

Plass	Navn	Klasse	Tid																				
1	Anne Marie Gausel	105	24:58																				
01:43=	03:03=	04:16=	05:11=	06:19=	08:17=	09:07=	09:51=	11:38=	11:52=	12:36=	12:55=	15:10=	16:28=	17:23=	17:49=	18:30=	18:59=	19:49=	21:14=	22:54=	23:45=	24:36=	24:58=
01:43=	01:20=	01:13=	00:55=	01:08=	01:58=	00:50=	00:44=	01:47=	00:14=	00:44=	00:19=	02:15=	01:18=	00:55=	00:26=	00:41=	00:29=	00:50=	01:25=	01:40=	00:51=	00:51=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	25:27																				
01:37-	02:40-	04:27+	05:15+	06:24+	08:01-	08:45-	09:22-	11:01-	11:17-	11:52-	12:13-	13:58-	14:57-	15:48-	16:09-	16:51-	17:36-	19:10-	20:49-	22:59+	23:56+	25:06+	25:27+
01:37-	01:03-	01:47+	00:48-	01:09+	01:37-	00:44-	00:37-	01:39-	00:16+	00:35-	00:21+	01:45-	00:59-	00:51-	00:21-	00:42+	00:45+	01:34+	01:39+	02:10+	00:57+	01:10+	00:21-
00:06-	00:17-	00:34&	00:07-	00:01+	00:21-	00:06-	00:07-	00:08-	00:02#	00:09-	00:02#	00:30-	00:19-	00:04-	00:05-	00:01+	00:16&	00:44&	00:14#	00:30&	00:06#	00:19&	00:01-
3	Kari Borgen	62	25:56																				
01:51+	03:02-	04:32+	05:26+	06:24+	08:16-	09:01-	09:42-	11:36-	11:55+	12:40+	12:58+	14:53-	16:52+	17:35+	17:58+	18:39+	19:05+	19:54+	21:15+	23:56+	24:46+	25:36+	25:56+
01:51+	01:11-	01:30+	00:54-	00:58-	01:52-	00:45-	00:41-	01:54+	00:19+	00:45+	00:18-	01:55-	01:59+	00:43-	00:23-	00:41=	00:26-	00:49-	01:21-	02:41+	00:50-	00:50-	00:20-
00:08+	00:09-	00:17#	00:01-	00:10-	00:06-	00:05-	00:03-	00:07+	00:05&	00:01+	00:01-	00:20-	00:41&	00:12-	00:03-	00:00=	00:03-	00:01-	00:04-	01:01&	00:01-	00:01-	00:02-
4	Tiina Salmén	152	26:35																				
01:37-	02:43-	03:48-	04:34-	05:33-	07:36-	08:17-	08:51-	11:25-	11:38-	12:19-	12:35-	14:26-	16:05-	16:50-	17:14-	17:52-	18:15-	19:22-	21:14=	23:18+	25:27+	26:14+	26:35+
01:37-	01:06-	01:05-	00:46-	00:59-	02:03+	00:41-	00:34-	02:34+	00:13-	00:41-	00:16-	01:51-	01:39+	00:45-	00:24-	00:38-	00:23-	01:07+	01:52+	02:04+	02:09+	00:47-	00:21-
00:06-	00:14-	00:08-	00:09-	00:09-	00:05+	00:09-	00:10-	00:47&	00:01-	00:03-	00:03-	00:24-	00:21&	00:10-	00:02-	00:03-	00:06-	00:17&	00:27&	00:24#	01:18@	00:04-	00:01-
5	Tine Frantzen	92	28:59																				
01:44+	03:08+	04:26+	05:16+	06:31+	08:20+	09:10+	09:52+	11:44+	12:01+	12:47+	13:12+	15:06-	19:16+	20:07+	20:33+	21:13+	21:43+	22:39+	24:09+	26:54+	27:52+	28:39+	28:59+
01:44+	01:24+	01:18+	00:50-	01:15+	01:49-	09:10+	00:42-	01:52+	00:17+	00:46+	00:25+	01:54-	04:10+	00:51-	00:26=	00:40-	00:30+	00:56+	01:30+	02:45+	00:58+	00:47-	00:20-
00:01+	00:04+	00:05+	00:05-	00:07#	00:09-	00:00=	00:02-	00:05+	00:03#	00:02+	00:06&	00:21-	02:52@	00:04-	00:00=	00:01-	00:01+	00:06#	00:05+	01:05&	00:07#	00:04-	00:02-
6	Kari Sjursen	54	29:01																				
01:54+	03:13+	04:33+	05:31+	06:48+	08:50+	09:35+	10:18+	12:55+	13:12+	13:55+	14:16+	16:15+	17:49+	18:43+	19:09+	19:55+	20:29+	21:20+	24:24+	27:02+	27:54+	28:41+	29:01+
01:54+	01:19-	01:20+	00:58+	01:17+	02:02+	00:45-	00:43-	02:37+	00:17+	00:43-	00:21+	01:59-	01:34+	00:54-	00:26=	00:46+	00:34+	00:51+	03:04+	02:38+	00:52+	00:47-	00:20-
00:11#	00:01-	00:07+	00:03+	00:09#	00:04+	00:05-	00:01-	00:50&	00:03#	00:01-	00:02#	00:16-	00:16#	00:01-	00:00=	00:05#	00:05#	00:01+	01:39@	00:58&	00:01+	00:04-	00:02-
7	Wibeke Lende	74	29:12																				
02:16+	03:46+	05:07+	06:03+	07:13+	09:14+	10:03+	10:45+	12:38+	13:00+	13:43+	14:21+	16:38+	17:44+	18:36+	18:57+	19:42+	20:17+	21:50+	23:52+	26:44+	27:55+	28:50+	29:12+
02:16+	01:30+	01:21+	00:56+	01:10+	02:01+	00:49-	00:42-	01:53+	00:22+	00:43-	00:38+	02:17+	01:06-	00:52-	00:21-	00:45+	00:35+	01:33+	02:02+	02:52+	01:11+	00:55+	00:22=
00:33&	00:10#	00:08#	00:01+	00:02+	00:03+	00:01-	00:02-	00:06+	00:08&	00:01-	00:19&	00:02+	00:12-	00:03-	00:05-	00:04+	00:06#	00:43&	00:37&	01:12&	00:20&	00:04+	00:00=
8	Ruth Magrethe Westre	54	29:44																				
01:34-	03:08+	05:39+	06:33+	07:57+	10:18+	11:04+	11:48+	13:37+	13:54+	14:36+	14:52+	16:55+	18:19+	19:11+	19:38+	20:17+	20:47+	22:19+	24:08+	27:16+	28:31+	29:22+	29:44+
01:34-	01:34+	02:31+	00:54-	01:24+	02:21+	00:46-	00:44=	01:49+	00:17+	00:42-	00:16-	02:03-	01:24+	00:52-	00:27+	00:39-	00:30+	01:32+	01:49+	03:08+	01:15+	00:51=	00:22=
00:09-	00:14#	01:18@	00:01-	00:16#	00:23#	00:04-	00:00=	00:02+	00:03#	00:02-	00:03-	00:12-	00:06+	00:03-	00:01+	00:02-	00:01+	00:42&	00:24&	01:28&	00:24&	00:00=	00:00=
9	Hege Anita Handeland Nielsen	48	30:29																				
01:56+	03:30+	05:00+	06:04+	07:28+	10:10+	11:05+	11:57+	14:01+	14:22+	15:11+	15:33+	18:30+	19:47+	20:57+	21:29+	22:20+	22:59+	23:58+	25:55+	27:47+	28:52+	30:01+	30:29+
01:56+	01:34+	01:30+	01:04+	01:24+	02:42+	00:55+	00:52+	02:04+	00:21+	00:49+	00:22+	02:57+	01:17-	01:10+	00:32+	00:51+	00:39+	00:59+	01:57+	01:52+	01:05+	01:09+	00:28+
00:13#	00:14#	00:17#	00:09#	00:16#	00:44&	00:05#	00:08#	00:17#	00:07&	00:05#	00:03#	00:42&	00:01-	00:15&	00:06#	00:10#	00:10&	00:09#	00:32&	00:12#	00:14&	00:18&	00:06&
10	Heidi Langeland	117	30:58																				
01:51+	03:25+	04:46+	05:47+	06:59+	09:45+	10:38+	11:31+	13:31+	13:47+	14:33+	14:53+	17:28+	18:52+	19:55+	20:20+	21:06+	21:37+	22:42+	25:07+	27:15+	29:30+	30:32+	30:58+
01:51+	01:34+	01:21+	01:01+	01:12+	02:46+	00:53+	00:53+	02:00+	00:16+	00:46+	00:20+	02:35+	01:24+	01:03+	00:25-	00:46+	00:31+	01:05+	02:25+	02:08+	02:15+	01:02+	00:26+
00:08+	00:14#	00:08#	00:06#	00:04+	00:48&	00:03+	00:09#	00:13#	00:02#	00:02+	00:01+	00:20#	00:06+	00:08#	00:01-	00:05#	00:02+	00:15&	01:00&	00:28&	01:24@	00:11#	00:04#
11	Helene Lie	228	31:00																				
02:08+	03:25+	04:42+	05:35+	06:53+	08:46+	09:36+	10:19+	12:02+	12:18+	13:00+	13:21+	15:34+	16:43+	17:38+	18:04+	18:46+	19:18+	20:20+	25:06+	28:17+	29:27+	30:37+	31:00+
02:08+	01:17-	01:17+	00:53-	01:18+	01:53-	00:50=	00:43-	01:43-	00:16+	00:42-	00:21+	02:13-	01:09-	00:55=	00:26=	00:42+	00:32+	01:02+	04:46+	03:11+	01:10+	01:10+	00:23+
00:25#	00:03-	00:04+	00:02-	00:10#	00:05-	00:00=	00:01-	00:04-	00:02#	00:02-	00:02#	00:02-	00:09-	00:00=	00:00=	00:01+	00:03#	00:12#	03:21@	01:31&	00:19&	00:19&	00:01+
12	Mette Langeland	117	31:03																				
01:59+	03:27+	04:45+	05:46+	07:05+	09:45+	10:45+	11:43+	13:49+	14:08+	14:55+	15:14+	17:46+	19:10+	20:08+	20:35+	21:22+	21:53+	23:15+	25:08+	28:42+	29:44+	30:40+	31:03+
01:59+	01:28+	01:18+	01:01+	01:19+	02:40+	01:00+	00:58+	02:06+	00:19+	00:47+	00:19=	02:32+	01:24+	00:58+	00:27+	00:47+	00:31+	01:22+	01:53+	03:34+	01:02+	00:56+	00:23+
00:16#	00:08#	00:05+	00:06#	00:11#	00:42&	00:10#	00:14&	00:19#	00:05&	00:03+	00:00=	00:17#	00:06+	00:03+	00:01+	00:06#	00:02+	00:32&	00:28&	01:54@	00:11#	00:05+	00:01+
13	Anne M. Enne Haug	117	31:17																				
02:08+	03:44+	06:05+	07:00+	08:06+	10:39+	11:29+	12:20+	14:13+	14:29+	15:23+	15:45+	18:14+	19:37+	20:36+	21:04+	22:05+	23:21+	24:16+	27:00+	28:57+	29:58+	30:53+	31:17+
02:08+	01:36+	02:21+	00:55=	01:06-	02:33+	00:50=	00:51+	01:53+	00:16+	00:54+	00:22+	02:29+	01:23+	00:59+	00:28+	01:01+	01:16+	00:55+	02:44+	01:57+	01:01+	00:55+	00:24+
00:25#	00:16#	01:08&	00:00=	00:02-	00:35&	00:00=	00:07#	00:06+	00:02#	00:10#	00:03#	00:14#	00:05+	00:04+	00:02+	00:20&	00:47@	00:05#	01:19&	00:17#	00:10#	00:04+	00:02+
14	Gunn Iren Stangeland	62	31:24																				
01:51+	03:26+	04:47+	05:48+	07:05+	09:56+	10:45+	11:27+	13:15+	13:30+	14:14+	14:32+	16:47+	18:10+	19:02+	19:23+	20:16+	20:44+	24:44+	26:38+	29:02+	30:07+	31:00+	31:24+
01:51+	01:35+	01:21+	01:01+	01:17+	02:51+	00:49-	00:42-	01:48+	00:15+	00:44=	00:18-	02:15=	01:23+										

Class	Navn	Klasse										Tid											
15	Kine Strømstad	109										33:25											
03:10+	04:52+	06:51+	08:11+	10:21+	12:29+	13:28+	14:15+	17:16+	17:35+	18:18+	18:38+	20:45+	22:02+	22:58+	23:26+	24:27+	24:56+	26:11+	28:58+	31:20+	32:13+	33:03+	33:25+
03:10+	01:42+	01:52+	01:20+	02:10+	02:08+	00:59+	00:47+	03:01+	00:19+	00:43-	00:20+	02:07-	01:17-	00:56+	00:28+	01:01+	00:29+	01:15+	02:47+	02:22+	00:53+	00:50-	00:22=-
01:27&	00:22&	00:46&	00:25&	01:02&	00:10+	00:09#	00:03+	01:14&	00:05&	00:01-	00:01+	00:08-	00:01-	00:01+	00:02+	00:20&	00:00=	00:25&	01:22&	00:42&	00:02+	00:01-	00:00=-
16	Heidi Martby	88										34:25											
02:04+	03:43+	05:05+	06:23+	07:49+	10:05+	11:01+	11:57+	15:07+	15:32+	16:32+	17:02+	19:32+	21:00+	22:04+	22:29+	23:24+	23:54+	26:00+	28:24+	31:11+	32:32+	33:56+	34:25+
02:04+	01:39+	01:22+	01:18+	01:26+	02:16+	00:56+	00:56+	03:10+	00:25+	01:00+	00:30+	02:30+	01:28+	01:04+	00:25-	00:55+	00:30+	02:06+	02:24+	02:47+	01:21+	01:24+	00:29+
00:21#	00:19#	00:09#	00:23&	00:18&	00:18#	00:06#	00:12&	01:23&	00:11&	00:16&	00:11&	00:15#	00:10#	00:09#	00:01-	00:14&	00:01+	01:16@	00:59&	01:07&	00:30&	00:33&	00:07&
17	Christel Dahl	92										35:53											
02:06+	03:26+	04:43+	05:39+	07:11+	09:26+	10:19+	11:04+	12:51+	13:08+	13:47+	14:07+	16:14+	17:33+	18:28+	18:51+	19:40+	20:14+	21:20+	27:56+	32:54+	34:23+	35:28+	35:53+
02:06+	01:20=	01:17+	00:56+	01:32+	02:15+	00:53+	00:45+	01:47=	00:17+	00:39-	00:20+	02:07-	01:19+	00:55=	00:23-	00:49+	00:34+	01:06+	06:36+	04:58+	01:29+	01:05+	00:25+
00:23#	00:00=	00:04+	00:01+	00:24&	00:17#	00:03+	00:01+	00:00=	00:03#	00:05-	00:01+	00:08-	00:01+	00:00=	00:03-	00:08#	00:05#	00:16&	05:11@	03:18@	00:38&	00:14&	00:03#
18	Silje Thorsen Borthen	42										36:41											
01:22-	02:27-	03:44-	08:36+	09:45+	11:17+	11:59+	12:34+	14:06+	14:28+	14:59+	16:54+	18:43+	19:47+	20:29+	20:53+	21:33+	22:31+	28:38+	30:12+	34:42+	35:36+	36:21+	36:41+
01:22-	01:05-	01:17+	04:52+	01:09+	01:32-	00:42-	00:35-	01:32-	00:22+	00:31-	01:55+	01:49-	01:04-	00:42-	00:24-	00:40-	00:58+	06:07+	01:34+	04:30+	00:54+	00:45-	00:20-
00:21-	00:15-	00:04+	03:57@	00:01+	00:26-	00:08-	00:09-	00:15-	00:08&	00:13-	01:36@	00:26-	00:14-	00:13-	00:02-	00:01-	00:29&	05:17@	00:09#	02:50@	00:03+	00:06-	00:02-
19	Ann Torill M. Bakken	116										37:07											
03:42+	04:51+	08:36+	09:39+	10:59+	13:39+	14:38+	15:30+	17:32+	17:50+	18:41+	19:00+	21:18+	25:01+	25:47+	26:13+	26:59+	27:24+	28:39+	30:33+	34:57+	35:52+	36:44+	37:07+
03:42+	01:09-	03:45+	01:03+	01:20+	02:40+	00:59+	00:52+	02:02+	00:18+	00:51+	00:19+	02:18+	03:43+	00:46-	00:26=	00:46+	00:25-	01:15+	01:54+	04:24+	00:55+	00:52+	00:23+
01:59@	00:11-	02:32@	00:08#	00:12#	00:42&	00:09#	00:08#	00:15#	00:04&	00:07#	00:00=	00:03+	02:25@	00:09-	00:00=	00:05#	00:04-	00:25&	00:29&	02:44@	00:04+	00:01+	00:01+
20	Johanne Noren	92										38:50											
01:46+	03:05+	04:27+	07:11+	08:18+	12:20+	13:12+	13:58+	15:48+	16:05+	16:48+	17:07+	19:44+	21:12+	22:01+	22:28+	23:13+	23:40+	24:34+	34:57+	36:50+	37:33+	38:25+	38:50+
01:46+	01:19-	01:22+	02:44+	01:07-	04:02+	00:52+	00:46+	01:50+	00:17+	00:43-	00:19=	02:37+	01:28+	00:49-	00:27+	00:45+	00:27-	00:54+	10:23+	01:53+	00:43-	00:52+	00:25+
00:03+	00:01-	00:09#	01:49@	00:01-	02:04@	00:02+	00:02+	00:03+	00:03#	00:01-	00:00=	00:22#	00:10#	00:06-	00:01+	00:04+	00:02-	00:04+	08:58@	00:13#	00:08-	00:01+	00:03#
21	Siv Hilde Berg	105										42:29											
01:49+	03:41+	05:54+	06:55+	08:28+	11:25+	12:41+	13:25+	15:36+	15:58+	16:56+	17:18+	19:59+	21:28+	22:28+	22:55+	23:49+	24:37+	33:36+	36:32+	39:36+	40:56+	42:03+	42:29+
01:49+	01:52+	02:13+	01:01+	01:33+	02:57+	01:16+	00:44+	02:11+	00:22+	00:58+	00:22+	02:41+	01:29+	01:00+	00:27+	00:54+	00:48+	08:59+	02:56+	03:04+	01:20+	01:07+	00:26+
00:06+	00:32&	01:00&	00:06#	00:25&	00:59&	00:26&	00:00=	00:24#	00:08&	00:14&	00:03#	00:26#	00:11#	00:05+	00:01+	00:13&	00:19&	08:09@	01:31@	01:24&	00:29&	00:16&	00:04#
22	Anne Tove Puntervold	105										43:36											
01:55+	03:18+	04:43+	05:50+	07:20+	19:46+	20:37+	21:25+	24:42+	25:11+	25:58+	26:17+	28:41+	31:29+	32:25+	32:56+	33:47+	34:16+	35:46+	38:12+	41:04+	42:14+	43:11+	43:36+
01:55+	01:23+	01:25+	01:07+	01:30+	12:26+	00:51+	00:48+	03:17+	00:29+	00:47+	00:19+	02:24+	02:48+	00:56+	00:31+	00:51+	00:29=	01:30+	02:26+	02:52+	01:10+	00:57+	00:25+
00:12#	00:03+	00:12#	00:12#	00:22&	10:28@	00:01+	00:04+	01:30&	00:15@	00:03+	00:00=	00:09+	01:30@	00:01+	00:05#	00:10#	00:00=	00:40&	01:01&	01:12&	00:19&	00:06#	00:03#
23	Ingunn Bergheim Landsnes	74										45:11											
04:06+	05:34+	07:16+	08:22+	12:26+	15:33+	16:25+	17:26+	19:50+	20:19+	21:48+	22:08+	24:56+	26:49+	27:53+	28:32+	29:30+	30:08+	31:13+	35:31+	42:40+	43:52+	44:45+	45:11+
04:06+	01:28+	01:42+	01:06+	04:04+	03:07+	00:52+	01:01+	02:24+	00:29+	01:29+	00:20+	02:48+	01:53+	01:04+	00:39+	00:58+	00:38+	01:05+	04:18+	07:09+	01:12+	00:53+	00:26+
02:23@	00:08#	00:29&	00:11#	02:56@	01:09&	00:02+	00:17&	00:37&	00:15@	00:45@	00:01+	00:33#	00:35&	00:09#	00:13&	00:17&	00:09&	00:15&	02:53@	05:29@	00:21&	00:02+	00:04#
24	Linn Soma	136										51:41											
02:00+	03:34+	05:18+	06:28+	07:57+	10:52+	11:49+	12:41+	16:31+	16:51+	17:40+	18:00+	20:16+	21:34+	23:51+	24:24+	25:12+	25:48+	31:41+	40:18+	49:04+	50:17+	51:16+	51:41+
02:00+	01:34+	01:44+	01:10+	01:29+	02:55+	00:57+	00:52+	03:50+	00:20+	00:49+	00:20+	02:16+	01:18=	02:17+	00:33+	00:48+	00:36+	05:53+	08:37+	08:46+	01:13+	00:59+	00:25+
00:17#	00:14#	00:31&	00:15&	00:21&	00:57&	00:07#	00:08#	02:03@	00:06&	00:05#	00:01+	00:01+	00:00=	01:22@	00:07&	00:07#	00:07#	05:03@	07:12@	07:06@	00:22&	00:08#	00:03#
Beste strekketid for klassen																							
01:22	01:03	01:05	00:46	00:58	01:32	00:41	00:34	01:32	00:13	00:31	00:16	01:45	00:59	00:42	00:21	00:38	00:23	00:49	01:21	01:40	00:43	00:45	00:20

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

Damer 40 - 49 år

1	Randi Helen Ladsten	128										28:04											
02:06=	03:33=	04:51=	05:49=	07:06=	09:05=	09:55=	10:43=	12:40=	12:57=	13:39=	13:58=	16:09=	17:18=	18:13=	18:39=	19:22=	19:53=	21:05=	23:21=	25:59=	26:54=	27:41=	28:04=
02:06=	01:27=	01:18=	00:58=	01:17=	01:59=	00:50=	00:48=	01:57=	00:17=	00:42=	00:19=	02:11=	01:09=	00:55=	00:26=	00:43=	00:31=	01:12=	02:16=	02:38=	00:55=	00:47=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Mariann Sveinsvoll	94										29:45											
01:42-	03:01-	04:03-	05:00-	06:01-	08:14-	09:01-	09:48-	11:42-	12:03-	12:48-	13:06-	15:18-	16:49-	17:42-	18:08-	18:53-	19:21-	20:19-	24:31+	27:32+	28:24+	29:22+	29:45+
01:42-	01:19-	01:02-	00:57-	01:01-	02:13+	00:47-	00:47-	01:54-	00:21+	00:45+	00:18-	02:12+	01:31+	00:53-	00:26=	00:45+	00:28-	00:58-	04:12+	03:01+	00:52-	00:58+	00:23=
00:24-	00:08-	00:16-	00:01-	00:16-	00:14#	00:03-	00:01-	00:03-	00:04#	00:03+	00:01-	00:01+	00:22&	00:02-	00:00=	00:02+	00:03-	00:14-	01:56&	00:23#	00:03-	00:11#	00:00=
3	Margrethe Roalsø	93										32:06											
01:44-	03:08-	05:47+	06:37+	07:42+	09:51+	10:39+	11:23+	14:24+	14:39+	15:20+	15:37+	17:52+	19:25+	20:18+	20:42+	21:40+	22:08+	23:06+	25:27+	29:37+	30:26+	31:41+	32:06+
01:44-	01:24-	02:39+	00:50-	01:05-	02:09+	00:48-	00:44-	03:01+	00:15-	00:41-	00:17-	02:15+	01:33+	00:53-	00:24-	00:58+	00:28-	00:58-	02:21+	04:10+	00:49-	01:15+	00:25+
00:22-	00:03-	01:21@	00:08-	00:12-	00:10+	00:02-	00:04-	01:04&	00:02-	00:01-	00:02-	00:04+	00:24&	00:02-	00:02-	00:15&	00:03-	00:14-	00:05+	01:32&	00:06-	00:28&	00:02+

Class	Navn	Klasse	Tid																				
4	Linda Mari Vestvik	62	32:57																				
01:46-	03:01-	05:39+	06:49+	08:00+	10:02+	10:49+	11:30+	14:15+	14:42+	15:36+	15:53+	18:05+	19:25+	20:19+	20:45+	21:24+	21:55+	22:52+	25:09+	30:16+	31:43+	32:34+	32:57+
01:46-	01:15-	02:38+	01:10+	01:11-	02:02+	00:47-	00:41-	02:45+	00:27+	00:54+	00:17-	02:12+	01:20+	00:54-	00:26=	00:39-	00:31=	00:57-	02:17+	05:07+	01:27+	00:51+	00:23=
00:20-	00:12-	01:20@	00:12#	00:06-	00:03+	00:03-	00:07-	00:48&	00:10&	00:12&	00:02-	00:01+	00:11#	00:01-	00:00=	00:04-	00:00=	00:15-	00:01+	02:29&	00:32&	00:04+	00:00=
5	Gøril Braut Aarsand	268	33:32																				
02:36+	04:43+	06:15+	07:19+	08:21+	12:53+	13:47+	14:32+	16:35+	17:15+	18:03+	18:23+	20:35+	21:52+	22:56+	23:24+	24:10+	24:40+	26:10+	28:45+	31:12+	32:08+	33:04+	33:32+
02:36+	02:07+	01:32+	01:04+	01:02-	04:32+	00:54+	00:45-	02:03+	00:40+	00:48+	00:20+	02:12+	01:17+	01:04+	00:28+	00:46+	00:30-	01:30+	02:35+	02:27-	00:56+	00:56+	00:28+
00:30#	00:40&	00:14#	00:06#	00:15-	02:33@	00:04+	00:03-	00:06+	00:23@	00:06#	00:01+	00:01+	00:08#	00:09#	00:02+	00:03+	00:01-	00:18#	00:19#	00:11-	00:01+	00:09#	00:05#
6	Monica Gilje Rennemo	92	34:10																				
01:46-	03:00-	06:29+	07:22+	08:29+	10:33+	11:26+	12:13+	15:19+	15:34+	16:13+	16:32+	19:01+	21:09+	22:01+	22:26+	23:25+	23:56+	28:00+	30:04+	31:45+	32:35+	33:43+	34:10+
01:46-	01:14-	03:29+	00:53-	01:07-	02:04+	00:53+	00:47-	03:06+	00:15-	00:39-	00:19=	02:29+	02:08+	00:52-	00:25-	00:59+	00:31=	04:04+	02:04-	01:41-	00:50-	01:08+	00:27+
00:20-	00:13-	02:11@	00:05-	00:10-	00:05+	00:03+	00:01-	01:09&	00:02-	00:03-	00:00=	00:18#	00:59&	00:03-	00:01-	00:16&	00:00=	02:52@	00:12-	00:57-	00:05-	00:21&	00:04#
7	Siv Skretting	93	34:16																				
01:58-	03:55+	05:20+	06:29+	07:48+	09:54+	10:42+	11:27+	14:25+	14:41+	15:23+	15:43+	17:59+	19:24+	20:18+	20:42+	21:29+	22:44+	24:13+	30:32+	31:46+	32:41+	33:46+	34:16+
01:58-	01:57+	01:25+	01:09+	01:19+	02:06+	00:48-	00:45-	02:58+	00:16-	00:42=	00:20+	02:16+	01:25+	00:54-	00:24-	00:47+	01:35+	01:29+	06:19+	01:14-	00:55=	01:05+	00:30+
00:08-	00:30&	00:07+	00:11#	00:02+	00:07+	00:02-	00:03-	01:01&	00:01-	00:00=	00:01+	00:05+	00:16#	00:01-	00:02-	00:04+	00:44@	00:17#	04:03@	01:24-	00:00=	00:18&	00:07&
8	Tove Irene Asheim	116	35:43																				
02:09+	03:50+	05:21+	07:48+	09:23+	12:47+	13:55+	14:53+	17:12+	17:40+	18:48+	19:15+	22:01+	23:37+	24:48+	25:18+	26:09+	26:50+	28:18+	30:31+	32:52+	34:01+	35:13+	35:43+
02:09+	01:41+	01:31+	02:27+	01:35+	03:24+	01:08+	00:58+	02:19+	00:28+	01:08+	00:27+	02:46+	01:36+	01:11+	00:30+	00:51+	00:41+	01:28+	02:13-	02:21-	01:09+	01:12+	00:30+
00:03+	00:14#	00:13#	00:12#	00:01-	00:01-	00:18&	00:10#	00:22#	00:11&	00:26&	00:08&	00:35&	00:27&	00:16&	00:04#	00:08#	00:10&	00:16#	00:03-	00:17-	00:14&	00:25&	00:07&
9	Nina Svensen	2	37:17																				
01:53-	05:10+	06:32+	07:29+	08:45+	11:25+	12:18+	13:03+	14:58+	15:14+	15:58+	16:16+	18:35+	19:54+	20:56+	21:18+	22:05+	22:31+	28:01+	30:21+	34:59+	35:58+	36:48+	37:17+
01:53-	03:17+	01:22+	00:57-	01:16-	02:40+	00:53+	00:45-	01:55-	00:16-	00:44+	00:18-	02:19+	01:19+	01:02+	00:22-	00:47+	00:26-	05:30+	02:20+	04:38+	00:59+	00:50+	00:29+
00:13-	01:50@	00:04+	00:01-	00:01-	00:41&	00:03+	00:03-	00:02-	00:01-	00:02+	00:01-	00:08+	00:10#	00:07#	00:04-	00:04+	00:05-	04:18@	00:04+	02:00&	00:04+	00:03+	00:06&
10	Irene Sirevåg	105	38:00																				
02:02-	03:36+	05:20+	06:23+	07:58+	10:51+	11:51+	12:49+	14:59+	15:20+	16:10+	16:31+	19:37+	21:07+	22:42+	23:15+	24:09+	24:43+	27:21+	31:23+	34:41+	35:53+	37:28+	38:00+
02:02-	01:34+	01:44+	01:03+	01:35+	02:53+	01:00+	00:58+	02:10+	00:21+	00:50+	00:21+	03:06+	01:30+	01:35+	00:33+	00:54+	00:34+	02:38+	04:02+	03:18+	01:12+	01:35+	00:32+
00:04-	00:07+	00:26&	00:05+	00:18#	00:54&	00:10#	00:10#	00:13#	00:04#	00:08#	00:02#	00:55&	00:21&	00:40&	00:07&	00:11&	00:03+	01:26@	01:46&	00:40&	00:17&	00:48@	00:09&
11	Cecilie Kristine Karlsen	93	39:24																				
02:38+	04:11+	07:27+	08:43+	10:12+	12:41+	13:36+	14:23+	16:33+	17:05+	17:53+	18:20+	20:41+	22:19+	23:21+	24:01+	25:02+	25:33+	26:39+	32:42+	36:44+	38:02+	39:00+	39:24+
02:38+	01:33+	03:16+	01:16+	01:29+	02:29+	00:55+	00:47-	02:10+	00:32+	00:48+	00:27+	02:21+	01:38+	01:02+	00:40+	01:01+	00:31=	01:06-	06:03+	04:02+	01:18+	00:58+	00:24+
00:32&	00:06+	01:58@	00:18&	00:12#	00:30&	00:05#	00:01-	00:13#	00:15&	00:06#	00:08&	00:10+	00:29&	00:07#	00:14&	00:18&	00:00=	00:06-	03:47@	01:24&	00:23&	00:11#	00:01+
12	Hege Jangseth	93	44:12																				
02:16+	04:01+	05:49+	07:03+	08:44+	11:20+	12:27+	13:29+	16:39+	16:55+	17:58+	18:22+	21:21+	23:04+	24:09+	24:48+	25:48+	26:24+	27:35+	38:55+	41:04+	42:25+	43:39+	44:12+
02:16+	01:45+	01:48+	01:14+	01:41+	02:36+	01:07+	01:02+	03:10+	00:16-	01:03+	00:24+	02:59+	01:43+	01:05+	00:39+	01:00+	00:36+	01:11-	11:20+	02:09-	01:21+	01:14+	00:33+
00:10+	00:18#	00:30&	00:16&	00:24&	00:37&	00:17&	00:14&	01:13&	00:01-	00:21&	00:05&	00:48&	00:34&	00:10#	00:13&	00:17&	00:05#	00:01-	09:04@	00:29-	00:26&	00:27&	00:10&
13	Ragnhild Båtnes Berntsen	101	44:18																				
02:24+	05:42+	08:10+	09:21+	10:51+	15:13+	16:10+	18:36+	18:55+	19:51+	20:18+	23:42+	25:57+	27:04+	27:41+	28:37+	29:56+	31:43+	39:23+	41:09+	42:29+	43:44+	44:18+	
02:24+	03:18+	02:28+	01:11+	01:30+	03:10+	01:12+	00:57+	02:26+	00:19+	00:56+	00:27+	03:24+	02:15+	01:07+	00:37+	00:56+	01:19+	01:47+	07:40+	01:46-	01:20+	01:15+	00:34+
00:18#	01:51@	01:10&	00:13#	01:11&	00:22&	00:09#	00:29#	00:02#	00:14&	00:08&	01:13&	01:06&	00:12#	00:11&	00:13&	00:48@	00:35&	05:24@	00:52-	00:25&	00:28&	00:11&	

Beste strekketid for klassen

01:42 01:14 01:02 00:50 01:01 01:59 00:47 00:41 01:54 00:15 00:39 00:17 02:11 01:09 00:52 00:22 00:39 00:26 00:57 02:04 01:14 00:49 00:47 00:23

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

Damer 50 - 59 år

1	Marit Karin Nygård	92	31:14																				
01:52=	02:57=	03:43=	05:23=	06:19=	08:03=	09:31=	10:55=	11:48=	13:21=	14:23=	15:52=	16:24=	19:04=	20:22=	22:42=	23:58=	25:22=	26:46=	27:58=	29:37=	30:12=	30:52=	31:14=
01:52=	01:05=	00:46=	01:40=	00:56=	01:44=	01:28=	01:24=	00:53=	01:33=	01:02=	01:29=	00:32=	02:40=	01:18=	02:20=	01:16=	01:24=	01:24=	01:12=	01:39=	00:35=	00:40=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Liv Omdal	116	31:29																				
01:50-	02:43-	03:16-	04:34-	05:52-	07:45-	09:12-	10:47-	11:50+	13:13-	14:23=	15:55+	16:26+	18:40-	19:58-	21:49-	23:07-	24:48-	26:20-	27:39-	29:28-	30:21+	31:06+	31:29+
01:50-	00:53-	00:33-	01:18-	01:18+	01:53+	01:27-	01:35+	01:03+	01:23-	01:10+	01:32+	00:31-	02:14-	01:18-	01:51-	01:18+	01:41+	01:32+	01:19+	01:49+	00:53+	00:45+	00:23+
00:02-	00:12-	00:13-	00:22-	00:22&	00:09+	00:01-	00:11#	00:10#	00:10-	00:08#	00:03+	00:01-	00:26-	00:00=	00:29-	00:02+	00:17#	00:08+	00:07+	00:10#	00:18&	00:05#	00:01+
3	Kristin Skadsem	18	32:08																				
01:27-	02:17-	03:00-	04:29-	05:35-	07:20-	09:07-	10:24-	11:23-	12:57-	14:03-	15:29-	16:18-	19:00-	20:28+	22:31-	23:54-	25:25+	26:39-	27:53-	30:19+	30:47+	31:40+	32:08+
01:27-	00:50-	00:43-	01:29-	01:06+	01:45+	01:47+	01:17-	00:59+	01:34+	01:06+	01:26-	00:49+	02:42+	01:28+	02:03-	01:23+	01:31+	01:14-	01:14+	02:26+	00:28-	00:53+	00:28+
00:25-	00:15-	00:03-	00:11-	00:10#	00:01+	00:19#	00:07-	00:06#	00:01+	00:04+	00:03-	00:17&	00:02+	00:10#	00:17-	00:07+	00:07+	00:10-	00:02+	00:47&	00:07-	00:13&	00:06&

Class	Navn	Klasse	Tid																				
4	Arnfrid Stangeland	96	32:53																				
01:34-	02:26-	03:12-	04:48-	05:44-	07:18-	08:31-	09:46-	10:46-	12:33-	13:42-	15:00-	15:52-	18:17-	19:48-	21:45-	23:26-	25:43+	27:22+	29:15+	31:16+	31:38+	32:27+	32:53+
01:34-	00:52-	00:46=	01:36-	00:56=	01:34-	01:13-	01:15-	01:00+	01:47+	01:09+	01:18-	00:52+	02:25-	01:31+	01:57-	01:41+	02:17+	01:39+	01:53+	02:01+	00:22-	00:49+	00:26+
00:18-	00:13-	00:00=	00:04-	00:00=	00:10-	00:15-	00:09-	00:07#	00:14#	00:07#	00:11-	00:20&	00:15-	00:13#	00:23-	00:25&	00:53&	00:15#	00:41&	00:22#	00:13-	00:09#	00:04#
5	Rowena Naile	42	32:54																				
01:10-	01:54-	02:29-	03:43-	04:34-	05:53-	07:08-	08:04-	09:05-	10:12-	11:15-	13:03-	13:45-	15:30-	16:31-	21:17-	22:28-	24:32-	26:29-	27:42-	31:02+	31:52+	32:33+	32:54+
01:10-	00:44-	00:35-	01:14-	00:51-	01:19-	01:15-	00:56-	01:01+	01:07-	01:03+	01:48+	00:42+	01:45-	01:01-	04:46+	01:11-	02:04+	01:57+	01:13+	03:20+	00:50+	00:41+	00:21-
00:42-	00:21-	00:11-	00:26-	00:05-	00:25-	00:13-	00:28-	00:08#	00:26-	00:01+	00:19#	00:10&	00:55-	00:17-	02:26@	00:05-	00:40&	00:33&	00:01+	01:41@	00:15&	00:01+	00:01-
6	Ingrid O. Foss	117	32:57																				
01:36-	02:25-	03:04-	04:31-	05:22-	07:41-	09:02-	10:38-	11:43-	13:08-	14:12-	15:37-	16:16-	18:50-	20:05-	22:02-	23:37-	25:47+	27:18+	29:09+	31:15+	31:50+	32:32+	32:57+
01:36-	00:49-	00:39-	01:27-	00:51-	02:19+	01:21-	01:36+	01:05+	01:25-	01:04+	01:25-	00:39+	02:34-	01:15-	01:57-	01:35+	02:10+	01:31+	01:51+	02:06+	00:35=	00:42+	00:25+
00:16-	00:16-	00:07-	00:13-	00:05-	00:35&	00:07-	00:12#	00:12#	00:08-	00:02+	00:04-	00:07#	00:06-	00:03-	00:23-	00:19#	00:46&	00:07+	00:39&	00:27&	00:00=	00:02+	00:03#
7	Ingunn Kanne Risa	106	33:56																				
01:14-	02:00-	02:39-	04:11-	05:16-	06:53-	08:12-	09:45-	10:54-	12:21-	13:26-	14:55-	17:54+	21:13+	22:34+	24:22+	25:58+	27:34+	29:01+	30:45+	32:19+	32:55+	33:32+	33:56+
01:14-	00:46-	00:39-	01:32-	01:05+	01:37-	01:19-	01:33+	01:09+	01:27-	01:05+	01:29+	02:59+	03:19+	01:21+	01:48-	01:36+	01:36+	01:27+	01:44+	01:34-	00:36+	00:37-	00:24+
00:38-	00:19-	00:07-	00:08-	00:09#	00:07-	00:09-	00:09#	00:16&	00:06-	00:03+	00:00=	02:27@	00:39#	00:03+	00:32-	00:20&	00:12#	00:03+	00:32&	00:05-	00:01+	00:03-	00:02+
8	Amanda Renshaw	101	34:07																				
01:28-	02:15-	02:52-	04:27-	05:21-	09:02+	10:28+	11:45+	13:08+	14:28+	15:33+	17:02+	18:01+	20:14+	21:43+	23:35+	25:06+	26:55+	28:12+	29:38+	32:17+	32:51+	33:43+	34:07+
01:28-	00:47-	00:37-	01:35-	00:54-	03:41+	01:26-	01:17-	01:23+	01:20-	01:05+	01:29+	00:59+	02:13-	01:29+	01:52-	01:31+	01:49+	01:17-	01:26+	02:39+	00:34-	00:52+	00:24+
00:24-	00:18-	00:09-	00:05-	00:02-	01:57@	00:02-	00:07-	00:30&	00:13-	00:03+	00:00=	00:27&	00:07-	00:11#	00:28-	00:15#	00:25&	00:07-	00:14#	01:00&	00:01-	00:12&	00:02+
9	Signe Ottesen	116	34:08																				
01:45-	02:38-	03:16-	05:04-	06:13-	08:00-	09:29-	11:04+	12:11+	13:50+	14:58+	16:40+	17:23+	19:55+	21:45+	23:57+	25:35+	27:40+	29:29+	30:45+	32:26+	33:00+	33:43+	34:08+
01:45-	00:53-	00:38-	01:48+	01:09+	01:47+	01:29+	01:35+	01:07+	01:39+	01:08+	01:42+	00:43+	02:32-	01:50+	02:12-	01:38+	02:05+	01:49+	01:16+	01:41+	00:34-	00:43+	00:25+
00:07-	00:12-	00:08-	00:08#	00:13#	00:03+	00:01+	00:11#	00:14&	00:06+	00:06+	00:13#	00:11&	00:08-	00:32&	00:08-	00:22&	00:41&	00:25&	00:04+	00:02+	00:01-	00:03+	00:03#
10	Ingunn Voiås	29	34:09																				
01:59+	02:51-	03:29-	05:11-	06:06-	07:46-	09:16-	10:47-	11:49+	13:23+	14:34+	15:52+	17:55+	20:43+	22:08+	24:21+	25:35+	27:09+	28:21+	30:01+	31:29+	32:00+	33:37+	34:09+
01:59+	00:52-	00:38-	01:42+	00:55-	01:40-	01:30+	01:31+	01:02+	01:34+	01:11+	01:18-	02:03+	02:48+	01:25+	02:13-	01:14-	01:34+	01:12-	01:40+	01:28-	00:31-	01:37+	00:32+
00:07+	00:13-	00:08-	00:02+	00:01-	00:04-	00:02+	00:07+	00:09#	00:01+	00:09#	00:11-	01:31@	00:08+	00:07+	00:07-	00:02-	00:10#	00:12-	00:28&	00:11-	00:04-	00:57@	00:10&
11	Anne-Siv Gjertsen	27	35:51																				
01:21-	02:08-	02:46-	04:17-	05:28-	07:07-	08:36-	10:11-	12:15+	13:35+	14:39+	15:55+	16:43+	19:04=	20:33+	22:29-	23:40-	29:16+	31:00+	32:34+	34:14+	34:44+	35:24+	35:51+
01:21-	00:47-	00:38-	01:31-	01:11+	01:39-	01:29+	01:35+	02:04+	01:20-	01:04+	01:16-	00:48+	02:21-	01:29+	01:56-	01:11-	05:36+	01:44+	01:34+	01:40+	00:30-	00:40=	00:27+
00:31-	00:18-	00:08-	00:09-	00:15&	00:05-	00:01+	00:11#	01:11@	00:13-	00:02+	00:13-	00:16&	00:19-	00:11#	00:24-	00:05-	04:12@	00:20#	00:22&	00:01+	00:05-	00:00=	00:05#
12	Målfrid Bjerkeli	237	36:20																				
01:36-	02:31-	03:12-	05:04-	06:18-	09:09+	10:50+	12:26+	13:32+	15:14+	18:08+	19:27+	20:00+	22:33+	24:06+	26:17+	27:37+	29:41+	31:09+	33:02+	34:36+	35:08+	35:53+	36:20+
01:36-	00:55-	00:41-	01:52+	01:14+	02:51+	01:41+	01:36+	01:06+	01:42+	02:54+	01:19-	00:33+	02:33-	01:33+	02:11-	01:20+	02:04+	01:28+	01:53+	01:34-	00:32-	00:45+	00:27+
00:16-	00:10-	00:05-	00:12#	00:18&	01:07&	00:13#	00:12#	00:13#	00:09+	01:52@	00:10-	00:01+	00:07-	00:15#	00:09-	00:04+	00:40&	00:04+	00:41&	00:05-	00:03-	00:05#	00:05#
13	Kari Smådal Turøy	115	36:41																				
01:29-	02:19-	02:58-	04:44-	05:51-	07:29-	09:21-	10:40-	12:11+	13:52+	14:50+	16:05+	18:13+	20:28+	21:50+	23:37+	26:55+	28:42+	30:30+	31:48+	34:58+	35:25+	36:13+	36:41+
01:29-	00:50-	00:39-	01:46+	01:07+	01:38-	01:52+	01:19-	01:31+	01:41+	00:58-	01:15-	02:08+	02:15-	01:22+	01:47-	03:18+	01:47+	01:48+	01:18+	03:10+	00:27-	00:48+	00:28+
00:23-	00:15-	00:07-	00:06+	00:11#	00:06-	00:24&	00:05-	00:38&	00:08+	00:04-	00:14-	01:36@	00:25-	00:04+	00:33-	02:02@	00:23&	00:24&	00:06+	01:31&	00:08-	00:08#	00:06&
14	Nidunn Sandvik	228	37:28																				
01:29-	02:20-	02:55-	04:15-	05:08-	06:42-	08:10-	09:33-	10:29-	12:10-	13:13-	14:29-	15:07-	17:28-	18:41-	20:40-	21:55-	28:53+	30:06+	31:39+	35:33+	36:10+	36:58+	37:28+
01:29-	00:51-	00:35-	01:20-	00:53-	01:34-	01:28=	01:23-	00:56+	01:41+	01:03+	01:16-	00:38+	02:21-	01:13-	01:59-	01:15-	06:58+	01:13-	01:33+	03:54+	00:37+	00:48+	00:30+
00:23-	00:14-	00:11-	00:20-	00:03-	00:10-	00:00=	00:01-	00:03+	00:08+	00:01+	00:13-	00:06#	00:19-	00:05-	00:21-	00:01-	05:34@	00:11-	00:21&	02:15@	00:02+	00:08#	00:08&
15	Brit Vivian Meling	116	37:32																				
01:34-	02:33-	03:16-	05:58+	07:10+	09:00+	10:30+	11:45+	13:30+	15:05+	16:18+	18:20+	19:05+	21:58+	23:21+	25:48+	27:22+	29:15+	31:15+	33:09+	35:21+	36:12+	37:04+	37:32+
01:34-	00:59-	00:43-	02:42+	01:12+	01:50+	01:30+	01:15-	01:45+	01:35+	01:13+	02:02+	00:45+	02:53+	01:23+	02:27+	01:34+	01:53+	02:00+	01:54+	02:12+	00:51+	00:52+	00:28+
00:18-	00:06-	00:03-	00:16&	00:06+	00:06+	00:02+	00:09-	00:52&	00:02+	00:11#	00:33&	00:13&	00:13+	00:05+	00:07+	00:18#	00:29&	00:36&	00:42&	00:33&	00:16&	00:12&	00:06&
16	Marianne Fuglestad	116	37:46																				
01:53+	02:58+	03:29-	05:12-	05:59-	07:16-	08:50-	10:03-	10:50-	12:10-	13:04-	14:13-	14:50-	16:45-	18:01-	19:44-	21:03-	27:03+	28:47+	33:15+	36:08+	36:42+	37:20+	37:46+
01:53+	01:05=	00:31-	01:43+	00:47-	01:17-	01:34+	01:13-	00:47-	01:20-	00:54-	01:09-	00:37+	01:55-	01:16-	01:43-	01:19+	06:00+	01:44+	04:28+	02:53+	00:34-	00:38-	00:26+
00:01+	00:00=	00:15-	00:03+	00:09-	00:27-	00:06+	00:11-	00:06-	00:13-	00:08-	00:20-	00:05#	00:45-	00:02-	00:37-	00:03+	04:36@	00:20#	03:16@	01:14&	00:01-	00:02-	00:04#
17	Berit Bakken	168	38:12																				
01:49-	02:37-	03:18-	04:43-	05:39-	09:27+	10:37+	11:45+	13:28+	14:54+	15:56+	17:13+	18:48+	21:29+	22:59+	25:05+	26:32+	27:48+	28:56+	34:57+	36:26+	36:56+	37:40+	38:12+
01:49-	00:48-	00:41-	01:25-	00:56&	03:48+	01:10-	01:08-	01:43+	01:26-	01:02=	01:17-	01:35+	02:41+	01:30+	02:06-	01:27+	01:16-	01:08-	06:01+	01:29-	00:30-	00:44+	00:32+
00:03-	00:17-	00:05-	00:15-	00:00=	02:04@	00:18-	00:16-	00:50&	00:07-	00:00=	00:12-	01:03@	00:01+	00:12#	00:14-	00:11#							

Class	Navn	Klasse	Tid
19	Kristin Harbo	92	41:13
01:51-	02:57=	03:42-	05:26+
01:51-	01:06+	00:45-	01:44+
00:01-	00:01+	00:01-	00:04+
06:28+	08:28+	10:04+	11:38+
01:02+	02:00+	01:36+	01:34+
00:08+	00:10#	00:47&	00:16#
15:07+	16:33+	18:16+	20:01+
01:49+	01:26+	01:43+	01:45+
00:16#	00:24&	00:14#	01:13@
22:44+	24:19+	26:34+	28:53+
02:43+	01:35+	02:15-	02:19+
00:03+	00:17#	00:05-	01:03&
31:38+	33:20+	35:31+	38:51+
01:42+	02:11+	03:20+	00:54+
00:18#	00:59&	01:41@	00:19&
39:45+	40:37+	41:13+	00:12&
00:03+	00:14&	00:12&	00:14&
00:12&	00:14&	00:12&	00:14&
20	Margot Lilledal	27	43:13
01:25-	02:19-	03:12-	04:54-
01:25-	00:54-	00:53+	01:42+
00:27-	00:11-	00:07#	00:02+
06:01-	09:10+	10:35+	13:12+
01:07+	03:09+	01:25-	02:37+
01:25&	00:03-	01:13&	01:37@
15:42+	17:38+	18:38+	20:41+
01:56+	01:00-	02:03+	00:38+
00:02-	00:34&	00:06#	00:08#
21:19+	24:07+	27:55+	30:02+
02:48+	03:48+	02:07-	02:08+
00:08#	02:30@	00:13-	00:52&
35:11+	36:46+	38:54+	41:27+
03:01+	01:35+	02:08+	02:33+
00:11#	00:56&	00:54&	00:07-
41:55+	42:44+	43:13+	00:09#
00:07-	00:09#	00:07#	00:07#
21	Ellinor Nesse	116	43:21
01:35-	02:36-	03:20-	05:14-
01:35-	01:01-	00:44-	01:54+
00:17-	00:04-	00:02-	00:14#
10:00+	11:32+	12:58+	13:52+
01:32+	01:26+	00:54+	01:35+
00:04+	00:02+	00:01+	00:02+
15:27+	16:41+	18:29+	19:08+
01:35+	01:14+	01:48+	00:39+
00:02+	00:12#	00:19#	00:07#
21:48+	23:26+	25:47+	31:26+
21:48+	23:26+	25:47+	31:26+
00:00+	00:20&	00:01+	04:23@
33:23+	34:59+	36:50+	41:08+
05:39+	01:57+	01:36+	01:51+
00:33&	00:12#	00:39&	02:39@
41:46+	42:47+	43:21+	00:03+
01:01+	00:34+	00:12&	00:12&
00:03+	00:21&	00:03+	00:21&
22	Siri T. Ravndal	66	43:37
01:41-	02:46-	03:28-	05:40+
01:41-	01:05=	00:42-	02:12+
00:11-	00:00=	00:04-	00:32&
06:36+	08:20+	10:02+	12:21+
01:44=	01:42+	02:19+	01:00+
00:00=	00:14#	00:05&	00:07#
14:55+	16:11+	17:44+	18:21+
01:34+	01:16+	01:33+	00:37+
00:01+	00:14#	00:04+	00:05#
17:59+	18:40+	21:10+	22:38+
01:44+	00:41+	02:30-	01:28+
00:09#	00:08#	00:33-	02:30@
24:54+	26:41+	35:26+	36:41+
01:47+	08:45+	01:15-	02:57+
00:31&	07:21@	00:09-	01:45@
39:38+	41:42+	42:16+	43:06+
02:04+	00:34-	00:50+	00:31+
00:01-	00:10#	00:09&	00:09&
42:16+	43:06+	43:37+	00:09&
00:12&	00:10#	00:09&	00:10#
00:01-	00:10#	00:09&	00:10#
23	Torill Andersen	116	43:57
01:43-	02:33-	03:11-	04:35-
01:43-	00:50-	00:38-	01:24-
00:09-	00:15-	00:08-	00:16-
07:29-	10:48+	12:28+	13:42+
01:45+	03:19+	01:40+	01:14+
00:01+	01:51@	00:16#	00:21&
15:06+	16:15+	17:59+	18:40+
01:09+	01:44+	00:41+	02:30-
00:09-	00:07#	00:15#	00:09&
21:10+	22:37+	24:29+	26:57+
21:10+	22:37+	24:29+	26:57+
00:10-	00:09#	00:28-	01:12&
29:03+	38:15+	39:20+	42:28+
02:06+	09:12+	01:05-	03:08+
00:42&	00:07-	01:29&	00:12-
07:48@	00:07-	01:29&	00:12-
38:15+	39:20+	42:28+	42:51+
09:12+	01:05-	03:08+	00:23-
00:42&	00:07-	01:29&	00:12-
07:48@	00:07-	01:29&	00:12-
42:28+	42:51+	43:31+	43:57+
03:08+	00:23-	00:40=	00:26+
00:12-	00:00=	00:04#	00:04#
00:26+	00:43+	00:25+	00:03#
00:26+	00:43+	00:25+	00:03#
24	Oddny Haugland	114	46:13
01:26-	02:12-	02:48-	04:11-
01:26-	00:46-	00:36-	01:23-
00:26-	00:19-	00:10-	00:17-
09:30+	11:11+	12:48+	14:28+
04:13+	01:41+	01:37+	01:40+
00:13#	00:13#	00:13#	00:21@
18:22+	19:14+	20:47+	21:27+
03:54+	00:52-	01:33+	00:40+
00:10-	00:04+	00:08#	00:33-
23:34+	27:22+	29:01+	31:46+
02:07-	03:48+	01:39-	02:45+
00:33-	02:30@	00:41-	01:29@
38:15+	39:49+	42:15+	44:39+
06:29+	01:34+	02:26+	02:24+
05:05@	00:10#	00:45&	00:09-
39:49+	42:15+	44:39+	45:05+
01:34+	02:26+	02:24+	00:26-
00:10#	00:14@	00:45&	00:09-
42:15+	44:39+	45:05+	45:48+
06:29+	01:34+	02:26+	00:43+
00:10#	00:14@	00:45&	00:09-
45:05+	45:48+	46:13+	00:25+
01:34+	02:26+	02:24+	00:03+
00:09-	00:03+	00:03#	00:03#
25	Sonja Johannessen	130	46:53
01:43-	02:40-	03:26-	05:03-
01:43-	00:57-	00:46=	01:37-
00:09-	00:08-	00:00=	00:03-
06:01-	07:52-	09:24-	11:03+
01:51+	01:32+	01:39+	01:11+
00:04+	00:15#	00:18&	00:06+
13:53+	15:08+	16:56+	17:38+
01:15+	01:48+	00:42+	03:12+
00:13#	00:19#	00:10&	00:32#
20:50+	22:13+	24:17+	25:51+
03:12+	01:23+	02:04-	01:34+
00:05+	00:16-	00:18#	03:43@
35:19+	40:32+	44:20+	45:15+
04:21+	05:13+	03:48+	00:55+
00:09#	02:57@	04:01@	02:09@
45:15+	46:22+	46:53+	00:27&
03:48+	01:07+	00:31+	00:09&
00:55+	01:07+	00:31+	00:09&
26	Helene Espedal-Selvåg	116	48:19
01:28-	02:25-	03:04-	04:25-
01:28-	00:57-	00:39-	01:21-
00:24-	00:08-	00:07-	00:19-
09:40+	13:49+	15:15+	16:19+
02:55+	04:09+	01:26+	01:04+
00:02+	00:11#	00:00=	00:00=
17:52+	18:54+	22:38+	24:03+
01:33=	01:02=	03:44+	01:25+
00:00=	02:15@	00:53@	00:02-
26:41+	28:05+	30:08+	31:30+
02:38-	01:24+	02:03-	01:22+
00:02-	00:06+	00:17-	00:06+
36:26+	37:31+	46:07+	46:44+
02:38-	01:24+	02:03-	01:22+
00:02-	00:06+	00:09#	01:59@
37:31+	46:07+	46:44+	47:55+
01:33+	03:23+	01:05-	08:36+
00:07-	06:57@	00:02+	00:31&
46:44+	47:55+	48:19+	00:02+
08:36+	00:37+	01:11+	00:24+
00:02+	00:31&	00:02+	00:31&
27	Margretha Almedal	91	56:18
02:05+	03:04+	03:39-	05:31+
02:05+	00:59-	00:35-	01:52+
00:13#	00:06-	00:11-	00:12#
18:51+	20:38+	22:13+	23:25+
06:34+	12:17+	01:47+	01:35+
10:33@	00:19#	00:11#	00:19&
25:05+	26:28+	28:59+	31:37+
00:07+	00:21&	01:02&	02:06@
34:15+	36:13+	38:25+	40:09+
00:02+	00:40&	00:08-	00:28&
46:03+	48:18+	50:43+	54:18+
00:00=	00:00=	00:00=	00:00=
48:18+	50:43+	54:18+	54:54+
00:00=	00:00=	00:00=	00:01+
50:43+	54:18+	54:54+	55:50+
01:13@	01:56@	00:01+	00:16&
54:54+	55:50+	56:18+	00:06&
01:56@	00:01+	00:16&	00:06&
Beste strekketid for klassen	01:10	00:44	00:31
	01:14	00:47	01:17
	01:10	00:56	00:47
	01:07	00:52	01:03
	00:31	01:45	01:01
	01:39	01:01	01:16
	01:08	01:05	01:28
	00:22	00:37	00:21

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

Damer 60 - 64 år

1	Eli Frafjord	94	32:41
01:54=	02:46=	03:30=	05:02=
01:54=	00:52=	00:44=	01:32=
00:00=	00:00=	00:00=	00:00=
06:01=	07:47=	09:31=	10:46=
01:46=	01:44=	01:15=	01:34=
00:00=	00:00=	00:00=	00:00=
13:45=	14:54=	16:13=	16:55=
01:09=	01:19=	00:42=	02:28=
00:00=	00:00=	00:00=	00:00=
18:20=	19:23=	20:55=	22:52=
01:25=	02:28=	01:32=	01:57=
00:00=	00:00=	00:00=	00:00=
24:07=	25:34=	27:01=	29:06=
01:15=	01:27=	01:27=	02:05=
00:00=	00:00=	00:00=	00:00=
31:30=	32:14=	32:41=	30:58=
01:15=	01:27=	01:27=	01:52=
00:00=	00:00=	00:00=	00:00=
38:14=	39:27=	40:37=	41:53=
01:15=	01:27=	01:27=	02:05=
00:00=	00:00=	00:00=	00:00=
42:14=	43:28=	44:42=	46:00=
01:15=	01:27=	01:27=	02:05=
00:00=	00:00=	00:00=	00:00=
48:18+	49:32+	50:46+	52:00+
01:50+	02:04+	02:18+	02:32+
00:00=	00:00=	00:00=	00:00=
54:18+	55:32+	56:46+	58:00+
02:02+	02:16+	02:30+	02:44+
00:00=	00:00=	00:00=	00:00=
58:14+	59:28+	60:42+	61:56+
02:16+	02:30+	02:44+	02:58+
00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
5	Wenche Anda Haarr	92	49:46
01:42-	02:45-	03:41+	05:30+
02:06+	01:03+	00:56+	01:49+
00:12-	00:11#	00:12&	00:17#
00:18+	10:18+	12:06+	13:56+
03:39+	01:48+	01:50+	01:17-
01:19+	01:50+	01:19+	01:44+
00:25&	00:10#	00:25&	00:00=
00:40&	00:05+	00:26#	00:25&
06:01@	00:16#	00:31#	04:12@
00:06-	00:21&	00:21&	
6	Berit K. Gramstad	113	50:10
02:06+	03:06+	03:57+	15:43+
02:06+	01:00+	00:51+	11:46+
00:12#	00:08#	00:07#	10:14@
19:47+	21:25+	24:21+	25:22+
27:22+	28:32+	30:18+	30:58+
33:54+	35:40+	38:07+	39:41+
42:05+	43:36+	45:52+	48:01+
48:44+	49:42+	50:10+	
7	Unni Relling	92	52:38
02:17+	03:20+	04:08+	05:55+
07:03+	10:13+	12:44+	14:37+
18:22+	20:16+	21:27+	22:54+
23:53+	26:51+	28:29+	30:51+
32:20+	39:29+	40:59+	48:38+
50:31+	51:04+	52:05+	52:38+
8	Åse Berg	105	55:17
02:28+	05:44+	06:21+	09:18+
10:30+	15:05+	18:03+	21:14+
22:55+	25:54+	27:25+	29:26+
30:25+	33:15+	35:11+	37:38+
40:17+	42:56+	44:54+	49:09+
52:44+	53:41+	54:44+	55:17+
9	Inger Synnøve Sjursen	92	55:57
02:29+	03:34+	04:20+	06:23+
07:48+	13:47+	15:36+	17:35+
18:44+	20:34+	22:02+	24:17+
25:11+	28:56+	30:53+	33:40+
35:42+	41:27+	43:41+	46:16+
53:27+	54:17+	55:25+	55:57+

Beste strekktid for klassen

01:24 00:49 00:37 01:32 00:55 01:31 01:34 01:15 00:52 01:25 01:01 01:18 00:36 02:15 01:25 01:53 01:15 01:27 01:27 01:37 01:33 00:26 00:23 00:27

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54	35:52
01:49=	02:50=	03:36=	05:18=
01:49=	01:01=	00:46=	01:42=
00:00=	00:00=	00:00=	00:00=
08:22=	10:04=	11:42=	12:52=
14:39=	15:57=	17:44=	18:25=
21:16=	22:45=	25:01=	26:24=
29:10=	30:41=	32:00=	33:49=
34:25=	35:17=	35:52=	
2	Kirsten Carlsen	93	38:52
01:53+	02:55+	03:37+	05:21+
01:53+	01:02+	00:42-	01:44+
00:04+	00:01+	00:04-	00:02+
08:13-	10:14+	11:44+	12:38-
14:24-	15:38-	17:39-	18:25-
21:19+	22:56+	25:10+	26:45+
28:28-	29:49-	34:22+	36:48+
37:24+	38:19+	38:52+	
3	Margaret Malmin	105	44:54
01:57+	03:11+	04:07+	06:18+
07:48+	09:59+	11:52+	13:44+
14:53+	16:53+	18:23+	20:16+
21:10+	24:40+	26:41+	29:29+
31:19+	34:22+	36:09+	38:47+
42:21+	43:05+	44:12+	44:54+
4	Aslaug Lura	94	57:49
02:18+	03:28+	04:16+	06:07+
07:19+	09:46+	11:46+	14:18+
22:27+	24:26+	25:48+	27:39+
28:32+	31:51+	33:44+	36:22+
38:12+	42:56+	44:57+	47:14+
50:56+	56:11+	57:11+	57:49+

Beste strekktid for klassen

01:49 01:01 00:42 01:42 01:07 01:45 01:42 01:30 00:54 01:46 01:14 01:47 00:41 02:51 01:29 02:14 01:23 01:43 01:21 01:19 01:49 00:36 00:52 00:33

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

Damer 70 - 74 år

1	Turid Nystrom	68	31:33
01:27=	02:15=	02:57=	04:26=
01:27=	00:48=	00:42=	01:29=
00:00=	00:00=	00:00=	00:00=
09:25=	10:27=	11:58=	13:01=
14:23=	15:04=	17:19=	18:40=
20:34=	21:50=	25:06=	26:37=
27:51=	29:51=	30:26=	31:08=
31:33=			
2	Haldis Glendrange	68	34:14
01:38+	02:28+	03:15+	04:39+
01:38+	00:50+	00:47+	01:24+
00:11#	00:02+	00:05#	00:05-
07:38+	09:07+	10:23+	11:51+
13:28+	14:35+	15:56+	16:36+
19:08+	20:38+	22:50+	24:20+
26:36+	28:10+	30:05+	32:35+
33:05+	33:50+	34:14+	

Class	Navn	Klasse	Tid
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3	Helga Aaslid	54	36:23																				
02:09+	03:00+	03:39+	05:21+	06:29+	10:09+	11:21+	12:36+	13:58+	15:38+	16:42+	18:10+	18:46+	21:13+	22:43+	24:55+	26:30+	28:51+	30:16+	32:08+	34:41+	35:09+	35:57+	36:23+
02:09+	00:51+	00:39-	01:22+	01:08+	03:40+	01:12-	01:15-	01:22+	01:40+	01:04+	01:28+	00:36-	02:27+	01:30+	02:12+	01:35+	02:21-	01:25-	01:52+	02:33+	00:28-	00:48+	00:26+
00:42&	00:03+	00:03-	00:13#	00:14&	02:09@	00:05-	00:02-	00:20&	00:09+	00:01+	00:06+	00:05-	00:12+	00:09#	00:18#	00:19#	00:55-	00:06-	00:38&	00:33&	00:07-	00:06#	00:01+

4	Hedvig Anda	116	36:44																				
01:52+	02:43+	03:24+	04:59+	06:03+	10:04+	11:40+	12:55+	13:57+	15:34+	16:43+	18:28+	19:21+	22:06+	23:32+	25:37+	27:16+	29:02+	30:28+	32:14+	34:50+	35:30+	36:17+	36:44+
01:52+	00:51+	00:41-	01:35+	01:04+	04:01+	01:36+	01:15-	01:02=	01:37+	01:09+	01:45+	00:53+	02:45+	01:26+	02:05+	01:39+	01:46-	01:26-	01:46+	02:36+	00:40+	00:47+	00:27+
00:25&	00:03+	00:01-	00:06+	00:10#	02:30@	00:19#	00:02-	00:00=	00:06+	00:06+	00:23&	00:12&	00:30#	00:05+	00:11+	00:23&	01:30-	00:05-	00:32&	00:36&	00:05#	00:05#	00:02+

5	Helga Klausen	62	38:11																				
01:54+	03:03+	03:55+	05:33+	06:49+	08:45+	10:31+	12:20+	13:18+	15:19+	16:36+	18:10+	18:57+	22:01+	23:39+	26:05+	27:37+	30:04+	31:35+	33:49+	35:58+	36:48+	37:40+	38:11+
01:54+	01:09+	00:52+	01:38+	01:16+	01:56+	01:46+	01:49+	00:58-	02:01+	01:17+	01:34+	00:47+	03:04+	01:38+	02:26+	01:32+	02:27-	01:31=	02:14+	02:09+	00:50+	00:52+	00:31+
00:27&	00:21&	00:10#	00:09#	00:22&	00:25&	00:29&	00:32&	00:04-	00:30&	00:14#	00:12#	00:06#	00:49&	00:17#	00:32&	00:16#	00:49-	00:00=	01:00&	00:09+	00:15&	00:10#	00:06#

6	Gry V. Thengs	68	38:54																				
01:51+	02:47+	03:28+	05:03+	06:01+	08:10+	09:38+	10:52+	12:10+	13:36+	14:43+	16:02+	17:41+	20:18+	22:09+	24:07+	25:28+	26:52+	28:01+	35:35+	37:02+	37:40+	38:24+	38:54+
01:51+	00:56+	00:41-	01:35+	00:58+	02:09+	01:28+	01:14-	01:18+	01:26-	01:07+	01:19-	01:39+	02:37+	01:51+	01:58+	01:21+	01:24-	01:09-	07:34+	01:27-	00:38+	00:44+	00:30+
00:24&	00:08#	00:01-	00:06+	00:04+	00:38&	00:11#	00:03-	00:16&	00:05-	00:04+	00:03-	00:58@	00:22#	00:30&	00:04+	00:05+	01:52-	00:22-	06:20@	00:33-	00:03+	00:02+	00:05#

7	Signe Stang Franzon	105	44:38																				
01:45+	02:57+	03:53+	05:35+	06:54+	08:48+	10:40+	12:17+	13:21+	15:03+	16:18+	18:05+	18:53+	21:48+	24:09+	26:28+	28:20+	34:32+	36:51+	38:36+	41:57+	43:05+	44:04+	44:38+
01:45+	01:12+	00:56+	01:42+	01:19+	01:54+	01:52+	01:37+	01:04+	01:42+	01:15+	01:47+	00:48+	02:55+	02:21+	02:19+	01:52+	06:12+	02:19+	01:45+	03:21+	01:08+	00:59+	00:34+
00:18#	00:24&	00:14&	00:13#	00:25&	00:23&	00:35&	00:20&	00:02+	00:11#	00:12#	00:25&	00:07#	00:40&	01:00&	00:25#	00:36&	02:56&	00:48&	00:31&	01:21&	00:33&	00:17&	00:09&

8	Ragnhild Christiansen	93	45:52																				
02:44+	03:52+	04:38+	07:02+	08:08+	12:16+	14:07+	16:14+	17:47+	19:59+	21:34+	23:41+	24:32+	27:53+	29:44+	32:38+	35:14+	37:47+	39:31+	41:25+	43:30+	44:12+	45:13+	45:52+
02:44+	01:08+	00:46+	02:24+	01:06+	04:08+	01:51+	02:07+	01:33+	02:12+	01:35+	02:07+	00:51+	03:21+	01:51+	02:54+	02:36+	02:33-	01:44+	01:54+	02:05+	00:42+	01:01+	00:39+
01:17&	00:20&	00:04+	00:55&	00:12#	02:37@	00:34&	00:50&	00:31&	00:41&	00:32&	00:45&	00:10#	01:06&	00:30&	01:00&	01:20@	00:43-	00:13#	00:40&	00:05+	00:07#	00:19&	00:14&

9	Eva Hessen	83	46:52																				
01:58+	02:54+	03:38+	09:07+	10:50+	12:42+	14:28+	19:35+	20:47+	22:42+	23:52+	25:42+	27:42+	30:24+	32:04+	34:19+	36:31+	38:12+	39:53+	41:24+	44:15+	45:16+	46:24+	46:52+
01:58+	00:56+	00:44+	05:29+	01:43+	01:52+	01:46+	05:07+	01:12+	01:55+	01:10+	01:50+	02:00+	02:42+	01:40+	02:15+	02:12+	01:41-	01:41+	01:31+	02:51+	01:01+	01:08+	00:28+
00:31&	00:08#	00:02+	04:00@	00:49&	00:21#	00:29&	03:50@	00:10#	00:24&	00:07#	00:28&	01:19@	00:27#	00:19#	00:21#	00:56&	01:35-	00:10#	00:17#	00:51&	00:26&	00:26&	00:03#

Beste strekktid for klassen
 01:27 00:48 00:39 01:24 00:54 01:31 01:12 01:14 00:58 01:26 01:03 01:19 00:36 02:15 01:21 01:54 01:16 01:24 01:09 01:14 01:27 00:28 00:42 00:24

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

Damer 75 - 79 år

1	Berit Ebbell Olsen	68	48:41																				
02:39=	03:41=	04:25=	06:33=	07:56=	09:57=	11:37=	13:37=	15:12=	17:24=	19:02=	20:43=	26:33=	29:31=	31:03=	33:35=	35:38=	37:31=	40:13=	42:05=	46:24=	47:04=	48:09=	48:41=
02:39=	01:02=	00:44=	02:08=	01:23=	02:01=	01:40=	02:00=	01:35=	02:12=	01:38=	01:41=	05:50=	02:58=	01:32=	02:32=	02:03=	01:53=	02:42=	01:52=	04:19=	00:40=	01:05=	00:32=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Gørild Espedal	113	1:05:06																				
03:40+	05:22+	06:24+	17:42+	20:42+	23:25+	25:34+	28:29+	30:03+	33:23+	35:11+	37:59+	39:17+	43:09+	45:12+	48:28+	51:08+	54:10+	56:33+	58:52+	62:39+	63:25+	64:29+	65:06+
03:40+	01:42+	01:02+	11:18+	03:00+	02:43+	02:09+	02:55+	01:34-	03:20+	01:48+	02:48+	01:18-	03:52+	02:03+	03:16+	02:40+	03:02+	02:23-	02:19+	03:47-	00:46+	01:04-	00:37+
01:01&	00:40&	00:18&	09:10@	01:37@	00:42&	00:29&	00:55&	00:01-	01:08&	00:10#	01:07&	04:32-	00:54&	00:31&	00:44&	00:37&	01:09&	00:19-	00:27#	00:32-	00:06#	00:01-	00:05#

Beste strekktid for klassen
 02:39 01:02 00:44 02:08 01:23 02:01 01:40 02:00 01:34 02:12 01:38 01:41 01:18 02:58 01:32 02:32 02:03 01:53 02:23 01:52 03:47 00:40 01:04 00:32

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

Damer A

1	Janne Tjørhom Aasheim	93	23:45																						
01:24=	02:29=	03:29=	04:16=	05:02=	05:50=	06:41=	07:17=	08:15=	10:13=	10:43=	11:34=	12:53=	13:03=	13:36=	13:52=	15:33=	17:17=	17:49=	18:10=	18:45=	19:54=	20:41=	21:13=	22:07=	22:50=
01:24=	01:05=	01:00=	00:47=	00:46=	00:48=	00:51=	00:36=	00:58=	01:58=	00:30=	00:51=	01:19=	00:10=	00:33=	00:16=	01:41=	01:44=	00:32=	00:21=	00:35=	01:09=	00:47=	00:32=	00:54=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

23:25= 23:45=
 00:35= 00:20=
 00:00= 00:00=

Class	Navn	Klasse	Tid																						
2	Aud Hognestad Taksdal	92	24:25																						
01:13-	02:11-	03:01-	03:46-	04:29-	05:18-	06:08-	06:39-	07:30-	09:49-	10:18-	11:08-	12:30-	12:42-	13:14-	13:29-	15:06-	16:56-	17:28-	17:50-	18:25-	19:55+	20:42+	22:02+	22:42+	23:22+
01:13-	00:58-	00:50-	00:45-	00:43-	00:49+	00:50-	00:31-	00:51-	02:19+	00:29-	00:50-	01:22+	00:12+	00:32-	00:15-	01:37-	01:50+	00:32=	00:22+	00:35=	01:30+	00:47=	01:20+	00:40-	00:40-
00:11-	00:07-	00:10-	00:02-	00:03-	00:01+	00:01-	00:05-	00:07-	00:21#	00:01-	00:01-	00:03+	00:02#	00:01-	00:01-	00:04-	00:06+	00:00=	00:01+	00:00=	00:21&	00:00=	00:48@	00:14-	00:03-
24:07+	24:25+																								
00:45+	00:18-																								
00:10&	00:02-																								
3	Trine Bolstad	62	26:59																						
01:33+	02:44+	03:59+	04:51+	05:39+	06:48+	07:43+	08:20+	09:21+	11:41+	12:17+	13:19+	14:49+	15:02+	15:49+	16:10+	18:04+	20:02+	20:36+	20:59+	21:35+	22:56+	23:48+	24:23+	25:08+	25:49+
01:33+	01:11+	01:15+	00:52+	00:48+	01:09+	00:55+	00:37+	01:01+	02:20+	00:36+	01:02+	01:30+	00:13+	00:47+	00:21+	01:54+	01:58+	00:34+	00:23+	00:36+	01:21+	00:52+	00:35+	00:45-	00:41-
00:09#	00:06+	00:15#	00:05#	00:02+	00:21&	00:04+	00:01+	00:03+	00:22#	00:06#	00:11#	00:11#	00:03&	00:14&	00:05&	00:13#	00:14#	00:02+	00:02+	00:01+	00:12#	00:05#	00:03+	00:09-	00:02-
26:37+	26:59+																								
00:48+	00:22+																								
00:13&	00:02#																								
4	Inger Tone Nygård	29	29:03																						
01:29+	02:42+	03:43+	04:34+	05:26+	06:21+	07:25+	08:03+	09:07+	11:37+	12:13+	13:19+	14:58+	15:12+	15:51+	16:09+	18:12+	20:55+	21:34+	22:00+	22:47+	24:04+	25:04+	26:07+	26:58+	27:47+
01:29+	01:13+	01:01+	00:51+	00:52+	00:55+	01:04+	00:38+	01:04+	02:30+	00:36+	01:06+	01:39+	00:14+	00:39+	00:18+	02:03+	02:43+	00:39+	00:26+	00:47+	01:17+	01:00+	01:03+	00:51-	00:49+
00:05+	00:08#	00:01+	00:04+	00:06#	00:07#	00:13&	00:02+	00:06#	00:32&	00:06#	00:15&	00:20&	00:04&	00:06#	00:02#	00:22#	00:59&	00:07#	00:05#	00:12&	00:08#	00:13&	00:31&	00:03-	00:06#
28:40+	29:03+																								
00:53+	00:23+																								
00:18&	00:03#																								
5	Katrine Prestvold	212	31:37																						
01:23-	02:40+	04:05+	04:59+	06:18+	07:51+	08:52+	09:30+	10:37+	12:50+	13:30+	14:40+	17:13+	17:25+	18:00+	19:03+	21:11+	23:38+	24:26+	24:50+	25:46+	27:06+	28:08+	28:47+	29:29+	30:30+
01:23-	01:17+	01:25+	00:54+	01:19+	01:33+	01:01+	00:38+	01:07+	02:13+	00:40+	01:10+	02:33+	00:12+	00:35+	01:03+	02:08+	02:27+	00:48+	00:24+	00:56+	01:20+	01:02+	00:39+	00:42-	01:01+
00:01-	00:12#	00:25&	00:07#	00:33&	00:45&	00:10#	00:02+	00:09#	00:15#	00:10&	00:19&	01:14&	00:02#	00:02+	00:47@	00:27&	00:43&	00:16&	00:03#	00:21&	00:11#	00:15&	00:07#	00:12-	00:18&
31:18+	31:37+																								
00:48+	00:19-																								
00:13&	00:01-																								
6	Agnes Elin Engen	116	32:23																						
01:32+	02:46+	04:03+	04:56+	06:40+	07:48+	08:59+	09:45+	10:49+	13:41+	14:22+	15:41+	17:21+	17:35+	18:12+	18:34+	20:58+	23:07+	23:48+	24:14+	25:12+	26:56+	28:04+	29:04+	30:15+	31:08+
01:32+	01:14+	01:17+	00:53+	01:44+	01:08+	01:11+	00:46+	01:04+	02:52+	00:41+	01:19+	01:40+	00:14+	00:37+	00:22+	02:24+	02:09+	00:41+	00:26+	00:58+	01:44+	01:08+	01:00+	01:11+	00:53+
00:08+	00:09#	00:17&	00:06#	00:58@	00:20&	00:20&	00:10&	00:06#	00:54&	00:11&	00:28&	00:21&	00:04&	00:04#	00:06&	00:43&	00:25#	00:09&	00:05#	00:23&	00:35&	00:21&	00:28&	00:17&	00:10#
32:00+	32:23+																								
00:52+	00:23+																								
00:17&	00:03#																								
7	Kirsten Vike	92	33:47																						
01:52+	03:17+	04:55+	05:50+	06:51+	08:01+	09:10+	09:55+	11:10+	13:51+	14:29+	15:46+	17:36+	17:51+	18:34+	18:51+	21:13+	23:45+	24:28+	24:57+	26:09+	28:03+	29:06+	30:32+	31:33+	32:28+
01:52+	01:25+	01:38+	00:55+	01:01+	01:10+	01:09+	00:45+	01:15+	02:41+	00:38+	01:17+	01:50+	00:15+	00:43+	00:17+	02:22+	02:32+	00:43+	00:29+	01:12+	01:54+	01:03+	01:26+	01:01+	00:55+
00:28&	00:20&	00:38&	00:08#	00:15&	00:22&	00:18&	00:09#	00:17&	00:43&	00:08&	00:26&	00:31&	00:05&	00:10&	00:01+	00:41&	00:48&	00:11&	00:08&	00:37@	00:45&	00:16&	00:54@	00:07#	00:12&
33:21+	33:47+																								
00:53+	00:26+																								
00:18&	00:06&																								

Beste strekktid for klassen

01:13 00:58 00:50 00:45 00:43 00:48 00:50 00:31 00:51 01:58 00:29 00:50 01:19 00:10 00:32 00:15 01:37 01:44 00:32 00:21 00:35 01:09 00:47 00:32 00:40 00:40 00:35 00:30

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

Damer B

1	Hege N. Andersen	62	28:57																						
01:34=	02:44=	03:43=	04:34=	05:25=	06:26=	07:36=	08:14=	09:05=	11:23=	12:04=	13:06=	14:51=	15:06=	15:41=	15:58=	17:53=	19:58=	20:41=	21:10=	22:00=	23:41=	24:45=	25:40=	26:46=	27:38=
01:34=	01:10=	00:59=	00:51=	00:51=	01:01=	01:10=	00:38=	00:51=	02:18=	00:41=	01:02=	01:45=	00:15=	00:35=	00:17=	01:55=	02:05=	00:43=	00:29=	00:50=	01:41=	01:04=	00:55=	01:06=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
28:35=	28:57=																								
00:57=	00:22=																								
00:00=	00:00=																								
2	Hilde Nordbø	93	30:07																						
01:56+	03:09+	04:21+	05:14+	06:12+	07:15+	08:11+	08:50+	09:51+	12:08+	12:46+	13:56+	15:33+	15:47+	16:25+	16:43+	18:44+	21:17+	21:56+	22:24+	23:16+	24:53+	25:54+	26:51+	28:00+	28:49+
01:56+	01:13+	01:12+	00:53+	00:58+	01:03+	00:56-	00:39+	01:01+	02:17-	00:38-	01:10+	01:37-	00:14-	00:38+	00:18+	02:01+	02:33+	00:39-	00:28-	00:52+	01:37-	01:01-	00:57+	01:09+	00:49-
00:22#	00:03+	00:13#	00:02+	00:07#	00:02+	00:14-	00:01+	00:10#	00:01-	00:03-	00:08#	00:08-	00:01-	00:03+	00:01+	00:06+	00:28#	00:04-	00:01-	00:02+	00:04-	00:03-	00:02+	00:03+	00:03-
29:43+	30:07+																								
00:54-	00:24+																								
00:03-	00:02+																								

Class	Navn	Klasse	Tid																						
12	Ragnhild Auglænd	19	34:12																						
01:54+	03:17+	04:45+	05:51+	07:09+	08:16+	09:30+	10:16+	11:23+	14:21+	15:01+	16:14+	18:12+	18:28+	19:13+	19:32+	21:58+	24:30+	25:13+	25:42+	26:35+	28:19+	29:36+	30:47+	31:56+	32:53+
01:54+	01:23+	01:28+	01:06+	01:18+	01:07+	01:14+	00:46+	01:07+	02:58+	00:40-	01:13+	01:58+	00:16+	00:45+	00:19+	02:26+	02:32+	00:43=	00:29=	00:53+	01:44+	01:17+	01:11+	01:09+	00:57+
00:20#	00:13#	00:29&	00:15&	00:27&	00:06+	00:04+	00:08#	00:16&	00:40&	00:01-	00:11#	00:13#	00:01+	00:10&	00:02#	00:31&	00:27#	00:00=	00:00=	00:03+	00:03+	00:13#	00:16&	00:03+	00:05+
33:49+	34:12+																								
00:56-	00:23+																								
00:01-	00:01+																								
13	Keth Berggraf	116	34:28																						
01:35+	02:56+	04:29+	05:31+	06:31+	07:41+	08:51+	09:37+	10:51+	13:49+	14:27+	15:38+	17:42+	18:01+	18:42+	19:02+	21:21+	24:01+	24:48+	25:14+	26:14+	27:43+	29:05+	31:08+	32:12+	33:08+
01:35+	01:21+	01:33+	01:02+	01:00+	01:10+	01:10=	00:46+	01:14+	02:58+	00:38-	01:11+	02:04+	00:19+	00:41+	00:20+	02:19+	02:40+	00:47+	00:26-	01:00+	01:29-	01:22+	02:03+	01:04-	00:56+
00:01+	00:11#	00:34&	00:11#	00:09#	00:09#	00:00=	00:08#	00:23&	00:40&	00:03-	00:09#	00:19#	00:04&	00:06#	00:03#	00:24#	00:35&	00:04+	00:03-	00:10#	00:12-	00:18&	01:08@	00:02-	00:04+
34:04+	34:28+																								
00:56-	00:24+																								
00:01-	00:02+																								
14	Tone Cecilie Nystrøm	68	34:36																						
01:39+	02:55+	04:01+	05:04+	05:57+	07:00+	08:07+	08:46+	09:58+	12:28+	13:07+	14:18+	16:04+	16:20+	17:04+	17:26+	19:47+	22:04+	22:48+	23:16+	24:41+	26:17+	27:25+	31:12+	32:18+	33:16+
01:39+	01:16+	01:06+	01:03+	00:53+	01:03+	01:07-	00:39+	01:12+	02:30+	00:39-	01:11+	01:46+	00:16+	00:44+	00:22+	02:21+	02:17+	00:44+	00:28-	01:25+	01:36-	01:08+	03:47+	01:06=	00:58+
00:05+	00:06+	00:07#	00:12#	00:02+	00:02+	00:03-	00:01+	00:21&	00:12+	00:02-	00:09#	00:01+	00:01+	00:09&	00:05&	00:26#	00:12+	00:01+	00:01-	00:35&	00:05-	00:04+	02:52@	00:00=	00:06#
34:10+	34:36+																								
00:54-	00:26+																								
00:03-	00:04#																								
15	Brit Nilsen	88	35:45																						
01:37+	02:58+	04:07+	05:06+	06:11+	07:21+	08:27+	09:14+	10:23+	13:08+	13:49+	15:06+	16:55+	17:12+	18:00+	18:20+	20:44+	23:15+	23:58+	24:31+	25:30+	30:23+	31:28+	32:30+	33:26+	34:23+
01:37+	01:21+	01:09+	00:59+	01:05+	01:10+	01:06-	00:47+	01:09+	02:45+	00:41=	01:17+	01:49+	00:17+	00:48+	00:20+	02:24+	02:31+	00:43=	00:33+	00:59+	04:53+	01:05+	01:02+	00:56-	00:57+
00:03+	00:11#	00:10#	00:08#	00:14&	00:09#	00:04-	00:09#	00:18&	00:27#	00:00=	00:15#	00:04+	00:02#	00:13&	00:03#	00:29&	00:26#	00:00=	00:04#	00:09#	03:12@	00:01+	00:07#	00:10-	00:05+
35:21+	35:45+																								
00:58+	00:24+																								
00:01+	00:02+																								
16	Trude Katrine Hermanrud	117	38:33																						
01:48+	03:16+	04:59+	05:57+	07:15+	08:27+	09:44+	10:31+	11:49+	14:50+	15:37+	16:53+	18:58+	19:14+	19:55+	20:23+	22:44+	25:32+	26:26+	26:56+	27:52+	32:54+	34:05+	34:55+	36:03+	37:02+
01:48+	01:28+	01:43+	00:58+	01:18+	01:12+	01:17+	00:47+	01:18+	03:01+	00:47+	01:16+	02:05+	00:16+	00:41+	00:28+	02:21+	02:48+	00:54+	00:30+	00:56+	05:02+	01:11+	00:50-	01:08+	00:59+
00:14#	00:18&	00:44&	00:07#	00:27&	00:11#	00:07#	00:09#	00:27&	00:43&	00:06#	00:14#	00:20#	00:01+	00:06#	00:11&	00:26#	00:43&	00:11&	00:01+	00:06#	03:21@	00:07#	00:05-	00:02+	00:07#
38:06+	38:33+																								
01:04+	00:27+																								
00:07#	00:05#																								
17	Ingunn Anda Haug	67	39:49																						
02:01+	03:30+	04:43+	05:46+	06:53+	08:07+	09:23+	10:10+	11:18+	14:17+	15:02+	16:18+	18:18+	18:34+	19:22+	19:42+	22:10+	24:59+	25:51+	26:29+	27:29+	29:05+	30:20+	33:09+	36:22+	38:17+
02:01+	01:29+	01:13+	01:03+	01:07+	01:14+	01:16+	00:47+	01:08+	02:59+	00:45+	01:16+	02:00+	00:16+	00:48+	00:20+	02:28+	02:49+	00:52+	00:38+	01:00+	01:36-	01:15+	02:49+	03:13+	01:55+
00:27&	00:19&	00:14#	00:12#	00:16&	00:13#	00:06+	00:09#	00:17&	00:41&	00:04+	00:14#	00:15#	00:01+	00:13&	00:03#	00:33&	00:44&	00:09#	00:09&	00:10#	00:05-	00:11#	01:54@	02:07@	01:03@
39:21+	39:49+																								
01:04+	00:28+																								
00:07#	00:06&																								
18	Iren Undheim Øgreid	62	40:59																						
01:40+	03:58+	05:23+	06:13+	07:15+	08:31+	09:41+	10:22+	11:18+	14:01+	14:55+	16:00+	17:44+	18:04+	19:03+	19:30+	22:26+	26:08+	27:10+	27:46+	31:01+	33:49+	35:21+	36:58+	38:10+	39:24+
01:40+	02:18+	01:25+	00:50-	01:02+	01:16+	01:10=	00:41+	00:56+	02:43+	00:54+	01:05+	01:44-	00:20+	00:59+	00:27+	02:56+	03:42+	01:02+	00:36+	03:15+	02:48+	01:32+	01:37+	01:12+	01:14+
00:06+	01:08&	00:26&	00:01-	00:11#	00:15#	00:00=	00:03+	00:05+	00:25#	00:13&	00:03+	00:01-	00:05&	00:24&	00:10&	01:01&	01:37&	00:19&	00:07#	02:25@	01:07&	00:28&	00:42&	00:06+	00:22&
40:29+	40:59+																								
01:05+	00:30+																								
00:08#	00:08&																								

Beste strekktid for klassen

01:34 01:04 00:59 00:46 00:51 00:59 00:56 00:36 00:51 02:17 00:30 01:02 01:31 00:14 00:33 00:17 01:55 02:05 00:36 00:23 00:43 01:21 01:01 00:45 00:51 00:49 00:46 00:00

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

Damer Ny

1	Dorte Danielsen	117	21:23														
02:18=	03:58=	05:23=	06:36=	07:31=	08:28=	09:00=	09:48=	10:51=	11:39=	13:17=	14:43=	15:48=	17:05=	19:14=	19:44=	20:52=	21:23=
02:18=	01:40=	01:25=	01:13=	00:55=	00:57=	00:32=	00:48=	01:03=	00:48=	01:38=	01:26=	01:05=	01:17=	02:09=	00:30=	01:08=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Kjersti Flaot	27	25:16														
01:50-	03:47-	06:00+	07:22+	08:26+	09:31+	10:00+	11:01+	12:20+	13:26+	15:21+	17:12+	18:39+	20:01+	22:58+	23:29+	24:49+	25:16+
01:50-	01:57+	02:13+	01:22+	01:04+	01:05+	00:29-	01:01+	01:19+	01:06+	01:55+	01:51+	01:27+	01:22+	02:57+	00:31+	01:20+	00:27-
00:28-	00:17#	00:48&	00:09#	00:09#	00:08#	00:03-	00:13&	00:16&	00:18&	00:17#	00:25&	00:22&	00:05+	00:48&	00:01+	00:12#	00:04-

Class	Navn	Klasse	Tid																
9	Janne Helen Byberg	71	22:06																
01:57+	02:42+	03:17+	04:41+	06:44+	07:40+	09:33+	10:16+	10:51+	12:45+	14:27+	15:29+	16:43+	17:34+	19:07+	20:13+	20:50+	21:42+	22:06+	
01:57+	00:45+	00:35+	01:24+	02:03+	00:56-	01:53+	00:43+	00:35-	01:54+	01:42-	01:02-	01:14+	00:51+	01:33+	01:06+	00:37+	00:52+	00:24=	
00:23#	00:08#	00:04#	00:42&	00:30&	00:01-	00:45&	00:11&	00:01-	00:03+	00:13-	00:18-	00:15&	00:08#	00:18#	00:20&	00:14&	00:18&	00:00=	
10	Nicola Herbert	117	22:24																
02:06+	02:47+	03:20+	04:11+	06:54+	07:47+	09:01+	09:31+	10:09+	11:53+	13:35+	14:38+	15:40+	16:26+	17:34+	20:15+	21:23+	22:02+	22:24+	
02:06+	00:41+	00:33+	00:51+	02:43+	00:53-	01:14+	00:30-	00:38+	01:44-	01:42-	01:03-	01:02+	00:46+	01:08-	02:41+	01:08+	00:39+	00:22-	
00:32&	00:04#	00:02+	00:09#	01:10&	00:04-	00:06+	00:02-	00:02+	00:07-	00:13-	00:17-	00:03+	00:03+	00:07-	01:55@	00:45@	00:05#	00:02-	
11	Wenke Wannberg	116	22:38																
01:47+	02:40+	03:23+	04:34+	06:41+	07:47+	09:40+	10:20+	11:01+	13:06+	15:18+	16:24+	17:35+	18:26+	19:46+	20:51+	21:25+	22:11+	22:38+	
01:47+	00:53+	00:43+	01:11+	02:07+	01:06+	01:53+	00:40+	00:41+	02:05+	02:12+	01:06-	01:11+	00:51+	01:20+	01:05+	00:34+	00:46+	00:27+	
00:13#	00:16&	00:12&	00:29&	00:34&	00:09#	00:45&	00:08#	00:05#	00:14#	00:17#	00:14-	00:12#	00:08#	00:05+	00:19&	00:11&	00:12&	00:03#	
12	Lise Bergli	62	22:43																
02:14+	03:03+	03:43+	04:37+	06:28+	07:32+	09:06+	10:35+	11:12+	13:10+	15:14+	16:29+	17:37+	18:22+	19:51+	20:52+	21:26+	22:19+	22:43+	
02:14+	00:49+	00:40+	00:54+	01:51+	01:04+	01:34+	01:29+	00:37+	01:58+	02:04+	01:15-	01:08+	00:45+	01:29+	01:01+	00:34+	00:53+	00:24=	
00:40&	00:12&	00:09&	00:12&	00:18#	00:07#	00:26&	00:57@	00:01+	00:07+	00:09+	00:05-	00:09#	00:02+	00:14#	00:15&	00:11&	00:19&	00:00=	
13	Anne Turid Lian Vestbakke	116	22:51																
01:15-	02:23+	03:03+	04:38+	06:36+	07:43+	09:03+	10:02+	10:53+	11:46+	13:32+	15:13+	16:19+	17:27+	18:17+	19:37+	21:00+	21:40+	22:26+	22:51+
01:15-	01:08+	00:40+	01:35+	01:58+	01:07+	01:20+	00:59+	00:51+	00:53-	01:46-	01:41+	01:06+	01:08+	00:50-	01:20+	01:23+	00:40+	00:46+	00:25+
00:19-	00:31&	00:09&	00:53@	00:25&	00:10#	00:12#	00:27&	00:15&	00:58-	00:09-	00:21&	00:07#	00:25&	00:25-	00:34&	01:00@	00:06#	00:22&	00:25+
14	Kari Aas Strømseng	37	23:26																
01:56+	02:58+	03:42+	05:07+	07:08+	08:11+	10:01+	10:39+	11:23+	13:26+	15:23+	16:32+	17:45+	18:42+	19:51+	21:38+	22:11+	22:58+	23:26+	
01:56+	01:02+	00:44+	01:25+	02:01+	01:03+	01:50+	00:38+	00:44+	02:03+	01:57+	01:09-	01:13+	00:57+	01:09-	01:47+	00:33+	00:47+	00:28+	
00:22#	00:25&	00:13&	00:43@	00:28&	00:06#	00:42&	00:06#	00:08#	00:12#	00:02+	00:11-	00:14#	00:14&	00:06-	01:01@	00:10&	00:13&	00:04#	
15	Karin Gilje Ask	141	23:27																
01:39+	02:41+	03:33+	04:25+	06:47+	08:09+	09:44+	10:22+	11:17+	13:38+	16:02+	17:18+	18:46+	19:48+	20:55+	21:41+	22:13+	23:00+	23:27+	
01:39+	01:02+	00:52+	00:52+	02:22+	01:22+	01:35+	00:38+	00:55+	02:21+	02:24+	01:16-	01:28+	01:02+	01:07-	00:46=	00:32+	00:47+	00:27+	
00:05+	00:25&	00:21&	00:10#	00:49&	00:25&	00:27&	00:06#	00:19&	00:30&	00:29&	00:04-	00:29&	00:19&	00:08-	00:00=	00:09&	00:13&	00:03#	
16	Grete Hellevik	168	23:45																
01:34=	02:22+	03:03+	03:46+	05:49+	07:01+	08:23+	09:01+	10:08+	12:13+	14:28+	15:26+	16:49+	17:47+	19:39+	21:25+	22:13+	23:15+	23:45+	
01:34=	00:48+	00:41+	00:43+	02:03+	01:12+	01:22+	00:38+	01:07+	02:05+	02:15+	00:58-	01:23+	00:58+	01:52+	01:46+	00:48+	01:02+	00:30+	
00:00=	00:11&	00:10&	00:01+	00:30&	00:15&	00:14#	00:06#	00:31&	00:14#	00:20#	00:22-	00:24&	00:15&	00:37&	01:00@	00:25@	00:28&	00:06#	
17	Solbjørg Borgersen	233	23:46																
01:26-	02:26+	03:17+	04:30+	06:54+	08:10+	09:51+	10:56+	11:39+	14:01+	16:03+	17:11+	18:28+	19:16+	20:38+	21:42+	22:28+	23:18+	23:46+	
01:26-	01:00+	00:51+	01:13+	02:24+	01:16+	01:41+	01:05+	00:43+	02:22+	02:02+	01:08-	01:17+	00:48+	01:22+	01:04+	00:46+	00:50+	00:28+	
00:08-	00:23&	00:20&	00:31&	00:51&	00:19&	00:33&	00:33@	00:07#	00:31&	00:07+	00:12-	00:18&	00:05#	00:07+	00:18&	00:23&	00:16&	00:04#	
18	Inger K. H. Rysstad	141	23:55																
01:40+	02:41+	03:35+	04:25+	06:53+	08:10+	09:44+	10:22+	11:17+	13:38+	15:59+	17:11+	18:52+	19:54+	21:04+	21:53+	22:31+	23:19+	23:55+	
01:40+	01:01+	00:54+	00:50+	02:28+	01:17+	01:34+	00:38+	00:55+	02:21+	02:21+	01:12-	01:41+	01:02+	01:10-	00:49+	00:38+	00:48+	00:36+	
00:06+	00:24&	00:23&	00:08#	00:55&	00:20&	00:26&	00:06#	00:19&	00:30&	00:26#	00:08-	00:42&	00:19&	00:05-	00:03+	00:15&	00:14&	00:12&	
19	Judith Serigstad	128	24:10																
01:49+	02:48+	03:31+	04:54+	07:04+	08:12+	09:47+	10:31+	11:14+	13:41+	15:46+	16:52+	18:11+	19:09+	20:38+	22:25+	22:58+	23:43+	24:10+	
01:49+	00:59+	00:43+	01:23+	02:10+	01:08+	01:35+	00:44+	00:43+	02:27+	02:05+	01:06-	01:19+	00:58+	01:29+	01:47+	00:33+	00:45+	00:27+	
00:15#	00:22&	00:12&	00:41&	00:37&	00:11#	00:27&	00:12&	00:07#	00:36&	00:10+	00:14-	00:20&	00:15&	00:14#	01:01@	00:10&	00:11&	00:03#	
20	Bente Salte Aune	128	24:10																
01:49+	02:45+	03:31+	04:54+	07:04+	08:11+	09:45+	10:31+	11:14+	13:40+	15:39+	16:51+	18:09+	19:03+	20:35+	22:24+	22:57+	23:43+	24:10+	
01:49+	00:56+	00:46+	01:23+	02:10+	01:07+	01:34+	00:46+	00:43+	02:26+	01:59+	01:12-	01:18+	00:54+	01:32+	01:49+	00:33+	00:46+	00:27+	
00:15#	00:19&	00:15&	00:41&	00:37&	00:10#	00:26&	00:14&	00:07#	00:35&	00:04+	00:08-	00:19&	00:11&	00:17#	01:03@	00:10&	00:12&	00:03#	
21	Bjørg Elen Abrahamsen	29	24:27																
02:00+	03:06+	03:51+	04:46+	07:02+	08:18+	10:00+	10:57+	11:49+	14:27+	16:57+	18:02+	19:21+	20:18+	21:19+	22:23+	22:57+	23:52+	24:27+	
02:00+	01:06+	00:45+	00:55+	02:16+	01:16+	01:42+	00:57+	00:52+	02:38+	02:30+	01:05-	01:19+	00:57+	01:01-	01:04+	00:34+	00:55+	00:35+	
00:26&	00:29&	00:14&	00:13&	00:43&	00:19&	00:34&	00:25&	00:16&	00:47&	00:35&	00:15-	00:20&	00:14&	00:14-	00:18&	00:11&	00:21&	00:11&	
22	Aashild Lone	105	24:27																
01:55+	02:46+	03:38+	04:42+	06:52+	08:27+	10:10+	10:56+	11:43+	14:09+	16:36+	17:45+	19:01+	20:07+	21:31+	22:23+	23:03+	23:53+	24:27+	
01:55+	00:51+	00:52+	01:04+	02:10+	01:35+	01:43+	00:46+	00:47+	02:26+	02:27+	01:09-	01:16+	01:06+	01:24+	00:52+	00:40+	00:50+	00:34+	
00:21#	00:14&	00:21&	00:22&	00:37&	00:38&	00:35&	00:14&	00:11&	00:35&	00:32&	00:11-	00:17&	00:23&	00:09#	00:06#	00:17&	00:16&	00:10&	
23	Lillian Dahl Fitjar	117	25:03																
01:32-	02:33+	03:19+	04:24+	06:31+	07:43+	09:24+	10:01+	10:54+	13:24+	15:29+	16:43+	18:06+	18:59+	21:31+	22:59+	23:39+	24:30+	25:03+	
01:32-	01:01+	00:46+	01:05+	02:07+	01:12+	01:41+	00:37+	00:53+	02:30+	02:05+	01:14-	01:23+	00:53+	02:32+	01:28+	00:40+	00:51+	00:33+	
00:02-	00:24&	00:15&	00:23&	00:34&	00:15&	00:33&	00:05#	00:17&	00:39&	00:10+	00:06-	00:24&	00:10#	01:17@	00:42&	00:17&	00:17&	00:09&	

Class	Navn	Klasse	Tid															
39	Ruth Grødem	105	28:08															
01:55+	03:21+	04:03+	06:23+	08:39+	09:45+	11:22+	12:14+	13:09+	17:13+	19:22+	20:30+	22:06+	23:06+	24:30+	25:43+	26:35+	27:42+	28:08+
01:55+	01:26+	00:42+	02:20+	02:16+	01:06+	01:37+	00:52+	00:55+	04:04+	02:09+	01:08-	01:36+	01:00+	01:24+	01:13+	00:52+	01:07+	00:26+
00:21#	00:49@	00:11&	01:38@	00:43&	00:09#	00:29&	00:20&	00:19&	02:13@	00:14#	00:12-	00:37&	00:17&	00:09#	00:27&	00:29@	00:33&	00:02+
40	Ingunn Fandrem	47	28:40															
02:05+	03:13+	03:58+	05:01+	07:16+	08:37+	10:18+	11:15+	12:34+	15:27+	17:54+	19:09+	20:37+	21:35+	23:57+	26:33+	27:16+	28:15+	28:40+
02:05+	01:08+	00:45+	01:03+	02:15+	01:21+	01:41+	00:57+	01:19+	02:53+	02:27+	01:15-	01:28+	00:58+	02:22+	02:36+	00:43+	00:59+	00:25+
00:31&	00:31&	00:14&	00:21&	00:42&	00:24&	00:33&	00:25&	00:43@	01:02&	00:32&	00:05-	00:29&	00:15&	01:07&	01:50@	00:20&	00:25&	00:01+
41	Solveig Grønning	47	28:44															
02:04+	03:09+	03:59+	05:05+	07:17+	08:39+	10:24+	11:17+	12:34+	15:32+	17:58+	19:14+	20:43+	21:46+	24:08+	26:40+	27:22+	28:18+	28:44+
02:04+	01:05+	00:50+	01:06+	02:12+	01:22+	01:45+	00:53+	01:17+	02:58+	02:26+	01:16-	01:29+	01:03+	02:22+	02:32+	00:42+	00:56+	00:26+
00:30&	00:28&	00:19&	00:24&	00:39&	00:25&	00:37&	00:21&	00:41@	01:07&	00:31&	00:04-	00:30&	00:20&	01:07&	01:46@	00:19&	00:22&	00:02+
42	Esther Boenheim	268	29:14															
01:46+	03:51+	04:32+	06:25+	08:47+	10:07+	12:10+	13:00+	13:49+	16:09+	18:52+	20:30+	21:56+	22:48+	25:48+	26:51+	27:50+	28:40+	29:14+
01:46+	02:05+	00:41+	01:53+	02:22+	01:20+	02:03+	00:50+	00:49+	02:20+	02:43+	01:38+	01:26+	00:52+	03:00+	01:03+	00:59+	00:50+	00:34+
00:12#	01:28@	00:10&	01:11@	00:49&	00:23&	00:55&	00:18&	00:13&	00:29&	00:48&	00:18#	00:27&	00:09#	01:45@	00:17&	00:36@	00:16&	00:10&
43	Olaug Bergjord	91	29:22															
03:09+	04:21+	05:03+	07:20+	09:38+	10:51+	12:51+	13:28+	14:33+	16:47+	18:55+	20:27+	21:57+	22:58+	25:03+	26:31+	27:28+	28:56+	29:22+
03:09+	01:12+	00:42+	02:17+	02:18+	01:13+	02:00+	00:37+	01:05+	02:14+	02:08+	01:32+	01:30+	01:01+	02:05+	01:28+	00:57+	01:28+	00:26+
01:35@	00:35&	00:11&	01:35@	00:45&	00:16&	00:52&	00:05#	00:29&	00:23#	00:13#	00:12#	00:31&	00:18&	00:50&	00:42&	00:34@	00:54@	00:02+
44	Trine Selvikvåg	62	29:36															
02:19+	03:24+	04:10+	05:28+	08:14+	09:53+	12:30+	13:22+	14:21+	17:11+	19:38+	21:12+	22:59+	24:11+	25:33+	27:02+	27:41+	28:48+	29:36+
02:19+	01:05+	00:46+	01:18+	02:46+	01:39+	02:37+	00:52+	00:59+	02:50+	02:27+	01:34+	01:47+	01:12+	01:22+	01:29+	00:39+	01:07+	00:48+
00:45&	00:28&	00:15&	00:36&	01:13&	00:42&	01:29@	00:20&	00:23&	00:59&	00:32&	00:14#	00:48&	00:29&	00:07+	00:43&	00:16&	00:33&	00:24&
45	Sigrun Serigstad	128	30:01															
01:58+	02:49+	03:23+	04:43+	06:43+	07:44+	09:50+	10:20+	11:01+	13:28+	19:08+	21:00+	22:00+	22:52+	24:56+	28:21+	29:02+	29:39+	30:01+
01:58+	00:51+	00:34+	01:20+	02:00+	01:01+	02:06+	00:30-	00:41+	02:27+	05:40+	01:52+	01:00+	00:52+	02:04+	03:25+	00:41+	00:37+	00:22-
00:24&	00:14&	00:03+	00:38&	00:27&	00:04+	00:58&	00:02-	00:05#	00:36&	03:45@	00:32&	00:01+	00:09#	00:49&	02:39@	00:18&	00:03+	00:02-
46	Anita Edgren	88	30:14															
01:50+	03:00+	03:39+	05:51+	08:06+	09:15+	10:48+	12:49+	13:40+	16:29+	18:42+	20:01+	21:36+	22:28+	25:24+	28:22+	28:56+	29:46+	30:14+
01:50+	01:10+	00:39+	02:12+	02:15+	01:09+	01:33+	02:01+	00:51+	02:49+	02:13+	01:19-	01:35+	00:52+	02:56+	02:58+	00:34+	00:50+	00:28+
00:16#	00:33&	00:08&	01:30@	00:42&	00:12#	00:25&	01:29@	00:15&	00:58&	00:18#	00:01-	00:36&	00:09#	01:41@	02:12@	00:11&	00:16&	00:04#
47	Randi Wesetvik	116	30:46															
01:52+	02:59+	03:50+	05:26+	08:01+	09:35+	11:19+	12:32+	13:37+	16:45+	19:31+	20:43+	22:17+	23:19+	24:57+	27:24+	29:06+	30:09+	30:46+
01:52+	01:07+	00:51+	01:36+	02:35+	01:34+	01:44+	01:13+	01:05+	03:08+	02:46+	01:12-	01:34+	01:02+	01:38+	02:27+	01:42+	01:03+	00:37+
00:18#	00:30&	00:20&	00:54@	01:02&	00:37&	00:36&	00:41@	00:29&	01:17&	00:51&	00:08-	00:35&	00:19&	00:23&	01:41@	01:19@	00:29&	00:13&
48	Monica Nesse	92	30:51															
02:18+	03:26+	04:26+	06:12+	08:54+	10:31+	12:42+	13:27+	14:31+	18:10+	21:04+	22:38+	24:09+	25:16+	26:39+	28:11+	28:55+	30:14+	30:51+
02:18+	01:08+	01:00+	01:46+	02:42+	01:37+	02:11+	00:45+	01:04+	03:39+	02:54+	01:34+	01:31+	01:07+	01:23+	01:32+	00:44+	01:19+	00:37+
00:44&	00:31&	00:29&	01:04@	01:09&	00:40&	01:03&	00:13&	00:28&	01:48&	00:59&	00:14#	00:32&	00:24&	00:08#	00:46&	00:21&	00:45@	00:13&
49	Eli Tjetland	116	30:55															
01:53+	02:55+	03:44+	04:48+	07:15+	08:40+	10:26+	11:09+	12:10+	14:39+	17:31+	18:52+	20:17+	21:17+	24:46+	28:34+	29:20+	30:18+	30:55+
01:53+	01:02+	00:49+	01:04+	02:27+	01:25+	01:46+	00:43+	01:01+	02:29+	02:52+	01:21+	01:25+	01:00+	03:29+	03:48+	00:46+	00:58+	00:37+
00:19#	00:25&	00:18&	00:22&	00:54&	00:28&	00:38&	00:11&	00:25&	00:38&	00:57&	00:01+	00:26&	00:17&	02:14@	03:02@	00:23&	00:24&	00:13&
50	Unni B. Sundli	92	30:58															
01:58+	03:00+	03:44+	04:40+	06:49+	07:57+	10:51+	11:28+	12:11+	14:19+	16:31+	17:38+	18:49+	19:42+	20:52+	29:06+	29:39+	30:28+	30:58+
01:58+	01:02+	00:44+	00:56+	02:09+	01:08+	02:54+	00:37+	00:43+	02:08+	02:12+	01:07-	01:11+	00:53+	01:10-	08:14+	00:33+	00:49+	00:30+
00:24&	00:25&	00:13&	00:14&	00:36&	00:11#	01:46@	00:05#	00:07#	00:17#	00:13-	00:12#	00:12#	00:10#	00:05-	07:28@	00:10&	00:15&	00:06#
51	May Kristin Haaland	47	31:55															
02:03+	03:19+	04:18+	05:53+	08:37+	10:02+	12:18+	13:14+	14:11+	17:56+	20:46+	22:15+	24:02+	25:10+	27:36+	29:14+	30:14+	31:22+	31:55+
02:03+	01:16+	00:59+	01:35+	02:44+	01:25+	02:16+	00:56+	00:57+	03:45+	02:50+	01:29+	01:47+	01:08+	02:26+	01:38+	01:00+	01:08+	00:33+
00:29&	00:39@	00:28&	00:53@	01:11&	00:28&	01:08&	00:24&	00:21&	01:54@	00:55&	00:09#	00:48&	00:25&	01:11&	00:52@	00:37@	00:34&	00:09&
52	Torhild Stokka Stølsvik	92	32:26															
02:11+	03:25+	04:25+	06:04+	08:45+	10:18+	12:32+	13:29+	14:29+	18:09+	21:06+	22:37+	24:15+	25:29+	27:55+	29:25+	30:36+	31:44+	32:26+
02:11+	01:14+	01:00+	01:39+	02:41+	01:33+	02:14+	00:57+	01:00+	03:40+	02:57+	01:31+	01:38+	01:14+	02:26+	01:30+	01:11+	01:08+	00:42+
00:37&	00:37&	00:29&	00:57@	01:08&	00:36&	01:06&	00:25&	00:24&	01:49&	01:02&	00:11#	00:39&	00:31&	01:11&	00:44&	00:48@	00:34&	00:18&
53	Lene Haver Schmidt	88	33:04															
02:24+	03:47+	04:40+	05:56+	08:57+	10:41+	12:35+	13:34+	14:53+	18:10+	20:55+	23:07+	24:52+	26:14+	28:02+	29:54+	31:00+	32:16+	33:04+
02:24+	01:23+	00:53+	01:16+	03:01+	01:44+	01:54+	00:59+	01:19+	03:17+	02:45+	02:12+	01:45+	01:22+	01:48+	01:52+	01:06+	01:16+	00:48+
00:50&	00:46@	00:22&	00:34&	01:28&	00:47&	00:46&	00:27&	00:43@	01:26&	00:50&	00:52&	00:46&	00:39&	00:33&	01:06@	00:43@	00:42@	00:24&

Class	Navn	Klasse	Tid																
54	Sissel Carlsen Bråstad	88	33:05																
02:26+	03:45+	04:41+	05:59+	08:55+	10:40+	12:38+	13:38+	14:57+	18:12+	20:59+	23:09+	24:55+	26:12+	28:00+	29:57+	30:57+	32:16+	33:05+	
02:26+	01:19+	00:56+	01:18+	02:56+	01:45+	01:58+	01:00+	01:19+	03:15+	02:47+	02:10+	01:46+	01:17+	01:48+	01:57+	01:00+	01:19+	00:49+	
00:52&	00:42@	00:25&	00:36&	01:23&	00:48&	00:50&	00:28&	00:43@	01:24&	00:52&	00:50&	00:47&	00:34&	00:33&	01:11@	00:37@	00:45@	00:25@	
55	Irene Mæland Torgersen	253	33:06																
02:24+	03:46+	04:50+	06:48+	10:01+	11:38+	13:41+	14:38+	15:44+	18:38+	22:12+	23:46+	25:39+	26:59+	29:11+	30:25+	31:16+	32:32+	33:06+	
02:24+	01:22+	01:04+	01:58+	03:13+	01:37+	02:03+	00:57+	01:06+	02:54+	03:34+	01:34+	01:53+	01:20+	02:12+	01:14+	00:51+	01:16+	00:34+	
00:50&	00:45@	00:33@	01:16@	01:40@	00:40&	00:55&	00:25&	00:30&	01:03&	01:39&	00:14#	00:54&	00:37&	00:57&	00:28&	00:28@	00:42@	00:10&	
56	Ingrid Marie Torgersen	253	33:06																
02:21+	03:51+	04:48+	06:45+	10:02+	11:39+	13:38+	14:34+	15:45+	18:41+	22:14+	23:44+	25:32+	26:53+	29:07+	30:21+	31:08+	32:28+	33:06+	
02:21+	01:30+	00:57+	01:57+	03:17+	01:37+	01:59+	00:56+	01:11+	02:56+	03:33+	01:30+	01:48+	01:21+	02:14+	01:14+	00:47+	01:20+	00:38+	
00:47&	00:53@	00:26&	01:15@	01:44@	00:40&	00:51&	00:24&	00:35&	01:05&	01:38&	00:10#	00:49&	00:38&	00:59&	00:28&	00:24@	00:46@	00:14&	
57	Marianne Gjesdal Lyngås	253	33:09																
02:22+	03:42+	04:47+	06:50+	09:57+	11:37+	13:36+	14:33+	15:41+	18:36+	22:09+	23:42+	25:35+	26:56+	29:01+	30:19+	31:12+	32:31+	33:09+	
02:22+	01:20+	01:05+	02:03+	03:07+	01:40+	01:59+	00:57+	01:08+	02:55+	03:33+	01:33+	01:53+	01:21+	02:05+	01:18+	00:53+	01:19+	00:38+	
00:48&	00:43@	00:34@	01:21@	01:34@	00:43&	00:51&	00:25&	00:32&	01:04&	01:38&	00:13#	00:54&	00:38&	00:50&	00:32&	00:30@	00:45@	00:14&	
58	Marit Lothe	37	34:23																
01:49+	03:06+	04:06+	05:20+	09:14+	11:12+	14:53+	16:07+	17:20+	21:03+	23:36+	25:22+	26:57+	28:01+	30:31+	31:56+	33:01+	33:56+	34:23+	
01:49+	01:17+	01:00+	01:14+	03:54+	01:58+	03:41+	01:14+	01:13+	03:43+	02:33+	01:46+	01:35+	01:04+	02:30+	01:25+	01:05+	00:55+	00:27+	
00:15#	00:40@	00:29&	00:32&	02:21@	01:01@	02:33@	00:42@	00:37@	01:52@	00:38&	00:26&	00:36&	00:21&	01:15&	00:39&	00:42@	00:21&	00:03#	
59	Gro Mariero Totland	59	34:32																
02:02+	03:13+	04:12+	05:19+	08:46+	10:23+	12:26+	14:55+	15:54+	18:58+	23:10+	24:44+	26:41+	27:53+	29:47+	31:38+	32:32+	33:49+	34:32+	
02:02+	01:11+	00:59+	01:07+	03:27+	01:37+	02:03+	02:29+	00:59+	03:04+	04:12+	01:34+	01:57+	01:12+	01:54+	01:51+	00:54+	01:17+	00:43+	
00:28&	00:34&	00:28&	00:25&	01:54@	00:40&	00:55&	01:57@	00:23&	01:13&	02:17@	00:14#	00:58&	00:29&	00:39&	01:05@	00:31@	00:43@	00:19&	
60	Hazel Grayston	263	34:46																
03:00+	04:26+	05:25+	07:04+	10:19+	12:03+	14:12+	15:09+	16:17+	19:45+	22:58+	24:41+	26:35+	27:55+	29:57+	31:31+	32:42+	33:55+	34:46+	
03:00+	01:26+	00:59+	01:39+	03:15+	01:44+	02:09+	00:57+	01:08+	03:28+	03:13+	01:43+	01:54+	01:20+	02:02+	01:34+	01:11+	01:13+	00:51+	
01:26&	00:49@	00:28&	00:57@	01:42@	00:47&	01:01&	00:25&	00:32&	01:37&	01:18&	00:23&	00:55&	00:37&	00:47&	00:48@	00:48@	00:39@	00:27@	
61	Rebekka Lye	62	35:11																
03:34+	04:46+	05:27+	06:57+	11:54+	13:31+	15:43+	16:17+	17:08+	20:30+	23:26+	24:39+	26:00+	27:00+	32:03+	33:27+	34:05+	34:50+	35:11+	
03:34+	01:12+	00:41+	01:30+	04:57+	01:37+	02:12+	00:34+	00:51+	03:22+	02:56+	01:13-	01:21+	01:00+	05:03+	01:24+	00:38+	00:45+	00:21-	
02:00@	00:35&	00:10&	00:48@	03:24@	00:40&	01:04&	00:02+	00:15&	01:31&	01:01&	00:07-	00:22&	00:17&	03:48@	00:38&	00:15&	00:11&	00:03-	
62	Ann Ramsay	42	35:31																
01:57+	03:03+	03:59+	05:29+	08:02+	09:13+	11:42+	12:53+	20:07+	22:09+	24:31+	25:45+	27:04+	28:11+	29:43+	32:47+	34:11+	35:03+	35:31+	
01:57+	01:06+	00:56+	01:30+	02:33+	01:11+	02:29+	01:11+	07:14+	02:02+	02:22+	01:14-	01:19+	01:07+	01:32+	03:04+	01:24+	00:52+	00:28+	
00:23#	00:29&	00:25&	00:48@	01:00&	00:14#	01:21@	00:39@	06:38@	00:11+	00:27#	00:06-	00:20&	00:24&	00:17#	02:18@	01:01@	00:18&	00:04#	
63	Astrid Espe	80	35:32																
02:24+	03:35+	04:52+	06:20+	10:35+	12:29+	15:24+	16:18+	17:32+	20:59+	24:01+	25:49+	27:21+	28:52+	31:07+	32:39+	33:37+	34:48+	35:32+	
02:24+	01:11+	01:17+	01:28+	04:15+	01:54+	02:55+	00:54+	01:14+	03:27+	03:02+	01:48+	01:32+	01:31+	02:15+	01:32+	00:58+	01:11+	00:44+	
00:50&	00:34&	00:46@	00:46@	02:42@	00:57&	01:47@	00:22&	00:38@	01:36&	01:07&	00:28&	00:33&	00:48@	01:00&	00:46&	00:35@	00:37@	00:20&	
64	Suma Jorjge	80	35:34																
02:30+	03:50+	04:55+	06:29+	10:47+	12:32+	15:29+	16:23+	17:37+	21:06+	24:06+	25:54+	27:29+	28:51+	31:04+	32:46+	33:43+	34:54+	35:34+	
02:30+	01:20+	01:05+	01:34+	04:18+	01:45+	02:57+	00:54+	01:14+	03:29+	03:00+	01:48+	01:35+	01:22+	02:13+	01:42+	00:57+	01:11+	00:40+	
00:56&	00:43@	00:34@	00:52@	02:45@	00:48&	01:49@	00:22&	00:38@	01:38&	01:05&	00:28&	00:36&	00:39&	00:58&	00:56@	00:34@	00:37@	00:16&	
65	Kristin Lillebø Aasen	69	37:05																
02:50+	04:23+	05:33+	07:05+	10:32+	12:14+	14:57+	16:01+	17:21+	20:59+	24:02+	25:46+	27:50+	29:23+	31:41+	33:28+	34:38+	36:21+	37:05+	
02:50+	01:33+	01:10+	01:32+	03:27+	01:42+	02:43+	01:04+	01:20+	03:38+	03:03+	01:44+	02:04+	01:33+	02:18+	01:47+	01:10+	01:43+	00:44+	
01:16&	00:56@	00:39@	00:50@	01:54@	00:45&	01:35@	00:32&	00:44@	01:47&	01:08&	00:24&	01:05@	00:50@	01:03&	01:01@	00:47@	01:09@	00:20&	
66	Therese Prestmo	69	37:06																
02:49+	04:28+	05:33+	07:03+	10:35+	12:14+	14:54+	16:02+	17:19+	21:01+	24:04+	25:43+	27:48+	29:21+	31:46+	33:33+	34:36+	36:18+	37:06+	
02:49+	01:39+	01:05+	01:30+	03:32+	01:39+	02:40+	01:08+	01:17+	03:42+	03:03+	01:39+	02:05+	01:33+	02:25+	01:47+	01:03+	01:42+	00:48+	
01:15&	01:02@	00:34@	00:48@	01:59@	00:42&	01:32@	00:36@	00:41@	01:51&	01:08&	00:19#	01:06@	00:50@	01:10&	01:01@	00:40@	01:08@	00:24&	
67	Siw Øie Norheim	115	37:26																
02:29+	03:49+	04:44+	06:07+	08:59+	10:38+	12:54+	13:46+	14:50+	17:43+	20:25+	21:49+	23:38+	24:52+	26:21+	34:50+	35:28+	36:36+	37:26+	
02:29+	01:20+	00:55+	01:23+	02:52+	01:39+	02:16+	00:52+	01:04+	02:53+	02:42+	01:24+	01:49+	01:14+	01:29+	08:29+	00:38+	01:08+	00:50+	
00:55&	00:43@	00:24&	00:41&	01:19&	00:42&	01:08&	00:20&	00:28&	01:02&	00:47&	00:04+	00:50&	00:31&	00:14#	07:43@	00:15&	00:34&	00:26@	
68	Anne Marie Nerby	76	38:10																
01:54+	03:04+	03:47+	05:55+	08:29+	09:49+	11:29+	12:25+	13:23+	14:06+	16:53+	19:05+	20:24+	21:53+	23:02+	30:10+	36:09+	36:48+	37:40+	38:10+
01:54+	01:10+	00:43+	02:08+	02:34+	01:20+	01:40+	00:56+	00:58+	00:43-	02:47+	02:12+	01:19+	01:29+	01:09-	07:08+	05:59+	00:39+	00:52+	00:30+
00:20#	00:33&	00:12&	01:26@	01:01&	00:23&	00:32&	00:24&	00:22&	01:08-	00:52&	00:52&	00:20&	00:46@	00:06-	06:22@	05:36@	00:05#	00:28@	00:30+

Class	Navn	Klasse	Tid
69	Liv Ertesvåg	83	38:29
02:41+	03:47+	04:47+	05:57+
02:41+	01:06+	01:38+	01:10+
01:07&	00:29&	00:29&	00:28&
09:04+	10:45+	14:01+	15:24+
01:41+	03:16+	01:23+	01:03+
00:27&	01:51&	01:09&	00:04+
00:54&	00:24&	04:36@	01:08@
00:40@	00:47@	00:19&	
70	Dagfrid Nagel-Alne	47	38:53
02:05+	03:05+	03:43+	06:34+
02:05+	01:00+	00:38+	02:51+
00:31&	00:23&	00:07#	02:09@
09:30+	10:47+	11:33+	12:15+
01:04+	01:17+	00:46+	00:42+
00:06#	00:10+	01:39&	00:27-
00:12#	03:28@	00:12#	10:35@
00:17&	00:20&	00:02+	
71	Sølvi S. Ballestad	105	41:34
02:32+	03:37+	04:27+	05:51+
02:32+	01:05+	00:50+	01:24+
00:58&	00:28&	00:19&	00:42&
09:27+	11:44+	12:33+	13:26+
00:09#	00:14&	00:06#	00:10+
00:12#	03:28@	00:12#	10:35@
00:17&	00:20&	00:02+	
72	Britt Skretting	54	44:37
02:57+	04:25+	05:30+	07:37+
02:57+	01:28+	01:05+	02:07+
01:23&	00:51@	00:34@	01:25@
10:57+	12:27+	14:58+	16:21+
00:33&	01:23@	00:51@	00:39@
00:58&	00:53&	00:13#	00:46&
00:40&	00:40&	09:49@	00:34@
00:49@	00:49@	00:20&	
73	Anne Lise Lunde	46	48:17
02:00+	05:04+	05:50+	07:01+
02:00+	03:04+	00:46+	01:11+
00:26&	02:27@	00:15&	00:29&
12:47+	14:54+	17:26+	21:03+
03:37+	05:08+	03:47+	05:02+
00:24&	00:21&	05:00@	01:20@
00:26@	00:26@	00:29&	00:13&
Beste strekktid for klassen			
01:15	00:37	00:31	00:42
01:27	00:53	01:08	00:27
00:35	00:43	01:30	00:51
00:53	00:37	00:50	00:45
00:18	00:34	00:18	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer 16 - 39 år			
1	Joakim B. Enne Haug	71	24:36
00:49=	01:42=	02:57=	03:25=
00:49=	00:53=	01:15=	00:28=
00:00=	00:00=	00:00=	00:00=
23:41=	24:18=	24:36=	
00:44=	00:37=	00:18=	
00:00=	00:00=	00:00=	
2	Vegard Karlsen	50	25:29
00:49=	01:44+	03:10+	03:46+
00:49=	00:55+	01:26+	00:36+
00:00=	00:02+	00:11#	00:08&
24:29+	25:09+	25:29+	
00:49+	00:40+	00:20+	
00:05#	00:03+	00:02#	
3	Kjetil Hodne	167	25:49
00:50+	01:45+	03:13+	03:41+
00:50+	00:55+	01:28+	00:28=
00:01+	00:02+	00:13#	00:00=
24:48+	25:26+	25:49+	
00:43-	00:38+	00:23+	
00:01-	00:01+	00:05&	
4	Anders Stokkeland Olsen	4	26:11
00:44-	01:32-	02:54-	03:18-
00:44-	00:48-	01:22+	00:24-
00:05-	00:05-	00:07+	00:04-
25:11+	25:55+	26:11+	
01:23+	00:44+	00:16-	
00:39&	00:07#	00:02-	
5	Jørgen Strømstad	50	26:56
00:51+	01:39-	03:04+	03:32+
00:51+	00:48-	01:25+	00:28=
00:02+	00:05-	00:10#	00:00=
25:41+	26:39+	26:56+	
00:47+	00:58+	00:17-	
00:03+	00:21&	00:01-	

Class	Navn	Klasse	Tid																						
6	Martin Alexander Hanssen	98	27:09																						
00:50+	01:44+	03:08+	03:39+	04:34+	05:37+	06:36+	07:18+	09:10+	09:39+	10:49+	11:11+	13:15+	13:31+	14:22+	14:54+	16:41+	17:10+	18:46+	19:09+	20:00+	20:51+	22:27+	23:36+	24:28+	25:19+
00:50+	00:54+	01:24+	00:31+	00:55+	01:03+	00:59+	00:42-	01:52-	00:29+	01:10+	00:22=	02:04+	00:16+	00:51-	00:32+	01:47+	00:29+	01:36+	00:23+	00:51+	00:51+	01:36+	01:09-	00:52-	00:51+
00:01+	00:01+	00:09#	00:03#	00:06#	00:10#	00:04+	00:01-	00:01-	00:00=	00:06+	00:00=	00:34&	00:03#	00:04-	00:08&	00:17#	00:03#	00:14#	00:03#	00:03+	00:06#	00:43&	00:25-	00:06-	00:05#
26:00+	26:47+	27:09+																							
00:41-	00:47+	00:22+																							
00:03-	00:10&	00:04#																							
7	Arne Eirk Nielsen	285	27:09																						
00:55+	01:45+	03:02+	03:29+	04:27+	05:26+	06:23+	07:03+	08:58+	09:30+	10:28+	10:51+	12:20+	12:35+	13:37+	14:12+	16:05+	16:34+	18:15+	18:37+	19:31+	20:25+	21:14+	22:50+	23:57+	24:53+
00:55+	00:50-	01:17+	00:27-	00:58+	00:59+	00:57+	00:40-	01:55+	00:32+	00:58-	00:23+	01:29-	00:15+	01:02+	00:35+	01:53+	00:29+	01:41+	00:22+	00:54+	00:54+	00:49-	01:36+	01:07+	00:56+
00:06#	00:03-	00:02+	00:01-	00:09#	00:06#	00:02+	00:03-	00:02+	00:03#	00:06-	00:01+	00:01-	00:02#	00:07#	00:11&	00:23&	00:03#	00:19#	00:02#	00:06#	00:09#	00:04-	00:02+	00:09#	00:10#
25:52+	26:44+	27:09+																							
00:59+	00:52+	00:25+																							
00:15&	00:15&	00:07&																							
8	Cato Eike	79	27:16																						
00:40-	01:31-	02:48-	03:15-	04:07-	04:57-	05:49-	06:27-	08:58+	09:22+	10:23+	10:44+	12:39+	12:52+	13:45+	14:10+	15:43+	16:06+	17:25+	17:53+	18:39+	19:21+	19:56+	21:39+	22:21+	24:40+
00:40-	00:51-	01:17+	00:27-	00:52+	00:50-	00:52-	00:38-	02:31+	00:24-	01:01-	00:21-	01:55+	00:13=	00:53-	00:25+	01:33+	00:23-	01:19-	00:28+	00:46-	00:42-	00:35-	01:43+	00:42-	02:19+
00:09-	00:02-	00:02+	00:01-	00:03+	00:03-	00:03-	00:05-	00:38&	00:05-	00:03-	00:01-	00:25&	00:00=	00:02-	00:01+	00:03+	00:03-	00:03-	00:08&	00:02-	00:03-	00:18-	00:09+	00:16-	01:33@
26:18+	26:58+	27:16+																							
01:38+	00:40+	00:18-																							
00:54@	00:03+	00:00=																							
9	Morten Fenne	152	27:43																						
00:48-	01:40-	03:05+	03:39+	05:36+	06:35+	07:34+	08:14+	10:13+	10:42+	11:47+	12:10+	13:37+	13:50+	14:46+	15:12+	17:05+	17:58+	19:34+	19:52+	20:45+	21:38+	22:11+	24:10+	25:03+	25:59+
00:48-	00:52-	01:25+	00:34+	01:57+	00:59+	00:54+	00:40-	01:59+	00:29+	01:05+	00:23+	01:27-	00:13=	00:56+	00:26+	01:53+	00:53+	01:36+	00:18-	00:53+	00:53+	00:33-	01:59+	00:53-	00:56+
00:01-	00:01-	00:10#	00:06#	01:08@	00:06#	00:04+	00:03-	00:06+	00:00=	00:01+	00:01+	00:03-	00:00=	00:01+	00:02+	00:23&	00:27@	00:14#	00:02-	00:05#	00:08#	00:20-	00:25&	00:05-	00:10#
26:44+	27:24+	27:43+																							
00:45+	00:40+	00:19+																							
00:01+	00:03+	00:01+																							
10	Bjørnar A. Alvær Sandmark	68	27:47																						
00:49+	01:40-	02:57+	03:55+	05:18+	06:31+	07:29+	08:09+	10:47+	11:17+	12:29+	12:53+	14:27+	14:41+	15:42+	16:06+	17:46+	18:15+	19:48+	20:09+	21:02+	22:05+	22:43+	24:22+	25:11+	26:01+
00:49+	00:51-	01:17+	00:58+	01:23+	01:13+	00:58+	00:40-	02:38+	00:30+	01:12+	00:24+	01:34+	00:14+	01:01+	00:24=	01:40+	00:29+	01:33+	00:21+	00:53+	01:03+	00:38-	01:39+	00:49-	00:50+
00:00=	00:02-	00:02+	00:30@	00:34&	00:20&	00:03+	00:03-	00:45&	00:01+	00:08#	00:02+	00:04+	00:01+	00:06#	00:00=	00:10#	00:03#	00:11#	00:01+	00:05#	00:18&	00:15-	00:05+	00:09-	00:04+
26:45+	27:27+	27:47+																							
00:44=	00:42+	00:20+																							
00:00=	00:05#	00:02#																							
11	Dag Eivind Watsend	92	27:51																						
00:58+	01:55+	03:16+	03:44+	04:49+	06:23+	07:58+	08:39+	10:44+	11:15+	12:18+	12:45+	14:15+	14:27+	15:29+	15:58+	17:59+	18:30+	20:19+	20:46+	21:43+	22:33+	23:06+	24:13+	25:01+	25:59+
00:58+	00:57+	01:21+	00:28+	01:05+	01:34+	01:35+	00:41-	02:05+	00:31+	01:03-	00:27+	01:30=	00:12-	01:02+	00:29+	02:01+	00:31+	01:49+	00:27+	00:57+	00:50+	00:33-	01:07-	00:48-	00:58+
00:09#	00:04+	00:06+	00:00=	00:16&	00:41&	00:40&	00:02-	00:12#	00:02+	00:01-	00:05#	00:00=	00:01-	00:07#	00:05#	00:31&	00:05#	00:27&	00:07&	00:09#	00:05#	00:20-	00:27-	00:10-	00:12&
26:43+	27:29+	27:51+																							
00:44=	00:46+	00:22+																							
00:00=	00:09#	00:04#																							
12	Jonas Lye Scheie	62	29:14																						
01:21+	02:12+	03:35+	04:08+	05:05+	05:59+	08:28+	09:08+	11:36+	12:06+	13:14+	13:34+	15:07+	15:21+	16:35+	16:59+	18:26+	18:59+	20:29+	20:58+	21:44+	23:24+	24:04+	25:31+	26:32+	27:42+
01:21+	00:51-	01:23+	00:33+	00:57+	00:54+	02:29+	00:40-	02:28+	00:30+	01:08+	00:20-	01:33+	00:14+	01:14+	00:24=	01:27-	00:33+	01:30+	00:29+	00:46-	01:40+	00:40-	01:27-	01:01+	01:10+
00:32&	00:02-	00:08#	00:05#	00:08#	00:01+	01:34@	00:03-	00:35&	00:01+	00:04+	00:02-	00:03+	00:01+	00:19&	00:00=	00:03-	00:07&	00:08+	00:09&	00:02-	00:55@	00:13-	00:07-	00:03+	00:24&
28:21+	28:58+	29:14+																							
00:39-	00:37=	00:16-																							
00:05-	00:00=	00:02-																							
13	Andreas Florian Ente	66	29:46																						
01:08+	02:12+	03:49+	04:53+	05:58+	07:01+	08:28+	09:13+	11:25+	11:55+	12:59+	13:24+	14:52+	15:09+	16:13+	16:39+	18:23+	18:56+	20:35+	20:59+	21:50+	23:23+	24:24+	25:58+	26:55+	27:50+
01:08+	01:04+	01:37+	01:04+	01:05+	01:03+	01:27+	00:45+	02:12+	00:30+	01:04=	00:25+	01:28-	00:17+	01:04+	00:26+	01:44+	00:33+	01:39+	00:24+	00:51+	01:33+	01:01+	01:34=	00:57-	00:55+
00:19&	00:11#	00:22&	00:36@	00:16&	00:10#	00:32&	00:02+	00:19#	00:01+	00:00=	00:03#	00:02-	00:04&	00:09#	00:02+	00:14#	00:07&	00:17#	00:04#	00:03+	00:48@	00:08#	00:00=	00:01-	00:09#
28:32+	29:24+	29:46+																							
00:42-	00:52+	00:22+																							
00:02-	00:15&	00:04#																							
14	Rune Svihus	62	29:51																						
00:52+	01:48+	03:04+	03:44+	04:43+	05:47+	06:45+	07:22+	09:57+	10:26+	11:27+	11:51+	14:01+	14:15+	15:09+	15:39+	17:22+	18:03+	19:22+	19:45+	20:34+	21:26+	23:32+	25:07+	26:24+	27:17+
00:52+	00:56+	01:16+	00:40+	00:59+	01:04+	00:58+	00:37-	02:35+	00:29+	01:01-	00:24+	02:10+	00:14+	00:54-	00:30+	01:43+	00:41+	01:19-	00:23+	00:49+	00:52+	02:06+	01:35+	01:17+	00:53+
00:03+	00:03+	00:01+	00:12&	00:10#	00:11#	00:03+	00:06-	00:42&	00:00=	00:03-	00:02+	00:40&	00:01+	00:01-	00:06#	00:13#	00:15&	00:03-	00:03#	00:01+	00:07#	01:13@	00:01+		

Class	Navn	Klasse	Tid
15	Kjetil Hollund	108	29:57
01:02+	01:58+	03:37+	04:11+
01:02+	00:56+	01:39+	00:34+
00:13&	00:03+	00:24&	00:06#
28:55+	29:38+	29:57+	
01:01+	00:43+	00:19+	
00:17&	00:06#	00:01+	
16	Rune Hatle	65	30:22
00:57+	01:56+	03:29+	04:04+
00:57+	00:59+	01:33+	00:35+
00:08#	00:06#	00:18#	00:07#
29:17+	30:04+	30:22+	
00:48+	00:47+	00:18=	
00:04+	00:10&	00:00=	
17	Jonas Nesland Vevatne	116	30:34
01:06+	02:08+	03:43+	04:25+
01:06+	01:02+	01:35+	00:42+
00:17&	00:09#	00:20&	00:14&
29:13+	30:12+	30:34+	
00:47+	00:59+	00:22+	
00:03+	00:22&	00:04#	
18	Svein Kyllingstad	71	30:40
01:03+	01:58+	03:28+	04:01+
01:03+	00:55+	01:30+	00:33+
00:14&	00:02+	00:15#	00:05#
29:30+	30:19+	30:40+	
00:54+	00:49+	00:21+	
00:10#	00:12&	00:03#	
19	Torbjørn Ims Østby	270	30:50
00:44-	01:36-	03:02+	03:33+
00:44-	00:52-	01:26+	00:31+
00:05-	00:01-	00:11#	00:03#
29:46+	30:30+	30:50+	
00:57+	00:44+	00:20+	
00:13&	00:07#	00:02#	
20	Richard Galle	66	32:43
01:00+	01:59+	03:33+	05:43+
01:00+	00:59+	01:34+	01:00+
00:11#	00:06#	00:19&	00:32@
31:37+	32:25+	32:43+	
02:01+	00:48+	00:18=	
01:17@	00:11&	00:00=	
21	Jan Eirik Gjerdevik	4	32:57
01:09+	02:01+	03:24+	03:53+
01:09+	00:52-	01:23+	00:29+
00:20&	00:01-	00:08#	00:01+
31:52+	32:39+	32:57+	
00:38-	00:47+	00:18=	
00:06-	00:10&	00:00=	
22	Sondre Lilledrange	66	35:16
01:16+	02:18+	03:57+	04:35+
01:16+	01:02+	01:39+	00:38+
00:27&	00:09#	00:24&	00:10&
33:47+	34:52+	35:16+	
01:17+	01:05+	00:24+	
00:33&	00:28&	00:06&	
23	Ole-Tobias Frich	116	35:30
00:59+	02:05+	03:40+	04:25+
00:59+	01:06+	01:35+	00:45+
00:10#	00:13#	00:20&	00:17&
34:03+	35:04+	35:30+	
00:57+	01:01+	00:26+	
00:13&	00:24&	00:08&	

Class	Navn	Klasse	Tid
24	Finn Eivind Slungård	93	36:34
00:58+	01:59+	03:36+	04:33+
00:58+	01:01+	01:37+	00:57+
00:09#	00:08#	00:22&	00:29@
35:32+	36:16+	36:34+	
01:05+	00:44+	00:18=	
00:21&	00:07#	00:00=	
25	Rolf André Svellingen	268	36:41
00:47-	01:41-	03:31+	04:01+
00:47-	00:54+	01:50+	00:30+
00:02-	00:01+	00:35&	00:02+
35:25+	36:17+	36:41+	
01:57+	00:52+	00:24+	
01:13@	00:15&	00:06&	
26	Njål Solberg Greiner	116	37:15
01:09+	02:02+	03:24+	04:06+
01:09+	00:53+	01:22+	00:42+
00:20&	00:00=	00:07+	00:14&
36:09+	36:54+	37:15+	
01:01+	00:45+	00:21+	
00:17&	00:08#	00:03#	
27	Torbjørn N. Aspelund	62	41:36
00:51+	01:49+	03:22+	03:57+
00:51+	00:58+	01:33+	00:35+
00:02+	00:05+	00:18#	00:07#
40:12+	41:17+	41:36+	
00:51+	01:05+	00:19+	
00:07#	00:28&	00:01+	
28	Henri Hansen	76	42:33
01:13+	02:19+	03:51+	04:48+
01:13+	01:06+	01:32+	00:57+
00:24&	00:13#	00:17#	00:29@
41:28+	42:13+	42:33+	
00:55+	00:45+	00:20+	
00:11#	00:08#	00:02#	

Beste strekktid for klassen

00:40 00:48 01:15 00:24 00:49 00:46 00:50 00:34 01:48 00:24 00:58 00:20 01:20 00:12 00:49 00:19 01:23 00:22 01:19 00:17 00:42 00:42 00:31 01:03 00:41 00:41 00:38 00:00

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

Herrer 40 - 49 år

1	Bård Skogsholm	40	27:32
01:37=	02:45=	03:42=	04:34=
01:37=	01:08=	00:57=	00:52=
00:00=	00:00=	00:00=	00:00=
27:11=	27:32=		
00:43=	00:21=		
00:00=	00:00=		
2	Lars Primstad	62	28:13
01:35-	02:49+	04:09+	04:56+
01:35-	01:14+	01:20+	00:47-
00:02-	00:06+	00:23&	00:05-
27:54+	28:13+		
00:41-	00:19-		
00:02-	00:02-		
3	Peter Chapman	117	28:54
01:31-	02:40-	03:44+	04:32-
01:31-	01:09+	01:04+	00:48-
00:06-	00:01+	00:07#	00:04-
28:35+	28:54+		
00:46+	00:19-		
00:03+	00:02-		

Class	Navn	Klasse										Tid													
22	Martin Simpson	167										36:48													
01:56+	03:16+	04:43+	05:42+	07:47+	08:51+	10:05+	10:45+	11:40+	14:34+	15:10+	16:38+	18:14+	18:29+	19:14+	19:29+	21:30+	23:43+	24:24+	24:50+	25:51+	28:38+	30:49+	32:06+	34:10+	35:22+
01:56+	01:20+	01:27+	00:59+	02:05+	01:04-	01:14+	00:40+	00:55=	02:54+	00:36+	01:28+	01:36+	00:15+	00:45+	00:15-	02:01-	02:13+	00:41+	00:26+	01:01+	02:47+	02:11+	01:17+	02:04+	01:12+
00:19#	00:12#	00:30&	00:07#	01:02&	00:03-	00:01+	00:03+	00:00=	00:46&	00:06#	00:28&	00:09#	00:02#	00:08#	00:03-	00:01-	00:14#	00:04#	00:02+	00:19&	01:15&	01:14@	00:26&	01:04@	00:30&
36:24+	36:48+																								
01:02+	00:24+																								
00:19&	00:03#																								

23	Frode Dyrliid	116										37:05													
02:06+	03:29+	04:43+	05:35+	06:53+	08:29+	09:48+	10:43+	11:45+	15:21+	16:04+	17:17+	19:16+	19:32+	20:09+	20:26+	22:37+	25:03+	25:45+	26:14+	27:40+	29:19+	30:27+	33:55+	34:55+	35:49+
02:06+	01:23+	01:14+	00:52+	01:18+	01:36+	01:19+	00:55+	01:02+	03:36+	00:43+	01:13+	01:59+	00:16+	00:37=	00:17-	02:11+	02:26+	00:42+	00:29+	01:26+	01:39+	01:08+	03:28+	01:00=	00:54+
00:29&	00:15#	00:17&	00:00=	00:15#	00:29&	00:06+	00:18&	00:07#	01:28&	00:13&	00:13#	00:32&	00:03#	00:00=	00:01-	00:09+	00:27#	00:05#	00:05#	00:44@	00:07+	00:11#	02:37@	00:00=	00:12&
36:39+	37:05+																								
00:50+	00:26+																								
00:07#	00:05#																								

24	Eivind Moi	116										38:17													
01:51+	03:25+	04:41+	06:04+	06:58+	08:13+	09:47+	10:28+	11:46+	15:02+	15:57+	17:12+	19:04+	19:22+	20:11+	20:32+	22:52+	25:39+	26:25+	26:55+	28:09+	31:05+	32:32+	34:00+	35:24+	36:56+
01:51+	01:34+	01:16+	01:23+	00:54-	01:15+	01:34+	00:41+	01:18+	03:16+	00:55+	01:15+	01:52+	00:18+	00:49+	00:21+	02:20+	02:47+	00:46+	00:30+	01:14+	02:56+	01:27+	01:28+	01:24+	01:32+
00:14#	00:26&	00:19&	00:31&	00:09-	00:08#	00:21&	00:04#	00:23&	01:08&	00:25&	00:15#	00:25&	00:05&	00:12&	00:03#	00:18#	00:48&	00:09#	00:06#	00:32&	01:24&	00:30&	00:37&	00:24&	00:50@
37:52+	38:17+																								
00:56+	00:25+																								
00:13&	00:04#																								

Beste strekktid for klassen

01:21 01:00 00:51 00:41 00:48 00:57 00:54 00:33 00:48 02:08 00:25 00:56 01:22 00:13 00:36 00:12 01:34 01:59 00:30 00:22 00:39 01:15 00:35 00:41 00:39 00:42 00:37 00:30

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

Herrer 50 - 54 år

1	Tore Svendsen	27										26:27													
00:57=	02:13=	03:12=	03:44=	04:49=	05:49=	07:14=	09:27=	09:57=	11:00=	11:37=	13:02=	13:16=	13:56=	14:15=	16:09=	18:11=	18:54=	19:29=	20:04=	20:30=	22:19=	23:12=	24:31=	25:14=	26:06=
00:57=	01:16=	00:59=	00:32=	01:05=	01:00=	01:25=	02:13=	00:30=	01:03=	00:37=	01:25=	00:14=	00:40=	00:19=	01:54=	02:02=	00:43=	00:35=	00:35=	00:26=	01:49=	00:53=	01:19=	00:43=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
26:27=																									
00:21=																									
00:00=																									

2	Jan Sigurd Eike	79										28:11													
00:43-	01:38-	02:33-	02:58-	03:46-	04:36-	05:54-	07:59-	08:26-	09:26-	10:00-	11:58-	12:10-	12:42-	12:56-	14:36-	16:12-	16:48-	18:06-	19:03-	19:30-	21:15-	25:20+	26:34+	27:12+	27:51+
00:43-	00:55-	00:55-	00:25-	00:48-	00:50-	01:18-	02:05-	00:27-	01:00-	00:34-	01:58+	00:12-	00:32-	00:14-	01:40-	01:36-	00:36-	01:18+	00:57+	00:27+	01:45-	04:05+	01:14-	00:38-	00:39-
00:14-	00:21-	00:04-	00:07-	00:17-	00:10-	00:07-	00:08-	00:03-	00:03-	00:03-	00:33&	00:02-	00:08-	00:05-	00:14-	00:26-	00:07-	00:43@	00:22&	00:01+	00:04-	03:12@	00:05-	00:05-	00:13-
28:11+																									
00:20-																									
00:01-																									

3	Tor Sverre Skåra	266										29:32													
00:52-	02:17+	03:35+	04:06+	05:15+	06:28+	08:04+	10:24+	10:54+	12:06+	12:44+	14:29+	14:44+	15:23+	15:40+	17:54+	20:04+	20:40+	21:34+	22:18+	22:43+	24:58+	25:48+	27:32+	28:18+	29:11+
00:52-	01:25+	01:18+	00:31-	01:09+	01:13+	01:36+	02:20+	00:30=	01:12+	00:38+	01:45+	00:15+	00:39-	00:17-	02:14+	02:10+	00:36-	00:54+	00:44+	00:25-	02:15+	00:50-	01:44+	00:46+	00:53+
00:05-	00:09#	00:19&	00:01-	00:04+	00:13#	00:11#	00:07+	00:00=	00:09#	00:01+	00:20#	00:01+	00:01-	00:02-	00:20#	00:08+	00:07-	00:19&	00:09&	00:01-	00:26#	00:03-	00:25&	00:03+	00:01+
29:32+																									
00:21=																									
00:00=																									

4	Øistein Haaland	116										30:38													
01:06+	02:18+	04:23+	04:56+	06:15+	07:21+	08:50+	11:46+	12:21+	13:36+	14:17+	15:57+	16:13+	16:53+	17:08+	19:04+	20:56+	21:47+	22:32+	23:11+	23:40+	25:45+	27:04+	28:32+	29:25+	30:12+
01:06+	01:12-	02:05+	00:33+	01:19+	01:06+	01:29+	02:56+	00:35+	01:15+	00:41+	01:40+	00:16+	00:40=	00:15-	01:56+	01:52-	00:51+	00:45+	00:39+	00:29+	02:05+	01:19+	01:28+	00:53+	00:47-
00:09#	00:04-	01:06@	00:01+	00:14#	00:06#	00:04+	00:43&	00:05#	00:12#	00:04#	00:15#	00:02#	00:00=	00:04-	00:02+	00:10-	00:08#	00:10&	00:04#	00:03#	00:16#	00:26&	00:09#	00:10#	00:05-
30:38+																									
00:26+																									
00:05#																									

5	Kjell Seland	236										30:52													
01:00+	02:24+	03:35+	04:13+	05:24+	06:38+	08:28+	11:02+	11:34+	12:55+	13:38+	16:19+	16:38+	17:13+	17:39+	19:54+	22:06+	22:50+	23:53+	24:26+	25:00+	26:38+	27:38+	28:50+	29:37+	30:28+
01:00+	01:24+	01:11+	00:38+	01:11+	01:14+	01:50+	02:34+	00:32+	01:21+	00:43+	02:41+	00:19+	00:35-	00:26+	02:15+	02:12+	00:44+	01:03+	00:33-	00:34+	01:38-	01:00+	01:12-	00:47+	00:51-
00:03+	00:08#	00:12#	00:06#	00:06+	00:14#	00:25&	00:21#	00:02+	00:18&	00:06#	01:16&	00:05&	00:05-	00:07&	00:21#	00:10+	00:01+	00:28&	00:02-	00:08&	00:11-	00:07#	00:07-	00:04+	00:01-
30:52+																									
00:24+																									
00:03#																									

Class	Navn	Klasse										Tid															
15	Roger Nyseth	92										36:05															
01:17+	02:38+	03:54+	04:33+	05:45+	07:04+	08:52+	11:37+	12:13+	13:46+	14:36+	16:36+	16:52+	17:42+	18:04+	20:34+	22:58+	23:42+	24:49+	25:40+	26:38+	30:06+	31:29+	33:01+	34:19+	35:35+		
01:17+	01:21+	01:16+	00:39+	01:12+	01:19+	01:48+	02:45+	00:36+	01:33+	00:50+	02:00+	00:16+	00:50+	00:22+	02:30+	02:24+	00:44+	01:07+	00:51+	00:58+	03:28+	01:23+	01:32+	01:18+	01:16+		
00:20&	00:05+	00:17&	00:07#	00:07#	00:19&	00:23&	00:32#	00:06#	00:30&	00:13&	00:35&	00:02#	00:10#	00:03#	00:36&	00:22#	00:01+	00:32&	00:16&	00:32@	01:39&	00:30&	00:13#	00:35&	00:24&		
36:05+																											
00:30+																											
00:09&																											
16	Magnar Møller	62										37:16															
01:05+	02:16+	03:22+	04:02+	05:10+	06:22+	08:00+	10:15+	10:55+	12:27+	13:12+	14:58+	15:36+	16:28+	16:49+	19:14+	21:13+	21:53+	22:35+	23:18+	23:54+	31:27+	32:49+	34:50+	35:50+	36:47+		
01:05+	01:11-	01:06+	00:40+	01:08+	01:12+	01:38+	02:15+	00:40+	01:32+	00:45+	01:46+	00:38+	00:52+	00:21+	02:25+	01:59-	00:40-	00:42+	00:43+	00:36+	07:33+	01:22+	02:01+	01:00+	00:57+		
00:08#	00:05-	00:07#	00:08#	00:03+	00:12#	00:13#	00:02+	00:10&	00:29&	00:08#	00:21#	00:24@	00:12&	00:02#	00:31&	00:03-	00:03-	00:07#	00:08#	00:10&	05:44@	00:29&	00:42&	00:17&	00:05+		
37:16+																											
00:29+																											
00:08&																											
17	Harald Taksdal	236										37:39															
01:19+	02:59+	04:25+	05:15+	06:48+	08:20+	11:41+	14:34+	15:18+	17:09+	17:56+	20:10+	20:38+	21:19+	21:46+	24:01+	26:13+	26:54+	28:00+	28:41+	29:18+	32:36+	33:32+	35:15+	36:13+	37:10+		
01:19+	01:40+	01:26+	00:50+	01:33+	01:32+	03:21+	02:53+	00:44+	01:51+	00:47+	02:14+	00:28+	00:41+	00:27+	02:15+	02:12+	00:41-	01:06+	00:41+	00:37+	03:18+	00:56+	01:43+	00:58+	00:57+		
00:22&	00:24&	00:27&	00:18&	00:28&	00:32&	01:56@	00:40&	00:14&	00:48&	00:10&	00:49&	00:14&	00:01+	00:08&	00:21#	00:10+	00:02-	00:31&	00:06#	00:11&	01:29&	00:03+	00:24&	00:15&	00:05+		
37:39+																											
00:29+																											
00:08&																											
18	Geir Rune Seldal	192										37:53															
01:28+	03:00+	04:26+	05:09+	06:20+	07:41+	09:42+	13:45+	14:16+	15:40+	16:28+	18:40+	19:00+	19:48+	20:05+	22:49+	25:33+	26:22+	28:33+	29:15+	29:51+	31:44+	32:54+	34:31+	36:31+	37:28+		
01:28+	01:32+	01:26+	00:43+	01:11+	01:21+	02:01+	04:03+	00:31+	01:24+	00:48+	02:12+	00:20+	00:48+	00:17-	02:44+	02:44+	00:49+	02:11+	00:42+	00:36+	01:53+	01:10+	01:37+	02:00+	00:57+		
00:31&	00:16#	00:27&	00:11&	00:06+	00:21&	00:36&	01:50&	00:01+	00:21&	00:11&	00:47&	00:06&	00:08#	00:02-	00:50&	00:42&	00:06#	01:36@	00:07#	00:10&	00:04+	00:17&	00:18#	01:17@	00:05+		
37:53+																											
00:25+																											
00:04#																											
19	Inge Skretting	165										40:47															
01:52+	03:11+	04:23+	06:36+	08:03+	09:03+	10:40+	14:00+	14:28+	15:52+	16:32+	18:17+	18:36+	19:18+	19:34+	21:49+	24:22+	25:02+	25:59+	27:54+	28:22+	35:03+	37:19+	38:30+	39:33+	40:24+		
01:52+	01:19+	01:12+	02:13+	01:27+	01:00=	01:37+	03:20+	00:28-	01:24+	00:40+	01:45+	00:19+	00:42+	00:16-	02:15+	02:33+	00:40-	00:57+	01:55+	00:28+	06:41+	02:16+	01:11-	01:03+	00:51-		
00:55&	00:03+	00:13#	01:41@	00:22&	00:00=	00:12#	01:07&	00:02-	00:21&	00:03+	00:20#	00:05&	00:02+	00:03-	00:21#	00:31&	00:03-	00:22&	01:20@	00:02+	04:52@	01:23@	00:08-	00:20&	00:01-		
40:47+																											
00:23+																											
00:02+																											
20	Torbjørn Salthe	125										41:29															
01:29+	03:01+	04:35+	05:43+	06:55+	08:06+	10:00+	12:52+	13:32+	14:51+	15:33+	17:24+	17:46+	18:32+	19:00+	20:53+	23:58+	24:52+	25:41+	26:42+	27:45+	31:54+	36:56+	39:02+	40:15+	41:07+		
01:29+	01:32+	01:34+	01:08+	01:12+	01:11+	01:54+	02:52+	00:40+	01:19+	00:42+	01:51+	00:22+	00:46+	00:28+	01:53-	03:05+	00:54+	00:49+	01:01+	01:03+	04:09+	05:02+	02:06+	01:13+	00:52+		
00:32&	00:16#	00:35&	00:36@	00:07#	00:11#	00:29&	00:39&	00:10&	00:16&	00:05#	00:26&	00:08&	00:06#	00:09&	00:01-	01:03&	00:11&	00:14&	00:26&	00:37@	02:20@	04:09@	00:47&	00:30&	00:00=		
41:29+																											
00:22+																											
00:01+																											
Beste strekktid for klassen																											
00:43	00:55	00:55	00:25	00:48	00:50	01:18	02:05	00:27	01:00	00:34	01:25	00:12	00:32	00:14	01:40	01:36	00:35	00:35	00:33	00:25	01:34	00:50	01:11	00:38	00:39	00:20	

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

Herrer 55 - 59 år

1	Arne Magne Sondresen	92										27:40													
01:05=	02:22=	03:24=	04:05=	05:09=	06:05=	07:38=	09:55=	10:27=	11:35=	12:13=	13:50=	14:04=	14:40=	14:56=	16:36=	18:30=	19:02=	19:48=	20:31=	20:55=	22:40=	23:28=	25:45=	26:25=	27:19=
01:05=	01:17=	01:02=	00:41=	01:04=	00:56=	01:33=	02:17=	00:32=	01:08=	00:38=	01:37=	00:14=	00:36=	00:16=	01:40=	01:54=	00:32=	00:46=	00:43=	00:24=	01:45=	00:48=	02:17=	00:40=	00:54=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
27:40=																									
00:21=																									
00:00=																									
2	Ole Petter Haukaas	109										28:54													
00:51-	02:00-	03:05-	03:49-	04:48-	05:53-	07:22-	09:54-	10:26-	11:35=	12:13=	13:54+	14:09+	15:04+	15:22+	17:19+	19:24+	20:01+	20:55+	21:39+	22:13+	23:44+	24:48+	26:31+	27:41+	28:33+
00:51-	01:09-	01:05+	00:44+	00:59-	01:05+	01:29-	02:32+	00:32=	01:09+	00:38=	01:41+	00:15+	00:55+	00:18+	01:57+	02:05+	00:37+	00:54+	00:44+	00:34+	01:31-	01:04+	01:43-	01:10+	00:52-
00:14-	00:08-	00:03+	00:03+	00:05-	00:09#	00:04-	00:15#	00:00=	00:01+	00:00=	00:04+	00:01+	00:19&	00:02#	00:17#	00:11+	00:05#	00:08#	00:01+	00:10&	00:14-	00:16&	00:34-	00:30&	00:02-
28:54+																									
00:21=																									
00:00=																									

Class	Navn	Klasse										Tid													
12	Bjørn H. Engseth	27										40:15													
01:19+	02:52+	04:22+	05:17+	07:05+	08:22+	09:57+	13:44+	14:22+	15:45+	16:32+	18:39+	18:56+	19:41+	20:04+	23:10+	26:07+	27:01+	27:58+	28:55+	29:46+	32:30+	34:09+	37:27+	38:36+	39:44+
01:19+	01:33+	01:30+	00:55+	01:48+	01:17+	01:35+	03:47+	00:38+	01:23+	00:47+	02:07+	00:17+	00:45+	00:23+	03:06+	02:57+	00:54+	00:57+	00:57+	00:51+	02:44+	01:39+	03:18+	01:09+	01:08+
00:14#	00:16#	00:28&	00:14&	00:44&	00:21&	00:02+	01:30&	00:06#	00:15#	00:09#	00:30&	00:03#	00:09#	00:07&	01:26&	01:03&	00:22&	00:11#	00:14&	00:27@	00:59&	00:51@	01:01&	00:29&	00:14&
40:15+																									
00:31+																									
00:10&																									
13	John Lage Bergan	116										40:56													
01:18+	02:35+	05:26+	08:43+	09:50+	12:45+	14:18+	17:26+	17:58+	19:15+	20:02+	21:49+	22:15+	22:57+	23:24+	25:30+	27:47+	29:52+	30:48+	32:09+	32:44+	35:24+	36:15+	38:49+	39:43+	40:32+
01:18+	01:17=	02:51+	03:17+	01:07+	02:55+	01:33=	03:08+	00:32=	01:17+	00:47+	01:47+	00:26+	00:42+	00:27+	02:06+	02:17+	02:05+	00:56+	01:21+	00:35+	02:40+	00:51+	02:34+	00:54+	00:49-
00:13#	00:00=	01:49@	02:36@	00:03+	01:59@	00:00=	00:51&	00:00=	00:09#	00:09#	00:10#	00:12&	00:06#	00:11&	00:26&	00:23#	01:33@	00:10#	00:38&	00:11&	00:55&	00:03+	00:17#	00:14&	00:05-
40:56+																									
00:24+																									
00:03#																									
14	Tor-Arne Kongsgård	116										41:00													
01:50+	03:34+	04:57+	05:47+	07:14+	08:20+	11:03+	14:23+	15:12+	17:02+	17:47+	19:54+	20:22+	21:24+	21:44+	23:49+	27:05+	27:48+	28:39+	29:41+	30:32+	34:52+	36:36+	38:29+	39:29+	40:39+
01:50+	01:44+	01:23+	00:50+	01:27+	01:06+	02:43+	03:20+	00:49+	01:50+	00:45+	02:07+	00:28+	01:02+	00:20+	02:05+	03:16+	00:43+	00:51+	01:02+	00:51+	04:20+	01:44+	01:53-	01:00+	01:10+
00:45&	00:27&	00:21&	00:09#	00:23&	00:10#	01:10&	01:03&	00:17&	00:42&	00:07#	00:30&	00:14&	00:26&	00:04#	00:25#	01:22&	00:11&	00:05#	00:19&	00:27@	02:35@	00:56@	00:24-	00:20&	00:16&
41:00+																									
00:21=																									
00:00=																									
15	Kjell Lervik	239										41:50													
01:08+	02:42+	04:07+	05:06+	06:24+	07:40+	09:24+	12:29+	13:15+	14:58+	15:47+	17:55+	18:21+	19:13+	19:34+	22:02+	24:59+	26:07+	26:52+	28:42+	30:46+	34:04+	36:32+	39:26+	40:26+	41:21+
01:08+	01:34+	01:25+	00:59+	01:18+	01:16+	01:44+	03:05+	00:46+	01:43+	00:49+	02:08+	00:26+	00:52+	00:21+	02:28+	02:57+	01:08+	00:45-	01:50+	02:04+	03:18+	02:28+	02:54+	01:00+	00:55+
00:03+	00:17#	00:23&	00:18&	00:14#	00:20&	00:11#	00:48&	00:14&	00:35&	00:11&	00:31&	00:12&	00:16&	00:05&	00:48&	01:03&	00:36@	00:01-	01:07@	01:40@	01:33&	01:40@	00:37&	00:20&	00:01+
41:50+																									
00:29+																									
00:08&																									
16	Svein Magne Gloppen	93										41:58													
01:04-	02:37+	04:02+	04:47+	06:02+	07:19+	09:21+	13:33+	14:11+	15:41+	16:23+	19:51+	20:11+	20:54+	21:14+	23:21+	28:56+	29:52+	30:40+	31:34+	32:06+	34:18+	35:34+	39:11+	40:11+	41:33+
01:04-	01:33+	01:25+	00:45+	01:15+	01:17+	02:02+	04:12+	00:38+	01:30+	00:42+	03:28+	00:20+	00:43+	00:20+	02:07+	05:35+	00:56+	00:48+	00:54+	00:32+	02:12+	01:16+	03:37+	01:00+	01:22+
00:01-	00:16#	00:23&	00:04+	00:11#	00:21&	00:29&	01:55&	00:06#	00:22&	00:04#	01:51@	00:06&	00:07#	00:04#	00:27&	03:41@	00:24&	00:02+	00:11&	00:08&	00:27&	00:28&	01:20&	00:20&	00:28&
41:58+																									
00:25+																									
00:04#																									
17	Sverre Magnar Nordal	116										42:06													
01:23+	03:10+	05:03+	06:09+	07:35+	08:48+	10:53+	15:39+	16:17+	17:51+	18:38+	20:50+	21:12+	21:58+	22:17+	24:33+	27:40+	28:35+	29:35+	30:32+	31:10+	35:09+	37:15+	39:41+	40:50+	41:40+
01:23+	01:47+	01:53+	01:06+	01:26+	01:13+	02:05+	04:46+	00:38+	01:34+	00:47+	02:12+	00:22+	00:46+	00:19+	02:16+	03:07+	00:55+	01:00+	00:57+	00:38+	03:59+	02:06+	02:26+	01:09+	00:50-
00:18&	00:30&	00:51&	00:25&	00:22&	00:17&	00:32&	02:29@	00:06#	00:26&	00:09#	00:35&	00:08&	00:10&	00:03#	00:36&	01:13&	00:23&	00:14&	00:14&	00:14&	02:14@	01:18@	00:09+	00:29&	00:04-
42:06+																									
00:26+																									
00:05#																									

Beste strekktid for klassen

00:51 01:08 01:02 00:32 00:59 00:56 01:25 02:17 00:31 01:06 00:38 01:36 00:14 00:36 00:16 01:40 01:54 00:32 00:45 00:43 00:24 01:31 00:48 01:23 00:40 00:46 00:21

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

Herrer 60 - 64 år

1	Bjørn Alsaker	115										23:37													
01:03=	01:36=	02:18=	04:00=	05:13=	06:18=	08:33=	09:34=	09:56=	11:25=	11:38=	12:35=	13:10=	15:05=	15:58=	16:43=	17:34=	18:26=	19:48=	20:44=	22:23=	22:46=	23:18=	23:37=		
01:03=	00:33=	00:42=	01:42=	01:13=	01:05=	02:15=	01:01=	00:22=	01:29=	00:13=	00:57=	00:35=	01:55=	00:53=	00:45=	00:51=	00:52=	01:22=	00:56=	01:39=	00:23=	00:32=	00:19=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Gunnar Sakseid	116										25:37													
01:20+	01:58+	02:45+	04:08+	05:21+	06:28+	08:55+	10:01+	10:29+	12:08+	12:22+	13:36+	14:05+	16:12+	17:16+	18:08+	19:04+	20:07+	21:27+	22:33+	24:10+	24:34+	25:14+	25:37+		
01:20+	00:38+	00:47+	01:23-	01:13=	01:07+	02:27+	01:06+	00:28+	01:39+	00:14+	01:14+	00:29-	02:07+	01:04+	00:52+	00:56+	01:03+	01:20-	01:06+	01:37-	00:24+	00:40+	00:23+		
00:17&	00:05#	00:05#	00:19-	00:00=	00:02+	00:12+	00:05+	00:06&	00:10#	00:01+	00:17&	00:06-	00:12#	00:11#	00:07#	00:05+	00:11#	00:02-	00:10#	00:02-	00:01+	00:08#	00:04#		
3	Lars Stangeland	96										26:03													
01:08+	01:42+	02:28+	03:42-	05:11-	06:09-	08:43+	09:54+	10:20+	12:38+	12:53+	13:52+	14:21+	16:13+	17:09+	17:57+	18:48+	19:50+	21:14+	22:07+	24:42+	25:02+	25:38+	26:03+		
01:08+	00:34+	00:46+	01:14-	01:29+	00:58-	02:34+	01:11+	00:26+	02:18+	00:15+	00:59+	00:29-	01:52-	00:56+	00:48+	00:51=	01:02+	01:24+	00:53-	02:35+	00:20-	00:36+	00:25+		
00:05+	00:01+	00:04+	00:28-	00:16#	00:07-	00:19#	00:10#	00:04#	00:49&	00:02#	00:02+	00:06-	00:03-	00:03+	00:03+	00:00=	00:10#	00:02+	00:03-	00:56&	00:03-	00:04#	00:06&		

Class	Navn	Klasse										Tid											
4	Bjarne Gimre	88										29:05											
01:19+	01:59+	02:58+	04:16+	05:37+	07:00+	10:03+	11:20+	11:47+	13:38+	13:52+	15:08+	15:53+	18:27+	19:41+	20:36+	21:44+	22:53+	24:21+	25:23+	27:34+	27:59+	28:42+	29:05+
01:19+	00:40+	00:59+	01:18-	01:21+	01:23+	03:03+	01:17+	00:27+	01:51+	00:14+	01:16+	00:45+	02:34+	01:14+	00:55+	01:08+	01:09+	01:28+	01:02+	02:11+	00:25+	00:43+	00:23+
00:16&	00:07#	00:17&	00:24-	00:08#	00:18&	00:48&	00:16&	00:05#	00:22#	00:01+	00:19&	00:10&	00:39&	00:21&	00:10#	00:17&	00:17&	00:06+	00:06#	00:32&	00:02+	00:11&	00:04#
5	Terje Stokkeland	69										29:58											
01:22+	02:01+	02:49+	04:32+	06:04+	07:14+	09:47+	11:05+	11:30+	13:15+	13:30+	14:35+	15:05+	17:24+	18:36+	19:27+	20:25+	21:32+	24:09+	24:55+	28:37+	28:59+	29:34+	29:58+
01:22+	00:39+	00:48+	01:43+	01:32+	01:10+	02:33+	01:18+	00:25+	01:45+	00:15+	01:05+	00:30-	02:19+	01:12+	00:51+	00:58+	01:07+	02:37+	00:46-	03:42+	00:22-	00:35+	00:24+
00:19&	00:06#	00:06#	00:01+	00:19&	00:05+	00:18#	00:17&	00:03#	00:16#	00:02#	00:08#	00:05-	00:24#	00:19&	00:06#	00:07#	00:15&	01:15&	00:10-	02:03@	00:01-	00:03+	00:05&
6	Olav Aartun	262										30:39											
01:26+	02:08+	03:02+	05:03+	06:36+	08:09+	11:01+	12:48+	13:18+	15:14+	15:29+	16:50+	17:20+	19:44+	20:58+	21:58+	23:04+	24:06+	26:11+	27:05+	28:53+	29:25+	30:11+	30:39+
01:26+	00:42+	00:54+	02:01+	01:33+	01:33+	02:52+	01:47+	00:30+	01:56+	00:15+	01:21+	00:30-	02:24+	01:14+	01:00+	01:06+	01:02+	02:05+	00:54-	01:48+	00:32+	00:46+	00:28+
00:23&	00:09&	00:12&	00:19#	00:20&	00:28&	00:37&	00:46&	00:08&	00:27&	00:02#	00:24&	00:05-	00:29&	00:21&	00:15&	00:15&	00:10#	00:43&	00:02-	00:09+	00:09&	00:14&	00:09&
7	Jan Hetland	29										30:45											
02:23+	02:56+	03:38+	05:00+	06:11+	07:35+	10:12+	11:22+	11:47+	13:31+	13:46+	14:59+	15:27+	17:20+	18:25+	19:16+	20:14+	21:32+	23:08+	24:12+	29:32+	29:55+	30:27+	30:45+
02:23+	00:33=	00:42=	01:22-	01:11-	01:24+	02:37+	01:10+	00:25+	01:44+	00:15+	01:13+	00:28-	01:53-	01:05+	00:51+	00:58+	01:18+	01:36+	01:04+	05:20+	00:23=	00:32=	00:18-
01:20@	00:00=	00:00=	00:20-	00:02-	00:19&	00:22#	00:09#	00:03#	00:15#	00:02#	00:16&	00:07-	00:02-	00:12#	00:06#	00:07#	00:26&	00:14#	00:08#	03:41@	00:00=	00:00=	00:01-
8	Torbjørn Evensen	108										30:52											
01:16+	01:56+	02:41+	04:10+	05:34+	06:55+	09:55+	11:23+	11:51+	13:47+	14:03+	15:11+	15:44+	17:57+	19:06+	20:00+	21:03+	23:32+	24:59+	25:57+	29:07+	29:35+	30:23+	30:52+
01:16+	00:40+	00:45+	01:29-	01:24+	01:21+	03:00+	01:28+	00:28+	01:56+	00:16+	01:08+	00:33-	02:13+	01:09+	00:54+	01:03+	02:29+	01:27+	00:58+	03:10+	00:28+	00:48+	00:29+
00:13#	00:07#	00:03+	00:13-	00:11#	00:16#	00:45&	00:27&	00:06&	00:27&	00:03#	00:11#	00:02-	00:18#	00:16&	00:09#	00:12#	01:37@	00:05+	00:02+	01:31&	00:05#	00:16&	00:10&
9	Svein Berge	126										30:52											
01:13+	01:48+	02:34+	04:01+	05:26+	06:42+	09:27+	10:43+	11:16+	13:32+	13:45+	14:49+	15:22+	17:26+	18:48+	19:46+	20:40+	21:46+	25:06+	26:07+	29:30+	29:52+	30:31+	30:52+
01:13+	00:35+	00:46+	01:27-	01:25+	01:16+	02:45+	01:16+	00:33+	02:16+	00:13=	01:04+	00:33-	02:04+	01:22+	00:58+	00:54+	01:06+	03:20+	01:01+	03:23+	00:22-	00:39+	00:21+
00:10#	00:02+	00:04+	00:15-	00:12#	00:11#	00:30#	00:15#	00:11&	00:47&	00:00=	00:07#	00:02-	00:09+	00:29&	00:13&	00:03+	00:14&	01:58@	00:05+	01:44@	00:01-	00:07#	00:02#
10	Svein Ims	65										30:58											
01:24+	02:05+	03:01+	05:04+	06:32+	07:59+	10:52+	12:19+	12:50+	15:02+	15:16+	16:28+	17:01+	19:26+	20:42+	21:43+	22:48+	23:57+	25:14+	26:41+	29:12+	29:40+	30:29+	30:58+
01:24+	00:41+	00:56+	02:03+	01:28+	01:27+	02:53+	01:27+	00:31+	02:12+	00:14+	01:12+	00:33-	02:25+	01:16+	01:01+	01:05+	01:09+	01:17-	01:27+	02:31+	00:28+	00:49+	00:29+
00:21&	00:08#	00:14&	00:21#	00:15#	00:22&	00:38&	00:26&	00:09&	00:43&	00:01+	00:15&	00:02-	00:30&	00:23&	00:16&	00:14&	00:17&	00:05-	00:31&	00:52&	00:05#	00:17&	00:10&
11	Sveinung Tveit	236										31:42											
01:23+	02:03+	02:56+	06:47+	08:49+	10:16+	12:51+	14:07+	14:35+	16:14+	16:33+	17:39+	18:44+	21:01+	22:10+	23:04+	24:01+	24:54+	26:21+	27:24+	30:08+	30:28+	31:14+	31:42+
01:23+	00:40+	00:53+	03:51+	02:02+	01:27+	02:35+	01:16+	00:28+	01:39+	00:19+	01:06+	01:05+	02:17+	01:09+	00:54+	00:57+	00:53+	01:27+	01:03+	02:44+	00:20-	00:46+	00:28+
00:20&	00:07#	00:11&	02:09@	00:49&	00:22&	00:20#	00:15#	00:06&	00:10#	00:06&	00:09#	00:30&	00:22#	00:16&	00:09#	00:06#	00:01+	00:05+	00:07#	01:05&	00:03-	00:14&	00:09&
12	Denis Castelet	42										31:53											
01:43+	02:26+	03:15+	05:09+	06:45+	08:25+	11:15+	12:39+	13:10+	15:02+	15:20+	16:32+	17:06+	19:35+	21:09+	22:13+	23:22+	24:34+	26:35+	27:54+	30:19+	30:43+	31:28+	31:53+
01:43+	00:43+	00:49+	01:54+	01:36+	01:40+	02:50+	01:24+	00:31+	01:52+	00:18+	01:12+	00:34-	02:29+	01:34+	01:04+	01:09+	01:12+	02:01+	01:19+	02:25+	00:24+	00:45+	00:25+
00:40&	00:10&	00:07#	00:12#	00:23&	00:35&	00:35&	00:23&	00:09&	00:23&	00:05&	00:15&	00:01-	00:34&	00:41&	00:19&	00:18&	00:20&	00:39&	00:23&	00:46&	00:01+	00:13&	00:06&
13	Tore Prestvold	212										32:41											
01:19+	01:58+	03:02+	04:35+	06:21+	07:46+	10:31+	11:59+	12:34+	14:25+	14:44+	15:58+	16:33+	19:11+	20:25+	21:25+	22:31+	23:35+	27:34+	28:55+	31:03+	31:28+	32:14+	32:41+
01:19+	00:39+	01:04+	01:33-	01:46+	01:25+	02:45+	01:28+	00:35+	01:51+	00:19+	01:14+	00:35=	02:38+	01:14+	01:00+	01:06+	01:04+	03:59+	01:21+	02:08+	00:25+	00:46+	00:27+
00:16&	00:06#	00:22&	00:09-	00:33&	00:20&	00:30#	00:27&	00:13&	00:22#	00:06&	00:17&	00:00=	00:43&	00:21&	00:15&	00:15&	00:12#	02:37@	00:25&	00:29&	00:02+	00:14&	00:08&
14	Arne M. Handeland	92										33:02											
01:27+	02:06+	03:28+	05:22+	07:11+	08:29+	11:15+	12:36+	13:18+	15:37+	16:00+	17:18+	17:58+	20:18+	21:28+	22:26+	23:28+	27:08+	28:33+	29:37+	31:18+	31:58+	32:39+	33:02+
01:27+	00:39+	01:22+	01:54+	01:49+	01:18+	02:46+	01:21+	00:42+	02:19+	00:23+	01:18+	00:40+	02:20+	01:10+	00:58+	01:02+	03:40+	01:25+	01:04+	01:41+	00:40+	00:41+	00:23+
00:24&	00:06#	00:40&	00:12#	00:36&	00:13#	00:31#	00:20&	00:20&	00:50&	00:10&	00:21&	00:05#	00:25#	00:17&	00:13&	00:11#	02:48@	00:03+	00:08#	00:02+	00:17&	00:09&	00:04#
15	Bjørn Sivertsen	99										33:19											
01:29+	02:12+	03:15+	05:41+	07:18+	08:55+	12:06+	13:34+	14:05+	16:02+	16:19+	17:38+	18:36+	21:04+	22:25+	23:26+	24:33+	25:45+	27:08+	28:14+	31:07+	31:32+	32:51+	33:19+
01:29+	00:43+	01:03+	02:26+	01:37+	01:37+	03:11+	01:28+	00:31+	01:57+	00:17+	01:19+	00:58+	02:28+	01:21+	01:01+	01:07+	01:12+	01:23+	01:06+	02:53+	00:25+	01:19+	00:28+
00:26&	00:10&	00:21&	00:24&	00:32&	00:32&	00:56&	00:27&	00:09&	00:28&	00:04&	00:22&	00:23&	00:33&	00:28&	00:16&	00:16&	00:20&	00:01+	00:10#	01:14&	00:02+	00:47@	00:09&
16	Tor Harald Lunde	47										33:22											
01:35+	02:14+	03:05+	04:39+	05:58+	07:20+	10:42+	12:14+	12:48+	14:41+	15:09+	16:17+	16:55+	19:16+	20:40+	21:40+	22:50+	24:00+	27:57+	29:01+	31:44+	32:07+	32:51+	33:22+
01:35+	00:39+	00:51+	01:34-	01:19+	01:22+	03:22+	01:32+	00:34+	01:53+	00:28+	01:08+	00:38+	02:21+	01:24+	01:00+	01:10+	01:10+	03:57+	01:04+	02:43+	00:23+	00:44+	00:31+
00:32&	00:06#	00:09#	00:08-	00:06+	00:17&	01:07&	00:31&	00:12&	00:24&	00:15@	00:11#	00:03+	00:26#	00:31&	00:15&	00:19&	00:18&	02:35@	00:08#	01:04&	00:00=	00:12&	00:12&
17	Tom Hetland	5										34:25											
01:26+	01:58+	02:54+	06:25+	07:30+	09:12+	12:31+	14:08+	14:33+	18:34+	18:47+	20:06+	20:41+	22:38+	23:54+	24:46+	25:47+	27:03+	29:44+	30:49+	33:04+	33:28+	34:06+	34:25+
01:26+	00:32-	00:56+	03:31+	01:05-	01:42+	03:19+	01:37+	00:25+	04:01+	00:13=	01:19+	00:35=	01:57+	01:16+	00:52+	01:01+	01:16+	02:41+	01:05+				

Class	Navn	Klasse	Tid																				
19	Odd Arild Werness	88	38:30																				
01:30+	02:27+	03:34+	05:23+	07:03+	08:38+	12:04+	13:51+	14:26+	17:59+	18:27+	20:08+	20:48+	23:45+	25:11+	26:17+	27:35+	29:08+	30:55+	32:29+	36:29+	37:03+	37:55+	38:30+
01:30+	00:57+	01:07+	01:49+	01:40+	01:35+	03:26+	01:47+	00:35+	03:33+	00:28+	01:41+	00:40+	02:57+	01:26+	01:06+	01:18+	01:33+	01:47+	01:34+	04:00+	00:34+	00:52+	00:35+
00:27&	00:24&	00:25&	00:07+	00:27&	00:30&	01:11&	00:46&	00:13&	02:04@	00:15@	00:44&	00:05#	01:02&	00:33&	00:21&	00:27&	00:41&	00:25&	00:38&	02:21@	00:11&	00:20&	00:16&
20	Rolf Kleppe	63	39:58																				
01:58+	02:46+	05:10+	07:24+	08:53+	10:55+	14:10+	16:00+	17:16+	19:16+	19:37+	21:11+	22:59+	25:30+	26:52+	27:58+	29:09+	30:34+	34:13+	35:32+	38:06+	38:42+	39:32+	39:58+
01:58+	00:48+	02:24+	02:14+	01:29+	02:02+	03:15+	01:50+	01:16+	02:00+	00:21+	01:34+	01:48+	02:31+	01:22+	01:06+	01:11+	01:25+	03:39+	01:19+	02:34+	00:36+	00:50+	00:26+
00:55&	00:15&	01:42@	00:32&	00:16#	00:57&	01:00&	00:49&	00:54@	00:31&	00:08&	00:37&	01:13@	00:36&	00:29&	00:21&	00:20&	00:33&	02:17@	00:23&	00:55&	00:13&	00:18&	00:07&
21	Inge Johan Øverland	93	41:54																				
01:27+	02:08+	03:09+	04:50+	08:00+	09:29+	12:50+	15:52+	16:26+	20:00+	20:14+	21:45+	22:21+	24:39+	25:54+	26:53+	27:58+	32:55+	34:45+	36:59+	40:13+	40:43+	41:27+	41:54+
01:27+	00:41+	01:01+	01:41-	03:10+	01:29+	03:21+	03:02+	00:34+	03:34+	00:14+	01:31+	00:36+	02:18+	01:15+	00:59+	01:05+	04:57+	01:50+	02:14+	03:14+	00:30+	00:44+	00:27+
00:24&	00:08#	00:19&	00:01-	01:57@	00:24&	01:06&	02:01@	00:12&	02:05@	00:01+	00:34&	00:01+	00:23#	00:22&	00:14&	00:14&	04:05@	00:28&	01:18@	01:35&	00:07&	00:12&	00:08&

Beste strekketid for klassen

01:03	00:32	00:42	01:14	01:05	00:58	02:15	01:01	00:22	01:29	00:13	00:57	00:28	01:52	00:53	00:45	00:51	00:52	01:17	00:46	01:37	00:20	00:32	00:18
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 65 - 69 år

1	Harry Breiland	66	24:28																				
01:13=	01:48=	02:36=	04:04=	05:09=	06:11=	08:30=	09:37=	10:03=	11:42=	12:00=	13:06=	13:37=	15:27=	16:28=	17:14=	18:08=	19:08=	20:32=	21:25=	23:10=	23:33=	24:06=	24:28=
01:13=	00:35=	00:48=	01:28=	01:05=	01:02=	02:19=	01:07=	00:26=	01:39=	00:18=	01:06=	00:31=	01:50=	01:01=	00:46=	00:54=	01:00=	01:24=	00:53=	01:45=	00:23=	00:33=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Svihus	154	26:58																				
01:33+	02:12+	03:07+	04:55+	06:17+	07:37+	10:13+	11:22+	11:50+	13:27+	13:40+	14:43+	15:13+	17:23+	18:33+	19:25+	20:24+	21:25+	22:51+	23:44+	25:30+	25:55+	26:35+	26:58+
01:33+	00:39+	00:55+	01:48+	01:22+	01:20+	02:36+	01:09+	00:28+	01:37-	00:13-	01:03-	00:30-	02:10+	01:10+	00:52+	00:59+	01:01+	01:26+	00:53+	01:46+	00:25+	00:40+	00:23+
00:20&	00:04#	00:07#	00:20#	00:17&	00:18&	00:17#	00:02+	00:02+	00:02-	00:05-	00:03-	00:01-	00:20#	00:09#	00:06#	00:05+	00:01+	00:02+	00:00=	00:01+	00:02+	00:07#	00:01+
3	Asgeir Bell	117	27:12																				
01:02-	01:35-	02:20-	03:58-	05:01-	06:06-	08:42+	09:56+	10:20+	12:03+	12:16+	13:18+	13:45+	15:33+	16:45+	17:33+	18:24+	21:10+	23:22+	24:03+	25:45+	26:12+	26:46+	27:12+
01:02-	00:33-	00:45-	01:38-	01:03-	01:05+	02:36+	01:14+	00:24-	01:43+	00:13-	01:02-	00:27-	01:48-	01:12+	00:48+	00:51-	02:46+	02:12+	00:41-	01:42-	00:22+	00:34+	00:26+
00:11-	00:02-	00:03-	00:10#	00:02-	00:03+	00:17#	00:07#	00:02-	00:04+	00:05-	00:04-	00:04-	00:02-	00:11#	00:02+	00:03-	01:46@	00:48&	00:12-	00:03-	00:04#	00:01+	00:04#
4	Arne Østensen	90	28:32																				
01:16+	01:52+	02:35-	05:31+	06:41+	07:47+	10:15+	11:30+	11:58+	13:45+	14:08+	15:13+	15:42+	18:08+	19:14+	20:09+	21:29+	22:23+	23:52+	25:10+	26:56+	27:27+	28:08+	28:32+
01:16+	00:36+	00:43-	02:56+	01:10+	01:06+	02:28+	01:15+	00:28+	01:47+	00:23+	01:05-	00:29-	02:26+	01:06+	00:55+	01:20+	00:54-	01:29+	01:18+	01:46+	00:31+	00:41+	00:24+
00:03+	00:01+	00:05-	01:28&	00:05+	00:04+	00:09+	00:08#	00:02+	00:08+	00:05&	00:01-	00:02-	00:36&	00:05+	00:09#	00:26&	00:06-	00:05+	00:25&	00:01+	00:08&	00:08#	00:02+
5	Jan Inge Lunde	88	29:36																				
01:27+	02:14+	03:15+	05:10+	06:32+	07:53+	10:38+	11:57+	12:29+	14:15+	14:29+	15:46+	16:22+	18:46+	20:03+	20:58+	22:03+	23:03+	25:06+	26:04+	27:52+	28:25+	29:09+	29:36+
01:27+	00:47+	01:01+	01:55+	01:22+	01:21+	02:45+	01:19+	00:32+	01:46+	00:14-	01:17+	00:36+	02:24+	01:17+	00:55+	01:05+	01:00=	02:03+	00:58+	01:48+	00:33+	00:44+	00:27+
00:14#	00:12&	00:13&	00:17&	00:17&	00:19&	00:26#	00:12#	00:06#	00:07+	00:04-	00:11#	00:05#	00:34&	00:16&	00:09#	00:11#	00:00=	00:39&	00:05+	00:03+	00:10&	00:11&	00:05#
6	Per Marthon Møland	5	29:39																				
01:24+	02:01+	02:50+	04:19+	06:01+	07:16+	10:32+	12:04+	12:31+	14:21+	14:36+	15:41+	16:22+	18:34+	19:43+	20:37+	21:41+	22:44+	24:17+	25:26+	28:08+	28:28+	29:14+	29:39+
01:24+	00:37+	00:49+	01:29+	01:42+	01:15+	03:16+	01:32+	00:27+	01:50+	00:15-	01:05-	00:41+	02:12+	01:09+	00:54+	01:04+	01:03+	01:33+	01:09+	02:42+	00:20-	00:46+	00:25+
00:11#	00:02+	00:01+	00:01+	00:37&	00:13#	00:57&	00:25&	00:01+	00:11#	00:03-	00:01-	00:10&	00:22#	00:08#	00:08#	00:10#	00:03+	00:09#	00:16&	00:57&	00:03-	00:13&	00:03#
7	Paul A. Paulsen	117	30:09																				
01:35+	02:10+	03:02+	04:59+	06:29+	07:43+	10:38+	11:50+	12:17+	14:04+	14:25+	16:06+	16:36+	18:42+	19:52+	20:46+	21:51+	22:59+	24:46+	25:56+	28:30+	29:01+	29:45+	30:09+
01:35+	00:35=	00:52+	01:57+	01:30+	01:14+	02:55+	01:12+	00:27+	01:47+	00:21+	01:41+	00:30-	02:06+	01:10+	00:54+	01:05+	01:08+	01:47+	01:10+	02:34+	00:31+	00:44+	00:24+
00:22&	00:00=	00:04+	00:25&	00:12#	00:36&	00:05+	00:01+	00:08+	00:03#	00:35&	00:01-	00:10&	00:16#	00:09#	00:08#	00:11#	00:08#	00:23&	00:17&	00:49&	00:08&	00:11&	00:02+
8	Ragnvald Frøyland	128	30:46																				
01:19+	01:57+	02:48+	06:20+	07:38+	08:58+	11:29+	12:45+	13:11+	14:57+	15:15+	16:28+	17:00+	19:09+	20:25+	21:17+	22:14+	23:22+	24:34+	25:35+	28:41+	29:35+	30:21+	30:46+
01:19+	00:38+	00:51+	03:32+	01:18+	00:26+	02:31+	01:16+	00:20=	01:46+	00:18=	01:13+	00:32+	02:09+	01:16+	00:52+	00:57+	01:08+	01:12-	01:01+	03:06+	00:54+	00:46+	00:25+
00:06+	00:03+	00:03+	02:04@	00:13#	00:18&	00:12+	00:09#	00:00=	00:07+	00:00=	00:07#	00:01+	00:19#	00:15#	00:06#	00:03+	00:08#	00:12-	00:08#	01:21&	00:31@	00:13&	00:03#
9	Terje Helland	88	32:37																				
02:39+	03:13+	03:57+	05:31+	07:00+	08:26+	11:45+	12:56+	13:23+	15:08+	15:29+	16:48+	17:55+	19:51+	20:59+	21:51+	22:57+	24:07+	25:44+	27:07+	31:15+	31:38+	32:15+	32:37+
02:39+	00:34-	00:44-	01:34+	01:29+	01:26+	03:19+	01:11+	00:27+	01:45+	00:21+	01:19+	01:07+	01:56+	01:08+	00:52+	01:06+	01:10+	01:37+	01:23+	04:08+	00:23=	00:37+	00:22=
01:26@	00:01-	00:04-	00:06+	00:24&	00:24&	01:00&	00:04+	00:01+	00:06+	00:03#	00:13#	00:36@	00:06+	00:07#	00:06#	00:12#	00:10#	00:13#	00:30&	02:23@	00:00=	00:04#	00:00=
10	Roar Fitjar	101	33:39																				
01:40+	02:21+	03:21+	05:12+	06:38+	08:06+	11:20+	12:51+	13:31+	15:35+	16:01+	17:20+	17:55+	20:30+	21:45+	22:52+	24:02+	25:24+	27:28+	28:42+	31:21+	31:53+	33:09+	33:39+
01:40+	00:41+	01:00+	01:51+	01:26+	01:28+	03:14+	01:31+	00:40+	02:04+	00:26+	01:19+	00:35+	02:35+	01:15+	01:07+	01:10+	01:22+	02:04+	01:14+	02:39+	00:32+	01:16+	00:30+
00:27&	00:06#	00:12#	00:23&	00:21&	00:26&	00:55&	00:24&	00:14&	00:25&	00:08&	00:13#	00:04#	00:45&	00:14#	00:21&	00:16&	00:22&	00:40&	00:21&	00:54&	00:09&	00:43@	00:08&

Class	Navn	Klasse										Tid												
11	Ole Auklend	106										34:11												
01:16+	01:57+	02:52+	04:34+	06:06+	07:20+	10:16+	11:40+	12:20+	14:40+	15:03+	16:46+	17:29+	19:53+	21:20+	22:18+	23:31+	24:52+	26:54+	28:43+	32:14+	32:50+	33:42+	34:11+	
01:16+	00:41+	00:55+	01:42+	01:32+	01:14+	02:56+	01:24+	00:40+	02:20+	00:23+	01:43+	00:43+	02:24+	01:27+	00:58+	01:13+	01:21+	02:02+	01:49+	03:31+	00:36+	00:52+	00:29+	
00:03+	00:06#	00:07#	00:14#	00:27&	00:12#	00:37&	00:17&	00:14&	00:41&	00:05&	00:37&	00:12&	00:34&	00:26&	00:12&	00:19&	00:21&	00:38&	00:56@	01:46@	00:13&	00:19&	00:07&	
12	Leif Gunnar Wikene	43										34:25												
01:19+	01:56+	02:42+	04:21+	05:34+	06:39+	09:23+	10:33+	11:00+	12:42+	13:10+	14:21+	15:08+	17:19+	18:46+	19:39+	20:40+	21:58+	25:10+	26:06+	32:46+	33:12+	34:00+	34:25+	
01:19+	00:37+	00:46-	01:29+	01:13+	01:05+	02:44+	01:10+	00:27+	01:42+	00:28+	01:11+	00:47+	02:11+	01:27+	00:53+	01:01+	01:18+	03:12+	00:56+	06:40+	00:26+	00:48+	00:25+	
00:06+	00:02+	00:02-	00:11#	00:08#	00:03+	00:25#	00:03+	00:01+	00:03+	00:10&	00:05+	00:16&	00:21#	00:26&	00:07#	00:07#	00:18&	01:48@	00:03+	04:55@	00:03#	00:15&	00:03#	
13	Terje Gautestad	7										34:54												
02:25+	03:11+	04:05+	06:20+	07:58+	09:32+	12:32+	14:15+	14:48+	16:55+	17:13+	18:25+	19:00+	21:36+	22:59+	24:10+	25:23+	26:41+	29:30+	30:48+	33:11+	33:35+	34:23+	34:54+	
02:25+	00:46+	00:54+	02:15+	01:38+	01:34+	03:00+	01:43+	00:33+	02:07+	00:18=	01:12+	00:35+	02:36+	01:23+	01:11+	01:13+	01:18+	02:49+	01:18+	02:23+	00:24+	00:48+	00:31+	
01:12&	00:11&	00:06#	00:47&	00:33&	00:32&	00:41&	00:36&	00:07&	00:28&	00:00=	00:06+	00:04#	00:46&	00:22&	00:25&	00:19&	00:18&	01:25@	00:25&	00:38&	00:01+	00:15&	00:09&	
14	Torstein Gjestland	126										35:46												
02:01+	02:44+	03:42+	05:25+	07:01+	08:28+	11:48+	13:15+	13:44+	16:24+	16:41+	18:04+	18:45+	21:30+	22:59+	24:08+	25:18+	27:06+	28:39+	30:20+	33:53+	34:29+	35:18+	35:46+	
02:01+	00:43+	00:58+	01:43+	01:36+	01:27+	03:20+	01:27+	00:29+	02:40+	00:17-	01:23+	00:41+	02:45+	01:29+	01:09+	01:10+	01:48+	01:33+	01:41+	03:33+	00:36+	00:49+	00:28+	
00:48&	00:08#	00:10#	00:15#	00:31&	00:25&	01:01&	00:20&	00:03#	01:01&	00:01-	00:17&	00:10&	00:55&	00:28&	00:23&	00:16&	00:48&	00:09#	00:48&	01:48@	00:13&	00:16&	00:06&	
15	Leif Gustav Hollund	116										36:51												
01:46+	02:30+	03:34+	06:13+	08:02+	09:22+	12:59+	15:21+	15:59+	18:29+	18:54+	20:29+	21:13+	23:37+	25:03+	26:03+	27:08+	28:31+	30:33+	31:52+	35:06+	35:29+	36:20+	36:51+	
01:46+	00:44+	01:04+	02:39+	01:49+	01:20+	03:37+	02:22+	00:38+	02:30+	00:25+	01:35+	00:44+	02:24+	01:26+	01:00+	01:05+	01:23+	02:02+	01:19+	03:14+	00:23=	00:51+	00:31+	
00:33&	00:09&	00:16&	01:11&	00:44&	00:18&	01:18&	01:15@	00:12&	00:51&	00:07&	00:29&	00:13&	00:34&	00:25&	00:14&	00:11#	00:23&	00:38&	00:26&	01:29&	00:00=	00:18&	00:09&	
16	Sverre Vatland	93										38:19												
01:51+	02:39+	03:41+	06:16+	08:03+	12:35+	16:03+	17:34+	18:05+	20:05+	20:27+	21:58+	23:42+	26:26+	27:57+	29:03+	30:15+	31:26+	33:02+	34:25+	36:44+	37:09+	37:52+	38:19+	
01:51+	00:48+	01:02+	02:35+	01:47+	04:32+	03:28+	01:31+	00:31+	02:00+	00:22+	01:31+	01:44+	02:44+	01:31+	01:06+	01:12+	01:11+	01:36+	01:23+	02:19+	00:25+	00:43+	00:27+	
00:38&	00:13&	00:14&	00:07&	00:42&	03:30@	01:09&	00:24&	00:05#	00:21#	00:04#	00:25&	01:13@	00:54&	00:30&	00:20&	00:18&	00:11#	00:12#	00:30&	00:34&	00:02+	00:10&	00:05#	
17	Kjell Ingar Olsen	50										39:29												
01:42+	02:24+	03:26+	06:10+	07:51+	09:08+	17:56+	19:37+	20:10+	22:20+	22:46+	23:58+	24:44+	27:05+	28:23+	29:20+	30:25+	31:47+	34:03+	35:23+	38:09+	38:30+	39:05+	39:29+	
01:42+	00:42+	01:02+	02:44+	01:41+	01:17+	08:48+	01:41+	00:33+	02:10+	00:26+	01:12+	00:46+	02:21+	01:18+	00:57+	01:05+	01:22+	02:16+	01:20+	02:46+	00:21-	00:35+	00:24+	
00:29&	00:07#	00:14&	01:16&	00:36&	00:15#	06:29@	00:34&	00:07&	00:31&	00:08&	00:06+	00:15&	00:31&	00:17&	00:11#	00:11#	00:22&	00:52&	00:27&	01:01&	00:02-	00:02+	00:02+	
18	Ove Gundersen	100										40:23												
01:34+	02:11+	02:56+	07:07+	08:43+	10:28+	18:56+	20:34+	21:09+	23:26+	23:49+	24:54+	26:16+	28:11+	29:35+	30:21+	31:26+	32:46+	35:04+	36:23+	39:03+	39:29+	40:02+	40:23+	
01:34+	00:37+	00:45-	04:11+	01:36+	01:45+	08:28+	01:38+	00:35+	02:17+	00:23+	01:05-	01:22+	01:55+	01:24+	00:46=	01:05+	01:20+	02:18+	01:19+	02:40+	00:26+	00:33=	00:21-	
00:21&	00:02+	00:03-	02:43@	00:31&	00:43&	06:09@	00:31&	00:09&	00:38&	00:05&	00:01-	00:51@	00:05+	00:23&	00:00=	00:11#	00:20&	00:54&	00:26&	00:55&	00:03#	00:00=	00:01-	
19	Kjell Ivar Skjørestad	92										41:40												
01:53+	02:34+	03:30+	05:09+	06:53+	09:12+	12:53+	14:59+	15:30+	17:35+	17:57+	19:11+	19:53+	22:10+	23:30+	24:36+	25:48+	27:04+	35:00+	36:09+	39:38+	40:29+	41:15+	41:40+	
01:53+	00:41+	00:56+	01:39+	01:44+	02:19+	03:41+	02:06+	00:31+	02:05+	00:22+	01:14+	00:42+	02:17+	01:20+	01:06+	01:12+	01:16+	07:56+	01:09+	03:29+	00:51+	00:46+	00:25+	
00:40&	00:06#	00:08#	00:11#	00:39&	01:17@	01:22&	00:59&	00:05#	00:26&	00:04#	00:08#	00:11&	00:27#	00:19&	00:20&	00:18&	00:16&	06:32@	00:16&	01:44&	00:28@	00:13&	00:03#	
20	Olav Habbestad	116										44:14												
01:31+	02:09+	02:56+	04:43+	07:29+	08:52+	16:15+	17:39+	18:06+	19:51+	20:07+	21:21+	21:59+	23:55+	27:06+	28:11+	29:24+	31:04+	35:33+	38:38+	42:50+	43:14+	43:50+	44:14+	
01:31+	00:38+	00:47-	01:47+	02:46+	01:23+	07:23+	01:24+	00:27+	01:45+	00:16-	01:14+	00:38+	01:56+	03:11+	01:05+	01:13+	01:40+	04:29+	03:05+	04:12+	00:24+	00:36+	00:24+	
00:18#	00:03+	00:01-	00:19#	01:41@	00:21&	05:04@	00:17&	00:01+	00:06+	00:02-	00:08#	00:07#	00:06+	02:10@	00:19&	00:19&	00:40&	03:05@	02:12@	02:27@	00:01+	00:03+	00:02+	
21	Ove Vatland	128										48:15												
02:08+	03:06+	04:17+	07:28+	09:17+	11:13+	15:42+	17:59+	18:44+	21:25+	21:51+	23:50+	25:28+	28:40+	33:18+	34:29+	35:58+	37:31+	39:41+	41:26+	46:00+	46:40+	47:36+	48:15+	
02:08+	00:58+	01:11+	03:11+	01:49+	01:56+	04:29+	02:17+	00:45+	02:41+	00:26+	01:59+	01:38+	03:12+	04:38+	01:11+	01:29+	01:33+	02:10+	01:45+	04:34+	00:40+	00:56+	00:39+	
00:55&	00:23&	00:23&	01:43@	00:44&	00:54&	02:10&	01:10@	00:19&	01:02&	00:08&	00:53&	01:07@	01:22&	03:37@	00:25&	00:35&	00:33&	00:46&	00:52&	02:49@	00:17&	00:23&	00:17&	
22	John Abrahamsen	125										48:34												
02:30+	03:10+	04:07+	05:56+	09:09+	10:39+	14:22+	16:00+	16:32+	20:17+	21:07+	21:21+	22:50+	23:28+	25:51+	27:14+	28:30+	29:47+	31:32+	33:33+	35:31+	45:24+	47:13+	48:06+	48:34+
02:30+	00:40+	00:57+	01:49+	03:13+	01:30+	03:43+	01:38+	00:32+	03:45+	00:50+	00:14-	01:29+	00:38-	02:23+	01:23+	01:16+	01:17+	01:45+	02:01+	01:58+	09:53+	01:49+	00:53+	00:28+
01:17@	00:05#	00:09#	00:21#	02:08@	00:28&	01:24&	00:31&	00:06#	02:06@	00:32@	00:52-	00:58@	01:12-	01:22@	00:37&	00:22&	00:17&	00:21#	01:08@	00:13#	09:30@	01:16@	00:31@	00:28+

Beste strekktid for klassen

01:02 00:33 00:43 01:28 01:03 01:02 02:19 01:07 00:24 01:37 00:13 00:14 00:27 00:38 01:01 00:46 00:51 00:54 01:12 00:41 01:42 00:20 00:33 00:21

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

Herrer 70 - 74 år

1	Hermann Skogholm	53										26:09											
01:39=	02:21=	03:19=	05:04=	06:12=	07:23=	09:58=	11:10=	11:38=	13:09=	13:24=	14:26=	14:54=	16:59=	18:10=	18:59=	19:52=	20:55=	22:15=	23:04=	24:45=	25:09=	25:46=	26:09=
01:39=	00:42=	00:58=	01:45=	01:08=	01:11=	02:35=	01:12=	00:28=	01:31=	00:15=	01:02=	00:28=	02:05=	01:11=	00:49=	00:53=	01:03=	01:20=	00:49=	01:41=	00:24=	00:37=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid																				
17	Albert Moe	54	46:58																				
02:43+	03:29+	04:38+	09:42+	11:34+	13:47+	17:48+	20:12+	20:57+	23:24+	23:49+	25:28+	26:17+	29:19+	31:08+	32:34+	34:13+	35:53+	38:28+	40:22+	44:01+	45:30+	46:20+	46:58+
02:43+	00:46+	01:09+	05:04+	01:52+	02:13+	04:01+	02:24+	00:45+	02:27+	00:25+	01:39+	00:49+	03:02+	02:49+	01:26+	01:39+	01:40+	02:35+	01:54+	03:39+	01:29+	00:50+	00:38+
01:04&	00:04+	00:11#	03:19@	00:44&	01:02&	01:26&	01:12&	00:17&	00:56&	00:10&	00:37&	00:21&	00:57&	00:38&	00:37&	00:46&	00:37&	01:15&	01:05@	01:58@	01:05@	00:13&	00:15&
18	Reidar Liland	66	52:13																				
02:49+	04:02+	05:31+	07:37+	09:33+	11:20+	16:10+	18:21+	19:05+	22:46+	23:16+	25:35+	26:29+	31:09+	33:38+	35:25+	37:23+	39:39+	42:31+	44:40+	48:16+	49:17+	51:22+	52:13+
02:49+	01:13+	01:29+	02:06+	01:56+	01:47+	04:50+	02:11+	00:44+	03:41+	00:30+	02:19+	00:54+	04:40+	02:29+	01:47+	01:58+	02:16+	02:52+	02:09+	03:36+	01:01+	02:05+	00:51+
01:10&	00:31&	00:31&	00:21#	00:48&	00:36&	02:15&	00:59&	00:16&	02:10@	00:15&	01:17@	00:26&	02:35@	01:18@	00:58@	01:05@	01:13@	01:32@	01:20@	01:55@	00:37@	01:28@	00:28@
Beste strekktid for klassen																							
01:06	00:37	00:47	01:13	01:08	01:11	02:35	01:12	00:27	01:31	00:13	00:13	00:28	00:29	01:08	00:49	00:50	01:00	01:02	00:49	01:08	00:21	00:27	00:23

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

Herrer 75 - 79 år

1	Knut Skjæveland	93	29:51																						
01:24=	02:11=	02:45=	04:18=	05:13=	06:46=	08:46=	09:51=	10:55=	12:20=	13:18=	14:27=	15:03=	17:16=	18:31=	20:22=	21:38=	23:53=	25:01=	26:25=	28:19=	28:45=	29:23=	29:51=		
01:24=	00:47=	00:34=	01:33=	00:55=	01:33=	02:00=	01:05=	01:04=	01:25=	00:58=	01:09=	00:36=	02:13=	01:15=	01:51=	01:16=	02:15=	01:08=	01:24=	01:54=	00:26=	00:38=	00:28=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	37:04																						
02:03+	02:55+	03:42+	05:26+	07:50+	09:46+	11:45+	12:59+	14:10+	16:05+	17:14+	18:43+	19:33+	22:08+	24:00+	26:25+	27:46+	30:12+	31:29+	33:33+	35:10+	35:57+	36:37+	37:04+		
02:03+	00:52+	00:47+	01:44+	02:24+	01:56+	01:59-	01:14+	01:11+	01:55+	01:09+	01:29+	00:50+	02:35+	01:52+	02:25+	01:21+	02:26+	01:17+	02:04+	01:37-	00:47+	00:40+	00:27-		
00:39&	00:05#	00:13&	00:11#	01:29@	00:23#	00:01-	00:09#	00:07#	00:30&	00:11#	00:20&	00:14&	00:22#	00:37&	00:34&	00:05+	00:11+	00:09#	00:40&	00:17-	00:21&	00:02+	00:01-		
3	Jan Bekkeheien	92	39:37																						
01:22-	02:12+	02:56+	04:57+	05:59+	07:51+	09:36+	10:56+	12:11+	13:43+	14:51+	16:27+	17:11+	19:39+	21:01+	24:25+	25:48+	28:05+	29:31+	34:21+	37:13+	37:54+	39:09+	39:37+		
01:22-	00:50+	00:44+	02:01+	01:02+	01:52+	01:45-	01:20+	01:15+	01:32+	01:08+	01:36+	00:44+	02:28+	01:22+	01:26+	01:23+	02:17+	01:26+	04:50+	02:52+	00:41+	01:15+	00:28=		
00:02-	00:03+	00:10&	00:28&	00:07#	00:19#	00:15-	00:15#	00:11#	00:07+	00:10#	00:27&	00:08#	00:15#	00:07+	01:33&	00:07+	00:02+	00:18&	03:26@	00:58&	00:15&	00:37&	00:00=		
4	Harald Vatne	67	40:54																						
01:39+	02:36+	03:15+	04:49+	05:49+	11:21+	13:39+	15:57+	16:59+	18:26+	19:30+	20:44+	21:27+	24:02+	26:13+	28:12+	29:34+	31:31+	34:15+	36:08+	39:11+	39:49+	40:31+	40:54+		
01:39+	00:57+	00:39+	01:34+	01:00+	05:32+	02:18+	02:18+	01:02-	01:27+	01:04+	01:14+	00:43+	02:35+	02:11+	01:59+	01:22+	01:57-	02:44+	01:53+	03:03+	00:38+	00:42+	00:23-		
00:15#	00:10#	00:05#	00:01+	00:05+	03:59@	00:18#	01:13@	00:02-	00:02+	00:06#	00:05+	00:07#	00:22#	00:56&	00:08+	00:06+	00:18-	01:36@	00:29&	01:09&	00:12&	00:04#	00:05-		
5	Bjarne Edland	92	41:13																						
02:24+	03:33+	04:19+	06:23+	07:30+	09:23+	10:56+	12:43+	14:04+	16:15+	17:33+	19:19+	20:51+	23:20+	25:05+	27:36+	29:42+	32:30+	33:57+	36:08+	38:52+	39:14+	40:46+	41:13+		
02:24+	01:09+	00:46+	02:04+	01:07+	01:53+	01:33-	01:47+	01:21+	02:11+	01:18+	01:46+	01:32+	02:29+	01:45+	02:31+	02:06+	02:48+	01:27+	02:11+	02:44+	00:22-	01:32+	00:27-		
01:00&	00:22&	00:12&	00:31&	00:12#	00:20#	00:27-	00:42&	00:17&	00:46&	00:20&	00:37&	00:56@	00:16#	00:30&	00:40&	00:50&	00:33#	00:19&	00:47&	00:50&	00:04-	00:54@	00:01-		
6	Kjell Maudal	63	41:27																						
01:47+	03:05+	03:51+	06:07+	07:36+	11:01+	12:37+	14:06+	14:59+	16:34+	17:57+	19:44+	20:33+	23:28+	26:06+	28:41+	31:40+	33:43+	35:23+	37:10+	39:42+	40:12+	40:58+	41:27+		
01:47+	01:18+	00:46+	02:16+	01:29+	03:25+	01:36-	01:29+	00:53-	01:35+	01:23+	01:47+	00:49+	02:55+	02:38+	02:35+	02:59+	02:03-	01:40+	01:47+	02:32+	00:30+	00:46+	00:29+		
00:23&	00:31&	00:12&	00:43&	00:34&	01:52@	00:24-	00:24&	00:11-	00:10#	00:25&	00:38&	00:13&	00:42&	01:23@	00:44&	01:43@	00:12-	00:32&	00:23&	00:38&	00:04#	00:08#	00:01+		
7	Magne Jakobsen	63	41:49																						
02:37+	03:56+	04:42+	06:18+	07:18+	09:02+	10:48+	12:20+	13:34+	15:15+	16:25+	18:22+	19:02+	21:49+	24:04+	26:08+	27:42+	31:50+	33:05+	35:42+	39:29+	40:28+	41:20+	41:49+		
02:37+	01:19+	00:46+	01:36+	01:00+	01:44+	01:46-	01:32+	01:14+	01:41+	01:10+	01:57+	00:40+	02:47+	02:15+	02:04+	01:34+	04:08+	01:15+	02:37+	03:47+	00:59+	00:52+	00:29+		
01:13&	00:32&	00:12&	00:03+	00:05+	00:11#	00:14-	00:27&	00:10#	00:16#	00:12#	00:48&	00:04#	00:34&	01:00&	00:13#	00:18#	01:53&	00:07#	01:13&	01:53&	00:33@	00:14&	00:01+		
8	Torleiv Møgedal	68	46:36																						
01:56+	03:03+	03:47+	07:03+	08:38+	14:13+	15:41+	17:09+	18:33+	21:02+	22:25+	24:36+	25:17+	28:31+	30:45+	33:29+	35:08+	37:58+	39:29+	41:59+	44:09+	44:57+	46:05+	46:36+		
01:56+	01:07+	00:44+	03:16+	01:35+	05:35+	01:28-	01:28+	01:24+	02:29+	01:23+	02:11+	00:41+	03:14+	02:14+	02:44+	01:39+	02:50+	01:31+	02:30+	02:10+	00:48+	01:08+	00:31+		
00:32&	00:20&	00:10&	01:43@	00:40&	04:02@	00:32-	00:23&	00:20&	01:04&	00:25&	01:02&	00:05#	01:01&	00:59&	00:53&	00:23&	00:35&	00:23&	01:06&	00:16#	00:22&	00:30&	00:03#		
9	Alf Gyland	92	47:18																						
01:35+	02:32+	03:18+	05:34+	06:32+	11:01+	12:58+	16:19+	17:44+	19:13+	20:29+	21:48+	22:26+	25:06+	26:40+	28:41+	30:03+	37:21+	38:52+	43:10+	45:13+	45:53+	46:43+	47:18+		
01:35+	00:57+	00:46+	02:16+	00:58+	04:29+	01:57-	03:21+	01:25+	01:29+	01:16+	01:19+	00:38+	02:40+	01:34+	02:01+	01:22+	07:18+	01:31+	04:18+	02:03+	00:14+	00:50+	00:35+		
00:11#	00:10#	00:12&	00:43&	00:03+	02:56@	00:03-	02:16@	00:21&	00:04+	00:18&	00:10#	00:02+	00:27#	00:19&	00:10+	00:06+	05:03@	00:23&	02:54@	00:09+	00:40+	00:12&	00:07#		
10	Øystein Nilsen	57	52:55																						
03:08+	04:09+	04:56+	06:49+	08:13+	15:05+	16:58+	20:44+	21:59+	24:07+	25:42+	28:03+	28:55+	32:15+	34:28+	37:44+	41:26+	43:57+	46:02+	47:54+	50:12+	51:05+	52:15+	52:55+		
03:08+	01:01+	00:47+	01:53+	01:24+	06:52+	01:53-	03:46+	01:15+	02:08+	01:35+	02:21+	00:52+	03:20+	02:13+	03:16+	03:42+	02:31+	02:05+	01:52+	02:18+	00:53+	01:10+	00:40+		
01:44@	00:14&	00:13&	00:20#	00:29&	05:19@	00:07-	02:41@	00:11#	00:43&	00:37&	01:12@	00:16&	01:07&	00:58&	01:25&	02:26@	00:16#	00:57&	00:28&	00:24#	00:27@	00:32&	00:12&		
11	Harald I. Serigstad	68	1:00:57																						
01:59+	03:10+	04:01+	06:12+	07:29+	13:00+	14:25+	16:09+	21:37+	26:53+	28:29+	31:16+	32:24+	34:25+	35:19+	38:33+	41:52+	44:28+	46:04+	48:59+	51:09+	57:07+	58:50+	59:31+	60:24+	60:57+
01:59+	01:11+	00:51+	02:11+	01:17+	05:31+	01:25-	01:44+	05:28+	05:16+	01:36+	02:47+	01:08+	02:01-	00:54+	03:14+	03:19+	02:36+	01:36+	02:55+	02:10+	05:58+	01:43+	00:41+	00:53+	00:33+
00:35&	00:24&	00:17&	00:38&	00:22&	03:58@	00:35-	00:39&	04:24@	03:51@	00:38&	01:38@	00:32&	00:12-	00:21-	01:23&	02:03@	00:21#	00:28&	01:31@	00:16#	05:32@	01:05@	00:13&	00:53+	00:33+

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:22 00:47 00:34 01:33 00:55 01:33 01:25 01:05 00:53 01:25 00:58 01:09 00:36 02:01 00:54 01:51 01:16 01:57 01:08 01:24 01:37 00:22 00:38 00:23

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

Herrer 80 år og eldre

1 Sigurd Krosli

31

29:36

01:35= 03:53= 05:25= 06:25= 07:40= 09:07= 10:15= 10:41= 13:49= 14:46= 17:29= 20:41= 22:12= 23:16= 25:06= 27:02= 28:10= 29:05= 29:36=
 01:35= 02:18= 01:32= 01:00= 01:15= 01:27= 01:08= 00:26= 03:08= 00:57= 02:43= 03:12= 01:31= 01:04= 01:50= 01:56= 01:08= 00:55= 00:31=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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 Peter Frafjord

116

36:42

03:33+ 05:48+ 07:16+ 08:13+ 09:47+ 11:18+ 12:30+ 13:10+ 16:24+ 21:04+ 23:31+ 25:23+ 26:54+ 27:58+ 31:07+ 33:45+ 35:02+ 36:06+ 36:42+
 03:33+ 02:15- 01:28- 00:57- 01:34+ 01:31+ 01:12+ 00:40+ 03:14+ 04:40+ 02:27- 01:52- 01:31= 01:04= 03:09+ 02:38+ 01:17+ 01:04+ 00:36+
 01:58@ 00:03- 00:04- 00:03- 00:19& 00:04+ 00:04+ 00:14& 00:06+ 03:43@ 00:16- 01:20- 00:00= 00:00= 01:19& 00:42& 00:09# 00:09# 00:05#

Beste strekktid for klassen

01:35 02:15 01:28 00:57 01:15 01:27 01:08 00:26 03:08 00:57 02:27 01:52 01:31 01:04 01:50 01:56 01:08 00:55 00:31

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

Herrer A

1 Bjarthe Westerheim

194

23:12

00:47= 02:01= 02:51= 03:31= 04:20= 05:10= 05:58= 07:58= 08:45= 09:12= 09:40= 10:51= 11:01= 11:47= 12:15= 13:38= 14:59= 15:26= 15:55= 16:13= 16:43= 18:01= 19:44= 20:14= 20:52= 21:52=
 00:47= 01:14= 00:50= 00:40= 00:49= 00:50= 00:48= 02:00= 00:47= 00:27= 00:28= 01:11= 00:10= 00:46= 00:28= 01:23= 01:21= 00:27= 00:29= 00:18= 00:30= 01:18= 01:43= 00:30= 00:38= 01:00=
 00:00=
 22:21= 22:57= 23:12=
 00:29= 00:36= 00:15=
 00:00= 00:00= 00:00=

2 Kristian Haarr

27

23:57

01:02+ 02:21+ 03:17+ 03:57+ 04:43+ 05:28+ 06:24+ 08:50+ 09:36+ 10:08+ 10:39+ 11:57+ 12:08+ 12:57+ 13:20+ 14:55+ 16:27+ 16:55+ 17:33+ 17:58+ 18:40+ 20:18+ 20:48+ 21:32+ 22:30+ 23:00+
 01:02+ 01:19+ 00:56+ 00:40= 00:46- 00:45- 00:56+ 02:26+ 00:46- 00:32+ 00:31+ 01:18+ 12:08+ 12:57+ 13:20+ 14:55+ 16:27+ 16:55+ 17:33+ 17:58+ 18:40+ 20:18+ 20:48+ 21:32+ 22:30+ 23:00+
 00:15& 00:05+ 00:06# 00:00= 00:03- 00:05- 00:08# 00:26# 00:01- 00:05# 00:03# 00:07+ 00:01# 00:03+ 00:05- 00:12# 00:11# 00:01+ 00:09& 00:07& 00:12& 00:20& 01:13- 00:14& 00:20& 00:30-
 23:38+ 23:57+
 00:38+ 00:19-
 00:09& 00:17-

3 Aart Joakim in't Veld

93

24:08

00:56+ 02:15+ 03:07+ 03:46+ 04:30+ 05:13+ 06:04+ 08:55+ 09:41+ 10:12+ 10:44+ 12:04+ 12:14+ 13:04+ 13:27+ 15:01+ 16:28+ 16:55+ 17:25+ 18:00+ 18:36+ 20:00+ 20:31+ 21:14+ 22:45+ 23:13+
 00:56+ 01:19+ 00:52+ 00:39- 00:44- 00:43- 00:51+ 02:51+ 00:46- 00:31+ 00:32+ 01:20+ 00:10= 00:50+ 00:23- 01:34+ 01:27+ 00:27= 00:30+ 00:35+ 00:36+ 01:24+ 00:31- 00:43+ 01:31+ 00:28-
 00:09# 00:05+ 00:02+ 00:01- 00:05- 00:07- 00:03+ 00:51& 00:01- 00:04# 00:04# 00:09# 00:00= 00:04+ 00:05- 00:11# 00:06+ 00:00= 00:01+ 00:17& 00:06# 00:06+ 01:12- 00:13& 00:53@ 00:32-
 23:49+ 24:08+
 00:36+ 00:19-
 00:07# 00:17-

4 Fredrik Sandal

88

24:24

01:12+ 02:37+ 03:38+ 04:22+ 05:10+ 06:08+ 07:03+ 09:17+ 10:08+ 10:43+ 11:16+ 12:35+ 12:46+ 13:38+ 14:02+ 15:40+ 17:27+ 17:55+ 18:26+ 18:48+ 19:22+ 20:34+ 21:05+ 21:51+ 22:55+ 23:21+
 01:12+ 01:25+ 01:01+ 00:44+ 00:48- 00:58+ 00:55+ 02:14+ 00:51+ 00:35+ 00:33+ 01:19+ 00:11+ 00:52+ 00:24- 01:38+ 01:47+ 00:28+ 00:31+ 00:22+ 00:34+ 01:12- 00:31- 00:46+ 01:04+ 00:26-
 00:25& 00:11# 00:11# 00:04# 00:01- 00:08# 00:07# 00:14# 00:04+ 00:08& 00:05# 00:08# 00:01# 00:06# 00:04- 00:15# 00:26& 00:01+ 00:02+ 00:04# 00:04# 00:06- 01:12- 00:16& 00:26& 00:34-
 24:03+ 24:24+
 00:42+ 00:21-
 00:13& 00:15-

5 Tor Gunnar Aksland

116

25:41

00:46- 02:01= 02:55+ 03:36+ 04:24+ 05:12+ 06:03+ 08:46+ 09:31+ 10:01+ 10:33+ 12:30+ 12:40+ 13:29+ 13:49+ 15:17+ 16:47+ 17:20+ 17:52+ 18:14+ 18:50+ 20:37+ 21:10+ 22:04+ 23:07+ 24:44+
 00:46- 01:15+ 00:54+ 00:41+ 00:48- 00:48- 00:51+ 02:43+ 00:45- 00:30+ 00:32+ 01:57+ 00:10= 00:49+ 00:20- 01:28+ 01:30+ 00:33+ 00:32+ 00:22+ 00:36+ 01:47+ 00:33- 00:54+ 01:03+ 01:37+
 00:01- 00:01+ 00:04+ 00:01+ 00:01- 00:02- 00:03+ 00:43& 00:02- 00:03# 00:04# 00:46& 00:00= 00:03+ 00:08- 00:05+ 00:09# 00:06# 00:03# 00:04# 00:06# 00:29& 01:10- 00:24& 00:25& 00:37&
 25:24+ 25:41+
 00:40+ 00:17-
 00:11& 00:19-

Class	Navn	Klasse	Tid																						
6	Torbjørn Brandsæter	115	26:12																						
01:04+	02:19+	03:12+	03:54+	04:39+	05:32+	06:21+	08:44+	09:30+	10:00+	10:27+	12:23+	12:37+	13:23+	13:55+	15:28+	16:59+	17:23+	18:10+	18:33+	19:08+	21:50+	22:26+	23:15+	24:41+	25:13+
01:04+	01:15+	00:53+	00:42+	00:45-	00:53+	00:49+	00:42+	00:46-	00:30+	00:27-	01:56+	00:14+	00:46=	00:32+	01:33+	01:31+	00:24-	00:47+	00:23+	00:35+	02:42+	00:36-	00:49+	01:26+	00:32-
00:17&	00:01+	00:03+	00:02+	00:04-	00:03+	00:01+	00:23#	00:01-	00:03#	00:01-	00:45&	00:04&	00:00=	00:04#	00:10#	00:10#	00:03-	00:18&	00:05&	00:05#	01:24@	01:07-	00:19&	00:48@	00:28-
25:54+	26:12+																								
00:41+	00:18-																								
00:12&	00:18-																								
7	Kristian Nygård Holtan	116	27:07																						
00:50+	02:11+	03:49+	04:47+	05:35+	06:26+	07:29+	09:48+	10:35+	11:07+	11:38+	12:55+	13:07+	14:02+	14:39+	16:20+	18:06+	18:35+	19:11+	19:42+	20:15+	21:53+	22:33+	23:22+	25:41+	26:13+
00:50+	01:21+	01:38+	00:58+	00:48-	00:51+	01:03+	02:19+	00:47=	00:32+	00:31+	01:17+	00:12+	00:55+	00:37+	01:41+	01:46+	00:29+	00:36+	00:31+	00:33+	01:38+	00:40-	00:49+	02:19+	00:32-
00:03+	00:07+	00:48&	00:18&	00:01-	00:01+	00:15&	00:19#	00:00=	00:05#	00:03#	00:06+	00:02#	00:09#	00:09&	00:18#	00:25&	00:02+	00:07#	00:13&	00:03#	00:20&	01:03-	00:19&	01:41@	00:28-
26:49+	27:07+																								
00:36+	00:18-																								
00:07#	00:18-																								
8	Joar Fuglestad	116	28:23																						
01:35+	03:07+	04:06+	04:57+	05:59+	07:01+	08:05+	10:45+	11:34+	12:04+	12:33+	14:27+	14:39+	15:30+	15:59+	17:34+	19:02+	19:27+	20:20+	20:39+	21:14+	24:01+	24:32+	25:16+	26:49+	27:19+
01:35+	01:32+	00:59+	00:51+	01:02+	01:02+	01:04+	02:40+	00:49+	00:30+	00:29+	01:54+	00:12+	00:51+	00:29+	01:35+	01:28+	00:25-	00:53+	00:19+	00:35+	02:47+	00:31-	00:44+	01:33+	00:30-
00:48@	00:18#	00:09#	00:11&	00:13&	00:12#	00:16&	00:40&	00:02+	00:03#	00:01+	00:43&	00:02#	00:05#	00:01+	00:12#	00:07+	00:02-	00:24&	00:01+	00:05#	01:29@	01:12-	00:14&	00:55@	00:30-
28:06+	28:23+																								
00:47+	00:17-																								
00:18&	00:19-																								
9	Martin Blystad	115	30:33																						
01:15+	02:50+	03:55+	04:45+	05:44+	06:45+	07:43+	10:33+	11:35+	12:12+	12:49+	14:19+	14:35+	15:37+	16:06+	17:58+	19:51+	20:23+	21:04+	22:56+	23:39+	25:28+	26:14+	27:15+	28:39+	29:29+
01:15+	01:35+	01:05+	00:50+	00:59+	01:01+	00:58+	02:50+	01:02+	00:37+	00:37+	01:30+	00:16+	01:02+	00:29+	01:52+	01:53+	00:32+	00:41+	01:52+	00:43+	01:49+	00:46-	01:01+	01:24+	00:50-
00:28&	00:21&	00:15&	00:10#	00:10#	00:11#	00:10#	00:50&	00:15&	00:10&	00:09&	00:19&	00:06&	00:16&	00:01+	00:29&	00:32&	00:05#	00:12&	01:34@	00:13&	00:31&	00:57-	00:31@	00:46@	00:10-
30:12+	30:33+																								
00:43+	00:21-																								
00:14&	00:15-																								
10	Hans Bø	66	41:14																						
03:55+	05:41+	07:11+	08:08+	09:12+	10:12+	11:31+	14:30+	15:38+	16:36+	17:24+	19:11+	19:34+	20:47+	21:18+	23:16+	25:11+	25:54+	26:35+	27:09+	28:05+	34:18+	34:52+	36:19+	38:41+	39:39+
03:55+	01:46+	01:30+	00:57+	01:04+	01:00+	01:19+	02:59+	01:08+	00:58+	00:48+	01:47+	00:23+	01:13+	00:31+	01:58+	01:55+	00:43+	00:41+	00:34+	00:56+	06:13+	00:34-	01:27+	02:22+	00:58-
03:08@	00:32&	00:40&	00:17&	00:15&	00:10#	00:31&	00:59&	00:21&	00:31@	00:20&	00:36&	00:13@	00:27&	00:03#	00:35&	00:34&	00:16&	00:12&	00:16&	00:26&	04:55@	01:09-	00:57@	01:44@	00:02-
40:47+	41:14+																								
01:08+	00:27-																								
00:39@	00:09-																								

Beste strekktid for klassen

00:46 01:14 00:50 00:39 00:44 00:43 00:48 02:00 00:45 00:27 00:27 01:11 00:10 00:46 00:20 01:23 01:21 00:24 00:29 00:18 00:30 01:12 00:30 00:30 00:38 00:26 00:29 00:30

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

Herrer B

1	Lars Drage	230	23:47																						
00:51=	02:12=	03:23=	04:04=	04:50=	05:41=	06:31=	08:52=	09:37=	10:10=	10:40=	11:58=	12:09=	12:57=	13:20=	14:50=	16:19=	16:49=	17:29=	17:50=	18:24=	19:48=	20:22=	21:05=	22:23=	22:50=
00:51=	01:21=	01:11=	00:41=	00:46=	00:51=	00:50=	02:21=	00:45=	00:33=	00:30=	01:18=	00:11=	00:48=	00:23=	01:30=	01:29=	00:30=	00:40=	00:21=	00:34=	01:24=	00:34=	00:43=	01:18=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
23:28=	23:47=																								
00:38=	00:19=																								
00:00=	00:00=																								
2	Morten Aamodt	116	25:00																						
01:08+	02:38+	03:35+	04:20+	05:05+	05:54+	06:50+	09:33+	10:25+	10:57+	11:30+	12:48+	13:01+	13:55+	14:17+	15:54+	17:22+	17:50+	18:22+	18:43+	19:19+	20:46+	21:21+	22:06+	23:24+	23:59+
01:08+	01:30+	00:57-	00:45+	00:45-	00:54+	00:56+	02:43+	00:52+	00:32-	00:33+	01:18=	00:13+	00:54+	00:22-	01:37+	01:28-	00:28-	00:32-	00:21=	00:36+	01:27+	00:35+	00:45+	01:18=	00:35+
00:17&	00:09#	00:14-	00:04+	00:01-	00:02-	00:06#	00:22#	00:07#	00:01-	00:03#	00:00=	00:02#	00:06#	00:01-	00:07+	00:01-	00:02-	00:08-	00:00=	00:02+	00:03+	00:01+	00:02+	00:00=	00:08&
24:39+	25:00+																								
00:40+	00:21+																								
00:02+	00:02#																								
3	Per Olav Haarr	62	25:44																						
00:55+	02:20+	03:18-	04:02-	04:49-	05:37-	06:31=	08:55+	09:45+	10:19+	10:52+	12:13+	12:24+	13:15+	13:59+	15:42+	17:22+	17:58+	18:33+	18:56+	19:34+	21:21+	22:04+	22:57+	24:09+	24:41+
00:55+	01:25+	00:58-	00:44+	00:47+	00:48-	00:54+	02:24+	00:50+	00:34+	00:33+	01:21+	00:11=	00:51+	00:44+	01:43+	01:40+	00:36+	00:35-	00:23+	00:38+	01:47+	00:43+	00:53+	01:12-	00:32+
00:04+	00:04+	00:13-	00:03+	00:01+	00:03-	00:04+	00:03+	00:05#	00:01+	00:03#	00:03+	00:00=	00:03+	00:21&	00:13#	00:11#	00:06#	00:05-	00:02+	00:04#	00:23&	00:09&	00:10#	00:06-	00:05#
25:23+	25:44+																								
00:42+	00:21+																								
00:04#	00:02#																								

Pluss	Navn	Klasse	Tid																						
13	Terje Michaelsen	47	30:02																						
01:06+	02:36+	03:30+	04:10+	05:14+	05:59+	06:51+	09:31+	10:18+	10:48+	11:22+	12:40+	12:51+	13:41+	14:04+	15:39+	17:55+	18:40+	19:22+	19:41+	20:15+	24:10+	24:57+	25:24+	26:07+	28:35+
01:06+	01:30+	00:54-	00:40-	01:04+	00:45-	00:52+	02:40+	00:47+	00:30-	00:34+	01:18=	00:11=	00:50+	00:23=	01:35+	02:16+	00:45+	00:42+	00:19-	00:34=	03:55+	00:47+	00:27-	00:43-	02:28+
00:15&	00:09#	00:17-	00:01-	00:18&	00:06-	00:02+	00:19#	00:02+	00:03-	00:04#	00:00=	00:00=	00:02+	00:00=	00:05+	00:47&	00:15&	00:02+	00:02-	00:00=	02:31@	00:13&	00:16-	00:35-	02:01@
29:06+	29:44+	30:02+																							
00:31-	00:38+	00:18+																							
00:07-	00:19&	00:18+																							

14	Leif Kjetil Hinna Gausel	116	30:39																						
01:18+	02:51+	04:08+	05:17+	06:21+	07:19+	08:21+	11:09+	12:22+	13:03+	13:41+	15:18+	15:33+	16:38+	17:14+	19:06+	21:23+	21:55+	22:50+	23:16+	23:53+	25:45+	26:28+	27:30+	28:55+	29:36+
01:18+	01:33+	01:17+	01:09+	01:04+	00:58+	01:02+	02:48+	01:13+	00:41+	00:38+	01:37+	00:15+	01:05+	00:36+	01:52+	02:17+	00:32+	00:55+	00:26+	00:37+	01:52+	00:43+	01:02+	01:25+	00:41+
00:27&	00:12#	00:06+	00:28&	00:18&	00:07#	00:12#	00:27#	00:28&	00:08#	00:08&	00:19#	00:04&	00:17&	00:13&	00:22#	00:48&	00:02+	00:15&	00:05#	00:03+	00:28&	00:09&	00:19&	00:07+	00:14&
30:19+	30:39+																								
00:43+	00:20+																								
00:05#	00:01+																								

15	Espen Fyhn Nilsen	116	31:14																						
01:06+	02:41+	04:06+	04:54+	05:47+	06:58+	08:10+	10:54+	11:55+	12:36+	13:16+	14:47+	15:01+	16:01+	16:31+	18:41+	20:45+	21:22+	22:13+	22:42+	23:29+	25:56+	26:41+	27:57+	29:20+	30:08+
01:06+	01:35+	01:25+	00:48+	00:53+	01:11+	01:12+	02:44+	01:01+	00:41+	00:40+	01:31+	00:14+	01:00+	00:30+	02:10+	02:04+	00:37+	00:51+	00:29+	00:47+	02:27+	00:45+	01:16+	01:23+	00:48+
00:15&	00:14#	00:14#	00:07#	00:07#	00:20&	00:22&	00:23#	00:16&	00:08#	00:10&	00:13#	00:03&	00:12#	00:07&	00:40&	00:35&	00:07#	00:11&	00:08&	00:13&	01:03&	00:11&	00:33&	00:05+	00:21&
30:53+	31:14+																								
00:45+	00:21+																								
00:07#	00:02#																								

16	Bjørn Serck-Hanssen	91	34:11																						
01:13+	02:41+	03:41+	04:31+	05:26+	06:28+	07:27+	10:09+	11:11+	11:49+	12:22+	13:53+	14:07+	15:07+	15:45+	17:29+	19:12+	19:44+	20:29+	20:52+	21:35+	29:29+	30:06+	30:52+	32:16+	32:57+
01:13+	01:28+	01:00-	00:50+	00:55+	01:02+	00:59+	02:42+	01:02+	00:38+	00:33+	01:31+	00:14+	01:00+	00:38+	01:44+	01:43+	00:32+	00:45+	00:23+	00:43+	07:54+	00:37+	00:46+	01:24+	00:41+
00:22&	00:07+	00:11-	00:09#	00:09#	00:11#	00:09#	00:21#	00:17&	00:05#	00:03#	00:13#	00:03&	00:12#	00:15&	00:14#	00:14#	00:02+	00:05#	00:02+	00:09&	06:30@	00:03+	00:03+	00:06+	00:14&
33:49+	34:11+																								
00:52+	00:22+																								
00:14&	00:03#																								

Beste strekktid for klassen

00:51	01:17	00:53	00:40	00:45	00:45	00:50	02:08	00:45	00:30	00:30	01:15	00:11	00:48	00:22	01:30	01:28	00:28	00:32	00:19	00:34	01:24	00:33	00:27	00:43	00:26	00:31	00:00
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer C

1	Arne Kristian Espedal	68	24:20																						
00:43=	01:30=	02:41=	03:07=	04:04=	05:00=	05:54=	06:30=	08:15=	08:41=	09:40=	10:04=	11:36=	11:50=	12:43=	13:06=	14:47=	15:16=	16:56=	17:15=	18:01=	18:41=	19:49=	20:59=	21:43=	22:29=
00:43=	00:47=	01:11=	00:26=	00:57=	00:56=	00:54=	00:36=	01:45=	00:26=	00:59=	00:24=	01:32=	00:14=	00:53=	00:23=	01:41=	00:29=	01:40=	00:19=	00:46=	00:40=	01:08=	01:10=	00:44=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
23:10=	23:58=	24:20=																							
00:41=	00:48=	00:22=																							
00:00=	00:00=	00:00=																							

2	Trond Nilsen Lamark	114	24:24																						
00:49+	01:40+	02:54+	03:22+	04:14+	05:13+	06:13+	06:52+	08:40+	09:08+	10:08+	10:31+	11:57+	12:09+	13:01+	13:26+	15:14+	15:45+	17:13+	17:35+	18:25+	19:15+	19:43-	20:48-	21:36-	22:28-
00:49+	00:51+	01:14+	00:28+	00:52-	00:59+	01:00+	00:39+	01:48+	00:28+	01:00+	00:23-	01:26-	00:12-	00:52-	00:25+	01:48+	00:31+	01:28-	00:22+	00:50+	00:50+	00:28-	01:05-	00:48+	00:52+
00:06#	00:04+	00:03+	00:02+	00:05-	00:03+	00:06#	00:03+	00:03+	00:02+	00:01+	00:01-	00:06-	00:02-	00:01-	00:02+	00:07+	00:02+	00:12-	00:03#	00:04+	00:10#	00:40-	00:05-	00:04+	00:06#
23:15+	24:01+	24:24+																							
00:47+	00:46-	00:23+																							
00:06#	00:02-	00:01+																							

3	Jan Einar Øvremo	50	24:50																						
00:42-	01:28-	02:52+	03:21+	04:13+	05:08+	06:09+	06:54+	08:46+	09:12+	10:16+	10:39+	12:03+	12:15+	13:13+	13:39+	15:27+	16:03+	17:34+	17:55+	18:44+	19:34+	20:19+	21:25+	22:11+	23:07+
00:42-	00:46-	01:24+	00:29+	00:52-	00:55-	01:01+	00:45+	01:52+	00:26=	01:04+	00:23-	01:24-	00:12-	00:58+	00:26+	01:48+	00:36+	01:31-	00:21+	00:49+	00:50+	00:45-	01:06-	00:46+	00:56+
00:01-	00:01-	00:13#	00:03#	00:05-	00:01-	00:07#	00:09#	00:07+	00:00=	00:05+	00:01-	00:08-	00:02-	00:05+	00:03#	00:07+	00:07#	00:09-	00:02#	00:03+	00:10#	00:23-	00:04-	00:02+	00:10#
23:51+	24:31+	24:50+																							
00:44+	00:40-	00:19-																							
00:03+	00:08-	00:03-																							

4	Paul Terje Haarr	62	25:11																						
00:46+	01:37+	03:17+	03:45+	04:39+	05:35+	06:33+	07:16+	09:04+	09:34+	10:33+	10:58+	12:24+	12:35+	13:38+	14:02+	15:47+	16:15+	17:50+	18:12+	19:02+	19:52+	20:26+	21:33+	22:20+	23:22+
00:46+	00:51+	01:40+	00:28+	00:54-	00:56=	00:58+	00:43+	01:48+	00:30+	00:59=	00:25+	01:26-	00:11-	01:03+	00:24+	01:45+	00:28-	01:35-	00:22+	00:50+	00:50+	00:34-	01:07-	00:47+	01:02+
00:03+	00:04+	00:29&	00:02+	00:03-	00:00=	00:04+	00:07#	00:03+	00:04#	00:00=	00:01+	00:06-	00:03-	00:10#	00:01+	00:04+	00:01-	00:05-	00:03#	00:04+	00:10#	00:34-	00:03-	00:03+	00:16&
24:04+	24:49+	25:11+																							
00:42+	00:45-	00:22=																							
00:01+	00:03-	00:00=																							

Class	Navn	Klasse	Tid
5	Kjetil Wirak	114	25:58
00:45+	01:36+	02:51+	03:18+
00:45+	00:51+	01:15+	00:27+
00:02+	00:04+	00:04+	00:01+
24:13+	24:59+	25:38+	25:58+
00:40-	00:46-	00:39+	00:20+
00:01-	00:02-	00:17&	00:20+
6	Rune Karstensen	37	26:30
00:49+	01:48+	03:06+	04:32+
00:49+	00:59+	01:18+	00:28+
00:06#	00:12&	00:07+	00:02+
25:26+	26:10+	26:30+	
00:43+	00:44-	00:20-	
00:02+	00:04-	00:02-	
7	Nils John Vestøl	83	26:45
00:49+	01:48+	03:03+	03:34+
00:49+	00:59+	01:15+	00:31+
00:06#	00:12&	00:04+	00:05#
25:40+	26:27+	26:45+	
00:42+	00:47-	00:18-	
00:01+	00:01-	00:04-	
8	Geir Bjaanes	116	27:06
00:41-	01:32+	02:50+	03:20+
00:41-	00:51+	01:18+	00:30+
00:02-	00:04+	00:07+	00:04#
26:03+	26:48+	27:06+	
00:45+	00:45-	00:18-	
00:04+	00:03-	00:04-	
9	Øystein Huglen	27	27:57
00:55+	01:52+	03:18+	03:52+
00:55+	00:57+	01:26+	00:34+
00:12&	00:10#	00:15#	00:08&
26:57+	27:38+	27:57+	
00:54+	00:41-	00:19-	
00:13&	00:07-	00:03-	
10	Sturle Omdal	116	29:54
00:55+	01:53+	03:29+	04:00+
00:55+	00:58+	01:36+	00:31+
00:12&	00:11#	00:25&	00:05#
28:45+	29:34+	29:54+	
00:44+	00:49+	00:20-	
00:03+	00:01+	00:02-	
11	Otto Alsnes	50	31:08
00:57+	02:00+	03:52+	04:28+
00:57+	01:03+	01:52+	00:36+
00:14&	00:16&	00:41&	00:10&
28:56+	29:48+	30:42+	31:08+
00:59+	00:52+	00:54+	00:26+
00:18&	00:04+	00:32@	00:26+
12	Pål H. Gjerden	116	33:13
00:56+	01:51+	03:13+	03:44+
00:56+	00:55+	01:22+	00:31+
00:13&	00:08#	00:11#	00:05#
31:54+	32:46+	33:13+	
01:01+	00:52+	00:27+	
00:20&	00:04+	00:05#	
13	Sverre Espedal-Selvåg	116	33:19
00:57+	01:57+	04:28+	05:00+
00:57+	01:00+	02:31+	00:32+
00:14&	00:13&	01:20@	00:06#
31:45+	32:50+	33:19+	
01:01+	01:05+	00:29+	
00:20&	00:17&	00:07&	

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

00:41 00:46 01:11 00:26 00:50 00:50 00:51 00:36 01:44 00:26 00:29 00:22 00:30 00:11 00:17 00:23 00:30 00:27 00:36 00:19 00:23 00:40 00:28 00:36 00:44 00:41 00:40

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

Herrer Ny

1 Pætur Danielsen

116

21:27

02:25= 04:04= 05:29= 06:44= 07:39= 08:42= 09:07= 09:55= 10:58= 11:40= 13:24= 14:54= 15:54= 17:11= 19:16= 19:50= 20:57= 21:27=
 02:25= 01:39= 01:25= 01:15= 00:55= 01:03= 00:25= 00:48= 01:03= 00:42= 01:44= 01:30= 01:00= 01:17= 02:05= 00:34= 01:07= 00:30=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Håvard Jektnes

111

25:32

01:46- 04:28+ 06:08+ 07:52+ 09:03+ 10:14+ 10:44+ 11:45+ 13:21+ 14:25+ 16:25+ 18:35+ 19:46+ 21:15+ 23:08+ 23:34+ 24:44+ 25:32+
 01:46- 02:42+ 01:40+ 01:44+ 01:11+ 01:11+ 00:30+ 01:01+ 01:36+ 01:04+ 02:00+ 02:10+ 01:11+ 01:29+ 01:53- 00:26- 01:10+ 00:48+
 00:39- 01:03& 00:15# 00:29& 00:16& 00:08# 00:05# 00:13& 00:33& 00:22& 00:16# 00:40& 00:11# 00:12# 00:12- 00:08- 00:03+ 00:18&

3 Sverre Uhlving

105

31:33

01:52- 03:36- 05:00- 06:49+ 07:48+ 08:58+ 09:23+ 10:15+ 11:23+ 14:20+ 15:52+ 17:27+ 18:36+ 20:09+ 29:26+ 29:55+ 31:00+ 31:33+
 01:52- 01:44+ 01:24- 01:49+ 00:59+ 01:10+ 00:25= 00:52+ 01:08+ 02:57+ 01:32- 01:35+ 01:09+ 01:33+ 09:17+ 00:29- 01:05- 00:33+
 00:33- 00:05+ 00:01- 00:34& 00:04+ 00:07# 00:00= 00:04+ 00:05+ 02:15@ 00:12- 00:05+ 00:09# 00:16# 07:12@ 00:05- 00:02- 00:03#

Beste strekktid for klassen

01:46 01:39 01:24 01:15 00:55 01:03 00:25 00:48 01:03 00:42 01:32 01:30 01:00 01:17 01:53 00:26 01:05 00:30

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

Herrer Trim

1 Stig Erlend Ollestad

51

16:02

00:49= 01:53= 03:07= 03:39= 04:34= 05:21= 06:59= 07:10= 08:52= 09:22= 10:46= 11:27= 12:18= 12:54= 13:37= 14:32= 15:10= 15:43= 16:02=
 00:49= 01:04= 01:14= 00:32= 00:55= 00:47= 01:38= 00:11= 01:42= 00:30= 01:24= 00:41= 00:51= 00:36= 00:43= 00:55= 00:38= 00:33= 00:19=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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 Morten Moss

109

17:28

00:55+ 02:18+ 02:55- 03:33- 04:31- 05:23+ 06:02- 06:19- 08:13- 08:47- 10:09- 10:53- 11:46- 12:24- 14:44+ 15:52+ 16:33+ 17:10+ 17:28+
 00:55+ 01:23+ 00:37- 00:38+ 00:58+ 00:52+ 00:39- 00:17+ 01:54+ 00:34+ 01:22- 00:44+ 00:53+ 00:38+ 02:20+ 01:08+ 00:41+ 00:37+ 00:18-
 00:06# 00:19& 00:37- 00:06# 00:03+ 00:05# 00:59- 00:06& 00:12# 00:04# 00:02- 00:03+ 00:02+ 00:02+ 01:37@ 00:13# 00:03+ 00:04# 00:01-

3 Jon Kåre Olsen

92

18:20

00:49= 01:54+ 02:40- 03:16- 04:09- 05:01- 05:41- 06:00- 08:08- 08:39- 10:21- 11:13- 12:09- 12:50- 14:05+ 16:29+ 17:20+ 17:57+ 18:20+
 00:49= 01:05+ 00:46- 00:36+ 00:53- 00:52+ 00:40- 00:19+ 02:08+ 00:31+ 01:42+ 00:52+ 00:56+ 00:41+ 01:15+ 02:24+ 00:51+ 00:37+ 00:23+
 00:00= 00:01+ 00:28- 00:04# 00:02- 00:05# 00:58- 00:08& 00:26& 00:01+ 00:18# 00:11& 00:05+ 00:05# 00:32& 01:29@ 00:13& 00:04# 00:04#

4 Asgeir Nærland

88

18:34

01:06+ 02:21+ 03:17+ 04:02+ 04:55+ 05:44+ 06:35- 07:23+ 09:14+ 10:06+ 11:53+ 12:36+ 13:35+ 14:15+ 15:12+ 16:01+ 17:39+ 18:13+ 18:34+
 01:06+ 01:15+ 00:56- 00:45+ 00:53- 00:49+ 00:51- 00:48+ 01:51+ 00:52+ 01:47+ 00:43+ 00:59+ 00:40+ 00:57+ 00:49- 01:38+ 00:34+ 00:21+
 00:17& 00:11# 00:18- 00:13& 00:02- 00:02+ 00:47- 00:37@ 00:09+ 00:22& 00:23& 00:02+ 00:08# 00:04# 00:14& 00:06- 01:00@ 00:01+ 00:02#

5 Jan Erik Syvertsen

51

19:00

01:02+ 02:49+ 03:35+ 04:16+ 05:15+ 06:11+ 07:03+ 07:25+ 09:29+ 10:06+ 11:44+ 12:39+ 13:38+ 14:29+ 15:37+ 17:00+ 17:55+ 18:41+ 19:00+
 01:02+ 01:47+ 00:46- 00:41+ 00:59+ 00:56+ 00:52- 00:22+ 02:04+ 00:37+ 01:38+ 00:55+ 00:59+ 00:51+ 01:08+ 01:23+ 00:55+ 00:46+ 00:19=
 00:13& 00:43& 00:28- 00:09& 00:04+ 00:09# 00:46- 00:11& 00:22# 00:07# 00:14# 00:14& 00:08# 00:15& 00:25& 00:28& 00:17& 00:13& 00:00=

6 Ingvar Haabeth

92

19:21

00:58+ 02:09+ 03:32+ 04:16+ 05:25+ 06:20+ 07:09+ 07:28+ 09:49+ 10:30+ 12:09+ 13:06+ 14:06+ 15:20+ 16:20+ 17:32+ 18:22+ 19:01+ 19:21+
 00:58+ 01:11+ 01:23+ 00:44+ 01:09+ 00:55+ 00:49- 00:19+ 02:21+ 00:41+ 01:39+ 00:57+ 01:00+ 01:14+ 01:00+ 01:12+ 00:50+ 00:39+ 00:20+
 00:09# 00:07# 00:09# 00:12& 00:08# 00:49- 00:08& 00:39& 00:11& 00:15# 00:16& 00:09# 00:38@ 00:17& 00:17& 00:12& 00:06# 00:01+

7 Tor Inge Hansen

144

20:36

01:10+ 02:44+ 03:31+ 04:10+ 05:09+ 06:14+ 06:57- 07:22+ 09:35+ 10:19+ 11:47+ 13:17+ 14:39+ 15:20+ 16:47+ 18:26+ 19:33+ 20:13+ 20:36+
 01:10+ 01:34+ 00:47- 00:39+ 00:59+ 01:05+ 00:43- 00:25+ 02:13+ 00:44+ 01:28+ 01:30+ 01:22+ 00:41+ 01:27+ 01:39+ 01:07+ 00:40+ 00:23+
 00:21& 00:30& 00:27- 00:07# 00:04+ 00:18& 00:55- 00:14@ 00:31& 00:14& 00:04+ 00:49@ 00:31& 00:05# 00:44@ 00:44& 00:29& 00:07# 00:04#

8 Jan Knudsen

92

20:44

01:06+ 02:19+ 03:57+ 04:32+ 05:31+ 06:34+ 07:22+ 07:41+ 10:02+ 10:33+ 12:25+ 13:26+ 14:27+ 15:14+ 16:12+ 18:23+ 19:21+ 20:20+ 20:44+
 01:06+ 01:13+ 01:38+ 00:35+ 00:59+ 01:03+ 00:48- 00:19+ 02:21+ 00:31+ 01:52+ 01:01+ 01:01+ 00:47+ 00:58+ 02:11+ 00:58+ 00:59+ 00:24+
 00:17& 00:09# 00:24& 00:03+ 00:04+ 00:16& 00:50- 00:08& 00:39& 00:01+ 00:28& 00:20& 00:10# 00:11& 00:15& 01:16@ 00:20& 00:26& 00:05&

Class	Navn	Klasse										Tid						
9	Jon Jakobsen	116										20:50						
01:06+	02:54+	04:12+	05:01+	06:07+	07:05+	07:49+	08:09+	10:15+	11:32+	13:16+	14:17+	15:17+	15:59+	17:07+	18:44+	19:52+	20:28+	20:50+
01:06+	01:48+	01:18+	00:49+	01:06+	00:58+	00:44-	00:20+	02:06+	01:17+	01:44+	01:01+	01:00+	00:42+	01:08+	01:37+	01:08+	00:36+	00:22+
00:17&	00:44&	00:04+	00:17&	00:11#	00:11#	00:54-	00:09&	00:24#	00:47@	00:20#	00:20&	00:09#	00:06#	00:25&	00:42&	00:30&	00:03+	00:03#
10	Leif Jarle Skåra	29										20:57						
00:59+	02:32+	03:45+	04:34+	05:51+	06:52+	07:42+	08:02+	10:31+	11:02+	12:42+	13:41+	14:45+	15:30+	16:28+	18:54+	19:46+	20:33+	20:57+
00:59+	01:33+	01:13-	00:49+	01:17+	01:01+	00:50-	00:20+	02:29+	00:31+	01:40+	00:59+	01:04+	00:45+	00:58+	02:26+	00:52+	00:47+	00:24+
00:10#	00:29&	00:01-	00:17&	00:22&	00:14&	00:48-	00:09&	00:47&	00:01+	00:16#	00:18&	00:13&	00:09#	00:15&	01:31@	00:14&	00:14&	00:05&
11	Hans Klausen	62										21:14						
01:02+	02:39+	03:19+	04:06+	05:36+	06:40+	07:24+	07:46+	10:20+	10:58+	13:03+	14:07+	15:15+	16:04+	17:48+	19:03+	20:02+	20:48+	21:14+
01:02+	01:37+	00:40-	00:47+	01:30+	01:04+	00:44-	00:22+	02:34+	00:38+	02:05+	01:04+	01:08+	00:49+	01:44+	01:15+	00:59+	00:46+	00:26+
00:13&	00:33&	00:34-	00:15&	00:35&	00:17&	00:54-	00:11&	00:52&	00:08&	00:41&	00:23&	00:17&	00:13&	01:01@	00:20&	00:21&	00:13&	00:07&
12	Øyvind Nagel-Arne	74										21:41						
01:32+	03:16+	04:06+	04:54+	05:57+	07:02+	08:14+	08:36+	11:07+	11:41+	13:37+	14:33+	15:39+	16:21+	18:03+	19:33+	20:24+	21:15+	21:41+
01:32+	01:44+	00:50-	00:48+	01:03+	01:05+	01:12-	00:22+	02:31+	00:34+	01:56+	00:56+	01:06+	00:42+	01:42+	01:30+	00:51+	00:51+	00:26+
00:43&	00:40&	00:24-	00:16&	00:08#	00:18&	00:26-	00:11&	00:49&	00:04#	00:32&	00:15&	00:15&	00:06#	00:59@	00:35&	00:13&	00:18&	00:07&
13	Cristian Eriksson	50										22:44						
01:17+	02:50+	03:58+	04:32+	06:56+	07:45+	08:25+	08:57+	10:54+	11:27+	13:02+	14:00+	14:59+	15:45+	17:04+	20:11+	21:38+	22:20+	22:44+
01:17+	01:33+	01:08-	00:34+	02:24+	00:49+	00:40-	00:32+	01:57+	00:33+	01:35+	00:58+	00:59+	00:46+	01:19+	03:07+	01:27+	00:42+	00:24+
00:28&	00:29&	00:06-	00:02+	01:29@	00:02+	00:58-	00:21@	00:15#	00:03#	00:11#	00:17&	00:08#	00:10&	00:36&	02:12@	00:49@	00:09&	00:05&
14	John Thorsnæs	51										22:57						
01:11+	02:47+	03:46+	04:30+	05:37+	06:36+	07:23+	07:41+	10:10+	10:52+	12:43+	13:46+	14:52+	15:42+	16:52+	20:17+	21:21+	22:37+	22:57+
01:11+	01:36+	00:59-	00:44+	01:07+	00:59+	00:47-	00:18+	02:29+	00:42+	01:51+	01:03+	01:06+	00:50+	01:10+	03:25+	01:04+	01:16+	00:20+
00:22&	00:32&	00:15-	00:12&	00:12#	00:12&	00:51-	00:07&	00:47&	00:12&	00:27&	00:22&	00:15&	00:14&	00:27&	02:30@	00:26&	00:43@	00:01+
15	Joar Fandrem	94										23:04						
01:11+	02:36+	03:48+	04:25+	05:25+	06:20+	07:06+	07:25+	09:30+	10:02+	11:55+	12:51+	13:46+	14:27+	16:37+	21:08+	21:52+	22:40+	23:04+
01:11+	01:25+	01:12-	00:37+	01:00+	00:55+	00:46-	00:19+	02:05+	00:32+	01:53+	00:56+	00:55+	00:41+	02:10+	04:31+	00:44+	00:48+	00:24+
00:22&	00:21&	00:02-	00:05#	00:05+	00:08#	00:52-	00:08&	00:23#	00:02+	00:29&	00:15&	00:04+	00:05#	01:27@	03:36@	00:06#	00:15&	00:05&
16	Steinar Amundsen	115										23:06						
01:22+	02:51+	03:45+	04:35+	05:50+	06:58+	07:46+	08:06+	10:40+	11:16+	13:17+	14:35+	15:45+	16:37+	18:07+	19:22+	21:41+	22:34+	23:06+
01:22+	01:29+	00:54-	00:50+	01:15+	01:08+	00:48-	00:20+	02:34+	00:36+	02:01+	01:18+	01:10+	00:52+	01:30+	01:15+	02:19+	00:53+	00:32+
00:33&	00:25&	00:20-	00:18&	00:20&	00:21&	00:50-	00:09&	00:52&	00:06#	00:37&	00:37&	00:19&	00:16&	00:47@	00:20&	01:41@	00:20&	00:13&
17	Reidar Haver	4										23:10						
01:16+	02:52+	03:51+	04:31+	05:41+	06:48+	07:39+	08:01+	10:17+	11:17+	13:10+	14:12+	15:20+	16:06+	17:42+	21:09+	22:07+	22:46+	23:10+
01:16+	01:36+	00:59-	00:40+	01:10+	01:07+	00:51-	00:22+	02:16+	01:00+	01:53+	01:02+	01:08+	00:46+	01:36+	03:27+	00:58+	00:39+	00:24+
00:27&	00:32&	00:15-	00:08#	00:15&	00:20&	00:47-	00:11&	00:34&	00:30&	00:29&	00:21&	00:17&	00:10&	00:53@	02:32@	00:20&	00:06#	00:05&
18	Antal Jansen	115										23:16						
00:50+	01:51-	03:14+	03:50+	04:47+	05:54+	06:42-	07:05-	08:57+	09:24+	11:10+	11:55+	12:53+	13:29+	14:39+	21:29+	22:14+	22:51+	23:16+
00:50+	01:01-	01:23+	00:36+	00:57+	01:07+	00:48-	00:23+	01:52+	00:27-	01:46+	00:45+	00:58+	00:36=	01:10+	06:50+	00:45+	00:37+	00:25+
00:01+	00:03-	00:09#	00:04#	00:02+	00:20&	00:50-	00:12@	00:10+	00:03-	00:22&	00:04+	00:07#	00:00=	00:27&	05:55@	00:07#	00:04#	00:06&
19	Falk Weihs	115										23:20						
01:06+	02:41+	03:55+	04:35+	05:35+	06:28+	07:15+	07:34+	09:41+	10:14+	13:31+	14:22+	15:22+	16:04+	17:37+	21:03+	22:21+	22:57+	23:20+
01:06+	01:35+	01:14=	00:40+	01:00+	00:53+	00:47-	00:19+	02:07+	00:33+	03:17+	00:51+	01:00+	00:42+	01:33+	03:26+	01:18+	00:36+	00:23+
00:17&	00:31&	00:00=	00:08#	00:05+	00:06#	00:51-	00:08&	00:25#	00:03#	01:53@	00:10#	00:09#	00:06#	00:50@	02:31@	00:40@	00:03+	00:04#
20	Jørgen Johnsen	167										23:31						
00:54+	02:11+	03:06-	03:42+	04:35+	05:20-	05:58-	06:23-	08:47-	09:17-	10:47+	11:39+	12:37+	13:21+	20:39+	21:46+	22:42+	23:13+	23:31+
00:54+	01:17+	00:55-	00:36+	00:53-	00:45-	00:38-	00:25+	02:24+	00:30=	01:30+	00:52+	00:58+	00:44+	07:18+	01:07+	00:56+	00:31-	00:18-
00:05#	00:13#	00:19-	00:04#	00:02-	00:02-	01:00-	00:14@	00:42&	00:00=	00:06+	00:11&	00:07#	00:08#	06:35@	00:12#	00:18&	00:02-	00:01-
21	Bruno Pierfelice	51										23:32						
00:44-	01:50-	02:35-	03:14-	04:13-	05:08-	05:48-	06:03-	08:10-	10:55+	12:12-	13:01+	14:03+	14:39+	18:54+	21:49+	22:41+	23:14+	23:32+
00:44-	01:06+	00:45-	00:39+	00:59+	00:55+	00:40-	00:15+	02:07+	02:45+	01:17-	00:49+	01:02+	00:36=	04:15+	02:55+	00:52+	00:33=	00:18-
00:05-	00:02+	00:29-	00:07#	00:04+	00:08#	00:58-	00:04&	00:25#	02:15@	00:07-	00:08#	00:11#	00:00=	03:32@	02:00@	00:14&	00:00=	00:01-
22	Thorstein Gunnarsson	144										23:33						
01:03+	02:36+	03:58+	04:42+	05:58+	07:12+	08:06+	08:29+	11:13+	11:55+	14:01+	15:16+	16:30+	17:23+	18:38+	21:07+	22:14+	23:06+	23:33+
01:03+	01:33+	01:22+	00:44+	01:16+	01:14+	00:54-	00:23+	02:44+	00:42+	02:06+	01:15+	01:14+	00:53+	01:15+	02:29+	01:07+	00:52+	00:27+
00:14&	00:29&	00:08#	00:12&	00:21&	00:27&	00:44-	00:12@	01:02&	00:12&	00:42&	00:34&	00:23&	00:17&	00:32&	01:34@	00:29&	00:19&	00:08&
23	Ivar Aalbu	29										24:02						
01:30+	03:10+	04:05+	04:54+	06:06+	07:14+	08:02+	08:25+	11:30+	12:09+	15:07+	16:14+	17:29+	18:13+	20:16+	21:36+	22:38+	23:35+	24:02+
01:30+	01:40+	00:55-	00:49+	01:12+	01:08+	00:48-	00:23+	03:05+	00:39+	02:58+	01:07+	01:15+	00:44+	02:03+	01:20+	01:02+	00:57+	00:27+
00:41&	00:36&	00:19-	00:17&	00:17&	00:21&	00:50-	00:12@	01:23&	00:09&	01:34@	00:26&	00:24&	00:08#	01:20@	00:25&	00:24&	00:24&	00:08&

Class	Navn	Klasse										Tid									
24	Bruce Chalmers	165										24:20									
01:21+	02:48+	03:51+	04:30+	05:36+	06:33+	07:16+	07:32+	09:33+	10:11+	11:45+	12:40+	13:45+	14:26+	21:00+	22:04+	23:17+	23:57+	24:20+			
01:21+	01:27+	01:03-	00:39+	01:06+	00:57+	00:43-	00:16+	02:01+	00:38+	01:34+	00:55+	01:05+	00:41+	06:34+	01:04+	01:13+	00:40+	00:23+			
00:32&	00:23&	00:11-	00:07#	00:11#	00:10#	00:55-	00:05&	00:19#	00:08&	00:10#	00:14&	00:14&	00:05#	05:51@	00:09#	00:35&	00:07#	00:04#			
25	Robin Chalmers	165										24:27									
01:35+	02:57+	03:37+	04:18+	05:18+	06:17+	06:58-	07:16+	09:23+	12:49+	14:16+	15:15+	16:11+	16:55+	19:02+	22:00+	23:21+	24:04+	24:27+			
01:35+	01:22+	00:40-	00:41+	01:00+	00:59+	00:41-	00:18+	02:07+	03:26+	01:27+	00:59+	00:56+	00:44+	02:07+	02:58+	01:21+	00:43+	00:23+			
00:46&	00:18&	00:34-	00:09&	00:05+	00:12&	00:57-	00:07&	00:25#	02:56@	00:03+	00:18&	00:05+	00:08#	01:24@	02:03@	00:43@	00:10&	00:04#			
26	Vidar Gabrielsen	111										25:08									
01:09+	02:36+	03:58+	04:47+	07:56+	08:47+	09:28+	09:48+	11:49+	12:23+	14:11+	14:59+	15:55+	16:37+	17:49+	21:46+	24:10+	24:49+	25:08+			
01:09+	01:27+	01:22+	00:49+	03:09+	00:51+	00:41-	00:20+	02:01+	00:34+	01:48+	00:48+	00:56+	00:42+	01:12+	03:57+	02:24+	00:39+	00:19=			
00:20&	00:23&	00:08#	00:17&	02:14@	00:04+	00:57-	00:09&	00:19#	00:04#	00:24&	00:07#	00:05+	00:06#	00:29&	03:02@	01:46@	00:06#	00:00=			
27	Rune Sunde	232										25:13									
01:42+	03:05+	04:03+	04:39+	05:53+	06:53+	07:46+	08:08+	10:21+	11:13+	13:05+	14:07+	15:12+	15:57+	18:15+	22:16+	24:08+	24:45+	25:13+			
01:42+	01:23+	00:58-	00:36+	01:14+	01:00+	00:53-	00:22+	02:13+	00:52+	01:52+	01:02+	01:05+	00:45+	02:18+	04:01+	01:52+	00:37+	00:28+			
00:53@	00:19&	00:16-	00:04#	00:19&	00:13&	00:45-	00:11&	00:31&	00:22&	00:28&	00:21&	00:14&	00:09#	01:35@	03:06@	01:14@	00:04#	00:09&			
28	Per Bakken	5										25:35									
01:11+	02:57+	03:44+	04:39+	05:59+	07:08+	07:58+	08:28+	11:56+	12:54+	15:10+	16:20+	17:37+	19:31+	21:08+	22:37+	24:21+	25:07+	25:35+			
01:11+	01:46+	00:47-	00:55+	01:20+	01:09+	00:50-	00:30+	03:28+	00:58+	02:16+	01:10+	01:17+	01:54+	01:37+	01:29+	01:44+	00:46+	00:28+			
00:22&	00:42&	00:27-	00:23&	00:25&	00:22&	00:48-	00:19@	01:46@	00:28&	00:52&	00:29&	00:26&	01:18@	00:54@	00:34&	01:06@	00:13&	00:09&			
29	Audun Sjøen	111										25:41									
01:18+	02:54+	03:55+	04:44+	06:08+	07:16+	08:33+	09:07+	12:07+	13:00+	15:34+	17:03+	18:47+	19:46+	21:10+	22:40+	24:27+	25:12+	25:41+			
01:18+	01:36+	01:01-	00:49+	01:24+	01:08+	01:17-	00:34+	03:00+	00:53+	02:34+	01:29+	01:44+	00:59+	01:24+	01:30+	01:47+	00:45+	00:29+			
00:29&	00:32&	00:13-	00:17#	00:29&	00:21&	00:21-	00:23@	01:18&	00:23&	01:10&	00:48@	00:53@	00:23&	00:41&	00:35&	01:09@	00:12&	00:10&			
30	Asbjørn Brådland	32										25:49									
01:22+	02:48+	03:36+	04:15+	05:30+	06:29+	07:14+	07:34+	09:39+	10:25+	12:03+	12:54+	13:55+	14:37+	15:48+	24:03+	24:43+	25:24+	25:49+			
01:22+	01:26+	00:48-	00:39+	01:15+	00:59+	00:45-	00:20+	02:05+	00:46+	01:38+	00:51+	01:01+	00:42+	01:11+	08:15+	00:40+	00:41+	00:25+			
00:33&	00:22&	00:26-	00:07#	00:20&	00:12&	00:53-	00:09&	00:23#	00:16&	00:14#	00:10#	00:10#	00:06#	00:28&	07:20@	00:02+	00:08#	00:06&			
31	Einar Tønnesen	29										26:01									
01:16+	03:08+	04:32+	05:33+	07:05+	08:24+	09:27+	09:54+	13:03+	13:53+	16:11+	17:32+	19:02+	20:03+	21:32+	22:55+	24:12+	25:19+	26:01+			
01:16+	01:52+	01:24+	01:01+	01:32+	01:19+	01:03-	00:27+	03:09+	00:50+	02:18+	01:21+	01:30+	01:01+	01:29+	01:23+	01:17+	01:07+	00:42+			
00:27&	00:48&	00:10#	00:29&	00:37&	00:32&	00:35-	00:16@	01:27&	00:20&	00:54&	00:40&	00:39&	00:25&	00:46@	00:28&	00:39@	00:34@	00:23@			
32	Nikola Lazarevic	116										26:01									
01:22+	03:06+	05:02+	05:51+	07:04+	08:14+	09:09+	09:36+	12:18+	13:05+	15:10+	16:17+	17:32+	18:32+	21:52+	23:25+	24:49+	25:33+	26:01+			
01:22+	01:44+	01:56+	00:49+	01:13+	01:10+	00:55-	00:27+	02:42+	00:47+	02:05+	01:07+	01:15+	01:00+	03:20+	01:33+	01:24+	00:44+	00:28+			
00:33&	00:40&	00:42&	00:17&	00:18&	00:23&	00:43-	00:16@	01:00&	00:17&	00:41&	00:26&	00:24&	00:24&	02:37@	00:38&	00:46@	00:11&	00:09&			
33	Steinar Aase	268										26:04									
01:23+	03:17+	04:09+	04:58+	06:22+	07:25+	08:18+	08:39+	11:41+	12:39+	14:46+	16:00+	17:15+	17:59+	20:27+	22:11+	24:29+	25:23+	26:04+			
01:23+	01:54+	00:52-	00:49+	01:24+	01:03+	00:53-	00:21+	03:02+	00:58+	02:07+	01:14+	01:15+	00:44+	02:28+	01:44+	02:18+	00:54+	00:41+			
00:34&	00:50&	00:22-	00:17&	00:29&	00:16&	00:45-	00:10&	01:20&	00:28&	00:43&	00:33&	00:24&	00:08#	01:45@	00:49&	01:40@	00:21&	00:22@			
34	Francesco Pierfelice	51										26:30									
01:16+	02:41+	04:01+	04:47+	05:58+	07:12+	08:05+	08:30+	11:55+	12:43+	15:39+	16:47+	18:10+	19:11+	20:38+	23:06+	24:57+	26:03+	26:30+			
01:16+	01:25+	01:20+	00:46+	01:11+	01:14+	00:53-	00:25+	03:25+	00:48+	02:56+	01:08+	01:23+	01:01+	01:27+	02:28+	01:51+	01:06+	00:27+			
00:27&	00:21&	00:06+	00:16&	00:27&	00:27&	00:45-	00:14@	01:43@	00:18&	01:32@	00:27&	00:32&	00:25&	00:44@	01:33@	01:13@	00:33&	00:08&			
35	Ommund Bakkevoid	68										26:38									
01:18+	03:06+	04:46+	05:35+	07:02+	08:14+	09:13+	09:38+	12:53+	13:49+	16:07+	17:26+	18:54+	19:57+	21:57+	23:45+	25:07+	26:04+	26:38+			
01:18+	01:48+	01:40+	00:49+	01:27+	01:12+	00:59-	00:25+	03:15+	00:56+	02:18+	01:19+	01:28+	01:03+	02:00+	01:48+	01:22+	00:57+	00:34+			
00:29&	00:44&	00:26&	00:17&	00:32&	00:25&	00:39-	00:14@	01:33&	00:26&	00:54&	00:38&	00:37&	00:27&	01:17@	00:53&	00:44@	00:24&	00:15&			
36	Magnus Dagestad	167										26:46									
03:05+	04:46+	05:32+	06:34+	07:58+	09:38+	10:37+	11:06+	14:23+	14:59+	17:17+	18:21+	19:43+	20:31+	22:18+	23:53+	25:47+	26:26+	26:46+			
03:05+	01:41+	00:46-	01:02+	01:24+	01:40+	00:59-	00:29+	03:17+	00:36+	02:18+	01:04+	01:22+	00:48+	01:47+	01:35+	01:54+	00:39+	00:20+			
02:16@	00:37&	00:28-	00:30&	00:29&	00:53@	00:39-	00:18@	01:35&	00:06#	00:54&	00:23&	00:31&	00:12&	01:04@	00:40&	01:16@	00:06#	00:01+			
37	Frode Lund	18										26:56									
01:05+	02:53+	04:00+	04:46+	06:01+	07:16+	08:09+	08:32+	11:31+	12:19+	14:34+	15:49+	17:07+	18:04+	19:21+	24:06+	25:26+	26:26+	26:56+			
01:05+	01:48+	01:07-	00:46+	01:15+	01:15+	00:53-	00:23+	02:59+	00:48+	02:15+	01:15+	01:18+	00:57+	01:17+	04:45+	01:20+	01:00+	00:30+			
00:16&	00:44&	00:07-	00:14&	00:20&	00:28&	00:45-	00:12@	01:17&	00:18&	00:51&	00:34&	00:27&	00:21&	00:34&	03:50@	00:42@	00:27&	00:11&			
38	Jarl Steinar Berntsen	27										27:00									
01:20+	02:53+	05:24+	05:56+	07:18+	08:09+	08:52+	09:22+	11:19+	12:08+	14:04+	14:56+	16:05+	16:58+	22:28+	25:03+	25:56+	26:38+	27:00+			
01:20+	01:33+	02:31+	00:32-	01:22+	00:51+	00:43-	00:30+	01:57+	00:49+	01:56+	00:52+	01:09+	00:53+	05:30+	02:35+	00:53+	00:42+	00:22+			
00:31&	00:29&	01:17@	00:00=	00:27&	00:04+	00:55-	00:19@	00:15#	00:19&	00:32&	00:11&	00:18&	00:17&	04:47@	01:40@	00:15&	00:09&	00:03#			

Class	Navn	Klasse	Tid															
39	Andreas Kristiansen	167	27:25															
01:23+	03:03+	04:05+	04:50+	06:01+	07:12+	08:05+	08:31+	11:10+	12:20+	14:35+	15:48+	17:07+	18:06+	19:45+	24:56+	25:50+	26:47+	27:25+
01:23+	01:40+	01:02-	00:45+	01:11+	00:53-	00:26+	02:39+	01:10+	02:15+	01:13+	01:19+	00:59+	00:59+	01:39+	05:11+	00:54+	00:57+	00:38+
00:34&	00:36&	00:12-	00:13&	00:16&	00:24&	00:45-	00:15@	00:57&	00:40@	00:51&	00:32&	00:28&	00:23&	00:56@	04:16@	00:16&	00:24&	00:19&
40	Leif Nilsen	111	27:28															
01:31+	03:08+	04:13+	04:53+	06:03+	07:02+	07:49+	08:11+	10:38+	11:17+	13:01+	14:01+	15:10+	16:00+	23:47+	25:12+	26:13+	27:01+	27:28+
01:31+	01:37+	01:05-	00:40+	01:10+	00:59+	00:47-	00:22+	02:27+	00:39+	01:44+	01:00+	01:09+	00:50+	07:47+	01:25+	01:01+	00:48+	00:27+
00:42&	00:33&	00:09-	00:08#	00:15&	00:12&	00:51-	00:11&	00:45&	00:09&	00:20#	00:19&	00:18&	00:14&	07:04@	00:30&	00:23&	00:15&	00:08&
41	Stig Ballestad	37	27:35															
01:29+	03:14+	04:35+	05:23+	06:44+	08:45+	09:36+	09:59+	12:46+	13:22+	15:09+	16:10+	17:19+	18:09+	24:08+	25:04+	26:17+	27:08+	27:35+
01:29+	01:45+	01:21+	00:48+	01:21+	02:01+	00:51-	00:23+	02:47+	00:36+	01:47+	01:01+	01:09+	00:50+	05:59+	00:56+	01:13+	00:51+	00:27+
00:40&	00:41&	00:07+	00:16&	00:26&	01:14@	00:47-	00:12@	01:05&	00:06#	00:23&	00:20&	00:18&	00:14&	05:16@	00:01+	00:35&	00:18&	00:08&
42	Tor Livar Flugsrud	98	27:38															
01:21+	03:19+	04:15+	05:16+	06:41+	08:03+	09:24+	10:00+	13:25+	14:09+	16:40+	17:59+	19:33+	20:41+	22:10+	24:26+	26:12+	27:13+	27:38+
01:21+	01:58+	00:56-	01:01+	01:25+	01:22+	01:21-	00:36+	03:25+	00:44+	02:31+	01:19+	01:34+	01:08+	01:29+	02:16+	01:46+	01:01+	00:25+
00:32&	00:54&	00:18-	00:29&	00:30&	00:35&	00:17-	00:25@	01:43@	00:14&	01:07&	00:38&	00:43&	00:32&	00:46@	01:21@	01:08@	00:28&	00:06&
43	John Øgreid	27	28:39															
00:57+	03:21+	04:06+	04:40+	05:50+	06:42+	07:23+	07:46+	09:46+	10:24+	12:01+	12:54+	13:51+	14:33+	23:17+	26:29+	27:30+	28:14+	28:39+
00:57+	02:24+	00:45-	00:34+	01:10+	00:52+	00:41-	00:23+	02:00+	00:38+	01:37+	00:53+	00:57+	00:42+	08:44+	03:12+	01:01+	00:44+	00:25+
00:08#	01:20@	00:29-	00:02+	00:15&	00:05#	00:57-	00:12@	00:18#	00:08&	00:13#	00:12&	00:06#	00:06#	08:01@	02:17@	00:23&	00:11&	00:06&
44	Arild Svihus	92	29:05															
01:13+	03:07+	04:31+	05:24+	06:35+	07:35+	08:23+	08:45+	11:30+	12:07+	14:22+	15:22+	16:34+	17:25+	24:48+	26:23+	27:34+	28:31+	29:05+
01:13+	01:54+	01:24+	00:53+	01:11+	01:00+	00:48-	00:22+	02:45+	00:37+	02:15+	01:00+	01:12+	00:51+	07:23+	01:35+	01:11+	00:57+	00:34+
00:24&	00:50&	00:10#	00:21&	00:16&	00:13&	00:50-	00:11&	01:03&	00:07#	00:51&	00:19&	00:21&	00:15&	06:40@	00:40&	00:33&	00:24&	00:15&
45	Gunnar Andersen	144	29:25															
01:17+	03:13+	04:37+	05:44+	07:04+	08:21+	09:21+	09:47+	12:11+	12:52+	14:53+	16:09+	17:20+	18:25+	25:14+	26:48+	28:01+	28:56+	29:25+
01:17+	01:56+	01:24+	01:07+	01:20+	01:17+	01:00-	00:26+	02:24+	00:41+	02:01+	01:16+	01:11+	01:05+	06:49+	01:34+	01:13+	00:55+	00:29+
00:28&	00:52&	00:10#	00:35@	00:25&	00:30&	00:38-	00:15@	00:42&	00:11&	00:37&	00:35&	00:20&	00:29&	06:06@	00:39&	00:35&	00:22&	00:10&
46	Tor Arne Klakegg	67	29:42															
01:05+	02:54+	04:40+	05:22+	06:28+	07:31+	08:22+	08:45+	11:31+	12:08+	14:21+	15:52+	17:12+	18:07+	21:33+	26:53+	28:36+	29:21+	29:42+
01:05+	01:49+	01:46+	00:42+	01:06+	01:03+	00:51-	00:23+	02:46+	00:37+	02:13+	01:31+	01:20+	00:55+	03:26+	05:20+	01:43+	00:45+	00:21+
00:16&	00:45&	00:32&	00:10&	00:11#	00:16&	00:47-	00:12@	01:04&	00:07#	00:49&	00:50@	00:29&	00:19&	02:43@	04:25@	01:05@	00:12&	00:02#
47	Jan Erik Rasmussen	51	30:06															
01:18+	03:11+	04:33+	05:29+	06:57+	08:19+	09:33+	09:58+	12:35+	13:31+	16:14+	17:24+	18:51+	19:53+	22:15+	24:47+	28:19+	29:36+	30:06+
01:18+	01:53+	01:22+	00:56+	01:28+	01:22+	01:14-	00:25+	02:37+	00:56+	02:43+	01:10+	01:27+	01:02+	02:22+	02:32+	03:32+	01:17+	00:30+
00:29&	00:49&	00:08#	00:24&	00:33&	00:35&	00:24-	00:14@	00:55&	00:26&	01:19&	00:29&	00:36&	00:26&	01:39@	01:37@	02:54@	00:44@	00:11&
48	Arild Olsen	4	30:31															
01:37+	03:22+	04:32+	05:09+	06:13+	07:15+	08:09+	08:28+	10:44+	12:23+	14:56+	15:51+	17:08+	17:58+	26:15+	27:59+	29:12+	30:02+	30:31+
01:37+	01:45+	01:10-	00:37+	01:04+	01:02+	00:54-	00:19+	02:16+	01:39+	02:33+	00:55+	01:17+	00:50+	08:17+	01:44+	01:13+	00:50+	00:29+
00:48&	00:41&	00:04-	00:05#	00:09#	00:15&	00:44-	00:08&	00:34&	01:09@	01:09&	00:14&	00:26&	00:14&	07:34@	00:49&	00:35&	00:17&	00:10&
49	Jon Grepstad	111	31:47															
02:39+	04:35+	06:26+	07:28+	09:13+	10:49+	11:58+	12:33+	16:06+	16:59+	19:43+	21:02+	22:31+	23:36+	26:19+	28:25+	30:00+	31:08+	31:47+
02:39+	01:56+	01:51+	01:02+	01:45+	01:36+	01:09-	00:35+	03:33+	00:53+	02:44+	01:19+	01:29+	01:05+	02:43+	02:06+	01:35+	01:08+	00:39+
01:50@	00:52&	00:37&	00:30&	00:50&	00:49@	00:29-	00:24@	01:51@	00:23&	01:20&	00:38&	00:38&	00:29&	02:00@	01:11@	00:57@	00:35@	00:20@
50	Paul Richard Carr	136	31:54															
01:20+	02:48+	03:40+	04:29+	05:50+	06:55+	07:47+	08:07+	10:46+	11:26+	13:31+	14:34+	15:46+	16:33+	25:49+	27:38+	30:36+	31:25+	31:54+
01:20+	01:28+	00:52-	00:49+	01:21+	01:05+	00:52-	00:20+	02:39+	00:40+	02:05+	01:03+	01:12+	00:47+	09:16+	01:49+	02:58+	00:49+	00:29+
00:31&	00:24&	00:22-	00:17&	00:26&	00:18&	00:46-	00:09&	00:57&	00:10&	00:41&	00:22&	00:21&	00:11&	08:33@	00:54&	02:20@	00:16&	00:10&
51	Svein Inge Sævereid	126	33:16															
02:04+	04:21+	05:24+	06:28+	08:13+	09:50+	11:07+	11:49+	15:21+	16:46+	19:28+	20:57+	22:49+	24:08+	26:05+	28:52+	31:12+	32:26+	33:16+
02:04+	02:17+	01:03-	01:04+	01:45+	01:37+	01:17-	00:42+	03:32+	01:25+	02:42+	01:29+	01:52+	01:19+	01:57+	02:47+	02:20+	01:14+	00:50+
01:15@	01:13@	00:11-	00:32&	00:50&	00:50@	00:21-	00:31@	01:50@	00:55@	01:18&	00:48@	01:01@	00:43@	01:14@	01:52@	01:42@	00:41@	00:31@
52	Frank Gulbrandsen	105	36:59															
02:24+	04:36+	06:11+	07:01+	08:28+	09:49+	10:45+	11:19+	15:00+	19:14+	21:44+	23:02+	24:23+	25:13+	27:20+	34:18+	35:27+	36:21+	36:59+
02:24+	02:12+	01:35+	00:50+	01:27+	01:21+	00:56-	00:34+	03:41+	04:14+	02:30+	01:18+	01:21+	00:50+	02:07+	06:58+	01:09+	00:54+	00:38+
01:35@	01:08@	00:21&	00:18&	00:32&	00:34&	00:42-	00:23@	01:59@	03:44@	01:06&	00:37&	00:30&	00:14&	01:24@	06:03@	00:31&	00:21&	00:19&
53	Harald Berg	50	37:58															
01:58+	03:59+	06:28+	07:20+	09:18+	10:33+	11:27+	11:58+	14:57+	16:33+	19:16+	20:21+	21:38+	22:40+	29:39+	33:00+	36:16+	37:15+	37:58+
01:58+	02:01+	02:29+	00:52+	01:58+	01:15+	00:54-	00:31+	02:59+	01:36+	02:43+	01:05+	01:17+	01:02+	06:59+	03:21+	03:16+	00:59+	00:43+
01:09@	00:57&	01:15@	00:20&	01:03@	00:28&	00:44-	00:20@	01:17&	01:06@	01:19&	00:24&	00:26&	00:26&	06:16@	02:26@	02:38@	00:26&	00:24@

Class	Navn	Klasse												Tid						
54	Tom Leveraas	188												38:33						
	01:12+	02:47+	04:53+	05:59+	08:02+	09:08+	10:23+	10:46+	13:53+	14:32+	16:34+	17:43+	18:43+	19:37+	30:29+	35:21+	37:16+	38:10+	38:33+	
	01:12+	01:35+	02:06+	01:06+	02:03+	01:06+	01:15-	00:23+	03:07+	00:39+	02:02+	01:09+	01:00+	00:54+	10:52+	04:52+	01:55+	00:54+	00:23+	
	00:23&	00:31&	00:52&	00:34@	01:08@	00:19&	00:23-	00:12@	01:25&	00:09&	00:38&	00:28&	00:09#	00:18&	10:09@	03:57@	01:17@	00:21&	00:04#	
55	Harald Sunde	232												40:20						
	02:29+	05:09+	07:50+	09:14+	11:13+	12:48+	14:29+	15:06+	19:27+	20:51+	23:44+	27:15+	28:56+	30:21+	32:42+	36:12+	38:26+	39:28+	40:20+	
	02:29+	02:40+	02:41+	01:24+	01:59+	01:35+	01:41+	00:37+	04:21+	01:24+	02:53+	03:31+	01:41+	01:25+	02:21+	03:30+	02:14+	01:02+	00:52+	
	01:40@	01:36@	01:27@	00:52@	01:04@	00:48@	00:03+	00:26@	02:39@	00:54@	01:29@	02:50@	00:50&	00:49@	01:38@	02:35@	01:36@	00:29&	00:33@	
56	Knut Åsmund Ekre	78												41:41						
	02:17+	06:19+	07:06+	08:10+	09:53+	11:39+	12:45+	13:09+	17:02+	17:51+	19:43+	21:33+	23:17+	24:19+	26:26+	38:38+	40:00+	41:17+	41:41+	
	02:17+	04:02+	00:47-	01:04+	01:43+	01:46+	01:06-	00:24+	03:53+	00:49+	01:52+	01:50+	01:44+	01:02+	02:07+	12:12+	01:22+	01:17+	00:24+	
	01:28@	02:58@	00:27-	00:32&	00:48&	00:59@	00:32-	00:13@	02:11@	00:19&	00:28&	01:09@	00:53@	00:26&	01:24@	11:17@	00:44@	00:44@	00:05&	
57	Erling Aniksdal	128												42:00						
	01:57+	04:52+	06:07+	07:06+	08:52+	10:20+	13:16+	13:47+	21:05+	21:54+	24:57+	26:18+	27:50+	28:55+	36:54+	38:14+	40:12+	41:21+	42:00+	
	01:57+	02:55+	01:15+	00:59+	01:46+	01:28+	02:56+	00:31+	07:18+	00:49+	03:03+	01:21+	01:32+	01:05+	07:59+	01:20+	01:58+	01:09+	00:39+	
	01:08@	01:51@	00:01+	00:27&	00:51&	00:41&	01:18&	00:20@	05:36@	00:19&	01:39@	00:40&	00:41&	00:29&	07:16@	00:25&	01:20@	00:36@	00:20@	
58	Arthur Christiansen	93												42:07						
	02:06+	05:14+	07:14+	08:35+	10:47+	12:43+	14:17+	14:59+	19:39+	20:51+	24:26+	26:30+	28:35+	30:10+	32:45+	36:44+	39:29+	41:06+	42:07+	
	02:06+	03:08+	02:00+	01:21+	02:12+	01:56+	01:34-	00:42+	04:40+	01:12+	03:35+	02:04+	02:05+	01:35+	02:35+	03:59+	02:45+	01:37+	01:01+	
	01:17@	02:04@	00:46&	00:49@	01:17@	01:09@	00:04-	00:31@	02:58@	00:42@	02:11@	01:23@	01:14@	00:59@	01:52@	03:04@	02:07@	01:04@	00:42@	
59	Viggo Johansen	62												42:43						
	02:23+	04:18+	05:47+	06:35+	09:39+	10:51+	12:07+	14:11+	16:55+	22:30+	24:59+	32:21+	34:03+	35:06+	37:06+	39:30+	41:12+	42:12+	42:43+	
	02:23+	01:55+	01:29+	00:48+	03:04+	01:12+	01:16-	02:04+	02:44+	05:35+	02:29+	07:22+	01:42+	01:03+	02:00+	02:24+	01:42+	01:00+	00:31+	
	01:34@	00:51&	00:15#	00:16&	02:09@	00:25&	00:22-	01:53@	01:02&	05:05@	01:05&	06:41@	00:51&	00:27&	01:17@	01:29@	01:04@	00:27&	00:12&	
60	Samuel Denieul	42												42:51						
	01:04+	02:49+	04:34+	05:15+	06:37+	07:36+	08:53+	09:15+	11:17+	12:12+	21:35+	22:16+	23:48+	24:30+	37:37+	38:26+	42:01+	42:31+	42:51+	
	01:04+	01:45+	01:45+	00:41+	01:22+	00:59+	01:17-	00:22+	02:02+	00:55+	09:23+	00:41=	01:32+	00:42+	13:07+	00:49-	03:35+	00:30-	00:20+	
	00:15&	00:41&	00:31&	00:09&	00:27&	00:12&	00:21-	00:11&	00:20#	00:25&	07:59@	00:00=	00:41&	00:06#	12:24@	00:06-	02:57@	00:03-	00:01+	
61	Sverre Vareberg	7												44:36						
	02:15+	04:52+	07:11+	09:19+	11:18+	13:31+	15:03+	15:59+	20:10+	21:21+	25:14+	28:10+	30:14+	31:35+	36:04+	39:41+	42:14+	43:40+	44:36+	
	02:15+	02:37+	02:19+	02:08+	01:59+	02:13+	01:32-	00:56+	04:11+	01:11+	03:53+	02:56+	02:04+	01:21+	04:29+	03:37+	02:33+	01:26+	00:56+	
	01:26@	01:33@	01:05&	01:36@	01:04@	01:26@	00:06-	00:45@	02:29@	00:41@	02:29@	02:15@	01:13@	00:45@	03:46@	02:42@	01:55@	00:53@	00:37@	
Beste strekktid for klassen		00:44	01:01	00:37	00:32	00:53	00:45	00:38	00:11	01:42	00:27	01:17	00:41	00:51	00:36	00:43	00:49	00:38	00:30	00:18

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