

Plass Navn

Klasse

Tid

Damer kort

1 Helga Klausen Klepp Kommune BIL 47:46
 05:21= 13:48= 15:58= 17:31= 24:58= 26:29= 30:38= 36:29= 38:20= 43:33= 45:43= 47:46=
 05:21= 08:27= 02:10= 01:33= 07:27= 01:31= 04:09= 05:51= 01:51= 05:13= 02:10= 02:03=
 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 Ingunn Voilås Egersund OK 53:37
 04:53- 32:01+ 34:03+ 35:15+ 39:45+ 40:53+ 44:14+ 46:45+ 48:26+ 50:45+ 52:01+ 53:37+
 04:53- 27:08+ 02:02- 01:12- 04:30- 01:08- 03:21- 02:31- 01:41- 02:19- 01:16- 01:36-
 00:28- 18:41@ 00:08- 00:21- 02:57- 00:23- 00:48- 03:20- 00:10- 02:54- 00:54- 00:27-

3 Berit Ebbell Olsen Stavanger OK 1:13:52
 09:29+ 27:49+ 30:17+ 31:38+ 51:23+ 53:19+ 58:00+ 64:57+ 67:23+ 70:13+ 72:07+ 73:52+
 09:29+ 18:20+ 02:28+ 01:21- 19:45+ 01:56+ 04:41+ 06:57+ 02:26+ 02:50- 01:54- 01:45-
 04:08& 09:53@ 00:18# 00:12- 12:18@ 00:25& 00:32# 01:06# 00:35& 02:23- 00:16- 00:18-

4 Randi Bugge Nortura BIL 1:17:29
 09:38+ 40:19+ 42:50+ 44:37+ 54:38+ 56:35+ 61:11+ 68:31+ 71:14+ 74:29+ 75:47+ 77:29+
 09:38+ 30:41+ 02:31+ 01:47+ 10:01+ 01:57+ 04:36+ 07:20+ 02:43+ 03:15- 01:18- 01:42-
 04:17& 22:14@ 00:21# 00:14# 02:34& 00:26& 00:27# 01:29& 00:52& 01:58- 00:52- 00:21-

Beste strekktid for klassen

04:53 08:27 02:02 01:12 04:30 01:08 03:21 02:31 01:41 02:19 01:16 01:36

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

Damer lang

1 Torill Brekken Ganddal IL 57:58
 02:41= 06:29= 11:16= 14:03= 17:15= 20:18= 23:54= 26:05= 29:23= 32:49= 34:55= 37:26= 38:21= 42:54= 43:39= 46:22= 49:02= 50:24= 52:12= 53:06= 55:55= 56:46= 57:58=
 02:41= 03:48= 04:47= 02:47= 03:12= 03:03= 03:36= 02:11= 03:18= 03:26= 02:06= 02:31= 00:55= 04:33= 00:45= 02:43= 02:40= 01:22= 01:48= 00:54= 02:49= 00:51= 01:12=
 00:00=

2 Hilde Nordbø M.P.M. BIL 58:24
 03:21+ 06:40+ 13:59+ 16:33+ 19:00+ 21:42+ 26:02+ 28:18+ 31:23+ 35:02+ 37:08+ 38:42+ 39:37+ 43:35+ 45:47+ 48:24+ 50:01+ 52:01+ 52:54+ 56:11+ 57:15+ 58:24+
 03:21+ 03:19- 07:19+ 02:34- 02:27- 02:42- 04:20+ 02:16+ 03:05- 03:39+ 02:06= 01:34- 00:55= 03:58- 02:12+ 02:37- 01:37- 02:00+ 00:53- 03:17+ 01:04- 01:09+
 00:40# 00:29- 02:32& 00:13- 00:45- 00:21- 00:44# 00:05+ 00:13- 00:13+ 00:00= 00:57- 00:00= 00:35- 01:27@ 00:06- 01:03- 00:38& 00:55- 02:23@ 01:45- 00:18&

3 Vibeke Lamark Ganddal IL 59:17
 03:51+ 07:43+ 12:27+ 15:21+ 18:27+ 21:31+ 25:21+ 27:19+ 30:36+ 33:58+ 36:32+ 38:44+ 39:52+ 43:56+ 46:41+ 49:57+ 51:34+ 53:21+ 54:05+ 57:04+ 58:00+ 59:17+
 03:51+ 03:52+ 04:44- 02:54+ 03:06- 03:04+ 03:50+ 01:58- 03:17- 03:22- 02:34+ 02:12- 01:08+ 04:04- 02:45+ 03:16+ 01:37- 01:47+ 00:44- 02:59+ 00:56- 01:17+
 01:10& 00:04+ 00:03- 00:07+ 00:06- 00:01+ 00:14+ 00:13- 00:01- 00:04- 00:28# 00:19- 00:13# 00:29- 02:00@ 00:33# 01:03- 00:25& 01:04- 02:05@ 01:53- 00:26&

4 Kari Fuglestad OK Ålgård 1:01:07
 03:15+ 07:16+ 10:40- 13:04- 15:42- 20:05- 23:55+ 25:31- 29:00- 31:20- 33:24- 34:46- 35:46- 38:50- 40:47- 43:01- 45:02- 53:46+ 54:21+ 57:49+ 60:00+ 61:07+
 03:15+ 04:01+ 03:24- 02:24- 02:38- 04:23+ 03:50+ 01:36- 03:29+ 02:20- 02:04- 01:22- 01:00+ 03:04- 01:57+ 02:14- 02:01- 08:44+ 00:35- 03:28+ 02:11- 01:07+
 00:34# 00:13+ 01:23- 00:23- 00:34- 01:20& 00:14+ 00:35- 00:11+ 01:06- 00:02- 01:09- 00:05+ 01:29- 01:12@ 00:29- 00:39- 07:22@ 01:13- 02:34@ 00:38- 00:16&

5 Gunn J. Grefstad ABB Robotics BIL 1:21:54
 03:07+ 06:42+ 11:20+ 15:02+ 18:38+ 22:37+ 28:15+ 32:17+ 37:47+ 49:29+ 52:22+ 54:23+ 55:18+ 58:55+ 64:54+ 67:53+ 72:19+ 74:30+ 75:36+ 78:57+ 80:12+ 81:54+
 03:07+ 03:35- 04:38- 03:42+ 03:36+ 03:59+ 05:38+ 04:02+ 05:30+ 11:42+ 02:53+ 02:01- 00:55= 03:37- 05:59+ 02:59+ 04:26+ 02:11+ 01:06- 03:21+ 01:15- 01:42+
 00:26# 00:13- 00:09- 00:55& 00:24# 00:56& 02:02& 01:51& 02:12& 08:16@ 00:47& 00:30- 00:00= 00:56- 05:14@ 00:16+ 01:46& 00:49& 00:42- 02:27@ 01:34- 00:51&

Beste strekktid for klassen

02:41 03:19 03:24 02:24 02:27 02:42 03:36 01:36 03:05 02:20 02:04 01:22 00:55 03:04 00:45 02:14 01:37 01:22 00:35 00:54 00:56 00:51 01:12

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

Damer mellom

1 Veronica Øvremo OK Ålgård 47:42
 02:29= 04:15= 16:36= 19:32= 20:38= 22:37= 29:22= 31:07= 31:53= 34:29= 36:39= 39:01= 40:26= 42:52= 45:39= 46:30= 47:42=
 02:29= 01:46= 12:21= 02:56= 01:06= 01:59= 06:45= 01:45= 00:46= 02:36= 02:10= 02:22= 01:25= 02:26= 02:47= 00:51= 01:12=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse	Tid
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2	Katrine Haaland Leveraas	Sandnes Idrettslag	48:34													
05:08+	07:04+	10:52-	14:20-	15:22-	17:38-	22:27-	26:28-	27:31-	31:16-	33:33-	36:43-	38:16-	41:06-	45:21-	46:32+	48:34+
05:08+	01:56+	03:48-	03:28+	01:02-	02:16+	04:49-	04:01+	01:03+	03:45+	02:17+	03:10+	01:33+	02:50+	04:15+	01:11+	02:02+
02:39@	00:10+	08:33-	00:32#	00:04-	00:17#	01:56-	02:16@	00:17&	01:09&	00:07+	00:48&	00:08+	00:24#	01:28&	00:20&	00:50&

3	Ragnhild Auglænd	Ganddal IL	49:52													
04:56+	07:04+	11:03-	14:42-	15:45-	18:10-	25:12-	29:34-	30:15-	33:34-	35:45-	38:43-	40:35+	44:27+	47:28+	48:27+	49:52+
04:56+	02:08+	03:59-	03:39+	01:03-	02:25+	07:02+	04:22+	00:41-	03:19+	02:11+	02:58+	01:52+	03:52+	03:01+	00:59+	01:25+
02:27&	00:22#	08:22-	00:43#	00:03-	00:26#	00:17+	02:37@	00:05-	00:43&	00:01+	00:36&	00:27&	01:26&	00:14+	00:08#	00:13#

4	Kristin Skadsem	Ganddal IL	53:00													
03:48+	06:04+	10:06-	13:24-	14:56-	18:37-	25:14-	27:34-	29:24-	32:41-	35:13-	38:21-	41:04+	44:55+	50:12+	51:22+	53:00+
03:48+	02:16+	04:02-	03:18+	01:32+	03:41+	06:37-	02:20+	01:50+	03:17+	02:32+	03:08+	02:43+	03:51+	05:17+	01:10+	01:38+
01:19&	00:30&	08:19-	00:22#	00:26&	01:42&	00:08-	00:35&	01:04@	00:41&	00:22#	00:46&	01:18&	01:25&	02:30&	00:19&	00:26&

5	Jørgine Sofie Morstøl	Multiconsult BIL	54:19													
03:01+	05:11+	14:48-	18:43-	20:12-	24:40+	28:34-	30:59-	32:18+	35:49+	38:26+	41:47+	44:46+	48:02+	51:42+	52:49+	54:19+
03:01+	02:10+	09:37-	03:55+	01:29+	04:28+	03:54-	02:25+	01:19+	03:31+	02:37+	03:21+	02:59+	03:16+	03:40+	01:07+	01:30+
00:32#	00:24#	02:44-	00:59&	00:23&	02:29@	02:51-	00:40&	00:33&	00:55&	00:27#	00:59&	01:34@	00:50&	00:53&	00:16&	00:18#

6	Eli Frafjord	Ganddal IL	1:01:45													
04:02+	05:57+	10:47-	18:47-	20:18-	23:57+	30:31+	32:44+	34:28+	37:57+	40:32+	43:28+	46:20+	50:58+	58:50+	60:05+	61:45+
04:02+	01:55+	04:50-	08:00+	01:31+	03:39+	06:34-	02:13+	01:44+	03:29+	02:35+	02:56+	02:52+	04:38+	07:52+	01:15+	01:40+
01:33&	00:09+	07:31-	05:04@	00:25&	01:40&	00:11-	00:28&	00:58@	00:53&	00:25#	00:34#	01:27@	02:12&	05:05@	00:24&	00:28&

7	Haldis Glendrange	Stavanger OK	1:04:05													
03:20+	05:31+	11:17-	16:05-	17:59-	22:27-	32:29+	35:31+	36:52+	40:40+	43:58+	48:07+	50:33+	54:44+	60:21+	61:47+	64:05+
03:20+	02:11+	05:46-	04:48+	01:54+	04:28+	10:02+	03:02+	01:21+	03:48+	03:18+	04:09+	02:26+	04:11+	05:37+	01:26+	02:18+
00:51&	00:25#	06:35-	01:52&	00:48&	02:29@	03:17&	01:17&	00:35&	01:12&	01:08&	01:47&	01:01&	01:45&	02:50@	00:35&	01:06&

8	Inger Skretting Opstad	Egersund OK	1:04:23													
03:45+	06:22+	11:05-	20:12+	22:23+	25:22+	32:36+	34:55+	37:09+	41:59+	46:38+	50:32+	52:47+	56:26+	61:17+	62:35+	64:23+
03:45+	02:37+	04:43-	09:07+	02:11+	02:59+	07:14+	02:19+	02:14+	04:50+	04:39+	03:54+	02:15+	03:39+	04:51+	01:18+	01:48+
01:16&	00:51&	07:38-	06:11@	01:05&	01:00&	00:29+	00:34&	01:28@	02:14&	02:29@	01:32&	00:50&	01:13&	02:04&	00:27&	00:36&

9	Aslaug Lura	Sandnes Sparebank BIL	1:32:12													
05:11+	09:03+	15:44-	22:15+	28:23+	33:13+	41:46+	47:26+	49:36+	54:28+	58:22+	63:19+	77:26+	82:14+	88:30+	89:55+	92:12+
05:11+	03:52+	06:41-	06:31+	06:08+	04:50+	08:33+	05:40+	02:10+	04:52+	03:54+	04:57+	14:07+	04:48+	06:16+	01:25+	02:17+
02:42@	02:06@	05:40-	03:35@	05:02@	02:51@	01:48&	03:55@	01:24@	02:16&	01:44&	02:35@	12:42@	02:22&	03:29@	00:34&	01:05&

10	Margaret Malmin	SUS BIL	1:32:26													
05:08+	09:00+	15:44-	22:19+	28:24+	33:05+	41:48+	47:27+	49:53+	54:32+	58:24+	63:13+	77:27+	82:18+	88:24+	89:50+	92:26+
05:08+	03:52+	06:44-	06:35+	06:05+	04:41+	08:43+	05:39+	02:26+	04:39+	03:52+	04:49+	14:14+	04:51+	06:06+	01:26+	02:36+
02:39@	02:06@	05:37-	03:39@	04:59@	02:42@	01:58&	03:54@	01:40@	02:03&	01:42&	02:27@	12:49@	02:25&	03:19@	00:35&	01:24@

Beste strekktid for klassen	02:29	01:46	03:48	02:56	01:02	01:59	03:54	01:45	00:41	02:36	02:10	02:22	01:25	02:26	02:47	00:51	01:12
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer kort

1	Sverre Vareberg	Stavanger OK	49:06														
06:25=	15:10=	17:13=	18:15=	24:07=	25:48=	34:51=	39:40=	42:05=	45:08=	46:46=	49:06=						
06:25=	08:45=	02:03=	01:02=	05:52=	01:41=	09:03=	04:49=	02:25=	03:03=	01:38=	02:20=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

Beste strekktid for klassen	06:25	08:45	02:03	01:02	05:52	01:41	09:03	04:49	02:25	03:03	01:38	02:20					
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer lang

1	Bjarthe Westerheim	Stord IL	35:50																		
01:52=	03:39=	05:51=	07:41=	09:49=	11:33=	14:23=	15:41=	18:10=	20:47=	22:08=	23:13=	23:48=	26:17=	27:35=	29:06=	29:56=	30:53=	31:34=	34:08=	34:50=	35:50=
01:52=	01:47=	02:12=	01:50=	02:08=	01:44=	02:50=	01:18=	02:29=	02:37=	01:21=	01:05=	00:35=	02:29=	01:18=	01:31=	00:50=	00:57=	00:41=	02:34=	00:42=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse												Tid				
10	Ove Oaland	Ganddal IL												47:33				
	02:28-	03:54-	06:29-	08:56-	10:30+	13:39+	20:29+	23:01+	23:53+	24:36+	27:58+	30:37+	34:05+	39:56+	42:03+	44:44+	45:35+	47:33+
	02:28-	01:26-	02:35+	02:27-	01:34+	03:09+	06:50+	02:32+	00:52+	00:43-	03:22+	02:39-	03:28+	05:51+	02:07-	02:41+	00:51-	01:58+
	00:41-	00:03-	00:13+	00:16-	00:52@	01:10&	03:38@	00:53&	00:21&	04:02-	01:31&	00:09-	02:18@	03:21@	00:57-	01:50@	00:17-	01:58+
11	Jan Inge Lunde	Ganddal IL												48:56				
	03:06-	04:55+	08:30+	12:11+	13:42+	16:19+	23:27+	26:24+	27:26+	31:12+	33:32+	36:12+	37:39+	40:30+	45:55+	47:08+	48:56+	
	03:06-	01:49+	03:35+	03:41+	01:31+	02:37+	07:08+	02:57+	01:02+	03:46-	02:20+	02:40-	01:27+	02:51+	05:25+	01:13+	01:48+	
	00:03-	00:20#	01:13&	00:58&	00:49@	00:38&	03:56@	01:18&	00:31&	00:59-	00:29&	00:08-	00:17#	00:21#	02:21&	00:22&	00:40&	
12	Ole Auklend	Skattesport BIL												52:34				
	04:36+	07:53+	11:28+	15:06+	16:56+	21:17+	29:03+	31:27+	32:16+	35:18+	37:35+	40:45+	42:46+	46:00+	50:01+	51:03+	52:34+	
	04:36+	03:17+	03:35+	03:38+	01:50+	04:21+	07:46+	02:24+	00:49+	03:02-	02:17+	03:10+	02:01+	03:14+	04:01+	01:02+	01:31+	
	01:27&	01:48@	01:13&	00:55&	01:08@	02:22@	04:34@	00:45&	00:18&	01:43-	00:26#	00:22#	00:51&	00:44&	00:57&	00:11#	00:23&	
13	Tor Livar Flugsrud	Schlumberger BIL												53:06				
	03:59+	06:40+	10:13+	13:36+	15:35+	18:25+	29:04+	31:30+	33:47+	37:18+	39:55+	43:19+	45:09+	46:58+	51:05+	51:55+	53:06+	
	03:59+	02:41+	03:33+	03:23+	01:59+	02:50+	10:39+	02:26+	02:17+	03:31-	02:37+	03:24+	01:50+	01:49-	04:07+	00:50-	01:11+	
	00:50&	01:12&	01:11&	00:40#	01:17@	00:51&	07:27@	00:47&	01:46@	01:14-	00:46&	00:36#	00:40&	00:41-	01:03&	00:01-	00:03+	
14	Inge Løland	Rotorsport Bristow												54:59				
	04:21+	05:47+	08:44+	11:58+	14:53+	17:15+	20:24+	23:02+	23:32+	26:08+	28:38+	44:22+	46:27+	48:31+	52:13+	53:26+	54:59+	
	04:21+	01:26-	02:57+	03:14+	02:55+	02:22+	03:09-	02:38+	00:30-	02:36-	02:30+	15:44+	02:05+	02:04-	03:42+	01:13+	01:33+	
	01:12&	00:03-	00:35#	00:31#	02:13@	00:23#	00:03-	00:59&	00:01-	02:09-	00:39&	12:56@	00:55&	00:26-	00:38#	00:22&	00:25&	
15	Vidar Hølland	ABB Robotics BIL												1:12:15				
	06:23+	08:57+	17:04+	20:46+	22:36+	28:08+	43:48+	45:37+	46:48+	50:36+	54:22+	60:02+	62:23+	65:29+	69:08+	71:03+	72:15+	
	06:23+	02:34+	08:07+	03:42+	01:50+	05:32+	15:40+	01:49+	01:11+	03:48-	03:46+	05:40+	02:21+	03:06+	03:39+	01:55+	01:12+	
	03:14@	01:05&	05:45@	00:59&	01:08@	03:33@	12:28@	00:10#	00:40@	00:57-	01:55@	02:52@	01:11@	00:36#	00:35#	01:04@	00:04+	
16	Jørgen Nilsen	Logica BIL												1:19:18				
	02:50-	05:42+	35:50+	38:51+	40:19+	42:21+	47:03+	51:40+	52:33+	57:02+	59:35+	62:41+	68:45+	72:01+	75:36+	76:36+	79:18+	
	02:50-	02:52+	30:08+	03:01+	01:28+	02:02+	04:42+	04:37+	00:53+	04:29-	02:33+	03:06+	06:04+	03:16+	03:35+	01:00+	02:42+	
	00:19-	01:23&	27:46@	00:18#	00:46@	00:03+	01:30&	02:58@	00:22&	00:16-	00:42&	00:18#	04:54@	00:46&	00:31#	00:09#	01:34@	
17	Paul A. Paulsen	Stavanger kommune BIL												1:20:32				
	03:01-	05:40+	35:53+	40:51+	42:35+	45:25+	50:47+	54:30+	56:31+	60:09+	65:24+	68:32+	70:11+	73:39+	77:55+	78:59+	80:32+	
	03:01-	02:39+	30:13+	04:58+	01:44+	02:50+	05:22+	03:43+	02:01+	03:38-	05:15+	03:08+	01:39+	03:28+	04:16+	01:04+	01:33+	
	00:08-	01:10&	27:51@	02:15&	01:02@	00:51&	02:10&	02:04@	01:30@	01:07-	03:24@	00:20#	00:29&	00:58&	01:12&	00:13&	00:25&	
Beste strekktid for klassen		02:05	01:08	02:17	02:08	00:42	01:30	02:51	01:34	00:30	00:43	01:44	01:53	01:10	01:38	02:07	00:47	00:51

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