

Plass Navn

Klasse

Tid

Damer 16 - 39 år

Plass	Navn	Klasse	Tid																						
<b>1</b>	<b>Lisbeth Sætre Voll</b>	<b>3512</b>	<b>36:09</b>																						
00:50=	01:54=	02:43=	04:50=	06:02=	07:14=	09:27=	10:31=	10:54=	11:37=	12:50=	13:10=	14:12=	15:57=	18:30=	19:43=	21:10=	24:53=	26:08=	27:19=	27:51=	29:06=	31:08=	31:48=	32:22=	33:35=
00:50=	01:04=	00:49=	02:07=	01:12=	01:12=	02:13=	01:04=	00:23=	00:43=	01:13=	00:20=	01:02=	01:45=	02:33=	01:13=	01:27=	03:43=	01:15=	01:11=	00:32=	01:15=	02:02=	00:40=	00:34=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
34:52=	36:09=																								
01:17=	01:17=																								
00:00=	00:00=																								
<b>2</b>	<b>Helene Omdal</b>	<b>1376</b>	<b>39:15</b>																						
00:47-	01:40-	02:34-	04:49-	06:06+	07:27+	09:37+	10:48+	11:13+	12:04+	13:10+	13:35+	14:44+	16:48+	19:48+	21:14+	22:31+	26:03+	27:17+	29:29+	30:07+	31:22+	34:02+	34:44+	35:20+	36:33+
00:47-	00:53-	00:54+	02:15+	01:17+	01:21+	02:10-	01:11+	00:25+	00:51+	01:06-	00:25+	01:09+	02:04+	03:00+	01:26+	01:17-	03:32-	01:14-	02:12+	00:38+	01:15=	02:40+	00:42+	00:36+	01:13=
00:03-	00:11-	00:05#	00:08+	00:05+	00:09#	00:03-	00:07#	00:02+	00:08#	00:07-	00:05#	00:07#	00:19#	00:27#	00:13#	00:10-	00:11-	00:01-	01:01&	00:06#	00:00=	00:38&	00:02+	00:02+	00:00=
37:57+	39:15+																								
01:24+	01:18+																								
00:07+	00:01+																								
<b>3</b>	<b>Ingrid Lycke Austbø</b>	<b>989</b>	<b>48:04</b>																						
00:47-	02:06+	03:13+	06:08+	08:19+	09:35+	12:09+	13:43+	14:10+	15:01+	16:26+	17:03+	19:35+	22:11+	25:46+	28:21+	29:54+	33:49+	35:12+	37:25+	38:01+	39:35+	42:27+	43:16+	44:04+	45:17+
00:47-	01:19+	01:07+	02:55+	02:11+	01:16+	02:34+	01:34+	00:27+	00:51+	01:25+	00:37+	02:32+	02:36+	03:35+	02:35+	01:33+	03:55+	01:23+	02:13+	00:36+	01:34+	02:52+	00:49+	00:48+	01:13=
00:03-	00:15#	00:18&	00:48&	00:59&	00:04+	00:21#	00:30&	00:04#	00:08#	00:12#	00:17&	01:30@	00:51&	01:02&	01:22@	00:06+	00:12+	00:08#	01:02&	00:04#	00:19&	00:50&	00:09#	00:14&	00:00=
46:42+	48:04+																								
01:25+	01:22+																								
00:08#	00:05+																								
<b>4</b>	<b>Wibeke Lende</b>	<b>3503</b>	<b>49:08</b>																						
00:58+	02:19+	03:22+	05:55+	07:58+	09:26+	12:03+	13:28+	13:58+	14:53+	17:14+	17:44+	19:21+	23:27+	25:48+	27:19+	28:39+	33:11+	34:56+	36:31+	39:35+	40:45+	43:38+	44:28+	45:11+	46:28+
00:58+	01:21+	01:03+	02:33+	02:03+	01:28+	02:37+	01:25+	00:30+	00:55+	02:21+	00:30+	01:37+	04:06+	02:21-	01:31+	01:20-	04:32+	01:45+	01:35+	03:04+	01:10-	02:53+	00:50+	00:43+	01:17+
00:08#	00:17&	00:14&	00:26#	00:51&	00:16#	00:24#	00:21&	00:07&	00:12&	01:08&	00:10&	00:35&	02:21@	00:12-	00:18#	00:07-	00:49#	00:30&	00:24&	02:32@	00:05-	00:51&	00:10#	00:09&	00:04+
47:50+	49:08+																								
01:22+	01:18+																								
00:05+	00:01+																								
<b>5</b>	<b>Marie Sigvaldsen</b>	<b>3512</b>	<b>49:37</b>																						
01:42+	02:49+	04:11+	06:35+	08:14+	09:52+	12:23+	13:26+	13:58+	14:49+	16:25+	16:55+	18:20+	21:14+	24:23+	26:26+	28:02+	31:52+	33:56+	35:48+	36:42+	41:04+	44:02+	45:03+	45:42+	46:56+
01:42+	01:07+	01:22+	02:24+	01:39+	01:38+	02:31+	01:03-	00:32+	00:51+	01:36+	00:30+	01:25+	02:54+	03:09+	02:03+	01:36+	03:50+	02:04+	01:52+	00:54+	04:22+	02:58+	01:01+	00:39+	01:14+
00:52@	00:03+	00:33&	00:17#	00:27&	00:26&	00:18#	00:01-	00:09&	00:08#	00:23&	00:10&	00:23&	01:09&	00:36#	00:50&	00:09#	00:07+	00:49&	00:41&	00:22&	03:07@	00:56&	00:21&	00:05#	00:01+
48:26+	49:37+																								
01:30+	01:11-																								
00:13#	00:06-																								
<b>6</b>	<b>Aina Kalsaas Urstad</b>	<b>3580</b>	<b>55:28</b>																						
00:55+	02:45+	04:06+	06:33+	07:54+	09:19+	11:39+	12:55+	13:23+	14:16+	15:36+	16:04+	17:22+	19:46+	28:36+	34:10+	35:25+	39:42+	41:21+	44:53+	45:44+	46:58+	49:50+	50:51+	51:35+	52:50+
00:55+	01:50+	01:21+	02:27+	01:21+	01:25+	02:20+	01:16+	00:28+	00:53+	01:20+	00:28+	01:18+	02:24+	08:50+	05:34+	01:15-	04:17+	01:39+	03:32+	00:51+	01:14-	02:52+	01:01+	00:44+	01:15+
00:05+	00:46&	00:32&	00:20#	00:09#	00:13#	00:07+	00:12#	00:05#	00:10#	00:07+	00:08&	00:16&	00:39&	06:17@	04:21@	00:12-	00:34#	00:24&	02:21@	00:19&	00:01-	00:50&	00:21&	00:10&	00:02+
54:11+	55:28+																								
01:21+	01:17=																								
00:04+	00:00=																								
<b>7</b>	<b>Maren Benjaminsen</b>	<b>1832</b>	<b>55:43</b>																						
01:12+	02:20+	03:42+	06:15+	08:25+	09:48+	12:20+	13:35+	14:04+	14:54+	16:28+	17:03+	19:34+	22:28+	34:19+	35:44+	37:08+	41:36+	43:12+	44:37+	45:40+	46:59+	49:46+	50:34+	51:16+	52:48+
01:12+	01:08+	01:22+	02:33+	02:10+	01:23+	02:32+	01:15+	00:29+	00:50+	01:34+	00:35+	02:31+	02:54+	11:51+	01:25+	01:24-	04:28+	01:36+	01:25+	01:03+	01:19+	02:47+	00:48+	00:42+	01:32+
00:22&	00:04+	00:33&	00:26#	00:58&	00:11#	00:19#	00:11#	00:06&	00:07#	00:21&	00:15&	01:29@	01:09&	09:18@	00:12#	00:03-	00:45#	00:21&	00:14#	00:31&	00:04+	00:45&	00:08#	00:08#	00:19&
54:14+	55:43+																								
01:26+	01:29+																								
00:09#	00:12#																								
<b>8</b>	<b>Helene P. Hundeide</b>	<b>769</b>	<b>58:01</b>																						
01:07+	02:09+	03:22+	06:11+	08:07+	09:39+	12:40+	13:55+	14:22+	15:13+	17:27+	19:03+	20:46+	23:42+	28:37+	31:12+	32:41+	37:24+	39:17+	44:05+	44:51+	49:45+	52:42+	53:33+	54:09+	55:30+
01:07+	01:02-	01:13+	02:49+	01:56+	01:32+	03:01+	01:15+	00:27+	00:51+	02:14+	01:36+	01:43+	02:56+	04:55+	02:35+	01:29+	04:43+	01:53+	04:48+	00:46+	04:54+	02:57+	00:51+	00:36+	01:21+
00:17&	00:02-	00:24&	00:42&	00:44&	00:20&	00:48&	00:11#	00:04#	00:08#	01:01&	01:16@	00:41&	01:11&	02:22&	01:22@	00:02+	01:00&	00:38&	03:37@	00:14&	03:39@	00:55&	00:11&	00:02+	00:08#
56:47+	58:01+																								
01:17=	01:14-																								
00:00=	00:03-																								

## Damer 16 - 39 år

<b>9</b>	<b>Hanne Berg Aspøy</b>	<b>896</b>	<b>58:30</b>																						
01:58+	03:39+	04:49+	07:56+	09:44+	11:08+	13:52+	15:25+	15:57+	16:48+	18:44+	19:16+	22:06+	24:59+	29:10+	31:00+	32:49+	37:18+	39:25+	45:25+	46:06+	48:50+	52:00+	52:59+	53:46+	55:20+
01:58+	01:41+	01:10+	03:07+	01:48+	01:24+	02:44+	01:33+	00:32+	00:51+	01:56+	00:32+	02:50+	02:53+	04:11+	01:50+	01:49+	04:29+	02:07+	06:00+	00:41+	02:44+	03:10+	00:59+	00:47+	01:34+
01:08@	00:37&	00:21&	01:00&	00:36&	00:12#	00:31#	00:29&	00:09&	00:08#	00:43&	00:12&	01:48@	01:08&	01:38&	00:37&	00:22&	00:46#	00:52&	04:49@	00:09&	01:29@	01:08&	00:19&	00:13&	00:21&
56:52+	58:30+																								
01:32+	01:38+																								
00:15#	00:21&																								
<b>10</b>	<b>Marita Skorpe Falnes</b>	<b>3568</b>	<b>59:46</b>																						
01:17+	02:41+	03:49+	06:51+	09:02+	10:36+	13:44+	15:20+	15:51+	16:52+	19:39+	20:09+	21:31+	25:24+	29:36+	31:33+	33:25+	38:46+	40:48+	45:44+	46:40+	48:39+	52:10+	53:28+	54:27+	56:06+
01:17+	01:24+	01:08+	03:02+	02:11+	01:34+	03:08+	01:36+	00:31+	01:01+	02:47+	00:30+	01:22+	03:53+	04:12+	01:57+	01:52+	05:21+	02:02+	04:56+	00:56+	01:59+	03:31+	01:18+	00:59+	01:39+
01:17+	01:24+	01:08+	03:02+	02:11+	01:34+	03:08+	01:36+	00:31+	01:01+	02:47+	00:30+	01:22+	03:53+	04:12+	01:57+	01:52+	05:21+	02:02+	04:56+	00:56+	01:59+	03:31+	01:18+	00:59+	01:39+
57:50+	59:46+																								
01:44+	01:56+																								
01:44+	01:56+																								
<b>11</b>	<b>Inga Borge</b>	<b>1832</b>	<b>1:00:30</b>																						
01:35+	03:20+	04:46+	08:07+	10:37+	12:39+	16:03+	17:57+	18:33+	19:40+	21:37+	22:18+	24:09+	27:09+	31:09+	32:54+	34:42+	40:16+	42:22+	45:35+	46:45+	48:07+	51:54+	53:19+	54:26+	56:14+
01:35+	01:45+	01:26+	03:21+	02:30+	02:02+	03:24+	01:54+	00:36+	01:07+	01:57+	00:41+	01:51+	03:00+	04:00+	01:45+	01:48+	05:34+	02:06+	03:13+	01:10+	01:22+	03:47+	01:25+	01:07+	01:48+
01:35+	01:45+	01:26+	03:21+	02:30+	02:02+	03:24+	01:54+	00:36+	01:07+	01:57+	00:41+	01:51+	03:00+	04:00+	01:45+	01:48+	05:34+	02:06+	03:13+	01:10+	01:22+	03:47+	01:25+	01:07+	01:48+
58:14+	60:30+																								
02:00+	02:16+																								
02:00+	02:16+																								
<b>12</b>	<b>Hege Bakken</b>	<b>1754</b>	<b>1:01:13</b>																						
01:07+	02:26+	03:46+	07:07+	08:42+	10:30+	13:36+	15:20+	15:51+	16:50+	18:50+	19:37+	22:16+	25:56+	29:59+	32:40+	34:23+	39:44+	42:24+	45:38+	46:45+	48:55+	53:56+	55:06+	55:49+	57:34+
01:07+	01:19+	01:20+	03:21+	01:35+	01:48+	03:06+	01:44+	00:31+	00:59+	02:00+	00:47+	02:39+	03:40+	04:03+	02:41+	01:43+	05:21+	02:40+	03:14+	01:07+	02:10+	05:01+	01:10+	00:43+	01:45+
01:07+	01:19+	01:20+	03:21+	01:35+	01:48+	03:06+	01:44+	00:31+	00:59+	02:00+	00:47+	02:39+	03:40+	04:03+	02:41+	01:43+	05:21+	02:40+	03:14+	01:07+	02:10+	05:01+	01:10+	00:43+	01:45+
59:19+	61:13+																								
01:45+	01:54+																								
01:45+	01:54+																								
<b>13</b>	<b>Ingvild Amalixsen</b>	<b>465</b>	<b>1:04:35</b>																						
01:04+	02:13+	03:40+	06:16+	08:22+	10:07+	13:00+	14:49+	15:20+	16:22+	18:15+	18:46+	21:39+	24:21+	32:54+	35:16+	36:55+	42:19+	44:41+	47:23+	48:16+	54:44+	57:46+	58:59+	59:50+	61:27+
01:04+	01:09+	01:27+	02:36+	02:06+	01:45+	02:53+	01:49+	00:31+	01:02+	01:53+	00:31+	02:53+	02:42+	08:33+	02:22+	01:39+	05:24+	02:22+	02:42+	00:53+	06:28+	03:02+	01:13+	00:51+	01:37+
01:04+	01:09+	01:27+	02:36+	02:06+	01:45+	02:53+	01:49+	00:31+	01:02+	01:53+	00:31+	02:53+	02:42+	08:33+	02:22+	01:39+	05:24+	02:22+	02:42+	00:53+	06:28+	03:02+	01:13+	00:51+	01:37+
62:57+	64:35+																								
01:30+	01:38+																								
01:30+	01:38+																								
<b>14</b>	<b>Katja Eliassen</b>	<b>722</b>	<b>1:18:33</b>																						
01:00+	02:40+	04:18+	07:02+	08:57+	10:37+	14:33+	16:13+	16:42+	17:35+	19:12+	21:07+	27:50+	32:03+	36:31+	39:49+	41:51+	48:58+	52:11+	60:48+	63:12+	66:27+	70:54+	72:23+	73:59+	75:35+
01:00+	01:40+	01:38+	02:44+	01:55+	01:40+	03:56+	01:40+	00:29+	00:53+	01:37+	01:55+	06:43+	04:13+	04:28+	03:18+	02:02+	07:07+	03:13+	08:37+	02:24+	03:15+	04:27+	01:29+	01:36+	01:36+
01:00+	01:40+	01:38+	02:44+	01:55+	01:40+	03:56+	01:40+	00:29+	00:53+	01:37+	01:55+	06:43+	04:13+	04:28+	03:18+	02:02+	07:07+	03:13+	08:37+	02:24+	03:15+	04:27+	01:29+	01:36+	01:36+
77:12+	78:33+																								
01:37+	01:21+																								
01:37+	01:21+																								
<b>15</b>	<b>Ann-Mari Vold</b>	<b>3529</b>	<b>1:21:12</b>																						
01:09+	02:28+	04:02+	07:05+	09:20+	11:07+	14:32+	16:16+	16:48+	17:53+	19:45+	20:30+	29:48+	32:56+	38:52+	42:23+	44:19+	50:30+	53:32+	57:22+	58:34+	70:31+	74:26+	75:21+	76:10+	77:55+
01:09+	01:19+	01:34+	03:03+	02:15+	01:47+	03:25+	01:44+	00:32+	01:05+	01:52+	00:45+	09:18+	03:08+	05:56+	03:31+	01:56+	06:11+	03:02+	03:50+	01:12+	11:57+	03:55+	00:55+	00:49+	01:45+
01:09+	01:19+	01:34+	03:03+	02:15+	01:47+	03:25+	01:44+	00:32+	01:05+	01:52+	00:45+	09:18+	03:08+	05:56+	03:31+	01:56+	06:11+	03:02+	03:50+	01:12+	11:57+	03:55+	00:55+	00:49+	01:45+
79:47+	81:12+																								
01:52+	01:25+																								
01:52+	01:25+																								

### Beste strekktid for klassen

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

## Damer 40 - 49 år

## Damer 40 - 49 år

<b>1</b>	<b>Åsta Bryne</b>	<b>3552</b>	<b>56:41</b>
00:41=	01:28= 05:12= 06:01= 07:40= 08:30= 08:58= 11:56= 13:43= 14:37= 16:27= 17:56= 19:23= 20:27= 27:25= 28:58= 32:34= 40:32= 41:25= 43:15= 44:44= 49:24= 49:59= 51:20= 52:09= 53:39=		
00:41=	00:47= 03:44= 00:49= 01:39= 00:50= 00:28= 02:58= 01:47= 00:54= 01:50= 01:29= 01:27= 01:04= 06:58= 01:33= 03:36= 07:58= 00:53= 01:50= 01:29= 04:40= 00:35= 01:21= 00:49= 01:30=		
00:00=	00:00= 00:00=		
56:41=			
03:02=			
00:00=			
<b>2</b>	<b>Helen Haneferd</b>	<b>882</b>	<b>57:52</b>
00:50+	01:48+ 06:43+ 07:35+ 09:29+ 10:25+ 10:56+ 14:38+ 17:03+ 18:08+ 21:50+ 25:19+ 27:03+ 28:19+ 31:41+ 33:48+ 39:33+ 42:30+ 43:35+ 46:01+ 47:39+ 51:26+ 52:13+ 53:33+ 54:26+ 56:15+		
00:50+	00:58+ 04:55+ 00:52+ 01:54+ 00:56+ 00:31+ 03:42+ 02:25+ 01:05+ 03:42+ 03:29+ 01:44+ 01:16+ 03:22+ 02:07+ 05:45+ 02:57+ 01:05+ 02:26+ 01:38+ 03:47+ 00:47+ 01:20+ 00:53+ 01:49+		
00:50+	00:58+ 04:55+ 00:52+ 01:54+ 00:56+ 00:31+ 03:42+ 02:25+ 01:05+ 03:42+ 03:29+ 01:44+ 01:16+ 03:22+ 02:07+ 05:45+ 02:57+ 01:05+ 02:26+ 01:38+ 03:47+ 00:47+ 01:20+ 00:53+ 01:49+		
57:52+			
01:37+			
01:37+			
<b>3</b>	<b>Ingunn Anda Haug</b>	<b>2342</b>	<b>1:02:20</b>
00:53+	01:54+ 06:40+ 07:34+ 09:38+ 10:38+ 11:03+ 14:43+ 16:49+ 17:56+ 19:38+ 21:27+ 22:57+ 24:18+ 29:41+ 31:57+ 37:24+ 40:50+ 45:22+ 48:00+ 49:47+ 55:20+ 56:02+ 57:29+ 58:29+ 60:31+		
00:53+	01:01+ 04:46+ 00:54+ 02:04+ 01:00+ 00:25+ 03:40+ 02:06+ 01:07+ 01:42+ 01:49+ 01:30+ 01:21+ 05:23+ 02:16+ 05:27+ 03:26+ 04:32+ 02:38+ 01:47+ 05:33+ 00:42+ 01:27+ 01:00+ 02:02+		
00:53+	01:01+ 04:46+ 00:54+ 02:04+ 01:00+ 00:25+ 03:40+ 02:06+ 01:07+ 01:42+ 01:49+ 01:30+ 01:21+ 05:23+ 02:16+ 05:27+ 03:26+ 04:32+ 02:38+ 01:47+ 05:33+ 00:42+ 01:27+ 01:00+ 02:02+		
62:20+			
01:49+			
01:49+			
<b>4</b>	<b>Helene Lie</b>	<b>3565</b>	<b>1:06:23</b>
00:52+	01:41+ 06:15+ 07:06+ 08:56+ 09:47+ 10:18+ 13:37+ 15:15+ 16:23+ 18:19+ 25:12+ 26:34+ 28:01+ 33:15+ 34:48+ 39:38+ 43:18+ 47:18+ 51:37+ 53:56+ 59:50+ 60:30+ 61:56+ 62:55+ 64:39+		
00:52+	00:49+ 04:34+ 00:51+ 01:50+ 00:51+ 00:31+ 03:19+ 01:38+ 01:08+ 01:56+ 06:53+ 01:22+ 01:27+ 05:14+ 01:33+ 04:50+ 03:40+ 04:00+ 04:19+ 02:19+ 05:54+ 00:40+ 01:26+ 00:59+ 01:44+		
00:52+	00:49+ 04:34+ 00:51+ 01:50+ 00:51+ 00:31+ 03:19+ 01:38+ 01:08+ 01:56+ 06:53+ 01:22+ 01:27+ 05:14+ 01:33+ 04:50+ 03:40+ 04:00+ 04:19+ 02:19+ 05:54+ 00:40+ 01:26+ 00:59+ 01:44+		
66:23+			
01:44+			
01:44+			
<b>5</b>	<b>Marianne Strøm Uthaug</b>	<b>3551</b>	<b>1:08:44</b>
00:44+	01:39+ 05:28+ 06:12+ 08:12+ 09:00+ 09:45+ 12:27+ 14:21+ 15:14+ 16:41+ 19:42+ 22:24+ 23:41+ 26:57+ 37:40+ 44:36+ 47:47+ 49:20+ 54:15+ 56:31+ 61:41+ 62:31+ 63:51+ 64:39+ 67:12+		
00:44+	00:55+ 03:49+ 00:44+ 02:00+ 00:48+ 00:45+ 02:42+ 01:54+ 00:53+ 01:27+ 03:01+ 02:42+ 01:17+ 03:16+ 10:43+ 06:56+ 03:11+ 01:33+ 04:55+ 02:16+ 05:10+ 00:50+ 01:20+ 00:48+ 02:33+		
00:44+	00:55+ 03:49+ 00:44+ 02:00+ 00:48+ 00:45+ 02:42+ 01:54+ 00:53+ 01:27+ 03:01+ 02:42+ 01:17+ 03:16+ 10:43+ 06:56+ 03:11+ 01:33+ 04:55+ 02:16+ 05:10+ 00:50+ 01:20+ 00:48+ 02:33+		
68:44+			
01:32+			
01:32+			
<b>6</b>	<b>Randi Ladsten</b>	<b>879</b>	<b>1:09:14</b>
00:53+	02:00+ 05:43+ 06:35+ 08:29+ 09:29+ 09:54+ 13:20+ 15:54+ 16:53+ 18:48+ 22:33+ 24:59+ 26:19+ 36:55+ 39:46+ 44:12+ 47:39+ 49:59+ 53:42+ 56:24+ 62:13+ 63:06+ 64:28+ 65:21+ 67:11+		
00:53+	01:07+ 03:43+ 00:52+ 01:54+ 01:00+ 00:25+ 03:26+ 02:34+ 00:59+ 01:55+ 03:45+ 02:26+ 01:20+ 10:36+ 02:51+ 04:26+ 03:27+ 02:20+ 03:43+ 02:42+ 05:49+ 00:53+ 01:22+ 00:53+ 01:50+		
00:53+	01:07+ 03:43+ 00:52+ 01:54+ 01:00+ 00:25+ 03:26+ 02:34+ 00:59+ 01:55+ 03:45+ 02:26+ 01:20+ 10:36+ 02:51+ 04:26+ 03:27+ 02:20+ 03:43+ 02:42+ 05:49+ 00:53+ 01:22+ 00:53+ 01:50+		
69:14+			
02:03+			
02:03+			
<b>7</b>	<b>Ingvild Marthinussen</b>	<b>3524</b>	<b>1:09:17</b>
01:09+	02:50+ 07:42+ 08:40+ 11:01+ 12:10+ 12:40+ 15:53+ 19:37+ 20:42+ 22:41+ 25:55+ 27:47+ 29:19+ 34:43+ 36:38+ 41:05+ 44:49+ 46:59+ 51:50+ 54:05+ 62:04+ 62:38+ 64:19+ 65:06+ 67:02+		
01:09+	01:41+ 04:52+ 00:58+ 02:21+ 01:09+ 00:30+ 03:13+ 03:44+ 01:05+ 01:59+ 03:14+ 01:52+ 01:32+ 05:24+ 01:55+ 04:27+ 03:44+ 02:10+ 04:51+ 02:15+ 07:59+ 00:34+ 01:41+ 00:47+ 01:56+		
01:09+	01:41+ 04:52+ 00:58+ 02:21+ 01:09+ 00:30+ 03:13+ 03:44+ 01:05+ 01:59+ 03:14+ 01:52+ 01:32+ 05:24+ 01:55+ 04:27+ 03:44+ 02:10+ 04:51+ 02:15+ 07:59+ 00:34+ 01:41+ 00:47+ 01:56+		
69:17+			
02:15+			
02:15+			
<b>8</b>	<b>Grethe Mo</b>	<b>NOTEAM</b>	<b>1:11:30</b>
00:48+	01:53+ 06:15+ 06:57+ 08:56+ 10:02+ 11:51+ 15:30+ 16:54+ 17:51+ 19:37+ 21:45+ 24:39+ 26:22+ 31:14+ 34:23+ 40:14+ 55:01+ 55:31+ 57:19+ 59:11+ 63:42+ 64:27+ 66:08+ 67:26+ 69:05+		
00:48+	01:05+ 04:22+ 00:42+ 01:59+ 01:06+ 01:49+ 03:39+ 01:24+ 00:57+ 01:46+ 02:08+ 02:54+ 01:43+ 04:52+ 03:09+ 05:51+ 14:47+ 00:30+ 01:48+ 01:52+ 04:31+ 00:45+ 01:41+ 01:18+ 01:39+		
00:48+	01:05+ 04:22+ 00:42+ 01:59+ 01:06+ 01:49+ 03:39+ 01:24+ 00:57+ 01:46+ 02:08+ 02:54+ 01:43+ 04:52+ 03:09+ 05:51+ 14:47+ 00:30+ 01:48+ 01:52+ 04:31+ 00:45+ 01:41+ 01:18+ 01:39+		
71:30+			
02:25+			
02:25+			

## Damer 40 - 49 år

<b>9</b>	<b>Kathrin Sandstad</b>	<b>3530</b>	<b>1:12:04</b>																						
01:01+	02:22+	08:06+	09:00+	10:34+	12:29+	12:58+	16:40+	19:03+	20:09+	22:22+	24:48+	27:19+	29:10+	32:58+	35:17+	40:12+	44:11+	52:09+	55:15+	57:14+	63:57+	64:51+	66:33+	67:36+	70:03+
01:01+	01:21+	05:44+	00:54+	01:34+	01:55+	00:29+	03:42+	02:23+	01:06+	02:13+	02:26+	02:31+	01:51+	03:48+	02:19+	04:55+	03:59+	07:58+	03:06+	01:59+	06:43+	00:54+	01:42+	01:03+	02:27+
01:01+	01:21+	05:44+	00:54+	01:34+	01:55+	00:29+	03:42+	02:23+	01:06+	02:13+	02:26+	02:31+	01:51+	03:48+	02:19+	04:55+	03:59+	07:58+	03:06+	01:59+	06:43+	00:54+	01:42+	01:03+	02:27+
72:04+																									
02:01+																									
02:01+																									

### Beste strekktid for klassen

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

## Damer 50 - 59 år

<b>1</b>	<b>Anita Glenne Kallhovd</b>	<b>3502</b>	<b>55:36</b>																						
00:55=	02:05=	06:36=	07:30=	09:14=	10:03=	10:40=	13:56=	16:06=	17:05=	18:51=	21:00=	22:32=	23:38=	26:53=	28:40=	34:14=	36:45=	37:43=	40:25=	42:44=	47:23=	48:02=	49:22=	50:07=	53:43=
00:55=	01:10=	04:31=	00:54=	01:44=	00:49=	00:37=	03:16=	02:10=	00:59=	01:46=	02:09=	01:32=	01:06=	03:15=	01:47=	05:34=	02:31=	00:58=	02:42=	02:19=	04:39=	00:39=	01:20=	00:45=	03:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
55:36=																									
01:53=																									
00:00=																									

<b>2</b>	<b>Marianne Fuglestad</b>	<b>896</b>	<b>59:53</b>																						
00:47-	01:38-	05:05-	05:56-	08:00-	08:56-	09:24-	12:18-	14:42-	15:34-	17:00-	20:09-	22:01-	24:21+	33:23+	34:50+	38:49+	42:18+	44:36+	47:04+	49:18+	53:26+	54:22+	56:06+	56:52+	58:30+
00:47-	00:51-	03:27-	00:51-	02:04+	00:56+	00:28-	02:54-	02:24+	00:52-	01:26-	03:09+	01:52+	02:20+	09:02+	01:27-	03:59-	03:29+	02:18+	02:28-	02:14-	04:08-	00:56+	01:44+	00:46+	01:38-
00:08-	00:19-	01:04-	00:03-	00:20#	00:07#	00:09-	00:22-	00:14#	00:07-	00:20-	01:00&	00:20#	01:14@	05:47@	00:20-	01:35-	00:58&	01:20@	00:14-	00:05-	00:31-	00:17&	00:24&	00:01+	01:58-
59:53+																									
01:23-																									
00:30-																									

<b>3</b>	<b>Keth Berggraf</b>	<b>1683</b>	<b>1:02:33</b>																						
00:46-	01:58-	06:05-	06:54-	08:39-	09:30-	09:58-	13:14-	15:10-	16:14-	17:57-	19:46-	21:23-	22:21-	26:42-	28:10-	37:56+	44:16+	48:50+	50:46+	52:10+	55:53+	56:31+	57:59+	59:05+	60:48+
00:46-	01:12+	04:07-	00:49-	01:45+	00:51+	00:28-	03:16=	01:56-	01:04+	01:43-	01:49-	01:37+	00:58-	04:21+	01:28-	09:46+	06:20+	04:34+	01:56-	01:24-	03:43-	00:38-	01:28+	01:06+	01:43-
00:09-	00:02+	00:24-	00:05-	00:01+	00:02+	00:09-	00:00=	00:14-	00:05+	00:03-	00:20-	00:05+	00:08-	01:06&	00:19-	04:12&	03:49@	03:36@	00:46-	00:55-	00:56-	00:01-	00:08+	00:21&	01:53-
62:33+																									
01:45-																									
00:08-																									

<b>4</b>	<b>Gerd Olaug Vikeså</b>	<b>1758</b>	<b>1:02:50</b>																						
00:49-	01:43-	06:10-	07:06-	08:54-	10:04+	10:29-	13:59+	15:49-	16:48-	18:29-	20:33-	22:09-	23:27-	32:15+	34:11+	41:18+	43:59+	45:44+	47:46+	49:52+	56:06+	56:49+	58:09+	59:05+	61:01+
00:49-	00:54-	04:27-	00:56+	01:48+	01:10+	00:25-	03:30+	01:50-	00:59=	01:41-	02:04-	01:36+	01:18+	08:48+	01:56+	07:07+	02:41+	01:45+	02:02-	02:06-	06:14+	00:43+	01:20=	00:56+	01:56-
00:06-	00:16-	00:04-	00:02+	00:04+	00:21&	00:12-	00:14+	00:20-	00:00=	00:05-	00:05-	00:04+	00:12#	05:33@	00:09+	01:33&	00:10+	00:47&	00:40-	00:13-	01:35&	00:04#	00:00=	00:11#	01:40-
62:50+																									
01:49-																									
00:04-																									

<b>5</b>	<b>Trude Hermanrud</b>	<b>896</b>	<b>1:09:27</b>																						
00:56+	02:01-	06:31-	07:28-	09:36+	10:37+	11:06+	14:39+	16:37+	17:44+	19:40+	22:12+	23:52+	26:18+	32:59+	34:26+	44:16+	48:17+	51:52+	54:48+	57:05+	62:23+	62:58+	64:32+	65:29+	67:29+
00:56+	01:05-	04:30-	00:57+	02:08+	01:01+	00:29-	03:33+	01:58-	01:07+	01:56+	02:32+	01:40+	02:26+	06:41+	01:27-	09:50+	04:01+	03:35+	02:56+	02:17-	05:18+	00:35-	01:34+	00:57+	02:00-
00:01+	00:05-	00:01-	00:03+	00:24#	00:12#	00:08-	00:17+	00:12-	00:08#	00:10+	00:23#	00:08+	01:20@	03:26@	00:20-	04:16&	01:30&	02:37@	00:14+	00:02-	00:39#	00:04-	00:14#	00:12&	01:36-
69:27+																									
01:58+																									
00:05+																									

<b>6</b>	<b>Toril Dahle</b>	<b>1683</b>	<b>1:14:24</b>																						
00:50-	01:51-	06:54+	07:49+	10:03+	11:07+	11:34+	15:03+	17:00+	18:01+	20:06+	22:49+	24:47+	28:02+	32:30+	35:38+	41:46+	45:29+	55:16+	58:36+	61:12+	67:34+	68:20+	69:51+	70:50+	72:43+
00:50-	01:01-	05:03+	00:55+	02:14+	01:04+	00:27-	03:29+	01:57-	01:01+	02:05+	02:43+	01:58+	03:15+	04:28+	03:08+	06:08+	03:43+	09:47+	03:20+	02:36+	06:22+	00:46+	01:31+	00:59+	01:53-
00:05-	00:09-	00:32#	00:01+	00:30&	00:15&	00:10-	00:13+	00:13-	00:02+	00:19#	00:34&	00:26&	02:09@	01:13&	01:21&	00:34#	01:12&	08:49@	00:38#	00:17#	01:43&	00:07#	00:11#	00:14&	01:43-
74:24+																									
01:41-																									
00:12-																									

Class	Navn	Klasse	Tid
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## Damer 50 - 59 år

<b>7</b>	<b>Astri Sandanger</b>	<b>896</b>	<b>1:18:44</b>																						
00:53-	02:22+	07:11+	08:07+	11:23+	12:34+	13:01+	17:11+	19:05+	20:08+	25:22+	28:01+	30:22+	35:41+	40:44+	42:58+	54:13+	57:57+	59:06+	61:31+	63:37+	70:43+	71:21+	73:06+	74:02+	76:39+
00:53-	01:29+	04:49+	00:56+	03:16+	01:11+	00:27-	04:10+	01:54-	01:03+	05:14+	02:39+	02:21+	05:19+	05:03+	02:14+	11:15+	03:44+	01:09+	02:25-	02:06-	07:06+	00:38-	01:45+	00:56+	02:37-
00:02-	00:19&	00:18+	00:02+	01:32&	00:22&	00:10-	00:54&	00:16-	00:04+	03:28&	00:30#	00:49&	04:13&	01:48&	00:27&	05:41&	01:13&	00:11#	00:17-	00:13-	02:27&	00:01-	00:25&	00:11#	00:59-
78:44+																									
02:05+																									
00:12#																									

<b>8</b>	<b>Elisabeth Melbø</b>	<b>879</b>	<b>1:19:23</b>																						
02:12+	03:09+	07:16+	08:04+	09:43+	10:31+	12:14+	19:36+	21:17+	22:19+	26:31+	29:27+	33:19+	39:07+	45:47+	47:26+	51:54+	57:17+	60:10+	63:05+	64:56+	71:37+	72:24+	74:24+	75:29+	77:27+
02:12+	00:57+	04:07+	00:48+	01:39+	00:48+	01:43+	07:22+	01:41+	01:02+	04:12+	02:56+	03:52+	05:48+	06:40+	01:39+	04:28+	05:23+	02:53+	02:55+	01:51+	06:41+	00:47+	02:00+	01:05+	01:58+
02:12+	00:57+	04:07+	00:48+	01:39+	00:48+	01:43+	07:22+	01:41+	01:02+	04:12+	02:56+	03:52+	05:48+	06:40+	01:39+	04:28+	05:23+	02:53+	02:55+	01:51+	06:41+	00:47+	02:00+	01:05+	01:58+
79:23+																									
01:56+																									
01:56+																									

<b>9</b>	<b>Andrea Tapken</b>	<b>3529</b>	<b>1:22:53</b>																						
00:54+	02:02+	06:12+	07:05+	09:15+	10:19+	10:51+	14:36+	16:26+	17:38+	20:11+	23:15+	26:04+	28:27+	34:55+	37:14+	48:11+	52:35+	60:25+	63:57+	67:59+	75:21+	76:04+	77:55+	78:57+	81:04+
00:54+	01:08+	04:10+	00:53+	02:10+	01:04+	00:32+	03:45+	01:50+	01:12+	02:33+	03:04+	02:49+	02:23+	06:28+	02:19+	10:57+	04:24+	07:50+	03:32+	04:02+	07:22+	00:43+	01:51+	01:02+	02:07+
00:54+	01:08+	04:10+	00:53+	02:10+	01:04+	00:32+	03:45+	01:50+	01:12+	02:33+	03:04+	02:49+	02:23+	06:28+	02:19+	10:57+	04:24+	07:50+	03:32+	04:02+	07:22+	00:43+	01:51+	01:02+	02:07+
82:53+																									
01:49+																									
01:49+																									

<b>10</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>1758</b>	<b>1:23:59</b>																						
01:03+	02:15+	07:38+	08:46+	11:17+	12:30+	13:11+	17:00+	19:32+	20:52+	23:02+	27:20+	28:57+	31:39+	39:24+	41:23+	53:05+	56:45+	64:03+	66:44+	69:07+	74:54+	76:02+	77:55+	79:06+	81:20+
01:03+	01:12+	05:23+	01:08+	02:31+	01:13+	00:41+	03:49+	02:32+	01:20+	02:10+	04:18+	01:37+	02:42+	07:45+	01:59+	11:42+	03:40+	07:18+	02:41+	02:23+	05:47+	01:08+	01:53+	01:11+	02:14+
01:03+	01:12+	05:23+	01:08+	02:31+	01:13+	00:41+	03:49+	02:32+	01:20+	02:10+	04:18+	01:37+	02:42+	07:45+	01:59+	11:42+	03:40+	07:18+	02:41+	02:23+	05:47+	01:08+	01:53+	01:11+	02:14+
83:59+																									
02:39+																									
02:39+																									

<b>11</b>	<b>Marianne Gjesdal Lyngås</b>	<b>892</b>	<b>1:28:03</b>																						
01:04+	02:17+	07:29+	08:37+	11:29+	12:49+	13:41+	17:49+	20:30+	22:03+	24:12+	28:45+	30:38+	40:34+	46:37+	49:25+	55:30+	60:43+	64:35+	67:41+	71:12+	79:03+	80:04+	81:43+	82:58+	85:52+
01:04+	01:13+	05:12+	01:08+	02:52+	01:20+	00:52+	04:08+	02:41+	01:33+	02:09+	04:33+	01:53+	09:56+	06:03+	02:48+	06:05+	05:13+	03:52+	03:06+	03:31+	07:51+	01:01+	01:39+	01:15+	02:54+
01:04+	01:13+	05:12+	01:08+	02:52+	01:20+	00:52+	04:08+	02:41+	01:33+	02:09+	04:33+	01:53+	09:56+	06:03+	02:48+	06:05+	05:13+	03:52+	03:06+	03:31+	07:51+	01:01+	01:39+	01:15+	02:54+
88:03+																									
02:11+																									
02:11+																									

<b>12</b>	<b>Brit Vivian Meling</b>	<b>1683</b>	<b>1:44:37</b>																						
01:09+	04:02+	09:04+	10:12+	16:14+	17:28+	18:10+	21:59+	24:22+	25:35+	28:08+	32:04+	39:32+	42:56+	48:00+	50:51+	58:04+	70:52+	75:59+	81:02+	84:04+	95:08+	96:02+	97:56+	99:06+	101:43+
01:09+	02:53+	05:02+	01:08+	06:02+	01:14+	00:42+	03:49+	02:23+	01:13+	02:33+	03:56+	07:28+	03:24+	05:04+	02:51+	07:13+	12:48+	05:07+	05:03+	03:02+	11:04+	00:54+	01:54+	01:10+	02:37+
01:09+	02:53+	05:02+	01:08+	06:02+	01:14+	00:42+	03:49+	02:23+	01:13+	02:33+	03:56+	07:28+	03:24+	05:04+	02:51+	07:13+	12:48+	05:07+	05:03+	03:02+	11:04+	00:54+	01:54+	01:10+	02:37+
104:37+																									
02:54+																									
02:54+																									

<b>13</b>	<b>Siw Gjerdingen</b>	<b>3676</b>	<b>2:11:55</b>																						
01:54+	04:00+	09:34+	10:58+	13:44+	15:38+	16:35+	21:24+	38:21+	39:57+	42:33+	47:17+	51:27+	56:26+	63:22+	73:16+	83:33+	89:52+	92:02+	103:50+	106:02+	116:39+	118:08+	120:20+	123:24+	129:52+
01:54+	02:06+	05:34+	01:24+	02:46+	01:54+	00:57+	04:49+	16:57+	01:36+	02:36+	04:44+	04:10+	04:59+	06:56+	09:54+	10:17+	06:19+	02:10+	11:48+	02:12+	10:37+	01:29+	02:12+	03:04+	06:28+
01:54+	02:06+	05:34+	01:24+	02:46+	01:54+	00:57+	04:49+	16:57+	01:36+	02:36+	04:44+	04:10+	04:59+	06:56+	09:54+	10:17+	06:19+	02:10+	11:48+	02:12+	10:37+	01:29+	02:12+	03:04+	06:28+
131:55+																									
02:03+																									
02:03+																									

### Beste strekktid for klassen

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

## Damer 60 - 64 år

<b>1</b>	<b>Elisabeth Christie Ørke</b>	<b>722</b>	<b>41:15</b>																					
00:23=	01:31=	02:51=	03:46=	04:53=	07:09=	08:00=	11:05=	12:15=	12:44=	13:37=	14:28=	16:04=	18:27=	20:54=	22:00=	22:53=	26:47=	28:14=	30:55=	33:52=	35:50=	37:02=	38:28=	41:15=
00:23=	01:08=	01:20=	00:55=	01:07=	02:16=	00:51=	03:05=	01:10=	00:29=	00:53=	00:51=	01:36=	02:23=	02:27=	01:06=	00:53=	03:54=	01:27=	02:41=	02:57=	01:58=	01:12=	01:26=	02:47=
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=



### Damer 70 - 74 år

<b>2</b>	<b>Hanne Eik</b>	<b>896</b>	<b>1:02:10</b>																					
00:32-	02:01-	03:32-	04:44-	06:26-	08:23-	09:29-	17:41+	19:31-	20:38+	21:59+	23:02+	26:19+	27:55+	30:51+	31:46+	32:50+	39:21+	43:17+	49:01+	53:23+	54:55+	56:53+	59:13+	62:10+
00:32-	01:29-	01:31-	01:12-	01:42-	01:57-	01:06-	08:12+	01:50-	01:07+	01:21+	01:03-	03:17+	01:36+	02:56-	00:55-	01:04+	06:31+	03:56+	05:44+	04:22+	01:32-	01:58+	02:20-	02:57-
01:40-	00:16-	00:12-	00:18-	00:07-	00:18-	00:03-	03:28&	00:41-	00:26&	00:11#	00:13-	00:56&	00:05+	00:14-	00:11-	00:06#	00:18+	01:51&	03:49@	00:52#	00:06-	00:11#	00:19-	00:22-
<b>3</b>	<b>Lillian Dahl Fitjar</b>	<b>896</b>	<b>1:03:04</b>																					
00:30+	02:08+	03:48+	05:03+	06:32+	08:35+	09:48+	14:10+	16:25+	17:15+	18:34+	19:48+	22:27+	23:54+	27:01+	28:04+	29:00+	36:31+	41:12+	48:24+	53:58+	55:58+	58:21+	60:39+	63:04+
00:30+	01:38+	01:40+	01:15+	01:29+	02:03+	01:13+	04:22+	02:15+	00:50+	01:19+	01:14+	02:39+	01:27+	03:07+	01:03+	00:56+	07:31+	04:41+	07:12+	05:34+	02:00+	02:23+	02:18+	02:25+
00:30+	01:38+	01:40+	01:15+	01:29+	02:03+	01:13+	04:22+	02:15+	00:50+	01:19+	01:14+	02:39+	01:27+	03:07+	01:03+	00:56+	07:31+	04:41+	07:12+	05:34+	02:00+	02:23+	02:18+	02:25+
<b>4</b>	<b>Berit Gramstad</b>	<b>3551</b>	<b>1:04:30</b>																					
00:33+	02:12+	04:01+	05:30+	07:09+	09:25+	10:39+	15:15+	17:43+	18:26+	19:46+	21:03+	23:52+	25:04+	28:14+	29:19+	30:25+	38:39+	42:18+	49:30+	55:05+	57:02+	59:27+	62:00+	64:30+
00:33+	01:39+	01:49+	01:29+	01:39+	02:16+	01:14+	04:36+	02:28+	00:43+	01:20+	01:17+	02:49+	01:12+	03:10+	01:05+	01:06+	08:14+	03:39+	07:12+	05:35+	01:57+	02:25+	02:33+	02:30+
00:33+	01:39+	01:49+	01:29+	01:39+	02:16+	01:14+	04:36+	02:28+	00:43+	01:20+	01:17+	02:49+	01:12+	03:10+	01:05+	01:06+	08:14+	03:39+	07:12+	05:35+	01:57+	02:25+	02:33+	02:30+
<b>5</b>	<b>Halldis Handeland</b>	<b>892</b>	<b>1:17:17</b>																					
00:37+	02:40+	08:47+	10:38+	12:33+	15:03+	16:25+	23:05+	25:41+	26:26+	28:06+	29:33+	32:28+	33:47+	37:41+	40:17+	41:22+	50:03+	57:51+	60:18+	65:49+	69:11+	71:44+	74:48+	77:17+
00:37+	02:03+	06:07+	01:51+	01:55+	02:30+	01:22+	06:40+	02:36+	00:45+	01:40+	01:27+	02:55+	01:19+	03:54+	02:36+	01:05+	08:41+	07:48+	02:27+	05:31+	03:22+	02:33+	03:04+	02:29+
00:37+	02:03+	06:07+	01:51+	01:55+	02:30+	01:22+	06:40+	02:36+	00:45+	01:40+	01:27+	02:55+	01:19+	03:54+	02:36+	01:05+	08:41+	07:48+	02:27+	05:31+	03:22+	02:33+	03:04+	02:29+

### Beste strekktid for klassen

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

### Damer 75 - 79 år

<b>1</b>	<b>Gry Vikhamar Thengs</b>	<b>874</b>	<b>48:41</b>																					
00:36=	02:11=	04:13=	05:46=	07:18=	09:27=	10:32=	14:51=	16:45=	17:22=	18:30=	19:37=	21:51=	22:58=	26:05=	27:23=	28:21=	33:13=	35:27=	37:25=	41:24=	42:53=	44:33=	46:37=	48:41=
00:36=	01:35=	02:02=	01:33=	01:32=	02:09=	01:05=	04:19=	01:54=	00:37=	01:08=	01:07=	02:14=	01:07=	03:07=	01:18=	00:58=	04:52=	02:14=	01:58=	03:59=	01:29=	01:40=	02:04=	02:04=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Turid Nystrøm</b>	<b>874</b>	<b>50:35</b>																					
00:33-	02:04-	04:28+	05:45-	07:08-	08:59-	10:09-	13:50-	15:48-	16:24-	17:30-	18:38-	20:59-	22:56-	25:28-	26:29-	27:19-	31:55-	34:07-	39:49+	43:35+	45:22+	46:53+	48:46+	50:35+
00:33-	01:31-	02:24+	01:17-	01:23-	01:51-	01:10+	03:41-	01:58+	00:36-	01:06-	01:08+	02:21+	01:57+	02:32-	01:01-	00:50-	04:36-	02:12-	05:42+	03:46-	01:47+	01:31-	01:53-	01:49-
00:03-	00:04-	00:22#	00:16-	00:09-	00:18-	00:05+	00:38-	00:04+	00:01-	00:02-	00:01+	00:07+	00:50&	00:35-	00:17-	00:08-	00:16-	00:02-	03:44@	00:13-	00:18#	00:09-	00:11-	00:15-
<b>3</b>	<b>Inger Skretting Opstad</b>	<b>3529</b>	<b>57:05</b>																					
01:20+	03:19+	04:51+	06:02+	07:39+	10:02+	11:29+	15:23+	17:15+	17:57+	19:15+	20:28+	22:57+	24:51+	30:07+	33:17+	34:16+	39:28+	41:38+	44:10+	47:52+	50:41+	52:36+	54:50+	57:05+
01:20+	01:59+	01:32-	01:11-	01:37+	02:23+	01:27+	03:54-	01:52-	00:42+	01:18+	01:13+	02:29+	01:54+	05:16+	03:10+	00:59+	05:12+	02:10-	02:32+	03:42-	02:49+	01:55+	02:14+	02:15+
00:44@	00:24&	00:30-	00:22-	00:05+	00:14#	00:22&	00:25-	00:02-	00:05#	00:10#	00:06+	00:15#	00:47&	02:09&	01:52@	00:01+	00:20+	00:04-	00:34&	00:17-	01:20&	00:15#	00:10+	00:11+
<b>4</b>	<b>Haldis Glendrange</b>	<b>874</b>	<b>59:18</b>																					
00:35-	02:22+	04:08-	05:23-	07:37+	10:22+	11:46+	15:29+	17:11+	17:48+	19:08+	20:22+	23:32+	25:18+	29:07+	30:35+	31:27+	37:48+	42:43+	45:27+	50:32+	52:14+	54:46+	56:56+	59:18+
00:35-	01:47+	01:46-	01:15-	02:14+	02:45+	01:24+	03:43-	01:42-	00:37=	01:20+	01:14+	03:10+	01:46+	03:49+	01:28+	00:52-	06:21+	04:55+	02:44+	05:05+	01:42+	02:32+	02:10+	02:22+
00:01-	00:12#	00:16-	00:18-	00:42&	00:36&	00:19&	00:36-	00:12-	00:00=	00:12#	00:07#	00:56&	00:39&	00:42#	00:10#	00:06-	01:29&	02:41@	00:46&	01:06&	00:13#	00:52&	00:06+	00:18#
<b>5</b>	<b>Hedvig Anda</b>	<b>1683</b>	<b>1:07:34</b>																					
00:39+	02:30+	04:10-	05:18-	07:08-	12:50+	13:59+	17:50+	19:49+	20:30+	21:45+	23:26+	26:41+	29:37+	33:49+	35:32+	36:41+	43:18+	46:48+	51:21+	57:16+	59:27+	62:07+	64:22+	67:34+
00:39+	01:51+	01:40-	01:08-	01:50+	05:42+	01:09+	03:51-	01:59+	00:41+	01:15+	01:41+	03:15+	02:56+	04:12+	01:43+	01:09+	06:37+	03:30+	04:33+	05:55+	02:11+	02:40+	02:15+	03:12+
00:03+	00:16#	00:22-	00:25-	00:18#	03:33@	00:04+	00:28-	00:05+	00:04#	00:07#	00:34&	01:01&	01:49@	01:05&	00:25&	00:11#	01:45&	01:16&	02:35@	01:56&	00:42&	01:00&	00:11+	01:08&
<b>6</b>	<b>Helga Klausen</b>	<b>769</b>	<b>1:16:08</b>																					
00:39+	02:46+	04:50+	06:12+	08:08+	12:16+	13:35+	18:19+	21:27+	22:19+	23:50+	25:06+	28:12+	30:20+	40:12+	42:46+	43:47+	50:02+	58:49+	61:28+	66:32+	68:57+	71:14+	73:50+	76:08+
00:39+	02:07+	02:04+	01:22-	01:56+	04:08+	01:19+	04:44+	03:08+	00:52+	01:31+	01:16+	03:06+	02:08+	09:52+	02:34+	01:01+	06:15+	08:47+	02:39+	05:04+	02:25+	02:17+	02:36+	02:18+
00:03+	00:32&	00:02+	00:11-	00:24&	01:59&	00:14#	00:25+	01:14&	00:15&	00:23&	00:09#	00:52&	01:01&	06:45@	01:16&	00:03+	01:23&	06:33@	00:41&	01:05&	00:56&	00:37&	00:32&	00:14#

### Beste strekktid for klassen

00:33 01:31 01:32 01:08 01:23 01:51 01:05 03:41 01:42 00:36 01:06 01:07 02:14 01:07 02:32 01:01 00:50 04:36 02:10 01:58 03:42 01:29 01:31 01:53 01:49

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

### Damer 80 år og eldre

## Damer 80 år og eldre

<b>1</b>	<b>Helga Aaslid</b>	<b>3529</b>	<b>1:19:40</b>																						
00:42=	02:27=	04:44=	06:27=	08:36=	18:05=	25:25=	26:05=	27:48=	29:14=	30:30=	31:41=	34:47=	41:20=	43:00=	44:09=	45:41=	54:28=	59:09=	68:31=	70:12=	71:50=	74:20=	76:24=	77:24=	79:40=
00:42=	01:45=	02:17=	01:43=	02:09=	09:29=	07:20=	00:40=	01:43=	01:26=	01:16=	01:11=	03:06=	06:33=	01:40=	01:09=	01:32=	08:47=	04:41=	09:22=	01:41=	01:38=	02:30=	02:04=	01:00=	02:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Berit Ebbell Olsen</b>	<b>874</b>	<b>1:34:42</b>																						
00:47+	03:14+	05:04+	07:07+	09:08+	12:37+	17:36+	18:26+	20:09+	21:29+	23:03+	29:12+	33:49+	37:36+	41:04+	42:42+	44:52+	57:24+	65:10+	78:37+	81:35+	82:36+	86:21+	89:01+	90:27+	94:42+
00:47+	02:27+	01:50+	02:03+	02:01+	03:29+	04:59+	00:50+	01:43+	01:20+	01:34+	06:09+	04:37+	03:47+	03:28+	01:38+	02:10+	12:32+	07:46+	13:27+	02:58+	01:01+	03:45+	02:40+	01:26+	04:15+
00:47+	02:27+	01:50+	02:03+	02:01+	03:29+	04:59+	00:50+	01:43+	01:20+	01:34+	06:09+	04:37+	03:47+	03:28+	01:38+	02:10+	12:32+	07:46+	13:27+	02:58+	01:01+	03:45+	02:40+	01:26+	04:15+

### Beste strekktid for klassen

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>892</b>	<b>52:12</b>																						
00:39=	01:13=	02:23=	04:47=	05:27=	07:02=	07:40=	09:39=	11:29=	12:04=	15:48=	17:21=	18:14=	18:41=	20:32=	23:15=	25:22=	27:12=	28:27=	30:28=	31:29=	35:18=	36:32=	37:30=	38:52=	40:17=
00:39=	00:34=	01:10=	02:24=	00:40=	01:35=	00:38=	01:59=	01:50=	00:35=	03:44=	01:33=	00:53=	00:27=	01:51=	02:43=	02:07=	01:50=	01:15=	02:01=	01:01=	03:49=	01:14=	00:58=	01:22=	01:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
43:55=	45:05=	46:09=	47:44=	48:13=	48:58=	50:50=	52:12=	03:38=	01:10=	01:04=	01:35=	00:29=	00:45=	01:52=	01:22=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Clare Leveridge</b>	<b>877</b>	<b>57:16</b>																						
00:44+	01:23+	02:42+	04:32=	05:15=	06:22=	07:06=	09:22=	11:12=	11:49=	16:00+	17:46+	18:32+	18:55+	21:13+	24:18+	25:40+	27:45+	29:26+	31:46+	33:03+	37:39+	39:01+	39:55+	41:17+	42:50+
00:44+	00:39+	01:19+	01:50=	00:43+	01:07=	00:44+	02:16+	01:50=	00:37+	04:11+	01:46+	00:46=	00:23=	02:18+	03:05+	01:22=	02:05+	01:41+	02:20+	01:17+	04:36+	01:22+	00:54=	01:22=	01:33+
00:05#	00:05#	00:09#	00:34=	00:03+	00:28=	00:06#	00:17#	00:00=	00:02+	00:27#	00:13#	00:07=	00:04=	00:27#	00:22#	00:45=	00:15#	00:26&	00:19#	00:16&	00:47#	00:08#	00:04=	00:00=	00:08+
46:51+	48:19+	50:15+	52:17+	52:54+	53:44+	55:40+	57:16+	04:01+	01:28+	01:56+	02:02+	00:37+	00:50+	01:56+	01:36+	00:23#	00:18&	00:52&	00:27&	00:08&	00:05#	00:04+	00:14#		
<b>3</b>	<b>Ane Helgerud</b>	<b>3516</b>	<b>59:07</b>																						
00:42+	01:23+	02:33+	04:43=	05:28+	06:49=	07:29=	09:40+	11:51+	12:27+	16:29+	18:24+	19:11+	19:42+	21:49+	24:58+	26:09+	28:14+	30:50+	33:36+	34:49+	38:18+	39:54+	41:07+	42:55+	44:18+
00:42+	00:41+	01:10=	02:10=	00:45+	01:21=	00:40+	02:11+	02:11+	00:36+	04:02+	01:55+	00:47=	00:31+	02:07+	03:09+	01:11=	02:05+	02:36+	02:46+	01:13+	03:29=	01:36+	01:13+	01:48+	01:23=
00:03+	00:07#	00:00=	00:14=	00:05#	00:14=	00:02+	00:12#	00:21#	00:01+	00:18+	00:22#	00:06=	00:04#	00:16#	00:26#	00:56=	00:15#	01:21@	00:45&	00:12#	00:20=	00:22&	00:15&	00:26&	00:02=
48:01+	49:11+	50:48+	53:46+	54:19+	55:21+	57:22+	59:07+	03:43+	01:10=	01:37+	02:58+	00:33+	01:02+	02:01+	01:45+	00:05+	00:00=	00:33&	01:23&	00:04#	00:17&	00:09+	00:23&		
<b>4</b>	<b>Helena Kolesova</b>	<b>1754</b>	<b>1:00:48</b>																						
00:46+	02:25+	03:39+	05:59+	06:47+	08:22+	09:03+	12:09+	14:35+	15:18+	19:32+	21:38+	22:39+	23:06+	25:22+	28:20+	29:39+	31:47+	33:50+	36:39+	37:51+	41:44+	43:22+	44:20+	45:47+	47:20+
00:46+	01:39+	01:14+	02:20=	00:48+	01:35=	00:41+	03:06+	02:26+	00:43+	04:14+	02:06+	01:01+	00:27=	02:16+	02:58+	01:19=	02:08+	02:03+	02:49+	01:12+	03:53+	01:38+	00:58=	01:27+	01:33+
00:07#	01:05@	00:04+	00:04=	00:08#	00:00=	00:03+	01:07&	00:36&	00:08#	00:30#	00:33&	00:08#	00:00=	00:25#	00:15+	00:48=	00:18#	00:48&	00:48&	00:11#	00:04+	00:24&	00:00=	00:05+	00:08+
51:22+	52:40+	54:25+	55:59+	56:26+	57:12+	59:03+	60:48+	04:02+	01:18+	01:45+	01:34=	00:27=	00:46+	01:51=	01:45+	00:24#	00:08#	00:41&	00:01=	00:02=	00:01+	00:01=	00:23&		
<b>5</b>	<b>Katrine Haaland Leveraas</b>	<b>896</b>	<b>1:00:53</b>																						
00:41+	01:19+	02:30+	04:57+	05:37+	07:47+	08:27+	10:44+	12:59+	13:35+	18:56+	20:41+	21:27+	21:54+	24:01+	26:59+	28:33+	30:42+	32:12+	35:24+	36:39+	40:27+	42:30+	43:44+	45:09+	46:38+
00:41+	00:38+	01:11+	02:27+	00:40=	02:10+	00:40+	02:17+	02:15+	00:36+	05:21+	01:45+	00:46=	00:27=	02:07+	02:58+	01:34=	02:09+	01:30+	03:12+	01:15+	03:48=	02:03+	01:14+	01:25+	01:29+
00:02+	00:04#	00:01+	00:03+	00:00=	00:35&	00:02+	00:18#	00:25#	00:01+	01:37&	00:12#	00:07=	00:00=	00:16#	00:15+	00:33=	00:19#	00:15#	01:11&	00:14#	00:01=	00:49&	00:16&	00:03+	00:04+
50:22+	51:51+	54:24+	56:14+	56:46+	57:30+	59:26+	60:53+	03:44+	00:19&	02:33+	01:50+	00:32+	00:44=	01:56+	01:27+	00:06+	00:19&	01:29@	00:15#	00:03#	00:01=	00:04+	00:05+		
<b>6</b>	<b>Matilde Skjæveland Skår</b>	<b>3486</b>	<b>1:04:45</b>																						
00:47+	01:27+	02:43+	04:44=	05:27=	06:36=	07:19=	09:28=	11:37+	12:13+	17:45+	19:43+	20:32+	20:56+	23:02+	25:59+	27:21+	29:52+	31:34+	34:35+	35:39+	43:07+	44:36+	45:31+	47:04+	48:40+
00:47+	00:40+	01:16+	02:01=	00:43+	01:09=	00:43+	02:09+	00:08#	00:06#	00:06+	00:23=	00:03+	00:26=	00:05#	00:10+	00:19#	00:01+	01:48&	00:25&	00:04=	00:03=	00:15#	00:14+	00:45=	00:41&
00:08#	00:06#	00:06+	00:23=	00:03+	00:26=	00:05#	00:10+	54:14+	55:52+	57:24+	59:30+	60:02+	60:55+	63:00+	64:45+	05:34+	01:38+	01:32+	02:06+	00:32+	00:53+	02:05+	01:45+	01:56&	00:28&
00:08#	00:06#	00:06+	00:23=	00:03+	00:26=	00:05#	00:10+	01:56&	01:27+	00:04+	00:05+	00:23&													

## Damer A

<b>7</b>	<b>Nina Karlsen</b>	<b>3531</b>	<b>1:06:42</b>																						
00:44+	01:27+	02:46+	05:21+	06:04+	07:14+	08:00+	10:15+	12:21+	13:01+	18:09+	20:06+	21:07+	21:34+	23:50+	27:34+	29:13+	31:34+	33:43+	36:38+	38:04+	43:04+	44:42+	45:43+	47:23+	49:02+
00:44+	00:43+	01:19+	02:35+	00:43+	01:10-	00:46+	02:15+	02:06+	00:40+	05:08+	01:57+	01:01+	00:27+	02:16+	03:44+	01:39-	02:21+	02:09+	02:55+	01:26+	05:00+	01:38+	01:01+	01:40+	01:39+
00:05#	00:09#	00:09#	00:11+	00:03+	00:25-	00:08#	00:16#	00:16#	00:05#	01:24&	00:24&	00:08#	00:00=	00:25#	01:01&	00:28-	00:31&	00:54&	00:54&	00:25&	01:11&	00:24&	00:03+	00:18#	00:14#
54:24+	55:45+	57:29+	60:15+	61:06+	62:58+	64:52+	66:42+																		
05:22+	01:21+	01:44+	02:46+	00:51+	01:52+	01:54+	01:50+																		
01:44&	00:11#	00:40&	01:11&	00:22&	01:07@	00:52+	00:28&																		

<b>8</b>	<b>Silje Skorve Skarpeid</b>	<b>1758</b>	<b>1:07:29</b>																						
00:46+	01:42+	03:04+	05:33+	06:23+	07:36+	08:25+	10:59+	13:17+	13:53+	18:29+	20:24+	21:17+	21:44+	23:54+	26:52+	28:14+	31:00+	33:04+	36:20+	38:28+	42:56+	45:47+	46:45+	48:19+	50:11+
00:46+	00:56+	01:22+	02:29+	00:50+	01:13+	00:49+	02:34+	02:18+	00:36+	04:36+	01:55+	00:53+	00:27+	02:10+	02:58+	01:22+	02:46+	02:04+	03:16+	02:08+	04:28+	02:51+	00:58+	01:34+	01:52+
00:46+	00:56+	01:22+	02:29+	00:50+	01:13+	00:49+	02:34+	02:18+	00:36+	04:36+	01:55+	00:53+	00:27+	02:10+	02:58+	01:22+	02:46+	02:04+	03:16+	02:08+	04:28+	02:51+	00:58+	01:34+	01:52+
55:17+	56:38+	58:33+	61:17+	61:53+	63:45+	65:39+	67:29+																		
05:06+	01:21+	01:55+	02:44+	00:36+	01:52+	01:54+	01:50+																		
05:06+	01:21+	01:55+	02:44+	00:36+	01:52+	01:54+	01:50+																		

<b>9</b>	<b>Torill Brekken</b>	<b>896</b>	<b>1:12:23</b>																						
00:50+	01:49+	03:10+	06:21+	07:07+	08:50+	09:39+	13:50+	16:15+	16:54+	22:53+	25:13+	26:08+	26:36+	29:03+	32:33+	34:09+	36:17+	37:57+	40:25+	41:47+	46:54+	49:52+	50:51+	53:54+	55:31+
00:50+	00:59+	01:21+	03:11+	00:46+	01:43+	00:49+	04:11+	02:25+	00:39+	05:59+	02:20+	00:55+	00:28+	02:27+	03:30+	01:36+	02:08+	01:40+	02:28+	01:22+	05:07+	02:58+	00:59+	03:03+	01:37+
00:50+	00:59+	01:21+	03:11+	00:46+	01:43+	00:49+	04:11+	02:25+	00:39+	05:59+	02:20+	00:55+	00:28+	02:27+	03:30+	01:36+	02:08+	01:40+	02:28+	01:22+	05:07+	02:58+	00:59+	03:03+	01:37+
60:37+	61:59+	64:49+	66:57+	67:33+	68:34+	70:28+	72:23+																		
05:06+	01:22+	02:50+	02:08+	00:36+	01:01+	01:54+	01:55+																		
05:06+	01:22+	02:50+	02:08+	00:36+	01:01+	01:54+	01:55+																		

<b>10</b>	<b>Trine Bolstad Scheie</b>	<b>769</b>	<b>1:22:24</b>																						
00:51+	02:44+	04:08+	06:57+	07:43+	09:14+	10:04+	12:38+	15:02+	15:44+	21:02+	23:06+	23:59+	24:32+	26:59+	30:18+	31:56+	34:43+	36:41+	40:09+	43:12+	48:50+	50:27+	51:28+	53:06+	54:48+
00:51+	01:53+	01:24+	02:49+	00:46+	01:31+	00:50+	02:34+	02:24+	00:42+	05:18+	02:04+	00:53+	00:33+	02:27+	03:19+	01:38+	02:47+	01:58+	03:28+	03:03+	05:38+	01:37+	01:01+	01:38+	01:42+
00:51+	01:53+	01:24+	02:49+	00:46+	01:31+	00:50+	02:34+	02:24+	00:42+	05:18+	02:04+	00:53+	00:33+	02:27+	03:19+	01:38+	02:47+	01:58+	03:28+	03:03+	05:38+	01:37+	01:01+	01:38+	01:42+
68:25+	69:57+	73:42+	76:29+	77:04+	78:05+	80:22+	82:24+																		
13:37+	01:32+	03:45+	02:47+	00:35+	01:01+	02:17+	02:02+																		
13:37+	01:32+	03:45+	02:47+	00:35+	01:01+	02:17+	02:02+																		

### Beste strekktid for klassen

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

## Damer B

<b>1</b>	<b>Agnes Haker</b>	<b>1284</b>	<b>59:19</b>																						
00:59=	02:16=	04:58=	05:38=	07:01=	08:07=	09:34=	12:13=	12:59=	17:35=	19:34=	20:32=	22:38=	24:03=	27:22=	29:28=	32:10=	33:32=	36:20=	37:55=	38:48=	41:58=	45:27=	46:57=	48:17=	50:51=
00:59=	01:17=	02:42=	00:40=	01:23=	01:06=	01:27=	02:39=	00:46=	04:36=	01:59=	00:58=	02:06=	01:25=	03:19=	02:06=	02:42=	01:22=	02:48=	01:35=	00:53=	03:10=	03:29=	01:30=	01:20=	02:34=
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=	00:00=	00:00=	00:00=
53:37=	54:28=	55:12=	56:31=	57:24=	59:19=																				
02:46=	00:51=	00:44=	01:19=	00:53=	01:55=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

<b>2</b>	<b>Inger Tone Nygård</b>	<b>3502</b>	<b>1:02:42</b>																						
01:05+	02:32+	05:10+	05:56+	07:11+	08:08+	10:08+	13:43+	14:23+	19:27+	21:33+	22:24+	24:42+	26:11+	29:08+	31:10+	33:47+	36:16+	38:48+	40:14+	42:01+	45:10+	48:41+	50:03+	51:42+	53:52+
01:05+	01:27+	02:38-	00:46+	01:15-	00:57-	02:00+	03:35+	00:40-	05:04+	02:06+	00:51-	02:18+	01:29+	02:57-	02:02-	02:37-	02:29+	02:32-	01:26-	01:47+	03:09-	03:31+	01:22-	01:39+	02:10-
00:06#	00:10#	00:04-	00:06#	00:08-	00:09-	00:33&	00:56&	00:06-	00:28#	00:07+	00:07-	00:12+	00:04+	00:22-	00:04-	00:05-	01:07&	00:16-	00:09-	00:54@	00:01-	00:02+	00:08-	00:19#	00:24-
56:51+	58:01+	58:44+	60:08+	61:03+	62:42+																				
02:59+	01:10+	00:43-	01:24+	00:55+	01:39-																				
00:13+	00:19&	00:01-	00:05+	00:02+	00:16-																				

<b>3</b>	<b>Lise Isachsen</b>	<b>1384</b>	<b>1:03:22</b>																						
00:58-	02:19+	05:34+	06:20+	07:40+	08:39+	10:55+	13:46+	14:24+	19:21+	21:10+	22:03+	24:38+	26:40+	28:16+	30:38+	33:40+	35:07+	37:25+	38:52+	40:44+	43:41+	47:20+	49:03+	51:31+	54:17+
00:58-	01:21+	03:15+	00:46+	01:20-	00:59-	02:16+	02:51+	00:38-	04:57+	01:49-	00:53-	02:35+	02:02+	01:36-	02:22+	03:02+	01:27+	02:18-	01:27-	01:52+	02:57-	03:39+	01:43+	02:28+	02:46+
00:01-	00:04+	00:33#	00:06#	00:03-	00:07-	00:49&	00:12+	00:08-	00:21+	00:10-	00:05-	00:29#	00:37&	01:43-	00:16#	00:20#	00:05+	00:30-	00:08-	00:59@	00:13-	00:10+	00:13#	01:08&	00:12+
57:17+	58:11+	58:56+	60:15+	61:12+	63:22+																				
03:00+	00:54+	00:45+	01:19=	00:57+	02:10+																				
00:14+	00:03+	00:01+	00:00=	00:04+	00:15#																				

## Damer B

<b>4</b>	<b>Helen Lomeland</b>	<b>722</b>	<b>1:08:28</b>
01:04+	02:25+	04:48-	05:34-
01:04+	01:21+	02:23-	00:46+
00:05+	00:04+	00:19-	00:06#
62:29+	63:33+	64:19+	65:47+
02:17-	01:04+	00:46+	01:28+
00:29-	00:13#	00:02+	00:09#

<b>5</b>	<b>Vibeke Lamark</b>	<b>878</b>	<b>1:10:40</b>
01:06+	02:45+	05:06+	05:58+
01:06+	01:39+	02:21+	00:52+
01:06+	01:39+	02:21+	00:52+
63:45+	64:40+	65:33+	67:06+
02:53+	00:55+	00:53+	01:33+
02:53+	00:55+	00:53+	01:33+

<b>6</b>	<b>Anina Hadland</b>	<b>3502</b>	<b>1:10:44</b>
01:19+	02:50+	06:10+	07:17+
01:19+	01:31+	03:20+	01:07+
01:19+	01:31+	03:20+	01:07+
63:43+	64:32+	65:25+	67:08+
02:45+	00:49+	00:53+	01:43+
02:45+	00:49+	00:53+	01:43+

<b>7</b>	<b>Mariann Sveinsvoll</b>	<b>3504</b>	<b>1:13:24</b>
01:05+	02:45+	05:44+	06:32+
01:05+	01:40+	02:59+	00:48+
01:05+	01:40+	02:59+	00:48+
66:00+	67:07+	67:58+	69:44+
03:21+	01:07+	00:51+	01:46+
03:21+	01:07+	00:51+	01:46+

<b>8</b>	<b>Ann Karin Tjørhom</b>	<b>1884</b>	<b>1:14:28</b>
01:15+	03:01+	06:08+	06:58+
01:15+	01:46+	03:07+	00:50+
01:15+	01:46+	03:07+	00:50+
67:58+	68:54+	69:46+	71:21+
03:33+	00:56+	00:52+	01:35+
03:33+	00:56+	00:52+	01:35+

<b>9</b>	<b>Anne Sæbø Vik</b>	<b>1683</b>	<b>1:14:34</b>
01:15+	02:50+	05:50+	06:43+
01:15+	01:35+	03:00+	00:53+
01:15+	01:35+	03:00+	00:53+
65:31+	68:20+	69:19+	70:10+
03:02+	02:49+	00:59+	00:51+
03:02+	02:49+	00:59+	00:51+

<b>10</b>	<b>Ingrid W. Hestness</b>	<b>896</b>	<b>1:17:27</b>
01:11+	02:50+	06:42+	07:35+
01:11+	01:39+	03:52+	00:53+
01:11+	01:39+	03:52+	00:53+
69:48+	70:58+	71:59+	73:47+
03:16+	01:10+	01:01+	01:48+
03:16+	01:10+	01:01+	01:48+

<b>11</b>	<b>Anne Garsrud</b>	<b>3518</b>	<b>1:17:32</b>
01:04+	02:40+	05:29+	06:15+
01:04+	01:36+	02:49+	00:46+
01:04+	01:36+	02:49+	00:46+
70:36+	71:45+	72:43+	74:11+
03:37+	01:09+	00:58+	01:28+
03:37+	01:09+	00:58+	01:28+

## Damer B

<b>12</b>	<b>Kristin Breivold</b>	<b>892</b>	<b>1:17:55</b>																						
01:16+	02:39+	05:39+	06:37+	08:16+	09:50+	12:43+	16:04+	16:56+	22:17+	24:45+	25:52+	28:23+	30:04+	32:17+	35:05+	39:03+	41:46+	45:12+	46:39+	47:47+	51:19+	57:38+	59:45+	62:39+	65:54+
01:16+	01:23+	03:00+	00:58+	01:39+	01:34+	02:53+	03:21+	00:52+	05:21+	02:28+	01:07+	02:31+	01:41+	02:13+	02:48+	03:58+	02:43+	03:26+	01:27+	01:08+	03:32+	06:19+	02:07+	02:54+	03:15+
01:16+	01:23+	03:00+	00:58+	01:39+	01:34+	02:53+	03:21+	00:52+	05:21+	02:28+	01:07+	02:31+	01:41+	02:13+	02:48+	03:58+	02:43+	03:26+	01:27+	01:08+	03:32+	06:19+	02:07+	02:54+	03:15+
68:57+	69:57+	71:02+	72:34+	75:52+	77:55+																				
03:03+	01:00+	01:05+	01:32+	03:18+	02:03+																				
03:03+	01:00+	01:05+	01:32+	03:18+	02:03+																				
<b>13</b>	<b>Heidi Martby-Skogsholm</b>	<b>3522</b>	<b>1:24:49</b>																						
01:18+	02:51+	06:01+	06:55+	09:41+	11:02+	13:43+	16:38+	17:23+	23:18+	25:49+	27:12+	30:10+	32:44+	35:16+	38:20+	43:50+	48:09+	50:53+	52:14+	54:30+	58:29+	63:12+	65:49+	68:13+	73:31+
01:18+	01:33+	03:10+	00:54+	02:46+	01:21+	02:41+	02:55+	00:45+	05:55+	02:31+	01:23+	02:58+	02:34+	02:32+	03:04+	05:30+	04:19+	02:44+	01:21+	02:16+	03:59+	04:43+	02:37+	02:24+	05:18+
01:18+	01:33+	03:10+	00:54+	02:46+	01:21+	02:41+	02:55+	00:45+	05:55+	02:31+	01:23+	02:58+	02:34+	02:32+	03:04+	05:30+	04:19+	02:44+	01:21+	02:16+	03:59+	04:43+	02:37+	02:24+	05:18+
77:26+	78:39+	79:39+	81:17+	82:28+	84:49+																				
03:55+	01:13+	01:00+	01:38+	01:11+	02:21+																				
03:55+	01:13+	01:00+	01:38+	01:11+	02:21+																				
<b>14</b>	<b>Ida Kolstø</b>	<b>3502</b>	<b>1:27:45</b>																						
00:59+	02:26+	05:37+	06:22+	07:32+	08:47+	13:33+	15:40+	16:38+	22:17+	25:02+	26:05+	28:24+	30:27+	32:46+	35:21+	40:05+	41:46+	45:19+	46:29+	47:38+	50:51+	60:28+	62:18+	73:37+	77:56+
00:59+	01:27+	03:11+	00:45+	01:10+	01:15+	04:46+	02:07+	00:58+	05:39+	02:45+	01:03+	02:19+	02:03+	02:19+	02:35+	04:44+	01:41+	03:33+	01:10+	01:09+	03:13+	09:37+	01:50+	11:19+	04:19+
00:59+	01:27+	03:11+	00:45+	01:10+	01:15+	04:46+	02:07+	00:58+	05:39+	02:45+	01:03+	02:19+	02:03+	02:19+	02:35+	04:44+	01:41+	03:33+	01:10+	01:09+	03:13+	09:37+	01:50+	11:19+	04:19+
80:47+	81:40+	82:49+	84:34+	85:42+	87:45+																				
02:51+	00:53+	01:09+	01:45+	01:08+	02:03+																				
02:51+	00:53+	01:09+	01:45+	01:08+	02:03+																				

### Beste strekktid for klassen

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

## Damer Ny

<b>1</b>	<b>Helene Verdal Hidle</b>	<b>1830</b>	<b>43:52</b>												
00:42=	04:36=	05:24=	06:35=	08:11=	09:22=	11:56=	15:55=	16:45=	23:36=	25:32=	35:36=	36:30=	38:22=	41:35=	43:52=
00:42=	03:54=	00:48=	01:11=	01:36=	01:11=	02:34=	03:59=	00:50=	06:51=	01:56=	10:04=	00:54=	01:52=	03:13=	02:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Emilie W Refseth</b>	<b>1830</b>	<b>1:06:08</b>												
02:16+	05:37+	06:52+	08:04+	09:32+	10:48+	14:02+	16:57+	18:11+	29:02+	31:18+	37:56+	38:59+	40:28+	64:16+	66:08+
02:16+	03:21-	01:15+	01:12+	01:28-	01:16+	03:14+	02:55-	01:14+	10:51+	02:16+	06:38-	01:03+	01:29-	23:48+	01:52-
01:34@	00:33-	00:27&	00:01+	00:08-	00:05+	00:40&	01:04-	00:24&	04:00&	00:20#	03:26-	00:09#	00:23-	20:35@	00:25-

### Beste strekktid for klassen

00:42 03:21 00:48 01:11 01:28 01:11 02:34 02:55 00:50 06:51 01:56 06:38 00:54 01:29 03:13 01:52

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

## Damer Trim

<b>1</b>	<b>Kjersti Fandrem Høivik</b>	<b>874</b>	<b>34:01</b>																		
01:03=	02:07=	03:27=	04:46=	05:48=	06:37=	08:55=	10:06=	10:54=	11:47=	12:41=	14:33=	16:13=	16:56=	18:09=	22:31=	25:04=	28:54=	29:59=	30:46=	32:23=	34:01=
01:03=	01:04=	01:20=	01:19=	01:02=	00:49=	02:18=	01:11=	00:48=	00:53=	00:54=	01:52=	01:40=	00:43=	01:13=	04:22=	02:33=	03:50=	01:05=	00:47=	01:37=	01:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Johanne Trandem Næss</b>	<b>3512</b>	<b>36:33</b>																		
01:26+	02:38+	03:59+	05:55+	07:02+	09:20+	13:00+	14:07+	14:56+	15:54+	16:42+	18:55+	20:55+	21:37+	23:29+	27:02+	28:13+	31:18+	32:25+	33:15+	34:59+	36:33+
01:26+	01:12+	01:21+	01:56+	01:07+	02:18+	03:40+	01:07-	00:49+	00:58+	00:48-	02:13+	02:00+	00:42-	01:52+	03:33-	01:11-	03:05-	01:07+	00:50+	01:44+	01:34-
00:23&	00:08#	00:01+	00:37&	00:05+	01:29@	01:22&	00:04-	00:01+	00:05+	00:06-	00:21#	00:20#	00:01-	00:39&	00:49-	01:22-	00:45-	00:02+	00:03+	00:07+	00:04-
<b>3</b>	<b>Inger Johanne Klausen</b>	<b>3529</b>	<b>36:57</b>																		
00:47-	02:05-	03:51+	05:12+	06:26+	07:20+	10:54+	12:11+	13:03+	14:05+	14:57+	17:18+	19:00+	19:49+	20:48+	25:16+	27:13+	31:20+	32:36+	33:24+	35:20+	36:57+
00:47-	01:18+	01:46+	01:21+	01:14+	00:54+	03:34+	01:17+	00:52+	01:02+	00:52-	02:21+	01:42+	00:49+	00:59-	04:28+	01:57-	04:07+	01:16+	00:48+	01:56+	01:37-
00:16-	00:14#	00:26&	00:02+	00:12#	00:05#	01:16&	00:06+	00:04+	00:09#	00:02-	00:29&	00:02+	00:06#	00:14-	00:06+	00:36-	00:17+	00:11#	00:01+	00:19#	00:01-

## Damer Trim

<b>4</b>	<b>Silje Myklebust</b>	<b>3529</b>	<b>37:32</b>																			
00:55-	02:00-	03:57+	05:21+	06:35+	07:33+	11:04+	12:19+	13:17+	14:19+	15:12+	17:33+	19:17+	20:08+	21:01+	25:43+	27:27+	31:36+	32:45+	33:32+	35:49+	37:32+	
00:55-	01:05+	01:57+	01:24+	01:14+	00:58+	03:31+	01:15+	00:58+	01:02+	00:53-	02:21+	01:44+	00:51+	00:53-	04:42+	01:44-	04:09+	01:09+	00:47=	02:17+	01:43+	
00:08-	00:01+	00:37&	00:05+	00:12#	00:09#	01:13&	00:04+	00:10#	00:09#	00:01-	00:29&	00:04+	00:08#	00:20-	00:20+	00:49-	00:19+	00:04+	00:00=	00:40&	00:05+	
<b>5</b>	<b>Hanna Haaland Sømme</b>	<b>874</b>	<b>39:23</b>																			
02:06+	03:07+	04:42+	05:49+	06:56+	07:49+	10:49+	14:02+	14:46+	15:42+	16:29+	18:28+	20:02+	21:03+	21:55+	27:28+	29:26+	34:34+	35:39+	36:21+	38:03+	39:23+	
02:06+	01:01+	01:35+	01:07+	01:07+	00:53+	03:00+	03:13+	00:44+	00:56+	00:47+	01:59+	01:34+	01:01+	00:52+	05:33+	01:58+	05:08+	01:05+	00:42+	01:42+	01:20+	
02:06+	01:01+	01:35+	01:07+	01:07+	00:53+	03:00+	03:13+	00:44+	00:56+	00:47+	01:59+	01:34+	01:01+	00:52+	05:33+	01:58+	05:08+	01:05+	00:42+	01:42+	01:20+	
<b>6</b>	<b>Anastasia Ollestad</b>	<b>3676</b>	<b>40:01</b>																			
01:00+	02:22+	03:53+	05:09+	06:15+	07:11+	10:02+	11:11+	12:03+	12:58+	14:58+	17:08+	19:17+	20:06+	21:11+	26:08+	27:38+	31:52+	33:07+	33:59+	35:59+	40:01+	
01:00+	01:22+	01:31+	01:16+	01:06+	00:56+	02:51+	01:09+	00:52+	00:55+	02:00+	02:10+	02:09+	00:49+	01:05+	04:57+	01:30+	04:14+	01:15+	00:52+	02:00+	04:02+	
01:00+	01:22+	01:31+	01:16+	01:06+	00:56+	02:51+	01:09+	00:52+	00:55+	02:00+	02:10+	02:09+	00:49+	01:05+	04:57+	01:30+	04:14+	01:15+	00:52+	02:00+	04:02+	
<b>7</b>	<b>Ingrid Overegseth Foss</b>	<b>896</b>	<b>40:04</b>																			
00:52+	02:23+	04:23+	05:47+	07:10+	08:17+	11:21+	12:46+	13:43+	14:56+	16:01+	18:48+	20:55+	21:51+	22:57+	27:38+	29:13+	33:13+	34:41+	35:44+	37:55+	40:04+	
00:52+	01:31+	02:00+	01:24+	01:23+	01:07+	03:04+	01:25+	00:57+	01:13+	01:05+	02:47+	02:07+	00:56+	01:06+	04:41+	01:35+	04:00+	01:28+	01:03+	02:11+	02:09+	
00:52+	01:31+	02:00+	01:24+	01:23+	01:07+	03:04+	01:25+	00:57+	01:13+	01:05+	02:47+	02:07+	00:56+	01:06+	04:41+	01:35+	04:00+	01:28+	01:03+	02:11+	02:09+	
<b>8</b>	<b>Elisa Møller</b>	<b>769</b>	<b>42:25</b>																			
01:09+	02:20+	04:30+	06:10+	07:33+	08:45+	11:58+	14:12+	15:12+	16:21+	17:31+	19:57+	22:13+	23:18+	24:44+	29:10+	31:22+	36:04+	37:32+	38:27+	40:33+	42:25+	
01:09+	01:11+	02:10+	01:40+	01:23+	01:12+	03:13+	02:14+	01:00+	01:09+	01:10+	02:26+	02:16+	01:05+	01:26+	04:26+	02:12+	04:42+	01:28+	00:55+	02:06+	01:52+	
01:09+	01:11+	02:10+	01:40+	01:23+	01:12+	03:13+	02:14+	01:00+	01:09+	01:10+	02:26+	02:16+	01:05+	01:26+	04:26+	02:12+	04:42+	01:28+	00:55+	02:06+	01:52+	
<b>9</b>	<b>Ane Hatteland Nese</b>	<b>769</b>	<b>43:46</b>																			
01:14+	02:18+	04:27+	07:05+	08:28+	09:45+	13:36+	14:52+	16:01+	17:14+	18:22+	20:40+	22:37+	23:39+	24:34+	31:34+	33:02+	36:55+	38:20+	39:19+	41:23+	43:46+	
01:14+	01:04+	02:09+	02:38+	01:23+	01:17+	03:51+	01:16+	01:09+	01:13+	01:08+	02:18+	01:57+	01:02+	00:55+	07:00+	01:28+	03:53+	01:25+	00:59+	02:04+	02:23+	
01:14+	01:04+	02:09+	02:38+	01:23+	01:17+	03:51+	01:16+	01:09+	01:13+	01:08+	02:18+	01:57+	01:02+	00:55+	07:00+	01:28+	03:53+	01:25+	00:59+	02:04+	02:23+	
<b>10</b>	<b>Therese Østbø</b>	<b>896</b>	<b>44:56</b>																			
00:55+	01:59+	03:43+	05:08+	06:21+	07:20+	10:40+	11:52+	12:48+	13:52+	14:51+	16:58+	19:22+	20:10+	21:29+	30:31+	33:25+	38:13+	39:28+	40:45+	42:36+	44:56+	
00:55+	01:04+	01:44+	01:25+	01:13+	00:59+	03:20+	01:12+	00:56+	01:04+	00:59+	02:07+	02:24+	00:48+	01:19+	09:02+	02:54+	04:48+	01:15+	01:17+	01:51+	02:20+	
00:55+	01:04+	01:44+	01:25+	01:13+	00:59+	03:20+	01:12+	00:56+	01:04+	00:59+	02:07+	02:24+	00:48+	01:19+	09:02+	02:54+	04:48+	01:15+	01:17+	01:51+	02:20+	
<b>11</b>	<b>Ane Odland</b>	<b>1683</b>	<b>45:00</b>																			
00:53+	01:44+	03:56+	05:16+	06:24+	07:38+	10:33+	13:56+	18:33+	19:22+	20:24+	21:21+	23:09+	25:03+	25:51+	26:50+	32:15+	33:57+	37:45+	39:47+	40:49+	43:09+	45:00+
00:53+	00:51+	02:12+	01:20+	01:08+	01:14+	02:55+	03:23+	04:37+	00:49+	01:02+	00:57+	01:48+	01:54+	00:48+	00:59+	05:25+	01:42+	03:48+	02:02+	01:02+	02:20+	01:51+
00:53+	00:51+	02:12+	01:20+	01:08+	01:14+	02:55+	03:23+	04:37+	00:49+	01:02+	00:57+	01:48+	01:54+	00:48+	00:59+	05:25+	01:42+	03:48+	02:02+	01:02+	02:20+	01:51+
<b>12</b>	<b>Marie Hernæs Larsen</b>	<b>3565</b>	<b>45:55</b>																			
01:18+	02:29+	04:28+	06:15+	07:43+	08:50+	12:10+	13:27+	14:25+	15:31+	16:33+	19:00+	21:19+	22:25+	24:23+	28:51+	33:06+	38:38+	40:07+	40:59+	44:02+	45:55+	
01:18+	01:11+	01:59+	01:47+	01:28+	01:07+	03:20+	01:17+	00:58+	01:06+	01:02+	02:27+	02:19+	01:06+	01:58+	04:28+	04:15+	05:32+	01:29+	00:52+	03:03+	01:53+	
01:18+	01:11+	01:59+	01:47+	01:28+	01:07+	03:20+	01:17+	00:58+	01:06+	01:02+	02:27+	02:19+	01:06+	01:58+	04:28+	04:15+	05:32+	01:29+	00:52+	03:03+	01:53+	
<b>13</b>	<b>Maria Fjelde</b>	<b>722</b>	<b>46:31</b>																			
01:22+	02:43+	04:59+	06:42+	08:06+	09:10+	12:38+	13:58+	15:05+	16:30+	17:38+	20:17+	22:41+	23:44+	24:59+	31:08+	33:41+	39:08+	40:53+	42:03+	44:07+	46:31+	
01:22+	01:21+	02:16+	01:43+	01:24+	01:04+	03:28+	01:20+	01:07+	01:25+	01:08+	02:39+	02:24+	01:03+	01:15+	06:09+	02:33+	05:27+	01:45+	01:10+	02:04+	02:24+	
01:22+	01:21+	02:16+	01:43+	01:24+	01:04+	03:28+	01:20+	01:07+	01:25+	01:08+	02:39+	02:24+	01:03+	01:15+	06:09+	02:33+	05:27+	01:45+	01:10+	02:04+	02:24+	
<b>14</b>	<b>Monica Regine Romstad</b>	<b>722</b>	<b>47:42</b>																			
01:48+	03:22+	05:41+	07:08+	08:48+	11:52+	18:53+	19:58+	20:55+	21:58+	23:01+	25:10+	27:04+	28:06+	29:18+	33:59+	36:06+	40:56+	42:34+	43:30+	45:55+	47:42+	
01:48+	01:34+	02:19+	01:27+	01:40+	03:04+	07:01+	01:05+	00:57+	01:03+	01:03+	02:09+	01:54+	01:02+	01:12+	04:41+	02:07+	04:50+	01:38+	00:56+	02:25+	01:47+	
01:48+	01:34+	02:19+	01:27+	01:40+	03:04+	07:01+	01:05+	00:57+	01:03+	01:03+	02:09+	01:54+	01:02+	01:12+	04:41+	02:07+	04:50+	01:38+	00:56+	02:25+	01:47+	
<b>15</b>	<b>Linda Cathrin Olsen</b>	<b>3512</b>	<b>47:50</b>																			
02:42+	05:27+	07:40+	09:06+	10:33+	11:39+	15:57+	17:02+	18:03+	19:11+	20:11+	22:54+	25:23+	26:21+	27:44+	33:00+	35:35+	39:39+	41:26+	42:35+	46:01+	47:50+	
02:42+	02:45+	02:13+	01:26+	01:27+	01:06+	04:18+	01:05+	01:01+	01:08+	01:00+	02:43+	02:29+	00:58+	01:23+	05:16+	02:35+	04:04+	01:47+	01:09+	03:26+	01:49+	
02:42+	02:45+	02:13+	01:26+	01:27+	01:06+	04:18+	01:05+	01:01+	01:08+	01:00+	02:43+	02:29+	00:58+	01:23+	05:16+	02:35+	04:04+	01:47+	01:09+	03:26+	01:49+	
<b>16</b>	<b>Heidi Camilla Raugstad Hovet</b>	<b>769</b>	<b>48:50</b>																			
01:26+	03:06+	05:18+	06:51+	08:41+	09:55+	17:07+	19:08+	20:17+	21:12+	22:10+	24:57+	26:56+	27:48+	29:39+	35:09+	37:15+	42:43+	44:17+	45:14+	46:58+	48:50+	
01:26+	01:40+	02:12+	01:33+	01:50+	01:14+	07:12+	02:01+	01:09+	00:55+	00:58+	02:47+	01:59+	00:52+	01:51+	05:30+	02:06+	05:28+	01:34+	00:57+	01:44+	01:52+	
01:26+	01:40+	02:12+	01:33+	01:50+	01:14+	07:12+	02:01+	01:09+	00:55+	00:58+	02:47+	01:59+	00:52+	01:51+	05:30+	02:06+	05:28+	01:34+	00:57+	01:44+	01:52+	
<b>17</b>	<b>Kirsti Strand Salvesen</b>	<b>3540</b>	<b>49:32</b>																			
01:19+	03:05+	05:23+	07:19+	09:03+	10:29+	14:00+	15:28+	16:45+	18:13+	19:48+	22:40+	25:09+	26:29+	27:54+	34:00+	36:16+	41:41+	43:24+	44:35+	47:15+	49:32+	
01:19+	01:46+	02:18+	01:56+	01:44+	01:26+	03:31+	01:28+	01:17+	01:28+	01:35+	02:52+	02:29+	01:20+	01:25+	06:06+	02:16+	05:25+	01:43+	01:11+	02:40+	02:17+	
01:19+	01:46+	02:18+	01:56+	01:44+	01:26+	03:31+	01:28+	01:17+	01:28+	01:35+	02:52+	02:29+	01:20+	01:25+	06:06+	02:16+	05:25+	01:43+	01:11+	02:40+	02:17+	

## Damer Trim

<b>18</b>	<b>Ritva Halsne</b>	<b>722</b>	<b>52:04</b>																		
01:01+	01:57+	03:40+	05:06+	06:28+	07:26+	10:34+	17:33+	18:29+	19:35+	20:36+	23:02+	25:10+	26:08+	28:36+	35:40+	39:12+	45:28+	47:15+	48:00+	50:32+	52:04+
01:01+	00:56+	01:43+	01:26+	01:22+	00:58+	03:08+	06:59+	00:56+	01:06+	01:01+	02:26+	02:08+	00:58+	02:28+	07:04+	03:32+	06:16+	01:47+	00:45+	02:32+	01:32+
01:01+	00:56+	01:43+	01:26+	01:22+	00:58+	03:08+	06:59+	00:56+	01:06+	01:01+	02:26+	02:08+	00:58+	02:28+	07:04+	03:32+	06:16+	01:47+	00:45+	02:32+	01:32+
<b>19</b>	<b>Karianne Skogland Enerstvedt</b>	<b>722</b>	<b>53:53</b>																		
01:01+	02:08+	03:52+	05:54+	07:11+	08:16+	12:10+	13:24+	14:15+	15:24+	16:37+	19:23+	21:59+	23:09+	24:55+	30:18+	33:09+	46:09+	48:24+	49:48+	51:48+	53:53+
01:01+	01:07+	01:44+	02:02+	01:17+	01:05+	03:54+	01:14+	00:51+	01:09+	01:13+	02:46+	02:36+	01:10+	01:46+	05:23+	02:51+	13:00+	02:15+	01:24+	02:00+	02:05+
01:01+	01:07+	01:44+	02:02+	01:17+	01:05+	03:54+	01:14+	00:51+	01:09+	01:13+	02:46+	02:36+	01:10+	01:46+	05:23+	02:51+	13:00+	02:15+	01:24+	02:00+	02:05+
<b>20</b>	<b>Kristine Vik</b>	<b>1284</b>	<b>54:24</b>																		
01:11+	03:00+	04:45+	06:32+	08:32+	09:30+	13:32+	14:43+	15:49+	17:23+	21:41+	24:13+	26:28+	27:30+	29:49+	37:28+	40:56+	46:48+	48:58+	50:11+	52:27+	54:24+
01:11+	01:49+	01:45+	01:47+	02:00+	00:58+	04:02+	01:11+	01:06+	01:34+	04:18+	02:32+	02:15+	01:02+	02:19+	07:39+	03:28+	05:52+	02:10+	01:13+	02:16+	01:57+
01:11+	01:49+	01:45+	01:47+	02:00+	00:58+	04:02+	01:11+	01:06+	01:34+	04:18+	02:32+	02:15+	01:02+	02:19+	07:39+	03:28+	05:52+	02:10+	01:13+	02:16+	01:57+
<b>21</b>	<b>Sigrund Serigstad</b>	<b>879</b>	<b>54:57</b>																		
00:59+	02:03+	03:47+	09:01+	09:56+	11:10+	14:41+	16:55+	19:09+	20:09+	24:05+	29:04+	31:13+	32:10+	33:04+	38:13+	42:00+	47:35+	49:08+	49:49+	53:03+	54:57+
00:59+	01:04+	01:44+	05:14+	00:55+	01:14+	03:31+	02:14+	02:14+	01:00+	03:56+	04:59+	02:09+	00:57+	00:54+	05:09+	03:47+	05:35+	01:33+	00:41+	03:14+	01:54+
00:59+	01:04+	01:44+	05:14+	00:55+	01:14+	03:31+	02:14+	02:14+	01:00+	03:56+	04:59+	02:09+	00:57+	00:54+	05:09+	03:47+	05:35+	01:33+	00:41+	03:14+	01:54+
<b>22</b>	<b>Kjersti Vasbø</b>	<b>643</b>	<b>58:14</b>																		
01:12+	03:07+	05:12+	07:16+	09:04+	10:27+	13:38+	15:10+	16:21+	17:50+	19:09+	21:50+	25:23+	26:29+	28:01+	36:27+	40:34+	49:05+	50:58+	52:17+	55:20+	58:14+
01:12+	01:55+	02:05+	02:04+	01:48+	01:23+	03:11+	01:32+	01:11+	01:29+	01:19+	02:41+	03:33+	01:06+	01:32+	08:26+	04:07+	08:31+	01:53+	01:19+	03:03+	02:54+
01:12+	01:55+	02:05+	02:04+	01:48+	01:23+	03:11+	01:32+	01:11+	01:29+	01:19+	02:41+	03:33+	01:06+	01:32+	08:26+	04:07+	08:31+	01:53+	01:19+	03:03+	02:54+
<b>23</b>	<b>Monika Korbecka</b>	<b>1456</b>	<b>58:54</b>																		
03:21+	05:07+	07:39+	10:43+	14:06+	17:47+	19:32+	20:41+	21:53+	23:10+	26:47+	29:19+	30:36+	32:51+	40:38+	44:44+	51:59+	53:08+	53:57+	55:51+	58:54+	
03:21+	01:46+	02:32+	03:04+	01:48+	01:35+	03:41+	01:45+	01:09+	01:12+	01:17+	03:37+	02:32+	01:17+	02:15+	07:47+	04:06+	07:15+	01:09+	00:49+	01:54+	03:03+
03:21+	01:46+	02:32+	03:04+	01:48+	01:35+	03:41+	01:45+	01:09+	01:12+	01:17+	03:37+	02:32+	01:17+	02:15+	07:47+	04:06+	07:15+	01:09+	00:49+	01:54+	03:03+
<b>24</b>	<b>Esther Boenheim</b>	<b>2539</b>	<b>1:01:35</b>																		
07:49+	09:46+	12:24+	14:14+	15:49+	17:15+	21:15+	22:54+	23:48+	25:18+	26:32+	29:39+	32:10+	33:26+	35:20+	43:56+	47:01+	54:52+	56:07+	57:06+	59:29+	61:35+
07:49+	01:57+	02:38+	01:50+	01:35+	01:26+	04:00+	01:39+	00:54+	01:30+	01:14+	03:07+	02:31+	01:16+	01:54+	08:36+	03:05+	07:51+	01:15+	00:59+	02:23+	02:06+
07:49+	01:57+	02:38+	01:50+	01:35+	01:26+	04:00+	01:39+	00:54+	01:30+	01:14+	03:07+	02:31+	01:16+	01:54+	08:36+	03:05+	07:51+	01:15+	00:59+	02:23+	02:06+
<b>25</b>	<b>Marianne Steinkopf</b>	<b>880</b>	<b>1:02:07</b>																		
01:08+	02:21+	04:34+	06:16+	07:37+	09:39+	12:37+	17:29+	18:25+	19:24+	20:27+	29:32+	32:06+	32:55+	35:11+	45:30+	48:14+	53:52+	56:31+	57:39+	59:49+	62:07+
01:08+	01:13+	02:13+	01:42+	01:21+	02:02+	02:58+	04:52+	00:56+	00:59+	01:03+	09:05+	02:34+	00:49+	02:16+	10:19+	02:44+	05:38+	02:39+	01:08+	02:10+	02:18+
01:08+	01:13+	02:13+	01:42+	01:21+	02:02+	02:58+	04:52+	00:56+	00:59+	01:03+	09:05+	02:34+	00:49+	02:16+	10:19+	02:44+	05:38+	02:39+	01:08+	02:10+	02:18+
<b>26</b>	<b>Tonje Undheim</b>	<b>3533</b>	<b>1:04:44</b>																		
01:08+	02:58+	05:13+	07:02+	08:19+	09:23+	16:40+	17:40+	18:43+	20:11+	27:31+	30:22+	33:49+	34:54+	36:56+	43:44+	46:45+	55:05+	57:27+	58:45+	61:10+	64:44+
01:08+	01:50+	02:15+	01:49+	01:17+	01:04+	07:17+	01:00+	01:03+	01:28+	07:20+	02:51+	03:27+	01:05+	02:02+	06:48+	03:01+	08:20+	02:22+	01:18+	02:25+	03:34+
01:08+	01:50+	02:15+	01:49+	01:17+	01:04+	07:17+	01:00+	01:03+	01:28+	07:20+	02:51+	03:27+	01:05+	02:02+	06:48+	03:01+	08:20+	02:22+	01:18+	02:25+	03:34+
<b>27</b>	<b>Ida Sjursø</b>	<b>1754</b>	<b>1:05:12</b>																		
01:09+	02:28+	04:41+	06:28+	08:18+	09:50+	14:16+	15:46+	17:06+	18:18+	19:20+	22:15+	25:16+	26:34+	29:39+	41:30+	44:58+	51:41+	53:39+	54:44+	57:09+	65:12+
01:09+	01:19+	02:13+	01:47+	01:50+	01:32+	04:26+	01:30+	01:20+	01:12+	01:02+	02:55+	03:01+	01:18+	03:05+	11:51+	03:28+	06:43+	01:58+	01:05+	02:25+	08:03+
01:09+	01:19+	02:13+	01:47+	01:50+	01:32+	04:26+	01:30+	01:20+	01:12+	01:02+	02:55+	03:01+	01:18+	03:05+	11:51+	03:28+	06:43+	01:58+	01:05+	02:25+	08:03+
<b>28</b>	<b>Ingunn Johanne Fandrem</b>	<b>3511</b>	<b>1:07:31</b>																		
01:43+	03:43+	06:44+	08:42+	11:58+	17:14+	19:04+	20:14+	21:41+	23:07+	26:44+	30:03+	31:19+	33:18+	41:14+	48:20+	58:11+	60:21+	61:52+	64:47+	67:31+	
01:43+	02:00+	03:01+	01:58+	01:50+	01:26+	05:16+	01:50+	01:10+	01:27+	01:26+	03:37+	03:19+	01:16+	01:59+	07:56+	07:06+	09:51+	02:10+	01:31+	02:55+	02:44+
01:43+	02:00+	03:01+	01:58+	01:50+	01:26+	05:16+	01:50+	01:10+	01:27+	01:26+	03:37+	03:19+	01:16+	01:59+	07:56+	07:06+	09:51+	02:10+	01:31+	02:55+	02:44+
<b>29</b>	<b>Solveig Marie Grønning</b>	<b>3511</b>	<b>1:07:33</b>																		
01:44+	03:45+	06:38+	08:44+	11:56+	17:09+	19:05+	20:12+	21:42+	22:58+	26:48+	30:04+	31:22+	33:20+	40:57+	48:35+	58:26+	60:24+	61:58+	64:49+	67:33+	
01:44+	02:01+	02:53+	02:06+	01:49+	01:23+	05:13+	01:56+	01:07+	01:30+	01:16+	03:50+	03:16+	01:18+	01:58+	07:37+	07:38+	09:51+	01:58+	01:34+	02:51+	02:44+
01:44+	02:01+	02:53+	02:06+	01:49+	01:23+	05:13+	01:56+	01:07+	01:30+	01:16+	03:50+	03:16+	01:18+	01:58+	07:37+	07:38+	09:51+	01:58+	01:34+	02:51+	02:44+
<b>30</b>	<b>Liv Janne Fandrem Biland</b>	<b>892</b>	<b>1:07:51</b>																		
01:25+	03:05+	05:45+	08:24+	09:55+	12:14+	20:34+	24:16+	25:29+	28:11+	29:49+	32:48+	38:17+	39:31+	41:32+	49:02+	51:57+	58:56+	60:46+	61:58+	64:49+	67:51+
01:25+	01:40+	02:40+	02:39+	01:31+	02:19+	08:20+	03:42+	01:13+	02:42+	01:38+	02:59+	05:29+	01:14+	02:01+	07:30+	02:55+	06:59+	01:50+	01:12+	02:51+	03:02+
01:25+	01:40+	02:40+	02:39+	01:31+	02:19+	08:20+	03:42+	01:13+	02:42+	01:38+	02:59+	05:29+	01:14+	02:01+	07:30+	02:55+	06:59+	01:50+	01:12+	02:51+	03:02+
<b>31</b>	<b>Ruth Grødem</b>	<b>722</b>	<b>1:09:53</b>																		
06:22+	07:30+	10:03+	12:53+	14:39+	16:07+	20:52+	26:50+	27:59+	29:28+	34:19+	37:00+	39:51+	41:04+	42:39+	50:04+	53:35+	60:57+	62:59+	64:28+	67:05+	69:53+
06:22+	01:08+	02:33+	02:50+	01:46+	01:28+	04:45+	05:58+	01:09+	01:29+	04:51+	02:41+	02:51+	01:13+	01:35+	07:25+	03:31+	07:22+	02:02+	01:29+	02:37+	02:48+
06:22+	01:08+	02:33+	02:50+	01:46+	01:28+	04:45+	05:58+	01:09+	01:29+	04:51+	02:41+	02:51+	01:13+	01:35+	07:25+	03:31+	07:22+	02:02+	01:29+	02:37+	02:48+

### Damer Trim

<b>32</b>	<b>Brit Svihus</b>	<b>892</b>	<b>1:11:58</b>																		
08:22+	09:37+	12:08+	14:15+	16:37+	18:08+	22:57+	28:50+	30:05+	31:29+	36:28+	39:22+	41:57+	43:12+	44:49+	52:09+	55:35+	63:05+	64:59+	66:25+	69:09+	71:58+
08:22+	01:15+	02:31+	02:07+	02:22+	01:31+	04:49+	05:53+	01:15+	01:24+	04:59+	02:54+	02:35+	01:15+	01:37+	07:20+	03:26+	07:30+	01:54+	01:26+	02:44+	02:49+
08:22+	01:15+	02:31+	02:07+	02:22+	01:31+	04:49+	05:53+	01:15+	01:24+	04:59+	02:54+	02:35+	01:15+	01:37+	07:20+	03:26+	07:30+	01:54+	01:26+	02:44+	02:49+
<b>33</b>	<b>Signe Lise Haaland</b>	<b>3507</b>	<b>1:13:21</b>																		
01:40+	03:18+	06:18+	08:28+	10:28+	12:04+	17:05+	18:39+	20:06+	21:49+	23:15+	27:15+	31:57+	33:32+	39:16+	46:40+	52:36+	62:59+	65:18+	66:37+	70:26+	73:21+
01:40+	01:38+	03:00+	02:10+	02:00+	01:36+	05:01+	01:34+	01:27+	01:43+	01:26+	04:00+	04:42+	01:35+	05:44+	07:24+	05:56+	10:23+	02:19+	01:19+	03:49+	02:55+
01:40+	01:38+	03:00+	02:10+	02:00+	01:36+	05:01+	01:34+	01:27+	01:43+	01:26+	04:00+	04:42+	01:35+	05:44+	07:24+	05:56+	10:23+	02:19+	01:19+	03:49+	02:55+
<b>34</b>	<b>Unni Byberg Mæstad</b>	<b>892</b>	<b>1:16:01</b>																		
02:50+	06:36+	08:51+	11:22+	13:32+	14:42+	19:32+	21:10+	22:13+	26:02+	27:25+	31:33+	35:59+	37:10+	39:09+	47:28+	53:47+	66:48+	70:06+	71:17+	73:39+	76:01+
02:50+	03:46+	02:15+	02:31+	02:10+	01:10+	04:50+	01:38+	01:03+	03:49+	01:23+	04:08+	04:26+	01:11+	01:59+	08:19+	06:19+	13:01+	03:18+	01:11+	02:22+	02:22+
02:50+	03:46+	02:15+	02:31+	02:10+	01:10+	04:50+	01:38+	01:03+	03:49+	01:23+	04:08+	04:26+	01:11+	01:59+	08:19+	06:19+	13:01+	03:18+	01:11+	02:22+	02:22+
<b>35</b>	<b>Lisbeth Davidsen</b>	<b>722</b>	<b>1:16:41</b>																		
02:04+	06:24+	09:20+	11:52+	14:20+	15:28+	19:24+	26:28+	27:18+	29:22+	30:34+	34:16+	38:19+	39:27+	41:42+	52:19+	55:50+	64:10+	71:36+	72:27+	74:40+	76:41+
02:04+	04:20+	02:56+	02:32+	02:28+	01:08+	03:56+	07:04+	00:50+	02:04+	01:12+	03:42+	04:03+	01:08+	02:15+	10:37+	03:31+	08:20+	07:26+	00:51+	02:13+	02:01+
02:04+	04:20+	02:56+	02:32+	02:28+	01:08+	03:56+	07:04+	00:50+	02:04+	01:12+	03:42+	04:03+	01:08+	02:15+	10:37+	03:31+	08:20+	07:26+	00:51+	02:13+	02:01+
<b>36</b>	<b>Monica Nesse</b>	<b>892</b>	<b>1:21:37</b>																		
02:59+	05:31+	09:15+	11:47+	14:00+	16:21+	22:03+	24:36+	26:16+	28:25+	30:26+	35:24+	40:08+	41:48+	43:38+	52:15+	57:51+	71:02+	73:21+	74:41+	78:22+	81:37+
02:59+	02:32+	03:44+	02:32+	02:13+	02:21+	05:42+	02:33+	01:40+	02:09+	02:01+	04:58+	04:44+	01:40+	01:50+	08:37+	05:36+	13:11+	02:19+	01:20+	03:41+	03:15+
02:59+	02:32+	03:44+	02:32+	02:13+	02:21+	05:42+	02:33+	01:40+	02:09+	02:01+	04:58+	04:44+	01:40+	01:50+	08:37+	05:36+	13:11+	02:19+	01:20+	03:41+	03:15+
<b>37</b>	<b>Ragnhild Christiansen</b>	<b>1884</b>	<b>1:21:54</b>																		
02:24+	05:34+	08:57+	11:52+	14:03+	16:01+	23:02+	24:56+	26:31+	28:24+	30:11+	34:34+	38:44+	40:53+	43:30+	55:13+	58:50+	68:53+	71:54+	74:17+	77:54+	81:54+
02:24+	03:10+	03:23+	02:55+	02:11+	01:58+	07:01+	01:54+	01:35+	01:53+	01:47+	04:23+	04:10+	02:09+	02:37+	11:43+	03:37+	10:03+	03:01+	02:23+	03:37+	04:00+
02:24+	03:10+	03:23+	02:55+	02:11+	01:58+	07:01+	01:54+	01:35+	01:53+	01:47+	04:23+	04:10+	02:09+	02:37+	11:43+	03:37+	10:03+	03:01+	02:23+	03:37+	04:00+
<b>38</b>	<b>Else Marie Furland</b>	<b>NOTEAM</b>	<b>1:21:56</b>																		
02:24+	05:39+	08:59+	11:47+	13:57+	15:52+	22:58+	24:54+	26:25+	28:16+	30:15+	34:37+	38:39+	40:52+	43:24+	55:15+	59:00+	68:54+	72:00+	74:08+	77:53+	81:56+
02:24+	03:15+	03:20+	02:48+	02:10+	01:55+	07:06+	01:56+	01:31+	01:51+	01:59+	04:22+	04:02+	02:13+	02:32+	11:51+	03:45+	09:54+	03:06+	02:08+	03:45+	04:03+
02:24+	03:15+	03:20+	02:48+	02:10+	01:55+	07:06+	01:56+	01:31+	01:51+	01:59+	04:22+	04:02+	02:13+	02:32+	11:51+	03:45+	09:54+	03:06+	02:08+	03:45+	04:03+
<b>39</b>	<b>Agnete Dedekam Stabel</b>	<b>1758</b>	<b>1:44:22</b>																		
02:32+	05:57+	09:57+	12:16+	18:21+	19:51+	24:55+	27:09+	29:51+	31:24+	33:09+	40:47+	44:42+	46:30+	61:35+	81:50+	86:39+	95:46+	98:31+	99:44+	102:11+	104:22+
02:32+	03:25+	04:00+	02:19+	06:05+	01:30+	05:04+	02:14+	02:42+	01:33+	01:45+	07:38+	03:55+	01:48+	15:05+	20:15+	04:49+	09:07+	02:45+	01:13+	02:27+	02:11+
02:32+	03:25+	04:00+	02:19+	06:05+	01:30+	05:04+	02:14+	02:42+	01:33+	01:45+	07:38+	03:55+	01:48+	15:05+	20:15+	04:49+	09:07+	02:45+	01:13+	02:27+	02:11+
<b>40</b>	<b>May Kristin Haaland</b>	<b>3511</b>	<b>1:47:57</b>																		
02:03+	05:20+	08:31+	11:15+	13:51+	16:37+	21:56+	24:55+	26:47+	33:43+	36:37+	40:51+	47:15+	51:09+	53:17+	67:43+	75:10+	91:57+	95:36+	99:02+	104:33+	107:57+
02:03+	03:17+	03:11+	02:44+	02:36+	02:46+	05:19+	02:59+	01:52+	06:56+	02:54+	04:14+	06:24+	03:54+	02:08+	14:26+	07:27+	16:47+	03:39+	03:26+	05:31+	03:24+
02:03+	03:17+	03:11+	02:44+	02:36+	02:46+	05:19+	02:59+	01:52+	06:56+	02:54+	04:14+	06:24+	03:54+	02:08+	14:26+	07:27+	16:47+	03:39+	03:26+	05:31+	03:24+

### Beste strekktid for klassen

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

### Herrer 16 - 39 år

<b>1</b>	<b>Per Christian Munkhaug</b>	<b>3516</b>	<b>48:54</b>																						
00:50=	01:56=	03:59=	04:37=	05:36=	06:30=	08:05=	10:15=	11:12=	14:56=	16:42=	17:34=	19:36=	20:45=	21:58=	23:54=	26:02=	27:04=	28:50=	29:45=	30:33=	32:42=	35:37=	36:44=	37:54=	40:26=
00:50=	01:06=	02:03=	00:38=	00:59=	00:54=	01:35=	02:10=	00:57=	03:44=	01:46=	00:52=	02:02=	01:09=	01:13=	01:56=	02:08=	01:02=	01:46=	00:55=	00:48=	02:09=	02:55=	01:07=	01:10=	02:32=
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=	00:00=	00:00=	00:00=	00:00=
42:13=	42:55=	43:34=	44:33=	47:25=	48:54=																				
01:47=	00:42=	00:39=	00:59=	02:52=	01:29=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				
<b>2</b>	<b>Arild Pfluger Hundeide</b>	<b>769</b>	<b>54:10</b>																						
01:02+	02:22+	04:47+	05:29+	06:38+	07:37+	09:34+	11:43+	12:27+	18:42+	20:23+	21:17+	23:37+	24:54+	26:12+	28:22+	30:38+	32:27+	34:07+	34:55+	36:02+	38:15+	41:35+	42:54+	44:13+	46:22+
01:02+	01:20+	02:25+	00:42+	01:09+	00:59+	01:57+	02:09+	00:44-	06:15+	01:41-	00:54+	02:20+	01:17+	01:18+	02:10+	02:16+	01:49+	01:40-	00:48-	01:07+	02:13+	03:20+	01:19+	01:19+	02:09-
00:12#	00:14#	00:22#	00:04#	00:10#	00:05+	00:22#	00:01-	00:13-	02:31#	00:05-	00:02+	00:18#	00:08#	00:05+	00:14#	00:08+	00:47#	00:06-	00:07-	00:19#	00:04+	00:25#	00:12#	00:09#	00:23-
48:56+	49:41+	50:21+	51:23+	52:27+	54:10+																				
02:34+	00:45+	00:40+	01:02+	01:04-	01:43+																				
00:47#	00:03+	00:01+	00:03+	01:48-	00:14#																				

## Herrer 16 - 39 år

<b>3</b>	<b>Torbjørn Fuglestad</b>	<b>878</b>	<b>59:39</b>																						
01:05+	02:26+	04:52+	05:31+	06:52+	07:53+	10:00+	12:38+	13:20+	18:25+	20:33+	21:25+	23:38+	25:00+	26:51+	29:01+	32:25+	34:57+	37:00+	37:55+	38:46+	41:13+	44:57+	46:00+	49:12+	51:20+
01:05+	01:21+	02:26+	00:39+	01:21+	01:01+	02:07+	02:38+	00:42-	05:05+	02:08+	00:52=	02:13+	01:22+	01:51+	02:10+	03:24+	02:32+	02:03+	00:55=	00:51+	02:27+	03:44+	01:03-	03:12+	02:08-
00:15&	00:15#	00:23#	00:01+	00:22&	00:07#	00:32&	00:28#	00:15-	01:21&	00:22#	00:00=	00:11+	00:13#	00:38&	00:14#	01:16&	01:30&	00:17#	00:00=	00:03+	00:18#	00:49&	00:04-	02:02&	00:24-
53:38+	54:49+	55:29+	56:55+	58:01+	59:39+																				
02:18+	01:11+	00:40+	01:26+	01:06-	01:38+																				
00:31&	00:29&	00:01+	00:27&	01:46-	00:09#																				
<b>4</b>	<b>Martin Skogland</b>	<b>3508</b>	<b>1:03:02</b>																						
00:53+	02:16+	04:35+	05:33+	06:40+	07:35+	09:22+	11:41+	12:22+	16:58+	19:10+	20:09+	22:29+	23:57+	25:46+	28:50+	33:21+	34:45+	37:18+	38:42+	39:30+	42:24+	47:29+	49:07+	50:24+	54:51+
00:53+	01:23+	02:19+	00:58+	01:07+	00:55+	01:47+	02:19+	00:41+	04:36+	02:12+	00:59+	02:20+	01:28+	01:49+	03:04+	04:31+	01:24+	02:33+	01:24+	00:48+	02:54+	05:05+	01:38+	01:17+	04:27+
00:53+	01:23+	02:19+	00:58+	01:07+	00:55+	01:47+	02:19+	00:41+	04:36+	02:12+	00:59+	02:20+	01:28+	01:49+	03:04+	04:31+	01:24+	02:33+	01:24+	00:48+	02:54+	05:05+	01:38+	01:17+	04:27+
57:08+	57:50+	58:28+	59:53+	61:08+	63:02+																				
02:17+	00:42+	00:38+	01:25+	01:15+	01:54+																				
02:17+	00:42+	00:38+	01:25+	01:15+	01:54+																				
<b>5</b>	<b>Ole Morten Haaland</b>	<b>3528</b>	<b>1:03:30</b>																						
00:56+	02:06+	04:08+	04:46+	05:46+	06:39+	08:58+	11:15+	11:49+	16:01+	18:01+	19:00+	20:59+	22:14+	23:49+	26:18+	35:33+	37:01+	39:04+	39:58+	40:50+	43:00+	46:09+	48:20+	51:03+	53:38+
00:56+	01:10+	02:02+	00:38+	01:00+	00:53+	02:19+	02:17+	00:34+	04:12+	02:00+	00:59+	01:59+	01:15+	01:35+	02:29+	09:15+	01:28+	02:03+	00:54+	00:52+	02:10+	03:09+	02:11+	02:43+	02:35+
00:56+	01:10+	02:02+	00:38+	01:00+	00:53+	02:19+	02:17+	00:34+	04:12+	02:00+	00:59+	01:59+	01:15+	01:35+	02:29+	09:15+	01:28+	02:03+	00:54+	00:52+	02:10+	03:09+	02:11+	02:43+	02:35+
58:27+	59:15+	59:58+	61:17+	62:08+	63:30+																				
04:49+	00:48+	00:43+	01:19+	00:51+	01:22+																				
04:49+	00:48+	00:43+	01:19+	00:51+	01:22+																				
<b>6</b>	<b>Truls Thorkildsen</b>	<b>2074</b>	<b>1:03:32</b>																						
00:49+	02:09+	04:39+	05:23+	06:36+	07:35+	09:28+	11:52+	12:31+	17:46+	19:58+	20:54+	23:29+	24:46+	26:22+	28:31+	31:31+	33:19+	35:31+	36:30+	37:18+	40:08+	44:24+	45:54+	53:22+	55:11+
00:49+	01:20+	02:30+	00:44+	01:13+	00:59+	01:53+	02:24+	00:39+	05:15+	02:12+	00:56+	02:35+	01:17+	01:36+	02:09+	03:00+	01:48+	02:12+	00:59+	00:48+	02:50+	04:16+	01:30+	07:28+	01:49+
00:49+	01:20+	02:30+	00:44+	01:13+	00:59+	01:53+	02:24+	00:39+	05:15+	02:12+	00:56+	02:35+	01:17+	01:36+	02:09+	03:00+	01:48+	02:12+	00:59+	00:48+	02:50+	04:16+	01:30+	07:28+	01:49+
57:42+	58:31+	59:25+	60:49+	61:41+	63:32+																				
02:31+	00:49+	00:54+	01:24+	00:52+	01:51+																				
02:31+	00:49+	00:54+	01:24+	00:52+	01:51+																				
<b>7</b>	<b>Henrik Aasheim</b>	<b>2342</b>	<b>1:03:33</b>																						
00:56+	02:04+	04:34+	05:35+	07:14+	08:05+	09:41+	13:46+	14:22+	18:26+	20:21+	21:40+	24:20+	25:35+	28:43+	32:43+	35:49+	37:53+	40:34+	41:30+	42:26+	45:07+	49:13+	50:28+	52:46+	55:10+
00:56+	01:08+	02:30+	01:01+	01:39+	00:51+	01:36+	04:05+	00:36+	04:04+	01:55+	01:19+	02:40+	01:15+	03:08+	04:00+	03:06+	02:04+	02:41+	00:56+	00:56+	02:41+	04:06+	01:15+	02:18+	02:24+
00:56+	01:08+	02:30+	01:01+	01:39+	00:51+	01:36+	04:05+	00:36+	04:04+	01:55+	01:19+	02:40+	01:15+	03:08+	04:00+	03:06+	02:04+	02:41+	00:56+	00:56+	02:41+	04:06+	01:15+	02:18+	02:24+
58:04+	58:51+	59:31+	60:44+	61:39+	63:33+																				
02:54+	00:47+	00:40+	01:13+	00:55+	01:54+																				
02:54+	00:47+	00:40+	01:13+	00:55+	01:54+																				
<b>8</b>	<b>Martin Rustan</b>	<b>NOTEAM</b>	<b>1:06:03</b>																						
00:54+	02:10+	04:32+	05:10+	06:31+	07:21+	08:44+	12:02+	12:40+	18:16+	20:11+	21:31+	23:57+	25:10+	27:00+	29:18+	32:47+	35:15+	38:09+	39:09+	40:59+	43:55+	50:29+	51:58+	53:46+	56:47+
00:54+	01:16+	02:22+	00:38+	01:21+	00:50+	01:23+	03:18+	00:38+	05:36+	01:55+	01:20+	02:26+	01:13+	01:50+	02:18+	03:29+	02:28+	02:54+	01:00+	01:50+	02:56+	06:34+	01:29+	01:48+	03:01+
00:54+	01:16+	02:22+	00:38+	01:21+	00:50+	01:23+	03:18+	00:38+	05:36+	01:55+	01:20+	02:26+	01:13+	01:50+	02:18+	03:29+	02:28+	02:54+	01:00+	01:50+	02:56+	06:34+	01:29+	01:48+	03:01+
60:11+	61:07+	61:48+	62:59+	64:17+	66:03+																				
03:24+	00:56+	00:41+	01:11+	01:18+	01:46+																				
03:24+	00:56+	00:41+	01:11+	01:18+	01:46+																				
<b>9</b>	<b>Øyvind Rustan</b>	<b>722</b>	<b>1:07:00</b>																						
01:44+	03:03+	05:21+	06:06+	07:28+	08:24+	10:23+	13:00+	13:44+	19:13+	21:09+	22:30+	24:55+	26:15+	27:55+	30:24+	33:51+	36:12+	39:13+	40:14+	43:53+	46:55+	51:06+	52:49+	54:51+	57:58+
01:44+	01:19+	02:18+	00:45+	01:22+	00:56+	01:59+	02:37+	00:44+	05:29+	01:56+	01:21+	02:25+	01:20+	01:40+	02:29+	03:27+	02:21+	03:01+	01:01+	03:39+	03:02+	04:11+	01:43+	02:02+	03:07+
01:44+	01:19+	02:18+	00:45+	01:22+	00:56+	01:59+	02:37+	00:44+	05:29+	01:56+	01:21+	02:25+	01:20+	01:40+	02:29+	03:27+	02:21+	03:01+	01:01+	03:39+	03:02+	04:11+	01:43+	02:02+	03:07+
61:43+	62:35+	63:17+	64:37+	65:33+	67:00+																				
03:45+	00:52+	00:42+	01:20+	00:56+	01:27+																				
03:45+	00:52+	00:42+	01:20+	00:56+	01:27+																				
<b>10</b>	<b>Aksel Joranger</b>	<b>2023</b>	<b>1:07:11</b>																						
01:04+	02:27+	04:49+	05:44+	07:05+	07:59+	09:44+	13:49+	14:23+	19:15+	21:18+	25:46+	27:57+	29:13+	31:02+	33:21+	36:21+	37:30+	40:08+	41:14+	42:09+	44:52+	49:34+	50:50+	55:26+	58:31+
01:04+	01:23+	02:22+	00:55+	01:21+	00:54+	01:45+	04:05+	00:34+	04:52+	02:03+	04:28+	02:11+	01:16+	01:49+	02:19+	03:00+	01:09+	02:38+	01:06+	00:55+	02:43+	04:42+	01:16+	04:36+	03:05+
01:04+	01:23+	02:22+	00:55+	01:21+	00:54+	01:45+	04:05+	00:34+	04:52+	02:03+	04:28+	02:11+	01:16+	01:49+	02:19+	03:00+	01:09+	02:38+	01:06+	00:55+	02:43+	04:42+	01:16+	04:36+	03:05+
60:21+	61:10+	62:43+	64:21+	65:15+	67:11+																				
01:50+	00:49+	01:33+	01:38+	00:54+	01:56+																				
01:50+	00:49+	01:33+	01:38+	00:54+	01:56+																				

## Herrer 16 - 39 år

<b>11</b>	<b>Ole Andre Brandsberg</b>	<b>3502</b>	<b>1:09:15</b>																						
01:08+	02:38+	05:42+	06:51+	08:04+	09:49+	12:23+	15:41+	16:37+	23:27+	26:16+	27:23+	30:58+	32:48+	34:24+	36:54+	40:02+	42:08+	44:46+	46:17+	47:51+	50:31+	54:51+	56:31+	57:59+	59:59+
01:08+	01:30+	03:04+	01:09+	01:13+	01:45+	02:34+	03:18+	00:56+	06:50+	02:49+	01:07+	03:35+	01:50+	01:36+	02:30+	03:08+	02:06+	02:38+	01:31+	01:34+	02:40+	04:20+	01:40+	01:28+	02:00+
01:08+	01:30+	03:04+	01:09+	01:13+	01:45+	02:34+	03:18+	00:56+	06:50+	02:49+	01:07+	03:35+	01:50+	01:36+	02:30+	03:08+	02:06+	02:38+	01:31+	01:34+	02:40+	04:20+	01:40+	01:28+	02:00+
62:06+	63:55+	64:35+	65:55+	67:11+	69:15+																				
02:07+	01:49+	00:40+	01:20+	01:16+	02:04+																				
02:07+	01:49+	00:40+	01:20+	01:16+	02:04+																				
<b>12</b>	<b>Anders Klungre</b>	<b>3548</b>	<b>1:09:31</b>																						
01:02+	02:23+	05:23+	06:07+	07:29+	08:33+	10:14+	13:14+	13:54+	19:07+	21:38+	22:51+	25:24+	27:02+	29:31+	32:20+	37:08+	39:53+	43:10+	44:30+	45:54+	48:57+	52:54+	54:42+	56:29+	60:59+
01:02+	01:21+	03:00+	00:44+	01:22+	01:04+	01:41+	03:00+	00:40+	05:13+	02:31+	01:13+	02:33+	01:38+	02:29+	02:49+	04:48+	02:45+	03:17+	01:20+	01:24+	03:03+	03:57+	01:48+	01:47+	04:30+
01:02+	01:21+	03:00+	00:44+	01:22+	01:04+	01:41+	03:00+	00:40+	05:13+	02:31+	01:13+	02:33+	01:38+	02:29+	02:49+	04:48+	02:45+	03:17+	01:20+	01:24+	03:03+	03:57+	01:48+	01:47+	04:30+
63:18+	64:18+	65:00+	66:33+	67:32+	69:31+																				
02:19+	01:00+	00:42+	01:33+	00:59+	01:59+																				
02:19+	01:00+	00:42+	01:33+	00:59+	01:59+																				
<b>13</b>	<b>David Wade</b>	<b>465</b>	<b>1:10:25</b>																						
01:47+	02:59+	05:27+	06:08+	08:22+	09:11+	10:37+	13:01+	13:37+	17:47+	19:58+	20:56+	24:58+	27:01+	30:12+	33:07+	38:40+	40:51+	43:42+	44:52+	45:55+	48:32+	52:20+	54:19+	55:46+	58:52+
01:47+	01:12+	02:28+	00:41+	02:14+	00:49+	01:26+	02:24+	00:36+	04:10+	02:11+	00:58+	04:02+	02:03+	03:11+	02:55+	05:33+	02:11+	02:51+	01:10+	01:03+	02:37+	03:48+	01:59+	01:27+	03:06+
01:47+	01:12+	02:28+	00:41+	02:14+	00:49+	01:26+	02:24+	00:36+	04:10+	02:11+	00:58+	04:02+	02:03+	03:11+	02:55+	05:33+	02:11+	02:51+	01:10+	01:03+	02:37+	03:48+	01:59+	01:27+	03:06+
62:44+	63:58+	65:22+	66:41+	68:50+	70:25+																				
03:52+	01:14+	01:24+	01:19+	02:09+	01:35+																				
03:52+	01:14+	01:24+	01:19+	02:09+	01:35+																				
<b>14</b>	<b>Håvard Landråk</b>	<b>3676</b>	<b>1:13:27</b>																						
01:10+	02:40+	05:14+	05:59+	07:12+	08:11+	09:59+	12:44+	13:22+	18:20+	20:53+	21:59+	27:26+	29:05+	32:14+	35:10+	38:24+	39:55+	43:23+	44:31+	46:51+	54:12+	58:32+	60:14+	62:02+	64:57+
01:10+	01:30+	02:34+	00:45+	01:13+	00:59+	01:48+	02:45+	00:38+	04:58+	02:33+	01:06+	05:27+	01:39+	03:09+	02:56+	03:14+	01:31+	03:28+	01:08+	02:20+	07:21+	04:20+	01:42+	01:48+	02:55+
01:10+	01:30+	02:34+	00:45+	01:13+	00:59+	01:48+	02:45+	00:38+	04:58+	02:33+	01:06+	05:27+	01:39+	03:09+	02:56+	03:14+	01:31+	03:28+	01:08+	02:20+	07:21+	04:20+	01:42+	01:48+	02:55+
67:31+	68:34+	69:17+	70:38+	71:37+	73:27+																				
02:34+	01:03+	00:43+	01:21+	00:59+	01:50+																				
02:34+	01:03+	00:43+	01:21+	00:59+	01:50+																				
<b>15</b>	<b>Briac Le Ray</b>	<b>2342</b>	<b>1:15:51</b>																						
01:33+	03:30+	07:22+	08:18+	09:55+	11:18+	14:20+	17:24+	18:22+	24:46+	27:31+	28:46+	31:54+	33:29+	35:39+	37:47+	43:09+	46:12+	48:49+	49:56+	51:49+	54:26+	57:32+	59:03+	60:52+	66:56+
01:33+	01:57+	03:52+	00:56+	01:37+	01:23+	03:02+	03:04+	00:58+	06:24+	02:45+	01:15+	03:08+	01:35+	02:10+	02:08+	05:22+	03:03+	02:37+	01:07+	01:53+	02:37+	03:06+	01:31+	01:49+	06:04+
01:33+	01:57+	03:52+	00:56+	01:37+	01:23+	03:02+	03:04+	00:58+	06:24+	02:45+	01:15+	03:08+	01:35+	02:10+	02:08+	05:22+	03:03+	02:37+	01:07+	01:53+	02:37+	03:06+	01:31+	01:49+	06:04+
69:25+	70:20+	71:05+	72:39+	73:51+	75:51+																				
02:29+	00:55+	00:45+	01:34+	01:12+	02:00+																				
02:29+	00:55+	00:45+	01:34+	01:12+	02:00+																				
<b>16</b>	<b>Bjørn Morten Bø Brunstøl</b>	<b>2023</b>	<b>1:16:41</b>																						
01:36+	03:20+	05:23+	06:05+	07:41+	09:03+	11:11+	13:22+	13:58+	18:43+	20:37+	21:45+	24:02+	25:50+	32:25+	34:38+	38:51+	39:20+	43:58+	47:12+	48:11+	49:21+	52:56+	58:36+	59:51+	66:16+
01:36+	01:44+	02:03+	00:42+	01:36+	01:22+	02:08+	02:11+	00:36+	04:45+	01:54+	01:08+	02:17+	01:48+	06:35+	02:13+	04:13+	00:29+	04:38+	03:14+	00:59+	01:10+	03:35+	05:40+	01:15+	06:25+
01:36+	01:44+	02:03+	00:42+	01:36+	01:22+	02:08+	02:11+	00:36+	04:45+	01:54+	01:08+	02:17+	01:48+	06:35+	02:13+	04:13+	00:29+	04:38+	03:14+	00:59+	01:10+	03:35+	05:40+	01:15+	06:25+
68:09+	70:56+	71:51+	72:47+	73:57+	74:53+	76:41+																			
01:53+	02:47+	00:55+	00:56+	01:10+	00:56+	01:48+																			
01:53+	02:47+	00:55+	00:56+	01:10+	00:56+	01:48+																			
<b>17</b>	<b>Magnus Kristoffersen</b>	<b>3676</b>	<b>1:21:06</b>																						
01:22+	02:51+	05:24+	06:15+	08:15+	09:17+	13:16+	16:03+	16:40+	21:05+	22:54+	23:51+	26:16+	28:09+	30:17+	33:20+	38:09+	50:12+	53:26+	55:05+	55:56+	58:38+	62:40+	65:17+	67:20+	70:59+
01:22+	01:29+	02:33+	00:51+	02:00+	01:02+	03:59+	02:47+	00:37+	04:25+	01:49+	00:57+	02:25+	01:53+	02:08+	03:03+	04:49+	12:03+	03:14+	01:39+	00:51+	02:42+	04:02+	02:37+	02:03+	03:39+
01:22+	01:29+	02:33+	00:51+	02:00+	01:02+	03:59+	02:47+	00:37+	04:25+	01:49+	00:57+	02:25+	01:53+	02:08+	03:03+	04:49+	12:03+	03:14+	01:39+	00:51+	02:42+	04:02+	02:37+	02:03+	03:39+
74:11+	75:33+	76:19+	77:33+	78:35+	81:06+																				
03:12+	01:22+	00:46+	01:14+	01:02+	02:31+																				
03:12+	01:22+	00:46+	01:14+	01:02+	02:31+																				
<b>18</b>	<b>Jørgen Mæland Gabrielsen</b>	<b>874</b>	<b>1:24:21</b>																						
01:04+	02:20+	04:40+	05:28+	06:40+	07:41+	10:13+	13:41+	14:20+	19:55+	22:21+	29:02+	31:32+	33:27+	35:50+	38:32+	44:09+	46:38+	48:45+	49:58+	51:01+	54:22+	58:03+	59:46+	66:22+	75:30+
01:04+	01:16+	02:20+	00:48+	01:12+	01:01+	02:32+	03:28+	00:39+	05:35+	02:26+	06:41+	02:30+	01:55+	02:23+	02:42+	05:37+	02:29+	02:07+	01:13+	01:03+	03:21+	03:41+	01:43+	06:36+	09:08+
01:04+	01:16+	02:20+	00:48+	01:12+	01:01+	02:32+	03:28+	00:39+	05:35+	02:26+	06:41+	02:30+	01:55+	02:23+	02:42+	05:37+	02:29+	02:07+	01:13+	01:03+	03:21+	03:41+	01:43+	06:36+	09:08+
77:53+	78:41+	79:56+	81:23+	82:28+	84:21+																				
02:23+	00:48+	01:15+	01:27+	01:05+	01:53+																				
02:23+	00:48+	01:15+	01:27+	01:05+	01:53+																				

## Herrer 16 - 39 år

### 19 Tor Geir Ødegård Garpestad

1832

1:28:26

01:47+	03:27+	05:47+	08:32+	11:03+	11:50+	13:33+	14:38+	16:38+	20:39+	21:20+	28:54+	32:51+	33:57+	37:18+	38:52+	41:35+	44:11+	47:26+	49:46+	53:55+	57:10+	58:48+	62:35+	67:08+	69:27+
01:47+	01:40+	02:20+	02:45+	02:31+	00:47+	01:43+	01:05+	02:00+	04:01+	00:41+	07:34+	03:57+	01:06+	03:21+	01:34+	02:43+	02:36+	03:15+	02:20+	04:09+	03:15+	01:38+	03:47+	04:33+	02:19+
01:47+	01:40+	02:20+	02:45+	02:31+	00:47+	01:43+	01:05+	02:00+	04:01+	00:41+	07:34+	03:57+	01:06+	03:21+	01:34+	02:43+	02:36+	03:15+	02:20+	04:09+	03:15+	01:38+	03:47+	04:33+	02:19+
74:15+	77:41+	81:38+	82:45+	84:16+	85:33+	86:46+	88:26+																		
04:48+	03:26+	03:57+	01:07+	01:31+	01:17+	01:13+	01:40+																		
04:48+	03:26+	03:57+	01:07+	01:31+	01:17+	01:13+	01:40+																		

### 20 Eivind Baltzersen

1283

1:37:55

01:09+	02:52+	05:26+	06:21+	08:25+	09:27+	11:24+	14:40+	15:23+	21:20+	23:30+	24:57+	27:45+	29:24+	32:25+	36:15+	41:34+	46:37+	51:16+	53:25+	55:05+	59:24+	64:54+	68:42+	72:30+	78:17+
01:09+	01:43+	02:34+	00:55+	02:04+	01:02+	01:57+	03:16+	00:43+	05:57+	02:10+	01:27+	02:48+	01:39+	03:01+	03:50+	05:19+	05:03+	04:39+	02:09+	01:40+	04:19+	05:30+	03:48+	03:48+	05:47+
01:09+	01:43+	02:34+	00:55+	02:04+	01:02+	01:57+	03:16+	00:43+	05:57+	02:10+	01:27+	02:48+	01:39+	03:01+	03:50+	05:19+	05:03+	04:39+	02:09+	01:40+	04:19+	05:30+	03:48+	03:48+	05:47+
90:00+	90:56+	91:50+	93:53+	95:10+	97:55+																				
11:43+	00:56+	00:54+	02:03+	01:17+	02:45+																				
11:43+	00:56+	00:54+	02:03+	01:17+	02:45+																				

### 21 Christoffer Soma

903

1:48:14

01:36+	03:13+	06:51+	07:55+	09:28+	11:05+	13:08+	15:37+	16:25+	23:17+	26:39+	28:17+	32:08+	34:24+	37:13+	41:26+	50:40+	58:08+	62:50+	64:14+	66:45+	70:08+	75:41+	78:33+	87:22+	94:07+
01:36+	01:37+	03:38+	01:04+	01:33+	01:37+	02:03+	02:29+	00:48+	06:52+	03:22+	01:38+	03:51+	02:16+	02:49+	04:13+	09:14+	07:28+	04:42+	01:24+	02:31+	03:23+	05:33+	02:52+	08:49+	06:45+
01:36+	01:37+	03:38+	01:04+	01:33+	01:37+	02:03+	02:29+	00:48+	06:52+	03:22+	01:38+	03:51+	02:16+	02:49+	04:13+	09:14+	07:28+	04:42+	01:24+	02:31+	03:23+	05:33+	02:52+	08:49+	06:45+
99:45+	101:50+	102:48+	105:00+	106:05+	108:14+																				
05:38+	02:05+	00:58+	02:12+	01:05+	02:09+																				
05:38+	02:05+	00:58+	02:12+	01:05+	02:09+																				

### Beste strekktid for klassen

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

## Herrer 40 - 49 år

### 1 Per Jan Ersland

3510

56:15

00:52=	02:03=	04:33=	05:11=	06:07=	07:09=	09:26=	12:28=	15:00=	19:24=	21:21=	22:29=	24:41=	25:58=	28:10=	30:00=	32:25=	33:35=	36:01=	37:26=	38:31=	41:00=	44:34=	46:09=	47:23=	49:09=
00:52=	01:11=	02:30=	00:38=	00:56=	01:02=	02:17=	03:02=	02:32=	04:24=	01:57=	01:08=	02:12=	01:17=	02:12=	01:50=	02:25=	01:10=	02:26=	01:25=	01:05=	02:29=	03:34=	01:35=	01:14=	01:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
51:18=	52:01=	52:35=	53:47=	54:43=	56:15=																				
02:09=	00:43=	00:34=	01:12=	00:56=	01:32=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

### 2 Asgeir Nærland

1830

58:42

00:53+	02:02+	04:29+	05:12+	06:23+	07:25+	09:21+	12:13+	13:12+	17:57+	19:52+	20:41+	22:52+	24:05+	25:49+	28:02+	30:59+	32:52+	34:59+	36:00+	37:24+	39:53+	43:54+	45:15+	46:51+	51:02+
00:53+	01:09+	02:27+	00:43+	01:11+	01:02+	01:56+	02:52+	00:59+	04:45+	01:55+	00:49+	02:11+	01:13+	01:44+	02:13+	02:57+	01:53+	02:07+	01:01+	01:24+	02:29+	04:01+	01:21+	01:36+	04:11+
00:01+	00:02+	00:03+	00:05#	00:15&	00:00=	00:21+	00:10+	01:33+	00:21+	00:02+	00:19+	00:01+	00:04+	00:28+	00:23#	00:32#	00:43&	00:19+	00:24+	00:19&	00:00=	00:27#	00:14+	00:22&	02:25#
53:21+	54:18+	54:58+	56:14+	57:06+	58:42+																				
02:19+	00:57+	00:40+	01:16+	00:52+	01:36+																				
00:10+	00:14&	00:06#	00:04+	00:04+	00:04+																				

### 3 Bjarte Harbo

1830

59:47

01:06+	02:18+	04:46+	05:31+	06:58+	07:52+	09:38+	12:23+	13:02+	18:07+	20:40+	21:35+	23:59+	25:16+	26:49+	28:55+	32:20+	34:00+	35:59+	37:09+	38:29+	41:02+	44:50+	46:15+	47:55+	52:24+
01:06+	01:12+	02:28+	00:45+	01:27+	00:54+	01:46+	02:45+	00:39+	05:05+	02:33+	00:55+	02:24+	01:17+	01:33+	02:06+	03:25+	01:40+	01:59+	01:10+	01:20+	02:33+	03:48+	01:25+	01:40+	04:29+
00:14&	00:01+	00:02+	00:07#	00:31&	00:08+	00:31+	00:17+	01:53+	00:41#	00:36&	00:13+	00:12+	00:00=	00:39+	00:16#	01:00&	00:30&	00:27+	00:15+	00:15#	00:04+	00:14+	00:10+	00:26&	02:43#
54:25+	55:18+	55:53+	57:18+	58:04+	59:47+																				
02:01+	00:53+	00:35+	01:25+	00:46+	01:43+																				
00:08+	00:10#	00:01+	00:13#	00:10+	00:11#																				

### 4 Per Simensen

3725

1:03:10

01:04+	02:24+	05:17+	06:08+	07:31+	08:37+	10:54+	13:16+	13:56+	18:24+	20:43+	21:55+	24:22+	25:48+	27:32+	30:44+	35:06+	37:34+	40:15+	41:22+	42:19+	44:33+	48:08+	49:33+	52:24+	54:10+
01:04+	01:20+	02:53+	00:51+	01:23+	01:06+	02:17+	02:22+	00:40+	04:28+	02:19+	01:12+	02:27+	01:26+	01:44+	03:12+	04:22+	02:28+	02:41+	01:07+	00:57+	02:14+	03:35+	01:25+	02:51+	01:46+
00:12#	00:09#	00:23#	00:13&	00:27&	00:04+	00:00=	00:40+	01:52+	00:04+	00:22#	00:04+	00:15#	00:09#	00:28+	01:22&	01:57&	01:18#	00:15#	00:18+	00:08+	00:15+	00:01+	00:10+	01:37#	00:00=
56:39+	57:43+	58:30+	59:48+	60:40+	63:10+																				
02:29+	01:04+	00:47+	01:18+	00:52+	02:30+																				
00:20#	00:21&	00:13&	00:06+	00:04+	00:58&																				

## Herrer 40 - 49 år

<b>5</b>	<b>Frode Ungar</b>	<b>1683</b>	<b>1:04:49</b>																							
01:05+	02:31+	04:45+	05:33+	06:46+	08:16+	10:13+	12:54+	13:37-	18:13-	20:09-	21:10-	23:26-	25:15-	26:56-	29:25-	33:16+	34:40+	37:29+	38:33+	39:41+	42:39+	46:49+	48:18+	49:44+	56:42+	
01:05+	01:26+	02:14-	00:48+	01:13+	01:30+	01:57-	02:41-	00:43-	04:36+	01:56-	01:01-	02:16+	01:49+	01:41-	02:29+	03:51+	01:24+	02:49+	01:04-	01:08+	02:58+	04:10+	01:29-	01:26+	06:58+	
00:13#	00:15#	00:16-	00:10#	00:17#	00:28#	00:20-	00:21-	01:49-	00:12+	00:01-	00:07-	00:04+	00:32#	00:31-	00:39#	01:26#	00:14#	00:23#	00:21-	00:03+	00:29#	00:36#	00:06-	00:12#	05:12#	
58:59+	60:04+	60:50+	62:13+	63:12+	64:49+	02:17+	01:05+	00:46+	01:23+	00:59+	01:37+	00:08+	00:22#	00:12#	00:11#	00:03+	00:05+									

<b>6</b>	<b>Jan-Kenneth Polle</b>	<b>3525</b>	<b>1:06:37</b>																						
00:53+	01:57+	04:19+	05:13+	06:27+	07:28+	09:30+	11:53+	12:34+	16:55+	18:47+	19:40+	22:33+	24:03+	26:42+	29:50+	33:01+	36:10+	38:26+	39:36+	40:33+	43:08+	47:09+	48:34+	51:16+	58:00+
00:53+	01:04+	02:22+	00:54+	01:14+	01:01+	02:02+	02:23+	00:41+	04:21+	01:52+	00:53+	02:53+	01:30+	02:39+	03:08+	03:11+	03:09+	02:16+	01:10+	00:57+	02:35+	04:01+	01:25+	02:42+	06:44+
00:53+	01:04+	02:22+	00:54+	01:14+	01:01+	02:02+	02:23+	00:41+	04:21+	01:52+	00:53+	02:53+	01:30+	02:39+	03:08+	03:11+	03:09+	02:16+	01:10+	00:57+	02:35+	04:01+	01:25+	02:42+	06:44+
60:42+	61:34+	62:14+	63:32+	64:30+	66:37+	02:42+	00:52+	00:40+	01:18+	00:58+	02:07+	02:42+	00:52+	00:40+	01:18+	00:58+	02:07+								

<b>7</b>	<b>Anders Presterud</b>	<b>903</b>	<b>1:10:23</b>																						
01:05+	02:22+	05:15+	06:01+	07:30+	08:31+	10:26+	13:01+	13:42+	19:21+	21:08+	22:15+	24:51+	26:21+	28:31+	31:32+	35:32+	37:28+	39:54+	40:55+	41:47+	44:05+	49:07+	51:13+	52:41+	59:57+
01:05+	01:17+	02:53+	00:46+	01:29+	01:01+	01:55+	02:35+	00:41+	05:39+	01:47+	01:07+	02:36+	01:30+	02:10+	03:01+	04:00+	01:56+	02:26+	01:01+	00:52+	02:18+	05:02+	02:06+	01:28+	07:16+
01:05+	01:17+	02:53+	00:46+	01:29+	01:01+	01:55+	02:35+	00:41+	05:39+	01:47+	01:07+	02:36+	01:30+	02:10+	03:01+	04:00+	01:56+	02:26+	01:01+	00:52+	02:18+	05:02+	02:06+	01:28+	07:16+
64:07+	64:59+	65:39+	67:03+	68:52+	70:23+	04:10+	00:52+	00:40+	01:24+	01:49+	01:31+	04:10+	00:52+	00:40+	01:24+	01:49+	01:31+								

<b>8</b>	<b>Alexander Khorunzhiy</b>	<b>1456</b>	<b>1:12:33</b>																						
01:17+	02:55+	05:54+	06:45+	08:20+	09:16+	11:30+	14:24+	15:03+	20:14+	22:15+	23:07+	25:51+	28:22+	30:29+	33:55+	37:21+	39:16+	42:46+	44:17+	45:22+	48:19+	52:42+	54:43+	56:33+	63:08+
01:17+	01:38+	02:59+	00:51+	01:35+	00:56+	02:14+	02:54+	00:39+	05:11+	02:01+	00:52+	02:44+	02:31+	02:07+	03:26+	03:26+	01:55+	03:30+	01:31+	01:05+	02:57+	04:23+	02:01+	01:50+	06:35+
01:17+	01:38+	02:59+	00:51+	01:35+	00:56+	02:14+	02:54+	00:39+	05:11+	02:01+	00:52+	02:44+	02:31+	02:07+	03:26+	03:26+	01:55+	03:30+	01:31+	01:05+	02:57+	04:23+	02:01+	01:50+	06:35+
65:54+	67:07+	68:18+	69:41+	70:40+	72:33+	02:46+	01:13+	01:11+	01:23+	00:59+	01:53+	02:46+	01:13+	01:11+	01:23+	00:59+	01:53+								

<b>9</b>	<b>Rune Hatle</b>	<b>903</b>	<b>1:12:50</b>																						
00:59+	02:13+	04:50+	05:41+	07:07+	13:07+	15:12+	17:55+	18:29+	23:57+	26:39+	30:35+	33:54+	35:32+	37:19+	40:06+	43:08+	44:51+	47:23+	48:29+	49:21+	52:36+	58:06+	59:44+	61:14+	64:30+
00:59+	01:14+	02:37+	00:51+	01:26+	06:00+	02:05+	02:43+	00:34+	05:28+	02:42+	03:56+	03:19+	01:38+	01:47+	02:47+	03:02+	01:43+	02:32+	01:06+	00:52+	03:15+	05:30+	01:38+	01:30+	03:16+
00:59+	01:14+	02:37+	00:51+	01:26+	06:00+	02:05+	02:43+	00:34+	05:28+	02:42+	03:56+	03:19+	01:38+	01:47+	02:47+	03:02+	01:43+	02:32+	01:06+	00:52+	03:15+	05:30+	01:38+	01:30+	03:16+
66:53+	67:47+	68:38+	70:05+	71:05+	72:50+	02:23+	00:54+	00:51+	01:27+	01:00+	01:45+	02:23+	00:54+	00:51+	01:27+	01:00+	01:45+								

<b>10</b>	<b>Bjarne Bore</b>	<b>3529</b>	<b>1:14:03</b>																						
00:53+	02:10+	04:53+	05:39+	06:59+	08:03+	09:53+	11:56+	12:37+	17:22+	19:52+	21:07+	23:23+	25:03+	26:53+	29:31+	33:08+	35:08+	45:47+	46:30+	47:49+	50:58+	55:03+	56:49+	59:43+	64:11+
00:53+	01:17+	02:43+	00:46+	01:20+	01:04+	01:50+	02:03+	00:41+	04:45+	02:30+	01:15+	02:16+	01:40+	01:50+	02:38+	03:37+	02:00+	10:39+	00:43+	01:19+	03:09+	04:05+	01:46+	02:54+	04:28+
00:53+	01:17+	02:43+	00:46+	01:20+	01:04+	01:50+	02:03+	00:41+	04:45+	02:30+	01:15+	02:16+	01:40+	01:50+	02:38+	03:37+	02:00+	10:39+	00:43+	01:19+	03:09+	04:05+	01:46+	02:54+	04:28+
67:46+	68:53+	69:54+	71:15+	72:17+	74:03+	03:35+	01:07+	01:01+	01:21+	01:02+	01:46+	03:35+	01:07+	01:01+	01:21+	01:02+	01:46+								

<b>11</b>	<b>Glenn Madland</b>	<b>879</b>	<b>1:15:34</b>																						
01:04+	02:13+	04:32+	05:20+	06:37+	07:38+	09:28+	12:03+	12:50+	18:18+	20:11+	21:06+	23:25+	25:01+	28:14+	31:24+	34:56+	36:50+	39:21+	40:31+	41:53+	45:18+	49:37+	51:31+	58:18+	64:51+
01:04+	01:09+	02:19+	00:48+	01:17+	01:01+	01:50+	02:35+	00:47+	05:28+	01:53+	00:55+	02:19+	01:36+	03:13+	03:10+	03:32+	01:54+	02:31+	01:10+	01:22+	03:25+	04:19+	01:54+	06:47+	06:33+
01:04+	01:09+	02:19+	00:48+	01:17+	01:01+	01:50+	02:35+	00:47+	05:28+	01:53+	00:55+	02:19+	01:36+	03:13+	03:10+	03:32+	01:54+	02:31+	01:10+	01:22+	03:25+	04:19+	01:54+	06:47+	06:33+
68:15+	69:50+	70:40+	72:23+	73:34+	75:34+	03:24+	01:35+	00:50+	01:43+	01:11+	02:00+	03:24+	01:35+	00:50+	01:43+	01:11+	02:00+								

### Beste strekktid for klassen

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

## Herrer 50 - 59 år

## Herrer 50 - 59 år

<b>1</b>	<b>Terje Undheim</b>	<b>3529</b>	<b>55:53</b>																							
00:21=	01:17=	02:09=	03:19=	05:26=	06:04=	07:41=	09:18=	11:31=	12:03=	17:24=	19:22=	21:00=	22:28=	32:28=	34:02=	35:48=	37:33=	38:21=	39:53=	43:41=	45:05=	48:58=	50:46=	51:28=	52:34=	
00:21=	00:56=	00:52=	01:10=	02:07=	00:38=	01:37=	01:37=	02:13=	00:32=	05:21=	01:58=	01:38=	01:28=	10:00=	01:34=	01:46=	01:45=	00:48=	01:32=	03:48=	01:24=	03:53=	01:48=	00:42=	01:06=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
53:41=	54:35=	55:53=																								
01:07=	00:54=	01:18=																								
00:00=	00:00=	00:00=																								
<b>2</b>	<b>Øystein Fuglestad</b>	<b>878</b>	<b>57:31</b>																							
00:47+	01:49+	02:45+	04:07+	06:33+	07:20+	09:03+	11:14+	13:53+	14:36+	20:04+	22:13+	24:28+	25:57+	28:58+	31:26+	33:55+	36:39+	37:47+	39:59+	44:31+	46:28+	48:37+	51:10+	52:13+	53:01+	
00:47+	01:02+	00:56+	01:22+	02:26+	00:47+	01:43+	02:11+	02:39+	00:43+	05:28+	02:09+	02:15+	01:29+	03:01+	02:28+	02:29+	02:44+	01:08+	02:12+	04:32+	01:57+	02:09+	02:33+	01:03+	00:48+	
00:47+	01:02+	00:56+	01:22+	02:26+	00:47+	01:43+	02:11+	02:39+	00:43+	05:28+	02:09+	02:15+	01:29+	03:01+	02:28+	02:29+	02:44+	01:08+	02:12+	04:32+	01:57+	02:09+	02:33+	01:03+	00:48+	
54:28+	55:34+	57:31+																								
01:27+	01:06+	01:57+																								
01:27+	01:06+	01:57+																								
<b>3</b>	<b>Frank Hansen</b>	<b>3502</b>	<b>1:01:18</b>																							
00:26+	01:31+	02:38+	04:05+	06:40+	07:28+	09:10+	10:47+	13:19+	14:03+	19:05+	21:21+	23:31+	27:26+	33:18+	36:41+	38:58+	40:37+	41:41+	43:27+	48:42+	50:22+	52:43+	55:11+	56:07+	56:49+	
00:26+	01:05+	01:07+	01:27+	02:35+	00:48+	01:42+	01:37+	02:32+	00:44+	05:02+	02:16+	02:10+	01:29+	03:55+	05:52+	03:23+	02:17+	01:39+	01:04+	01:46+	05:15+	01:40+	02:21+	02:28+	00:56+	00:42+
00:26+	01:05+	01:07+	01:27+	02:35+	00:48+	01:42+	01:37+	02:32+	00:44+	05:02+	02:16+	02:10+	01:29+	03:55+	05:52+	03:23+	02:17+	01:39+	01:04+	01:46+	05:15+	01:40+	02:21+	02:28+	00:56+	00:42+
58:19+	59:26+	61:18+																								
01:30+	01:07+	01:52+																								
01:30+	01:07+	01:52+																								
<b>4</b>	<b>Svein Roar Aas</b>	<b>3565</b>	<b>1:02:10</b>																							
00:23+	01:24+	02:38+	04:14+	06:54+	07:40+	09:21+	11:50+	14:33+	15:12+	20:37+	23:31+	25:39+	27:43+	31:15+	34:10+	37:25+	39:30+	40:44+	42:40+	47:46+	49:48+	52:36+	55:57+	56:58+	57:42+	
00:23+	01:01+	01:14+	01:36+	02:40+	00:46+	01:41+	02:29+	02:43+	00:39+	05:25+	02:54+	02:08+	02:04+	03:32+	02:55+	03:15+	02:05+	01:14+	01:56+	05:06+	02:02+	02:48+	03:21+	01:01+	00:44+	
00:23+	01:01+	01:14+	01:36+	02:40+	00:46+	01:41+	02:29+	02:43+	00:39+	05:25+	02:54+	02:08+	02:04+	03:32+	02:55+	03:15+	02:05+	01:14+	01:56+	05:06+	02:02+	02:48+	03:21+	01:01+	00:44+	
59:11+	60:18+	62:10+																								
01:29+	01:07+	01:52+																								
01:29+	01:07+	01:52+																								
<b>5</b>	<b>Arngrim Utskarpen</b>	<b>896</b>	<b>1:03:02</b>																							
00:34+	02:34+	03:57+	05:28+	09:22+	10:17+	13:15+	15:21+	17:55+	19:21+	24:42+	27:17+	29:24+	31:06+	34:35+	37:14+	39:55+	41:37+	43:03+	44:46+	49:09+	50:50+	53:27+	56:15+	57:11+	57:58+	
00:34+	02:00+	01:23+	01:31+	03:54+	00:55+	02:58+	02:06+	02:34+	01:26+	05:21+	02:35+	02:07+	01:42+	03:29+	02:39+	02:41+	01:42+	01:26+	01:43+	04:23+	01:41+	02:37+	02:48+	00:56+	00:47+	
00:34+	02:00+	01:23+	01:31+	03:54+	00:55+	02:58+	02:06+	02:34+	01:26+	05:21+	02:35+	02:07+	01:42+	03:29+	02:39+	02:41+	01:42+	01:26+	01:43+	04:23+	01:41+	02:37+	02:48+	00:56+	00:47+	
59:43+	61:19+	63:02+																								
01:45+	01:36+	01:43+																								
01:45+	01:36+	01:43+																								
<b>6</b>	<b>Thomas Chruickshank</b>	<b>3545</b>	<b>1:03:07</b>																							
00:46+	01:52+	02:44+	04:02+	06:54+	07:33+	09:01+	11:00+	13:33+	14:12+	18:59+	21:01+	22:55+	24:18+	35:49+	37:30+	39:19+	41:25+	42:34+	44:18+	49:17+	50:48+	55:45+	57:49+	58:36+	59:14+	
00:46+	01:06+	00:52+	01:18+	02:52+	00:39+	01:28+	01:59+	02:33+	00:39+	04:47+	02:02+	01:54+	01:23+	11:31+	01:41+	01:49+	02:06+	01:09+	01:44+	04:59+	01:31+	04:57+	02:04+	00:47+	00:38+	
00:46+	01:06+	00:52+	01:18+	02:52+	00:39+	01:28+	01:59+	02:33+	00:39+	04:47+	02:02+	01:54+	01:23+	11:31+	01:41+	01:49+	02:06+	01:09+	01:44+	04:59+	01:31+	04:57+	02:04+	00:47+	00:38+	
60:26+	61:28+	63:07+																								
01:12+	01:02+	01:39+																								
01:12+	01:02+	01:39+																								
<b>7</b>	<b>Jørgen Nilsen</b>	<b>1683</b>	<b>1:04:14</b>																							
00:27+	01:30+	02:24+	03:42+	06:22+	07:10+	08:54+	10:55+	13:08+	13:53+	19:26+	21:52+	24:12+	25:59+	29:29+	32:53+	35:29+	37:38+	38:41+	40:59+	46:51+	48:36+	52:44+	55:41+	56:35+	57:25+	
00:27+	01:03+	00:54+	01:18+	02:40+	00:48+	01:44+	02:01+	02:13+	00:45+	05:33+	02:26+	02:20+	01:47+	03:30+	03:24+	02:36+	02:09+	01:03+	02:18+	05:52+	01:45+	04:08+	02:57+	00:54+	00:50+	
00:27+	01:03+	00:54+	01:18+	02:40+	00:48+	01:44+	02:01+	02:13+	00:45+	05:33+	02:26+	02:20+	01:47+	03:30+	03:24+	02:36+	02:09+	01:03+	02:18+	05:52+	01:45+	04:08+	02:57+	00:54+	00:50+	
59:07+	61:51+	64:14+																								
01:42+	02:44+	02:23+																								
01:42+	02:44+	02:23+																								
<b>8</b>	<b>Cedric Fayemendy</b>	<b>3559</b>	<b>1:05:05</b>																							
00:43+	01:43+	02:33+	03:49+	06:09+	06:56+	08:35+	10:17+	12:27+	13:04+	20:22+	22:30+	24:33+	26:12+	34:00+	36:45+	40:35+	42:20+	45:50+	47:30+	52:30+	54:05+	56:30+	59:20+	60:17+	61:01+	
00:43+	01:00+	00:50+	01:16+	02:20+	00:47+	01:39+	01:42+	02:10+	00:37+	07:18+	02:08+	02:03+	01:39+	07:48+	02:45+	03:50+	01:45+	03:30+	01:40+	05:00+	01:35+	02:25+	02:50+	00:57+	00:44+	
00:43+	01:00+	00:50+	01:16+	02:20+	00:47+	01:39+	01:42+	02:10+	00:37+	07:18+	02:08+	02:03+	01:39+	07:48+	02:45+	03:50+	01:45+	03:30+	01:40+	05:00+	01:35+	02:25+	02:50+	00:57+	00:44+	
62:04+	63:27+	65:05+																								
01:03+	01:23+	01:38+																								
01:03+	01:23+	01:38+																								

## Herrer 50 - 59 år

<b>9</b>	<b>Jone Kalheim</b>	<b>1884</b>	<b>1:07:07</b>																						
00:31+	01:30+	02:25+	03:36+	05:57+	06:38+	08:14+	09:58+	12:23+	12:59+	20:27+	22:27+	24:25+	25:36+	31:31+	34:30+	37:01+	38:55+	39:59+	43:22+	51:36+	53:54+	58:15+	60:29+	61:46+	62:41+
00:31+	00:59+	00:55+	01:11+	02:21+	00:41+	01:36+	01:44+	02:25+	00:36+	07:28+	02:00+	01:58+	01:11+	05:55+	02:59+	02:31+	01:54+	01:04+	03:23+	08:14+	02:18+	04:21+	02:14+	01:17+	00:55+
00:31+	00:59+	00:55+	01:11+	02:21+	00:41+	01:36+	01:44+	02:25+	00:36+	07:28+	02:00+	01:58+	01:11+	05:55+	02:59+	02:31+	01:54+	01:04+	03:23+	08:14+	02:18+	04:21+	02:14+	01:17+	00:55+
64:43+	65:44+	67:07+																							
02:02+	01:01+	01:23+																							
02:02+	01:01+	01:23+																							

<b>10</b>	<b>Erling Knutzen</b>	<b>879</b>	<b>1:08:24</b>																						
00:34+	01:53+	02:54+	04:25+	07:13+	08:03+	09:55+	11:41+	14:58+	16:04+	21:56+	24:27+	27:10+	28:41+	32:40+	35:44+	37:57+	39:42+	40:52+	44:08+	52:49+	55:03+	58:17+	61:22+	62:25+	63:35+
00:34+	01:19+	01:01+	01:31+	02:48+	00:50+	01:52+	01:46+	03:17+	01:06+	05:52+	02:31+	02:43+	01:31+	03:59+	03:04+	02:13+	01:45+	01:10+	03:16+	08:41+	02:14+	03:14+	03:05+	01:03+	01:10+
00:34+	01:19+	01:01+	01:31+	02:48+	00:50+	01:52+	01:46+	03:17+	01:06+	05:52+	02:31+	02:43+	01:31+	03:59+	03:04+	02:13+	01:45+	01:10+	03:16+	08:41+	02:14+	03:14+	03:05+	01:03+	01:10+
65:10+	66:12+	68:24+																							
01:35+	01:02+	02:12+																							
01:35+	01:02+	02:12+																							

<b>11</b>	<b>Tore Halset</b>	<b>3486</b>	<b>1:08:24</b>																						
00:30+	01:38+	02:45+	04:17+	06:57+	07:49+	10:12+	12:35+	15:37+	16:23+	22:43+	25:19+	28:00+	29:47+	33:52+	37:47+	40:09+	42:31+	43:51+	46:14+	52:00+	54:15+	56:57+	60:42+	61:54+	62:50+
00:30+	01:08+	01:07+	01:32+	02:40+	00:52+	02:23+	02:23+	03:02+	00:46+	06:20+	02:36+	02:41+	01:47+	04:05+	03:55+	02:22+	02:22+	01:20+	02:23+	05:46+	02:15+	02:42+	03:45+	01:12+	00:56+
00:30+	01:08+	01:07+	01:32+	02:40+	00:52+	02:23+	02:23+	03:02+	00:46+	06:20+	02:36+	02:41+	01:47+	04:05+	03:55+	02:22+	02:22+	01:20+	02:23+	05:46+	02:15+	02:42+	03:45+	01:12+	00:56+
64:45+	65:57+	68:24+																							
01:55+	01:12+	02:27+																							
01:55+	01:12+	02:27+																							

<b>12</b>	<b>John Breiland</b>	<b>3694</b>	<b>1:10:12</b>																						
00:56+	02:09+	03:12+	04:53+	07:26+	08:11+	09:52+	11:50+	14:34+	15:18+	21:43+	23:38+	25:45+	27:17+	35:06+	37:55+	39:35+	42:03+	43:06+	45:29+	50:20+	51:38+	61:19+	63:50+	64:59+	65:44+
00:56+	01:13+	01:03+	01:41+	02:33+	00:45+	01:41+	01:58+	02:44+	00:44+	06:25+	01:55+	02:07+	01:32+	07:49+	02:49+	01:40+	02:28+	01:03+	02:23+	04:51+	01:18+	09:41+	02:31+	01:09+	00:45+
00:56+	01:13+	01:03+	01:41+	02:33+	00:45+	01:41+	01:58+	02:44+	00:44+	06:25+	01:55+	02:07+	01:32+	07:49+	02:49+	01:40+	02:28+	01:03+	02:23+	04:51+	01:18+	09:41+	02:31+	01:09+	00:45+
67:22+	68:25+	70:12+																							
01:38+	01:03+	01:47+																							
01:38+	01:03+	01:47+																							

<b>13</b>	<b>Jerome Renoult</b>	<b>3524</b>	<b>1:10:16</b>																						
01:10+	02:32+	03:41+	05:30+	08:52+	09:43+	11:34+	13:51+	16:48+	17:42+	25:48+	28:43+	31:21+	33:12+	36:52+	40:23+	42:49+	45:04+	46:25+	48:49+	54:47+	56:49+	59:14+	62:46+	63:47+	65:03+
01:10+	01:22+	01:09+	01:49+	03:22+	00:51+	01:51+	02:17+	02:57+	00:54+	08:06+	02:55+	02:38+	01:51+	03:40+	03:31+	02:26+	02:15+	01:21+	02:24+	05:58+	02:02+	02:25+	03:32+	01:01+	01:16+
01:10+	01:22+	01:09+	01:49+	03:22+	00:51+	01:51+	02:17+	02:57+	00:54+	08:06+	02:55+	02:38+	01:51+	03:40+	03:31+	02:26+	02:15+	01:21+	02:24+	05:58+	02:02+	02:25+	03:32+	01:01+	01:16+
66:58+	68:04+	70:16+																							
01:55+	01:06+	02:12+																							
01:55+	01:06+	02:12+																							

<b>14</b>	<b>Erik Bjørnbom</b>	<b>3558</b>	<b>1:11:39</b>																						
00:24+	01:32+	02:31+	04:02+	06:39+	07:26+	08:52+	10:25+	14:13+	14:55+	21:03+	24:36+	26:54+	28:43+	34:21+	43:19+	45:00+	47:14+	48:20+	50:22+	56:22+	58:41+	60:27+	63:42+	65:01+	66:23+
00:24+	01:08+	00:59+	01:31+	02:37+	00:47+	01:26+	01:33+	03:48+	00:42+	06:08+	03:33+	02:18+	01:49+	05:38+	08:58+	01:41+	02:14+	01:06+	02:02+	06:00+	02:19+	01:46+	03:15+	01:19+	01:22+
00:24+	01:08+	00:59+	01:31+	02:37+	00:47+	01:26+	01:33+	03:48+	00:42+	06:08+	03:33+	02:18+	01:49+	05:38+	08:58+	01:41+	02:14+	01:06+	02:02+	06:00+	02:19+	01:46+	03:15+	01:19+	01:22+
68:04+	69:38+	71:39+																							
01:41+	01:34+	02:01+																							
01:41+	01:34+	02:01+																							

<b>15</b>	<b>Trygve Michaelsen</b>	<b>896</b>	<b>1:11:53</b>																						
00:26+	01:35+	02:35+	03:59+	06:37+	07:39+	09:35+	12:04+	14:57+	15:58+	22:23+	25:04+	27:26+	28:57+	38:58+	41:33+	43:45+	46:02+	47:17+	49:59+	55:08+	56:57+	59:19+	64:40+	66:03+	67:13+
00:26+	01:09+	01:00+	01:24+	02:38+	01:02+	01:56+	02:29+	02:53+	01:01+	06:25+	02:41+	02:22+	01:31+	10:01+	02:35+	02:12+	02:17+	01:15+	02:42+	05:09+	01:49+	02:22+	05:21+	01:23+	01:10+
00:26+	01:09+	01:00+	01:24+	02:38+	01:02+	01:56+	02:29+	02:53+	01:01+	06:25+	02:41+	02:22+	01:31+	10:01+	02:35+	02:12+	02:17+	01:15+	02:42+	05:09+	01:49+	02:22+	05:21+	01:23+	01:10+
68:59+	69:55+	71:53+																							
01:46+	00:56+	01:58+																							
01:46+	00:56+	01:58+																							

<b>16</b>	<b>André Sirevåg</b>	<b>1683</b>	<b>1:14:06</b>																						
00:27+	01:34+	02:37+	04:00+	06:47+	07:34+	09:18+	11:23+	13:53+	14:30+	21:00+	23:07+	26:05+	28:25+	31:28+	35:38+	38:37+	41:42+	42:58+	52:33+	57:00+	59:29+	62:10+	68:55+	69:39+	70:25+
00:27+	01:07+	01:03+	01:23+	02:47+	00:47+	01:44+	02:05+	02:30+	00:37+	06:30+	02:07+	02:58+	02:20+	03:03+	04:10+	02:59+	03:05+	01:16+	09:35+	04:27+	02:29+	02:41+	06:45+	00:44+	00:46+
00:27+	01:07+	01:03+	01:23+	02:47+	00:47+	01:44+	02:05+	02:30+	00:37+	06:30+	02:07+	02:58+	02:20+	03:03+	04:10+	02:59+	03:05+	01:16+	09:35+	04:27+	02:29+	02:41+	06:45+	00:44+	00:46+
71:49+	72:41+	74:06+																							
01:24+	00:52+	01:25+																							
01:24+	00:52+	01:25+																							

## Herrer 50 - 59 år

<b>17</b>	<b>Njål Foldnes</b>	<b>1754</b>	<b>1:17:13</b>																						
02:02+	03:42+	05:01+	06:35+	09:09+	10:06+	11:42+	16:45+	19:59+	20:44+	28:10+	31:28+	34:00+	35:45+	41:19+	45:19+	47:44+	49:31+	50:47+	53:01+	58:53+	60:57+	67:28+	70:10+	71:38+	72:28+
02:02+	01:40+	01:19+	01:34+	02:34+	00:57+	01:36+	05:03+	03:14+	00:45+	07:26+	03:18+	02:32+	01:45+	05:34+	04:00+	02:25+	01:47+	01:16+	02:14+	05:52+	02:04+	06:31+	02:42+	01:28+	00:50+
02:02+	01:40+	01:19+	01:34+	02:34+	00:57+	01:36+	05:03+	03:14+	00:45+	07:26+	03:18+	02:32+	01:45+	05:34+	04:00+	02:25+	01:47+	01:16+	02:14+	05:52+	02:04+	06:31+	02:42+	01:28+	00:50+
74:04+	75:11+	77:13+																							
01:36+	01:07+	02:02+																							
01:36+	01:07+	02:02+																							
<b>18</b>	<b>Anders Glenne</b>	<b>793</b>	<b>1:19:11</b>																						
00:26+	01:37+	02:37+	04:06+	06:39+	07:29+	09:17+	10:52+	13:36+	14:16+	19:47+	22:00+	24:13+	25:38+	40:02+	43:51+	47:32+	51:33+	52:42+	54:52+	60:33+	62:52+	69:24+	73:07+	74:22+	74:59+
00:26+	01:11+	01:00+	01:29+	02:33+	00:50+	01:48+	01:35+	02:44+	00:40+	05:31+	02:13+	02:13+	01:25+	14:24+	03:49+	03:41+	04:01+	01:09+	02:10+	05:41+	02:19+	06:32+	03:43+	01:15+	00:37+
00:26+	01:11+	01:00+	01:29+	02:33+	00:50+	01:48+	01:35+	02:44+	00:40+	05:31+	02:13+	02:13+	01:25+	14:24+	03:49+	03:41+	04:01+	01:09+	02:10+	05:41+	02:19+	06:32+	03:43+	01:15+	00:37+
76:32+	77:26+	79:11+																							
01:33+	00:54+	01:45+																							
01:33+	00:54+	01:45+																							
<b>19</b>	<b>Hans Frode Andersen</b>	<b>3548</b>	<b>1:20:04</b>																						
02:34+	03:35+	04:35+	06:05+	08:34+	09:21+	10:59+	12:57+	17:25+	18:08+	23:13+	25:30+	27:45+	29:19+	33:57+	47:15+	49:11+	51:31+	52:39+	54:16+	59:34+	61:17+	69:14+	72:30+	73:44+	74:41+
02:34+	01:01+	01:00+	01:30+	02:29+	00:47+	01:38+	01:58+	04:28+	00:43+	05:05+	02:17+	02:15+	01:34+	04:38+	13:18+	01:56+	02:20+	01:08+	01:37+	05:18+	01:43+	07:57+	03:16+	01:14+	00:57+
02:34+	01:01+	01:00+	01:30+	02:29+	00:47+	01:38+	01:58+	04:28+	00:43+	05:05+	02:17+	02:15+	01:34+	04:38+	13:18+	01:56+	02:20+	01:08+	01:37+	05:18+	01:43+	07:57+	03:16+	01:14+	00:57+
76:01+	78:06+	80:04+																							
01:20+	02:05+	01:58+																							
01:20+	02:05+	01:58+																							
<b>20</b>	<b>Christof Schätz</b>	<b>3598</b>	<b>1:22:34</b>																						
00:47+	02:05+	03:06+	05:36+	08:29+	09:32+	11:31+	13:34+	17:01+	17:48+	24:06+	27:06+	29:46+	31:55+	37:44+	48:04+	51:20+	53:48+	55:22+	57:54+	64:18+	67:33+	70:22+	75:02+	76:07+	77:06+
00:47+	01:18+	01:01+	02:30+	02:53+	01:03+	01:59+	02:03+	03:27+	00:47+	06:18+	03:00+	02:40+	02:09+	05:49+	10:20+	03:16+	02:28+	01:34+	02:32+	06:24+	03:15+	02:49+	04:40+	01:05+	00:59+
00:47+	01:18+	01:01+	02:30+	02:53+	01:03+	01:59+	02:03+	03:27+	00:47+	06:18+	03:00+	02:40+	02:09+	05:49+	10:20+	03:16+	02:28+	01:34+	02:32+	06:24+	03:15+	02:49+	04:40+	01:05+	00:59+
78:52+	80:16+	82:34+																							
01:46+	01:24+	02:18+																							
01:46+	01:24+	02:18+																							
<b>21</b>	<b>Arne Hetlelid</b>	<b>3508</b>	<b>1:22:37</b>																						
00:55+	02:03+	03:11+	04:35+	08:03+	08:56+	10:46+	12:23+	14:52+	15:45+	21:09+	23:45+	26:27+	28:19+	32:26+	35:14+	39:23+	42:08+	43:34+	45:55+	56:03+	66:36+	68:46+	73:39+	75:02+	76:11+
00:55+	01:08+	01:08+	01:24+	03:28+	00:53+	01:50+	01:37+	02:29+	00:53+	05:24+	02:36+	02:42+	01:52+	04:07+	02:48+	04:09+	02:45+	01:26+	02:21+	10:08+	10:33+	02:10+	04:53+	01:23+	01:09+
00:55+	01:08+	01:08+	01:24+	03:28+	00:53+	01:50+	01:37+	02:29+	00:53+	05:24+	02:36+	02:42+	01:52+	04:07+	02:48+	04:09+	02:45+	01:26+	02:21+	10:08+	10:33+	02:10+	04:53+	01:23+	01:09+
78:01+	79:29+	82:37+																							
01:50+	01:28+	03:08+																							
01:50+	01:28+	03:08+																							
<b>22</b>	<b>Raymond B Pettersen</b>	<b>722</b>	<b>1:24:03</b>																						
01:32+	02:46+	04:03+	05:51+	09:28+	10:40+	12:23+	13:15+	17:59+	19:03+	26:17+	28:57+	31:58+	34:09+	45:35+	49:00+	51:47+	54:33+	56:06+	59:00+	65:29+	67:46+	70:07+	74:52+	76:03+	77:20+
01:32+	01:14+	01:17+	01:48+	03:37+	01:12+	01:43+	02:52+	02:44+	01:04+	07:14+	02:40+	03:01+	02:11+	11:26+	03:25+	02:47+	02:46+	01:33+	02:54+	06:29+	02:17+	02:21+	04:45+	01:11+	01:17+
01:32+	01:14+	01:17+	01:48+	03:37+	01:12+	01:43+	02:52+	02:44+	01:04+	07:14+	02:40+	03:01+	02:11+	11:26+	03:25+	02:47+	02:46+	01:33+	02:54+	06:29+	02:17+	02:21+	04:45+	01:11+	01:17+
79:37+	81:20+	84:03+																							
02:17+	01:43+	02:43+																							
02:17+	01:43+	02:43+																							
<b>23</b>	<b>Ingve Vold</b>	<b>3529</b>	<b>1:24:09</b>																						
00:28+	01:38+	02:41+	04:12+	06:55+	07:41+	09:24+	10:53+	13:10+	13:51+	19:34+	21:58+	24:13+	25:51+	48:15+	52:50+	55:02+	59:42+	61:01+	63:19+	68:57+	70:56+	73:58+	77:43+	78:53+	79:38+
00:28+	01:10+	01:03+	01:31+	02:43+	00:46+	01:43+	01:29+	02:17+	00:41+	05:43+	02:24+	02:15+	01:38+	22:24+	04:35+	02:12+	04:40+	01:19+	02:18+	05:38+	01:59+	03:02+	03:45+	01:10+	00:45+
00:28+	01:10+	01:03+	01:31+	02:43+	00:46+	01:43+	01:29+	02:17+	00:41+	05:43+	02:24+	02:15+	01:38+	22:24+	04:35+	02:12+	04:40+	01:19+	02:18+	05:38+	01:59+	03:02+	03:45+	01:10+	00:45+
81:09+	82:18+	84:09+																							
01:31+	01:09+	01:51+																							
01:31+	01:09+	01:51+																							
<b>24</b>	<b>Ove Mæstad</b>	<b>2342</b>	<b>1:44:41</b>																						
00:30+	02:00+	03:19+	05:46+	09:24+	10:58+	15:03+	17:54+	22:02+	24:43+	35:01+	38:17+	43:29+	45:49+	50:35+	62:11+	64:59+	67:56+	69:29+	71:42+	81:28+	84:33+	87:55+	96:05+	97:34+	98:31+
00:30+	01:30+	01:19+	02:27+	03:38+	01:34+	04:05+	02:51+	04:08+	02:41+	10:18+	03:16+	05:12+	02:20+	04:46+	11:36+	02:48+	02:57+	01:33+	02:13+	09:46+	03:05+	03:22+	08:10+	01:29+	00:57+
00:30+	01:30+	01:19+	02:27+	03:38+	01:34+	04:05+	02:51+	04:08+	02:41+	10:18+	03:16+	05:12+	02:20+	04:46+	11:36+	02:48+	02:57+	01:33+	02:13+	09:46+	03:05+	03:22+	08:10+	01:29+	00:57+
100:18+	101:23+	104:41+																							
01:47+	01:05+	03:18+																							
01:47+	01:05+	03:18+																							

### Beste strekketid for klassen

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

## Herrer 60 - 64 år

<b>1</b>	<b>Sturle Omdal</b>	<b>1683</b>	<b>42:33</b>																						
00:55=	02:03=	03:00=	05:38=	07:15=	08:39=	11:09=	12:25=	12:55=	13:50=	15:10=	15:41=	16:52=	19:06=	21:50=	23:48=	25:11=	29:21=	30:50=	32:07=	32:51=	34:07=	36:52=	37:56=	38:42=	39:56=
00:55=	01:08=	00:57=	02:38=	01:37=	01:24=	02:30=	01:16=	00:30=	00:55=	01:20=	00:31=	01:11=	02:14=	02:44=	01:58=	01:23=	04:10=	01:29=	01:17=	00:44=	01:16=	02:45=	01:04=	00:46=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
41:19=	42:33=																								
01:23=	01:14=																								
00:00=	00:00=																								
<b>2</b>	<b>Knut Feldmann</b>	<b>882</b>	<b>45:34</b>																						
01:02+	02:00=	03:00=	05:31=	07:30+	09:03+	11:34+	12:54+	13:23+	14:18+	15:52+	16:26+	17:40+	20:05+	26:17+	27:34+	29:03+	33:12+	34:34+	35:59+	36:46+	37:59+	40:07+	40:55+	41:38+	42:48+
01:02+	00:58=	01:00+	02:31=	01:59+	01:33+	02:31+	01:20+	00:29=	00:55=	01:34+	00:34+	01:14+	02:25+	06:12+	01:17=	01:29+	04:09=	01:22=	01:25+	00:47+	01:13=	02:08=	00:48=	00:43=	01:10=
00:07#	00:10=	00:03+	00:07=	00:22#	00:09#	00:01+	00:04+	00:01=	00:00=	00:14#	00:03+	00:03+	00:11+	03:28#	00:41=	00:06+	00:01=	00:07=	00:08#	00:03+	00:03=	00:37=	00:16=	00:03=	00:04=
44:12+	45:34+																								
01:24+	01:22+																								
00:01+	00:08#																								
<b>3</b>	<b>Kjell Seland</b>	<b>3547</b>	<b>50:43</b>																						
00:59+	02:11+	03:32+	06:29+	08:01+	09:32+	12:29+	13:53+	14:26+	15:26+	17:06+	17:35+	18:50+	21:21+	27:52+	29:13+	30:37+	35:14+	36:27+	38:22+	39:02+	40:30+	43:51+	45:00+	45:48+	47:20+
00:59+	01:12+	01:21+	02:57+	01:32=	01:31+	02:57+	01:24+	00:33+	01:00+	01:40+	00:29=	01:15+	02:31+	06:31+	01:21=	01:24+	04:37+	01:13=	01:55+	00:40=	01:28+	03:21+	01:09+	00:48+	01:32+
00:04+	00:04+	00:24&	00:19#	00:05=	00:07+	00:27#	00:08#	00:03+	00:05+	00:20#	00:02=	00:04+	00:17#	03:47#	00:37=	00:01+	00:27#	00:16=	00:38&	00:04=	00:12#	00:36#	00:05+	00:02+	00:18#
49:01+	50:43+																								
01:41+	01:42+																								
00:18#	00:28&																								
<b>4</b>	<b>Per Ingar Hadland</b>	<b>793</b>	<b>51:02</b>																						
01:09+	02:25+	03:38+	06:28+	08:03+	09:39+	12:59+	14:25+	14:55+	15:56+	17:37+	18:04+	19:32+	22:24+	25:19+	26:50+	28:47+	34:07+	35:42+	39:03+	39:59+	41:22+	43:47+	44:37+	45:39+	47:30+
01:09+	01:16+	01:13+	02:50+	01:35=	01:36+	03:20+	01:26+	00:30=	01:01+	01:41+	00:27=	01:28+	02:52+	02:55+	01:31=	01:57+	05:20+	01:35+	03:21+	00:56+	01:23+	02:25=	00:50=	01:02+	01:51+
00:14&	00:08#	00:16&	00:12+	00:02=	00:12#	00:50&	00:10#	00:00=	00:06#	00:21&	00:04=	00:17#	00:38&	00:11+	00:27=	00:34&	01:10&	00:06+	02:04#	00:12&	00:07+	00:20=	00:14=	00:16&	00:37&
49:19+	51:02+																								
01:49+	01:43+																								
00:26&	00:29&																								
<b>5</b>	<b>Harald Syse</b>	<b>1884</b>	<b>55:12</b>																						
00:58+	02:17+	03:19+	06:19+	08:04+	09:17+	11:43+	17:03+	17:32+	18:25+	19:39+	20:05+	23:38+	25:58+	28:23+	30:02+	33:04+	37:31+	39:08+	46:03+	46:39+	47:33+	49:43+	50:39+	51:15+	52:26+
00:58+	01:19+	01:02+	03:00+	01:45+	01:13=	02:26=	05:20+	00:29=	00:53=	01:14=	00:26=	03:33+	02:20+	02:25=	01:39=	03:02+	04:27+	01:37+	06:55+	00:36=	00:54=	02:10=	00:56=	00:36=	01:11=
00:03+	00:11#	00:05+	00:22#	00:08+	00:11=	00:04=	04:04#	00:01=	00:02=	00:06=	00:05=	02:22#	00:06+	00:19=	00:19=	01:39#	00:17+	00:08+	05:38#	00:08=	00:22=	00:35=	00:08=	00:10=	00:03=
53:58+	55:12+																								
01:32+	01:14=																								
00:09#	00:00=																								
<b>6</b>	<b>Ivar Knutsen</b>	<b>1683</b>	<b>57:53</b>																						
01:09+	03:34+	05:07+	08:19+	10:27+	12:20+	15:44+	17:20+	17:54+	18:53+	20:47+	21:23+	23:22+	26:23+	30:17+	32:08+	33:54+	38:33+	41:14+	42:53+	43:51+	45:35+	50:54+	52:11+	53:04+	54:25+
01:09+	02:25+	01:33+	03:12+	02:08+	01:53+	03:24+	01:36+	00:34+	00:59+	01:54+	00:36+	01:59+	03:01+	03:54+	01:51=	01:46+	04:39+	02:41+	01:39+	00:58+	01:44+	05:19+	01:17+	00:53+	01:21+
00:14&	01:17#	00:36&	00:34#	00:31&	00:29&	00:54&	00:20&	00:04#	00:04+	00:34&	00:05#	00:48&	00:47&	01:10&	00:07=	00:23&	00:29#	01:12&	00:22&	00:14&	00:28&	02:34&	00:13#	00:07#	00:07+
56:09+	57:53+																								
01:44+	01:44+																								
00:21&	00:30&																								
<b>7</b>	<b>Stein Sigbjørnsen</b>	<b>882</b>	<b>1:00:04</b>																						
01:00+	02:12+	03:25+	06:07+	08:53+	10:34+	13:43+	15:34+	16:04+	17:00+	18:47+	19:29+	21:11+	24:14+	29:05+	32:17+	34:24+	40:23+	42:42+	44:49+	45:48+	48:47+	52:30+	53:35+	54:26+	56:34+
01:00+	01:12+	01:13+	02:42+	02:46+	01:41+	03:09+	01:51+	00:30=	00:56+	01:47+	00:42+	01:42+	03:03+	04:51+	03:12+	02:07+	05:59+	02:19+	02:07+	00:59+	02:59+	03:43+	01:05+	00:51+	02:08+
00:05+	00:04+	00:16&	00:04+	01:09&	00:17#	00:39&	00:35&	00:00=	00:01+	00:27&	00:11&	00:31&	00:49&	02:07&	01:14&	00:44&	01:49&	00:50&	00:50&	00:15&	01:43#	00:58&	00:01+	00:05#	00:54&
58:17+	60:04+																								
01:43+	01:47+																								
00:20#	00:33&																								
<b>8</b>	<b>Lars Bergersen</b>	<b>1683</b>	<b>1:00:39</b>																						
02:06+	03:14+	04:21+	07:33+	09:07+	10:49+	14:04+	15:30+	16:01+	17:02+	18:45+	19:21+	21:41+	25:05+	28:48+	33:11+	35:08+	42:08+	43:52+	45:34+	46:30+	49:15+	52:40+	53:52+	54:59+	57:03+
02:06+	01:08=	01:07+	03:12+	01:34=	01:42+	03:15+	01:26+	00:31+	01:01+	01:43+	00:36+	02:20+	03:24+	03:43+	04:23+	01:57+	07:00+	01:44+	01:42+	00:56+	02:45+	03:25+	01:12+	01:07+	02:04+
01:11#	00:00=	00:10#	00:34#	00:03=	00:18#	00:45&	00:10#	00:01+	00:06#	00:23&	00:05#	01:09&	01:10&	00:59&	02:25#	00:34&	02:50&	00:15#	00:25&	00:12&	01:29#	00:40#	00:08#	00:21&	00:50&
58:52+	60:39+																								
01:49+	01:47+																								
00:26&	00:33&																								

## Herrer 60 - 64 år

<b>9</b>	<b>Tor Inge Halvorsen</b>	<b>880</b>	<b>1:01:45</b>																						
01:36+	03:08+	04:27+	07:10+	09:22+	11:09+	14:18+	16:31+	17:09+	18:20+	20:05+	20:46+	22:47+	28:07+	31:11+	33:16+	34:57+	39:40+	41:15+	43:18+	45:08+	46:24+	49:16+	55:08+	56:03+	57:50+
01:36+	01:32+	01:19+	02:43+	02:12+	01:47+	03:09+	02:13+	00:38+	01:11+	01:45+	00:41+	02:01+	05:20+	03:04+	02:05+	01:41+	04:43+	01:35+	02:03+	01:50+	01:16+	02:52+	05:52+	00:55+	01:47+
00:41&	00:24&	00:22&	00:05+	00:35&	00:23&	00:39&	00:57&	00:08&	00:16&	00:25&	00:10&	00:50&	03:06&	00:20#	00:07+	00:18#	00:33#	00:06+	00:46&	01:06&	00:00=	00:07+	04:48&	00:09#	00:33&
60:01+	61:45+																								
02:11+	01:44+																								
00:48&	00:30&																								
<b>10</b>	<b>Svein Magne Gloppen</b>	<b>1884</b>	<b>1:02:17</b>																						
01:26+	03:28+	04:55+	07:55+	10:14+	12:22+	17:24+	19:01+	19:38+	20:41+	22:48+	23:36+	26:40+	29:05+	32:43+	35:23+	37:32+	42:04+	43:59+	46:12+	46:57+	50:25+	53:54+	55:52+	56:39+	58:25+
01:26+	02:02+	01:27+	03:00+	02:19+	02:08+	05:02+	01:37+	00:37+	01:03+	02:07+	00:48+	03:04+	02:25+	03:38+	02:40+	02:09+	04:32+	01:55+	02:13+	00:45+	03:28+	03:29+	01:58+	00:47+	01:46+
01:26+	02:02+	01:27+	03:00+	02:19+	02:08+	05:02+	01:37+	00:37+	01:03+	02:07+	00:48+	03:04+	02:25+	03:38+	02:40+	02:09+	04:32+	01:55+	02:13+	00:45+	03:28+	03:29+	01:58+	00:47+	01:46+
60:46+	62:17+																								
02:21+	01:31+																								
02:21+	01:31+																								
<b>11</b>	<b>Kjell Ove Aksland</b>	<b>882</b>	<b>1:03:08</b>																						
01:04+	02:18+	04:05+	06:57+	09:25+	11:07+	14:19+	15:48+	16:20+	17:18+	19:11+	19:54+	21:31+	24:14+	27:51+	30:21+	32:15+	36:46+	38:43+	40:59+	41:56+	53:30+	56:11+	57:11+	58:04+	59:37+
01:04+	01:14+	01:47+	02:52+	02:28+	01:42+	03:12+	01:29+	00:32+	00:58+	01:53+	00:43+	01:37+	02:43+	03:37+	02:30+	01:54+	04:31+	01:57+	02:16+	00:57+	11:34+	02:41+	01:00+	00:53+	01:33+
01:04+	01:14+	01:47+	02:52+	02:28+	01:42+	03:12+	01:29+	00:32+	00:58+	01:53+	00:43+	01:37+	02:43+	03:37+	02:30+	01:54+	04:31+	01:57+	02:16+	00:57+	11:34+	02:41+	01:00+	00:53+	01:33+
61:31+	63:08+																								
01:54+	01:37+																								
01:54+	01:37+																								
<b>12</b>	<b>Magnar Mathias Møller</b>	<b>769</b>	<b>1:03:42</b>																						
01:16+	02:21+	03:29+	06:18+	08:19+	09:44+	12:38+	13:56+	14:25+	15:20+	20:09+	21:05+	22:03+	24:37+	37:17+	38:56+	40:36+	45:00+	46:53+	49:42+	50:46+	52:50+	55:57+	57:58+	58:52+	60:25+
01:16+	01:05+	01:08+	02:49+	02:01+	01:25+	02:54+	01:18+	00:29+	00:55+	04:49+	00:56+	00:58+	02:34+	12:40+	01:39+	01:40+	04:24+	01:53+	02:49+	01:04+	02:04+	03:07+	02:01+	00:54+	01:33+
01:16+	01:05+	01:08+	02:49+	02:01+	01:25+	02:54+	01:18+	00:29+	00:55+	04:49+	00:56+	00:58+	02:34+	12:40+	01:39+	01:40+	04:24+	01:53+	02:49+	01:04+	02:04+	03:07+	02:01+	00:54+	01:33+
62:09+	63:42+																								
01:44+	01:33+																								
01:44+	01:33+																								
<b>13</b>	<b>John Carsten Sinnes</b>	<b>1884</b>	<b>1:17:20</b>																						
01:12+	02:28+	04:14+	07:29+	10:01+	11:53+	15:05+	16:42+	17:19+	18:20+	20:07+	20:45+	25:48+	28:44+	33:42+	35:21+	37:05+	42:08+	44:09+	52:14+	53:07+	58:46+	62:17+	63:21+	68:59+	71:25+
01:12+	01:16+	01:46+	03:15+	02:32+	01:52+	03:12+	01:37+	00:37+	01:01+	01:47+	00:38+	05:03+	02:56+	04:58+	01:39+	01:44+	05:03+	02:01+	08:05+	00:53+	05:39+	03:31+	01:04+	05:38+	02:26+
01:12+	01:16+	01:46+	03:15+	02:32+	01:52+	03:12+	01:37+	00:37+	01:01+	01:47+	00:38+	05:03+	02:56+	04:58+	01:39+	01:44+	05:03+	02:01+	08:05+	00:53+	05:39+	03:31+	01:04+	05:38+	02:26+
73:19+	77:20+																								
01:54+	04:01+																								
01:54+	04:01+																								
<b>14</b>	<b>John Lage Bergan</b>	<b>1683</b>	<b>1:18:18</b>																						
01:15+	02:37+	04:03+	06:49+	08:48+	10:23+	16:25+	19:10+	19:45+	20:45+	22:28+	23:10+	25:02+	33:14+	38:40+	48:38+	51:27+	55:57+	58:07+	62:57+	63:48+	65:54+	71:18+	72:28+	73:17+	74:53+
01:15+	01:22+	01:26+	02:46+	01:59+	01:35+	06:02+	02:45+	00:35+	01:00+	01:43+	00:42+	01:52+	08:12+	05:26+	09:58+	02:49+	04:30+	02:10+	04:50+	00:51+	02:06+	05:24+	01:10+	00:49+	01:36+
01:15+	01:22+	01:26+	02:46+	01:59+	01:35+	06:02+	02:45+	00:35+	01:00+	01:43+	00:42+	01:52+	08:12+	05:26+	09:58+	02:49+	04:30+	02:10+	04:50+	00:51+	02:06+	05:24+	01:10+	00:49+	01:36+
76:40+	78:18+																								
01:47+	01:38+																								
01:47+	01:38+																								

### Beste strekktid for klassen

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

## Herrer 65 - 69 år

<b>1</b>	<b>Otte Omdal</b>	<b>903</b>	<b>45:22</b>																						
00:49=	01:46=	02:49=	05:27=	08:24=	09:45=	12:18=	14:21=	14:51=	15:41=	17:05=	17:32=	18:32=	20:28=	24:36=	26:28=	28:28=	32:40=	34:10=	35:56=	36:50=	37:58=	40:00=	40:49=	41:27=	42:43=
00:49=	00:57=	01:03=	02:38=	02:57=	01:21=	02:33=	02:03=	00:30=	00:50=	01:24=	00:27=	01:00=	01:56=	04:08=	01:52=	02:00=	04:12=	01:30=	01:46=	00:54=	01:08=	02:02=	00:49=	00:38=	01:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
44:07=	45:22=																								
01:24=	01:15=																								
00:00=	00:00=																								

## Herrer 65 - 69 år

<b>2</b>	<b>Espen Krogh</b>	<b>793</b>	<b>48:01</b>																						
00:53+	02:04+	03:06+	05:24-	07:16-	08:51-	11:22-	12:34-	12:59-	13:47-	15:36-	16:04-	17:20-	19:58-	22:37-	26:21-	27:37-	31:21-	33:04-	34:28-	35:31-	39:25+	41:47+	42:47+	43:34+	44:54+
00:53+	01:11+	01:02-	02:18-	01:52-	01:35+	02:31-	01:12-	00:25-	00:48-	01:49+	00:28+	01:16+	02:38+	02:39-	03:44+	01:16-	03:44-	01:43+	01:24-	01:03+	03:54+	02:22+	01:00+	00:47+	01:20+
00:04+	00:14#	00:01-	00:20-	01:05-	00:14#	00:02-	00:51-	00:05-	00:02-	00:25#	00:01+	00:16#	00:42#	01:29-	01:52#	00:44-	00:28-	00:13#	00:22-	00:09#	02:46@	00:20#	00:11#	00:09#	00:04+
46:33+	48:01+																								
01:39+	01:28+																								
00:15#	00:13#																								
<b>3</b>	<b>Kjell Skjæveland</b>	<b>3515</b>	<b>56:03</b>																						
01:00+	02:09+	03:19+	06:10+	07:57+	09:40+	12:29+	13:55+	14:27+	15:29+	17:06+	17:47+	26:31+	28:36+	31:33+	33:08+	34:46+	39:28+	41:25+	43:05+	44:03+	45:40+	49:10+	50:22+	51:17+	52:50+
01:00+	01:09+	01:10+	02:51+	01:47+	01:43+	02:49+	01:26+	00:32+	01:02+	01:37+	00:41+	08:44+	02:05+	02:57+	01:35+	01:38+	04:42+	01:57+	01:40+	00:58+	01:37+	03:30+	01:12+	00:55+	01:33+
01:00+	01:09+	01:10+	02:51+	01:47+	01:43+	02:49+	01:26+	00:32+	01:02+	01:37+	00:41+	08:44+	02:05+	02:57+	01:35+	01:38+	04:42+	01:57+	01:40+	00:58+	01:37+	03:30+	01:12+	00:55+	01:33+
54:30+	56:03+																								
01:40+	01:33+																								
01:40+	01:33+																								
<b>4</b>	<b>Tor Geir Espedal</b>	<b>3530</b>	<b>56:07</b>																						
01:08+	02:50+	04:06+	07:42+	10:09+	11:51+	14:53+	16:25+	16:55+	17:53+	19:38+	20:12+	21:44+	24:32+	27:40+	30:40+	32:32+	38:05+	39:43+	42:31+	43:38+	45:14+	48:15+	49:29+	50:26+	52:10+
01:08+	01:42+	01:16+	03:36+	02:27+	01:42+	03:02+	01:32+	00:30+	00:58+	01:45+	00:34+	01:32+	02:48+	03:08+	03:00+	01:52+	05:33+	01:38+	02:48+	01:07+	01:36+	03:01+	01:14+	00:57+	01:44+
01:08+	01:42+	01:16+	03:36+	02:27+	01:42+	03:02+	01:32+	00:30+	00:58+	01:45+	00:34+	01:32+	02:48+	03:08+	03:00+	01:52+	05:33+	01:38+	02:48+	01:07+	01:36+	03:01+	01:14+	00:57+	01:44+
54:14+	56:07+																								
02:04+	01:53+																								
02:04+	01:53+																								
<b>5</b>	<b>Olav Tunheim</b>	<b>1884</b>	<b>56:12</b>																						
01:15+	02:26+	03:43+	07:18+	09:39+	11:16+	14:30+	16:04+	16:36+	17:30+	19:10+	19:58+	21:39+	24:37+	29:06+	31:29+	33:18+	39:08+	40:59+	43:02+	44:19+	46:20+	49:27+	50:32+	51:26+	52:57+
01:15+	01:11+	01:17+	03:35+	02:21+	01:37+	03:14+	01:34+	00:32+	00:54+	01:40+	00:48+	01:41+	02:58+	04:29+	02:23+	01:49+	05:50+	01:51+	02:03+	01:17+	02:01+	03:07+	01:05+	00:54+	01:31+
01:15+	01:11+	01:17+	03:35+	02:21+	01:37+	03:14+	01:34+	00:32+	00:54+	01:40+	00:48+	01:41+	02:58+	04:29+	02:23+	01:49+	05:50+	01:51+	02:03+	01:17+	02:01+	03:07+	01:05+	00:54+	01:31+
54:37+	56:12+																								
01:40+	01:35+																								
01:40+	01:35+																								
<b>6</b>	<b>Hans Erik Terjesen</b>	<b>1683</b>	<b>1:03:05</b>																						
01:00+	02:11+	03:32+	07:19+	10:04+	11:47+	15:01+	17:19+	17:52+	18:48+	20:46+	21:26+	22:51+	25:54+	29:47+	31:39+	33:49+	40:11+	41:58+	49:11+	50:15+	52:22+	55:17+	56:10+	57:02+	58:49+
01:00+	01:11+	01:21+	03:47+	02:45+	01:43+	03:14+	02:18+	00:33+	00:56+	01:58+	00:40+	01:25+	03:03+	03:53+	01:52+	02:10+	06:22+	01:47+	07:13+	01:04+	02:07+	02:55+	00:53+	00:52+	01:47+
01:00+	01:11+	01:21+	03:47+	02:45+	01:43+	03:14+	02:18+	00:33+	00:56+	01:58+	00:40+	01:25+	03:03+	03:53+	01:52+	02:10+	06:22+	01:47+	07:13+	01:04+	02:07+	02:55+	00:53+	00:52+	01:47+
60:52+	63:05+																								
02:03+	02:13+																								
02:03+	02:13+																								
<b>7</b>	<b>Tore Karlsen</b>	<b>722</b>	<b>1:07:39</b>																						
01:33+	02:50+	04:58+	07:55+	09:41+	11:34+	15:00+	16:42+	17:20+	18:22+	20:22+	21:09+	23:11+	26:35+	32:13+	34:51+	38:30+	44:06+	46:18+	51:00+	52:28+	54:09+	58:05+	59:36+	60:40+	62:35+
01:33+	01:17+	02:08+	02:57+	01:46+	01:53+	03:26+	01:42+	00:38+	01:02+	02:00+	00:47+	02:02+	03:24+	05:38+	02:38+	03:39+	05:36+	02:12+	04:42+	01:28+	01:41+	03:56+	01:31+	01:04+	01:55+
01:33+	01:17+	02:08+	02:57+	01:46+	01:53+	03:26+	01:42+	00:38+	01:02+	02:00+	00:47+	02:02+	03:24+	05:38+	02:38+	03:39+	05:36+	02:12+	04:42+	01:28+	01:41+	03:56+	01:31+	01:04+	01:55+
64:51+	67:39+																								
02:16+	02:48+																								
02:16+	02:48+																								
<b>8</b>	<b>Jan Arendal</b>	<b>1683</b>	<b>1:10:22</b>																						
01:31+	02:56+	04:20+	07:40+	09:28+	11:23+	14:56+	16:38+	17:17+	18:28+	20:30+	21:18+	23:09+	26:39+	32:03+	34:57+	40:39+	46:39+	49:26+	52:19+	53:43+	56:10+	61:10+	62:26+	63:35+	65:41+
01:31+	01:25+	01:24+	03:20+	01:48+	01:55+	03:33+	01:42+	00:39+	01:11+	02:02+	00:48+	01:51+	03:30+	05:24+	02:54+	05:42+	06:00+	02:47+	02:53+	01:24+	02:27+	05:00+	01:16+	01:09+	02:06+
01:31+	01:25+	01:24+	03:20+	01:48+	01:55+	03:33+	01:42+	00:39+	01:11+	02:02+	00:48+	01:51+	03:30+	05:24+	02:54+	05:42+	06:00+	02:47+	02:53+	01:24+	02:27+	05:00+	01:16+	01:09+	02:06+
67:58+	70:22+																								
02:17+	02:24+																								
02:17+	02:24+																								
<b>9</b>	<b>Rolf Kleppe</b>	<b>3524</b>	<b>1:26:08</b>																						
02:15+	04:07+	06:09+	10:01+	13:19+	15:46+	21:02+	23:05+	23:47+	25:08+	27:33+	28:15+	30:05+	34:14+	38:43+	41:08+	43:43+	50:22+	62:45+	64:44+	66:07+	71:28+	75:41+	77:34+	78:43+	81:18+
02:15+	01:52+	02:02+	03:52+	03:18+	02:27+	05:16+	02:03+	00:42+	01:21+	02:25+	00:42+	01:50+	04:09+	04:29+	02:25+	02:35+	06:39+	12:23+	01:59+	01:23+	05:21+	04:13+	01:53+	01:09+	02:35+
02:15+	01:52+	02:02+	03:52+	03:18+	02:27+	05:16+	02:03+	00:42+	01:21+	02:25+	00:42+	01:50+	04:09+	04:29+	02:25+	02:35+	06:39+	12:23+	01:59+	01:23+	05:21+	04:13+	01:53+	01:09+	02:35+
83:53+	86:08+																								
02:35+	02:15+																								
02:35+	02:15+																								

## Herrer 65 - 69 år

10	Arnstein Skretting	3529	1:28:56																						
01:25+	02:57+	05:00+	08:40+	10:23+	12:22+	16:10+	17:51+	18:24+	19:43+	21:36+	22:06+	23:27+	31:26+	38:41+	48:35+	50:51+	64:22+	66:21+	72:09+	73:20+	75:59+	79:49+	81:02+	82:31+	84:33+
01:25+	01:32+	02:03+	03:40+	01:43+	01:59+	03:48+	01:41+	00:33+	01:19+	01:53+	00:30+	01:21+	07:59+	07:15+	09:54+	02:16+	13:31+	01:59+	05:48+	01:11+	02:39+	03:50+	01:13+	01:29+	02:02+
01:25+	01:32+	02:03+	03:40+	01:43+	01:59+	03:48+	01:41+	00:33+	01:19+	01:53+	00:30+	01:21+	07:59+	07:15+	09:54+	02:16+	13:31+	01:59+	05:48+	01:11+	02:39+	03:50+	01:13+	01:29+	02:02+
87:07+	88:56+																								
02:34+	01:49+																								
02:34+	01:49+																								

11	Asgeir Kleppa	3511	2:10:32																						
01:27+	03:04+	04:21+	07:57+	10:06+	12:17+	15:48+	17:38+	18:11+	19:19+	21:20+	27:56+	33:29+	54:36+	58:07+	60:23+	63:07+	69:38+	71:44+	95:08+	96:37+	98:20+	114:18+	115:39+	122:17+	125:56+
01:27+	01:37+	01:17+	03:36+	02:09+	02:11+	03:31+	01:50+	00:33+	01:08+	02:01+	06:36+	05:33+	21:07+	03:31+	02:16+	02:44+	06:31+	02:06+	23:24+	01:29+	01:43+	15:58+	01:21+	06:38+	03:39+
01:27+	01:37+	01:17+	03:36+	02:09+	02:11+	03:31+	01:50+	00:33+	01:08+	02:01+	06:36+	05:33+	21:07+	03:31+	02:16+	02:44+	06:31+	02:06+	23:24+	01:29+	01:43+	15:58+	01:21+	06:38+	03:39+
128:19+	130:32+																								
02:23+	02:13+																								
02:23+	02:13+																								

### Beste strekktid for klassen

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

## Herrer 70 - 74 år

1	Arne Kristian Espedal	874	40:04																						
00:53=	02:19=	03:14=	05:24=	07:24=	08:38=	10:49=	11:50=	12:18=	13:03=	14:08=	14:33=	15:34=	17:31=	21:18=	22:20=	24:03=	28:01=	29:16=	30:41=	31:35=	32:48=	34:55=	35:45=	36:22=	37:23=
00:53=	01:26=	00:55=	02:10=	02:00=	01:14=	02:11=	01:01=	00:28=	00:45=	01:05=	00:25=	01:01=	01:57=	03:47=	01:02=	01:43=	03:58=	01:15=	01:25=	00:54=	01:13=	02:07=	00:50=	00:37=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
38:40=	40:04=																								
01:17=	01:24=																								
00:00=	00:00=																								

2	Bjørn Martin Alsaker	3530	41:05																						
01:06+	02:06-	03:07-	05:34+	06:58-	08:42+	11:11+	12:31+	13:01+	13:51+	15:18+	15:46+	16:53+	18:58+	21:45+	23:07+	24:29+	28:30+	29:56+	31:19+	32:06+	33:12+	35:35+	36:20+	37:00+	38:27+
01:06+	01:00-	01:01+	02:27+	01:24-	01:44+	02:29+	01:20+	00:30+	00:50+	01:27+	00:28+	01:07+	02:05+	02:47-	01:22+	01:22-	04:01+	01:26+	01:23-	00:47-	01:06-	02:23+	00:45-	00:40+	01:27+
00:13#	00:26-	00:06#	00:17#	00:36-	00:30#	00:18#	00:19#	00:02+	00:05#	00:22#	00:03#	00:06+	00:08+	01:00-	00:20#	00:21-	00:03+	00:11#	00:02-	00:07-	00:07-	00:16#	00:05-	00:03+	00:26#
39:51+	41:05+																								
01:24+	01:14-																								
00:07+	00:10-																								

3	Harry Breiland	3507	44:27																						
01:12+	04:50+	05:54+	08:36+	10:11+	11:31+	14:27+	15:46+	16:19+	17:10+	18:18+	18:42+	19:42+	21:42+	24:38+	26:40+	28:14+	32:14+	33:27+	34:56+	35:39+	36:58+	38:56+	39:49+	40:35+	41:41+
01:12+	03:38+	01:04+	02:42+	01:35-	01:20+	02:56+	01:19+	00:33+	00:51+	01:08+	00:24-	01:00-	02:00+	02:56-	02:02+	01:34-	04:00+	01:13-	01:29+	00:43-	01:19+	01:58-	00:53+	00:46+	01:06+
00:19#	02:12#	00:09#	00:32#	00:25-	00:06+	00:45#	00:18#	00:05#	00:06#	00:03+	00:01-	00:01-	00:03+	00:51-	01:00#	00:09-	00:02+	00:02-	00:04+	00:11-	00:06+	00:09-	00:03+	00:09#	00:05+
42:59+	44:27+																								
01:18+	01:28+																								
00:01+	00:04+																								

4	Svein Berge	643	48:07																						
01:19+	02:28+	03:39+	06:17+	07:46+	09:08+	11:43+	13:25+	13:52+	14:40+	16:04+	16:31+	19:31+	21:33+	25:25+	28:00+	29:36+	33:32+	35:21+	36:44+	37:27+	38:45+	41:13+	42:47+	43:54+	44:56+
01:19+	01:09-	01:11+	02:38+	01:29-	01:22+	02:35+	01:42+	00:27-	00:48+	01:24+	00:27+	03:00+	02:02+	03:52+	02:35+	01:36-	03:56-	01:49+	01:23-	00:43-	01:18+	02:28+	01:34+	01:07+	01:02+
00:26#	00:17-	00:16#	00:28#	00:31-	00:08#	00:24#	00:41#	00:01-	00:03+	00:19#	00:02+	01:59#	00:05+	00:05+	01:33#	00:07-	00:02-	00:34#	00:02-	00:11-	00:05+	00:21#	00:44#	00:30#	00:01+
46:36+	48:07+																								
01:40+	01:31+																								
00:23#	00:07+																								

5	Ragnvald Frøyland	879	54:21																						
01:13+	02:26+	03:39+	06:27+	08:09+	09:40+	12:33+	14:05+	14:34+	15:34+	17:11+	17:48+	19:13+	21:54+	26:20+	28:21+	30:29+	36:02+	37:34+	39:25+	40:19+	44:17+	47:01+	47:58+	48:58+	50:51+
01:13+	01:13-	01:13+	02:48+	01:42-	01:31+	02:53+	01:32+	00:29+	01:00+	01:37+	00:37+	01:25+	02:41+	04:26+	02:01+	02:08+	05:33+	01:32+	01:51+	00:54=	03:58+	02:44+	00:57+	01:00+	01:53+
00:20#	00:13-	00:18#	00:38#	00:18-	00:17#	00:42#	00:31#	00:01+	00:15#	00:32#	00:12#	00:24#	00:44#	00:39#	00:59#	00:25#	01:35#	00:17#	00:26#	00:00=	02:45#	00:37#	00:07#	00:23#	00:52#
52:34+	54:21+																								
01:43+	01:47+																								
00:26#	00:23#																								

Class	Navn	Klasse	Tid
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## Herrer 70 - 74 år

<b>6</b>	<b>Gunnar Sakseid</b>	<b>1683</b>	<b>54:48</b>																						
01:21+	02:25+	03:27+	06:18+	07:57+	09:29+	12:20+	13:51+	14:20+	15:12+	16:45+	17:18+	18:31+	21:07+	24:16+	26:08+	28:28+	33:13+	34:47+	36:20+	37:08+	39:16+	43:10+	43:46+	44:58+	45:45+
01:21+	01:04-	01:02+	02:51+	01:39-	01:32+	02:51+	01:31+	00:29+	00:52+	01:33+	00:33+	01:13+	02:36+	03:09-	01:52+	02:20+	04:45+	01:34+	01:33+	00:48-	02:08+	03:54+	00:36-	01:12+	00:47-
00:28&	00:22-	00:07#	00:41&	00:21-	00:18#	00:40&	00:30&	00:01+	00:07#	00:28&	00:08&	00:12#	00:39&	00:38-	00:50&	00:37&	00:47#	00:19&	00:08+	00:06-	00:55&	01:47&	00:14-	00:35&	00:14-
46:26+	47:52+	49:33+	54:48+	00:41-	01:26+	01:41+	05:15+	00:36-	00:02+	01:41+	05:15+														
<b>7</b>	<b>Jan Hetland</b>	<b>3502</b>	<b>56:25</b>																						
00:57+	02:15+	03:41+	06:35+	09:09+	10:37+	13:24+	14:40+	15:08+	16:06+	17:37+	18:07+	24:39+	27:41+	31:14+	32:47+	34:36+	39:30+	41:05+	43:15+	44:25+	46:33+	49:10+	50:41+	51:36+	53:07+
00:57+	01:18+	01:26+	02:54+	02:34+	01:28+	02:47+	01:16+	00:28+	00:58+	01:31+	00:30+	06:32+	03:02+	03:33+	01:33+	01:49+	04:54+	01:35+	02:10+	01:10+	02:08+	02:37+	01:31+	00:55+	01:31+
00:57+	01:18+	01:26+	02:54+	02:34+	01:28+	02:47+	01:16+	00:28+	00:58+	01:31+	00:30+	06:32+	03:02+	03:33+	01:33+	01:49+	04:54+	01:35+	02:10+	01:10+	02:08+	02:37+	01:31+	00:55+	01:31+
54:55+	56:25+																								
01:48+	01:30+																								
01:48+	01:30+																								
<b>8</b>	<b>Bjarne Gimre</b>	<b>1830</b>	<b>57:29</b>																						
01:12+	02:35+	04:12+	09:34+	11:26+	13:09+	16:15+	17:40+	18:13+	19:22+	21:05+	21:38+	24:15+	26:47+	30:44+	33:02+	34:47+	40:11+	41:42+	43:52+	44:41+	46:04+	49:28+	50:38+	51:32+	53:16+
01:12+	01:23+	01:37+	05:22+	01:52+	01:43+	03:06+	01:25+	00:33+	01:09+	01:43+	00:33+	02:37+	02:32+	03:57+	02:18+	01:45+	05:24+	01:31+	02:10+	00:49+	01:23+	03:24+	01:10+	00:54+	01:44+
01:12+	01:23+	01:37+	05:22+	01:52+	01:43+	03:06+	01:25+	00:33+	01:09+	01:43+	00:33+	02:37+	02:32+	03:57+	02:18+	01:45+	05:24+	01:31+	02:10+	00:49+	01:23+	03:24+	01:10+	00:54+	01:44+
55:29+	57:29+																								
02:13+	02:00+																								
02:13+	02:00+																								
<b>9</b>	<b>Jan Inge Lunde</b>	<b>1830</b>	<b>59:35</b>																						
01:09+	02:50+	04:16+	07:35+	10:37+	12:16+	16:25+	19:34+	20:08+	21:15+	23:03+	23:33+	26:19+	28:52+	32:43+	34:52+	36:46+	42:14+	43:47+	45:56+	46:45+	48:09+	51:21+	52:45+	53:41+	55:23+
01:09+	01:41+	01:26+	03:19+	03:02+	01:39+	04:09+	03:09+	00:34+	01:07+	01:48+	00:30+	02:46+	02:33+	03:51+	02:09+	01:54+	05:28+	01:33+	02:09+	00:49+	01:24+	03:12+	01:24+	00:56+	01:42+
01:09+	01:41+	01:26+	03:19+	03:02+	01:39+	04:09+	03:09+	00:34+	01:07+	01:48+	00:30+	02:46+	02:33+	03:51+	02:09+	01:54+	05:28+	01:33+	02:09+	00:49+	01:24+	03:12+	01:24+	00:56+	01:42+
57:35+	59:35+																								
02:12+	02:00+																								
02:12+	02:00+																								
<b>10</b>	<b>Per Marthon Mæland</b>	<b>880</b>	<b>1:03:20</b>																						
01:24+	03:14+	04:40+	07:50+	10:11+	11:49+	15:42+	17:23+	17:59+	18:59+	21:09+	21:52+	23:33+	29:00+	32:21+	34:46+	36:28+	41:57+	43:52+	48:38+	49:41+	51:30+	54:59+	56:14+	57:18+	59:22+
01:24+	01:50+	01:26+	03:10+	02:21+	01:38+	03:53+	01:41+	00:36+	01:00+	02:10+	00:43+	01:41+	05:27+	03:21+	02:25+	01:42+	05:29+	01:55+	04:46+	01:03+	01:49+	03:29+	01:15+	01:04+	02:04+
01:24+	01:50+	01:26+	03:10+	02:21+	01:38+	03:53+	01:41+	00:36+	01:00+	02:10+	00:43+	01:41+	05:27+	03:21+	02:25+	01:42+	05:29+	01:55+	04:46+	01:03+	01:49+	03:29+	01:15+	01:04+	02:04+
61:15+	63:20+																								
01:53+	02:05+																								
01:53+	02:05+																								
<b>11</b>	<b>Kjell Ivar Skjørestad</b>	<b>892</b>	<b>1:04:07</b>																						
01:48+	03:16+	04:41+	07:44+	10:33+	12:27+	18:28+	20:17+	20:56+	21:58+	23:31+	24:10+	26:00+	29:15+	32:58+	35:49+	37:28+	42:17+	43:49+	46:01+	46:50+	48:46+	53:21+	55:46+	56:33+	58:22+
01:48+	01:28+	01:25+	03:03+	02:49+	01:54+	06:01+	01:49+	00:39+	01:02+	01:33+	00:39+	01:50+	03:15+	03:43+	02:51+	01:39+	04:49+	01:32+	02:12+	00:49+	01:56+	04:35+	02:25+	00:47+	01:49+
01:48+	01:28+	01:25+	03:03+	02:49+	01:54+	06:01+	01:49+	00:39+	01:02+	01:33+	00:39+	01:50+	03:15+	03:43+	02:51+	01:39+	04:49+	01:32+	02:12+	00:49+	01:56+	04:35+	02:25+	00:47+	01:49+
60:51+	64:07+																								
02:29+	03:16+																								
02:29+	03:16+																								
<b>12</b>	<b>Bjørn Bjelland</b>	<b>3541</b>	<b>1:04:35</b>																						
01:13+	03:04+	04:32+	07:45+	10:22+	13:48+	17:35+	19:22+	19:57+	21:00+	23:01+	23:38+	25:02+	28:04+	32:03+	33:45+	36:04+	41:59+	43:36+	51:19+	52:26+	54:26+	57:23+	58:28+	59:26+	61:16+
01:13+	01:51+	01:28+	03:13+	02:37+	03:26+	03:47+	01:47+	00:35+	01:03+	02:01+	00:37+	01:24+	03:02+	03:59+	01:42+	02:19+	05:55+	01:37+	07:43+	01:07+	02:00+	02:57+	01:05+	00:58+	01:50+
01:13+	01:51+	01:28+	03:13+	02:37+	03:26+	03:47+	01:47+	00:35+	01:03+	02:01+	00:37+	01:24+	03:02+	03:59+	01:42+	02:19+	05:55+	01:37+	07:43+	01:07+	02:00+	02:57+	01:05+	00:58+	01:50+
62:46+	64:35+																								
01:30+	01:49+																								
01:30+	01:49+																								
<b>13</b>	<b>Eivind Lars Rake</b>	<b>892</b>	<b>1:04:53</b>																						
01:21+	03:01+	04:17+	07:35+	09:14+	10:59+	14:22+	15:57+	16:36+	17:50+	20:28+	21:09+	22:59+	26:11+	30:25+	33:15+	35:17+	42:07+	44:27+	47:01+	48:01+	50:16+	56:13+	57:28+	58:39+	60:41+
01:21+	01:40+	01:16+	03:18+	01:39+	01:45+	03:23+	01:35+	00:39+	01:14+	02:38+	00:41+	01:50+	03:12+	04:14+	02:50+	02:02+	06:50+	02:20+	02:34+	01:00+	02:15+	05:57+	01:15+	01:11+	02:02+
01:21+	01:40+	01:16+	03:18+	01:39+	01:45+	03:23+	01:35+	00:39+	01:14+	02:38+	00:41+	01:50+	03:12+	04:14+	02:50+	02:02+	06:50+	02:20+	02:34+	01:00+	02:15+	05:57+	01:15+	01:11+	02:02+
62:47+	64:53+																								
02:06+	02:06+																								
02:06+	02:06+																								

Class	Navn	Klasse	Tid
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## Herrer 70 - 74 år

<b>14</b>	<b>Tom Hetland</b>	<b>880</b>	<b>1:06:19</b>																						
01:03+	02:30+	03:55+	06:47+	08:27+	10:01+	13:06+	14:47+	15:21+	16:21+	18:11+	18:46+	20:46+	32:17+	36:23+	38:29+	40:32+	46:14+	48:11+	50:50+	51:55+	54:01+	58:34+	60:02+	61:00+	62:55+
01:03+	01:27+	01:25+	02:52+	01:40+	01:34+	03:05+	01:41+	00:34+	01:00+	01:50+	00:35+	02:00+	11:31+	04:06+	02:06+	02:03+	05:42+	01:57+	02:39+	01:05+	02:06+	04:33+	01:28+	00:58+	01:55+
01:03+	01:27+	01:25+	02:52+	01:40+	01:34+	03:05+	01:41+	00:34+	01:00+	01:50+	00:35+	02:00+	11:31+	04:06+	02:06+	02:03+	05:42+	01:57+	02:39+	01:05+	02:06+	04:33+	01:28+	00:58+	01:55+
64:39+	66:19+																								
01:44+	01:40+																								
01:44+	01:40+																								
<b>15</b>	<b>Kjell-Ingvar Olsen</b>	<b>1119</b>	<b>1:07:07</b>																						
01:25+	04:23+	05:59+	09:26+	12:00+	13:54+	18:07+	20:21+	21:00+	22:13+	24:20+	25:00+	27:37+	30:22+	33:55+	36:42+	38:55+	45:12+	47:42+	49:41+	51:09+	54:05+	57:35+	59:22+	60:44+	62:41+
01:25+	02:58+	01:36+	03:27+	02:34+	01:54+	04:13+	02:14+	00:39+	01:13+	02:07+	00:40+	02:37+	02:45+	03:33+	02:47+	02:13+	06:17+	02:30+	01:59+	01:28+	02:56+	03:30+	01:47+	01:22+	01:57+
01:25+	02:58+	01:36+	03:27+	02:34+	01:54+	04:13+	02:14+	00:39+	01:13+	02:07+	00:40+	02:37+	02:45+	03:33+	02:47+	02:13+	06:17+	02:30+	01:59+	01:28+	02:56+	03:30+	01:47+	01:22+	01:57+
64:59+	67:07+																								
02:18+	02:08+																								
02:18+	02:08+																								
<b>16</b>	<b>Arne Magne Handeland</b>	<b>892</b>	<b>1:08:29</b>																						
01:20+	03:00+	04:33+	07:40+	09:41+	11:37+	14:57+	19:06+	19:37+	20:43+	22:28+	23:09+	25:04+	28:47+	32:33+	35:28+	37:33+	43:22+	47:18+	53:02+	53:55+	56:19+	60:16+	61:29+	62:31+	64:27+
01:20+	01:40+	01:33+	03:07+	02:01+	01:56+	03:20+	04:09+	00:31+	01:06+	01:45+	00:41+	01:55+	03:43+	03:46+	02:55+	02:05+	05:49+	03:56+	05:44+	00:53+	02:24+	03:57+	01:13+	01:02+	01:56+
01:20+	01:40+	01:33+	03:07+	02:01+	01:56+	03:20+	04:09+	00:31+	01:06+	01:45+	00:41+	01:55+	03:43+	03:46+	02:55+	02:05+	05:49+	03:56+	05:44+	00:53+	02:24+	03:57+	01:13+	01:02+	01:56+
66:24+	68:29+																								
01:57+	02:05+																								
01:57+	02:05+																								
<b>17</b>	<b>Svein Ims</b>	<b>903</b>	<b>1:11:49</b>																						
02:02+	03:40+	05:15+	08:25+	10:20+	12:09+	16:38+	18:30+	19:33+	20:37+	22:36+	23:22+	25:01+	28:21+	40:52+	43:04+	44:45+	50:00+	52:09+	56:06+	57:18+	59:27+	62:56+	64:04+	65:07+	67:24+
02:02+	01:38+	01:35+	03:10+	01:55+	01:49+	04:29+	01:52+	01:03+	01:04+	01:59+	00:46+	01:39+	03:20+	12:31+	02:12+	01:41+	05:15+	02:09+	03:57+	01:12+	02:09+	03:29+	01:08+	01:03+	02:17+
02:02+	01:38+	01:35+	03:10+	01:55+	01:49+	04:29+	01:52+	01:03+	01:04+	01:59+	00:46+	01:39+	03:20+	12:31+	02:12+	01:41+	05:15+	02:09+	03:57+	01:12+	02:09+	03:29+	01:08+	01:03+	02:17+
70:01+	71:49+																								
02:37+	01:48+																								
02:37+	01:48+																								
<b>18</b>	<b>Tore Romon Tvedt</b>	<b>3518</b>	<b>1:13:34</b>																						
01:26+	03:34+	05:05+	09:38+	16:54+	18:41+	22:00+	24:02+	24:44+	25:58+	27:56+	28:38+	30:47+	34:09+	38:44+	40:39+	42:24+	49:17+	51:44+	55:14+	56:01+	57:45+	64:17+	65:43+	66:57+	68:59+
01:26+	02:08+	01:31+	04:33+	07:16+	01:47+	03:19+	02:02+	00:42+	01:14+	01:58+	00:42+	02:09+	03:22+	04:35+	01:55+	01:45+	06:53+	02:27+	03:30+	00:47+	01:44+	06:32+	01:26+	01:14+	02:02+
01:26+	02:08+	01:31+	04:33+	07:16+	01:47+	03:19+	02:02+	00:42+	01:14+	01:58+	00:42+	02:09+	03:22+	04:35+	01:55+	01:45+	06:53+	02:27+	03:30+	00:47+	01:44+	06:32+	01:26+	01:14+	02:02+
71:24+	73:34+																								
02:25+	02:10+																								
02:25+	02:10+																								
<b>19</b>	<b>Olav Habbestad</b>	<b>1683</b>	<b>1:16:56</b>																						
01:08+	02:38+	03:53+	07:12+	09:35+	11:16+	15:26+	17:23+	17:59+	19:00+	20:38+	21:26+	24:12+	27:16+	40:44+	42:40+	44:41+	53:47+	55:21+	60:06+	61:00+	63:03+	66:09+	68:19+	70:22+	72:08+
01:08+	01:30+	01:15+	03:19+	02:23+	01:41+	04:10+	01:57+	00:36+	01:01+	01:38+	00:48+	02:46+	03:04+	13:28+	01:56+	02:01+	09:06+	01:34+	04:45+	00:54+	02:03+	03:06+	02:10+	02:03+	01:46+
01:08+	01:30+	01:15+	03:19+	02:23+	01:41+	04:10+	01:57+	00:36+	01:01+	01:38+	00:48+	02:46+	03:04+	13:28+	01:56+	02:01+	09:06+	01:34+	04:45+	00:54+	02:03+	03:06+	02:10+	02:03+	01:46+
74:14+	76:56+																								
02:06+	02:42+																								
02:06+	02:42+																								

### Beste strekktid for klassen

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

## Herrer 75 - 79 år

<b>1</b>	<b>Knut Skjæveland</b>	<b>1884</b>	<b>44:34</b>																					
00:32=	01:59=	04:06=	05:09=	06:37=	08:25=	09:40=	12:47=	14:20=	14:53=	15:56=	16:51=	18:47=	19:47=	22:27=	23:44=	24:34=	30:28=	32:27=	34:26=	37:48=	39:19=	40:51=	42:39=	44:34=
00:32=	01:27=	02:07=	01:03=	01:28=	01:48=	01:15=	03:07=	01:33=	00:33=	01:03=	00:55=	01:56=	01:00=	02:40=	01:17=	00:50=	05:54=	01:59=	01:59=	03:22=	01:31=	01:32=	01:48=	01:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Finn-Morten Årstad</b>	<b>3530</b>	<b>44:52</b>																					
00:34+	02:00+	03:20-	04:24-	06:20-	08:25=	09:32-	12:50+	14:33+	15:07+	16:15+	17:13+	19:18+	20:40+	23:18+	24:45+	25:43+	30:10-	31:45-	33:04-	36:27-	39:35+	41:13+	43:09+	44:52+
00:34+	01:26-	01:20-	01:04+	01:56+	02:05+	01:07-	03:18+	01:43+	00:34+	01:08+	00:58+	02:05+	01:22+	02:38-	01:27+	00:58+	04:27-	01:35-	01:19-	03:23+	03:08+	01:38+	01:56+	01:43-
00:02+	00:01-	00:47-	00:01+	00:28&	00:17#	00:08-	00:11+	00:10#	00:01+	00:05+	00:03+	00:09+	00:22&	00:02-	00:10#	00:08#	01:27-	00:24-	00:40-	00:01+	01:37@	00:06+	00:08+	00:12-

### Herrer 75 - 79 år

<b>3</b>	<b>Hermann Skogsholm</b>	<b>1754</b>	<b>46:03</b>																					
00:51+	02:21+	03:49-	05:29+	06:54+	08:39+	09:37-	13:06+	14:55+	15:24+	16:30+	17:31+	19:48+	21:44+	24:03+	25:15+	26:18+	30:50+	33:11+	35:10+	39:02+	40:36+	42:19+	44:14+	46:03+
00:51+	01:30+	01:28-	01:40+	01:25-	01:45-	00:58-	03:29+	01:49+	00:29-	01:06+	01:01+	02:17+	01:56+	02:19-	01:12-	01:03+	04:32-	02:21+	01:59-	03:52+	01:34+	01:43+	01:55+	01:49-
00:19&	00:03+	00:39-	00:39-	00:03-	00:03-	00:17-	00:22#	00:16#	00:04-	00:03+	00:06#	00:21#	00:56&	00:21-	00:05-	00:13&	01:22-	00:22#	00:00=	00:30#	00:03+	00:11#	00:07+	00:06-

<b>4</b>	<b>Jostein Tunheim</b>	<b>1683</b>	<b>46:25</b>																					
00:49+	02:16+	03:40+	04:37+	05:59+	07:35+	08:30+	12:06+	13:34+	14:08+	15:03+	16:03+	18:08+	20:53+	25:38+	26:42+	27:32+	33:21+	35:01+	36:22+	39:19+	40:46+	42:15+	44:40+	46:25+
00:49+	01:27+	01:24+	00:57+	01:22+	01:36+	00:55+	03:36+	01:28+	00:34+	00:55+	01:00+	02:05+	02:45+	04:45+	01:04+	00:50+	05:49+	01:40+	01:21+	02:57+	01:27+	01:29+	02:25+	01:45+
00:49+	01:27+	01:24+	00:57+	01:22+	01:36+	00:55+	03:36+	01:28+	00:34+	00:55+	01:00+	02:05+	02:45+	04:45+	01:04+	00:50+	05:49+	01:40+	01:21+	02:57+	01:27+	01:29+	02:25+	01:45+

<b>5</b>	<b>Leif Gunnar Wikene</b>	<b>1832</b>	<b>47:28</b>																					
00:44+	02:15+	03:51+	04:56+	06:28+	08:22+	09:28+	13:28+	15:33+	16:12+	17:23+	18:31+	20:52+	22:13+	25:37+	26:27+	27:18+	33:04+	34:42+	36:57+	40:24+	41:32+	43:21+	45:17+	47:28+
00:44+	01:31+	01:35+	01:05+	01:32+	01:54+	01:06+	04:00+	02:05+	00:39+	01:11+	01:08+	02:21+	01:21+	03:24+	00:50+	00:51+	05:46+	01:38+	02:15+	03:27+	01:08+	01:49+	01:56+	02:11+
00:44+	01:31+	01:36+	01:05+	01:32+	01:54+	01:06+	04:00+	02:05+	00:39+	01:11+	01:08+	02:21+	01:21+	03:24+	00:50+	00:51+	05:46+	01:38+	02:15+	03:27+	01:08+	01:49+	01:56+	02:11+

<b>6</b>	<b>Kjell Svihus</b>	<b>892</b>	<b>48:20</b>																					
00:42+	02:13+	03:48+	05:02+	06:30+	08:38+	09:45+	14:45+	16:27+	17:05+	18:19+	19:25+	21:48+	23:04+	26:28+	27:15+	28:09+	33:41+	35:32+	37:48+	41:16+	42:22+	44:15+	46:15+	48:20+
00:42+	01:31+	01:35+	01:14+	01:28+	02:08+	01:07+	05:00+	01:42+	00:38+	01:14+	01:06+	02:23+	01:16+	03:24+	00:47+	00:54+	05:32+	01:51+	02:16+	03:28+	01:06+	01:53+	02:00+	02:05+
00:42+	01:31+	01:35+	01:14+	01:28+	02:08+	01:07+	05:00+	01:42+	00:38+	01:14+	01:06+	02:23+	01:16+	03:24+	00:47+	00:54+	05:32+	01:51+	02:16+	03:28+	01:06+	01:53+	02:00+	02:05+

<b>7</b>	<b>Hilmar Røthing</b>	<b>879</b>	<b>48:37</b>																					
01:42+	03:00+	04:18+	05:32+	06:43+	08:51+	09:43+	13:13+	14:31+	15:06+	16:05+	17:03+	19:00+	23:43+	27:05+	28:00+	28:48+	33:05+	35:20+	37:58+	41:07+	42:23+	43:53+	45:37+	48:37+
01:42+	01:18+	01:18+	01:14+	01:11+	02:08+	00:52+	03:30+	01:18+	00:35+	00:59+	00:58+	01:57+	04:43+	03:22+	00:55+	00:48+	04:17+	02:15+	02:38+	03:09+	01:16+	01:30+	01:44+	03:00+
01:42+	01:18+	01:18+	01:14+	01:11+	02:08+	00:52+	03:30+	01:18+	00:35+	00:59+	00:58+	01:57+	04:43+	03:22+	00:55+	00:48+	04:17+	02:15+	02:38+	03:09+	01:16+	01:30+	01:44+	03:00+

<b>8</b>	<b>Steinar Undheim</b>	<b>3529</b>	<b>49:56</b>																					
01:33+	02:57+	05:33+	06:45+	08:22+	10:26+	11:31+	15:39+	17:35+	18:16+	19:27+	20:32+	22:45+	24:06+	27:03+	28:35+	29:26+	34:11+	36:22+	38:14+	42:25+	44:03+	45:42+	47:43+	49:56+
01:33+	01:24+	02:36+	01:12+	01:37+	02:04+	01:05+	04:08+	01:56+	00:41+	01:11+	01:05+	02:13+	01:21+	02:57+	01:32+	00:51+	04:45+	02:11+	01:52+	04:11+	01:38+	01:39+	02:01+	02:13+
01:33+	01:24+	02:36+	01:12+	01:37+	02:04+	01:05+	04:08+	01:56+	00:41+	01:11+	01:05+	02:13+	01:21+	02:57+	01:32+	00:51+	04:45+	02:11+	01:52+	04:11+	01:38+	01:39+	02:01+	02:13+

<b>9</b>	<b>Geir Husdal</b>	<b>1884</b>	<b>51:36</b>																					
00:46+	02:15+	03:36+	04:41+	05:59+	08:06+	09:10+	14:30+	16:06+	16:44+	17:54+	19:04+	21:18+	22:36+	26:37+	27:42+	28:45+	34:36+	36:36+	38:43+	42:59+	44:32+	46:41+	49:19+	51:36+
00:46+	01:29+	01:21+	01:05+	01:18+	02:07+	01:04+	05:20+	01:36+	00:38+	01:10+	01:10+	02:14+	01:18+	04:01+	01:05+	01:03+	05:51+	02:00+	02:07+	04:16+	01:33+	02:09+	02:38+	02:17+
00:46+	01:29+	01:21+	01:05+	01:18+	02:07+	01:04+	05:20+	01:36+	00:38+	01:10+	01:10+	02:14+	01:18+	04:01+	01:05+	01:03+	05:51+	02:00+	02:07+	04:16+	01:33+	02:09+	02:38+	02:17+

<b>10</b>	<b>Hans Klausen</b>	<b>769</b>	<b>52:44</b>																					
00:27+	01:47+	03:22+	04:35+	05:59+	08:33+	09:34+	13:10+	14:37+	15:12+	16:22+	19:28+	21:25+	22:35+	26:05+	27:24+	29:07+	34:12+	40:06+	42:04+	45:17+	46:25+	49:01+	50:59+	52:44+
00:27+	01:20+	01:35+	01:13+	01:24+	02:34+	01:01+	03:36+	01:27+	00:35+	01:10+	03:06+	01:57+	01:10+	03:30+	01:19+	01:43+	05:05+	05:54+	01:58+	03:13+	01:08+	02:36+	01:58+	01:45+
00:27+	01:20+	01:35+	01:13+	01:24+	02:34+	01:01+	03:36+	01:27+	00:35+	01:10+	03:06+	01:57+	01:10+	03:30+	01:19+	01:43+	05:05+	05:54+	01:58+	03:13+	01:08+	02:36+	01:58+	01:45+

<b>11</b>	<b>Olav A. Hognestad</b>	<b>892</b>	<b>53:47</b>																					
00:30+	01:49+	03:39+	05:19+	07:24+	09:33+	10:43+	14:44+	16:26+	17:07+	18:20+	19:29+	22:14+	23:34+	25:53+	27:08+	28:03+	37:44+	39:05+	40:39+	46:18+	47:54+	49:51+	51:55+	53:47+
00:30+	01:19+	01:50+	01:40+	02:05+	02:09+	01:10+	04:01+	01:42+	00:41+	01:13+	01:09+	02:45+	01:20+	02:19+	01:15+	00:55+	09:41+	01:21+	01:34+	05:39+	01:36+	01:57+	02:04+	01:52+
00:30+	01:19+	01:50+	01:40+	02:05+	02:09+	01:10+	04:01+	01:42+	00:41+	01:13+	01:09+	02:45+	01:20+	02:19+	01:15+	00:55+	09:41+	01:21+	01:34+	05:39+	01:36+	01:57+	02:04+	01:52+

<b>12</b>	<b>Arne Østensen</b>	<b>3518</b>	<b>59:45</b>																					
00:28+	01:39+	03:05+	04:20+	06:19+	07:59+	08:59+	18:08+	19:40+	20:15+	21:13+	22:06+	23:50+	28:47+	35:09+	37:14+	38:14+	42:29+	46:32+	50:08+	53:10+	54:09+	55:37+	57:28+	59:45+
00:28+	01:11+	01:26+	01:15+	01:59+	01:40+	01:00+	09:09+	01:32+	00:35+	00:58+	00:53+	01:44+	04:57+	06:22+	02:05+	01:00+	04:15+	04:03+	03:36+	03:02+	00:59+	01:28+	01:51+	02:17+
00:28+	01:11+	01:26+	01:15+	01:59+	01:40+	01:00+	09:09+	01:32+	00:35+	00:58+	00:53+	01:44+	04:57+	06:22+	02:05+	01:00+	04:15+	04:03+	03:36+	03:02+	00:59+	01:28+	01:51+	02:17+

<b>13</b>	<b>Norvald Skretting</b>	<b>1832</b>	<b>1:04:32</b>																					
01:22+	02:59+	04:33+	06:33+	08:09+	10:13+	11:21+	15:10+	17:12+	17:51+	18:58+	25:41+	29:59+	34:55+	38:42+	39:52+	40:54+	47:09+	49:30+	51:39+	56:25+	58:02+	60:14+	62:23+	64:32+
01:22+	01:37+	01:34+	02:00+	01:36+	02:04+	01:08+	03:49+	02:02+	00:39+	01:07+	06:43+	04:18+	04:56+	03:47+	01:10+	01:02+	06:15+	02:21+	02:09+	04:46+	01:37+	02:12+	02:09+	02:09+
01:22+	01:37+	01:34+	02:00+	01:36+	02:04+	01:08+	03:49+	02:02+	00:39+	01:07+	06:43+	04:18+	04:56+	03:47+	01:10+	01:02+	06:15+	02:21+	02:09+	04:46+	01:37+	02:12+	02:09+	02:09+

<b>14</b>	<b>Øyvind Egeskog</b>	<b>880</b>	<b>1:13:33</b>																					
00:30+	01:49+	03:28+	04:30+	05:57+	08:00+	09:09+	12:37+	14:31+	15:09+	16:25+	17:28+	22:30+	23:45+	35:44+	36:32+	37:27+	51:16+	55:40+	62:21+	66:07+	67:23+	69:17+	71:31+	73:33+
00:30+	01:19+	01:39+	01:02+	01:27+	02:03+	01:09+	03:28+	01:54+	00:38+	01:16+	01:03+	05:02+	01:15+	11:59+	00:48+	00:55+	13:49+	04:24+	06:41+	03:46+	01:16+	01:54+	02:14+	02:02+
00:30+	01:19+	01:39+	01:02+	01:27+	02:03+	01:09+	03:28+	01:54+	00:38+	01:16+	01:03+	05:02+	01:15+	11:59+	00:48+	00:55+	13:49+	04:24+	06:41+	03:46+	01:16+	01:54+	02:14+	02:02+

<b>15</b>	<b>Reidar Liland</b>	<b>3528</b>	<b>1:15:55</b>																					
01:57+	04:10+	06:32+	08:15+	10:27+	13:35+	15:12+	20:09+	22:42+	23:38+	25:33+	27:22+	30:41+	32:54+	41:16+	42:47+	44:15+	53:19+	56:21+	59:51+	66:10+	67:50+	70:28+	73:39+	75:55+
01:57+	02:13+	02:22+	01:43+	02:12+	03:08+	01:37+	04:57+	02:33+	00:56+	01:55+	01:49+	03:19+	02:13+	08:22+	01:31+	01:28+	09:04+	03:02+	03:30+	06:19+	01:40+	02:38+	03:11+	02:16+
01:57+	02:13+	02:22+	01:43+	02:12+	03:08+	01:37+	04:57+	02:33+	00:56+	01:55+	01:49+	03:19+	02:13+	08:22+	01:31+	01:28+	09:04+</							

Plass	Navn	Klasse	Tid
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## Herrer 75 - 79 år

### Beste strekktid for klassen

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

## Herrer 80 år og eldre

<b>1</b>	<b>Terje Braut</b>	<b>892</b>	<b>51:20</b>																						
00:37=	02:27=	03:59=	05:52=	07:58=	10:51=	15:15=	15:49=	17:21=	18:24=	19:46=	20:57=	23:12=	25:30=	27:10=	28:24=	29:37=	35:57=	39:01=	42:13=	43:31=	44:29=	47:04=	48:26=	49:12=	51:20=
00:37=	01:50=	01:32=	01:53=	02:06=	02:53=	04:24=	00:34=	01:32=	01:03=	01:22=	01:11=	02:15=	02:18=	01:40=	01:14=	01:13=	06:20=	03:04=	03:12=	01:18=	00:58=	02:35=	01:22=	00:46=	02:08=
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=
<b>2</b>	<b>Alf Gyland</b>	<b>892</b>	<b>56:41</b>																						
00:52+	02:32+	04:01+	05:49-	07:38-	10:29-	14:45-	15:18-	16:29-	17:36-	18:53-	20:14-	22:44-	24:01-	25:20-	26:31-	28:33-	40:57+	43:44+	47:38+	48:53+	49:51+	52:16+	53:39+	54:23+	56:41+
00:52+	01:40-	01:29-	01:48-	01:49-	02:51-	04:16-	00:33-	01:11-	01:07+	01:17-	01:21+	02:30+	01:17-	01:19-	01:11-	02:02+	12:24+	02:47-	03:54+	01:15-	00:58=	02:25-	01:23+	00:44-	02:18+
00:15&	00:10-	00:03-	00:05-	00:17-	00:02-	00:08-	00:01-	00:21-	00:04+	00:05-	00:10#	00:15#	01:01-	00:21-	00:03-	00:49&	06:04&	00:17-	00:42#	00:03-	00:00=	00:10-	00:01+	00:02-	00:10+
<b>3</b>	<b>Jan A. Bekkeheien</b>	<b>892</b>	<b>1:00:04</b>																						
00:46+	02:43+	05:26+	07:31+	09:28+	12:46+	18:32+	19:03+	20:30+	22:00+	23:27+	24:52+	27:49+	29:14+	30:43+	31:58+	33:36+	40:20+	44:59+	49:38+	51:05+	52:15+	54:56+	56:43+	57:36+	60:04+
00:46+	01:57+	02:43+	02:05+	01:57-	03:18+	05:46+	00:31-	01:27-	01:30+	01:27+	01:25+	02:57+	01:25-	01:29-	01:15+	01:38+	06:44+	04:39+	04:39+	01:27+	01:10+	02:41+	01:47+	00:53+	02:28+
00:09#	00:07+	01:11&	00:12#	00:09-	00:25#	01:22&	00:03-	00:05-	00:27&	00:05+	00:14#	00:42&	00:53-	00:11-	00:01+	00:25&	00:24+	01:35&	01:27&	00:09#	00:12#	00:06+	00:25&	00:07#	00:20#
<b>4</b>	<b>Sigurd Krosli</b>	<b>1884</b>	<b>1:00:17</b>																						
00:36-	02:13-	03:47-	05:33-	07:20-	10:11-	14:23-	14:57-	18:04+	19:06+	20:32+	21:51+	24:25+	25:51+	27:39+	28:48+	30:20+	40:35+	43:14+	47:20+	48:36+	49:27+	52:14+	57:04+	57:44+	60:17+
00:36-	01:37-	01:34+	01:46-	01:47-	02:51-	04:12-	00:34=	03:07+	01:02-	01:26+	01:19+	02:34+	01:26-	01:48+	01:09-	01:32+	10:15+	02:39-	04:06+	01:16-	00:51-	02:47+	04:50+	00:40-	02:33+
00:01-	00:13-	00:02+	00:07-	00:19-	00:02-	00:12-	00:00=	01:35#	00:01-	00:04+	00:08#	00:19#	00:52-	00:08+	00:05-	00:19&	03:55&	00:25-	00:54&	00:02-	00:07-	00:12+	03:28#	00:06-	00:25#
<b>5</b>	<b>Tormod Aaslid</b>	<b>3529</b>	<b>1:19:32</b>																						
00:39+	02:24-	04:47+	06:31+	08:31+	18:12+	25:31+	26:12+	27:52+	29:17+	30:36+	31:50+	34:54+	41:16+	42:58+	44:12+	45:45+	54:24+	59:06+	68:24+	70:01+	71:48+	74:24+	76:22+	77:27+	79:32+
00:39+	01:45-	02:23+	01:44-	02:00-	09:41+	07:19+	00:41+	01:40+	01:25+	01:19-	01:14+	03:04+	06:22+	01:42+	01:14=	01:33+	08:39+	04:42+	09:18+	01:37+	01:47+	02:36+	01:58+	01:05+	02:05-
00:02+	00:05-	00:51&	00:09-	00:06-	06:48#	02:55&	00:07#	00:08+	00:22&	00:03-	00:03+	00:49&	04:04#	00:02+	00:00=	00:20&	02:19&	01:38&	06:06#	00:19#	00:49&	00:01+	00:36&	00:19&	00:03-
<b>6</b>	<b>Kjell Audun Maudal</b>	<b>3524</b>	<b>1:34:15</b>																						
01:17+	03:43+	05:49+	07:57+	10:17+	14:15+	19:53+	20:46+	22:40+	24:25+	26:20+	28:30+	32:40+	37:30+	39:56+	41:43+	43:53+	55:11+	65:59+	77:43+	80:20+	82:00+	85:41+	88:36+	90:12+	94:15+
01:17+	02:26+	02:06+	02:08+	02:20+	03:58+	05:38+	00:53+	01:54+	01:45+	01:55+	02:10+	04:10+	04:50+	02:26+	01:47+	02:10+	11:18+	10:48+	11:44+	02:37+	01:40+	03:41+	02:55+	01:36+	04:03+
00:40#	00:36&	00:34&	00:15#	00:14#	01:05&	01:14&	00:19&	00:22#	00:42&	00:33&	00:59&	01:55&	02:32#	00:46&	00:33&	00:57&	04:58&	07:44#	08:32#	01:19#	00:42&	01:06&	01:33#	00:50#	01:55&

### Beste strekktid for klassen

00:36 01:37 01:29 01:44 01:47 02:51 04:12 00:31 01:11 01:02 01:17 01:11 02:15 01:17 01:19 01:09 01:13 06:20 02:39 03:12 01:15 00:51 02:25 01:22 00:40 02:05

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

## Herrer A

<b>1</b>	<b>Morten Bjerga Sundli</b>	<b>3522</b>	<b>55:17</b>																						
01:08=	02:11=	03:21=	04:54=	05:33=	06:38=	08:47=	09:20=	11:05=	11:34=	15:04=	16:29=	17:30=	18:26=	20:09=	22:09=	25:12=	26:10=	26:45=	27:46=	28:35=	33:39=	35:44=	37:14=	37:54=	38:31=
01:08=	01:03=	01:10=	01:33=	00:39=	01:05=	02:09=	00:33=	01:45=	00:29=	03:30=	01:25=	01:01=	00:56=	01:43=	02:00=	03:03=	00:58=	00:35=	01:01=	00:49=	05:04=	02:05=	01:30=	00:40=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
40:20=	44:16=	45:16=	46:42=	47:44=	48:50=	50:28=	51:06=	51:30=	52:16=	53:14=	53:57=	55:17=	01:49=	03:56=	01:00=	01:26=	01:38=	00:38=	00:24=	00:46=	00:58=	00:43=	01:20=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Sven Hatteland</b>	<b>3528</b>	<b>55:37</b>																						
01:08=	01:47-	02:56-	05:00+	05:36+	07:04+	09:24+	10:01+	11:48+	12:20+	16:05+	17:45+	18:56+	20:01+	21:53+	24:04+	27:17+	28:08+	28:45+	29:27+	30:24+	34:11+	35:10-	36:38-	37:33-	38:06-
01:08=	00:39-	01:09-	02:04+	00:36-	01:28+	02:20+	00:37+	01:47+	00:32+	03:45+	01:40+	01:11+	01:05+	01:52+	02:11+	03:13+	00:51-	00:37+	00:42-	00:57+	03:47-	00:59-	01:28-	00:55+	00:33-
00:00=	00:24-	00:01-	00:31&	00:03-	00:23&	00:11+	00:04#	00:02+	00:03#	00:15+	00:15#	00:10#	00:09#	00:09+	00:11+	00:10+	00:07-	00:02+	00:19-	00:08#	01:17-	01:06-	00:02-	00:15&	00:04-
40:14-	43:10-	44:10-	46:02-	47:10-	49:06+	50:32+	51:11+	51:34+	52:19+	53:28+	54:16+	55:37+	02:08+	02:56-	01:00=	01:52+	01:08+	01:56+	01:26-	00:39+	00:23-	00:45-	01:09+	00:48+	01:21+
00:19#	01:00-	00:00=	00:26&	00:06+	00:50&	00:12-	00:01+	00:01-	00:01-	00:11#	00:05#	00:01+													

## Herrer A

<b>3</b>	<b>Erik Lima</b>	<b>1832</b>	<b>57:54</b>																							
01:20+	02:43+	03:54+	06:04+	06:45+	08:00+	09:59+	10:38+	12:39+	13:12+	17:07+	18:41+	20:02+	21:03+	23:26+	25:28+	28:25+	29:27+	30:12+	31:18+	32:18+	36:10+	37:34+	39:08+	39:52+	40:42+	
01:20+	01:23+	01:11+	02:10+	00:41+	01:15+	01:59-	00:39+	02:01+	00:33+	03:55+	01:34+	01:21+	01:01+	02:23+	02:02+	02:57-	01:02+	00:45+	01:06+	01:00+	03:52-	01:24-	01:34+	00:44+	00:50+	
00:12#	00:20#	00:01+	00:37#	00:02+	00:10#	00:10-	00:06#	00:16#	00:04#	00:25#	00:09#	00:20#	00:05+	00:40#	00:02+	00:06-	00:04+	00:10#	00:05+	00:11#	01:12-	00:41-	00:04+	00:04+	00:13#	
42:45+	45:34+	46:40+	48:23+	49:25+	50:40+	52:36+	53:16+	53:42+	54:31+	55:34+	56:29+	57:54+														
02:03+	02:49-	01:06+	01:43+	01:02=	01:15+	01:56+	00:40+	00:26+	00:49+	01:03+	00:55+	01:25+														
00:14#	01:07-	00:06+	00:17#	00:00=	00:09#	00:18#	00:02+	00:02+	00:03+	00:05+	00:12#	00:05+														
<b>4</b>	<b>Magne Hatteland</b>	<b>3528</b>	<b>1:01:47</b>																							
01:10+	02:21+	03:23+	05:31+	06:09+	07:25+	09:21+	09:58+	11:57+	12:31+	16:49+	18:21+	19:34+	20:44+	22:41+	24:50+	27:56+	32:24+	32:56+	33:56+	34:50+	38:51+	40:09+	41:53+	42:38+	43:31+	
01:10+	01:11+	01:02+	02:08+	00:38+	01:16+	01:56+	00:37+	01:59+	00:34+	04:18+	01:32+	01:13+	01:10+	01:57+	02:09+	03:06+	04:28+	00:32+	01:00+	00:54+	04:01+	01:18+	01:44+	00:45+	00:53+	
01:10+	01:11+	01:02+	02:08+	00:38+	01:16+	01:56+	00:37+	01:59+	00:34+	04:18+	01:32+	01:13+	01:10+	01:57+	02:09+	03:06+	04:28+	00:32+	01:00+	00:54+	04:01+	01:18+	01:44+	00:45+	00:53+	
45:29+	48:42+	49:42+	51:31+	52:47+	54:49+	56:20+	56:54+	57:18+	58:07+	59:09+	60:12+	61:47+														
01:58+	03:13+	01:00+	01:49+	01:16+	02:02+	01:31+	00:34+	00:24+	00:49+	01:02+	01:03+	01:35+														
01:58+	03:13+	01:00+	01:49+	01:16+	02:02+	01:31+	00:34+	00:24+	00:49+	01:02+	01:03+	01:35+														
<b>5</b>	<b>Lars Erik Maide</b>	<b>3676</b>	<b>1:04:10</b>																							
01:04+	02:17+	03:27+	05:33+	06:13+	07:58+	10:01+	10:38+	12:25+	12:57+	16:46+	18:24+	19:39+	21:02+	23:02+	25:13+	28:31+	29:54+	30:43+	31:49+	33:07+	37:57+	39:11+	41:24+	42:12+	43:01+	
01:04+	01:13+	01:10+	02:06+	00:40+	01:45+	02:03+	00:37+	01:47+	00:32+	03:49+	01:38+	01:15+	01:23+	02:00+	02:11+	03:18+	01:23+	00:49+	01:06+	01:18+	04:50+	01:14+	02:13+	00:48+	00:49+	
01:04+	01:13+	01:10+	02:06+	00:40+	01:45+	02:03+	00:37+	01:47+	00:32+	03:49+	01:38+	01:15+	01:23+	02:00+	02:11+	03:18+	01:23+	00:49+	01:06+	01:18+	04:50+	01:14+	02:13+	00:48+	00:49+	
45:12+	48:40+	50:23+	53:03+	54:18+	56:29+	58:27+	59:22+	59:56+	60:47+	61:48+	62:38+	64:10+														
02:11+	03:28+	01:43+	02:40+	01:15+	02:11+	01:58+	00:55+	00:34+	00:51+	01:01+	00:50+	01:32+														
02:11+	03:28+	01:43+	02:40+	01:15+	02:11+	01:58+	00:55+	00:34+	00:51+	01:01+	00:50+	01:32+														
<b>6</b>	<b>Martin Blystad</b>	<b>3530</b>	<b>1:04:18</b>																							
01:08+	02:17+	03:29+	05:35+	06:14+	07:22+	09:22+	09:59+	11:47+	12:22+	16:28+	18:07+	19:26+	20:31+	22:28+	24:42+	28:14+	29:20+	30:04+	31:07+	32:08+	36:47+	39:02+	41:15+	42:06+	42:50+	
01:08+	01:09+	01:12+	02:06+	00:39+	01:08+	02:00+	00:37+	01:48+	00:35+	04:06+	01:39+	01:19+	01:05+	01:57+	02:14+	03:32+	01:06+	00:44+	01:03+	01:01+	04:39+	02:15+	02:13+	00:51+	00:44+	
01:08+	01:09+	01:12+	02:06+	00:39+	01:08+	02:00+	00:37+	01:48+	00:35+	04:06+	01:39+	01:19+	01:05+	01:57+	02:14+	03:32+	01:06+	00:44+	01:03+	01:01+	04:39+	02:15+	02:13+	00:51+	00:44+	
45:22+	49:07+	50:22+	52:28+	54:48+	56:11+	58:19+	59:03+	59:35+	60:25+	61:38+	62:29+	64:18+														
02:32+	03:45+	01:15+	02:06+	02:20+	01:23+	02:08+	00:44+	00:32+	00:50+	01:13+	00:51+	01:49+														
02:32+	03:45+	01:15+	02:06+	02:20+	01:23+	02:08+	00:44+	00:32+	00:50+	01:13+	00:51+	01:49+														
<b>7</b>	<b>Jørgen Strømstad</b>	<b>1786</b>	<b>1:05:32</b>																							
01:19+	02:12+	03:20+	05:27+	06:05+	07:21+	09:17+	10:01+	12:06+	12:45+	17:10+	18:58+	20:15+	21:24+	23:24+	25:49+	29:07+	30:52+	31:49+	33:22+	34:33+	39:36+	41:28+	43:22+	44:14+	44:51+	
01:19+	00:53+	01:08+	02:07+	00:38+	01:16+	01:56+	00:44+	02:05+	00:39+	04:25+	01:48+	01:17+	01:09+	02:00+	02:25+	03:18+	01:45+	00:57+	01:33+	01:11+	05:03+	01:52+	01:54+	00:52+	00:37+	
01:19+	00:53+	01:08+	02:07+	00:38+	01:16+	01:56+	00:44+	02:05+	00:39+	04:25+	01:48+	01:17+	01:09+	02:00+	02:25+	03:18+	01:45+	00:57+	01:33+	01:11+	05:03+	01:52+	01:54+	00:52+	00:37+	
47:36+	50:17+	51:31+	53:22+	54:35+	57:41+	59:46+	60:47+	61:14+	62:15+	63:16+	63:58+	65:32+														
02:45+	02:41+	01:14+	01:51+	01:13+	03:06+	02:05+	01:01+	00:27+	01:01+	01:01+	00:42+	01:34+														
02:45+	02:41+	01:14+	01:51+	01:13+	03:06+	02:05+	01:01+	00:27+	01:01+	01:01+	00:42+	01:34+														
<b>8</b>	<b>Bernhard Haver Vagle</b>	<b>643</b>	<b>1:08:51</b>																							
01:10+	02:26+	03:38+	05:57+	06:35+	07:49+	10:33+	11:13+	13:28+	14:05+	18:45+	20:29+	21:51+	23:10+	25:10+	28:02+	32:06+	33:50+	34:35+	36:03+	37:05+	42:56+	44:32+	46:50+	47:59+	48:54+	
01:10+	01:16+	01:12+	02:19+	00:38+	01:14+	02:44+	00:40+	02:15+	00:37+	04:40+	01:44+	01:22+	01:19+	02:00+	02:52+	04:04+	01:44+	00:45+	01:28+	01:02+	05:51+	01:36+	02:18+	01:09+	00:55+	
01:10+	01:16+	01:12+	02:19+	00:38+	01:14+	02:44+	00:40+	02:15+	00:37+	04:40+	01:44+	01:22+	01:19+	02:00+	02:52+	04:04+	01:44+	00:45+	01:28+	01:02+	05:51+	01:36+	02:18+	01:09+	00:55+	
51:09+	54:23+	55:38+	58:21+	59:26+	61:09+	63:16+	63:58+	64:29+	65:19+	66:31+	67:19+	68:51+														
02:15+	03:14+	01:15+	02:43+	01:05+	01:43+	02:07+	00:42+	00:31+	00:50+	01:12+	00:48+	01:32+														
02:15+	03:14+	01:15+	02:43+	01:05+	01:43+	02:07+	00:42+	00:31+	00:50+	01:12+	00:48+	01:32+														
<b>9</b>	<b>Håkon Eggebø</b>	<b>1284</b>	<b>1:09:47</b>																							
01:08+	02:01+	03:25+	05:33+	06:10+	07:23+	09:45+	10:29+	13:09+	13:44+	18:43+	20:29+	21:43+	22:51+	24:39+	27:10+	31:13+	32:14+	33:22+	34:28+	36:03+	44:06+	45:35+	48:06+	48:59+	49:53+	
01:08+	00:53+	01:24+	02:08+	00:37+	01:13+	02:22+	00:44+	02:40+	00:35+	04:59+	01:46+	01:14+	01:08+	01:48+	02:31+	04:03+	01:01+	01:08+	01:06+	01:35+	08:03+	01:29+	02:31+	00:53+	00:54+	
01:08+	00:53+	01:24+	02:08+	00:37+	01:13+	02:22+	00:44+	02:40+	00:35+	04:59+	01:46+	01:14+	01:08+	01:48+	02:31+	04:03+	01:01+	01:08+	01:06+	01:35+	08:03+	01:29+	02:31+	00:53+	00:54+	
52:07+	55:55+	57:07+	59:27+	60:31+	62:34+	64:20+	65:03+	65:32+	66:24+	67:34+	68:18+	69:47+														
02:14+	03:48+	01:12+	02:20+	01:04+	02:03+	01:46+	00:43+	00:29+	00:52+	01:10+	00:44+	01:29+														
02:14+	03:48+	01:12+	02:20+	01:04+	02:03+	01:46+	00:43+	00:29+	00:52+	01:10+	00:44+	01:29+														
<b>10</b>	<b>Svein Kyllingstad</b>	<b>1284</b>	<b>1:13:19</b>																							
01:02+	02:08+	03:36+	05:56+	06:34+	08:24+	10:59+	11:42+	14:11+	14:51+	19:26+	21:11+	22:26+	24:08+	26:04+	28:36+	31:55+	33:25+	34:00+	35:05+	36:40+	45:54+	47:35+	50:29+	51:25+	52:12+	
01:02+	01:06+	01:28+	02:20+	00:38+	01:50+	02:35+	00:43+	02:29+	00:40+	04:35+	01:45+	01:15+	01:42+	01:56+	02:32+	03:19+	01:30+	00:35+	01:05+	01:35+	09:14+	01:41+	02:54+	00:56+	00:47+	
01:02+	01:06+	01:28+	02:20+	00:38+	01:50+	02:35+	00:43+	02:29+	00:40+	04:35+	01:45+	01:15+	01:42+	01:56+	02:32+	03:19+	01:30+	00:35+	01:05+	01:35+	09:14+	01:41+	02:54+	00:56+	00:47+	
54:28+	57:56+	59:26+	61:22																							

## Herrer A

11	Marius Stene	3558	1:13:56																						
01:08+	01:53+	03:11+	05:40+	06:18+	07:33+	09:49+	10:51+	13:39+	14:11+	18:06+	19:46+	21:16+	22:21+	24:21+	26:32+	30:28+	34:50+	35:41+	37:40+	38:55+	44:15+	46:30+	49:46+	50:46+	51:41+
01:08+	00:45+	01:18+	02:29+	00:38+	01:15+	02:16+	00:42+	03:08+	00:32+	03:55+	01:40+	01:30+	01:05+	02:00+	02:11+	03:56+	04:22+	00:51+	01:59+	01:15+	05:20+	02:15+	03:16+	01:00+	00:55+
01:08+	00:45+	01:18+	02:29+	00:38+	01:15+	02:16+	00:42+	03:08+	00:32+	03:55+	01:40+	01:30+	01:05+	02:00+	02:11+	03:56+	04:22+	00:51+	01:59+	01:15+	05:20+	02:15+	03:16+	01:00+	00:55+
54:01+	58:06+	59:33+	62:02+	63:31+	65:47+	67:58+	68:43+	69:14+	70:11+	71:17+	72:31+	73:56+													
02:20+	04:05+	01:27+	02:29+	01:29+	02:16+	02:11+	00:45+	00:31+	00:57+	01:06+	01:14+	01:25+													
02:20+	04:05+	01:27+	02:29+	01:29+	02:16+	02:11+	00:45+	00:31+	00:57+	01:06+	01:14+	01:25+													

### Beste strekktid for klassen

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

## Herrer B

1	Aart Joakim in't Veld	1884	58:11																						
01:05=	01:44=	02:49=	04:48=	05:23=	06:36=	08:18=	08:53=	10:36=	11:09=	15:04=	16:32=	17:38=	18:38=	20:22=	22:16=	25:27=	26:26=	27:04=	28:11=	29:17=	33:51=	35:15=	37:04=	38:00=	38:41=
01:05=	00:39=	01:05=	01:59=	00:35=	01:13=	01:42=	00:35=	01:43=	00:33=	03:58=	01:28=	01:06=	01:00=	01:44=	01:54=	03:11=	00:59=	00:38=	01:07=	01:06=	04:34=	01:24=	01:49=	00:56=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
41:26=	44:30=	45:36=	47:33=	48:32=	51:21=	53:02=	53:41=	54:06=	54:53=	56:02=	56:47=	58:11=													
02:45=	03:04=	01:06=	01:57=	00:59=	02:49=	01:41=	00:39=	00:25=	00:47=	01:09=	00:45=	01:24=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													

2	Jan-Rune Larsen Basso	1376	1:03:39																						
01:04-	01:50+	03:06+	05:09+	05:47+	07:24+	09:09+	09:47+	11:59+	12:32+	16:26+	18:16+	19:28+	20:39+	23:07+	25:15+	28:48+	30:17+	31:08+	33:37+	35:47+	39:50+	41:12+	43:06+	44:00+	44:42+
01:04-	00:46+	01:16+	02:03+	00:38+	01:37+	01:45+	00:38+	02:12+	00:33=	03:54-	01:50+	01:12+	01:11+	02:28+	02:08+	03:33+	01:29+	00:51+	02:29+	02:10+	04:03-	01:22-	01:54+	00:54-	00:42+
00:01-	00:07#	00:11#	00:04+	00:03+	00:24&	00:03+	00:03+	00:29&	00:00=	00:01-	00:22#	00:06+	00:11#	00:44&	00:14#	00:22#	00:30&	00:13&	01:22@	01:04&	00:31-	00:02-	00:05+	00:02-	00:01+
46:45+	50:25+	51:42+	53:37+	54:46+	56:18+	58:04+	58:44+	59:13+	60:11+	61:20+	62:09+	63:39+													
02:03-	03:40+	01:17+	01:55-	01:09+	01:32-	01:46+	00:40+	00:29+	00:58+	01:09=	00:49+	01:30+													
00:42-	00:36#	00:11#	00:02-	00:10#	01:17-	00:05+	00:01+	00:04#	00:11#	00:00=	00:04+	00:06+													

3	Oddvar Taksdal	3522	1:05:56																						
01:16+	01:59+	03:08+	05:38+	06:28+	07:59+	09:53+	10:33+	12:36+	13:12+	17:20+	19:02+	20:13+	21:22+	23:17+	25:34+	29:19+	30:40+	31:24+	32:35+	33:51+	38:15+	40:51+	42:48+	43:49+	44:30+
01:16+	00:43+	01:09+	02:30+	00:50+	01:31+	01:54+	00:40+	02:03+	00:36+	04:08+	01:42+	01:11+	01:09+	01:55+	02:17+	03:45+	01:21+	00:44+	01:11+	01:16+	04:24-	02:36+	01:57+	01:01+	00:41=
00:11#	00:04#	00:04+	00:31&	00:15&	00:18#	00:12#	00:05#	00:20#	00:03+	00:13+	00:14#	00:05+	00:09#	00:11#	00:23#	00:34#	00:22&	00:06#	00:04+	00:10#	00:10-	01:12&	00:08+	00:05+	00:00=
46:56+	50:45+	51:51+	53:47+	55:14+	57:52+	60:02+	60:48+	61:15+	62:19+	63:32+	64:25+	65:56+													
02:26-	03:49+	01:06=	01:56-	01:27+	02:38-	02:10+	00:46+	00:27+	01:04+	01:13+	00:53+	01:31+													
00:19-	00:45#	00:00=	00:01-	00:28&	00:11-	00:29&	00:07#	00:02+	00:17&	00:04+	00:08#	00:07+													

4	Njal F. Vadla	1884	1:06:15																						
01:17+	01:58+	03:09+	04:56+	05:35+	07:19+	09:52+	11:11+	12:56+	13:33+	17:43+	19:25+	20:41+	21:58+	24:08+	26:25+	30:16+	31:12+	31:57+	32:50+	33:53+	41:27+	43:08+	45:09+	46:06+	46:55+
01:17+	00:41+	01:11+	01:47-	00:39+	01:44+	02:33+	01:19+	01:45+	00:37+	04:10+	01:42+	01:16+	01:17+	02:10+	02:17+	03:51+	00:56-	00:45+	00:53-	01:03-	07:34+	01:41+	02:01+	00:57+	00:49+
00:12#	00:02+	00:06+	00:12-	00:04#	00:31&	00:51&	00:44@	00:02+	00:04#	00:15+	00:14#	00:10#	00:17&	00:26#	00:23#	00:40#	00:03-	00:07#	00:14-	00:03-	03:00&	00:17#	00:12#	00:01+	00:08#
49:34+	53:03+	54:13+	56:01+	57:19+	58:30+	60:14+	60:53+	61:29+	62:33+	63:40+	64:38+	66:15+													
02:39-	03:29+	01:10+	01:48-	01:18+	01:11-	01:44+	00:39=	00:36+	01:04+	01:07-	00:58+	01:37+													
00:06-	00:25#	00:04+	00:09-	00:19&	01:38-	00:03+	00:00=	00:11&	00:17&	00:02-	00:13&	00:13#													

5	Oddgeir Eikeskog	1884	1:06:23																						
01:12+	01:54+	03:18+	05:43+	06:21+	08:11+	10:48+	11:30+	13:24+	14:01+	18:26+	20:05+	21:14+	22:25+	24:20+	26:46+	30:48+	31:58+	32:42+	33:46+	34:42+	39:24+	40:33+	43:22+	44:17+	45:03+
01:12+	00:42+	01:24+	02:25+	00:38+	01:50+	02:37+	00:42+	01:54+	00:37+	04:25+	01:39+	01:09+	01:11+	01:55+	02:26+	04:02+	01:10+	00:44+	01:04-	00:56-	04:42+	01:09-	02:49+	00:55-	00:46+
00:07#	00:03+	00:19&	00:26#	00:03+	00:37&	00:55&	00:07#	00:11#	00:04#	00:30#	00:11#	00:03+	00:11#	00:11#	00:32&	00:51&	00:11#	00:06#	00:03-	00:10-	00:08+	00:15-	01:00&	00:01-	00:05#
47:26+	51:19+	52:30+	54:50+	56:13+	58:31+	60:20+	61:03+	61:35+	62:29+	63:44+	64:39+	66:23+													
02:23-	03:53+	01:11+	02:20+	01:23+	02:18-	01:49+	00:43+	00:32+	00:54+	01:15+	00:55+	01:44+													
00:22-	00:49&	00:05+	00:23#	00:24&	00:31-	00:08+	00:04#	00:07&	00:07#	00:06+	00:10#	00:20#													

6	Arne Eirik Nielsen	3588	1:09:18																						
01:14+	02:00+	03:11+	05:31+	07:16+	08:56+	11:16+	11:57+	14:01+	14:35+	19:23+	21:07+	22:20+	23:21+	25:19+	27:29+	31:11+	32:50+	33:31+	34:47+	36:07+	40:17+	43:06+	44:58+	45:49+	46:27+
01:14+	00:46+	01:11+	02:20+	01:45+	01:40+	02:20+	00:41+	02:04+	00:34+	04:48+	01:44+	01:13+	01:01+	01:58+	02:10+	03:42+	01:39+	00:41+	01:16+	01:20+	04:10-	02:49+	01:52+	00:51-	00:38-
00:09#	00:07#	00:06+	00:21#	01:10@	00:27&	00:38&	00:06#	00:21#	00:01+	00:53#	00:16#	00:07#	00:01+	00:14#	00:16#	00:31#	00:40&	00:03+	00:09#	00:14#	00:24-	01:25@	00:03+	00:05-	00:03-
48:41+	52:05+	53:20+	56:32+	58:02+	61:27+	63:46+	64:28+	64:52+	65:45+	66:51+	67:49+	69:18+													
02:14-	03:24+	01:15+	03:12+	01:30+	03:25+	02:19+	00:42+	00:24-	00:53+	01:06-	00:58+	01:29+													
00:31-	00:20#	00:09#	01:15&	00:31&	00:36#	00:38&	00:03+	00:01-	00:06#	00:03-	00:13&	00:05+													

## Herrer B

7	Joar Eilevstjønn	2342	1:09:58																						
01:12+	02:25+	03:33+	05:43+	06:23+	07:46+	09:36+	10:21+	12:19+	12:54+	17:46+	19:16+	20:30+	21:35+	23:22+	25:28+	30:17+	31:28+	32:11+	33:13+	35:59+	41:08+	42:32+	44:58+	45:48+	46:33+
01:12+	01:13+	01:08+	02:10+	00:40+	01:23+	01:50+	00:45+	01:58+	00:35+	04:52+	01:30+	01:14+	01:05+	01:47+	02:06+	04:49+	01:11+	00:43+	01:02-	02:46+	05:09+	01:24=	02:26+	00:50-	00:45+
00:07#	00:34#	00:03+	00:11+	00:05#	00:10#	00:08+	00:10#	00:15#	00:02+	00:57#	00:02+	00:08#	00:05+	00:03+	00:12#	01:38#	00:12#	00:05#	00:05-	01:40#	00:35#	00:00=	00:37#	00:06-	00:04+
48:55+	54:20+	55:30+	57:45+	59:16+	61:42+	64:30+	65:17+	65:43+	66:38+	67:41+	68:29+	69:58+	02:22-	05:25+	01:10+	02:15+	01:31+	02:26-	02:48+	00:47+	00:26+	00:55+	01:03-	00:48+	01:29+
00:23-	02:21#	00:04+	00:18#	00:32#	00:23-	01:07#	00:08#	00:01+	00:08#	00:06-	00:03+	00:05+													

8	Geir Sand	722	1:14:01																						
01:10+	02:05+	03:19+	05:49+	06:26+	08:16+	10:30+	11:21+	13:15+	13:48+	18:10+	19:52+	21:15+	22:23+	24:19+	27:04+	30:35+	31:53+	32:40+	34:04+	36:49+	42:42+	43:57+	46:13+	47:18+	48:05+
01:10+	00:55+	01:14+	02:30+	00:37+	01:50+	02:14+	00:51+	01:54+	00:33+	04:22+	01:42+	01:23+	01:08+	01:56+	02:45+	03:31+	01:18+	00:47+	01:24+	02:45+	05:53+	01:15+	02:16+	01:05+	00:47+
01:10+	00:55+	01:14+	02:30+	00:37+	01:50+	02:14+	00:51+	01:54+	00:33+	04:22+	01:42+	01:23+	01:08+	01:56+	02:45+	03:31+	01:18+	00:47+	01:24+	02:45+	05:53+	01:15+	02:16+	01:05+	00:47+
50:59+	58:19+	59:35+	61:54+	63:22+	65:38+	68:36+	69:20+	69:51+	70:42+	71:39+	72:32+	74:01+	02:54+	07:20+	01:16+	02:19+	01:28+	02:16+	02:58+	00:44+	00:31+	00:51+	00:57+	00:53+	01:29+
02:54+	07:20+	01:16+	02:19+	01:28+	02:16+	02:58+	00:44+	00:31+	00:51+	00:57+	00:53+	01:29+													
02:54+	07:20+	01:16+	02:19+	01:28+	02:16+	02:58+	00:44+	00:31+	00:51+	00:57+	00:53+	01:29+													

9	Jørgen Breivold	3529	1:17:14																						
01:21+	02:16+	03:32+	05:42+	06:26+	08:19+	11:10+	11:58+	14:13+	14:51+	19:55+	21:45+	23:00+	24:11+	26:33+	28:50+	33:10+	34:41+	35:45+	37:27+	39:00+	44:50+	46:36+	49:14+	50:10+	52:29+
01:21+	00:55+	01:16+	02:10+	00:44+	01:53+	02:51+	00:48+	02:15+	00:38+	05:04+	01:50+	01:15+	01:11+	02:22+	02:17+	04:20+	01:31+	01:04+	01:42+	01:33+	05:50+	01:46+	02:38+	00:56+	02:19+
01:21+	00:55+	01:16+	02:10+	00:44+	01:53+	02:51+	00:48+	02:15+	00:38+	05:04+	01:50+	01:15+	01:11+	02:22+	02:17+	04:20+	01:31+	01:04+	01:42+	01:33+	05:50+	01:46+	02:38+	00:56+	02:19+
55:03+	58:48+	60:06+	62:44+	64:28+	67:27+	70:38+	71:46+	72:25+	73:25+	74:46+	75:35+	77:14+	02:34+	03:45+	01:18+	02:38+	01:44+	02:59+	03:11+	01:08+	00:39+	01:00+	01:21+	00:49+	01:39+
02:34+	03:45+	01:18+	02:38+	01:44+	02:59+	03:11+	01:08+	00:39+	01:00+	01:21+	00:49+	01:39+													
02:34+	03:45+	01:18+	02:38+	01:44+	02:59+	03:11+	01:08+	00:39+	01:00+	01:21+	00:49+	01:39+													

10	Trond Sigurd Fotland	3507	1:18:08																						
01:08+	01:51+	02:58+	05:12+	06:00+	07:36+	09:33+	10:15+	12:12+	12:45+	17:01+	18:45+	20:18+	21:23+	23:27+	25:42+	29:02+	30:45+	31:36+	33:37+	34:51+	40:56+	42:37+	44:42+	45:55+	46:44+
01:08+	00:43+	01:07+	02:14+	00:48+	01:36+	01:57+	00:42+	01:57+	00:33+	04:16+	01:44+	01:33+	01:05+	02:04+	02:15+	03:20+	01:43+	00:51+	02:01+	01:14+	06:05+	01:41+	02:05+	01:13+	00:49+
01:08+	00:43+	01:07+	02:14+	00:48+	01:36+	01:57+	00:42+	01:57+	00:33+	04:16+	01:44+	01:33+	01:05+	02:04+	02:15+	03:20+	01:43+	00:51+	02:01+	01:14+	06:05+	01:41+	02:05+	01:13+	00:49+
49:39+	53:15+	55:50+	66:19+	67:12+	68:56+	71:35+	72:24+	72:54+	73:49+	75:10+	75:59+	78:08+	02:55+	03:36+	02:35+	10:29+	00:53+	01:44+	02:39+	00:49+	00:30+	00:55+	01:21+	00:49+	02:09+
02:55+	03:36+	02:35+	10:29+	00:53+	01:44+	02:39+	00:49+	00:30+	00:55+	01:21+	00:49+	02:09+													
02:55+	03:36+	02:35+	10:29+	00:53+	01:44+	02:39+	00:49+	00:30+	00:55+	01:21+	00:49+	02:09+													

11	Espen Fyhn Nilsen	1683	1:47:35																						
01:33+	03:14+	04:43+	07:59+	09:06+	10:43+	13:14+	14:11+	16:43+	17:28+	22:37+	25:13+	27:10+	28:52+	32:03+	36:15+	41:28+	44:31+	45:42+	47:58+	50:01+	58:32+	61:02+	64:35+	66:07+	67:31+
01:33+	01:41+	01:29+	03:16+	01:07+	01:37+	02:31+	00:57+	02:32+	00:45+	05:09+	02:36+	01:57+	01:42+	03:11+	04:12+	05:13+	03:03+	01:11+	02:16+	02:03+	08:31+	02:30+	03:33+	01:32+	01:24+
01:33+	01:41+	01:29+	03:16+	01:07+	01:37+	02:31+	00:57+	02:32+	00:45+	05:09+	02:36+	01:57+	01:42+	03:11+	04:12+	05:13+	03:03+	01:11+	02:16+	02:03+	08:31+	02:30+	03:33+	01:32+	01:24+
71:33+	77:12+	79:37+	84:53+	88:16+	91:17+	96:35+	98:00+	98:53+	100:44+	102:57+	104:31+	107:35+	04:02+	05:39+	02:25+	05:16+	03:23+	03:01+	05:18+	01:25+	00:53+	01:51+	02:13+	01:34+	03:04+
04:02+	05:39+	02:25+	05:16+	03:23+	03:01+	05:18+	01:25+	00:53+	01:51+	02:13+	01:34+	03:04+													
04:02+	05:39+	02:25+	05:16+	03:23+	03:01+	05:18+	01:25+	00:53+	01:51+	02:13+	01:34+	03:04+													

### Beste strekktid for klassen

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

## Herrer C

1	Lars Drage	3583	55:57																						
00:38=	01:42=	02:55=	05:16=	05:59=	06:58=	07:38=	09:58=	13:27=	14:06=	19:04=	20:52=	21:44=	22:54=	24:36=	28:05=	29:10=	30:54=	32:24=	34:18=	35:14=	38:56=	39:58=	40:42=	41:55=	43:53=
00:38=	01:04#	01:13=	02:21=	00:43=	00:59=	00:40=	02:20=	03:29=	00:39=	04:58=	01:48=	00:52=	01:10=	01:42=	03:29=	01:05=	01:44=	01:30=	01:54=	00:56=	03:42=	01:02=	00:44=	01:13=	01:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
47:58=	48:53=	50:10=	51:27=	51:52=	52:37=	54:27=	55:57=																		
04:05=	00:55=	01:17=	01:17=	00:25=	00:45=	01:50=	01:30=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		

2	Morten Aamodt	1683	59:37																						
00:42+	01:21-	02:29-	04:55-	05:34-	06:47-	07:25-	09:59+	11:51-	14:37+	18:46-	20:36-	21:30-	21:55-	23:46-	27:04-	28:26-	31:17+	33:11+	35:17+	36:21+	39:59+	41:17+	42:04+	43:34+	45:00+
00:42+	00:39-	01:08-	02:26+	00:39-	01:13+	00:38-	02:34+	01:52-	02:46+	04:09-	01:50+	00:54+	00:25-	01:51+	03:18-	01:22+	02:51+	01:54+	02:06+	01:04+	03:38-	01:18+	00:47+	01:30+	01:26-
00:04#	00:25-	00:05-	00:05+	00:04-	00:14#	00:02-	00:14+	01:37-	02:07#	00:49-	00:02+	00:02+	00:45-	00:09+	00:11-	00:17#	01:07#	00:24#	00:12#	00:08#	00:04-	00:16#	00:03+	00:17#	00:32-
48:52+	49:59+	53:10+	54:52+	55:19+	56:06+	58:00+	59:37+																		
03:52-	01:07+	03:11+	01:42+	00:27+	00:47+	01:54+	01:37+																		
00:13-	00:12#	01:54#	00:25#	00:02+	00:02+	00:04+	00:07+																		

### Herrer C

<b>3</b>	<b>Odd Fuglestad</b>	<b>3522</b>	<b>59:51</b>																						
00:46+	01:26-	02:48-	05:52+	06:32+	07:41+	08:35+	10:44+	12:54-	13:28-	18:59-	20:46-	21:41-	22:11-	24:32-	27:43-	29:19+	31:18+	32:54+	34:42+	35:49+	40:35+	42:21+	43:31+	44:57+	46:33+
00:46+	00:40-	01:22+	03:04+	00:40-	01:09+	00:54+	02:09-	02:10-	00:34-	05:31+	01:47-	00:55+	00:30-	02:21+	03:11-	01:36+	01:59+	01:36+	01:48-	01:07+	04:46+	01:46+	01:10+	01:26+	01:36-
00:08#	00:24-	00:09#	00:43#	00:03-	00:10#	00:14#	00:11-	01:19-	00:05-	00:33#	00:01-	00:03+	00:40-	00:39#	00:18-	00:31#	00:15#	00:06+	00:06-	00:11#	01:04#	00:44#	00:26#	00:13#	00:22-
50:36+	51:41+	52:58+	54:30+	55:00+	55:49+	57:46+	59:51+	04:03-	01:05+	01:17=	01:32+	00:30+	00:49+	01:57+	02:05+	00:02-	00:10#	00:00=	00:15#	00:04+	00:07+	00:35#			
<b>4</b>	<b>Jan-Einar Øvremo</b>	<b>1119</b>	<b>1:00:04</b>																						
00:44+	01:21+	02:34+	05:15+	06:01+	07:11+	07:52+	09:51+	12:10+	12:46+	17:58+	19:57+	21:06+	21:33+	24:14+	27:31+	28:55+	31:17+	32:45+	34:39+	35:42+	40:17+	41:53+	42:50+	44:18+	45:44+
00:44+	00:37+	01:13+	02:41+	00:46+	01:10+	00:41+	01:59+	02:19+	00:36+	05:12+	01:59+	01:09+	00:27+	02:41+	03:17+	01:24+	02:22+	01:28+	01:54+	01:03+	04:35+	01:36+	00:57+	01:28+	01:26+
00:44+	00:37+	01:13+	02:41+	00:46+	01:10+	00:41+	01:59+	02:19+	00:36+	05:12+	01:59+	01:09+	00:27+	02:41+	03:17+	01:24+	02:22+	01:28+	01:54+	01:03+	04:35+	01:36+	00:57+	01:28+	01:26+
49:40+	50:53+	53:39+	55:12+	55:42+	56:26+	58:26+	60:04+	03:56+	01:13+	02:46+	01:33+	00:30+	00:44+	02:00+	01:38+	03:56+	01:13+	02:46+	01:33+	00:30+	00:44+	02:00+	01:38+		
<b>5</b>	<b>Terje Michaelsen</b>	<b>3511</b>	<b>1:00:17</b>																						
00:41+	01:37+	02:46+	05:02+	05:39+	07:01+	07:40+	11:11+	13:37+	14:12+	18:56+	20:30+	21:12+	22:32+	24:30+	27:26+	28:38+	32:41+	34:36+	36:48+	37:50+	42:40+	44:05+	44:52+	46:09+	47:43+
00:41+	00:56+	01:09+	02:16+	00:37+	01:22+	00:39+	03:31+	02:26+	00:35+	04:44+	01:34+	00:42+	01:20+	01:58+	02:56+	01:12+	04:03+	01:55+	02:12+	01:02+	04:50+	01:25+	00:47+	01:17+	01:34+
00:41+	00:56+	01:09+	02:16+	00:37+	01:22+	00:39+	03:31+	02:26+	00:35+	04:44+	01:34+	00:42+	01:20+	01:58+	02:56+	01:12+	04:03+	01:55+	02:12+	01:02+	04:50+	01:25+	00:47+	01:17+	01:34+
51:30+	52:29+	53:52+	55:16+	55:43+	56:33+	58:17+	60:17+	03:47+	00:59+	01:23+	01:24+	00:27+	00:50+	01:44+	02:00+	03:47+	00:59+	01:23+	01:24+	00:27+	00:50+	01:44+	02:00+		
<b>6</b>	<b>Geir Haugvaldstad</b>	<b>1683</b>	<b>1:07:29</b>																						
00:51+	01:50+	03:15+	05:47+	06:38+	08:50+	09:40+	13:31+	18:25+	19:04+	24:13+	26:24+	27:23+	27:51+	29:56+	33:40+	35:00+	40:34+	42:44+	45:07+	46:21+	50:32+	51:53+	52:49+	54:04+	55:32+
00:51+	00:59+	01:25+	02:32+	00:51+	02:12+	00:50+	03:51+	04:54+	00:39+	05:09+	02:11+	00:59+	00:28+	02:05+	03:44+	01:20+	05:34+	02:10+	02:23+	01:14+	04:11+	01:21+	00:56+	01:15+	01:28+
00:51+	00:59+	01:25+	02:32+	00:51+	02:12+	00:50+	03:51+	04:54+	00:39+	05:09+	02:11+	00:59+	00:28+	02:05+	03:44+	01:20+	05:34+	02:10+	02:23+	01:14+	04:11+	01:21+	00:56+	01:15+	01:28+
59:08+	60:09+	61:21+	62:57+	63:26+	64:12+	66:01+	67:29+	03:36+	01:01+	01:12+	01:36+	00:29+	00:46+	01:49+	01:28+	03:36+	01:01+	01:12+	01:36+	00:29+	00:46+	01:49+	01:28+		
<b>7</b>	<b>Svein Oddvar Netland</b>	<b>1683</b>	<b>1:09:12</b>																						
00:46+	01:39+	02:54+	05:21+	06:08+	07:31+	09:10+	11:17+	14:07+	14:48+	19:44+	21:41+	22:39+	23:11+	25:41+	29:19+	30:56+	36:05+	39:38+	42:09+	43:24+	47:46+	49:37+	50:51+	52:29+	54:16+
00:46+	00:53+	01:15+	02:27+	00:47+	01:23+	01:39+	02:07+	02:50+	00:41+	04:56+	01:57+	00:58+	00:32+	02:30+	03:38+	01:37+	05:09+	03:33+	02:31+	01:15+	04:22+	01:51+	01:14+	01:38+	01:47+
00:46+	00:53+	01:15+	02:27+	00:47+	01:23+	01:39+	02:07+	02:50+	00:41+	04:56+	01:57+	00:58+	00:32+	02:30+	03:38+	01:37+	05:09+	03:33+	02:31+	01:15+	04:22+	01:51+	01:14+	01:38+	01:47+
58:31+	59:57+	62:11+	64:05+	64:37+	65:36+	67:37+	69:12+	04:15+	01:26+	02:14+	01:54+	00:32+	00:59+	02:01+	01:35+	04:15+	01:26+	02:14+	01:54+	00:32+	00:59+	02:01+	01:35+		
<b>8</b>	<b>Erling Mauland</b>	<b>3541</b>	<b>1:10:39</b>																						
00:52+	01:51+	03:14+	05:52+	06:38+	07:48+	08:37+	11:11+	13:12+	14:15+	20:05+	21:55+	22:41+	23:12+	25:45+	28:58+	30:35+	32:57+	34:47+	37:32+	39:27+	46:17+	47:53+	48:54+	50:45+	52:39+
00:52+	00:59+	01:23+	02:38+	00:46+	01:10+	00:49+	02:34+	02:01+	01:03+	05:50+	01:50+	00:46+	00:31+	02:33+	03:13+	01:37+	02:22+	01:50+	02:45+	01:55+	06:50+	01:36+	01:01+	01:51+	01:54+
00:52+	00:59+	01:23+	02:38+	00:46+	01:10+	00:49+	02:34+	02:01+	01:03+	05:50+	01:50+	00:46+	00:31+	02:33+	03:13+	01:37+	02:22+	01:50+	02:45+	01:55+	06:50+	01:36+	01:01+	01:51+	01:54+
58:15+	59:34+	63:04+	64:59+	65:28+	66:37+	68:49+	70:39+	05:36+	01:19+	03:30+	01:55+	00:29+	01:09+	02:12+	01:50+	05:36+	01:19+	03:30+	01:55+	00:29+	01:09+	02:12+	01:50+		
<b>9</b>	<b>Nils John Vestøl</b>	<b>3541</b>	<b>1:11:34</b>																						
00:39+	01:24+	02:36+	04:59+	05:41+	07:03+	08:21+	11:10+	14:49+	15:23+	22:03+	23:42+	24:44+	25:08+	27:28+	30:35+	32:14+	34:49+	36:38+	39:59+	41:54+	46:06+	48:19+	49:10+	50:47+	53:36+
00:39+	00:45+	01:12+	02:23+	00:42+	01:22+	01:18+	02:49+	03:39+	00:34+	06:40+	01:39+	01:02+	00:24+	02:20+	03:07+	01:39+	02:35+	01:49+	03:21+	01:55+	04:12+	02:13+	00:51+	01:37+	02:49+
00:39+	00:45+	01:12+	02:23+	00:42+	01:22+	01:18+	02:49+	03:39+	00:34+	06:40+	01:39+	01:02+	00:24+	02:20+	03:07+	01:39+	02:35+	01:49+	03:21+	01:55+	04:12+	02:13+	00:51+	01:37+	02:49+
58:18+	59:29+	64:51+	66:20+	66:53+	67:39+	70:01+	71:34+	04:42+	01:11+	05:22+	01:29+	00:33+	00:46+	02:22+	01:33+	04:42+	01:11+	05:22+	01:29+	00:33+	00:46+	02:22+	01:33+		
<b>10</b>	<b>Bertrand Denieul</b>	<b>877</b>	<b>1:14:13</b>																						
00:46+	01:42+	03:07+	05:45+	06:28+	07:44+	08:26+	12:03+	14:07+	14:46+	19:28+	21:05+	22:05+	22:39+	24:55+	28:21+	29:36+	32:28+	35:57+	41:19+	44:08+	49:09+	50:11+	52:02+	53:04+	54:31+
00:46+	00:56+	01:25+	02:38+	00:43+	01:16+	00:42+	03:37+	02:04+	00:39+	04:42+	01:37+	01:00+	00:34+	02:16+	03:26+	01:15+	02:52+	03:29+	05:22+	02:49+	05:01+	01:02+	01:51+	01:02+	01:27+
00:46+	00:56+	01:25+	02:38+	00:43+	01:16+	00:42+	03:37+	02:04+	00:39+	04:42+	01:37+	01:00+	00:34+	02:16+	03:26+	01:15+	02:52+	03:29+	05:22+	02:49+	05:01+	01:02+	01:51+	01:02+	01:27+
56:09+	62:17+	64:00+	65:27+	68:08+	68:50+	69:55+	72:15+	74:13+	01:38+	06:08+	01:43+	01:27+	02:41+	00:42+	01:05+	02:20+	01:58+	01:38+	06:08+	01:43+	01:27+	02:41+	00:42+	01:05+	02:20+

## Herrer C

<b>11</b>	<b>Pål H. Gjerden</b>	<b>1683</b>	<b>1:17:44</b>																						
00:42+	01:25+	02:53+	05:35+	06:37+	08:04+	08:50+	11:33+	14:18+	15:01+	21:52+	24:03+	25:26+	26:00+	30:11+	33:21+	35:00+	38:04+	40:04+	43:07+	44:51+	49:34+	51:35+	52:33+	54:29+	57:17+
00:42+	00:43+	01:28+	02:42+	01:02+	01:27+	00:46+	02:43+	02:45+	00:43+	06:51+	02:11+	01:23+	00:34+	04:11+	03:10+	01:39+	03:04+	02:00+	03:03+	01:44+	04:43+	02:01+	00:58+	01:56+	02:48+
00:42+	00:43+	01:28+	02:42+	01:02+	01:27+	00:46+	02:43+	02:45+	00:43+	06:51+	02:11+	01:23+	00:34+	04:11+	03:10+	01:39+	03:04+	02:00+	03:03+	01:44+	04:43+	02:01+	00:58+	01:56+	02:48+
63:36+	65:23+	69:02+	71:36+	72:25+	73:39+	75:54+	77:44+																		
06:19+	01:47+	03:39+	02:34+	00:49+	01:14+	02:15+	01:50+																		
06:19+	01:47+	03:39+	02:34+	00:49+	01:14+	02:15+	01:50+																		
<b>12</b>	<b>Øyvind Rummelhoff</b>	<b>882</b>	<b>1:19:05</b>																						
00:43+	02:31+	03:57+	06:49+	07:47+	08:58+	10:04+	13:51+	16:04+	16:45+	21:16+	23:13+	26:10+	26:33+	28:47+	37:17+	38:29+	41:16+	42:59+	45:10+	46:20+	53:51+	55:52+	57:08+	58:38+	60:12+
00:43+	01:48+	01:26+	02:52+	00:58+	01:11+	01:06+	03:47+	02:13+	00:41+	04:31+	01:57+	02:57+	00:23+	02:14+	08:30+	01:12+	02:47+	01:43+	02:11+	01:10+	07:31+	02:01+	01:16+	01:30+	01:34+
00:43+	01:48+	01:26+	02:52+	00:58+	01:11+	01:06+	03:47+	02:13+	00:41+	04:31+	01:57+	02:57+	00:23+	02:14+	08:30+	01:12+	02:47+	01:43+	02:11+	01:10+	07:31+	02:01+	01:16+	01:30+	01:34+
65:44+	67:43+	69:37+	72:20+	73:03+	74:00+	77:09+	79:05+																		
05:32+	01:59+	01:54+	02:43+	00:43+	00:57+	03:09+	01:56+																		
05:32+	01:59+	01:54+	02:43+	00:43+	00:57+	03:09+	01:56+																		
<b>13</b>	<b>Ove Oaland</b>	<b>1683</b>	<b>1:35:49</b>																						
01:02+	01:57+	03:30+	06:23+	07:20+	08:52+	09:45+	13:35+	16:08+	17:08+	23:23+	26:01+	27:00+	27:40+	31:15+	35:35+	38:51+	42:37+	47:43+	52:30+	54:20+	61:56+	64:42+	66:17+	69:29+	71:28+
01:02+	00:55+	01:33+	02:53+	00:57+	01:32+	00:53+	03:50+	02:33+	01:00+	06:15+	02:38+	00:59+	00:40+	03:35+	04:20+	03:16+	03:46+	05:06+	04:47+	01:50+	07:36+	02:46+	01:35+	03:12+	01:59+
01:02+	00:55+	01:33+	02:53+	00:57+	01:32+	00:53+	03:50+	02:33+	01:00+	06:15+	02:38+	00:59+	00:40+	03:35+	04:20+	03:16+	03:46+	05:06+	04:47+	01:50+	07:36+	02:46+	01:35+	03:12+	01:59+
79:39+	82:19+	84:37+	87:16+	88:05+	90:26+	93:33+	95:49+																		
08:11+	02:40+	02:18+	02:39+	00:49+	02:21+	03:07+	02:16+																		
08:11+	02:40+	02:18+	02:39+	00:49+	02:21+	03:07+	02:16+																		

### Beste strekktid for klassen

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

## Herrer Trim

<b>1</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>1683</b>	<b>30:30</b>																						
00:23=	01:23=	02:15=	03:18=	04:17=	05:50=	08:15=	08:38=	09:26=	10:07=	10:57=	11:40=	13:16=	14:45=	15:27=	16:08=	16:52=	20:32=	21:58=	24:55=	25:55=	26:21=	27:42=	28:39=	29:11=	30:30=
00:23=	01:00=	00:52=	01:03=	00:59=	01:33=	02:25=	00:23=	00:48=	00:41=	00:50=	00:43=	01:36=	01:29=	00:42=	00:41=	00:44=	03:40=	01:26=	02:57=	01:00=	00:26=	01:21=	00:57=	00:32=	01:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Thomas Romstad</b>	<b>1683</b>	<b>35:07</b>																						
00:28+	01:33+	02:31+	03:38+	04:41+	06:27+	08:57+	09:21+	10:18+	11:02+	11:51+	12:37+	14:30+	15:25+	16:09+	17:01+	17:57+	21:58+	23:44+	27:12+	29:26+	29:49+	31:21+	32:19+	32:54+	35:07+
00:28+	01:05+	00:58+	01:07+	01:03+	01:46+	02:30+	00:24+	00:57+	00:44+	00:49+	00:46+	01:53+	00:55+	00:44+	00:52+	00:56+	04:01+	01:46+	03:28+	02:14+	00:23+	01:32+	00:58+	00:35+	02:13+
00:05#	00:05+	00:06#	00:04+	00:04+	00:13#	00:05+	00:01+	00:09#	00:03+	00:01-	00:03+	00:17#	00:34-	00:02+	00:11&	00:12&	00:21+	00:20#	00:31#	01:14@	00:03-	00:11#	00:01+	00:03+	00:54&
<b>3</b>	<b>Andreas Primstad</b>	<b>3548</b>	<b>35:10</b>																						
01:19+	02:33+	04:50+	06:07+	07:08+	09:09+	11:59+	12:23+	13:12+	14:03+	14:49+	15:35+	17:11+	18:07+	18:48+	19:29+	20:19+	24:35+	26:34+	28:56+	29:55+	30:32+	31:40+	32:37+	33:12+	35:10+
01:19+	01:14+	02:17+	01:17+	01:01+	02:01+	02:50+	00:24+	00:49+	00:51+	00:46-	00:46+	01:36=	00:56-	00:41-	00:41=	00:50+	04:16+	01:59+	02:22-	00:59-	00:37+	01:08-	00:57=	00:35+	01:58+
00:56@	00:14#	01:25@	00:14#	00:02+	00:28&	00:25#	00:01+	00:01+	00:10#	00:04-	00:03+	00:00=	00:33-	00:01-	00:00=	00:06#	00:36#	00:33&	00:35-	00:01-	00:11&	00:13-	00:00=	00:03+	00:39&
<b>4</b>	<b>Stian Bentsen Malmanger</b>	<b>3676</b>	<b>35:49</b>																						
00:29+	01:44+	03:03+	04:23+	05:32+	07:29+	10:35+	11:00+	11:57+	12:41+	13:38+	14:25+	16:10+	17:39+	18:45+	19:34+	20:31+	25:29+	27:45+	30:00+	30:56+	31:27+	32:57+	33:53+	34:24+	35:49+
00:29+	01:15+	01:19+	01:20+	01:09+	01:57+	03:06+	00:25+	00:57+	00:44+	00:57+	00:47+	01:45+	01:29=	01:06+	00:49+	00:57+	04:58+	02:16+	02:15-	00:56-	00:31+	01:30+	00:56-	00:31-	01:25+
00:06&	00:15#	00:27&	00:17&	00:10#	00:24&	00:41&	00:02+	00:09#	00:03+	00:07#	00:04+	00:09+	00:00=	00:24&	00:08#	00:13&	01:18&	00:50&	00:42-	00:04-	00:05#	00:09#	00:01-	00:01-	00:06+
<b>5</b>	<b>Svein Erik Bjørnsen</b>	<b>1376</b>	<b>37:29</b>																						
00:38+	01:48+	02:48+	03:47+	05:00+	07:05+	10:35+	11:01+	11:57+	12:43+	13:40+	15:03+	16:43+	17:34+	18:18+	19:00+	19:48+	26:42+	28:38+	30:54+	31:49+	32:32+	34:15+	35:19+	35:57+	37:29+
00:38+	01:10+	01:00+	00:59-	01:13+	02:05+	03:30+	00:26+	00:56+	00:46+	00:57+	01:23+	01:40+	00:51-	00:44+	00:42+	00:48+	06:54+	01:56+	02:16-	00:55-	00:43+	01:43+	01:04+	00:38+	01:32+
00:15&	00:10#	00:08#	00:04-	00:14#	00:32&	01:05&	00:03#	00:08#	00:05#	00:07#	00:40&	00:04+	00:38-	00:02+	00:01+	00:04+	03:14&	00:30&	00:41-	00:05-	00:17&	00:22&	00:07#	00:06#	00:13#
<b>6</b>	<b>Erling Byberg</b>	<b>793</b>	<b>38:36</b>																						
01:37+	02:44+	03:43+	04:39+	05:34+	07:08+	09:06+	09:22+	10:03+	10:36+	11:14+	11:49+	13:01-	13:37-	14:12-	14:45-	15:27-	18:12-	31:34+	33:37+	34:32+	35:10+	36:17+	37:08+	37:31+	38:36+
01:37+	01:07+	00:59+	00:56-	00:55-	01:34+	01:58-	00:16-	00:41-	00:33-	00:38-	00:35-	01:12-	00:36-	00:35-	00:33-	00:42-	02:45-	13:22+	02:03-	00:55-	00:38+	01:07-	00:51-	00:23-	01:05-
01:14@	00:07#	00:07#	00:07-	00:04-	00:01+	00:27-	00:07-	00:07-	00:08-	00:12-	00:08-	00:24-	00:53-	00:07-	00:08-	00:02-	00:55-	11:56@	00:54-	00:05-	00:12&	00:14-	00:06-	00:09-	00:14-
<b>7</b>	<b>Arne Magne Søndresen</b>	<b>722</b>	<b>39:05</b>																						
00:46+	02:06+	03:10+	04:20+	05:38+	07:40+	10:35+	11:01+	12:05+	12:50+	13:47+	14:38+	16:29+	17:48+	18:50+	19:40+	20:28+	25:59+	28:35+	32:28+	33:26+	34:08+	35:55+	36:58+	37:31+	39:05+
00:46+	01:20+	01:04+	01:10+	01:18+	02:02+	02:55+	00:26+	01:04+	00:45+	00:57+	00:51+	01:51+	01:19-	01:02+	00:50+	00:48+	05:31+	02:36+	03:53+	00:58-	00:42+	01:47+	01:03+	00:33+	01:34+
00:23&	00:20&	00:12#	00:07#	00:19&	00:29&	00:30#	00:03#	00:16&	00:04+	00:07#	00:08#	00:15#	00:10-	00:20&	00:09#	00:04+	01:51&	01:10&	00:56&	00:02-	00:16&	00:26&	00:06#	00:01+	00:15#



Class	Navn	Klasse	Tid																						
<b>Herrer Trim</b>																									
<b>22</b>	<b>Frode Følgesvold</b>	<b>880</b>	<b>50:43</b>																						
00:34+	03:23+	05:03+	06:26+	07:51+	10:11+	13:44+	14:16+	15:31+	16:30+	17:38+	18:42+	21:26+	22:51+	24:29+	25:37+	27:25+	33:05+	37:08+	41:53+	43:37+	44:18+	46:26+	47:48+	48:30+	50:43+
00:34+	02:49+	01:40+	01:23+	01:25+	02:20+	03:33+	00:32+	01:15+	00:59+	01:08+	01:04+	02:44+	01:25+	01:38+	01:08+	01:48+	05:40+	04:03+	04:45+	01:44+	00:41+	02:08+	01:22+	00:42+	02:13+
00:34+	02:49+	01:40+	01:23+	01:25+	02:20+	03:33+	00:32+	01:15+	00:59+	01:08+	01:04+	02:44+	01:25+	01:38+	01:08+	01:48+	05:40+	04:03+	04:45+	01:44+	00:41+	02:08+	01:22+	00:42+	02:13+
<b>23</b>	<b>Nils Egil Lie</b>	<b>3548</b>	<b>52:29</b>																						
00:32+	01:58+	03:37+	05:02+	07:03+	10:08+	13:31+	14:09+	15:13+	16:04+	17:45+	18:45+	21:18+	23:17+	24:29+	28:02+	29:32+	35:07+	39:46+	43:53+	45:07+	45:59+	48:29+	49:42+	50:30+	52:29+
00:32+	01:26+	01:39+	01:25+	02:01+	03:05+	03:23+	00:38+	01:04+	00:51+	01:41+	01:00+	02:33+	01:59+	01:12+	03:33+	01:30+	05:35+	04:39+	04:07+	01:14+	00:52+	02:30+	01:13+	00:48+	01:59+
00:32+	01:26+	01:39+	01:25+	02:01+	03:05+	03:23+	00:38+	01:04+	00:51+	01:41+	01:00+	02:33+	01:59+	01:12+	03:33+	01:30+	05:35+	04:39+	04:07+	01:14+	00:52+	02:30+	01:13+	00:48+	01:59+
<b>24</b>	<b>Roger Endre Nyseth</b>	<b>892</b>	<b>54:13</b>																						
00:48+	02:51+	04:44+	06:34+	08:31+	12:01+	16:30+	17:16+	18:52+	20:18+	21:59+	23:20+	26:18+	27:59+	29:30+	30:43+	31:54+	37:52+	40:41+	44:23+	45:40+	46:46+	49:11+	50:47+	51:47+	54:13+
00:48+	02:03+	01:53+	01:50+	01:57+	03:30+	04:29+	00:46+	01:36+	01:26+	01:41+	01:21+	02:58+	01:41+	01:31+	01:13+	01:11+	05:58+	02:49+	03:42+	01:17+	01:06+	02:25+	01:36+	01:00+	02:26+
00:48+	02:03+	01:53+	01:50+	01:57+	03:30+	04:29+	00:46+	01:36+	01:26+	01:41+	01:21+	02:58+	01:41+	01:31+	01:13+	01:11+	05:58+	02:49+	03:42+	01:17+	01:06+	02:25+	01:36+	01:00+	02:26+
<b>25</b>	<b>John Helge Svandal</b>	<b>3531</b>	<b>55:33</b>																						
02:16+	03:38+	06:21+	07:55+	09:37+	12:15+	15:32+	16:06+	19:37+	20:32+	22:01+	23:11+	25:37+	27:15+	28:37+	29:35+	30:48+	36:48+	40:32+	44:59+	46:51+	48:25+	51:02+	52:40+	53:23+	55:33+
02:16+	01:22+	02:43+	01:34+	01:42+	02:38+	03:17+	00:34+	03:31+	00:55+	01:29+	01:10+	02:26+	01:38+	01:22+	00:58+	01:13+	06:00+	03:44+	04:27+	01:52+	01:34+	02:37+	01:38+	00:43+	02:10+
02:16+	01:22+	02:43+	01:34+	01:42+	02:38+	03:17+	00:34+	03:31+	00:55+	01:29+	01:10+	02:26+	01:38+	01:22+	00:58+	01:13+	06:00+	03:44+	04:27+	01:52+	01:34+	02:37+	01:38+	00:43+	02:10+
<b>26</b>	<b>Audun Mamre</b>	<b>3676</b>	<b>56:52</b>																						
00:31+	01:50+	03:25+	05:13+	06:41+	09:28+	13:18+	13:49+	14:56+	16:20+	17:34+	18:55+	21:24+	24:51+	29:33+	30:26+	32:24+	38:49+	43:18+	47:22+	48:36+	49:35+	52:10+	53:58+	54:39+	56:52+
00:31+	01:19+	01:35+	01:48+	01:28+	02:47+	03:50+	00:31+	01:07+	01:24+	01:14+	01:21+	02:29+	03:27+	04:42+	00:53+	01:58+	06:25+	04:29+	04:04+	01:14+	00:59+	02:35+	01:48+	00:41+	02:13+
00:31+	01:19+	01:35+	01:48+	01:28+	02:47+	03:50+	00:31+	01:07+	01:24+	01:14+	01:21+	02:29+	03:27+	04:42+	00:53+	01:58+	06:25+	04:29+	04:04+	01:14+	00:59+	02:35+	01:48+	00:41+	02:13+
<b>27</b>	<b>Tom Leveraas</b>	<b>1884</b>	<b>1:00:19</b>																						
00:45+	02:29+	04:56+	06:29+	07:59+	11:33+	15:34+	16:00+	17:34+	18:41+	19:51+	20:57+	25:32+	28:11+	29:38+	30:52+	32:41+	39:59+	44:42+	52:31+	53:32+	54:25+	56:29+	57:47+	58:32+	60:19+
00:45+	01:44+	02:27+	01:33+	01:30+	03:34+	04:01+	00:26+	01:34+	01:07+	01:10+	01:06+	04:35+	02:39+	01:27+	01:14+	01:49+	07:18+	04:43+	07:49+	01:01+	00:53+	02:04+	01:18+	00:45+	01:47+
00:45+	01:44+	02:27+	01:33+	01:30+	03:34+	04:01+	00:26+	01:34+	01:07+	01:10+	01:06+	04:35+	02:39+	01:27+	01:14+	01:49+	07:18+	04:43+	07:49+	01:01+	00:53+	02:04+	01:18+	00:45+	01:47+
<b>28</b>	<b>Rolf Øystein Kluge</b>	<b>793</b>	<b>1:01:32</b>																						
00:54+	02:48+	04:36+	06:19+	07:59+	10:54+	16:31+	17:15+	19:05+	20:13+	21:40+	23:03+	25:54+	28:44+	30:08+	31:25+	32:41+	41:36+	45:17+	49:58+	51:36+	53:01+	55:53+	58:04+	59:04+	61:32+
00:54+	01:54+	01:48+	01:43+	01:40+	02:55+	05:37+	00:44+	01:50+	01:08+	01:27+	01:23+	02:51+	02:50+	01:24+	01:17+	01:16+	08:55+	03:41+	04:41+	01:38+	01:25+	02:52+	02:11+	01:00+	02:28+
00:54+	01:54+	01:48+	01:43+	01:40+	02:55+	05:37+	00:44+	01:50+	01:08+	01:27+	01:23+	02:51+	02:50+	01:24+	01:17+	01:16+	08:55+	03:41+	04:41+	01:38+	01:25+	02:52+	02:11+	01:00+	02:28+
<b>29</b>	<b>Jan Erik Rasmussen</b>	<b>3519</b>	<b>1:01:52</b>																						
01:51+	03:53+	05:22+	07:09+	08:48+	11:37+	16:43+	17:19+	19:09+	20:13+	21:34+	22:53+	26:08+	29:03+	30:45+	31:56+	33:38+	40:36+	45:19+	50:51+	52:28+	53:27+	56:34+	58:36+	59:45+	61:52+
01:51+	02:02+	01:29+	01:47+	01:39+	02:49+	05:06+	00:36+	01:50+	01:04+	01:21+	01:19+	03:15+	02:55+	01:42+	01:11+	01:42+	06:58+	04:43+	05:32+	01:37+	00:59+	03:07+	02:02+	01:09+	02:07+
01:51+	02:02+	01:29+	01:47+	01:39+	02:49+	05:06+	00:36+	01:50+	01:04+	01:21+	01:19+	03:15+	02:55+	01:42+	01:11+	01:42+	06:58+	04:43+	05:32+	01:37+	00:59+	03:07+	02:02+	01:09+	02:07+
<b>30</b>	<b>Steinar Løgth Aase</b>	<b>2539</b>	<b>1:06:29</b>																						
00:36+	02:15+	04:55+	07:05+	08:59+	12:29+	16:54+	17:40+	19:27+	20:54+	22:36+	24:02+	27:44+	30:47+	32:37+	34:03+	35:39+	44:33+	49:49+	55:47+	57:01+	57:45+	61:06+	62:49+	63:46+	66:29+
00:36+	01:39+	02:40+	02:10+	01:54+	03:30+	04:25+	00:46+	01:47+	01:27+	01:42+	01:26+	03:42+	03:03+	01:50+	01:26+	01:36+	08:54+	05:16+	05:58+	01:14+	00:44+	03:21+	01:43+	00:57+	02:43+
00:36+	01:39+	02:40+	02:10+	01:54+	03:30+	04:25+	00:46+	01:47+	01:27+	01:42+	01:26+	03:42+	03:03+	01:50+	01:26+	01:36+	08:54+	05:16+	05:58+	01:14+	00:44+	03:21+	01:43+	00:57+	02:43+
<b>31</b>	<b>Joar Fandrem</b>	<b>1141</b>	<b>1:19:45</b>																						
00:56+	03:27+	05:01+	06:27+	08:04+	10:49+	24:27+	25:10+	26:25+	27:42+	29:51+	30:57+	33:39+	38:57+	40:53+	42:04+	43:53+	50:39+	57:24+	65:01+	67:37+	68:28+	75:36+	77:14+	78:10+	79:45+
00:56+	02:31+	01:34+	01:26+	01:37+	02:45+	13:38+	00:43+	01:15+	01:17+	02:09+	01:06+	02:42+	05:18+	01:56+	01:11+	01:49+	06:46+	06:45+	07:37+	02:36+	00:51+	07:08+	01:38+	00:56+	01:35+
00:56+	02:31+	01:34+	01:26+	01:37+	02:45+	13:38+	00:43+	01:15+	01:17+	02:09+	01:06+	02:42+	05:18+	01:56+	01:11+	01:49+	06:46+	06:45+	07:37+	02:36+	00:51+	07:08+	01:38+	00:56+	01:35+
<b>32</b>	<b>Frank Gulbrandsen</b>	<b>722</b>	<b>1:23:26</b>																						
02:29+	04:36+	05:59+	07:33+	09:23+	12:24+	15:42+	16:17+	30:02+	31:16+	32:51+	33:56+	36:38+	43:28+	45:22+	46:33+	49:37+	55:41+	68:02+	72:39+	74:05+	75:06+	77:46+	79:39+	80:46+	83:26+
02:29+	02:07+	01:23+	01:34+	01:50+	03:01+	03:18+	00:35+	13:45+	01:14+	01:35+	01:05+	02:42+	06:50+	01:54+	01:11+	03:04+	06:04+	12:21+	04:37+	01:26+	01:01+	02:40+	01:53+	01:07+	02:40+
02:29+	02:07+	01:23+	01:34+	01:50+	03:01+	03:18+	00:35+	13:45+	01:14+	01:35+	01:05+	02:42+	06:50+	01:54+	01:11+	03:04+	06:04+	12:21+	04:37+	01:26+	01:01+	02:40+	01:53+	01:07+	02:40+
<b>33</b>	<b>Per Bakken</b>	<b>880</b>	<b>1:24:31</b>																						
02:59+	04:39+	10:20+	11:58+	13:46+	16:43+	21:45+	22:31+	32:32+	33:49+	35:05+	36:31+	39:58+	46:31+	48:26+	49:47+	51:27+	59:11+	63:39+	68:45+	72:51+	74:06+	78:28+	80:48+	82:01+	84:31+
02:59+	01:40+	05:41+	01:38+	01:48+	02:57+	05:02+	00:46+	10:01+	01:17+	01:16+	01:26+	03:27+	06:33+	01:55+	01:21+	01:40+	07:44+	04:28+	05:06+	04:06+	01:15+	04:22+	02:20+	01:13+	02:30+
02:59+	01:40+	05:41+	01:38+	01:48+	02:57+	05:02+	00:46+	10:01+	01:17+	01:16+	01:26+	03:27+	06:33+	01:55+	01:21+	01:40+	07:44+	04:28+	05:06+	04:06+	01:15+	04:22+	02:20+	01:13+	02:30+
<b>34</b>	<b>Svein Inge Sævereid</b>	<b>643</b>	<b>1:35:18</b>																						
02:21+	04:42+	06:48+	08:56+	11:14+	15:23+	20:51+	21:44+	23:40+	25:22+	27:26+	29:20+	33:34+	38:20+	40:53+	42:48+	44:45+	56:06+	66:49+	78:54+	81:26+	83:13+	87:08+	89:43+	91:19+	95:18+
02:21+	02:21+	02:06+	02:08+	02:18+	04:09+	05:28+	00:53+	01:56+	01:42+	02:04+	01:54+	04:14+	04:46+	02:33+	01:55+	01:57+	11:21+	10:43+	12:05+	02:32+	01:47+	03:55+	02:35+	01:36+	03:59+
02:21+	02:21+	02:06+	02:08+	02:18+	04:09+	05:28+	00:53+	01:56+	01:42+	02:04+	01:54+	04:14+	04:46+	02:33+	01:55+	01:57+	11:21+	10:43+	12:05+	02:32+	01:47+	03:55+	02:35+	01:36+	03:59+