

Class Navn Klasse Tid

Damer 16 - 39 år

1	Helene P. Hundeide	769	45:19												
02:45=	09:43=	12:39=	15:01=	19:05=	20:27=	22:53=	25:29=	30:17=	36:24=	38:38=	40:47=	42:35=	44:00=	44:51=	45:19=
02:45=	06:58=	02:56=	02:22=	04:04=	01:22=	02:26=	02:36=	04:48=	06:07=	02:14=	02:09=	01:48=	01:25=	00:51=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Maren Benjaminsen	1832	45:37												
02:05-	07:30-	13:33+	16:28+	20:06+	21:38+	24:34+	27:17+	30:17=	36:16-	38:31-	41:09+	42:58+	44:18+	45:11+	45:37+
02:05-	05:25-	06:03+	02:55+	03:38-	01:32+	02:56+	02:43+	03:00-	05:59-	02:15+	02:38+	01:49+	01:20-	00:53+	00:26-
00:40-	01:33-	03:07@	00:33#	00:26-	00:10#	00:30#	00:07+	01:48-	00:08-	00:01+	00:29#	00:01+	00:05-	00:02+	00:02-
3	Ingrid Lycke Austbø	989	52:47												
01:58-	08:43-	13:11+	17:18+	21:13+	22:42+	26:07+	30:24+	33:21+	40:53+	43:23+	47:18+	49:33+	51:09+	52:18+	52:47+
01:58-	06:45-	04:28+	04:07+	03:55-	01:29+	03:25+	04:17+	02:57-	07:32+	02:30+	03:55+	02:15+	01:36+	01:09+	00:29+
00:47-	00:13-	01:32&	01:45&	00:09-	00:07+	00:59&	01:41&	01:51-	01:25#	00:16#	01:46&	00:27#	00:11#	00:18&	00:01+
4	Ragnhild Thorset Våge	896	56:49												
02:59+	08:41-	11:57-	19:59+	24:27+	26:51+	29:55+	35:24+	39:03+	44:45+	47:44+	50:32+	52:48+	54:28+	56:06+	56:49+
02:59+	05:42-	03:16+	08:02+	04:28+	02:24+	03:04+	05:29+	03:39-	05:42-	02:59+	02:48+	02:16+	01:40+	01:38+	00:43+
00:14+	01:16-	00:20#	05:40@	00:24+	01:02&	00:38&	02:53@	01:09-	00:25-	00:45&	00:39&	00:28&	00:15#	00:47&	00:15&
5	Ingunn Landsnes	892	1:06:07												
02:43-	14:58+	21:27+	24:25+	30:23+	32:23+	35:56+	39:07+	44:43+	54:09+	56:52+	60:26+	62:44+	64:26+	65:33+	66:07+
02:43-	12:15+	06:29+	02:58+	05:58+	02:00+	03:33+	03:11+	05:36+	09:26+	02:43+	03:34+	02:18+	01:42+	01:07+	00:34+
00:02-	05:17&	03:33@	00:36&	01:54&	00:38&	01:07&	00:35#	00:48#	03:19&	00:29#	01:25&	00:30&	00:17#	00:16&	00:06#
6	Rønnaug Egeland	1884	1:12:42												
04:11+	10:44+	13:30+	18:58+	23:12+	24:54+	28:13+	31:07+	34:39+	61:56+	64:29+	67:20+	69:19+	71:10+	72:11+	72:42+
04:11+	06:33-	02:46-	05:28+	04:14+	01:42+	03:19+	02:54+	03:32-	27:17+	02:33+	02:51+	01:59+	01:51+	01:01+	00:31+
01:26&	00:25-	00:10-	03:06@	00:10+	00:20#	00:53&	00:18#	01:16-	21:10@	00:19#	00:42&	00:11#	00:26&	00:10#	00:03#
7	Ann-Mari Vold	3529	1:44:04												
15:38+	28:26+	34:51+	40:23+	46:57+	49:28+	62:25+	67:02+	72:13+	83:02+	85:43+	96:18+	100:20+	102:22+	103:32+	104:04+
15:38+	12:48+	06:25+	05:32+	06:34+	02:31+	12:57+	04:37+	05:11+	10:49+	02:41+	10:35+	04:02+	02:02+	01:10+	00:32+
12:53@	05:50&	03:29@	03:10@	02:30&	01:09&	10:31@	02:01&	00:23+	04:42&	00:27#	08:26@	02:14@	00:37&	00:19&	00:04#

Beste strekktid for klassen

01:58	05:25	02:46	02:22	03:38	01:22	02:26	02:36	02:57	05:42	02:14	02:09	01:48	01:20	00:51	00:26
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 40 - 49 år

1	Grethe Mo	896	1:07:22												
05:34=	10:03=	12:10=	18:31=	23:11=	27:15=	30:08=	33:17=	36:59=	38:39=	45:26=	52:01=	59:07=	63:23=	66:55=	67:22=
05:34=	04:29=	32:07=	06:21=	04:40=	04:04=	02:53=	03:09=	03:42=	01:40=	06:47=	06:35=	07:06=	04:16=	03:32=	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=
2	Ingunn Anda Haug	2342	1:14:12												
01:06-	05:08-	06:58-	10:35-	14:28-	17:41-	20:47-	23:57-	28:07-	29:52-	58:35+	63:31+	68:22+	72:14+	73:29+	74:12+
01:06-	04:02-	01:50-	03:37-	03:53-	03:13-	03:06+	03:10+	04:10+	01:45+	28:43+	04:56-	04:51-	03:52-	01:15-	00:43+
04:28-	00:27-	00:17-	02:44-	00:47-	00:51-	00:13+	00:01+	00:28#	00:05+	21:56@	01:39-	02:15-	00:24-	02:17-	00:16&
3	Anne Lill M. Njå	892	1:24:55												
01:47-	06:19-	12:09-	18:22-	23:11=	26:08-	30:07-	34:16+	38:02+	55:37+	59:54+	67:47+	73:53+	79:32+	83:07+	84:25+
01:47-	04:32+	05:50+	06:13-	04:49+	02:57-	03:59+	04:09+	03:46+	17:35+	04:17-	07:53+	06:06-	05:39+	03:35+	01:18+
03:47-	00:03+	03:43@	00:08-	00:09+	01:07-	01:06&	01:00&	00:04+	15:55@	02:30-	01:18#	01:00-	01:23&	00:03+	00:51@
4	Jeanette Mjølhus	722	1:25:59												
01:21-	05:44-	08:07-	24:19+	27:11+	31:19+	35:29+	39:02+	56:35+	61:11+	68:53+	75:14+	80:30+	84:21+	85:28+	85:59+
01:21-	04:23-	02:23+	16:12+	02:52-	04:08+	04:10+	03:33+	17:33+	04:36+	07:42+	06:21-	05:16-	03:51-	01:07-	00:31+
04:13-	00:06-	00:16#	09:51@	01:48-	00:04+	01:17&	00:24#	13:51@	02:56@	00:55#	00:14-	01:50-	00:25-	02:25-	00:04#

Beste strekktid for klassen

01:06	04:02	01:50	03:37	02:52	02:57	02:53	03:09	03:42	01:40	04:17	04:56	04:51	03:51	01:07	00:27
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

1	Anita Glenne Kallhovd	3502	42:46												
00:58=	04:38=	06:03=	08:50=	12:05=	14:44=	17:39=	20:12=	23:46=	25:19=	29:51=	34:03=	37:47=	41:16=	42:17=	42:46=
00:58=	03:40=	01:25=	02:47=	03:15=	02:39=	02:55=	02:33=	03:34=	01:33=	04:32=	04:12=	03:44=	03:29=	01:01=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Keth Berggraf	1683	48:29												
01:02+	04:44+	08:29+	11:20+	15:08+	17:51+	20:57+	23:39+	28:00+	29:25+	35:57+	40:06+	43:49+	46:48+	47:58+	48:29+
01:02+	03:42+	03:45+	02:51+	03:48+	02:43+	03:06+	02:42+	04:21+	01:25-	06:32+	04:09-	03:43-	02:59-	01:10+	00:31+
00:04+	00:02+	02:20@	00:04+	00:33#	00:04+	00:11+	00:09+	00:47#	00:08-	02:00&	00:03-	00:01-	00:30-	00:09#	00:02+
3	Monica Horpestad	3502	49:37												
01:05+	04:38=	06:46+	09:46+	12:56+	16:02+	22:34+	25:06+	30:37+	32:02+	36:51+	41:56+	45:20+	48:14+	49:10+	49:37+
01:05+	03:33-	02:08+	03:00+	03:10-	03:06+	06:32+	02:32-	05:31+	01:25-	04:49+	05:05+	03:24-	02:54-	00:56-	00:27-
00:07#	00:07-	00:43&	00:13+	00:05-	00:27#	03:37@	00:01-	01:57&	00:08-	00:17+	00:53#	00:20-	00:35-	00:05-	00:02-
4	Trude Hermanrud	896	55:48												
02:04+	06:27+	08:16+	14:40+	18:04+	21:07+	24:06+	26:55+	32:03+	33:59+	40:23+	45:48+	50:20+	54:00+	55:12+	55:48+
02:04+	04:23+	01:49+	06:24+	03:24+	03:03+	02:59+	02:49+	05:08+	01:56+	06:24+	05:25+	04:32+	03:40+	01:12+	00:36+
01:06@	00:43#	00:24&	03:37@	00:09+	00:24#	00:04+	00:16#	01:34&	00:23#	01:52&	01:13&	00:48#	00:11+	00:11#	00:07#
5	Hilde Hetland	3502	58:10												
02:56+	06:55+	09:32+	13:28+	17:40+	22:13+	25:53+	29:01+	33:11+	34:45+	41:08+	45:34+	52:12+	56:34+	57:41+	58:10+
02:56+	03:59+	02:37+	03:56+	04:12+	04:33+	03:40+	03:08+	04:10+	01:34+	06:23+	04:26+	06:38+	04:22+	01:07+	00:29=
01:58@	00:19+	01:12&	01:09&	00:57&	01:54&	00:45&	00:35#	00:36#	00:01+	01:51&	00:14+	02:54&	00:53&	00:06+	00:00=
6	Hilde Frøytlog Karlsen	1284	1:03:19												
01:28+	06:33+	08:42+	13:14+	17:16+	20:59+	24:53+	28:44+	36:10+	38:18+	45:55+	52:44+	57:36+	61:11+	62:36+	63:19+
01:28+	05:05+	02:09+	04:32+	04:02+	03:43+	03:54+	03:51+	07:26+	02:08+	07:37+	06:49+	04:52+	03:35+	01:25+	00:43+
00:30&	01:25&	00:44&	01:45&	00:47#	01:04&	00:59&	01:18&	03:52@	00:35&	03:05&	02:37&	01:08&	00:06+	00:24&	00:14&
7	Ingjerd Haddeland	3507	1:15:18												
04:54+	09:51+	12:13+	16:47+	20:43+	24:13+	28:41+	32:25+	37:20+	40:20+	47:29+	64:23+	69:26+	73:26+	74:43+	75:18+
04:54+	04:57+	02:22+	04:34+	03:56+	03:30+	04:28+	03:44+	04:55+	03:00+	07:09+	16:54+	05:03+	04:00+	01:17+	00:35+
03:56@	01:17&	00:57&	01:47&	00:41#	00:51&	01:33&	01:11&	01:21&	01:27&	02:37&	12:42@	01:19&	00:31#	00:16&	00:06#
8	Marianne Gjesdal Lyngås	892	1:18:02												
03:42+	08:30+	13:50+	19:36+	25:32+	29:47+	33:33+	37:48+	44:26+	47:19+	59:27+	65:26+	71:18+	76:00+	77:22+	78:02+
03:42+	04:48+	05:20+	05:46+	05:56+	04:15+	03:46+	04:15+	06:38+	02:53+	12:08+	05:59+	05:52+	04:42+	01:22+	00:40+
02:44@	01:08&	03:55@	02:59@	02:41&	01:36&	00:51&	01:42&	03:04&	01:20&	07:36@	01:47&	02:08&	01:13&	00:21&	00:11&
9	Andrea Tapken	3529	1:40:20												
03:14+	08:24+	11:31+	17:30+	22:49+	27:36+	36:39+	41:06+	46:47+	49:11+	58:54+	85:57+	94:54+	98:35+	99:47+	100:20+
03:14+	05:10+	03:07+	05:59+	05:19+	04:47+	09:03+	04:27+	05:41+	02:24+	09:43+	27:03+	08:57+	03:41+	01:12+	00:33+
02:16@	01:30&	01:42@	03:12@	02:04&	02:08&	06:08@	01:54&	02:07&	00:51&	05:11@	22:51@	05:13@	00:12+	00:11#	00:04#

Beste strekktid for klassen

00:58 03:33 01:25 02:47 03:10 02:39 02:55 02:32 03:34 01:25 04:32 04:09 03:24 02:54 00:56 00:27

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

Damer 60 - 64 år

1	Anne-Siv Gjertsen	882	1:07:22												
02:29=	08:53=	12:11=	18:50=	22:11=	23:17=	25:44=	29:40=	33:37=	37:26=	52:40=	56:56=	62:24=	65:42=	66:47=	67:22=
02:29=	06:24=	03:18=	06:39=	03:21=	01:06=	02:27=	03:56=	03:57=	03:49=	15:14=	04:16=	05:28=	03:18=	01:05=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid E. I. Øxnevad	3516	1:28:49												
09:55+	16:10+	19:41+	23:39+	29:06+	30:19+	32:46+	39:01+	47:16+	52:34+	73:29+	76:21+	83:46+	87:13+	88:22+	88:49+
09:55+	06:15-	03:31+	03:58-	05:27+	01:13+	02:27=	06:15+	08:15+	05:18+	20:55+	02:52-	07:25+	03:27+	01:09+	00:27-
07:26@	00:09-	00:13+	02:41-	02:06&	00:07#	00:00=	02:19&	04:18@	01:29&	05:41&	01:24-	01:57&	00:09+	00:04+	00:08-

Beste strekktid for klassen

02:29 06:15 03:18 03:58 03:21 01:06 02:27 03:56 03:57 03:49 15:14 02:52 05:28 03:18 01:05 00:27

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

Damer 65 - 69 år

1	Ingrid Eik	1830	54:54												
02:18=	08:15=	10:16=	15:04=	19:14=	20:10=	22:14=	25:53=	29:41=	36:43=	42:22=	45:44=	49:51=	53:06=	54:21=	54:54=
02:18=	05:57=	02:01=	04:48=	04:10=	00:56=	02:04=	03:39=	03:48=	07:02=	05:39=	03:22=	04:07=	03:15=	01:15=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Margot Asheim	722	1:00:58												
05:32+	10:45+	13:36+	18:26+	21:54+	23:28+	25:16+	29:53+	34:06+	39:38+	46:38+	50:26+	54:38+	59:16+	60:29+	60:58+
05:32+	05:13-	02:51+	04:50+	03:28-	01:34+	01:48-	04:37+	04:13+	05:32-	07:00+	03:48+	04:12+	04:38+	01:13-	00:29-
03:14@	00:44-	00:50&	00:02+	00:42-	00:38&	00:16-	00:58&	00:25#	01:30-	01:21#	00:26#	00:05+	01:23&	00:02-	00:04-
3	May Meling	593	1:08:50												
02:28+	13:35+	15:57+	19:22+	22:11+	23:14+	25:55+	31:39+	36:40+	41:55+	50:40+	59:35+	63:10+	66:56+	68:12+	68:50+
02:28+	11:07+	02:22+	03:25-	02:49-	01:03+	02:41+	05:44+	05:01+	05:15-	08:45+	08:55+	03:35-	03:46+	01:16+	00:38+
00:10+	05:10&	00:21#	01:23-	01:21-	00:07#	00:37&	02:05&	01:13&	01:47-	03:06&	05:33@	00:32-	00:31#	00:01+	00:05#
4	Ingunn Voilås	3502	1:23:42												
15:56+	22:00+	24:21+	33:22+	37:23+	39:00+	40:30+	45:16+	49:43+	55:29+	64:55+	70:10+	75:28+	80:36+	82:34+	83:42+
15:56+	06:04+	02:21+	09:01+	04:01-	01:37+	01:30-	04:46+	04:27+	05:46-	09:26+	05:15+	05:18+	05:08+	01:58+	01:08+
13:38@	00:07+	00:20#	04:13&	00:09-	00:41&	00:34-	01:07&	00:39#	01:16-	03:47&	01:53&	01:11&	01:53&	00:43&	00:35@

Beste strekktid for klassen

02:18 05:13 02:01 03:25 02:49 00:56 01:30 03:39 03:48 05:15 05:39 03:22 03:35 03:15 01:13 00:29

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

Damer 70 - 74 år

1	Berit Gramstad	3551	1:04:28												
05:24=	11:55=	14:50=	19:21=	23:17=	24:40=	26:30=	31:07=	35:21=	40:45=	48:01=	51:51=	56:23=	61:51=	63:29=	64:28=
05:24=	06:31=	02:55=	04:31=	03:56=	01:23=	01:50=	04:37=	04:14=	05:24=	07:16=	03:50=	04:32=	05:28=	01:38=	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=
2	Mette Dagsland	874	1:13:49												
10:41+	17:12+	20:16+	26:12+	30:00+	31:04+	32:50+	36:27+	40:33+	44:42+	53:58+	59:42+	68:03+	71:46+	73:08+	73:49+
10:41+	06:31=	03:04+	05:56+	03:48-	01:04-	01:46-	03:37-	04:06-	04:09-	09:16+	05:44+	08:21+	03:43-	01:22-	00:41-
05:17&	00:00=	00:09+	01:25&	00:08-	00:19-	00:04-	01:00-	00:08-	01:15-	02:00&	01:54&	03:49&	01:45-	00:16-	00:18-
3	Lillian Dahl Fitjar	896	1:33:23												
03:42-	09:50-	12:51-	30:30+	35:08+	36:41+	39:09+	45:34+	52:09+	63:09+	74:15+	79:30+	84:59+	91:10+	92:40+	93:23+
03:42-	06:08-	03:01+	17:39+	04:38+	01:33+	02:28+	06:25+	06:35+	11:00+	11:06+	05:15+	05:29+	06:11+	01:30-	00:43-
01:42-	00:23-	00:06+	13:08@	00:42#	00:10#	00:38&	01:48&	02:21&	05:36@	03:50&	01:25&	00:57#	00:43#	00:08-	00:16-
4	Halldis Handeland	892	1:37:56												
03:31-	11:59+	15:08+	28:42+	33:12+	34:57+	37:02+	44:28+	49:07+	53:54+	72:10+	79:02+	90:12+	95:06+	97:07+	97:56+
03:31-	08:28+	03:09+	13:34+	04:30+	01:45+	02:05+	07:26+	04:39+	04:47-	18:16+	06:52+	11:10+	04:54-	02:01+	00:49-
01:53-	01:57&	00:14+	09:03@	00:34#	00:22&	00:15#	02:49&	00:25+	00:37-	11:00@	03:02&	06:38@	00:34-	00:23#	00:10-

Beste strekktid for klassen

03:31 06:08 02:55 04:31 03:48 01:04 01:46 03:37 04:06 04:09 07:16 03:50 04:32 03:43 01:22 00:41

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

Damer 75 - 79 år

1	Turid Nystrøm	874	1:04:41												
04:58=	11:29=	15:14=	21:19=	25:02=	26:17=	29:17=	33:39=	38:10=	43:21=	50:04=	53:55=	58:41=	62:36=	64:03=	64:41=
04:58=	06:31=	03:45=	06:05=	03:43=	01:15=	03:00=	04:22=	04:31=	05:11=	06:43=	03:51=	04:46=	03:55=	01:27=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Haldis Glendrange	874	1:15:06												
04:14-	12:06+	15:39+	20:15-	24:40-	27:36+	29:17=	34:36+	39:37+	44:49+	56:53+	62:03+	67:58+	72:48+	74:23+	75:06+
04:14-	07:52+	03:33-	04:36-	04:25+	02:56+	01:41-	05:19+	05:01+	05:12+	12:04+	05:10+	05:55+	04:50+	01:35+	00:43+
00:44-	01:21#	00:12-	01:29-	00:42#	01:41@	01:19-	00:57#	00:30#	00:01+	05:21&	01:19&	01:09#	00:55#	00:08+	00:05#

Damer 75 - 79 år

3 Helga Klausen 769 1:34:26
03:40- 10:37- 13:22- 19:11- 23:14- 25:02- 27:27- 33:25- 38:30+ 48:11+ 76:07+ 80:45+ 86:11+ 92:02+ 93:40+ 94:26+
03:40- 06:57+ 02:45- 05:49- 04:03+ 01:48+ 02:25- 05:58+ 05:05+ 09:41+ 27:56+ 04:38+ 05:26+ 05:51+ 01:38+ 00:46+
01:18- 00:26+ 01:00- 00:16- 00:20+ 00:33& 00:35- 01:36& 00:34# 04:30& 21:13@ 00:47# 00:40# 01:56& 00:11# 00:08#

4 Hedvig Anda 1683 1:38:02
04:20+ 11:32+ 16:04+ 25:24+ 38:03+ 39:48+ 42:25+ 48:30+ 55:12+ 66:20+ 77:23+ 82:41+ 87:45+ 95:49+ 97:22+ 98:02+
04:20+ 07:12+ 04:32+ 09:20+ 12:39+ 01:45+ 02:37+ 06:05+ 06:42+ 11:08+ 11:03+ 05:18+ 05:04+ 08:04+ 01:33+ 00:40+
04:20+ 07:12+ 04:32+ 09:20+ 12:39+ 01:45+ 02:37+ 06:05+ 06:42+ 11:08+ 11:03+ 05:18+ 05:04+ 08:04+ 01:33+ 00:40+

Beste strekktid for klassen

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

Damer A

1 Aud Hognestad Taksdal 892 54:01
03:38= 06:08= 09:04= 11:12= 16:39= 18:18= 20:33= 22:19= 23:04= 24:17= 27:04= 29:43= 31:31= 35:09= 39:33= 43:18= 45:48= 48:30= 50:24= 51:50= 52:49= 53:37= 54:01=
03:38= 02:30= 02:56= 02:08= 05:27= 01:39= 02:15= 01:46= 00:45= 01:13= 02:47= 02:39= 01:48= 03:38= 04:24= 03:45= 02:30= 02:42= 01:54= 01:26= 00:59= 00:48= 00:24=
00:00= 00:00=

2 Jorunn Hadland 3502 55:12
03:11- 05:00- 07:43- 10:27- 15:00- 16:21- 18:28- 20:42- 21:24- 22:45- 25:46- 28:46- 30:44- 34:12- 38:12- 43:12- 46:07+ 48:52+ 51:01+ 52:27+ 53:40+ 54:43+ 55:12+
03:11- 01:49- 02:43- 02:44+ 04:33- 01:21- 02:07- 02:14+ 00:42- 01:21+ 03:01+ 03:00+ 01:58+ 03:28- 04:00- 05:00+ 02:55+ 02:45+ 02:09+ 01:26= 01:13+ 01:03+ 00:29+
00:27- 00:41- 00:13- 00:36& 00:54- 00:18- 00:08- 00:28& 00:03- 00:08# 00:14+ 00:21# 00:10+ 00:10- 00:24- 01:15& 00:25# 00:03+ 00:15# 00:00= 00:14# 00:15& 00:05#

3 Jane Mydland Helland 3502 1:01:53
03:27- 05:38- 08:57- 11:42+ 16:27- 18:21+ 20:37+ 23:15+ 24:00+ 25:30+ 30:33+ 33:44+ 36:26+ 40:21+ 44:25+ 49:37+ 52:56+ 56:09+ 58:11+ 59:34+ 60:39+ 61:26+ 61:53+
03:27- 02:11- 03:19+ 02:45+ 04:45- 01:54+ 02:16+ 02:38+ 00:45= 01:30+ 05:03+ 03:11+ 02:42+ 03:55+ 04:04- 05:12+ 03:19+ 03:13+ 02:02+ 01:23- 01:05+ 00:47- 00:27+
00:11- 00:19- 00:23# 00:37& 00:42- 00:15# 00:01+ 00:52& 00:00= 00:17# 02:16& 00:32# 00:54& 00:17+ 00:20- 01:27& 00:49& 00:31# 00:08+ 00:03- 00:06# 00:01- 00:03#

4 Helena Kolesova 1754 1:14:55
07:36+ 10:19+ 13:59+ 17:13+ 23:48+ 25:59+ 28:29+ 30:46+ 31:40+ 33:01+ 36:33+ 41:07+ 43:49+ 48:52+ 53:05+ 58:21+ 61:37+ 66:25+ 68:43+ 72:13+ 73:37+ 74:29+ 74:55+
07:36+ 02:43+ 03:40+ 03:14+ 06:35+ 02:11+ 02:30+ 02:17+ 00:54+ 01:21+ 03:32+ 04:34+ 02:42+ 05:03+ 04:13- 05:16+ 03:16+ 04:48+ 02:18+ 03:30+ 01:24+ 00:52+ 00:26+
03:58@ 00:13+ 00:44# 01:06& 01:08# 00:32& 00:15# 00:31& 00:09# 00:08# 00:45& 01:55& 00:54& 01:25& 00:11- 01:31& 00:46& 02:06& 00:24# 02:04@ 00:25& 00:04+ 00:02+

5 Katrine Haaland Leveraas 896 1:24:03
06:36+ 09:10+ 13:29+ 16:19+ 24:04+ 29:42+ 33:57+ 36:43+ 37:44+ 39:29+ 45:47+ 50:21+ 53:46+ 59:22+ 64:36+ 69:56+ 73:40+ 77:19+ 79:44+ 81:18+ 82:43+ 83:40+ 84:03+
06:36+ 02:34+ 04:19+ 02:50+ 07:45+ 05:38+ 04:15+ 02:46+ 01:01+ 01:45+ 06:18+ 04:34+ 03:25+ 05:36+ 05:14+ 05:20+ 03:44+ 03:39+ 02:25+ 01:34+ 01:25+ 00:57+ 00:23-
02:58& 00:04+ 01:23& 00:42& 02:18& 03:59@ 02:00& 01:00& 00:16& 00:32& 03:31@ 01:55& 01:37& 01:58& 00:50# 01:35& 01:14& 00:57& 00:31& 00:08+ 00:26& 00:09# 00:01-

Beste strekktid for klassen

03:11 01:49 02:43 02:08 04:33 01:21 02:07 01:46 00:42 01:13 02:47 02:39 01:48 03:28 04:00 03:45 02:30 02:42 01:54 01:23 00:59 00:47 00:23

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

Damer B

1 Inger Tone Nygård 3502 52:05
02:29= 06:38= 09:07= 13:10= 17:10= 21:09= 22:48= 24:38= 27:29= 29:17= 34:29= 38:14= 40:46= 44:40= 48:05= 50:42= 51:38= 52:05=
02:29= 04:09= 02:29= 04:03= 04:00= 03:59= 01:39= 01:50= 02:51= 01:48= 05:12= 03:45= 02:32= 03:54= 03:25= 02:37= 00:56= 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=

2 Ida Kolstø 3502 1:04:32
03:10+ 09:12+ 13:35+ 17:49+ 21:50+ 27:03+ 33:37+ 36:47+ 40:37+ 43:05+ 46:54+ 50:42+ 53:40+ 57:58+ 60:46+ 63:10+ 64:04+ 64:32+
03:10+ 06:02+ 04:23+ 04:14+ 04:01+ 05:13+ 06:34+ 03:10+ 03:50+ 02:28+ 03:49- 03:48+ 02:58+ 04:18+ 02:48- 02:24- 00:54- 00:28+
00:41& 01:53& 01:54& 00:11+ 00:01+ 01:14& 04:55@ 01:20& 00:59& 00:40& 01:23- 00:03+ 00:26# 00:24# 00:37- 00:13- 00:02- 00:01+

3 Anne Garsrud 3518 1:05:38
02:11- 09:55+ 14:14+ 19:42+ 24:14+ 29:38+ 31:20+ 33:05+ 36:17+ 38:21+ 44:51+ 49:33+ 52:35+ 57:17+ 60:22+ 63:57+ 65:07+ 65:38+
02:11- 07:44+ 04:19+ 05:28+ 04:32+ 05:24+ 01:42+ 01:45- 03:12+ 02:04+ 06:30+ 04:42+ 03:02+ 04:42+ 03:05- 03:35+ 01:10+ 00:31+
00:18- 03:35& 01:50& 01:25& 00:32# 01:25& 00:03+ 00:05- 00:21# 00:16# 01:18# 00:57& 00:30# 00:48# 00:20- 00:58& 00:14# 00:04#

Damer B

4	Anina Hadland	3502	1:09:56														
02:10-	07:28+	10:17+	15:36+	19:53+	25:44+	27:38+	29:33+	33:29+	36:06+	43:31+	48:45+	52:18+	60:29+	64:17+	68:11+	69:27+	69:56+
02:10-	05:18+	02:49+	05:19+	04:17+	05:51+	01:54+	01:55+	03:56+	02:37+	07:25+	05:14+	03:33+	08:11+	03:48+	03:54+	01:16+	00:29+
00:19-	01:09&	00:20#	01:16&	00:17+	01:52&	00:15#	00:05+	01:05&	00:49&	02:13&	01:29&	01:01&	04:17@	00:23#	01:17&	00:20&	00:02+
5	Ann Karin Tjørhom	1884	1:11:05														
02:35+	08:35+	12:04+	17:58+	24:26+	29:35+	33:18+	36:08+	40:48+	43:08+	49:28+	54:04+	57:35+	62:35+	66:24+	69:24+	70:28+	71:05+
02:35+	06:00+	03:29+	05:54+	06:28+	05:09+	03:43+	02:50+	04:40+	02:20+	06:20+	04:36+	03:31+	05:00+	03:49+	03:00+	01:04+	00:37+
02:35+	06:00+	03:29+	05:54+	06:28+	05:09+	03:43+	02:50+	04:40+	02:20+	06:20+	04:36+	03:31+	05:00+	03:49+	03:00+	01:04+	00:37+
6	Helen Lomeland	722	1:14:56														
03:02+	08:06+	14:07+	20:19+	25:01+	31:50+	34:14+	38:21+	42:05+	44:24+	49:20+	56:46+	60:14+	65:56+	69:16+	73:21+	74:27+	74:56+
03:02+	05:04+	06:01+	06:12+	04:42+	06:49+	02:24+	04:07+	03:44+	02:19+	04:56+	07:26+	03:28+	05:42+	03:20+	04:05+	01:06+	00:29+
03:02+	05:04+	06:01+	06:12+	04:42+	06:49+	02:24+	04:07+	03:44+	02:19+	04:56+	07:26+	03:28+	05:42+	03:20+	04:05+	01:06+	00:29+

Beste strekktid for klassen

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

Damer Trim

1	Marit L. Undheim	3529	49:54														
02:49=	06:39=	12:13=	15:00=	18:57=	22:12=	35:14=	39:38=	43:17=	45:55=	48:04=	49:21=	49:54=					
02:49=	03:50=	05:34=	02:47=	03:57=	03:15=	13:02=	04:24=	03:39=	02:38=	02:09=	01:17=	00:33=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Ida Sjursø	1754	53:14														
03:36+	08:53+	12:06-	16:27+	21:58+	26:16+	32:33-	38:29-	45:11+	48:29+	51:21+	52:41+	53:14+					
03:36+	05:17+	03:13-	04:21+	05:31+	04:18+	06:17-	05:56+	06:42+	03:18+	02:52+	01:20+	00:33=					
00:47&	01:27&	02:21-	01:34&	01:34&	01:03&	06:45-	01:32&	03:03&	00:40&	00:43&	00:03+	00:00=					
3	Ingunn Monsen	3525	55:57														
03:42+	08:03+	10:03-	13:35-	20:48+	24:18+	34:19-	39:14-	48:59+	51:52+	54:12+	55:21+	55:57+					
03:42+	04:21+	02:00-	03:32+	07:13+	03:30+	10:01-	04:55+	09:45+	02:53+	02:20+	01:09-	00:36+					
00:53&	00:31#	03:34-	00:45&	03:16&	00:15+	03:01-	00:31#	06:06@	00:15+	00:11+	00:08-	00:03+					
4	Inger Johanne Klausen	3529	1:01:03														
01:49-	05:55-	07:51-	14:10-	18:21-	21:39-	38:23+	43:50+	51:12+	54:01+	56:27+	60:31+	61:03+					
01:49-	04:06+	01:56-	06:19+	04:11+	03:18+	16:44+	05:27+	07:22+	02:49+	02:26+	04:04+	00:32-					
01:00-	00:16+	03:38-	03:32@	00:14+	00:03+	03:42&	01:03#	03:43@	00:11+	00:17#	02:47@	00:01-					
5	Silje Myklebust	3529	1:01:24														
01:22-	06:02-	07:45-	13:59-	18:26-	21:49-	38:16+	44:00+	51:19+	54:08+	56:23+	60:43+	61:24+					
01:22-	04:40+	01:43-	06:14+	04:27+	03:23+	16:27+	05:44+	07:19+	02:49+	02:15+	04:20+	00:41+					
01:27-	00:50#	03:51-	03:27@	00:30#	00:08+	03:25&	01:20&	03:40@	00:11+	00:06+	03:03@	00:08#					
6	Ritva Halsne	722	1:03:36														
02:22-	06:43+	12:06-	16:06+	25:03+	31:59+	40:39+	48:49+	53:09+	59:05+	61:51+	63:03+	63:36+					
02:22-	04:21+	05:23-	04:00+	08:57+	06:56+	08:40-	08:10+	04:20+	05:56+	02:46+	01:12-	00:33=					
00:27-	00:31#	00:11-	01:13&	05:00@	03:41@	04:22-	03:46&	00:41#	03:18@	00:37&	00:05-	00:00=					
7	Karine Ditlevsen	896	1:10:29														
02:38-	07:18+	10:46-	31:33+	36:21+	41:00+	48:19+	58:55+	63:11+	66:08+	68:37+	69:55+	70:29+					
02:38-	04:40+	03:28-	20:47+	04:48+	04:39+	07:19-	10:36+	04:16+	02:57+	02:29+	01:18+	00:34+					
00:11-	00:50#	02:06-	18:00@	00:51#	01:24&	05:43-	06:12@	00:37#	00:19#	00:20#	00:01+	00:01+					
8	Therese Østbø	896	1:10:35														
02:50+	07:22+	10:49-	31:36+	36:24+	40:57+	48:28+	58:58+	63:10+	66:14+	68:47+	69:57+	70:35+					
02:50+	04:32+	03:27-	20:47+	04:48+	04:33+	07:31-	10:30+	04:12+	03:04+	02:33+	01:10-	00:38+					
00:01+	00:42#	02:07-	18:00@	00:51#	01:18&	05:31-	06:06@	00:33#	00:26#	00:24#	00:07-	00:05#					
9	Hilde Christine Hoff	848	1:15:54														
01:42-	07:37+	11:29-	18:33+	25:47+	39:23+	47:33+	56:29+	63:11+	69:01+	73:13+	75:02+	75:54+					
01:42-	05:55+	03:52-	07:04+	07:14+	13:36+	08:10-	08:56+	06:42+	05:50+	04:12+	01:49+	00:52+					
01:07-	02:05&	01:42-	04:17@	03:17&	10:21@	04:52-	04:32@	03:03&	03:12@	02:03&	00:32&	00:19&					

Damer Trim

10 Maria Fjelde 722 1:17:31

08:37+	15:17+	18:03+	24:44+	29:58+	36:29+	47:53+	56:01+	69:08+	72:42+	75:39+	76:52+	77:31+
08:37+	06:40+	02:46-	06:41+	05:14+	06:31+	11:24-	08:08+	13:07+	03:34+	02:57+	01:13-	00:39+
05:48@	02:50&	02:48-	03:54@	01:17&	03:16@	01:38-	03:44&	09:28@	00:56&	00:48&	00:04-	00:06#

11 Ruth Grødem 722 1:30:13

01:07+	06:35+	09:52+	24:13+	32:52+	40:07+	49:42+	56:00+	63:58+	70:16+	81:34+	89:33+	90:13+
01:07+	05:28+	03:17+	14:21+	08:39+	07:15+	09:35+	06:18+	07:58+	06:18+	11:18+	07:59+	00:40+
01:07+	05:28+	03:17+	14:21+	08:39+	07:15+	09:35+	06:18+	07:58+	06:18+	11:18+	07:59+	00:40+

12 Brit Svihus 892 1:33:17

03:55+	09:56+	13:26+	27:25+	36:01+	43:53+	53:03+	59:23+	66:47+	73:40+	84:40+	92:35+	93:17+
03:55+	06:01+	03:30+	13:59+	08:36+	07:52+	09:10+	06:20+	07:24+	06:53+	11:00+	07:55+	00:42+
03:55+	06:01+	03:30+	13:59+	08:36+	07:52+	09:10+	06:20+	07:24+	06:53+	11:00+	07:55+	00:42+

13 Elisabet Horpestad 896 1:33:20

06:59+	21:55+	25:55+	30:05+	35:43+	45:20+	50:42+	60:28+	71:07+	73:21+	91:33+	92:50+	93:20+
06:59+	14:56+	04:00+	04:10+	05:38+	09:37+	05:22+	09:46+	10:39+	02:14+	18:12+	01:17+	00:30+
06:59+	14:56+	04:00+	04:10+	05:38+	09:37+	05:22+	09:46+	10:39+	02:14+	18:12+	01:17+	00:30+

14 Margretha Almedal 1376 1:45:19

02:13+	37:45+	44:00+	51:29+	57:09+	67:36+	77:51+	87:43+	95:40+	100:05+	103:27+	104:42+	105:19+
02:13+	35:32+	06:15+	07:29+	05:40+	10:27+	10:15+	09:52+	07:57+	04:25+	03:22+	01:15+	00:37+
02:13+	35:32+	06:15+	07:29+	05:40+	10:27+	10:15+	09:52+	07:57+	04:25+	03:22+	01:15+	00:37+

Beste strekktid for klassen

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

Herrer 16 - 39 år

1 Torbjørn Fuglestad 878 46:12

01:51=	05:23=	09:21=	13:15=	16:22=	20:18=	21:34=	23:26=	25:46=	27:27=	30:26=	33:24=	35:49=	39:55=	43:00=	45:08=	45:53=	46:12=
01:51=	03:32=	03:58=	03:54=	03:07=	03:56=	01:16=	01:52=	02:20=	01:41=	02:59=	02:58=	02:25=	04:06=	03:05=	02:08=	00:45=	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=

2 Arild Pfluger Hundeide 769 49:00

01:57+	05:43+	08:31-	11:28-	14:36-	20:21+	22:08+	23:51+	26:48+	28:34+	31:56+	35:58+	38:35+	42:38+	45:05+	47:45+	48:35+	49:00+
01:57+	03:46+	02:48-	02:57-	03:08+	05:45+	01:47+	01:43-	02:57+	01:46+	03:22+	04:02+	02:37+	04:03-	02:27-	02:40+	00:50+	00:25+
00:06+	00:14+	01:10-	00:57-	00:01+	01:49&	00:31&	00:09-	00:37&	00:05+	00:23#	01:04&	00:12+	00:03-	00:38-	00:32#	00:05#	00:06&

3 Ole Morten Haaland 3528 57:37

01:42-	10:45+	13:53+	18:08+	22:03+	25:48+	27:23+	29:08+	34:36+	37:05+	41:09+	44:41+	47:17+	50:58+	53:50+	56:24+	57:16+	57:37+
01:42-	09:03+	03:08-	04:15+	03:55+	03:45-	01:35+	01:45-	05:28+	02:29+	04:04+	03:32+	02:36+	03:41-	02:52-	02:34+	00:52+	00:21+
00:09-	05:31@	00:50-	00:21+	00:48&	00:11-	00:19#	00:07-	03:08@	00:48&	01:05&	00:34#	00:11+	00:25-	00:13-	00:26#	00:07#	00:02#

4 Ole Andre Brandsberg 3502 57:46

01:52+	06:28+	09:52+	14:06+	18:09+	23:10+	24:42+	26:50+	30:40+	33:52+	38:15+	42:34+	46:10+	51:07+	53:50+	56:20+	57:18+	57:46+
01:52+	04:36+	03:24-	04:14+	04:03+	05:01+	01:32+	02:08+	03:50+	03:12+	04:23+	04:19+	03:36+	04:57+	02:43-	02:30+	00:58+	00:28+
00:01+	01:04&	00:34-	00:20+	00:56&	01:05&	00:16#	00:16#	01:30&	01:31&	01:24&	01:21&	01:11&	00:51#	00:22-	00:22#	00:13&	00:09&

5 Anders Klungre 3548 1:18:11

02:27+	08:38+	11:17+	17:27+	21:42+	28:30+	31:53+	39:20+	43:02+	48:45+	55:49+	61:21+	64:30+	70:34+	73:51+	76:47+	77:45+	78:11+
02:27+	06:11+	02:39-	06:10+	04:15+	06:48+	03:23+	07:27+	03:42+	05:43+	07:04+	05:32+	03:09+	06:04+	03:17+	02:56+	00:58+	00:26+
00:36&	02:39&	01:19-	02:16&	01:08&	02:52&	02:07@	05:35@	01:22&	04:02@	04:05@	02:34&	00:44&	01:58&	00:12+	00:48&	00:13&	00:07&

6 Truls Thorkildsen 2074 1:18:16

01:55+	06:03+	10:15+	19:23+	22:22+	24:42+	31:32+	34:20+	36:06+	39:14+	41:12+	47:18+	57:46+	59:42+	69:09+	72:28+	76:50+	77:51+	78:16+
01:55+	04:08+	04:12+	09:08+	02:59-	02:20-	06:50+	02:48+	01:46-	03:08+	01:58-	06:06+	10:28+	01:56-	09:27+	03:19+	04:22+	01:01+	00:25+
00:04+	00:36#	00:14+	05:14@	00:08-	01:36-	05:34@	00:56&	00:34-	01:27&	01:01-	03:08@	08:03@	02:10-	06:22@	01:11&	03:37@	00:42@	00:25+

7 Lars Kartevoll 3548 1:59:31

02:31+	14:43+	18:18+	26:12+	30:23+	34:55+	39:08+	41:19+	45:00+	47:52+	57:57+	61:52+	103:38+	109:04+	112:40+	117:19+	118:59+	119:31+
02:31+	12:12+	03:35-	07:54+	04:11+	04:32+	04:13+	02:11+	03:41+	02:52+	10:05+	03:55+	41:46+	05:26+	03:36+	04:39+	01:40+	00:32+
00:40&	08:40@	00:23-	04:00@	01:04&	00:36#	02:57@	00:19#	01:21&	01:11&	07:06@	00:57&	39:21@	01:20&	00:31#	02:31@	00:55@	00:13&

Class	Navn	Klasse	Tid
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Herrer 16 - 39 år

Beste strekktid for klassen

01:42 03:32 02:39 02:57 02:59 02:20 01:16 01:43 01:46 01:41 01:58 02:58 02:25 01:56 02:27 02:08 00:45 00:19

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

Herrer 40 - 49 år

1	Gunnar Petterson	3502	44:47														
01:37=	04:42=	06:54=	09:45=	13:01=	17:10=	18:26=	20:04=	23:29=	25:12=	29:18=	32:24=	34:56=	38:19=	41:05=	43:29=	44:18=	44:47=
01:37=	03:05=	02:12=	02:51=	03:16=	04:09=	01:16=	01:38=	03:25=	01:43=	04:06=	03:06=	02:32=	03:23=	02:46=	02:24=	00:49=	00:29=
00:00=	00:00=	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=
2	Sturla Stokkeland	3522	48:21														
02:00+	06:10+	08:20+	11:40+	15:02+	19:26+	20:50+	22:56+	25:47+	28:48+	32:15+	35:46+	38:06+	42:16+	44:53+	47:06+	47:57+	48:21+
02:00+	04:10+	02:10-	03:20+	03:22+	04:24+	01:24+	02:06+	02:51-	03:01+	03:27-	03:31+	02:20-	04:10+	02:37-	02:13-	00:51+	00:24-
00:23#	01:05&	00:02-	00:29#	00:06+	00:15+	00:08#	00:28&	00:34-	01:18&	00:39-	00:25#	00:12-	00:47#	00:09-	00:11-	00:02+	00:05-
3	Magne Habbestad	3531	55:51														
01:58+	06:48+	09:03+	13:08+	17:36+	22:01+	23:55+	25:32+	29:49+	31:41+	35:37+	39:22+	42:08+	46:40+	51:07+	54:30+	55:26+	55:51+
01:58+	04:50+	02:15+	04:05+	04:28+	04:25+	01:54+	01:37-	04:17+	01:52+	03:56-	03:45+	02:46+	04:32+	04:27+	03:23+	00:56+	00:25-
00:21#	01:45&	00:03+	01:14&	01:12&	00:16+	00:38&	00:01-	00:52&	00:09+	00:10-	00:39#	00:14+	01:09&	01:41&	00:59&	00:07#	00:04-
4	Jan-Kenneth Polle	3525	57:30														
01:46+	05:42+	10:14+	14:29+	18:21+	25:15+	27:06+	29:10+	32:07+	34:04+	37:59+	41:59+	44:38+	49:52+	53:21+	56:09+	57:04+	57:30+
01:46+	03:56+	04:32+	04:15+	03:52+	06:54+	01:51+	02:04+	02:57-	01:57+	03:55-	04:00+	02:39+	05:14+	03:29+	02:48+	00:55+	00:26-
00:09+	00:51&	02:20@	01:24&	00:36#	02:45&	00:35&	00:26&	00:28-	00:14#	00:11-	00:54&	00:07+	01:51&	00:43&	00:24#	00:06#	00:03-
5	Rune Dahl Fitjar	1754	1:04:37														
02:00+	07:33+	11:47+	16:16+	20:30+	25:32+	27:20+	29:13+	33:55+	38:38+	43:14+	47:05+	50:21+	55:45+	60:20+	63:07+	64:04+	64:37+
02:00+	05:33+	04:14+	04:29+	04:14+	05:02+	01:48+	01:53+	04:42+	04:43+	04:36+	03:51+	03:16+	05:24+	04:35+	02:47+	00:57+	00:33+
00:23#	02:28&	02:02&	01:38&	00:58&	00:53#	00:32&	00:15#	01:17&	03:00@	00:30#	00:45#	00:44&	02:01&	01:49&	00:23#	00:08#	00:04#
6	Gunnar Thorset	896	1:19:45														
01:58+	06:52+	10:39+	14:33+	20:09+	27:23+	29:06+	34:41+	39:19+	41:42+	53:07+	57:03+	60:52+	71:33+	75:04+	78:11+	79:10+	79:45+
01:58+	04:54+	03:47+	03:54+	05:36+	07:14+	01:43+	05:35+	04:38+	02:23+	11:25+	03:56+	03:49+	10:41+	03:31+	03:07+	00:59+	00:35+
00:21#	01:49&	01:35&	01:03&	02:20&	03:05&	00:27&	03:57@	01:13&	00:40&	07:19@	00:50&	01:17&	07:18@	00:45&	00:43&	00:10#	00:06#
7	Bjarne Bore	3529	1:26:55														
05:26+	13:11+	17:37+	26:30+	32:41+	39:19+	45:52+	48:12+	52:32+	55:28+	60:46+	65:17+	69:33+	75:23+	81:50+	85:26+	86:32+	86:55+
05:26+	07:45+	04:26+	08:53+	06:11+	06:38+	06:33+	02:20+	04:20+	02:56+	05:18+	04:31+	04:16+	05:50+	06:27+	03:36+	01:06+	00:23-
03:49@	04:40@	02:14@	06:02@	02:55&	02:29&	05:17@	00:42&	00:55&	01:13&	01:12&	01:25&	01:44&	02:27&	03:41@	01:12&	00:17&	00:06-
8	Anders Hagen	3528	1:29:45														
03:11+	15:55+	20:03+	27:57+	32:19+	37:55+	40:54+	44:30+	48:26+	50:38+	59:48+	63:55+	73:04+	82:52+	85:48+	88:19+	89:25+	89:45+
03:11+	12:44+	04:08+	07:54+	04:22+	05:36+	02:59+	03:36+	03:56+	02:12+	09:10+	04:07+	09:09+	09:48+	02:56+	02:31+	01:06+	00:20-
01:34&	09:39@	01:56&	05:03@	01:06&	01:27&	01:43@	01:58@	00:31#	00:29&	05:04@	01:01&	06:37@	06:25@	00:10+	00:07+	00:17&	00:09-
9	Sveinung Skjørsæter	1830	1:47:52														
02:37+	07:44+	17:31+	24:30+	34:00+	39:54+	44:53+	49:45+	54:05+	58:05+	71:32+	85:21+	88:36+	99:17+	102:41+	106:20+	107:21+	107:52+
02:37+	05:07+	09:47+	06:59+	09:30+	05:54+	04:59+	04:52+	04:20+	04:00+	13:27+	13:49+	03:15+	10:41+	03:24+	03:39+	01:01+	00:31+
01:00&	02:02&	07:35@	04:08@	06:14@	01:45&	03:43@	03:14@	00:55&	02:17@	09:21@	10:43@	00:43&	07:18@	00:38#	01:15&	00:12#	00:02+

Beste strekktid for klassen

01:37 03:05 02:10 02:51 03:16 04:09 01:16 01:37 02:51 01:43 03:27 03:06 02:20 03:23 02:37 02:13 00:49 00:20

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

Herrer 50 - 59 år

1	Sigurd Ravndal	769	52:34																
01:21=	07:36=	11:16=	15:08=	20:09=	22:42=	27:04=	28:41=	30:19=	32:44=	33:31=	35:07=	37:40=	39:29=	41:23=	45:03=	49:29=	51:22=	52:11=	52:34=
01:21=	06:15=	03:40=	03:52=	05:01=	02:33=	04:22=	01:37=	01:38=	02:25=	00:47=	01:36=	02:33=	01:49=	01:54=	03:40=	04:26=	01:53=	00:49=	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=	00:00=

Plass	Navn	Klasse	Tid
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Herrer 50 - 59 år

2	Frank Hansen	3502	55:56
01:28+	04:59- 08:43- 11:45-	15:04- 17:28-	23:03- 25:07-
01:28+	03:31- 03:44+ 03:02-	03:19- 02:24-	05:35+ 02:04+
00:07+	02:44- 00:04+ 00:50-	01:42- 00:09-	01:13& 00:27&
			00:05+ 00:14+ 00:16& 00:02+
			00:10- 00:10-
			41:45+ 43:40+ 47:10+ 51:48+ 54:23+ 55:25+ 55:56+
			07:12+ 01:55+ 03:30- 04:38+ 02:35+ 01:02+ 00:31+
			05:230 00:01+ 00:10- 00:12+ 00:42& 00:13& 00:08&
3	Svein Roar Aas	3565	58:51
01:38+	05:51+ 09:21+ 13:26+	17:35+ 21:23+	26:25+ 28:31+
01:38+	04:13+ 03:30+ 04:05+	04:09+ 03:48+	05:02+ 02:06+
01:38+	04:13+ 03:30+ 04:05+	04:09+ 03:48+	05:02+ 02:06+
			01:56+ 02:38+ 01:05+ 01:50+ 03:26+
			03:29+ 02:34+ 04:53+ 04:30+ 02:30+ 01:01+ 00:28+
			03:29+ 02:34+ 04:53+ 04:30+ 02:30+ 01:01+ 00:28+
4	Arngrim Utskarpen	896	59:13
01:32+	05:36+ 08:16+ 14:22+	17:24+ 20:26+	27:23+ 29:20+
01:32+	04:04+ 02:40+ 06:06+	03:02+ 03:02+	06:57+ 01:57+
01:32+	04:04+ 02:40+ 06:06+	03:02+ 03:02+	06:57+ 01:57+
			01:46+ 03:28+ 01:05+ 01:40+ 03:01+
			02:10+ 02:19+ 04:20+ 06:08+ 02:33+ 01:01+ 00:22+
			02:10+ 02:19+ 04:20+ 06:08+ 02:33+ 01:01+ 00:22+
5	Terje Undheim	3529	59:31
01:48+	05:40+ 07:58+ 13:08+	16:32+ 20:16+	27:04+ 30:08+
01:48+	03:52+ 02:18+ 05:10+	03:24+ 03:44+	03:29+ 01:43+
01:48+	03:52+ 02:18+ 05:10+	03:24+ 03:44+	03:29+ 01:43+
			01:36+ 03:04+ 00:44+ 01:46+ 02:05+
			01:59+ 02:05+ 12:43+ 04:12+ 02:24+ 01:03+ 00:22+
			01:59+ 02:05+ 12:43+ 04:12+ 02:24+ 01:03+ 00:22+
6	Lars Primstad	769	1:03:22
01:08+	08:38+ 13:03+ 22:18+	25:11+ 27:24+	32:41+ 34:32+
01:08+	07:30+ 04:25+ 09:15+	02:53+ 02:13+	05:17+ 01:51+
01:08+	07:30+ 04:25+ 09:15+	02:53+ 02:13+	05:17+ 01:51+
			03:03+ 03:09+ 00:45+ 01:23+ 02:50+
			01:44+ 01:51+ 05:25+ 04:58+ 02:39+ 00:43+ 00:20+
			01:44+ 01:51+ 05:25+ 04:58+ 02:39+ 00:43+ 00:20+
7	Øystein Fuglestad	878	1:05:47
01:31+	05:47+ 09:14+ 12:27+	15:48+ 19:23+	24:28+ 28:48+
01:31+	04:16+ 03:27+ 03:13+	03:21+ 03:35+	05:05+ 04:20+
01:31+	04:16+ 03:27+ 03:13+	03:21+ 03:35+	05:05+ 04:20+
			01:45+ 02:56+ 01:01+ 02:11+ 04:02+
			05:38+ 05:43+ 04:01+ 05:18+ 02:42+ 01:08+ 00:34+
			05:38+ 05:43+ 04:01+ 05:18+ 02:42+ 01:08+ 00:34+
8	John Breiland	3694	1:07:18
02:02+	17:22+ 20:18+ 23:36+	27:13+ 31:04+	36:29+ 38:45+
02:02+	15:20+ 02:56+ 03:18+	03:37+ 03:51+	05:25+ 02:16+
02:02+	15:20+ 02:56+ 03:18+	03:37+ 03:51+	05:25+ 02:16+
			02:04+ 03:07+ 00:55+ 01:32+ 03:13+
			02:17+ 02:02+ 04:17+ 05:02+ 02:39+ 00:59+ 00:26+
			02:17+ 02:02+ 04:17+ 05:02+ 02:39+ 00:59+ 00:26+
9	Tore Halset	3486	1:14:25
02:37+	09:27+ 12:52+ 20:25+	24:17+ 27:12+	33:37+ 35:46+
02:37+	06:50+ 03:25+ 07:33+	03:52+ 02:55+	06:25+ 02:09+
02:37+	06:50+ 03:25+ 07:33+	03:52+ 02:55+	06:25+ 02:09+
			03:37+ 03:27+ 01:02+ 01:43+ 04:22+
			05:08+ 02:24+ 04:57+ 06:19+ 03:59+ 01:05+ 00:36+
			05:08+ 02:24+ 04:57+ 06:19+ 03:59+ 01:05+ 00:36+
10	Trygve Michaelsen	896	1:16:36
01:20+	08:40+ 13:25+ 16:28+	21:21+ 23:53+	34:01+ 38:34+
01:20+	07:20+ 04:45+ 03:03+	04:53+ 02:32+	10:08+ 04:33+
01:20+	07:20+ 04:45+ 03:03+	04:53+ 02:32+	10:08+ 04:33+
			02:19+ 04:07+ 01:28+ 03:41+ 04:15+
			02:07+ 02:36+ 06:18+ 05:33+ 03:25+ 01:36+ 00:37+
			02:07+ 02:36+ 06:18+ 05:33+ 03:25+ 01:36+ 00:37+
11	Erling Knutzen	879	1:37:06
01:36+	11:04+ 34:03+ 38:03+	43:47+ 46:53+	52:11+ 55:35+
01:36+	09:28+ 22:59+ 04:00+	05:44+ 03:06+	05:18+ 03:24+
01:36+	09:28+ 22:59+ 04:00+	05:44+ 03:06+	05:18+ 03:24+
			09:43+ 03:11+ 01:08+ 01:34+ 04:06+
			02:57+ 02:54+ 04:25+ 06:01+ 03:28+ 01:23+ 00:41+
			02:57+ 02:54+ 04:25+ 06:01+ 03:28+ 01:23+ 00:41+
12	Ingve Vold	3529	1:39:55
01:40+	08:07+ 24:58+ 33:51+	43:12+ 45:47+	51:20+ 53:49+
01:40+	06:27+ 16:51+ 08:53+	09:21+ 02:35+	05:33+ 02:29+
01:40+	06:27+ 16:51+ 08:53+	09:21+ 02:35+	05:33+ 02:29+
			01:58+ 03:56+ 00:49+ 01:47+ 14:50+
			02:52+ 04:01+ 06:10+ 05:15+ 02:50+ 01:13+ 00:25+
			02:52+ 04:01+ 06:10+ 05:15+ 02:50+ 01:13+ 00:25+

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Kjell Seland	3547	41:23
02:09=	07:29= 10:15= 12:44=	16:46= 18:20=	21:14= 24:07=
02:09=	05:20= 02:46= 02:29=	04:02= 01:34=	02:54= 02:53=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00=
			02:44= 05:27= 02:07= 02:22= 01:51= 01:18= 00:58= 00:29=
			00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Herrer 60 - 64 år

2	Sturle Omdal	1683	41:45												
01:57-	08:32+	11:01+	13:29+	17:29+	19:00+	22:09+	25:04+	28:05+	32:48+	34:58+	37:04+	39:05+	40:28+	41:22+	41:45+
01:57-	06:35+	02:29-	02:28-	04:00-	01:31-	03:09+	02:55+	03:01+	04:43-	02:10+	02:06-	02:01+	01:23+	00:54-	00:23-
00:12-	01:15#	00:17-	00:01-	00:02-	00:03-	00:15+	00:02+	00:17#	00:44-	00:03+	00:16-	00:10+	00:05+	00:04-	00:06-
3	Per Ingar Hadland	793	43:40												
02:25+	08:03+	10:40+	13:16+	17:43+	19:25+	22:18+	25:24+	28:31+	34:06+	36:21+	38:30+	40:38+	42:00+	43:03+	43:40+
02:25+	05:38+	02:37+	02:36+	04:27+	01:42+	02:53+	03:06+	03:07+	05:35+	02:15+	02:09+	02:08+	01:22+	01:03+	00:37+
02:25+	05:38+	02:37+	02:36+	04:27+	01:42+	02:53+	03:06+	03:07+	05:35+	02:15+	02:09+	02:08+	01:22+	01:03+	00:37+
4	Sveinung Svebestad	878	45:00												
02:02+	07:09+	10:12+	12:52+	17:15+	19:17+	22:07+	25:12+	28:13+	33:28+	36:17+	39:04+	41:21+	43:10+	44:26+	45:00+
02:02+	05:07+	03:03+	02:40+	04:23+	02:02+	02:50+	03:05+	03:01+	05:15+	02:49+	02:47+	02:17+	01:49+	01:16+	00:34+
02:02+	05:07+	03:03+	02:40+	04:23+	02:02+	02:50+	03:05+	03:01+	05:15+	02:49+	02:47+	02:17+	01:49+	01:16+	00:34+
5	Stein Sigbjørnsen	882	57:06												
02:14+	08:44+	12:17+	17:25+	21:57+	24:28+	28:20+	32:51+	37:35+	46:57+	49:37+	52:08+	54:12+	55:38+	56:35+	57:06+
02:14+	06:30+	03:33+	05:08+	04:32+	02:31+	03:52+	04:31+	04:44+	09:22+	02:40+	02:31+	02:04+	01:26+	00:57+	00:31+
02:14+	06:30+	03:33+	05:08+	04:32+	02:31+	03:52+	04:31+	04:44+	09:22+	02:40+	02:31+	02:04+	01:26+	00:57+	00:31+
6	Knut Feldmann	882	57:52												
02:03+	06:55+	10:19+	13:12+	17:32+	19:15+	22:15+	25:06+	31:21+	48:13+	50:20+	53:04+	55:03+	56:24+	57:22+	57:52+
02:03+	04:52+	03:24+	02:53+	04:20+	01:43+	03:00+	02:51+	06:15+	16:52+	02:07+	02:44+	01:59+	01:21+	00:58+	00:30+
02:03+	04:52+	03:24+	02:53+	04:20+	01:43+	03:00+	02:51+	06:15+	16:52+	02:07+	02:44+	01:59+	01:21+	00:58+	00:30+
7	Harald Syse	1884	1:11:52												
03:04+	07:54+	11:23+	15:16+	19:21+	20:59+	30:40+	34:09+	37:00+	58:29+	60:47+	64:26+	66:23+	70:04+	71:21+	71:52+
03:04+	04:50+	03:29+	03:53+	04:05+	01:38+	09:41+	03:29+	02:51+	21:29+	02:18+	03:39+	01:57+	03:41+	01:17+	00:31+
03:04+	04:50+	03:29+	03:53+	04:05+	01:38+	09:41+	03:29+	02:51+	21:29+	02:18+	03:39+	01:57+	03:41+	01:17+	00:31+
8	John Carsten Sinnes	1884	1:26:00												
04:06+	10:53+	41:25+	43:36+	49:17+	51:13+	54:25+	58:13+	61:03+	73:43+	77:06+	79:57+	82:24+	84:14+	85:28+	86:00+
04:06+	06:47+	30:32+	02:11+	05:41+	01:56+	03:12+	03:48+	02:50+	12:40+	03:23+	02:51+	02:27+	01:50+	01:14+	00:32+
04:06+	06:47+	30:32+	02:11+	05:41+	01:56+	03:12+	03:48+	02:50+	12:40+	03:23+	02:51+	02:27+	01:50+	01:14+	00:32+

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Arvid Mydland	3502	35:31												
01:41=	05:54=	10:48=	12:35=	15:53=	17:13=	19:21=	21:47=	23:46=	27:43=	29:35=	31:18=	32:59=	34:12=	35:03=	35:31=
01:41=	04:13=	04:54=	01:47=	03:18=	01:20=	02:08=	02:26=	01:59=	03:57=	01:52=	01:43=	01:41=	01:13=	00:51=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjell Dale	1884	36:31												
02:05+	06:22+	08:31-	11:30-	14:26-	15:44-	17:52-	20:17-	23:19-	28:14+	30:13+	32:02+	33:36+	34:45+	36:00+	36:31+
02:05+	04:17+	02:09-	02:59+	02:56-	01:18-	02:08=	02:25-	03:02+	04:55+	01:59+	01:49+	01:34-	01:09-	01:15+	00:31+
00:24#	00:04+	02:45-	01:12&	00:22-	00:02-	00:00=	00:01-	01:03&	00:58#	00:07+	00:06+	00:07-	00:04-	00:24&	00:03#
3	Otte Omdal	903	45:26												
01:49+	08:51+	10:58+	13:36+	17:53+	19:25+	21:52+	24:33+	27:14+	36:06+	38:02+	40:21+	42:23+	43:58+	44:58+	45:26+
01:49+	07:02+	02:07-	02:38+	04:17+	01:32+	02:27+	02:41+	02:41+	08:52+	01:56+	02:19+	02:02+	01:35+	01:00+	00:28=
00:08+	02:49&	02:47-	00:51&	00:59&	00:12#	00:19#	00:15#	00:42&	04:55&	00:04+	00:36&	00:21#	00:22&	00:09#	00:00=
4	Torbjørn Evensen	3556	49:06												
02:04+	06:51+	10:31-	13:47+	18:35+	20:25+	23:31+	26:28+	29:40+	37:54+	40:28+	43:14+	45:56+	47:27+	48:33+	49:06+
02:04+	04:47+	03:40-	03:16+	04:48+	01:50+	03:06+	02:57+	03:12+	08:14+	02:34+	02:46+	02:42+	01:31+	01:06+	00:33+
00:23#	00:34#	01:14-	01:29&	01:30&	00:30&	00:58&	00:31#	01:13&	04:17@	00:42&	01:03&	01:01&	00:18#	00:15&	00:05#
5	Olav Tunheim	1884	51:00												
03:15+	08:45+	11:22+	14:46+	19:15+	21:01+	24:24+	27:48+	31:16+	36:57+	39:39+	45:55+	48:05+	49:27+	50:29+	51:00+
03:15+	05:30+	02:37-	03:24+	04:29+	01:46+	03:23+	03:24+	03:28+	05:41+	02:42+	06:16+	02:10+	01:22+	01:02+	00:31+
01:34&	01:17&	02:17-	01:37&	01:11&	00:26&	01:15&	00:58&	01:29&	01:44&	00:50&	04:33@	00:29&	00:09#	00:11#	00:03#

Herrer 65 - 69 år

6	Sveinung Tveit	3547	1:02:23												
02:42+	09:23+	13:10+	16:38+	22:13+	24:19+	27:38+	31:13+	36:00+	48:22+	51:04+	55:07+	58:45+	60:31+	61:42+	62:23+
02:42+	06:41+	03:47-	03:28+	05:35+	02:06+	03:19+	03:35+	04:47+	12:22+	02:42+	04:03+	03:38+	01:46+	01:11+	00:41+
01:01&	02:28&	01:07-	01:41&	02:17&	00:46&	01:11&	01:09&	02:48&	08:25&	00:50&	02:20&	01:57&	00:33&	00:20&	00:13&
7	Tor Geir Espedal	3530	1:02:33												
02:31+	09:41+	13:13+	16:59+	21:52+	24:06+	27:23+	31:00+	35:40+	49:06+	51:46+	54:54+	58:26+	60:32+	61:53+	62:33+
02:31+	07:10+	03:32+	03:46+	04:53+	02:14+	03:17+	03:37+	04:40+	13:26+	02:40+	03:08+	03:32+	02:06+	01:21+	00:40+
02:31+	07:10+	03:32+	03:46+	04:53+	02:14+	03:17+	03:37+	04:40+	13:26+	02:40+	03:08+	03:32+	02:06+	01:21+	00:40+
8	Sverre Magnar Nordal	1683	1:25:15												
05:35+	22:39+	33:33+	44:42+	50:19+	53:07+	56:41+	60:35+	64:16+	72:33+	75:35+	79:08+	81:45+	83:28+	84:38+	85:15+
05:35+	17:04+	10:54+	11:09+	05:37+	02:48+	03:34+	03:54+	03:41+	08:17+	03:02+	03:33+	02:37+	01:43+	01:10+	00:37+
05:35+	17:04+	10:54+	11:09+	05:37+	02:48+	03:34+	03:54+	03:41+	08:17+	03:02+	03:33+	02:37+	01:43+	01:10+	00:37+
9	Rolf Kleppe	3524	1:42:58												
03:55+	17:57+	26:33+	43:10+	50:28+	53:07+	57:53+	62:33+	70:45+	78:53+	84:16+	89:07+	91:58+	100:51+	102:17+	102:58+
03:55+	14:02+	08:36+	16:37+	07:18+	02:39+	04:46+	04:40+	08:12+	08:08+	05:23+	04:51+	02:51+	08:53+	01:26+	00:41+
03:55+	14:02+	08:36+	16:37+	07:18+	02:39+	04:46+	04:40+	08:12+	08:08+	05:23+	04:51+	02:51+	08:53+	01:26+	00:41+
10	Arnstein Skretting	3529	1:46:27												
02:39+	10:24+	38:59+	44:08+	49:30+	51:34+	57:28+	61:19+	65:54+	79:46+	83:52+	99:20+	102:08+	104:08+	105:36+	106:27+
02:39+	07:45+	28:35+	05:09+	05:22+	02:04+	05:54+	03:51+	04:35+	13:52+	04:06+	15:28+	02:48+	02:00+	01:28+	00:51+
02:39+	07:45+	28:35+	05:09+	05:22+	02:04+	05:54+	03:51+	04:35+	13:52+	04:06+	15:28+	02:48+	02:00+	01:28+	00:51+

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal	874	33:56												
01:42=	05:58=	08:20=	10:21=	13:29=	14:50=	17:09=	19:43=	21:58=	25:55=	27:59=	29:48=	31:26=	32:32=	33:25=	33:56=
01:42=	04:16=	02:22=	02:01=	03:08=	01:21=	02:19=	02:34=	02:15=	03:57=	02:04=	01:49=	01:38=	01:06=	00:53=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørn Martin Alsaker	3530	37:12												
01:52+	06:37+	09:08+	11:46+	15:14+	16:44+	19:08+	21:41+	24:16+	28:42+	30:45+	32:56+	34:43+	35:59+	36:46+	37:12+
01:52+	04:45+	02:31+	02:38+	03:28+	01:30+	02:24+	02:33-	02:35+	04:26+	02:03-	02:11+	01:47+	01:16+	00:47-	00:26-
00:10+	00:29#	00:09+	00:37&	00:20#	00:09#	00:05+	00:01-	00:20#	00:29#	00:01-	00:22#	00:09+	00:10#	00:06-	00:05-
3	Harry Breiland	3507	41:43												
02:09+	07:26+	10:12+	12:56+	17:09+	18:46+	21:12+	23:48+	26:26+	31:34+	33:46+	36:43+	38:43+	40:18+	41:14+	41:43+
02:09+	05:17+	02:46+	02:44+	04:13+	01:37+	02:26+	02:36+	02:38+	05:08+	02:12+	02:57+	02:00+	01:35+	00:56+	00:29-
00:27&	01:01#	00:24#	00:43&	01:05&	00:16#	00:07+	00:02+	00:23#	01:11&	00:08+	01:08&	00:22#	00:29&	00:03+	00:02-
4	Jan Hetland	3502	47:19												
02:05+	07:44+	12:07+	15:25+	19:53+	22:04+	25:07+	28:08+	31:10+	37:02+	39:39+	42:10+	44:04+	45:54+	46:56+	47:19+
02:05+	05:39+	04:23+	03:18+	04:28+	02:11+	03:03+	03:01+	03:02+	05:52+	02:37+	02:31+	01:54+	01:50+	01:02+	00:23-
00:23#	01:23&	02:01&	01:17&	01:20&	00:50&	00:44&	00:27#	00:47&	01:55&	00:33&	00:42&	00:16#	00:44&	00:09#	00:08-
5	Svein Berge	643	48:52												
01:54+	09:54+	14:27+	18:32+	22:24+	24:04+	27:02+	29:38+	32:30+	38:23+	40:42+	43:35+	45:31+	47:29+	48:23+	48:52+
01:54+	08:00+	04:33+	04:05+	03:52+	01:40+	02:58+	02:36+	02:52+	05:53+	02:19+	02:53+	01:56+	01:58+	00:54+	00:29-
00:12#	03:44&	02:11&	02:04@	00:44#	00:19#	00:39&	00:02+	00:37&	01:56&	00:15#	01:04&	00:18#	00:52&	00:01+	00:02-
6	Bjørn Vidar Gunvaldsen	3502	55:41												
02:33+	08:18+	11:46+	14:44+	20:40+	22:56+	26:22+	30:10+	33:48+	39:59+	42:41+	45:28+	47:53+	53:32+	54:59+	55:41+
02:33+	05:45+	03:28+	02:58+	05:56+	02:16+	03:26+	03:48+	03:38+	06:11+	02:42+	02:47+	02:25+	05:39+	01:27+	00:42+
00:51&	01:29&	01:06&	00:57&	02:48&	00:55&	01:07&	01:14&	01:23&	02:14&	00:38&	00:58&	00:47&	04:33@	00:34&	00:11&
7	Tom Hetland	880	1:00:29												
05:30+	12:16+	17:03+	20:30+	26:57+	29:05+	32:34+	36:40+	40:53+	47:46+	50:28+	54:13+	56:24+	58:59+	60:04+	60:29+
05:30+	06:46+	04:47+	03:27+	06:27+	02:08+	03:29+	04:06+	04:13+	06:53+	02:42+	03:45+	02:11+	02:35+	01:05+	00:25-
03:48@	02:30&	02:25@	01:26&	03:19@	00:47&	01:10&	01:32&	01:58&	02:56&	00:38&	01:56@	00:33&	01:29@	00:12#	00:06-

Class	Navn	Klasse														Tid
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Herrer 70 - 74 år

8	Svein Ims	903														1:02:05
02:33+	10:43+	14:39+	18:14+	23:42+	26:08+	30:01+	34:29+	37:51+	47:45+	50:33+	54:23+	56:46+	60:14+	61:29+	62:05+	
02:33+	08:10+	03:56+	03:35+	05:28+	02:26+	03:53+	04:28+	03:22+	09:54+	02:48+	03:50+	02:23+	03:28+	01:15+	00:36+	
00:51&	03:54&	01:34&	01:34&	02:20&	01:05&	01:34&	01:54&	01:07&	05:57@	00:44&	02:01@	00:45&	02:22@	00:22&	00:05#	
9	Jan Inge Lunde	1830														1:07:48
02:31+	19:30+	23:08+	26:31+	31:10+	32:57+	36:11+	39:18+	42:17+	55:43+	58:21+	61:36+	64:12+	65:48+	67:09+	67:48+	
02:31+	16:59+	03:38+	03:23+	04:39+	01:47+	03:14+	03:07+	02:59+	13:26+	02:38+	03:15+	02:36+	01:36+	01:21+	00:39+	
02:31+	16:59+	03:38+	03:23+	04:39+	01:47+	03:14+	03:07+	02:59+	13:26+	02:38+	03:15+	02:36+	01:36+	01:21+	00:39+	
10	Ragnvald Frøyland	879														1:07:57
02:08+	10:36+	13:44+	17:28+	23:26+	25:28+	28:23+	31:34+	35:04+	54:04+	56:54+	60:37+	63:22+	66:02+	67:17+	67:57+	
02:08+	08:28+	03:08+	03:44+	05:58+	02:02+	02:55+	03:11+	03:30+	19:00+	02:50+	03:43+	02:45+	02:40+	01:15+	00:40+	
02:08+	08:28+	03:08+	03:44+	05:58+	02:02+	02:55+	03:11+	03:30+	19:00+	02:50+	03:43+	02:45+	02:40+	01:15+	00:40+	
11	Arne Magne Handeland	892														1:09:54
04:32+	15:32+	21:15+	27:27+	33:00+	35:17+	38:40+	42:22+	46:45+	54:10+	57:42+	62:08+	65:38+	67:56+	69:18+	69:54+	
04:32+	11:00+	05:43+	06:12+	05:33+	02:17+	03:23+	03:42+	04:23+	07:25+	03:32+	04:26+	03:30+	02:18+	01:22+	00:36+	
04:32+	11:00+	05:43+	06:12+	05:33+	02:17+	03:23+	03:42+	04:23+	07:25+	03:32+	04:26+	03:30+	02:18+	01:22+	00:36+	
12	Eivind Lars Rake	892														1:19:00
03:05+	10:44+	14:21+	18:00+	23:36+	25:38+	42:37+	48:30+	52:49+	61:29+	64:47+	70:04+	73:04+	76:15+	78:02+	79:00+	
03:05+	07:39+	03:37+	03:39+	05:36+	02:02+	16:59+	05:53+	04:19+	08:40+	03:18+	05:17+	03:00+	03:11+	01:47+	00:58+	
03:05+	07:39+	03:37+	03:39+	05:36+	02:02+	16:59+	05:53+	04:19+	08:40+	03:18+	05:17+	03:00+	03:11+	01:47+	00:58+	
13	Per Marthon Møland	880														1:27:24
02:56+	09:33+	15:10+	20:04+	26:16+	28:21+	31:53+	36:11+	40:00+	72:16+	76:01+	79:31+	82:44+	84:30+	86:38+	87:24+	
02:56+	06:37+	05:37+	04:54+	06:12+	02:05+	03:32+	04:18+	03:49+	32:16+	03:45+	03:30+	03:13+	01:46+	02:08+	00:46+	
02:56+	06:37+	05:37+	04:54+	06:12+	02:05+	03:32+	04:18+	03:49+	32:16+	03:45+	03:30+	03:13+	01:46+	02:08+	00:46+	
14	Tore Romon Tvedt	3518														1:29:10
03:39+	11:43+	23:51+	28:58+	34:26+	36:53+	40:31+	48:52+	53:24+	68:22+	72:38+	75:58+	78:59+	85:14+	88:07+	89:10+	
03:39+	08:04+	12:08+	05:07+	05:28+	02:27+	03:38+	08:21+	04:32+	14:58+	04:16+	03:20+	03:01+	06:15+	02:53+	01:03+	
03:39+	08:04+	12:08+	05:07+	05:28+	02:27+	03:38+	08:21+	04:32+	14:58+	04:16+	03:20+	03:01+	06:15+	02:53+	01:03+	
15	Leif Kåre Lende	879														1:49:40
05:38+	11:42+	15:31+	26:16+	32:08+	34:30+	37:37+	41:13+	46:19+	96:55+	100:08+	104:32+	106:38+	108:00+	109:14+	109:40+	
05:38+	06:04+	03:49+	10:45+	05:52+	02:22+	03:07+	03:36+	05:06+	50:36+	03:13+	04:24+	02:06+	01:22+	01:14+	00:26+	
05:38+	06:04+	03:49+	10:45+	05:52+	02:22+	03:07+	03:36+	05:06+	50:36+	03:13+	04:24+	02:06+	01:22+	01:14+	00:26+	

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Paul Andreas Paulsen	896														47:12
03:09=	07:39=	10:00=	13:41=	17:13=	18:15=	19:47=	23:19=	26:21=	29:18=	34:52=	37:39=	42:40=	45:29=	46:40=	47:12=	
03:09=	04:30=	02:21=	03:41=	03:32=	01:02=	01:32=	03:32=	03:02=	02:57=	05:34=	02:47=	05:01=	02:49=	01:11=	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=	
2	Hans Klausen	769														48:45
02:27-	07:27-	09:48-	14:03+	17:35+	18:41+	20:31+	24:01+	27:24+	30:31+	35:49+	39:41+	43:53+	47:00+	48:09+	48:45+	
02:27-	05:00+	02:21=	04:15+	03:32=	01:06+	01:50+	03:30-	03:23+	03:07+	05:18-	03:52+	04:12-	03:07+	01:09-	00:36+	
00:42-	00:30#	00:00=	00:34#	00:00=	00:04+	00:18#	00:02-	00:21#	00:10+	00:16-	01:05&	00:49-	00:18#	00:02-	00:04#	
3	Finn-Morten Årstad	3530														50:51
02:36-	07:48+	10:19+	13:41=	18:09+	19:10+	20:50+	25:31+	29:33+	32:12+	39:16+	42:22+	46:24+	49:15+	50:19+	50:51+	
02:36-	05:12+	02:31+	03:22-	04:28+	01:01-	01:40+	04:41+	04:02+	02:39-	07:04+	03:06+	04:02-	02:51+	01:04-	00:32=	
00:33-	00:42#	00:10+	00:19-	00:56&	00:01-	00:08+	01:09&	01:00&	00:18-	01:30&	00:19#	00:59-	00:02+	00:07-	00:00=	
4	Hermann Skogsholm	1754														51:18
02:51-	08:31+	12:12+	15:55+	19:54+	20:55+	22:25+	25:47+	29:18+	32:32+	37:41+	41:30+	46:16+	49:31+	50:40+	51:18+	
02:51-	05:40+	03:41+	03:43+	03:59+	01:01-	01:30-	03:22-	03:31+	03:14+	05:09-	03:49+	04:46-	03:15+	01:09-	00:38+	
00:18-	01:10&	01:20&	00:02+	00:27#	00:01-	00:02-	00:10-	00:29#	00:17+	00:25-	01:02&	00:15-	00:26#	00:02-	00:06#	

Class	Navn	Klasse	Tid
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Herrer 75 - 79 år

5	Knut Skjæveland	1884	54:55												
02:36-	07:25-	09:48-	13:32-	16:32-	17:30-	18:56-	23:06-	28:03+	31:39+	40:29+	44:48+	48:57+	53:05+	54:17+	54:55+
02:36-	04:49+	02:23+	03:44+	03:00-	00:58-	01:26-	04:10+	04:57+	03:36+	08:50+	04:19+	04:09-	04:08+	01:12+	00:38+
00:33-	00:19+	00:02+	00:03+	00:32-	00:04-	00:06-	00:38#	01:55&	00:39#	03:16&	01:32&	00:52-	01:19&	00:01+	00:06#
6	Hilmar Røthing	879	58:14												
02:05+	08:05+	10:09+	14:49+	18:15+	19:13+	20:47+	24:16+	27:53+	30:58+	36:27+	42:44+	53:09+	56:43+	57:38+	58:14+
02:05+	06:00+	02:04+	04:40+	03:26+	00:58+	01:34+	03:29+	03:37+	03:05+	05:29+	06:17+	10:25+	03:34+	00:55+	00:36+
02:05+	06:00+	02:04+	04:40+	03:26+	00:58+	01:34+	03:29+	03:37+	03:05+	05:29+	06:17+	10:25+	03:34+	00:55+	00:36+
7	Jostein Tunheim	1683	1:05:11												
02:31+	08:51+	10:57+	16:13+	21:48+	22:34+	24:05+	35:25+	43:29+	46:44+	52:02+	55:49+	60:01+	63:33+	64:41+	65:11+
02:31+	06:20+	02:06+	05:16+	05:35+	00:46+	01:31+	11:20+	08:04+	03:15+	05:18+	03:47+	04:12+	03:32+	01:08+	00:30+
02:31+	06:20+	02:06+	05:16+	05:35+	00:46+	01:31+	11:20+	08:04+	03:15+	05:18+	03:47+	04:12+	03:32+	01:08+	00:30+
8	Øyvind Egeskog	880	1:05:18												
02:43+	10:15+	12:40+	15:59+	21:22+	22:45+	24:36+	29:01+	33:28+	37:30+	52:28+	55:56+	59:51+	63:18+	64:40+	65:18+
02:43+	07:32+	02:25+	03:19+	05:23+	01:23+	01:51+	04:25+	04:27+	04:02+	14:58+	03:28+	03:55+	03:27+	01:22+	00:38+
02:43+	07:32+	02:25+	03:19+	05:23+	01:23+	01:51+	04:25+	04:27+	04:02+	14:58+	03:28+	03:55+	03:27+	01:22+	00:38+
9	Kjell Svihus	892	1:06:29												
02:56+	08:58+	11:23+	16:14+	19:44+	21:00+	22:48+	27:12+	31:11+	37:28+	54:03+	57:05+	61:32+	64:36+	65:49+	66:29+
02:56+	06:02+	02:25+	04:51+	03:30+	01:16+	01:48+	04:24+	03:59+	06:17+	16:35+	03:02+	04:27+	03:04+	01:13+	00:40+
02:56+	06:02+	02:25+	04:51+	03:30+	01:16+	01:48+	04:24+	03:59+	06:17+	16:35+	03:02+	04:27+	03:04+	01:13+	00:40+
10	Geir Husdal	1884	1:06:56												
02:52+	08:06+	10:37+	21:19+	25:24+	26:51+	28:50+	33:18+	40:59+	45:04+	51:38+	55:02+	60:17+	64:22+	65:54+	66:56+
02:52+	05:14+	02:31+	10:42+	04:05+	01:27+	01:59+	04:28+	07:41+	04:05+	06:34+	03:24+	05:15+	04:05+	01:32+	01:02+
02:52+	05:14+	02:31+	10:42+	04:05+	01:27+	01:59+	04:28+	07:41+	04:05+	06:34+	03:24+	05:15+	04:05+	01:32+	01:02+
11	Svein Glendrange	874	1:12:01												
03:41+	11:20+	14:22+	27:29+	31:17+	32:30+	34:22+	39:51+	44:04+	48:52+	56:15+	60:22+	65:43+	69:36+	71:16+	72:01+
03:41+	07:39+	03:02+	13:07+	03:48+	01:13+	01:52+	05:29+	04:13+	04:48+	07:23+	04:07+	05:21+	03:53+	01:40+	00:45+
03:41+	07:39+	03:02+	13:07+	03:48+	01:13+	01:52+	05:29+	04:13+	04:48+	07:23+	04:07+	05:21+	03:53+	01:40+	00:45+
12	Olav A. Hognestad	892	1:13:16												
02:56+	10:15+	12:58+	16:49+	21:12+	22:16+	23:54+	29:10+	34:43+	38:16+	54:28+	63:08+	67:22+	71:14+	72:35+	73:16+
02:56+	07:19+	02:43+	03:51+	04:23+	01:04+	01:38+	05:16+	05:33+	03:33+	16:12+	08:40+	04:14+	03:52+	01:21+	00:41+
02:56+	07:19+	02:43+	03:51+	04:23+	01:04+	01:38+	05:16+	05:33+	03:33+	16:12+	08:40+	04:14+	03:52+	01:21+	00:41+

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Kjell Langvik	1884	50:41												
00:55=	07:28=	09:16=	11:37=	20:32=	23:45=	29:30=	34:25=	39:37=	42:54=	46:40=	48:54=	50:02=	50:41=		
00:55=	06:33=	01:48=	02:21=	08:55=	03:13=	05:45=	04:55=	05:12=	03:17=	03:46=	02:14=	01:08=	00:39=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Arne Brandsberg	3502	1:00:57												
01:18+	08:01+	10:55+	13:33+	20:44+	25:04+	31:15+	36:40+	44:18+	49:26+	55:04+	58:03+	59:52+	60:57+		
01:18+	06:43+	02:54+	02:38+	07:11-	04:20+	06:11+	05:25+	07:38+	05:08+	05:38+	02:59+	01:49+	01:05+		
00:23&	00:10+	01:06&	00:17#	01:44-	01:07&	00:26+	00:30#	02:26&	01:51&	01:52&	00:45&	00:41&	00:26&		
3	Sigurd Krosli	1884	1:06:31												
01:07+	07:47+	10:22+	13:20+	21:49+	25:40+	36:25+	41:04+	49:51+	54:47+	61:01+	64:01+	65:36+	66:31+		
01:07+	06:40+	02:35+	02:58+	08:29-	03:51+	10:45+	04:39-	08:47+	04:56+	06:14+	03:00+	01:35+	00:55+		
00:12#	00:07+	00:47&	00:37&	00:26-	00:38#	05:00&	00:16-	03:35&	01:39&	02:28&	00:46&	00:27&	00:16&		
4	Alf Gyland	892	1:12:16												
02:10+	07:37+	10:11+	18:13+	25:33+	29:00+	36:32+	50:32+	58:15+	62:49+	67:27+	69:57+	71:24+	72:16+		
02:10+	05:27-	02:34+	08:02+	07:20-	03:27+	07:32+	14:00+	07:43+	04:34+	04:38+	02:30+	01:27+	00:52+		
01:15@	01:06-	00:46&	05:41@	01:35-	00:14+	01:47&	09:05@	02:31&	01:17&	00:52#	00:16#	00:19&	00:13&		

Herrer 80 år og eldre

5 Magne Jakobsen 3524 1:19:24

01:15+ 13:35+ 16:29+ 21:33+ 33:08+ 37:13+ 44:00+ 51:01+ 59:30+ 65:58+ 73:19+ 76:30+ 78:38+ 79:24+
 01:15+ 12:20+ 02:54+ 05:04+ 11:35+ 04:05+ 06:47+ 07:01+ 08:29+ 06:28+ 07:21+ 03:11+ 02:08+ 00:46+
 00:20& 05:47& 01:06& 02:43& 02:40& 00:52& 01:02# 02:06& 03:17& 03:11& 03:35& 00:57& 01:00& 00:07#

6 Kjell Audun Maudal 3524 1:24:21

02:49+ 11:55+ 16:12+ 25:26+ 34:12+ 38:40+ 42:52+ 52:30+ 64:55+ 71:13+ 78:15+ 81:34+ 83:35+ 84:21+
 02:49+ 09:06+ 04:17+ 09:14+ 08:46+ 04:28+ 04:12+ 09:38+ 12:25+ 06:18+ 07:02+ 03:19+ 02:01+ 00:46+
 02:49+ 09:06+ 04:17+ 09:14+ 08:46+ 04:28+ 04:12+ 09:38+ 12:25+ 06:18+ 07:02+ 03:19+ 02:01+ 00:46+

Beste strekktid for klassen

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

Herrer A

1 Erik Lima 1832 55:20

00:41= 03:23= 04:36= 07:28= 09:20= 11:26= 14:37= 18:32= 19:39= 21:05= 21:41= 23:10= 26:01= 26:39= 28:47= 31:33= 32:59= 36:35= 39:28= 43:00= 45:20= 46:45= 48:31= 50:56= 53:03= 54:10=
 00:41= 02:42= 01:13= 02:52= 01:52= 02:06= 03:11= 03:55= 01:07= 01:26= 00:36= 01:29= 02:51= 00:38= 02:08= 02:46= 01:26= 03:36= 02:53= 03:32= 02:20= 01:25= 01:46= 02:25= 02:07= 01:07=
 00:00=
 54:57= 55:20=
 00:47= 00:23=
 00:00= 00:00=

2 Sven Hatteland 3528 59:19

00:30- 03:03- 04:07- 07:18- 09:18- 11:19- 15:39+ 19:29+ 21:16+ 22:47+ 23:28+ 24:48+ 27:30+ 28:13+ 30:01+ 33:03+ 34:27+ 38:30+ 41:14+ 45:18+ 47:44+ 50:03+ 51:42+ 55:00+ 56:54+ 58:09+
 00:30- 02:33- 01:04- 03:11+ 02:00+ 02:01- 04:20+ 03:50- 01:47+ 01:31+ 00:41+ 01:20- 02:42- 00:43+ 01:48- 03:02+ 01:24- 04:03+ 02:44- 04:04+ 02:26+ 02:19+ 01:39- 03:18+ 01:54- 01:15+
 00:11- 00:09- 00:09- 00:19# 00:08+ 00:05- 01:09& 00:05- 00:40& 00:05+ 00:05# 00:09- 00:09- 00:05# 00:20- 00:16+ 00:02- 00:27# 00:09- 00:32# 00:06+ 00:54& 00:07- 00:53& 00:13- 00:08#
 58:54+ 59:19+
 00:45- 00:25+
 00:02- 00:02+

3 Magne Hatteland 3528 1:07:14

00:29- 03:49+ 05:11+ 07:57+ 11:11+ 15:30+ 19:23+ 24:12+ 25:40+ 27:47+ 28:39+ 30:40+ 33:49+ 34:37+ 36:33+ 39:46+ 41:20+ 45:20+ 49:10+ 52:57+ 55:50+ 57:22+ 59:21+ 62:20+ 64:46+ 66:04+
 00:29- 03:20+ 01:22+ 02:46- 03:14+ 04:19+ 03:53+ 04:49+ 01:28+ 02:07+ 00:52+ 02:01+ 03:09+ 00:48+ 01:56- 03:13+ 01:34+ 04:00+ 03:50+ 03:47+ 02:53+ 01:32+ 01:59+ 02:59+ 02:26+ 01:18+
 00:12- 00:38# 00:09# 00:06- 01:22& 02:13& 00:42# 00:54# 00:21& 00:41& 00:16& 00:32& 00:18# 00:10& 00:12- 00:27# 00:08+ 00:24# 00:57& 00:15+ 00:33# 00:07+ 00:13# 00:34# 00:19# 00:11#
 66:49+ 67:14+
 00:45- 00:25+
 00:02- 00:02+

4 Martin Blystad 3530 1:09:26

00:39- 03:36+ 04:57+ 09:14+ 11:51+ 14:33+ 20:03+ 24:07+ 25:37+ 28:15+ 28:55+ 30:15+ 33:58+ 34:41+ 36:45+ 40:04+ 41:33+ 45:43+ 49:49+ 54:16+ 57:19+ 59:07+ 61:00+ 64:17+ 66:39+ 68:15+
 00:39- 02:57+ 01:21+ 04:17+ 02:37+ 02:42+ 05:30+ 04:04+ 01:30+ 02:38+ 00:40+ 01:20- 03:43+ 00:43+ 02:04- 03:19+ 01:29+ 04:10+ 04:06+ 04:27+ 03:03+ 01:48+ 01:53+ 03:17+ 02:22+ 01:36+
 00:02- 00:15+ 00:08# 01:25& 00:45& 00:36& 02:19& 00:09+ 00:23& 01:12& 00:04# 00:09- 00:52& 00:05# 00:04- 00:33# 00:03+ 00:34# 01:13& 00:55& 00:43& 00:23& 00:07+ 00:52& 00:15# 00:29&
 69:04+ 69:26+
 00:49+ 00:22-
 00:02+ 00:01-

5 Kenneth Mydland 3502 1:09:54

00:34- 03:22- 04:38+ 07:28= 10:13+ 15:23+ 18:24+ 22:42+ 24:11+ 26:02+ 27:12+ 28:55+ 33:26+ 34:14+ 36:15+ 39:31+ 41:19+ 45:28+ 48:44+ 54:15+ 57:24+ 59:09+ 61:11+ 63:59+ 66:48+ 68:27+
 00:34- 02:48+ 01:16+ 02:50- 02:45+ 05:10+ 03:01- 04:18+ 01:29+ 01:51+ 01:10+ 01:43+ 04:31+ 00:48+ 02:01- 03:16+ 01:48+ 04:09+ 03:16+ 05:31+ 03:09+ 01:45+ 02:02+ 02:48+ 02:49+ 01:39+
 00:07- 00:06+ 00:03+ 00:02- 00:53& 03:04& 00:10- 00:23+ 00:22& 00:25& 00:34& 00:14# 01:40& 00:10& 00:07- 00:30# 00:22& 00:33# 00:23# 01:59& 00:49& 00:20# 00:16# 00:23# 00:42& 00:32&
 69:22+ 69:54+
 00:55+ 00:32+
 00:08# 00:09&

6 Svein Kyllingstad 1284 1:17:55

00:31- 04:46+ 05:56+ 09:08+ 11:22+ 13:59+ 20:19+ 24:58+ 27:08+ 30:40+ 32:18+ 33:49+ 39:40+ 40:15+ 42:41+ 46:11+ 47:43+ 51:56+ 55:59+ 60:19+ 63:32+ 67:29+ 70:25+ 72:57+ 75:13+ 76:35+
 00:31- 04:15+ 01:10- 03:12+ 02:14+ 02:37+ 06:20+ 04:39+ 02:10+ 03:32+ 01:38+ 01:31+ 05:51+ 00:35- 02:26+ 03:30+ 01:32+ 04:13+ 04:03+ 04:20+ 03:13+ 03:57+ 02:56+ 02:32+ 02:16+ 01:22+
 00:10- 01:33& 00:03- 00:20# 00:22# 00:31# 03:09& 00:44# 01:03& 02:06& 01:02& 00:02+ 03:00& 00:03- 00:18# 00:44& 00:06+ 00:37# 01:10& 00:48# 00:53& 02:32& 01:10& 00:07+ 00:09+ 00:15#
 77:29+ 77:55+
 00:54+ 00:26+
 00:07# 00:03#

Herrer C

8	Øivind Berggraf	1683	1:31:18																			
04:26+	07:26+	11:41+	14:55+	21:42+	23:37+	26:38+	29:19+	30:12+	31:45+	36:35+	40:46+	43:39+	55:48+	66:18+	73:54+	80:30+	83:47+	86:38+	88:16+	89:47+	90:46+	91:18+
04:26+	03:00+	04:15+	03:14+	06:47+	01:55+	03:01-	02:41+	00:53+	01:33+	04:50-	04:11+	02:53+	12:09+	10:30+	07:36+	06:36+	03:17+	02:51+	01:38-	01:31+	00:59+	00:32+
01:00&	01:00&	01:16&	00:50&	02:11&	00:18#	00:26-	00:38&	00:01+	00:15#	00:01-	01:17&	00:49&	08:23@	06:09@	02:45&	03:15&	00:02+	00:40&	00:15-	00:16#	00:09#	00:01+

Beste strekktid for klassen

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

Herrer Trim

1	Helge Hundeide	769	36:26										
00:46=	04:52=	06:38=	08:35=	12:36=	15:25=	17:48=	21:56=	26:30=	29:18=	32:45=	34:35=	35:49=	36:26=
00:46=	04:06=	01:46=	01:57=	04:01=	02:49=	02:23=	04:08=	04:34=	02:48=	03:27=	01:50=	01:14=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Bruno Pierfelice	3519	37:09										
00:39-	04:45-	06:17-	09:06+	12:43+	15:30+	18:29+	22:32+	27:28+	30:20+	33:59+	35:30+	36:28+	37:09+
00:39-	04:06=	01:32-	02:49+	03:37-	02:47-	02:59+	04:03-	04:56+	02:52+	03:39+	01:31-	00:58-	00:41+
00:07-	00:00=	00:14-	00:52&	00:24-	00:02-	00:36&	00:05-	00:22+	00:04+	00:12+	00:19-	00:16-	00:04#

3	Roger Endre Nyseth	892	38:10										
00:51+	04:42-	06:20-	08:24-	12:31-	15:08-	17:03-	22:14+	26:54+	30:08+	34:08+	36:25+	37:29+	38:10+
00:51+	03:51-	01:38-	02:04+	04:07+	02:37-	01:55-	05:11+	04:40+	03:14+	04:00+	02:17+	01:04-	00:41+
00:05#	00:15-	00:08-	00:07+	00:06+	00:12-	00:28-	01:03&	00:06+	00:26#	00:33#	00:27#	00:10-	00:04#

4	Arne Magne Sondresen	722	39:20										
00:44-	04:15-	06:06-	08:11-	11:52-	14:23-	17:25-	21:10-	29:28+	32:40+	36:04+	37:50+	38:50+	39:20+
00:44-	03:31-	01:51+	02:05+	03:41-	02:31-	03:02+	03:45-	08:18+	03:12+	03:24-	01:46-	01:00-	00:30-
00:02-	00:35-	00:05+	00:08+	00:20-	00:18-	00:39&	00:23-	03:44&	00:24#	00:03-	00:04-	00:14-	00:07-

5	Steinar Horpestad	3502	39:42										
01:27+	05:14+	07:21+	09:13+	12:52+	15:38+	18:14+	22:01+	30:32+	33:31+	36:33+	38:11+	39:11+	39:42+
01:27+	03:47-	02:07+	01:52-	03:39-	02:46-	02:36+	03:47-	08:31+	02:59+	03:02-	01:38-	01:00-	00:31-
00:41&	00:19-	00:21#	00:05-	00:22-	00:03-	00:13+	00:21-	03:57&	00:11+	00:25-	00:12-	00:14-	00:06-

6	Leif Jarle Skåra	3502	39:55										
00:41-	05:00+	06:38=	08:25-	12:07-	14:41-	18:08+	21:57+	27:48+	31:11+	35:52+	38:12+	39:16+	39:55+
00:41-	04:19+	01:38-	01:47-	03:42-	02:34-	03:27+	03:49-	05:51+	03:23+	04:41+	02:20+	01:04-	00:39+
00:05-	00:13+	00:08-	00:10-	00:19-	00:15-	01:04&	00:19-	01:17&	00:35#	01:14&	00:30&	00:10-	00:02+

7	Sjur Bjerke	3525	41:20										
00:55+	05:02+	06:39+	08:53+	12:29-	15:06-	19:02+	23:17+	31:10+	34:54+	38:07+	39:53+	40:47+	41:20+
00:55+	04:07+	01:37-	02:14+	03:36-	02:37-	03:56+	04:15+	07:53+	03:44+	03:13-	01:46-	00:54-	00:33-
00:09#	00:01+	00:09-	00:17#	00:25-	00:12-	01:33&	00:07+	03:19&	00:56&	00:14-	00:04-	00:20-	00:04-

8	Svein Sivertsen	3530	42:56										
00:40-	04:54+	06:31-	08:33-	12:57+	16:00+	18:54+	24:54+	29:45+	33:52+	38:03+	41:18+	42:19+	42:56+
00:40-	04:14+	01:37-	02:02+	04:24+	03:03+	02:54+	06:00+	04:51+	04:07+	04:11+	03:15+	01:01-	00:37=
00:06-	00:08+	00:09-	00:05+	00:23+	00:14+	00:31#	01:52&	00:17+	01:19&	00:44#	01:25&	00:13-	00:00=

9	Andreas Primstad	3548	45:41										
05:34+	09:27+	10:58+	12:50+	16:54+	19:44+	27:32+	30:15+	35:11+	38:40+	42:53+	44:24+	45:16+	45:41+
05:34+	03:53-	01:31-	01:52-	04:04+	02:50+	07:48+	02:43-	04:56+	03:29+	04:13+	01:31-	00:52-	00:25-
04:48@	00:13-	00:15-	00:05-	00:03+	00:01+	05:25@	01:25-	00:22+	00:41#	00:46#	00:19-	00:22-	00:12-

10	Njål Foldnes	1754	46:05										
00:54+	05:13+	07:03+	08:54+	12:39+	16:04+	20:55+	25:28+	32:00+	35:19+	42:22+	44:13+	45:26+	46:05+
00:54+	04:19+	01:50+	01:51-	03:45-	03:25+	04:51+	04:33+	06:32+	03:19+	07:03+	01:51+	01:13-	00:39+
00:08#	00:13+	00:04+	00:06-	00:16-	00:36#	02:28@	00:25#	01:58&	00:31#	03:36@	00:01+	00:01-	00:02+

11	Svein Erik Bjørnsen	1376	47:11										
10:37+	14:59+	17:07+	18:40+	23:00+	25:42+	27:43+	32:11+	37:29+	40:43+	43:56+	45:39+	46:39+	47:11+
10:37+	04:22+	02:08+	01:33-	04:20+	02:42-	02:01-	04:28+	05:18+	03:14+	03:13-	01:43-	01:00-	00:32-
09:51@	00:16+	00:22#	00:24-	00:19+	00:07-	00:22-	00:20+	00:44#	00:26#	00:14-	00:07-	00:14-	00:05-

Class	Navn	Klasse												Tid
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Herrer Trim

12	Ivar Aalbu	3502												50:11
00:47+	04:42-	06:34-	08:26-	12:27-	16:38+	23:36+	29:07+	37:34+	40:57+	46:06+	48:16+	49:32+	50:11+	
00:47+	03:55-	01:52+	01:52-	04:01=	04:11+	06:58+	05:31+	08:27+	03:23+	05:09+	02:10+	01:16+	00:39+	
00:01+	00:11-	00:06+	00:05-	00:00=	01:22&	04:35&	01:23&	03:53&	00:35#	01:42&	00:20#	00:02+	00:02+	
13	Frode Følgesvold	880												50:21
00:54+	05:22+	07:44+	10:50+	17:01+	20:38+	23:02+	28:49+	36:27+	40:29+	46:30+	48:32+	49:37+	50:21+	
00:54+	04:28+	02:22+	03:06+	06:11+	03:37+	02:24+	05:47+	07:38+	04:02+	06:01+	02:02+	01:05+	00:44+	
00:54+	04:28+	02:22+	03:06+	06:11+	03:37+	02:24+	05:47+	07:38+	04:02+	06:01+	02:02+	01:05+	00:44+	
14	Christian Nilsen	3525												52:28
01:47+	10:30+	12:57+	14:44+	20:00+	23:13+	25:29+	30:23+	39:14+	43:52+	48:24+	50:41+	51:53+	52:28+	
01:47+	08:43+	02:27+	01:47+	05:16+	03:13+	02:16+	04:54+	08:51+	04:38+	04:32+	02:17+	01:12+	00:35+	
01:47+	08:43+	02:27+	01:47+	05:16+	03:13+	02:16+	04:54+	08:51+	04:38+	04:32+	02:17+	01:12+	00:35+	
15	Arild Svihus	892												55:51
01:04+	06:55+	08:59+	12:04+	17:18+	21:38+	24:00+	29:24+	40:46+	45:36+	50:35+	53:11+	55:14+	55:51+	
01:04+	05:51+	02:04+	03:05+	05:14+	04:20+	02:22+	05:24+	11:22+	04:50+	04:59+	02:36+	02:03+	00:37+	
01:04+	05:51+	02:04+	03:05+	05:14+	04:20+	02:22+	05:24+	11:22+	04:50+	04:59+	02:36+	02:03+	00:37+	
16	Tor Geir Ødegård Garpestad	1832												55:58
00:44+	06:57+	08:02+	12:57+	16:35+	19:33+	21:43+	39:05+	44:12+	47:14+	52:05+	54:04+	55:27+	55:58+	
00:44+	06:13+	01:05+	04:55+	03:38+	02:58+	02:10+	17:22+	05:07+	03:02+	04:51+	01:59+	01:23+	00:31+	
00:44+	06:13+	01:05+	04:55+	03:38+	02:58+	02:10+	17:22+	05:07+	03:02+	04:51+	01:59+	01:23+	00:31+	
17	Lars Salvesen	1119												57:16
00:49+	05:07+	06:51+	09:40+	15:43+	18:56+	25:28+	29:05+	40:38+	50:44+	53:55+	55:42+	56:45+	57:16+	
00:49+	04:18+	01:44+	02:49+	06:03+	03:13+	06:32+	03:37+	11:33+	10:06+	03:11+	01:47+	01:03+	00:31+	
00:49+	04:18+	01:44+	02:49+	06:03+	03:13+	06:32+	03:37+	11:33+	10:06+	03:11+	01:47+	01:03+	00:31+	
18	Bent Horpestad	722												57:45
01:27+	10:05+	12:42+	17:32+	21:34+	24:20+	29:54+	34:27+	42:59+	48:46+	53:27+	55:59+	57:09+	57:45+	
01:27+	08:38+	02:37+	04:50+	04:02+	02:46+	05:34+	04:33+	08:32+	05:47+	04:41+	02:32+	01:10+	00:36+	
01:27+	08:38+	02:37+	04:50+	04:02+	02:46+	05:34+	04:33+	08:32+	05:47+	04:41+	02:32+	01:10+	00:36+	
19	Jan Erik Rasmussen	3519												59:56
01:58+	09:09+	10:53+	13:50+	21:21+	26:59+	29:54+	35:49+	45:26+	49:58+	55:26+	57:48+	59:20+	59:56+	
01:58+	07:11+	01:44+	02:57+	07:31+	05:38+	02:55+	05:55+	09:37+	04:32+	05:28+	02:22+	01:32+	00:36+	
01:58+	07:11+	01:44+	02:57+	07:31+	05:38+	02:55+	05:55+	09:37+	04:32+	05:28+	02:22+	01:32+	00:36+	
20	Steinar Løgith Aase	2539												1:04:55
00:57+	07:11+	09:35+	11:53+	19:27+	25:21+	32:29+	39:03+	46:44+	52:20+	58:24+	60:50+	64:12+	64:55+	
00:57+	06:14+	02:24+	02:18+	07:34+	05:54+	07:08+	06:34+	07:41+	05:36+	06:04+	02:26+	03:22+	00:43+	
00:57+	06:14+	02:24+	02:18+	07:34+	05:54+	07:08+	06:34+	07:41+	05:36+	06:04+	02:26+	03:22+	00:43+	
21	Tom Leveraas	1884												1:05:12
01:48+	06:58+	10:03+	15:39+	20:41+	28:02+	33:24+	38:40+	53:24+	56:50+	61:06+	63:14+	64:28+	65:12+	
01:48+	05:10+	03:05+	05:36+	05:02+	07:21+	05:22+	05:16+	14:44+	03:26+	04:16+	02:08+	01:14+	00:44+	
01:48+	05:10+	03:05+	05:36+	05:02+	07:21+	05:22+	05:16+	14:44+	03:26+	04:16+	02:08+	01:14+	00:44+	
22	John Helge Svandal	3531												1:07:44
00:48+	05:06+	07:27+	10:02+	17:04+	22:13+	30:29+	36:21+	49:13+	59:55+	63:53+	66:06+	67:10+	67:44+	
00:48+	04:18+	02:21+	02:35+	07:02+	05:09+	08:16+	05:52+	12:52+	10:42+	03:58+	02:13+	01:04+	00:34+	
00:48+	04:18+	02:21+	02:35+	07:02+	05:09+	08:16+	05:52+	12:52+	10:42+	03:58+	02:13+	01:04+	00:34+	
23	Steinar Amundsen	3530												1:10:18
01:04+	05:49+	07:49+	10:09+	15:42+	18:40+	22:35+	28:19+	52:36+	57:15+	66:13+	68:30+	69:38+	70:18+	
01:04+	04:45+	02:00+	02:20+	05:33+	02:58+	03:55+	05:44+	24:17+	04:39+	08:58+	02:17+	01:08+	00:40+	
01:04+	04:45+	02:00+	02:20+	05:33+	02:58+	03:55+	05:44+	24:17+	04:39+	08:58+	02:17+	01:08+	00:40+	
24	Torgeir Færevåg	3553												1:14:45
02:46+	08:01+	14:50+	16:32+	21:52+	25:07+	31:40+	38:50+	46:24+	66:14+	70:49+	72:51+	74:13+	74:45+	
02:46+	05:15+	06:49+	01:42+	05:20+	03:15+	06:33+	07:10+	07:34+	19:50+	04:35+	02:02+	01:22+	00:32+	
02:46+	05:15+	06:49+	01:42+	05:20+	03:15+	06:33+	07:10+	07:34+	19:50+	04:35+	02:02+	01:22+	00:32+	
25	Håvard Aase	NOTEAM												1:16:02
17:58+	22:58+	24:33+	26:18+	35:05+	37:45+	40:38+	45:36+	66:36+	69:17+	72:43+	74:13+	75:23+	76:02+	
17:58+	05:00+	01:35+	01:45+	08:47+	02:40+	02:53+	04:58+	21:00+	02:41+	03:26+	01:30+	01:10+	00:39+	
17:58+	05:00+	01:35+	01:45+	08:47+	02:40+	02:53+	04:58+	21:00+	02:41+	03:26+	01:30+	01:10+	00:39+	

Herrer Trim

26	Per Bakken	880	1:22:14
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04:35+	16:21+	20:27+	24:56+	32:10+	36:33+	40:47+	50:39+	63:04+	69:20+	76:25+	79:42+	81:32+	82:14+
04:35+	11:46+	04:06+	04:29+	07:14+	04:23+	04:14+	09:52+	12:25+	06:16+	07:05+	03:17+	01:50+	00:42+
04:35+	11:46+	04:06+	04:29+	07:14+	04:23+	04:14+	09:52+	12:25+	06:16+	07:05+	03:17+	01:50+	00:42+

27	Jan Henrik Neuenkirchen	896	1:26:33
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12:46+	17:07+	19:33+	27:34+	33:02+	36:04+	41:39+	63:45+	72:20+	76:28+	80:05+	84:35+	85:52+	86:33+
12:46+	04:21+	02:26+	08:01+	05:28+	03:02+	05:35+	22:06+	08:35+	04:08+	03:37+	04:30+	01:17+	00:41+
12:46+	04:21+	02:26+	08:01+	05:28+	03:02+	05:35+	22:06+	08:35+	04:08+	03:37+	04:30+	01:17+	00:41+

Beste strekktid for klassen

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