

1

Ingrid Lamark

Ganddal IL

39:00

04:33= 10:35= 14:10= 16:22= 21:55= 30:56= 33:19= 38:08= 39:00=
04:33= 06:02= 03:35= 02:12= 05:33= 09:01= 02:23= 04:49= 00:52=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2

Hilde Christine Hoff

Lyse BIL

43:32

02:30- 08:01- 13:37- 17:38+ 19:39- 24:54- 34:59+ 38:17+ 42:29+ 43:32+
02:30- 05:31- 05:36+ 04:01+ 02:01- 05:15- 10:05+ 03:18- 04:12+ 01:03+
02:03- 00:31- 02:01& 01:49& 03:32- 03:46- 07:42@ 01:31- 03:20@ 01:03+

3

Randi Bugge

Nortura BIL

1:13:52

12:42+ 18:20+ 22:12+ 24:50+ 30:12+ 53:32+ 58:15+ 73:00+ 73:52+
12:42+ 05:38- 03:52+ 02:38+ 05:22- 23:20+ 04:43+ 14:45+ 00:52=
08:09@ 00:24- 00:17+ 00:26# 00:11- 14:19@ 02:20& 09:56@ 00:00=

Beste strekktid for klassen

02:30 05:31 03:35 02:12 02:01 05:15 02:23 03:18 00:52

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

Damer lang

1

Gunn J. Grefstad

ABB Robotics BIL

1:23:44

04:12= 10:58= 21:14= 30:11= 40:38= 46:51= 50:24= 53:28= 57:19= 63:18= 67:20= 74:42= 78:06= 80:38= 82:46= 83:44=
04:12= 06:46= 10:16= 08:57= 10:27= 06:13= 03:33= 03:04= 03:51= 05:59= 04:02= 07:22= 03:24= 02:32= 02:08= 00:58=
00:00= 00:00= 00:00= 00:00= 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

04:12 06:46 10:16 08:57 10:27 06:13 03:33 03:04 03:51 05:59 04:02 07:22 03:24 02:32 02:08 00:58

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

Damer mellom

1

Katrine Prestvold

Tannlege Prestvold BIL

47:42

02:30= 07:56= 10:33= 14:24= 18:19= 25:42= 30:18= 35:36= 43:59= 45:18= 46:56= 47:42=
02:30= 05:26= 02:37= 03:51= 03:55= 07:23= 04:36= 05:18= 08:23= 01:19= 01:38= 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=

2

Zoë Griffin

BP BIL

58:41

05:28+ 11:00+ 14:47+ 18:45+ 23:34+ 32:41+ 36:39+ 46:54+ 52:53+ 55:45+ 57:55+ 58:41+
05:28+ 05:32+ 03:47+ 03:58+ 04:49+ 09:07+ 03:58- 10:15+ 05:59- 02:52+ 02:10+ 00:46=
02:58@ 00:06+ 01:10& 00:07+ 00:54# 01:44# 00:38- 04:57& 02:24- 01:33@ 00:32& 00:00=

3

Kristin Skadsem

Ganddal IL

1:12:48

02:55+ 15:33+ 18:38+ 24:00+ 30:19+ 42:30+ 50:57+ 61:50+ 67:16+ 69:39+ 72:00+ 72:48+
02:55+ 12:38+ 03:05+ 05:22+ 06:19+ 12:11+ 08:27+ 10:53+ 05:26- 02:23+ 02:21+ 00:48+
00:25# 07:12@ 00:28# 01:31& 02:24& 04:48& 03:51& 05:35@ 02:57- 01:04& 00:43& 00:02+

4

Inger Skretting Opstad

Egersund OK

1:32:39

05:08+ 11:54+ 15:55+ 21:05+ 26:49+ 37:35+ 42:17+ 55:27+ 79:03+ 88:55+ 91:40+ 92:39+
05:08+ 06:46+ 04:01+ 05:10+ 05:44+ 10:46+ 04:42+ 13:10+ 23:36+ 09:52+ 02:45+ 00:59+
02:38@ 01:20# 01:24& 01:19& 01:49& 03:23& 00:06+ 07:52@ 15:13@ 08:33@ 01:07& 00:13&

Beste strekktid for klassen

02:30 05:26 02:37 03:51 03:55 07:23 03:58 05:18 05:26 01:19 01:38 00:46

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

Herrer ekstra lang

Plass	Navn										Klasse	Tid									
1	Bjarthe Westerheim										SkogsOpplevelser BIL	1:02:05									
	02:58=	06:15=	11:47=	13:47=	24:50=	26:31=	27:41=	29:09=	30:56=	31:58=	41:04=	43:01=	44:00=	46:52=	50:25=	52:50=	56:58=	59:13=	60:36=	61:35=	62:05=
	02:58=	03:17=	05:32=	06:42=	11:03=	01:41=	01:10=	01:28=	01:47=	01:02=	09:06=	01:57=	00:59=	02:52=	03:33=	02:25=	04:08=	02:15=	01:23=	00:59=	00:30=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	1:04:13									
	02:09-	06:04-	12:46+	14:21+	21:33-	23:31-	24:55-	26:20-	28:26-	29:41-	38:41-	40:42-	42:52-	45:53-	48:51-	53:40+	58:07+	61:16+	62:32+	63:41+	64:13+
	02:09-	03:55+	06:42+	01:35-	07:12-	01:58+	01:24+	01:25-	02:06+	01:15+	09:00-	02:01+	02:10+	03:01+	02:58-	04:49+	04:27+	03:09+	01:16-	01:09+	00:32+
	00:49-	00:38#	01:10#	00:25-	03:51-	00:17#	00:14#	00:03-	00:19#	00:13#	00:06-	00:04+	01:11@	00:09+	00:35-	02:24&	00:19+	00:54&	00:07-	00:10#	00:02+
3	Odd Fuglestad										Ålgård Orientering	1:04:41									
	02:50-	06:30+	12:31+	14:51+	23:08-	26:22-	27:50+	29:29+	31:08+	33:05+	42:22+	44:27+	45:33+	48:22+	51:48+	54:39+	58:42+	61:55+	63:04+	64:12+	64:41+
	02:50-	03:40+	06:01+	02:20+	08:17-	03:14+	01:28+	01:39+	01:39-	01:57+	09:17+	02:05+	01:06+	02:49-	03:26-	02:51+	04:03-	03:13+	01:09-	01:08+	00:29-
	00:08-	00:23#	00:29+	00:20#	02:46-	01:33&	00:18&	00:11#	00:08-	00:55&	00:11+	00:08+	00:07#	00:03-	00:07-	00:26#	00:05-	00:58&	00:14-	00:09#	00:01-
4	Jonas K. Espedal										Stavanger OK	1:07:47									
	03:50+	08:05+	15:36+	18:03+	27:43+	29:11+	30:26+	31:55+	34:07+	36:06+	46:02+	47:45+	48:48+	48:23+	54:13+	56:37+	59:46+	63:00+	64:11+	67:01+	67:47+
	03:50+	04:15+	07:31+	02:27+	09:40-	01:28-	01:15+	01:29+	02:12+	01:59+	09:56+	01:43-	01:03+	02:35-	02:50-	02:24-	03:09-	03:14+	01:11-	02:50+	00:46+
	00:52&	00:58&	01:59&	00:27#	01:23-	00:13-	00:05+	00:01+	00:25#	00:57&	00:50+	00:14-	00:04+	00:17-	00:43-	00:01-	00:59-	00:59&	00:12-	01:51@	00:16&
5	Ola Magnus Laugaland										Ålgård Orientering	1:08:01									
	01:55-	05:46-	15:06+	18:12+	27:24+	29:03+	30:17+	31:31+	33:27+	34:23+	42:57+	44:58+	46:11+	49:35+	52:52+	56:47+	61:39+	64:40+	65:58+	67:30+	68:01+
	01:55-	03:51+	09:20+	03:06+	09:12-	01:39-	01:14+	01:14-	01:56+	00:56-	08:34-	02:01+	01:13+	03:24+	03:17-	03:55+	04:52+	03:01+	01:18-	01:32+	00:31+
	01:03-	00:34#	03:48&	01:06&	01:51-	00:02-	00:04+	00:14-	00:09+	00:06-	00:32-	00:04+	00:14#	00:32#	00:16-	01:30&	00:44#	00:46&	00:05-	00:33&	00:01+
6	Endre H. Haugland										Vaulen OK	1:08:52									
	03:41+	07:01+	15:58+	19:22+	27:31+	31:12+	32:33+	34:00+	35:40+	37:13+	47:18+	48:59+	50:03+	53:08+	56:20+	58:54+	63:52+	66:24+	67:27+	68:28+	68:52+
	03:41+	03:20+	08:57+	03:24+	08:09-	03:41+	01:21+	01:27-	01:40-	01:33+	10:05+	01:41-	01:04+	03:05+	03:12-	02:34+	04:58+	02:32+	01:03-	01:01+	00:24-
	00:43#	00:03+	03:25&	01:24&	02:54-	02:00@	00:11#	00:01-	00:07-	00:31&	00:59#	00:16-	00:05+	00:13+	00:21-	00:09+	00:50#	00:17#	00:20-	00:02+	00:06-
7	Øystein Garsrud Tvedt										Vaulen OK	1:13:38									
	04:53+	09:17+	15:35+	17:48+	32:41+	35:55+	37:41+	39:02+	40:41+	42:10+	51:53+	53:48+	54:52+	57:41+	60:42+	63:11+	67:40+	69:54+	71:06+	73:05+	73:38+
	04:53+	04:24+	06:18+	02:13+	14:53+	03:14+	01:46+	01:21-	01:39-	01:29+	09:43+	01:55-	01:04+	03:50+	03:01-	02:29+	04:29+	02:14-	01:12-	01:59+	00:33+
	01:55&	01:07&	00:46#	00:13#	03:50&	01:33&	00:36&	00:07-	00:08-	00:27&	00:37+	00:02-	00:05+	00:03-	00:32-	00:04+	00:21+	00:01-	00:11-	01:00@	00:03+
8	Jan E. Øvremo										Ålgård Orientering	1:16:37									
	02:15-	06:10-	13:30+	18:24+	28:47+	30:28+	31:45+	32:59+	34:55+	35:50+	45:14+	48:13+	49:47+	53:37+	61:45+	66:30+	69:53+	72:56+	74:42+	76:05+	76:37+
	02:15-	03:55+	07:20+	04:54+	10:23-	01:41=	01:17+	01:14-	01:56+	00:55-	09:24+	02:59+	01:34+	03:50+	08:08+	04:45+	03:23-	03:03+	01:46+	01:23+	00:32+
	00:43-	00:38#	01:48&	02:54@	00:40-	00:00=	00:07+	00:14-	00:09+	00:07-	00:18+	01:02&	00:35&	00:58&	04:35@	02:20&	00:45-	00:48&	00:23&	00:24&	00:02+
9	Arild Aasheim										Ganddal IL	1:17:29									
	02:10-	06:50+	17:09+	18:46+	29:51+	31:32+	34:22+	35:47+	37:36+	38:36+	48:42+	51:19+	52:36+	55:39+	63:24+	66:26+	71:41+	74:17+	75:41+	76:51+	77:29+
	02:10-	04:40+	10:19+	01:37-	11:05+	01:41=	02:50+	01:25-	01:49+	01:00-	10:06+	02:37+	01:17+	03:03+	07:45+	03:02+	05:15+	02:36+	01:24+	01:10+	00:38+
	00:48-	01:23&	04:47&	00:23-	00:02+	00:00=	01:40@	00:03-	00:02+	00:02-	01:00#	00:40&	00:18&	00:11+	04:12@	00:37&	01:07&	00:21#	00:01+	00:11#	00:08&
10	Rune Christiansen										Sandnes Idrettslag	1:23:26									
	02:45-	06:52+	16:02+	18:37+	30:15+	32:19+	34:16+	35:47+	39:06+	40:42+	52:04+	55:27+	57:19+	61:45+	66:37+	71:34+	77:24+	80:39+	81:56+	82:59+	83:26+
	02:45-	04:07+	09:10+	02:35+	11:38+	02:04+	01:57+	02:09+	02:41+	01:36+	11:22+	03:23+	01:52+	04:26+	04:52+	04:57+	05:50+	03:15+	01:17-	01:03+	00:27-
	00:13-	00:50&	03:38&	00:35&	00:35+	00:23#	00:47&	00:41&	00:54&	00:34&	02:16#	01:26&	00:53&	01:34&	01:19&	02:32@	01:42&	01:00&	00:06-	00:04+	00:03-
11	Jakob Karlsen										Ganddal IL	1:40:32									
	03:06+	08:35+	17:45+	21:20+	35:54+	38:52+	40:58+	44:47+	47:16+	49:01+	62:09+	65:18+	67:15+	71:39+	75:58+	81:54+	89:59+	94:33+	97:20+	99:43+	100:32+
	03:06+	05:29+	09:10+	03:35+	14:34+	02:58+	02:06+	03:49+	02:29+	01:45+	13:08+	03:09+	01:57+	04:24+	04:19+	05:56+	08:05+	04:34+	02:47+	02:23+	00:49+
	00:08+	02:12&	03:38&	01:35&	03:31&	01:17&	00:56&	02:21@	00:42&	00:43&	04:02&	01:12&	00:58&	01:32&	00:46#	03:31@	03:57&	02:19@	01:24@	01:24@	00:19&
Beste strekktid for klassen																					
	01:55	03:17	05:32	01:35	07:12	01:28	01:10	01:14	01:39	00:55	08:34	01:41	00:59	02:35	02:50	02:24	03:09	02:14	01:03	00:59	00:24

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

Herrer kort

1	Sverre Vareberg										Stavanger OK	1:13:34									
	12:33=	18:14=	22:08=	31:22=	36:13=	53:49=	58:59=	72:17=	73:34=												
	12:33=	05:41=	03:54=	09:14=	04:51=	17:36=	05:10=	13:18=	01:17=												
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												

Beste strekktid for klassen

12:33 05:41 03:54 09:14 04:51 17:36 05:10 13:18 01:17

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

1	Kristoffer Nygård	Egersund OK	1:15:18												
04:17=	07:55=	17:04=	21:10=	30:50=	37:12=	40:20=	42:24=	46:15=	53:16=	56:37=	66:20=	71:26=	73:28=	74:41=	75:18=
04:17=	03:38=	09:09=	04:06=	09:40=	06:22=	03:08=	02:04=	03:51=	07:01=	03:21=	09:43=	05:06=	02:02=	01:13=	00:37=
00:00=	00:00=	00:00=	00:00=	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	Rotorsport Bristow	1:20:51												
05:36+	10:15+	21:32+	23:57+	35:44+	41:02+	43:34+	47:40+	52:02+	56:43+	60:02+	72:47+	77:26+	79:02+	80:18+	80:51+
05:36+	04:39+	11:17+	02:25-	11:47+	05:18-	02:32-	04:06+	04:22+	04:41-	03:19-	12:45+	04:39-	01:36-	01:16+	00:33-
01:19&	01:01&	02:08#	01:41-	02:07#	01:04-	00:36-	02:02&	00:31#	02:20-	00:02-	03:02&	00:27-	00:26-	00:03+	00:04-
3	Kjetil Wirak	Stavanger OK	1:23:57												
04:34+	07:39-	15:07-	17:55-	26:54-	44:58+	48:04+	50:27+	54:00+	60:56+	64:16+	73:01+	79:55+	81:52+	83:23+	83:57+
04:34+	03:05-	07:28-	02:48-	08:59-	18:04+	03:06-	02:23+	03:33-	06:56-	03:20-	08:45-	06:54+	01:57-	01:31+	00:34-
00:17+	00:33-	01:41-	01:18-	00:41-	11:42@	00:02-	00:19#	00:18-	00:05-	00:01-	00:58-	01:48&	00:05-	00:18#	00:03-
4	Arne Hetlelid	Schlumberger BIL	1:28:20												
08:01+	12:12+	22:28+	25:46+	39:11+	51:38+	55:07+	57:05+	62:02+	68:28+	73:18+	80:07+	84:03+	86:02+	87:43+	88:20+
08:01+	04:11+	10:16+	03:18-	13:25+	12:27+	03:29+	01:58-	04:57+	06:26-	04:50+	06:49-	03:56-	01:59-	01:41+	00:37=
03:44&	00:33#	01:07#	00:48-	03:45&	06:05&	00:21#	00:06-	01:06&	00:35-	01:29&	02:54-	01:10-	00:03-	00:28&	00:00=

Beste strekktid for klassen

04:17	03:05	07:28	02:25	08:59	05:18	02:32	01:58	03:33	04:41	03:19	06:49	03:56	01:36	01:13	00:33
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer mellom

1	Tore Prestvold					Tannlege Prestvold BIL					54:17			
02:55=	08:12=	10:36=	13:58=	17:45=	24:27=	27:32=	34:06=	42:20=	45:40=	46:12=	49:56=	53:42=	54:17=	
02:55=	05:17=	02:24=	03:22=	03:47=	06:42=	03:05=	06:34=	08:14=	03:20=	00:32=	03:44=	03:46=	00:35=	
00:00=	00:00=	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	Jeremy Huthwaite					Baker Oil Sport BIL					1:00:41			
02:17-	08:03-	10:21-	15:40+	22:22+	30:07+	38:49+	46:03+	56:16+	58:43+	60:08+	60:41+			
02:17-	05:46+	02:18-	05:19+	06:42+	07:45+	08:42+	07:14+	10:13+	02:27-	01:25+	00:33-			
00:38-	00:29+	00:06-	01:57&	02:55&	01:03#	05:37@	00:40#	01:59#	00:53-	00:53@	03:11-			
3	Kjell Olav Gjerde					Stavanger OK					1:01:46			
03:40+	08:51+	12:12+	17:04+	21:43+	29:37+	34:19+	47:25+	56:30+	58:40+	60:48+	61:46+			
03:40+	05:11-	03:21+	04:52+	04:39+	07:54+	04:42+	13:06+	09:05+	02:10-	02:08+	00:58-			
00:45&	00:06-	00:57&	01:30&	00:52#	01:12#	01:37&	06:32&	00:51#	01:10-	01:36@	02:46-			
4	Ole Auklend					Skattesport BIL					1:03:22			
03:19+	09:52+	13:56+	18:45+	24:34+	35:29+	40:06+	49:41+	55:40+	58:18+	62:26+	63:22+			
03:19+	06:33+	04:04+	04:49+	05:49+	10:55+	04:37+	09:35+	05:59-	02:38-	04:08+	00:56-			
00:24#	01:16#	01:40&	01:27&	02:02&	04:13&	01:32&	03:01&	02:15-	00:42-	03:36@	02:48-			
5	Asgeir Bell					Stavanger OK					1:11:09			
02:35-	07:16-	11:17+	14:59+	22:47+	31:26+	34:11+	40:06+	65:30+	68:58+	70:29+	71:09+			
02:35-	04:41-	04:01+	03:42+	07:48+	08:39+	02:45-	05:55-	25:24+	03:28+	01:31+	00:40-			
00:20-	00:36-	01:37&	00:20+	04:01@	01:57&	00:20-	00:39-	17:10@	00:08+	00:59@	03:04-			
6	Tor Livar Flugsrud					Schlumberger BIL					1:13:25			
04:06+	11:55+	15:30+	21:13+	26:36+	39:33+	45:56+	58:56+	67:50+	70:22+	72:26+	73:25+			
04:06+	07:49+	03:35+	05:43+	05:23+	12:57+	06:23+	13:00+	08:54+	02:32-	02:04+	00:59-			
01:11&	02:32&	01:11&	02:21&	01:36&	06:15&	03:18@	06:26&	00:40+	00:48-	01:32@	02:45-			
7	Paul A. Paulsen					Stavanger kommune BIL					1:14:41			
04:14+	10:51+	14:01+	19:43+	25:39+	34:36+	38:33+	65:17+	69:27+	71:42+	74:03+	74:41+			
04:14+	06:37+	03:10+	05:42+	05:56+	08:57+	03:57+	26:44+	04:10-	02:15-	02:21+	00:38-			
01:19&	01:20&	00:46&	02:20&	02:09&	02:15&	00:52&	20:10@	04:04-	01:05-	01:49@	03:06-			
Beste strekktid for klassen														
02:17	04:41	02:18	03:22	03:47	06:42	02:45	05:55	04:10	02:10	00:32	00:33	03:46	00:35	