

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Aina Kalsaas Urstad	3580	31:54
00:40=	02:40= 05:11= 06:47= 08:40=	11:27= 12:38= 13:34= 15:02= 15:36=	17:25= 19:34= 21:28= 22:26= 23:02=
00:40=	02:00= 02:31= 01:36= 01:53=	02:47= 01:11= 00:56= 01:28= 00:34=	01:49= 02:09= 01:54= 00:58= 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=
2	Helene P. Hundeide	769	32:19
00:53+	01:48- 04:23- 05:39- 07:28-	10:29- 11:43- 12:35- 13:48- 14:18-	16:03- 18:14- 20:06- 21:32- 22:10-
00:53+	00:55- 02:35+ 01:16- 01:49-	03:01+ 01:14+ 00:52- 01:13- 00:30-	01:45- 02:11+ 01:52- 01:26+ 00:38+
00:13&	01:05- 00:04+ 00:20- 00:04-	00:14+ 00:03+ 00:04- 00:15- 00:04-	00:04- 00:02+ 00:02- 00:28& 00:02+
3	Wibeke Lende	3503	33:42
00:37-	01:30- 03:08- 05:09- 07:26-	11:13- 12:26- 13:46+ 14:56-	15:25- 17:28+ 19:37+ 22:13+ 23:14+
00:37-	00:53- 01:38- 02:01+ 02:17+	03:47+ 01:13+ 01:20+ 01:10-	00:29- 02:03+ 02:09= 02:36+
00:03-	01:07- 00:53- 00:25& 00:24#	01:00& 00:02+ 00:04& 00:18-	00:05- 00:14# 00:00= 00:42& 00:03+
4	Rønnaug Egeland	1884	34:52
00:57+	01:42- 03:40- 06:41- 08:39-	12:00+ 13:35+ 14:35+ 15:59+	16:28+ 18:16+ 20:53+ 22:44+
00:57+	00:45- 01:58- 03:01+ 01:58+	03:21+ 01:35+ 01:00+ 01:24-	00:29- 01:48- 02:37+ 01:51-
00:17&	01:15- 00:33- 01:25& 00:05+	00:34# 00:24& 00:04+ 00:04-	00:05- 00:01- 00:28# 00:03-
5	Ingrid Lycke Austbø	989	36:10
00:32-	01:17- 02:58- 05:55- 07:47-	11:36+ 13:02+ 14:05+ 15:45+	16:14+ 17:52+ 20:15+ 22:10+
00:32-	00:45- 01:41- 02:57+ 01:52-	03:49+ 01:26+ 01:03+ 01:40+	00:29- 01:38- 02:23+ 01:55+
00:08-	01:15- 00:50- 01:21& 00:01-	01:02& 00:15# 00:07# 00:12#	00:05- 00:11- 00:14# 00:01+
6	Hanne Berg Aspøy	896	37:55
00:35-	01:26- 03:59- 05:23- 07:21-	13:10+ 14:30+ 15:52+ 17:11+	17:38+ 19:48+ 22:02+ 24:00+
00:35-	00:51- 02:33+ 01:24- 01:58+	05:49+ 01:20+ 01:22+ 01:19-	00:27- 02:10+ 02:14+ 01:58+
00:05-	01:09- 00:02+ 00:12- 00:05+	03:02@ 00:09# 00:26& 00:09-	00:07- 00:21# 00:05+ 00:04+
7	Frida Erikstein	1830	38:47
00:54+	01:48- 04:03- 05:39- 08:09-	11:24- 12:35- 13:31- 14:54-	15:24- 17:04- 19:15- 21:19-
00:54+	00:54- 02:15- 01:36= 02:30+	03:15+ 01:11= 00:56= 01:23-	00:30- 01:40- 02:11+ 02:04+
00:14&	01:06- 00:16- 00:00= 00:37&	00:28# 00:00= 00:00= 00:05-	00:04- 00:09- 00:02+ 00:10+
8	Ingvild Amalixsen	465	39:03
00:58+	01:56- 04:14- 06:29- 08:35-	12:55+ 14:24+ 15:24+ 17:01+	17:29+ 19:14+ 21:56+ 24:14+
00:58+	00:58- 02:18- 02:15+ 02:06+	04:20+ 01:29+ 01:00+ 01:37+	00:28- 01:45- 02:42+ 02:18+
00:18&	01:02- 00:13- 00:39& 00:13#	01:33& 00:18& 00:04+ 00:09#	00:06- 00:04- 00:33& 00:24#
9	Maren Benjaminsen	1832	40:42
00:34-	01:37- 03:28- 04:31- 06:26-	09:47- 14:39+ 22:40+ 23:47+	24:13+ 25:54+ 27:48+ 29:33+
00:34-	01:03- 01:51- 01:03- 01:55+	03:21+ 04:52+ 08:01+ 01:07-	00:26- 01:41- 01:54- 01:45-
00:06-	00:57- 00:40- 00:33- 00:02+	00:34# 03:41@ 07:05@ 00:21-	00:08- 00:15- 00:09-
10	Ingunn Landsnes	892	41:55
00:46+	01:52- 04:04- 05:50- 08:24-	12:34+ 14:20+ 16:02+ 17:35+	18:12+ 20:40+ 23:39+ 26:07+
00:46+	01:06- 02:12- 01:46+ 02:34+	04:10+ 01:46+ 01:42+ 01:33+	00:37+ 02:28+ 02:59+ 02:28+
00:06#	00:54- 00:19- 00:10# 00:41&	01:23& 00:35& 00:46& 00:05+	00:03+ 00:39& 00:50& 00:34&
11	Silje Myklebust	3529	46:08
01:37+	02:34- 05:36+ 07:10+	10:00+ 16:24+ 17:44+	19:01+ 20:43+ 21:23+
01:37+	00:57- 03:02+ 01:34-	02:50+ 06:24+ 01:20+	01:17+ 01:42+
00:57@	01:03- 00:31# 00:02-	00:57& 03:37@ 00:09#	00:21& 00:14# 00:06#
12	Ann-Mari Vold	3529	46:50
00:51+	01:53- 03:44- 05:12- 07:53-	13:21+ 14:48+ 16:31+	19:02+ 22:51+ 25:26+
00:51+	01:02- 01:51- 01:28- 02:41+	05:28+ 01:27+ 01:43+	02:31+ 03:49+
00:11&	00:58- 00:40- 00:08-	00:48& 02:41& 00:16#	00:47& 01:03& 03:15@
13	Marita Navjord Nicolaysen	1284	47:12
03:15+	04:25+ 06:33+ 08:36+	11:04+ 16:22+ 18:19+	19:50+ 23:44+
03:15+	01:10- 02:08- 02:03+ 02:28+	05:18+ 01:57+ 01:31+	03:54+ 00:40+
02:35@	00:50- 00:23- 00:27&	00:35& 02:31& 00:46&	02:26@ 00:06# 00:44&
14	Siv Bogfjelldal	3507	49:00
01:15+	02:52+ 06:22+ 08:22+	10:53+ 17:30+	20:06+ 21:55+
01:15+	01:37- 03:30+ 02:00+	02:31+ 06:37+ 02:36+	01:49+ 01:22-
00:35&	00:23- 00:59& 00:24#	00:38& 03:50@ 01:25@	00:53& 00:06-

Class	Navn	Klasse	Tid
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Damer 16 - 39 år

15 Hege Bakken

1754

50:45

01:21+	02:33-	04:49-	07:19+	09:53+	16:01+	18:05+	19:33+	21:27+	22:06+	24:23+	27:41+	30:00+	31:29+	32:20+	34:58+	38:17+	40:20+	46:17+	48:14+	50:28+	50:45+
01:21+	01:12-	02:16-	02:30+	02:34+	06:08+	02:04+	01:28+	01:54+	00:39+	02:17+	03:18+	02:19+	01:29+	00:51+	02:38+	03:19+	02:03+	05:57+	01:57+	02:14+	00:17+
00:41@	00:48-	00:15-	00:54+	00:41&	03:21@	00:53&	00:32&	00:26&	00:05#	00:28&	01:09&	00:25#	00:31&	00:15&	01:34@	01:29&	00:47&	04:27@	00:23#	00:48&	00:05&

16 Juliane Tytlandsvik Nødland

3512

54:00

02:06+	03:22+	07:13+	09:35+	12:37+	19:23+	22:09+	24:29+	26:24+	27:18+	30:08+	33:35+	37:03+	38:37+	39:35+	41:45+	44:31+	47:03+	49:07+	51:16+	53:42+	54:00+
02:06+	01:16+	03:51+	02:22+	03:02+	06:46+	02:46+	02:20+	01:55+	00:54+	02:50+	03:27+	03:28+	01:34+	00:58+	02:10+	02:46+	02:32+	02:04+	02:09+	02:26+	00:18+
02:06+	01:16+	03:51+	02:22+	03:02+	06:46+	02:46+	02:20+	01:55+	00:54+	02:50+	03:27+	03:28+	01:34+	00:58+	02:10+	02:46+	02:32+	02:04+	02:09+	02:26+	00:18+

Beste strekketid for klassen

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

Damer 40 - 49 år

1 Åsta Bryne

3552

33:16

00:58=	02:55=	06:03=	06:59=	08:36=	11:35=	13:25=	13:58=	18:05=	18:53=	19:22=	22:05=	23:52=	24:18=	25:32=	26:20=	26:48=	27:21=	28:23=	30:40=	32:44=	33:16=
00:58=	01:57=	03:08=	00:56=	01:37=	02:59=	01:50=	00:33=	04:07=	00:48=	00:29=	02:43=	01:47=	00:26=	01:14=	00:48=	00:28=	00:33=	01:02=	02:17=	02:04=	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=	00:00=	00:00=	00:00=

2 Maren Thu

NOTEAM

35:20

00:58=	04:50+	06:51+	07:52+	09:42+	14:46+	17:05+	17:40+	19:40+	20:35+	21:03+	23:56+	25:39+	25:58+	27:01+	27:50+	28:16+	28:46+	29:53+	32:46+	34:47+	35:20+
00:58=	03:52+	02:01-	01:01+	01:50+	05:04+	02:19+	00:35+	02:00-	00:55+	00:28-	02:53+	01:43-	00:19-	01:03-	00:49+	00:26-	00:30-	01:07+	02:53+	02:01-	00:33+
00:00=	01:55&	01:07-	00:05+	00:13#	02:05&	00:29&	00:02+	02:07-	00:07#	00:01-	00:10+	00:04-	00:07-	00:11-	00:01+	00:02-	00:03-	00:05+	00:36&	00:03-	00:01+

3 Helene Lie

3565

35:46

01:08+	02:28-	04:54-	06:06-	08:16-	12:58+	15:51+	16:39+	18:59+	19:59+	20:33+	23:54+	25:45+	26:07+	27:21+	28:16+	28:50+	29:25+	30:34+	33:14+	35:13+	35:46+
01:08+	01:20-	02:26-	01:12+	02:10+	04:42+	02:53+	00:48+	02:20-	01:00+	00:34+	03:21+	01:51+	00:22-	01:14=	00:55+	00:34+	00:35+	01:09+	02:40+	01:59-	00:33+
00:10#	00:37-	00:42-	00:16&	00:33&	01:43&	01:03&	00:15&	01:47-	00:12#	00:05#	00:38#	00:04+	00:04-	00:00=	00:07#	00:06#	00:02+	00:07#	00:23#	00:05-	00:01+

4 Helen Haneferd

882

35:47

01:10+	03:04+	05:13-	06:19-	08:25-	11:57+	15:32+	16:16+	18:29+	19:26+	19:56+	23:35+	25:44+	26:14+	27:34+	28:26+	28:55+	29:27+	30:39+	32:47+	35:09+	35:47+
01:10+	01:54-	02:09-	01:06+	02:06+	03:32+	03:35+	00:44+	02:13-	00:57+	00:30+	03:39+	02:09+	00:30+	01:20+	00:52+	00:29+	00:32-	01:12+	02:08-	02:22+	00:38+
00:12#	00:03-	00:59-	00:10#	00:29&	00:33#	01:45&	00:11&	01:54-	00:09#	00:01+	00:56&	00:22#	00:04#	00:06+	00:04+	00:01+	00:01-	00:10#	00:09-	00:18#	00:06#

5 Ingunn Anda Haug

2342

36:01

01:14+	02:54-	05:06-	06:30-	08:50+	12:35+	14:53+	15:35+	17:52-	18:49-	19:29+	22:59+	25:13+	25:36+	26:55+	27:54+	28:30+	29:10+	30:30+	33:26+	35:21+	36:01+
01:14+	01:40-	02:12-	01:24+	02:20+	03:45+	02:18+	00:42+	02:17-	00:57+	00:40+	03:30+	02:14+	00:23-	01:19+	00:59+	00:36+	00:40+	01:20+	02:56+	01:55-	00:40+
00:16&	00:17-	00:56-	00:28&	00:43&	00:46&	00:28&	00:09&	01:50-	00:09#	00:11&	00:47&	00:27&	00:03-	00:05+	00:11#	00:08&	00:07#	00:18&	00:39&	00:09-	00:08#

6 Randi Ladsten

879

37:48

01:16+	03:34+	05:54-	07:01+	09:14+	13:10+	15:27+	16:08+	18:22+	19:20+	19:51+	23:33+	25:31+	26:19+	27:38+	28:33+	29:05+	29:43+	31:20+	34:55+	37:11+	37:48+
01:16+	02:18+	02:20-	01:07+	02:13+	03:56+	02:17+	00:41+	02:14-	00:58+	00:31+	03:42+	01:58+	00:48+	01:19+	00:55+	00:32+	00:38+	01:37+	03:35+	02:16+	00:37+
00:18&	00:21#	00:48-	00:11#	00:36&	00:57&	00:27#	00:08#	01:53-	00:10#	00:02+	00:59&	00:11#	00:22&	00:05+	00:07#	00:04#	00:05#	00:35&	01:18&	00:12+	00:05#

7 Kathrin Sandstad

3530

40:43

01:23+	02:53-	05:41-	06:48-	09:00+	16:10+	19:31+	20:12+	22:18+	23:14+	23:53+	27:38+	29:52+	30:12+	31:35+	32:36+	33:13+	34:01+	35:34+	37:59+	40:06+	40:43+
01:23+	01:30-	02:48-	01:07+	02:12+	07:10+	03:21+	00:41+	02:06-	00:56+	00:39+	03:45+	02:14+	00:20-	01:23+	01:01+	00:37+	00:48+	01:33+	02:25+	02:07+	00:37+
00:25&	00:27-	00:20-	00:11#	00:35&	04:11@	01:31&	00:08#	02:01-	00:08#	00:10&	01:02&	00:27&	00:06-	00:09#	00:13&	00:09&	00:15&	00:31&	00:08+	00:03+	00:05#

8 Marianne Strøm Uthaug

3551

48:18

05:04+	06:32+	08:57+	10:19+	12:00+	24:00+	26:46+	28:13+	30:09+	30:56+	31:27+	34:22+	36:53+	37:17+	38:53+	40:36+	41:05+	41:31+	43:20+	45:39+	47:50+	48:18+
05:04+	01:28-	02:25-	01:22+	01:41+	12:00+	02:46+	01:27+	01:56-	00:47-	00:31+	02:55+	02:31+	00:24-	01:36+	01:43+	00:29+	00:26-	01:49+	02:19+	02:11+	00:28-
04:06@	00:29-	00:43-	00:26&	00:04+	09:01@	00:56&	00:54@	02:11-	00:01-	00:02+	00:12+	00:44&	00:02-	00:22&	00:55@	00:01+	00:07-	00:47&	00:02+	00:07+	00:04-

9 Ingvild Marthinussen

3524

50:03

06:00+	07:11+	09:34+	11:26+	13:47+	23:01+	25:55+	26:38+	31:09+	32:07+	32:48+	36:53+	38:43+	39:05+	40:11+	41:07+	41:40+	42:14+	43:22+	46:54+	49:22+	50:03+
06:00+	01:11-	02:23-	01:52+	02:21+	09:14+	02:54+	00:43+	04:31+	00:58+	00:41+	04:05+	01:50+	00:22-	01:06-	00:56+	00:33+	00:34+	01:08+	03:32+	02:28+	00:41+
05:02@	00:46-	00:45-	00:56&	00:44&	06:15@	01:04&	00:10&	00:24+	00:10#	00:12&	01:22&	00:03+	00:04-	00:08-	00:08#	00:05#	00:01+	00:06+	01:15&	00:24#	00:09&

10 Anne Lill M. Njå

892

56:35

02:26+	04:06+	06:37+	07:59+	10:22+	14:00+	32:29+	33:16+	35:42+	36:48+	37:21+	41:25+	44:02+	44:31+	45:53+	47:13+	47:44+	48:21+	49:35+	52:59+	55:54+	56:35+
02:26+	01:40-	02:31-	01:22+	02:23+	03:38+	18:29+	00:47+	02:26-	01:06+	00:33+	04:04+	02:37+	00:29+	01:22+	01:20+	00:31+	00:37+	01:14+	03:24+	02:55+	00:41+
01:28@	00:17-	00:37-	00:26&	00:46&	00:39#	16:39@	00:14&	01:41-	00:18&	00:04#	01:21&	00:50&	00:03#	00:08#	00:32&	00:03#	00:04#	00:12#	01:07&	00:51&	00:09&

Damer 40 - 49 år

Beste strekktid for klassen

00:58 01:11 02:01 00:56 01:37 02:59 01:50 00:33 01:56 00:47 00:28 02:43 01:43 00:19 01:03 00:48 00:26 00:26 01:02 02:08 01:55 00:28

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

Damer 50 - 59 år

1	Irene Rummelhoff	1683	33:04																			
01:05=	02:22=	04:14=	05:28=	07:10=	10:34=	12:21=	13:33=	15:09=	16:39=	17:29=	17:59=	21:07=	23:01=	23:23=	24:48=	25:39=	26:09=	26:47=	27:59=	30:39=	32:30=	33:04=
01:05=	01:17=	01:52=	01:14=	01:42=	03:24=	01:47=	01:12=	01:36=	01:30=	00:50=	00:30=	03:08=	01:54=	00:22=	01:25=	00:51=	00:30=	00:38=	01:12=	02:40=	01:51=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Anita Glenne Kallhovd	3502	33:08																			
01:08+	02:38+	04:49+	05:59+	07:38+	11:04+	13:05+	13:41+	15:39+	16:41+	17:11-	20:32+	22:22+	22:43-	23:57+	24:51+	25:22-	25:55-	27:30+	30:40+	32:38+	33:08+	
01:08+	01:30+	02:11+	01:10-	01:39-	03:26+	02:01+	00:36-	01:58+	01:02-	00:30-	03:21+	01:50-	00:21-	01:14+	00:54-	00:31-	00:33+	01:35+	03:10+	01:58-	00:30-	
00:03+	00:13#	00:19#	00:04-	00:03-	00:02+	00:14#	00:36-	00:22#	00:28-	00:20-	02:51@	01:18-	01:33-	00:52@	00:31-	00:20-	00:03+	00:57@	01:58@	00:42-	01:21-	
3	Keth Berggraf	1683	33:36																			
01:07+	02:28+	04:39+	05:54+	07:56+	11:22+	13:40+	14:15+	16:11+	17:07+	17:39+	21:00+	22:44+	23:16+	24:35+	25:28+	26:06+	26:40+	28:00+	31:07+	33:00+	33:36+	
01:07+	01:21+	02:11+	01:15+	02:02+	03:26+	02:18+	00:35-	01:56+	00:56-	00:32-	03:21+	01:44-	00:32-	01:19+	00:53-	00:38-	00:34+	01:20+	03:07+	01:53-	00:36-	
00:02+	00:04+	00:19#	00:01+	00:20#	00:02+	00:31&	00:37-	00:20#	00:34-	00:18-	02:51@	01:24-	01:22-	00:57@	00:32-	00:13-	00:04#	00:42@	01:55@	00:47-	01:15-	
4	Tone Cecilie Nystrom	874	34:15																			
01:18+	03:09+	05:26+	06:43+	08:42+	12:17+	14:38+	15:22+	17:39+	18:40+	19:19+	22:25+	24:17+	24:38+	26:15+	27:08+	27:42+	28:20+	29:28+	31:40+	33:36+	34:15+	
01:18+	01:51+	02:17+	01:17+	01:59+	03:35+	02:21+	00:44-	02:17+	01:01-	00:39-	03:06+	01:52-	00:21-	01:37+	00:53-	00:34-	00:38+	01:08+	02:12+	01:56-	00:39-	
00:13#	00:34&	00:25#	00:03+	00:17#	00:11+	00:34&	00:28-	00:41&	00:29-	00:11-	02:36@	01:16-	01:33-	01:15@	00:32-	00:17-	00:08&	00:30&	01:00&	00:44-	01:12-	
5	Trude Hermanrud	896	35:55																			
01:15+	02:41+	05:09+	06:14+	08:33+	12:42+	15:14+	15:58+	18:22+	19:26+	20:04+	23:42+	25:57+	26:25+	27:47+	28:40+	29:13+	29:52+	31:09+	33:16+	35:20+	35:55+	
01:15+	01:26+	02:28+	01:05-	02:19+	04:09+	02:32+	00:44-	02:24+	01:04-	00:38-	03:38+	02:15-	00:28-	01:22+	00:53-	00:33-	00:39+	01:17+	02:07+	02:04-	00:35-	
00:10#	00:09#	00:36&	00:09-	00:37&	00:45#	00:45&	00:28-	00:48&	00:26-	00:12-	03:08@	00:53-	01:26-	01:00@	00:32-	00:18-	00:09&	00:39@	00:55&	00:36-	01:16-	
6	Torill Andersen	1683	36:32																			
01:47+	03:24+	05:50+	07:15+	09:18+	12:52+	15:55+	16:32+	18:56+	19:54+	20:30+	24:21+	26:18+	26:39+	28:29+	29:25+	29:57+	30:39+	31:51+	33:54+	35:56+	36:32+	
01:47+	01:37+	02:26+	01:25+	02:03+	03:34+	03:03+	00:37-	02:24+	00:58-	00:36-	03:51+	01:57-	00:21-	01:50+	00:56-	00:32-	00:42+	01:12+	02:03+	02:02-	00:36-	
00:42&	00:20&	00:34&	00:11#	00:21#	00:10+	01:16&	00:35-	00:48&	00:32-	00:14-	03:21@	01:11-	01:33-	01:28@	00:29-	00:19-	00:12&	00:34&	00:51&	00:38-	01:15-	
7	Iren Undheim Øgreid	769	36:57																			
01:03-	02:52+	04:45+	05:56+	08:24+	13:58+	16:30+	17:06+	19:46+	20:47+	21:19+	24:35+	26:19+	26:45+	28:01+	28:53+	29:28+	30:05+	31:05+	34:15+	36:23+	36:57+	
01:03-	01:49+	01:53+	01:11-	02:28+	05:34+	02:32+	00:36-	02:40+	01:01-	00:32-	03:16+	01:44-	00:26-	01:16+	00:52-	00:35-	00:37+	01:00+	03:10+	02:08-	00:34-	
00:02-	00:32&	00:01+	00:03-	00:46&	02:10&	00:45&	00:36-	01:04&	00:29-	00:18-	02:46@	01:24-	01:28-	00:54@	00:33-	00:16-	00:07#	00:22&	01:58@	00:32-	01:17-	
8	Gerd Olaug Vikeså	1758	37:16																			
01:17+	03:06+	05:41+	06:54+	08:50+	13:39+	17:37+	18:10+	20:19+	21:13+	21:44+	25:03+	27:03+	27:33+	28:49+	29:43+	30:17+	30:54+	32:04+	34:34+	36:42+	37:16+	
01:17+	01:49+	02:35+	01:13-	01:56+	04:49+	03:58+	00:33-	02:09+	00:54-	00:31-	03:19+	02:00-	00:30-	01:16+	00:54-	00:34-	00:37+	01:10+	02:30+	02:08-	00:34-	
00:12#	00:32&	00:43&	00:01-	00:14#	01:25&	02:11@	00:39-	00:33&	00:36-	00:19-	02:49@	01:08-	01:24-	00:54@	00:31-	00:17-	00:07#	00:32&	01:18@	00:32-	01:17-	
9	Elisabeth Melbø	879	38:26																			
02:09+	03:32+	05:45+	07:01+	08:53+	14:46+	16:48+	17:25+	20:15+	21:21+	21:55+	25:05+	26:55+	27:19+	28:37+	29:33+	30:13+	31:52+	33:03+	35:45+	37:48+	38:26+	
02:09+	01:23+	02:13+	01:16+	01:52+	05:53+	02:02+	00:37-	02:50+	01:06-	00:34-	03:10+	01:50-	00:24-	01:18+	00:56-	00:40-	01:39+	01:11+	02:42+	02:03-	00:38-	
01:04&	00:06+	00:21#	00:02+	00:10+	02:29&	00:15#	00:35-	01:14&	00:24-	00:16-	02:40@	01:18-	01:30-	00:56@	00:29-	00:11-	01:09@	00:33&	01:30@	00:37-	01:13-	
10	Margrethe Roalsø	1884	38:57																			
01:18+	02:29+	04:41+	08:25+	10:10+	16:15+	19:15+	19:41+	21:54+	23:13+	23:42+	26:47+	28:42+	29:04+	30:07+	31:18+	31:48+	32:23+	33:40+	36:23+	38:22+	38:57+	
01:18+	01:11-	02:12+	03:44+	01:45+	06:05+	03:00+	00:26-	02:13+	01:19-	00:29-	03:05+	01:55-	00:22-	01:03+	01:11-	00:30-	00:35+	01:17+	02:43+	01:59-	00:35-	
00:13#	00:06-	00:20#	02:30@	00:03+	02:41&	01:13&	00:46-	00:37&	00:11-	00:21-	02:35@	01:13-	01:32-	00:41@	00:14-	00:21-	00:05#	00:39@	01:31@	00:41-	01:16-	
11	Marianne Fuglestad	896	39:02																			
01:00-	02:22=	04:21+	05:37+	07:31+	13:21+	17:54+	18:31+	23:58+	24:54+	25:20+	28:28+	30:08+	30:28+	31:44+	32:32+	32:59+	33:39+	34:50+	36:38+	38:27+	39:02+	
01:00-	01:22+	01:59+	01:16+	01:54+	05:50+	04:33+	00:37-	05:27+	00:56-	00:26-	03:08+	01:40-	00:20-	01:16+	00:48-	00:27-	00:40+	01:11+	01:48+	01:49-	00:35-	
00:05-	00:05+	00:07+	00:02+	00:12#	02:26&	02:46@	00:35-	03:51@	00:34-	00:24-	02:38@	01:28-	01:34-	00:54@	00:37-	00:24-	00:10&	00:33&	00:36&	00:51-	01:16-	
12	Toril Dahle	1683	40:26																			
01:25+	03:08+	05:40+	06:57+	09:14+	13:25+	16:25+	17:10+	19:14+	20:09+	20:42+	24:01+	26:03+	26:25+	28:15+	29:09+	29:44+	30:26+	31:38+	37:38+	39:46+	40:26+	
01:25+	01:43+	02:32+	01:17+	02:17+	04:11+	03:00+	00:45-	02:04+	00:55-	00:33-	03:19+	02:02-	00:22-	01:50+	00:54-	00:35-	00:42+	01:12+	06:00+	02:08-	00:40-	
00:20&	00:26&	00:40&	00:03+	00:35&	00:47#	01:13&	00:27-	00:28&	00:35-	00:17-	02:49@	01:06-	01:32-	01:28@	00:31-	00:16-	00:12&	00:34&	04:48@	00:32-	01:11-	

Damer 50 - 59 år

13	Tonje Tiley	882																		40:40	
01:19+	03:02+	05:15+	06:31+	08:30+	14:14+	16:42+	17:26+	19:42+	20:38+	21:17+	25:09+	27:16+	27:42+	29:03+	30:27+	31:06+	31:44+	33:47+	37:52+	40:05+	40:40+
01:19+	01:43+	02:13+	01:16+	01:59+	05:44+	02:28+	00:44-	02:16+	00:56-	00:39-	03:52+	02:07-	00:26-	01:21+	01:24-	00:39-	00:38+	02:03+	04:05+	02:13-	00:35-
00:14#	00:26#	00:21#	00:02+	00:17#	02:20#	00:41#	00:28-	00:40#	00:34-	00:11-	03:22#	01:01-	01:28-	00:59#	00:01-	00:12-	00:08#	01:25#	02:53#	00:27-	01:16-
14	Åse Sellereite	882																		44:08	
02:00+	03:35+	05:46+	06:58+	09:47+	15:22+	18:57+	19:40+	22:21+	23:21+	24:03+	27:50+	30:27+	30:43+	32:04+	33:21+	33:56+	34:31+	36:34+	40:56+	43:23+	44:08+
02:00+	01:35+	02:11+	01:12+	02:49+	05:35+	03:35+	00:43+	02:41+	01:00+	00:42+	03:47+	02:37+	00:16+	01:21+	01:17+	00:35+	00:35+	02:03+	04:22+	02:27+	00:45+
02:00+	01:35+	02:11+	01:12+	02:49+	05:35+	03:35+	00:43+	02:41+	01:00+	00:42+	03:47+	02:37+	00:16+	01:21+	01:17+	00:35+	00:35+	02:03+	04:22+	02:27+	00:45+
15	Liv Omdal	1683																		44:49	
03:28+	05:14+	07:29+	08:35+	12:01+	17:17+	20:39+	21:30+	24:18+	25:39+	26:18+	29:59+	32:08+	32:40+	33:57+	35:02+	35:37+	36:16+	37:33+	41:14+	44:10+	44:49+
03:28+	01:46+	02:15+	01:06+	03:26+	05:16+	03:22+	00:51+	02:48+	01:21+	00:39+	03:41+	02:09+	00:32+	01:17+	01:05+	00:35+	00:39+	01:17+	03:41+	02:56+	00:39+
03:28+	01:46+	02:15+	01:06+	03:26+	05:16+	03:22+	00:51+	02:48+	01:21+	00:39+	03:41+	02:09+	00:32+	01:17+	01:05+	00:35+	00:39+	01:17+	03:41+	02:56+	00:39+
16	Hilde Frøytlog Karlsen	1284																		45:01	
01:30+	03:31+	06:33+	08:15+	10:31+	15:40+	18:42+	19:43+	22:41+	23:59+	24:42+	29:04+	31:15+	31:52+	33:41+	34:43+	35:27+	36:13+	37:34+	41:44+	44:20+	45:01+
01:30+	02:01+	03:02+	01:42+	02:16+	05:09+	03:02+	01:01+	02:58+	01:18+	00:43+	04:22+	02:11+	00:37+	01:49+	01:02+	00:44+	00:46+	01:21+	04:10+	02:36+	00:41+
01:30+	02:01+	03:02+	01:42+	02:16+	05:09+	03:02+	01:01+	02:58+	01:18+	00:43+	04:22+	02:11+	00:37+	01:49+	01:02+	00:44+	00:46+	01:21+	04:10+	02:36+	00:41+
17	Gøril Braut Aarsand	2539																		45:07	
01:40+	03:16+	05:49+	07:22+	09:34+	15:39+	18:34+	19:21+	21:45+	22:55+	23:36+	27:11+	29:22+	29:49+	31:28+	32:32+	34:38+	35:29+	37:07+	42:29+	44:22+	45:07+
01:40+	01:36+	02:33+	01:33+	02:12+	06:05+	02:55+	00:47+	02:24+	01:10+	00:41+	03:35+	02:11+	00:27+	01:39+	01:04+	02:06+	00:51+	01:38+	05:22+	01:53+	00:45+
01:40+	01:36+	02:33+	01:33+	02:12+	06:05+	02:55+	00:47+	02:24+	01:10+	00:41+	03:35+	02:11+	00:27+	01:39+	01:04+	02:06+	00:51+	01:38+	05:22+	01:53+	00:45+
18	Ingjerd Haddeland	3507																		45:14	
01:21+	03:08+	05:52+	07:29+	09:20+	13:00+	16:00+	16:50+	19:28+	20:31+	21:05+	24:52+	27:28+	28:07+	29:21+	30:19+	31:00+	31:56+	33:19+	42:00+	44:32+	45:14+
01:21+	01:47+	02:44+	01:37+	01:51+	03:40+	03:00+	00:50+	02:38+	01:03+	00:34+	03:47+	02:36+	00:39+	01:14+	00:58+	00:41+	00:56+	01:23+	08:41+	02:32+	00:42+
01:21+	01:47+	02:44+	01:37+	01:51+	03:40+	03:00+	00:50+	02:38+	01:03+	00:34+	03:47+	02:36+	00:39+	01:14+	00:58+	00:41+	00:56+	01:23+	08:41+	02:32+	00:42+
19	Andrea Tapken	3529																		45:33	
01:32+	03:33+	05:50+	07:45+	10:24+	15:06+	21:18+	21:59+	24:43+	25:58+	26:40+	30:32+	32:36+	33:06+	34:42+	36:12+	36:54+	37:42+	39:02+	42:03+	44:53+	45:33+
01:32+	02:01+	02:17+	01:55+	02:39+	04:42+	06:12+	00:41+	02:44+	01:15+	00:42+	03:52+	02:04+	00:30+	01:36+	01:30+	00:42+	00:48+	01:20+	03:01+	02:50+	00:40+
01:32+	02:01+	02:17+	01:55+	02:39+	04:42+	06:12+	00:41+	02:44+	01:15+	00:42+	03:52+	02:04+	00:30+	01:36+	01:30+	00:42+	00:48+	01:20+	03:01+	02:50+	00:40+
20	Turid Eikebu Alfsen	1683																		46:17	
01:39+	04:42+	07:31+	08:57+	11:17+	18:31+	21:05+	21:52+	24:53+	26:38+	27:11+	30:55+	33:09+	33:44+	36:16+	37:09+	37:43+	38:23+	40:04+	43:26+	45:40+	46:17+
01:39+	03:03+	02:49+	01:26+	02:20+	07:14+	02:34+	00:47+	03:01+	01:45+	00:33+	03:44+	02:14+	00:35+	02:32+	00:53+	00:34+	00:40+	01:41+	03:22+	02:14+	00:37+
01:39+	03:03+	02:49+	01:26+	02:20+	07:14+	02:34+	00:47+	03:01+	01:45+	00:33+	03:44+	02:14+	00:35+	02:32+	00:53+	00:34+	00:40+	01:41+	03:22+	02:14+	00:37+
21	Marianne Gjesdal Lyngås	892																		48:33	
01:55+	03:59+	07:29+	09:07+	12:08+	19:54+	23:44+	24:25+	27:18+	28:30+	29:06+	33:05+	35:36+	36:13+	37:51+	39:03+	39:42+	40:18+	41:45+	45:15+	47:49+	48:33+
01:55+	02:04+	03:30+	01:38+	03:01+	07:46+	03:50+	00:41+	02:53+	01:12+	00:36+	03:59+	02:31+	00:37+	01:38+	01:12+	00:39+	00:36+	01:27+	03:30+	02:34+	00:44+
01:55+	02:04+	03:30+	01:38+	03:01+	07:46+	03:50+	00:41+	02:53+	01:12+	00:36+	03:59+	02:31+	00:37+	01:38+	01:12+	00:39+	00:36+	01:27+	03:30+	02:34+	00:44+
22	Berit Brandsberg	3502																		48:46	
01:17+	02:37+	05:22+	06:45+	08:46+	15:16+	19:42+	20:43+	24:02+	25:18+	25:53+	29:14+	32:41+	32:56+	34:29+	35:32+	36:05+	36:55+	38:23+	42:06+	45:07+	45:41+
01:17+	01:20+	02:45+	01:23+	02:01+	06:30+	04:26+	01:01+	03:19+	01:16+	00:35+	03:21+	03:27+	00:15+	01:33+	01:03+	00:33+	00:50+	01:28+	03:43+	03:01+	00:34+
01:17+	01:20+	02:45+	01:23+	02:01+	06:30+	04:26+	01:01+	03:19+	01:16+	00:35+	03:21+	03:27+	00:15+	01:33+	01:03+	00:33+	00:50+	01:28+	03:43+	03:01+	00:34+
23	Tove Irene Asheim	1683																		50:02	
01:47+	03:22+	06:50+	08:24+	10:52+	17:04+	20:48+	21:46+	25:30+	26:48+	27:34+	32:00+	34:30+	35:04+	36:40+	37:56+	39:29+	40:07+	41:34+	46:39+	49:22+	50:02+
01:47+	01:35+	03:28+	01:34+	02:28+	06:12+	03:44+	00:58+	03:44+	01:18+	00:46+	04:26+	02:30+	00:34+	01:36+	01:16+	01:33+	00:38+	01:27+	05:05+	02:43+	00:40+
01:47+	01:35+	03:28+	01:34+	02:28+	06:12+	03:44+	00:58+	03:44+	01:18+	00:46+	04:26+	02:30+	00:34+	01:36+	01:16+	01:33+	00:38+	01:27+	05:05+	02:43+	00:40+
24	Siw Gjerdingen	3676																		1:32:03	
03:19+	07:25+	12:09+	15:43+	23:46+	31:54+	37:59+	39:14+	43:30+	45:21+	46:14+	66:23+	69:25+	69:55+	71:48+	73:09+	74:04+	74:54+	76:53+	86:25+	91:00+	92:03+
03:19+	04:06+	04:44+	03:34+	08:03+	08:08+	06:05+	01:15+	04:16+	01:51+	00:53+	20:09+	03:02+	00:30+	01:53+	01:21+	00:55+	00:50+	01:59+	09:32+	04:35+	01:03+
03:19+	04:06+	04:44+	03:34+	08:03+	08:08+	06:05+	01:15+	04:16+	01:51+	00:53+	20:09+	03:02+	00:30+	01:53+	01:21+	00:55+	00:50+	01:59+	09:32+	04:35+	01:03+

Beste strekketid for klassen

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

Damer 60 - 64 år

Damer 60 - 64 år

1	Elisabeth Christie Ørke	722	30:32															
00:38=	01:39=	03:35=	04:39=	06:30=	08:53=	10:54=	14:14=	16:10=	17:07=	18:24=	19:37=	21:32=	22:49=	23:27=	24:26=	27:16=	28:45=	30:32=
00:38=	01:01=	01:56=	01:04=	01:51=	02:23=	02:01=	03:20=	01:56=	00:57=	01:17=	01:13=	01:55=	01:17=	00:38=	00:59=	02:50=	01:29=	01:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Nina Christiansen	722	34:35															
00:39+	01:31+	04:24+	05:58+	07:56+	10:10+	12:41+	15:23+	17:41+	18:41+	19:42+	21:08+	23:49+	25:27+	26:13+	27:20+	31:05+	33:14+	34:35+
00:39+	00:52+	02:53+	01:34+	01:58+	02:14+	02:31+	02:42+	02:18+	01:00+	01:01+	01:26+	02:41+	01:38+	00:46+	01:07+	03:45+	02:09+	01:21+
00:39+	00:52+	02:53+	01:34+	01:58+	02:14+	02:31+	02:42+	02:18+	01:00+	01:01+	01:26+	02:41+	01:38+	00:46+	01:07+	03:45+	02:09+	01:21+
3	Mona Berntsen	1832	39:36															
02:51+	03:48+	07:25+	09:20+	11:17+	13:36+	16:54+	20:21+	22:44+	23:59+	25:18+	27:00+	30:14+	31:41+	32:29+	33:46+	36:24+	38:26+	39:36+
02:51+	00:57+	03:37+	01:55+	01:57+	02:19+	03:18+	03:27+	02:23+	01:15+	01:19+	01:42+	03:14+	01:27+	00:48+	01:17+	02:38+	02:02+	01:10+
02:51+	00:57+	03:37+	01:55+	01:57+	02:19+	03:18+	03:27+	02:23+	01:15+	01:19+	01:42+	03:14+	01:27+	00:48+	01:17+	02:38+	02:02+	01:10+
4	Anne-Siv Gjertsen	882	41:01															
01:14+	02:16+	04:11+	07:06+	08:58+	11:01+	18:18+	21:26+	24:16+	25:28+	26:36+	28:30+	30:50+	32:10+	33:01+	34:16+	37:56+	39:55+	41:01+
01:14+	01:02+	01:55+	02:55+	01:52+	02:03+	07:17+	03:08+	02:50+	01:12+	01:08+	01:54+	02:20+	01:20+	00:51+	01:15+	03:40+	01:59+	01:06+
01:14+	01:02+	01:55+	02:55+	01:52+	02:03+	07:17+	03:08+	02:50+	01:12+	01:08+	01:54+	02:20+	01:20+	00:51+	01:15+	03:40+	01:59+	01:06+
5	Eli Tjåland Stokka	1141	42:09															
00:59+	02:19+	05:08+	07:19+	09:48+	12:32+	15:47+	19:13+	21:32+	22:56+	24:30+	26:46+	30:08+	31:53+	32:42+	34:04+	38:16+	40:59+	42:09+
00:59+	01:20+	02:49+	02:11+	02:29+	02:44+	03:15+	03:26+	02:19+	01:24+	01:34+	02:16+	03:22+	01:45+	00:49+	01:22+	04:12+	02:43+	01:10+
00:59+	01:20+	02:49+	02:11+	02:29+	02:44+	03:15+	03:26+	02:19+	01:24+	01:34+	02:16+	03:22+	01:45+	00:49+	01:22+	04:12+	02:43+	01:10+
6	Ingrid E. I. Øxnevad	3516	46:03															
00:44+	01:39+	04:01+	06:14+	08:47+	11:02+	16:32+	19:29+	22:05+	23:09+	24:21+	26:30+	30:57+	32:42+	33:28+	34:32+	37:34+	44:41+	46:03+
00:44+	00:55+	02:22+	02:13+	02:33+	02:15+	05:30+	02:57+	02:36+	01:04+	01:12+	02:09+	04:27+	01:45+	00:46+	01:04+	03:02+	07:07+	01:22+
00:44+	00:55+	02:22+	02:13+	02:33+	02:15+	05:30+	02:57+	02:36+	01:04+	01:12+	02:09+	04:27+	01:45+	00:46+	01:04+	03:02+	07:07+	01:22+
7	Ellinor Nesse	1683	49:18															
00:58+	03:03+	06:18+	11:12+	13:41+	16:19+	22:43+	25:50+	28:43+	30:27+	31:49+	34:05+	37:04+	39:05+	40:01+	41:25+	45:46+	48:04+	49:18+
00:58+	02:05+	03:15+	04:54+	02:29+	02:38+	06:24+	03:07+	02:53+	01:44+	01:22+	02:16+	02:59+	02:01+	00:56+	01:24+	04:21+	02:18+	01:14+
00:58+	02:05+	03:15+	04:54+	02:29+	02:38+	06:24+	03:07+	02:53+	01:44+	01:22+	02:16+	02:59+	02:01+	00:56+	01:24+	04:21+	02:18+	01:14+
8	Kari Anstensrud	896	53:30															
01:08+	02:15+	04:18+	06:06+	12:01+	14:26+	22:49+	25:30+	28:34+	29:48+	31:26+	34:00+	37:59+	39:20+	40:25+	45:57+	49:41+	51:56+	53:30+
01:08+	01:07+	02:03+	01:48+	05:55+	02:25+	08:23+	02:41+	03:04+	01:14+	01:38+	02:34+	03:59+	01:21+	01:05+	05:32+	03:44+	02:15+	01:34+
01:08+	01:07+	02:03+	01:48+	05:55+	02:25+	08:23+	02:41+	03:04+	01:14+	01:38+	02:34+	03:59+	01:21+	01:05+	05:32+	03:44+	02:15+	01:34+
9	Marianne Høie	1683	57:08															
02:29+	04:08+	08:01+	10:11+	13:24+	16:07+	21:24+	25:46+	30:09+	32:04+	33:35+	36:05+	40:53+	42:42+	44:26+	46:25+	52:27+	55:31+	57:08+
02:29+	01:39+	03:53+	02:10+	03:13+	02:43+	05:17+	04:22+	04:23+	01:55+	01:31+	02:30+	04:48+	01:49+	01:44+	01:59+	06:02+	03:04+	01:37+
02:29+	01:39+	03:53+	02:10+	03:13+	02:43+	05:17+	04:22+	04:23+	01:55+	01:31+	02:30+	04:48+	01:49+	01:44+	01:59+	06:02+	03:04+	01:37+

Beste strekktid for klassen

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

Damer 65 - 69 år

1	May Meling	593	36:54															
00:49=	02:10=	04:26=	06:31=	08:13=	10:25=	13:24=	15:58=	19:45=	20:45=	21:58=	24:00=	26:27=	27:47=	28:32=	29:42=	33:39=	35:42=	36:54=
00:49=	01:21=	02:16=	02:05=	01:42=	02:12=	02:59=	02:34=	03:47=	01:00=	01:13=	02:02=	02:27=	01:20=	00:45=	01:10=	03:57=	02:03=	01:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Eik	1830	37:05															
01:09+	02:11+	04:29+	07:35+	10:45+	12:53+	16:36+	18:45+	21:06+	22:16+	23:40+	25:24+	27:50+	29:13+	30:04+	31:26+	33:46+	35:52+	37:05+
01:09+	01:02+	02:18+	03:06+	03:10+	02:08+	03:43+	02:09+	02:21+	01:10+	01:24+	01:44+	02:26+	01:23+	00:51+	01:22+	02:20+	02:06+	01:13+
00:20#	00:19-	00:02+	01:01#	01:28#	00:04-	00:44#	00:25-	01:26-	00:10#	00:11#	00:18-	00:01-	00:03+	00:06#	00:12#	01:37-	00:03+	00:01+
3	Eli Frafjord	1141	37:27															
01:10+	02:18+	04:28+	06:17-	08:17+	11:00+	15:55+	18:35+	21:01+	22:21+	23:52+	25:47+	28:28+	29:44+	30:31+	31:45+	34:12+	36:14+	37:27+
01:10+	01:08-	02:10-	01:49-	02:00+	02:43+	04:55+	02:40+	02:26-	01:20+	01:31+	01:55-	02:41+	01:16-	00:47+	01:14+	02:27-	02:02-	01:13+
00:21#	00:13-	00:06-	00:16-	00:18#	00:31#	01:56#	00:06+	01:21-	00:20#	00:18#	00:07-	00:14+	00:04-	00:02+	00:04+	01:30-	00:01-	00:01+

Class	Navn	Klasse	Tid
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Damer 65 - 69 år

4	Vigdis Løseth	722	41:49																
00:50+	02:06-	04:06-	06:40+	08:50+	11:30+	15:37+	18:12+	21:31+	23:10+	24:29+	26:00+	28:36+	29:54+	30:51+	34:07+	38:08+	40:19+	41:49+	
00:50+	01:16-	02:00-	02:34+	02:10+	02:40+	04:07+	02:35+	03:19-	01:39+	01:19+	01:31-	02:36+	01:18-	00:57+	03:16+	04:01+	02:11+	01:30+	
00:01+	00:05-	00:16-	00:29#	00:28&	00:28#	01:08&	00:01+	00:28-	00:39&	00:06+	00:31-	00:09+	00:02-	00:12&	02:06&	00:04+	00:08+	00:18#	
5	Berit Bakken	1884	42:53																
01:40+	03:30+	05:47+	08:12+	10:37+	13:10+	20:04+	23:03+	25:49+	27:05+	28:20+	30:24+	32:55+	34:21+	35:23+	36:41+	39:38+	41:43+	42:53+	
01:40+	01:50+	02:17+	02:25+	02:25+	02:33+	06:54+	02:59+	02:46+	01:16+	01:15+	02:04+	02:31+	01:26+	01:02+	01:18+	02:57+	02:05+	01:10+	
01:40+	01:50+	02:17+	02:25+	02:25+	02:33+	06:54+	02:59+	02:46+	01:16+	01:15+	02:04+	02:31+	01:26+	01:02+	01:18+	02:57+	02:05+	01:10+	
6	Marit Karin Skretting Nygård	892	43:43																
01:54+	03:14+	07:15+	09:24+	11:59+	14:44+	19:00+	22:00+	24:37+	26:08+	27:39+	29:19+	32:16+	33:43+	34:34+	35:51+	40:00+	42:18+	43:43+	
01:54+	01:20+	04:01+	02:09+	02:35+	02:45+	04:16+	03:00+	02:37+	01:31+	01:31+	01:40+	02:57+	01:27+	00:51+	01:17+	04:09+	02:18+	01:25+	
01:54+	01:20+	04:01+	02:09+	02:35+	02:45+	04:16+	03:00+	02:37+	01:31+	01:31+	01:40+	02:57+	01:27+	00:51+	01:17+	04:09+	02:18+	01:25+	
7	Margot Asheim	722	44:59																
01:43+	02:38+	06:05+	08:37+	11:29+	14:13+	19:11+	22:52+	25:50+	27:04+	28:38+	31:09+	33:38+	35:02+	36:10+	37:25+	41:23+	43:31+	44:59+	
01:43+	00:55+	03:27+	02:32+	02:52+	02:44+	04:58+	03:41+	02:58+	01:14+	01:34+	02:31+	02:29+	01:24+	01:08+	01:15+	03:58+	02:08+	01:28+	
01:43+	00:55+	03:27+	02:32+	02:52+	02:44+	04:58+	03:41+	02:58+	01:14+	01:34+	02:31+	02:29+	01:24+	01:08+	01:15+	03:58+	02:08+	01:28+	
8	Kari Eva Thiis Blixhavn	3565	50:44																
02:03+	03:43+	06:41+	10:10+	13:20+	17:00+	20:43+	24:32+	28:38+	30:21+	32:04+	34:33+	38:01+	40:07+	41:09+	42:50+	46:23+	49:09+	50:44+	
02:03+	01:40+	02:58+	03:29+	03:10+	03:40+	03:43+	03:49+	04:06+	01:43+	01:43+	02:29+	03:28+	02:06+	01:02+	01:41+	03:33+	02:46+	01:35+	
02:03+	01:40+	02:58+	03:29+	03:10+	03:40+	03:43+	03:49+	04:06+	01:43+	01:43+	02:29+	03:28+	02:06+	01:02+	01:41+	03:33+	02:46+	01:35+	
9	Liv Sissel Obrestad	3529	55:05																
01:38+	03:13+	07:45+	09:40+	12:09+	14:47+	18:07+	21:48+	24:40+	27:47+	29:08+	31:14+	36:20+	37:41+	38:51+	40:45+	50:26+	53:55+	55:05+	
01:38+	01:35+	04:32+	01:55+	02:29+	02:38+	03:20+	03:41+	02:52+	03:07+	01:21+	02:06+	05:06+	01:21+	01:10+	01:54+	09:41+	03:29+	01:10+	
01:38+	01:35+	04:32+	01:55+	02:29+	02:38+	03:20+	03:41+	02:52+	03:07+	01:21+	02:06+	05:06+	01:21+	01:10+	01:54+	09:41+	03:29+	01:10+	
10	Åse Jacobsen Kro	879	1:18:50																
01:05+	02:45+	11:34+	16:06+	20:46+	24:36+	33:21+	51:25+	54:45+	60:08+	61:35+	63:00+	64:30+	67:29+	68:52+	69:40+	70:59+	75:03+	77:23+	78:50+
01:05+	01:40+	08:49+	04:32+	04:40+	03:50+	08:45+	18:04+	03:20+	05:23+	01:27+	01:25+	01:30+	02:59+	01:23+	00:48+	01:19+	04:04+	02:20+	01:27+
01:05+	01:40+	08:49+	04:32+	04:40+	03:50+	08:45+	18:04+	03:20+	05:23+	01:27+	01:25+	01:30+	02:59+	01:23+	00:48+	01:19+	04:04+	02:20+	01:27+

Beste strekktid for klassen

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

Damer 70 - 74 år

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

Beste strekktid for klassen

00:56 00:57 03:15 02:45 02:25 02:38 04:01 02:55 02:25 01:18 01:24 01:36 02:35 01:28 00:56 01:56 03:41 02:00 01:47

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

Damer 75 - 79 år

Damer 75 - 79 år

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

Beste strekktid for klassen

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	874	51:38																	
00:59=	02:51=	05:18=	07:10=	10:59=	13:00=	16:12=	19:10=	23:15=	24:42=	27:35=	31:32=	34:01=	35:23=	36:54=	37:54=	41:05=	45:41=	49:01=	51:12=	51:38=
00:59=	01:52=	02:27=	01:52=	03:49=	02:01=	03:12=	02:58=	04:05=	01:27=	02:53=	03:57=	02:29=	01:22=	01:31=	01:00=	03:11=	04:36=	03:20=	02:11=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen																				
00:59	01:52	02:27	01:52	03:49	02:01	03:12	02:58	04:05	01:27	02:53	03:57	02:29	01:22	01:31	01:00	03:11	04:36	03:20	02:11	00:26

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

Damer A

1	Aud Hognestad Taksdal	892	32:13																						
02:09=	03:40=	05:06=	06:13=	07:14=	09:11=	09:53=	10:30=	11:15=	13:31=	14:44=	15:10=	16:40=	17:16=	17:39=	19:53=	21:28=	22:16=	22:54=	23:34=	25:13=	25:53=	26:40=	28:49=	30:20=	31:28=
02:09=	01:31=	01:26=	01:07=	01:01=	01:57=	00:42=	00:37=	00:45=	02:16=	01:13=	00:26=	01:30=	00:36=	00:23=	02:14=	01:35=	00:48=	00:38=	00:40=	01:39=	00:40=	00:47=	02:09=	01:31=	01:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
32:13=																									
00:45=																									
00:00=																									
2	Clare Leveridge	877	37:02																						
01:43-	03:15-	04:51-	06:05-	07:12-	09:26+	10:08+	10:50+	11:44+	14:15+	16:01+	16:33+	18:11+	18:54+	19:19+	21:59+	23:49+	24:54+	25:41+	26:28+	28:26+	29:14+	30:09+	32:44+	34:22+	36:15+
01:43-	01:32+	01:36+	01:14+	01:07+	02:14+	00:42=	00:42+	00:54+	02:31+	01:46+	00:32+	01:38+	00:43+	00:25+	02:40+	01:50+	01:05+	00:47+	00:47+	01:58+	00:48+	00:55+	02:35+	01:38+	01:53+
00:26-	00:01+	00:10#	00:07#	00:06+	00:17#	00:00=	00:05#	00:09#	00:15#	00:33&	00:06#	00:08+	00:07#	00:02+	00:26#	00:15#	00:17&	00:09#	00:07#	00:19#	00:08#	00:08#	00:26#	00:07+	00:45&
37:02+																									
00:47+																									
00:02+																									

Damer A

3	Katrine Haaland Leveraas	896	39:33																						
02:58+	05:29+	07:14+	08:36+	09:46+	11:49+	12:36+	13:17+	14:09+	16:06+	17:44+	18:13+	19:52+	20:51+	21:17+	23:32+	25:12+	26:07+	26:49+	27:51+	29:59+	30:38+	31:46+	35:08+	37:38+	38:47+
02:58+	02:31+	01:45+	01:22+	01:10+	02:03+	00:47+	00:41+	00:52+	01:57-	01:38+	00:29+	01:39+	00:59+	00:26+	02:15+	01:40+	00:55+	00:42+	01:02+	02:08+	00:39-	01:08+	03:22+	02:30+	01:09+
00:49&	01:00&	00:19#	00:15#	00:09#	00:06+	00:05#	00:04#	00:07#	00:19-	00:25&	00:03#	00:09+	00:23&	00:03#	00:01+	00:05+	00:07#	00:04#	00:22&	00:29&	00:01-	00:21&	01:13&	00:59&	00:01+
39:33+																									
00:46+																									
00:01+																									

4	Matilde Skjæveland Skår	3486	40:08																						
02:22+	03:50+	05:29+	06:44+	07:57+	10:02+	10:40+	11:22+	12:12+	15:30+	17:32+	18:00+	19:56+	21:06+	21:31+	24:11+	25:58+	26:51+	27:36+	28:28+	30:27+	31:41+	32:53+	35:30+	37:19+	39:23+
02:22+	01:28+	01:39+	01:15+	01:13+	02:05+	00:38+	00:42+	00:50+	03:18+	02:02+	00:28+	01:56+	01:10+	00:25+	02:40+	01:47+	00:53+	00:45+	00:52+	01:59+	01:14+	01:12+	02:37+	01:49+	02:04+
02:22+	01:28+	01:39+	01:15+	01:13+	02:05+	00:38+	00:42+	00:50+	03:18+	02:02+	00:28+	01:56+	01:10+	00:25+	02:40+	01:47+	00:53+	00:45+	00:52+	01:59+	01:14+	01:12+	02:37+	01:49+	02:04+
40:08+																									
00:45+																									
00:45+																									

5	Trine Bolstad Scheie	769	40:21																						
02:05+	03:48+	06:15+	07:44+	08:58+	11:18+	12:03+	12:52+	13:47+	16:27+	18:49+	19:19+	21:00+	21:42+	22:06+	25:09+	27:11+	28:10+	28:56+	29:51+	31:57+	32:45+	34:02+	36:32+	37:37+	39:21+
02:05+	01:43+	02:27+	01:29+	01:14+	02:20+	00:45+	00:49+	00:55+	02:40+	02:22+	00:30+	01:41+	00:42+	00:24+	03:03+	02:02+	00:59+	00:46+	00:55+	02:06+	00:48+	01:17+	02:30+	01:05+	01:44+
02:05+	01:43+	02:27+	01:29+	01:14+	02:20+	00:45+	00:49+	00:55+	02:40+	02:22+	00:30+	01:41+	00:42+	00:24+	03:03+	02:02+	00:59+	00:46+	00:55+	02:06+	00:48+	01:17+	02:30+	01:05+	01:44+
40:21+																									
01:00+																									
01:00+																									

6	Ane Helgerud	3516	41:12																						
02:28+	03:56+	06:07+	07:18+	08:20+	10:29+	11:17+	11:55+	12:31+	13:57+	16:28+	18:02+	18:26+	19:27+	20:25+	21:04+	21:28+	23:53+	25:35+	26:30+	27:11+	27:52+	31:00+	33:01+	35:01+	37:18+
02:28+	01:28+	02:11+	01:11+	01:02+	02:09+	00:48+	00:38+	00:36+	01:26+	02:31+	01:34+	00:24+	01:01+	00:58+	00:39+	00:24+	02:25+	01:42+	00:55+	00:41+	00:41+	03:08+	02:01+	02:00+	02:17+
02:28+	01:28+	02:11+	01:11+	01:02+	02:09+	00:48+	00:38+	00:36+	01:26+	02:31+	01:34+	00:24+	01:01+	00:58+	00:39+	00:24+	02:25+	01:42+	00:55+	00:41+	00:41+	03:08+	02:01+	02:00+	02:17+
39:04+	40:20+	41:12+																							
01:46+	01:16+	00:52+																							
01:46+	01:16+	00:52+																							

7	Wenche Margrethe Sæbbø	896	43:14																						
02:14+	03:46+	05:42+	07:00+	08:28+	10:47+	11:34+	12:24+	13:23+	15:59+	18:06+	18:47+	20:22+	21:08+	21:35+	24:21+	26:24+	27:26+	28:17+	29:11+	32:36+	33:39+	34:27+	35:23+	38:32+	40:15+
02:14+	01:32+	01:56+	01:18+	01:28+	02:19+	00:47+	00:50+	00:59+	02:36+	02:07+	00:41+	01:35+	00:46+	00:27+	02:46+	02:03+	01:02+	00:51+	00:54+	03:25+	01:03+	00:48+	00:56+	03:09+	01:43+
02:14+	01:32+	01:56+	01:18+	01:28+	02:19+	00:47+	00:50+	00:59+	02:36+	02:07+	00:41+	01:35+	00:46+	00:27+	02:46+	02:03+	01:02+	00:51+	00:54+	03:25+	01:03+	00:48+	00:56+	03:09+	01:43+
42:17+	43:14+																								
02:02+	00:57+																								
02:02+	00:57+																								

8	Nina Karlsen	3531	45:30																						
02:00+	03:42+	05:21+	06:58+	08:14+	10:32+	11:27+	12:11+	13:24+	17:16+	20:09+	20:40+	22:24+	23:10+	23:40+	26:40+	28:36+	29:39+	30:28+	31:17+	33:20+	36:12+	37:21+	40:33+	42:56+	44:24+
02:00+	01:42+	01:39+	01:37+	01:16+	02:18+	00:55+	00:44+	01:13+	03:52+	02:53+	00:31+	01:44+	00:46+	00:30+	03:00+	01:56+	01:03+	00:49+	00:49+	02:03+	02:52+	01:09+	03:12+	02:23+	01:28+
02:00+	01:42+	01:39+	01:37+	01:16+	02:18+	00:55+	00:44+	01:13+	03:52+	02:53+	00:31+	01:44+	00:46+	00:30+	03:00+	01:56+	01:03+	00:49+	00:49+	02:03+	02:52+	01:09+	03:12+	02:23+	01:28+
45:30+																									
01:06+																									
01:06+																									

Beste strekktid for klassen

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

Damer B

1	Inger Tone Nygård	3502	31:12																						
01:00=	02:16=	04:03=	04:58=	05:58=	07:37=	08:19=	09:20=	10:11=	13:27=	14:32=	15:14=	15:46=	17:24=	18:06=	18:33=	21:15=	22:51=	23:10=	23:37=	24:50=	25:25=	25:53=	26:41=	27:16=	27:41=
01:00=	01:16=	01:47=	00:55=	01:00=	01:39=	00:42=	01:01=	00:51=	03:16=	01:05=	00:42=	00:32=	01:38=	00:42=	00:27=	02:42=	01:36=	00:19=	00:27=	01:13=	00:35=	00:28=	00:48=	00:35=	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=
28:46=	30:22=	31:12=																							
01:05=	01:36=	00:50=																							
00:00=	00:00=	00:00=																							

Damer B

2	Toyah Bråtveit	1832	33:11																						
01:11+	02:30+	04:16+	05:27+	06:46+	08:45+	10:04+	11:18+	12:07+	14:52+	16:00+	17:03+	17:44+	19:20+	20:01+	20:36+	23:08+	24:39+	25:01+	25:54+	27:02+	27:30+	27:59+	28:43+	29:20+	29:45+
01:11+	01:19+	01:46+	01:11+	01:19+	01:59+	01:19+	01:14+	00:49-	02:45-	01:08+	01:03+	00:41+	01:36-	00:41-	00:35+	02:32-	01:31-	00:22+	00:53+	01:08-	00:28-	00:29+	00:44-	00:37+	00:25=
00:11#	00:03+	00:01-	00:16#	00:19#	00:20#	00:37#	00:13#	00:02-	00:31-	00:03+	00:21#	00:09#	00:02-	00:01-	00:08#	00:10-	00:05-	00:03#	00:26#	00:05-	00:07-	00:01+	00:04-	00:02+	00:00=
30:50+	32:19+	33:11+																							
01:05=	01:29-	00:52+																							
00:00=	00:07-	00:02+																							
3	Lise Isachsen	1384	33:18																						
01:39+	02:54+	04:39+	05:42+	06:49+	08:36+	09:25+	10:36+	11:30+	14:14+	15:22+	16:06+	16:40+	18:51+	20:01+	20:28+	23:22+	24:58+	25:16+	25:39+	26:52+	27:19+	27:49+	28:36+	29:14+	29:41+
01:39+	01:15+	01:45+	01:03+	01:07+	01:47+	00:49+	01:11+	00:54+	02:44+	01:08+	00:44+	00:34+	02:11+	01:10+	00:27+	02:54+	01:36+	00:18+	00:23+	01:13+	00:27+	00:30+	00:47+	00:38+	00:27+
01:39+	01:15+	01:45+	01:03+	01:07+	01:47+	00:49+	01:11+	00:54+	02:44+	01:08+	00:44+	00:34+	02:11+	01:10+	00:27+	02:54+	01:36+	00:18+	00:23+	01:13+	00:27+	00:30+	00:47+	00:38+	00:27+
30:53+	32:17+	33:18+																							
01:12+	01:24+	01:01+																							
01:12+	01:24+	01:01+																							
4	Ann-Cathrin Nybak Urdal	3595	34:47																						
01:00+	02:14+	04:08+	05:24+	06:43+	08:28+	09:17+	10:33+	11:30+	14:17+	15:34+	16:38+	17:09+	18:58+	19:51+	20:22+	23:29+	25:18+	25:42+	26:02+	27:22+	27:52+	28:22+	29:15+	30:09+	30:43+
01:00+	01:14+	01:54+	01:16+	01:19+	01:45+	00:49+	01:16+	00:57+	02:47+	01:17+	01:04+	00:31+	01:49+	00:53+	00:31+	03:07+	01:49+	00:24+	00:20+	01:20+	00:30+	00:30+	00:30+	00:53+	00:34+
01:00+	01:14+	01:54+	01:16+	01:19+	01:45+	00:49+	01:16+	00:57+	02:47+	01:17+	01:04+	00:31+	01:49+	00:53+	00:31+	03:07+	01:49+	00:24+	00:20+	01:20+	00:30+	00:30+	00:30+	00:53+	00:34+
31:48+	33:47+	34:47+																							
01:05+	01:59+	01:00+																							
01:05+	01:59+	01:00+																							
5	Jorunn Johannesen	1683	35:37																						
01:10+	02:19+	04:12+	05:15+	06:30+	08:27+	09:16+	10:33+	11:34+	13:35+	14:45+	15:32+	16:07+	17:51+	18:38+	19:07+	22:03+	23:43+	24:05+	24:26+	26:06+	26:54+	28:41+	29:28+	30:24+	30:49+
01:10+	01:09+	01:53+	01:03+	01:15+	01:57+	00:49+	01:17+	01:01+	02:01+	01:10+	00:47+	00:35+	01:44+	00:47+	00:29+	02:56+	01:40+	00:22+	00:21+	01:40+	00:48+	01:47+	00:47+	00:56+	00:25+
01:10+	01:09+	01:53+	01:03+	01:15+	01:57+	00:49+	01:17+	01:01+	02:01+	01:10+	00:47+	00:35+	01:44+	00:47+	00:29+	02:56+	01:40+	00:22+	00:21+	01:40+	00:48+	01:47+	00:47+	00:56+	00:25+
33:11+	34:43+	35:37+																							
02:22+	01:32+	00:54+																							
02:22+	01:32+	00:54+																							
6	Vibeke Lamark	878	35:48																						
01:02+	02:08+	03:42+	04:38+	05:44+	07:32+	08:21+	09:24+	10:22+	13:46+	15:08+	15:54+	16:29+	18:48+	19:37+	20:07+	23:04+	25:17+	25:41+	26:06+	27:23+	27:52+	28:21+	29:08+	29:48+	30:13+
01:02+	01:06+	01:34+	00:56+	01:06+	01:48+	00:49+	01:03+	00:58+	03:24+	01:22+	00:46+	00:35+	02:19+	00:49+	00:30+	02:57+	02:13+	00:24+	00:25+	01:17+	00:29+	00:29+	00:47+	00:40+	00:25+
01:02+	01:06+	01:34+	00:56+	01:06+	01:48+	00:49+	01:03+	00:58+	03:24+	01:22+	00:46+	00:35+	02:19+	00:49+	00:30+	02:57+	02:13+	00:24+	00:25+	01:17+	00:29+	00:29+	00:47+	00:40+	00:25+
32:43+	34:36+	35:48+																							
02:30+	01:53+	01:12+																							
02:30+	01:53+	01:12+																							
7	Ann Karin Tjørhom	1884	36:21																						
01:34+	02:58+	04:55+	05:58+	07:12+	09:17+	10:11+	11:16+	12:24+	15:31+	16:42+	17:52+	18:32+	20:20+	21:18+	21:52+	24:55+	26:49+	27:14+	27:42+	29:13+	29:45+	30:17+	31:12+	31:53+	32:25+
01:34+	01:24+	01:57+	01:03+	01:14+	02:05+	00:54+	01:05+	01:08+	03:07+	01:11+	01:10+	00:40+	01:48+	00:58+	00:34+	03:03+	01:54+	00:25+	00:28+	01:31+	00:32+	00:32+	00:55+	00:41+	00:32+
01:34+	01:24+	01:57+	01:03+	01:14+	02:05+	00:54+	01:05+	01:08+	03:07+	01:11+	01:10+	00:40+	01:48+	00:58+	00:34+	03:03+	01:54+	00:25+	00:28+	01:31+	00:32+	00:32+	00:55+	00:41+	00:32+
33:37+	35:19+	36:21+																							
01:12+	01:42+	01:02+																							
01:12+	01:42+	01:02+																							
8	Ida Kolstø	3502	36:48																						
01:07+	02:38+	04:52+	06:51+	07:53+	09:44+	10:31+	12:06+	12:57+	17:45+	19:03+	19:52+	20:20+	22:07+	22:55+	23:20+	26:17+	27:54+	28:13+	28:39+	29:56+	30:22+	30:52+	31:40+	32:20+	32:48+
01:07+	01:31+	02:14+	01:59+	01:02+	01:51+	00:47+	01:35+	00:51+	04:48+	01:18+	00:49+	00:28+	01:47+	00:48+	00:25+	02:57+	01:37+	00:19+	00:26+	01:17+	00:26+	00:30+	00:48+	00:40+	00:28+
01:07+	01:31+	02:14+	01:59+	01:02+	01:51+	00:47+	01:35+	00:51+	04:48+	01:18+	00:49+	00:28+	01:47+	00:48+	00:25+	02:57+	01:37+	00:19+	00:26+	01:17+	00:26+	00:30+	00:48+	00:40+	00:28+
34:23+	35:54+	36:48+																							
01:35+	01:31+	00:54+																							
01:35+	01:31+	00:54+																							
9	Anne Sæbø Vik	1683	36:56																						
01:12+	02:28+	05:24+	06:21+	07:39+	09:41+	10:33+	11:39+	12:40+	16:58+	18:13+	18:53+	19:25+	21:15+	22:35+	23:02+	26:03+	27:52+	28:16+	28:43+	30:08+	30:37+	31:07+	31:55+	32:35+	33:04+
01:12+	01:16+	02:56+	00:57+	01:18+	02:02+	00:52+	01:06+	01:01+	04:18+	01:15+	00:40+	00:32+	01:50+	01:20+	00:27+	03:01+	01:49+	00:24+	00:27+	01:25+	00:29+	00:30+	00:48+	00:40+	00:29+
01:12+	01:16+	02:56+	00:57+	01:18+	02:02+	00:52+	01:06+	01:01+	04:18+	01:15+	00:40+	00:32+	01:50+	01:20+	00:27+	03:01+	01:49+	00:24+	00:27+	01:25+	00:29+	00:30+	00:48+	00:40+	00:29+
34:11+	35:47+	36:56+																							
01:07+	01:36+	01:09+																							
01:07+	01:36+	01:09+																							

Damer B

10	Ellen Tindeland	882	37:01																						
01:04+	02:25+	04:22+	05:32+	06:44+	08:35+	09:33+	11:27+	12:37+	14:59+	16:16+	17:08+	17:42+	19:38+	20:32+	21:06+	24:04+	25:53+	26:19+	27:03+	27:20+	28:43+	29:17+	29:53+	30:43+	31:30+
01:04+	01:21+	01:57+	01:10+	01:12+	01:51+	00:58+	01:54+	01:10+	02:22+	01:17+	00:52+	00:34+	01:56+	00:54+	00:34+	02:58+	01:49+	00:26+	00:44+	00:17+	01:23+	00:34+	00:36+	00:50+	00:47+
01:04+	01:21+	01:57+	01:10+	01:12+	01:51+	00:58+	01:54+	01:10+	02:22+	01:17+	00:52+	00:34+	01:56+	00:54+	00:34+	02:58+	01:49+	00:26+	00:44+	00:17+	01:23+	00:34+	00:36+	00:50+	00:47+
32:02+	34:09+	35:42+	37:01+																						
00:32+	02:07+	01:33+	01:19+																						
00:32+	02:07+	01:33+	01:19+																						
11	Anne Garsrud	3518	37:16																						
01:09+	02:45+	04:34+	05:38+	06:58+	08:55+	09:46+	10:59+	11:58+	15:33+	16:42+	17:35+	18:14+	19:44+	20:31+	20:56+	23:53+	25:58+	26:27+	26:47+	28:03+	28:40+	29:13+	30:06+	30:51+	31:31+
01:09+	01:36+	01:49+	01:04+	01:20+	01:57+	00:51+	01:13+	00:59+	03:35+	01:09+	00:53+	00:39+	01:30+	00:47+	00:25+	02:57+	02:05+	00:29+	00:20+	01:16+	00:37+	00:33+	00:53+	00:45+	00:40+
01:09+	01:36+	01:49+	01:04+	01:20+	01:57+	00:51+	01:13+	00:59+	03:35+	01:09+	00:53+	00:39+	01:30+	00:47+	00:25+	02:57+	02:05+	00:29+	00:20+	01:16+	00:37+	00:33+	00:53+	00:45+	00:40+
33:54+	36:19+	37:16+																							
02:23+	02:25+	00:57+																							
02:23+	02:25+	00:57+																							
12	Anina Hadland	3502	38:34																						
01:12+	02:32+	04:45+	05:57+	07:14+	09:23+	10:16+	11:26+	12:40+	16:18+	17:40+	18:27+	19:00+	21:15+	22:13+	22:39+	26:43+	28:51+	29:10+	29:28+	31:00+	31:31+	32:01+	33:10+	33:54+	34:23+
01:12+	01:20+	02:13+	01:12+	01:17+	02:09+	00:53+	01:10+	01:14+	03:38+	01:22+	00:47+	00:33+	02:15+	00:58+	00:26+	04:04+	02:08+	00:19+	00:18+	01:32+	00:31+	00:30+	01:09+	00:44+	00:29+
01:12+	01:20+	02:13+	01:12+	01:17+	02:09+	00:53+	01:10+	01:14+	03:38+	01:22+	00:47+	00:33+	02:15+	00:58+	00:26+	04:04+	02:08+	00:19+	00:18+	01:32+	00:31+	00:30+	01:09+	00:44+	00:29+
35:36+	37:31+	38:34+																							
01:13+	01:55+	01:03+																							
01:13+	01:55+	01:03+																							
13	Ingrid W. Hestness	896	39:03																						
01:19+	02:30+	04:26+	05:27+	07:22+	09:35+	10:48+	11:58+	13:23+	15:27+	16:47+	20:01+	20:27+	22:17+	23:07+	23:37+	27:15+	29:05+	29:32+	30:06+	31:35+	32:17+	32:52+	33:47+	34:34+	35:14+
01:19+	01:11+	01:56+	01:01+	01:55+	02:13+	01:13+	01:10+	01:25+	02:04+	01:20+	03:14+	00:26+	01:50+	00:50+	00:30+	03:38+	01:50+	00:27+	00:34+	01:29+	00:42+	00:35+	00:55+	00:47+	00:40+
01:19+	01:11+	01:56+	01:01+	01:55+	02:13+	01:13+	01:10+	01:25+	02:04+	01:20+	03:14+	00:26+	01:50+	00:50+	00:30+	03:38+	01:50+	00:27+	00:34+	01:29+	00:42+	00:35+	00:55+	00:47+	00:40+
36:23+	37:57+	39:03+																							
01:09+	01:34+	01:06+																							
01:09+	01:34+	01:06+																							
14	Kristin Breivold	892	39:05																						
01:22+	03:04+	05:07+	06:15+	07:27+	09:50+	10:39+	11:44+	12:53+	15:21+	16:43+	17:42+	18:20+	20:37+	21:58+	22:29+	25:28+	27:14+	27:43+	28:08+	30:17+	30:50+	31:25+	32:12+	33:09+	33:36+
01:22+	01:42+	02:03+	01:08+	01:12+	02:23+	00:49+	01:05+	01:09+	02:28+	01:22+	00:59+	00:38+	02:17+	01:21+	00:31+	02:59+	01:46+	00:29+	00:25+	02:09+	00:33+	00:35+	00:47+	00:57+	00:27+
01:22+	01:42+	02:03+	01:08+	01:12+	02:23+	00:49+	01:05+	01:09+	02:28+	01:22+	00:59+	00:38+	02:17+	01:21+	00:31+	02:59+	01:46+	00:29+	00:25+	02:09+	00:33+	00:35+	00:47+	00:57+	00:27+
36:21+	37:59+	39:05+																							
02:45+	01:38+	01:06+																							
02:45+	01:38+	01:06+																							
15	Ragnhild Auglænd	769	40:21																						
01:14+	03:09+	05:14+	06:26+	07:45+	09:51+	10:50+	12:03+	13:11+	16:48+	18:17+	19:44+	20:21+	22:49+	23:44+	24:20+	27:48+	29:47+	30:14+	30:40+	32:21+	32:56+	33:31+	34:30+	35:18+	35:53+
01:14+	01:55+	02:05+	01:12+	01:19+	02:06+	00:59+	01:13+	01:08+	03:37+	01:29+	01:27+	00:37+	02:28+	00:55+	00:36+	03:28+	01:59+	00:27+	00:26+	01:41+	00:35+	00:35+	00:59+	00:48+	00:35+
01:14+	01:55+	02:05+	01:12+	01:19+	02:06+	00:59+	01:13+	01:08+	03:37+	01:29+	01:27+	00:37+	02:28+	00:55+	00:36+	03:28+	01:59+	00:27+	00:26+	01:41+	00:35+	00:35+	00:59+	00:48+	00:35+
37:10+	39:14+	40:21+																							
01:17+	02:04+	01:07+																							
01:17+	02:04+	01:07+																							
16	Heidi Martby-Skogsholm	3522	41:23																						
01:14+	03:22+	05:38+	06:54+	08:10+	11:35+	12:36+	13:46+	14:46+	18:29+	20:15+	21:07+	21:45+	24:03+	24:58+	25:30+	28:59+	31:00+	31:24+	31:47+	33:12+	33:56+	34:27+	35:22+	36:30+	36:59+
01:14+	02:08+	02:16+	01:16+	01:16+	03:25+	01:01+	01:10+	01:00+	03:43+	01:46+	00:52+	00:38+	02:18+	00:55+	00:32+	03:29+	02:01+	00:24+	00:23+	01:25+	00:44+	00:31+	00:55+	01:08+	00:29+
01:14+	02:08+	02:16+	01:16+	01:16+	03:25+	01:01+	01:10+	01:00+	03:43+	01:46+	00:52+	00:38+	02:18+	00:55+	00:32+	03:29+	02:01+	00:24+	00:23+	01:25+	00:44+	00:31+	00:55+	01:08+	00:29+
38:21+	40:14+	41:23+																							
01:22+	01:53+	01:09+																							
01:22+	01:53+	01:09+																							
17	Mariann Sveinsvoll	3504	42:44																						
01:15+	02:43+	04:49+	06:06+	07:27+	09:35+	10:32+	11:43+	13:03+	17:27+	18:50+	20:00+	20:48+	22:58+	24:05+	24:38+	28:21+	30:12+	30:46+	31:18+	32:46+	33:40+	34:16+	35:08+	36:24+	36:56+
01:15+	01:28+	02:06+	01:17+	01:21+	02:08+	00:57+	01:11+	01:20+	04:24+	01:23+	01:10+	00:48+	02:10+	01:07+	00:33+	03:43+	01:51+	00:34+	00:32+	01:28+	00:54+	00:36+	00:52+	01:16+	00:32+
01:15+	01:28+	02:06+	01:17+	01:21+	02:08+	00:57+	01:11+	01:20+	04:24+	01:23+	01:10+	00:48+	02:10+	01:07+	00:33+	03:43+	01:51+	00:34+	00:32+	01:28+	00:54+	00:36+	00:52+	01:16+	00:32+
39:19+	41:29+	42:44+																							
02:23+	02:10+	01:15+																							
02:23+	02:10+	01:15+																							

Class	Navn	Klasse	Tid
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Damer B

18	Grethe Anda Fuglestad	1683	44:07																						
01:41+	03:29+	05:53+	07:22+	08:55+	11:25+	12:29+	13:46+	14:56+	18:03+	19:30+	20:29+	21:12+	23:22+	24:35+	25:10+	29:22+	31:37+	32:03+	32:28+	34:17+	34:50+	35:23+	36:31+	37:20+	37:57+
01:41+	01:48+	02:24+	01:29+	01:33+	02:30+	01:04+	01:17+	01:10+	03:07+	01:27+	00:59+	00:43+	02:10+	01:13+	00:35+	04:12+	02:15+	00:26+	00:25+	01:49+	00:33+	00:33+	01:08+	00:49+	00:37+
01:41+	01:48+	02:24+	01:29+	01:33+	02:30+	01:04+	01:17+	01:10+	03:07+	01:27+	00:59+	00:43+	02:10+	01:13+	00:35+	04:12+	02:15+	00:26+	00:25+	01:49+	00:33+	00:33+	01:08+	00:49+	00:37+
40:43+	42:50+	44:07+																							
02:46+	02:07+	01:17+																							
02:46+	02:07+	01:17+																							

Beste strekktid for klassen

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

Damer Ny

1	Helene Verdal Hidle	1830	22:49																						
00:53=	02:13=	04:14=	05:39=	07:56=	13:56=	15:52=	17:10=	18:12=	19:58=	21:05=	22:27=	22:49=													
00:53=	01:20=	02:01=	01:25=	02:17=	06:00=	01:56=	01:18=	01:02=	01:46=	01:07=	01:22=	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=													
2	Emilie W Refseth	1830	37:35																						
01:30+	03:56+	07:20+	13:18+	15:45+	19:35+	24:57+	27:49+	29:25+	32:04+	33:42+	36:57+	37:35+													
01:30+	02:26+	03:24+	05:58+	02:27+	03:50-	05:22+	02:52+	01:36+	02:39+	01:38+	03:15+	00:38+													
00:37&	01:06&	01:23&	04:33@	00:10+	02:10-	03:26@	01:34@	00:34&	00:53&	00:31&	01:53@	00:16&													
3	Helene Racine Bjordal Bergesen	1830	37:43																						
01:40+	04:26+	07:24+	13:27+	15:55+	19:46+	25:08+	28:21+	29:38+	32:16+	33:57+	37:09+	37:43+													
01:40+	02:46+	02:58+	06:03+	02:28+	03:51-	05:22+	03:13+	01:17+	02:38+	01:41+	03:12+	00:34+													
00:47&	01:26@	00:57&	04:38@	00:11+	02:09-	03:26@	01:55@	00:15#	00:52&	00:34&	01:50@	00:12&													

Beste strekktid for klassen

00:53 01:20 02:01 01:25 02:17 03:50 01:56 01:18 01:02 01:46 01:07 01:22 00:22

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

Damer Trim

1	Hanna Haaland Sømme	874	20:41																						
00:54=	02:06=	03:25=	05:06=	06:00=	07:40=	08:09=	09:26=	10:17=	11:54=	14:36=	15:23=	16:11=	16:37=	18:08=	20:25=	20:41=									
00:54=	01:12=	01:19=	01:41=	00:54=	01:40=	00:29=	01:17=	00:51=	01:37=	02:42=	00:47=	00:48=	00:26=	01:31=	02:17=	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=									
2	Kjersti Fandrem Høivik	NOTEAM	20:52																						
00:46-	01:42-	02:55-	04:20-	05:11-	06:53-	07:26-	08:37-	09:24-	11:10-	13:41-	14:15-	15:03-	15:28-	18:28+	20:37+	20:52+									
00:46-	00:56-	01:13-	01:25-	00:51-	01:42+	00:33+	01:11-	00:47-	01:46+	02:31-	00:34-	00:48=	00:25-	03:00+	02:09-	00:15-									
00:08-	00:16-	00:06-	00:16-	00:03-	00:02+	00:04#	00:06-	00:04-	00:09+	00:11-	00:13-	00:00=	00:01-	01:29&	00:08-	00:01-									
3	Benedicte Kvalevåg	769	22:59																						
01:45+	02:53+	04:12+	05:43+	06:32+	08:20+	08:49+	10:04+	10:55+	12:37+	15:13+	15:49+	16:30+	16:59+	20:25+	22:42+	22:59+									
01:45+	01:08-	01:19=	01:31-	00:49-	01:48+	00:29=	01:15-	00:51=	01:42+	02:36-	00:36-	00:41-	00:29+	03:26+	02:17=	00:17+									
00:51&	00:04-	00:00=	00:10-	00:05-	00:08+	00:00=	00:02-	00:00=	00:05+	00:06-	00:11-	00:07-	00:03#	01:55@	00:00=	00:01+									
4	Anastasia Ollestad	3676	23:03																						
00:46-	01:45-	03:16-	05:15+	06:04+	08:34+	09:05+	10:19+	11:07+	12:52+	15:45+	16:13+	16:58+	17:25+	20:06+	22:48+	23:03+									
00:46-	00:59-	01:31+	01:59+	00:49-	02:30+	00:31+	01:14-	00:48-	01:45+	02:53+	00:28-	00:45-	00:27+	02:41+	02:42+	00:15-									
00:08-	00:13-	00:12#	00:18#	00:05-	00:50&	00:02+	00:03-	00:03-	00:08+	00:11+	00:19-	00:03-	00:01+	01:10&	00:25#	00:01-									
5	Ane Odland	1683	23:52																						
00:56+	01:49-	03:08-	05:50+	06:40+	08:36+	09:14+	10:45+	11:36+	13:14+	16:13+	17:05+	18:43+	19:10+	21:06+	23:36+	23:52+									
00:56+	00:53-	01:19=	02:42+	00:50-	01:56+	00:38+	01:31+	00:51=	01:38+	02:59+	00:52+	01:38+	00:27+	01:56+	02:30+	00:16=									
00:02+	00:19-	00:00=	01:01&	00:04-	00:16#	00:09&	00:14#	00:00=	00:01+	00:17#	00:05#	00:50@	00:01+	00:25&	00:13+	00:00=									
6	Elisa Møller	769	23:55																						
01:24+	02:27+	03:59+	06:06+	07:04+	08:58+	09:29+	10:59+	11:55+	13:43+	16:55+	17:41+	18:30+	19:02+	21:00+	23:41+	23:55+									
01:24+	01:03-	01:32+	02:07+	00:58+	01:54+	00:31+	01:30+	00:56+	01:48+	03:12+	00:46-	00:49+	00:32+	01:58+	02:41+	00:14-									
00:30&	00:09-	00:13#	00:26&	00:04+	00:14#	00:02+	00:13#	00:05+	00:11#	00:30#	00:01-	00:01+	00:06#	00:27&	00:24#	00:02-									

Damer Trim

7	Marta Bertolaso	1832	24:18														
01:37+	02:53+	04:13+	05:58+	07:02+	08:55+	09:26+	10:47+	11:41+	13:29+	16:23+	17:00+	17:50+	18:21+	21:18+	24:01+	24:18+	
01:37+	01:16+	01:20+	01:45+	01:04+	01:53+	00:31+	01:21+	00:54+	01:48+	02:54+	00:37-	00:50+	00:31+	02:57+	02:43+	00:17+	
00:43&	00:04+	00:01+	00:04+	00:10#	00:13#	00:02+	00:04+	00:03+	00:11#	00:12+	00:10-	00:02+	00:05#	01:26&	00:26#	00:01+	
8	Ingunn Monsen	3525	24:37														
01:20+	02:17+	03:38+	05:12+	06:07+	08:12+	08:49+	10:16+	11:13+	13:29+	16:23+	16:56+	17:45+	18:19+	22:00+	24:19+	24:37+	
01:20+	00:57+	01:21+	01:34+	00:55+	02:05+	00:37+	01:27+	00:57+	02:16+	02:54+	00:33+	00:49+	00:34+	03:41+	02:19+	00:18+	
01:20+	00:57+	01:21+	01:34+	00:55+	02:05+	00:37+	01:27+	00:57+	02:16+	02:54+	00:33+	00:49+	00:34+	03:41+	02:19+	00:18+	
9	Ane Hatteland Nese	769	24:37														
00:56+	02:16+	03:56+	05:42+	06:40+	08:47+	09:21+	10:54+	12:02+	13:53+	17:28+	18:17+	19:14+	19:55+	21:15+	24:17+	24:37+	
00:56+	01:20+	01:40+	01:46+	00:58+	02:07+	00:34+	01:33+	01:08+	01:51+	03:35+	00:49+	00:57+	00:41+	01:20+	03:02+	00:20+	
00:56+	01:20+	01:40+	01:46+	00:58+	02:07+	00:34+	01:33+	01:08+	01:51+	03:35+	00:49+	00:57+	00:41+	01:20+	03:02+	00:20+	
10	Karoline Blyberg Lillehammer	1758	24:56														
02:02+	03:04+	04:29+	06:37+	07:35+	09:14+	09:46+	11:22+	12:13+	13:55+	16:49+	17:20+	18:06+	18:39+	22:11+	24:38+	24:56+	
02:02+	01:02+	01:25+	02:08+	00:58+	01:39+	00:32+	01:36+	00:51+	01:42+	02:54+	00:31+	00:46+	00:33+	03:32+	02:27+	00:18+	
02:02+	01:02+	01:25+	02:08+	00:58+	01:39+	00:32+	01:36+	00:51+	01:42+	02:54+	00:31+	00:46+	00:33+	03:32+	02:27+	00:18+	
11	Karine Ditlevsen	896	25:01														
01:34+	02:59+	04:28+	06:45+	07:52+	09:50+	10:29+	12:05+	12:57+	14:42+	17:40+	18:31+	19:49+	20:25+	22:06+	24:42+	25:01+	
01:34+	01:25+	01:29+	02:17+	01:07+	01:58+	00:39+	01:36+	00:52+	01:45+	02:58+	00:51+	01:18+	00:36+	01:41+	02:36+	00:19+	
01:34+	01:25+	01:29+	02:17+	01:07+	01:58+	00:39+	01:36+	00:52+	01:45+	02:58+	00:51+	01:18+	00:36+	01:41+	02:36+	00:19+	
12	Therese Østbø	896	25:03														
01:33+	02:59+	04:26+	06:48+	07:54+	09:52+	10:28+	12:04+	13:00+	14:45+	17:39+	18:30+	19:48+	20:24+	22:13+	24:45+	25:03+	
01:33+	01:26+	01:27+	02:22+	01:06+	01:58+	00:36+	01:36+	00:56+	01:45+	02:54+	00:51+	01:18+	00:36+	01:49+	02:32+	00:18+	
01:33+	01:26+	01:27+	02:22+	01:06+	01:58+	00:36+	01:36+	00:56+	01:45+	02:54+	00:51+	01:18+	00:36+	01:49+	02:32+	00:18+	
13	Ann Helen Raugstad	1284	25:24														
02:44+	04:24+	05:47+	07:22+	08:11+	09:38+	10:07+	11:37+	12:29+	14:09+	17:00+	17:35+	18:28+	18:50+	22:08+	25:10+	25:24+	
02:44+	01:40+	01:23+	01:35+	00:49+	01:27+	00:29+	01:30+	00:52+	01:40+	02:51+	00:35+	00:53+	00:22+	03:18+	03:02+	00:14+	
02:44+	01:40+	01:23+	01:35+	00:49+	01:27+	00:29+	01:30+	00:52+	01:40+	02:51+	00:35+	00:53+	00:22+	03:18+	03:02+	00:14+	
14	Johanne Trandem Næss	3512	27:08														
01:50+	02:52+	04:15+	06:20+	07:24+	09:09+	09:41+	11:22+	12:11+	13:50+	17:07+	17:49+	19:06+	19:44+	23:13+	26:43+	27:08+	
01:50+	01:02+	01:23+	02:05+	01:04+	01:45+	00:32+	01:41+	00:49+	01:39+	03:17+	00:42+	01:17+	00:38+	03:29+	03:30+	00:25+	
01:50+	01:02+	01:23+	02:05+	01:04+	01:45+	00:32+	01:41+	00:49+	01:39+	03:17+	00:42+	01:17+	00:38+	03:29+	03:30+	00:25+	
15	Ingrid Overegseth Foss	896	27:33														
00:58+	02:01+	03:36+	05:54+	06:54+	09:10+	09:53+	11:32+	12:27+	14:29+	17:51+	18:33+	19:53+	20:33+	24:23+	27:13+	27:33+	
00:58+	01:03+	01:35+	02:18+	01:00+	02:16+	00:43+	01:39+	00:55+	02:02+	03:22+	00:42+	01:20+	00:40+	03:50+	02:50+	00:20+	
00:58+	01:03+	01:35+	02:18+	01:00+	02:16+	00:43+	01:39+	00:55+	02:02+	03:22+	00:42+	01:20+	00:40+	03:50+	02:50+	00:20+	
16	Marianne Berge	3512	27:34														
01:16+	02:26+	05:57+	07:42+	08:35+	10:53+	11:26+	12:52+	13:57+	16:26+	19:45+	20:20+	21:48+	22:24+	23:47+	27:13+	27:34+	
01:16+	01:10+	03:31+	01:45+	00:53+	02:18+	00:33+	01:26+	01:05+	02:29+	03:19+	00:35+	01:28+	00:36+	01:23+	03:26+	00:21+	
01:16+	01:10+	03:31+	01:45+	00:53+	02:18+	00:33+	01:26+	01:05+	02:29+	03:19+	00:35+	01:28+	00:36+	01:23+	03:26+	00:21+	
17	Elisabet Horpestad	896	28:07														
01:03+	02:05+	03:39+	06:14+	07:07+	08:45+	09:15+	11:21+	12:33+	14:14+	17:53+	19:13+	19:40+	22:32+	23:08+	25:34+	27:50+	28:07+
01:03+	01:02+	01:34+	02:35+	00:53+	01:38+	00:30+	02:06+	01:12+	01:41+	03:39+	01:20+	00:27+	02:52+	00:36+	02:26+	02:16+	00:17+
01:03+	01:02+	01:34+	02:35+	00:53+	01:38+	00:30+	02:06+	01:12+	01:41+	03:39+	01:20+	00:27+	02:52+	00:36+	02:26+	02:16+	00:17+
18	Thea Karoline Mork Aamodt	3512	29:22														
03:11+	05:15+	07:08+	09:23+	10:27+	12:14+	12:58+	14:29+	15:28+	18:12+	22:28+	23:25+	24:29+	24:56+	26:40+	29:06+	29:22+	
03:11+	02:04+	01:53+	02:15+	01:04+	01:47+	00:44+	01:31+	00:59+	02:44+	04:16+	00:57+	01:04+	00:27+	01:44+	02:26+	00:16+	
03:11+	02:04+	01:53+	02:15+	01:04+	01:47+	00:44+	01:31+	00:59+	02:44+	04:16+	00:57+	01:04+	00:27+	01:44+	02:26+	00:16+	
19	Maria Fjelde	722	29:39														
01:44+	03:16+	04:50+	06:44+	08:00+	10:38+	11:19+	12:55+	14:02+	15:56+	19:39+	20:38+	22:08+	22:47+	25:35+	29:22+	29:39+	
01:44+	01:32+	01:34+	01:54+	01:16+	02:38+	00:41+	01:36+	01:07+	01:54+	03:43+	00:59+	01:30+	00:39+	02:48+	03:47+	00:17+	
01:44+	01:32+	01:34+	01:54+	01:16+	02:38+	00:41+	01:36+	01:07+	01:54+	03:43+	00:59+	01:30+	00:39+	02:48+	03:47+	00:17+	
20	Ida Sjørso	1754	29:53														
00:53+	02:58+	04:47+	07:31+	08:38+	11:14+	11:55+	13:52+	14:51+	17:24+	21:14+	21:53+	22:58+	23:41+	26:07+	29:35+	29:53+	
00:53+	02:05+	01:49+	02:44+	01:07+	02:36+	00:41+	01:57+	00:59+	02:33+	03:50+	00:39+	01:05+	00:43+	02:26+	03:28+	00:18+	
00:53+	02:05+	01:49+	02:44+	01:07+	02:36+	00:41+	01:57+	00:59+	02:33+	03:50+	00:39+	01:05+	00:43+	02:26+	03:28+	00:18+	

Damer Trim

21	Anne Turid Vestbakke	1683												30:04			
02:16+	03:37+	05:18+	07:09+	08:21+	10:51+	11:25+	12:47+	13:49+	16:19+	20:02+	20:47+	22:08+	22:50+	26:49+	29:47+	30:04+	
02:16+	01:21+	01:41+	01:51+	01:12+	02:30+	00:34+	01:22+	01:02+	02:30+	03:43+	00:45+	01:21+	00:42+	03:59+	02:58+	00:17+	
02:16+	01:21+	01:41+	01:51+	01:12+	02:30+	00:34+	01:22+	01:02+	02:30+	03:43+	00:45+	01:21+	00:42+	03:59+	02:58+	00:17+	
22	Solbjørg Borgersen	3527												30:16			
01:57+	03:13+	04:59+	07:22+	08:30+	11:08+	11:53+	13:30+	14:39+	17:49+	21:34+	22:29+	23:57+	24:42+	26:50+	29:53+	30:16+	
01:57+	01:16+	01:46+	02:23+	01:08+	02:38+	00:45+	01:37+	01:09+	03:10+	03:45+	00:55+	01:28+	00:45+	02:08+	03:03+	00:23+	
01:57+	01:16+	01:46+	02:23+	01:08+	02:38+	00:45+	01:37+	01:09+	03:10+	03:45+	00:55+	01:28+	00:45+	02:08+	03:03+	00:23+	
23	Unni Byberg Mæstad	892												30:34			
01:00+	02:41+	04:17+	06:48+	08:01+	10:50+	11:43+	13:34+	14:39+	17:23+	20:48+	21:38+	22:40+	23:14+	26:49+	30:11+	30:34+	
01:00+	01:41+	01:36+	02:31+	01:13+	02:49+	00:53+	01:51+	01:05+	02:44+	03:25+	00:50+	01:02+	00:34+	03:35+	03:22+	00:23+	
01:00+	01:41+	01:36+	02:31+	01:13+	02:49+	00:53+	01:51+	01:05+	02:44+	03:25+	00:50+	01:02+	00:34+	03:35+	03:22+	00:23+	
24	Tonje Undheim	3533												30:35			
02:22+	03:47+	05:16+	06:53+	07:50+	10:58+	11:38+	13:31+	14:31+	17:30+	20:45+	21:43+	23:11+	23:55+	26:17+	30:17+	30:35+	
02:22+	01:25+	01:32+	01:37+	00:57+	03:08+	00:40+	01:53+	01:00+	02:59+	03:15+	00:58+	01:28+	00:44+	02:22+	04:00+	00:18+	
02:22+	01:25+	01:32+	01:37+	00:57+	03:08+	00:40+	01:53+	01:00+	02:59+	03:15+	00:58+	01:28+	00:44+	02:22+	04:00+	00:18+	
25	Heidi Camilla Raugstad Hovet	769												30:43			
06:19+	07:19+	08:36+	11:31+	12:11+	14:09+	14:51+	15:53+	16:52+	18:46+	24:01+	24:56+	26:10+	26:53+	28:21+	30:28+	30:43+	
06:19+	01:00+	01:17+	02:55+	00:40+	01:58+	00:42+	01:02+	00:59+	01:54+	05:15+	00:55+	01:14+	00:43+	01:28+	02:07+	00:15+	
06:19+	01:00+	01:17+	02:55+	00:40+	01:58+	00:42+	01:02+	00:59+	01:54+	05:15+	00:55+	01:14+	00:43+	01:28+	02:07+	00:15+	
26	Marianne Steinkopf	880												30:58			
01:35+	03:25+	05:16+	07:05+	07:59+	09:49+	10:26+	11:44+	12:40+	14:34+	17:40+	18:21+	19:54+	20:22+	28:09+	30:40+	30:58+	
01:35+	01:50+	01:51+	01:49+	00:54+	01:50+	00:37+	01:18+	00:56+	01:54+	03:06+	00:41+	01:33+	00:28+	07:47+	02:31+	00:18+	
01:35+	01:50+	01:51+	01:49+	00:54+	01:50+	00:37+	01:18+	00:56+	01:54+	03:06+	00:41+	01:33+	00:28+	07:47+	02:31+	00:18+	
27	Shazia Ali Zade	1832												31:09			
00:59+	02:20+	03:49+	05:36+	06:41+	09:14+	09:48+	11:29+	12:26+	14:40+	17:51+	20:03+	22:48+	23:18+	28:17+	30:49+	31:09+	
00:59+	01:21+	01:29+	01:47+	01:05+	02:33+	00:34+	01:41+	00:57+	02:14+	03:11+	02:12+	02:45+	00:30+	04:59+	02:32+	00:20+	
00:59+	01:21+	01:29+	01:47+	01:05+	02:33+	00:34+	01:41+	00:57+	02:14+	03:11+	02:12+	02:45+	00:30+	04:59+	02:32+	00:20+	
28	Ritva Halsne	722												31:40			
01:35+	02:42+	04:18+	09:04+	10:08+	12:20+	12:52+	14:07+	15:05+	16:56+	19:43+	20:24+	21:25+	21:59+	28:33+	31:21+	31:40+	
01:35+	01:07+	01:36+	04:46+	01:04+	02:12+	00:32+	01:15+	00:58+	01:51+	02:47+	00:41+	01:01+	00:34+	06:34+	02:48+	00:19+	
01:35+	01:07+	01:36+	04:46+	01:04+	02:12+	00:32+	01:15+	00:58+	01:51+	02:47+	00:41+	01:01+	00:34+	06:34+	02:48+	00:19+	
29	Anna Kaia Søreide	1384												31:47			
00:59+	02:23+	04:42+	06:49+	07:42+	10:01+	10:37+	12:05+	13:30+	16:11+	24:11+	25:59+	26:56+	27:35+	28:59+	31:27+	31:47+	
00:59+	01:24+	02:19+	02:07+	00:53+	02:19+	00:36+	01:28+	01:25+	02:41+	08:00+	01:48+	00:57+	00:39+	01:24+	02:28+	00:20+	
00:59+	01:24+	02:19+	02:07+	00:53+	02:19+	00:36+	01:28+	01:25+	02:41+	08:00+	01:48+	00:57+	00:39+	01:24+	02:28+	00:20+	
30	Marie Hernæs Larsen	3565												32:02			
02:02+	03:32+	05:20+	07:26+	08:38+	11:24+	12:03+	13:36+	14:54+	17:34+	21:05+	22:26+	24:19+	25:03+	28:38+	31:39+	32:02+	
02:02+	01:30+	01:48+	02:06+	01:12+	02:46+	00:39+	01:53+	00:58+	02:40+	03:31+	01:21+	01:53+	00:44+	03:35+	03:01+	00:23+	
02:02+	01:30+	01:48+	02:06+	01:12+	02:46+	00:39+	01:53+	00:58+	02:40+	03:31+	01:21+	01:53+	00:44+	03:35+	03:01+	00:23+	
31	Inger Johanne Klausen	3529												32:08			
00:36+	01:32+	02:53+	04:23+	05:12+	06:58+	07:30+	08:45+	09:36+	11:12+	26:04+	26:39+	27:16+	27:56+	29:27+	31:52+	32:08+	
00:36+	00:56+	01:21+	01:30+	00:49+	01:46+	00:32+	01:15+	00:51+	01:36+	14:52+	00:35+	00:37+	00:40+	01:31+	02:25+	00:16+	
00:36+	00:56+	01:21+	01:30+	00:49+	01:46+	00:32+	01:15+	00:51+	01:36+	14:52+	00:35+	00:37+	00:40+	01:31+	02:25+	00:16+	
32	Kjersti Vasbø	643												32:17			
01:25+	03:11+	04:59+	07:25+	08:39+	11:30+	12:19+	14:22+	15:40+	18:28+	22:30+	23:11+	24:25+	25:07+	27:55+	31:49+	32:17+	
01:25+	01:46+	01:48+	02:26+	01:14+	02:51+	00:49+	02:03+	01:18+	02:48+	04:02+	00:41+	01:14+	00:42+	02:48+	03:54+	00:28+	
01:25+	01:46+	01:48+	02:26+	01:14+	02:51+	00:49+	02:03+	01:18+	02:48+	04:02+	00:41+	01:14+	00:42+	02:48+	03:54+	00:28+	
33	Esther Boenheim	2539												32:32			
01:29+	02:49+	04:21+	06:36+	07:46+	10:06+	10:52+	12:31+	13:35+	15:40+	23:43+	24:35+	26:25+	26:55+	29:26+	32:13+	32:32+	
01:29+	01:20+	01:32+	02:15+	01:10+	02:20+	00:46+	01:39+	01:04+	02:05+	08:03+	00:52+	01:50+	00:30+	02:31+	02:47+	00:19+	
01:29+	01:20+	01:32+	02:15+	01:10+	02:20+	00:46+	01:39+	01:04+	02:05+	08:03+	00:52+	01:50+	00:30+	02:31+	02:47+	00:19+	
34	Kirsti Strand Salvesen	3540												32:33			
01:32+	03:16+	05:17+	07:42+	09:02+	12:03+	12:50+	14:41+	15:59+	19:03+	23:16+	24:24+	26:18+	27:07+	29:02+	32:05+	32:33+	
01:32+	01:44+	02:01+	02:25+	01:20+	03:01+	00:47+	01:51+	01:18+	03:04+	04:13+	01:08+	01:54+	00:49+	01:55+	03:03+	00:28+	
01:32+	01:44+	02:01+	02:25+	01:20+	03:01+	00:47+	01:51+	01:18+	03:04+	04:13+	01:08+	01:54+	00:49+	01:55+	03:03+	00:28+	

Damer Trim

35	Margretha Almedal	1376	32:49														
03:10+	05:18+	07:05+	09:31+	10:42+	13:29+	14:02+	15:37+	16:42+	18:42+	22:48+	23:33+	26:30+	27:12+	29:39+	32:32+	32:49+	
03:10+	02:08+	01:47+	02:26+	01:11+	02:47+	00:33+	01:35+	01:05+	02:00+	04:06+	00:45+	02:57+	00:42+	02:27+	02:53+	00:17+	
03:10+	02:08+	01:47+	02:26+	01:11+	02:47+	00:33+	01:35+	01:05+	02:00+	04:06+	00:45+	02:57+	00:42+	02:27+	02:53+	00:17+	
36	Kristine Vik	1284	35:09														
02:31+	04:03+	06:25+	08:23+	09:26+	12:56+	13:32+	15:10+	16:09+	18:12+	25:01+	25:50+	27:05+	27:48+	29:45+	34:53+	35:09+	
02:31+	01:32+	02:22+	01:58+	01:03+	03:30+	00:36+	01:38+	00:59+	02:03+	06:49+	00:49+	01:15+	00:43+	01:57+	05:08+	00:16+	
02:31+	01:32+	02:22+	01:58+	01:03+	03:30+	00:36+	01:38+	00:59+	02:03+	06:49+	00:49+	01:15+	00:43+	01:57+	05:08+	00:16+	
37	Karianne Skogland Enerstvedt	722	36:23														
01:51+	03:34+	06:45+	09:49+	11:12+	14:05+	15:11+	17:12+	19:05+	21:50+	26:20+	27:17+	28:35+	29:17+	32:20+	35:55+	36:23+	
01:51+	01:43+	03:11+	03:04+	01:23+	02:53+	01:06+	02:01+	01:53+	02:45+	04:30+	00:57+	01:18+	00:42+	03:03+	03:35+	00:28+	
01:51+	01:43+	03:11+	03:04+	01:23+	02:53+	01:06+	02:01+	01:53+	02:45+	04:30+	00:57+	01:18+	00:42+	03:03+	03:35+	00:28+	
38	Unni B Sundli	892	36:34														
01:13+	02:57+	05:02+	07:28+	08:44+	11:59+	12:52+	14:44+	16:04+	19:09+	23:21+	24:23+	25:39+	26:30+	32:24+	36:14+	36:34+	
01:13+	01:44+	02:05+	02:26+	01:16+	03:15+	00:53+	01:52+	01:20+	03:05+	04:12+	01:02+	01:16+	00:51+	05:54+	03:50+	00:20+	
01:13+	01:44+	02:05+	02:26+	01:16+	03:15+	00:53+	01:52+	01:20+	03:05+	04:12+	01:02+	01:16+	00:51+	05:54+	03:50+	00:20+	
39	Hilde Christine Hoff	848	36:44														
01:26+	03:12+	05:23+	08:03+	09:29+	13:03+	14:00+	16:34+	18:00+	21:02+	25:43+	26:53+	28:20+	29:23+	32:21+	36:13+	36:44+	
01:26+	01:46+	02:11+	02:40+	01:26+	03:34+	00:57+	02:34+	01:26+	03:02+	04:41+	01:10+	01:27+	01:03+	02:58+	03:52+	00:31+	
01:26+	01:46+	02:11+	02:40+	01:26+	03:34+	00:57+	02:34+	01:26+	03:02+	04:41+	01:10+	01:27+	01:03+	02:58+	03:52+	00:31+	
40	Renate Furenes	892	37:03														
01:19+	03:53+	05:36+	07:28+	08:18+	12:51+	13:25+	14:59+	15:55+	19:24+	22:50+	23:59+	24:51+	25:37+	32:48+	36:45+	37:03+	
01:19+	02:34+	01:43+	01:52+	00:50+	04:33+	00:34+	01:34+	00:56+	03:29+	03:26+	01:09+	00:52+	00:46+	07:11+	03:57+	00:18+	
01:19+	02:34+	01:43+	01:52+	00:50+	04:33+	00:34+	01:34+	00:56+	03:29+	03:26+	01:09+	00:52+	00:46+	07:11+	03:57+	00:18+	
41	Synnøve Vidstein	3558	37:34														
01:15+	03:08+	05:10+	07:40+	08:55+	11:28+	12:10+	14:06+	15:29+	18:58+	26:08+	26:59+	28:05+	28:57+	32:45+	37:01+	37:34+	
01:15+	01:53+	02:02+	02:30+	01:15+	02:33+	00:42+	01:56+	01:23+	03:29+	07:10+	00:51+	01:06+	00:52+	03:48+	04:16+	00:33+	
01:15+	01:53+	02:02+	02:30+	01:15+	02:33+	00:42+	01:56+	01:23+	03:29+	07:10+	00:51+	01:06+	00:52+	03:48+	04:16+	00:33+	
42	Maria Boge Lauvsnes	722	39:42														
01:38+	03:02+	05:08+	09:00+	10:03+	11:54+	13:04+	13:38+	15:52+	16:58+	19:50+	28:51+	29:22+	33:22+	34:02+	36:00+	39:21+	39:42+
01:38+	01:24+	02:06+	03:52+	01:03+	01:51+	01:10+	00:34+	02:14+	01:06+	02:52+	09:01+	00:31+	04:00+	00:40+	01:58+	03:21+	00:21+
01:38+	01:24+	02:06+	03:52+	01:03+	01:51+	01:10+	00:34+	02:14+	01:06+	02:52+	09:01+	00:31+	04:00+	00:40+	01:58+	03:21+	00:21+
43	Brit Svihus	892	40:27														
02:14+	04:00+	06:05+	08:43+	10:00+	13:56+	15:02+	17:13+	18:35+	21:12+	31:16+	32:15+	33:53+	34:47+	36:48+	40:04+	40:27+	
02:14+	01:46+	02:05+	02:38+	01:17+	03:56+	01:06+	02:11+	01:22+	02:37+	10:04+	00:59+	01:38+	00:54+	02:01+	03:16+	00:23+	
02:14+	01:46+	02:05+	02:38+	01:17+	03:56+	01:06+	02:11+	01:22+	02:37+	10:04+	00:59+	01:38+	00:54+	02:01+	03:16+	00:23+	
44	Åse Kristensen	1141	40:32														
02:13+	04:06+	05:52+	08:35+	12:21+	13:12+	15:29+	16:39+	18:57+	23:30+	24:25+	25:35+	26:26+	30:40+	40:08+	40:32+		
02:13+	01:53+	01:46+	02:43+	01:10+	02:36+	00:51+	02:17+	01:10+	02:18+	04:33+	00:55+	01:10+	00:51+	04:14+	09:28+	00:24+	
02:13+	01:53+	01:46+	02:43+	01:10+	02:36+	00:51+	02:17+	01:10+	02:18+	04:33+	00:55+	01:10+	00:51+	04:14+	09:28+	00:24+	
45	Ingunn Johanne Fandrem	3511	42:15														
04:17+	06:16+	08:14+	11:15+	12:47+	16:23+	17:28+	19:37+	20:57+	24:20+	29:39+	30:35+	32:20+	33:18+	38:16+	41:52+	42:15+	
04:17+	01:59+	01:58+	03:01+	01:32+	03:36+	01:05+	02:09+	01:20+	03:23+	05:19+	00:56+	01:45+	00:58+	04:58+	03:36+	00:23+	
04:17+	01:59+	01:58+	03:01+	01:32+	03:36+	01:05+	02:09+	01:20+	03:23+	05:19+	00:56+	01:45+	00:58+	04:58+	03:36+	00:23+	
46	Gro Mariero	3581	42:21														
01:26+	03:40+	06:15+	09:53+	11:25+	14:53+	15:53+	18:37+	20:18+	23:18+	28:54+	29:53+	32:59+	33:48+	37:32+	41:45+	42:21+	
01:26+	02:14+	02:35+	03:38+	01:32+	03:28+	01:00+	02:44+	01:41+	03:00+	05:36+	00:59+	03:06+	00:49+	03:44+	04:13+	00:36+	
01:26+	02:14+	02:35+	03:38+	01:32+	03:28+	01:00+	02:44+	01:41+	03:00+	05:36+	00:59+	03:06+	00:49+	03:44+	04:13+	00:36+	
47	Solveig Marie Grønning	3511	42:23														
04:21+	06:19+	08:16+	11:18+	12:52+	16:42+	17:34+	19:43+	20:59+	24:25+	29:41+	30:40+	32:13+	33:20+	38:21+	41:55+	42:23+	
04:21+	01:58+	01:57+	03:02+	01:34+	03:50+	00:52+	02:09+	01:16+	03:26+	05:16+	00:59+	01:33+	01:07+	05:01+	03:34+	00:28+	
04:21+	01:58+	01:57+	03:02+	01:34+	03:50+	00:52+	02:09+	01:16+	03:26+	05:16+	00:59+	01:33+	01:07+	05:01+	03:34+	00:28+	
48	Sigrund Serigstad	879	44:13														
01:23+	02:48+	06:37+	09:12+	09:58+	11:53+	12:30+	14:07+	14:53+	16:50+	30:37+	31:02+	38:40+	39:09+	42:00+	44:02+	44:13+	
01:23+	01:25+	03:49+	02:35+	00:46+	01:55+	00:37+	01:37+	00:46+	01:57+	13:47+	00:25+	07:38+	00:29+	02:51+	02:02+	00:11+	
01:23+	01:25+	03:49+	02:35+	00:46+	01:55+	00:37+	01:37+	00:46+	01:57+	13:47+	00:25+	07:38+	00:29+	02:51+	02:02+	00:11+	

Damer Trim

49	Maria Haukalid	3511	45:25
01:49+	11:00+ 12:43+ 14:26+ 15:26+ 18:32+	22:55+ 25:04+ 26:38+ 29:07+ 35:25+ 36:50+ 39:01+	39:49+ 41:55+ 45:01+ 45:25+
01:49+	09:11+ 01:43+ 01:43+ 01:00+ 03:06+	04:23+ 02:09+ 01:34+ 02:29+ 06:18+ 01:25+ 02:11+	00:48+ 02:06+ 03:06+ 00:24+
01:49+	09:11+ 01:43+ 01:43+ 01:00+ 03:06+	04:23+ 02:09+ 01:34+ 02:29+ 06:18+ 01:25+ 02:11+	00:48+ 02:06+ 03:06+ 00:24+
50	Agnete Dedekam Stabel	1758	47:03
02:46+	05:06+ 07:15+ 10:09+ 12:10+ 15:06+	15:48+ 18:08+ 19:47+ 24:18+ 32:40+ 33:56+ 36:36+	37:34+ 42:49+ 46:43+ 47:03+
02:46+	02:20+ 02:09+ 02:54+ 02:01+ 02:56+	00:42+ 02:20+ 01:39+ 04:31+ 08:22+ 01:16+ 02:40+	00:58+ 05:15+ 03:54+ 00:20+
02:46+	02:20+ 02:09+ 02:54+ 02:01+ 02:56+	00:42+ 02:20+ 01:39+ 04:31+ 08:22+ 01:16+ 02:40+	00:58+ 05:15+ 03:54+ 00:20+
51	Ragnhild Christiansen	1884	51:07
03:30+	06:01+ 08:59+ 13:03+ 14:57+ 19:42+	21:01+ 24:02+ 25:55+ 29:37+ 35:23+ 36:43+ 38:53+	40:12+ 43:49+ 50:04+ 51:07+
03:30+	02:31+ 02:58+ 04:04+ 01:54+ 04:45+	01:19+ 03:01+ 01:53+ 03:42+ 05:46+ 01:20+ 02:10+	01:19+ 03:37+ 06:15+ 01:03+
03:30+	02:31+ 02:58+ 04:04+ 01:54+ 04:45+	01:19+ 03:01+ 01:53+ 03:42+ 05:46+ 01:20+ 02:10+	01:19+ 03:37+ 06:15+ 01:03+
52	Else Marie Furland	NOTEAM	51:13
03:24+	06:10+ 09:08+ 13:12+ 15:07+ 19:53+	21:09+ 24:03+ 25:57+ 29:45+ 35:38+ 37:02+ 39:03+	40:29+ 43:59+ 50:16+ 51:13+
03:24+	02:46+ 02:58+ 04:04+ 01:55+ 04:46+	01:16+ 02:54+ 01:54+ 03:48+ 05:53+ 01:24+ 02:01+	01:26+ 03:30+ 06:17+ 00:57+
03:24+	02:46+ 02:58+ 04:04+ 01:55+ 04:46+	01:16+ 02:54+ 01:54+ 03:48+ 05:53+ 01:24+ 02:01+	01:26+ 03:30+ 06:17+ 00:57+
53	Marit Kløvstad Braut	892	51:18
03:21+	05:55+ 09:03+ 13:08+ 15:04+ 19:34+	20:54+ 24:04+ 25:58+ 29:48+ 35:33+ 36:46+ 39:00+	40:25+ 44:01+ 50:25+ 51:18+
03:21+	02:34+ 03:08+ 04:05+ 01:56+ 04:30+	01:20+ 03:10+ 01:54+ 03:50+ 05:45+ 01:13+ 02:14+	01:25+ 03:36+ 06:24+ 00:53+
03:21+	02:34+ 03:08+ 04:05+ 01:56+ 04:30+	01:20+ 03:10+ 01:54+ 03:50+ 05:45+ 01:13+ 02:14+	01:25+ 03:36+ 06:24+ 00:53+

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Torbjørn Fuglestad	878	27:44
00:54=	01:51= 03:22= 04:16= 05:17= 06:48=	07:32= 08:30= 09:20= 11:36= 12:40= 13:25= 13:55=	15:27= 16:02= 16:34= 18:57= 20:33= 20:51= 21:08= 22:12= 22:40= 23:03= 23:45= 24:21= 24:46=
00:54=	00:57= 01:31= 00:54= 01:01= 01:31=	00:44= 00:58= 00:50= 02:16= 01:04= 00:45= 00:30=	01:32= 00:35= 00:32= 02:23= 01:36= 00:18= 00:17= 01:04= 00:28= 00:23= 00:42= 00:36= 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=
25:35=	26:54= 27:44=		
00:49=	01:19= 00:50=		
00:00=	00:00= 00:00=		
2	Ole Morten Haaland	3528	29:13
01:05+	01:56+ 03:16= 04:07= 05:03= 06:27=	07:14= 08:23= 09:14= 10:52= 11:54= 12:36= 13:09=	14:56= 15:42= 16:07= 18:37= 20:03= 20:20= 20:38= 21:56= 22:23= 22:48= 23:29= 24:21= 24:49=
01:05+	00:51= 01:20= 00:51= 00:56= 01:24=	00:47+ 01:09+ 00:51+ 01:38= 01:02= 00:42= 00:33+	01:47+ 00:46+ 00:25= 02:30+ 01:26= 00:17= 00:18+ 01:18+ 00:27= 00:25+ 00:41= 00:52+ 00:28+
00:11#	00:06= 00:11= 00:03= 00:05= 00:07=	00:03+ 00:11# 00:01+ 00:38= 00:02= 00:03= 00:03+	00:15# 00:11# 00:07= 00:07+ 00:10= 00:01= 00:01+ 00:14# 00:01= 00:02+ 00:01= 00:16# 00:03#
26:42+	28:26+ 29:13+		
01:53+	01:44+ 00:47=		
01:04@	00:25& 00:03=		
3	Arild Pfluger Hundeide	769	29:50
00:57+	01:49= 03:15= 04:01= 04:58= 06:30=	07:26= 08:23= 09:12= 11:47+ 12:54+ 13:32+ 14:03+	15:42+ 16:19+ 16:44+ 19:37+ 21:15+ 21:30+ 21:47+ 23:13+ 23:35+ 23:59+ 24:46+ 25:19+ 25:42+
00:57+	00:52= 01:26= 00:46= 00:57= 01:32+	00:56+ 00:57= 00:49= 02:35+ 01:07+ 00:38= 00:31+	01:39+ 00:37+ 00:25= 02:53+ 01:38+ 00:15= 00:17= 01:26+ 00:22= 00:24+ 00:47+ 00:33= 00:23=
00:03+	00:05= 00:05= 00:08= 00:04= 00:01+	00:12& 00:01= 00:01= 00:19# 00:03+ 00:07= 00:01+	00:07+ 00:02+ 00:07= 00:30# 00:02+ 00:03= 00:00= 00:22& 00:06= 00:01+ 00:05# 00:03= 00:02=
27:13+	28:56+ 29:50+		
01:31+	01:43+ 00:54+		
00:42&	00:24& 00:04+		
4	David Wade	465	30:11
00:54=	01:57+ 03:38+ 04:28+ 05:30+ 07:07+	07:53+ 08:52+ 09:39+ 11:37+ 12:55+ 13:48+ 14:24+	16:01+ 16:44+ 17:09+ 19:50+ 21:22+ 21:40+ 21:58+ 23:10+ 23:38+ 24:02+ 24:44+ 25:25+ 25:48+
00:54=	01:03+ 01:41+ 00:50= 01:02+ 01:37+	00:46+ 00:59+ 00:47= 01:58= 01:18+ 00:53+ 00:36+	01:37+ 00:43+ 00:25= 02:41+ 01:32= 00:18= 00:18+ 01:12+ 00:28= 00:24+ 00:42= 00:41+ 00:23=
00:00=	00:06# 00:10# 00:04= 00:01+ 00:06+	00:02+ 00:01+ 00:03= 00:18= 00:14# 00:08# 00:06#	00:05+ 00:08# 00:07= 00:18# 00:04= 00:00= 00:01+ 00:08# 00:00= 00:01+ 00:00= 00:05# 00:02=
27:46+	29:17+ 30:11+		
01:58+	01:31+ 00:54+		
01:09@	00:12# 00:04+		

Herrer 16 - 39 år

5	Eivind Brimsø	3559	31:09																						
01:13+	02:27+	04:07+	04:56+	05:50+	07:19+	08:06+	09:10+	10:16+	13:47+	14:47+	15:30+	15:59+	17:40+	18:30+	18:58+	21:36+	23:18+	23:38+	23:55+	25:07+	25:35+	26:01+	26:52+	27:39+	28:06+
01:13+	01:14+	01:40+	00:49-	00:54-	01:29-	00:47+	01:04+	01:06+	03:31+	01:00-	00:43-	00:29-	01:41+	00:50+	00:28-	02:38+	01:42+	00:20+	00:17#	01:12+	00:28#	00:26+	00:51+	00:47+	00:27+
00:19#	00:17#	00:09+	00:05-	00:07-	00:02-	00:03+	00:06#	00:16#	01:15#	00:04-	00:02-	00:01-	00:09+	00:15#	00:04-	00:15#	00:06+	00:02#	00:00#	00:08#	00:00#	00:03#	00:09#	00:11#	00:02+
29:05+	30:20+	31:09+																							
00:59+	01:15-	00:49-																							
00:10#	00:04-	00:01-																							
6	Vegard Våge	879	32:55																						
01:58+	03:09+	04:34+	05:28+	06:30+	08:16+	08:56+	09:47+	10:39+	14:14+	15:21+	16:31+	16:57+	19:42+	20:21+	21:09+	23:18+	24:52+	25:14+	25:35+	26:33+	26:57+	27:25+	28:10+	28:47+	29:50+
01:58+	01:11+	01:25+	00:54+	01:02+	01:46+	00:40+	00:51+	00:52+	03:35+	01:07+	01:10+	00:26+	02:45+	00:39+	00:48+	02:09+	01:34+	00:22+	00:21+	00:58+	00:24+	00:28+	00:45+	00:37+	01:03+
01:58+	01:11+	01:25+	00:54+	01:02+	01:46+	00:40+	00:51+	00:52+	03:35+	01:07+	01:10+	00:26+	02:45+	00:39+	00:48+	02:09+	01:34+	00:22+	00:21+	00:58+	00:24+	00:28+	00:45+	00:37+	01:03+
30:56+	32:05+	32:55+																							
01:06+	01:09+	00:50+																							
01:06+	01:09+	00:50+																							
7	Truls Thorkildsen	2074	33:07																						
00:56+	02:09+	04:04+	05:04+	06:04+	07:41+	08:24+	09:53+	10:43+	13:11+	14:24+	15:09+	15:38+	16:44+	17:10+	17:56+	18:47+	19:13+	21:49+	23:30+	23:48+	24:05+	25:12+	25:36+	26:00+	26:45+
00:56+	01:13+	01:55+	01:00+	01:00+	01:37+	00:43+	01:29+	00:50+	02:28+	01:13+	00:45+	00:29+	01:06+	00:26+	00:46+	00:51+	00:26+	02:36+	01:41+	00:18+	00:17+	01:07+	00:24+	00:24+	00:45+
00:56+	01:13+	01:55+	01:00+	01:00+	01:37+	00:43+	01:29+	00:50+	02:28+	01:13+	00:45+	00:29+	01:06+	00:26+	00:46+	00:51+	00:26+	02:36+	01:41+	00:18+	00:17+	01:07+	00:24+	00:24+	00:45+
27:34+	27:56+	29:58+	32:20+	33:07+																					
00:49+	00:22+	02:02+	02:22+	00:47+																					
00:49+	00:22+	02:02+	02:22+	00:47+																					
8	Erlend Syse	3559	33:10																						
00:59+	02:05+	03:58+	05:09+	06:34+	08:11+	08:54+	09:54+	10:38+	13:43+	14:45+	15:37+	16:12+	17:52+	18:38+	19:02+	22:00+	23:54+	24:15+	24:38+	25:50+	26:17+	26:42+	27:34+	28:28+	28:54+
00:59+	01:06+	01:53+	01:11+	01:25+	01:37+	00:43+	01:00+	00:44+	03:05+	01:02+	00:52+	00:35+	01:40+	00:46+	00:24+	02:58+	01:54+	00:21+	00:23+	01:12+	00:27+	00:25+	00:52+	00:54+	00:26+
00:59+	01:06+	01:53+	01:11+	01:25+	01:37+	00:43+	01:00+	00:44+	03:05+	01:02+	00:52+	00:35+	01:40+	00:46+	00:24+	02:58+	01:54+	00:21+	00:23+	01:12+	00:27+	00:25+	00:52+	00:54+	00:26+
30:22+	32:17+	33:10+																							
01:28+	01:55+	00:53+																							
01:28+	01:55+	00:53+																							
9	Sondre Aspøy	896	33:16																						
01:21+	02:35+	04:16+	05:47+	06:54+	09:00+	09:40+	10:33+	11:25+	14:09+	15:22+	16:19+	16:49+	18:41+	19:23+	19:48+	22:48+	24:19+	24:36+	24:55+	26:27+	27:03+	27:26+	28:12+	28:57+	29:22+
01:21+	01:14+	01:41+	01:31+	01:07+	02:06+	00:40+	00:53+	00:52+	02:44+	01:13+	00:57+	00:30+	01:52+	00:42+	00:25+	03:00+	01:31+	00:17+	00:19+	01:32+	00:36+	00:23+	00:46+	00:45+	00:25+
01:21+	01:14+	01:41+	01:31+	01:07+	02:06+	00:40+	00:53+	00:52+	02:44+	01:13+	00:57+	00:30+	01:52+	00:42+	00:25+	03:00+	01:31+	00:17+	00:19+	01:32+	00:36+	00:23+	00:46+	00:45+	00:25+
30:34+	32:11+	33:16+																							
01:12+	01:37+	01:05+																							
01:12+	01:37+	01:05+																							
10	Ole Andre Brandsberg	3502	33:25																						
01:20+	02:20+	03:59+	04:46+	05:44+	07:36+	08:20+	09:17+	10:13+	13:41+	14:48+	15:35+	16:02+	17:40+	18:20+	18:48+	21:13+	22:52+	23:15+	23:40+	24:52+	25:17+	25:44+	26:47+	27:52+	28:19+
01:20+	01:00+	01:39+	00:47+	00:58+	01:52+	00:44+	00:57+	00:56+	03:28+	01:07+	00:47+	00:27+	01:38+	00:40+	00:28+	02:25+	01:39+	00:23+	00:25+	01:12+	00:25+	00:27+	01:03+	01:05+	00:27+
01:20+	01:00+	01:39+	00:47+	00:58+	01:52+	00:44+	00:57+	00:56+	03:28+	01:07+	00:47+	00:27+	01:38+	00:40+	00:28+	02:25+	01:39+	00:23+	00:25+	01:12+	00:25+	00:27+	01:03+	01:05+	00:27+
30:57+	32:21+	33:25+																							
02:38+	01:24+	01:04+																							
02:38+	01:24+	01:04+																							
11	Henrik Aasheim	2342	34:00																						
01:18+	02:48+	05:01+	06:03+	07:26+	09:12+	10:04+	10:53+	11:37+	13:44+	14:43+	16:29+	16:57+	18:40+	19:24+	19:51+	22:31+	23:57+	24:20+	24:46+	26:13+	26:38+	27:03+	27:47+	28:35+	28:57+
01:18+	01:30+	02:13+	01:02+	01:23+	01:46+	00:52+	00:49+	00:44+	02:07+	00:59+	01:46+	00:28+	01:43+	00:44+	00:27+	02:40+	01:26+	00:23+	00:26+	01:27+	00:25+	00:25+	00:44+	00:48+	00:22+
01:18+	01:30+	02:13+	01:02+	01:23+	01:46+	00:52+	00:49+	00:44+	02:07+	00:59+	01:46+	00:28+	01:43+	00:44+	00:27+	02:40+	01:26+	00:23+	00:26+	01:27+	00:25+	00:25+	00:44+	00:48+	00:22+
31:41+	33:05+	34:00+																							
02:44+	01:24+	00:55+																							
02:44+	01:24+	00:55+																							
12	Håvard Hageberg	1832	34:43																						
01:14+	02:20+	04:15+	05:18+	06:19+	08:01+	08:48+	10:10+	10:52+	13:28+	15:27+	16:09+	16:42+	18:22+	19:04+	19:29+	21:57+	23:35+	23:57+	24:15+	25:55+	26:18+	26:45+	27:27+	29:10+	29:34+
01:14+	01:06+	01:55+	01:03+	01:01+	01:42+	00:47+	01:22+	00:42+	02:36+	01:59+	00:42+	00:33+	01:40+	00:42+	00:25+	02:28+	01:38+	00:22+	00:18+	01:40+	00:23+	00:27+	00:42+	01:43+	00:24+
01:14+	01:06+	01:55+	01:03+	01:01+	01:42+	00:47+	01:22+	00:42+	02:36+	01:59+	00:42+	00:33+	01:40+	00:42+	00:25+	02:28+	01:38+	00:22+	00:18+	01:40+	00:23+	00:27+	00:42+	01:43+	00:24+
31:43+	33:52+	34:43+																							
02:09+	02:09+	00:51+																							
02:09+	02:09+	00:51+																							

Herrer 16 - 39 år

13	Frode Ungar	1683	35:03																						
00:56+	02:50+	04:30+	05:39+	06:45+	08:42+	09:29+	10:47+	11:41+	15:18+	16:36+	17:28+	17:58+	20:06+	21:18+	21:47+	24:52+	26:43+	27:11+	27:34+	28:53+	29:31+	29:56+	30:46+	31:22+	31:47+
00:56+	01:54+	01:40+	01:09+	01:06+	01:57+	00:47+	01:18+	00:54+	03:37+	01:18+	00:52+	00:30+	02:08+	01:12+	00:29+	03:05+	01:51+	00:28+	00:23+	01:19+	00:38+	00:25+	00:50+	00:36+	00:25+
00:56+	01:54+	01:40+	01:09+	01:06+	01:57+	00:47+	01:18+	00:54+	03:37+	01:18+	00:52+	00:30+	02:08+	01:12+	00:29+	03:05+	01:51+	00:28+	00:23+	01:19+	00:38+	00:25+	00:50+	00:36+	00:25+
32:54+	34:14+	35:03+																							
01:07+	01:20+	00:49+																							
01:07+	01:20+	00:49+																							
14	Sindre Jakobsen	1830	35:11																						
00:56+	02:01+	04:00+	05:16+	06:26+	08:02+	08:48+	09:42+	10:39+	13:40+	14:48+	15:31+	15:58+	19:46+	20:29+	20:58+	23:44+	25:23+	25:42+	26:01+	27:19+	27:48+	28:20+	29:06+	30:07+	30:32+
00:56+	01:05+	01:59+	01:16+	01:10+	01:36+	00:46+	00:54+	00:57+	03:01+	01:08+	00:43+	00:27+	03:48+	00:43+	00:29+	02:46+	01:39+	00:19+	00:19+	01:18+	00:29+	00:32+	00:46+	01:01+	00:25+
00:56+	01:05+	01:59+	01:16+	01:10+	01:36+	00:46+	00:54+	00:57+	03:01+	01:08+	00:43+	00:27+	03:48+	00:43+	00:29+	02:46+	01:39+	00:19+	00:19+	01:18+	00:29+	00:32+	00:46+	01:01+	00:25+
33:14+	34:23+	35:11+																							
02:42+	01:09+	00:48+																							
02:42+	01:09+	00:48+																							
15	Magnus Kristoffersen	3676	36:23																						
01:15+	02:22+	05:18+	06:34+	07:39+	09:36+	10:37+	12:00+	12:53+	15:08+	16:29+	17:33+	18:12+	20:26+	21:19+	21:49+	25:23+	27:17+	27:49+	28:08+	29:22+	29:49+	30:19+	31:07+	31:51+	32:26+
01:15+	01:07+	02:56+	01:16+	01:05+	01:57+	01:01+	01:23+	00:53+	02:15+	01:21+	01:04+	00:39+	02:14+	00:53+	00:30+	03:34+	01:54+	00:32+	00:19+	01:14+	00:27+	00:30+	00:48+	00:44+	00:35+
01:15+	01:07+	02:56+	01:16+	01:05+	01:57+	01:01+	01:23+	00:53+	02:15+	01:21+	01:04+	00:39+	02:14+	00:53+	00:30+	03:34+	01:54+	00:32+	00:19+	01:14+	00:27+	00:30+	00:48+	00:44+	00:35+
34:02+	35:19+	36:23+																							
01:36+	01:17+	01:04+																							
01:36+	01:17+	01:04+																							
16	Christian Schmidt	2342	38:54																						
01:45+	02:50+	04:30+	06:05+	07:32+	08:58+	09:35+	11:09+	12:02+	17:05+	18:30+	19:35+	20:06+	21:52+	22:28+	22:56+	25:09+	29:04+	29:32+	29:50+	31:06+	31:28+	31:57+	32:45+	33:39+	34:02+
01:45+	01:05+	01:40+	01:35+	01:27+	01:26+	00:37+	01:34+	00:53+	05:03+	01:25+	01:05+	00:31+	01:46+	00:36+	00:28+	02:13+	03:55+	00:28+	00:18+	01:16+	00:22+	00:29+	00:48+	00:54+	00:23+
01:45+	01:05+	01:40+	01:35+	01:27+	01:26+	00:37+	01:34+	00:53+	05:03+	01:25+	01:05+	00:31+	01:46+	00:36+	00:28+	02:13+	03:55+	00:28+	00:18+	01:16+	00:22+	00:29+	00:48+	00:54+	00:23+
36:11+	38:12+	38:54+																							
02:09+	02:01+	00:42+																							
02:09+	02:01+	00:42+																							
17	Gaute Haugen Sandnes	1832	39:16																						
01:48+	04:20+	06:46+	08:37+	10:00+	12:52+	13:52+	14:53+	15:54+	19:12+	20:31+	21:38+	22:19+	24:15+	25:02+	25:32+	28:54+	30:48+	31:14+	31:41+	32:54+	33:24+	33:52+	34:46+	35:30+	35:53+
01:48+	02:32+	02:26+	01:51+	01:23+	02:52+	01:00+	01:01+	01:01+	03:18+	01:19+	01:07+	00:41+	01:56+	00:47+	00:30+	03:22+	01:54+	00:26+	00:27+	01:13+	00:30+	00:28+	00:54+	00:44+	00:23+
01:48+	02:32+	02:26+	01:51+	01:23+	02:52+	01:00+	01:01+	01:01+	03:18+	01:19+	01:07+	00:41+	01:56+	00:47+	00:30+	03:22+	01:54+	00:26+	00:27+	01:13+	00:30+	00:28+	00:54+	00:44+	00:23+
37:01+	38:28+	39:16+																							
01:08+	01:27+	00:48+																							
01:08+	01:27+	00:48+																							
18	Håvard Landråk	3676	39:16																						
01:25+	02:44+	05:09+	06:26+	09:53+	11:29+	12:12+	13:12+	14:00+	15:57+	17:15+	18:15+	18:52+	21:39+	22:26+	22:57+	25:56+	27:33+	27:52+	28:09+	29:32+	29:59+	31:46+	32:17+	32:51+	33:38+
01:25+	01:19+	02:25+	01:17+	03:27+	01:36+	00:43+	01:00+	00:48+	01:57+	01:18+	01:00+	00:37+	02:47+	00:47+	00:31+	02:59+	01:37+	00:19+	00:17+	01:23+	00:27+	01:47+	00:31+	00:34+	00:47+
01:25+	01:19+	02:25+	01:17+	03:27+	01:36+	00:43+	01:00+	00:48+	01:57+	01:18+	01:00+	00:37+	02:47+	00:47+	00:31+	02:59+	01:37+	00:19+	00:17+	01:23+	00:27+	01:47+	00:31+	00:34+	00:47+
34:16+	34:47+	36:06+	38:06+	39:16+																					
00:38+	00:31+	01:19+	02:00+	01:10+																					
00:38+	00:31+	01:19+	02:00+	01:10+																					
19	Jon Vikse	NOTEAM	41:22																						
01:29+	04:04+	06:02+	09:08+	10:28+	10:43+	11:50+	12:54+	14:40+	14:51+	15:52+	16:42+	17:41+	20:59+	22:21+	23:39+	24:14+	26:05+	26:57+	27:17+	27:28+	30:07+	31:36+	32:00+	32:29+	32:38+
01:29+	02:35+	01:58+	03:06+	01:20+	00:15+	01:07+	01:04+	01:46+	00:11+	01:01+	00:50+	00:59+	03:18+	01:22+	01:18+	00:35+	01:51+	00:52+	00:20+	00:11+	02:39+	01:29+	00:24+	00:29+	00:09+
01:29+	02:35+	01:58+	03:06+	01:20+	00:15+	01:07+	01:04+	01:46+	00:11+	01:01+	00:50+	00:59+	03:18+	01:22+	01:18+	00:35+	01:51+	00:52+	00:20+	00:11+	02:39+	01:29+	00:24+	00:29+	00:09+
33:35+	34:01+	34:39+	35:17+	36:31+	37:29+	37:53+	39:06+	39:07+	40:24+	41:22+	42:32+	60:15+	62:48+	66:47+											
00:57+	00:26+	00:38+	00:38+	01:14+	00:58+	00:24+	01:13+	00:01+	01:17+	00:58+	01:10+	17:43+	02:33+	03:59+											
00:57+	00:26+	00:38+	00:38+	01:14+	00:58+	00:24+	01:13+	00:01+	01:17+	00:58+	01:10+	17:43+	02:33+	03:59+											

Beste strekktid for klassen

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

Herrer 40 - 49 år

Herrer 40 - 49 år

1	Reidar Mosvold	1754	31:33																						
00:56=	02:22=	04:15=	05:08=	06:10=	07:50=	08:37=	09:43=	10:35=	12:46=	13:51=	14:34=	15:06=	16:53=	17:36=	18:07=	20:49=	22:35=	22:56=	23:17=	24:42=	25:06=	25:33=	26:24=	27:03=	27:32=
00:56=	01:26=	01:53=	00:53=	01:02=	01:40=	00:47=	01:06=	00:52=	02:11=	01:05=	00:43=	00:32=	01:47=	00:43=	00:31=	02:42=	01:46=	00:21=	00:21=	01:25=	00:24=	00:27=	00:51=	00:39=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
28:46=	30:36=	31:33=																							
01:14=	01:50=	00:57=																							
00:00=	00:00=	00:00=																							

2	Trondr Breiland	NOTEAM	31:35																						
01:33+	02:33+	04:04+	05:06+	06:08+	07:45+	08:34+	09:30+	10:41+	13:09+	14:21+	15:18+	15:49+	17:40+	18:31+	18:54+	21:51+	23:21+	23:45+	24:00+	25:10+	25:35+	26:03+	26:49+	27:28+	28:05+
01:33+	01:00+	01:31+	01:02+	01:02+	01:37+	00:49+	00:56+	01:11+	02:28+	01:12+	00:57+	00:31+	01:51+	00:51+	00:23+	02:57+	01:30+	00:24+	00:15+	01:10+	00:25+	00:28+	00:46+	00:39+	00:37+
01:33+	01:00+	01:31+	01:02+	01:02+	01:37+	00:49+	00:56+	01:11+	02:28+	01:12+	00:57+	00:31+	01:51+	00:51+	00:23+	02:57+	01:30+	00:24+	00:15+	01:10+	00:25+	00:28+	00:46+	00:39+	00:37+
29:08+	30:43+	31:35+																							
01:03+	01:35+	00:52+																							
01:03+	01:35+	00:52+																							

3	Jan-Kenneth Polle	3525	32:16																						
01:04+	02:05+	04:14+	05:04+	06:01+	07:38+	08:22+	09:29+	10:25+	12:52+	13:54+	14:53+	15:23+	17:02+	17:43+	18:09+	20:42+	22:11+	22:36+	22:57+	24:12+	24:40+	25:08+	25:55+	26:32+	26:59+
01:04+	01:01+	02:09+	00:50+	00:57+	01:37+	00:44+	01:07+	00:56+	02:27+	01:02+	00:59+	00:30+	01:39+	00:41+	00:26+	02:33+	01:29+	00:25+	00:21+	01:15+	00:28+	00:28+	00:47+	00:37+	00:27+
01:04+	01:01+	02:09+	00:50+	00:57+	01:37+	00:44+	01:07+	00:56+	02:27+	01:02+	00:59+	00:30+	01:39+	00:41+	00:26+	02:33+	01:29+	00:25+	00:21+	01:15+	00:28+	00:28+	00:47+	00:37+	00:27+
28:12+	31:24+	32:16+																							
01:13+	03:12+	00:52+																							
01:13+	03:12+	00:52+																							

4	Asgeir Nærland	1830	32:17																						
01:05+	02:17+	03:49+	04:41+	05:39+	07:13+	07:57+	08:53+	09:41+	14:07+	15:14+	16:00+	16:30+	18:16+	19:06+	19:32+	22:14+	23:34+	23:54+	24:14+	25:17+	25:44+	26:07+	26:48+	27:43+	28:16+
01:05+	01:12+	01:32+	00:52+	00:58+	01:34+	00:44+	00:56+	00:48+	04:26+	01:07+	00:46+	00:30+	01:46+	00:50+	00:26+	02:42+	01:20+	00:20+	00:20+	01:03+	00:27+	00:23+	00:41+	00:55+	00:33+
01:05+	01:12+	01:32+	00:52+	00:58+	01:34+	00:44+	00:56+	00:48+	04:26+	01:07+	00:46+	00:30+	01:46+	00:50+	00:26+	02:42+	01:20+	00:20+	00:20+	01:03+	00:27+	00:23+	00:41+	00:55+	00:33+
30:01+	31:36+	32:17+																							
01:45+	01:35+	00:41+																							
01:45+	01:35+	00:41+																							

5	Gunnar Petterson	3502	33:02																						
01:36+	02:36+	04:02+	05:34+	06:46+	08:10+	09:39+	10:44+	12:27+	14:20+	15:25+	16:21+	16:48+	18:16+	19:04+	19:30+	22:09+	23:45+	24:03+	24:21+	25:31+	25:59+	26:26+	27:13+	27:47+	28:12+
01:36+	01:00+	01:26+	01:32+	01:12+	01:24+	01:29+	01:05+	01:43+	01:53+	01:05+	00:56+	00:27+	01:28+	00:48+	00:26+	02:39+	01:36+	00:18+	00:18+	01:10+	00:28+	00:27+	00:47+	00:34+	00:25+
01:36+	01:00+	01:26+	01:32+	01:12+	01:24+	01:29+	01:05+	01:43+	01:53+	01:05+	00:56+	00:27+	01:28+	00:48+	00:26+	02:39+	01:36+	00:18+	00:18+	01:10+	00:28+	00:27+	00:47+	00:34+	00:25+
30:48+	32:15+	33:02+																							
02:36+	01:27+	00:47+																							
02:36+	01:27+	00:47+																							

6	Bjarne Bore	3529	33:26																						
00:55+	02:02+	04:01+	05:12+	06:19+	08:02+	08:49+	09:42+	10:44+	12:32+	14:57+	15:39+	16:12+	17:47+	18:36+	19:05+	22:37+	24:09+	24:33+	24:59+	26:11+	26:44+	27:13+	28:15+	29:19+	29:48+
00:55+	01:07+	01:59+	01:11+	01:07+	01:43+	00:47+	00:53+	01:02+	01:48+	02:25+	00:42+	00:33+	01:35+	00:49+	00:29+	03:32+	01:32+	00:24+	00:26+	01:12+	00:33+	00:29+	01:02+	01:04+	00:29+
00:55+	01:07+	01:59+	01:11+	01:07+	01:43+	00:47+	00:53+	01:02+	01:48+	02:25+	00:42+	00:33+	01:35+	00:49+	00:29+	03:32+	01:32+	00:24+	00:26+	01:12+	00:33+	00:29+	01:02+	01:04+	00:29+
31:06+	32:28+	33:26+																							
01:18+	01:22+	00:58+																							
01:18+	01:22+	00:58+																							

7	Per Jan Erstrand	3510	33:32																						
01:00+	02:18+	04:51+	05:42+	06:36+	08:08+	08:56+	11:11+	12:58+	16:14+	17:22+	18:12+	18:40+	20:18+	20:59+	21:28+	24:09+	25:46+	26:06+	26:23+	27:43+	28:09+	28:33+	29:25+	30:12+	30:39+
01:00+	01:18+	02:33+	00:51+	00:54+	01:32+	00:48+	02:15+	01:47+	03:16+	01:08+	00:50+	00:28+	01:38+	00:41+	00:29+	02:41+	01:37+	00:20+	00:17+	01:20+	00:26+	00:24+	00:52+	00:47+	00:27+
01:00+	01:18+	02:33+	00:51+	00:54+	01:32+	00:48+	02:15+	01:47+	03:16+	01:08+	00:50+	00:28+	01:38+	00:41+	00:29+	02:41+	01:37+	00:20+	00:17+	01:20+	00:26+	00:24+	00:52+	00:47+	00:27+
31:34+	32:51+	33:32+																							
00:55+	01:17+	00:41+																							
00:55+	01:17+	00:41+																							

8	Magne Habbestad	3531	33:45																						
00:52+	01:53+	03:31+	04:18+	05:18+	06:59+	07:39+	08:30+	09:18+	12:01+	13:03+	13:45+	14:19+	18:11+	18:54+	19:20+	21:51+	23:28+	23:48+	24:13+	25:31+	25:58+	26:24+	27:10+	27:45+	28:10+
00:52+	01:01+	01:38+	00:47+	01:00+	01:41+	00:40+	00:51+	00:48+	02:43+	01:02+	00:42+	00:34+	03:52+	00:43+	00:26+	02:31+	01:37+	00:20+	00:25+	01:18+	00:27+	00:26+	00:46+	00:35+	00:25+
00:52+	01:01+	01:38+	00:47+	01:00+	01:41+	00:40+	00:51+	00:48+	02:43+	01:02+	00:42+	00:34+	03:52+	00:43+	00:26+	02:31+	01:37+	00:20+	00:25+	01:18+	00:27+	00:26+	00:46+	00:35+	00:25+
30:40+	32:55+	33:45+																							
02:30+	02:15+	00:50+																							
02:30+	02:15+	00:50+																							

Herrer 40 - 49 år

9	Glenn Madland	879	34:00																						
01:38+	03:02+	04:50+	06:08+	07:33+	09:18+	10:05+	11:10+	12:08+	14:38+	16:10+	17:03+	17:32+	19:00+	19:46+	20:18+	22:37+	24:03+	24:19+	24:46+	25:53+	26:21+	26:57+	27:50+	28:38+	29:04+
01:38+	01:24+	01:48+	01:18+	01:25+	01:45+	00:47+	01:05+	00:58+	02:30+	01:32+	00:53+	00:29+	01:28+	00:46+	00:32+	02:19+	01:26+	00:16+	00:27+	01:07+	00:28+	00:36+	00:53+	00:48+	00:26+
01:38+	01:24+	01:48+	01:18+	01:25+	01:45+	00:47+	01:05+	00:58+	02:30+	01:32+	00:53+	00:29+	01:28+	00:46+	00:32+	02:19+	01:26+	00:16+	00:27+	01:07+	00:28+	00:36+	00:53+	00:48+	00:26+
31:51+	33:11+	34:00+																							
02:47+	01:20+	00:49+																							
02:47+	01:20+	00:49+																							

10	Anders Presterud	903	34:06																						
01:06+	03:04+	04:54+	05:45+	06:46+	08:43+	09:29+	10:28+	11:25+	14:02+	15:26+	16:09+	16:51+	18:31+	19:22+	19:49+	22:44+	24:26+	24:46+	25:06+	26:20+	26:47+	27:17+	28:09+	28:59+	29:24+
01:06+	01:58+	01:50+	00:51+	01:01+	01:57+	00:46+	00:59+	00:57+	02:37+	01:24+	00:43+	00:42+	01:40+	00:51+	00:27+	02:55+	01:42+	00:20+	00:20+	01:14+	00:27+	00:30+	00:52+	00:50+	00:25+
01:06+	01:58+	01:50+	00:51+	01:01+	01:57+	00:46+	00:59+	00:57+	02:37+	01:24+	00:43+	00:42+	01:40+	00:51+	00:27+	02:55+	01:42+	00:20+	00:20+	01:14+	00:27+	00:30+	00:52+	00:50+	00:25+
31:33+	33:17+	34:06+																							
02:09+	01:44+	00:49+																							
02:09+	01:44+	00:49+																							

11	Rune Hatle	903	34:11																						
01:08+	02:24+	04:09+	05:12+	06:19+	08:07+	08:53+	10:49+	14:18+	15:29+	16:14+	16:59+	18:40+	19:30+	20:00+	23:03+	24:55+	25:17+	25:41+	27:03+	27:42+	28:15+	29:10+	30:04+	30:29+	
01:08+	01:16+	01:45+	01:03+	01:07+	01:48+	00:46+	00:59+	00:57+	03:29+	01:11+	00:45+	00:45+	01:41+	00:50+	00:30+	03:03+	01:52+	00:22+	00:24+	01:22+	00:39+	00:33+	00:55+	00:54+	00:25+
01:08+	01:16+	01:45+	01:03+	01:07+	01:48+	00:46+	00:59+	00:57+	03:29+	01:11+	00:45+	00:45+	01:41+	00:50+	00:30+	03:03+	01:52+	00:22+	00:24+	01:22+	00:39+	00:33+	00:55+	00:54+	00:25+
31:45+	33:21+	34:11+																							
01:16+	01:36+	00:50+																							
01:16+	01:36+	00:50+																							

12	Bjarte Harbo	1830	35:13																						
00:57+	02:02+	04:04+	05:02+	06:19+	07:55+	08:42+	09:39+	10:42+	13:17+	14:30+	15:20+	15:52+	19:08+	19:55+	20:22+	23:38+	25:20+	25:40+	25:58+	27:11+	27:43+	28:14+	28:58+	29:59+	30:25+
00:57+	01:05+	02:02+	00:58+	01:17+	01:36+	00:47+	00:57+	01:03+	02:35+	01:13+	00:50+	00:32+	03:16+	00:47+	00:27+	03:16+	01:42+	00:20+	00:18+	01:13+	00:32+	00:31+	00:44+	01:01+	00:26+
00:57+	01:05+	02:02+	00:58+	01:17+	01:36+	00:47+	00:57+	01:03+	02:35+	01:13+	00:50+	00:32+	03:16+	00:47+	00:27+	03:16+	01:42+	00:20+	00:18+	01:13+	00:32+	00:31+	00:44+	01:01+	00:26+
32:57+	34:28+	35:13+																							
02:32+	01:31+	00:45+																							
02:32+	01:31+	00:45+																							

13	Alexander Khorunzhiy	1456	35:38																						
01:13+	02:44+	04:51+	06:11+	07:31+	09:24+	10:20+	11:26+	12:20+	15:57+	17:19+	17:59+	18:35+	20:35+	21:27+	21:58+	24:51+	26:31+	26:51+	27:33+	28:49+	29:11+	29:41+	30:27+	31:09+	31:48+
01:13+	01:31+	02:07+	01:20+	01:20+	01:53+	00:56+	01:06+	00:54+	03:37+	01:22+	00:40+	00:36+	02:00+	00:52+	00:31+	02:53+	01:40+	00:20+	00:42+	01:16+	00:22+	00:30+	00:46+	00:42+	00:39+
01:13+	01:31+	02:07+	01:20+	01:20+	01:53+	00:56+	01:06+	00:54+	03:37+	01:22+	00:40+	00:36+	02:00+	00:52+	00:31+	02:53+	01:40+	00:20+	00:42+	01:16+	00:22+	00:30+	00:46+	00:42+	00:39+
33:05+	34:41+	35:38+																							
01:17+	01:36+	00:57+																							
01:17+	01:36+	00:57+																							

14	Anders Hagen	3528	37:11																						
01:18+	02:50+	04:51+	05:57+	06:59+	08:52+	09:54+	10:47+	11:47+	16:35+	17:33+	18:54+	19:28+	20:57+	21:42+	22:11+	24:59+	26:34+	26:54+	27:15+	28:36+	29:10+	29:37+	30:31+	31:36+	32:11+
01:18+	01:32+	02:01+	01:06+	01:02+	01:53+	01:02+	00:53+	01:00+	04:48+	00:58+	01:21+	00:34+	01:29+	00:45+	00:29+	02:48+	01:35+	00:20+	00:21+	01:21+	00:34+	00:27+	00:54+	01:05+	00:35+
01:18+	01:32+	02:01+	01:06+	01:02+	01:53+	01:02+	00:53+	01:00+	04:48+	00:58+	01:21+	00:34+	01:29+	00:45+	00:29+	02:48+	01:35+	00:20+	00:21+	01:21+	00:34+	00:27+	00:54+	01:05+	00:35+
34:02+	36:25+	37:11+																							
01:51+	02:23+	00:46+																							
01:51+	02:23+	00:46+																							

15	Ole-Tobias Frich	1683	38:07																						
05:04+	06:08+	07:36+	08:40+	09:52+	11:36+	12:35+	14:07+	15:10+	17:39+	18:44+	20:36+	21:03+	22:52+	23:43+	24:15+	27:13+	28:57+	29:18+	29:42+	31:02+	31:28+	31:55+	32:46+	33:33+	33:59+
05:04+	01:04+	01:28+	01:04+	01:12+	01:44+	00:59+	01:32+	01:03+	02:29+	01:05+	01:52+	00:27+	01:49+	00:51+	00:32+	02:58+	01:44+	00:21+	00:24+	01:20+	00:26+	00:27+	00:51+	00:47+	00:26+
05:04+	01:04+	01:28+	01:04+	01:12+	01:44+	00:59+	01:32+	01:03+	02:29+	01:05+	01:52+	00:27+	01:49+	00:51+	00:32+	02:58+	01:44+	00:21+	00:24+	01:20+	00:26+	00:27+	00:51+	00:47+	00:26+
35:31+	37:13+	38:07+																							
01:32+	01:42+	00:54+																							
01:32+	01:42+	00:54+																							

16	Per Simensen	3725	38:46																						
01:05+	02:54+	04:40+	05:48+	07:04+	09:00+	10:03+	11:21+	12:36+	16:03+	17:15+	18:11+	18:44+	21:35+	22:18+	22:49+	25:45+	27:24+	27:52+	28:20+	29:31+	30:06+	30:37+	31:23+	32:08+	32:39+
01:05+	01:49+	01:46+	01:08+	01:16+	01:56+	01:03+	01:18+	01:15+	03:27+	01:12+	00:56+	00:33+	02:51+	00:43+	00:31+	02:56+	01:39+	00:28+	00:28+	01:11+	00:35+	00:31+	00:46+	00:45+	00:31+
01:05+	01:49+	01:46+	01:08+	01:16+	01:56+	01:03+	01:18+	01:15+	03:27+	01:12+	00:56+	00:33+	02:51+	00:43+	00:31+	02:56+	01:39+	00:28+	00:28+	01:11+	00:35+	00:31+	00:46+	00:45+	00:31+
36:02+	37:35+	38:46+																							
03:23+	01:33+	01:11+																							
03:23+	01:33+	01:11+																							

Class	Navn	Klasse	Tid
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Herrer 40 - 49 år

17	Gunnar Thorset	896	40:20																						
01:15+	02:28+	04:45+	05:41+	06:43+	08:45+	09:54+	11:39+	13:11+	15:58+	17:28+	18:20+	18:58+	21:08+	22:02+	22:42+	26:18+	28:30+	28:56+	29:19+	30:53+	31:27+	31:57+	32:58+	34:17+	34:48+
01:15+	01:13+	02:17+	00:56+	01:02+	02:02+	01:09+	01:45+	01:32+	02:47+	01:30+	00:52+	00:38+	02:10+	00:54+	00:40+	03:36+	02:12+	00:26+	00:23+	01:34+	00:34+	00:30+	01:01+	01:19+	00:31+
01:15+	01:13+	02:17+	00:56+	01:02+	02:02+	01:09+	01:45+	01:32+	02:47+	01:30+	00:52+	00:38+	02:10+	00:54+	00:40+	03:36+	02:12+	00:26+	00:23+	01:34+	00:34+	00:30+	01:01+	01:19+	00:31+
36:50+	39:17+	40:20+																							
02:02+	02:27+	01:03+																							
02:02+	02:27+	01:03+																							

18	Andreas Molin	2342	40:20																						
01:02+	02:28+	04:20+	05:19+	07:40+	09:46+	10:36+	11:45+	12:37+	16:19+	17:50+	20:51+	21:23+	23:14+	24:15+	24:49+	27:36+	29:22+	29:46+	30:06+	31:34+	32:05+	32:34+	33:22+	35:03+	35:34+
01:02+	01:26+	01:52+	00:59+	02:21+	02:06+	00:50+	01:09+	00:52+	03:42+	01:31+	03:01+	00:32+	01:51+	01:01+	00:34+	02:47+	01:46+	00:24+	00:20+	01:28+	00:31+	00:29+	00:48+	01:41+	00:31+
01:02+	01:26+	01:52+	00:59+	02:21+	02:06+	00:50+	01:09+	00:52+	03:42+	01:31+	03:01+	00:32+	01:51+	01:01+	00:34+	02:47+	01:46+	00:24+	00:20+	01:28+	00:31+	00:29+	00:48+	01:41+	00:31+
37:25+	39:23+	40:20+																							
01:51+	01:58+	00:57+																							
01:51+	01:58+	00:57+																							

19	Thomas Thue	1830	41:21																						
01:28+	05:02+	06:55+	08:03+	10:07+	12:16+	13:09+	14:22+	15:36+	17:45+	19:22+	22:41+	23:21+	25:55+	26:41+	27:19+	30:26+	32:14+	32:42+	33:11+	34:26+	34:56+	35:23+	36:08+	36:52+	37:19+
01:28+	03:34+	01:53+	01:08+	02:04+	02:09+	00:53+	01:13+	01:14+	02:09+	01:37+	03:19+	00:40+	02:34+	00:46+	00:38+	03:07+	01:48+	00:28+	00:29+	01:15+	00:30+	00:27+	00:45+	00:44+	00:27+
01:28+	03:34+	01:53+	01:08+	02:04+	02:09+	00:53+	01:13+	01:14+	02:09+	01:37+	03:19+	00:40+	02:34+	00:46+	00:38+	03:07+	01:48+	00:28+	00:29+	01:15+	00:30+	00:27+	00:45+	00:44+	00:27+
38:45+	40:27+	41:21+																							
01:26+	01:42+	00:54+																							
01:26+	01:42+	00:54+																							

20	Åsbjørn Enerstvedt	3516	43:11																						
01:07+	03:44+	05:24+	07:36+	09:49+	13:15+	14:38+	15:47+	17:07+	20:01+	21:21+	22:10+	22:40+	25:06+	26:12+	26:43+	29:22+	30:52+	31:14+	31:34+	34:48+	35:32+	36:08+	36:59+	37:57+	38:48+
01:07+	02:37+	01:40+	02:12+	02:13+	03:26+	01:23+	01:09+	01:20+	02:54+	01:20+	00:49+	00:30+	02:26+	01:06+	00:31+	02:39+	01:30+	00:22+	00:20+	03:14+	00:44+	00:36+	00:51+	00:58+	00:51+
01:07+	02:37+	01:40+	02:12+	02:13+	03:26+	01:23+	01:09+	01:20+	02:54+	01:20+	00:49+	00:30+	02:26+	01:06+	00:31+	02:39+	01:30+	00:22+	00:20+	03:14+	00:44+	00:36+	00:51+	00:58+	00:51+
40:13+	42:19+	43:11+																							
01:25+	02:06+	00:52+																							
01:25+	02:06+	00:52+																							

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Lars Primstad	769	29:16																						
00:44=	02:17=	04:09=	05:54=	07:32=	08:17=	12:05=	13:48=	15:00=	16:19=	16:57=	17:33=	17:57=	19:42=	22:00=	23:26=	23:46=	24:39=	25:10=	26:09=	27:25=	28:31=	29:16=			
00:44=	01:33=	01:52=	01:45=	01:38=	00:45=	03:48=	01:43=	01:12=	01:19=	00:38=	00:36=	00:24=	01:45=	02:18=	01:26=	00:20=	00:53=	00:31=	00:59=	01:16=	01:06=	00:45=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Thomas Chruickshank	3545	31:42																						
00:51+	02:17=	04:11+	05:54=	07:25-	08:08-	10:19-	13:55+	15:35+	16:25+	17:07+	17:43+	18:09+	20:29+	23:02+	24:36+	24:55+	25:44+	26:14+	27:15+	29:35+	30:57+	31:42+			
00:51+	01:26-	01:54+	01:43-	01:31-	00:43-	02:11-	03:36+	01:40+	00:50-	00:42+	00:36=	00:26+	02:20+	02:33+	01:34+	00:19-	00:49-	00:30-	01:01+	02:20+	01:22+	00:45=			
00:07#	00:07-	00:02+	00:02-	00:07-	00:02-	01:37-	01:53#	00:28&	00:29-	00:04#	00:00=	00:02+	00:35&	00:15#	00:08+	00:01-	00:04-	00:01-	00:02+	01:04&	00:16#	00:00=			

3	Terje Undheim	3529	33:03																						
00:42-	02:21+	04:20+	06:10+	07:45+	09:43+	13:20+	16:00+	17:52+	18:37+	19:23+	20:01+	20:23+	22:07+	24:40+	25:58+	26:16+	27:02+	27:35+	28:45+	30:43+	32:15+	33:03+			
00:42-	01:39+	01:59+	01:50+	01:35-	01:58+	03:37-	02:40+	01:52+	00:45-	00:46+	00:38+	00:22-	01:44-	02:33+	01:18-	00:18-	00:46-	00:33+	01:10+	01:58+	01:32+	00:48+			
00:02-	00:06+	00:07+	00:05+	00:03-	01:13#	00:11-	00:57&	00:40&	00:34-	00:08#	00:02+	00:02-	00:01-	00:15#	00:08-	00:02-	00:07-	00:02+	00:11#	00:42&	00:26&	00:03+			

4	Svein Roar Aas	3565	34:04																						
00:53+	02:53+	04:35+	07:32+	09:07+	09:53+	11:55-	13:54+	15:59+	16:51+	17:49+	18:31+	19:01+	21:20+	24:44+	26:20+	26:37+	27:39+	28:19+	29:27+	31:04+	32:58+	34:04+			
00:53+	02:00+	01:42-	02:57+	01:35-	00:46+	02:02-	01:59+	02:05+	00:52-	00:58+	00:42+	00:30+	02:19+	03:24+	01:36+	00:17-	01:02+	00:40+	01:08+	01:37+	01:54+	01:06+			
00:09#	00:27&	00:10-	01:12&	00:03-	00:01+	01:46-	00:16#	00:53&	00:27-	00:20&	00:06#	00:06#	00:34&	01:06&	00:10#	00:03-	00:09#	00:09&	00:09#	00:21&	00:48&	00:21&			

5	John Breiland	3694	34:12																						
01:09+	02:52+	04:40+	06:42+	08:36+	09:20+	11:53-	14:22+	15:55+	17:16+	18:06+	18:51+	19:19+	21:14+	24:58+	26:42+	27:01+	27:59+	28:33+	30:33+	31:54+	33:24+	34:12+			
01:09+	01:43+	01:48-	02:02+	01:54+	00:44-	02:33-	02:29+	01:33+	01:21+	00:50+	00:45+	00:28+	01:55+	03:44+	01:44+	00:19-	00:58+	00:34+	02:00+	01:21+	01:30+	00:48+			
00:25&	00:10#	00:04-	00:17#	00:16#	00:01-	01:15-	00:46&	00:21&	00:02+	00:12&	00:09#	00:04#	00:10+	01:26&	00:18#	00:01-	00:05+	00:03+	01:01#	00:05+	00:24&	00:03+			

6	Anders Glenne	793	34:22																						
00:52+	02:26+	04:26+	06:57+	08:53+	09:38+	12:04-	14:09+	16:16+	17:14+	18:08+	18:54+	19:23+	21:50+	24:55+	26:25+	26:48+	27:48+	28:24+	29:43+	31:57+	33:26+	34:22+			
00:52+	01:34+	02:00+	02:31+	01:56+	00:45=	02:26-	02:05+	02:07+	00:58-	00:54+	00:46+	00:29+	02:27+	03:05+	01:30+	00:23+	01:00+	00:36+	01:19+	02:14+	01:29+	00:56+			
00:08#	00:01+	00:08+	00:46&	00:18#	00:00=	01:22-	00:22#	00:55&	00:21-	00:16&	00:10&	00:05#	00:42&	00:47&	00:04+	00:03#	00:07#	00:05#	00:20&	00:58&	00:23&	00:11#			

Herrer 50 - 59 år

7	Erik Bjørnbom	3558	34:26																			
00:51+	02:34+	04:02-	06:16+	08:08+	08:54+	11:33-	13:39-	15:24+	16:24+	17:26+	18:17+	18:47+	21:28+	24:24+	26:14+	26:35+	27:39+	28:16+	29:46+	31:29+	33:20+	34:26+
00:51+	01:43+	01:28-	02:14+	01:52+	00:46+	02:39-	02:06+	01:45+	01:00-	01:02+	00:51+	00:30+	02:41+	02:56+	01:50+	00:21+	01:04+	00:37+	01:30+	01:43+	01:51+	01:06+
00:07#	00:10#	00:24-	00:29#	00:14#	00:01+	01:09-	00:23#	00:33#	00:19-	00:24#	00:15#	00:06#	00:56#	00:38#	00:24#	00:01+	00:11#	00:06#	00:31#	00:27#	00:45#	00:21#
8	Rune Paulsen	3508	34:32																			
00:58+	02:30+	04:27+	06:38+	08:17+	09:00+	11:06+	13:18+	17:04+	17:57+	18:38+	19:26+	19:53+	21:57+	24:53+	26:38+	27:03+	28:15+	28:50+	30:03+	31:46+	33:31+	34:32+
00:58+	01:32+	01:57+	02:11+	01:39+	00:43+	02:06+	04:12+	01:46+	00:53+	00:41+	00:48+	00:27+	02:04+	02:56+	01:45+	00:25+	01:12+	00:35+	01:13+	01:43+	01:45+	01:01+
00:58+	01:32+	01:57+	02:11+	01:39+	00:43+	02:06+	04:12+	01:46+	00:53+	00:41+	00:48+	00:27+	02:04+	02:56+	01:45+	00:25+	01:12+	00:35+	01:13+	01:43+	01:45+	01:01+
9	Arngrim Utskarpen	896	35:00																			
01:00+	02:40+	05:31+	07:49+	09:34+	10:20+	12:11+	14:24+	16:05+	17:02+	17:53+	18:52+	19:25+	21:35+	24:12+	25:51+	26:11+	27:13+	27:48+	29:18+	32:01+	34:11+	35:00+
01:00+	01:40+	02:51+	02:18+	01:45+	00:46+	01:51+	02:13+	01:41+	00:57+	00:51+	00:59+	00:33+	02:10+	02:37+	01:39+	00:20+	01:02+	00:35+	01:30+	02:43+	02:10+	00:49+
01:00+	01:40+	02:51+	02:18+	01:45+	00:46+	01:51+	02:13+	01:41+	00:57+	00:51+	00:59+	00:33+	02:10+	02:37+	01:39+	00:20+	01:02+	00:35+	01:30+	02:43+	02:10+	00:49+
10	Ingve Vold	3529	36:14																			
00:53+	02:43+	04:06+	06:23+	08:05+	08:51+	10:57+	13:20+	15:10+	16:05+	16:55+	17:44+	18:15+	24:00+	27:04+	28:47+	29:09+	30:13+	30:52+	32:11+	33:34+	35:00+	36:14+
00:53+	01:50+	01:23+	02:17+	01:42+	00:46+	02:06+	02:23+	01:50+	00:55+	00:50+	00:49+	00:31+	05:45+	03:04+	01:43+	00:22+	01:04+	00:39+	01:19+	01:23+	01:26+	01:14+
00:53+	01:50+	01:23+	02:17+	01:42+	00:46+	02:06+	02:23+	01:50+	00:55+	00:50+	00:49+	00:31+	05:45+	03:04+	01:43+	00:22+	01:04+	00:39+	01:19+	01:23+	01:26+	01:14+
11	Frank Hansen	3502	36:21																			
00:53+	02:35+	04:53+	07:19+	09:07+	09:53+	12:05+	14:16+	16:13+	17:10+	18:02+	18:48+	19:17+	22:01+	26:42+	28:22+	28:49+	29:48+	30:34+	32:23+	34:02+	35:31+	36:21+
00:53+	01:42+	02:18+	02:26+	01:48+	00:46+	02:12+	02:11+	01:57+	00:57+	00:52+	00:46+	00:29+	02:44+	04:41+	01:40+	00:27+	00:59+	00:46+	01:49+	01:39+	01:29+	00:50+
00:53+	01:42+	02:18+	02:26+	01:48+	00:46+	02:12+	02:11+	01:57+	00:57+	00:52+	00:46+	00:29+	02:44+	04:41+	01:40+	00:27+	00:59+	00:46+	01:49+	01:39+	01:29+	00:50+
12	Øystein Fuglestad	878	36:46																			
00:54+	02:33+	03:51+	06:27+	08:29+	09:17+	11:51+	14:05+	16:47+	17:43+	18:49+	19:35+	20:05+	22:14+	27:05+	28:53+	29:21+	30:42+	31:24+	32:39+	34:06+	35:42+	36:46+
00:54+	01:39+	01:18+	02:36+	02:02+	00:48+	02:34+	02:14+	02:42+	00:56+	01:06+	00:46+	00:30+	02:09+	04:51+	01:48+	00:28+	01:21+	00:42+	01:15+	01:27+	01:36+	01:04+
00:54+	01:39+	01:18+	02:36+	02:02+	00:48+	02:34+	02:14+	02:42+	00:56+	01:06+	00:46+	00:30+	02:09+	04:51+	01:48+	00:28+	01:21+	00:42+	01:15+	01:27+	01:36+	01:04+
13	Trygve Michaelsen	896	36:48																			
00:51+	03:12+	06:32+	09:17+	11:04+	11:50+	14:02+	16:06+	17:55+	19:04+	19:56+	20:39+	21:12+	23:15+	26:29+	28:14+	28:35+	29:37+	30:17+	31:32+	33:29+	35:56+	36:48+
00:51+	02:21+	03:20+	02:45+	01:47+	00:46+	02:12+	02:04+	01:49+	01:09+	00:52+	00:43+	00:33+	02:03+	03:14+	01:45+	00:21+	01:02+	00:40+	01:15+	01:57+	02:27+	00:52+
00:51+	02:21+	03:20+	02:45+	01:47+	00:46+	02:12+	02:04+	01:49+	01:09+	00:52+	00:43+	00:33+	02:03+	03:14+	01:45+	00:21+	01:02+	00:40+	01:15+	01:57+	02:27+	00:52+
14	Jerome Renoult	3524	38:43																			
01:04+	03:10+	05:00+	07:29+	09:41+	10:49+	13:20+	15:34+	17:43+	18:55+	20:07+	21:10+	21:43+	24:07+	27:36+	29:31+	30:05+	31:05+	31:53+	33:12+	35:54+	37:44+	38:43+
01:04+	02:06+	01:50+	02:29+	02:12+	01:08+	02:31+	02:14+	02:09+	01:12+	01:12+	01:03+	00:33+	02:24+	03:29+	01:55+	00:34+	01:00+	00:48+	01:19+	02:42+	01:50+	00:59+
01:04+	02:06+	01:50+	02:29+	02:12+	01:08+	02:31+	02:14+	02:09+	01:12+	01:12+	01:03+	00:33+	02:24+	03:29+	01:55+	00:34+	01:00+	00:48+	01:19+	02:42+	01:50+	00:59+
15	Sigurd Ravndal	769	40:00																			
00:46+	02:16+	04:09+	06:14+	07:49+	08:28+	10:28+	12:06+	13:59+	15:06+	15:55+	16:34+	16:56+	29:58+	32:29+	33:53+	34:10+	34:55+	35:25+	36:24+	37:36+	39:10+	40:00+
00:46+	01:30+	01:53+	02:05+	01:35+	00:39+	02:00+	01:38+	01:53+	01:07+	00:49+	00:39+	00:22+	13:02+	02:31+	01:24+	00:17+	00:45+	00:30+	00:59+	01:12+	01:34+	00:50+
00:46+	01:30+	01:53+	02:05+	01:35+	00:39+	02:00+	01:38+	01:53+	01:07+	00:49+	00:39+	00:22+	13:02+	02:31+	01:24+	00:17+	00:45+	00:30+	00:59+	01:12+	01:34+	00:50+
16	Ove Mæstad	2342	43:25																			
01:08+	02:59+	04:58+	07:32+	09:21+	10:15+	14:53+	18:32+	20:30+	21:26+	22:31+	23:25+	23:52+	26:30+	29:30+	31:30+	32:20+	34:26+	35:08+	37:50+	39:28+	42:30+	43:25+
01:08+	01:51+	01:59+	02:34+	01:49+	00:54+	04:38+	03:39+	01:58+	00:56+	01:05+	00:54+	00:27+	02:38+	03:00+	02:00+	00:50+	02:06+	00:42+	02:42+	01:38+	03:02+	00:55+
01:08+	01:51+	01:59+	02:34+	01:49+	00:54+	04:38+	03:39+	01:58+	00:56+	01:05+	00:54+	00:27+	02:38+	03:00+	02:00+	00:50+	02:06+	00:42+	02:42+	01:38+	03:02+	00:55+
17	Christof Schätz	3598	43:32																			
01:05+	03:15+	06:13+	08:37+	10:43+	11:40+	14:23+	17:23+	19:50+	20:56+	22:05+	23:03+	23:41+	26:23+	31:23+	33:38+	34:03+	35:20+	36:00+	37:48+	40:06+	42:10+	43:32+
01:05+	02:10+	02:58+	02:24+	02:06+	00:57+	02:43+	03:00+	02:27+	01:06+	01:09+	00:58+	00:38+	02:42+	05:00+	02:15+	00:25+	01:17+	00:40+	01:48+	02:18+	02:04+	01:22+
01:05+	02:10+	02:58+	02:24+	02:06+	00:57+	02:43+	03:00+	02:27+	01:06+	01:09+	00:58+	00:38+	02:42+	05:00+	02:15+	00:25+	01:17+	00:40+	01:48+	02:18+	02:04+	01:22+
18	André Sirevåg	1683	43:42																			
00:49+	02:48+	04:56+	07:18+	09:12+	10:00+	15:08+	17:23+	21:27+	22:25+	23:22+	24:42+	25:09+	28:38+	31:52+	34:23+	34:56+	35:56+	36:26+	37:45+	40:39+	42:44+	43:42+
00:49+	01:59+	02:08+	02:22+	01:54+	00:48+	05:08+	02:15+	04:04+	00:58+	00:57+	01:20+	00:27+	03:29+	03:14+	02:31+	00:33+	01:00+	00:30+	01:19+	02:54+	02:05+	00:58+
00:49+	01:59+	02:08+	02:22+	01:54+	00:48+	05:08+	02:15+	04:04+	00:58+	00:57+	01:20+	00:27+	03:29+	03:14+	02:31+	00:33+	01:00+	00:30+	01:19+	02:54+	02:05+	00:58+
19	Stein Arve Finnestad	1456	48:06																			
00:57+	04:01+	06:04+	08:27+	10:23+	11:20+	14:26+	18:05+	20:17+	21:34+	22:36+	23:29+	24:02+	27:19+	35:30+	37:28+	37:57+	39:10+	39:58+	41:21+	45:01+	46:57+	48:06+
00:57+	03:04+	02:03+	02:23+	01:56+	00:57+	03:06+	03:39+	02:12+	01:17+	01:02+	00:53+	00:33+	03:17+	08:11+	01:58+	00:29+	01:13+	00:48+	01:23+	03:40+	01:56+	01:09+
00:57+	03:04+	02:03+	02:23+	01:56+	00:57+	03:06+	03:39+	02:12+	01:17+	01:02+	00:53+	00:33+	03:17+	08:11+	01:58+	00:29+	01:13+	00:48+	01:23+	03:40+	01:56+	01:09+
20	Harald Taksdal	3547	48:13																			
01:08+	03:20+	05:43+	08:27+	10:52+	11:55+	18:59+	21:48+	24:44+	25:58+	27:07+	28:08+	28:46+	31:59+	36:20+	38:24+	38:55+	40:26+	41:19+	42:53+	44:57+	46:59+	48:13+
01:08+	02:12+	02:23+	02:44+	02:25+	01:03+	07:04+	02:49+	02:56+	01:14+	01:09+	01:01+	00:38+	03:13+	04:21+	02:04+	00:31+	01:31+	00:53+	01:34+	02:04+	02:02+	01:14+
01:08+	02:12+	02:23+	02:44+	02:25+	01:03+	07:04+	02:49+	02:56+	01:14+	01:09+	01:01+	00:38+	03:13+	04:21+	02:04+	00:31+	01:31+	00:53+	01:34+	02:04+	02:02+	01:14+

Herrer 50 - 59 år

21	Raymond B Pettersen	722	50:45																			
01:01+	02:53+	04:27+	07:10+	09:41+	10:52+	15:01+	17:45+	19:49+	21:03+	22:28+	23:33+	24:07+	27:24+	36:32+	38:49+	39:12+	40:32+	41:24+	43:21+	46:14+	49:35+	50:45+
01:01+	01:52+	01:34+	02:43+	02:31+	01:11+	04:09+	02:44+	02:04+	01:14+	01:25+	01:05+	00:34+	03:17+	09:08+	02:17+	00:23+	01:20+	00:52+	01:57+	02:53+	03:21+	01:10+
01:01+	01:52+	01:34+	02:43+	02:31+	01:11+	04:09+	02:44+	02:04+	01:14+	01:25+	01:05+	00:34+	03:17+	09:08+	02:17+	00:23+	01:20+	00:52+	01:57+	02:53+	03:21+	01:10+
22	Njål Foldnes	1754	50:59																			
01:12+	03:37+	05:54+	09:19+	11:26+	12:19+	22:56+	25:13+	27:15+	28:17+	29:13+	29:59+	30:26+	32:52+	37:02+	39:06+	39:28+	40:29+	41:03+	44:13+	47:46+	49:44+	50:59+
01:12+	02:25+	02:17+	03:25+	02:07+	00:53+	10:37+	02:17+	02:02+	01:02+	00:56+	00:46+	00:27+	02:26+	04:10+	02:04+	00:22+	01:01+	00:34+	03:10+	03:33+	01:58+	01:15+
01:12+	02:25+	02:17+	03:25+	02:07+	00:53+	10:37+	02:17+	02:02+	01:02+	00:56+	00:46+	00:27+	02:26+	04:10+	02:04+	00:22+	01:01+	00:34+	03:10+	03:33+	01:58+	01:15+
23	Hans Frode Andersen	3548	51:52																			
00:56+	03:41+	09:52+	12:49+	15:06+	15:56+	20:04+	24:20+	27:22+	28:24+	29:31+	30:42+	31:15+	34:05+	38:18+	40:05+	40:46+	41:56+	42:38+	43:58+	49:20+	50:53+	51:52+
00:56+	02:45+	06:11+	02:57+	02:17+	00:50+	04:08+	04:16+	03:02+	01:02+	01:07+	01:11+	00:33+	02:50+	04:13+	01:47+	00:41+	01:10+	00:42+	01:20+	05:22+	01:33+	00:59+
00:56+	02:45+	06:11+	02:57+	02:17+	00:50+	04:08+	04:16+	03:02+	01:02+	01:07+	01:11+	00:33+	02:50+	04:13+	01:47+	00:41+	01:10+	00:42+	01:20+	05:22+	01:33+	00:59+
24	Cedric Fayemendy	3558	54:08																			
01:17+	03:09+	05:17+	07:47+	09:31+	10:24+	12:28+	27:48+	29:49+	30:45+	32:04+	32:51+	33:16+	35:07+	40:47+	42:11+	42:47+	43:54+	44:29+	45:41+	51:37+	53:10+	54:08+
01:17+	01:52+	02:08+	02:30+	01:44+	00:53+	02:04+	15:20+	02:01+	00:56+	01:19+	00:47+	00:25+	01:51+	05:40+	01:24+	00:36+	01:07+	00:35+	01:12+	05:56+	01:33+	00:58+
01:17+	01:52+	02:08+	02:30+	01:44+	00:53+	02:04+	15:20+	02:01+	00:56+	01:19+	00:47+	00:25+	01:51+	05:40+	01:24+	00:36+	01:07+	00:35+	01:12+	05:56+	01:33+	00:58+

Beste strekktid for klassen

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

Herrer 60 - 64 år

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

Herrer 65 - 69 år

2	Kjell Dale	1884	27:59																		
00:33+	01:20+	02:43-	04:45+	06:26+	09:22+	10:16+	11:34+	12:37+	13:02+	14:24+	16:21+	17:59+	18:50+	19:21+	20:25+	22:17+	23:47+	24:56+	26:18+	27:44+	27:59+
00:33+	00:47+	01:23-	02:02+	01:41-	02:56+	00:54-	01:18+	01:03-	00:25-	01:22-	01:57-	01:38-	00:51-	00:31=	01:04+	01:52+	01:30+	01:09-	01:22-	01:26-	00:15+
00:04#	00:05#	00:19-	00:57#	00:02-	00:13+	00:02-	00:18#	00:02-	00:02-	00:07-	00:17-	00:29-	00:05-	00:00=	00:03+	00:17#	00:07+	00:10-	00:03-	00:08-	00:01+
3	Kjell Skjæveland	3515	34:34																		
00:35+	01:38+	03:38+	04:56+	07:13+	10:46+	11:59+	12:45+	14:15+	14:46+	16:46+	19:42+	21:54+	22:57+	23:38+	25:34+	27:37+	29:34+	30:58+	32:39+	34:18+	34:34+
00:35+	01:03+	02:00+	01:18+	02:17+	03:33+	01:13+	00:56+	01:20+	00:31+	02:00+	02:56+	02:12+	01:03+	00:41+	01:56+	02:03+	01:57+	01:24+	01:41+	01:39+	00:16+
00:35+	01:03+	02:00+	01:18+	02:17+	03:33+	01:13+	00:56+	01:20+	00:31+	02:00+	02:56+	02:12+	01:03+	00:41+	01:56+	02:03+	01:57+	01:24+	01:41+	01:39+	00:16+
4	Olav Tunheim	1884	37:18																		
02:00+	02:49+	04:43+	05:51+	07:59+	13:32+	14:55+	16:27+	17:55+	18:29+	20:42+	22:52+	25:08+	26:18+	27:02+	28:22+	30:02+	31:42+	33:23+	35:09+	37:02+	37:18+
02:00+	00:49+	01:54+	01:08+	02:08+	05:33+	01:23+	01:32+	01:28+	00:34+	02:13+	02:10+	02:16+	01:10+	00:44+	01:20+	01:40+	01:40+	01:41+	01:46+	01:53+	00:16+
02:00+	00:49+	01:54+	01:08+	02:08+	05:33+	01:23+	01:32+	01:28+	00:34+	02:13+	02:10+	02:16+	01:10+	00:44+	01:20+	01:40+	01:40+	01:41+	01:46+	01:53+	00:16+
5	Torbjørn Evensen	3556	37:47																		
00:46+	01:32+	03:23+	04:39+	06:36+	10:21+	11:39+	12:42+	14:01+	14:32+	16:22+	18:40+	24:08+	25:13+	26:00+	27:29+	29:55+	31:35+	33:36+	35:38+	37:28+	37:47+
00:46+	00:46+	01:51+	01:16+	01:57+	03:45+	01:18+	01:03+	01:19+	00:31+	01:50+	02:18+	05:28+	01:05+	00:47+	01:29+	02:26+	01:40+	02:01+	02:02+	01:50+	00:19+
00:46+	00:46+	01:51+	01:16+	01:57+	03:45+	01:18+	01:03+	01:19+	00:31+	01:50+	02:18+	05:28+	01:05+	00:47+	01:29+	02:26+	01:40+	02:01+	02:02+	01:50+	00:19+
6	Bjørn Sivertsen	1332	39:12																		
00:38+	01:36+	04:12+	05:44+	08:27+	13:07+	14:28+	15:32+	17:56+	18:33+	20:36+	23:09+	25:45+	26:54+	27:40+	29:06+	31:07+	33:05+	34:46+	36:51+	38:53+	39:12+
00:38+	00:58+	02:36+	01:32+	02:43+	04:40+	01:21+	01:04+	02:24+	00:37+	02:03+	02:33+	02:36+	01:09+	00:46+	01:26+	02:01+	01:58+	01:41+	02:05+	02:02+	00:19+
00:38+	00:58+	02:36+	01:32+	02:43+	04:40+	01:21+	01:04+	02:24+	00:37+	02:03+	02:33+	02:36+	01:09+	00:46+	01:26+	02:01+	01:58+	01:41+	02:05+	02:02+	00:19+
7	Ivar Johan Larsen	878	39:47																		
00:43+	01:30+	03:32+	05:20+	07:55+	11:44+	13:16+	14:28+	16:04+	16:44+	19:06+	22:47+	25:31+	26:49+	27:37+	29:15+	31:00+	33:29+	35:28+	37:16+	39:25+	39:47+
00:43+	00:47+	02:02+	01:48+	02:35+	03:49+	01:32+	01:12+	01:36+	00:40+	02:22+	03:41+	02:44+	01:18+	00:48+	01:38+	01:45+	02:29+	01:59+	01:48+	02:09+	00:22+
00:43+	00:47+	02:02+	01:48+	02:35+	03:49+	01:32+	01:12+	01:36+	00:40+	02:22+	03:41+	02:44+	01:18+	00:48+	01:38+	01:45+	02:29+	01:59+	01:48+	02:09+	00:22+
8	Sveinung Tveit	3547	40:08																		
00:47+	02:33+	06:58+	09:01+	11:25+	14:38+	16:01+	17:06+	18:40+	19:17+	21:46+	24:44+	26:59+	28:04+	28:48+	30:03+	33:10+	34:56+	36:29+	38:04+	39:50+	40:08+
00:47+	01:46+	04:25+	02:03+	02:24+	03:13+	01:23+	01:05+	01:34+	00:37+	02:29+	02:58+	02:15+	01:05+	00:44+	01:15+	03:07+	01:46+	01:33+	01:35+	01:46+	00:18+
00:47+	01:46+	04:25+	02:03+	02:24+	03:13+	01:23+	01:05+	01:34+	00:37+	02:29+	02:58+	02:15+	01:05+	00:44+	01:15+	03:07+	01:46+	01:33+	01:35+	01:46+	00:18+
9	Jan Arendal	1683	44:06																		
00:47+	01:58+	04:34+	06:14+	08:49+	12:59+	14:39+	16:09+	19:52+	20:35+	22:55+	25:40+	28:22+	29:48+	30:42+	32:25+	34:38+	37:33+	39:37+	41:32+	43:44+	44:06+
00:47+	01:11+	02:36+	01:40+	02:35+	04:10+	01:40+	01:30+	03:43+	00:43+	02:20+	02:45+	02:42+	01:26+	00:54+	01:43+	02:13+	02:55+	02:04+	01:55+	02:12+	00:22+
00:47+	01:11+	02:36+	01:40+	02:35+	04:10+	01:40+	01:30+	03:43+	00:43+	02:20+	02:45+	02:42+	01:26+	00:54+	01:43+	02:13+	02:55+	02:04+	01:55+	02:12+	00:22+
10	Sverre Magnar Nordal	1683	46:30																		
01:07+	02:13+	04:15+	05:58+	08:23+	13:25+	15:20+	16:46+	18:27+	19:11+	21:25+	24:33+	27:07+	28:21+	29:10+	31:03+	33:00+	35:11+	36:57+	42:36+	46:10+	46:30+
01:07+	01:06+	02:02+	01:43+	02:25+	05:02+	01:55+	01:26+	01:41+	00:44+	02:14+	03:08+	02:34+	01:14+	00:49+	01:53+	01:57+	02:11+	01:46+	05:39+	03:34+	00:20+
01:07+	01:06+	02:02+	01:43+	02:25+	05:02+	01:55+	01:26+	01:41+	00:44+	02:14+	03:08+	02:34+	01:14+	00:49+	01:53+	01:57+	02:11+	01:46+	05:39+	03:34+	00:20+
11	Kjell Lervik	3598	48:10																		
00:56+	02:08+	04:22+	07:06+	09:46+	14:14+	16:35+	18:19+	21:11+	21:52+	24:21+	27:28+	30:07+	32:04+	32:55+	34:41+	38:10+	40:52+	43:12+	45:35+	47:49+	48:10+
00:56+	01:12+	02:14+	02:44+	02:40+	04:28+	02:21+	01:44+	02:52+	00:41+	02:29+	03:07+	02:39+	01:57+	00:51+	01:46+	03:29+	02:42+	02:20+	02:23+	02:14+	00:21+
00:56+	01:12+	02:14+	02:44+	02:40+	04:28+	02:21+	01:44+	02:52+	00:41+	02:29+	03:07+	02:39+	01:57+	00:51+	01:46+	03:29+	02:42+	02:20+	02:23+	02:14+	00:21+
12	Tore Karlsen	722	49:15																		
01:30+	02:33+	04:35+	06:23+	08:49+	15:47+	17:45+	19:29+	21:08+	21:43+	24:10+	28:02+	30:24+	31:48+	32:30+	33:51+	36:53+	39:43+	41:51+	45:32+	48:55+	49:15+
01:30+	01:03+	02:02+	01:48+	02:26+	06:58+	01:58+	01:44+	01:39+	00:35+	02:27+	03:52+	02:22+	01:24+	00:42+	01:21+	03:02+	02:50+	02:08+	03:41+	03:23+	00:20+
01:30+	01:03+	02:02+	01:48+	02:26+	06:58+	01:58+	01:44+	01:39+	00:35+	02:27+	03:52+	02:22+	01:24+	00:42+	01:21+	03:02+	02:50+	02:08+	03:41+	03:23+	00:20+
13	Arnstein Skretting	3529	54:13																		
01:02+	02:12+	09:56+	12:04+	14:45+	18:50+	20:47+	22:11+	24:24+	25:02+	27:24+	31:07+	34:03+	35:26+	36:12+	37:53+	43:10+	45:34+	47:36+	51:19+	53:50+	54:13+
01:02+	01:10+	07:44+	02:08+	02:41+	04:05+	01:57+	01:24+	02:13+	00:38+	02:22+	03:43+	02:56+	01:23+	00:46+	01:41+	05:17+	02:24+	02:02+	03:43+	02:31+	00:23+
01:02+	01:10+	07:44+	02:08+	02:41+	04:05+	01:57+	01:24+	02:13+	00:38+	02:22+	03:43+	02:56+	01:23+	00:46+	01:41+	05:17+	02:24+	02:02+	03:43+	02:31+	00:23+
14	Omund Bakkevold	874	58:11																		
00:45+	02:03+	04:26+	06:55+	09:53+	17:43+	19:44+	22:06+	24:18+	25:09+	28:44+	32:40+	35:20+	36:49+	37:46+	39:53+	45:33+	48:08+	51:37+	55:14+	57:48+	58:11+
00:45+	01:18+	02:23+	02:29+	02:58+	07:50+	02:01+	02:22+	02:12+	00:51+	03:35+	03:56+	02:40+	01:29+	00:57+	02:07+	05:40+	02:35+	03:29+	03:37+	02:34+	00:23+
00:45+	01:18+	02:23+	02:29+	02:58+	07:50+	02:01+	02:22+	02:12+	00:51+	03:35+	03:56+	02:40+	01:29+	00:57+	02:07+	05:40+	02:35+	03:29+	03:37+	02:34+	00:23+
15	Rolf Kleppe	3524	1:11:55																		
02:21+	03:42+	06:07+	07:37+	10:45+	21:41+	23:48+	25:21+	26:54+	27:35+	29:46+	39:13+	42:09+	43:48+	44:42+	46:50+	50:40+	53:14+	56:17+	69:16+	71:35+	71:55+
02:21+	01:21+	02:25+	01:30+	03:08+	10:56+	02:07+	01:33+	01:33+	00:41+	02:11+	09:27+	02:56+	01:39+	00:54+	02:08+	03:50+	02:34+	03:03+	12:59+	02:19+	00:20+
02:21+	01:21+	02:25+	01:30+	03:08+	10:56+	02:07+	01:33+	01:33+	00:41+	02:11+	09:27+	02:56+	01:39+	00:54+	02:08+	03:50+	02:34+	03:03+	12:59+	02:19+	00:20+

Herrer 65 - 69 år

Beste strekketid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal	874	26:29																		
00:27=	01:05=	02:45=	03:45=	05:22=	09:10=	10:00=	10:48=	11:49=	12:11=	13:36=	15:19=	17:02=	17:54=	18:33=	19:39=	21:00=	22:23=	23:36=	24:53=	26:15=	26:29=
00:27=	00:38=	01:40=	01:00=	01:37=	03:48=	00:50=	00:48=	01:01=	00:22=	01:25=	01:43=	01:43=	00:52=	00:39=	01:06=	01:21=	01:23=	01:13=	01:17=	01:22=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	28:23																		
00:29+	01:14+	02:52+	03:54+	05:38+	08:17-	09:24-	10:10-	11:14-	11:42-	13:19-	15:29+	17:28+	18:27+	19:05+	20:27+	22:46+	24:06+	25:26+	26:47+	28:09+	28:23+
00:29+	00:45+	01:38-	01:02+	01:44+	02:39-	01:07+	00:46-	01:04+	00:28+	01:37+	02:10+	01:59+	00:59+	00:38-	01:22+	02:19+	01:20-	01:20+	01:21+	01:22=	00:14=
00:02+	00:07#	00:02-	00:02+	00:07+	01:09-	00:17&	00:02-	00:03+	00:06&	00:12#	00:27&	00:16#	00:07#	00:01-	00:16#	00:58&	00:03-	00:07+	00:04+	00:00=	00:00=
3	Harry Breiland	3507	32:16																		
00:38+	01:37+	03:33+	05:49+	07:37+	10:51+	11:56+	12:50+	14:06+	14:35+	16:20+	18:22+	20:06+	21:03+	21:40+	23:08+	25:28+	26:58+	28:43+	30:08+	32:00+	32:16+
00:38+	00:59+	01:56+	02:16+	01:48+	03:14-	01:05+	00:54+	01:16+	00:29+	01:45+	02:02+	01:44+	00:57+	00:37-	01:28+	02:20+	01:30+	01:45+	01:25+	01:52+	00:16+
00:11&	00:21&	00:16#	01:16@	00:11#	00:34-	00:15&	00:06#	00:15#	00:07&	00:20#	00:19#	00:01+	00:05+	00:02-	00:22&	00:59&	00:07+	00:32&	00:08#	00:30&	00:02#
4	Svein Berge	643	34:06																		
00:55+	01:47+	03:51+	05:29+	07:22+	11:00+	12:15+	13:21+	14:31+	14:59+	16:36+	18:39+	20:41+	21:36+	22:18+	23:37+	26:17+	28:37+	30:37+	32:23+	33:53+	34:06+
00:55+	00:52+	02:04+	01:38+	01:53+	03:38-	01:15+	01:06+	01:10+	00:28+	01:37+	02:03+	02:02+	00:55+	00:42+	01:19+	02:40+	02:20+	02:00+	01:46+	01:30+	00:13-
00:28@	00:14&	00:24#	00:38&	00:16#	00:10-	00:25&	00:18&	00:09#	00:06&	00:12#	00:20#	00:19#	00:03+	00:03+	00:13#	01:19&	00:57&	00:47&	00:29&	00:08+	00:01-
5	Jan Hetland	3502	34:49																		
01:37+	02:35+	04:17+	05:51+	07:54+	11:24+	12:42+	13:44+	15:10+	15:39+	17:51+	20:09+	22:23+	23:27+	24:12+	25:21+	27:40+	29:35+	31:14+	32:46+	34:34+	34:49+
01:37+	00:58+	01:42+	01:34+	02:03+	03:30-	01:18+	01:02+	01:26+	00:29+	02:12+	02:18+	02:14+	01:04+	00:45+	01:09+	02:19+	01:55+	01:39+	01:32+	01:48+	00:15+
01:10@	00:20&	00:02+	00:34&	00:26&	00:18-	00:28&	00:14&	00:25&	00:07&	00:47&	00:35&	00:31&	00:12#	00:06#	00:03+	00:58&	00:32&	00:26&	00:15#	00:26&	00:01+
6	Bjarne Gimre	1830	36:51																		
00:47+	01:45+	03:37+	05:17+	07:24+	12:30+	13:46+	14:50+	16:20+	16:53+	19:02+	21:42+	24:00+	25:08+	25:57+	27:33+	29:30+	31:29+	33:10+	34:47+	36:33+	36:51+
00:47+	00:58+	01:52+	01:40+	02:07+	05:06+	01:16+	01:04+	01:30+	00:33+	02:09+	02:40+	02:18+	01:08+	00:49+	01:36+	01:57+	01:59+	01:41+	01:37+	01:46+	00:18+
00:20&	00:20&	00:12#	00:40&	00:30&	01:18&	00:26&	00:16&	00:29&	00:11&	00:44&	00:57&	00:35&	00:16&	00:10&	00:30&	00:36&	00:36&	00:28&	00:20&	00:24&	00:04&
7	Arne Magne Handeland	892	37:57																		
01:06+	02:21+	04:40+	06:20+	08:26+	13:16+	14:50+	15:54+	17:23+	18:01+	20:09+	22:41+	25:04+	26:15+	27:16+	28:39+	30:38+	32:33+	34:13+	35:52+	37:38+	37:57+
01:06+	01:15+	02:19+	01:40+	02:06+	04:50+	01:34+	01:04+	01:29+	00:38+	02:08+	02:32+	02:23+	01:11+	01:01+	01:23+	01:59+	01:55+	01:40+	01:39+	01:46+	00:19+
00:39@	00:37&	00:39&	00:40&	00:29&	01:02&	00:44&	00:16&	00:28&	00:16&	00:43&	00:49&	00:40&	00:19&	00:22&	00:17&	00:38&	00:32&	00:27&	00:22&	00:24&	00:05&
8	Tom Hetland	880	40:56																		
01:03+	01:58+	04:29+	07:06+	09:09+	13:44+	16:48+	18:08+	20:01+	20:37+	22:56+	25:19+	27:48+	28:58+	29:42+	31:09+	33:35+	35:37+	37:17+	39:02+	40:40+	40:56+
01:03+	00:55+	02:31+	02:37+	02:03+	04:35+	03:04+	01:20+	01:53+	00:36+	02:19+	02:23+	02:29+	01:10+	00:44+	01:27+	02:26+	02:02+	01:40+	01:45+	01:38+	00:16+
00:36@	00:17&	00:51&	01:37@	00:26&	00:47#	02:14@	00:32&	00:52&	00:14&	00:54&	00:40&	00:46&	00:18&	00:05#	00:21&	01:05&	00:39&	00:27&	00:28&	00:16#	00:02#
9	Jan Inge Lunde	1830	41:07																		
00:58+	01:56+	04:09+	07:49+	10:17+	14:29+	15:51+	17:12+	19:05+	19:42+	21:48+	25:01+	27:32+	28:53+	29:40+	31:13+	33:44+	35:42+	37:16+	38:48+	40:52+	41:07+
00:58+	00:58+	02:13+	03:40+	02:28+	04:12+	01:22+	01:21+	01:53+	00:37+	02:06+	03:13+	02:31+	01:21+	00:47+	01:33+	02:31+	01:58+	01:34+	01:32+	02:04+	00:15+
00:31@	00:20&	00:33&	02:40@	00:51&	00:24#	00:32&	00:33&	00:52&	00:15&	00:41&	01:30&	00:48&	00:29&	00:08#	00:27&	01:10&	00:35&	00:21&	00:15#	00:42&	00:01+
10	Bjørn Bjelland	3541	42:18																		
01:53+	02:52+	05:14+	08:47+	11:22+	15:51+	17:08+	18:27+	20:17+	20:57+	23:06+	26:25+	28:46+	30:09+	31:01+	32:22+	34:38+	36:41+	38:26+	40:03+	42:01+	42:18+
01:53+	00:59+	02:22+	03:33+	02:35+	04:29+	01:17+	01:19+	01:50+	00:40+	02:09+	03:19+	02:21+	01:23+	00:52+	01:21+	02:16+	02:03+	01:45+	01:37+	01:58+	00:17+
01:26@	00:21&	00:42&	02:33@	00:58&	00:41#	00:27&	00:31&	00:49&	00:18&	00:44&	01:36&	00:38&	00:31&	00:13&	00:15#	00:55&	00:40&	00:32&	00:20&	00:36&	00:03#
11	Per Marthon Møland	880	44:03																		
00:49+	01:50+	04:24+	07:11+	09:36+	16:26+	17:50+	19:06+	21:14+	21:47+	24:15+	26:54+	29:42+	30:51+	31:37+	33:12+	35:15+	37:26+	39:17+	41:34+	43:45+	44:03+
00:49+	01:01+	02:34+	02:47+	02:25+	06:50+	01:24+	01:16+	02:08+	00:33+	02:28+	02:39+	02:48+	01:09+	00:46+	01:35+	02:03+	02:11+	01:51+	02:17+	02:11+	00:18+
00:22&	00:23&	00:54&	01:47@	00:48&	03:02&	00:34&	00:28&	01:07@	00:11&	01:03&	00:56&	01:05&	00:17&	00:07#	00:29&	00:42&	00:48&	00:38&	01:00&	00:49&	00:04&
12	Svein Ims	903	45:49																		
02:33+	03:48+	05:56+	07:24+	10:09+	14:23+	19:02+	19:57+	21:42+	22:26+	24:48+	27:36+	30:37+	31:51+	32:35+	34:00+	35:59+	38:26+	40:44+	42:42+	45:29+	45:49+
02:33+	01:15+	02:08+	01:28+	02:45+	04:14+	04:39+	00:55+	01:45+	00:44+	02:22+	02:48+	03:01+	01:14+	00:44+	01:25+	01:59+	02:27+	02:18+	01:58+	02:47+	00:20+
02:06@	00:37&	00:28&	00:28&	01:08&	00:26#	03:49@	00:07#	00:44&	00:22&	00:57&	01:05&	01:18&	00:22&	00:05#	00:19&	00:38&	01:04&	01:05&	00:41&	01:25@	00:06&

Herrer 70 - 74 år

13	Tore Romon Tvedt	3518	51:40																			
01:15+	02:14+	05:06+	06:37+	09:06+	17:30+	18:58+	20:21+	22:13+	22:51+	25:37+	28:30+	32:48+	34:20+	35:05+	36:57+	38:54+	40:49+	43:00+	48:31+	51:11+	51:40+	
01:15+	00:59+	02:52+	01:31+	02:29+	08:24+	01:28+	01:23+	01:52+	00:38+	02:46+	02:53+	04:18+	01:32+	00:45+	01:52+	01:57+	01:55+	02:11+	05:31+	02:40+	00:29+	
00:48@	00:21&	01:12&	00:31&	00:52&	04:36@	00:38&	00:35&	00:51&	00:16&	01:21&	01:10&	02:35@	00:40&	00:06#	00:46&	00:36&	00:32&	00:58&	04:14@	01:18&	00:15@	
14	Olav Habbestad	1683	52:10																			
01:11+	02:10+	04:01+	05:25+	07:44+	13:43+	14:57+	16:19+	18:19+	18:51+	21:33+	28:11+	34:45+	36:36+	37:21+	38:52+	41:17+	43:11+	45:39+	47:37+	50:10+	51:34+	52:10+
01:11+	00:59+	01:51+	01:24+	02:19+	05:59+	01:14+	01:22+	02:00+	00:32+	02:42+	06:38+	06:34+	01:51+	00:45+	01:31+	02:25+	01:54+	02:28+	01:58+	02:33+	01:24+	00:36+
01:11+	00:59+	01:51+	01:24+	02:19+	05:59+	01:14+	01:22+	02:00+	00:32+	02:42+	06:38+	06:34+	01:51+	00:45+	01:31+	02:25+	01:54+	02:28+	01:58+	02:33+	01:24+	00:36+
15	Rune Inge Olsen	1884	52:28																			
02:03+	03:11+	07:26+	10:29+	13:33+	19:18+	20:55+	22:08+	23:46+	24:24+	26:43+	29:27+	33:45+	35:06+	35:55+	37:43+	40:05+	41:55+	43:56+	49:15+	52:03+	52:28+	
02:03+	01:08+	04:15+	03:03+	03:04+	05:45+	01:37+	01:13+	01:38+	00:38+	02:19+	02:44+	04:18+	01:21+	00:49+	01:48+	02:22+	01:50+	02:01+	05:19+	02:48+	00:25+	
02:03+	01:08+	04:15+	03:03+	03:04+	05:45+	01:37+	01:13+	01:38+	00:38+	02:19+	02:44+	04:18+	01:21+	00:49+	01:48+	02:22+	01:50+	02:01+	05:19+	02:48+	00:25+	
16	Leif Kåre Lende	879	53:07																			
02:34+	03:47+	05:50+	09:09+	12:24+	18:22+	19:50+	21:17+	23:08+	23:45+	26:16+	29:01+	32:07+	33:28+	34:24+	36:13+	40:47+	45:18+	47:43+	50:36+	52:53+	53:07+	
02:34+	01:13+	02:03+	03:19+	03:15+	05:58+	01:28+	01:27+	01:51+	00:37+	02:31+	02:45+	03:06+	01:21+	00:56+	01:49+	04:34+	04:31+	02:25+	02:53+	02:17+	00:14+	
02:34+	01:13+	02:03+	03:19+	03:15+	05:58+	01:28+	01:27+	01:51+	00:37+	02:31+	02:45+	03:06+	01:21+	00:56+	01:49+	04:34+	04:31+	02:25+	02:53+	02:17+	00:14+	
17	Kjell Ivar Skjørestad	892	55:04																			
02:43+	03:34+	05:12+	06:49+	09:00+	15:01+	20:21+	21:33+	23:51+	24:25+	26:47+	29:50+	39:24+	40:32+	41:17+	43:04+	45:29+	47:13+	50:30+	52:09+	54:46+	55:04+	
02:43+	00:51+	01:38+	01:37+	02:11+	06:01+	05:20+	01:12+	02:18+	00:34+	02:22+	03:03+	09:34+	01:08+	00:45+	01:47+	02:25+	01:44+	03:17+	01:39+	02:37+	00:18+	
02:43+	00:51+	01:38+	01:37+	02:11+	06:01+	05:20+	01:12+	02:18+	00:34+	02:22+	03:03+	09:34+	01:08+	00:45+	01:47+	02:25+	01:44+	03:17+	01:39+	02:37+	00:18+	
18	Kjell-Ingar Olsen	1119	59:57																			
03:03+	04:06+	12:51+	14:59+	18:07+	27:08+	29:08+	30:37+	32:20+	33:01+	35:15+	37:58+	40:38+	41:55+	42:50+	44:59+	48:15+	51:20+	53:21+	56:57+	59:31+	59:57+	
03:03+	01:03+	08:45+	02:08+	03:08+	09:01+	02:00+	01:29+	01:43+	00:41+	02:14+	02:43+	02:40+	01:17+	00:55+	02:09+	03:16+	03:05+	02:01+	03:36+	02:34+	00:26+	
03:03+	01:03+	08:45+	02:08+	03:08+	09:01+	02:00+	01:29+	01:43+	00:41+	02:14+	02:43+	02:40+	01:17+	00:55+	02:09+	03:16+	03:05+	02:01+	03:36+	02:34+	00:26+	
19	Torgeir Færevåg	3553	1:05:43																			
01:19+	02:35+	05:04+	08:47+	12:13+	24:07+	25:54+	27:38+	30:52+	31:39+	34:21+	41:59+	44:35+	45:50+	46:46+	48:26+	50:46+	55:39+	58:23+	62:35+	65:25+	65:43+	
01:19+	01:16+	02:29+	03:43+	03:26+	11:54+	01:47+	01:44+	03:14+	00:47+	02:42+	07:38+	02:36+	01:15+	00:56+	01:40+	02:20+	04:53+	02:44+	04:12+	02:50+	00:18+	
01:19+	01:16+	02:29+	03:43+	03:26+	11:54+	01:47+	01:44+	03:14+	00:47+	02:42+	07:38+	02:36+	01:15+	00:56+	01:40+	02:20+	04:53+	02:44+	04:12+	02:50+	00:18+	
20	Sverre Uhling	722	1:12:19																			
01:20+	03:39+	07:58+	11:23+	15:08+	24:16+	26:59+	29:43+	32:33+	33:36+	37:11+	42:59+	48:33+	50:44+	51:56+	54:42+	58:31+	61:45+	65:10+	68:56+	71:59+	72:19+	
01:20+	02:19+	04:19+	03:25+	03:45+	09:08+	02:43+	02:44+	02:50+	01:03+	03:35+	05:48+	05:34+	02:11+	01:12+	02:46+	03:49+	03:14+	03:25+	03:46+	03:03+	00:20+	
01:20+	02:19+	04:19+	03:25+	03:45+	09:08+	02:43+	02:44+	02:50+	01:03+	03:35+	05:48+	05:34+	02:11+	01:12+	02:46+	03:49+	03:14+	03:25+	03:46+	03:03+	00:20+	

Beste strekketid for klassen

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

Herrer 75 - 79 år

1	Hilmar Røthing	879	31:50															
00:40=	01:26=	03:06=	05:11=	07:24=	09:23=	11:52=	14:13=	16:00=	16:57=	18:06=	19:49=	21:54=	23:05=	23:57=	25:05=	28:42=	30:46=	31:50=
00:40=	00:46=	01:40=	02:05=	02:13=	01:59=	02:29=	02:21=	01:47=	00:57=	01:09=	01:43=	02:05=	01:11=	00:52=	01:08=	03:37=	02:04=	01:04=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Finn-Morten Årstad	3530	31:57															
00:46+	01:40+	03:24+	05:19+	06:57-	09:03-	12:17+	14:55+	16:45+	17:57+	19:06+	20:59+	23:23+	24:39+	25:25+	26:39+	29:08+	30:57+	31:57+
00:46+	00:54+	01:44+	01:55-	01:38-	02:06+	03:14+	02:38+	01:50+	01:12+	01:09=	01:53+	02:24+	01:16+	00:46-	01:14+	02:29-	01:49-	01:00-
00:06#	00:08#	00:04+	00:10-	00:35-	00:07+	00:45&	00:17#	00:03+	00:15&	00:00=	00:10+	00:19#	00:05+	00:06-	00:06+	01:08-	00:15-	00:04-
3	Hermann Skogsholm	1754	34:21															
00:57+	02:35+	04:47+	07:08+	09:01+	11:08+	14:18+	17:00+	18:49+	19:52+	21:11+	23:11+	25:26+	26:42+	27:29+	28:36+	31:18+	33:07+	34:21+
00:57+	01:38+	02:12+	02:21+	01:53-	02:07+	03:10+	02:42+	01:49+	01:03+	01:19+	02:00+	02:15+	01:16+	00:47-	01:07-	02:42-	01:49-	01:14+
00:17&	00:52@	00:32&	00:16#	00:20-	00:08+	00:41&	00:21#	00:02+	00:06#	00:10#	00:17#	00:10+	00:05+	00:05-	00:01-	00:55-	00:15-	00:10#
4	Jostein Tunheim	1683	34:38															
01:44+	02:39+	04:39+	06:28+	08:26+	10:32+	13:54+	16:25+	18:29+	19:35+	20:49+	22:31+	25:04+	26:16+	27:02+	28:19+	31:42+	33:38+	34:38+
01:44+	00:55+	02:00+	01:49-	01:58-	02:06+	03:22+	02:31+	02:04+	01:06+	01:14+	01:42-	02:33+	01:12+	00:46-	01:17+	03:23-	01:56-	01:00-
01:04@	00:09#	00:20#	00:16-	00:15-	00:07+	00:53&	00:10+	00:17#	00:09#	00:05+	00:01-	00:28#	00:01+	00:06-	00:09#	00:14-	00:08-	00:04-

Herrer 75 - 79 år

5	Paul Andreas Paulsen	896	35:25															
01:21+	02:08+	04:02+	05:34+	07:16-	09:20-	11:53+	14:15+	17:08+	18:15+	19:40+	21:18+	23:46+	25:10+	26:08+	27:18+	32:40+	34:23+	35:25+
00:21+	00:47+	01:54+	01:32-	01:42-	02:04+	02:33+	02:22+	02:53+	01:07+	01:25+	01:38-	02:28+	01:24+	00:58+	01:10+	05:22+	01:43-	01:02-
00:41@	00:01+	00:14#	00:33-	00:31-	00:05+	00:04+	00:01+	01:06&	00:10#	00:16#	00:05-	00:23#	00:13#	00:06#	00:02+	01:45&	00:21-	00:02-
6	Øyvind Egeskog	880	36:09															
00:44+	01:52+	04:34+	07:06+	08:54+	11:01+	13:58+	16:38+	18:58+	20:10+	21:33+	23:36+	26:14+	27:34+	28:28+	29:52+	32:45+	34:55+	36:09+
00:44+	01:08+	02:42+	02:32+	01:48+	02:07+	02:57+	02:40+	02:20+	01:12+	01:23+	02:03+	02:38+	01:20+	00:54+	01:24+	02:53+	02:10+	01:14+
00:44+	01:08+	02:42+	02:32+	01:48+	02:07+	02:57+	02:40+	02:20+	01:12+	01:23+	02:03+	02:38+	01:20+	00:54+	01:24+	02:53+	02:10+	01:14+
7	Kjell Svihus	892	38:35															
00:45+	02:40+	06:11+	07:53+	10:09+	12:12+	15:32+	18:43+	21:32+	22:47+	24:04+	25:54+	29:26+	30:41+	31:28+	32:47+	35:30+	37:30+	38:35+
00:45+	01:55+	03:31+	01:42+	02:16+	02:03+	03:20+	03:11+	02:49+	01:15+	01:17+	01:50+	03:32+	01:15+	00:47+	01:19+	02:43+	02:00+	01:05+
00:45+	01:55+	03:31+	01:42+	02:16+	02:03+	03:20+	03:11+	02:49+	01:15+	01:17+	01:50+	03:32+	01:15+	00:47+	01:19+	02:43+	02:00+	01:05+
8	Knut Skjæveland	1884	39:08															
00:54+	02:02+	04:25+	09:38+	12:40+	14:48+	18:25+	20:50+	23:10+	24:19+	25:45+	27:29+	29:51+	31:12+	31:58+	33:40+	35:52+	37:58+	39:08+
00:54+	01:08+	02:23+	05:13+	03:02+	02:08+	03:37+	02:25+	02:20+	01:09+	01:26+	01:44+	02:22+	01:21+	00:46+	01:42+	02:12+	02:06+	01:10+
00:54+	01:08+	02:23+	05:13+	03:02+	02:08+	03:37+	02:25+	02:20+	01:09+	01:26+	01:44+	02:22+	01:21+	00:46+	01:42+	02:12+	02:06+	01:10+
9	Svein Glendrange	874	39:46															
01:17+	02:25+	04:53+	06:58+	09:08+	11:42+	14:36+	17:16+	19:52+	21:18+	22:52+	24:37+	27:37+	29:16+	30:09+	33:02+	36:04+	38:19+	39:46+
01:17+	01:08+	02:28+	02:05+	02:10+	02:34+	02:54+	02:40+	02:36+	01:26+	01:34+	01:45+	03:00+	01:39+	00:53+	02:53+	03:02+	02:15+	01:27+
01:17+	01:08+	02:28+	02:05+	02:10+	02:34+	02:54+	02:40+	02:36+	01:26+	01:34+	01:45+	03:00+	01:39+	00:53+	02:53+	03:02+	02:15+	01:27+
10	Hans Klausen	769	40:01															
01:30+	02:27+	04:59+	07:17+	10:03+	12:20+	15:34+	18:03+	20:37+	22:27+	23:49+	25:12+	28:12+	29:47+	30:44+	31:57+	35:55+	39:02+	40:01+
01:30+	00:57+	02:32+	02:18+	02:46+	02:17+	03:14+	02:29+	02:34+	01:50+	01:22+	01:23+	03:00+	01:35+	00:57+	01:13+	03:58+	03:07+	00:59+
01:30+	00:57+	02:32+	02:18+	02:46+	02:17+	03:14+	02:29+	02:34+	01:50+	01:22+	01:23+	03:00+	01:35+	00:57+	01:13+	03:58+	03:07+	00:59+
11	Arne Østensen	3518	41:40															
01:04+	02:27+	04:41+	06:07+	08:09+	13:56+	19:14+	22:04+	24:17+	25:22+	26:42+	28:31+	30:59+	32:12+	33:13+	34:23+	37:18+	40:39+	41:40+
01:04+	01:23+	02:14+	01:26+	02:02+	05:47+	05:18+	02:50+	02:13+	01:05+	01:20+	01:49+	02:28+	01:13+	01:01+	01:10+	02:55+	03:21+	01:01+
01:04+	01:23+	02:14+	01:26+	02:02+	05:47+	05:18+	02:50+	02:13+	01:05+	01:20+	01:49+	02:28+	01:13+	01:01+	01:10+	02:55+	03:21+	01:01+
12	Geir Husdal	1884	41:56															
00:58+	02:04+	04:26+	06:45+	08:45+	11:30+	14:49+	17:52+	20:26+	21:49+	24:02+	27:41+	30:44+	32:28+	33:18+	35:00+	38:01+	40:27+	41:56+
00:58+	01:06+	02:22+	02:19+	02:00+	02:45+	03:19+	03:03+	02:34+	01:23+	02:13+	03:39+	03:03+	01:44+	00:50+	01:42+	03:01+	02:26+	01:29+
00:58+	01:06+	02:22+	02:19+	02:00+	02:45+	03:19+	03:03+	02:34+	01:23+	02:13+	03:39+	03:03+	01:44+	00:50+	01:42+	03:01+	02:26+	01:29+
13	Leif Gunnar Wikene	1832	43:36															
00:55+	02:30+	05:43+	07:54+	11:14+	13:56+	17:15+	20:55+	24:02+	25:25+	27:15+	29:38+	32:34+	34:00+	34:59+	36:41+	40:00+	42:12+	43:36+
00:55+	01:35+	03:13+	02:11+	03:20+	02:42+	03:19+	03:40+	03:07+	01:23+	01:50+	02:23+	02:56+	01:26+	00:59+	01:42+	03:19+	02:12+	01:24+
00:55+	01:35+	03:13+	02:11+	03:20+	02:42+	03:19+	03:40+	03:07+	01:23+	01:50+	02:23+	02:56+	01:26+	00:59+	01:42+	03:19+	02:12+	01:24+
14	Olav A. Hognestad	892	43:44															
01:23+	02:17+	04:16+	07:12+	09:19+	12:28+	15:35+	18:28+	21:01+	22:20+	23:59+	26:04+	29:17+	30:52+	31:49+	33:10+	37:47+	42:23+	43:44+
01:23+	00:54+	01:59+	02:56+	02:07+	03:09+	03:07+	02:53+	02:33+	01:19+	01:39+	02:05+	03:13+	01:35+	00:57+	01:21+	04:37+	04:36+	01:21+
01:23+	00:54+	01:59+	02:56+	02:07+	03:09+	03:07+	02:53+	02:33+	01:19+	01:39+	02:05+	03:13+	01:35+	00:57+	01:21+	04:37+	04:36+	01:21+
15	Steinar Undheim	3529	46:44															
01:09+	02:37+	05:19+	07:33+	09:52+	12:51+	18:20+	21:39+	24:53+	26:16+	27:35+	29:27+	32:28+	34:17+	35:32+	37:00+	43:12+	45:31+	46:44+
01:09+	01:28+	02:42+	02:14+	02:19+	02:59+	05:29+	03:19+	03:14+	01:23+	01:19+	01:52+	03:01+	01:49+	01:15+	01:28+	06:12+	02:19+	01:13+
01:09+	01:28+	02:42+	02:14+	02:19+	02:59+	05:29+	03:19+	03:14+	01:23+	01:19+	01:52+	03:01+	01:49+	01:15+	01:28+	06:12+	02:19+	01:13+
16	Norvald Skretting	1832	48:46															
01:14+	02:34+	05:28+	10:41+	14:41+	17:37+	22:34+	26:34+	29:05+	30:29+	32:23+	34:54+	37:40+	39:11+	40:09+	41:34+	45:05+	47:19+	48:46+
01:14+	01:20+	02:54+	05:13+	04:00+	02:56+	04:57+	04:00+	02:31+	01:24+	01:54+	02:31+	02:46+	01:31+	00:58+	01:25+	03:31+	02:14+	01:27+
01:14+	01:20+	02:54+	05:13+	04:00+	02:56+	04:57+	04:00+	02:31+	01:24+	01:54+	02:31+	02:46+	01:31+	00:58+	01:25+	03:31+	02:14+	01:27+
17	Ole Auklend	885	55:11															
01:04+	03:04+	05:22+	08:13+	10:58+	13:53+	24:06+	26:41+	29:31+	31:03+	32:43+	34:59+	39:03+	40:46+	41:50+	44:05+	50:57+	53:29+	55:11+
01:04+	02:00+	02:18+	02:51+	02:45+	02:55+	10:13+	02:35+	02:50+	01:32+	01:40+	02:16+	04:04+	01:43+	01:04+	02:15+	06:52+	02:32+	01:42+
01:04+	02:00+	02:18+	02:51+	02:45+	02:55+	10:13+	02:35+	02:50+	01:32+	01:40+	02:16+	04:04+	01:43+	01:04+	02:15+	06:52+	02:32+	01:42+
18	Mangor Eikeland	892	58:48															
04:04+	05:38+	09:37+	12:28+	16:31+	20:02+	24:02+	29:12+	33:41+	35:31+	37:19+	39:38+	43:26+	45:43+	47:04+	49:03+	53:16+	56:36+	58:48+
04:04+	01:34+	03:59+	02:51+	04:03+	03:31+	04:00+	05:10+	04:29+	01:50+	01:48+	02:19+	03:48+	02:17+	01:21+	01:59+	04:13+	03:20+	02:12+
04:04+	01:34+	03:59+	02:51+	04:03+	03:31+	04:00+	05:10+	04:29+	01:50+	01:48+	02:19+	03:48+	02:17+	01:21+	01:59+	04:13+	03:20+	02:12+

Plass	Navn	Klasse	Tid
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Herrer 75 - 79 år

19	Knut Jonas Espedal	1754	1:21:42															
02:35+	04:18+	11:29+	14:38+	19:02+	24:51+	30:37+	36:22+	46:39+	49:22+	52:27+	55:59+	60:50+	63:51+	65:28+	67:45+	74:38+	78:58+	81:42+
02:35+	01:43+	07:11+	03:09+	04:24+	05:49+	05:46+	05:45+	10:17+	02:43+	03:05+	03:32+	04:51+	03:01+	01:37+	02:17+	06:53+	04:20+	02:44+
02:35+	01:43+	07:11+	03:09+	04:24+	05:49+	05:46+	05:45+	10:17+	02:43+	03:05+	03:32+	04:51+	03:01+	01:37+	02:17+	06:53+	04:20+	02:44+

Beste strekktid for klassen

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

Herrer 80 år og eldre

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

3	Alf Gyland	892	42:50																	
00:40-	01:48-	03:48-	06:24+	08:36+	10:04+	12:38+	15:57+	18:36+	19:42+	22:10+	25:17+	27:19+	28:36+	29:37+	30:28+	32:29+	37:53+	40:43+	42:32+	42:50+
00:40-	01:08-	02:00-	02:36+	02:12-	01:28+	02:34+	03:19-	02:39-	01:06-	02:28+	03:07+	02:02+	01:17+	01:01-	00:51+	02:01-	05:24+	02:50+	01:49-	00:18-
00:04-	00:24-	00:02-	00:49&	00:08-	00:09#	00:22#	00:04-	00:18-	00:03-	00:32&	00:19#	00:37&	00:09#	00:12-	00:11&	00:34-	03:24@	00:48&	00:04-	00:02-

4	Jan A. Bekkeheien	892	43:13																	
00:44=	02:28+	04:30+	06:22+	08:54+	10:30+	13:11+	16:00+	20:41+	22:10+	24:45+	28:22+	30:05+	31:27+	32:41+	33:27+	35:34+	38:10+	40:48+	42:53+	43:13+
00:44=	01:44+	02:02=	01:52+	02:32+	01:36+	02:41+	02:49-	04:41+	01:29+	02:35+	03:37+	01:43+	01:22+	01:14+	00:46+	02:07-	02:36+	02:38+	02:05+	00:20=
00:00=	00:12#	00:00=	00:05+	00:12+	00:17#	00:29#	00:34-	01:44&	00:20&	00:39&	00:49&	00:18#	00:14#	00:01+	00:06#	00:28-	00:36&	00:36&	00:12#	00:00=

5	Sigurd Krosli	1884	45:31																	
00:40-	02:18+	08:25+	09:43+	12:56+	14:27+	17:00+	20:32+	23:33+	24:42+	26:47+	29:43+	31:33+	32:50+	33:53+	34:39+	36:51+	39:23+	42:54+	45:13+	45:31+
00:40-	01:38+	06:07+	01:18-	03:13+	01:31+	02:33+	03:32+	03:01+	01:09=	02:05+	02:56+	01:50+	01:17+	01:03-	00:46+	02:12-	02:32+	03:31+	02:19+	00:18-
00:04-	00:06+	04:05@	00:29-	00:53&	00:12#	00:21#	00:09+	00:04+	00:00=	00:09+	00:08+	00:25&	00:09#	00:10-	00:06#	00:23-	00:32&	01:29&	00:26#	00:02-

6	Arne Brandsberg	3502	48:32																	
00:57+	02:40+	04:52+	06:49+	10:10+	11:59+	15:09+	18:01+	21:46+	23:15+	25:57+	30:19+	32:18+	33:45+	35:28+	36:29+	40:19+	43:37+	46:05+	48:00+	48:32+
00:57+	01:43+	02:12+	01:57+	03:21+	01:49+	03:10+	02:52-	03:45+	01:29+	02:42+	04:22+	01:59+	01:27+	01:43+	01:01+	03:50+	03:18+	02:28+	01:55+	00:32+
00:13&	00:11#	00:10+	00:10+	01:01&	00:30&	00:58&	00:31-	00:48&	00:20&	00:46&	01:34&	00:34&	00:19&	00:30&	00:21&	01:15&	01:18&	00:26#	00:02+	00:12&

7	Albert Moe	3529	1:06:26																	
01:02+	04:21+	07:28+	09:40+	14:14+	16:26+	20:31+	26:31+	31:12+	33:45+	37:05+	42:01+	44:28+	46:21+	49:46+	50:50+	54:40+	57:37+	60:29+	65:51+	66:26+
01:02+	03:19+	03:07+	02:12+	04:34+	02:12+	04:05+	06:00+	04:41+	02:33+	03:20+	04:56+	02:27+	01:53+	03:25+	01:04+	03:50+	02:57+	02:52+	05:22+	00:35+
00:18&	01:47@	01:05&	00:25#	02:14&	00:53&	01:53&	02:37&	01:44&	01:24@	01:24&	02:08&	01:02&	00:45&	02:12@	00:24&	01:15&	00:57&	00:50&	03:29@	00:15&

8	Magne Andreas Westerheim	1884	1:18:14																		
01:14+	03:38+	06:21+	11:37+	14:29+	16:18+	20:23+	24:13+	27:46+	29:05+	31:22+	49:18+	54:46+	56:34+	57:59+	59:39+	60:46+	64:41+	68:03+	70:23+	72:05+	72:31+
01:14+	02:24+	02:43+	05:16+	02:52+	01:49+	04:05+	03:50+	03:33+	01:19+	02:17+	17:56+	05:28+	01:48+	01:25+	01:40+	01:07-	03:55+	03:22+	02:20+	01:42+	00:26+
00:30&	00:52&	00:41&	03:29@	00:32#	00:30&	01:53&	00:27#	00:36#	00:10#	00:21#	15:08@	04:03@	00:40&	00:12#	01:00@	01:28-	01:55&	01:20&	00:27#	01:22@	00:26+

Beste strekktid for klassen

00:40	01:08	01:53	01:18	02:12	01:19	02:12	02:08	02:39	01:06	01:56	02:48	01:22	01:08	01:01	00:40	01:07	01:52	02:02	01:49	00:18
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer A

1	Morten Bjerga Sundli	3522	32:41																						
01:19=	02:25=	04:24=	05:37=	06:12=	07:54=	09:43=	10:06=	11:30=	12:05=	12:37=	13:12=	14:17=	14:37=	15:58=	17:46=	19:16=	20:11=	20:31=	20:51=	21:29=	21:57=	22:32=	24:06=	24:41=	25:28=
01:19=	01:06=	01:59=	01:13=	00:35=	01:42=	01:49=	00:23=	01:24=	00:35=	00:32=	00:35=	01:05=	00:20=	01:21=	01:48=	01:30=	00:55=	00:20=	00:20=	00:38=	00:28=	00:35=	01:34=	00:35=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
27:04=	28:29=	30:00=	30:54=	31:59=	32:41=																				
01:36=	01:25=	01:31=	00:54=	01:05=	00:42=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

Herrer A

2	Erik Lima	1832	33:29																						
01:41+	02:35+	04:24=	05:43+	06:22+	08:45+	09:57+	10:24+	11:40+	12:17+	12:50+	13:29+	14:35+	14:55+	16:25+	18:32+	20:04+	20:55+	21:14+	21:36+	22:15+	22:48+	23:22+	25:04+	25:40+	26:21+
01:41+	00:54-	01:49-	01:19+	00:39+	02:23+	01:12-	00:27+	01:16-	00:37+	00:33+	00:39+	01:06+	00:20=	01:30+	02:07+	01:32+	00:51-	00:19-	00:22+	00:39+	00:33+	00:34-	01:42+	00:36+	00:41-
00:22&	00:12-	00:10-	00:06+	00:04#	00:41&	00:37-	00:04#	00:08-	00:02+	00:01+	00:04#	00:01+	00:00=	00:09#	00:19#	00:02+	00:04-	00:01-	00:02+	00:01+	00:05#	00:01-	00:08+	00:01+	00:06-
28:17+	29:00+	30:38+	31:36+	32:49+	33:29+																				
01:56+	00:43-	01:38+	00:58+	01:13+	00:40-																				
00:20#	00:42-	00:07+	00:04+	00:08#	00:02-																				
3	Svein Magnus Halsne	3634	34:16																						
01:54+	02:41+	04:18+	05:26+	06:06+	07:47+	08:58+	09:25+	10:36+	11:12+	11:44+	12:22+	13:22+	13:44+	15:17+	17:20+	19:00+	19:51+	20:10+	20:31+	21:09+	21:36+	22:14+	24:06+	24:44+	25:31+
01:54+	00:47+	01:37+	01:08+	00:40+	01:41+	01:11+	00:27+	01:11+	00:36+	00:32+	00:38+	01:00+	00:22+	01:33+	02:03+	01:40+	00:51+	00:19+	00:21+	00:38+	00:27+	00:38+	01:52+	00:38+	00:47+
01:54+	00:47+	01:37+	01:08+	00:40+	01:41+	01:11+	00:27+	01:11+	00:36+	00:32+	00:38+	01:00+	00:22+	01:33+	02:03+	01:40+	00:51+	00:19+	00:21+	00:38+	00:27+	00:38+	01:52+	00:38+	00:47+
27:34+	29:42+	31:20+	32:14+	33:27+	34:16+																				
02:03+	02:08+	01:38+	00:54+	01:13+	00:49+																				
02:03+	02:08+	01:38+	00:54+	01:13+	00:49+																				
4	Sven Hatteland	3528	35:14																						
02:19+	03:24+	05:06+	06:23+	07:04+	08:39+	10:01+	10:29+	11:51+	12:32+	13:05+	13:45+	14:53+	15:20+	16:45+	18:55+	20:37+	21:33+	21:55+	22:19+	23:03+	23:48+	24:27+	26:18+	27:10+	27:58+
02:19+	01:05+	01:42+	01:17+	00:41+	01:35+	01:22+	00:28+	01:22+	00:41+	00:33+	00:40+	01:08+	00:27+	01:25+	02:10+	01:42+	00:56+	00:22+	00:24+	00:44+	00:45+	00:39+	01:51+	00:52+	00:48+
02:19+	01:05+	01:42+	01:17+	00:41+	01:35+	01:22+	00:28+	01:22+	00:41+	00:33+	00:40+	01:08+	00:27+	01:25+	02:10+	01:42+	00:56+	00:22+	00:24+	00:44+	00:45+	00:39+	01:51+	00:52+	00:48+
29:54+	30:42+	32:23+	33:25+	34:33+	35:14+																				
01:56+	00:48+	01:41+	01:02+	01:08+	00:41+																				
01:56+	00:48+	01:41+	01:02+	01:08+	00:41+																				
5	Magne Hatteland	3528	35:33																						
01:10+	02:03+	03:46+	05:00+	05:38+	07:32+	08:48+	09:14+	10:40+	11:18+	11:55+	12:43+	13:53+	14:16+	16:07+	18:29+	20:33+	21:32+	21:57+	22:21+	23:05+	23:39+	24:23+	26:09+	27:03+	27:57+
01:10+	00:53+	01:43+	01:14+	00:38+	01:54+	01:16+	00:26+	01:26+	00:38+	00:37+	00:48+	01:10+	00:23+	01:51+	02:22+	02:04+	00:59+	00:25+	00:24+	00:44+	00:34+	00:44+	01:46+	00:54+	00:54+
01:10+	00:53+	01:43+	01:14+	00:38+	01:54+	01:16+	00:26+	01:26+	00:38+	00:37+	00:48+	01:10+	00:23+	01:51+	02:22+	02:04+	00:59+	00:25+	00:24+	00:44+	00:34+	00:44+	01:46+	00:54+	00:54+
30:00+	30:52+	32:50+	33:42+	34:53+	35:33+																				
02:03+	00:52+	01:58+	00:52+	01:11+	00:40+																				
02:03+	00:52+	01:58+	00:52+	01:11+	00:40+																				
6	Thomas Schive	643	35:36																						
01:11+	02:05+	03:42+	05:04+	05:48+	07:43+	09:00+	09:25+	10:50+	11:33+	12:10+	12:52+	14:01+	14:25+	16:18+	18:46+	20:30+	21:46+	22:11+	22:34+	23:15+	23:48+	24:30+	26:16+	26:56+	27:44+
01:11+	00:54+	01:37+	01:22+	00:44+	01:55+	01:17+	00:25+	01:25+	00:43+	00:37+	00:42+	01:09+	00:24+	01:53+	02:28+	01:44+	01:16+	00:25+	00:23+	00:41+	00:33+	00:42+	01:46+	00:40+	00:48+
01:11+	00:54+	01:37+	01:22+	00:44+	01:55+	01:17+	00:25+	01:25+	00:43+	00:37+	00:42+	01:09+	00:24+	01:53+	02:28+	01:44+	01:16+	00:25+	00:23+	00:41+	00:33+	00:42+	01:46+	00:40+	00:48+
30:01+	31:01+	32:41+	33:37+	34:51+	35:36+																				
02:17+	01:00+	01:40+	00:56+	01:14+	00:45+																				
02:17+	01:00+	01:40+	00:56+	01:14+	00:45+																				
7	Andreas Terjesen	1832	38:21																						
01:29+	02:44+	04:32+	05:47+	06:30+	09:14+	12:08+	12:36+	13:56+	14:44+	15:19+	15:59+	17:03+	17:25+	19:02+	21:09+	22:50+	23:47+	24:08+	24:30+	25:16+	25:53+	26:29+	28:12+	29:11+	30:22+
01:29+	01:15+	01:48+	01:15+	00:43+	02:44+	02:54+	00:28+	01:20+	00:48+	00:35+	00:40+	01:04+	00:22+	01:37+	02:07+	01:41+	00:57+	00:21+	00:22+	00:46+	00:37+	00:36+	01:43+	00:59+	01:11+
01:29+	01:15+	01:48+	01:15+	00:43+	02:44+	02:54+	00:28+	01:20+	00:48+	00:35+	00:40+	01:04+	00:22+	01:37+	02:07+	01:41+	00:57+	00:21+	00:22+	00:46+	00:37+	00:36+	01:43+	00:59+	01:11+
32:33+	33:36+	35:18+	36:19+	37:43+	38:21+																				
02:11+	01:03+	01:42+	01:01+	01:24+	00:38+																				
02:11+	01:03+	01:42+	01:01+	01:24+	00:38+																				
8	Lars Erik Malde	3676	38:59																						
02:06+	02:54+	04:50+	06:03+	06:47+	09:25+	10:43+	11:31+	13:10+	13:47+	14:24+	15:28+	16:37+	16:59+	19:06+	21:09+	22:46+	23:45+	24:14+	24:42+	25:20+	26:12+	26:47+	28:20+	29:00+	29:51+
02:06+	00:48+	01:56+	01:13+	00:44+	02:38+	01:18+	00:48+	01:39+	00:37+	00:37+	01:04+	01:09+	00:22+	02:07+	02:03+	01:37+	00:59+	00:29+	00:28+	00:38+	00:52+	00:35+	01:33+	00:40+	00:51+
02:06+	00:48+	01:56+	01:13+	00:44+	02:38+	01:18+	00:48+	01:39+	00:37+	00:37+	01:04+	01:09+	00:22+	02:07+	02:03+	01:37+	00:59+	00:29+	00:28+	00:38+	00:52+	00:35+	01:33+	00:40+	00:51+
32:04+	33:45+	35:30+	37:05+	38:20+	38:59+																				
02:13+	01:41+	01:45+	01:35+	01:15+	00:39+																				
02:13+	01:41+	01:45+	01:35+	01:15+	00:39+																				
9	Håkon Eggebø	1284	39:51																						
01:28+	02:24+	04:35+	05:58+	06:48+	08:50+	10:36+	11:00+	12:26+	13:10+	13:44+	14:26+	15:35+	16:00+	17:38+	20:47+	22:27+	23:20+	23:42+	24:04+	24:50+	25:33+	26:12+	29:15+	29:53+	30:38+
01:28+	00:56+	02:11+	01:23+	00:50+	02:02+	01:46+	00:24+	01:26+	00:44+	00:34+	00:42+	01:09+	00:25+	01:38+	03:09+	01:40+	00:53+	00:22+	00:22+	00:46+	00:43+	00:39+	03:03+	00:38+	00:45+
01:28+	00:56+	02:11+	01:23+	00:50+	02:02+	01:46+	00:24+	01:26+	00:44+	00:34+	00:42+	01:09+	00:25+	01:38+	03:09+	01:40+	00:53+	00:22+	00:22+	00:46+	00:43+	00:39+	03:03+	00:38+	00:45+
33:59+	35:09+	37:10+	38:01+	39:15+	39:51+																				
03:21+	01:10+	02:01+	00:51+	01:14+	00:36+																				
03:21+	01:10+	02:01+	00:51+	01:14+	00:36+																				

Herrer A

10	Marius Stene	3558	40:53																						
01:25+	02:47+	04:41+	05:57+	06:45+	09:38+	11:26+	11:36+	13:24+	14:08+	14:43+	15:23+	16:33+	16:58+	18:47+	21:44+	23:23+	24:19+	24:39+	25:00+	25:39+	26:30+	27:09+	30:06+	30:46+	31:33+
01:25+	01:22+	01:54+	01:16+	00:48+	02:53+	01:48+	00:30+	01:28+	00:44+	00:35+	00:40+	01:10+	00:25+	01:49+	02:57+	01:39+	00:56+	00:20+	00:21+	00:39+	00:51+	00:39+	02:57+	00:40+	00:47+
01:25+	01:22+	01:54+	01:16+	00:48+	02:53+	01:48+	00:30+	01:28+	00:44+	00:35+	00:40+	01:10+	00:25+	01:49+	02:57+	01:39+	00:56+	00:20+	00:21+	00:39+	00:51+	00:39+	02:57+	00:40+	00:47+
35:09+	36:14+	38:01+	38:57+	40:13+	40:53+																				
03:36+	01:05+	01:47+	00:56+	01:16+	00:40+																				
03:36+	01:05+	01:47+	00:56+	01:16+	00:40+																				

11	Torbjørn Ims Østby	3507	42:43																						
03:38+	04:49+	07:00+	08:22+	09:07+	11:29+	13:08+	13:38+	15:10+	15:59+	16:47+	17:29+	18:41+	19:05+	21:05+	23:36+	25:26+	26:54+	27:20+	27:45+	28:28+	29:04+	29:46+	31:36+	32:17+	33:19+
03:38+	01:11+	02:11+	01:22+	00:45+	02:22+	01:39+	00:30+	01:32+	00:49+	00:48+	00:42+	01:12+	00:24+	02:00+	02:31+	01:50+	01:28+	00:26+	00:25+	00:43+	00:36+	00:42+	01:50+	00:41+	01:02+
03:38+	01:11+	02:11+	01:22+	00:45+	02:22+	01:39+	00:30+	01:32+	00:49+	00:48+	00:42+	01:12+	00:24+	02:00+	02:31+	01:50+	01:28+	00:26+	00:25+	00:43+	00:36+	00:42+	01:50+	00:41+	01:02+
35:59+	37:49+	39:37+	40:39+	41:56+	42:43+																				
02:40+	01:50+	01:48+	01:02+	01:17+	00:47+																				
02:40+	01:50+	01:48+	01:02+	01:17+	00:47+																				

12	Svein Kyllingstad	1284	46:09																						
01:51+	03:12+	05:13+	06:30+	07:21+	09:53+	11:43+	12:16+	13:40+	14:34+	15:14+	15:57+	17:06+	17:32+	19:18+	22:40+	24:24+	25:36+	26:00+	26:29+	27:14+	28:03+	29:01+	32:38+	33:38+	34:46+
01:51+	01:21+	02:01+	01:17+	00:51+	02:32+	01:50+	00:33+	01:24+	00:54+	00:40+	00:43+	01:09+	00:26+	01:46+	03:22+	01:44+	01:12+	00:24+	00:29+	00:45+	00:49+	00:58+	03:37+	01:00+	01:08+
01:51+	01:21+	02:01+	01:17+	00:51+	02:32+	01:50+	00:33+	01:24+	00:54+	00:40+	00:43+	01:09+	00:26+	01:46+	03:22+	01:44+	01:12+	00:24+	00:29+	00:45+	00:49+	00:58+	03:37+	01:00+	01:08+
37:49+	39:53+	41:59+	43:16+	45:24+	46:09+																				
03:03+	02:04+	02:06+	01:17+	02:08+	00:45+																				
03:03+	02:04+	02:06+	01:17+	02:08+	00:45+																				

Beste strekktid for klassen

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

Herrer B

1	Aart Joakim in't Veld	1884	32:49																						
01:06=	01:57=	03:41=	04:52=	05:30=	07:18=	08:49=	09:14=	10:29=	11:06=	11:39=	12:58=	14:00=	14:21=	15:45=	17:47=	19:19=	20:14=	20:34=	20:55=	21:33=	22:12=	22:49=	24:25=	25:04=	25:49=
01:06=	00:51=	01:44=	01:11=	00:38=	01:48=	01:31=	00:25=	01:15=	00:37=	00:33=	01:19=	01:02=	00:21=	01:24=	02:02=	01:32=	00:55=	00:20=	00:21=	00:38=	00:39=	00:37=	01:36=	00:39=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
27:34=	28:31=	30:11=	31:01=	32:08=	32:49=																				
01:45=	00:57=	01:40=	00:50=	01:07=	00:41=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

2	Oddvar Taksdal	3522	32:55																						
01:07+	01:59+	03:47+	05:07+	05:48+	07:15-	08:34-	09:00-	10:19-	10:58-	11:33-	12:14-	13:17-	13:39-	15:17-	17:15-	18:51-	19:46-	20:08-	20:29-	21:09-	21:43-	22:20-	24:02-	24:43-	25:27-
01:07+	00:52+	01:48+	01:20+	00:41+	01:27-	01:19-	00:26+	01:19+	00:39+	00:35+	00:41-	01:03+	00:22+	01:38+	01:58-	01:36+	00:55=	00:22+	00:21=	00:40+	00:34-	00:37=	01:42+	00:41+	00:44-
00:01+	00:01+	00:04+	00:09#	00:03+	00:21-	00:12-	00:01+	00:04+	00:02+	00:02+	00:38-	00:01+	00:01+	00:14#	00:04-	00:04+	00:00=	00:02+	00:00=	00:02+	00:05-	00:00=	00:06+	00:02+	00:01-
27:12-	28:21-	30:02-	30:55-	32:08=	32:55+																				
01:45=	01:09+	01:41+	00:53+	01:13+	00:47+																				
00:00=	00:12#	00:01+	00:03+	00:06+	00:06#																				

3	Magnus Landstad	3507	33:54																						
01:22+	02:23+	04:03+	05:26+	06:06+	07:38+	08:48-	09:14=	10:38+	11:13+	11:49+	12:30-	13:34-	13:56-	15:40-	17:37-	19:19=	20:17+	20:38+	21:01+	21:43+	22:15+	22:55+	24:42+	25:30+	26:12+
01:22+	01:01+	01:40-	01:23+	00:40+	01:32-	01:10-	00:26+	01:24+	00:35-	00:36+	00:41-	01:04+	00:22+	01:44+	01:57-	01:42+	00:58+	00:21+	00:23+	00:42+	00:32-	00:40+	01:47+	00:48+	00:42-
00:16#	00:10#	00:04-	00:12#	00:02+	00:16-	00:21-	00:01+	00:09#	00:02-	00:03+	00:38-	00:02+	00:01+	00:20#	00:05-	00:10#	00:03+	00:01+	00:02+	00:04#	00:07-	00:03+	00:11#	00:09#	00:03-
28:03+	29:22+	30:58+	32:02+	33:15+	33:54+																				
01:51+	01:19+	01:36-	01:04+	01:13+	00:39-																				
00:06+	00:22&	00:04-	00:14&	00:06+	00:02-																				

4	Jon Åsmund Espedal	NOTEAM	37:10																						
02:03+	03:23+	05:13+	06:30+	07:15+	09:44+	10:54+	11:16+	12:50+	13:28+	14:08+	14:44+	15:49+	16:10+	17:45+	19:48+	21:36+	22:30+	22:52+	23:13+	23:50+	24:20+	24:55+	26:33+	27:12+	28:02+
02:03+	01:20+	01:50+	01:17+	00:45+	02:29+	01:10-	00:22-	01:34+	00:38+	00:40+	00:36-	01:05+	00:21=	01:35+	02:03+	01:48+	00:54-	00:22+	00:21=	00:37-	00:30-	00:35-	01:38+	00:39=	00:50+
00:57&	00:29&	00:06+	00:06+	00:07#	00:41&	00:21-	00:03-	00:19&	00:01+	00:07#	00:43-	00:03+	00:00=	00:11#	00:01+	00:16#	00:01-	00:02+	00:00=	00:01-	00:09-	00:02-	00:02+	00:00=	00:05#
31:59+	32:54+	34:32+	35:20+	36:28+	37:10+																				
03:57+	00:55-	01:38-	00:48-	01:08+	00:42+																				
02:12@	00:02-	00:02-	00:02-	00:01+	00:01+																				

Herrer B

5	Oddgeir Eikeskog	1884	37:46																						
01:11+	02:12+	03:58+	05:09+	05:54+	08:04+	09:27+	09:54+	11:26+	12:08+	12:49+	13:30+	14:42+	15:07+	17:09+	20:51+	22:31+	23:38+	24:02+	24:27+	25:16+	25:48+	26:29+	28:21+	29:17+	30:08+
01:11+	01:01+	01:46+	01:11+	00:45+	02:10+	01:23+	00:27+	01:32+	00:42+	00:41+	00:41-	01:12+	00:25+	02:02+	03:42+	01:40+	01:07+	00:24+	00:25+	00:49+	00:32-	00:41+	01:52+	00:56+	00:51+
00:05+	00:10#	00:02+	00:00=	00:07#	00:22#	00:08-	00:02+	00:17#	00:05#	00:08#	00:38-	00:10#	00:04#	00:38#	01:40#	00:08+	00:12#	00:04#	00:04#	00:11#	00:07-	00:04#	00:16#	00:17#	00:06#
32:01+	32:54+	34:44+	35:46+	37:03+	37:46+																				
01:53+	00:53-	01:50+	01:02+	01:17+	00:43+																				
00:08+	00:04-	00:10+	00:12#	00:10#	00:02+																				
6	Geir Sand	722	37:51																						
01:48+	03:13+	04:57+	06:07+	06:50+	09:31+	11:07+	11:33+	12:50+	13:32+	14:06+	14:44+	15:46+	16:08+	17:49+	20:17+	21:47+	22:43+	23:05+	23:26+	24:03+	24:34+	25:11+	26:55+	27:33+	28:16+
01:48+	01:25+	01:44+	01:10+	00:43+	02:41+	01:36+	00:26+	01:17+	00:42+	00:34+	00:38+	01:02+	00:22+	01:41+	02:28+	01:30+	00:56+	00:22+	00:21+	00:37+	00:31+	00:37+	01:44+	00:38+	00:43+
01:48+	01:25+	01:44+	01:10+	00:43+	02:41+	01:36+	00:26+	01:17+	00:42+	00:34+	00:38+	01:02+	00:22+	01:41+	02:28+	01:30+	00:56+	00:22+	00:21+	00:37+	00:31+	00:37+	01:44+	00:38+	00:43+
30:16+	33:26+	35:01+	35:54+	37:06+	37:51+																				
02:00+	03:10+	01:35+	00:53+	01:12+	00:45+																				
02:00+	03:10+	01:35+	00:53+	01:12+	00:45+																				
7	Njål F. Vadla	1884	38:26																						
01:29+	02:25+	04:07+	05:20+	06:06+	08:12+	10:39+	11:07+	12:31+	13:14+	13:52+	14:34+	15:42+	16:06+	18:05+	20:34+	22:19+	23:19+	23:41+	24:08+	24:52+	25:30+	26:11+	28:08+	28:48+	29:46+
01:29+	00:56+	01:42+	01:13+	00:46+	02:06+	02:27+	00:28+	01:24+	00:43+	00:38+	00:42+	01:08+	00:24+	01:59+	02:29+	01:45+	01:00+	00:22+	00:27+	00:44+	00:38+	00:41+	01:57+	00:40+	00:58+
01:29+	00:56+	01:42+	01:13+	00:46+	02:06+	02:27+	00:28+	01:24+	00:43+	00:38+	00:42+	01:08+	00:24+	01:59+	02:29+	01:45+	01:00+	00:22+	00:27+	00:44+	00:38+	00:41+	01:57+	00:40+	00:58+
31:51+	33:01+	35:12+	36:05+	37:21+	38:26+																				
02:05+	01:10+	02:11+	00:53+	01:16+	01:05+																				
02:05+	01:10+	02:11+	00:53+	01:16+	01:05+																				
8	Joar Eilevstjønn	2342	38:36																						
01:15+	02:20+	04:17+	05:33+	06:15+	09:39+	11:30+	11:50+	13:08+	13:47+	14:23+	15:15+	16:19+	16:42+	18:28+	20:55+	22:23+	23:17+	23:39+	24:01+	24:41+	25:35+	26:11+	28:04+	28:41+	29:25+
01:15+	01:05+	01:57+	01:16+	00:42+	03:24+	01:51+	00:20+	01:18+	00:39+	00:36+	00:52+	01:04+	00:23+	01:46+	02:27+	01:28+	00:54+	00:22+	00:22+	00:40+	00:54+	00:36+	01:53+	00:37+	00:44+
01:15+	01:05+	01:57+	01:16+	00:42+	03:24+	01:51+	00:20+	01:18+	00:39+	00:36+	00:52+	01:04+	00:23+	01:46+	02:27+	01:28+	00:54+	00:22+	00:22+	00:40+	00:54+	00:36+	01:53+	00:37+	00:44+
31:15+	31:38+	32:29+	34:10+	35:20+	37:47+	38:36+																			
01:50+	00:23+	00:51+	01:41+	01:10+	02:27+	00:49+																			
01:50+	00:23+	00:51+	01:41+	01:10+	02:27+	00:49+																			
9	Trond Sigurd Fotland	3507	38:41																						
01:43+	02:43+	04:57+	06:18+	07:02+	09:06+	10:33+	11:01+	12:34+	13:16+	14:08+	14:48+	15:59+	16:26+	18:24+	20:40+	22:24+	23:24+	23:49+	24:11+	24:55+	25:45+	26:29+	28:22+	29:17+	30:05+
01:43+	01:00+	02:14+	01:21+	00:44+	02:04+	01:27+	00:28+	01:33+	00:42+	00:52+	00:40+	01:11+	00:27+	01:58+	02:16+	01:44+	01:00+	00:25+	00:22+	00:44+	00:50+	00:44+	01:53+	00:55+	00:48+
01:43+	01:00+	02:14+	01:21+	00:44+	02:04+	01:27+	00:28+	01:33+	00:42+	00:52+	00:40+	01:11+	00:27+	01:58+	02:16+	01:44+	01:00+	00:25+	00:22+	00:44+	00:50+	00:44+	01:53+	00:55+	00:48+
32:26+	33:21+	35:11+	36:38+	38:00+	38:41+																				
02:21+	00:55+	01:50+	01:27+	01:22+	00:41+																				
02:21+	00:55+	01:50+	01:27+	01:22+	00:41+																				
10	Arne Eirik Nielsen	3588	39:06																						
02:44+	03:52+	05:42+	06:58+	07:39+	11:03+	12:25+	12:56+	14:24+	15:03+	15:40+	16:24+	17:32+	17:54+	19:37+	22:08+	23:45+	24:47+	25:08+	25:30+	26:10+	26:55+	27:35+	29:17+	29:55+	30:40+
02:44+	01:08+	01:50+	01:16+	00:41+	03:24+	01:22+	00:31+	01:28+	00:39+	00:37+	00:44+	01:08+	00:22+	01:43+	02:31+	01:37+	01:02+	00:21+	00:22+	00:40+	00:45+	00:40+	01:42+	00:38+	00:45+
02:44+	01:08+	01:50+	01:16+	00:41+	03:24+	01:22+	00:31+	01:28+	00:39+	00:37+	00:44+	01:08+	00:22+	01:43+	02:31+	01:37+	01:02+	00:21+	00:22+	00:40+	00:45+	00:40+	01:42+	00:38+	00:45+
33:16+	34:09+	36:02+	36:58+	38:18+	39:06+																				
02:36+	00:53+	01:53+	00:56+	01:20+	00:48+																				
02:36+	00:53+	01:53+	00:56+	01:20+	00:48+																				
11	Per Olav Haarr	769	40:28																						
01:19+	02:19+	04:22+	05:39+	06:19+	08:34+	10:53+	11:15+	12:43+	13:21+	13:58+	15:32+	16:40+	17:03+	18:46+	21:40+	23:14+	24:08+	24:28+	24:49+	25:39+	26:12+	26:53+	28:46+	29:28+	30:18+
01:19+	01:00+	02:03+	01:17+	00:40+	02:15+	02:19+	00:22+	01:28+	00:38+	00:37+	01:34+	01:08+	00:23+	01:43+	02:54+	01:34+	00:54+	00:20+	00:21+	00:50+	00:33+	00:41+	01:53+	00:42+	00:50+
01:19+	01:00+	02:03+	01:17+	00:40+	02:15+	02:19+	00:22+	01:28+	00:38+	00:37+	01:34+	01:08+	00:23+	01:43+	02:54+	01:34+	00:54+	00:20+	00:21+	00:50+	00:33+	00:41+	01:53+	00:42+	00:50+
33:30+	35:04+	36:52+	38:02+	39:10+	40:28+																				
03:12+	01:34+	01:48+	01:10+	01:08+	01:18+																				
03:12+	01:34+	01:48+	01:10+	01:08+	01:18+																				
12	Tor Gunnar Aksland	1683	40:37																						
01:57+	03:15+	05:41+	07:01+	07:44+	10:05+	11:43+	12:10+	13:39+	14:20+	15:06+	15:51+	16:58+	17:29+	19:31+	22:03+	23:48+	25:15+	25:37+	26:00+	26:54+	27:26+	28:05+	30:03+	30:56+	31:50+
01:57+	01:18+	02:26+	01:20+	00:43+	02:21+	01:38+	00:27+	01:29+	00:41+	00:46+	00:45+	01:07+	00:31+	02:02+	02:32+	01:45+	01:27+	00:22+	00:23+	00:54+	00:32+	00:39+	01:58+	00:53+	00:54+
01:57+	01:18+	02:26+	01:20+	00:43+	02:21+	01:38+	00:27+	01:29+	00:41+	00:46+	00:45+	01:07+	00:31+	02:02+	02:32+	01:45+	01:27+	00:22+	00:23+	00:54+	00:32+	00:39+	01:58+	00:53+	00:54+
33:48+	34:57+	36:41+	37:49+	39:39+	40:37+																				
01:58+	01:09+	01:44+	01:08+	01:50+	00:58+																				
01:58+	01:09+	01:44+	01:08+	01:50+	00:58+																				

Herrer B

13	Kristoffer Johannessen	1830	43:23																						
02:13+	03:22+	05:52+	07:13+	07:55+	10:13+	11:34+	12:01+	13:31+	14:11+	14:47+	15:26+	16:29+	16:54+	19:06+	21:34+	22:51+	24:35+	25:31+	25:53+	26:15+	26:58+	27:40+	28:19+	30:16+	31:40+
02:13+	01:09+	02:30+	01:21+	00:42+	02:18+	01:21+	00:27+	01:30+	00:40+	00:36+	00:39+	01:03+	00:25+	02:12+	02:28+	01:17+	01:44+	00:56+	00:22+	00:22+	00:43+	00:42+	00:39+	01:57+	01:24+
02:13+	01:09+	02:30+	01:21+	00:42+	02:18+	01:21+	00:27+	01:30+	00:40+	00:36+	00:39+	01:03+	00:25+	02:12+	02:28+	01:17+	01:44+	00:56+	00:22+	00:22+	00:43+	00:42+	00:39+	01:57+	01:24+
32:31+	36:33+	38:04+	39:54+	41:09+	42:33+	43:23+																			
00:51+	04:02+	01:31+	01:50+	01:15+	01:24+	00:50+																			
00:51+	04:02+	01:31+	01:50+	01:15+	01:24+	00:50+																			

Beste strekktid for klassen

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

Herrer C

1	Terje Michaelsen	3511	33:18																						
01:41=	03:07=	04:37=	05:37=	06:35=	08:22=	09:09=	10:33=	11:22=	13:22=	14:45=	15:09=	16:27=	17:02=	17:23=	19:50=	21:40=	22:28=	23:06=	23:48=	25:27=	26:06=	26:54=	29:44=	31:08=	32:41=
01:41=	01:26=	01:30=	01:00=	00:58=	01:47=	00:47=	01:24=	00:49=	02:00=	01:23=	00:24=	01:18=	00:35=	00:21=	02:27=	01:50=	00:48=	00:38=	00:42=	01:39=	00:39=	00:48=	02:50=	01:24=	01:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
33:18=																									
00:37=																									
00:00=																									

2	Jan-Einar Øvremo	1119	36:30																						
01:28-	02:57-	05:31+	06:54+	07:53+	09:53+	10:33+	11:12+	11:59+	13:26+	14:47+	15:16+	16:41+	17:22+	17:51+	20:13+	21:54+	22:46+	23:30+	24:18+	26:07+	26:50+	30:19+	32:29+	34:01+	35:44+
01:28-	01:29+	02:34+	01:23+	00:59+	02:00+	00:40-	00:39-	00:47-	01:27-	01:21-	00:29+	01:25+	00:41+	00:29+	02:22-	01:41-	00:52+	00:44+	00:48+	01:49+	00:43+	03:29+	02:10-	01:32+	01:43+
00:13-	00:03+	01:04&	00:23&	00:01+	00:13#	00:07-	00:45-	00:02-	00:33-	00:02-	00:05#	00:07+	00:06#	00:08&	00:05-	00:09-	00:04+	00:06#	00:06#	00:10#	00:04#	02:41@	00:40-	00:08+	00:10#
36:30+																									
00:46+																									
00:09#																									

3	Odd Fuglestad	3522	36:33																						
01:41=	03:08+	05:39+	06:50+	07:59+	10:06+	10:55+	11:40+	12:33+	14:41+	16:07+	16:37+	18:14+	18:56+	19:23+	22:00+	23:49+	24:44+	25:28+	26:23+	28:32+	29:19+	30:11+	32:37+	34:02+	35:40+
01:41=	01:27+	02:31+	01:11+	01:09+	02:07+	00:49+	00:45-	00:53+	02:08+	01:26+	00:30+	01:37+	00:42+	00:27+	02:37+	01:49-	00:55+	00:44+	00:55+	02:09+	00:47+	00:52+	02:26-	01:25+	01:38+
00:00=	00:01+	01:01&	00:11#	00:11#	00:20#	00:02+	00:39-	00:04+	00:08+	00:03+	00:06#	00:19#	00:07#	00:06&	00:10+	00:01-	00:07#	00:06#	00:13&	00:30&	00:08#	00:04+	00:24-	00:01+	00:05+
36:33+																									
00:53+																									
00:16&																									

4	Oddmund Nordgård	722	36:52																						
02:10+	03:40+	06:18+	07:32+	08:41+	10:45+	11:22+	12:02+	12:59+	14:42+	16:13+	16:45+	18:14+	18:51+	19:20+	21:55+	23:41+	24:32+	25:14+	25:58+	27:55+	28:37+	29:34+	33:47+	34:43+	36:04+
02:10+	01:30+	02:38+	01:14+	01:09+	02:04+	00:37-	00:40-	00:57+	01:43-	01:31+	00:32+	01:29+	00:37+	00:29+	02:35+	01:46-	00:51+	00:42+	00:44+	01:57+	00:42+	00:57+	04:13+	00:56-	01:21-
00:29&	00:04+	01:08&	00:14#	00:11#	00:17#	00:10-	00:44-	00:08#	00:17-	00:08+	00:08&	00:11#	00:02+	00:08&	00:08+	00:04-	00:03+	00:04#	00:02+	00:18#	00:03+	00:09#	01:23&	00:28-	00:12-
36:52+																									
00:48+																									
00:11&																									

5	Nils John Vestøl	3541	37:35																						
01:37-	03:22+	05:17+	06:40+	07:47+	09:49+	10:32+	11:15+	13:04+	15:04+	16:42+	17:13+	18:45+	19:26+	19:52+	22:33+	24:25+	25:40+	26:23+	27:14+	29:10+	29:54+	31:07+	33:56+	35:05+	36:24+
01:37-	01:45+	01:55+	01:23+	01:07+	02:02+	00:43-	00:43-	01:49+	02:00=	01:38+	00:31+	01:32+	00:41+	00:26+	02:41+	01:52+	01:15+	00:43+	00:51+	01:56+	00:44+	01:13+	02:49-	01:09-	01:19-
00:04-	00:19#	00:25&	00:23&	00:09#	00:15#	00:04-	00:41-	01:00@	00:00=	00:15#	00:07&	00:14#	00:06#	00:05#	00:14+	00:02+	00:27&	00:05#	00:09#	00:17#	00:05#	00:25&	00:01-	00:15-	00:14-
37:35+																									
01:11+																									
00:34&																									

6	Trond Lamark	878	40:19																						
01:53+	03:37+	05:32+	07:05+	08:22+	10:40+	11:24+	12:09+	13:15+	15:44+	17:20+	17:58+	19:41+	20:25+	20:56+	23:53+	25:52+	26:53+	27:41+	28:32+	30:45+	31:37+	33:14+	36:14+	37:39+	39:22+
01:53+	01:44+	01:55+	01:33+	01:17+	02:18+	00:44-	00:45-	01:06+	02:29+	01:36+	00:38+	01:43+	00:44+	00:31+	02:57+	01:59+	01:01+	00:48+	00:51+	02:13+	00:52+	01:37+	03:00+	01:25+	01:43+
00:12#	00:18#	00:25&	00:33&	00:19&	00:31&	00:03-	00:39-	00:17&	00:29#	00:13#	00:14&	00:25&	00:09&	00:10&	00:30#	00:09+	00:13&	00:10&	00:09#	00:34&	00:13&	00:49@	00:10+	00:01+	00:10#
40:19+																									
00:57+																									
00:20&																									

Herrer C

7	Bertrand Denieul	877	41:15																						
03:32+	05:21+	07:01+	08:29+	09:35+	11:43+	12:23+	13:04+	14:03+	15:58+	17:29+	18:08+	19:45+	20:24+	20:53+	23:28+	25:12+	26:13+	26:56+	27:42+	29:58+	30:41+	31:41+	36:17+	37:58+	39:53+
03:32+	01:49+	01:40+	01:28+	01:06+	02:08+	00:40-	00:41-	00:59+	01:55-	01:31+	00:39+	01:37+	00:39+	00:29+	02:35+	01:44-	01:01+	00:43+	00:46+	02:16+	00:43+	01:00+	04:36+	01:41+	01:55+
01:51@	00:23&	00:10#	00:28&	00:08#	00:21#	00:07-	00:43-	00:10#	00:05-	00:08+	00:15&	00:19#	00:04#	00:08&	00:08+	00:06-	00:13&	00:05#	00:04+	00:37&	00:04#	00:12#	01:46&	00:17#	00:22#
41:15+	01:22+	00:45@																							
8	Pål H. Gjerden	1683	41:25																						
02:12+	03:48+	05:59+	07:25+	08:38+	10:49+	11:50+	12:42+	13:40+	16:18+	17:52+	18:26+	20:14+	21:03+	21:36+	24:32+	26:51+	28:02+	28:52+	29:43+	32:03+	32:55+	34:02+	37:17+	38:44+	40:36+
02:12+	01:36+	02:11+	01:26+	01:13+	02:11+	01:01+	00:52+	00:58+	02:38+	01:34+	00:34+	01:48+	00:49+	00:33+	02:56+	02:19+	01:11+	00:50+	00:51+	02:20+	00:52+	01:07+	03:15+	01:27+	01:52+
02:12+	01:36+	02:11+	01:26+	01:13+	02:11+	01:01+	00:52+	00:58+	02:38+	01:34+	00:34+	01:48+	00:49+	00:33+	02:56+	02:19+	01:11+	00:50+	00:51+	02:20+	00:52+	01:07+	03:15+	01:27+	01:52+
41:25+	00:49+	00:49+																							
9	Øivind Berggraf	1683	41:50																						
01:47+	03:43+	05:43+	07:11+	08:39+	10:59+	11:43+	12:29+	13:30+	15:45+	17:25+	17:58+	20:40+	21:27+	21:56+	25:06+	27:09+	28:10+	28:59+	29:51+	32:27+	33:14+	34:38+	37:53+	39:14+	40:59+
01:47+	01:56+	02:00+	01:28+	01:28+	02:20+	00:44+	00:46+	01:01+	02:15+	01:40+	00:33+	02:42+	00:47+	00:29+	03:10+	02:03+	01:01+	00:49+	00:52+	02:36+	00:47+	01:24+	03:15+	01:21+	01:45+
01:47+	01:56+	02:00+	01:28+	01:28+	02:20+	00:44+	00:46+	01:01+	02:15+	01:40+	00:33+	02:42+	00:47+	00:29+	03:10+	02:03+	01:01+	00:49+	00:52+	02:36+	00:47+	01:24+	03:15+	01:21+	01:45+
41:50+	00:51+	00:51+																							
10	Erling Mauland	3541	43:04																						
01:51+	03:50+	05:49+	07:25+	09:09+	11:25+	12:13+	13:07+	14:05+	16:05+	18:00+	18:36+	20:30+	21:19+	21:48+	25:03+	29:54+	30:48+	31:48+	32:33+	34:39+	35:24+	36:19+	38:45+	40:34+	42:03+
01:51+	01:59+	01:59+	01:36+	01:44+	02:16+	00:48+	00:54+	00:58+	02:00+	01:55+	00:36+	01:54+	00:49+	00:29+	03:15+	04:51+	00:54+	01:00+	00:45+	02:06+	00:45+	00:55+	02:26+	01:49+	01:29+
01:51+	01:59+	01:59+	01:36+	01:44+	02:16+	00:48+	00:54+	00:58+	02:00+	01:55+	00:36+	01:54+	00:49+	00:29+	03:15+	04:51+	00:54+	01:00+	00:45+	02:06+	00:45+	00:55+	02:26+	01:49+	01:29+
43:04+	01:01+	01:01+																							
11	Erlend Kveinen	1683	51:24																						
03:28+	05:03+	07:00+	08:25+	10:29+	13:11+	14:00+	15:34+	16:51+	20:17+	22:48+	23:15+	25:23+	26:11+	26:40+	29:39+	31:56+	33:10+	33:52+	34:45+	36:29+	37:15+	38:30+	46:01+	48:39+	50:27+
03:28+	01:35+	01:57+	01:25+	02:04+	02:42+	00:49+	01:34+	01:17+	03:26+	02:31+	00:27+	02:08+	00:48+	00:29+	02:59+	02:17+	01:14+	00:42+	00:53+	01:44+	00:46+	01:15+	07:31+	02:38+	01:48+
03:28+	01:35+	01:57+	01:25+	02:04+	02:42+	00:49+	01:34+	01:17+	03:26+	02:31+	00:27+	02:08+	00:48+	00:29+	02:59+	02:17+	01:14+	00:42+	00:53+	01:44+	00:46+	01:15+	07:31+	02:38+	01:48+
51:24+	00:57+	00:57+																							
12	Ove Oaland	1683	54:38																						
03:32+	05:33+	07:59+	09:51+	12:35+	15:19+	16:31+	17:27+	18:49+	22:18+	24:13+	24:59+	27:10+	28:05+	28:37+	31:42+	34:04+	35:16+	36:12+	40:50+	43:10+	44:07+	46:05+	49:29+	50:54+	53:20+
03:32+	02:01+	02:26+	01:52+	02:44+	02:44+	01:12+	00:56+	01:22+	03:29+	01:55+	00:46+	02:11+	00:55+	00:32+	03:05+	02:22+	01:12+	00:56+	04:38+	02:20+	00:57+	01:58+	03:24+	01:25+	02:26+
03:32+	02:01+	02:26+	01:52+	02:44+	02:44+	01:12+	00:56+	01:22+	03:29+	01:55+	00:46+	02:11+	00:55+	00:32+	03:05+	02:22+	01:12+	00:56+	04:38+	02:20+	00:57+	01:58+	03:24+	01:25+	02:26+
54:38+	01:18+	01:18+																							

Beste strekktid for klassen

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

Herrer Ny

1	Justas Jasaitis	1832	13:49									
00:44=	01:41=	02:50=	03:59=	05:20=	06:51=	08:14=	09:09=	09:39=	10:49=	11:48=	13:31=	13:49=
00:44=	00:57=	01:09=	01:09=	01:21=	01:31=	01:23=	00:55=	00:30=	01:10=	00:59=	01:43=	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=
2	Isak Vestbakke	1683	17:41									
02:04+	03:02+	04:44+	05:40+	07:38+	09:23+	11:54+	13:00+	13:30+	14:51+	15:58+	17:23+	17:41+
02:04+	00:58+	01:42+	00:56-	01:58+	01:45+	02:31+	01:06+	00:30=	01:21+	01:07+	01:25-	00:18=
01:20@	00:01+	00:33&	00:13-	00:37&	00:14#	01:08&	00:11#	00:00=	00:11#	00:08#	00:18-	00:00=

Herrer Ny

3 Håvard Jektnes 3531 25:28

01:18+	03:11+	05:47+	07:23+	09:18+	12:14+	15:07+	17:00+	18:26+	20:59+	22:25+	24:55+	25:28+
01:18+	01:53+	02:36+	01:36+	01:55+	02:56+	02:53+	01:53+	01:26+	02:33+	01:26+	02:30+	00:33+
00:34&	00:56&	01:27@	00:27&	00:34&	01:25&	01:30@	00:58@	00:56@	01:23@	00:27&	00:47&	00:15&

Beste strekktid for klassen

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

Herrer Trim

1 Stig E. Ollestad 3519 22:06

00:24=	01:18=	02:24=	03:19=	04:43=	05:37=	06:54=	08:09=	09:54=	10:37=	11:58=	13:49=	14:51=	15:40=	16:31=	16:54=	18:00=	19:34=	20:57=	21:52=	22:06=
00:24=	00:54=	01:06=	00:55=	01:24=	00:54=	01:17=	01:15=	01:45=	00:43=	01:21=	01:51=	01:02=	00:49=	00:51=	00:23=	01:06=	01:34=	01:23=	00:55=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Leif Kjetil Hinna Gausel 1683 24:37

00:31+	01:32+	02:47+	03:36+	05:29+	06:20+	07:54+	09:24+	10:54+	11:39+	13:21+	15:12+	16:08+	16:52+	17:28+	17:50+	19:36+	21:49+	23:23+	24:21+	24:37+
00:31+	01:01+	01:15+	00:49-	01:53+	00:51-	01:34+	01:30+	01:30-	00:45+	01:42+	01:51=	00:56-	00:44-	00:36-	00:22-	01:46+	02:13+	01:34+	00:58+	00:16+
00:07&	00:07#	00:09#	00:06-	00:29&	00:03-	00:17#	00:15#	00:15-	00:02+	00:21&	00:00=	00:06-	00:05-	00:15-	00:01-	00:40&	00:39&	00:11#	00:03+	00:02#

3 Bjørn kristian Røyland 3503 25:06

00:29+	01:27+	02:38+	03:36+	05:13+	06:15+	07:46+	09:17+	11:15+	12:00+	13:37+	16:36+	17:36+	18:22+	19:02+	19:26+	20:50+	22:07+	23:44+	24:51+	25:06+
00:29+	00:58+	01:11+	00:58+	01:37+	01:02+	01:31+	01:31+	01:58+	00:45+	01:37+	02:59+	01:00-	00:46-	00:40-	00:24+	01:24+	01:17-	01:37+	01:07+	00:15+
00:05#	00:04+	00:05+	00:03+	00:13#	00:08#	00:14#	00:16#	00:13#	00:02+	00:16#	01:08&	00:02-	00:03-	00:11-	00:01+	00:18&	00:17-	00:14#	00:12#	00:01+

4 Adam Alfred Brennhagen 3512 26:55

00:25+	01:20+	02:27+	03:23+	05:00+	05:50+	07:21+	08:48+	10:50+	11:33+	13:07+	15:33+	16:30+	17:14+	18:34+	19:02+	21:34+	23:57+	25:43+	26:43+	26:55+
00:25+	00:55+	01:07+	00:56+	01:37+	00:50-	01:31+	01:27+	02:02+	00:43=	01:34+	02:26+	00:57-	00:44-	01:20+	00:28+	02:32+	02:23+	01:46+	01:00+	00:12-
00:01+	00:01+	00:01+	00:13#	00:04-	00:14#	00:12#	00:17#	00:00=	00:13#	00:35&	00:05-	00:05-	00:05-	00:29&	00:05#	01:26@	00:49&	00:23&	00:05+	00:02-

5 Andreas Primstad 3548 27:01

00:26+	01:28+	02:55+	04:12+	05:49+	06:40+	08:15+	10:18+	12:04+	12:49+	14:32+	16:33+	17:29+	18:15+	19:21+	19:55+	22:12+	23:53+	25:14+	26:49+	27:01+
00:26+	01:02+	01:27+	01:17+	01:37+	00:51-	01:35+	02:03+	01:46+	00:45+	01:43+	02:01+	00:56-	00:46-	01:06+	00:34+	02:17+	01:41+	01:21-	01:35+	00:12-
00:02+	00:08#	00:21&	00:22&	00:13#	00:03-	00:18#	00:48&	00:01+	00:02+	00:22&	00:10+	00:06-	00:03-	00:15&	00:11&	01:11@	00:07+	00:02-	00:40&	00:02-

6 Arne Magne Sondresen 722 27:35

00:32+	01:34+	02:56+	04:03+	05:43+	06:41+	08:26+	10:18+	12:22+	13:14+	14:52+	17:25+	18:39+	19:27+	20:14+	20:45+	22:29+	24:37+	26:16+	27:17+	27:35+
00:32+	01:02+	01:22+	01:07+	01:40+	00:58+	01:45+	01:52+	02:04+	00:52+	01:38+	02:33+	01:14+	00:48-	00:47-	00:31+	01:44+	02:08+	01:39+	01:01+	00:18+
00:08&	00:08#	00:16#	00:12#	00:16#	00:04+	00:28&	00:37&	00:19#	00:09#	00:17#	00:42&	00:12#	00:01-	00:04-	00:08&	00:38&	00:34&	00:16#	00:06#	00:04&

7 Helge Hundeide 769 29:00

00:37+	01:51+	03:08+	04:19+	06:01+	07:17+	09:16+	10:56+	12:50+	13:47+	15:24+	17:44+	18:57+	19:56+	20:56+	21:27+	22:46+	25:03+	27:17+	28:41+	29:00+
00:37+	01:14+	01:17+	01:11+	01:42+	01:16+	01:59+	01:40+	01:54+	00:57+	01:37+	02:20+	01:13+	00:59+	01:00+	00:31+	01:19+	02:17+	02:14+	01:24+	00:19+
00:13&	00:20&	00:11#	00:16&	00:18#	00:22&	00:42&	00:25&	00:09+	00:14&	00:16#	00:29&	00:11#	00:10#	00:09#	00:08&	00:13#	00:43&	00:51&	00:29&	00:05&

8 Roger Endre Nyseth 892 29:25

00:27+	01:20+	02:54+	04:01+	05:54+	06:54+	08:57+	10:46+	12:59+	13:58+	15:45+	18:18+	19:35+	20:32+	21:21+	22:07+	24:09+	25:54+	27:52+	29:07+	29:25+
00:27+	00:53-	01:34+	01:07+	01:53+	01:00+	02:03+	01:49+	02:13+	00:59+	01:47+	02:33+	01:17+	00:57+	00:49-	00:46+	02:02+	01:45+	01:58+	01:15+	00:18+
00:03#	00:01-	00:28&	00:12#	00:29&	00:06#	00:46&	00:34&	00:28&	00:16&	00:26&	00:42&	00:15#	00:08#	00:02-	00:23&	00:56&	00:11#	00:35&	00:20&	00:04&

9 Lars Salvesen 1119 30:05

00:33+	02:22+	03:45+	04:58+	06:51+	07:53+	09:36+	11:40+	13:41+	14:33+	16:20+	18:52+	20:05+	21:08+	22:20+	22:52+	24:38+	26:37+	28:31+	29:48+	30:05+
00:33+	01:49+	01:23+	01:13+	01:53+	01:02+	01:43+	02:04+	02:01+	00:52+	01:47+	02:32+	01:13+	01:03+	01:12+	00:32+	01:46+	01:59+	01:54+	01:17+	00:17+
00:09&	00:55@	00:17&	00:18&	00:29&	00:08#	00:26&	00:49&	00:16#	00:09#	00:26&	00:41&	00:11#	00:14&	00:21&	00:09&	00:40&	00:25&	00:31&	00:22&	00:03#

10 Marius Bergstøl Hvidsten 3533 30:05

00:29+	01:46+	03:15+	04:32+	06:32+	07:29+	09:02+	10:59+	13:20+	14:21+	15:51+	18:22+	19:47+	20:43+	21:48+	22:17+	24:53+	26:31+	28:20+	29:52+	30:05+
00:29+	01:17+	01:29+	01:17+	02:00+	00:57+	01:33+	01:57+	02:21+	01:01+	01:30+	02:31+	01:25+	00:56+	01:05+	00:29+	02:36+	01:38+	01:49+	01:32+	00:13-
00:05#	00:23&	00:23&	00:22&	00:36&	00:03+	00:16#	00:42&	00:36&	00:18&	00:09#	00:40&	00:23&	00:07#	00:14&	00:06&	01:30@	00:04+	00:26&	00:37&	00:01-

11 Svein Erik Bjørnsen 1376 31:09

00:29+	01:27+	02:28+	03:32+	05:25+	06:23+	07:44+	09:33+	11:11+	12:02+	13:36+	21:19+	22:20+	23:17+	24:24+	24:54+	26:26+	28:15+	29:42+	30:52+	31:09+
00:29+	00:58+	01:01-	01:04+	01:53+	00:58+	01:21+	01:49+	01:38-	00:51+	01:34+	07:43+	01:01-	00:57+	01:07+	00:30+	01:32+	01:49+	01:27+	01:10+	00:17+
00:05#	00:04+	00:05-	00:09#	00:29&	00:04+	00:04+	00:34&	00:07-	00:08#	00:13#	05:52@	00:01-	00:08#	00:16&	00:07&	00:26&	00:15#	00:04+	00:15&	00:03#

Herrer Trim

12	Jone Klemo Øverland	1384	31:33																	
00:37+	02:32+	04:04+	05:23+	07:14+	08:14+	10:04+	13:20+	15:23+	16:20+	18:09+	20:16+	21:26+	22:39+	23:34+	24:12+	26:10+	27:58+	29:42+	31:15+	31:33+
00:37+	01:55+	01:32+	01:19+	01:51+	01:00+	01:50+	03:16+	02:03+	00:57+	01:49+	02:07+	01:10+	01:13+	00:55+	00:38+	01:58+	01:48+	01:44+	01:33+	00:18+
00:13&	01:01&	00:26&	00:24&	00:27&	00:06#	00:33&	02:01&	00:18#	00:14&	00:28&	00:16#	00:08#	00:24&	00:04+	00:15&	00:52&	00:14#	00:21&	00:38&	00:04&
13	Svein Sivertsen	3530	31:47																	
00:33+	02:02+	03:30+	04:36+	06:28+	07:39+	09:27+	11:38+	13:59+	15:00+	17:05+	19:41+	20:51+	22:18+	23:23+	23:56+	26:45+	28:20+	30:06+	31:30+	31:47+
00:33+	01:29+	01:28+	01:06+	01:52+	01:11+	01:48+	02:11+	02:21+	01:01+	02:05+	02:36+	01:10+	01:27+	01:05+	00:33+	02:49+	01:35+	01:46+	01:24+	00:17+
00:33+	01:29+	01:28+	01:06+	01:52+	01:11+	01:48+	02:11+	02:21+	01:01+	02:05+	02:36+	01:10+	01:27+	01:05+	00:33+	02:49+	01:35+	01:46+	01:24+	00:17+
14	Briac Le Ray	2342	32:27																	
00:49+	02:02+	03:40+	04:53+	07:16+	08:41+	10:43+	13:11+	15:12+	16:24+	18:22+	21:34+	22:50+	24:01+	24:49+	25:23+	26:47+	29:05+	30:53+	32:01+	32:27+
00:49+	01:13+	01:38+	01:13+	02:23+	01:25+	02:02+	02:28+	02:01+	01:12+	01:58+	03:12+	01:16+	01:11+	00:48+	00:34+	01:24+	02:18+	01:48+	01:08+	00:26+
00:49+	01:13+	01:38+	01:13+	02:23+	01:25+	02:02+	02:28+	02:01+	01:12+	01:58+	03:12+	01:16+	01:11+	00:48+	00:34+	01:24+	02:18+	01:48+	01:08+	00:26+
15	Bruno Pierfelice	3519	32:47																	
00:24+	02:01+	04:24+	05:26+	07:21+	08:35+	10:26+	12:25+	14:22+	15:11+	16:57+	19:50+	21:12+	22:22+	23:21+	23:54+	25:47+	28:33+	31:16+	32:36+	32:47+
00:24+	01:37+	02:23+	01:02+	01:55+	01:14+	01:51+	01:59+	01:57+	00:49+	01:46+	02:53+	01:22+	01:10+	00:59+	00:33+	01:53+	02:46+	02:43+	01:20+	00:11+
00:24+	01:37+	02:23+	01:02+	01:55+	01:14+	01:51+	01:59+	01:57+	00:49+	01:46+	02:53+	01:22+	01:10+	00:59+	00:33+	01:53+	02:46+	02:43+	01:20+	00:11+
16	William Vagle	3548	33:01																	
00:33+	02:37+	04:09+	06:07+	07:26+	08:20+	09:55+	11:47+	13:07+	13:48+	15:25+	17:56+	18:54+	19:36+	20:51+	21:15+	26:55+	28:05+	30:58+	32:49+	33:01+
00:33+	02:04+	01:32+	01:58+	01:19+	00:54+	01:35+	01:52+	01:20+	00:41+	01:37+	02:31+	00:58+	00:42+	01:15+	00:24+	05:40+	01:10+	02:53+	01:51+	00:12+
00:33+	02:04+	01:32+	01:58+	01:19+	00:54+	01:35+	01:52+	01:20+	00:41+	01:37+	02:31+	00:58+	00:42+	01:15+	00:24+	05:40+	01:10+	02:53+	01:51+	00:12+
17	Thomas Romstad	1683	33:36																	
00:32+	02:05+	03:27+	04:37+	06:15+	07:18+	09:13+	11:02+	12:59+	13:44+	15:08+	16:57+	17:59+	18:47+	19:31+	20:04+	26:48+	30:26+	31:44+	33:20+	33:36+
00:32+	01:33+	01:22+	01:10+	01:38+	01:03+	01:55+	01:49+	01:57+	00:45+	01:24+	01:49+	01:02+	00:48+	00:44+	00:33+	06:44+	03:38+	01:18+	01:36+	00:16+
00:32+	01:33+	01:22+	01:10+	01:38+	01:03+	01:55+	01:49+	01:57+	00:45+	01:24+	01:49+	01:02+	00:48+	00:44+	00:33+	06:44+	03:38+	01:18+	01:36+	00:16+
18	Sjur Bjerke	3525	33:58																	
00:30+	01:29+	03:04+	04:32+	06:24+	07:38+	09:34+	11:22+	13:12+	14:01+	16:16+	19:01+	20:25+	21:16+	22:21+	22:54+	25:40+	28:34+	31:09+	33:44+	33:58+
00:30+	00:59+	01:35+	01:28+	01:52+	01:14+	01:56+	01:48+	01:50+	00:49+	02:15+	02:45+	01:24+	00:51+	01:05+	00:33+	02:46+	02:54+	02:35+	02:35+	00:14+
00:30+	00:59+	01:35+	01:28+	01:52+	01:14+	01:56+	01:48+	01:50+	00:49+	02:15+	02:45+	01:24+	00:51+	01:05+	00:33+	02:46+	02:54+	02:35+	02:35+	00:14+
19	Stian Bentsen Malmanger	3676	34:17																	
00:39+	05:41+	07:06+	08:15+	10:14+	11:16+	12:59+	15:33+	17:33+	18:22+	19:53+	22:04+	23:17+	24:08+	25:22+	25:51+	28:01+	30:27+	32:14+	33:58+	34:17+
00:39+	05:02+	01:25+	01:09+	01:59+	01:02+	01:43+	02:34+	02:00+	00:49+	01:31+	02:11+	01:13+	00:51+	01:14+	00:29+	02:10+	02:26+	01:47+	01:44+	00:19+
00:39+	05:02+	01:25+	01:09+	01:59+	01:02+	01:43+	02:34+	02:00+	00:49+	01:31+	02:11+	01:13+	00:51+	01:14+	00:29+	02:10+	02:26+	01:47+	01:44+	00:19+
20	Frode Følgesvold	880	35:55																	
00:35+	01:47+	03:52+	05:24+	07:39+	08:50+	10:54+	13:09+	16:07+	17:14+	19:52+	22:25+	23:56+	25:03+	26:10+	26:55+	28:49+	31:50+	34:03+	35:36+	35:55+
00:35+	01:12+	02:05+	01:32+	02:15+	01:11+	02:04+	02:15+	02:58+	01:07+	02:38+	02:33+	01:31+	01:07+	01:07+	00:45+	01:54+	03:01+	02:13+	01:33+	00:19+
00:35+	01:12+	02:05+	01:32+	02:15+	01:11+	02:04+	02:15+	02:58+	01:07+	02:38+	02:33+	01:31+	01:07+	01:07+	00:45+	01:54+	03:01+	02:13+	01:33+	00:19+
21	Ivar Aalbu	3502	36:27																	
00:33+	01:54+	03:41+	06:15+	08:24+	10:09+	12:24+	14:24+	16:54+	17:49+	19:52+	22:32+	23:59+	25:10+	26:06+	26:45+	30:56+	32:38+	34:35+	36:07+	36:27+
00:33+	01:21+	01:47+	02:34+	02:09+	01:45+	02:15+	02:00+	02:30+	00:55+	02:03+	02:40+	01:27+	01:11+	00:56+	00:39+	04:11+	01:42+	01:57+	01:32+	00:20+
00:33+	01:21+	01:47+	02:34+	02:09+	01:45+	02:15+	02:00+	02:30+	00:55+	02:03+	02:40+	01:27+	01:11+	00:56+	00:39+	04:11+	01:42+	01:57+	01:32+	00:20+
22	Nils Egil Lie	3548	36:27																	
00:32+	02:16+	03:36+	04:59+	06:45+	08:01+	10:03+	12:02+	16:47+	17:42+	20:09+	22:43+	24:01+	25:23+	26:35+	27:01+	30:50+	33:12+	34:50+	36:11+	36:27+
00:32+	01:44+	01:20+	01:23+	01:46+	01:16+	02:02+	01:59+	04:45+	00:55+	02:27+	02:34+	01:18+	01:22+	01:12+	00:26+	03:49+	02:22+	01:38+	01:21+	00:16+
00:32+	01:44+	01:20+	01:23+	01:46+	01:16+	02:02+	01:59+	04:45+	00:55+	02:27+	02:34+	01:18+	01:22+	01:12+	00:26+	03:49+	02:22+	01:38+	01:21+	00:16+
23	Martin Gjerstad	3676	36:44																	
00:32+	01:42+	03:19+	04:49+	06:59+	08:34+	11:10+	13:59+	16:31+	17:49+	20:05+	22:45+	24:04+	24:56+	26:23+	26:59+	29:52+	33:19+	34:58+	36:18+	36:44+
00:32+	01:10+	01:37+	01:30+	02:10+	01:35+	02:36+	02:49+	02:32+	01:18+	02:16+	02:40+	01:19+	00:52+	01:27+	00:36+	02:53+	03:27+	01:39+	01:20+	00:26+
00:32+	01:10+	01:37+	01:30+	02:10+	01:35+	02:36+	02:49+	02:32+	01:18+	02:16+	02:40+	01:19+	00:52+	01:27+	00:36+	02:53+	03:27+	01:39+	01:20+	00:26+
24	Øystein Endresen	3504	37:22																	
00:36+	02:25+	03:53+	05:22+	07:51+	09:25+	11:16+	14:37+	17:06+	18:02+	19:55+	22:21+	24:15+	25:17+	29:03+	29:42+	31:23+	33:20+	34:56+	37:04+	37:22+
00:36+	01:49+	01:28+	01:29+	02:29+	01:34+	01:51+	03:21+	02:29+	00:56+	01:53+	02:26+	01:54+	01:02+	03:46+	00:39+	01:41+	01:57+	01:36+	02:08+	00:18+
00:36+	01:49+	01:28+	01:29+	02:29+	01:34+	01:51+	03:21+	02:29+	00:56+	01:53+	02:26+	01:54+	01:02+	03:46+	00:39+	01:41+	01:57+	01:36+	02:08+	00:18+
25	Frans Mo Foldnes	896	37:38																	
00:35+	01:49+	03:21+	05:13+	07:33+	08:35+	10:14+	13:14+	16:16+	17:14+	19:06+	24:20+	25:46+	26:34+	27:23+	27:53+	29:57+	34:16+	35:51+	37:20+	37:38+
00:35+	01:14+	01:32+	01:52+	02:20+	01:02+	01:39+	03:00+	03:02+	00:58+	01:52+	05:14+	01:26+	00:48+	00:49+	00:30+	02:04+	04:19+	01:35+	01:29+	00:18+
00:35+	01:14+	01:32+	01:52+	02:20+	01:02+	01:39+	03:00+	03:02+	00:58+	01:52+	05:14+	01:26+	00:48+	00:49+	00:30+	02:04+	04:19+	01:35+	01:29+	00:18+

Herrer Trim

26	Steinar Amundsen	3530	37:55																	
00:32+	02:29+	03:56+	05:14+	07:50+	09:08+	11:22+	13:25+	15:50+	16:50+	19:25+	22:33+	23:45+	24:46+	25:43+	26:14+	29:58+	32:30+	34:48+	37:37+	37:55+
00:32+	01:57+	01:27+	01:18+	02:36+	01:18+	02:14+	02:03+	02:25+	01:00+	02:35+	03:08+	01:12+	01:01+	00:57+	00:31+	03:44+	02:32+	02:18+	02:49+	00:18+
00:32+	01:57+	01:27+	01:18+	02:36+	01:18+	02:14+	02:03+	02:25+	01:00+	02:35+	03:08+	01:12+	01:01+	00:57+	00:31+	03:44+	02:32+	02:18+	02:49+	00:18+
27	Svein Mæle	643	38:14																	
00:33+	01:39+	03:03+	04:26+	06:18+	07:25+	09:10+	10:58+	13:02+	14:01+	16:30+	18:58+	20:15+	21:07+	22:15+	22:46+	24:43+	33:47+	35:47+	37:55+	38:14+
00:33+	01:06+	01:24+	01:23+	01:52+	01:07+	01:45+	01:48+	02:04+	00:59+	02:29+	02:28+	01:17+	00:52+	01:08+	00:31+	01:57+	09:04+	02:00+	02:08+	00:19+
00:33+	01:06+	01:24+	01:23+	01:52+	01:07+	01:45+	01:48+	02:04+	00:59+	02:29+	02:28+	01:17+	00:52+	01:08+	00:31+	01:57+	09:04+	02:00+	02:08+	00:19+
28	Rune Hagen Maudal	3524	38:19																	
00:36+	02:01+	03:37+	05:19+	07:44+	09:02+	11:33+	14:18+	17:19+	19:06+	21:37+	24:06+	25:26+	26:52+	28:18+	28:52+	30:50+	33:38+	35:51+	38:01+	38:19+
00:36+	01:25+	01:36+	01:42+	02:25+	01:18+	02:31+	02:45+	03:01+	01:47+	02:31+	02:29+	01:20+	01:26+	01:26+	00:34+	01:58+	02:48+	02:13+	02:10+	00:18+
00:36+	01:25+	01:36+	01:42+	02:25+	01:18+	02:31+	02:45+	03:01+	01:47+	02:31+	02:29+	01:20+	01:26+	01:26+	00:34+	01:58+	02:48+	02:13+	02:10+	00:18+
29	Bent Horpestad	722	38:24																	
00:55+	02:30+	04:08+	07:46+	09:53+	11:12+	13:09+	15:02+	17:13+	18:10+	20:28+	24:09+	25:24+	26:25+	27:34+	28:07+	29:59+	31:36+	33:44+	38:05+	38:24+
00:55+	01:35+	01:38+	03:38+	02:07+	01:19+	01:57+	01:53+	02:11+	00:57+	02:18+	03:41+	01:15+	01:01+	01:09+	00:33+	01:52+	01:37+	02:08+	04:21+	00:19+
00:55+	01:35+	01:38+	03:38+	02:07+	01:19+	01:57+	01:53+	02:11+	00:57+	02:18+	03:41+	01:15+	01:01+	01:09+	00:33+	01:52+	01:37+	02:08+	04:21+	00:19+
30	Christian Nilsen	3525	38:28																	
00:37+	02:20+	03:30+	04:46+	06:42+	07:51+	09:57+	12:10+	14:14+	15:14+	17:02+	19:33+	20:59+	22:10+	23:28+	23:59+	26:27+	28:45+	36:35+	38:12+	38:28+
00:37+	01:43+	01:10+	01:16+	01:56+	01:09+	02:06+	02:13+	02:04+	01:00+	01:48+	02:31+	01:26+	01:11+	01:18+	00:31+	02:28+	02:18+	07:50+	01:37+	00:16+
00:37+	01:43+	01:10+	01:16+	01:56+	01:09+	02:06+	02:13+	02:04+	01:00+	01:48+	02:31+	01:26+	01:11+	01:18+	00:31+	02:28+	02:18+	07:50+	01:37+	00:16+
31	Arild Svihus	892	39:12																	
00:36+	01:57+	03:33+	04:57+	07:05+	08:16+	10:38+	13:02+	15:25+	16:30+	18:19+	20:54+	24:55+	26:02+	28:36+	29:07+	31:15+	33:18+	36:02+	38:56+	39:12+
00:36+	01:21+	01:36+	01:24+	02:08+	01:11+	02:22+	02:24+	02:23+	01:05+	01:49+	02:35+	04:01+	01:07+	02:34+	00:31+	02:08+	02:03+	02:44+	02:54+	00:16+
00:36+	01:21+	01:36+	01:24+	02:08+	01:11+	02:22+	02:24+	02:23+	01:05+	01:49+	02:35+	04:01+	01:07+	02:34+	00:31+	02:08+	02:03+	02:44+	02:54+	00:16+
32	Leif Jarle Skåra	3502	39:29																	
00:29+	01:47+	03:15+	04:25+	06:26+	07:53+	10:58+	16:22+	19:51+	20:52+	22:55+	25:48+	27:10+	28:15+	29:08+	29:47+	33:59+	35:43+	37:37+	39:10+	39:29+
00:29+	01:18+	01:28+	01:10+	02:01+	01:27+	03:05+	05:24+	03:29+	01:01+	02:03+	02:53+	01:22+	01:05+	00:53+	00:39+	04:12+	01:44+	01:54+	01:33+	00:19+
00:29+	01:18+	01:28+	01:10+	02:01+	01:27+	03:05+	05:24+	03:29+	01:01+	02:03+	02:53+	01:22+	01:05+	00:53+	00:39+	04:12+	01:44+	01:54+	01:33+	00:19+
33	Frank Gulbrandsen	722	39:58																	
00:46+	02:18+	04:15+	05:53+	08:23+	10:17+	12:39+	15:40+	18:23+	19:24+	22:11+	25:45+	27:12+	28:44+	30:23+	30:58+	32:42+	35:37+	37:51+	39:41+	39:58+
00:46+	01:32+	01:57+	01:38+	02:30+	01:54+	02:22+	03:01+	02:43+	01:01+	02:47+	03:34+	01:27+	01:32+	01:39+	00:35+	01:44+	02:55+	02:14+	01:50+	00:17+
00:46+	01:32+	01:57+	01:38+	02:30+	01:54+	02:22+	03:01+	02:43+	01:01+	02:47+	03:34+	01:27+	01:32+	01:39+	00:35+	01:44+	02:55+	02:14+	01:50+	00:17+
34	Bernt Christian Bugge	3676	42:32																	
00:34+	08:52+	10:00+	11:37+	13:28+	14:38+	16:26+	18:17+	21:59+	23:00+	24:58+	27:30+	28:50+	29:47+	31:56+	32:35+	37:59+	39:20+	41:07+	42:13+	42:32+
00:34+	08:18+	01:08+	01:37+	01:51+	01:10+	01:48+	01:51+	03:42+	01:01+	01:58+	02:32+	01:20+	00:57+	02:09+	00:39+	05:24+	01:21+	01:47+	01:06+	00:19+
00:34+	08:18+	01:08+	01:37+	01:51+	01:10+	01:48+	01:51+	03:42+	01:01+	01:58+	02:32+	01:20+	00:57+	02:09+	00:39+	05:24+	01:21+	01:47+	01:06+	00:19+
35	Audun Mamre	3676	43:02																	
00:54+	02:39+	04:21+	06:02+	08:19+	09:54+	12:27+	15:15+	18:14+	19:24+	22:17+	25:29+	27:26+	29:01+	30:19+	31:01+	35:17+	37:30+	40:37+	42:38+	43:02+
00:54+	01:45+	01:42+	01:41+	02:17+	01:35+	02:33+	02:48+	02:59+	01:10+	02:53+	03:12+	01:57+	01:35+	01:18+	00:42+	04:16+	02:13+	03:07+	02:01+	00:24+
00:54+	01:45+	01:42+	01:41+	02:17+	01:35+	02:33+	02:48+	02:59+	01:10+	02:53+	03:12+	01:57+	01:35+	01:18+	00:42+	04:16+	02:13+	03:07+	02:01+	00:24+
36	Per Bakken	880	43:24																	
00:48+	02:28+	05:04+	07:15+	10:12+	11:57+	14:49+	18:54+	21:40+	22:52+	25:18+	28:20+	30:08+	31:20+	32:52+	33:37+	35:45+	39:00+	41:22+	43:04+	43:24+
00:48+	01:40+	02:36+	02:11+	02:57+	01:45+	02:52+	04:05+	02:46+	01:12+	02:26+	03:02+	01:48+	01:12+	01:32+	00:45+	02:08+	03:15+	02:22+	01:42+	00:20+
00:48+	01:40+	02:36+	02:11+	02:57+	01:45+	02:52+	04:05+	02:46+	01:12+	02:26+	03:02+	01:48+	01:12+	01:32+	00:45+	02:08+	03:15+	02:22+	01:42+	00:20+
37	Tom Leveraas	1884	45:10																	
00:36+	02:03+	03:47+	05:14+	07:21+	08:44+	11:53+	13:59+	16:14+	17:18+	19:58+	23:03+	24:11+	25:36+	26:25+	27:22+	34:22+	38:37+	41:08+	44:51+	45:10+
00:36+	01:27+	01:44+	01:27+	02:07+	01:23+	03:09+	02:06+	02:15+	01:04+	02:40+	03:05+	01:08+	01:25+	00:49+	00:57+	07:00+	04:15+	02:31+	03:43+	00:19+
00:36+	01:27+	01:44+	01:27+	02:07+	01:23+	03:09+	02:06+	02:15+	01:04+	02:40+	03:05+	01:08+	01:25+	00:49+	00:57+	07:00+	04:15+	02:31+	03:43+	00:19+
38	Rolf Øystein Kluge	793	45:18																	
00:42+	03:00+	05:08+	06:46+	09:52+	11:28+	14:04+	18:17+	22:00+	23:14+	25:48+	29:16+	31:01+	32:23+	33:46+	34:35+	38:01+	40:04+	42:31+	44:56+	45:18+
00:42+	02:18+	02:08+	01:38+	03:06+	01:36+	02:36+	04:13+	03:43+	01:14+	02:34+	03:28+	01:45+	01:22+	01:23+	00:49+	03:26+	02:03+	02:27+	02:25+	00:22+
00:42+	02:18+	02:08+	01:38+	03:06+	01:36+	02:36+	04:13+	03:43+	01:14+	02:34+	03:28+	01:45+	01:22+	01:23+	00:49+	03:26+	02:03+	02:27+	02:25+	00:22+
39	Kjell-Ole Topnes	1683	48:40																	
01:20+	04:10+	05:59+	08:09+	10:58+	13:13+	16:41+	23:03+	27:15+	28:25+	32:02+	34:54+	36:16+	37:21+	38:13+	38:54+	43:04+	44:51+	46:44+	48:20+	48:40+
01:20+	02:50+	01:49+	02:10+	02:49+	02:15+	03:28+	06:22+	04:12+	01:10+	03:37+	02:52+	01:22+	01:05+	00:52+	00:41+	04:10+	01:47+	01:53+	01:36+	00:20+
01:20+	02:50+	01:49+	02:10+	02:49+	02:15+	03:28+	06:22+	04:12+	01:10+	03:37+	02:52+	01:22+	01:05+	00:52+	00:41+	04:10+	01:47+	01:53+	01:36+	00:20+

Herrer Trim

40	Joar Fandrem	1141	52:04																	
00:39+	06:30+	07:51+	09:17+	11:19+	12:41+	14:48+	17:43+	20:38+	21:33+	23:34+	27:37+	29:06+	30:16+	38:03+	38:49+	44:37+	47:41+	50:10+	51:46+	52:04+
00:39+	05:51+	01:21+	01:26+	02:02+	01:22+	02:07+	02:55+	02:55+	00:55+	02:01+	04:03+	01:29+	01:10+	07:47+	00:46+	05:48+	03:04+	02:29+	01:36+	00:18+
00:39+	05:51+	01:21+	01:26+	02:02+	01:22+	02:07+	02:55+	02:55+	00:55+	02:01+	04:03+	01:29+	01:10+	07:47+	00:46+	05:48+	03:04+	02:29+	01:36+	00:18+
41	Jan Erik Rasmussen	3519	53:16																	
00:34+	02:07+	04:00+	05:31+	14:17+	15:40+	17:56+	22:23+	25:15+	26:20+	28:49+	32:28+	33:57+	35:05+	38:02+	38:55+	43:38+	47:23+	50:19+	52:55+	53:16+
00:34+	01:33+	01:53+	01:31+	08:46+	01:23+	02:16+	04:27+	02:52+	01:05+	02:29+	03:39+	01:29+	01:08+	02:57+	00:53+	04:43+	03:45+	02:56+	02:36+	00:21+
00:34+	01:33+	01:53+	01:31+	08:46+	01:23+	02:16+	04:27+	02:52+	01:05+	02:29+	03:39+	01:29+	01:08+	02:57+	00:53+	04:43+	03:45+	02:56+	02:36+	00:21+
42	Svein Olav Høyland	1683	53:36																	
01:37+	03:22+	05:27+	07:17+	09:48+	11:46+	14:50+	18:03+	23:51+	25:14+	27:35+	32:34+	34:36+	35:53+	37:53+	38:30+	41:51+	45:21+	50:40+	53:13+	53:36+
01:37+	01:45+	02:05+	01:50+	02:31+	01:58+	03:04+	03:13+	05:48+	01:23+	02:21+	04:59+	02:02+	01:17+	02:00+	00:37+	03:21+	03:30+	05:19+	02:33+	00:23+
01:37+	01:45+	02:05+	01:50+	02:31+	01:58+	03:04+	03:13+	05:48+	01:23+	02:21+	04:59+	02:02+	01:17+	02:00+	00:37+	03:21+	03:30+	05:19+	02:33+	00:23+
43	Svein Inge Sævereid	643	57:44																	
01:04+	02:44+	05:50+	08:12+	11:37+	13:43+	17:41+	21:05+	25:12+	26:59+	30:29+	34:23+	36:44+	38:28+	40:06+	41:12+	44:40+	47:27+	51:54+	56:59+	57:44+
01:04+	01:40+	03:06+	02:22+	03:25+	02:06+	03:58+	03:24+	04:07+	01:47+	03:30+	03:54+	02:21+	01:44+	01:38+	01:06+	03:28+	02:47+	04:27+	05:05+	00:45+
01:04+	01:40+	03:06+	02:22+	03:25+	02:06+	03:58+	03:24+	04:07+	01:47+	03:30+	03:54+	02:21+	01:44+	01:38+	01:06+	03:28+	02:47+	04:27+	05:05+	00:45+
44	Terje Hodne Nilssen	3530	58:24																	
00:57+	03:06+	05:58+	08:13+	12:08+	14:07+	17:20+	20:39+	25:24+	27:07+	30:39+	34:42+	38:35+	40:13+	42:04+	43:11+	46:57+	50:12+	55:02+	57:57+	58:24+
00:57+	02:09+	02:52+	02:15+	03:55+	01:59+	03:13+	03:19+	04:45+	01:43+	03:32+	04:03+	03:53+	01:38+	01:51+	01:07+	03:46+	03:15+	04:50+	02:55+	00:27+
00:57+	02:09+	02:52+	02:15+	03:55+	01:59+	03:13+	03:19+	04:45+	01:43+	03:32+	04:03+	03:53+	01:38+	01:51+	01:07+	03:46+	03:15+	04:50+	02:55+	00:27+
45	Sebastien Krajka	NOTEAM	1:03:57																	
01:29+	05:19+	08:12+	11:03+	15:35+	18:04+	22:16+	25:59+	30:36+	32:40+	36:10+	40:26+	42:30+	44:20+	46:19+	47:31+	51:33+	55:15+	59:47+	63:11+	63:57+
01:29+	03:50+	02:53+	02:51+	04:32+	02:29+	04:12+	03:43+	04:37+	02:04+	03:30+	04:16+	02:04+	01:50+	01:59+	01:12+	04:02+	03:42+	04:32+	03:24+	00:46+
01:29+	03:50+	02:53+	02:51+	04:32+	02:29+	04:12+	03:43+	04:37+	02:04+	03:30+	04:16+	02:04+	01:50+	01:59+	01:12+	04:02+	03:42+	04:32+	03:24+	00:46+
46	Terje Malde	NOTEAM	1:06:19																	
00:56+	02:30+	04:40+	06:35+	09:08+	10:54+	13:30+	16:28+	19:34+	21:10+	23:27+	26:19+	27:57+	29:06+	30:56+	31:40+	35:56+	49:50+	56:50+	65:52+	66:19+
00:56+	01:34+	02:10+	01:55+	02:33+	01:46+	02:36+	02:58+	03:06+	01:36+	02:17+	02:52+	01:38+	01:09+	01:50+	00:44+	04:16+	13:54+	07:00+	09:02+	00:27+
00:56+	01:34+	02:10+	01:55+	02:33+	01:46+	02:36+	02:58+	03:06+	01:36+	02:17+	02:52+	01:38+	01:09+	01:50+	00:44+	04:16+	13:54+	07:00+	09:02+	00:27+

Beste strekktid for klassen

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

NOCLAS

1	507762 U1 Ukjent løper507762	NOTEAM	46:23																		
02:04=	04:03=	06:56=	08:25=	13:18=	17:54=	20:30=	21:05=	23:09=	24:45=	25:18=	29:37=	31:39=	32:01=	33:20=	34:14=	34:45=	36:19=	38:47=	43:04=	45:29=	46:23=
02:04=	01:59=	02:53=	01:29=	04:53=	04:36=	02:36=	00:35=	02:04=	01:36=	00:33=	04:19=	02:02=	00:22=	01:19=	00:54=	00:31=	01:34=	02:28=	04:17=	02:25=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

02:04 01:59 02:53 01:29 04:53 04:36 02:36 00:35 02:04 01:36 00:33 04:19 02:02 00:22 01:19 00:54 00:31 01:34 02:28 04:17 02:25 00:54

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