

## Nattløp nr. 5-10.01.2013

Tid

Plass		Navn										Klasse										Tid																													
Beste strekktid for klassen																																																			
00:46		03:46		01:25		01:04		03:26		01:28		01:42		00:33		03:05		02:31		01:18		00:55		01:17		00:08		00:37		00:57		02:15		01:00		00:56		00:15		00:18											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																																			
Herrer ekstra lang																																																			
1		Thomas Natvig Årstad										NTNUI										29:14																													
00:26=		02:33=		03:33=		04:31=		05:34=		06:50=		07:46=		10:12=		11:15=		12:40=		14:55=		15:48=		16:38=		17:24=		18:14=		19:36=		20:38=		21:37=		22:28=		22:56=		24:01=		24:24=		25:05=		25:42=		25:48=		26:11=	
00:26=		02:07=		01:00=		00:58=		01:03=		01:16=		00:56=		02:26=		01:03=		01:25=		02:15=		00:53=		00:50=		00:46=		00:50=		01:22=		01:02=		00:59=		00:51=		00:28=		01:05=		00:23=		00:41=		00:37=		00:06=		00:23=	
00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=		00:00=			
26:52=		27:46=		28:24=		28:37=		29:04=		29:14=																																									
00:41=		00:54=		00:38=		00:13=		00:27=		00:10=																																									
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2		Mathias Stensland Lillevold										NTNUI										30:24																													
01:04+		03:46+		04:51+		05:57+		06:57+		07:55+		08:52+		10:50+		11:46+		12:41+		15:26+		16:18+		17:24+		18:34+		19:22+		20:50+		21:43+		22:47+		23:28+		24:08+		25:15+		25:34+		26:09+		26:44+		26:50+		27:13+	
01:04+		02:42+		01:05+		01:06+		01:00=		00:58=		00:57+		01:58=		00:56=		00:55=		02:45+		00:52=		01:06+		01:10+		00:48=		01:28+		00:53=		01:04+		00:41=		00:40+		01:07+		00:19=		00:35=		00:35=		00:06=		00:23=	
00:38@		00:35&		00:05+		00:08#		00:03=		00:18=		00:01+		00:28=		00:07=		00:30=		00:30#		00:01=		00:16&		00:24&		00:02=		00:06+		00:09=		00:05+		00:10=		00:12&		00:02+		00:04=		00:06=		00:02=		00:00=		00:00=	
28:12+		28:59+		29:34+		29:46+		30:13+		30:24+																																									
00:59+		00:47=		00:35=		00:12=		00:27=		00:11+																																									
00:18&		00:07=		00:03=		00:01=		00:00=		00:01+																																									
3		Ola Magnus Laugaland										Ålgård Orientering										31:09																													
00:26=		03:03+		04:35+		05:36+		06:55+		08:01+		08:54+		11:09+		12:19+		13:13+		14:54=		15:44=		16:39+		17:40+		18:25+		20:12+		21:18+		22:25+		23:17+		23:44+		26:05+		26:29+		27:12+		27:52+		27:58+		28:21+	
00:26=		02:37+		01:32+		01:01+		01:19+		01:06=		00:53=		02:15=		01:10+		00:54=		01:41=		00:50=		00:55+		01:01+		00:45=		01:47+		01:06+		01:07+		00:52+		00:27=		02:21+		00:24+		00:43+		00:40+		00:06=		00:23=	
00:00=		00:30#		00:32&		00:03+		00:16&		00:10=		00:03=		00:11=		00:07#		00:31=		00:34=		00:03=		00:05+		00:15&		00:05=		00:25&		00:04+		00:08#		00:01+		00:01=		01:16@		00:01+		00:02+		00:03+		00:00=		00:00=	
28:54+		29:40+		30:21+		30:34+		30:59+		31:09+																																									
00:33=		00:46=		00:41+		00:13=		00:25=		00:10=																																									
00:08=		00:08=		00:03+		00:00=		00:02=		00:00=																																									
4		Bjarthe Westerheim										SkogsOpplevelser BIL										32:02																													
00:38+		03:26+		04:31+		05:44+		06:44+		07:53+		08:58+		11:11+		12:16+		13:14+		14:59+		16:05+		17:18+		18:18+		18:58+		20:47+		21:51+		23:09+		24:04+		24:32+		25:57+		26:24+		27:14+		28:09+		28:16+		28:42+	
00:38+		02:48+		01:05+		01:13+		01:00=		01:09=		01:05+		02:13=		01:05+		00:58=		01:45=		01:06+		01:13+		01:00+		00:40=		01:49+		01:04+		01:18+		00:55+		00:28=		01:25+		00:27+		00:50+		00:55+		00:07+		00:26+	
00:12&		00:41&		00:05+		00:15&		00:03=		00:07=		00:09#		00:13=		00:02+		00:27=		00:30=		00:13#		00:23&		00:14&		00:10=		00:27&		00:02+		00:19&		00:04+		00:00=		00:20&		00:04#		00:09#		00:18&		00:01#		00:03#	
29:30+		30:29+		31:06+		31:21+		31:50+		32:02+																																									
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5		Sigurd Oftedal										Ålgård Orientering										33:03																													
00:42+		03:11+		04:18+		05:44+		07:02+		08:13+		09:16+		11:50+		13:06+		14:12+		16:31+		17:35+		18:29+		19:29+		20:09+		22:01+		23:08+		24:15+		25:08+		25:36+		27:48+		28:14+		29:03+		29:43+		29:49+		30:11+	
00:42+		02:29+		01:07+		01:26+		01:18+		01:11=		01:03+		02:34+		01:16+		01:06=		02:19+		01:04+		00:54+		01:00+		00:40=		01:52+		01:07+		01:07+		00:53+		00:28=		02:12+		00:26+		00:49+		00:40+		00:06=		00:22=	
00:16&		00:22#		00:07#		00:28&		00:15#		00:05=		00:07#		00:08+		00:13#		00:19=		00:04+		00:11#		00:04+		00:14&		00:10=		00:30&		00:05+		00:08#		00:02+		00:00=		01:07@		00:03#		00:08#		00:03+		00:00=		00:01=	
30:45+		31:30+		32:13+		32:25+		32:51+		33:03+																																									
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6		Ørjan Ravndal										Ålgård Orientering										33:54																													
00:49+		03:22+		04:27+		05:35+		06:43+		07:48+		08:39+		11:17+		12:31+		13:39+		15:47+		16:44+		17:43+		18:38+		19:23+		21:02+		22:16+		23:20+		24:07+		24:37+		27:20+		27:39+		28:25+		29:06+		29:12+		29:37+	
00:49+		02:33+		01:05+		01:08+		01:08+		01:05=		00:51=		02:38+		01:14+		01:08=		02:08=		00:57+		00:59+		00:55+		00:45=		01:39+		01:14+		01:04+		00:47=		00:30+		02:43+		00:19=		00:46+		00:41+		00:06=		00:25+	
00:23&		00:26#		00:05+		00:10#		00:05+		00:11=		00:05=		00:12+		00:11#		00:17=		00:07=		00:04+		00:09#		00:09#		00:05=		00:17#		00:12#		00:05+		00:04=		00:02+		01:38@		00:04=		00:05#		00:04#		00:00=		00:02+	
30:19+		32:20+		32:57+		33:14+		33:43+		33:54+																																									
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7		Jon Aukrust Osmoen										NTNUI										35:56																													
00:33+		03:55+		05:13+		06:23+		07:45+		09:05+		10:08+		12:30+		13:47+		15:13+		17:10+		18:15+		19:25+		20:36+		21:48+		23:43+		24:49+		25:59+		26:57+		27:28+		29:04+		29:32+		30:29+		31:25+		31:32+		32:01+	
00:33+		03:22+		01:18+		01:10+		01:22+		01:20+		01:03+		02:22=		01:17+		01:26+		01:57=		01:05+		01:10+		01:11+		01:12+		01:55+		01:06+		01:10+		00:58+		00:31+		01:36+		00:28+		00:57+		00:56+		00:07+		00:29+	
00:07&		01:15&		00:18&		00:12#		00:19&		00:04+		00:07#		00:04=		00:14#		00:01+		00:18=		00:12#		00:20&		00:25&		00:22&		00:33&		00:04+		00:11#		00:07#		00:03#		00:31&		00:05#		00:16&		00:19&		00:01#		00:06&	
32:52+		34:01+		34:50+		35:07+		35:43+		35:56+																																									

Plass	Navn					Klasse					Tid														
9	Jonas K. Espedal					Stavanger OK					36:52														
00:39+	03:52+	05:14+	07:03+	08:31+	09:43+	10:33+	13:12+	14:19+	16:01+	17:50+	19:01+	20:23+	21:31+	22:37+	24:25+	25:32+	27:07+	27:58+	28:37+	30:02+	30:33+	31:25+	32:28+	32:36+	33:03+
00:39+	03:13+	01:22+	01:49+	01:28+	01:12-	00:50-	02:39+	01:07+	01:42+	01:49-	01:11+	01:22+	01:08+	01:06+	01:48+	01:07+	01:35+	00:51=	00:39+	01:25+	00:31+	00:52+	01:03+	00:08+	00:27+
00:13&	01:06&	00:22&	00:51&	00:25&	00:04-	00:06-	00:13+	00:04+	00:17#	00:26-	00:18&	00:32&	00:22&	00:16&	00:26&	00:05+	00:36&	00:00=	00:11&	00:20&	00:08&	00:11&	00:26&	00:02&	00:04#
33:46+	34:58+	35:45+	36:02+	36:38+	36:52+																				
00:43+	01:12+	00:47+	00:17+	00:36+	00:14+																				
00:02+	00:18&	00:09#	00:04&	00:09&	00:04&																				
10	Oddvar Taksdal					Ganddal IL					39:18														
00:32+	04:04+	05:25+	06:54+	08:16+	09:39+	10:43+	13:38+	15:07+	16:17+	18:14+	19:25+	20:37+	23:28+	24:27+	26:39+	27:56+	29:14+	30:11+	30:43+	32:18+	32:48+	33:44+	34:38+	34:48+	35:19+
00:32+	03:32+	01:21+	01:29+	01:22+	01:23+	01:04+	02:55+	01:29+	01:10-	01:57-	01:11+	01:12+	02:51+	00:59+	02:12+	01:17+	01:18+	00:57+	00:32+	01:35+	00:30+	00:56+	00:54+	00:10+	00:31+
00:06#	01:25&	00:21&	00:31&	00:19&	00:07+	00:08#	00:29#	00:26&	00:15-	00:18-	00:18&	00:22&	02:05@	00:09#	00:50&	00:15#	00:19&	00:06#	00:04#	00:30&	00:07&	00:15&	00:17&	00:04&	00:08&
36:05+	37:18+	38:12+	38:26+	39:02+	39:18+																				
00:46+	01:13+	00:54+	00:14+	00:36+	00:16+																				
00:05#	00:19&	00:16&	00:01+	00:09&	00:06&																				
11	Tom Furland					Sandnes Idrettslag					39:29														
03:09+	05:46+	07:04+	08:26+	09:58+	11:08+	12:42+	16:47+	18:03+	19:48+	22:01+	23:04+	24:06+	25:01+	25:46+	27:34+	28:50+	30:10+	31:39+	32:13+	33:48+	34:16+	35:03+	35:44+	35:51+	36:16+
03:09+	02:37+	01:18+	01:22+	01:32+	01:10-	01:34+	04:05+	01:16+	01:45+	02:13-	01:03+	01:02+	00:55+	00:45-	01:48+	01:16+	01:20+	01:29+	00:34+	01:35+	00:28+	00:47+	00:41+	00:07+	00:25+
02:43@	00:30#	00:18&	00:24&	00:29&	00:06-	00:38&	01:39&	00:13#	00:20#	00:02-	00:10#	00:12#	00:09#	00:05-	00:26&	00:14#	00:21&	00:38&	00:06#	00:30&	00:05#	00:06#	00:04#	00:01#	00:02+
37:00+	37:52+	38:32+	38:45+	39:16+	39:29+																				
00:44+	00:52-	00:40+	00:13=	00:31+	00:13+																				
00:03+	00:02-	00:02+	00:00=	00:04#	00:03&																				
12	Morten Sundli					Ganddal IL					40:30														
00:29+	03:24+	04:42+	05:57+	07:59+	09:18+	10:34+	13:26+	14:45+	17:13+	19:28+	20:54+	22:03+	23:09+	24:05+	26:14+	27:32+	29:25+	30:35+	31:10+	33:05+	33:36+	34:34+	35:32+	35:41+	36:11+
00:29+	02:55+	01:18+	01:15+	02:02+	01:19+	01:16+	02:52+	01:19+	02:28+	02:15=	01:26+	01:09+	01:06+	00:56+	02:09+	01:18+	01:53+	01:10+	00:35+	01:55+	00:31+	00:58+	00:58+	00:09+	00:30+
00:03#	00:48&	00:18&	00:17&	00:59&	00:03+	00:20&	00:26#	00:16&	01:03&	00:00=	00:33&	00:19&	00:20&	00:06#	00:47&	00:16&	00:54&	00:19&	00:07#	00:50&	00:08&	00:17&	00:21&	00:03&	00:07&
36:57+	38:10+	38:59+	39:38+	40:15+	40:30+																				
00:46+	01:13+	00:49+	00:39+	00:37+	00:15+																				
00:05#	00:19&	00:11&	00:26@	00:10&	00:05&																				
13	Erik Lima					Ganddal IL					40:40														
00:27+	04:06+	05:22+	06:40+	08:07+	09:33+	10:37+	13:46+	15:05+	16:21+	18:27+	19:42+	24:01+	24:57+	25:42+	27:37+	28:46+	30:16+	31:17+	31:52+	33:38+	34:08+	35:08+	36:16+	36:22+	36:51+
00:27+	03:39+	01:16+	01:18+	01:27+	01:26+	01:04+	03:09+	01:19+	01:16-	02:06-	01:15+	04:19+	00:56+	00:45-	01:55+	01:09+	01:30+	01:01+	00:35+	01:46+	00:30+	01:00+	01:08+	00:06=	00:29+
00:01+	01:32&	00:16&	00:20&	00:24&	00:10#	00:08#	00:43&	00:16&	00:09-	00:09-	00:22&	03:29@	00:10#	00:05-	00:33&	00:07#	00:31&	00:10#	00:07#	00:41&	00:07&	00:19&	00:31&	00:00=	00:06&
37:53+	38:53+	39:39+	39:53+	40:27+	40:40+																				
01:02+	01:00+	00:46+	00:14+	00:34+	00:13+																				
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14	Magnus Landstad					Sandnes Idrettslag					42:05														
01:04+	04:20+	06:37+	07:59+	09:29+	11:03+	12:03+	15:00+	16:05+	17:35+	19:22+	20:33+	21:53+	24:18+	25:28+	27:33+	28:47+	30:06+	30:59+	31:30+	33:16+	33:42+	34:50+	36:01+	36:09+	36:40+
01:04+	03:16+	02:17+	01:22+	01:30+	01:34+	01:00+	02:57+	01:05+	01:30+	01:47-	01:11+	01:22+	02:23+	01:10+	02:05+	01:14+	01:19+	00:53+	00:31+	01:46+	00:26+	01:08+	01:11+	00:08+	00:31+
00:38@	01:09&	01:17@	00:24&	00:27&	00:18#	00:04+	00:31#	00:02+	00:05+	00:28-	00:18&	00:32&	01:37@	00:20&	00:43&	00:12#	00:20&	00:02+	00:03#	00:41&	00:03#	00:27&	00:34&	00:02&	00:08&
37:25+	39:56+	40:48+	41:04+	41:51+	42:05+																				
00:45+	02:31+	00:52+	00:16+	00:47+	00:14+																				
00:04+	01:37@	00:14&	00:03#	00:20&	00:04&																				
15	Arild Aasheim					Ganddal IL					42:08														
01:13+	08:03+	09:15+	10:47+	12:12+	13:25+	14:37+	17:38+	18:47+	19:49+	22:00+	23:30+	24:25+	25:17+	26:28+	28:24+	30:08+	31:26+	32:28+	33:02+	34:32+	35:04+	36:02+	37:10+	37:18+	37:48+
01:13+	06:50+	01:12+	01:32+	01:25+	01:13-	01:12+	03:01+	01:09+	01:02-	02:11-	01:30+	00:55+	00:52+	01:11+	01:56+	01:44+	01:18+	01:02+	00:34+	01:30+	00:32+	00:58+	01:08+	00:08+	00:30+
00:47@	04:43@	00:12#	00:34&	00:22&	00:03-	00:16&	00:35#	00:06+	00:23-	00:04-	00:37&	00:05+	00:06#	00:21&	00:34&	00:42&	00:19&	00:11#	00:06#	00:25&	00:09&	00:17&	00:31&	00:02&	00:07&
38:36+	40:03+	41:06+	41:22+	41:54+	42:08+																				
00:48+	01:27+	01:03+	00:16+	00:32+	00:14+																				
00:07#	00:33&	00:25&	00:03#	00:05#	00:04&																				
16	Jan E. Øvremo					Ålgård Orientering					46:54														
00:25-	05:46+	07:09+	08:51+	10:29+	12:22+	13:16+	14:56+	18:03+	19:22+	20:44+	23:50+	24:53+	26:00+	27:19+	28:20+	30:45+	32:10+	33:31+	34:47+	35:29+	37:38+	39:20+	40:24+	41:27+	41:35+
00:25-	05:21+	01:23+	01:42+	01:38+	01:53+	00:54-	01:40-	03:07+	01:19-	01:22-	03:06+	01:03+	01:07+	01:19+	01:01-	02:25+	01:25+	01:21+	01:16+	00:42-	02:09+	01:42+	01:04+	01:03+	00:08-
00:01-	03:14@	00:23&	00:44&	00:35&	00:37&	00:02-	00:46-	02:04@	00:06-	00:53-	02:13@	00:13&	00:21&	00:29&	00:21-	01:23@	00:26&	00:30&	00:48@	00:23-	01:46@	01:01@	00:27&	00:57@	00:15-
42:39+	43:25+	44:44+	45:37+	46:05+	46:41+	46:54+																			
01:04+	00:46-	01:19+	00:53+	00:28+	00:36+	00:13+																			
00:23&	00:08-	00:41@	00:40@	00:01+	00:26@	00:13+																			
17	Kjell Dale					Sandnes Idrettslag					48:03														
03:43+	07:08+	08:25+	09:47+	11:26+	13:16+	14:14+	18:02+	19:47+	21:11+	23:19+	24:24+	25:48+	27:35+	30:26+	32:45+	34:23+	35:59+	37:11+	37:52+	39:26+	39:59+	40:51+	41:59+	42:07+	42:44+
03:43+	03:25+	01:17+	01:22+	01:39+	01:50+	00:58+	03:48+	01:45+	01:24-	02:08-	01:05+	01:24+	01:47+	02:51+	02:19+	01:38+	01:36+	01:12+	00:41+	01:34+	00:33+	00:52+	01:08+	00:08+	00:37+
03:17@	01:18&	00:17&	00:24&	00:36&	00:34&	00:02+	01:22&	00:42&	00:01-	00:07-	00:12#	00:34&	01:01@	02:01@	00:57&	00:36&	00:37&	00:21&	00:13&	00:29&	00:10&	00:11&	00:31&	00:02&	00:14&
43:35+	45:44+	46:50+	47:06+	47:46+	48:03+																				
00:51+	02:09+	01:06+	00:16+	00:40+	00:17+																				
00:10#	01:15@	00:28&	00:03#	00:13&	00:07&																				

Plass	Navn					Klasse					Tid														
18	Klaus Klausen Espedal					Stavanger OK					48:07														
00:38+	06:48+	08:02+	09:37+	11:29+	12:44+	13:36+	16:34+	18:05+	23:23+	26:19+	27:29+	28:33+	30:00+	30:56+	33:29+	35:00+	36:08+	38:01+	39:03+	40:44+	41:13+	42:12+	43:05+	43:13+	43:42+
00:38+	06:10+	01:14+	01:35+	01:52+	01:15-	00:52-	02:58+	01:31+	05:18+	02:56+	01:10+	01:04+	01:27+	00:56+	02:33+	01:31+	01:08+	01:53+	01:02+	01:41+	00:29+	00:59+	00:53+	00:08+	00:29+
00:12&	04:03@	00:14#	00:37&	00:49&	00:01-	00:04-	00:32#	00:28&	03:53@	00:41&	00:17&	00:14&	00:41&	00:06#	01:11&	00:29&	00:09#	01:02@	00:34@	00:36&	00:06&	00:18&	00:16&	00:02&	00:06&
44:24+	46:17+	47:06+	47:20+	47:53+	48:07+																				
00:42+	01:53+	00:49+	00:14+	00:33+	00:14+																				
00:01+	00:59@	00:11&	00:01+	00:06#	00:04&																				

Beste strekktid for klassen

00:20	02:07	01:00	00:58	01:00	00:58	00:49	01:40	00:56	00:54	01:22	00:50	00:50	00:46	00:40	01:01	00:53	00:59	00:41	00:25	00:42	00:19	00:35	00:35	00:06	00:08	00:33	00:00
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer lang

1	Rune Karstensen					Stavanger OK					34:02														
01:52=	04:04=	04:58=	06:51=	08:35=	10:05=	13:13=	14:33=	16:27=	17:39=	18:57=	20:35=	23:42=	25:04=	26:44=	27:37=	28:38=	28:48=	29:23=	30:08=	31:42=	32:45=	32:59=	33:12=	33:49=	34:02=
01:52=	02:12=	00:54=	01:53=	01:44=	01:30=	03:08=	01:20=	01:54=	01:12=	01:18=	01:38=	03:07=	01:22=	01:40=	00:53=	01:01=	00:10=	00:35=	00:45=	01:34=	01:03=	00:14=	00:13=	00:37=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Børge Brubæk					Stavanger OK					35:08														
02:05+	03:52-	05:41+	07:04+	08:39+	09:49-	13:16+	14:34+	16:12-	17:28-	18:34-	19:58-	22:54-	24:10-	25:53-	26:37-	27:21-	27:28-	27:58-	28:42-	32:35+	34:03+	34:23+	34:55+	35:08+	
02:05+	01:47-	01:49+	01:23-	01:35-	01:10-	03:27+	01:18-	01:38-	01:16+	01:06-	01:24-	02:56-	01:16-	01:43+	00:44-	00:44-	00:07-	00:30-	00:44-	03:53+	01:28+	00:20+	00:32+	00:13-	
00:13#	00:25-	00:55@	00:30-	00:09-	00:20-	00:19#	00:02-	00:16-	00:04+	00:12-	00:14-	00:11-	00:06-	00:03+	00:09-	00:17-	00:03-	00:05-	00:01-	02:19@	00:25&	00:06&	00:19@	00:24-	

3	Per Olav Haarr					Ganddal IL					35:16														
01:55+	04:06+	05:03+	08:53+	09:54+	10:50+	15:31+	16:48+	18:34+	20:38+	21:46+	22:51+	25:35+	26:41+	28:19+	29:06+	30:09+	30:16+	30:52+	32:03+	33:25+	34:19+	34:30+	35:04+	35:16+	
01:55+	02:11-	00:57+	03:50+	01:01-	00:56-	04:41+	01:17-	01:46-	02:04+	01:08-	01:05-	02:44-	01:06-	01:38-	00:47-	01:03+	00:07-	00:36+	01:11+	01:22-	00:54-	00:11-	00:34+	00:12-	
00:03+	00:01-	00:03+	01:57@	00:43-	00:34-	01:33&	00:03-	00:08-	00:52&	00:10-	00:33-	00:23-	00:16-	00:02-	00:06-	00:02+	00:03-	00:01+	00:26&	00:12-	00:09-	00:03-	00:21@	00:25-	

4	Otte Omdal					Ganddal IL					38:17														
06:20+	08:44+	10:05+	11:29+	13:09+	14:22+	17:19+	18:44+	20:28+	21:44+	22:56+	24:29+	27:27+	28:48+	30:25+	31:08+	31:55+	32:01+	32:30+	33:11+	36:22+	37:04+	37:22+	38:04+	38:17+	
06:20+	02:24+	01:21+	01:24-	01:40-	01:13-	02:57-	01:25+	01:44-	01:16+	01:12-	01:33-	02:58-	01:21-	01:37-	00:43-	00:47-	00:06-	00:29-	00:41-	03:11+	00:42-	00:18+	00:42+	00:13-	
04:28@	00:12+	00:27&	00:29-	00:04-	00:17-	00:11-	00:05+	00:10-	00:04+	00:06-	00:05-	00:09-	00:01-	00:03-	00:10-	00:14-	00:04-	00:06-	00:04-	01:37@	00:21-	00:04&	00:29@	00:24-	

5	Cato Eike					Vaulen OK					39:39														
02:28+	04:17+	05:17+	08:52+	10:36+	12:01+	15:33+	17:16+	20:21+	21:35+	23:02+	24:32+	28:18+	29:33+	32:25+	33:08+	33:58+	34:15+	34:24+	35:07+	36:00+	37:31+	38:29+	38:49+	39:25+	39:39+
02:28+	01:49-	01:00+	03:35+	01:44=	01:25-	03:32+	01:43+	03:05+	01:14+	01:27+	01:30-	03:46+	01:15-	02:52+	00:43-	00:50-	00:17+	00:09-	00:43-	00:53-	01:31+	00:58+	00:20+	00:36-	00:14+
00:36&	00:23-	00:06#	01:42&	00:00=	00:05-	00:24#	00:23&	01:11&	00:02+	00:09#	00:08-	00:39#	00:07-	01:12&	00:10-	00:11-	00:07&	00:26-	00:02-	00:41-	00:28&	00:44@	00:07&	00:01-	00:01+

6	Kai Tore Breiland					Ålgård Orientering					40:16														
03:05+	05:43+	06:48+	11:08+	12:38+	13:51+	17:38+	19:11+	21:22+	22:44+	23:54+	24:55+	28:13+	29:51+	31:44+	32:39+	34:07+	34:15+	34:49+	35:35+	37:54+	38:57+	39:15+	39:58+	40:16+	
03:05+	02:38+	01:05+	04:20+	01:30-	01:13-	03:47+	01:33+	02:11+	01:22+	01:10-	01:01-	03:18+	01:38+	01:53+	00:55+	01:28+	00:08-	00:34-	00:46+	02:19+	01:03=	00:18+	00:43+	00:18-	
01:13&	00:26#	00:11#	02:27@	00:14-	00:17-	00:39#	00:13#	00:17#	00:10#	00:08-	00:37-	00:11+	00:16#	00:13#	00:02+	00:27&	00:02-	00:01-	00:01+	00:45&	00:00=	00:04&	00:30@	00:19-	

7	Geir Sand					SUS BIL					41:13														
07:24+	09:49+	10:55+	16:06+	17:56+	19:08+	22:06+	23:24+	25:11+	26:40+	27:49+	28:57+	31:55+	33:20+	34:43+	35:30+	36:28+	36:36+	37:16+	37:59+	39:23+	40:13+	40:25+	40:59+	41:13+	
07:24+	02:25+	01:06+	05:11+	01:50+	01:12-	02:58-	01:18-	01:47-	01:29+	01:09-	01:08-	02:58-	01:25+	01:23-	00:47-	00:58-	00:08-	00:40+	00:43-	01:24-	00:50-	00:12-	00:34+	00:14-	
05:32@	00:13+	00:12#	03:18@	00:06+	00:18-	00:10-	00:02-	00:07-	00:17#	00:09-	00:30-	00:09-	00:03+	00:17-	00:06-	00:03-	00:02-	00:05#	00:02-	00:10-	00:13-	00:02-	00:21@	00:23-	

8	Per Ingar Hadland					Ganddal IL					42:53														
02:16+	04:22+	10:11+	12:28+	14:20+	15:30+	19:24+	20:58+	23:14+	24:44+	25:58+	27:12+	30:58+	32:36+	34:18+	35:19+	36:24+	36:32+	37:16+	38:06+	40:32+	41:35+	41:53+	42:38+	42:53+	
02:16+	02:06-	05:49+	02:17+	01:52+	01:10-	03:54+	01:34+	02:16+	01:30+	01:14-	01:14-	03:46+	01:38+	01:42+	01:01+	01:05+	00:08-	00:44+	00:50+	02:26+	01:03=	00:18+	00:45+	00:15-	
00:24#	00:06-	04:55@	00:24#	00:08+	00:20-	00:46#	00:14#	00:22#	00:18#	00:04-	00:24-	00:39#	00:16#	00:02+	00:08#	00:04+	00:02-	00:09&	00:05#	00:52&	00:00=	00:04&	00:32@	00:22-	

9	Kjetil Wirak					Stavanger OK					43:39														
12:00+	14:18+	15:19+	16:45+	18:24+	19:51+	22:55+	24:16+	26:04+	27:33+	28:43+	30:18+	33:26+	34:45+	36:19+	37:12+	38:27+	38:35+	39:10+	40:06+	41:32+	42:37+	42:51+	43:25+	43:39+	
12:00+	02:18+	01:01+	01:26-	01:39-	01:27-	03:04+	01:21+	01:48-	01:29+	01:10-	01:35-	03:08+	01:19-	01:34+	00:53=	01:15+	00:08-	00:35=	00:56+	01:26-	01:05+	00:14=	00:34+	00:14-	
10:08@	00:06+	00:07#	00:27-	00:05-	00:03-	00:04-	00:01+	00:06-	00:17#	00:08-	00:03-	00:01+	00:03-	00:06-	00:00=	00:14#	00:02-	00:00=	00:11#	00:08-	00:02+	00:00=	00:21@	00:23-	

10	Ove Oaland					Statoil BIL					48:53														
05:13+	08:15+	09:47+	12:44+	14:54+	16:41+	21:24+	23:13+	25:24+	27:03+	29:07+	30:36+	34:19+	37:38+	39:22+	40:25+	41:57+	42:09+	42:53+	43:58+	45:46+	47:06+	47:45+	48:35+	48:53+	
05:13+	03:02+	01:32+	02:57+	02:10+	01:47+	04:43+	01:49+	02:11+	01:39+	02:04+	01:29+	03:43+	03:19+	01:44+	01:03+	01:32+	00:12+	00:44+	01:05+	01:48+	01:20+	00:39+	00:50+	00:18+	
03:21@	00:50@	00:38@	01:04@	00:26@	00:17@	01:35@	00:29@	00:17@	00:27@	00:46@	00:09+	00:36@	01:57@	00:04+	00:10@	00:31@	00:02@	00:09@	00:20@	00:14@	00:17@	00:25@	00:37@	00:19+	

Plass	Navn	Klasse	Tid
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Beste strekktid for klassen

01:52	01:47	00:54	01:23	01:01	00:56	02:57	01:17	01:38	01:12	01:06	01:01	02:44	01:06	01:23	00:43	00:44	00:06	00:09	00:41	00:53	00:42	00:11	00:13	00:12	00:13
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer mellom

1	Tore Prestvold				Tannlege Prestvold BIL										38:24					
00:36=	03:46=	05:15=	06:24=	10:21=	12:41=	15:46=	16:32=	20:46=	23:26=	25:25=	26:50=	28:14=	28:31=	29:13=	30:18=	35:16=	36:03=	37:34=	38:24=	
00:36=	03:10=	01:29=	01:09=	03:57=	02:20=	03:05=	00:46=	04:14=	02:40=	01:59=	01:25=	01:24=	00:17=	00:42=	01:05=	04:58=	00:47=	01:31=	00:50=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Eivind L. Rake				Sandnes Idrettslag										46:15					
00:49+	05:27+	07:37+	09:01+	13:40+	16:01+	20:13+	21:03+	26:21+	29:37+	32:39+	34:19+	36:16+	36:30+	37:27+	38:43+	42:50+	44:19+	45:50+	46:15+	
00:49+	04:38+	02:10+	01:24+	04:39+	02:21+	04:12+	00:50+	05:18+	03:16+	03:02+	01:40+	01:57+	00:14+	00:57+	01:16+	04:07+	01:29+	01:31=	00:25+	
00:13&	01:28&	00:41&	00:15#	00:42#	00:01+	01:07&	00:04+	01:04&	00:36#	01:03&	00:15#	00:33&	00:03+	00:15&	00:11#	00:51+	00:42&	00:00=	00:25+	
3	Helge Kristensen				JWC BIL										53:27					
01:25+	05:08+	08:14+	09:57+	20:58+	23:01+	27:35+	29:40+	35:19+	39:08+	41:15+	42:39+	44:22+	44:37+	45:33+	46:47+	49:27+	50:54+	52:15+	53:27+	
01:25+	03:43+	03:06+	01:43+	11:01+	02:03+	04:34+	02:05+	05:39+	03:49+	02:07+	01:24+	01:43+	00:15+	00:56+	01:14+	02:40+	01:27+	01:21+	01:12+	
00:49@	00:33#	01:37@	00:34&	07:04@	00:17+	01:29&	01:19@	01:25&	01:09&	00:08+	00:01+	00:19#	00:02+	00:14&	00:09#	02:18+	00:40&	00:10+	00:22&	
4	Paul A. Paulsen				Stavanger kommune BIL										1:15:30					
00:46+	27:24+	29:42+	32:03+	37:02+	39:12+	42:19+	43:19+	48:51+	52:10+	54:47+	63:28+	65:50+	66:02+	67:14+	68:29+	71:36+	73:18+	74:48+	75:30+	
00:46+	26:38+	02:18+	02:21+	04:59+	02:10+	03:07+	01:00+	05:32+	03:19+	02:37+	08:41+	02:22+	00:12+	01:12+	01:15+	03:07+	01:42+	01:30+	00:42+	
00:10&	23:28@	00:49&	01:12@	01:02&	00:10+	00:02+	00:14&	01:18&	00:39#	00:38&	07:16@	00:58&	00:05+	00:30&	00:10#	01:51+	00:55@	00:01+	00:08+	

Beste strekktid for klassen

00:36	03:10	01:29	01:09	03:57	02:03	03:05	00:46	04:14	02:40	01:59	01:24	01:24	00:12	00:42	01:05	02:40	00:47	01:21	00:25
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.