

1	Haldis Glendrange	Stavanger OK	59:27			
01:41=	11:50=	19:54=	46:52=	53:46=	59:01=	59:27=
01:41=	10:09=	08:04=	26:58=	06:54=	05:15=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helga Klausen	Kleppe Kommune BIL	1:05:28			
03:52+	13:23+	25:15+	55:12+	63:05+	64:50+	65:28+
03:52+	09:31-	11:52+	29:57+	07:53+	01:45-	00:38+
02:11@	00:38-	03:48&	02:59#	00:59#	03:30-	00:12&
3	Randi Bugge	Nortura BIL	1:07:29			
01:41=	12:44+	20:38+	57:08+	64:45+	66:58+	67:29+
01:41=	11:03+	07:54-	36:30+	07:37+	02:13-	00:31+
00:00=	00:54+	00:10-	09:32&	00:43#	03:02-	00:05#
Beste strekketid for klassen						
01:41	09:31	07:54	26:58	06:54	01:45	00:26

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

Damer lang

1	Aud H. Taksdal	Ganddal IL	56:59									
05:29=	11:52=	15:02=	18:57=	21:42=	31:51=	32:36=	41:17=	49:59=	54:58=	55:45=	56:38=	56:59=
05:29=	06:23=	03:10=	03:55=	02:45=	10:09=	00:45=	08:41=	08:42=	04:59=	00:47=	00:53=	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=
2	Kari Fuglestad	OK Ålgård	1:07:14									
05:45+	12:27+	14:52-	21:39+	25:20+	39:53+	40:35+	53:15+	60:01+	65:18+	65:58+	66:54+	67:14+
05:45+	06:42+	02:25-	06:47+	03:41+	14:33+	00:42-	12:40+	06:46-	05:17+	00:40-	00:56+	00:20-
00:16+	00:19+	00:45-	02:52&	00:56&	04:24&	00:03-	03:59&	01:56-	00:18+	00:07-	00:03+	00:01-
3	Hilde Nordbø	M.P.M. BIL	1:08:29									
06:56+	13:03+	16:01+	22:05+	25:25+	38:48+	40:51+	52:46+	61:20+	66:31+	67:11+	68:08+	68:29+
06:56+	06:07-	02:58-	06:04+	03:20+	13:23+	02:03+	11:55+	08:34-	05:11+	00:40-	00:57+	00:21=
01:27&	00:16-	00:12-	02:09&	00:35#	03:14&	01:18@	03:14&	00:08-	00:12+	00:07-	00:04+	00:00=
4	Veronica Øvremo	OK Ålgård	1:29:08									
07:39+	15:22+	20:13+	26:43+	30:40+	48:38+	50:13+	68:35+	80:17+	86:48+	87:39+	88:44+	89:08+
07:39+	07:43+	04:51+	06:30+	03:57+	17:58+	01:35+	18:22+	11:42+	06:31+	00:51+	01:05+	00:24+
02:10&	01:20#	01:41&	02:35&	01:12&	07:49&	00:50@	09:41@	03:00&	01:32&	00:04+	00:12#	00:03#
5	Torill Brekken	Ganddal IL	1:31:56									
07:26+	17:02+	26:13+	31:50+	35:23+	51:21+	53:12+	71:27+	83:01+	89:30+	90:21+	91:33+	91:56+
07:26+	09:36+	09:11+	05:37+	03:33+	15:58+	01:51+	18:15+	11:34+	06:29+	00:51+	01:12+	00:23+
01:57&	03:13&	06:01@	01:42&	00:48&	05:49&	01:06@	09:34@	02:52&	01:30&	00:04+	00:19&	00:02+
Beste strekketid for klassen												
05:29	06:07	02:25	03:55	02:45	10:09	00:42	08:41	06:46	04:59	00:40	00:53	00:20

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

Damer mellom

1	Inger Tone Nygård	Egersund OK	59:04						
05:05=	13:49=	18:11=	25:21=	26:07=	40:54=	50:14=	56:35=	58:40=	59:04=
05:05=	08:44=	04:22=	07:10=	00:46=	14:47=	09:20=	06:21=	02:05=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gunn J. Grefstad	ABB Robotics BIL	1:08:28						
06:25+	16:40+	20:46+	28:54+	30:35+	48:41+	59:06+	66:17+	67:59+	68:28+
06:25+	10:15+	04:06-	08:08+	01:41+	18:06+	10:25+	07:11+	01:42-	00:29+
01:20&	01:31#	00:16-	00:58#	00:55@	03:19#	01:05#	00:50#	00:23-	00:05#

Class	Navn	Klasse	Tid
3	Katrine Haaland Leveraas	Sandnes Idrettslag	1:14:42
	08:44+ 19:58+ 23:00+ 31:44+ 32:47+ 49:15+ 63:57+ 72:02+ 74:14+ 74:42+		
	08:44+ 11:14+ 03:02- 08:44+ 01:03+ 16:28+ 14:42+ 08:05+ 02:12+ 00:28+		
	03:39& 02:30& 01:20- 01:34# 00:17& 01:41# 05:22& 01:44& 00:07+ 00:04#		
4	Inger Skretting Opstad	Egersund OK	1:25:45
	10:30+ 22:14+ 27:59+ 39:26+ 43:02+ 60:33+ 72:24+ 83:04+ 85:15+ 85:45+		
	10:30+ 11:44+ 05:45+ 11:27+ 03:36+ 17:31+ 11:51+ 10:40+ 02:11+ 00:30+		
	05:25@ 03:00& 01:23& 04:17& 02:50@ 02:44# 02:31& 04:19& 00:06+ 00:06#		

Beste strekktid for klassen

05:05 08:44 03:02 07:10 00:46 14:47 09:20 06:21 01:42 00:24

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

Herrer kort

1	Asbjørn Nærheim Fjellhaugen	Suldal o-lag	30:18
	02:50= 08:32= 15:19= 19:09= 25:36= 29:39= 30:18=		
	02:50= 05:42= 06:47= 03:50= 06:27= 04:03= 00:39=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste strekktid for klassen

02:50 05:42 06:47 03:50 06:27 04:03 00:39

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

Herrer lang

1	Tom Furland	Sandnes Idrettslag	45:30
	04:34= 09:24= 11:19= 14:30= 17:10= 24:12= 24:49= 32:22= 39:08= 43:32= 44:13= 45:12= 45:30=		
	04:34= 04:50= 01:55= 03:11= 02:40= 07:02= 00:37= 07:33= 06:46= 04:24= 00:41= 00:59= 00:18=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Arild Aasheim	Ganddal IL	49:24
	04:36+ 08:24- 10:30- 14:16- 19:17+ 30:00+ 31:09+ 38:23+ 44:00+ 47:36+ 48:19+ 49:07+ 49:24+		
	04:36+ 03:48- 02:06+ 03:46+ 05:01+ 10:43+ 01:09+ 07:14- 05:37- 03:36- 00:43+ 00:48- 00:17-		
	00:02+ 01:02- 00:11+ 00:35# 02:21& 03:41& 00:32& 00:19- 01:09- 00:48- 00:02+ 00:11- 00:01-		

3	Odd Fuglestad	OK Ålgård	52:58
	05:40+ 11:36+ 13:58+ 18:41+ 21:17+ 29:52+ 30:30+ 38:41+ 45:33+ 50:07+ 50:52+ 52:40+ 52:58+		
	05:40+ 05:56+ 02:22+ 04:43+ 02:36- 08:35+ 00:38+ 08:11+ 06:52+ 04:34+ 00:45+ 01:48+ 00:18=		
	01:06# 01:06# 00:27# 01:32& 00:04- 01:33# 00:01+ 00:38+ 00:06+ 00:10+ 00:04+ 00:49& 00:00=		

4	Ola Magnus Laugaland	OK Ålgård	55:56
	04:06- 08:40- 10:33- 14:44+ 16:46- 30:52+ 31:37+ 40:19+ 48:36+ 54:03+ 54:44+ 55:35+ 55:56+		
	04:06- 04:34- 01:53- 04:11+ 02:02- 14:06+ 00:45+ 08:42+ 08:17+ 05:27+ 00:41= 00:51- 00:21+		
	00:28- 00:16- 00:02- 01:00& 00:38- 07:04@ 00:08# 01:09# 01:31# 01:03# 00:00= 00:08- 00:03#		

5	Jan E. Øvreimo	OK Ålgård	59:03
	05:45+ 10:46+ 13:45+ 18:00+ 20:45+ 31:46+ 32:28+ 45:05+ 51:21+ 57:05+ 57:53+ 58:45+ 59:03+		
	05:45+ 05:01+ 02:59+ 04:15+ 02:45+ 11:01+ 00:42+ 12:37+ 06:16- 05:44+ 00:48+ 00:52- 00:18=		
	01:11& 00:11+ 01:04& 01:04& 00:05+ 03:59& 00:05# 05:04& 00:30- 01:20& 00:07# 00:07- 00:00=		

6	Sigurd Oftedal	OK Ålgård	59:14
	05:40+ 11:23+ 14:06+ 19:16+ 23:13+ 32:46+ 33:30+ 42:59+ 50:53+ 56:31+ 57:30+ 58:45+ 59:14+		
	05:40+ 05:43+ 02:43+ 05:10+ 03:57+ 09:33+ 00:44+ 09:29+ 07:54+ 05:38+ 00:59+ 01:15+ 00:29+		
	01:06# 00:53# 00:48& 01:59& 01:17& 02:31& 00:07# 01:56& 01:08# 01:14& 00:18& 00:16& 00:11&		

7	Oddvar Taksdal	Ganddal IL	59:31
	05:35+ 11:23+ 13:51+ 18:08+ 22:08+ 31:39+ 33:41+ 44:00+ 51:54+ 57:14+ 58:08+ 59:08+ 59:31+		
	05:35+ 05:48+ 02:28+ 04:17+ 04:00+ 09:31+ 02:02+ 10:19+ 07:54+ 05:20+ 00:54+ 01:00+ 00:23+		
	01:01# 00:58# 00:33& 01:06& 01:20& 02:29& 01:25@ 02:46& 01:08# 00:56# 00:13& 00:01+ 00:05&		

8	Otte Omdal	Ganddal IL	1:00:07
	05:01+ 11:27+ 14:06+ 18:31+ 21:35+ 32:50+ 33:36+ 46:09+ 52:15+ 58:02+ 58:51+ 59:49+ 60:07+		
	05:01+ 06:26+ 02:39+ 04:25+ 03:04+ 11:15+ 00:46+ 12:33+ 06:06- 05:47+ 00:49+ 00:58- 00:18=		
	00:27+ 01:36& 00:44& 01:14& 00:24# 04:13& 00:09# 05:00& 00:40- 01:23& 00:08# 00:01- 00:00=		

Class	Navn	Klasse										Tid
9	Kjetil Wirak	Stavanger OK										1:01:34
05:33+	11:11+	15:02+	20:27+	23:08+	32:44+	33:45+	45:05+	53:39+	59:26+	60:01+	61:11+	61:34+
05:33+	05:38+	03:51+	05:25+	02:41+	09:36+	01:01+	11:20+	08:34+	05:47+	00:35-	01:10+	00:23+
00:59#	00:48#	01:56@	02:14&	00:01+	02:34&	00:24&	03:47&	01:48&	01:23&	00:06-	00:11#	00:05&
10	Morten Sundli	Ganddal IL										1:04:26
06:40+	12:48+	15:03+	19:11+	22:36+	37:15+	38:00+	50:32+	57:10+	62:33+	63:14+	64:03+	64:26+
06:40+	06:08+	02:15+	04:08+	03:25+	14:39+	00:45+	12:32+	06:38-	05:23+	00:41=	00:49-	00:23+
02:06&	01:18&	00:20#	00:57&	00:45&	07:37@	00:08#	04:59&	00:08-	00:59#	00:00=	00:10-	00:05&
11	Tallak Langmyr	Ganddal IL										1:11:45
05:24+	12:26+	15:13+	20:51+	23:38+	36:32+	37:34+	55:47+	64:34+	69:42+	70:28+	71:25+	71:45+
05:24+	07:02+	02:47+	05:38+	02:47+	12:54+	01:02+	18:13+	08:47+	05:08+	00:46+	00:57-	00:20+
00:50#	02:12&	00:52&	02:27&	00:07+	05:52&	00:25&	10:40@	02:01&	00:44#	00:05#	00:02-	00:02#
12	Ivar Johan Larsen	Stavanger OK										1:17:46
07:24+	14:16+	17:40+	26:52+	30:25+	43:30+	45:14+	57:44+	68:28+	75:22+	76:08+	77:20+	77:46+
07:24+	06:52+	03:24+	09:12+	03:33+	13:05+	01:44+	12:30+	10:44+	06:54+	00:46+	01:12+	00:26+
02:50&	02:02&	01:29&	06:01@	00:53&	06:03&	01:07@	04:57&	03:58&	02:30&	00:05#	00:13#	00:08&
13	Rune Christiansen	Sandnes Idrettslag										1:27:21
06:46+	13:42+	16:28+	21:17+	25:15+	48:22+	49:15+	64:50+	79:46+	85:04+	85:56+	87:03+	87:21+
06:46+	06:56+	02:46+	04:49+	03:58+	23:07+	00:53+	15:35+	14:56+	05:18+	00:52+	01:07+	00:18=
02:12&	02:06&	00:51&	01:38&	01:18&	16:05@	00:16&	03:50&	08:02@	08:10@	00:54#	00:11&	00:08#
14	Pål Bårdsen	Aker Solutions BIL										1:31:16
06:00+	11:32+	20:47+	26:14+	30:32+	52:20+	53:13+	64:36+	83:37+	89:02+	89:49+	90:56+	91:16+
06:00+	05:32+	09:15+	05:27+	04:18+	21:48+	00:53+	11:23+	19:01+	05:25+	00:47+	01:07+	00:20+
01:26&	00:42#	07:20@	02:16&	01:38&	14:46@	00:16&	03:50&	12:15@	01:01#	00:06#	00:08#	00:02#
Beste strekktid for klassen												
04:06	03:48	01:53	03:11	02:02	07:02	00:37	07:14	05:37	03:36	00:35	00:48	00:17
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer mellom												
1	Asgeir Bell	Stavanger kommune BIL										54:42
04:36=	11:08=	14:09=	21:21=	22:01=	37:03=	45:36=	53:04=	54:19=	54:42=			
04:36=	06:32=	03:01=	07:12=	00:40=	15:02=	08:33=	07:28=	01:15=	00:23=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Paul Terje Haarr	Ganddal IL										55:04
03:47-	11:49+	14:11+	21:25+	22:14+	37:29+	44:55-	52:56-	54:38+	55:04+			
03:47-	08:02+	02:22-	07:14+	00:49+	15:15+	07:26-	08:01+	01:42+	00:26+			
00:49-	01:30#	00:39-	00:02+	00:09#	00:13+	01:07-	00:33+	00:27&	00:03#			
3	Per Ingar Hadland	Ganddal IL										56:12
06:30+	14:09+	17:56+	26:21+	27:32+	40:24+	48:57+	54:03+	55:49+	56:12+			
06:30+	07:39+	03:47+	08:25+	01:11+	12:52-	08:33=	05:06-	01:46+	00:23=			
01:54&	01:07#	00:46&	01:13#	00:31&	02:10-	00:00=	02:22-	00:31&	00:00=			
4	Inge Løland	Rotorsport Bristow										1:04:03
06:50+	14:19+	16:59+	34:19+	35:12+	48:02+	56:31+	62:11+	63:32+	64:03+			
06:50+	07:29+	02:40-	17:20+	00:53+	12:50-	08:29-	05:40-	01:21+	00:31+			
02:14&	00:57#	00:21-	10:08@	00:13&	02:12-	00:04-	01:48-	00:06+	00:08&			
5	Arne Hetlelid	Schlumberger BIL										1:06:37
05:36+	12:10+	20:22+	28:52+	29:44+	44:49+	52:38+	64:29+	66:09+	66:37+			
05:36+	06:34+	08:12+	08:30+	00:52+	15:05+	07:49-	11:51+	01:40+	00:28+			
01:00#	00:02+	05:11@	01:18#	00:12&	00:03+	00:44-	04:23&	00:25&	00:05#			
6	Otto Alsnes	Sandnes Idrettslag										1:15:45
06:40+	12:37+	14:57+	23:49+	24:34+	59:23+	68:07+	73:21+	75:17+	75:45+			
06:40+	05:57-	02:20-	08:52+	00:45+	34:49+	08:44+	05:14-	01:56+	00:28+			
02:04&	00:35-	00:41-	01:40#	00:05#	19:47@	00:11+	02:14-	00:41&	00:05#			
7	Tor Livar Flugsrud	Schlumberger BIL										1:26:31
09:22+	18:39+	22:38+	33:00+	40:58+	62:40+	75:10+	83:36+	85:58+	86:31+			
09:22+	09:17+	03:59+	10:22+	07:58+	21:42+	12:30+	08:26+	02:22+	00:33+			
04:46@	02:45&	00:58&	03:10&	07:18@	06:40&	03:57&	00:58#	01:07&	00:10&			

Beste strekktid for klassen

03:47 05:57 02:20 07:12 00:40 12:50 07:26 05:06 01:15 00:23

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