

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Aina Kalsaas Urstad	3580	22:33												
01:32=	03:02=	05:20=	06:25=	07:07=	09:28=	10:36=	12:05=	18:32=	19:19=	19:57=	20:19=	21:06=	21:55=	22:14=	22:33=
01:32=	01:30=	02:18=	01:05=	00:42=	02:21=	01:08=	01:29=	06:27=	00:47=	00:38=	00:22=	00:47=	00:49=	00:19=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Maren Benjaminsen	1832	24:45												
01:42+	03:22+	06:00+	07:16+	07:51+	10:43+	12:06+	13:47+	20:24+	21:07+	21:54+	22:16+	23:15+	24:02+	24:25+	24:45+
01:42+	01:40+	02:38+	01:16+	00:35-	02:52+	01:23+	01:41+	06:37+	00:43-	00:47+	00:22=	00:59+	00:47-	00:23+	00:20+
00:10#	00:10#	00:20#	00:11#	00:07-	00:31#	00:15#	00:12#	00:10+	00:04-	00:09#	00:00=	00:12&	00:02-	00:04#	00:01+
3	Wibeke Lende	3503	24:55												
01:57+	03:42+	06:21+	07:21+	08:52+	11:14+	12:48+	14:21+	20:47+	21:28+	22:13+	22:36+	23:25+	24:13+	24:36+	24:55+
01:57+	01:45+	02:39+	01:00-	01:31+	02:22+	01:34+	01:33+	06:26-	00:41-	00:45+	00:23+	00:49+	00:48-	00:23+	00:19=
00:25&	00:15#	00:21#	00:05-	00:49#	00:01+	00:26&	00:04+	00:01-	00:06-	00:07#	00:01+	00:02+	00:01-	00:04#	00:00=
4	Sina Thu Randulff	643	26:13												
01:29-	03:03+	06:58+	08:28+	09:44+	12:09+	13:19+	14:49+	22:04+	22:39+	23:12+	23:39+	24:32+	25:34+	25:54+	26:13+
01:29-	01:34+	03:55+	01:30+	01:16+	02:25+	01:10+	01:30+	07:15+	00:35-	00:33-	00:27+	00:53+	01:02+	00:20+	00:19=
00:03-	00:04+	01:37&	00:25&	00:34&	00:04+	00:02+	00:01+	00:48#	00:12-	00:05-	00:05#	00:06#	00:13&	00:01+	00:00=
5	Lisa Turko	NOTEAM	26:51												
01:37+	03:12+	05:40+	06:42+	08:40+	13:36+	14:46+	16:21+	22:44+	23:30+	24:12+	24:35+	25:27+	26:04+	26:27+	26:51+
01:37+	01:35+	02:28+	01:02-	01:58+	04:56+	01:10+	01:35+	06:23-	00:46-	00:42+	00:23+	00:52+	00:37-	00:23+	00:24+
00:05+	00:05+	00:10+	00:03-	01:16#	02:35#	00:02+	00:06+	00:04-	00:01-	00:04#	00:01+	00:05#	00:12-	00:04#	00:05&
6	Marita Skorpe Falnes	3568	27:23												
01:54+	03:43+	06:38+	07:41+	08:24+	11:15+	12:36+	14:26+	22:02+	22:59+	23:48+	24:16+	25:25+	26:34+	26:59+	27:23+
01:54+	01:49+	02:55+	01:03-	00:43+	02:51+	01:21+	01:50+	07:36+	00:57+	00:49+	00:28+	01:09+	01:09+	00:25+	00:24+
00:22#	00:19#	00:37&	00:02-	00:01+	00:30#	00:13#	00:21#	01:09#	00:10#	00:11&	00:06&	00:22&	00:20&	00:06&	00:05&
7	Ingrid Lycke Austbø	989	27:24												
01:42+	03:12+	06:00+	06:55+	07:46+	12:59+	14:38+	16:08+	22:34+	23:14+	24:22+	24:45+	25:55+	26:46+	27:06+	27:24+
01:42+	01:30=	02:48+	00:55-	00:51+	05:13+	01:39+	01:30+	06:26-	00:40-	01:08+	00:23+	01:10+	00:51+	00:20+	00:18-
00:10#	00:00=	00:30#	00:10-	00:09#	02:52#	00:31&	00:01+	00:01-	00:07-	00:30&	00:01+	00:23&	00:02+	00:01+	00:01-
8	Ingvild Amalixsen	465	28:18												
01:50+	03:37+	06:38+	09:52+	10:36+	12:54+	14:13+	15:51+	23:04+	23:52+	24:37+	25:00+	26:40+	27:32+	27:55+	28:18+
01:50+	01:47+	03:01+	03:14+	00:44+	02:18-	01:19+	01:38+	07:13+	00:48+	00:45+	00:23+	01:40+	00:52+	00:23+	00:23+
00:18#	00:17#	00:43&	02:09#	00:02+	00:03-	00:11#	00:09#	00:46#	00:01+	00:07#	00:01+	00:53#	00:03+	00:04#	00:04#
9	Karoline Blyberg Lillehammer	1758	28:30												
01:55+	03:38+	06:58+	08:34+	09:32+	13:15+	14:33+	16:19+	23:27+	24:07+	24:58+	25:29+	26:40+	27:37+	28:06+	28:30+
01:55+	01:43+	03:20+	01:36+	00:58+	03:43+	01:18+	01:46+	07:08+	00:40-	00:51+	00:31+	01:11+	00:57+	00:29+	00:24+
00:23#	00:13#	01:02&	00:31&	00:16&	01:22&	00:10#	00:17#	00:41#	00:07-	00:13&	00:09&	00:24&	00:08#	00:10&	00:05&
10	Heidi Langeland	896	28:35												
02:33+	04:33+	07:27+	08:33+	09:26+	12:26+	13:54+	15:48+	24:05+	24:57+	25:49+	26:09+	27:06+	27:49+	28:13+	28:35+
02:33+	02:00+	02:54+	01:06+	00:53+	03:00+	01:28+	01:54+	08:17+	00:52+	00:52+	00:20-	00:57+	00:43-	00:24+	00:22+
01:01&	00:30&	00:36&	00:01+	00:11&	00:39&	00:20&	00:25&	01:50&	00:05#	00:14&	00:02-	00:10#	00:06-	00:05&	00:03#
11	Ann-Mari Vold	3529	29:01												
01:48+	03:42+	06:45+	08:02+	09:39+	12:30+	13:46+	15:40+	23:51+	24:47+	25:44+	26:16+	27:06+	27:51+	28:40+	29:01+
01:48+	01:54+	03:03+	01:17+	01:37+	02:51+	01:16+	01:54+	08:11+	00:56+	00:57+	00:32+	00:50+	00:45-	00:49+	00:21+
00:16#	00:24&	00:45&	00:12#	00:55#	00:30#	00:08#	00:25&	01:44&	00:09#	00:19&	00:10&	00:03+	00:04-	00:30#	00:02#
12	Hege Bakken	1754	29:06												
02:03+	03:56+	06:58+	08:35+	09:27+	12:12+	13:36+	15:20+	23:38+	24:22+	25:42+	26:05+	27:15+	28:15+	28:39+	29:06+
02:03+	01:53+	03:02+	01:37+	00:52+	02:45+	01:24+	01:44+	08:18+	00:44-	01:20+	00:23+	01:10+	01:00+	00:24+	00:27+
00:31&	00:23&	00:44&	00:32&	00:10#	00:24#	00:16#	00:15#	01:51&	00:03-	00:42#	00:01+	00:23&	00:11#	00:05&	00:08&
13	Ingunn Landsnes	892	32:22												
02:14+	04:11+	07:56+	09:19+	10:15+	13:59+	15:45+	17:40+	26:48+	27:48+	28:53+	29:22+	30:38+	31:29+	31:55+	32:22+
02:14+	01:57+	03:45+	01:23+	00:56+	03:44+	01:46+	01:55+	09:08+	01:00+	01:05+	00:29+	01:16+	00:51+	00:26+	00:27+
00:42&	00:27&	01:27&	00:18&	00:14&	01:23&	00:38&	00:26&	02:41&	00:13&	00:27&	00:07&	00:29&	00:02+	00:07&	00:08&
14	Idunn Husøy Naustdal	722	33:51												
02:37+	05:02+	08:33+	10:00+	11:21+	14:54+	16:26+	18:57+	27:26+	28:12+	29:38+	30:21+	31:49+	33:00+	33:25+	33:51+
02:37+	02:25+	03:31+	01:27+	01:21+	03:33+	01:32+	02:31+	08:29+	00:46-	01:26+	00:43+	01:28+	01:11+	00:25+	00:26+
01:05&	00:55&	01:13&	00:22&	00:39&	01:12&	00:24&	01:02&	02:02&	00:01-	00:48#	00:21&	00:41&	00:22&	00:06&	00:07&

Class	Navn	Klasse	Tid
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Damer 16 - 39 år

15	Ragnhild Thorset Våge	896	43:56												
06:49+	19:54+	22:54+	24:12+	25:05+	27:38+	28:56+	30:30+	36:35+	38:27+	39:09+	40:05+	41:04+	41:57+	43:32+	43:56+
06:49+	13:05+	03:00+	01:18+	00:53+	02:33+	01:18+	01:34+	06:05-	01:52+	00:42+	00:56+	00:59+	00:53+	01:35+	00:24+
05:17@	11:35@	00:42&	00:13#	00:11&	00:12+	00:10#	00:05+	00:22-	01:05@	00:04#	00:34@	00:12&	00:04+	01:16@	00:05&

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Maren Thu	NOTEAM	25:43												
02:08=	05:26=	07:28=	08:50=	09:34=	11:22=	12:05=	13:28=	20:35=	21:17=	22:14=	22:40=	24:04=	25:00=	25:21=	25:43=
02:08=	03:18=	02:02=	01:22=	00:44=	01:48=	00:43=	01:23=	07:07=	00:42=	00:57=	00:26=	01:24=	00:56=	00:21=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Randi Ladsten	879	26:08												
02:09+	05:04-	06:39-	07:40-	08:30-	10:32-	11:12-	12:49-	20:37+	21:28+	22:49+	23:21+	24:27+	25:19+	25:43+	26:08+
02:09+	02:55-	01:35-	01:01-	00:50+	02:02+	00:40-	01:37+	07:48+	00:51+	01:21+	00:32+	01:06-	00:52-	00:24+	00:25+
00:01+	00:23-	00:27-	00:21-	00:06#	00:14#	00:03-	00:14#	00:41+	00:09#	00:24&	00:06#	00:18-	00:04-	00:03#	00:03#

3	Helene Lie	3565	27:00												
02:17+	05:50+	07:12-	08:24-	09:10-	11:29+	12:31+	14:09+	21:44+	22:45+	23:37+	24:06+	25:10+	26:11+	26:36+	27:00+
02:17+	03:33+	01:22-	01:12-	00:46+	02:19+	01:02+	01:38+	07:35+	01:01+	00:52-	00:29+	01:04-	01:01+	00:25+	00:24+
00:09+	00:15+	00:40-	00:10-	00:02+	00:31&	00:19&	00:15#	00:28+	00:19&	00:05-	00:03#	00:20-	00:05+	00:04#	00:02+

4	Ingunn Anda Haug	2342	27:45												
02:19+	06:07+	07:33+	08:24-	09:08-	11:33+	12:21+	14:07+	22:15+	23:05+	24:07+	24:35+	25:38+	26:50+	27:17+	27:45+
02:19+	03:48+	01:26-	00:51-	00:44=	02:25+	00:48+	01:46+	08:08+	00:50+	01:02+	00:28+	01:03-	01:12+	00:27+	00:28+
00:11+	00:30#	00:36-	00:31-	00:00=	00:37&	00:05#	00:23&	01:01#	00:08#	00:05+	00:02+	00:21-	00:16&	00:06&	00:06&

5	Anne Mette Riskjell Høyland	3524	31:18												
01:58-	05:23-	07:56+	10:04+	11:00+	13:07+	14:33+	16:24+	24:57+	26:03+	27:19+	27:47+	28:53+	30:07+	30:52+	31:18+
01:58-	03:25+	02:33+	02:08+	00:56+	02:07+	01:26+	01:51+	08:33+	01:06+	01:16+	00:28+	01:06-	01:14+	00:45+	00:26+
00:10-	00:07+	00:31&	00:46&	00:12&	00:19#	00:43&	00:28&	01:26#	00:24&	00:19&	00:02+	00:18-	00:18&	00:24@	00:04#

6	Jeanette Mjøhus	722	37:39												
06:39+	09:34+	12:15+	13:40+	15:12+	17:11+	18:06+	21:58+	30:20+	31:31+	33:19+	34:06+	35:27+	36:49+	37:16+	37:39+
06:39+	02:55-	02:41+	01:25+	01:32+	01:59+	00:55+	03:52+	08:22+	01:11+	01:48+	00:47+	01:21-	01:22+	00:27+	00:23+
04:31@	00:23-	00:39&	00:03+	00:48@	00:11#	00:12&	02:29@	01:15#	00:29&	00:51&	00:21&	00:03-	00:26&	00:06&	00:01+

7	Anne Lill M. Njå	892	1:03:12												
28:54+	33:47+	35:46+	36:41+	39:12+	41:30+	42:25+	44:18+	56:53+	57:28+	58:56+	59:31+	61:07+	62:16+	62:45+	63:12+
28:54+	04:53+	01:59-	00:55-	02:31+	02:18+	00:55+	01:53+	12:35+	00:35-	01:28+	00:35+	01:36+	01:09+	00:29+	00:27+
26:46@	01:35&	00:03-	00:27-	01:47@	00:30&	00:12&	00:30&	05:28&	00:07-	00:31&	00:09&	00:12#	00:13#	00:08&	00:05#

Beste strekktid for klassen

01:58	02:55	01:22	00:51	00:44	01:48	00:40	01:23	07:07	00:35	00:52	00:26	01:03	00:52	00:21	00:22
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 50 - 59 år

1	Irene Rummelhoff	1683	24:37												
02:01=	04:56=	06:18=	07:32=	08:14=	10:13=	10:53=	12:40=	19:42=	20:25=	21:13=	21:52=	22:54=	23:48=	24:14=	24:37=
02:01=	02:55=	01:22=	01:14=	00:42=	01:59=	00:40=	01:47=	07:02=	00:43=	00:48=	00:39=	01:02=	00:54=	00:26=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Anita Glenne Kallhovd	3502	26:24												
02:10+	06:41+	08:01+	09:20+	10:05+	12:17+	12:49+	14:39+	21:47+	22:28+	23:22+	23:46+	24:44+	25:33+	26:02+	26:24+
02:10+	04:31+	01:20-	01:19+	00:45+	02:12+	00:32-	01:50+	07:08+	00:41-	00:54+	00:24-	00:58-	00:49-	00:29+	00:22-
00:09+	01:36&	00:02-	00:05+	00:03+	00:13#	00:08-	00:03+	00:06+	00:02-	00:06#	00:15-	00:04-	00:05-	00:03#	00:01-

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

3	Keth Berggraf	1683	26:25												
01:58-	05:00+	06:19+	08:11+	08:49+	10:51+	11:28+	13:11+	21:06+	22:04+	22:59+	23:25+	24:27+	25:34+	26:01+	26:25+
01:58-	03:02+	01:19-	01:52+	00:38-	02:02+	00:37-	01:43-	07:55+	00:58+	00:55+	00:26-	01:02=	01:07+	00:27+	00:24+
00:03-	00:07+	00:03-	00:38#	00:04-	00:03+	00:03-	00:04-	00:53#	00:15#	00:07#	00:13-	00:00=	00:13#	00:01+	00:01+
4	Iren Undheim Øgreid	769	26:37												
02:14+	05:19+	07:01+	07:46+	08:31+	10:29+	11:43+	13:14+	21:59+	22:44+	23:34+	24:03+	24:58+	25:50+	26:12+	26:37+
02:14+	03:05+	01:42+	00:45+	00:45+	01:58+	01:14+	01:31+	08:45+	00:45+	00:50+	00:29+	00:55+	00:52+	00:22+	00:25+
02:14+	03:05+	01:42+	00:45+	00:45+	01:58+	01:14+	01:31+	08:45+	00:45+	00:50+	00:29+	00:55+	00:52+	00:22+	00:25+
5	Gerd Olaug Vikeså	1758	27:53												
02:14+	05:52+	07:23+	08:20+	09:17+	11:17+	11:56+	13:36+	21:25+	22:18+	24:29+	24:53+	26:13+	27:04+	27:29+	27:53+
02:14+	03:38+	01:31+	00:57+	00:57+	02:00+	00:39+	01:40+	07:49+	00:53+	02:11+	00:24+	01:20+	00:51+	00:25+	00:24+
02:14+	03:38+	01:31+	00:57+	00:57+	02:00+	00:39+	01:40+	07:49+	00:53+	02:11+	00:24+	01:20+	00:51+	00:25+	00:24+
6	Toril Dahle	1683	28:43												
02:17+	05:34+	07:04+	08:12+	09:28+	12:46+	13:47+	15:22+	23:06+	24:33+	25:46+	26:11+	27:14+	27:53+	28:20+	28:43+
02:17+	03:17+	01:30+	01:08+	01:16+	03:18+	01:01+	01:35+	07:44+	01:27+	01:13+	00:25+	01:03+	00:39+	00:27+	00:23+
02:17+	03:17+	01:30+	01:08+	01:16+	03:18+	01:01+	01:35+	07:44+	01:27+	01:13+	00:25+	01:03+	00:39+	00:27+	00:23+
7	Liv Omdal	1683	28:47												
02:22+	05:56+	07:28+	08:47+	09:34+	11:53+	12:42+	14:34+	23:14+	24:01+	25:05+	25:36+	26:50+	27:53+	28:23+	28:47+
02:22+	03:34+	01:32+	01:19+	00:47+	02:19+	00:49+	01:52+	08:40+	00:47+	01:04+	00:31+	01:14+	01:03+	00:30+	00:24+
02:22+	03:34+	01:32+	01:19+	00:47+	02:19+	00:49+	01:52+	08:40+	00:47+	01:04+	00:31+	01:14+	01:03+	00:30+	00:24+
8	Elisabeth Melbø	879	30:14												
02:54+	06:25+	07:48+	09:03+	09:53+	12:03+	14:12+	16:41+	24:25+	25:18+	26:26+	27:07+	28:36+	29:22+	29:48+	30:14+
02:54+	03:31+	01:23+	01:15+	00:50+	02:10+	02:09+	02:29+	07:44+	00:53+	01:08+	00:41+	01:29+	00:46+	00:26+	00:26+
02:54+	03:31+	01:23+	01:15+	00:50+	02:10+	02:09+	02:29+	07:44+	00:53+	01:08+	00:41+	01:29+	00:46+	00:26+	00:26+
9	Trude Hermanrud	896	30:19												
02:10+	05:37+	07:21+	08:22+	09:36+	11:54+	12:39+	14:50+	23:23+	25:10+	26:07+	26:53+	28:36+	29:23+	29:51+	30:19+
02:10+	03:27+	01:44+	01:01+	01:14+	02:18+	00:45+	02:11+	08:33+	01:47+	00:57+	00:46+	01:43+	00:47+	00:28+	00:28+
02:10+	03:27+	01:44+	01:01+	01:14+	02:18+	00:45+	02:11+	08:33+	01:47+	00:57+	00:46+	01:43+	00:47+	00:28+	00:28+
10	Andrea Tapken	3529	30:52												
02:25+	06:10+	07:58+	09:18+	10:07+	12:32+	13:20+	15:15+	24:30+	25:45+	26:50+	27:23+	28:44+	29:55+	30:25+	30:52+
02:25+	03:45+	01:48+	01:20+	00:49+	02:25+	00:48+	01:55+	09:15+	01:15+	01:05+	00:33+	01:21+	01:11+	00:30+	00:27+
02:25+	03:45+	01:48+	01:20+	00:49+	02:25+	00:48+	01:55+	09:15+	01:15+	01:05+	00:33+	01:21+	01:11+	00:30+	00:27+
11	Marianne Fuglestad	896	31:26												
01:51+	08:12+	09:56+	11:08+	11:56+	13:38+	14:41+	16:07+	24:46+	25:42+	27:41+	28:17+	29:34+	30:36+	31:04+	31:26+
01:51+	06:21+	01:44+	01:12+	00:48+	01:42+	01:03+	01:26+	08:39+	00:56+	01:59+	00:36+	01:17+	01:02+	00:28+	00:22+
01:51+	06:21+	01:44+	01:12+	00:48+	01:42+	01:03+	01:26+	08:39+	00:56+	01:59+	00:36+	01:17+	01:02+	00:28+	00:22+
12	Turid Eikebu Alfsen	1683	31:32												
02:05+	05:42+	07:27+	10:21+	11:01+	13:20+	15:47+	17:39+	25:42+	26:34+	27:30+	28:08+	29:22+	30:39+	31:04+	31:32+
02:05+	03:37+	01:45+	02:54+	00:40+	02:19+	02:27+	01:52+	08:03+	00:52+	00:56+	00:38+	01:14+	01:17+	00:25+	00:28+
02:05+	03:37+	01:45+	02:54+	00:40+	02:19+	02:27+	01:52+	08:03+	00:52+	00:56+	00:38+	01:14+	01:17+	00:25+	00:28+
13	Torill Andersen	1683	31:52												
02:10+	05:49+	10:33+	12:02+	13:18+	15:15+	17:07+	18:54+	26:38+	27:23+	28:15+	28:48+	29:51+	30:59+	31:26+	31:52+
02:10+	03:39+	04:44+	01:29+	01:16+	01:57+	01:52+	01:47+	07:44+	00:45+	00:52+	00:33+	01:03+	01:08+	00:27+	00:26+
02:10+	03:39+	04:44+	01:29+	01:16+	01:57+	01:52+	01:47+	07:44+	00:45+	00:52+	00:33+	01:03+	01:08+	00:27+	00:26+
14	Signe Ottesen	1683	32:11												
02:17+	07:50+	09:26+	10:32+	11:35+	13:45+	15:17+	17:02+	24:39+	28:07+	28:52+	29:22+	30:29+	31:20+	31:46+	32:11+
02:17+	05:33+	01:36+	01:06+	01:03+	02:10+	01:32+	01:45+	07:37+	03:28+	00:45+	00:30+	01:07+	00:51+	00:26+	00:25+
02:17+	05:33+	01:36+	01:06+	01:03+	02:10+	01:32+	01:45+	07:37+	03:28+	00:45+	00:30+	01:07+	00:51+	00:26+	00:25+
15	Ragnhild Båtnes Berntsen	1758	32:23												
02:31+	06:03+	08:05+	09:47+	10:36+	12:56+	13:52+	15:55+	26:38+	27:39+	28:43+	29:18+	30:33+	31:31+	31:58+	32:23+
02:31+	03:32+	02:02+	01:42+	00:49+	02:20+	00:56+	02:03+	10:43+	01:01+	01:04+	00:35+	01:15+	00:58+	00:27+	00:25+
02:31+	03:32+	02:02+	01:42+	00:49+	02:20+	00:56+	02:03+	10:43+	01:01+	01:04+	00:35+	01:15+	00:58+	00:27+	00:25+
16	Tonje Tiley	882	32:36												
02:37+	06:27+	08:14+	10:19+	11:08+	13:46+	15:03+	16:49+	26:15+	27:05+	28:32+	29:08+	30:07+	31:42+	32:07+	32:36+
02:37+	03:50+	01:47+	02:05+	00:49+	02:38+	01:17+	01:46+	09:26+	00:50+	01:27+	00:36+	00:59+	01:35+	00:25+	00:29+
02:37+	03:50+	01:47+	02:05+	00:49+	02:38+	01:17+	01:46+	09:26+	00:50+	01:27+	00:36+	00:59+	01:35+	00:25+	00:29+

Class	Navn	Klasse	Tid
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Damer 50 - 59 år

17	Astri Sandanger	896	32:59													
02:31+	06:43+	08:21+	09:36+	11:43+	14:02+	14:55+	16:49+	25:53+	26:46+	28:53+	29:31+	30:44+	32:10+	32:34+	32:59+	
02:31+	04:12+	01:38+	01:15+	02:07+	02:19+	00:53+	01:54+	09:04+	00:53+	02:07+	00:38+	01:13+	01:26+	00:24+	00:25+	
02:31+	04:12+	01:38+	01:15+	02:07+	02:19+	00:53+	01:54+	09:04+	00:53+	02:07+	00:38+	01:13+	01:26+	00:24+	00:25+	
18	Ingjerd Haddeland	3507	33:17													
05:48+	09:04+	10:31+	11:39+	12:37+	15:21+	16:03+	17:53+	26:41+	27:47+	28:54+	29:31+	30:56+	32:22+	32:49+	33:17+	
05:48+	03:16+	01:27+	01:08+	00:58+	02:44+	00:42+	01:50+	08:48+	01:06+	01:07+	00:37+	01:25+	01:26+	00:27+	00:28+	
05:48+	03:16+	01:27+	01:08+	00:58+	02:44+	00:42+	01:50+	08:48+	01:06+	01:07+	00:37+	01:25+	01:26+	00:27+	00:28+	
19	Marianne Gjesdal Lyngås	892	33:19													
02:54+	07:24+	09:09+	10:34+	11:22+	13:45+	16:02+	18:00+	27:24+	28:15+	29:13+	29:45+	31:12+	32:23+	32:53+	33:19+	
02:54+	04:30+	01:45+	01:25+	00:48+	02:23+	02:17+	01:58+	09:24+	00:51+	00:58+	00:32+	01:27+	01:11+	00:30+	00:26+	
02:54+	04:30+	01:45+	01:25+	00:48+	02:23+	02:17+	01:58+	09:24+	00:51+	00:58+	00:32+	01:27+	01:11+	00:30+	00:26+	
20	Gøril Braut Aarsand	2539	33:43													
02:50+	09:10+	11:27+	12:22+	13:11+	14:57+	15:50+	16:26+	18:40+	26:38+	27:56+	29:08+	29:47+	31:02+	32:41+	33:12+	33:43+
02:50+	06:20+	02:17+	00:55+	00:49+	01:46+	00:53+	00:36+	02:14+	07:58+	01:18+	01:12+	00:39+	01:15+	01:39+	00:31+	00:31+
02:50+	06:20+	02:17+	00:55+	00:49+	01:46+	00:53+	00:36+	02:14+	07:58+	01:18+	01:12+	00:39+	01:15+	01:39+	00:31+	00:31+
21	Åse Sellereite	882	33:50													
03:31+	06:53+	12:18+	13:16+	14:08+	16:29+	17:08+	18:47+	27:46+	28:32+	29:29+	30:07+	31:59+	32:43+	33:19+	33:50+	
03:31+	03:22+	05:25+	00:58+	00:52+	02:21+	00:39+	01:39+	08:59+	00:46+	00:57+	00:38+	01:52+	00:44+	00:36+	00:31+	
03:31+	03:22+	05:25+	00:58+	00:52+	02:21+	00:39+	01:39+	08:59+	00:46+	00:57+	00:38+	01:52+	00:44+	00:36+	00:31+	
22	Brit Vivian Meling	1683	46:04													
02:54+	08:24+	15:05+	16:49+	18:05+	22:09+	23:43+	25:44+	36:35+	37:31+	38:59+	39:47+	40:22+	43:20+	44:45+	45:28+	46:04+
02:54+	05:30+	06:41+	01:44+	01:16+	04:04+	01:34+	02:01+	10:51+	00:56+	01:28+	00:48+	00:35+	02:58+	01:25+	00:43+	00:36+
02:54+	05:30+	06:41+	01:44+	01:16+	04:04+	01:34+	02:01+	10:51+	00:56+	01:28+	00:48+	00:35+	02:58+	01:25+	00:43+	00:36+
23	Siw Gjerdingen	3676	51:16													
03:23+	09:24+	13:53+	16:16+	17:16+	20:17+	21:44+	24:53+	40:34+	43:26+	45:07+	46:15+	48:05+	49:37+	50:23+	51:16+	
03:23+	06:01+	04:29+	02:23+	01:00+	03:01+	01:27+	03:09+	15:41+	02:52+	01:41+	01:08+	01:50+	01:32+	00:46+	00:53+	
03:23+	06:01+	04:29+	02:23+	01:00+	03:01+	01:27+	03:09+	15:41+	02:52+	01:41+	01:08+	01:50+	01:32+	00:46+	00:53+	
24	Kristin Furre Owe	896	54:07													
03:10+	10:07+	13:27+	18:53+	20:13+	24:06+	25:20+	28:33+	42:25+	43:39+	46:07+	46:47+	48:54+	52:13+	53:27+	54:07+	
03:10+	06:57+	03:20+	05:26+	01:20+	03:53+	01:14+	03:13+	13:52+	01:14+	02:28+	00:40+	02:07+	03:19+	01:14+	00:40+	
03:10+	06:57+	03:20+	05:26+	01:20+	03:53+	01:14+	03:13+	13:52+	01:14+	02:28+	00:40+	02:07+	03:19+	01:14+	00:40+	

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke	722	26:25											
01:44=	05:35=	06:37=	07:19=	08:29=	10:06=	12:09=	13:11=	15:16=	22:53=	23:19=	23:41=	25:14=	26:01=	26:25=
01:44=	03:51=	01:02=	00:42=	01:10=	01:37=	02:03=	01:02=	02:05=	07:37=	00:26=	00:22=	01:33=	00:47=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Nina Christiansen	722	28:39											
02:10+	05:06-	06:59+	07:44+	08:11-	11:56+	14:05+	15:19+	17:25+	24:57+	25:27+	25:54+	27:00+	28:12+	28:39+
02:10+	02:56-	01:53+	00:45+	00:27-	03:45+	02:09+	01:14+	02:06+	07:32-	00:30+	00:27+	01:06-	01:12+	00:27+
00:26#	00:55-	00:51&	00:03+	00:43-	02:08@	00:06+	00:12#	00:01+	00:05-	00:04#	00:05#	00:27-	00:25&	00:03#
3	Anne-Siv Gjertsen	882	31:12											
02:08+	05:44+	07:04+	07:45+	08:12-	11:39+	14:18+	15:03+	17:34+	27:10+	27:53+	28:22+	29:54+	30:47+	31:12+
02:08+	03:36-	01:20+	00:41-	00:27-	03:27+	02:39+	00:45-	02:31+	09:36+	00:43+	00:29+	01:32-	00:53+	00:25+
00:24#	00:15-	00:18&	00:01-	00:43-	01:50@	00:36&	00:17-	00:26#	01:59&	00:17&	00:07&	00:01-	00:06#	00:01+
4	Kari Anstensrud	896	32:05											
03:25+	07:15+	08:20+	09:06+	09:33+	11:54+	14:56+	16:07+	19:02+	27:36+	28:13+	28:37+	30:17+	31:41+	32:05+
03:25+	03:50-	01:05+	00:46+	00:27-	02:21+	03:02+	01:11+	02:55+	08:34+	00:37+	00:24+	01:40+	01:24+	00:24=
01:41&	00:01-	00:03+	00:04+	00:43-	00:44&	00:59&	00:09#	00:50&	00:57#	00:11&	00:02+	00:07+	00:37&	00:00=

Class	Navn	Klasse	Tid
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Damer 60 - 64 år

5	Eli Tjåland Stokka	1141	37:24
02:43+	06:19+ 08:00+ 08:45+ 09:18+ 11:42+	14:35+ 18:47+ 22:06+ 32:43+ 33:30+ 34:00+ 35:23+	36:49+ 37:24+
02:43+	03:36- 01:41+ 00:45+ 00:33- 02:24+	02:53+ 04:12+ 03:19+ 10:37+ 00:47+ 00:30+ 01:23-	01:26+ 00:35+
00:59&	00:15- 00:39& 00:03+ 00:37- 00:47&	00:50& 03:10@ 01:14& 03:00& 00:21& 00:08& 00:10-	00:39& 00:11&
6	Birgitte Røe	593	38:22
02:20+	07:02+ 09:13+ 12:26+ 13:10+ 15:28+	18:22+ 19:23+ 23:04+ 33:13+ 33:58+ 34:37+ 36:15+	37:52+ 38:22+
02:20+	04:42+ 02:11+ 03:13+ 00:44+ 02:18+	02:54+ 01:01+ 03:41+ 10:09+ 00:45+ 00:39+ 01:38+	01:37+ 00:30+
02:20+	04:42+ 02:11+ 03:13+ 00:44+ 02:18+	02:54+ 01:01+ 03:41+ 10:09+ 00:45+ 00:39+ 01:38+	01:37+ 00:30+
7	Marianne Høie	1683	49:56
02:57+	07:37+ 09:28+ 15:41+ 16:50+ 22:33+	25:30+ 27:59+ 34:35+ 45:02+ 45:38+ 46:37+ 47:59+	49:29+ 49:56+
02:57+	04:40+ 01:51+ 06:13+ 01:09+ 05:43+	02:57+ 02:29+ 06:36+ 10:27+ 00:36+ 00:59+ 01:22+	01:30+ 00:27+
02:57+	04:40+ 01:51+ 06:13+ 01:09+ 05:43+	02:57+ 02:29+ 06:36+ 10:27+ 00:36+ 00:59+ 01:22+	01:30+ 00:27+

Beste strekktid for klassen

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

Damer 65 - 69 år

1	Ingunn Voilås	3502	32:53
02:40=	06:29= 08:37= 09:17= 09:54= 12:00=	14:44= 15:43= 19:25= 28:47= 29:27= 29:58= 31:18=	32:16= 32:53=
02:40=	03:49= 02:08= 00:40= 00:37= 02:06=	02:44= 00:59= 03:42= 09:22= 00:40= 00:31= 01:20=	00:58= 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=
2	Berit Bakken	1884	34:18
02:26-	05:55- 07:15- 08:46- 09:16- 13:25+	15:55+ 16:45+ 20:45+ 30:07+ 30:52+ 31:22+ 32:37+	33:45+ 34:18+
02:26-	03:29- 01:20- 01:31+ 00:30- 04:09+	02:30- 00:50- 04:00+ 09:22= 00:45+ 00:30- 01:15-	01:08+ 00:33-
00:14-	00:20- 00:48- 00:51@ 00:07- 02:03&	00:14- 00:09- 00:18+ 00:00= 00:05# 00:01- 00:05-	00:10# 00:04-
3	Liv Sissel Obrestad	3529	35:31
02:56+	07:48+ 09:24+ 10:34+ 11:11+ 14:46+	17:24+ 18:10+ 21:37+ 31:09+ 31:47+ 32:23+ 33:51+	35:02+ 35:31+
02:56+	04:52+ 01:36- 01:10+ 00:37= 03:35+	02:38- 00:46- 03:27- 09:32+ 00:38- 00:36+ 01:28+	01:11+ 00:29-
00:16+	01:03& 00:32- 00:30& 00:00= 01:29&	00:06- 00:13- 00:15- 00:10+ 00:02- 00:05# 00:08+	00:13# 00:08-
4	Marit Karin Skretting Nygård	892	36:12
02:25-	06:16- 07:43- 08:30- 08:57- 11:07-	13:46- 14:33- 17:02- 25:35- 26:59- 27:20- 34:54+	35:42+ 36:12+
02:25-	03:51+ 01:27- 00:47+ 00:27- 02:10+	02:39- 00:47- 02:29- 08:33- 01:24+ 00:21- 07:34+	00:48- 00:30-
00:15-	00:02+ 00:41- 00:07# 00:10- 00:04+	00:05- 00:12- 01:13- 00:49- 00:44@ 00:10- 06:14@	00:10- 00:07-
5	Eli Frafjord	1141	41:01
02:44+	06:38+ 09:14+ 13:26+ 15:23+ 18:02+	20:43+ 22:15+ 26:05+ 35:32+ 36:10+ 36:58+ 38:54+	40:28+ 41:01+
02:44+	03:54+ 02:36+ 04:12+ 01:57+ 02:39+	02:41- 01:32+ 03:50+ 09:27+ 00:38- 00:48+ 01:56+	01:34+ 00:33-
00:04+	00:05+ 00:28# 03:32@ 01:20@ 00:33&	00:03- 00:33& 00:08+ 00:05+ 00:02- 00:17& 00:36&	00:36& 00:04-
6	Åse Jacobsen Kro	879	1:08:38
04:44+	09:26+ 15:21+ 25:38+ 28:53+ 30:07+	34:42+ 39:33+ 41:15+ 49:41+ 61:58+ 62:54+ 64:43+	66:07+ 68:05+ 68:38+
04:44+	04:42+ 05:55+ 10:17+ 03:15+ 01:14-	04:35+ 04:51+ 01:42- 08:26- 12:17+ 00:56+ 01:49+	01:24+ 01:58+ 00:33+
02:04&	00:53# 03:47@ 09:37@ 02:38@ 00:52-	01:51& 03:52@ 02:00- 00:56- 11:37@ 00:25& 00:29&	00:26& 01:21@ 00:33+

Beste strekktid for klassen

02:25 03:29 01:20 00:40 00:27 01:14 02:30 00:46 01:42 08:26 00:38 00:21 01:15 00:48 00:29

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

Damer 70 - 74 år

1	Berit Gramstad	3551	37:05
03:04=	07:51= 09:37= 10:44= 11:47= 14:20=	17:12= 18:24= 21:54= 31:48= 32:31= 33:11= 35:12=	36:37= 37:05=
03:04=	04:47= 01:46= 01:07= 01:03= 02:33=	02:52= 01:12= 03:30= 09:54= 00:43= 00:40= 02:01=	01:25= 00:28=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00=

Plass	Navn	Klasse	Tid
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Damer 70 - 74 år

2	Hanne Eik	896	39:00
02:31-	06:21-	10:26+	11:34+
02:31-	03:50-	04:05+	01:08+
00:33-	00:57-	02:19@	00:01+
12:11+	15:43+	18:24+	19:14+
03:32+	02:41-	00:50-	02:54-
00:26-	00:59&	00:11-	00:22-
22:08+	34:35+	35:15+	35:44+
03:32+	02:41-	00:50-	02:54-
00:26-	00:59&	00:11-	00:22-
22:08+	34:35+	35:15+	35:44+
37:17+	38:35+	39:00+	
01:33-	01:18-	00:25-	00:03-
00:03-	00:07-	00:03-	
3	Kirsten Carlsen	1884	42:19
03:03+	13:34+	15:33+	16:32+
03:03+	10:31+	01:59+	00:59+
03:03+	10:31+	01:59+	00:59+
17:06+	19:43+	22:40+	23:29+
02:37+	02:57+	00:49+	03:00+
02:37+	02:57+	00:49+	03:00+
26:29+	37:25+	38:15+	39:14+
03:00+	10:56+	00:50+	00:59+
03:00+	10:56+	00:50+	00:59+
41:47+	42:19+		
00:57+	00:32+		
00:57+	00:32+		
4	Mette Dagsland	874	57:43
02:30+	19:51+	21:33+	23:50+
02:30+	17:21+	01:42+	02:17+
02:30+	17:21+	01:42+	02:17+
25:22+	29:43+	32:37+	33:17+
04:21+	02:54+	00:40+	03:15+
04:21+	02:54+	00:40+	03:15+
36:32+	53:25+	54:01+	54:33+
03:00+	10:56+	00:50+	00:59+
03:00+	10:56+	00:50+	00:59+
57:12+	57:43+		
01:41+	00:58+	00:31+	
01:41+	00:58+	00:31+	
5	Halldis Handeland	892	59:49
03:03+	08:19+	09:56+	14:25+
03:03+	05:16+	01:37+	04:29+
03:03+	05:16+	01:37+	04:29+
16:51+	19:58+	23:18+	24:15+
03:07+	03:20+	00:57+	04:45+
03:07+	03:20+	00:57+	04:45+
29:00+	49:15+	50:14+	54:50+
00:59+	04:36+	02:05+	02:17+
00:59+	04:36+	02:05+	02:17+
59:12+	59:49+		
02:17+	00:37+		
02:17+	00:37+		

Beste strekktid for klassen

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

Damer 75 - 79 år

1	Turid Nystrøm	874	29:27
02:27=	06:00=	07:35=	08:35=
02:27=	03:33=	01:35=	01:00=
00:00=	00:00=	00:00=	00:00=
11:20=	13:38=	14:20=	17:20=
02:11=	02:18=	00:42=	03:00=
00:00=	00:00=	00:00=	00:00=
25:47=	26:23=	26:47=	27:58=
08:27=	00:36=	00:24=	01:11=
00:00=	00:00=	00:00=	00:00=
29:03=	29:27=		
01:05=	00:24=		
00:00=	00:00=		
2	Gry Vikhamar Thengs	874	33:33
02:36+	06:49+	08:19+	10:23+
02:36+	04:13+	01:30-	02:04+
00:09+	00:40#	00:05-	01:04@
10:59+	13:54+	16:32+	17:27+
00:36+	02:55+	02:38+	00:55+
00:02+	00:44&	00:20#	00:13&
21:01+	29:45+	30:27+	30:54+
03:34+	08:44+	00:42+	00:27+
00:17+	00:06#	00:03#	00:06+
32:11+	33:05+	33:33+	
01:17+	00:54-	00:28+	
00:06+	00:11-	00:04#	
3	Haldis Glendrange	874	36:53
02:42+	07:03+	09:06+	10:05+
02:42+	04:21+	02:03+	00:59-
00:15#	00:48#	00:28&	00:01-
10:54+	14:40+	17:22+	19:06+
03:46+	02:42+	01:44+	03:32+
01:35&	00:24#	01:02@	00:32#
22:38+	32:56+	33:43+	34:09+
10:18+	00:47+	00:26+	01:15+
01:51#	00:11&	00:02+	00:04+
36:20+	36:53+		
00:56-	00:33+		
00:09-	00:09&		
4	Hedvig Anda	1683	37:07
02:44+	07:39+	09:18+	10:25+
02:44+	04:55+	01:39+	01:07+
00:17#	01:22&	00:04+	00:07#
11:45+	14:32+	17:26+	18:59+
01:20+	02:47+	02:54+	01:33+
00:36&	00:36&	00:51@	00:24#
22:23+	32:24+	33:06+	33:32+
10:01+	00:42+	00:26+	02:01+
00:06#	00:02+	00:50&	00:01+
36:39+	37:07+		
01:06+	00:28+		
00:01+	00:04#		
5	Inger Skretting Opstad	3529	39:47
02:53+	07:19+	08:44+	09:40+
02:53+	04:26+	01:25-	00:56-
00:26#	00:53#	00:10-	00:04-
10:19+	12:47+	15:52+	16:50+
02:28+	03:05+	00:58+	03:35+
00:17#	00:47&	00:16&	00:35#
20:25+	33:53+	34:40+	36:41+
00:47+	02:01+	01:19+	00:08#
39:10+	39:47+		
01:10+	00:37+		
00:05+	00:13&		
6	Helga Klausen	769	39:51
03:08+	07:28+	09:23+	11:12+
03:08+	04:20+	01:55+	01:49+
00:41&	00:47#	00:20#	00:49&
11:57+	15:06+	18:25+	19:27+
03:09+	03:19+	01:02+	04:28+
00:11&	00:58&	01:01&	00:20&
23:55+	35:06+	35:58+	36:34+
01:11+	00:52+	00:36+	01:35+
01:28&	02:44&	00:16&	00:12&
39:21+	39:51+		
01:12+	00:30+		
00:07#	00:06#		
7	Aslaug Lura	1141	46:17
03:48+	08:48+	10:30+	12:14+
03:48+	05:00+	01:42+	01:44+
01:21&	01:27&	00:07+	00:44&
12:50+	16:36+	20:32+	22:26+
03:46+	03:56+	01:54+	03:50+
01:12@	01:38&	01:12@	00:50&
26:16+	39:05+	40:05+	42:33+
12:49+	01:00+	02:28+	01:39+
04:22&	00:24&	02:04@	00:28&
45:40+	46:17+		
01:28+	00:37+		
00:23&	00:13&		
8	Brynhild Haaland	1758	47:09
04:46+	09:42+	11:32+	13:21+
04:46+	04:56+	01:50+	01:49+
02:19&	01:23&	00:15#	00:49&
13:54+	17:30+	21:35+	23:30+
03:36+	04:05+	01:55+	03:53+
01:25&	01:47&	01:13@	00:53&
27:23+	40:00+	41:02+	43:26+
12:37+	01:02+	02:24+	01:49+
00:26&	02:00@	00:38&	00:17&
47:09+	00:32+		
00:08&			

Class	Navn	Klasse	Tid
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Damer 75 - 79 år

Beste strekktid for klassen

02:27 03:33 01:25 00:56 00:33 02:11 02:18 00:42 03:00 08:27 00:36 00:24 01:11 00:54 00:24

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

Damer 80 år og eldre

1	Helga Aaslid	3529	37:01											
02:36=	04:00=	09:27=	10:34=	13:15=	15:13=	19:46=	20:28=	21:30=	23:50=	24:55=	32:42=	35:32=	36:28=	37:01=
02:36=	01:24=	05:27=	01:07=	02:41=	01:58=	04:33=	00:42=	01:02=	02:20=	01:05=	07:47=	02:50=	00:56=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Berit Ebbell Olsen	874	42:27											
03:36+	05:15+	07:55-	09:24-	12:41-	14:06-	19:08-	19:49-	21:04-	24:03+	25:36+	34:05+	40:43+	41:45+	42:27+
03:36+	01:39+	02:40-	01:29+	03:17+	01:25-	05:02+	00:41-	01:15+	02:59+	01:33+	08:29+	06:38+	01:02+	00:42+
01:00&	00:15#	02:47-	00:22&	00:36#	00:33-	00:29#	00:01-	00:13#	00:39&	00:28&	00:42+	03:48&	00:06#	00:09&

Beste strekktid for klassen

02:36 01:24 02:40 01:07 02:41 01:25 04:33 00:41 01:02 02:20 01:05 07:47 02:50 00:56 00:33

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

Damer A

1	Aud Hognestad Taksdal	892	22:00																	
01:32=	03:37=	04:34=	04:58=	05:41=	05:59=	07:20=	07:58=	09:28=	11:13=	11:44=	12:36=	13:49=	14:15=	19:23=	19:52=	20:09=	20:51=	21:24=	21:42=	22:00=
01:32=	02:05=	00:57=	00:24=	00:43=	00:18=	01:21=	00:38=	01:30=	01:45=	00:31=	00:52=	01:13=	00:26=	05:08=	00:29=	00:17=	00:42=	00:33=	00:18=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Katrine Haaland Leveraas	896	22:56																	
01:27-	03:47+	04:34=	05:06+	05:52+	06:39+	08:07+	08:46+	10:19+	12:22+	12:52+	13:45+	14:54+	15:29+	20:20+	20:41+	20:55+	21:40+	22:20+	22:38+	22:56+
01:27-	02:20+	00:47-	00:32+	00:46+	00:47+	01:28+	00:39+	01:33+	02:03+	00:30-	00:53+	01:09-	00:35+	04:51-	00:21-	00:14-	00:45+	00:40+	00:18=	00:18=
00:05-	00:15#	00:10-	00:08&	00:03+	00:29&	00:07+	00:01+	00:03+	00:18#	00:01-	00:01+	00:04-	00:09&	00:17-	00:08-	00:03-	00:03+	00:07#	00:00=	00:00=

3	Clare Leveridge	877	23:30																	
01:37+	03:45+	04:34=	05:02+	05:26-	05:46-	07:11-	07:57-	09:40+	11:39+	12:13+	13:20+	14:41+	15:12+	20:52+	21:16+	21:33+	22:22+	22:55+	23:14+	23:30+
01:37+	02:08+	00:49-	00:28+	00:24-	00:20+	01:25+	00:46+	01:43+	01:59+	00:34+	01:07+	01:21+	00:31+	05:40+	00:24-	00:17=	00:49+	00:33=	00:19+	00:16-
00:05+	00:03+	00:08-	00:04#	00:02#	00:02#	00:04+	00:08#	00:13#	00:14#	00:03+	00:15&	00:08#	00:05#	00:32#	00:05-	00:00=	00:07#	00:00=	00:01+	00:02-

4	Matilde Skjæveland Skår	3486	24:31																	
01:38+	03:51+	04:40+	05:14+	06:17+	06:38+	08:06+	08:51+	10:30+	12:29+	13:02+	13:59+	15:21+	15:49+	21:25+	21:56+	22:15+	23:09+	23:50+	24:10+	24:31+
01:38+	02:13+	00:49-	00:34+	01:03+	00:21+	01:28+	00:45+	01:39+	01:59+	00:33+	00:57+	01:22+	00:28+	05:36+	00:31+	00:19+	00:54+	00:41+	00:20+	00:21+
00:06+	00:08+	00:08-	00:10&	00:20&	00:03#	00:07+	00:07#	00:09+	00:14#	00:02+	00:05+	00:09#	00:02+	00:28+	00:02+	00:02#	00:12&	00:08#	00:02#	00:03#

5	Helena Kolesova	1754	25:29																	
01:32=	03:59+	04:57+	05:29+	06:12+	06:33+	08:01+	08:43+	11:06+	13:11+	13:44+	14:54+	16:11+	16:48+	22:32+	22:56+	23:16+	24:05+	24:48+	25:10+	25:29+
01:32=	02:27+	00:58+	00:32+	00:43=	00:21+	01:28+	00:42+	02:23+	02:05+	00:33+	01:10+	01:17+	00:37+	05:44+	00:24-	00:20+	00:49+	00:43+	00:22+	00:19+
00:00=	00:22#	00:01+	00:08&	00:00=	00:03#	00:07+	00:04#	00:53&	00:20#	00:02+	00:18&	00:04+	00:11&	00:36#	00:05-	00:03#	00:07#	00:10&	00:04#	00:01+

6	Silje Skorve Skarpeid	1758	27:18																	
01:56+	04:16+	05:14+	05:52+	06:42+	07:04+	08:40+	09:26+	11:13+	13:09+	13:43+	14:45+	16:01+	16:29+	22:20+	22:46+	24:41+	25:31+	26:36+	26:56+	27:18+
01:56+	02:20+	00:58+	00:38+	00:50+	00:22+	01:36+	00:46+	01:47+	01:56+	00:34+	01:02+	01:16+	00:28+	05:51+	00:26-	01:55+	00:50+	01:05+	00:20+	00:22+
00:24&	00:15#	00:01+	00:14&	00:07#	00:04#	00:15#	00:08#	00:17#	00:11#	00:03+	00:10#	00:03+	00:02+	00:43#	00:03-	01:38&	00:08#	00:32&	00:02#	00:04#

7	Nina Karlsen	3531	27:32																	
01:42+	04:21+	05:22+	05:58+	06:30+	07:20+	08:54+	09:41+	11:54+	14:06+	14:40+	15:48+	17:21+	17:54+	24:19+	24:46+	25:07+	26:05+	26:46+	27:08+	27:32+
01:42+	02:39+	01:01+	00:36+	00:32-	00:50+	01:34+	00:47+	02:13+	02:12+	00:34+	01:08+	01:33+	00:33+	06:25+	00:27-	00:21+	00:58+	00:41+	00:22+	00:24+
00:10#	00:34&	00:04+	00:12&	00:11-	00:32&	00:13#	00:09#	00:43&	00:27&	00:03+	00:16&	00:20&	00:07&	01:17#	00:02-	00:04#	00:16&	00:08#	00:04#	00:06&

8	Trine Bolstad Scheie	769	27:52																	
01:58+	04:29+	05:28+	06:02+	06:29+	07:26+	08:59+	09:52+	11:51+	14:20+	15:00+	16:08+	17:38+	18:15+	24:46+	25:15+	25:35+	26:27+	27:06+	27:28+	27:52+
01:58+	02:31+	00:59+	00:34+	00:27-	00:57+	01:33+	00:53+	01:59+	02:29+	00:40+	01:08+	01:30+	00:37+	06:31+	00:29=	00:20+	00:52+	00:39+	00:22+	00:24+
00:26&	00:26#	00:02+	00:10&	00:16-	00:39&	00:12#	00:15&	00:29&	00:44&	00:09&	00:16&	00:17#	00:11&	01:23&	00:00=	00:03#	00:10#	00:06#	00:04#	00:06&

Damer A

9	Torill Brekken	896	29:03																	
02:06+	05:51+	06:49+	07:21+	08:21+	08:45+	10:22+	11:14+	13:18+	15:37+	16:16+	17:16+	18:43+	19:21+	25:37+	26:09+	26:40+	27:30+	28:18+	28:40+	29:03+
02:06+	03:45+	00:58+	00:32+	01:00+	00:24+	01:37+	00:52+	02:04+	02:19+	00:39+	01:00+	01:27+	00:38+	06:16+	00:32+	00:31+	00:50+	00:48+	00:22+	00:23+
00:34&	01:40&	00:01+	00:08&	00:17&	00:06&	00:16#	00:14&	00:34&	00:34&	00:08&	00:08#	00:14#	00:12&	01:08#	00:03#	00:14&	00:08#	00:15&	00:04#	00:05&

Beste strekktid for klassen

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

Damer B

1	Inger Tone Nygård	3502	27:26													
01:40=	04:14=	05:25=	06:17=	07:06=	09:18=	10:07=	12:01=	14:21=	14:56=	16:21=	18:25=	25:11=	25:59=	26:40=	27:05=	27:26=
01:40=	02:34=	01:11=	00:52=	00:49=	02:12=	00:49=	01:54=	02:20=	00:35=	01:25=	02:04=	06:46=	00:48=	00:41=	00:25=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helen Lomeland	722	28:19													
01:57+	04:20+	05:41+	06:27+	07:27+	08:55-	10:04-	11:42-	14:04-	14:47-	16:13-	18:43+	25:49+	27:07+	27:39+	28:00+	28:19+
01:57+	02:23-	01:21+	00:46-	01:00+	01:28-	01:09+	01:38-	02:22+	00:43+	01:26+	02:30+	07:06+	01:18+	00:32-	00:21-	00:19-
00:17#	00:11-	00:10#	00:06-	00:11#	00:44-	00:20&	00:16-	00:02+	00:08#	00:01+	00:26#	00:20+	00:30&	00:09-	00:04-	00:02-
3	Ida Kolstø	3502	28:34													
01:53+	04:25+	05:53+	06:43+	07:35+	09:20+	10:09+	12:28+	14:49+	15:32+	17:03+	19:12+	25:55+	27:01+	27:52+	28:12+	28:34+
01:53+	02:32-	01:28+	00:50-	00:52+	01:45-	00:49=	02:19+	02:21+	00:43+	01:31+	02:09+	06:43-	01:06+	00:51+	00:20-	00:22+
00:13#	00:02-	00:17#	00:02-	00:03+	00:27-	00:00=	00:25#	00:01+	00:08#	00:06+	00:05+	00:03-	00:18&	00:10#	00:05-	00:01+
4	Toyah Bråtveit	1832	30:17													
01:47+	04:52+	06:30+	07:32+	08:55+	10:47+	11:42+	13:28+	16:37+	17:17+	18:40+	20:40+	27:34+	28:36+	29:35+	29:58+	30:17+
01:47+	03:05+	01:38+	01:02+	01:23+	01:52-	00:55+	01:46-	03:09+	00:40+	01:23-	02:00-	06:54+	01:02+	00:59+	00:23-	00:19-
00:07+	00:31#	00:27&	00:10#	00:34&	00:20-	00:06#	00:08-	00:49&	00:05#	00:02-	00:04-	00:08+	00:14&	00:18&	00:02-	00:02-
5	Jorunn Johannesen	1683	30:50													
02:01+	05:28+	06:46+	07:30+	08:28+	10:14+	11:04+	13:06+	15:27+	16:32+	18:02+	20:34+	28:07+	29:05+	30:02+	30:25+	30:50+
02:01+	03:27+	01:18+	00:44-	00:58+	01:46-	00:50+	02:02+	02:21+	01:05+	01:30+	02:32+	07:33+	00:58+	00:57+	00:23-	00:25+
00:21#	00:53&	00:07+	00:08-	00:09#	00:26-	00:01+	00:08+	00:01+	00:30&	00:05+	00:28#	00:47#	00:10#	00:16&	00:02-	00:04#
6	Anina Hadland	3502	31:42													
02:24+	05:11+	06:35+	07:16+	08:04+	10:01+	10:58+	13:21+	16:03+	16:42+	18:25+	20:49+	28:56+	30:03+	30:59+	31:22+	31:42+
02:24+	02:47+	01:24+	00:41-	00:48-	01:57-	00:57+	02:23+	02:42+	00:39+	01:43+	02:24+	08:07+	01:07+	00:56+	00:23-	00:20-
00:44&	00:13+	00:13#	00:11-	00:01-	00:15-	00:08#	00:29&	00:22#	00:04#	00:18#	00:20#	01:21#	00:19&	00:15&	00:02-	00:01-
7	Kristin Breivold	892	32:12													
02:08+	04:53+	06:20+	07:02+	09:21+	11:07+	12:01+	14:17+	16:57+	17:41+	19:17+	21:38+	29:26+	30:25+	31:26+	31:49+	32:12+
02:08+	02:45+	01:27+	00:42-	02:19+	01:46-	00:54+	02:16+	02:40+	00:44+	01:36+	02:21+	07:48+	00:59+	01:01+	00:23-	00:23+
00:28&	00:11+	00:16#	00:10-	01:30&	00:26-	00:05#	00:22#	00:20#	00:09&	00:11#	00:17#	01:02#	00:11#	00:20&	00:02-	00:02+
8	Ann Karin Tjørhom	1884	32:47													
02:03+	04:56+	06:21+	06:57+	07:56+	09:48+	10:43+	13:00+	15:29+	16:15+	17:54+	20:21+	30:05+	31:03+	31:54+	32:21+	32:47+
02:03+	02:53+	01:25+	00:36-	00:59+	01:52-	00:55+	02:17+	02:29+	00:46+	01:39+	02:27+	09:44+	00:58+	00:51+	00:27+	00:26+
00:23#	00:19#	00:14#	00:16-	00:10#	00:20-	00:06#	00:23#	00:09+	00:11&	00:14#	00:23#	02:58&	00:10#	00:10#	00:02+	00:05#
9	Mariann Sveinsvoll	3504	32:59													
02:00+	04:58+	06:19+	06:57+	07:59+	09:56+	10:54+	13:09+	16:16+	17:07+	18:52+	21:30+	29:55+	30:59+	32:04+	32:35+	32:59+
02:00+	02:58+	01:21+	00:38-	01:02+	01:57-	00:58+	02:15+	03:07+	00:51+	01:45+	02:38+	08:25+	01:04+	01:05+	00:31+	00:24+
00:20#	00:24#	00:10#	00:14-	00:13&	00:15-	00:09#	00:21#	00:47&	00:16&	00:20#	00:34&	01:39#	00:16&	00:24&	00:06#	00:03#
10	Heidi Martby-Skogsholm	3522	34:06													
02:04+	05:00+	06:51+	07:32+	08:34+	10:33+	11:24+	13:30+	16:13+	16:57+	18:27+	21:07+	31:37+	32:38+	33:24+	33:44+	34:06+
02:04+	02:56+	01:51+	00:41-	01:02+	01:59-	00:51+	02:06+	02:43+	00:44+	01:30+	02:40+	10:30+	01:01+	00:46+	00:20-	00:22+
00:24#	00:22#	00:40&	00:11-	00:13&	00:13-	00:02+	00:12#	00:23#	00:09&	00:05+	00:36&	03:44&	00:13&	00:05#	00:05-	00:01+
11	Ragnhild Auglænd	769	34:28													
02:31+	05:38+	07:01+	07:37+	08:36+	10:40+	11:37+	14:12+	16:51+	17:40+	19:28+	22:50+	31:10+	32:49+	33:39+	34:04+	34:28+
02:31+	03:07+	01:23+	00:36-	00:59+	02:04-	00:57+	02:35+	02:39+	00:49+	01:48+	03:22+	08:20+	01:39+	00:50+	00:25=	00:24+
00:51&	00:33#	00:12#	00:16-	00:10#	00:08-	00:08#	00:41&	00:19#	00:14&	00:23&	01:18&	01:34#	00:51&	00:09#	00:00=	00:03#

Damer B

12	Ingrid W. Hestness	896	37:26													
01:57+	04:46+	06:06+	06:41+	08:13+	10:20+	11:18+	13:46+	16:53+	17:27+	18:58+	22:11+	33:57+	35:26+	36:35+	36:59+	37:26+
01:57+	02:49+	01:20+	00:35-	01:32+	02:07-	00:58+	02:28+	03:07+	00:34-	01:31+	03:13+	11:46+	01:29+	01:09+	00:24-	00:27+
00:17#	00:15+	00:09#	00:17-	00:43&	00:05-	00:09#	00:34&	00:47&	00:01-	00:06+	01:09&	05:00&	00:41&	00:28&	00:01-	00:06&

Beste strekktid for klassen

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

Damer Ny

1	Helene Verdal Hidle	1830	24:53					
01:48=	09:47=	10:41=	11:33=	14:11=	17:15=	22:13=	24:24=	24:53=
01:48=	07:59=	00:54=	00:52=	02:38=	03:04=	04:58=	02:11=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

01:48 07:59 00:54 00:52 02:38 03:04 04:58 02:11 00:29

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

Damer Trim

1	Kjersti Fandrem Høivik	874	18:40										
01:46=	02:41=	04:13=	05:03=	06:43=	07:32=	09:02=	09:46=	10:05=	10:52=	15:55=	17:50=	18:21=	18:40=
01:46=	00:55=	01:32=	00:50=	01:40=	00:49=	01:30=	00:44=	00:19=	00:47=	05:03=	01:55=	00:31=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Benedicte Kvalevåg	769	19:24										
01:50+	02:52+	04:45+	05:40+	06:58+	07:38+	09:13+	09:51+	10:15+	11:02+	16:07+	18:23+	18:59+	19:24+
01:50+	01:02+	01:53+	00:55+	01:18-	00:40-	01:35+	00:38-	00:24+	00:47=	05:05+	02:16+	00:36+	00:25+
00:04+	00:07#	00:21#	00:05+	00:22-	00:09-	00:05+	00:06-	00:05&	00:00=	00:02+	00:21#	00:05#	00:06&

3	Marit L. Undheim	3529	19:49										
01:55+	02:56+	04:44+	05:38+	07:27+	08:03+	09:40+	10:17+	10:44+	11:35+	16:54+	18:48+	19:24+	19:49+
01:55+	01:01+	01:48+	00:54+	01:49+	00:36-	01:37+	00:37-	00:27+	00:51+	05:19+	01:54-	00:36+	00:25+
00:09+	00:06#	00:16#	00:04+	00:09+	00:13-	00:07+	00:07-	00:08&	00:04+	00:16+	00:01-	00:05#	00:06&

4	Marta Bertolaso	1832	21:11										
02:11+	03:12+	04:54+	05:58+	07:33+	08:05+	09:47+	10:47+	11:13+	12:05+	17:56+	20:05+	20:46+	21:11+
02:11+	01:01+	01:42+	01:04+	01:35-	00:32-	01:42+	01:00+	00:26+	00:52+	05:51+	02:09+	00:41+	00:25+
00:25#	00:06#	00:10#	00:14&	00:05-	00:17-	00:12#	00:16&	00:07&	00:05#	00:48#	00:14#	00:10&	00:06&

5	Inger Johanne Klausen	3529	21:48										
01:58+	03:03+	04:57+	06:01+	07:57+	08:51+	10:33+	11:41+	12:13+	13:02+	18:25+	20:40+	21:23+	21:48+
01:58+	01:05+	01:54+	01:04+	01:56+	00:54+	01:42+	01:08+	00:32+	00:49+	05:23+	02:15+	00:43+	00:25+
00:12#	00:10#	00:22#	00:14&	00:16#	00:05#	00:12#	00:24&	00:13&	00:02+	00:20+	00:20#	00:12&	00:06&

6	Karine Ditlevsen	896	22:40										
02:13+	03:17+	05:20+	06:34+	08:07+	08:45+	10:25+	11:15+	11:46+	12:43+	18:47+	21:14+	22:07+	22:40+
02:13+	01:04+	02:03+	01:14+	01:33-	00:38-	01:40+	00:50+	00:31+	00:57+	06:04+	02:27+	00:53+	00:33+
00:27&	00:09#	00:31&	00:24&	00:07-	00:11-	00:10#	00:06#	00:12&	00:10#	01:01#	00:32&	00:22&	00:14&

7	Therese Østbø	896	22:43										
02:15+	03:20+	05:23+	06:37+	08:06+	08:44+	10:28+	11:19+	11:46+	12:41+	18:51+	21:14+	22:18+	22:43+
02:15+	01:05+	02:03+	01:14+	01:29-	00:38-	01:44+	00:51+	00:27+	00:55+	06:10+	02:23+	01:04+	00:25+
00:29&	00:10#	00:31&	00:24&	00:11-	00:11-	00:14#	00:07#	00:08&	00:08#	01:07#	00:28#	00:33&	00:06&

8	Ingrid Overegseth Foss	896	23:20										
02:13+	03:17+	05:17+	06:19+	07:41+	08:49+	10:38+	11:38+	12:17+	12:40+	13:37-	19:49+	21:58+	23:20+
02:13+	01:04+	02:00+	01:02+	01:22-	01:08+	01:49+	01:00+	00:39+	00:23-	00:57-	06:12+	02:09+	00:54+
00:27&	00:09#	00:28&	00:12#	00:18-	00:19&	00:19#	00:16&	00:20&	00:24-	04:06-	04:17&	01:38&	00:35&

Class	Navn	Klasse	Tid
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Damer Trim

9	Linn Kristin Askø	3507	24:11
02:09+	03:21+	05:30+	06:34+
08:04+	08:54+	10:38+	11:49+
12:20+	13:11+	20:01+	22:57+
23:44+	24:11+		
02:09+	01:12+	02:09+	01:04+
01:30-	00:50+	01:44+	01:11+
00:31+	00:51+	06:50+	02:56+
00:47+	00:27+	00:12&	00:04+
01:47&	01:01&	00:16&	00:08&

10	Silje Myklebust	3529	24:19
02:00+	03:04+	05:00+	06:01+
08:32+	08:59+	10:45+	11:50+
12:16+	13:12+	19:30+	23:00+
23:49+	24:19+		
02:00+	01:04+	01:56+	01:01+
02:31+	00:27+	01:46+	01:05+
00:26+	00:56+	06:18+	03:30+
00:49+	00:30+		
02:00+	01:04+	01:56+	01:01+
02:31+	00:27+	01:46+	01:05+
00:26+	00:56+	06:18+	03:30+
00:49+	00:30+		

11	Ingunn Monsen	3525	24:22
02:21+	03:31+	05:39+	06:47+
08:19+	10:20+	12:08+	12:55+
13:20+	14:16+	21:05+	23:16+
23:58+	24:22+		
02:21+	01:10+	02:08+	01:08+
01:32+	02:01+	01:48+	00:47+
00:25+	00:56+	06:49+	02:11+
00:42+	00:24+		
02:21+	01:10+	02:08+	01:08+
01:32+	02:01+	01:48+	00:47+
00:25+	00:56+	06:49+	02:11+
00:42+	00:24+		

12	Anastasia Ollestad	3676	24:31
01:55+	02:57+	04:48+	05:46+
08:10+	08:46+	10:33+	11:22+
11:46+	12:34+	20:33+	23:18+
24:00+	24:31+		
01:55+	01:02+	01:51+	00:58+
02:24+	00:36+	01:47+	00:49+
00:24+	00:48+	07:59+	02:45+
00:42+	00:31+		
01:55+	01:02+	01:51+	00:58+
02:24+	00:36+	01:47+	00:49+
00:24+	00:48+	07:59+	02:45+
00:42+	00:31+		

13	Esther Boenheim	2539	25:07
02:38+	04:08+	06:54+	08:03+
09:50+	10:36+	12:44+	13:34+
13:59+	14:54+	21:17+	24:00+
24:40+	25:07+		
02:38+	01:30+	02:46+	01:09+
01:47+	00:46+	02:08+	00:50+
00:25+	00:55+	06:23+	02:43+
00:40+	00:27+		
02:38+	01:30+	02:46+	01:09+
01:47+	00:46+	02:08+	00:50+
00:25+	00:55+	06:23+	02:43+
00:40+	00:27+		

14	Ritva Halsne	722	25:14
02:22+	03:29+	05:32+	06:40+
08:47+	10:28+	12:26+	13:22+
13:49+	14:48+	20:35+	24:10+
24:47+	25:14+		
02:22+	01:07+	02:03+	01:08+
02:07+	01:41+	01:58+	00:56+
00:27+	00:59+	05:47+	03:35+
00:37+	00:27+		
02:22+	01:07+	02:03+	01:08+
02:07+	01:41+	01:58+	00:56+
00:27+	00:59+	05:47+	03:35+
00:37+	00:27+		

15	Anne Turid Vestbakke	1683	25:25
02:15+	03:26+	05:39+	06:44+
09:48+	10:41+	12:49+	13:37+
13:59+	14:56+	21:15+	24:12+
24:54+	25:25+		
02:15+	01:11+	02:13+	01:05+
03:04+	00:53+	02:08+	00:48+
00:22+	00:57+	06:19+	02:57+
00:42+	00:31+		
02:15+	01:11+	02:13+	01:05+
03:04+	00:53+	02:08+	00:48+
00:22+	00:57+	06:19+	02:57+
00:42+	00:31+		

16	Renate Furenes	892	26:32
02:12+	03:15+	05:38+	06:54+
09:27+	10:59+	13:04+	14:12+
14:45+	15:52+	21:58+	24:51+
26:00+	26:32+		
02:12+	01:03+	02:23+	01:16+
02:33+	01:32+	02:05+	01:08+
00:33+	01:07+	06:06+	02:53+
01:09+	00:32+		
02:12+	01:03+	02:23+	01:16+
02:33+	01:32+	02:05+	01:08+
00:33+	01:07+	06:06+	02:53+
01:09+	00:32+		

17	Sigrund Serigstad	879	26:41
02:20+	03:14+	05:06+	05:58+
09:13+	09:48+	14:58+	16:36+
16:54+	17:41+	23:37+	25:51+
26:20+	26:41+		
02:20+	00:54+	01:52+	00:52+
03:15+	00:35+	05:10+	01:38+
00:18+	00:47+	05:56+	02:14+
00:29+	00:21+		
02:20+	00:54+	01:52+	00:52+
03:15+	00:35+	05:10+	01:38+
00:18+	00:47+	05:56+	02:14+
00:29+	00:21+		

18	Unni Byberg Mæstad	892	27:30
02:54+	04:04+	06:14+	07:15+
09:05+	09:57+	12:15+	13:36+
14:09+	15:11+	23:00+	26:17+
27:00+	27:30+		
02:54+	01:10+	02:10+	01:01+
01:50+	00:52+	02:18+	01:21+
00:33+	01:02+	07:49+	03:17+
00:43+	00:30+		
02:54+	01:10+	02:10+	01:01+
01:50+	00:52+	02:18+	01:21+
00:33+	01:02+	07:49+	03:17+
00:43+	00:30+		

19	Elisabet Horpestad	896	28:13
05:21+	06:39+	08:46+	09:42+
13:12+	14:22+	15:51+	17:26+
17:51+	19:08+	24:36+	27:08+
27:52+	28:13+		
05:21+	01:18+	02:07+	00:56+
03:30+	01:10+	01:29+	01:35+
00:25+	01:17+	05:28+	02:32+
00:44+	00:21+		
05:21+	01:18+	02:07+	00:56+
03:30+	01:10+	01:29+	01:35+
00:25+	01:17+	05:28+	02:32+
00:44+	00:21+		

20	Sara Dudzinska	1376	28:45
02:08+	03:20+	05:21+	06:24+
08:02+	09:56+	11:50+	13:13+
13:35+	14:36+	23:01+	27:10+
28:11+	28:45+		
02:08+	01:12+	02:01+	01:03+
01:38+	01:54+	01:54+	01:23+
00:22+	01:01+	08:25+	04:09+
01:01+	00:34+		
02:08+	01:12+	02:01+	01:03+
01:38+	01:54+	01:54+	01:23+
00:22+	01:01+	08:25+	04:09+
01:01+	00:34+		

21	Karolina Lenart	1376	28:47
02:03+	03:17+	05:14+	06:19+
07:59+	10:03+	11:58+	13:18+
13:43+	14:55+	23:03+	27:13+
28:12+	28:47+		
02:03+	01:14+	01:57+	01:05+
01:40+	02:04+	01:55+	01:20+
00:25+	01:12+	08:08+	04:10+
00:59+	00:35+		
02:03+	01:14+	01:57+	01:05+
01:40+	02:04+	01:55+	01:20+
00:25+	01:12+	08:08+	04:10+
00:59+	00:35+		

22	Elisa Møller	769	28:56
02:58+	04:06+	06:54+	07:56+
10:09+	10:56+	15:18+	16:38+
17:02+	18:03+	25:22+	27:42+
28:27+	28:56+		
02:58+	01:08+	02:48+	01:02+
02:13+	00:47+	04:22+	01:20+
00:24+	01:01+	07:19+	02:20+
00:45+	00:29+		
02:58+	01:08+	02:48+	01:02+
02:13+	00:47+	04:22+	01:20+
00:24+	01:01+	07:19+	02:20+
00:45+	00:29+		

Class	Navn	Klasse	Tid
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Damer Trim

23 Anna Kaia Søreide 1384 30:46

04:30+	05:29+	07:36+	08:39+	10:09+	13:10+	15:03+	16:34+	16:57+	17:57+	25:43+	29:01+	30:19+	30:46+
04:30+	00:59+	02:07+	01:03+	01:30+	03:01+	01:53+	01:31+	00:23+	01:00+	07:46+	03:18+	01:18+	00:27+
04:30+	00:59+	02:07+	01:03+	01:30+	03:01+	01:53+	01:31+	00:23+	01:00+	07:46+	03:18+	01:18+	00:27+

24 Synnøve Vidstein 3558 30:55

02:25+	03:37+	06:03+	07:12+	13:57+	14:50+	16:49+	17:49+	18:21+	19:24+	26:31+	29:38+	30:23+	30:55+
02:25+	01:12+	02:26+	01:09+	06:45+	00:53+	01:59+	01:00+	00:32+	01:03+	07:07+	03:07+	00:45+	00:32+
02:25+	01:12+	02:26+	01:09+	06:45+	00:53+	01:59+	01:00+	00:32+	01:03+	07:07+	03:07+	00:45+	00:32+

25 Monica Regine Romstad 722 31:09

01:58+	02:59+	04:46+	07:37+	16:13+	17:34+	19:15+	20:13+	20:43+	21:31+	27:49+	30:04+	30:45+	31:09+
01:58+	01:01+	01:47+	02:51+	08:36+	01:21+	01:41+	00:58+	00:30+	00:48+	06:18+	02:15+	00:41+	00:24+
01:58+	01:01+	01:47+	02:51+	08:36+	01:21+	01:41+	00:58+	00:30+	00:48+	06:18+	02:15+	00:41+	00:24+

26 Maria Boge Lauvsnes 722 31:48

03:09+	04:14+	07:41+	08:53+	11:28+	12:31+	15:01+	16:16+	16:52+	17:42+	25:16+	30:27+	31:13+	31:48+
03:09+	01:05+	03:27+	01:12+	02:35+	01:03+	02:30+	01:15+	00:36+	00:50+	07:34+	05:11+	00:46+	00:35+
03:09+	01:05+	03:27+	01:12+	02:35+	01:03+	02:30+	01:15+	00:36+	00:50+	07:34+	05:11+	00:46+	00:35+

27 Eli Thorset Våge 896 32:08

03:03+	04:28+	07:02+	08:29+	11:38+	12:28+	14:53+	17:12+	17:45+	19:06+	26:44+	30:41+	31:37+	32:08+
03:03+	01:25+	02:34+	01:27+	03:09+	00:50+	02:25+	02:19+	00:33+	01:21+	07:38+	03:57+	00:56+	00:31+
03:03+	01:25+	02:34+	01:27+	03:09+	00:50+	02:25+	02:19+	00:33+	01:21+	07:38+	03:57+	00:56+	00:31+

28 Kirsti Strand Salvesen 3540 32:09

02:58+	04:28+	07:09+	08:42+	10:47+	12:29+	15:42+	16:53+	17:34+	18:53+	26:43+	30:25+	31:23+	32:09+
02:58+	01:30+	02:41+	01:33+	02:05+	01:42+	03:13+	01:11+	00:41+	01:19+	07:50+	03:42+	00:58+	00:46+
02:58+	01:30+	02:41+	01:33+	02:05+	01:42+	03:13+	01:11+	00:41+	01:19+	07:50+	03:42+	00:58+	00:46+

29 Marie Hernæs Larsen 3565 32:25

04:19+	05:24+	07:48+	09:44+	16:33+	17:19+	19:18+	20:07+	20:38+	21:31+	28:00+	30:57+	31:47+	32:25+
04:19+	01:05+	02:24+	01:56+	06:49+	00:46+	01:59+	00:49+	00:31+	00:53+	06:29+	02:57+	00:50+	00:38+
04:19+	01:05+	02:24+	01:56+	06:49+	00:46+	01:59+	00:49+	00:31+	00:53+	06:29+	02:57+	00:50+	00:38+

30 Ingunn Johanne Fandrem 3511 32:33

03:13+	04:42+	07:35+	08:56+	11:26+	12:59+	15:40+	18:16+	18:48+	19:55+	27:39+	31:07+	32:02+	32:33+
03:13+	01:29+	02:53+	01:21+	02:30+	01:33+	02:41+	02:36+	00:32+	01:07+	07:44+	03:28+	00:55+	00:31+
03:13+	01:29+	02:53+	01:21+	02:30+	01:33+	02:41+	02:36+	00:32+	01:07+	07:44+	03:28+	00:55+	00:31+

31 Ruth Grødem 722 32:35

03:10+	04:34+	07:10+	08:34+	10:55+	12:22+	15:05+	16:21+	17:11+	18:18+	27:27+	31:11+	32:00+	32:35+
03:10+	01:24+	02:36+	01:24+	02:21+	01:27+	02:43+	01:16+	00:50+	01:07+	09:09+	03:44+	00:49+	00:35+
03:10+	01:24+	02:36+	01:24+	02:21+	01:27+	02:43+	01:16+	00:50+	01:07+	09:09+	03:44+	00:49+	00:35+

32 Solveig Marie Grønning 3511 32:35

03:16+	04:42+	07:37+	08:53+	11:27+	13:01+	15:37+	18:17+	18:48+	19:56+	27:40+	31:11+	32:03+	32:35+
03:16+	01:26+	02:55+	01:16+	02:34+	01:34+	02:36+	02:40+	00:31+	01:08+	07:44+	03:31+	00:52+	00:32+
03:16+	01:26+	02:55+	01:16+	02:34+	01:34+	02:36+	02:40+	00:31+	01:08+	07:44+	03:31+	00:52+	00:32+

33 Liv Janne Fandrem Biland 892 32:43

02:44+	04:00+	06:03+	07:18+	10:07+	12:38+	14:59+	17:12+	17:41+	18:47+	28:00+	31:12+	32:08+	32:43+
02:44+	01:16+	02:03+	01:15+	02:49+	02:31+	02:21+	02:13+	00:29+	01:06+	09:13+	03:12+	00:56+	00:35+
02:44+	01:16+	02:03+	01:15+	02:49+	02:31+	02:21+	02:13+	00:29+	01:06+	09:13+	03:12+	00:56+	00:35+

34 Inger Martinsen 1493 33:08

03:03+	04:35+	07:27+	08:48+	11:01+	12:05+	15:21+	16:38+	17:20+	18:41+	26:55+	31:05+	32:12+	33:08+
03:03+	01:32+	02:52+	01:21+	02:13+	01:04+	03:16+	01:17+	00:42+	01:21+	08:14+	04:10+	01:07+	00:56+
03:03+	01:32+	02:52+	01:21+	02:13+	01:04+	03:16+	01:17+	00:42+	01:21+	08:14+	04:10+	01:07+	00:56+

35 Åse Kristensen 1141 33:50

04:29+	05:49+	08:22+	09:39+	13:16+	14:20+	16:56+	18:15+	19:06+	20:16+	28:23+	32:17+	33:11+	33:50+
04:29+	01:20+	02:33+	01:17+	03:37+	01:04+	02:36+	01:19+	00:51+	01:10+	08:07+	03:54+	00:54+	00:39+
04:29+	01:20+	02:33+	01:17+	03:37+	01:04+	02:36+	01:19+	00:51+	01:10+	08:07+	03:54+	00:54+	00:39+

36 Hilde Christine Hoff 848 34:15

03:23+	05:06+	07:51+	10:58+	13:11+	14:23+	17:09+	18:22+	19:05+	20:30+	28:42+	32:19+	33:25+	34:15+
03:23+	01:43+	02:45+	03:07+	02:13+	01:12+	02:46+	01:13+	00:43+	01:25+	08:12+	03:37+	01:06+	00:50+
03:23+	01:43+	02:45+	03:07+	02:13+	01:12+	02:46+	01:13+	00:43+	01:25+	08:12+	03:37+	01:06+	00:50+

Class	Navn	Klasse										Tid	
Damer Trim													
37	Signe Lise Haaland	3507										35:10	
03:37+	05:25+	08:38+	10:27+	13:19+	14:10+	16:57+	19:20+	20:01+	21:32+	29:32+	32:57+	34:11+	35:10+
03:37+	01:48+	03:13+	01:49+	02:52+	00:51+	02:47+	02:23+	00:41+	01:31+	08:00+	03:25+	01:14+	00:59+
03:37+	01:48+	03:13+	01:49+	02:52+	00:51+	02:47+	02:23+	00:41+	01:31+	08:00+	03:25+	01:14+	00:59+
38	Solbjørg Borgersen	3527										35:22	
02:53+	04:09+	14:23+	15:31+	17:33+	18:18+	20:31+	22:02+	22:31+	23:38+	30:49+	34:00+	34:47+	35:22+
02:53+	01:16+	10:14+	01:08+	02:02+	00:45+	02:13+	01:31+	00:29+	01:07+	07:11+	03:11+	00:47+	00:35+
02:53+	01:16+	10:14+	01:08+	02:02+	00:45+	02:13+	01:31+	00:29+	01:07+	07:11+	03:11+	00:47+	00:35+
39	Brit Svihus	892										38:52	
02:55+	04:51+	07:21+	08:45+	12:49+	13:48+	16:28+	18:44+	19:14+	21:00+	29:57+	36:33+	38:15+	38:52+
02:55+	01:56+	02:30+	01:24+	04:04+	00:59+	02:40+	02:16+	00:30+	01:46+	08:57+	06:36+	01:42+	00:37+
02:55+	01:56+	02:30+	01:24+	04:04+	00:59+	02:40+	02:16+	00:30+	01:46+	08:57+	06:36+	01:42+	00:37+
40	Monica Nesse	892										40:00	
04:06+	06:16+	10:13+	12:23+	15:33+	16:42+	20:07+	21:44+	22:45+	24:24+	33:40+	38:01+	39:13+	40:00+
04:06+	02:10+	03:57+	02:10+	03:10+	01:09+	03:25+	01:37+	01:01+	01:39+	09:16+	04:21+	01:12+	00:47+
04:06+	02:10+	03:57+	02:10+	03:10+	01:09+	03:25+	01:37+	01:01+	01:39+	09:16+	04:21+	01:12+	00:47+
41	Kate Lie	892										40:01	
04:09+	06:19+	10:10+	12:21+	15:30+	16:45+	20:11+	21:49+	22:48+	24:28+	33:44+	38:01+	39:16+	40:01+
04:09+	02:10+	03:51+	02:11+	03:09+	01:15+	03:26+	01:38+	00:59+	01:40+	09:16+	04:17+	01:15+	00:45+
04:09+	02:10+	03:51+	02:11+	03:09+	01:15+	03:26+	01:38+	00:59+	01:40+	09:16+	04:17+	01:15+	00:45+
42	Monika Korbecka	1456										40:06	
04:17+	06:03+	09:22+	11:14+	13:56+	16:36+	19:41+	22:17+	22:59+	24:35+	33:45+	37:51+	39:06+	40:06+
04:17+	01:46+	03:19+	01:52+	02:42+	02:40+	03:05+	02:36+	00:42+	01:36+	09:10+	04:06+	01:15+	01:00+
04:17+	01:46+	03:19+	01:52+	02:42+	02:40+	03:05+	02:36+	00:42+	01:36+	09:10+	04:06+	01:15+	01:00+
43	May Kristin Haaland	3511										41:45	
03:48+	05:53+	09:43+	12:20+	17:25+	18:33+	21:32+	22:51+	23:38+	25:08+	34:56+	39:11+	40:57+	41:45+
03:48+	02:05+	03:50+	02:37+	05:05+	01:08+	02:59+	01:19+	00:47+	01:30+	09:48+	04:15+	01:46+	00:48+
03:48+	02:05+	03:50+	02:37+	05:05+	01:08+	02:59+	01:19+	00:47+	01:30+	09:48+	04:15+	01:46+	00:48+
44	Unni B Sundli	892										43:14	
03:28+	05:10+	08:17+	10:15+	13:23+	14:22+	17:15+	18:51+	19:33+	21:12+	34:14+	41:16+	42:25+	43:14+
03:28+	01:42+	03:07+	01:58+	03:08+	00:59+	02:53+	01:36+	00:42+	01:39+	13:02+	07:02+	01:09+	00:49+
03:28+	01:42+	03:07+	01:58+	03:08+	00:59+	02:53+	01:36+	00:42+	01:39+	13:02+	07:02+	01:09+	00:49+
45	Ragnhild Christiansen	1884										43:59	
05:04+	07:01+	10:32+	12:17+	15:35+	16:56+	20:38+	22:01+	23:36+	25:14+	37:33+	41:57+	43:11+	43:59+
05:04+	01:57+	03:31+	01:45+	03:18+	01:21+	03:42+	01:23+	01:35+	01:38+	12:19+	04:24+	01:14+	00:48+
05:04+	01:57+	03:31+	01:45+	03:18+	01:21+	03:42+	01:23+	01:35+	01:38+	12:19+	04:24+	01:14+	00:48+
46	Else Marie Furland	NOTEAM										44:01	
05:08+	07:02+	10:33+	12:22+	15:43+	17:02+	20:43+	22:50+	23:44+	25:21+	37:32+	42:02+	43:16+	44:01+
05:08+	01:54+	03:31+	01:49+	03:21+	01:19+	03:41+	02:07+	00:54+	01:37+	12:11+	04:30+	01:14+	00:45+
05:08+	01:54+	03:31+	01:49+	03:21+	01:19+	03:41+	02:07+	00:54+	01:37+	12:11+	04:30+	01:14+	00:45+
47	Agnete Dedekam Stabel	1758										45:07	
03:27+	05:01+	07:38+	09:10+	18:44+	20:02+	22:47+	25:26+	26:30+	27:58+	35:33+	43:40+	44:40+	45:07+
03:27+	01:34+	02:37+	01:32+	09:34+	01:18+	02:45+	02:39+	01:04+	01:28+	07:35+	08:07+	01:00+	00:27+
03:27+	01:34+	02:37+	01:32+	09:34+	01:18+	02:45+	02:39+	01:04+	01:28+	07:35+	08:07+	01:00+	00:27+
48	Lisbeth Davidsen	722										1:03:56	
02:52+	04:07+	06:31+	07:38+	21:49+	23:28+	25:45+	28:25+	28:58+	30:33+	53:51+	56:35+	63:29+	63:56+
02:52+	01:15+	02:24+	01:07+	14:11+	01:39+	02:17+	02:40+	00:33+	01:35+	23:18+	02:44+	06:54+	00:27+
02:52+	01:15+	02:24+	01:07+	14:11+	01:39+	02:17+	02:40+	00:33+	01:35+	23:18+	02:44+	06:54+	00:27+

Beste strekktid for klassen

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

Herrer 16 - 39 år

Class	Navn	Klasse	Tid
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Herrer 16 - 39 år

1	Ole Morten Haaland	3528	22:53														
01:25=	03:17=	04:24=	04:52=	05:29=	06:48=	07:30=	09:04=	10:56=	11:34=	12:48=	14:35=	20:49=	21:34=	22:15=	22:34=	22:53=	
01:25=	01:52=	01:07=	00:28=	00:37=	01:19=	00:42=	01:34=	01:52=	00:38=	01:14=	01:47=	06:14=	00:45=	00:41=	00:19=	00:19=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Fredrik Svendal	1376	24:17														
01:18+	04:16+	05:28+	05:58+	06:47+	08:07+	08:46+	10:13+	12:07+	12:45+	13:57+	15:38+	22:12+	22:45+	23:36+	23:58+	24:17+	
01:18+	02:58+	01:12+	00:30+	00:49+	01:20+	00:39+	01:27+	01:54+	00:38+	01:12+	01:41+	06:34+	00:33+	00:51+	00:22+	00:19+	
01:18+	02:58+	01:12+	00:30+	00:49+	01:20+	00:39+	01:27+	01:54+	00:38+	01:12+	01:41+	06:34+	00:33+	00:51+	00:22+	00:19+	
3	Per Christian Munkhaug	3516	24:26														
01:32+	03:42+	05:41+	06:03+	06:44+	08:02+	08:44+	10:16+	12:21+	12:53+	14:08+	15:43+	22:23+	23:01+	23:32+	23:54+	24:10+	24:26+
01:32+	02:10+	01:59+	00:22+	00:41+	01:18+	00:42+	01:32+	02:05+	00:32+	01:15+	01:35+	06:40+	00:38+	00:31+	00:22+	00:16+	00:16+
01:32+	02:10+	01:59+	00:22+	00:41+	01:18+	00:42+	01:32+	02:05+	00:32+	01:15+	01:35+	06:40+	00:38+	00:31+	00:22+	00:16+	00:16+
4	Torbjørn Fuglestad	878	24:39														
01:53+	04:08+	05:16+	05:39+	06:27+	08:07+	08:50+	10:37+	12:35+	13:12+	14:30+	16:33+	22:29+	23:18+	24:06+	24:24+	24:39+	
01:53+	02:15+	01:08+	00:23+	00:48+	01:40+	00:43+	01:47+	01:58+	00:37+	01:18+	02:03+	05:56+	00:49+	00:48+	00:18+	00:15+	
01:53+	02:15+	01:08+	00:23+	00:48+	01:40+	00:43+	01:47+	01:58+	00:37+	01:18+	02:03+	05:56+	00:49+	00:48+	00:18+	00:15+	
5	Sam McCloy	NOTEAM	25:04														
01:25+	03:24+	04:27+	05:45+	07:58+	09:24+	10:03+	11:35+	13:43+	14:27+	15:42+	17:21+	22:58+	23:41+	24:25+	24:44+	25:04+	
01:25+	01:59+	01:03+	01:18+	02:13+	01:26+	00:39+	01:32+	02:08+	00:44+	01:15+	01:39+	05:37+	00:43+	00:44+	00:19+	00:20+	
01:25+	01:59+	01:03+	01:18+	02:13+	01:26+	00:39+	01:32+	02:08+	00:44+	01:15+	01:39+	05:37+	00:43+	00:44+	00:19+	00:20+	
6	Arild Pfluger Hundeide	769	25:43														
01:45+	04:06+	05:10+	05:37+	06:22+	07:55+	08:43+	10:25+	12:23+	12:58+	14:15+	16:11+	23:20+	24:13+	25:02+	25:23+	25:43+	
01:45+	02:21+	01:04+	00:27+	00:45+	01:33+	00:48+	01:42+	01:58+	00:35+	01:17+	01:56+	07:09+	00:53+	00:49+	00:21+	00:20+	
01:45+	02:21+	01:04+	00:27+	00:45+	01:33+	00:48+	01:42+	01:58+	00:35+	01:17+	01:56+	07:09+	00:53+	00:49+	00:21+	00:20+	
7	David Wade	465	25:43														
01:17+	04:20+	05:20+	06:30+	07:18+	08:42+	09:24+	11:09+	13:28+	13:57+	15:04+	16:52+	23:37+	24:21+	25:08+	25:25+	25:43+	
01:17+	03:03+	01:00+	01:10+	00:48+	01:24+	00:42+	01:45+	02:19+	00:29+	01:07+	01:48+	06:45+	00:44+	00:47+	00:17+	00:18+	
01:17+	03:03+	01:00+	01:10+	00:48+	01:24+	00:42+	01:45+	02:19+	00:29+	01:07+	01:48+	06:45+	00:44+	00:47+	00:17+	00:18+	
8	Håvard Hageberg	1832	26:01														
01:47+	04:21+	05:35+	06:18+	07:10+	09:03+	09:50+	11:35+	13:29+	14:04+	15:26+	17:37+	23:48+	24:34+	25:19+	25:40+	26:01+	
01:47+	02:34+	01:14+	00:43+	00:52+	01:53+	00:47+	01:45+	01:54+	00:35+	01:22+	02:11+	06:11+	00:46+	00:45+	00:21+	00:21+	
01:47+	02:34+	01:14+	00:43+	00:52+	01:53+	00:47+	01:45+	01:54+	00:35+	01:22+	02:11+	06:11+	00:46+	00:45+	00:21+	00:21+	
9	Børge Grødem	793	26:06														
01:28+	03:47+	04:51+	05:43+	06:39+	08:11+	08:57+	10:31+	12:32+	13:04+	14:26+	16:44+	23:28+	24:22+	25:21+	25:41+	26:06+	
01:28+	02:19+	01:04+	00:52+	00:56+	01:32+	00:46+	01:34+	02:01+	00:32+	01:22+	02:18+	06:44+	00:54+	00:59+	00:20+	00:25+	
01:28+	02:19+	01:04+	00:52+	00:56+	01:32+	00:46+	01:34+	02:01+	00:32+	01:22+	02:18+	06:44+	00:54+	00:59+	00:20+	00:25+	
10	Håvard Landråk	3676	26:53														
01:43+	03:57+	05:11+	05:37+	06:30+	08:12+	08:57+	10:34+	12:39+	13:18+	14:47+	16:43+	24:32+	25:28+	26:13+	26:36+	26:53+	
01:43+	02:14+	01:14+	00:26+	00:53+	01:42+	00:45+	01:37+	02:05+	00:39+	01:29+	01:56+	07:49+	00:56+	00:45+	00:23+	00:17+	
01:43+	02:14+	01:14+	00:26+	00:53+	01:42+	00:45+	01:37+	02:05+	00:39+	01:29+	01:56+	07:49+	00:56+	00:45+	00:23+	00:17+	
11	Erlend Syse	3559	27:34														
01:42+	05:24+	06:33+	07:25+	08:15+	09:46+	10:30+	12:15+	14:25+	15:01+	16:25+	18:27+	25:05+	26:12+	26:50+	27:13+	27:34+	
01:42+	03:42+	01:09+	00:52+	00:50+	01:31+	00:44+	01:45+	02:10+	00:36+	01:24+	02:02+	06:38+	01:07+	00:38+	00:23+	00:21+	
01:42+	03:42+	01:09+	00:52+	00:50+	01:31+	00:44+	01:45+	02:10+	00:36+	01:24+	02:02+	06:38+	01:07+	00:38+	00:23+	00:21+	
12	Truls Thorkildsen	2074	27:50														
01:48+	04:33+	05:38+	06:04+	06:58+	08:50+	09:37+	11:26+	13:44+	14:28+	16:01+	18:18+	25:32+	26:30+	27:07+	27:27+	27:50+	
01:48+	02:45+	01:05+	00:26+	00:54+	01:52+	00:47+	01:49+	02:18+	00:44+	01:33+	02:17+	07:14+	00:58+	00:37+	00:20+	00:23+	
01:48+	02:45+	01:05+	00:26+	00:54+	01:52+	00:47+	01:49+	02:18+	00:44+	01:33+	02:17+	07:14+	00:58+	00:37+	00:20+	00:23+	
13	Eivind Brimsø	3559	27:58														
01:38+	04:31+	05:44+	07:10+	07:52+	09:32+	10:20+	12:08+	14:29+	15:06+	16:31+	18:32+	25:48+	26:38+	27:18+	27:40+	27:58+	
01:38+	02:53+	01:13+	01:26+	00:42+	01:40+	00:48+	01:48+	02:21+	00:37+	01:25+	02:01+	07:16+	00:50+	00:40+	00:22+	00:18+	
01:38+	02:53+	01:13+	01:26+	00:42+	01:40+	00:48+	01:48+	02:21+	00:37+	01:25+	02:01+	07:16+	00:50+	00:40+	00:22+	00:18+	
14	Ole Andre Brandsberg	3502	28:27														
01:47+	04:51+	06:18+	06:49+	07:37+	09:22+	10:19+	12:13+	14:48+	15:22+	16:48+	18:36+	26:12+	27:12+	27:50+	28:08+	28:27+	
01:47+	03:04+	01:27+	00:31+	00:48+	01:45+	00:57+	01:54+	02:35+	00:34+	01:26+	01:48+	07:36+	01:00+	00:38+	00:18+	00:19+	
01:47+	03:04+	01:27+	00:31+	00:48+	01:45+	00:57+	01:54+	02:35+	00:34+	01:26+	01:48+	07:36+	01:00+	00:38+	00:18+	00:19+	

Herrer 16 - 39 år

15	Henrik Aasheim	2342														28:43			
	01:28+	05:11+	06:27+	07:24+	08:14+	09:51+	10:38+	12:30+	16:02+	16:41+	17:55+	19:53+	26:26+	27:09+	27:55+	28:19+	28:43+		
	01:28+	03:43+	01:16+	00:57+	00:50+	01:37+	00:47+	01:52+	03:32+	00:39+	01:14+	01:58+	06:33+	00:43+	00:46+	00:24+	00:24+		
	01:28+	03:43+	01:16+	00:57+	00:50+	01:37+	00:47+	01:52+	03:32+	00:39+	01:14+	01:58+	06:33+	00:43+	00:46+	00:24+	00:24+		
16	Jens Otto Hatlevold	2023														29:22			
	01:33+	05:17+	06:41+	07:44+	09:06+	10:49+	12:04+	13:53+	16:05+	16:41+	18:00+	19:45+	26:43+	27:33+	28:31+	28:50+	29:22+		
	01:33+	03:44+	01:24+	01:03+	01:22+	01:43+	01:15+	01:49+	02:12+	00:36+	01:19+	01:45+	06:58+	00:50+	00:58+	00:19+	00:32+		
	01:33+	03:44+	01:24+	01:03+	01:22+	01:43+	01:15+	01:49+	02:12+	00:36+	01:19+	01:45+	06:58+	00:50+	00:58+	00:19+	00:32+		
17	Sindre Jakobsen	1830														29:31			
	01:25+	04:30+	05:43+	06:26+	07:11+	09:19+	10:11+	11:44+	13:52+	14:27+	15:57+	19:31+	26:32+	28:02+	28:47+	29:10+	29:31+		
	01:25+	03:05+	01:13+	00:43+	00:45+	02:08+	00:52+	01:33+	02:08+	00:35+	01:30+	03:34+	07:01+	01:30+	00:45+	00:23+	00:21+		
	01:25+	03:05+	01:13+	00:43+	00:45+	02:08+	00:52+	01:33+	02:08+	00:35+	01:30+	03:34+	07:01+	01:30+	00:45+	00:23+	00:21+		
18	Martin Skogland	3508														29:33			
	01:47+	04:08+	06:14+	06:58+	08:06+	09:39+	10:22+	12:03+	15:20+	15:52+	17:44+	19:41+	27:21+	28:08+	28:53+	29:13+	29:33+		
	01:47+	02:21+	02:06+	00:44+	01:08+	01:33+	00:43+	01:41+	03:17+	00:32+	01:52+	01:57+	07:40+	00:47+	00:45+	00:20+	00:20+		
	01:47+	02:21+	02:06+	00:44+	01:08+	01:33+	00:43+	01:41+	03:17+	00:32+	01:52+	01:57+	07:40+	00:47+	00:45+	00:20+	00:20+		
19	Aksel Joranger	2023														29:38			
	01:44+	04:40+	06:18+	07:46+	08:32+	10:16+	11:02+	13:07+	15:19+	15:54+	17:10+	20:03+	27:26+	28:23+	29:00+	29:21+	29:38+		
	01:44+	02:56+	01:38+	01:28+	00:46+	01:44+	00:46+	02:05+	02:12+	00:35+	01:16+	02:53+	07:23+	00:57+	00:37+	00:21+	00:17+		
	01:44+	02:56+	01:38+	01:28+	00:46+	01:44+	00:46+	02:05+	02:12+	00:35+	01:16+	02:53+	07:23+	00:57+	00:37+	00:21+	00:17+		
20	Bjørn Morten Bøe Brunstøl	2023														30:34			
	02:07+	04:53+	06:17+	07:01+	08:10+	10:03+	10:58+	13:16+	15:56+	16:41+	18:07+	20:04+	28:28+	29:16+	29:53+	30:15+	30:34+		
	02:07+	02:46+	01:24+	00:44+	01:09+	01:53+	00:55+	02:18+	02:40+	00:45+	01:26+	01:57+	08:24+	00:48+	00:37+	00:22+	00:19+		
	02:07+	02:46+	01:24+	00:44+	01:09+	01:53+	00:55+	02:18+	02:40+	00:45+	01:26+	01:57+	08:24+	00:48+	00:37+	00:22+	00:19+		
21	Lars Kartevoll	3548														30:58			
	01:52+	04:43+	06:06+	07:23+	08:24+	10:13+	11:10+	13:12+	16:00+	16:37+	18:19+	20:39+	28:34+	29:39+	30:18+	30:40+	30:58+		
	01:52+	02:51+	01:23+	01:17+	01:01+	01:49+	00:57+	02:02+	02:48+	00:37+	01:42+	02:20+	07:55+	01:05+	00:39+	00:22+	00:18+		
	01:52+	02:51+	01:23+	01:17+	01:01+	01:49+	00:57+	02:02+	02:48+	00:37+	01:42+	02:20+	07:55+	01:05+	00:39+	00:22+	00:18+		
22	Erling Byberg	793														31:27			
	01:28+	04:45+	07:52+	10:12+	10:54+	13:01+	14:21+	15:55+	17:46+	18:27+	20:03+	21:29+	29:36+	30:17+	30:51+	31:07+	31:27+		
	01:28+	03:17+	03:07+	02:20+	00:42+	02:07+	01:20+	01:34+	01:51+	00:41+	01:36+	01:26+	08:07+	00:41+	00:34+	00:16+	00:20+		
	01:28+	03:17+	03:07+	02:20+	00:42+	02:07+	01:20+	01:34+	01:51+	00:41+	01:36+	01:26+	08:07+	00:41+	00:34+	00:16+	00:20+		
23	Magnus Kristoffersen	3676														32:07			
	01:51+	05:04+	06:28+	07:30+	08:38+	10:42+	11:34+	13:54+	16:50+	17:28+	19:17+	21:35+	29:17+	30:29+	31:28+	31:47+	32:07+		
	01:51+	03:13+	01:24+	01:02+	01:08+	02:04+	00:52+	02:20+	02:56+	00:38+	01:49+	02:18+	07:42+	01:12+	00:59+	00:19+	00:20+		
	01:51+	03:13+	01:24+	01:02+	01:08+	02:04+	00:52+	02:20+	02:56+	00:38+	01:49+	02:18+	07:42+	01:12+	00:59+	00:19+	00:20+		
24	Stian Bentsen Malmanger	3676														32:29			
	01:53+	07:07+	08:23+	09:11+	10:05+	11:50+	13:01+	14:55+	17:23+	17:58+	19:29+	21:58+	29:53+	30:50+	31:39+	32:05+	32:29+		
	01:53+	05:14+	01:16+	00:48+	00:54+	01:45+	01:11+	01:54+	02:28+	00:35+	01:31+	02:29+	07:55+	00:57+	00:49+	00:26+	00:24+		
	01:53+	05:14+	01:16+	00:48+	00:54+	01:45+	01:11+	01:54+	02:28+	00:35+	01:31+	02:29+	07:55+	00:57+	00:49+	00:26+	00:24+		
25	Vidar Haus	3528														35:24			
	01:55+	04:42+	06:32+	07:09+	08:12+	10:08+	11:12+	13:18+	16:27+	17:15+	19:07+	21:40+	31:41+	33:35+	34:32+	34:58+	35:24+		
	01:55+	02:47+	01:50+	00:37+	01:03+	01:56+	01:04+	02:06+	03:09+	00:48+	01:52+	02:33+	10:01+	01:54+	00:57+	00:26+	00:26+		
	01:55+	02:47+	01:50+	00:37+	01:03+	01:56+	01:04+	02:06+	03:09+	00:48+	01:52+	02:33+	10:01+	01:54+	00:57+	00:26+	00:26+		
26	Tor Geir Ødegård Garpestad	1832														35:54			
	01:57+	05:29+	06:42+	07:14+	08:03+	09:50+	10:35+	12:32+	15:14+	15:51+	17:15+	19:27+	29:06+	34:30+	35:14+	35:35+	35:54+		
	01:57+	03:32+	01:13+	00:32+	00:49+	01:47+	00:45+	01:57+	02:42+	00:37+	01:24+	02:12+	09:39+	05:24+	00:44+	00:21+	00:19+		
	01:57+	03:32+	01:13+	00:32+	00:49+	01:47+	00:45+	01:57+	02:42+	00:37+	01:24+	02:12+	09:39+	05:24+	00:44+	00:21+	00:19+		
27	Jone Klemo Øverland	1384														36:43			
	02:01+	05:16+	06:28+	07:01+	07:53+	09:34+	10:26+	12:32+	15:44+	16:20+	17:51+	20:13+	34:32+	35:21+	36:02+	36:23+	36:43+		
	02:01+	03:15+	01:12+	00:33+	00:52+	01:41+	00:52+	02:06+	03:12+	00:36+	01:31+	02:22+	14:19+	00:49+	00:41+	00:21+	00:20+		
	02:01+	03:15+	01:12+	00:33+	00:52+	01:41+	00:52+	02:06+	03:12+	00:36+	01:31+	02:22+	14:19+	00:49+	00:41+	00:21+	00:20+		
28	Briac Le Ray	2342														39:15			
	03:14+	06:56+	08:28+	08:59+	10:00+	12:10+	13:22+	16:05+	19:12+	20:03+	22:16+	25:32+	35:46+	37:01+	37:58+	38:31+	39:15+		
	03:14+	03:42+	01:32+	00:31+	01:01+	02:10+	01:12+	02:43+	03:07+	00:51+	02:13+	03:16+	10:14+	01:15+	00:57+	00:33+	00:44+		
	03:14+	03:42+	01:32+	00:31+	01:01+	02:10+	01:12+	02:43+	03:07+	00:51+	02:13+	03:16+	10:14+	01:15+	00:57+	00:33+	00:44+		

Herrer 16 - 39 år

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Antal Jansen	3530	24:53														
01:40=	04:25=	05:27=	05:57=	06:41=	08:13=	08:59=	10:57=	12:43=	13:19=	14:44=	16:34=	22:27=	23:26=	24:12=	24:34=	24:53=	
01:40=	02:45=	01:02=	00:30=	00:44=	01:32=	00:46=	01:58=	01:46=	00:36=	01:25=	01:50=	05:53=	00:59=	00:46=	00:22=	00:19=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Sturla Stokkeland	3522	25:10														
01:45+	04:34+	05:41+	06:11+	06:54+	08:26+	09:10+	10:55-	12:58+	13:35+	15:05+	16:58+	22:59+	23:45+	24:27+	24:47+	25:10+	
01:45+	02:49+	01:07+	00:30=	00:43-	01:32=	00:44-	01:45-	02:03+	00:37+	01:30+	01:53+	06:01+	00:46-	00:42-	00:20-	00:23+	
00:05+	00:04+	00:05+	00:00=	00:01-	00:00=	00:02-	00:13-	00:17#	00:01+	00:05+	00:03+	00:08+	00:13-	00:04-	00:02-	00:04#	
3	Asgeir Nærland	1830	25:21														
01:18-	03:49-	04:59-	05:32-	06:27-	07:49-	08:31-	10:13-	11:45-	12:39-	13:08-	14:19-	16:14-	22:52-	24:05-	24:46+	25:05+	25:21+
01:18-	02:31-	01:10+	00:33+	00:55+	01:22-	00:42-	01:42-	01:32-	00:54+	00:29-	01:11-	01:55-	06:38+	01:13+	00:41+	00:19=	00:16+
00:22-	00:14-	00:08#	00:03+	00:11#	00:10-	00:04-	00:16-	00:14-	00:18&	00:56-	00:39-	03:58-	05:39#	00:27&	00:19&	00:00=	00:16+
4	Per Jan Erslund	3510	25:56														
01:35-	03:51-	04:58-	05:23-	06:18-	07:58-	08:41-	10:28-	13:39+	14:08+	15:43+	17:36+	23:47+	24:37+	25:22+	25:38+	25:56+	
01:35-	02:16-	01:07+	00:25-	00:55+	01:40+	00:43-	01:47-	03:11+	00:29-	01:35+	01:53+	06:11+	00:50-	00:45-	00:16-	00:18-	
00:05-	00:29-	00:05+	00:05-	00:11#	00:08+	00:03-	00:11-	01:25&	00:07-	00:10#	00:03+	00:18+	00:09-	00:01-	00:06-	00:01-	
5	Jan-Kenneth Polle	3525	25:58														
01:36-	03:58-	05:38+	06:30+	07:17+	08:53+	09:37+	11:15+	13:28+	14:02+	15:36+	17:36+	23:48+	24:36+	25:19+	25:40+	25:58+	
01:36-	02:22-	01:40+	00:52+	00:47+	01:36+	00:44-	01:38-	02:13+	00:34-	01:34+	02:00+	06:12+	00:48-	00:43-	00:21-	00:18-	
00:04-	00:23-	00:38&	00:22&	00:03+	00:04+	00:02-	00:20-	00:27&	00:02-	00:09#	00:10+	00:19+	00:11-	00:03-	00:01-	00:01-	
6	Magne Habbestad	3531	26:41														
01:39-	04:06-	05:05-	05:37-	06:23-	07:56-	08:42-	10:44-	12:56+	13:47+	15:16+	17:08+	24:23+	25:14+	25:59+	26:20+	26:41+	
01:39-	02:27-	00:59-	00:32+	00:46+	01:33+	00:46=	02:02+	02:12+	00:51+	01:29+	01:52+	07:15+	00:51-	00:45-	00:21-	00:21+	
00:01-	00:18-	00:03-	00:02+	00:02+	00:01+	00:00=	00:04+	00:26#	00:15&	00:04+	00:02+	01:22#	00:08-	00:01-	00:01-	00:02#	
7	Glenn Madland	879	26:50														
01:37-	03:43-	04:43-	05:40-	06:25-	07:53-	08:38-	10:23-	12:30-	13:01-	14:30-	16:23-	22:21-	25:33+	26:05+	26:29+	26:50+	
01:37-	02:06-	01:00-	00:57+	00:45+	01:28-	00:45-	01:45-	02:07+	00:31-	01:29+	01:53+	05:58+	03:12+	00:32-	00:24+	00:21+	
00:03-	00:39-	00:02-	00:27&	00:01+	00:04-	00:01-	00:13-	00:21#	00:05-	00:04+	00:03+	00:05+	02:13#	00:14-	00:02+	00:02#	
8	Thomas Thue	1830	27:34														
01:39-	05:46+	06:53+	07:30+	08:41+	09:58+	10:42+	12:21+	13:52+	14:37+	15:07+	16:26-	18:21-	24:55+	26:10+	26:51+	27:12+	27:34+
01:39-	04:07+	01:07+	00:37+	01:11+	01:17-	00:44-	01:39-	01:31-	00:45+	00:30-	01:19-	01:55-	06:34+	01:15+	00:41+	00:21+	00:22+
00:01-	01:22&	00:05+	00:07#	00:27&	00:15-	00:02-	00:19-	00:15-	00:09#	00:55-	00:31-	03:58-	05:35#	00:29&	00:19&	00:02#	00:22+
9	Bjarte Harbo	1830	27:42														
01:31-	04:27+	05:46+	06:19+	07:07+	08:45+	09:26+	11:10+	13:17+	13:56+	15:09+	17:14+	25:19+	26:21+	27:03+	27:22+	27:42+	
01:31-	02:56+	01:19+	00:33+	00:48+	01:38+	00:41-	01:44-	02:07+	00:39+	01:13-	02:05+	08:05+	01:02+	00:42-	00:19-	00:20+	
00:09-	00:11+	00:17&	00:03+	00:04+	00:06+	00:05-	00:14-	00:21#	00:03+	00:12-	00:15#	02:12&	00:03+	00:04-	00:03-	00:01+	
10	Andreas Breiland	3522	27:53														
01:34-	03:47-	06:49+	07:46+	08:37+	10:01+	10:43+	12:42+	14:34+	15:08+	16:22+	18:22+	19:14-	25:37+	26:29+	27:17+	27:34+	27:53+
01:34-	02:13-	03:02+	00:57+	00:51+	01:24-	00:42-	01:59+	01:52+	00:34-	01:14-	02:00+	00:52-	06:23+	00:52+	00:48+	00:17-	00:19+
00:06-	00:32-	02:00#	00:27&	00:07#	00:08-	00:04-	00:01+	00:06+	00:02-	00:11-	00:10+	05:01-	05:24#	00:06#	00:26#	00:02-	00:19+
11	Stian Gunstensen	892	27:54														
01:48+	04:57+	06:04+	07:20+	08:11+	09:43+	10:30+	12:14+	14:38+	15:12+	16:54+	18:44+	25:15+	26:28+	27:15+	27:34+	27:54+	
01:48+	03:09+	01:07+	01:16+	00:51+	01:32=	00:47+	01:44-	02:24+	00:34-	01:42+	01:50=	06:31+	01:13+	00:47+	00:19-	00:20+	
00:08+	00:24#	00:05+	00:46#	00:07#	00:00=	00:01+	00:14-	00:38&	00:02-	00:17#	00:00=	00:38#	00:14#	00:01+	00:03-	00:01+	
12	Rune Dahl Fitjar	1754	28:10														
01:51+	04:22-	05:41+	06:11+	07:06+	08:47+	09:38+	11:41+	13:59+	14:37+	16:18+	18:33+	25:42+	26:34+	27:20+	27:43+	28:10+	
01:51+	02:31-	01:19+	00:30=	00:55+	01:41+	00:51+	02:03+	02:18+	00:38+	01:41+	02:15+	07:09+	00:52-	00:46=	00:23+	00:27+	
00:11#	00:14-	00:17&	00:00=	00:11#	00:09+	00:05#	00:05+	00:32&	00:02+	00:16#	00:25#	01:16#	00:07-	00:00=	00:01+	00:08&	

Class	Navn	Klasse	Tid
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Herrer 40 - 49 år

13	Frode Ungar	1683	28:12
01:43+	04:46+	06:16+	06:47+
01:43+	03:03+	01:30+	00:31+
00:03+	00:18#	00:28&	00:01+
07:39+	09:21+	10:10+	12:13+
00:52+	01:42+	00:49+	02:03+
00:10#	00:03+	00:05+	00:37&
00:00#	00:17#	00:01-	01:14#
26:39+	27:26+	27:50+	28:12+
00:49-	00:47+	00:24+	00:22+
00:10-	00:01+	00:02+	00:03#
14	Bjørn kristian Røyland	3503	29:22
01:48+	04:22+	05:57+	06:36+
01:48+	02:34+	01:35+	00:39+
01:48+	02:34+	01:35+	00:39+
09:02+	09:52+	11:46+	13:54+
00:50+	01:54+	02:08+	00:46+
00:50+	01:54+	02:08+	00:46+
19:18+	27:15+	28:03+	28:42+
29:03+	29:22+	00:48+	00:39+
00:48+	00:39+	00:21+	00:19+
15	Rune Hatle	903	30:45
01:34+	04:31+	05:39+	06:12+
01:34+	02:57+	01:08+	00:33+
01:34+	02:57+	01:08+	00:33+
09:25+	10:23+	12:17+	15:06+
00:58+	01:54+	02:49+	00:34+
00:58+	01:54+	02:49+	00:34+
20:16+	28:12+	29:21+	30:06+
30:28+	30:45+	01:09+	00:45+
00:22+	00:17+	00:09+	00:45+
16	Alexander Khorunzhiy	1456	31:01
02:11+	06:02+	07:36+	08:03+
02:11+	03:51+	01:34+	00:27+
02:11+	03:51+	01:34+	00:27+
10:41+	11:29+	13:23+	15:43+
00:48+	01:54+	02:20+	00:37+
00:48+	01:54+	02:20+	00:37+
17:54+	20:04+	28:43+	29:30+
30:17+	30:42+	31:01+	00:47+
00:47+	00:47+	00:25+	00:19+
17	Christian Ask	3563	31:07
01:42+	04:16+	05:26+	06:05+
01:42+	02:34+	01:10+	00:39+
01:42+	02:34+	01:10+	00:39+
08:38+	09:30+	11:13+	14:07+
00:30+	01:43+	02:54+	00:38+
00:30+	01:43+	02:54+	00:38+
18:26+	28:32+	29:19+	30:24+
30:45+	31:07+	00:47+	01:05+
00:21+	00:22+	00:47+	01:05+
18	Trondr Breiland	NOTEAM	31:22
01:33+	04:47+	06:22+	06:59+
01:33+	03:14+	01:35+	00:37+
01:33+	03:14+	01:35+	00:37+
08:12+	09:45+	10:40+	12:33+
00:55+	01:53+	02:54+	01:07+
00:55+	01:53+	02:54+	01:07+
16:34+	17:58+	20:06+	27:47+
29:49+	30:39+	30:59+	31:22+
02:02+	00:50+	00:20+	00:23+
19	Per Simensen	3725	31:55
02:02+	06:48+	08:33+	08:54+
02:02+	04:46+	01:45+	00:21+
02:02+	04:46+	01:45+	00:21+
12:07+	13:55+	14:53+	16:38+
00:58+	01:45+	02:12+	00:35+
00:58+	01:45+	02:12+	00:35+
20:56+	22:50+	29:23+	30:26+
31:07+	31:32+	31:55+	01:03+
00:25+	00:23+	00:25+	00:41+
20	Sven Undheim	793	32:40
01:37+	03:55+	06:49+	07:24+
01:37+	02:18+	02:54+	00:35+
01:37+	02:18+	02:54+	00:35+
15:49+	16:34+	17:59+	20:39+
00:45+	01:25+	02:40+	00:36+
00:45+	01:25+	02:40+	00:36+
22:43+	24:22+	30:14+	31:22+
31:56+	32:18+	32:40+	01:08+
00:22+	00:22+	00:22+	00:34+
21	Bjarne Bore	3529	32:46
01:58+	05:41+	08:11+	08:53+
01:58+	03:43+	02:30+	00:42+
01:58+	03:43+	02:30+	00:42+
09:56+	11:43+	12:26+	14:46+
00:43+	02:20+	02:50+	00:52+
00:43+	02:20+	02:50+	00:52+
20:10+	22:14+	29:31+	31:04+
32:05+	32:27+	32:46+	01:33+
00:19+	00:22+	00:19+	01:01+
22	Andreas Molin	2342	34:02
01:25+	04:56+	06:34+	08:05+
01:25+	03:31+	01:38+	01:31+
01:25+	03:31+	01:38+	01:31+
10:55+	11:46+	13:32+	17:34+
00:51+	01:46+	04:02+	00:32+
00:51+	01:46+	04:02+	00:32+
19:44+	22:12+	30:54+	32:15+
33:17+	33:35+	34:02+	01:21+
00:18+	00:27+	00:18+	01:02+
23	Kay Roar Harila	643	38:23
01:56+	05:42+	08:07+	08:57+
01:56+	03:46+	02:25+	00:50+
01:56+	03:46+	02:25+	00:50+
10:46+	12:45+	14:05+	16:05+
01:20+	02:00+	03:19+	00:43+
01:20+	02:00+	03:19+	00:43+
21:45+	24:10+	35:44+	36:40+
37:32+	38:01+	38:23+	00:56+
00:29+	00:22+	00:22+	00:52+

Beste strekketid for klassen

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

Herrer 50 - 59 år

1	Lars Primstad	769	26:05
01:44=	03:19=	05:39=	06:44=
01:44=	01:35=	02:20=	01:05=
00:00=	00:00=	00:00=	00:00=
07:17=	07:36=	11:33=	12:05=
00:19=	03:57=	00:32=	01:20=
00:00=	00:00=	00:00=	00:00=
13:25=	13:45=	15:37=	16:22=
00:20=	01:52=	00:45=	07:55=
00:00=	00:00=	00:00=	00:00=
24:17=	25:07=	25:44=	26:05=
00:50=	00:37=	00:21=	00:00=
00:00=	00:00=	00:00=	00:00=

Herrer 50 - 59 år

2	Geir Inge Høivik	3522	26:43												
01:48+	03:21+	05:57+	06:51+	08:20+	08:49+	12:21+	12:57+	14:22+	14:45+	16:28+	17:20+	24:41+	25:34+	26:19+	26:43+
01:48+	01:33-	02:36+	00:54-	01:29+	00:29+	03:32-	00:36+	01:25+	00:23+	01:43-	00:52+	07:21-	00:53+	00:45+	00:24+
00:04+	00:02-	00:16#	00:11-	00:56#	00:10#	00:25-	00:04#	00:05+	00:03#	00:09-	00:07#	00:34-	00:03+	00:08#	00:03#
3	Jørgen Nilsen	1683	28:12												
01:48+	03:30+	06:14+	07:14+	08:03+	08:37+	12:03+	13:02+	14:51+	15:14+	17:03+	18:01+	25:44+	27:05+	27:50+	28:12+
01:48+	01:42+	02:44+	01:00+	00:49+	00:34+	03:26+	00:59+	01:49+	00:23+	01:49+	00:58+	07:43+	01:21+	00:45+	00:22+
01:48+	01:42+	02:44+	01:00+	00:49+	00:34+	03:26+	00:59+	01:49+	00:23+	01:49+	00:58+	07:43+	01:21+	00:45+	00:22+
4	Frank Hansen	3502	28:13												
01:51+	03:38+	06:54+	08:13+	09:12+	09:41+	13:09+	13:51+	15:33+	15:59+	17:52+	18:46+	26:16+	27:04+	27:50+	28:13+
01:51+	01:47+	03:16+	01:19+	00:59+	00:29+	03:28+	00:42+	01:42+	00:26+	01:53+	00:54+	07:30+	00:48+	00:46+	00:23+
01:51+	01:47+	03:16+	01:19+	00:59+	00:29+	03:28+	00:42+	01:42+	00:26+	01:53+	00:54+	07:30+	00:48+	00:46+	00:23+
5	John Breiland	3694	28:39												
01:54+	03:44+	06:23+	07:21+	07:53+	08:18+	12:20+	13:08+	14:34+	14:57+	16:55+	18:40+	26:07+	27:19+	28:01+	28:39+
01:54+	01:50+	02:39+	00:58+	00:32+	00:25+	04:02+	00:48+	01:26+	00:23+	01:58+	01:45+	07:27+	01:12+	00:42+	00:38+
01:54+	01:50+	02:39+	00:58+	00:32+	00:25+	04:02+	00:48+	01:26+	00:23+	01:58+	01:45+	07:27+	01:12+	00:42+	00:38+
6	Øystein Fuglestad	878	29:02												
01:39+	03:29+	06:05+	07:12+	08:04+	09:23+	12:50+	13:26+	14:58+	15:22+	17:10+	17:59+	27:00+	27:55+	28:39+	29:02+
01:39+	01:50+	02:36+	01:07+	00:52+	01:19+	03:27+	00:36+	01:32+	00:24+	01:48+	00:49+	09:01+	00:55+	00:44+	00:23+
01:39+	01:50+	02:36+	01:07+	00:52+	01:19+	03:27+	00:36+	01:32+	00:24+	01:48+	00:49+	09:01+	00:55+	00:44+	00:23+
7	Anders Glenne	793	29:05												
04:03+	05:45+	08:13+	09:11+	10:16+	10:35+	13:57+	14:30+	15:53+	16:17+	18:15+	18:58+	26:51+	27:58+	28:41+	29:05+
04:03+	01:42+	02:28+	00:58+	01:05+	00:19+	03:22+	00:33+	01:23+	00:24+	01:58+	00:43+	07:53+	01:07+	00:43+	00:24+
04:03+	01:42+	02:28+	00:58+	01:05+	00:19+	03:22+	00:33+	01:23+	00:24+	01:58+	00:43+	07:53+	01:07+	00:43+	00:24+
8	Terje Undheim	3529	29:37												
01:21+	02:49+	05:37+	06:28+	07:22+	11:07+	14:01+	14:38+	16:02+	16:20+	17:38+	18:24+	27:49+	28:44+	29:19+	29:37+
01:21+	01:28+	02:48+	00:51+	00:54+	03:45+	02:54+	00:37+	01:24+	00:18+	01:18+	00:46+	09:25+	00:55+	00:35+	00:18+
01:21+	01:28+	02:48+	00:51+	00:54+	03:45+	02:54+	00:37+	01:24+	00:18+	01:18+	00:46+	09:25+	00:55+	00:35+	00:18+
9	Thomas Chruickshank	3545	29:40												
01:33+	03:04+	05:41+	07:44+	08:11+	12:55+	15:53+	16:27+	17:41+	17:59+	19:24+	20:52+	27:17+	28:17+	29:19+	29:40+
01:33+	01:31+	02:37+	02:03+	00:27+	04:44+	02:58+	00:34+	01:14+	00:18+	01:25+	01:28+	06:25+	01:00+	01:02+	00:21+
01:33+	01:31+	02:37+	02:03+	00:27+	04:44+	02:58+	00:34+	01:14+	00:18+	01:25+	01:28+	06:25+	01:00+	01:02+	00:21+
10	Erling Knutzen	879	29:41												
02:06+	03:54+	07:03+	08:15+	09:13+	09:44+	13:30+	14:08+	15:52+	16:21+	18:43+	19:41+	27:32+	28:31+	29:18+	29:41+
02:06+	01:48+	03:09+	01:12+	00:58+	00:31+	03:46+	00:38+	01:44+	00:29+	02:22+	00:58+	07:51+	00:59+	00:47+	00:23+
02:06+	01:48+	03:09+	01:12+	00:58+	00:31+	03:46+	00:38+	01:44+	00:29+	02:22+	00:58+	07:51+	00:59+	00:47+	00:23+
11	Ove Mæstad	2342	31:04												
01:55+	03:57+	07:34+	08:46+	09:46+	10:19+	14:29+	15:13+	16:52+	17:13+	19:13+	20:13+	28:25+	29:47+	30:44+	31:04+
01:55+	02:02+	03:37+	01:12+	01:00+	00:33+	04:10+	00:44+	01:39+	00:21+	02:00+	01:00+	08:12+	01:22+	00:57+	00:20+
01:55+	02:02+	03:37+	01:12+	01:00+	00:33+	04:10+	00:44+	01:39+	00:21+	02:00+	01:00+	08:12+	01:22+	00:57+	00:20+
12	Arngrim Utskarpen	896	31:44												
01:59+	03:48+	06:32+	07:48+	08:19+	11:36+	16:14+	16:44+	18:20+	18:37+	20:17+	21:08+	29:41+	30:30+	31:27+	31:44+
01:59+	01:49+	02:44+	01:16+	00:31+	03:17+	04:38+	00:30+	01:36+	00:17+	01:40+	00:51+	08:33+	00:49+	00:57+	00:17+
01:59+	01:49+	02:44+	01:16+	00:31+	03:17+	04:38+	00:30+	01:36+	00:17+	01:40+	00:51+	08:33+	00:49+	00:57+	00:17+
13	Tore Halset	3486	32:49												
01:44+	04:05+	07:51+	09:39+	10:38+	11:12+	15:10+	15:46+	18:10+	18:45+	20:35+	21:46+	30:10+	31:22+	32:23+	32:49+
01:44+	02:21+	03:46+	01:48+	00:59+	00:34+	03:58+	00:36+	02:24+	00:35+	01:50+	01:11+	08:24+	01:12+	01:01+	00:26+
01:44+	02:21+	03:46+	01:48+	00:59+	00:34+	03:58+	00:36+	02:24+	00:35+	01:50+	01:11+	08:24+	01:12+	01:01+	00:26+
14	Trygve Michaelsen	896	32:59												
01:59+	03:48+	06:52+	08:08+	08:46+	11:14+	15:42+	16:23+	18:07+	18:32+	20:22+	21:12+	30:23+	31:25+	32:34+	32:59+
01:59+	01:49+	03:04+	01:16+	00:38+	02:28+	04:28+	00:41+	01:44+	00:25+	01:50+	00:50+	09:11+	01:02+	01:09+	00:25+
01:59+	01:49+	03:04+	01:16+	00:38+	02:28+	04:28+	00:41+	01:44+	00:25+	01:50+	00:50+	09:11+	01:02+	01:09+	00:25+
15	Arne Hetlelid	3508	33:04												
01:53+	03:42+	07:02+	08:07+	08:44+	12:21+	16:01+	16:45+	18:33+	18:58+	21:10+	22:10+	30:37+	31:47+	32:39+	33:04+
01:53+	01:49+	03:20+	01:05+	00:37+	03:37+	03:40+	00:44+	01:48+	00:25+	02:12+	01:00+	08:27+	01:10+	00:52+	00:25+
01:53+	01:49+	03:20+	01:05+	00:37+	03:37+	03:40+	00:44+	01:48+	00:25+	02:12+	01:00+	08:27+	01:10+	00:52+	00:25+

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

16	Jarl Steinar Berntsen	882	33:09													
01:42+	03:48+	09:11+	10:21+	11:16+	11:57+	15:49+	16:37+	18:22+	18:45+	21:27+	22:30+	30:48+	31:53+	32:42+	33:09+	
01:42+	02:06+	05:23+	01:10+	00:55+	00:41+	03:52+	00:48+	01:45+	00:23+	02:42+	01:03+	08:18+	01:05+	00:49+	00:27+	
01:42+	02:06+	05:23+	01:10+	00:55+	00:41+	03:52+	00:48+	01:45+	00:23+	02:42+	01:03+	08:18+	01:05+	00:49+	00:27+	
17	Jerome Renoult	3524	33:15													
03:05+	05:07+	08:14+	09:44+	10:27+	11:07+	15:40+	16:20+	18:24+	18:55+	21:02+	21:56+	30:47+	31:54+	32:45+	33:15+	
03:05+	02:02+	03:07+	01:30+	00:43+	00:40+	04:33+	00:40+	02:04+	00:31+	02:07+	00:54+	08:51+	01:07+	00:51+	00:30+	
03:05+	02:02+	03:07+	01:30+	00:43+	00:40+	04:33+	00:40+	02:04+	00:31+	02:07+	00:54+	08:51+	01:07+	00:51+	00:30+	
18	Rune Paulsen	3508	33:40													
01:41+	03:46+	06:25+	12:25+	13:30+	14:03+	14:24+	17:44+	18:25+	19:50+	20:12+	22:08+	24:46+	31:25+	32:18+	32:51+	33:40+
01:41+	02:05+	02:39+	06:00+	01:05+	00:33+	00:21+	03:20+	00:41+	01:25+	00:22+	01:56+	02:38+	06:39+	00:53+	00:33+	00:49+
01:41+	02:05+	02:39+	06:00+	01:05+	00:33+	00:21+	03:20+	00:41+	01:25+	00:22+	01:56+	02:38+	06:39+	00:53+	00:33+	00:49+
19	Raymond B Pettersen	722	37:22													
02:04+	04:07+	07:42+	08:58+	09:46+	10:16+	15:03+	15:55+	17:45+	18:20+	20:35+	21:32+	34:49+	36:01+	36:56+	37:22+	
02:04+	02:03+	03:35+	01:16+	00:48+	00:30+	04:47+	00:52+	01:50+	00:35+	02:15+	00:57+	13:17+	01:12+	00:55+	00:26+	
02:04+	02:03+	03:35+	01:16+	00:48+	00:30+	04:47+	00:52+	01:50+	00:35+	02:15+	00:57+	13:17+	01:12+	00:55+	00:26+	
20	Jone Kalheim	1884	41:18													
01:20+	02:45+	14:51+	15:57+	16:43+	17:06+	24:29+	25:13+	26:42+	28:13+	28:42+	30:34+	31:44+	39:37+	40:24+	40:57+	41:18+
01:20+	01:25+	12:06+	01:06+	00:46+	00:23+	07:23+	00:44+	01:29+	01:31+	00:29+	01:52+	01:10+	07:53+	00:47+	00:33+	00:21+
01:20+	01:25+	12:06+	01:06+	00:46+	00:23+	07:23+	00:44+	01:29+	01:31+	00:29+	01:52+	01:10+	07:53+	00:47+	00:33+	00:21+
21	Njål Foldnes	1754	42:01													
01:49+	04:34+	08:13+	10:16+	11:07+	12:13+	16:21+	17:21+	19:18+	20:02+	22:06+	23:52+	37:52+	39:15+	40:23+	42:01+	
01:49+	02:45+	03:39+	02:03+	00:51+	01:06+	04:08+	01:00+	01:57+	00:44+	02:04+	01:46+	14:00+	01:23+	01:08+	01:38+	
01:49+	02:45+	03:39+	02:03+	00:51+	01:06+	04:08+	01:00+	01:57+	00:44+	02:04+	01:46+	14:00+	01:23+	01:08+	01:38+	
22	Harald Taksdal	3547	43:42													
02:23+	04:58+	08:56+	12:05+	13:24+	15:15+	19:58+	21:29+	23:55+	24:49+	25:17+	29:34+	30:54+	40:26+	41:55+	43:04+	43:42+
02:23+	02:35+	03:58+	03:09+	01:19+	01:51+	04:43+	01:31+	02:26+	00:54+	00:28+	04:17+	01:20+	09:32+	01:29+	01:09+	00:38+
02:23+	02:35+	03:58+	03:09+	01:19+	01:51+	04:43+	01:31+	02:26+	00:54+	00:28+	04:17+	01:20+	09:32+	01:29+	01:09+	00:38+

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Sturle Omdal	1683	21:53												
01:27=	02:59=	05:15=	06:07=	06:44=	09:10=	10:22=	11:48=	17:44=	18:20=	19:03=	19:32=	20:23=	21:11=	21:35=	21:53=
01:27=	01:32=	02:16=	00:52=	00:37=	02:26=	01:12=	01:26=	05:56=	00:36=	00:43=	00:29=	00:51=	00:48=	00:24=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Harald Syse	1884	22:56												
01:36+	03:13+	05:59+	07:04+	07:42+	10:06+	11:28+	12:52+	18:42+	19:24+	20:06+	20:34+	21:22+	22:13+	22:37+	22:56+
01:36+	01:37+	02:46+	01:05+	00:38+	02:24-	01:22+	01:24-	05:50-	00:42+	00:42-	00:28-	00:48-	00:51+	00:24=	00:19+
00:09#	00:05+	00:30#	00:13#	00:01+	00:02-	00:10#	00:02-	00:06-	00:06#	00:01-	00:01-	00:03-	00:03+	00:00=	00:01+
3	Knut Feldmann	882	22:57												
01:33+	03:12+	05:43+	06:45+	07:33+	09:57+	11:08+	12:52+	19:00+	19:40+	20:16+	20:41+	21:31+	22:10+	22:36+	22:57+
01:33+	01:39+	02:31+	01:02+	00:48+	02:24-	01:11-	01:44+	06:08+	00:40+	00:36-	00:25-	00:50-	00:39-	00:26+	00:21+
00:06+	00:07+	00:15#	00:10#	00:11&	00:02-	00:01-	00:18#	00:12+	00:04#	00:07-	00:04-	00:01-	00:09-	00:02+	00:03#
4	Håvard Håland	3507	26:23												
01:37+	03:25+	06:12+	07:14+	08:01+	10:22+	11:31+	13:07+	21:43+	22:20+	23:22+	23:54+	24:48+	25:34+	25:59+	26:23+
01:37+	01:48+	02:47+	01:02+	00:47+	02:21-	01:09-	01:36+	08:36+	00:37+	01:02+	00:32+	00:54+	00:46-	00:25+	00:24+
00:10#	00:16#	00:31#	00:10#	00:10&	00:05-	00:03-	00:10#	02:40&	00:01+	00:19&	00:03#	00:03+	00:02-	00:01+	00:06&
5	Kjell Seland	3547	27:20												
01:55+	03:44+	06:34+	07:52+	08:29+	11:18+	12:47+	14:37+	22:24+	23:15+	24:03+	24:31+	25:30+	26:32+	26:54+	27:20+
01:55+	01:49+	02:50+	01:18+	00:37=	02:49+	01:29+	01:50+	07:47+	00:51+	00:48+	00:28-	00:59+	01:02+	00:22-	00:26+
00:28&	00:17#	00:34#	00:26&	00:00=	00:23#	00:17#	00:24&	01:51&	00:15&	00:05#	00:01-	00:08#	00:14&	00:02-	00:08&

Class	Navn	Klasse													Tid		
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Herrer 60 - 64 år

6	Inge Løland	1119													27:35		
03:01+	04:38+	07:47+	08:45+	09:23+	12:05+	13:18+	15:40+	22:53+	23:34+	24:19+	24:45+	25:55+	26:48+	27:10+	27:35+		
03:01+	01:37+	03:09+	00:58+	00:38+	02:42+	01:13+	02:22+	07:13+	00:41+	00:45+	00:26-	01:10+	00:53+	00:22-	00:25+		
01:34@	00:05+	00:53&	00:06#	00:01+	00:16#	00:01+	00:56&	01:17#	00:05#	00:02+	00:03-	00:19&	00:05#	00:02-	00:07&		
7	Ivar Knutsen	1683													30:24		
02:01+	03:58+	06:53+	08:15+	09:28+	12:37+	13:48+	15:28+	22:27+	25:33+	26:37+	27:03+	28:30+	29:37+	29:58+	30:24+		
02:01+	01:57+	02:55+	01:22+	01:13+	03:09+	01:11+	01:40+	06:59+	03:06+	01:04+	00:26+	01:27+	01:07+	00:21+	00:26+		
02:01+	01:57+	02:55+	01:22+	01:13+	03:09+	01:11+	01:40+	06:59+	03:06+	01:04+	00:26+	01:27+	01:07+	00:21+	00:26+		
8	Per Ingar Hadland	793													30:38		
02:35+	04:29+	08:13+	09:29+	10:22+	13:23+	14:57+	16:55+	25:13+	26:09+	27:04+	27:37+	28:46+	29:37+	30:04+	30:38+		
02:35+	01:54+	03:44+	01:16+	00:53+	03:01+	01:34+	01:58+	08:18+	00:56+	00:55+	00:33+	01:09+	00:51+	00:27+	00:34+		
02:35+	01:54+	03:44+	01:16+	00:53+	03:01+	01:34+	01:58+	08:18+	00:56+	00:55+	00:33+	01:09+	00:51+	00:27+	00:34+		
9	Kjell Ove Aksland	882													30:58		
02:16+	04:18+	07:33+	08:39+	09:37+	12:32+	14:11+	16:12+	23:57+	24:46+	27:00+	27:39+	28:42+	29:41+	30:35+	30:58+		
02:16+	02:02+	03:15+	01:06+	00:58+	02:55+	01:39+	02:01+	07:45+	00:49+	02:14+	00:39+	01:03+	00:59+	00:54+	00:23+		
02:16+	02:02+	03:15+	01:06+	00:58+	02:55+	01:39+	02:01+	07:45+	00:49+	02:14+	00:39+	01:03+	00:59+	00:54+	00:23+		
10	Arne Øvstebø	1284													32:16		
02:16+	04:21+	07:42+	09:31+	10:43+	14:07+	15:45+	18:01+	26:24+	27:15+	28:34+	29:06+	30:32+	31:29+	31:51+	32:16+		
02:16+	02:05+	03:21+	01:49+	01:12+	03:24+	01:38+	02:16+	08:23+	00:51+	01:19+	00:32+	01:26+	00:57+	00:22+	00:25+		
02:16+	02:05+	03:21+	01:49+	01:12+	03:24+	01:38+	02:16+	08:23+	00:51+	01:19+	00:32+	01:26+	00:57+	00:22+	00:25+		
11	Harald Jansen	3593													37:42		
01:42+	03:30+	06:15+	07:32+	08:32+	11:04+	12:30+	24:58+	33:11+	33:55+	34:41+	35:10+	36:11+	36:53+	37:17+	37:42+		
01:42+	01:48+	02:45+	01:17+	01:00+	02:32+	01:26+	12:28+	08:13+	00:44+	00:46+	00:29+	01:01+	00:42+	00:24+	00:25+		
01:42+	01:48+	02:45+	01:17+	01:00+	02:32+	01:26+	12:28+	08:13+	00:44+	00:46+	00:29+	01:01+	00:42+	00:24+	00:25+		
12	Svein Magne Gløppen	1884													38:49		
02:16+	04:26+	08:13+	11:49+	13:23+	19:22+	20:59+	22:52+	33:48+	34:38+	35:39+	36:04+	37:06+	37:57+	38:24+	38:49+		
02:16+	02:10+	03:47+	03:36+	01:34+	05:59+	01:37+	01:53+	10:56+	00:50+	01:01+	00:25+	01:02+	00:51+	00:27+	00:25+		
02:16+	02:10+	03:47+	03:36+	01:34+	05:59+	01:37+	01:53+	10:56+	00:50+	01:01+	00:25+	01:02+	00:51+	00:27+	00:25+		
13	John Carsten Sinnes	1884													41:56		
06:15+	08:13+	11:46+	16:29+	17:06+	20:26+	22:33+	24:24+	33:39+	34:31+	38:58+	39:20+	40:27+	41:11+	41:32+	41:56+		
06:15+	01:58+	03:33+	04:43+	00:37+	03:20+	02:07+	01:51+	09:15+	00:52+	04:27+	00:22+	01:07+	00:44+	00:21+	00:24+		
06:15+	01:58+	03:33+	04:43+	00:37+	03:20+	02:07+	01:51+	09:15+	00:52+	04:27+	00:22+	01:07+	00:44+	00:21+	00:24+		
14	Einar Tommy Sundal	3578													52:00		
03:14+	05:38+	11:40+	13:40+	14:37+	18:18+	20:17+	24:57+	35:57+	36:59+	39:02+	39:55+	42:06+	50:35+	51:20+	52:00+		
03:14+	02:24+	06:02+	02:00+	00:57+	03:41+	01:59+	04:40+	11:00+	01:02+	02:03+	00:53+	02:11+	08:29+	00:45+	00:40+		
03:14+	02:24+	06:02+	02:00+	00:57+	03:41+	01:59+	04:40+	11:00+	01:02+	02:03+	00:53+	02:11+	08:29+	00:45+	00:40+		

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Espen Krogh	793													22:46		
02:16=	03:50=	06:15=	07:10=	07:49=	10:13=	11:19=	12:48=	18:40=	19:16=	19:57=	20:22=	21:22=	22:06=	22:26=	22:46=		
02:16=	01:34=	02:25=	00:55=	00:39=	02:24=	01:06=	01:29=	05:52=	00:36=	00:41=	00:25=	01:00=	00:44=	00:20=	00:20=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Otte Omdal	903													24:09		
01:30-	03:01-	06:37+	07:23+	08:24+	10:51+	11:59+	13:27+	20:07+	20:48+	21:28+	21:54+	22:47+	23:27+	23:50+	24:09+		
01:30-	01:31-	03:36+	00:46-	01:01+	02:27+	01:08+	01:28-	06:40+	00:41+	00:40-	00:26+	00:53-	00:40-	00:23+	00:19-		
00:46-	00:03-	01:11&	00:09-	00:22&	00:03+	00:02+	00:01-	00:48#	00:05#	00:01-	00:01+	00:07-	00:04-	00:03#	00:01-		
3	Olav Tunheim	1884													27:31		
01:47-	03:34-	06:30+	07:45+	08:39+	11:26+	12:43+	14:27+	22:35+	23:22+	24:21+	24:54+	25:57+	26:46+	27:11+	27:31+		
01:47-	01:47+	02:56+	01:15+	00:54+	02:47+	01:17+	01:44+	08:08+	00:47+	00:59+	00:33+	01:03+	00:49+	00:25+	00:20=		
00:29-	00:13#	00:31#	00:20&	00:15&	00:23#	00:11#	00:15#	02:16&	00:11&	00:18&	00:08&	00:03+	00:05#	00:05#	00:00=		

Class	Navn	Klasse	Tid
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Herrer 65 - 69 år

4	Kjell Skjæveland	3515	28:58													
02:01-	03:48-	06:57+	11:02+	12:06+	14:30+	15:53+	17:38+	24:11+	24:56+	26:02+	26:33+	27:28+	28:16+	28:38+	28:58+	
02:01-	01:47+	03:09+	04:05+	01:04+	02:24=	01:23+	01:45+	06:33+	00:45+	01:06+	00:31+	00:55-	00:48+	00:22+	00:20=	
00:15-	00:13#	00:44&	03:10#	00:25&	00:00=	00:17&	00:16#	00:41#	00:09#	00:25&	00:06#	00:05-	00:04+	00:02+	00:00=	
5	Torbjørn Evensen	3556	29:40													
01:46+	03:33+	06:46+	08:00+	09:37+	12:10+	13:36+	15:18+	23:40+	25:11+	25:54+	26:46+	27:14+	28:08+	28:54+	29:17+	29:40+
01:46+	01:47+	03:13+	01:14+	01:37+	02:33+	01:26+	01:42+	08:22+	01:31+	00:43+	00:52+	00:28+	00:54+	00:46+	00:23+	00:23+
01:46+	01:47+	03:13+	01:14+	01:37+	02:33+	01:26+	01:42+	08:22+	01:31+	00:43+	00:52+	00:28+	00:54+	00:46+	00:23+	00:23+
6	Terje Stokkeland	3522	31:27													
02:41+	04:42+	07:56+	09:01+	09:50+	15:01+	16:34+	18:24+	26:13+	27:00+	28:06+	28:39+	29:38+	30:30+	30:58+	31:27+	
02:41+	02:01+	03:14+	01:05+	00:49+	05:11+	01:33+	01:50+	07:49+	00:47+	01:06+	00:33+	00:59+	00:52+	00:28+	00:29+	
02:41+	02:01+	03:14+	01:05+	00:49+	05:11+	01:33+	01:50+	07:49+	00:47+	01:06+	00:33+	00:59+	00:52+	00:28+	00:29+	
7	Jan Arendal	1683	31:36													
02:22+	04:38+	07:55+	09:11+	10:16+	13:43+	15:13+	17:25+	25:44+	26:39+	27:35+	28:12+	29:24+	30:28+	31:08+	31:36+	
02:22+	02:16+	03:17+	01:16+	01:05+	03:27+	01:30+	02:12+	08:19+	00:55+	00:56+	00:37+	01:12+	01:04+	00:40+	00:28+	
02:22+	02:16+	03:17+	01:16+	01:05+	03:27+	01:30+	02:12+	08:19+	00:55+	00:56+	00:37+	01:12+	01:04+	00:40+	00:28+	
8	Tor Geir Espedal	3530	33:31													
02:13+	03:59+	12:21+	13:36+	14:19+	17:26+	18:46+	20:32+	28:30+	29:31+	30:18+	30:46+	31:49+	32:39+	33:04+	33:31+	
02:13+	01:46+	08:22+	01:15+	00:43+	03:07+	01:20+	01:46+	07:58+	01:01+	00:47+	00:28+	01:03+	00:50+	00:25+	00:27+	
02:13+	01:46+	08:22+	01:15+	00:43+	03:07+	01:20+	01:46+	07:58+	01:01+	00:47+	00:28+	01:03+	00:50+	00:25+	00:27+	
9	Arnstein Skretting	3529	34:19													
02:29+	04:31+	07:43+	09:01+	09:47+	13:10+	14:40+	16:48+	25:32+	26:27+	27:17+	27:57+	29:09+	33:21+	33:47+	34:19+	
02:29+	02:02+	03:12+	01:18+	00:46+	03:23+	01:30+	02:08+	08:44+	00:55+	00:50+	00:40+	01:12+	04:12+	00:26+	00:32+	
02:29+	02:02+	03:12+	01:18+	00:46+	03:23+	01:30+	02:08+	08:44+	00:55+	00:50+	00:40+	01:12+	04:12+	00:26+	00:32+	
10	Sverre Magnar Nordal	1683	34:45													
02:19+	04:25+	09:17+	10:38+	11:42+	14:49+	16:40+	18:54+	28:34+	29:42+	30:36+	31:16+	32:40+	33:43+	34:14+	34:45+	
02:19+	02:06+	04:52+	01:21+	01:04+	03:07+	01:51+	02:14+	09:40+	01:08+	00:54+	00:40+	01:24+	01:03+	00:31+	00:31+	
02:19+	02:06+	04:52+	01:21+	01:04+	03:07+	01:51+	02:14+	09:40+	01:08+	00:54+	00:40+	01:24+	01:03+	00:31+	00:31+	
11	Sveinung Tveit	3547	35:18													
04:21+	06:43+	10:06+	11:16+	12:11+	15:11+	17:06+	19:01+	29:53+	30:42+	31:39+	32:17+	33:27+	34:23+	34:48+	35:18+	
04:21+	02:22+	03:23+	01:10+	00:55+	03:00+	01:55+	01:55+	10:52+	00:49+	00:57+	00:38+	01:10+	00:56+	00:25+	00:30+	
04:21+	02:22+	03:23+	01:10+	00:55+	03:00+	01:55+	01:55+	10:52+	00:49+	00:57+	00:38+	01:10+	00:56+	00:25+	00:30+	
12	Tore Karlsen	722	35:46													
02:10+	04:17+	08:07+	09:26+	10:22+	13:30+	15:20+	17:44+	28:54+	30:18+	31:47+	32:19+	33:31+	34:41+	35:16+	35:46+	
02:10+	02:07+	03:50+	01:19+	00:56+	03:08+	01:50+	02:24+	11:10+	01:24+	01:29+	00:32+	01:12+	01:10+	00:35+	00:30+	
02:10+	02:07+	03:50+	01:19+	00:56+	03:08+	01:50+	02:24+	11:10+	01:24+	01:29+	00:32+	01:12+	01:10+	00:35+	00:30+	
13	Hans Erik Terjesen	1683	40:39													
02:22+	04:18+	08:34+	09:57+	11:07+	14:07+	15:34+	17:32+	35:30+	36:13+	37:08+	37:46+	38:46+	39:47+	40:11+	40:39+	
02:22+	01:56+	04:16+	01:23+	01:10+	03:00+	01:27+	01:58+	17:58+	00:43+	00:55+	00:38+	01:00+	01:01+	00:24+	00:28+	
02:22+	01:56+	04:16+	01:23+	01:10+	03:00+	01:27+	01:58+	17:58+	00:43+	00:55+	00:38+	01:00+	01:01+	00:24+	00:28+	
14	Asgeir Kleppa	3511	41:22													
02:30+	07:07+	12:45+	14:10+	15:06+	18:29+	20:11+	22:24+	34:22+	35:23+	36:56+	37:28+	39:19+	40:16+	40:46+	41:22+	
02:30+	04:37+	05:38+	01:25+	00:56+	03:23+	01:42+	02:13+	11:58+	01:01+	01:33+	00:32+	01:51+	00:57+	00:30+	00:36+	
02:30+	04:37+	05:38+	01:25+	00:56+	03:23+	01:42+	02:13+	11:58+	01:01+	01:33+	00:32+	01:51+	00:57+	00:30+	00:36+	
15	Ommund Bakkevold	874	41:46													
02:34+	04:51+	09:28+	12:20+	13:43+	17:48+	19:38+	21:51+	33:45+	34:40+	36:26+	37:08+	38:59+	40:42+	41:14+	41:46+	
02:34+	02:17+	04:37+	02:52+	01:23+	04:05+	01:50+	02:13+	11:54+	00:55+	01:46+	00:42+	01:51+	01:43+	00:32+	00:32+	
02:34+	02:17+	04:37+	02:52+	01:23+	04:05+	01:50+	02:13+	11:54+	00:55+	01:46+	00:42+	01:51+	01:43+	00:32+	00:32+	
16	Rolf Kleppe	3524	43:06													
02:56+	05:32+	09:52+	11:35+	14:21+	18:40+	20:25+	23:09+	35:58+	37:01+	38:14+	38:57+	40:31+	42:05+	42:34+	43:06+	
02:56+	02:36+	04:20+	01:43+	02:46+	04:19+	01:45+	02:44+	12:49+	01:03+	01:13+	00:43+	01:34+	01:34+	00:29+	00:32+	
02:56+	02:36+	04:20+	01:43+	02:46+	04:19+	01:45+	02:44+	12:49+	01:03+	01:13+	00:43+	01:34+	01:34+	00:29+	00:32+	

Beste strekktid for klassen

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

Class	Navn	Klasse	Tid
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Herrer 70 - 74 år

1	Arne Kristian Espedal	874	23:18												
01:34=	03:03=	05:12=	06:12=	06:45=	08:49=	09:51=	11:16=	19:40=	20:14=	20:46=	21:08=	21:53=	22:32=	22:55=	23:18=
01:34=	01:29=	02:09=	01:00=	00:33=	02:04=	01:02=	01:25=	08:24=	00:34=	00:32=	00:22=	00:45=	00:39=	00:23=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Svein Berge	643	25:02												
01:32-	03:14+	06:06+	07:08+	08:09+	10:40+	11:58+	13:44+	20:52+	21:38+	22:27+	22:50+	23:39+	24:20+	24:41+	25:02+
01:32-	01:42+	02:52+	01:02+	01:01+	02:31+	01:18+	01:46+	07:08-	00:46+	00:49+	00:23+	00:49+	00:41+	00:21-	00:21-
00:02-	00:13#	00:43&	00:02+	00:28&	00:27#	00:16&	00:21#	01:16-	00:12&	00:17&	00:01+	00:04+	00:02+	00:02-	00:02-
3	Harry Breiland	3507	26:33												
01:48+	03:43+	06:12+	07:08+	07:45+	11:17+	12:24+	14:08+	20:12+	20:54+	21:37+	22:06+	23:05+	25:46+	26:10+	26:33+
01:48+	01:55+	02:29+	00:56-	00:37+	03:32+	01:07+	01:44+	06:04-	00:42+	00:43+	00:29+	00:59+	02:41+	00:24+	00:23=
00:14#	00:26&	00:20#	00:04-	00:04#	01:28&	00:05+	00:19#	02:20-	00:08#	00:11&	00:07&	00:14&	02:02@	00:01+	00:00=
4	Kjell Ivar Skjørestad	892	30:28												
01:50+	03:57+	07:22+	09:05+	09:56+	12:38+	13:50+	15:35+	24:32+	25:23+	26:23+	26:54+	28:39+	29:38+	30:03+	30:28+
01:50+	02:07+	03:25+	01:43+	00:51+	02:42+	01:12+	01:45+	08:57+	00:51+	01:00+	00:31+	01:45+	00:59+	00:25+	00:25+
00:16#	00:38&	01:16&	00:43&	00:18&	00:38&	00:10#	00:20#	00:33+	00:17&	00:28&	00:09&	01:00@	00:20&	00:02+	00:02+
5	Tom Hetland	880	30:32												
01:51+	03:39+	07:51+	09:25+	10:53+	14:08+	15:31+	17:16+	25:50+	26:33+	27:28+	27:55+	29:00+	29:50+	30:13+	30:32+
01:51+	01:48+	04:12+	01:34+	01:28+	03:15+	01:23+	01:45+	08:34+	00:43+	00:55+	00:27+	01:05+	00:50+	00:23=	00:19-
00:17#	00:19#	02:03&	00:34&	00:55@	01:11&	00:21&	00:20#	00:10+	00:09&	00:23&	00:05#	00:20&	00:11&	00:00=	00:04-
6	Jan Inge Lunde	1830	30:34												
02:20+	04:24+	07:42+	09:01+	09:54+	13:06+	14:43+	16:37+	25:16+	26:18+	27:17+	27:49+	28:57+	29:43+	30:09+	30:34+
02:20+	02:04+	03:18+	01:19+	00:53+	03:12+	01:37+	01:54+	08:39+	01:02+	00:59+	00:32+	01:08+	00:46+	00:26+	00:25+
00:46&	00:35&	01:09&	00:19&	00:20&	01:08&	00:35&	00:29&	00:15+	00:28&	00:27&	00:10&	00:23&	00:07#	00:03#	00:02+
7	Bjarne Gimre	1830	30:44												
02:27+	04:30+	08:01+	09:30+	10:19+	13:22+	14:51+	16:42+	24:41+	25:42+	27:23+	27:48+	28:53+	29:57+	30:19+	30:44+
02:27+	02:03+	03:31+	01:29+	00:49+	03:03+	01:29+	01:51+	07:59-	01:01+	01:41+	00:25+	01:05+	01:04+	00:22-	00:25+
00:53&	00:34&	01:22&	00:29&	00:16&	00:59&	00:27&	00:26&	00:25-	00:27&	01:09@	00:03#	00:20&	00:25&	00:01-	00:02+
8	Ragnvald Frøyland	879	31:20												
02:11+	03:59+	07:15+	08:28+	09:14+	12:53+	14:10+	16:42+	25:07+	25:58+	26:53+	27:21+	28:28+	30:26+	30:56+	31:20+
02:11+	01:48+	03:16+	01:13+	00:46+	03:39+	01:17+	02:32+	08:25+	00:51+	00:55+	00:28+	01:07+	01:58+	00:30+	00:24+
00:37&	00:19#	01:07&	00:13#	00:13&	01:35&	00:15#	01:07&	00:01+	00:17&	00:23&	00:06&	00:22&	01:19@	00:07&	00:01+
9	Bjørn Bjelland	3541	33:15												
02:36+	04:40+	07:58+	09:41+	10:47+	14:20+	15:50+	18:52+	27:18+	28:14+	29:40+	30:07+	31:26+	32:24+	32:49+	33:15+
02:36+	02:04+	03:18+	01:43+	01:06+	03:33+	01:30+	03:02+	08:26+	00:56+	01:26+	00:27+	01:19+	00:58+	00:25+	00:26+
01:02&	00:35&	01:09&	00:43&	00:33&	01:29&	00:28&	01:37@	00:02+	00:22&	00:54@	00:05#	00:34&	00:19&	00:02+	00:03#
10	Eivind Lars Rake	892	33:18												
02:29+	04:25+	08:08+	09:16+	10:32+	13:32+	15:10+	17:09+	27:11+	28:15+	29:14+	29:43+	31:21+	32:16+	32:48+	33:18+
02:29+	01:56+	03:43+	01:08+	01:16+	03:00+	01:38+	01:59+	10:02+	01:04+	00:59+	00:29+	01:38+	00:55+	00:32+	00:30+
00:55&	00:27&	01:34&	00:08#	00:43@	00:56&	00:36&	00:34&	01:38#	00:30&	00:27&	00:07&	00:53@	00:16&	00:09&	00:07&
11	Arne Magne Handeland	892	35:51												
02:24+	04:28+	08:06+	12:13+	13:05+	17:38+	19:07+	21:01+	30:27+	31:17+	32:09+	32:39+	33:51+	35:04+	35:26+	35:51+
02:24+	02:04+	03:38+	04:07+	00:52+	04:33+	01:29+	01:54+	09:26+	00:50+	00:52+	00:30+	01:12+	01:13+	00:22-	00:25+
00:50&	00:35&	01:29&	03:07@	00:19&	02:29@	00:27&	00:29&	01:02#	00:16&	00:20&	00:08&	00:27&	00:34&	00:01-	00:02+
12	Kjell-Ingar Olsen	1119	38:20												
02:38+	04:57+	08:59+	10:31+	11:41+	15:23+	17:17+	19:46+	32:02+	32:54+	34:20+	34:50+	36:14+	37:18+	37:54+	38:20+
02:38+	02:19+	04:02+	01:32+	01:10+	03:42+	01:54+	02:29+	12:16+	00:52+	01:26+	00:30+	01:24+	01:04+	00:36+	00:26+
01:04&	00:50&	01:53&	00:32&	00:37@	01:38&	00:52&	01:04&	03:52&	00:18&	00:54@	00:08&	00:39&	00:25&	00:13&	00:03#
13	Bjørn Tore Aase	3502	39:37												
02:38+	04:58+	09:40+	11:27+	12:31+	18:43+	20:34+	23:12+	33:31+	34:35+	35:37+	36:17+	37:36+	38:31+	39:02+	39:37+
02:38+	02:20+	04:42+	01:47+	01:04+	06:12+	01:51+	02:38+	10:19+	01:04+	01:02+	00:40+	01:19+	00:55+	00:31+	00:35+
01:04&	00:51&	02:33@	00:47&	00:31&	04:08@	00:49&	01:13&	01:55#	00:30&	00:30&	00:18&	00:34&	00:16&	00:08&	00:12&
14	Olav Habbestad	1683	47:36												
03:35+	05:31+	13:49+	15:42+	17:08+	20:02+	21:38+	23:42+	40:26+	41:45+	42:43+	43:25+	45:25+	46:36+	47:06+	47:36+
03:35+	01:56+	08:18+	01:53+	01:26+	02:54+	01:36+	02:04+	16:44+	01:19+	00:58+	00:42+	02:00+	01:11+	00:30+	00:30+
02:01@	00:27&	06:09@	00:53&	00:53@	00:50&	00:34&	00:39&	08:20&	00:45@	00:26&	00:20&	01:15@	00:32&	00:07&	00:07&

Herrer 70 - 74 år

15	Svein Ims	903	56:38												
02:10+	04:25+	20:44+	23:10+	24:14+	34:34+	36:20+	38:32+	49:41+	50:31+	51:28+	52:23+	53:50+	55:20+	55:56+	56:38+
02:10+	02:15+	16:19+	02:26+	01:04+	10:20+	01:46+	02:12+	11:09+	00:50+	00:57+	00:55+	01:27+	01:30+	00:36+	00:42+
00:36&	00:46&	14:10@	01:26@	00:31&	08:16@	00:44&	00:47&	02:45&	00:16&	00:25&	00:33@	00:42&	00:51@	00:13&	00:19&

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Finn-Morten Årstad	3530	28:42											
02:35=	06:06=	07:34=	08:38=	09:07=	11:25=	14:05=	14:48=	17:24=	25:29=	25:59=	26:26=	27:26=	28:15=	28:42=
02:35=	03:31=	01:28=	01:04=	00:29=	02:18=	02:40=	00:43=	02:36=	08:05=	00:30=	00:27=	01:00=	00:49=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Geir Husdal	1884	30:27											
02:36+	06:27+	07:39+	08:26-	09:00-	11:21-	14:05=	15:07+	18:01+	26:43+	27:27+	27:55+	29:02+	30:02+	30:27+
02:36+	03:51+	01:12-	00:47-	00:34+	02:21+	02:44+	01:02+	02:54+	08:42+	00:44+	00:28+	01:07+	01:00+	00:25-
00:01+	00:20+	00:16-	00:17-	00:05#	00:03+	00:04+	00:19&	00:18#	00:37+	00:14&	00:01+	00:07#	00:11#	00:02-

3	Steinar Undheim	3529	31:08											
02:31-	06:29+	07:50+	09:29+	09:58+	12:20+	14:52+	15:32+	18:19+	27:08+	27:45+	28:13+	29:31+	30:33+	31:08+
02:31-	03:58+	01:21-	01:39+	00:29=	02:22+	02:32-	00:40-	02:47+	08:49+	00:37+	00:28+	01:18+	01:02+	00:35+
00:04-	00:27#	00:07-	00:35&	00:00=	00:04+	00:08-	00:03-	00:11+	00:44+	00:07#	00:01+	00:18&	00:13&	00:08&

4	Kjell Svihus	892	31:58											
02:40+	07:25+	08:46+	09:37+	10:11+	12:33+	15:13+	16:04+	19:11+	27:54+	29:05+	29:34+	30:46+	31:35+	31:58+
02:40+	04:45+	01:21-	00:51-	00:34+	02:22+	02:40=	00:51+	03:07+	08:43+	01:11+	00:29+	01:12+	00:49=	00:23-
00:05+	01:14&	00:07-	00:13-	00:05#	00:04+	00:00=	00:08#	00:31#	00:38+	00:41@	00:02+	00:12#	00:00=	00:04-

5	Olav A. Hognestad	892	32:05											
02:27-	06:09+	07:56+	09:41+	10:08+	13:12+	15:54+	16:46+	19:31+	28:02+	28:45+	29:30+	30:49+	31:38+	32:05+
02:27-	03:42+	01:47+	01:45+	00:27-	03:04+	02:42+	00:52+	02:45+	08:31+	00:43+	00:45+	01:19+	00:49=	00:27=
00:08-	00:11+	00:19#	00:41&	00:02-	00:46&	00:02+	00:09#	00:09+	00:26+	00:13&	00:18&	00:19&	00:00=	00:00=

6	Svein Glendrange	874	33:04											
02:44+	06:19+	08:05+	08:49+	09:23+	11:55+	14:41+	15:29+	18:38+	28:01+	28:42+	29:14+	31:24+	32:29+	33:04+
02:44+	03:35+	01:46+	00:44-	00:34+	02:32+	02:46+	00:48+	03:09+	09:23+	00:41+	00:32+	02:10+	01:05+	00:35+
00:09+	00:04+	00:18#	00:20-	00:05#	00:14#	00:06+	00:05#	00:33#	01:18#	00:11&	00:05#	01:10@	00:16&	00:08&

7	Arne Østensen	3518	34:08											
02:00-	05:13-	06:21-	07:27-	08:04-	13:08+	19:25+	20:15+	22:35+	30:13+	30:50+	31:23+	32:42+	33:42+	34:08+
02:00-	03:13-	01:08-	01:06+	00:37+	05:04+	06:17+	00:50+	02:20-	07:38-	00:37+	00:33+	01:19+	01:00+	00:26-
00:35-	00:18-	00:20-	00:02+	00:08&	02:46@	03:37@	00:07#	00:16-	00:27-	00:07#	00:06#	00:19&	00:11#	00:01-

8	Norvald Skretting	1832	37:56											
02:25-	05:47-	07:21-	08:37-	09:14+	12:14+	15:07+	15:53+	22:29+	33:49+	34:23+	34:49+	36:10+	37:23+	37:56+
02:25-	03:22-	01:34+	01:16+	00:37+	03:00+	02:53+	00:46+	06:36+	11:20+	00:34+	00:26-	01:21+	01:13+	00:33+
00:10-	00:09-	00:06+	00:12#	00:08&	00:42&	00:13+	00:03+	04:00@	03:15&	00:04#	00:01-	00:21&	00:24&	00:06#

9	Leif Gunnar Wikene	1832	39:15											
02:28-	07:17+	10:46+	12:29+	13:00+	15:51+	18:32+	19:30+	22:19+	33:29+	35:16+	35:42+	37:00+	38:45+	39:15+
02:28-	04:49+	03:29+	01:43+	00:31+	02:51+	02:41+	00:58+	02:49+	11:10+	01:47+	00:26-	01:18+	01:45+	00:30+
00:07-	01:18&	02:01@	00:39&	00:02+	00:33#	00:01+	00:15&	00:13+	03:05&	01:17@	00:01-	00:18&	00:56@	00:03#

10	Hermann Skogsholm	1754	41:00											
02:21-	06:40+	08:13+	09:13+	10:45+	13:16+	15:43+	17:01+	20:31+	35:17+	35:49+	37:57+	39:42+	40:35+	41:00+
02:21-	04:19+	01:33+	01:00-	01:32+	02:31+	02:27-	01:18+	03:30+	14:46+	00:32+	02:08+	01:45+	00:53+	00:25-
00:14-	00:48#	00:05+	00:04-	01:03@	00:13+	00:13-	00:35&	00:54&	06:41&	00:02+	01:41@	00:45&	00:04+	00:02-

11	Jostein Tunheim	1683	42:47											
02:09-	05:16-	06:35-	07:44-	09:46+	12:34+	14:55+	15:47+	19:13+	36:36+	37:40+	39:49+	41:32+	42:21+	42:47+
02:09-	03:07-	01:19-	01:09+	02:02+	02:48+	02:21-	00:52+	03:26+	17:23+	01:04+	02:09+	01:43+	00:49=	00:26-
00:26-	00:24-	00:09-	00:05+	01:33@	00:30#	00:19-	00:09#	00:50&	09:18@	00:34@	01:42@	00:43&	00:00=	00:01-

Plass	Navn	Klasse	Tid
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Herrer 75 - 79 år

12	Mangor Eikeland	892	43:56											
03:49+	08:36+	10:25+	11:30+	12:14+	15:37+	19:21+	20:38+	24:58+	38:18+	39:10+	39:45+	41:37+	43:06+	43:56+
03:49+	04:47+	01:49+	01:05+	00:44+	03:23+	03:44+	01:17+	04:20+	13:20+	00:52+	00:35+	01:52+	01:29+	00:50+
01:14&	01:16&	00:21#	00:01+	00:15&	01:05&	01:04&	00:34&	01:44&	05:15&	00:22&	00:08&	00:52&	00:40&	00:23&
13	Ole Auklend	885	44:04											
03:10+	09:23+	11:06+	12:00+	12:42+	16:11+	20:19+	21:29+	25:07+	37:16+	38:11+	39:22+	41:40+	43:10+	44:04+
03:10+	06:13+	01:43+	00:54+	00:42+	03:29+	04:08+	01:10+	03:38+	12:09+	00:55+	01:11+	02:18+	01:30+	00:54+
03:10+	06:13+	01:43+	00:54+	00:42+	03:29+	04:08+	01:10+	03:38+	12:09+	00:55+	01:11+	02:18+	01:30+	00:54+
14	Reidar Liland	3507	1:05:15											
04:22+	12:17+	15:15+	16:49+	17:39+	21:37+	25:52+	31:03+	37:27+	57:16+	58:15+	58:59+	60:51+	64:30+	65:15+
04:22+	07:55+	02:58+	01:34+	00:50+	03:58+	04:15+	05:11+	06:24+	19:49+	00:59+	00:44+	01:52+	03:39+	00:45+
04:22+	07:55+	02:58+	01:34+	00:50+	03:58+	04:15+	05:11+	06:24+	19:49+	00:59+	00:44+	01:52+	03:39+	00:45+

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Sigurd Krosli	1884	34:39											
03:00=	04:27=	07:00=	08:29=	11:19=	12:35=	16:59=	17:37=	18:35=	21:03=	22:22=	30:46=	33:26=	34:08=	34:39=
03:00=	01:27=	02:33=	01:29=	02:50=	01:16=	04:24=	00:38=	00:58=	02:28=	01:19=	08:24=	02:40=	00:42=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Terje Braut	892	35:44											
02:54-	04:17-	06:23-	07:44-	10:03-	11:23-	15:08-	15:40-	16:29-	18:40-	19:48-	30:20-	34:29+	35:09+	35:44+
02:54-	01:23-	02:06-	01:21-	02:19-	01:20+	03:45-	00:32-	00:49-	02:11-	01:08-	10:32+	04:09+	00:40-	00:35+
00:06-	00:04-	00:27-	00:08-	00:31-	00:04+	00:39-	00:06-	00:09-	00:17-	00:11-	02:08&	01:29&	00:02-	00:04#
3	Alf Gyland	892	36:12											
02:39-	03:58-	06:21-	07:41-	10:16-	11:26-	15:21-	15:53-	16:47-	18:55-	20:01-	31:48+	34:39+	35:41+	36:12+
02:39-	01:19-	02:23-	01:20-	02:35-	01:10-	03:55-	00:32-	00:54-	02:08-	01:06-	11:47+	02:51+	01:02+	00:31=
00:21-	00:08-	00:10-	00:09-	00:15-	00:06-	00:29-	00:06-	00:04-	00:20-	00:13-	03:23&	00:11+	00:20&	00:00=
4	Tormod Aaslid	3529	36:55											
02:31-	03:57-	09:11+	10:36+	13:12+	15:01+	19:44+	20:29+	21:27+	23:42+	24:54+	32:38+	35:23+	36:17+	36:55+
02:31-	01:26-	05:14+	01:25-	02:36-	01:49+	04:43+	00:45+	00:58=	02:15-	01:12-	07:44-	02:45+	00:54+	00:38+
00:29-	00:01-	02:41@	00:04-	00:14-	00:33&	00:19+	00:07#	00:00=	00:13-	00:07-	00:40-	00:05+	00:12&	00:07#
5	Arne Brandsberg	3502	41:56											
03:22+	05:01+	08:03+	09:39+	12:59+	14:35+	20:30+	21:10+	22:15+	24:55+	26:37+	35:10+	40:03+	41:11+	41:56+
03:22+	01:39+	03:02+	01:36+	03:20+	01:36+	05:55+	00:40+	01:05+	02:40+	01:42+	08:33+	04:53+	01:08+	00:45+
00:22#	00:12#	00:29#	00:07+	00:30#	00:20&	01:31&	00:02+	00:07#	00:12+	00:23&	00:09+	02:13&	00:26&	00:14&
6	Kjell Audun Maudal	3524	42:04											
03:40+	05:15+	08:12+	09:46+	13:14+	14:50+	20:43+	21:23+	22:30+	25:10+	26:46+	35:27+	40:16+	41:18+	42:04+
03:40+	01:35+	02:57+	01:34+	03:28+	01:36+	05:53+	00:40+	01:07+	02:40+	01:36+	08:41+	04:49+	01:02+	00:46+
00:40#	00:08+	00:24#	00:05+	00:38#	00:20&	01:29&	00:02+	00:09#	00:12+	00:17#	00:17+	02:09&	00:20&	00:15&
7	Jan A. Bekkeheien	892	42:43											
02:45-	04:10-	06:43-	10:35+	15:13+	16:32+	21:49+	22:26+	23:21+	25:45+	27:12+	38:25+	41:33+	42:14+	42:43+
02:45-	01:25-	02:33=	03:52+	04:38+	01:19+	05:17+	00:37-	00:55-	02:24-	01:27+	11:13+	03:08+	00:41-	00:29-
00:15-	00:02-	00:00=	02:23@	01:48&	00:03+	00:53#	00:01-	00:03-	00:04-	00:08#	02:49&	00:28#	00:01-	00:02-
8	Magne Jakobsen	3524	44:50											
02:45-	04:02-	06:24-	17:00+	21:13+	25:36+	26:09+	26:54+	29:26+	30:49+	40:27+	43:27+	44:17+	44:50+	
02:45-	01:17-	02:22-	07:44+	02:52+	04:13+	04:23-	00:33-	00:45-	02:32+	01:23+	09:38+	03:00+	00:50+	00:33+
00:15-	00:10-	00:11-	06:15@	00:02+	02:57@	00:01-	00:05-	00:13-	00:04+	00:04+	01:14#	00:20#	00:08#	00:02+
9	Magne Andreas Westerheim	1884	1:04:07											
02:55-	04:25-	06:58-	08:38+	12:12+	27:28+	41:10+	42:10+	43:39+	47:02+	48:18+	56:56+	62:16+	63:20+	64:07+
02:55-	01:30+	02:33=	01:40+	03:34+	15:16+	13:42+	01:00+	01:29+	03:23+	01:16-	08:38+	05:20+	01:04+	00:47+
00:05-	00:03+	00:00=	00:11#	00:44&	14:00@	09:18@	00:22&	00:31&	00:55&	00:03-	00:14+	02:40&	00:22&	00:16&

Class	Navn	Klasse	Tid
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Herrer 80 år og eldre

Beste strekktid for klassen

02:31 01:17 02:06 01:20 02:19 01:10 03:45 00:32 00:45 02:08 01:06 07:44 02:40 00:40 00:29

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

Herrer A

1	Morten Bjerga Sundli	3522	22:00																				
01:20=	02:39=	04:34=	05:29=	05:51=	06:12=	06:29=	07:39=	08:15=	09:33=	11:08=	11:35=	12:46=	13:02=	14:15=	14:46=	19:08=	19:37=	20:06=	20:24=	21:01=	21:28=	21:43=	22:00=
01:20=	01:19=	01:55=	00:55=	00:22=	00:21=	00:17=	01:10=	00:36=	01:18=	01:35=	00:27=	01:11=	00:16=	01:13=	00:31=	04:22=	00:29=	00:29=	00:18=	00:37=	00:27=	00:15=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Svein Magnus Halsne	3634	24:38																				
01:19-	02:41+	04:37+	05:33+	06:05+	06:48+	07:07+	08:25+	09:05+	10:34+	12:18+	12:47+	13:56+	14:14+	15:30+	16:03+	21:23+	21:54+	22:24+	22:43+	23:26+	24:05+	24:20+	24:38+
01:19-	01:22+	01:56+	00:56+	00:32+	00:43+	00:19+	01:18+	00:40+	01:29+	01:44+	00:29+	01:09-	00:18+	01:16+	00:33+	05:20+	00:31+	00:30+	00:19+	00:43+	00:39+	00:15=	00:18+
00:01-	00:03+	00:01+	00:01+	00:10&	00:22@	00:02#	00:08#	00:04#	00:11#	00:09+	00:02+	00:02-	00:02#	00:03+	00:02+	00:58#	00:02+	00:01+	00:01+	00:06#	00:12&	00:00=	00:01+
3	Erik Lima	1832	24:43																				
01:38+	03:04+	05:08+	06:04+	06:26+	06:49+	07:08+	08:26+	09:13+	10:48+	12:29+	12:58+	14:08+	14:25+	15:52+	16:29+	21:28+	21:53+	22:25+	22:43+	23:31+	24:09+	24:27+	24:43+
01:38+	01:26+	02:04+	00:56+	00:22=	00:23+	00:19+	01:18+	00:47+	01:35+	01:41+	00:29+	01:10-	00:17+	01:27+	00:37+	04:59+	00:25-	00:32+	00:18=	00:48+	00:38+	00:18+	00:16-
00:18#	00:07+	00:09+	00:01+	00:00=	00:02+	00:02#	00:08#	00:11&	00:17#	00:06+	00:02+	00:01-	00:01+	00:14#	00:06#	00:37#	00:04-	00:03#	00:00=	00:11&	00:11&	00:03#	00:01-
4	Lars Erik Malde	3676	24:51																				
01:18-	02:28-	04:09-	05:04-	06:17+	06:40+	07:26+	09:04+	09:44+	11:05+	13:02+	13:31+	14:42+	15:03+	16:34+	17:11+	21:41+	22:12+	22:49+	23:12+	23:54+	24:20+	24:36+	24:51+
01:18-	01:10-	01:41-	00:55=	01:13+	00:23+	00:46+	01:38+	00:40+	01:21+	01:57+	00:29+	01:11=	00:21+	01:31+	00:37+	04:30+	00:31+	00:37+	00:23+	00:42+	00:26-	00:16+	00:15-
00:02-	00:09-	00:14-	00:00=	00:51@	00:02+	00:29@	00:28&	00:04#	00:03+	00:22#	00:02+	00:00=	00:05&	00:18#	00:06#	00:08+	00:02+	00:08&	00:05&	00:05#	00:01-	00:01+	00:02-
5	Kristian Frafjord Haarr	882	25:06																				
01:30+	02:55+	04:54+	05:50+	06:13+	06:43+	07:07+	08:25+	09:05+	10:38+	12:30+	13:01+	14:13+	14:30+	15:57+	16:32+	21:44+	22:20+	22:54+	23:13+	23:56+	24:27+	24:45+	25:06+
01:30+	01:25+	01:59+	00:56+	00:23+	00:30+	00:24+	01:18+	00:40+	01:33+	01:52+	00:31+	01:12+	00:17+	01:27+	00:35+	05:12+	00:36+	00:34+	00:19+	00:43+	00:31+	00:18+	00:21+
00:10#	00:06+	00:04+	00:01+	00:01+	00:09&	00:07&	00:08#	00:04#	00:15#	00:17#	00:04#	00:01+	00:01+	00:14#	00:04#	00:50#	00:07#	00:05#	00:01+	00:06#	00:04#	00:03#	00:04#
6	Sven Hatteland	3528	25:15																				
01:31+	02:55+	05:01+	06:02+	06:25+	06:59+	07:18+	08:51+	09:34+	11:05+	12:53+	13:24+	14:38+	14:58+	16:18+	17:07+	22:14+	22:43+	23:14+	23:34+	24:14+	24:41+	24:59+	25:15+
01:31+	01:24+	02:06+	01:01+	00:23+	00:34+	00:19+	01:33+	00:43+	01:31+	01:48+	00:31+	01:14+	00:20+	01:20+	00:49+	05:07+	00:29=	00:31+	00:20+	00:40+	00:27=	00:18+	00:16-
00:11#	00:05+	00:11+	00:06#	00:01+	00:13&	00:02#	00:23&	00:07#	00:13#	00:13#	00:04#	00:03+	00:04#	00:07+	00:18&	00:45#	00:00=	00:02+	00:02#	00:03+	00:00=	00:03#	00:01-
7	Thomas Schive	643	26:06																				
01:30+	02:52+	05:09+	06:09+	06:48+	07:14+	07:33+	08:59+	09:39+	11:10+	12:56+	13:33+	14:47+	15:07+	16:55+	17:30+	22:48+	23:20+	23:52+	24:16+	24:56+	25:28+	25:47+	26:06+
01:30+	01:22+	02:17+	01:00+	00:39+	00:26+	00:19+	01:26+	00:40+	01:31+	01:46+	00:37+	01:14+	00:20+	01:48+	00:35+	05:18+	00:32+	00:32+	00:24+	00:40+	00:32+	00:19+	00:19+
00:10#	00:03+	00:22#	00:05+	00:17&	00:05#	00:02#	00:16#	00:04#	00:13#	00:11#	00:10&	00:03+	00:04#	00:35&	00:04#	00:56#	00:03#	00:03#	00:06&	00:03+	00:05#	00:04&	00:02#
8	Magne Hatteland	3528	26:36																				
01:33+	02:52+	04:56+	05:58+	06:47+	07:34+	07:51+	09:30+	10:11+	11:44+	13:32+	14:04+	15:14+	15:32+	17:04+	17:41+	23:05+	23:40+	24:18+	24:39+	25:25+	25:59+	26:17+	26:36+
01:33+	01:19=	02:04+	01:02+	00:49+	00:47+	00:17=	01:39+	00:41+	01:33+	01:48+	00:32+	01:10-	00:18+	01:32+	00:37+	05:24+	00:35+	00:38+	00:21+	00:46+	00:34+	00:18+	00:19+
00:13#	00:00=	00:09+	00:07#	00:27@	00:26@	00:00=	00:29&	00:05#	00:15#	00:13#	00:05#	00:01-	00:02#	00:19&	00:06#	01:02#	00:06#	00:09&	00:03#	00:09#	00:07&	00:03#	00:02#
9	Jørgen Strømstad	1786	26:59																				
01:26+	02:42+	04:38+	05:33+	06:08+	07:27+	08:28+	09:58+	10:38+	12:04+	14:21+	14:50+	16:01+	16:19+	18:05+	18:40+	23:43+	24:17+	24:48+	25:08+	25:53+	26:25+	26:43+	26:59+
01:26+	01:16-	01:56+	00:55=	00:35+	01:19+	01:01+	01:30+	00:40+	01:26+	02:17+	00:29+	01:11=	00:18+	01:46+	00:35+	05:03+	00:34+	00:31+	00:20+	00:45+	00:32+	00:18+	00:16-
00:06+	00:03-	00:01+	00:00=	00:13&	00:58@	00:44@	00:20&	00:04#	00:08#	00:42&	00:02+	00:00=	00:02#	00:33&	00:04#	00:41#	00:05#	00:02+	00:02#	00:08#	00:05#	00:03#	00:01-
10	Bernhard Haver Vagle	643	27:00																				
01:31+	02:55+	05:16+	06:19+	06:54+	07:26+	07:43+	09:15+	09:55+	11:24+	13:19+	13:52+	15:27+	15:45+	17:20+	17:56+	23:28+	24:03+	24:44+	25:05+	25:51+	26:22+	26:41+	27:00+
01:31+	01:24+	02:21+	01:03+	00:35+	00:32+	00:17=	01:32+	00:40+	01:29+	01:55+	00:33+	01:35+	00:18+	01:35+	00:36+	05:32+	00:35+	00:41+	00:21+	00:46+	00:31+	00:19+	00:19+
00:11#	00:05+	00:26#	00:08#	00:13&	00:11&	00:00=	00:22&	00:04#	00:11#	00:20#	00:06#	00:24&	00:02#	00:22&	00:05#	01:10&	00:06#	00:12&	00:03#	00:09#	00:04#	00:04&	00:02#
11	Håkon Eggebø	1284	30:52																				
01:40+	03:12+	06:59+	08:16+	08:44+	09:48+	10:36+	12:09+	12:49+	14:22+	16:18+	16:52+	18:22+	18:41+	20:11+	20:48+	26:33+	27:09+	27:48+	29:02+	29:42+	30:16+	30:33+	30:52+
01:40+	01:32+	03:47+	01:17+	00:28+	01:04+	00:48+	01:33+	00:40+	01:33+	01:56+	00:34+	01:30+	00:19+	01:30+	00:37+	05:45+	00:36+	00:39+	01:14+	00:40+	00:34+	00:17+	00:19+
00:20#	00:13#	01:52&	00:22&	00:06&	00:43@	00:31@	00:23&	00:04#	00:15#	00:21#	00:07&	00:19&	00:03#	00:17#	00:06#	01:23&	00:07#	00:10&	00:56@	00:03+	00:07&	00:02#	00:02#

Beste strekktid for klassen

01:18 01:10 01:41 00:55 00:22 00:21 00:17 01:10 00:36 01:18 01:35 00:27 01:09 00:16 01:13 00:31 04:22 00:25 00:29 00:18 00:37 00:26 00:15 00:15

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

Herrer B

1	Geir Sand	722	24:32																				
01:32=	02:53=	04:44=	05:47=	06:15=	06:39=	06:57=	08:15=	08:56=	10:20=	11:59=	12:31=	13:40=	13:58=	15:19=	15:56=	21:17=	21:48=	22:18=	22:39=	23:16=	23:55=	24:15=	24:32=
01:32=	01:21=	01:51=	01:03=	00:28=	00:24=	00:18=	01:18=	00:41=	01:24=	01:39=	00:32=	01:09=	00:18=	01:21=	00:37=	05:21=	00:31=	00:30=	00:21=	00:37=	00:39=	00:20=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Magnus Landstad	3507	25:49																				
01:26-	02:50-	05:07+	05:59+	06:23+	07:11+	07:29+	08:54+	10:10+	11:42+	13:23+	13:56+	15:09+	15:26+	16:59+	17:33+	22:30+	23:02+	23:38+	23:56+	24:37+	25:11+	25:29+	25:49+
01:26-	01:24+	02:17+	00:52-	00:24-	00:48+	00:18=	01:25+	01:16+	01:32+	01:41+	00:33+	01:13+	00:17-	01:33+	00:34-	04:57-	00:32+	00:36+	00:18-	00:41+	00:34-	00:18-	00:20+
00:06-	00:03+	00:26#	00:11-	00:04-	00:24#	00:00=	00:07+	00:35#	00:08+	00:02+	00:01+	00:04+	00:01-	00:12#	00:03-	00:24-	00:01+	00:06#	00:03-	00:04#	00:05-	00:02-	00:03#
3	Arne Eirik Nielsen	3588	26:10																				
01:23-	02:48-	04:49+	06:10+	06:36+	07:05+	07:27+	08:46+	09:28+	11:10+	12:55+	13:29+	14:49+	15:09+	16:31+	17:30+	22:29+	23:03+	23:37+	23:59+	24:58+	25:33+	25:52+	26:10+
01:23-	01:25+	02:01+	01:21+	00:26-	00:29+	00:22+	01:19+	00:42+	01:42+	01:45+	00:34+	01:20+	00:20+	01:22+	00:59+	04:59-	00:34+	00:34+	00:22+	00:59+	00:35-	00:19-	00:18+
00:09-	00:04+	00:10+	00:18#	00:02-	00:05#	00:04#	00:01+	00:01+	00:18#	00:06+	00:02+	00:11#	00:02#	00:01+	00:22#	00:22-	00:03+	00:04#	00:01+	00:22#	00:04-	00:01-	00:01+
4	Trond Sigurd Fotland	3507	26:54																				
01:20-	02:48-	05:15+	06:07+	06:30+	07:02+	07:21+	08:43+	09:22+	11:05+	13:03+	13:36+	14:56+	15:15+	16:54+	17:34+	23:27+	24:02+	24:39+	25:02+	25:45+	26:16+	26:34+	26:54+
01:20-	01:28+	02:27+	00:52-	00:23-	00:32+	00:19+	01:22+	00:39-	01:43+	01:58+	00:33+	01:20+	00:19+	01:39+	00:40+	05:53+	00:35+	00:37+	00:23+	00:43+	00:31-	00:18-	00:20+
00:12-	00:07+	00:36#	00:11-	00:05-	00:08#	00:01+	00:04+	00:02-	00:19#	00:19#	00:01+	00:11#	00:01+	00:18#	00:03+	00:32+	00:04#	00:07#	00:02+	00:06#	00:08-	00:02-	00:03#
5	Joar Eilevstjønn	2342	27:11																				
01:32=	02:56+	05:02+	06:06+	06:44+	08:03+	08:39+	10:14+	10:54+	12:26+	14:16+	14:49+	16:08+	16:27+	17:52+	18:26+	23:53+	24:26+	25:01+	25:20+	26:02+	26:33+	26:54+	27:11+
01:32=	01:24+	02:06+	01:04+	00:38+	01:19+	00:36+	01:35+	00:40-	01:32+	01:50+	00:33+	01:19+	00:19+	01:25+	00:34-	05:27+	00:33+	00:35+	00:19-	00:42+	00:31-	00:21+	00:17=
00:00=	00:03+	00:15#	00:01+	00:10#	00:55#	00:18#	00:17#	00:01-	00:08+	00:11#	00:01+	00:10#	00:01+	00:04+	00:03-	00:06+	00:02+	00:05#	00:02-	00:05#	00:08-	00:01+	00:00=
6	Per Olav Haarr	769	28:57																				
02:09+	03:35+	05:45+	07:10+	07:57+	09:27+	09:45+	11:23+	12:07+	13:43+	15:42+	16:22+	17:37+	18:01+	19:33+	20:11+	25:38+	26:12+	26:48+	27:09+	27:48+	28:19+	28:39+	28:57+
02:09+	01:26+	02:10+	01:25+	00:47+	01:30+	00:18=	01:38+	00:44+	01:36+	01:59+	00:40+	01:15+	00:24+	01:32+	00:38+	05:27+	00:34+	00:36+	00:21=	00:39+	00:31-	00:20=	00:18+
00:37#	00:05+	00:19#	00:22#	00:19#	01:06#	00:00=	00:20#	00:03+	00:12#	00:20#	00:08#	00:06+	00:06#	00:11#	00:01+	00:06+	00:03+	00:06#	00:00=	00:02+	00:08-	00:00=	00:01+
7	Kristoffer Johannessen	1830	29:07																				
01:26-	02:51-	05:13+	06:57+	07:25+	09:23+	09:41+	11:09+	11:47+	13:31+	15:28+	16:01+	17:10+	17:30+	18:53+	19:31+	25:01+	25:38+	26:31+	26:57+	27:45+	28:24+	28:47+	29:07+
01:26-	01:25+	02:22+	01:44+	00:28=	01:58+	00:18=	01:28+	00:38-	01:44+	01:57+	00:33+	01:09=	00:20+	01:23+	00:38+	05:30+	00:37+	00:53+	00:26+	00:48+	00:39=	00:23+	00:20+
00:06-	00:04+	00:31#	00:41#	00:00=	01:34#	00:00=	00:10#	00:03-	00:20#	00:18#	00:01+	00:00=	00:02#	00:02+	00:01+	00:09+	00:06#	00:23#	00:05#	00:11#	00:00=	00:03#	00:03#
8	Tor Gunnar Aksland	1683	29:17																				
03:17+	04:54+	07:10+	08:10+	08:33+	08:56+	09:15+	10:41+	11:24+	13:02+	14:54+	15:31+	16:53+	17:12+	18:42+	19:21+	25:45+	26:21+	26:55+	27:18+	28:03+	28:36+	28:56+	29:17+
03:17+	01:37+	02:16+	01:00-	00:23-	00:23-	00:19+	01:26+	00:43+	01:38+	01:52+	00:37+	01:22+	00:19+	01:30+	00:39+	06:24+	00:36+	00:34+	00:23+	00:45+	00:33-	00:20=	00:21+
01:45#	00:16#	00:25#	00:03-	00:05-	00:01-	00:01+	00:08#	00:02+	00:14#	00:13#	00:05#	00:13#	00:01+	00:09#	00:02+	01:03#	00:05#	00:04#	00:02+	00:08#	00:06-	00:00=	00:04#
9	Bård Martby-Skogsholm	3522	29:45																				
01:42+	03:06+	05:12+	06:17+	07:02+	07:26+	08:50+	10:31+	11:28+	13:08+	15:09+	15:41+	17:01+	17:23+	18:55+	19:32+	25:52+	26:32+	27:10+	27:31+	28:20+	28:56+	29:25+	29:45+
01:42+	01:24+	02:06+	01:05+	00:45+	00:24=	01:24+	01:41+	00:57+	01:40+	02:01+	00:32=	01:20+	00:22+	01:32+	00:37=	06:20+	00:40+	00:38+	00:21=	00:49+	00:36-	00:29+	00:20+
00:10#	00:03+	00:15#	00:02+	00:17#	00:00=	01:06#	00:23#	00:16#	00:16#	00:22#	00:00=	00:11#	00:04#	00:11#	00:00=	00:59#	00:09#	00:08#	00:00=	00:12#	00:03-	00:09#	00:03#
10	Jone Sæbbø	3516	30:33																				
01:27-	02:56+	05:05+	06:08+	06:33+	08:17+	08:41+	10:18+	10:59+	12:52+	15:11+	15:46+	17:23+	17:47+	19:23+	20:19+	26:18+	26:53+	27:36+	28:00+	28:49+	29:47+	30:12+	30:33+
01:27-	01:29+	02:09+	01:03=	00:25-	01:44+	00:24+	01:37+	00:41=	01:53+	02:19+	00:35+	01:37+	00:24+	01:36+	00:56+	05:59+	00:35+	00:43+	00:24+	00:49+	00:58+	00:25+	00:21+
00:05-	00:08+	00:18#	00:00=	00:03-	01:20#	00:06#	00:19#	00:00=	00:29#	00:40#	00:03+	00:28#	00:06#	00:15#	00:19#	00:38#	00:04#	00:13#	00:03#	00:12#	00:19#	00:05#	00:04#
11	Jørgen Breivold	3529	30:39																				
02:46+	04:03+	06:13+	07:38+	08:06+	09:10+	09:40+	11:18+	12:04+	13:40+	15:37+	16:09+	17:30+	17:51+	19:32+	20:11+	25:40+	26:17+	26:59+	27:42+	29:01+	29:57+	30:18+	30:39+
02:46+	01:17-	02:10+	01:25+	00:28=	01:04+	00:30+	01:38+	00:46+	01:36+	01:57+	00:32=	01:21+	00:21+	01:41+	00:39+	05:29+	00:37+	00:42+	00:43+	01:19+	00:56+	00:21+	00:21+
01:14#	00:04-	00:19#	00:22#	00:00=	00:40#	00:12#	00:20#	00:05#	00:12#	00:18#	00:00=	00:12#	00:03#	00:20#	00:02+	00:08+	00:06#	00:12#	00:22#	00:42#	00:17#	00:01+	00:04#
12	Espen Fyhn Nilsen	1683	33:52																				
02:08+	03:54+	06:36+	07:49+	08:27+	09:01+	09:24+	11:04+	11:59+	14:13+	16:44+	17:23+	19:01+	19:25+	21:30+	22:15+	29:14+	29:56+	30:52+	31:16+	32:17+	33:04+	33:27+	33:52+
02:08+	01:46+	02:42+	01:13+	00:38+	00:34+	00:23+	01:40+	00:55+	02:14+	02:31+	00:39+	01:38+	00:24+	02:05+	00:45+	06:59+	00:42+	00:56+	00:24+	01:01+	00:47+	00:23+	00:25+
00:36#	00:25#	00:51#	00:10#	00:10#	00:10#	00:05#	00:22#	00:14#	00:50#	00:52#	00:07#	00:29#	00:06#	00:44#	00:08#	01:38#	00:11#	00:26#	00:03#	00:24#	00:08#	00:03#	00:08#

Beste strekktid for klassen

01:20 01:17 01:51 00:52 00:23 00:23 00:18 01:18 00:38 01:24 01:39 00:32 01:09 00:17 01:21 00:34 04:57 00:31 00:30 00:18 00:37 00:31 00:18 00:17

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

Herrer C

Herrer C

1	Kjetil Wirak	3486	23:29																	
01:38=	03:48=	04:36=	05:04=	05:32=	06:04=	07:28=	08:14=	09:57=	11:55=	12:33=	13:27=	14:56=	15:22=	20:42=	21:02=	21:20=	22:01=	22:37=	23:08=	23:29=
01:38=	02:10=	00:48=	00:28=	00:28=	00:32=	01:24=	00:46=	01:43=	01:58=	00:38=	00:54=	01:29=	00:26=	05:20=	00:20=	00:18=	00:41=	00:36=	00:31=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Aamodt	1683	23:35																	
01:33+	03:49+	04:39+	05:08+	05:39+	06:03+	07:24+	08:10+	09:45+	11:38+	12:18+	13:21+	14:34+	15:06+	20:31+	20:56+	21:15+	22:06+	22:56+	23:15+	23:35+
01:33+	02:16+	00:50+	00:29+	00:31+	00:24+	01:21+	00:46+	01:35+	01:53+	00:40+	01:03+	01:13+	00:32+	05:25+	00:25+	00:19+	00:51+	00:50+	00:19+	00:20+
01:33+	02:16+	00:50+	00:29+	00:31+	00:24+	01:21+	00:46+	01:35+	01:53+	00:40+	01:03+	01:13+	00:32+	05:25+	00:25+	00:19+	00:51+	00:50+	00:19+	00:20+
3	Lars Drage	3583	23:51																	
01:26+	03:35+	04:33+	04:56+	05:42+	06:25+	07:44+	08:26+	11:05+	12:57+	13:30+	14:24+	15:39+	16:03+	21:16+	21:39+	21:56+	22:40+	23:11+	23:31+	23:51+
01:26+	02:09+	00:58+	00:23+	00:46+	00:43+	01:19+	00:42+	02:39+	01:52+	00:33+	00:54+	01:15+	00:24+	05:13+	00:23+	00:17+	00:44+	00:31+	00:20+	00:20+
01:26+	02:09+	00:58+	00:23+	00:46+	00:43+	01:19+	00:42+	02:39+	01:52+	00:33+	00:54+	01:15+	00:24+	05:13+	00:23+	00:17+	00:44+	00:31+	00:20+	00:20+
4	Jan-Einar Øvremo	1119	23:57																	
01:36+	03:46+	04:35+	05:00+	05:44+	05:59+	07:15+	07:55+	09:31+	11:31+	12:04+	13:01+	14:19+	15:08+	21:13+	21:34+	21:59+	22:42+	23:23+	23:40+	23:57+
01:36+	02:10+	00:49+	00:25+	00:44+	00:15+	01:16+	00:40+	01:36+	02:00+	00:33+	00:57+	01:18+	00:49+	06:05+	00:21+	00:25+	00:43+	00:41+	00:17+	00:17+
01:36+	02:10+	00:49+	00:25+	00:44+	00:15+	01:16+	00:40+	01:36+	02:00+	00:33+	00:57+	01:18+	00:49+	06:05+	00:21+	00:25+	00:43+	00:41+	00:17+	00:17+
5	Oddmund Nordgård	722	24:25																	
01:46+	04:04+	05:01+	05:40+	06:10+	06:31+	08:05+	08:52+	10:39+	12:34+	13:09+	14:13+	15:40+	16:08+	21:32+	21:56+	22:20+	23:10+	23:46+	24:07+	24:25+
01:46+	02:18+	00:57+	00:39+	00:30+	00:21+	01:34+	00:47+	01:47+	01:55+	00:35+	01:04+	01:27+	00:28+	05:24+	00:24+	00:24+	00:50+	00:36+	00:21+	00:18+
01:46+	02:18+	00:57+	00:39+	00:30+	00:21+	01:34+	00:47+	01:47+	01:55+	00:35+	01:04+	01:27+	00:28+	05:24+	00:24+	00:24+	00:50+	00:36+	00:21+	00:18+
6	Øyvind Rummelhoff	882	24:41																	
01:35+	04:01+	05:04+	05:07+	06:46+	06:46+	08:23+	09:07+	10:54+	13:03+	13:39+	14:34+	15:51+	16:19+	21:43+	22:03+	22:32+	23:23+	23:59+	24:20+	24:41+
01:35+	02:26+	01:03+	00:33+	00:30+	00:39+	01:37+	00:44+	01:47+	02:09+	00:36+	00:55+	01:17+	00:28+	05:24+	00:20+	00:29+	00:51+	00:36+	00:21+	00:21+
01:35+	02:26+	01:03+	00:33+	00:30+	00:39+	01:37+	00:44+	01:47+	02:09+	00:36+	00:55+	01:17+	00:28+	05:24+	00:20+	00:29+	00:51+	00:36+	00:21+	00:21+
7	Bertrand Denieul	877	26:16																	
01:37+	04:05+	05:01+	05:35+	06:07+	06:48+	08:30+	09:41+	11:31+	13:33+	14:09+	15:15+	16:33+	17:04+	23:20+	23:43+	24:05+	24:54+	25:37+	25:57+	26:16+
01:37+	02:28+	00:56+	00:34+	00:32+	00:41+	01:42+	01:11+	01:50+	02:02+	00:36+	01:06+	01:18+	00:31+	06:16+	00:23+	00:22+	00:49+	00:43+	00:20+	00:19+
01:37+	02:28+	00:56+	00:34+	00:32+	00:41+	01:42+	01:11+	01:50+	02:02+	00:36+	01:06+	01:18+	00:31+	06:16+	00:23+	00:22+	00:49+	00:43+	00:20+	00:19+
8	Svein Oddvar Netland	1683	26:25																	
01:41+	04:24+	05:16+	05:48+	06:33+	06:58+	08:32+	09:19+	11:05+	13:05+	13:38+	14:39+	16:10+	16:43+	23:41+	24:04+	24:22+	25:10+	25:47+	26:05+	26:25+
01:41+	02:43+	00:52+	00:32+	00:45+	00:25+	01:34+	00:47+	01:46+	02:00+	00:33+	01:01+	01:31+	00:33+	06:58+	00:23+	00:18+	00:48+	00:37+	00:18+	00:20+
01:41+	02:43+	00:52+	00:32+	00:45+	00:25+	01:34+	00:47+	01:46+	02:00+	00:33+	01:01+	01:31+	00:33+	06:58+	00:23+	00:18+	00:48+	00:37+	00:18+	00:20+
9	Henning Sundby	3486	26:29																	
01:26+	03:29+	06:04+	06:58+	07:36+	07:55+	10:16+	10:54+	12:37+	14:33+	15:05+	16:09+	17:26+	17:56+	23:31+	24:01+	24:27+	25:09+	25:50+	26:09+	26:29+
01:26+	02:03+	02:35+	00:54+	00:38+	00:19+	02:21+	00:38+	01:43+	01:56+	00:32+	01:04+	01:17+	00:30+	05:35+	00:30+	00:26+	00:42+	00:41+	00:19+	00:20+
01:26+	02:03+	02:35+	00:54+	00:38+	00:19+	02:21+	00:38+	01:43+	01:56+	00:32+	01:04+	01:17+	00:30+	05:35+	00:30+	00:26+	00:42+	00:41+	00:19+	00:20+
10	Øivind Berggraf	1683	26:55																	
01:43+	04:17+	05:21+	05:53+	06:31+	06:55+	08:29+	09:48+	11:48+	13:51+	14:33+	15:34+	17:02+	17:35+	23:34+	24:08+	24:40+	25:31+	26:13+	26:35+	26:55+
01:43+	02:34+	01:04+	00:32+	00:38+	00:24+	01:34+	01:19+	02:00+	02:03+	00:42+	01:01+	01:28+	00:33+	05:59+	00:34+	00:32+	00:51+	00:42+	00:22+	00:20+
01:43+	02:34+	01:04+	00:32+	00:38+	00:24+	01:34+	01:19+	02:00+	02:03+	00:42+	01:01+	01:28+	00:33+	05:59+	00:34+	00:32+	00:51+	00:42+	00:22+	00:20+
11	Leif Kjetil Hinna Gausel	1683	27:41																	
01:38+	03:55+	04:50+	05:17+	05:45+	06:18+	08:14+	09:01+	10:42+	12:45+	13:18+	14:43+	16:07+	18:04+	24:38+	25:03+	25:23+	26:15+	27:00+	27:21+	27:41+
01:38+	02:17+	00:55+	00:27+	00:28+	00:33+	01:56+	00:47+	01:41+	02:03+	00:33+	01:25+	01:24+	01:57+	06:34+	00:25+	00:20+	00:52+	00:45+	00:21+	00:20+
01:38+	02:17+	00:55+	00:27+	00:28+	00:33+	01:56+	00:47+	01:41+	02:03+	00:33+	01:25+	01:24+	01:57+	06:34+	00:25+	00:20+	00:52+	00:45+	00:21+	00:20+
12	Trond Lamark	878	27:52																	
02:24+	04:57+	06:05+	06:40+	07:10+	07:37+	09:15+	10:10+	12:07+	14:19+	15:01+	16:13+	17:40+	18:20+	24:43+	25:10+	25:31+	26:23+	27:05+	27:29+	27:52+
02:24+	02:33+	01:08+	00:35+	00:30+	00:27+	01:38+	00:55+	01:57+	02:12+	00:42+	01:12+	01:27+	00:40+	06:23+	00:27+	00:21+	00:52+	00:42+	00:24+	00:23+
02:24+	02:33+	01:08+	00:35+	00:30+	00:27+	01:38+	00:55+	01:57+	02:12+	00:42+	01:12+	01:27+	00:40+	06:23+	00:27+	00:21+	00:52+	00:42+	00:24+	00:23+
13	Nils John Vestøl	3541	27:57																	
01:43+	04:11+	05:05+	05:38+	06:40+	07:03+	08:40+	09:24+	11:13+	13:25+	14:06+	15:05+	17:19+	17:54+	24:04+	24:31+	25:17+	26:15+	27:21+	27:38+	27:57+
01:43+	02:28+	00:54+	00:33+	01:02+	00:23+	01:37+	00:44+	01:49+	02:12+	00:41+	00:59+	02:14+	00:35+	06:10+	00:27+	00:46+	00:58+	01:06+	00:17+	00:19+
01:43+	02:28+	00:54+	00:33+	01:02+	00:23+	01:37+	00:44+	01:49+	02:12+	00:41+	00:59+	02:14+	00:35+	06:10+	00:27+	00:46+	00:58+	01:06+	00:17+	00:19+
14	Pål H. Gjerden	1683	28:29																	
01:34+	04:04+	04:59+	05:44+	06:58+	07:18+	09:18+	10:08+	11:53+	14:05+	14:45+	15:53+	17:19+	18:08+	25:06+	25:41+	26:03+	26:56+	27:41+	28:06+	28:29+
01:34+	02:30+	00:55+	00:45+	01:14+	00:20+	02:00+	00:50+	01:45+	02:12+	00:40+	01:08+	01:26+	00:49+	06:58+	00:35+	00:22+	00:53+	00:45+	00:25+	00:23+
01:34+	02:30+	00:55+	00:45+	01:14+	00:20+	02:00+	00:50+	01:45+	02:12+	00:40+	01:08+	01:26+	00:49+	06:58+	00:35+	00:22+	00:53+	00:45+	00:25+	00:23+

Class	Navn	Klasse	Tid
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Herrer C

15	Erling Mauland	3541	32:58																	
01:45+	09:11+	10:08+	10:40+	11:44+	12:05+	13:44+	14:30+	16:26+	19:20+	19:58+	21:13+	22:44+	23:27+	29:59+	30:26+	30:48+	31:39+	32:16+	32:38+	32:58+
01:45+	07:26+	00:57+	00:32+	01:04+	00:21+	01:39+	00:46+	01:56+	02:54+	00:38+	01:15+	01:31+	00:43+	06:32+	00:27+	00:22+	00:51+	00:37+	00:22+	00:20+
01:45+	07:26+	00:57+	00:32+	01:04+	00:21+	01:39+	00:46+	01:56+	02:54+	00:38+	01:15+	01:31+	00:43+	06:32+	00:27+	00:22+	00:51+	00:37+	00:22+	00:20+
16	Ove Oaland	1683	34:13																	
02:07+	05:05+	06:25+	07:11+	07:49+	08:56+	10:58+	11:58+	14:08+	16:52+	17:52+	19:03+	21:16+	22:04+	30:19+	30:53+	31:20+	32:23+	33:21+	33:46+	34:13+
02:07+	02:58+	01:20+	00:46+	00:38+	01:07+	02:02+	01:00+	02:10+	02:44+	01:00+	01:11+	02:13+	00:48+	08:15+	00:34+	00:27+	01:03+	00:58+	00:25+	00:27+
02:07+	02:58+	01:20+	00:46+	00:38+	01:07+	02:02+	01:00+	02:10+	02:44+	01:00+	01:11+	02:13+	00:48+	08:15+	00:34+	00:27+	01:03+	00:58+	00:25+	00:27+

Beste strekktid for klassen

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

Herrer Ny

1	Omid Reza Bagheri	3524	19:00																	
01:44=	04:08=	05:17=	06:02=	10:32=	13:11=	14:57=	19:00=	21:44=												
01:44=	02:24=	01:09=	00:45=	04:30=	02:39=	01:46=	04:03=	02:44=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Augustine Okafor	1683	19:38																	
02:12+	05:34+	06:49+	07:54+	11:26+	14:17+	15:38+	18:33-	19:38-												
02:12+	03:22+	01:15+	01:05+	03:32-	02:51+	01:21-	02:55-	01:05-												
00:28&	00:58&	00:06+	00:20&	00:58-	00:12+	00:25-	01:08-	01:39-												

Beste strekktid for klassen

01:44 02:24 01:09 00:45 03:32 02:39 01:21 02:55 01:05

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

Herrer Trim

1	Bartłomiej Lenart	1376	19:05																	
01:32=	02:23=	03:42=	04:26=	06:24=	07:08=	09:24=	09:46=	10:20=	11:44=	12:29=	16:36=	18:17=	18:46=	19:05=						
01:32=	00:51=	01:19=	00:44=	01:58=	00:44=	02:16=	00:22=	00:34=	01:24=	00:45=	04:07=	01:41=	00:29=	00:19=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Erik Østebø	NOTEAM	21:43																	
01:26-	03:03+	04:21+	06:17+	08:04+	08:47+	11:42+	12:05+	12:45+	14:23+	15:01+	18:54+	20:48+	21:26+	21:43+						
01:26-	01:37+	01:18-	01:56+	01:47-	00:43-	02:55+	00:23+	00:40+	01:38+	00:38-	03:53-	01:54+	00:38+	00:17-						
00:06-	00:46&	00:01-	01:12&	00:11-	00:01-	00:39&	00:01+	00:06#	00:14#	00:07-	00:14-	00:13#	00:09&	00:02-						
3	Hans Østebø	NOTEAM	21:44																	
01:27-	03:01+	04:21+	06:15+	08:01+	08:42+	11:39+	12:05+	12:48+	14:24+	15:01+	19:05+	20:49+	21:26+	21:44+						
01:27-	01:34+	01:20+	01:54+	01:46-	00:41-	02:57+	00:26+	00:43+	01:36+	00:37-	04:04-	01:44+	00:37+	00:18-						
00:05-	00:43&	00:01+	01:10&	00:12-	00:03-	00:41&	00:04#	00:09&	00:12#	00:08-	00:03-	00:03+	00:08&	00:01-						
4	Arne Magne Sondresen	722	22:05																	
01:46+	02:42+	04:21+	05:12+	06:47+	07:33+	10:18+	10:40+	11:16+	12:46+	13:28+	19:01+	21:06+	21:39+	22:05+						
01:46+	00:56+	01:39+	00:51+	01:35-	00:46+	02:45+	00:22=	00:36+	01:30+	00:42-	05:33+	02:05+	00:33+	00:26+						
00:14#	00:05+	00:20&	00:07#	00:23-	00:02+	00:29#	00:00=	00:02+	00:06+	00:03-	01:26&	00:24#	00:04#	00:07&						
5	Thomas Romstad	1683	22:29																	
01:38+	02:33+	04:08+	05:16+	06:40+	07:25+	09:53+	10:15+	10:46+	12:13+	13:24+	18:46+	21:21+	22:07+	22:29+						
01:38+	00:55+	01:35+	01:08+	01:24-	00:45+	02:28+	00:22=	00:31-	01:27+	01:11+	05:22+	02:35+	00:46+	00:22+						
00:06+	00:04+	00:16#	00:24&	00:34-	00:01+	00:12+	00:00=	00:03-	00:03+	00:26&	01:15&	00:54&	00:17&	00:03#						
6	Frode Halvor Lund	3516	22:36																	
01:41+	02:40+	04:22+	05:15+	07:31+	08:25+	11:14+	11:37+	12:11+	13:42+	14:32+	19:30+	21:36+	22:12+	22:36+						
01:41+	00:59+	01:42+	00:53+	02:16+	00:54+	02:49+	00:23+	00:34=	01:31+	00:50+	04:58+	02:06+	00:36+	00:24+						
00:09+	00:08#	00:23&	00:09#	00:18#	00:10#	00:33#	00:01+	00:00=	00:07+	00:05#	00:51#	00:25#	00:07#	00:05&						

Herrer Trim

7	William Vagle	3548	22:41											
01:26-	02:13-	03:41-	04:22-	05:44-	06:25-	10:52+	11:12+	12:21+	15:23+	16:00+	20:25+	21:51+	22:20+	22:41+
01:26-	00:47-	01:28+	00:41-	01:22-	00:41-	04:27+	00:20-	01:09+	03:02+	00:37-	04:25+	01:26-	00:29+	00:21+
00:06-	00:04-	00:09#	00:03-	00:36-	00:03-	02:11#	00:02-	00:35#	01:38#	00:08-	00:18+	00:15-	00:00=	00:02#
8	Svein Erik Bjørnsen	1376	23:26											
03:42+	04:32+	06:22+	07:20+	08:59+	09:47+	12:22+	12:47+	13:24+	14:55+	15:37+	20:42+	22:29+	23:03+	23:26+
03:42+	00:50+	01:50+	00:58+	01:39+	00:48+	02:35+	00:25+	00:37+	01:31+	00:42+	05:05+	01:47+	00:34+	00:23+
03:42+	00:50+	01:50+	00:58+	01:39+	00:48+	02:35+	00:25+	00:37+	01:31+	00:42+	05:05+	01:47+	00:34+	00:23+
9	Andreas Primstad	3548	23:56											
01:46+	02:36+	04:00+	04:51+	06:16+	07:00+	11:50+	12:10+	13:20+	16:22+	17:03+	21:35+	23:04+	23:40+	23:56+
01:46+	00:50+	01:24+	00:51+	01:25+	00:44+	04:50+	00:20+	01:10+	03:02+	00:41+	04:32+	01:29+	00:36+	00:16+
01:46+	00:50+	01:24+	00:51+	01:25+	00:44+	04:50+	00:20+	01:10+	03:02+	00:41+	04:32+	01:29+	00:36+	00:16+
10	Håvard Aase	3558	24:36											
01:49+	02:52+	04:35+	05:42+	07:46+	08:39+	11:39+	12:07+	12:55+	14:40+	15:36+	20:42+	23:11+	24:08+	24:36+
01:49+	01:03+	01:43+	01:07+	02:04+	00:53+	03:00+	00:28+	00:48+	01:45+	00:56+	05:06+	02:29+	00:57+	00:28+
01:49+	01:03+	01:43+	01:07+	02:04+	00:53+	03:00+	00:28+	00:48+	01:45+	00:56+	05:06+	02:29+	00:57+	00:28+
11	Trond Jan Øglend	3523	24:37											
01:24+	02:14+	03:40+	04:21+	06:04+	10:50+	13:02+	13:31+	14:47+	15:56+	17:49+	21:46+	23:41+	24:16+	24:37+
01:24+	00:50+	01:26+	00:41+	01:43+	04:46+	02:12+	00:29+	01:16+	01:09+	01:53+	03:57+	01:55+	00:35+	00:21+
01:24+	00:50+	01:26+	00:41+	01:43+	04:46+	02:12+	00:29+	01:16+	01:09+	01:53+	03:57+	01:55+	00:35+	00:21+
12	Roger Endre Nyseth	892	26:41											
02:12+	03:16+	04:58+	05:59+	07:50+	08:54+	12:06+	12:35+	13:17+	15:11+	16:06+	23:00+	25:23+	26:08+	26:41+
02:12+	01:04+	01:42+	01:01+	01:51+	01:04+	03:12+	00:29+	00:42+	01:54+	00:55+	06:54+	02:23+	00:45+	00:33+
02:12+	01:04+	01:42+	01:01+	01:51+	01:04+	03:12+	00:29+	00:42+	01:54+	00:55+	06:54+	02:23+	00:45+	00:33+
13	Nils Egil Lie	3548	27:00											
02:23+	03:19+	05:14+	06:11+	07:57+	08:55+	12:27+	13:07+	14:05+	15:57+	16:59+	23:43+	25:57+	26:38+	27:00+
02:23+	00:56+	01:55+	00:57+	01:46+	00:58+	03:32+	00:40+	00:58+	01:52+	01:02+	06:44+	02:14+	00:41+	00:22+
02:23+	00:56+	01:55+	00:57+	01:46+	00:58+	03:32+	00:40+	00:58+	01:52+	01:02+	06:44+	02:14+	00:41+	00:22+
14	Martin Gjerstad	3676	27:02											
01:29+	02:18+	03:53+	04:54+	08:39+	09:35+	15:09+	15:31+	16:12+	18:11+	18:57+	23:28+	26:07+	26:40+	27:02+
01:29+	00:49+	01:35+	01:01+	03:45+	00:56+	05:34+	00:22+	00:41+	01:59+	00:46+	04:31+	02:39+	00:33+	00:22+
01:29+	00:49+	01:35+	01:01+	03:45+	00:56+	05:34+	00:22+	00:41+	01:59+	00:46+	04:31+	02:39+	00:33+	00:22+
15	Sjur Bjerke	3525	27:28											
02:11+	03:11+	04:55+	07:46+	09:39+	10:27+	13:22+	13:51+	14:30+	16:25+	17:21+	23:28+	26:23+	27:03+	27:28+
02:11+	01:00+	01:44+	02:51+	01:53+	00:48+	02:55+	00:29+	00:39+	01:55+	00:56+	06:07+	02:55+	00:40+	00:25+
02:11+	01:00+	01:44+	02:51+	01:53+	00:48+	02:55+	00:29+	00:39+	01:55+	00:56+	06:07+	02:55+	00:40+	00:25+
16	Bruno Pierfelice	3519	28:24											
01:26+	02:34+	04:13+	06:40+	09:06+	10:03+	13:42+	14:08+	14:49+	16:55+	17:48+	24:19+	27:25+	27:58+	28:24+
01:26+	01:08+	01:39+	02:27+	02:26+	00:57+	03:39+	00:26+	00:41+	02:06+	00:53+	06:31+	03:06+	00:33+	00:26+
01:26+	01:08+	01:39+	02:27+	02:26+	00:57+	03:39+	00:26+	00:41+	02:06+	00:53+	06:31+	03:06+	00:33+	00:26+
17	Leif Jarle Skåra	3502	29:04											
02:10+	03:14+	05:21+	06:30+	08:35+	09:38+	13:12+	13:58+	14:46+	16:43+	17:47+	25:26+	27:54+	28:36+	29:04+
02:10+	01:04+	02:07+	01:09+	02:05+	01:03+	03:34+	00:46+	00:48+	01:57+	01:04+	07:39+	02:28+	00:42+	00:28+
02:10+	01:04+	02:07+	01:09+	02:05+	01:03+	03:34+	00:46+	00:48+	01:57+	01:04+	07:39+	02:28+	00:42+	00:28+
18	Jan Henrik Neuenkirchen	896	29:16											
04:13+	05:19+	07:19+	08:20+	10:51+	11:48+	15:27+	16:06+	16:55+	18:50+	19:46+	26:03+	28:12+	28:50+	29:16+
04:13+	01:06+	02:00+	01:01+	02:31+	00:57+	03:39+	00:39+	00:49+	01:55+	00:56+	06:17+	02:09+	00:38+	00:26+
04:13+	01:06+	02:00+	01:01+	02:31+	00:57+	03:39+	00:39+	00:49+	01:55+	00:56+	06:17+	02:09+	00:38+	00:26+
19	Ketil Vestbakke	1683	29:31											
02:13+	03:19+	05:22+	06:28+	08:59+	11:09+	14:43+	15:11+	15:53+	18:09+	19:15+	25:30+	28:19+	29:04+	29:31+
02:13+	01:06+	02:03+	01:06+	02:31+	02:10+	03:34+	00:28+	00:42+	02:16+	01:06+	06:15+	02:49+	00:45+	00:27+
02:13+	01:06+	02:03+	01:06+	02:31+	02:10+	03:34+	00:28+	00:42+	02:16+	01:06+	06:15+	02:49+	00:45+	00:27+
20	Stian Rørheim	3507	29:40											
02:06+	03:02+	04:40+	05:33+	07:09+	13:28+	17:17+	17:42+	18:46+	20:21+	21:08+	25:49+	28:45+	29:17+	29:40+
02:06+	00:56+	01:38+	00:53+	01:36+	06:19+	03:49+	00:25+	01:04+	01:35+	00:47+	04:41+	02:56+	00:32+	00:23+
02:06+	00:56+	01:38+	00:53+	01:36+	06:19+	03:49+	00:25+	01:04+	01:35+	00:47+	04:41+	02:56+	00:32+	00:23+

Herrer Trim

21	John Helge Svandal	3531	30:12											
01:49+	02:55+	05:02+	06:16+	08:09+	09:00+	12:45+	13:15+	14:21+	18:29+	19:26+	25:49+	29:17+	29:51+	30:12+
01:49+	01:06+	02:07+	01:14+	01:53+	00:51+	03:45+	00:30+	01:06+	04:08+	00:57+	06:23+	03:28+	00:34+	00:21+
01:49+	01:06+	02:07+	01:14+	01:53+	00:51+	03:45+	00:30+	01:06+	04:08+	00:57+	06:23+	03:28+	00:34+	00:21+
22	Isak Vestbakke	1683	30:20											
02:57+	04:04+	05:50+	07:58+	10:28+	11:22+	16:10+	16:48+	17:32+	19:51+	20:42+	26:44+	29:10+	29:53+	30:20+
02:57+	01:07+	01:46+	02:08+	02:30+	00:54+	04:48+	00:38+	00:44+	02:19+	00:51+	06:02+	02:26+	00:43+	00:27+
02:57+	01:07+	01:46+	02:08+	02:30+	00:54+	04:48+	00:38+	00:44+	02:19+	00:51+	06:02+	02:26+	00:43+	00:27+
23	Rune Hagen Maudal	3524	30:27											
02:10+	03:20+	05:25+	06:32+	08:42+	10:03+	14:27+	14:53+	15:44+	18:07+	19:21+	26:49+	29:09+	30:00+	30:27+
02:10+	01:10+	02:05+	01:07+	02:10+	01:21+	04:24+	00:26+	00:51+	02:23+	01:14+	07:28+	02:20+	00:51+	00:27+
02:10+	01:10+	02:05+	01:07+	02:10+	01:21+	04:24+	00:26+	00:51+	02:23+	01:14+	07:28+	02:20+	00:51+	00:27+
24	Harald Grøndal	NOTEAM	30:31											
01:54+	02:57+	05:01+	06:36+	12:43+	13:31+	17:23+	17:49+	18:24+	20:17+	21:04+	26:40+	29:31+	30:08+	30:31+
01:54+	01:03+	02:04+	01:35+	06:07+	00:48+	03:52+	00:26+	00:35+	01:53+	00:47+	05:36+	02:51+	00:37+	00:23+
01:54+	01:03+	02:04+	01:35+	06:07+	00:48+	03:52+	00:26+	00:35+	01:53+	00:47+	05:36+	02:51+	00:37+	00:23+
25	Joar Fandrem	1141	31:17											
02:02+	03:06+	05:04+	08:06+	10:35+	11:43+	16:21+	16:57+	18:07+	20:02+	20:59+	27:37+	29:50+	30:51+	31:17+
02:02+	01:04+	01:58+	03:02+	02:29+	01:08+	04:38+	00:36+	01:10+	01:55+	00:57+	06:38+	02:13+	01:01+	00:26+
02:02+	01:04+	01:58+	03:02+	02:29+	01:08+	04:38+	00:36+	01:10+	01:55+	00:57+	06:38+	02:13+	01:01+	00:26+
26	Tor Harald Lunde	3511	31:47											
02:26+	03:36+	06:06+	07:12+	09:26+	11:00+	15:17+	15:49+	16:44+	19:25+	20:28+	27:20+	30:32+	31:16+	31:47+
02:26+	01:10+	02:30+	01:06+	02:14+	01:34+	04:17+	00:32+	00:55+	02:41+	01:03+	06:52+	03:12+	00:44+	00:31+
02:26+	01:10+	02:30+	01:06+	02:14+	01:34+	04:17+	00:32+	00:55+	02:41+	01:03+	06:52+	03:12+	00:44+	00:31+
27	Christian Nilsen	3525	32:03											
02:48+	03:57+	06:02+	07:08+	11:12+	13:02+	16:40+	17:13+	18:03+	20:17+	21:18+	27:56+	30:55+	31:35+	32:03+
02:48+	01:09+	02:05+	01:06+	04:04+	01:50+	03:38+	00:33+	00:50+	02:14+	01:01+	06:38+	02:59+	00:40+	00:28+
02:48+	01:09+	02:05+	01:06+	04:04+	01:50+	03:38+	00:33+	00:50+	02:14+	01:01+	06:38+	02:59+	00:40+	00:28+
28	Svein Sivertsen	3530	32:38											
02:21+	03:26+	05:12+	06:09+	08:14+	09:15+	18:36+	19:01+	19:45+	21:43+	22:45+	29:04+	31:27+	32:10+	32:38+
02:21+	01:05+	01:46+	00:57+	02:05+	01:01+	09:21+	00:25+	00:44+	01:58+	01:02+	06:19+	02:23+	00:43+	00:28+
02:21+	01:05+	01:46+	00:57+	02:05+	01:01+	09:21+	00:25+	00:44+	01:58+	01:02+	06:19+	02:23+	00:43+	00:28+
29	Øystein Endresen	3504	33:19											
01:55+	02:58+	05:01+	08:29+	12:41+	13:47+	16:43+	17:32+	18:09+	19:59+	20:58+	29:35+	32:12+	32:54+	33:19+
01:55+	01:03+	02:03+	03:28+	04:12+	01:06+	02:56+	00:49+	00:37+	01:50+	00:59+	08:37+	02:37+	00:42+	00:25+
01:55+	01:03+	02:03+	03:28+	04:12+	01:06+	02:56+	00:49+	00:37+	01:50+	00:59+	08:37+	02:37+	00:42+	00:25+
30	Lars Salvesen	1119	33:36											
02:11+	03:16+	05:05+	06:05+	15:50+	16:45+	20:38+	21:05+	21:42+	23:39+	24:39+	30:24+	32:34+	33:11+	33:36+
02:11+	01:05+	01:49+	01:00+	09:45+	00:55+	03:53+	00:27+	00:37+	01:57+	01:00+	05:45+	02:10+	00:37+	00:25+
02:11+	01:05+	01:49+	01:00+	09:45+	00:55+	03:53+	00:27+	00:37+	01:57+	01:00+	05:45+	02:10+	00:37+	00:25+
31	John Øgreid	882	33:50											
02:49+	04:19+	06:41+	08:04+	10:36+	12:08+	16:39+	17:17+	18:09+	20:45+	21:59+	28:50+	32:05+	33:04+	33:50+
02:49+	01:30+	02:22+	01:23+	02:32+	01:32+	04:31+	00:38+	00:52+	02:36+	01:14+	06:51+	03:15+	00:59+	00:46+
02:49+	01:30+	02:22+	01:23+	02:32+	01:32+	04:31+	00:38+	00:52+	02:36+	01:14+	06:51+	03:15+	00:59+	00:46+
32	Kjell-Ole Topnes	1683	33:56											
02:40+	04:00+	06:43+	08:06+	11:13+	12:30+	16:36+	17:12+	18:43+	21:02+	22:11+	29:33+	32:34+	33:22+	33:56+
02:40+	01:20+	02:43+	01:23+	03:07+	01:17+	04:06+	00:36+	01:31+	02:19+	01:09+	07:22+	03:01+	00:48+	00:34+
02:40+	01:20+	02:43+	01:23+	03:07+	01:17+	04:06+	00:36+	01:31+	02:19+	01:09+	07:22+	03:01+	00:48+	00:34+
33	Bent Horpestad	722	34:45											
01:58+	03:00+	05:06+	06:28+	09:31+	10:29+	14:46+	15:11+	16:35+	21:42+	23:44+	30:45+	33:21+	34:18+	34:45+
01:58+	01:02+	02:06+	01:22+	03:03+	00:58+	04:17+	00:25+	01:24+	05:07+	02:02+	07:01+	02:36+	00:57+	00:27+
01:58+	01:02+	02:06+	01:22+	03:03+	00:58+	04:17+	00:25+	01:24+	05:07+	02:02+	07:01+	02:36+	00:57+	00:27+
34	Rolf Øystein Kluge	793	36:37											
02:53+	04:09+	06:49+	08:11+	12:07+	13:20+	17:51+	18:25+	19:24+	22:08+	23:24+	31:56+	35:11+	36:04+	36:37+
02:53+	01:16+	02:40+	01:22+	03:56+	01:13+	04:31+	00:34+	00:59+	02:44+	01:16+	08:32+	03:15+	00:53+	00:33+
02:53+	01:16+	02:40+	01:22+	03:56+	01:13+	04:31+	00:34+	00:59+	02:44+	01:16+	08:32+	03:15+	00:53+	00:33+

Herrer Trim

35	Per Bakken	880	37:08
02:49+	04:10+ 06:45+ 08:09+ 11:25+ 12:49+	18:37+ 19:16+ 20:26+ 22:56+ 24:24+	32:57+ 35:39+ 36:35+ 37:08+
02:49+	01:21+ 02:35+ 01:24+ 03:16+ 01:24+	05:48+ 00:39+ 01:10+ 02:30+ 01:28+	08:33+ 02:42+ 00:56+ 00:33+
02:49+	01:21+ 02:35+ 01:24+ 03:16+	05:48+ 00:39+ 01:10+ 02:30+	01:28+ 08:33+ 02:42+ 00:56+ 00:33+
36	Steinar Løgth Aase	2539	38:20
02:45+	04:10+ 06:56+ 08:14+ 10:42+ 11:59+	20:29+ 21:02+ 21:51+ 24:36+ 25:48+	34:17+ 36:50+ 37:47+ 38:20+
02:45+	01:25+ 02:46+ 01:18+ 02:28+ 01:17+	08:30+ 00:33+ 00:49+ 02:45+ 01:12+	08:29+ 02:33+ 00:57+ 00:33+
02:45+	01:25+ 02:46+ 01:18+ 02:28+	08:30+ 00:33+ 00:49+ 02:45+	01:12+ 08:29+ 02:33+ 00:57+ 00:33+
37	Svein Olav Høyland	1683	39:14
04:06+	05:33+ 07:43+ 08:52+ 13:41+ 14:44+	19:22+ 19:49+ 21:50+ 24:00+ 25:55+	33:23+ 35:59+ 38:43+ 39:14+
04:06+	01:27+ 02:10+ 01:09+ 04:49+ 01:03+	04:38+ 00:27+ 02:01+ 02:10+ 01:55+	07:28+ 02:36+ 02:44+ 00:31+
04:06+	01:27+ 02:10+ 01:09+ 04:49+	01:03+ 04:38+ 00:27+	02:01+ 02:10+ 01:55+ 07:28+ 02:36+ 02:44+ 00:31+
38	Johannes Åsland Lindstad	3516	39:23
10:19+	11:04+ 12:22+ 13:03+ 16:50+ 17:57+	22:11+ 23:47+ 24:54+ 27:56+	31:04+ 36:03+ 38:16+ 39:01+
10:19+	00:45+ 01:18+ 00:41+ 03:47+ 01:07+	04:14+ 01:36+ 01:07+ 03:02+	03:08+ 04:59+ 02:13+ 00:45+
10:19+	00:45+ 01:18+ 00:41+ 03:47+	01:07+ 04:14+ 01:36+	01:07+ 03:02+ 03:08+ 04:59+ 02:13+ 00:45+ 00:22+
39	Torgeir Færevåg	3553	41:12
02:19+	04:38+ 07:11+ 16:28+ 19:06+ 20:17+	23:54+ 24:26+ 25:23+ 27:39+	29:42+ 36:56+ 39:51+ 40:40+
02:19+	02:19+ 02:33+ 09:17+ 02:38+ 01:11+	03:37+ 00:32+ 00:57+ 02:16+	02:03+ 07:14+ 02:55+ 00:49+
02:19+	02:19+ 02:33+ 09:17+ 02:38+	01:11+ 03:37+ 00:32+	00:57+ 02:16+ 02:03+ 07:14+ 02:55+ 00:49+ 00:32+
40	Tom Leveraas	1884	41:36
03:26+	04:27+ 06:46+ 17:17+ 20:26+ 21:34+	27:25+ 27:51+ 28:27+ 30:10+	31:54+ 37:46+ 40:23+ 41:07+
03:26+	01:01+ 02:19+ 10:31+ 03:09+ 01:08+	05:51+ 00:26+ 00:36+ 01:43+	01:44+ 05:52+ 02:37+ 00:44+
03:26+	01:01+ 02:19+ 10:31+ 03:09+	01:08+ 05:51+ 00:26+	00:36+ 01:43+ 01:44+ 05:52+ 02:37+ 00:44+ 00:29+
41	Jan Erik Rasmussen	3519	42:12
07:35+	08:46+ 11:08+ 12:35+ 15:13+ 16:36+	20:54+ 21:34+ 22:27+ 25:08+	26:29+ 37:45+ 40:37+ 41:38+
07:35+	01:11+ 02:22+ 01:27+ 02:38+ 01:23+	04:18+ 00:40+ 00:53+ 02:41+	01:21+ 11:16+ 02:52+ 01:01+
07:35+	01:11+ 02:22+ 01:27+ 02:38+	01:23+ 04:18+ 00:40+	00:53+ 02:41+ 01:21+ 11:16+ 02:52+ 01:01+ 00:34+
42	Erik Campbell Henriksen	1683	44:30
03:17+	05:05+ 09:09+ 12:45+ 15:55+ 17:32+	22:22+ 23:01+ 24:03+ 27:12+	28:57+ 38:17+ 42:20+ 43:39+
03:17+	01:48+ 04:04+ 03:36+ 03:10+ 01:37+	04:50+ 00:39+ 01:02+ 03:09+	01:45+ 09:20+ 04:03+ 01:19+
03:17+	01:48+ 04:04+ 03:36+ 03:10+	01:37+ 04:50+ 00:39+	01:02+ 03:09+ 01:45+ 09:20+ 04:03+ 01:19+ 00:51+
43	Terje Hodne Nilssen	3530	47:51
03:14+	04:55+ 08:47+ 11:12+ 14:09+ 15:55+	21:04+ 21:39+ 23:09+ 26:02+	27:26+ 42:03+ 45:38+ 46:51+
03:14+	01:41+ 03:52+ 02:25+ 02:57+ 01:46+	05:09+ 00:35+ 01:30+ 02:53+	01:24+ 14:37+ 03:35+ 01:13+
03:14+	01:41+ 03:52+ 02:25+ 02:57+	01:46+ 05:09+ 00:35+	01:30+ 02:53+ 01:24+ 14:37+ 03:35+ 01:13+ 01:00+
44	Jacek Jagodzinski	3486	52:18
02:36+	04:08+ 07:06+ 12:28+ 18:49+ 20:18+	25:54+ 26:47+ 28:22+ 34:45+	36:37+ 45:36+ 49:58+ 51:17+
02:36+	01:32+ 02:58+ 05:22+ 06:21+ 01:29+	05:36+ 00:53+ 01:35+ 06:23+	01:52+ 08:59+ 04:22+ 01:19+
02:36+	01:32+ 02:58+ 05:22+ 06:21+	01:29+ 05:36+ 00:53+	01:35+ 06:23+ 01:52+ 08:59+ 04:22+ 01:19+ 01:01+
45	Svein Inge Sævereid	643	53:18
03:09+	04:42+ 07:43+ 11:49+ 15:27+ 17:15+	23:40+ 24:43+ 26:12+ 29:34+	31:10+ 42:18+ 51:02+ 52:24+
03:09+	01:33+ 03:01+ 04:06+ 03:38+ 01:48+	06:25+ 01:03+ 01:29+ 03:22+	01:36+ 11:08+ 08:44+ 01:22+
03:09+	01:33+ 03:01+ 04:06+ 03:38+	01:48+ 06:25+ 01:03+	01:29+ 03:22+ 01:36+ 11:08+ 08:44+ 01:22+ 00:54+

Beste strekktid for klassen

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