

Damer ekstra lang

1	Veronica Øvremo						Ålgård Orientering						1:21:07													
02:41=	05:47=	08:38=	10:15=	12:24=	14:56=	18:01=	20:10=	23:40=	26:54=	28:23=	31:44=	33:31=	36:21=	38:13=	39:50=	41:55=	43:12=	45:05=	48:04=	49:16=	52:59=	61:36=	63:38=	66:09=	68:31=	
02:41=	03:06=	02:51=	01:37=	02:09=	02:32=	03:05=	02:09=	03:30=	03:14=	01:29=	03:21=	01:47=	02:50=	01:52=	01:37=	02:05=	01:17=	01:53=	02:59=	01:12=	03:43=	08:37=	02:02=	02:31=	02:22=	
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=	00:00=	00:00=	00:00=	00:00=	
71:00=	71:53=	74:15=	76:21=	78:35=	80:18=	81:07=																				
02:29=	00:53=	02:22=	02:06=	02:14=	01:43=	00:49=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

Beste strekktid for klassen

02:41	03:06	02:51	01:37	02:09	02:32	03:05	02:09	03:30	03:14	01:29	03:21	01:47	02:50	01:52	01:37	02:05	01:17	01:53	02:59	01:12	03:43	08:37	02:02	02:31	02:22	02:29	00:00
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer kort

1	Ingrid Lamark	Ganddal IL	28:16				
04:07=	09:51=	13:05=	15:41=	19:19=	24:45=	26:12=	28:16=
04:07=	05:44=	03:14=	02:36=	03:38=	05:26=	01:27=	02:04=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hilde Christine Hoff	Lyse BIL	29:02				
05:41+	12:12+	15:26+	17:52+	21:51+	26:23+	27:45+	29:02+
05:41+	06:31+	03:14=	02:26-	03:59+	04:32-	01:22-	01:17-
01:34&	00:47#	00:00=	00:10-	00:21+	00:54-	00:05-	00:47-
3	Sara Marlene Nystrom Olsen	Stavanger OK	30:43				
04:12+	09:54+	14:33+	17:31+	22:45+	27:39+	29:12+	30:43+
04:12+	05:42-	04:39+	02:58+	05:14+	04:54-	01:33+	01:31-
00:05+	00:02-	01:25&	00:22#	01:36&	00:32-	00:06+	00:33-
4	Margot Asheim	SUS BIL	46:23				
04:02-	12:00+	18:02+	21:03+	27:22+	39:29+	44:50+	46:23+
04:02-	07:58+	06:02+	03:01+	06:19+	12:07+	05:21+	01:33-
00:05-	02:14&	02:48&	00:25#	02:41&	06:41@	03:54@	00:31-
5	Kaja Peikli	Sandnes Idrettslag	56:14				
05:41+	17:53+	27:22+	32:44+	39:46+	50:34+	53:52+	56:14+
05:41+	12:12+	09:29+	05:22+	07:02+	10:48+	03:18+	02:22+
01:34&	06:28@	06:15@	02:46@	03:24&	05:22&	01:51@	00:18#
6	Brit Vivian Meling	Sandnes Idrettslag	1:35:26				
06:53+	43:51+	55:22+	58:22+	75:09+	84:43+	94:00+	95:26+
06:53+	36:58+	11:31+	03:00+	16:47+	09:34+	09:17+	01:26-
02:46&	31:14@	08:17@	00:24#	13:09@	04:08&	07:50@	00:38-

Beste strekktid for klassen

04:02	05:42	03:14	02:26	03:38	04:32	01:22	01:17																			
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer lang

1	Aud H. Taksdal					Ganddal IL					36:34															
02:16=	04:23=	06:53=	08:35=	09:57=	11:36=	14:22=	15:25=	16:34=	18:22=	20:41=	21:53=	23:51=	25:27=	26:39=	28:37=	29:17=	31:21=	33:05=	34:50=	35:48=	36:34=					
02:16=	02:07=	02:30=	01:42=	01:22=	01:39=	02:46=	01:03=	01:09=	01:48=	02:19=	01:12=	01:58=	01:36=	01:12=	01:58=	00:40=	02:04=	01:44=	01:45=	00:58=	00:46=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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					Ålgård Orientering					40:14															
01:59-	04:07-	06:18-	07:53-	09:37-	11:01-	13:42-	15:38+	16:44+	18:14-	23:30+	24:28+	26:43+	28:01+	29:14+	31:31+	32:29+	34:22+	36:15+	38:30+	39:32+	40:14+					
01:59-	02:08+	02:11-	01:35-	01:44+	01:24-	02:41-	01:56+	01:06-	01:30-	05:16+	00:58-	02:15+	01:18-	01:13+	02:17+	00:58+	01:53-	01:53+	02:15+	01:02+	00:42-					
00:17-	00:01+	00:19-	00:07-	00:22&	00:15-	00:05-	00:53&	00:03-	00:18-	02:57@	00:14-	00:17#	00:18-	00:01+	00:19#	00:18&	00:11-	00:09+	00:30&	00:04+	00:04-					

Plass	Navn				Klasse				Tid													
3	Torill Brekken				Ganddal IL				47:20													
	02:26+	05:24+	08:26+	10:07+	12:03+	13:50+	17:05+	18:14+	19:29+	25:03+	27:50+	29:07+	31:23+	32:56+	34:21+	37:18+	38:06+	40:34+	42:26+	43:51+	46:25+	47:20+
	02:26+	02:58+	03:02+	01:41-	01:56+	01:47+	03:15+	01:09+	01:15+	05:34+	02:47+	01:17+	02:16+	01:33-	01:25+	02:57+	00:48+	02:28+	01:52+	01:25-	02:34+	00:55+
	00:10+	00:51&	00:32#	00:01-	00:34&	00:08+	00:29#	00:06+	00:06+	03:46@	00:28#	00:05+	00:18#	00:03-	00:13#	00:59&	00:08#	00:24#	00:08+	00:20-	01:36@	00:09#
4	Ingrid Peikli				Sandnes Idrettslag				50:12													
	02:47+	05:14+	08:12+	10:21+	12:24+	14:26+	17:43+	19:31+	21:39+	23:40+	26:26+	28:32+	31:05+	34:02+	35:22+	37:51+	38:38+	43:10+	44:47+	46:26+	49:20+	50:12+
	02:47+	02:27+	02:58+	02:09+	02:03+	02:02+	03:17+	01:48+	02:08+	02:01+	02:46+	02:06+	02:33+	02:57+	01:20+	02:29+	00:47+	04:32+	01:37-	01:39-	02:54+	00:52+
	00:31#	00:20#	00:28#	00:27&	00:41&	00:23#	00:31#	00:45&	00:59&	00:13#	00:27#	00:54&	00:35&	01:21&	00:08#	00:31&	00:07#	02:28@	00:07-	00:06-	01:56@	00:06#
5	Inger Tone Nygård				Egersund OK				51:21													
	02:40+	04:52+	09:59+	12:15+	21:26+	24:03+	26:54+	28:03+	29:26+	31:02+	34:44+	35:51+	38:05+	39:55+	41:16+	43:20+	43:59+	46:33+	48:06+	49:41+	50:36+	51:21+
	02:40+	02:12+	05:07+	02:16+	09:11+	02:37+	02:51+	01:09+	01:23+	01:36-	03:42+	01:07-	02:14+	01:50+	01:21+	02:04+	00:39-	02:34+	01:33-	01:35-	00:55-	00:45-
	00:24#	00:05+	02:37@	00:34&	07:49@	00:58&	00:05+	00:06+	00:14#	00:12-	01:23&	00:05-	00:16#	00:14#	00:09#	00:06+	00:01-	00:30#	00:11-	00:10-	00:03-	00:01-
6	Hilde Nordbø				Riska OK				1:01:38													
	02:40+	05:05+	07:54+	09:57+	20:44+	22:19+	25:12+	26:35+	28:13+	35:27+	38:36+	39:57+	42:53+	45:14+	47:22+	49:55+	50:59+	55:10+	57:30+	59:17+	60:33+	61:38+
	02:40+	02:25+	02:49+	02:03+	10:47+	01:35-	02:53+	01:23+	01:38+	07:14+	03:09+	01:21+	02:56+	02:21+	02:08+	02:33+	01:04+	04:11+	02:20+	01:47+	01:16+	01:05+
	00:24#	00:18#	00:19#	00:21#	09:25@	00:04-	00:07+	00:20&	00:29&	05:26@	00:50&	00:09#	00:58&	00:45&	00:56&	00:35&	00:24&	02:07@	00:36&	00:02+	00:18&	00:19&
7	Helen Lomeland				Ålgård Orientering				1:29:44													
	02:45+	04:54+	14:01+	15:57+	40:02+	42:15+	45:35+	47:05+	54:41+	57:09+	62:30+	65:00+	67:44+	69:48+	71:24+	74:48+	75:53+	79:08+	81:06+	83:21+	87:53+	89:44+
	02:45+	02:09+	09:07+	01:56+	24:05+	02:13+	03:20+	01:30+	07:36+	02:28+	05:21+	02:30+	02:44+	02:04+	01:36+	03:24+	01:05+	03:15+	01:58+	02:15+	04:32+	01:51+
	00:29#	00:02+	06:37@	00:14#	22:43@	00:34&	00:34#	00:27&	06:27@	00:40&	03:02@	01:18@	00:46&	00:28&	00:24&	01:26&	00:25&	01:11&	00:14#	00:30&	03:34@	01:05@
Beste strekktid for klassen																						
	01:59	02:07	02:11	01:35	01:22	01:24	02:41	01:03	01:06	01:30	02:19	00:58	01:58	01:18	01:12	01:58	00:39	01:53	01:33	01:25	00:55	00:42
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																						
Damer mellom																						
1	Zoë Griffin				BP BIL				48:43													
	02:45=	07:02=	09:24=	11:47=	13:48=	15:31=	22:40=	25:59=	26:56=	29:54=	32:59=	34:13=	37:06=	38:03=	41:35=	43:43=	45:43=	47:46=	48:43=			
	02:45=	04:17=	02:22=	02:23=	02:01=	01:43=	07:09=	03:19=	00:57=	02:58=	03:05=	01:14=	02:53=	00:57=	03:32=	02:08=	02:00=	02:03=	00:57=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Gunn J. Grefstad				ABB Robotics BIL				52:06													
	03:02+	06:25-	09:51+	12:06+	14:40+	17:15+	20:05-	22:43-	24:18-	26:18-	30:33-	32:27-	36:00-	37:26-	40:53-	43:42-	46:05+	50:40+	52:06+			
	03:02+	03:23-	03:26+	02:15-	02:34+	02:35+	02:50-	02:38-	01:35+	02:00-	04:15+	01:54+	03:33+	01:26+	03:27-	02:49+	02:23+	04:35+	01:26+			
	00:17#	00:54-	01:04&	00:08-	00:33&	00:52&	04:19-	00:41-	00:38&	00:58-	01:10&	00:40&	00:40#	00:29&	00:05-	00:41&	00:23#	02:32@	00:29&			
3	Katrine Prestvold				Tannlege Prestvold BIL				53:23													
	02:06-	05:04-	07:33-	12:20+	14:21+	16:32+	21:48-	23:40-	30:00+	31:45+	38:17+	39:21+	42:40+	43:37+	47:36+	49:06+	51:04+	52:37+	53:23+			
	02:06-	02:58-	02:29+	04:47+	02:01=	02:11+	05:16-	01:52-	06:20+	01:45-	06:32+	01:04-	03:19+	00:57=	03:59+	01:30-	01:58-	01:33-	00:46-			
	00:39-	01:19-	00:07+	02:24@	00:00=	00:28&	01:53-	01:27-	05:23@	01:13-	03:27@	00:10-	00:26#	00:00=	00:27#	00:38-	00:02-	00:30-	00:11-			
4	Kristin Skadsem				Ganddal IL				57:24													
	03:28+	07:20+	13:39+	15:45+	18:45+	22:12+	25:50+	29:34+	32:28+	34:18+	39:01+	40:51+	45:02+	46:11+	49:52+	52:27+	54:33+	56:10+	57:24+			
	03:28+	03:52-	06:19+	02:06-	03:00+	03:27+	03:38-	03:44+	02:54+	01:50-	04:43+	01:50+	04:11+	01:09+	03:41+	02:35+	02:06+	01:37-	01:14+			
	00:43&	00:25-	03:57@	00:17-	00:59&	01:44@	03:31-	00:25#	01:57@	01:08-	01:38&	00:36&	01:18&	00:12#	00:09+	00:27#	00:06+	00:26-	00:17&			
5	Jørgine Sofie Morstøl				Prefab Design				58:24													
	03:38+	07:30+	12:12+	14:07+	19:10+	21:35+	24:14+	28:18+	30:42+	32:52+	39:45+	41:20+	45:11+	46:06+	49:44+	52:00+	56:02+	57:23+	58:24+			
	03:38+	03:52-	04:42+	01:55-	05:03+	02:25+	02:39-	04:04+	02:24+	02:10-	06:53+	01:35+	03:51+	00:55-	03:38+	02:16+	04:02+	01:21-	01:01+			
	00:53&	00:25-	02:20&	00:28-	03:02@	00:42&	04:30-	00:45#	01:27@	00:48-	03:48@	00:21&	00:58&	00:02-	00:06+	00:08+	02:02@	00:42-	00:04+			
6	Haldis Glendrange				Stavanger OK				1:05:31													
	03:15+	08:37+	12:18+	14:29+	16:49+	19:46+	24:50+	28:12+	29:42+	31:57+	37:24+	40:43+	46:22+	48:10+	53:13+	56:14+	62:00+	64:23+	65:31+			
	03:15+	05:22+	03:41+	02:11-	02:20+	02:57+	05:04-	03:22+	01:30+	02:15-	05:27+	03:19+	05:39+	01:48+	05:03+	03:01+	05:46+	02:23+	01:08+			
	00:30#	01:05&	01:19&	00:12-	00:19#	01:14&	02:05-	00:03+	00:33&	00:43-	02:22&	02:05@	02:46&	00:51&	01:31&	00:53&	03:46@	00:20#	00:11#			
7	Inger Skretting Opstad				Egersund OK				1:17:27													
	03:31+	07:55+	12:11+	15:37+	18:47+	21:42+	25:50+	28:47+	31:34+	34:14+	49:11+	50:55+	54:49+	56:13+	60:22+	63:53+	66:25+	76:05+	77:27+			
	03:31+	04:24+	04:16+	03:26+	03:10+	02:55+	04:08-	02:57-	02:47+	02:40-	14:57+	01:44+	03:54+	01:24+	04:09+	03:31+	02:32+	09:40+	01:22+			
	00:46&	00:07+	01:54&	01:03&	01:09&	01:12&	03:01-	00:22-	01:50@	00:18-	11:52@	00:30&	01:01&	00:27&	00:37#	01:23&	00:32&	07:37@	00:25&			
8	Ragnhild Båtnes Berntsen				Time kommune BIL				1:20:34													
	04:44+	10:01+	16:56+	22:06+	26:32+	30:33+	35:45+	40:41+	44:20+	46:58+	52:31+	54:43+	60:17+	61:40+	66:08+	69:28+	72:31+	75:57+	80:34+			
	04:44+	05:17+	06:55+	05:10+	04:26+	04:01+	05:12-	04:56+	03:39+	02:38-	05:33+	02:12+	05:34+	01:23+	04:28+	03:20+	03:03+	03:26+	04:37+			
	01:59&	01:00#	04:33&	02:47@	02:25@	02:18@	01:57-	01:37&	02:42@	00:20-	02:28&	00:58&	02:41&	00:26&	00:56&	01:12&	01:03&	01:23&	03:40@			

Beste strekktid for klassen

Herrer ekstra lang

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Side:3

Plass	Navn										Klasse										Tid									
8	Morten Sundli										Ganddal IL										1:10:22									
02:10+	04:48+	06:39+	08:26+	10:07+	13:20+	15:47+	17:21+	19:49+	21:29+	22:22+	25:13+	26:19+	28:29+	30:25+	31:53+	33:42+	34:37+	38:31+	40:34+	41:42+	45:48+	53:01+	54:55+	57:11+	59:14+					
02:10+	02:38+	01:51+	01:47+	01:41+	03:13+	02:27+	01:34+	02:28+	01:40-	00:53-	02:51+	01:06+	02:10+	01:56+	01:28+	01:49+	00:55+	03:54+	02:03+	01:08+	04:06+	07:13+	01:54+	02:16+	02:03+					
00:27&	00:34&	00:28&	00:39&	00:16#	01:52@	00:34&	00:23&	00:16#	00:31-	00:23-	01:00&	00:17&	00:46&	00:09+	00:32&	00:29&	00:13&	02:49@	00:32&	00:06+	02:10@	05:53@	00:52&	00:45&	00:35&					
61:30+	62:21+	64:55+	66:44+	68:29+	69:35+	70:22+																								
02:16+	00:51+	02:34+	01:49+	01:45+	01:06-	00:47+																								
00:39&	00:14&	00:56&	00:37&	00:21#	00:15-	00:06#																								

9	Bjarne Monsen										Statoil BIL										1:27:12									
01:45+	04:19+	05:59+	07:25+	09:24+	11:19+	13:30+	16:47+	22:29+	30:08+	31:11+	34:14+	39:14+	41:17+	42:42+	44:02+	46:21+	47:07+	49:26+	51:40+	58:08+	59:52+	61:21+	63:04+	66:19+	68:29+					
01:45+	02:34+	01:40+	01:26+	01:59+	01:55+	02:11+	03:17+	05:42+	07:39+	01:03-	03:03+	05:00+	02:03+	01:25-	01:20+	02:19+	00:46+	02:19+	02:14+	06:28+	01:44-	01:29+	01:43+	03:15+	02:10+					
00:02+	00:30#	00:17#	00:18&	00:34&	00:34&	00:18#	02:06@	03:30@	05:28@	00:13-	01:12&	04:11@	00:39&	00:22-	00:24&	00:59&	00:04+	01:14@	00:43&	05:26@	00:12-	00:09#	00:41&	01:44@	00:42&					
73:14+	77:59+	78:54+	81:24+	83:29+	84:52+	86:22+	87:12+																							
04:45+	04:45+	00:55-	02:30+	02:05+	01:23+	01:30+	00:50+																							
03:08@	04:08@	00:43-	01:18@	00:41&	00:02+	00:49@	00:50+																							

10					Rune Christiansen					Sandnes Idrettslag					1:33:35														
02:13+	05:23+	09:49+	11:56+	13:54+	16:20+	19:10+	23:22+	29:26+	31:55+	32:59+	35:58+	37:13+	40:48+	43:44+	45:21+	47:16+	48:32+	53:08+	56:03+	59:47+	62:29+	64:52+	70:28+	79:00+	81:18+				
02:13+	03:10+	04:26+	02:07+	01:58+	02:26+	02:50+	04:12+	06:04+	02:29+	01:04-	02:59+	01:15+	03:35+	02:56+	01:37+	01:55+	01:16+	04:36+	02:55+	03:44+	02:42+	02:23+	05:36+	08:32+	02:18+				
00:30&	01:06&	03:03@	00:59&	00:33&	01:05&	00:57&	03:01@	03:52@	00:18#	00:12-	01:08&	00:26&	02:11@	01:09&	00:41&	00:35&	00:34&	03:31@	01:24&	02:42@	00:46&	01:03&	04:34@	07:01@	00:50&				
83:50+	84:32+	86:54+	88:44+	90:53+	92:41+	93:35+																							
02:32+	00:42+	02:22+	01:50+	02:09+	01:48+	00:54+																							
00:55&	00:05#	00:44&	00:38&	00:45&	00:27&	00:13&																							

11 Jakob Karlsen											Ganddal IL											1:37:15										
02:52+	05:58+	08:40+	11:02+	13:55+	17:17+	20:33+	24:52+	30:59+	33:25+	34:59+	40:50+	42:13+	45:01+	47:29+	49:20+	51:58+	53:12+	54:53+	58:27+	60:20+	64:21+	67:18+	72:30+	76:06+	80:01+							
02:52+	03:06+	02:42+	02:22+	02:53+	03:22+	03:16+	04:19+	06:07+	02:26+	01:34+	05:51+	01:23+	02:48+	02:28+	01:51+	02:38+	01:14+	01:41+	03:34+	01:53+	04:01+	02:57+	05:12+	03:36+	03:55+							
01:09Ⓜ	01:02Ⓜ	01:19Ⓜ	01:14Ⓜ	01:28Ⓜ	02:01Ⓜ	01:23Ⓜ	03:08Ⓜ	03:55Ⓜ	00:15#	00:18#	04:00Ⓜ	00:34Ⓜ	01:24Ⓜ	00:41Ⓜ	00:55Ⓜ	01:18Ⓜ	00:32Ⓜ	00:36Ⓜ	02:03Ⓜ	00:51Ⓜ	02:05Ⓜ	01:37Ⓜ	04:10Ⓜ	02:05Ⓜ	02:27Ⓜ							
83:07+	84:14+	87:12+	89:28+	91:25+	96:03+	97:15+																										
03:06+	01:07+	02:58+	02:16+	01:57+	04:38+	01:12+																										
01:29Ⓜ	00:30Ⓜ	01:20Ⓜ	01:04Ⓜ	00:33Ⓜ	03:17Ⓜ	00:31Ⓜ																										

Beste strekktid for klassen

01:36	02:02	01:23	01:08	01:23	01:21	01:53	01:11	01:53	01:35	00:53	01:51	00:49	01:24	01:07	00:56	01:20	00:42	00:58	01:25	00:52	01:31	01:17	01:02	01:31	01:28	01:36	00:50
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Herrer kort

1	Andreas Gausel								Forus og Gausel IL								36:40								
04:19=	10:50=	16:17=	19:58=	27:22=	33:26=	35:19=	36:40=																		
04:19=	06:31=	05:27=	03:41=	07:24=	06:04=	01:53=	01:21=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		

2	Kristian Gausel								Forus og Gausel IL								36:53								
04:25+	10:59+	16:10-	19:50-	27:25+	33:32+	35:24+	36:53+																		
04:25+	06:34+	05:11-	03:40-	07:35+	06:07+	01:52-	01:29+																		
00:06+	00:03+	00:16-	00:01-	00:11+	00:03+	00:01-	00:08+																		

Beste strekktid for klassen

04:19	06:31	05:11	03:40	07:24	06:04	01:52	01:21																		
-------	-------	-------	-------	-------	-------	-------	-------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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

Herrer lang

1	Ørjan Ravndal										Ålgård Orientering										34:56									
01:53=	03:37=	05:51=	07:13=	09:03=	10:42=	12:48=	13:48=	15:26=	17:54=	19:42=	20:35=	22:19=	23:38=	25:16=	27:22=	28:23=	30:01=	31:26=	33:02=	34:11=	34:56=									
01:53=	01:44=	02:14=	01:22=	01:50=	01:39=	02:06=	01:00=	01:38=	02:28=	01:48=	00:53=	01:44=	01:19=	01:38=	02:06=	01:01=	01:38=	01:25=	01:36=	01:09=	00:45=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Inge Løland					Franks International BIL										40:43									
02:02+	04:01+	06:01+	07:26+	09:26+	10:56+	13:55+	14:52+	15:56+	19:52+	22:22+	26:20+	28:05+	30:00+	31:03+	33:08+	33:51+	35:57+	37:40+	39:01+	39:56+	40:43+				
02:02+	01:59+	02:00-	01:25+	02:00+	01:30-	02:59+	00:57-	01:04-	03:56+	02:30+	03:58+	01:45+	01:55+	01:03-	02:05-	00:43-	02:06+	01:43+	01:21-	00:55-	00:47+				
00:09+	00:15#	00:14-	00:03+	00:10+	00:09-	00:53#	00:03-	00:34-	01:28#	00:42#	03:05@	00:01+	00:36#	00:35-	00:01-	00:18-	00:28#	00:18#	00:15-	00:14-	00:02+				

3	Per Ingar Hadland										Ganddal IL										44:27									
02:28+	04:47+	07:43+	10:25+	12:42+	15:22+	20:32+	21:31+	22:33+	24:09+	27:52+	28:57+	31:21+	33:00+	34:20+	36:22+	37:03+	39:39+	41:13+	42:55+	43:46+	44:27+									
02:28+	02:19+	02:56+	02:42+	02:17+	02:40+	05:10+	00:59-	01:02-	01:36-	03:43+	01:05+	02:24+	01:39+	01:20-	02:02-	00:41-	02:36+	01:34+	01:42+	00:51-	00:41-									
00:35&	00:35&	00:42&	01:20&	00:27#	01:01&	03:04@	00:01-	00:36-	00:52-	01:55@	00:12#	00:40&	00:20&	00:18-	00:04-	00:20-	00:58&	00:09#	00:06+	00:18-	00:04-									

Plass	Navn					Klasse					Tid										
4	Kristoffer Nygård					Egersund OK					47:20										
02:05+	04:10+	07:43+	09:28+	11:13+	12:26+	14:57+	16:20+	22:25+	26:23+	29:15+	32:05+	34:08+	36:03+	37:17+	39:17+	39:57+	42:14+	43:58+	45:43+	46:41+	47:20+
02:05+	02:05+	03:33+	01:45+	01:45-	01:13-	02:31+	01:23+	06:05+	03:58+	02:52+	02:50+	02:03+	01:55+	01:14-	02:00-	00:40-	02:17+	01:44+	01:45+	00:58-	00:39-
00:12#	00:21#	01:19&	00:23&	00:05-	00:26-	00:25#	00:23&	04:27@	01:30&	01:04&	01:57@	00:19#	00:36&	00:24-	00:06-	00:21-	00:39&	00:19#	00:09+	00:11-	00:06-
5	Otte Omdal					Ganddal IL					47:48										
02:07+	03:50+	06:12+	07:54+	15:22+	16:49+	19:00+	20:12+	21:25+	26:34+	29:04+	30:14+	32:16+	33:44+	34:56+	37:13+	38:10+	40:56+	42:52+	45:16+	46:55+	47:48+
02:07+	01:43-	02:22+	01:42+	07:28+	01:27-	02:11+	01:12+	01:13-	05:09+	02:30+	01:10+	02:02+	01:28+	01:12-	02:17+	00:57-	02:46+	01:56+	02:24+	01:39+	00:53+
00:14#	00:01-	00:08+	00:20#	05:38@	00:12-	00:05+	00:12#	00:25-	02:41@	00:42&	00:17&	00:18#	00:09#	00:26-	00:11+	00:04-	01:08&	00:31&	00:48&	00:30&	00:08#
6	Børge Brubæk					Stavanger OK					48:54										
02:16+	04:13+	06:56+	09:46+	12:12+	14:04+	16:56+	18:29+	20:57+	23:23+	27:10+	30:24+	33:12+	35:18+	36:55+	40:11+	41:39+	43:55+	45:19+	46:49+	48:11+	48:54+
02:16+	01:57+	02:43+	02:50+	02:26+	01:52+	02:52+	01:33+	02:28+	02:26-	03:47+	03:14+	02:48+	02:06+	01:37-	03:16+	01:28+	02:16+	01:24-	01:30-	01:22+	00:43-
00:23#	00:13#	00:29#	01:28@	00:36&	00:13#	00:46&	00:33&	00:50&	00:02-	01:59@	02:21@	01:04&	00:47&	00:01-	01:10&	00:27&	00:38&	00:01-	00:06-	00:13#	00:02-
7	Geir Sand					SUS BIL					50:37										
02:18+	04:05+	06:33+	08:14+	09:58+	12:07+	14:23+	16:16+	26:08+	27:58+	31:03+	32:21+	34:43+	37:16+	38:30+	40:52+	42:31+	44:29+	46:27+	48:00+	49:41+	50:37+
02:18+	01:47+	02:28+	01:41+	01:44-	02:09+	02:16+	01:53+	09:52+	01:50-	03:05+	01:18+	02:22+	02:33+	01:14-	02:22+	01:39+	01:58+	01:58+	01:33-	01:41+	00:56+
00:25#	00:03+	00:14#	00:19#	00:06-	00:30&	00:10+	00:53&	08:14@	00:38-	01:17&	00:25&	00:38&	01:14&	00:24-	00:16#	00:38&	00:20#	00:33&	00:03-	00:32&	00:11#
8	Espen Fyhn Nilsen					Statoil BIL					54:06										
02:16+	04:44+	07:24+	09:44+	13:30+	16:26+	20:25+	21:29+	24:20+	26:48+	29:41+	31:11+	35:10+	38:23+	40:02+	43:08+	44:13+	47:24+	49:36+	51:38+	53:02+	54:06+
02:16+	02:28+	02:40+	02:20+	03:46+	02:56+	03:59+	01:04+	02:51+	02:28=	02:53+	01:30+	03:59+	03:13+	01:39+	03:06+	01:05+	03:11+	02:12+	02:02+	01:24+	01:04+
00:23#	00:44&	00:26#	00:58&	01:56@	01:17&	01:53&	00:04+	01:13&	00:00=	01:05&	00:37&	02:15@	01:54@	00:01+	01:00&	00:04+	01:33&	00:47&	00:26&	00:15#	00:19&
9	Paul Terje Haarr					Ganddal IL					57:26										
02:34+	05:02+	07:39+	09:18+	15:24+	17:18+	21:35+	24:55+	26:02+	32:06+	36:08+	37:47+	40:17+	41:57+	43:31+	45:42+	46:28+	50:11+	52:10+	54:46+	56:21+	57:26+
02:34+	02:28+	02:37+	01:39+	06:06+	01:54+	04:17+	03:20+	01:07-	06:04+	04:02+	01:39+	02:30+	01:40+	01:34-	02:11+	00:46-	03:43+	01:59+	02:36+	01:35+	01:05+
00:41&	00:44&	00:23#	00:17#	04:16@	00:15#	02:11@	02:20@	00:31-	03:36@	02:14@	00:46&	00:46&	00:21&	00:04-	00:05+	00:15-	02:05@	00:34&	01:00&	00:26&	00:20&
10	Trond Nilsen Lamark					Ganddal IL					1:00:52										
02:31+	04:39+	08:13+	10:33+	12:08+	13:54+	16:34+	17:43+	25:56+	35:19+	38:32+	39:46+	43:13+	45:19+	47:09+	49:39+	50:25+	54:01+	56:05+	58:51+	59:58+	60:52+
02:31+	02:08+	03:34+	02:20+	01:35-	01:46+	02:40+	01:09+	08:13+	09:23+	03:13+	01:14+	03:27+	02:06+	01:50+	02:30+	00:46-	03:36+	02:04+	02:46+	01:07-	00:54+
00:38&	00:24#	01:20&	00:58&	00:15-	00:07+	00:34&	00:09#	06:35@	06:55@	01:25&	00:21&	01:43&	00:47&	00:12#	00:24#	00:15-	01:58@	00:39&	01:10&	00:02-	00:09#
11	Arne Hetlelid					Schlumberger BIL					1:05:31										
02:31+	05:02+	07:39+	10:03+	12:13+	14:41+	18:09+	25:15+	26:53+	34:31+	37:36+	39:47+	42:50+	45:18+	46:55+	51:27+	53:06+	56:18+	58:27+	60:28+	64:18+	65:31+
02:31+	02:31+	02:37+	02:24+	02:10+	02:28+	03:28+	07:06+	01:38=	07:38+	03:05+	02:11+	03:03+	02:28+	01:37-	04:32+	01:39+	03:12+	02:09+	02:01+	03:50+	01:13+
00:38&	00:47&	00:23#	01:02&	00:20#	00:49&	01:22&	06:06@	00:00=	05:10@	01:17&	01:18@	01:19&	01:09&	00:01-	02:26@	00:38&	01:34&	00:44&	00:25&	02:41@	00:28&
12	Hermann Skogsholm					Sandnes Idrettslag					1:06:58										
02:26+	05:12+	09:16+	13:50+	22:21+	24:40+	27:38+	28:48+	31:41+	35:27+	40:12+	41:43+	44:07+	47:34+	49:50+	53:35+	56:05+	59:14+	61:45+	64:13+	65:52+	66:58+
02:26+	02:46+	04:04+	04:34+	08:31+	02:19+	02:58+	01:10+	02:53+	03:46+	04:45+	01:31+	02:24+	03:27+	02:16+	03:45+	02:30+	03:09+	02:31+	02:28+	01:39+	01:06+
00:33&	01:02&	01:50&	03:12@	06:41@	00:40&	00:52&	00:10#	01:15&	01:18&	02:57@	00:38&	00:40&	02:08@	00:38&	01:39&	01:29@	01:31&	01:06&	00:52&	00:30&	00:21&
13	Jonas Nesland Vevatne					Statoil BIL					1:07:45										
03:54+	06:51+	10:25+	12:35+	14:25+	16:49+	21:45+	22:59+	24:43+	28:17+	32:39+	34:28+	38:25+	43:05+	44:30+	50:13+	51:03+	55:17+	58:09+	65:15+	66:38+	67:45+
03:54+	02:57+	03:34+	02:10+	01:50=	02:24+	04:56+	01:14+	01:44+	03:34+	04:22+	01:49+	03:57+	04:40+	01:25-	05:43+	00:50-	04:14+	02:52+	07:06+	01:23+	01:07+
02:01@	01:13&	01:20&	00:48&	00:00=	00:45&	02:50@	00:14#	00:06+	01:06&	02:34@	00:56@	02:13@	03:21@	00:13-	03:37@	00:11-	02:36@	01:27@	05:30@	00:14#	00:22&
14	Tor Brekken					Ganddal IL					1:12:21										
02:32+	04:41+	08:24+	10:37+	12:35+	17:19+	25:38+	28:58+	30:35+	33:11+	39:59+	44:56+	47:40+	51:33+	53:40+	57:12+	58:03+	61:15+	64:47+	66:24+	71:03+	72:21+
02:32+	02:09+	03:43+	02:13+	01:58+	04:44+	08:19+	03:20+	01:37-	02:36+	06:48+	04:57+	02:44+	03:53+	02:07+	03:32+	00:51-	03:12+	03:32+	01:37+	04:39+	01:18+
00:39&	00:25#	01:29&	00:51&	00:08+	03:05@	06:13@	02:20@	00:01-	00:08+	05:00@	04:04@	01:00&	02:34@	00:29&	01:26&	00:10-	01:34&	02:07@	00:01+	03:30@	00:33&
15	Kjetil Gjerde					Statoil BIL					1:21:58										
03:13+	05:50+	11:17+	15:12+	25:09+	28:17+	34:41+	38:57+	41:16+	44:52+	54:37+	56:23+	59:36+	62:37+	64:28+	69:00+	70:16+	73:19+	75:47+	77:46+	80:52+	81:58+
03:13+	02:37+	05:27+	03:55+	09:57+	03:08+	06:24+	04:16+	02:19+	03:36+	09:45+	01:46+	03:13+	03:01+	01:51+	04:32+	01:16+	03:03+	02:28+	01:59+	03:06+	01:06+
01:20&	00:53&	03:13@	02:33@	08:07@	01:29&	04:18@	03:16@	00:41&	01:08&	07:57@	00:53&	01:29&	01:42@	00:13#	02:26@	00:15#	01:25&	01:03&	00:23#	01:57@	00:21&
16	Ove Oaland					Statoil BIL					1:36:29										
05:26+	08:11+	11:46+	14:18+	27:38+	29:09+	33:59+	35:38+	38:55+	40:55+	48:11+	53:30+	56:01+	59:59+	61:50+	65:26+	68:09+	78:04+	82:04+	87:36+	95:13+	96:29+
05:26+	02:45+	03:35+	02:32+	13:20+	01:31-	04:50+	01:39+	03:17+	02:00-	07:16+	05:19+	02:31+	03:58+	01:51+	03:36+	02:43+	09:55+	04:00+	05:32+	07:37+	01:16+
03:33@	01:01&	01:21&	01:10&	11:30@	00:08-	02:44@	00:39&	01:39@	00:28-	05:28@	04:26@	00:47&	02:39@	00:13#	01:30&	01:42@	08:17@	02:35@	03:56@	06:28@	00:31&
Beste strekktid for klassen																					
01:53	01:43	02:00	01:22	01:35	01:13	02:06	00:57	01:02	01:36	01:48	00:53	01:44	01:19	01:03	02:00	00:40	01:38	01:24	01:21	00:51	00:39
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap																					

Plass	Navn				Klasse				Tid											
1	Bjørn Alsaker				Stavanger OK				34:52											
02:18=	05:13=	07:07=	08:35=	10:26=	12:09=	15:49=	17:48=	19:49=	21:08=	23:40=	24:41=	26:59=	27:47=	30:02=	31:30=	32:54=	34:09=	34:52=		
02:18=	02:55=	02:59=	01:54=	01:28=	01:51=	01:43=	03:40=	01:59=	02:01=	01:19=	02:32=	01:01=	02:18=	00:48=	01:28=	01:24=	01:15=	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=		
2	Bjarne Gimre				Ganddal IL				45:09											
02:44+	06:03+	08:31+	10:52+	13:46+	15:39+	17:46+	20:05+	21:13+	26:28+	29:56+	31:19+	33:56+	34:50+	37:45+	40:33+	42:38+	44:14+	45:09+		
02:44+	03:19+	02:28+	02:21+	02:54+	01:53+	02:07-	02:19+	01:08-	05:15+	03:28+	01:23+	02:37+	00:54+	02:55+	02:48+	02:05+	01:36+	00:55+		
00:26#	00:24#	00:34&	00:53&	01:03&	00:10+	01:33-	00:20#	00:53-	03:56@	00:56&	00:22&	00:19#	00:06#	00:40&	01:20&	00:41&	00:21&	00:12&		
3	Kjell Olav Gjerde				Stavanger OK				47:08											
02:41+	05:45+	08:31+	10:37+	12:41+	14:36+	21:19+	24:25+	25:28+	28:24+	31:45+	33:00+	35:36+	36:40+	40:00+	42:22+	44:23+	46:17+	47:08+		
02:41+	03:04+	02:46+	02:06+	02:04+	01:55+	06:43+	03:06+	01:03-	02:56+	03:21+	01:15+	02:36+	01:04+	03:20+	02:22+	02:01+	01:54+	00:51+		
00:23#	00:09+	00:52&	00:38&	00:13#	00:12#	03:03&	01:07&	00:58-	01:37@	00:49&	00:14#	00:18#	00:16&	01:05&	00:54&	00:37&	00:39&	00:08#		
4	Asgeir Bell				Stavanger OK				48:03											
02:55+	06:16+	08:40+	11:32+	13:46+	20:20+	26:53+	28:34+	29:40+	31:01+	34:54+	35:54+	38:24+	39:07+	41:38+	43:27+	45:39+	47:08+	48:03+		
02:55+	03:21+	02:24+	02:52+	02:14+	06:34+	06:33+	01:41-	01:06-	01:21+	03:53+	01:00-	02:30+	00:43-	02:31+	01:49+	02:12+	01:29+	00:55+		
00:37&	00:26#	00:30&	01:24&	00:23#	04:51@	02:53&	00:18-	00:55-	00:02+	01:21&	00:01-	00:12+	00:05-	00:16#	00:21#	00:48&	00:14#	00:12&		
5	Ole Auklend				Skattesport BIL				51:57											
03:00+	06:39+	10:30+	14:00+	16:42+	18:51+	25:54+	28:27+	29:52+	32:07+	34:58+	36:57+	40:14+	41:17+	44:50+	46:57+	49:12+	50:58+	51:57+		
03:00+	03:39+	03:51+	03:30+	02:42+	02:09+	07:03+	02:33+	01:25-	02:15+	02:51+	01:59+	03:17+	01:03+	03:33+	02:07+	02:15+	01:46+	00:59+		
00:42&	00:44&	01:57@	02:02@	00:51&	00:26&	03:23&	00:34&	00:36-	00:56&	00:19#	00:58&	00:59&	00:15&	01:18&	00:39&	00:51&	00:31&	00:16&		
6	Tore Prestvold				Tannlege Prestvold BIL				56:03											
03:24+	06:24+	09:25+	12:06+	14:55+	16:38+	19:14+	29:18+	30:23+	31:47+	40:43+	41:48+	44:53+	45:42+	48:59+	51:12+	54:21+	55:20+	56:03+		
03:24+	03:00+	03:01+	02:41+	02:49+	01:43=	02:36-	10:04+	01:05-	01:24+	08:56+	01:05+	03:05+	00:49+	03:17+	02:13+	03:09+	00:59-	00:43=		
01:06&	00:05+	01:07&	01:13&	00:58&	00:00=	01:04-	08:05@	00:56-	00:05+	06:24@	00:04+	00:47&	00:01+	01:02&	00:45&	01:45@	00:16-	00:00=		
7	Ivar Parnas				ConocoPhillips BIL				57:13											
02:52+	06:14+	08:59+	11:28+	15:57+	18:29+	22:50+	31:49+	33:10+	38:26+	41:52+	43:17+	45:55+	46:46+	49:42+	52:25+	54:36+	56:14+	57:13+		
02:52+	03:22+	02:45+	02:29+	04:29+	02:32+	04:21+	08:59+	01:21-	05:16+	03:26+	01:25+	02:38+	00:51+	02:56+	02:43+	02:11+	01:38+	00:59+		
00:34#	00:27#	00:51&	01:01&	02:38@	00:49&	00:41#	07:00@	00:40-	03:57@	00:54&	00:24&	00:20#	00:03+	00:41&	01:15&	00:47&	00:23&	00:16&		
8	Paul A. Paulsen				Stavanger kommune BIL				1:10:47											
03:11+	08:45+	12:40+	19:39+	22:55+	25:41+	32:16+	35:52+	40:11+	42:38+	49:14+	50:50+	54:50+	58:38+	62:16+	65:34+	67:48+	69:33+	70:47+		
03:11+	05:34+	03:55+	06:59+	03:16+	02:46+	06:35+	03:36+	04:19+	02:27+	06:36+	01:36+	04:00+	03:48+	03:38+	03:18+	02:14+	01:45+	01:14+		
00:53&	02:39&	02:01@	05:31@	01:25&	01:03&	02:55&	01:37&	02:18@	01:08&	04:04@	00:35&	01:42&	03:00@	01:23&	01:50@	00:50&	00:30&	00:31&		
9	Rune Paulsen				Schlumberger BIL				1:12:18											
02:37+	05:24+	08:32+	10:42+	12:45+	15:55+	20:23+	23:50+	25:58+	28:20+	48:03+	52:46+	56:40+	58:05+	64:36+	67:13+	70:10+	71:23+	72:18+		
02:37+	02:47-	03:08+	02:10+	02:03+	03:10+	04:28+	03:27+	02:08+	02:22+	19:43+	04:43+	03:54+	01:25+	06:31+	02:37+	02:57+	01:13-	00:55+		
00:19#	00:08-	01:14&	00:42&	00:12#	01:27&	00:48#	01:28&	00:07+	01:03&	17:11@	03:42@	01:36&	00:37&	04:16@	01:09&	01:33@	00:02-	00:12&		
10	Tor Livar Flugsrud				Schlumberger BIL				1:15:51											
02:56+	07:19+	12:04+	16:16+	25:16+	28:07+	31:39+	42:18+	44:11+	46:28+	54:31+	55:40+	61:39+	63:04+	67:08+	70:40+	72:55+	74:48+	75:51+		
02:56+	04:23+	04:45+	04:12+	09:00+	02:51+	03:32-	10:39+	01:53-	02:17+	08:03+	01:09+	05:59+	01:25+	04:04+	03:32+	02:15+	01:53+	01:03+		
00:38&	01:28&	02:51@	02:44@	07:09@	01:08&	00:08-	08:40@	00:08-	00:58&	05:31@	00:08#	03:41@	00:37&	01:49&	02:04@	00:51&	00:38&	00:20&		
11	Arne Karlsen				Stavanger OK				1:17:36											
03:16+	08:33+	11:19+	15:42+	19:24+	23:03+	26:41+	32:13+	35:13+	37:23+	48:27+	50:55+	56:00+	56:57+	61:06+	64:28+	72:51+	76:11+	77:36+		
03:16+	05:17+	02:46+	04:23+	03:42+	03:39+	03:38-	05:32+	03:00+	02:10+	11:04+	02:28+	05:05+	00:57+	04:09+	03:22+	08:23+	03:20+	01:25+		
00:58&	02:22&	00:52&	02:55@	01:51&	01:56@	00:02-	03:33@	00:59&	00:51&	08:32@	01:27@	02:47@	00:09#	01:54&	01:54@	06:59@	02:05@	00:42&		
12	Asbjørn Nærheim Fjellhaugen				Suldal o-lag				1:24:20											
03:41+	08:09+	12:43+	16:12+	19:54+	23:58+	29:23+	38:59+	44:46+	48:13+	56:55+	59:23+	64:20+	65:34+	74:06+	77:32+	80:45+	83:17+	84:20+		
03:41+	04:28+	04:34+	03:29+	03:42+	04:04+	05:25+	09:36+	05:47+	03:27+	08:42+	02:28+	04:57+	01:14+	08:32+	03:26+	03:13+	02:32+	01:03+		
01:23&	01:33&	02:40@	02:01@	01:51&	02:21@	01:45&	07:37@	03:46@	02:08@	06:10@	01:27@	02:39@	00:26&	06:17@	01:58@	01:49@	01:17@	00:20&		
13	Sverre Vareberg				Stavanger OK				1:30:28											
04:17+	09:59+	13:54+	17:10+	20:30+	28:19+	35:14+	39:36+	44:44+	49:05+	57:54+	60:54+	68:37+	70:26+	75:47+	80:12+	86:22+	88:46+	90:28+		
04:17+	05:42+	03:55+	03:16+	03:20+	07:49+	06:55+	04:22+	05:08+	04:21+	08:49+	03:00+	07:43+	01:49+	05:21+	04:25+	06:10+	02:24+	01:42+		
01:59&	02:47&	02:01@	01:48@	01:29&	06:06@	03:15&	02:23@	03:07@	03:02@	06:17@	01:59@	05:25@	01:01@	03:06@	02:57@	04:46@	01:09&	00:59@		
Beste strekktid for klassen																				
02:18	02:47	01:54	01:28	01:51	01:43	02:07	01:41	01:03	01:19	02:32	01:00	02:18	00:43	02:15	01:28	01:24	00:59	00:43		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				