152

Strekktider

1:06:23

Sveineskogen

14

Maria Lampe

26.04.2017 22.10.44 Side:1

Rankingløp nr. 4-26.04.2017

Plass	Navr	า				K	lasse					7	Γid					
15	Mare	n Her	adstve	eit		70	6						1:07:28	3				
													47:49+					
													03:06+ 00:15+					
16			Andre		00.14#		36	00.09-	00.06-	00.32#	00.40%		1:09:37		03.10@	03.39@	00.26%	00.16-
	_	J			27:36+			38:22+	43:07+	45:47+	48:24+		54:26+		62:27+	65:34+	67:03+	69:37+
													03:25+					
00:47-	00:01+	06:11@	01:19&	04:16@	00:32&	00:50&	00:46&	01:06&	00:10+	00:38-	00:35&	01:08&	00:34#	02:29&	00:14#	00:49&	00:06-	00:28#
17		Sjurs				54							1:10:03					
													57:02+					
													02:57+ 00:06+					
18		la Her		01.234	12.170	_	17	00.01	01.11	00.01.	01.254		1:10:07	_	00.07	00.334	00.234	00.01
				17:07+	28:29+	-		40:31+	44:13+	47:12+	49:12+		54:10.0 <i>1</i>		61:46+	65:55+	68:05+	70:07+
													03:09+					
01:19-	00:14#	00:55&	01:14&	02:00&	09:21@	02:30@	00:29#	00:59&	00:53-	00:19-	00:02-	00:20#	00:18#	01:04&	01:14&	01:51&	00:35&	00:04-
19	Tine	Frant	zen			92	2					•	1:10:47	7				
													55:29+					
													03:27+ 00:36#					
20		ne Lie		00.55#	01.120		28	00.40#	01.02#	00.36-	00.22#		1:12:04		00.02-	01.230	00.22#	00.00+
				22:49+	25:39+			42:01+	46:10+	50:37+	53:27+		59:07+	-	65:13+	68:02+	69:45+	72:04+
													03:21+					
00:16+	02:52@	01:32&	03:56@	00:10+	00:49&	05:54@	01:27&	00:57&	00:26-	01:09&	00:48&	00:50&	00:30#	00:38#	00:10+	00:31#	00:08+	00:13#
21	Ingu	nn Be	rghein	n Lanc	Isnes	74	4					•	1:14:01					
													55:18+					
06:06+	01:48+	03:07+	07:00+	03:37-	02:09+	03:08+	02:58+	04:31+	04:45+	03:47+	02:43+	05:40+	03:59+ 01:08&	03:44+	02:28+	07:50+	01:59+	02:42+
		_		00.14-	00.08+		_	00.56&	00.10+	00.29#	00.41%			_	00.09+	03.32@	00.240	00.30&
01:44-		Borge		20.25+	21 - 1/1 +	24:15+	_	40.05+	45.02+	47·20±	10.28+		1:14:27 57:15+		64.32+	67.30+	72.50+	74.27+
													03:30+					
													00:39#					
23	Gun	n Iren	Stang	eland		62	2						1:18:18	3				
													65:57+					
													02:52+					
				00:04+	13:33@	7'		00:25#	00:04-	01:08%	04:32@		00:01+ 1:18:34		00:02-	00:02+	00:03+	00:10+
24		icke L		00.00	22.20.	-	•	44-10-	40.50	E 4 - 0.0 -				-	E0.26	DE-10.	DC - 4D -	E0.24.
													66:55+ 03:06+					
													00:15+					
25	Hanı	ne Bje	rke			3	7					•	1:21:57	7				
	07:27+	16:14+	23:56+										68:06+					
													03:32+					
					03:35@			08:10@	00:52-	00:56-	00:38&		00:41#		00:01-	00:33#	00:46&	00:11+
26			1alikse		24.40		16	44.20	40.15	E2.46:	E6.10:		1:22:39		72.10	70.26	00.11	02.20.
													62:31+ 03:11+					
													00:20#					
27	Bira	itte Gr	an			1	52						1:39:45	5				
06:06+	07:54+	10:57+	17:45+			35:14+	40:06+					79:08+	83:44+	88:42+				
													04:36+					
				01:39&	06:42@			02:06&	02:24&	07:17@	01:14&		01:45&		00:27#	01:09&	00:20#	00:49&
28		ya Mo					36					_	2:14:03					
													116:58+ 04:31+					
													01:40&					
			r klass		500	5,4	519	554	554	054			104	504	5.4	014	104	504
01:16				-	01:59	02:06	02:13	03:21	02:44	01:52	01:46	01:16	02:37	02:58	01:43	01:59	01:25	01:37

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

Damer 40 - 49 år

Plass Navn

1	Rand	li Hole	n Lad	stan		1.	28						59:29					
02:26=					21:50=			30:41=	35:35=	39:05=	41:27=	-	46:28=	49:33=	53:13=	55:44=	57:22=	59:29=
													03:13=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Maria	ann Sv	veinsv	oll		9	4					1	1:00:38	}				
01:37-				-	23:03+	26:05+	28:26+	31:46+	36:11+	38:52-	40:40-	43:12-	46:33+	50:36+	52:58-	55:32-	58:24+	60:38+
01:37-	01:40-	02:49+	05:17-	03:27-	08:13+	03:02+	02:21-	03:20-	04:25-	02:41-	01:48-	02:32+	03:21+	04:03+	02:22-	02:34+	02:52+	02:14+
00:49-	01:28-	00:17#	00:41-	01:16-	05:10@	00:23#	00:06-	00:25-	00:29-	00:49-	00:34-	00:44&	+80:00	00:58&	01:18-	00:03+	01:14&	00:07+
3	Gret	he Sto	kland			6	2					1	1:01:53	}				
01:56-													43:38-					
													03:13=					
00:30-					00:1/-	_	_	00:27-	00:58-	00:29-	00:51&		00:00=		00:13-	00:03+	05:32@	00:19-
4			Vestv			6	_						1:02:42	_				
01:14-													46:50+					
													02:56- 00:17-					
5 C					00.314	_	_	00.04+	00.30-	01.22-	00.20-			_	00.30-	01.190	02.19@	00.10+
01.00			Roals		16.55	9;	-	26.42	20.10	22.20	24.20		1:05:15 48:54+		E6.27.	E0.20.	62.06.	65.15.
													02:52-					
													00:21-					
6	Gret	he Thi	u Skad	lbera		1:	28					1	1:08:12	2				
02:27+				_	22:07+	25:36+	28:47+	33:11+	39:27+	44:05+	46:10+	48:00+	52:03+	56:16+	60:54+	63:40+	65:19+	68:12+
02:27+	02:12-	02:44+	04:44-	05:45+	04:15+	03:29+	03:11+	04:24+	06:16+	04:38+	02:05-	01:50+	04:03+	04:13+	04:38+	02:46+	01:39+	02:53+
00:01+	00:56-	00:12+	01:14-	01:02#	01:12&	00:50&	00:44&	00:39#	01:22&	01:08&	00:17-	00:02+	00:50&	01:08&	00:58&	00:15+	00:01+	00:46&
7	Moni	ica Gil	lje Rer	nemo		9:	2					1	1:09:44	ļ				
03:02+													55:46+					
03:02+													03:16+					
_				01:19-	07:26@	_		01:34&	00:59#	00:14+	00:17-		00:03+		01:27-	00:01+	00:04+	00:22#
8		hild No				-	17						1:10:16					
													53:54+ 04:40+					
													04:40+					
9			Akslan			-	16						1:12:56					
02:40+					31:20+	_		41:09+	46:48+	52:32+	55:42+		61:34+		67:00+	69:26+	71:09+	72:56+
													03:21+					
00:14+	00:59-	00:06+	00:42#	01:28&	07:59@	01:25&	00:02+	00:29-	00:45#	02:14&	00:48&		+80:00		01:56-	00:05-	00:05+	00:20-
10	Hilde	e Frøy¹	tlog K	arlsen		2	35					1	1:13:38	}				
													56:23+					
													03:45+					
00:00=						_	_	00:55#	03:39&	00:30-	00:51&		00:32#		00:39-	01:28&	00:15#	01:13&
11		-		Karlse		9:	-	45.20.	E0.22.	F2.21.	F7.07.		1:20:34 61:54+	•	70.21.	74.00	77.22.	00.24
03:07+													03:08-					
													00:05-					00:54&
12	Tove	Irono	Ashe	im		1.	16					4	1:22:48	ł				
01:58-					30:51+			42:49+	52:05+	55:27+	59:07+		67:02+		74:01+	77:38+	79:45+	82:48+
01:58-													05:15+					
00:28-	00:49-	00:43&	00:21+	04:22&	04:52@	01:02&	00:43&	01:22&	04:22&	00:08-	01:18&	00:52&	02:02&	01:16&	01:02-	01:06&	00:29&	00:56&
13	Ragr	ihild E	3åtnes	Bernt	sen	10	01					1	1:29:47	•				
													72:44+					
													05:57+					
	_			01:13&	04:29@		_	00:57&	03:01&	01:21&	00:19#		02:44&		00:02+	01:06&	00:33&	00:42&
14		di Roth	-			6	_						1:31:04					
													64:44+ 04:43+					
													01:30&					
00.00-	00.10	25.110	00.020	01-10-	00.05-	00-114	01.300	01-00@	00.0/#	20-TO-	00-20-	00-230	01.000	J2 - U U W	00-37-	01.71@	02-T46	21.120

Plass	Navn	Klasse	Tid
Beste	strekktid for klassen		

01:08 01:36 02:21 03:49 03:13 02:10 02:18 02:21 03:16 03:37 02:08 01:48 01:39 02:52 02:58 01:44 02:26 01:38 01:47

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

Damer 50 - 59 år

1	Ingri	d Eik				88	8					4	1 7:13				
	03:02=	07:00=														44:50=	
																01:27=	
_			00:00=	00:00=	00:00=	_		00:00=	00:00=	00:00=	00:00=	_		00:00=	00:00=	00:00=	00:00=
2		Omdal				-	16					•	53:56				
00:37+ 00:37+																51:26+ 01:44+	
																01:44+	
_			0	00.001	01.02	29		00.011	00.001	00.104	00.304	_	54:22	00.12π	00.304	00.17π	00.071
3 00:37+		nn Voi		14:07+	18:04+		-	28:02+	29:49+	32:51+	35:41+	-	42:35+	47:13+	49:44+	51:32+	54:22+
00:37+				02:41-													02:50+
00:09&				00:21-													00:27#
4	Row	ena Na	aile			4:	2					Ę	55:14				
01:13+																53:33+	
01:13+ 00:45@				02:50-												01:51+ 00:24&	
00:45@					00:24-		_	00:39#	00:03-	00:36#	00:06+	_		01:00%	00:11-	00:24&	00:42-
5		e-Siv (2	-					_	56:36				
00:40+ 00:40+																54:05+ 01:41+	
00:12&																00:14#	
6		ınn Sa		00.221	00.23		28	00.10.	00.314	00.32	01.114		57:00	01.300	00.07	00.111	00.001
•				12:48+	16:49+			27:22+	29:13+	32:50+	35:41+			50:44+	53:07+	54:45+	57:00+
00:31+																01:38+	
00:03#	00:49&	00:28-	00:04+	00:12+	00:35-	00:09#	00:37#	01:14&	00:27&	01:09&	00:45&	02:00&	00:19#	02:39&	00:20#	00:11#	00:08-
7	Ane	Kristir	ne Ros	strup		9	2						57:35				
00:48+	04:25+	07:03+	09:09+	12:07-	16:09-	17:59+	23:06+	27:53+	29:50+	34:52+	37:21+	42:17+	45:34+	50:20+	52:18+	54:54+	57:35+
																02:36+	
00:20&				00:04-	00:34-			01:16&	00:33&	02:34@	00:23#			01:03&	00:05-	01:09&	00:18#
8	_	t Bakk	-				68					-	57:48				
00:31+ 00:31+				13:24+												55:18+ 02:04+	
																02:04+	
9		t Karir		-	00.20	9:	_	00.00.	00.11	00.304	00.314	_	59:15	02.374	00.131	00.374	00.07.
00:31+					20:08+		_	32:30+	33:59+	38:36+	41:54+	-		53:30+	55:28+	57:05+	59:15+
00:31+																01:37+	
00:03#	00:08+	02:17&	00:03+	02:10&	01:17-	00:12#	03:20&	00:17+	00:05+	02:09&	01:12&	00:10+	00:43&	00:38#	00:05-	00:10#	00:13-
10		ne-Ket		-		_	13						1:00:53				
00:41+																58:57+	
00:41+ 00:13&																01:34+ 00:07+	
					01.20&	_		00.25-	01.19&	00.31#	01.07&		1:05:59		00.13-	00.07+	00.27-
11		ny Hau	_			-	14			40.00	44.00						
00:37+ 00:37+																63:15+ 02:27+	
00:09&	01:20&	00:07-	03:06@	00:14-	02:32&	00:18&	00:45#	00:01-	04:37@	00:28#	00:12+	00:01-	00:50&	01:15&	02:16@	01:00&	00:21#
12	Kari	Småd	al Tur	øγ		1.	15					1	1:07:28	3			
00:32+	04:31+	07:33+	10:13+	12:56+	18:02+	19:28+	25:55+	36:18+	37:59+	40:46+	43:19+	49:55+	54:14+	59:55+	62:06+	64:35+	67:28+
00:32+																02:29+	
00:04#	01:25&	00:56-	00:34&	00:19-	00:30#			06:52@	00:17#	00:19#	00:27#				00:08+	01:02&	00:30#
13		nda R					01						1:07:37				
00:29+																64:29+	
00:29+				03:12+												01:53+	
00.01+	UU.54&	00.37-	00.20#	00.10+	00.02+	UI.ZZ@	03.07&	00.19+	02.09@	01.49%	02.04&	01.01%	02.10%	U1.14&	00.08+	00:26&	00.45&

Plass	Navr	า				K	lasse					1	Γid				
14	Målf	rid Bie	erkeli			2:	37					1	1:10:36	3			
	09:12+	13:09+	16:56+														
	04:18+ 01:44&																
15					00:11-	5,		01:00%	01:04&	00:1/#	00:2/#		1:11:57		01:15&	01:50@	00:19#
. •			Obres		00.00	•	•	25.50	20.42.	42.14.	46.11.				64.40.	60.00	81.58
	04:00+ 02:52+																
	00:18#																
16	Δrnf	rid Sta	angela	nd		9	6					4	1:12:19)			
	08:57+				23:54+	_	_	35:29+	37:14+	40:29+	43:42+				67:19+	69:34+	72:19+
	08:17+																
00:12&	05:43@	00:55-	00:21#	01:40&	00:09+	00:09#	02:31&	00:22#	00:21#	00:47&	01:07&	01:38&	03:08@	06:41@	00:02+	00:48&	00:22#
17	Bira	itte Rø	эe			1:	25					1	1:17:35	5			
	06:41+			15:34+	31:09+			43:12+	44:59+	49:01+	51:15+				71:35+	74:52+	77:35+
00:34+	06:07+	03:28-	01:56-	03:29+	15:35+	01:40+	06:20+	04:03+	01:47+	04:02+	02:14+	06:29+	05:14+	05:20+	03:17+	03:17+	02:43+
00:06#	03:33@	00:30-	00:10-	00:27#	10:59@	00:35&	02:23&	00:32#	00:23&	01:34&	+80:00	02:28&	02:53@	01:37&	01:14&	01:50@	00:20#
18	Toril	I And	ersen			11	16					1	1:17:54	ļ			
	03:42+																
	03:09+																
	00:35#				00:33-	_	_	02:32&	00:40&	00:44&	01:45&				00:39&	04:11@	00:20#
19		,	Almed			9	•						1:23:52	=			
	04:40+																
	03:56+																
	01:22&				01.25&			01.24&	00.51%	00.34#	U1.25&				01.24&	00.51%	00.04-
20			Melin		00.00	-	16	41.00	10.16	E0.20.	F.C. FO:		1:26:24	-	E0.10.	02.20	06.04
	05:42+ 04:50+																
	02:16&																
21	Hanı	ne Her	rmanrı	ıd		1.	15					1	1:28:16	3			
	10:09+				33:47+	_		48:09+	50:05+	54:35+	59:48+			-	81:23+	84:25+	88:16+
05:17+	04:52+	10:31+	03:41+	03:51+	05:35+	01:51+	07:42+	04:49+	01:56+	04:30+	05:13+	04:58+	03:35+	08:26+	04:36+	03:02+	03:51+
04:49@	02:18&	06:33@	01:35&	00:49&	00:59#	00:46&	03:45&	01:18&	00:32&	02:02&	03:07@	00:57#	01:14&	04:43@	02:33@	01:35@	01:28&
22	Andı	rea Ta	pken			5	4					1	1:30:37	7			
05:54+	11:43+			25:33+	32:04+	33:52+	43:25+	53:44+	56:02+	61:13+	64:27+	69:53+	73:57+	80:30+	85:04+	87:30+	90:37+
	05:49+																
	03:15@							06:48@	00:54&	02:43@	01:08&				02:31@	00:59&	00:44&
23	Odd	veig Ø	gaard	Schje	Iderup) 1	17					1	1:42:08	3			
	09:30+																
	08:22+																
_	o5:48@ strekk				00:59#	OT:00@	Ub:52@	U1:3/&	02:23@	U1:43&	UZ:4/@	01:03&	U1:39&	U4:43@	00:38&	Ub:45@	00:36&
				-	03:19	01:05	02.55	02.00	01.01	00.00	02:06	02.10	00.01	02.42	01.50	01.07	01.41
00:28	02:34	02:38	01:55	02.41	03.19	01.05	03.5/	03:06	01.21	02.28	02.06	03:12	02:21	03:43	01:50	01:27	01:41

Damer 60 - 64 år

1	Mett	e Dag	sland			6	8					5	8:25				
00:38= 00:38=			12:30= 02:20=	16:00= 03:30=		21:02= 01:16=		31:29= 03:33=			39:49= 03:26=		47:00= 03:06=	52:16= 05:16=	54:18= 02:02=	56:07= 01:49=	58:25= 02:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Eli F	rafjord	t			9	4					1	:00:58	3			
00:37-	03:56-	06:46-	11:28-	16:18+	20:32+	21:58+	28:33+	32:18+	33:55+	36:51+	39:41-	44:31+	48:03+	53:52+	57:04+	58:43+	60:58+
00:37-	03:19-	02:50-	04:42+	04:50+	04:14+	01:26+	06:35-	03:45+	01:37-	02:56-	02:50-	04:50+	03:32+	05:49+	03:12+	01:39-	02:15-
00:01-	02:04-	01:19-	02:22@	01:20&	00:28#	00:10#	00:19-	00:12+	00:17-	00:04-	00:36-	00:45#	00:26#	00:33#	01:10&	00:10-	00:03-
3	Aud	Steins	sland			1:	28					1	:06:33	3			
00:35-	04:38-	08:45-	11:22-	15:11-	19:15-	20:59-	27:08-	31:36+	34:13+	38:35+	43:09+	48:43+	52:21+	58:43+	61:47+	64:01+	66:33+
00:35- 00:03-	04:03- 01:20-	04:07- 00:02-	02:37+ 00:17#	03:49+ 00:19+	04:04+ 00:18+	01:44+ 00:28&	06:09- 00:45-	04:28+ 00:55&	02:37+ 00:43&	04:22+ 01:22&	04:34+ 01:08&	05:34+ 01:29&	03:38+ 00:32#	06:22+ 01:06#	03:04+ 01:02&	02:14+ 00:25#	02:32+ 00:14#

Plass	Navr	1				K	lasse					7	Γid				
4	Hanr	na S. L	omela	and		4	7						1:06:33	3			
00:38=											43:04+ 04:25+		52:25+ 03:44+			64:05+ 02:14+	
00:00=																00:25#	
5	Kari	Blixha	avn			2:	28						1:22:0	5			
00:58+	04:45-	19:36+	23:21+	28:55+	33:38+	35:28+	40:31+	44:26+	46:15+	49:31+	57:12+	62:00+	66:20+	73:24+	76:35+	79:03+	82:05+
00:58+	03:47-	14:51+	03:45+	05:34+	04:43+	01:50+	05:03-	03:55+	01:49-	03:16+	07:41+	04:48+	04:20+	07:04+	03:11+	02:28+	03:02+
00:20&	01:36-	10:42@	01:25&	02:04&	00:57&	00:34&	01:51-	00:22#	00:05-	00:16+	04:15@	00:43#	01:14&	01:48&	01:09&	00:39&	00:44&
6	Unni	Rellir	na			9:	2						1:22:54	1			
00:44+				23:26+	28:00+	30:01+	36:12+	40:28+	42:52+	46:49+	51:34+	57:48+	60:41+	71:03+	74:39+	79:21+	82:54+
00:44+	10:43+	04:04-	03:09+	04:46+	04:34+	02:01+	06:11-	04:16+	02:24+	03:57+	04:45+	06:14+	02:53-	10:22+	03:36+	04:42+	03:33+
00:06#	05:20&	00:05-	00:49&	01:16&	00:48#	00:45&	00:43-	00:43#	00:30&	00:57&	01:19&	02:09&	00:13-	05:06&	01:34&	02:53@	01:15&
7	Berit	K. Gr	amsta	ıd		1	13					•	1:26:18	3			
00:38=	04:39-	09:53-	12:34+	22:42+	27:45+	29:42+	36:00+	40:46+	44:57+	49:49+	56:08+	61:31+	68:55+	76:37+	80:53+	83:30+	86:18+
00:38=				10:08+										07:42+		02:37+	
00:00=	01:22-	01:05&	00:21#	06:38@	01:17&	00:41&	00:36-	01:13&	02:17@	01:52&	02:53&	01:18&	04:18@	02:26&	02:14@	00:48&	00:30#
8	Joru	nn Eri	ksson	Sætre	•	4	7					•	1:32:27	7			
02:45+																89:33+	92:27+
02:45+		11:31+	02:39+		04:27+		06:05-			08:09+	03:52+		02:54-		05:40+		
02:07@		07:22@		00:18-	00:41#			00:21+	04:48@	05:09@	00:26#				03:38@	00:35&	00:36&
9	Gret	he Wa	thne			10	09					•	1:42:11				
01:15+		15:26+									70:54+					99:17+	
01:15+		05:55+				02:10+				04:08+	04:54+	05:04+		08:25+			
00:37&				01:37&	01:51&			01:37&	02:01@	01:08&	01:28&				00:49&	06:21@	00:36&
10	Wen	che A	nda Ha	aarr		9:	2					•	1:44:44	ļ			
01:58+	05:41-	18:32+	29:25+	32:40+	39:47+	42:41+	51:58+	57:19+	59:29+	64:00+	67:56+	73:01+	80:06+	94:03+	98:21+	100:34+	104:44+
01:58+				03:15-					02:10+				07:05+			02:13+	
	01:40-				03:21&	01:38@	02:23&	01:48&	00:16#	01:31&	00:30#	01:00#	03:59@	08:41@	02:16@	00:24#	01:52&
Beste	strekk	tid for	[·] klass	en													
00:35	03:19	02:50	02:20	03:12	03:46	01:16	05:03	03:33	01:37	02:56	02:50	04:05	02:53	05:16	02:02	01:39	02:15
= Som k	lassevin	ner, -	raskere,	+ ser	nere, #	10% tap	, & 25	% tap, @	2 100%	tap.							

Damer 65 - 69 år

1	Asla	ug Lu	ra			94	4					-	1:10:50)			
00:38=	05:13=	08:54=	12:53=	16:41=	21:34=	23:42=	31:18=	35:59=	38:39=	42:24=	45:39=	50:44=	54:22=	61:09=	64:18=	67:11=	70:50=
00:38=	04:35=	03:41=	03:59=	03:48=	04:53=	02:08=	07:36=	04:41=	02:40=	03:45=	03:15=	05:05=	03:38=	06:47=	03:09=	02:53=	03:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kirs	ten Ca	rlsen			9:	3					•	1:11:15	5			
00:30-	05:35+	09:14+	11:32-	16:05-	20:37-	22:17-	26:52-	31:11-	38:01-	41:33-	44:45-	49:18-	52:30-	59:55-	62:19-	68:18+	71:15+
00:30-	05:05+	03:39-	02:18-	04:33+	04:32-	01:40-	04:35-	04:19-	06:50+	03:32-	03:12-	04:33-	03:12-	07:25+	02:24-	05:59+	02:57-
00:08-	00:30#	00:02-	01:41-	00:45#	00:21-	00:28-	03:01-	00:22-	04:10@	00:13-	00:03-	00:32-	00:26-	00:38+	00:45-	03:06@	00:42-
3	Syni	nøva G	ausel			1.	15					1	1:21:25	5			
00:59+	04:27-	08:52-	11:51-	16:09-	21:22-	23:12-	29:46-	33:57-	41:43+	45:09+	48:05+	56:26+	66:35+	72:26+	75:06+	79:02+	81:25+
00:59+	03:28-	04:25+	02:59-	04:18+	05:13+	01:50-	06:34-	04:11-	07:46+	03:26-	02:56-	08:21+	10:09+	05:51-	02:40-	03:56+	02:23-
00:21&	01:07-	00:44#	01:00-	00:30#	00:20+	00:18-	01:02-	00:30-	05:06@	00:19-	00:19-	03:16&	06:31@	00:56-	00:29-	01:03&	01:16-
4	Marg	garet N	/lalmin	1		10	05					•	1:28:03	3			
00:53+	05:33+	10:05+	16:00+	20:00+	26:19+	28:23+	44:30+	49:01+	51:10+	55:23+	58:50+	64:41+	68:57+	76:29+	81:15+	83:25+	88:03+
00:53+	04:40+	04:32+	05:55+	04:00+	06:19+	02:04-	16:07+	04:31-	02:09-	04:13+	03:27+	05:51+	04:16+	07:32+	04:46+	02:10-	04:38+
00:15&	00:05+	00:51#	01:56&	00:12+	01:26&	00:04-	08:31@	00:10-	00:31-	00:28#	00:12+	00:46#	00:38#	00:45#	01:37&	00:43-	00:59&
Beste	strekk	ctid for	^r klass	en													
00:30	03:28	03:39	02:18	03:48	04:32	01:40	04:35	04:11	02:09	03:26	02:56	04:33	03:12	05:51	02:24	02:10	02:23

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

Damer 70 - 74 år

Plass	Navı	า				K	lasse					1	Γid				
1	Turi	d Nyst	røm			6	8					Ę	54:56				
														48:46=			
														04:52= 00:00=			
					00:00=			00:00=	00:00=	00:00=	00:00=				00:00=	00:00=	00:00=
2			ndran	_		6	_						1:06:28				
														60:21+ 05:18+			
														00:26+			
3		V. The		00.30	00.13π	6		01.304	03.236	01.004	00-15		1:11:24		00.20	00.07	00-21
_				15.10+	21.52+	•	_	34.06+	30.31+	12.11+	46.07+		.	↑ 62:41+	65.00+	60.13+	71.24
02:08+														06:23+			
														01:31&			
4	Ragi	nhild (hristi	ansen		9	3					1	1:19:39	a			
•					26:44+	_	-	42:47+	45:11+	49:24+	52:56+			69:54+	73:53+	76:26+	79:39
00:53+	04:43+	06:33+	04:58+	04:39+	04:58+	01:48+	09:44+	04:31+	02:24-	04:13+	03:32+	06:21+	03:11+	07:26+	03:59+	02:33+	03:13
00:03+	01:52&	03:38@	02:51@	01:13&	01:30&	00:24&	02:12&	00:48#	00:13-	01:40&	00:18+	02:06&	00:12+	02:34&	01:38&	00:46&	01:11
5	Hela	a Klau	ısen			6	2					1	1:20:29	9			
00:35-	04:43+	08:19+	11:04+	21:05+	27:25+	29:22+	34:38+	40:47+	43:23+	46:53+	50:02+	55:00+	60:55+	67:16+	75:24+	77:31+	80:29
														06:21+			
00:15-				06:35@	02:52&			02:26&	00:01-	00:57&	00:05-			01:29&	05:47@	00:20#	00:568
6	Hed	vig An	da			1	16					1	1:26:54	1			
														68:13+			
00:43-														05:35+			
-00:07-					01:29&			00:01+	07:41@	05:31@	00:29-			00:43#	09:12@	02:35@	00:44
1			ng Frai			-	05						1:27:06				
														76:29+			
														06:16+ 01:24&			
ο ο ο ο ο ο ο ο ο ο ο ο ο ο ο ο ο ο ο	_				03.126	2		01.006	00.13	01.124	01.304		1:27:49		03.036	00.25π	00.57
01.12.	- ,		ugles		27.22.	_	-	41.20.	46.00.	E0.40.	F7.04.			78:40+	00.00.	04.21.	07.40
01:13+														08:49+			
														03:57&			
9	Eva	Hesse	n			8	3					4	1:31:41	1			
00:47-				23:44+	28:14+	_	•	39:56+	46:25+	54:41+	58:29+		🕶	79:37+	85:15+	87:38+	91:41-
														10:56+			
00:03-	02:29&	08:44@	00:37&	00:12-	01:02&	00:32&	02:00-	00:31#	03:52@	05:43@	00:34#	03:07&	00:09-	06:04@	03:17@	00:36&	02:01
Beste	strekk	tid for	r klass	en													
00:35	02:51	02:55	02:07	02:48	03:28	01:24	05:06	03:43	02:22	02:33	02:31	04:04	02:50	04:52	02:01	01:40	02:0
= Som k	laccovin	nor	rackara	Lcor	oro #	10% ton	8 25	0/. tan /	a 100%	ton							
= John K	iassevii	iiei , -	iaskele,	T 561	1010, #	10 /0 tap	, & 23	/ο ιαp, \	w 100%	ιαμ.							

Damer 75 - 79 år

1	Beri	t Ebbe	II Olse	en		68	В					1	:12:22	2			
01:27=	05:48=	09:51=	13:08=	18:06=	25:29=	27:17=	33:14=	37:20=	39:43=	43:33=	47:21=	53:30=	56:46=	63:08=	66:20=	68:50=	72:22=
01:27=	04:21=	04:03=	03:17=	04:58=	07:23=	01:48=	05:57=	04:06=	02:23=	03:50=	03:48=	06:09=	03:16=	06:22=	03:12=	02:30=	03:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gøri	ld Esp	edal			1	13					1	:45:40)			
01:00-	05:37-	14:48+	19:31+	25:51+	49:24+	51:19+	58:10+	65:36+	68:08+	72:28+	75:38+	81:08+	86:22+	93:27+	98:24+	101:25+	105:40+
01:00-	04:37+	09:11+	04:43+	06:20+	23:33+	01:55+	06:51+	07:26+	02:32+	04:20+	03:10-	05:30-	05:14+	07:05+	04:57+	03:01+	04:15+
00:27-	00:16+	05:08@	01:26&	01:22&	16:10@	00:07+	00:54#	03:20&	00:09+	00:30#	00:38-	00:39-	01:58&	00:43#	01:45&	00:31#	00:43#
Beste	strekk	tid for	· klass	en													
01:00	04:21	04:03	03:17	04:58	07:23	01:48	05:57	04:06	02:23	03:50	03:10	05:30	03:16	06:22	03:12	02:30	03:32

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

Damer A

Plass	Navı	n				K	lasse					1	Γid								
1	Mari	o Liika	anen			6	7					4	12:11								
	02:32=	04:21=	05:12=																	40:56= 01:03=	
00:00=																				00:00=	
2	Aud	Hoan	estad	Taksd	al	9	2					Ę	51:41								
00:47+		_				12:16+	14:38+	15:54+	18:38+	20:31+	25:01+	30:51+	33:52+	36:38+	39:32+	44:00+	45:39+	47:55+	49:20+	50:22+	51:41+
00:47+	01:58+	02:50+	00:59+	01:45+	01:57+	02:00+	02:22-	01:16+	02:44+	01:53+	04:30+	05:50+	03:01+	02:46+	02:54+	04:28-	01:39-	02:16+	01:25+	01:02-	01:19+
00:12&	00:01+	01:01&	00:08#	00:06+	00:25&	00:38&	00:17-	00:24&	00:34&	00:13#	01:41&	02:25&	00:55&	01:20&	00:12+	00:21-	00:37-	00:13#	00:14#	00:01-	00:04+
3	Trine	e Bols	tad			6	2					5	53:16								
00:48+	03:00+	05:08+	06:59+	09:16+	11:30+	13:35+	16:33+	17:29+	20:06+	21:59+	25:07+	30:45+	33:44+	36:26+	39:10+	44:24+	46:36+	48:49+	50:19+	51:56+	53:16+
00:48+	02:12+	02:08+	01:51+	02:17+	02:14+	02:05+	02:58+	00:56+	02:37+	01:53+	03:08+	05:38+	02:59+	02:42+	02:44+	05:14+	02:12-	02:13+	01:30+	01:37+	01:20+
00:13&	00:15#	00:19#	01:00@	00:38&	00:42&	00:43&	00:19#	00:04+	00:27#	00:13#	00:19#	02:13&	00:53&	01:16&	00:02+	00:25+	00:04-	00:10+	00:19&	00:34&	00:05+
4	Kirs	ten Vil	кe			9	2					1	1:00:54	4							
01:03+	03:51+	06:15+	07:49+	11:25+	14:03+	15:58+	19:27+	20:50+	24:06+	26:02+	30:06+	34:48+	39:04+	40:44+	44:58+	51:16+	53:18+	56:00+	57:45+	59:06+	60:54+
01:03+	02:48+	02:24+	01:34+	03:36+	02:38+	01:55+	03:29+	01:23+	03:16+	01:56+	04:04+	04:42+	04:16+	01:40+	04:14+	06:18+	02:02-	02:42+	01:45+	01:21+	01:48+
00:28&	00:51&	00:35&	00:43&	01:57@	01:06&	00:33&	00:50&	00:31&	01:06&	00:16#	01:15&	01:17&	02:10@	00:14#	01:32&	01:29&	00:14-	00:39&	00:34&	00:18&	00:33&
5	Inae	r Tone	Nyqå	rd		2	9					1	1:04:5	5							
00:57+					12:07+	13:45+	16:16+	17:21+	20:29+	22:22+	26:06+	32:55+	36:16+	41:58+	46:24+	55:05+	57:42+	60:29+	62:14+	63:25+	64:55+
00:57+	02:05+	02:46+	01:19+	03:05+	01:55+	01:38+	02:31-	01:05+	03:08+	01:53+	03:44+	06:49+	03:21+	05:42+	04:26+	08:41+	02:37+	02:47+	01:45+	01:11+	01:30+
00:22&	00:08+	00:57&	00:28&	01:26&	00:23#	00:16#	00:08-	00:13#	00:58&	00:13#	00:55&	03:24&	01:15&	04:16@	01:44&	03:52&	00:21#	00:44&	00:34&	00:08#	00:15#
6	Mair	a And	ersone	Э		9	3					1	:07:24	4							
01:14+	03:59+	09:20+	10:47+	14:12+	17:06+	19:04+	22:33+	23:59+	27:43+	30:08+	34:40+	40:24+	43:59+	46:10+	50:01+	56:38+	59:04+	62:35+	64:33+	65:47+	67:24+
01:14+	02:45+	05:21+	01:27+	03:25+	02:54+	01:58+	03:29+	01:26+	03:44+	02:25+	04:32+	05:44+	03:35+	02:11+	03:51+	06:37+	02:26+	03:31+	01:58+	01:14+	01:37+
00:39@	00:48&	03:32@	00:36&	01:46@	01:22&	00:36&	00:50&	00:34&	01:34&	00:45&	01:43&	02:19&	01:29&	00:45&	01:09&	01:48&	00:10+	01:28&	00:47&	00:11#	00:22&
Beste	strekk	tid for	klass	en																	
00:35					01:32	01:22	02:22	00:52	02:10	01:40	02:49	03:25	02:06	01:26	02:42	04:28	01:39	02:03	01:11	01:02	01:15

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

Damer B

1	Head	e N. Aı	nderse	en		6	2						1:01:2	7							
00:59=					13:41=	15:12=	17:57=	19:06=	25:08=	27:45=	31:17=	35:43=	39:19=	43:23=	46:40=	52:21=	54:47=	57:33=	59:03=	60:05=	61:27=
00:59=	02:30=	02:27=	02:22=	02:44=	02:39=	01:31=	02:45=	01:09=	06:02=	02:37=	03:32=	04:26=	03:36=	04:04=	03:17=	05:41=	02:26=	02:46=	01:30=	01:02=	01:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Vibe	ke Lar	mark			4	6					1	1:02:2	4							
00:57-	03:58+	10:39+	12:22+	14:42+	17:04+	18:49+	21:33+	22:43+	26:17+	28:21+	32:36+	37:19+	41:18+	42:50-	45:55-	52:41+	54:48+	57:44+	59:37+	60:55+	62:24+
00:57-	03:01+	06:41+	01:43-	02:20-	02:22-	01:45+	02:44-	01:10+	03:34-	02:04-	04:15+	04:43+	03:59+	01:32-	03:05-	06:46+	02:07-	02:56+	01:53+	01:18+	01:29+
00:02-	00:31#	04:14@	00:39-	00:24-	00:17-	00:14#	00:01-	00:01+	02:28-	00:33-	00:43#	00:17+	00:23#	02:32-	00:12-	01:05#	00:19-	00:10+	00:23&	00:16&	00:07+
3	Ann-	-Cathr	in Urd	al		1	18					1	1:02:3	6							
00:46-	03:08-	05:28-	06:44-	09:04-	11:13-	13:00-	16:18-	18:46-	23:41-	25:41-	29:40-	35:53+	39:09-	41:33-	45:13-	51:41-	55:26+	57:58+	59:37+	60:54+	62:36+
00:46-	02:22-	02:20-	01:16-	02:20-	02:09-	01:47+	03:18+	02:28+	04:55-	02:00-	03:59+	06:13+	03:16-	02:24-	03:40+	06:28+	03:45+	02:32-	01:39+	01:17+	01:42+
00:13-	00:08-	00:07-	01:06-	00:24-	00:30-	00:16#	00:33#	01:19@	01:07-	00:37-	00:27#	01:47&	00:20-	01:40-	00:23#	00:47#	01:19&	00:14-	00:09#	00:15#	00:20#
4	Hilde	e Nord	lbø			9:	3					1	1:04:00	0							
00:57-	03:26-	06:03+	07:10-	09:25-	12:11-	13:58-	17:08-	18:16-	22:41-	25:41-	29:29-	36:18+	39:41+	41:44-	45:55-	53:34+	56:09+	59:08+	60:53+	62:27+	64:00+
00:57-	02:29-	02:37+	01:07-	02:15-	02:46+	01:47+	03:10+	01:08-	04:25-	03:00+	03:48+	06:49+	03:23-	02:03-	04:11+	07:39+	02:35+	02:59+	01:45+	01:34+	01:33+
00:02-	00:01-	00:10+	01:15-	00:29-	00:07+	00:16#	00:25#	00:01-	01:37-	00:23#	00:16+	02:23&	00:13-	02:01-	00:54&	01:58&	00:09+	00:13+	00:15#	00:32&	00:11#
5	Tone	e Cecil	lie Nys	strøm		6	8					1	1:12:0 ⁻	1							
01:17+	03:51+	06:46+	08:29+	11:08+	14:48+	17:07+	20:29+	21:48+	25:53+	28:22+	33:15+	39:26+	43:30+	45:39+	50:49+	60:06+	62:32+	66:04+	68:18+	70:16+	72:01+
01:17+	02:34+	02:55+	01:43-	02:39-	03:40+	02:19+	03:22+	01:19+	04:05-	02:29-	04:53+	06:11+	04:04+	02:09-	05:10+	09:17+	02:26=	03:32+	02:14+	01:58+	01:45+
00:18&	00:04+	00:28#	00:39-	00:05-	01:01&	00:48&	00:37#	00:10#	01:57-	00:08-	01:21&	01:45&	00:28#	01:55-	01:53&	03:36&	00:00=	00:46&	00:44&	00:56&	00:23&
6	Trud	le Katr	rine He	ermani	rud	1	17					•	1:13:10	0							
01:24+	04:37+	08:43+	10:02+	13:13+	16:51+	18:52+	22:36+	25:48+	30:13+	32:44+	37:34+	43:47+	47:26+	49:49+	54:25+	61:44+	64:05+	67:15+	69:12+	71:14+	73:10+
01:24+	03:13+	04:06+	01:19-	03:11+	03:38+	02:01+	03:44+	03:12+	04:25-	02:31-	04:50+	06:13+	03:39+	02:23-	04:36+	07:19+	02:21-	03:10+	01:57+	02:02+	01:56+
00:25&	00:43&	01:39&	01:03-	00:27#	00:59&	00:30&	00:59&	02:03@	01:37-	00:06-	01:18&	01:47&	00:03+	01:41-	01:19&	01:38&	00:05-	00:24#	00:27&	01:00&	00:34&
7	Ann	e Gars	rud			9	0					1	1:13:40	0							
01:06+	03:55+	06:53+	08:56+	11:54+	15:08+	16:58+	20:22+	21:46+	25:10+	27:01-	30:49-	35:40-	39:22+	54:01+	57:52+	63:13+	65:43+	68:47+	70:36+	71:49+	73:40+
01:06+	02:49+	02:58+ 00:31#	02:03-	02:58+		01:50+ 00:19#								14:39+ 10:35@		05:21-	02:30+ 00:04+	03:04+ 00:18#		01:13+ 00:11#	01:51+ 00:29&
00.07#	00.13#	00.31#	00.19-	00.14+	00.33#	00.19#	00.35#	00.13#	02.30-	00.40-	00.10+	00.23+	00.00+	T0.33@	00.34#	00.20-	00.04	00.10#	00.13#	00.11#	00.238

Plass	Navı	n				K	lasse					T	īid								
8	Gret	he An	da Fug	glesta	d	1	16					1	1:13:47	7							
01:23+ 01:23+	04:27+	07:51+	09:30+	12:23+	15:15+		20:31+ 03:24+											64:22+ 03:08+	66:09+ 01:47+	72:18+ 06:09+	
00:24&							00:39#												00:17#		
9	Inari	id W. F	lestne	ess		1	17					1	1:14:48	3							
01:05+	-				15:32+			22:35+	26:26+	29:12+	33:21+	39:35+	43:32+	51:28+	56:29+	64:53+	66:55+	69:56+	71:59+	73:14+	74:48+
01:05+			02:54+				03:34+				04:09+					08:24+		03:01+			
00:06#			00:32#		00:36#			00:17#	02:11-	00:09+	00:37#				01:44&	02:43&	00:24-	00:15+	00:33&	00:13#	00:12#
10	Ragi	nhild 🛭	۱uglæ	nd		1	9					1	l:16:00)							
01:15+	04:07+	10:48+	12:13+	15:21+	18:12+	20:17+	23:26+	24:58+	29:08+	31:08+	35:30+	41:29+	46:53+	52:28+	56:45+	63:38+	67:28+	70:22+	72:21+	73:59+	76:00+
01:15+			01:25-				03:09+													01:38+	
00:16&			00:57-	00:24#	00:12+		00:24#	00:23&	01:52-	00:37-	00:50#	01:33&	01:48&	01:31&	01:00&	01:12#	01:24&	00:08+	00:29&	00:36&	00:39&
11	Siri \	Warlar	าd			1	15					1	l:16:32	2							
01:25+	04:13+	15:43+	18:12+	20:45+	23:11+	24:52+	27:49+	28:58+	31:51+	33:52+	37:34+	44:02+	48:11+	51:08+	58:25+	65:43+	69:28+	72:01+	73:45+	75:06+	76:32+
01:25+			02:29+				02:57+											02:33-		01:21+	
00:26&	00:18#	09:03@	00:07+	00:11-	00:13-	00:10#	00:12+	00:00=	03:09-	00:36-	00:10+	02:02&	00:33#	01:07-	04:00@	01:37&	01:19&	00:13-	00:14#	00:19&	00:04+
12	Anit	a Glen	ne Ka	Ilhovd		2	9					1	l:18:43	3							
01:11+																			75:11+		
01:11+		02:52+																	04:51+		
00:12#					00:03-	00:30&	00:35#	02:33@	02:00&	00:07-	01:13&	00:47#	00:01+	01:22-	02:16&	00:14+	01:47&	01:20&	03:21@	00:44&	00:24&
Beste	strekk	ctid for	r klass	en																	
00:46	02:22	02:20	01:07	02:15	02:09	01:31	02:44	01:08	02:53	01:51	03:32	04:26	03:16	01:32	03:05	05:21	02:02	02:32	01:30	01:02	01:22

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

Damer Ny

1	Ingu	nn Kri	stians	en Wii	ig	10	05				25:55
02:36=	06:17=	08:22=	10:34=	13:03=	15:26=	17:56=	19:59=	21:40=	24:55=	25:55=	
02:36=	03:41=	02:05=	02:12=	02:29=	02:23=	02:30=	02:03=	01:41=	03:15=	01:00=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Heid	li Horn	e			7	1				26:38
04:44+	08:08+	09:53+	12:22+	14:27+	17:05+	19:16+	21:15+	22:38+	25:50+	26:38+	
04:44+	03:24-	01:45-	02:29+	02:05-	02:38+	02:11-	01:59-	01:23-	03:12-	00:48-	
02:08&	00:17-	00:20-	00:17#	00:24-	00:15#	00:19-	00:04-	00:18-	00:03-	00:12-	
3	Tord	lis Frø	ytlog			2	9				39:23
03:29+	14:04+	16:23+	19:11+	22:52+	26:17+	29:08+	32:27+	34:05+	38:14+	39:23+	
03:29+	10:35+	02:19+	02:48+	03:41+	03:25+	02:51+	03:19+	01:38-	04:09+	01:09+	
00:53&	06:54@	00:14#	00:36&	01:12&	01:02&	00:21#	01:16&	00:03-	00:54&	00:09#	
4	Nina	Ande	rsen			10	01				1:11:08
07:26+	13:14+	17:19+	24:01+	28:35+	33:25+	52:15+	58:06+	62:36+	69:58+	71:08+	
07:26+	05:48+	04:05+	06:42+	04:34+	04:50+	18:50+	05:51+	04:30+	07:22+	01:10+	
04:50@	02:07&	02:00&	04:30@	02:05&	02:27@	16:20@	03:48@	02:49@	04:07@	00:10#	
Beste	strekk	ctid for	· klass	en							
02:36	03:24	01:45	02:12	02:05	02:23	02:11	01:59	01:23	03:12	00:48	

Damer Trim

1	Lise	Nessa	a Di Lo	renzo		10	68					3	30:11		
02:28=	03:48=	04:57=	06:22=	08:11=	09:00=	10:34=	15:10=	18:38=	20:21=	22:06=	23:45=	25:02=	27:28=	29:20=	30:11=
02:28=	01:20=	01:09=	01:25=	01:49=	00:49=	01:34=	04:36=	03:28=	01:43=	01:45=	01:39=	01:17=	02:26=	01:52=	00:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Røn	naug E	Egelan	d		1:	54					3	31:34		
03:00+	04:20+	05:39+	09:28+	11:44+	12:35+	13:57+	17:17+	20:13+	22:20+	23:54+	25:25+	26:59+	29:17+	30:55+	31:34+
03:00+	01:20=	01:19+	03:49+	02:16+	00:51+	01:22-	03:20-	02:56-	02:07+	01:34-	01:31-	01:34+	02:18-	01:38-	00:39-
00:32#	00:00=	00:10#	02:24@	00:27#	00:02+	00:12-	01:16-	00:32-	00:24#	00:11-	00:08-	00:17#	00:08-	00:14-	00:12-

Plass	Navr	า				K	lasse					7	Γid		
3	Mari	e Sjur	sen			1	17					:	32:17		
02:59+	04:56+	08:36+	10:33+			15:16+	18:46+					27:45+	29:57+	31:42+	
02:59+ 00:31#	01:57+		01:57+ 00:32&											01:45- 00:07-	
4	_	h Den		00.20#	00.00-	4:		00.22-	00.10-	00.00-	00.00=		32:26	00.07-	00.10-
-		_		12:05+	13:00+		_	20:39+	23:53+	25:22+	27:11+		30:12+	31:55+	32:26+
	01:57+													01:43-	
02:07&	00:37&				00:06#	_		00:22-	01:31&	00:16-	00:10#			00:09-	00:20-
02:22-			helsen		10:30+	-	17 17:42+	21:23+	23:18+	25:37+	27:38+		34:59 31:52+	34:02+	34:59+
													02:35+		
00:06-					00:13&	_	_	00:13+	00:12#	00:34&	00:22#		00:09+	00:18#	00:06#
6			ınne K		40.00	1	-	05.00	06.45			-	35:23		05.00
													32:59+ 02:13-		
													00:13-		
7	Solb	jørg B	orgers	sen		2	33					:	36:34		
03:02+ 03:02+	05:08+		09:18+ 02:40+											35:45+ 02:13+	36:34+
00:34#			01:15&										00:04+	00:21#	
8	Jenn	y Tho	rset			1	09						37:15		
													34:31+		
	02:41+												02:22- 00:04-	01:56+ 00:04+	
9			Abral			2		02.500	00.17	00.01	00.21π		38:52	00.011	00.03
-								24:43+	26:55+	29:10+	31:17+		35:32+	37:54+	38:52+
02:40+ 00:12+			05:02+ 03:37@											02:22+	00:58+ 00:07#
10						6	_	00.20+	00.29&	00.30&	00.28&		39:04	00.30&	00.07#
			mbrek 09:43+			-		28:03+	30:07+	31:49+	33:40+	-	36:54+	38:19+	39:04+
03:56+	02:15+	01:22+	02:10+	02:14+	00:39-	05:03+	04:33-	05:51+	02:04+	01:42-	01:51+	01:06-	02:08-	01:25-	00:45-
	00:55&			00:25#	00:10-	_		02:23&	00:21#	00:03-	00:12#			00:27-	00:06-
11	Marg	jot As		10.50	11.45.	_	05	22.20.	26.56	20.02.	21.00.	-	39:08	38:18+	20.00.
													04:01+		
	00:23&			01:02&	00:03-	_	_	02:05&	01:35&	00:22#	00:26&			00:03+	00:01-
12	•	frid Es	•			8	-						39:08		
			10:27+ 02:32+										36:48+ 02:13-		39:08+ 00:39-
	01:18&													00:11-	
13	Ragr	าhild T	「hu			5	4					4	40:13		
02:46+ 02:46+	04:24+		10:34+ 04:31+												40:13+ 00:44-
			03:06@											00:03+	
14	Ruth	Grød	em			1	05					4	40:17		
	06:34+														40:17+
04:53+ 02:25&			03:29+ 02:04@											02:22+ 00:30&	00:55+
15		Norve	-	00.100	00.100	_	05	00.20.	00.111	00.334	00.304		40:58	00.304	00.01.
				13:56+	14:50+			24:44+	26:36+	28:40+	30:38+		37:49+	40:01+	40:58+
													05:40+		
16					00:05#	00:27& 4 :		00:05+	00:09+	00:19#	00:19#		03:14@ 41:24	00:20#	00:06#
			stelet-		16:47+			27:32+	29:27+	31:35+	33:36+		+1.∠4 37:45+	40:23+	41:24+
													02:38+		
					00:07#	_	_	00:21#	00:12#	00:23#	00:22#		00:12+	00:46&	00:10#
17			en Byk		10.10	7	-	20.26	20.16	24.14	26.02		12:34	41.52	40.24
													40:08+ 02:25-		
00:09-	00:53&	00:16#	01:25&	00:52&	00:01+	06:04@	00:55-	03:31@	00:03-	00:13#	00:30&	00:03+	00:01-	00:07-	00:10-

Plass	Navr	1				K	lasse					1	Γid			
18	Lillia	n Dah	l Fitjar	r		1	17					4	13:21			
	08:14+	09:52+	12:06+	14:47+												
	03:12+ 01:52@															
19		eig Ma		00.324	00.114		28	00.001	00.124	00.204	00.274		13:21	02.276	00.021	
	06:10+			13:45+	14:48+			27:16+	29:33+	32:21+	35:18+			42:25+	43:21+	
	02:03+															
	00:43&			_	00:14&	_		01:04&	00:34&	01:03&	01:18&			00:52&	00:05+	
20			ke Aus		17.00	_	09	06.51	20.02	24.06	20.00		13:39	40.47	42.20	
	07:27+ 01:53+															
	00:33&															
21	Inge	r K. H.	Rysst	tad		1.	41					4	14:08			
	06:08+	07:54+	10:07+	13:48+												
	02:20+ 01:00&															
				01.52@	00.25&	_		01.00%	00.33&	00.51%	01.01%			00.440	00.01+	
22	06:10+	n Gilje		13:50+	14:57+	_	41 23:47+	28:31+	30:21+	33:03+	35:45+		14:11 40:23+	42:54+	44:11+	
	02:20+													02:31+		
	01:00&				00:18&	_		01:16&	00:07+	00:57&	01:03&			00:39&	00:26&	
23			e Fribe	_		_	41						14:19			
	06:17+ 02:29+															
	01:09&													00:42&		
24	Judi	th Seri	igstad			1:	28					4	14:32			
03:39+	05:44+			13:52+	14:47+	18:05+	22:21+	29:18+	31:27+	33:39+	35:54+	37:16+	41:28+	43:54+	44:32+	
	02:05+ 00:45&															
	_		_		00.00#	_		03.29@	00.20&	00.27&	00.30&			00.340	00.13-	
25 03:37+	05:49+		e Aune		14:45+		28	28:40+	31:31+	33:37+	35:54+		14:34 41:23+	43:50+	44:34+	
	02:12+															
01:09&	00:52&	00:27&	01:42@	01:30&	00:05#	01:50@	00:24-	02:51&	01:08&	00:21#	00:38&	00:04+	01:42&	00:35&	00:07-	
26			.angvil			9:	-						14:51			
	12:43+ 08:00+															
	06:40@															
27		Bergli				6	_						15:12			
06:09+	08:09+	_		15:09+	15:56+	18:41+	22:31+	30:48+	32:33+	34:30+	36:15+	37:43+	42:11+	44:29+	45:12+	
	02:00+															
	00:40&			00:36&	00:02-	_	_	04:49@	00:02+	00:12#	00:06+			00:26#	00:08-	
28	07:16+	a Edgr		16:44+	17:38+	19:19+	-	28:19+	30:20+	32:32+	34:48+		15:14 42:02+	44:10+	45:14+	
	02:20+															
02:28&	01:00&	01:37@	02:42@	00:46&	00:05#	00:07+	00:14+	00:42#	00:18#	00:27&	00:37&	00:41&	02:50@	00:16#	00:13&	
29			nd Sal				56						15:34			
	06:13+															
	02:03+ 00:43&															
30		a Haul				_	13						15:45			
	07:32+			16:01+	17:20+	_		29:31+	31:29+	34:01+	37:39+			44:41+	45:45+	
	03:11+															
	01:51@			01:44&	00:30&	_	_	01:21&	00:15#	00:47&	01:59@			00:43&	00:13&	
31		di Bug	_	10.25	12.20	4	-	06.20.	24.45	26.46	20.00		16:53	45.56	46.50	
	05:28+ 02:20+															
00:40&	01:00&	00:25&	01:16&	01:03&	00:08#	02:11@	01:38&					00:02-	01:00&			
32			ie Torg			_	53						17:07			
	06:13+ 02:20+															
	02:20+															
	004	554	000	504	250	000	501	5.4	104			504		524	011	

Plass	Navı	า				K	lasse					7	Γid		
33	Mari	anne (3 jesda	l Lyng	ıås	2	53					4	47:08		
		07:53+	11:17+	14:44+	15:58+								43:47+		
	02:27+													02:25+	00:56+ 00:05+
34			and To			_	53	02.304	00.114	00.134	00.374		47:28	00.334	00.031
						_		31:39+	34:05+	36:34+	39:07+		43:53+	46:16+	47:28+
03:50+	02:28+	01:42+	03:24+	03:26+	01:13+	03:34+	05:33+	06:29+	02:26+	02:29+	02:33+	02:01+	02:45+	02:23+	01:12+
					00:24&		_	03:01&	00:43&	00:44&	00:54&		00:19#	00:31&	00:21&
35			n Haal		10.00	4	-	20.52	22.10.	25.27.	20.40.		17:56	46.43.	47.56
													43:44+ 03:03+		
													00:37&		
36	Mari	ta Nav	jord N	icolay	sen	7	1					4	47:56		
03:03+	05:28+													47:09+	
03:03+													02:29+ 00:03+		
				01.45%	00.04+	_	_	00.16+	00.04+	00.26#	01.23&			00.11+	00.04-
37	_	ica Ne		14.22+	15.2/1	21:00+		21.22+	22.41+	26.10+	30.00+		48:02 44:17+	16.51+	48·02±
													03:30+		01:08+
01:26&	00:36&	01:07&	01:51@	01:12&	00:22&	03:52@	01:08#	01:20&	00:26&	00:53&	01:02&	00:30&	01:04&	00:45&	00:17&
38	Torh	ild Sto	okka S	tølsvil	K	9:	2					4	48:04		
													43:55+		
	04:55+ 03:35@													02:56+ 01:04&	
39	_	e Helle		01.334	00.304	_	68	01.200	00.304	00.100	01.000		48:56	01.014	00.224
				19:28+	20:20+	-		34:10+	37:47+	39:41+	42:11+		46:12+	48:01+	48:56+
													02:39+		
	00:57&	00:20&	01:23&	00:33&	00:03+	02:35@	00:20-	01:57&	01:54@	00:09+	00:51&		00:13+	00:03-	00:04+
40		ekka L				6							49:23		
													46:11+ 03:15+		
													00:49&		
41	Ellin	or Hoe	emsne	s		1.	16					į	51:03		
													48:13+		
	02:59+														01:03+
42			Birke		00:14&		16	00:21#	00:11#	00:21#	03:21@		00:10- 51:03	00:05-	00:12#
	_				22.24+	-	. •	27.52+	40.00+	12:06+	11.35+		48:11+	EU - U3+	51·02±
	02:13+														01:00+
05:42@	00:53&	01:25@	03:45@	02:12@	00:27&	01:15&	00:15+	03:21&	00:33&	00:12#	00:50&	00:02+	00:09-	00:00=	00:09#
43			T. Mæl			9:	-						51:19		
													47:31+ 03:16+		
05:12+													03:16+		
44	Inge	r Svnr	øve S	iursen	1	9:	2						52:23		
						-	_	30:59+	33:14+	36:28+	42:08+	-	48:41+	51:22+	52:23+
													04:39+		
	01:29@			02:31@	00:32&	_	_	00:44#	00:32&	01:29&	04:01@			00:49&	00:10#
45		Svihus		05.00	0.5.00	9			40.45	40.00			52:34		
													49:12+ 03:10+		
													00:44&		
46	Eli T	jetland	t			11	16					į	53:30		
													49:57+		
													02:45+		
47		i B. S u		U4.3U@	UU - 3U&	9:56&	_	00.5T#	UU•13#	UU-41&	U1.U4&	_	00:19#	UU - 38&	UU•12#
				25:53±	26:57±			39:10±	41:08±	43:33+	45:30+		50:07+	52:48+	53:32+
													03:05+		
02:30@	00:44&	00:18&	11:53@	02:17@	00:15&	00:58&	00:01+	01:36&	00:15#	00:40&	00:18#	00:15#	00:39&	00:49&	00:07-

Plass	Navı	า				K	lasse					7	Γid		
48	Mari	e-Eliza	abeth I	Reinse	eth	2	7						53:55		
06:23+													51:06+		
	02:35+ 01:15&											01:20+		01:54+ 00:02+	
49		a Kvel		00.010	01.100	6	_	03.200	00.1711	00.03.	00.2011	_	54:11	00.02	00.01.
. •	08:10+			24:19+	25:30+	_	-	39:34+	41:26+	43:46+	46:13+	•		53:07+	54:11+
	03:12+													02:34+	
	01:52@				00:22&	_	_	03:01&	00:09+	00:35&	00:48&			00:42&	00:13&
50 07:28+	11:37+	tin Lill			24:48+	27:18+	_	37:20+	39:49+	42:19+	45:50+		54:24	53:25+	54:24+
	04:09+														
05:00@	02:49@				00:33&	00:56&	01:12&	00:46#	00:46&	00:45&	01:52@	00:20&	00:58&	00:42&	00:08#
51		irid Na				4	-					-	54:42		
04:53+ 04:53+	06:40+						27:04+ 03:44-							53:57+ 01:45-	
	00:27&														
52	Ther	ese Pi	restmo)		6	9						54:43		
07:34+							33:01+							53:22+	
07:34+ 05:06@													03:23+ 00:57&	02:27+	
53		Elin A	_		00.30&	9	_	00.17#	00.30&	00.40&	01.30@		54:51	00.33&	00.30&
	18:12+				29:36+	-	-	41:10+	42:54+	45:14+	47:10+			53:53+	54:51+
	09:15+													02:33+	
	07:55@			02:46@	00:04+			00:51#	00:01+	00:35&	00:17#			00:41&	00:07#
54	13:08+	di Wes		21.57	22.50.	_	16	24.25.	42.22.	44.44.	40.25.		57:17	56:13+	E7.17.
	03:04+													02:24+	
07:36@	01:44@	02:16@	00:47&	01:23&	00:13&	01:32&	00:07+	00:09+	06:15@	00:36&	02:12@	00:49&	00:42&	00:32&	00:13&
55		el Gray				_	63					-	57:33		
	11:46+ 02:57+														
	01:37@														
56	Eli V	åge				1	17						57:34		
	17:27+	19:31+													
10:53+	06:34+ 05:14@												04:16+		
57		e Sveir		01.30%	00.05#	9,	_	01.02&	00.40%	00.52&	02.02@	_	58:20	00.36%	00.140
• -	07:52+			22:48+	24:39+	•	-	39:50+	42:16+	45:01+	48:17+			57:18+	58:20+
05:08+													04:21+		
02:40@		_		05:55@	01:02@	_	_	02:19&	00:43&	01:00&	01:37&		01:55&		00:11#
58	10:12+	OS AX		24.22.	25.22.	4:		40.41.	E1 • 0 0 ·	E2:12:	E6.03.		1:03:46		62.16.
	01:37+														
06:07@	00:17#	05:02@	11:06@	03:49@	00:02+	00:40&	00:31-	03:31@	00:36&	00:28&	01:11&	00:10#	00:02-	01:14&	00:05-
59		J. Kro					28						1:05:38		
	07:31+ 03:54+														
03:37+													05:00+		
60	Gro	Marier	o Totl	and		5	9						1:06:44	l .	
	07:13+														
	02:46+ 01:26@														
61		nn Fai			00.40%	4'		02.440	00.40%	01.040	01.13%		1:06:53		00.27&
	15:18+				28:15+	-	-	42:29+	45:07+	47:31+	50:35+				66:53+
07:56+	07:22+	02:00+	05:34+	04:11+	01:12+	04:33+	05:06+	04:35+	02:38+	02:24+	03:04+	01:38+	10:57+	02:42+	01:01+
	06:02@				00:23&			01:07&	00:55&	00:39&	01:25&			_	00:10#
62	50IV 15:22+	eig Gr		_	20.10	22:00.	-	42.20	45.04	47.26	E0.27		1:06:55		66.55
	15:22+ 07:22+														
05:32@	06:02@	00:50&	04:04@	02:33@	00:17&	03:08@	00:23+	01:11&	00:43&	00:47&	01:22&	00:25&	08:32@	00:54&	00:01+

Plass	Navı	n				K	lasse					T	id		
63	Sum	a Jori	qe			80	0					1	:07:57	7	
07:05+ 07:05+		14:59+ 02:59+	19:45+		25:37+ 01:25+					55:06+ 03:12+	59:13+ 04:07+	61:06+ 01:53+		66:40+ 02:28+	67:57+ 01:17+
07.05+		02:59+			01.25+							00:36&	00:40%	02:28+	00:26%
64		id Esp		02.36@	00.36&	80		01.22&	00.440	01.27&	02.26@		:08:01		00.26&
			19:55+	24:15+	25:39+	_	-	49:21+	51:56+	55:07+	59:20+	-		66:33+	68:01+
07:07+	04:55+		04:56+	04:20+		13:43+		04:42+		03:11+	04:13+	01:47+	03:02+	02:24+	01:28+
04:39@	03:35@	01:48@	03:31@	02:31@	00:35&	12:09@	00:41#	01:14&	00:52&	01:26&	02:34@	00:30&	00:36#	00:32&	00:37&
65	Siar	un Ser	rigstad	ı		1:	28					1	:08:45	5	
03:08+			13:08+		16:22+			28:40+	55:29+	56:59+	58:56+	60:07+	65:16+	67:23+	68:45+
03:08+	01:46+	05:24+	02:50+	02:31+	00:43-	04:23+	04:31-	03:24-	26:49+	01:30-	01:57+	01:11-	05:09+	02:07+	01:22+
00:40&	00:26&	04:15@	01:25&	00:42&	00:06-	02:49@	00:05-	00:04-	25:06@	00:15-	00:18#	00:06-	02:43@	00:15#	00:31&
66	Ann	e Lise	Lunde	•		40	6					1	:09:36	3	
09:59+	15:16+	17:06+	24:30+	28:15+	29:22+	36:18+	42:47+	48:04+	50:22+	53:55+	57:31+	59:34+	63:07+	68:07+	69:36+
09:59+	05:17+	01:50+	07:24+		01:07+						03:36+	02:03+	03:33+	05:00+	01:29+
07:31@	03:57@	00:41&	05:59@	01:56@	00:18&	05:22@	01:53&	01:49&	00:35&	01:48@	01:57@	00:46&	01:07&	03:08@	00:38&
67	Gro	Skadb	erg He	elliese	n	10	05					1	:11:55	5	
17:01+			29:24+					53:07+	54:39+	56:33+	58:51+	63:36+	68:10+	70:45+	71:55+
17:01+	04:09+	02:20+	05:54+	06:51+	01:35+	03:25+	04:45+	07:07+	01:32-	01:54+	02:18+	04:45+	04:34+	02:35+	01:10+
14:33@	02:49@	01:11@	04:29@	05:02@	00:46&	01:51@	00:09+	03:39@	00:11-	00:09+	00:39&	03:28@	02:08&	00:43&	00:19&
68	Ann	Rams	ay			42	2					1	:24:56	3	
12:06+	37:05+	39:02+	41:35+	46:10+	47:18+	62:17+	66:42+	70:46+	72:43+	75:09+	77:21+	78:57+	81:35+	83:54+	84:56+
12:06+	24:59+	01:57+	02:33+		01:08+		04:25-	04:04+	01:57+	02:26+	02:12+	01:36+	02:38+	02:19+	01:02+
			01:08&		00:19&	13:25@	00:11-	00:36#	00:14#	00:41&	00:33&	00:19#	00:12+	00:27#	00:11#
Beste	strekk	ctid for	^r klass	en											
02:09	01:20	01:09	01:06	01:49	00:39	00:49	01:41	02:56	01:17	01:22	01:31	01:02	01:29	01:25	00:31

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

Herrer 16 - 39 år

1	Andı	reas S	egada	I Breil	and	1	94					ţ	52:19										
01:18=						12:20=	14:46=	18:09=	22:05=	25:14=	26:52=	29:09=	31:33=	33:56=	37:27=	39:23=	41:27=	44:22=	48:26=	50:19=	51:07=	52:19=	
01:18=	01:22=	01:57=	01:48=	01:05=	01:37=	03:13=	02:26=	03:23=	03:56=	03:09=	01:38=	02:17=	02:24=	02:23=	03:31=	01:56=	02:04=	02:55=	04:04=	01:53=	00:48=	01:12=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Arne	Eirk l	Nielse	n		2	85					į	53:12										
01:26+	02:54+	04:53+	06:33+	07:46+	09:31+	12:58+	15:01+	19:01+	22:46+	26:01+	27:34+	30:08+	32:25+	35:13+	38:40+	40:36+	42:45+	45:35+	48:43+	50:40+	51:36+	53:12+	
01:26+	01:28+	01:59+	01:40-	01:13+	01:45+	03:27+	02:03-	04:00+	03:45-	03:15+	01:33-	02:34+	02:17-	02:48+	03:27-	01:56=	02:09+	02:50-	03:08-	01:57+	00:56+	01:36+	
00:08#	00:06+	00:02+	-80:00	00:08#	+80:00	00:14+	00:23-	00:37#	00:11-	00:06+	00:05-	00:17#	00:07-	00:25#	00:04-	00:00=	00:05+	00:05-	00:56-	00:04+	00:08#	00:24&	
3	Vega	ard Ka	rlsen			5	0					į	53:52										
01:24+				07:29-	09:21+	12:48+	14:45-	19:57+	23:09+	25:59+	27:12+	29:42+	32:06+	34:49+	38:03+	39:37+	41:35+	44:09-	49:05+	51:17+	52:39+	53:52+	
01:24+	01:28+	01:55-	01:24-	01:18+	01:52+	03:27+	01:57-	05:12+	03:12-	02:50-	01:13-	02:30+	02:24=	02:43+	03:14-	01:34-	01:58-	02:34-	04:56+	02:12+	01:22+	01:13+	
00:06+	00:06+	00:02-	00:24-	00:13#	00:15#	00:14+	00:29-	01:49&	00:44-	00:19-	00:25-	00:13+	00:00=	00:20#	00:17-	00:22-	00:06-	00:21-	00:52#	00:19#	00:34&	00:01+	
4	Kjeti	il Hodr	ne			1	67					į	55:00										
01:25+	02:45+	04:36-	06:02-	07:09-	08:51-	12:32+	14:49+	18:29+	23:18+	25:32+	27:46+	28:56-	32:00+	34:16+	37:06-	39:57+	41:33+	43:56-	47:07-	50:35+	52:40+	53:38+	55:00+
01:25+	01:20-	01:51-	01:26-	01:07+	01:42+	03:41+	02:17-	03:40+	04:49+	02:14-	02:14+	01:10-	03:04+	02:16-	02:50-	02:51+	01:36-	02:23-	03:11-	03:28+	02:05+	00:58-	01:22+
00:07+	00:02-	00:06-	00:22-	00:02+	00:05+	00:28#	00:09-	00:17+	00:53#	00:55-	00:36&	01:07-	00:40&	00:07-	00:41-	00:55&	00:28-	00:32-	00:53-	01:35&	01:17@	00:14-	01:22+
5	Cato	Eike				7	9					į	57:44										
02:24+	03:30+	05:17+	09:29+	10:54+	12:30+	15:38+	17:17+	20:52+	24:07+	27:16+	28:20+	30:34+	32:53+	35:33+	38:22+	39:46+	41:54+	46:53+	49:59+	55:49+	56:41+	57:44+	
02:24+	01:06-	01:47-	04:12+	01:25+	01:36-	03:08-	01:39-	03:35+	03:15-	03:09=	01:04-	02:14-	02:19-	02:40+	02:49-	01:24-	02:08+	04:59+	03:06-	05:50+	00:52+	01:03-	
01:06&	00:16-	00:10-	02:24@	00:20&	00:01-	00:05-	00:47-	00:12+	00:41-	00:00=	00:34-	00:03-	00:05-	00:17#	00:42-	00:32-	00:04+	02:04&	00:58-	03:57@	00:04+	00:09-	
6	Jona	as Lye	Schei	е		6	2					1	1:00:59	9									
01:32+	03:39+	05:47+	07:59+	09:15+	11:26+	15:11+	18:06+	22:33+	26:43+	30:18+	32:08+	35:08+	38:06+	41:52+	45:40+	48:32+	51:06+	53:52+	57:02+	59:07+	60:02+	60:59+	
01:32+	02:07+	02:08+	02:12+	01:16+	02:11+	03:45+	02:55+	04:27+	04:10+	03:35+	01:50+	03:00+	02:58+	03:46+	03:48+	02:52+	02:34+	02:46-	03:10-	02:05+	00:55+	00:57-	
00:14#	00:45&	00:11+	00:24#	00:11#	00:34&	00:32#	00:29#	01:04&	00:14+	00:26#	00:12#	00:43&	00:34#	01:23&	00:17+	00:56&	00:30#	00:09-	00:54-	00:12#	00:07#	00:15-	
7	Rune	e Hatle	9			6	5					1	1:01:41	1									
01:35+	03:06+	05:21+	07:20+	08:44+	10:45+	14:42+	17:06+	21:57+	26:37+	30:07+	31:29+	34:14+	37:42+	40:34+	44:18+	47:07+	49:37+	52:27+	56:33+	58:53+	60:10+	61:41+	
01:35+	01:31+	02:15+	01:59+	01:24+	02:01+		02:24-	04:51+		03:30+	01:22-		03:28+			02:49+	02:30+	02:50-	04:06+	02:20+	01:17+	01:31+	
00:17#	00:09#	00:18#	00:11#	00:19&	00:24#	00:44#	00:02-	01:28&	00:44#	00:21#	00:16-	00:28#	01:04&	00:29#	00:13+	00:53&	00:26#	00:05-	00:02+	00:27#	00:29&	00:19&	

Plass	Navr	1				K	lasse					1	id .									
8	Mag	ne Hal	besta	ad		1	11					1	:02:2	5								
					10:52+ 02:00+																	
					00:23#	00:39#	00:20#					01:58&	00:32#	01:04&								
9		en Str			15.06	5	-	04.00	00.21	20.00	25.41.		1:02:52		40.51	E0.40.	F2-00		F0.F0.	60.56	61.42	60.50
					15:06+ 01:49+																	
4.0	_				00:12#	_	_	00:26#	00:13+	00:49&	01:34&		. .	_	00:37-	00:05-	00:22#	-80:00	01:01-	00:05+	00:01-	00:03-
10 01:29+		05:54+			10:32+	9 14:38+	_	21:08+	25:28+	29:22+	30:57+		36:41+		44:19+	46:17+	48:47+	51:29+	57:32+	60:04+	61:09+	62:52+
					02:04+																	
11		d Eve		00:08#	00:27&	_	16	00:58&	00:24#	00:45#	00:03-		00:26# 1:03:40	_	00:14+	00:02+	00:26#	00:13-	01:59&	00:39&	00:17&	00:31&
	_			09:17+	11:29+	_		24:31+	28:28+	32:18+	34:25+			-	46:23+	48:02+	50:28+	53:25+	58:50+	60:57+	62:20+	63:40+
					02:12+ 00:35&																	
12		d Wad	_	00.100	00.334	_	16	03.306	00.011	00.11#	00.234		1:04:53	_	00-22	00117	00.22#	00.021	011214	00.11#	00.334	00.00#
01:25+	03:10+	05:19+	07:33+		10:50+	15:50+	17:38+					39:25+	42:19+	45:19+								
					01:45+ 00:08+																	
13	Kjeti	l Hollι	ınd			1	80					1	1:10:37	7								
					10:31+ 01:56+																	
					00:19#																	
14		n Kylli				7							1:12:53	-								
01:26+ 01:26+					14:52+ 02:03+																	
00:08#	00:20#	03:51@	00:33&	00:27&	00:26&	_	_	04:30@	00:29#	01:37&	00:03-			_	00:30#	00:26#	00:27#	00:56&	00:07+	00:28#	00:22&	00:26&
15		• Dahl	•	12.12.	14:26+	10:10:	-	20.20.	22.25.	26.50.	20.24.		1:13:50	-	E2:12:	EE • 21 .	E0.24:	62.15.	60.05.	70 · E1 ·	72:00.	72.56
01:50+	01:50+	02:43+	04:22+	01:27+	02:14+	04:53+	02:49+	06:22+	04:55+	03:25+	01:44+	03:30+	02:56+	04:05+	04:08+	02:18+	03:03+	04:41+	04:50+	02:46+	01:18+	01:47+
					00:37&	_	_	02:59&	00:59#	00:16+	00:06+			_	00:37#	00:22#	00:59&	01:46&	00:46#	00:53&	00:30&	00:35&
16 01:41+		10:08+			16:34+	22:52+	-	29:20+	34:03+	38:04+	39:44+		47:50+		55:45+	58:07+	60:31+	63:50+	68:25+	71:03+	72:46+	74:28+
					02:08+																	
17		André			00:31&	_	68	00.48#	00.47#	00.52&	00.02+		©2:30 1:14:3!	_	00.57&	00.26#	00.20#	00.24#	00.31#	00.45&	00.55@	00.30&
01:42+	03:27+	13:30+	15:33+	17:10+	19:03+	23:25+	25:39+					46:26+	49:59+	53:23+								
					01:53+ 00:16#																	
18		eas F				6	_						1:19:0						**			
					15:59+																	
					02:03+ 00:26&																	
19		Krist				6	-						1:22:0									
					17:25+ 02:33+																	
					00:56&																	
20		Olof W			12.00		36	06.00	20.21	41.45	42.24.		1:22:43	-	61.05	65.00	60.25	E1.50	55.05.	E0.42.	01.10	00.42
					13:00+ 02:08+																	
				00:25&	00:31&			03:27@	07:33@	01:07&	00:09+				00:16+	01:47&	01:23&	00:29#	01:04&	00:43&	00:41&	00:19&
21		i Hans		12:14+	14:14+	18:50+	-	30:50+	35:19+	40:43+	42:22+		1:25:38	•	55:23+	57:06+	70:15+	73:42+	79:52+	82:48+	84:04+	85:38+
02:55+	01:42+	02:14+	02:58+	02:25+	02:00+	04:36+	02:15-	09:45+	04:29+	05:24+	01:39+	02:58+	03:29+	03:04+	03:30-	01:43-	13:09+	03:27+	06:10+	02:56+	01:16+	01:34+
01:37@ 22	_	McCle		01:20@	00:23#	_	71	06:22@	00:33#	02:15&	00:01+		01:05& 1:27:50		00:01-	00:13-	11:05@	00:32#	02:06&	01:03&	00:28&	00:22&
			•	09:28+	11:27+			30:29+	38:12+	42:55+	44:32+				66:43+	68:42+	71:39+	74:43+	79:46+	85:30+	86:35+	87:50+
					01:59+																	
UU:12#	00.20#	UU • 33&	00.TP#	UU:3/&	00:22#	OT:12%	00:01-	UB • 46@	03.4/&	U1.34&	00.01-	TT.T2@	00.35#	00.35#	00.49-	00.03+	UU-53&	00.09+	00.59#	03.21@	UU.1/&	00.03+

Plass	Navı	n				K	lasse					7	Tid .									
23	Rich	ard G	alle			6	6					1	1:29:53	3								
03:14+		09:47+	13:19+	15:17+	19:08+		24:38+			44:59+											85:40+	
03:14+		04:51+			03:51+	03:29+		06:43+		06:44+					03:58+	05:58+		03:32+	05:22+	02:01+	01:13+	
01:56@					02:14@	00:16+		03:20&	02:58&	03:35@	03:27@				00:27#	04:02@	01:05&	00:37#	01:18&	00:08+	00:25&	03:01@
24	Olav	' Joha	nness	en		1	05					1	1:30:20)								
02:18+	04:06+	09:12+	11:15+	13:07+	14:54+	20:10+	23:28+	39:56+	44:59+	52:22+	54:12+	57:37+	60:45+	64:57+	72:29+	74:09+	76:41+	79:47+	85:09+	87:34+	88:45+	90:20+
02:18+	01:48+	05:06+	02:03+	01:52+	01:47+	05:16+	03:18+	16:28+	05:03+	07:23+	01:50+	03:25+	03:08+	04:12+	07:32+	01:40-	02:32+	03:06+	05:22+	02:25+	01:11+	01:35+
01:00&	00:26&	03:09@	00:15#	00:47&	00:10#	02:03&	00:52&	13:05@	01:07&	04:14@	00:12#	01:08&	00:44&	01:49&	04:01@	00:16-	00:28#	00:11+	01:18&	00:32&	00:23&	00:23&
25	Alex	ander	Khoru	unzhiy		1	36					1	1:32:17	7								
01:51+					15:11+	21:02+	23:25+	34:53+	39:31+	45:32+	47:24+	51:05+	60:30+	64:18+	71:10+	73:31+	78:52+	82:23+	86:47+	89:27+	90:38+	92:17+
01:51+	02:17+	04:16+	02:35+	01:52+	02:20+	05:51+	02:23-	11:28+	04:38+	06:01+	01:52+	03:41+	09:25+	03:48+	06:52+	02:21+	05:21+	03:31+	04:24+	02:40+	01:11+	01:39+
00:33&	00:55&	02:19@	00:47&	00:47&	00:43&	02:38&	00:03-	08:05@	00:42#	02:52&	00:14#	01:24&	07:01@	01:25&	03:21&	00:25#	03:17@	00:36#	00:20+	00:47&	00:23&	00:27&
Beste	strekk	tid for	^r klass	en																		
01:18	01:06	01:47	01:21	01:05	01:36	03:08	01:39	03:23	03:12	02:14	01:04	01:10	02:17	02:16	02:33	01:24	01:36	02:23	03:03	01:53	00:47	00:57
= Som k	lassevin	ner, -	raskere,	+ ser	nere, #	10% tap	, & 25	% tap,	@ 100%	tap.												

Herrer 40 - 49 år

79 51:26 Knut Pedersen 00:51 = 03:15 = 05:06 = 07:54 = 09:58 = 12:26 = 13:50 = 16:43 = 17:45 = 20:46 = 22:55 = 29:56 = 32:43 = 35:42 = 38:37 = 43:15 = 45:09 = 47:39 = 49:24 = 50:16 = 51:26 = 13:50 = 16:43 = 17:45 = 17:400:51= 02:24= 01:51= 02:48= 02:04= 02:04= 02:28= 01:24= 02:53= 01:02= 03:01= 02:09= 03:03= 03:58= 02:47= 02:59= 02:55= 04:38= 01:54= 02:30= 01:45= 00:52= 01:10= 02:48= 02:04= 02: 00:00 = 00:0Siur Sigmo 116 53:08 00:41- 02:41- 05:10+ 06:23- 08:59- 11:03- 12:36- 15:11- 16:18- 18:59- 20:54- 24:27- 29:55- 33:02+ 34:34- 37:52- 43:31+ 45:34+ 48:02+ 50:24+ 51:38+ 53:08+ 00:10- 00:24- 00:38& 01:35- 00:32& 00:24- 00:09# 00:18- 00:05+ 00:20- 00:14- 00:30# 01:30& 00:20# 01:27- 00:23# 01:01# 00:09+ 00:02- 00:37& 00:22& 00:20& Knut Taugbøl 116 55:18 00:58+ 03:22+ 06:09+ 08:13+ 10:34+ 13:04+ 14:54+ 17:58+ 19:06+ 21:51+ 23:40+ 27:07+ 31:46+ 35:01+ 37:23+ 41:30+ 46:29+ 48:20+ 50:14+ 52:25+ 53:40+ 55:18+ $00:58+ \quad 02:24= \quad 02:47+ \quad 02:04- \quad 02:21+ \quad 02:30+ \quad 01:50+ \quad 03:04+ \quad 01:08+ \quad 02:45- \quad 01:49- \quad 03:27+ \quad 04:39+ \quad 03:15+ \quad 02:22- \quad 04:07+ \quad 04:59+ \quad 01:51- \quad 01:54- \quad 02:11+ \quad 01:15+ \quad 01:38+ \quad 02:24- \quad 02:11+ \quad 01:15+ \quad 0$ 00:07# 00:00= 00:56& 00:44- 00:17# 00:02+ 00:26& 00:11+ 00:06+ 00:16- 00:20- 00:24# 00:41# 00:28# 00:37- 01:12& 00:21+ 00:03- 00:36- 00:26# 00:28& 00:28& 200 $01:07+\ 02:27+\ 02:16+\ 01:11-\ 02:22+\ 02:09-\ 01:31+\ 03:18+\ 01:31+\ 02:49-\ 02:05-\ 03:54+\ 05:47+\ 03:11+\ 01:34-\ 05:01+\ 07:26+\ 02:03+\ 02:35+\ 02:12+\ 01:30+\ 01:26+$ $00:16\& \quad 00:03+ \quad 00:25\# \quad 01:37- \quad 00:18\# \quad 00:19- \quad 00:07+ \quad 00:25\# \quad 00:29\& \quad 00:12- \quad 00:04- \quad 00:51\& \quad 01:49\& \quad 00:24\# \quad 01:25- \quad 02:06\& \quad 02:48\& \quad 00:09+ \quad 00:05+ \quad 00:27\& \quad 00:38\& \quad 00:16\# \quad 00:04-100$ Bård Skogsholm 40 1:00:56 01:02+ 03:29+ 05:28+ 06:38- 09:00- 11:04- 13:16- 16:03- 17:20- 20:05- 22:24- 25:46- 30:24+ 38:02+ 40:04+ 43:28+ 52:48+ 54:43+ 57:05+ 58:41+ 59:40+ 60:56+ $01:02+ \ 02:27+ \ 01:59+ \ 01:10- \ 02:22+ \ 02:04- \ 02:12+ \ 02:47- \ 01:17+ \ 02:45- \ 02:19+ \ 03:22+ \ 04:38+ \ 07:38+ \ 02:02- \ 03:24+ \ 09:20+ \ 01:55+ \ 02:22- \ 01:36- \ 00:59+ \ 01:16+ \ 02:24- \ 02:24- \ 02:24- \ 01:16+ \ 02:24- \ 0$ 00:11# 00:03+ 00:08+ 01:38- 00:18# 00:24- 00:48& 00:06- 00:15# 00:16- 00:10+ 00:19# 00:40# 04:51@ 00:57- 00:29# 04:42@ 00:01+ 00:08- 00:09- 00:07# 00:06+ 267 1:02:53 Håvard Svihus $03:21+ \quad 06:17+ \quad 08:39+ \quad 09:43+ \quad 12:39+ \quad 14:34+ \quad 16:32+ \quad 19:42+ \quad 21:25+ \quad 24:43+ \quad 26:53+ \quad 30:25+ \quad 36:35+ \quad 40:54+ \quad 42:53+ \quad 47:25+ \quad 53:07+ \quad 54:54+ \quad 57:09+ \quad 60:19+ \quad 61:30+ \quad 62:53+ \quad 61:30+ \quad 6$ $03:21+ \quad 02:56+ \quad 02:22+ \quad 01:04- \quad 02:56+ \quad 01:55- \quad 01:55- \quad 01:58+ \quad 03:10+ \quad 01:43+ \quad 03:18+ \quad 02:10+ \quad 03:32+ \quad 06:10+ \quad 04:19+ \quad 01:59- \quad 04:32+ \quad 05:42+ \quad 01:47- \quad 02:15- \quad 03:10+ \quad 01:11+ \quad 01:23+ \quad 03:10+ \quad 01:11+ \quad 0$ 02:30@ 00:32# 00:31& 01:44- 00:52& 00:33- 00:34& 00:17+ 00:41& 00:17+ 00:01+ 00:29# 02:12& 01:32& 01:00- 01:37& 01:04# 00:07- 00:15- 01:25& 00:19& 00:13# Lars Primstad 1:02:59 $00:58+ \quad 02:56- \quad 06:28+ \quad 07:27- \quad 09:45- \quad 12:14- \quad 13:48- \quad 21:19+ \quad 22:27+ \quad 25:23+ \quad 27:07+ \quad 30:26+ \quad 37:03+ \quad 39:39+ \quad 42:18+ \quad 47:24+ \quad 52:53+ \quad 54:45+ \quad 57:03+ \quad 60:34+ \quad 61:55+ \quad 62:59+ \quad 61:55+ \quad 62:59+ \quad 61:55+ \quad 6$ 00:07# 00:26- 01:41& 01:49- 00:14# 00:01+ 00:10# 04:38@ 00:06+ 00:05- 00:25- 00:16+ 02:39& 00:11- 00:20- 02:11& 00:51# 00:02- 00:12- 01:46@ 00:29& 00:06-Trondr Breiland 1:03:09 $00:50-\ 03:09-\ 05:14+\ 06:30-\ 08:56-\ 10:55-\ 12:35-\ 15:08-\ 16:27-\ 19:00-\ 21:58-\ 25:25-\ 34:59+\ 38:59+\ 44:35+\ 48:02+\ 53:11+\ 55:44+\ 58:08+\ 60:15+\ 61:57+\ 63:09+\ 63:0$ Adne Hausberg 1:03:56 01:01+ 03:44+ 06:22+ 09:30+ 12:08+ 14:47+ 16:29+ 19:36+ 20:43+ 24:11+ 27:22+ 32:17+ 38:00+ 41:51+ 44:01+ 48:14+ 54:13+ 56:50+ 59:10+ 60:51+ 62:26+ 63:56+ $01:01+ \quad 02:43+ \quad 02:38+ \quad 03:08+ \quad 02:38+ \quad 02:38+ \quad 02:39+ \quad 01:42+ \quad 03:07+ \quad 01:07+ \quad 03:28+ \quad 03:11+ \quad 04:55+ \quad 05:43+ \quad 03:51+ \quad 02:10- \quad 04:13+ \quad 05:59+ \quad 02:37+ \quad 02:20- \quad 01:41- \quad 01:35+ \quad 01:30+ \quad 01:41- \quad 0$ 00:10 # 00:19 # 00:47 & 00:20 # 00:34 & 00:11 + 00:18 # 00:14 + 00:05 + 00:27 # 01:02 & 01:52 & 01:45 & 01:04 & 00:49 - 01:18 & 01:21 & 00:43 & 00:10 - 00:04 - 00:43 & 00:20 & 00:49 + 00:48 & 00:48 & 00:49 + 00:48 & 00:4105 1:05:04 Oddmund Nordgård 01:05+ 03:29+ 10:56+ 12:17+ 15:05+ 18:22+ 19:59+ 23:03+ 24:18+ 27:11+ 29:27+ 33:08+ 37:44+ 44:51+ 47:43+ 51:27+ 57:15+ 59:00+ 61:02+ 62:32+ 63:48+ 65:04+ $01:05+ \quad 02:24= \quad 07:27+ \quad 01:21- \quad 02:48+ \quad 03:17+ \quad 01:37+ \quad 03:04+ \quad 01:15+ \quad 02:53- \quad 02:16+ \quad 03:41+ \quad 04:36+ \quad 07:07+ \quad 02:52- \quad 03:44+ \quad 05:48+ \quad 01:45- \quad 02:02- \quad 01:30- \quad 01:16+ \quad 0$ $00:14\& \quad 00:00 = \quad 05:36@ \quad 01:27 - \quad 00:44\& \quad 00:49\& \quad 00:13\# \quad 00:11 + \quad 00:13\# \quad 00:08 - \quad 00:07 + \quad 00:38\# \quad 00:38\# \quad 04:20@ \quad 00:07 - \quad 00:49\& \quad 01:10\& \quad 00:09 - \quad 00:28 - \quad 00:15 - \quad 00:24\& \quad 00:06 + \quad 00:08 - \quad 00:08$

Plass	Navr	1				K	lasse					7	Γid								
11	Svei	n Odd	var Ne	etland		1	16						1:05:08	3							
													41:22+ 03:37+								
													03:37+								
12		n Thoi				_	92						1:07:58	_							
	03:16+	06:37+	09:41+	11:45+									36:07+								
00:45-													03:05+ 00:18#								
13	_	r Chap		00.00=	00.00-	_	17	00.34%	00.10-	00.25#	00.23#		1:08:10		01.10%	00.42#	00.15#	00.07-	01.394	00.02+	00.14#
				16:29+	18:55+	_		28:09+	32:09+	34:11+	37:22+		46:34+		52:54+	58:17+	60:44+	63:48+	65:35+	66:43+	68:10+
													02:57+								
	. .	. –			00:02-		_	03:25@	00:59&	00:07-	00:08+		00:10+	_	01:43&	00:45#	00:33&	00:34#	00:02+	00:16&	00:17#
14		ein Fu			12:21=	13:59+	-	23:05+	29:56+	32:11+	36:58+		1:08:58 45:43+		52:57+	58:22+	60:39+	64:06+	65:58+	67:27+	68:58+
													03:47+								
00:16&	00:01-	00:20#	01:23-	00:40&	00:03+	00:14#	03:53@	01:18@	03:50@	00:06+	01:44&	01:00&	01:00&	00:17-	01:37&	00:47#	00:23#	00:57&	00:07+	00:37&	00:21&
15				tersen		_	05						1:09:21	="							
													42:34+ 03:33+								
													00:46&								
16	Arng	rim U	tskarp	en		1	17					•	1:09:39	•							
													41:20+								
													04:41+ 01:54&								
17		Eina				_	09						1:10:35	_							
			_		17:22+	•		24:19+	27:49+	30:27+	34:30+		46:14+		52:42+	59:11+	61:46+	64:52+	67:08+	68:36+	70:35+
													04:20+ 01:33&								
18		Breila		01.10%	00.20#	_	57	00.33&	00.29#	00.29#	01.00%		1:12:07	_	00.54&	01.31%	00.41%	00.30#	00.31%	00.30&	00.49&
				14:32+	18:58+	-		27:02+	31:56+	34:27+	38:48+		47:56+		54:05+	60:40+	62:56+	66:19+	69:12+	70:39+	72:07+
													04:25+								
					01:58&		4.0	00:58&	01:53&	00:22#	01:18&		01:38&		01:01&	01:57&	00:22#	00:53&	01:08&	00:35&	00:18&
19		Peter			16.14.	-	16	24.10.	20.05.	21.22.	25.26.		1:13:36 44:37+	-	FF.10.	62.20.	65.10	67.51.	60.45.	72.05.	72.26
													04:08+								
	00:43&	01:58@	00:54-	01:18&	00:33#	00:44&	01:16&	00:45&	01:46&	00:19#	00:50&	01:05&	01:21&	03:13@	01:26&	02:32&	00:56&	00:11+	00:09+	01:28@	00:21&
20	_	var Ho				_	16						1:14:24	-							
													50:59+ 04:21+								
													01:34&								
21	Rune	Fems	steine	vik		9	1					•	1:15:10)							
													50:26+								
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22		nar Ha				2	_		"				1:15:41	_							
				12:59+	16:07+	_	-	25:00+	28:41+	30:56+	34:54+		46:35+	=	55:00+	64:57+	67:30+	70:38+	72:52+	74:15+	75:41+
													05:07+								
	_			01:08%	00:40&		_	00:27&	00:40#	00:06+	00:55&		02:20&	_	01:52&	05:19@	00:39&	00:38&	00:29&	00:31&	00:16#
23		ar Heie		15.50+	10.30+	20:27+	-	27:45+	21.20+	33.40+	27.50+		1:26:32 56:02+	_	62.22+	60.30+	71.2/1	70.36+	82.20+	0/1-10+	96.32+
													03:18+								
			_				_	01:45@	00:53&	-80:00	01:16&		00:31#		01:29&	01:38&	01:02&	05:32@	01:08&	00:57@	01:04&
24				s Farb		4:							1:36:31								
													60:57+ 05:51+								
													03:04@							00:52&	
Beste																					
00:41	01:58	01:51	00:59	02:04	01:55	01:24	02:23	01:01	02:33	01:44	03:03	03:58	02:36	01:32	02:55	04:38	01:45	01:54	01:30	00:52	01:04

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

Herrer 50 - 54 år

Plass Navn

4	lan (Siaurd	l Eiko			7	0						E4.26						
00:21=		Sigurd		09:55=	13:10=	14:20=	_	21:39=	25:56=	27:50=	29:50=		51:36 32:31=	35:08=	39:56=	41:04=	48:41=	51:02=	51:36=
													01:31=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tor S	Sverre	Skåra	1		2	66						53:12						
													35:47+						
													01:49+ 00:18#						
00:00=		~ :		03:16@	00:41#			00:50&	02:45-	00:22-	00:32&			01:10%	00:07-	00:26&	04:03-	00:54&	00:00=
3		Skrett		11.21+	17.21+	-	65	25.35+	27.10+	20.47+	21.27+		55:18 34:49+	20.20+	12.12+	11.10+	51.46+	54.40+	55:18+
													01:49+						
													00:18#						
4	Kiell	Selan	d			2	36						58:31						
00:21=				09:53-	15:48+			30:38+	33:04+	34:28+	36:17+		39:36+	42:47+	49:55+	51:31+	55:08+	57:46+	58:31+
													02:04+						
_				00:10+	02:40&	_	05:15@	00:46&	01:51-	00:30-	00:11-		00:33&	_	02:20&	00:28&	04:00-	00:17#	00:11&
5		ers Gle				7							1:00:4	-					
													44:47+ 02:07+						
													00:36&						
6	_	k Han				2							1:02:07	_					
00:27+				11:38+	18:22+	_	•	28:49+	30:36+	32:38+	35:36+		40:27+		48:58+	50:36+	57:23+	61:20+	62:07+
													01:53+						
00:06&	00:09+	00:05+	00:27#	00:56&	03:29@	01:24@	00:31-	01:05&	02:30-	+80:00	00:58&	01:48@	00:22#	00:40&	00:26+	00:30&	00:50-	01:36&	00:13&
7			haels				17						1:03:51						
													45:59+						
													01:50+ 00:19#						
8		ld Tak		00.130	00.01	_	36	01.514	01.214	00.304	00.1011		1:04:54	_	00.03.	01.110	01.10	00.331	00.00
•				15:15+	19:23+	_		31:17+	34:34+	37:00+	40:26+		44:20+	-	56:37+	58:25+	61:17+	64:07+	64:54+
													02:02+						
380:00	00:50&	00:22#	02:21&	01:39&	00:53&	01:10&	00:22+	01:53&	01:00-	00:32&	01:26&	00:42&	00:31&	01:12&	03:40&	00:40&	04:45-	00:29#	00:13&
9	Ove	Njå				9	0						1:08:31	1					
													49:53+						
													02:05+ 00:34&						
10		ein Ha		02.130	03.29@		16	01.00%	03.43%	02.07@	00.55&		1:09:34	_	00.20-	00.340	03.35-	00.43&	00.37@
				22.20.	26.50.	-	. •	26.12.	40.50	16.11.	10.56		52:21+		61.24.	62.40	66.24.	60.10.	60.20.
													02:08+						
01:39@	00:41&	04:41@	01:33&	04:01@	01:13&	00:27&	00:39-	00:57&	00:21+	03:30@	00:42&	00:07#	00:37&	00:47&	00:51#	00:17#	04:02-	00:04+	00:07#
11	Roge	er Nys	eth			9	2						1:09:53	3					
													49:00+						
													02:20+ 00:49&						
		_	_		02:02&			01:32&	02:23-	00:34&	01:10%			_	00:02+	00:45&	03:08-	00:59&	01:53@
12			rjusen		20.40.		67	22.14.	42.00	45.50	40.45.		1:15:47 52:28+		62.20.	67.00	71.56	75.02.	75.47.
													01:56+						
													00:25&						00:10&
13	Siab	iørn G	loppe	n		1	44						1:20:12	2					
					36:46+	39:10+	43:48+	47:09+	48:52+	52:36+	55:08+		58:38+		70:08+	71:50+	76:40+	79:29+	80:12+
													02:00+						
_					01:28&	01:14@	00:07+	00:33#	02:34-	01:50&	00:32&	00:20&	00:29&	00:38#	03:27&	00:34&	02:47-	00:28#	00:09&
	strekk																		
00:18	02:00	01:22	03:01	02:41	03:14	01:10	03:14	02:48	01:32	01:24	01:49	01:10	01:31	02:37	04:14	01:08	02:52	02:21	00:34
= Som k	lassevin	ner, -	raskere,	+ ser	nere, #	10% tap	, & 25	% tap,	@ 100%	tap.									

Herrer 55 - 59 år

1	Arne	Magr	ne Son	drese	n	9:	2					4	6:47						
00:21=						16:34=	20:03=	22:43=	25:37=	27:31=	29:44=	30:56=	32:34=	35:09=	39:24=	40:40=	44:00=	46:16=	46:47=
															04:15=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Arnf	inn Rø	muld			1	16					4	7:32						
00:21=	02:28+	04:23+	07:43+	10:23-	13:44-	15:04-	18:39-	21:34-	23:16-	25:19-	27:23-	28:37-	30:09-	33:46-	37:26-	41:28+	44:31+	46:53+	47:32+
00:21=	02:07+	01:55+	03:20-	02:40-	03:21-	01:20+	03:35+	02:55+	01:42-	02:03+	02:04-	01:14+	01:32-	03:37+	03:40-	04:02+	03:03-	02:22+	00:39+
00:00=	00:13#	00:21#	00:23-	01:02-	00:43-	00:04+	00:06+	00:15+	01:12-	00:09+	00:09-	00:02+	00:06-	01:02&	00:35-	02:46@	00:17-	00:06+	380:00
3	Ole I	Petter	Hauka	as		10	09					4	8:43						
00:18-	02:33+	04:01+	07:26-	10:18-	13:30-	14:52-	17:55-	21:22-	23:01-	24:30-	28:12-	29:49-	31:35-	34:50-	38:57-	40:33-	45:19+	48:10+	48:43+
															04:07-			02:51+	00:33+
00:03-	00:21#	00:06-	00:18-	00:50-	00:52-	00:06+	00:26-	00:47&	01:15-	00:25-	01:29&	00:25&	+80:00	00:40&	00:08-	00:20&	01:26&	00:35&	00:02+
4	Mort	en Jo	hanne	ssen		7						5	0:41						
01:52+	04:05+	05:29+	09:20+	12:26+	16:05+	17:21+	20:38+	23:20+	26:42+	29:00+	31:29+	32:37+	34:31+	37:20+	43:44+	45:09+	47:44+	50:03+	50:41+
															06:24+		02:35-	02:19+	00:38+
01:31@	00:19#	00:10-	00:08+	00:36-	00:25-	00:00=	00:12-	00:02+	00:28#	00:24#	00:16#	00:04-	00:16#	00:14+	02:09&	00:09#	00:45-	00:03+	00:07#
5	Bjør	n H. E	ngseth	1		2	7					5	6:16						
															46:56+				56:16+
															05:12+				00:40+
00:04#	00:36&	00:43&	00:43#	01:11&	00:15+		00:28#	00:44&	01:17-	00:50&	00:19#	_		01:01&	00:57#	01:20@	00:01-	00:29#	00:09&
6	Per I	Ingar I	Hadlan	ıd		7						5	8:14						
															48:36+				58:14+
															05:27+				00:54+
03:04@				_	01:14&	_		01:01&	01:09-	00:02-	00:31#	_		01:08&	01:12&	00:33&	00:13+	01:06&	00:23&
7	, -	- ,	veland			-	80					-	8:59						
															46:38+		55:21+		58:59+
															04:11- 00:04-				00:40+ 00:09&
00:13&	_		00:02-	01:34&	00:14+	00:07+	00:04-	00:59&	01:15-	02:25@	01:07&	00:34&	00:29&	00:43&	00:04-	00:07+	04:00@	00:42&	00:09&
0		Hellik		10.56	10.01	8	-	20.00	21.51	24.02	26.45	-	9:20	45.20	F1.06	E0.20.	55.50	F0.20	E0.00.
	02:47+	04:25+	08:33+			19:49+	25:49+					38:50+	40:48+		51:06+				
00:21=	02:47+ 02:26+	04:25+ 01:38+	08:33+ 04:08+	04:23+	05:25+	19:49+ 01:28+	25:49+ 06:00+	04:13+	01:49-	02:32+	02:22+	38:50+ 02:05+	40:48+ 01:58+	04:50+	05:28+	01:33+	03:20=	02:40+	00:41+
00:21=	02:47+ 02:26+ 00:32&	04:25+ 01:38+ 00:04+	08:33+ 04:08+ 00:25#	04:23+ 00:41#	05:25+	19:49+ 01:28+ 00:12#	25:49+ 06:00+	04:13+	01:49-	02:32+	02:22+	38:50+ 02:05+ 00:53&	40:48+ 01:58+ 00:20#	04:50+ 02:15&		01:33+	03:20=	02:40+	00:41+
00:21= 00:00=	02:47+ 02:26+ 00:32& Kjell	04:25+ 01:38+ 00:04+ R. No	08:33+ 04:08+ 00:25# ordmar	04:23+ 00:41#	05:25+ 01:21&	19:49+ 01:28+ 00:12#	25:49+ 06:00+ 02:31&	04:13+ 01:33&	01:49- 01:05-	02:32+ 00:38&	02:22+ 00:09+	38:50+ 02:05+ 00:53&	40:48+ 01:58+ 00:20#	04:50+ 02:15&	05:28+ 01:13&	01:33+ 00:17#	03:20= 00:00=	02:40+ 00:24#	00:41+ 00:10&
00:21= 00:00= 9 02:47+	02:47+ 02:26+ 00:32& Kjell 04:58+	04:25+ 01:38+ 00:04+ R. No 07:10+	08:33+ 04:08+ 00:25# ordmar 11:10+	04:23+ 00:41# k 14:15+	05:25+ 01:21& 19:34+	19:49+ 01:28+ 00:12# 7 21:03+	25:49+ 06:00+ 02:31& 26:38+	04:13+ 01:33& 29:54+	01:49- 01:05- 37:39+	02:32+ 00:38& 39:48+	02:22+ 00:09+ 42:58+	38:50+ 02:05+ 00:53& 44:26+	40:48+ 01:58+ 00:20# :06:22 46:16+	04:50+ 02:15& 2 49:59+	05:28+	01:33+ 00:17# 56:19+	03:20= 00:00=	02:40+ 00:24# 65:43+	00:41+ 00:10& 66:22+
00:21= 00:00= 9 02:47+ 02:47+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+	08:33+ 04:08+ 00:25# ordmar 11:10+ 04:00+	04:23+ 00:41# K 14:15+ 03:05-	05:25+ 01:21& 19:34+ 05:19+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+	25:49+ 06:00+ 02:31& 26:38+ 05:35+	04:13+ 01:33& 29:54+ 03:16+	01:49- 01:05- 37:39+ 07:45+	02:32+ 00:38& 39:48+ 02:09+	02:22+ 00:09+ 42:58+ 03:10+	38:50+ 02:05+ 00:53& 44:26+ 01:28+	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+	04:50+ 02:15& 2 49:59+ 03:43+	05:28+ 01:13& 54:49+	01:33+ 00:17# 56:19+ 01:30+	03:20= 00:00= 62:52+ 06:33+	02:40+ 00:24# 65:43+ 02:51+	00:41+ 00:10& 66:22+
00:21= 00:00= 9 02:47+ 02:47+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17#	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+ 00:38&	08:33+ 04:08+ 00:25# ordmar 11:10+ 04:00+ 00:17+	04:23+ 00:41# K 14:15+ 03:05-	05:25+ 01:21& 19:34+ 05:19+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06&	04:13+ 01:33& 29:54+ 03:16+	01:49- 01:05- 37:39+ 07:45+	02:32+ 00:38& 39:48+ 02:09+	02:22+ 00:09+ 42:58+ 03:10+	38:50+ 02:05+ 00:53& 1 44:26+ 01:28+ 00:16#	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+	04:50+ 02:15& 49:59+ 03:43+ 01:08&	05:28+ 01:13& 54:49+ 04:50+	01:33+ 00:17# 56:19+ 01:30+	03:20= 00:00= 62:52+ 06:33+	02:40+ 00:24# 65:43+ 02:51+	00:41+ 00:10& 66:22+ 00:39+
00:21= 00:00= 9 02:47+ 02:26@ 10	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+ 00:38& Bergs	08:33+ 04:08+ 00:25# ordmar 11:10+ 04:00+ 00:17+ et	04:23+ 00:41# K 14:15+ 03:05- 00:37-	05:25+ 01:21& 19:34+ 05:19+ 01:15&	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13#	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06&	04:13+ 01:33& 29:54+ 03:16+ 00:36#	01:49- 01:05- 37:39+ 07:45+ 04:51@	02:32+ 00:38& 39:48+ 02:09+ 00:15#	02:22+ 00:09+ 42:58+ 03:10+ 00:57&	38:50+ 02:05+ 00:53& 44:26+ 01:28+ 00:16#	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48	04:50+ 02:15& 2 49:59+ 03:43+ 01:08&	05:28+ 01:13& 54:49+ 04:50+	01:33+ 00:17# 56:19+ 01:30+ 00:14#	03:20= 00:00= 62:52+ 06:33+ 03:13&	02:40+ 00:24# 65:43+ 02:51+ 00:35&	00:41+ 00:10& 66:22+ 00:39+ 00:08&
00:21= 00:00= 9 02:47+ 02:47+ 02:26@ 10 00:23+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar 03:07+	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+ 00:38& Bergs 05:01+	08:33+ 04:08+ 00:25# ordmar 11:10+ 04:00+ 00:17+ et	04:23+ 00:41# K 14:15+ 03:05- 00:37- 12:57+	05:25+ 01:21& 19:34+ 05:19+ 01:15& 19:03+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13# 33 21:15+	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06& 5	04:13+ 01:33& 29:54+ 03:16+ 00:36#	01:49- 01:05- 37:39+ 07:45+ 04:51@	02:32+ 00:38& 39:48+ 02:09+ 00:15#	02:22+ 00:09+ 42:58+ 03:10+ 00:57& 42:16+	38:50+ 02:05+ 00:53& 44:26+ 01:28+ 00:16#	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48 46:24+	04:50+ 02:15& 2 49:59+ 03:43+ 01:08& 50:45+	05:28+ 01:13& 54:49+ 04:50+ 00:35#	01:33+ 00:17# 56:19+ 01:30+ 00:14# 57:40+	03:20= 00:00= 62:52+ 06:33+ 03:13&	02:40+ 00:24# 65:43+ 02:51+ 00:35& 65:57+	00:41+ 00:10& 66:22+ 00:39+ 00:08& 66:48+
00:21= 00:00= 9 02:47+ 02:47+ 02:26@ 10 00:23+ 00:23+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar 03:07+ 02:44+	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+ 00:38& Bergs 05:01+ 01:54+	08:33+ 04:08+ 00:25# ordmar 11:10+ 04:00+ 00:17+ et 09:36+ 04:35+	04:23+ 00:41# k 14:15+ 03:05- 00:37- 12:57+ 03:21-	05:25+ 01:21& 19:34+ 05:19+ 01:15& 19:03+ 06:06+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13# 33 21:15+ 02:12+	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06& 5	04:13+ 01:33& 29:54+ 03:16+ 00:36# 29:32+ 03:49+	01:49- 01:05- 37:39+ 07:45+ 04:51@ 35:41+ 06:09+	02:32+ 00:38& 39:48+ 02:09+ 00:15# 38:03+ 02:22+	02:22+ 00:09+ 42:58+ 03:10+ 00:57& 42:16+ 04:13+	38:50+ 02:05+ 00:53& 44:26+ 01:28+ 00:16# 44:04+ 01:48+	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48 46:24+ 02:20+	04:50+ 02:15& 2 49:59+ 03:43+ 01:08& 3 50:45+ 04:21+	05:28+ 01:13& 54:49+ 04:50+ 00:35#	01:33+ 00:17# 56:19+ 01:30+ 00:14# 57:40+ 02:09+	03:20= 00:00= 62:52+ 06:33+ 03:13& 62:27+ 04:47+	02:40+ 00:24# 65:43+ 02:51+ 00:35& 65:57+ 03:30+	00:41+ 00:10& 66:22+ 00:39+ 00:08& 66:48+
00:21= 00:00= 9 02:47+ 02:47+ 02:26@ 10 00:23+ 00:23+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar 03:07+ 02:44+ 00:50&	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+ 00:38& Bergs 05:01+ 01:54+ 00:20#	08:33+ 04:08+ 00:25# ordmar 11:10+ 04:00+ 00:17+ et 09:36+ 04:35+	04:23+ 00:41# K 14:15+ 03:05- 00:37- 12:57+ 03:21- 00:21-	05:25+ 01:21& 19:34+ 05:19+ 01:15& 19:03+ 06:06+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13# 33 21:15+ 02:12+	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06& 5 25:43+ 04:28+ 00:59&	04:13+ 01:33& 29:54+ 03:16+ 00:36# 29:32+ 03:49+	01:49- 01:05- 37:39+ 07:45+ 04:51@ 35:41+ 06:09+	02:32+ 00:38& 39:48+ 02:09+ 00:15# 38:03+ 02:22+	02:22+ 00:09+ 42:58+ 03:10+ 00:57& 42:16+ 04:13+	38:50+ 02:05+ 00:53& 44:26+ 01:28+ 00:16# 44:04+ 01:48+ 00:36&	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48 46:24+ 02:20+	04:50+ 02:15& 2 49:59+ 03:43+ 01:08& 50:45+ 04:21+ 01:46&	05:28+ 01:13& 54:49+ 04:50+ 00:35# 55:31+ 04:46+	01:33+ 00:17# 56:19+ 01:30+ 00:14# 57:40+ 02:09+	03:20= 00:00= 62:52+ 06:33+ 03:13& 62:27+ 04:47+	02:40+ 00:24# 65:43+ 02:51+ 00:35& 65:57+ 03:30+	00:41+ 00:10& 66:22+ 00:39+ 00:08& 66:48+ 00:51+
00:21= 00:00= 9 02:47+ 02:26@ 10 00:23+ 00:23+ 00:02+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar 03:07+ 02:44+ 00:50& Steir	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+ 00:38& Bergs 05:01+ 01:54+ 00:20# n Sigb	08:33+ 04:08+ 00:25# ordmar 11:10+ 04:00+ 00:17+ et 09:36+ 04:35+ 00:52# jørnse	04:23+ 00:41# k 14:15+ 03:05- 00:37- 12:57+ 03:21- 00:21-	05:25+ 01:21& 19:34+ 05:19+ 01:15& 19:03+ 06:06+ 02:02&	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13# 33: 21:15+ 02:12+ 00:56& 2	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06& 5 25:43+ 04:28+ 00:59&	04:13+ 01:33& 29:54+ 03:16+ 00:36# 29:32+ 03:49+ 01:09&	01:49- 01:05- 37:39+ 07:45+ 04:51@ 35:41+ 06:09+ 03:15@	02:32+ 00:38& 39:48+ 02:09+ 00:15# 38:03+ 02:22+ 00:28#	02:22+ 00:09+ 42:58+ 03:10+ 00:57& 42:16+ 04:13+ 02:00&	38:50+ 02:05+ 00:53& 44:26+ 01:28+ 00:16# 44:04+ 01:48+ 00:36&	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48 46:24+ 02:20+ 00:42& :09:40	04:50+ 02:15& 2 49:59+ 03:43+ 01:08& 50:45+ 04:21+ 01:46&	05:28+ 01:13& 54:49+ 04:50+ 00:35# 55:31+ 04:46+	01:33+ 00:17# 56:19+ 01:30+ 00:14# 57:40+ 02:09+ 00:53&	03:20= 00:00= 62:52+ 06:33+ 03:13& 62:27+ 04:47+ 01:27&	02:40+ 00:24# 65:43+ 02:51+ 00:35& 65:57+ 03:30+ 01:14&	00:41+ 00:10& 66:22+ 00:39+ 00:08& 66:48+ 00:51+ 00:20&
00:21= 00:00= 9 02:47+ 02:47+ 02:26@ 10 00:23+ 00:23+ 00:02+ 11 00:29+ 00:29+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar 03:07+ 02:44+ 00:50& Steir 02:53+ 02:24+	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+ 00:38& Bergs 05:01+ 00:20# n Sigb 04:59+ 02:06+	08:33+ 04:08+ 00:25# rdmar 11:10+ 04:00+ 00:17+ et 09:36+ 04:35+ 00:52# jørnse 10:01+ 05:02+	04:23+ 00:41# k 14:15+ 03:05- 00:37- 12:57+ 03:21- 00:21- en 14:34+ 04:33+	05:25+ 01:21& 19:34+ 05:19+ 01:15& 19:03+ 06:06+ 02:02& 23:20+ 08:46+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13# 3: 21:15+ 00:56& 2 25:40+ 02:22+	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06& 5 25:43+ 04:28+ 00:59& 7 30:46+ 05:06+	04:13+ 01:33& 29:54+ 03:16+ 00:36# 29:32+ 03:49+ 01:09& 34:42+ 03:56+	01:49- 01:05- 37:39+ 07:45+ 04:51@ 35:41+ 06:09+ 03:15@ 37:30+ 02:48-	02:32+ 00:38& 39:48+ 02:09+ 00:15# 38:03+ 02:22+ 00:28# 39:57+ 02:27+	02:22+ 00:09+ 42:58+ 03:10+ 00:57& 42:16+ 04:13+ 02:00& 43:09+ 03:12+	38:50+ 02:05+ 00:53& 44:26+ 01:28+ 00:16# 44:04+ 01:36& 45:04+ 01:55+	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48 46:24+ 02:20+ 00:42& :09:40 47:48+ 02:44+	04:50+ 02:15& 49:59+ 03:43+ 01:08& 50:45+ 04:21+ 01:46& 53:33+ 05:45+	05:28+ 01:13& 54:49+ 04:50+ 00:35# 55:31+ 04:46+ 00:31# 58:56+ 05:23+	01:33+ 00:17# 56:19+ 01:30+ 00:14# 57:40+ 02:09+ 00:53& 60:49+ 01:53+	03:20= 00:00= 62:52+ 06:33+ 03:13& 62:27+ 04:47+ 01:27& 65:37+ 04:48+	02:40+ 00:24# 65:43+ 02:51+ 00:35& 65:57+ 03:30+ 01:14& 69:02+ 03:25+	00:41+ 00:10& 66:22+ 00:39+ 00:08& 66:48+ 00:51+ 00:20& 69:40+ 00:38+
00:21= 00:00= 9 02:47+ 02:47+ 02:26@ 10 00:23+ 00:23+ 00:02+ 11 00:29+ 00:29+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar 03:07+ 02:44+ 00:50& Steir 02:53+ 02:24+	04:25+ 01:38+ 00:04+ R. No 07:10+ 02:12+ 00:38& Bergs 05:01+ 00:20# n Sigb 04:59+ 02:06+	08:33+ 04:08+ 00:25# rdmar 11:10+ 04:00+ 00:17+ et 09:36+ 04:35+ 00:52# jørnse 10:01+ 05:02+	04:23+ 00:41# k 14:15+ 03:05- 00:37- 12:57+ 03:21- 00:21- en 14:34+ 04:33+	05:25+ 01:21& 19:34+ 05:19+ 01:15& 19:03+ 06:06+ 02:02& 23:20+ 08:46+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13# 3: 21:15+ 00:56& 2 25:40+ 02:22+	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06& 5 25:43+ 04:28+ 00:59& 7 30:46+ 05:06+	04:13+ 01:33& 29:54+ 03:16+ 00:36# 29:32+ 03:49+ 01:09& 34:42+ 03:56+	01:49- 01:05- 37:39+ 07:45+ 04:51@ 35:41+ 06:09+ 03:15@ 37:30+ 02:48-	02:32+ 00:38& 39:48+ 02:09+ 00:15# 38:03+ 02:22+ 00:28# 39:57+ 02:27+	02:22+ 00:09+ 42:58+ 03:10+ 00:57& 42:16+ 04:13+ 02:00& 43:09+ 03:12+	38:50+ 02:05+ 00:53& 44:26+ 01:28+ 00:16# 44:04+ 01:36& 45:04+ 01:55+	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48 46:24+ 02:20+ 00:42& :09:40 47:48+ 02:44+	04:50+ 02:15& 49:59+ 03:43+ 01:08& 50:45+ 04:21+ 01:46& 53:33+ 05:45+	05:28+ 01:13& 54:49+ 04:50+ 00:35# 55:31+ 04:46+ 00:31# 58:56+	01:33+ 00:17# 56:19+ 01:30+ 00:14# 57:40+ 02:09+ 00:53& 60:49+ 01:53+	03:20= 00:00= 62:52+ 06:33+ 03:13& 62:27+ 04:47+ 01:27& 65:37+ 04:48+	02:40+ 00:24# 65:43+ 02:51+ 00:35& 65:57+ 03:30+ 01:14& 69:02+ 03:25+	00:41+ 00:10& 66:22+ 00:39+ 00:08& 66:48+ 00:51+ 00:20& 69:40+ 00:38+
00:21= 00:00= 9 02:47+ 02:47+ 02:26@ 10 00:23+ 00:23+ 00:02+ 11 00:29+ 00:29+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar 03:07+ 02:44+ 00:50& Stein 02:53+ 02:24+ 00:30&	04:25+ 01:38+ 00:04+ R. NO 07:10+ 02:12+ 00:38& Bergs 05:01+ 01:54+ 00:20 # NO 02:04+ 00:208+ 02:06+ 00:32&	08:33+ 04:08+ 00:25# rdmar 11:10+ 04:00+ 00:17+ et 09:36+ 04:35+ 00:52# jørnse 10:01+ 05:02+	04:23+ 00:41# k 14:15+ 03:05- 00:37- 12:57+ 03:21- 00:21- :n 14:34+ 04:33+ 00:51#	05:25+ 01:21& 19:34+ 05:19+ 01:15& 19:03+ 06:06+ 02:02& 23:20+ 08:46+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13# 3: 21:15+ 00:56& 2 25:40+ 02:22+	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06& 5 25:43+ 04:28+ 00:59& 7 30:46+ 05:06+ 01:37&	04:13+ 01:33& 29:54+ 03:16+ 00:36# 29:32+ 03:49+ 01:09& 34:42+ 03:56+	01:49- 01:05- 37:39+ 07:45+ 04:51@ 35:41+ 06:09+ 03:15@ 37:30+ 02:48-	02:32+ 00:38& 39:48+ 02:09+ 00:15# 38:03+ 02:22+ 00:28# 39:57+ 02:27+	02:22+ 00:09+ 42:58+ 03:10+ 00:57& 42:16+ 04:13+ 02:00& 43:09+ 03:12+	38:50+ 02:05+ 00:53& 44:26+ 01:28+ 00:16# 44:04+ 01:48+ 00:36& 45:04+ 01:55+ 00:43&	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48 46:24+ 02:20+ 00:42& :09:40 47:48+ 02:44+	04:50+ 02:15& 49:59+ 03:43+ 01:08& 50:45+ 04:21+ 01:46& 53:33+ 05:45+ 03:10@	05:28+ 01:13& 54:49+ 04:50+ 00:35# 55:31+ 04:46+ 00:31# 58:56+ 05:23+	01:33+ 00:17# 56:19+ 01:30+ 00:14# 57:40+ 02:09+ 00:53& 60:49+ 01:53+	03:20= 00:00= 62:52+ 06:33+ 03:13& 62:27+ 04:47+ 01:27& 65:37+ 04:48+	02:40+ 00:24# 65:43+ 02:51+ 00:35& 65:57+ 03:30+ 01:14& 69:02+ 03:25+	00:41+ 00:10& 66:22+ 00:39+ 00:08& 66:48+ 00:51+ 00:20& 69:40+ 00:38+
00:21= 00:00= 9 02:47+ 02:26@ 10 00:23+ 00:23+ 00:02+ 11 00:29+ 00:29+ 00:08& 12 00:33+	02:47+ 02:26+ 00:32& Kjell 04:58+ 02:11+ 00:17# Ivar 03:07+ 02:44+ 00:50& Stein 02:53+ 02:24+ 00:30& Svei 03:08+	04:25+ 01:38+ 01:38+ 08:40 07:10+ 02:12+ 00:38& 05:01+ 01:54+ 00:20# 04:59+ 02:06+ 00:36& 00:36+ 00:36+ 00:36+ 00:36+ 00:36+	08: 33+ 04: 08+ 00: 25# prdmar 11: 10+ 04: 00+ 00: 17+ et 09: 36+ 00: 52# jørnse 10: 01+ 05: 02+ 01: 19& ne Glo	04:23+ 00:41# k 14:15+ 03:05- 00:37- 12:57+ 03:21- 00:21- en 14:34+ 00:51# ppen 22:16+	05:25+ 01:21& 19:34+ 05:19+ 01:15& 19:03+ 06:06+ 02:02& 23:20+ 04:42@ 28:32+	19:49+ 01:28+ 00:12# 7 21:03+ 01:29+ 00:13# 3: 21:15+ 02:12+ 00:56& 22:40+ 02:20+ 01:04& 93:30:39+	25:49+ 06:00+ 02:31& 26:38+ 05:35+ 02:06& 5 25:43+ 00:59& 7 30:46+ 05:06+ 01:37& 3 37:22+	04:13+ 01:33& 29:54+ 03:16+ 00:36# 29:32+ 03:49+ 01:09& 34:42+ 03:56+ 01:16& 40:48+	01:49- 01:05- 37:39+ 07:45+ 04:51@ 35:41+ 06:09+ 03:15@ 37:30+ 02:48- 00:06- 42:41+	02:32+ 00:38& 39:48+ 02:09+ 00:15# 38:03+ 02:22+ 00:28# 39:57+ 02:27+ 00:33& 45:06+	02:22+ 00:09+ 42:58+ 03:10+ 00:57& 42:16+ 04:13+ 02:00& 43:09+ 03:12+ 00:59& 47:51+	38:50+ 02:05+ 00:53& 1 44:26+ 01:28+ 00:16# 01:48+ 00:36& 45:04+ 00:43& 50:00+	40:48+ 01:58+ 00:20# :06:22 46:16+ 01:50+ 00:12# :06:48 46:24+ 02:20+ 00:42& :09:40 47:48+ 02:44+ 01:06& :09:45	04:50+ 02:15& 49:59+ 03:43+ 01:08& 50:45+ 04:21+ 01:46& 53:33+ 05:45+ 03:10@	05:28+ 01:13& 54:49+ 04:50+ 00:35# 55:31+ 04:46+ 00:31# 58:56+ 05:23+ 01:08& 60:15+	01:33+ 00:17# 56:19+ 01:30+ 00:14# 57:40+ 02:09+ 00:53& 60:49+ 01:53+ 00:37&	03:20= 00:00= 62:52+ 06:33+ 03:13& 62:27+ 04:47+ 01:27& 65:37+ 04:48+ 01:28& 65:33+	02:40+ 00:24# 65:43+ 02:51+ 00:35& 65:57+ 03:30+ 01:14& 69:02+ 03:25+ 01:09& 69:03+	00:41+ 00:10& 66:22+ 00:39+ 00:08& 66:48+ 00:51+ 00:20& 69:40+ 00:38+ 00:07#
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00:07&	01:03&	00:36&	01:20&	00:05+	02:07&	00:44&	02:36&	01:11&	00:29-	02:01@	01:33&	01:13@	00:29&	01:15&	03:51&	04:16@	04:05@	01:45&	00:18&
18	Lars	Salve	sen			5	0					1	1:18:34	1					
00:26+	03:01+	04:50+	14:37+	20:41+	26:12+	28:14+	32:44+	36:50+	38:51+	40:51+	44:18+	46:44+	48:40+	52:46+	65:27+	67:07+	74:26+	77:55+	78:34+
00:26+	02:35+	01:49+	09:47+	06:04+	05:31+	02:02+	04:30+	04:06+	02:01-	02:00+	03:27+	02:26+	01:56+	04:06+	12:41+	01:40+	07:19+	03:29+	00:39+
00:05#	00:41&	00:15#	06:04@	02:22&	01:27&	00:46&	01:01&	01:26&	00:53-	00:06+	01:14&	01:14@	00:18#	01:31&	08:26@	00:24&	03:59@	01:13&	480:00
19	Kjell	Lervi	k			2	39					1	1:20:31						
00:42+	04:06+	11:24+	16:33+	22:42+	28:13+	30:13+	34:47+	38:52+	40:47+	42:47+	46:13+	48:49+	50:45+	54:50+	67:18+	69:08+	76:19+	79:49+	80:31+
00:42+	03:24+	07:18+	05:09+	06:09+	05:31+	02:00+	04:34+	04:05+	01:55-	02:00+	03:26+	02:36+	01:56+	04:05+	12:28+	01:50+	07:11+	03:30+	00:42+
00:21&	01:30&	05:44@	01:26&	02:27&	01:27&	00:44&	01:05&	01:25&	00:59-	00:06+	01:13&	01:24@	00:18#	01:30&	08:13@	00:34&	03:51@	01:14&	00:11&
20	Sver	re Ma	gnar N	ordal		1	16					1	1:25:52	2					
00:36+	04:07+	06:06+	16:29+	26:15+	31:48+	33:45+	38:42+	42:22+	46:22+	50:03+	55:09+	57:11+	59:32+	65:38+	73:06+	74:50+	81:26+	85:05+	85:52+
00:36+	03:31+	01:59+	10:23+	09:46+	05:33+	01:57+	04:57+	03:40+	04:00+	03:41+	05:06+	02:02+	02:21+	06:06+	07:28+	01:44+	06:36+	03:39+	00:47+
00:15&	01:37&	00:25&	06:40@	06:04@	01:29&	00:41&	01:28&	01:00&	01:06&	01:47&	02:53@	00:50&	00:43&	03:31@	03:13&	00:28&	03:16&	01:23&	00:16&
Beste	strekk	ctid for	^r klass	en															
00:18	01:54	01:24	03:07	02:40	03:12	01:16	03:03	02:40	01:33	01:29	02:04	01:08	01:32	02:35	03:40	01:16	02:35	02:16	00:31

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

Herrer 60 - 64 år

1	Bjør	n Alsa	ker			1	15					4	11:56						
00:48=				06:21=	08:54=	10:53=	12:31=	15:20=	17:44=	21:08=	23:55=	26:29=	28:37=	34:13=	37:02=	38:35=	39:45=	40:35=	41:56=
00:48=	01:58=	01:06=	01:24=	01:05=	02:33=	01:59=	01:38=	02:49=	02:24=	03:24=	02:47=	02:34=	02:08=	05:36=	02:49=	01:33=	01:10=	00:50=	01:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gun	nar Sa	kseid			1	16					4	13:36						
01:04+	03:19+	04:30+	06:06+	07:22+	09:35+	11:56+	14:11+	17:08+	18:59+	22:50+	26:18+	29:45+	32:31+	34:33+	37:58+	39:49+	41:19+	42:09+	43:36+
01:04+	02:15+	01:11+	01:36+	01:16+	02:13-	02:21+	02:15+	02:57+	01:51-	03:51+	03:28+	03:27+	02:46+	02:02-	03:25+	01:51+	01:30+	00:50=	01:27+
00:16&	00:17#	00:05+	00:12#	00:11#	00:20-	00:22#	00:37&	00:08+	00:33-	00:27#	00:41#	00:53&	00:38&	03:34-	00:36#	00:18#	00:20&	00:00=	00:06+
3	Lars	Stand	eland			9	6					_	15:01						
01:01+				11:42+	13:23+	_	17:02+	19:25+	21:03+	24:30+	27:31+	31:40+	33:44+	35:20+	39:18+	41:15+	42:28+	43:21+	45:01+
			01:42+				01:36-			03:27+			02:04-			01:57+	01:13+	00:53+	01:40+
00:13&		00:22&		00:02+	00:52-		00:02-			00:03+			00:04-				00:03+	00:03+	00:19#
4	.lan	Hetlan	d			2	9						17:52						
01:02+	03:12+	04:21+	05:50+	07:36+	09:48+	_	13:19+	16:53+	19:02+	22:43+	27:03+			35:31+	41:00+	44:08+	45:34+	46:42+	47:52+
01:02+	02:10+	01:09+	01:29+		02:12-		01:32-		02:09-	03:41+		03:17+		02:23-		03:08+	01:26+	01:08+	01:10-
00:14&	00:12#	00:03+					00:06-								02:40&		00:16#	00:18&	00:11-
5			Teries				16						18:44						
01:09+				-	10.45	-	15:15+	10.26	00.05	04.40	00.05		. •	20.02	42:00+	44.00	45.00	40.00	48:44+
01:09+		01:24+					01:51+									02:02+		01:43+	01:38+
00:21&							00:13#											00:53@	00:17#
00.21%					00.27-			00.32#	00.33-	01.00%	01.49%			03.33-	01.00%	00.29&	00.11#	00.53@	00.17#
6	_		speda			_	15						19:11						
01:11+					11:36+		15:33+								42:44+			47:12+	49:11+
01:11+	02:13+	01:42+	01:35+		02:52+		01:43+		02:05-	04:49+			03:05+			01:43+	01:39+	01:06+	01:59+
00:23&	00:15#	00:36&	00:11#	00:58&	00:19#	00:15#	00:05+	00:29#	00:19-	01:25&	01:04&	01:09&	00:57&	03:07-	01:02&	00:10#	00:29&	00:16&	00:38&
7	Eivir	าd L. F	≀ake			9	2					į	50:18						
01:01+	03:19+	05:05+	06:58+	08:35+	11:06+	13:16+	15:16+	18:27+	20:37+	25:22+	28:32+	32:00+	36:58+	39:29+	44:05+	45:57+	47:18+	48:24+	50:18+
01:01+	02:18+	01:46+	01:53+	01:37+	02:31-	02:10+	02:00+	03:11+	02:10-	04:45+	03:10+	03:28+	04:58+	02:31-	04:36+	01:52+	01:21+	01:06+	01:54+
00:13&	00:20#	00:40&	00:29&	00:32&	00:02-	00:11+	00:22#	00:22#	00:14-	01:21&	00:23#	00:54&	02:50@	03:05-	01:47&	00:19#	00:11#	00:16&	00:33&

Plass	Navr	1				K	lasse					٦	Γid								
8	Bjarı	ne Gin	nre			8	8					į	52:03								
	05:10+ 04:12+																				
	02:14@																				
9	•			valdse		2	-						52:21								
	05:28+ 04:35+																				
	02:37@																				
10		n Sive				9	9						53:16								
	03:43+ 02:53+																				
	00:55&																				
11		nung					36						55:15								
	05:54+ 04:55+																				
	02:57@																				
12		•	vense				80						55:43								
	08:38+ 06:10+																				
	04:12@																				
13		R. Tv				9	-						56:48								
	05:41+ 04:16+																				
	02:18@																				
14	•		Aase		10.10	2	-	01.10	02.05	00.07	22.10.		56:52	40.10	40.00	E1.20	F2.00	E4.50	FC-F0-		
	04:01+ 02:52+																				
	00:54&																				
15	Arne		andela		10.06	9:	2	00.14	00.04	00.50	22.00		57:12	40.10	40.52	50.54	F2.02.	E4.20	FF - 21 -	FF.10	
	04:48+																				
00:28&	01:34&	00:50&	00:30&	00:18&	00:08-	00:18#	00:30&	00:34#	00:14-	03:02&	01:45&	01:23&	00:34&	03:18-	03:45@	00:28&	00:59&	00:39&	00:22-	01:41+	
16			keland		10.26	6	-	00.40	00.20	06.10	20.10.		57:38	20.10.	42.00	40.00	E1 - 40 -	F2-12:	E4.04.	FF - 40 -	EE.20
	03:49+ 02:18+																				
	00:20#		_	00:02+	01:20&	_	00:04+	01:15&	00:34-	00:11+	01:12&			03:09-	00:55&	03:54@	02:03@	00:41&	00:10-	01:24+	01:50+
17	-	Hetla		00.21	11.25	5	16.00	00.24	00.20	06.26	25.25		58:02	45.00	40-40	F0.10.	F2.F0.	EE - 22 -	F0-00		
	05:02+ 03:01+																				
	01:03&	_			00:27-	01:02&	00:13#	01:16&	00:26-	00:40#	06:14@			03:40-	01:51&	00:49&	00:32&	00:51@	01:08&		
18	Lars 04:20+		Kvass	-	13:13+	16:12+	18:24+	23:46+	26:21+	31:44+	36:25+		58:31	46:31+	50:17+	52:44+	54:46+	56:06+	58:31+		
	03:09+																				
	01:11&				00:14-		_	02:33&	00:11+	01:59&	01:54&			_	00:57&	00:54&	00:52&	00:30&	01:04&		
19 01:06+	1 Or h		Lund	-	15:19+	4 `	-	25:08+	27:38+	32:09+	39:00+		1:02:05	-	53:49+	56:11+	58:03+	60:18+	62:05+		
01:06+	02:42+	02:05+	04:38+	02:26+	02:22-	02:55+	02:11+	04:43+	02:30+	04:31+	06:51+	04:24+	03:11+	02:48-	04:26+	02:22+	01:52+	02:15+	01:47+		
	00:44&			01:21@	00:11-	_	_	01:54&	00:06+	01:07&	04:04@			_	01:37&	00:49&	00:42&	01:25@	00:26&		
03:17+	1 erje		Jeland	11:54+	19:13+	21:47+	_	28:15+	32:12+	36:21+	41:11+		1:05:41		54:51+	60:22+	62:02+	63:59+	65:41+		
	03:19+																				
	01:21&			00:37&	04:46@	_		01:26&	01:33&	00:45#	02:03&		01:08& 1:05:52		01:31&	03:58@	00:30&	01:07@	00:21&		
01:12+	08:56+	Aartu		15:01+	17:36+	_	22:42+	29:39+	32:15+	37:02+	41:31+				56:28+	58:35+	62:12+	63:26+	65:52+		
	07:44+																				
	05:46@ Doni	_		00:56&	00:02+	00:46& 4	_	04:08@	00:12+	01:23&	01:42&		00:39& 1:12:40		01:33&	00:34&	02:27@	00:24&	01:05&		
22 01:31+	04:33+	S Cast		10:03+	12:39+		_	21:12+	24:28+	31:15+	36:04+				56:23+	58:55+	69:11+	71:04+	72:40+		
01:31+	03:02+	01:49+	01:50+	01:51+	02:36+	02:29+	02:16+	03:48+	03:16+	06:47+	04:49+	09:40+	03:29+	02:45-	04:25+	02:32+	10:16+	01:53+	01:36+		
00:43&	01:04&	00:43&	00:26&	00:46&	00:03+	00:30&	00:38&	00:59&	00:52&	03:23&	02:02&	07:06@	01:21&	02:51-	01:36&	00:59&	09:06@	01:03@	00:15#		

Plass	Navı	n				K	lasse					1	īid						
23	Rolf	Klepp	е			6	3					1	1:13:43	3					
01:31+ 01:31+		08:47+ 01:54+	11:11+ 02:24+	14:09+ 02:58+	16:57+ 02:48+		22:02+ 02:17+					47:03+ 04:07+		61:06+ 05:50+	66:42+ 05:36+	68:39+ 01:57+		71:53+ 01:20+	73:43+ 01:50+
00:43&	03:24@						00:39&					01:33&		00:14+		00:24&		00:30&	
24	Inge	Johar	า Øver	land		9:	3					1	1:16:39)					
02:54+	07:32+	10:04+	11:59+	15:05+	18:04+	21:24+	23:42+	28:36+	31:28+	36:54+	43:54+	48:24+	52:14+	54:47+	64:01+	70:51+	73:04+	74:17+	76:39+
02:54+	04:38+	02:32+	01:55+	03:06+	02:59+	03:20+	02:18+	04:54+	02:52+	05:26+	07:00+	04:30+	03:50+	02:33-	09:14+	06:50+	02:13+	01:13+	02:22+
02:06@	02:40@	01:26@	00:31&	02:01@	00:26#	01:21&	00:40&	02:05&	00:28#	02:02&	04:13@	01:56&	01:42&	03:03-	06:25@	05:17@	01:03&	00:23&	01:01&
25	Eail	Røyne	bera			9:	3					1	1:22:32	2					
02:23+				22:21+	25:30+	28:39+	32:17+	37:29+	40:00+	45:51+	51:40+	57:42+	60:55+	63:24+	68:38+	75:46+	77:39+	79:13+	82:32+
02:23+ 01:35@	12:03+ 10:05@	03:12+ 02:06@	02:30+ 01:06&	02:13+ 01:08@	03:09+ 00:36#	03:09+ 01:10&	03:38+ 02:00@		02:31+ 00:07+	05:51+ 02:27&		06:02+ 03:28@	03:13+ 01:05&	02:29- 03:07-	05:14+ 02:25&	07:08+ 05:35@	01:53+ 00:43&	01:34+ 00:44&	03:19+ 01:58@
Beste	strekk	ctid for	klass	en															
00:48	01:58	01:06	01:24	01:05	01:41	01:59	01:32	02:23	01:38	03:24	02:47	02:34	02:04	01:36	02:49	01:33	01:10	00:50	00:59
= Som k	lassevin	ner, -	raskere,	+ ser	nere, #	10% tap	, & 25	% tap,	@ 100%	tap.									

Herrer 65 - 69 år

1	Asa	eir Bel	ı			1	17					3	8:44						
00:52=				07:48=	10:02=	12:21=	13:51=	16:31=	18:33=	22:00=	24:37=	27:18=	29:27=	31:04=	33:46=	35:08=	36:24=	37:20=	38:44=
00:52=	02:50=	01:02=	01:53=	01:11=	02:14=	02:19=	01:30=	02:40=	02:02=	03:27=	02:37=	02:41=	02:09=	01:37=	02:42=	01:22=	01:16=	00:56=	01:24=
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=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Harr	y Brei	land			6	6					3	9:24						
00:53+		05:05+															36:50+	37:52+	39:24+
00:53+		01:53+															01:22+	01:02+	01:32+
00:01+		00:51&		00:02-	00:21-			00:03-	00:20-	00:08-	00:44&			00:12#	00:06+	00:18#	00:06+	00:06#	00:08+
3	Kjell	Svihu	IS			1:	54					4	8:26						
01:10+		04:41-															46:05+	46:55+	48:26+
01:10+		01:10+																	01:31+
00:18&	00:29-	00:08#	00:05-	00:11#	00:05-			00:41&	00:02-	00:29#	01:10&			00:12#	00:30#	00:34&	00:05+	00:06-	00:07+
4		nvald					28						8:27						
01:58+	04:41+	06:11+	07:59+														45:37+	46:47+	48:27+
01:58+		01:30+			02:14=												01:09-		01:40+
01:06@		00:28&		00:28&	00:00=			00:25#	00:14-	00:56&	01:01&			00:44&	01:24&	01:51@	00:07-	00:14#	00:16#
5		e Øste				9	•						9:49						
																	47:28+		
00:58+		01:28+			02:03-													00:46-	01:35+
00:06#		00:26&		00:23&	00:11-			00:55&	00:02-	00:36#	00:54&			00:24#	00:30#	00:33&	00:16#	00:10-	00:11#
6		e Hella				8	•					-	1:04						
		05:42+																49:15+	51:04+
01:17+	02:54+	01:31+	01:48-		03:42+		01:45+										01:29+	01:05+	01:49+
00.356		00.300	00.05-	286 • 00	01.286	UU • 43 C	00.15#	UU - 38#			01.336	01.076							
00:25&	00:04+	00:29&	_	00:28&	01:28&			00:38#	00:02-	00:51#	01:33&			00:3/&	01.43α	00:44&	00:13#	00:09#	00:25&
7	00:04+ Jan	Inge L	unde			8	8					5	1:10						
7	00:04+ Jan 03:40-	Inge L	unde 07:11+	08:42+	11:38+	8 8	16:06+	19:20+	21:22+	26:20+	30:08+	33:36+	37:06+	39:50+	43:28+	46:32+	48:18+	49:24+	51:10+
7 01:02+ 01:02+	00:04+ Jan 03:40- 02:38-	Inge L 05:09+ 01:29+	unde 07:11+ 02:02+	08:42+ 01:31+	11:38+ 02:56+	14:08+ 02:30+	16:06+ 01:58+	19:20+ 03:14+	21:22+ 02:02=	26:20+ 04:58+	30:08+ 03:48+	33:36+ 03:28+	37:06+ 03:30+	39:50+ 02:44+	43:28+ 03:38+	46:32+ 03:04+	48:18+ 01:46+	49:24+ 01:06+	51:10+ 01:46+
7 01:02+ 01:02+	00:04+ Jan 03:40- 02:38- 00:12-	Inge L 05:09+ 01:29+ 00:27&	07:11+ 02:02+ 00:09+	08:42+ 01:31+	11:38+ 02:56+	14:08+ 02:30+ 00:11+	16:06+ 01:58+ 00:28&	19:20+ 03:14+	21:22+ 02:02=	26:20+ 04:58+	30:08+ 03:48+	33:36+ 03:28+ 00:47&	37:06+ 03:30+ 01:21&	39:50+ 02:44+	43:28+ 03:38+	46:32+ 03:04+	48:18+ 01:46+	49:24+ 01:06+	51:10+
7 01:02+ 01:02+ 00:10# 8	00:04+ Jan 03:40- 02:38- 00:12- Sver	Inge L 05:09+ 01:29+ 00:27& re Vat	unde 07:11+ 02:02+ 00:09+ land	08:42+ 01:31+ 00:20&	11:38+ 02:56+ 00:42&	14:08+ 02:30+ 00:11+	16:06+ 01:58+ 00:28&	19:20+ 03:14+ 00:34#	21:22+ 02:02= 00:00=	26:20+ 04:58+ 01:31&	30:08+ 03:48+ 01:11&	33:36+ 03:28+ 00:47&	37:06+ 03:30+ 01:21& 53:47	39:50+ 02:44+ 01:07&	43:28+ 03:38+ 00:56&	46:32+ 03:04+ 01:42@	48:18+ 01:46+ 00:30&	49:24+ 01:06+ 00:10#	51:10+ 01:46+ 00:22&
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					00:52&	01:05&	01:17&	02:23&	01:11&	01:52&	02:57@	02:07&	02:53@	04:16@	02:53@	01:56@	01:47@	00:18&	00:47&
Beste	strekk	tid for	r klass	en															
00:52	02:19	01:02	01:31	01:09	01:53	01:58	01:30	02:37	01:42	03:19	02:37	02:41	02:09	01:37	02:42	01:22	01:09	00:46	01:24

Herrer 70 - 74 år

1	Hilm	ar Røt	hing			1:	28					4	13:35						
00:52=	04:19=	05:34=	07:14=	08:38=	11:29=	13:58=	15:40=	18:33=	20:28=	24:11=	27:20=	30:34=	32:47=	34:28=	37:45=	39:27=	41:06=	42:05=	43:35=
00:52=	03:27=	01:15=	01:40=	01:24=	02:51=	02:29=	01:42=	02:53=	01:55=	03:43=	03:09=	03:14=	02:13=	01:41=	03:17=	01:42=	01:39=	00:59=	01:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arvi	d Thor	sen			5						5	0:37						
01:12+	03:26-	05:00-	06:38-	08:01-	12:52+	16:02+	18:10+	22:02+	24:04+	28:19+	31:52+	35:08+	37:36+	39:25+	43:07+	44:54+	46:27+	48:18+	50:37+
01:12+	02:14-	01:34+	01:38-	01:23-	04:51+	03:10+	02:08+	03:52+	02:02+	04:15+	03:33+	03:16+	02:28+	01:49+	03:42+	01:47+	01:33-	01:51+	02:19+
00:20%	01:13-	00:19&	00:02-	00:01-	02:00&	00:41&	00:26%	00:59&	00:07+	00:32#	00:24#	00:02+	00:15#	00:08+	00:25#	00:05+	00:06-	00:52&	00:49&

Plass	Navn					K	lasse						Tid						
3	Odd	Garpe	estad			2	9						54:06						
	06:11+																		
	02:51- 00:36-																		
1			crettin		00.36-	4		00.430	00.14#	00.04-	01.25%		59:02	00.42&	02.10%	01.21α	00.17-	00.08#	00.02-
1 01:26±	03:48-			_	13:45+	-	-	22:06+	24:38+	28:43+	37:16+			48:00+	51:59+	54:06+	55:48+	57:03+	59:02+
	02:22-																		
00:34&	01:05-	00:32&	00:08+	01:21&	00:46&	00:08+	00:30&	00:39#	00:37&	00:22+	05:24@	02:32&	00:31#	00:33&	00:42#	00:25#	00:03+	00:16&	00:29&
5	Geir I	Husda	al			9	3						1:00:20)					
	04:10-																		
	02:53- 00:34-																		
6			dheim		00111	5	_	00.314	00.22#	01.104	02.134		1:04:18	_	01.024	00.304	00.204	00.304	01.010
•	05:25+			-	15:28+	•	-	25:15+	28:03+	32:58+	39:27+			-	56:17+	58:53+	60:42+	62:10+	64:18+
	03:13-																		
01:20@	00:14-	01:22@	00:36&	00:25&	00:30#	00:22#	00:37&	01:44&	00:53&	01:12&	03:20@	01:32&	01:17&	02:30@	01:06&	00:54&	00:10#	00:29&	00:38&
7	Ingja	ld Ege	eland			7							1:06:11						
	03:56-																		
	02:30- 00:57-																		
8	_	Tveit		00.37&	02.30&		09	00.30#	03.09@	02.00&	00.32&		1:08:2	_	04.11@	00.33&	00.17-	00.07#	01.170
•	07:55+			13:29+	16:00+	-		25:33+	28:36+	33:31+	39:53+				56:59+	63:13+	65:22+	66:32+	68:25+
	06:11+																		
00:52&	02:44&	00:25&	00:25#	00:25&	00:20-	00:47&	00:45&	00:57&	01:08&	01:12&	03:13@	02:33&	01:23&	01:32&	01:13&	04:32@	00:30&	00:11#	00:23&
9	Sveir	า Elias	ssen			1	16						1:09:42	2					
	07:36+																		
	05:35+ 02:08&																		
10			Ravn		00.01	_	25	01.100	01.014	01.120	02.334		1:17:04	_	01.504	01.300	01.004	00.111	00.300
- •	09:32+				19:18+	-		29:25+	32:08+	46:12+	52:00+			-	68:10+	70:24+	72:22+	74:36+	77:04+
	07:11+																		
01:29@	03:44@	00:21&	00:28&	01:52@	00:05-	00:19#	01:07&	01:37&	00:48&	10:21@	02:39&	01:30&	00:46&	01:10&	02:19&	00:32&	00:19#	01:15@	00:58&
11	Rolv	Nærla	and			6	3						1:19:52	2					
	06:20+																		
	04:35+ 01:08&																	01:50+	
12		_	dsber		02.074	2		01.116	00.334	01-174	02.214		1:20:39		01.334	00.134	01.204	00.314	00.300
	06:08+			,	17:12+		_	31:26+	34:46+	41:04+	46:34+				70:28+	73:32+	76:06+	77:46+	80:39+
	04:03+																		
01:13@	00:36#	00:42&	01:27&	00:36&	01:09&	01:45&	02:27@	02:58@	01:25&	02:35&	02:21&	02:17&	07:16@	01:50@	02:06&	01:22&	00:55&	00:41&	01:238
13	Mang	jor Eil	keland	i		9	2						1:20:57	7					
	06:01+																		
	04:16+ 00:49#																		
14		ar Lila		02.30@	00.13+	_	_	02.19&	01.03&	03.136	04.416		1:37:49	_	03.09&	01.30@	01.340	01.10@	01.200
	07:42+			15:20+	18:59+	23:45+	-	32:02+	36:30+	43:21+	62:54+			-	85:37+	91:03+	93:16+	95:12+	97:49+
	04:59+																		
01:51@	01:32&	00:52&	01:24&	01:03&	00:48&	02:17&	00:54&	02:48&	02:33@	03:08&	16:24@	03:24@	02:11&	01:19&	05:24@	03:44@	00:34&	00:57&	01:07&
Beste	strekkt	tid for	· klass	en															
00:52	02:14	01:12	01:38	01:23	02:13	02:24	01:42	02:53	01:55	03:39	03:09	03:05	02:13	01:41	03:17	01:42	01:22	00:59	01:28
= Som kl	lassevinr	ner, -	raskere,	+ ser	nere, #	10% tap	, & 25	% tap, @	@ 100%	tap.									

Herrer 75 - 79 år

1	Knut	t Skjæ	veland	t		9:	3						51:21				
00:28=	04:30=	11:01=	13:03=	16:11=	20:25=	21:33=	25:32=	29:15=	30:32=	33:05=	35:15=	38:54=	41:33=	45:24=	47:17=	48:51=	51:21=
00:28=	04:02=	06:31=	02:02=	03:08=	04:14=	01:08=	03:59=	03:43=	01:17=	02:33=	02:10=	03:39=	02:39=	03:51=	01:53=	01:34=	02:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Plass	Navr	1				K	lasse					1	Γid				
2	Hara	ld Vat	ne			6	7						1:02:05	5			
00:33+													47:26+ 03:18+				
													00:39#				
3	Mag	ne Jak	obser	1		6	3						1:02:23	3			
	03:10-	06:47-	09:25-	12:41-									49:42+				
													10:27+ 07:48@				
4			erigsta		00.03-	6	_	00.43#	00.13#	00.16#	00.03+		1:11:52	_	01.24&	00.31%	00.00=
•					22:32+			37:45+	42:45+	46:19+	48:49+		56:25+		64:59+	68:43+	71:52+
													03:02+				
_				00:22#	00:50#	_	_	00:04-	03:43@	01:01&	00:20#		00:23#	_	00:26#	02:10@	00:398
5		ne Edl		00.05	20.02	9		45.20	45.05	40.55	F0.42.		1:17:52		E2.F2.	85.14	77.50
													67:33+ 02:41+				
													00:02+				
6	Alf G	yland				9	2						1:18:56	6			
													59:43+				
													10:06+ 07:27@				
7	_	nar Fu		01.314	01.01#	9	_	00-17π	00.234	001101	00.031		1:22:03		01.106	00-104	00.25#
•				25:25+	31:25+	•	•	47:34+	49:48+	55:24+	58:02+		66:16+		76:45+	78:50+	82:03+
													03:42+				
00:21&				04:37@	01:46&	_	_	01:18&	00:57&	03:03@	00:28#		01:03&	_	01:21&	00:31&	00:43&
8		Maud		22.06.	20.40.	6		44.44.	47.01.	E0.40.	E4.E2.		1:22:04 62:42+	•	76.50	70.10.	00.04
													03:13+				
													00:34#			00:37&	
9	Terje	Brau	t			9	2						1:27:01	1			
													70:26+				
													03:27+ 00:48&				
10		Bekke		01.034	01.134	9	_	00.03	10.110	00.251	00.304		1:28:36	_	00.231	03:130	00.301
. •				24:51+	29:08+	_	_	54:51+	57:30+	61:09+	63:51+		73:44+	-	82:17+	86:10+	88:36+
													04:19+				
				00:51&	00:03+	_		00:11+	01:22@	01:06&	00:32#		01:40&		00:36&	02:19@	00:04-
11		Karls				•	05						1:33:59	•			
													76:31+ 04:42+				
													02:03&				
12	Mag	ne We	sterhe	eim		9	3						1:37:56	5			
													82:16+				
													03:43+ 01:04&				
13		ein Ni		00.136	00.33#	5		01.034	00.334	03.106	00.334		1:40:37	_	01.304	00.104	00.10#
				22:20+	29:29+			45:54+	48:41+	52:40+	56:36+		74:34+		91:57+	95:47+	100:37+
													07:06+				
				00:46#	02:55&	_	_	04:30@	01:30@	01:26&	01:46&		04:27@	_	02:20@	02:16@	02:20&
14		eiv Mø		10.51	05.46	6	-	40.04	F0 - 40	60.00	E2.21		1:41:58	-	05.11	00.25	101.50
													85:35+ 04:56+				
													02:17&				
Beste	strekk	tid for	klass	en													
00:28	02:41	02:54	02:02	03:08	04:11	01:08	03:59	03:39	01:17	02:33	02:10	03:39	02:39	03:51	01:44	01:22	02:20
= Som k	lassevin	ner, -	raskere.	+ ser	nere, #	10% tan	, & 25	% tap.	@ 100%	tap.							
		,	,		, .			17		•							

Herrer 80 år og eldre

Plass	Navn	1				K	lasse					T	id			
1	Arnu	If Fug	lestad			29	9						12:33			
03:56=			11:01=		14:52=	18:23=	20:52=	24:47=	28:14=	29:49=	31:48=	33:37=	35:07=	39:21=	41:32=	42:33=
03:56=	02:54=	01:56=	02:15=	02:23=	01:28=	03:31=	02:29=	03:55=	03:27=	01:35=	01:59=	01:49=	01:30=	04:14=	02:11=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	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	Sigu	rd Kro	sli			3	1					5	4:30			
02:09-	10:06+	13:18+	15:55+	18:30+	21:32+	25:34+	28:41+	33:13+	37:29+	40:29+	42:40+	45:11+	47:34+	50:44+	53:14+	54:30+
02:09-	07:57+	03:12+	02:37+	02:35+	03:02+	04:02+	03:07+	04:32+	04:16+	03:00+	02:11+	02:31+	02:23+	03:10-	02:30+	01:16+
01:47-	05:03@	01:16&	00:22#	00:12+	01:34@	00:31#	00:38&	00:37#	00:49#	01:25&	00:12#	00:42&	00:53&	01:04-	00:19#	00:15#
Beste	strekk	tid for	klass	en												
02:09	02:54	01:56	02:15	02:23	01:28	03:31	02:29	03:55	03:27	01:35	01:59	01:49	01:30	03:10	02:11	01:01
0 1						400/ 1	0.05	0/ 1 /	a 4000/							

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

Herrer A

1	Ørja	n Ravı	ndal			19	94					4	12:07											
					08:15=																			42:07=
					00:49=																			00:58=
00:00=					00:00=			00:00=	00:00=	00:00=	00:00=			00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2			m in't			9:	-					-	50:01											
					11:55+						22:59+											48:01+		50:01+
00:42+					01:04+ 00:15&																	02:30+ 00:13+		01:04+ 00:06#
00.13%			_	_	00.13%			00.30#	00.02+	00.07+	00.00-			00.19#	00.10#	00.30α	00.33%	00.10#	00.13-	00.54%	00.25#	00.13+	00.13%	00.00#
3	_ ,		esterh				94						50:11											
					10:33+ 02:24+																		49:11+	50:11+
					01:35@																	00:04-		
1		rik On		00.001	01.336	74		00.10π	00.00	00.021	00.134		1:45	00.031	00.021	00.124	02.556	00.031	00.001	00.031	00-124	00-01	00.00-	00.021
00.45				10.21.	13:29+	-	-	10.50	21.22.	24.22.	25.12.	-		20.25.	22.04.	22.55.	27.40	40.01.	40.00.	44.50	47.22.	40.50.	F0.40.	51:45+
00:45+					00:58+																	02:25+		01:03+
					00:09#																			
5	Mag	nus I a	andsta	d		6	6						1:52											
00:43+					11:27+	_	-	19:08+	21:06+	22:51+	23:54+	-		29:52+	31:31+	33:49+	37:14+	39:50+	42:14+	43:36+	47:03+	49:34+	50:36+	51:52+
00:43+	01:44+	01:43+	03:49+	02:24+	01:04+	01:02+	02:29+	04:10+	01:58+	01:45+	01:03+	01:49-	01:47+	02:22+	01:39+	02:18+	03:25+	02:36+	02:24-	01:22+	03:27+	02:31+	01:02+	01:16+
00:16&	00:23&	00:23&	01:22&	00:33&	00:15&	00:13&	00:23#	00:52&	00:17#	00:12#	00:06#	00:24-	00:27&	00:15#	00:15#	00:31&	01:04&	00:26#	00:11-	00:17&	00:59&	00:14#	00:19&	00:18&
6	Krist	tian Ha	aarr			2	7					5	52:01											
01:00+	02:38+	04:08+	07:15+	09:34+	11:49+	12:43+	16:17+	20:10+	22:12+	24:05+	24:59+	26:33+	28:08+	30:39+	32:18+	34:28+	37:39+	40:07+	42:36+	44:25+	47:21+	49:52+	50:55+	52:01+
					02:15+																			01:06+
00:33@	_ :		_	00:28&	01:26@	_		00:35#	00:21#	00:20#	00:03-			00:24#	00:15#	00:23#	00:50&	00:18#	00:06-	00:44&	00:28#	00:14#	00:20&	00:08#
7		ert Eke				10						_	9:23											
					14:33+									34:29+					48:42+				57:56+	59:23+
00:53+					03:31+ 02:42@						01:06+					02:36+			02:49+				00:58+	01:27+ 00:29&
0					02.126	_		01.376	00.25π	00.274	00.05π	_		00.124	00.234	00.154	01.374	00.134	00-11	00-104	00-574	00-154	00-134	00.234
00:42+			r Aksl		10:23+	_	16	24.47.	26.26.	20.20.	20.20.	_	9:49	25.27.	27.24.	40.11.	42.06	45.20.	40.04.	40.25.	F2.42.	F7.01.	F0.26.	59:49+
					00:59+																			
					00:10#																			
9	Joar	Fugle	stad			1.	16					1	:00:33	3										
01:03+		_		11:52+	15:04+	-	- •	24:14+	26:37+	28:38+	30:14+				38:36+	42:01+	46:19+	48:40+	51:16+	52:46+	55:51+	58:36+	59:37+	60:33+
01:03+					03:12+																			
00:36@	01:54@	00:18#	00:36#	01:02&	02:23@	00:10#	01:05&	01:42&	00:42&	00:28&	00:39&	00:08-	00:18#	00:48&	00:20#	01:38&	01:57&	00:11+	00:01+	00:25&	00:37#	00:28#	00:18&	00:02-
10	Keni	neth M	lvdlan	d		29	9					1	:03:03	3										
00:49+	_		,		13:33+	14:35+	18:48+	23:37+	25:54+	29:35+	30:42+	32:43+	34:34+	37:36+	39:36+	42:11+	45:40+	48:34+	51:28+	52:53+	57:52+	60:46+	61:45+	63:03+
00:49+	02:01+	03:30+	03:24+	02:36+	01:13+	01:02+	04:13+	04:49+	02:17+	03:41+	01:07+	02:01-	01:51+	03:02+	02:00+	02:35+	03:29+	02:54+	02:54+	01:25+	04:59+	02:54+	00:59+	01:18+
00:22&	00:40&	02:10@	00:57&	00:45&	00:24&	00:13&	02:07@	01:31&	00:36&	02:08@	00:10#	00:12-	00:31&	00:55&	00:36&	00:48&	01:08&	00:44&	00:19#	00:20&	02:31@	00:37&	00:16&	00:20&
11	Mart	in Bly	stad			1	15					1	:10:24	ļ										
01:16+	03:14+	05:11+	10:12+	13:28+	20:39+	21:53+	25:03+	29:42+	31:50+	33:58+	35:21+	37:39+	39:38+	42:50+	45:02+	47:28+	51:33+	54:39+	58:34+	60:21+	64:00+	67:08+	68:04+	70:24+
					07:11+			04:39+			01:23+			03:12+						01:47+		03:08+	00:56+	02:20+
00:49@	00:37&	00:37&	U2:34@	U1:25&	06:22@	00:25&	U1:04&	01:21&	00:27&	00:35&	00:26&	00:05+	00:39&	01:05&	UU:48&	00:39&	U1:44&	UU:56&	U1:20&	UU:42&	U1:11&	00:51&	00:13&	U1:22@

Plass	Navn	Klasse	Tid
		1114555	

Beste strekktid for klassen

00:27 01:21 01:20 02:27 01:51 00:49 00:48 01:55 03:18 01:33 00:49 01:32 01:20 02:07 01:24 01:47 02:21 02:10 02:20 01:05 02:28 02:13 00:43 00:56

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

Herrer B

1	Odd	var Ta	ksdal			19	94					4	19:56											
					10:16= 00:56=																			
					00:00=																			
2	Steir	ո Arne	Olsen	1		68	8					5	50:57											
					11:30+																			
					01:35+ 00:39&																			
2	_	Furla		00.35-	00.39&	62		00.26-	00.03-	00.11#	00.05-	_	51:03	00.07-	00.36&	00.19-	00.17+	00.08-	00.42-	00.02+	00.04+	00.45&	00.12-	00.03-
00:58+	_			09:40+	10:48+			18:25+	20:21+	22:20+	23:21+	-		29:31+	31:20+	33:27+	36:31+	39:02+	41:44+	43:06+	45:52+	48:46+	49:47+	51:03+
00:58+	01:45+	01:43+	03:04+	02:10-	01:08+	01:03+	02:34+	04:00-	01:56+	01:59+	01:01-	01:57-	01:40=	02:33-	01:49+	02:07-	03:04+	02:31-	02:42-	01:22+	02:46-	02:54+	01:01+	01:16+
00:12&				00:33-	00:12#			00:17-	00:12#	00:13#	00:04-	_		00:01-	00:04+	00:27-	00:08+	00:02-	00:17-	00:02+	00:06-	00:21#	00:01+	00:05+
4		Fugle					50					-	54:06					44.55	44.04	45.55	40.40		50.54	54.06
					11:21+ 01:14+																			
					00:18&																			
5	Mort	en Aa	modt			1.	16					5	54:32											
					10:35+																			
					01:07+ 00:11#																			
6			aelser		00.11#	4	_	01.49&	00.03+	00.03-	00.04+		57:58	00.20#	00.08-	00.13-	01.30&	00.10#	00.30-	00.02-	00.00+	00.04-	00.134	00.07+
00:58+				_	15:19+	•		23:49+	25:31+	27:42+	28:43+	•		34:22+	36:24+	38:50+	42:23+	46:08+	48:45+	50:11+	53:04+	55:41+	56:52+	57:58+
					01:26+																			
00:12&					00:30&		_	00:19+	00:02-	00:25#	00:04-			_	00:17#	00:08-	00:37#	01:12&	00:22-	00:06+	00:01+	00:04+	00:11#	00:05-
7			mmell	-	15.10	2	•	04-14-	05.50	00.56	00.10		1:00:20	-	20.06	40.45	44.00	46.01	10.06	F1 - 00 ·	FF-20.	50.15	E0.00.	60.00
					15:10+ 04:38+																			
					03:42@																			
8	Svei	n Erik	Kvam	е		1	16					1	1:00:57	7										
					13:03+ 01:56+																			
					01:00@																			
9	Biør	nar Ar	dré H	aud		80	0					1	1:03:31	1										
00:53+					14:31+	_	-	22:47+	25:12+	27:14+	28:42+			-	37:48+	40:42+	45:04+	47:56+	51:17+	52:59+	57:49+	60:59+	62:13+	63:31+
					01:41+ 00:45&																			
4.0	_	Sæbl		01.21α	00.45&	9(_	00.07+	00.41%	00.10#	00.23@				00.13#	00.20#	01.200	00.19#	00.22#	00.22&	01.30%	00.37#	00.14#	00.07+
10 00:45-				13:48+	15:13+	_	-	23:40+	25:36+	28:21+	29:35+		1:04:43 33:55+	-	38:47+	41:25+	45:45+	48:56+	52:05+	55:36+	59:21+	62:15+	63:22+	64:43+
					01:25+																			
				02:23&	00:29&	_		00:17-	00:12#	00:59&	00:09#			_	00:02+	00:04+	01:24&	00:38#	00:10+	02:11@	00:53&	00:21#	00:07#	00:10#
11		ık Lan	_ ,				83						1:06:36	-										
					13:01+ 01:45+																			
					00:49&																			
12	Pål E	3årdse	en			90	0					1	1:13:10)										
					16:54+																			
					04:16+ 03:20@																			
13		Austi		00.11	55.200	_	44	01.500	55.50%	01:100	00.150		1:13:4 <u></u>	_	55.110	33.130	01.000	55.574	50.50#	J 22d	55.554	32.100	50.17d	JU . JJ&
-				13:37+	15:48+	-		32:32+	34:28+	37:31+	38:39+			-	48:53+	53:27+	57:29+	60:11+	62:42+	64:27+	68:51+	71:33+	72:40+	73:45+
					02:11+																			
00:18&	01:17&	00:15#	01:56&	00:31#	01:15@	00:11#	01:15&	08:16@	00:12#	01:17&	00:03+	00:04+	00:15#	01:24&	00:26#	02:00&	01:06&	00:09+	00:28-	00:25&	01:32&	00:09+	00:07#	00:06-

Plass	Navn	Klasse	Tid
14	Leif Kjetil Hinna Gausel	116	1:14:16
02:13+ 02:13+	0,113, 0,113, 13,31, 1,111, 1,103, 20		71.10. 33.31. 11.31. 13.07. 17.13. 31.00. 33.33. 33.01. 02.21. 01.00. 07.17. 71.22. 71.10.
01:27@	03:21@ 00:31& 01:38& 00:57& 00:59@ 00	:26& 00:40& 02:47& 01:04& 00:42&	& 01:15@ 00:05+ 00:23# 00:39& 00:57& 00:43& 01:53& 00:33# 00:21# 00:27& 00:47& 01:02& 00:29& 00:14#
15	Rune Christiansen	93	1:21:40
00:46= 00:46= 00:00=	02:37+ 02:48+ 04:43+ 03:57+ 08:46+ 01	:44+ 03:18+ 07:20+ 02:26+ 02:20+	
16	Gunnar Petterson	29	1:23:43
00:54+ 00:54+ 00:08#	04:27+ 01:52+ 16:54+ 02:36- 01:39+ 01	:10+ 02:51+ 05:26+ 02:06+ 05:04+	+ 01:16+ 02:10+ 01:45+ 03:03+ 02:01+ 02:41+ 06:02+ 02:51+ 03:28+ 02:19+ 04:24+ 04:13+ 01:08+ 01:23+
17	Espen Fyhn Nilsen	116	1:23:59
01:02+	-1 7	:26+ 28:27+ 34:14+ 36:40+ 39:15+	+ 40:25+ 42:57+ 45:19+ 49:35+ 52:16+ 55:49+ 60:46+ 64:30+ 67:51+ 71:18+ 76:36+ 80:38+ 82:02+ 83:59+
01:02+ 00:16&	02 10 02 31 03 13 01 1 0 03 23 01	07.01. 03.17. 02.20. 02.33.	
Beste :	strekktid for klassen		
00:37	01:35 01:33 02:37 02:08 00:56 0	00:51 01:54 03:51 01:38 01:41	41 00:51 01:32 01:39 02:27 01:37 02:07 02:56 02:18 02:17 01:18 02:46 02:29 00:48 01:05

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

Herrer C

1	Kieti	l Wira	k			1	14					4	47:18									
01:19=	02:46=	04:30=	06:48=	07:56=	09:34=	12:24=	14:00=	17:29=	21:00=	23:34=	24:46=	27:09=	29:28=	32:00=	34:37=	36:02=	37:56=	40:50=	43:43=	45:25=	46:15=	47:18=
01:19=	01:27=	01:44=	02:18=	01:08=	01:38=	02:50=	01:36=	03:29=	03:31=	02:34=	01:12=	02:23=	02:19=	02:32=	02:37=	01:25=	01:54=	02:54=	02:53=	01:42=	00:50=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Geir	Bjaan	es			1	16					4	48:31									
01:13-	02:30-	04:53+	06:03-	07:15-	08:57-	12:14-	14:07+	17:14-	20:20-	23:01-	24:07-	26:34-	28:44-	31:09-	34:03-	35:41-	38:03+	40:38-	43:42-	46:23+	47:08+	48:31+
01:13-	01:17-	02:23+	01:10-	01:12+	01:42+	03:17+	01:53+	03:07-	03:06-	02:41+	01:06-	02:27+	02:10-	02:25-	02:54+	01:38+	02:22+	02:35-	03:04+	02:41+	00:45-	01:23+
00:06-	00:10-	00:39&	01:08-	00:04+	00:04+	00:27#	00:17#	00:22-	00:25-	00:07+	00:06-	00:04+	00:09-	00:07-	00:17#	00:13#	00:28#	00:19-	00:11+	00:59&	00:05-	00:20&
3			ian Es			6	-						49:28									
01:31+	02:52+	04:43+	06:05-	07:16-	09:08-	12:16-	14:42+	18:49+	22:12+	24:41+	25:51+	28:38+	30:21+	32:48+	35:26+	37:13+	39:11+	42:26+	45:21+	47:12+	48:09+	49:28+
					01:52+																00:57+	01:19+
00:12#					00:14#	00:18#	00:50&	00:38#	-80:00	00:05-	00:02-			00:05-	00:01+	00:22&	00:04+	00:21#	00:02+	00:09+	00:07#	00:16&
4			Øvrem	-		5	•						51:07									
					08:41-																49:40+	
01:11-					01:50+																	
00:08-				00:05+	00:12#			00:14+	02:14&	00:17#	00:14-	00:15#	00:19-	00:21#	00:29#	00:06-	00:06-	00:33-	00:30#	00:19#	00:03+	00:24&
5	Otte	Omda	ıl			6	5					į	52:40									
01:10-	02:31-	06:41+	08:06+	09:27+	11:02+	14:23+	16:06+	19:02+	22:33+	25:14+	26:25+	29:23+	32:23+	35:00+	38:14+	39:48+	42:35+	45:25+	48:24+	50:19+	51:13+	52:40+
01:10-					01:35-																00:54+	01:27+
00:09-	00:06-	02:26@	00:53-	00:13#	00:03-	00:31#	00:07+	00:33-	00:00=	00:07+	00:01-	00:35#	00:41&	00:05+	00:37#	00:09#	00:53&	00:04-	00:06+	00:13#	00:04+	00:24&
6	,	Dale				9	-					•	53:07									
					09:34=																	
					01:45+																	
00:22&				00:10#	00:07+			00:59&	00:10-	00:18-	00:07-			00:23#	00:27#	00:05+	00:21#	00:27-	00:16+	00:23#	00:23&	00:28&
7		Terje				6	_					•	54:03									
01:25+					09:40+																	
01:25+					01:46+															01:55+	00:49-	
00:06+		"		00:06+	+80:00			00:02+	00:00=	00:33#	00:10-			01:07&	00:30#	00:18#	01:26&	00:28-	00:16+	00:13#	00:01-	00:28&
8		d Myd				2	-						54:45									
					09:24-																	
01:16-					01:47+ 00:09+															01:54+	01:18+ 00:28&	
00.03-				00.05+	00.09+			00.11-	01.10%	00.34#	00.05+			00.11+	00.51%	00.07+	01.59@	00.22-	00.02+	00.12#	00.28&	00.20&
9		g Mau		00.21	10.00	8	-	02.00	06.10	00.40	20.00		56:38	27.20	41.01.	42.04	16.12.	40.55	E1.E0.	52.54	FF-16:	F.C. 20.
01:29+					10:29+																	
01:29+			01:41-		01:58+		02:26+		03:13-				01:46-		03:23+	02:03+	03:09+	02:42-	02:55+	02:04+	01:22+	01:22+
00:10#	UU.1/#	00.29&	00.37-	00.10#	00:20#	02.4/&	00.50&	00.59&	00.18-	00.01+	00.00=	00.24#	00.33-	00.33#	00.46&	00.38&	01.12%	00.12-	00.02+	00.22#	00.32&	00.19&

Plass	Navn	Klasse	Tid
10	Rune Karstensen	37	1:00:24
01:24+		11:24+ 14:53+ 16:59+ 21:22+ 27:10	+ 30:25+ 31:46+ 34:49+ 38:17+ 41:07+ 43:50+ 46:05+ 48:20+ 51:11+ 55:52+ 58:11+ 59:08+ 60:24+
01:24+			+ 03:15+ 01:21+ 03:03+ 03:28+ 02:50+ 02:43+ 02:15+ 02:15+ 02:51- 04:41+ 02:19+ 00:57+ 01:16+
			& 00:41& 00:09# 00:40& 01:09& 00:18# 00:06+ 00:50& 00:21# 00:03- 01:48& 00:37& 00:07# 00:13#
11	Nils John Vestøl	83	1:01:04
			+ 28:10+ 29:37+ 33:33+ 38:22+ 41:33+ 45:08+ 47:04+ 50:08+ 52:40+ 56:20+ 58:46+ 59:46+ 61:04+
01:26+			+ 03:49+ 01:27+ 03:56+ 04:49+ 03:11+ 03:35+ 01:56+ 03:04+ 02:32- 03:40+ 02:26+ 01:00+ 01:18+
		00:02- 00:23# 00:13# 00:09- 03:14	& 01:15& 00:15# 01:33& 02:30@ 00:39& 00:58& 00:31& 01:10& 00:22- 00:47& 00:44& 00:10# 00:15#
12	Øystein Huglen	12.11. 15.26. 17.26. 21.27. 25.24	1:02:00
			+ 30:55+ 32:13+ 35:09+ 37:36+ 40:35+ 43:57+ 45:39+ 49:08+ 53:16+ 56:59+ 59:05+ 60:25+ 62:00+ + 05:21+ 01:18+ 02:56+ 02:27+ 02:59+ 03:22+ 01:42+ 03:29+ 04:08+ 03:43+ 02:06+ 01:20+ 01:35+
			## 02:247@ 00:06+ 00:33# 00:08+ 00:27# 00:45& 00:124# 01:35# 01:14& 00:50& 00:24# 00:30# 00:30# 00:30# 00:30#
13	Sturle Omdal	116	1:02:12
. •			+ 33:33+ 35:01+ 37:56+ 40:55+ 44:02+ 47:25+ 48:52+ 51:12+ 53:48+ 57:41+ 59:46+ 60:44+ 62:12+
01:56+	01:35+ 07:50+ 01:43- 01:30+	01:47+ 03:28+ 01:52+ 04:04+ 03:36	+ 04:12+ 01:28+ 02:55+ 02:59+ 03:07+ 03:23+ 01:27+ 02:20+ 02:36- 03:53+ 02:05+ 00:58+ 01:28+
00:37&	00:08+ 06:06@ 00:35- 00:22&	00:09+ 00:38# 00:16# 00:35# 00:05	+ 01:38& 00:16# 00:32# 00:40& 00:35# 00:46& 00:02+ 00:26# 00:18- 01:00& 00:23# 00:08# 00:25&
14	Otto Alsnes	50	1:04:27
			+ 32:48+ 33:57+ 37:20+ 39:51+ 43:17+ 46:42+ 48:22+ 50:56+ 54:50+ 59:30+ 61:40+ 62:54+ 64:27+
			+ 03:13+ 01:09- 03:23+ 02:31+ 03:26+ 03:25+ 01:40+ 02:34+ 03:54+ 04:40+ 02:10+ 01:14+ 01:33+
			@ 00:39& 00:03- 01:00& 00:12+ 00:54& 00:48& 00:15# 00:40& 01:00& 01:47& 00:28& 00:24& 00:30&
15	Sveinung Svebestad	46	1:07:05
			+ 31:01+ 32:27+ 35:33+ 38:27+ 41:34+ 45:04+ 47:23+ 53:55+ 57:48+ 61:50+ 64:11+ 65:25+ 67:05+
			+ 03:48+ 01:26+ 03:06+ 02:54+ 03:07+ 03:30+ 02:19+ 06:32+ 03:53+ 04:02+ 02:21+ 01:14+ 01:40+ # 01:14& 00:14# 00:43& 00:35& 00:35# 00:53& 00:54& 04:38@ 00:59& 01:09& 00:39& 00:24& 00:37&
16	Helae Hundeide	62	1:11:43
	3	-	+ 32:37+ 34:05+ 36:56+ 40:16+ 44:05+ 52:00+ 54:18+ 57:28+ 61:00+ 65:58+ 68:46+ 70:04+ 71:43+
02:04+			(+ 04:37+ 01:28+ 02:51+ 03:20+ 03:49+ 07:55+ 02:18+ 03:10+ 03:32+ 04:58+ 02:48+ 01:18+ 01:39+
00:45&			+ 02:03& 00:16# 00:28# 01:01& 01:17& 05:18@ 00:53& 01:16& 00:38# 02:05& 01:06& 00:28& 00:36&
17	Ove Oaland	116	1:14:49
			+ 38:38+ 40:00+ 43:22+ 49:10+ 52:40+ 56:25+ 58:17+ 60:49+ 63:54+ 69:24+ 71:50+ 73:09+ 74:49+
02:06+	01:43+ 02:21+ 02:08- 01:33+	02:16+ 04:17+ 02:39+ 09:47+ 04:52	+ 04:56+ 01:22+ 03:22+ 05:48+ 03:30+ 03:45+ 01:52+ 02:32+ 03:05+ 05:30+ 02:26+ 01:19+ 01:40+
00:47&	00:16# 00:37& 00:10- 00:25&	00:38& 01:27& 01:03& 06:18@ 01:21	& 02:22& 00:10# 00:59& 03:29@ 00:58& 01:08& 00:27& 00:38& 00:11+ 02:37& 00:44& 00:29& 00:37&
Beste	strekktid for klassen		
01:10	01:10 01:44 01:10 01:08	01:35 02:50 01:36 02:56 03:0	06 02:16 00:58 02:18 01:43 02:25 02:37 01:19 01:48 02:21 02:53 01:42 00:45 01:03
= Som k	alassevinner, - raskere, + sei	nere, # 10% tap, & 25% tap, @ 100°	% tap.

Herrer Ny

Beste strekktid for klassen

04:14 03:54 02:05 02:32 01:52 02:31 02:38 01:44 01:43 03:15 00:40

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

Herrer Trim

1	Asg	eir Næ	rland			8	8					2	29:21			
01:07=	03:03=	04:34=	06:15=	08:18=	10:02=	13:06=	14:53=	16:59=	19:36=	20:48=	22:03=	23:29=	24:35=	26:28=	28:40=	29:21=
01:07=	01:56=	01:31=	01:41=	02:03=	01:44=	03:04=	01:47=	02:06=	02:37=	01:12=	01:15=	01:26=	01:06=	01:53=	02:12=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	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	2 Jon Kåre Olsen 92											3	33:20			
01:15+	03:03=	04:44+	06:39+	08:42+	10:22+	12:00-	14:12-	17:06+	21:07+	24:33+	26:04+	27:35+	28:38+	30:52+	32:44+	33:20+
01:15+	01:48-	01:41+	01:55+	02:03=	01:40-	01:38-	02:12+	02:54+	04:01+	03:26+	01:31+	01:31+	01:03-	02:14+	01:52-	00:36-
00:08#	00:08-	00:10#	00:14#	00:00-	00:04-	01:26-	00:25#	00:486	01:24&	02:14@	00:16#	00:05+	00:03-	00:21#	00:20-	00:05-

Plass	Nav	n				K	lasse					7	Γid				
3	Brui	no Pier	felice			5	1						34:14				
00:50-	02:43-	04:15-	06:18+			13:16+	15:10+					25:42+	26:35+				
		01:32+ 00:01+															
4		Erlend			01.02&	5		01.120	00.13+	00.20%	00.12#		34:20	00.52&	02.11%	00.10-	
-	_	03:53-			15:31+	_		21:25+	26:04+	27:05+	28:25+			32:15+	33:53+	34:20+	
00:43-	01:34-	01:36+	01:41=	09:09+	00:48-	01:43-	01:44-	02:27+	04:39+	01:01-	01:20+	01:18-	00:53-	01:39-	01:38-	00:27-	
00:24-	00:22-	00:05+	00:00=	07:06@	00:56-	01:21-	00:03-	00:21#	02:02&	00:11-	00:05+	-80:00	00:13-	00:14-	00:34-	00:14-	
5		nar Ro			40.56	-	09	40.50		00.50	05.06		34:45			0.4.45	
		05:35+ 01:55+															
		00:24&															
6	Ingv	ar Haa	beth			9	2					;	36:00				
	03:36+	05:26+	07:29+														
		01:50+ 00:19#															
7			^	01.20%	00.22-	2		01.320	00.56%	00.30&	00.25@			00.27#	00.04-	00.20%	
-	_	Jarle \$		09:41+	11:48+	_	-	19:28+	23:50+	25:18+	27:09+		36:01	33:07+	35:14+	36:01+	
		01:52+															
00:04-	_	00:21#	_	00:00=	00:23#			01:15&	01:45&	00:16#	00:36&			01:11&	00:05-	00:06#	
8		ce Cha					65						36:26				
		05:44+ 01:58+															
		00:27&															
9	Mart	in Sve	nsen			2	84						36:45				
	03:26+	04:51+	06:51+			21:17+	23:01+					32:06+	32:56+				
		01:25- 00:06-															
	_	_		_	00.42-	_		00.36%	00.12-	00.07-	00.02+			00.04-	00.50-	00.03-	
10		5 Arve			12:55+	_	82	22:57+	26:10+	28:00+	29:21+		36:49	34:19+	36:13+	36:49+	
		02:09+															
00:15-	00:22#	00:38&	00:02-	00:15#	01:55@	00:57-	00:43&	03:19@	00:36#	00:38&	00:06+	00:07-	00:04+	00:36&	00:18-	00:05-	
11		s Klau				6							37:20				
		06:41+ 01:45+															
		00:14#															
12	Asb	jørn Bı	[.] ådlan	d		3	2						37:20				
	03:34+	05:22+	07:35+	09:32+													
		01:48+															
13	_	00:17# ind Na			00:4/&	7		01:08%	03:42@	00:18#	00:19&		37:39	00:23#	00:32-	01:02@	
-		INd Na 08:11+			15:33+	_	-	23:16+	26:16+	27:50+	29:34+			34:49+	37:03+	37:39+	
02:59+	02:49+	02:23+	02:28+	02:01-	02:53+	02:03-	02:30+	03:10+	03:00+	01:34+	01:44+	01:38+	01:18+	02:19+	02:14+	00:36-	
01:52@	00:53&	00:52&	00:47&	00:02-	01:09&	01:01-	00:43&	01:04&	00:23#	00:22&	00:29&	00:12#	00:12#	00:26#	00:02+	00:05-	
14		Steina				2	-						37:42				
		09:14+ 01:51+															
		00:20#															
15	Jan	Erik S	vverts	en		5	1					:	37:54				
	05:51+	08:00+	09:54+	11:52+		17:10+	19:34+					32:14+	33:22+				
		02:09+ 00:38&															
16		Dranc		00.05-	01.57@		16	01.36%	00.21%	00.52&	00.37&		38:26	00.17#	00.26-	00.05-	
		07:48+	,	14:38+	17:00+	-		23:11+	27:00+	28:05+	29:16+			36:07+	37:56+	38:26+	
01:37+	03:41+	02:30+	01:52+	04:58+	02:22+	01:44-	01:51+	02:36+	03:49+	01:05-	01:11-	04:04+	00:56-	01:51-	01:49-	00:30-	
	_	00:59&		02:55@	00:38&	_	_	00:30#	01:12&	00:07-	00:04-			00:02-	00:23-	00:11-	
17		Knuds			40	9.				06			39:01		0.5.55	00	00.55
		06:52+ 02:43+															
		01:12&															

Plass	Navı	า				K	lasse					1	id .			
18	Rolf	Folge	rø			2	48					3	39:06			
01:08+	03:25+	05:29+	07:35+	13:22+		17:11+	19:47+					31:41+	32:59+			
				05:47+ 03:44@											02:22+ 00:10+	
19		Bjerk		03.116	00.01		37	01.204	00-114	00.11μ	00.114		39:31	01.034	00-101	00.021
				11:45+	13:28+			21:58+	25:17+	29:07+	31:01+	-		36:43+	38:51+	39:31+
				03:39+												
				01:36&	00:01-			01:39&	00:42&	02:38@	00:39&	_		00:29&	00:04-	00:01-
20		in Cha		10:47+	14:03+	-	65 18:12+	24:40+	27:59+	29:21+	31:04+	-	39:40 34:28+	36:34+	38:48+	39:40+
01:02-	02:24+	01:49+	02:39+	02:53+	03:16+	01:56-	02:13+	06:28+	03:19+	01:22+	01:43+	02:09+	01:15+	02:06+	02:14+	00:52+
				00:50&	01:32&	_		04:22@	00:42&	00:10#	00:28&			00:13#	00:02+	00:11&
21		Dalar		11.00.	12.50.	_	00	22.50.	26.04.	20.10.	20.11.		10:04	26.50.	20.22.	40.04
				11:02+ 02:35+												
				00:32&												
22			ristian			_	67						10:26			
				10:52+ 02:10+												
00:01-				00:07+												
23	Johr	n Thor	snæs			5	1					4	10:54			
				15:04+												
03:08+ 02:01@				03:51+ 01:48&											02:24+	
24		Fand				9							11:09			
	08:31+	10:27+	12:26+	14:16+												
				01:50- 00:13-											01:55- 00:17-	
25			_	arsson		_	44	01,134	01-174	00-204	00.134		11:21	001101	00-17	00.104
				11:09+		-		23:02+	28:03+	29:42+	31:58+			38:20+	40:39+	41:21+
				02:00-												
	_		00:36&	00:03-	01:38%	_	_	01:21&	02:24&	00:27&	01:01%			01:09&	00:07+	00:01+
26 02:50+		Aalbu	09:59+	12:28+	16:43+	19:15+	-	25:23+	29:18+	31:11+	33:00+		11:40	38:38+	40:55+	41:40+
02:50+	02:39+	02:00+	02:30+	02:29+	04:15+	02:32-	02:49+	03:19+	03:55+	01:53+	01:49+	02:06+	01:15+	02:17+	02:17+	00:45+
				00:26#	02:31@			01:13&	01:18&	00:41&	00:34&			00:24#	00:05+	00:04+
27		en Mo				_	09	05.00	00.50				11:55		44.04	44.55
01:28+				14:53+ 06:14+											41:21+ 02:24+	
00:21&	00:43&	00:48&	00:32&	04:11@	00:34&	00:49-	00:40&	01:23&	01:00&	00:32&	01:02&	00:30&	00:08#	00:54&	00:12+	00:07-
28				nkirch		9	-						12:06			
				12:36+ 03:51+												
				01:48&												
29	Knut	t Åsmı	und Ek	re		7	8					4	12:17			
				12:25+ 02:03=												
				02:03=												
30	Steir	nar An	nunds	en		1	15					4	12:27			
				13:22+												
				02:15+ 00:12+												
31		Arne C		00-12	00.21π	5		02.034	01-114	00.334	00.314		12:41	01-104	00.11#	00.00π
	_			12:33+	16:06+	_	-	25:00+	28:08+	31:49+	33:33+			39:27+	41:58+	42:41+
				02:34+												
00:04+ 32		^{೦೦:३୭೩} le Lun	-	00:31&	01:49@	00:02-		01:16&	00:31#	02:29@	00:29&		12:53	00:54&	00:19#	00:02+
		-		13:04+	15:02+			24:45+	28:33+	30:29+	32:35+			39:07+	41:55+	42:53+
01:04-	02:52+	02:23+	02:32+	04:13+	01:58+	02:26-	03:07+	04:10+	03:48+	01:56+	02:06+	02:02+	01:36+	02:54+	02:48+	00:58+
00:03-	00:56&	00:52&	00:51&	02:10@	00:14#	00:38-	01:20&	02:04&	01:11&	00:44&	00:51&	00:36&	00:30&	01:01&	00:36&	00:17&

Plass	Navı	า				K	lasse					7	Γid				
33	Reid	ar Hav	/er			4							42:58				
	06:06+	08:51+	11:52+										37:07+				
													01:09+ 00:03+				
34		Egil L		00.02-	02.37@	9	_	01.07&	02.00&	00.210	00.20&		43:22	00.410	00.12+	00.120	
				09:57+	14:50+	•	•	22:57+	26:18+	32:47+	34:36+		37:36+	40:03+	42:34+	43:22+	
													01:12+				
					03:09@	_	_	01:05&	00:44&	05:17@	00:34&		00:06+	00:34&	00:19#	00:07#	
35		on Hat				5	-			0.5.44	05.05		43:24			40.45	
01:17+													37:57+ 01:29+				
													00:23&				
36	Paul	Richa	rd Ca	rr		1:	36						43:30				
													36:48+				
													01:28+				
	_			00:06+	00:22#	_	_	02:04&	03:24@	01:38@	00:49&		00:22&	00:56&	00:51%	00:09#	
37 01:22+		don Ra		12.30+	16:04+	19:5/1		25.06+	20.51+	30.36+	22.47+		43:39 36:15+	30.31+	42·17±	12·20±	
													01:27+				
00:15#	00:53&	01:30&	00:22#	01:21&	01:41&	00:14-	00:53&	01:26&	01:11&	00:30&	00:56&	00:35&	00:21&	01:26&	00:31#	00:41&	
38	Arilo	l Olsei	n			4						4	43:40				
													36:53+				
													01:21+ 00:15#				
39	_	Jakob					16						43:59				
				15:46+	20:25+		-	28:13+	31:02+	32:32+	34:07+		37:39+	40:26+	42:40+	43:59+	
													01:28+				
	_			04:46@	02:55@	_		00:39&	00:12+	00:18#	00:20&		00:22&	00:54&	00:02+	00:38&	
40	_	Lever		16.21.	10.05.	-	88	27.27.	20.10.	22.50	25.54.		46:02	42.06	45.00	46.00	
02:05+													39:28+ 01:32+				
													00:26&				
41	Eina	r Tønr	nesen			2	9						46:54				
													40:18+				
													02:08+ 01:02&				
42		Kolbei	_	_	00.10#	6	_	02.034	01.334	00.304	01.004		47:53	00.314	00.104	00.134	
					18:20+	-	-	28:31+	32:20+	34:29+	36:47+		41:06+	44:10+	46:53+	47:53+	
													01:37+				
		_		01:51&	00:21#	_		01:47&	01:12&	00:57&	01:03&		00:31&	01:11&	00:31#	00:19&	
43		nar Aa					68						48:03				
03:16+ 03:16+													40:38+ 01:34+				
													00:28&				
44	Chri	stoffe	Soma	a		2	86						48:31				
	04:06+	06:34+	08:54+	13:43+		19:02+	21:28+					41:23+	42:45+				
													01:22+ 00:16#				
	_		_		01.3/&	_	_	07.02@	02.33&	00.38&	00.15#			01.02%	00.00=	00.05-	
45		amın l			20.40+	23:03+		21.21.	24.41+	36·51±	30.01+		49:31 43:11+	46·13±	10.20+	/0·21_	
													01:21+				
01:59@	04:36@	01:29&	00:37&	01:10&	00:47&	00:41-	01:05&	03:30@	00:33#	00:58&	00:58&	01:20&	00:15#	01:09&	00:03+	00:22&	
46	Anta	ıl Jans	en			1	15					4	49:34				
													44:42+				
04:02+ 02:55@													01:01- 00:05-				
47		l Svihı		10-19@	00-12-	9:	_	01-01%	01-1000	01.24@	00-13#		49:46	00-500	00-20-	00-045	
				20:23+	21:32+	-		30:34+	35:25+	37:20+	39:31+		42:56+	46:14+	48:54+	49:46+	
													01:19+				
00:38&	01:21&	00:59&	00:45&	08:22@	00:35-	00:45-	01:05&	01:45&	02:14&	00:43&	00:56&	00:40&	00:13#	01:25&	00:28#	00:11&	

Plass	Navr	1				K	lasse					7	Γid			
48	Hara	ld Ber	a			5	0						51:59			
	07:02+	10:04+	12:40+										45:21+			
													01:42+ 00:36&			
49		un Siø		02.09@	04.03@	_	^{01.15} ‰	01.52&	01.29&	01.22@	00.53&		52:01	01.14&	00.10#	00.22&
		•		15:17+	17:52+	-		31:42+	35:48+	38:17+	40:31+		44:46+	48:10+	50:56+	52:01+
													02:10+			
01:05&	01:32&	01:12&	01:41&	01:29&	00:51&	00:31#	01:18&	05:04@	01:29&	01:17@	00:59&	00:39&	01:04&	01:31&	00:34&	00:24&
50	Eilif	Gudm	und S	lemme	n	5	0						52:35			
													42:52+			
02:03+ 00:56&													02:09+ 01:03&			
51			asmus		00.314	5	_	01-104	01.526	00.134	00.104		52:56	03.276	01.024	00.204
• -					19:15+	_	-	30:53+	35:27+	37:32+	40:16+		44:43+	49:13+	51:57+	52:56+
01:27+													01:51+			
00:20&	01:47&	01:07&	01:28&	01:48&	02:43@	00:08-	01:36&	03:13@	01:57&	00:53&	01:29@	01:10&	00:45&	02:37@	00:32#	00:18&
52	Omn	nund I	Bakkev	vold		6	8					ļ	53:24			
02:04+													46:10+			
02:04+													01:35+ 00:29&			
53	_	re Uhl		02.03@	04.14@	_	05	02.34@	02.310	00.40%	00.47&		53:25	01.10%	00.40%	00.240
			_	17.56+	20.50+	_		32.40+	36.32+	30.33+	/1·16±		45:54+	/Q·10+	52·28±	53.25+
													01:52+			
02:01@	01:35&	02:11@	01:11&	02:40@	01:18&	00:23#	01:17&	03:05@	01:15&	00:49&	01:28@	01:20&	00:46&	01:31&	00:58&	00:16&
54	Per I	Bakke	n			5						ļ	54:44			
													47:28+			
													02:10+ 01:04&		03:07+	
55		_	_		01.27&	_	26	01.300	01.310	00.110	01.01%		57:29	01.210	00.33&	00.140
			Sæve		19:02+			32:06+	37:33+	40:32+	43:25+		49:15+	52:55+	56:20+	57:29+
													01:55+			
02:03@	02:28@	01:15&	01:43@	01:01&	00:30&	00:25#	02:20@	03:22@	02:50@	01:47@	01:38@	02:29@	00:49&	01:47&	01:13&	00:28&
56	Fran	k Gulk	orands	sen		1	05					•	1:00:15	5		
													53:16+			
													01:41+ 00:35&			
57		Greps		00.30&	02.00@	_	11	03.13@	01.000	00.49&	01.03&		1:00:44	_	00.30&	00.05#
		•		16.53+	10.42+	-		34.06+	30·17±	12.25+	16·57±		52:21+	-	50.16+	60:44+
													02:03+			
01:09@	02:32@	01:31&	01:56@	01:27&	01:06&	00:59&	02:50@	03:37@	03:04@	02:26@	02:17@	01:55@	00:57&	01:35&	01:15&	00:47@
58	Inge	Grøde	em			9:	2					•	1:01:12	2		
													52:17+			
													01:32+ 00:26&			
59		g Anil		00.554	01.134		28	02.306	01.124	11.016	01.256		1:02:52		01.014	00.214
				20:29+	22:46+			35:13+	40:06+	43:01+	45:34+		54:23+		61:58+	62:52+
													05:29+			
00:52&	02:35@	03:07@	01:16&	04:21@	00:33&	00:17+	02:11@	03:02@	02:16&	01:43@	01:18@	01:54@	04:23@	02:10@	01:20&	00:13&
60	Rune	e Sunc	de			2	32					•	1:03:40)		
													57:56+			
													01:15+ 00:09#			
61		e Hell		02.010	00.101	_	68	02.10@	01.116	00.10#	55.500		1:07:16		55.20#	55.05π
				24:15+	25:48+	_		42:14+	44:32+	51:00+	53:10+		57:00+	-	65:16+	67:16+
													01:13+			
					00:11-			01:18&	00:19-	05:16@	00:55&		00:07#	_	00:25-	01:19@
62			ansen			6	_						1:10:51	-		
													61:16+ 01:32+			
													01:32+			
	514	0,0	254		510	014	010			154	524	0		500		524

Plass	Navn Arthur Christiansen				Klasse					Tid						
63					93				1:11:11							
02:45+	07:20+	11:44+	15:53+	19:21+	22:47+	27:17+	33:04+	41:03+	47:43+	50:44+	53:55+	57:24+	59:47+	65:38+	69:39+	71:11+
02:45+	04:35+	04:24+	04:09+	03:28+	03:26+	04:30+	05:47+	07:59+	06:40+	03:01+	03:11+	03:29+	02:23+	05:51+	04:01+	01:32+
01:38@	02:39@	02:53@	02:28@	01:25&	01:42&	01:26&	04:00@	05:53@	04:03@	01:49@	01:56@	02:03@	01:17@	03:58@	01:49&	00:51@
Beste	strekk	tid for	klass	en												
00:43	01:34	01:19	01:25	01:37	00:48	01:05	01:44	01:47	02:18	01:01	01:11	01:18	00:50	01:06	01:22	00:27
= Som k	lassevinr	ner	raskere.	+ ser	nere. #	10% tap	. & 25	% tap. @	@ 100%	tap.						