Vaulen		Strekktider	Nattløp nr. 2-14.11.2011
Plass Navn	Klasse	Tid	

#### Damer kort

1	Katri	ne Ha	aland	Levera	aas	S	andne	s Idret	tslag			2	21:21
01:00=	02:58=	04:02=	05:48=	07:01=	08:28=	11:01=	12:22=	13:09=	13:52=	18:14=	18:49=	20:59=	21:21=
01:00=	01:58=	01:04=	01:46=	01:13=	01:27=	02:33=	01:21=	00:47=	00:43=	04:22=	00:35=	02:10=	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=
2	Helg	a Aasl	id			E	gersur	nd OK				4	10:55
04:16+	11:47+	13:00+	16:01+	19:41+	22:03+	25:22+	32:56+	34:02+	35:14+	36:50+	37:49+	40:06+	40:55+
04:16+	07:31+	01:13+	03:01+	03:40+	02:22+	03:19+	07:34+	01:06+	01:12+	01:36-	00:59+	02:17+	00:49+
03:16@	05:33@	00:09#	01:15&	02:27@	00:55&	00:46&	06:13@	00:19&	00:29&	02:46-	00:24&	00:07+	00:27@
Beste	strekk	tid for	klass	en									
01:00	01:58	01:04	01:46	01:13	01:27	02:33	01:21	00:47	00:43	01:36	00:35	02:10	00:22
= Som k	lassevin	ner, -	raskere,	+ ser	ere, #	10% tap	, & 25	% tap, @	2 100%	tap.			

Ganddal IL

#### = com klasseviiller, - laskere, i

Siri Cecilie Løken

### **Damer lang**

1

02:16=	04:01=	04:52=	07:02=	08:08=	10:37=	11:17=	11:59=	13:03=	14:26=	16:25=	17:16=	18:28=	20:26=	22:17=	22:36=	23:52=	24:36=	25:56=	26:56=	28:07=	29:09=	30:55=	31:56=	34:09=	35:04=		
02:16=	01:45=	00:51=	02:10=	01:06=	02:29=	00:40=	00:42=	01:04=	01:23=	01:59=	00:51=	01:12=	01:58=	01:51=	00:19=	01:16=	00:44=	01:20=	01:00=	01:11=	01:02=	01:46=	01:01=	02:13=	00:55=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
36:09=	37:51=	39:28=	39:53=																								
01:05=	01:42=	01:37=	00:25=																								
00:00=																											
Beste :	strekk	tid for	klass	en																							
02:16	01:45	00:51	02:10	01:06	02:29	00:40	00:42	01:04	01:23	01:59	00:51	01:12	01:58	01:51	00:19	01:16	00:44	01:20	01:00	01:11	01:02	01:46	01:01	02:13	00:55	01:05	01

39:53

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

#### Damer mellom

1	Jøra	ine So	fie Mo	rstøl		М	lultico	nsult E	BIL			3	31:15								
01:48=													22:35=	22:56=	25:16=	26:24=	27:44=	28:22=	29:32=	30:43=	31:15=
01:48=	01:33=	01:35=	00:49=	01:43=	02:00=	01:15=	01:43=	02:17=	01:11=	02:11=	01:16=	01:45=	01:29=	00:21=	02:20=	01:08=	01:20=	00:38=	01:10=	01:11=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=					00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Krist	in Ska	adsem			G	andda	l IL				3	35:23								
02:52+	04:16+	06:10+	07:01+	10:38+	11:52+	13:04+	14:35+	17:05+	17:54+	19:33+	20:46+	24:19+	26:11+	26:43+	29:01+	30:02+	31:29+	32:10+	33:28+	34:50+	35:23+
02:52+		01:54+			01:14-						01:13-			00:32+	02:18-	01:01-	01:27+	00:41+	01:18+	01:22+	00:33+
01:04&	00:09-	00:19#	00:02+				00:12-			00:32-	00:03-			00:11&	00:02-	00:07-	00:07+	00:03+	00:08#	00:11#	00:01+
3	Inge	r Skret	tting C	pstad		E	gersui	nd OK				4	10:53								
03:34+	05:18+	07:08+	08:04+	11:04+	12:39+	15:14+	16:50+	20:16+	21:53+	23:55+	26:24+			30:35+					38:46+	40:14+	40:53+
03:34+			00:56+				01:36-				02:29+			00:28+		01:17+					00:39+
01:46&			00:07#	01:17&	00:25-		00:07-		00:26&	00:09-	01:13&			00:07&	00:19#	00:09#	00:24&	00:15&	00:28&	00:17#	00:07#
4	Eli F	rafjord	d t			G	andda	l IL				4	12:47								
03:19+														33:42+							
03:19+			00:56+	02:02+	01:13-		01:45+							00:32+		01:08=	01:31+	00:51+		01:29+	
01:31&			00:07#		00:47-		00:02+							00:11%	00:22-	00:00=	00:11#	00:13&	00:T6#	00:18&	00:10%
5			ndrang				tavanç						<b>45:55</b>								
02:15+	04:05+													35:45+							
02:15+	01:50+		00:49=				01:23-				01:49+				02:39+		01:26+	01:00+		01:44+	
00:27#			00:00=		00:49-	00:00=	00:20-	01:12&	00:16-	05:12@	00:33&			00:56@	00:19#	00:12-	00:06+	00:22&	00:31&	00:33&	00:12&
6	Hilde	: Chris	stine H	loff		L	yse Bl	L				4	17:46								
02:35+	04:52+	06:46+	07:41+	10:14+	12:02+	16:08+	18:56+	21:21+	24:37+	26:55+	28:58+	31:10+	32:59+	33:34+	36:21+	39:13+	41:03+	41:54+	43:18+	47:19+	47:46+
02:35+ 00:47&	02.1.	01:54+ 00:19#	00:55+ 00:06#	02:33+ 00:50&	01:48- 00:12-	04:06+ 02:51@	02:48+ 01:05&	02:25+ 00:08+	03:16+ 02:05@	02:18+ 00:07+	02:03+ 00:47&	02:12+ 00:27&	01:49+ 00:20#	00:35+ 00:14&	02:47+ 00:27#	02:52+ 01:44@	01:50+ 00:30&	00:51+ 00:13&	01:24+ 00:14#	04:01+ 02:50@	00:27- 00:05-

7 Ber					I.	lasse					T	id								
	rit Bakk	en			G	andda	l IL				5	51:45								
02:19+ 07:59+ 02:19+ 05:40+	09:19+ 01:20-	10:14+ 00:55+	12:16+ 02:02+	22:18+ 10:02+		28:04+ 04:30+		31:49+ 01:10-			37:47+ 02:05+		40:30+ 00:16-		45:43+ 02:09+		48:07+ 00:48+		51:14+ 01:33+	
00:31& 04:07@	@ 00:15-	00:06#	00:19#	08:02@	00:01+	02:47@	00:18#	00:01-	00:00=	00:26&	00:20#	00:58&	00:05-	00:44&	01:01&	00:16#	00:10&	00:24&	00:22&	00:01-
8 Mar	rgaret N	/lalmin			S	US BIL	_				5	54:52								
	+ 08:16+			15:33+	17:26+	19:27+	25:22+	27:03+	29:38+	31:55+	34:40+	36:58+	37:33+	44:20+	46:07+	48:19+	49:30+	51:49+	54:05+	54:52+
03:11+ 02:41+	+ 02:24+	01:07+	03:36+	02:34+	01:53+	02:01+	05:55+	01:41+	02:35+	02:17+	02:45+	02:18+	00:35+	06:47+	01:47+	02:12+	01:11+	02:19+	02:16+	00:47+
01:23& 01:088	& 00:49&	00:18&	01:53@	00:34&	00:38&	00:18#	03:38@	00:30&	00:24#	01:01&	01:00&	00:49&	00:14&	04:27@	00:39&	00:52&	00:33&	01:09&	01:05&	00:15&
9 Asla	laug Lui	ra			S	andne	s Spar	ebank	BIL		5	54:56								
03:13+ 05:55+	+ 08:20+	09:26+	13:03+	15:48+	17:28+	19:29+	25:23+	27:07+	29:49+	32:00+	34:52+	37:02+	37:37+	44:23+	46:10+	48:26+	49:29+	51:51+	54:09+	54:56+
03:13+ 02:42+	+ 02:25+	01:06+	03:37+	02:45+	01:40+	02:01+	05:54+	01:44+	02:42+	02:11+	02:52+	02:10+	00:35+	06:46+	01:47+	02:16+	01:03+	02:22+	02:18+	00:47+
01:25& 01:098	& 00:50 <sub>&amp;</sub>	00:17&	01:54@	00:45&	00:25&	00:18#	03:37@	00:33&	00:31#	00:55&	01:07&	00:41&	00:14&	04:26@	00:39&	00:56&	00:25&	01:12@	01:07&	00:15&
10 Ber	rit Ebbe	II Olse	n		S	tavang	er OK				5	57:14								
04:41+ 10:32+	+ 12:45+	13:53+	16:56+	22:27+					35:01+	38:28+	40:49+	42:50+	43:29+	46:18+	47:44+	49:41+	50:48+	52:43+	56:24+	57:14+
04:41+ 05:51+	+ 02:13+	01:08+	03:03+	05:31+	02:26+	01:59+	03:58+	01:35+	02:36+	03:27+	02:21+	02:01+	00:39+	02:49+	01:26+	01:57+	01:07+	01:55+	03:41+	00:50+
02:53@ 04:18@	@ 00:38&	00:19&	01:20&	03:31@	01:11&	00:16#	01:41&	00:24&	00:25#	02:11@	00:36&	00:32&	00:18&	00:29#	00:18&	00:37&	00:29&	00:45&	02:30@	00:18&
Beste strek	kktid for	klass	en																	
01:48 01:2	24 01:20	00:49	01:43	01:11	01:12	01:23	02:17	00:49	01:39	01:13	01:42	01:29	00:16	01:58	00:56	01:20	00:38	01:10	01:11	00:27

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

### Herrer kort

1	Svei	n Atle	Thors	en		Ti	ne Me	ieriet S	Sør St	vg. BII	_	2	9:26
01:30=	04:48=	08:23=	11:01=	12:46=	15:03=	17:35=	20:37=	21:58=	23:13=	24:57=	26:00=	28:39=	29:26=
01:30=	03:18=	03:35=	02:38=	01:45=	02:17=	02:32=	03:02=	01:21=	01:15=	01:44=	01:03=	02:39=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>Beste</b>	strekk	tid for	klass	en									
01:30	03:18	03:35	02:38	01:45	02:17	02:32	03:02	01:21	01:15	01:44	01:03	02:39	00:47

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

## Herrer lang

1	Øvst	ein Ga	arsrud	Tvedt		V	aulen	OK				2	23:38												
00:31=				03:48=	04:48=	05:20=	05:50=	07:34=	08:22=	09:36=	10:09=	11:04=	11:38=	12:38=	12:49=	13:41=	14:32=	15:28=	16:12=	16:57=	17:40=	18:33=	19:10=	20:17=	20:44=
00:31=	00:53=	00:38=	01:17=	00:29=	01:00=	00:32=	00:30=	01:44=	00:48=	01:14=	00:33=	00:55=	00:34=	01:00=	00:11=	00:52=	00:51=	00:56=	00:44=	00:45=	00:43=	00:53=	00:37=	01:07=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
21:23=	22:16=	23:22=	23:38=																						
00:39=	00:53=	01:06=	00:16=																						
00:00=	00:00=	00:00=	00:00=																						
2	Jona	ıs K. E	speda	ı		S	tavan	ger OK				2	25:50												
00:31=			03:28+	04:08+	05:13+					09:34-	10:09=	11:05+	11:39+	12:53+	13:07+	14:09+	15:22+	16:16+	16:59+	17:46+	18:37+	19:55+	20:43+	22:10+	22:44+
00:31=	01:00+	00:29-	01:28+	00:40+	01:05+	00:33+	00:32+	01:01-	00:59+	01:16+	00:35+	00:56+	00:34=	01:14+	00:14+	01:02+	01:13+	00:54-	00:43-	00:47+	00:51+	01:18+	00:48+	01:27+	00:34+
00:00=	00:07#	00:09-	00:11#	00:11&	00:05+	00:01+	00:02+	00:43-	00:11#	00:02+	00:02+	00:01+	00:00=	00:14#	00:03&	00:10#	00:22&	00:02-	00:01-	00:02+	00:08#	00:25&	00:11&	00:20&	00:07&
23:21+	24:21+	25:30+	25:50+																						
00:37-	01:00+	01:09+	00:20+																						
00:02-	00:07#	00:03+	00:04#																						
3	Ola I	Magnu	ıs Lau	galand	ı	0	K Ålg	ård				2	26:55												
00:30-			03:25+			05:55+	06:26+	07:11-	09:03+	10:18+	10:52+	11:45+	12:18+	13:17+	13:29+	14:21+	15:10+	16:21+	17:04+	17:47+	18:33+	20:35+	21:29+	23:02+	23:39+
00:30-	00:56+	00:28-	01:31+	01:02+	01:02+	00:26-	00:31+	00:45-	01:52+	01:15+	00:34+	00:53-	00:33-	00:59-	00:12+	00:52=	00:49-	01:11+	00:43-	00:43-	00:46+	02:02+	00:54+	01:33+	00:37+
00:01-	00:03+	00:10-	00:14#	00:33@	00:02+	00:06-	00:01+	00:59-	01:04@	00:01+	00:01+	00:02-	00:01-	00:01-	00:01+	00:00=	00:02-	00:15&	00:01-	00:02-	00:03+	01:09@	00:17&	00:26&	00:10&
24:15+	25:09+	26:36+	26:55+																						
00:36-	00:54+	01:27+	00:19+																						
00:03-	00:01+	00:21&	00:03#																						
4	Otte	<b>Omda</b>	ıl			G	andda	ıl IL				2	28:19												
00:35+	01:43+	02:22+	04:02+	04:40+	05:55+		07:24+		09:21+	10:47+	11:34+	12:39+	13:22+	14:42+	14:58+	16:06+	16:39+	17:37+	18:24+	19:26+	20:17+	21:36+	22:58+	24:19+	24:56+
00:35+	01:08+		01:40+	00:38+	01:15+			00:57-		01:26+		01:05+						00:58+	00:47+		00:51+				
00:04#	00:15&	00:01+	00:23&	30:00	00:15#	00:20&	00:07#	00:47-	00:12#	00:12#		00:10#		00:20&	00:05&	00:16&	00:18-	00:02+	00:03+		00:08#	00:26&	00:45@	00:14#	00:10&
				05u		5 5 2 0 W	22.0711					1011	0,4	20u	osa	10u			05.	22.270	0011	20u		11	
00:41+			00:18+																						
	00:14&																								
						• •							0044 00												0:1 0

Plass	Navn	Klasse	Tid	
5	Morten Sundli	Ganddal IL	29:08	
01:07+	02:08+ 02:42+ 04:33+ 05:09+	06:19+ 06:54+ 07:31+ 08:28+ 09:31+	10:58+ 11:36+ 12:39+ 13:28+	15:15+ 15:30+ 17:08+ 17:35+ 18:38+ 19:26+ 20:20+ 21:15+ 22:17+ 23:07+ 24:58+ 25:36+
				- 01:47+ 00:15+ 01:38+ 00:27- 01:03+ 00:48+ 00:54+ 00:55+ 01:02+ 00:50+ 01:51+ 00:38+ 2 00:47& 00:04& 00:46& 00:24- 00:07# 00:04+ 00:09# 00:12& 00:09# 00:13& 00:44& 00:11&
	27:39+ 28:50+ 29:08+ 01:10+ 01:11+ 00:18+			
	00:17& 00:05+ 00:02#			
6	Per Olav Haarr	Ganddal IL	29:49	
				· 14:57+ 15:12+ 16:17+ 17:59+ 18:57+ 19:43+ 20:30+ 21:24+ 23:51+ 24:28+ 26:10+ 26:45+ · 01:26+ 00:15+ 01:05+ 01:42+ 00:58+ 00:46+ 00:47+ 00:54+ 02:27+ 00:37= 01:42+ 00:35+
		00:06+ 00:02+ 00:03+ 00:52- 00:15&	00:18# 00:09& 00:04+ 00:07#	# 00:26& 00:04& 00:13# 00:51& 00:02+ 00:02+ 00:02+ 00:11& 01:34@ 00:00= 00:35& 00:08&
	28:30+ 29:30+ 29:49+ 01:09+ 01:00- 00:19+			
00:03-	00:16& 00:06- 00:03#	Canalmaa Islaattalan	20-50	
00:33+	Tor Kristian Gyland	Sandnes Idrettslag	<b>29:58</b>	- 15:44+ 16:00+ 17:21+ 17:46+ 18:50+ 19:41+ 20:47+ 21:38+ 22:58+ 23:51+ 25:35+ 26:10+
00:33+	01:04+ 00:38= 01:56+ 00:42+	01:32+ 00:37+ 00:40+ 00:58- 01:06+	01:28+ 00:42+ 01:04+ 01:30+	01:14+ 00:16+ 01:21+ 00:25- 01:04+ 00:51+ 01:06+ 00:51+ 01:20+ 00:53+ 01:44+ 00:35+
	00:11# 00:00= 00:39& 00:13& 28:02+ 29:39+ 29:58+	00:32& 00:05# 00:10& 00:46- 00:18&	00:14# 00:09& 00:09# 00:56@	0 00:14# 00:05& 00:29& 00:26- 00:08# 00:07# 00:21& 00:08# 00:27& 00:16& 00:37& 00:08&
	01:06+ 01:37+ 00:19+			
00:07# <b>Q</b>	00:13# 00:31& 00:03# <b>Geir Sand</b>	SUS BIL	32:03	
	02:45+ 03:25+ 04:58+ 05:43+	06:45+ 07:19+ 07:57+ 08:51+ 09:50+	11:21+ 11:55+ 12:57+ 13:42+	· 14:51+ 15:04+ 16:08+ 16:40+ 17:43+ 18:27+ 19:28+ 20:21+ 22:36+ 26:00+ 28:14+ 28:52+
				· 01:09+ 00:13+ 01:04+ 00:32- 01:03+ 00:44= 01:01+ 00:53+ 02:15+ 03:24+ 02:14+ 00:38+ 2 00:09# 00:02# 00:12# 00:19- 00:07# 00:00= 00:16& 00:10# 01:22@ 02:47@ 01:07& 00:11&
29:36+	30:37+ 31:45+ 32:03+	00.02+ 00.02+ 00.03& 00.30- 00.11#	00.17# 00.01+ 00.07# 00.11&	00.05# 00.02# 00.12# 00.15- 00.07# 00.00- 00.10% 00.10# 01.22@ 02.17@ 01.07% 00.11%
	01:01+ 01:08+ 00:18+ 00:08# 00:02+ 00:02#			
9	Espen Fyhn Nilsen	Sandnes Idrettslag	33:04	
				- 17:47+ 18:06+ 19:19+ 20:06+ 21:14+ 22:25+ 23:30+ 24:34+ 25:41+ 26:39+ 28:22+ 29:18+ - 01:40+ 00:19+ 01:13+ 00:47- 01:08+ 01:11+ 01:05+ 01:04+ 01:07+ 00:58+ 01:43+ 00:56+
				2 00:40& 00:08& 00:21& 00:04- 00:12# 00:27& 00:20& 00:21& 00:14& 00:21& 00:36 00:29@
	31:18+ 32:40+ 33:04+ 01:09+ 01:22+ 00:24+			
	00:16& 00:16# 00:08&			
10	Kjetil Wirak	Stavanger OK	34:17	16,17, 16,20, 10,20, 10,04, 20,04, 21,02, 21,57, 22,50, 24,22, 27,00, 20,00, 20,26,
				· 16:17+ 16:30+ 18:20+ 19:04+ 20:04+ 21:03+ 21:57+ 22:59+ 24:23+ 27:29+ 29:09+ 30:26+ · 01:06+ 00:13+ 01:50+ 00:44- 01:00+ 00:59+ 00:54+ 01:02+ 01:24+ 03:06+ 01:40+ 01:17+
	00:33& 00:02+ 01:10& 00:24& 32:20+ 33:46+ 34:17+	00:45& 00:01+ 00:26& 00:53- 00:28&	00:15# 00:07# 00:04+ 00:05#	# 00:06+ 00:02# 00:58@ 00:07- 00:04+ 00:15& 00:09# 00:19& 00:31& 02:29@ 00:33& 00:50@
00:44+	01:10+ 01:26+ 00:31+			
00:05# <b>11</b>	Rune Christiansen	Sandnes Idrettslag	34:34	
00:55+				18:48+ 19:02+ 20:20+ 20:53+ 22:07+ 23:12+ 24:45+ 25:50+ 27:05+ 27:54+ 29:23+ 30:19+
				01:23+ 00:14+ 01:18+ 00:33- 01:14+ 01:05+ 01:33+ 01:05+ 01:15+ 00:49+ 01:29+ 00:56+
	32:19+ 34:13+ 34:34+	01.29@ 00.02+ 00.11& 00.39- 00.30&	00.32& 00.12& 00.17& 00.10&	2 00:23& 00:03& 00:26& 00:18- 00:18& 00:21& 00:48@ 00:22& 00:22& 00:12& 00:22& 00:29@
	01:12+ 01:54+ 00:21+ 00:19& 00:48& 00:05&			
12	Per Ingar Hadland	Aker Solutions BIL	37:01	
				- 19:57+ 20:15+ 21:32+ 22:06+ 23:14+ 24:16+ 25:22+ 26:37+ 29:17+ 30:20+ 32:06+ 32:43+
				- 01:24+ 00:18+ 01:17+ 00:34- 01:08+ 01:02+ 01:06+ 01:15+ 02:40+ 01:03+ 01:46+ 00:37+ 0 00:24& 00:07& 00:25& 00:17- 00:12# 00:18& 00:21& 00:32& 01:47@ 00:26& 00:39& 00:10&
	34:44+ 36:31+ 37:01+ 01:15+ 01:47+ 00:30+			
	00:22& 00:41& 00:14&			
13	Pål Bårdsen	Stavanger OK	39:31	10:10: 10:20: 20:50: 21:27: 22:45: 22:52: 25:45: 26:22: 20:40: 20:50: 22:42:
				· 19:10+ 19:29+ 20:56+ 21:37+ 22:45+ 23:53+ 25:05+ 26:32+ 28:09+ 29:58+ 33:08+ 34:14+ · 02:06+ 00:19+ 01:27+ 00:41- 01:08+ 01:08+ 01:12+ 01:27+ 01:37+ 01:49+ 03:10+ 01:06+
		00:30& 00:02+ 00:14& 00:07+ 00:23&	00:28& 00:25& 00:12# 01:41@	01:06@ 00:08& 00:35& 00:10- 00:12# 00:24& 00:27& 00:44@ 00:44& 01:12@ 02:03@ 00:39@
	36:41+ 39:02+ 39:31+ 01:17+ 02:21+ 00:29+			
00:31&	00:24& 01:15@ 00:13&			

<b>Plass</b>	Navn Klasse											T	īd													
14	Andı	eas E	ide Sk	jævela	ınd	S	tavang	aer OK	, L			4	40:11													
00:43+	02:00+	02:34+	04:28+	05:49+	08:16+	08:53+	09:33+		11:52+	13:50+	14:40+	15:54+	17:52+	19:49+	20:04+	21:17+	22:12+	23:17+	24:12+	25:26+	26:28+	28:02+	29:12+	34:02+	35:11+	
00:43+	01:17+	00:34-	01:54+	01:21+	02:27+	00:37+	00:40+	01:00-	01:19+	01:58+	00:50+	01:14+	01:58+	01:57+	00:15+	01:13+	00:55+	01:05+	00:55+	01:14+	01:02+	01:34+	01:10+	04:50+	01:09+	
00:12& 36:13+	00:24& 37:59+	00:04- 39:49+	00:37& 40:11+	00:52@	01:27@	00:05#	00:10&	00:44-	00:31&	00:44&	00:17&	00:19&	01:24@	00:57&	00:04&	00:21&	00:04+	00:09#	00:11#	00:29&	00:19&	00:41&	00:33&	03:43@	00:42@	
01:02+ 00:23&	01:46+ 00:53&	01:50+ 00:44&																								
15	Tor I	3rekke	n			G	andda	ıl IL				4	42:33													
01:36+	03:47+	04:34+	07:29+	08:20+	09:47+	10:25+	11:05+	12:08+	13:28+	15:45+	16:34+	17:41+	19:45+	22:09+	22:31+	23:55+	24:50+	26:10+	27:32+	28:39+	30:01+	31:14+	32:45+	33:42+	36:39+	
01:36+	02:11+	00:47+	02:55+	00:51+	01:27+	00:38+	00:40+	01:03-	01:20+	02:17+	00:49+	01:07+	02:04+	02:24+	00:22+	01:24+	00:55+	01:20+	01:22+	01:07+	01:22+	01:13+	01:31+	00:57-	02:57+	
01:05@	01:18@	00:09#	01:38@	00:22&	00:27&	00:06#	00:10&	00:41-	00:32&	01:03&	00:16&	00:12#	01:30@	01:24@	00:11&	00:32&	00:04+	00:24&	00:38&	00:22&	00:39&	00:20&	00:54@	00:10-	02:30@	
37:40+	38:56+																									
01:01+	01:16+	01:19+	01:52+	00:26+																						
00:22&		00:13#		00:26+																						
16	Inge	Lølan	d			R	otorsp	ort Br	istow			4	<b>45:00</b>													
01:57+	03:36+	04:34+	07:13+	08:19+	10:36+	11:31+	12:37+	14:13+	15:53+	18:10+	19:11+	20:54+	21:52+	23:54+	24:13+	25:56+	26:40+	28:20+	29:36+	30:54+	32:18+	34:09+	36:26+	38:24+	39:26+	
01:57+	01:39+	00:58+	02:39+	01:06+	02:17+	00:55+	01:06+	01:36-	01:40+	02:17+	01:01+	01:43+	00:58+	02:02+	00:19+	01:43+	00:44-	01:40+	01:16+	01:18+	01:24+	01:51+	02:17+	01:58+	01:02+	
01:26@	00:46&	00:20&	01:22@	00:37@	01:17@	00:23&	00:36@	00:08-	00:52@	01:03&	00:28&	00:48&	00:24&	01:02@	380:00	00:51&	00:07-	00:44&	00:32&	00:33&	00:41&	00:58@	01:40@	00:51&	00:35@	
40:36+	42:30+	44:23+	45:00+																							
		01:53+																								
		00:47&																								
Beste	strekk	ctid for	· klass	en																						
00:30	00:53	00:28	01:17	00:29	01:00	00:26	00:30	00:45	00:48	01:14	00:33	00:53	00:33	00:59	00:11	00:52	00:25	00:54	00:43	00:43	00:43	00:53	00:37	00:57	00:27	00:36 00

# Herrer mellom

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

1	Paul	Terje	Haarr			G	andda	l IL				2	23:35								
01:32=				05:18=	06:25=	07:49=	08:54=	11:36=	12:11=	13:33=	14:29=	15:42=	16:46=	17:07=	18:46=	19:34=	20:36=	21:19=	22:13=	23:14=	23:35=
01:32=	00:54=	01:03=	00:36=	01:13=	01:07=	01:24=	01:05=	02:42=	00:35=	01:22=	00:56=	01:13=	01:04=	00:21=	01:39=	00:48=	01:02=	00:43=	00:54=	01:01=	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	Bjøri	n Alsa	ker			S	tavang	jer OK	(			2	23:41								
01:23-	02:26=	04:04+	04:40+	06:55+	07:43+	08:44+	09:41+	11:36=	12:17+	13:24-	14:37+	15:53+	17:03+	17:25+	19:03+	19:45+	20:48+	21:22+	22:19+	23:20+	23:41+
01:23-	01:03+	01:38+	00:36=	02:15+	00:48-	01:01-	00:57-	01:55-	00:41+	01:07-	01:13+	01:16+	01:10+	00:22+	01:38-	00:42-	01:03+	00:34-	00:57+	01:01=	00:21=
00:09-	00:09#	00:35&	00:00=	01:02&	00:19-	00:23-	-80:00	00:47-	00:06#	00:15-	00:17&	00:03+	00:06+	00:01+	00:01-	00:06-	00:01+	00:09-	00:03+	00:00=	00:00=
3	Ragr	nvald l	Frøyla	nd		Ti	ime ko	mmur	ne BIL			2	25:03								
01:49+	03:16+	04:18+	05:00+	06:16+	07:47+	08:45+	09:46+	11:41+	12:29+	14:15+	15:20+	16:51+	18:32+	18:48+	20:23+	21:12+	22:18+	22:53+	23:55+	24:44+	25:03+
01:49+	01:27+	01:02-	00:42+	01:16+	01:31+	00:58-	01:01-	01:55-	00:48+	01:46+	01:05+	01:31+	01:41+	00:16-	01:35-	00:49+	01:06+	00:35-	01:02+	00:49-	00:19-
00:17#	00:33&	00:01-	00:06#	00:03+	00:24&	00:26-	00:04-	00:47-	00:13&	00:24&	00:09#	00:18#	00:37&	00:05-	00:04-	00:01+	00:04+	00:08-	00:08#	00:12-	00:02-
4	Arne	Hetle	lid			S	chlum	berge	r BIL			2	26:18								
02:31+	04:24+	05:31+	06:10+	07:20+	08:23+					15:00+	16:03+	17:27+	18:36+	18:53+	20:35+	21:29+	22:37+	23:12+	24:18+	25:56+	26:18+
02:31+	01:53+	01:07+	00:39+	01:10-	01:03-	00:53-	01:07+	01:52-	00:45+	02:00+	01:03+	01:24+	01:09+	00:17-	01:42+	00:54+	01:08+	00:35-	01:06+	01:38+	00:22+
00:59&	00:59@	00:04+	00:03+	00:03-	00:04-	00:31-	00:02+	00:50-	00:10&	00:38&	00:07#	00:11#	00:05+	00:04-	00:03+	00:06#	00:06+	-80:00	00:12#	00:37&	00:01+
_	Cd.		^			0			D		1 -011		77.FF								
ວ	Guai	muna	Gause	<b>?</b>		3	tatens	vegve	esen K	ogaiai	na BIL	. 4	27:55								
02:45+					08:27+	10:43+	11:43+	vegve	2 <b>Sen K</b> 14:18+	ogalal 15:37+	nd BIL 16:44+	18:36+		20:14+	22:08+	23:32+	24:41+	25:23+	26:32+	27:35+	27:55+
02:45+ 02:45+	03:54+	05:02+	05:41+	07:28+		10:43+	11:43+	13:37+	14:18+	15:37+	16:44+	18:36+	19:47+	20:14+ 00:27+				25:23+ 00:42-		27:35+ 01:03+	27:55+ 00:20-
	03:54+ 01:09+ 00:15&	05:02+ 01:08+ 00:05+	05:41+ 00:39+ 00:03+	07:28+ 01:47+ 00:34&	00:59-	10:43+ 02:16+ 00:52&	11:43+ 01:00- 00:05-	13:37+ 01:54- 00:48-	14:18+ 00:41+ 00:06#	15:37+ 01:19- 00:03-	16:44+ 01:07+	18:36+ 01:52+	19:47+ 01:11+		01:54+	01:24+	01:09+	00:42-		01:03+	
02:45+	03:54+ 01:09+ 00:15&	05:02+ 01:08+ 00:05+	05:41+ 00:39+	07:28+ 01:47+ 00:34&	00:59-	10:43+ 02:16+ 00:52&	11:43+ 01:00- 00:05-	13:37+ 01:54- 00:48-	14:18+ 00:41+	15:37+ 01:19- 00:03-	16:44+ 01:07+	18:36+ 01:52+ 00:39&	19:47+ 01:11+	00:27+	01:54+	01:24+	01:09+	00:42-	01:09+	01:03+	00:20-
02:45+ 01:13&	03:54+ 01:09+ 00:15& <b>Kjell</b>	05:02+ 01:08+ 00:05+ <b>Olav</b>	05:41+ 00:39+ 00:03+ <b>Gjerde</b>	07:28+ 01:47+ 00:34&	00:59- 00:08-	10:43+ 02:16+ 00:52&	11:43+ 01:00- 00:05-	13:37+ 01:54- 00:48- gg Off	14:18+ 00:41+ 00:06# <b>shore</b>	15:37+ 01:19- 00:03- <b>BIL</b>	16:44+ 01:07+ 00:11#	18:36+ 01:52+ 00:39&	19:47+ 01:11+ 00:07# <b>28:10</b>	00:27+	01:54+ 00:15#	01:24+ 00:36&	01:09+ 00:07#	00:42- 00:01-	01:09+ 00:15&	01:03+ 00:02+	00:20-
02:45+ 01:13&	03:54+ 01:09+ 00:15& <b>Kjell</b> 03:33+	05:02+ 01:08+ 00:05+ <b>Olav</b> 04:37+	05:41+ 00:39+ 00:03+ <b>Gjerde</b> 05:20+	07:28+ 01:47+ 00:34&	00:59- 00:08- 08:30+	10:43+ 02:16+ 00:52& Li	11:43+ 01:00- 00:05- injeby	13:37+ 01:54- 00:48- <b>gg Off</b> 13:12+	14:18+ 00:41+ 00:06# <b>shore</b> 14:04+	15:37+ 01:19- 00:03- <b>BIL</b> 16:21+	16:44+ 01:07+ 00:11#	18:36+ 01:52+ 00:39& 19:25+	19:47+ 01:11+ 00:07# <b>28:10</b> 20:30+	00:27+ 00:06&	01:54+ 00:15# 22:44+	01:24+ 00:36& 23:42+	01:09+ 00:07# 24:52+	00:42- 00:01-	01:09+ 00:15& 26:33+	01:03+ 00:02+	00:20- 00:01-
02:45+ 01:13& <b>6</b> 02:25+	03:54+ 01:09+ 00:15& <b>Kjell</b> 03:33+ 01:08+	05:02+ 01:08+ 00:05+ <b>Olav</b> 04:37+ 01:04+	05:41+ 00:39+ 00:03+ <b>Gjerde</b> 05:20+ 00:43+	07:28+ 01:47+ 00:34& () 07:11+ 01:51+	00:59- 00:08- 08:30+ 01:19+	10:43+ 02:16+ 00:52& Li 09:35+ 01:05-	11:43+ 01:00- 00:05- injeby	13:37+ 01:54- 00:48- <b>gg Off</b> 13:12+ 02:33-	14:18+ 00:41+ 00:06# <b>shore</b> 14:04+ 00:52+	15:37+ 01:19- 00:03- <b>BIL</b> 16:21+ 02:17+	16:44+ 01:07+ 00:11# 18:08+ 01:47+	18:36+ 01:52+ 00:39& 19:25+ 01:17+	19:47+ 01:11+ 00:07# <b>28:10</b> 20:30+ 01:05+	00:27+ 00:06& 20:50+	01:54+ 00:15# 22:44+ 01:54+	01:24+ 00:36& 23:42+ 00:58+	01:09+ 00:07# 24:52+ 01:10+	00:42- 00:01- 25:29+	01:09+ 00:15& 26:33+ 01:04+	01:03+ 00:02+ 27:44+	00:20- 00:01- 28:10+
02:45+ 01:13& <b>6</b> 02:25+	03:54+ 01:09+ 00:15& <b>Kjell</b> 03:33+ 01:08+ 00:14&	05:02+ 01:08+ 00:05+ <b>Olav</b> 04:37+ 01:04+ 00:01+	05:41+ 00:39+ 00:03+ <b>Gjerde</b> 05:20+ 00:43+	07:28+ 01:47+ 00:34& • 07:11+ 01:51+ 00:38&	00:59- 00:08- 08:30+ 01:19+	10:43+ 02:16+ 00:52& Li 09:35+ 01:05- 00:19-	11:43+ 01:00- 00:05- injeby	13:37+ 01:54- 00:48- <b>gg Off</b> 13:12+ 02:33- 00:09-	14:18+ 00:41+ 00:06# <b>shore</b> 14:04+ 00:52+	15:37+ 01:19- 00:03- <b>BIL</b> 16:21+ 02:17+	16:44+ 01:07+ 00:11# 18:08+ 01:47+	18:36+ 01:52+ 00:39& 19:25+ 01:17+ 00:04+	19:47+ 01:11+ 00:07# <b>28:10</b> 20:30+ 01:05+	00:27+ 00:06& 20:50+ 00:20-	01:54+ 00:15# 22:44+ 01:54+	01:24+ 00:36& 23:42+ 00:58+	01:09+ 00:07# 24:52+ 01:10+	00:42- 00:01- 25:29+ 00:37-	01:09+ 00:15& 26:33+ 01:04+	01:03+ 00:02+ 27:44+ 01:11+	00:20- 00:01- 28:10+ 00:26+
02:45+ 01:13& <b>6</b> 02:25+	03:54+ 01:09+ 00:15& <b>Kjell</b> 03:33+ 01:08+ 00:14& <b>Geir</b>	05:02+ 01:08+ 00:05+ <b>Olav</b> 04:37+ 01:04+ 00:01+ <b>Rune</b>	05:41+ 00:39+ 00:03+ <b>Gjerde</b> 05:20+ 00:43+ 00:07#	07:28+ 01:47+ 00:34& () 07:11+ 01:51+ 00:38&	00:59- 00:08- 08:30+ 01:19+ 00:12#	10:43+ 02:16+ 00:52& L 09:35+ 01:05- 00:19-	11:43+ 01:00- 00:05- injeby 10:39+ 01:04- 00:01- ouvet	13:37+ 01:54- 00:48- <b>gg Off</b> 13:12+ 02:33- 00:09- <b>BIL</b>	14:18+ 00:41+ 00:06# <b>shore</b> 14:04+ 00:52+ 00:17&	15:37+ 01:19- 00:03- BIL 16:21+ 02:17+ 00:55&	16:44+ 01:07+ 00:11# 18:08+ 01:47+ 00:51&	18:36+ 01:52+ 00:39& 19:25+ 01:17+ 00:04+	19:47+ 01:11+ 00:07# 28:10 20:30+ 01:05+ 00:01+ 28:48	00:27+ 00:06& 20:50+ 00:20- 00:01-	01:54+ 00:15# 22:44+ 01:54+ 00:15#	01:24+ 00:36& 23:42+ 00:58+ 00:10#	01:09+ 00:07# 24:52+ 01:10+ 00:08#	00:42- 00:01- 25:29+ 00:37- 00:06-	01:09+ 00:15& 26:33+ 01:04+	01:03+ 00:02+ 27:44+ 01:11+ 00:10#	00:20- 00:01- 28:10+ 00:26+ 00:05#
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