	01:27+	03:06+	00:48+	02:45+	05:23+	00:50+	00:48+	00:27+	
13	Leif Kåre Lende	879																		1:04:13
07:16+	12:35+	16:17+	20:14+	22:31+	24:54+	28:23+	31:12+	32:29+	38:35+	48:22+	50:57+	52:38+	54:57+	55:42+	58:10+	61:04+	62:12+	63:32+	64:13+	
07:16+	05:19+	03:42+	03:57+	02:17+	02:23+	03:29+	02:49+	01:17+	06:06+	09:47+	02:35+	01:41+	02:19+	00:45+	02:28+	02:54+	01:08+	01:20+	00:41+	
07:16+	05:19+	03:42+	03:57+	02:17+	02:23+	03:29+	02:49+	01:17+	06:06+	09:47+	02:35+	01:41+	02:19+	00:45+	02:28+	02:54+	01:08+	01:20+	00:41+	
14	Tore Romon Tvedt	3518																		1:04:55
03:04+	07:24+	13:20+	26:04+	28:26+	30:42+	33:45+	36:41+	37:50+	43:02+	47:42+	51:21+	52:51+	55:32+	56:31+	59:27+	61:54+	63:12+	64:21+	64:55+	
03:04+	04:20+	05:56+	12:44+	02:22+	02:16+	03:03+	02:56+	01:09+	05:12+	04:40+	03:39+	01:30+	02:41+	00:59+	02:56+	02:27+	01:18+	01:09+	00:34+	
03:04+	04:20+	05:56+	12:44+	02:22+	02:16+	03:03+	02:56+	01:09+	05:12+	04:40+	03:39+	01:30+	02:41+	00:59+	02:56+	02:27+	01:18+	01:09+	00:34+	
15	Tom Hetland	880																		1:09:01
06:40+	10:32+	13:48+	16:52+	19:26+	27:42+	30:28+	33:24+	34:27+	42:06+	52:21+	55:26+	56:51+	59:02+	59:59+	62:45+	66:53+	67:45+	68:38+	69:01+	
06:40+	03:52+	03:16+	03:04+	02:34+	08:16+	02:46+	02:56+	01:03+	07:39+	10:15+	03:05+	01:25+	02:11+	00:57+	02:46+	04:08+	00:52+	00:53+	00:23+	
06:40+	03:52+	03:16+	03:04+	02:34+	08:16+	02:46+	02:56+	01:03+	07:39+	10:15+	03:05+	01:25+	02:11+	00:57+	02:46+	04:08+	00:52+	00:53+	00:23+	
16	Kjell Ivar Skjørestad	892																		1:09:51
06:46+	10:34+	14:13+	16:31+	24:48+	24:57+	27:20+	30:33+	32:45+	37:57+	41:32+	43:50+	51:44+	54:10+	55:09+	57:40+	67:00+	67:38+	69:30+	69:51+	
06:46+	03:48+	03:39+	02:18+	06:17+	02:09+	02:23+	03:13+	02:12+	05:12+	03:35+	02:18+	07:54+	02:26+	00:59+	02:31+	09:20+	00:38+	01:52+	00:21+	
06:46+	03:48+	03:39+	02:18+	06:17+	02:09+	02:23+	03:13+	02:12+	05:12+	03:35+	02:18+	07:54+	02:26+	00:59+	02:31+	09:20+	00:38+	01:52+	00:21+	
17	Kjell-Ingar Olsen	1119																		1:12:34
02:57+	10:20+	14:35+	26:26+	29:53+	32:58+	40:39+	43:57+	45:11+	50:48+	55:44+	59:50+	61:20+	63:53+	64:57+	67:01+	69:44+	71:17+	72:06+	72:34+	
02:57+	07:23+	04:15+	11:51+	03:27+	03:05+	07:41+	03:18+	01:14+	05:37+	04:56+	04:06+	01:30+	02:33+	01:04+	02:04+	02:43+	01:33+	00:49+	00:28+	
02:57+	07:23+	04:15+	11:51+	03:27+	03:05+	07:41+	03:18+	01:14+	05:37+	04:56+	04:06+	01:30+	02:33+	01:04+	02:04+	02:43+	01:33+	00:49+	00:28+	
18	Sverre Uhlvig	722																		1:31:26
05:21+	12:03+	18:05+	22:47+	27:15+	31:25+	36:25+	40:54+	42:30+	48:37+	54:55+	60:34+	69:44+	76:47+	77:52+	81:41+	86:48+	89:00+	90:50+	91:26+	
05:21+	06:42+	06:02+	04:42+	04:28+	04:10+	05:00+	04:29+	01:36+	06:07+	06:18+	05:39+	09:10+	07:03+	01:05+	03:49+	05:07+	02:12+	01:50+	00:36+	
05:21+	06:42+	06:02+	04:42+	04:28+	04:10+	05:00+	04:29+	01:36+	06:07+	06:18+	05:39+	09:10+	07:03+	01:05+	03:49+	05:07+	02:12+	01:50+	00:36+	
19	Jon Grepstad	3531																		1:35:46
05:09+	12:12+	17:26+	24:29+	37:25+	41:33+	47:13+	52:24+	53:59+	65:42+	72:41+	76:59+	79:13+	83:29+	84:38+	88:00+	92:30+	93:40+	95:03+	95:46+	
05:09+	07:03+	05:14+	07:03+	12:56+	04:08+	05:40+	05:11+	01:35+	11:43+	06:59+	04:18+	02:14+	04:16+	01:09+	03:22+	04:30+	01:10+	01:23+	00:43+	
05:09+	07:03+	05:14+	07:03+	12:56+	04:08+	05:40+	05:11+	01:35+	11:43+	06:59+	04:18+	02:14+	04:16+	01:09+	03:22+	04:30+	01:10+	01:23+	00:43+	

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Paul Andreas Paulsen	896																		41:41
01:24=	02:36=	05:17=	07:57=	09:41=	12:31=	14:09=	17:14=	18:05=	20:34=	22:32=	27:27=	29:25=	31:33=	33:50=	38:12=	40:36=	41:20=	41:41=		
01:24=	01:12=	02:41=	02:40=	01:44=	02:50=	01:38=	03:05=	00:51=	02:29=	01:58=	04:55=	01:58=	02:08=	02:17=	04:22=	02:24=	00:44=	00:21=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kjell Svihus	892																		43:34
01:37+	03:23+	06:10+	09:08+	11:33+	15:25+	17:47+	19:28+	20:34+	23:35+	25:45+	29:38+	32:29+	34:26+	36:47+	39:50+	42:21+	43:12+	43:34+		
01:37+	01:46+	02:47+	02:58+	02:25+	03:52+	02:22+	01:41-	01:06+	03:01+	02:10+	03:53-	02:51+	01:57-	02:21+	03:03-	02:31+	00:51+	00:22+		
00:13#	00:34&	00:06+	00:18#	00:41&	01:02&	00:44&	01:24-	00:15&	00:32#	00:12#	01:02-	00:53&	00:11-	00:04+	01:19-	00:07+	00:07#	00:01+		
3	Finn-Morten Årstad	3530																		43:49
02:54+	04:25+	07:06+	10:33+	12:24+	15:05+	17:20+	19:03+	20:03+	22:52+	24:56+	28:43+	31:34+	33:46+	35:56+	39:41+	42:41+	43:25+	43:49+		
02:54+	01:31+	02:41=	03:27+	01:51+	02:41-	02:15+	01:43-	01:00+	02:49+	02:04+	03:47-	02:51+	02:12+	02:10-	03:45-	03:00+	00:44=	00:24+		
01:30@	00:19&	00:00=	00:47&	00:07+	00:09-	00:37&	01:22-	00:09#	00:20#	00:06+	01:08-	00:53&	00:04+	00:07-	00:37-	00:36#	00:00=	00:03#		

Herrer 75 - 79 år

4	Jostein Tunheim	1683															45:46	
02:34+	04:04+	06:50+	10:00+	12:00+	14:19+	16:29+	18:27+	19:15+	22:39+	24:54+	28:48+	31:23+	33:57+	36:35+	40:52+	44:08+	45:24+	45:46+
02:34+	01:30+	02:46+	03:10+	02:00+	02:19-	02:10+	01:58-	00:48-	03:24+	02:15+	03:54-	02:35+	02:34+	02:38+	04:17-	03:16+	01:16+	00:22+
01:10&	00:18#	00:05+	00:30#	00:16#	00:31-	00:32&	01:07-	00:03-	00:55&	00:17#	01:01-	00:37&	00:26#	00:21#	00:05-	00:52&	00:32&	00:01+
5	Steinar Undheim	3529															49:54	
02:27+	04:13+	07:22+	09:55+	12:26+	15:35+	17:30+	19:35+	20:51+	25:08+	27:37+	32:08+	35:33+	37:42+	40:35+	45:01+	48:18+	49:29+	49:54+
02:27+	01:46+	03:09+	02:33+	02:31+	03:09+	01:55+	02:05+	01:16+	04:17+	02:29+	04:31+	03:25+	02:09+	02:53+	04:26+	03:17+	01:11+	00:25+
02:27+	01:46+	03:09+	02:33+	02:31+	03:09+	01:55+	02:05+	01:16+	04:17+	02:29+	04:31+	03:25+	02:09+	02:53+	04:26+	03:17+	01:11+	00:25+
6	Knut Skjæveland	1884															50:42	
01:46+	03:32+	06:27+	09:13+	11:55+	15:37+	17:56+	20:21+	21:35+	25:23+	27:30+	32:48+	35:56+	38:28+	41:30+	45:19+	49:23+	50:18+	50:42+
01:46+	01:46+	02:55+	02:46+	02:42+	03:42+	02:19+	02:25+	01:14+	03:48+	02:07+	05:18+	03:08+	02:32+	03:02+	03:49+	04:04+	00:55+	00:24+
01:46+	01:46+	02:55+	02:46+	02:42+	03:42+	02:19+	02:25+	01:14+	03:48+	02:07+	05:18+	03:08+	02:32+	03:02+	03:49+	04:04+	00:55+	00:24+
7	Øyvind Egeskog	880															51:47	
01:21+	02:55+	06:08+	08:43+	10:41+	13:57+	16:22+	18:38+	19:46+	23:19+	25:37+	30:55+	37:13+	39:23+	43:05+	46:21+	50:11+	51:20+	51:47+
01:21+	01:34+	03:13+	02:35+	01:58+	03:16+	02:25+	02:16+	01:08+	03:33+	02:18+	05:18+	06:18+	02:10+	03:42+	03:16+	03:50+	01:09+	00:27+
01:21+	01:34+	03:13+	02:35+	01:58+	03:16+	02:25+	02:16+	01:08+	03:33+	02:18+	05:18+	06:18+	02:10+	03:42+	03:16+	03:50+	01:09+	00:27+
8	Hermann Skogsholm	1754															52:16	
01:12+	02:45+	07:12+	10:35+	12:38+	18:15+	20:52+	23:36+	25:15+	28:34+	30:44+	34:50+	37:20+	40:19+	43:17+	47:54+	50:38+	51:43+	52:16+
01:12+	01:33+	04:27+	03:23+	02:03+	05:37+	02:37+	02:44+	01:39+	03:19+	02:10+	04:06+	02:30+	02:59+	02:58+	04:37+	02:44+	01:05+	00:33+
01:12+	01:33+	04:27+	03:23+	02:03+	05:37+	02:37+	02:44+	01:39+	03:19+	02:10+	04:06+	02:30+	02:59+	02:58+	04:37+	02:44+	01:05+	00:33+
9	Olav A. Hognestad	892															52:19	
02:12+	03:54+	06:42+	09:33+	11:55+	15:12+	17:26+	19:19+	20:20+	24:36+	27:04+	30:55+	33:19+	36:27+	39:46+	45:56+	50:52+	51:55+	52:19+
02:12+	01:42+	02:48+	02:51+	02:22+	03:17+	02:14+	01:53+	01:01+	04:16+	02:28+	03:51+	02:24+	03:08+	03:19+	06:10+	04:56+	01:03+	00:24+
02:12+	01:42+	02:48+	02:51+	02:22+	03:17+	02:14+	01:53+	01:01+	04:16+	02:28+	03:51+	02:24+	03:08+	03:19+	06:10+	04:56+	01:03+	00:24+
10	Ole Auklend	885															52:29	
01:20+	03:26+	06:21+	08:59+	11:05+	14:19+	16:36+	18:44+	19:48+	24:43+	27:12+	31:54+	34:15+	36:35+	39:41+	44:21+	50:47+	51:53+	52:29+
01:20+	02:06+	02:55+	02:38+	02:06+	03:14+	02:17+	02:08+	01:04+	04:55+	02:29+	04:42+	02:21+	02:20+	03:06+	04:40+	06:26+	01:06+	00:36+
01:20+	02:06+	02:55+	02:38+	02:06+	03:14+	02:17+	02:08+	01:04+	04:55+	02:29+	04:42+	02:21+	02:20+	03:06+	04:40+	06:26+	01:06+	00:36+
11	Svein Glendrange	874															54:26	
01:28+	03:17+	06:16+	10:25+	12:46+	16:32+	18:46+	20:54+	21:57+	25:15+	27:38+	35:11+	38:08+	41:00+	45:23+	49:32+	52:43+	53:51+	54:26+
01:28+	01:49+	02:59+	04:09+	02:21+	03:46+	02:14+	02:08+	01:03+	03:18+	02:23+	07:33+	02:57+	02:52+	04:23+	04:09+	03:11+	01:08+	00:35+
01:28+	01:49+	02:59+	04:09+	02:21+	03:46+	02:14+	02:08+	01:03+	03:18+	02:23+	07:33+	02:57+	02:52+	04:23+	04:09+	03:11+	01:08+	00:35+
12	Arne Østensen	3518															1:01:43	
01:41+	04:11+	11:19+	14:34+	18:14+	20:42+	22:44+	28:09+	29:08+	32:30+	35:25+	41:08+	43:37+	45:44+	48:50+	55:24+	60:21+	61:18+	61:43+
01:41+	02:30+	07:08+	03:15+	03:40+	02:28+	02:02+	05:25+	00:59+	03:22+	02:55+	05:43+	02:29+	02:07+	03:06+	06:34+	04:57+	00:57+	00:25+
01:41+	02:30+	07:08+	03:15+	03:40+	02:28+	02:02+	05:25+	00:59+	03:22+	02:55+	05:43+	02:29+	02:07+	03:06+	06:34+	04:57+	00:57+	00:25+
13	Hans Klausen	769															1:12:36	
01:50+	03:41+	07:00+	24:26+	26:49+	30:24+	32:55+	39:06+	36:06+	40:24+	46:53+	52:26+	55:26+	58:02+	61:45+	64:57+	70:55+	72:10+	72:36+
01:50+	01:51+	03:19+	17:26+	02:23+	03:35+	02:31+	02:11+	01:00+	04:18+	06:29+	05:33+	03:00+	02:36+	03:43+	03:12+	05:58+	01:15+	00:26+
01:50+	01:51+	03:19+	17:26+	02:23+	03:35+	02:31+	02:11+	01:00+	04:18+	06:29+	05:33+	03:00+	02:36+	03:43+	03:12+	05:58+	01:15+	00:26+
14	Reidar Liland	3507															1:34:44	
03:27+	05:35+	11:24+	18:24+	22:11+	27:01+	30:39+	34:18+	36:21+	42:34+	46:15+	55:27+	63:05+	67:55+	72:07+	83:22+	91:44+	93:49+	94:44+
03:27+	02:08+	05:49+	07:00+	03:47+	04:50+	03:38+	03:39+	02:03+	06:13+	03:41+	09:12+	07:38+	04:50+	04:12+	11:15+	08:22+	02:05+	00:55+
03:27+	02:08+	05:49+	07:00+	03:47+	04:50+	03:38+	03:39+	02:03+	06:13+	03:41+	09:12+	07:38+	04:50+	04:12+	11:15+	08:22+	02:05+	00:55+

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Tormod Aaslid	3529															42:40	
02:29=	04:26=	05:57=	09:40=	12:44=	16:08=	17:19=	20:38=	23:35=	24:49=	26:47=	28:32=	29:49=	33:50=	35:37=	37:29=	39:45=	41:54=	42:40=
02:29=	01:57=	01:31=	03:43=	03:04=	03:24=	01:11=	03:19=	02:57=	01:14=	01:58=	01:45=	01:17=	04:01=	01:47=	01:52=	02:16=	02:09=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navn	Klasse	Tid
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Herrer 80 år og eldre

2	Kjell Langvik	1884	45:20															
02:17-	04:38+	06:23+	09:24-	13:01+	16:18+	17:27+	23:22+	25:55+	27:34+	29:24+	32:28+	33:46+	37:50+	39:36+	40:42+	43:07+	44:54+	45:20+
02:17-	02:21+	01:45+	03:01-	03:37+	03:17-	01:09-	05:55+	02:33-	01:39+	01:50-	03:04+	01:18+	04:04+	01:46-	01:06-	02:25+	01:47-	00:26-
00:12-	00:24#	00:14#	00:42-	00:33#	00:07-	00:02-	02:36&	00:24-	00:25&	00:08-	01:19&	00:01+	00:03+	00:01-	00:46-	00:09+	00:22-	00:20-
3	Terje Braut	892	50:19															
02:36+	04:47+	06:40+	13:35+	17:18+	23:19+	24:26+	27:58+	30:49+	32:08+	33:54+	35:47+	36:44+	40:48+	43:36+	44:49+	47:36+	49:42+	50:19+
02:36+	02:11+	01:53+	06:55+	03:43+	06:01+	01:07+	03:32+	02:51+	01:19+	01:46+	01:53+	00:57+	04:04+	02:48+	01:13+	02:47+	02:06+	00:37+
02:36+	02:11+	01:53+	06:55+	03:43+	06:01+	01:07+	03:32+	02:51+	01:19+	01:46+	01:53+	00:57+	04:04+	02:48+	01:13+	02:47+	02:06+	00:37+
4	Arne Brandsberg	3502	57:16															
03:31+	07:57+	09:52+	14:25+	19:07+	22:59+	24:26+	29:02+	33:11+	34:46+	37:33+	39:34+	40:49+	46:29+	48:17+	50:52+	53:44+	56:13+	57:16+
03:31+	04:26+	01:55+	04:33+	04:42+	03:52+	01:27+	04:36+	04:09+	01:35+	02:47+	02:01+	01:15+	05:40+	01:48+	02:35+	02:52+	02:29+	01:03+
03:31+	04:26+	01:55+	04:33+	04:42+	03:52+	01:27+	04:36+	04:09+	01:35+	02:47+	02:01+	01:15+	05:40+	01:48+	02:35+	02:52+	02:29+	01:03+
5	Harald Vatne	2342	58:37															
03:00+	05:50+	07:52+	12:42+	17:24+	21:05+	22:56+	27:19+	31:09+	33:34+	37:23+	39:36+	41:08+	46:46+	49:31+	51:26+	54:15+	57:43+	58:37+
03:00+	02:50+	02:02+	04:50+	04:42+	03:41+	01:51+	04:23+	03:50+	02:25+	03:49+	02:13+	01:32+	05:38+	02:45+	01:55+	02:49+	03:28+	00:54+
03:00+	02:50+	02:02+	04:50+	04:42+	03:41+	01:51+	04:23+	03:50+	02:25+	03:49+	02:13+	01:32+	05:38+	02:45+	01:55+	02:49+	03:28+	00:54+
6	Sigurd Krosli	1884	1:01:36															
03:08+	06:29+	08:57+	13:10+	17:57+	21:47+	22:58+	26:34+	31:04+	32:22+	36:05+	38:07+	39:09+	44:00+	46:15+	48:01+	58:14+	60:45+	61:36+
03:08+	03:21+	02:28+	04:13+	04:47+	03:50+	01:11+	03:36+	04:30+	01:18+	03:43+	02:02+	01:02+	04:51+	02:15+	01:46+	10:13+	02:31+	00:51+
03:08+	03:21+	02:28+	04:13+	04:47+	03:50+	01:11+	03:36+	04:30+	01:18+	03:43+	02:02+	01:02+	04:51+	02:15+	01:46+	10:13+	02:31+	00:51+
7	Jan A. Bekkeheien	892	1:03:58															
02:56+	05:18+	06:43+	15:24+	20:08+	24:07+	25:29+	29:11+	32:19+	33:37+	35:44+	37:40+	38:51+	43:42+	45:19+	46:40+	52:41+	63:23+	63:58+
02:56+	02:22+	01:25+	08:41+	04:44+	03:59+	01:22+	03:42+	03:08+	01:18+	02:07+	01:56+	01:11+	04:51+	01:37+	01:21+	06:01+	10:42+	00:35+
02:56+	02:22+	01:25+	08:41+	04:44+	03:59+	01:22+	03:42+	03:08+	01:18+	02:07+	01:56+	01:11+	04:51+	01:37+	01:21+	06:01+	10:42+	00:35+
8	Alf Gyland	892	1:05:47															
03:08+	05:14+	06:41+	12:47+	21:18+	25:37+	26:49+	30:05+	33:01+	34:00+	37:59+	39:30+	40:39+	45:35+	47:08+	48:30+	54:43+	65:13+	65:47+
03:08+	02:06+	01:27+	06:06+	08:31+	04:19+	01:12+	03:16+	02:56+	00:59+	03:59+	01:31+	01:09+	04:56+	01:33+	01:22+	06:13+	10:30+	00:34+
03:08+	02:06+	01:27+	06:06+	08:31+	04:19+	01:12+	03:16+	02:56+	00:59+	03:59+	01:31+	01:09+	04:56+	01:33+	01:22+	06:13+	10:30+	00:34+
9	Torleiv Møgedal	874	1:06:55															
05:34+	10:04+	12:03+	16:43+	22:16+	28:06+	30:14+	35:57+	40:08+	42:29+	46:42+	48:46+	49:53+	54:50+	57:34+	59:26+	62:27+	65:44+	66:55+
05:34+	04:30+	01:59+	04:40+	05:33+	05:50+	02:08+	05:43+	04:11+	02:21+	04:13+	02:04+	01:07+	04:57+	02:44+	01:52+	03:01+	03:17+	01:11+
05:34+	04:30+	01:59+	04:40+	05:33+	05:50+	02:08+	05:43+	04:11+	02:21+	04:13+	02:04+	01:07+	04:57+	02:44+	01:52+	03:01+	03:17+	01:11+
10	Kjell Audun Maudal	3524	1:15:48															
04:29+	09:07+	11:01+	15:44+	21:16+	27:10+	29:17+	35:04+	39:09+	41:33+	45:46+	47:49+	48:54+	54:44+	58:20+	62:14+	70:46+	74:50+	75:48+
04:29+	04:38+	01:54+	04:43+	05:32+	05:54+	02:07+	05:47+	04:05+	02:24+	04:13+	02:03+	01:05+	05:50+	03:36+	03:54+	08:32+	04:04+	00:58+
04:29+	04:38+	01:54+	04:43+	05:32+	05:54+	02:07+	05:47+	04:05+	02:24+	04:13+	02:03+	01:05+	05:50+	03:36+	03:54+	08:32+	04:04+	00:58+
11	Magne Andreas Westerheim	1884	1:16:43															
04:19+	08:32+	10:13+	15:39+	24:24+	29:57+	31:49+	36:43+	42:50+	46:02+	49:51+	52:54+	54:15+	64:29+	68:35+	70:55+	73:22+	75:43+	76:43+
04:19+	04:13+	01:41+	05:26+	08:45+	05:33+	01:52+	04:54+	06:07+	03:12+	03:49+	03:03+	01:21+	10:14+	04:06+	02:20+	02:27+	02:21+	01:00+
04:19+	04:13+	01:41+	05:26+	08:45+	05:33+	01:52+	04:54+	06:07+	03:12+	03:49+	03:03+	01:21+	10:14+	04:06+	02:20+	02:27+	02:21+	01:00+

Beste strekktid for klassen

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

Herrer A

1	Morten Bjerga Sundli	3522	34:02																						
00:38=	01:06=	02:24=	03:47=	05:57=	07:20=	09:36=	10:35=	11:52=	12:27=	13:50=	15:05=	16:04=	17:17=	18:20=	19:50=	21:41=	22:54=	24:14=	25:48=	26:30=	28:29=	30:12=	31:54=	32:38=	33:18=
00:38=	00:28=	01:18=	01:23=	02:10=	01:23=	02:16=	00:59=	01:17=	00:35=	01:23=	01:15=	00:59=	01:13=	01:03=	01:30=	01:51=	01:13=	01:20=	01:34=	00:42=	01:59=	01:43=	01:42=	00:44=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
33:48=	34:02=																								
00:30=	00:14=																								
00:00=	00:00=																								

Herrer A

2	Erik Lima	1832	37:29																						
00:50+	01:20+	02:51+	04:20+	07:05+	08:25+	10:13+	11:14+	12:58+	13:42+	15:25+	16:41+	17:50+	19:26+	20:39+	22:17+	24:01+	25:44+	27:10+	28:58+	29:28+	31:56+	33:45+	35:10+	36:08+	36:44+
00:50+	00:30+	01:31+	01:29+	02:45+	01:20-	01:48-	01:01+	01:44+	00:44+	01:43+	01:16+	01:09+	01:36+	01:13+	01:38+	01:44-	01:43+	01:26+	01:48+	00:30-	02:28+	01:49+	01:25-	00:58+	00:36-
00:12&	00:02+	00:13#	00:06+	00:35&	00:03-	00:28-	00:02+	00:27&	00:09&	00:20#	00:01+	00:10#	00:23&	00:10#	00:08+	00:07-	00:30&	00:06+	00:14#	00:12-	00:29#	00:06+	00:17-	00:14&	00:04-
37:13+	37:29+																								
00:29-	00:16+																								
00:01-	00:02#																								

3	Fredrik Sandal	1830	41:05																						
01:23+	01:54+	03:17+	05:01+	07:39+	09:05+	10:48+	11:51+	13:25+	14:15+	15:52+	17:05+	18:14+	19:26+	20:38+	22:16+	24:05+	25:27+	26:46+	30:27+	32:01+	32:31+	34:30+	36:15+	38:07+	39:03+
01:23+	00:31+	01:23+	01:44+	02:38+	01:26+	01:43+	01:03+	01:34+	00:50+	01:37+	01:13+	01:09+	01:12+	01:12+	01:38+	01:49+	01:22+	01:19+	03:41+	01:34+	00:30+	01:59+	01:45+	01:52+	00:56+
01:23+	00:31+	01:23+	01:44+	02:38+	01:26+	01:43+	01:03+	01:34+	00:50+	01:37+	01:13+	01:09+	01:12+	01:12+	01:38+	01:49+	01:22+	01:19+	03:41+	01:34+	00:30+	01:59+	01:45+	01:52+	00:56+
40:17+	40:48+	41:05+																							
01:14+	00:31+	00:17+																							
01:14+	00:31+	00:17+																							

4	Sven Hatteland	3528	42:19																						
00:58+	01:26+	02:44+	04:06+	06:40+	08:04+	10:02+	11:19+	12:54+	13:45+	15:24+	17:54+	19:08+	20:29+	21:44+	23:45+	25:44+	27:15+	28:44+	30:53+	33:45+	36:20+	38:10+	39:46+	41:01+	41:28+
00:58+	00:28+	01:18+	01:22+	02:34+	01:24+	01:58+	01:17+	01:35+	00:51+	01:39+	02:30+	01:14+	01:21+	01:15+	02:01+	01:59+	01:31+	01:29+	02:09+	02:52+	02:35+	01:50+	01:36+	01:15+	00:27+
00:58+	00:28+	01:18+	01:22+	02:34+	01:24+	01:58+	01:17+	01:35+	00:51+	01:39+	02:30+	01:14+	01:21+	01:15+	02:01+	01:59+	01:31+	01:29+	02:09+	02:52+	02:35+	01:50+	01:36+	01:15+	00:27+
42:01+	42:19+																								
00:33+	00:18+																								
00:33+	00:18+																								

5	Martin Blystad	3530	42:33																						
00:53+	01:23+	02:52+	04:25+	07:31+	09:30+	11:30+	12:38+	14:44+	15:44+	17:24+	18:49+	19:56+	21:17+	22:58+	24:33+	26:25+	27:52+	29:19+	31:04+	32:04+	35:23+	37:35+	39:39+	40:29+	41:43+
00:53+	00:30+	01:29+	01:33+	03:06+	01:59+	02:00+	01:08+	02:06+	01:00+	01:40+	01:25+	01:07+	01:21+	01:41+	01:35+	01:52+	01:27+	01:27+	01:45+	01:00+	03:19+	02:12+	02:04+	00:50+	01:14+
00:53+	00:30+	01:29+	01:33+	03:06+	01:59+	02:00+	01:08+	02:06+	01:00+	01:40+	01:25+	01:07+	01:21+	01:41+	01:35+	01:52+	01:27+	01:27+	01:45+	01:00+	03:19+	02:12+	02:04+	00:50+	01:14+
42:17+	42:33+																								
00:34+	00:16+																								
00:34+	00:16+																								

6	Erik Bakke	1493	44:41																						
01:00+	01:50+	04:02+	05:57+	08:31+	10:32+	12:27+	13:55+	16:54+	17:48+	19:56+	21:19+	22:31+	23:43+	25:00+	27:06+	29:28+	31:13+	32:33+	34:10+	34:49+	37:10+	39:08+	41:51+	43:23+	43:49+
01:00+	00:50+	02:12+	01:55+	02:34+	02:01+	01:55+	01:28+	02:59+	00:54+	02:08+	01:23+	01:12+	01:12+	01:17+	02:06+	02:22+	01:45+	01:20+	01:37+	00:39+	02:21+	01:58+	02:43+	01:32+	00:26+
01:00+	00:50+	02:12+	01:55+	02:34+	02:01+	01:55+	01:28+	02:59+	00:54+	02:08+	01:23+	01:12+	01:12+	01:17+	02:06+	02:22+	01:45+	01:20+	01:37+	00:39+	02:21+	01:58+	02:43+	01:32+	00:26+
44:25+	44:41+																								
00:36+	00:16+																								
00:36+	00:16+																								

7	Jørgen Strømstad	1786	45:56																						
01:02+	01:47+	03:33+	05:09+	08:38+	11:14+	13:27+	14:40+	16:24+	18:15+	20:04+	21:34+	22:59+	24:25+	26:30+	28:29+	30:20+	31:40+	33:04+	34:50+	36:59+	39:44+	41:53+	43:26+	44:31+	45:03+
01:02+	00:45+	01:46+	01:36+	03:29+	02:36+	02:13+	01:13+	01:44+	01:51+	01:49+	01:30+	01:25+	01:26+	02:05+	01:59+	01:51+	01:20+	01:24+	01:46+	02:09+	02:45+	02:09+	01:33+	01:05+	00:32+
01:02+	00:45+	01:46+	01:36+	03:29+	02:36+	02:13+	01:13+	01:44+	01:51+	01:49+	01:30+	01:25+	01:26+	02:05+	01:59+	01:51+	01:20+	01:24+	01:46+	02:09+	02:45+	02:09+	01:33+	01:05+	00:32+
45:42+	45:56+																								
00:39+	00:14+																								
00:39+	00:14+																								

8	Andreas Terjesen	1832	46:19																						
01:09+	01:49+	03:24+	05:16+	08:03+	10:37+	12:54+	14:14+	16:19+	17:07+	18:56+	20:33+	22:25+	23:51+	25:55+	27:52+	30:20+	32:43+	34:26+	36:23+	37:07+	39:54+	41:57+	43:52+	44:47+	45:25+
01:09+	00:40+	01:35+	01:52+	02:47+	02:34+	02:17+	01:20+	02:05+	00:48+	01:49+	01:37+	01:52+	01:26+	02:04+	01:57+	02:28+	02:23+	01:43+	01:57+	00:44+	02:47+	02:03+	01:55+	00:55+	00:38+
01:09+	00:40+	01:35+	01:52+	02:47+	02:34+	02:17+	01:20+	02:05+	00:48+	01:49+	01:37+	01:52+	01:26+	02:04+	01:57+	02:28+	02:23+	01:43+	01:57+	00:44+	02:47+	02:03+	01:55+	00:55+	00:38+
46:03+	46:19+																								
00:38+	00:16+																								
00:38+	00:16+																								

9	Lars Erik Malde	3676	49:16																						
03:44+	04:38+	06:31+	08:30+	11:09+	12:43+	14:22+	16:10+	18:29+	20:04+	22:05+	23:32+	24:42+	25:56+	27:32+	29:24+	31:25+	34:43+	35:58+	38:12+	39:05+	41:22+	43:36+	45:17+	46:28+	48:05+
03:44+	00:54+	01:53+	01:59+	02:39+	01:34+	01:39+	01:48+	02:19+	01:35+	02:01+	01:27+	01:10+	01:14+	01:36+	01:52+	02:01+	03:18+	01:15+	02:14+	00:53+	02:17+	02:14+	01:41+	01:11+	01:37+
03:44+	00:54+	01:53+	01:59+	02:39+	01:34+	01:39+	01:48+	02:19+	01:35+	02:01+	01:27+	01:10+	01:14+	01:36+	01:52+	02:01+	03:18+	01:15+	02:14+	00:53+	02:17+	02:14+	01:41+	01:11+	01:37+
48:56+	49:16+																								
00:51+	00:20+																								
00:51+	00:20+																								

Class	Navn	Klasse	Tid
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Herrer A

10	Runar Eike Toft	1683	49:24																						
00:44+	02:23+	03:44+	07:59+	11:08+	12:34+	14:39+	16:05+	18:20+	19:20+	21:06+	23:46+	25:23+	26:39+	28:37+	30:41+	32:33+	34:12+	35:50+	37:54+	38:38+	41:33+	44:04+	46:40+	47:57+	48:25+
00:44+	01:39+	01:21+	04:15+	03:09+	01:26+	02:05+	01:26+	02:15+	01:00+	01:46+	02:40+	01:37+	01:16+	01:58+	02:04+	01:52+	01:39+	01:38+	02:04+	00:44+	02:55+	02:31+	02:36+	01:17+	00:28+
00:44+	01:39+	01:21+	04:15+	03:09+	01:26+	02:05+	01:26+	02:15+	01:00+	01:46+	02:40+	01:37+	01:16+	01:58+	02:04+	01:52+	01:39+	01:38+	02:04+	00:44+	02:55+	02:31+	02:36+	01:17+	00:28+
49:07+	49:24+																								
00:42+	00:17+																								
00:42+	00:17+																								
11	Svein Kyllingstad	1284	49:59																						
00:53+	01:25+	03:00+	04:59+	08:19+	10:57+	13:46+	15:05+	17:01+	18:06+	20:08+	21:38+	23:14+	24:29+	25:56+	28:14+	31:09+	33:42+	35:12+	37:12+	40:30+	43:16+	44:59+	47:25+	48:25+	49:02+
00:53+	00:32+	01:35+	01:59+	03:20+	02:38+	02:49+	01:19+	01:56+	01:05+	02:02+	01:30+	01:36+	01:15+	01:27+	02:18+	02:55+	02:33+	01:30+	02:00+	03:18+	02:46+	01:43+	02:26+	01:00+	00:37+
00:53+	00:32+	01:35+	01:59+	03:20+	02:38+	02:49+	01:19+	01:56+	01:05+	02:02+	01:30+	01:36+	01:15+	01:27+	02:18+	02:55+	02:33+	01:30+	02:00+	03:18+	02:46+	01:43+	02:26+	01:00+	00:37+
49:41+	49:59+																								
00:39+	00:18+																								
00:39+	00:18+																								
12	Håkon Eggebø	1284	50:08																						
00:51+	01:29+	03:15+	05:21+	08:16+	11:18+	13:30+	15:20+	17:45+	18:44+	20:32+	22:46+	24:06+	25:21+	27:05+	29:13+	31:30+	33:13+	34:44+	36:47+	40:01+	43:08+	45:06+	47:41+	48:34+	49:08+
00:51+	00:38+	01:46+	02:06+	02:55+	03:02+	02:12+	01:50+	02:25+	00:59+	01:48+	02:14+	01:20+	01:15+	01:44+	02:08+	02:17+	01:43+	01:31+	02:03+	03:14+	03:07+	01:58+	02:35+	00:53+	00:34+
00:51+	00:38+	01:46+	02:06+	02:55+	03:02+	02:12+	01:50+	02:25+	00:59+	01:48+	02:14+	01:20+	01:15+	01:44+	02:08+	02:17+	01:43+	01:31+	02:03+	03:14+	03:07+	01:58+	02:35+	00:53+	00:34+
49:45+	50:08+																								
00:37+	00:23+																								
00:37+	00:23+																								

Beste strekktid for klassen

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

Herrer B

1	Tom Furland	769	38:03																						
00:57=	01:26=	03:10=	04:46=	07:17=	08:37=	10:48=	11:53=	13:22=	13:58=	16:00=	17:21=	18:47=	20:06=	21:14=	22:57=	24:46=	26:10=	27:36=	29:21=	29:51=	32:43=	34:27=	35:58=	36:47=	37:12=
00:57=	00:29=	01:44=	01:36=	02:31=	01:20=	02:11=	01:05=	01:29=	00:36=	02:02=	01:21=	01:26=	01:19=	01:08=	01:43=	01:49=	01:24=	01:26=	01:45=	00:30=	02:52=	01:44=	01:31=	00:49=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
37:43=	38:03=																								
00:31=	00:20=																								
00:00=	00:00=																								
2	Magnus Landstad	3507	38:27																						
01:14+	01:50+	03:25+	05:06+	07:49+	09:13+	10:57+	12:09+	13:47+	14:37+	16:20+	17:44+	18:59+	20:18+	21:54+	23:36+	25:26+	26:47+	28:12+	29:57+	30:33+	32:50+	34:41+	36:12+	37:06+	37:37+
01:14+	00:36+	01:35-	01:41+	02:43+	01:24+	01:44-	01:12+	01:38+	00:50+	01:43-	01:24+	01:15-	01:19=	01:36+	01:42-	01:50+	01:21-	01:25-	01:45=	00:36+	02:17-	01:51+	01:31=	00:54+	00:31+
00:17&	00:07#	00:09-	00:05+	00:12+	00:04+	00:27-	00:07#	00:09#	00:14&	00:19-	00:03+	00:11-	00:00=	00:28&	00:01-	00:01+	00:03-	00:01-	00:00=	00:06#	00:35-	00:07+	00:00=	00:05#	00:06#
38:11+	38:27+																								
00:34+	00:16-																								
00:03+	00:04-																								
3	Thomas Tveit	NOTEAM	39:46																						
00:51-	01:27+	04:12+	05:35+	09:19+	10:35+	12:20+	13:22+	14:58+	15:35+	17:08+	18:20+	19:29+	20:41+	22:01+	23:49+	25:32+	26:50+	28:08+	29:50+	30:42+	33:12+	34:59+	36:36+	38:43+	39:03+
00:51-	00:36+	02:45+	01:23-	03:44+	01:16-	01:45-	01:02-	01:36+	00:37+	01:33-	01:12-	01:09-	01:12-	01:20+	01:48+	01:43-	01:18-	01:18-	01:42-	00:52+	02:30-	01:47+	01:37+	02:07+	00:20-
00:06-	00:07#	01:01&	00:13-	01:13&	00:04-	00:26-	00:03-	00:07+	00:01+	00:29-	00:09-	00:17-	00:07-	00:12#	00:05+	00:06-	00:06-	00:08-	00:03-	00:22&	00:22-	00:03+	00:06+	01:18@	00:05-
39:30+	39:46+																								
00:27-	00:16-																								
00:04-	00:04-																								
4	Oddvar Taksdal	3522	40:55																						
00:56-	01:27+	02:57-	04:29-	07:11-	08:31-	10:16-	11:23-	13:01-	13:39-	15:27-	17:56+	19:07+	20:23+	21:37+	23:23+	25:14+	26:46+	29:55+	31:39+	32:16+	35:12+	36:51+	38:40+	39:34+	40:00+
00:56-	00:31+	01:30-	01:32-	02:42+	01:20=	01:45-	01:07+	01:38+	00:38+	01:48-	02:29+	01:11-	01:16-	01:14+	01:46+	01:51+	01:32+	03:09+	01:44-	00:37+	02:56+	01:39-	01:49+	00:54+	00:26+
00:01-	00:02+	00:14-	00:04-	00:11+	00:00=	00:26-	00:02+	00:09#	00:02+	00:14-	01:08&	00:15-	00:03-	00:06+	00:03+	00:02+	00:08+	01:43@	00:01-	00:07#	00:04+	00:05-	00:18#	00:05#	00:01+
40:35+	40:55+																								
00:35+	00:20=																								
00:04#	00:00=																								

Herrer B

5	Njål F. Vadla	1884	41:26																						
00:47-	01:16-	02:45-	04:15-	06:48-	08:15-	10:28-	11:33-	13:11-	13:46-	15:38-	17:04-	18:21-	19:44-	21:01-	22:48-	24:53+	26:24+	27:56+	29:58+	31:51+	34:24+	36:22+	38:22+	39:11+	40:28+
00:47-	00:29#	01:29-	01:30-	02:33+	01:27+	02:13+	01:05#	01:38+	00:35-	01:52-	01:26+	01:17-	01:23+	01:17+	01:47+	02:05+	01:31+	01:32+	02:02+	01:53+	02:33-	01:58+	02:00+	00:49#	01:17+
00:10-	00:00#	00:15-	00:06-	00:02+	00:07+	00:02+	00:00#	00:09#	00:01-	00:10-	00:05+	00:09-	00:04+	00:09#	00:04+	00:16#	00:07+	00:06+	00:17#	01:23#	00:19-	00:14#	00:29#	00:00#	00:52#
41:07+	41:26+																								
00:39+	00:19-																								
00:08&	00:01-																								

6	Tor Gunnar Aksland	1683	41:26																						
01:16+	02:19+	03:57+	05:33+	08:31+	09:54+	11:43+	12:52+	14:34+	15:20+	17:23+	18:55+	20:08+	21:40+	23:08+	25:00+	26:41+	28:12+	29:35+	31:23+	31:55+	35:19+	37:14+	39:11+	40:03+	40:31+
01:16+	01:03+	01:38+	01:36+	02:58+	01:23+	01:49+	01:09+	01:42+	00:46+	02:03+	01:32+	01:13+	01:32+	01:28+	01:52+	01:41+	01:31+	01:23+	01:48+	00:32+	03:24+	01:55+	01:57+	00:52+	00:28+
01:16+	01:03+	01:38+	01:36+	02:58+	01:23+	01:49+	01:09+	01:42+	00:46+	02:03+	01:32+	01:13+	01:32+	01:28+	01:52+	01:41+	01:31+	01:23+	01:48+	00:32+	03:24+	01:55+	01:57+	00:52+	00:28+
41:08+	41:26+																								
00:37+	00:18+																								
00:37+	00:18+																								

7	Jan-Rune Larsen Basso	1376	42:14																						
01:14+	01:52+	03:22+	05:04+	08:41+	10:21+	12:28+	13:34+	15:41+	16:17+	18:03+	19:30+	20:51+	22:10+	23:33+	25:28+	27:11+	28:34+	31:19+	33:08+	33:58+	36:18+	38:10+	39:42+	40:50+	41:21+
01:14+	00:38+	01:30+	01:42+	03:37+	01:40+	02:07+	01:06+	02:07+	00:36+	01:46+	01:27+	01:21+	01:19+	01:23+	01:55+	01:43+	01:23+	02:45+	01:49+	00:50+	02:20+	01:52+	01:32+	01:08+	00:31+
01:14+	00:38+	01:30+	01:42+	03:37+	01:40+	02:07+	01:06+	02:07+	00:36+	01:46+	01:27+	01:21+	01:19+	01:23+	01:55+	01:43+	01:23+	02:45+	01:49+	00:50+	02:20+	01:52+	01:32+	01:08+	00:31+
41:56+	42:14+																								
00:35+	00:18+																								
00:35+	00:18+																								

8	Oddgeir Eikeskog	1884	43:54																						
00:53+	01:22+	02:53+	04:38+	07:26+	10:11+	12:17+	13:42+	15:28+	16:06+	18:00+	19:27+	22:01+	23:21+	24:47+	26:41+	28:46+	30:17+	32:02+	34:17+	34:50+	37:48+	39:43+	41:23+	42:20+	42:57+
00:53+	00:29+	01:31+	01:45+	02:48+	02:45+	02:06+	01:25+	01:46+	00:38+	01:54+	01:27+	02:34+	01:20+	01:26+	01:54+	02:05+	01:31+	01:45+	02:15+	00:33+	02:58+	01:55+	01:40+	00:57+	00:37+
00:53+	00:29+	01:31+	01:45+	02:48+	02:45+	02:06+	01:25+	01:46+	00:38+	01:54+	01:27+	02:34+	01:20+	01:26+	01:54+	02:05+	01:31+	01:45+	02:15+	00:33+	02:58+	01:55+	01:40+	00:57+	00:37+
43:34+	43:54+																								
00:37+	00:20+																								
00:37+	00:20+																								

9	Trond Sigurd Fotland	3507	44:40																						
01:17+	01:55+	03:35+	05:47+	08:41+	10:18+	12:25+	13:54+	16:10+	17:12+	19:03+	20:35+	21:56+	23:18+	24:38+	26:38+	28:56+	30:57+	32:30+	34:26+	35:17+	37:57+	40:07+	42:19+	43:21+	43:49+
01:17+	00:38+	01:40+	02:12+	02:54+	01:37+	02:07+	01:29+	02:16+	01:02+	01:51+	01:32+	01:21+	01:22+	01:20+	02:00+	02:18+	02:01+	01:33+	01:56+	00:51+	02:40+	02:10+	02:12+	01:02+	00:28+
01:17+	00:38+	01:40+	02:12+	02:54+	01:37+	02:07+	01:29+	02:16+	01:02+	01:51+	01:32+	01:21+	01:22+	01:20+	02:00+	02:18+	02:01+	01:33+	01:56+	00:51+	02:40+	02:10+	02:12+	01:02+	00:28+
44:22+	44:40+																								
00:33+	00:18+																								
00:33+	00:18+																								

10	Geir Sand	722	44:50																						
01:17+	01:56+	03:30+	05:21+	08:32+	10:03+	11:58+	13:52+	15:59+	16:48+	18:30+	20:07+	21:35+	23:25+	24:38+	26:39+	28:37+	30:19+	31:44+	33:32+	35:32+	38:06+	40:00+	41:43+	43:04+	43:57+
01:17+	00:39+	01:34+	01:51+	03:11+	01:31+	01:55+	01:54+	02:07+	00:49+	01:42+	01:37+	01:28+	01:50+	01:13+	02:01+	01:58+	01:42+	01:25+	01:48+	02:00+	02:34+	01:54+	01:43+	01:21+	00:53+
01:17+	00:39+	01:34+	01:51+	03:11+	01:31+	01:55+	01:54+	02:07+	00:49+	01:42+	01:37+	01:28+	01:50+	01:13+	02:01+	01:58+	01:42+	01:25+	01:48+	02:00+	02:34+	01:54+	01:43+	01:21+	00:53+
44:33+	44:50+																								
00:36+	00:17+																								
00:36+	00:17+																								

11	Joar Eilevstjønn	2342	45:03																						
00:55+	01:29+	03:11+	04:57+	07:46+	09:08+	10:55+	12:50+	14:38+	16:34+	18:07+	19:55+	21:17+	22:37+	23:55+	25:41+	27:32+	29:47+	31:01+	33:21+	34:04+	36:52+	40:38+	42:29+	43:45+	44:17+
00:55+	00:34+	01:42+	01:46+	02:49+	01:22+	01:47+	01:55+	01:48+	01:56+	01:33+	01:48+	01:22+	01:20+	01:18+	01:46+	01:51+	02:15+	01:14+	02:20+	00:43+	02:48+	03:46+	01:51+	01:16+	00:32+
00:55+	00:34+	01:42+	01:46+	02:49+	01:22+	01:47+	01:55+	01:48+	01:56+	01:33+	01:48+	01:22+	01:20+	01:18+	01:46+	01:51+	02:15+	01:14+	02:20+	00:43+	02:48+	03:46+	01:51+	01:16+	00:32+
44:48+	45:03+																								
00:31+	00:15+																								
00:31+	00:15+																								

12	Per Olav Haarr	769	48:29																						
00:50+	01:29+	07:34+	09:08+	12:40+	14:25+	16:52+	18:07+	19:54+	20:45+	22:45+	24:42+	26:10+	27:30+	28:59+	30:48+	32:46+	34:11+	35:39+	37:23+	39:10+	42:08+	44:14+	45:56+	47:00+	47:28+
00:50+	00:39+	06:05+	01:34+	03:32+	01:45+	02:27+	01:15+	01:47+	00:51+	02:00+	01:57+	01:28+	01:20+	01:29+	01:49+	01:58+	01:25+	01:28+	01:44+	01:47+	02:58+	02:06+	01:42+	01:04+	00:28+
00:50+	00:39+	06:05+	01:34+	03:32+	01:45+	02:27+	01:15+	01:47+	00:51+	02:00+	01:57+	01:28+	01:20+	01:29+	01:49+	01:58+	01:25+	01:28+	01:44+	01:47+	02:58+	02:06+	01:42+	01:04+	00:28+
48:12+	48:29+																								
00:44+	00:17+																								
00:44+	00:17+																								

Herrer B

13	Bård Martby-Skogsholm	3522	52:35																						
01:24+	03:21+	05:16+	07:01+	10:01+	11:48+	14:26+	15:51+	17:35+	18:36+	20:32+	22:46+	24:15+	25:40+	26:54+	29:04+	31:19+	32:52+	35:37+	38:27+	40:28+	41:13+	43:47+	47:26+	50:05+	51:10+
01:24+	01:57+	01:55+	01:45+	03:00+	01:47+	02:38+	01:25+	01:44+	01:01+	01:56+	02:14+	01:29+	01:25+	01:14+	02:10+	02:15+	01:33+	02:45+	02:50+	02:01+	00:45+	02:34+	03:39+	02:39+	01:05+
01:24+	01:57+	01:55+	01:45+	03:00+	01:47+	02:38+	01:25+	01:44+	01:01+	01:56+	02:14+	01:29+	01:25+	01:14+	02:10+	02:15+	01:33+	02:45+	02:50+	02:01+	00:45+	02:34+	03:39+	02:39+	01:05+
51:37+	52:12+	52:35+																							
00:27+	00:35+	00:23+																							
00:27+	00:35+	00:23+																							

14	Espen Fyhn Nilsen	1683	54:40																						
01:27+	02:07+	04:25+	06:37+	10:24+	12:40+	15:16+	17:01+	19:13+	20:20+	23:00+	24:56+	26:41+	28:16+	30:43+	33:22+	36:13+	38:20+	40:08+	42:36+	43:27+	46:46+	49:21+	51:37+	53:01+	53:34+
01:27+	00:40+	02:18+	02:12+	03:47+	02:16+	02:36+	01:45+	02:12+	01:07+	02:40+	01:56+	01:45+	01:35+	02:27+	02:39+	02:51+	02:07+	01:48+	02:28+	00:51+	03:19+	02:35+	02:16+	01:24+	00:33+
01:27+	00:40+	02:18+	02:12+	03:47+	02:16+	02:36+	01:45+	02:12+	01:07+	02:40+	01:56+	01:45+	01:35+	02:27+	02:39+	02:51+	02:07+	01:48+	02:28+	00:51+	03:19+	02:35+	02:16+	01:24+	00:33+
54:18+	54:40+																								
00:44+	00:22+																								
00:44+	00:22+																								

15	Nils Tore Puntervold	793	56:01																						
01:45+	02:46+	04:46+	06:52+	10:34+	13:14+	16:01+	17:39+	20:08+	22:04+	24:15+	26:11+	28:27+	29:49+	31:06+	33:16+	35:37+	37:21+	38:59+	41:51+	42:25+	45:30+	50:36+	53:05+	54:30+	54:58+
01:45+	01:01+	02:00+	02:06+	03:42+	02:40+	02:47+	01:38+	02:29+	01:56+	02:11+	01:56+	02:16+	01:22+	01:17+	02:10+	02:21+	01:44+	01:38+	02:52+	00:34+	03:05+	05:06+	02:29+	01:25+	00:28+
01:45+	01:01+	02:00+	02:06+	03:42+	02:40+	02:47+	01:38+	02:29+	01:56+	02:11+	01:56+	02:16+	01:22+	01:17+	02:10+	02:21+	01:44+	01:38+	02:52+	00:34+	03:05+	05:06+	02:29+	01:25+	00:28+
55:41+	56:01+																								
00:43+	00:20+																								
00:43+	00:20+																								

16	Kristoffer Johannessen	1830	1:04:52																						
12:18+	13:10+	15:05+	17:05+	20:41+	24:12+	26:51+	28:34+	30:42+	33:01+	36:01+	37:59+	39:35+	42:05+	44:03+	46:10+	48:11+	49:55+	51:27+	54:13+	54:57+	57:56+	60:14+	62:03+	63:06+	63:53+
12:18+	00:52+	01:55+	02:00+	03:36+	03:31+	02:39+	01:43+	02:08+	02:19+	03:00+	01:58+	01:36+	02:30+	01:58+	02:07+	02:01+	01:44+	01:32+	02:46+	00:44+	02:59+	02:18+	01:49+	01:03+	00:47+
12:18+	00:52+	01:55+	02:00+	03:36+	03:31+	02:39+	01:43+	02:08+	02:19+	03:00+	01:58+	01:36+	02:30+	01:58+	02:07+	02:01+	01:44+	01:32+	02:46+	00:44+	02:59+	02:18+	01:49+	01:03+	00:47+
64:35+	64:52+																								
00:42+	00:17+																								
00:42+	00:17+																								

17	Trond Jan Øglend	3523	1:48:39																						
06:03+	07:29+	10:06+	19:04+	28:26+	31:55+	40:38+	43:42+	47:50+	50:45+	53:46+	56:03+	58:34+	61:46+	64:36+	68:04+	71:43+	74:46+	77:08+	80:03+	82:43+	87:38+	92:26+	104:14+	106:01+	106:29+
06:03+	01:26+	02:37+	08:58+	09:22+	03:29+	08:43+	03:04+	04:08+	02:55+	03:01+	02:17+	02:31+	03:12+	02:50+	03:28+	03:39+	03:03+	02:22+	02:55+	02:40+	04:55+	04:48+	11:48+	01:47+	00:28+
06:03+	01:26+	02:37+	08:58+	09:22+	03:29+	08:43+	03:04+	04:08+	02:55+	03:01+	02:17+	02:31+	03:12+	02:50+	03:28+	03:39+	03:03+	02:22+	02:55+	02:40+	04:55+	04:48+	11:48+	01:47+	00:28+
108:18+	108:39+																								
01:49+	00:21+																								
01:49+	00:21+																								

Beste strekktid for klassen

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

Herrer C

1	Henning Sundby	3486	36:43																					
01:11=	05:02=	05:58=	07:57=	09:08=	11:56=	12:51=	14:33=	15:40=	16:42=	17:46=	19:38=	21:18=	23:23=	25:48=	27:30=	28:37=	29:18=	32:17=	34:02=	35:53=	36:27=	36:43=		
01:11=	03:51=	00:56=	01:59=	01:11=	02:48=	00:55=	01:42=	01:07=	01:02=	01:04=	01:52=	01:40=	02:05=	02:25=	01:42=	01:07=	00:41=	02:59=	01:45=	01:51=	00:34=	00:16=		
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=	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	Jan-Einar Øvremo	1119	37:49																					
01:25+	05:49+	06:44+	08:29+	09:40+	11:32-	12:21-	13:55-	15:00-	15:58-	17:19-	19:07-	20:53-	23:33+	26:26+	28:15+	29:35+	30:35+	33:23+	35:16+	36:55+	37:32+	37:49+		
01:25+	04:24+	00:55-	01:45-	01:11=	01:52-	00:49-	01:34-	01:05-	00:58-	01:21+	01:48-	01:46+	02:40+	02:53+	01:49+	01:20+	01:00+	02:48-	01:53+	01:39-	00:37+	00:17+		
00:14#	00:33#	00:01-	00:14-	00:00=	00:56-	00:06-	00:08-	00:02-	00:04-	00:17#	00:04-	00:06+	00:35#	00:28#	00:07+	00:13#	00:19#	00:11-	00:08+	00:12-	00:03+	00:01+		

3	Kjetil Wirak	3486	40:00																					
01:21+	05:37+	06:37+	09:02+	10:21+	12:18+	13:01+	15:10+	16:30+	17:46+	19:02+	20:44+	22:25+	24:49+	27:28+	29:05+	30:13+	32:50+	35:30+	37:19+	39:13+	39:44+	40:00+		
01:21+	04:16+	01:00+	02:25+	01:19+	01:57-	00:43-	02:09+	01:20+	01:16+	01:16+	01:42-	01:41+	02:24+	02:39+	01:37-	01:08+	02:37+	02:40-	01:49+	01:54+	00:31-	00:16=		
00:10#	00:25#	00:04+	00:26#	00:08#	00:51-	00:12-	00:27#	00:13#	00:14#	00:12#	00:10-	00:01+	00:19#	00:14+	00:05-	00:01+	01:56#	00:19-	00:04+	00:03+	00:03-	00:00=		

4	Terje Michaelsen	3511	40:24																					
01:28+	05:57+	07:49+	09:31+	11:37+	13:38+	14:35+	16:50+	17:56+	19:09+	20:32+	22:31+	24:04+	26:32+	29:28+	31:40+	32:52+	33:44+	36:10+	37:53+	39:40+	40:10+	40:24+		
01:28+	04:29+	01:52+	01:42-	02:06+	02:01-	00:57+	02:15+	01:06-	01:13+	01:23+	01:59+	01:33-	02:28+	02:56+	02:12+	01:12+	00:52+	02:26-	01:43-	01:47-	00:30-	00:14-		
00:17#	00:38#	00:56#	00:17-	00:55#	00:47-	00:02+	00:33#	00:01-	00:11#	00:19#	00:07+	00:07-	00:23#	00:31#	00:30#	00:05+	00:11#	00:33-	00:02-	00:04-	00:04-	00:02-		

Herrer C

5	Bertrand Denieul	877	43:56																				
01:58+	06:18+	07:34+	09:56+	11:34+	13:25+	14:16+	16:30+	17:49+	19:13+	20:40+	22:37+	24:12+	26:53+	29:44+	31:38+	32:50+	33:33+	37:41+	40:05+	42:59+	43:40+	43:56+	
01:58+	04:20+	01:16+	02:22+	01:38+	01:51-	00:51-	02:14+	01:19+	01:24+	01:27+	01:57+	01:35-	02:41+	02:51+	01:54+	01:12+	00:43+	04:08+	02:24+	02:54+	00:41+	00:16=	
00:47&	00:29#	00:20#	00:23#	00:27&	00:57-	00:04-	00:32&	00:12#	00:22&	00:23&	00:05+	00:05-	00:36&	00:26#	00:12#	00:05+	00:02+	01:09&	00:39&	01:03&	00:07#	00:00=	
6	Morten Aamodt	1683	44:22																				
01:15+	04:59+	06:30+	08:39+	10:30+	11:39+	13:29+	14:03+	15:41+	16:51+	18:07+	19:18+	21:05+	22:39+	24:53+	27:21+	31:04+	32:18+	35:01+	37:34+	39:25+	43:22+	43:55+	44:22+
01:15+	03:44+	01:31+	02:09+	01:51+	01:09+	01:50+	00:34+	01:38+	01:10+	01:16+	01:11+	01:47+	01:34+	02:14+	02:28+	03:43+	01:14+	02:43+	02:33+	01:51+	03:57+	00:33+	00:27+
01:15+	03:44+	01:31+	02:09+	01:51+	01:09+	01:50+	00:34+	01:38+	01:10+	01:16+	01:11+	01:47+	01:34+	02:14+	02:28+	03:43+	01:14+	02:43+	02:33+	01:51+	03:57+	00:33+	00:27+
7	Trond Lamark	878	44:31																				
01:43+	06:30+	07:46+	10:10+	11:35+	14:36+	15:48+	17:37+	19:25+	20:45+	22:20+	24:32+	26:21+	28:58+	31:47+	33:54+	35:21+	36:03+	39:18+	41:29+	43:28+	44:10+	44:31+	
01:43+	04:47+	01:16+	02:24+	01:25+	03:01+	01:12+	01:49+	01:48+	01:20+	01:35+	02:12+	01:49+	02:37+	02:49+	02:07+	01:27+	00:42+	03:15+	02:11+	01:59+	00:42+	00:21+	
01:43+	04:47+	01:16+	02:24+	01:25+	03:01+	01:12+	01:49+	01:48+	01:20+	01:35+	02:12+	01:49+	02:37+	02:49+	02:07+	01:27+	00:42+	03:15+	02:11+	01:59+	00:42+	00:21+	
8	Svein Oddvar Netland	1683	44:34																				
01:24+	06:16+	07:48+	10:16+	11:35+	13:45+	14:42+	16:30+	18:39+	19:53+	21:10+	23:01+	24:59+	27:55+	30:50+	32:55+	34:11+	34:51+	38:30+	41:20+	43:36+	44:18+	44:34+	
01:24+	04:52+	01:32+	02:28+	01:19+	02:10+	00:57+	01:48+	02:09+	01:14+	01:17+	01:51+	01:58+	02:56+	02:55+	02:05+	01:16+	00:40+	03:39+	02:50+	02:16+	00:42+	00:16+	
01:24+	04:52+	01:32+	02:28+	01:19+	02:10+	00:57+	01:48+	02:09+	01:14+	01:17+	01:51+	01:58+	02:56+	02:55+	02:05+	01:16+	00:40+	03:39+	02:50+	02:16+	00:42+	00:16+	
9	Oddmund Nordgård	722	45:26																				
02:03+	07:03+	08:15+	10:20+	11:55+	14:13+	14:59+	17:04+	18:24+	19:35+	21:18+	23:22+	25:04+	27:57+	32:21+	34:17+	36:54+	38:00+	38:44+	41:04+	42:48+	44:28+	45:09+	45:26+
02:03+	05:00+	01:12+	02:05+	01:35+	02:18+	00:46+	02:05+	01:20+	01:11+	01:43+	02:04+	01:42+	02:53+	04:24+	01:56+	02:37+	01:06+	00:44+	02:20+	01:44+	01:40+	00:41+	00:17+
02:03+	05:00+	01:12+	02:05+	01:35+	02:18+	00:46+	02:05+	01:20+	01:11+	01:43+	02:04+	01:42+	02:53+	04:24+	01:56+	02:37+	01:06+	00:44+	02:20+	01:44+	01:40+	00:41+	00:17+
10	Svein-Erik Kvame	1683	46:30																				
01:33+	07:43+	10:01+	12:35+	13:56+	16:26+	17:21+	19:23+	20:38+	21:49+	23:04+	25:03+	26:50+	29:50+	33:03+	35:17+	36:50+	37:28+	40:21+	42:52+	45:32+	46:10+	46:30+	
01:33+	06:10+	02:18+	02:34+	01:21+	02:30+	00:55+	02:02+	01:15+	01:11+	01:15+	01:59+	01:47+	03:00+	03:13+	02:14+	01:33+	00:38+	02:53+	02:31+	02:40+	00:38+	00:20+	
01:33+	06:10+	02:18+	02:34+	01:21+	02:30+	00:55+	02:02+	01:15+	01:11+	01:15+	01:59+	01:47+	03:00+	03:13+	02:14+	01:33+	00:38+	02:53+	02:31+	02:40+	00:38+	00:20+	
11	Pål H. Gjerden	1683	46:49																				
01:18+	05:32+	06:47+	08:51+	10:20+	12:22+	13:22+	15:49+	17:54+	19:35+	21:19+	23:33+	25:37+	29:47+	33:06+	35:16+	36:37+	37:25+	41:06+	43:38+	45:42+	46:31+	46:49+	
01:18+	04:14+	01:15+	02:04+	01:29+	02:02+	01:00+	02:27+	02:05+	01:41+	01:44+	02:14+	02:04+	04:10+	03:19+	02:10+	01:21+	00:48+	03:41+	02:32+	02:04+	00:49+	00:18+	
01:18+	04:14+	01:15+	02:04+	01:29+	02:02+	01:00+	02:27+	02:05+	01:41+	01:44+	02:14+	02:04+	04:10+	03:19+	02:10+	01:21+	00:48+	03:41+	02:32+	02:04+	00:49+	00:18+	
12	Øivind Berggraf	1683	49:18																				
01:19+	06:03+	08:41+	11:33+	13:17+	17:13+	18:05+	20:00+	21:30+	23:28+	25:22+	27:36+	29:33+	32:34+	35:36+	37:58+	39:38+	40:17+	43:14+	45:44+	48:21+	49:02+	49:18+	
01:19+	04:44+	02:38+	02:52+	01:44+	03:56+	00:52+	01:55+	01:30+	01:58+	01:54+	02:14+	01:57+	03:01+	03:02+	02:22+	01:40+	00:39+	02:57+	02:30+	02:37+	00:41+	00:16+	
01:19+	04:44+	02:38+	02:52+	01:44+	03:56+	00:52+	01:55+	01:30+	01:58+	01:54+	02:14+	01:57+	03:01+	03:02+	02:22+	01:40+	00:39+	02:57+	02:30+	02:37+	00:41+	00:16+	
13	Leif Kjetil Hinna Gausel	1683	56:39																				
02:17+	08:46+	10:30+	13:57+	16:00+	18:20+	19:32+	22:15+	24:03+	25:55+	28:04+	31:38+	33:49+	36:56+	40:45+	43:03+	44:50+	46:01+	49:50+	52:42+	55:11+	56:11+	56:39+	
02:17+	06:29+	01:44+	03:27+	02:03+	02:20+	01:12+	02:43+	01:48+	01:52+	02:09+	03:34+	02:11+	03:07+	03:49+	02:18+	01:47+	01:11+	03:49+	02:52+	02:29+	01:00+	00:28+	
02:17+	06:29+	01:44+	03:27+	02:03+	02:20+	01:12+	02:43+	01:48+	01:52+	02:09+	03:34+	02:11+	03:07+	03:49+	02:18+	01:47+	01:11+	03:49+	02:52+	02:29+	01:00+	00:28+	
14	Erlend Kveinen	1683	1:04:50																				
03:41+	09:08+	10:43+	12:54+	14:40+	17:13+	18:13+	20:29+	27:17+	30:58+	32:38+	35:17+	37:09+	40:35+	48:49+	51:15+	52:45+	53:52+	58:18+	60:51+	63:25+	64:31+	64:50+	
03:41+	05:27+	01:35+	02:11+	01:46+	02:33+	01:00+	07:16+	01:48+	03:41+	01:40+	02:39+	01:52+	03:26+	08:14+	02:26+	01:30+	01:07+	04:26+	02:33+	02:34+	01:06+	00:19+	
03:41+	05:27+	01:35+	02:11+	01:46+	02:33+	01:00+	07:16+	01:48+	03:41+	01:40+	02:39+	01:52+	03:26+	08:14+	02:26+	01:30+	01:07+	04:26+	02:33+	02:34+	01:06+	00:19+	
15	Geir Haugvaldstad	1683	1:07:12																				
01:46+	07:26+	09:57+	12:24+	14:07+	24:27+	25:49+	29:01+	30:39+	32:00+	34:56+	37:22+	39:17+	43:36+	46:36+	51:42+	53:12+	56:00+	59:46+	62:33+	66:04+	66:54+	67:12+	
01:46+	05:40+	02:31+	02:27+	01:43+	10:20+	01:22+	03:12+	01:38+	01:21+	02:56+	02:26+	01:55+	04:19+	03:00+	05:06+	01:30+	02:48+	03:46+	02:47+	03:31+	00:50+	00:18+	
01:46+	05:40+	02:31+	02:27+	01:43+	10:20+	01:22+	03:12+	01:38+	01:21+	02:56+	02:26+	01:55+	04:19+	03:00+	05:06+	01:30+	02:48+	03:46+	02:47+	03:31+	00:50+	00:18+	

Beste strekktid for klassen

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

Herrer Ny

1	Natanael Mattingsdal	NOTEAM	25:09										
03:03=	04:03=	07:46=	09:11=	12:04=	13:01=	13:59=	14:51=	16:14=	19:01=	21:27=	23:32=	24:27=	25:09=
03:03=	01:00=	03:43=	01:25=	02:53=	00:57=	00:58=	00:52=	01:23=	02:47=	02:26=	02:05=	00:55=	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=

Herrer Ny

2 Håvard Jektnes 3531 39:18

02:01-	03:03-	08:38+	10:10+	20:59+	22:44+	24:29+	26:11+	27:18+	31:43+	34:16+	37:07+	38:23+	39:18+
02:01-	01:02+	05:35+	01:32+	10:49+	01:45+	01:45+	01:42+	01:07-	04:25+	02:33+	02:51+	01:16+	00:55+
01:02-	00:02+	01:52&	00:07+	07:56@	00:48&	00:47&	00:50&	00:16-	01:38&	00:07+	00:46&	00:21&	00:13&

Beste strekktid for klassen

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

Herrer Trim

1 Alexander Khorunzhiy 1456 32:29

02:01=	04:10=	05:10=	07:59=	10:55=	13:26=	14:19=	16:32=	18:55=	19:39=	20:55=	21:53=	22:32=	25:16=	26:23=	27:35=	30:58=	32:02=	32:29=
02:01=	02:09=	01:00=	02:49=	02:56=	02:31=	00:53=	02:13=	02:23=	00:44=	01:16=	00:58=	00:39=	02:44=	01:07=	01:12=	03:23=	01:04=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Andreas Primstad 3548 34:10

01:36-	02:49-	03:40-	06:52-	08:50-	14:26+	15:10+	18:02+	19:59+	20:55+	22:18+	23:31+	24:04+	26:59+	28:05+	29:11+	32:52+	33:47+	34:10+
01:36-	01:13-	00:51-	03:12+	01:58-	05:36+	00:44-	02:52+	01:57-	00:56+	01:23+	01:13+	00:33-	02:55+	01:06-	01:06-	03:41+	00:55-	00:23-
00:25-	00:56-	00:09-	00:23#	00:58-	03:05@	00:09-	00:39&	00:26-	00:12&	00:07+	00:15&	00:06-	00:11+	00:01-	00:06-	00:18+	00:09-	00:04-

3 Roger Endre Nyseth 892 34:46

02:23+	03:54-	05:07-	08:00+	10:42-	13:19-	14:20+	16:52+	19:42+	20:56+	22:24+	23:39+	24:33+	28:12+	29:30+	30:56+	33:01+	34:14+	34:46+
02:23+	01:31-	01:13+	02:53+	02:42-	02:37+	01:01+	02:32+	02:50+	01:14+	01:28+	01:15+	00:54+	03:39+	01:18+	01:26+	02:05-	01:13+	00:32+
00:22#	00:38-	00:13#	00:04+	00:14-	00:06+	00:08#	00:19#	00:27#	00:30&	00:12#	00:17&	00:15&	00:55&	00:11#	00:14#	01:18-	00:09#	00:05#

4 Lars Salvesen 1119 35:41

02:02+	03:55-	05:13+	08:38+	11:07+	13:47+	14:48+	17:17+	19:57+	20:51+	23:31+	24:42+	25:40+	29:18+	31:04+	32:03+	34:00+	35:18+	35:41+
02:02+	01:53-	01:18+	03:25+	02:29-	02:40+	01:01+	02:29+	02:40+	00:54+	02:40+	01:11+	00:58+	03:38+	01:46+	00:59-	01:57-	01:18+	00:23-
00:01+	00:16-	00:18&	00:36#	00:27-	00:09+	00:08#	00:16#	00:17#	00:10#	01:24@	00:13#	00:19&	00:54&	00:39&	00:13-	01:26-	00:14#	00:04-

5 Bruno Pierfelice 3519 37:45

02:25+	03:43-	05:08-	08:02+	11:04+	13:44+	14:49+	17:34+	20:04+	21:04+	22:44+	23:55+	24:40+	28:18+	29:44+	30:59+	32:26+	37:23+	37:45+
02:25+	01:18-	01:25+	02:54+	03:02+	02:40+	01:05+	02:45+	02:30+	01:00+	01:40+	01:11+	00:45+	03:38+	01:26+	01:15+	01:27-	04:57+	00:22-
00:24#	00:51-	00:25&	00:05+	00:06+	00:09+	00:12#	00:32#	00:07+	00:16&	00:24&	00:13#	00:06#	00:54&	00:19&	00:03+	01:56-	03:53@	00:05-

6 Njål Foldnes 1754 38:10

02:27+	04:05-	05:18+	08:29+	13:17+	15:38+	16:43+	19:11+	21:18+	22:23+	24:22+	25:32+	26:32+	29:24+	32:39+	33:50+	35:39+	37:30+	38:10+
02:27+	01:38-	01:13+	03:11+	04:48+	02:21-	01:05+	02:28+	02:07-	01:05+	01:59+	01:10+	01:00+	02:52+	03:15+	01:11-	01:49-	01:51+	00:40+
00:26#	00:31-	00:13#	00:22#	01:52&	00:10-	00:12#	00:15#	00:16-	00:21&	00:43&	00:12#	00:21&	00:08+	02:08@	00:01-	01:34-	00:47&	00:13&

7 Svein Sivertsen 3530 38:45

02:30+	04:02-	05:05-	07:37-	10:29-	15:15+	16:34+	19:18+	21:47+	22:51+	24:25+	25:46+	26:44+	30:45+	32:16+	33:29+	36:56+	38:20+	38:45+
02:30+	01:32-	01:03+	02:32-	02:52-	04:46+	01:19+	02:44+	02:29+	01:04+	01:34+	01:21+	00:58+	04:01+	01:31+	01:13+	03:27+	01:24+	00:25-
00:29#	00:37-	00:03+	00:17-	00:04-	02:15&	00:26&	00:31#	00:06+	00:20&	00:18#	00:23&	00:19&	01:17&	00:24&	00:01+	00:04+	00:20&	00:02-

8 Tor Geir Ødegård Garpestad 1832 40:21

01:53-	04:17+	05:13+	09:22+	12:53+	17:13+	18:20+	21:17+	23:32+	24:46+	26:12+	28:22+	29:03+	31:59+	33:33+	34:33+	36:09+	39:51+	40:21+
01:53-	02:24+	00:56-	04:09+	03:31+	04:20+	01:07+	02:57+	02:15-	01:14+	01:26+	02:10+	00:41+	02:56+	01:34+	01:00-	01:36-	03:42+	00:30+
00:08-	00:15#	00:04-	01:20&	00:35#	01:49&	00:14&	00:44&	00:08-	00:30&	00:10#	01:12@	00:02+	00:12+	00:27&	00:12-	01:47-	02:38@	00:03#

9 John Helge Svdal 3531 41:38

02:19+	03:59-	06:53+	09:43+	12:35+	15:36+	16:40+	19:17+	23:31+	24:37+	26:24+	28:13+	29:03+	32:55+	34:56+	36:18+	39:13+	41:02+	41:38+
02:19+	01:40-	02:54+	02:50+	02:52-	03:01+	01:04+	02:37+	04:14+	01:06+	01:47+	01:49+	00:50+	03:52+	02:01+	01:22+	02:55-	01:49+	00:36+
00:18#	00:29-	01:54@	00:01+	00:04-	00:30#	00:11#	00:24#	01:51&	00:22&	00:31&	00:51&	00:11&	01:08&	00:54&	00:10#	00:28-	00:45&	00:09&

10 Arne Magne Sondresen 722 42:05

02:19+	06:45+	07:49+	10:39+	14:12+	16:26+	17:24+	22:50+	25:10+	26:08+	28:51+	31:09+	31:56+	35:13+	36:35+	37:56+	39:37+	41:29+	42:05+
02:19+	04:26+	01:04+	02:50+	03:33+	02:14-	00:58+	05:26+	02:20-	00:58+	02:43+	02:18+	00:47+	03:17+	01:22+	01:21+	01:41-	01:52+	00:36+
00:18#	02:17@	00:04+	00:01+	00:37#	00:17-	00:05+	03:13@	00:03-	00:14&	01:27@	01:20@	00:08#	00:33#	00:15#	00:09#	01:42-	00:48&	00:09&

11 Frode Følgesvold 880 42:30

02:43+	04:52+	06:28+	09:38+	12:57+	16:21+	17:50+	21:14+	23:59+	25:44+	27:55+	29:30+	30:27+	34:22+	36:29+	38:05+	40:06+	41:58+	42:30+
02:43+	02:09-	01:36+	03:10+	03:19+	03:24+	01:29+	03:24+	02:45+	01:45+	02:11+	01:35+	00:57+	03:55+	02:07+	01:36+	02:01-	01:52+	00:32+
00:42&	00:00=	00:36&	00:21#	00:23#	00:53&	00:36&	01:11&	00:22#	01:01@	00:55&	00:37&	00:18&	01:11&	01:00&	00:24&	01:22-	00:48&	00:05#

Herrer Trim

12	Steinar Amundsen	3530	42:40																
02:39+	04:18+	05:52+	09:08+	12:45+	15:49+	17:02+	20:04+	22:49+	24:03+	26:41+	28:29+	29:44+	34:04+	35:50+	38:07+	40:52+	42:12+	42:40+	
02:39+	01:39-	01:34+	03:16+	03:37+	03:04+	01:13+	03:02+	02:45+	01:14+	02:38+	01:48+	01:15+	04:20+	01:46+	02:17+	02:45-	01:20+	00:28+	
00:38&	00:30-	00:34&	00:27#	00:41#	00:33#	00:20&	00:49&	00:22#	00:30&	01:22&	00:50&	00:36&	01:36&	00:39&	01:05&	00:38-	00:16#	00:01+	
13	Leif Jarle Skåra	3502	42:47																
02:26+	06:26+	07:39+	10:11+	12:15+	14:23+	17:31+	18:25+	21:17+	24:11+	25:10+	27:25+	28:50+	30:12+	34:45+	36:53+	38:35+	40:56+	42:20+	42:47+
02:26+	04:00+	01:13+	02:32+	02:04+	02:08+	03:08+	00:54+	02:52+	02:54+	00:59+	02:15+	01:25+	01:22+	04:33+	02:08+	01:42+	02:21+	01:24+	00:27+
02:26+	04:00+	01:13+	02:32+	02:04+	02:08+	03:08+	00:54+	02:52+	02:54+	00:59+	02:15+	01:25+	01:22+	04:33+	02:08+	01:42+	02:21+	01:24+	00:27+
14	Svein Erik Bjørnsen	1376	46:27																
03:15+	05:48+	06:59+	18:11+	22:54+	25:23+	27:36+	28:32+	31:01+	33:03+	33:57+	35:20+	36:35+	37:19+	40:13+	41:37+	42:35+	44:23+	46:01+	46:27+
03:15+	02:33+	01:11+	11:12+	04:43+	02:29+	02:13+	00:56+	02:29+	02:02+	00:54+	01:23+	01:15+	00:44+	02:54+	01:24+	00:58+	01:48+	01:38+	00:26+
03:15+	02:33+	01:11+	11:12+	04:43+	02:29+	02:13+	00:56+	02:29+	02:02+	00:54+	01:23+	01:15+	00:44+	02:54+	01:24+	00:58+	01:48+	01:38+	00:26+
15	Rune Hagen Maudal	3524	47:00																
02:33+	05:51+	07:44+	11:20+	14:28+	18:38+	20:02+	23:12+	26:09+	27:34+	29:52+	31:20+	32:44+	38:13+	40:25+	41:40+	43:18+	46:20+	47:00+	
02:33+	03:18+	01:53+	03:36+	03:08+	04:10+	01:24+	03:10+	02:57+	01:25+	02:18+	01:28+	01:24+	05:29+	02:12+	01:15+	01:38+	03:02+	00:40+	
02:33+	03:18+	01:53+	03:36+	03:08+	04:10+	01:24+	03:10+	02:57+	01:25+	02:18+	01:28+	01:24+	05:29+	02:12+	01:15+	01:38+	03:02+	00:40+	
16	Jan Henrik Neuenkirchen	896	48:03																
02:10+	09:10+	10:05+	13:59+	16:56+	19:42+	20:40+	23:21+	26:07+	27:22+	29:28+	30:54+	31:44+	36:07+	38:16+	39:48+	45:06+	47:10+	48:03+	
02:10+	07:00+	00:55+	03:54+	02:57+	02:46+	00:58+	02:41+	02:46+	01:15+	02:06+	01:26+	00:50+	04:23+	02:09+	01:32+	05:18+	02:04+	00:53+	
02:10+	07:00+	00:55+	03:54+	02:57+	02:46+	00:58+	02:41+	02:46+	01:15+	02:06+	01:26+	00:50+	04:23+	02:09+	01:32+	05:18+	02:04+	00:53+	
17	Arild Svihus	892	48:53																
03:36+	05:45+	07:22+	12:26+	16:15+	19:06+	20:33+	23:25+	26:53+	27:56+	30:02+	31:33+	32:22+	36:15+	39:17+	40:48+	42:46+	48:17+	48:53+	
03:36+	02:09+	01:37+	05:04+	03:49+	02:51+	01:27+	02:52+	03:28+	01:03+	02:06+	01:31+	00:49+	03:53+	03:02+	01:31+	01:58+	05:31+	00:36+	
03:36+	02:09+	01:37+	05:04+	03:49+	02:51+	01:27+	02:52+	03:28+	01:03+	02:06+	01:31+	00:49+	03:53+	03:02+	01:31+	01:58+	05:31+	00:36+	
18	Sjur Bjerke	3525	50:39																
02:20+	07:14+	09:26+	19:16+	24:48+	27:18+	30:12+	31:22+	33:46+	35:58+	36:46+	38:07+	39:27+	40:05+	43:37+	45:47+	46:56+	48:49+	50:11+	50:39+
02:20+	04:54+	02:12+	09:50+	05:32+	02:30+	02:54+	01:10+	02:24+	02:12+	00:48+	01:21+	01:20+	00:38+	03:32+	02:10+	01:09+	01:53+	01:22+	00:28+
02:20+	04:54+	02:12+	09:50+	05:32+	02:30+	02:54+	01:10+	02:24+	02:12+	00:48+	01:21+	01:20+	00:38+	03:32+	02:10+	01:09+	01:53+	01:22+	00:28+
19	Stein Stornes Nordal	NOTEAM	51:06																
05:38+	07:12+	08:32+	11:46+	16:07+	20:06+	24:40+	28:31+	32:50+	33:37+	35:43+	37:10+	38:31+	39:17+	42:21+	43:19+	46:50+	48:34+	50:41+	51:06+
05:38+	01:34+	01:20+	03:14+	04:21+	03:59+	04:34+	03:51+	04:19+	00:47+	02:06+	01:27+	01:21+	00:46+	03:04+	00:58+	03:31+	01:44+	02:07+	00:25+
05:38+	01:34+	01:20+	03:14+	04:21+	03:59+	04:34+	03:51+	04:19+	00:47+	02:06+	01:27+	01:21+	00:46+	03:04+	00:58+	03:31+	01:44+	02:07+	00:25+
20	Ivar Aalbu	3502	52:10																
02:21+	09:10+	10:25+	13:33+	16:25+	19:35+	20:45+	25:21+	27:48+	29:19+	39:05+	40:24+	41:16+	45:04+	47:00+	48:25+	50:12+	51:34+	52:10+	
02:21+	06:49+	01:15+	03:08+	02:52+	03:10+	01:10+	04:36+	02:27+	01:31+	09:46+	01:19+	00:52+	03:48+	01:56+	01:25+	01:47+	01:22+	00:36+	
02:21+	06:49+	01:15+	03:08+	02:52+	03:10+	01:10+	04:36+	02:27+	01:31+	09:46+	01:19+	00:52+	03:48+	01:56+	01:25+	01:47+	01:22+	00:36+	
21	Bent Horpestad	722	53:25																
03:16+	05:11+	06:49+	21:26+	24:19+	27:17+	28:53+	31:33+	33:53+	35:02+	36:56+	38:16+	39:10+	43:09+	48:34+	49:35+	51:40+	52:59+	53:25+	
03:16+	01:55+	01:38+	14:37+	02:53+	02:58+	01:36+	02:40+	02:20+	01:09+	01:54+	01:20+	00:54+	03:59+	05:25+	01:01+	02:05+	01:19+	00:26+	
03:16+	01:55+	01:38+	14:37+	02:53+	02:58+	01:36+	02:40+	02:20+	01:09+	01:54+	01:20+	00:54+	03:59+	05:25+	01:01+	02:05+	01:19+	00:26+	
22	Steinar Løgith Aase	2539	54:45																
02:45+	05:44+	07:18+	11:13+	15:28+	19:03+	20:32+	24:36+	32:49+	34:43+	36:44+	38:38+	39:32+	44:35+	46:22+	49:17+	51:21+	54:03+	54:45+	
02:45+	02:59+	01:34+	03:55+	04:15+	03:35+	01:29+	04:04+	08:13+	01:54+	02:01+	01:54+	00:54+	05:03+	01:47+	02:55+	02:04+	02:42+	00:42+	
02:45+	02:59+	01:34+	03:55+	04:15+	03:35+	01:29+	04:04+	08:13+	01:54+	02:01+	01:54+	00:54+	05:03+	01:47+	02:55+	02:04+	02:42+	00:42+	
23	Martin Gjerstad	3676	55:47																
02:53+	13:40+	15:12+	18:51+	22:45+	26:32+	27:41+	31:15+	35:22+	36:56+	38:52+	41:00+	42:02+	47:32+	49:21+	50:45+	52:43+	55:15+	55:47+	
02:53+	10:47+	01:32+	03:39+	03:54+	03:47+	01:09+	03:34+	04:07+	01:34+	01:56+	02:08+	01:02+	05:30+	01:49+	01:24+	01:58+	02:32+	00:32+	
02:53+	10:47+	01:32+	03:39+	03:54+	03:47+	01:09+	03:34+	04:07+	01:34+	01:56+	02:08+	01:02+	05:30+	01:49+	01:24+	01:58+	02:32+	00:32+	
24	Audun Mamre	3676	57:01																
03:57+	14:38+	16:09+	19:56+	23:54+	27:36+	28:39+	32:32+	36:25+	37:59+	39:55+	42:12+	43:09+	48:40+	50:18+	51:56+	53:49+	56:24+	57:01+	
03:57+	10:41+	01:31+	03:47+	03:58+	03:42+	01:03+	03:53+	03:53+	01:34+	01:56+	02:17+	00:57+	05:31+	01:38+	01:38+	01:53+	02:35+	00:37+	
03:57+	10:41+	01:31+	03:47+	03:58+	03:42+	01:03+	03:53+	03:53+	01:34+	01:56+	02:17+	00:57+	05:31+	01:38+	01:38+	01:53+	02:35+	00:37+	
25	Per Bakken	880	58:34																
04:20+	07:36+	09:36+	14:35+	18:57+	22:30+	24:00+	29:16+	33:11+	34:47+	37:46+	40:22+	41:35+	46:55+	49:02+	51:47+	55:27+	57:34+	58:34+	
04:20+	03:16+	02:00+	04:59+	04:22+	03:33+	01:30+	05:16+	03:55+	01:36+	02:59+	02:36+	01:13+	05:20+	02:07+	02:45+	03:40+	02:07+	01:00+	
04:20+	03:16+	02:00+	04:59+	04:22+	03:33+	01:30+	05:16+	03:55+	01:36+	02:59+	02:36+	01:13+	05:20+	02:07+	02:45+	03:40+	02:07+	01:00+	

Herrer Trim

26	Erik Campbell Henriksen	1683	1:12:47															
03:48+	13:22+	16:43+	27:39+	32:08+	36:16+	38:09+	43:06+	46:57+	49:30+	51:56+	54:18+	55:58+	61:07+	63:11+	65:46+	68:40+	71:52+	72:47+
03:48+	09:34+	03:21+	10:56+	04:29+	04:08+	01:53+	04:57+	03:51+	02:33+	02:26+	02:22+	01:40+	05:09+	02:04+	02:35+	02:54+	03:12+	00:55+
03:48+	09:34+	03:21+	10:56+	04:29+	04:08+	01:53+	04:57+	03:51+	02:33+	02:26+	02:22+	01:40+	05:09+	02:04+	02:35+	02:54+	03:12+	00:55+

Beste strekktid for klassen

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