

1	Miia Niemi	260	48:50											
07:05=	08:28=	10:22=	16:57=	18:46=	25:32=	27:02=	28:34=	35:14=	37:47=	39:59=	45:25=	47:18=	48:50=	
07:05=	01:23=	01:54=	06:35=	01:49=	06:46=	01:30=	01:32=	06:40=	02:33=	02:12=	05:26=	01:53=	01:32=	
00:00=	00:00=	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	Silje Sundal	71	51:36											
12:02+	13:22+	15:34+	20:06+	22:11+	26:50+	32:56+	34:22+	39:20+	42:14+	44:36+	48:25+	49:57+	51:36+	
12:02+	01:20-	02:12+	04:32-	02:05+	04:39-	06:06+	01:26-	04:58-	02:54+	02:22+	03:49-	01:32-	01:39+	
04:57&	00:03-	00:18#	02:03-	00:16#	02:07-	04:36@	00:06-	01:42-	00:21#	00:10+	01:37-	00:21-	00:07+	
3	Heidi Langeland	117	53:29											
05:00-	07:15-	09:41-	17:23+	19:54+	25:36+	27:50+	29:59+	38:15+	41:22+	44:36+	49:53+	51:47+	53:29+	
05:00-	02:15+	02:26+	07:42+	02:31+	05:42-	02:14+	02:09+	08:16+	03:07+	03:14+	05:17-	01:54+	01:42+	
02:05-	00:52&	00:32&	01:07#	00:42&	01:04-	00:44&	00:37&	01:36#	00:34#	01:02&	00:09-	00:01+	00:10#	
4	Anne Marie Gausel	105	58:56											
06:13-	08:04-	09:58-	14:41-	16:38-	21:25-	27:20+	36:19+	43:53+	46:23+	49:13+	55:40+	57:30+	58:56+	
06:13-	01:51+	01:54=	04:43-	01:57+	04:47-	05:55+	08:59+	07:34+	02:30-	02:50+	06:27+	01:50-	01:26-	
00:52-	00:28&	00:00=	01:52-	00:08+	01:59-	04:25@	07:27@	00:54#	00:03-	00:38&	01:01#	00:03-	00:06-	
5	Ann Torill M. Bakken	116	59:51											
06:51-	08:17-	11:50+	17:37+	21:48+	29:50+	34:10+	36:58+	43:34+	46:54+	49:53+	56:03+	58:12+	59:51+	
06:51-	01:26+	03:33+	05:47-	04:11+	08:02+	04:20+	02:48+	06:36-	03:20+	02:59+	06:10+	02:09+	01:39+	
00:14-	00:03+	01:39&	00:48-	02:22@	01:16#	02:50@	01:16&	00:04-	00:47&	00:47&	00:44#	00:16#	00:07+	
6	Kari Sjursen	54	1:01:40											
07:58+	11:33+	13:46+	19:07+	24:18+	35:53+	38:44+	41:19+	49:01+	51:33+	54:15+	58:41+	60:15+	61:40+	
07:58+	03:35+	02:13+	05:21-	05:11+	11:35+	02:51+	02:35+	07:42+	02:32-	02:42+	04:26-	01:34-	01:25-	
00:53#	02:12@	00:19#	01:14-	03:22@	04:49&	01:21&	01:03&	01:02#	00:01-	00:30#	01:00-	00:19-	00:07-	
7	Helene Lie	228	1:05:12											
13:57+	15:14+	18:25+	25:26+	28:15+	35:41+	38:51+	41:01+	50:10+	53:25+	56:09+	61:50+	63:41+	65:12+	
13:57+	01:17-	03:11+	07:01+	02:49+	07:26+	03:10+	02:10+	09:09+	03:15+	02:44+	05:41+	01:51-	01:31-	
06:52&	00:06-	01:17&	00:26+	01:00&	00:40+	01:40@	00:38&	02:29&	00:42&	00:32#	00:15+	00:02-	00:01-	
8	Anne Tove Puntervold	105	1:05:52											
06:19-	11:31+	13:45+	17:55+	22:49+	32:49+	35:30+	38:41+	48:42+	52:09+	54:50+	62:13+	64:12+	65:52+	
06:19-	05:12+	02:14+	04:10-	04:54+	10:00+	02:41+	03:11+	10:01+	03:27+	02:41+	07:23+	01:59+	01:40+	
00:46-	03:49@	00:20#	02:25-	03:05@	03:14&	01:11&	01:39@	03:21&	00:54&	00:29#	01:57&	00:06+	00:08+	
9	Jannicke Lunde	71	1:07:06											
10:56+	12:10+	16:18+	21:55+	24:54+	35:50+	37:58+	42:26+	54:28+	56:44+	58:55+	62:53+	64:40+	67:06+	
10:56+	01:14-	04:08+	05:37-	02:59+	10:56+	02:08+	04:28+	12:02+	02:16-	02:11-	03:58-	01:47-	02:26+	
03:51&	00:09-	02:14@	00:58-	01:10&	04:10&	00:38&	02:56@	05:22&	00:17-	00:01-	01:28-	00:06-	00:54&	
10	Mette Langeland	117	1:11:33											
10:16+	14:20+	17:14+	24:35+	29:11+	38:45+	41:36+	44:38+	54:47+	58:19+	61:30+	66:55+	68:58+	71:33+	
10:16+	04:04+	02:54+	07:21+	04:36+	09:34+	02:51+	03:02+	10:09+	03:32+	03:11+	05:25-	02:03+	02:35+	
03:11&	02:41@	01:00&	00:46#	02:47@	02:48&	01:21&	01:30&	03:29&	00:59&	00:59&	00:01-	00:10+	01:03&	
11	Wibeke Lende	74	1:14:09											
08:13+	09:16+	10:47+	28:45+	31:40+	44:54+	49:46+	52:54+	59:11+	62:16+	65:14+	71:21+	72:56+	74:09+	
08:13+	01:03-	01:31-	17:58+	02:55+	13:14+	04:52+	03:08+	06:17-	03:05+	02:58+	06:07+	01:35-	01:13-	
01:08#	00:20-	00:23-	11:23@	01:06&	06:28&	03:22@	01:36@	00:23-	00:32#	00:46&	00:41#	00:18-	00:19-	
12	Paula Linge	67	1:15:21											
05:52-	10:14+	12:18+	32:58+	44:58+	52:08+	54:29+	56:34+	62:14+	65:12+	67:45+	72:10+	73:45+	75:21+	
05:52-	04:22+	02:04+	20:40+	12:00+	07:10+	02:21+	02:05+	05:40-	02:58+	02:33+	04:25-	01:35-	01:36+	
01:13-	02:59@	00:10+	14:05@	10:11@	00:24+	00:51&	00:33&	01:00-	00:25#	00:21#	01:01-	00:18-	00:04+	
13	Ingvild Amalixsen	116	1:18:03											
08:31+	11:45+	14:56+	29:47+	32:16+	35:28+	45:40+	52:15+	55:14+	62:41+	66:18+	69:41+	74:06+	76:14+	78:03+
08:31+	03:14+	03:11+	14:51+	02:29+	03:12-	10:12+	06:35+	02:59-	07:27+	03:37+	03:23-	04:25+	02:08+	01:49+
01:26#	01:51@	01:17&	08:16@	00:40&	03:34-	08:42@	05:03@	03:41-	04:54@	01:25&	02:03-	02:32@	00:36&	01:49+
14	Ruth Magrethe Westre	54	1:21:49											
14:23+	15:29+	20:08+	36:31+	42:41+	48:39+	53:46+	57:19+	67:10+	70:11+	72:35+	78:05+	79:55+	81:49+	
14:23+	01:06-	04:39+	16:23+	06:10+	05:58-	05:07+	03:33+	09:51+	03:01+	02:24+	05:30+	01:50-	01:54+	
07:18@	00:17-	02:45@	09:48@	04:21@	00:48-	03:37@	02:01@	03:11&	00:28#	00:12+	00:04+	00:03-	00:22#	

Class	Navn	Klasse												Tid
15	Tine Frantzen	92												1:23:07
	11:23+	17:45+	20:10+	36:19+	39:43+	46:09+	49:03+	52:00+	65:42+	69:13+	72:10+	77:43+	81:30+	83:07+
	11:23+	06:22+	02:25+	16:09+	03:24+	06:26-	02:54+	02:57+	13:42+	03:31+	02:57+	05:33+	03:47+	01:37+
	04:18&	04:59@	00:31&	09:34@	01:35&	00:20-	01:24&	01:25&	07:02@	00:58&	00:45&	00:07+	01:54@	00:05+
16	Ingunn Bergheim Landsnes	74												1:27:41
	06:28-	10:24+	12:08+	29:40+	32:50+	45:29+	51:28+	54:04+	69:22+	73:16+	76:38+	83:21+	85:47+	87:41+
	06:28-	03:56+	01:44-	17:32+	03:10+	12:39+	05:59+	02:36+	15:18+	03:54+	03:22+	06:43+	02:26+	01:54+
	00:37-	02:33@	00:10-	10:57@	01:21&	05:53&	04:29@	01:04&	08:38@	01:21&	01:10&	01:17#	00:33&	00:22#
17	Kine Strømstad	109												1:31:21
	23:16+	25:08+	27:14+	40:50+	45:48+	57:30+	61:10+	64:07+	77:24+	80:25+	83:02+	88:11+	89:57+	91:21+
	23:16+	01:52+	02:06+	13:36+	04:58+	11:42+	03:40+	02:57+	13:17+	03:01+	02:37+	05:09-	01:46-	01:24-
	16:11@	00:29&	00:12#	07:01@	03:09@	04:56&	02:10@	01:25&	06:37&	00:28#	00:25#	00:17-	00:07-	00:08-
18	Christel Dahl	92												1:45:09
	20:53+	29:09+	32:34+	55:31+	63:01+	71:26+	74:08+	78:58+	87:32+	91:05+	95:20+	101:06+	103:18+	105:09+
	20:53+	08:16+	03:25+	22:57+	07:30+	08:25+	02:42+	04:50+	08:34+	03:33+	04:15+	05:46+	02:12+	01:51+
	13:48@	06:53@	01:31&	16:22@	05:41@	01:39#	01:12&	03:18@	01:54&	01:00&	02:03&	00:20+	00:19#	00:19#
19	Nithya Mohan	136												1:57:57
	12:16+	20:45+	25:23+	51:55+	58:23+	67:24+	71:36+	74:45+	88:52+	93:32+	97:52+	109:09+	114:51+	117:57+
	12:16+	08:29+	04:38+	26:32+	06:28+	09:01+	04:12+	03:09+	14:07+	04:40+	04:20+	11:17+	05:42+	03:06+
	05:11&	07:06@	02:44@	19:57@	04:39@	02:15&	02:42@	01:37@	07:27@	02:07&	02:08&	05:51@	03:49@	01:34@
Beste strekktid for klassen														
	05:00	01:03	01:31	04:10	01:49	03:12	01:30	01:26	02:59	02:16	02:11	03:23	01:32	01:13
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
Damer 40 - 49 år														
1	Randi Helen Ladsten	128												54:59
	07:13=	10:53=	14:06=	23:45=	25:39=	30:29=	32:28=	34:46=	40:33=	43:37=	46:24=	51:32=	53:20=	54:59=
	07:13=	03:40=	03:13=	09:39=	01:54=	04:50=	01:59=	02:18=	05:47=	03:04=	02:47=	05:08=	01:48=	01:39=
	00:00=	00:00=	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	Margrethe Roalsø	93												59:11
	06:00-	07:55-	10:05-	14:29-	16:17-	23:48-	32:07-	33:59-	44:01+	46:55+	49:28+	54:25+	56:20+	59:11+
	06:00-	01:55-	02:10-	04:24-	01:48-	07:31+	08:19+	01:52-	10:02+	02:54-	02:33-	04:57-	01:55+	02:51+
	01:13-	01:45-	01:03-	05:15-	00:06-	02:41&	06:20@	00:26-	04:15&	00:10-	00:14-	00:11-	00:07+	01:12&
3	Siv Skretting	93												1:04:03
	04:29-	08:49-	10:54-	14:58-	27:12+	33:52+	37:20+	40:27+	47:23+	50:04+	53:05+	60:35+	62:22+	64:03+
	04:29-	04:20+	02:05-	04:04-	12:14+	06:40+	03:28+	03:07+	06:56+	02:41-	03:01+	07:30+	01:47-	01:41+
	02:44-	00:40#	01:08-	05:35-	10:20@	01:50&	01:29&	00:49&	01:09#	00:23-	00:14+	02:22&	00:01-	00:02+
4	Gøril Braut Aarsand	268												1:04:36
	06:00-	07:12-	09:31-	13:58-	27:20+	37:42+	40:00+	42:15+	50:04+	52:45+	55:30+	59:56+	62:53+	64:36+
	06:00-	01:12-	02:19-	04:27-	13:22+	10:22+	02:18+	02:15-	07:49+	02:41-	02:45-	04:26-	02:57+	01:43+
	01:13-	02:28-	00:54-	05:12-	11:28@	05:32@	00:19#	00:03-	02:02&	00:23-	00:02-	00:42-	01:09&	00:04+
5	Nina Svensen	2												1:05:05
	07:46+	09:31-	11:56-	18:47-	22:19-	27:19-	33:06+	38:43+	46:04+	50:48+	53:36+	60:28+	62:44+	65:05+
	07:46+	01:45-	02:25-	06:51-	03:32+	05:00+	05:47+	05:37+	07:21+	04:44+	02:48+	06:52+	02:16+	02:21+
	00:33+	01:55-	00:48-	02:48-	01:38&	00:10+	03:48@	03:19@	01:34&	01:40&	00:01+	01:44&	00:28&	00:42&
6	Monica Gilje Rennemo	92												1:07:20
	15:00+	16:25+	18:19+	24:58+	27:18+	34:24+	42:28+	45:08+	51:40+	55:07+	57:53+	63:26+	65:37+	67:20+
	15:00+	01:25-	01:54-	06:39-	02:20+	07:06+	08:04+	02:40+	06:32+	03:27+	02:46-	05:33+	02:11+	01:43+
	07:47@	02:15-	01:19-	03:00-	00:26#	02:16&	06:05@	00:22#	00:45#	00:23#	00:01-	00:25+	00:23#	00:04+
7	Tove Irene Asheim	116												1:08:15
	07:01-	09:44-	12:21-	23:11-	28:01+	35:08+	38:00+	40:54+	48:58+	53:50+	57:24+	63:34+	65:45+	68:15+
	07:01-	02:43-	02:37-	10:50+	04:50+	07:07+	02:52+	02:54+	08:04+	04:52+	03:34+	06:10+	02:11+	02:30+
	00:12-	00:57-	00:36-	01:11#	02:56@	02:17&	00:53&	00:36&	02:17&	01:48&	00:47&	01:02#	00:23#	00:51&
8	Mariann Sveinsvoll	94												1:19:02
	08:18+	10:16-	12:16-	23:18-	42:13+	48:47+	55:06+	57:38+	64:52+	68:10+	71:01+	75:26+	77:10+	79:02+
	08:18+	01:58-	02:00-	11:02+	18:55+	06:34+	06:19+	02:32+	07:14+	03:18+	02:51+	04:25-	01:44-	01:52+
	01:05#	01:42-	01:13-	01:23#	17:01@	01:44&	04:20@	00:14#	01:27&	00:14+	00:04+	00:43-	00:04-	00:13#

Class	Navn	Klasse												Tid
9	Randi Roth	68												1:25:35
	07:00-	09:28-	13:08-	33:40+	36:28+	44:20+	49:24+	51:37+	62:53+	66:32+	70:22+	77:01+	83:49+	85:35+
	07:00-	02:28-	03:40+	20:32+	02:48+	07:52+	05:04+	02:13-	11:16+	03:39+	03:50+	06:39+	06:48+	01:46+
	00:13-	01:12-	00:27#	10:53@	00:54&	03:02&	03:05@	00:05-	05:29&	00:35#	01:03&	01:31&	05:00@	00:07+
Beste strekktid for klassen														
	04:29	01:12	01:54	04:04	01:48	04:50	01:59	01:52	05:47	02:41	02:33	04:25	01:44	01:39
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
Damer 50 - 59 år														
1	Hanne-Keth Qvale	113												40:41
	03:44=	05:34=	08:41=	10:33=	12:33=	18:18=	22:54=	25:57=	29:03=	31:12=	36:59=	39:09=	40:41=	
	03:44=	01:50=	03:07=	01:52=	02:00=	05:45=	04:36=	03:03=	03:06=	02:09=	05:47=	02:10=	01:32=	
	00:00=	00:00=	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	Ingunn Voilås	29												42:32
	04:41+	06:43+	09:59+	11:36+	13:28+	20:13+	25:16+	27:49+	30:59+	33:28+	38:39+	41:03+	42:32+	
	04:41+	02:02+	03:16+	01:37-	01:52-	06:45+	05:03+	02:33-	03:10+	02:29+	05:11-	02:24+	01:29-	
	00:57&	00:12#	00:09+	00:15-	00:08-	01:00#	00:27+	00:30-	00:04+	00:20#	00:36-	00:14#	00:03-	
3	Marit Karin Nygård	92												44:37
	05:54+	07:32+	11:19+	13:31+	15:40+	22:19+	27:55+	30:52+	34:25+	36:53+	41:04+	43:30+	44:37+	
	05:54+	01:38-	03:47+	02:12+	02:09+	06:39+	05:36+	02:57-	03:33+	02:28+	04:11-	02:26+	01:07-	
	02:10&	00:12-	00:40#	00:20#	00:09+	00:54#	01:00#	00:06-	00:27#	00:19#	01:36-	00:16#	00:25-	
4	Ingrid Eik	88												46:21
	04:34+	06:38+	09:30+	11:45+	13:33+	22:16+	27:30+	30:08+	33:53+	36:10+	40:32+	43:21+	46:21+	
	04:34+	02:04+	02:52-	02:15+	01:48-	08:43+	05:14+	02:38-	03:45+	02:17+	04:22-	02:49+	03:00+	
	00:50#	00:14#	00:15-	00:23#	00:12-	02:58&	00:38#	00:25-	00:39#	00:08+	01:25-	00:39&	01:28&	
5	Anne-Siv Gjertsen	27												51:24
	04:38+	06:51+	13:21+	15:22+	17:27+	25:41+	31:36+	34:55+	38:11+	40:47+	45:44+	49:48+	51:24+	
	04:38+	02:13+	06:30+	02:01+	02:05+	08:14+	05:55+	03:19+	03:16+	02:36+	04:57-	04:04+	01:36+	
	00:54#	00:23#	03:23@	00:09+	00:05+	02:29&	01:19&	00:16+	00:10+	00:27#	00:50-	01:54&	00:04+	
6	Rowena Naile	42												51:52
	05:04+	08:08+	11:25+	13:41+	15:33+	23:35+	30:44+	33:56+	37:50+	39:59+	45:26+	50:39+	51:52+	
	05:04+	03:04+	03:17+	02:16+	01:52-	08:02+	07:09+	03:12+	03:54+	02:09=	05:27-	05:13+	01:13-	
	01:20&	01:14&	00:10+	00:24#	00:08-	02:17&	02:33&	00:09+	00:48&	00:00=	00:20-	03:03@	00:19-	
7	Kristin Skadsem	18												52:57
	06:22+	08:49+	12:53+	15:03+	17:46+	26:54+	33:05+	36:42+	41:12+	43:50+	48:45+	51:18+	52:57+	
	06:22+	02:27+	04:04+	02:10+	02:43+	09:08+	06:11+	03:37+	04:30+	02:38+	04:55-	02:33+	01:39+	
	02:38&	00:37&	00:57&	00:18#	00:43&	03:23&	01:35&	00:34#	01:24&	00:29#	00:52-	00:23#	00:07+	
8	Nidunn Sandvik	228												53:08
	05:37+	07:53+	11:10+	13:20+	15:48+	25:19+	30:52+	33:52+	37:46+	40:12+	48:26+	51:21+	53:08+	
	05:37+	02:16+	03:17+	02:10+	02:28+	09:31+	05:33+	03:00-	03:54+	02:26+	08:14+	02:55+	01:47+	
	01:53&	00:26#	00:10+	00:18#	00:28#	03:46&	00:57#	00:03-	00:48&	00:17#	02:27&	00:45&	00:15#	
9	Signe Ottesen	116												55:02
	05:32+	07:58+	11:36+	19:51+	22:15+	30:09+	36:09+	39:25+	43:02+	45:40+	50:16+	53:29+	55:02+	
	05:32+	02:26+	03:38+	08:15+	02:24+	07:54+	06:00+	03:16+	03:37+	02:38+	04:36-	03:13+	01:33+	
	01:48&	00:36&	00:31#	06:23@	00:24#	02:09&	01:24&	00:13+	00:31#	00:29#	01:11-	01:03&	00:01+	
10	Siri T. Ravndal	66												55:37
	05:10+	07:43+	12:59+	15:48+	18:02+	26:16+	33:12+	36:39+	41:33+	44:27+	50:34+	53:58+	55:37+	
	05:10+	02:33+	05:16+	02:49+	02:14+	08:14+	06:56+	03:27+	04:54+	02:54+	06:07+	03:24+	01:39+	
	01:26&	00:43&	02:09&	00:57&	00:14#	02:29&	02:20&	00:24#	01:48&	00:45&	00:20+	01:14&	00:07+	
11	Sonja Johannessen	130												56:16
	05:24+	07:54+	12:19+	14:45+	17:00+	26:06+	32:49+	36:55+	40:33+	43:42+	50:10+	54:18+	56:16+	
	05:24+	02:30+	04:25+	02:26+	02:15+	09:06+	06:43+	04:06+	03:38+	03:09+	06:28+	04:08+	01:58+	
	01:40&	00:40&	01:18&	00:34&	00:15#	03:21&	02:07&	01:03&	00:32#	01:00&	00:41#	01:58&	00:26&	
12	Liv Sissel Obrestad	54												56:28
	08:40+	10:55+	15:01+	20:02+	29:10+	35:38+	38:58+	44:02+	46:25+	52:30+	54:58+	56:28+		
	08:40+	02:15+	04:06+	02:37+	02:24+	09:08+	06:28+	03:20+	05:04+	02:23+	06:05+	02:28+	01:30-	
	04:56@	00:25#	00:59&	00:45&	00:24#	03:23&	01:52&	00:17+	01:58&	00:14#	00:18+	00:18#	00:02-	

Class	Navn	Klasse										Tid
13	Kari Smådal Turøy	115										59:58
06:46+	09:02+	12:57+	15:38+	17:56+	30:15+	36:17+	39:17+	43:20+	45:53+	55:05+	58:17+	59:58+
06:46+	02:16+	03:55+	02:41+	02:18+	12:19+	06:02+	03:00-	04:03+	02:33+	09:12+	03:12+	01:41+
03:02&	00:26#	00:48&	00:49&	00:18#	06:34@	01:26&	00:03-	00:57&	00:24#	03:25&	01:02&	00:09+
14	Ellinor Nesse	116										1:00:45
06:06+	08:57+	12:50+	14:59+	17:15+	29:05+	36:34+	40:06+	44:37+	47:38+	53:59+	57:23+	60:45+
06:06+	02:51+	03:53+	02:09+	02:16+	11:50+	07:29+	03:32+	04:31+	03:01+	06:21+	03:24+	03:22+
02:22&	01:01&	00:46#	00:17#	00:16#	06:05@	02:53&	00:29#	01:25&	00:52&	00:34+	01:14&	01:50@
15	Margot Lilledal	27										1:01:05
07:15+	09:30+	13:59+	16:14+	18:31+	27:18+	33:57+	37:38+	42:18+	45:13+	54:36+	59:39+	61:05+
07:15+	02:15+	04:29+	02:15+	02:17+	08:47+	06:39+	03:41+	04:40+	02:55+	09:23+	05:03+	01:26-
03:31&	00:25#	01:22&	00:23#	00:17#	03:02&	02:03&	00:38#	01:34&	00:46&	03:36&	02:53@	00:06-
16	Brit Vivian Meling	116										1:05:58
06:44+	10:15+	14:40+	20:16+	33:56+	40:04+	43:29+	49:23+	52:33+	59:30+	63:36+	65:58+	
06:44+	03:31+	04:25+	02:25+	03:11+	13:40+	06:08+	03:25+	05:54+	03:10+	06:57+	04:06+	02:22+
03:00&	01:41&	01:18&	00:33&	01:11&	07:55@	01:32&	00:22#	02:48&	01:01&	01:10#	01:56&	00:50&
17	Liv Omdal	116										1:06:38
03:49+	06:03+	11:07+	14:29+	16:40+	41:42+	47:56+	50:36+	54:17+	56:51+	62:18+	65:07+	66:38+
03:49+	02:14+	05:04+	03:22+	02:11+	25:02+	06:14+	02:40-	03:41+	02:34+	05:27-	02:49+	01:31-
00:05+	00:24#	00:11+	01:57&	01:30&	00:11+	19:17@	01:38&	00:23-	00:35#	00:25#	00:20-	00:39&
18	Ane Kristine Rostrup	92										1:06:41
05:03+	06:43+	25:34+	28:36+	30:54+	41:26+	46:41+	49:38+	53:36+	56:12+	61:10+	64:50+	66:41+
05:03+	01:40-	18:51+	03:02+	02:18+	10:32+	05:15+	02:57-	03:58+	02:36+	04:58-	03:40+	01:51+
01:19&	00:10-	15:44@	01:10&	00:18#	04:47&	00:39#	00:06-	00:52&	00:27#	00:49-	01:30&	00:19#
19	Andrea Tapken	54										1:06:43
05:16+	07:53+	14:34+	17:13+	19:38+	31:57+	39:19+	43:07+	48:35+	51:47+	60:26+	64:56+	66:43+
05:16+	02:37+	06:41+	02:39+	02:25+	12:19+	07:22+	03:48+	05:28+	03:12+	08:39+	04:30+	01:47+
01:32&	00:47&	03:34@	00:47&	00:25#	06:34@	02:46&	00:45#	02:22&	01:03&	02:52&	02:20@	00:15#
20	Ingunn Kanne Risa	106										1:07:52
04:43+	07:01+	10:58+	14:18+	16:44+	28:14+	40:00+	46:01+	49:19+	53:51+	56:20+	61:35+	66:19+
04:43+	02:18+	03:57+	03:20+	02:26+	11:30+	11:46+	06:01+	03:18+	04:32+	02:29-	05:15+	04:44+
00:59&	00:28&	00:50&	01:28&	00:26#	05:45&	07:10@	02:58&	00:12+	02:23@	03:18-	03:05@	03:12@
21	Birgitte Røe	125										1:08:29
05:31+	09:17+	14:50+	16:58+	19:54+	37:42+	43:42+	49:08+	53:52+	56:53+	63:16+	66:52+	68:29+
05:31+	03:46+	05:33+	02:08+	02:56+	17:48+	06:00+	05:26+	04:44+	03:01+	06:23+	03:36+	01:37+
01:47&	01:56@	02:26&	00:16#	00:56&	12:03@	01:24&	02:23&	01:38&	00:52&	00:36#	01:26&	00:05+
22	Torill Andersen	116										1:14:47
04:04+	06:48+	12:22+	14:51+	17:05+	44:11+	54:39+	59:04+	62:46+	65:21+	70:34+	73:07+	74:47+
04:04+	02:44+	05:34+	02:29+	02:14+	27:06+	10:28+	04:25+	03:42+	02:35+	05:13-	02:33+	01:40+
00:20+	00:54&	02:27&	00:37&	00:14#	21:21@	05:52@	01:22&	00:36#	00:26#	00:34-	00:23#	00:08+
23	Arnfrid Stangeland	96										1:15:05
07:11+	09:49+	14:05+	15:49+	17:59+	42:07+	54:20+	57:18+	62:25+	65:02+	70:46+	73:31+	75:05+
07:11+	02:38+	04:16+	01:44-	02:10+	24:08+	12:13+	02:58-	05:07+	02:37+	05:44-	02:45+	01:34+
03:27&	00:48&	01:09&	00:08-	00:10+	18:23@	07:37@	00:05-	02:01&	00:28#	00:03-	00:35&	00:02+
24	Målfrid Bjerkeli	237										1:21:00
05:25+	07:34+	22:34+	24:48+	26:38+	51:37+	61:25+	63:52+	68:11+	70:58+	76:26+	79:18+	81:00+
05:25+	02:09+	15:00+	02:14+	01:50-	24:59+	09:48+	02:27-	04:19+	02:47+	05:28-	02:52+	01:42+
01:41&	00:19#	11:53@	00:22#	00:10-	19:14@	05:12@	00:36-	01:13&	00:38&	00:19-	00:42&	00:10#
25	Margretha Almedal	91										1:29:30
16:09+	19:37+	24:58+	28:33+	31:23+	58:44+	64:40+	70:11+	74:52+	77:47+	84:07+	87:53+	89:30+
16:09+	03:28+	05:21+	03:35+	02:50+	27:21+	05:56+	05:31+	04:41+	02:55+	06:20+	03:46+	01:37+
12:25@	01:38&	02:14&	01:43&	00:50&	21:36@	01:20&	02:28&	01:35&	00:46&	00:33+	01:36&	00:05+
Beste strekktid for klassen												
03:44	01:38	02:52	01:37	01:48	05:45	04:36	02:27	03:06	02:09	02:29	02:10	01:07

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

Damer 60 - 64 år

Class	Navn	Klasse	Tid									
1	Mette Dagsland	68	46:32									
05:55=	08:22=	11:21=	13:34=	15:45=	23:44=	28:44=	31:59=	35:04=	37:37=	41:56=	45:00=	46:32=
05:55=	02:27=	02:59=	02:13=	02:11=	07:59=	05:00=	03:15=	03:05=	02:33=	04:19=	03:04=	01:32=
00:00=	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	Eli Frafjord	94	51:47									
06:53+	09:00+	12:35+	14:38+	16:49+	26:09+	31:54+	35:01+	38:24+	40:46+	48:12+	50:23+	51:47+
06:53+	02:07-	03:35+	02:03-	02:11=	09:20+	05:45+	03:07-	03:23+	02:22-	07:26+	02:11-	01:24-
00:58#	00:20-	00:36#	00:10-	00:00=	01:21#	00:45#	00:08-	00:18+	00:11-	03:07&	00:53-	00:08-
3	Jorunn Eriksson Sætre	47	52:59									
04:42-	06:28-	13:05+	16:03+	18:28+	27:58+	33:45+	37:02+	40:52+	43:22+	48:48+	51:29+	52:59+
04:42-	01:46-	06:37+	02:58+	02:25+	09:30+	05:47+	03:17+	03:50+	02:30-	05:26+	02:41-	01:30-
01:13-	00:41-	03:38@	00:45&	00:14#	01:31#	00:47#	00:02+	00:45#	00:03-	01:07&	00:23-	00:02-
4	Kari Blixhavn	228	57:14									
05:00-	07:19-	11:33+	14:04+	16:28+	26:14+	35:01+	38:29+	43:18+	46:15+	52:35+	55:26+	57:14+
05:00-	02:19-	04:14+	02:31+	02:24+	09:46+	08:47+	03:28+	04:49+	02:57+	06:20+	02:51-	01:48+
00:55-	00:08-	01:15&	00:18#	00:13+	01:47#	03:47&	00:13+	01:44&	00:24#	02:01&	00:13-	00:16#
5	Aud Steinsland	128	58:30									
06:52+	09:20+	13:57+	16:56+	19:18+	28:12+	35:16+	39:01+	43:46+	46:49+	52:38+	56:45+	58:30+
06:52+	02:28+	04:37+	02:59+	02:22+	08:54+	07:04+	03:45+	04:45+	03:03+	05:49+	04:07+	01:45+
00:57#	00:01+	01:38&	00:46&	00:11+	00:55#	02:04&	00:30#	01:40&	00:30#	01:30&	01:03&	00:13#
6	Hanna S. Lomeland	47	58:31									
07:11+	09:22+	14:03+	16:52+	19:15+	28:13+	35:13+	39:02+	43:52+	46:51+	52:40+	56:46+	58:31+
07:11+	02:11-	04:41+	02:49+	02:23+	08:58+	07:00+	03:49+	04:50+	02:59+	05:49+	04:06+	01:45+
01:16#	00:16-	01:42&	00:36&	00:12+	00:59#	02:00&	00:34#	01:45&	00:26#	01:30&	01:02&	00:13#
7	Unni Relling	92	1:00:53									
06:42+	09:26+	13:07+	15:30+	17:55+	30:49+	38:14+	42:06+	47:29+	50:23+	56:19+	59:15+	60:53+
06:42+	02:44+	03:41+	02:23+	02:25+	12:54+	07:25+	03:52+	05:23+	02:54+	05:56+	02:56-	01:38+
00:47#	00:17#	00:42#	00:10+	00:14#	04:55&	02:25&	00:37#	02:18&	00:21#	01:37&	00:08-	00:06+
8	Berit K. Gramstad	113	1:13:02									
12:59+	15:44+	26:59+	29:30+	32:27+	43:21+	49:53+	53:34+	58:25+	61:13+	67:07+	70:59+	73:02+
12:59+	02:45+	11:15+	02:31+	02:57+	10:54+	06:32+	03:41+	04:51+	02:48+	05:54+	03:52+	02:03+
07:04@	00:18#	08:16@	00:18#	00:46&	02:55&	01:32&	00:26#	01:46&	00:15+	01:35&	00:48&	00:31&
9	Åse Berg	105	1:27:12									
06:55+	09:39+	33:26+	37:00+	40:46+	51:13+	61:38+	66:16+	71:37+	74:48+	81:22+	84:55+	87:12+
06:55+	02:44+	23:47+	03:34+	03:46+	10:27+	10:25+	04:38+	05:21+	03:11+	06:34+	03:33+	02:17+
01:00#	00:17#	20:48@	01:21&	01:35&	02:28&	05:25@	01:23&	02:16&	00:38#	02:15&	00:29#	00:45&
10	Wenche Anda Haarr	92	1:34:54									
07:59+	11:12+	18:11+	20:57+	24:23+	50:15+	63:22+	70:00+	75:20+	79:02+	89:39+	92:50+	94:54+
07:59+	03:13+	06:59+	02:46+	03:26+	25:52+	13:07+	06:38+	05:20+	03:42+	10:37+	03:11+	02:04+
02:04&	00:46&	04:00@	00:33#	01:15&	17:53@	08:07@	03:23@	02:15&	01:09&	06:18@	00:07+	00:32&
Beste strekketid for klassen												
04:42	01:46	02:59	02:03	02:11	07:59	05:00	03:07	03:05	02:22	04:19	02:11	01:24

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54	57:00									
05:21=	07:49=	13:14=	15:56=	18:22=	27:18=	33:49=	37:28=	42:21=	45:18=	51:01=	55:03=	57:00=
05:21=	02:28=	05:25=	02:42=	02:26=	08:56=	06:31=	03:39=	04:53=	02:57=	05:43=	04:02=	01:57=
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=
2	Kirsten Carlsen	93	1:02:15									
05:56+	08:13+	12:46-	18:57+	21:21+	34:24+	40:35+	43:53+	47:35+	50:23+	56:20+	60:33+	62:15+
05:56+	02:17-	04:33-	06:11+	02:24-	13:03+	06:11-	03:18-	03:42-	02:48-	05:57+	04:13+	01:42-
00:35#	00:11-	00:52-	03:29@	00:02-	04:07&	00:20-	00:21-	01:11-	00:09-	00:14+	00:11+	00:15-
3	Synnøva Gausel	115	1:05:21									
18:00+	20:48+	25:35+	28:42+	31:05+	38:39+	44:26+	47:08+	50:41+	53:29+	59:25+	63:33+	65:21+
18:00+	02:48+	04:47-	03:07+	02:23-	07:34-	05:47-	02:42-	03:33-	02:48-	05:56+	04:08+	01:48-
12:39@	00:20#	00:38-	00:25#	00:03-	01:22-	00:44-	00:57-	01:20-	00:09-	00:13+	00:06+	00:09-

Class	Navn	Klasse											Tid
4	Margaret Malmin	105											1:43:42
	08:15+	11:30+	19:35+	22:48+	25:39+	40:55+	51:09+	56:17+	63:56+	68:22+	94:41+	99:36+	103:42+
	08:15+	03:15+	08:05+	03:13+	02:51+	15:16+	10:14+	05:08+	07:39+	04:26+	26:19+	04:55+	04:06+
	02:54&	00:47&	02:40&	00:31#	00:25#	06:20&	03:43&	01:29&	02:46&	01:29&	20:36@	00:53#	02:09@

Beste strekktid for klassen

05:21 02:17 04:33 02:42 02:23 07:34 05:47 02:42 03:33 02:48 05:43 04:02 01:42

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

Damer 70 - 74 år

1	Helga Aaslid	54											44:24
	05:44=	07:48=	11:09=	12:53=	14:42=	21:26=	26:23=	29:12=	32:21=	34:46=	40:01=	42:37=	44:24=
	05:44=	02:04=	03:21=	01:44=	01:49=	06:44=	04:57=	02:49=	03:09=	02:25=	05:15=	02:36=	01:47=
	00:00=	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	Turid Nystrøm	68											47:25
	06:25+	08:37+	11:58+	14:48+	16:47+	24:11+	29:28+	32:37+	36:06+	38:37+	43:05+	45:43+	47:25+
	06:25+	02:12+	03:21=	02:50+	01:59+	07:24+	05:17+	03:09+	03:29+	02:31+	04:28-	02:38+	01:42-
	00:41#	00:08+	00:00=	01:06&	00:10+	00:40+	00:20+	00:20#	00:06+	00:47-	00:02+	00:05-	

3	Gry V. Thengs	68											49:38
	04:21-	06:39-	10:37-	12:30-	14:43+	24:24+	30:24+	33:14+	37:09+	40:13+	44:41+	48:07+	49:38+
	04:21-	02:18+	03:58+	01:53+	02:13+	09:41+	06:00+	02:50+	03:55+	03:04+	04:28-	03:26+	01:31-
	01:23-	00:14#	00:37#	00:09+	00:24#	02:57&	01:03#	00:01+	00:46#	00:39&	00:47-	00:50&	00:16-

4	Haldis Glendrange	68											53:08
	04:52-	07:13-	10:50-	13:21+	15:49+	23:38+	30:10+	33:13+	40:10+	42:51+	48:28+	51:16+	53:08+
	04:52-	02:21+	03:37+	02:31+	02:28+	07:49+	06:32+	03:03+	06:57+	02:41+	05:37+	02:48+	01:52+
	00:52-	00:17#	00:16+	00:47&	00:39&	01:05#	01:35&	00:14+	03:48@	00:16#	00:22+	00:12+	00:05+

5	Hedvig Anda	116											1:00:51
	06:16+	08:56+	12:36+	15:26+	18:56+	30:09+	39:10+	42:27+	47:16+	50:19+	56:13+	59:01+	60:51+
	06:16+	02:40+	03:40+	02:50+	03:30+	11:13+	09:01+	03:17+	04:49+	03:03+	05:54+	02:48+	01:50+
	00:32+	00:36&	00:19+	01:06&	01:41&	04:29&	04:04&	00:28#	01:40&	00:38&	00:39#	00:12+	00:03+

6	Helga Klausen	62											1:02:41
	07:23+	09:47+	14:44+	17:43+	20:21+	31:30+	38:54+	42:44+	47:16+	50:32+	56:49+	60:55+	62:41+
	07:23+	02:24+	04:57+	02:59+	02:38+	11:09+	07:24+	03:50+	04:32+	03:16+	06:17+	04:06+	01:46-
	01:39&	00:20#	01:36&	01:15&	00:49&	04:25&	02:27&	01:01&	01:23&	00:51&	01:02#	01:30&	00:01-

7	Eva Hessen	83											1:05:19
	06:47+	09:26+	13:11+	15:07+	17:04+	24:23+	38:22+	41:37+	46:30+	49:22+	56:34+	63:37+	65:19+
	06:47+	02:39+	03:45+	01:56+	01:57+	07:19+	13:59+	03:15+	04:53+	02:52+	07:12+	07:03+	01:42-
	01:03#	00:35&	00:24#	00:12#	00:08+	00:35+	09:02@	00:26#	01:44&	00:27#	01:57&	04:27@	00:05-

Beste strekktid for klassen

04:21 02:04 03:21 01:44 01:49 06:44 04:57 02:49 03:09 02:25 04:28 02:36 01:31

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

Damer 75 - 79 år

1	Berit Ebbell Olsen	68											1:25:47
	12:37=	16:39=	24:33=	29:11=	32:23=	44:28=	52:59=	57:46=	64:39=	68:55=	77:23=	83:09=	85:47=
	12:37=	04:02=	07:54=	04:38=	03:12=	12:05=	08:31=	04:47=	06:53=	04:16=	08:28=	05:46=	02:38=
	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=

2	Gørild Espedal	113											1:34:43
	10:07-	13:32-	27:15+	30:21+	33:52+	49:35+	58:15+	62:58+	70:40+	75:18+	85:52+	91:46+	94:43+
	10:07-	03:25-	13:43+	03:06-	03:31+	15:43+	08:40+	04:43-	07:42+	04:38+	10:34+	05:54+	02:57+
	02:30-	00:37-	05:49&	01:32-	00:19+	03:38&	00:09+	00:04-	00:49#	00:22+	02:06#	00:08+	00:19#

Beste strekktid for klassen

10:07 03:25 07:54 03:06 03:12 12:05 08:31 04:43 06:53 04:16 08:28 05:46 02:38

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

Damer A

1	Aud Hognestad Taksdal	92	33:41											
02:21=	04:33=	05:43=	10:47=	13:01=	14:20=	16:29=	18:05=	22:16=	24:19=	26:33=	28:01=	31:10=	32:51=	33:41=
02:21=	02:12=	01:10=	05:04=	02:14=	01:19=	02:09=	01:36=	04:11=	02:03=	02:14=	01:28=	03:09=	01:41=	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=
2	Marjo Liikanen	67	40:03											
02:30+	09:14+	10:27+	15:49+	18:17+	21:09+	23:09+	24:39+	28:57+	30:55+	32:52+	34:20+	37:33+	39:11+	40:03+
02:30+	06:44+	01:13+	05:22+	02:28+	02:52+	02:00-	01:30-	04:18+	01:58-	01:57-	01:28=	03:13+	01:38-	00:52+
00:09+	04:32@	00:03+	00:18+	00:14#	01:33@	00:09-	00:06-	00:07+	00:05-	00:17-	00:00=	00:04+	00:03-	00:02+
3	Janne Tjørhom Aasheim	93	43:23											
03:02+	07:28+	08:43+	14:42+	17:39+	22:16+	24:26+	26:22+	31:02+	33:06+	36:08+	37:46+	40:54+	42:31+	43:23+
03:02+	04:26+	01:15+	05:59+	02:57+	04:37+	02:10+	01:56+	04:40+	02:04+	03:02+	01:38+	03:08-	01:37-	00:52+
00:41&	02:14@	00:05+	00:55#	00:43&	03:18@	00:01+	00:20#	00:29#	00:01+	00:48&	00:10#	00:01-	00:04-	00:02+
4	Trine Bolstad	62	50:28											
04:50+	13:49+	15:55+	21:51+	24:26+	26:31+	29:36+	31:57+	37:32+	40:06+	42:35+	44:17+	47:44+	49:22+	50:28+
04:50+	08:59+	02:06+	05:56+	02:35+	02:05+	03:05+	02:21+	05:35+	02:34+	02:29+	01:42+	03:27+	01:38-	01:06+
02:29@	06:47@	00:56&	00:52#	00:21#	00:46&	00:56&	00:45&	01:24&	00:31&	00:15#	00:14#	00:18+	00:03-	00:16&
5	Inger Tone Nygård	29	51:43											
02:52+	10:47+	12:30+	19:38+	24:03+	25:43+	29:47+	31:37+	36:55+	39:28+	42:14+	44:13+	48:15+	50:34+	51:43+
02:52+	07:55+	01:43+	07:08+	04:25+	01:40+	04:04+	01:50+	05:18+	02:33+	02:46+	01:59+	04:02+	02:19+	01:09+
00:31#	05:43@	00:33&	02:04&	02:11&	00:21&	01:55&	00:14#	01:07&	00:30#	00:32#	00:31&	00:53&	00:38&	00:19&
6	Katrine Prestvold	212	59:43											
03:22+	13:20+	14:41+	23:06+	26:35+	33:21+	36:27+	38:53+	44:50+	47:38+	50:24+	52:17+	56:14+	58:34+	59:43+
03:22+	09:58+	01:21+	08:25+	03:29+	06:46+	03:06+	02:26+	05:57+	02:48+	02:46+	01:53+	03:57+	02:20+	01:09+
01:01&	07:46@	00:11#	03:21&	01:15&	05:27@	00:57&	00:50&	01:46&	00:45&	00:32#	00:25&	00:48&	00:39&	00:19&
7	Kirsten Vike	92	1:12:57											
04:27+	19:02+	21:04+	29:08+	38:09+	41:39+	45:01+	48:23+	55:06+	58:04+	61:19+	63:59+	68:25+	71:20+	72:57+
04:27+	14:35+	02:02+	08:04+	09:01+	03:30+	03:22+	03:22+	06:43+	02:58+	03:15+	02:40+	04:26+	02:55+	01:37+
02:06&	12:23@	00:52&	03:00&	06:47@	02:11@	01:13&	01:46@	02:32&	00:55&	01:01&	01:12&	01:17&	01:14&	00:47&

Beste strekktid for klassen

02:21 02:12 01:10 05:04 02:14 01:19 02:00 01:30 04:11 01:58 01:57 01:28 03:08 01:37 00:50

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

Damer B

1	Anne Garsrud	90	51:06											
03:00=	08:55=	10:37=	19:04=	21:58=	24:42=	27:21=	29:47=	35:18=	38:03=	41:12=	43:00=	46:48=	50:02=	51:06=
03:00=	05:55=	01:42=	08:27=	02:54=	02:44=	02:39=	02:26=	05:31=	02:45=	03:09=	01:48=	03:48=	03:14=	01:04=
00:00=	00:00=	00:00=	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	Hilde Nordbø	93	52:13											
03:33+	07:45-	09:15-	15:30-	20:24-	22:11-	25:26-	28:28-	36:21+	39:12+	42:21+	44:06+	48:48+	51:08+	52:13+
03:33+	04:12-	01:30-	06:15-	04:54+	01:47-	03:15+	03:02+	07:53+	02:51+	03:09=	01:45-	04:42+	02:20-	01:05+
00:33#	01:43-	00:12-	02:12-	02:00&	00:57-	00:36#	00:36#	02:22&	00:06+	00:00=	00:03-	00:54#	00:54-	00:01+
3	Helen Lomeland	105	55:17											
04:53+	12:45+	14:39+	21:00+	23:47+	29:38+	33:02+	35:52+	41:50+	44:23+	46:59+	48:51+	52:09+	54:12+	55:17+
04:53+	07:52+	01:54+	06:21-	02:47-	05:51+	03:24+	02:50+	05:58+	02:33-	02:36-	01:52+	03:18-	02:03-	01:05+
01:53&	01:57&	00:12#	02:06-	00:07-	03:07@	00:45&	00:24#	00:27+	00:12-	00:33-	00:04+	00:30-	01:11-	00:01+
4	Anita Glenne Kallhovd	29	56:02											
03:58+	13:18+	15:24+	23:17+	26:13+	28:50+	31:32+	33:59+	40:21+	43:00+	45:59+	48:03+	52:34+	54:48+	56:02+
03:58+	09:20+	02:06+	07:53-	02:56+	02:37-	02:42+	02:27+	06:22+	02:39-	02:59-	02:04+	04:31+	02:14-	01:14+
00:58&	03:25&	00:24#	00:34-	00:02+	00:07-	00:03+	00:01+	00:51#	00:06-	00:10-	00:16#	00:43#	01:00-	00:10#
5	Grethe Anda Fuglestad	116	58:27											
03:51+	11:08+	13:18+	22:09+	26:21+	28:39+	31:30+	34:30+	41:37+	44:26+	48:15+	50:37+	54:34+	57:01+	58:27+
03:51+	07:17+	02:10+	08:51+	04:12+	02:18-	02:51+	03:00+	07:07+	02:49+	03:49+	02:22+	03:57+	02:27-	01:26+
00:51&	01:22#	00:28&	00:24+	01:18&	00:26-	00:12+	00:34#	01:36&	00:04+	00:40#	00:34&	00:09+	00:47-	00:22&

Class	Navn	Klasse												Tid
6	Ann Karin Tjørhom	93												58:58
06:53+	14:12+	16:16+	24:22+	28:09+	30:59+	33:54+	36:26+	42:09+	45:24+	48:14+	50:18+	54:40+	57:34+	58:58+
06:53+	07:19+	02:04+	08:06-	03:47+	02:50+	02:55+	02:32+	05:43+	03:15+	02:50-	02:04+	04:22+	02:54-	01:24+
03:53@	01:24#	00:22#	00:21-	00:53&	00:06+	00:16#	00:06+	00:12+	00:30#	00:19-	00:16#	00:34#	00:20-	00:20&
7	Ann-Cathrin Urdal	118												1:00:15
03:04+	19:25+	21:10+	27:55+	31:52+	33:33+	36:30+	38:56+	45:23+	48:02+	50:54+	52:58+	57:07+	59:08+	60:15+
03:04+	16:21+	01:45+	06:45-	03:57+	01:41-	02:57+	02:26=	06:27+	02:39-	02:52-	02:04+	04:09+	02:01-	01:07+
00:04+	10:26@	00:03+	01:42-	01:03&	01:03-	00:18#	00:00=	00:56#	00:06-	00:17-	00:16#	00:21+	01:13-	00:03+
8	Brit Nilsen	88												1:01:34
04:09+	08:46-	10:54+	20:20+	25:42+	27:38+	33:19+	36:20+	43:27+	46:36+	50:34+	53:02+	58:02+	60:15+	61:34+
04:09+	04:37-	02:08+	09:26+	05:22+	01:56-	05:41+	03:01+	07:07+	03:09+	03:58+	02:28+	05:00+	02:13-	01:19+
01:09&	01:18-	00:26&	00:59#	02:28&	00:48-	03:02@	00:35#	01:36&	00:24#	00:49&	00:40&	01:12&	01:01-	00:15#
9	Ingunn Anda Haug	67												1:03:36
04:14+	09:36+	11:51+	21:13+	24:54+	26:46+	30:36+	33:12+	43:31+	47:07+	51:11+	53:34+	59:15+	62:05+	63:36+
04:14+	05:22-	02:15+	09:22+	03:41+	01:52-	03:50+	02:36+	10:19+	03:36+	04:04+	02:23+	05:41+	02:50-	01:31+
01:14&	00:33-	00:33&	00:55#	00:47&	00:52-	01:11&	00:10+	04:48&	00:51&	00:55&	00:35&	01:53&	00:24-	00:27&
10	Keth Berggraf	116												1:04:13
04:17+	11:38+	13:36+	23:20+	29:42+	32:45+	36:55+	39:44+	46:18+	49:14+	53:40+	56:01+	60:49+	63:03+	64:13+
04:17+	07:21+	01:58+	09:44+	06:22+	03:03+	04:10+	02:49+	06:34+	02:56+	04:26+	02:21+	04:48+	02:14-	01:10+
01:17&	01:26#	00:16#	01:17#	03:28@	00:19#	01:31&	00:23#	01:03#	00:11+	01:17&	00:33&	01:00&	01:00-	00:06+
11	Vibeke Lamark	46												1:04:45
04:08+	08:05-	09:42-	24:10+	30:48+	37:44+	41:13+	43:39+	49:25+	52:03+	55:37+	57:38+	61:38+	63:33+	64:45+
04:08+	03:57-	01:37-	14:28+	06:38+	06:56+	03:29+	02:26=	05:46+	02:38-	03:34+	02:01+	04:00+	01:55-	01:12+
01:08&	01:58-	00:05-	06:01&	03:44@	04:12@	00:50&	00:00=	00:15+	00:07-	00:25#	00:13#	00:12+	01:19-	00:08#
12	Lise Isachsen	165												1:05:36
03:38+	12:07+	13:40+	29:08+	35:57+	39:46+	42:40+	45:55+	51:01+	53:53+	56:52+	58:36+	62:24+	64:28+	65:36+
03:38+	08:29+	01:33-	15:28+	06:49+	03:49+	02:54+	03:15+	05:06-	02:52+	02:59-	01:44-	03:48=	02:04-	01:08+
00:38#	02:34&	00:09-	07:01&	03:55@	01:05&	00:15+	00:49&	00:25-	00:07+	00:10-	00:04-	00:00=	01:10-	00:04+
13	Tone Cecilie Nystrøm	68												1:08:31
03:13+	14:08+	16:39+	25:22+	29:08+	33:36+	36:46+	40:47+	47:52+	51:49+	55:14+	57:57+	62:04+	66:51+	68:31+
03:13+	10:55+	02:31+	08:43+	03:46+	04:28+	03:10+	04:01+	07:05+	03:57+	03:25+	02:43+	04:07+	04:47+	01:40+
00:13+	05:00&	00:49&	00:16+	00:52&	01:44&	00:31#	01:35&	01:34&	01:12&	00:16+	00:55&	00:19+	01:33&	00:36&
14	Trude Katrine Hermanrud	117												1:11:55
03:54+	09:21+	13:11+	24:28+	31:14+	33:16+	38:05+	44:23+	53:03+	56:37+	60:33+	62:56+	68:21+	70:35+	71:55+
03:54+	05:27-	03:50+	11:17+	06:46+	02:02-	04:49+	06:18+	08:40+	03:34+	03:56+	02:23+	05:25+	02:14-	01:20+
00:54&	00:28-	02:08@	02:50&	03:52@	00:42-	02:10&	03:52@	03:09&	00:49&	00:47#	00:35&	01:37&	01:00-	00:16#
15	Siri Warland	115												1:23:26
05:12+	13:03+	15:40+	23:53+	33:09+	36:10+	48:03+	50:52+	64:05+	67:54+	71:09+	73:39+	78:40+	81:32+	83:26+
05:12+	07:51+	02:37+	08:13-	09:16+	03:01+	11:53+	02:49+	13:13+	03:49+	03:15+	02:30+	05:01+	02:52-	01:54+
02:12&	01:56&	00:55&	00:14-	06:22@	00:17#	09:14@	00:23#	07:42@	01:04&	00:06+	00:42&	01:13&	00:22-	00:50&
Beste strekketid for klassen														
03:00	03:57	01:30	06:15	02:47	01:41	02:39	02:26	05:06	02:33	02:36	01:44	03:18	01:55	01:04

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

Damer Ny

1	Gro Heljesen	105												39:59
03:21=	11:07=	14:05=	18:10=	29:47=	37:19=	39:59=								
03:21=	07:46=	02:58=	04:05=	11:37=	07:32=	02:40=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Astrid Espe	80												54:27
04:33+	12:03+	17:37+	26:14+	39:07+	50:20+	54:27+								
04:33+	07:30-	05:34+	08:37+	12:53+	11:13+	04:07+								
01:12&	00:16-	02:36&	04:32@	01:16#	03:41&	01:27&								
3	Suma Jorjge	80												54:29
04:32+	12:00+	17:37+	26:22+	39:09+	50:17+	54:29+								
04:32+	07:28-	05:37+	08:45+	12:47+	11:08+	04:12+								
01:11&	00:18-	02:39&	04:40@	01:10#	03:36&	01:32&								

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

03:21 07:28 02:58 04:05 11:37 07:32 02:40

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

Damer Trim

1	Kjersti Pawells	105	41:21
02:22=	08:08=	17:11=	24:08=
02:22=	05:46=	09:03=	06:57=
00:00=	00:00=	00:00=	00:00=
2	Dagfrid Nagel-Alne	47	45:08
05:22+	14:06+	22:53+	30:35+
05:22+	08:44+	08:47-	07:42+
03:00@	02:58&	00:16-	00:45#
3	Bjørg Elen Abrahamsen	29	46:43
02:47+	09:37+	21:30+	30:03+
02:47+	06:50+	11:53+	08:33+
00:25#	01:04#	02:50&	01:36#
4	Anna Berthelsen	117	47:50
02:30+	13:49+	23:05+	31:20+
02:30+	11:19+	09:16+	08:15+
00:08+	05:33&	00:13+	01:18#
5	Maren Heradstveit	76	50:41
01:50-	15:03+	26:50+	35:25+
01:50-	13:13+	11:47+	08:35+
00:32-	07:27@	02:44&	01:38#
6	Sina Thu	271	51:22
02:15-	12:30+	26:21+	34:53+
02:15-	10:15+	13:51+	08:32+
00:07-	04:29&	04:48&	01:35#
7	Irene Frøyland	71	52:24
02:56+	10:53+	23:43+	32:58+
02:56+	07:57+	12:50+	09:15+
00:34#	02:11&	03:47&	02:18&
8	Ruth Grødem	105	52:25
02:39+	13:23+	24:35+	32:32+
02:39+	10:44+	11:12+	07:57+
00:17#	04:58&	02:09#	01:00#
9	Lillian Dahl Fitjar	117	52:40
02:41+	13:07+	24:41+	32:44+
02:41+	10:26+	11:34+	08:03+
00:19#	04:40&	02:31&	01:06#
10	Siv Hilde Berg	105	54:29
03:02+	14:25+	28:43+	35:59+
03:02+	11:23+	14:18+	07:16+
00:40&	05:37&	05:15&	00:19+
11	Brit Svihus	92	54:37
02:50+	15:17+	26:38+	34:42+
02:50+	12:27+	11:21+	08:04+
00:28#	06:41@	02:18&	01:07#
12	Marysa Castelet-Vogt	42	56:21
03:11+	13:33+	27:01+	36:55+
03:11+	10:22+	13:28+	09:54+
00:49&	04:36&	04:25&	02:57&
13	Synnøve Langvik	93	56:24
02:29+	10:50+	21:47+	35:22+
02:29+	08:21+	10:57+	13:35+
00:07+	02:35&	01:54#	06:38&

Class	Navn	Klasse	Tid
14	Lise Nessa Di Lorenzo	168	57:33
02:20-	13:07+ 35:18+ 43:24+ 47:34+ 50:03+ 56:05+ 57:33+		
02:20-	10:47+ 22:11+ 08:06+ 04:10- 02:29+ 06:02- 01:28-		
00:02-	05:01& 13:08@ 01:09# 00:59- 00:05+ 02:08- 00:02-		
15	Maria Haukalid	47	58:00
03:57+	18:36+ 30:12+ 39:51+ 44:08+ 48:05+ 56:04+ 58:00+		
03:57+	14:39+ 11:36+ 09:39+ 04:17- 03:57+ 07:59- 01:56+		
01:35&	08:53@ 02:33& 02:42& 00:52- 01:33& 00:11- 00:26&		
16	Heidi Horne	71	58:09
02:59+	12:21+ 28:45+ 36:24+ 40:13+ 43:15+ 56:20+ 58:09+		
02:59+	09:22+ 16:24+ 07:39+ 03:49- 03:02+ 13:05+ 01:49+		
00:37&	03:36& 07:21& 00:42# 01:20- 00:38& 04:55& 00:19#		
17	Vigdis Iren Birkedal	116	58:28
02:46+	13:46+ 27:45+ 36:36+ 43:17+ 46:50+ 56:05+ 58:28+		
02:46+	11:00+ 13:59+ 08:51+ 06:41+ 03:33+ 09:15+ 02:23+		
00:24#	05:14& 04:56& 01:54& 01:32& 01:09& 01:05# 00:53&		
18	Ingrid Hjelmbrekke Holdø	62	58:46
05:34+	21:53+ 32:51+ 40:06+ 44:43+ 48:33+ 57:36+ 58:46+		
05:34+	16:19+ 10:58+ 07:15+ 04:37- 03:50+ 09:03+ 01:10-		
03:12@	10:33@ 01:55# 00:18+ 00:32- 01:26& 00:53# 00:20-		
19	Karin Gilje Ask	141	58:53
04:19+	16:37+ 29:14+ 38:35+ 43:36+ 47:09+ 56:55+ 58:53+		
04:19+	12:18+ 12:37+ 09:21+ 05:01- 03:33+ 09:46+ 01:58+		
01:57&	06:32@ 03:34& 02:24& 00:08- 01:09& 01:36# 00:28&		
20	Inger K. H. Rysstad	141	58:54
05:08+	16:55+ 29:09+ 38:15+ 43:34+ 46:54+ 56:42+ 58:54+		
05:08+	11:47+ 12:14+ 09:06+ 05:19+ 03:20+ 09:48+ 02:12+		
02:46@	06:01@ 03:11& 02:09& 00:10+ 00:56& 01:38# 00:42&		
21	Anne Grete Friberg	141	58:56
04:43+	16:48+ 29:10+ 38:50+ 43:38+ 47:12+ 56:45+ 58:56+		
04:43+	12:05+ 12:22+ 09:40+ 04:48- 03:34+ 09:33+ 02:11+		
02:21&	06:19@ 03:19& 02:43& 00:21- 01:10& 01:23# 00:41&		
22	Solbjørg Borgersen	233	59:27
02:29+	13:37+ 28:44+ 40:49+ 44:43+ 47:58+ 57:10+ 59:27+		
02:29+	11:08+ 15:07+ 12:05+ 03:54- 03:15+ 09:12+ 02:17+		
00:07+	05:22& 06:04& 05:08& 01:15- 00:51& 01:02# 00:47&		
23	Olaug Bergjord	91	59:51
02:35+	13:50+ 25:37+ 33:05+ 40:09+ 44:26+ 57:53+ 59:51+		
02:35+	11:15+ 11:47+ 07:28+ 07:04+ 04:17+ 13:27+ 01:58+		
00:13+	05:29& 02:44& 00:31+ 01:55& 01:53& 05:17& 00:28&		
24	Marita Navjord Nicolaysen	71	1:00:07
02:05-	13:32+ 30:44+ 38:28+ 42:16+ 45:13+ 58:18+ 60:07+		
02:05-	11:27+ 17:12+ 07:44+ 03:48- 02:57+ 13:05+ 01:49+		
00:17-	05:41& 08:09& 00:47# 01:21- 00:33# 04:55& 00:19#		
25	Bente Salte Aune	128	1:00:26
02:37+	20:49+ 33:29+ 42:17+ 48:04+ 51:09+ 58:35+ 60:26+		
02:37+	18:12+ 12:40+ 08:48+ 05:47+ 03:05+ 07:26- 01:51+		
00:15#	12:26@ 03:37& 01:51& 00:38# 00:41& 00:44- 00:21#		
26	Eli Tjetland	116	1:01:59
03:28+	11:09+ 24:50+ 36:49+ 46:35+ 51:48+ 59:42+ 61:59+		
03:28+	07:41+ 13:41+ 11:59+ 09:46+ 05:13+ 07:54- 02:17+		
01:06&	01:55& 04:38& 05:02& 04:37& 02:49@ 00:16- 00:47&		
27	Agnès Selma Haker	115	1:02:15
02:27+	25:20+ 38:00+ 45:23+ 50:33+ 53:15+ 60:20+ 62:15+		
02:27+	22:53+ 12:40+ 07:23+ 05:10+ 02:42+ 07:05- 01:55+		
00:05+	17:07@ 03:37& 00:26+ 00:01+ 00:18# 01:05- 00:25&		
28	Kirsti Strand Salvesen	256	1:03:10
04:25+	21:59+ 34:58+ 44:26+ 48:54+ 52:23+ 60:51+ 63:10+		
04:25+	17:34+ 12:59+ 09:28+ 04:28- 03:29+ 08:28+ 02:19+		
02:03&	11:48@ 03:56& 02:31& 00:41- 01:05& 00:18+ 00:49&		

Class	Navn	Klasse	Tid
29	Margot Asheim	105	1:04:04
02:30+	22:47+ 38:09+ 47:00+ 52:53+ 55:27+ 61:35+ 64:04+		
02:30+	20:17+ 15:22+ 08:51+ 05:53+ 02:34+ 06:08- 02:29+		
00:08+	14:31@ 06:19& 01:54& 00:44# 00:10+ 02:02- 00:59&		
30	Elin Norveel	93	1:04:23
04:05+	20:42+ 32:45+ 45:59+ 51:44+ 54:45+ 62:37+ 64:23+		
04:05+	16:37+ 12:03+ 13:14+ 05:45+ 03:01+ 07:52- 01:46+		
01:43&	10:51@ 03:00& 06:17& 00:36# 00:37& 00:18- 00:16#		
31	Møyfrid Espeli	88	1:04:45
04:08+	14:46+ 29:04+ 39:54+ 49:42+ 52:52+ 62:07+ 64:45+		
04:08+	10:38+ 14:18+ 10:50+ 09:48+ 03:10+ 09:15+ 02:38+		
01:46&	04:52& 05:15& 03:53& 04:39& 00:46& 01:05# 01:08&		
32	Lene Haver Schmidt	88	1:05:14
04:56+	19:08+ 33:56+ 43:26+ 50:27+ 54:27+ 62:44+ 65:14+		
04:56+	14:12+ 14:48+ 09:30+ 07:01+ 04:00+ 08:17+ 02:30+		
02:34@	08:26@ 05:45& 02:33& 01:52& 01:36& 00:07+ 01:00&		
33	Sissel Carlsen Bråstad	88	1:05:19
05:01+	19:21+ 34:00+ 43:34+ 50:39+ 54:30+ 62:49+ 65:19+		
05:01+	14:20+ 14:39+ 09:34+ 07:05+ 03:51+ 08:19+ 02:30+		
02:39@	08:34@ 05:36& 02:37& 01:56& 01:27& 00:09+ 01:00&		
34	Åse Sellereite	27	1:05:37
02:49+	15:10+ 27:47+ 41:38+ 48:06+ 51:23+ 63:56+ 65:37+		
02:49+	12:21+ 12:37+ 13:51+ 06:28+ 03:17+ 12:33+ 01:41+		
00:27#	06:35@ 03:34& 06:54& 01:19& 00:53& 04:23& 00:11#		
35	Marie-Elizabeth Reinseth	27	1:05:41
02:43+	15:14+ 27:51+ 41:44+ 48:11+ 51:22+ 63:58+ 65:41+		
02:43+	12:31+ 12:37+ 13:53+ 06:27+ 03:11+ 12:36+ 01:43+		
00:21#	06:45@ 03:34& 06:56& 01:18& 00:47& 04:26& 00:13#		
36	Marianne Gjesdal Lyngås	253	1:06:03
05:02+	21:55+ 34:54+ 44:36+ 51:00+ 54:45+ 63:49+ 66:03+		
05:02+	16:53+ 12:59+ 09:42+ 06:24+ 03:45+ 09:04+ 02:14+		
02:40@	11:07@ 03:56& 02:45& 01:15# 01:21& 00:54# 00:44&		
37	Grete Hellevik	168	1:07:11
02:44+	14:04+ 43:34+ 50:46+ 54:52+ 58:52+ 65:18+ 67:11+		
02:44+	11:20+ 29:30+ 07:12+ 04:06- 04:00+ 06:26- 01:53+		
00:22#	05:34& 20:27@ 00:15+ 01:03- 01:36& 01:44- 00:23&		
38	Solveig Mæland	128	1:07:24
05:08+	18:44+ 32:38+ 43:44+ 49:34+ 53:26+ 64:04+ 67:24+		
05:08+	13:36+ 13:54+ 11:06+ 05:50+ 03:52+ 10:38+ 03:20+		
02:46@	07:50@ 04:51& 04:09& 00:41# 01:28& 02:28& 01:50@		
39	Kari Aas Strømseng	37	1:08:22
03:28+	23:50+ 37:39+ 46:28+ 53:05+ 56:45+ 65:59+ 68:22+		
03:28+	20:22+ 13:49+ 08:49+ 06:37+ 03:40+ 09:14+ 02:23+		
01:06&	14:36@ 04:46& 01:52& 01:28& 01:16& 01:04# 00:53&		
40	Sigrun Serigstad	128	1:08:43
03:27+	16:11+ 45:35+ 52:16+ 56:45+ 60:43+ 67:01+ 68:43+		
03:27+	12:44+ 29:24+ 06:41- 04:29- 03:58+ 06:18- 01:42+		
01:05&	06:58@ 20:21@ 00:16- 00:40- 01:34& 01:52- 00:12#		
41	Siw Øie Norheim	115	1:09:41
02:45+	25:37+ 40:15+ 52:05+ 56:49+ 59:58+ 67:23+ 69:41+		
02:45+	22:52+ 14:38+ 11:50+ 04:44- 03:09+ 07:25- 02:18+		
00:23#	17:06@ 05:35& 04:53& 00:25- 00:45& 00:45- 00:48&		
42	Marianne Johnsen	5	1:11:29
02:14-	23:58+ 38:42+ 52:36+ 56:45+ 60:01+ 69:28+ 71:29+		
02:14-	21:44+ 14:44+ 13:54+ 04:09- 03:16+ 09:27+ 02:01+		
00:08-	15:58@ 05:41& 06:57& 01:00- 00:52& 01:17# 00:31&		
43	Linda Haukås	113	1:11:39
02:48+	16:20+ 35:27+ 48:53+ 55:44+ 59:29+ 69:11+ 71:39+		
02:48+	13:32+ 19:07+ 13:26+ 06:51+ 03:45+ 09:42+ 02:28+		
00:26#	07:46@ 10:04@ 06:29& 01:42& 01:21& 01:32# 00:58&		

Class	Navn	Klasse	Tid
44	Irene Sirevåg	105	1:12:04
02:45+	25:37+	41:37+	52:27+
02:45+	22:52+	16:00+	10:50+
00:23#	17:06@	06:57&	03:53&
	00:49#	00:50&	00:09-
			00:54&
45	Aase Sveinsvoll	94	1:12:25
03:20+	15:15+	34:14+	48:27+
03:20+	11:55+	18:59+	14:13+
00:58&	06:09@	09:56@	07:16@
		01:26&	02:46@
		01:21#	01:12&
46	Franka Regina Häussler	115	1:12:28
03:18+	20:41+	38:09+	49:50+
03:18+	17:23+	17:28+	11:41+
00:56&	11:37@	08:25&	04:44&
		00:20+	01:02&
		03:06&	00:57&
47	Nina Werness	52	1:13:04
03:24+	17:45+	35:36+	45:42+
03:24+	14:21+	17:51+	10:06+
01:02&	08:35@	08:48&	03:09&
		04:41&	01:16&
		02:57&	01:15&
48	Britt Elin Andersen	91	1:13:39
02:52+	20:33+	35:19+	44:39+
02:52+	17:41+	14:46+	09:20+
00:30#	11:55@	05:43&	02:23&
		06:57@	01:14&
		01:42#	01:54@
49	Randi Wesetvik	116	1:14:42
02:40+	20:07+	46:57+	56:12+
02:40+	17:27+	26:50+	09:15+
00:18#	11:41@	17:47@	02:18&
		00:06+	01:08&
		00:39-	00:42&
50	Gro Mariero Totland	59	1:15:39
03:55+	15:32+	31:44+	46:12+
03:55+	11:37+	16:12+	14:28+
01:33&	05:51@	07:09&	07:31@
		02:48&	02:15&
		03:40&	03:31@
51	Eli Våge	117	1:23:47
03:26+	38:17+	52:53+	62:47+
03:26+	34:51+	14:36+	09:54+
01:04&	29:05@	05:33&	02:57&
		01:25&	01:23&
		00:22+	00:37&
52	May Kristin Haaland	47	1:24:08
04:13+	20:31+	40:46+	51:49+
04:13+	16:18+	20:15+	11:03+
01:51&	10:32@	11:12@	04:06&
		02:54&	02:14&
		08:23@	01:35@
53	Torhild Stokka Stølsvik	92	1:24:15
04:07+	20:48+	41:00+	52:05+
04:07+	16:41+	20:12+	11:05+
01:45&	10:55@	11:09@	04:08&
		02:51&	02:12&
		08:05&	01:49@
54	Åse Karoline B. Berg	115	1:24:38
03:17+	37:37+	53:49+	63:25+
03:17+	34:20+	16:12+	09:36+
00:55&	28:34@	07:09&	02:39&
		00:18+	01:26&
		01:14#	01:02&
55	Ann Ramsay	42	1:27:54
04:04+	35:48+	49:49+	58:36+
04:04+	31:44+	14:01+	08:47+
01:42&	25:58@	04:58&	01:50&
		01:17#	01:31&
		08:26@	00:51&
56	Sølvi S. Ballestad	105	1:34:08
09:02+	24:01+	57:22+	69:10+
09:02+	14:59+	33:21+	11:48+
06:40@	09:13@	24:18@	04:51&
		00:16+	01:39&
		04:54&	00:56&
57	Ingunn Fandrem	47	1:34:35
05:11+	42:46+	56:37+	65:37+
05:11+	37:35+	13:51+	09:00+
02:49@	31:49@	04:48&	02:03&
		01:15#	01:33&
		08:23@	00:34&
Beste strekktid for klassen			
	01:50	05:46	08:47
		06:41	03:41
		02:05	06:02
		01:10	

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

Herrer 16 - 39 år

1 Andreas Segadal Breiland

194

49:12

02:47=	06:07=	07:31=	12:16=	18:38=	20:13=	22:36=	26:21=	29:51=	32:02=	33:24=	35:11=	38:58=	40:38=	42:44=	44:11=	47:15=	48:10=	49:12=
02:47=	03:20=	01:24=	04:45=	06:22=	01:35=	02:23=	03:45=	03:30=	02:11=	01:22=	01:47=	03:47=	01:40=	02:06=	01:27=	03:04=	00:55=	01:02=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Vegard Karlsen

50

59:05

07:44+	11:28+	13:02+	17:26+	22:53+	24:00+	27:02+	31:26+	35:35+	37:57+	40:55+	42:05+	46:44+	48:39+	51:09+	52:58+	56:42+	57:48+	59:05+
07:44+	03:44+	01:34+	04:24-	05:27-	01:07-	03:02+	04:24+	04:09+	02:22+	02:58+	01:10-	04:39+	01:55+	02:30+	01:49+	03:44+	01:06+	01:17+
04:57@	00:24#	00:10#	00:21-	00:55-	00:28-	00:39#	00:39#	00:39#	00:11+	01:36@	00:37-	00:52#	00:15#	00:24#	00:22&	00:40#	00:11#	00:15#

3 Cato Eike

79

1:00:50

03:45+	15:38+	17:11+	21:29+	26:16+	27:30+	29:46+	33:38+	36:53+	38:56+	40:30+	41:29+	45:14+	47:01+	49:10+	50:53+	54:22+	59:50+	60:50+
03:45+	11:53+	01:33+	04:18-	04:47-	01:14-	02:16-	03:52+	03:15-	02:03-	01:34+	00:59-	03:45-	01:47+	02:09+	01:43+	03:29+	05:28+	01:00-
00:58&	08:33@	00:09#	00:27-	01:35-	00:21-	00:07-	00:07+	00:15-	00:08-	00:12#	00:48-	00:02-	00:07+	00:03+	00:16#	00:25#	04:33@	00:02-

4 Anders Stokkeland Olsen

4

1:03:03

04:28+	09:52+	11:23+	16:29+	24:00+	27:04+	28:44+	34:34+	37:13+	41:23+	43:43+	46:05+	47:35+	51:32+	53:21+	55:26+	57:01+	60:03+	61:46+	63:03+
04:28+	05:24+	01:31+	05:06+	07:31+	03:04+	01:40-	05:50+	02:39-	04:10+	02:20+	02:22+	01:30-	03:57+	01:49-	02:05+	01:35-	03:02+	01:43+	01:17+
01:41&	02:04&	00:07+	00:21+	01:09#	01:29&	00:43-	02:05&	00:51-	01:59&	00:58&	00:35&	02:17-	02:17@	00:17-	00:38&	01:29-	02:07@	00:41&	01:17+

5 Jan Eirik Gjerdevik

4

1:04:28

05:12+	09:58+	13:38+	20:24+	28:19+	29:53+	32:20+	35:47+	39:11+	44:26+	46:29+	47:57+	53:15+	55:04+	56:57+	58:25+	62:25+	63:27+	64:28+
05:12+	04:46+	03:40+	06:46+	07:55+	01:34-	02:27+	03:27-	03:24-	05:15+	02:03+	01:28-	05:18+	01:49+	01:53-	01:28+	04:00+	01:02+	01:01-
02:25&	01:26&	02:16@	02:01&	01:33#	00:01-	00:04+	00:18-	00:06-	03:04@	00:41&	00:19-	01:31&	00:09+	00:13-	00:01+	00:56&	00:07#	00:01-

6 Martin Alexander Hanssen

98

1:04:48

04:44+	14:00+	15:11+	22:17+	28:57+	30:15+	32:48+	36:41+	40:24+	43:31+	45:09+	46:57+	52:19+	54:18+	57:40+	59:28+	62:43+	63:45+	64:48+
04:44+	09:16+	01:11-	07:06+	06:40+	01:18-	02:33+	03:53+	03:43+	03:07+	01:38+	01:48+	05:22+	01:59+	03:22+	01:48+	03:15+	01:02+	01:03+
01:57&	05:56@	00:13-	02:21&	00:18+	00:17-	00:10+	00:08+	00:13+	00:56&	00:16#	00:01+	01:35&	00:19#	01:16&	00:21#	00:11+	00:07#	00:01+

7 Magne Habbestad

111

1:05:40

04:08+	08:10+	10:08+	15:28+	22:10+	23:54+	27:16+	32:34+	39:14+	41:48+	43:50+	45:16+	50:48+	53:50+	56:40+	58:36+	62:44+	64:16+	65:40+
04:08+	04:02+	01:58+	05:20+	06:42+	01:44+	03:22+	05:18+	06:40+	02:34+	02:02+	01:26-	05:32+	03:02+	02:50+	01:56+	04:08+	01:32+	01:24+
01:21&	00:42#	00:34&	00:35#	00:20+	00:09+	00:59&	01:33&	03:10&	00:23#	00:40&	00:21-	01:45&	01:22&	00:44&	00:29&	01:04&	00:37&	00:22&

8 Simen Auli Staff

115

1:10:51

05:46+	10:30+	12:35+	18:12+	26:00+	27:31+	30:34+	36:29+	41:24+	45:43+	48:09+	50:03+	56:07+	58:51+	62:03+	63:49+	68:06+	69:27+	70:51+
05:46+	04:44+	02:05+	05:37+	07:48+	01:31-	03:03+	05:55+	04:55+	04:19+	02:26+	01:54+	06:04+	02:44+	03:12+	01:46+	04:17+	01:21+	01:24+
02:59@	01:24&	00:41&	00:52#	01:26#	00:04-	00:40&	02:10&	01:25&	02:08&	01:04&	00:07+	02:17&	01:04&	01:06&	00:19#	01:13&	00:26&	00:22&

9 Jørgen Strømstad

50

1:10:52

08:59+	20:14+	21:58+	26:31+	35:16+	36:34+	38:54+	43:35+	47:45+	49:52+	51:33+	52:37+	58:13+	60:13+	63:06+	65:06+	68:33+	69:46+	70:52+
08:59+	11:15+	01:44+	04:33-	08:45+	01:18-	02:20-	04:41+	04:10+	02:07-	01:41+	01:04-	05:36+	02:00+	02:53+	02:00+	03:27+	01:13+	01:06+
06:12@	07:55@	00:20#	00:12-	02:23&	00:17-	00:03-	00:56#	00:40#	00:04-	00:19#	00:43-	01:49&	00:20#	00:47&	00:33&	00:23#	00:18&	00:04+

10 Jonas Nesland Vevatne

116

1:11:10

04:08+	11:42+	13:38+	19:01+	26:35+	28:53+	32:25+	37:56+	44:42+	47:10+	49:13+	50:35+	55:54+	58:29+	61:37+	63:48+	68:03+	69:29+	71:10+
04:08+	07:34+	01:56+	05:23+	07:34+	02:18+	03:32+	05:31+	06:46+	02:28+	02:03+	01:22-	05:19+	02:35+	03:08+	02:11+	04:15+	01:26+	01:41+
01:21&	04:14@	00:32&	00:38#	01:12#	00:43&	01:09&	01:46&	03:16&	00:17#	00:41&	00:25-	01:32&	00:55&	01:02&	00:44&	01:11&	00:31&	00:39&

11 Rune Dahl Fitjar

90

1:12:44

03:19+	06:05-	10:31+	12:17+	18:35-	26:29+	28:28+	31:13+	36:51+	43:34+	46:01+	48:30+	49:59+	55:59+	62:49+	65:24+	69:55+	71:19+	72:44+
03:19+	02:46-	04:26+	01:46-	06:18-	07:54+	01:59-	02:45-	05:38+	06:43+	02:27+	02:29+	01:29-	06:00+	06:50+	02:35+	04:31+	01:24+	01:25+
00:32#	00:34-	03:02@	02:59-	00:04-	06:19@	00:24-	01:00-	02:08&	04:32@	01:05&	00:42&	02:18-	04:20@	04:44@	01:08&	01:27&	00:29&	00:23&

12 Dag Eivind Watsend

92

1:13:44

03:43+	07:48+	09:37+	14:41+	22:10+	23:54+	26:37+	32:02+	40:56+	44:12+	46:46+	48:53+	58:15+	61:23+	64:41+	67:04+	71:25+	72:38+	73:44+
03:43+	04:05+	01:49+	05:04+	07:29+	01:44+	02:43+	05:25+	08:54+	03:16+	02:34+	02:07+	09:22+	03:08+	03:18+	02:23+	04:21+	01:13+	01:06+
00:56&	00:45#	00:25&	00:19+	01:07#	00:09+	00:20#	01:40&	05:24@	01:05&	01:12&	00:20#	05:35@	01:28&	01:12&	00:56&	01:17&	00:18&	00:04+

13 Svein Kyllingstad

71

1:14:05

10:48+	15:47+	17:41+	24:19+	30:13+	31:47+	34:35+	39:19+	44:20+	50:11+	53:11+	54:23+	59:06+	62:19+	65:33+	67:37+	71:26+	72:41+	74:05+
10:48+	04:59+	01:54+	06:38+	05:54-	01:34-	02:48+	04:44+	05:01+	05:51+	03:00+	01:12-	04:43+	03:13+	03:14+	02:04+	03:49+	01:15+	01:24+
08:01@	01:39&	00:30&	01:53&	00:28-	00:01-	00:25#	00:59&	01:31&	03:40@	01:38@	00:35-	00:56#	01:33&	01:08&	00:37&	00:45#	00:20&	00:22&

14 Rune Hatle

65

1:14:48

04:45+	16:43+	18:10+	24:25+	32:41+	34:08+	36:58+	41:49+	45:43+	49:17+	53:55+	55:28+	60:17+	63:04+	66:18+	68:17+	71:56+	73:15+	74:48+
04:45+	11:58+	01:27+	06:15+	08:16+	01:27-	02:50+	04:51+	03:54+	03:34+	04:38+	01:33-	04:49+	02:47+	03:14+	01:59+	03:39+	01:19+	01:33+
01:58&	08:38@	00:03+	01:30&	01:54&	00:08-	00:27#	01:06&	00:24#	01:23&	03:16@	00:14-	01:02&	01:07&	01:08&	00:32&	00:35#	00:24&	00:31&

Class	Navn	Klasse										Tid									
15	David Wade	116										1:21:32									
05:14+	11:49+	15:34+	20:57+	30:04+	32:35+	34:54+	40:13+	54:01+	56:43+	59:10+	61:12+	66:06+	68:15+	71:27+	74:03+	78:48+	80:00+	81:32+			
05:14+	06:35+	03:45+	05:23+	09:07+	02:31+	02:19-	05:19+	13:48+	02:42+	02:27+	02:02+	04:54+	02:09+	03:12+	02:36+	04:45+	01:12+	01:32+			
02:27&	03:15&	02:21@	00:38#	02:45&	00:56&	00:04-	01:34&	10:18@	00:31#	01:05&	00:15#	01:07&	00:29&	01:06&	01:09&	01:41&	00:17&	00:30&			
16	Andreas Florian Ente	66										1:23:49									
06:55+	12:51+	14:42+	31:41+	38:28+	40:07+	42:33+	46:59+	50:46+	52:57+	57:24+	58:54+	67:25+	70:10+	75:13+	77:13+	80:49+	82:23+	83:49+			
06:55+	05:56+	01:51+	16:59+	06:47+	01:39+	02:26+	04:26+	03:47+	02:11+	04:27+	01:30-	08:31+	02:45+	05:03+	02:00+	03:36+	01:34+	01:26+			
04:08@	02:36&	00:27&	12:14@	00:25+	00:04+	00:03+	00:41#	00:17+	00:00+	03:05@	00:17-	04:44@	01:05&	02:57@	00:33&	00:32#	00:39&	00:24&			
17	Sindre Øvrum Haaland	92										1:25:02									
12:44+	24:24+	26:02+	30:59+	39:08+	40:31+	42:47+	46:57+	50:45+	56:25+	64:07+	64:59+	70:34+	72:51+	76:56+	78:52+	82:31+	83:42+	85:02+			
12:44+	11:40+	01:38+	04:57+	08:09+	01:23-	02:16-	04:10+	03:48+	05:40+	07:42+	00:52-	05:35+	02:17+	04:05+	01:56+	03:39+	01:11+	01:20+			
09:57@	08:20@	00:14#	00:12+	01:47&	00:12-	00:07-	00:25#	00:18+	03:29@	06:20@	00:55-	01:48&	00:37&	01:59&	00:29&	00:35#	00:16&	00:18&			
18	Alexander Khorunzhiy	136										1:27:11									
10:38+	20:50+	22:44+	28:27+	40:41+	44:20+	46:57+	52:06+	57:02+	60:25+	63:31+	64:38+	70:11+	72:55+	76:32+	78:58+	84:09+	85:41+	87:11+			
10:38+	10:12+	01:54+	05:43+	12:14+	03:39+	02:37+	05:09+	04:56+	03:23+	03:06+	01:07-	05:33+	02:44+	03:37+	02:26+	05:11+	01:32+	01:30+			
07:51@	06:52@	00:30&	00:58#	05:52&	02:04@	00:14+	01:24&	01:26&	01:12&	01:44@	00:40-	01:46&	01:04&	01:31&	00:59&	02:07&	00:37&	00:28&			
19	Per-Olof Wallerstedt	136										1:28:11									
04:30+	12:02+	14:26+	20:12+	34:55+	36:57+	40:15+	45:10+	49:17+	62:04+	63:43+	65:36+	71:05+	74:25+	77:49+	79:54+	85:06+	86:33+	88:11+			
04:30+	07:32+	02:24+	05:46+	14:43+	02:02+	03:18+	04:55+	04:07+	12:47+	01:39+	01:53+	05:29+	03:20+	03:24+	02:05+	05:12+	01:27+	01:38+			
01:43&	04:12@	01:00&	01:01#	08:21@	00:27&	00:55&	01:10&	00:37#	10:36@	00:17#	00:06+	01:42&	01:40&	01:18&	00:38&	02:08&	00:32&	00:36&			
20	Bjørnar A. Alvær Sandmark	68										1:30:35									
15:38+	21:00+	22:38+	29:55+	42:56+	44:46+	47:43+	52:26+	56:35+	59:20+	62:51+	67:22+	73:54+	77:39+	80:54+	83:23+	87:21+	89:08+	90:35+			
15:38+	05:22+	01:38+	07:17+	13:01+	01:50+	02:57+	04:43+	04:09+	02:45+	03:31+	04:31+	06:32+	03:45+	03:15+	02:29+	03:58+	01:47+	01:27+			
12:51@	02:02&	00:14#	02:32&	06:39@	00:15#	00:34#	00:58&	00:39#	00:34&	02:09@	02:44@	02:45&	02:05@	01:09&	01:02&	00:54&	00:52&	00:25&			
21	Richard Galle	66										1:33:02									
07:16+	13:32+	15:28+	23:02+	34:50+	36:22+	38:50+	43:58+	47:55+	64:21+	65:44+	67:21+	73:58+	76:18+	79:16+	81:00+	87:55+	89:54+	93:02+			
07:16+	06:16+	01:56+	07:34+	11:48+	01:32-	02:28+	05:08+	03:57+	16:26+	01:23+	01:37-	06:37+	02:20+	02:58+	01:44+	06:55+	01:59+	03:08+			
04:29@	02:56&	00:32&	02:49&	05:26&	00:03-	00:05+	01:23&	00:27#	14:15@	00:01+	00:10-	02:50&	00:40&	00:52&	00:17#	03:51@	01:04@	02:06@			
22	Kjetil Hollund	108										1:35:44									
12:29+	22:40+	24:49+	42:09+	50:40+	52:06+	55:35+	60:39+	65:18+	70:49+	73:10+	75:36+	81:11+	83:30+	86:53+	88:51+	93:06+	94:20+	95:44+			
12:29+	10:11+	02:09+	17:20+	08:31+	01:26-	03:29+	05:04+	04:39+	05:31+	02:21+	02:26+	05:35+	02:19+	03:23+	01:58+	04:15+	01:14+	01:24+			
09:42@	06:51@	00:45&	12:35@	02:09&	00:09-	01:06&	01:19&	01:09&	03:20@	00:59&	00:39&	01:48&	00:39&	01:17&	00:31&	01:11&	00:19&	00:22&			
Beste strekktid for klassen																					
02:47	02:46	01:11	01:46	04:47	01:07	01:40	02:45	02:39	02:03	01:22	00:52	01:29	01:40	01:49	01:27	01:35	00:55	01:00			

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

Herrer 40 - 49 år

1	Bård Skogsholm	40										41:24									
03:23=	06:27=	08:08=	13:56=	16:37=	18:11=	20:32=	22:37=	28:30=	30:37=	33:01=	34:54=	38:08=	40:27=	41:24=							
03:23=	03:04=	01:41=	05:48=	02:41=	01:34=	02:21=	02:05=	05:53=	02:07=	02:24=	01:53=	03:14=	02:19=	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=							
2	Knut Taugbøl	116										44:52									
02:49-	09:47+	11:13+	16:38+	19:23+	22:38+	25:27+	27:28+	31:56+	34:43+	37:32+	39:09+	42:05+	43:49+	44:52+							
02:49-	06:58+	01:26-	05:25-	02:45+	03:15+	02:49+	02:01-	04:28-	02:47+	02:49+	01:37-	02:56-	01:44-	01:03+							
00:34-	03:54@	00:15-	00:23-	00:04+	01:41@	00:28#	00:04-	01:25-	00:40&	00:25#	00:16-	00:18-	00:35-	00:06#							
3	Trond Breiland	43										49:09									
06:02+	09:26+	10:52+	17:19+	20:39+	22:09+	24:23+	27:17+	36:49+	39:01+	41:19+	43:09+	46:31+	48:13+	49:09+							
06:02+	03:24+	01:26-	06:27+	03:20+	01:30-	02:14-	02:54+	09:32+	02:12+	02:18-	01:50-	03:22+	01:42-	00:56-							
02:39&	00:20#	00:15-	00:39#	00:39#	00:04-	00:07-	00:49&	03:39&	00:05+	00:06-	00:03-	00:08+	00:37-	00:01-							
4	Lars Primstad	62										52:45									
03:11-	08:05+	09:46+	20:23+	23:12+	25:24+	28:41+	31:10+	37:35+	39:46+	44:21+	46:09+	49:53+	51:56+	52:45+							
03:11-	04:54+	01:41=	10:37+	02:49+	02:12+	03:17+	02:29+	06:25+	02:11+	04:35+	01:48-	03:44+	02:03-	00:49-							
00:12-	01:50&	00:00=	04:49&	00:08+	00:38&	00:56&	00:24#	00:32+	00:04+	02:11&	00:05-	00:30#	00:16-	00:08-							
5	Øystein Fuglestad	46										52:46									
03:57+	09:36+	11:09+	18:57+	22:20+	24:01+	26:45+	29:51+	36:01+	39:03+	42:38+	44:52+	48:59+	51:26+	52:46+							
03:57+	05:39+	01:33-	07:48+	03:23+	01:41+	02:44+	03:06+	06:10+	03:02+	03:35+	02:14+	04:07+	02:27+	01:20+							
00:34#	02:35&	00:08-	02:00&	00:42&	00:07+	00:23#	01:01&	00:17+	00:55&	01:11&	00:21#	00:53&	00:08+	00:23&							

Class	Navn	Klasse	Tid											
6	Jakob Ravnås	200	53:07											
04:41+	08:54+	10:46+	19:34+	22:46+	25:56+	29:17+	31:37+	38:29+	41:07+	43:52+	45:40+	49:41+	52:05+	53:07+
04:41+	04:13+	01:52+	08:48+	03:12+	03:10+	03:21+	02:20+	06:52+	02:38+	02:45+	01:48-	04:01+	02:24+	01:02+
01:18&	01:09&	00:11#	03:00&	00:31#	01:36@	01:00&	00:15#	00:59#	00:31#	00:21#	00:05-	00:47#	00:05+	00:05+
7	Hans Einar Thorset	109	53:12											
04:34+	07:52+	09:45+	16:45+	20:06+	22:12+	25:28+	28:27+	35:12+	38:14+	42:07+	44:50+	49:42+	51:53+	53:12+
04:34+	03:18+	01:53+	07:00+	03:21+	02:06+	03:16+	02:59+	06:45+	03:02+	03:53+	02:43+	04:52+	02:11-	01:19+
01:11&	00:14+	00:12#	01:12#	00:40#	00:32&	00:55&	00:54&	00:52#	00:55&	01:29&	00:50&	01:38&	00:08-	00:22&
8	Ådne Hausberg	7	53:52											
03:14-	07:40+	09:57+	18:54+	24:47+	26:30+	29:21+	31:38+	37:18+	40:03+	43:45+	45:56+	49:59+	52:36+	53:52+
03:14-	04:26+	02:17+	08:57+	05:53+	01:43+	02:51+	02:17+	05:40-	02:45+	03:42+	02:11+	04:03+	02:37+	01:16+
00:09-	01:22&	00:36&	03:09&	03:12@	00:09+	00:30#	00:12+	00:13-	00:38&	01:18&	00:18#	00:49&	00:18#	00:19&
9	Ingvar Heien	47	54:19											
04:26+	08:28+	10:23+	22:46+	25:16+	27:16+	30:29+	32:55+	39:13+	41:49+	45:13+	47:05+	51:12+	53:13+	54:19+
04:26+	04:02+	01:55+	12:23+	02:30-	02:00+	03:13+	02:26+	06:18+	02:36+	03:24+	01:52-	04:07+	02:01-	01:06+
01:03&	00:58&	00:14#	06:35@	00:11-	00:26&	00:52&	00:21#	00:25+	00:29#	01:00&	00:01-	00:53&	00:18-	00:09#
10	John Breiland	157	56:38											
03:20-	10:41+	12:37+	21:37+	24:51+	26:21+	30:26+	32:49+	41:32+	44:26+	47:13+	48:59+	52:59+	55:08+	56:38+
03:20-	07:21+	01:56+	09:00+	03:14+	01:30-	04:05+	02:23+	08:43+	02:54+	02:47+	01:46-	04:00+	02:09-	01:30+
00:03-	04:17@	00:15#	03:12&	00:33#	00:04-	01:44&	00:18#	02:50&	00:47&	00:23#	00:07-	00:46#	00:10-	00:33&
11	Peter Chapman	117	59:56											
03:48+	07:58+	09:55+	17:25+	20:44+	22:56+	27:36+	33:55+	41:47+	44:23+	47:24+	49:24+	57:29+	58:46+	59:56+
03:48+	04:10+	01:57+	07:30+	03:19+	02:12+	04:40+	06:19+	07:52+	02:36+	03:01+	02:00+	08:05+	01:17-	01:10+
00:25#	01:06&	00:16#	01:42&	00:38#	00:38&	02:19&	04:14@	01:59&	00:29#	00:37&	00:07+	04:51@	01:02-	00:13#
12	Arngrim Utskarpen	117	1:01:21											
03:39+	13:44+	15:17+	21:34+	26:45+	29:56+	32:53+	37:57+	45:48+	48:22+	51:46+	53:56+	58:24+	60:14+	61:21+
03:39+	10:05+	01:33-	06:17+	05:11+	03:11+	02:57+	05:04+	07:51+	02:34+	03:24+	02:10+	04:28+	01:50-	01:07+
00:16+	07:01@	00:08-	00:29+	02:30&	01:37@	00:36&	02:59@	01:58&	00:27#	01:00&	00:17#	01:14&	00:29-	00:10#
13	Thomas Johansen	111	1:06:46											
04:46+	11:20+	13:13+	21:24+	25:24+	27:11+	37:01+	41:00+	50:29+	53:27+	56:27+	58:31+	62:52+	65:40+	66:46+
04:46+	06:34+	01:53+	08:11+	04:00+	01:47+	09:50+	03:59+	09:29+	02:58+	03:00+	02:04+	04:21+	02:48+	01:06+
01:23&	03:30@	00:12#	02:23&	01:19&	00:13#	07:29@	01:54&	03:36&	00:51&	00:36#	00:11+	01:07&	00:29#	00:09#
14	Rune Femsteinevik	91	1:07:06											
06:29+	12:52+	14:59+	24:18+	31:58+	33:48+	37:54+	42:34+	48:52+	51:59+	55:31+	58:14+	62:39+	65:41+	67:06+
06:29+	06:23+	02:07+	09:19+	07:40+	01:50+	04:06+	04:40+	06:18+	03:07+	03:32+	02:43+	04:25+	03:02+	01:25+
03:06&	03:19@	00:26&	03:31&	04:59@	00:16#	01:45&	02:35@	00:25+	01:00&	01:08&	00:50&	01:11&	00:43&	00:28&
15	Arne Hetlelid	98	1:10:23											
08:04+	12:05+	13:57+	23:30+	28:37+	30:20+	36:21+	39:17+	48:50+	51:49+	55:07+	57:13+	62:05+	65:05+	70:23+
08:04+	04:01+	01:52+	09:33+	05:07+	01:43+	06:01+	02:56+	09:33+	02:59+	03:18+	02:06+	04:52+	03:00+	05:18+
04:41@	00:57&	00:11#	03:45&	02:26&	00:09+	03:40@	00:51&	03:40&	00:52&	00:54&	00:13#	01:38&	00:41&	04:21@
16	Per Ivar Hovstad	116	1:12:01											
03:33+	11:38+	13:30+	30:02+	36:51+	44:10+	47:00+	50:03+	56:09+	58:46+	61:46+	63:54+	68:30+	70:27+	72:01+
03:33+	08:05+	01:52+	16:32+	06:49+	07:19+	02:50+	03:03+	06:06+	02:37+	03:00+	02:08+	04:36+	01:57-	01:34+
00:10+	05:01@	00:11#	10:44@	04:08@	05:45@	00:29#	00:58&	00:13+	00:30#	00:36#	00:15#	01:22&	00:22-	00:37&
17	Jørgen Nilsen	208	1:12:06											
02:59-	16:46+	19:39+	27:47+	31:21+	40:00+	43:32+	46:38+	52:30+	56:06+	60:10+	62:40+	67:33+	70:50+	72:06+
02:59-	13:47+	02:53+	08:08+	03:34+	08:39+	03:32+	03:06+	05:52-	03:36+	04:04+	02:30+	04:53+	03:17+	01:16+
00:24-	10:43@	01:12&	02:20&	00:53&	07:05@	01:11&	01:01&	00:01-	01:29&	01:40&	00:37&	01:39&	00:58&	00:19&
18	Raymond B. Pettersen	105	1:19:53											
05:39+	13:32+	15:43+	27:47+	31:11+	37:35+	49:32+	51:39+	60:15+	64:06+	67:57+	70:47+	76:08+	78:35+	79:53+
05:39+	07:53+	02:11+	12:04+	03:24+	06:24+	11:57+	02:07+	08:36+	03:51+	03:51+	02:50+	05:21+	02:27+	01:18+
02:16&	04:49@	00:30&	06:16@	00:43&	04:50@	09:36@	00:02+	02:43&	01:44&	01:27&	00:57&	02:07&	00:08+	00:21&
19	Eivind Moi	116	1:33:15											
06:34+	30:23+	32:31+	43:54+	56:02+	58:36+	62:39+	67:09+	74:01+	77:28+	81:16+	83:36+	89:06+	92:03+	93:15+
06:34+	23:49+	02:08+	11:23+	12:08+	02:34+	04:03+	04:30+	06:52+	03:27+	03:48+	02:20+	05:30+	02:57+	01:12+
03:11&	20:45@	00:27&	05:35&	09:27@	01:00&	01:42&	02:25@	00:59#	01:20&	01:24&	00:27#	02:16&	00:38&	00:15&
20	Stian Knudsen	144	1:36:28											
06:05+	18:21+	20:52+	52:52+	57:25+	59:38+	63:52+	67:23+	75:14+	79:07+	83:13+	85:59+	90:52+	94:40+	96:28+
06:05+	12:16+	02:31+	32:00+	04:33+	02:13+	04:14+	03:31+	07:51+	03:53+	04:06+	02:46+	04:53+	03:48+	01:48+
02:42&	09:12@	00:50&	26:12@	01:52&	00:39&	01:53&	01:26&	01:58&	01:46&	01:42&	00:53&	01:39&	01:29&	00:51&

Class	Navn	Klasse											Tid	
21	Martin Simpson	167											1:58:06	
05:47+	14:46+	16:52+	58:34+	70:14+	73:00+	81:52+	87:35+	97:57+	101:08+	105:41+	108:20+	114:02+	116:39+	118:06+
05:47+	08:59+	02:06+	41:42+	11:40+	02:46+	08:52+	05:43+	10:22+	03:11+	04:33+	02:39+	05:42+	02:37+	01:27+
02:24&	05:55@	00:25#	35:54@	08:59@	01:12&	06:31@	03:38@	04:29&	01:04&	02:09&	00:46&	02:28&	00:18#	00:30&

Beste strekktid for klassen

02:49 03:04 01:26 05:25 02:30 01:30 02:14 02:01 04:28 02:07 02:18 01:37 02:56 01:17 00:49

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

Herrer 50 - 54 år

1	Tore Svendsen	27											41:08	
04:39=	07:51=	09:45=	14:52=	15:51=	17:18=	20:57=	25:42=	26:42=	28:41=	32:28=	34:15=	38:17=	40:10=	41:08=
04:39=	03:12=	01:54=	05:07=	00:59=	01:27=	03:39=	04:45=	01:00=	01:59=	03:47=	01:47=	04:02=	01:53=	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=
2	Kjell Seland	236											41:12	
03:46-	07:18-	09:03-	14:09-	15:19-	16:49-	22:39+	25:29-	26:30-	28:03-	32:30+	34:30+	38:19+	40:13+	41:12+
03:46-	03:32+	01:45-	05:06-	01:10+	01:30+	05:50+	02:50-	01:01+	01:33-	04:27+	02:00+	03:49-	01:54+	00:59+
00:53-	00:20#	00:09-	00:01-	00:11#	00:03+	02:11&	01:55-	00:01+	00:26-	00:40#	00:13#	00:13-	00:01+	00:01+
3	Jan Egeland	197											42:29	
02:43-	05:48-	07:49-	13:14-	14:13-	15:31-	20:36-	25:08-	26:29-	29:23+	32:47+	34:29+	38:09-	40:16+	42:29+
02:43-	03:05-	02:01+	05:25+	00:59=	01:18-	05:05+	04:32-	01:21+	02:54+	03:24-	01:42-	03:40-	02:07+	02:13+
01:56-	00:07-	00:07+	00:18+	00:00=	00:09-	01:26&	00:13-	00:21&	00:55&	00:23-	00:05-	00:22-	00:14#	01:15@
4	Håvard Håland	66											46:06	
03:55-	09:54+	11:47+	16:46+	18:09+	19:43+	24:30+	29:01+	31:14+	33:08+	37:49+	39:44+	43:27+	44:58+	46:06+
03:55-	05:59+	01:53-	04:59-	01:23+	01:34+	04:47+	02:51-	02:13+	01:54-	04:41+	01:55+	03:43-	01:31-	01:08+
00:44-	02:47&	00:01-	00:08-	00:24&	00:07+	01:08&	00:14-	01:13@	00:05-	00:54#	00:08+	00:19-	00:22-	00:10#
5	Knut Feldmann	93											47:53	
04:00-	11:27+	14:11+	19:42+	20:56+	22:28+	27:19+	30:13+	32:39+	34:12+	38:44+	40:34+	44:16+	46:44+	47:53+
04:00-	07:27+	02:44+	05:31+	01:14+	01:32+	04:51+	02:54-	02:26+	01:33-	04:32+	01:50+	03:42-	02:28+	01:09+
00:39-	04:15@	00:50&	00:24+	00:15&	00:05+	01:12&	01:51-	01:26@	00:26-	00:45#	00:03+	00:20-	00:35&	00:11#
6	Øivind Berggraf	116											48:44	
05:59+	09:50+	12:13+	19:46+	20:57+	22:37+	26:47+	29:26+	32:47+	34:51+	39:11+	41:12+	45:17+	47:28+	48:44+
05:59+	03:51+	02:23+	07:33+	01:11+	01:40+	04:10+	02:39-	03:21+	02:04+	04:20+	02:01+	04:05+	02:11+	01:16+
01:20&	00:39#	00:29&	02:26&	00:12#	00:13#	00:31#	02:06-	02:21@	00:05+	00:33#	00:14#	00:03+	00:18#	00:18&
7	Inge Skretting	165											49:27	
05:08+	11:36+	13:59+	19:23+	22:58+	24:39+	29:24+	31:50+	34:42+	36:37+	40:53+	42:48+	46:35+	48:28+	49:27+
05:08+	06:28+	02:23+	05:24+	03:35+	01:41+	04:45+	02:26-	02:52+	01:55-	04:16+	01:55+	03:47-	01:53=	00:59+
00:29#	03:16@	00:29&	00:17+	02:36@	00:14#	01:06&	02:19-	01:52@	00:04-	00:29#	00:08+	00:15-	00:00=	00:01+
8	Tor Sverre Skåra	266											50:15	
03:24-	07:10-	09:43-	15:17+	16:36+	18:20+	26:22+	30:05+	32:03+	33:47+	39:24+	41:43+	47:13+	49:01+	50:15+
03:24-	03:46+	02:33+	05:34+	01:19+	01:44+	08:02+	03:43-	01:58+	01:44-	05:37+	02:19+	05:30+	01:48-	01:14+
01:15-	00:34#	00:39&	00:27+	00:20&	00:17#	04:23@	01:02-	00:58&	00:15-	01:50&	00:32&	01:28&	00:05-	00:16&
9	Harald Kleveland	7											50:54	
05:14+	09:01+	11:25+	19:08+	20:21+	23:26+	28:49+	33:49+	35:03+	37:07+	41:26+	43:30+	47:18+	49:44+	50:54+
05:14+	03:47+	02:24+	07:43+	01:13+	03:05+	05:23+	05:00+	01:14+	02:04+	04:19+	02:04+	03:48-	02:26+	01:10+
00:35#	00:35#	00:30&	02:36&	00:14#	01:38@	01:44&	00:15+	00:14#	00:05+	00:32#	00:17#	00:14-	00:33&	00:12#
10	Frank Hansen	29											52:06	
03:31-	06:33-	08:35-	16:57+	18:33+	20:07+	26:05+	29:29+	31:18+	33:41+	38:17+	40:06+	43:55+	50:56+	52:06+
03:31-	03:02-	02:02+	08:22+	01:36+	01:34+	04:52+	03:11-	03:44+	02:23+	04:36+	01:49+	03:49-	07:01+	01:10+
01:08-	00:10-	00:08+	03:15&	00:37&	00:07+	02:19&	01:21-	00:49&	00:24#	00:49#	00:02+	00:13-	05:08@	00:12#
11	Arne Øvstebø	71											54:14	
04:18-	09:11+	11:40+	22:35+	23:44+	25:31+	30:23+	33:34+	37:18+	39:24+	44:07+	46:23+	50:29+	52:24+	54:14+
04:18-	04:53+	02:29+	10:55+	01:09+	01:47+	04:52+	03:11-	03:44+	02:06+	04:43+	02:16+	04:06+	01:55+	01:50+
00:21-	01:41&	00:35&	05:48@	00:10#	00:20#	01:13&	01:34-	02:44@	00:07+	00:56#	00:29&	00:04+	00:02+	00:52&
12	Harald Taksdal	236											54:20	
03:51-	08:33+	11:16+	20:45+	22:20+	24:25+	29:40+	34:45+	36:47+	39:09+	44:10+	46:39+	50:45+	52:58+	54:20+
03:51-	04:42+	02:43+	09:29+	01:35+	02:05+	05:15+	05:05+	02:02+	02:22+	05:01+	02:29+	04:06+	02:13+	01:22+
00:48-	01:30&	00:49&	04:22&	00:36&	00:38&	01:36&	00:20+	01:02@	00:23#	01:14&	00:42&	00:04+	00:20#	00:24&

Class	Navn	Klasse										Tid				
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13	Trygve Michaelsen	117										55:29				
04:33-	15:51+	17:55+	24:00+	25:17+	26:57+	31:10+	38:32+	39:32+	40:52+	46:18+	48:34+	52:40+	54:28+	55:29+		
04:33-	11:18+	02:04+	06:05+	01:17+	01:40+	04:13+	07:22+	01:00=	01:20-	05:26+	02:16+	04:06+	01:48-	01:01+		
00:06-	08:06@	00:10+	00:58#	00:18&	00:13#	00:34#	02:37&	00:00=	00:39-	01:39&	00:29&	00:04+	00:05-	00:03+		

14	Geir Rune Seldal	192										57:23				
07:36+	11:22+	13:53+	20:19+	21:50+	23:44+	29:26+	36:29+	39:04+	40:52+	46:13+	48:51+	53:20+	56:01+	57:23+		
07:36+	03:46+	02:31+	06:26+	01:31+	01:54+	05:42+	07:03+	02:35+	01:48-	05:21+	02:38+	04:29+	02:41+	01:22+		
02:57&	00:34#	00:37&	01:19&	00:32&	00:27&	02:03&	02:18&	01:35@	00:11-	01:34&	00:51&	00:27#	00:48&	00:24&		

15	Øistein Haaland	116										1:00:03				
09:37+	22:38+	25:03+	30:15+	31:43+	33:16+	37:27+	40:18+	42:03+	45:33+	50:09+	52:15+	56:05+	58:28+	60:03+		
09:37+	13:01+	02:25+	05:12+	01:28+	01:33+	04:11+	02:51-	01:45+	03:30+	04:36+	02:06+	03:50-	02:23+	01:35+		
04:58@	09:49@	00:31&	00:05+	00:29&	00:06+	00:32#	01:54-	00:45&	01:31&	00:49#	00:19#	00:12-	00:30&	00:37&		

16	Roger Nyseth	3										1:00:19				
04:07-	09:22+	12:24+	18:35+	21:11+	23:17+	28:09+	33:39+	40:50+	43:17+	48:35+	51:01+	56:03+	58:41+	60:19+		
04:07-	05:15+	03:02+	06:11+	02:36+	02:06+	04:52+	05:30+	07:11+	02:27+	05:18+	02:26+	05:02+	02:38+	01:38+		
00:32-	02:03&	01:08&	01:04#	01:37@	00:39&	01:13&	00:45#	06:11@	00:28#	01:31&	00:39&	01:00#	00:45&	00:40&		

17	Sigbjørn Gløppen	144										1:05:30				
09:24+	15:26+	18:26+	26:34+	27:51+	29:54+	38:19+	43:10+	45:55+	48:08+	53:58+	56:24+	60:56+	64:08+	65:30+		
09:24+	06:02+	03:00+	08:08+	01:17+	02:03+	08:25+	04:51+	02:45+	02:13+	05:50+	02:26+	04:32+	03:12+	01:22+		
04:45@	02:50&	01:06&	03:01&	00:18&	00:36&	04:46@	00:06+	01:45@	00:14#	02:03&	00:39&	00:30#	01:19&	00:24&		

18	Ole J. Bakkevold	17										1:06:22				
05:19+	14:57+	18:45+	24:51+	26:56+	29:42+	37:37+	46:08+	48:18+	50:07+	55:08+	57:47+	62:24+	65:10+	66:22+		
05:19+	09:38+	03:48+	06:06+	02:05+	02:46+	07:55+	08:31+	02:10+	01:49-	05:01+	02:39+	04:37+	02:46+	01:12+		
00:40#	06:26@	01:54&	00:59#	01:06@	01:19&	04:16@	03:46&	01:10@	00:10-	01:14&	00:52&	00:35#	00:53&	00:14#		

19	Arild Holm	114										1:18:14				
07:18+	19:47+	23:04+	30:48+	32:35+	34:45+	40:56+	53:23+	55:34+	57:42+	63:38+	66:19+	73:44+	76:39+	78:14+		
07:18+	12:29+	03:17+	07:44+	01:47+	02:10+	06:11+	12:27+	02:11+	02:08+	05:56+	02:41+	07:25+	02:55+	01:35+		
02:39&	09:17@	01:23&	02:37&	00:48&	00:43&	02:32&	07:42@	01:11@	00:09+	02:09&	00:54&	03:23&	01:02&	00:37&		

Beste strekktid for klassen
 02:43 03:02 01:45 04:59 00:59 01:18 03:39 02:26 01:00 01:20 03:24 01:42 03:40 01:31 00:58

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

Herrer 55 - 59 år

1	Per Ingar Hadland	7										39:18				
03:14=	06:14=	08:06=	13:22=	14:31=	16:09=	20:25=	22:53=	24:13=	25:41=	30:20=	32:21=	36:33=	38:20=	39:18=		
03:14=	03:00=	01:52=	05:16=	01:09=	01:38=	04:16=	02:28=	01:20=	01:28=	04:39=	02:01=	04:12=	01:47=	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=		

2	Arne Magne Søndresen	92										44:17				
05:57+	10:33+	13:05+	17:39+	18:42+	20:14+	23:35+	27:48+	29:15+	31:21+	35:25+	37:09+	41:14+	43:09+	44:17+		
05:57+	04:36+	02:32+	04:34-	01:03-	01:32-	03:21-	04:13+	01:27+	02:06+	04:04-	01:44-	04:05-	01:55+	01:08+		
02:43&	01:36&	00:40&	00:42-	00:06-	00:06-	00:55-	01:45&	00:07+	00:38&	00:35-	00:17-	00:07-	00:08+	00:10#		

3	Ole Petter Haukaas	109										45:50				
03:30+	08:40+	10:35+	17:55+	18:45+	20:12+	23:55+	29:31+	30:53+	32:23+	37:20+	38:55+	42:25+	44:54+	45:50+		
03:30+	05:10+	01:55+	07:20+	00:50-	01:27-	03:43-	05:36+	01:22+	01:30+	04:57+	01:35-	03:30-	02:29+	00:56-		
00:16+	02:10&	00:03+	02:04&	00:19-	00:11-	00:33-	03:08@	00:02+	00:02+	00:18+	00:26-	00:42-	00:42&	00:02-		

4	Torbjørn Dahle	92										50:19				
04:53+	10:00+	12:13+	17:48+	19:00+	20:50+	29:17+	32:12+	33:36+	35:45+	41:03+	43:12+	47:08+	49:05+	50:19+		
04:53+	05:07+	02:13+	05:35+	01:12+	01:50+	08:27+	02:55+	01:24+	02:09+	05:18+	02:09+	03:56-	01:57+	01:14+		
01:39&	02:07&	00:21#	00:19+	00:03+	00:12#	04:11&	00:27#	00:04+	00:41&	00:39#	00:08+	00:16-	00:10+	00:16&		

5	Kjell Skjæveland	225										50:24				
04:15+	08:10+	10:23+	15:56+	17:19+	19:02+	24:05+	33:02+	35:34+	37:38+	41:36+	43:36+	47:20+	49:19+	50:24+		
04:15+	03:55+	02:13+	05:33+	01:23+	01:43+	05:03+	08:57+	02:32+	02:04+	03:58-	02:00-	03:44-	01:59+	01:05+		
01:01&	00:55&	00:21#	00:17+	00:14#	00:05+	00:47#	06:29@	01:12&	00:36&	00:41-	00:01-	00:28-	00:12#	00:07#		

6	Arne Nygaard	66										51:25				
05:39+	10:56+	13:39+	22:59+	24:20+	26:14+	30:42+	33:22+	34:52+	36:46+	41:45+	43:48+	48:01+	50:12+	51:25+		
05:39+	05:17+	02:43+	09:20+	01:21+	01:54+	04:28+	02:40+	01:30+	01:54+	04:59+	02:03+	04:13+	02:11+	01:13+		
02:25&	02:17&	00:51&	04:04&	00:12#	00:16#	00:12+	00:12+	00:10#	00:26&	00:20+	00:02+	00:01+	00:24#	00:15&		

Class	Navn	Klasse										Tid		
7	Dag Helliksen	80										53:35		
03:31+	08:58+	11:35+	21:53+	23:15+	25:03+	29:10+	36:52+	38:02+	39:39+	44:37+	46:26+	50:41+	52:35+	53:35+
03:31+	05:27+	02:37+	10:18+	01:22+	01:48+	04:07-	07:42+	01:10-	01:37+	04:58+	01:49-	04:15+	01:54+	01:00+
00:17+	02:27&	00:45&	05:02&	00:13#	00:10#	00:09-	05:14@	00:10-	00:09#	00:19+	00:12-	00:03+	00:07+	00:02+
8	Svein Sivertsen	115										54:24		
03:47+	08:06+	10:44+	17:11+	19:11+	21:23+	28:14+	34:00+	35:55+	37:48+	43:13+	46:12+	51:11+	53:12+	54:24+
03:47+	04:19+	02:38+	06:27+	02:00+	02:12+	06:51+	05:46+	01:55+	01:53+	05:25+	02:59+	04:59+	02:01+	01:12+
00:33#	01:19&	00:46&	01:11#	00:51&	00:34&	02:35&	03:18@	00:35&	00:25&	00:46#	00:58&	00:47#	00:14#	00:14#
9	Bjørn H. Engseth	27										57:21		
03:49+	08:51+	12:22+	20:04+	21:41+	23:56+	28:38+	32:06+	34:21+	36:42+	42:51+	45:27+	52:09+	55:20+	57:21+
03:49+	05:02+	03:31+	07:42+	01:37+	02:15+	04:42+	03:28+	02:15+	02:21+	06:09+	02:36+	06:42+	03:11+	02:01+
00:35#	02:02&	01:39&	02:26&	00:28&	00:37&	00:26#	01:00&	00:55&	00:53&	01:30&	00:35&	02:30&	01:24&	01:03@
10	Stein Sigbjørnsen	27										57:45		
06:42+	13:03+	15:40+	24:15+	25:37+	27:34+	33:13+	36:27+	38:29+	40:40+	46:28+	48:53+	54:03+	56:19+	57:45+
06:42+	06:21+	02:37+	08:35+	01:22+	01:57+	05:39+	03:14+	02:02+	02:11+	05:48+	02:25+	05:10+	02:16+	01:26+
03:28@	03:21@	00:45&	03:19&	00:13#	00:19#	01:23&	00:46&	00:42&	00:43&	01:09#	00:24#	00:58#	00:29&	00:28&
11	Kjetil Heradstveit	12										59:14		
05:27+	11:03+	14:09+	20:49+	23:37+	25:25+	30:10+	33:25+	36:41+	44:47+	49:12+	51:35+	55:45+	58:02+	59:14+
05:27+	05:36+	03:06+	06:40+	02:48+	01:48+	04:45+	03:15+	03:16+	08:06+	04:25-	02:23+	04:10-	02:17+	01:12+
02:13&	02:36&	01:14&	01:24&	01:39@	00:10#	00:29#	00:47&	01:56@	06:38@	00:14-	00:22#	00:02-	00:30&	00:14#
12	Tor Inge Halvorsen	5										59:19		
06:10+	12:06+	15:12+	21:25+	23:34+	25:29+	30:46+	34:22+	39:38+	41:47+	47:15+	49:57+	55:38+	57:59+	59:19+
06:10+	05:56+	03:06+	06:13+	02:09+	01:55+	05:17+	03:36+	05:16+	02:09+	05:28+	02:42+	05:41+	02:21+	01:20+
02:56&	02:56&	01:14&	00:57#	01:00&	00:17#	01:01#	01:08&	03:56@	00:41&	00:49#	00:41&	01:29&	00:34&	00:22&
13	Kjell Lervik	239										59:29		
05:09+	10:10+	12:50+	22:40+	24:11+	26:22+	32:11+	37:29+	39:14+	41:21+	47:02+	49:21+	54:07+	58:14+	59:29+
05:09+	05:01+	02:40+	09:50+	01:31+	02:11+	05:49+	05:18+	01:45+	02:07+	05:41+	02:19+	04:46+	04:07+	01:15+
01:55&	02:01&	00:48&	04:34&	00:22&	00:33&	01:33&	02:50@	00:25&	00:39&	01:02#	00:18#	00:34#	02:20@	00:17&
14	Kjell Ove Aksland	27										1:00:52		
06:15+	16:47+	19:50+	26:14+	28:16+	30:07+	34:47+	38:00+	40:15+	44:40+	51:18+	53:37+	57:26+	59:37+	60:52+
06:15+	10:32+	03:03+	06:24+	02:02+	01:51+	04:40+	03:13+	02:15+	04:25+	06:38+	02:19+	03:49-	02:11+	01:15+
03:01&	07:32@	01:11&	01:08#	00:53&	00:13#	00:24+	00:45&	00:55&	02:57@	01:59&	00:18#	00:23-	00:24#	00:17&
15	Lars Salvesen	50										1:01:23		
08:57+	12:28+	14:55+	24:44+	26:10+	28:21+	34:40+	39:09+	41:11+	43:22+	49:07+	51:20+	56:04+	60:07+	61:23+
08:57+	03:31+	02:27+	09:49+	01:26+	02:11+	06:19+	04:29+	02:02+	02:11+	05:45+	02:13+	04:44+	04:03+	01:16+
05:43@	00:31#	00:35&	04:33&	00:17#	00:33&	02:03&	02:01&	00:42&	00:43&	01:06#	00:12+	00:32#	02:16@	00:18&
16	Kjell R. Nordmark	7										1:03:00		
05:29+	08:57+	11:50+	20:09+	21:00+	24:07+	41:02+	46:20+	47:30+	49:03+	54:09+	56:00+	59:40+	61:42+	63:00+
05:29+	03:28+	02:53+	08:19+	00:51-	03:07+	16:55+	05:18+	01:10-	01:33+	05:06+	01:51-	03:40-	02:02+	01:18+
02:15&	00:28#	01:01&	03:03&	00:18-	01:29&	12:39@	02:50@	00:10-	00:05+	00:27+	00:10-	00:32-	00:15#	00:20&
17	Svein Magne Gløppen	93										1:04:19		
04:32+	09:42+	12:10+	18:09+	19:42+	21:47+	36:19+	43:37+	44:53+	46:54+	51:44+	54:02+	59:36+	62:33+	64:19+
04:32+	05:10+	02:28+	05:59+	01:33+	02:05+	14:32+	07:18+	01:16-	02:01+	04:50+	02:18+	05:34+	02:57+	01:46+
01:18&	02:10&	00:36&	00:43#	00:24&	00:27&	10:16@	04:50@	00:04-	00:33&	00:11+	00:17#	01:22&	01:10&	00:48&
18	John C. Sinnes	93										1:05:19		
07:04+	15:10+	17:37+	25:07+	26:41+	28:45+	34:25+	38:58+	41:50+	45:45+	53:36+	56:12+	61:16+	64:00+	65:19+
07:04+	08:06+	02:27+	07:30+	01:34+	02:04+	05:40+	04:33+	02:52+	03:55+	07:51+	02:36+	05:04+	02:44+	01:19+
03:50@	05:06@	00:35&	02:14&	00:25&	00:26&	01:24&	02:05&	01:32@	02:27@	03:12&	00:35&	00:52#	00:57&	00:21&
19	Sverre Magnar Nordal	116										1:07:15		
04:49+	10:16+	13:06+	29:50+	31:31+	33:29+	38:05+	45:56+	47:21+	49:50+	55:12+	58:00+	62:58+	65:35+	67:15+
04:49+	05:27+	02:50+	16:44+	01:41+	01:58+	04:36+	07:51+	01:25+	02:29+	05:22+	02:48+	04:58+	02:37+	01:40+
01:35&	02:27&	00:58&	11:28@	00:32&	00:20#	00:20+	05:23@	00:05+	01:01&	00:43#	00:47&	00:46#	00:50&	00:42&
20	Ivar Bergset	35										1:10:41		
07:42+	21:23+	24:08+	31:47+	33:42+	36:16+	43:55+	49:11+	50:53+	52:44+	58:54+	61:56+	66:51+	69:21+	70:41+
07:42+	13:41+	02:45+	07:39+	01:55+	02:34+	07:39+	05:16+	01:42+	01:51+	06:10+	03:02+	04:55+	02:30+	01:20+
04:28@	10:41@	00:53&	02:23&	00:46&	00:56&	03:23&	02:48@	00:22&	00:23&	01:31&	01:01&	00:43#	00:43&	00:22&
21	John Lage Bergan	116										1:17:12		
06:30+	11:58+	14:49+	20:37+	22:24+	44:05+	48:06+	54:30+	55:37+	58:06+	63:48+	66:30+	71:40+	75:45+	77:12+
06:30+	05:28+	02:51+	05:48+	01:47+	21:41+	04:01-	06:24+	01:07-	02:29+	05:42+	02:42+	05:10+	04:05+	01:27+
03:16@	02:28&	00:59&	00:32#	00:38&	20:03@	00:15-	03:56@	00:13-	01:01&	01:03#	00:41&	00:58#	02:18@	00:29&

Class	Navn	Klasse										Tid
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Beste strekktid for klassen

03:14 03:00 01:52 04:34 00:50 01:27 03:21 02:28 01:07 01:28 03:58 01:35 03:30 01:47 00:56

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

Herrer 60 - 64 år

1	Bjørn Alsaker	115	35:21									
04:36=	06:20=	10:11=	11:21=	15:32=	16:30=	20:15=	25:26=	27:15=	29:19=	32:29=	34:12=	35:21=
04:36=	01:44=	03:51=	01:10=	04:11=	00:58=	03:45=	05:11=	01:49=	02:04=	03:10=	01:43=	01:09=
00:00=	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	Jan Hetland	29	38:31									
03:40-	05:33-	10:22+	12:15+	16:36+	18:50+	22:04+	27:59+	30:16+	32:32+	36:05+	37:28+	38:31+
03:40-	01:53+	04:49+	01:53+	04:21+	02:14+	03:14-	05:55+	02:17+	02:16+	03:33+	01:23-	01:03-
00:56-	00:09+	00:58&	00:43&	00:10+	01:16@	00:31-	00:44#	00:28&	00:12+	00:23#	00:20-	00:06-
3	Arne M. Handeland	92	38:40									
04:00-	06:13-	10:32+	12:09+	16:18+	17:19+	20:09-	25:53+	28:10+	30:46+	34:54+	37:01+	38:40+
04:00-	02:13+	04:19+	01:37+	04:09-	01:01+	02:50-	05:44+	02:17+	02:36+	04:08+	02:07+	01:39+
00:36-	00:29&	00:28#	00:27&	00:02-	00:03+	00:55-	00:33#	00:28&	00:32&	00:58&	00:24#	00:30&
4	Bjarne Gimre	88	40:52									
05:04+	08:27+	12:33+	14:13+	18:28+	19:20+	22:13+	27:50+	30:19+	32:58+	37:11+	39:04+	40:52+
05:04+	03:23+	04:06+	01:40+	04:15+	00:52-	02:53-	05:37+	02:29+	02:39+	04:13+	01:53+	01:48+
00:28#	01:39&	00:15+	00:30&	00:04+	00:06-	00:52-	00:26+	00:40&	00:35&	01:03&	00:10+	00:39&
5	Torbjørn Evensen	108	41:12									
03:25-	05:28-	09:57-	11:26+	15:30-	18:38+	21:35+	27:27+	30:13+	32:50+	37:02+	39:36+	41:12+
03:25-	02:03+	04:29+	01:29+	04:04-	03:08+	02:57-	05:52+	02:46+	02:37+	04:12+	02:34+	01:36+
01:11-	00:19#	00:38#	00:19&	00:07-	02:10@	00:48-	00:41#	00:57&	00:33&	01:02&	00:51&	00:27&
6	Tore R. Tvedt	90	41:27									
04:42+	06:48+	11:36+	13:23+	17:39+	19:56+	23:10+	29:04+	31:41+	34:11+	38:21+	40:06+	41:27+
04:42+	02:06+	04:48+	01:47+	04:16+	02:17+	03:14-	05:54+	02:37+	02:30+	04:10+	01:45+	01:21+
00:06+	00:22#	00:57#	00:37&	00:05+	01:19@	00:31-	00:43#	00:48&	00:26#	01:00&	00:02+	00:12#
7	Sveinung Tveit	236	43:36									
05:16+	10:20+	14:28+	17:15+	21:38+	22:32+	25:24+	31:23+	33:46+	36:31+	40:37+	42:21+	43:36+
05:16+	05:04+	04:08+	02:47+	04:23+	00:54-	02:52-	05:59+	02:23+	02:45+	04:06+	01:44+	01:15+
00:40#	03:20@	00:17+	01:37@	00:12+	00:04-	00:53-	00:48#	00:34&	00:41&	00:56&	00:01+	00:06+
8	Terje Stokkeland	69	45:39									
06:16+	10:47+	15:09+	17:49+	22:40+	26:04+	28:42+	33:45+	35:54+	38:15+	41:52+	44:24+	45:39+
06:16+	04:31+	04:22+	02:40+	04:51+	03:24+	02:38-	05:03-	02:09+	02:21+	03:37+	02:32+	01:15+
01:40&	02:47@	00:31#	01:30@	00:40#	02:26@	01:07-	00:08-	00:20#	00:17#	00:27#	00:49&	00:06+
9	Tom Hetland	5	45:54									
04:20-	10:28+	17:36+	19:27+	23:50+	24:46+	27:21+	32:43+	35:12+	37:53+	42:10+	44:28+	45:54+
04:20-	06:08+	07:08+	01:51+	04:23+	00:56-	02:35-	05:22+	02:29+	02:41+	04:17+	02:18+	01:26+
00:16-	04:24@	03:17&	00:41&	00:12+	00:02-	01:10-	00:11+	00:40&	00:37&	01:07&	00:35&	00:17#
10	Svein Berge	126	47:04									
05:30+	07:30+	12:29+	15:28+	19:25+	20:29+	25:19+	33:57+	36:25+	38:46+	43:35+	45:50+	47:04+
05:30+	02:00+	04:59+	02:59+	03:57-	01:04+	04:50+	08:38+	02:28+	02:21+	04:49+	02:15+	01:14+
00:54#	00:16#	01:08&	01:49@	00:14-	00:06#	01:05&	03:27&	00:39&	00:17#	01:39&	00:32&	00:05+
11	Bjørn Sivertsen	99	47:09									
04:19-	09:07+	14:46+	17:37+	23:07+	24:24+	27:11+	33:21+	36:50+	39:29+	43:37+	45:51+	47:09+
04:19-	04:48+	05:39+	02:51+	05:30+	01:17+	02:47-	06:10+	03:29+	02:39+	04:08+	02:14+	01:18+
00:17-	03:04@	01:48&	01:41@	01:19&	00:19&	00:58-	00:59#	01:40&	00:35&	00:58&	00:31&	00:09#
12	Agnar Lien	7	51:25									
06:26+	08:33+	14:12+	17:12+	25:30+	26:26+	29:46+	36:21+	39:13+	42:43+	47:32+	50:02+	51:25+
06:26+	02:07+	05:39+	03:00+	08:18+	00:56-	03:20-	06:35+	02:52+	03:30+	04:49+	02:30+	01:23+
01:50&	00:23#	01:48&	01:50@	04:07&	00:02-	00:25-	01:24&	01:03&	01:26&	01:39&	00:47&	00:14#
13	Odd Arild Werness	88	56:36									
07:29+	10:17+	16:30+	18:52+	24:30+	25:48+	30:05+	37:51+	41:43+	45:28+	51:45+	54:42+	56:36+
07:29+	02:48+	06:13+	02:22+	05:38+	01:18+	04:17+	07:46+	03:52+	03:45+	06:17+	02:57+	01:54+
02:53&	01:04&	02:22&	01:12@	01:27&	00:20&	00:32#	02:35&	02:03@	01:41&	03:07&	01:14&	00:45&

Class	Navn	Klasse										Tid	
14	Jan Arendal	116										57:19	
	11:14+	13:49+	19:26+	21:13+	26:07+	27:26+	31:07+	38:49+	42:06+	47:11+	52:48+	55:35+	57:19+
	11:14+	02:35+	05:37+	01:47+	04:54+	01:19+	03:41-	07:42+	03:17+	05:05+	05:37+	02:47+	01:44+
	06:38@	00:51&	01:46&	00:37&	00:43#	00:21&	00:04-	02:31&	01:28&	03:01@	02:27&	01:04&	00:35&
15	Bjørn Tore Aase	29										57:52	
	04:26-	06:55+	11:49+	13:55+	23:03+	30:12+	36:46+	43:43+	46:41+	49:49+	54:17+	56:27+	57:52+
	04:26-	02:29+	04:54+	02:06+	09:08+	07:09+	06:34+	06:57+	02:58+	03:08+	04:28+	02:10+	01:25+
	00:10-	00:45&	01:03&	00:56&	04:57@	06:11@	02:49&	01:46&	01:09&	01:04&	01:18&	00:27&	00:16#
16	Rolf Øystein Kluge	7										59:44	
	05:12+	08:23+	18:15+	20:36+	28:13+	29:36+	33:01+	40:13+	43:29+	49:39+	55:08+	58:10+	59:44+
	05:12+	03:11+	09:52+	02:21+	07:37+	01:23+	03:25-	07:12+	03:16+	06:10+	05:29+	03:02+	01:34+
	00:36#	01:27&	06:01@	01:11@	03:26&	00:25&	00:20-	02:01&	01:27&	04:06@	02:19&	01:19&	00:25&
17	Denis Castelet	42										1:03:03	
	06:36+	09:23+	15:33+	17:29+	22:48+	28:47+	32:41+	41:36+	44:17+	47:29+	55:57+	61:44+	63:03+
	06:36+	02:47+	06:10+	01:56+	05:19+	05:59+	03:54+	08:55+	02:41+	03:12+	08:28+	05:47+	01:19+
	02:00&	01:03&	02:19&	00:46&	01:08&	05:01@	00:09+	03:44&	00:52&	01:08&	05:18@	04:04@	00:10#
18	Inge Johan Øverland	93										1:06:06	
	06:57+	09:58+	15:39+	17:45+	38:14+	39:32+	42:18+	48:44+	51:46+	54:47+	60:39+	64:15+	66:06+
	06:57+	03:01+	05:41+	02:06+	20:29+	01:18+	02:46-	06:26+	03:02+	03:01+	05:52+	03:36+	01:51+
	02:21&	01:17&	01:50&	00:56&	16:18@	00:20&	00:59-	01:15#	01:13&	00:57&	02:42&	01:53@	00:42&
19	Rolf Kleppe	63										1:10:04	
	06:23+	13:40+	20:21+	22:29+	27:49+	29:03+	36:24+	48:18+	51:12+	60:02+	65:14+	68:37+	70:04+
	06:23+	07:17+	06:41+	02:08+	05:20+	01:14+	07:21+	11:54+	02:54+	08:50+	05:12+	03:23+	01:27+
	01:47&	05:33@	02:50&	00:58&	01:09&	00:16&	03:36&	06:43@	01:05&	06:46@	02:02&	01:40&	00:18&
20	Jan Øyvind Lilledal	281										1:15:42	
	06:24+	08:41+	37:50+	39:39+	45:40+	47:30+	51:27+	59:47+	62:48+	65:45+	70:06+	74:28+	75:42+
	06:24+	02:17+	29:09+	01:49+	06:01+	01:50+	03:57+	08:20+	03:01+	02:57+	04:21+	04:22+	01:14+
	01:48&	00:33&	25:18@	00:39&	01:50&	00:52&	00:12+	03:09&	01:12&	00:53&	01:11&	02:39@	00:05+
Beste strekktid for klassen													
	03:25	01:44	03:51	01:10	03:57	00:52	02:35	05:03	01:49	02:04	03:10	01:23	01:03
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Herrer 65 - 69 år													
1	Harry Breiland	66										31:30	
	03:17=	04:59=	08:34=	09:50=	13:11=	14:03=	16:42=	21:12=	23:12=	25:27=	28:59=	30:25=	31:30=
	03:17=	01:42=	03:35=	01:16=	03:21=	00:52=	02:39=	04:30=	02:00=	02:15=	03:32=	01:26=	01:05=
	00:00=	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	Asgeir Bell	117										34:24	
	02:29-	04:29-	08:08-	09:30-	13:00-	13:49-	19:10+	24:19+	26:05+	28:15+	31:29+	33:21+	34:24+
	02:29-	02:00+	03:39+	01:22+	03:30+	00:49-	05:21+	05:09+	01:46-	02:10-	03:14-	01:52+	01:03-
	00:48-	00:18#	00:04+	00:06+	00:09+	00:03-	02:42@	00:39#	00:14-	00:05-	00:18-	00:26&	00:02-
3	Ragnvald Frøyland	128										37:55	
	05:10+	07:12+	11:18+	12:47+	16:55+	17:50+	20:12+	25:55+	28:09+	30:45+	34:57+	36:48+	37:55+
	05:10+	02:02+	04:06+	01:29+	04:08+	00:55+	02:22-	05:43+	02:14+	02:36+	04:12+	01:51+	01:07+
	01:53&	00:20#	00:31#	00:13#	00:47#	00:03+	00:17-	01:13&	00:14#	00:21#	00:40#	00:25&	00:02+
4	Kjell Svihus	154										39:32	
	06:02+	07:54+	12:21+	13:54+	18:29+	19:35+	22:06+	27:33+	29:38+	32:08+	36:04+	38:27+	39:32+
	06:02+	01:52+	04:27+	01:33+	04:35+	01:06+	02:31-	05:27+	02:05+	02:30+	03:56+	02:23+	01:05=
	02:45&	00:10+	00:52#	00:17#	01:14&	00:14&	00:08-	00:57#	00:05+	00:15#	00:24#	00:57&	00:00=
5	Paul A. Paulsen	117										40:41	
	03:54+	06:09+	10:48+	13:47+	17:50+	18:55+	22:35+	29:11+	31:35+	34:03+	37:44+	39:35+	40:41+
	03:54+	02:15+	04:39+	02:59+	04:03+	01:05+	03:40+	06:36+	02:24+	02:28+	03:41+	01:51+	01:06+
	00:37#	00:33&	01:04&	01:43@	00:42#	00:13#	01:01&	02:06&	00:24#	00:13+	00:09+	00:25&	00:01+
6	Terje Helland	88										42:54	
	07:08+	10:30+	14:33+	16:04+	20:38+	21:31+	24:19+	29:38+	32:18+	34:52+	39:04+	41:08+	42:54+
	07:08+	03:22+	04:03+	01:31+	04:34+	00:53+	02:48+	05:19+	02:40+	02:34+	04:12+	02:04+	01:46+
	03:51@	01:40&	00:28#	00:15#	01:13&	00:01+	00:09+	00:49#	00:40&	00:19#	00:40#	00:38&	00:41&

Class	Navn	Klasse										Tid		
7	Ove Gundersen	100										43:01		
04:06+	06:02+	10:18+	13:49+	19:42+	20:42+	23:36+	29:21+	31:41+	34:04+	39:31+	41:51+	43:01+		
04:06+	01:56+	04:16+	03:31+	05:53+	01:00+	02:54+	05:45+	02:20+	02:23+	05:27+	02:20+	01:10+		
00:49#	00:14#	00:41#	02:15@	02:32&	00:08#	00:15+	01:15&	00:20#	00:08+	01:55&	00:54&	00:05+		
8	Kjell Ivar Skjørestad	92										43:47		
05:06+	07:31+	12:30+	15:01+	22:36+	23:37+	26:07+	31:16+	33:51+	36:20+	40:23+	42:36+	43:47+		
05:06+	02:25+	04:59+	02:31+	07:35+	01:01+	02:30-	05:09+	02:35+	02:29+	04:03+	02:13+	01:11+		
01:49&	00:43&	01:24&	01:15&	04:14@	00:09#	00:09-	00:39#	00:35&	00:14#	00:31#	00:47&	00:06+		
9	Gabriel Herigstad	7										44:14		
04:57+	07:42+	12:04+	13:40+	18:18+	19:21+	21:59+	28:28+	31:10+	34:02+	39:07+	42:51+	44:14+		
04:57+	02:45+	04:22+	01:36+	04:38+	01:03+	02:38-	06:29+	02:42+	02:52+	05:05+	03:44+	01:23+		
01:40&	01:03&	00:47#	00:20&	01:17&	00:11#	00:01-	01:59&	00:42&	00:37&	01:33&	02:18@	00:18&		
10	Kjell Ingar Olsen	50										45:52		
08:00+	10:38+	15:56+	17:41+	22:00+	23:03+	26:58+	32:53+	35:40+	38:22+	42:22+	44:39+	45:52+		
08:00+	02:38+	05:18+	01:45+	04:19+	01:03+	03:55+	05:55+	02:47+	02:42+	04:00+	02:17+	01:13+		
04:43@	00:56&	01:43&	00:29&	00:58&	00:11#	01:16&	01:25&	00:47&	00:27#	00:28#	00:51&	00:08#		
11	Jostein Tunheim	116										45:56		
11:14+	14:08+	18:16+	19:43+	23:27+	24:18+	28:44+	33:53+	36:14+	38:37+	42:35+	44:37+	45:56+		
11:14+	02:54+	04:08+	01:27+	03:44+	00:51-	04:26+	05:09+	02:21+	02:23+	03:58+	02:02+	01:19+		
07:57@	01:12&	00:33#	00:11#	00:23#	00:01-	01:47&	00:39#	00:21#	00:08+	00:26#	00:36&	00:14#		
12	Terje Gautestad	7										47:15		
04:24+	07:06+	12:50+	14:34+	19:33+	21:15+	24:21+	31:00+	33:58+	36:46+	41:19+	45:46+	47:15+		
04:24+	02:42+	05:44+	01:44+	04:59+	01:42+	03:06+	06:39+	02:58+	02:48+	04:33+	04:27+	01:29+		
01:07&	01:00&	02:09&	00:28&	01:38&	00:50&	00:27#	02:09&	00:58&	00:33#	01:01&	03:01@	00:24&		
13	Per Marthon Mæland	5										47:51		
04:46+	07:10+	11:39+	14:44+	22:00+	23:22+	28:10+	33:58+	36:36+	39:18+	43:38+	46:07+	47:51+		
04:46+	02:24+	04:29+	03:05+	07:16+	01:22+	04:48+	05:48+	02:38+	02:42+	04:20+	02:29+	01:44+		
01:29&	00:42&	00:54&	01:49@	03:55@	00:30&	02:09&	01:18&	00:38&	00:27#	00:48#	01:03&	00:39&		
14	Arne Østensen	90										50:56		
02:57-	04:51-	10:02+	14:57+	21:06+	21:59+	28:30+	29:08+	31:28+	36:22+	38:32+	41:05+	44:48+	49:50+	50:56+
02:57-	01:54+	05:11+	04:55+	06:09+	00:53+	06:31+	00:38-	02:20+	04:54+	02:10-	02:33+	03:43+	05:02+	01:06+
00:20-	00:12#	01:36&	03:39@	02:48&	00:01+	03:52@	03:52-	00:20#	02:39@	01:22-	01:07&	02:38@	05:02+	01:06+
15	Cato Molthe	53										52:14		
05:15+	08:36+	17:25+	19:25+	25:21+	26:44+	30:08+	37:55+	40:39+	44:00+	48:32+	50:45+	52:14+		
05:15+	03:21+	08:49+	02:00+	05:56+	01:23+	03:24+	07:47+	02:44+	03:21+	04:32+	02:13+	01:29+		
01:58&	01:39&	05:14@	00:44&	02:35&	00:31&	00:45&	03:17&	00:44&	01:06&	01:00&	00:47&	00:24&		
16	Jan Inge Lunde	88										53:25		
10:08+	13:43+	17:59+	19:26+	23:49+	24:43+	27:36+	33:43+	36:52+	39:51+	44:41+	51:55+	53:25+		
10:08+	03:35+	04:16+	01:27+	04:23+	00:54+	02:53+	06:07+	03:09+	02:59+	04:50+	07:14+	01:30+		
06:51@	01:53@	00:41#	00:11#	01:02&	00:02+	00:14+	01:37&	01:09&	00:44&	01:18&	05:48@	00:25&		
17	Sverre Vatland	93										54:04		
04:11+	06:24+	10:50+	12:35+	16:57+	18:43+	31:00+	38:09+	41:00+	44:09+	50:26+	52:45+	54:04+		
04:11+	02:13+	04:26+	01:45+	04:22+	01:46+	12:17+	07:09+	02:51+	03:09+	06:17+	02:19+	01:19+		
00:54&	00:31&	00:51#	00:29&	01:01&	00:54@	09:38@	02:39&	00:51&	00:54&	02:45&	00:53&	00:14#		
18	Leif Gunnar Wikene	43										54:56		
09:11+	12:11+	17:18+	19:26+	28:27+	29:40+	33:10+	39:16+	43:28+	46:29+	50:41+	53:30+	54:56+		
09:11+	03:00+	05:07+	02:08+	09:01+	01:13+	03:30+	06:06+	04:12+	03:01+	04:12+	02:49+	01:26+		
05:54@	01:18&	01:32&	00:52&	05:40@	00:21&	00:51&	01:36&	02:12@	00:46&	00:40#	01:23&	00:21&		
19	Ole Auklend	106										55:55		
14:15+	17:00+	22:01+	23:33+	27:56+	28:58+	32:02+	38:27+	41:48+	44:49+	50:48+	54:31+	55:55+		
14:15+	02:45+	05:01+	01:32+	04:23+	01:02+	03:04+	06:25+	03:21+	03:01+	05:59+	03:43+	01:24+		
10:58@	01:03&	01:26&	00:16#	01:02&	00:10#	00:25#	01:55&	01:21&	00:46&	02:27&	02:17@	00:19&		
20	Leif Gustav Hollund	116										59:13		
04:47+	06:58+	11:53+	19:45+	25:05+	28:50+	32:18+	45:09+	47:44+	50:39+	54:55+	57:45+	59:13+		
04:47+	02:11+	04:55+	07:52+	05:20+	03:45+	03:28+	12:51+	02:35+	02:55+	04:16+	02:50+	01:28+		
01:30&	00:29&	01:20&	06:36@	01:59&	02:53@	00:49&	08:21@	00:35&	00:40&	00:44#	01:24&	00:23&		
21	Gudmund Gausel	115										59:41		
05:35+	07:55+	13:33+	17:12+	30:14+	31:22+	34:36+	43:37+	46:56+	50:13+	55:39+	58:02+	59:41+		
05:35+	02:20+	05:38+	03:39+	13:02+	01:08+	03:14+	09:01+	03:19+	03:17+	05:26+	02:23+	01:39+		
02:18&	00:38&	02:03&	02:23@	09:41@	00:16&	00:35#	04:31@	01:19&	01:02&	01:54&	00:57&	00:34&		

Class	Navn	Klasse										Tid
22	Roar Fitjar	101										1:00:29
11:23+	14:35+	21:06+	26:28+	31:37+	33:18+	37:38+	45:07+	48:19+	51:27+	56:33+	59:08+	60:29+
11:23+	03:12+	06:31+	05:22+	05:09+	01:41+	04:20+	07:29+	03:12+	03:08+	05:06+	02:35+	01:21+
08:06@	01:30&	02:56&	04:06@	01:48&	00:49&	01:41&	02:59&	01:12&	00:53&	01:34&	01:09&	00:16#
23	Torstein Gjesteland	126										1:04:22
19:15+	22:03+	27:37+	29:42+	35:09+	36:26+	40:03+	47:17+	50:19+	53:32+	59:42+	62:54+	64:22+
19:15+	02:48+	05:34+	02:05+	05:27+	01:17+	03:37+	07:14+	03:02+	03:13+	06:10+	03:12+	01:28+
15:58@	01:06&	01:59&	00:49&	02:06&	00:25&	00:58&	02:44&	01:02&	00:58&	02:38&	01:46@	00:23&
24	Svein Ove Horpestad	62										1:04:56
12:08+	16:56+	35:02+	36:53+	42:20+	43:34+	46:36+	51:57+	54:28+	57:11+	61:27+	63:29+	64:56+
12:08+	04:48+	18:06+	01:51+	05:27+	01:14+	03:02+	05:21+	02:31+	02:43+	04:16+	02:02+	01:27+
08:51@	03:06@	14:31@	00:35&	02:06&	00:22&	00:23#	00:51#	00:31&	00:28#	00:44#	00:36&	00:22&
25	John Abrahamsen	125										1:10:23
06:43+	10:07+	16:56+	18:57+	39:19+	40:41+	43:25+	51:35+	55:04+	58:33+	66:03+	68:49+	70:23+
06:43+	03:24+	06:49+	02:01+	20:22+	01:22+	02:44+	08:10+	03:29+	03:29+	07:30+	02:46+	01:34+
03:26@	01:42&	03:14&	00:45&	17:01@	00:30&	00:05+	03:40&	01:29&	01:14&	03:58@	01:20&	00:29&
Beste strekktid for klassen												
02:29	01:42	03:35	01:16	03:21	00:49	02:22	00:38	01:46	02:10	02:10	01:26	01:03
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 70 - 74 år												
1	Finn Morten Årstad	115										38:52
04:55=	07:01=	11:10=	12:30=	16:17=	17:07=	21:34=	26:36=	28:51=	31:16=	35:29=	37:31=	38:52=
04:55=	02:06=	04:09=	01:20=	03:47=	00:50=	04:27=	05:02=	02:15=	02:25=	04:13=	02:02=	01:21=
00:00=	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	Svein Glendrange	68										39:03
03:40-	05:47-	10:13-	11:38-	15:34-	16:27-	20:48-	26:31-	29:15+	31:53+	35:51+	37:41+	39:03+
03:40-	02:07+	04:26+	01:25+	03:56+	00:53+	04:21-	05:43+	02:44+	02:38+	03:58-	01:50-	01:22+
01:15-	00:01+	00:17+	00:05+	00:09+	00:03+	00:06-	00:41#	00:29#	00:13+	00:15-	00:12-	00:01+
3	Olav Dag Borgersen	154										42:55
05:02+	07:47+	12:58+	14:45+	19:11+	20:04+	23:57+	29:55+	32:45+	35:27+	39:28+	41:44+	42:55+
05:02+	02:45+	05:11+	01:47+	04:26+	00:53+	03:53-	05:58+	02:50+	02:42+	04:01-	02:16+	01:11-
00:07+	00:39&	01:02#	00:27&	00:39#	00:03+	00:34-	00:56#	00:35&	00:17#	00:12-	00:14#	00:10-
4	Kjell Langvik	93										43:56
05:08+	07:34+	12:59+	15:16+	20:09+	21:10+	24:19+	31:08+	33:50+	36:50+	40:45+	42:45+	43:56+
05:08+	02:26+	05:25+	02:17+	04:53+	01:01+	03:09-	06:49+	02:42+	03:00+	03:55-	02:00-	01:11-
00:13+	00:20#	01:16&	00:57&	01:06&	00:11#	01:18-	01:47&	00:27#	00:35#	00:18-	00:02-	00:10-
5	Øyvind Egeskog	5										46:16
04:42-	06:59-	11:45+	15:13+	20:35+	21:29+	26:21+	32:32+	35:21+	38:08+	42:39+	44:54+	46:16+
04:42-	02:17+	04:46+	03:28+	05:22+	00:54+	04:52+	06:11+	02:49+	02:47+	04:31+	02:15+	01:22+
00:13-	00:11+	00:37#	02:08@	01:35&	00:04+	00:25+	01:09#	00:34&	00:22#	00:18+	00:13#	00:01+
6	Arvid Thorsen	5										46:33
10:52+	13:00+	17:12+	18:43+	22:47+	23:34+	26:06+	31:54+	34:17+	36:47+	41:09+	45:17+	46:33+
10:52+	02:08+	04:12+	01:31+	04:04+	00:47-	02:32-	05:48+	02:23+	02:30+	04:22+	04:08+	01:16-
05:57@	00:02+	00:03+	00:11#	00:17+	00:03-	01:55-	00:46#	00:08+	00:05+	00:09+	02:06@	00:05-
7	Hermann Skogsholm	53										49:15
04:35-	07:59+	16:34+	18:25+	27:35+	28:38+	31:32+	37:11+	39:21+	41:45+	45:38+	48:03+	49:15+
04:35-	03:24+	08:35+	01:51+	09:10+	01:03+	02:54-	05:39+	02:10-	02:24-	03:53-	02:25+	01:12-
00:20-	01:18&	04:26@	00:31&	05:23@	00:13&	01:33-	00:37#	00:05-	00:01-	00:20-	00:23#	00:09-
8	Tormod Aaslid	54										53:47
07:36+	10:06+	14:35+	18:05+	23:29+	24:25+	29:06+	35:15+	38:02+	40:26+	50:14+	52:24+	53:47+
07:36+	02:30+	04:29+	03:30+	05:24+	00:56+	04:41+	06:09+	02:47+	02:24-	09:48+	02:10+	01:23+
02:41&	00:24#	00:20+	02:10@	01:37&	00:06#	00:14+	01:07#	00:32#	00:01-	05:35@	00:08+	00:02+
9	Norvald Skretting	43										1:01:30
05:59+	10:19+	15:49+	17:41+	28:47+	30:05+	34:15+	41:32+	44:54+	47:34+	52:19+	59:58+	61:30+
05:59+	04:20+	05:30+	01:52+	11:06+	01:18+	04:10-	07:17+	03:22+	02:40+	04:45+	07:39+	01:32+
01:04#	02:14@	01:21&	00:32&	07:19@	00:28&	00:17-	02:15&	01:07&	00:15#	00:32#	05:37@	00:11#

Class	Navn	Klasse											Tid
10	Rolv Nærland	63											1:02:08
06:05+	11:29+	19:52+	21:56+	27:04+	28:21+	33:45+	42:38+	48:01+	51:39+	57:08+	60:24+	62:08+	
06:05+	05:24+	08:23+	02:04+	05:08+	01:17+	05:24+	08:53+	05:23+	03:38+	05:29+	03:16+	01:44+	
01:10#	03:18@	04:14@	00:44&	01:21&	00:27&	00:57#	03:51&	03:08@	01:13&	01:16&	01:14&	00:23&	
11	Svein Eliassen	116											1:03:01
07:34+	10:49+	17:46+	20:05+	28:43+	30:09+	33:37+	41:20+	44:44+	48:03+	58:52+	61:11+	63:01+	
07:34+	03:15+	06:57+	02:19+	08:38+	01:26+	03:28-	07:43+	03:24+	03:19+	10:49+	02:19+	01:50+	
02:39&	01:09&	02:48&	00:59&	04:51@	00:36&	00:59-	02:41&	01:09&	00:54&	06:36@	00:17#	00:29&	
12	Albert Moe	54											1:08:13
06:14+	10:07+	18:22+	24:26+	30:34+	31:53+	36:33+	47:06+	51:57+	55:55+	61:55+	66:06+	68:13+	
06:14+	03:53+	08:15+	06:04+	06:08+	01:19+	04:40+	10:33+	04:51+	03:58+	06:00+	04:11+	02:07+	
01:19&	01:47&	04:06&	04:44@	02:21&	00:29&	00:13+	05:31@	02:36@	01:33&	01:47&	02:09@	00:46&	
13	Mangor Eikeland	92											1:11:26
05:58+	09:55+	23:22+	25:20+	34:30+	36:37+	43:57+	51:49+	55:51+	59:42+	65:52+	69:00+	71:26+	
05:58+	03:57+	13:27+	01:58+	09:10+	02:07+	07:20+	07:52+	04:02+	03:51+	06:10+	03:08+	02:26+	
01:03#	01:51&	09:18@	00:38&	05:23@	01:17@	02:53&	02:50&	01:47&	01:26&	01:57&	01:06&	01:05&	
Beste strekketid for klassen													
03:40	02:06	04:09	01:20	03:47	00:47	02:32	05:02	02:10	02:24	03:53	01:50	01:11	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Herrer 75 - 79 år													
1	Knut Skjæveland	93											43:13
03:48=	05:29=	08:29=	10:24=	12:04=	18:58=	23:53=	26:30=	29:31=	31:41=	36:46=	41:19=	43:13=	
03:48=	01:41=	03:00=	01:55=	01:40=	06:54=	04:55=	02:37=	03:01=	02:10=	05:05=	04:33=	01:54=	
00:00=	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	Terje Braut	92											52:18
07:54+	09:41+	15:00+	16:47+	18:59+	25:41+	32:44+	35:56+	39:49+	42:18+	48:12+	50:43+	52:18+	
07:54+	01:47+	05:19+	01:47-	02:12+	06:42-	07:03+	03:12+	03:53+	02:29+	05:54+	02:31-	01:35-	
04:06@	00:06+	02:19&	00:08-	00:32&	00:12-	02:08&	00:35#	00:52&	00:19#	00:49#	02:02-	00:19-	
3	Bjarne Edland	92											59:59
04:07+	06:38+	09:58+	11:46+	13:55+	27:22+	40:07+	42:29+	47:28+	49:56+	54:49+	58:14+	59:59+	
04:07+	02:31+	03:20+	01:48-	02:09+	13:27+	12:45+	02:22-	04:59+	02:28+	04:53-	03:25-	01:45-	
00:19+	00:50&	00:20#	00:07-	00:29&	06:33&	07:50@	00:15-	01:58&	00:18#	00:12-	01:08-	00:09-	
4	Arne Karlsen	105											1:02:46
05:43+	09:33+	13:46+	17:30+	20:34+	29:16+	36:36+	41:56+	46:52+	50:09+	57:40+	60:54+	62:46+	
05:43+	03:50+	04:13+	03:44+	03:04+	08:42+	07:20+	05:20+	04:56+	03:17+	07:31+	03:14-	01:52-	
01:55&	02:09@	01:13&	01:49&	01:24&	01:48&	02:25&	02:43@	01:55&	01:07&	02:26&	01:19-	00:02-	
5	Magne Westerheim	93											1:04:13
05:59+	10:17+	14:30+	16:58+	19:29+	29:43+	35:50+	39:44+	43:26+	46:13+	58:56+	62:51+	64:13+	
05:59+	04:18+	04:13+	02:28+	02:31+	10:14+	06:07+	03:54+	03:42+	02:47+	12:43+	03:55-	01:22-	
02:11&	02:37@	01:13&	00:33&	00:51&	03:20&	01:12#	01:17&	00:41#	00:37&	07:38@	00:38-	00:32-	
6	Magne Jakobsen	63											1:06:21
07:55+	12:30+	16:26+	18:54+	21:25+	31:39+	37:57+	41:48+	45:31+	48:19+	61:01+	64:55+	66:21+	
07:55+	04:35+	03:56+	02:28+	02:31+	10:14+	06:18+	03:51+	03:43+	02:48+	12:42+	03:54-	01:26-	
04:07@	02:54@	00:56&	00:33&	00:51&	03:20&	01:23&	01:14&	00:42#	00:38&	07:37@	00:39-	00:28-	
7	Jan Bekkeheien	92											1:06:35
04:10+	06:33+	10:36+	15:15+	19:02+	21:14+	38:02+	44:35+	48:15+	52:53+	55:39+	62:03+	64:52+	
04:10+	02:23+	04:03+	04:39+	03:47+	02:12-	16:48+	06:33+	03:40+	04:38+	02:46-	06:24+	02:49+	
00:22+	00:42&	01:03&	02:44@	02:07@	04:42-	11:53@	03:56@	00:39#	02:28@	02:19-	01:51&	00:55&	
8	Harald Vatne	67											1:15:01
05:25+	07:09+	11:15+	13:57+	38:25+	46:29+	56:37+	59:35+	63:51+	66:23+	70:53+	73:39+	75:01+	
05:25+	01:44+	04:06+	02:42+	24:28+	08:04+	10:08+	02:58+	04:16+	02:32+	04:30-	02:46-	01:22-	
01:37&	00:03+	01:06&	00:47&	22:48@	01:10#	05:13@	00:21#	01:15&	00:22#	00:35-	01:47-	00:32-	
9	Torleiv Møgedal	68											1:16:12
04:59+	07:47+	11:27+	26:50+	30:11+	46:34+	53:11+	56:27+	61:31+	64:40+	70:28+	74:23+	76:12+	
04:59+	02:48+	03:40+	15:23+	03:21+	16:23+	06:37+	03:16+	05:04+	03:09+	05:48+	03:55-	01:49-	
01:11&	01:07&	00:40#	13:28@	01:41@	09:29@	01:42&	00:39#	02:03&	00:59&	00:43#	00:38-	00:05-	

Class	Navn	Klasse											Tid
10	Harald I. Serigstad	68											1:19:14
	05:29+	07:49+	14:47+	16:59+	19:24+	42:30+	49:08+	52:42+	60:50+	63:30+	70:28+	77:40+	79:14+
	05:29+	02:20+	06:58+	02:12+	02:25+	23:06+	06:38+	03:34+	08:08+	02:40+	06:58+	07:12+	01:34-
	01:41&	00:39&	03:58@	00:17#	00:45&	16:12@	01:43&	00:57&	05:07@	00:30#	01:53&	02:39&	00:20-

Beste strekktid for klassen

03:48 01:41 03:00 01:47 01:40 02:12 04:55 02:22 03:01 02:10 02:46 02:31 01:22

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

Herrer 80 år og eldre

1	Sigurd Krosli	31											1:07:08
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04:08= 07:18= 16:09= 30:38= 33:35= 40:30= 45:55= 52:40= 55:53= 65:16= 67:08=
04:08= 03:10= 08:51= 14:29= 02:57= 06:55= 05:25= 06:45= 03:13= 09:23= 01:52=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2	Peter Frafjord	116											1:09:25
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04:58+ 07:45+ 16:03- 25:06- 28:25- 38:33- 46:20+ 51:00- 54:20- 67:19+ 69:25+
04:58+ 02:47- 08:18- 09:03- 03:19+ 10:08+ 07:47+ 04:40- 03:20+ 12:59+ 02:06+
00:50# 00:23- 00:33- 00:22# 03:13& 02:22& 02:05- 00:07+ 03:36& 00:14#

Beste strekktid for klassen

04:08 02:47 08:18 09:03 02:57 06:55 05:25 04:40 03:13 09:23 01:52

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

Herrer A

1	Bjarthe Westerheim	194											42:30
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02:20= 04:51= 06:11= 09:27= 11:11= 11:42= 17:18= 18:19= 20:19= 25:17= 27:22= 29:31= 32:57= 34:36= 36:41= 37:48= 40:28= 41:19= 41:47= 42:30=
02:20= 02:31= 01:20= 03:16= 01:44= 00:31= 05:36= 01:01= 02:00= 04:58= 02:05= 02:09= 03:26= 01:39= 02:05= 01:07= 02:40= 00:51= 00:28= 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= 00:00=

2	Ola Magnus Laugaland	194											43:24
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02:05- 04:25- 05:43- 09:55+ 11:32+ 12:04+ 18:09+ 19:07+ 20:58+ 25:51+ 27:54+ 29:49+ 33:25+ 35:16+ 37:03+ 38:18+ 40:38+ 42:09+ 42:37+ 43:24+
02:05- 02:20- 01:18- 04:12+ 01:37- 00:32+ 06:05+ 00:58- 01:51- 04:53- 02:03- 01:55- 03:36+ 01:51+ 01:47- 01:15+ 02:20- 01:31+ 00:28= 00:47+
00:15- 00:11- 00:02- 00:56& 00:07- 00:01+ 00:29+ 00:03- 00:09- 00:05- 00:02- 00:14- 00:10+ 00:12# 00:18- 00:08# 00:20- 00:40& 00:00= 00:04+

3	Tor Gunnar Aksland	116											49:39
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02:44+ 05:23+ 07:00+ 11:02+ 13:01+ 13:44+ 20:06+ 21:16+ 23:31+ 28:56+ 31:40+ 33:59+ 38:07+ 40:06+ 42:20+ 43:46+ 46:46+ 48:16+ 48:48+ 49:39+
02:44+ 02:39+ 01:37+ 04:02+ 01:59+ 00:43+ 06:22+ 01:10+ 02:15+ 05:25+ 02:44+ 02:19+ 04:08+ 01:59+ 02:14+ 01:26+ 03:00+ 01:30+ 00:32+ 00:51+
00:24# 00:08+ 00:17# 00:46# 00:15# 00:12& 00:46# 00:09# 00:15# 00:27+ 00:39& 00:10+ 00:42# 00:20# 00:09+ 00:19& 00:20# 00:39& 00:04# 00:08#

4	Fredrik Omdal	74											54:23
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02:45+ 08:00+ 09:26+ 15:40+ 17:20+ 17:55+ 25:29+ 26:31+ 28:17+ 34:21+ 36:44+ 39:11+ 44:11+ 46:06+ 48:12+ 49:30+ 52:07+ 53:06+ 53:35+ 54:23+
02:45+ 05:15+ 01:26+ 06:14+ 01:40- 00:35+ 07:34+ 01:02+ 01:46- 06:04+ 02:23+ 02:27+ 05:00+ 01:55+ 02:06+ 01:18+ 02:37- 00:59+ 00:29+ 00:48+
00:25# 02:44@ 00:06+ 02:58& 00:04- 00:04# 01:58& 00:01+ 00:14- 01:06# 00:18# 00:18# 01:34& 00:16# 00:01+ 00:11# 00:03- 00:08# 00:01+ 00:05#

5	Kristian Haarr	27											55:53
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02:42+ 05:09+ 06:44+ 11:27+ 13:32+ 14:11+ 22:57+ 24:07+ 26:21+ 33:04+ 35:59+ 39:37+ 44:10+ 46:05+ 48:42+ 50:02+ 52:59+ 54:21+ 54:59+ 55:53+
02:42+ 02:27- 01:35+ 04:43+ 02:05+ 00:39+ 08:46+ 01:10+ 02:14+ 06:43+ 02:55+ 03:38+ 04:33+ 01:55+ 02:37+ 01:20+ 02:57+ 01:22+ 00:38+ 00:54+
00:22# 00:04- 00:15# 01:27& 00:21# 00:08& 03:10& 00:09# 00:14# 01:45& 00:50& 01:29& 01:07& 00:16# 00:32& 00:13# 00:17# 00:31& 00:10& 00:11&

6	Aart Joakim in't Veld	93											56:14
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05:21+ 08:06+ 09:43+ 14:19+ 16:50+ 17:29+ 24:37+ 25:43+ 27:46+ 34:46+ 37:18+ 40:14+ 45:05+ 47:00+ 49:29+ 50:54+ 53:41+ 54:46+ 55:27+ 56:14+
05:21+ 02:45+ 01:37+ 04:36+ 02:31+ 00:39+ 07:08+ 01:06+ 02:03+ 07:00+ 02:32+ 02:56+ 04:51+ 01:55+ 02:29+ 01:25+ 02:47+ 01:05+ 00:41+ 00:47+
03:01@ 00:14+ 00:17# 01:20& 00:47& 00:08& 01:32& 00:05+ 00:03+ 02:02& 00:27# 00:47& 01:25& 00:16# 00:24# 00:18& 00:07+ 00:14& 00:13& 00:04+

7	Torbjørn Brandsæter	115											1:00:36
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02:57+ 08:00+ 09:50+ 13:54+ 19:53+ 20:24+ 28:20+ 29:28+ 31:19+ 38:09+ 40:41+ 43:59+ 48:45+ 50:48+ 53:17+ 54:46+ 57:42+ 58:56+ 59:51+ 60:36+
02:57+ 05:03+ 01:50+ 04:04+ 05:59+ 00:31= 07:56+ 01:08+ 01:51- 06:50+ 02:32+ 03:18+ 04:46+ 02:03+ 02:29+ 02:56+ 01:14+ 00:55+ 00:45+
00:37& 02:32@ 00:30& 00:48# 04:15@ 00:00= 02:20& 00:07# 00:09- 01:52& 00:27# 01:09& 01:20& 00:24# 00:24# 00:22& 00:16# 00:23& 00:27& 00:02+

8	Kristian Nygård Holtan	116											1:01:08
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02:43+ 06:17+ 08:02+ 13:12+ 15:35+ 16:15+ 25:06+ 26:27+ 29:08+ 36:31+ 39:21+ 42:16+ 47:51+ 50:18+ 52:56+ 54:33+ 57:43+ 59:18+ 60:18+ 61:08+
02:43+ 03:34+ 01:45+ 05:10+ 02:23+ 00:40+ 08:51+ 01:21+ 02:41+ 07:23+ 02:50+ 02:55+ 05:35+ 02:27+ 02:38+ 01:37+ 03:10+ 01:35+ 01:00+ 00:50+
00:23# 01:03& 00:25& 01:54& 00:39& 00:09& 03:15& 00:20& 00:41& 02:25& 00:45& 00:46& 02:09& 00:48& 00:33& 00:30& 00:30# 00:44& 00:32@ 00:07#

Class	Navn	Klasse										Tid									
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9	Joar Fuglestad	116										1:10:24									
03:43+	06:10+	07:42+	11:32+	13:58+	14:33+	35:34+	38:27+	40:09+	46:17+	50:15+	54:02+	59:07+	60:49+	63:12+	64:42+	67:43+	68:53+	69:45+	70:24+		
03:43+	02:27-	01:32+	03:50+	02:26+	00:35+	21:01+	02:53+	01:42-	06:08+	03:58+	03:47+	05:05+	01:42+	02:23+	01:30+	03:01+	01:10+	00:52+	00:39-		
01:23&	00:04-	00:12#	00:34#	00:42&	00:04#	15:25@	01:52@	00:18-	01:10#	01:53&	01:38&	01:39&	00:03+	00:18#	00:23&	00:21#	00:19&	00:24&	00:04-		

Beste strekktid for klassen

02:05	02:20	01:18	03:16	01:37	00:31	05:36	00:58	01:42	04:53	02:03	01:55	03:26	01:39	01:47	01:07	02:20	00:51	00:28	00:39
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer B

1	Oddvar Taksdal	194										49:31									
02:40=	05:17=	06:45=	10:42=	12:32=	13:17=	20:03=	21:15=	23:18=	29:16=	31:44=	34:25=	38:42=	40:50=	42:52=	44:16=	47:07=	48:05=	48:38=	49:31=		
02:40=	02:37=	01:28=	03:57=	01:50=	00:45=	06:46=	01:12=	02:03=	05:58=	02:28=	02:41=	04:17=	02:08=	02:02=	01:24=	02:51=	00:58=	00:33=	00:53=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Stein Arne Olsen	68										50:40									
02:28-	05:16-	06:49+	11:35+	13:37+	14:17+	20:47+	21:56+	23:41+	30:44+	33:12+	35:18+	39:46+	41:48+	43:49+	45:19+	48:11+	49:17+	49:48+	50:40+		
02:28-	02:48+	01:33+	04:46+	02:02+	00:40-	06:30-	01:09-	01:45-	07:03+	02:28=	02:06-	04:28+	02:02-	02:01-	01:30+	02:52+	01:06+	00:31-	00:52-		
00:12-	00:11+	00:05+	00:49#	00:12#	00:05-	00:16-	00:03-	00:18-	01:05#	00:00=	00:35-	00:11+	00:06-	00:01-	00:06+	00:01+	00:08#	00:02-	00:01-		

3	Terje Michaelsen	47										51:11									
03:41+	06:28+	07:46+	11:58+	13:39+	14:12+	19:51-	21:11-	23:44+	30:51+	33:45+	35:51+	40:35+	42:29+	44:36+	46:01+	48:57+	49:59+	50:24+	51:11+		
03:41+	02:47+	01:18-	04:12+	01:41-	00:33-	05:39-	01:20+	02:33+	07:07+	02:54+	02:06-	04:44+	01:54-	02:07+	01:25+	02:56+	01:02+	00:25-	00:47-		
01:01&	00:10+	00:10-	00:15+	00:09-	00:12-	01:07-	00:08#	00:30#	01:09#	00:26#	00:35-	00:27#	00:14-	00:05+	00:01+	00:05+	00:04+	00:08-	00:06-		

4	Lars Drage	230										51:15									
02:16-	04:40-	06:14-	11:52+	13:46+	14:23+	21:54+	22:58+	25:06+	31:23+	33:48+	36:18+	40:46+	42:49+	44:48+	46:06+	48:56+	49:54+	50:23+	51:15+		
02:16-	02:24-	01:34+	05:38+	01:54+	00:37-	07:31+	01:04-	02:08+	06:17+	02:25+	02:30-	04:28+	02:03-	01:59-	01:18-	02:50-	00:58=	00:29-	00:52-		
00:24-	00:13-	00:06+	01:41&	00:04+	00:08-	00:45#	00:08-	00:05+	00:19+	00:03-	00:11-	00:11+	00:05-	00:03-	00:06-	00:01-	00:00=	00:04-	00:01-		

5	Morten Aamodt	116										53:01									
02:28-	05:02-	06:42-	10:22-	12:14-	12:55-	21:50+	23:09+	25:07+	31:18+	33:50+	37:23+	41:44+	43:41+	46:07+	47:26+	50:15+	51:21+	52:02+	53:01+		
02:28-	02:34-	01:40+	03:40-	01:52+	00:41-	08:55+	01:19+	01:58-	06:11+	02:32+	03:33+	04:21+	01:57-	02:26+	01:19-	02:49-	01:06+	00:41+	00:59+		
00:12-	00:03-	00:12#	00:17-	00:02+	00:04-	02:09&	00:07+	00:05-	00:13+	00:04+	00:52&	00:04+	00:11-	00:24#	00:05-	00:02-	00:08#	00:08#	00:06#		

6	Øyvind Rummelhoff	27										55:59									
03:20+	06:08+	07:59+	13:01+	15:01+	15:59+	23:42+	24:48+	26:42+	33:06+	35:38+	38:25+	42:53+	45:12+	48:00+	49:39+	52:33+	53:40+	55:03+	55:59+		
03:20+	02:48+	01:51+	05:02+	02:00+	00:58+	07:43+	01:06-	01:54-	06:24+	02:32+	02:47+	04:28+	02:19+	02:48+	01:39+	02:54+	01:07+	01:23+	00:56+		
00:40#	00:11+	00:23&	01:05&	00:10+	00:13&	00:57#	00:06-	00:09-	00:26+	00:04+	00:06+	00:11+	00:11+	00:46&	00:15#	00:03+	00:09#	00:50@	00:03+		

7	Oddgeir Eikeskog	93										57:19									
02:13-	04:36-	06:15-	11:34+	13:39+	14:21+	23:45+	25:10+	27:31+	34:08+	36:54+	39:25+	44:22+	46:44+	49:33+	51:06+	54:38+	55:45+	56:20+	57:19+		
02:13-	02:23-	01:39+	05:19+	02:05+	00:42-	09:24+	01:25+	02:21+	06:37+	02:46+	02:31-	04:57+	02:22+	02:49+	01:33+	03:32+	01:07+	00:35+	00:59+		
00:27-	00:14-	00:11#	01:22&	00:15#	00:03-	02:38&	00:13#	00:18#	00:39#	00:18#	00:10-	00:40#	00:14#	00:47&	00:09#	00:41#	00:09#	00:02+	00:06#		

8	Jan-Rune Basso	91										57:30									
02:35-	06:48+	08:27+	12:40+	14:47+	15:27+	23:33+	25:13+	27:45+	35:42+	38:19+	40:50+	45:51+	47:57+	50:35+	52:01+	54:58+	56:00+	56:33+	57:30+		
02:35-	04:13+	01:39+	04:13+	02:07+	00:40-	08:06+	01:40+	02:32+	07:57+	02:37+	02:31-	05:01+	02:06-	02:38+	01:26+	02:57+	01:02+	00:33=	00:57+		
00:05-	01:36&	00:11#	00:16+	00:17#	00:05-	01:20#	00:28&	00:29#	01:59&	00:09+	00:10-	00:44#	00:02-	00:36&	00:02+	00:06+	00:04+	00:00=	00:04+		

9	Inge Løland	114										1:04:25									
04:02+	07:21+	09:23+	15:35+	17:57+	18:49+	27:41+	29:01+	31:06+	38:41+	41:43+	45:17+	50:39+	53:01+	56:05+	57:52+	61:29+	62:38+	63:19+	64:25+		
04:02+	03:19+	02:02+	06:12+	02:22+	00:52+	08:52+	01:20+	02:05+	07:35+	03:02+	03:34+	05:22+	02:22+	03:04+	01:47+	03:37+	01:09+	00:41+	01:06+		
01:22&	00:42&	00:34&	02:15&	00:32&	00:07#	02:06&	00:08#	00:02+	01:37&	00:34#	00:53&	01:05&	00:14#	01:02&	00:23&	00:46&	00:11#	00:08#	00:13#		

10	Joar Eilevstjønn	67										1:08:27									
07:28+	11:13+	13:16+	18:15+	20:24+	22:26+	31:32+	32:45+	34:46+	43:01+	46:04+	49:26+	54:43+	57:01+	59:07+	60:48+	65:29+	66:48+	67:27+	68:27+		
07:28+	03:45+	02:03+	04:59+	02:09+	02:02+	09:06+	01:13+	02:01-	08:15+	03:03+	03:22+	05:17+	02:18+	02:06+	01:41+	04:41+	01:19+	00:39+	01:00+		
04:48@	01:08&	00:35&	01:02&	00:19#	01:17@	02:20&	00:01+	00:02-	02:17&	00:35#	00:41&	01:00#	00:10+	00:04+	00:17#	01:50&	00:21&	00:06#	00:07#		

11	Svein Erik Kvame	116										1:09:39									
02:49+	05:58+	08:07+	13:24+	18:42+	19:33+	31:56+	33:29+	36:06+	45:06+	48:15+	51:00+	56:16+	58:37+	61:09+	62:54+	66:23+	68:05+	68:42+	69:39+		
02:49+	03:09+	02:09+	05:17+	05:18+	00:51+	12:23+	01:33+	02:37+	09:00+	03:09+	02:45+	05:16+	02:21+	02:32+	01:45+	03:29+	01:42+	00:37+	00:57+		
00:09+	00:32#	00:41&	01:20&	03:28@	00:06#	05:37&	00:21&	00:34&	03:02&	00:41&	00:04+	00:59#	00:13#	00:30#	00:21#	00:38#	00:44&	00:04#	00:04+		

12	Pål Bårdson	90										1:09:55									
03:15+	08:09+	10:02+	15:14+	17:29+	18:12+	29:53+	31:31+	34:07+	42:10+	45:26+	50:47+	56:05+	58:42+	61:29+	63:12+	66:54+	68:17+	68:52+	69:55+		
03:15+	04:54+	01:53+	05:12+	02:15+	00:43-	11:41+	01:38+	02:36+	08:03+	03:16+	05:21+	05:18+	02:37+	02:47+	01:43+	03:42+	01:23+	00:35+	01:03+		
00:35#	02:17&	00:25&	01:15&	00:25#	00:02-	04:55&	00:26&	00:33&	02:05&	00:48&	02:40&	01:01#	00:29#	00:45&	00:19#	00:51&	00:25&	00:02+	00:10#		

Class	Navn	Klasse										Tid									
13	Geir Austgard	144										1:10:38									
06:51+	10:30+	16:02+	23:12+	25:40+	26:41+	34:43+	35:58+	37:51+	44:39+	48:05+	51:05+	56:48+	59:15+	62:30+	64:22+	67:53+	69:09+	69:44+	70:38+		
06:51+	03:39+	05:32+	07:10+	02:28+	01:01+	08:02+	01:15+	01:53-	06:48+	03:26+	03:00+	05:43+	02:27+	03:15+	01:52+	03:31+	01:16+	00:35+	00:54+		
04:11@	01:02&	04:04@	03:13&	00:38&	00:16&	01:16#	00:03+	00:10-	00:50#	00:58&	00:19#	01:26&	00:19#	01:13&	00:28&	00:40#	00:18&	00:02+	00:01+		
14	Arjen Leendertse	91										1:10:39									
03:11+	09:21+	12:00+	17:13+	21:19+	22:23+	33:56+	35:17+	37:47+	45:42+	48:37+	51:52+	56:55+	59:42+	62:31+	64:03+	67:25+	69:04+	69:41+	70:39+		
03:11+	06:10+	02:39+	05:32+	04:06+	01:04+	11:33+	01:21+	02:30+	07:55+	02:55+	03:15+	05:03+	02:47+	02:49+	01:32+	03:22+	01:39+	00:37+	00:58+		
00:31#	03:33@	01:11&	01:16&	02:16@	00:19&	04:47&	00:09#	00:27#	01:57&	00:27#	00:34#	00:46#	00:39&	00:47&	00:08+	00:31#	00:41&	00:04#	00:05+		
15	Geir Sand	105										1:11:30									
06:03+	09:16+	11:22+	16:42+	21:20+	22:03+	32:07+	33:29+	35:31+	47:21+	50:11+	53:13+	58:01+	60:15+	62:53+	64:29+	68:15+	69:40+	70:23+	71:30+		
06:03+	03:13+	02:06+	05:20+	04:38+	00:43-	10:04+	01:22+	02:02-	11:50+	02:50+	03:02+	04:48+	02:14+	02:38+	01:36+	03:46+	01:25+	00:43+	01:07+		
03:23@	00:36#	00:38&	01:23&	02:48@	00:02-	03:18&	00:10#	00:01-	05:52&	00:22#	00:21#	00:31#	00:06+	00:36&	00:12#	00:55&	00:27&	00:10&	00:14&		
16	Rune Christiansen	93										1:12:09									
03:00+	06:42+	09:22+	16:41+	19:07+	19:53+	29:08+	32:00+	33:33+	36:16+	44:38+	47:58+	51:38+	58:01+	60:53+	63:38+	65:21+	69:16+	70:33+	71:07+	72:09+	
03:00+	03:42+	02:40+	07:19+	02:26+	00:46+	09:15+	02:52+	01:33-	02:43-	08:22+	03:20+	03:40-	06:23+	02:52+	02:45+	01:43-	03:55+	01:17+	00:34-	01:02+	
00:20#	01:05&	01:12&	03:22&	00:36&	00:01+	02:29&	01:40@	00:30-	03:15-	05:54@	00:39#	00:37-	04:15@	00:50&	01:21&	01:08-	02:57@	00:44@	00:19-	01:02+	
17	Leif Kjetil Hinna Gausel	116										1:17:12									
03:23+	07:55+	09:57+	17:12+	19:50+	20:54+	31:07+	32:30+	35:03+	45:47+	49:07+	53:38+	60:32+	63:16+	67:56+	69:51+	73:58+	75:17+	76:08+	77:12+		
03:23+	04:32+	02:02+	07:15+	02:38+	01:04+	10:13+	01:23+	02:33+	10:44+	03:20+	04:31+	06:54+	02:44+	04:40+	01:55+	04:07+	01:19+	00:51+	01:04+		
00:43&	01:55&	00:34&	03:18&	00:48&	00:19&	03:27&	00:11#	00:30#	04:46&	00:52&	01:50&	02:37&	00:36&	02:38@	00:31&	01:16&	00:21&	00:18&	00:11#		
18	Espen Fyhn Nilsen	116										1:25:01									
03:38+	09:02+	12:00+	20:56+	24:01+	25:00+	36:16+	38:20+	41:24+	51:13+	55:19+	59:56+	67:06+	70:27+	73:46+	76:05+	80:44+	82:22+	83:15+	85:01+		
03:38+	05:24+	02:58+	08:56+	03:05+	00:59+	11:16+	02:04+	03:04+	09:49+	04:06+	04:37+	07:10+	03:21+	03:19+	02:19+	04:39+	01:38+	00:53+	01:46+		
00:58&	02:47@	01:30@	04:59@	01:15&	00:14&	04:30&	00:52&	01:01&	03:51&	01:38&	01:56&	02:53&	01:13&	01:17&	00:55&	01:48&	00:40&	00:20&	00:53&		
Beste strekktid for klassen																					
02:13	02:23	01:18	03:40	01:41	00:33	05:39	01:04	01:33	02:43	02:25	02:06	03:40	01:54	01:59	01:18	01:43	00:58	00:25	00:34		

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

Herrer C

1	Kjetil Wirak	114										45:23									
02:38=	06:44=	08:01=	11:37=	16:10=	17:12=	19:01=	22:26=	25:44=	27:25=	29:14=	30:20=	35:01=	36:39=	39:09=	40:37=	43:25=	44:19=	45:23=			
02:38=	04:06=	01:17=	03:36=	04:33=	01:02=	01:49=	03:25=	03:18=	01:41=	01:49=	01:06=	04:41=	01:38=	02:30=	01:28=	02:48=	00:54=	01:04=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Otte Omdal	65										49:10									
03:11+	06:22-	07:49-	11:59+	19:31+	20:36+	23:02+	26:55+	30:09+	31:53+	33:17+	35:08+	38:52+	40:35+	42:37+	44:02+	47:13+	48:10+	49:10+			
03:11+	03:11-	01:27+	04:10+	07:32+	01:05+	02:26+	03:53+	03:14-	01:44+	01:24-	01:51+	03:44-	01:43+	02:02-	01:25-	03:11+	00:57+	01:00-			
00:33#	00:55-	00:10#	00:34#	02:59&	00:03+	00:37&	00:28#	00:04-	00:03+	00:25-	00:45&	00:57-	00:05+	00:28-	00:03-	00:23#	00:03+	00:04-			
3	Paul Terje Haarr	62										51:09									
03:21+	06:15-	07:37-	13:14+	18:58+	20:24+	23:08+	27:06+	30:51+	32:37+	34:22+	35:24+	39:23+	41:07+	43:58+	45:46+	48:53+	49:45+	51:09+			
03:21+	02:54-	01:22+	05:37+	05:44+	01:26+	02:44+	03:58+	03:45+	01:46+	01:45-	01:02-	03:59-	01:44+	02:51+	01:48+	03:07+	00:52-	01:24+			
00:43&	01:12-	00:05+	02:01&	01:11&	00:24&	00:55&	00:33#	00:27#	00:05+	00:04-	00:04-	00:42-	00:06+	00:21#	00:20#	00:19#	00:02-	00:20&			
4	Nils John Vestøl	83										51:35									
06:46+	10:58+	12:41+	17:03+	21:44+	22:57+	24:56+	28:22+	31:08+	33:55+	35:51+	36:46+	40:23+	42:17+	45:11+	46:46+	49:36+	50:35+	51:35+			
06:46+	04:12+	01:43+	04:22+	04:41+	01:13+	01:59+	03:26+	02:46-	02:47+	01:56+	00:55-	03:37-	01:54+	02:54+	01:35+	02:50+	00:59+	01:00-			
04:08@	00:06+	00:26&	00:46#	00:08+	00:11#	00:10+	00:01+	00:32-	01:06&	00:07+	00:11-	01:04-	00:16#	00:24#	00:07+	00:02+	00:05+	00:04-			
5	Geir Bjaanes	116										52:02									
02:33-	07:46+	09:11+	12:52+	20:08+	22:23+	25:08+	28:43+	32:28+	34:14+	35:37+	37:04+	40:58+	42:40+	45:20+	46:55+	49:51+	50:59+	52:02+			
02:33-	05:13+	01:25+	03:41+	07:16+	02:15+	02:45+	03:35+	03:45+	01:46+	01:23-	01:27+	03:54-	01:42+	02:40+	01:35+	02:56+	01:08+	01:03-			
00:05-	01:07&	00:08#	00:05+	02:43&	01:13@	00:56&	00:10+	00:27#	00:05+	00:26-	00:21&	00:47-	00:04+	00:10+	00:07+	00:08+	00:14&	00:01-			
6	Arne Kristian Espedal	68										52:41									
02:44+	06:05-	07:22-	15:29+	20:41+	22:02+	24:41+	28:17+	31:24+	34:34+	36:45+	37:42+	41:27+	43:19+	45:38+	47:09+	50:16+	51:28+	52:41+			
02:44+	03:21-	01:17=	08:07+	05:12+	01:21+	02:39+	03:36+	03:07-	03:10+	02:11+	00:57-	03:45-	01:52+	02:19-	01:31+	03:07+	01:12+	01:13+			
00:06+	00:45-	00:00=	04:31@	00:39#	00:19&	00:50&	00:11+	00:11-	01:29&	00:22#	00:09-	00:56-	00:14#	00:11-	00:03+	00:19#	00:18&	00:09#			
7	Arvid Mydland	29										53:57									
04:01+	11:07+	12:31+	16:17+	21:54+	23:00+	25:17+	28:56+	33:00+	36:36+	37:53+	38:52+	42:35+	44:23+	46:44+	48:41+	51:33+	52:37+	53:57+			
04:01+	07:06+	01:24+	03:46+	05:37+	01:06+	02:17+	03:39+	04:04+	03:36+	01:17-	00:59-	03:43-	01:48+	02:21-	01:57+	02:52+	01:04+	01:20+			
01:23&	03:00&	00:07+	00:10+	01:04#	00:04+	00:28&	00:14+	00:46#	01:55@	00:32-	00:07-	00:58-	00:10#	00:09-	00:29&	00:04+	00:10#	00:16#			

Class	Navn	Klasse										Tid							
8	Jan Einar Øvremo	50										54:25							
03:56+	06:40-	08:08+	12:45+	18:28+	19:48+	22:26+	26:49+	30:40+	35:50+	37:30+	38:34+	42:47+	44:36+	47:04+	48:36+	52:16+	53:25+	54:25+	
03:56+	02:44-	01:28+	04:37+	05:43+	01:20+	02:38+	04:23+	03:51+	05:10+	01:40-	01:04-	04:13-	01:49+	02:28-	01:32+	03:40+	01:09+	01:00-	
01:18&	01:22-	00:11#	01:01&	01:10&	00:18&	00:49&	00:58&	00:33#	03:29@	00:09-	00:02-	00:28-	00:11#	00:02-	00:04+	00:52&	00:15&	00:04-	
9	Rune Karstensen	37										58:23							
05:16+	10:37+	12:05+	16:11+	21:58+	23:38+	26:09+	30:25+	34:07+	36:12+	37:53+	39:41+	44:51+	46:54+	49:39+	51:26+	54:44+	57:08+	58:23+	
05:16+	05:21+	01:28+	04:06+	05:47+	01:40+	02:31+	04:16+	03:42+	02:05+	01:41-	01:48+	05:10+	02:03+	02:45+	01:47+	03:18+	02:24+	01:15+	
02:38&	01:15&	00:11#	00:30#	01:14&	00:38&	00:42&	00:51#	00:24#	00:24#	00:08-	00:42&	00:29#	00:25&	00:15#	00:19#	00:30#	01:30@	00:11#	
10	Tor Brekken	97										1:00:08							
02:56+	09:29+	11:07+	16:45+	23:02+	24:29+	27:06+	31:24+	36:26+	38:35+	40:37+	42:00+	46:41+	49:05+	52:07+	53:58+	57:29+	58:37+	60:08+	
02:56+	06:33+	01:38+	05:38+	06:17+	01:27+	02:37+	04:18+	05:02+	02:09+	02:02+	01:23+	04:41+	02:24+	03:02+	01:51+	03:31+	01:08+	01:31+	
00:18#	02:27&	00:21&	02:02&	01:44&	00:25&	00:48&	00:53&	01:44&	00:28&	00:13#	00:17&	00:00-	00:46&	00:32#	00:23&	00:43&	00:14&	00:27&	
11	Sturle Omdal	116										1:00:09							
05:09+	09:15+	10:52+	15:37+	21:28+	22:56+	25:28+	30:05+	34:06+	36:26+	38:11+	39:43+	46:35+	48:57+	52:30+	54:22+	58:00+	59:01+	60:09+	
05:09+	04:06-	01:37+	04:45+	05:51+	01:28+	02:32+	04:37+	04:01+	02:20+	01:45-	01:32+	06:52+	02:22+	03:33+	01:52+	03:38+	01:01+	01:08+	
02:31&	00:00-	00:20&	01:09&	01:18&	00:26&	00:43&	01:12&	00:43#	00:39&	00:04-	00:26&	02:11&	00:44&	01:03&	00:24&	00:50&	00:07#	00:04+	
12	Otto Alsnes	50										1:00:14							
04:29+	12:34+	13:52+	18:39+	24:32+	26:20+	28:35+	32:42+	38:14+	40:07+	41:38+	43:06+	48:27+	50:39+	52:58+	54:33+	57:54+	58:58+	60:14+	
04:29+	08:05+	01:18+	04:47+	05:53+	01:48+	02:15+	04:07+	05:32+	01:53+	01:31-	01:28+	05:21+	02:12+	02:19-	01:35+	03:21+	01:04+	01:16+	
01:51&	03:59&	00:01+	01:11&	01:20&	00:46&	00:26#	00:42#	02:14&	00:12#	00:18-	00:22&	00:40#	00:34&	00:11-	00:07+	00:33#	00:10#	00:12#	
13	Øystein Huglen	27										1:02:37							
03:21+	07:12+	08:55+	13:47+	26:46+	28:02+	30:47+	34:33+	38:07+	41:53+	43:52+	44:55+	51:17+	53:12+	55:56+	57:35+	60:36+	61:34+	62:37+	
03:21+	03:51-	01:43+	04:52+	12:59+	01:16+	02:45+	03:46+	03:34+	03:46+	01:59+	01:03-	06:22+	01:55+	02:44+	01:39+	03:01+	00:58+	01:03-	
00:43&	00:15-	00:26&	01:16&	08:26@	00:14#	00:56&	00:21#	00:16+	02:05@	00:10+	00:03-	01:41&	00:17#	00:14+	00:11#	00:13+	00:04+	00:01-	
14	Pål H. Gjerden	116										1:05:13							
05:04+	09:46+	11:24+	17:12+	24:01+	25:44+	28:18+	33:21+	37:58+	40:51+	43:09+	44:41+	49:56+	52:20+	55:53+	57:54+	62:14+	63:57+	65:13+	
05:04+	04:42+	01:38+	05:48+	06:49+	01:43+	02:34+	05:03+	04:37+	02:53+	02:18+	01:32+	05:15+	02:24+	03:33+	02:01+	04:20+	01:43+	01:16+	
02:26&	00:36#	00:21&	02:12&	02:16&	00:41&	00:45&	01:38&	01:19&	01:12&	00:29&	00:26&	00:34#	00:46&	01:03&	00:33&	01:32&	00:49&	00:12#	
15	Sverre Espedal-Selvåg	116										1:05:17							
05:39+	09:40+	11:34+	18:14+	24:20+	26:04+	28:28+	33:41+	37:42+	40:16+	42:24+	44:01+	49:46+	52:12+	56:05+	58:11+	62:21+	63:35+	65:17+	
05:39+	04:01-	01:54+	06:40+	06:06+	01:44+	02:24+	05:13+	04:01+	02:34+	02:08+	01:37+	05:45+	02:26+	03:53+	02:06+	04:10+	01:14+	01:42+	
03:01@	00:05-	00:37&	03:04&	01:33&	00:42&	00:35&	01:48&	00:43#	00:53&	00:19#	00:31&	01:04#	00:48&	01:23&	00:38&	01:22&	00:20&	00:38&	
16	Erling Mauland	83										1:06:45							
06:06+	11:54+	14:02+	19:18+	29:10+	30:29+	33:14+	37:03+	40:38+	43:36+	46:13+	47:38+	49:03+	53:55+	56:28+	59:01+	60:48+	64:37+	65:34+	66:45+
06:06+	05:48+	02:08+	05:16+	09:52+	01:19+	02:45+	03:49+	03:35+	02:58+	02:37+	01:25+	01:25-	04:52+	02:33+	02:33+	01:47-	03:49+	00:57-	01:11+
03:28@	01:42&	00:51&	01:40&	05:19@	00:17&	00:56&	00:24#	00:17+	01:17&	00:48&	00:19&	03:16-	03:14@	00:03+	01:05&	01:01-	02:55@	00:07-	01:11+
17	Hans Bø	66										1:16:48							
04:54+	09:27+	11:24+	17:31+	28:48+	30:44+	34:14+	38:47+	43:20+	55:04+	56:42+	58:47+	63:38+	65:42+	68:17+	70:10+	74:12+	75:22+	76:48+	
04:54+	04:33+	01:57+	06:07+	11:17+	01:56+	03:30+	04:33+	04:33+	11:44+	01:38-	02:05+	04:51+	02:04+	02:35+	01:53+	04:02+	01:10+	01:26+	
02:16&	00:27#	00:40&	02:31&	06:44@	00:54&	01:41&	01:08&	01:15&	10:03@	00:11-	00:59&	00:10+	00:26&	00:05+	00:25&	01:14&	00:16&	00:22&	
18	Ove Oaland	116										1:17:27							
05:11+	10:44+	13:00+	18:20+	28:17+	29:57+	32:46+	38:21+	43:29+	54:28+	57:53+	59:03+	63:54+	66:22+	69:23+	71:20+	74:47+	76:00+	77:27+	
05:11+	05:33+	02:16+	05:20+	09:57+	01:40+	02:49+	05:35+	05:08+	10:59+	03:25+	01:10+	04:51+	02:28+	03:01+	01:57+	03:27+	01:13+	01:27+	
02:33&	01:27&	00:59&	01:44&	05:24@	00:38&	01:00&	02:10&	01:50&	09:18@	01:36&	00:04+	00:10+	00:50&	00:31#	00:29&	00:39#	00:19&	00:23&	
Beste strekktid for klassen																			
02:33	02:44	01:17	03:36	04:33	01:02	01:49	03:25	02:46	01:41	01:17	00:55	01:25	01:38	02:02	01:25	01:47	00:52	00:57	

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

Herrer Ny

1 Håvard Jektnes 111 38:07

04:34= 10:20= 14:26= 18:41= 27:20= 34:56= 38:07=
04:34= 05:46= 04:06= 04:15= 08:39= 07:36= 03:11=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Igor pr 74 53:31

02:57- 08:48- 14:52+ 23:52+ 37:26+ 51:50+ 53:31+
02:57- 05:51+ 06:04+ 09:00+ 13:34+ 14:24+ 01:41-
01:37- 00:05+ 01:58& 04:45@ 04:55& 06:48& 01:30-

Class	Navn	Klasse	Tid
3	Frank Gulbrandsen	105	1:02:42
	31:24+ 35:28+ 37:59+ 42:10+ 51:09+ 60:54+ 62:42+		
	31:24+ 04:04- 02:31- 04:11- 08:59+ 09:45+ 01:48-		
	26:50@ 01:42- 01:35- 00:04- 00:20+ 02:09& 01:23-		
Beste strekktid for klassen			
	02:57 04:04 02:31 04:11 08:39 07:36 01:41		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer Trim			
1	Jens Arve Nygård	282	36:13
	01:59= 04:50= 09:05= 14:07= 16:12= 21:06= 24:04= 27:47= 29:45= 34:58= 36:13=		
	01:59= 02:51= 04:15= 05:02= 02:05= 04:54= 02:58= 03:43= 01:58= 05:13= 01:15=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Morten Fenne	152	36:15
	01:34- 02:47- 10:34+ 17:45+ 19:13+ 24:02+ 26:34+ 29:30+ 31:06+ 35:16+ 36:15+		
	01:34- 01:13- 07:47+ 07:11+ 01:28- 04:49- 02:32- 02:56- 01:36- 04:10- 00:59-		
	00:25- 01:38- 03:32& 02:09& 00:37- 00:05- 00:26- 00:47- 00:22- 01:03- 00:16-		
3	Bruno Pierfelice	51	41:03
	01:34- 03:28- 08:10- 15:57+ 18:02+ 25:37+ 28:36+ 31:33+ 33:46+ 39:59+ 41:03+		
	01:34- 01:54- 04:42+ 07:47+ 02:05= 07:35+ 02:59+ 02:57- 02:13+ 06:13+ 01:04-		
	00:25- 00:57- 00:27# 02:45& 00:00= 02:41& 00:01+ 00:46- 00:15# 01:00# 00:11-		
4	Leif Jarle Skåra	29	43:00
	02:19+ 05:06+ 09:50+ 15:18+ 17:23+ 26:16+ 29:26+ 33:18+ 35:33+ 41:39+ 43:00+		
	02:19+ 02:47- 04:44+ 05:28+ 02:05= 08:53+ 03:10+ 03:52+ 02:15+ 06:06+ 01:21+		
	00:20# 00:04- 00:29# 00:26+ 00:00= 03:59& 00:12+ 00:09+ 00:17# 00:53# 00:06+		
5	Stig Erlend Ollestad	51	43:11
	01:46- 10:17+ 14:45+ 20:13+ 21:40+ 29:07+ 31:48+ 34:37+ 36:17+ 42:18+ 43:11+		
	01:46- 08:31+ 04:28+ 05:28+ 01:27- 07:27+ 02:41- 02:49- 01:40- 06:01+ 00:53-		
	00:13- 05:40@ 00:13+ 00:26+ 00:38- 02:33& 00:17- 00:54- 00:18- 00:48# 00:22-		
6	Jan Erik Syvertsen	51	43:32
	01:58- 03:58- 09:29+ 15:06+ 17:00+ 26:49+ 30:32+ 33:42+ 36:14+ 42:03+ 43:32+		
	01:58- 02:00- 05:31+ 05:37+ 01:54- 09:49+ 03:43+ 03:10- 02:32+ 05:49+ 01:29+		
	00:01- 00:51- 01:16& 00:35# 00:11- 04:55@ 00:45& 00:33- 00:34& 00:36# 00:14#		
7	Hans Klausen	62	43:46
	02:03+ 04:42- 08:39- 19:29+ 21:40+ 27:30+ 30:44+ 33:59+ 36:14+ 42:22+ 43:46+		
	02:03+ 02:39- 03:57- 10:50+ 02:11+ 05:50+ 03:14+ 03:15- 02:15+ 06:08+ 01:24+		
	00:04+ 00:12- 00:18- 05:48@ 00:06+ 00:56# 00:16+ 00:28- 00:17# 00:55# 00:09#		
8	Reidar Haver	4	45:27
	04:55+ 07:23+ 12:42+ 19:10+ 21:07+ 28:03+ 31:33+ 35:09+ 37:52+ 44:10+ 45:27+		
	04:55+ 02:28- 05:19+ 06:28+ 01:57- 06:56+ 03:30+ 03:36- 02:43+ 06:18+ 01:17+		
	02:56@ 00:23- 01:04& 01:26& 00:08- 02:02& 00:32# 00:07- 00:45& 01:05# 00:02+		
9	Ivar Aalbu	29	45:28
	02:26+ 04:30- 11:27+ 17:36+ 21:16+ 27:01+ 30:52+ 34:25+ 37:07+ 43:57+ 45:28+		
	02:26+ 02:04- 06:57+ 06:09+ 03:40+ 05:45+ 03:51+ 03:33- 02:42+ 06:50+ 01:31+		
	00:27# 00:47- 02:42& 01:07# 01:35& 00:51# 00:53& 00:10- 00:44& 01:37& 00:16#		
10	John Thorsnæs	51	46:49
	02:19+ 04:34- 09:12+ 15:32+ 17:41+ 28:02+ 31:53+ 35:39+ 38:16+ 45:18+ 46:49+		
	02:19+ 02:15- 04:38+ 06:20+ 02:09+ 10:21+ 03:51+ 03:46+ 02:37+ 07:02+ 01:31+		
	00:20# 00:36- 00:23+ 01:18& 00:04+ 05:27@ 00:53& 00:03+ 00:39& 01:49& 00:16#		
11	Einar Tønnesen	29	47:28
	02:30+ 04:21- 09:30+ 16:40+ 19:26+ 26:42+ 30:56+ 36:09+ 38:58+ 45:54+ 47:28+		
	02:30+ 01:51- 05:09+ 07:10+ 02:46+ 07:16+ 04:14+ 05:13+ 02:49+ 06:56+ 01:34+		
	00:31& 01:00- 00:54# 02:08& 00:41& 02:22& 01:16& 01:30& 00:51& 01:43& 00:19&		
12	Stig Ballestad	37	48:45
	02:04+ 08:39+ 15:17+ 22:31+ 24:47+ 31:33+ 35:16+ 38:49+ 40:56+ 47:27+ 48:45+		
	02:04+ 06:35+ 06:38+ 07:14+ 02:16+ 06:46+ 03:43+ 03:33- 02:07+ 06:31+ 01:18+		
	00:05+ 03:44@ 02:23& 02:12& 00:11+ 01:52& 00:45& 00:10- 00:09+ 01:18# 00:03+		

Class	Navn	Klasse	Tid
13	Jon Jakobsen	116	48:47
02:57+	05:26+ 14:30+ 21:10+ 23:26+ 30:14+ 35:13+ 38:59+ 41:32+ 47:13+ 48:47+		
02:57+	02:29- 09:04+ 06:40+ 02:16+ 06:48+ 04:59+ 03:46+ 02:33+ 05:41+ 01:34+		
00:58&	00:22- 04:49@ 01:38& 00:11+ 01:54& 02:01& 00:03+ 00:35& 00:28+ 00:19&		
14	Ingvar Haabeth	92	48:50
01:57-	03:45- 15:27+ 21:28+ 23:25+ 30:47+ 33:54+ 38:15+ 40:55+ 47:39+ 48:50+		
01:57-	01:48- 11:42+ 06:01+ 01:57- 07:22+ 03:07+ 04:21+ 02:40+ 06:44+ 01:11-		
00:02-	01:03- 07:27@ 00:59# 00:08- 02:28& 00:09+ 00:38# 00:42& 01:31& 00:04-		
15	Thorstein Gunnarsson	144	49:08
02:18+	04:09- 08:57- 15:35+ 18:08+ 26:17+ 31:11+ 36:24+ 38:58+ 47:22+ 49:08+		
02:18+	01:51- 04:48+ 06:38+ 02:33+ 08:09+ 04:54+ 05:13+ 02:34+ 08:24+ 01:46+		
00:19#	01:00- 00:33# 01:36& 00:28# 03:15& 01:56& 01:30& 00:36& 03:11& 00:31&		
16	Cristian Eriksson	50	49:18
02:49+	05:49+ 12:26+ 18:33+ 21:53+ 33:33+ 36:21+ 39:50+ 41:57+ 47:45+ 49:18+		
02:49+	03:00+ 06:37+ 06:07+ 03:20+ 11:40+ 02:48- 03:29- 02:07+ 05:48+ 01:33+		
00:50&	00:09+ 02:22& 01:05# 01:15& 06:46@ 00:10- 00:14- 00:09+ 00:35# 00:18#		
17	John Øgreid	27	49:20
02:29+	04:23- 09:44+ 18:18+ 20:20+ 28:29+ 31:42+ 35:25+ 38:08+ 47:50+ 49:20+		
02:29+	01:54- 05:21+ 08:34+ 02:02- 08:09+ 03:13+ 03:43= 02:43+ 09:42+ 01:30+		
00:30&	00:57- 01:06& 03:32& 00:03- 03:15& 00:15+ 00:00= 00:45& 04:29& 00:15#		
18	Joar Fandrem	94	51:01
02:11+	05:33+ 11:46+ 21:42+ 23:49+ 34:22+ 37:52+ 41:31+ 43:46+ 49:37+ 51:01+		
02:11+	03:22+ 06:13+ 09:56+ 02:07+ 10:33+ 03:30+ 03:39- 02:15+ 05:51+ 01:24+		
00:12#	00:31# 01:58& 04:54& 00:02+ 05:39@ 00:32# 00:04- 00:17# 00:38# 00:09#		
19	Øyvind Nagel-Alne	74	51:31
02:22+	06:11+ 12:00+ 17:52+ 20:05+ 32:13+ 35:08+ 39:04+ 41:39+ 47:30+ 51:31+		
02:22+	03:49+ 05:49+ 05:52+ 02:13+ 12:08+ 02:55- 03:56+ 02:35+ 05:51+ 04:01+		
00:23#	00:58& 01:34& 00:50# 00:08+ 07:14@ 00:03- 00:13+ 00:37& 00:38# 02:46@		
20	Paul Richard Carr	136	52:23
02:49+	04:57+ 10:15+ 17:10+ 19:30+ 30:24+ 37:06+ 41:25+ 44:17+ 50:55+ 52:23+		
02:49+	02:08- 05:18+ 06:55+ 02:20+ 10:54+ 06:42+ 04:19+ 02:52+ 06:38+ 01:28+		
00:50&	00:43- 01:03# 01:53& 00:15# 06:00@ 03:44@ 00:36# 00:54& 01:25& 00:13#		
21	Tor Arne Olsen	50	55:58
03:54+	06:30+ 18:12+ 25:25+ 27:58+ 35:23+ 39:08+ 43:28+ 46:30+ 54:01+ 55:58+		
03:54+	02:36- 11:42+ 07:13+ 02:33+ 07:25+ 03:45+ 04:20+ 03:02+ 07:31+ 01:57+		
01:55&	00:15- 07:27@ 02:11& 00:28# 02:31& 00:47& 00:37# 01:04& 02:18& 00:42&		
22	Arne Hope	43	56:35
02:06+	04:22- 15:48+ 24:01+ 26:27+ 35:06+ 39:34+ 44:02+ 46:56+ 54:30+ 56:35+		
02:06+	02:16- 11:26+ 08:13+ 02:26+ 08:39+ 04:28+ 04:28+ 02:54+ 07:34+ 02:05+		
00:07+	00:35- 07:11@ 03:11& 00:21# 03:45& 01:30& 00:45# 00:56& 02:21& 00:50&		
23	Ommund Bakkevoid	68	56:39
03:09+	05:19+ 11:49+ 20:03+ 23:08+ 31:34+ 36:15+ 41:48+ 45:19+ 54:08+ 56:39+		
03:09+	02:10- 06:30+ 08:14+ 03:05+ 08:26+ 04:41+ 05:33+ 03:31+ 08:49+ 02:31+		
01:10&	00:41- 02:15& 03:12& 01:00& 03:32& 01:43& 01:50& 01:33& 03:36& 01:16@		
24	Arild Olsen	4	56:46
02:21+	06:30+ 15:27+ 25:41+ 27:59+ 35:09+ 39:35+ 43:42+ 47:10+ 55:08+ 56:46+		
02:21+	04:09+ 08:57+ 10:14+ 02:18+ 07:10+ 04:26+ 04:07+ 03:28+ 07:58+ 01:38+		
00:22#	01:18& 04:42@ 05:12@ 00:13# 02:16& 01:28& 00:24# 01:30& 02:45& 00:23&		
25	Eirik Dalane	200	56:50
02:13+	04:31- 21:57+ 28:47+ 31:10+ 37:26+ 41:18+ 45:20+ 48:02+ 55:10+ 56:50+		
02:13+	02:18- 17:26+ 06:50+ 02:23+ 06:16+ 03:52+ 04:02+ 02:42+ 07:08+ 01:40+		
00:14#	00:33- 13:11@ 01:48& 00:18# 01:22& 00:54& 00:19+ 00:44& 01:55& 00:25&		
26	Jørgen Johnsen	167	59:44
02:00+	10:28+ 24:34+ 29:32+ 31:46+ 38:58+ 42:34+ 47:20+ 49:00+ 58:07+ 59:44+		
02:00+	08:28+ 14:06+ 04:58- 02:14+ 07:12+ 03:36+ 04:46+ 01:40- 09:07+ 01:37+		
00:01+	05:37@ 09:51@ 00:04- 00:09+ 02:18& 00:38# 01:03& 00:18- 03:54& 00:22&		
27	Frode Heigre	62	59:51
02:14+	12:07+ 18:59+ 27:57+ 30:34+ 38:08+ 42:25+ 46:45+ 50:00+ 57:35+ 59:51+		
02:14+	09:53+ 06:52+ 08:58+ 02:37+ 07:34+ 04:17+ 04:20+ 03:15+ 07:35+ 02:16+		
00:15#	07:02@ 02:37& 03:56& 00:32& 02:40& 01:19& 00:37# 01:17& 02:22& 01:01&		

Class	Navn	Klasse	Tid
28	Erling Aniksdal	128	1:00:46
06:39+	09:29+ 15:18+ 23:55+ 26:48+ 35:53+ 41:15+ 47:10+	50:29+ 58:53+ 60:46+	
06:39+	02:50- 05:49+ 08:37+ 02:53+ 09:05+ 05:22+ 05:55+	03:19+ 08:24+ 01:53+	
04:40@	00:01- 01:34& 03:35& 00:48& 04:11& 02:24& 02:12&	01:21& 03:11& 00:38&	
29	Jarl Steinar Berntsen	27	1:01:08
02:09+	09:27+ 15:53+ 27:44+ 29:57+ 40:43+ 46:07+ 50:01+	52:36+ 59:42+ 61:08+	
02:09+	07:18+ 06:26+ 11:51+ 02:13+ 10:46+ 05:24+ 03:54+	02:35+ 07:06+ 01:26+	
00:10+	04:27@ 02:11& 06:49@ 00:08+ 05:52@ 02:26& 00:11+	00:37& 01:53& 00:11#	
30	Per Bakken	5	1:01:13
02:38+	05:14+ 16:28+ 25:12+ 28:29+ 37:25+ 42:46+ 48:30+	51:47+ 59:04+ 61:13+	
02:38+	02:36- 11:14+ 08:44+ 03:17+ 08:56+ 05:21+ 05:44+	03:17+ 07:17+ 02:09+	
00:39&	00:15- 06:59@ 03:42& 01:12& 04:02& 02:23& 02:01&	01:19& 02:04& 00:54&	
31	Arild Svihus	92	1:01:55
02:39+	11:09+ 17:56+ 29:24+ 32:23+ 40:42+ 45:08+ 49:19+	52:35+ 59:59+ 61:55+	
02:39+	08:30+ 06:47+ 11:28+ 02:59+ 08:19+ 04:26+ 04:11+	03:16+ 07:24+ 01:56+	
00:40&	05:39@ 02:32& 06:26@ 00:54& 03:25& 01:28& 00:28#	01:18& 02:11& 00:41&	
32	Cato Bjerkeli	237	1:02:28
02:08+	05:07+ 28:29+ 36:07+ 38:21+ 44:41+ 48:06+ 52:17+	54:57+ 61:07+ 62:28+	
02:08+	02:59+ 23:22+ 07:38+ 02:14+ 06:20+ 03:25+ 04:11+	02:40+ 06:10+ 01:21+	
00:09+	00:08+ 19:07@ 02:36& 00:09+ 01:26& 00:27# 00:28#	00:42& 00:57# 00:06+	
33	Bruce Chalmers	165	1:02:55
02:15+	04:39- 20:04+ 27:50+ 29:56+ 42:31+ 46:16+ 50:47+	53:41+ 61:14+ 62:55+	
02:15+	02:24- 15:25+ 07:46+ 02:06+ 12:35+ 03:45+ 04:31+	02:54+ 07:33+ 01:41+	
00:16#	00:27- 11:10@ 02:44& 00:01+ 07:41@ 00:47& 00:48#	00:56& 02:20& 00:26&	
34	Francesco Pierfelice	51	1:04:49
02:19+	04:58+ 13:30+ 22:23+ 30:38+ 39:36+ 44:55+ 50:37+	54:22+ 63:12+ 64:49+	
02:19+	02:39- 08:32+ 08:53+ 08:15+ 08:58+ 05:19+ 05:42+	03:45+ 08:50+ 01:37+	
00:20#	00:12- 04:17@ 03:51& 06:10@ 04:04& 02:21& 01:59&	01:47& 03:37& 00:22&	
35	Alf Inge Jåtten	63	1:05:07
02:27+	06:31+ 17:43+ 27:16+ 29:57+ 38:29+ 43:45+ 50:16+	55:02+ 62:59+ 65:07+	
02:27+	04:04+ 11:12+ 09:33+ 02:41+ 08:32+ 05:16+ 06:31+	04:46+ 07:57+ 02:08+	
00:28#	01:13& 06:57@ 04:31& 00:36& 03:38& 02:18& 02:48&	02:48@ 02:44& 00:53&	
36	Jan Henrik Neuenkirchen	93	1:05:08
03:01+	05:46+ 20:13+ 31:35+ 34:52+ 42:23+ 46:29+ 51:14+	54:04+ 62:38+ 65:08+	
03:01+	02:45- 14:27+ 11:22+ 03:17+ 07:31+ 04:06+ 04:45+	02:50+ 08:34+ 02:30+	
01:02&	00:06- 10:12@ 06:20@ 01:12& 02:37& 01:08& 01:02&	00:52& 03:21& 01:15&	
37	Tom Leveraas	188	1:05:41
02:58+	06:52+ 24:52+ 36:27+ 38:59+ 45:53+ 51:09+ 54:42+	57:23+ 64:10+ 65:41+	
02:58+	03:54+ 18:00+ 11:35+ 02:32+ 06:54+ 05:16+ 03:33-	02:41+ 06:47+ 01:31+	
00:59&	01:03& 13:45@ 06:33@ 00:27# 02:00& 02:18& 00:10-	00:43& 01:34& 00:16#	
38	Leif Nilsen	111	1:07:00
02:25+	04:50= 17:18+ 24:07+ 27:56+ 44:12+ 48:18+ 53:11+	56:22+ 63:51+ 67:00+	
02:25+	02:25- 12:28+ 06:49+ 03:49+ 16:16+ 04:06+ 04:53+	03:11+ 07:29+ 03:09+	
00:26#	00:26- 08:13@ 01:47& 11:22@ 01:08& 01:10& 01:13&	02:16& 01:54@	
39	Lasse Hellevik	168	1:12:47
04:21+	19:31+ 27:24+ 34:01+ 37:19+ 48:27+ 51:52+ 56:11+	62:33+ 71:14+ 72:47+	
04:21+	15:10+ 07:53+ 06:37+ 03:18+ 11:08+ 03:25+ 04:19+	06:22+ 08:41+ 01:33+	
02:22@	12:19@ 03:38& 01:35& 01:13& 06:14@ 00:27# 00:36#	04:24@ 03:28& 00:18#	
40	Steinar Aase	268	1:13:34
03:05+	05:54+ 20:14+ 31:25+ 35:18+ 44:32+ 50:31+ 56:48+	60:26+ 71:04+ 73:34+	
03:05+	02:49- 14:20+ 11:11+ 03:53+ 09:14+ 05:59+ 06:17+	03:38+ 10:38+ 02:30+	
01:06&	00:02- 10:05@ 06:09@ 01:48& 04:20& 03:01@ 02:34&	01:40& 05:25@ 01:15&	
41	Tor Livar Flugsrud	98	1:14:52
03:10+	06:47+ 20:40+ 29:41+ 35:00+ 45:56+ 51:37+ 57:46+	61:40+ 72:03+ 74:52+	
03:10+	03:37+ 13:53+ 09:01+ 05:19+ 10:56+ 05:41+ 06:09+	03:54+ 10:23+ 02:49+	
01:11&	00:46& 09:38@ 03:59& 03:14@ 06:02@ 02:43& 02:26&	01:56& 05:10& 01:34@	
42	Audun Sjøen	111	1:19:25
02:31+	04:40- 15:13+ 25:19+ 28:11+ 50:50+ 55:09+ 62:26+	65:49+ 76:55+ 79:25+	
02:31+	02:09- 10:33+ 10:06+ 02:52+ 22:39+ 04:19+ 07:17+	03:23+ 11:06+ 02:30+	
00:32&	00:42- 06:18@ 05:04@ 00:47& 17:45@ 01:21& 03:34&	01:25& 05:53@ 01:15&	

Class	Navn	Klasse	Tid
43	Inge Grødem	92	1:21:01
06:54+	09:46+ 19:30+ 29:48+ 44:25+ 55:01+ 60:24+ 66:09+ 71:08+ 79:07+ 81:01+		
06:54+	02:52+ 09:44+ 10:18+ 14:37+ 10:36+ 05:23+ 05:45+ 04:59+ 07:59+ 01:54+		
04:55@	00:01+ 05:29@ 05:16@ 12:32@ 05:42@ 02:25& 02:02& 03:01@ 02:46& 00:39&		
44	Gordon Ramsay	42	1:23:40
02:05+	04:25- 39:54+ 47:44+ 50:13+ 57:48+ 61:46+ 66:32+ 69:25+ 81:52+ 83:40+		
02:05+	02:20- 35:29+ 07:50+ 02:29+ 07:35+ 03:58+ 04:46+ 02:53+ 12:27+ 01:48+		
00:06+	00:31- 31:14@ 02:48& 00:24# 02:41& 01:00& 01:03& 00:55& 07:14@ 00:33&		
45	Eilif Gudmund Slemmen	50	1:33:47
06:10+	27:08+ 38:59+ 47:37+ 50:16+ 72:41+ 76:34+ 80:43+ 84:08+ 91:33+ 93:47+		
06:10+	20:58+ 11:51+ 08:38+ 02:39+ 22:25+ 03:53+ 04:09+ 03:25+ 07:25+ 02:14+		
04:11@	18:07@ 07:36@ 03:36& 00:34& 17:31@ 00:55& 00:26# 01:27& 02:12& 00:59&		
46	Reza Dashtpour	116	1:36:31
02:08+	13:01+ 36:07+ 45:42+ 50:37+ 67:45+ 72:56+ 78:16+ 81:39+ 94:01+ 96:31+		
02:08+	10:53+ 23:06+ 09:35+ 04:55+ 17:08+ 05:11+ 05:20+ 03:23+ 12:22+ 02:30+		
00:09+	08:02@ 18:51@ 04:33& 02:50@ 12:14@ 02:13& 01:37& 01:25& 07:09@ 01:15&		
47	Sverre Vareberg	7	1:46:26
06:07+	09:56+ 19:57+ 41:08+ 44:52+ 64:19+ 72:33+ 83:21+ 88:52+ 103:14+ 106:26+		
06:07+	03:49+ 10:01+ 21:11+ 03:44+ 19:27+ 08:14+ 10:48+ 05:31+ 14:22+ 03:12+		
04:08@	00:58& 05:46@ 16:09@ 01:39& 14:33@ 05:16@ 07:05@ 03:33@ 09:09@ 01:57@		
Beste strekktid for klassen			
01:34	01:13 03:57 04:58 01:27 04:49 02:32 02:49 01:36 04:10 00:53		

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