

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	Ingrid Eik	88	47:13
00:28=	03:02= 07:00= 09:06= 12:08= 16:44= 17:49= 21:46= 25:17= 26:41= 29:09= 31:15= 35:16= 37:37=	41:20= 43:23= 44:50= 47:13=	
00:28=	02:34= 03:58= 02:06= 03:02= 04:36= 01:05= 03:57= 03:31= 01:24= 02:28= 02:06= 04:01= 02:21=	03:43= 02:03= 01:27= 02:23=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
2	Liv Omdal	116	53:56
00:37+	04:11+ 07:02+ 11:38+ 14:46+ 18:20+ 20:00+ 24:39+ 28:14+ 29:44+ 32:58+ 35:42+ 39:22+ 42:38+ 47:03+	49:42+ 51:26+ 53:56+	
00:37+	03:34+ 02:51- 04:36+ 03:08+ 03:34- 01:40+ 04:39+ 03:35+ 01:30+ 03:14+ 02:44+ 03:40- 03:16+ 04:25+	02:39+ 01:44+ 02:30+	
00:09&	01:00& 01:07- 02:30@ 00:06+ 01:02- 00:35& 00:42# 00:04+ 00:06+ 00:46& 00:38& 00:21- 00:55& 00:42# 00:36& 00:17# 00:07+		
3	Ingunn Voilås	29	54:22
00:37+	03:44+ 08:47+ 11:26+ 14:07+ 18:04+ 19:34+ 24:34+ 28:02+ 29:49+ 32:51+ 35:41+ 40:04+ 42:35+ 47:13+	49:44+ 51:32+ 54:22+	
00:37+	03:07+ 05:03+ 02:39+ 02:41- 03:57- 01:30+ 05:00+ 03:28- 01:47+ 03:02+ 02:50+ 04:23+ 02:31+ 04:38+	02:31+ 01:48+ 02:50+	
00:09&	00:33# 01:05& 00:33& 00:21- 00:39- 00:25& 01:03& 00:03- 00:23& 00:34# 00:44& 00:22+ 00:10+ 00:55# 00:28# 00:21# 00:27#		
4	Rowena Naile	42	55:14
01:13+	04:59+ 12:31+ 14:26+ 17:16+ 21:28+ 22:51+ 27:23+ 31:33+ 32:54+ 35:58+ 38:10+ 41:22+ 45:07+ 49:50+	51:42+ 53:33+ 55:14+	
01:13+	03:46+ 07:32+ 01:55- 02:50- 04:12- 01:23+ 04:32+ 04:10+ 01:21- 03:04+ 02:12+ 03:12- 03:45+ 04:43+	01:52- 01:51+ 01:41-	
00:45@	01:12& 03:34& 00:11- 00:12- 00:24- 00:18& 00:35# 00:39# 00:03- 00:36# 00:06+ 00:49- 01:24& 01:00& 00:11- 00:24& 00:42-		
5	Anne-Siv Gjertsen	27	56:36
00:40+	03:33+ 07:59+ 10:18+ 13:42+ 17:53+ 19:17+ 25:36+ 29:23+ 31:21+ 34:21+ 37:41+ 41:56+ 44:47+ 50:28+	52:24+ 54:05+ 56:36+	
00:40+	02:53+ 04:26+ 02:19+ 03:24+ 04:11- 01:24+ 06:19+ 03:47+ 01:58+ 03:00+ 03:20+ 04:15+ 02:51+ 05:41+	01:56- 01:41+ 02:31+	
00:12&	00:19# 00:28# 00:13# 00:22# 00:25- 00:19& 02:22& 00:16+ 00:34& 00:32# 01:14& 00:14+ 00:30# 01:58& 00:07- 00:14# 00:08+		
6	Nidunn Sandvik	228	57:00
00:31+	03:54+ 07:24+ 09:34+ 12:48+ 16:49+ 18:03+ 22:37+ 27:22+ 29:13+ 32:50+ 35:41+ 41:42+ 44:22+ 50:44+	53:07+ 54:45+ 57:00+	
00:31+	03:23+ 03:30- 02:10+ 03:14+ 04:01- 01:14+ 04:34+ 04:45+ 01:51+ 03:37+ 02:51+ 06:01+ 02:40+ 06:22+	02:23+ 01:38+ 02:15-	
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 Kristine Rostrup	92	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+	
00:48+	03:37+ 02:38- 02:06= 02:58- 04:02- 01:50+ 05:07+ 04:47+ 01:57+ 05:02+ 02:29+ 04:56+ 03:17+ 04:46+	01:58- 02:36+ 02:41+	
00:20&	01:03& 01:20- 00:00= 00:04- 00:34- 00:45& 01:10& 01:16& 00:33& 02:34@ 00:23# 00:55# 00:56& 01:03& 00:05- 01:09& 00:18#		
8	Berit Bakken	168	57:48
00:31+	03:35+ 07:55+ 10:19+ 13:24+ 17:34+ 19:07+ 23:56+ 27:35+ 29:13+ 32:19+ 35:16+ 41:50+ 44:32+ 50:52+	53:14+ 55:18+ 57:48+	
00:31+	03:04+ 04:20+ 02:24+ 03:05+ 04:10- 01:33+ 04:49+ 03:39+ 01:38+ 03:06+ 02:57+ 06:34+ 02:42+ 06:20+	02:22+ 02:04+ 02:30+	
00:03#	00:30# 00:22+ 00:18# 00:03+ 00:26- 00:28& 00:52# 00:08+ 00:14# 00:38& 00:51& 02:33& 00:21# 02:37& 00:19# 00:37& 00:07+		
9	Marit Karin Nygård	92	59:15
00:31+	03:13+ 09:28+ 11:37+ 16:49+ 20:08+ 21:25+ 28:42+ 32:30+ 33:59+ 38:36+ 41:54+ 46:05+ 49:09+ 53:30+	55:28+ 57:05+ 59:15+	
00:31+	02:42+ 06:15+ 02:09+ 05:12+ 03:19- 01:17+ 07:17+ 03:48+ 01:29+ 04:37+ 03:18+ 04:11+ 03:04+ 04:21+	01:58- 01:37+ 02:10-	
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	Hanne-Keth Qvale	113	1:00:53
00:41+	03:41+ 11:03+ 13:19+ 16:25+ 22:21+ 23:34+ 29:20+ 32:26+ 35:09+ 38:08+ 41:21+ 48:45+ 51:38+ 55:33+	57:23+ 58:57+ 60:53+	
00:41+	03:00+ 07:22+ 02:16+ 03:06+ 05:56+ 01:13+ 05:46+ 03:06- 02:43+ 02:59+ 03:13+ 07:24+ 02:53+ 03:55+	01:50- 01:34+ 01:56-	
00:13&	00:26# 03:24& 00:10+ 00:04+ 01:20& 00:08# 01:49& 00:25- 01:19& 00:31# 01:07& 03:23& 00:32# 00:12+ 00:13- 00:07+ 00:27-		
11	Oddny Haugland	114	1:05:59
00:37+	04:31+ 08:22+ 13:34+ 16:22+ 23:30+ 24:53+ 29:35+ 33:05+ 39:06+ 42:02+ 44:20+ 48:20+ 51:31+ 56:29+	60:48+ 63:15+ 65:59+	
00:37+	03:54+ 03:51- 05:12+ 02:48- 07:08+ 01:23+ 04:42+ 02:30- 06:01+ 02:56+ 02:18+ 04:00- 03:11+ 04:58+	04:19+ 02:27+ 02:44+	
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 Smådal Turøy	115	1:07:28
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+	03:59+ 03:02- 02:40+ 02:43- 05:06+ 01:26+ 06:27+ 10:23+ 01:41+ 02:47+ 02:33+ 06:36+ 04:19+ 05:41+	02:11+ 02:29+ 02:53+	
00:04#	01:25& 00:56- 00:34& 00:19- 00:30# 00:21& 02:30& 06:52@ 00:17# 00:19# 00:27# 02:35& 01:58& 01:58& 00:08+ 01:02& 00:30#		
13	Amanda Renshaw	101	1:07:37
00:29+	03:57+ 07:18+ 09:44+ 12:56+ 17:34+ 20:01+ 27:05+ 30:55+ 37:28+ 41:45+ 45:55+ 50:57+ 55:28+ 60:25+	62:36+ 64:29+ 67:37+	
00:29+	03:28+ 03:21- 02:26+ 03:12+ 04:38+ 02:27+ 07:04+ 03:50+ 06:33+ 04:17+ 04:10+ 05:02+ 04:31+ 04:57+	02:11+ 01:53+ 03:08+	
00:01+	00:54& 00:37- 00:20# 00:10+ 00:02+ 01:22@ 03:07& 00:19+ 05:09@ 01:49& 02:04& 01:01& 02:10& 01:14& 00:08+ 00:26& 00:45&		

Class	Navn	Klasse	Tid
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4	Hanna S. Lomeland	47	1:06:33
00:38=	04:43- 08:50- 11:26- 15:14- 19:18- 21:02= 27:15- 31:42+ 34:10+ 38:39+ 43:04+ 48:41+ 52:25+ 58:41+ 61:51+ 64:05+ 66:33+		
00:38=	04:05- 04:07- 02:36+ 03:48+ 04:04+ 01:44+ 06:13- 04:27+ 02:28+ 04:29+ 04:25+ 05:37+ 03:44+ 06:16+ 03:10+ 02:14+ 02:28+		
00:00=	01:18- 00:02- 00:16# 00:18+ 00:18+ 00:28& 00:41- 00:54& 00:34& 01:29& 00:59& 01:32& 00:38# 01:00# 01:08& 00:25# 00:10+		

5	Kari Blixhavn	228	1:22:05
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 Relling	92	1:22:54
00:44+	11:27+ 15:31+ 18:40+ 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. Gramstad	113	1:26:18
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=	04:01- 05:14+ 02:41+ 10:08+ 05:03+ 01:57+ 06:18- 04:46+ 04:11+ 04:52+ 06:19+ 05:23+ 07:24+ 07:42+ 04:16+ 02:37+ 02:48+		
00:00=	01:22- 01:05& 00:21# 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	Jorunn Eriksson Sætre	47	1:32:27
02:45+	08:12+ 19:43+ 22:22+ 25:34+ 30:01+ 31:40+ 37:45+ 41:39+ 48:21+ 56:30+ 60:22+ 67:53+ 70:47+ 81:29+ 87:09+ 89:33+ 92:27+		
02:45+	05:27+ 11:31+ 02:39+ 03:12- 04:27+ 01:39+ 06:05- 03:54+ 06:42+ 08:09+ 03:52+ 07:31+ 02:54- 10:42+ 05:40+ 02:24+ 02:54+		
02:07@	00:04+ 07:22@ 00:19# 00:18- 00:41# 00:23& 00:49- 00:21+ 04:48@ 05:09@ 00:26# 03:26& 00:12- 05:26@ 03:38@ 00:35& 00:36&		

9	Grethe Wathne	109	1:42:11
01:15+	09:31+ 15:26+ 29:05+ 34:12+ 39:49+ 41:59+ 52:47+ 57:57+ 61:52+ 66:00+ 70:54+ 75:58+ 79:51+ 88:16+ 91:07+ 99:17+ 102:11+		
01:15+	08:16+ 05:55+ 13:39+ 05:07+ 05:37+ 02:10+ 10:48+ 05:10+ 03:55+ 04:08+ 04:54+ 05:04+ 03:53+ 08:25+ 02:51+ 08:10+ 02:54+		
00:37&	02:53& 01:46& 11:19@ 01:37& 01:51& 00:54& 03:54& 01:37& 02:01@ 01:08& 01:28& 00:59# 00:47& 03:09& 00:49& 06:21@ 00:36&		

10	Wenche Anda Haarr	92	1:44:44
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+	03:43- 12:51+ 10:53+ 03:15- 07:07+ 02:54+ 09:17+ 05:21+ 02:10+ 04:31+ 03:56+ 05:05+ 07:05+ 13:57+ 04:18+ 02:13+ 04:10+		
01:20@	01:40- 08:42@ 08:33@ 00:15- 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 strekktid for klassen																	
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 klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 65 - 69 år

1	Aslaug Lura	94	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	Kirsten Carlsen	93	1:11:15
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	Synnøva Gausel	115	1:21:25
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	Margaret Malmin	105	1:28:03
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+ 04:40+ 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 strekktid for klassen																	
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

Class	Navn	Klasse	Tid
1	Turid Nystrøm	68	54:56
00:50=	03:41= 06:36= 08:43= 12:09= 15:37= 17:01= 24:33= 28:16= 30:53= 33:26= 36:40= 40:55= 43:54= 48:46= 51:07= 52:54= 54:56=		
00:50=	02:51= 02:55= 02:07= 03:26= 03:28= 01:24= 07:32= 08:43= 02:37= 02:33= 03:14= 04:15= 02:59= 04:52= 02:21= 01:47= 02:02=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Haldis Glendrange	68	1:06:28
00:41-	04:13+ 11:59+ 14:51+ 17:39+ 21:52+ 23:16+ 28:22+ 33:43+ 41:45+ 45:26+ 47:57+ 52:01+ 55:03+ 60:21+ 62:22+ 64:02+ 66:28+		
00:41-	03:32+ 07:46+ 02:52+ 02:28- 04:13+ 01:24= 05:06- 05:21+ 08:02+ 03:41+ 02:31- 04:04- 03:02+ 05:18+ 02:01- 01:40- 02:26+		
00:09-	00:41# 04:51@ 00:45& 00:38- 00:45# 00:00= 02:26- 01:38& 05:25@ 01:08& 00:43- 00:11- 00:03+ 00:26+ 00:20- 00:07- 00:24#		
3	Gry V. Thengs	68	1:11:24
02:08+	05:25+ 08:50+ 11:26+ 15:18+ 21:52+ 23:37+ 30:22+ 34:06+ 39:34+ 42:44+ 46:07+ 52:44+ 56:18+ 62:41+ 65:09+ 68:43+ 71:24+		
02:08+	03:17+ 03:25+ 02:36+ 03:52+ 06:34+ 01:45+ 06:45- 03:44+ 05:28+ 03:10+ 03:23+ 06:37+ 03:34+ 06:23+ 02:28+ 03:34+ 02:41+		
01:18@	00:26# 00:30# 00:29# 00:26# 03:06& 00:21# 00:47- 00:01+ 02:51@ 00:37# 00:09+ 02:22& 00:35# 01:31& 00:07+ 01:47& 00:39&		
4	Ragnhild Christiansen	93	1:19:39
00:53+	05:36+ 12:09+ 17:07+ 21:46+ 26:44+ 28:32+ 38:16+ 42:47+ 45:11+ 49:24+ 52:56+ 59:17+ 62:28+ 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	Helga Klausen	62	1:20:29
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+		
00:35-	04:08+ 03:36+ 02:45+ 10:01+ 06:20+ 01:57+ 05:16- 06:09+ 02:36- 03:30+ 03:09- 04:58+ 05:55+ 06:21+ 08:08+ 02:07+ 02:58+		
00:15-	01:17& 00:41# 00:38& 06:35@ 02:52& 00:33& 02:16- 02:26& 00:01- 00:57& 00:05- 00:43# 02:56& 01:29& 05:47@ 00:20# 00:56&		
6	Hedvig Anda	116	1:26:54
00:43-	03:48+ 09:10+ 12:08+ 16:08+ 21:05+ 22:45+ 27:52+ 31:36+ 41:54+ 49:58+ 52:43+ 58:58+ 62:38+ 68:13+ 79:46+ 84:08+ 86:54+		
00:43-	03:05+ 05:22+ 02:58+ 04:00+ 04:57+ 01:40+ 05:07- 03:44+ 10:18+ 08:04+ 02:45- 06:15+ 03:40+ 05:35+ 11:33+ 04:22+ 02:46+		
00:07-	00:14+ 02:27& 00:51& 00:34# 01:29& 00:16# 02:25- 00:01+ 07:41@ 05:31@ 00:29- 02:00& 00:41# 00:43# 09:12@ 02:35@ 00:44&		
7	Signe Stang Franzon	105	1:27:06
00:59+	05:29+ 13:19+ 17:06+ 22:21+ 31:31+ 33:17+ 40:03+ 47:52+ 50:14+ 53:59+ 58:51+ 65:47+ 70:13+ 76:29+ 81:55+ 84:07+ 87:06+		
00:59+	04:30+ 07:50+ 03:47+ 05:15+ 09:10+ 01:46+ 06:46- 07:49+ 02:22- 03:45+ 04:52+ 06:56+ 04:26+ 06:16+ 05:26+ 02:12+ 02:59+		
00:09#	01:39& 04:55@ 01:40& 01:49& 05:42@ 00:22& 00:46- 04:06@ 00:15- 01:12& 01:38& 02:41& 01:27& 01:24& 03:05@ 00:25# 00:57&		
8	Synnøve Fuglestad	29	1:27:49
01:13+	05:59+ 12:12+ 16:16+ 22:13+ 27:33+ 29:14+ 36:47+ 41:39+ 46:00+ 50:42+ 57:04+ 62:36+ 69:51+ 78:40+ 82:02+ 84:31+ 87:49+		
01:13+	04:46+ 06:13+ 04:04+ 05:57+ 05:20+ 01:41+ 07:33+ 04:52+ 04:21+ 04:42+ 06:22+ 05:32+ 07:15+ 08:49+ 03:22+ 02:29+ 03:18+		
00:23&	01:55& 03:18@ 01:57& 02:31& 01:52& 00:17# 00:01+ 01:09& 01:44& 02:09& 03:08& 01:17& 04:16@ 03:57& 01:01& 00:42& 01:16&		
9	Eva Hessen	83	1:31:41
00:47-	06:07+ 17:46+ 20:30+ 23:44+ 28:14+ 30:10+ 35:42+ 39:56+ 46:25+ 54:41+ 58:29+ 65:51+ 68:41+ 79:37+ 85:15+ 87:38+ 91:41+		
00:47-	05:20+ 11:39+ 02:44+ 03:14- 04:30+ 01:56+ 05:32- 04:14+ 06:29+ 08:16+ 03:48+ 07:22+ 02:50- 10:56+ 05:38+ 02:23+ 04:03+		
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 strekketid for klassen

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 02:02

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

Damer 75 - 79 år

1	Berit Ebbell Olsen	68	1:12:22
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	Gørild Espedal	113	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 strekketid for klassen

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

Class	Navn	Klasse	Tid																		
8	Grethe Anda Fuglestad	116	1:13:47																		
01:23+	04:27+	07:51+	09:30+	12:23+	15:15+	17:07+	20:31+	22:08+	25:44+	28:19+	32:12+	43:02+	47:16+	48:56+	52:44+	58:49+	61:14+	64:22+	66:09+	72:18+	73:47+
01:23+	03:04+	03:24+	01:39-	02:53+	02:52+	01:52+	03:24+	01:37+	03:36-	02:35-	03:53+	10:50+	04:14+	01:40-	03:48+	06:05+	02:25-	03:08+	01:47+	06:09+	01:29+
00:24&	00:34#	00:57&	00:43-	00:09+	00:13+	00:21#	00:39#	00:28&	02:26-	00:02-	00:21+	06:24@	00:38#	02:24-	00:31#	00:24+	00:01-	00:22#	00:17#	05:07@	00:07+
9	Ingrid W. Hestness	117	1:14:48																		
01:05+	03:44+	06:37+	09:31+	12:17+	15:32+	17:35+	21:09+	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+	02:39+	02:53+	02:54+	02:46+	03:15+	02:03+	03:34+	01:26+	03:51-	02:46+	04:09+	06:14+	03:57+	07:56+	05:01+	08:24+	02:02-	03:01+	02:03+	01:15+	01:34+
00:06#	00:09+	00:26#	00:32#	00:02+	00:36#	00:32&	00:49&	00:17#	02:11-	00:09+	00:37#	01:48&	00:21+	03:52&	01:44&	02:43&	00:24-	00:15+	00:33&	00:13#	00:12#
10	Ragnhild Auglænd	119	1:16:00																		
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+	02:52+	06:41+	01:25-	03:08+	02:51+	02:05+	03:09+	01:32+	04:10-	02:00-	04:22+	05:59+	05:24+	05:35+	04:17+	06:53+	03:50+	02:54+	01:59+	01:38+	02:01+
00:16&	00:22#	04:14@	00:57-	00:24#	00:12+	00:34&	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 Warland	115	1:16:32																		
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+	02:48+	11:30+	02:29+	02:33-	02:26-	01:41+	02:57+	01:09=	02:53-	02:01-	03:42+	06:28+	04:09+	02:57-	07:17+	07:18+	03:45+	02:33-	01:44+	01:21+	01:26+
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	Anita Glenne Kallhovd	29	1:18:43																		
01:11+	04:11+	07:03+	08:29+	12:05+	14:41+	16:42+	20:02+	23:44+	31:46+	34:16+	39:01+	44:14+	47:51+	50:33+	56:06+	62:01+	66:14+	70:20+	75:11+	76:57+	78:43+
01:11+	03:00+	02:52+	01:26-	03:36+	02:36-	02:01+	03:20+	03:42+	08:02+	02:30-	04:45+	05:13+	03:37+	02:42-	05:33+	05:55+	04:13+	04:06+	04:51+	01:46+	01:46+
00:12#	00:30#	00:25#	00:56-	00:52&	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 strekktid for klassen																					
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	Ingunn Kristiansen Wiig	105	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	Heidi Horne	71	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	Tordis Frøytlog	29	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 Andersen	101	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 strekktid for klassen

02:36 03:24 01:45 02:12 02:05 02:23 02:11 01:59 01:23 03:12 00:48

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

Damer Trim

1	Lise Nessa Di Lorenzo	168	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	Rønnaug Egeland	154	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-

Class	Navn	Klasse	Tid
48	Marie-Elizabeth Reinseth	27	53:55
06:23+	08:58+	10:44+	13:14+
06:23+	02:35+	01:46+	02:30+
03:55@	01:15&	00:37&	01:05&
04:58+	08:10+	10:32+	20:35+
04:58+	03:12+	02:22+	10:03+
02:30@	01:52@	01:13@	08:38@
49	Anita Kvelland	69	54:11
04:58+	08:10+	10:32+	20:35+
04:58+	03:12+	02:22+	10:03+
02:30@	01:52@	01:13@	08:38@
50	Kristin Lillebø Aasen	69	54:24
07:28+	11:37+	13:48+	18:42+
07:28+	04:09+	02:11+	04:54+
05:00@	02:49@	01:02&	03:29@
51	Dagfrid Nagel-Alne	47	54:42
04:53+	06:40+	07:53+	11:17+
04:53+	01:47+	01:13+	03:24+
02:25&	00:27&	00:04+	01:59@
52	Therese Prestmo	69	54:43
07:34+	11:34+	13:54+	18:49+
07:34+	04:00+	02:20+	04:55+
05:06@	02:40@	01:11@	03:30@
53	Britt Elin Andersen	91	54:51
08:57+	18:12+	19:59+	24:08+
08:57+	09:15+	01:47+	04:09+
06:29@	07:55@	00:38&	02:44@
54	Randi Wesetvik	116	57:17
10:04+	13:08+	16:33+	18:45+
10:04+	03:04+	03:25+	02:12+
07:36@	01:44@	02:16@	00:47&
55	Hazel Grayston	263	57:33
08:49+	11:46+	13:52+	17:14+
08:49+	02:57+	02:06+	03:22+
06:21@	01:37@	00:57&	01:57@
56	Eli Våge	117	57:34
10:53+	17:27+	19:31+	23:14+
10:53+	06:34+	02:04+	03:43+
08:25@	05:14@	00:55&	02:18@
57	Aase Sveinvoll	94	58:20
05:08+	07:52+	11:35+	15:04+
05:08+	02:44+	03:43+	03:29+
02:40@	01:24@	02:34@	02:04@
58	Farbos Axelle	42	1:03:46
08:35+	10:12+	16:23+	28:54+
08:35+	01:37+	06:11+	12:31+
06:07@	00:17#	05:02@	11:06@
59	Åse J. Kro	128	1:05:38
03:37+	07:31+	09:44+	12:38+
03:37+	03:54+	02:13+	02:54+
01:09&	02:34@	01:04&	01:29@
60	Gro Mariero Totland	59	1:06:44
04:27+	07:13+	09:26+	12:07+
04:27+	02:46+	02:13+	02:41+
01:59&	01:26@	01:04&	01:16&
61	Ingunn Fandrem	47	1:06:53
07:56+	15:18+	17:18+	22:52+
07:56+	07:22+	02:00+	05:34+
05:28@	06:02@	00:51&	04:09@
62	Solveig Grønning	47	1:06:55
08:00+	15:22+	17:21+	22:50+
08:00+	07:22+	01:59+	05:29+
05:32@	06:02@	00:50&	04:04@

Class	Navn	Klasse	Tid
23	Richard Galle	66	1:29:53
03:14+	04:56+	09:47+	13:19+
03:14+	01:42+	04:51+	03:32+
01:56@	00:20#	02:54@	01:44&
02:18+	04:06+	09:12+	11:15+
02:18+	01:48+	05:06+	02:03+
01:00&	00:26&	03:09@	00:15#
24	Olav Johannessen	105	1:30:20
02:18+	04:06+	09:12+	11:15+
02:18+	01:48+	05:06+	02:03+
01:00&	00:26&	03:09@	00:15#
25	Alexander Khorunzhiy	136	1:32:17
01:51+	04:08+	08:24+	10:59+
01:51+	02:17+	04:16+	02:35+
00:33&	00:55&	02:19@	00:47&

Beste strekketid for klassen

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

Herrer 40 - 49 år

1	Knut Pedersen	79	51:26
00:51=	03:15=	05:06=	07:54=
00:51=	02:24=	01:51=	02:48=
00:00=	00:00=	00:00=	00:00=
2	Sjur Sigmo	116	53:08
00:41-	02:41-	05:10+	06:23-
00:41-	02:00-	02:29+	02:13-
00:10-	00:24-	00:38&	01:35-
3	Knut Taugbøl	116	55:18
00:58+	03:22+	06:09+	08:13+
00:58+	02:24=	02:47+	02:04-
00:07#	00:00=	00:56&	00:44-
4	Jakob Ravnås	200	59:25
01:07+	03:34+	05:50+	07:01-
01:07+	02:27+	02:16+	01:11-
00:16&	00:03+	00:25#	01:37-
5	Bård Skogsholm	40	1:00:56
01:02+	03:29+	05:28+	06:38-
01:02+	02:27+	01:59+	01:10-
00:11#	00:07+	00:08+	01:38-
6	Håvard Svihus	267	1:02:53
03:21+	06:17+	08:39+	09:43+
03:21+	02:56+	02:22+	01:04-
02:30@	00:32#	00:31&	01:44-
7	Lars Primstad	62	1:02:59
00:58+	02:56-	06:28+	07:27-
00:58+	01:58-	03:32+	00:59-
00:07#	00:26-	01:41&	01:49-
8	Trondr Breiland	53	1:03:09
00:50-	03:09-	05:14+	06:30-
00:50-	02:19-	02:05+	01:16-
00:01-	00:05-	00:14#	01:32-
9	Ådne Hausberg	7	1:03:56
01:01+	03:44+	06:22+	09:30+
01:01+	02:43+	02:38+	03:08+
00:10#	00:19#	00:47&	00:20#
10	Oddmund Nordgård	105	1:05:04
01:05+	03:29+	01:56+	12:17+
01:05+	02:24=	07:27+	01:21-
00:14&	00:00=	05:36@	01:27-

Class	Navn	Klasse	Tid
11	Svein Oddvar Netland	116	1:05:08
03:11+	06:43+	09:13+	12:22+
03:11+	03:32+	02:30+	03:09+
02:20@	01:08&	00:39&	00:21#
00:45-	02:31+	06:37+	09:41+
00:45-	02:31+	03:21+	03:04+
00:06-	00:07+	01:30&	00:16+
12	Kevin Thomas Foust	192	1:07:58
00:45-	03:16+	06:37+	09:41+
00:45-	02:31+	03:21+	03:04+
00:06-	00:07+	01:30&	00:16+
13	Peter Chapman	117	1:08:10
00:57+	02:56-	10:31+	11:51+
00:57+	01:59-	07:35+	01:20-
00:06#	00:25-	05:44@	01:28-
14	Øystein Fuglestad	46	1:08:58
01:07+	03:30+	05:41+	07:06-
01:07+	02:23-	02:11+	01:25-
00:16&	00:01-	00:20#	01:23-
15	Raymond B. Pettersen	105	1:09:21
01:00+	03:55+	06:36+	07:49-
01:00+	02:55+	02:41+	01:13-
00:09#	00:31#	00:50&	01:35-
16	Arngrim Utskarpen	117	1:09:39
01:39+	03:56+	06:56+	09:03+
01:39+	02:17-	03:00+	02:07-
00:48&	00:07-	01:09&	00:41-
17	Hans Einar Thorset	109	1:10:35
01:06+	04:26+	09:37+	11:06+
01:06+	03:20+	05:11+	01:29-
00:15&	00:56&	03:20@	01:19-
18	John Breiland	157	1:12:07
00:52+	03:33+	06:12+	09:40+
00:52+	02:41+	02:39+	03:28+
00:01+	00:17#	00:48&	00:40#
19	Tord Peter Ursin	116	1:13:36
01:01+	04:08+	07:57+	09:51+
01:01+	03:07+	03:49+	01:54-
00:10#	00:43&	01:58@	00:54-
20	Per Ivar Hovstad	116	1:14:24
00:52+	03:35+	06:12+	08:29+
00:52+	02:43+	02:37+	02:17-
00:01+	00:19#	00:46#	00:31-
21	Rune Femsteinevik	91	1:15:10
01:12+	04:04+	11:53+	14:46+
01:12+	02:52+	07:49+	02:53+
00:21&	00:28#	05:58@	00:05+
22	Steinar Hansen	27	1:15:41
01:01+	04:17+	07:19+	09:47+
01:01+	03:16+	03:02+	02:28-
00:10#	00:52&	01:11&	00:20-
23	Ingvar Heien	47	1:26:32
01:50+	04:08+	06:37+	07:57+
01:50+	02:18-	02:29+	01:20-
00:59@	00:06-	00:38&	01:28-
24	Charles-Francois Farbos	42	1:36:31
02:53+	06:24+	09:39+	13:51+
02:53+	03:31+	03:15+	04:12+
02:02@	01:07&	01:24&	01:24&
Beste strekktid for klassen			
00:41	01:58	01:51	00:59
02:04	01:55	01:24	02:23
01:01	02:33	01:44	03:03
03:03	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.

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

00:27 01:21 01:20 02:27 01:51 00:49 00:48 01:55 03:18 01:33 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	Oddvar Taksdal	194	49:56
00:46=	02:25= 04:00= 06:37=	09:20= 10:16= 11:07= 13:01=	17:18= 19:02= 20:48= 21:53= 23:59= 25:39=
00:46=	01:39= 01:35= 02:37=	02:43= 00:56= 00:51= 01:54=	04:17= 01:44= 01:46= 01:05= 02:06= 01:40=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Stein Arne Olsen	68	50:57
01:16+	02:51+ 04:31+ 07:47+	09:55+ 11:30+ 12:23+ 14:32+	18:23+ 20:04+ 22:01+ 23:01+ 24:44+ 26:27+
01:16+	01:35- 01:40+ 03:16+	02:08- 01:35+ 00:53+ 02:09+	03:51- 01:41- 01:57+ 01:00- 01:43- 01:43+
00:30&	00:04- 00:05+ 00:39#	00:35- 00:39& 00:02+ 00:15#	00:26- 00:03- 00:11# 00:05- 00:23- 00:03+
3	Tom Furland	62	51:03
00:58+	02:43+ 04:26+ 07:30+	09:40+ 10:48+ 11:51+ 14:25+	18:25+ 20:21+ 22:20+ 23:21+ 25:18+ 26:58+
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=
00:12&	00:06+ 00:08+ 00:27#	00:33- 00:12# 00:12# 00:40&	00:17- 00:12# 00:13# 00:04- 00:09- 00:00=
4	Odd Fuglestad	250	54:06
00:41-	02:30+ 04:40+ 07:38+	10:07+ 11:21+ 12:26+ 14:57+	19:36+ 21:26+ 23:14+ 24:11+ 26:09+ 27:53+
00:41-	01:49+ 02:10+ 02:58+	02:29- 01:14+ 01:05+ 02:31+	04:39+ 01:50+ 01:48+ 00:57- 01:58- 01:44+
00:05-	00:10# 00:35& 00:21#	00:14- 00:18& 00:14& 00:37&	00:22+ 00:06+ 00:02+ 00:08- 00:08- 00:04+
5	Morten Aamodt	116	54:32
00:37-	02:26+ 04:04+ 06:50+	09:28+ 10:35+ 11:35+ 14:06+	20:12+ 21:59+ 23:40+ 24:49+ 26:27+ 28:08+
00:37-	01:49+ 01:38+ 02:46+	02:38- 01:07+ 01:00+ 02:31+	06:06+ 01:47+ 01:41- 01:09+ 01:38- 01:41+
00:09-	00:10# 00:03+ 00:09+	00:05- 00:11# 00:09# 00:37&	01:49& 00:03+ 00:05- 00:04+ 00:28- 00:01+
6	Terje Michaelsen	47	57:58
00:58+	02:37+ 04:12+ 10:56+	13:53+ 15:19+ 16:14+ 19:13+	23:49+ 25:31+ 27:42+ 28:43+ 30:15+ 31:54+
00:58+	01:39= 01:35= 06:44+	02:57+ 01:26+ 00:55+ 02:59+	04:36+ 01:42- 02:11+ 01:01- 01:32- 01:39-
00:12&	00:00= 00:00= 04:07@	00:14+ 00:30& 00:04+ 01:05&	00:19+ 00:02- 00:25# 00:04- 00:34- 00:01-
7	Øyvind Rummelhoff	27	1:00:20
00:40-	03:34+ 05:07+ 08:01+	10:32+ 15:10+ 16:13+ 18:46+	24:14+ 25:52+ 27:56+ 29:12+ 31:01+ 32:46+
00:40-	02:54+ 01:33- 02:54+	02:31- 04:38+ 01:03+ 02:33+	05:28+ 01:38- 02:04+ 01:16+ 01:49- 01:45+
00:06-	01:15& 00:02- 00:17#	00:12- 03:42@ 00:12# 00:39&	01:11& 00:06- 00:18# 00:11# 00:17- 00:05+
8	Svein Erik Kvame	116	1:00:57
00:51+	02:48+ 04:55+ 08:20+	11:07+ 13:03+ 14:18+ 17:07+	22:32+ 24:42+ 26:45+ 27:55+ 30:06+ 32:08+
00:51+	01:57+ 02:07+ 03:25+	02:47+ 01:56+ 01:15+ 02:49+	05:25+ 02:10+ 02:03+ 01:10+ 02:11+ 02:02+
00:05#	00:18# 00:32& 00:48&	00:04+ 01:00@ 00:24& 00:55&	01:08& 00:26# 00:17# 00:05+ 00:05+ 00:22# 00:35#
9	Bjørnar André Haug	80	1:03:31
00:53+	03:18+ 05:04+ 08:46+	12:50+ 14:31+ 15:51+ 18:23+	22:47+ 25:12+ 27:14+ 28:42+ 30:52+ 32:38+
00:53+	02:25+ 01:46+ 03:42+	04:04+ 01:41+ 01:20+ 02:32+	04:24+ 02:25+ 02:02+ 01:28+ 02:10+ 01:46+
00:07#	00:46& 00:11# 01:05&	01:21& 00:45& 00:29& 00:38&	00:07+ 00:41& 00:16# 00:23& 00:04+ 00:06+ 00:36#
10	Jone Sæbbø	90	1:04:43
00:45-	02:35+ 04:26+ 08:42+	13:48+ 15:13+ 16:32+ 19:40+	23:40+ 25:36+ 28:21+ 29:35+ 31:47+ 33:55+
00:45-	01:50+ 01:51+ 04:16+	05:06+ 01:25+ 01:19+ 03:08+	04:00- 01:56+ 02:45+ 01:14+ 02:12+ 02:08+
00:01-	00:11# 00:16# 01:39&	02:23& 00:29& 00:28& 01:14&	00:17- 00:12# 00:59& 00:09# 00:06+ 00:12# 00:19#
11	Tallak Langmyr	283	1:06:36
00:54+	03:08+ 04:49+ 08:51+	11:16+ 13:01+ 14:00+ 17:17+	23:40+ 26:03+ 32:03+ 33:04+ 34:58+ 36:50+
00:54+	02:14+ 01:41+ 04:02+	02:25- 01:45+ 00:59+ 03:17+	06:23+ 02:23+ 02:00+ 01:01- 01:54- 01:52+
00:08#	00:35& 00:06+ 01:25&	00:18- 00:49& 00:08# 01:23&	02:06& 00:39& 04:14@ 00:04- 00:12- 00:12#
12	Pål Bårdsen	90	1:13:10
00:50+	03:04+ 05:45+ 09:44+	12:38+ 16:54+ 18:22+ 21:24+	27:17+ 29:39+ 32:41+ 34:31+ 37:21+ 39:44+
00:50+	02:14+ 02:41+ 03:59+	02:54+ 04:16+ 01:28+ 03:02+	05:53+ 02:22+ 03:02+ 01:50+ 02:50+ 02:23+
00:04+	00:35& 01:06& 01:22&	00:11+ 03:20@ 00:37& 01:08&	01:36& 00:38& 01:16& 00:45& 00:44& 00:43&
13	Geir Austigard	144	1:13:45
01:04+	04:00+ 05:50+ 10:23+	13:37+ 15:48+ 16:50+ 19:59+	32:32+ 34:28+ 37:31+ 38:39+ 40:49+ 42:44+
01:04+	02:56+ 01:50+ 04:33+	03:14+ 02:11+ 01:02+ 03:09+	12:33+ 01:56+ 03:03+ 01:08+ 02:10+ 01:55+
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#

Class	Navn	Klasse	Tid
14	Leif Kjetil Hinna Gausel	116	1:14:16
02:13+	07:13+	09:19+	13:34+
02:13+	05:00+	02:06+	04:15+
01:27@	03:21@	00:31&	01:38&
00:46=	03:23+	06:11+	10:54+
00:46=	02:37+	02:48+	04:43+
00:00=	00:58&	01:13&	02:06&
15	Rune Christiansen	93	1:21:40
00:46=	03:23+	06:11+	10:54+
00:46=	02:37+	02:48+	04:43+
00:00=	00:58&	01:13&	02:06&
16	Gunnar Petterson	29	1:23:43
00:54+	05:21+	07:13+	24:07+
00:54+	04:27+	01:52+	16:54+
00:08#	02:48@	00:17#	14:17@
17	Espen Fyhn Nilsen	116	1:23:59
01:02+	03:48+	06:19+	11:32+
01:02+	02:46+	02:31+	05:13+
00:16&	01:07&	00:56&	02:36&
Beste strekketid for klassen			
00:37	01:35	01:33	02:37
02:08	00:56	00:51	01:54
03:51	01:38	01:41	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	Kjetil Wirak	114	47:18
01:19=	02:46=	04:30=	06:48=
01:19=	01:27=	01:44=	02:18=
00:00=	00:00=	00:00=	00:00=
2	Geir Bjaanes	116	48:31
01:13-	02:30-	04:53+	06:03-
01:13-	01:17-	02:23+	01:10-
00:06-	00:10-	00:39&	01:08-
3	Arne Kristian Espedal	68	49:28
01:31+	02:52+	04:43+	06:05-
01:31+	01:21-	01:51+	01:22-
00:12#	00:06-	00:07+	00:03+
4	Jan Einar Øvremo	50	51:07
01:11-	02:28-	04:23-	05:38-
01:11-	01:17-	01:55+	01:15-
00:08-	00:10-	00:11#	01:03-
5	Otte Omdal	65	52:40
01:10-	02:31-	06:41+	08:06+
01:10-	01:21-	04:10+	01:25-
00:09-	00:06-	02:26@	00:53-
6	Kjell Dale	93	53:07
01:41+	03:02+	04:56+	06:31-
01:41+	01:21-	01:54+	01:35-
00:22&	00:06-	00:10+	00:43-
7	Paul Terje Haarr	62	54:03
01:25+	02:51+	05:00+	06:40+
01:25+	01:26-	02:09+	01:40-
00:06+	00:01-	00:25#	00:38-
8	Arvid Mydland	29	54:45
01:16-	02:41-	04:38+	06:24-
01:16-	01:25-	01:57+	01:46-
00:03-	00:02-	00:13#	00:32-
9	Erling Mauland	83	56:38
01:29+	03:13+	05:26+	07:07+
01:29+	01:44+	02:13+	01:41-
00:10#	00:17#	00:29&	00:37-

Class	Navn	Klasse	Tid
3	Bruno Pierfelice	51	34:14
00:50-	02:43-	04:15-	06:18+
00:50-	01:53-	01:32+	02:03+
00:17-	00:03-	00:01+	00:22#
00:31&	01:02&	01:26-	00:07+
01:12&	00:15+	00:20&	00:12#
00:03-	00:13-	00:52&	02:11&
00:10-			
4	Stig Erlend Ollestad	51	34:20
00:43-	02:17-	03:53-	05:34-
00:43-	01:34-	01:36+	01:41=
00:24-	00:22-	00:05+	00:00=
07:06@	00:56-	01:21-	00:03-
00:21#	02:02&	00:11-	00:05+
00:08-	00:13-	00:14-	00:34-
00:14-			
5	Ragnar Rossavik	109	34:45
01:02-	03:40+	05:35+	07:40+
01:02-	02:38+	01:55+	02:05+
00:05-	00:42&	00:24&	00:24#
00:26-	00:05-	01:01-	00:38&
01:22&	00:14+	00:57&	00:19&
00:24&	00:10#	01:10&	00:03+
00:14&			
6	Ingvar Haabeth	92	36:00
01:14+	03:36+	05:26+	07:29+
01:14+	02:22+	01:50+	02:03+
00:07#	00:26#	00:19#	00:22#
01:20&	00:22-	00:48-	00:30&
01:32&	00:56&	00:30&	00:25&
00:30&	00:25&	00:33&	00:00=
00:27#	00:04-	00:26&	
7	Leif Jarle Skåra	29	36:01
01:03-	03:25+	05:17+	07:38+
01:03-	02:22+	01:52+	02:21+
00:04-	00:26#	00:21#	00:40&
00:00=	00:23#	01:17-	00:45&
01:15&	01:45&	00:16#	00:36&
00:15#	00:07#	01:41+	01:13+
03:04+	02:07-	00:47&	00:11#
00:05-	00:06#		
8	Bruce Chalmers	165	36:26
01:32+	03:46+	05:44+	07:57+
01:32+	02:14+	01:58+	02:13+
00:25&	00:18#	00:27&	00:32&
00:13-	02:03@	00:38-	00:24#
01:00&	00:12+	00:24&	00:40&
00:13#	00:11#	00:47&	00:11+
00:09#			
9	Martin Svensen	284	36:45
01:20+	03:26+	04:51+	06:51+
01:20+	02:06+	01:25-	02:00+
00:13#	00:10+	00:06-	00:19#
09:35@	00:42-	01:18-	00:03-
00:38&	00:12-	00:07-	00:02+
00:08+	00:16-	00:04-	00:50-
00:03-			
10	Jens Arve Nygård	282	36:49
00:52-	03:10+	05:19+	06:58+
00:52-	02:18+	02:09+	01:39+
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	Hans Klausen	62	37:20
01:45+	04:56+	06:41+	08:55+
01:45+	03:11+	01:45+	02:14+
00:38&	01:15&	00:14#	00:33&
00:12-	00:09+	00:07+	00:44&
01:26&	00:38#	00:05+	00:47&
00:21#	00:09#	00:18#	00:45&
00:02+			
12	Asbjørn Bråndland	32	37:20
00:51-	03:34+	05:22+	07:35+
00:51-	02:43+	01:48+	02:13+
00:16-	00:47&	00:17#	00:32&
00:06-	00:47&	01:12-	00:26#
01:08&	03:42@	00:18#	00:19&
00:19&	00:21#	00:03+	00:23#
00:32-	01:02@		
13	Øyvind Nagel-Alne	74	37:39
02:59+	05:48+	08:11+	10:39+
02:59+	02:49+	02:23+	02:28+
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#	00:18#	00:19&
00:26#	00:02+	00:05-	00:05-
14	Jarl Steinar Berntsen	27	37:42
04:36+	07:23+	09:14+	11:17+
04:36+	02:47+	01:51+	02:03+
03:29@	00:51&	00:20#	00:22#
00:13-	00:27&	01:15-	00:30&
01:34&	00:32#	00:21&	00:24&
00:35&	00:00=	02:13+	01:50-
00:26&			
15	Jan Erik Syvertsen	51	37:54
02:10+	05:51+	08:00+	09:54+
02:10+	03:41+	02:09+	01:54+
01:03&	01:45&	00:38&	00:13#
00:05-	01:57@	01:27-	00:37&
01:36&	00:51&	00:52&	00:37&
00:08+	00:02+	00:17#	00:26-
00:05-			
16	Lars Drange	116	38:26
01:37+	05:18+	07:48+	09:40+
01:37+	03:41+	02:30+	01:52+
00:30&	01:45&	00:59&	00:11#
02:55@	00:38&	01:20-	00:04+
00:30#	01:12&	00:07-	00:04-
02:38@	00:10-	00:02-	00:23-
00:11-			
17	Jan Knudsen	92	39:01
02:14+	04:09+	06:52+	08:56+
02:14+	01:55-	02:43+	02:04+
01:07&	00:01-	01:12&	00:23#
00:21-	01:29&	01:59-	00:26#
00:09+	01:33&	01:37@	02:17@
00:15#	00:24&	00:47-	00:01-
01:18@	00:39+		

Class	Navn	Klasse	Tid
18	Rolf Folgerø	248	39:06
01:08+	03:25+ 05:29+ 07:35+ 13:22+	15:05+ 17:11+ 19:47+	23:13+ 26:34+ 28:00+
01:08+	02:17+ 02:04+ 02:06+ 05:47+	01:43- 02:06- 02:36+	03:26+ 03:21+ 01:26+
00:01+	00:21# 00:33& 00:25# 03:44@	00:01- 00:58- 00:49&	01:20& 00:44& 00:14#
00:44& 00:16# 00:12#	01:09& 00:10+	00:02+	
19	Cato Bjerkei	237	39:31
00:59-	03:30+ 05:37+ 08:06+	11:45+ 13:28+	15:47+ 18:13+
00:59-	02:31+ 02:07+ 02:29+	03:39+ 01:43-	02:19- 02:26+
00:08-	00:35& 00:36& 00:48&	01:36& 00:01-	00:45- 00:39&
01:39& 00:42&	02:38@	00:39&	00:24&
00:24& 00:29&	00:04-	00:01-	
20	Robin Chalmers	165	39:40
01:02-	03:26+ 05:15+ 07:54+	10:47+ 14:03+	15:59+ 18:12+
01:02-	02:24+ 01:49+ 02:39+	02:53+ 03:16+	01:56- 02:13+
00:05-	00:28# 00:18# 00:58&	00:50& 01:32&	01:08- 00:26#
04:22@ 00:42&	00:10#	00:28&	00:43&
00:09#	00:13#	00:02+	00:11&
21	Eirik Dalane	200	40:04
01:31+	03:41+ 05:53+ 08:27+	11:02+ 12:59+	15:17+ 17:48+
01:31+	02:10+ 02:12+ 02:34+	02:35+ 01:57+	02:18- 02:31+
00:24&	00:14# 00:41& 00:53&	00:32& 00:13#	00:46- 00:44&
03:04@	00:29#	01:02&	00:38&
01:54@ 00:04+	00:24#	00:13+	00:00=
22	Andreas Kristiansen	167	40:26
01:06-	03:40+ 05:57+ 08:42+	10:52+ 13:26+	15:40+ 18:37+
01:06-	02:34+ 02:17+ 02:45+	02:10+ 02:34+	02:14- 02:57+
00:01-	00:38& 00:46& 01:04&	00:07+	00:50&
00:50-	01:10&	01:36&	00:55&
00:41&	01:05&	01:00&	00:20&
01:07& 00:34&	00:03+		
23	John Thorsnæs	51	40:54
03:08+	05:44+ 08:21+ 11:13+	15:04+ 17:39+	19:36+ 21:58+
03:08+	02:36+ 02:37+ 02:52+	03:51+ 02:35+	01:57- 02:22+
02:01@	00:40& 01:06& 01:11&	01:48& 00:51&	01:07- 00:35&
01:24& 01:00&	00:23&	00:51&	00:15#
00:07#	00:24#	00:12+	00:08-
24	Joar Fandrem	94	41:09
01:56+	08:31+ 10:27+ 12:26+	14:16+ 17:26+	19:56+ 22:01+
01:56+	06:35+ 01:56+ 01:59+	01:50- 03:10+	02:30- 02:05+
00:49&	04:39@ 00:25& 00:18#	00:13- 01:26&	00:34- 00:18#
01:13& 01:17&	00:28&	00:19&	00:54&
00:04-	00:10+	00:17-	00:40&
25	Thorstein Gunnarsson	144	41:21
01:33+	04:48+ 06:52+ 09:09+	11:09+ 14:31+	16:58+ 19:35+
01:33+	03:15+ 02:04+ 02:17+	02:00- 03:22+	02:27- 02:37+
00:26&	01:19& 00:33& 00:36&	00:03- 01:38&	00:37- 00:50&
01:21& 02:24&	00:27&	01:01&	00:27&
00:21&	01:09&	00:07+	00:01+
26	Ivar Aalbu	29	41:40
02:50+	05:29+ 07:29+ 09:59+	12:28+ 16:43+	19:15+ 22:04+
02:50+	02:39+ 02:00+ 02:30+	02:29+ 04:15+	02:32- 02:49+
01:43@	00:43& 00:29& 00:49&	00:26# 02:31@	00:32- 01:02&
01:13& 01:18&	00:41&	00:34&	00:40&
00:09#	00:24#	00:05+	00:04+
27	Morten Moss	109	41:55
01:28+	04:07+ 06:26+ 08:39+	14:53+ 17:11+	19:26+ 21:53+
01:28+	02:39+ 02:19+ 02:13+	06:14+ 02:18+	02:15- 02:27+
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	Jan Henrik Neuenkirchen	93	42:06
00:59-	04:07+ 06:08+ 08:45+	12:36+ 14:39+	17:21+ 20:03+
00:59-	03:08+ 02:01+ 02:37+	03:51+ 02:03+	02:42- 02:42+
00:08-	01:12& 00:30& 00:56&	01:48& 00:19#	00:22- 00:55&
01:55& 01:33&	00:23&	00:51&	00:57&
00:11#	00:31&	00:55&	00:19&
29	Knut Åsmund Ekre	78	42:17
01:32+	05:02+ 07:43+ 10:22+	12:25+ 14:34+	16:56+ 19:54+
01:32+	03:30+ 02:41+ 02:39+	02:03= 02:09+	02:22- 02:58+
00:25&	01:34& 01:10& 00:58&	00:00= 00:25#	00:42- 01:11&
01:43& 01:11&	00:32&	00:49&	00:41&
00:33& 01:52&	00:22#	00:12&	
30	Steinar Amundsen	115	42:27
02:22+	05:58+ 08:09+ 11:07+	13:22+ 15:27+	18:03+ 21:03+
02:22+	03:36+ 02:11+ 02:58+	02:15+ 02:05+	03:06- 03:00+
01:15@	01:40& 00:40& 01:17&	00:12+ 00:21#	00:28- 01:13&
02:03& 01:11&	00:35&	00:51&	00:23&
00:15#	01:18&	00:14#	00:06#
31	Tor Arne Olsen	50	42:41
01:11+	04:46+ 06:56+ 09:59+	12:33+ 16:06+	19:08+ 21:38+
01:11+	03:35+ 02:10+ 03:03+	02:34+ 03:33+	03:02- 02:30+
00:04+	01:39& 00:39& 01:22&	00:31& 01:49@	00:02- 00:43&
01:16& 00:31#	02:29@	00:29&	00:31&
00:04+	00:54&	00:19#	00:02+
32	Frode Lund	18	42:53
01:04-	03:56+ 06:19+ 08:51+	13:04+ 15:02+	17:28+ 20:35+
01:04-	02:52+ 02:23+ 02:32+	04:13+ 01:58+	02:26- 03:07+
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&	00:10+	00:08-

Class	Navn	Klasse	Tid
33	Reidar Haver	4	42:58
03:25+	06:06+	08:51+	11:52+
03:25+	02:41+	02:45+	03:01+
02:18@	00:45&	01:14&	01:20&
	00:02-	02:37@	00:46-
	00:46&	01:07&	02:00&
	00:21&	00:28&	00:21#
	00:03+	00:41&	00:12+
	00:12&	00:12&	00:12&
34	Nils Egil Lie	91	43:22
01:14+	03:15+	05:46+	07:57+
01:14+	02:01+	02:31+	02:11+
00:07#	00:05+	01:00&	00:30&
	00:03-	03:09@	00:50-
	00:55&	01:05&	00:44&
	05:17@	00:34&	00:22&
	00:06+	00:34&	00:19#
	00:07#	00:07#	00:07#
35	Håkon Hatlestad	50	43:24
01:17+	03:01-	04:20-	05:45-
01:17+	01:44-	01:19-	01:25-
00:10#	00:12-	00:12-	00:16-
	01:01&	04:01@	01:41-
	00:21#	00:19-	00:12+
	02:48@	07:09@	00:03-
	00:23&	00:47-	00:03-
	00:54@	00:37+	00:37+
	00:37+	00:37+	00:37+
36	Paul Richard Carr	136	43:30
01:42+	04:25+	06:32+	08:48+
01:42+	02:43+	02:07+	02:16+
00:35&	00:47&	00:36&	00:35&
	00:06+	00:06+	00:22#
	00:45-	01:05&	02:04&
	03:24@	01:38@	00:49&
	00:35&	00:22&	00:56&
	00:51&	00:09#	00:09#
37	Gordon Ramsay	42	43:39
01:22+	04:11+	07:12+	09:15+
01:22+	02:49+	03:01+	02:03+
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&	00:21&	00:21&
	01:26&	00:31#	00:41&
38	Arild Olsen	4	43:40
02:23+	05:03+	08:03+	11:01+
02:23+	02:40+	03:00+	02:58+
01:16@	00:44&	01:29&	01:17&
	00:03-	02:24@	00:46-
	00:57&	01:08&	01:59&
	00:25&	00:31&	00:42&
	00:15#	00:29&	00:10+
	01:22@	00:22@	00:22@
39	Jon Jakobsen	116	43:59
01:04-	03:44+	06:19+	08:57+
01:04-	02:40+	02:35+	02:38+
00:03-	00:44&	01:04&	00:57&
	04:46@	02:55@	00:22-
	00:34&	00:39&	00:12+
	00:18#	00:20&	00:38&
	00:22&	00:54&	00:02+
	00:38&	00:38&	00:38&
40	Tom Leveraas	188	46:02
02:05+	06:53+	11:13+	14:06+
02:05+	04:48+	04:20+	02:53+
00:58&	02:52@	02:49@	01:12&
	00:22#	01:10&	00:43-
	00:52&	01:06&	01:58&
	00:35&	00:40&	00:36&
	00:26&	01:45&	00:18-
	00:21&	00:21&	00:21&
41	Einar Tønnesen	29	46:54
01:21+	04:04+	06:39+	09:56+
01:21+	02:43+	02:35+	03:17+
00:14#	00:47&	01:04&	01:36&
	02:08@	00:18#	00:22-
	01:31&	02:03&	01:55&
	00:50&	01:06&	01:31@
	01:02&	00:51&	00:46&
	00:13&	00:13&	00:13&
42	Per Kolbein Tonstad	66	47:53
03:13+	06:40+	09:26+	12:21+
03:13+	03:27+	02:46+	02:55+
02:06@	01:31&	01:15&	01:14&
	00:21#	00:10-	01:37&
	01:12&	01:12&	00:57&
	01:03&	01:16&	00:31&
	01:11&	00:31#	00:19&
43	Steinar Aase	268	48:03
03:16+	06:48+	10:29+	13:16+
03:16+	03:32+	03:41+	02:47+
02:09@	01:36&	02:10@	01:06&
	00:21#	00:17#	00:15-
	01:29&	02:22@	01:12&
	00:56&	01:26@	00:46&
	00:28&	00:46&	00:45&
	00:12&	00:12&	00:12&
44	Christoffer Soma	286	48:31
01:00-	04:06+	06:34+	08:54+
01:00-	03:06+	02:28+	02:20+
00:07-	01:10&	00:57&	00:24@
	01:37&	01:06-	00:39&
	07:02@	02:33&	00:38&
	00:15#	00:51&	00:16#
	01:05&	00:00=	00:05-
45	Benjamin Dupas	42	49:31
03:06+	09:38+	12:38+	14:56+
03:06+	06:32+	03:00+	02:18+
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&	00:22&	00:22&
46	Antal Jansen	115	49:34
04:02+	05:58+	08:04+	09:57+
04:02+	01:56=	02:06+	01:53+
02:55@	00:00=	00:35&	00:12#
	13:19@	00:42-	00:51-
	00:29&	01:01&	01:10&
	01:34@	00:13#	00:17#
	00:05-	00:30&	00:28-
	00:04+	00:04+	00:04+
47	Arild Svihus	92	49:46
01:45+	05:02+	07:32+	09:58+
01:45+	03:17+	02:30+	02:26+
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&	00:11&	00:11&

Class	Navn	Klasse																Tid
63	Arthur Christiansen	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 strekktid for klassen																		
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 klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.