

Damer 16 - 39 år

Plass	Navn	Klasse	Tid
1	Anne Marie Gausel	105	32:52
02:12=	06:44=	10:00=	12:38=
02:12=	04:32=	03:16=	02:38=
00:00=	00:00=	00:00=	00:00=
2	Silje Sundal	71	37:34
04:17+	07:57+	10:50+	13:34+
04:17+	03:40-	02:53-	02:44+
02:05&	00:52-	00:23-	00:06+
3	Ruth Magrethe Westre	54	39:19
02:55+	09:00+	11:31+	14:26+
02:55+	06:05+	02:31-	02:55+
00:43&	01:33&	00:45-	00:17#
4	Helene Lie	228	41:15
02:30+	07:00+	10:03+	13:00+
02:30+	04:30-	03:03-	02:57+
00:18#	00:02-	00:13-	00:19#
5	Paula Salmi Linge	67	41:54
03:11+	08:27+	11:24+	14:51+
03:11+	05:16+	02:57-	03:27+
00:59&	00:44#	00:19-	00:49&
6	Ingrid Østrem	108	42:42
02:29+	11:23+	14:30+	17:46+
02:29+	08:54+	03:07-	03:16+
00:17#	04:22&	00:09-	00:38#
7	Hege Anita H. Nielsen	48	43:30
02:25+	07:29+	11:40+	14:59+
02:25+	05:04+	04:11+	03:19+
00:13+	00:32#	00:55&	00:41&
8	Kine Strømstad	109	44:08
02:35+	07:22+	11:08+	14:59+
02:35+	04:47+	03:46+	03:51+
00:23#	00:15+	00:30#	01:13&
9	Heidi Langeland	117	44:20
02:36+	07:34+	10:54+	14:19+
02:36+	04:58+	03:20+	03:25+
00:24#	00:26+	00:04+	00:47&
10	Tiina Sofia Salmén	152	44:29
03:32+	07:36+	10:33+	13:33+
03:32+	04:04-	02:57-	03:00+
01:20&	00:28-	00:19-	00:22#
11	Kari Sjursen	54	45:23
02:32+	07:09+	10:17+	13:11+
02:32+	04:37+	03:08-	02:54+
00:20#	00:05+	00:08-	00:16#
12	Kjersti Pawells	105	45:24
03:44+	10:44+	14:44+	17:58+
03:44+	07:00+	04:00+	03:14+
01:32&	02:28&	00:44#	00:36#
13	Møyfrid Risdal	113	45:47
03:11+	09:22+	12:05+	15:06+
03:11+	06:11+	02:43-	03:01+
00:59&	01:39&	00:33-	00:23#
14	Mette Langeland	117	45:57
03:30+	08:38+	12:00+	15:41+
03:30+	05:08+	03:22+	03:41+
01:18&	00:36#	00:06+	01:03&

Class	Navn	Klasse										Tid	
15	Ann Torill M. Bakken	116										47:59	
	03:48+	09:51+	13:32+	17:28+	21:05+	25:09+	28:05+	36:36+	39:56+	42:10+	44:57+	47:29+	47:59+
	03:48+	06:03+	03:41+	03:56+	03:37+	04:04+	02:56+	08:31+	03:20+	02:14+	02:47+	02:32+	00:30-
	01:36&	01:31&	00:25#	01:18&	02:11@	00:53&	00:33#	03:20&	00:34#	00:46&	01:41@	00:24#	00:05-
16	Miia Niemi	260										49:12	
	02:35+	06:44=	09:19-	12:00-	29:39+	32:47+	35:16+	40:02+	42:55+	45:02+	46:34+	48:40+	49:12+
	02:35+	04:09-	02:35-	02:41+	17:39+	03:08-	02:29+	04:46-	02:53+	02:07+	01:32+	02:06-	00:32-
	00:23#	00:23-	00:41-	00:03+	16:13@	00:03-	00:06+	00:25-	00:07+	00:39&	00:26&	00:02-	00:03-
17	Gunn Iren Stangeland	62										49:40	
	03:33+	08:11+	12:07+	15:56+	19:56+	24:32+	28:12+	35:16+	41:04+	43:51+	46:40+	49:12+	49:40+
	03:33+	04:38+	03:56+	03:49+	04:00+	04:36+	03:40+	07:04+	05:48+	02:47+	02:49+	02:32+	00:28-
	01:21&	00:06+	00:40#	01:11&	02:34@	01:25&	01:17&	01:53&	03:02@	01:19&	01:43@	00:24#	00:07-
18	Christel Dahl	92										51:43	
	03:08+	08:42+	12:18+	15:51+	20:11+	24:19+	29:46+	39:13+	42:29+	45:36+	48:25+	51:02+	51:43+
	03:08+	05:34+	03:36+	03:33+	04:20+	04:08+	05:27+	09:27+	03:16+	03:07+	02:49+	02:37+	00:41+
	00:56&	01:02#	00:20#	00:55&	02:54@	00:57&	03:04@	04:16&	00:30#	01:39@	01:43@	00:29#	00:06#
19	Ellen Wiig Andresen	136										53:52	
	03:20+	08:42+	12:23+	16:48+	22:07+	29:53+	33:33+	41:07+	45:32+	49:07+	50:40+	53:11+	53:52+
	03:20+	05:22+	03:41+	04:25+	05:19+	07:46+	03:40+	07:34+	04:25+	03:35+	01:33+	02:31+	00:41+
	01:08&	00:50#	00:25#	01:47&	03:53@	04:35@	01:17&	02:23&	01:39&	02:07@	00:27&	00:23#	00:06#
20	Kari Borgen	62										55:24	
	03:11+	07:17+	10:46+	13:36+	15:27+	31:33+	37:41+	45:40+	48:53+	50:47+	52:34+	54:54+	55:24+
	03:11+	04:06-	03:29+	02:50+	01:51+	16:06+	06:08+	07:59+	03:13+	01:54+	01:47+	02:20+	00:30-
	00:59&	00:26-	00:13+	00:12+	00:25&	12:55@	03:45@	02:48&	00:27#	00:26&	00:41&	00:12+	00:05-
21	Wibeke Lende	74										55:27	
	03:32+	09:34+	13:46+	16:54+	29:53+	34:07+	38:20+	44:29+	48:07+	50:40+	52:08+	54:59+	55:27+
	03:32+	06:02+	04:12+	03:08+	12:59+	04:14+	04:13+	06:09+	03:38+	02:33+	01:28+	02:51+	00:28-
	01:20&	01:30&	00:56&	00:30#	11:33@	01:03&	01:50&	00:58#	00:52&	01:05&	00:22&	00:43&	00:07-
22	Birgitte Gran	152										56:06	
	04:23+	11:26+	14:51+	19:18+	23:42+	29:00+	33:38+	41:19+	45:52+	48:55+	51:43+	55:19+	56:06+
	04:23+	07:03+	03:25+	04:27+	04:24+	05:18+	04:38+	07:41+	04:33+	03:03+	02:48+	03:36+	00:47+
	02:11&	02:31&	00:09+	01:49&	02:58@	02:07&	02:15&	02:30&	01:47&	01:35@	01:42@	01:28&	00:12&
23	Siv Hilde Berg	105										57:42	
	03:18+	08:05+	11:44+	15:02+	17:18+	21:23+	33:13+	40:23+	46:01+	50:47+	52:26+	57:05+	57:42+
	03:18+	04:47+	03:39+	03:18+	02:16+	04:05+	11:50+	07:10+	05:38+	04:46+	01:39+	04:39+	00:37+
	01:06&	00:15+	00:23#	00:40&	00:50&	00:54&	09:27@	01:59&	02:52@	03:18@	00:33&	02:31@	00:02+
24	Ingunn Bergheim Landsnes	74										58:18	
	03:09+	08:44+	13:07+	18:35+	28:56+	33:03+	37:07+	43:19+	50:01+	52:48+	54:36+	57:41+	58:18+
	03:09+	05:35+	04:23+	05:28+	10:21+	04:07+	04:04+	06:12+	06:42+	02:47+	01:48+	03:05+	00:37+
	00:57&	01:03#	01:07&	02:50@	08:55@	00:56&	01:41&	01:01#	03:56@	01:19&	00:42&	00:57&	00:02+
25	Heidi Martby	88										59:17	
	03:14+	08:54+	12:28+	21:00+	27:30+	33:27+	40:08+	46:43+	50:59+	53:09+	56:02+	58:40+	59:17+
	03:14+	05:40+	03:34+	08:32+	06:30+	05:57+	06:41+	06:35+	04:16+	02:10+	02:53+	02:38+	00:37+
	01:02&	01:08#	00:18+	05:54@	05:04@	02:46&	04:18&	01:24&	01:30&	00:42&	01:47@	00:30#	00:02+
26	Maren Heradstveit	76										1:00:53	
	10:01+	16:26+	19:26+	24:50+	28:52+	34:54+	38:21+	50:38+	54:26+	56:28+	57:52+	60:22+	60:53+
	10:01+	06:25+	03:00-	05:24+	04:02+	06:02+	03:27+	12:17+	03:48+	02:02+	01:24+	02:30+	00:31-
	07:49@	01:53&	00:16-	02:46@	02:36@	02:51&	01:04&	07:06@	01:02&	00:34&	00:18&	00:22#	00:04-
27	Nithya Mohan	136										1:27:07	
	05:15+	13:12+	18:14+	23:36+	36:06+	44:20+	51:46+	61:20+	69:33+	74:33+	77:59+	86:21+	87:07+
	05:15+	07:57+	05:02+	05:22+	12:30+	08:14+	07:26+	09:34+	08:13+	05:00+	03:26+	08:22+	00:46+
	03:03@	03:25&	01:46&	02:44@	11:04@	05:03@	05:03@	04:23&	05:27@	03:32@	02:20@	06:14@	00:11&
Beste strekktid for klassen													
	02:12	03:40	02:31	02:38	01:26	03:08	02:17	04:38	02:27	01:28	01:06	01:54	00:27

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

Damer 40 - 49 år

Class	Navn	Klasse										Tid	
1	Monica Gilje Rennemo	92										43:40	
	02:55=	08:09=	11:46=	15:24=	17:32=	22:13=	25:49=	32:19=	35:46=	38:21=	39:47=	42:37=	43:40=
	02:55=	05:14=	03:37=	03:38=	02:08=	04:41=	03:36=	06:30=	03:27=	02:35=	01:26=	02:50=	01:03=
	00:00=	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										44:18	
	02:35-	07:27-	10:41-	14:17-	16:41-	20:43-	27:18+	32:41+	36:56+	39:20+	40:59+	43:41+	44:18+
	02:35-	04:52-	03:14-	03:36-	02:24+	04:02-	06:35+	05:23-	04:15+	02:24-	01:39+	02:42-	00:37-
	00:20-	00:22-	00:23-	00:02-	00:16#	00:39-	02:59&	01:07-	00:48#	00:11-	00:13#	00:08-	00:26-
3	Grethe Stokland	62										44:39	
	04:08+	08:28+	11:48+	14:31-	16:28-	29:12+	31:29+	36:40+	39:29+	41:04+	42:14+	44:11+	44:39+
	04:08+	04:20-	03:20-	02:43-	01:57-	12:44+	02:17-	05:11-	02:49-	01:35-	01:10-	01:57-	00:28-
	01:13&	00:54-	00:17-	00:55-	00:11-	08:03@	01:19-	01:19-	00:38-	01:00-	00:16-	00:53-	00:35-
4	Randi Helen Ladsten	128										46:02	
	07:26+	13:09+	16:26+	19:44+	21:28+	25:14+	27:59+	34:13+	37:33+	39:46+	41:14+	45:29+	46:02+
	07:26+	05:43+	03:17-	03:18-	01:44-	03:46-	02:45-	06:14-	03:20-	02:13-	01:28+	04:15+	00:33-
	04:31@	00:29+	00:20-	00:20-	00:24-	00:55-	00:51-	00:16-	00:07-	00:22-	00:02+	01:25&	00:30-
5	Siv Skretting	93										46:05	
	03:04+	08:37+	12:16+	15:20-	17:33+	21:43-	28:13+	33:56+	37:17+	41:28+	43:00+	45:23+	46:05+
	03:04+	05:33+	03:39+	03:04-	02:13+	04:10-	06:30+	05:43-	03:21-	04:11+	01:32+	02:23-	00:42-
	00:09+	00:19+	00:02+	00:34-	00:05+	00:31-	02:54&	00:47-	00:06-	01:36&	00:06+	00:27-	00:21-
6	Gøril Braut Aarsand	268										50:33	
	02:54-	08:01-	11:13-	14:34-	26:58+	30:42+	34:41+	40:01+	43:17+	45:31+	47:19+	49:49+	50:33+
	02:54-	05:07-	03:12-	03:21-	12:24+	03:44-	03:59+	05:20-	03:16-	02:14-	01:48+	02:30-	00:44-
	00:01-	00:07-	00:25-	00:17-	10:16@	00:57-	00:23#	01:10-	00:11-	00:21-	00:22&	00:20-	00:19-
7	Torill Østraat	93										51:12	
	02:46-	07:55-	11:25-	14:39-	23:39+	27:59+	32:02+	39:04+	42:50+	45:41+	47:21+	50:27+	51:12+
	02:46-	05:09-	03:30-	03:14-	09:00+	04:20-	04:03+	07:02+	03:46+	02:51+	01:40+	03:06+	00:45-
	00:09-	00:05-	00:07-	00:24-	06:52@	00:21-	00:27#	00:32+	00:19+	00:16#	00:14#	00:16+	00:18-
8	Tove Irene Asheim	116										51:13	
	04:09+	10:20+	14:04+	18:23+	21:47+	26:48+	30:43+	38:04+	42:38+	45:26+	47:29+	50:32+	51:13+
	04:09+	06:11+	03:44+	04:19+	03:24+	05:01+	03:55+	07:21+	04:34+	02:48+	02:03+	03:03+	00:41-
	01:14&	00:57#	00:07+	00:41#	01:16&	00:20+	00:19+	00:51#	01:07&	00:13+	00:37&	00:13+	00:22-
9	Linda Mari Vestvik	62										51:45	
	05:43+	12:18+	18:12+	21:40+	24:17+	28:23+	31:09+	37:52+	41:27+	43:54+	47:56+	51:13+	51:45+
	05:43+	06:35+	05:54+	03:28-	02:37+	04:06-	02:46-	06:43+	03:35+	02:27-	04:02+	03:17+	00:32-
	02:48&	01:21&	02:17&	00:10-	00:29#	00:35-	00:50-	00:13+	00:08+	00:08-	02:36@	00:27#	00:31-
10	Margrethe Roalsø	93										52:47	
	02:38-	07:28-	11:11-	17:11+	20:00+	23:21+	27:04+	40:30+	43:15+	47:30+	48:40+	52:11+	52:47+
	02:38-	04:50-	03:43+	06:00+	02:49+	03:21-	03:43+	13:26+	02:45-	04:15+	01:10-	03:31+	00:36-
	00:17-	00:24-	00:06+	02:22&	00:41&	01:20-	00:07+	06:56@	00:42-	01:40&	00:16-	00:41#	00:27-
11	Berit Våg Aksland	116										54:34	
	04:47+	11:54+	15:44+	19:53+	24:52+	30:30+	34:13+	41:27+	45:40+	48:59+	51:02+	54:00+	54:34+
	04:47+	07:07+	03:50+	04:09+	04:59+	05:38+	03:43+	07:14+	04:13+	03:19+	02:03+	02:58+	00:34-
	01:52&	01:53&	00:13+	00:31#	02:51@	00:57#	00:07+	00:44#	00:46#	00:44&	00:37&	00:08+	00:29-
12	Irene Sirevåg	105										55:56	
	04:25+	11:35+	15:42+	19:37+	23:03+	28:58+	33:41+	41:18+	45:06+	49:20+	51:48+	55:14+	55:56+
	04:25+	07:10+	04:07+	03:55+	03:26+	05:55+	04:43+	07:37+	03:48+	04:14+	02:28+	03:26+	00:42-
	01:30&	01:56&	00:30#	00:17+	01:18&	01:14&	01:07&	01:07#	00:21#	01:39&	01:02&	00:36#	00:21-
13	Gunhild Nordbø	117										58:13	
	05:07+	11:58+	15:15+	22:58+	26:04+	31:23+	35:00+	42:54+	47:19+	51:06+	53:20+	57:28+	58:13+
	05:07+	06:51+	03:17-	07:43+	03:06+	05:19+	03:37+	07:54+	04:25+	03:47+	02:14+	04:08+	00:45-
	02:12&	01:37&	00:20-	04:05@	00:58&	00:38#	00:01+	01:24#	00:58&	01:12&	00:48&	01:18&	00:18-
14	Cecilie Kristine Karlsen	93										59:14	
	02:46-	18:08+	22:03+	26:44+	29:57+	38:02+	41:16+	48:12+	51:49+	54:21+	55:37+	58:39+	59:14+
	02:46-	15:22+	03:55+	04:41+	03:13+	08:05+	03:14-	06:56+	03:37+	02:32-	01:16-	03:02+	00:35-
	00:09-	10:08@	00:18+	01:03&	01:05&	03:24&	00:22-	00:26+	00:10+	00:03-	00:10-	00:12+	00:28-
15	Ragnhild Båtnes Berntsen	101										59:43	
	04:55+	11:29+	15:43+	19:52+	24:36+	30:30+	37:09+	45:11+	49:48+	53:32+	55:18+	58:57+	59:43+
	04:55+	06:34+	04:14+	04:09+	04:44+	05:54+	06:39+	08:02+	04:37+	03:44+	01:46+	03:39+	00:46-
	02:00&	01:20&	00:37#	00:31#	02:36@	01:13&	03:03&	01:32#	01:10&	01:09&	00:20#	00:49&	00:17-

Class	Navn	Klasse											Tid
16	Nina Svensen	2											1:00:05
	11:36+	16:41+	19:45+	23:54+	27:22+	33:24+	39:20+	46:33+	51:11+	53:47+	55:27+	59:25+	60:05+
	11:36+	05:05-	03:04-	04:09+	03:28+	06:02+	05:56+	07:13+	04:38+	02:36+	01:40+	03:58+	00:40-
	08:41@	00:09-	00:33-	00:31#	01:20&	01:21&	02:20&	00:43#	01:11&	00:01+	00:14#	01:08&	00:23-
Beste strekktid for klassen													
	02:35	04:20	03:04	02:43	01:44	03:21	02:17	05:11	02:45	01:35	01:10	01:57	00:28
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Damer 50 - 59 år													
1	Elisabeth Christie Ørke	117											30:39
	01:57=	05:14=	09:20=	11:10=	15:35=	16:48=	19:29=	22:48=	25:18=	27:57=	30:07=	30:39=	
	01:57=	03:17=	04:06=	01:50=	04:25=	01:13=	02:41=	03:19=	02:30=	02:39=	02:10=	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=	
2	Ingrid Eik	88											35:37
	01:16-	04:54-	09:26+	12:05+	16:37+	17:59+	25:10+	28:00+	30:05+	32:57+	35:03+	35:37+	
	01:16-	03:38+	04:32+	02:39+	04:32+	01:22+	07:11+	02:50-	02:05-	02:52+	02:06-	00:34+	
	00:41-	00:21#	00:26#	00:49&	00:07+	00:09#	04:30@	00:29-	00:25-	00:13+	00:04-	00:02+	
3	Nidunn Sandvik	228											36:56
	01:39-	05:57+	10:25+	13:55+	18:56+	20:38+	23:24+	26:20+	28:42+	33:19+	36:16+	36:56+	
	01:39-	04:18+	04:28+	03:30+	05:01+	01:42+	02:46+	02:56-	02:22-	04:37+	02:57+	00:40+	
	00:18-	01:01&	00:22+	01:40&	00:36#	00:29&	00:05+	00:23-	00:08-	01:58&	00:47&	00:08#	
4	Liv Omdal	116											40:17
	01:27-	05:07-	10:29+	14:12+	19:49+	21:00+	24:37+	28:51+	32:27+	37:04+	39:45+	40:17+	
	01:27-	03:40+	05:22+	03:43+	05:37+	01:11-	03:37+	04:14+	03:36+	04:37+	02:41+	00:32=	
	00:30-	00:23#	01:16&	01:53@	01:12&	00:02-	00:56&	00:55&	01:06&	01:58&	00:31#	00:00=	
5	Rowena Naile	42											42:29
	05:15+	09:37+	13:34+	17:10+	21:19+	22:32+	27:09+	31:05+	36:48+	39:39+	41:59+	42:29+	
	05:15+	04:22+	03:57-	03:36+	04:09-	01:13=	04:37+	03:56+	05:43+	02:51+	02:20+	00:30-	
	03:18@	01:05&	00:09-	01:46&	00:16-	00:00=	01:56&	00:37#	03:13@	00:12+	00:10+	00:02-	
6	Ane Kristine Rostrup	92											42:40
	01:38-	06:20+	10:52+	15:35+	21:48+	23:21+	27:16+	32:43+	35:13+	39:16+	42:02+	42:40+	
	01:38-	04:42+	04:32+	04:43+	06:13+	01:33+	03:55+	05:27+	02:30=	04:03+	02:46+	00:38+	
	00:19-	01:25&	00:26#	02:53@	01:48&	00:20&	01:14&	02:08&	00:00=	01:24&	00:36&	00:06#	
7	Siri T. Ravndal	66											43:02
	01:55-	07:17+	12:57+	16:54+	23:05+	24:39+	28:25+	32:13+	34:56+	38:43+	42:19+	43:02+	
	01:55-	05:22+	05:40+	03:57+	06:11+	01:34+	03:46+	03:48+	02:43+	03:47+	03:36+	00:43+	
	00:02-	02:05&	01:34&	02:07@	01:46&	00:21&	01:05&	00:29#	00:13+	01:08&	01:26&	00:11&	
8	Ingrid O. Foss	117											43:11
	02:20+	06:53+	12:44+	16:25+	22:27+	24:30+	30:03+	33:46+	36:19+	39:52+	42:30+	43:11+	
	02:20+	04:33+	05:51+	03:41+	06:02+	02:03+	05:33+	03:43+	02:33+	03:33+	02:38+	00:41+	
	00:23#	01:16&	01:45&	01:51@	01:37&	00:50&	02:52@	00:24#	00:03+	00:54&	00:28#	00:09&	
9	Anne-Siv Gjertsen	27											43:53
	05:41+	12:09+	17:41+	21:19+	26:09+	27:21+	30:40+	34:08+	37:31+	40:48+	43:17+	43:53+	
	05:41+	06:28+	05:32+	03:38+	04:50+	01:12-	03:19+	03:28+	03:23+	03:17+	02:29+	00:36+	
	03:44@	03:11&	01:26&	01:48&	00:25+	00:01-	00:38#	00:09+	00:53&	00:38#	00:19#	00:04#	
10	Kristin Skadsem	18											44:51
	01:40-	06:15+	12:10+	15:15+	20:55+	22:56+	32:13+	35:14+	37:40+	41:14+	44:06+	44:51+	
	01:40-	04:35+	05:55+	03:05+	05:40+	02:01+	09:17+	03:01-	02:26-	03:34+	02:52+	00:45+	
	00:17-	01:18&	01:49&	01:15&	01:15&	00:48&	06:36@	00:18-	00:04-	00:55&	00:42&	00:13&	
11	Amanda Renshaw	101											45:25
	01:45-	06:03+	10:33+	12:45+	26:31+	28:15+	32:03+	36:20+	38:38+	41:41+	44:52+	45:25+	
	01:45-	04:18+	04:30+	02:12+	13:46+	01:44+	03:48+	04:17+	02:18-	03:03+	03:11+	00:33+	
	00:12-	01:01&	00:24+	00:22#	09:21@	00:31&	01:07&	00:58&	00:12-	00:24#	01:01&	00:01+	
12	Marianne Fuglestad	116											45:30
	09:39+	14:34+	19:14+	22:03+	26:11+	27:41+	32:07+	36:48+	38:54+	42:23+	44:54+	45:30+	
	09:39+	04:55+	04:40+	02:49+	04:08-	01:30+	04:26+	04:41+	02:06-	03:29+	02:31+	00:36+	
	07:42@	01:38&	00:34#	00:59&	00:17-	00:17#	01:45&	01:22&	00:24-	00:50&	00:21#	00:04#	

Class	Navn	Klasse	Tid								
13	Marit Karin Nygård	92	46:21								
01:39-	07:56+	13:09+	17:50+	23:11+	24:28+	33:33+	36:51+	39:41+	43:10+	45:44+	46:21+
01:39-	06:17+	05:13+	04:41+	05:21+	01:17+	09:05+	03:18-	02:50+	03:29+	02:34+	00:37+
00:18-	03:00&	01:07&	02:51@	00:56#	00:04+	06:24@	00:01-	00:20#	00:50&	00:24#	00:05#
14	Kari Smådal Turøy	115	46:47								
01:39-	05:40+	11:26+	15:06+	20:44+	22:15+	33:16+	36:38+	38:53+	43:23+	46:08+	46:47+
01:39-	04:01+	05:46+	03:40+	05:38+	01:31+	11:01+	03:22+	02:15-	04:30+	02:45+	00:39+
00:18-	00:44#	01:40&	01:50&	01:13&	00:18#	08:20@	00:03+	00:15-	01:51&	00:35&	00:07#
15	Oddny Haugland	114	46:56								
06:26+	10:27+	15:27+	24:57+	29:49+	31:00+	34:25+	38:18+	40:36+	43:58+	46:19+	46:56+
06:26+	04:01+	05:00+	09:30+	04:52+	01:11-	03:25+	03:53+	02:18-	03:22+	02:21+	00:37+
04:29@	00:44#	00:54#	07:40@	00:27#	00:02-	00:44&	00:34#	00:12-	00:43&	00:11+	00:05#
16	Signe Ottesen	116	47:53								
02:53+	07:24+	14:29+	17:52+	24:16+	25:48+	29:44+	33:49+	36:38+	44:22+	47:14+	47:53+
02:53+	04:31+	07:05+	03:23+	06:24+	01:32+	03:56+	04:05+	02:49+	07:44+	02:52+	00:39+
00:56&	01:14&	02:59&	01:33&	01:59&	00:19&	01:15&	00:46#	00:19#	05:05@	00:42&	00:07#
17	Arnfrid Stangeland	96	49:00								
08:29+	17:34+	22:54+	26:15+	31:24+	32:36+	35:49+	39:18+	42:39+	45:53+	48:24+	49:00+
08:29+	09:05+	05:20+	03:21+	05:09+	01:12-	03:13+	03:29+	03:21+	03:14+	02:31+	00:36+
06:32@	05:48@	01:14&	01:31&	00:44#	00:01-	00:32#	00:10+	00:51&	00:35#	00:21#	00:04#
18	Margretha Almedal	91	50:07								
02:25+	08:43+	15:09+	20:55+	28:36+	30:34+	34:39+	38:34+	41:08+	46:04+	49:30+	50:07+
02:25+	06:18+	06:26+	05:46+	07:41+	01:58+	04:05+	03:55+	02:34+	04:56+	03:26+	00:37+
00:28#	03:01&	02:20&	03:56@	03:16&	00:45&	01:24&	00:36#	00:04+	02:17&	01:16&	00:05#
19	Hanne Hermanrud	115	50:22								
01:43-	08:56+	15:12+	18:25+	24:43+	27:18+	32:11+	38:01+	42:45+	46:20+	49:35+	50:22+
01:43-	07:13+	06:16+	03:13+	06:18+	02:35+	04:53+	05:50+	04:44+	03:35+	03:15+	00:47+
00:14-	03:56@	02:10&	01:23&	01:53&	01:22@	02:12&	02:31&	02:14&	00:56&	01:05&	00:15&
20	Ingunn Kanne Risa	106	55:21								
02:05+	06:44+	12:57+	16:06+	30:50+	32:09+	35:56+	43:41+	47:59+	52:08+	54:44+	55:21+
02:05+	04:39+	06:13+	03:09+	14:44+	01:19+	03:47+	07:45+	04:18+	04:09+	02:36+	00:37+
00:08+	01:22&	02:07&	01:19&	10:19@	00:06+	01:06&	04:26@	01:48&	01:30&	00:26#	00:05#
21	Helene Espedal-Selvåg	116	58:19								
01:44-	07:54+	14:39+	19:11+	36:50+	38:03+	41:56+	47:28+	51:06+	55:27+	57:41+	58:19+
01:44-	06:10+	06:45+	04:32+	17:39+	01:13-	03:53+	05:32+	03:38+	04:21+	02:14+	00:38+
00:13-	02:53&	02:39&	02:42@	13:14@	00:00-	01:12&	02:13&	01:08&	01:42&	00:04+	00:06#
22	Kristin Harbo	92	1:00:09								
02:46+	09:58+	16:26+	22:30+	31:08+	34:53+	41:46+	46:35+	50:03+	55:20+	59:19+	60:09+
02:46+	07:12+	06:28+	06:04+	08:38+	03:45+	06:53+	04:49+	03:28+	05:17+	03:59+	00:50+
00:49&	03:55@	02:22&	04:14@	04:13&	02:32@	04:12@	01:30&	00:58&	02:38&	01:49&	00:18&
23	Torill Andersen	116	1:02:16								
03:19+	08:46+	14:50+	20:22+	30:48+	32:28+	36:19+	41:12+	44:43+	49:12+	61:33+	62:16+
03:19+	05:27+	06:04+	05:32+	10:26+	01:40+	03:51+	04:53+	03:31+	04:29+	12:21+	00:43+
01:22&	02:10&	01:58&	03:42@	06:01@	00:27&	01:10&	01:34&	01:01&	01:50&	10:11@	00:11&
24	Margot Lilledal	27	1:06:02								
07:40+	13:27+	19:56+	24:22+	43:23+	45:31+	50:06+	53:36+	56:00+	62:21+	65:22+	66:02+
07:40+	05:47+	06:29+	04:26+	19:01+	02:08+	04:35+	03:30+	02:24-	06:21+	03:01+	00:40+
05:43@	02:30&	02:23&	02:36@	14:36@	00:55&	01:54&	00:11+	00:06-	03:42@	00:51&	00:08#
25	Birgitte Røe	125	1:07:55								
03:43+	08:23+	14:27+	39:04+	45:11+	46:36+	50:09+	54:35+	59:21+	63:39+	67:10+	67:55+
03:43+	04:40+	06:04+	24:37+	06:07+	01:25+	03:33+	04:26+	04:46+	04:18+	03:31+	00:45+
01:46&	01:23&	01:58&	22:47@	01:42&	00:12#	00:52&	01:07&	02:16&	01:39&	01:21&	00:13&
26	Målfrid Bjerkeli	237	1:14:08								
09:07+	15:19+	22:18+	40:06+	51:59+	53:53+	58:04+	61:53+	65:07+	70:07+	73:30+	74:08+
09:07+	06:12+	06:59+	17:48+	11:53+	01:54+	04:11+	03:49+	03:14+	05:00+	03:23+	00:38+
07:10@	02:55&	02:53&	15:58@	07:28@	00:41&	01:30&	00:30#	00:44&	02:21&	01:13&	00:06#
27	Brit Vivian Meling	116	1:14:08								
02:19+	08:31+	16:24+	24:50+	34:00+	35:35+	57:01+	60:21+	65:07+	70:01+	73:19+	74:08+
02:19+	06:12+	07:53+	08:26+	09:10+	01:35+	21:26+	03:20+	04:46+	04:54+	03:18+	00:49+
00:22#	02:55&	03:47&	06:36@	04:45@	00:22&	18:45@	00:01+	02:16&	02:15&	01:08&	00:17&

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:16 03:17 03:57 01:50 04:08 01:11 02:41 02:50 02:05 02:39 02:06 00:30

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

Damer 60 - 64 år

1 Jorunn Eriksson Sætre 47 41:36

01:38= 08:36= 13:38= 17:37= 22:28= 23:45= 26:51= 30:17= 33:39= 37:41= 40:58= 41:36=
 01:38= 06:58= 05:02= 03:59= 04:51= 01:17= 03:06= 03:26= 03:22= 04:02= 03:17= 00:38=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Berit K. Gramstad 113 45:10

02:18+ 08:08- 17:13+ 21:55+ 26:38+ 28:05+ 31:42+ 35:03+ 37:33+ 42:01+ 44:29+ 45:10+
 02:18+ 05:50- 09:05+ 04:42+ 04:43- 01:27+ 03:37+ 03:21- 02:30- 04:28+ 02:28- 00:41+
 00:40& 01:08- 04:03& 00:43# 00:08- 00:10# 00:31# 00:05- 00:52- 00:26# 00:49- 00:03+

3 Kari Blixhavn 228 51:39

02:03+ 08:48+ 15:10+ 19:13+ 25:35+ 27:21+ 35:16+ 39:15+ 42:02+ 47:06+ 50:55+ 51:39+
 02:03+ 06:45- 06:22+ 04:03+ 06:22+ 01:46+ 07:55+ 03:59+ 02:47- 05:04+ 03:49+ 00:44+
 00:25& 00:13- 01:20& 00:04+ 01:31& 00:29& 04:49@ 00:33# 00:35- 01:02& 00:32# 00:06#

4 Eli Frafjord 94 53:32

06:02+ 10:50+ 16:48+ 22:45+ 36:48+ 37:55+ 41:06+ 44:26+ 46:50+ 50:04+ 52:45+ 53:32+
 06:02+ 04:48- 05:58+ 05:57+ 14:03+ 01:07- 03:11+ 03:20- 02:24- 03:14- 02:41- 00:47+
 04:24@ 02:10- 00:56# 01:58& 09:12@ 00:10- 00:05+ 00:06- 00:58- 00:48- 00:36- 00:09#

5 Wenche Anda Haarr 92 54:31

02:10+ 08:01- 15:16+ 19:00+ 25:50+ 27:18+ 31:25+ 36:51+ 40:57+ 49:52+ 53:28+ 54:31+
 02:10+ 05:51- 07:15+ 03:44- 06:50+ 01:28+ 04:07+ 05:26+ 04:06+ 08:55+ 03:36+ 01:03+
 00:32& 01:07- 02:13& 00:15- 01:59& 00:11# 01:01& 02:00& 00:44# 04:53@ 00:19+ 00:25&

6 Unni Relling 92 1:06:16

07:56+ 15:27+ 22:01+ 27:47+ 35:30+ 41:59+ 46:51+ 51:16+ 56:08+ 61:37+ 65:29+ 66:16+
 07:56+ 07:31+ 06:34+ 05:46+ 07:43+ 06:29+ 04:52+ 04:25+ 04:52+ 05:29+ 03:52+ 00:47+
 06:18@ 00:33+ 01:32& 01:47& 02:52& 05:12@ 01:46& 00:59& 01:30& 01:27& 00:35# 00:09#

7 Åse Berg 105 1:19:11

01:54+ 07:35- 13:22- 20:40+ 28:45+ 40:46+ 57:46+ 63:21+ 66:54+ 73:33+ 78:24+ 79:11+
 01:54+ 05:41- 05:47+ 07:18+ 08:05+ 12:01+ 17:00+ 05:35+ 03:33+ 06:39+ 04:51+ 00:47+
 00:16# 01:17- 00:45# 03:19& 03:14& 10:44@ 13:54@ 02:09& 00:11+ 02:37& 01:34& 00:09#

8 Mette Dagsland 68 1:19:28

01:55+ 07:24- 13:42+ 35:40+ 58:15+ 59:53+ 64:37+ 68:38+ 72:06+ 76:05+ 78:46+ 79:28+
 01:55+ 05:29- 06:18+ 21:58+ 22:35+ 01:38+ 04:44+ 04:01+ 03:28+ 03:59- 02:41- 00:42+
 00:17# 01:29- 01:16& 17:59@ 00:21& 01:38& 00:35# 00:06+ 00:03- 00:36- 00:04#

Beste strekktid for klassen

01:38 04:48 05:02 03:44 04:43 01:07 03:06 03:20 02:24 03:14 02:28 00:38

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

Damer 65 - 69 år

1 Kirsten Carlsen 93 57:22

02:05= 06:58= 14:16= 17:45= 33:59= 35:30= 39:29= 43:22= 47:21= 52:55= 56:32= 57:22=
 02:05= 04:53= 07:18= 03:29= 16:14= 01:31= 03:59= 03:53= 03:59= 05:34= 03:37= 00:50=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Aslaug Lura 94 57:36

03:18+ 09:05+ 18:51+ 23:57+ 31:17- 33:05- 37:33- 42:15- 46:18- 52:23- 56:38+ 57:36+
 03:18+ 05:47+ 09:46+ 05:06+ 07:20- 01:48+ 04:28+ 04:42+ 04:03+ 06:05+ 04:15+ 00:58+
 01:13& 00:54# 02:28& 01:37& 08:54- 00:17# 00:29# 00:49# 00:04+ 00:31+ 00:38# 00:08#

3 Synnøva Gausel 115 1:01:37

01:42- 06:22- 21:50+ 33:05+ 38:36+ 41:29+ 46:07+ 50:22+ 53:15+ 57:38+ 60:54+ 61:37+
 01:42- 04:40- 15:28+ 11:15+ 05:31- 02:53+ 04:38+ 04:15+ 02:53- 04:23- 03:16- 00:43-
 00:23- 00:13- 08:10@ 07:46@ 10:43- 01:22& 00:39# 00:22+ 01:06- 01:11- 00:21- 00:07-

Class	Navn	Klasse	Tid
4	Margaret Malmin	105	1:04:42
	02:56+ 09:25+ 16:57+ 20:49+ 28:38- 30:31- 44:17+ 50:48+ 55:12+ 59:51+ 63:42+ 64:42+		
	02:56+ 06:29+ 07:32+ 03:52+ 07:49- 01:53+ 13:46+ 06:31+ 04:24+ 04:39- 03:51+ 01:00+		
	00:51& 01:36& 00:14+ 00:23# 08:25- 00:22# 09:47@ 02:38& 00:25# 00:55- 00:14+ 00:10#		

Beste strekktid for klassen

01:42 04:40 07:18 03:29 05:31 01:31 03:59 03:53 02:53 04:23 03:16 00:43

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

Damer 70 - 74 år

1	Turid Nystrøm	68	37:14
	01:31= 05:37= 10:03= 13:40= 19:39= 21:02= 25:28= 28:22= 30:44= 33:59= 36:35= 37:14=		
	01:31= 04:06= 04:26= 03:37= 05:59= 01:23= 04:26= 02:54= 02:22= 03:15= 02:36= 00:39=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Gry V. Thengs	68	39:02
	01:35+ 06:15+ 11:48+ 15:49+ 20:29+ 21:53+ 25:34+ 28:57+ 31:27+ 35:50+ 38:21+ 39:02+		
	01:35+ 04:40+ 05:33+ 04:01+ 04:40- 01:24+ 03:41- 03:23+ 02:30+ 04:23+ 02:31- 00:41+		
	00:04+ 00:34# 01:07& 00:24# 01:19- 00:01+ 00:45- 00:29# 00:08+ 01:08& 00:05- 00:02+		

3	Hedvig Anda	116	43:12
	01:44+ 06:10+ 11:50+ 14:45+ 21:43+ 23:41+ 29:25+ 32:29+ 34:56+ 39:19+ 42:34+ 43:12+		
	01:44+ 04:26+ 05:40+ 02:55- 06:58+ 01:58+ 05:44+ 03:04+ 02:27+ 04:23+ 03:15+ 00:38-		
	00:13# 00:20+ 01:14& 00:42- 00:59# 00:35& 01:18& 00:10+ 00:05+ 01:08& 00:39# 00:01-		

4	Haldis Glendrange	68	44:11
	01:38+ 05:55+ 10:40+ 18:57+ 25:05+ 26:32+ 30:29+ 33:57+ 36:13+ 40:47+ 43:34+ 44:11+		
	01:38+ 04:17+ 04:45+ 08:17+ 06:08+ 01:27+ 03:57- 03:28+ 02:16- 04:34+ 02:47+ 00:37-		
	00:07+ 00:11+ 00:19+ 04:40@ 00:09+ 00:04+ 00:29- 00:34# 00:06- 01:19& 00:11+ 00:02-		

5	Helga Klausen	62	48:01
	02:15+ 07:49+ 14:01+ 20:29+ 27:25+ 29:28+ 33:24+ 37:25+ 40:02+ 43:43+ 47:10+ 48:01+		
	02:15+ 05:34+ 06:12+ 06:28+ 06:56+ 02:03+ 03:56- 04:01+ 02:37+ 03:41+ 03:27+ 00:51+		
	00:44& 01:28& 01:46& 02:51& 00:57# 00:40& 00:30- 01:07& 00:15# 00:26# 00:51& 00:12&		

6	Signe Stang Franzon	105	49:50
	02:06+ 07:32+ 13:42+ 18:28+ 25:05+ 26:50+ 32:13+ 36:21+ 39:27+ 45:10+ 49:04+ 49:50+		
	02:06+ 05:26+ 06:10+ 04:46+ 06:37+ 01:45+ 05:23+ 04:08+ 03:06+ 05:43+ 03:54+ 00:46+		
	00:35& 01:20& 01:44& 01:09& 00:38# 00:22& 00:57# 01:14& 00:44& 02:28& 01:18& 00:07#		

7	Eva Hessen	83	50:34
	02:34+ 09:24+ 15:46+ 20:50+ 27:09+ 29:19+ 34:14+ 38:20+ 41:21+ 45:56+ 49:49+ 50:34+		
	02:34+ 06:50+ 06:22+ 05:04+ 06:19+ 02:10+ 04:55+ 04:06+ 03:01+ 04:35+ 03:53+ 00:45+		
	01:03& 02:44& 01:56& 01:27& 00:20+ 00:47& 00:29# 01:12& 00:39& 01:20& 01:17& 00:06#		

8	Ragnhild Christiansen	93	51:01
	02:19+ 07:47+ 14:56+ 18:41+ 25:19+ 27:46+ 32:29+ 36:52+ 40:45+ 45:48+ 50:03+ 51:01+		
	02:19+ 05:28+ 07:09+ 03:45+ 06:38+ 02:27+ 04:43+ 04:23+ 03:53+ 05:03+ 04:15+ 00:58+		
	00:48& 01:22& 02:43& 00:08+ 00:39# 01:04& 00:17+ 01:29& 01:31& 01:48& 01:39& 00:19&		

9	Helga Aaslid	54	58:53
	03:30+ 07:43+ 13:27+ 17:32+ 25:10+ 26:47+ 41:22+ 45:31+ 49:27+ 55:07+ 58:11+ 58:53+		
	03:30+ 04:13+ 05:44+ 04:05+ 07:38+ 01:37+ 14:35+ 04:09+ 03:56+ 05:40+ 03:04+ 00:42+		
	01:59@ 00:07+ 01:18& 00:28# 01:39& 00:14# 10:09@ 01:15& 01:34& 02:25& 00:28# 00:03+		

Beste strekktid for klassen

01:31 04:06 04:26 02:55 04:40 01:23 03:41 02:54 02:16 03:15 02:31 00:37

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

Damer 75 - 79 år

1	Berit Ebbell Olsen	68	1:07:09
	02:22= 07:55= 15:48= 22:16= 29:26= 31:23= 48:16= 54:32= 57:07= 62:49= 66:21= 67:09=		
	02:22= 05:33= 07:53= 06:28= 07:10= 01:57= 16:53= 06:16= 02:35= 05:42= 03:32= 00:48=		
	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			
2	Anne Garsrud	90										39:15			
02:05-	05:57-	08:30-	12:32+	16:41+	18:27+	20:32+	22:14+	25:05+	28:09+	30:29+	32:54+	35:02+	37:47+	38:45+	39:15+
02:05-	03:52-	02:33+	04:02+	04:09=	01:46+	02:05+	01:42-	02:51+	03:04+	02:20+	02:25+	02:08+	02:45-	00:58-	00:30+
00:24-	00:06-	00:22#	00:18+	00:00=	00:11#	00:04+	00:08-	00:21#	00:16+	00:14#	00:01+	00:05+	00:19-	00:13-	00:01+
3	Helen Lomeland	105										39:46			
02:07-	06:04-	08:23-	12:11-	16:39+	18:57+	20:48+	22:17+	25:15+	28:22+	30:41+	33:16+	35:21+	38:18+	39:16+	39:46+
02:07-	03:57-	02:19+	03:48+	04:28+	02:18+	01:51-	01:29-	02:58+	03:07+	02:19+	02:35+	02:05+	02:57-	00:58-	00:30+
00:22-	00:01-	00:08+	00:04+	00:19+	00:43&	00:10-	00:21-	00:28#	00:19#	00:13#	00:11+	00:02+	00:07-	00:13-	00:01+
4	Lise Isachsen	165										40:26			
01:48-	05:36-	07:51-	11:27-	16:03-	18:02-	20:31+	21:58+	24:14-	29:04+	31:21+	34:20+	36:29+	39:07+	39:59+	40:26+
01:48-	03:48-	02:15+	03:36-	04:36+	01:59+	02:29+	01:27-	02:16-	04:50+	02:17+	02:59+	02:09+	02:38-	00:52-	00:27-
00:41-	00:10-	00:04+	00:08-	00:27#	00:24&	00:28#	00:23-	00:14-	02:02&	00:11+	00:35#	00:06+	00:26-	00:19-	00:02-
5	Vibeke Lamark	46										40:54			
02:03-	05:53-	08:26-	13:38+	18:14+	19:43+	21:42+	23:10+	25:40+	29:21+	31:53+	34:25+	36:14+	39:20+	40:23+	40:54+
02:03-	03:50-	02:33+	05:12+	04:36+	01:29-	01:59-	01:28-	02:30=	03:41+	02:32+	02:32+	01:49-	03:06+	01:03-	00:31+
00:26-	00:08-	00:22#	01:28&	00:07#	00:06-	00:02-	00:22-	00:00=	00:53&	00:26#	00:08+	00:14-	00:02+	00:08-	00:02+
6	Jorunn Johannesen	116										41:00			
02:33+	06:31+	09:02+	12:37+	17:24+	19:02+	21:28+	23:08+	25:55+	28:53+	31:14+	33:58+	36:11+	39:27+	40:21+	41:00+
02:33+	03:58=	02:31+	03:35-	04:47+	01:38+	02:26+	01:40-	02:47+	02:58+	02:21+	02:44+	02:13+	03:16+	00:54-	00:39+
00:04+	00:00=	00:20#	00:09-	00:38#	00:03+	00:25#	00:10-	00:17#	00:10+	00:15#	00:20#	00:10+	00:12+	00:17-	00:10&
7	Wenche M. Sæbbø	3										41:29			
01:59-	05:44-	08:10-	12:02-	16:41+	18:12+	20:10+	21:57=	24:14-	28:22+	30:48+	33:22+	36:49+	39:55+	40:56+	41:29+
01:59-	03:45-	02:26+	03:52+	04:39+	01:31-	01:58-	01:47-	02:17-	04:08+	02:26+	02:34+	03:27+	03:06+	01:01-	00:33+
00:30-	00:13-	00:15#	00:08+	00:30#	00:04-	00:03-	00:03-	00:13-	01:20&	00:20#	00:10+	01:24&	00:02+	00:10-	00:04#
8	Hilde Nordbø	93										41:46			
02:17-	06:01-	08:22-	12:33+	18:45+	20:15+	22:18+	23:56+	26:33+	30:31+	33:01+	35:19+	37:45+	40:29+	41:17+	41:46+
02:17-	03:44-	02:21+	04:11+	06:12+	01:30-	02:03+	01:38-	02:37+	03:58+	02:30+	02:18-	02:26+	02:44-	00:48-	00:29=
00:12-	00:14-	00:10+	00:27#	02:03&	00:05-	00:02+	00:12-	00:07+	01:10&	00:24#	00:06-	00:23#	00:20-	00:23-	00:00=
9	Brit Nilsen	88										43:23			
02:24-	06:39+	09:37+	13:22+	19:37+	21:12+	23:17+	24:51+	27:32+	30:37+	33:43+	36:26+	38:21+	41:28+	42:49+	43:23+
02:24-	04:15+	02:58+	03:45+	06:15+	01:35=	02:05+	01:34-	02:41+	03:05+	03:06+	02:43+	01:55-	03:07+	01:21+	00:34+
00:05-	00:17+	00:47&	00:01+	02:06&	00:00=	00:04+	00:16-	00:11+	00:17#	01:00&	00:19#	00:08-	00:03+	00:10#	00:05#
10	Ann-Cathrin Urdal	118										43:28			
02:06-	06:02-	08:50+	12:24+	18:17+	19:50+	21:50+	23:32+	29:00+	31:59+	34:38+	37:04+	39:07+	42:04+	42:55+	43:28+
02:06-	03:56-	02:48+	03:34-	05:53+	01:33-	02:00-	01:42-	05:28+	02:59+	02:39+	02:26+	02:03=	02:57-	00:51-	00:33+
00:23-	00:02-	00:37&	00:10-	01:44&	00:02-	00:01-	00:08-	02:58@	00:11+	00:33&	00:02+	00:00=	00:07-	00:20-	00:04#
11	Ellen Tindeland	27										44:21			
02:27-	06:31+	09:15+	13:38+	19:21+	21:08+	23:41+	25:27+	28:10+	31:19+	34:09+	36:52+	39:32+	42:33+	43:49+	44:21+
02:27-	04:04+	02:44+	04:23+	05:43+	01:47+	02:33+	01:46-	02:43+	03:09+	02:50+	02:43+	02:40+	03:01-	01:16+	00:32+
00:02-	00:06+	00:33&	00:39#	01:34&	00:12#	00:32&	00:04-	00:13+	00:21#	00:44&	00:19#	00:37&	00:03-	00:05+	00:03#
12	Grethe Anda Fuglestad	116										46:02			
03:11+	07:19+	10:08+	13:31+	18:04+	19:48+	22:32+	24:22+	27:32+	31:44+	34:22+	37:20+	39:56+	44:28+	45:28+	46:02+
03:11+	04:08+	02:49+	03:23-	04:33+	01:44+	02:44+	01:50=	03:10+	04:12+	02:38+	02:58+	02:36+	04:32+	01:00-	00:34+
00:42&	00:10+	00:38&	00:21-	00:24+	00:09+	00:43&	00:00=	00:40&	01:24&	00:32&	00:34#	00:33&	01:28&	00:11-	00:05#
13	Trude Katrine Hermanrud	117										48:03			
02:40+	07:05+	10:15+	14:27+	20:21+	22:12+	24:58+	26:48+	30:37+	34:24+	37:18+	40:22+	42:31+	45:59+	47:30+	48:03+
02:40+	04:25+	03:10+	04:12+	05:54+	01:51+	02:46+	01:50=	03:49+	03:47+	02:54+	03:04+	02:09+	03:28+	01:31+	00:33+
00:11+	00:27#	00:59&	00:28#	01:45&	00:16#	00:45&	00:00=	01:19&	00:59&	00:48&	00:40&	00:06+	00:24#	00:20&	00:04#
14	Irene Rummelhoff	116										48:28			
02:48+	06:48+	09:40+	15:01+	22:39+	24:48+	27:18+	29:06+	32:57+	36:36+	39:14+	41:52+	44:01+	46:56+	47:54+	48:28+
02:48+	04:00+	02:52+	05:21+	07:38+	02:09+	02:50+	01:48-	03:51+	03:39+	02:38+	02:38+	02:09+	02:55-	00:58-	00:34+
00:19#	00:02+	00:41&	01:37&	03:29&	00:34&	00:29#	00:02-	01:21&	00:51&	00:32&	00:14+	00:06+	00:09-	00:13-	00:05#
15	May Elinor Meling	125										48:37			
02:47+	07:09+	09:38+	14:28+	21:00+	23:19+	26:11+	28:23+	31:02+	35:54+	38:12+	41:04+	43:09+	46:52+	47:59+	48:37+
02:47+	04:22+	02:29+	04:50+	06:32+	02:19+	02:52+	02:12+	02:39+	04:52+	02:18+	02:52+	02:05+	03:43+	01:07-	00:38+
00:18#	00:24#	00:18#	01:06&	02:23&	00:44&	00:51&	00:22#	00:09+	02:04&	00:12+	00:28#	00:02+	00:39#	00:04-	00:09&
16	Ann Karin Tjørhom	93										49:21			
02:57+	07:13+	09:48+	14:34+	20:04+	21:53+	24:29+	26:35+	30:16+	36:01+	39:05+	42:08+	44:24+	47:34+	48:44+	49:21+
02:57+	04:16+	02:35+	04:46+	05:30+	01:49+	02:36+	02:06+	03:41+	05:45+	03:04+	03:03+	02:16+	03:10+	01:10-	00:37+
00:28#	00:18+	00:24#	01:02&	01:21&	00:14#	00:35&	00:16#	01:11&	02:57@	00:58&	00:39&	00:13#	00:06+	00:01-	00:08&

Class	Navn	Klasse	Tid
17	Ragnhild Auglænd	19	51:04
02:41+	07:10+ 10:16+ 16:18+ 22:05+ 24:35+ 26:54+ 29:08+ 32:32+ 37:02+ 40:32+ 43:47+ 46:01+ 49:25+ 50:34+ 51:04+		
02:41+	04:29+ 03:06+ 06:02+ 05:47+ 02:30+ 02:19+ 02:14+ 03:24+ 04:30+ 03:30+ 03:15+ 02:14+ 03:24+ 01:09+ 00:30+		
00:12+	00:31# 00:55& 02:18& 01:38& 00:55& 00:18# 00:24# 00:54& 01:42& 01:24& 00:51& 00:11+ 00:20# 00:02- 00:01+		
18	Keth Berggraf	116	51:44
02:10-	06:31+ 09:22+ 13:35+ 21:53+ 23:30+ 25:48+ 27:41+ 30:46+ 38:11+ 40:56+ 44:07+ 46:37+ 50:10+ 51:11+ 51:44+		
02:10-	04:21+ 02:51+ 04:13+ 08:18+ 01:37+ 02:18+ 01:53+ 03:05+ 07:25+ 02:45+ 03:11+ 02:30+ 03:33+ 01:01- 00:33+		
00:19-	00:23+ 00:40& 00:29# 04:09& 00:02+ 00:17# 00:03+ 00:35# 04:37@ 00:39& 00:47& 00:27# 00:29# 00:10- 00:04#		
19	Siri Warland	115	55:43
03:23+	07:36+ 10:10+ 20:14+ 28:04+ 30:11+ 33:05+ 35:10+ 38:01+ 42:13+ 45:09+ 47:51+ 50:30+ 54:02+ 55:09+ 55:43+		
03:23+	04:13+ 02:34+ 10:04+ 07:50+ 02:07+ 02:54+ 02:05+ 02:51+ 04:12+ 02:56+ 02:42+ 02:39+ 03:32+ 01:07- 00:34+		
00:54&	00:15+ 00:23# 06:20@ 03:41& 00:32& 00:53& 00:15# 00:21# 01:24& 00:50& 00:18# 00:36& 00:28# 00:04- 00:05#		
20	Ingunn Anda Haug	67	1:00:53
02:42+	07:31+ 10:44+ 19:29+ 24:57+ 27:02+ 29:50+ 32:14+ 35:10+ 45:00+ 48:18+ 52:27+ 54:50+ 59:15+ 60:18+ 60:53+		
02:42+	04:49+ 03:13+ 08:45+ 05:28+ 02:05+ 02:48+ 02:24+ 02:56+ 09:50+ 03:18+ 04:09+ 02:23+ 04:25+ 01:03- 00:35+		
00:13+	00:51# 01:02& 05:01@ 01:19& 00:30& 00:47& 00:34& 00:26# 07:02@ 01:12& 01:45& 00:20# 01:21& 00:08- 00:06#		
21	Gunn J. Grefstad	2	1:02:13
02:46+	07:23+ 10:14+ 14:27+ 30:43+ 33:11+ 35:36+ 37:49+ 41:37+ 45:03+ 47:45+ 53:06+ 56:25+ 60:20+ 61:29+ 62:13+		
02:46+	04:37+ 02:51+ 04:13+ 16:16+ 02:28+ 02:25+ 02:13+ 03:48+ 03:26+ 02:42+ 05:21+ 03:19+ 03:55+ 01:09- 00:44+		
00:17#	00:39# 00:40& 00:29# 12:07@ 00:53& 00:24# 00:23# 01:18& 00:38# 00:36& 02:57@ 01:16& 00:51& 00:02- 00:15&		
Beste strekktid for klassen			
01:48	03:44	02:11	03:23
04:09	01:29	01:51	01:27
02:16	02:48	02:06	02:18
01:49	02:38	00:48	00:27
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer Ny			
1	Helén Angell Skram	27	17:35
00:37=	03:01= 05:19= 07:10= 09:49= 11:14= 13:02= 14:13= 15:01= 16:55= 17:35=		
00:37=	02:24= 02:18= 01:51= 02:39= 01:25= 01:48= 01:11= 00:48= 01:54= 00:40=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Berit Omholt	117	18:42
00:26-	02:19- 04:39- 06:54- 09:59+ 11:28+ 13:24+ 15:02+ 16:04+ 18:11+ 18:42+		
00:26-	01:53- 02:20+ 02:15+ 03:05+ 01:29+ 01:56+ 01:38+ 01:02+ 02:07+ 00:31-		
00:11-	00:31- 00:02+ 00:24# 00:26# 00:04+ 00:08+ 00:27& 00:14& 00:13# 00:09-		
3	Hanne Berg Nilsen	105	18:44
00:29-	02:22- 04:44- 06:54- 10:04+ 11:32+ 13:29+ 14:58+ 16:07+ 18:10+ 18:44+		
00:29-	01:53- 02:22+ 02:10+ 03:10+ 01:28+ 01:57+ 01:29+ 01:09+ 02:03+ 00:34-		
00:08-	00:31- 00:04+ 00:19# 00:31# 00:03+ 00:09+ 00:18& 00:21& 00:09+ 00:06-		
4	Dorte Danielsen	117	20:18
00:34-	04:04+ 06:47+ 08:27+ 10:55+ 12:23+ 14:11+ 15:55+ 16:42+ 19:09+ 20:18+		
00:34-	03:30+ 02:43+ 01:40- 02:28- 01:28+ 01:48= 01:44+ 00:47- 02:27+ 01:09+		
00:03-	01:06& 00:25# 00:11- 00:11- 00:03+ 00:00= 00:33& 00:01- 00:33& 00:29&		
5	Ingunn Kristiansen Wiig	105	21:00
00:28-	03:21+ 06:21+ 08:23+ 12:09+ 13:43+ 15:40+ 17:00+ 17:49+ 20:09+ 21:00+		
00:28-	02:53+ 03:00+ 02:02+ 03:46+ 01:34+ 01:57+ 01:20+ 00:49+ 02:20+ 00:51+		
00:09-	00:29# 00:42& 00:11+ 01:07& 00:09# 00:09+ 00:09# 00:01+ 00:26# 00:11&		
6	Gro Skadberg Helliesen	105	21:38
00:43+	04:26+ 07:02+ 09:38+ 12:44+ 14:34+ 16:34+ 18:01+ 18:31+ 20:45+ 21:38+		
00:43+	03:43+ 02:36+ 02:36+ 03:06+ 01:50+ 02:00+ 01:27+ 00:30- 02:14+ 00:53+		
00:06#	01:19& 00:18# 00:45& 00:27# 00:25& 00:12# 00:16# 00:18- 00:20# 00:13&		
7	Beate Bertelsen Borrevik	105	22:34
00:34-	03:27+ 05:57+ 08:27+ 11:56+ 13:57+ 16:18+ 18:36+ 19:32+ 21:55+ 22:34+		
00:34-	02:53+ 02:30+ 02:30+ 03:29+ 02:01+ 02:21+ 02:18+ 00:56+ 02:23+ 00:39-		
00:03-	00:29# 00:12+ 00:39& 00:50& 00:36& 00:33& 01:07& 00:08# 00:29& 00:01-		
8	Ane Kristine Helvig	105	24:14
00:31-	05:36+ 08:26+ 10:47+ 14:13+ 16:06+ 18:17+ 20:16+ 20:49+ 23:28+ 24:14+		
00:31-	05:05+ 02:50+ 02:21+ 03:26+ 01:53+ 02:11+ 01:59+ 00:33- 02:39+ 00:46+		
00:06-	02:41@ 00:32# 00:30& 00:47& 00:28& 00:23# 00:48& 00:15- 00:45& 00:06#		

Class	Navn	Klasse	Tid
25	Kari Linn Søriede	115	34:30
02:19+	04:19+ 07:47+ 11:28+ 14:03+ 16:34+	19:51+ 26:35+ 28:33+ 31:13+ 33:48+	34:30+
02:19+	02:00+ 03:28+ 03:41+ 02:35+ 02:31+	03:17+ 06:44+ 01:58+ 02:40- 02:35+	00:42+
01:08&	00:36& 01:25& 01:18& 00:52& 00:42&	01:09& 02:20& 00:10+ 00:24- 00:34&	00:10&
26	Gunvor Frafjord Tungesvik	47	34:46
01:58+	03:42+ 06:51+ 10:06+ 12:26+ 14:44+	17:40+ 24:35+ 26:44+ 30:23+ 33:34+	34:46+
01:58+	01:44+ 03:09+ 03:15+ 02:20+ 02:18+	02:56+ 06:55+ 02:09+ 03:39+ 03:11+	01:12+
00:47&	00:20# 01:06& 00:52& 00:37& 00:29&	00:48& 02:31& 00:21# 00:35# 01:10&	00:40@
27	Reidun Solli Skjørestad	47	34:49
01:57+	03:39+ 06:51+ 10:05+ 12:26+ 14:44+	17:40+ 24:44+ 26:45+ 30:29+ 33:42+	34:49+
01:57+	01:42+ 03:12+ 03:14+ 02:21+ 02:18+	02:56+ 07:04+ 02:01+ 03:44+ 03:13+	01:07+
00:46&	00:18# 01:09& 00:51& 00:38& 00:29&	00:48& 02:40& 00:13# 00:40# 01:12&	00:35@
28	Anita Edgren	88	34:58
03:07+	05:12+ 07:49+ 11:05+ 14:33+ 16:38+	19:12+ 25:12+ 27:03+ 30:17+ 34:05+	34:58+
03:07+	02:05+ 02:37+ 03:16+ 03:28+ 02:05+	02:34+ 06:00+ 01:51+ 03:14+ 03:48+	00:53+
01:56@	00:41& 00:34& 00:53& 01:45@ 00:16#	00:26# 01:36& 00:03+ 00:10+ 01:47&	00:21&
29	Elin Rodvelt	88	35:03
03:04+	05:09+ 08:05+ 11:02+ 14:29+ 16:36+	19:16+ 25:10+ 27:08+ 30:16+ 34:17+	35:03+
03:04+	02:05+ 02:56+ 02:57+ 03:27+ 02:07+	02:40+ 05:54+ 01:58+ 03:08+ 04:01+	00:46+
01:53@	00:41& 00:53& 00:34# 01:44@ 00:18#	00:32# 01:30& 00:10+ 00:04+ 02:00&	00:14&
30	Åse Sellereite	27	35:06
02:47+	04:28+ 07:20+ 10:10+ 12:27+ 14:43+	19:40+ 25:04+ 26:59+ 30:58+ 34:24+	35:06+
02:47+	01:41+ 02:52+ 02:50+ 02:17+ 02:16+	04:57+ 05:24+ 01:55+ 03:59+ 03:26+	00:42+
01:36@	00:17# 00:49& 00:27# 00:34& 00:27#	02:49@ 01:00# 00:07+ 00:55& 01:25&	00:10&
31	Astrid Espe	80	35:29
02:37+	04:21+ 07:19+ 10:22+ 12:39+ 14:55+	22:24+ 27:26+ 29:25+ 32:08+ 34:40+	35:29+
02:37+	01:44+ 02:58+ 03:03+ 02:17+ 02:16+	07:29+ 05:02+ 01:59+ 02:43- 02:32+	00:49+
01:26@	00:20# 00:55& 00:40& 00:34& 00:27#	05:21@ 00:38# 00:11# 00:21- 00:31&	00:17&
32	Grethe Wathne	109	35:43
01:44+	03:14+ 06:14+ 09:21+ 11:06+ 13:43+	18:14+ 25:45+ 27:50+ 31:48+ 34:55+	35:43+
01:44+	01:30+ 03:00+ 03:07+ 01:45+ 02:37+	04:31+ 07:31+ 02:05+ 03:58+ 03:07+	00:48+
00:33&	00:06+ 00:57& 00:44& 00:02+ 00:48&	02:23@ 03:07& 00:17# 00:54& 01:06&	00:16&
33	Heidi Øverby Dragsund	92	35:55
03:02+	06:04+ 08:46+ 12:01+ 15:24+ 17:33+	20:01+ 25:57+ 28:04+ 31:13+ 35:05+	35:55+
03:02+	03:02+ 02:42+ 03:15+ 03:23+ 02:09+	02:28+ 05:56+ 02:07+ 03:09+ 03:52+	00:50+
01:51@	01:38@ 00:39& 00:52& 01:40& 00:20#	00:20# 01:32& 00:19# 00:05+ 01:51&	00:18&
34	Veronica Fenne	206	36:00
01:38+	02:59+ 05:48+ 08:43+ 11:29+ 13:42+	17:49+ 22:15+ 23:40+ 32:22+ 35:31+	36:00+
01:38+	01:21- 02:49+ 02:55+ 02:46+ 02:13+	04:07+ 04:26+ 01:25- 08:42+ 03:09+	00:29-
00:27&	00:03- 00:46& 00:32# 01:03& 00:24#	01:59& 00:02+ 00:23- 05:38@ 01:08&	00:03-
35	Anne Brit T. Møland	93	36:02
02:17+	04:08+ 07:42+ 11:12+ 13:30+ 15:57+	19:54+ 26:36+ 29:01+ 32:20+ 35:19+	36:02+
02:17+	01:51+ 03:34+ 03:30+ 02:18+ 02:27+	03:57+ 06:42+ 02:25+ 03:19+ 02:59+	00:43+
01:06&	00:27& 01:31& 01:07& 00:35& 00:38&	01:49& 02:18& 00:37& 00:15+ 00:58&	00:11&
36	Bente Salte Aune	128	36:14
02:08+	03:52+ 10:11+ 13:30+ 15:31+ 17:29+	20:54+ 27:03+ 28:49+ 32:09+ 35:36+	36:14+
02:08+	01:44+ 06:19+ 03:19+ 02:01+ 01:58+	03:25+ 06:09+ 01:46- 03:20+ 03:27+	00:38+
00:57&	00:20# 04:16@ 00:56& 00:18# 00:09+	01:17& 01:45& 00:02- 00:16+ 01:26&	00:06#
37	Judith Serigstad	128	36:15
02:10+	03:48+ 10:14+ 13:32+ 15:24+ 17:32+	20:50+ 27:06+ 28:54+ 32:07+ 35:38+	36:15+
02:10+	01:38+ 06:26+ 03:18+ 01:52+ 02:08+	03:18+ 06:16+ 01:48= 03:13+ 03:31+	00:37+
00:59&	00:14# 04:23@ 00:55& 00:09+ 00:19#	01:10& 01:52& 00:00= 00:09+ 01:30&	00:05#
38	Anita Kvelland	69	36:35
01:52+	03:54+ 07:25+ 10:57+ 13:09+ 15:38+	20:00+ 25:55+ 28:18+ 31:16+ 35:49+	36:35+
01:52+	02:02+ 03:31+ 03:32+ 02:12+ 02:29+	04:22+ 05:55+ 02:23+ 02:58- 04:33+	00:46+
00:41&	00:38& 01:28& 01:09& 00:29& 00:40&	02:14@ 01:31& 00:35& 00:06- 02:32@	00:14&
39	Marie-Elizabeth Reinseth	27	36:57
01:46+	03:24+ 11:12+ 13:43+ 15:47+ 18:11+	20:54+ 27:03+ 28:34+ 34:03+ 36:21+	36:57+
01:46+	01:38+ 07:48+ 02:31+ 02:04+ 02:24+	02:43+ 06:09+ 01:31- 05:29+ 02:18+	00:36+
00:35&	00:14# 05:45@ 00:08+ 00:21# 00:35&	00:35& 01:45& 00:17- 02:25& 00:17#	00:04#

Class	Navn	Klasse	Tid								
40	Katrine Ljones Karlsen	80	36:58								
04:26+	06:23+	09:12+	12:19+	14:42+	17:47+	22:16+	27:03+	28:49+	32:07+	36:26+	36:58+
04:26+	01:57+	02:49+	03:07+	02:23+	03:05+	04:29+	04:47+	01:46-	03:18+	04:19+	00:32=
03:15@	00:33&	00:46&	00:44&	00:40&	01:16&	02:21@	00:23+	00:02-	00:14+	02:18@	00:00=
41	Unni B. Sundli	92	37:05								
01:55+	03:28+	06:21+	09:24+	11:59+	14:28+	17:55+	27:27+	29:29+	32:49+	36:30+	37:05+
01:55+	01:33+	02:53+	03:03+	02:35+	02:29+	03:27+	09:32+	02:02+	03:20+	03:41+	00:35+
00:44&	00:09#	00:50&	00:40&	00:52&	00:40&	01:19&	05:08@	00:14#	00:16+	01:40&	00:03+
42	Ann Ramsay	42	37:09								
01:49+	03:47+	07:25+	10:43+	14:03+	16:40+	21:52+	27:14+	29:14+	32:13+	36:20+	37:09+
01:49+	01:58+	03:38+	03:18+	03:20+	02:37+	05:12+	05:22+	02:00+	02:59-	04:07+	00:49+
00:38&	00:34&	01:35&	00:55&	01:37&	00:48&	03:04@	00:58#	00:12#	00:05-	02:06@	00:17&
43	Karin Gilje Ask	141	37:11								
02:02+	03:31+	07:41+	11:38+	13:54+	16:31+	20:15+	26:46+	29:15+	32:44+	36:29+	37:11+
02:02+	01:29+	04:10+	03:57+	02:16+	02:37+	03:44+	06:31+	02:29+	03:29+	03:45+	00:42+
00:51&	00:05+	02:07@	01:34&	00:33&	00:48&	01:36&	02:07&	00:41&	00:25#	01:44&	00:10&
44	Anne Grete Friberg	141	37:12								
01:55+	03:31+	07:44+	11:31+	13:55+	16:37+	20:10+	26:38+	29:11+	32:38+	36:30+	37:12+
01:55+	01:36+	04:13+	03:47+	02:24+	02:42+	03:33+	06:28+	02:33+	03:27+	03:52+	00:42+
00:44&	00:12#	02:10@	01:24&	00:41&	00:53&	01:25&	02:04&	00:45&	00:23#	01:51&	00:10&
45	Solveig Mæland	128	37:35								
02:27+	05:05+	08:25+	12:24+	14:52+	17:32+	21:35+	27:27+	30:03+	33:25+	36:51+	37:35+
02:27+	02:38+	03:20+	03:59+	02:28+	02:40+	04:03+	05:52+	02:36+	03:22+	03:26+	00:44+
01:16@	01:14&	01:17&	01:36&	00:45&	00:51&	01:55&	01:28&	00:48&	00:18+	01:25&	00:12&
46	Sissel Carlsen Bråstad	88	37:47								
02:45+	04:45+	08:41+	12:52+	16:23+	19:24+	22:57+	28:15+	30:23+	33:52+	36:59+	37:47+
02:45+	02:00+	03:56+	04:11+	03:31+	03:01+	03:33+	05:18+	02:08+	03:29+	03:07+	00:48+
01:34@	00:36&	01:53&	01:48&	01:48@	01:12&	01:25&	00:54#	00:20#	00:25#	01:06&	00:16&
47	Linn Soma	136	37:47								
01:50+	04:09+	06:39+	09:31+	11:24+	13:22+	17:24+	30:16+	31:55+	34:21+	37:07+	37:47+
01:50+	02:19+	02:30+	02:52+	01:53+	01:58+	04:02+	12:52+	01:39-	02:26-	02:46+	00:40+
00:39&	00:55&	00:27#	00:29#	00:10+	00:09+	01:54&	08:28@	00:09-	00:38-	00:45&	00:08#
48	Brynhild Haaland	101	37:48								
02:05+	04:32+	07:38+	12:01+	16:10+	18:36+	23:43+	29:12+	31:03+	34:29+	37:05+	37:48+
02:05+	02:27+	03:06+	04:23+	04:09+	02:26+	05:07+	05:29+	01:51+	03:26+	02:36+	00:43+
00:54&	01:03&	01:03&	02:00&	02:26@	00:37&	02:59@	01:05#	00:03+	00:22#	00:35&	00:11&
49	Hege Svendsen	43	39:37								
01:47+	03:51+	06:46+	12:13+	18:37+	21:45+	25:22+	30:53+	33:13+	36:27+	38:52+	39:37+
01:47+	02:04+	02:55+	05:27+	06:24+	03:08+	03:37+	05:31+	02:20+	03:14+	02:25+	00:45+
00:36&	00:40&	00:52&	03:04@	04:41@	01:19&	01:29&	01:07&	00:32&	00:10+	00:24#	00:13&
50	Britt Elin Andersen	91	39:43								
01:45+	03:41+	07:33+	12:05+	16:33+	19:12+	22:34+	30:02+	32:18+	35:51+	38:57+	39:43+
01:45+	01:56+	03:52+	04:32+	04:28+	02:39+	03:22+	07:28+	02:16+	03:33+	03:06+	00:46+
00:34&	00:32&	01:49&	02:09&	02:45@	00:50&	01:14&	03:04&	00:28&	00:29#	01:05&	00:14&
51	Kjersti Flaatt	27	39:54								
02:27+	04:20+	07:33+	12:40+	18:20+	20:53+	25:00+	30:51+	32:47+	36:46+	39:18+	39:54+
02:27+	01:53+	03:13+	05:07+	05:40+	02:33+	04:07+	05:51+	01:56+	03:59+	02:32+	00:36+
01:16@	00:29&	01:10&	02:44@	03:57@	00:44&	01:59&	01:27&	00:08+	00:55&	00:31&	00:04#
52	Linda Haukås	113	40:13								
05:36+	07:13+	10:29+	14:03+	16:11+	19:17+	22:56+	29:50+	32:15+	35:52+	39:29+	40:13+
05:36+	01:37+	03:16+	03:34+	02:08+	03:06+	03:39+	06:54+	02:25+	03:37+	03:37+	00:44+
04:25@	00:13#	01:13&	01:11&	00:25#	01:17&	01:31&	02:30&	00:37&	00:33#	01:36&	00:12&
53	Mona Nordmark Kaada	178	40:31								
03:04+	04:50+	08:10+	13:15+	18:55+	21:22+	25:30+	31:25+	33:20+	37:11+	39:46+	40:31+
03:04+	01:46+	03:20+	05:05+	05:40+	02:27+	04:08+	05:55+	01:55+	03:51+	02:35+	00:45+
01:53@	00:22&	01:17&	02:42@	03:57@	00:38&	02:00&	01:31&	00:07+	00:47&	00:34&	00:13&
54	Anne Marie Nerby	76	40:48								
07:42+	09:23+	12:44+	16:01+	17:55+	20:25+	23:44+	31:10+	33:21+	37:16+	40:05+	40:48+
07:42+	01:41+	03:21+	03:17+	01:54+	02:30+	03:19+	07:26+	02:11+	03:55+	02:49+	00:43+
06:31@	00:17#	01:18&	00:54&	00:11#	00:41&	01:11&	03:02&	00:23#	00:51&	00:48&	00:11&

Class	Navn	Klasse	Tid
55	Marysa Castelet-Vogt	42	41:04
01:55+	04:05+ 08:23+ 12:14+ 14:46+ 21:52+ 25:15+ 32:29+ 34:39+ 37:51+ 40:23+ 41:04+		
01:55+	02:10+ 04:18+ 03:51+ 02:32+ 07:06+ 03:23+ 07:14+ 02:10+ 03:12+ 02:32+ 00:41+		
00:44&	00:46& 02:15@ 01:28& 00:49& 05:17@ 01:15& 02:50& 00:22# 00:08+ 00:31& 00:09&		
56	Ingrid Marie Torgersen	253	41:07
02:18+	04:15+ 07:51+ 12:20+ 14:54+ 17:36+ 21:36+ 29:13+ 32:22+ 35:56+ 40:08+ 41:07+		
02:18+	01:57+ 03:36+ 04:29+ 02:34+ 02:42+ 04:00+ 07:37+ 03:09+ 03:34+ 04:12+ 00:59+		
01:07&	00:33& 01:33& 02:06& 00:51& 00:53& 01:52& 03:13& 01:21& 00:30# 02:11@ 00:27&		
57	Irene Mæland Torgersen	253	41:09
02:14+	04:14+ 07:58+ 12:24+ 14:59+ 17:35+ 21:33+ 29:20+ 32:29+ 35:55+ 40:16+ 41:09+		
02:14+	02:00+ 03:44+ 04:26+ 02:35+ 02:36+ 03:58+ 07:47+ 03:09+ 03:26+ 04:21+ 00:53+		
01:03&	00:36& 01:41& 02:03& 00:52& 00:47& 01:50& 03:23& 01:21& 00:22# 02:20@ 00:21&		
58	Marianne Gjesdal Lyngås	253	41:11
02:25+	04:12+ 07:49+ 12:19+ 14:54+ 17:32+ 21:29+ 29:25+ 32:22+ 36:00+ 40:14+ 41:11+		
02:25+	01:47+ 03:37+ 04:30+ 02:35+ 02:38+ 03:57+ 07:56+ 02:57+ 03:38+ 04:14+ 00:57+		
01:14@	00:23& 01:34& 02:07& 00:52& 00:49& 01:49& 03:32& 01:09& 00:34# 02:13@ 00:25&		
59	Elisabeth Sørensen	115	41:38
02:34+	04:47+ 08:13+ 11:57+ 14:24+ 18:30+ 22:43+ 30:01+ 33:13+ 36:41+ 40:24+ 41:38+		
02:34+	02:13+ 03:26+ 03:44+ 02:27+ 04:06+ 04:13+ 07:18+ 03:12+ 03:28+ 03:43+ 01:14+		
01:23@	00:49& 01:23& 01:21& 00:44& 02:17@ 02:05& 02:54& 01:24& 00:24# 01:42& 00:42@		
60	Siw Øie Norheim	115	41:42
02:43+	04:53+ 08:18+ 11:59+ 14:31+ 18:38+ 22:52+ 30:11+ 33:20+ 36:47+ 40:29+ 41:42+		
02:43+	02:10+ 03:25+ 03:41+ 02:32+ 04:07+ 04:14+ 07:19+ 03:09+ 03:27+ 03:42+ 01:13+		
01:32@	00:46& 01:22& 01:18& 00:49& 02:18@ 02:06& 02:55& 01:21& 00:23# 01:41& 00:41@		
61	Gro Mariero Totland	59	42:26
02:29+	04:20+ 08:19+ 12:27+ 14:52+ 18:28+ 22:57+ 30:13+ 33:22+ 35:28+ 37:17+ 41:35+ 42:26+		
02:29+	01:51+ 03:59+ 04:08+ 02:25+ 03:36+ 04:29+ 07:16+ 03:09+ 02:06- 01:49- 04:18+ 00:51+		
01:18@	00:27& 01:56& 01:45& 00:42& 01:47& 02:21@ 02:52& 01:21& 00:58- 00:12- 03:46@ 00:51+		
62	Kjersti Vasbø	152	42:50
01:52+	03:44+ 06:49+ 10:43+ 12:46+ 23:12+ 26:53+ 32:34+ 35:15+ 39:09+ 42:08+ 42:50+		
01:52+	01:52+ 03:05+ 03:54+ 02:03+ 10:26+ 03:41+ 05:41+ 02:41+ 03:54+ 02:59+ 00:42+		
00:41&	00:28& 01:02& 01:31& 00:20# 08:37@ 01:33& 01:17& 00:53& 00:50& 00:58& 00:10&		
63	Ellinor Hoemsnes	116	43:24
01:49+	03:38+ 06:42+ 10:54+ 12:46+ 15:57+ 24:27+ 32:37+ 34:31+ 37:42+ 42:43+ 43:24+		
01:49+	01:49+ 03:04+ 04:12+ 01:52+ 03:11+ 08:30+ 08:10+ 01:54+ 03:11+ 05:01+ 00:41+		
00:38&	00:25& 01:01& 01:49& 00:09+ 01:22& 06:22@ 03:46& 00:06+ 00:07+ 03:00@ 00:09&		
64	Elin Norveel	93	43:50
01:32+	03:06+ 07:36+ 10:35+ 16:30+ 18:34+ 21:19+ 34:16+ 36:20+ 39:39+ 42:52+ 43:50+		
01:32+	01:34+ 04:30+ 02:59+ 05:55+ 02:04+ 02:45+ 12:57+ 02:04+ 03:19+ 03:13+ 00:58+		
00:21&	00:10# 02:27@ 00:36& 04:12@ 00:15# 00:37& 08:33@ 00:16# 00:15+ 01:12& 00:26&		
65	May Kristin Haaland	47	44:14
02:00+	04:15+ 08:21+ 12:07+ 15:01+ 19:08+ 25:38+ 32:53+ 35:42+ 39:56+ 43:28+ 44:14+		
02:00+	02:15+ 04:06+ 03:46+ 02:54+ 04:07+ 06:30+ 07:15+ 02:49+ 04:14+ 03:32+ 00:46+		
00:49&	00:51& 02:03& 01:11& 02:18@ 04:22@ 02:51& 01:01& 01:10& 01:31& 00:14&		
66	Lillian Dahl Fitjar	117	44:18
05:42+	07:08+ 10:09+ 14:19+ 16:16+ 18:37+ 21:38+ 34:43+ 36:41+ 39:47+ 43:22+ 44:18+		
05:42+	01:26+ 03:01+ 04:10+ 01:57+ 02:21+ 03:01+ 13:05+ 01:58+ 03:06+ 03:35+ 00:56+		
04:31@	00:02+ 00:58& 01:47& 00:14# 00:32& 00:53& 08:41@ 00:10+ 00:02+ 01:34& 00:24&		
67	Torhild Stokka Stølsvik	92	44:26
02:04+	04:22+ 08:27+ 12:19+ 14:58+ 19:32+ 25:44+ 32:45+ 35:51+ 40:24+ 43:36+ 44:26+		
02:04+	02:18+ 04:05+ 03:52+ 02:39+ 04:34+ 06:12+ 07:01+ 03:06+ 04:33+ 03:12+ 00:50+		
00:53&	00:54& 02:02& 01:29& 00:56& 02:45@ 04:04@ 02:37& 01:18& 01:29& 01:11& 00:18&		
68	Sølvi S. Ballestad	105	44:54
02:11+	04:18+ 15:34+ 19:11+ 21:48+ 24:38+ 27:56+ 34:09+ 36:22+ 40:40+ 44:05+ 44:54+		
02:11+	02:07+ 11:16+ 03:37+ 02:37+ 02:50+ 03:18+ 06:13+ 02:13+ 04:18+ 03:25+ 00:49+		
01:00&	00:43& 09:13@ 01:14& 00:54& 01:01& 01:10& 01:49& 00:25# 01:14& 01:24& 00:17&		
69	Nina Werness	52	44:54
02:17+	04:21+ 09:48+ 13:16+ 20:28+ 23:28+ 27:17+ 33:46+ 36:43+ 40:35+ 44:04+ 44:54+		
02:17+	02:04+ 05:27+ 03:28+ 07:12+ 03:00+ 03:49+ 06:29+ 02:57+ 03:52+ 03:29+ 00:50+		
01:06&	00:40& 03:24@ 01:05& 05:29@ 01:11& 01:41& 02:05& 01:09& 00:48& 01:28& 00:18&		

Class	Navn	Klasse	Tid
70	Anne Lise Lunde	46	45:19
02:50+	05:33+ 09:12+ 13:20+ 15:58+ 19:33+ 26:37+ 34:05+ 36:23+ 41:09+ 44:37+ 45:19+		
02:50+	02:43+ 03:39+ 04:08+ 02:38+ 03:35+ 07:04+ 07:28+ 02:18+ 04:46+ 03:28+ 00:42+		
01:39@	01:19& 01:36& 01:45& 00:55& 01:46& 04:56@ 03:04& 00:30& 01:42& 01:27& 00:10&		
71	Rebekka Lye	62	45:23
02:16+	04:19+ 11:28+ 15:39+ 17:51+ 21:29+ 25:59+ 33:13+ 36:23+ 40:16+ 44:36+ 45:23+		
02:16+	02:03+ 07:09+ 04:11+ 02:12+ 03:38+ 04:30+ 07:14+ 03:10+ 03:53+ 04:20+ 00:47+		
01:05&	00:39& 05:06@ 01:48& 00:29& 01:49& 02:22@ 02:50& 01:22& 00:49& 02:19@ 00:15&		
72	Solveig Grønning	47	46:23
02:35+	05:21+ 09:32+ 13:47+ 16:24+ 20:01+ 24:28+ 32:55+ 36:00+ 41:43+ 45:39+ 46:23+		
02:35+	02:46+ 04:11+ 04:15+ 02:37+ 03:37+ 04:27+ 08:27+ 03:05+ 05:43+ 03:56+ 00:44+		
01:24@	01:22& 02:08@ 01:52& 00:54& 01:48& 02:19@ 04:03& 01:17& 02:39& 01:55& 00:12&		
73	Ingunn Fandrem	47	46:25
02:35+	05:10+ 09:33+ 13:43+ 16:24+ 19:57+ 24:24+ 33:11+ 36:09+ 41:48+ 45:40+ 46:25+		
02:35+	02:35+ 04:23+ 04:10+ 02:41+ 03:33+ 04:27+ 08:47+ 02:58+ 05:39+ 03:52+ 00:45+		
01:24@	01:11& 02:20@ 01:47& 00:58& 01:44& 02:19@ 04:23& 01:10& 02:35& 01:51& 00:13&		
74	Synnøve Gjestad	101	46:35
02:44+	04:48+ 16:59+ 20:53+ 22:33+ 24:37+ 27:51+ 33:52+ 35:34+ 41:11+ 46:03+ 46:35+		
02:44+	02:04+ 12:11+ 03:54+ 01:40- 02:04+ 03:14+ 06:01+ 01:42- 05:37+ 04:52+ 00:32=		
01:33@	00:40& 10:08@ 01:31& 00:03- 00:15# 01:06& 01:37& 00:06- 02:33& 02:51@ 00:00=		
75	Eli Våge	117	47:25
02:34+	04:36+ 08:27+ 12:40+ 14:58+ 18:00+ 22:08+ 37:43+ 39:52+ 43:44+ 46:47+ 47:25+		
02:34+	02:02+ 03:51+ 04:13+ 02:18+ 03:02+ 04:08+ 15:35+ 02:09+ 03:52+ 03:03+ 00:38+		
01:23@	00:38& 01:48& 01:50& 00:35& 01:13& 02:00& 11:11@ 00:21# 00:48& 01:02& 00:06#		
76	Grete Hellevik	168	48:24
11:41+	13:18+ 15:46+ 20:59+ 22:30+ 24:30+ 27:18+ 34:54+ 37:15+ 44:07+ 47:41+ 48:24+		
11:41+	01:37+ 02:28+ 05:13+ 01:31- 02:00+ 02:48+ 07:36+ 02:21+ 06:52+ 03:34+ 00:43+		
10:30@	00:13# 00:25# 02:50@ 00:12- 00:11# 00:40& 03:12& 00:33& 03:48@ 01:33& 00:11&		
77	Hazel Grayston	263	48:25
02:59+	05:14+ 09:16+ 13:42+ 16:24+ 20:04+ 24:08+ 34:27+ 37:54+ 42:11+ 47:03+ 48:25+		
02:59+	02:15+ 04:02+ 04:26+ 02:42+ 03:40+ 04:04+ 10:19+ 03:27+ 04:17+ 04:52+ 01:22+		
01:48@	00:51& 01:59& 02:03& 00:59& 01:51@ 01:56& 05:55@ 01:39& 01:13& 02:51@ 00:50@		
78	Liv Ertesvåg	83	49:13
03:03+	05:56+ 09:50+ 14:40+ 19:19+ 22:42+ 27:09+ 35:21+ 40:01+ 44:15+ 48:10+ 49:13+		
03:03+	02:53+ 03:54+ 04:50+ 04:39+ 03:23+ 04:27+ 08:12+ 04:40+ 04:14+ 03:55+ 01:03+		
01:52@	01:29@ 01:51& 02:27@ 02:56@ 01:34& 02:19@ 03:48& 02:52@ 01:10& 01:54& 00:31&		
79	Margot Asheim	105	49:19
01:31+	02:46+ 05:15+ 07:58+ 18:33+ 27:51+ 30:22+ 40:49+ 42:40+ 45:21+ 48:42+ 49:19+		
01:31+	01:15- 02:29+ 02:43+ 10:35+ 09:18+ 02:31+ 10:27+ 01:51+ 02:41- 03:21+ 00:37+		
00:20&	00:09- 00:26# 00:20# 08:52@ 07:29@ 00:23# 06:03@ 00:03+ 00:23- 01:20& 00:05#		
80	Lise Bergli	62	50:59
01:34+	02:56+ 13:54+ 17:07+ 19:42+ 22:00+ 29:30+ 35:31+ 37:22+ 43:56+ 50:19+ 50:59+		
01:34+	01:22- 10:58+ 03:13+ 02:35+ 02:18+ 07:30+ 06:01+ 01:51+ 06:34+ 06:23+ 00:40+		
00:23&	00:02- 08:55@ 00:50& 00:52& 00:29& 05:22@ 01:37& 00:03+ 03:30@ 04:22@ 00:08#		
81	Inger Synnøve Sjursen	92	51:45
02:20+	04:33+ 07:55+ 11:48+ 16:44+ 20:06+ 23:43+ 38:13+ 40:45+ 46:45+ 50:54+ 51:45+		
02:20+	02:13+ 03:22+ 03:53+ 04:56+ 03:22+ 03:37+ 14:30+ 02:32+ 06:00+ 04:09+ 00:51+		
01:09&	00:49& 01:19& 01:30& 03:13@ 01:33& 01:29& 10:06@ 00:44& 02:56& 02:08@ 00:19&		
82	Wenke Wannberg	116	51:45
03:23+	05:48+ 12:03+ 15:04+ 20:00+ 22:12+ 36:59+ 43:06+ 45:16+ 47:47+ 50:44+ 51:45+		
03:23+	02:25+ 06:15+ 03:01+ 04:56+ 02:12+ 14:47+ 06:07+ 02:10+ 02:31- 02:57+ 01:01+		
02:12@	01:01& 04:12@ 00:38& 03:13@ 00:23# 12:39@ 01:43& 00:22# 00:33- 00:56& 00:29&		
83	Sigrun Serigstad	128	51:54
02:36+	04:07+ 14:39+ 17:59+ 20:34+ 22:45+ 30:31+ 36:25+ 38:05+ 44:49+ 51:16+ 51:54+		
02:36+	01:31+ 10:32+ 03:20+ 02:35+ 02:11+ 07:46+ 05:54+ 01:40- 06:44+ 06:27+ 00:38+		
01:25@	00:07+ 08:29@ 00:57& 00:52& 00:22# 05:38@ 01:30& 00:08- 03:40@ 04:26@ 00:06#		
84	Eli Tjetland	116	52:58
02:17+	04:07+ 07:22+ 11:09+ 25:04+ 27:45+ 33:10+ 41:30+ 44:10+ 48:23+ 52:04+ 52:58+		
02:17+	01:50+ 03:15+ 03:47+ 13:55+ 02:41+ 05:25+ 08:20+ 02:40+ 04:13+ 03:41+ 00:54+		
01:06&	00:26& 01:12& 01:24& 12:12@ 00:52& 03:17@ 03:56& 00:52& 01:09& 01:40& 00:22&		

Class	Navn	Klasse	Tid
85	Aase Sveinsvoll	94	53:19
02:59+	06:22+ 10:22+ 14:55+ 18:05+ 21:16+ 30:24+ 40:19+ 43:28+ 48:19+ 52:11+ 53:19+		
02:59+	03:23+ 04:00+ 04:33+ 03:10+ 03:11+ 09:08+ 09:55+ 03:09+ 04:51+ 03:52+ 01:08+		
01:48@	01:59@ 01:57& 02:10& 01:27& 01:22& 07:00@ 05:31@ 01:21& 01:47& 01:51& 00:36@		
86	Nina Sjursen	76	54:23
02:45+	04:32+ 07:32+ 10:21+ 17:32+ 19:44+ 37:01+ 44:10+ 46:23+ 50:14+ 53:29+ 54:23+		
02:45+	01:47+ 03:00+ 02:49+ 07:11+ 02:12+ 17:17+ 07:09+ 02:13+ 03:51+ 03:15+ 00:54+		
01:34@	00:23& 00:57& 00:26# 05:28@ 00:23# 15:09@ 02:45& 00:25# 00:47& 01:14& 00:22&		
87	Sarah Denieul	42	56:38
02:03+	04:29+ 18:09+ 24:50+ 27:57+ 29:49+ 31:55+ 46:59+ 48:24+ 52:00+ 56:09+ 56:38+		
02:03+	02:26+ 13:40+ 06:41+ 03:07+ 01:52+ 02:06- 15:04+ 01:25- 03:36+ 04:09+ 00:29-		
00:52&	01:02& 11:37@ 04:18@ 01:24& 00:03+ 00:02- 10:40@ 00:23- 00:32# 02:08@ 00:03-		
88	Monica Nesse	92	56:51
04:07+	06:58+ 11:24+ 16:38+ 20:09+ 23:50+ 30:37+ 40:21+ 44:55+ 50:19+ 55:41+ 56:51+		
04:07+	02:51+ 04:26+ 05:14+ 03:31+ 03:41+ 06:47+ 09:44+ 04:34+ 05:24+ 05:22+ 01:10+		
02:56@	01:27@ 02:23@ 02:51@ 01:48@ 01:52@ 04:39@ 05:20@ 02:46@ 02:20& 03:21@ 00:38@		
89	Vigdis Iren Birkedal	116	57:40
08:09+	16:04+ 26:59+ 30:09+ 32:27+ 34:52+ 38:35+ 47:59+ 50:02+ 53:22+ 57:02+ 57:40+		
08:09+	07:55+ 10:55+ 03:10+ 02:18+ 02:25+ 03:43+ 09:24+ 02:03+ 03:20+ 03:40+ 00:38+		
06:58@	06:31@ 08:52@ 00:47& 00:35& 00:36& 01:35& 05:00@ 00:15# 00:16+ 01:39& 00:06#		
90	Gladys Egeland	92	57:48
04:56+	07:55+ 12:27+ 17:42+ 21:09+ 24:52+ 31:28+ 41:19+ 45:52+ 51:20+ 56:38+ 57:48+		
04:56+	02:59+ 04:32+ 05:15+ 03:27+ 03:43+ 06:36+ 09:51+ 04:33+ 05:28+ 05:18+ 01:10+		
03:45@	01:35@ 02:29@ 02:52@ 01:44@ 01:54@ 04:28@ 05:27@ 02:45@ 02:24& 03:17@ 00:38@		
91	Britt Skretting	54	1:00:59
05:00+	07:59+ 11:56+ 16:32+ 25:03+ 28:00+ 35:26+ 45:27+ 48:15+ 56:06+ 59:59+ 60:59+		
05:00+	02:59+ 03:57+ 04:36+ 08:31+ 02:57+ 07:26+ 10:01+ 02:48+ 07:51+ 03:53+ 01:00+		
03:49@	01:35@ 01:54& 02:13& 06:48@ 01:08& 05:18@ 05:37@ 01:00& 04:47@ 01:52& 00:28&		
92	Sølvi Utbø Sakseid	116	1:01:28
01:52+	04:04+ 08:07+ 10:48+ 12:25+ 14:20+ 17:46+ 54:45+ 56:23+ 58:36+ 60:50+ 61:28+		
01:52+	02:12+ 04:03+ 02:41+ 01:37- 01:55+ 03:26+ 36:59+ 01:38- 02:13- 02:14+ 00:38+		
00:41&	00:48& 02:00& 00:18# 00:06- 00:06+ 01:18& 32:35@ 00:10- 00:51- 00:13# 00:06#		

Beste strekktid for klassen

01:03 01:00 02:02 02:13 01:27 01:49 02:06 03:28 01:17 01:21 01:42 00:29

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

Herrer 16 - 39 år

1	Kjetil Hodne	167	38:32
01:09=	04:35= 05:56= 06:48= 13:38= 17:18= 19:58= 21:11= 22:46= 24:07= 25:54= 29:02= 31:31= 32:58= 34:35= 36:30= 37:21= 38:03= 38:32=		
01:09=	03:26= 01:21= 00:52= 06:50= 03:40= 02:40= 01:13= 01:35= 01:21= 01:47= 03:08= 02:29= 01:27= 01:37= 01:55= 00:42= 00:29=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jørgen Strømstad	50	39:24
01:10+	04:50+ 06:07+ 07:01+ 14:02+ 17:47+ 19:43- 20:57- 22:34- 24:01- 25:35- 30:25+ 32:12+ 33:40+ 35:24+ 38:18+ 39:00+ 39:24+		
01:10+	03:40+ 01:17- 00:54+ 07:01+ 03:45+ 01:56- 01:14+ 01:37+ 01:27+ 01:34- 04:50+ 01:47- 01:28+ 01:44+ 02:54+ 00:42- 00:24-		
00:01+	00:14+ 00:04- 00:02+ 00:11+ 00:05+ 00:44- 00:01+ 00:02+ 00:06+ 00:13- 01:42& 00:42- 00:01+ 00:07+ 00:59& 00:09- 00:18-		
3	Vegard Karlsen	50	39:50
01:05-	04:59+ 06:32+ 07:30+ 14:09+ 18:16+ 20:29+ 22:10+ 23:49+ 25:24+ 27:15+ 30:46+ 32:53+ 34:21+ 36:09+ 38:40+ 39:22+ 39:50+		
01:05-	03:54+ 01:33+ 00:58+ 06:39- 04:07+ 02:13- 01:41+ 01:39+ 01:35+ 01:51+ 03:31+ 02:07- 01:28+ 01:48+ 02:31+ 00:42- 00:28-		
00:04-	00:28# 00:12# 00:06# 00:11- 00:27# 00:27- 00:28& 00:04+ 00:14# 00:04+ 00:23# 00:22- 00:01+ 00:11# 00:36& 00:09- 00:14-		
4	Cato Eike	79	39:53
00:55-	05:22+ 06:37+ 07:46+ 14:04+ 17:32+ 21:06+ 24:13+ 25:35+ 27:04+ 28:25+ 31:02+ 33:19+ 34:50+ 36:37+ 38:49+ 39:30+ 39:53+		
00:55-	04:27+ 01:15- 01:09+ 06:18- 03:28- 03:34+ 03:07+ 01:22- 01:29+ 01:21- 02:37- 02:17- 01:31+ 01:47+ 02:12+ 00:41- 00:23-		
00:14-	01:01& 00:06- 00:17& 00:32- 00:12- 00:54& 01:54@ 00:13- 00:08+ 00:26- 00:31- 00:12- 00:04+ 00:10# 00:17# 00:10- 00:19-		
5	Arne Eirk Nielsen	285	40:10
01:21+	04:47+ 06:03+ 06:53+ 13:38= 17:33+ 19:42- 20:59- 22:39- 24:30+ 26:19+ 30:11+ 32:30+ 34:02+ 35:46+ 38:48+ 39:37+ 40:10+		
01:21+	03:26= 01:16- 00:50- 06:45- 03:55+ 02:09- 01:17+ 01:40+ 01:51+ 01:49+ 03:52+ 02:19- 01:32+ 01:44+ 03:02+ 00:49- 00:33-		
00:12#	00:00= 00:05- 00:02- 00:05- 00:15+ 00:31- 00:04+ 00:05+ 00:30& 00:02+ 00:44# 00:10- 00:05+ 00:07+ 01:07& 00:02- 00:09-		

Class	Navn	Klasse	Tid															
6	Rune Alsnes	116	42:10															
00:59-	04:28-	05:34-	06:31-	12:42-	16:35-	21:04+	22:14+	23:21+	24:51+	26:13+	29:24+	35:23+	36:41+	38:14+	41:02+	41:42+	42:10+	
00:59-	03:29+	01:06-	00:57+	06:11-	03:53+	04:29+	01:10-	01:07-	01:30+	01:22-	03:11+	05:59+	01:18-	01:33-	02:48+	00:40-	00:28-	
00:10-	00:03+	00:15-	00:05+	00:39-	00:13+	01:49&	00:03-	00:28-	00:09#	00:25-	00:03+	03:30@	00:09-	00:04-	00:53&	00:11-	00:14-	
7	Dag Eivind Watsend	92	42:11															
01:11+	05:27+	07:11+	08:16+	15:25+	19:46+	21:57+	23:22+	24:47+	26:26+	28:04+	32:33+	34:50+	36:20+	38:14+	40:56+	41:46+	42:11+	
01:11+	04:16+	01:44+	01:05+	07:09+	04:21+	02:11-	01:25+	01:25-	01:39+	01:38-	04:29+	02:17-	01:30+	01:54+	02:42+	00:50-	00:25-	
00:02+	00:50#	00:23&	00:13#	00:19+	00:41#	00:29-	00:12#	00:10-	00:18#	00:09-	01:21&	00:12-	00:03+	00:17#	00:47&	00:01-	00:17-	
8	Eivind Fredheim	50	42:19															
01:15+	05:21+	06:47+	07:43+	14:58+	19:23+	21:43+	23:12+	24:37+	26:03+	27:39+	31:16+	33:37+	35:59+	38:02+	40:59+	41:47+	42:19+	
01:15+	04:06+	01:26+	00:56+	07:15+	04:25+	02:20-	01:29+	01:25-	01:26+	01:36-	03:37+	02:21-	02:22+	02:03+	02:57+	00:48-	00:32-	
00:06+	00:40#	00:05+	00:04+	00:25+	00:45#	00:20-	00:16#	00:10-	00:05+	00:11-	00:29#	00:08-	00:55&	00:26&	01:02&	00:03-	00:10-	
9	Andreas Segadal Breiland	194	43:25															
00:57-	05:56+	07:16+	08:10+	14:53+	18:31+	21:44+	23:05+	24:44+	26:11+	28:13+	33:13+	35:20+	36:54+	38:42+	42:15+	42:59+	43:25+	
00:57-	04:59+	01:20-	00:54+	06:43-	03:38-	03:13+	01:21+	01:39+	01:27+	02:02+	05:00+	02:07-	01:34+	01:48+	03:33+	00:44-	00:26-	
00:12-	01:33&	00:01-	00:02+	00:07-	00:02-	00:33#	00:08#	00:04+	00:06+	00:15#	01:52&	00:22-	00:07+	00:11#	01:38&	00:07-	00:16-	
10	Morten Fenne	152	43:38															
01:12+	05:57+	07:25+	08:29+	15:29+	19:46+	22:00+	23:28+	25:35+	28:13+	31:15+	34:18+	36:12+	38:17+	40:07+	42:35+	43:13+	43:38+	
01:12+	04:45+	01:28+	01:04+	07:00+	04:17+	02:14-	01:28+	02:07+	02:38+	03:02+	03:03-	01:54-	02:05+	01:50+	02:28+	00:38-	00:25-	
00:03+	01:19&	00:07+	00:12#	00:10+	00:37#	00:26-	00:15#	00:32&	01:17&	01:15&	00:05-	00:35-	00:38&	00:13#	00:33&	00:13-	00:17-	
11	Rune Svihus	62	43:54															
00:57-	04:14-	07:11+	08:12+	14:28+	18:13+	22:51+	25:12+	26:52+	28:55+	31:01+	33:45+	36:02+	37:23+	39:23+	42:48+	43:28+	43:54+	
00:57-	03:17-	02:57+	01:01+	06:16-	03:45+	04:38+	02:21+	01:40+	02:03+	02:06+	02:44-	02:17-	01:21-	02:00+	03:25+	00:40-	00:26-	
00:12-	00:09-	01:36@	00:09#	00:34-	00:05+	01:58&	01:08&	00:05+	00:42&	00:19#	00:24-	00:12-	00:06-	00:23#	01:30&	00:11-	00:16-	
12	Trond Evensen	116	44:10															
02:07+	05:53+	07:16+	08:06+	14:51+	18:22+	21:35+	24:40+	27:06+	28:58+	31:31+	34:42+	36:46+	38:31+	40:20+	42:58+	43:37+	44:10+	
02:07+	03:46+	01:23+	00:50+	06:45-	03:31-	03:13+	03:05+	02:26+	01:52+	02:33+	03:11+	02:04-	01:45+	01:49+	02:38+	00:39-	00:33-	
00:58&	00:20+	00:02+	00:02-	00:05-	00:09-	00:33#	01:52@	00:51&	00:31&	00:46&	00:03+	00:25-	00:18#	00:12#	00:43&	00:12-	00:09-	
13	Kristian Lenning	116	44:55															
01:08-	04:55+	06:20+	07:15+	14:40+	18:49+	23:26+	25:27+	27:43+	29:52+	32:20+	35:48+	37:56+	39:29+	41:21+	43:48+	44:29+	44:55+	
01:08-	03:47+	01:25+	00:55+	07:25+	04:09+	04:37+	02:01+	02:16+	02:09+	02:28+	03:28+	02:08-	01:33+	01:52+	02:27+	00:41-	00:26-	
00:01-	00:21#	00:04+	00:03+	00:35+	00:29#	01:57&	00:48&	00:41&	00:48&	00:41&	00:20#	00:21-	00:06+	00:15#	00:32&	00:10-	00:16-	
14	Kjetil Hollund	108	45:27															
01:08-	05:27+	06:55+	07:53+	15:35+	19:58+	22:27+	23:58+	25:41+	27:50+	30:01+	33:56+	36:19+	38:39+	40:50+	43:08+	44:09+	44:55+	45:27+
01:08-	04:19+	01:28+	00:58+	07:42+	04:23+	02:29-	01:31+	01:43+	02:09+	02:11+	03:55+	02:23-	02:20+	02:11+	02:18+	01:01+	00:46+	00:32+
00:01-	00:53&	00:07+	00:06#	00:52#	00:43#	00:11-	00:18#	00:08+	00:48&	00:24#	00:47#	00:06-	00:53&	00:34&	00:23#	00:10#	00:04+	00:03#
15	Svein Kyllingstad	71	45:33															
02:07+	06:40+	08:23+	09:30+	17:25+	21:31+	24:00+	25:40+	27:46+	30:04+	32:13+	35:47+	37:56+	39:32+	41:30+	44:10+	45:02+	45:33+	
02:07+	04:33+	01:43+	01:07+	07:55+	04:06+	02:29-	01:40+	02:06+	02:18+	02:09+	03:34+	02:09-	01:36+	01:58+	02:40+	00:52+	00:31-	
00:58&	01:07&	00:22&	00:15&	01:05#	00:26#	00:11-	00:27&	00:31&	00:57&	00:22#	00:26#	00:20-	00:09#	00:21#	00:45&	00:01+	00:11-	
16	Magne Habbestad	111	45:39															
01:20+	05:27+	06:49+	07:49+	16:19+	21:13+	23:39+	24:58+	27:02+	29:32+	31:28+	35:12+	37:32+	39:13+	41:23+	44:08+	45:04+	45:39+	
01:20+	04:07+	01:22+	01:00+	08:30+	04:54+	02:26-	01:19+	02:04+	02:30+	01:56+	03:44+	02:20-	01:41+	02:10+	02:45+	00:56+	00:35-	
00:11#	00:41#	00:01+	00:08#	01:40#	01:14&	00:14-	00:06+	00:29&	01:09&	00:09+	00:36#	00:09-	00:14#	00:33&	00:50&	00:05+	00:07-	
17	Rune Hatle	65	46:32															
01:31+	07:30+	09:25+	10:22+	18:06+	22:57+	25:17+	26:53+	28:35+	31:01+	32:54+	36:33+	39:01+	40:40+	42:35+	45:18+	46:05+	46:32+	
01:31+	05:59+	01:55+	00:57+	07:44+	04:51+	02:20-	01:36+	01:42+	02:26+	01:53+	03:39+	02:28-	01:39+	01:55+	02:43+	00:47-	00:27-	
00:22&	02:33&	00:34&	00:05+	00:54#	01:11&	00:20-	00:23&	00:07+	01:05&	00:06+	00:31#	00:01-	00:12#	00:18#	00:48&	00:04-	00:15-	
18	Torbjørn Ims Østby	53	46:33															
01:22+	05:19+	07:02+	08:11+	16:31+	20:23+	22:49+	24:20+	26:12+	28:33+	31:25+	34:31+	37:48+	39:55+	42:17+	45:20+	46:07+	46:33+	
01:22+	03:57+	01:43+	01:09+	08:20+	03:52+	02:26-	01:31+	01:52+	02:21+	02:52+	03:06-	03:17+	02:07+	02:22+	03:03+	00:47-	00:26-	
00:13#	00:31#	00:22&	00:17&	01:30#	00:12+	00:14-	00:18#	00:17#	01:00&	01:05&	00:02-	00:48&	00:40&	00:45&	01:08&	00:04-	00:16-	
19	Aksel Voldsund	114	47:12															
02:05+	06:02+	07:33+	08:40+	16:22+	20:42+	23:30+	25:09+	27:46+	29:54+	32:07+	35:37+	38:01+	40:11+	42:10+	45:38+	46:41+	47:12+	
02:05+	03:57+	01:31+	01:07+	07:42+	04:20+	02:48+	01:39+	02:37+	02:08+	02:13+	03:30+	02:24-	02:10+	01:59+	03:28+	01:03+	00:31-	
00:56&	00:31#	00:10#	00:15&	00:52#	00:40#	00:08+	00:26&	01:02&	00:47&	00:26#	00:22#	00:05-	00:43&	00:22#	01:33&	00:12#	00:11-	
20	Jonas Nesland Vevatne	116	48:37															
01:32+	06:20+	07:59+	09:03+	17:09+	21:45+	24:19+	25:44+	27:19+	30:18+	32:13+	35:59+	38:27+	41:30+	43:37+	47:04+	48:04+	48:37+	
01:32+	04:48+	01:39+	01:04+	08:06+	04:36+	02:34-	01:25+	01:35=	02:59+	01:55+	03:46+	02:28-	03:03+	02:07+	03:27+	01:00+	00:33-	
00:23&	01:22&	00:18#	00:12#	01:16#	00:56&	00:06-	00:12#	00:00=	01:38@	00:08+	00:38#	00:01-	01:36@	00:30&	01:32&	00:09#	00:09-	

Class	Navn	Klasse	Tid														
21	Frode Stangeland	273	51:16														
01:15+	05:50+	07:15+	08:34+	17:02+	22:58+	25:31+	27:24+	30:04+	32:59+	34:50+	38:47+	42:12+	44:28+	46:40+	49:45+	50:41+	51:16+
01:15+	04:35+	01:25+	01:19+	08:28+	05:56+	02:33-	01:53+	02:40+	02:55+	01:51+	03:57+	03:25+	02:16+	02:12+	03:05+	00:56+	00:35-
00:06+	01:09&	00:04+	00:27&	01:38#	02:16&	00:07-	00:40&	01:05&	01:34@	00:04+	00:49&	00:56&	00:49&	00:35&	01:10&	00:05+	00:07-
22	Ole-Tobias Frich	116	52:04														
01:13+	06:05+	07:43+	09:01+	17:36+	22:05+	24:58+	26:50+	28:59+	30:59+	34:47+	38:47+	41:32+	43:46+	46:56+	50:15+	51:26+	52:04+
01:13+	04:52+	01:38+	01:18+	08:35+	04:29+	02:53+	01:52+	02:09+	02:00+	03:48+	04:00+	02:45+	02:14+	03:10+	03:19+	01:11+	00:38-
00:04+	01:26&	00:17#	00:26&	01:45&	00:49#	00:13+	00:39&	00:34&	00:39&	02:01@	00:52&	00:16#	00:47&	01:33&	01:24&	00:20&	00:04-
23	Simen Auli Staff	115	52:25														
01:31+	06:32+	08:08+	09:10+	18:19+	22:28+	24:57+	26:41+	29:19+	33:29+	36:35+	40:23+	43:22+	45:37+	47:34+	50:40+	51:59+	52:25+
01:31+	05:01+	01:36+	01:02+	09:09+	04:09+	02:29-	01:44+	02:38+	04:10+	03:06+	03:48+	02:59+	02:15+	01:57+	03:06+	01:19+	00:26-
00:22&	01:35&	00:15#	00:10#	02:19&	00:29#	00:11-	00:31&	01:03&	02:49@	01:19&	00:40#	00:30#	00:48&	00:20#	01:11&	00:28&	00:16-
24	Rune Dahl Fitjar	90	52:36														
01:23+	07:48+	09:34+	10:45+	19:35+	24:55+	27:41+	29:05+	30:41+	32:24+	35:29+	39:31+	43:45+	46:14+	48:08+	51:06+	51:57+	52:36+
01:23+	06:25+	01:46+	01:11+	08:50+	05:20+	02:46+	01:24+	01:36+	01:43+	03:05+	04:02+	04:14+	02:29+	01:54+	02:58+	00:51=	00:39-
00:14#	02:59&	00:25&	00:19&	02:00&	01:40&	00:06+	00:11#	00:01+	00:22&	01:18&	00:54&	01:45&	01:02&	00:17#	01:03&	00:00=	00:03-
25	Magnus Lysen	167	52:47														
01:07-	05:22+	07:00+	07:58+	14:34+	18:46+	22:44+	23:55+	28:08+	30:03+	31:42+	38:48+	44:43+	46:48+	48:43+	51:26+	52:20+	52:47+
01:07-	04:15+	01:38+	00:58+	06:36-	04:12+	03:58+	01:11-	04:13+	01:55+	01:39-	07:06+	05:55+	02:05+	01:55+	02:43+	00:54+	00:27-
00:02-	00:49#	00:17#	00:06#	00:14-	00:32#	01:18&	00:02-	02:38@	00:34&	00:08-	03:58@	03:26@	00:38&	00:18#	00:48&	00:03+	00:15-
26	Bjørnar A. Alvær Sandmark	68	54:02														
01:26+	06:22+	07:57+	09:14+	17:09+	21:33+	30:47+	32:25+	34:31+	36:18+	38:44+	43:04+	45:23+	48:14+	49:55+	52:49+	53:37+	54:02+
01:26+	04:56+	01:35+	01:17+	07:55+	04:24+	09:14+	01:38+	02:06+	01:47+	02:26+	04:20+	02:19-	02:51+	01:41+	02:54+	00:48-	00:25-
00:17#	01:30&	00:14#	00:25&	01:05#	00:44#	06:34@	00:25&	00:31&	00:26&	00:39&	01:12&	00:10-	01:24&	00:04+	00:59&	00:03-	00:17-
27	Rolf André Svellingen	268	54:29														
01:08-	06:13+	08:00+	09:01+	19:21+	24:08+	26:50+	29:20+	32:06+	34:37+	37:25+	42:08+	44:23+	46:55+	49:45+	52:48+	53:58+	54:29+
01:08-	05:05+	01:47+	01:01+	10:20+	04:47+	02:42+	02:30+	02:46+	02:31+	02:48+	04:43+	02:15-	02:32+	02:50+	03:03+	01:10+	00:31-
00:01-	01:39&	00:26&	00:09#	03:30&	01:07&	00:02+	01:17@	01:11&	01:10&	01:01&	01:35&	00:14-	01:05&	01:13&	01:08&	00:19&	00:11-
28	Per-Olof Wallerstedt	136	55:05														
01:12+	05:41+	07:28+	09:05+	17:04+	21:49+	27:12+	28:30+	32:12+	34:06+	36:32+	40:38+	46:38+	48:51+	50:42+	53:31+	54:27+	55:05+
01:12+	04:29+	01:47+	01:37+	07:59+	04:45+	05:23+	01:18+	03:42+	01:54+	02:26+	04:06+	06:00+	02:13+	01:51+	02:49+	00:56+	00:38-
00:03+	01:03&	00:26&	00:45&	01:09#	01:05&	02:43@	00:05+	02:07@	00:33&	00:39&	00:58&	03:31@	00:46&	00:14#	00:54&	00:05+	00:04-
29	Henri Hansen	76	59:02														
01:56+	06:44+	08:20+	09:59+	18:20+	23:00+	26:33+	28:04+	29:58+	32:45+	35:13+	39:18+	43:19+	45:21+	48:41+	53:45+	55:10+	56:23+
01:56+	04:48+	01:36+	01:39+	08:21+	04:40+	03:33+	01:31+	01:54+	02:47+	02:28+	04:05+	04:01+	02:02+	03:20+	05:04+	01:25+	01:13+
00:47&	01:22&	00:15#	00:47&	01:31#	01:00&	00:53&	00:18#	00:19#	01:26@	00:41&	00:57&	01:32&	00:35&	01:43@	03:09@	00:34&	00:31&
30	Martin Mildestveit	144	1:03:45														
02:44+	08:07+	09:48+	11:07+	21:26+	25:51+	28:48+	31:30+	33:42+	36:02+	38:44+	43:10+	52:30+	55:30+	57:54+	61:57+	63:15+	63:45+
02:44+	05:23+	01:41+	01:19+	10:19+	04:25+	02:57+	02:42+	02:12+	02:20+	02:42+	04:26+	09:20+	03:00+	02:24+	04:03+	01:18+	00:30-
01:35@	01:57&	00:20#	00:27&	03:29&	00:45#	00:17#	01:29@	00:37&	00:59&	00:55&	01:18&	06:51@	01:33@	00:47&	02:08@	00:27&	00:12-
31	Martin Alexander Hanssen	98	1:03:55														
01:12+	05:19+	07:00+	08:41+	15:51+	21:14+	23:49+	25:24+	27:14+	29:06+	31:48+	40:08+	54:48+	56:20+	58:20+	61:25+	63:22+	63:55+
01:12+	04:07+	01:41+	01:41+	07:10+	05:23+	02:35-	01:35+	01:50+	01:52+	02:42+	08:20+	14:40+	01:32+	02:00+	03:05+	01:57+	00:33-
00:03+	00:41#	00:20#	00:49&	00:20+	01:43&	00:05-	00:22&	00:15#	00:31&	00:55&	05:12@	12:11@	00:05+	00:23#	01:10&	01:06@	00:09-
32	Olav Johannessen	105	1:05:02														
02:16+	07:02+	09:12+	10:34+	19:11+	24:34+	27:45+	29:33+	31:24+	34:41+	37:24+	41:46+	54:08+	57:38+	59:55+	63:30+	64:33+	65:02+
02:16+	04:46+	02:10+	01:22+	08:37+	05:23+	03:11+	01:48+	01:51+	03:17+	02:43+	04:22+	12:22+	03:30+	02:17+	03:35+	01:03+	00:29-
01:07&	01:20&	00:49&	00:30&	01:47&	01:43&	00:31#	00:35&	00:16#	01:56@	00:56&	01:14&	09:53@	02:03@	00:40&	01:40&	00:12#	00:13-
33	Alexander Khorunzhiy	136	1:07:01														
06:36+	11:29+	13:25+	14:44+	24:01+	29:08+	32:11+	34:37+	36:58+	39:16+	42:24+	46:58+	57:27+	59:22+	61:42+	65:15+	66:30+	67:01+
06:36+	04:53+	01:56+	01:19+	09:17+	05:07+	03:03+	02:26+	02:21+	02:18+	03:08+	04:34+	10:29+	01:55+	02:20+	03:33+	01:15+	00:31-
05:27@	01:27&	00:35&	00:27&	02:27&	01:27&	00:23#	01:13&	00:46&	00:57&	01:21&	01:26&	08:00@	00:28&	00:43&	01:38&	00:24&	00:11-
34	Stian Salmi	76	1:07:15														
06:17+	13:17+	14:57+	16:25+	27:51+	32:43+	40:58+	42:28+	44:42+	46:19+	49:07+	55:19+	57:36+	60:39+	63:01+	65:47+	66:53+	67:15+
06:17+	07:00+	01:40+	01:28+	11:26+	04:52+	08:15+	01:30+	02:14+	01:37+	02:48+	06:12+	02:17-	03:03+	02:22+	02:46+	01:06+	00:22-
05:08@	03:34@	00:19#	00:36&	04:36&	01:12&	05:35@	00:17#	00:39&	00:16#	01:01&	03:04&	00:12-	01:36@	00:45&	00:51&	00:15&	00:20-
35	Sondre Gjersdal Størkersen	115	1:09:45														
01:33+	07:35+	09:40+	10:58+	19:35+	29:10+	33:12+	36:18+	41:17+	44:38+	48:36+	54:13+	58:04+	61:15+	64:27+	68:12+	69:03+	69:45+
01:33+	06:02+	02:05+	01:18+	08:37+	09:35+	04:02+	03:06+	04:59+	03:21+	03:58+	05:37+	03:51+	03:11+	03:12+	03:45+	00:51=	00:42=
00:24&	02:36&	00:44&	00:26&	01:47&	05:55@	01:22&	01:53@	03:24@	02:00@	02:11@	02:29&	01:22&	01:44@	01:35&	01:50&	00:00=	00:00=

Class	Navn	Klasse										Tid							
36	Jonas Lye Scheie	62										1:10:59							
05:36+	10:56+	12:42+	13:42+	20:57+	30:30+	38:44+	40:44+	43:19+	51:05+	55:48+	60:09+	62:26+	65:02+	66:56+	69:49+	70:40+	70:59+		
05:36+	05:20+	01:46+	01:00+	07:15+	09:33+	08:14+	02:00+	02:35+	07:46+	04:43+	04:21+	02:17-	02:36+	01:54+	02:53+	00:51=	00:19-		
04:27@	01:54&	00:25&	00:08#	00:25+	05:53@	05:34@	00:47&	01:00&	06:25@	02:56@	01:13&	00:12-	01:09&	00:17#	00:58&	00:00=	00:23-		
Beste strekktid for klassen																			
00:55	03:17	01:06	00:50	06:11	03:28	01:56	01:10	01:07	01:21	01:21	02:37	01:47	01:18	01:33	01:55	00:38	00:19	00:29	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																			
Herrer 40 - 49 år																			
1	Bård Skogsholm	40										35:58							
01:51=	05:17=	07:37=	11:06=	15:24=	16:50=	18:45=	20:01=	22:21=	24:58=	27:22=	29:46=	31:49=	34:32=	35:31=	35:58=				
01:51=	03:26=	02:20=	03:29=	04:18=	01:26=	01:55=	01:16=	02:20=	02:37=	02:24=	02:24=	02:03=	02:43=	00:59=	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=				
2	Sjur Sigmo	116										36:37							
01:52+	05:10-	07:23-	10:51-	16:03+	17:23+	19:13+	20:33+	22:42+	25:41+	27:52+	30:21+	32:18+	35:19+	36:05+	36:37+				
01:52+	03:18-	02:13-	03:28-	05:12+	01:20-	01:50-	01:20+	02:09-	02:59+	02:11-	02:29+	01:57-	03:01+	00:46-	00:32+				
00:01+	00:08-	00:07-	00:01-	00:54#	00:06-	00:05-	00:04+	00:11-	00:22#	00:13-	00:05+	00:06-	00:18#	00:13-	00:05#				
3	Kevin Thomas Foust	192										39:21							
02:38+	05:53+	08:17+	13:31+	17:17+	19:43+	21:20+	23:04+	25:41+	29:12+	31:12+	33:30+	35:19+	37:52+	38:53+	39:21+				
02:38+	03:15-	02:24+	05:14+	03:46-	02:26+	01:37-	01:44+	02:37+	03:31+	02:00-	02:18-	01:49-	02:33-	01:01+	00:28+				
00:47&	00:11-	00:04+	01:45&	00:32-	01:00&	00:18-	00:28&	00:17#	00:54&	00:24-	00:06-	00:14-	00:10-	00:02+	00:01+				
4	Jørgen Nilsen	53										40:14							
02:22+	06:25+	09:07+	12:56+	17:20+	18:55+	21:01+	22:33+	25:21+	28:20+	30:48+	33:12+	35:39+	38:46+	39:44+	40:14+				
02:22+	04:03+	02:42+	03:49+	04:24+	01:35+	02:06+	01:32+	02:48+	02:59+	02:28+	02:24=	02:27+	03:07+	00:58-	00:30+				
00:31&	00:37#	00:22#	00:20+	00:06+	00:09#	00:11+	00:16#	00:28#	00:22#	00:04+	00:00=	00:24#	00:24#	00:01-	00:03#				
5	Alf Håkon Haugland	116										40:48							
01:56+	05:39+	07:47+	11:55+	16:55+	20:55+	22:37+	24:28+	26:57+	30:16+	32:16+	34:43+	37:02+	39:29+	40:17+	40:48+				
01:56+	03:43+	02:08-	04:08+	05:00+	04:00+	01:42-	01:51+	02:29+	03:19+	02:00-	02:27+	02:19+	02:27-	00:48-	00:31+				
00:05+	00:17+	00:12-	00:39#	00:42#	02:34@	00:13-	00:35&	00:09+	00:42&	00:24-	00:03+	00:16#	00:16-	00:11-	00:04#				
6	Knut Taugbøl	116										41:48							
02:05+	05:32+	07:37=	14:25+	20:22+	21:54+	23:40+	25:20+	29:09+	31:42+	33:41+	36:13+	37:55+	40:38+	41:24+	41:48+				
02:05+	03:27+	02:05-	06:48+	05:57+	01:32+	01:46-	01:40+	03:49+	02:33-	01:59-	02:32+	01:42-	02:43=	00:46-	00:24-				
00:14#	00:01+	00:15-	03:19&	01:39&	00:06+	00:09-	00:24&	01:29&	00:04-	00:25-	00:08+	00:21-	00:00=	00:13-	00:03-				
7	Trondr Breiland	53										41:59							
01:57+	05:19+	07:23-	13:06+	19:41+	21:30+	23:05+	24:25+	27:02+	30:19+	32:30+	35:05+	37:21+	40:45+	41:30+	41:59+				
01:57+	03:22-	02:04-	05:43+	06:35+	01:49+	01:35-	01:20+	02:37+	03:17+	02:11-	02:35+	02:16+	03:24+	00:45-	00:29+				
00:06+	00:04-	00:16-	02:14&	02:17&	00:23&	00:20-	00:04+	00:17#	00:40&	00:13-	00:11+	00:13#	00:41&	00:14-	00:02+				
8	Lars Primstad	62										42:22							
04:04+	07:40+	09:47+	14:05+	20:35+	22:12+	24:11+	25:59+	28:59+	32:23+	34:10+	36:51+	38:41+	41:02+	41:48+	42:22+				
04:04+	03:36+	02:07-	04:18+	06:30+	01:37+	01:59+	01:48+	03:00+	03:24+	01:47-	02:41+	01:50-	02:21-	00:46-	00:34+				
02:13@	00:10+	00:13-	00:49#	02:12&	00:11#	00:04+	00:32&	00:40&	00:47&	00:37-	00:17#	00:13-	00:22-	00:13-	00:07&				
9	Per Ivar Hovstad	116										43:06							
05:21+	09:12+	11:27+	15:17+	19:44+	22:01+	23:53+	25:22+	28:22+	31:29+	33:50+	36:22+	38:26+	41:29+	42:25+	43:06+				
05:21+	03:51+	02:15-	03:50+	04:27+	02:17+	01:52-	01:29+	03:00+	03:07+	02:21-	02:32+	02:04+	03:03+	00:56-	00:41+				
03:30@	00:25#	00:05-	00:21#	00:09+	00:51&	00:03-	00:13#	00:40&	00:30#	00:03-	00:08+	00:01+	00:20#	00:03-	00:14&				
10	Arngrim Utskarpen	117										43:54							
01:54+	06:04+	08:47+	12:51+	19:27+	21:16+	23:36+	25:14+	28:10+	31:24+	33:35+	36:30+	38:30+	42:22+	43:28+	43:54+				
01:54+	04:10+	02:43+	04:04+	06:36+	01:49+	02:20+	01:38+	02:56+	03:14+	02:11-	02:55+	02:00-	03:52+	01:06+	00:26-				
00:03+	00:44#	00:23#	00:35#	02:18&	00:23&	00:25#	00:22&	00:36&	00:37#	00:13-	00:31#	00:03-	01:09&	00:07#	00:01-				
11	Knut Pedersen	79										44:10							
01:56+	05:31+	07:30-	12:56+	21:06+	22:37+	24:55+	26:24+	28:39+	33:11+	35:52+	38:23+	40:01+	42:23+	43:48+	44:10+				
01:56+	03:35+	01:59-	05:26+	08:10+	01:31+	02:18+	01:29+	02:15-	04:32+	02:41+	02:31+	01:38-	02:22-	01:25+	00:22-				
00:05+	00:09+	00:21-	01:57&	03:52&	00:05+	00:23#	00:13#	00:05-	01:55&	00:17#	00:07+	00:25-	00:21-	00:26&	00:05-				
12	Jakob Ravnås	200										44:43							
02:20+	05:58+	08:30+	13:06+	18:13+	19:57+	22:04+	23:21+	26:36+	31:52+	35:27+	38:23+	40:17+	43:22+	44:13+	44:43+				
02:20+	03:38+	02:32+	04:36+	05:07+	01:44+	02:07+	01:17+	03:15+	05:16+	03:35+	02:56+	01:54-	03:05+	00:51-	00:30+				
00:29&	00:12+	00:12+	01:07&	00:49#	00:18#	00:12#	00:01+	00:55&	02:39@	01:11&	00:32#	00:09-	00:22#	00:08-	00:03#				

Class	Navn	Klasse	Tid												
13	Thomas Johansen	111	44:49												
02:10+	06:08+	08:40+	15:41+	22:34+	24:18+	26:07+	27:25+	29:46+	33:11+	35:32+	38:00+	40:33+	43:27+	44:23+	44:49+
02:10+	03:58+	02:32+	07:01+	06:53+	01:44+	01:49-	01:18+	02:21+	03:25+	02:21-	02:28+	02:33+	02:54+	00:56-	00:26-
00:19#	00:32#	00:12+	03:32@	02:35&	00:18#	00:06-	00:02+	00:01+	00:48&	00:03-	00:04+	00:30#	00:11+	00:03-	00:01-
14	Tord Peter Ursin	116	47:20												
02:39+	06:50+	09:29+	14:23+	19:37+	21:42+	24:18+	27:01+	29:42+	33:18+	36:04+	39:18+	42:02+	45:35+	46:47+	47:20+
02:39+	04:11+	02:39+	04:54+	05:14+	02:05+	02:36+	02:43+	02:41+	03:36+	02:46+	03:14+	02:44+	03:33+	01:12+	00:33+
00:48&	00:45#	00:19#	01:25&	00:56#	00:39&	00:41&	01:27@	00:21#	00:59&	00:22#	00:50&	00:41&	00:50&	00:13#	00:06#
15	Håvard Svihus	267	47:33												
02:30+	06:11+	08:56+	14:15+	20:17+	22:35+	25:28+	27:57+	30:19+	35:27+	37:52+	40:39+	42:45+	46:05+	47:04+	47:33+
02:30+	03:41+	02:45+	05:19+	06:02+	02:18+	02:53+	02:29+	02:22+	05:08+	02:25+	02:47+	02:06+	03:20+	00:59+	00:29+
00:39&	00:15+	00:25#	01:50&	01:44&	00:52&	00:58&	01:13&	00:02+	02:31&	00:01+	00:23#	00:03+	00:37#	00:00+	00:02+
16	Hans Einar Thorset	109	47:55												
03:02+	07:36+	10:07+	14:13+	19:46+	21:34+	23:44+	26:33+	30:04+	33:14+	36:22+	40:03+	42:19+	46:06+	47:19+	47:55+
03:02+	04:34+	02:31+	04:06+	05:33+	01:48+	02:10+	02:49+	03:31+	03:10+	03:08+	03:41+	02:16+	03:47+	01:13+	00:36+
01:11&	01:08&	00:11+	00:37#	01:15&	00:22&	00:15#	01:33@	01:11&	00:33#	00:44&	01:17&	00:13#	01:04&	00:14#	00:09&
17	Øystein Fuglestad	46	47:58												
02:01+	06:23+	09:10+	13:03+	22:14+	23:45+	25:36+	27:13+	31:09+	35:52+	38:28+	40:58+	43:04+	46:20+	47:32+	47:58+
02:01+	04:22+	02:47+	03:53+	09:11+	01:31+	01:51-	01:37+	03:56+	04:43+	02:36+	02:30+	02:06+	03:16+	01:12+	00:26-
00:10+	00:56&	00:27#	00:24#	04:53@	00:05+	00:04-	00:21&	01:36&	02:06&	00:12+	00:06+	00:03+	00:33#	00:13#	00:01-
18	John Breiland	157	49:04												
02:48+	07:24+	09:44+	13:37+	19:05+	23:44+	26:25+	28:32+	33:01+	36:18+	39:14+	41:54+	44:17+	47:27+	48:32+	49:04+
02:48+	04:36+	02:20+	03:53+	05:28+	04:39+	02:41+	02:07+	04:29+	03:17+	02:56+	02:40+	02:23+	03:10+	01:05+	00:32+
00:57&	01:10&	00:00+	00:24#	01:10&	03:13@	00:46&	00:51&	02:09&	00:40&	00:32#	00:16#	00:20#	00:27#	00:06#	00:05#
19	Frode Dyrild	116	49:41												
03:08+	07:50+	10:33+	14:51+	21:59+	23:33+	26:22+	28:35+	31:40+	35:59+	38:35+	41:33+	44:12+	48:00+	49:05+	49:41+
03:08+	04:42+	02:43+	04:18+	07:08+	01:34+	02:49+	02:13+	03:05+	04:19+	02:36+	02:58+	02:39+	03:48+	01:05+	00:36+
01:17&	01:16&	00:23#	00:49#	02:50&	00:08+	00:54&	00:57&	00:45&	01:42&	00:12+	00:34#	00:36&	01:05&	00:06#	00:09&
20	Arne Hetlelid	98	50:59												
02:32+	06:41+	09:08+	17:09+	22:57+	24:59+	27:07+	29:01+	32:13+	36:31+	39:38+	42:22+	45:11+	49:12+	50:10+	50:59+
02:32+	04:09+	02:27+	08:01+	05:48+	02:02+	02:08+	01:54+	03:12+	04:18+	03:07+	02:44+	02:49+	04:01+	00:58-	00:49+
00:41&	00:43#	00:07+	04:32@	01:30&	00:36&	00:13#	00:38&	00:52&	01:41&	00:43&	00:20#	00:46&	01:18&	00:01-	00:22&
21	Jan Kristensen	7	51:52												
02:15+	07:21+	10:22+	14:50+	23:34+	25:20+	27:59+	30:09+	32:50+	37:00+	40:00+	43:54+	46:44+	50:12+	51:15+	51:52+
02:15+	05:06+	03:01+	04:28+	08:44+	01:46+	02:39+	02:10+	02:41+	04:10+	03:00+	03:54+	02:50+	03:28+	01:03+	00:37+
00:24#	01:40&	00:41&	00:59&	04:26@	00:20#	00:44&	00:54&	00:21#	01:33&	00:36#	01:30&	00:47&	00:45&	00:04+	00:10&
22	André Sirevåg	116	52:26												
02:51+	07:00+	09:38+	15:24+	23:52+	27:45+	30:08+	32:18+	36:17+	40:42+	43:02+	46:05+	48:01+	51:02+	51:54+	52:26+
02:51+	04:09+	02:38+	05:46+	08:28+	03:53+	02:23+	02:10+	03:59+	04:25+	02:20-	03:03+	01:56-	03:01+	00:52-	00:32+
01:00&	00:43#	00:18#	02:17&	04:10&	02:27@	00:28#	00:54&	01:39&	01:48&	00:04-	00:39&	00:07-	00:18#	00:07-	00:05#
23	Peter Chapman	117	53:47												
03:56+	07:31+	09:59+	14:37+	25:50+	27:32+	29:16+	30:58+	33:50+	38:22+	43:03+	47:00+	49:05+	52:10+	53:20+	53:47+
03:56+	03:35+	02:28+	04:38+	11:13+	01:42+	01:44-	01:42+	02:52+	04:32+	04:41+	03:57+	02:05+	03:05+	01:10+	00:27-
02:05@	00:09+	00:08+	01:09&	06:55@	00:16#	00:11-	00:26&	00:32#	01:55&	02:17&	01:33&	00:02+	00:22#	00:11#	00:00+
24	Rune Paulsen	98	58:11												
02:55+	08:44+	11:24+	17:42+	27:21+	30:06+	32:47+	35:03+	38:08+	44:38+	47:34+	50:22+	53:23+	56:50+	57:47+	58:11+
02:55+	05:49+	02:40+	06:18+	09:39+	02:45+	02:41+	02:16+	03:05+	06:30+	02:56+	02:48+	03:01+	03:27+	00:57-	00:24-
01:04&	02:23&	00:20#	02:49&	05:21@	01:19&	00:46&	01:00&	00:45&	03:53@	00:32#	00:24#	00:58&	00:44&	00:02-	00:03-
25	Ådne Hausberg	7	58:36												
03:57+	08:23+	11:07+	15:17+	20:53+	22:43+	25:28+	27:10+	30:20+	40:16+	47:04+	50:08+	53:55+	57:11+	58:05+	58:36+
03:57+	04:26+	02:44+	04:10+	05:36+	01:50+	02:45+	01:42+	03:10+	09:56+	06:48+	03:04+	03:47+	03:16+	00:54-	00:31+
02:06@	01:00&	00:24#	00:41#	01:18&	00:24&	00:50&	00:26&	00:50&	07:19@	04:24@	00:40&	01:44&	00:33#	00:05-	00:04#
26	Odd Marius Hygen	116	1:00:31												
02:34+	07:32+	10:54+	18:04+	26:07+	28:58+	32:18+	35:12+	38:27+	43:23+	46:51+	51:05+	54:20+	58:41+	59:52+	60:31+
02:34+	04:58+	03:22+	07:10+	08:03+	02:51+	03:20+	02:54+	03:15+	04:56+	03:28+	04:14+	03:15+	04:21+	01:11+	00:39+
00:43&	01:32&	01:02&	03:41@	03:45&	01:25&	01:25&	01:38@	00:55&	02:19&	01:04&	01:50&	01:12&	01:38&	00:12#	00:12&
27	Raymond B. Pettersen	105	1:00:57												
02:48+	06:58+	10:07+	14:43+	21:51+	23:36+	25:49+	27:32+	34:42+	47:18+	49:50+	52:36+	55:25+	59:31+	60:24+	60:57+
02:48+	04:10+	03:09+	04:36+	07:08+	01:45+	02:13+	01:43+	07:10+	12:36+	02:32+	02:46+	02:49+	04:06+	00:53-	00:33+
00:57&	00:44#	00:49&	01:07&	02:50&	00:19#	00:18#	00:27&	04:50@	09:59@	00:08+	00:22#	00:46&	01:23&	00:06-	00:06#

Class	Navn	Klasse											Tid			
28	Ingvar Heien	47											1:02:52			
02:14+	06:11+	08:44+	12:48+	22:56+	24:47+	26:50+	28:30+	32:02+	41:13+	44:53+	48:33+	57:17+	60:38+	62:12+	62:52+	
02:14+	03:57+	02:33+	04:04+	10:08+	01:51+	02:03+	01:40+	03:32+	09:11+	03:40+	03:40+	08:44+	03:21+	01:34+	00:40+	
00:23#	00:31#	00:13+	00:35#	05:50@	00:25&	00:08+	00:24&	01:12&	06:34@	01:16&	01:16&	06:41@	00:38#	00:35&	00:13&	
29	Kjetil Gjerde	116											1:03:03			
02:41+	07:33+	10:59+	17:32+	23:22+	25:58+	29:25+	32:35+	37:25+	43:00+	47:08+	51:13+	53:56+	60:43+	62:26+	63:03+	
02:41+	04:52+	03:26+	06:33+	05:50+	02:36+	03:27+	03:10+	04:50+	05:35+	04:08+	04:05+	02:43+	06:47+	01:43+	00:37+	
00:50&	01:26&	01:06&	03:04&	01:32&	01:10&	01:32&	01:54@	02:30@	02:58@	01:44&	01:41&	00:40&	04:04@	00:44&	00:10&	
30	Ove Stapnes	76											1:06:34			
05:38+	10:20+	16:28+	22:35+	31:58+	34:29+	37:04+	38:57+	41:43+	50:58+	56:08+	59:07+	61:45+	64:49+	65:48+	66:34+	
05:38+	04:42+	06:08+	06:07+	09:23+	02:31+	02:35+	01:53+	02:46+	09:15+	05:10+	02:59+	02:38+	03:04+	00:59+	00:46+	
03:47@	01:16&	03:48@	02:38&	05:05@	01:05&	00:40&	00:37&	00:26#	06:38@	02:46@	00:35#	00:35&	00:21#	00:00+	00:19&	
31	Steinar Hansen	27											1:15:04			
08:48+	13:48+	16:22+	31:43+	40:15+	43:02+	46:08+	48:19+	52:28+	61:39+	63:59+	67:35+	70:23+	73:32+	74:27+	75:04+	
08:48+	05:00+	02:34+	15:21+	08:32+	02:47+	03:06+	02:11+	04:09+	09:11+	02:20-	03:36+	02:48+	03:09+	00:55-	00:37+	
06:57@	01:34&	00:14#	11:52@	04:14&	01:21&	01:11&	00:55&	01:49&	06:34@	00:04-	01:12&	00:45&	00:26#	00:04-	00:10&	

Beste strekktid for klassen

01:51 03:15 01:59 03:28 03:46 01:20 01:35 01:16 02:09 02:33 01:47 02:18 01:38 02:21 00:45 00:22

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

Herrer 50 - 54 år

1	Jan Sigurd Eike	79											29:26			
01:46=	04:59=	08:55=	10:50=	11:48=	13:31=	14:49=	16:44=	18:12=	21:19=	22:55=	24:57=	26:33=	27:26=	29:01=	29:26=	
01:46=	03:13=	03:56=	01:55=	00:58=	01:43=	01:18=	01:55=	01:18=	03:07=	01:36=	02:02=	01:36=	00:53=	01:35=	00:25=	
00:00=	00:00=	00:00=	00:00=	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	Tore Svendsen	27											29:56			
01:49+	05:12+	09:23+	11:22+	12:32+	14:02+	15:27+	17:11+	18:27+	21:23+	23:05+	25:15+	26:44+	27:38+	29:27+	29:56+	
01:49+	03:23+	04:11+	01:59+	01:10+	01:30-	01:25+	01:44-	01:16-	02:56-	01:42+	02:10+	01:29-	00:54+	01:49+	00:29+	
00:03+	00:10+	00:15+	00:04+	00:12#	00:13-	00:07+	00:11-	00:12-	00:11-	00:06+	00:08+	00:07-	00:01+	00:14#	00:04#	
3	Kjell Seland	236											35:29			
02:10+	06:04+	10:38+	12:40+	14:10+	16:28+	18:13+	20:08+	22:44+	26:09+	28:02+	30:27+	31:53+	32:53+	34:53+	35:29+	
02:10+	03:54+	04:34+	02:02+	01:30+	02:18+	01:45+	01:55=	02:36+	03:25+	01:53+	02:25+	01:26-	01:00+	02:00+	00:36+	
00:24#	00:41#	00:38#	00:07+	00:32&	00:35&	00:27&	00:00=	01:08&	00:18+	00:17#	00:23#	00:10-	00:07#	00:25&	00:11&	
4	Anders Glenne	7											36:58			
02:09+	05:50+	09:40+	12:07+	13:34+	15:31+	17:10+	20:44+	24:07+	27:46+	30:02+	32:18+	33:47+	34:51+	36:31+	36:58+	
02:09+	03:41+	03:50-	02:27+	01:27+	01:57+	01:39+	03:34+	03:23+	03:39+	02:16+	02:16+	01:29-	01:04+	01:40+	00:27+	
00:23#	00:28#	00:06-	00:32&	00:29&	00:14#	00:21&	01:39&	01:55@	00:32#	00:40&	00:14#	00:07-	00:11#	00:05+	00:02+	
5	Øistein Haaland	116											38:10			
01:55+	05:25+	09:40+	15:47+	17:04+	18:44+	20:27+	23:18+	24:59+	28:30+	30:25+	32:46+	34:27+	35:39+	37:37+	38:10+	
01:55+	03:30+	04:15+	06:07+	01:17+	01:40-	01:43+	02:51+	01:41+	03:31+	01:55+	02:21+	01:41+	01:12+	01:58+	00:33+	
00:09+	00:17+	00:19+	04:12@	00:19&	00:03-	00:25&	00:56&	00:13#	00:24#	00:19#	00:19#	00:05+	00:19&	00:23#	00:08&	
6	Håvard Håland	66											40:16			
02:13+	06:08+	10:13+	17:21+	19:04+	20:35+	22:26+	24:37+	26:37+	30:21+	32:14+	34:42+	36:39+	37:45+	39:42+	40:16+	
02:13+	03:55+	04:05+	07:08+	01:43+	01:31-	01:51+	02:11+	02:00+	03:44+	01:53+	02:28+	01:57+	01:06+	01:57+	00:34+	
00:27&	00:42#	00:09+	05:13@	00:45&	00:12-	00:33&	00:16#	00:32&	00:37#	00:17#	00:26#	00:21#	00:13#	00:22#	00:09&	
7	Tor Sverre Skåra	266											40:51			
02:23+	06:19+	11:30+	13:55+	15:35+	17:31+	19:32+	22:12+	24:03+	30:41+	32:38+	35:23+	37:04+	38:08+	40:25+	40:51+	
02:23+	03:56+	05:11+	02:25+	01:40+	01:56+	02:01+	02:40+	01:51+	06:38+	01:57+	02:45+	01:41+	01:04+	02:17+	00:26+	
00:37&	00:43#	01:15&	00:30&	00:42&	00:13#	00:43&	00:45&	00:23&	03:31@	00:21#	00:43&	00:05+	00:11#	00:42&	00:01+	
8	Sigbjørn Gløppen	144											42:22			
03:07+	07:13+	12:01+	15:10+	16:59+	19:14+	21:23+	23:32+	26:48+	30:53+	33:42+	36:19+	38:14+	39:37+	41:48+	42:22+	
03:07+	04:06+	04:48+	03:09+	01:49+	02:15+	02:09+	02:09+	03:16+	04:05+	02:49+	02:37+	01:55+	01:23+	02:11+	00:34+	
01:21&	00:53&	00:52#	01:14&	00:51&	00:32&	00:51&	00:14#	01:48@	00:58&	01:13&	00:35&	00:19#	00:30&	00:36&	00:09&	
9	Inge Skretting	165											42:29			
05:23+	11:59+	16:31+	18:59+	20:44+	22:33+	24:14+	26:43+	28:19+	32:18+	34:23+	36:53+	38:33+	39:37+	41:57+	42:29+	
05:23+	06:36+	04:32+	02:28+	01:45+	01:49+	01:41+	02:29+	01:36+	03:59+	02:05+	02:30+	01:40+	01:04+	02:20+	00:32+	
03:37@	03:23@	00:36#	00:33&	00:47&	00:06+	00:23&	00:34&	00:08+	00:52&	00:29&	00:28#	00:04+	00:11#	00:45&	00:07&	

Class	Navn	Klasse										Tid			
10	Geir Rune Seldal	192										43:26			
02:20+	06:33+	11:37+	15:23+	17:09+	19:05+	21:27+	23:54+	25:52+	31:25+	33:58+	36:58+	39:05+	40:33+	42:49+	43:26+
02:20+	04:13+	05:04+	03:46+	01:46+	01:56+	02:22+	02:27+	01:58+	05:33+	02:33+	03:00+	02:07+	01:28+	02:16+	00:37+
00:34&	01:00&	01:08&	01:51&	00:48&	00:13#	01:04&	00:32&	00:30&	02:26&	00:57&	00:58&	00:31&	00:35&	00:41&	00:12&
11	Magnar Møller	62										43:39			
02:48+	07:22+	12:20+	14:36+	16:03+	17:49+	22:12+	25:10+	27:00+	33:08+	35:16+	37:54+	39:31+	40:56+	43:05+	43:39+
02:48+	04:34+	04:58+	02:16+	01:27+	01:46+	04:23+	02:58+	01:50+	06:08+	02:08+	02:38+	01:37+	01:25+	02:09+	00:34+
01:02&	01:21&	01:02&	00:21#	00:29&	00:03+	03:05@	01:03&	00:22#	03:01&	00:32&	00:36&	00:01+	00:32&	00:34&	00:09&
12	Arne Øvstebø	71										43:59			
02:21+	06:27+	10:52+	15:44+	16:42+	18:49+	24:49+	26:58+	28:46+	32:37+	35:01+	37:41+	39:21+	40:57+	43:23+	43:59+
02:21+	04:06+	04:25+	04:52+	00:58=	02:07+	06:00+	02:09+	01:48+	03:51+	02:24+	02:40+	01:40+	01:36+	02:26+	00:36+
00:35&	00:53&	00:29#	02:57@	00:00=	00:24#	04:42@	00:14#	00:20#	00:44#	00:48&	00:38&	00:04+	00:43&	00:51&	00:11&
13	Sveinung Rosenvinge	116										44:58			
02:49+	07:27+	13:01+	15:36+	17:37+	19:32+	21:39+	24:40+	26:51+	31:38+	35:08+	38:07+	40:21+	41:53+	44:23+	44:58+
02:49+	04:38+	05:34+	02:35+	02:01+	01:55+	02:07+	03:01+	02:11+	04:47+	03:30+	02:59+	02:14+	01:32+	02:30+	00:35+
01:03&	01:25&	01:38&	00:40&	01:03@	00:12#	00:49&	01:06&	00:43&	01:40&	01:54@	00:57&	00:38&	00:39&	00:55&	00:10&
14	Frank Hansen	29										47:01			
04:16+	07:52+	12:32+	21:17+	22:24+	24:45+	27:11+	29:58+	31:33+	35:19+	37:48+	40:40+	42:34+	44:21+	46:29+	47:01+
04:16+	03:36+	04:40+	08:45+	01:07+	02:21+	02:26+	02:47+	01:35+	03:46+	02:29+	02:52+	01:54+	01:47+	02:08+	00:32+
02:30@	00:23#	00:44#	06:50@	00:09#	00:38&	01:08&	00:52&	00:07+	00:39#	00:53&	00:50&	00:18#	00:54@	00:33&	00:07&
15	Ove Njå	90										47:06			
02:50+	07:58+	13:25+	16:23+	18:17+	21:31+	23:59+	26:55+	28:46+	33:40+	36:11+	39:59+	42:24+	43:49+	46:24+	47:06+
02:50+	05:08+	05:27+	02:58+	01:54+	03:14+	02:28+	02:56+	01:51+	04:54+	02:31+	03:48+	02:25+	01:25+	02:35+	00:42+
01:04&	01:55&	01:31&	01:03&	00:56&	01:31&	01:10&	01:01&	00:23&	01:47&	00:55&	01:46&	00:49&	00:32&	01:00&	00:17&
16	Ole J. Bakkevold	17										47:16			
02:41+	07:09+	14:00+	16:32+	18:24+	20:33+	22:59+	26:47+	29:09+	33:40+	36:09+	39:21+	42:06+	44:02+	46:48+	47:16+
02:41+	04:28+	06:51+	02:32+	01:52+	02:09+	02:26+	03:48+	02:22+	04:31+	02:29+	03:12+	02:45+	01:56+	02:46+	00:28+
00:55&	01:15&	02:55&	00:37&	00:54&	00:26&	01:08&	01:53&	00:54&	01:24&	00:53&	01:10&	01:09&	01:03@	01:11&	00:03#
17	Geir Haugvaldstad	116										48:38			
02:28+	06:57+	17:12+	19:38+	21:32+	23:07+	26:27+	28:33+	30:28+	34:17+	40:56+	43:25+	44:55+	46:08+	48:10+	48:38+
02:28+	04:29+	10:15+	02:26+	01:54+	01:35-	03:20+	02:06+	01:55+	03:49+	06:39+	02:29+	01:30-	01:13+	02:02+	00:28+
00:42&	01:16&	06:19@	00:31&	00:56&	00:08-	02:02@	00:11+	00:27&	00:42#	05:03@	00:27#	00:06-	00:20&	00:27&	00:03#
18	Arild Holm	114										49:21			
02:54+	07:13+	12:47+	17:54+	19:56+	22:25+	24:42+	27:26+	29:53+	36:28+	39:14+	42:23+	44:46+	46:14+	48:46+	49:21+
02:54+	04:19+	05:34+	05:07+	02:02+	02:29+	02:17+	02:44+	02:27+	06:35+	02:46+	03:09+	02:23+	01:28+	02:32+	00:35+
01:08&	01:06&	01:38&	03:12@	01:04@	00:46&	00:59&	00:49&	00:59&	03:28@	01:10&	01:07&	00:47&	00:35&	00:57&	00:10&
19	Harald Taksdal	236										49:28			
02:32+	07:05+	11:51+	14:57+	16:57+	19:37+	21:44+	26:14+	28:28+	36:07+	38:20+	41:29+	44:24+	45:48+	48:44+	49:28+
02:32+	04:33+	04:46+	03:06+	02:00+	02:40+	02:07+	04:30+	02:14+	07:39+	02:13+	03:09+	02:55+	01:24+	02:56+	00:44+
00:46&	01:20&	00:50#	01:11&	01:02@	00:57&	00:49&	02:35@	00:46&	04:32@	00:37&	01:07&	01:19&	00:31&	01:21&	00:19&
20	Roger Nyseth	92										50:03			
02:30+	07:02+	12:23+	16:54+	19:10+	20:41+	22:56+	25:09+	29:48+	32:19+	37:19+	39:54+	43:07+	45:03+	46:46+	49:15+
02:30+	04:32+	05:21+	04:31+	02:16+	01:31-	02:15+	02:13+	04:39+	02:31-	05:00+	02:35+	03:13+	01:56+	01:43+	02:29+
00:44&	01:19&	01:25&	02:36@	01:18@	00:12-	00:57&	00:18#	03:11@	00:36-	03:24@	00:33&	01:37@	01:03@	00:08+	02:04@
21	Trygve Michaelsen	117										50:19			
02:22+	06:29+	15:30+	21:21+	22:40+	24:26+	25:56+	30:54+	32:35+	36:28+	38:46+	44:45+	46:37+	47:52+	49:43+	50:19+
02:22+	04:07+	09:01+	05:51+	01:19+	01:46+	01:30+	04:58+	01:41+	03:53+	02:18+	05:59+	01:52+	01:15+	01:51+	00:36+
00:36&	00:54&	05:05@	03:56@	00:21&	00:03+	00:12#	03:03@	00:13#	00:46#	00:42&	03:57@	00:16#	00:22&	00:16#	00:11&
22	Steinar Torjusen	167										1:08:32			
02:56+	07:48+	17:21+	30:09+	32:18+	34:58+	41:34+	44:28+	46:41+	53:05+	55:33+	59:21+	62:12+	64:41+	67:53+	68:32+
02:56+	04:52+	09:33+	12:48+	02:09+	02:40+	06:36+	02:54+	02:13+	06:24+	02:28+	03:48+	02:51+	02:29+	03:12+	00:39+
01:10&	01:39&	05:37@	10:53@	01:11@	00:57&	05:18@	00:59&	00:45&	03:17@	00:52&	01:46&	01:15&	01:36@	01:37@	00:14&
Beste strekktid for klassen															
01:46	03:13	03:50	01:55	00:58	01:30	01:18	01:44	01:16	02:31	01:36	02:02	01:26	00:53	01:35	00:25

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

Herrer 55 - 59 år

Class	Navn	Klasse	Tid
1	Espen Krogh	7	32:23
01:53=	04:43= 08:47= 12:41= 13:52= 15:21= 16:43= 18:24= 19:59= 23:06= 25:44= 27:44= 29:00= 29:58= 31:54= 32:23=		
01:53=	02:50= 04:04= 03:54= 01:11= 01:29= 01:22= 01:41= 01:35= 03:07= 02:38= 02:00= 01:16= 00:58= 01:56= 00:29=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Morten Johannessen	7	33:02
01:57+	05:25+ 09:52+ 11:58= 13:18= 14:47= 16:17= 18:21= 20:28+ 23:33+ 25:36= 27:52+ 29:28+ 30:39+ 32:31+ 33:02+		
01:57+	03:28+ 04:27+ 02:06= 01:20+ 01:29= 01:30+ 02:04+ 02:07+ 03:05= 02:03= 02:16+ 01:36+ 01:11+ 01:52= 00:31+		
00:04+	00:38# 00:23+ 01:48= 00:09# 00:00= 00:08+ 00:23# 00:32& 00:02= 00:35= 00:16# 00:20& 00:13# 00:04= 00:02+		
3	Arne Magne Søndresen	92	33:12
01:46=	04:45+ 08:11= 10:24= 11:55= 13:38= 15:31= 17:15= 18:45= 21:45= 25:28= 27:57+ 29:30+ 30:57+ 32:45+ 33:12+		
01:46=	02:59+ 03:26= 02:13= 01:31+ 01:43+ 01:53+ 01:44+ 01:30= 03:00= 03:43+ 02:29+ 01:33+ 01:27+ 01:48= 00:27=		
00:07=	00:09+ 00:38= 01:41= 00:20& 00:14# 00:31& 00:03+ 00:05= 00:07= 01:05& 00:29# 00:17# 00:29& 00:08= 00:02=		
4	Kjell Skjæveland	108	35:09
01:58+	05:39+ 10:05+ 12:18= 13:51= 15:30+ 17:18+ 19:44+ 21:31+ 25:22+ 27:21+ 29:56+ 31:31+ 32:37+ 34:39+ 35:09+		
01:58+	03:41+ 04:26+ 02:13= 01:33+ 01:39+ 01:48+ 02:26+ 01:47+ 03:51+ 01:59= 02:35+ 01:35+ 01:06+ 02:02+ 00:30+		
00:05+	00:51& 00:22+ 01:41= 00:22& 00:10# 00:26& 00:45& 00:12# 00:44# 00:39= 00:35& 00:19# 00:08# 00:06+ 00:01+		
5	Per Ingar Hadland	7	36:07
02:10+	06:02+ 11:06+ 13:15+ 14:19+ 15:44+ 17:19+ 19:21+ 20:52+ 24:15+ 28:45+ 31:06+ 32:29+ 33:32+ 35:38+ 36:07+		
02:10+	03:52+ 05:04+ 02:09= 01:04= 01:25= 01:35+ 02:02+ 01:31= 03:23+ 04:30+ 02:21+ 01:23+ 01:03+ 02:06+ 00:29=		
00:17#	01:02& 01:00# 01:45= 00:07= 00:04= 00:13# 00:21# 00:04= 00:16+ 01:52& 00:21# 00:07+ 00:05+ 00:10+ 00:00=		
6	Dag Helliksen	80	39:24
02:16+	06:05+ 11:19+ 13:42+ 15:16+ 17:08+ 18:59+ 21:26+ 23:19+ 27:39+ 29:44+ 34:26+ 35:53+ 36:58+ 38:52+ 39:24+		
02:16+	03:49+ 05:14+ 02:23= 01:34+ 01:52+ 01:51+ 02:27+ 01:53+ 04:20+ 02:05= 04:42+ 01:27+ 01:05+ 01:54= 00:32+		
00:23#	00:59& 01:10& 01:31= 00:23& 00:23& 00:29& 00:46& 00:18# 01:13& 00:33= 02:42@ 00:11# 00:07# 00:02= 00:03#		
7	Arne Nygaard	66	39:59
03:22+	07:11+ 12:03+ 15:15+ 16:59+ 18:43+ 20:32+ 22:48+ 24:42+ 28:42+ 31:12+ 34:04+ 36:01+ 37:07+ 39:24+ 39:59+		
03:22+	03:49+ 04:52+ 03:12= 01:44+ 01:44+ 01:49+ 02:16+ 01:54+ 04:00+ 02:30= 02:52+ 01:57+ 01:06+ 02:17+ 00:35+		
01:29&	00:59& 00:48# 00:42= 00:33& 00:15# 00:27& 00:35& 00:19# 00:53& 00:08= 00:52& 00:41& 00:08# 00:21# 00:06#		
8	Torbjørn Dahle	92	40:21
05:21+	10:12+ 15:00+ 17:26+ 18:35+ 20:07+ 22:10+ 24:09+ 26:18+ 30:21+ 32:39+ 35:04+ 36:35+ 37:40+ 39:46+ 40:21+		
05:21+	04:51+ 04:48+ 02:26= 01:09= 01:32+ 02:03+ 01:59+ 02:09+ 04:03+ 02:18= 02:25+ 01:31+ 01:05+ 02:06+ 00:35+		
03:28@	02:01& 00:44# 01:28= 00:02= 00:03+ 00:41& 00:18# 00:34& 00:56& 00:20= 00:25# 00:15# 00:07# 00:10+ 00:06#		
9	Kjell R. Nordmark	7	41:32
03:16+	06:48+ 12:36+ 17:16+ 18:36+ 20:11+ 21:54+ 23:55+ 25:34+ 30:52+ 32:55+ 35:26+ 37:06+ 38:48+ 40:59+ 41:32+		
03:16+	03:32+ 05:48+ 04:40+ 01:20+ 01:35+ 01:43+ 02:01+ 01:39+ 05:18+ 02:03= 02:31+ 01:40+ 01:42+ 02:11+ 00:33+		
01:23&	00:42# 01:44& 00:46# 00:09# 00:06+ 00:21& 00:20# 00:04+ 02:11& 00:35= 00:31& 00:24& 00:44& 00:15# 00:04#		
10	Lars Bergersen	116	41:34
01:55+	06:03+ 10:53+ 17:14+ 19:20+ 20:50+ 22:16+ 24:24+ 26:09+ 32:14+ 33:57+ 36:24+ 38:06+ 39:07+ 41:01+ 41:34+		
01:55+	04:08+ 04:50+ 06:21+ 02:06+ 01:30+ 01:26+ 02:08+ 01:45+ 06:05+ 01:43= 02:27+ 01:42+ 01:01+ 01:54= 00:33+		
00:02+	01:18& 00:46# 02:27& 00:55& 00:01+ 00:04+ 00:27& 00:10# 02:58& 00:55= 00:27# 00:26& 00:03+ 00:02= 00:04#		
11	Arnfinn Rømuld	116	41:58
01:49=	05:23+ 10:22+ 13:59+ 15:17+ 17:01+ 18:51+ 20:49+ 22:34+ 32:07+ 34:07+ 36:37+ 38:20+ 39:42+ 41:29+ 41:58+		
01:49=	03:34+ 04:59+ 03:37= 01:18+ 01:44+ 01:50+ 01:58+ 01:45+ 09:33+ 02:00= 02:30+ 01:43+ 01:22+ 01:47= 00:29=		
00:04=	00:44& 00:55# 00:17= 00:07+ 00:15# 00:28& 00:17# 00:10# 06:26@ 00:38= 00:30# 00:27& 00:24& 00:09= 00:00=		
12	Kjell Ove Aksland	27	43:25
02:30+	06:36+ 12:08+ 16:34+ 18:15+ 19:55+ 22:42+ 25:19+ 27:13+ 31:21+ 34:24+ 37:27+ 39:35+ 40:44+ 42:55+ 43:25+		
02:30+	04:06+ 05:32+ 04:26+ 01:41+ 01:40+ 02:47+ 02:37+ 01:54+ 04:08+ 03:03+ 03:03+ 02:08+ 01:09+ 02:11+ 00:30+		
00:37&	01:16& 01:28& 00:32# 00:30& 00:11# 01:25@ 00:56& 00:19# 01:01& 00:25# 01:03& 00:52& 00:11# 00:15# 00:01+		
13	Bjørn H. Engseth	27	44:12
02:20+	06:53+ 11:38+ 14:56+ 16:44+ 18:56+ 21:55+ 24:37+ 26:35+ 30:41+ 33:45+ 37:18+ 39:15+ 41:02+ 43:37+ 44:12+		
02:20+	04:33+ 04:45+ 03:18= 01:48+ 02:12+ 02:59+ 02:42+ 01:58+ 04:06+ 03:04+ 03:33+ 01:57+ 01:47+ 02:35+ 00:35+		
00:27#	01:43& 00:41# 00:36= 00:37& 00:43& 01:37@ 01:01& 00:23# 00:59& 00:26# 01:33& 00:41& 00:49& 00:39& 00:06#		
14	Stein Sigbjørnsen	27	45:43
02:28+	07:02+ 12:16+ 15:22+ 17:18+ 19:11+ 21:22+ 24:34+ 26:42+ 33:01+ 35:47+ 39:13+ 41:26+ 42:44+ 45:04+ 45:43+		
02:28+	04:34+ 05:14+ 03:06= 01:56+ 01:53+ 02:11+ 03:12+ 02:08+ 06:19+ 02:46+ 03:26+ 02:13+ 01:18+ 02:20+ 00:39+		
00:35&	01:44& 01:10& 00:48= 00:45& 00:24& 00:49& 01:31& 00:33& 03:12@ 00:08+ 01:26& 00:57& 00:20& 00:24# 00:10&		
15	Svein Sivertsen	115	47:15
02:44+	08:14+ 14:49+ 17:55+ 19:44+ 21:42+ 24:35+ 27:06+ 29:29+ 36:18+ 38:31+ 41:25+ 43:01+ 44:20+ 46:42+ 47:15+		
02:44+	05:30+ 06:35+ 03:06= 01:49+ 01:58+ 02:53+ 02:31+ 02:23+ 06:49+ 02:13= 02:54+ 01:36+ 01:19+ 02:22+ 00:33+		
00:51&	02:40& 02:31& 00:48= 00:38& 00:29& 01:31@ 00:50& 00:48& 03:42@ 00:25= 00:54& 00:20& 00:21& 00:26# 00:04#		

Class	Navn	Klasse										Tid			
16	John Lage Bergan	116										47:34			
03:48+	09:53+	14:51+	18:20+	20:13+	22:03+	25:38+	28:46+	31:07+	35:02+	37:14+	40:50+	43:10+	44:28+	46:58+	47:34+
03:48+	06:05+	04:58+	03:29-	01:53+	01:50+	03:35+	03:08+	02:21+	03:55+	02:12-	03:36+	02:20+	01:18+	02:30+	00:36+
01:55@	03:15@	00:54#	00:25-	00:42&	00:21#	02:13@	01:27&	00:46&	00:48&	00:26-	01:36&	01:04&	00:20&	00:34&	00:07#
17	Svein Magne Gløppen	93										50:33			
04:10+	08:57+	14:53+	17:35+	21:19+	23:34+	26:35+	29:04+	31:26+	36:14+	39:12+	43:03+	46:00+	47:18+	49:56+	50:33+
04:10+	04:47+	05:56+	02:42-	03:44+	02:15+	03:01+	02:29+	02:22+	04:48+	02:58+	03:51+	02:57+	01:18+	02:38+	00:37+
02:17@	01:57&	01:52&	01:12-	02:33@	00:46&	01:39@	00:48&	00:47&	01:41&	00:20#	01:51&	01:41@	00:20&	00:42&	00:08&
18	Sverre Magnar Nordal	116										51:51			
02:57+	08:07+	13:50+	21:01+	22:27+	24:52+	28:56+	31:55+	34:19+	38:57+	41:02+	44:38+	46:52+	48:36+	51:16+	51:51+
02:57+	05:10+	05:43+	07:11+	01:26+	02:25+	04:04+	02:59+	02:24+	04:38+	02:05-	03:36+	02:14+	01:44+	02:40+	00:35+
01:04&	02:20&	01:39&	03:17&	00:15#	00:56&	02:42@	01:18&	00:49&	01:31&	00:33-	01:36&	00:58&	00:46&	00:44&	00:06#
19	John C. Sinnes	93										57:45			
06:21+	11:42+	18:16+	28:22+	30:15+	32:20+	34:44+	37:02+	39:03+	43:55+	46:15+	49:33+	52:24+	53:39+	57:11+	57:45+
06:21+	05:21+	06:34+	10:06+	01:53+	02:05+	02:24+	02:18+	02:01+	04:52+	02:20-	03:18+	02:51+	01:15+	03:32+	00:34+
04:28@	02:31&	02:30&	06:12@	00:42&	00:36&	01:02&	00:37&	00:26&	01:45&	00:18-	01:18&	01:35@	00:17&	01:36&	00:05#
20	Flemming Stene	116										1:01:56			
03:43+	09:19+	14:58+	17:51+	19:56+	22:24+	26:13+	29:20+	31:23+	39:32+	48:50+	53:12+	56:05+	58:09+	61:16+	61:56+
03:43+	05:36+	05:39+	02:53-	02:05+	02:28+	03:49+	03:07+	02:03+	08:09+	09:18+	04:22+	02:53+	02:04+	03:07+	00:40+
01:50&	02:46&	01:35&	01:01-	00:54&	00:59&	02:27@	01:26&	00:28&	05:02@	06:40@	02:22@	01:37@	01:06@	01:11&	00:11&
21	Kjell Lervik	239										1:04:03			
03:03+	08:24+	16:25+	21:49+	24:42+	27:09+	33:00+	36:51+	39:27+	48:56+	52:30+	56:55+	59:24+	60:59+	63:23+	64:03+
03:03+	05:21+	08:01+	05:24+	02:53+	02:27+	05:51+	03:51+	02:36+	09:29+	03:34+	04:25+	02:29+	01:35+	02:24+	00:40+
01:10&	02:31&	03:57&	01:30&	01:42@	00:58&	04:29@	02:10@	01:01&	06:22@	00:56&	02:25@	01:13&	00:37&	00:28#	00:11&
22	Tor Inge Halvorsen	5										1:05:00			
02:22+	06:47+	12:20+	25:55+	28:03+	30:45+	35:26+	38:46+	43:09+	48:23+	54:11+	57:07+	59:25+	61:29+	64:17+	65:00+
02:22+	04:25+	05:33+	13:35+	02:08+	02:42+	04:41+	03:20+	04:23+	05:14+	05:48+	02:56+	02:18+	02:04+	02:48+	00:43+
00:29&	01:35&	01:29&	09:41@	00:57&	01:13&	03:19@	01:39&	02:48@	02:07&	03:10@	00:56&	01:02&	01:06@	00:52&	00:14&

Beste strekktid for klassen

01:46 02:50 03:26 02:06 01:04 01:25 01:22 01:41 01:30 03:00 01:43 02:00 01:16 00:58 01:47 00:27

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

Herrer 60 - 64 år

1	Bjørn Alsaker	115										25:50			
01:03=	03:50=	06:16=	08:13=	09:46=	11:27=	13:17=	14:44=	15:57=	17:58=	20:24=	22:47=	24:00=	25:23=	25:50=	
01:03=	02:47=	02:26=	01:57=	01:33=	01:41=	01:50=	01:27=	01:13=	02:01=	02:26=	02:23=	01:13=	01:23=	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=
2	Lars Stangeland	96										30:16			
01:11+	04:19+	06:28+	09:39+	11:17+	13:16+	15:37+	17:02+	18:30+	21:39+	24:19+	26:49+	28:12+	29:47+	30:16+	
01:11+	03:08+	02:09-	03:11+	01:38+	01:59+	02:21+	01:25-	01:28+	03:09+	02:40+	02:30+	01:23+	01:35+	00:29+	
00:08#	00:21#	00:17-	01:14&	00:05+	00:18#	00:31&	00:02-	00:15#	01:08&	00:14+	00:07+	00:10#	00:12#	00:02+	
3	Jan Hetland	29										31:08			
01:17+	04:21+	06:45+	09:33+	11:18+	13:12+	15:19+	17:21+	19:51+	21:59+	24:59+	27:45+	29:03+	30:43+	31:08+	
01:17+	03:04+	02:24-	02:48+	01:45+	01:54+	02:07+	02:02+	02:30+	02:08+	03:00+	02:46+	01:18+	01:40+	00:25-	
00:14#	00:17#	00:02-	00:51&	00:12#	00:13#	00:17#	00:35&	01:17@	00:07+	00:34#	00:23#	00:05+	00:17#	00:02-	
4	Sveinung Tveit	236										32:32			
01:27+	05:43+	08:29+	11:00+	12:50+	15:17+	17:17+	18:36+	20:17+	22:31+	25:15+	28:12+	29:58+	31:56+	32:32+	
01:27+	04:16+	02:46+	02:31+	01:50+	02:27+	02:00+	01:19-	01:41+	02:14+	02:44+	02:57+	01:46+	01:58+	00:36+	
00:24&	01:29&	00:20#	00:34&	00:17#	00:46&	00:10+	00:08-	00:28&	00:13#	00:18#	00:34#	00:33&	00:35&	00:09&	
5	Bjarne Gimre	88										32:41			
01:26+	04:59+	07:47+	10:23+	12:17+	14:52+	17:01+	18:37+	20:24+	22:53+	26:08+	29:15+	30:34+	32:12+	32:41+	
01:26+	03:33+	02:48+	02:36+	01:54+	02:35+	02:09+	01:36+	01:47+	02:29+	03:15+	03:07+	01:19+	01:38+	00:29+	
00:23&	00:46&	00:22#	00:39&	00:21#	00:54&	00:19#	00:09#	00:34&	00:28#	00:49&	00:44&	00:06+	00:15#	00:02+	
6	Torbjørn Evensen	108										33:16			
01:25+	04:56+	07:38+	10:05+	11:50+	14:41+	16:40+	18:14+	19:57+	22:40+	25:51+	29:12+	30:49+	32:38+	33:16+	
01:25+	03:31+	02:42+	02:27+	01:45+	02:51+	01:59+	01:34+	01:43+	02:43+	03:11+	03:21+	01:37+	01:49+	00:38+	
00:22&	00:44&	00:16#	00:30&	00:12#	01:10&	00:09+	00:07+	00:30&	00:42&	00:45&	00:58&	00:24&	00:26&	00:11&	

Class	Navn	Klasse											Tid	
7	Hans Erik Terjesen	116											33:44	
01:17+	04:48+	07:34+	10:14+	12:10+	14:19+	16:54+	18:30+	20:26+	23:22+	26:25+	29:29+	31:09+	33:06+	33:44+
01:17+	03:31+	02:46+	02:40+	01:56+	02:09+	02:35+	01:36+	01:56+	02:56+	03:03+	03:04+	01:40+	01:57+	00:38+
00:14#	00:44&	00:20#	00:43&	00:23#	00:28&	00:45&	00:09#	00:43&	00:55&	00:37&	00:41&	00:27&	00:34&	00:11&
8	Svein Berge	126											33:49	
01:12+	04:34+	07:06+	09:57+	11:36+	13:56+	16:18+	18:04+	19:54+	23:25+	26:47+	29:25+	31:32+	33:21+	33:49+
01:12+	03:22+	02:32+	02:51+	01:39+	02:20+	02:22+	01:46+	01:50+	03:31+	03:22+	02:38+	02:07+	01:49+	00:28+
00:09#	00:35#	00:06+	00:54&	00:06+	00:39&	00:32&	00:19#	00:37&	01:30&	00:56&	00:15#	00:54&	00:26&	00:01+
9	Arne M. Handeland	92											35:27	
01:19+	04:58+	08:16+	10:54+	12:48+	15:14+	18:00+	19:38+	21:21+	23:58+	28:22+	31:34+	33:19+	34:54+	35:27+
01:19+	03:39+	03:18+	02:38+	01:54+	02:26+	02:46+	01:38+	01:43+	02:37+	04:24+	03:12+	01:45+	01:35+	00:33+
00:16&	00:52&	00:52&	00:41&	00:21#	00:45&	00:56&	00:11#	00:30&	00:36&	01:58&	00:49&	00:32&	00:12#	00:06#
10	Tor Geir Espedal	115											35:48	
01:32+	05:11+	07:45+	10:24+	12:32+	15:39+	17:59+	20:28+	22:26+	25:22+	28:35+	31:46+	33:23+	35:10+	35:48+
01:32+	03:39+	02:34+	02:39+	02:08+	03:07+	02:20+	02:29+	01:58+	02:56+	03:13+	03:11+	01:37+	01:47+	00:38+
00:29&	00:52&	00:08+	00:42&	00:35&	01:26&	00:30&	01:02&	00:45&	00:55&	00:47&	00:48&	00:24&	00:24&	00:11&
11	Gunnar Sakseid	116											35:58	
01:28+	05:24+	08:28+	11:09+	13:26+	15:42+	18:07+	19:51+	22:20+	26:04+	28:51+	31:36+	33:28+	35:19+	35:58+
01:28+	03:56+	03:04+	02:41+	02:17+	02:16+	02:25+	01:44+	02:29+	03:44+	02:47+	02:45+	01:52+	01:51+	00:39+
00:25&	01:09&	00:38&	00:44&	00:44&	00:35&	00:35&	00:17#	01:16@	01:43&	00:21#	00:22#	00:39&	00:28&	00:12&
12	Tore Prestvold	212											36:31	
01:23+	05:21+	08:18+	11:18+	13:22+	15:24+	17:28+	19:04+	20:56+	23:51+	27:33+	31:08+	33:26+	35:58+	36:31+
01:23+	03:58+	02:57+	03:00+	02:04+	02:02+	02:04+	01:36+	01:52+	02:55+	03:42+	03:35+	02:18+	02:32+	00:33+
00:20&	01:11&	00:31#	01:03&	00:31&	00:21#	00:14#	00:09#	00:39&	00:54&	01:16&	01:12&	01:05&	01:09&	00:06#
13	Eivind L. Rake	92											36:38	
01:28+	05:12+	08:14+	11:24+	13:24+	15:11+	17:38+	19:29+	21:37+	25:08+	28:44+	32:10+	34:00+	35:54+	36:38+
01:28+	03:44+	03:02+	03:10+	02:00+	01:47+	02:27+	01:51+	02:08+	03:31+	03:36+	03:26+	01:50+	01:54+	00:44+
00:25&	00:57&	00:36#	01:13&	00:27&	00:06+	00:37&	00:24&	00:55&	01:30&	01:10&	01:03&	00:37&	00:31&	00:17&
14	Tore R. Tvedt	90											37:06	
01:55+	06:23+	09:31+	12:49+	14:33+	16:19+	18:35+	20:41+	22:27+	25:37+	29:01+	32:43+	34:27+	36:25+	37:06+
01:55+	04:28+	03:08+	03:18+	01:44+	01:46+	02:16+	02:06+	01:46+	03:10+	03:24+	03:42+	01:44+	01:58+	00:41+
00:52&	01:41&	00:42&	01:21&	00:11#	00:05+	00:26#	00:39&	00:33&	01:09&	00:58&	01:19&	00:31&	00:35&	00:14&
15	Tom Hetland	5											38:36	
01:24+	05:29+	08:10+	11:31+	13:23+	15:48+	18:16+	20:34+	22:33+	25:33+	29:29+	33:04+	35:25+	38:08+	38:36+
01:24+	04:05+	02:41+	03:21+	01:52+	02:25+	02:28+	02:18+	01:59+	03:00+	03:56+	03:35+	02:21+	02:43+	00:28+
00:21&	01:18&	00:15#	01:24&	00:19#	00:44&	00:38&	00:51&	00:46&	00:59&	01:30&	01:12&	01:08&	01:20&	00:01+
16	Tor Harald Lunde	47											39:30	
01:15+	04:55+	07:43+	11:09+	13:28+	15:32+	19:22+	21:08+	23:27+	26:47+	30:57+	34:29+	36:50+	38:54+	39:30+
01:15+	03:40+	02:48+	03:26+	02:19+	02:04+	03:50+	01:46+	02:19+	03:20+	04:10+	03:32+	02:21+	02:04+	00:36+
00:12#	00:53&	00:22#	01:29&	00:46&	00:23#	02:00@	00:19#	01:06&	01:19&	01:44&	01:09&	01:08&	00:41&	00:09&
17	Svein Ims	65											42:22	
01:32+	06:08+	09:16+	12:51+	14:56+	17:24+	21:39+	24:06+	26:11+	29:47+	33:28+	36:54+	39:09+	41:39+	42:22+
01:32+	04:36+	03:08+	03:35+	02:05+	02:28+	04:15+	02:27+	02:05+	03:36+	03:41+	03:26+	02:15+	02:30+	00:43+
00:29&	01:49&	00:42&	01:38&	00:32&	00:47&	02:25@	01:00&	00:52&	01:35&	01:15&	01:03&	01:02&	01:07&	00:16&
18	Bjørn Sivertsen	99											42:54	
04:33+	08:56+	11:53+	14:43+	17:07+	19:34+	22:47+	24:49+	27:17+	31:19+	34:58+	38:23+	40:19+	42:17+	42:54+
04:33+	04:23+	02:57+	02:50+	02:24+	02:27+	03:13+	02:02+	02:28+	04:02+	03:39+	03:25+	01:56+	01:58+	00:37+
03:30@	01:36&	00:31#	00:53&	00:51&	00:46&	01:23&	00:35&	01:15@	02:01&	01:13&	01:02&	00:43&	00:35&	00:10&
19	Magne Tunheim	144											43:12	
01:27+	05:27+	08:04+	11:15+	14:12+	16:54+	20:16+	22:58+	25:10+	29:55+	34:58+	38:20+	40:32+	42:45+	43:12+
01:27+	04:00+	02:37+	03:11+	02:57+	02:42+	03:22+	02:42+	02:12+	04:45+	05:03+	03:22+	02:12+	02:13+	00:27+
00:24&	01:13&	00:11+	01:14&	01:24&	01:01&	01:32&	01:15&	00:59&	02:44@	02:37@	00:59&	00:59&	00:50&	00:00+
20	Lars Tore Kvasheim	7											43:19	
01:31+	06:05+	08:58+	12:29+	14:39+	17:10+	20:41+	22:51+	25:29+	30:59+	34:48+	38:15+	40:20+	42:39+	43:19+
01:31+	04:34+	02:53+	03:31+	02:10+	02:31+	03:31+	02:10+	02:38+	05:30+	03:49+	03:27+	02:05+	02:19+	00:40+
00:28&	01:47&	00:27#	01:34&	00:37&	00:50&	01:41&	00:43&	01:25@	03:29@	01:23&	01:04&	00:52&	00:56&	00:13&
21	Bjørn Vidar Gunvaldsen	27											44:01	
01:14+	04:51+	07:38+	10:09+	11:57+	13:55+	16:46+	18:49+	20:56+	28:30+	31:56+	39:57+	41:23+	43:25+	44:01+
01:14+	03:37+	02:47+	02:31+	01:48+	01:58+	02:51+	02:03+	02:07+	07:34+	03:26+	08:01+	01:26+	02:02+	00:36+
00:11#	00:50&	00:21#	00:34&	00:15#	00:17#	01:01&	00:36&	00:54&	05:33@	01:00&	05:38@	00:13#	00:39&	00:09&

Class	Navn	Klasse	Tid
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22	Terje Stokkeland	69	45:25											
02:04+	05:37+	08:14+	15:13+	17:22+	19:48+	22:59+	24:47+	26:46+	31:29+	35:02+	39:54+	41:57+	44:51+	45:25+
02:04+	03:33+	02:37+	06:59+	02:09+	02:26+	03:11+	01:48+	01:59+	04:43+	03:33+	04:52+	02:03+	02:54+	00:34+
01:01&	00:46&	00:11+	05:02@	00:36&	00:45&	01:21&	00:21#	00:46&	02:42@	01:07&	02:29@	00:50&	01:31@	00:07&

23	Denis Castelet	42	45:30											
01:35+	06:02+	09:22+	13:01+	15:24+	18:15+	21:54+	24:05+	26:18+	30:38+	36:50+	40:16+	42:49+	44:52+	45:30+
01:35+	04:27+	03:20+	03:39+	02:23+	02:51+	03:39+	02:11+	02:13+	04:20+	06:12+	03:26+	02:33+	02:03+	00:38+
00:32&	01:40&	00:54&	01:42&	00:50&	01:10&	01:49&	00:44&	01:00&	02:19@	03:46@	01:03&	01:20@	00:40&	00:11&

24	Inge Johan Øverland	93	46:07											
01:38+	05:57+	10:30+	13:42+	15:40+	18:11+	22:08+	24:04+	26:34+	31:28+	37:08+	40:37+	42:49+	45:30+	46:07+
01:38+	04:19+	04:33+	03:12+	01:58+	02:31+	03:57+	01:56+	02:30+	04:54+	05:40+	03:29+	02:12+	02:41+	00:37+
00:35&	01:32&	02:07&	01:15&	00:25&	00:50&	02:07@	00:29&	01:17@	02:53@	03:14@	01:06&	00:59&	01:18&	00:10&

25	Terje Langeland	98	47:57											
02:24+	07:32+	10:42+	13:59+	17:00+	22:01+	27:01+	29:17+	31:27+	35:26+	39:39+	43:04+	45:09+	47:20+	47:57+
02:24+	05:08+	03:10+	03:17+	03:01+	05:01+	05:00+	02:16+	02:10+	03:59+	04:13+	03:25+	02:05+	02:11+	00:37+
01:21@	02:21&	00:44&	01:20&	01:28&	03:20@	03:10@	00:49&	00:57&	01:58&	01:47&	01:02&	00:52&	00:48&	00:10&

26	Jan Øyvind Lilledal	281	48:02											
01:30+	07:04+	10:48+	14:54+	16:52+	25:12+	28:17+	30:29+	32:48+	35:25+	39:14+	43:06+	45:12+	47:21+	48:02+
01:30+	05:34+	03:44+	04:06+	01:58+	08:20+	03:05+	02:12+	02:19+	02:37+	03:49+	03:52+	02:06+	02:09+	00:41+
00:27&	02:47&	01:18&	02:09@	00:25&	06:39@	01:15&	00:45&	01:06&	00:36&	01:23&	01:29&	00:53&	00:46&	00:14&

27	Rolf Øystein Kluge	7	54:41											
02:03+	07:22+	10:47+	15:44+	19:42+	25:00+	29:44+	32:23+	34:45+	38:56+	44:09+	48:38+	50:52+	54:07+	54:41+
02:03+	05:19+	03:25+	04:57+	03:58+	05:18+	04:44+	02:39+	02:22+	04:11+	05:13+	04:29+	02:14+	03:15+	00:34+
01:00&	02:32&	00:59&	03:00@	02:25@	03:37@	02:54@	01:12&	01:09&	02:10@	02:47@	02:06&	01:01&	01:52@	00:07&

28	Rolf Kleppe	63	55:41											
02:09+	06:44+	09:48+	13:49+	16:10+	18:50+	22:11+	24:29+	26:38+	32:51+	38:38+	50:06+	52:50+	55:06+	55:41+
02:09+	04:35+	03:04+	04:01+	02:21+	02:40+	03:21+	02:18+	02:09+	06:13+	05:47+	11:28+	02:44+	02:16+	00:35+
01:06@	01:48&	00:38&	02:04@	00:48&	00:59&	01:31&	00:51&	00:56&	04:12@	03:21@	09:05@	01:31@	00:53&	00:08&

Beste strekktid for klassen
 01:03 02:47 02:09 01:57 01:33 01:41 01:50 01:19 01:13 02:01 02:26 02:23 01:13 01:23 00:25

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

Herrer 65 - 69 år

1	Asgeir Bell	117	28:41											
01:14=	04:18=	06:36=	08:59=	10:52=	12:37=	14:53=	16:24=	18:01=	20:24=	23:03=	25:24=	26:41=	28:09=	28:41=
01:14=	03:04=	02:18=	02:23=	01:53=	01:45=	02:16=	01:31=	01:37=	02:23=	02:39=	02:21=	01:17=	01:28=	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=

2	Harry Breiland	66	30:09											
01:16+	04:14-	06:36=	08:53-	10:25-	12:00-	14:21-	16:28+	18:38+	20:52+	24:13+	26:41+	28:00+	29:38+	30:09+
01:16+	02:58-	02:22+	02:17-	01:32-	01:35-	02:21+	02:07+	02:10+	02:14-	03:21+	02:28+	01:19+	01:38+	00:31-
00:02+	00:06-	00:04+	00:06-	00:21-	00:10-	00:05+	00:36&	00:33&	00:09-	00:42&	00:07+	00:02+	00:10#	00:01-

3	Kjell Svihus	154	30:35											
01:25+	04:54+	07:32+	09:56+	11:46+	14:06+	16:02+	17:27+	19:10+	21:17+	24:02+	26:40+	28:11+	29:59+	30:35+
01:25+	03:29+	02:38+	02:24+	01:50-	02:20+	01:56-	01:25-	01:43+	02:07-	02:45+	02:38+	01:31+	01:48+	00:36+
00:11#	00:25#	00:20#	00:01+	00:03-	00:35&	00:20-	00:06-	00:06+	00:16-	00:06+	00:17#	00:14#	00:20#	00:04#

4	Leif Gunnar Wikene	43	34:01											
01:20+	04:51+	07:23+	10:10+	12:02+	14:27+	17:08+	19:20+	21:19+	24:11+	27:21+	30:02+	31:33+	33:24+	34:01+
01:20+	03:31+	02:32+	02:47+	01:52-	02:40+	02:41+	02:12+	01:59+	01:59+	02:52+	03:10+	02:41+	01:31+	01:51+
00:06+	00:27#	00:14#	00:24#	00:01-	00:40&	00:25#	00:41&	00:22#	00:29#	00:31#	00:20#	00:14#	00:23&	00:05#

5	Per Marthon Mæland	5	35:23											
01:32+	05:42+	08:27+	11:05+	12:56+	15:36+	17:37+	19:09+	21:22+	24:26+	28:00+	31:00+	32:42+	34:52+	35:23+
01:32+	04:10+	02:45+	02:38+	01:51-	02:40+	02:01-	01:32+	02:13+	03:04+	03:34+	03:00+	01:42+	02:10+	00:31-
00:18#	01:06&	00:27#	00:15#	00:02-	00:55&	00:15-	00:01+	00:36&	00:41&	00:55&	00:39&	00:25&	00:42&	00:01-

6	Ragnvald Frøyland	128	35:25											
01:36+	05:21+	08:05+	10:38+	12:24+	14:12+	16:16+	18:26+	20:50+	23:38+	27:31+	31:35+	33:09+	34:56+	35:25+
01:36+	03:45+	02:44+	02:33+	01:46-	01:48+	02:04-	02:10+	02:24+	02:48+	03:53+	04:04+	01:34+	01:47+	00:29-
00:22&	00:41#	00:26#	00:10+	00:07-	00:03+	00:12-	00:39&	00:47&	00:25#	01:14&	01:43&	00:17#	00:19#	00:03-

Class	Navn	Klasse										Tid		
7	Arne Østensen	90										36:49		
01:07-	04:38+	07:10+	09:49+	13:14+	15:18+	17:55+	19:25+	21:13+	25:46+	30:03+	33:12+	34:30+	36:13+	36:49+
01:07-	03:31+	02:32+	02:39+	03:25+	02:04+	02:37+	01:30-	01:48+	04:33+	04:17+	03:09+	01:18+	01:43+	00:36+
00:07-	00:27#	00:14#	00:16#	01:32&	00:19#	00:21#	00:01-	00:11#	02:10&	01:38&	00:48&	00:01+	00:15#	00:04#
8	Terje Helland	88										37:49		
01:20+	05:11+	07:42+	10:25+	13:02+	15:06+	18:11+	20:34+	22:43+	25:29+	28:56+	33:00+	35:27+	37:16+	37:49+
01:20+	03:51+	02:31+	02:43+	02:37+	02:04+	03:05+	02:23+	02:09+	02:46+	03:27+	04:04+	02:27+	01:49+	00:33+
00:06+	00:47&	00:13+	00:20#	00:44&	00:19#	00:49&	00:52&	00:32&	00:23#	00:48&	01:43&	01:10&	00:21#	00:01+
9	Ove Gundersen	100										38:24		
01:25+	05:52+	08:15+	11:15+	13:59+	17:27+	19:39+	21:44+	23:52+	27:17+	30:34+	33:50+	35:40+	37:52+	38:24+
01:25+	04:27+	02:23+	03:00+	02:44+	03:28+	02:12-	02:05+	02:08+	03:25+	03:17+	03:16+	01:50+	02:12+	00:32=
00:11#	01:23&	00:05+	00:37&	00:51&	01:43&	00:04-	00:34&	00:31&	01:02&	00:38#	00:55&	00:33&	00:44&	00:00=
10	Sverre Vatland	93										38:41		
01:29+	05:47+	08:44+	11:48+	13:51+	16:02+	18:35+	20:48+	22:49+	26:34+	30:39+	34:16+	36:02+	38:00+	38:41+
01:29+	04:18+	02:57+	03:04+	02:03+	02:11+	02:33+	02:13+	02:01+	03:45+	04:05+	03:37+	01:46+	01:58+	00:41+
00:15#	01:14&	00:39&	00:41&	00:10+	00:26#	00:17#	00:42&	00:24#	01:22&	01:26&	01:16&	00:29&	00:30&	00:09&
11	Gudmund Gausel	115										39:02		
01:25+	05:09+	07:59+	11:02+	13:11+	15:18+	19:31+	21:19+	23:12+	26:31+	30:30+	34:09+	36:09+	38:25+	39:02+
01:25+	03:44+	02:50+	03:03+	02:09+	02:07+	04:13+	01:48+	01:53+	03:19+	03:59+	03:39+	02:00+	02:16+	00:37+
00:11#	00:40#	00:32#	00:40&	00:16#	00:22#	01:57&	00:17#	00:16#	00:56&	01:20&	01:18&	00:43&	00:48&	00:05#
12	Jan Inge Lunde	88										39:12		
01:46+	05:51+	08:54+	11:47+	13:51+	20:56+	23:03+	24:43+	26:27+	28:57+	32:14+	35:22+	36:44+	38:31+	39:12+
01:46+	04:05+	03:03+	02:53+	02:04+	07:05+	02:07-	01:40+	01:44+	02:30+	03:17+	03:08+	01:22+	01:47+	00:41+
00:32&	01:01&	00:45&	00:30#	00:11+	05:20@	00:09-	00:09+	00:07+	00:07+	00:38#	00:47&	00:05+	00:19#	00:09&
13	Jostein Tunheim	116										39:26		
01:28+	05:04+	08:12+	11:23+	14:08+	16:03+	19:24+	23:25+	25:20+	28:08+	32:05+	35:02+	36:57+	38:53+	39:26+
01:28+	03:36+	03:08+	03:11+	02:45+	01:55+	03:21+	04:01+	01:55+	02:48+	03:57+	02:57+	01:55+	01:56+	00:33+
00:14#	00:32#	00:50&	00:48&	00:52&	00:10+	01:05&	02:30@	00:18#	00:25#	01:18&	00:36&	00:38&	00:28&	00:01+
14	Ole Auklend	106										40:46		
01:40+	05:17+	08:20+	11:32+	13:36+	15:50+	18:28+	21:10+	23:30+	28:34+	32:06+	35:58+	37:57+	40:07+	40:46+
01:40+	03:37+	03:03+	03:12+	02:04+	02:14+	02:38+	02:42+	02:20+	05:04+	03:32+	03:52+	01:59+	02:10+	00:39+
00:26&	00:33#	00:45&	00:49&	00:11+	00:29&	00:22#	01:11&	00:43&	02:41@	00:53&	01:31&	00:42&	00:42&	00:07#
15	Kjell Ivar Skjørestad	92										41:20		
06:45+	09:51+	13:18+	16:02+	17:40+	20:07+	22:19+	24:13+	26:19+	29:22+	33:45+	36:51+	38:33+	40:45+	41:20+
06:45+	03:06+	03:27+	02:44+	01:38-	02:27+	02:12-	01:54+	02:06+	03:03+	04:23+	03:06+	01:42+	02:12+	00:35+
05:31@	00:02+	01:09&	00:21#	00:15-	00:42&	00:04-	00:23&	00:29&	00:40&	01:44&	00:45&	00:25&	00:44&	00:03+
16	Roar Fitjar	101										42:50		
01:43+	05:46+	08:53+	12:28+	14:42+	16:57+	19:26+	21:58+	24:34+	28:47+	33:45+	37:44+	40:09+	42:12+	42:50+
01:43+	04:03+	03:07+	03:35+	02:14+	02:15+	02:29+	02:32+	02:36+	04:13+	04:58+	03:59+	02:25+	02:03+	00:38+
00:29&	00:59&	00:49&	01:12&	00:21#	00:30&	00:13+	01:01&	00:59&	01:50&	02:19&	01:38&	01:08&	00:35&	00:06#
17	Terje Gautestad	7										42:57		
02:00+	06:09+	09:36+	13:11+	15:20+	18:05+	21:09+	23:06+	25:39+	30:41+	34:09+	37:48+	40:00+	42:15+	42:57+
02:00+	04:09+	03:27+	03:35+	02:09+	02:45+	03:04+	01:57+	02:33+	05:02+	03:28+	03:39+	02:12+	02:15+	00:42+
00:46&	01:05&	01:09&	01:12&	00:16#	01:00&	00:48&	00:26&	00:56&	02:39@	00:49&	01:18&	00:55&	00:47&	00:10&
18	Gabriel Herigstad	7										44:27		
01:23+	05:44+	08:57+	12:48+	15:08+	17:54+	20:33+	23:31+	26:21+	31:19+	35:39+	39:09+	41:13+	43:53+	44:27+
01:23+	04:21+	03:13+	03:51+	02:20+	02:46+	02:39+	02:58+	02:50+	04:58+	04:20+	03:30+	02:04+	02:40+	00:34+
00:09#	01:17&	00:55&	01:28&	00:27#	01:01&	00:23#	01:27&	01:13&	02:35@	01:41&	01:09&	00:47&	01:12&	00:02+
19	Torstein Gjesteland	126										49:08		
02:09+	06:37+	10:11+	14:33+	17:12+	20:01+	23:33+	25:40+	27:55+	33:33+	39:01+	43:10+	46:17+	48:27+	49:08+
02:09+	04:28+	03:34+	04:22+	02:39+	02:49+	03:32+	02:07+	02:15+	05:38+	05:28+	04:09+	03:07+	02:10+	00:41+
00:55&	01:24&	01:16&	01:59&	00:46&	01:04&	01:16&	00:36&	00:38&	03:15@	02:49@	01:48&	01:50@	00:42&	00:09&
20	Cato Molthe	53										49:56		
01:38+	06:04+	09:08+	13:08+	15:17+	18:19+	22:43+	26:51+	30:24+	36:29+	41:12+	45:01+	47:01+	49:18+	49:56+
01:38+	04:26+	03:04+	04:00+	02:09+	03:02+	04:24+	04:08+	03:33+	06:05+	04:43+	03:49+	02:00+	02:17+	00:38+
00:24&	01:22&	00:46&	01:37&	00:16#	01:17&	02:08&	02:37@	01:56@	03:42@	02:04&	01:28&	00:43&	00:49&	00:06#
21	Ove Vatland	128										51:12		
01:54+	06:45+	10:38+	15:01+	17:36+	21:07+	25:37+	28:37+	30:55+	34:54+	40:14+	44:52+	47:09+	50:18+	51:12+
01:54+	04:51+	03:53+	04:23+	02:35+	03:31+	04:30+	03:00+	02:18+	03:59+	05:20+	04:38+	02:17+	03:09+	00:54+
00:40&	01:47&	01:35&	02:00&	00:42&	01:46@	02:14&	01:29&	00:41&	01:36&	02:41@	02:17&	01:00&	01:41@	00:22&

Class	Navn	Klasse	Tid
22	Leif Gustav Hollund	116	58:15
01:46+	05:55+	08:49+	16:08+
18:53+	24:09+	28:45+	31:33+
33:33+	36:56+	44:13+	51:41+
54:28+	57:32+	58:15+	
01:46+	04:09+	02:54+	07:19+
02:45+	05:36+	04:36+	02:48+
02:00+	03:23+	07:17+	07:28+
02:47+	03:04+	00:43+	
00:32&	01:05&	00:36&	04:56@
00:52&	03:31@	02:20@	01:17&
00:23#	01:00&	04:38@	05:07@
01:30@	01:36@	00:11&	
23	John Abrahamsen	125	1:10:45
03:29+	08:11+	11:53+	16:52+
21:27+	25:03+	29:08+	31:22+
34:18+	39:55+	58:54+	63:40+
67:11+	70:01+	70:45+	
03:29+	04:42+	03:42+	04:59+
04:35+	03:36+	04:05+	02:14+
02:56+	05:37+	18:59+	04:46+
03:31+	02:50+	00:44+	
02:15@	01:38&	01:24&	02:36@
02:42@	01:51@	01:49&	00:43&
01:19&	03:14@	16:20@	02:25@
02:14@	01:22&	00:12&	
Beste strekktid for klassen			
01:07	02:58	02:18	01:32
01:35	01:56	01:25	01:37
02:07	02:39	02:21	01:17
01:28	00:29		

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

Herrer 70 - 74 år

1	Øyvind Egeskog	5	34:56
01:24=	05:12=	08:02=	10:43=
12:43=	14:40=	17:17=	18:48=
20:38=	23:26=	27:33=	30:52=
32:20=	34:22=	34:56=	
01:24=	03:48=	02:50=	02:41=
02:00=	01:57=	02:37=	01:31=
01:50=	02:48=	04:07=	03:19=
01:28=	02:02=	00:34=	
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Svein Glendrange	68	35:17
01:18-	04:55-	07:24-	10:10-
12:00-	13:49-	16:34-	18:27-
20:20-	25:29+	28:26+	31:33+
32:57+	34:41+	35:17+	
01:18-	03:37-	02:29-	02:46+
01:50-	01:49-	02:45+	01:53+
01:53+	05:09+	02:57-	03:07-
01:24-	01:44-	00:36+	
00:06-	00:11-	00:21-	00:05+
00:10-	00:08-	00:08+	00:22#
00:03+	02:21&	01:10-	00:12-
00:04-	00:18-	00:02+	
3	Hermann Skogsholm	53	35:19
01:33+	04:51-	07:27-	11:15+
13:13+	16:08+	18:35+	20:26+
22:10+	25:33+	28:27+	30:57+
32:48+	34:43+	35:19+	
01:33+	03:18-	02:36-	03:48+
01:58-	02:55+	02:27-	01:51+
01:44-	03:23+	02:54-	02:30-
01:51+	01:55-	00:36+	
00:09#	00:30-	00:14-	01:07&
00:02-	00:58&	00:10-	00:20#
00:06-	00:35#	00:13-	00:49-
00:23&	00:07-	00:02+	
4	Tormod Aaslid	54	35:27
01:36+	06:10+	08:44+	11:56+
15:38+	17:14+	19:23+	21:32+
23:34+	25:56+	29:15+	31:49+
33:07+	34:50+	35:27+	
01:36+	04:34+	02:34-	03:12+
03:42+	01:36-	02:09-	02:09+
02:02+	02:22-	03:19-	02:34-
01:18-	01:43-	00:37+	
00:12#	00:46#	00:16-	00:31#
01:42&	00:21-	00:28-	00:38&
00:12#	00:26-	00:48-	00:45-
00:10-	00:19-	00:03+	
5	Odd Garpestad	29	37:35
01:08-	04:45-	07:19-	10:45+
12:47+	15:10+	17:39+	19:42+
21:53+	25:35+	29:27+	32:49+
35:05+	36:56+	37:35+	
01:08-	03:37-	02:34-	03:26+
02:02+	02:23+	02:29-	02:03+
02:11+	03:42+	03:52-	03:22+
02:16+	01:51-	00:39+	
00:16-	00:11-	00:16-	00:45&
00:02+	00:26#	00:08-	00:32&
00:21#	00:54&	00:15-	00:03+
00:48&	00:11-	00:05#	
6	Kjell Langvik	93	37:38
01:31+	05:24+	08:27+	11:19+
13:32+	16:09+	18:23+	20:09+
22:06+	25:04+	28:07+	32:01+
35:09+	36:58+	37:38+	
01:31+	03:53+	03:03+	02:52+
02:13+	02:37+	02:14-	01:46+
01:57+	02:58+	03:03-	03:54+
03:08+	01:49-	00:40+	
00:07+	00:05+	00:13+	00:11+
00:13#	00:40&	00:23-	00:15#
00:07+	00:10+	01:04-	00:35#
01:40@	00:13-	00:06#	
7	Ingjald Egeland	7	39:51
03:20+	07:39+	10:51+	13:41+
15:39+	17:56+	20:06+	22:17+
24:11+	27:12+	31:36+	35:17+
37:10+	39:12+	39:51+	
03:20+	04:19+	03:12+	02:50+
01:58-	02:17+	02:10-	02:11+
01:54+	03:01+	04:24+	03:41+
01:53+	02:02=	00:39+	
01:56@	00:31#	00:22#	00:09+
00:02-	00:20#	00:27-	00:40&
00:04+	00:13+	00:17+	00:22#
00:25&	00:00=	00:05#	
8	Norvald Skretting	43	39:59
01:29+	05:12=	08:00-	10:55+
12:54+	15:12+	18:01+	20:18+
22:12+	25:29+	31:08+	34:56+
37:07+	39:21+	39:59+	
01:29+	03:43-	02:48-	02:55+
01:59-	02:18+	02:49+	02:17+
01:54+	03:17+	05:39+	03:48+
02:11+	02:14+	00:38+	
00:05+	00:05-	00:02-	00:14+
00:01-	00:21#	00:12+	00:46&
00:04+	00:29#	01:32&	00:29#
00:43&	00:12+	00:04#	
9	Arvid Thorsen	5	40:42
01:18-	04:50-	07:37-	10:48+
12:37-	14:41+	17:04-	19:08+
21:19+	24:48+	32:04+	36:47+
38:23+	40:12+	40:42+	
01:18-	03:32-	02:47-	03:11+
01:49-	02:04+	02:23-	02:04+
02:11+	03:29+	07:16+	04:43+
01:36+	01:49-	00:30-	
00:06-	00:16-	00:03-	00:30#
00:11-	00:07+	00:14-	00:33&
00:21#	00:41#	03:09&	01:24&
00:08+	00:13-	00:04-	
10	Geir Husdal	93	40:45
01:29+	05:50+	09:06+	12:15+
14:17+	16:28+	19:51+	22:39+
24:47+	28:01+	32:42+	35:53+
38:19+	40:13+	40:45+	
01:29+	04:21+	03:16+	03:09+
02:02+	02:11+	03:23+	02:48+
02:08+	03:14+	04:41+	03:11-
02:26+	01:54-	00:32-	
00:05+	00:33#	00:26#	00:28#
00:02+	00:14#	00:46&	01:17&
00:18#	00:26#	00:34#	00:08-
00:58&	00:08-	00:08-	00:02-
11	Arne Tveita	109	43:22
01:45+	06:19+	09:40+	13:10+
15:34+	17:54+	21:36+	23:20+
25:29+	30:37+	34:11+	38:20+
40:41+	42:39+	43:22+	
01:45+	04:34+	03:21+	03:30+
02:24+	02:20+	03:42+	01:44+
02:09+	05:08+	03:34-	04:09+
02:21+	01:58-	00:43+	
00:21#	00:46#	00:31#	00:49&
00:24#	00:23#	01:05&	00:13#
00:19#	02:20&	00:33-	00:50&
00:53&	00:04-	00:09&	

Class	Navn	Klasse												Tid
12	Hilmar Røthing	128												45:31
03:32+	06:51+	09:15+	12:29+	14:21+	16:22+	19:42+	21:18+	23:12+	27:30+	38:09+	41:18+	42:59+	44:50+	45:31+
03:32+	03:19-	02:24-	03:14+	01:52-	02:01+	03:20+	01:36+	01:54+	04:18+	10:39+	03:09-	01:41+	01:51-	00:41+
02:08@	00:29-	00:26-	00:33#	00:08-	00:04+	00:43&	00:05+	00:04+	01:30&	06:32@	00:10-	00:13#	00:11-	00:07#
13	Olav Dag Borgersen	154												45:34
01:58+	05:59+	09:01+	19:28+	21:34+	24:45+	27:25+	29:27+	31:27+	34:36+	38:19+	41:26+	42:52+	44:59+	45:34+
01:58+	04:01+	03:02+	10:27+	02:06+	03:11+	02:40+	02:02+	02:00+	03:09+	03:43-	03:07-	01:26-	02:07+	00:35+
00:34&	00:13+	00:12+	07:46@	00:06+	01:14&	00:03+	00:31&	00:10+	00:21#	00:24-	00:12-	00:02-	00:05+	00:01+
14	Svein Eliassen	116												46:53
01:35+	05:38+	08:44+	17:06+	19:20+	22:22+	25:07+	27:21+	29:56+	34:18+	38:05+	41:47+	44:07+	46:15+	46:53+
01:35+	04:03+	03:06+	08:22+	02:14+	03:02+	02:45+	02:14+	02:35+	04:22+	03:47-	03:42+	02:20+	02:08+	00:38+
00:11#	00:15+	00:16+	05:41@	00:14#	01:05&	00:08+	00:43&	00:45&	01:34&	00:20-	00:23#	00:52&	00:06+	00:04#
15	Steinar Undheim	54												49:33
01:35+	05:58+	09:28+	18:09+	21:21+	23:46+	26:11+	28:14+	30:28+	33:52+	41:13+	45:03+	46:44+	48:50+	49:33+
01:35+	04:23+	03:30+	08:41+	03:12+	02:25+	02:25-	02:03+	02:14+	03:24+	07:21+	03:50+	01:41+	02:06+	00:43+
00:11#	00:35#	00:40#	06:00@	01:12&	00:28#	00:12-	00:32&	00:24#	00:36#	03:14&	00:31#	00:13#	00:04+	00:09&
16	Lars Ernst Ravndal	125												50:31
01:42+	06:34+	09:49+	13:47+	17:14+	20:34+	25:22+	28:23+	32:01+	35:28+	41:00+	45:23+	47:36+	49:49+	50:31+
01:42+	04:52+	03:15+	03:58+	03:27+	03:20+	04:48+	03:01+	03:38+	03:27+	05:32+	04:23+	02:13+	02:13+	00:42+
00:18#	01:04&	00:25#	01:17&	01:27&	01:23&	02:11&	01:30&	01:48&	00:39#	01:25&	01:04&	00:45&	00:11+	00:08#
17	Jan H. Sagen	92												51:31
02:06+	07:48+	11:41+	15:24+	18:01+	21:23+	24:49+	27:14+	30:19+	35:21+	41:14+	45:48+	48:21+	50:49+	51:31+
02:06+	05:42+	03:53+	03:43+	02:37+	03:22+	03:26+	02:25+	03:05+	05:02+	05:53+	04:34+	02:33+	02:28+	00:42+
00:42&	01:54&	01:03&	01:02&	00:37&	01:25&	00:49&	00:54&	01:15&	02:14&	01:46&	01:15&	01:05&	00:26#	00:08#
18	Rolv Nærland	63												59:29
01:39+	07:00+	10:29+	25:39+	29:41+	32:40+	36:55+	39:00+	41:14+	45:44+	50:41+	54:28+	56:25+	58:48+	59:29+
01:39+	05:21+	03:29+	15:10+	04:02+	02:59+	04:15+	02:05+	02:14+	04:30+	04:57+	03:47+	01:57+	02:23+	00:41+
00:15#	01:33&	00:39#	12:29@	02:02@	01:02&	01:38&	00:34&	00:24#	01:42&	00:50#	00:28#	00:29&	00:21#	00:07#
19	Mangor Eikeland	92												1:01:22
03:20+	08:30+	12:13+	17:37+	20:18+	23:54+	27:36+	31:14+	34:29+	39:06+	48:05+	53:27+	57:12+	60:21+	61:22+
03:20+	05:10+	03:43+	05:24+	02:41+	03:36+	03:42+	03:38+	03:15+	04:37+	08:59+	05:22+	03:45+	03:09+	01:01+
01:56@	01:22&	00:53&	02:43@	00:41&	01:39&	01:05&	02:07@	01:25&	01:49&	04:52@	02:03&	02:17@	01:07&	00:27&
20	Albert Moe	54												1:03:20
02:36+	07:25+	11:36+	15:57+	19:22+	22:45+	27:42+	30:36+	33:28+	37:31+	44:53+	50:16+	54:30+	62:22+	63:20+
02:36+	04:49+	04:11+	04:21+	03:25+	03:23+	04:57+	02:54+	02:52+	04:03+	07:22+	05:23+	04:14+	07:52+	00:58+
01:12&	01:01&	01:21&	01:40&	01:25&	01:26&	02:20&	01:23&	01:02&	01:15&	03:15&	02:04&	02:46@	05:50@	00:24&
21	Reidar Liland	66												1:05:38
02:29+	08:40+	13:15+	18:26+	22:05+	25:32+	31:35+	34:59+	38:21+	42:37+	49:53+	56:31+	60:28+	64:25+	65:38+
02:29+	06:11+	04:35+	05:11+	03:39+	03:27+	06:03+	03:24+	03:22+	04:16+	07:16+	06:38+	03:57+	03:57+	01:13+
01:05&	02:23&	01:45&	02:30&	01:39&	01:30&	03:26@	01:53@	01:32&	01:28&	03:09&	03:19&	02:29@	01:55&	00:39@
Beste strekktid for klassen														
01:08	03:18	02:24	02:41	01:49	01:36	02:09	01:31	01:44	02:22	02:54	02:30	01:18	01:43	00:30

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

Herrer 75 - 79 år

1	Knut Skjæveland	93												30:44
01:18=	05:02=	09:27=	11:29=	15:43=	17:07=	20:10=	22:51=	24:37=	27:49=	30:06=	30:44=			
01:18=	03:44=	04:25=	02:02=	04:14=	01:24=	03:03=	02:41=	01:46=	03:12=	02:17=	00:38=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Alf Gyland	92												43:01
02:00+	06:29+	12:11+	16:20+	21:47+	23:07+	29:02+	31:59+	34:53+	39:07+	42:16+	43:01+			
02:00+	04:29+	05:42+	04:09+	05:27+	01:20-	05:55+	02:57+	02:54+	04:14+	03:09+	00:45+			
00:42&	00:45#	01:17&	02:07@	01:13&	00:04-	02:52&	00:16+	01:08&	01:02&	00:52&	00:07#			
3	Jan Bekkeheien	92												43:40
05:03+	09:34+	15:17+	17:40+	23:18+	24:52+	28:33+	33:51+	36:23+	40:08+	43:00+	43:40+			
05:03+	04:31+	05:43+	02:23+	05:38+	01:34+	03:41+	05:18+	02:32+	03:45+	02:52+	00:40+			
03:45@	00:47#	01:18&	00:21#	01:24&	00:10#	00:38#	02:37&	00:46&	00:33#	00:35&	00:02+			

Class	Navn	Klasse	Tid									
4	Harald Vatne	67	44:06									
02:05+	06:27+	12:53+	16:58+	23:51+	25:27+	29:15+	33:21+	36:44+	40:19+	43:26+	44:06+	
02:05+	04:22+	06:26+	04:05+	06:53+	01:36+	03:48+	04:06+	03:23+	03:35+	03:07+	00:40+	
00:47&	00:38#	02:01&	02:03@	02:39&	00:12#	00:45#	01:25&	01:37&	00:23#	00:50&	00:02+	
5	Kjell Maudal	63	48:29									
02:09+	08:45+	14:24+	17:47+	25:18+	26:54+	30:25+	34:32+	38:32+	43:57+	47:48+	48:29+	
02:09+	06:36+	05:39+	03:23+	07:31+	01:36+	03:31+	04:07+	04:00+	05:25+	03:51+	00:41+	
00:51&	02:52&	01:14&	01:21&	03:17&	00:12#	00:28#	01:26&	02:14@	02:13&	01:34&	00:03+	
6	Terje Braut	92	48:43									
02:59+	07:40+	20:49+	24:02+	30:18+	31:42+	35:43+	39:02+	41:40+	45:03+	47:54+	48:43+	
02:59+	04:41+	13:09+	03:13+	06:16+	01:24=	04:01+	03:19+	02:38+	03:23+	02:51+	00:49+	
01:41@	00:57&	08:44@	01:11&	02:02&	00:00=	00:58&	00:38#	00:52&	00:11+	00:34#	00:11&	
7	Bjarne Edland	92	52:25									
01:37+	14:05+	16:53+	25:15+	27:27+	34:22+	36:06+	39:39+	42:58+	45:17+	48:58+	51:49+	52:25+
01:37+	12:28+	02:48-	08:22+	02:12-	06:55+	01:44-	03:33+	03:19+	02:19-	03:41+	02:51+	00:36+
00:19#	08:44@	01:37-	06:20@	02:02-	05:31@	01:19-	00:52&	01:33&	00:53-	01:24&	02:13@	00:36+
8	Magne Westerheim	93	59:39									
09:14+	19:03+	24:27+	31:06+	39:22+	41:23+	45:15+	49:21+	52:00+	55:47+	58:59+	59:39+	
09:14+	09:49+	05:24+	06:39+	08:16+	02:01+	03:52+	04:06+	02:39+	03:47+	03:12+	00:40+	
07:56@	06:05@	00:59#	04:37@	04:02&	00:37&	00:49&	01:25&	00:53&	00:35#	00:55&	00:02+	
9	Magne Jakobsen	63	1:01:42									
11:18+	21:10+	26:31+	35:03+	41:30+	43:15+	47:13+	51:19+	53:58+	57:53+	61:02+	61:42+	
11:18+	09:52+	05:21+	08:32+	06:27+	01:45+	03:58+	04:06+	02:39+	03:55+	03:09+	00:40+	
10:00@	06:08@	00:56#	06:30@	02:13&	00:21#	00:55&	01:25&	00:53&	00:43#	00:52&	00:02+	
10	Øystein Nilsen	57	1:05:23									
01:41+	08:18+	25:52+	29:01+	35:31+	37:31+	44:45+	52:06+	55:57+	61:07+	64:35+	65:23+	
01:41+	06:37+	17:34+	03:09+	06:30+	02:00+	07:14+	07:21+	03:51+	05:10+	03:28+	00:48+	
00:23&	02:53&	13:09@	01:07&	02:16&	00:36&	04:11@	04:40@	02:05@	01:58&	01:11&	00:10&	

Beste strekktid for klassen

01:18 03:44 02:48 02:02 02:12 01:20 01:44 02:41 01:46 02:19 02:17 00:38

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29	38:03											
02:15=	05:06=	06:35=	08:51=	11:41=	14:01=	16:05=	18:26=	22:19=	24:25=	33:16=	34:39=	35:55=	37:25=	38:03=
02:15=	02:51=	01:29=	02:16=	02:50=	02:20=	02:04=	02:21=	03:53=	02:06=	08:51=	01:23=	01:16=	01:30=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjell Audun Gjersdal	7	43:52											
04:30+	07:11+	09:05+	13:01+	16:44+	19:55+	24:38+	28:00+	31:33+	33:59+	37:46+	39:36+	40:58+	43:08+	43:52+
04:30+	02:41-	01:54+	03:56+	03:43+	03:11+	04:43+	03:22+	03:33-	02:26+	03:47-	01:50+	01:22+	02:10+	00:44+
02:15&	00:10-	00:25&	01:40&	00:53&	00:51&	02:39@	01:01&	00:20-	00:20#	05:04-	00:27&	00:06+	00:40&	00:06#
3	Peter Frafjord	116	1:00:41											
10:05+	13:07+	15:31+	18:46+	23:41+	32:18+	34:51+	38:24+	43:30+	50:08+	54:11+	55:53+	57:50+	59:54+	60:41+
10:05+	03:02+	02:24+	03:15+	04:55+	08:37+	02:33+	03:33+	05:06+	06:38+	04:03-	01:42+	01:57+	02:04+	00:47+
07:50@	00:11+	00:55&	00:59&	02:05&	06:17@	00:29#	01:12&	01:13&	04:32@	04:48-	00:19#	00:41&	00:34&	00:09#

Beste strekktid for klassen

02:15 02:41 01:29 02:16 02:50 02:20 02:04 02:21 03:33 02:06 03:47 01:23 01:16 01:30 00:38

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

Herrer A

1	Bjarthe Westerheim	194	29:55																
00:45=	01:28=	04:15=	05:09=	05:50=	10:20=	13:10=	14:34=	15:44=	17:03=	18:20=	19:19=	20:17=	21:17=	23:29=	24:45=	27:12=	28:18=	29:33=	29:55=
00:45=	00:43=	02:47=	00:54=	00:41=	04:30=	02:50=	01:24=	01:10=	01:19=	01:17=	00:59=	00:58=	01:00=	02:12=	01:16=	02:27=	01:06=	01:15=	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=

Class	Navn	Klasse										Tid									
2	Fredrik Omdal	74										32:03									
00:51+	01:39+	04:24+	05:18+	06:00+	11:27+	14:37+	16:13+	17:29+	18:52+	20:06+	21:14+	22:12+	23:10+	25:22+	26:39+	29:15+	30:22+	31:40+	32:03+		
00:51+	00:48+	02:45-	00:54=	00:42+	05:27+	03:10+	01:36+	01:16+	01:23+	01:14-	01:08+	00:58=	00:58-	02:12=	01:17+	02:36+	01:07+	01:18+	00:23+		
00:06#	00:05#	00:02-	00:00=	00:01+	00:57#	00:20#	00:12#	00:06+	00:04+	00:03-	00:09#	00:00=	00:02-	00:00=	00:01+	00:09+	00:01+	00:03+	00:01+		
3	Ørjan Ravndal	194										32:48									
00:47+	01:30+	04:24+	05:40+	06:13+	11:06+	13:50+	15:45+	16:57+	18:14+	19:34+	20:26+	21:21+	22:23+	24:28+	27:27+	29:50+	30:57+	32:26+	32:48+		
00:47+	00:43=	02:54+	01:16+	00:33-	04:53+	02:44-	01:55+	01:12+	01:17-	01:20+	00:52-	00:55-	01:02+	02:05-	02:59+	02:33-	01:07+	01:29+	00:22=		
00:02+	00:00=	00:07+	00:22&	00:08-	00:23+	00:06-	00:31&	00:02+	00:02-	00:03+	00:07-	00:03-	00:02+	00:07-	01:43@	00:04-	00:01+	00:14#	00:00=		
4	Aart Joakim in't Veld	93										36:32									
00:51+	01:40+	04:38+	06:11+	06:58+	12:43+	15:57+	17:47+	19:16+	20:53+	22:15+	23:11+	24:58+	26:15+	28:50+	30:22+	33:23+	34:35+	36:08+	36:32+		
00:51+	00:49+	02:58+	01:33+	00:47+	05:45+	03:14+	01:50+	01:29+	01:37+	01:22+	00:56-	01:47+	01:17+	02:35+	01:32+	03:01+	01:12+	01:33+	00:24+		
00:06#	00:06#	00:11+	00:39&	00:06#	01:15&	00:24#	00:26&	00:19&	00:18#	00:05+	00:03-	00:49&	00:17&	00:23#	00:16#	00:34#	00:06+	00:18#	00:02+		
5	Tor Gunnar Aksland	116										37:00									
00:53+	01:46+	05:16+	06:34+	07:23+	13:06+	16:22+	18:07+	19:34+	21:10+	23:12+	24:14+	25:18+	26:39+	29:14+	30:36+	33:46+	35:05+	36:36+	37:00+		
00:53+	00:53+	03:30+	01:18+	00:49+	05:43+	03:16+	01:45+	01:27+	01:36+	02:02+	01:02+	01:04+	01:21+	02:35+	01:22+	03:10+	01:19+	01:31+	00:24+		
00:08#	00:10#	00:43&	00:24&	00:08#	01:13&	00:26#	00:21#	00:17#	00:17#	00:45&	00:03+	00:06#	00:21&	00:23#	00:06+	00:43&	00:13#	00:16#	00:02+		
6	Vegard Peikli	116										37:31									
00:55+	01:45+	05:02+	06:14+	06:59+	11:49+	14:47+	19:14+	20:31+	21:56+	23:17+	24:15+	25:19+	26:23+	30:46+	31:53+	34:34+	35:44+	37:10+	37:31+		
00:55+	00:50+	03:17+	01:12+	00:45+	04:50+	02:58+	04:27+	01:17+	01:25+	01:21+	00:58-	01:04+	01:04+	04:23+	01:07-	02:41+	01:10+	01:26+	00:21-		
00:10#	00:07#	00:30#	00:18&	00:04+	00:20+	00:08+	03:03@	00:07#	00:06+	00:04+	00:01-	00:06#	00:04+	02:11&	00:09-	00:14+	00:04+	00:11#	00:01-		
7	Kristian Haarr	27										38:57									
00:53+	01:45+	04:52+	06:05+	06:55+	13:18+	16:50+	18:28+	20:18+	22:11+	24:02+	25:00+	26:27+	28:02+	30:46+	32:19+	35:55+	37:12+	38:35+	38:57+		
00:53+	00:52+	03:07+	01:13+	00:50+	06:23+	03:32+	01:38+	01:50+	01:53+	01:51+	00:58-	01:27+	01:35+	02:44+	01:33+	03:36+	01:17+	01:23+	00:22=		
00:08#	00:09#	00:20#	00:19&	00:09#	01:53&	00:42#	00:14#	00:40&	00:34&	00:34&	00:01-	00:29&	00:35&	00:32#	00:17#	01:09&	00:11#	00:08#	00:00=		
8	Torbjørn Brandsæter	115										41:07									
01:11+	01:57+	05:42+	07:12+	07:58+	13:26+	16:58+	19:01+	21:11+	23:34+	25:30+	26:48+	28:20+	30:13+	33:02+	34:31+	37:25+	39:06+	40:39+	41:07+		
01:11+	00:46+	03:45+	01:30+	00:46+	05:28+	03:32+	02:03+	02:10+	02:23+	01:56+	01:18+	01:32+	01:53+	02:49+	01:29+	02:54+	01:41+	01:33+	00:28+		
00:26&	00:03+	00:58&	00:36&	00:05#	00:58#	00:42#	00:39&	01:00&	01:04&	00:39&	00:19&	00:34&	00:53&	00:37&	00:13#	00:27#	00:35&	00:18#	00:06&		
9	Kristian Nygård Holtan	116										43:25									
00:57+	01:54+	05:21+	06:28+	07:30+	14:06+	17:52+	21:59+	23:39+	26:30+	27:59+	29:11+	30:16+	31:55+	35:25+	36:59+	39:58+	41:11+	43:01+	43:25+		
00:57+	00:57+	03:27+	01:07+	01:02+	06:36+	03:46+	04:07+	01:40+	02:51+	01:29+	01:12+	01:05+	01:39+	03:30+	01:34+	02:59+	01:13+	01:50+	00:24+		
00:12&	00:14&	00:40#	00:13#	00:21&	02:06&	00:56&	02:43@	00:30&	01:32@	00:12#	00:13#	00:07#	00:39&	01:18&	00:18#	00:32#	00:07#	00:35&	00:02+		
10	Martin Blystad	115										47:56									
01:35+	02:28+	06:36+	08:12+	09:12+	16:11+	20:23+	22:27+	25:21+	27:30+	30:08+	31:46+	33:12+	34:46+	38:16+	40:20+	43:59+	45:37+	47:26+	47:56+		
01:35+	00:53+	04:08+	01:36+	01:00+	06:59+	04:12+	02:04+	02:54+	02:09+	02:38+	01:38+	01:26+	01:34+	03:30+	02:04+	03:39+	01:38+	01:49+	00:30+		
00:50@	00:10#	01:21&	00:42&	00:19&	02:29&	01:22&	00:40&	01:44@	00:50&	01:21@	00:39&	00:28&	00:34&	01:18&	00:48&	01:12&	00:32&	00:34&	00:08&		
11	Joar Fuglestad	116										47:57									
01:12+	02:05+	05:44+	07:28+	08:29+	15:16+	20:24+	26:42+	28:30+	29:58+	32:00+	33:17+	34:50+	36:13+	39:28+	40:56+	44:14+	45:44+	47:35+	47:57+		
01:12+	00:53+	03:39+	01:44+	01:01+	06:47+	05:08+	06:18+	01:48+	01:28+	02:02+	01:17+	01:33+	01:23+	03:15+	01:28+	03:18+	01:30+	01:51+	00:22=		
00:27&	00:10#	00:52&	00:50&	00:20&	02:17&	02:18&	04:54@	00:38&	00:09#	00:45&	00:18&	00:35&	00:23&	01:03&	00:12#	00:51&	00:24&	00:36&	00:00=		
Beste strekketid for klassen																					
00:45	00:43	02:45	00:54	00:33	04:30	02:44	01:24	01:10	01:17	01:14	00:52	00:55	00:58	02:05	01:07	02:23	01:06	01:15	00:21		

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

Herrer B

1	Oddvar Taksdal	194										35:29									
00:50=	01:43=	04:50=	05:57=	06:42=	12:55=	16:10=	17:52=	19:18=	20:42=	22:13=	23:11=	24:13=	25:17=	27:50=	29:19=	32:11=	33:29=	35:03=	35:29=		
00:50=	00:53=	03:07=	01:07=	00:45=	06:13=	03:15=	01:42=	01:26=	01:24=	01:31=	00:58=	01:02=	01:04=	02:33=	01:29=	02:52=	01:18=	01:34=	00:26=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Aamodt	116										37:55									
00:57+	01:57+	05:25+	06:39+	07:43+	13:50+	17:13+	18:57+	20:30+	21:59+	23:33+	24:48+	25:57+	27:18+	29:48+	31:15+	34:26+	35:54+	37:26+	37:55+		
00:57+	01:00+	03:28+	01:14+	01:04+	06:07-	03:23+	01:44+	01:33+	01:29+	01:34+	01:15+	01:09+	01:21+	02:30-	01:27-	03:11+	01:28+	01:32-	00:29+		
00:07#	00:07#	00:21#	00:07#	00:19&	00:06-	00:08+	00:02+	00:07+	00:05+	00:03+	00:17&	00:07#	00:17&	00:03-	00:02-	00:19#	00:10#	00:02-	00:03#		
3	Odd Fuglestad	250										39:53									
00:59+	01:52+	05:23+	06:31+	07:18+	13:25+	16:58+	18:44+	20:15+	21:12+	23:58+	25:25+	26:34+	27:45+	28:59+	31:50+	33:17+	36:22+	37:46+	39:23+		
00:59+	00:53=	03:31+	01:08+	00:47+	06:07-	03:33+	01:46+	01:31+	00:57-	02:46+	01:27+	01:09+	01:11+	01:14-	02:51+	01:27-	03:05+	01:24-	01:37+		
00:09#	00:00=	00:24#	00:01+	00:02+	00:06-	00:18+	00:04+	00:05+	00:27-	01:15&	00:29&	00:07#	00:07#	01:19-	01:22&	01:25-	01:47@	00:10-	01:11@		

Class	Navn	Klasse										Tid								
4	Geir Sand	105										40:08								
01:03+	02:01+	05:31+	06:45+	07:34+	13:37+	17:15+	19:06+	20:59+	22:33+	24:17+	25:27+	27:10+	28:23+	31:09+	33:30+	36:44+	38:15+	39:44+	40:08+	
01:03+	00:58+	03:30+	01:14+	00:49+	06:03-	03:38+	01:51+	01:53+	01:34+	01:44+	01:10+	01:43+	01:13+	02:46+	02:21+	03:14+	01:31+	01:29-	00:24-	
00:13&	00:05+	00:23#	00:07#	00:04+	00:10-	00:23#	00:09+	00:27&	00:10#	00:13#	00:12#	00:41&	00:09#	00:13+	00:52&	00:22#	00:13#	00:05-	00:02-	
5	Øyvind Rummelhoff	27										40:37								
00:59+	01:52+	05:19+	07:34+	08:19+	14:24+	17:53+	21:55+	23:39+	25:04+	26:32+	27:37+	28:55+	30:05+	33:10+	34:38+	37:35+	38:49+	40:14+	40:37+	
00:59+	00:53=	03:27+	02:15+	00:45=	06:05-	03:29+	04:02+	01:44+	01:25+	01:28-	01:05+	01:18+	01:10+	03:05+	01:28-	02:57+	01:14-	01:25-	00:23-	
00:09#	00:00=	00:20#	01:08@	00:00=	00:08-	00:14+	02:20@	00:18#	00:01+	00:03-	00:07#	00:16&	00:06+	00:32#	00:01-	00:05+	00:04-	00:09-	00:03-	
6	Per Olav Haarr	62										41:01								
01:03+	01:55+	05:34+	06:51+	07:47+	14:09+	17:38+	19:32+	21:17+	23:05+	24:47+	26:08+	27:30+	29:23+	32:11+	33:56+	37:09+	38:45+	40:31+	41:01+	
01:03+	00:52-	03:39+	01:17+	00:56+	06:22+	03:29+	01:54+	01:45+	01:48+	01:42+	01:21+	01:22+	01:53+	02:48+	01:45+	03:13+	01:36+	01:46+	00:30+	
00:13&	00:01-	00:32#	00:10#	00:11#	00:09+	00:14+	00:12#	00:19#	00:24&	00:11#	00:23&	00:20&	00:49&	00:15+	00:16#	00:21#	00:18#	00:12#	00:04#	
7	Bjørnar André Haug	80										41:16								
01:11+	02:05+	05:30+	06:44+	07:45+	13:55+	17:11+	20:13+	22:07+	23:44+	25:19+	26:33+	28:19+	29:30+	32:11+	34:38+	37:56+	39:17+	40:52+	41:16+	
01:11+	00:54+	03:25+	01:14+	01:01+	06:10-	03:16+	03:02+	01:54+	01:37+	01:35+	01:14+	01:46+	01:11+	02:41+	02:27+	03:18+	01:21+	01:35+	00:24-	
00:21&	00:01+	00:18+	00:07#	00:16&	00:03-	00:01+	01:20&	00:28&	00:13#	00:04+	00:16&	00:44&	00:07#	00:08+	00:58&	00:26#	00:03+	00:01+	00:02-	
8	Terje Michaelsen	47										42:47								
01:00+	01:59+	05:11+	06:21+	07:02+	13:19+	16:52+	19:39+	22:31+	23:20+	24:58+	27:09+	28:26+	29:39+	30:44+	33:43+	35:48+	39:09+	40:34+	42:23+	42:47+
01:00+	00:59+	03:12+	01:10+	00:41-	06:17+	03:33+	02:47+	02:52+	00:49-	01:38+	02:11+	01:17+	01:13+	01:05-	02:59+	02:05-	03:21+	01:25-	01:49+	00:24+
00:10#	00:06#	00:05+	00:03+	00:04-	00:04+	00:18+	01:05&	01:26&	00:35-	00:07+	01:13@	00:15#	00:09#	01:28-	01:30@	00:47-	02:03@	00:09-	01:23@	00:24+
9	Inge Løland	114										44:28								
01:04+	02:09+	06:11+	07:31+	08:25+	15:08+	19:02+	20:56+	22:36+	24:33+	26:12+	27:23+	28:43+	30:16+	35:13+	37:06+	40:24+	41:53+	43:51+	44:28+	
01:04+	01:05+	04:02+	01:20+	00:54+	06:43+	03:54+	01:54+	01:40+	01:57+	01:39+	01:11+	01:20+	01:33+	04:57+	01:53+	03:18+	01:29+	01:58+	00:37+	
00:14&	00:12#	00:55&	00:13#	00:09#	00:30+	00:39#	00:12#	00:14#	00:33&	00:08+	00:13#	00:18&	00:29&	02:24&	00:24&	00:26#	00:11#	00:24&	00:11&	
10	Svein Erik Kvame	116										45:36								
01:12+	02:07+	06:01+	07:26+	08:26+	16:17+	20:30+	22:38+	24:32+	26:39+	28:32+	29:42+	30:59+	32:28+	35:52+	37:50+	41:37+	43:13+	45:06+	45:36+	
01:12+	00:55+	03:54+	01:25+	01:00+	07:51+	04:13+	02:08+	01:54+	02:07+	01:53+	01:10+	01:17+	01:29+	03:24+	01:58+	03:47+	01:36+	01:53+	00:30+	
00:22&	00:02+	00:47&	00:18&	00:15&	01:38&	00:58&	00:26&	00:28&	00:43&	00:22#	00:12#	00:15#	00:25&	00:51&	00:29&	00:55&	00:18#	00:19#	00:04#	
11	Tallak Langmyr	283										45:57								
01:04+	01:57+	05:44+	07:17+	08:12+	15:01+	19:30+	22:30+	24:12+	26:12+	28:12+	29:14+	31:07+	32:25+	36:18+	38:11+	41:53+	43:39+	45:32+	45:57+	
01:04+	00:53=	03:47+	01:33+	00:55+	06:49+	04:29+	03:00+	01:42+	02:00+	02:00+	01:02+	01:53+	01:18+	03:53+	01:53+	03:42+	01:46+	01:53+	00:25-	
00:14&	00:00=	00:40#	00:26&	00:10#	00:36+	01:14&	01:18&	00:16#	00:36&	00:29&	00:04+	00:51&	00:14#	01:20&	00:24&	00:50&	00:28&	00:19#	00:01-	
12	Jone Sæbbø	90										46:00								
01:00+	01:59+	05:14+	06:35+	07:46+	15:12+	19:16+	21:35+	23:22+	25:06+	26:59+	28:21+	31:14+	33:03+	36:23+	38:14+	41:56+	43:44+	45:34+	46:00+	
01:00+	00:59+	03:15+	01:21+	01:11+	07:26+	04:04+	02:19+	01:47+	01:44+	01:53+	01:22+	02:53+	01:49+	03:20+	01:51+	03:42+	01:48+	01:50+	00:26=	
00:10#	00:06#	00:08+	00:14#	00:26&	01:13#	00:49&	00:37&	00:21#	00:20#	00:22#	00:24&	01:51@	00:45&	00:47&	00:22#	00:50&	00:30&	00:16#	00:00=	
13	Lars Drage	230										47:05								
00:55+	01:46+	05:13+	06:58+	07:41+	13:35+	16:56+	18:31+	19:53+	23:09+	24:27+	25:27+	32:56+	34:03+	36:36+	38:08+	43:04+	44:45+	46:33+	47:05+	
00:55+	00:51-	03:27+	01:45+	00:43-	05:54-	03:21+	01:35-	01:22-	03:16+	01:18-	01:00+	07:29+	01:07+	02:33=	01:32+	04:56+	01:41+	01:48+	00:32+	
00:05#	00:02-	00:20#	00:38&	00:02-	00:19-	00:06+	00:07-	00:04-	01:52@	00:13-	00:02+	06:27@	00:03+	00:00=	00:03+	02:04&	00:23&	00:14#	00:06#	
14	Leif Kjetil Hinna Gausel	116										48:10								
01:08+	02:14+	06:48+	08:02+	09:00+	16:19+	20:24+	24:17+	26:04+	28:12+	29:54+	31:02+	32:26+	33:47+	39:00+	40:42+	44:23+	45:51+	47:41+	48:10+	
01:08+	01:06+	04:34+	01:14+	00:58+	07:19+	04:05+	03:53+	01:47+	02:08+	01:42+	01:08+	01:24+	01:21+	05:13+	01:42+	03:41+	01:28+	01:50+	00:29+	
00:18&	00:13#	01:27&	00:07#	00:13&	01:06#	00:50&	02:11@	00:21#	00:44&	00:11#	00:10#	00:22&	00:17&	02:40@	00:13#	00:49&	00:10#	00:16#	00:03#	
15	Pål Bårdsen	90										48:14								
01:07+	02:09+	06:09+	07:31+	08:27+	15:58+	20:21+	25:02+	26:57+	28:57+	30:53+	32:13+	33:38+	35:03+	38:33+	40:31+	44:08+	45:48+	47:41+	48:14+	
01:07+	01:02+	04:00+	01:22+	00:56+	07:31+	04:23+	04:41+	01:55+	02:00+	01:56+	01:20+	01:25+	01:25+	03:30+	01:58+	03:37+	01:40+	01:53+	00:33+	
00:17&	00:09#	00:53&	00:11#	01:18#	01:08&	02:59@	00:29&	00:29&	00:36&	00:25&	00:22&	00:23&	00:21&	00:57&	00:29&	00:45&	00:22&	00:19#	00:07&	
16	Rune Christiansen	93										51:14								
00:58+	02:07+	06:48+	08:26+	09:35+	17:38+	22:41+	25:12+	26:57+	29:15+	31:39+	33:06+	34:57+	36:44+	40:41+	43:01+	47:12+	48:33+	50:42+	51:14+	
00:58+	01:09+	04:41+	01:38+	01:09+	08:03+	05:03+	02:31+	01:45+	02:18+	02:24+	01:27+	01:51+	01:47+	03:57+	02:20+	04:11+	01:21+	02:09+	00:32+	
00:08#	00:16&	01:34&	00:31&	00:24&	01:50&	01:48&	00:49&	00:19#	00:54&	00:53&	00:29&	00:49&	00:43&	01:24&	00:51&	01:19&	00:03+	00:35&	00:06#	
17	Geir Austigard	144										52:08								
01:15+	02:26+	07:49+	09:14+	10:07+	16:28+	20:03+	23:57+	28:15+	30:26+	32:51+	34:07+	35:49+	37:53+	41:10+	43:04+	46:40+	49:29+	51:44+	52:08+	
01:15+	01:11+	05:23+	01:25+	00:53+	06:21+	03:35+	03:54+	04:18+	02:11+	02:25+	01:16+	01:42+	02:04+	03:17+	01:54+	03:36+	02:49+	02:15+	00:24-	
00:25&	00:18&	02:16&	00:18&	00:08#	00:08+	00:20#	02:12@	02:52@	00:47&	00:54&	00:18&	00:40&	01:00&	00:44&	00:25&	00:44&	01:31@	00:41&	00:02-	
18	Arjen Leendertse	91										58:06								
01:15+	02:11+	09:35+	14:46+	15:32+	22:08+	26:03+	29:36+	31:53+	35:47+	38:58+	40:17+	41:49+	43:19+	46:14+	48:14+	52:38+	55:09+	57:39+	58:06+	
01:15+	00:56+	07:24+	05:11+	00:46+	06:36+	03:55+	03:33+	02:17+	03:54+	03:11+	01:19+	01:32+	01:30+	02:55+	02:00+	04:24+	02:31+	02:30+	00:27+	
00:25&	00:03+	04:17@	04:04@	00:01+	00:23+	00:40#	01:51@	00:51&	02:30@	01:40@	00:21&	00:30&	00:26&	00:22#	00:31&	01:32&	01:13&	00:56&	00:01+	

Beste strekktid for klassen

00:50 00:51 03:07 01:07 00:41 05:54 03:15 01:35 01:22 00:49 01:18 00:58 01:02 01:04 01:05 01:27 01:27 01:14 01:24 00:23

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

Herrer C

1	Nils John Vestøl	83	33:24														
01:22=	04:11=	05:21=	06:15=	11:47=	15:05=	17:42=	18:35=	19:58=	21:17=	22:44=	25:23=	26:55=	28:21=	30:05=	32:19=	32:58=	33:24=
01:22=	02:49=	01:10=	00:54=	05:32=	03:18=	02:37=	00:53=	01:23=	01:19=	01:27=	02:39=	01:32=	01:26=	01:44=	02:14=	00:39=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Kjetil Wirak	114	33:31														
00:59-	04:21+	05:33+	06:18+	12:23+	15:47+	17:34-	18:39+	19:51-	21:18+	22:53+	25:37+	27:15+	28:34+	30:12+	32:21+	33:04+	33:31+
00:59-	03:22+	01:12+	00:45-	06:05+	03:24+	01:47-	01:05+	01:12-	01:27+	01:35+	02:44+	01:38+	01:19-	01:38-	02:09-	00:43+	00:27+
00:23-	00:33#	00:02+	00:09-	00:33+	00:06+	00:50-	00:12#	00:11-	00:08#	00:08+	00:05+	00:06+	00:07-	00:06-	00:05-	00:04#	00:01+
3	Otte Omdal	65	34:31														
01:12-	04:27+	05:24+	06:06-	12:47+	16:20+	18:41+	19:41+	20:49+	22:10+	23:50+	27:01+	28:39+	29:52+	31:18+	33:25+	34:10+	34:31+
01:12-	03:15+	00:57-	00:42-	06:41+	03:33+	02:21-	01:00+	01:08-	01:21+	01:40+	03:11+	01:38+	01:13-	01:26-	02:07-	00:45+	00:21-
00:10-	00:26#	00:13-	00:12-	01:09#	00:15+	00:16-	00:07#	00:15-	00:02+	00:13#	00:32#	00:06+	00:13-	00:18-	00:07-	00:06#	00:05-
4	Arne Kristian Espedal	68	35:03														
01:06-	04:21+	05:29+	06:18+	12:43+	16:06+	18:18+	19:11+	20:21+	22:08+	23:49+	26:54+	28:32+	29:46+	31:25+	33:34+	34:31+	35:03+
01:06-	03:15+	01:08-	00:49-	06:25+	03:23+	02:12-	00:53=	01:10-	01:47+	01:41+	03:05+	01:38+	01:14-	01:39-	02:09-	00:57+	00:32+
00:16-	00:26#	00:02-	00:05-	00:53#	00:05+	00:25-	00:00=	00:13-	00:28&	00:14#	00:26#	00:06+	00:12-	00:05-	00:05-	00:18&	00:06#
5	Geir Bjaanes	116	36:08														
01:04-	04:34+	05:54+	06:53+	12:54+	16:30+	18:34+	20:03+	21:25+	22:59+	24:49+	27:39+	29:38+	30:55+	32:41+	34:55+	35:42+	36:08+
01:04-	03:30+	01:20+	00:59+	06:01+	03:36+	02:04-	01:29+	01:22-	01:34+	01:50+	02:50+	01:59+	01:17-	01:46+	02:14=	00:47+	00:26=
00:18-	00:41#	00:10#	00:05+	00:29+	00:18+	00:33-	00:36&	00:01-	00:15#	00:23&	00:11+	00:27&	00:09-	00:02+	00:00=	00:08#	00:00=
6	Rune Karstensen	37	36:48														
01:01-	04:36+	05:58+	06:57+	13:30+	16:53+	18:54+	20:24+	21:40+	22:58+	24:19+	28:16+	30:04+	31:22+	33:04+	35:28+	36:21+	36:48+
01:01-	03:35+	01:22+	00:59+	06:33+	03:23+	02:01-	01:30+	01:16-	01:18-	01:21-	03:57+	01:48+	01:18-	01:42-	02:24+	00:53+	00:27+
00:21-	00:46&	00:12#	00:05+	01:01#	00:05+	00:36-	00:37&	00:07-	00:01-	00:06-	01:18&	00:16#	00:08-	00:02-	00:10+	00:14&	00:01+
7	Paul Terje Haarr	62	38:11														
01:06-	04:45+	05:52+	06:48+	14:07+	17:58+	20:44+	21:47+	23:11+	24:47+	26:13+	29:24+	31:13+	32:42+	34:21+	37:03+	37:46+	38:11+
01:06-	03:39+	01:07-	00:56+	07:19+	03:51+	02:46+	01:03+	01:24+	01:36+	01:26-	03:11+	01:49+	01:29+	01:39-	02:42+	00:43+	00:25-
00:16-	00:50&	00:03-	00:02+	01:47&	00:33#	00:09+	00:10#	00:01+	00:17#	00:01-	00:32#	00:17#	00:03+	00:05-	00:28#	00:04#	00:01-
8	Knut Feldmann	93	39:35														
01:11-	04:51+	06:16+	07:26+	14:32+	18:33+	20:46+	22:00+	23:54+	25:22+	27:31+	30:33+	32:21+	33:53+	35:36+	38:08+	39:05+	39:35+
01:11-	03:40+	01:25+	01:10+	07:06+	04:01+	02:13-	01:14+	01:54+	01:28+	02:09+	03:02+	01:48+	01:32+	01:43-	02:32+	00:57+	00:30+
00:11-	00:51&	00:15#	00:16&	01:34&	00:43#	00:24-	00:21&	00:31&	00:09#	00:42&	00:23#	00:16#	00:06+	00:01-	00:18#	00:18&	00:04#
9	Sturle Omdal	116	39:51														
01:11-	05:15+	07:31+	08:31+	15:53+	19:52+	21:58+	23:26+	24:38+	25:57+	27:25+	31:09+	33:06+	34:23+	36:01+	38:44+	39:28+	39:51+
01:11-	04:04+	02:16+	01:00+	07:22+	03:59+	02:06-	01:28+	01:12-	01:19=	01:28+	03:44+	01:57+	01:17-	01:38-	02:43+	00:44+	00:23-
00:11-	01:15&	01:06&	00:06#	01:50&	00:41#	00:31-	00:35&	00:11-	00:00=	00:01+	01:05&	00:25&	00:09-	00:06-	00:29#	00:05#	00:03-
10	Erling Mauland	83	40:30														
01:31+	05:40+	07:19+	08:29+	15:31+	19:21+	21:52+	22:56+	24:19+	25:39+	27:50+	31:16+	33:20+	34:53+	36:39+	39:13+	40:07+	40:30+
01:31+	04:09+	01:39+	01:10+	07:02+	03:50+	02:31-	01:04+	01:23=	01:20+	02:11+	03:26+	02:04+	01:33+	01:46+	02:34+	00:54+	00:23-
00:09#	01:20&	00:29&	00:16&	01:30&	00:32#	00:06-	00:11#	00:00=	00:01+	00:44&	00:47&	00:32&	00:07+	00:02+	00:20#	00:15&	00:03-
11	Pål H. Gjerden	116	40:51														
01:09-	05:30+	06:55+	08:05+	14:54+	19:07+	21:18+	23:07+	24:38+	26:10+	28:10+	31:34+	33:39+	35:09+	36:59+	39:39+	40:20+	40:51+
01:09-	04:21+	01:25+	01:10+	06:49+	04:13+	02:11-	01:49+	01:31+	01:32+	02:00+	03:24+	02:05+	01:30+	01:50+	02:40+	00:41+	00:31+
00:13-	01:32&	00:15#	00:16&	01:17#	00:55&	00:26-	00:56@	00:08+	00:13#	00:33&	00:45&	00:33&	00:04+	00:06+	00:26#	00:02+	00:05#
12	Otto Alsnes	50	41:41														
01:25+	05:10+	06:55+	07:48+	15:29+	19:31+	21:39+	22:57+	24:24+	25:51+	28:17+	31:55+	33:55+	35:32+	37:34+	40:20+	41:08+	41:41+
01:25+	03:45+	01:45+	00:53-	07:41+	04:02+	02:08-	01:18+	01:27+	01:27+	02:26+	03:38+	02:00+	01:37+	02:02+	02:46+	00:48+	00:33+
00:03+	00:56&	00:35&	00:01-	02:09&	00:44#	00:29-	00:25&	00:04+	00:08#	00:59&	00:59&	00:28&	00:11#	00:18#	00:32#	00:09#	00:07&
13	Øystein Dahle	92	41:47														
01:26+	05:21+	06:34+	07:29+	14:29+	18:50+	21:05+	22:14+	23:46+	25:16+	27:07+	30:47+	32:59+	34:47+	36:54+	39:47+	41:04+	41:47+
01:26+	03:55+	01:13+	00:55+	07:00+	04:21+	02:15-	01:09+	01:32+	01:30+	01:51+	03:40+	02:12+	01:48+	02:07+	02:53+	01:17+	00:43+
00:04+	01:06&	00:03+	00:01+	01:28&	01:03&	00:22-	00:16&	00:09#	00:11#	00:24&	01:01&	00:40&	00:22&	00:23#	00:39&	00:38&	00:17&

Class	Navn	Klasse	Tid
14	Tor Brekken	97	43:27
01:03-	05:18+	06:41+	07:34+
01:03-	04:15+	01:23+	00:53+
00:19-	01:26&	00:13#	00:01-
	01:24&	00:58&	00:07-
	00:42&	00:28&	00:15#
	00:32&	01:04&	00:29&
	00:12#	00:26#	01:36&
	00:37&	00:08&	
15	Sveinung Svebestad	46	44:32
01:13-	05:30+	07:04+	08:06+
01:13-	04:17+	01:34+	01:02+
00:09-	01:28&	00:24&	00:08#
	02:09&	01:12&	00:08-
	00:34&	00:33&	00:19#
	00:32&	00:51&	01:11&
	00:21#	00:25#	00:48&
	00:23&	00:07&	
16	Sverre Espedal-Selvåg	116	45:25
01:17-	05:31+	06:56+	08:00+
01:17-	04:14+	01:25+	01:04+
00:05-	01:25&	00:15#	00:10#
	01:01&	00:23#	00:46&
	00:22&	00:48&	01:00&
	00:51&	00:34&	00:25&
	00:22#	00:40&	00:35&
	00:10&		
17	Trond Nilsen Lamark	114	47:12
02:10+	06:00+	07:40+	08:38+
02:10+	03:50+	01:40+	00:58+
00:48&	01:01&	00:30&	00:04+
	02:16&	01:01&	00:12+
	00:51&	01:09&	00:47&
	00:48&	00:52&	00:50&
	00:39&	00:20#	01:18&
	00:16&	00:06#	
18	Ivar Knutsen	116	47:17
01:42+	06:33+	08:26+	09:26+
01:42+	04:51+	01:53+	01:00+
00:20#	02:02&	00:43&	00:06#
	03:01&	01:09&	00:10-
	00:43&	01:03&	00:26&
	00:34&	00:54&	01:02&
	01:44&	00:50&	00:37&
	00:19#	00:13#	00:39&
	00:18&	00:07&	
19	Helge Hundeide	62	48:38
01:21-	06:29+	08:03+	09:19+
01:21-	05:08+	01:34+	01:16+
00:01-	02:19&	00:24&	00:22&
	03:07&	01:24&	00:03-
	00:37&	00:27&	00:33&
	01:02&	01:44&	00:50&
	00:37&	00:18#	01:11&
	00:19&	00:04#	
20	Arthur Lind	116	51:45
01:12-	06:22+	08:14+	09:14+
01:12-	05:10+	01:52+	01:00+
00:10-	02:21&	00:42&	00:06#
	01:25&	01:26&	03:33@
	01:48@	00:21&	00:45&
	00:54&	01:34&	01:10&
	00:36&	00:24#	00:47&
	00:35&	00:04#	
21	Ove Oaland	116	52:55
01:21-	05:32+	07:08+	08:18+
01:21-	04:11+	01:36+	01:10+
00:01-	01:22&	00:26&	00:16&
	02:40&	01:32&	00:29#
	00:41&	00:46&	00:30&
	00:51&	01:48&	05:30@
	00:22&	00:30&	01:19&
	00:23&	00:07&	
22	Hans Bø	66	1:01:05
04:08+	09:40+	11:16+	12:10+
04:08+	05:32+	01:36+	00:54+
02:46@	02:43&	00:26&	00:00-
	06:08@	02:07&	01:46&
	01:05@	00:34&	01:30@
	01:12&	01:27&	02:04@
	00:36&	00:47&	01:48&
	00:33&	00:09&	

Beste strekktid for klassen

00:59 02:49 00:57 00:42 05:32 03:18 01:47 00:53 01:08 01:18 01:21 02:39 01:32 01:13 01:26 02:07 00:39 00:21

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

Herrer Ny

1	Pætur Danielsen	116	20:23
00:42=	03:57=	06:55=	08:27=
00:42=	03:15=	02:58=	01:32=
00:00=	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
2	Håvard Jektnes	111	25:47
00:50+	03:36-	08:20+	10:52+
00:50+	02:46-	04:44+	02:32+
00:08#	00:29-	01:46&	01:00&
	00:56&	01:05&	01:10&
	00:01+	00:06#	00:17-
	00:02-		
3	Joe McClounnan	167	47:49
00:34-	05:08+	26:53+	29:32+
00:34-	04:34+	21:45+	02:39+
00:08-	01:19&	18:47@	01:07&
	00:52&	02:11@	02:21@
	00:17#	00:01+	00:26#
	00:13#		

Beste strekktid for klassen

00:34 02:46 02:58 01:32 02:36 01:22 01:44 01:47 00:48 02:11 01:09

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

Herrer Trim

1	Pål Ommund Refvem	116	24:09											
01:46=	03:44=	04:43=	06:11=	09:59=	11:30=	12:58=	14:19=	16:45=	18:20=	20:27=	21:15=	22:07=	23:45=	24:09=
01:46=	01:58=	00:59=	01:28=	03:48=	01:31=	01:28=	01:21=	02:26=	01:35=	02:07=	00:48=	00:52=	01:38=	00:24=
00:00=	00:00=	00:00=	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	Eirik B. Abrahamsen	90	27:49											
01:54+	03:45+	04:50+	06:35+	10:36+	13:24+	15:00+	16:40+	19:29+	21:01+	23:23+	24:30+	26:12+	27:19+	27:49+
01:54+	01:51-	01:05+	01:45+	04:01+	02:48+	01:36+	01:40+	02:49+	01:32-	02:22+	01:07+	01:42+	01:07-	00:30+
00:08+	00:07-	00:06#	00:17#	00:13+	01:17&	00:08+	00:19#	00:23#	00:03-	00:15#	00:19&	00:50&	00:31-	00:06#
3	Ingvar Haabeth	92	27:55											
01:54+	04:03+	05:22+	07:13+	09:51-	11:58+	13:52+	16:24+	19:06+	20:59+	23:40+	24:50+	26:09+	27:28+	27:55+
01:54+	02:09+	01:19+	01:51+	02:38-	02:07+	01:54+	02:32+	02:42+	01:53+	02:41+	01:10+	01:19+	01:19-	00:27+
00:08+	00:11+	00:20&	00:23&	01:10-	00:36&	00:26&	01:11&	00:16#	00:18#	00:34&	00:22&	00:27&	00:19-	00:03#
4	Asgeir Nærland	88	27:55											
01:27-	03:15-	04:33-	06:38+	10:21+	13:03+	14:27+	16:19+	18:40+	21:06+	23:20+	25:17+	26:14+	27:26+	27:55+
01:27-	01:48-	01:18+	02:05+	03:43-	02:42+	01:24-	01:52+	02:21-	02:26+	02:14+	01:57+	00:57+	01:12-	00:29+
00:19-	00:10-	00:19&	00:37&	00:05-	01:11&	00:04-	00:31&	00:05-	00:51&	00:07+	01:09@	00:05+	00:26-	00:05#
5	Jørgen Johnsen	167	27:59											
01:26-	03:21-	04:36-	07:34+	11:35+	13:48+	15:16+	17:50+	20:10+	21:35+	23:44+	24:40+	25:53+	27:21+	27:59+
01:26-	01:55-	01:15+	02:58+	04:01+	02:13+	01:28=	02:34+	02:20-	01:25-	02:09+	00:56+	01:13+	01:28-	00:38+
00:20-	00:03-	00:16&	01:30@	00:13+	00:42&	00:00=	01:13&	00:06-	00:10-	00:02+	00:08#	00:21&	00:10-	00:14&
6	Øyvind Midsund Hernes	105	28:11											
01:36-	03:14-	04:11-	05:51-	11:51+	14:19+	15:59+	17:35+	20:06+	21:34+	23:44+	25:15+	26:07+	27:34+	28:11+
01:36-	01:38-	00:57-	01:40+	06:00+	02:28+	01:40+	01:36+	02:31+	01:28-	02:10+	01:31+	00:52=	01:27-	00:37+
00:10-	00:20-	00:02-	00:12#	02:12&	00:57&	00:12#	00:15#	00:05+	00:07-	00:03+	00:43&	00:00=	00:11-	00:13&
7	Leif Jarle Skåra	29	28:20											
01:58+	04:07+	05:19+	07:19+	10:11+	12:25+	14:28+	16:23+	19:13+	21:41+	24:16+	25:13+	26:12+	27:44+	28:20+
01:58+	02:09+	01:12+	02:00+	02:52-	02:14+	02:03+	01:55+	02:50+	02:28+	02:35+	00:57+	00:59+	01:32-	00:36+
00:12#	00:11+	00:13#	00:32&	00:56-	00:43&	00:35&	00:34&	00:24#	00:53&	00:28#	00:09#	00:07#	00:06-	00:12&
8	Jon Kåre Olsen	92	28:44											
01:32-	03:20-	04:54+	06:48+	09:44-	12:17+	14:44+	18:45+	21:24+	22:52+	25:14+	26:18+	27:08+	28:18+	28:44+
01:32-	01:48-	01:34+	01:54+	02:56-	02:33+	02:27+	04:01+	02:39+	01:28-	02:22+	01:04+	00:50-	01:10-	00:26+
00:14-	00:10-	00:35&	00:26&	00:52-	01:02&	00:59&	02:40@	00:13+	00:07-	00:15#	00:16&	00:02-	00:28-	00:02+
9	Robin Chalmers	165	30:07											
01:48+	04:08+	06:12+	08:13+	11:01+	13:19+	15:19+	17:24+	20:33+	22:46+	25:42+	26:43+	28:01+	29:34+	30:07+
01:48+	02:20+	02:04+	02:01+	02:48-	02:18+	02:00+	02:05+	03:09+	02:13+	02:56+	01:01+	01:18+	01:33-	00:33+
00:02+	00:22#	01:05@	00:33&	01:00-	00:47&	00:32&	00:44&	00:43&	00:38&	00:49&	00:13&	00:26&	00:05-	00:09&
10	Bruno Pierfelice	51	30:26											
02:57+	04:43+	05:55+	08:02+	10:36+	16:22+	18:07+	20:08+	22:54+	24:25+	26:43+	27:58+	28:46+	29:54+	30:26+
02:57+	01:46-	01:12+	02:07+	02:34-	05:46+	01:45+	02:01+	02:46+	01:31-	02:18+	01:15+	00:48-	01:08-	00:32+
01:11&	00:12-	00:13#	00:39&	01:14-	04:15@	00:17#	00:40&	00:20#	00:04-	00:11+	00:27&	00:04-	00:30-	00:08&
11	Ivar Aalbu	29	30:31											
02:16+	04:40+	05:51+	09:29+	12:15+	14:30+	16:32+	18:27+	21:18+	23:40+	26:21+	27:22+	28:19+	29:50+	30:31+
02:16+	02:24+	01:11+	03:38+	02:46-	02:15+	02:02+	01:55+	02:51+	02:22+	02:41+	01:01+	00:57+	01:31-	00:41+
00:30&	00:26#	00:12#	02:10@	01:02-	00:44&	00:34&	00:34&	00:25#	00:47&	00:34&	00:13&	00:05+	00:07-	00:17&
12	Ragnar Rossavik	109	30:50											
01:38-	03:44=	04:57+	07:00+	09:42-	12:17+	14:37+	16:45+	20:23+	23:28+	26:39+	27:40+	28:36+	30:11+	30:50+
01:38-	02:06+	01:13+	02:03+	02:42-	02:35+	02:20+	02:08+	03:38+	03:05+	03:11+	01:01+	00:56+	01:35-	00:39+
00:08-	00:08+	00:14#	00:35&	01:06-	01:04&	00:52&	00:47&	01:12&	01:30&	01:04&	00:13&	00:04+	00:03-	00:15&
13	John Thorsnæs	51	31:13											
02:01+	04:43+	06:15+	08:57+	12:13+	14:46+	16:45+	19:03+	21:57+	23:57+	26:58+	28:05+	29:20+	30:45+	31:13+
02:01+	02:42+	01:32+	02:42+	03:16-	02:33+	01:59+	02:18+	02:54+	02:00+	03:01+	01:07+	01:15+	01:25-	00:28+
00:15#	00:44&	00:33&	01:14&	00:32-	01:02&	00:31&	00:57&	00:28#	00:25&	00:54&	00:19&	00:23&	00:13-	00:04#
14	Reidar Haver	4	31:42											
02:36+	05:09+	07:27+	10:02+	13:16+	15:39+	17:40+	19:32+	22:28+	24:57+	27:40+	28:37+	29:37+	31:06+	31:42+
02:36+	02:33+	02:18+	02:35+	03:14-	02:23+	02:01+	01:52+	02:56+	02:29+	02:43+	00:57+	01:00+	01:29-	00:36+
00:50&	00:35&	01:19@	01:07&	00:34-	00:52&	00:33&	00:31&	00:30#	00:54&	00:36&	00:09#	00:08#	00:09-	00:12&

Class	Navn	Klasse											Tid	
15	Jon Jakobsen	116											31:44	
01:42-	03:44=	05:39+	07:54+	10:58+	15:21+	17:21+	19:38+	22:38+	24:34+	27:02+	28:18+	29:42+	31:13+	31:44+
01:42-	02:02+	01:55+	02:15+	03:04-	04:23+	02:00+	02:17+	03:00+	01:56+	02:28+	01:16+	01:24+	01:31-	00:31+
00:04-	00:04+	00:56&	00:47&	00:44-	02:52@	00:32&	00:56&	00:34#	00:21#	00:21#	00:28&	00:32&	00:07-	00:07&
16	Rolf Folgerø	248											31:55	
02:23+	04:59+	06:23+	08:30+	11:27+	14:05+	16:21+	19:39+	22:36+	24:21+	27:25+	28:36+	29:42+	31:08+	31:55+
02:23+	02:36+	01:24+	02:07+	02:57-	02:38+	02:16+	03:18+	02:57+	01:45+	03:04+	01:11+	01:06+	01:26-	00:47+
00:37&	00:38&	00:25&	00:39&	00:51-	01:07&	00:48&	01:57@	00:31#	00:10#	00:57&	00:23&	00:14&	00:12-	00:23&
17	Øyvind Nagel-Alne	74											32:04	
02:47+	05:25+	07:05+	09:29+	12:43+	15:21+	17:14+	19:24+	22:49+	24:59+	27:38+	28:44+	29:44+	31:28+	32:04+
02:47+	02:38+	01:40+	02:24+	03:14-	02:38+	01:53+	02:10+	03:25+	02:10+	02:39+	01:06+	01:00+	01:44+	00:36+
01:01&	00:40&	00:41&	00:56&	00:34-	01:07&	00:25&	00:49&	00:59&	00:35&	00:32&	00:18&	00:08#	00:06+	00:12&
18	Nils Egil Lie	91											32:10	
02:07+	04:30+	06:13+	08:30+	11:48+	14:35+	16:38+	19:43+	22:19+	24:24+	28:04+	29:07+	30:17+	31:39+	32:10+
02:07+	02:23+	01:43+	02:17+	03:18-	02:47+	02:03+	03:05+	02:36+	02:05+	03:40+	01:03+	01:10+	01:22-	00:31+
00:21#	00:25#	00:44&	00:30-	01:16&	00:35&	01:44@	00:10+	00:30&	01:33&	00:15&	00:18&	00:16-	00:07&	
19	Cristian Eriksson	50											32:37	
02:14+	04:17+	06:55+	08:38+	12:51+	15:21+	17:19+	19:30+	23:03+	25:10+	27:51+	29:11+	30:36+	31:59+	32:37+
02:14+	02:03+	02:38+	01:43+	04:13+	02:30+	01:58+	02:11+	03:33+	02:07+	02:41+	01:20+	01:25+	01:23-	00:38+
00:28&	00:05+	01:39@	00:15#	00:25#	00:59&	00:30&	00:50&	01:07&	00:32&	00:34&	00:32&	00:33&	00:15-	00:14&
20	Martin Svensen	284											32:44	
01:27-	04:41+	05:42+	07:18+	10:23+	12:44+	14:15+	20:20+	22:42+	24:12+	29:03+	30:22+	31:17+	32:24+	32:44+
01:27-	03:14+	01:01+	01:36+	03:05-	02:21+	01:31+	06:05+	02:22-	01:30-	04:51+	01:19+	00:55+	01:07-	00:20-
00:19-	01:16&	00:02+	00:08+	00:43-	00:50&	00:03+	04:44@	00:04-	00:05-	02:44@	00:31&	00:03+	00:31-	00:04-
21	Thorstein Gunnarsson	144											33:10	
02:11+	05:10+	06:34+	09:29+	12:36+	15:47+	18:01+	20:31+	23:26+	25:16+	28:48+	29:53+	31:07+	32:32+	33:10+
02:11+	02:59+	01:24+	02:55+	03:07-	03:11+	02:14+	02:30+	02:55+	01:50+	03:32+	01:05+	01:14+	01:25-	00:38+
00:25#	01:01&	00:25&	01:27&	00:41-	01:40@	00:46&	01:09&	00:29#	00:15#	01:25&	00:17&	00:22&	00:13-	00:14&
22	Bruce Chalmers	165											33:29	
02:51+	04:49+	06:58+	09:21+	15:20+	17:49+	19:32+	21:56+	25:12+	26:51+	29:28+	30:38+	31:40+	32:56+	33:29+
02:51+	01:58=	02:09+	02:23+	05:59+	02:29+	01:43+	02:24+	03:16+	01:39+	02:37+	01:10+	01:02+	01:16-	00:33+
01:05&	00:00=	01:10@	00:55&	02:11&	00:58&	00:15#	01:03&	00:50&	00:04+	00:30#	00:22&	00:10#	00:22-	00:09&
23	Jan Erik Syvertsen	51											33:31	
02:41+	04:36+	05:56+	07:55+	10:47+	13:27+	15:46+	17:52+	24:10+	25:53+	29:15+	30:29+	31:33+	33:06+	33:31+
02:41+	01:55-	01:20+	01:59+	02:52-	02:40+	02:19+	02:06+	06:18+	01:43+	03:22+	01:14+	01:04+	01:33-	00:25+
00:55&	00:03-	00:21&	00:31&	00:56-	01:09&	00:51&	00:45&	03:52@	00:08+	01:15&	00:26&	00:12#	00:05-	00:01+
24	Stig Ballestad	37											33:34	
02:29+	07:43+	09:11+	11:14+	14:01+	16:40+	18:45+	21:21+	24:09+	26:20+	29:29+	30:34+	31:33+	32:51+	33:34+
02:29+	05:14+	01:28+	02:03+	02:47-	02:39+	02:05+	02:36+	02:48+	02:11+	03:09+	01:05+	00:59+	01:18-	00:43+
00:43&	03:16@	00:29&	00:35&	01:01-	01:08&	00:37&	01:15&	00:22#	00:36&	01:02&	00:17&	00:07#	00:20-	00:19&
25	Vidar Gabrielsen	111											33:37	
04:45+	07:16+	08:34+	11:09+	14:22+	16:51+	18:27+	20:20+	23:16+	25:17+	28:22+	29:22+	31:31+	33:09+	33:37+
04:45+	02:31+	01:18+	02:35+	03:13-	02:29+	01:36+	01:53+	02:56+	02:01+	03:05+	01:00+	02:09+	01:38=	00:28+
02:59@	00:33&	00:19&	01:07&	00:35-	00:58&	00:08+	00:32&	00:30#	00:26&	00:58&	00:12#	01:17@	00:00=	00:04#
26	Frode Lund	18											33:42	
02:03+	04:44+	06:12+	08:43+	11:57+	15:18+	17:34+	20:11+	23:21+	25:27+	29:03+	30:19+	31:45+	33:01+	33:42+
02:03+	02:41+	01:28+	02:31+	03:14-	03:21+	02:16+	02:37+	03:10+	02:06+	03:36+	01:16+	01:26+	01:16-	00:41+
00:17#	00:43&	00:29&	01:03&	00:34-	01:50@	00:48&	01:16&	00:44&	00:31&	01:29&	00:28&	00:34&	00:22-	00:17&
27	Paul Richard Carr	136											33:44	
02:31+	05:07+	07:04+	09:42+	12:54+	15:42+	18:14+	20:27+	23:31+	25:40+	29:08+	30:26+	31:19+	32:58+	33:44+
02:31+	02:36+	01:57+	02:38+	03:12-	02:48+	03:22+	02:13+	03:04+	02:09+	03:28+	01:18+	00:53+	01:39+	00:46+
00:45&	00:38&	00:58&	01:10&	00:36-	01:17&	01:04&	00:52&	00:38&	00:34&	01:21&	00:30&	00:01+	00:01+	00:22&
28	Hans Klausen	62											33:45	
02:46+	05:10+	06:35+	08:38+	11:40+	14:32+	17:07+	19:39+	22:30+	24:24+	29:29+	30:32+	31:39+	33:12+	33:45+
02:46+	02:24+	01:25+	02:03+	03:02-	02:52+	02:35+	02:32+	02:51+	01:54+	05:05+	01:03+	01:07+	01:33-	00:33+
01:00&	00:26#	00:26&	00:35&	00:46-	01:21&	01:07&	01:11&	00:25#	00:19#	02:58@	00:15&	00:15&	00:05-	00:09&
29	Tor Inge Hansen	144											33:49	
03:10+	05:50+	07:14+	10:25+	13:19+	17:21+	18:58+	21:36+	24:33+	26:25+	29:13+	30:25+	31:29+	33:07+	33:49+
03:10+	02:40+	01:24+	03:11+	02:54-	04:02+	01:37+	02:38+	02:57+	01:52+	02:48+	01:12+	01:04+	01:38=	00:42+
01:24&	00:42&	00:25&	01:43@	00:54-	02:31@	00:09#	01:17&	00:31#	00:17#	00:41&	00:24&	00:12#	00:00=	00:18&

Class	Navn	Klasse	Tid											
30	Eirik Dalane	200	34:33											
02:03+	04:09+	07:32+	09:24+	14:36+	16:49+	19:13+	21:33+	24:50+	27:06+	30:20+	31:39+	32:50+	34:01+	34:33+
02:03+	02:06+	03:23+	01:52+	05:12+	02:13+	02:24+	02:20+	03:17+	02:16+	03:14+	01:19+	01:11+	01:11-	00:32+
00:17#	00:08+	02:24@	00:24&	01:24&	00:42&	00:56&	00:59&	00:51&	00:41&	01:07&	00:31&	00:19&	00:27-	00:08&
31	Stig Erlend Ollestad	51	35:25											
02:00+	03:38-	05:08+	10:45+	12:45+	21:26+	22:51+	24:42+	27:26+	28:38+	30:56+	31:50+	33:56+	35:01+	35:25+
02:00+	01:38-	01:30+	05:37+	02:00-	08:41+	01:25-	01:51+	02:44+	01:12-	02:18+	00:54+	02:06+	01:05-	00:24=
00:14#	00:20-	00:31&	04:09@	01:48-	07:10@	00:03-	00:30&	00:18#	00:23-	00:11+	00:06#	01:14@	00:33-	00:00=
32	Jarl Steinar Berntsen	27	35:26											
02:23+	04:49+	07:27+	09:27+	15:08+	17:47+	19:43+	21:51+	24:55+	27:41+	30:21+	31:43+	32:59+	34:49+	35:26+
02:23+	02:26+	02:38+	02:00+	05:41+	02:39+	01:56+	02:08+	03:04+	02:46+	02:40+	01:22+	01:16+	01:50+	00:37+
00:37&	00:28#	01:39@	00:32&	01:53&	01:08&	00:28&	00:47&	00:38&	01:11&	00:33&	00:34&	00:24&	00:12#	00:13&
33	Morten Moss	109	36:48											
02:59+	04:48+	05:58+	07:39+	18:46+	22:38+	24:13+	25:56+	28:27+	30:11+	32:42+	33:35+	34:39+	36:21+	36:48+
02:59+	01:49-	01:10+	01:41+	11:07+	03:52+	01:35+	01:43+	02:31+	01:44+	02:31+	00:53+	01:04+	01:42+	00:27+
01:13&	00:09-	00:11#	00:13#	07:19@	02:21@	00:07+	00:22&	00:05+	00:09+	00:24#	00:05#	00:12#	00:04+	00:03#
34	Nikola Lazarevic	116	37:03											
02:59+	05:52+	07:22+	09:55+	14:50+	17:28+	19:46+	22:05+	25:44+	28:08+	31:33+	33:04+	34:46+	36:28+	37:03+
02:59+	02:53+	01:30+	02:33+	04:55+	02:38+	02:18+	02:19+	03:39+	02:24+	03:25+	01:31+	01:42+	01:42+	00:35+
01:13&	00:55&	00:31&	01:05&	01:07&	01:07&	00:50&	00:58&	01:13&	00:49&	01:18&	00:43&	00:50&	00:04+	00:11&
35	Arild Olsen	4	37:26											
03:06+	05:43+	06:53+	09:32+	12:58+	15:48+	19:40+	22:20+	25:46+	28:25+	31:35+	33:06+	34:30+	36:51+	37:26+
03:06+	02:37+	01:10+	02:39+	03:26-	02:50+	03:52+	02:40+	03:26+	02:39+	03:10+	01:31+	01:24+	02:21+	00:35+
01:20&	00:39&	00:11#	01:11&	00:22-	01:19&	02:24@	01:19&	01:00&	01:04&	01:03&	00:43&	00:32&	00:43&	00:11&
36	Joar Fandrem	94	38:18											
04:24+	06:48+	08:34+	12:08+	16:44+	19:21+	21:25+	24:27+	28:42+	30:51+	33:43+	34:48+	36:18+	37:44+	38:18+
04:24+	02:24+	01:46+	03:34+	04:36+	02:37+	02:04+	03:02+	04:15+	02:09+	02:52+	01:05+	01:30+	01:26-	00:34+
02:38@	00:26#	00:47&	02:06@	00:48#	01:06&	00:36&	01:41@	01:49&	00:34&	00:45&	00:17&	00:38&	00:12-	00:10&
37	Arild Svihus	92	38:49											
03:03+	06:01+	07:48+	11:03+	15:09+	18:00+	20:23+	23:07+	26:57+	29:30+	33:14+	34:51+	36:16+	38:13+	38:49+
03:03+	02:58+	01:47+	03:15+	04:06+	02:51+	02:23+	02:44+	03:50+	02:33+	03:44+	01:37+	01:25+	01:57+	00:36+
01:17&	01:00&	00:48&	01:47@	00:18+	01:20&	00:55&	01:23@	01:24&	00:58&	01:37&	00:49@	00:33&	00:19#	00:12&
38	Per Kolbein Tonstad	66	38:56											
02:40+	05:25+	06:53+	09:22+	12:57+	16:02+	18:37+	22:55+	26:53+	29:06+	33:12+	34:44+	36:17+	38:05+	38:56+
02:40+	02:45+	01:28+	02:29+	03:35-	03:05+	02:35+	04:18+	03:58+	02:13+	04:06+	01:32+	01:33+	01:48+	00:51+
00:54&	00:47&	00:29&	01:01&	00:13-	01:34@	01:07&	02:57@	01:32&	00:38&	01:59&	00:44&	00:41&	00:10#	00:27@
39	Trond Riskjell	51	39:02											
02:35+	05:34+	07:32+	10:19+	13:29+	16:39+	19:09+	22:04+	26:12+	30:05+	33:38+	34:59+	36:17+	38:14+	39:02+
02:35+	02:59+	01:58+	02:47+	03:10-	03:10+	02:30+	02:55+	04:08+	03:53+	03:33+	01:21+	01:18+	01:57+	00:48+
00:49&	01:01&	00:59&	01:19&	00:38-	01:39@	01:02&	01:34@	01:42&	02:18@	01:26&	00:33&	00:26&	00:19#	00:24&
40	Einar Hinna	7	39:12											
02:41+	05:31+	06:56+	09:28+	12:57+	16:32+	19:01+	21:29+	25:07+	28:00+	32:43+	34:23+	35:57+	38:06+	39:12+
02:41+	02:50+	01:25+	02:32+	03:29-	03:35+	02:29+	02:28+	03:38+	02:53+	04:43+	01:40+	01:34+	02:09+	01:06+
00:55&	00:52&	00:26&	01:04&	00:19-	02:04@	01:01&	01:07&	01:12&	01:18&	02:36@	00:52@	00:42&	00:31&	00:42@
41	Jan Henrik Neuenkirchen	93	39:19											
02:50+	07:29+	09:14+	12:02+	16:21+	19:25+	21:36+	24:25+	28:16+	30:44+	34:25+	35:42+	37:02+	38:39+	39:19+
02:50+	04:39+	01:45+	02:48+	04:19+	03:04+	02:11+	02:49+	03:51+	02:28+	03:41+	01:17+	01:20+	01:37-	00:40+
01:04&	02:41@	00:46&	01:20&	00:31#	01:33@	00:43&	01:28@	01:25&	00:53&	01:34&	00:29&	00:28&	00:01-	00:16&
42	Svein Mæle	115	39:47											
03:50+	06:45+	08:13+	11:01+	15:14+	18:19+	22:11+	24:39+	28:11+	31:18+	34:44+	36:03+	37:30+	39:03+	39:47+
03:50+	02:55+	01:28+	02:48+	04:13+	03:05+	03:52+	02:28+	03:32+	03:07+	03:26+	01:19+	01:27+	01:33-	00:44+
02:04@	00:57&	00:29&	01:20&	00:25#	01:34@	02:24@	01:07&	01:06&	01:32&	01:19&	00:31&	00:35&	00:05-	00:20&
43	Jan Erik Rasmussen	51	40:01											
02:31+	05:31+	07:19+	09:49+	14:00+	17:22+	20:01+	23:02+	27:31+	30:21+	34:17+	35:49+	37:06+	39:04+	40:01+
02:31+	03:00+	01:48+	02:30+	04:11+	03:22+	02:39+	03:01+	04:29+	02:50+	03:56+	01:32+	01:17+	01:58+	00:57+
00:45&	01:02&	00:49&	01:02&	00:23#	01:51@	01:11&	01:40@	02:03&	01:15&	01:49&	00:44&	00:25&	00:20#	00:33@
44	John Øgreid	27	40:29											
04:16+	06:20+	07:37+	09:40+	21:07+	24:10+	26:14+	28:25+	31:36+	33:18+	36:14+	37:32+	38:40+	39:59+	40:29+
04:16+	02:04+	01:17+	02:03+	11:27+	03:03+	02:04+	02:11+	03:11+	01:42+	02:56+	01:18+	01:08+	01:19-	00:30+
02:30@	00:06+	00:18&	00:35&	07:39@	01:32@	00:36&	00:50&	00:45&	00:07+	00:49&	00:30&	00:16&	00:19-	00:06#

Class	Navn	Klasse	Tid												
45	Knut Even Holter	80	40:44												
02:36+	05:00+	06:12+	08:27+	13:17+	18:58+	20:47+	23:05+	26:23+	28:20+	30:55+	34:39+	38:36+	40:05+	40:44+	
02:36+	02:24+	01:12+	02:15+	04:50+	05:41+	01:49+	02:18+	03:18+	01:57+	02:35+	03:44+	03:57+	01:29-	00:39+	
00:50&	00:26#	00:13#	00:47&	01:02&	04:10@	00:21#	00:57&	00:52&	00:22#	00:28#	02:56@	03:05@	00:09-	00:15&	
46	Frank Gulbrandsen	105	41:36												
05:35+	08:15+	10:32+	13:30+	17:47+	20:41+	23:04+	26:01+	30:17+	32:26+	35:43+	37:57+	39:12+	40:54+	41:36+	
05:35+	02:40+	02:17+	02:58+	04:17+	02:54+	02:23+	02:57+	04:16+	02:09+	03:17+	02:14+	01:15+	01:42+	00:42+	
03:49@	00:42&	01:18@	01:30@	00:29#	01:23&	00:55&	01:36@	01:50&	00:34&	01:10&	01:26@	00:23&	00:04+	00:18&	
47	Per Bakken	5	41:56												
02:25+	05:19+	07:08+	10:05+	16:22+	19:35+	22:11+	26:27+	30:15+	32:31+	36:16+	37:39+	39:20+	41:20+	41:56+	
02:25+	02:54+	01:49+	02:57+	06:17+	03:13+	02:36+	04:16+	03:48+	02:16+	03:45+	01:23+	01:41+	02:00+	00:36+	
00:39&	00:56&	00:50&	01:29@	02:29&	01:42@	01:08&	02:55@	01:22&	00:41&	01:38&	00:35&	00:49&	00:22#	00:12&	
48	Audun Sjøen	111	45:44												
02:45+	06:44+	10:51+	13:36+	17:25+	22:27+	24:46+	28:38+	32:49+	36:31+	40:10+	41:36+	43:17+	45:01+	45:44+	
02:45+	03:59+	04:07+	02:45+	03:49+	05:02+	02:19+	03:52+	04:11+	03:42+	03:39+	01:26+	01:41+	01:44+	00:43+	
00:59&	02:01@	03:08@	01:17&	00:01+	03:31@	00:51&	02:31@	01:45&	02:07@	01:32&	00:38&	00:49&	00:06+	00:19&	
49	Sverre Uhlving	105	46:45												
04:16+	06:50+	09:01+	12:26+	16:44+	19:48+	22:10+	25:17+	29:24+	32:12+	40:18+	42:07+	43:54+	46:03+	46:45+	
04:16+	02:34+	02:11+	03:25+	04:18+	03:04+	02:22+	03:07+	04:07+	02:48+	08:06+	01:49+	01:47+	02:09+	00:42+	
02:30@	00:36&	01:12@	01:57@	00:30#	01:33@	00:54&	01:46@	01:41&	01:13&	05:59@	01:01@	00:55@	00:31&	00:18&	
50	Alexander Thue	192	46:49												
02:44+	07:54+	09:10+	12:19+	16:27+	29:03+	31:03+	33:32+	36:47+	39:03+	42:08+	43:21+	44:44+	46:20+	46:49+	
02:44+	05:10+	01:16+	03:09+	04:08+	12:36+	02:00+	02:29+	03:15+	02:16+	03:05+	01:13+	01:23+	01:36-	00:29+	
00:58&	03:12@	00:17&	01:41@	00:20+	11:05@	00:32&	01:08&	00:49&	00:41&	00:58&	00:25&	00:31&	00:02-	00:05#	
51	Svein Inge Sævereid	126	47:28												
03:39+	07:34+	09:45+	13:18+	17:16+	20:39+	23:32+	26:16+	30:53+	33:46+	38:24+	41:00+	44:14+	46:18+	47:28+	
03:39+	03:55+	02:11+	03:33+	03:58+	03:23+	02:53+	02:44+	04:37+	02:53+	04:38+	02:36+	03:14+	02:04+	01:10+	
01:53@	01:57&	01:12@	02:05@	00:10+	01:52@	01:25&	01:23@	02:11&	01:18&	02:31@	01:48@	02:22@	00:26&	00:46@	
52	Knut Åsmund Ekre	78	47:37												
03:14+	05:51+	07:26+	10:37+	16:53+	20:10+	22:39+	28:12+	31:56+	34:25+	38:37+	43:36+	45:25+	46:56+	47:37+	
03:14+	02:37+	01:35+	03:11+	06:16+	03:17+	02:29+	05:33+	03:44+	02:29+	04:12+	04:59+	01:49+	01:31-	00:41+	
01:28&	00:39&	00:36&	01:43@	02:28&	01:46@	01:01&	04:12@	01:18&	00:54&	02:05&	04:11@	00:57@	00:07-	00:17&	
53	Christoffer Soma	286	47:57												
08:50+	12:44+	15:16+	17:32+	22:39+	26:44+	29:54+	32:44+	36:46+	39:57+	43:22+	44:58+	46:17+	47:24+	47:57+	
08:50+	03:54+	02:32+	02:16+	05:07+	04:05+	03:10+	02:50+	04:02+	03:11+	03:25+	01:36+	01:19+	01:07-	00:33+	
07:04@	01:56&	01:33@	00:48&	01:19&	02:34@	01:42@	01:29@	01:36&	01:36@	01:18&	00:48&	00:27&	00:31-	00:09&	
54	Tom Leveraas	188	48:06												
03:06+	05:44+	08:20+	10:49+	15:44+	19:34+	29:14+	32:06+	36:10+	38:33+	41:31+	42:44+	44:21+	45:44+	47:28+	48:06+
03:06+	02:38+	02:36+	02:29+	04:55+	03:50+	09:40+	02:52+	04:04+	02:23+	02:58+	01:13+	01:37+	01:23-	01:44+	00:38+
01:20&	00:40&	01:37@	01:01&	01:07&	02:19@	08:12@	01:31@	01:38&	00:48&	00:51&	00:25&	00:45&	00:15-	01:20@	00:38+
55	Jens Arve Nygård	282	48:37												
03:04+	04:54+	05:55+	09:34+	12:59+	30:46+	32:35+	34:32+	37:24+	38:57+	41:36+	43:20+	46:49+	48:09+	48:37+	
03:04+	01:50-	01:01+	03:39+	03:25-	17:47+	01:49+	01:57+	02:52+	01:33-	02:39+	01:44+	03:29+	01:20-	00:28+	
01:18&	00:08-	00:02+	02:11@	00:23-	16:16@	00:21#	00:36&	00:26#	00:02-	00:32&	00:56@	02:37@	00:18-	00:04#	
56	Jon Grepstad	111	48:49												
03:38+	06:57+	09:15+	12:00+	16:15+	21:14+	24:31+	28:35+	32:42+	35:38+	39:59+	41:29+	45:57+	48:05+	48:49+	
03:38+	03:19+	02:18+	02:45+	04:15+	04:59+	03:17+	04:04+	04:07+	02:56+	04:21+	01:30+	04:28+	02:08+	00:44+	
01:52@	01:21&	01:19@	01:17&	00:27#	03:28@	01:49@	02:43@	01:41&	01:21&	02:14@	00:42&	03:36@	00:30&	00:20&	
57	Asbjørn Bråndland	32	50:51												
02:05+	05:59+	10:57+	16:47+	19:54+	29:59+	31:54+	35:24+	38:11+	40:47+	44:03+	45:07+	48:07+	50:15+	50:51+	
02:05+	03:54+	04:58+	05:50+	03:07-	10:05+	01:55+	03:30+	02:47+	02:36+	03:16+	01:04+	03:00+	02:08+	00:36+	
00:19#	01:56&	03:59@	04:22@	00:41-	08:34@	00:27&	02:09@	00:21#	01:01&	01:09&	00:16&	02:08@	00:30&	00:12&	
58	Tor Arne Olsen	50	52:29												
08:05+	11:09+	13:28+	15:49+	20:19+	23:42+	25:44+	33:32+	36:58+	39:40+	43:14+	44:31+	48:00+	52:01+	52:29+	
08:05+	03:04+	02:19+	02:21+	04:30+	03:23+	02:02+	07:48+	03:26+	02:42+	03:34+	01:17+	03:29+	04:01+	00:28+	
06:19@	01:06&	01:20@	00:53&	00:42#	01:52@	00:34&	06:27@	01:00&	01:07&	01:27&	00:29&	02:37@	02:23@	00:04#	
59	Antal Jansen	115	52:40												
06:18+	08:14+	09:43+	21:35+	33:49+	38:00+	40:03+	41:45+	44:34+	46:03+	48:35+	49:31+	50:23+	52:15+	52:40+	
06:18+	01:56-	01:29+	11:52+	12:14+	04:11+	02:03+	01:42+	02:49+	01:29-	02:32+	00:56+	00:52+	01:52+	00:25+	
04:32@	00:02-	00:30&	10:24@	08:26@	02:40@	00:35&	00:21&	00:23#	00:06-	00:25#	00:08#	00:00-	00:14#	00:01+	

Class	Navn	Klasse												Tid
60	Harald Berg	50												53:00
04:14+	07:24+	10:00+	12:37+	18:17+	21:38+	24:12+	27:19+	31:12+	34:54+	38:44+	40:00+	41:28+	52:08+	53:00+
04:14+	03:10+	02:36+	02:37+	05:40+	03:21+	02:34+	03:07+	03:53+	03:42+	03:50+	01:16+	01:28+	10:40+	00:52+
02:28@	01:12&	01:37@	01:09&	01:52&	01:50@	01:06&	01:46@	01:27&	02:07@	01:43&	00:28&	00:36&	09:02@	00:28@
61	Per Aspøy	117												53:54
05:34+	10:18+	12:17+	15:01+	21:33+	28:05+	31:02+	34:15+	38:46+	41:17+	45:26+	46:53+	48:44+	53:01+	53:54+
05:34+	04:44+	01:59+	02:44+	06:32+	06:32+	02:57+	03:13+	04:31+	02:31+	04:09+	01:27+	01:51+	04:17+	00:53+
03:48@	02:46@	01:00@	01:16&	02:44&	05:01@	01:29@	01:52@	02:05&	00:56&	02:02&	00:39&	00:59@	02:39@	00:29@
62	Torbjørn Bøe	102												54:09
02:53+	04:57+	08:35+	10:34+	29:28+	35:57+	37:37+	39:18+	42:10+	46:49+	49:24+	51:04+	52:19+	53:36+	54:09+
02:53+	02:04+	03:38+	01:59+	18:54+	06:29+	01:40+	01:41+	02:52+	04:39+	02:35+	01:40+	01:15+	01:17-	00:33+
01:07&	00:06+	02:39@	00:31&	15:06@	04:58@	00:12#	00:20#	00:26#	03:04@	00:28#	00:52@	00:23&	00:21-	00:09&
63	Lasse Hellevik	168												54:17
19:23+	21:36+	24:15+	25:58+	33:33+	35:48+	38:27+	40:20+	42:50+	45:50+	50:07+	50:55+	52:15+	53:32+	54:17+
19:23+	02:13+	02:39+	01:43+	07:35+	02:15+	02:39+	01:53+	02:30+	03:00+	04:17+	00:48=	01:20+	01:17-	00:45+
17:37@	00:15#	01:40@	00:15#	03:47&	00:44&	01:11&	00:32&	00:04+	01:25&	02:10@	00:00=	00:28&	00:21-	00:21&
64	Harald Sunde	232												1:00:19
05:17+	09:46+	12:14+	16:36+	21:28+	26:34+	30:08+	34:40+	39:50+	46:02+	51:06+	54:37+	56:29+	59:17+	60:19+
05:17+	04:29+	02:28+	04:22+	04:52+	05:06+	03:34+	04:32+	05:10+	06:12+	05:04+	03:31+	01:52+	02:48+	01:02+
03:31@	02:31@	01:29@	02:54@	01:04&	03:35@	02:06@	03:11@	02:44@	04:37@	02:57@	02:43@	01:00@	01:10&	00:38@
65	Samuel Denieul	42												1:03:15
03:05+	04:57+	10:43+	13:42+	30:23+	39:00+	41:01+	46:00+	50:08+	54:57+	59:06+	60:17+	61:42+	62:50+	63:15+
03:05+	01:52-	05:46+	02:59+	16:41+	08:37+	02:01+	04:59+	04:08+	04:49+	04:09+	01:11+	01:25+	01:08-	00:25+
01:19&	00:06-	04:47@	01:31@	12:53@	07:06@	00:33&	03:38@	01:42&	03:14@	02:02&	00:23&	00:33&	00:30-	00:01+
66	Arthur Christiansen	93												1:23:37
21:33+	25:51+	28:29+	33:31+	39:34+	47:11+	51:35+	56:18+	61:37+	68:38+	74:37+	76:46+	78:58+	81:59+	83:37+
21:33+	04:18+	02:38+	05:02+	06:03+	07:37+	04:24+	04:43+	05:19+	07:01+	05:59+	02:09+	02:12+	03:01+	01:38+
19:47@	02:20@	01:39@	03:34@	02:15&	06:06@	02:56@	03:22@	02:53@	05:26@	03:52@	01:21@	01:20@	01:23&	01:14@
Beste strekktid for klassen														
01:26	01:38	00:57	01:28	02:00	01:31	01:24	01:21	02:20	01:12	02:07	00:48	00:48	01:05	00:20

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