

Damer kort

1 Ingrid Lamark Ganddal IL 30:32

03:48=	10:24=	11:50=	14:00=	15:45=	17:58=	21:29=	24:18=	26:39=	27:13=	28:14=	30:32=
03:48=	06:36=	01:26=	02:10=	01:45=	02:13=	03:31=	02:49=	02:21=	00:34=	01:01=	02:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

03:48	06:36	01:26	02:10	01:45	02:13	03:31	02:49	02:21	00:34	01:01	02:18
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer lang

1 Inger Tone Nygård Egersund OK 51:52

02:07=	05:29=	09:06=	11:54=	13:19=	18:47=	21:06=	23:58=	26:48=	29:07=	32:11=	34:15=	38:04=	43:49=	45:22=	50:06=	51:06=	51:52=
02:07=	03:22=	03:37=	02:48=	01:25=	05:28=	02:19=	02:52=	02:50=	02:19=	03:04=	02:04=	03:49=	05:45=	01:33=	04:44=	01:00=	00:46=
00:00=	00:00=	03:39=	02:47=	00:57=	08:49=	02:19=	01:33=	02:29=	02:00=	03:24=	02:23=	05:12=	09:16=	01:38=	03:16=	01:09=	00:45=
00:10=	03:36@	00:02=	00:01=	00:28=	03:21&	00:00=	01:19=	00:21=	00:19=	00:20#	00:19#	01:23&	03:31&	00:05=	01:28=	00:09#	00:01=

2 Torill Brekken Ganddal IL 1:00:31

01:57=	08:55+	12:34+	15:21+	16:18+	25:07+	27:26+	28:59+	31:28+	33:28+	36:52+	39:15+	44:27+	53:43+	55:21+	58:37+	59:46+	60:31+
01:57=	06:58+	03:39+	02:47=	00:57=	08:49+	02:19=	01:33=	02:29=	02:00=	03:24+	02:23+	05:12+	09:16+	01:38+	03:16=	01:09+	00:45=
00:10=	03:36@	00:02+	00:01=	00:28=	03:21&	00:00=	01:19=	00:21=	00:19=	00:20#	00:19#	01:23&	03:31&	00:05+	01:28=	00:09#	00:01=

3 Jorunn Johannesen Sandnes Idrettslag 1:03:15

02:36+	06:59+	10:56+	14:13+	15:28+	21:04+	23:29+	25:04+	28:18+	30:40+	33:53+	36:28+	40:39+	55:00+	56:32+	61:27+	62:26+	63:15+
02:36+	04:23+	03:57+	03:17+	01:15=	05:36+	02:25+	01:35=	03:14+	02:22+	03:13+	02:35+	04:11+	14:21+	01:32=	04:55+	00:59=	00:49+
00:29#	01:01&	00:20+	00:29#	00:10=	00:08+	00:06+	01:17=	00:24#	00:03+	00:09+	00:31#	00:22+	08:36@	00:01=	00:11+	00:01=	00:03+

Beste strekktid for klassen

01:57	03:22	03:37	02:47	00:57	05:28	02:19	01:33	02:29	02:00	03:04	02:04	03:49	05:45	01:32	03:16	00:59	00:45
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer mellom

1 Vibeke Lamark Ganddal IL 45:00

03:30=	06:34=	10:43=	14:25=	18:09=	21:05=	23:23=	24:55=	28:21=	30:57=	34:37=	36:07=	39:12=	42:45=	44:09=	45:00=
03:30=	03:04=	04:09=	03:42=	03:44=	02:56=	02:18=	01:32=	03:26=	02:36=	03:40=	01:30=	03:05=	03:33=	01:24=	00:51=
00:00=	00:00=	00:00=	00:00=	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 Griffin BP BIL 47:05

01:47=	04:25=	08:26=	12:21=	16:23=	18:51=	21:18=	22:48=	27:00=	29:34=	33:18=	35:22=	41:30+	44:53+	46:12+	47:05+
01:47=	02:38=	04:01=	03:55+	04:02+	02:28=	02:27+	01:30=	04:12+	02:34=	03:44+	02:04+	06:08+	03:23=	01:19=	00:53+
01:43=	00:26=	00:08=	00:13+	00:18+	00:28=	00:09+	00:02=	00:46#	00:02=	00:04+	00:34&	03:03&	00:10=	00:05=	00:02+

3 Ingunn Voilås Egersund OK 57:10

02:00=	06:52+	11:56+	16:20+	20:48+	23:12+	26:45+	28:49+	33:31+	36:43+	40:56+	44:48+	50:10+	54:32+	56:12+	57:10+
02:00=	04:52+	05:04+	04:24+	04:28+	02:24=	03:33+	02:04+	04:42+	03:12+	04:13+	03:52+	05:22+	04:22+	01:40+	00:58+
01:30=	01:48&	00:55#	00:42#	00:44#	00:32=	01:15&	00:32&	01:16&	00:36#	00:33#	02:22@	02:17&	00:49#	00:16#	00:07#

4 Gunn J. Grefstad ABB Robotics BIL 59:47

03:19=	11:26+	17:38+	21:46+	26:08+	29:33+	32:26+	35:14+	39:30+	42:56+	47:48+	49:40+	53:39+	57:27+	58:45+	59:47+
03:19=	08:07+	06:12+	04:08+	04:22+	03:25+	02:53+	02:48+	04:16+	03:26+	04:52+	01:52+	03:59+	03:48+	01:18=	01:02+
00:11=	05:03@	02:03&	00:26#	00:38#	00:29#	00:35&	01:16&	00:50#	00:50&	01:12&	00:22#	00:54&	00:15+	00:06=	00:11#

5 Kristin Skadsem Ganddal IL 1:09:03

04:03+	08:19+	16:01+	21:44+	27:57+	31:53+	36:09+	39:00+	44:30+	48:38+	53:33+	56:13+	60:55+	66:17+	68:00+	69:03+
04:03+	04:16+	07:42+	05:43+	06:13+	03:56+	04:16+	02:51+	05:30+	04:08+	04:55+	02:40+	04:42+	05:22+	01:43+	01:03+
00:33#	01:12&	03:33&	02:01&	02:29&	01:00&	01:58&	01:19&	02:04&	01:32&	01:15&	01:10&	01:37&	01:49&	00:19#	00:12#

6 Jørgine Sofie Morstøl Prefab Design 1:10:06

03:52+	07:10+	12:25+	16:29+	26:10+	34:34+	38:44+	41:00+	44:34+	48:04+	56:08+	57:49+	63:57+	67:49+	69:11+	70:06+
03:52+	03:18+	05:15+	04:04+	09:41+	08:24+	04:10+	02:16+	03:34+	03:30+	08:04+	01:41+	06:08+	03:52+	01:22=	00:55+
00:22#	00:14+	01:06&	00:22+	05:57@	05:28@	01:52&	00:44&	00:08+	00:54&	04:24@	00:11#	03:03&	00:19+	00:02=	00:04+

Beste strekktid for klassen

01:47	02:38	04:01	03:42	03:44	02:24	02:18	01:30	03:26	02:34	03:40	01:30	03:05	03:23	01:18	00:51
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer ekstra lang

1	Bjarthe Westerheim	SkogsOpplevelser BIL	36:08																				
01:25=	03:24=	05:48=	07:15=	08:55=	11:31=	13:15=	14:34=	15:12=	16:16=	17:36=	18:19=	19:01=	20:58=	22:24=	24:07=	25:17=	27:13=	28:57=	31:34=	32:36=	34:58=	35:39=	36:08=
01:25=	01:59=	02:48=	01:27=	01:40=	02:36=	01:44=	01:19=	00:38=	01:04=	01:20=	00:43=	00:42=	01:57=	01:26=	01:43=	01:10=	01:56=	01:44=	02:37=	01:02=	02:22=	00:41=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Tom Furland	Sandnes Idrettslag	40:54																				
02:02+	04:17+	07:09+	08:33+	10:23+	13:46+	15:33+	16:38+	17:25+	18:36+	20:49+	21:33+	22:09+	24:33+	26:02+	27:43+	29:10+	31:18+	32:54+	35:43+	36:50+	39:29+	40:17+	40:54+
02:02+	02:15+	02:52+	01:24-	01:50+	03:23+	01:47+	01:05-	00:47+	01:11+	02:13+	00:44+	00:36-	02:24+	01:29+	01:41-	01:27+	02:08+	01:36-	02:49+	01:07+	02:39+	00:48+	00:37+
00:37&	00:16#	00:28#	00:03-	00:10+	00:47&	00:03+	00:14-	00:09#	00:07#	00:53&	00:01+	00:06-	00:27#	00:03+	00:02-	00:17#	00:12#	00:08-	00:12+	00:05+	00:17#	00:07#	00:08&
3	Odd Fuglestad	Ålgård Orientering	46:03																				
01:37+	04:13+	06:59+	09:07+	10:56+	14:10+	16:10+	17:23+	18:09+	19:29+	21:25+	22:13+	22:57+	25:33+	27:21+	29:45+	31:11+	33:23+	35:06+	40:33+	41:48+	44:28+	45:22+	46:03+
01:37+	02:36+	02:46+	02:08+	01:49+	03:14+	02:00+	01:13-	00:46+	01:20+	01:56+	00:48+	00:44+	02:36+	01:48+	02:24+	01:26+	02:12+	01:43-	05:27+	01:15+	02:40+	00:54+	00:41+
00:12#	00:37&	00:22#	00:41&	00:09+	00:38#	00:16#	00:06-	00:08#	00:16#	00:36&	00:05#	00:02+	00:39&	00:22&	00:41&	00:16#	00:16#	00:01-	02:50@	00:13#	00:18#	00:13&	00:12&
4	Jan E. Øvremo	Ålgård Orientering	46:04																				
01:27+	03:44+	06:28+	08:07+	10:21+	13:31+	15:24+	16:48+	17:32+	18:38+	20:19+	21:09+	21:49+	25:28+	27:52+	30:31+	33:21+	35:43+	37:38+	40:21+	41:36+	44:26+	45:29+	46:04+
01:27+	02:17+	02:44+	01:39+	02:14+	03:10+	01:53+	01:24+	00:44+	01:06+	01:41+	00:50+	00:40-	03:39+	02:24+	02:39+	02:50+	02:22+	01:55+	02:43+	01:15+	02:50+	01:03+	00:35+
00:02+	00:18#	00:20#	00:12#	00:34&	00:34#	00:09+	00:05+	00:06#	00:02+	00:21&	00:07#	00:02-	01:42&	00:58&	00:56&	01:40@	00:26#	00:11#	00:06+	00:13#	00:28#	00:22&	00:06#
5	Morten Sundli	Ganddal IL	48:33																				
01:22-	04:23+	07:40+	09:14+	11:22+	16:04+	18:39+	19:59+	20:58+	22:37+	25:20+	26:13+	26:57+	29:23+	31:03+	33:07+	34:38+	36:52+	39:27+	42:49+	44:07+	47:03+	47:54+	48:33+
01:22-	03:01+	03:17+	01:34+	02:08+	04:42+	02:35+	01:20+	00:59+	01:39+	02:43+	00:53+	00:44+	02:26+	01:40+	02:04+	01:31+	02:14+	02:35+	03:22+	01:18+	02:56+	00:51+	00:39+
00:03-	01:02&	00:53&	00:07+	00:28&	02:06&	00:51&	00:01+	00:21&	00:35&	01:23@	00:10#	00:02+	00:29#	00:14#	00:21#	00:21&	00:18#	00:51&	00:45&	00:16&	00:34#	00:10#	00:10&
6	Rune Christiansen	Sandnes Idrettslag	51:56																				
01:46+	04:21+	07:31+	09:02+	11:26+	16:24+	18:29+	19:49+	21:01+	22:34+	24:25+	25:20+	26:10+	29:38+	31:42+	34:56+	36:57+	39:31+	42:57+	46:18+	47:35+	50:23+	51:21+	51:56+
01:46+	02:35+	03:10+	01:31+	02:24+	04:58+	02:05+	01:20+	01:12+	01:33+	01:51+	00:55+	00:50+	03:28+	02:04+	03:14+	02:01+	02:34+	03:26+	03:21+	01:17+	02:48+	00:58+	00:35+
00:21#	00:36&	00:46&	00:04+	00:44&	02:22&	00:21#	00:01+	00:34&	00:29&	00:31&	00:12&	00:08#	01:31&	00:38&	01:31&	00:51&	00:38&	01:42&	00:44&	00:15#	00:26#	00:17&	00:06#
7	Pål Bårdsen	Stavanger OK	1:05:54																				
02:24+	05:40+	08:37+	11:18+	13:43+	17:39+	19:58+	21:29+	23:05+	24:59+	28:13+	29:24+	30:20+	33:25+	35:36+	41:18+	43:01+	45:39+	47:59+	57:31+	59:12+	63:35+	64:50+	65:54+
02:24+	03:16+	02:57+	02:41+	02:25+	03:56+	02:19+	01:31+	01:36+	01:54+	03:14+	01:11+	00:56+	03:05+	02:11+	05:42+	01:43+	02:38+	02:20+	09:32+	01:41+	04:23+	01:15+	01:04+
00:59&	01:17&	00:33#	01:14&	00:45&	01:20&	00:35&	00:12#	00:58@	00:50&	01:54@	00:28&	00:14&	01:08&	00:45&	03:59@	00:33&	00:42&	00:36&	06:55@	00:39&	02:01&	00:34&	00:35@
8	Jakob Karlsen	Ganddal IL	1:09:54																				
02:16+	06:12+	10:29+	13:18+	16:03+	20:19+	23:28+	25:34+	27:01+	29:08+	31:31+	32:45+	33:51+	38:00+	40:43+	44:12+	46:28+	50:03+	52:49+	61:27+	63:49+	67:37+	68:51+	69:54+
02:16+	03:56+	04:17+	02:49+	02:45+	04:16+	03:09+	02:06+	01:27+	02:07+	02:23+	01:14+	01:06+	04:09+	02:43+	03:29+	02:16+	03:35+	02:46+	08:38+	02:22+	03:48+	01:14+	01:03+
00:51&	01:57&	01:53&	01:22&	01:05&	01:40&	01:25&	00:47&	00:49@	01:03&	01:03&	00:31&	00:24&	02:12@	01:17&	01:46@	01:06&	01:39&	01:02&	06:01@	01:20@	01:26&	00:33&	00:34@

Beste strekktid for klassen

01:22	01:59	02:24	01:24	01:40	02:36	01:44	01:05	00:38	01:04	01:20	00:43	00:36	01:57	01:26	01:41	01:10	01:56	01:36	02:37	01:02	02:22	00:41	00:29
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer kort

Sverre Vareberg				Stavanger OK							
08:34=	17:24=	18:56=	23:16=	28:50=	31:17=	36:19=	39:57=	44:04=	44:49=	46:43=	48:19=
08:34=	08:50=	01:32=	04:20=	05:34=	02:27=	05:02=	03:38=	04:07=	00:45=	01:54=	01:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen											
08:34	08:50	01:32	04:20	05:34	02:27	05:02	03:38	04:07	00:45	01:54	01:36

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

Herrer lang

Pllass	Navn										Klasse										Tid									
3	Jørgen Nilsen										Sandnes Idrettslag										50:09									
	01:18+	04:00+	07:36-	10:46-	14:15-	16:30+	18:52+	20:30+	24:13+	31:36+	36:07+	37:36+	40:54+	48:01+	49:22+	50:09+														
	01:18+	02:42+	03:36-	03:10+	03:29+	02:15+	02:22+	01:38+	03:43+	07:23+	04:31+	01:29+	03:18-	07:07+	01:21+	00:47+														
	00:07+	00:07+	01:12-	00:29#	00:04+	00:32&	00:02+	00:13#	00:35#	05:10@	01:22&	00:10#	00:04-	02:44&	00:32&	00:12&														
4	Kjell Skjæveland										Stavanger OK										55:11									
	01:42+	04:42+	11:40+	15:58+	20:24+	22:57+	26:19+	30:34+	34:48+	38:13+	42:05+	44:10+	49:15+	52:58+	54:17+	55:11+														
	01:42+	03:00+	06:58+	04:18+	04:26+	02:33+	03:22+	04:15+	04:14+	03:25+	03:52+	02:05+	05:05+	03:43-	01:19+	00:54+														
	00:31&	00:25#	02:10&	01:37&	01:01&	00:50&	01:02&	02:50@	01:06&	01:12&	00:43#	00:46&	01:43&	00:40-	00:30&	00:19&														
5	Ole Auklend										Skattesport BIL										57:27									
	01:53+	05:30+	13:02+	16:43+	20:32+	24:00+	26:53+	29:34+	31:33+	35:53+	42:39+	46:38+	47:58+	51:18+	55:00+	56:17+	57:27+													
	01:53+	03:37+	07:32+	03:41+	03:49+	03:28+	02:53+	02:41+	01:59-	04:20+	06:46+	03:59+	01:20-	03:20-	03:42+	01:17+	01:10+													
	00:42&	01:02&	02:44&	01:00&	00:24#	01:45@	00:33#	01:16&	01:09-	02:07&	03:37@	02:40@	02:02-	01:03-	02:53@	00:42@	01:10+													
6	Jeremy Huthwaite										Baker Oil Sport BIL										57:31									
	07:04+	11:12+	15:05+	17:50+	24:26+	27:32+	30:45+	33:15+	36:13+	39:33+	42:51+	44:28+	50:58+	55:01+	56:42+	57:31+														
	07:04+	04:08+	03:53-	02:45+	06:36+	03:06+	03:13+	02:30+	02:58-	03:20+	03:18+	01:37+	06:30+	04:03-	01:41+	00:49+														
	05:53@	01:33&	00:55-	00:04+	03:11&	01:23&	00:53&	01:05&	00:10-	01:07&	00:09+	00:18#	03:08&	00:20-	00:52@	00:14&														
7	Alf Håkon Haugland										Statoil BIL										58:00									
	01:52+	04:52+	08:26-	12:00+	19:01+	23:41+	26:00+	29:53+	33:47+	36:36+	40:43+	42:24+	51:21+	55:34+	57:12+	58:00+														
	01:52+	03:00+	03:34-	03:34+	07:01+	04:40+	02:19-	03:53+	03:54+	02:49+	04:07+	01:41+	08:57+	04:13-	01:38+	00:48+														
	00:41&	00:25#	01:14-	00:53&	03:36@	02:57@	00:01-	02:28@	00:46#	00:36&	00:58&	00:22&	05:35@	00:10-	00:49&	00:13&														
8	Kjell Olav Gjerde										Stavanger OK										1:00:06									
	01:48+	05:16+	11:48+	14:49+	25:06+	27:32+	29:50+	32:07+	36:10+	38:49+	42:13+	47:25+	51:55+	58:09+	59:11+	60:06+														
	01:48+	03:28+	06:32+	03:01+	10:17+	02:26+	02:18-	02:17+	04:03+	02:39+	03:24+	05:12+	04:30+	06:14+	01:02+	00:55+														
	00:37&	00:53&	01:44&	00:20#	06:52@	00:43&	00:02-	00:52&	00:55&	00:26#	00:15+	03:53@	01:08&	01:51&	00:13&	00:20&														
9	Lars Primstad										Klepp Kommune BIL										1:01:01									
	12:43+	17:10+	21:44+	24:32+	29:16+	31:45+	34:25+	36:26+	40:54+	45:58+	49:42+	51:42+	54:49+	58:47+	59:54+	61:01+														
	12:43+	04:27+	04:34-	02:48+	04:44+	02:29+	02:40+	02:01+	04:28+	05:04+	03:44+	02:00+	03:07-	03:58-	01:07+	01:07+														
	11:32@	01:52&	00:14-	00:07+	01:19&	00:46&	00:20#	00:36&	01:20&	02:51@	00:35#	00:41&	00:15-	00:25-	00:18&	00:32&														
10	Tor Livar Flugsrud										Schlumberger BIL										1:05:14									
	01:42+	05:37+	10:51+	15:33+	21:31+	24:11+	29:27+	31:59+	36:40+	40:03+	45:07+	47:20+	51:22+	58:17+	64:09+	65:14+														
	01:42+	03:55+	05:14+	04:42+	05:58+	02:40+	05:16+	02:32+	04:41+	03:23+	05:04+	02:13+	04:02+	06:55+	05:52+	01:05+														
	00:31&	01:20&	00:26+	02:01&	02:33&	00:57&	02:56@	01:07&	01:33&	01:10&	01:55&	00:54&	00:40#	02:32&	05:03@	00:30&														
11	Eivind L. Rake										Sandnes Idrettslag										1:05:20									
	01:48+	04:46+	10:03+	13:17+	17:18+	19:33+	22:37+	24:18+	29:21+	32:16+	36:07+	44:10+	55:28+	63:02+	64:19+	65:20+														
	01:48+	02:58+	05:17+	03:14+	04:01+	02:15+	03:04+	01:41+	05:03+	02:55+	03:51+	08:03+	11:18+	07:34+	01:17+	01:01+														
	00:37&	00:23#	00:29#	00:33#	00:36#	00:32&	00:44&	00:16#	01:55&	00:42&	00:42#	06:44@	07:56@	03:11&	00:28&	00:26&														
12	Paul A. Paulsen										Stavanger kommune BIL										1:12:40									
	08:57+	13:19+	21:15+	25:23+	30:31+	34:21+	38:33+	43:17+	47:29+	51:19+	56:29+	59:58+	65:07+	69:53+	71:24+	72:40+														
	08:57+	04:22+	07:56+	04:08+	05:08+	03:50+	04:12+	04:44+	04:12+	03:50+	05:10+	03:29+	05:09+	04:46+	01:31+	01:16+														
	07:46@	01:47&	03:08&	01:27&	01:43&	02:07@	01:52&	03:19@	01:04&	01:37&	02:01&	02:10@	01:47&	00:23+	00:42&	00:41@														
Beste strekktid for klassen																														
	01:11	02:35	03:34	02:41	03:25	01:43	02:18	01:25	01:59	02:13	03:09	01:19	01:20	03:06	00:49	00:35														

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