

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Sina Thu Randulff	643	20:02																				
00:21=	00:54=	01:12=	01:38=	02:11=	03:05=	03:43=	04:39=	05:10=	05:34=	07:00=	08:12=	09:11=	10:16=	11:44=	12:47=	13:40=	15:20=	16:17=	17:03=	18:29=	19:40=	19:54=	20:02=
00:21=	00:33=	00:18=	00:26=	00:33=	00:54=	00:38=	00:56=	00:31=	00:24=	01:26=	01:12=	00:59=	01:05=	01:28=	01:03=	00:53=	01:40=	00:57=	00:46=	01:26=	01:11=	00:14=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Lisa Turko	NOTEAM	21:02																				
00:24+	01:10+	01:30+	02:13+	02:40+	03:28+	04:13+	05:01+	05:35+	06:01+	07:35+	09:02+	10:14+	11:34+	12:42+	13:43+	14:25+	16:12+	17:06+	18:03+	19:26+	20:37+	20:53+	21:02+
00:24+	00:46+	00:20+	00:43+	00:27-	00:48-	00:45+	00:48-	00:34+	00:26+	01:34+	01:27+	01:12+	01:20+	01:08-	01:01-	00:42-	01:47+	00:54-	00:57+	01:23-	01:11=	00:16+	00:09+
00:03#	00:13&	00:04#	00:17&	00:06-	00:06-	00:07#	00:08-	00:03+	00:02+	00:08+	00:15#	00:13#	00:15#	00:20-	00:02-	00:11-	00:07+	00:03-	00:11#	00:03-	00:00=	00:02#	00:01#
3	Wibeke Lende	3503	21:12																				
00:28+	01:13+	01:35+	02:15+	02:47+	03:43+	04:25+	05:14+	05:46+	06:12+	07:50+	09:09+	10:13+	11:26+	12:28+	13:24+	14:08+	16:15+	17:14+	18:05+	19:38+	20:48+	21:04+	21:12+
00:28+	00:45+	00:22+	00:40+	00:32-	00:56+	00:42+	00:49-	00:32+	00:26+	01:38+	01:19+	01:04+	01:13+	01:02-	00:56-	00:44-	02:07+	00:59+	00:51+	01:33+	01:10-	00:16+	00:08=
00:07&	00:12&	00:04#	00:14&	00:01-	00:02+	00:04#	00:07-	00:01+	00:02+	00:12#	00:07+	00:05+	00:08#	00:26-	00:07-	00:09-	00:27&	00:02+	00:05#	00:07+	00:01-	00:02#	00:00=
4	Aina Kalsas Urstad	3580	22:23																				
01:37+	02:32+	02:52+	03:21+	03:51+	04:55+	05:36+	06:35+	07:09+	07:35+	09:06+	10:21+	11:22+	12:45+	13:49+	14:47+	15:33+	17:42+	18:34+	19:22+	20:42+	22:00+	22:15+	22:23+
01:37+	00:55+	00:20+	00:29+	00:30-	01:04+	00:41+	00:59+	00:34+	00:26+	01:31+	01:15+	01:01+	01:23+	01:04-	00:58-	00:46-	02:09+	00:52-	00:48+	01:20-	01:18+	00:15+	00:08=
01:16@	00:22&	00:02#	00:03#	00:03-	00:10#	00:03+	00:03+	00:03+	00:02+	00:05+	00:03+	00:02+	00:18&	00:24-	00:05-	00:07-	00:29&	00:05-	00:02+	00:06-	00:07+	00:01+	00:00=
5	Helene P. Hundeide	769	23:17																				
00:21=	01:10+	01:29+	02:09+	02:49+	03:37+	04:19+	05:10+	05:48+	06:14+	07:51+	09:28+	10:35+	12:31+	13:38+	14:45+	15:37+	18:09+	19:14+	20:07+	21:33+	22:54+	23:08+	23:17+
00:21=	00:49+	00:19+	00:40+	00:40+	00:48-	00:42+	00:51-	00:38+	00:26+	01:37+	01:37+	01:07+	01:56+	01:07-	01:07+	00:52-	02:32+	01:05+	00:53+	01:26=	01:21+	00:14=	00:09+
00:00=	00:16&	00:01+	00:14&	00:07#	00:06-	00:04#	00:05-	00:07#	00:02+	00:11#	00:25&	00:08#	00:51&	00:21-	00:04+	00:01-	00:52&	00:08#	00:07#	00:00=	00:10#	00:00=	00:01#
6	Ingrid Lycke Austbø	989	24:14																				
01:17+	02:03+	02:23+	03:09+	03:37+	05:25+	06:10+	07:05+	07:39+	08:07+	09:50+	11:17+	12:46+	14:00+	14:58+	15:53+	16:42+	19:08+	20:03+	20:54+	22:29+	23:49+	24:04+	24:14+
01:17+	00:46+	00:20+	00:46+	00:28-	01:48+	00:45+	00:55-	00:34+	00:28+	01:43+	01:27+	01:29+	01:14+	00:58-	00:55-	00:49-	02:26+	00:55-	00:51+	01:35+	01:20+	00:15+	00:10+
00:56@	00:13&	00:02#	00:20&	00:05-	00:54&	00:07#	00:01-	00:03+	00:04#	00:17#	00:15#	00:30&	00:09#	00:30-	00:08-	00:04-	00:46&	00:02-	00:05#	00:09#	00:09#	00:01+	00:02#
7	Rønnaug Egeland	1884	24:41																				
00:24+	01:29+	01:49+	02:39+	03:14+	04:15+	05:13+	06:10+	06:46+	07:15+	09:04+	10:38+	11:48+	13:23+	14:50+	15:50+	16:37+	18:45+	19:48+	20:47+	22:44+	24:10+	24:30+	24:41+
00:24+	01:05+	00:20+	00:50+	00:35+	01:01+	00:58+	00:57+	00:36+	00:29+	01:49+	01:34+	01:10+	01:35+	01:27-	01:00-	00:47-	02:08+	01:03+	00:59+	01:57+	01:26+	00:20+	00:11+
00:03#	00:32&	00:02#	00:24&	00:02+	00:07#	00:20&	00:01+	00:05#	00:05#	00:23&	00:22&	00:11#	00:30&	00:01-	00:03-	00:06-	00:28&	00:06#	00:13&	00:31&	00:15#	00:06&	00:03&
8	Frida Erikstein	1830	24:47																				
00:29+	01:17+	01:41+	02:15+	02:49+	04:04+	04:53+	05:51+	06:28+	07:09+	09:08+	12:50+	13:55+	15:07+	16:08+	17:09+	17:52+	19:54+	20:46+	21:36+	23:10+	24:21+	24:39+	24:47+
00:29+	00:48+	00:24+	00:34+	00:34+	01:15+	00:49+	00:58+	00:37+	00:41+	01:59+	03:42+	01:05+	01:12+	01:01-	01:01-	00:43-	02:02+	00:52-	00:50+	01:34+	01:11=	00:18+	00:08=
00:08&	00:15&	00:06&	00:08&	00:01+	00:21&	00:11&	00:02+	00:06#	00:17&	00:33&	02:30@	00:06#	00:07#	00:27-	00:02-	00:10-	00:22#	00:05-	00:04+	00:08+	00:00=	00:04&	00:00=
9	Kjersti Fandrem Høivik	874	24:50																				
00:24+	01:11+	01:29+	02:01+	02:38+	03:36+	04:16+	05:10+	05:49+	06:17+	08:01+	11:38+	12:35+	14:22+	15:23+	16:29+	17:23+	19:42+	20:40+	21:38+	23:06+	24:24+	24:42+	24:50+
00:24+	00:47+	00:18=	00:32+	00:37+	00:58+	00:40+	00:54-	00:39+	00:28+	01:44+	03:37+	00:57-	01:47+	01:01-	01:06+	00:54+	02:19+	00:58+	00:58+	01:28+	01:18+	00:18+	00:08=
00:03#	00:14&	00:00=	00:06#	00:04#	00:04+	00:02+	00:02-	00:08&	00:04#	00:18#	02:25@	00:02-	00:42&	00:27-	00:03+	00:01+	00:39&	00:01+	00:12&	00:02+	00:07+	00:04&	00:00=
10	Karoline Blyberg Lillehammer	1758	25:10																				
00:30+	01:37+	02:02+	02:42+	03:23+	04:31+	05:13+	06:10+	06:43+	07:14+	08:53+	10:41+	11:35+	13:30+	14:39+	15:58+	16:45+	19:21+	20:23+	21:32+	23:09+	24:37+	25:00+	25:10+
00:30+	01:07+	00:25+	00:40+	00:41+	01:08+	00:42+	00:57+	00:33+	00:31+	01:39+	01:48+	00:54-	01:55+	01:09-	01:19+	00:47-	02:36+	01:02+	01:09+	01:37+	01:28+	00:23+	00:10+
00:09&	00:34@	00:07&	00:14&	00:08#	00:14&	00:04#	00:01+	00:02+	00:07&	00:13#	00:36&	00:05-	00:50&	00:19-	00:16&	00:06-	00:56&	00:05+	00:23&	00:11#	00:17#	00:09&	00:02#
11	Hege Bakken	1754	26:39																				
00:25+	01:18+	01:40+	02:20+	02:59+	04:19+	05:02+	06:22+	07:06+	07:43+	09:38+	11:13+	12:28+	14:23+	15:41+	16:48+	17:41+	20:37+	21:45+	22:44+	24:39+	26:12+	26:29+	26:39+
00:25+	00:53+	00:22+	00:40+	00:39+	01:20+	00:43+	01:20+	00:44+	00:37+	01:55+	01:35+	01:15+	01:55+	01:18-	01:07+	00:53=	02:56+	01:08+	00:59+	01:55+	01:33+	00:17+	00:10+
00:04#	00:20&	00:04#	00:14&	00:06#	00:26&	00:05#	00:24&	00:13&	00:13&	00:29&	00:23&	00:16&	00:50&	00:10-	00:04+	00:00=	01:16&	00:11#	00:13&	00:29&	00:22&	00:03#	00:02#
12	Johanne Trandum Næss	3512	27:44																				
00:31+	01:29+	02:05+	02:54+	03:33+	04:39+	05:28+	06:27+	07:49+	08:23+	10:34+	12:42+	13:54+	15:43+	16:53+	18:03+	19:13+	21:56+	23:00+	24:07+	25:45+	27:05+	27:34+	27:44+
00:31+	00:58+	00:36+	00:49+	00:39+	01:06+	00:49+	00:59+	01:22+	00:34+	02:11+	02:08+	01:12+	01:49+	01:10-	01:10+	01:10+	02:43+	01:04+	01:07+	01:38+	01:20+	00:29+	00:10+
00:10&	00:25&	00:18&	00:23&	00:06#	00:12#	00:11&	00:03+	00:51@	00:10&	00:45&	00:56&	00:13#	00:44&	00:18-	00:07#	00:17&	01:03&	00:07#	00:21&	00:12#	00:09#	00:15@	00:02#
13	Ingunn Landsnes	892	28:13																				
00:32+	01:28+	01:56+	02:40+	03:14+	04:33+	05:25+	06:34+	07:20+	07:59+	10:02+	12:20+	13:35+	15:08+	16:37+	17:47+	18:48+	21:49+	22:53+	24:04+	25:49+	27:37+	28:01+	28:13+
00:32+	00:56+	00:28+	00:44+	00:34+	01:19+	00:52+	01:09+	00:46+	00:39+	02:03+	02:18+	01:15+	01:33+	01:29+	01:10+	01:01+	03:01+	01:04+	01:11+	01:45+	01:48+	00:24+	00:12+
00:11&	00:23&	00:10&	00:18&	00:01+	00:25&	00:14&	00:13#	00:15&	00:15&	00:37&	01:06&	00:16&	00:28&	00:01+	00:07#	00:08#	01:21&	00:07#	00:25&	00:19#	00:37&	00:10&	00:04&
14	Ann-Mari Vold	3529	30:16																				
00:36+	01:44+	02:05+	02:54+	03:32+	05:03+	06:12+	07:28+	08:11+	09:43+	11:37+	13:15+	15:52+	17:27+	19:05+	20:15+	21:03+	24:02+	25:17+	26:31+	28:15+	29:41+	30:07+	30:16+
00:36+	01:08+	00:21+	00:49+	00:38+	01:31+	01:09+	01:16+	00:43+	01:32+	0													

Class	Navn	Klasse	Tid
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Damer 16 - 39 år

15	Svitlana Rasheva	1683	30:41																				
00:29+	01:25+	01:58+	02:45+	03:37+	04:56+	05:45+	07:09+	07:53+	08:36+	10:32+	12:17+	13:29+	15:18+	16:43+	18:01+	18:59+	22:02+	23:15+	24:26+	27:32+	29:41+	30:29+	30:41+
00:29+	00:56+	00:33+	00:47+	00:52+	01:19+	00:49+	01:24+	00:44+	00:43+	01:56+	01:45+	01:12+	01:49+	01:25-	01:18+	00:58+	03:03+	01:13+	01:11+	03:06+	02:09+	00:48+	00:12+
00:08&	00:23&	00:15&	00:21&	00:19&	00:25&	00:11&	00:28&	00:13&	00:19&	00:30&	00:33&	00:13#	00:44&	00:03-	00:15#	00:05+	01:23&	00:16&	00:25&	01:40&	00:58&	00:34&	00:04&
16	Juliane Tytlandsvik Nødland	3512	33:32																				
00:52+	02:00+	02:36+	03:26+	04:07+	05:35+	06:36+	07:45+	08:48+	09:26+	11:27+	13:32+	15:13+	17:39+	19:26+	21:03+	22:08+	25:56+	27:26+	28:46+	30:50+	32:58+	33:21+	33:32+
00:52+	01:08+	00:36+	00:50+	00:41+	01:28+	01:01+	01:09+	01:03+	00:38+	02:01+	02:05+	01:41+	02:26+	01:47+	01:37+	01:05+	03:48+	01:30+	01:20+	02:04+	02:08+	00:23+	00:11+
00:52+	01:08+	00:36+	00:50+	00:41+	01:28+	01:01+	01:09+	01:03+	00:38+	02:01+	02:05+	01:41+	02:26+	01:47+	01:37+	01:05+	03:48+	01:30+	01:20+	02:04+	02:08+	00:23+	00:11+
17	Trine Selvikvåg	3529	34:02																				
00:23+	03:00+	03:17+	04:08+	04:37+	08:00+	08:52+	09:44+	10:25+	10:57+	14:50+	18:49+	20:18+	21:38+	23:01+	24:43+	25:52+	28:27+	29:48+	30:45+	32:11+	33:38+	33:53+	34:02+
00:23+	02:37+	00:17+	00:51+	00:29+	03:23+	00:52+	00:52+	00:41+	00:32+	03:53+	03:59+	01:29+	01:20+	01:23+	01:42+	01:09+	02:35+	01:21+	00:57+	01:26+	01:27+	00:15+	00:09+
00:23+	02:37+	00:17+	00:51+	00:29+	03:23+	00:52+	00:52+	00:41+	00:32+	03:53+	03:59+	01:29+	01:20+	01:23+	01:42+	01:09+	02:35+	01:21+	00:57+	01:26+	01:27+	00:15+	00:09+

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Randi Ladsten	879	24:03																				
00:39=	01:06=	01:33=	02:34=	04:17=	04:58=	05:59=	06:37=	07:36=	09:30=	10:45=	11:26=	13:13=	14:23=	15:17=	16:32=	17:48=	18:51=	20:51=	22:25=	23:19=	23:53=	24:03=	
00:39=	00:27=	00:27=	01:01=	01:43=	00:41=	01:01=	00:38=	00:59=	01:54=	01:15=	00:41=	01:47=	01:10=	00:54=	01:15=	01:16=	01:03=	02:00=	01:34=	00:54=	00:34=	00:10=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Helene Lie	3565	25:27																				
00:36-	01:01-	01:27-	02:35+	04:16-	05:12+	06:15+	06:56+	07:56+	09:45+	10:54+	11:25-	13:18+	14:33+	15:24+	16:45+	18:02+	19:08+	22:03+	23:42+	24:42+	25:18+	25:27+	
00:36-	00:25-	00:26-	01:08+	01:41-	00:56+	01:03+	00:41+	01:00+	01:49-	01:09-	00:31-	01:53+	01:15+	00:51-	01:21+	01:17+	01:06+	02:55+	01:39+	01:00+	00:36+	00:09-	
00:03-	00:02-	00:01-	00:07#	00:40-	00:15&	00:02+	00:03+	00:01+	00:05-	00:06-	00:10-	00:06+	00:05+	00:03-	00:06+	00:01+	00:03+	00:55&	00:05+	00:06#	00:02+	00:01-	
3	Marianne Strøm Uthaug	3551	26:31																				
00:48+	01:11+	01:29-	02:12-	03:54-	04:28-	05:36-	06:19-	07:25-	09:45+	11:14+	11:33+	14:34+	15:46+	16:30+	17:27+	18:27+	19:48+	22:38+	24:56+	25:43+	26:24+	26:31+	
00:48+	00:23-	00:18-	00:43-	01:42-	00:34-	01:08+	00:43+	01:06+	02:20+	01:29+	00:19-	03:01+	01:12+	00:44-	00:57-	01:00-	01:21+	02:50+	02:18+	00:47-	00:41+	00:07-	
00:09#	00:04-	00:09-	00:18-	00:01-	00:07-	00:07#	00:05#	00:07#	00:26#	00:14#	00:22-	01:14&	00:02+	00:10-	00:18-	00:16-	00:18&	00:50&	00:44&	00:07-	00:07#	00:03-	
4	Ingunn Anda Haug	2342	27:05																				
00:39=	01:07+	01:32-	02:39+	04:44+	05:41+	06:26+	07:37+	08:21+	09:28-	11:18+	12:32+	13:08-	15:05+	16:16+	17:28+	18:42+	20:05+	21:16+	23:26+	25:16+	26:19+	26:55+	27:05+
00:39=	00:28+	00:25-	01:07+	02:05+	00:57+	00:45-	01:11+	00:44-	01:07-	01:50+	01:14+	00:36-	01:57+	01:11+	01:12-	01:14-	01:23+	01:11-	02:10+	01:50+	01:03+	00:36+	00:10+
00:00=	00:01+	00:02-	00:06+	00:22#	00:16&	00:16-	00:33&	00:15-	00:47-	00:35&	00:33&	01:11-	00:47&	00:17&	00:03-	00:02-	00:20&	00:49-	00:36&	00:56&	00:29&	00:26&	00:10+
5	Cecilie Johnson	892	27:17																				
00:40+	01:20+	01:48+	02:52+	04:51+	06:00+	07:01+	07:49+	09:01+	11:23+	12:38+	13:07+	15:07+	16:13+	17:05+	18:29+	19:46+	21:28+	23:49+	25:31+	26:31+	27:08+	27:17+	
00:40+	00:40+	00:28+	01:04+	01:59+	01:09+	01:01=	00:48+	01:12+	02:22+	01:15=	00:29-	02:00+	01:06-	00:52-	01:24+	01:17+	01:42+	02:21+	01:42+	01:00+	00:37+	00:09-	
00:01+	00:13&	00:01+	00:03+	00:16#	00:28&	00:00=	00:10&	00:13#	00:28#	00:00=	00:12-	00:13#	00:04-	00:02-	00:09#	00:01+	00:39&	00:21#	00:08+	00:06#	00:03+	00:01-	
6	Anne Lill M. Njå	892	34:33																				
00:42+	01:18+	01:50+	03:16+	06:11+	06:50+	09:14+	09:45+	11:09+	13:17+	16:51+	17:26+	19:20+	20:33+	21:30+	23:26+	25:00+	27:10+	29:27+	31:45+	32:38+	34:23+	34:33+	
00:42+	00:36+	00:32+	01:26+	02:55+	00:39-	02:24+	00:31-	01:24+	02:08+	03:34+	00:35-	01:54+	01:13+	00:57+	01:56+	01:34+	02:10+	02:17+	02:18+	00:53-	01:45+	00:10=	
00:03+	00:09&	00:05#	00:25&	01:12&	00:02-	01:23&	00:07-	00:25&	00:14#	02:19&	00:06-	00:07+	00:03+	00:03+	00:41&	00:18#	01:07&	00:17#	00:44&	00:01-	01:11&	00:00=	

Beste strekktid for klassen

00:36 00:23 00:18 00:43 01:41 00:34 00:45 00:31 00:44 01:07 01:09 00:19 00:36 01:06 00:44 00:57 01:00 01:03 01:11 01:34 00:47 00:34 00:07

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

Damer 50 - 59 år

1	Anita Glenne Kallhovd	3502	22:46																			
00:37=	01:04=	01:31=	02:25=	04:18=	04:59=	05:57=	06:35=	07:30=	09:05=	10:10=	10:45=	12:24=	13:27=	14:16=	15:30=	16:42=	17:51=	19:42=	21:16=	22:03=	22:37=	22:46=
00:37=	00:27=	00:27=	00:54=	01:53=	00:41=	00:58=	00:38=	00:55=	01:35=	01:05=	00:35=	01:39=	01:03=	00:49=	01:14=	01:12=	01:09=	01:51=	01:34=	00:47=	00:34=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Damer 50 - 59 år

2	Iren Undheim Øgreid	769	22:49																				
00:31-	00:56-	01:22-	02:15-	03:52-	04:31-	05:28-	06:04-	07:12-	08:50-	10:08-	10:39-	12:17-	13:25-	14:14-	15:23-	16:30-	17:31-	19:25-	20:54-	21:45-	22:39+	22:49+	
00:31-	00:25-	00:26-	00:53-	01:37-	00:39-	00:57-	00:36-	01:08+	01:38+	01:18+	00:31-	01:38-	01:08+	00:49+	01:09-	01:07-	01:01-	01:54+	01:29-	00:51+	00:54+	00:10+	
00:06-	00:02-	00:01-	00:01-	00:16-	00:02-	00:01-	00:02-	00:13#	00:03+	00:13#	00:04-	00:01-	00:05+	00:00+	00:05-	00:05-	00:08-	00:03+	00:05-	00:04+	00:20&	00:01#	
3	Signe Ottesen	1683	24:55																				
00:37+	01:09+	01:33+	02:32+	04:40+	05:31+	06:30+	07:15+	08:14+	10:03+	11:07+	11:44+	13:42+	14:52+	15:44+	16:56+	18:16+	19:18+	21:41+	23:20+	24:16+	24:46+	24:55+	
00:37+	00:32+	00:24+	00:59+	02:08+	00:51+	00:59+	00:45+	00:59+	01:49+	01:04+	00:37+	01:58+	01:10+	00:52+	01:12+	01:20+	01:02+	02:23+	01:39+	00:56+	00:30+	00:09+	
00:37+	00:32+	00:24+	00:59+	02:08+	00:51+	00:59+	00:45+	00:59+	01:49+	01:04+	00:37+	01:58+	01:10+	00:52+	01:12+	01:20+	01:02+	02:23+	01:39+	00:56+	00:30+	00:09+	
4	Tone Cecilie Nystrøm	874	25:02																				
00:40+	01:07+	01:30+	02:27+	04:10+	04:55+	05:50+	06:34+	07:33+	09:31+	10:56+	11:35+	13:21+	14:32+	15:28+	16:49+	18:18+	19:34+	21:37+	23:12+	24:14+	24:52+	25:02+	
00:40+	00:27+	00:23+	00:57+	01:43+	00:45+	00:55+	00:44+	00:59+	01:58+	01:25+	00:39+	01:46+	01:11+	00:56+	01:21+	01:29+	01:16+	02:03+	01:35+	01:02+	00:38+	00:10+	
00:40+	00:27+	00:23+	00:57+	01:43+	00:45+	00:55+	00:44+	00:59+	01:58+	01:25+	00:39+	01:46+	01:11+	00:56+	01:21+	01:29+	01:16+	02:03+	01:35+	01:02+	00:38+	00:10+	
5	Toril Dahle	1683	25:57																				
00:35+	01:08+	01:51+	02:40+	04:58+	05:44+	06:49+	07:30+	08:27+	10:48+	12:02+	12:33+	14:17+	15:34+	16:28+	17:43+	18:57+	20:05+	21:59+	24:17+	25:17+	25:48+	25:57+	
00:35+	00:33+	00:43+	00:49+	02:18+	00:46+	01:05+	00:41+	00:57+	02:21+	01:14+	00:31+	01:44+	01:17+	00:54+	01:15+	01:14+	01:08+	01:54+	02:18+	01:00+	00:31+	00:09+	
00:35+	00:33+	00:43+	00:49+	02:18+	00:46+	01:05+	00:41+	00:57+	02:21+	01:14+	00:31+	01:44+	01:17+	00:54+	01:15+	01:14+	01:08+	01:54+	02:18+	01:00+	00:31+	00:09+	
6	Turid Eikebu Afsen	1683	28:08																				
00:40+	01:20+	01:53+	02:55+	05:08+	05:52+	07:12+	07:58+	09:01+	11:41+	12:54+	13:38+	15:40+	17:05+	18:00+	19:26+	20:43+	21:52+	24:18+	26:12+	27:11+	27:59+	28:08+	
00:40+	00:40+	00:33+	01:02+	02:13+	00:44+	01:20+	00:46+	01:03+	02:40+	01:13+	00:44+	02:02+	01:25+	00:55+	01:26+	01:17+	01:09+	02:26+	01:54+	00:59+	00:48+	00:09+	
00:40+	00:40+	00:33+	01:02+	02:13+	00:44+	01:20+	00:46+	01:03+	02:40+	01:13+	00:44+	02:02+	01:25+	00:55+	01:26+	01:17+	01:09+	02:26+	01:54+	00:59+	00:48+	00:09+	
7	Tonje Tiley	882	29:05																				
00:41+	01:09+	01:57+	02:53+	05:11+	06:00+	07:14+	08:07+	09:16+	11:18+	12:50+	13:24+	15:19+	16:46+	17:56+	19:56+	21:18+	22:49+	25:15+	27:10+	28:19+	28:54+	29:05+	
00:41+	00:28+	00:48+	00:56+	02:18+	00:49+	01:14+	00:53+	01:09+	02:02+	01:32+	00:34+	01:55+	01:27+	01:10+	02:00+	01:22+	01:31+	02:26+	01:55+	01:09+	00:35+	00:11+	
00:41+	00:28+	00:48+	00:56+	02:18+	00:49+	01:14+	00:53+	01:09+	02:02+	01:32+	00:34+	01:55+	01:27+	01:10+	02:00+	01:22+	01:31+	02:26+	01:55+	01:09+	00:35+	00:11+	
8	Marianne Gjesdal Lyngås	892	29:32																				
00:47+	01:21+	01:49+	02:58+	05:17+	06:05+	07:17+	08:00+	09:10+	11:38+	13:03+	13:51+	16:04+	17:28+	18:37+	20:34+	21:53+	23:06+	25:26+	27:25+	28:36+	29:21+	29:32+	
00:47+	00:34+	00:28+	01:09+	02:19+	00:48+	01:12+	00:43+	01:10+	02:28+	01:25+	00:48+	02:13+	01:24+	01:09+	01:57+	01:19+	01:13+	02:20+	01:59+	01:11+	00:45+	00:11+	
00:47+	00:34+	00:28+	01:09+	02:19+	00:48+	01:12+	00:43+	01:10+	02:28+	01:25+	00:48+	02:13+	01:24+	01:09+	01:57+	01:19+	01:13+	02:20+	01:59+	01:11+	00:45+	00:11+	
9	Ingjerd Haddeland	3507	29:57																				
00:37+	01:05+	01:33+	02:33+	05:19+	06:12+	07:26+	08:16+	09:27+	11:18+	12:44+	13:25+	15:19+	16:48+	17:41+	18:57+	20:24+	21:42+	24:00+	25:46+	26:56+	29:47+	29:57+	
00:37+	00:28+	00:28+	01:00+	02:46+	00:53+	01:14+	00:50+	01:11+	01:51+	01:26+	00:41+	01:54+	01:29+	00:53+	01:16+	01:27+	01:18+	02:18+	01:46+	01:10+	02:51+	00:10+	
00:37+	00:28+	00:28+	01:00+	02:46+	00:53+	01:14+	00:50+	01:11+	01:51+	01:26+	00:41+	01:54+	01:29+	00:53+	01:16+	01:27+	01:18+	02:18+	01:46+	01:10+	02:51+	00:10+	
10	Liv Omdal	1683	30:29																				
00:36+	01:08+	01:37+	04:10+	06:47+	07:48+	08:23+	09:50+	10:37+	11:46+	13:27+	14:47+	15:29+	17:43+	19:06+	20:05+	21:45+	23:08+	24:19+	27:01+	28:42+	29:41+	30:19+	30:29+
00:36+	00:32+	00:29+	02:33+	02:37+	01:01+	00:35+	01:27+	00:47+	01:09+	01:41+	01:20+	00:42+	02:14+	01:23+	00:59+	01:23+	01:11+	02:42+	01:41+	00:59+	00:38+	00:10+	
00:36+	00:32+	00:29+	02:33+	02:37+	01:01+	00:35+	01:27+	00:47+	01:09+	01:41+	01:20+	00:42+	02:14+	01:23+	00:59+	01:40+	01:23+	01:11+	02:42+	01:41+	00:59+	00:38+	00:10+
11	Andrea Tapken	3529	31:55																				
00:52+	01:24+	01:52+	03:24+	05:29+	06:19+	07:32+	08:28+	09:36+	12:47+	14:45+	15:22+	17:43+	19:07+	20:18+	22:13+	23:54+	25:05+	27:46+	29:59+	30:56+	31:44+	31:55+	
00:52+	00:32+	00:28+	01:32+	02:05+	00:50+	01:13+	00:56+	01:08+	03:11+	01:58+	00:37+	02:21+	01:24+	01:11+	01:55+	01:41+	01:11+	02:41+	02:13+	00:57+	00:48+	00:11+	
00:52+	00:32+	00:28+	01:32+	02:05+	00:50+	01:13+	00:56+	01:08+	03:11+	01:58+	00:37+	02:21+	01:24+	01:11+	01:55+	01:41+	01:11+	02:41+	02:13+	00:57+	00:48+	00:11+	
12	Tove Irene Asheim	1683	32:08																				
00:51+	01:29+	02:00+	03:40+	06:05+	06:58+	08:10+	09:00+	10:12+	13:00+	14:54+	15:33+	17:57+	19:35+	20:53+	22:47+	24:18+	25:43+	28:06+	30:02+	31:10+	31:56+	32:08+	
00:51+	00:38+	00:31+	01:40+	02:25+	00:53+	01:12+	00:50+	01:12+	02:48+	01:54+	00:39+	02:24+	01:38+	01:18+	01:54+	01:31+	01:25+	02:23+	01:56+	01:08+	00:46+	00:12+	
00:51+	00:38+	00:31+	01:40+	02:25+	00:53+	01:12+	00:50+	01:12+	02:48+	01:54+	00:39+	02:24+	01:38+	01:18+	01:54+	01:31+	01:25+	02:23+	01:56+	01:08+	00:46+	00:12+	
13	Synnøve Westermoen	1683	33:31																				
00:41+	01:12+	01:40+	02:48+	04:38+	05:45+	07:15+	07:58+	09:18+	11:26+	12:42+	13:51+	15:42+	17:10+	18:04+	19:21+	20:34+	24:53+	27:08+	29:19+	30:27+	33:17+	33:31+	
00:41+	00:31+	00:28+	01:08+	01:50+	01:07+	01:30+	00:43+	01:20+	02:08+	01:16+	01:09+	01:51+	01:28+	00:54+	01:17+	01:13+	04:19+	02:15+	02:11+	01:08+	02:50+	00:14+	
00:41+	00:31+	00:28+	01:08+	01:50+	01:07+	01:30+	00:43+	01:20+	02:08+	01:16+	01:09+	01:51+	01:28+	00:54+	01:17+	01:13+	04:19+	02:15+	02:11+	01:08+	02:50+	00:14+	
14	Åse Sellereite	882	33:50																				
00:40+	01:14+	01:45+	03:15+	06:18+	07:54+	09:56+	10:45+	12:00+	13:50+	16:03+	16:51+	19:22+	20:54+	21:53+	24:53+	26:11+	27:23+	29:47+	31:54+	32:39+	33:41+	33:50+	
00:40+	00:34+	00:31+	01:30+	03:03+	01:36+	02:02+	00:49+	01:15+	01:50+	02:13+	00:48+	02:31+	01:32+	00:59+	03:00+	01:18+	01:12+	02:24+	02:07+	00:45+	01:02+	00:09+	
00:40+	00:34+	00:31+	01:30+	03:03+	01:36+	02:02+	00:49+	01:15+	01:50+	02:13+	00:48+	02:31+	01:32+	00:59+	03:00+	01:18+	01:12+	02:24+	02:07+	00:45+	01:02+	00:09+	
15	Elisabeth Melbø	879	35:08																				
00:40+	01:15+	01:47+	03:27+	07:25+	09:01+	10:03+	10:45+	11:49+	13:48+	17:10+	17:37+	21:21+	22:33+	23:31+	25:03+	26:16+	27:23+	29:22+	31:27+	32:33+	34:57+	35:08+	
00:40+	00:35+	00:32+	01:40+	03:58+	01:36+	01:02+	00:42+	01:04+	01:59+	03:22+	00:27+	03:44+	01:12+	00:58+	01:32+	01:13+	01:07+	01:59+	02:05+	01:06+	02:24+	00:11+	
00:40+	00:35+	00:32+	01:40+	03:58+	01:36+	01:02+	00:42+	01:04+	01:59+	03:22+	00:27+	03:44+	01:12+	00:58+	01:32+	01:13+	01:07+	01:59+	02:05+	01:06+	02:24+	00:11+	

Damer 50 - 59 år

16	Gøril Braut Aarsand	2539	41:12																			
00:42+	01:13+	01:41+	03:36+	06:42+	07:22+	08:31+	09:17+	21:14+	23:08+	24:43+	25:27+	27:32+	28:51+	29:52+	31:37+	32:59+	34:12+	36:31+	38:38+	39:44+	40:58+	41:12+
00:42+	00:31+	00:28+	01:55+	03:06+	00:40+	01:09+	00:46+	11:57+	01:54+	01:35+	00:44+	02:05+	01:19+	01:01+	01:45+	01:22+	01:13+	02:19+	02:07+	01:06+	01:14+	00:14+
00:42+	00:31+	00:28+	01:55+	03:06+	00:40+	01:09+	00:46+	11:57+	01:54+	01:35+	00:44+	02:05+	01:19+	01:01+	01:45+	01:22+	01:13+	02:19+	02:07+	01:06+	01:14+	00:14+

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke	722	23:00																			
01:10=	01:57=	02:29=	02:57=	04:25=	05:06=	05:54=	07:06=	07:48=	08:16=	09:31=	10:06=	11:02=	12:57=	14:08=	14:37=	15:53=	20:41=	21:26=	22:14=	22:43=	23:00=	
01:10=	00:47=	00:32=	00:28=	01:28=	00:41=	00:48=	01:12=	00:42=	00:28=	01:15=	00:35=	00:56=	01:55=	01:11=	00:29=	01:16=	04:48=	00:45=	00:48=	00:29=	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=	
2	Ingrid E. I. Øxnevad	3516	24:40																			
01:03-	01:22-	02:37+	03:06+	04:23-	06:04+	06:53+	08:07+	09:00+	09:27+	10:39+	11:20+	12:16+	15:02+	16:28+	17:12+	18:41+	21:28+	22:48+	23:32+	24:22+	24:40+	
01:03-	00:19-	01:15+	00:29+	01:17-	01:41+	00:49+	01:14+	00:53+	00:27-	01:12-	00:41+	00:56=	02:46+	01:26+	00:44+	01:29+	02:47-	01:20+	00:44-	00:50+	00:18+	
00:07-	00:28-	00:43@	00:01+	00:11-	01:00@	00:01+	00:02+	00:11&	00:01-	00:03-	00:06#	00:00=	00:51&	00:15#	00:15&	00:13#	02:01-	00:35&	00:04-	00:21&	00:01+	
3	Kari Anstensrud	896	30:06																			
01:05-	01:55-	02:52+	03:36+	07:07+	07:44+	09:16+	10:33+	11:35+	12:17+	13:46+	14:24+	15:30+	18:01+	19:15+	19:55+	22:03+	27:01+	28:07+	29:10+	29:37+	30:06+	
01:05-	00:50+	00:57+	00:44+	03:31+	00:37-	01:32+	01:17+	01:02+	00:42+	01:29+	00:38+	01:06+	02:31+	01:14+	00:40+	02:08+	04:58+	01:06+	01:03+	00:27-	00:29+	
00:05-	00:03+	00:25&	00:16&	02:03@	00:04-	00:44&	00:05+	00:20&	00:14&	00:14#	00:03+	00:10#	00:36&	00:03+	00:11&	00:52&	00:10+	00:21&	00:15&	00:02-	00:12&	
4	Birgitte Røe	593	31:49																			
01:06-	01:29-	02:12-	03:01+	07:18+	08:50+	09:37+	11:18+	12:22+	13:07+	14:36+	15:27+	16:56+	19:35+	21:42+	22:15+	24:09+	28:03+	29:18+	30:30+	31:26+	31:49+	
01:06-	00:23-	00:43+	00:49+	04:17+	01:32+	00:47-	01:41+	01:04+	00:45+	01:29+	00:51+	01:29+	02:39+	02:07+	00:33+	01:54+	03:54-	01:15+	01:12+	00:56+	00:23+	
00:04-	00:24-	00:11&	00:21&	02:49@	00:51@	00:01-	00:29&	00:22&	00:17&	00:14#	00:16&	00:33&	00:44&	00:56&	00:04#	00:38&	00:54-	00:30&	00:24&	00:27&	00:06&	
5	Ellinor Nesse	1683	36:58																			
01:36+	01:58+	02:58+	03:38+	06:01+	08:39+	09:23+	11:10+	12:58+	13:43+	15:23+	16:23+	17:52+	20:01+	21:46+	22:49+	24:54+	29:37+	31:07+	31:52+	33:16+	36:33+	36:58+
01:36+	00:22-	01:00+	00:40+	02:23+	02:38+	00:44-	01:47+	01:48+	00:45+	01:40+	01:00+	01:29+	02:09+	01:45+	01:03+	02:05+	04:43-	01:30+	00:45-	01:24+	03:17+	00:25+
00:26&	00:25-	00:28&	00:12&	00:12&	00:55&	00:04-	00:35&	01:06@	00:17&	00:25&	00:25&	00:33&	00:14#	00:34&	00:34@	00:49&	00:05-	00:45&	00:03-	00:55@	03:00@	00:25+

Beste strekktid for klassen

01:03 00:19 00:32 00:28 01:17 00:37 00:44 01:12 00:42 00:27 01:12 00:35 00:56 01:55 01:11 00:29 01:16 02:47 00:45 00:44 00:27 00:17

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

Damer 65 - 69 år

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

Damer 65 - 69 år

5	Eli Frafjord	1141	28:28																		
01:15+	01:40+	02:51+	04:21+	06:15+	06:57+	08:03+	09:43+	10:51+	11:28+	13:01+	13:54+	15:29+	17:51+	19:17+	19:55+	21:54+	25:22+	26:18+	27:31+	28:01+	28:28+
01:15+	00:25+	01:11+	01:30+	01:54+	00:42-	01:06+	01:40+	01:08+	00:37+	01:33-	00:53+	01:35+	02:22+	01:26+	00:38+	01:59+	03:28+	00:56+	01:13+	00:30-	00:27+
00:11#	00:05#	00:38@	01:04@	00:19#	00:08-	00:20#	00:16#	00:19#	00:08#	00:02-	00:01+	00:28#	00:09+	00:01+	00:05#	00:14#	00:23#	00:05+	00:10#	00:02-	00:07#
6	Liv Sissel Obrestad	3529	29:21																		
01:11+	01:36+	02:21+	02:59+	04:44+	05:24+	06:30+	08:06+	09:02+	09:54+	11:39+	13:06+	14:14+	16:54+	18:17+	19:00+	21:11+	25:42+	27:21+	28:28+	29:00+	29:21+
01:11+	00:25+	00:45+	00:38+	01:45+	00:40+	01:06+	01:36+	00:56+	00:52+	01:45+	01:27+	01:08+	02:40+	01:23+	00:43+	02:11+	04:31+	01:39+	01:07+	00:32+	00:21+
01:11+	00:25+	00:45+	00:38+	01:45+	00:40+	01:06+	01:36+	00:56+	00:52+	01:45+	01:27+	01:08+	02:40+	01:23+	00:43+	02:11+	04:31+	01:39+	01:07+	00:32+	00:21+
7	Kari Eva Thiis Blixhavn	3565	37:52																		
01:53+	02:24+	03:28+	04:20+	06:17+	07:08+	08:21+	10:20+	11:20+	11:56+	13:52+	14:52+	16:18+	19:39+	25:40+	26:24+	28:39+	33:12+	35:31+	36:50+	37:23+	37:52+
01:53+	00:31+	00:44+	00:52+	01:57+	00:51+	01:13+	01:59+	01:00+	00:36+	01:56+	01:00+	01:26+	03:21+	06:01+	00:44+	02:15+	04:33+	02:19+	01:19+	00:33+	00:29+
01:53+	00:31+	01:04+	00:52+	01:57+	00:51+	01:13+	01:59+	01:00+	00:36+	01:56+	01:00+	01:26+	03:21+	06:01+	00:44+	02:15+	04:33+	02:19+	01:19+	00:33+	00:29+
8	Ase Jacobsen Kro	879	49:24																		
01:17+	01:46+	03:04+	04:13+	07:23+	08:41+	09:29+	11:39+	12:54+	13:49+	15:39+	17:25+	19:15+	31:00+	33:23+	34:21+	37:08+	42:45+	46:31+	48:06+	49:05+	49:24+
01:17+	00:29+	01:18+	01:09+	03:10+	01:18+	00:48+	02:10+	01:15+	00:55+	01:50+	01:46+	01:50+	11:45+	02:23+	00:58+	02:47+	05:37+	03:46+	01:35+	00:59+	00:19+
01:17+	00:29+	01:18+	01:09+	03:10+	01:18+	00:48+	02:10+	01:15+	00:55+	01:50+	01:46+	01:50+	11:45+	02:23+	00:58+	02:47+	05:37+	03:46+	01:35+	00:59+	00:19+

Beste strekktid for klassen

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

Damer 70 - 74 år

1	Mette Dagsland	874	30:48																		
01:11=	01:34=	02:16=	02:57=	05:19=	06:21=	07:41=	09:31=	10:26=	11:02=	12:40=	13:22=	14:42=	17:03=	18:48=	19:43=	21:41=	25:55=	27:09=	28:19=	30:19=	30:48=
01:11=	00:23=	00:42=	00:41=	02:22=	01:02=	01:20=	01:50=	00:55=	00:36=	01:38=	00:42=	01:20=	02:21=	01:45=	00:55=	01:58=	04:14=	01:14=	01:10=	02:00=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Gramstad	3551	34:02																		
01:51+	02:39+	03:52+	04:50+	07:03+	08:07+	09:01+	10:40+	11:53+	12:27+	13:59+	14:58+	16:29+	18:47+	21:17+	22:26+	24:21+	29:10+	31:41+	32:59+	33:40+	34:02+
01:51+	00:48+	01:13+	00:58+	02:13-	01:04+	00:54-	01:39-	01:13+	00:34-	01:32-	00:59+	01:31+	02:18-	02:30+	01:09+	01:55-	04:49+	02:31+	01:18+	00:41-	00:22-
00:40#	00:25@	00:31#	00:17#	00:09-	00:02+	00:26-	00:11-	00:18#	00:02-	00:06-	00:17#	00:11#	00:03-	00:45#	00:14#	00:03-	00:35#	01:17@	00:08#	01:19-	00:07-
3	Kirsten Carlsen	1884	35:42																		
01:20+	01:43+	03:25+	03:50+	05:31+	06:17-	07:27-	10:52+	12:14+	12:52+	14:32+	15:22+	16:42+	20:43+	23:13+	24:21+	26:16+	30:03+	32:34+	33:43+	35:08+	35:42+
01:20+	00:23=	01:42+	00:25-	01:41-	00:46-	01:10-	03:25+	01:22+	00:38+	01:40+	00:50+	01:20=	04:01+	02:30+	01:08+	01:55-	03:47-	02:31+	01:09-	01:25-	00:34+
00:09#	00:00=	01:00@	00:16-	00:41-	00:16-	00:10-	01:35#	00:27#	00:02+	00:02+	00:08#	00:00=	01:40#	00:45#	00:13#	00:03-	00:27-	01:17@	00:01-	00:35-	00:05#
4	Halldis Handeland	892	36:07																		
01:49+	02:37+	03:23+	06:52+	08:34+	09:13+	10:14+	11:55+	12:56+	13:29+	15:11+	16:12+	17:33+	19:49+	23:28+	24:25+	26:36+	31:07+	33:05+	34:26+	35:13+	36:07+
01:49+	00:48+	00:46+	03:29+	01:42-	00:39-	01:01-	01:41-	01:01+	00:33-	01:42+	01:01+	01:21+	02:16-	03:39+	00:57+	02:11+	04:31+	01:58+	01:21+	00:47-	00:54+
00:38#	00:25@	00:04+	02:48@	00:40-	00:23-	00:19-	00:09-	00:06#	00:03-	00:04+	00:19#	00:01+	00:05-	01:54@	00:02+	00:13#	00:17+	00:44#	00:11#	01:13-	00:25#

Beste strekktid for klassen

01:11 00:23 00:42 00:25 01:41 00:39 00:54 01:39 00:55 00:33 01:32 00:42 01:20 02:16 01:45 00:55 01:55 03:47 01:14 01:09 00:41 00:22

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

Damer 75 - 79 år

1	Turid Nystrøm	874	24:52																		
01:17=	01:44=	02:19=	02:55=	04:24=	05:02=	06:04=	07:35=	08:28=	09:01=	10:26=	11:15=	12:22=	14:26=	15:36=	16:19=	18:03=	21:18=	22:22=	23:21=	24:30=	24:52=
01:17=	00:27=	00:35=	00:36=	01:29=	00:38=	01:02=	01:31=	00:53=	00:33=	01:25=	00:49=	01:07=	02:04=	01:10=	00:43=	01:44=	03:15=	01:04=	00:59=	01:09=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Inger Skretting Opstad	3529	28:38																		
01:24+	02:09+	03:35+	04:13+	05:55+	06:43+	07:42+	09:26+	10:20+	10:58+	13:06+	13:57+	15:10+	17:17+	18:48+	19:33+	21:34+	25:15+	26:25+	27:35+	28:11+	28:38+
01:24+	00:45+	01:26+	00:38+	01:42+	00:48+	00:59-	01:44+	00:54+	00:38+	02:08+	00:51+	01:13+	02:07+	01:31+	00:45+	02:01+	03:41+	01:10+	01:10+	00:36-	00:27+
00:07+	00:18#	00:51@	00:02+	00:13#	00:10#	00:03-	00:13#	00:01+	00:05#	00:43#	00:02+	00:06+	00:03+	00:21#	00:02+	00:17#	00:26#	00:06+	00:11#	00:33-	00:05#

Plass	Navn	Klasse	Tid
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Damer 75 - 79 år

3	Gry Vikhamar Thengs	874	28:58																		
01:42+	02:06+	03:49+	04:18+	06:17+	07:07+	08:07+	09:52+	11:06+	11:45+	13:36+	14:28+	15:33+	17:26+	18:49+	19:28+	21:12+	24:36+	25:35+	26:38+	28:36+	28:58+
01:42+	00:24-	01:43+	00:29-	01:59+	00:50+	01:00-	01:45+	01:14+	00:39+	01:51+	00:52+	01:05-	01:53-	01:23+	00:39-	01:44=	03:24+	00:59-	01:03+	01:58+	00:22=
00:25&	00:03-	01:08@	00:07-	00:30&	00:12&	00:02-	00:14#	00:21&	00:06#	00:26&	00:03+	00:02-	00:11-	00:13#	00:04-	00:00=	00:09+	00:05-	00:04+	00:49&	00:00=
4	Haldis Glendrange	874	31:42																		
01:38+	02:12+	03:10+	04:02+	06:08+	07:23+	08:34+	10:08+	11:10+	11:50+	13:31+	14:27+	15:50+	18:06+	19:50+	20:49+	22:43+	27:03+	28:05+	29:22+	31:21+	31:42+
01:38+	00:34+	00:58+	00:52+	02:06+	01:15+	01:11+	01:34+	01:02+	00:40+	01:41+	00:56+	01:23+	02:16+	01:44+	00:59+	01:54+	04:20+	01:02+	01:17+	01:59+	00:21+
01:38+	00:34+	00:58+	00:52+	02:06+	01:15+	01:11+	01:34+	01:02+	00:40+	01:41+	00:56+	01:23+	02:16+	01:44+	00:59+	01:54+	04:20+	01:02+	01:17+	01:59+	00:21+
5	Helga Klausen	769	39:15																		
01:36+	02:04+	02:56+	03:38+	05:41+	06:24+	07:33+	09:21+	10:27+	11:15+	13:01+	13:58+	19:00+	26:21+	28:11+	29:06+	31:28+	35:31+	36:54+	38:08+	38:51+	39:15+
01:36+	00:28+	00:52+	00:42+	02:03+	00:43+	01:09+	01:48+	01:06+	00:48+	01:46+	00:57+	05:02+	07:21+	01:50+	00:55+	02:22+	04:03+	01:23+	01:14+	00:43+	00:24+
01:36+	00:28+	00:52+	00:42+	02:03+	00:43+	01:09+	01:48+	01:06+	00:48+	01:46+	00:57+	05:02+	07:21+	01:50+	00:55+	02:22+	04:03+	01:23+	01:14+	00:43+	00:24+
6	Aslaug Lura	1141	39:59																		
01:59+	02:30+	03:15+	04:16+	06:25+	07:15+	08:21+	10:12+	11:28+	12:12+	14:06+	15:19+	16:52+	19:58+	22:57+	23:48+	27:18+	33:36+	35:07+	37:42+	39:32+	39:59+
01:59+	00:31+	00:45+	01:01+	02:09+	00:50+	01:06+	01:51+	01:16+	00:44+	01:54+	01:13+	01:33+	03:06+	02:59+	00:51+	03:30+	06:18+	01:31+	02:35+	01:50+	00:27+
01:59+	00:31+	00:45+	01:01+	02:09+	00:50+	01:06+	01:51+	01:16+	00:44+	01:54+	01:13+	01:33+	03:06+	02:59+	00:51+	03:30+	06:18+	01:31+	02:35+	01:50+	00:27+

Beste strekktid for klassen

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

Damer 80 år og eldre

1	Helga Aaslid	3529	39:11																	
02:02=	02:26=	04:58=	05:50=	08:50=	10:07=	11:25=	12:30=	16:50=	19:29=	21:12=	22:07=	23:54=	26:28=	29:16=	31:04=	34:16=	36:25=	37:43=	38:33=	39:11=
02:02=	00:24=	02:32=	00:52=	03:00=	01:17=	01:18=	01:05=	04:20=	02:39=	01:43=	00:55=	01:47=	02:34=	02:48=	01:48=	03:12=	02:09=	01:18=	00:50=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Ebbell Olsen	874	42:02																	
01:46-	02:52+	04:06-	04:55-	07:19-	08:08-	09:54-	11:20-	14:10-	17:27-	19:44-	20:46-	22:39-	30:42+	33:58+	35:16+	35:47+	38:11+	39:48+	41:14+	42:02+
01:46-	01:06+	01:14-	00:49-	02:24-	00:49-	01:46+	01:26+	02:50-	03:17+	02:17+	01:02+	01:53+	08:03+	03:16+	01:18-	00:31-	02:24+	01:37+	01:26+	00:48+
00:16-	00:42@	01:18-	00:03-	00:36-	00:28-	00:28&	00:21&	01:30-	00:38#	00:34&	00:07#	00:06+	05:29@	00:28#	00:30-	02:41-	00:15#	00:19#	00:36&	00:10&

Beste strekktid for klassen

01:46 00:24 01:14 00:49 02:24 00:49 01:18 01:05 02:50 02:39 01:43 00:55 01:47 02:34 02:48 01:18 00:31 02:09 01:18 00:50 00:38

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

Damer A

1	Aud Hognestad Taksdal	892	21:30																						
00:29=	00:50=	01:06=	01:39=	02:29=	02:53=	03:21=	04:16=	04:41=	05:04=	06:06=	07:00=	08:03=	08:15=	09:11=	09:57=	10:30=	12:01=	13:05=	13:29=	14:19=	14:57=	16:38=	17:34=	18:31=	19:14=
00:29=	00:21=	00:16=	00:33=	00:50=	00:24=	00:28=	00:55=	00:25=	00:23=	01:02=	00:54=	01:03=	00:12=	00:56=	00:46=	00:33=	01:31=	01:04=	00:24=	00:50=	00:38=	01:41=	00:56=	00:57=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
20:19=	20:56=	21:12=	21:23=	21:30=																					
01:05=	00:37=	00:16=	00:11=	00:07=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					
2	Ane Helgerud	3516	23:00																						
00:28-	00:49-	01:05-	01:49+	02:40+	03:05+	03:37+	04:36+	05:01+	05:23+	06:17+	07:09+	08:15+	08:26+	09:49+	10:45+	11:25+	13:16+	14:21+	14:46+	15:39+	16:21+	18:08+	18:39+	19:42+	20:26+
00:28-	00:21=	00:16=	00:44+	00:51+	00:25+	00:32+	00:59+	00:25=	00:22-	00:54-	00:52-	01:06+	00:11-	01:23+	00:56+	00:40+	01:51+	01:05+	00:25+	00:53+	00:42+	01:47+	00:31-	01:03+	00:44+
00:01-	00:00=	00:00=	00:11&	00:01+	00:01+	00:04#	00:04+	00:00=	00:01-	00:08-	00:02-	00:03+	00:01-	00:27&	00:10#	00:07#	00:20#	00:01+	00:01+	00:03+	00:04#	00:06+	00:25-	00:06#	00:01+
21:36+	22:16+	22:39+	22:53+	23:00+																					
01:10+	00:40+	00:23+	00:14+	00:07=																					
00:05+	00:03+	00:07&	00:03&	00:00=																					

Damer A

3	Katrine Haaland Leveraas	896	24:10																						
00:28-	00:49-	01:07+	01:53+	02:48+	03:16+	03:57+	04:54+	05:21+	05:54+	06:51+	07:39+	08:57+	09:12+	11:09+	12:05+	12:38+	14:20+	15:21+	15:51+	16:43+	17:22+	19:34+	20:04+	20:59+	21:47+
00:28-	00:21=	00:18+	00:46+	00:55+	00:28+	00:41+	00:57+	00:27+	00:33+	00:57-	00:48-	01:18+	00:15+	01:57+	00:56+	00:33=	01:42+	01:01-	00:30+	00:52+	00:39+	02:12+	00:30-	00:55-	00:48+
00:01-	00:00=	00:02#	00:13&	00:05+	00:04#	00:13&	00:02+	00:02+	00:10&	00:05-	00:06-	00:15#	00:03#	01:01@	00:10#	00:00=	00:11#	00:03-	00:06#	00:02+	00:01+	00:31&	00:26-	00:02-	00:05#
22:53+	23:29+	23:48+	24:03+	24:10+																					
01:06+	00:36-	00:19+	00:15+	00:07=																					
00:01+	00:01-	00:03#	00:04&	00:00=																					

4	Clare Leveridge	877	25:43																						
00:26+	00:45+	01:01+	02:34+	04:15+	04:45+	05:17+	06:21+	06:47+	07:13+	08:14+	09:08+	10:19+	10:31+	11:29+	12:28+	13:04+	15:07+	16:17+	16:42+	17:37+	18:20+	20:30+	21:00+	22:10+	22:59+
00:26+	00:19+	00:16+	01:33+	01:41+	00:30+	00:32+	01:04+	00:26+	00:26+	01:01+	00:54+	01:11+	00:12+	00:58+	00:59+	00:36+	02:03+	01:10+	00:25+	00:55+	00:43+	02:10+	00:30+	01:10+	00:49+
00:26+	00:19+	00:16+	01:33+	01:41+	00:30+	00:32+	01:04+	00:26+	00:26+	01:01+	00:54+	01:11+	00:12+	00:58+	00:59+	00:36+	02:03+	01:10+	00:25+	00:55+	00:43+	02:10+	00:30+	01:10+	00:49+
24:23+	25:04+	25:23+	25:36+	25:43+																					
01:24+	00:41+	00:19+	00:13+	00:07+																					
01:24+	00:41+	00:19+	00:13+	00:07+																					

5	Silje Skorve Skarpeid	1758	26:16																						
00:31+	00:53+	01:11+	01:57+	03:07+	03:34+	04:08+	05:11+	05:44+	06:16+	07:18+	08:16+	09:33+	09:51+	10:57+	11:56+	12:35+	14:53+	15:52+	16:17+	17:12+	17:54+	20:02+	21:21+	22:39+	23:29+
00:31+	00:22+	00:18+	00:46+	01:10+	00:27+	00:34+	01:03+	00:33+	00:32+	01:02+	00:58+	01:17+	00:18+	01:06+	00:59+	00:39+	02:18+	00:59+	00:25+	00:55+	00:42+	02:08+	01:19+	01:18+	00:50+
00:31+	00:22+	00:18+	00:46+	01:10+	00:27+	00:34+	01:03+	00:33+	00:32+	01:02+	00:58+	01:17+	00:18+	01:06+	00:59+	00:39+	02:18+	00:59+	00:25+	00:55+	00:42+	02:08+	01:19+	01:18+	00:50+
24:43+	25:25+	25:54+	26:07+	26:16+																					
01:14+	00:42+	00:29+	00:13+	00:09+																					
01:14+	00:42+	00:29+	00:13+	00:09+																					

6	Trine Bolstad Scheie	769	27:20																						
00:33+	00:56+	01:17+	01:59+	03:23+	03:52+	04:28+	05:39+	06:13+	06:43+	07:56+	09:00+	10:23+	10:36+	11:40+	13:05+	13:45+	15:36+	16:55+	17:25+	18:27+	19:17+	21:26+	21:57+	23:25+	24:22+
00:33+	00:23+	00:21+	00:42+	01:24+	00:29+	00:36+	01:11+	00:34+	00:30+	01:13+	01:04+	01:23+	00:13+	01:04+	01:25+	00:40+	01:51+	01:19+	00:30+	01:02+	00:50+	02:09+	00:31+	01:28+	00:57+
00:33+	00:23+	00:21+	00:42+	01:24+	00:29+	00:36+	01:11+	00:34+	00:30+	01:13+	01:04+	01:23+	00:13+	01:04+	01:25+	00:40+	01:51+	01:19+	00:30+	01:02+	00:50+	02:09+	00:31+	01:28+	00:57+
25:48+	26:35+	26:57+	27:11+	27:20+																					
01:26+	00:47+	00:22+	00:14+	00:09+																					
01:26+	00:47+	00:22+	00:14+	00:09+																					

7	Torill Brekken	896	28:25																						
00:36+	01:04+	01:26+	02:24+	03:29+	03:59+	04:42+	05:52+	06:23+	07:04+	08:12+	09:19+	10:44+	11:00+	12:09+	13:14+	13:57+	16:25+	17:35+	18:09+	19:10+	19:54+	22:32+	23:31+	24:42+	25:31+
00:36+	00:28+	00:22+	00:58+	01:05+	00:30+	00:43+	01:10+	00:31+	00:41+	01:08+	01:07+	01:25+	00:16+	01:09+	01:05+	00:43+	02:28+	01:10+	00:34+	01:01+	00:44+	02:38+	00:59+	01:11+	00:49+
00:36+	00:28+	00:22+	00:58+	01:05+	00:30+	00:43+	01:10+	00:31+	00:41+	01:08+	01:07+	01:25+	00:16+	01:09+	01:05+	00:43+	02:28+	01:10+	00:34+	01:01+	00:44+	02:38+	00:59+	01:11+	00:49+
26:54+	27:38+	28:00+	28:15+	28:25+																					
01:23+	00:44+	00:22+	00:15+	00:10+																					
01:23+	00:44+	00:22+	00:15+	00:10+																					

Beste strekktid for klassen

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

Damer B

1	Ida Kolstø	3502	24:04																						
00:23=	00:47=	01:27=	01:54=	02:20=	03:45=	04:26=	05:30=	06:18=	06:44=	07:53=	08:33=	09:00=	10:29=	11:14=	13:57=	15:06=	16:12=	17:01=	18:02=	19:48=	20:10=	20:51=	22:18=	23:13=	23:44=
00:23=	00:24=	00:40=	00:27=	00:26=	01:25=	00:41=	01:04=	00:48=	00:26=	01:09=	00:40=	00:27=	01:29=	00:45=	02:43=	01:09=	01:06=	00:49=	01:01=	01:46=	00:22=	00:41=	01:27=	00:55=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
24:04=																									
00:20=																									
00:00=																									

2	Agnes Haker	1284	24:16																						
00:21-	00:46-	01:24-	01:59+	02:23+	04:03+	04:49+	05:53+	06:35+	06:59+	08:18+	08:52+	09:24+	10:57+	11:46+	13:59+	15:19+	16:23+	17:10+	18:15+	19:50+	20:01-	20:42-	22:21+	23:17+	23:52+
00:21-	00:25+	00:38-	00:35+	00:24-	01:40+	00:46+	01:04=	00:42-	00:24-	01:19+	00:34-	00:32+	01:33+	00:49+	02:13-	01:20+	01:04-	00:47-	01:05+	01:35-	00:11-	00:41=	01:39+	00:56+	00:35+
00:02-	00:01+	00:02-	00:08&	00:02-	00:15#	00:05#	00:00=	00:06-	00:02-	00:10#	00:06-	00:05#	00:04+	00:04+	00:30-	00:11#	00:02-	00:02-	00:04+	00:11-	00:11-	00:00=	00:12#	00:01+	00:04#
24:16+																									
00:24+																									
00:04#																									

Damer B

3	Berit Aksland	1683	25:51																						
00:26+	00:50+	01:31+	02:11+	02:34+	04:01+	06:11+	07:25+	08:05+	08:32+	09:39+	10:15+	10:46+	12:18+	13:04+	15:16+	16:29+	17:33+	18:19+	19:22+	21:12+	21:29+	22:14+	23:49+	24:43+	25:26+
00:26+	00:24+	00:41+	00:40+	00:23-	01:27+	02:10+	01:14+	00:40-	00:27+	01:07-	00:36-	00:31+	01:32+	00:46+	02:12-	01:13+	01:04-	00:46-	01:03+	01:50+	00:17-	00:45+	01:35+	00:54-	00:43+
00:03#	00:00#	00:01+	00:13#	00:03-	00:02+	01:29#	00:10#	00:08-	00:01+	00:02-	00:04-	00:04#	00:03+	00:01+	00:31-	00:04+	00:02-	00:03-	00:02+	00:04+	00:05-	00:04+	00:08+	00:01-	00:12#
25:51+																									
00:25+																									
00:05#																									

4	Tone Torgersen	882	26:15																						
00:33+	01:00+	01:45+	02:11+	02:36+	04:07+	04:52+	06:05+	06:44+	07:12+	08:19+	08:53+	09:19+	10:52+	11:44+	14:30+	15:41+	16:45+	17:47+	18:49+	20:54+	21:11+	22:09+	24:07+	25:12+	25:51+
00:33+	00:27+	00:45+	00:26+	00:25+	01:31+	00:45+	01:13+	00:39+	00:28+	01:07+	00:34+	00:26+	01:33+	00:52+	02:46+	01:11+	01:04+	01:02+	01:02+	02:05+	00:17+	00:58+	01:58+	01:05+	00:39+
00:33+	00:27+	00:45+	00:26+	00:25+	01:31+	00:45+	01:13+	00:39+	00:28+	01:07+	00:34+	00:26+	01:33+	00:52+	02:46+	01:11+	01:04+	01:02+	01:02+	02:05+	00:17+	00:58+	01:58+	01:05+	00:39+
26:15+																									
00:24+																									
00:24+																									

5	Jorunn Johannesen	1683	26:33																						
01:05+	01:42+	02:26+	03:08+	03:34+	05:05+	05:49+	06:57+	07:39+	08:05+	09:26+	10:05+	10:59+	12:39+	13:28+	15:49+	16:52+	17:54+	18:43+	19:46+	21:47+	22:01+	22:55+	24:35+	25:33+	26:10+
01:05+	00:37+	00:44+	00:42+	00:26+	01:31+	00:44+	01:08+	00:42+	00:26+	01:21+	00:39+	00:54+	01:40+	00:49+	02:21+	01:03+	01:02+	00:49+	01:03+	02:01+	00:14+	00:54+	01:40+	00:58+	00:37+
01:05+	00:37+	00:44+	00:42+	00:26+	01:31+	00:44+	01:08+	00:42+	00:26+	01:21+	00:39+	00:54+	01:40+	00:49+	02:21+	01:03+	01:02+	00:49+	01:03+	02:01+	00:14+	00:54+	01:40+	00:58+	00:37+
26:33+																									
00:23+																									
00:23+																									

6	Helen Lomeland	722	26:35																						
00:24+	00:49+	01:47+	03:10+	03:31+	05:18+	06:02+	07:05+	07:55+	08:19+	09:51+	10:26+	10:58+	12:51+	13:38+	16:00+	17:10+	18:29+	19:23+	20:26+	22:00+	22:15+	23:01+	24:39+	25:29+	26:13+
00:24+	00:25+	00:58+	01:23+	00:21+	01:47+	00:44+	01:03+	00:50+	00:24+	01:32+	00:35+	00:32+	01:53+	00:47+	02:22+	01:10+	01:19+	00:54+	01:03+	01:34+	00:15+	00:46+	01:38+	00:50+	00:44+
00:24+	00:25+	00:58+	01:23+	00:21+	01:47+	00:44+	01:03+	00:50+	00:24+	01:32+	00:35+	00:32+	01:53+	00:47+	02:22+	01:10+	01:19+	00:54+	01:03+	01:34+	00:15+	00:46+	01:38+	00:50+	00:44+
26:35+																									
00:22+																									
00:22+																									

7	Ann-Cathrin Nybak Urdal	3595	26:37																						
00:31+	00:56+	01:40+	02:19+	02:45+	04:10+	04:57+	06:09+	06:51+	07:25+	08:36+	09:14+	09:44+	11:27+	12:16+	14:57+	16:07+	17:10+	17:57+	19:12+	21:23+	21:39+	22:28+	24:26+	25:31+	26:11+
00:31+	00:25+	00:44+	00:39+	00:26+	01:25+	00:47+	01:12+	00:42+	00:34+	01:11+	00:38+	00:30+	01:43+	00:49+	02:41+	01:10+	01:03+	00:47+	01:15+	02:11+	00:16+	00:49+	01:58+	01:05+	00:40+
00:31+	00:25+	00:44+	00:39+	00:26+	01:25+	00:47+	01:12+	00:42+	00:34+	01:11+	00:38+	00:30+	01:43+	00:49+	02:41+	01:10+	01:03+	00:47+	01:15+	02:11+	00:16+	00:49+	01:58+	01:05+	00:40+
26:37+																									
00:26+																									
00:26+																									

8	Ann Karin Tjørhom	1884	27:04																						
00:28+	00:57+	01:39+	02:07+	02:33+	04:23+	05:08+	06:25+	07:11+	07:39+	08:56+	09:38+	10:14+	12:04+	12:58+	15:48+	17:02+	18:11+	19:04+	20:12+	22:04+	22:21+	23:08+	24:52+	25:53+	26:36+
00:28+	00:29+	00:42+	00:28+	00:26+	01:50+	00:45+	01:17+	00:46+	00:28+	01:17+	00:42+	00:36+	01:50+	00:54+	02:50+	01:14+	01:09+	00:53+	01:08+	01:52+	00:17+	00:47+	01:44+	01:01+	00:43+
00:28+	00:29+	00:42+	00:28+	00:26+	01:50+	00:45+	01:17+	00:46+	00:28+	01:17+	00:42+	00:36+	01:50+	00:54+	02:50+	01:14+	01:09+	00:53+	01:08+	01:52+	00:17+	00:47+	01:44+	01:01+	00:43+
27:04+																									
00:28+																									
00:28+																									

9	Heidi Martby-Skogsholm	3522	27:13																						
00:25+	00:52+	02:01+	02:30+	02:54+	04:28+	05:18+	06:31+	07:14+	07:41+	09:01+	09:38+	10:10+	11:56+	12:46+	15:34+	17:03+	18:14+	19:05+	20:24+	22:11+	22:40+	23:27+	25:18+	26:14+	26:52+
00:25+	00:27+	01:09+	00:29+	00:24+	01:34+	00:50+	01:13+	00:43+	00:27+	01:20+	00:37+	00:32+	01:46+	00:50+	02:48+	01:29+	01:11+	00:51+	01:19+	01:47+	00:29+	00:47+	01:51+	00:56+	00:38+
00:25+	00:27+	01:09+	00:29+	00:24+	01:34+	00:50+	01:13+	00:43+	00:27+	01:20+	00:37+	00:32+	01:46+	00:50+	02:48+	01:29+	01:11+	00:51+	01:19+	01:47+	00:29+	00:47+	01:51+	00:56+	00:38+
27:13+																									
00:21+																									
00:21+																									

10	Kristin Breivold	892	27:27																						
00:25+	00:52+	01:36+	02:06+	02:34+	04:15+	05:21+	06:30+	07:10+	07:41+	08:50+	09:34+	10:12+	12:16+	13:20+	15:51+	17:10+	18:25+	19:15+	20:21+	22:11+	22:27+	23:15+	25:10+	26:09+	26:51+
00:25+	00:27+	00:44+	00:30+	00:28+	01:41+	01:06+	01:09+	00:40+	00:31+	01:09+	00:44+	00:38+	02:04+	01:04+	02:31+	01:19+	01:15+	00:50+	01:06+	01:50+	00:16+	00:48+	01:55+	00:59+	00:42+
00:25+	00:27+	00:44+	00:30+	00:28+	01:41+	01:06+	01:09+	00:40+	00:31+	01:09+	00:44+	00:38+	02:04+	01:04+	02:31+	01:19+	01:15+	00:50+	01:06+	01:50+	00:16+	00:48+	01:55+	00:59+	00:42+
27:27+																									
00:36+																									
00:36+																									

Damer B

11	Anina Hadland	3502																				27:44			
00:23+	00:45+	01:36+	02:41+	03:06+	04:40+	05:28+	06:42+	07:29+	07:57+	09:25+	10:08+	10:43+	12:23+	13:10+	16:00+	17:14+	18:23+	19:31+	20:36+	22:41+	22:50+	23:39+	25:31+	26:41+	27:20+
00:23+	00:22+	00:51+	01:05+	00:25+	01:34+	00:48+	01:14+	00:47+	00:28+	01:28+	00:43+	00:35+	01:40+	00:47+	02:50+	01:14+	01:09+	01:08+	01:05+	02:05+	00:09+	00:49+	01:52+	01:10+	00:39+
00:23+	00:22+	00:51+	01:05+	00:25+	01:34+	00:48+	01:14+	00:47+	00:28+	01:28+	00:43+	00:35+	01:40+	00:47+	02:50+	01:14+	01:09+	01:08+	01:05+	02:05+	00:09+	00:49+	01:52+	01:10+	00:39+
27:44+																									
00:24+																									
00:24+																									
12	Gezien Jongenburger	892																				27:49			
00:27+	00:53+	01:50+	02:49+	03:12+	05:03+	05:43+	06:50+	08:28+	08:55+	10:02+	10:40+	11:21+	12:53+	13:39+	16:05+	17:07+	18:14+	19:52+	21:18+	23:07+	23:27+	24:13+	25:52+	26:44+	27:17+
00:27+	00:26+	00:57+	00:59+	00:23+	01:51+	00:40+	01:07+	01:38+	00:27+	01:07+	00:38+	00:41+	01:32+	00:46+	02:26+	01:02+	01:07+	01:38+	01:26+	01:49+	00:20+	00:46+	01:39+	00:52+	00:33+
00:27+	00:26+	00:57+	00:59+	00:23+	01:51+	00:40+	01:07+	01:38+	00:27+	01:07+	00:38+	00:41+	01:32+	00:46+	02:26+	01:02+	01:07+	01:38+	01:26+	01:49+	00:20+	00:46+	01:39+	00:52+	00:33+
27:49+																									
00:32+																									
00:32+																									
13	Ingrid W. Hestness	896																				28:19			
00:30+	01:42+	02:31+	03:03+	03:34+	05:10+	06:02+	07:20+	08:05+	08:36+	09:50+	10:27+	11:03+	12:45+	13:42+	16:11+	17:20+	18:31+	19:42+	20:53+	22:37+	22:52+	23:44+	26:10+	27:09+	27:48+
00:30+	01:12+	00:49+	00:32+	00:31+	01:36+	00:52+	01:18+	00:45+	00:31+	01:14+	00:37+	00:36+	01:42+	00:57+	02:29+	01:09+	01:11+	01:11+	01:11+	01:44+	00:15+	00:52+	02:26+	00:59+	00:39+
00:30+	01:12+	00:49+	00:32+	00:31+	01:36+	00:52+	01:18+	00:45+	00:31+	01:14+	00:37+	00:36+	01:42+	00:57+	02:29+	01:09+	01:11+	01:11+	01:11+	01:44+	00:15+	00:52+	02:26+	00:59+	00:39+
28:19+																									
00:31+																									
00:31+																									
14	Vibeke Lamark	878																				30:20			
00:26+	01:06+	01:54+	02:22+	02:51+	04:18+	05:03+	06:13+	06:54+	07:22+	08:41+	09:18+	10:48+	12:42+	13:36+	16:18+	18:56+	20:12+	21:10+	22:22+	24:21+	24:37+	25:23+	27:06+	28:08+	29:44+
00:26+	00:40+	00:48+	00:28+	00:29+	01:27+	00:45+	01:10+	00:41+	00:28+	01:19+	00:37+	01:30+	01:54+	00:54+	02:42+	02:38+	01:16+	00:58+	01:12+	01:59+	00:16+	00:46+	01:43+	01:02+	01:36+
00:26+	00:40+	00:48+	00:28+	00:29+	01:27+	00:45+	01:10+	00:41+	00:28+	01:19+	00:37+	01:30+	01:54+	00:54+	02:42+	02:38+	01:16+	00:58+	01:12+	01:59+	00:16+	00:46+	01:43+	01:02+	01:36+
30:20+																									
00:36+																									
00:36+																									
15	Ragnhild Auglænd	769																				30:22			
00:33+	01:01+	02:15+	02:50+	03:19+	05:13+	06:05+	07:25+	08:14+	08:46+	10:25+	11:10+	11:42+	13:36+	14:35+	17:33+	18:56+	20:14+	21:21+	22:44+	24:55+	25:14+	26:10+	28:05+	29:17+	29:58+
00:33+	00:28+	01:14+	00:35+	00:29+	01:54+	00:52+	01:20+	00:49+	00:32+	01:39+	00:45+	00:32+	01:54+	00:59+	02:58+	01:23+	01:18+	01:07+	01:23+	02:11+	00:19+	00:56+	01:55+	01:12+	00:41+
00:33+	00:28+	01:14+	00:35+	00:29+	01:54+	00:52+	01:20+	00:49+	00:32+	01:39+	00:45+	00:32+	01:54+	00:59+	02:58+	01:23+	01:18+	01:07+	01:23+	02:11+	00:19+	00:56+	01:55+	01:12+	00:41+
30:22+																									
00:24+																									
00:24+																									
16	Anne Botne	3559																				33:45			
00:57+	01:20+	02:05+	02:56+	03:27+	04:58+	06:00+	07:12+	08:00+	08:29+	09:43+	10:32+	11:04+	13:35+	14:24+	20:23+	21:34+	22:46+	23:52+	25:10+	27:12+	27:35+	28:20+	31:19+	32:20+	33:16+
00:57+	00:23+	00:45+	00:51+	00:31+	01:31+	01:02+	01:12+	00:48+	00:29+	01:14+	00:49+	00:32+	02:31+	00:49+	05:59+	01:11+	01:12+	01:06+	01:18+	02:02+	00:23+	00:45+	02:59+	01:01+	00:56+
00:57+	00:23+	00:45+	00:51+	00:31+	01:31+	01:02+	01:12+	00:48+	00:29+	01:14+	00:49+	00:32+	02:31+	00:49+	05:59+	01:11+	01:12+	01:06+	01:18+	02:02+	00:23+	00:45+	02:59+	01:01+	00:56+
33:45+																									
00:29+																									
00:29+																									

Beste strekktid for klassen

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

Damer Ny

1	Eli Karine Klungre	1754																				16:33			
00:35=	01:31=	02:12=	03:40=	04:49=	05:40=	08:25=	10:09=	11:08=	11:51=	12:34=	14:49=	15:59=	16:33=												
00:35=	00:56=	00:41=	01:28=	01:09=	00:51=	02:45=	01:44=	00:59=	00:43=	00:43=	02:15=	01:10=	00:34=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Steinunn Birna Sveinbjörnsdottir	722																				22:26			
00:31-	01:48+	02:09-	03:00-	05:10+	05:51+	07:56-	10:15+	14:10+	14:28+	14:51+	20:40+	21:48+	22:26+												
00:31-	01:17+	00:21-	00:51-	02:10+	00:41-	02:05-	02:19+	03:55+	00:18-	00:23-	05:49+	01:08-	00:38+												
00:04-	00:21&	00:20-	00:37-	01:01&	00:10-	00:40-	00:35&	02:56&	00:25-	00:20-	03:34&	00:02-	00:04#												

Damer Ny

3 Helene Verdal Hidle 1830 27:08

00:34-	02:21+	02:46+	04:10+	05:59+	09:21+	16:24+	18:20+	21:31+	21:55+	22:37+	25:21+	26:27+	27:08+
00:34-	01:47+	00:25-	01:24-	01:49+	03:22+	07:03+	01:56+	03:11+	00:24-	00:42-	02:44+	01:06-	00:41+
00:01-	00:51&	00:16-	00:04-	00:40&	02:31@	04:18@	00:12#	02:12@	00:19-	00:01-	00:29#	00:04-	00:07#

4 Jannecke A. Moe 1758 29:28

01:11+	02:24+	02:59+	04:36+	08:12+	09:08+	13:47+	16:22+	18:06+	19:17+	20:55+	27:01+	28:32+	29:28+
01:11+	01:13+	00:35+	01:37+	03:36+	00:56+	04:39+	02:35+	01:44+	01:11+	01:38+	06:06+	01:31+	00:56+
01:11+	01:13+	00:35+	01:37+	03:36+	00:56+	04:39+	02:35+	01:44+	01:11+	01:38+	06:06+	01:31+	00:56+

Beste strekketid for klassen

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

Damer Trim

1 Hanna Haaland Sømme 874 18:18

00:27=	00:48=	01:19=	01:43=	03:28=	03:58=	04:45=	05:46=	06:44=	09:06=	09:51=	11:34=	12:41=	13:14=	14:20=	16:49=	17:39=	18:09=	18:18=
00:27=	00:21=	00:31=	00:24=	01:45=	00:30=	00:47=	01:01=	00:58=	02:22=	00:45=	01:43=	01:07=	00:33=	01:06=	02:29=	00:50=	00:30=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Anastasia Ollestad 3676 21:36

00:36+	01:05+	01:42+	02:11+	04:09+	04:46+	05:35+	07:17+	08:32+	10:47+	11:49+	13:44+	15:07+	15:52+	17:09+	19:42+	20:32+	21:27+	21:36+
00:36+	00:29+	00:37+	00:29+	01:58+	00:37+	00:49+	01:42+	01:15+	02:15-	01:02+	01:55+	01:23+	00:45+	01:17+	02:33+	00:50=	00:55+	00:09=
00:09&	00:08&	00:06#	00:05#	00:13#	00:07#	00:02+	00:41&	00:17&	00:07-	00:17&	00:12#	00:16#	00:12&	00:11#	00:04+	00:00=	00:25&	00:00=

3 Therese Østbø 896 22:13

00:41+	01:09+	01:53+	02:17+	04:19+	04:57+	05:44+	06:57+	07:59+	10:39+	11:45+	13:57+	15:29+	16:16+	17:39+	20:20+	21:20+	22:04+	22:13+
00:41+	00:28+	00:44+	00:24=	02:02+	00:38+	00:47=	01:13+	01:02+	02:40+	01:06+	02:12+	01:32+	00:47+	01:23+	02:41+	01:00+	00:44+	00:09=
00:14&	00:07&	00:13&	00:00=	00:17#	00:08&	00:00=	00:12#	00:04+	00:18#	00:21&	00:29&	00:25&	00:14&	00:17&	00:12+	00:10#	00:14&	00:00=

4 Karine Ditlevsen 896 22:15

00:38+	01:09+	01:49+	02:17+	04:19+	05:00+	05:47+	06:57+	08:02+	10:42+	11:48+	14:00+	15:32+	16:31+	17:36+	20:23+	21:18+	22:06+	22:15+
00:38+	00:31+	00:40+	00:28+	02:02+	00:41+	00:47=	01:10+	01:05+	02:40+	01:06+	02:12+	01:32+	00:59+	01:05-	02:47+	00:55+	00:48+	00:09=
00:11&	00:10&	00:09&	00:04#	00:17#	00:11&	00:00=	00:09#	00:07#	00:18#	00:21&	00:29&	00:25&	00:26&	00:01-	00:18#	00:05+	00:18&	00:00=

5 Sara Dudzinska 1376 22:44

00:24-	00:52+	01:19=	02:00+	04:11+	04:43+	05:43+	06:56+	07:56+	10:56+	12:17+	14:17+	15:34+	16:25+	17:37+	21:01+	22:00+	22:35+	22:44+
00:24-	00:28+	00:27-	00:41+	02:11+	00:32+	01:00+	01:13+	01:00+	03:00+	01:21+	02:00+	01:17+	00:51+	01:12+	03:24+	00:59+	00:35+	00:09=
00:03-	00:07&	00:04-	00:17&	00:26#	00:02+	00:13&	00:12#	00:02+	00:38&	00:36&	00:17#	00:10#	00:18&	00:06+	00:55&	00:09#	00:05#	00:00=

6 Maria Fjelde 722 22:45

00:33+	00:55+	01:31+	01:58+	03:55+	04:38+	05:27+	06:55+	08:08+	10:22+	11:24+	13:43+	15:40+	16:26+	17:53+	20:53+	22:00+	22:37+	22:45+
00:33+	00:22+	00:36+	00:27+	01:57+	00:43+	00:49+	01:28+	01:13+	02:14-	01:02+	02:19+	01:57+	00:46+	01:27+	03:00+	01:07+	00:37+	00:08-
00:06#	00:01+	00:05#	00:03#	00:12#	00:13&	00:02+	00:27&	00:15&	00:08-	00:17&	00:36&	00:50&	00:13&	00:21&	00:31#	00:17&	00:07#	00:01-

7 Ingrid Overegseth Foss 896 22:49

00:29+	00:57+	01:29+	02:02+	04:06+	04:46+	05:36+	06:53+	07:52+	11:03+	11:55+	13:55+	15:24+	16:40+	17:51+	20:49+	21:52+	22:38+	22:49+
00:29+	00:28+	00:32+	00:33+	02:04+	00:40+	00:50+	01:17+	00:59+	03:11+	00:52+	02:00+	01:29+	01:16+	01:11+	02:58+	01:03+	00:46+	00:11+
00:02+	00:07&	00:01+	00:09&	00:19#	00:10&	00:03+	00:16&	00:01+	00:49&	00:07#	00:17#	00:22&	00:43@	00:05+	00:29#	00:13&	00:16&	00:02#

8 Ane Hatteland Nese 769 23:23

00:36+	00:58+	01:32+	02:04+	04:11+	04:49+	05:44+	07:00+	08:17+	10:46+	11:57+	14:21+	15:45+	16:21+	17:41+	21:23+	22:29+	23:12+	23:23+
00:36+	00:22+	00:34+	00:32+	02:07+	00:38+	00:55+	01:16+	01:17+	02:29+	01:11+	02:24+	01:24+	00:36+	01:20+	03:42+	01:06+	00:43+	00:11+
00:09&	00:01+	00:03+	00:08&	00:22#	00:08&	00:08#	00:15#	00:19&	00:07+	00:26&	00:41&	00:17&	00:03+	00:14#	01:13&	00:16&	00:13&	00:02#

9 Karolina Lenart 1376 23:44

00:27=	00:54+	01:24+	02:08+	04:08+	04:44+	05:44+	07:05+	08:05+	10:57+	12:14+	14:13+	15:36+	16:32+	17:45+	21:37+	22:47+	23:32+	23:44+
00:27=	00:27+	00:30-	00:44+	02:00+	00:36+	01:00+	01:21+	01:00+	02:52+	01:17+	01:59+	01:23+	00:56+	01:13+	03:52+	01:10+	00:45+	00:12+
00:00=	00:06&	00:01-	00:20&	00:15#	00:06#	00:13&	00:20&	00:02+	00:30#	00:32&	00:16#	00:16#	00:23&	00:07#	01:23&	00:20&	00:15&	00:03&

10 Marie Hernæs Larsen 3565 24:18

00:31+	00:59+	01:36+	02:02+	04:28+	05:49+	06:33+	07:41+	08:52+	11:39+	12:48+	15:40+	17:07+	18:04+	19:15+	21:59+	22:56+	24:07+	24:18+
00:31+	00:28+	00:37+	00:26+	02:26+	01:21+	00:44-	01:08+	01:11+	02:47+	01:09+	02:52+	01:27+	00:57+	01:11+	02:44+	00:57+	01:11+	00:11+
00:04#	00:07&	00:06#	00:02+	00:41&	00:51@	00:03-	00:07#	00:13#	00:25#	00:24&	01:09&	00:20&	00:24&	00:05+	00:15#	00:07#	00:41@	00:02#

Damer Trim

11	Esther Boenheim	2539	24:46															
00:38+	01:04+	01:52+	02:35+	04:45+	05:30+	06:26+	08:01+	09:20+	11:36+	12:40+	14:20+	16:01+	16:40+	17:50+	22:46+	23:53+	24:36+	24:46+
00:38+	00:26+	00:48+	00:43+	02:10+	00:45+	00:56+	01:35+	01:19+	02:16-	01:04+	01:40-	01:41+	00:39+	01:10+	04:56+	01:07+	00:43+	00:10+
00:11&	00:05#	00:17&	00:19&	00:25#	00:15&	00:09#	00:34&	00:21&	00:06-	00:19&	00:03-	00:34&	00:06#	00:04+	02:27&	00:17&	00:13&	00:01#
12	Kristine Vik	1284	26:44															
00:31+	01:00+	01:38+	02:05+	04:09+	04:53+	05:59+	07:13+	08:52+	11:39+	13:27+	15:51+	18:42+	19:38+	20:50+	24:49+	25:59+	26:34+	26:44+
00:31+	00:29+	00:38+	00:27+	02:04+	00:44+	01:06+	01:14+	01:39+	02:47+	01:48+	02:24+	02:51+	00:56+	01:12+	03:59+	01:10+	00:35+	00:10+
00:31+	00:29+	00:38+	00:27+	02:04+	00:44+	01:06+	01:14+	01:39+	02:47+	01:48+	02:24+	02:51+	00:56+	01:12+	03:59+	01:10+	00:35+	00:10+
13	Marie Volline Nessler	3516	26:45															
00:55+	01:27+	02:30+	03:04+	05:26+	06:11+	07:09+	08:41+	10:01+	13:01+	14:15+	16:40+	18:19+	19:20+	20:55+	24:10+	25:31+	26:34+	26:45+
00:55+	00:32+	01:03+	00:34+	02:22+	00:45+	00:58+	01:32+	01:20+	03:00+	01:14+	02:25+	01:39+	01:01+	01:35+	03:15+	01:21+	01:03+	00:11+
00:55+	00:32+	01:03+	00:34+	02:22+	00:45+	00:58+	01:32+	01:20+	03:00+	01:14+	02:25+	01:39+	01:01+	01:35+	03:15+	01:21+	01:03+	00:11+
14	Bente Cecilie Lio	1283	27:05															
00:29+	00:57+	01:36+	02:04+	05:15+	05:59+	07:09+	08:38+	10:08+	12:47+	13:55+	16:08+	18:06+	18:47+	20:11+	24:42+	26:09+	26:54+	27:05+
00:29+	00:28+	00:39+	00:28+	03:11+	00:44+	01:10+	01:29+	01:30+	02:39+	01:08+	02:13+	01:58+	00:41+	01:24+	04:31+	01:27+	00:45+	00:11+
00:29+	00:28+	00:39+	00:28+	03:11+	00:44+	01:10+	01:29+	01:30+	02:39+	01:08+	02:13+	01:58+	00:41+	01:24+	04:31+	01:27+	00:45+	00:11+
15	Anne Turid Vestbakke	1683	27:52															
00:39+	01:07+	01:38+	02:02+	04:23+	05:04+	05:59+	07:21+	08:51+	13:59+	14:58+	18:40+	20:27+	21:11+	22:37+	25:56+	26:55+	27:42+	27:52+
00:39+	00:28+	00:31+	00:24+	02:21+	00:41+	00:55+	01:22+	01:30+	05:08+	00:59+	03:42+	01:47+	00:44+	01:26+	03:19+	00:59+	00:47+	00:10+
00:39+	00:28+	00:31+	00:24+	02:21+	00:41+	00:55+	01:22+	01:30+	05:08+	00:59+	03:42+	01:47+	00:44+	01:26+	03:19+	00:59+	00:47+	00:10+
16	Hilde Christine Hoff	848	27:59															
00:50+	01:24+	02:07+	02:41+	05:19+	06:06+	07:09+	08:37+	10:13+	13:32+	14:50+	17:06+	19:01+	19:52+	21:47+	25:22+	26:45+	27:43+	27:59+
00:50+	00:34+	00:43+	00:34+	02:38+	00:47+	01:03+	01:28+	01:36+	03:19+	01:18+	02:16+	01:55+	00:51+	01:55+	03:35+	01:23+	00:58+	00:16+
00:50+	00:34+	00:43+	00:34+	02:38+	00:47+	01:03+	01:28+	01:36+	03:19+	01:18+	02:16+	01:55+	00:51+	01:55+	03:35+	01:23+	00:58+	00:16+
17	Heidi Camilla Raugstad Hovet	769	29:17															
00:23+	00:46+	01:25+	01:54+	05:18+	05:53+	06:37+	08:13+	09:17+	15:57+	17:28+	19:35+	21:41+	22:06+	23:04+	26:31+	27:30+	29:06+	29:17+
00:23+	00:23+	00:39+	00:29+	03:24+	00:35+	00:44+	01:36+	01:04+	06:40+	01:31+	02:07+	02:06+	00:25+	00:58+	03:27+	00:59+	01:36+	00:11+
00:23+	00:23+	00:39+	00:29+	03:24+	00:35+	00:44+	01:36+	01:04+	06:40+	01:31+	02:07+	02:06+	00:25+	00:58+	03:27+	00:59+	01:36+	00:11+
18	Unni Byberg Mæstad	892	30:39															
00:34+	01:06+	01:50+	02:22+	05:04+	08:02+	08:45+	10:45+	12:33+	16:20+	17:37+	19:41+	21:30+	22:36+	23:59+	28:30+	29:43+	30:26+	30:39+
00:34+	00:32+	00:44+	00:32+	02:42+	02:58+	00:43+	02:00+	01:48+	03:47+	01:17+	02:04+	01:49+	01:06+	01:23+	04:31+	01:13+	00:43+	00:13+
00:34+	00:32+	00:44+	00:32+	02:42+	02:58+	00:43+	02:00+	01:48+	03:47+	01:17+	02:04+	01:49+	01:06+	01:23+	04:31+	01:13+	00:43+	00:13+
19	Kirsti Strand Salvesen	3540	31:20															
00:50+	01:25+	02:12+	02:54+	05:26+	06:15+	08:01+	09:56+	11:25+	15:23+	16:39+	19:59+	21:37+	22:32+	24:20+	28:42+	29:59+	31:03+	31:20+
00:50+	00:35+	00:47+	00:42+	02:32+	00:49+	01:46+	01:55+	01:29+	03:58+	01:16+	03:20+	01:38+	00:55+	01:48+	04:22+	01:17+	01:04+	00:17+
00:50+	00:35+	00:47+	00:42+	02:32+	00:49+	01:46+	01:55+	01:29+	03:58+	01:16+	03:20+	01:38+	00:55+	01:48+	04:22+	01:17+	01:04+	00:17+
20	Linda Haukås	3551	31:33															
00:40+	01:21+	02:02+	02:39+	05:20+	06:07+	07:05+	08:44+	10:02+	15:17+	18:21+	20:53+	22:51+	23:44+	25:19+	29:10+	30:29+	31:19+	31:33+
00:40+	00:41+	00:41+	00:37+	02:41+	00:47+	00:58+	01:39+	01:18+	05:15+	03:04+	02:32+	01:58+	00:53+	01:35+	03:51+	01:19+	00:50+	00:14+
00:40+	00:41+	00:41+	00:37+	02:41+	00:47+	00:58+	01:39+	01:18+	05:15+	03:04+	02:32+	01:58+	00:53+	01:35+	03:51+	01:19+	00:50+	00:14+
21	Ritva Halsne	722	31:58															
00:28+	01:20+	01:55+	02:23+	06:21+	10:02+	11:29+	12:59+	14:22+	16:49+	17:47+	20:06+	21:35+	22:27+	24:05+	28:33+	29:45+	31:48+	31:58+
00:28+	00:52+	00:35+	00:28+	03:58+	03:41+	01:27+	01:30+	01:23+	02:27+	00:58+	02:19+	01:29+	00:52+	01:38+	04:28+	01:12+	02:03+	00:10+
00:28+	00:52+	00:35+	00:28+	03:58+	03:41+	01:27+	01:30+	01:23+	02:27+	00:58+	02:19+	01:29+	00:52+	01:38+	04:28+	01:12+	02:03+	00:10+
22	Ingunn Johanne Fandrem	3511	32:40															
00:44+	01:43+	02:25+	02:59+	05:14+	06:00+	06:58+	08:46+	10:16+	13:17+	17:57+	21:38+	23:38+	24:34+	26:04+	30:13+	31:30+	32:27+	32:40+
00:44+	00:59+	00:42+	00:34+	02:15+	00:46+	00:58+	01:48+	01:30+	03:01+	04:40+	03:41+	02:00+	00:56+	01:30+	04:09+	01:17+	00:57+	00:13+
00:44+	00:59+	00:42+	00:34+	02:15+	00:46+	00:58+	01:48+	01:30+	03:01+	04:40+	03:41+	02:00+	00:56+	01:30+	04:09+	01:17+	00:57+	00:13+
23	Solveig Marie Grønning	3511	32:40															
00:51+	01:44+	02:27+	03:01+	05:09+	06:01+	06:55+	08:44+	10:17+	13:19+	17:55+	21:35+	23:41+	24:30+	25:58+	30:10+	31:30+	32:28+	32:40+
00:51+	00:53+	00:43+	00:34+	02:08+	00:52+	00:54+	01:49+	01:33+	03:02+	04:36+	03:40+	02:06+	00:49+	01:28+	04:12+	01:20+	00:58+	00:12+
00:51+	00:53+	00:43+	00:34+	02:08+	00:52+	00:54+	01:49+	01:33+	03:02+	04:36+	03:40+	02:06+	00:49+	01:28+	04:12+	01:20+	00:58+	00:12+
24	Signe Lise Haaland	3507	33:17															
04:15+	04:57+	05:46+	06:27+	09:24+	10:17+	11:28+	13:04+	14:57+	18:29+	19:46+	21:58+	23:48+	24:48+	26:49+	30:40+	32:00+	32:59+	33:17+
04:15+	00:42+	00:49+	00:41+	02:57+	00:53+	01:11+	01:36+	01:53+	03:32+	01:17+	02:12+	01:50+	01:00+	02:01+	03:51+	01:20+	00:59+	00:18+
04:15+	00:42+	00:49+	00:41+	02:57+	00:53+	01:11+	01:36+	01:53+	03:32+	01:17+	02:12+	01:50+	01:00+	02:01+	03:51+	01:20+	00:59+	00:18+

Class	Navn	Klasse	Tid
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Damer Trim

25	Eli Thorset Våge	896	33:33
00:46+	01:26+ 02:28+ 03:19+ 06:13+ 07:03+ 08:19+ 13:26+ 14:49+ 18:54+ 20:15+ 22:25+ 24:04+	25:06+ 26:42+ 30:46+ 32:12+ 33:19+ 33:33+	
00:46+	00:40+ 01:02+ 00:51+ 02:54+ 00:50+ 01:16+ 05:07+ 01:23+ 04:05+ 01:21+ 02:10+ 01:39+	01:02+ 01:36+ 04:04+ 01:26+ 01:07+ 00:14+	
00:46+	00:40+ 01:02+ 00:51+ 02:54+ 00:50+ 01:16+ 05:07+ 01:23+ 04:05+ 01:21+ 02:10+ 01:39+	01:02+ 01:36+ 04:04+ 01:26+ 01:07+ 00:14+	
26	Ruth Grødem	722	33:33
00:40+	03:11+ 04:19+ 04:51+ 08:39+ 09:24+ 10:36+ 12:10+ 13:38+ 16:26+ 17:46+ 21:05+ 23:14+	23:58+ 25:50+ 31:19+ 32:31+ 33:22+ 33:33+	
00:40+	02:31+ 01:08+ 00:32+ 03:48+ 00:45+ 01:12+ 01:34+ 01:28+ 02:48+ 01:20+ 03:19+ 02:09+	00:44+ 01:52+ 05:29+ 01:12+ 00:51+ 00:11+	
00:40+	02:31+ 01:08+ 00:32+ 03:48+ 00:45+ 01:12+ 01:34+ 01:28+ 02:48+ 01:20+ 03:19+ 02:09+	00:44+ 01:52+ 05:29+ 01:12+ 00:51+ 00:11+	
27	Inger Martinsen	1493	34:15
00:49+	01:21+ 02:30+ 03:06+ 07:55+ 09:07+ 10:16+ 12:23+ 14:18+ 17:15+ 18:30+ 20:23+ 22:06+	24:13+ 25:57+ 29:59+ 31:29+ 34:02+ 34:15+	
00:49+	00:32+ 01:09+ 00:36+ 04:49+ 01:12+ 01:09+ 02:07+ 01:55+ 02:57+ 01:15+ 01:53+ 01:43+	02:07+ 01:44+ 04:02+ 01:30+ 02:33+ 00:13+	
00:49+	00:32+ 01:09+ 00:36+ 04:49+ 01:12+ 01:09+ 02:07+ 01:55+ 02:57+ 01:15+ 01:53+ 01:43+	02:07+ 01:44+ 04:02+ 01:30+ 02:33+ 00:13+	
28	Marianne Steinkopf	880	34:24
00:40+	01:04+ 01:50+ 02:15+ 06:03+ 06:54+ 07:41+ 09:18+ 10:39+ 20:22+ 22:11+ 23:46+ 25:47+	26:16+ 27:49+ 31:20+ 32:30+ 34:15+ 34:24+	
00:40+	00:24+ 00:46+ 00:25+ 03:48+ 00:51+ 00:47+ 01:37+ 01:21+ 09:43+ 01:49+ 01:35+ 02:01+	00:29+ 01:33+ 03:31+ 01:10+ 01:45+ 00:09+	
00:40+	00:24+ 00:46+ 00:25+ 03:48+ 00:51+ 00:47+ 01:37+ 01:21+ 09:43+ 01:49+ 01:35+ 02:01+	00:29+ 01:33+ 03:31+ 01:10+ 01:45+ 00:09+	
29	Liv Janne Fandrem Biland	892	34:43
00:37+	01:04+ 01:47+ 02:17+ 05:42+ 07:50+ 08:29+ 09:52+ 11:03+ 13:29+ 19:00+ 22:45+ 24:52+	25:31+ 26:57+ 31:27+ 32:56+ 34:32+ 34:43+	
00:37+	00:27+ 00:43+ 00:30+ 03:25+ 02:08+ 00:39+ 01:23+ 01:11+ 02:26+ 05:31+ 03:45+ 02:07+	00:39+ 01:26+ 04:30+ 01:29+ 01:36+ 00:11+	
00:37+	00:27+ 00:43+ 00:30+ 03:25+ 02:08+ 00:39+ 01:23+ 01:11+ 02:26+ 05:31+ 03:45+ 02:07+	00:39+ 01:26+ 04:30+ 01:29+ 01:36+ 00:11+	
30	Monika Korbecka	1456	42:01
02:23+	03:20+ 04:30+ 06:02+ 09:56+ 11:10+ 12:44+ 14:55+ 16:54+ 21:22+ 23:07+ 26:22+ 29:15+	30:42+ 33:10+ 38:50+ 40:30+ 41:39+ 42:01+	
02:23+	00:57+ 01:10+ 01:32+ 03:54+ 01:14+ 01:34+ 02:11+ 01:59+ 04:28+ 01:45+ 03:15+ 02:53+	01:27+ 02:28+ 05:40+ 01:40+ 01:09+ 00:22+	
02:23+	00:57+ 01:10+ 01:32+ 03:54+ 01:14+ 01:34+ 02:11+ 01:59+ 04:28+ 01:45+ 03:15+ 02:53+	01:27+ 02:28+ 05:40+ 01:40+ 01:09+ 00:22+	
31	Maria Haukalid	3511	42:55
00:39+	02:12+ 03:06+ 03:48+ 07:25+ 09:14+ 10:23+ 13:06+ 15:24+ 19:39+ 21:57+ 28:45+ 31:36+	32:19+ 34:05+ 39:39+ 40:55+ 42:42+ 42:55+	
00:39+	01:33+ 00:54+ 00:42+ 03:37+ 01:49+ 01:09+ 02:43+ 02:18+ 04:15+ 02:18+ 06:48+ 02:51+	00:43+ 01:46+ 05:34+ 01:16+ 01:47+ 00:13+	
00:39+	01:33+ 00:54+ 00:42+ 03:37+ 01:49+ 01:09+ 02:43+ 02:18+ 04:15+ 02:18+ 06:48+ 02:51+	00:43+ 01:46+ 05:34+ 01:16+ 01:47+ 00:13+	
32	May Kristin Haaland	3511	47:24
00:58+	01:53+ 02:47+ 03:40+ 08:32+ 09:52+ 11:22+ 15:18+ 17:46+ 22:29+ 24:12+ 27:55+ 35:25+	36:20+ 38:25+ 43:44+ 45:21+ 47:07+ 47:24+	
00:58+	00:55+ 00:54+ 00:53+ 04:52+ 01:20+ 01:30+ 03:56+ 02:28+ 04:43+ 01:43+ 03:43+ 07:30+	00:55+ 02:05+ 05:19+ 01:37+ 01:46+ 00:17+	
00:58+	00:55+ 00:54+ 00:53+ 04:52+ 01:20+ 01:30+ 03:56+ 02:28+ 04:43+ 01:43+ 03:43+ 07:30+	00:55+ 02:05+ 05:19+ 01:37+ 01:46+ 00:17+	
33	Ragnhild Christiansen	1884	47:41
01:03+	02:00+ 03:01+ 03:52+ 10:25+ 11:27+ 12:52+ 15:01+ 17:08+ 21:54+ 23:44+ 27:31+ 33:55+	35:13+ 37:38+ 42:48+ 44:59+ 47:10+ 47:41+	
01:03+	00:57+ 01:01+ 00:51+ 06:33+ 01:02+ 01:25+ 02:09+ 02:07+ 04:46+ 01:50+ 03:47+ 06:24+	01:18+ 02:25+ 05:10+ 02:11+ 02:11+ 00:31+	
01:03+	00:57+ 01:01+ 00:51+ 06:33+ 01:02+ 01:25+ 02:09+ 02:07+ 04:46+ 01:50+ 03:47+ 06:24+	01:18+ 02:25+ 05:10+ 02:11+ 02:11+ 00:31+	
34	Else Marie Furland	NOTEAM	47:44
01:09+	02:01+ 02:57+ 03:49+ 10:28+ 11:27+ 12:53+ 15:04+ 17:07+ 21:55+ 23:40+ 27:26+ 33:57+	35:15+ 37:39+ 42:44+ 44:55+ 47:25+ 47:44+	
01:09+	00:52+ 00:56+ 00:52+ 06:39+ 00:59+ 01:26+ 02:11+ 02:03+ 04:48+ 01:45+ 03:46+ 06:31+	01:18+ 02:24+ 05:05+ 02:11+ 02:30+ 00:19+	
01:09+	00:52+ 00:56+ 00:52+ 06:39+ 00:59+ 01:26+ 02:11+ 02:03+ 04:48+ 01:45+ 03:46+ 06:31+	01:18+ 02:24+ 05:05+ 02:11+ 02:30+ 00:19+	
35	Brit Svihus	892	52:34
00:55+	01:38+ 02:13+ 02:42+ 05:47+ 06:34+ 07:57+ 10:05+ 11:49+ 19:22+ 21:01+ 23:54+ 42:40+	43:36+ 45:09+ 49:28+ 50:43+ 52:19+ 52:34+	
00:55+	00:43+ 00:35+ 00:29+ 03:05+ 00:47+ 01:23+ 02:08+ 01:44+ 07:33+ 01:39+ 02:53+ 18:46+	00:56+ 01:33+ 04:19+ 01:15+ 01:36+ 00:15+	
00:55+	00:43+ 00:35+ 00:29+ 03:05+ 00:47+ 01:23+ 02:08+ 01:44+ 07:33+ 01:39+ 02:53+ 18:46+	00:56+ 01:33+ 04:19+ 01:15+ 01:36+ 00:15+	
36	Agnete Dedekam Stabel	1758	1:09:38
00:42+	01:23+ 02:51+ 04:33+ 09:19+ 12:49+ 13:34+ 19:05+ 22:04+ 38:47+ 41:19+ 44:50+ 52:47+	53:22+ 58:04+ 62:39+ 64:36+ 69:25+ 69:38+	
00:42+	00:41+ 01:28+ 01:42+ 04:46+ 03:30+ 00:45+ 05:31+ 02:59+ 16:43+ 02:32+ 03:31+ 07:57+	00:35+ 04:42+ 04:35+ 01:57+ 04:49+ 00:13+	
00:42+	00:41+ 01:28+ 01:42+ 04:46+ 03:30+ 00:45+ 05:31+ 02:59+ 16:43+ 02:32+ 03:31+ 07:57+	00:35+ 04:42+ 04:35+ 01:57+ 04:49+ 00:13+	

Beste strekttid for klassen

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

Herrer 16 - 39 år

Herrer 16 - 39 år

1	Sam McCloy	793	19:48																						
00:19=	00:36=	01:10=	01:30=	01:52=	02:55=	03:27=	04:24=	05:08=	05:29=	06:25=	06:53=	07:17=	08:32=	09:13=	10:54=	11:54=	12:51=	13:41=	14:39=	16:01=	16:14=	16:52=	18:10=	18:55=	19:24=
00:19=	00:17=	00:34=	00:20=	00:22=	01:03=	00:32=	00:57=	00:44=	00:21=	00:56=	00:28=	00:24=	01:15=	00:41=	01:41=	01:00=	00:57=	00:50=	00:58=	01:22=	00:13=	00:38=	01:18=	00:45=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
19:48=																									
00:24=																									
00:00=																									
2	Ole Morten Haaland	3528	20:19																						
00:21+	00:51+	01:39+	01:59+	02:20+	03:42+	04:29+	05:23+	05:52+	06:15+	07:09+	07:42+	08:08+	09:22+	09:58+	11:44+	12:45+	13:34+	14:13+	15:10+	16:28+	16:41+	17:19+	18:37+	19:25+	19:59+
00:21+	00:30+	00:48+	00:20+	00:21+	01:22+	00:47+	00:54+	00:29+	00:23+	00:54+	00:33+	00:26+	01:14+	00:36+	01:46+	01:01+	00:49+	00:39+	00:57+	01:18+	00:13+	00:38+	01:18+	00:48+	00:34+
00:21+	00:30+	00:48+	00:20+	00:21+	01:22+	00:47+	00:54+	00:29+	00:23+	00:54+	00:33+	00:26+	01:14+	00:36+	01:46+	01:01+	00:49+	00:39+	00:57+	01:18+	00:13+	00:38+	01:18+	00:48+	00:34+
20:19+																									
00:20+																									
00:20+																									
3	Torbjørn Fuglestad	878	20:32																						
00:18+	00:38+	01:14+	01:54+	02:17+	03:20+	03:59+	04:59+	05:36+	05:58+	06:56+	07:27+	07:54+	09:22+	10:02+	11:56+	12:50+	13:46+	14:27+	15:21+	16:49+	17:02+	17:37+	18:59+	19:47+	20:15+
00:18+	00:20+	00:36+	00:40+	00:23+	01:03+	00:39+	01:00+	00:37+	00:22+	00:58+	00:31+	00:27+	01:28+	00:40+	01:54+	00:54+	00:56+	00:41+	00:54+	01:28+	00:13+	00:35+	01:22+	00:48+	00:28+
00:18+	00:20+	00:36+	00:40+	00:23+	01:03+	00:39+	01:00+	00:37+	00:22+	00:58+	00:31+	00:27+	01:28+	00:40+	01:54+	00:54+	00:56+	00:41+	00:54+	01:28+	00:13+	00:35+	01:22+	00:48+	00:28+
20:32+																									
00:17+																									
00:17+																									
21:01+																									
00:25+																									
00:25+																									
4	David Wade	465	21:01																						
00:17+	00:40+	01:16+	01:37+	01:56+	03:08+	03:40+	04:31+	05:33+	05:59+	07:04+	07:33+	07:58+	09:41+	10:19+	12:04+	13:00+	14:04+	14:43+	15:52+	17:18+	17:29+	18:01+	19:22+	20:08+	20:36+
00:17+	00:23+	00:36+	00:21+	00:19+	01:12+	00:32+	00:51+	01:02+	00:26+	01:05+	00:29+	00:25+	01:43+	00:38+	01:45+	00:56+	01:04+	00:39+	01:09+	01:26+	00:11+	00:32+	01:21+	00:46+	00:28+
00:17+	00:23+	00:36+	00:21+	00:19+	01:12+	00:32+	00:51+	01:02+	00:26+	01:05+	00:29+	00:25+	01:43+	00:38+	01:45+	00:56+	01:04+	00:39+	01:09+	01:26+	00:11+	00:32+	01:21+	00:46+	00:28+
21:01+																									
00:25+																									
00:25+																									
5	Arild Pfluger Hundeide	769	21:40																						
00:24+	00:43+	01:18+	01:41+	02:03+	03:22+	04:02+	05:04+	05:40+	06:03+	07:10+	07:41+	08:08+	09:37+	10:24+	12:31+	13:35+	14:34+	15:21+	16:17+	17:35+	17:46+	18:19+	20:02+	20:53+	21:20+
00:24+	00:19+	00:35+	00:23+	00:22+	01:19+	00:40+	01:02+	00:36+	00:23+	01:07+	00:31+	00:27+	01:29+	00:47+	02:07+	01:04+	00:59+	00:47+	00:56+	01:18+	00:11+	00:33+	01:43+	00:51+	00:27+
00:24+	00:19+	00:35+	00:23+	00:22+	01:19+	00:40+	01:02+	00:36+	00:23+	01:07+	00:31+	00:27+	01:29+	00:47+	02:07+	01:04+	00:59+	00:47+	00:56+	01:18+	00:11+	00:33+	01:43+	00:51+	00:27+
21:40+																									
00:20+																									
00:20+																									
6	Martin Skogland	3508	22:06																						
00:19+	00:41+	01:29+	01:55+	02:18+	03:32+	04:12+	05:13+	05:55+	06:19+	07:24+	07:58+	08:25+	09:55+	10:32+	12:51+	13:48+	14:39+	15:21+	16:17+	17:49+	18:02+	18:41+	20:22+	21:11+	21:41+
00:19+	00:22+	00:48+	00:26+	00:23+	01:14+	00:40+	01:01+	00:42+	00:24+	01:05+	00:34+	00:27+	01:30+	00:37+	02:19+	00:57+	00:51+	00:42+	00:56+	01:32+	00:13+	00:39+	01:41+	00:49+	00:30+
00:19+	00:22+	00:48+	00:26+	00:23+	01:14+	00:40+	01:01+	00:42+	00:24+	01:05+	00:34+	00:27+	01:30+	00:37+	02:19+	00:57+	00:51+	00:42+	00:56+	01:32+	00:13+	00:39+	01:41+	00:49+	00:30+
22:06+																									
00:25+																									
00:25+																									
7	Øyvind Rustan	722	22:31																						
00:19+	00:42+	01:38+	02:18+	02:38+	03:46+	04:25+	05:23+	05:59+	06:22+	07:26+	07:59+	08:32+	10:00+	10:42+	12:39+	13:45+	14:51+	15:35+	16:44+	18:12+	18:27+	19:03+	20:49+	21:38+	22:13+
00:19+	00:23+	00:56+	00:40+	00:20+	01:08+	00:39+	00:58+	00:36+	00:23+	01:04+	00:33+	00:33+	01:28+	00:42+	01:57+	01:06+	01:06+	00:44+	01:09+	01:28+	00:15+	00:36+	01:46+	00:49+	00:35+
00:19+	00:23+	00:56+	00:40+	00:20+	01:08+	00:39+	00:58+	00:36+	00:23+	01:04+	00:33+	00:33+	01:28+	00:42+	01:57+	01:06+	01:06+	00:44+	01:09+	01:28+	00:15+	00:36+	01:46+	00:49+	00:35+
22:31+																									
00:18+																									
00:18+																									
8	Håkon Haugenes Rake	3512	22:41																						
00:22+	01:02+	01:56+	02:41+	03:00+	04:17+	04:53+	05:53+	06:48+	07:12+	08:11+	08:43+	09:11+	10:39+	11:28+	13:34+	14:35+	15:38+	16:15+	17:11+	18:55+	19:10+	19:45+	21:05+	21:51+	22:20+
00:22+	00:40+	00:54+	00:45+	00:19+	01:17+	00:36+	01:00+	00:55+	00:24+	00:59+	00:32+	00:28+	01:28+	00:49+	02:06+	01:01+	01:03+	00:37+	00:56+	01:44+	00:15+	00:35+	01:20+	00:46+	00:29+
00:22+	00:40+	00:54+	00:45+	00:19+	01:17+	00:36+	01:00+	00:55+	00:24+	00:59+	00:32+	00:28+	01:28+	00:49+	02:06+	01:01+	01:03+	00:37+	00:56+	01:44+	00:15+	00:35+	01:20+	00:46+	00:29+
22:41+																									
00:21+																									
00:21+																									

Herrer 16 - 39 år

17	Thomas Hinna	1456	25:02																						
00:22+	00:52+	01:42+	02:12+	02:38+	04:05+	05:00+	06:15+	06:56+	07:22+	08:38+	09:11+	09:40+	11:24+	12:18+	14:25+	15:33+	16:49+	17:29+	18:31+	20:18+	20:35+	21:15+	23:04+	23:59+	24:36+
00:22+	00:30+	00:50+	00:30+	00:26+	01:27+	00:55+	01:15+	00:41+	00:26+	01:16+	00:33+	00:29+	01:44+	00:54+	02:07+	01:08+	01:16+	00:40+	01:02+	01:47+	00:17+	00:40+	01:49+	00:55+	00:37+
00:22+	00:30+	00:50+	00:30+	00:26+	01:27+	00:55+	01:15+	00:41+	00:26+	01:16+	00:33+	00:29+	01:44+	00:54+	02:07+	01:08+	01:16+	00:40+	01:02+	01:47+	00:17+	00:40+	01:49+	00:55+	00:37+
25:02+																									
00:26+																									
00:26+																									

18	Bjørn Morten Bøe Brunstøl	2023	25:15																						
00:44+	01:17+	02:52+	03:11+	03:41+	05:12+	05:44+	06:45+	07:20+	07:47+	08:40+	09:33+	10:40+	12:12+	12:59+	15:06+	16:12+	17:33+	18:19+	19:29+	21:24+	21:36+	22:16+	23:41+	24:27+	24:57+
00:44+	00:33+	01:35+	00:19+	00:30+	01:31+	00:32+	01:01+	00:35+	00:27+	00:53+	00:53+	01:07+	01:32+	00:47+	02:07+	01:06+	01:21+	00:46+	01:10+	01:55+	00:12+	00:40+	01:25+	00:46+	00:30+
00:44+	00:33+	01:35+	00:19+	00:30+	01:31+	00:32+	01:01+	00:35+	00:27+	00:53+	00:53+	01:07+	01:32+	00:47+	02:07+	01:06+	01:21+	00:46+	01:10+	01:55+	00:12+	00:40+	01:25+	00:46+	00:30+
25:15+																									
00:18+																									
00:18+																									

19	Håvard Høie	NOTEAM	26:33																						
00:23+	00:49+	01:36+	02:09+	02:28+	04:31+	06:37+	07:38+	08:33+	08:56+	10:30+	11:07+	11:36+	13:23+	14:12+	16:31+	17:34+	18:38+	19:23+	20:28+	22:00+	22:25+	23:09+	24:39+	25:27+	26:07+
00:23+	00:26+	00:47+	00:33+	00:19+	02:03+	02:06+	01:01+	00:55+	00:23+	01:34+	00:37+	00:29+	01:47+	00:49+	02:19+	01:03+	01:04+	00:45+	01:05+	01:32+	00:25+	00:44+	01:30+	00:48+	00:40+
00:23+	00:26+	00:47+	00:33+	00:19+	02:03+	02:06+	01:01+	00:55+	00:23+	01:34+	00:37+	00:29+	01:47+	00:49+	02:19+	01:03+	01:04+	00:45+	01:05+	01:32+	00:25+	00:44+	01:30+	00:48+	00:40+
26:33+																									
00:26+																									
00:26+																									

20	Lars Kartevoll	3548	29:46																						
00:26+	00:47+	01:34+	02:16+	02:37+	04:15+	05:04+	06:12+	06:53+	07:19+	09:07+	09:39+	10:07+	13:12+	13:49+	16:05+	17:10+	18:17+	19:16+	20:42+	22:25+	22:38+	23:24+	27:41+	28:42+	29:18+
00:26+	00:21+	00:47+	00:42+	00:21+	01:38+	00:49+	01:08+	00:41+	00:26+	01:48+	00:32+	00:28+	03:05+	00:37+	02:16+	01:05+	01:07+	00:59+	01:26+	01:43+	00:13+	00:46+	04:17+	01:01+	00:36+
00:26+	00:21+	00:47+	00:42+	00:21+	01:38+	00:49+	01:08+	00:41+	00:26+	01:48+	00:32+	00:28+	03:05+	00:37+	02:16+	01:05+	01:07+	00:59+	01:26+	01:43+	00:13+	00:46+	04:17+	01:01+	00:36+
29:46+																									
00:28+																									
00:28+																									

21	Briac Le Ray	2342	33:50																						
00:41+	01:14+	02:12+	02:50+	03:22+	05:16+	06:20+	07:58+	08:57+	09:35+	11:20+	12:08+	12:48+	15:23+	16:28+	19:46+	21:23+	22:57+	24:04+	25:35+	27:40+	27:56+	28:45+	31:03+	32:28+	33:17+
00:41+	00:33+	00:58+	00:38+	00:32+	01:54+	01:04+	01:38+	00:59+	00:38+	01:45+	00:48+	00:40+	02:35+	01:05+	03:18+	01:37+	01:34+	01:07+	01:31+	02:05+	00:16+	00:49+	02:18+	01:25+	00:49+
00:41+	00:33+	00:58+	00:38+	00:32+	01:54+	01:04+	01:38+	00:59+	00:38+	01:45+	00:48+	00:40+	02:35+	01:05+	03:18+	01:37+	01:34+	01:07+	01:31+	02:05+	00:16+	00:49+	02:18+	01:25+	00:49+
33:50+																									
00:33+																									
00:33+																									

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Arild Stave	3676	22:16																						
00:44=	01:16=	01:50=	02:16=	02:34=	03:42=	04:29=	05:24=	05:54=	06:13=	07:17=	07:46=	08:09=	09:27=	10:06=	11:55=	12:55=	13:45=	14:33=	15:40=	17:06=	17:18=	18:00=	19:16=	19:58=	21:57=
00:44=	00:32=	00:34=	00:26=	00:18=	01:08=	00:47=	00:55=	00:30=	00:19=	01:04=	00:29=	00:23=	01:18=	00:39=	01:49=	01:00=	00:50=	00:48=	01:07=	01:26=	00:12=	00:42=	01:16=	00:42=	01:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
22:16=																									
00:19=																									
00:00=																									

2	Trond Bøe	1758	23:13																						
01:13+	01:36+	02:23+	02:55+	03:23+	04:31+	05:12+	06:12+	06:51+	07:15+	08:14+	08:47+	09:24+	10:44+	11:26+	13:29+	14:28+	15:25+	16:10+	17:06+	18:58+	19:10+	19:46+	21:31+	22:22+	22:50+
01:13+	00:23-	00:47+	00:32+	00:28+	01:08=	00:41-	01:00+	00:39+	00:24+	00:59-	00:33+	00:37+	01:20+	00:42+	02:03+	00:59-	00:57+	00:45-	00:56-	01:52+	00:12=	00:36-	01:45+	00:51+	00:28-
00:29&	00:09-	00:13&	00:06#	00:10&	00:00=	00:06-	00:05+	00:09&	00:05&	00:05-	00:04#	00:14&	00:02+	00:03+	00:14#	00:01-	00:07#	00:03-	00:11-	00:26&	00:00=	00:06-	00:29&	00:09#	01:31-
23:13+																									
00:23+																									
00:04#																									

Herrer 40 - 49 år

3	Christian Ask	3563	23:34																							
00:23-	00:48-	01:27-	01:56-	02:20-	03:47+	04:33+	05:31+	06:23+	06:55+	07:58+	08:36+	09:07+	10:42+	11:39+	13:39+	14:42+	15:43+	16:28+	17:37+	19:18+	19:35+	20:12+	21:53+	22:44+	23:15+	
00:23-	00:25-	00:39+	00:29+	00:24+	01:27+	00:46-	00:58+	00:52+	00:32+	01:03-	00:38+	00:31+	01:35+	00:57+	02:00+	01:03+	01:01+	00:45-	01:09+	01:41+	00:17+	00:37-	01:41+	00:51+	00:31-	
00:21-	00:07-	00:05#	00:03#	00:06&	00:19&	00:01-	00:03+	00:22&	00:13&	00:01-	00:09&	00:08&	00:17#	00:18&	00:11#	00:03+	00:11#	00:03-	00:02+	00:15#	00:05&	00:05-	00:25&	00:09#	01:28-	
23:34+																										
00:19=																										
00:00=																										

4	Bjørn kristian Røyland	3503	23:39																							
00:26+	00:49+	01:29+	01:57+	02:23+	03:41+	04:22+	05:29+	06:05+	06:31+	07:44+	08:19+	08:51+	10:22+	11:11+	13:10+	14:20+	15:29+	16:15+	17:31+	19:20+	19:36+	20:17+	21:51+	22:42+	23:14+	
00:26+	00:23+	00:40+	00:28+	00:26+	01:18+	00:41+	01:07+	00:36+	00:26+	01:13+	00:35+	00:32+	01:31+	00:49+	01:59+	01:10+	01:09+	00:46+	01:16+	01:49+	00:16+	00:41+	01:34+	00:51+	00:32+	
00:26+	00:23+	00:40+	00:28+	00:26+	01:18+	00:41+	01:07+	00:36+	00:26+	01:13+	00:35+	00:32+	01:31+	00:49+	01:59+	01:10+	01:09+	00:46+	01:16+	01:49+	00:16+	00:41+	01:34+	00:51+	00:32+	
23:39+																										
00:25+																										
00:25+																										

5	Jan-Kenneth Polle	3525	23:55																							
00:21+	00:45+	01:22+	01:47+	02:23+	03:55+	04:37+	05:33+	06:15+	06:44+	07:49+	08:23+	09:41+	11:07+	11:45+	13:53+	14:56+	16:01+	16:46+	18:02+	19:37+	19:51+	20:42+	22:11+	23:01+	23:31+	
00:21+	00:24+	00:37+	00:25+	00:36+	01:32+	00:42+	00:56+	00:42+	00:29+	01:05+	00:34+	01:18+	01:26+	00:38+	02:08+	01:03+	01:05+	00:45+	01:16+	01:35+	00:14+	00:51+	01:29+	00:50+	00:30+	
00:21+	00:24+	00:37+	00:25+	00:36+	01:32+	00:42+	00:56+	00:42+	00:29+	01:05+	00:34+	01:18+	01:26+	00:38+	02:08+	01:03+	01:05+	00:45+	01:16+	01:35+	00:14+	00:51+	01:29+	00:50+	00:30+	
23:55+																										
00:24+																										
00:24+																										

6	Frode Ungar	1683	24:07																							
00:25+	00:46+	01:24+	01:52+	02:19+	03:39+	04:19+	05:23+	06:00+	06:25+	07:32+	08:04+	08:34+	10:10+	11:29+	14:03+	15:08+	16:13+	17:06+	18:07+	19:48+	20:05+	20:51+	22:20+	23:09+	23:44+	
00:25+	00:21+	00:38+	00:28+	00:27+	01:20+	00:40+	01:04+	00:37+	00:25+	01:07+	00:32+	00:30+	01:36+	01:19+	02:34+	01:05+	01:05+	00:53+	01:01+	01:41+	00:17+	00:46+	01:29+	00:49+	00:35+	
00:25+	00:21+	00:38+	00:28+	00:27+	01:20+	00:40+	01:04+	00:37+	00:25+	01:07+	00:32+	00:30+	01:36+	01:19+	02:34+	01:05+	01:05+	00:53+	01:01+	01:41+	00:17+	00:46+	01:29+	00:49+	00:35+	
24:07+																										
00:23+																										
00:23+																										

7	Anders Presterud	903	24:28																							
00:23+	00:45+	01:24+	02:01+	02:24+	03:52+	04:33+	05:39+	06:18+	06:57+	08:02+	08:37+	09:18+	10:59+	11:45+	13:45+	14:52+	16:01+	16:45+	17:47+	19:29+	19:43+	20:37+	22:13+	23:02+	24:04+	
00:23+	00:22+	00:39+	00:37+	00:23+	01:28+	00:41+	01:06+	00:39+	00:39+	01:05+	00:35+	00:41+	01:41+	00:46+	02:00+	01:07+	01:09+	00:44+	01:02+	01:42+	00:14+	00:54+	01:36+	00:49+	01:02+	
00:23+	00:22+	00:39+	00:37+	00:23+	01:28+	00:41+	01:06+	00:39+	00:39+	01:05+	00:35+	00:41+	01:41+	00:46+	02:00+	01:07+	01:09+	00:44+	01:02+	01:42+	00:14+	00:54+	01:36+	00:49+	01:02+	
24:28+																										
00:24+																										
00:24+																										

8	Sven Undheim	793	24:40																							
00:23+	00:52+	01:59+	02:37+	03:09+	04:28+	05:11+	06:21+	06:55+	07:23+	08:37+	09:11+	09:45+	11:39+	12:35+	14:30+	15:32+	16:32+	17:19+	18:28+	20:30+	20:45+	21:27+	22:46+	23:40+	24:20+	
00:23+	00:29+	01:07+	00:38+	00:32+	01:19+	00:43+	01:10+	00:34+	00:28+	01:14+	00:34+	00:34+	01:54+	00:56+	01:55+	01:02+	01:00+	00:47+	01:09+	02:02+	00:15+	00:42+	01:19+	00:54+	00:40+	
00:23+	00:29+	01:07+	00:38+	00:32+	01:19+	00:43+	01:10+	00:34+	00:28+	01:14+	00:34+	00:34+	01:54+	00:56+	01:55+	01:02+	01:00+	00:47+	01:09+	02:02+	00:15+	00:42+	01:19+	00:54+	00:40+	
24:40+																										
00:20+																										
00:20+																										

9	Ole-Tobias Frich	1683	25:06																							
00:26+	00:48+	01:28+	01:54+	02:42+	03:52+	04:33+	05:36+	06:11+	06:39+	07:51+	08:33+	09:01+	11:37+	12:16+	14:32+	15:46+	16:55+	17:50+	18:59+	20:31+	20:44+	21:29+	23:05+	24:01+	24:33+	
00:26+	00:22+	00:40+	00:26+	00:48+	01:10+	00:41+	01:03+	00:35+	00:28+	01:12+	00:42+	00:28+	02:36+	00:39+	02:16+	01:14+	01:09+	00:55+	01:09+	01:32+	00:13+	00:45+	01:36+	00:56+	00:32+	
00:26+	00:22+	00:40+	00:26+	00:48+	01:10+	00:41+	01:03+	00:35+	00:28+	01:12+	00:42+	00:28+	02:36+	00:39+	02:16+	01:14+	01:09+	00:55+	01:09+	01:32+	00:13+	00:45+	01:36+	00:56+	00:32+	
25:06+																										
00:33+																										
00:33+																										

10	Trondr Breiland	NOTEAM	25:10																							
00:23+	00:47+	01:34+	02:38+	03:01+	04:19+	05:00+	06:02+	06:49+	07:16+	08:21+	08:57+	09:23+	11:18+	12:11+	14:26+	15:25+	16:29+	17:11+	18:09+	19:56+	20:12+	20:52+	22:17+	23:07+	24:45+	
00:23+	00:24+	00:47+	01:04+	00:23+	01:18+	00:41+	01:02+	00:47+	00:27+	01:05+	00:36+	00:26+	01:55+	00:53+	02:15+	00:59+	01:04+	00:42+	00:58+	01:47+	00:16+	00:40+	01:25+	00:50+	01:38+	
00:23+	00:24+	00:47+	01:04+	00:23+	01:18+	00:41+	01:02+	00:47+	00:27+	01:05+	00:36+	00:26+	01:55+	00:53+	02:15+	00:59+	01:04+	00:42+	00:58+	01:47+	00:16+	00:40+	01:25+	00:50+	01:38+	
25:10+																										
00:25+																										
00:25+																										

Herrer 40 - 49 år

11	Eivind Lie	1683																			25:40				
00:21+	00:43+	01:49+	02:24+	02:49+	04:17+	04:58+	06:03+	07:04+	07:28+	08:31+	09:03+	10:07+	11:45+	12:49+	14:56+	16:02+	17:09+	17:53+	18:54+	20:40+	20:59+	21:39+	23:51+	24:41+	25:09+
00:21+	00:22+	01:06+	00:35+	00:25+	01:28+	00:41+	01:05+	01:01+	00:24+	01:03+	00:32+	01:04+	01:38+	01:04+	02:07+	01:06+	01:07+	00:44+	01:01+	01:46+	00:19+	00:40+	02:12+	00:50+	00:28+
00:21+	00:22+	01:06+	00:35+	00:25+	01:28+	00:41+	01:05+	01:01+	00:24+	01:03+	00:32+	01:04+	01:38+	01:04+	02:07+	01:06+	01:07+	00:44+	01:01+	01:46+	00:19+	00:40+	02:12+	00:50+	00:28+
25:40+																									
00:31+																									
00:31+																									

12	Rune Hatle	903																			25:55				
00:23+	00:53+	01:43+	02:23+	03:19+	05:04+	06:07+	07:07+	07:50+	08:23+	09:24+	10:04+	10:45+	12:22+	13:10+	15:34+	16:36+	17:46+	18:32+	19:42+	21:24+	21:35+	22:21+	24:05+	25:02+	25:35+
00:23+	00:30+	00:50+	00:40+	00:56+	01:45+	01:03+	01:00+	00:43+	00:33+	01:01+	00:40+	00:41+	01:37+	00:48+	02:24+	01:02+	01:10+	00:46+	01:10+	01:42+	00:11+	00:46+	01:44+	00:57+	00:33+
00:23+	00:30+	00:50+	00:40+	00:56+	01:45+	01:03+	01:00+	00:43+	00:33+	01:01+	00:40+	00:41+	01:37+	00:48+	02:24+	01:02+	01:10+	00:46+	01:10+	01:42+	00:11+	00:46+	01:44+	00:57+	00:33+
25:55+																									
00:20+																									
00:20+																									

13	Bjarte Harbo	1830																			27:37				
02:37+	02:53+	03:34+	04:00+	04:24+	05:31+	06:42+	07:40+	08:16+	08:39+	11:35+	12:08+	12:39+	14:16+	15:00+	17:09+	18:23+	19:24+	20:07+	21:08+	22:53+	23:08+	24:05+	25:37+	26:29+	27:15+
02:37+	00:16+	00:41+	00:26+	00:24+	01:07+	01:11+	00:58+	00:36+	00:23+	02:56+	00:33+	00:31+	01:37+	00:44+	02:09+	01:14+	01:01+	00:43+	01:01+	01:45+	00:15+	00:57+	01:32+	00:52+	00:46+
02:37+	00:16+	00:41+	00:26+	00:24+	01:07+	01:11+	00:58+	00:36+	00:23+	02:56+	00:33+	00:31+	01:37+	00:44+	02:09+	01:14+	01:01+	00:43+	01:01+	01:45+	00:15+	00:57+	01:32+	00:52+	00:46+
27:37+																									
00:22+																									
00:22+																									

14	Thomas Thue	1830																			27:43				
00:27+	00:52+	01:46+	02:16+	02:41+	04:15+	05:13+	06:31+	08:29+	08:54+	10:19+	11:26+	11:57+	13:29+	14:10+	16:20+	17:19+	18:29+	19:13+	20:34+	22:14+	22:40+	23:37+	25:26+	26:36+	27:12+
00:27+	00:25+	00:54+	00:30+	00:25+	01:34+	00:58+	01:18+	01:58+	00:25+	01:25+	01:07+	00:31+	01:32+	00:41+	02:10+	00:59+	01:10+	00:44+	01:21+	01:40+	00:26+	00:57+	01:49+	01:10+	00:36+
00:27+	00:25+	00:54+	00:30+	00:25+	01:34+	00:58+	01:18+	01:58+	00:25+	01:25+	01:07+	00:31+	01:32+	00:41+	02:10+	00:59+	01:10+	00:44+	01:21+	01:40+	00:26+	00:57+	01:49+	01:10+	00:36+
27:43+																									
00:31+																									
00:31+																									

15	Jan Henrik Neuenkirchen	896																			32:42				
00:26+	00:52+	01:35+	02:17+	02:48+	04:16+	05:02+	07:22+	08:13+	08:42+	10:01+	10:53+	11:33+	13:32+	14:37+	17:53+	19:49+	21:14+	22:18+	24:43+	26:58+	27:22+	28:20+	30:23+	31:29+	32:08+
00:26+	00:26+	00:43+	00:42+	00:31+	01:28+	00:46+	02:20+	00:51+	00:29+	01:19+	00:52+	00:40+	01:59+	01:05+	03:16+	01:56+	01:25+	01:04+	02:25+	02:15+	00:24+	00:58+	02:03+	01:06+	00:39+
00:26+	00:26+	00:43+	00:42+	00:31+	01:28+	00:46+	02:20+	00:51+	00:29+	01:19+	00:52+	00:40+	01:59+	01:05+	03:16+	01:56+	01:25+	01:04+	02:25+	02:15+	00:24+	00:58+	02:03+	01:06+	00:39+
32:42+																									
00:34+																									
00:34+																									

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Terje Undheim	3529																			19:39		
00:44=	01:28=	01:45=	02:14=	03:19=	03:48=	04:28=	04:55=	05:50=	07:25=	08:25=	09:58=	10:44=	11:48=	12:25=	13:17=	13:57=	15:41=	16:12=	16:25=	17:10=	18:37=	19:22=	19:39=
00:44=	00:44=	00:17=	00:29=	01:05=	00:29=	00:40=	00:27=	00:55=	01:35=	01:00=	01:33=	00:46=	01:04=	00:37=	00:52=	00:40=	01:44=	00:31=	00:13=	00:45=	01:27=	00:45=	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	Øystein Fuglestad	878																			23:16		
00:46+	01:39+	01:57+	02:30+	03:44+	04:54+	05:50+	06:27+	07:32+	08:28+	09:35+	11:24+	12:28+	13:56+	14:44+	15:47+	16:37+	18:45+	19:21+	19:35+	20:33+	22:31+	22:55+	23:16+
00:46+	00:53+	00:18+	00:33+	01:14+	01:10+	00:56+	00:37+	01:05+	00:56-	01:07+	01:49+	01:04+	01:28+	00:48+	01:03+	00:50+	02:08+	00:36+	00:14+	00:58+	01:58+	00:24-	00:21+
00:02+	00:09#	00:01+	00:04#	00:09#	00:41@	00:16&	00:10&	00:10#	00:39-	00:07#	00:16#	00:18&	00:24&	00:11&	00:11#	00:10#	00:24#	00:05#	00:01+	00:13&	00:31&	00:21-	00:04#

3	Thomas Chruickshank	3545																			23:39		
00:51+	01:27-	01:51+	02:28+	06:04+	06:35+	07:39+	08:12+	09:09+	10:01+	11:02+	12:41+	13:28+	14:50+	15:41+	16:36+	17:15+	19:16+	19:52+	20:11+	21:07+	22:55+	23:19+	23:39+
00:51+	00:36-	00:24+	00:37+	03:36+	00:31+	01:04+	00:33+	00:57+	00:52-	01:01+	01:39+	00:47+	01:22+	00:51+	00:55+	00:39-	02:01+	00:36+	00:19+	00:56+	01:48+	00:24-	00:20+
00:07#	00:08-	00:07&	00:08&	02:31@	00:02+	00:24&	00:06#	00:02+	00:43-	00:01+	00:06+	00:01+	00:18&	00:14&	00:03+	00:01-	00:17#	00:05#	00:06&	00:11#	00:21#	00:21-	00:03#

4	John Breiland	3694																			24:24		
00:47+	01:36+	01:56+	02:35+	05:19+	05:49+	06:55+	07:32+	08:39+	09:37+	10:47+	12:49+	13:37+	14:41+	15:28+	16:34+	17:17+	19:33+	20:06+	20:20+	21:18+	23:19+	23:58+	24:24+
00:47+	00:49+	00:20+	00:39+	02:44+	00:30+	01:06+	00:37+	01:07+	00:58-	01:10+	02:02+	00:48+	01:04=	00:47+	01:06+	00:43+	02:16+	00:33+	00:14+	00:58+	02:01+	00:39-	00:26+
00:03+	00:05#	00:03#	00:10&	01:39@	00:01+	00:26&	00:10&	00:12#	00:37-	00:10#	00:29&	00:02+	00:00=	00:10&	00:14&	00:03+	00:32&	00:02+	00:01+	00:13&	00:34&	00:06-	00:09&

Herrer 50 - 59 år

5	Frank Hansen	3502	24:28
00:40-	01:19-	01:42-	02:27+
00:40-	00:39-	00:23+	00:45+
00:04-	00:05-	00:06&	00:16&
00:44+	01:29+	01:52+	02:24+
00:46+	00:43+	00:23+	00:32+
00:46+	00:43+	00:23+	00:32+
6	Anders Glenne	793	24:43
00:46+	01:29+	01:52+	02:24+
00:46+	00:43+	00:23+	00:32+
00:46+	00:43+	00:23+	00:32+
7	Erik Bjørnbom	3558	25:29
00:44+	01:22+	01:42+	02:19+
00:44+	00:38+	00:20+	00:37+
00:44+	00:38+	00:20+	00:37+
8	Jone Kalheim	1884	25:31
00:40+	01:16+	01:34+	02:25+
00:40+	00:36+	00:18+	00:51+
00:40+	00:36+	00:18+	00:51+
9	Rune Paulsen	3508	26:07
00:44+	01:24+	01:48+	02:26+
00:44+	00:40+	00:24+	00:38+
00:44+	00:40+	00:24+	00:38+
10	Trygve Michaelsen	896	26:09
00:46+	02:00+	02:23+	03:02+
00:46+	01:14+	00:23+	00:39+
00:46+	01:14+	00:23+	00:39+
11	Ingve Vold	3529	26:47
00:46+	01:36+	01:58+	02:33+
00:46+	00:50+	00:22+	00:35+
00:46+	00:50+	00:22+	00:35+
12	Tore Halset	3486	27:18
00:48+	01:36+	02:13+	02:56+
00:48+	00:48+	00:37+	00:43+
00:48+	00:48+	00:37+	00:43+
13	Jerome Renoult	3524	27:48
00:52+	01:35+	01:58+	02:39+
00:52+	00:43+	00:23+	00:41+
00:52+	00:43+	00:23+	00:41+
14	Christof Schätz	3598	28:26
00:54+	01:41+	02:04+	02:43+
00:54+	00:47+	00:23+	00:39+
00:54+	00:47+	00:23+	00:39+
15	Raymond B Pettersen	722	29:42
00:48+	01:31+	01:57+	02:48+
00:48+	00:43+	00:26+	00:51+
00:48+	00:43+	00:26+	00:51+
16	Harald Taksdal	3547	31:59
01:07+	02:01+	02:32+	03:23+
01:07+	00:54+	00:31+	00:51+
01:07+	00:54+	00:31+	00:51+

Beste strekktid for klassen

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

Herrer 60 - 64 år

Herrer 60 - 64 år

1	Knut Feldmann	882	23:32																				
00:22=	01:03=	01:23=	02:00=	03:42=	04:37=	05:19=	06:26=	07:02=	07:33=	09:09=	10:31=	11:42=	13:27=	14:30=	15:31=	16:20=	18:34=	19:37=	20:29=	21:52=	23:07=	23:23=	23:32=
00:22=	00:41=	00:20=	00:37=	01:42=	00:55=	00:42=	01:07=	00:36=	00:31=	01:36=	01:22=	01:11=	01:45=	01:03=	01:01=	00:49=	02:14=	01:03=	00:52=	01:23=	01:15=	00:16=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Johannessen	793	23:43																				
00:30+	01:14+	01:37+	02:12+	02:44+	03:45+	04:28+	05:24+	06:01+	06:55+	08:50+	10:25+	11:49+	13:08+	14:23+	15:28+	16:18+	18:23+	19:20+	20:15+	21:46+	23:11+	23:31+	23:43+
00:30+	00:44+	00:23+	00:35+	00:32+	01:01+	00:43+	00:56+	00:37+	00:54+	01:55+	01:35+	01:24+	01:19+	01:15+	01:05+	00:50+	02:05+	00:57+	00:55+	01:31+	01:25+	00:20+	00:12+
00:30+	00:44+	00:23+	00:35+	00:32+	01:01+	00:43+	00:56+	00:37+	00:54+	01:55+	01:35+	01:24+	01:19+	01:15+	01:05+	00:50+	02:05+	00:57+	00:55+	01:31+	01:25+	00:20+	00:12+
3	Stein Sigbjørnsen	882	25:39																				
00:23+	01:17+	01:41+	02:12+	02:47+	04:06+	05:05+	05:57+	06:35+	07:07+	09:45+	11:13+	12:17+	13:35+	14:58+	16:04+	16:52+	19:21+	20:35+	21:32+	23:27+	25:05+	25:27+	25:39+
00:23+	00:54+	00:24+	00:31+	00:35+	01:19+	00:59+	00:52+	00:38+	00:32+	02:38+	01:28+	01:04+	01:18+	01:23+	01:06+	00:48+	02:29+	01:14+	00:57+	01:55+	01:38+	00:22+	00:12+
00:23+	00:54+	00:24+	00:31+	00:35+	01:19+	00:59+	00:52+	00:38+	00:32+	02:38+	01:28+	01:04+	01:18+	01:23+	01:06+	00:48+	02:29+	01:14+	00:57+	01:55+	01:38+	00:22+	00:12+
4	Magnar Mathias Møller	769	26:15																				
00:26+	01:16+	01:39+	02:12+	02:44+	03:44+	04:48+	05:54+	06:42+	08:27+	09:59+	11:43+	12:51+	14:14+	15:38+	16:53+	17:51+	20:21+	21:25+	22:24+	24:04+	25:45+	26:02+	26:15+
00:26+	00:50+	00:23+	00:33+	00:32+	01:00+	01:04+	01:06+	00:48+	01:45+	01:32+	01:44+	01:08+	01:23+	01:24+	01:15+	00:58+	02:30+	01:04+	00:59+	01:40+	01:41+	00:17+	00:13+
00:26+	00:50+	00:23+	00:33+	00:32+	01:00+	01:04+	01:06+	00:48+	01:45+	01:32+	01:44+	01:08+	01:23+	01:24+	01:15+	00:58+	02:30+	01:04+	00:59+	01:40+	01:41+	00:17+	00:13+
5	Kjell Seland	3547	26:21																				
00:26+	01:34+	01:54+	02:34+	03:05+	04:17+	05:04+	06:05+	06:47+	07:19+	09:11+	10:40+	12:09+	13:46+	16:00+	17:06+	17:58+	20:22+	21:27+	22:23+	24:16+	25:50+	26:11+	26:21+
00:26+	01:08+	00:20+	00:40+	00:31+	01:12+	00:47+	01:01+	00:42+	00:32+	01:52+	01:29+	01:29+	01:37+	02:14+	01:06+	00:52+	02:24+	01:05+	00:56+	01:53+	01:34+	00:21+	00:10+
00:26+	01:08+	00:20+	00:40+	00:31+	01:12+	00:47+	01:01+	00:42+	00:32+	01:52+	01:29+	01:29+	01:37+	02:14+	01:06+	00:52+	02:24+	01:05+	00:56+	01:53+	01:34+	00:21+	00:10+
6	Per Ingar Hadland	793	26:26																				
00:24+	01:40+	02:03+	02:44+	03:13+	04:27+	05:12+	06:11+	06:54+	07:27+	09:11+	11:12+	12:24+	14:10+	15:26+	16:34+	17:37+	20:19+	21:28+	22:36+	24:24+	26:01+	26:17+	26:26+
00:24+	01:16+	00:23+	00:41+	00:29+	01:14+	00:45+	00:59+	00:43+	00:33+	01:44+	02:01+	01:12+	01:46+	01:16+	01:08+	01:03+	02:42+	01:09+	01:08+	01:48+	01:37+	00:16+	00:09+
00:24+	01:16+	00:23+	00:41+	00:29+	01:14+	00:45+	00:59+	00:43+	00:33+	01:44+	02:01+	01:12+	01:46+	01:16+	01:08+	01:03+	02:42+	01:09+	01:08+	01:48+	01:37+	00:16+	00:09+
7	Arne Øvstebø	1284	26:27																				
00:26+	01:09+	01:33+	02:10+	02:42+	03:49+	04:38+	05:46+	06:38+	07:09+	08:55+	10:31+	12:06+	13:36+	15:02+	16:26+	17:22+	20:27+	21:29+	22:31+	24:25+	25:51+	26:14+	26:27+
00:26+	00:43+	00:24+	00:37+	00:32+	01:07+	00:49+	01:08+	00:52+	00:31+	01:46+	01:36+	01:35+	01:30+	01:26+	01:24+	00:56+	03:05+	01:02+	01:02+	01:54+	01:26+	00:23+	00:13+
00:26+	00:43+	00:24+	00:37+	00:32+	01:07+	00:49+	01:08+	00:52+	00:31+	01:46+	01:36+	01:35+	01:30+	01:26+	01:24+	00:56+	03:05+	01:02+	01:02+	01:54+	01:26+	00:23+	00:13+
8	Kjell Ove Aksland	882	26:33																				
00:50+	02:06+	02:29+	03:17+	04:01+	05:10+	05:58+	06:52+	07:36+	08:18+	10:02+	11:37+	13:01+	14:35+	16:09+	17:18+	18:20+	20:59+	21:56+	22:48+	24:31+	25:56+	26:20+	26:33+
00:50+	01:16+	00:23+	00:48+	00:44+	01:09+	00:48+	00:54+	00:44+	00:42+	01:44+	01:35+	01:24+	01:34+	01:34+	01:09+	01:02+	02:39+	00:57+	00:52+	01:43+	01:25+	00:24+	00:13+
00:50+	01:16+	00:23+	00:48+	00:44+	01:09+	00:48+	00:54+	00:44+	00:42+	01:44+	01:35+	01:24+	01:34+	01:34+	01:09+	01:02+	02:39+	00:57+	00:52+	01:43+	01:25+	00:24+	00:13+
9	Ivar Knutsen	1683	28:45																				
00:33+	01:42+	02:09+	02:53+	03:35+	05:12+	06:08+	07:18+	08:02+	09:40+	12:13+	13:45+	15:17+	16:37+	17:56+	19:16+	20:09+	22:39+	23:55+	24:50+	26:37+	28:08+	28:34+	28:45+
00:33+	01:09+	00:27+	00:44+	00:42+	01:37+	00:56+	01:10+	00:44+	01:38+	02:33+	01:32+	01:32+	01:20+	01:19+	01:20+	00:53+	02:30+	01:16+	00:55+	01:47+	01:31+	00:26+	00:11+
00:33+	01:09+	00:27+	00:44+	00:42+	01:37+	00:56+	01:10+	00:44+	01:38+	02:33+	01:32+	01:32+	01:20+	01:19+	01:20+	00:53+	02:30+	01:16+	00:55+	01:47+	01:31+	00:26+	00:11+
10	John Carsten Sinnes	1884	31:23																				
00:30+	02:53+	03:18+	04:06+	04:44+	05:46+	06:40+	07:39+	08:18+	09:17+	12:02+	13:32+	15:24+	17:44+	19:30+	20:42+	21:47+	24:33+	25:33+	26:39+	29:04+	30:48+	31:08+	31:23+
00:30+	02:23+	00:25+	00:48+	00:38+	01:02+	00:54+	00:59+	00:39+	00:59+	02:45+	01:30+	01:52+	02:20+	01:46+	01:12+	01:05+	02:46+	01:00+	01:06+	02:25+	01:44+	00:20+	00:15+
00:30+	02:23+	00:25+	00:48+	00:38+	01:02+	00:54+	00:59+	00:39+	00:59+	02:45+	01:30+	01:52+	02:20+	01:46+	01:12+	01:05+	02:46+	01:00+	01:06+	02:25+	01:44+	00:20+	00:15+
11	Einar Tommy Sundal	3578	48:30																				
01:53+	04:57+	05:33+	06:52+	08:00+	10:17+	12:22+	13:48+	15:33+	16:55+	20:38+	23:11+	25:21+	28:56+	31:21+	33:08+	34:36+	38:40+	40:59+	42:31+	44:44+	47:22+	48:07+	48:30+
01:53+	03:04+	00:36+	01:19+	01:08+	02:17+	02:05+	01:26+	01:45+	01:22+	03:43+	02:33+	02:10+	03:35+	02:25+	01:47+	01:28+	04:04+	02:19+	01:32+	02:13+	02:38+	00:45+	00:23+
01:53+	03:04+	00:36+	01:19+	01:08+	02:17+	02:05+	01:26+	01:45+	01:22+	03:43+	02:33+	02:10+	03:35+	02:25+	01:47+	01:28+	04:04+	02:19+	01:32+	02:13+	02:38+	00:45+	00:23+

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Otte Omdal	903	20:59																				
00:23=	01:19=	01:38=	02:09=	02:37=	03:43=	04:24=	05:12=	05:44=	06:18=	07:50=	09:08=	10:02=	11:09=	12:26=	13:25=	14:09=	16:04=	17:00=	17:47=	19:10=	20:30=	20:51=	20:59=
00:23=	00:56=	00:19=	00:31=	00:28=	01:06=	00:41=	00:48=	00:32=	00:34=	01:32=	01:18=	00:54=	01:07=	01:17=	00:59=	00:44=	01:55=	00:56=	00:47=	01:23=	01:20=	00:21=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Herrer 65 - 69 år

2	Kjell Skjæveland	3515	24:03
00:23=	01:07- 01:28- 02:07-	02:43+ 03:55+ 04:41+ 05:57+ 06:40+ 07:11+ 08:57+ 10:36+ 11:49+ 13:03+ 14:24+ 15:35+ 16:31+ 18:36+ 19:40+ 20:34+ 22:04+ 23:28+ 23:54+ 24:03+	
00:23=	00:44- 00:21+ 00:39+	00:36+ 01:12+ 00:46+ 01:16+ 00:43+ 00:31- 01:46+ 01:39+ 01:13+ 01:14+ 01:21+ 01:11+ 00:56+ 02:05+ 01:04+ 00:54+ 01:30+ 01:24+ 00:26+ 00:09+	
00:00=	00:12- 00:02# 00:08&	00:08& 00:06+ 00:05# 00:28& 00:11& 00:03- 00:14# 00:21& 00:19& 00:07# 00:04+ 00:12# 00:12& 00:10+ 00:08# 00:07# 00:07+ 00:04+ 00:05# 00:01#	
3	Espen Krogh	793	24:30
00:18+	01:01+ 01:21+ 02:18+	02:53+ 04:10+ 04:54+ 05:48+ 06:23+ 06:50+ 11:00+ 12:29+ 13:27+ 14:44+ 15:46+ 16:43+ 17:27+ 19:29+ 20:19+ 21:09+ 22:38+ 23:47+ 24:21+ 24:30+	
00:18+	00:43+ 00:20+ 00:57+	00:35+ 01:17+ 00:44+ 00:54+ 00:35+ 00:27+ 04:10+ 01:29+ 00:58+ 01:17+ 01:02+ 00:57+ 00:44+ 02:02+ 00:50+ 00:50+ 01:29+ 01:09+ 00:34+ 00:09+	
00:18+	00:43+ 00:20+ 00:57+	00:35+ 01:17+ 00:44+ 00:54+ 00:35+ 00:27+ 04:10+ 01:29+ 00:58+ 01:17+ 01:02+ 00:57+ 00:44+ 02:02+ 00:50+ 00:50+ 01:29+ 01:09+ 00:34+ 00:09+	
4	Olav Tunheim	1884	26:51
00:29+	01:51+ 02:11+ 02:51+	03:26+ 04:32+ 05:24+ 06:23+ 07:06+ 07:55+ 10:10+ 11:41+ 12:53+ 14:41+ 16:02+ 17:08+ 18:07+ 20:42+ 21:51+ 22:46+ 24:41+ 26:10+ 26:40+ 26:51+	
00:29+	01:22+ 00:20+ 00:40+	00:35+ 01:06+ 00:52+ 00:59+ 00:43+ 00:49+ 02:15+ 01:31+ 01:12+ 01:48+ 01:21+ 01:06+ 00:59+ 02:35+ 01:09+ 00:55+ 01:55+ 01:29+ 00:30+ 00:11+	
00:29+	01:22+ 00:20+ 00:40+	00:35+ 01:06+ 00:52+ 00:59+ 00:43+ 00:49+ 02:15+ 01:31+ 01:12+ 01:48+ 01:21+ 01:06+ 00:59+ 02:35+ 01:09+ 00:55+ 01:55+ 01:29+ 00:30+ 00:11+	
5	Tor Geir Espedal	3530	27:38
00:28+	02:26+ 02:52+ 04:04+	04:51+ 05:45+ 06:30+ 07:27+ 08:06+ 08:39+ 10:26+ 12:08+ 13:23+ 15:05+ 16:28+ 17:47+ 18:44+ 21:19+ 22:26+ 23:32+ 25:25+ 27:03+ 27:27+ 27:38+	
00:28+	01:58+ 00:26+ 01:12+	00:47+ 00:54+ 00:45+ 00:57+ 00:39+ 00:33+ 01:47+ 01:42+ 01:15+ 01:42+ 01:23+ 01:19+ 00:57+ 02:35+ 01:07+ 01:06+ 01:53+ 01:38+ 00:24+ 00:11+	
00:28+	01:58+ 00:26+ 01:12+	00:47+ 00:54+ 00:45+ 00:57+ 00:39+ 00:33+ 01:47+ 01:42+ 01:15+ 01:42+ 01:23+ 01:19+ 00:57+ 02:35+ 01:07+ 01:06+ 01:53+ 01:38+ 00:24+ 00:11+	
6	Arnstein Skretting	3529	28:11
00:37+	03:11+ 03:32+ 04:07+	04:39+ 05:46+ 06:38+ 07:37+ 08:21+ 08:56+ 10:52+ 12:43+ 14:04+ 15:25+ 16:39+ 17:54+ 18:54+ 21:27+ 22:43+ 24:00+ 25:52+ 27:32+ 27:59+ 28:11+	
00:37+	02:34+ 00:21+ 00:35+	00:32+ 01:07+ 00:52+ 00:59+ 00:44+ 00:35+ 01:56+ 01:51+ 01:21+ 01:21+ 01:14+ 01:15+ 01:00+ 02:33+ 01:16+ 01:17+ 01:52+ 01:40+ 00:27+ 00:12+	
00:37+	02:34+ 00:21+ 00:35+	00:32+ 01:07+ 00:52+ 00:59+ 00:44+ 00:35+ 01:56+ 01:51+ 01:21+ 01:21+ 01:14+ 01:15+ 01:00+ 02:33+ 01:16+ 01:17+ 01:52+ 01:40+ 00:27+ 00:12+	
7	Torbjørn Evensen	3556	28:47
00:22+	01:02+ 01:23+ 01:56+	02:27+ 03:22+ 04:04+ 04:58+ 05:35+ 06:05+ 07:53+ 14:18+ 15:14+ 16:29+ 17:52+ 19:02+ 19:51+ 22:10+ 23:12+ 24:14+ 26:21+ 27:47+ 28:36+ 28:47+	
00:22+	00:40+ 00:21+ 00:33+	00:31+ 00:55+ 00:42+ 00:54+ 00:37+ 00:30+ 01:48+ 06:25+ 00:56+ 01:15+ 01:23+ 01:10+ 00:49+ 02:19+ 01:02+ 01:02+ 02:07+ 01:26+ 00:49+ 00:11+	
00:22+	00:40+ 00:21+ 00:33+	00:31+ 00:55+ 00:42+ 00:54+ 00:37+ 00:30+ 01:48+ 06:25+ 00:56+ 01:15+ 01:23+ 01:10+ 00:49+ 02:19+ 01:02+ 01:02+ 02:07+ 01:26+ 00:49+ 00:11+	
8	Jan Arendal	1683	30:33
00:30+	01:27+ 01:53+ 02:39+	03:20+ 04:55+ 05:49+ 06:55+ 07:42+ 08:21+ 10:11+ 11:53+ 15:20+ 16:54+ 18:19+ 19:41+ 20:47+ 23:53+ 25:07+ 26:17+ 28:10+ 29:56+ 30:19+ 30:33+	
00:30+	00:57+ 00:26+ 00:46+	00:41+ 01:35+ 00:54+ 01:06+ 00:47+ 00:39+ 01:50+ 01:42+ 03:27+ 01:34+ 01:25+ 01:22+ 01:06+ 03:06+ 01:14+ 01:10+ 01:53+ 01:46+ 00:23+ 00:14+	
00:30+	00:57+ 00:26+ 00:46+	00:41+ 01:35+ 00:54+ 01:06+ 00:47+ 00:39+ 01:50+ 01:42+ 03:27+ 01:34+ 01:25+ 01:22+ 01:06+ 03:06+ 01:14+ 01:10+ 01:53+ 01:46+ 00:23+ 00:14+	
9	Sveinung Tveit	3547	32:19
00:29+	01:34+ 02:00+ 03:39+	04:53+ 06:00+ 06:51+ 08:00+ 08:43+ 09:16+ 11:39+ 16:18+ 17:42+ 19:43+ 20:59+ 22:10+ 23:06+ 25:54+ 27:10+ 28:18+ 30:09+ 31:49+ 32:09+ 32:19+	
00:29+	01:05+ 00:26+ 01:39+	01:14+ 01:07+ 00:51+ 01:09+ 00:43+ 00:33+ 02:23+ 04:39+ 01:24+ 02:01+ 01:16+ 01:11+ 00:56+ 02:48+ 01:16+ 01:08+ 01:51+ 01:40+ 00:20+ 00:10+	
00:29+	01:05+ 00:26+ 01:39+	01:14+ 01:07+ 00:51+ 01:09+ 00:43+ 00:33+ 02:23+ 04:39+ 01:24+ 02:01+ 01:16+ 01:11+ 00:56+ 02:48+ 01:16+ 01:08+ 01:51+ 01:40+ 00:20+ 00:10+	
10	Rolf Kleppe	3524	44:12
01:30+	02:47+ 03:17+ 04:16+	05:14+ 06:38+ 08:07+ 09:33+ 10:25+ 11:19+ 18:14+ 20:41+ 22:16+ 26:54+ 28:49+ 30:27+ 31:40+ 35:38+ 37:54+ 39:05+ 41:31+ 43:39+ 44:00+ 44:12+	
01:30+	01:17+ 00:30+ 00:59+	00:58+ 01:24+ 01:29+ 01:26+ 00:52+ 00:54+ 06:55+ 02:27+ 01:35+ 04:38+ 01:55+ 01:38+ 01:13+ 03:58+ 02:16+ 01:11+ 02:26+ 02:08+ 00:21+ 00:12+	
01:30+	01:17+ 00:30+ 00:59+	00:58+ 01:24+ 01:29+ 01:26+ 00:52+ 00:54+ 06:55+ 02:27+ 01:35+ 04:38+ 01:55+ 01:38+ 01:13+ 03:58+ 02:16+ 01:11+ 02:26+ 02:08+ 00:21+ 00:12+	

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal	874	20:03
00:24=	01:08= 01:28= 02:22= 02:54=	03:41= 04:18= 05:02= 05:33= 06:06= 07:32= 08:44= 09:37= 10:47= 12:08= 13:01= 13:52= 15:33= 16:27= 17:11= 18:29= 19:37= 19:54= 20:03=	
00:24=	00:44= 00:20= 00:54= 00:32=	00:47= 00:37= 00:44= 00:31= 00:33= 01:26= 01:12= 00:53= 01:10= 01:21= 00:53= 00:51= 01:41= 00:54= 00:44= 01:18= 01:08= 00:17= 00:09=	
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Bjørn Martin Alsaker	3530	21:14
00:22-	01:03- 01:22- 02:23+	02:52- 03:46+ 04:27+ 05:17+ 05:50+ 06:16+ 07:53+ 09:14+ 10:16+ 11:31+ 12:31+ 13:28+ 14:12+ 16:18+ 17:16+ 18:09+ 19:41+ 20:51+ 21:05+ 21:14+	
00:22-	00:41- 00:19- 01:01+	00:29- 00:54+ 00:41+ 00:50+ 00:33+ 00:26- 01:37+ 01:21+ 01:02+ 01:15+ 01:00- 00:57+ 00:44- 02:06+ 00:58+ 00:53+ 01:32+ 01:10+ 00:14- 00:09=	
00:02-	00:03- 00:01- 00:07#	00:03- 00:07# 00:04# 00:06# 00:02+ 00:07- 00:11# 00:09# 00:09# 00:05+ 00:21- 00:04+ 00:07- 00:25# 00:04+ 00:09# 00:14# 00:02+ 00:03- 00:00=	
3	Svein Berge	643	22:53
00:21-	01:02- 01:23- 01:58-	02:31- 03:27- 04:06- 05:24+ 05:59+ 06:30+ 08:06+ 09:27+ 10:36+ 11:52+ 13:26+ 14:29+ 15:21+ 17:35+ 18:27+ 19:16+ 21:02+ 22:14+ 22:42+ 22:53+	
00:21-	00:41- 00:21+ 00:35-	00:33+ 00:56+ 00:39+ 01:18+ 00:35+ 00:31- 01:36+ 01:21+ 01:09+ 01:16+ 01:34+ 01:03+ 00:52+ 02:14+ 00:52- 00:49+ 01:46+ 01:12+ 00:28+ 00:11+	
00:03-	00:03- 00:01+ 00:19-	00:01+ 00:09# 00:02+ 00:34& 00:04# 00:02- 00:10# 00:09# 00:16& 00:06+ 00:13# 00:10# 00:01+ 00:33& 00:02- 00:05# 00:28& 00:04+ 00:11& 00:02#	

Herrer 70 - 74 år

4	Harry Breiland	3507	23:16																				
00:29+	01:18+	01:48+	02:29+	03:02+	04:03+	04:47+	05:39+	06:18+	06:50+	08:22+	09:50+	10:51+	12:20+	13:17+	14:20+	15:09+	17:10+	18:08+	19:06+	21:24+	22:47+	23:05+	23:16+
00:29+	00:49+	00:30+	00:41-	00:33+	01:01+	00:44+	00:52+	00:39+	00:32-	01:32+	01:28+	01:01+	01:29+	00:57-	01:03+	00:49-	02:01+	00:58+	00:58+	02:18+	01:23+	00:18+	00:11+
00:05#	00:05#	00:10&	00:13-	00:01+	00:14&	00:07#	00:08#	00:08&	00:01-	00:06+	00:16#	00:08#	00:19&	00:24-	00:10#	00:02-	00:20#	00:04+	00:14&	01:00&	00:15#	00:01+	00:02#
5	Gunnar Sakseid	1683	24:47																				
00:32+	01:36+	02:00+	04:06+	05:00+	06:01+	06:42+	07:40+	08:17+	08:46+	10:26+	11:53+	13:01+	14:13+	15:20+	16:19+	17:08+	19:15+	20:10+	21:07+	22:42+	23:55+	24:13+	24:47+
00:32+	01:04+	00:24+	02:06+	00:54+	01:01+	00:41+	00:58+	00:37+	00:29+	01:40+	01:27+	01:08+	01:12+	01:07+	00:59+	00:49+	02:07+	00:55+	00:57+	01:35+	01:13+	00:18+	00:34+
00:32+	01:04+	00:24+	02:06+	00:54+	01:01+	00:41+	00:58+	00:37+	00:29+	01:40+	01:27+	01:08+	01:12+	01:07+	00:59+	00:49+	02:07+	00:55+	00:57+	01:35+	01:13+	00:18+	00:34+
6	Jan Inge Lunde	1830	26:50																				
00:31+	01:40+	02:12+	02:51+	03:32+	04:38+	05:31+	06:30+	07:13+	07:50+	09:46+	11:35+	12:55+	14:17+	15:32+	16:44+	17:45+	20:20+	21:33+	22:48+	24:35+	26:19+	26:39+	26:50+
00:31+	01:09+	00:32+	00:39+	00:41+	01:06+	00:53+	00:59+	00:43+	00:37+	01:56+	01:49+	01:20+	01:22+	01:15+	01:12+	01:01+	02:35+	01:13+	01:15+	01:47+	01:44+	00:20+	00:11+
00:31+	01:09+	00:32+	00:39+	00:41+	01:06+	00:53+	00:59+	00:43+	00:37+	01:56+	01:49+	01:20+	01:22+	01:15+	01:12+	01:01+	02:35+	01:13+	01:15+	01:47+	01:44+	00:20+	00:11+
7	Bjarne Gimre	1830	26:53																				
00:29+	01:20+	01:44+	02:27+	03:19+	04:42+	05:31+	06:34+	07:20+	07:59+	09:50+	11:41+	13:00+	15:11+	16:21+	17:30+	18:34+	20:54+	22:02+	23:08+	24:44+	26:26+	26:44+	26:53+
00:29+	00:51+	00:24+	00:43+	00:52+	01:23+	00:49+	01:03+	00:46+	00:39+	01:51+	01:51+	01:19+	02:11+	01:10+	01:09+	01:04+	02:20+	01:08+	01:06+	01:36+	01:42+	00:18+	00:09+
00:29+	00:51+	00:24+	00:43+	00:52+	01:23+	00:49+	01:03+	00:46+	00:39+	01:51+	01:51+	01:19+	02:11+	01:10+	01:09+	01:04+	02:20+	01:08+	01:06+	01:36+	01:42+	00:18+	00:09+
8	Jan Hetland	3502	27:22																				
00:25+	01:24+	02:10+	03:11+	03:52+	06:02+	07:07+	09:13+	10:07+	10:35+	12:17+	13:49+	14:58+	16:20+	17:23+	18:26+	19:15+	21:17+	22:14+	23:14+	25:30+	26:55+	27:11+	27:22+
00:25+	00:59+	00:46+	01:01+	00:41+	02:10+	01:05+	02:06+	00:54+	00:28+	01:42+	01:32+	01:09+	01:22+	01:03+	01:03+	00:49+	02:02+	00:57+	01:00+	02:16+	01:25+	00:16+	00:11+
00:25+	00:59+	00:46+	01:01+	00:41+	02:10+	01:05+	02:06+	00:54+	00:28+	01:42+	01:32+	01:09+	01:22+	01:03+	01:03+	00:49+	02:02+	00:57+	01:00+	02:16+	01:25+	00:16+	00:11+
9	Bjørn Bjelland	3541	27:25																				
00:28+	01:59+	02:24+	03:04+	03:44+	04:52+	05:39+	06:41+	07:22+	08:08+	10:06+	11:48+	13:13+	15:15+	16:37+	17:57+	18:57+	21:21+	22:27+	23:36+	25:16+	26:52+	27:10+	27:25+
00:28+	01:31+	00:25+	00:40+	00:40+	01:08+	00:47+	01:02+	00:41+	00:46+	01:58+	01:42+	01:25+	02:02+	01:22+	01:20+	01:00+	02:24+	01:06+	01:09+	01:40+	01:36+	00:18+	00:15+
00:28+	01:31+	00:25+	00:40+	00:40+	01:08+	00:47+	01:02+	00:41+	00:46+	01:58+	01:42+	01:25+	02:02+	01:22+	01:20+	01:00+	02:24+	01:06+	01:09+	01:40+	01:36+	00:18+	00:15+
10	Ragnvald Frøyland	879	28:08																				
00:29+	02:40+	03:08+	03:50+	04:29+	05:44+	06:26+	07:20+	08:10+	09:15+	11:19+	12:52+	14:18+	16:22+	17:41+	18:52+	19:45+	22:32+	23:33+	24:33+	26:09+	27:37+	27:57+	28:08+
00:29+	02:11+	00:28+	00:42+	00:39+	01:15+	00:42+	00:54+	00:50+	01:05+	02:04+	01:33+	01:26+	02:04+	01:19+	01:11+	00:53+	02:47+	01:01+	01:00+	01:36+	01:28+	00:20+	00:11+
00:29+	02:11+	00:28+	00:42+	00:39+	01:15+	00:42+	00:54+	00:50+	01:05+	02:04+	01:33+	01:26+	02:04+	01:19+	01:11+	00:53+	02:47+	01:01+	01:00+	01:36+	01:28+	00:20+	00:11+
11	Tore Romon Tvedt	3518	29:03																				
00:38+	02:19+	02:47+	03:28+	04:11+	05:53+	06:54+	08:24+	09:12+	09:55+	11:45+	13:37+	15:01+	16:19+	17:36+	18:57+	19:55+	22:30+	23:34+	24:43+	26:36+	28:18+	28:47+	29:03+
00:38+	01:41+	00:28+	00:41+	00:43+	01:42+	01:01+	01:30+	00:48+	00:43+	01:50+	01:52+	01:24+	01:18+	01:17+	01:21+	00:58+	02:35+	01:04+	01:09+	01:53+	01:42+	00:29+	00:16+
00:38+	01:41+	00:28+	00:41+	00:43+	01:42+	01:01+	01:30+	00:48+	00:43+	01:50+	01:52+	01:24+	01:18+	01:17+	01:21+	00:58+	02:35+	01:04+	01:09+	01:53+	01:42+	00:29+	00:16+
12	Arne Magne Handeland	892	29:34																				
00:35+	01:26+	01:50+	02:48+	03:24+	04:31+	05:37+	06:50+	07:56+	08:39+	10:39+	12:33+	13:51+	15:17+	16:46+	18:01+	19:12+	22:24+	23:41+	24:53+	27:25+	29:03+	29:22+	29:34+
00:35+	00:51+	00:24+	00:58+	00:36+	01:07+	01:06+	01:13+	01:06+	00:43+	02:00+	01:54+	01:18+	01:26+	01:29+	01:15+	01:12+	01:17+	01:12+	01:12+	02:32+	01:38+	00:19+	00:12+
00:35+	00:51+	00:24+	00:58+	00:36+	01:07+	01:06+	01:13+	01:06+	00:43+	02:00+	01:54+	01:18+	01:26+	01:29+	01:15+	01:11+	03:12+	01:17+	01:12+	02:32+	01:38+	00:19+	00:12+
13	Tom Hetland	880	33:33																				
00:24+	02:36+	02:55+	03:36+	04:51+	10:43+	11:26+	12:57+	13:54+	14:21+	16:12+	17:54+	19:03+	20:27+	21:35+	22:50+	24:08+	27:04+	28:18+	29:18+	31:14+	33:02+	33:22+	33:33+
00:24+	02:12+	00:19+	00:41+	01:15+	05:52+	00:43+	01:31+	00:57+	00:27+	01:51+	01:42+	01:09+	01:24+	01:08+	01:15+	01:18+	02:56+	01:14+	01:00+	01:56+	01:48+	00:20+	00:11+
00:24+	02:12+	00:19+	00:41+	01:15+	05:52+	00:43+	01:31+	00:57+	00:27+	01:51+	01:42+	01:09+	01:24+	01:08+	01:15+	01:18+	02:56+	01:14+	01:00+	01:56+	01:48+	00:20+	00:11+
14	Bjørn Tore Aase	3502	34:45																				
00:37+	01:37+	02:11+	03:05+	03:56+	06:51+	07:49+	09:06+	10:02+	11:56+	14:12+	16:14+	17:48+	19:28+	21:05+	22:55+	24:04+	27:09+	28:39+	29:55+	32:16+	34:07+	34:31+	34:45+
00:37+	01:00+	00:34+	00:54+	00:51+	02:55+	00:58+	01:17+	00:56+	01:54+	02:16+	02:02+	01:34+	01:40+	01:37+	01:50+	01:09+	03:05+	01:30+	01:16+	02:21+	01:51+	00:24+	00:14+
00:37+	01:00+	00:34+	00:54+	00:51+	02:55+	00:58+	01:17+	00:56+	01:54+	02:16+	02:02+	01:34+	01:40+	01:37+	01:50+	01:09+	03:05+	01:30+	01:16+	02:21+	01:51+	00:24+	00:14+
15	Kjell-Ingar Olsen	1119	37:17																				
00:35+	03:26+	04:00+	05:13+	05:58+	07:23+	08:58+	10:42+	11:36+	12:28+	15:06+	17:23+	19:00+	20:55+	23:10+	24:49+	26:09+	29:51+	31:11+	32:14+	34:44+	36:42+	37:06+	37:17+
00:35+	02:51+	00:34+	01:13+	00:45+	01:25+	01:35+	01:44+	00:54+	00:52+	02:38+	02:17+	01:37+	01:55+	02:15+	01:39+	01:20+	03:42+	01:20+	01:03+	02:30+	01:58+	00:24+	00:11+
00:35+	02:51+	00:34+	01:13+	00:45+	01:25+	01:35+	01:44+	00:54+	00:52+	02:38+	02:17+	01:37+	01:55+	02:15+	01:39+	01:20+	03:42+	01:20+	01:03+	02:30+	01:58+	00:24+	00:11+
16	Leif Kåre Lende	879	37:35																				
00:27+	06:15+	06:44+	07:49+	08:21+	09:38+	10:20+	11:33+	12:14+	13:01+	14:58+	16:40+	18:18+	20:17+	21:31+	22:43+	23:39+	28:42+	29:44+	33:33+	35:14+	37:01+	37:23+	37:35+
00:27+	05:48+	00:29+	01:05+	00:32+	01:17+	00:42+	01:13+	00:41+	00:47+	01:57+	01:42+	01:38+	01:59+	01:14+	01:12+	00:56+	05:03+	01:02+	03:49+	01:41+	01:47+	00:22+	00:12+
00:27+	05:48+	00:29+	01:05+	00:32+	01:17+	00:42+	01:13+	00:41+	00:47+	01:57+	01:42+	01:38+	01:59+	01:14+	01:12+	00:56+	05:03+	01:02+	03:49+	01:41+	01:47+	00:22+	00:12+
17	Sverre Uhving	722	51:49																				
02:00+	06:02+	06:33+	07:41+	08:42+	10:23+	11:31+	12:45+	13:51+	15:00+	17:48+	20:11+	22:13+	24:35+	26:33+	28:16+	29:46+	34:26+	39:26+	40:45+	47:01+	49:22+	51:33+	51:49+
02:00+	04:02+	00:31+	01:08+	01:01+	01:41+	01:08+	01:14+	01:06+	01:09+	02:48+	02:23+	02:02+	02:22+	01:58+	01:43+	01:30+	04:40+	05:00+	01:19+	06:16+	02:21+	02:11+	00:16+
02:00+	04:02+	00:31+	01:08+	01:01+	01:41+	01:08+	01:14+	01:06+	01:09+	02:48+	02:23+	02:02+	02:22+	01:58+	01:43+	01:30+	04:40+	05:00+	01:19+</				

Herrer 70 - 74 år

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Øyvind Egeskog	880	24:35																			
01:06=	01:44=	02:20=	02:50=	04:16=	04:57=	05:45=	07:18=	08:13=	08:55=	10:20=	11:10=	12:29=	14:45=	16:13=	16:48=	18:35=	21:39=	22:38=	23:44=	24:14=	24:35=	
01:06=	00:38=	00:36=	00:30=	01:26=	00:41=	00:48=	01:33=	00:55=	00:42=	01:25=	00:50=	01:19=	02:16=	01:28=	00:35=	01:47=	03:04=	00:59=	01:06=	00:30=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Jostein Tunheim	1683	26:35																			
00:59-	01:39-	02:14-	04:03+	06:10+	06:43+	08:01+	09:21+	10:04+	10:33+	11:55+	12:41+	13:38+	15:16+	16:34+	17:39+	19:30+	22:14+	24:22+	25:17+	26:16+	26:35+	
00:59-	00:40+	00:35-	01:49+	02:07+	00:33-	01:18+	01:20-	00:43-	00:29-	01:22-	00:46-	00:57-	01:38-	01:18-	01:05+	01:51+	02:44-	02:08+	00:55-	00:59+	00:19-	
00:07-	00:02+	00:01-	01:19@	00:41&	00:08-	00:30&	00:13-	00:12-	00:13-	00:03-	00:04-	00:22-	00:38-	00:10-	00:30&	00:04+	00:20-	01:09@	00:11-	00:29&	00:02-	
3	Hilmar Røthing	879	27:10																			
00:55-	01:12-	01:52-	05:37+	07:37+	08:15+	09:08+	10:19+	11:02+	12:00+	13:10+	13:50+	14:44+	17:17+	19:07+	19:32+	21:04+	24:27+	25:14+	26:10+	26:49+	27:10+	
00:55-	00:17-	00:40+	03:45+	02:00+	00:38-	00:53+	01:11-	00:43-	00:58+	01:10-	00:40-	00:54-	02:33+	01:50+	00:25-	01:32-	03:23+	00:47-	00:56-	00:39+	00:21=	
00:11-	00:21-	00:04#	03:15@	00:34&	00:03-	00:05#	00:22-	00:12-	00:16&	00:15-	00:10-	00:25-	00:17#	00:22#	00:10-	00:15-	00:19#	00:12-	00:10-	00:09&	00:00=	
4	Leif Gunnar Wikene	1832	28:00																			
01:20+	01:40-	02:19-	03:05+	04:55+	05:58+	06:52+	08:23+	09:42+	10:14+	11:33+	12:16+	13:29+	15:21+	17:03+	18:00+	19:46+	24:55+	25:59+	27:07+	27:41+	28:00+	
01:20+	00:20-	00:39+	00:46+	01:50+	01:03+	00:54+	01:31-	01:19+	00:32-	01:19-	00:43-	01:13-	01:52-	01:42+	00:57+	01:46-	05:09+	01:04+	01:08+	00:34+	00:19-	
00:14#	00:18-	00:03+	00:16&	00:24&	00:22&	00:06#	00:02-	00:24&	00:10-	00:06-	00:07-	00:06-	00:24-	00:14#	00:22&	00:01-	02:05&	00:05+	00:02+	00:04#	00:02-	
5	Hermann Skogsholm	1754	28:23																			
01:18+	01:44=	02:49+	03:25+	05:47+	06:23+	07:05+	08:30+	09:17+	09:52+	11:14+	11:59+	13:00+	15:26+	19:29+	20:15+	22:00+	24:55+	26:05+	27:06+	27:43+	28:23+	
01:18+	00:26-	01:05+	00:36+	02:22+	00:36-	00:42-	01:25-	00:47-	00:35-	01:22-	00:45-	01:01-	02:26+	04:03+	00:46+	01:45-	02:55-	01:10+	01:01-	00:37+	00:40+	
00:12#	00:12-	00:29&	00:06#	00:56&	00:05-	00:06-	00:08-	00:08-	00:07-	00:03-	00:05-	00:18-	00:10+	02:35@	00:11&	00:02-	00:09-	00:11#	00:05-	00:07#	00:19&	
6	Arne Østensen	3518	28:52																			
01:04-	01:33-	02:57+	03:53+	05:28+	06:04+	07:11+	08:27+	09:10+	09:54+	11:19+	12:01+	13:01+	15:19+	19:15+	19:47+	21:28+	24:56+	25:41+	26:36+	28:31+	28:52+	
01:04-	00:29-	01:24+	00:56+	01:35+	00:36-	01:07+	01:16-	00:43-	00:44+	01:25=	00:42-	01:00-	02:18+	03:56+	00:32-	01:41-	03:28+	00:45-	00:55-	01:55+	00:21=	
00:02-	00:09-	00:48@	00:26&	00:09#	00:05-	00:19&	00:17-	00:12-	00:02+	00:00=	00:08-	00:19-	00:02+	02:28@	00:03-	00:06-	00:24#	00:14-	00:11-	01:25@	00:00=	
7	Knut Skjæveland	1884	29:09																			
01:14+	01:44=	02:39+	03:18+	04:44+	05:23+	06:14+	08:23+	09:19+	09:57+	11:20+	12:06+	13:13+	15:00+	16:20+	16:57+	18:49+	26:24+	27:18+	28:11+	28:46+	29:09+	
01:14+	00:30-	00:55+	00:39+	01:26=	00:39-	00:51+	02:09+	00:56+	00:38-	01:23-	00:46-	01:07-	01:47+	01:20-	00:37+	01:52+	07:35+	00:54-	00:53-	00:35+	00:23+	
00:08#	00:08-	00:19&	00:09&	00:00=	00:02-	00:03+	00:36&	00:01+	00:04-	00:02-	00:04-	00:12-	00:29-	00:08-	00:02+	00:05+	04:31@	00:05-	00:13-	00:05#	00:02+	
8	Svein Glendrange	874	29:48																			
01:51+	02:19+	02:58+	03:32+	05:20+	05:56+	06:47+	08:31+	09:39+	10:20+	13:22+	14:12+	15:26+	17:25+	18:45+	21:08+	23:09+	26:35+	27:36+	28:44+	29:21+	29:48+	
01:51+	00:28-	00:39+	00:34+	01:48+	00:36-	00:51+	01:44+	01:08+	00:41-	03:02+	00:50=	01:14-	01:59-	01:20-	02:23+	02:01+	03:26+	01:01+	01:08+	00:37+	00:27+	
00:45&	00:10-	00:03+	00:04#	00:22&	00:05-	00:03+	00:11#	00:13#	00:01-	01:37@	00:00=	00:05-	00:17-	00:08-	01:48@	00:14#	00:22#	00:02+	00:02+	00:07#	00:06&	
9	Kjell Svihus	892	32:37																			
01:25+	01:49+	02:29+	03:40+	05:01+	10:10+	10:59+	12:30+	13:47+	16:18+	16:54+	18:29+	19:19+	20:34+	22:18+	23:51+	24:39+	26:19+	29:46+	30:39+	31:48+	32:15+	32:37+
01:25+	00:24-	00:40+	01:11+	01:21-	05:09+	00:49+	01:31-	01:17+	02:31+	00:36-	01:35+	00:50-	01:15-	01:44+	01:33+	00:48-	01:40-	03:27+	00:53-	01:09+	00:27+	00:22+
00:19&	00:14-	00:04#	00:41@	00:05-	04:28@	00:01+	00:02-	00:22&	01:49@	00:49-	00:45&	00:29-	01:01-	00:16#	00:58@	00:59-	01:24-	02:28@	00:13-	00:39@	00:06&	00:22+
10	Steinar Undheim	3529	33:16																			
01:44+	02:07+	02:59+	03:37+	05:21+	06:02+	06:59+	08:35+	09:32+	10:09+	12:43+	13:50+	14:58+	17:04+	23:09+	24:34+	26:50+	30:00+	31:00+	32:06+	32:54+	33:16+	
01:44+	00:23-	00:52+	00:38+	01:44+	00:41=	00:57+	01:36+	00:57+	00:37-	02:34+	01:07+	01:08-	02:06-	06:05+	01:25+	02:16+	03:10+	01:00+	01:06=	00:48+	00:22+	
00:38&	00:15-	00:16&	00:08&	00:18#	00:00=	00:09#	00:03+	00:02+	00:05-	01:09&	00:17&	00:11-	00:10-	04:37@	00:50@	00:29&	00:06+	00:01+	00:00=	00:18&	00:01+	
11	Hans Klausen	769	36:10																			
01:11+	01:39-	02:25+	03:10+	04:54+	05:34+	06:17+	08:03+	09:18+	09:51+	11:30+	12:19+	19:35+	22:29+	24:02+	24:46+	29:41+	32:54+	34:01+	35:15+	35:53+	36:10+	
01:11+	00:28-	00:46+	00:45+	01:44+	00:40-	00:43-	01:46+	01:15+	00:33-	01:39+	00:49-	07:16+	02:54+	01:33+	00:44+	04:55+	03:13+	01:07+	01:14+	00:38+	00:17-	
00:05+	00:10-	00:10&	00:15&	00:18#	00:01-	00:05-	00:13#	00:20&	00:09-	00:14#	00:01-	05:57@	00:10-	00:05+	00:09&	03:08@	00:09+	00:08#	00:08#	00:08&	00:04-	
12	Ole Auklend	885	38:14																			
01:49+	02:22+	03:15+	04:04+	06:14+	07:11+	08:31+	10:39+	11:57+	13:38+	16:11+	17:36+	19:23+	22:42+	24:56+	25:53+	28:43+	33:44+	35:04+	36:51+	37:37+	38:14+	
01:49+	00:33-	00:53+	00:49+	02:10+	00:57+	01:20+	02:08+	01:18+	01:41+	02:33+	01:25+	01:47+	03:19+	02:14+	00:57+	02:50+	05:01+	01:20+	01:47+	00:46+	00:37+	
00:43&	00:05-	00:17&	00:19&	00:44&	00:16&	00:32&	00:35&	00:23&	00:59@	01:08&	00:35&	00:28&	01:03&	00:46&	00:22&	01:03&	01:57&	00:21&	00:41&	00:16&	00:16&	

Class	Navn	Klasse	Tid
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Herrer 75 - 79 år

13	Mangor Eikeland	892	46:00																		
02:12+	02:52+	03:56+	04:49+	07:34+	08:38+	11:26+	13:49+	17:08+	18:21+	20:40+	21:55+	24:02+	27:11+	29:25+	31:06+	35:01+	41:31+	42:55+	44:31+	45:22+	46:00+
02:12+	00:40+	01:04+	00:53+	02:45+	01:04+	02:48+	02:23+	03:19+	01:13+	02:19+	01:15+	02:07+	03:09+	02:14+	01:41+	03:55+	06:30+	01:24+	01:36+	00:51+	00:38+
01:06&	00:02+	00:28&	00:23&	01:19&	00:23&	02:00&	00:50&	02:24&	00:31&	00:54&	00:25&	00:48&	00:53&	00:46&	01:06&	02:08&	03:26&	00:25&	00:30&	00:21&	00:17&

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Terje Braut	892	30:41																	
01:48=	02:12=	03:16=	04:05=	05:50=	06:37=	07:37=	08:31=	11:24=	15:19=	16:41=	17:43=	19:16=	21:33=	24:00=	25:30=	25:46=	27:52=	29:05=	30:06=	30:41=
01:48=	00:24=	01:04=	00:49=	01:45=	00:47=	01:00=	00:54=	02:53=	03:55=	01:22=	01:02=	01:33=	02:17=	02:27=	01:30=	00:16=	02:06=	01:13=	01:01=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Kjell Langvik	1884	32:06																	
01:20-	01:48-	03:11-	03:45-	05:13-	05:55-	06:56-	07:45-	10:07-	11:55-	13:00-	14:39-	16:21-	18:42-	21:20-	22:20-	22:46-	27:45-	29:07+	31:34+	32:06+
01:20-	00:28+	01:23+	00:34-	01:28-	00:42-	01:01+	00:49-	02:22-	01:48-	01:05-	01:39+	01:42+	02:21+	02:38+	01:00-	00:26+	04:59+	01:22+	02:27+	00:32-
00:28-	00:04#	00:19&	00:15-	00:17-	00:05-	00:01+	00:05-	00:31-	02:07-	00:17-	00:37&	00:09+	00:04+	00:11+	00:30-	00:10&	02:53&	00:09#	01:26&	00:03-

3	Arne Brandsberg	3502	34:50																	
02:33+	03:03+	04:33+	05:19+	07:11+	08:03+	09:14+	10:12+	12:55+	15:08-	16:48+	17:42-	19:43+	22:36+	26:44+	27:43+	28:12+	30:59+	32:43+	33:57+	34:50+
02:33+	00:30+	01:30+	00:46-	01:52+	00:52+	01:11+	00:58+	02:43-	02:13-	01:40+	00:54-	02:01+	02:53+	04:08+	00:59-	00:29+	02:47+	01:44+	01:14+	00:53+
00:45&	00:06#	00:26&	00:03-	00:07+	00:05#	00:11#	00:04+	00:10-	01:42-	00:18#	00:08-	00:28&	00:36&	01:41&	00:31-	00:13&	00:41&	00:31&	00:13#	00:18&

4	Tormod Aaslid	3529	39:12																	
02:01+	02:29+	05:03+	05:54+	08:54+	10:11+	11:32+	12:33+	16:47+	19:28+	21:16+	22:11+	23:56+	26:31+	29:14+	30:59+	34:13+	36:22+	37:47+	38:31+	39:12+
02:01+	00:28+	02:34+	00:51+	03:00+	01:17+	01:21+	01:01+	04:14+	02:41-	01:48+	00:55-	01:45+	02:35+	02:43+	01:45+	03:14+	02:09+	01:25+	00:44-	00:41+
00:13#	00:04#	01:30&	00:02+	01:15&	00:30&	00:21&	00:07#	01:21&	01:14-	00:26&	00:07-	00:12#	00:18#	00:16#	00:15#	02:58&	00:03+	00:12#	00:17-	00:06#

5	Sigurd Krosli	1884	43:11																	
01:38-	02:16+	03:40+	04:34+	07:58+	09:25+	10:51+	12:00+	14:24+	21:16+	22:53+	24:06+	26:10+	29:37+	35:15+	36:22+	36:53+	39:30+	40:52+	42:25+	43:11+
01:38-	00:38+	01:24+	00:54+	03:24+	01:27+	01:26+	01:09+	02:24-	06:52+	01:37+	01:13+	02:04+	03:27+	05:38+	01:07-	00:31+	02:37+	01:22+	01:33+	00:46+
00:10-	00:14&	00:20&	00:05#	00:40&	00:26&	00:15&	00:29-	02:57&	00:15#	00:11#	00:31&	00:33&	01:10&	03:11&	00:23-	00:15&	00:31#	00:09#	00:32&	00:11&

6	Kjell Audun Maudal	3524	44:02																	
02:24+	03:04+	04:43+	05:36+	08:48+	10:17+	11:44+	12:50+	15:33+	22:21+	23:59+	25:05+	27:11+	30:23+	36:18+	37:29+	37:55+	40:31+	42:06+	43:08+	44:02+
02:24+	00:40+	01:39+	00:53+	03:12+	01:29+	01:27+	01:06+	02:43-	06:48+	01:38+	01:06+	02:06+	03:12+	05:55+	01:11-	00:26+	02:36+	01:35+	01:02+	00:54+
00:36&	00:16&	00:35&	00:04+	01:27&	00:42&	00:27&	00:12#	00:10-	02:53&	00:16#	00:04+	00:33&	00:55&	03:28&	00:19-	00:10&	00:30#	00:22&	00:01+	00:19&

7	Magne Andreas Westerheim	1884	52:22																	
01:54+	02:59+	04:49+	05:34+	07:13+	08:28+	09:30+	10:17+	18:04+	20:46+	22:18+	25:30+	27:12+	29:48+	34:16+	38:57+	39:24+	43:01+	44:36+	51:43+	52:22+
01:54+	01:05+	01:50+	00:45-	01:39-	01:15+	01:02+	00:47-	07:47+	02:42-	01:32+	03:12+	01:42+	02:36+	04:28+	04:41+	00:27+	03:37+	01:35+	07:07+	00:39+
00:06+	00:41&	00:46&	00:04-	00:06-	00:28&	00:02+	00:07-	04:54&	01:13-	00:10#	02:10&	00:09+	00:19#	02:01&	03:11&	00:11&	01:31&	00:22&	06:06&	00:04#

8	Magne Jakobsen	3524	54:18																	
01:48=	03:03+	04:46+	05:28+	07:11+	08:25+	09:26+	10:12+	18:01+	20:45+	22:13+	25:26+	27:06+	29:47+	34:19+	37:28+	37:54+	51:06+	52:27+	53:54+	54:18+
01:48=	01:15+	01:43+	00:42-	01:43-	01:14+	01:01+	00:46-	07:49+	02:44-	01:28+	03:13+	01:40+	02:41+	04:32+	03:09+	00:26+	13:12+	01:21+	01:27+	00:24-
00:00=	00:51&	00:39&	00:07-	00:02-	00:27&	00:01+	00:08-	04:56&	01:11-	00:06+	02:11&	00:07+	00:24#	02:05&	01:39&	00:10&	11:06&	00:08#	00:26&	00:11-

Beste strekktid for klassen

01:20 00:24 01:04 00:34 01:28 00:42 01:00 00:46 02:22 01:48 01:05 00:54 01:33 02:17 02:27 00:59 00:16 02:06 01:13 00:44 00:24

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

Herrer A

1	Morten Bjerga Sundli	3522	21:19																						
00:47=	01:04=	01:35=	01:49=	02:55=	03:22=	04:12=	04:41=	05:03=	05:22=	06:43=	07:51=	08:26=	10:08=	11:10=	11:31=	12:19=	13:11=	13:22=	14:00=	14:16=	15:15=	16:06=	16:48=	17:30=	
00:47=	00:17=	00:31=	00:14=	00:45=	00:21=	00:27=	00:50=	00:29=	00:22=	00:19=	01:21=	01:08=	00:35=	01:42=	01:02=	00:21=	00:48=	00:52=	00:11=	00:38=	00:16=	00:59=	00:51=	00:42=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
18:18=	18:56=	19:59=	20:32=	20:49=	21:04=	21:19=																			
00:48=	00:38=	01:03=	00:33=	00:17=	00:15=	00:15=																			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																			

Herrer A

2	Runar Eike Toft	1683	23:38																						
00:45-	00:59-	01:25-	01:42-	02:32-	02:56+	03:22=	04:08-	04:34-	04:55-	05:26+	06:47+	07:58+	08:34+	10:46+	11:46+	12:33+	13:26+	14:20+	14:29+	15:08+	15:28+	16:28+	17:21+	18:11+	18:53+
00:45-	00:14-	00:26-	00:17+	00:50+	00:24+	00:26-	00:46-	00:26-	00:21-	00:31+	01:21=	01:11+	00:36+	02:12+	01:00-	00:47+	00:53+	00:54+	00:09-	00:39+	00:20+	01:00+	00:53+	00:50+	00:42=
00:02-	00:03-	00:05-	00:03#	00:05#	00:03#	00:01-	00:04-	00:03-	00:01-	00:12&	00:00=	00:03+	00:01+	00:30&	00:02-	00:26&	00:05#	00:02+	00:02-	00:01+	00:04#	00:01+	00:02+	00:08#	00:00=
19:53+	20:35+	21:50+	22:39+	22:58+	23:17+	23:38+																			
01:00+	00:42+	01:15+	00:49+	00:19+	00:19+	00:21+																			
00:12#	00:04#	00:12#	00:16&	00:02#	00:04&	00:06&																			

3	Kristian Frafjord Haarr	882	23:52																						
00:48+	01:23+	01:51+	02:07+	03:06+	03:29+	03:58+	04:51+	05:22+	05:49+	06:09+	07:39+	08:57+	09:37+	11:17+	12:29+	12:51+	13:40+	14:34+	14:44+	15:27+	15:47+	16:50+	17:50+	18:47+	19:31+
00:48+	00:35+	00:28+	00:16+	00:59+	00:23+	00:29+	00:53+	00:31+	00:27+	00:20+	01:30+	01:18+	00:40+	01:40+	01:12+	00:22+	00:49+	00:54+	00:10+	00:43+	00:20+	01:03+	01:00+	00:57+	00:44+
00:48+	00:35+	00:28+	00:16+	00:59+	00:23+	00:29+	00:53+	00:31+	00:27+	00:20+	01:30+	01:18+	00:40+	01:40+	01:12+	00:22+	00:49+	00:54+	00:10+	00:43+	00:20+	01:03+	01:00+	00:57+	00:44+
20:24+	21:08+	22:18+	22:59+	23:16+	23:32+	23:52+																			
00:53+	00:44+	01:10+	00:41+	00:17+	00:16+	00:20+																			
00:53+	00:44+	01:10+	00:41+	00:17+	00:16+	00:20+																			

4	Erik Lima	1832	23:56																						
00:47+	01:04+	01:32+	01:49+	02:44+	03:10+	03:52+	04:46+	05:17+	05:43+	06:10+	07:33+	08:49+	09:34+	11:20+	12:23+	12:49+	13:42+	14:39+	14:51+	15:35+	16:07+	17:10+	18:06+	18:49+	19:32+
00:47+	00:17+	00:28+	00:17+	00:55+	00:26+	00:42+	00:54+	00:31+	00:26+	00:27+	01:23+	01:16+	00:45+	01:46+	01:03+	00:26+	00:53+	00:57+	00:12+	00:44+	00:32+	01:03+	00:56+	00:43+	00:43+
00:47+	00:17+	00:28+	00:17+	00:55+	00:26+	00:42+	00:54+	00:31+	00:26+	00:27+	01:23+	01:16+	00:45+	01:46+	01:03+	00:26+	00:53+	00:57+	00:12+	00:44+	00:32+	01:03+	00:56+	00:43+	00:43+
20:37+	21:20+	22:28+	23:07+	23:23+	23:39+	23:56+																			
01:05+	00:43+	01:08+	00:39+	00:16+	00:16+	00:17+																			
01:05+	00:43+	01:08+	00:39+	00:16+	00:16+	00:17+																			

5	Martin Blystad	3530	24:19																						
00:42+	01:03+	01:32+	01:48+	02:40+	03:07+	03:36+	04:29+	05:00+	05:28+	05:52+	07:25+	08:39+	09:20+	11:53+	12:58+	13:23+	14:10+	15:17+	15:29+	16:12+	16:32+	17:36+	18:31+	19:23+	20:07+
00:42+	00:21+	00:29+	00:16+	00:52+	00:27+	00:29+	00:53+	00:31+	00:28+	00:24+	01:33+	01:14+	00:41+	02:33+	01:05+	00:25+	00:47+	01:07+	00:12+	00:43+	00:20+	01:04+	00:55+	00:52+	00:44+
00:42+	00:21+	00:29+	00:16+	00:52+	00:27+	00:29+	00:53+	00:31+	00:28+	00:24+	01:33+	01:14+	00:41+	02:33+	01:05+	00:25+	00:47+	01:07+	00:12+	00:43+	00:20+	01:04+	00:55+	00:52+	00:44+
21:02+	21:44+	22:48+	23:25+	23:43+	24:01+	24:19+																			
00:55+	00:42+	01:04+	00:37+	00:18+	00:18+	00:18+																			
00:55+	00:42+	01:04+	00:37+	00:18+	00:18+	00:18+																			

6	Håkon Eggebø	1284	24:36																						
00:40+	00:57+	01:28+	01:53+	02:48+	03:13+	03:43+	04:38+	05:11+	05:33+	06:04+	07:41+	09:07+	09:50+	11:29+	12:37+	13:03+	13:52+	14:55+	15:06+	15:52+	16:14+	17:24+	18:23+	19:15+	20:04+
00:40+	00:17+	00:31+	00:25+	00:55+	00:25+	00:30+	00:55+	00:33+	00:22+	00:31+	01:37+	01:26+	00:43+	01:39+	01:08+	00:26+	00:49+	01:03+	00:11+	00:46+	00:22+	01:10+	00:59+	00:52+	00:49+
00:40+	00:17+	00:31+	00:25+	00:55+	00:25+	00:30+	00:55+	00:33+	00:22+	00:31+	01:37+	01:26+	00:43+	01:39+	01:08+	00:26+	00:49+	01:03+	00:11+	00:46+	00:22+	01:10+	00:59+	00:52+	00:49+
21:02+	21:44+	23:00+	23:37+	23:55+	24:13+	24:36+																			
00:58+	00:42+	01:16+	00:37+	00:18+	00:18+	00:23+																			
00:58+	00:42+	01:16+	00:37+	00:18+	00:18+	00:23+																			

7	Bernhard Haver Vagle	643	25:26																						
00:42+	00:58+	01:33+	01:50+	02:48+	03:12+	03:43+	04:37+	05:09+	05:38+	06:00+	07:31+	08:42+	09:21+	12:37+	13:44+	14:06+	14:55+	15:57+	16:08+	16:55+	17:21+	18:26+	19:27+	20:16+	21:00+
00:42+	00:16+	00:35+	00:17+	00:58+	00:24+	00:31+	00:54+	00:32+	00:29+	00:22+	01:31+	01:11+	00:39+	03:16+	01:07+	00:22+	00:49+	01:02+	00:11+	00:47+	00:26+	01:05+	01:01+	00:49+	00:44+
00:42+	00:16+	00:35+	00:17+	00:58+	00:24+	00:31+	00:54+	00:32+	00:29+	00:22+	01:31+	01:11+	00:39+	03:16+	01:07+	00:22+	00:49+	01:02+	00:11+	00:47+	00:26+	01:05+	01:01+	00:49+	00:44+
21:56+	22:38+	23:52+	24:28+	24:46+	25:07+	25:26+																			
00:56+	00:42+	01:14+	00:36+	00:18+	00:21+	00:19+																			
00:56+	00:42+	01:14+	00:36+	00:18+	00:21+	00:19+																			

8	Torbjørn Ims Østby	3507	25:35																						
00:37+	00:56+	01:28+	01:50+	02:54+	03:21+	03:48+	04:42+	05:16+	05:43+	06:34+	07:54+	09:12+	09:50+	11:49+	12:55+	13:26+	14:18+	15:22+	15:32+	16:24+	16:48+	17:55+	18:51+	19:42+	20:35+
00:37+	00:19+	00:32+	00:22+	01:04+	00:27+	00:27+	00:54+	00:34+	00:27+	00:51+	01:20+	01:18+	00:38+	01:59+	01:06+	00:31+	00:52+	01:04+	00:10+	00:52+	00:24+	01:07+	00:56+	00:51+	00:53+
00:37+	00:19+	00:32+	00:22+	01:04+	00:27+	00:27+	00:54+	00:34+	00:27+	00:51+	01:20+	01:18+	00:38+	01:59+	01:06+	00:31+	00:52+	01:04+	00:10+	00:52+	00:24+	01:07+	00:56+	00:51+	00:53+
21:40+	22:35+	23:43+	24:25+	24:51+	25:13+	25:35+																			
01:05+	00:55+	01:08+	00:42+	00:26+	00:22+	00:22+																			
01:05+	00:55+	01:08+	00:42+	00:26+	00:22+	00:22+																			

9	Magne Hatteland	3528	26:12																						
01:01+	01:23+	01:51+	02:20+	03:30+	03:57+	04:32+	05:26+	05:55+	06:19+	06:40+	08:03+	09:19+	09:56+	12:29+	13:52+	14:18+	15:09+	16:10+	16:22+	17:09+	17:34+	18:43+	19:46+	20:41+	21:34+
01:01+	00:22+	00:28+	00:29+	01:10+	00:27+	00:35+	00:54+	00:29+	00:24+	00:21+	01:23+	01:16+	00:37+	02:33+	01:23+	00:26+	00:51+	01:01+	00:12+	00:47+	00:25+	01:09+	01:03+	00:55+	00:53+
01:01+	00:22+	00:28+	00:29+	01:10+	00:27+	00:35+	00:54+	00:29+	00:24+	00:21+	01:23+	01:16+	00:37+	02:33+	01:23+	00:26+	00:51+	01:01+	00:12+	00:47+	00:25+	01:09+	01:03+	00:55+	00:53+
22:36+	23:20+	24:34+	25:12+	25:31+	25:48+	26:12+																			
01:02+	00:44+	01:14+	00:38+	00:19+	00:17+	00:24+																			
01:02+	00:44+	01:14+	00:38+	00:19+	00:17+	00:24+																			

Herrer B

13 Tore Tengesdal

NOTEAM

36:58

01:00+	01:19+	02:00+	02:43+	03:54+	04:21+	05:17+	06:16+	06:50+	07:20+	07:50+	09:49+	14:40+	15:27+	18:45+	20:16+	20:58+	22:15+	24:21+	24:39+	25:34+	26:11+	27:56+	29:35+	30:44+	31:37+
01:00+	00:19+	00:41+	00:43+	01:11+	00:27+	00:56+	00:59+	00:34+	00:30+	00:30+	01:59+	04:51+	00:47+	03:18+	01:31+	00:42+	01:17+	02:06+	00:18+	00:55+	00:37+	01:45+	01:39+	01:09+	00:53+
01:00+	00:19+	00:41+	00:43+	01:11+	00:27+	00:56+	00:59+	00:34+	00:30+	00:30+	01:59+	04:51+	00:47+	03:18+	01:31+	00:42+	01:17+	02:06+	00:18+	00:55+	00:37+	01:45+	01:39+	01:09+	00:53+
32:59+	33:47+	35:06+	35:50+	36:16+	36:35+	36:58+																			
01:22+	00:48+	01:19+	00:44+	00:26+	00:19+	00:23+																			
01:22+	00:48+	01:19+	00:44+	00:26+	00:19+	00:23+																			

Beste strekktid for klassen

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

Herrer C

1 Henning Sundby

3486

21:44

00:26=	00:46=	01:05=	01:41=	02:38=	02:59=	03:30=	04:26=	04:53=	05:17=	06:07=	06:56=	07:59=	08:11=	09:08=	10:01=	10:37=	12:04=	13:03=	13:29=	14:21=	15:02=	16:38=	17:10=	18:18=	18:59=
00:26=	00:20=	00:19=	00:36=	00:57=	00:21=	00:31=	00:56=	00:27=	00:24=	00:50=	00:49=	01:03=	00:12=	00:57=	00:53=	00:36=	01:27=	00:59=	00:26=	00:52=	00:41=	01:36=	00:32=	01:08=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
20:19=	20:59=	21:19=	21:34=	21:44=																					
01:20=	00:40=	00:20=	00:15=	00:10=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

2 Kjetil Wirak

3486

23:13

00:29+	00:50+	01:08+	01:44+	02:42+	03:07+	03:37+	04:36+	05:04+	05:28+	06:23+	07:18+	08:53+	09:05+	10:17+	11:19+	11:54+	13:30+	14:30+	14:57+	15:51+	16:33+	18:17+	18:46+	19:47+	20:31+
00:29+	00:21+	00:18=	00:36=	00:58+	00:25+	00:30=	00:59+	00:28+	00:24=	00:55+	00:55+	01:35+	00:12=	01:12+	01:02+	00:35=	01:36+	01:00+	00:27+	00:54+	00:42+	01:44+	00:29=	01:01=	00:44+
00:03#	00:01+	00:01=	00:00=	00:01+	00:04#	00:01=	00:03+	00:01+	00:00=	00:05+	00:06#	00:32&	00:00=	00:15&	00:09#	00:01=	00:09#	00:01+	00:01+	00:02+	00:01+	00:08+	00:03=	00:07=	00:03+
21:54+	22:35+	22:53+	23:05+	23:13+																					
01:23+	00:41+	00:18=	00:12=	00:08=																					
00:03+	00:01+	00:02=	00:03=	00:02=																					

3 Jan-Einar Øvremo

1119

23:41

00:27+	00:46=	01:03=	01:39=	02:37=	03:01+	03:35+	04:39+	05:08+	05:46+	06:41+	07:34+	08:48+	09:00+	10:38+	11:28+	12:03+	13:42+	14:50+	15:21+	16:19+	17:02+	18:58+	19:27+	20:27+	21:09+
00:27+	00:19=	00:17=	00:36=	00:58+	00:24+	00:34+	01:04+	00:29+	00:38+	00:55+	00:53+	01:14+	00:12=	01:38+	00:50=	00:35=	01:39+	01:08+	00:31+	00:58+	00:43+	01:56+	00:29=	01:00=	00:42+
00:01+	00:01=	00:02=	00:00=	00:01+	00:03#	00:03+	00:08#	00:02+	00:14&	00:05+	00:04+	00:11#	00:00=	00:41&	00:03=	00:01=	00:12#	00:09#	00:05#	00:06#	00:02+	00:20#	00:03=	00:08=	00:01+
22:24+	23:05+	23:22+	23:33+	23:41+																					
01:15=	00:41+	00:17=	00:11=	00:08=																					
00:05=	00:01+	00:03=	00:04=	00:02=																					

4 Terje Michaelsen

3511

24:07

00:28+	00:48+	01:07+	01:44+	02:45+	03:07+	03:36+	04:36+	05:01+	05:28+	06:31+	07:33+	09:05+	09:16+	10:19+	11:18+	11:55+	13:45+	14:45+	15:16+	16:11+	16:52+	18:42+	19:35+	20:47+	21:31+
00:28+	00:20=	00:19=	00:37+	01:01+	00:22+	00:29=	01:00+	00:25=	00:27+	01:03+	01:02+	01:32+	00:11=	01:03+	00:59+	00:37+	01:50+	01:00+	00:31+	00:55+	00:41=	01:50+	00:53+	01:12+	00:44+
00:02+	00:00=	00:00=	00:01+	00:04+	00:01+	00:02=	00:04+	00:02=	00:03#	00:13&	00:13&	00:29&	00:01=	00:06#	00:06#	00:01+	00:23&	00:01+	00:05#	00:03+	00:00=	00:14#	00:21&	00:04+	00:03+
22:40+	23:16+	23:35+	23:59+	24:07+																					
01:09=	00:36=	00:19=	00:24+	00:08=																					
00:11=	00:04=	00:01=	00:09&	00:02=																					

5 Morten Aamodt

1683

25:12

00:28+	01:20+	01:37+	02:12+	03:18+	03:43+	04:13+	05:12+	05:38+	06:05+	07:06+	07:59+	09:11+	09:25+	10:42+	11:43+	12:19+	13:52+	14:56+	15:20+	16:11+	16:52+	19:28+	20:27+	21:42+	22:28+
00:28+	00:52+	00:17=	00:35=	01:06+	00:25+	00:30=	00:59+	00:26=	00:27+	01:01+	00:53+	01:12+	00:14+	01:17+	01:01+	00:36=	01:33+	01:04+	00:24=	00:51=	00:41=	02:36+	00:59+	01:15+	00:46+
00:02+	00:32@	00:02=	00:01=	00:09#	00:04#	00:01=	00:03+	00:01=	00:03#	00:11#	00:04+	00:09#	00:02#	00:20&	00:08#	00:00=	00:06+	00:05+	00:02=	00:01=	00:00=	01:00&	00:27&	00:07#	00:05#
23:49+	24:29+	24:49+	25:03+	25:12+																					
01:21+	00:40=	00:20=	00:14=	00:09=																					
00:01+	00:00=	00:00=	00:01=	00:01=																					

6 Bertrand Denieul

877

25:33

00:28+	00:49+	01:08+	01:46+	02:55+	03:19+	03:52+	04:52+	05:21+	05:51+	06:58+	07:53+	09:09+	09:25+	10:37+	11:48+	12:28+	14:05+	15:07+	15:43+	16:41+	17:21+	20:05+	20:36+	21:52+	22:43+
00:28+	00:21+	00:19=	00:38+	01:09+	00:24+	00:33+	01:00+	00:29+	00:30+	01:07+	00:55+	01:16+	00:16+	01:12+	01:11+	00:40+	01:37+	01:02+	00:36+	00:58+	00:40=	02:44+	00:31=	01:16+	00:51+
00:02+	00:01+	00:00=	00:02+	00:12#	00:03#	00:02+	00:04+	00:02+	00:06#	00:17&	00:06#	00:13#	00:04&	00:15&	00:18&	00:04#	00:10#	00:03+	00:10&	00:06#	00:01=	01:08&	00:01=	00:08#	00:10#
23:34+	24:09+	24:47+	25:11+	25:25+	25:33+																				
00:51=	00:35=	00:38+	00:24+	00:14+	00:08+																				
00:29=	00:05=	00:18&	00:09&	00:04&	00:08+																				

Herrer C

7	Ludovic Antresangle	877	26:00																						
00:30+	00:49+	01:07+	01:45+	02:40+	03:06+	03:37+	06:07+	06:35+	06:57+	07:51+	08:42+	10:09+	10:23+	11:23+	12:21+	12:59+	15:13+	16:18+	16:41+	17:36+	18:21+	20:39+	21:27+	22:25+	23:14+
00:30+	00:19-	00:18-	00:38+	00:55-	00:26+	00:31=	02:30+	00:28+	00:22-	00:54+	00:51+	01:27+	00:14+	01:00+	00:58+	00:38+	02:14+	01:05+	00:23-	00:55+	00:45+	02:18+	00:48+	00:58-	00:49+
00:04#	00:01-	00:01-	00:02+	00:02-	00:05#	00:00=	01:34#	00:01+	00:02-	00:04+	00:02+	00:24#	00:02#	00:03+	00:05+	00:02+	00:47#	00:06#	00:03-	00:03+	00:04+	00:42#	00:16#	00:10-	00:08#
24:36+	25:17+	25:38+	25:52+	26:00+																					
01:22+	00:41+	00:21+	00:14-	00:08-																					
00:02+	00:01+	00:01+	00:01-	00:02-																					

8	Oddmund Nordgård	722	26:46																						
00:30+	01:03+	01:25+	02:27+	03:56+	04:25+	04:58+	06:00+	06:33+	07:18+	08:30+	09:33+	10:50+	11:06+	12:22+	13:27+	14:12+	15:50+	16:58+	17:24+	18:24+	19:23+	21:23+	22:01+	23:21+	24:08+
00:30+	00:33+	00:22+	01:02+	01:29+	00:29+	00:33+	01:02+	00:33+	00:45+	01:12+	01:03+	01:17+	00:16+	01:16+	01:05+	00:45+	01:38+	01:08+	00:26+	01:00+	00:59+	02:00+	00:38+	01:20+	00:47+
00:30+	00:33+	00:22+	01:02+	01:29+	00:29+	00:33+	01:02+	00:33+	00:45+	01:12+	01:03+	01:17+	00:16+	01:16+	01:05+	00:45+	01:38+	01:08+	00:26+	01:00+	00:59+	02:00+	00:38+	01:20+	00:47+
25:25+	26:03+	26:24+	26:38+	26:46+																					
01:17+	00:38+	00:21+	00:14+	00:08+																					
01:17+	00:38+	00:21+	00:14+	00:08+																					

9	Svein Oddvar Netland	1683	27:08																						
00:29+	00:54+	01:13+	02:00+	03:04+	03:33+	04:07+	05:12+	05:42+	06:47+	08:17+	09:21+	10:37+	10:52+	11:57+	13:01+	13:44+	15:59+	17:05+	17:34+	18:33+	19:18+	21:23+	22:17+	23:29+	24:16+
00:29+	00:25+	00:19+	00:47+	01:04+	00:29+	00:34+	01:05+	00:30+	01:05+	01:30+	01:04+	01:16+	00:15+	01:05+	01:04+	00:43+	02:15+	01:06+	00:29+	00:59+	00:45+	02:05+	00:54+	01:12+	00:47+
00:29+	00:25+	00:19+	00:47+	01:04+	00:29+	00:34+	01:05+	00:30+	01:05+	01:30+	01:04+	01:16+	00:15+	01:05+	01:04+	00:43+	02:15+	01:06+	00:29+	00:59+	00:45+	02:05+	00:54+	01:12+	00:47+
25:36+	26:19+	26:40+	27:00+	27:08+																					
01:20+	00:43+	00:21+	00:20+	00:08+																					
01:20+	00:43+	00:21+	00:20+	00:08+																					

10	Trond Lamark	878	27:15																						
00:37+	01:05+	01:29+	02:20+	03:28+	03:59+	04:34+	05:45+	06:18+	06:43+	07:55+	08:57+	10:18+	10:33+	11:41+	12:47+	13:31+	15:26+	16:40+	17:12+	18:14+	19:02+	21:18+	21:53+	23:12+	24:07+
00:37+	00:28+	00:24+	00:51+	01:08+	00:31+	00:35+	01:11+	00:33+	00:25+	01:12+	01:02+	01:21+	00:15+	01:08+	01:06+	00:44+	01:55+	01:14+	00:32+	01:02+	00:48+	02:16+	00:35+	01:19+	00:55+
00:37+	00:28+	00:24+	00:51+	01:08+	00:31+	00:35+	01:11+	00:33+	00:25+	01:12+	01:02+	01:21+	00:15+	01:08+	01:06+	00:44+	01:55+	01:14+	00:32+	01:02+	00:48+	02:16+	00:35+	01:19+	00:55+
25:34+	26:24+	26:48+	27:04+	27:15+																					
01:27+	00:50+	00:24+	00:16+	00:11+																					
01:27+	00:50+	00:24+	00:16+	00:11+																					

11	Nils John Vestøl	3541	28:07																						
00:24+	00:45+	01:11+	02:00+	04:04+	04:44+	05:20+	05:50+	07:01+	07:31+	08:04+	09:05+	10:04+	11:35+	11:47+	12:55+	13:52+	14:33+	16:27+	17:32+	18:00+	19:05+	19:50+	22:19+	23:03+	24:12+
00:24+	00:21+	00:26+	00:49+	02:04+	00:40+	00:36+	00:30+	01:11+	00:30+	00:33+	01:01+	00:59+	01:31+	00:12+	01:08+	00:57+	00:41+	01:54+	01:05+	00:28+	01:05+	00:45+	02:29+	00:44+	01:09+
00:24+	00:21+	00:26+	00:49+	02:04+	00:40+	00:36+	00:30+	01:11+	00:30+	00:33+	01:01+	00:59+	01:31+	00:12+	01:08+	00:57+	00:41+	01:54+	01:05+	00:28+	01:05+	00:45+	02:29+	00:44+	01:09+
25:07+	26:28+	27:18+	27:44+	27:59+	28:07+																				
00:55+	01:21+	00:50+	00:26+	00:15+	00:08+																				
00:55+	01:21+	00:50+	00:26+	00:15+	00:08+																				

12	Pål H. Gjerden	1683	28:36																						
00:28+	00:49+	01:13+	01:58+	03:16+	03:45+	04:16+	05:22+	05:58+	06:35+	07:37+	08:41+	10:06+	10:23+	11:27+	12:40+	13:32+	15:20+	16:40+	17:09+	18:09+	18:59+	21:26+	22:25+	23:41+	24:31+
00:28+	00:21+	00:24+	00:45+	01:18+	00:29+	00:31+	01:06+	00:36+	00:37+	01:02+	01:04+	01:25+	00:17+	01:04+	01:13+	00:52+	01:48+	01:20+	00:29+	01:00+	00:50+	02:27+	00:59+	01:16+	00:50+
00:28+	00:21+	00:24+	00:45+	01:18+	00:29+	00:31+	01:06+	00:36+	00:37+	01:02+	01:04+	01:25+	00:17+	01:04+	01:13+	00:52+	01:48+	01:20+	00:29+	01:00+	00:50+	02:27+	00:59+	01:16+	00:50+
26:53+	27:44+	28:12+	28:27+	28:36+																					
02:22+	00:51+	00:28+	00:15+	00:09+																					
02:22+	00:51+	00:28+	00:15+	00:09+																					

13	Leif Kjetil Hinna Gausel	1683	29:56																						
00:28+	00:49+	01:12+	01:52+	02:52+	03:19+	03:53+	04:55+	05:24+	07:24+	10:23+	11:26+	13:18+	13:38+	13:50+	14:54+	15:56+	16:40+	18:13+	19:21+	19:52+	20:48+	21:33+	24:18+	24:49+	26:08+
00:28+	00:21+	00:23+	00:40+	01:00+	00:27+	00:34+	01:02+	00:29+	02:00+	02:59+	01:03+	01:52+	00:20+	00:12+	01:04+	01:02+	00:44+	01:33+	01:08+	00:31+	00:56+	00:45+	02:45+	00:31+	01:19+
00:28+	00:21+	00:23+	00:40+	01:00+	00:27+	00:34+	01:02+	00:29+	02:00+	02:59+	01:03+	01:52+	00:20+	00:12+	01:04+	01:02+	00:44+	01:33+	01:08+	00:31+	00:56+	00:45+	02:45+	00:31+	01:19+
26:56+	28:13+	28:57+	29:30+	29:47+	29:56+																				
00:48+	01:17+	00:44+	00:33+	00:17+	00:09+																				
00:48+	01:17+	00:44+	00:33+	00:17+	00:09+																				

14	Erling Mauland	3541	30:22																						
00:41+	01:06+	01:25+	02:16+	03:17+	03:49+	04:26+	06:25+	06:59+	07:30+	08:47+	09:52+	11:49+	12:01+	13:35+	14:42+	15:21+	17:32+	18:54+	19:28+	20:43+	21:35+	23:46+	24:57+	26:22+	27:16+
00:41+	00:25+	00:19+	00:51+	01:01+	00:32+	00:37+	01:59+	00:34+	00:31+	01:17+	01:05+	01:57+	00:12+	01:34+	01:07+	00:39+	02:11+	01:22+	00:34+	01:15+	00:52+	02:11+	01:11+	01:25+	00:54+
00:41+	00:25+	00:19+	00:51+	01:01+	00:32+	00:37+	01:59+	00:34+	00:31+	01:17+	01:05+	01:57+	00:12+	01:34+	01:07+	00:39+	02:11+	01:22+	00:34+	01:15+	00:52+	02:11+	01:11+	01:25+	00:54+
28:41+	29:29+	29:57+	30:12+	30:22+																					
01:25+	00:48+	00:28+	00:15+	00:10+																					
01:25+	00:48+	00:28+	00:15+	00:10+																					

Herrer C

15	Geir Haugvaldstad	1683	32:32																						
00:36+	01:03+	01:23+	02:14+	03:31+	04:06+	05:11+	06:21+	06:57+	07:48+	09:11+	10:28+	12:10+	12:27+	13:40+	15:17+	16:02+	18:00+	19:10+	19:43+	20:55+	21:47+	25:31+	26:45+	28:17+	29:17+
00:36+	00:27+	00:20+	00:51+	01:17+	00:35+	01:05+	01:10+	00:36+	00:51+	01:23+	01:17+	01:42+	00:17+	01:13+	01:37+	00:45+	01:58+	01:10+	00:33+	01:12+	00:52+	03:44+	01:14+	01:32+	01:00+
00:36+	00:27+	00:20+	00:51+	01:17+	00:35+	01:05+	01:10+	00:36+	00:51+	01:23+	01:17+	01:42+	00:17+	01:13+	01:37+	00:45+	01:58+	01:10+	00:33+	01:12+	00:52+	03:44+	01:14+	01:32+	01:00+
30:46+	31:28+	31:51+	32:24+	32:32+																					
01:29+	00:42+	00:23+	00:33+	00:08+																					
01:29+	00:42+	00:23+	00:33+	00:08+																					

16	Stein Arne Olsen	874	33:47																						
00:45+	01:15+	01:47+	02:41+	04:20+	04:57+	06:04+	07:45+	08:26+	09:09+	10:39+	11:58+	13:43+	14:02+	15:30+	17:15+	18:06+	20:24+	21:47+	22:18+	23:32+	24:25+	26:52+	27:40+	29:26+	30:23+
00:45+	00:30+	00:32+	00:54+	01:39+	00:37+	01:07+	01:41+	00:41+	00:43+	01:30+	01:19+	01:45+	00:19+	01:28+	01:45+	00:51+	02:18+	01:23+	00:31+	01:14+	00:53+	02:27+	00:48+	01:46+	00:57+
00:45+	00:30+	00:32+	00:54+	01:39+	00:37+	01:07+	01:41+	00:41+	00:43+	01:30+	01:19+	01:45+	00:19+	01:28+	01:45+	00:51+	02:18+	01:23+	00:31+	01:14+	00:53+	02:27+	00:48+	01:46+	00:57+
32:06+	32:55+	33:20+	33:37+	33:47+																					
01:43+	00:49+	00:25+	00:17+	00:10+																					
01:43+	00:49+	00:25+	00:17+	00:10+																					

17	Ove Oaland	1683	34:18																						
00:38+	01:41+	02:03+	02:57+	04:18+	04:53+	05:38+	06:55+	07:31+	08:08+	09:21+	10:37+	12:16+	12:37+	13:50+	15:12+	16:02+	18:15+	19:45+	20:19+	21:26+	22:28+	24:55+	28:13+	29:36+	30:41+
00:38+	01:03+	00:22+	00:54+	01:21+	00:35+	00:45+	01:17+	00:36+	00:37+	01:13+	01:16+	01:39+	00:21+	01:13+	01:22+	00:50+	02:13+	01:30+	00:34+	01:07+	01:02+	02:27+	03:18+	01:23+	01:05+
00:38+	01:03+	00:22+	00:54+	01:21+	00:35+	00:45+	01:17+	00:36+	00:37+	01:13+	01:16+	01:39+	00:21+	01:13+	01:22+	00:50+	02:13+	01:30+	00:34+	01:07+	01:02+	02:27+	03:18+	01:23+	01:05+
32:17+	33:09+	33:43+	34:05+	34:18+																					
01:36+	00:52+	00:34+	00:22+	00:13+																					
01:36+	00:52+	00:34+	00:22+	00:13+																					

Beste strekktid for klassen

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

Herrer Ny

1	Håvard Jektnes	3531	22:38																						
01:29=	03:30=	04:04=	05:38=	07:45=	08:42=	12:25=	14:19=	15:45=	16:10=	17:05=	20:07=	21:30=	22:38=												
01:29=	02:01=	00:34=	01:34=	02:07=	00:57=	03:43=	01:54=	01:26=	00:25=	00:55=	03:02=	01:23=	01:08=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Trond Hegheim	3565	24:15																						
00:50-	02:35-	03:12-	04:09-	06:50-	08:20-	10:34-	12:55-	14:58-	15:14-	15:50-	22:37+	23:22+	24:15+												
00:50-	01:45-	00:37+	00:57-	02:41+	01:30+	02:14-	02:21+	02:03+	00:16-	00:36-	06:47+	00:45-	00:53-												
00:39-	00:16-	00:03+	00:37-	00:34&	00:33&	01:29-	00:27#	00:37&	00:09-	00:19-	03:45@	00:38-	00:15-												

Beste strekktid for klassen

00:50 01:45 00:34 00:57 02:07 00:57 02:14 01:54 01:26 00:16 00:36 03:02 00:45 00:53

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

Herrer Trim

1	William Vagle	3548	16:50																						
01:11=	01:24=	01:53=	02:17=	03:09=	03:35=	04:06=	04:40=	06:28=	07:37=	08:29=	09:01=	09:55=	11:11=	12:44=	13:50=	14:07=	15:15=	15:59=	16:28=	16:50=					
01:11=	00:13=	00:29=	00:24=	00:52=	00:26=	00:31=	00:34=	01:48=	01:09=	00:52=	00:32=	00:54=	01:16=	01:33=	01:06=	00:17=	01:08=	00:44=	00:29=	00:22=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Thomas Romstad	1683	17:38																						
00:49-	01:06-	02:00+	02:23+	03:16+	03:41+	04:42+	05:10+	06:54+	07:56+	08:53+	09:39+	10:34+	11:54+	13:27+	14:09+	14:29+	15:47+	16:37+	17:10+	17:38+					
00:49-	00:17+	00:54+	00:23-	00:53+	00:25-	01:01+	00:28-	01:44-	01:02-	00:57+	00:46+	00:55+	01:20+	01:33=	00:42-	00:20+	01:18+	00:50+	00:33+	00:28+					
00:22-	00:04&	00:25&	00:01-	00:01+	00:01-	00:30&	00:06-	00:04-	00:07-	00:05+	00:14&	00:01+	00:04+	00:00=	00:24-	00:03#	00:10#	00:06#	00:04#	00:06&					
3	Adam Alfred Brennhagen	3512	17:57																						
01:14+	01:29+	02:05+	02:26+	03:28+	03:53+	04:25+	05:05+	06:46+	07:50+	08:39+	09:05+	10:00+	11:14+	13:57+	14:44+	14:59+	16:16+	17:04+	17:39+	17:57+					
01:14+	00:15+	00:36+	00:21-	01:02+	00:25-	00:32+	00:40+	01:41-	01:04-	00:49-	00:26-	00:55+	01:14-	02:43+	00:47-	00:15-	01:17+	00:48+	00:35+	00:18-					
00:03+	00:02#	00:07#	00:03-	00:10#	00:01-	00:01+	00:06#	00:07-	00:05-	00:03-	00:06-	00:01+	00:02-	01:10&	00:19-	00:02-	00:09#	00:04+	00:06#	00:04-					

Herrer Trim

4	Øyvind Levang	892	18:05																		
00:59-	01:14-	02:10+	02:32+	03:28+	03:55+	04:37+	05:04+	06:46+	08:04+	09:00+	09:42+	10:53+	12:21+	13:51+	14:37+	14:53+	16:14+	17:05+	17:42+	18:05+	
00:59-	00:15+	00:56+	00:22-	00:56+	00:27+	00:42+	00:27-	01:42-	01:18+	00:56+	00:42+	01:11+	01:28+	01:30-	00:46-	00:16-	01:21+	00:51+	00:37+	00:23+	
00:12-	00:02#	00:27&	00:02-	00:04+	00:01+	00:11&	00:07-	00:06-	00:09#	00:04+	00:10&	00:17&	00:12#	00:03-	00:20-	00:01-	00:13#	00:07#	00:08&	00:01+	
5	Andreas Primstad	3548	18:31																		
00:51+	01:07+	01:52+	02:14+	04:23+	04:50+	05:20+	05:45+	07:38+	09:06+	10:00+	10:30+	11:28+	12:50+	14:32+	15:09+	15:19+	16:35+	17:27+	18:12+	18:31+	
00:51+	00:16+	00:45+	00:22+	02:09+	00:27+	00:30+	00:25+	01:53+	01:28+	00:54+	00:30+	00:58+	01:22+	01:42+	00:37+	00:10+	01:16+	00:52+	00:45+	00:19+	
00:51+	00:16+	00:45+	00:22+	02:09+	00:27+	00:30+	00:25+	01:53+	01:28+	00:54+	00:30+	00:58+	01:22+	01:42+	00:37+	00:10+	01:16+	00:52+	00:45+	00:19+	
6	Martin Gjerstad	3676	19:17																		
01:02+	01:16+	01:52+	02:20+	03:24+	03:52+	04:27+	05:13+	06:48+	08:24+	09:15+	09:52+	11:12+	12:36+	14:46+	15:23+	15:43+	17:30+	18:24+	18:57+	19:17+	
01:02+	00:14+	00:36+	00:28+	01:04+	00:28+	00:35+	00:46+	01:35+	01:36+	00:51+	00:37+	01:20+	01:24+	02:10+	00:37+	00:20+	01:47+	00:54+	00:33+	00:20+	
01:02+	00:14+	00:36+	00:28+	01:04+	00:28+	00:35+	00:46+	01:35+	01:36+	00:51+	00:37+	01:20+	01:24+	02:10+	00:37+	00:20+	01:47+	00:54+	00:33+	00:20+	
7	Frode Halvor Lund	3516	20:15																		
01:20+	01:38+	02:13+	02:41+	03:57+	04:53+	05:31+	06:06+	07:39+	08:58+	10:06+	10:39+	11:47+	13:21+	15:10+	16:11+	16:28+	18:01+	18:58+	19:45+	20:15+	
01:20+	00:18+	00:35+	00:28+	01:16+	00:56+	00:38+	00:35+	01:33+	01:19+	01:08+	00:33+	01:08+	01:34+	01:49+	01:01+	00:17+	01:33+	00:57+	00:47+	00:30+	
01:20+	00:18+	00:35+	00:28+	01:16+	00:56+	00:38+	00:35+	01:33+	01:19+	01:08+	00:33+	01:08+	01:34+	01:49+	01:01+	00:17+	01:33+	00:57+	00:47+	00:30+	
8	Arne Magne Sondresen	722	20:17																		
00:55+	01:13+	01:56+	02:25+	03:18+	03:50+	04:27+	05:04+	07:01+	08:22+	09:20+	09:53+	10:58+	12:51+	15:41+	16:26+	16:45+	18:22+	19:20+	19:52+	20:17+	
00:55+	00:18+	00:43+	00:29+	00:53+	00:32+	00:37+	00:37+	01:57+	01:21+	00:58+	00:33+	01:05+	01:53+	02:50+	00:45+	00:19+	01:37+	00:58+	00:32+	00:25+	
00:55+	00:18+	00:43+	00:29+	00:53+	00:32+	00:37+	00:37+	01:57+	01:21+	00:58+	00:33+	01:05+	01:53+	02:50+	00:45+	00:19+	01:37+	00:58+	00:32+	00:25+	
9	Sjur Bjerke	3525	22:01																		
01:09+	01:27+	02:09+	02:41+	03:41+	04:25+	05:12+	05:50+	07:48+	09:38+	10:37+	11:25+	12:39+	14:35+	16:32+	17:36+	18:03+	19:41+	20:55+	21:33+	22:01+	
01:09+	00:18+	00:42+	00:32+	01:00+	00:44+	00:47+	00:38+	01:58+	01:50+	00:59+	00:48+	01:14+	01:56+	01:57+	01:04+	00:27+	01:38+	01:14+	00:38+	00:28+	
01:09+	00:18+	00:42+	00:32+	01:00+	00:44+	00:47+	00:38+	01:58+	01:50+	00:59+	00:48+	01:14+	01:56+	01:57+	01:04+	00:27+	01:38+	01:14+	00:38+	00:28+	
10	Svein Mæle	643	22:28																		
01:10+	01:27+	02:39+	03:10+	04:21+	04:54+	05:38+	06:11+	08:37+	10:07+	11:37+	12:27+	13:41+	15:28+	17:18+	18:00+	18:21+	19:57+	21:05+	21:50+	22:28+	
01:10+	00:17+	01:12+	00:31+	01:11+	00:33+	00:44+	00:33+	02:26+	01:30+	01:30+	00:50+	01:14+	01:47+	01:50+	00:42+	00:21+	01:36+	01:08+	00:45+	00:38+	
01:10+	00:17+	01:12+	00:31+	01:11+	00:33+	00:44+	00:33+	02:26+	01:30+	01:30+	00:50+	01:14+	01:47+	01:50+	00:42+	00:21+	01:36+	01:08+	00:45+	00:38+	
11	Bjørn Ove Ruud	3502	23:00																		
01:06+	01:26+	02:13+	02:42+	03:41+	04:14+	04:54+	05:37+	07:18+	08:32+	09:38+	10:16+	11:39+	13:25+	15:14+	16:02+	16:18+	18:01+	19:07+	22:35+	23:00+	
01:06+	00:20+	00:47+	00:29+	00:59+	00:33+	00:40+	00:43+	01:41+	01:14+	01:06+	00:38+	01:23+	01:46+	01:49+	00:48+	00:16+	01:43+	01:06+	03:28+	00:25+	
01:06+	00:20+	00:47+	00:29+	00:59+	00:33+	00:40+	00:43+	01:41+	01:14+	01:06+	00:38+	01:23+	01:46+	01:49+	00:48+	00:16+	01:43+	01:06+	03:28+	00:25+	
12	Bartłomiej Lenart	1376	24:05																		
00:44+	00:58+	01:37+	02:05+	03:19+	03:49+	04:26+	05:35+	06:59+	08:06+	08:41+	09:39+	10:38+	12:00+	13:30+	14:21+	14:42+	22:05+	22:54+	23:49+	24:05+	
00:44+	00:14+	00:39+	00:28+	01:14+	00:30+	00:37+	01:09+	01:24+	01:07+	00:35+	00:58+	00:59+	01:22+	01:30+	00:51+	00:21+	07:23+	00:49+	00:55+	00:16+	
00:44+	00:14+	00:39+	00:28+	01:14+	00:30+	00:37+	01:09+	01:24+	01:07+	00:35+	00:58+	00:59+	01:22+	01:30+	00:51+	00:21+	07:23+	00:49+	00:55+	00:16+	
13	Ketil Vestbakke	1683	24:46																		
01:19+	01:45+	02:47+	03:25+	04:54+	05:32+	06:26+	07:16+	09:06+	10:48+	11:59+	13:11+	14:55+	17:00+	19:15+	20:05+	20:36+	22:21+	23:30+	24:20+	24:46+	
01:19+	00:26+	01:02+	00:38+	01:29+	00:38+	00:54+	00:50+	01:50+	01:42+	01:11+	01:12+	01:44+	02:05+	02:15+	00:50+	00:31+	01:45+	01:09+	00:50+	00:26+	
01:19+	00:26+	01:02+	00:38+	01:29+	00:38+	00:54+	00:50+	01:50+	01:42+	01:11+	01:12+	01:44+	02:05+	02:15+	00:50+	00:31+	01:45+	01:09+	00:50+	00:26+	
14	Leif Jarle Skåra	3502	24:47																		
01:09+	01:28+	02:52+	03:24+	04:33+	05:09+	06:08+	06:43+	08:29+	09:58+	11:09+	13:20+	14:44+	16:44+	18:56+	19:57+	20:12+	22:14+	23:26+	24:14+	24:47+	
01:09+	00:19+	01:24+	00:32+	01:09+	00:36+	00:59+	00:35+	01:46+	01:29+	01:11+	02:11+	01:24+	02:00+	02:12+	01:01+	00:15+	02:02+	01:12+	00:48+	00:33+	
01:09+	00:19+	01:24+	00:32+	01:09+	00:36+	00:59+	00:35+	01:46+	01:29+	01:11+	02:11+	01:24+	02:00+	02:12+	01:01+	00:15+	02:02+	01:12+	00:48+	00:33+	
15	Arild Svihus	892	25:07																		
01:23+	01:41+	02:28+	03:01+	04:21+	05:09+	05:59+	06:34+	08:50+	10:12+	11:23+	12:01+	13:30+	15:18+	17:39+	18:42+	20:55+	21:08+	23:03+	24:04+	24:43+	25:07+
01:23+	00:18+	00:47+	00:33+	01:20+	00:48+	00:50+	00:35+	02:16+	01:22+	01:11+	00:38+	01:29+	01:48+	02:21+	01:03+	02:13+	00:13+	01:55+	01:01+	00:39+	00:24+
01:23+	00:18+	00:47+	00:33+	01:20+	00:48+	00:50+	00:35+	02:16+	01:22+	01:11+	00:38+	01:29+	01:48+	02:21+	01:03+	02:13+	00:13+	01:55+	01:01+	00:39+	00:24+
16	Svein Erik Bjørnsen	1376	25:18																		
00:58+	01:34+	03:21+	03:52+	07:41+	08:14+	08:53+	09:23+	12:31+	13:53+	14:48+	15:45+	17:04+	18:40+	20:18+	21:03+	21:20+	23:11+	24:07+	24:49+	25:18+	
00:58+	00:36+	01:47+	00:31+	03:49+	00:33+	00:39+	00:30+	03:08+	01:22+	00:55+	00:57+	01:19+	01:36+	01:38+	00:45+	00:17+	01:51+	00:56+	00:42+	00:29+	
00:58+	00:36+	01:47+	00:31+	03:49+	00:33+	00:39+	00:30+	03:08+	01:22+	00:55+	00:57+	01:19+	01:36+	01:38+	00:45+	00:17+	01:51+	00:56+	00:42+	00:29+	
17	Bruno Pierfelice	3519	25:43																		
01:19+	01:41+	02:57+	05:23+	05:39+	06:53+	07:29+	08:22+	08:59+	11:30+	13:17+	14:24+	14:54+	16:09+	17:58+	20:10+	21:17+	21:30+	23:20+	24:26+	25:09+	25:43+
01:19+	00:22+	01:16+	02:26+	00:16+	01:14+	00:36+	00:53+	00:37+	02:31+	01:47+	01:07+	00:30+	01:15+	01:49+	02:12+	01:07+	00:13+	01:50+	01:06+	00:43+	00:34+
01:19+	00:22+	01:16+	02:26+	00:16+	01:14+	00:36+	00:53+	00:37+	02:31+	01:47+	01:07+	00:30+	01:15+	01:49+	02:12+	01:07+	00:13+	01:50+	01:06+	00:43+	00:34+

Herrer Trim

18	Tor Harald Lunde	3511										25:50									
01:07+	01:34+	02:19+	03:12+	04:30+	05:22+	06:15+	07:11+	09:09+	11:20+	12:34+	13:24+	15:00+	17:25+	19:37+	21:00+	21:25+	23:26+	24:38+	25:27+	25:50+	
01:07+	00:27+	00:45+	00:53+	01:18+	00:52+	00:53+	00:56+	01:58+	02:11+	01:14+	00:50+	01:36+	02:25+	02:12+	01:23+	00:25+	02:01+	01:12+	00:49+	00:23+	
01:07+	00:27+	00:45+	00:53+	01:18+	00:52+	00:53+	00:56+	01:58+	02:11+	01:14+	00:50+	01:36+	02:25+	02:12+	01:23+	00:25+	02:01+	01:12+	00:49+	00:23+	
19	Rune Hagen Maudal	3524										26:14									
01:20+	01:40+	02:34+	03:13+	04:50+	05:35+	06:25+	07:17+	09:26+	11:51+	13:00+	14:04+	15:33+	17:36+	19:54+	21:13+	21:30+	23:57+	24:56+	25:46+	26:14+	
01:20+	00:20+	00:54+	00:39+	01:37+	00:45+	00:50+	00:52+	02:09+	02:25+	01:09+	01:04+	01:29+	02:03+	02:18+	01:19+	00:17+	02:27+	00:59+	00:50+	00:28+	
01:20+	00:20+	00:54+	00:39+	01:37+	00:45+	00:50+	00:52+	02:09+	02:25+	01:09+	01:04+	01:29+	02:03+	02:18+	01:19+	00:17+	02:27+	00:59+	00:50+	00:28+	
20	Kjell Husebø	1832										26:32									
01:11+	01:34+	03:02+	03:39+	05:13+	05:57+	06:44+	07:32+	09:29+	11:34+	13:01+	13:54+	15:15+	17:15+	19:38+	21:26+	21:48+	23:44+	25:01+	25:51+	26:32+	
01:11+	00:23+	01:16+	00:25+	01:34+	00:44+	00:47+	00:48+	01:57+	02:05+	01:27+	00:53+	01:21+	02:00+	02:23+	01:48+	00:22+	01:56+	01:17+	00:50+	00:41+	
01:11+	00:23+	01:16+	00:25+	01:34+	00:44+	00:47+	00:48+	01:57+	02:05+	01:27+	00:53+	01:21+	02:00+	02:23+	01:48+	00:22+	01:56+	01:17+	00:50+	00:41+	
21	Lars Salvesen	1119										26:56									
01:12+	02:37+	03:53+	04:18+	05:31+	06:09+	07:03+	07:56+	10:15+	13:43+	14:51+	15:46+	16:53+	18:42+	21:57+	22:47+	23:02+	24:44+	25:49+	26:30+	26:56+	
01:12+	01:25+	01:16+	00:25+	01:13+	00:38+	00:54+	00:53+	02:19+	03:28+	01:08+	00:55+	01:07+	01:49+	03:15+	00:50+	00:15+	01:42+	01:05+	00:41+	00:26+	
01:12+	01:25+	01:16+	00:25+	01:13+	00:38+	00:54+	00:53+	02:19+	03:28+	01:08+	00:55+	01:07+	01:49+	03:15+	00:50+	00:15+	01:42+	01:05+	00:41+	00:26+	
22	Steinar Løgith Aase	2539										27:37									
01:16+	01:37+	03:04+	03:31+	05:09+	05:50+	06:50+	07:40+	09:52+	11:22+	12:57+	13:38+	15:25+	18:01+	20:40+	22:00+	22:22+	24:52+	26:16+	27:08+	27:37+	
01:16+	00:21+	01:27+	00:27+	01:38+	00:41+	01:00+	00:50+	02:12+	01:30+	01:35+	00:41+	01:47+	02:36+	02:39+	01:20+	00:22+	02:30+	01:24+	00:52+	00:29+	
01:16+	00:21+	01:27+	00:27+	01:38+	00:41+	01:00+	00:50+	02:12+	01:30+	01:35+	00:41+	01:47+	02:36+	02:39+	01:20+	00:22+	02:30+	01:24+	00:52+	00:29+	
23	Christian Nilsen	3525										28:50									
01:13+	01:36+	02:30+	03:10+	04:11+	04:46+	05:36+	06:26+	08:37+	10:22+	12:38+	13:21+	14:44+	21:40+	23:42+	24:30+	24:55+	26:41+	27:50+	28:28+	28:50+	
01:13+	00:23+	00:54+	00:40+	01:01+	00:35+	00:50+	00:50+	02:11+	01:45+	02:16+	00:43+	01:23+	06:56+	02:02+	00:48+	00:25+	01:46+	01:09+	00:38+	00:22+	
01:13+	00:23+	00:54+	00:40+	01:01+	00:35+	00:50+	00:50+	02:11+	01:45+	02:16+	00:43+	01:23+	06:56+	02:02+	00:48+	00:25+	01:46+	01:09+	00:38+	00:22+	
24	Jan Erik Rasmussen	3519										28:59									
01:14+	01:36+	02:56+	03:30+	05:25+	06:15+	07:05+	07:59+	10:03+	12:20+	13:44+	14:21+	15:51+	17:55+	21:29+	23:12+	23:40+	26:01+	27:25+	28:18+	28:59+	
01:14+	00:22+	01:20+	00:34+	01:55+	00:50+	00:50+	00:54+	02:04+	02:17+	01:24+	00:37+	01:30+	02:04+	03:34+	01:43+	00:28+	02:21+	01:24+	00:53+	00:41+	
01:14+	00:22+	01:20+	00:34+	01:55+	00:50+	00:50+	00:54+	02:04+	02:17+	01:24+	00:37+	01:30+	02:04+	03:34+	01:43+	00:28+	02:21+	01:24+	00:53+	00:41+	
25	Bent Horpestad	722										29:37									
01:36+	01:59+	03:22+	04:06+	05:42+	06:16+	07:09+	08:43+	13:36+	17:34+	18:32+	19:16+	20:27+	22:15+	24:05+	25:16+	25:44+	27:22+	28:28+	29:11+	29:37+	
01:36+	00:23+	01:23+	00:44+	01:36+	00:34+	00:53+	01:34+	04:53+	03:58+	00:58+	00:44+	01:11+	01:48+	01:50+	01:11+	00:28+	01:38+	01:06+	00:43+	00:26+	
01:36+	00:23+	01:23+	00:44+	01:36+	00:34+	00:53+	01:34+	04:53+	03:58+	00:58+	00:44+	01:11+	01:48+	01:50+	01:11+	00:28+	01:38+	01:06+	00:43+	00:26+	
26	Tom Leveraas	1884										31:33									
01:16+	03:26+	04:26+	04:51+	06:17+	09:20+	09:54+	11:54+	14:37+	16:26+	17:47+	18:55+	21:01+	23:03+	25:05+	26:43+	27:02+	29:01+	30:16+	31:10+	31:33+	
01:16+	02:10+	01:00+	00:25+	01:26+	03:03+	00:34+	02:00+	02:43+	01:49+	01:21+	01:08+	02:06+	02:02+	02:02+	01:38+	00:19+	01:59+	01:15+	00:54+	00:23+	
01:16+	02:10+	01:00+	00:25+	01:26+	03:03+	00:34+	02:00+	02:43+	01:49+	01:21+	01:08+	02:06+	02:02+	02:02+	01:38+	00:19+	01:59+	01:15+	00:54+	00:23+	
27	John Helge Svandal	3531										31:48									
01:31+	01:45+	03:10+	04:20+	05:50+	06:39+	07:43+	08:47+	11:35+	13:08+	14:18+	18:21+	20:27+	22:17+	24:54+	26:14+	26:40+	28:41+	30:08+	31:21+	31:48+	
01:31+	00:14+	01:25+	01:10+	01:30+	00:49+	01:04+	01:04+	02:48+	01:33+	01:10+	04:03+	02:06+	01:50+	02:37+	01:20+	00:26+	02:01+	01:27+	01:13+	00:27+	
01:31+	00:14+	01:25+	01:10+	01:30+	00:49+	01:04+	01:04+	02:48+	01:33+	01:10+	04:03+	02:06+	01:50+	02:37+	01:20+	00:26+	02:01+	01:27+	01:13+	00:27+	
28	Kjell-Ole Topnes	1683										32:44									
01:17+	01:40+	03:02+	03:53+	05:28+	06:42+	07:43+	08:30+	10:36+	12:37+	14:09+	15:46+	18:01+	20:12+	25:18+	27:07+	27:37+	29:57+	31:16+	32:04+	32:44+	
01:17+	00:23+	01:22+	00:51+	01:35+	01:14+	01:01+	00:47+	02:06+	02:01+	01:32+	01:37+	02:15+	02:11+	05:06+	01:49+	00:30+	02:20+	01:19+	00:48+	00:40+	
01:17+	00:23+	01:22+	00:51+	01:35+	01:14+	01:01+	00:47+	02:06+	02:01+	01:32+	01:37+	02:15+	02:11+	05:06+	01:49+	00:30+	02:20+	01:19+	00:48+	00:40+	
29	Rolf Øystein Kluge	793										33:17									
01:28+	01:58+	03:42+	04:51+	07:00+	07:48+	09:10+	10:08+	12:39+	15:14+	16:42+	18:44+	20:12+	22:33+	25:34+	26:55+	27:17+	29:41+	31:21+	32:25+	33:17+	
01:28+	00:30+	01:44+	01:09+	02:09+	00:48+	01:22+	00:58+	02:31+	02:35+	01:28+	02:02+	01:28+	02:21+	03:01+	01:21+	00:22+	02:24+	01:40+	01:04+	00:52+	
01:28+	00:30+	01:44+	01:09+	02:09+	00:48+	01:22+	00:58+	02:31+	02:35+	01:28+	02:02+	01:28+	02:21+	03:01+	01:21+	00:22+	02:24+	01:40+	01:04+	00:52+	
30	Svein Olav Høyland	1683										33:46									
01:18+	01:41+	03:24+	04:03+	05:54+	07:24+	08:27+	09:14+	11:57+	14:31+	16:00+	18:40+	20:07+	22:56+	26:07+	27:59+	28:18+	30:17+	31:34+	33:15+	33:46+	
01:18+	00:23+	01:43+	00:39+	01:51+	01:30+	01:03+	00:47+	02:43+	02:34+	01:29+	02:40+	01:27+	02:49+	03:11+	01:52+	00:19+	01:59+	01:17+	01:41+	00:31+	
01:18+	00:23+	01:43+	00:39+	01:51+	01:30+	01:03+	00:47+	02:43+	02:34+	01:29+	02:40+	01:27+	02:49+	03:11+	01:52+	00:19+	01:59+	01:17+	01:41+	00:31+	
31	John Øgreid	882										34:37									
01:43+	02:50+	04:11+	05:17+	07:09+	08:41+	09:46+	10:50+	13:53+	17:09+	18:47+	19:44+	21:32+	23:59+	27:00+	28:39+	29:05+	31:35+	33:04+	34:00+	34:37+	
01:43+	01:07+	01:21+	01:06+	01:52+	01:32+	01:05+	01:04+	03:03+	03:16+	01:38+	00:57+	01:48+	02:27+	03:01+	01:39+	00:26+	02:30+	01:29+	00:56+	00:37+	
01:43+	01:07+	01:21+	01:06+	01:52+	01:32+	01:05+	01:04+	03:03+	03:16+	01:38+	00:57+	01:48+	02:27+	03:01+	01:39+	00:26+	02:30+	01:29+	00:56+	00:37+	

Class	Navn	Klasse	Tid																			
Herrer Trim																						
32	Kay Roar Harila	643	34:50																			
01:00+	01:16+	01:55+	02:24+	03:28+	04:02+	04:57+	05:45+	14:22+	19:05+	20:17+	23:40+	25:14+	26:59+	28:37+	30:51+	31:05+	32:39+	33:38+	34:26+	34:50+		
01:00+	00:16+	00:39+	00:29+	01:04+	00:34+	00:55+	00:48+	08:37+	04:43+	01:12+	03:23+	01:34+	01:45+	01:38+	02:14+	00:14+	01:34+	00:59+	00:48+	00:24+		
01:00+	00:16+	00:39+	00:29+	01:04+	00:34+	00:55+	00:48+	08:37+	04:43+	01:12+	03:23+	01:34+	01:45+	01:38+	02:14+	00:14+	01:34+	00:59+	00:48+	00:24+		
33	Erik Campbell Henriksen	1683	37:07																			
01:34+	02:07+	03:48+	04:46+	07:51+	08:50+	10:00+	10:57+	13:30+	16:07+	18:09+	19:07+	21:12+	24:12+	27:13+	29:21+	29:51+	32:47+	34:40+	35:59+	37:07+		
01:34+	00:33+	01:41+	00:58+	03:05+	00:59+	01:10+	00:57+	02:33+	02:37+	02:02+	00:58+	02:05+	03:00+	03:01+	02:08+	00:30+	02:56+	01:53+	01:19+	01:08+		
01:34+	00:33+	01:41+	00:58+	03:05+	00:59+	01:10+	00:57+	02:33+	02:37+	02:02+	00:58+	02:05+	03:00+	03:01+	02:08+	00:30+	02:56+	01:53+	01:19+	01:08+		
34	Jacek Jagodzinski	3486	39:28																			
02:13+	02:44+	03:53+	04:29+	09:12+	10:04+	10:39+	11:46+	14:27+	18:34+	20:43+	21:54+	24:27+	27:04+	30:54+	32:09+	32:26+	36:18+	38:03+	38:47+	39:28+		
02:13+	00:31+	01:09+	00:36+	04:43+	00:52+	00:35+	01:07+	02:41+	04:07+	02:09+	01:11+	02:33+	02:37+	03:50+	01:15+	00:17+	03:52+	01:45+	00:44+	00:41+		
02:13+	00:31+	01:09+	00:36+	04:43+	00:52+	00:35+	01:07+	02:41+	04:07+	02:09+	01:11+	02:33+	02:37+	03:50+	01:15+	00:17+	03:52+	01:45+	00:44+	00:41+		
35	Joar Fandrem	1141	39:49																			
00:54+	01:23+	03:31+	03:55+	05:26+	06:06+	07:09+	07:54+	18:14+	20:02+	25:23+	26:34+	27:54+	30:44+	32:35+	35:04+	35:32+	37:23+	38:35+	39:24+	39:49+		
00:54+	00:29+	02:08+	00:24+	01:31+	00:40+	01:03+	00:45+	10:20+	01:48+	05:21+	01:11+	01:20+	02:50+	01:51+	02:29+	00:28+	01:51+	01:12+	00:49+	00:25+		
00:54+	00:29+	02:08+	00:24+	01:31+	00:40+	01:03+	00:45+	10:20+	01:48+	05:21+	01:11+	01:20+	02:50+	01:51+	02:29+	00:28+	01:51+	01:12+	00:49+	00:25+		
36	Omid Reza Bagheri	3524	39:49																			
01:43+	02:52+	03:44+	07:33+	08:58+	11:34+	12:15+	13:45+	20:26+	22:51+	24:15+	25:04+	26:24+	28:15+	31:48+	34:15+	34:32+	36:54+	38:02+	39:20+	39:49+		
01:43+	01:09+	00:52+	03:49+	01:25+	02:36+	00:41+	01:30+	06:41+	02:25+	01:24+	00:49+	01:20+	01:51+	03:33+	02:27+	00:17+	02:22+	01:08+	01:18+	00:29+		
01:43+	01:09+	00:52+	03:49+	01:25+	02:36+	00:41+	01:30+	06:41+	02:25+	01:24+	00:49+	01:20+	01:51+	03:33+	02:27+	00:17+	02:22+	01:08+	01:18+	00:29+		
37	Bernt Christian Bugge	3676	40:39																			
01:05+	01:25+	03:02+	05:14+	06:04+	06:39+	07:37+	08:16+	14:41+	15:38+	16:42+	17:25+	21:09+	26:44+	28:53+	31:30+	31:49+	37:14+	38:13+	40:13+	40:39+		
01:05+	00:20+	01:37+	02:12+	00:50+	00:35+	00:58+	00:39+	06:25+	00:57+	01:04+	00:43+	03:44+	05:35+	02:09+	02:37+	00:19+	05:25+	00:59+	02:00+	00:26+		
01:05+	00:20+	01:37+	02:12+	00:50+	00:35+	00:58+	00:39+	06:25+	00:57+	01:04+	00:43+	03:44+	05:35+	02:09+	02:37+	00:19+	05:25+	00:59+	02:00+	00:26+		
38	Arne Hope	1832	40:42																			
01:29+	01:50+	03:34+	04:16+	05:51+	06:36+	07:41+	08:31+	12:50+	22:51+	24:17+	24:58+	26:29+	30:30+	33:01+	34:36+	35:08+	37:22+	38:31+	40:02+	40:42+		
01:29+	00:21+	01:44+	00:42+	01:35+	00:45+	01:05+	00:50+	04:19+	10:01+	01:26+	00:41+	01:31+	04:01+	02:31+	01:35+	00:32+	02:14+	01:09+	01:31+	00:40+		
01:29+	00:21+	01:44+	00:42+	01:35+	00:45+	01:05+	00:50+	04:19+	10:01+	01:26+	00:41+	01:31+	04:01+	02:31+	01:35+	00:32+	02:14+	01:09+	01:31+	00:40+		
39	Per Bakken	880	53:27																			
01:45+	02:08+	03:14+	06:18+	07:58+	09:05+	10:10+	11:49+	15:02+	17:41+	20:34+	29:02+	36:32+	37:18+	38:55+	41:24+	44:30+	45:43+	46:09+	49:57+	51:32+	52:46+	53:27+
01:45+	00:23+	01:06+	03:04+	01:40+	01:07+	01:05+	01:39+	03:13+	02:39+	02:53+	08:28+	07:30+	00:46+	01:37+	02:29+	03:06+	01:13+	00:26+	03:48+	01:35+	01:14+	00:41+
01:45+	00:23+	01:06+	03:04+	01:40+	01:07+	01:05+	01:39+	03:13+	02:39+	02:53+	08:28+	07:30+	00:46+	01:37+	02:29+	03:06+	01:13+	00:26+	03:48+	01:35+	01:14+	00:41+
40	Terje Tengedal	NOTEAM	1:01:42																			
04:53+	05:49+	10:01+	11:50+	15:33+	17:30+	19:04+	20:27+	24:20+	37:25+	39:43+	40:48+	42:52+	45:59+	50:47+	53:19+	53:59+	57:06+	59:05+	60:24+	61:42+		
04:53+	00:56+	04:12+	01:49+	03:43+	01:57+	01:34+	01:23+	03:53+	13:05+	02:18+	01:05+	02:04+	03:07+	04:48+	02:32+	00:40+	03:07+	01:59+	01:19+	01:18+		
04:53+	00:56+	04:12+	01:49+	03:43+	01:57+	01:34+	01:23+	03:53+	13:05+	02:18+	01:05+	02:04+	03:07+	04:48+	02:32+	00:40+	03:07+	01:59+	01:19+	01:18+		

Beste strekktid for klassen

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