Storhaug		Strekktider	Nattløp nr. 4-09.01.2013
Plass Navn	Klasse	Tid	

Damer ekstra lang

1	Nina	Karls	en			S	tavanç	jer OK				4	45:18												
00:50=	02:14=	03:33=	04:19=	05:57=	07:02=	07:43=	09:19=	10:23=	11:10=	12:33=	14:36=	16:36=	18:02=	19:20=	22:34=	24:25=	26:39=	27:31=	29:04=	32:34=	34:54=	37:00=	41:11=	43:10=	44:27=
00:50=	01:24=	01:19=	00:46=	01:38=	01:05=	00:41=	01:36=	01:04=	00:47=	01:23=	02:03=	02:00=	01:26=	01:18=	03:14=	01:51=	02:14=	00:52=	01:33=	03:30=	02:20=	02:06=	04:11=	01:59=	01:17=
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=	00:00=	00:00=
45:18=																									
00:51=																									
00:00=																									
Beste	strekk	ctid for	klass	en																					

00:50 01:24 01:19 00:46 01:38 01:05 00:41 01:36 01:04 00:47 01:23 02:03 02:00 01:26 01:18 03:14 01:51 02:14 00:52 01:33 03:30 02:20 02:06 04:11 01:59 01:17 00:51

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

Damer kort

1	Caroline Hadland Hunner	estad Ganddal IL		20:06
01:12=	02:13= 03:32= 05:41= 07:21= 09	9:16= 11:01= 16:13= 17:48= 19	:07= 20:06=	
01:12=	01:01= 01:19= 02:09= 01:40= 0	01:55= 01:45= 05:12= 01:35= 01	:19= 00:59=	
00:00=	00:00= 00:00= 00:00= 00:00= 00	00:00= 00:00= 00:00= 00:00= 00	:00= 00:00=	
2	Hilde Christine Hoff	Lyse BIL		22:37
01:00-	01:50- 03:17- 06:06+ 09:23+ 13	1:01+ 12:07+ 17:56+ 19:42+ 21	:36+ 22:37+	
01:00-	00:50- 01:27+ 02:49+ 03:17+ 03	01:38- 01:06- 05:49+ 01:46+ 01	:54+ 01:01+	
00:12-	00:11- 00:08# 00:40& 01:37& 00	00:17- 00:39- 00:37# 00:11# 00	:35& 00:02+	
3	Ingrid Lamark	Ganddal IL		24:55
01:18+		11:56+ 13:27+ 19:51+ 22:04+ 23	:52+ 24:55+	
01:18+	00:54- 01:50+ 03:03+ 02:34+ 02	02:17+ 01:31- 06:24+ 02:13+ 01	:48+ 01:03+	
00:06+	00:07- 00:31& 00:54& 00:54& 00	00:22# 00:14- 01:12# 00:38& 00	:29& 00:04+	
4	Turid Nystrøm	Stavanger OK		28:06
01:27+			:14+ 28:06+	
01:27+	01:11+ 02:19+ 03:09+ 02:34+ 03	02:09+ 01:40- 07:10+ 02:28+ 02	:07+ 01:52+	
00:15#	00:10# 01:00& 01:00& 00:54& 00	00:14# 00:05- 01:58& 00:53& 00	:48& 00:53&	
5	Randi Bugge	Nortura BIL		49:11
01:20+	02:31+ 04:14+ 07:35+ 09:39+ 13	1:43+ 15:50+ 40:24+ 46:20+ 48	:00+ 49:11+	
01:20+	01:11+ 01:43+ 03:21+ 02:04+ 02	02:04+ 04:07+ 24:34+ 05:56+ 01	:40+ 01:11+	
00:08#	00:10# 00:24& 01:12& 00:24# 00	00:09+ 02:22@ 19:22@ 04:21@ 00	:21& 00:12#	
Beste	strekktid for klassen			
01:00	00:50 01:19 02:09 01:40	01:38 01:06 05:12 01:35 0	1:19 00:59	

Damer lang

1	Berit-Kristine L	ima	ڴؚ	lgård (Oriento	ering			4	10:45										
01:39=	02:31= 04:03= 04:58	= 06:00= 07:	29= 08:15=	08:56=	10:32=	11:47=	12:38=	14:25=	15:32=	16:29=	20:13=	22:02=	23:11=	26:55=	29:11=	31:01=	36:38=	38:02=	39:35=	40:45=
01:39=	00:52= 01:32= 00:55	= 01:02= 01:	29= 00:46=	00:41=	01:36=	01:15=	00:51=	01:47=	01:07=	00:57=	03:44=	01:49=	01:09=	03:44=	02:16=	01:50=	05:37=	01:24=	01:33=	01:10=
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=	00:00=
2	Jorunn Johann	esen	S	andne	s Idret	tslag			4	14:40										
01:40+	04:21+ 06:14+ 07:45	+ 09:03+ 10:	25+ 11:28+	13:11+	14:31+	15:30+	17:41+	19:17+	20:26+	24:22+	26:25+	27:48+	31:19+	34:26+	36:06+	40:33+	42:05+	43:38+	44:40+	
01:40+	02:41+ 01:53+ 01:31	+ 01:18+ 01:	22- 01:03+	01:43+	01:20-	00:59-	02:11+	01:36-	01:09+	03:56+	02:03-	01:23-	03:31+	03:07-	01:40-	04:27+	01:32-	01:33+	01:02-	
00:01+	01:49@ 00:21# 00:36	& 00:16& 00:	07- 00:17&	01:02@	00:16-	00:16-	01:20@	00:11-	00:02+	02:59@	01:41-	00:26-	02:22@	00:37-	00:36-	02:37@	04:05-	00:09#	00:31-	
3	Ingrid Peikli		S	andne	s Idret	tslag			4	18:12										
01:46+	03:11+ 04:26+ 05:12	+ 07:05+ 08:	03+ 08:59+	12:46+	14:11+	15:05+	16:44+	18:03+	19:13+	24:01+	26:11+	28:17+	32:22+	36:23+	38:50+	43:32+	45:25+	47:16+	48:12+	
01:46+	01:25+ 01:15- 00:46	- 01:53+ 00:	58- 00:56+	03:47+	01:25-	00:54-	01:39+	01:19-	01:10+	04:48+	02:10-	02:06+	04:05+	04:01+	02:27+	04:42+	01:53-	01:51+	00:56-	
00:07+	00:33& 00:17- 00:09	- 00:51& 00:	31- 00:10#	03:06@	00:11-	00:21-	00:48&	00:28-	00:03+	03:51@	01:34-	00:17#	02:56@	00:17+	00:11+	02:52@	03:44-	00:27&	00:37-	

Plass	Navn				K	lasse					1	īd										
4	Gunr	J. Grefs	tad		Α	BB Ro	botics	s BIL				48:46										
01:49+	03:25+	05:52+ 06:4	44+ 08:18+	09:29+	10:36+	12:52+	14:17+	15:25+	18:19+	19:41+	20:46+	25:01+	27:19+	29:06+	32:43+	36:37+	38:51+	44:13+	45:58+	47:30+	48:46+	
01:49+	01:36+	02:27+ 00:	52- 01:34+	01:11-	01:07+	02:16+	01:25-	01:08-	02:54+	01:22-	01:05-	04:15+	02:18-	01:47-	03:37+	03:54+	02:14-	05:22+	01:45-	01:32+	01:16-	
00:10#	00:44&	00:55& 00:	03- 00:32&	00:18-	00:21&	01:35@	00:11-	00:07-	02:03@	00:25-	00:02-	03:18@	01:26-	00:02-	02:28@	00:10+	00:02-	03:32@	03:52-	00:08+	00:17-	
5	Ragn	hild Augl	ænd		G	andda	ıl IL				į	59:15										
01:56+	03:14+	04:48+ 12:	40+ 14:12+	19:07+	20:16+	22:54+	24:31+	25:59+	28:13+	29:37+	30:49+	34:58+	37:11+	39:28+	43:21+	47:15+	49:13+	54:18+	56:07+	57:57+	59:15+	
01:56+	01:18+	01:34+ 07:	52+ 01:32+	04:55+	01:09+	02:38+	01:37+	01:28+	02:14+	01:24-	01:12+	04:09+	02:13-	02:17+	03:53+	03:54+	01:58-	05:05+	01:49-	01:50+	01:18-	
00:17#	00:26&	00:02+ 06:	57@ 00:30&	03:26@	00:23&	01:57@	00:01+	00:13#	01:23@	00:23-	00:05+	03:12@	01:31-	00:28&	02:44@	00:10+	00:18-	03:15@	03:48-	00:26&	00:15-	
Beste	strekk	tid for kla	issen																			
01:39	00:52	01:15 00	:46 01:02	00:58	00:46	00:41	01:20	00:54	00:51	01:19	01:05	00:57	02:03	01:23	01:09	03:07	01:40	01:50	01:32	01:24	00:56	01:10
= Som k	dassevini	ner, - raske	ere, + se	nere, #	10% tap	, & 25	% tap,	@ 100%	tap.													

Damer mellom

1	Katrine	Pre	stvol	d		T	annled	e Pres	stvold	BIL		3	30:14					
00:39=	02:17= 03	:12=	04:48=	06:45=	07:29=	09:11=	10:16=	11:21=	13:08=	13:58=	16:13=	18:13=	20:16=	21:33=	26:19=	28:08=	29:34=	30:14=
	01:38= 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=
2	Zoë Gr	iffin				В	P BIL					3	32:25					
00:48+	01:50- 03																	
00:48+	01:02- 01																01:17-	01:06+
00:09#				00:26-	00:15&				00:23-	00:00=	00:06-			00:27&	00:33#	00:02+	00:09-	00:26&
3	Vibeke						andda						32:28					
	01:56- 03 01:02- 01																	
00:54+	01:02- 01																	00:56+
00·15&					00.08#					00.04+	00.08+			00.19#	00.00=	00.07-	00.06-	00.10%
4	Jørgine							Desigr					38:26					
00:50+ 00:50+	02:13- 03 01:23- 01																37:12+ 01:36+	38:26+ 01:14+
	00:15- 00																	
500.11a	Kristin				00.29&		andda		00.00-	00.33&	00.47&		12:06	00.10#	00.40#	01.01%	00.10#	00.340
5					10.17.				10.27	10.54	22.40.			21.20.	27.05.	20.04.	40.44.	42.06.
00:58+ 00:58+	02:25+ 05																40:44+ 01:40+	42:06+ 01:22+
	00:11- 02																	00:42@
6	Haldis							ger OK					44:59					
01:02+	03:03+ 04				10:50+	13:26+	15:14+	16:49+	18:42+	19:59+	23:05+			32:26+	39:08+	42:01+	43:41+	44:59+
01:02+	02:01+ 01																01:40+	01:18+
00:23&	00:23# 01	:00@	00:42&	00:20#	00:33&	00:54&	00:43&	00:30&	00:06+	00:27&	00:51&	02:11@	01:03&	00:47&	01:56&	01:04&	00:14#	00:38&
7	Ingunn	Voi	lås			F	aersui	nd OK				4	47:07					
00:55+	02:15- 03		09:04+	11:07+	12:23+	14:45+	16:12+	17:47+	19:45+	21:05+	23:56+	26:58+		36:02+	41:35+	44:07+	45:46+	47:07+
00:55+	01:20- 01	:16+	05:33+	02:03+	01:16+	02:22+	01:27+	01:35+	01:58+	01:20+	02:51+	03:02+	02:32+	06:32+	05:33+	02:32+	01:39+	01:21+
00:16&	00:18- 00	:21&	03:57@	00:06+	00:32&	00:40&	00:22&	00:30&	00:11#	00:30&	00:36&	01:02&	00:29#	05:15@	00:47#	00:43&	00:13#	00:41@
8	Sara M	arler	ne Ny	strøm	Olsen	S	tavano	aer OK				į	51:51					
	02:46+ 04	:43+	06:48+	09:13+	10:46+	13:40+	17:59+	19:45+	21:54+	24:00+	27:49+	31:13+	34:09+					51:51+
	00:12# 01				00:49@	01:12&	03:14@	00:41&	00:22#	01:16@	01:34&	01:24&	00:53&	02:18@	02:37&	01:36&	00:52&	00:21&
Beste	strekktic	l for	klass	en														
00:39	01:02 0	0:55	01:17	01:24	00:44	01:42	01:05	00:57	01:24	00:50	02:09	02:00	01:36	01:17	04:46	01:42	01:17	00:40
- Com le	lassevinner		ookoro		00r0 #	100/ ton	9 05	0/ top	@ 100°/	ton								
= 30111 K	iasseviiiiei	, - 1	askele,	T 501	iere, #	10 /0 lap	, a 25	/ο ιap,	w 100%	ιαμ.								

Herrer ekstra lang

1	Ola I	Magnu	s Lauç	galand		Å	lgård (Oriente	ering			2	29:16												
00:34=	01:27=	02:29=	03:17=	04:10=	05:14=	05:48=	06:58=	07:40=	08:13=	09:02=	10:20=	11:10=	12:22=	13:13=	14:55=	16:07=	17:12=	17:46=	19:00=	20:59=	22:52=	24:08=	26:52=	27:46=	28:39=
00:34=	00:53=	01:02=	00:48=	00:53=	01:04=	00:34=	01:10=	00:42=	00:33=	00:49=	01:18=	00:50=	01:12=	00:51=	01:42=	01:12=	01:05=	00:34=	01:14=	01:59=	01:53=	01:16=	02:44=	00:54=	00:53=
00:00= 29:16=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
00:37= 00:00=																									

2 Vegard Peikli Sandnes Idrettslag 31:36 00:37+ 01:38+ 02:46+ 03:17= 04:04- 05:39+ 06:21+ 07:49+ 08:40+ 09:16+ 10:27+ 12:04+ 12:59+ 13:57+ 14:52+ 16:45+ 18:03+ 19:29+ 20:00+ 21:19+ 23:	51- 01:28- 01:14- 03:01+ 00:53- 01:13+
00:37+ 01:38+ 02:46+ 03:17= 04:04- 05:39+ 06:21+ 07:49+ 08:40+ 09:16+ 10:27+ 12:04+ 12:59+ 13:57+ 14:52+ 16:45+ 18:03+ 19:29+ 20:00+ 21:19+ 23:	51- 01:28- 01:14- 03:01+ 00:53- 01:13+
00:37+ $01:01+$ $01:08+$ $00:31 00:47 01:35+$ $00:42+$ $01:28+$ $00:51+$ $00:36+$ $01:11+$ $01:37+$ $00:55+$ $00:58 00:55+$ $01:53+$ $01:18+$ $01:26+$ $00:31 01:19+$ $01:$	
00:03+ 00:08# 00:06+ 00:17- 00:06- 00:31& 00:08# 00:18& 00:09# 00:03+ 00:22& 00:19# 00:05+ 00:14- 00:04+ 00:11# 00:06+ 00:21& 00:03- 00:05+ 00:31:36+	08- 00:25- 00:02- 00:17# 00:01- 00:20&
00:37=	
3 Jonas K. Espedal Stavanger OK 32:04	
00:36+ 01:35+ 02:41+ 03:12- 03:52- 05:05- 05:44- 07:03+ 07:49+ 08:31+ 09:42+ 11:14+ 12:18+ 13:34+ 14:30+ 16:27+ 17:50+ 19:13+ 19:43+ 20:52+ 23:	
00:36+ 00:59+ 01:06+ 00:31- 00:40- 01:13+ 00:39+ 01:19+ 00:46+ 00:42+ 01:11+ 01:32+ 01:04+ 01:16+ 00:56+ 01:57+ 01:23+ 01:23+ 00:30- 01:09- 02: 00:02+ 00:06# 00:04+ 00:17- 00:13- 00:09# 00:05# 00:09# 00:04+ 00:09& 00:22& 00:14# 00:14& 00:04+ 00:05+ 00:15# 00:11# 00:18& 00:04- 00:05- 00:	
32:04+ 00:46+	
00:09#	
4 Ørjan Ravndal Algård Orientering 32:11 00:32- 02:08+ 03:11+ 03:56+ 05:07+ 06:21+ 06:54+ 08:10+ 08:53+ 09:30+ 10:28+ 11:57+ 12:56+ 14:00+ 14:58+ 16:54+ 18:05+ 19:15+ 19:50+ 21:03+ 23:	15+ 25:05+ 26:14+ 28:59+ 30:15+ 31:33+
00:32- 01:36+ 01:03+ 00:45- 01:11+ 01:14+ 00:33- 01:16+ 00:43+ 00:37+ 00:58+ 01:29+ 00:59+ 01:04- 00:58+ 01:56+ 01:11- 01:10+ 00:35+ 01:13- 02: 00:02- 00:43& 00:01+ 00:03- 00:18& 00:10# 00:01- 00:06+ 00:01+ 00:01+ 00:09# 00:1# 00:08- 00:07# 00:14# 00:01- 00:05+ 00:01+ 00:01-	
32:11+	15 00 00 00 01 00 1222 00 232
00:38+ 00:01+	
5 Øystein Garsrud Tvedt Vaulen OK 33:09 00:32- 01:21- 02:26- 02:56- 03:42- 05:02- 05:41- 07:01+ 07:49+ 08:21+ 09:31+ 11:04+ 12:33+ 13:44+ 14:46+ 16:41+ 17:46+ 19:01+ 19:37+ 20:47+ 22:	42: 25:21: 26:45: 20:05: 21:22: 22:20:
00:32- 00:49- 01:05+ 00:30- 00:46- 01:20+ 00:39+ 01:20+ 00:48+ 00:32- 01:10+ 01:33+ 01:29+ 01:11- 01:02+ 01:55+ 01:05- 01:15+ 00:36+ 01:10- 01:	56- 02:38+ 01:24+ 03:20+ 01:17+ 01:06+
00:02- 00:04- 00:03+ 00:18- 00:07- 00:16# 00:05# 00:10# 00:06# 00:01- 00:21& 00:15# 00:39& 00:01- 00:11# 00:13# 00:07- 00:10# 00:02+ 00:04- 00:33:09+	03- 00:45& 00:08# 00:36# 00:23& 00:13#
00:41+ 00:04#	
6 Tom Furland Sandnes Idrettslag 33:53	
00:37+ 01:55+ 03:01+ 03:56+ 04:45+ 06:01+ 06:36+ 07:51+ 08:43+ 09:22+ 10:22+ 11:55+ 12:57+ 14:35+ 15:38+ 17:47+ 19:02+ 20:18+ 20:48+ 22:08+ 24: 00:37+ 01:18+ 01:06+ 00:55+ 00:49- 01:16+ 00:35+ 01:15+ 00:52+ 00:39+ 01:00+ 01:33+ 01:02+ 01:38+ 01:03+ 02:09+ 01:15+ 01:16+ 00:30- 01:20+ 02:	
00:03+ 00:25& 00:04+ 00:07# 00:04- 00:12# 00:01+ 00:05+ 00:10# 00:06# 00:11# 00:15# 00:12# 00:26& 00:12# 00:27& 00:03+ 00:11# 00:04- 00:06+ 00:33:53+	24# 00:14- 00:17# 00:30# 00:10# 00:11#
00:48+ 00:11&	
7 Magnus Landstad Sandnes Idrettslag 34:00	
00:46+ 01:48+ 02:51+ 03:29+ 04:22+ 06:02+ 06:41+ 08:34+ 09:24+ 10:03+ 11:01+ 12:38+ 13:52+ 15:03+ 16:05+ 18:01+ 19:20+ 20:42+ 21:19+ 22:39+ 24: 00:46+ 01:02+ 01:03+ 00:38- 00:53= 01:40+ 00:39+ 01:53+ 00:50+ 00:50+ 01:37+ 01:14+ 01:11- 01:02+ 01:56+ 01:19+ 01:22+ 00:37+ 01:20+ 02:	
00:12& 00:09# 00:01+ 00:10- 00:00= 00:36& 00:05# 00:43& 00:08# 00:06# 00:09# 00:19# 00:24& 00:01- 00:11# 00:14# 00:07+ 00:17& 00:03+ 00:06+ 00:	
34:00+ 00:46+	
8 Bjarthe Westerheim SkogsOpplevelser BIL 34:23	
00:31- 01:31+ 03:16+ 03:46+ 04:28+ 05:30+ 06:00+ 07:06+ 08:02+ 09:06+ 11:04+ 11:48+ 12:30+ 13:26+ 14:46+ 15:42+ 16:40+ 17:39+ 19:25+ 20:41+ 21:	
00:31- 01:00+ 01:45+ 00:30- 00:42- 01:02- 00:30- 01:06- 00:56+ 01:04+ 01:58+ 00:44- 00:42- 00:56- 01:20+ 00:56- 00:58- 00:59- 01:46+ 01:16+ 01: 00:03- 00:07# 00:43& 00:18- 00:11- 00:02- 00:04- 00:04- 00:14& 00:31& 01:09@ 00:34- 00:08- 00:16- 00:29& 00:46- 00:14- 00:06- 01:12@ 00:02+ 00:	
31:45+ 32:42+ 33:38+ 34:23+ 02:58+ 00:57+ 00:56+ 00:45+	
02:21@ 00:57+ 00:56+ 00:45+	
9 Morten Sundli Ganddal IL 35:31 00:41+ 01:58+ 03:24+ 04:06+ 05:00+ 05:50+ 06:30+ 08:07+ 09:06+ 09:51+ 10:51+ 12:33+ 13:40+ 14:49+ 15:57+ 18:09+ 19:43+ 21:12+ 21:43+ 23:03+ 25:	28+ 27:25+ 28:50+ 32:18+ 33:46+ 34:50+
00:41+ 01:17+ 01:26+ 00:42- 00:54+ 00:50- 00:40+ 01:37+ 00:59+ 00:45+ 01:00+ 01:42+ 01:07+ 01:09- 01:08+ 02:12+ 01:34+ 01:29+ 00:31- 01:20+ 02: 00:07# 00:24& 00:24& 00:06- 00:01+ 00:14- 00:06# 00:27& 00:17& 00:12& 00:11# 00:24& 00:17& 00:03- 00:17& 00:30& 00:22& 00:24& 00:03- 00:06+ 00:	
35:31+ 00:41+	
00:04#	
10 Alf Johan Lima Ganddal IL 37:28 00:48+ 02:26+ 03:43+ 04:25+ 05:15+ 07:26+ 08:07+ 09:37+ 10:33+ 11:17+ 12:21+ 14:05+ 15:13+ 16:33+ 17:45+ 20:08+ 21:34+ 23:05+ 23:47+ 25:18+ 27:	45+ 29:43+ 31:08+ 34:19+ 35:28+ 36:36+
00:48+ 01:38+ 01:17+ 00:42- 00:50- 02:11+ 00:41+ 01:30+ 00:56+ 00:44+ 01:04+ 01:4+ 01:08+ 01:20+ 01:12+ 02:23+ 01:26+ 01:31+ 00:42+ 01:31+ 02:	27+ 01:58+ 01:25+ 03:11+ 01:09+ 01:08+
00:14& 00:45& 00:15# 00:06- 00:03- 01:07@ 00:07# 00:20& 00:14& 00:11& 00:15& 00:26& 00:18& 00:08# 00:21& 00:41& 00:14# 00:26& 00:08# 00:17# 00: 37:28+	20# 00.02+ 00.03# 00:7/# 00:72% 00:T2%
00:52+ 00:15&	

Plass	Navi	n				K	lasse					1	id												
11		l Aash	eim			_	andda	l IL				:	38:28												
00:39+	01:37+	02:40+	03:31+			05:51+	07:56+	08:45+				12:58+	14:05+												
							02:05+ 00:55&																		
38:28+																									
00:48+ 00:11&																									
12	Klau	ıs Klaı	ısen E	speda	l	S	tavang	ger OK	(;	38:29												
							08:15+																		
							01:48+ 00:38&															01:30+ 00:14#			
38:29+ 00:46+																									
00:09#						۰																			
13		E. Øvr					lgård (_				39:25												
							08:57+ 01:45+																36:18+ 03:18+		
00:02+ 39:25+	00:03+	00:09#	00:11-	00:39&	00:42&	00:00=	00:35&	00:09#	00:04#	02:19@	00:26&	00:29&	00:10#	00:16&	00:41&	00:20&	00:34&	00:11&	00:12#	00:41&	00:12#	00:09#	00:34#	00:16&	00:14&
00:50+																									
00:13&	17	·· 11				_							00.54												
14 00:38+		tian Ha		06:26+	07:31+	_	andda 09:37+		11:32+	12:39+	14:25+		39:54 17:17+	18:41+	21:09+	22:35+	24:01+	24:46+	26:18+	29:29+	31:17+	32:59+	36:24+	38:02+	39:09+
00:38+	03:14+	01:07+	00:36-	00:51-	01:05+	00:38+	01:28+	01:03+	00:52+	01:07+	01:46+	01:25+	01:27+	01:24+	02:28+	01:26+	01:26+	00:45+	01:32+	03:11+	01:48-	01:42+	03:25+	01:38+	01:07+
00:04# 39:54+	02:21@	00:05+	00:12-	00:02-	00:01+	00:04#	00:18&	00:21&	00:19&	00:18&	00:28&	00:35&	00:15#	00:33&	00:46&	00:14#	00:21&	00:11&	00:18#	01:12&	00:05-	00:26&	00:41#	00:44&	00:14&
00:45+ 00:08#																									
15	Kipt	il Wira	k			S	tavano	ner OK	7				41:05												
_				07:43+	09:28+		11:41+			13:52+	15:06+			19:33+	20:38+	22:43+	24:11+	25:54+	27:06+	28:37+	31:00+	33:24+	34:49+	37:54+	39:22+
							01:23+ 00:13#																		
40:21+	41:05+																								
00:59+ 00:22&																									
16	Tror	nd Nils	en Lar	nark		G	andda	l IL					41:43												
							09:31+ 02:34+																		
							01:24@																		
41:43+ 00:51+																									
00:14&	_		_																						
17		Olav H		05.05			andda		40.05		45.00		43:28			05.45	0.0.0.0		00.45		05.05	0.7.00	40.05	44.00	40.40
							11:32+ 01:37+																		
00:03+ 43:28+	00:12#	00:05+	00:14-	01:10@	02:38@	00:13&	00:27&	00:14&	00:26&	00:13&	00:52&	00:22&	00:02-	00:10#	02:57@	00:24&	00:15#	00:28&	00:24&	00:23#	01:03&	00:09#	00:41#	00:20&	00:11#
00:45+																									
00:08#	ام م ۸	***** =	: do Cla	ionvala	. m. al		1011000	OK	•				4E.40												
18 00:48+			ide Sk 06:26+				tavano			16:10+	18:12+		45:48 21:30+	22:51+	25:28+	27:13+	28:50+	30:06+	31:46+	34:30+	37:17+	39:02+	42:34+	43:45+	45:02+
00:48+	03:33+	01:25+	00:40-	00:51-	01:57+	00:53+	01:44+	00:59+	00:54+	02:26+	02:02+	01:57+	01:21+	01:21+	02:37+	01:45+	01:37+	01:16+	01:40+	02:44+	02:47+	01:45+	03:32+	01:11+	01:17+
00:14& 45:48+	02:40@	00:23&	00:08-	00:02-	00:53&	00:19&	00:34&	00:17&	00:21&	01:37@	00:44&	01:07@	00:09#	00:30&	00:55&	00:33&	00:32&	00:42@	00:26&	00:45&	00:54&	00:29&	00:48&	00:17&	00:24&
00:46+ 00:09#																									
19	Cato	Eike				V	aulen	ок					45:59												
00:37+	02:40+	03:56+				07:44+	10:23+	11:19+				17:44+	19:37+												
							02:39+ 01:29@																		
45:59+																									
00:42+ 00:05#																									

Plass	Navn	1				K	lasse					7	Γid												
0	Paul	Terje	Haarr			G	andda	ıl IL					46:21												
00:42+	04:38+			08:33+	10:01+				14:26+	15:51+	17:52+		21:58+	23:10+	25:56+	27:41+	29:19+	30:06+	31:45+	34:36+	36:55+	38:34+	42:24+	43:56+	45:14+
00:42+	03:56+	01:29+			01:28+	00:38+	01:56+		00:52+		02:01+			01:12+	02:46+	01:45+	01:38+	00:47+	01:39+	02:51+	02:19+	01:39+	03:50+	01:32+	
00:08# 46:21+	03:03@	00:27&	00:12#	00:33&	00:24&	00:04#	00:46&	00:17&	00:19&	00:36&	00:43&	02:00@	00:04+	00:21&	01:04&	00:33&	00:33&	00:13&	00:25&	00:52&	00:26#	00:23&	01:06&	00:38&	00:25&
01:07+																									
00:30&																									
1	Pål B	Bårdse	n				tavanç						47:39												
00:48+	02:30+						11:40+						20:16+	21:46+	24:39+	26:15+	27:55+	29:05+	30:45+	34:42+	37:23+	39:16+	43:14+	44:57+	
00:48+	01:42+	01:49+	00:52+		02:34+		02:05+	01:03+	00:48+		02:03+	01:49+	01:31+	01:30+	02:53+	01:36+	01:40+	01:10+	01:40+	03:57+	02:41+	01:53+	03:58+	01:43+	
00:14& 47:39+	00:49&	00:47&	00:04+	00:10#	01:30@	00:13&	00:55&	00:21&	00:15&	00:33&	00:45&	00:59@	00:19&	00:39&	01:11&	00:24&	00:35&	00:36@	00:26&	01:58&	00:48&	00:37&	01:14&	00:49&	00:49&
01:00+																									
00:23&																									
2	Rune	Chris	stians	en		S	andne	s Idre	tslag				48:59												
00:48+	04:09+	05:12+			09:33+		11:57+		_	15:21+	17:24+		21:58+	23:09+	25:41+	27:27+	29:15+	30:01+	31:46+	34:53+	37:20+	39:16+	45:14+	46:34+	48:07+
00:48+	03:21+	01:03+	00:50+	02:31+	01:00-	00:43+	01:41+	01:13+	00:55+	01:16+	02:03+	03:12+	01:22+	01:11+	02:32+	01:46+	01:48+	00:46+	01:45+	03:07+	02:27+	01:56+	05:58+	01:20+	01:33+
	02:28@	00:01+	00:02+	01:38@	00:04-	00:09&	00:31&	00:31&	00:22&	00:27&	00:45&	02:22@	00:10#	00:20&	00:50&	00:34&	00:43&	00:12&	00:31&	01:08&	00:34&	00:40&	03:14@	00:26&	00:40&
48:59+																									
00:52+ 00:15&																									
	lan (Sigurd	Eiko			т	ine Me	ioriot	Sar Di				50:36												
2 3 00:41+				07:00+	07:59+			16:49+			21:37+		25:35+	26:47+	29:57+	32:37+	34:04+	35:07+	36:40+	39:06+	42:00+	43:43+	46:58+	48:33+	49:54+
00:41+	02:29+					05:32+		01:11+			02:19+		02:28+		03:10+	02:40+	01:27+	01:03+		02:26+	02:54+			01:35+	
				00:44&									01:16@					00:29&		00:27#		00:27&			
50:36+		"																					"		
00:42+																									
00:05#																									
3este	strekk	tid for	' klass	sen																					
00:31	00:49	01:02	00:30	00:40	00:50	00:30	01:06	00:27	00:32	00:48	00:44	00:42	00:56	00:51	00:56	00:58	00:59	00:30	01:09	01:14	00:32	01:09	01:25	00:53	00:53

Herrer kort

1	Sver	re Var	eberg			S	tavang	er OK			32:43
01:27=	02:28=	04:57=	08:39=	12:19=	14:49=	17:08=	25:31=	27:51=	30:22=	32:43=	
01:27=	01:01=	02:29=	03:42=	03:40=	02:30=	02:19=	08:23=	02:20=	02:31=	02:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
Beste	strekk	tid for	· klass	en							
01:27	01:01	02:29	03:42	03:40	02:30	02:19	08:23	02:20	02:31	02:21	

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

Herrer lang

1	Rune	e Kars	tenser	1		S	tavang	er OK				3	31:15									
01:09=	01:54=	03:05=	03:46=	05:16=	06:55=	07:36=	09:06=	10:08=	10:48=	12:09=	13:06=	13:59=	16:33=	17:57=	18:51=	21:13=	23:20=	24:46=	28:09=	29:28=	30:33=	31:15=
01:09=	00:45=	01:11=	00:41=	01:30=	01:39=	00:41=	01:30=	01:02=	00:40=	01:21=	00:57=	00:53=	02:34=	01:24=	00:54=	02:22=	02:07=	01:26=	03:23=	01:19=	01:05=	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=
2	Geir	Sand				S	US BIL	_				3	32:10									
01:13+	02:17+	03:47+	04:31+	05:40+	06:41-	07:24-	08:53-	10:30+	11:12+	12:43+	13:45+	14:36+	17:12+	18:46+	19:38+	22:00+	24:18+	25:36+	28:44+	30:19+	31:25+	32:10+
01:13+	01:04+	01:30+	00:44+	01:09-	01:01-	00:43+	01:29-	01:37+	00:42+	01:31+	01:02+	00:51-	02:36+	01:34+	00:52-	02:22=	02:18+	01:18-	03:08-	01:35+	01:06+	00:45+
00:04+	00:19&	00:19&	00:03+	00:21-	00:38-	00:02+	00:01-	00:35&	00:02+	00:10#	00:05+	00:02-	00:02+	00:10#	00:02-	00:00=	00:11+	00:08-	00:15-	00:16#	00:01+	00:03+
3	Otte	Omda	ıl			G	andda	IIL				3	32:54									
01:21+	03:17+	04:56+	05:34+	07:11+	08:40+	09:15+	10:52+	11:46+	12:27+	13:45+	14:51+	15:39+	18:12+	19:37+	20:31+	22:59+	25:06+	26:25+	29:42+	31:02+	32:05+	32:54+
01:21+	01:56+	01:39+	00:38-	01:37+	01:29-	00:35-	01:37+	00:54-	00:41+	01:18-	01:06+	00:48-	02:33-	01:25+	00:54=	02:28+	02:07=	01:19-	03:17-	01:20+	01:03-	00:49+
00:12#	01:11@	00:28&	00:03-	00:07+	00:10-	00:06-	00:07+	-80:00	00:01+	00:03-	00:09#	00:05-	00:01-	00:01+	00:00=	00:06+	00:00=	00:07-	00:06-	00:01+	00:02-	00:07#
4	Tim	Griffin				G	andda	l IL				3	34:52									
01:18+	02:38+	03:51+	04:55+	06:10+	07:07+	08:12+	09:41+	10:42+	11:38+	13:19+	15:05+	15:55+	18:43+	20:18+	21:07+	24:37+	26:48+	28:10+	31:24+	32:59+	34:07+	34:52+
01:18+	01:20+	01:13+	01:04+	01:15-	00:57-	01:05+	01:29-	01:01-	00:56+	01:41+	01:46+	00:50-	02:48+	01:35+	00:49-	03:30+	02:11+	01:22-	03:14-	01:35+	01:08+	00:45+
00:09#	00:35&	00:02+	00:23&	00:15-	00:42-	00:24&	00:01-	00:01-	00:16&	00:20#	00:49&	00:03-	00:14+	00:11#	00:05-	01:08&	00:04+	00:04-	00:09-	00:16#	00:03+	00:03+
a Time in a	Timina	Cana	: ~ h 4 4 0 C	O Emit			_					40.04	2042 20	.20.E4								

Plass	Navn Klasse								Tid															
5	Inge	Lølan	d			R	otorsp	ort Br	istow			•	39:53											
01:30+	02:19+	04:31+	05:38+			11:21+	12:59+	14:09+	15:03+			19:20+	22:13+	23:43+										
01:30+														01:30+										
00:21&				01:04&	00:45&	_			_	00:36&	00:22&			00:06+	00:36&	00:22#	01:19&	00:17#	00:14+	00:05-	00:00=	00:09#		
0		t Karls			00.40	Stavanger OK 10:06+ 11:39+ 12:59+ 13:53+				45.00	40:29					05.45						40.00		
01:53+														22:12+										
														00:16#										
7	Espen Fyhn Nilsen Statoil BIL 40:50																							
01:34+					09:01+	_			14:03+	16:09+	17:23+			23:33+	24:57+	27:55+	31:03+	32:48+	36:40+	38:34+	39:57+	40:50+		
01:34+														02:01+										
00:25&				_	00:18-	_				00:45&	00:17&			00:37&	00:30&	00:36&	01:01&	00:19#	00:29#	00:35&	00:18&	00:11&		
8		Kristia					andne						41:32											
01:30+ 01:30+														23:37+ 01:44+										
														00:20#										
9	Δrne	Kristi	an Fs	nedal		S	tavano	er OK	•				42:15											
01:36+					08:10+					14:55+	16:14+			25:01+	26:16+	28:39+	31:33+	33:05+	37:22+	39:32+	41:19+	42:15+		
01:36+	02:18+	01:13+	00:51+	00:59-	01:13-	00:42+	02:30+	01:23+	00:44+	01:26+	01:19+	02:30+	04:44+	01:33+	01:15+	02:23+	02:54+	01:32+	04:17+	02:10+	01:47+	00:56+		
	_			00:31-	00:26-	_			_	00:05+	00:22&			00:09#	00:21&	00:01+	00:47&	00:06+	00:54&	00:51&	00:42&	00:14&		
10	_	je Brul					tavanç	,					42:35											
01:18+ 01:18+														22:58+ 01:32+										
11	:09# 00:32& 00:13# 00:04+ 00:25& 00:44& 00:05- 00:27& 00:13# 00:10# 00:24& 01:22@ 00:05+ 00:10+ 00:08+ 00:14& 00:17# 00:23# 00:25& 03:47@ 00:45& 00:12# 00:16& Jonas Nesland Vevatne Statoil BIL 44:46																							
01:40+					-	_			14:11+	16:46+	18:21+			25:14+	26:34+	30:13+	34:16+	36:36+	40:47+	42:25+	43:46+	44:46+		
01:40+														02:17+										
	_		_	00:15-	00:38-	_			01:08@	01:14&	00:38&			00:53&	00:26&	01:17&	01:56&	00:54&	00:48#	00:19#	00:16#	00:18&		
12		Oalan				_	tatoil I		40.50				48:35			04.04			40.50	45.04	4.11.00	40.05		
01:50+														29:00+ 01:47+										
														00:23&										
13	Erns	t Krist	enser	1		S	tatoil E	3IL					53:34											
01:50+					11:57+				18:31+	20:57+	22:39+			29:55+	31:47+	35:19+	38:39+	40:43+	48:23+	50:45+	52:20+	53:34+		
01:50+	02:59+	02:29+	01:07+	01:29-	02:03+	01:34+	02:01+	01:37+	01:22+	02:26+	01:42+	01:15+	03:39+	02:22+	01:52+	03:32+	03:20+	02:04+	07:40+	02:22+	01:35+	01:14+		
00:41&				00:01-	00:24#	_	_		_	01:05&	00:45&			00:58&	00:58@	01:10&	01:13&	00:38&	04:17@	01:03&	00:30&	00:32&		
14	Otto Alsnes Sandnes Idrettslag 58:53																							
																							01:39+ 01:39+	
Beste					30.11π	31.306	30.304	30.10	31.136	32.07e	30.274	33.006	50.55	30.13	32.116	30.12		-1-056		30.304	13.306	-1-106	-1.00	20.571
					00:57	00:35	01:29	00:44	00:40	01:18	00:57	00:48	01:41	01:09	00:49	01:40	01:56	01:18	03:08	01:14	01:03	00:42		

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

Herrer mellom

1	Kjell	Olav (Gjerde	!		S	tavang	ger OK				3	31:12					
		03:50=		06:28=	07:24=										27:12=		30:20=	
00:41=	01:01=	02:08=	01:28=	01:10=	00:56=	01:37=	01:09=	01:02=	02:36=	00:54=	02:37=	02:21=	01:47=	01:21=	04:24=	01:41=	01:27=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Tore	Prest	vold			T	annleg	e Pres	stvold	BIL		3	31:18					
00:44+	01:42=	02:37-	03:46-	05:55-	06:45-	08:38-	10:04-	10:54-	12:16-	13:10-	15:16-	17:39-	19:40-	21:06-	26:57-	28:39-	30:07-	31:18+
00:44+	00:58-	00:55-	01:09-	02:09+	00:50-	01:53+	01:26+	00:50-	01:22-	00:54=	02:06-	02:23+	02:01+	01:26+	05:51+	01:42+	01:28+	01:11+
00:03+	00:03-	01:13-	00:19-	00:59&	00:06-	00:16#	00:17#	00:12-	01:14-	00:00=	00:31-	00:02+	00:14#	00:05+	01:27&	00:01+	00:01+	00:19&
3	Lars	Prims	stad		Klepp Kommune BIL							3	32:02					
01:09+	02:16+	04:25+	06:02+	07:25+	08:21+	09:58+	11:10+	12:07+	14:38+	15:40+	18:08+	20:43+	22:30+	23:51+	27:56+	30:10+	31:17+	32:02+
01:09+	01:07+	02:09+	01:37+	01:23+	00:56=	01:37=	01:12+	00:57-	02:31-	01:02+	02:28-	02:35+	01:47=	01:21=	04:05-	02:14+	01:07-	00:45-
00:28&	00:06+	00:01+	00:09#	00:13#	00:00=	00:00=	00:03+	00:05-	00:05-	00:08#	00:09-	00:14+	00:00=	00:00=	00:19-	00:33&	00:20-	00:07-

Plass	Navı	า				K	lasse					Т	id						
4	Jøra	en Nil	sen			Sandnes Idrettslag						3	32:52						
00:45+ 00:45+	02:24+	03:30-	07:30+			11:50+ 01:36-	13:13+	14:13+	15:25+										
00:04+ 5		01:02- e Østei		00:25&	00:13#	00:01-	00:14# RIS BIL		01:24-	00:01+	00:08-		00:04+ 33:54	00:02-	00:33#	00:12#	00:11-	00:00=	
•				06:36+	07:58+	10:19+		=	15:25+	16:19+	20:03+	•		25:30+	30:00+	31:44+	33:03+	33:54+	
01:00+						02:21+													
00:19&	00:01-	00:49-	00:26&	00:13#	00:26&	00:44&	00:22&	00:06-	00:03+	00:00=	01:07&	00:06-	00:03+	00:01+	00:06+	00:03+	00:08-	00:01-	
6	Biar	ne Gin	nre			Ganddal IL						3	38:19						
00:49+				08:43+	09:34+	11:51+	13:16+	14:17+	16:03+	18:21+	19:10+	22:50+	24:45+	26:40+	28:47+	33:34+	35:47+	37:23+	38:19+
00:49+						02:17+													
00:08#	00:04-	00:51-	00:15#	02:47@	00:05-	00:40&	00:16#	00:01-	00:50-	01:24@	01:48-	01:19&	00:08+	00:34&	02:17-	03:06@	00:46&	00:44&	00:56+
7	Jere	my Hu	ıthwait	te		В	aker C	il Spo			3	39:33							
00:46+	02:01+	03:45-	06:11+	08:14+	09:25+	12:10+	13:39+	15:04+	17:12+	18:20+	20:43+	23:37+	25:56+	30:31+	35:11+	37:23+	38:46+	39:33+	
00:46+						02:45+													
00:05#				00:53&	00:15&	01:08&				00:14&	00:14-	00:33#	00:32&	03:14@	00:16+	00:31&	00:04-	00:05-	
8	Ivar	Parna:	S			С	onoco	Phillip			3	39:37							
						14:50+													
00:48+						02:09+													
00:07#				01:15@	00:17&	00:32&			01:02-	00:03+	00:04+			00:30&	00:50#	00:00=	00:06-	00:08#	
9		n Elias				Vaulen OK							41:28						
00:59+						12:35+													
00:59+						02:56+													
				00:41&	00:16%	01:19&				00:45&	00:03+			00:48&	01:33&	00:1/#	00:13#	00:19&	
10		eir Bel				5	tavanç	ger Ok	.				13:09						
						19:52+													
00:52+ 00:11&						09:46+ 08:09@											01:17-		
				00.01	00.304	_				00.00π	00.21#			00.10#	00.021	00.12π	00.10	00-114	
11	Ole Auklend Skattesport BIL 3+ 02:04+ 03:23- 07:49+ 12:42+ 14:08+ 16:35+ 18:58+ 19:55+ 21:52+												45:03	24.00	40.04	40.00	42.55	45.00	
00:53+						16:35+											43:5/+		
						00:50&													
12					00.304					00.01.	02.054		46:04	00.274	01.124	00.304	00.07.	00.114	
00:59+			Werne		00.15.	12:18+	ogalar			10.05	22.16.			22.10.	20.54	40.17.	44.00.	46:04+	
00:59+						03:03+													
						01:26&													
Beste																			
00:41	00:57			-	00:50	01:36	01:00	00:50	01:12	00:54	00:49	01:55	01:47	01:19	02:07	01:41	01:07	00:45	
00.41	00.37	00.33	01.09	01.00	00.50	01.30	01.09	00.30	01.12	00.34	00.49	01.33	01.4/	01.13	02.07	01.41	01.07	00.43	

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