

**Class Navn**

**Klasse**

**Tid**

**Damer 16 - 39 år**

**1 Paula Salmi Linge**

**67**

**1:04:52**

02:00= 02:27= 03:41= 06:36= 08:49= 14:40= 16:51= 17:48= 20:25= 23:07= 27:05= 29:54= 37:22= 43:44= 48:19= 52:13= 55:37= 60:01= 62:27= 64:37= 64:52=  
 02:00= 00:27= 01:14= 02:55= 02:13= 05:51= 02:11= 00:57= 02:37= 02:42= 03:58= 02:49= 07:28= 06:22= 04:35= 03:54= 03:24= 04:24= 02:26= 02:10= 00:15=  
 00:00=

**2 Sina Thu**

**271**

**1:17:09**

02:25+ 02:38+ 03:47+ 19:10+ 20:57+ 29:50+ 31:52+ 32:45+ 35:04+ 37:36+ 44:55+ 47:10+ 54:43+ 60:05+ 62:42+ 65:38+ 68:09+ 71:41+ 73:32+ 76:50+ 77:09+  
 02:25+ 00:13- 01:09- 15:23+ 01:47- 08:53+ 02:02- 00:53- 02:19- 02:32- 07:19+ 02:15- 07:33+ 05:22- 02:37- 02:56- 02:31- 03:32- 01:51- 03:18+ 00:19+  
 00:25# 00:14- 00:05- 12:28@ 00:26- 03:02& 00:09- 00:04- 00:18- 00:10- 03:21& 00:34- 00:05+ 01:00- 01:58- 00:58- 00:53- 00:52- 00:35- 01:08& 00:04&

**3 Miia Niemi**

**260**

**1:18:15**

01:43- 02:03- 03:22- 05:14- 07:48- 13:43- 15:01- 15:47- 19:43- 22:51- 27:30+ 29:32- 36:53- 43:23- 46:15- 49:52- 52:41- 65:30+ 74:56+ 77:58+ 78:15+  
 01:43- 00:20- 01:19+ 01:52- 02:34+ 05:55+ 01:18- 00:46- 03:56+ 03:08+ 04:39+ 02:02- 07:21- 06:30+ 02:52- 03:37- 02:49- 12:49+ 09:26+ 03:02+ 00:17+  
 00:17- 00:07- 00:05+ 01:03- 00:21# 00:04+ 00:53- 00:11- 01:19& 00:26# 00:41# 00:47- 00:07- 00:08+ 01:43- 00:17- 00:35- 08:25@ 07:00@ 00:52& 00:02#

**4 Hanne Bjerke**

**37**

**1:21:11**

02:12+ 02:44+ 03:57+ 06:35- 08:49= 19:48+ 22:12+ 23:33+ 26:37+ 32:47+ 37:33+ 40:29+ 47:58+ 57:12+ 60:38+ 65:26+ 68:43+ 72:59+ 78:36+ 80:51+ 81:11+  
 02:12+ 00:32+ 01:13- 02:38- 02:14+ 10:59+ 02:24+ 01:21+ 03:04+ 06:10+ 04:46+ 02:56+ 07:29+ 09:14+ 03:26- 04:48+ 03:17- 04:16- 05:37+ 02:15+ 00:20+  
 00:12# 00:05# 00:01- 00:17- 00:01+ 05:08& 00:13+ 00:24& 00:27# 03:28@ 00:48# 00:07+ 00:01+ 02:52& 01:09- 00:54# 00:07- 00:08- 03:11@ 00:05+ 00:05&

**5 Ruth Magrethe Westre**

**54**

**1:22:09**

02:07+ 02:30+ 03:45+ 06:12- 08:26- 20:27+ 23:20+ 24:16+ 28:32+ 32:01+ 37:49+ 40:27+ 51:09+ 58:41+ 61:05+ 65:39+ 68:23+ 73:08+ 75:06+ 81:54+ 82:09+  
 02:07+ 00:23- 01:15+ 02:27- 02:14+ 12:01+ 02:53+ 00:56- 04:16+ 03:29+ 05:48+ 02:38- 10:42+ 07:32+ 02:24- 04:34+ 02:44- 04:45+ 01:58- 06:48+ 00:15=  
 00:07+ 00:04- 00:01+ 00:28- 00:01+ 06:10@ 00:42& 00:01- 01:39& 00:47& 01:50& 00:11- 03:14& 01:10# 02:11- 00:40# 00:40- 00:21+ 00:28- 04:38@ 00:00=

**6 Tine Frantzen**

**92**

**1:23:56**

02:58+ 03:14+ 04:36+ 11:48+ 14:00+ 21:01+ 23:04+ 24:10+ 28:13+ 31:20+ 37:28+ 45:07+ 55:57+ 65:35+ 68:34+ 72:31+ 75:13+ 78:51+ 81:18+ 83:39+ 83:56+  
 02:58+ 00:16- 01:22+ 07:12+ 02:12- 07:01+ 02:03- 01:06+ 04:03+ 03:07+ 06:08+ 07:39+ 10:50+ 09:38+ 02:59- 03:57+ 02:42- 03:38- 02:27+ 02:21+ 00:17+  
 00:58& 00:11- 00:08# 04:17@ 00:01- 01:10# 00:08- 00:09# 01:26& 00:25# 02:10& 04:50@ 03:22& 03:16& 01:36- 00:03+ 00:42- 00:46- 00:01+ 00:11+ 00:02#

**7 Silje Sundal**

**71**

**1:28:10**

02:23+ 02:36+ 03:17- 11:32+ 12:57+ 29:45+ 33:36+ 34:42+ 37:19+ 39:51+ 43:59+ 46:47+ 59:11+ 66:07+ 68:45+ 71:28+ 76:33+ 80:38+ 86:08+ 87:57+ 88:10+  
 02:23+ 00:13- 00:41- 08:15+ 01:25- 16:48+ 03:51+ 01:06+ 02:37- 02:32- 04:08+ 02:48- 12:24+ 06:56+ 02:38- 02:43- 05:05+ 04:05- 05:30+ 01:49- 00:13-  
 00:23# 00:14- 00:33- 05:20@ 00:48- 10:57@ 01:40& 00:09# 00:00= 00:10- 00:10+ 00:01- 04:56& 00:34+ 01:57- 01:11- 01:41& 00:19- 03:04@ 00:21- 00:02-

**8 Hege Anita H. Nielsen**

**48**

**1:28:57**

02:50+ 03:29+ 04:20+ 06:44+ 09:50+ 24:14+ 25:47+ 27:03+ 29:37+ 33:48+ 38:46+ 41:18+ 49:48+ 58:19+ 68:14+ 72:31+ 77:46+ 82:10+ 85:19+ 88:42+ 88:57+  
 02:50+ 00:39+ 00:51- 02:24- 03:06+ 14:24+ 01:33- 01:16+ 02:34- 04:11+ 04:58+ 02:32- 08:30+ 08:31+ 09:55+ 04:17+ 05:15+ 04:24= 03:09+ 03:23+ 00:15=  
 00:50& 00:12& 00:23- 00:31- 00:53& 08:33@ 00:38- 00:19& 00:03- 01:29& 01:00& 00:17- 01:02# 02:09& 05:20@ 00:23+ 01:51& 00:00= 00:43& 01:13& 00:00=

**9 Gunn Iren Stangeland**

**62**

**1:30:09**

01:47- 02:09- 03:00- 05:22- 07:36- 15:49+ 17:44+ 18:49+ 21:26+ 25:13+ 31:44+ 34:22+ 45:41+ 52:23+ 57:21+ 73:42+ 77:13+ 81:53+ 87:13+ 89:58+ 90:09+  
 01:47- 00:22- 00:51- 02:22- 02:14+ 08:13+ 01:55- 01:05+ 02:37= 03:47+ 06:31+ 02:38- 11:19+ 06:42+ 04:58+ 16:21+ 03:31+ 04:40+ 05:20+ 02:45+ 00:11-  
 00:13- 00:05- 00:23- 00:33- 00:01+ 02:22& 00:16- 00:08# 00:00= 01:05& 02:33& 00:11- 03:51& 00:20+ 00:23+ 12:27@ 00:07+ 00:16+ 02:54@ 00:35& 00:04-

**10 Kari Borgen**

**62**

**1:31:31**

03:15+ 03:29+ 04:26+ 12:59+ 14:29+ 22:24+ 24:17+ 25:19+ 28:19+ 32:12+ 37:43+ 45:47+ 55:16+ 68:47+ 73:51+ 78:22+ 81:03+ 85:35+ 89:03+ 91:18+ 91:31+  
 03:15+ 00:14- 00:57- 08:33+ 01:30- 07:55+ 01:53- 01:02+ 03:00+ 03:53+ 05:31+ 08:04+ 09:29+ 13:31+ 05:04+ 04:31+ 02:41- 04:32+ 03:28+ 02:15+ 00:13-  
 01:15& 00:13- 00:17- 05:38@ 00:43- 02:04& 00:18- 00:05+ 00:23# 01:11& 01:33& 05:15@ 02:01& 07:09@ 00:29# 00:37# 00:43- 00:08+ 01:02& 00:05+ 00:02-

**11 Tiina Sofia Salmén**

**152**

**1:32:28**

02:05+ 02:26- 03:41= 10:27+ 13:04+ 21:48+ 26:49+ 27:28+ 29:55+ 33:08+ 38:09+ 40:58+ 59:36+ 69:39+ 75:30+ 79:49+ 82:33+ 87:15+ 89:46+ 92:16+ 92:28+  
 02:05+ 00:21- 01:15+ 06:46+ 02:37+ 08:44+ 05:01+ 00:39- 02:27- 03:13+ 05:01+ 02:49= 18:38+ 10:03+ 05:51+ 04:19+ 02:44- 04:42+ 02:31+ 02:30+ 00:12-  
 00:05+ 00:06- 00:01+ 03:51@ 00:24# 02:53& 02:50@ 00:18- 00:10- 00:31# 01:03& 00:00= 11:10@ 03:41& 01:16& 00:25# 00:40- 00:18+ 00:05+ 00:20# 00:03-

**12 Christel Dahl**

**92**

**1:33:26**

03:06+ 03:38+ 04:43+ 09:22+ 11:29+ 18:45+ 20:44+ 23:00+ 26:29+ 29:48+ 35:59+ 40:01+ 49:20+ 65:04+ 68:04+ 72:02+ 74:36+ 82:52+ 88:27+ 93:09+ 93:26+  
 03:06+ 00:32+ 01:05- 04:39+ 02:07- 07:16+ 01:59- 02:16+ 03:29+ 03:19+ 06:11+ 04:02+ 09:19+ 15:44+ 03:00- 03:58+ 02:34- 08:16+ 05:35+ 04:42+ 00:17+  
 01:06& 00:05# 00:09- 01:44& 00:06- 01:25# 00:12- 01:19@ 00:52& 00:37# 02:13& 01:13& 01:51# 09:22@ 01:35- 00:04+ 00:50- 03:52& 03:09@ 02:32@ 00:02#

**13 Mette Langeland**

**117**

**1:33:43**

02:56+ 03:27+ 04:42+ 11:12+ 13:50+ 33:44+ 35:49+ 37:05+ 40:07+ 43:25+ 49:02+ 51:50+ 61:35+ 70:35+ 72:59+ 78:11+ 82:26+ 88:29+ 90:50+ 93:25+ 93:43+  
 02:56+ 00:31+ 01:15+ 06:30+ 02:38+ 19:54+ 02:05- 01:16+ 03:02+ 03:18+ 05:37+ 02:48- 09:45+ 09:00+ 02:24- 05:12+ 04:15+ 06:03+ 02:21- 02:35+ 00:18+  
 00:56& 00:04# 00:01+ 03:35@ 00:25# 14:03@ 00:06- 00:19& 00:25# 00:36# 01:39& 00:01- 02:17& 02:38& 02:11- 01:18& 00:51# 01:39& 00:05- 00:25# 00:03#

**14 Ann Torill M. Bakken**

**116**

**1:34:40**

02:42+ 03:07+ 04:51+ 07:56+ 10:59+ 21:31+ 24:21+ 25:48+ 29:33+ 33:53+ 42:16+ 45:12+ 55:04+ 65:24+ 76:10+ 80:07+ 83:54+ 88:46+ 91:28+ 94:26+ 94:40+  
 02:42+ 00:25- 01:44+ 03:05+ 03:03+ 10:32+ 02:50+ 01:27+ 03:45+ 04:20+ 08:23+ 02:56+ 09:52+ 10:20+ 10:46+ 03:57+ 03:47+ 04:52+ 02:42+ 02:58+ 00:14-  
 00:42& 00:02- 00:30& 00:10+ 00:50& 04:41& 00:39& 00:30& 01:08& 01:38& 04:25@ 00:07+ 02:24& 03:58& 06:11@ 00:03+ 00:23# 00:28# 00:16# 00:48& 00:01-

Class	Navn	Klasse										Tid									
<b>15</b>	<b>Johanne Noren</b>	<b>92</b>										<b>1:37:17</b>									
04:18+	04:50+	05:46+	13:18+	15:30+	22:06+	25:12+	26:42+	29:07+	34:20+	40:46+	42:58+	52:40+	63:23+	66:24+	70:20+	76:04+	86:06+	93:47+	97:01+	97:17+	
04:18+	00:32+	00:56-	07:32+	02:12-	06:36+	03:06+	01:30+	02:25-	05:13+	06:26+	02:12-	09:42+	10:43+	03:01-	03:56+	05:44+	10:02+	07:41+	03:14+	00:16+	
02:18@	00:05#	00:18-	04:37@	00:01-	00:45#	00:55&	00:33&	00:12-	02:31&	02:28&	00:37-	02:14&	04:21&	01:34-	00:02+	02:20&	05:38@	05:15@	01:04&	00:01+	
<b>16</b>	<b>Helene Lie</b>	<b>228</b>										<b>1:43:58</b>									
02:50+	03:14+	04:30+	13:41+	15:44+	27:56+	35:11+	35:56+	38:56+	42:52+	51:20+	54:10+	64:03+	74:22+	85:09+	89:05+	92:40+	97:53+	100:20+	103:42+	103:58+	
02:50+	00:24-	01:16+	09:11+	02:03-	12:12+	07:15+	00:45-	03:00+	03:56+	08:28+	02:50+	09:53+	10:19+	10:47+	03:56+	03:35+	05:13+	02:27+	03:22+	00:16+	
00:50&	00:03-	00:02+	06:16@	00:10-	06:21@	05:04@	00:12-	00:23#	01:14&	04:30@	00:01+	02:25&	03:57&	06:12@	00:02+	00:11+	00:49#	00:01+	01:12&	00:01+	
<b>17</b>	<b>Ingrid Østrem</b>	<b>108</b>										<b>1:56:59</b>									
03:34+	04:50+	05:52+	21:26+	23:16+	53:25+	55:58+	57:28+	61:09+	64:25+	68:54+	71:43+	80:42+	90:28+	101:43+	105:36+	108:13+	112:03+	114:23+	116:44+	116:59+	
03:34+	01:16+	01:02-	15:34+	01:50-	30:09+	02:33+	01:30+	03:41+	03:16+	04:29+	02:49=	08:59+	09:46+	11:15+	03:53-	02:37-	03:50-	02:20-	02:21+	00:15=	
01:34&	00:49@	00:12-	12:39@	00:23-	24:18@	00:22#	00:33&	01:04&	00:34#	00:31#	00:00=	01:31#	03:24&	06:40@	00:01-	00:47-	00:34-	00:06-	00:11+	00:00=	
<b>Beste strekketid for klassen</b>																					
01:43	00:13	00:41	01:52	01:25	05:51	01:18	00:39	02:19	02:32	03:58	02:02	07:21	05:22	02:24	02:43	02:31	03:32	01:51	01:49	00:11	

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

## Damer 40 - 49 år

<b>1</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>1:13:42</b>									
03:01=	03:19=	04:17=	06:42=	09:08=	17:18=	19:08=	20:05=	23:30=	26:21=	35:03=	37:29=	44:52=	51:35=	54:14=	60:11=	63:52=	68:16=	70:08=	73:26=	73:42=	
03:01=	00:18=	00:58=	02:25=	02:26=	08:10=	01:50=	00:57=	03:25=	02:51=	08:42=	02:26=	07:23=	06:43=	02:39=	05:57=	03:41=	04:24=	01:52=	03:18=	00:16=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Margrethe Roalsø</b>	<b>93</b>										<b>1:15:32</b>									
02:36-	02:52-	04:13-	06:29-	08:35-	18:59+	22:35+	23:33+	26:01+	28:55+	34:43-	37:05-	43:47-	53:28+	56:27+	60:19+	63:46-	69:20+	71:52+	75:13+	75:32+	
02:36-	00:16-	01:21+	02:16-	02:06-	10:24+	03:36+	00:58+	02:28-	02:54+	05:48-	02:22-	06:42-	09:41+	02:59+	03:52-	03:27-	05:34+	02:32+	03:21+	00:19+	
00:25-	00:02-	00:23&	00:09-	00:20-	02:14&	01:46&	00:01+	00:57-	00:03+	02:54-	00:04-	00:41-	02:58&	00:20#	02:05-	00:14-	01:10&	00:40&	00:03+	00:03#	
<b>3</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>1:19:52</b>									
03:37+	04:00+	05:06+	08:03+	10:51+	17:47+	19:27+	20:32+	23:02-	26:19-	32:12-	35:01-	44:24-	52:25+	60:52+	64:59+	68:32+	73:18+	75:39+	79:34+	79:52+	
03:37+	00:23+	01:06+	02:57+	02:48+	06:56-	01:40-	01:05+	02:30-	03:17+	05:53-	02:49+	09:23+	08:01+	08:27+	04:07-	03:33-	04:46+	02:21+	03:55+	00:18+	
00:36#	00:05&	00:08#	00:32#	00:22#	01:14-	00:10-	00:08#	00:55-	00:26#	02:49-	00:23#	02:00&	01:18#	05:48@	01:50-	00:08-	00:22+	00:29&	00:37#	00:02#	
<b>4</b>	<b>Nina Svensen</b>	<b>2</b>										<b>1:27:29</b>									
03:26+	03:44+	05:20+	08:37+	12:48+	21:10+	23:01+	24:43+	28:25+	31:55+	37:20+	40:51+	48:50+	62:34+	65:47+	70:43+	74:24+	80:27+	84:02+	87:07+	87:29+	
03:26+	00:18=	01:36+	03:17+	04:11+	08:22+	01:51+	01:42+	03:42+	03:30+	05:25-	03:31+	07:59+	13:44+	03:13+	04:56-	03:41=	06:03+	03:35+	03:05-	00:22+	
00:25#	00:00=	00:38&	00:52&	01:45&	00:12+	00:01+	00:45&	00:17+	00:39#	03:17-	01:05&	00:36+	07:01@	00:34#	01:01-	00:00=	01:39&	01:43&	00:13-	00:06&	
<b>5</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>1:27:41</b>									
03:53+	04:11+	05:28+	16:55+	19:18+	26:11+	28:14+	30:32+	35:46+	39:08+	45:54+	49:28+	56:48+	65:49+	69:25+	73:12+	75:44+	81:20+	84:18+	87:18+	87:41+	
03:53+	00:18=	01:17+	11:27+	02:23-	06:53-	02:03+	02:18+	05:14+	03:22+	06:46-	03:34+	07:20-	09:01+	03:36+	03:47-	02:32-	05:36+	02:58+	03:00-	00:23+	
00:52&	00:00=	00:19&	09:02@	00:03-	01:17-	00:13#	01:21@	01:49&	00:31#	01:56-	01:08&	00:03-	02:18&	00:57&	02:10-	01:09-	01:12&	01:06&	00:18-	00:07&	
<b>6</b>	<b>Hilde Frøytlog Karlsen</b>	<b>235</b>										<b>1:30:32</b>									
03:08+	03:36+	04:50+	08:13+	11:21+	19:37+	22:21+	23:32+	26:24+	30:28+	37:04+	40:20+	50:35+	61:54+	66:23+	71:48+	74:49+	81:08+	87:15+	90:08+	90:32+	
03:08+	00:28+	01:14+	03:23+	03:08+	08:16+	02:44+	01:11+	02:52-	04:04+	06:36-	03:16+	10:15+	11:19+	04:29+	05:25-	03:01-	06:19+	06:07+	02:53-	00:24+	
00:07+	00:10&	00:16&	00:58&	00:42&	00:06+	00:54&	00:14#	00:33-	01:13&	02:06-	00:50&	02:52&	04:36&	01:50&	00:32-	00:40-	01:55&	04:15@	00:25-	00:08&	
<b>7</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>1:37:27</b>									
02:21-	02:47-	03:55-	06:47+	09:37+	18:45+	20:56+	22:05+	31:37+	35:53+	42:32+	45:42+	54:47+	71:25+	73:54+	78:47+	84:42+	90:13+	93:39+	97:07+	97:27+	
02:21-	00:26+	01:08+	02:52+	02:50+	09:08+	02:11+	01:09+	09:32+	04:16+	06:39-	03:10+	09:05+	16:38+	02:29-	04:53-	05:55+	05:31+	03:26+	03:28+	00:20+	
00:40-	00:08&	00:10#	00:27#	00:24#	00:58#	00:21#	00:12#	06:07@	01:25&	02:03-	00:44&	01:42#	09:55@	00:10-	01:04-	02:14&	01:07&	01:34&	00:10+	00:04#	
<b>8</b>	<b>Irene Sirevåg</b>	<b>105</b>										<b>1:38:39</b>									
03:53+	04:25+	05:58+	09:15+	12:15+	21:30+	24:16+	25:37+	30:41+	36:21+	43:32+	47:17+	58:33+	69:15+	72:15+	78:41+	82:52+	88:53+	92:56+	98:16+	98:39+	
03:53+	00:32+	01:33+	03:17+	03:00+	09:15+	02:46+	01:21+	05:04+	05:40+	07:11-	03:45+	11:16+	10:42+	03:00+	06:26+	04:11+	04:03+	05:20+	00:23+	00:23+	
00:52&	00:14&	00:35&	00:52&	00:34#	01:05#	00:56&	00:24&	01:39&	02:49&	01:31-	01:19&	03:53&	03:59&	00:21#	00:29+	00:30#	01:37&	02:11@	02:02&	00:07&	
<b>9</b>	<b>Randi Roth</b>	<b>68</b>										<b>1:44:05</b>									
04:54+	05:18+	06:54+	10:38+	16:00+	26:28+	28:25+	30:08+	34:16+	39:25+	47:03+	50:32+	63:09+	72:49+	76:01+	84:21+	87:27+	93:16+	96:54+	103:48+	104:05+	
04:54+	00:24+	01:36+	03:44+	05:22+	10:28+	01:57+	01:43+	04:08+	05:09+	07:38-	03:29+	12:37+	09:40+	03:12+	08:20+	03:06-	05:49+	03:38+	06:54+	00:17+	
01:53&	00:06&	00:38&	01:19&	02:56@	02:18&	00:07+	00:46&	00:43#	02:18&	01:04-	01:03&	05:14&	02:57&	00:33#	02:23&	00:35-	01:25&	01:46&	03:36@	00:01+	
<b>10</b>	<b>Siv Skretting</b>	<b>93</b>										<b>1:44:11</b>									
04:10+	04:31+	05:23+	11:21+	13:43+	21:46+	24:26+	25:44+	32:54+	36:32+	48:03+	50:18+	64:48+	77:35+	83:08+	86:48+	91:08+	98:28+	101:10+	103:52+	104:11+	
04:10+	00:21+	00:52-	05:58+	02:22-	08:03-	02:40+	01:18+	07:10+	03:38+	11:31+	02:15-	14:30+	12:47+	05:33+	03:40-	04:20+	07:20+	02:42+	02:42-	00:19+	
01:09&	00:03#	00:06-	03:33@	00:04-	00:07-	00:50&	00:21&	03:45@	00:47&	02:49&	00:11-	07:07&	06:04&	02:54@	02:17-	00:39#	02:56&	00:50&	00:36-	00:03#	

Class	Navn	Klasse	Tid																	
<b>11</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>	<b>1:58:19</b>																	
03:10+	03:31+	04:57+	09:30+	12:32+	23:49+	28:59+	30:11+	34:22+	38:32+	46:35+	50:24+	70:58+	86:36+	89:05+	95:06+	107:48+	113:04+	115:26+	117:58+	118:19+
03:10+	00:21+	01:26+	04:33+	03:02+	11:17+	05:10+	01:12+	04:11+	04:10+	08:03-	03:49+	20:34+	15:38+	02:29-	06:01+	12:42+	05:16+	02:22+	02:32-	00:21+
00:09+	00:03#	00:28&	02:08&	00:36#	03:07&	03:20@	00:15&	00:46#	01:19&	00:39-	01:23&	13:11@	08:55@	00:10-	00:04+	09:01@	00:52#	00:30&	00:46-	00:05&
<b>12</b>	<b>Parul Khandelwal</b>	<b>71</b>	<b>1:59:05</b>																	
03:42+	04:02+	05:21+	09:31+	14:26+	25:37+	28:02+	29:27+	34:09+	39:27+	48:28+	52:43+	63:36+	81:07+	86:14+	93:51+	96:48+	102:58+	114:16+	118:39+	119:05+
03:42+	00:20+	01:19+	04:10+	04:55+	11:11+	02:25+	01:25+	04:42+	05:18+	09:01+	04:15+	10:53+	17:31+	05:07+	07:37+	02:57-	06:10+	11:18+	04:23+	00:26+
00:41#	00:02#	00:21&	01:45&	02:29@	03:01&	00:35&	00:28&	01:17&	02:27&	00:19+	01:49&	03:30&	10:48@	02:28&	01:40&	00:44-	01:46&	09:26@	01:05&	00:10&

### Beste strekketid for klassen

02:21 00:16 00:52 02:16 02:06 06:53 01:40 00:57 02:28 02:51 05:25 02:15 06:42 06:43 02:29 03:40 02:32 04:24 01:52 02:32 00:16

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

## Damer 50 - 59 år

<b>1</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>1:02:11</b>																	
01:56=	02:35=	03:29=	06:09=	08:30=	12:54=	15:44=	19:07=	28:58=	31:44=	36:40=	42:35=	52:10=	57:03=	58:46=	60:02=	61:56=	62:11=			
01:56=	00:39=	00:54=	02:40=	02:21=	04:24=	02:50=	03:23=	09:51=	02:46=	04:56=	05:55=	09:35=	04:53=	01:43=	01:16=	01:54=	00:15=			
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=			
<b>2</b>	<b>Berit Bakken</b>	<b>168</b>	<b>1:07:39</b>																	
02:22+	03:04+	04:28+	07:26+	09:15+	14:53+	18:29+	24:10+	33:23+	36:23+	41:04+	46:55+	56:55+	62:22+	64:24+	65:48+	67:18+	67:39+			
02:22+	00:42+	01:24+	02:58+	01:49+	05:38+	03:36+	05:41+	09:13-	03:00+	04:41-	05:51-	10:00+	05:27+	02:02+	01:24+	01:30-	00:21+			
00:26#	00:03+	00:30&	00:18#	00:32-	01:14&	00:46&	02:18&	00:38-	00:14+	00:15-	00:04-	00:25+	00:34#	00:19#	00:08#	00:24-	00:06&			
<b>3</b>	<b>Arnfrid Stangeland</b>	<b>96</b>	<b>1:08:22</b>																	
01:55-	02:43+	03:46+	06:30+	08:16-	14:44+	17:59+	21:17+	30:39+	33:50+	40:08+	46:40+	56:34+	62:43+	64:49+	66:05+	68:03+	68:22+			
01:55-	00:48+	01:03+	02:44+	01:46-	06:28+	03:15+	03:18-	09:22-	03:11+	06:18+	06:32+	09:54+	06:09+	02:06+	01:16=	01:58+	00:19+			
00:01-	00:09#	00:09#	00:04+	00:35-	02:04&	00:25#	00:05-	00:29-	00:25#	01:22&	00:37#	00:19+	01:16&	00:23#	00:00=	00:04+	00:04&			
<b>4</b>	<b>Ingunn Voilås</b>	<b>29</b>	<b>1:09:00</b>																	
02:05+	02:41+	03:33+	06:19+	08:25-	16:30+	19:17+	22:25+	35:29+	37:56+	42:08+	47:23+	59:24+	63:33+	66:10+	67:20+	68:42+	69:00+			
02:05+	00:36-	00:52-	02:46+	02:06-	08:05+	02:47-	03:08-	13:04+	02:27-	04:12-	05:15-	12:01+	04:09-	02:37+	01:10-	01:22-	00:18+			
00:09+	00:03-	00:02-	00:06+	00:15-	03:41&	00:03-	00:15-	03:13&	00:19-	00:44-	00:40-	02:26&	00:44-	00:54&	00:06-	00:32-	00:03#			
<b>5</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>	<b>1:09:26</b>																	
01:58+	02:44+	04:02+	07:18+	09:09+	15:58+	19:23+	22:26+	31:39+	34:49+	41:15+	47:44+	57:46+	63:50+	65:43+	67:08+	69:06+	69:26+			
01:58+	00:46+	01:18+	03:16+	01:51-	06:49+	03:25+	03:03-	09:13-	03:10+	06:26+	06:29+	10:02+	06:04+	01:53+	01:25+	01:58+	00:20+			
00:02+	00:07#	00:24&	00:36#	00:30-	02:25&	00:35#	00:20-	00:38-	00:24#	01:30&	00:34+	00:27+	01:11#	00:10+	00:09#	00:04+	00:05&			
<b>6</b>	<b>Nidunn Sandvik</b>	<b>228</b>	<b>1:11:49</b>																	
02:22+	03:00+	04:03+	11:02+	12:57+	17:40+	20:36+	24:07+	30:09+	33:43+	39:08+	48:17+	59:21+	65:13+	67:35+	68:58+	71:26+	71:49+			
02:22+	00:38-	01:03+	06:59+	01:55-	04:43+	02:56+	03:31+	06:02-	03:34+	05:25+	09:09+	11:04+	05:52+	02:22+	01:23+	02:28+	00:23+			
00:26#	00:01-	00:09#	04:19@	00:26-	00:19+	00:06+	00:08+	03:49-	00:48&	00:29+	03:14&	01:29#	00:59#	00:39&	00:07+	00:34&	00:08&			
<b>7</b>	<b>Kristin Skadsem</b>	<b>18</b>	<b>1:12:46</b>																	
02:08+	02:49+	03:59+	06:51+	09:09+	16:13+	19:32+	22:54+	32:12+	38:00+	42:41+	49:19+	60:38+	64:49+	68:01+	69:42+	72:26+	72:46+			
02:08+	00:41+	01:10+	02:52+	02:18-	07:04+	03:19+	03:22-	09:18-	05:48+	04:41-	06:38+	11:19+	04:11-	03:12+	01:41+	02:44+	00:20+			
00:12#	00:02+	00:16&	00:12+	00:03-	02:40&	00:29#	00:01-	00:33-	03:02@	00:15-	00:43#	01:44#	00:42-	01:29&	00:25&	00:50&	00:05&			
<b>8</b>	<b>Ellinor Nesse</b>	<b>116</b>	<b>1:16:35</b>																	
02:00+	02:47+	04:27+	12:24+	14:25+	21:35+	25:08+	29:41+	37:25+	43:20+	49:01+	54:52+	65:47+	69:50+	72:03+	73:53+	76:13+	76:35+			
02:00+	00:47+	01:40+	07:57+	02:01-	07:10+	03:33+	04:33+	07:44-	05:55+	05:41+	05:51-	10:55+	04:03-	02:13+	01:50+	02:20+	00:22+			
00:04+	00:08#	00:46&	05:17@	00:20-	02:46&	00:43&	01:10&	02:07-	03:09@	00:45#	00:04-	01:20#	00:50-	00:30&	00:34&	00:26#	00:07&			
<b>9</b>	<b>Ane Kristine Rostrup</b>	<b>92</b>	<b>1:21:03</b>																	
03:10+	03:57+	04:58+	14:57+	17:05+	28:41+	31:56+	35:32+	43:33+	46:24+	51:31+	57:51+	69:38+	73:38+	77:42+	79:03+	80:43+	81:03+			
03:10+	00:47+	01:01+	09:59+	02:08-	11:36+	03:15+	03:36+	08:01-	02:51+	05:07+	06:20+	11:47+	04:00-	04:04+	01:21+	01:40-	00:20+			
01:14&	00:08#	00:07#	07:19@	00:13-	07:12@	00:25#	00:13+	01:50-	00:05+	00:11+	00:25+	02:12#	00:53-	02:21@	00:05+	00:14-	00:05&			
<b>10</b>	<b>Liv Omdal</b>	<b>116</b>	<b>1:21:12</b>																	
05:16+	06:20+	07:29+	10:39+	13:29+	23:43+	26:47+	30:39+	41:04+	43:36+	48:55+	55:45+	69:41+	74:49+	77:56+	79:23+	80:56+	81:12+			
05:16+	01:04+	01:09+	03:10+	02:50+	10:14+	03:04+	03:52+	10:25+	02:32-	05:19+	06:50+	13:56+	05:08+	03:07+	01:27+	01:33-	00:16+			
03:20@	00:25&	00:15&	00:30#	00:29#	05:50@	00:14+	00:29#	00:34+	00:14-	00:23+	00:55#	04:21&	00:15+	01:24&	00:11#	00:21-	00:01+			
<b>11</b>	<b>Amanda Renshaw</b>	<b>101</b>	<b>1:22:09</b>																	
02:05+	02:50+	03:44+	07:15+	10:04+	16:07+	19:26+	23:20+	30:12+	32:25+	37:05+	44:02+	59:47+	65:23+	68:55+	76:28+	77:53+	81:47+	82:09+		
02:05+	00:45+	00:54=	03:31+	02:49+	06:03+	03:19+	03:54+	06:52-	02:13-	04:40-	06:57+	15:45+	05:36+	03:32+	07:33+	01:25-	03:54+	00:22+		
00:09+	00:06#	00:00=	00:51&	00:28#	01:39&	00:29#	00:31#	02:59-	00:33-	00:16-	01:02#	06:10&	00:43#	01:49@	06:17@	00:29-	03:39@	00:22+		

Class	Navn	Klasse	Tid
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<b>12</b>	<b>Marianne Fuglestad</b>	<b>116</b>	<b>1:26:16</b>														
02:16+	02:58+	04:21+	16:31+	18:39+	26:08+	28:49+	32:02+	39:08+	43:04+	49:24+	55:40+	68:40+	80:21+	82:21+	83:57+	85:56+	86:16+
02:16+	00:42+	01:23+	12:10+	02:08-	07:29+	02:41-	03:13-	07:06-	03:56+	06:20+	06:16+	13:00+	11:41+	02:00+	01:36+	01:59+	00:20+
00:20#	00:03+	00:29&	09:30@	00:13-	03:05&	00:09-	00:10-	02:45-	01:10&	01:24&	00:21+	03:25&	06:48@	00:17#	00:20&	00:05+	00:05&
<b>13</b>	<b>Oddny Haugland</b>	<b>114</b>	<b>1:28:28</b>														
02:05+	02:46+	04:04+	07:12+	10:48+	17:40+	20:22+	23:39+	40:40+	43:51+	53:12+	58:56+	78:46+	82:34+	85:00+	86:30+	88:07+	88:28+
02:05+	00:41+	01:18+	03:08+	03:36+	06:52+	02:42-	03:17-	17:01+	03:11+	09:21+	05:44-	19:50+	03:48-	02:26+	01:30+	01:37-	00:21+
00:09+	00:02+	00:24&	00:28#	01:15&	02:28&	00:08-	00:06-	07:10&	00:25#	04:25&	00:11-	10:15@	01:05-	00:43&	00:14#	00:17-	00:06&
<b>14</b>	<b>Torill Andersen</b>	<b>116</b>	<b>1:29:36</b>														
02:13+	08:55+	10:19+	14:33+	16:22+	31:37+	34:40+	38:15+	45:47+	48:31+	58:29+	66:16+	78:22+	83:59+	86:22+	87:44+	89:17+	89:36+
02:13+	06:42+	01:24+	04:14+	01:49-	15:15+	03:03+	03:35+	07:32-	02:44-	09:58+	07:47+	12:06+	05:37+	02:23+	01:22+	01:33-	00:19+
00:17#	06:03@	00:30&	01:34&	00:32-	10:51@	00:13+	00:12+	02:19-	00:02-	05:02@	01:52&	02:31&	00:44#	00:40&	00:06+	00:21-	00:04&
<b>15</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>	<b>1:30:27</b>														
03:18+	04:02+	05:13+	20:57+	23:46+	33:30+	38:23+	43:03+	52:50+	56:08+	62:27+	70:39+	80:25+	85:07+	86:58+	88:46+	90:10+	90:27+
03:18+	00:44+	01:11+	15:44+	02:49+	09:44+	04:53+	04:40+	09:47-	03:18+	06:19+	08:12+	09:46+	04:42-	01:51+	01:48+	01:24-	00:17+
01:22&	00:05#	00:17&	13:04@	00:28#	05:20@	02:03&	01:17&	00:04-	00:32#	01:23&	02:17&	00:11+	00:11-	00:08+	00:32&	00:30-	00:02#
<b>16</b>	<b>Margretha Almedal</b>	<b>91</b>	<b>1:50:48</b>														
04:13+	05:15+	07:29+	12:20+	17:05+	24:53+	28:32+	33:09+	45:41+	50:24+	57:02+	67:03+	84:15+	91:23+	105:25+	107:12+	110:30+	110:48+
04:13+	01:02+	02:14+	04:51+	04:45+	07:48+	03:39+	04:37+	12:32+	04:43+	06:38+	10:01+	17:12+	07:08+	14:02+	01:47+	03:18+	00:18+
02:17@	00:23&	01:20@	02:11&	02:24@	03:24&	00:49&	01:14&	02:41&	01:57&	01:42&	04:06&	07:37&	02:15&	12:19@	00:31&	01:24&	00:03#

**Beste strekktid for klassen**

01:55 00:36 00:52 02:40 01:46 04:24 02:41 03:03 06:02 02:13 04:12 05:15 09:35 03:48 01:43 01:10 01:22 00:15

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

**Damer 60 - 64 år**

<b>1</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>1:09:06</b>														
02:09=	03:02=	04:13=	08:12=	11:07=	16:17=	19:21=	22:46=	30:04=	33:27=	39:51=	46:14=	56:53=	62:38=	65:12=	66:45=	68:45=	69:06=
02:09=	00:53=	01:11=	03:59=	02:55=	05:10=	03:04=	03:25=	07:18=	03:23=	06:24=	06:23=	10:39=	05:45=	02:34=	01:33=	02:00=	00:21=
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=
<b>2</b>	<b>Wenche Anda Haarr</b>	<b>92</b>	<b>1:23:00</b>														
04:30+	05:19+	06:41+	12:44+	15:37+	24:28+	29:18+	33:12+	44:50+	47:42+	53:45+	60:24+	70:45+	76:41+	78:51+	80:29+	82:36+	83:00+
04:30+	00:49-	01:22+	03:59=	02:53-	08:51+	04:50+	03:54+	11:38+	02:52-	06:03-	06:39+	10:21-	05:56+	02:10-	01:38+	02:07+	00:24+
02:21@	00:04-	00:11#	02:04&	00:02-	03:41&	01:46&	00:29#	04:20&	00:31-	00:21-	00:16+	00:18-	00:11+	00:24-	00:05+	00:07+	00:03#
<b>3</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>	<b>1:24:49</b>														
07:16+	12:37+	13:26+	20:09+	21:58+	26:37+	29:22+	33:06+	40:42+	44:02+	51:07+	58:46+	73:44+	78:56+	81:39+	83:05+	84:28+	84:49+
07:16+	05:21+	00:49-	06:43+	01:49-	04:39-	02:45-	03:44+	07:36+	03:20-	07:05+	07:39+	14:58+	05:12-	02:43+	01:26-	01:23-	00:21=
05:07@	04:28@	00:22-	02:44&	01:06-	00:31-	00:19-	00:19+	00:18+	00:03-	00:41#	01:16#	04:19&	00:33-	00:09+	00:07-	00:37-	00:00=
<b>4</b>	<b>Ingunn Bjerga</b>	<b>105</b>	<b>1:35:13</b>														
06:49+	08:01+	09:41+	13:38+	16:23+	27:58+	31:58+	35:45+	44:01+	47:12+	53:27+	69:12+	79:58+	88:16+	90:44+	92:50+	94:48+	95:13+
06:49+	01:12+	01:40+	03:57-	02:45-	11:35+	04:00+	03:47+	08:16+	03:11-	06:15-	15:45+	10:46+	08:18+	02:28-	02:06+	01:58-	00:25+
04:40@	00:19&	00:29&	00:02-	00:10-	06:25@	00:56&	00:22#	00:58#	00:12-	00:09-	09:22@	00:07+	02:33&	00:06-	00:33&	00:02-	00:04#
<b>5</b>	<b>Åse Berg</b>	<b>105</b>	<b>2:09:38</b>														
02:40+	04:19+	06:15+	17:07+	19:52+	33:23+	39:02+	44:49+	54:15+	62:26+	70:37+	79:25+	93:11+	117:20+	124:54+	127:09+	129:14+	129:38+
02:40+	01:39+	01:56+	10:52+	02:45-	13:31+	05:39+	05:47+	09:26+	08:11+	08:11+	08:48+	13:46+	24:09+	07:34+	02:15+	02:05+	00:24+
00:31#	00:46&	00:45&	06:53@	00:10-	08:21@	02:35&	02:22&	02:08&	04:48@	01:47&	02:25&	03:07&	18:24@	05:00@	00:42&	00:05+	00:03#

**Beste strekktid for klassen**

02:09 00:49 00:49 03:57 01:49 04:39 02:45 03:25 07:18 02:52 06:03 06:23 10:21 05:12 02:10 01:26 01:23 00:21

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

**Damer 65 - 69 år**

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>	<b>1:18:01</b>														
02:12=	02:58=	04:03=	07:51=	10:44=	19:34=	22:49=	26:19=	34:23=	37:15=	43:15=	51:42=	66:33=	71:16=	73:56=	76:01=	77:40=	78:01=
02:12=	00:46=	01:05=	03:48=	02:53=	08:50=	03:15=	03:30=	08:04=	02:52=	06:00=	08:27=	14:51=	04:43=	02:40=	02:05=	01:39=	00:21=
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=

Class	Navn	Klasse	Tid														
<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>	<b>1:22:05</b>														
02:51+	03:44+	05:02+	08:41+	11:37+	18:37-	21:56-	25:09-	41:40+	44:55+	49:53+	56:14+	69:52+	75:08+	78:10+	79:51+	81:45+	82:05+
02:51+	00:53+	01:18+	03:39-	02:56+	07:00-	03:19+	03:13-	16:31+	03:15+	04:58-	06:21-	13:38-	05:16+	03:02+	01:41-	01:54+	00:20-
00:39&	00:07#	00:13#	00:09-	00:03+	01:50-	00:04+	00:17-	08:27@	00:23#	01:02-	02:06-	01:13-	00:33#	00:22#	00:24-	00:15#	00:01-
<b>3</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>1:30:26</b>														
02:45+	03:53+	05:35+	09:45+	12:17+	21:39+	25:56+	30:18+	40:19+	43:24+	50:01+	58:25+	72:59+	80:05+	83:03+	85:16+	89:56+	90:26+
02:45+	01:08+	01:42+	04:10+	02:32-	09:22+	04:17+	04:22+	10:01+	03:05+	06:37+	08:24-	14:34-	07:06+	02:58+	02:13+	04:40+	00:30+
00:33#	00:22&	00:37&	00:22+	00:21-	00:32+	01:02&	00:52#	01:57#	00:13+	00:37#	00:03-	00:17-	02:23&	00:18#	00:08+	03:01@	00:09&
<b>4</b>	<b>Synnøva Gausel</b>	<b>115</b>	<b>1:34:01</b>														
02:32+	03:32+	04:54+	08:49+	12:20+	17:34-	20:34-	24:13-	43:24+	53:55+	59:48+	67:51+	82:58+	87:55+	90:38+	92:06+	93:39+	94:01+
02:32+	01:00+	01:22+	03:55+	03:31+	05:14-	03:00-	03:39+	19:11+	10:31+	05:53-	08:03-	15:07+	04:57+	02:43+	01:28-	01:33-	00:22+
00:20#	00:14&	00:17&	00:07+	00:38#	03:36-	00:15-	00:09+	11:07@	07:39@	00:07-	00:24-	00:16+	00:14+	00:03+	00:37-	00:06-	00:01+

### Beste strekktid for klassen

02:12 00:46 01:05 03:39 02:32 05:14 03:00 03:13 08:04 02:52 04:58 06:21 13:38 04:43 02:40 01:28 01:33 00:20

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

## Damer 70 - 74 år

<b>1</b>	<b>Gry V. Thengs</b>	<b>68</b>	<b>1:11:01</b>														
02:20=	03:03=	04:20=	07:34=	09:28=	15:36=	19:18=	22:16=	29:45=	32:39=	37:10=	42:20=	53:11=	64:49=	67:47=	69:16=	70:44=	71:01=
02:20=	00:43=	01:17=	03:14=	01:54=	06:08=	03:42=	02:58=	07:29=	02:54=	04:31=	05:10=	10:51=	11:38=	02:58=	01:29=	01:28=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Turid Nystrom</b>	<b>68</b>	<b>1:12:18</b>														
02:03-	02:50-	04:04-	06:50-	08:39-	13:46-	18:00-	21:10-	30:28+	34:03+	38:35+	47:23+	60:32+	66:26+	68:47+	70:20+	71:55+	72:18+
02:03-	00:47+	01:14-	02:46-	01:49-	05:07-	04:14+	03:10+	09:18+	03:35+	04:32+	08:48+	13:09+	05:54-	02:21-	01:33+	01:35+	00:23+
00:17-	00:04+	00:03-	00:28-	00:05-	01:01-	00:32#	00:12+	01:49#	00:41#	00:01+	03:38&	02:18#	05:44-	00:37-	00:04+	00:07+	00:06&
<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>1:16:58</b>														
02:29+	03:31+	04:49+	08:02+	13:31+	20:06+	24:42+	28:48+	36:56+	40:22+	46:19+	54:28+	65:07+	70:10+	72:53+	74:54+	76:36+	76:58+
02:29+	01:02+	01:18+	03:13+	05:29+	06:35+	04:36+	04:06+	08:08+	03:26+	05:57+	08:09+	10:39-	05:03-	02:43-	02:01+	01:42+	00:22+
00:09+	00:19&	00:01+	00:01-	03:35@	00:27+	00:54#	01:08&	00:39+	00:32#	01:26&	02:59&	00:12-	06:35-	00:15-	00:32&	00:14#	00:05&
<b>4</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>1:19:14</b>														
02:28+	03:30+	04:58+	08:58+	11:50+	20:42+	24:06+	27:28+	35:32+	38:26+	44:27+	52:52+	67:46+	72:26+	75:14+	77:08+	78:52+	79:14+
02:28+	01:02+	01:28+	04:00+	02:52+	08:52+	03:24-	03:22+	08:04+	02:54+	06:01+	08:25+	14:54+	04:40-	02:48-	01:54+	01:44+	00:22+
00:08+	00:19&	00:11#	00:46#	00:58&	02:44&	00:18-	00:24#	00:35+	00:00=	01:30&	03:15&	04:03&	06:58-	00:10-	00:25&	00:16#	00:05&
<b>5</b>	<b>Eva Hessen</b>	<b>83</b>	<b>1:26:53</b>														
02:17-	03:14+	04:39+	07:55+	10:12+	20:12+	23:45+	27:14+	36:09+	39:11+	45:28+	61:06+	72:08+	80:22+	82:51+	84:44+	86:35+	86:53+
02:17-	00:57+	01:25+	03:16+	02:17+	10:00+	03:33-	03:29+	08:55+	03:02+	06:17+	15:38+	11:02+	08:14-	02:29-	01:53+	01:51+	00:18+
00:03-	00:14&	00:08#	00:02+	00:23#	03:52&	00:09-	00:31#	01:26#	00:08+	01:46&	10:28@	00:11+	03:24-	00:29-	00:24&	00:23&	00:01+
<b>6</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>1:26:58</b>														
02:50+	03:53+	05:44+	10:17+	13:23+	19:15+	23:13+	27:42+	37:56+	40:54+	46:22+	58:37+	70:52+	78:09+	82:19+	84:15+	86:32+	86:58+
02:50+	01:03+	01:51+	04:33+	03:06+	05:52-	03:58+	04:29+	10:14+	02:58+	05:28+	12:15+	12:15+	07:17-	04:10+	01:56+	02:17+	00:26+
00:30#	00:20&	00:34&	01:19&	01:12&	00:16-	00:16+	01:31&	02:45&	00:04+	00:57#	07:05@	01:24#	04:21-	01:12&	00:27&	00:49&	00:09&

### Beste strekktid for klassen

02:03 00:43 01:14 02:46 01:49 05:07 03:24 02:58 07:29 02:54 04:31 05:10 10:39 04:40 02:21 01:29 01:28 00:17

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

## Damer 75 - 79 år

<b>1</b>	<b>Synnøve Fuglestad</b>	<b>29</b>	<b>1:19:12</b>														
02:12=	03:05=	04:16=	11:21=	14:55=	24:09=	26:56=	30:42=	39:41=	42:09=	47:04=	53:33=	66:55=	72:11=	75:08=	76:50=	78:50=	79:12=
02:12=	00:53=	01:11=	07:05=	03:34=	09:14=	02:47=	03:46=	08:59=	02:28=	04:55=	06:29=	13:22=	05:16=	02:57=	01:42=	02:00=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>2:03:03</b>														
03:03+	04:04+	05:40+	10:01-	12:48-	33:44+	40:58+	46:10+	61:31+	67:11+	73:38+	84:33+	99:32+	107:12+	117:43+	119:18+	122:36+	123:03+
03:03+	01:01+	01:36+	04:21-	02:47-	20:56+	07:14+	05:12+	15:21+	05:40+	06:27+	10:55+	14:59+	07:40+	10:31+	01:35-	03:18+	00:27+
00:51&	00:08#	00:25&	02:44-	00:47-	11:42@	04:27@	01:26&	06:22&	03:12@	01:32&	04:26&	01:37#	02:24&	07:34@	00:07-	01:18&	00:05#

Class	Navn	Klasse	Tid
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### Beste strekktid for klassen

02:12 00:53 01:11 04:21 02:47 09:14 02:47 03:46 08:59 02:28 04:55 06:29 13:22 05:16 02:57 01:35 02:00 00:22

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

## Damer A

<b>1</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>40:27</b>																	
01:40=	03:12=	05:03=	08:12=	09:05=	10:48=	12:37=	13:30=	15:14=	18:29=	20:39=	22:58=	25:26=	28:25=	32:37=	36:46=	37:13=	38:09=	39:20=	40:15=	40:27=
01:40=	01:32=	01:51=	03:09=	00:53=	01:43=	01:49=	00:53=	01:44=	03:15=	02:10=	02:19=	02:28=	02:59=	04:12=	04:09=	00:27=	00:56=	01:11=	00:55=	00:12=
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=
<b>2</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>40:54</b>																	
01:03-	02:43-	04:34-	07:08-	08:17-	10:26-	12:24-	13:07-	14:45-	17:52-	20:09-	22:45-	25:15-	28:36+	32:59+	37:04+	37:29+	38:27+	39:50+	40:44+	40:54+
01:03-	01:40+	01:51=	02:34-	01:09+	02:09+	01:58+	00:43-	01:38-	03:07-	02:17+	02:36+	02:30+	03:21+	04:23+	04:05-	00:25-	00:58+	01:23+	00:54-	00:10-
00:37-	00:08+	00:00=	00:35-	00:16&	00:26&	00:09+	00:10-	00:06-	00:08-	00:07+	00:17#	00:02+	00:22#	00:11+	00:04-	00:02-	00:02+	00:12#	00:01-	00:02-
<b>3</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>	<b>49:12</b>																	
01:46+	04:53+	07:20+	10:02+	11:14+	13:13+	15:15+	16:01+	17:48+	23:12+	25:32+	28:16+	31:12+	34:55+	40:34+	44:59+	45:29+	46:49+	48:14+	49:02+	49:12+
01:46+	03:07+	02:27+	02:42-	01:12+	01:59+	02:02+	00:46-	01:47+	05:24+	02:20+	02:44+	02:56+	03:43+	05:39+	04:25+	00:30+	01:20+	01:25+	00:48-	00:10-
00:06+	01:35@	00:36&	00:27-	00:19&	00:16#	00:13#	00:07-	00:03+	02:09&	00:10+	00:25#	00:28#	00:44#	01:27&	00:16+	00:03#	00:24&	00:14#	00:07-	00:02-
<b>4</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>53:55</b>																	
01:40=	04:13+	06:39+	10:38+	11:55+	13:59+	16:24+	17:08+	19:08+	24:42+	27:23+	29:59+	33:34+	37:12+	43:12+	48:53+	49:19+	50:54+	52:36+	53:42+	53:55+
01:40=	02:33+	02:26+	03:59+	01:17+	02:04+	02:25+	00:44-	02:00+	05:34+	02:41+	02:36+	03:35+	03:38+	06:00+	05:41+	00:26-	01:35+	01:42+	01:06+	00:13+
00:00=	01:01&	00:35&	00:24&	00:21#	00:36&	00:09-	00:16#	02:19&	00:31#	00:17#	01:07&	00:39#	01:48&	01:32&	00:01-	00:39&	00:31&	00:11#	00:01+	00:01+
<b>5</b>	<b>Trine Bolstad</b>	<b>62</b>	<b>54:59</b>																	
01:44+	03:26+	05:39+	08:55+	14:01+	16:22+	18:29+	19:11+	21:12+	25:31+	27:54+	30:31+	33:33+	40:10+	45:59+	50:59+	51:26+	52:29+	53:52+	54:45+	54:59+
01:44+	01:42+	02:13+	03:16+	05:06+	02:21+	02:07+	00:42-	02:01+	04:19+	02:23+	02:37+	03:02+	06:37+	05:49+	05:00+	00:27-	01:03+	01:23+	00:53-	00:14+
00:04+	00:10#	00:22#	00:07+	04:13@	00:38&	00:18#	00:11-	00:17#	01:04&	00:13#	00:18#	00:34#	03:38@	01:37&	00:51#	00:00=	00:07#	00:12#	00:02-	00:02#
<b>6</b>	<b>Ann Mari Midttun</b>	<b>134</b>	<b>1:05:15</b>																	
01:43+	08:18+	10:37+	13:58+	15:47+	19:03+	21:26+	22:16+	24:26+	28:16+	30:56+	34:29+	40:14+	45:50+	52:06+	59:51+	60:25+	62:12+	63:59+	65:01+	65:15+
01:43+	06:35+	02:19+	03:21+	01:49+	03:16+	02:23+	00:50-	02:10+	03:50+	02:40+	03:33+	05:45+	05:36+	06:16+	07:45+	00:34+	01:47+	01:47+	01:02+	00:14+
00:03+	05:03@	00:28&	00:12+	00:56@	01:33&	00:34&	00:03-	00:26#	00:35#	00:30#	01:14&	03:17@	02:37&	02:04&	03:36&	00:07&	00:51&	00:36&	00:07#	00:02#
<b>7</b>	<b>Katrine Prestvold</b>	<b>212</b>	<b>1:08:32</b>																	
02:01+	03:34+	05:41+	14:30+	15:42+	17:38+	19:50+	20:38+	22:58+	27:02+	30:05+	33:59+	37:25+	42:42+	49:46+	59:26+	60:02+	62:11+	67:17+	68:21+	68:32+
02:01+	01:33+	02:07+	08:49+	01:12+	01:56+	02:12+	00:48-	02:20+	04:04+	03:03+	03:54+	03:26+	05:17+	07:04+	09:40+	00:36+	02:09+	05:06+	01:04+	00:11-
00:21#	00:01+	00:16#	05:40@	00:19&	00:13#	00:23#	00:05-	00:36&	00:49&	00:53&	01:35&	00:58&	02:18&	02:52&	05:31@	00:09&	01:13@	03:55@	00:09#	00:01-
<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>	<b>1:13:51</b>																	
02:25+	05:06+	07:33+	11:19+	13:02+	15:32+	18:15+	19:10+	21:41+	30:22+	33:33+	36:59+	40:59+	48:50+	55:21+	67:39+	68:16+	69:53+	72:11+	73:38+	73:51+
02:25+	02:41+	02:27+	03:46+	01:43+	02:30+	02:43+	00:55+	02:31+	08:41+	03:11+	03:26+	04:00+	07:51+	06:31+	12:18+	00:37+	01:37+	02:18+	01:27+	00:13+
00:45&	01:09&	00:36&	00:37#	00:50&	00:47&	00:54&	00:02+	00:47&	05:26@	01:01&	01:07&	01:32&	04:52@	02:19&	08:09@	00:10&	00:41&	01:07&	00:32&	00:01+
<b>9</b>	<b>Maira Andersone</b>	<b>93</b>	<b>1:22:13</b>																	
02:02+	04:43+	13:00+	18:47+	20:10+	23:36+	26:19+	27:15+	30:30+	34:42+	38:25+	42:34+	46:29+	53:38+	62:59+	69:06+	69:41+	71:36+	79:40+	81:58+	82:13+
02:02+	02:41+	08:17+	05:47+	01:23+	03:26+	02:43+	00:56+	03:15+	04:12+	03:43+	04:09+	03:55+	07:09+	09:21+	06:07+	00:35+	01:55+	08:04+	02:18+	00:15+
00:22#	01:09&	06:26@	02:38&	00:30&	01:43&	00:54&	00:03+	01:31&	00:57&	01:33&	01:50&	01:27&	04:10@	05:09@	01:58&	00:08&	00:59@	06:53@	01:23@	00:03#
<b>10</b>	<b>Elisabeth Groven</b>	<b>109</b>	<b>1:45:31</b>																	
02:05+	08:47+	12:00+	29:40+	31:55+	35:03+	38:37+	39:43+	42:47+	48:37+	52:44+	62:12+	67:33+	76:23+	85:31+	95:33+	96:31+	98:46+	103:25+	105:12+	105:31+
02:05+	06:42+	03:13+	17:40+	02:15+	03:08+	03:34+	01:06+	03:04+	05:50+	04:07+	09:28+	05:21+	08:50+	09:08+	10:02+	00:58+	02:15+	04:39+	01:47+	00:19+
00:25#	05:10@	01:22&	14:31@	01:22@	01:25&	01:45&	00:13#	01:20&	02:35&	01:57&	07:09@	02:53@	05:51@	04:56@	05:53@	00:31@	01:19@	03:28@	00:52&	00:07&

### Beste strekktid for klassen

01:03 01:32 01:51 02:34 00:53 01:43 01:49 00:42 01:38 03:07 02:10 02:19 02:28 02:59 04:12 04:05 00:25 00:56 01:11 00:48 00:10

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

## Damer B

<b>1</b>	<b>Jorunn Johannesen</b>	<b>116</b>	<b>56:58</b>																	
02:14=	04:00=	06:33=	11:17=	12:43=	15:02=	17:21=	18:13=	20:13=	24:34=	27:28=	31:28=	34:54=	38:49=	45:48=	50:44=	51:33=	53:26=	55:31=	56:40=	56:58=
02:14=	01:46=	02:33=	04:44=	01:26=	02:19=	02:19=	00:52=	02:00=	04:21=	02:54=	04:00=	03:26=	03:55=	06:59=	04:56=	00:49=	01:53=	02:05=	01:09=	00:18=
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=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid									
<b>2</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>1:03:58</b>									
02:15+	06:22+	08:28+	17:07+	18:14+	20:35+	23:26+	24:46+	27:21+	30:59+	33:41+	36:29+	40:03+	44:19+	50:42+	56:59+	57:36+	59:15+	62:24+	63:42+	63:58+	
02:15+	04:07+	02:06-	08:39+	01:07-	02:21+	02:51+	01:20+	02:35+	03:38-	02:42-	02:48-	03:34+	04:16+	06:23-	06:17+	00:37-	01:39-	03:09+	01:18+	00:16-	
00:01+	02:21@	00:27-	03:55&	00:19-	00:02+	00:32#	00:28&	00:35&	00:43-	00:12-	01:12-	00:08+	00:21+	00:36-	01:21&	00:12-	00:14-	01:04&	00:09#	00:02-	
<b>3</b>	<b>Brit Nilsen</b>	<b>88</b>										<b>1:04:38</b>									
02:01-	04:35+	07:33+	13:10+	14:51+	17:37+	20:39+	21:34+	24:05+	28:55+	32:24+	35:46+	40:16+	45:37+	52:34+	58:39+	59:14+	61:10+	63:09+	64:22+	64:38+	
02:01-	02:34+	02:58+	05:37+	01:41+	02:46+	03:02+	00:55+	02:31+	04:50+	03:29+	03:22-	04:30+	05:21+	06:57-	06:05+	00:35-	01:56+	01:59-	01:13+	00:16-	
00:13-	00:48&	00:25#	00:53#	00:15#	00:27#	00:43&	00:03+	00:31&	00:29#	00:35#	00:38-	01:04&	01:26&	00:02-	01:09#	00:14-	00:03+	00:06-	00:04+	00:02-	
<b>4</b>	<b>Ann-Cathrin Urdal</b>	<b>118</b>										<b>1:05:09</b>									
01:49-	04:24+	07:06+	11:38+	12:54+	15:49+	18:19+	19:18+	21:24+	30:04+	32:58+	38:16+	42:47+	48:00+	54:36+	60:11+	60:41+	62:00+	63:48+	64:56+	65:09+	
01:49-	02:35+	02:42+	04:32-	01:16-	02:55+	02:30+	00:59+	02:06+	08:40+	02:54=	05:18+	04:31+	05:13+	06:36-	05:35+	00:30-	01:19-	01:48-	01:08-	00:13-	
00:25-	00:49&	00:09+	00:12-	00:10-	00:36&	00:11+	00:07#	00:06+	04:19&	00:00=	01:18&	01:05&	01:18&	00:23-	00:39#	00:19-	00:34-	00:17-	00:01-	00:05-	
<b>5</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>1:06:49</b>									
01:59-	03:58-	06:34+	11:58+	14:18+	16:58+	19:14+	20:01+	22:31+	31:00+	33:43+	36:19+	40:41+	45:20+	51:25+	60:17+	60:56+	62:55+	65:01+	66:35+	66:49+	
01:59-	01:59+	02:36+	05:24+	02:20+	02:40+	02:16-	00:47-	02:30+	08:29+	02:43-	02:36-	04:22+	04:39+	06:05-	08:52+	00:39-	01:59+	02:06+	01:34+	00:14-	
00:15-	00:13#	00:03+	00:40#	00:54&	00:21#	00:03-	00:05-	00:30#	04:08&	00:11-	01:24-	00:56&	00:44#	00:54-	03:56&	00:10-	00:06+	00:01+	00:25&	00:04-	
<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>1:08:24</b>									
02:26+	04:55+	07:46+	12:26+	13:49+	16:26+	19:11+	20:03+	22:30+	27:00+	34:02+	37:27+	41:06+	45:41+	53:09+	61:57+	62:53+	64:41+	66:42+	68:11+	68:24+	
02:26+	02:29+	02:51+	04:40-	01:23-	02:37+	02:45+	00:52=	02:27+	04:30+	07:02+	03:25-	03:39+	04:35+	07:28+	08:48+	00:56+	01:48-	02:01-	01:29+	00:13-	
00:12+	00:43&	00:18#	00:04-	00:03-	00:18#	00:26#	00:00=	00:27#	00:09+	04:08@	00:35-	00:13+	00:40#	00:29+	03:52&	00:07#	00:05-	00:04-	00:20&	00:05-	
<b>7</b>	<b>Ellen Tindeland</b>	<b>27</b>										<b>1:09:48</b>									
01:52-	06:35+	09:26+	19:57+	21:50+	24:22+	27:09+	28:03+	30:15+	36:47+	40:03+	43:16+	46:51+	51:08+	57:34+	63:50+	64:25+	65:47+	68:18+	69:33+	69:48+	
01:52-	04:43+	02:51+	10:31+	01:53+	02:32+	02:47+	00:54+	02:12+	06:32+	03:16+	03:13-	03:35+	04:17+	06:26-	06:16+	00:35-	01:22-	02:31+	01:15+	00:15-	
00:22-	02:57@	00:18#	00:47@	00:27&	00:13+	00:28#	00:02+	00:12#	02:11&	00:22#	00:47-	00:09+	00:22+	00:33-	01:20&	00:14-	00:31-	00:26#	00:06+	00:03-	
<b>8</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>1:10:42</b>									
01:44-	04:03+	06:43+	10:35-	16:32+	19:47+	22:45+	23:36+	26:03+	30:22+	33:35+	36:38+	40:58+	47:51+	56:21+	63:52+	64:34+	66:20+	69:14+	70:26+	70:42+	
01:44-	02:19+	02:40+	03:52-	05:57+	03:15+	02:58+	00:51-	02:27+	04:19-	03:13+	03:03-	04:20+	06:53+	08:30+	07:31+	00:42-	01:46-	02:54+	01:12+	00:16-	
00:30-	00:33&	00:07+	00:52-	04:31@	00:56&	00:39&	00:01-	00:27#	00:02-	00:19#	00:57-	00:54&	02:58&	01:31#	02:35&	00:07-	00:07-	00:49&	00:03+	00:02-	
<b>9</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>1:11:07</b>									
02:09-	04:03+	07:00+	11:03-	12:29-	15:23+	18:55+	19:44+	22:16+	31:52+	34:51+	38:30+	42:14+	46:52+	55:58+	64:22+	65:05+	66:43+	69:22+	70:48+	71:07+	
02:09-	01:54+	02:57+	04:03-	01:26=	02:54+	03:32+	00:49-	02:32+	09:36+	02:59+	03:39-	03:44+	04:38+	09:06+	08:24+	00:43-	01:38-	02:39+	01:26+	00:19+	
00:05-	00:08+	00:24#	00:41-	00:00=	00:35&	01:13&	00:03-	00:32&	05:15@	00:05+	00:21-	00:18+	00:43#	02:07&	03:28&	00:06-	00:15-	00:34&	00:17#	00:01+	
<b>10</b>	<b>Elisabeth Christie Ørke</b>	<b>117</b>										<b>1:12:32</b>									
02:34+	07:26+	10:03+	13:59+	16:06+	19:00+	21:54+	22:38+	26:24+	31:13+	35:44+	41:30+	45:26+	50:12+	56:51+	66:10+	66:58+	68:45+	70:54+	72:21+	72:32+	
02:34+	04:52+	02:37+	03:56-	02:07+	02:54+	02:54+	00:44-	03:46+	04:49+	04:31+	05:46+	03:56+	04:46+	06:39-	09:19+	00:48-	01:47-	02:09+	01:27+	00:11-	
00:20#	03:06@	00:04+	00:48-	00:41&	00:35&	00:35&	00:08-	01:46&	00:28#	01:37&	01:46&	00:30#	00:51#	00:20-	04:23&	00:01-	00:06-	00:04+	00:18&	00:07-	
<b>11</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>1:13:45</b>									
02:11-	04:54+	07:27+	11:58+	14:13+	17:30+	20:38+	21:37+	24:01+	28:47+	32:02+	35:48+	39:35+	44:40+	54:09+	64:30+	65:14+	70:00+	72:18+	73:26+	73:45+	
02:11-	02:43+	02:33=	04:31-	02:15+	03:17+	03:08+	00:59+	02:24+	04:46+	03:15+	03:46-	03:47+	05:05+	09:29+	10:21+	00:44-	04:46+	02:18+	01:08-	00:19+	
00:03-	00:57&	00:00=	00:13-	00:49&	00:58&	00:49&	00:07#	00:24#	00:25+	00:21#	00:14-	00:21#	01:10&	02:30&	05:25@	00:05-	02:53@	00:13#	00:01-	00:01+	
<b>12</b>	<b>Ragnhild Auglånd</b>	<b>19</b>										<b>1:16:15</b>									
02:31+	04:29+	07:27+	14:04+	15:46+	18:46+	22:09+	23:02+	25:30+	30:14+	33:52+	36:50+	43:29+	51:13+	58:43+	68:35+	69:15+	71:21+	74:44+	75:58+	76:15+	
02:31+	01:58+	02:58+	06:37+	01:42+	03:00+	03:23+	00:53+	02:28+	04:44+	03:38+	02:58-	06:39+	07:44+	07:30+	09:52+	00:40-	02:06+	03:23+	01:14+	00:17-	
00:17#	00:12#	00:25#	01:53&	00:16#	00:41&	01:04&	00:01+	00:28#	00:23+	00:44&	01:02-	03:13&	03:49&	00:31+	04:56&	00:09-	00:13#	01:18&	00:05+	00:01-	
<b>13</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>1:19:52</b>									
02:12-	10:58+	13:42+	17:27+	18:59+	21:48+	24:57+	26:03+	28:22+	38:06+	41:15+	46:58+	51:18+	57:02+	65:33+	73:34+	74:11+	75:57+	78:06+	79:39+	79:52+	
02:12-	08:46+	02:44+	03:45-	01:32+	02:49+	03:09+	01:06+	02:19+	09:44+	03:09+	05:43+	04:20+	05:44+	08:31+	08:01+	00:37-	01:46-	02:09+	01:33+	00:13-	
00:02-	07:00@	00:11+	00:59-	00:06+	00:30#	00:50&	00:14&	00:19#	00:15+	01:43&	00:54&	00:54&	01:49&	01:32#	03:05&	00:12-	00:07-	00:04+	00:24&	00:05-	
<b>14</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>										<b>1:24:16</b>									
01:46-	04:06+	07:31+	22:36+	24:41+	28:00+	31:17+	32:20+	35:21+	40:38+	44:19+	48:56+	53:38+	60:31+	68:43+	76:31+	77:23+	79:41+	82:20+	83:56+	84:16+	
01:46-	02:20+	03:25+	15:05+	02:05+	03:19+	03:17+	01:03+	03:01+	05:17+	03:41+	04:37+	04:42+	06:53+	08:12+	07:48+	00:52+	02:18+	02:39+	01:36+	00:20+	
00:28-	00:34&	00:52&	10:21@	00:39&	01:00&	00:58&	00:11#	01:01&	00:56#	00:47&	00:37#	01:16&	02:58&	01:13#	02:52&	00:03+	00:25#	00:34&	00:27&	00:02#	
<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>										<b>1:27:10</b>									
01:39-	04:00=	06:21-	09:53-	11:48-	14:07-	17:41+	18:36+	21:14+	27:20+	32:42+	44:23+	48:21+	53:31+	59:52+	76:35+	79:21+	80:07+	82:33+	85:33+	86:55+	
01:39-	02:21+	02:21-	03:32-	01:55+	02:19=	03:34+	00:55+	02:38+	06:06+	05:22+	11:41+	03:58+	05:10+	06:21-	16:43+	02:46+	00:46-	02:26+	03:00+	01:22+	
00:35-	00:35&	00:12-	01:12-	00:29&	00:00=	01:15&	00:03+	00:38&	01:45&	02:28&	07:41@	00:32#	01:15&	00:38-	11:47@	01:57@	01:07-	00:21#	01:51@	01:04@	
<b>16</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>1:36:19</b>									
02:18+	07:44+	11:08+	22:52+	35:57+	38:48+	42:09+	43:18+	45:57+	50:53+	54:42+	58:49+	63:14+	68:50+	76:49+	88:24+	89:06+	91:19+	94:13+	96:03+	96:19+	
02:18+	05:26+	03:24+	11:44+	13:05+	02:51+	03:21+	01:09+	02:39+	04:56+	03:49+	04:07+	04:25+	05:36+	07:59+	11:35+	00:42-	02:13+	02:54+	01:50+	00:16-	
00:04+	03:40@	00:51&	07:00@	11:39@	00:32#	01:02&	00:17&	00:39&	00:35#	00:55&	00:07+	00:59&	01:41&	01:00#	06:39@	00:07-	00:20#	00:49&	00:41&	00:02-	

Class	Navn	Klasse	Tid
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### Beste strekktid for klassen

01:39 01:46 02:06 03:32 01:07 02:19 02:16 00:44 02:00 03:38 02:42 02:36 03:26 03:55 06:05 04:56 00:30 00:46 01:48 01:08 00:11

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

## Damer Ny

### 1 Tordis Frøytlog 29 1:19:05

02:41= 03:17= 07:09= 10:55= 12:42= 15:20= 17:38= 19:48= 31:42= 60:00= 63:16= 78:34= 79:05=  
 02:41= 00:36= 03:52= 03:46= 01:47= 02:38= 02:18= 02:10= 11:54= 28:18= 03:16= 15:18= 00:31=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 May Nitter Gulbrandsen 47 1:23:51

07:20+ 08:45+ 14:30+ 21:36+ 25:03+ 30:37+ 33:22+ 38:10+ 45:27+ 64:15+ 68:49+ 82:45+ 83:51+  
 07:20+ 01:25+ 05:45+ 07:06+ 03:27+ 05:34+ 02:45+ 04:48+ 07:17- 18:48- 04:34+ 13:56- 01:06+  
 04:39@ 00:49@ 01:53& 03:20& 01:40& 02:56@ 00:27# 02:38@ 04:37- 09:30- 01:18& 01:22- 00:35@

### Beste strekktid for klassen

02:41 00:36 03:52 03:46 01:47 02:38 02:18 02:10 07:17 18:48 03:16 13:56 00:31

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

## Damer Trim

### 1 Marie Sjursen 117 47:37

01:50= 04:40= 06:40= 12:43= 14:33= 18:29= 25:00= 27:49= 34:52= 39:45= 41:29= 44:46= 46:00= 47:22= 47:37=  
 01:50= 02:50= 02:00= 06:03= 01:50= 03:56= 06:31= 02:49= 07:03= 04:53= 01:44= 03:17= 01:14= 01:22= 00:15=  
 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=

### 2 Rønnaug Egeland 154 49:52

02:57+ 06:12+ 09:14+ 13:13+ 14:16- 18:06- 21:40- 25:27- 31:05- 39:30- 41:11- 46:02+ 47:46+ 49:37+ 49:52+  
 02:57+ 03:15+ 03:02+ 03:59- 01:03- 03:50- 03:34- 03:47+ 05:38- 08:25+ 01:41- 04:51+ 01:44+ 01:51+ 00:15=  
 01:07& 00:25# 01:02& 02:04- 00:47- 00:06- 02:57- 00:58& 01:25- 03:32& 00:03- 01:34& 00:30& 00:29& 00:00=

### 3 Randi Bugge 46 57:42

01:53+ 04:48+ 07:37+ 12:07- 13:54- 18:29= 27:01+ 30:08+ 39:38+ 46:24+ 49:09+ 53:39+ 55:06+ 57:20+ 57:42+  
 01:53+ 02:55+ 02:49+ 04:30- 01:47- 04:35+ 08:32+ 03:07+ 09:30+ 06:46+ 02:45+ 04:30+ 01:27+ 02:14+ 00:22+  
 00:03+ 00:05+ 00:49& 01:33- 00:03- 00:39# 02:01& 00:18# 02:27& 01:53& 01:01& 01:13& 00:13# 00:52& 00:07&

### 4 Ellinor Hoemsnes 116 58:29

02:16+ 05:36+ 07:46+ 12:06- 13:34- 17:22- 22:38- 25:47- 35:37+ 40:42+ 42:53+ 54:10+ 55:25+ 58:07+ 58:29+  
 02:16+ 03:20+ 02:10+ 04:20- 01:28- 03:48- 05:16- 03:09+ 09:50+ 05:05+ 02:11+ 11:17+ 01:15+ 02:42+ 00:22+  
 00:26# 00:30# 00:10+ 01:43- 00:22- 00:08- 01:15- 00:20# 02:47& 00:12+ 00:27& 08:00@ 00:01+ 01:20& 00:07&

### 5 Lise Nessa Di Lorenzo 168 59:43

02:27+ 04:58+ 08:27+ 13:49+ 19:32+ 23:13+ 29:30+ 32:06+ 37:51+ 43:44+ 45:52+ 49:32+ 57:58+ 59:28+ 59:43+  
 02:27+ 02:31- 03:29+ 05:22- 05:43+ 03:41- 06:17- 02:36- 05:45- 05:53+ 02:08+ 03:40+ 08:26+ 01:30+ 00:15=  
 00:37& 00:19- 01:29& 00:41- 03:53@ 00:15- 00:14- 00:13- 01:18- 01:00# 00:24# 00:23# 07:12@ 00:08+ 00:00=

### 6 Jenny Thorset 109 1:01:15

01:53+ 04:57+ 08:29+ 12:50+ 14:17- 17:51- 29:02+ 33:10+ 41:33+ 47:15+ 50:12+ 54:02+ 59:41+ 61:00+ 61:15+  
 01:53+ 03:04+ 03:32+ 04:21- 01:27- 03:34- 11:11+ 04:08+ 08:23+ 05:42+ 02:57+ 03:50+ 05:39+ 01:19- 00:15=  
 00:03+ 00:14+ 01:32& 01:42- 00:23- 00:22- 04:40& 01:19& 01:20# 00:49# 01:13& 00:33# 04:25@ 00:03- 00:00=

### 7 Veronica Fenne 206 1:02:24

02:31+ 05:24+ 08:36+ 16:58+ 18:25+ 22:19+ 39:52+ 42:16+ 49:27+ 53:11+ 55:37+ 60:21+ 61:05+ 62:10+ 62:24+  
 02:31+ 02:53+ 03:12+ 08:22+ 01:27- 03:54- 17:33+ 02:24- 07:11+ 03:44- 02:26+ 04:44+ 00:44- 01:05- 00:14-  
 00:41& 00:03+ 01:12& 02:19& 00:23- 00:02- 11:02@ 00:25- 00:08+ 01:09- 00:42& 01:27& 00:30- 00:17- 00:01-

### 8 Reidun Solli Skjørestad 47 1:03:55

01:54+ 05:39+ 08:14+ 13:27+ 15:25+ 21:59+ 28:15+ 31:56+ 40:21+ 45:37+ 48:04+ 57:04+ 61:03+ 63:39+ 63:55+  
 01:54+ 03:45+ 02:35+ 05:13- 01:58+ 06:34+ 06:16- 03:41+ 08:25+ 05:16+ 02:27+ 09:00+ 03:59+ 02:36+ 00:16+  
 00:04+ 00:55& 00:35& 00:50- 00:08+ 02:38& 00:15- 00:52& 01:22# 00:23+ 00:43& 05:43@ 02:45@ 01:14& 00:01+

### 9 Gunvor Frafjord Tungesvik 47 1:03:58

01:58+ 05:45+ 08:21+ 13:30+ 15:23+ 22:39+ 28:20+ 31:50+ 40:26+ 45:43+ 48:11+ 57:21+ 61:05+ 63:42+ 63:58+  
 01:58+ 03:47+ 02:36+ 05:09- 01:53+ 07:16+ 05:41- 03:30+ 08:36+ 05:17+ 02:28+ 09:10+ 03:44+ 02:37+ 00:16+  
 00:08+ 00:57& 00:36& 00:54- 00:03+ 03:20& 00:50- 00:41# 01:33# 00:24+ 00:44& 05:53@ 02:30@ 01:15& 00:01+

Class	Navn	Klasse	Tid
<b>10</b>	<b>Elin Norveel</b>	<b>105</b>	<b>1:05:22</b>
01:38-	04:50+	07:02+	11:57-
01:38-	03:12+	02:12+	04:55-
00:12-	00:22#	00:12#	01:08-
			00:20#
			01:44&
			00:31-
			01:01&
			03:42&
			00:31#
			00:10+
			10:48@
			00:21-
			01:00&
			00:07&
<b>11</b>	<b>Anna Berthelsen</b>	<b>117</b>	<b>1:05:25</b>
01:45-	04:49+	06:56+	11:24-
01:45-	03:04+	02:07+	04:28-
00:05-	00:14+	00:07+	01:35-
			00:29-
			01:16&
			00:20-
			00:53&
			00:18-
			00:08-
			01:08&
			14:32@
			01:58@
			00:26&
			00:09&
<b>12</b>	<b>Berit Omholt</b>	<b>117</b>	<b>1:05:45</b>
02:35+	08:07+	10:08+	14:44+
02:35+	05:32+	02:01+	04:36-
00:45&	02:42&	00:01+	01:27-
			00:02-
			00:27-
			03:15&
			01:14&
			08:05@
			02:05&
			00:32&
			00:22#
			00:29&
			00:33&
			00:01+
<b>13</b>	<b>Hanne Berg Nilsen</b>	<b>105</b>	<b>1:05:46</b>
02:37+	08:11+	10:05+	14:47+
02:37+	05:34+	01:54-	04:42-
00:47&	02:44&	00:06-	01:21-
			00:07-
			00:30-
			03:21&
			01:11&
			08:04@
			02:05&
			00:31&
			00:29#
			00:24&
			00:33&
			00:04&
<b>14</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>1:06:47</b>
01:36-	06:22+	09:57+	19:33+
01:36-	04:46+	03:35+	09:36+
00:14-	01:56&	01:35&	03:33&
			00:21#
			00:20-
			09:50@
			00:41-
			00:48-
			03:31-
			03:28@
			01:17-
			03:05@
			00:09-
			01:58@
			00:24+
<b>15</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>	<b>1:07:20</b>
02:13+	06:08+	08:48+	14:34+
02:13+	03:55+	02:40+	05:46-
00:23#	01:05&	00:40&	00:17-
			00:07+
			00:34#
			01:03#
			00:42#
			02:45&
			02:26&
			01:10&
			06:51@
			01:17@
			00:48&
			00:09&
<b>16</b>	<b>Ingrid Marie Torgersen</b>	<b>253</b>	<b>1:07:23</b>
02:21+	06:15+	08:58+	14:39+
02:21+	03:54+	02:43+	05:41-
00:31&	01:04&	00:43&	00:22-
			00:07+
			00:35#
			00:56#
			00:42#
			02:45&
			02:44&
			00:49&
			06:48@
			01:31@
			00:48&
			00:05&
<b>17</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>	<b>1:07:27</b>
02:27+	06:19+	09:02+	14:44+
02:27+	03:52+	02:43+	05:42-
00:37&	01:02&	00:43&	00:21-
			00:04+
			00:40#
			00:57#
			00:41#
			02:46&
			02:40&
			00:48&
			06:50@
			01:24@
			00:48&
			00:11&
<b>18</b>	<b>Margot Asheim</b>	<b>105</b>	<b>1:07:45</b>
01:28-	04:17-	10:00+	15:13+
01:28-	02:49-	05:43+	05:13-
00:22-	00:01-	03:43@	00:50-
			00:31-
			00:29-
			00:25-
			00:08-
			06:03&
			08:54@
			02:37@
			00:17+
			00:24&
			00:53&
			00:03#
<b>19</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>	<b>1:10:06</b>
05:40+	08:58+	10:57+	17:37+
05:40+	03:18+	01:59-	06:40+
03:50@	00:28#	00:01-	00:37#
			00:16-
			00:50-
			00:25-
			00:44&
			05:14&
			01:27&
			02:04@
			05:58@
			02:36@
			00:59&
			00:04&
<b>20</b>	<b>Björg Elen Abrahamsen</b>	<b>29</b>	<b>1:10:07</b>
01:59+	05:36+	10:57+	16:01+
01:59+	03:37+	05:21+	05:04-
00:09+	00:47&	03:21@	00:59-
			00:13-
			00:23+
			00:11+
			00:55&
			01:49&
			00:05-
			00:29&
			14:07@
			00:47&
			00:42&
			00:07&
<b>21</b>	<b>Eli Våge</b>	<b>117</b>	<b>1:11:00</b>
04:30+	08:46+	11:24+	17:14+
04:30+	04:16+	02:38+	05:50-
02:40@	01:26&	00:38&	00:13-
			00:20#
			00:10+
			03:04&
			01:54&
			04:46&
			02:38&
			01:11&
			01:38&
			01:13&
			01:46@
			00:12&
<b>22</b>	<b>Anne Brit T. Mæland</b>	<b>93</b>	<b>1:11:34</b>
06:07+	09:37+	12:44+	19:27+
06:07+	03:30+	03:07+	06:43+
04:17@	00:40#	01:07&	00:40#
			00:04+
			01:37&
			00:50#
			01:57&
			04:24&
			02:35&
			01:36&
			02:36&
			00:36&
			00:45&
			00:13&
<b>23</b>	<b>Therese Immerstein Noraberg</b>	<b>71</b>	<b>1:12:25</b>
02:39+	05:54+	08:11+	13:26+
02:39+	03:15+	02:17+	05:15-
00:49&	00:25#	00:17#	00:48-
			00:04-
			02:11&
			04:28&
			00:40#
			01:44#
			02:02&
			05:47@
			04:52@
			00:35&
			01:44@
			00:06&
<b>24</b>	<b>Synnøve Langvik</b>	<b>93</b>	<b>1:12:44</b>
01:45-	05:58+	09:23+	14:17+
01:45-	04:13+	03:25+	04:54-
00:05-	01:23&	01:25&	01:09-
			00:11#
			01:19&
			06:29&
			00:11+
			10:28@
			01:11#
			01:21&
			01:06&
			00:18#
			00:54&
			00:05&

Class	Navn	Klasse	Tid
<b>25</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>	<b>1:14:32</b>
01:50=	04:55+	07:59+	17:24+
01:50=	03:05+	02:30+	01:43-
00:00=	00:15+	01:04&	03:22&
	00:07-	00:50#	00:09+
	01:09&	01:43#	07:58@
	00:26#	08:13@	00:57&
	00:50&	00:06&	
<b>26</b>	<b>Brit Svihus</b>	<b>92</b>	<b>1:14:55</b>
02:11+	06:23+	08:58+	15:05+
02:11+	04:12+	02:35+	06:07+
00:21#	01:22&	00:35&	00:04+
	00:45&	00:19+	01:25#
	00:17#	04:57&	02:47&
	01:45@	07:16@	03:24@
	01:48@	00:13&	
<b>27</b>	<b>Åse J. Kro</b>	<b>128</b>	<b>1:15:41</b>
09:20+	14:54+	18:55+	28:31+
09:20+	05:34+	04:01+	09:36+
07:30@	02:44&	02:01@	03:33&
	00:21#	00:19-	09:34@
	00:16-	00:23+	00:24+
	00:15#	01:00&	01:00&
	00:01-	00:52&	00:03#
<b>28</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>1:15:44</b>
02:01+	06:24+	08:39+	18:50+
02:01+	04:23+	02:15+	10:11+
00:11#	01:33&	00:15#	04:08&
	00:23-	00:58#	00:36+
	05:01@	03:41&	02:50&
	01:09&	02:00&	05:13@
	00:38&	00:17@	
<b>29</b>	<b>Sissel Carlsen Bråstad</b>	<b>88</b>	<b>1:15:52</b>
02:14+	06:27+	08:51+	18:49+
02:14+	04:13+	02:24+	09:58+
00:24#	01:23&	00:24#	03:55&
	00:16-	01:01&	00:25+
	05:10@	03:38&	02:51&
	01:15&	01:51&	05:20@
	00:40&	00:14&	
<b>30</b>	<b>Anita Edgren</b>	<b>88</b>	<b>1:17:18</b>
02:03+	09:28+	11:24+	16:26+
02:03+	07:25+	01:56-	05:02-
00:13#	04:35@	00:04-	01:01-
	00:09-	00:39#	00:13-
	00:36#	04:02&	00:17+
	00:24#	14:03@	04:48@
	01:20&	00:11&	
<b>31</b>	<b>Elin Rodvelt</b>	<b>88</b>	<b>1:17:19</b>
02:10+	09:28+	11:22+	16:22+
02:10+	07:18+	01:54-	05:00-
00:20#	04:28@	00:06-	01:03-
	00:05-	00:32#	00:10-
	00:46&	03:54&	00:13+
	00:28&	14:05@	04:47@
	01:21&	00:12&	
<b>32</b>	<b>Astri Sandanger</b>	<b>279</b>	<b>1:17:26</b>
03:43+	07:15+	09:10+	14:41+
03:43+	03:32+	01:55-	05:31-
01:53@	00:42#	00:05-	00:32-
	00:31&	00:13-	01:36-
	16:07@	12:57@	01:00-
	00:12#	00:02-	00:17#
	00:32&	00:06&	
<b>33</b>	<b>Nina Sjursen</b>	<b>76</b>	<b>1:17:47</b>
02:42+	05:47+	10:50+	15:54+
02:42+	03:05+	05:03+	05:04-
00:52&	00:15+	03:03@	00:59-
	00:06-	01:16&	00:08+
	03:32@	08:22@	03:52&
	00:18#	08:17@	00:16#
	00:54&	00:10&	
<b>34</b>	<b>Solveig Mæland</b>	<b>128</b>	<b>1:18:53</b>
02:45+	07:22+	10:25+	16:44+
02:45+	04:37+	03:03+	06:19+
00:55&	01:47&	01:03&	00:16+
	00:47&	00:27#	04:07&
	01:45&	07:06@	02:31&
	01:07&	02:42&	05:15@
	01:14&	00:14&	
<b>35</b>	<b>Brynhild Haaland</b>	<b>101</b>	<b>1:18:54</b>
09:02+	14:14+	17:18+	24:06+
09:02+	05:12+	03:04+	06:48+
07:12@	02:22&	01:04&	00:45#
	02:53&	02:16#	02:53&
	01:03&	03:38&	03:42&
	01:05&	01:59&	01:05&
	01:46@	00:11&	
<b>36</b>	<b>Karin Gilje Ask</b>	<b>141</b>	<b>1:19:21</b>
03:01+	06:37+	12:10+	18:46+
03:01+	03:36+	05:33+	06:36+
01:11&	00:46&	03:33@	00:33+
	00:29&	01:11&	03:56&
	00:01-	03:18&	04:27&
	01:39&	09:12@	00:05-
	01:29@	00:06&	
<b>37</b>	<b>Inger K. H. Rysstad</b>	<b>141</b>	<b>1:19:29</b>
03:03+	06:45+	12:20+	18:40+
03:03+	03:42+	05:35+	06:20+
01:13&	00:52&	03:35@	00:17+
	00:40&	01:12&	03:44&
	00:18#	03:10&	04:58@
	01:14&	08:37@	00:05+
	01:44@	00:13&	
<b>38</b>	<b>Anne Grete Friberg</b>	<b>141</b>	<b>1:19:46</b>
03:02+	06:45+	12:11+	18:30+
03:02+	03:43+	05:26+	06:19+
01:12&	00:53&	03:26@	00:16+
	00:59&	01:23&	03:39&
	00:04+	03:12&	05:07@
	01:00&	09:26@	00:03-
	01:28@	00:07&	
<b>39</b>	<b>Heidi Øverby Dragsund</b>	<b>92</b>	<b>1:20:07</b>
05:44+	08:22+	10:16+	14:25+
05:44+	02:38-	01:54-	04:09-
03:54@	00:12-	00:06-	01:54-
	01:31&	00:37#	01:06#
	02:41&	04:39&	14:21@
	03:23@	01:20&	00:02-
	00:55&	00:17@	

Class	Navn	Klasse										Tid			
<b>40</b>	<b>Marianne Johnsen</b>	<b>5</b>										<b>1:20:34</b>			
04:40+	07:33+	09:51+	15:13+	16:33+	22:22+	27:18+	37:52+	45:24+	62:12+	64:15+	75:58+	77:00+	80:15+	80:34+	
04:40+	02:53+	02:18+	05:22-	01:20-	05:49+	04:56-	10:34+	07:32+	16:48+	02:03+	11:43+	01:02-	03:15+	00:19+	
02:50@	00:03+	00:18#	00:41-	00:30-	01:53&	01:35-	07:45@	00:29+	11:55@	00:19#	08:26@	00:12-	01:53@	00:04&	
<b>41</b>	<b>Aslaug Neteland</b>	<b>92</b>										<b>1:21:09</b>			
01:58+	05:33+	10:20+	15:42+	18:58+	23:22+	31:00+	36:39+	48:20+	67:41+	72:13+	77:06+	78:21+	80:45+	81:09+	
01:58+	03:35+	04:47+	05:22-	03:16+	04:24+	07:38+	05:39+	11:41+	19:21+	04:32+	04:53+	01:15+	02:24+	00:24+	
00:08+	00:45&	02:47@	00:41-	01:26&	00:28#	01:07#	02:50@	04:38&	14:28@	02:48@	01:36&	00:01+	01:02&	00:09&	
<b>42</b>	<b>Wenke Wannberg</b>	<b>116</b>										<b>1:21:13</b>			
02:01+	05:30+	10:17+	15:38+	18:55+	23:18+	30:55+	36:40+	48:21+	67:33+	72:17+	77:16+	78:23+	80:47+	81:13+	
02:01+	03:29+	04:47+	05:21-	03:17+	04:23+	07:37+	05:45+	11:41+	19:12+	04:44+	04:59+	01:07-	02:24+	00:26+	
00:11#	00:39#	02:47@	00:42-	01:27&	00:27#	01:06#	02:56@	04:38&	14:19@	03:00@	01:42&	00:07-	01:02&	00:11&	
<b>43</b>	<b>Lise Bergli</b>	<b>62</b>										<b>1:21:14</b>			
02:55+	05:59+	11:55+	16:09+	17:32+	26:24+	35:17+	38:16+	55:19+	60:56+	65:07+	77:42+	78:30+	80:58+	81:14+	
02:55+	03:04+	05:56+	04:14-	01:23-	08:52+	08:53+	02:59+	17:03+	05:37+	04:11+	12:35+	00:48-	02:28+	00:16+	
01:05&	00:14+	03:56@	01:49-	00:27-	04:56@	02:22&	00:10+	10:00@	00:44#	02:27@	09:18@	00:26-	01:06&	00:01+	
<b>44</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>1:21:23</b>			
03:29+	06:43+	09:30+	15:26+	17:19+	23:33+	28:21+	38:49+	46:25+	63:14+	65:18+	76:55+	78:02+	81:00+	81:23+	
03:29+	03:14+	02:47+	05:56-	01:53+	06:14+	04:48-	10:28+	07:36+	16:49+	02:04+	11:37+	01:07-	02:58+	00:23+	
01:39&	00:24#	00:47&	00:07-	00:03+	02:18&	01:43-	07:39@	00:33+	11:56@	00:20#	08:20@	00:07-	01:36@	00:08&	
<b>45</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>1:21:56</b>			
02:36+	07:38+	10:54+	18:35+	20:56+	28:15+	35:00+	40:20+	51:50+	59:30+	63:00+	73:35+	78:35+	81:29+	81:56+	
02:36+	05:02+	03:16+	07:41+	02:21+	07:19+	06:45+	05:20+	11:30+	07:40+	03:30+	10:35+	05:00+	02:54+	00:27+	
00:46&	02:12&	01:16&	01:38&	00:31&	03:23&	00:14+	02:31&	04:27&	02:47&	01:46@	07:18@	03:46@	01:32@	00:12&	
<b>46</b>	<b>Dorte Danielsen</b>	<b>117</b>										<b>1:22:07</b>			
02:17+	05:54+	16:25+	22:00+	23:30+	36:04+	43:10+	47:58+	58:50+	67:00+	69:57+	75:52+	78:02+	81:45+	82:07+	
02:17+	03:37+	10:31+	05:35-	01:30-	12:34+	07:06+	04:48+	10:52+	08:10+	02:57+	05:55+	02:10+	03:43+	00:22+	
00:27#	00:47&	08:31@	00:28-	00:20-	08:38@	00:35+	01:59&	03:49&	03:17&	01:13&	02:38&	00:56&	02:21@	00:07&	
<b>47</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>1:22:51</b>			
03:03+	06:43+	09:16+	15:04+	17:20+	22:16+	31:18+	35:31+	48:43+	65:16+	68:30+	74:59+	80:35+	82:28+	82:51+	
03:03+	03:40+	02:33+	05:48-	02:16+	04:56+	09:02+	04:13+	13:12+	16:33+	03:14+	06:29+	05:36+	01:53+	00:23+	
01:13&	00:50&	00:33&	00:15-	00:26#	01:00&	02:31&	01:24&	06:09&	11:40@	01:30&	03:12&	04:22@	00:31&	00:08&	
<b>48</b>	<b>Solveig Grønning</b>	<b>47</b>										<b>1:23:03</b>			
03:09+	06:49+	09:26+	15:14+	17:27+	22:39+	31:14+	35:44+	48:55+	65:22+	68:40+	75:10+	80:43+	82:36+	83:03+	
03:09+	03:40+	02:37+	05:48-	02:13+	05:12+	08:35+	04:30+	13:11+	16:27+	03:18+	06:30+	05:33+	01:53+	00:27+	
01:19&	00:50&	00:37&	00:15-	00:23#	01:16&	02:04&	01:41&	06:08&	11:34@	01:34&	03:13&	04:19@	00:31&	00:12&	
<b>49</b>	<b>Yvonne van Teeffelen</b>	<b>62</b>										<b>1:23:22</b>			
11:29+	15:02+	19:47+	26:05+	28:25+	34:53+	40:40+	50:44+	63:39+	70:12+	74:26+	78:57+	80:14+	82:58+	83:22+	
11:29+	03:33+	04:45+	06:18+	02:20+	06:28+	05:47-	10:04+	12:55+	06:33+	04:14+	04:31+	01:17+	02:44+	00:24+	
09:39@	00:43&	02:45@	00:15+	00:30&	02:32&	00:44-	07:15@	05:52&	01:40&	02:30@	01:14&	00:03+	01:22&	00:09&	
<b>50</b>	<b>Sarah Denieul</b>	<b>42</b>										<b>1:23:59</b>			
01:47-	09:28+	13:22+	18:35+	20:35+	41:11+	45:47+	51:51+	60:40+	65:55+	67:58+	80:50+	81:33+	83:41+	83:59+	
01:47-	07:41+	03:54+	05:13-	02:00+	20:36+	04:36-	06:04+	08:49+	05:15+	02:03+	12:52+	00:43-	02:08+	00:18+	
00:03-	04:51@	01:54&	00:50-	00:10+	16:40@	01:55-	03:15@	01:46&	00:22+	00:19#	09:35@	00:31-	00:46&	00:03#	
<b>51</b>	<b>Linda Haukås</b>	<b>113</b>										<b>1:26:40</b>			
02:06+	06:27+	15:08+	21:39+	23:49+	29:46+	36:54+	43:26+	55:22+	68:30+	71:18+	81:42+	84:06+	86:18+	86:40+	
02:06+	04:21+	08:41+	06:31+	02:10+	05:57+	07:08+	06:32+	11:56+	13:08+	02:48+	10:24+	02:24+	02:12+	00:22+	
00:16#	01:31&	06:41@	00:28+	00:20#	02:01&	00:37+	03:43@	04:53&	08:15@	01:04&	07:07@	01:10&	00:50&	00:07&	
<b>52</b>	<b>Marit Lothe</b>	<b>37</b>										<b>1:26:55</b>			
03:27+	08:17+	11:06+	16:21+	19:00+	24:00+	31:43+	43:22+	57:50+	70:23+	74:11+	81:30+	82:47+	86:31+	86:55+	
03:27+	04:50+	02:49+	05:15-	02:39+	05:00+	07:43+	11:39+	14:28+	12:33+	03:48+	07:19+	01:17+	03:44+	00:24+	
01:37&	02:00&	00:49&	00:48-	00:49&	01:04&	01:12#	08:50@	07:25@	07:40@	02:04@	04:02@	00:03+	02:22@	00:09&	
<b>53</b>	<b>Grete Hellevik</b>	<b>168</b>										<b>1:28:47</b>			
01:31-	04:08-	19:23+	28:18+	29:49+	33:37+	41:22+	52:14+	63:58+	69:08+	80:57+	84:18+	85:47+	88:26+	88:47+	
01:31-	02:37-	15:15+	08:55+	01:31-	03:48-	07:45+	10:52+	11:44+	05:10+	11:49+	03:21+	01:29+	02:39+	00:21+	
00:19-	00:13-	13:15@	02:52&	00:19-	00:08-	01:14#	08:03@	04:41&	00:17+	10:05@	00:04+	00:15#	01:17&	00:06&	
<b>54</b>	<b>Bente Salte Aune</b>	<b>128</b>										<b>1:29:46</b>			
04:17+	08:13+	12:08+	20:22+	22:33+	27:27+	34:31+	44:15+	56:44+	62:58+	75:11+	82:47+	84:55+	89:17+	89:46+	
04:17+	03:56+	03:55+	08:14+	02:11+	04:54+	07:04+	09:44+	12:29+	06:14+	12:13+	07:36+	02:08+	04:22+	00:29+	
02:27@	01:06&	01:55&	02:11&	00:21#	00:58#	00:33+	06:55@	05:26&	01:21&	10:29@	04:19@	00:54&	03:00@	00:14&	

Class	Navn	Klasse										Tid		
<b>55</b>	<b>Anne Lise Lunde</b>	<b>46</b>										<b>1:30:08</b>		
04:12+	08:32+	11:47+	21:39+	23:50+	29:19+	37:07+	41:49+	57:25+	66:09+	69:14+	81:15+	86:48+	89:45+	90:08+
04:12+	04:20+	03:15+	09:52+	02:11+	05:29+	07:48+	04:42+	15:36+	08:44+	03:05+	12:01+	05:33+	02:57+	00:23+
02:22@	01:30&	01:15&	03:49&	00:21#	01:33&	01:17#	01:53&	08:33@	03:51&	01:21&	08:44@	04:19@	01:35@	00:08&
<b>56</b>	<b>Sølvi S. Ballestad</b>	<b>105</b>										<b>1:30:10</b>		
02:30+	08:20+	12:04+	17:58+	20:17+	25:41+	35:25+	41:13+	58:05+	75:14+	77:27+	85:28+	87:05+	89:41+	90:10+
02:30+	05:50+	03:44+	05:54-	02:19+	05:24+	09:44+	05:48+	16:52+	17:09+	02:13+	08:01+	01:37+	02:36+	00:29+
00:40&	03:00@	01:44&	00:09-	00:29&	01:28&	03:13&	02:59@	09:49@	12:16@	00:29&	04:44@	00:23&	01:14&	00:14&
<b>57</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>1:32:14</b>		
04:35+	08:57+	12:06+	18:55+	20:43+	27:54+	36:39+	39:49+	62:32+	70:46+	74:04+	86:45+	88:37+	91:46+	92:14+
04:35+	04:22+	03:09+	06:49+	01:48-	07:11+	08:45+	03:10+	22:43+	08:14+	03:18+	12:41+	01:52+	03:09+	00:28+
02:45@	01:32&	01:09&	00:46#	00:02-	03:15&	02:14&	00:21#	15:40@	03:21&	01:34&	09:24@	00:38&	01:47@	00:13&
<b>58</b>	<b>Torhild Stokka Stølvik</b>	<b>92</b>										<b>1:32:31</b>		
04:39+	08:59+	12:10+	19:03+	20:56+	28:02+	36:44+	40:08+	62:26+	70:56+	74:10+	87:03+	88:46+	91:59+	92:31+
04:39+	04:20+	03:11+	06:53+	01:53+	07:06+	08:42+	03:24+	22:18+	08:30+	03:14+	12:53+	01:43+	03:13+	00:32+
02:49@	01:30&	01:11&	00:50#	00:03+	03:10&	02:11&	00:35#	15:15@	03:37&	01:30&	09:36@	00:29&	01:51@	00:17@
<b>59</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>1:32:59</b>		
02:17+	06:16+	10:05+	16:31+	18:35+	23:13+	34:11+	37:55+	47:52+	72:00+	74:17+	88:05+	89:24+	92:21+	92:59+
02:17+	03:59+	03:49+	06:26+	02:04+	04:38+	10:58+	03:44+	09:57+	24:08+	02:17+	13:48+	01:19+	02:57+	00:38+
00:27#	01:09&	01:49&	00:23+	00:14#	00:42#	04:27&	00:55&	02:54&	19:15@	00:33&	10:31@	00:05+	01:35@	00:23@
<b>60</b>	<b>Nina Werness</b>	<b>52</b>										<b>1:33:09</b>		
03:14+	08:38+	13:54+	22:59+	25:13+	30:19+	38:51+	44:38+	59:22+	67:54+	71:03+	82:59+	89:31+	92:36+	93:09+
03:14+	05:24+	05:16+	09:05+	02:14+	05:06+	08:32+	05:47+	14:44+	08:32+	03:09+	11:56+	06:32+	03:05+	00:33+
01:24&	02:34&	03:16@	03:02&	00:24#	01:10&	02:01&	02:58@	07:41@	03:39&	01:25&	08:39@	05:18@	01:43@	00:18@
<b>61</b>	<b>Åse Sellereite</b>	<b>27</b>										<b>1:34:12</b>		
03:15+	06:23+	08:26+	16:01+	18:05+	26:07+	31:19+	34:52+	50:00+	72:17+	73:56+	90:16+	91:00+	93:52+	94:12+
03:15+	03:08+	02:03+	07:35+	02:04+	08:02+	05:12-	03:33+	15:08+	22:17+	01:39-	16:20+	00:44-	02:52+	00:20+
01:25&	00:18#	00:03+	01:32&	00:14#	04:06@	01:19-	00:44&	08:05@	17:24@	00:05-	13:03@	00:30-	01:30@	00:05&
<b>62</b>	<b>Anita Kvelland</b>	<b>69</b>										<b>1:34:30</b>		
03:39+	09:14+	12:08+	18:57+	21:11+	26:19+	35:05+	39:12+	48:03+	73:00+	75:20+	89:17+	90:36+	93:55+	94:30+
03:39+	05:35+	02:54+	06:49+	02:14+	05:08+	08:46+	04:07+	08:51+	24:57+	02:20+	13:57+	01:19+	03:19+	00:35+
01:49&	02:45&	00:54&	00:46#	00:24#	01:12&	02:15&	01:18&	01:48&	20:04@	00:36&	10:40@	00:05+	01:57@	00:20@
<b>63</b>	<b>Marysa Castelet-Vogt</b>	<b>42</b>										<b>1:36:55</b>		
02:02+	06:39+	08:48+	14:25+	16:51+	21:15+	31:33+	39:58+	52:56+	69:09+	71:13+	91:06+	93:17+	96:35+	96:55+
02:02+	04:37+	02:09+	05:37-	02:26+	04:24+	10:18+	08:25+	12:58+	16:13+	02:04+	19:53+	02:11+	03:18+	00:20+
00:12#	01:47&	00:09+	00:26-	00:36&	00:28#	03:47&	05:36@	05:55&	11:20@	00:20#	16:36@	00:57&	01:56@	00:05&
<b>64</b>	<b>Hazel Grayston</b>	<b>263</b>										<b>1:36:56</b>		
02:47+	08:07+	15:27+	23:04+	25:36+	32:01+	42:17+	47:35+	62:46+	71:38+	74:30+	86:45+	92:53+	96:07+	96:56+
02:47+	05:20+	07:20+	07:37+	02:32+	06:25+	10:16+	05:18+	15:11+	08:52+	02:52+	12:15+	06:08+	03:14+	00:49+
00:57&	02:30&	05:20@	01:34&	00:42&	02:29&	03:45&	02:29&	08:08@	03:59&	01:08&	08:58@	04:54@	01:52@	00:34@
<b>65</b>	<b>Helle Eugenia Frøylog Bjørnsen</b>	<b>235</b>										<b>1:37:49</b>		
01:28-	07:26+	10:17+	22:27+	24:26+	30:33+	40:11+	43:44+	68:36+	76:52+	81:37+	90:40+	95:01+	97:22+	97:49+
01:28-	05:58+	02:51+	12:10+	01:59+	06:07+	09:38+	03:33+	24:52+	08:16+	04:45+	09:03+	04:21+	02:21+	00:27+
00:22-	03:08@	00:51&	06:07@	00:09+	02:11&	03:07&	00:44&	17:49@	03:23&	03:01@	05:46@	03:07@	00:59&	00:12&
<b>66</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>										<b>1:42:49</b>		
02:57+	06:06+	08:34+	12:52+	14:32-	19:07+	25:20+	37:31+	63:59+	75:13+	77:17+	97:00+	99:11+	102:31+	102:49+
02:57+	03:09+	02:28+	04:18-	01:40-	04:35+	06:13-	12:11+	26:28+	11:14+	02:04+	19:43+	02:11+	03:20+	00:18+
01:07&	00:19#	00:28#	01:45-	00:10-	00:39#	00:18-	09:22@	19:25@	06:21@	00:20#	16:26@	00:57&	01:58@	00:03#
<b>67</b>	<b>Judith Serigstad</b>	<b>128</b>										<b>1:43:20</b>		
04:19+	08:17+	12:02+	20:22+	22:29+	27:31+	34:34+	44:50+	56:33+	62:52+	91:25+	99:32+	100:41+	103:02+	103:20+
04:19+	03:58+	03:45+	08:20+	02:07+	05:02+	07:03+	10:16+	11:43+	06:19+	28:33+	08:07+	01:09-	02:21+	00:18+
02:29@	01:08&	01:45&	02:17&	00:17#	01:06&	00:32+	07:27@	04:40&	01:26&	26:49@	04:50@	00:05-	00:59&	00:03#
<b>68</b>	<b>Monica Nesse</b>	<b>92</b>										<b>1:45:08</b>		
02:28+	07:39+	11:33+	20:19+	22:33+	31:39+	42:48+	49:52+	65:27+	76:33+	81:32+	96:25+	99:53+	104:22+	105:08+
02:28+	05:11+	03:54+	08:46+	02:14+	09:06+	11:09+	07:04+	15:35+	11:06+	04:59+	14:53+	03:28+	04:29+	00:46+
00:38&	02:21&	01:54&	02:43&	00:24#	05:10@	04:38&	04:15@	08:32@	06:13@	03:15@	11:36@	02:14@	03:07@	00:31@
<b>69</b>	<b>Gladys Egeland</b>	<b>92</b>										<b>1:45:25</b>		
02:44+	07:45+	11:30+	20:13+	22:30+	32:02+	43:12+	49:54+	65:22+	76:48+	81:25+	96:29+	100:00+	104:32+	105:25+
02:44+	05:01+	03:45+	08:43+	02:17+	09:32+	11:10+	06:42+	15:28+	11:26+	04:37+	15:04+	03:31+	04:32+	00:53+
00:54&	02:11&	01:45&	02:40&	00:27#	05:36@	04:39&	03:53@	08:25@	06:33@	02:53@	11:47@	02:17@	03:10@	00:38@





Class	Navn	Klasse										Tid									
<b>28</b>	<b>Stian Salmi</b>	<b>76</b>										<b>1:59:24</b>									
06:24+	07:59+	10:28+	17:16+	47:01+	49:52+	50:40+	59:54+	75:00+	78:49+	79:24+	83:48+	86:39+	90:17+	98:09+	108:27+	114:03+	116:24+	119:06+	119:24+		
06:24+	01:35+	02:29-	06:48+	29:45+	02:51+	00:48-	09:14+	15:06+	03:49+	00:35-	04:24+	02:51+	03:36+	07:52+	10:18+	05:36+	02:21+	02:42+	00:18+		
04:54@	00:44&	00:21-	04:26@	23:48@	01:39@	00:05-	06:52@	08:20@	01:19&	00:09-	02:10&	00:40&	02:29@	03:48&	02:59&	01:43&	00:38&	01:18&	00:07&		
<b>29</b>	<b>Lars Anders Drange</b>	<b>116</b>										<b>2:02:13</b>									
04:26+	05:26+	19:11+	21:23+	41:35+	48:22+	49:34+	53:22+	63:27+	66:20+	67:26+	72:52+	82:52+	84:28+	90:00+	105:56+	112:27+	120:00+	121:57+	122:13+		
04:26+	01:00+	13:45+	02:12-	20:12+	06:47+	01:12+	03:48+	10:05+	02:53+	01:06+	05:26+	10:00+	01:36+	05:32+	15:56+	06:31+	07:33+	01:57+	00:16+		
02:56@	00:09#	10:55@	00:10-	14:15@	05:35@	00:19&	01:26&	03:19&	00:23#	00:22&	03:12@	07:49@	00:27&	01:28&	08:37@	02:38&	05:50@	00:33&	00:05&		
<b>Beste strekketid for klassen</b>																					
01:30	00:51	01:56	01:37	04:54	01:09	00:40	01:44	06:40	02:13	00:35	02:08	01:29	01:01	04:04	07:19	03:53	01:40	01:24	00:09		

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

## Herrer 40 - 49 år

<b>1</b>	<b>Knut Taugbøl</b>	<b>116</b>										<b>55:00</b>									
01:14=	02:48=	04:52=	08:32=	09:38=	11:59=	14:01=	14:44=	17:25=	23:01=	25:38=	27:52=	30:32=	34:26=	42:24=	49:00=	49:46=	51:45=	53:33=	54:45=	55:00=	
01:14=	01:34=	02:04=	03:40=	01:06=	02:21=	02:02=	00:43=	02:41=	05:36=	02:37=	02:14=	02:40=	03:54=	07:58=	06:36=	00:46=	01:59=	01:48=	01:12=	00:15=	
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=	00:00=	
<b>2</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>1:00:09</b>									
02:12+	04:17+	07:47+	10:43+	13:19+	15:20+	17:57+	19:37+	21:54+	25:43+	28:23+	31:33+	35:00+	39:44+	46:56+	53:14+	53:43+	55:22+	57:24+	59:57+	60:09+	
02:12+	02:05+	03:30+	02:56-	02:36+	02:01-	02:37+	01:40+	02:17-	03:49-	02:40+	03:10+	03:27+	04:44+	07:12-	06:18-	00:29-	01:39-	02:02+	02:33+	00:12-	
00:58&	00:31&	01:26&	00:44-	01:30@	00:20-	00:35&	00:57@	00:24-	01:47-	00:03+	00:56&	00:47&	00:50#	00:46-	00:18-	00:17-	00:20-	00:14#	01:21@	00:03-	
<b>3</b>	<b>Bård Skogsholm</b>	<b>40</b>										<b>1:01:44</b>									
01:46+	06:23+	08:30+	12:36+	13:52+	16:20+	18:40+	19:27+	21:36+	25:04+	27:33+	30:05+	33:08+	38:51+	49:42+	56:33+	57:00+	58:22+	60:32+	61:31+	61:44+	
01:46+	04:37+	02:07+	04:06+	01:06=	02:26+	02:40+	01:02+	02:09-	03:28+	02:29-	02:32+	03:03+	05:43+	10:51+	06:51+	00:27-	01:22-	02:10+	00:59-	00:13-	
00:32&	03:03@	00:03+	00:26#	00:10#	00:07+	00:18#	00:04+	00:32-	02:08-	00:08-	00:18#	00:23#	01:49&	02:53&	00:15+	00:19-	00:37-	00:22#	00:13-	00:02-	
<b>4</b>	<b>Hans Einar Thorset</b>	<b>109</b>										<b>1:03:37</b>									
02:45+	05:16+	07:40+	10:59+	12:05+	14:31+	17:20+	18:22+	21:43+	26:14+	29:15+	32:22+	36:33+	40:37+	47:10+	57:41+	58:16+	59:57+	61:54+	63:20+	63:37+	
02:45+	02:31+	02:24+	03:19-	01:06=	02:26+	02:49+	01:02+	03:21+	04:31-	03:01+	03:07+	04:11+	04:04+	06:33-	10:31+	00:35-	01:41-	01:57+	01:26+	00:17+	
01:31@	00:57&	00:20#	00:21-	00:00=	00:05+	00:47&	00:19&	00:40#	01:05-	00:24#	00:53&	01:31&	00:10+	01:25-	03:55&	00:11-	00:18-	00:09+	00:14#	00:02#	
<b>5</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>1:06:59</b>									
01:54+	03:43+	06:10+	15:41+	17:56+	20:43+	23:18+	24:12+	26:11+	30:53+	34:38+	38:00+	41:36+	46:04+	53:16+	59:25+	61:24+	63:21+	65:26+	66:44+	66:59+	
01:54+	01:49+	02:27+	09:31+	02:15+	02:47+	02:35+	00:54+	01:59-	04:42-	03:45+	03:22+	03:36+	04:28+	10:51+	06:09-	01:59+	01:57-	02:05+	01:18+	00:15=	
00:40&	00:15#	00:23#	05:51@	01:09@	00:26#	00:33&	00:11&	00:42-	00:54-	01:08&	01:08&	00:56&	00:34#	00:46-	00:27-	01:13@	00:02-	00:17#	00:06+	00:00=	
<b>6</b>	<b>Knut Pedersen</b>	<b>79</b>										<b>1:08:24</b>									
02:13+	04:13+	08:04+	15:50+	16:40+	21:02+	24:20+	26:10+	28:12+	32:29+	35:35+	37:55+	42:45+	48:32+	54:27+	60:38+	61:06+	64:56+	67:07+	68:12+	68:24+	
02:13+	02:00+	03:51+	07:46+	00:50-	04:22+	03:18+	01:50+	02:02-	04:17-	03:06+	02:20+	04:50+	05:47+	05:55-	06:11-	00:28-	03:50+	02:11+	01:05-	00:12-	
00:59&	00:26&	01:47&	04:06@	00:16-	02:01&	01:16&	01:07@	00:39-	01:19-	00:29#	00:06+	02:10&	01:53&	02:03-	00:25-	00:18-	01:51&	00:23#	00:07-	00:03-	
<b>7</b>	<b>Kevin Thomas Foust</b>	<b>192</b>										<b>1:08:37</b>									
01:41+	05:55+	08:22+	12:27+	16:23+	20:07+	22:48+	24:43+	26:35+	30:09+	32:41+	35:49+	40:05+	44:41+	50:18+	60:35+	61:24+	63:08+	67:19+	68:23+	68:37+	
01:41+	04:14+	02:27+	04:05+	03:56+	03:44+	02:41+	01:55+	01:52-	03:34-	02:32-	03:08+	04:16+	04:36+	05:37-	10:17+	00:49+	01:44-	04:11+	01:04-	00:14-	
00:27&	02:40@	00:23#	00:25#	02:50@	01:23&	00:39&	01:12@	00:49-	02:02-	00:05-	00:54&	01:36&	00:42#	02:21-	03:41&	00:03+	00:15-	02:23@	00:08-	00:01-	
<b>8</b>	<b>Alf Håkon Haugland</b>	<b>116</b>										<b>1:09:30</b>									
01:48+	03:18+	05:47+	08:40+	10:17+	12:51+	15:09+	16:01+	20:36+	26:34+	29:00+	31:57+	36:29+	49:05+	55:10+	63:06+	63:39+	66:35+	68:27+	69:18+	69:30+	
01:48+	01:30-	02:29+	02:53-	01:37+	02:34+	02:18+	00:52+	04:35+	05:58+	02:26-	02:57+	04:32+	12:36+	06:05-	07:56+	00:33-	02:56+	01:52+	00:51-	00:12-	
00:34&	00:04-	00:25#	00:47-	00:31&	00:13+	00:16#	00:09#	01:54&	00:22+	00:11-	00:43&	01:52&	08:42@	01:53-	01:20#	00:13-	00:57&	00:04+	00:21-	00:03-	
<b>9</b>	<b>John Breiland</b>	<b>157</b>										<b>1:12:38</b>									
02:01+	04:40+	07:37+	14:11+	15:44+	19:12+	22:03+	22:52+	25:07+	29:41+	33:08+	36:05+	39:36+	44:40+	51:58+	63:27+	64:12+	65:57+	70:26+	72:24+	72:38+	
02:01+	02:39+	02:57+	06:34+	01:33+	03:28+	02:51+	00:49+	02:15-	04:34-	03:27+	02:57+	03:31+	05:04+	11:29+	00:45-	01:45-	04:29+	01:58+	00:14-	00:14-	
00:47&	01:05&	00:53&	02:54&	00:27&	01:07&	00:49&	00:06#	00:26-	01:02-	00:50&	00:43&	00:51&	01:10&	00:40-	04:53&	00:01-	00:14-	02:41@	00:46&	00:01-	
<b>10</b>	<b>Frode Dyrild</b>	<b>116</b>										<b>1:13:27</b>									
01:44+	03:50+	07:23+	11:39+	16:44+	19:45+	22:33+	23:34+	26:20+	30:44+	34:40+	38:19+	42:40+	47:41+	58:30+	66:30+	67:15+	69:16+	71:57+	73:10+	73:27+	
01:44+	02:06+	03:33+	04:16+	05:05+	03:01+	02:48+	01:01+	02:46+	04:24-	03:56+	03:39+	04:21+	05:01+	10:49+	08:00+	00:45-	02:01+	02:41+	01:13+	00:17+	
00:30&	00:32&	01:29&	00:36#	03:59@	00:40&	00:46&	00:18&	00:05+	01:12-	01:19&	01:25&	01:41&	01:07&	02:51&	01:24#	00:01-	00:02+	00:53&	00:01+	00:02#	
<b>11</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>1:14:05</b>									
01:59+	04:43+	07:15+	11:50+	13:39+	16:37+	20:15+	22:32+	25:16+	29:57+	33:01+	39:18+	45:21+	51:37+	59:03+	67:29+	68:05+	69:47+	72:10+	73:52+	74:05+	
01:59+	02:44+	02:32+	04:35+	01:49+	02:58+	03:38+	02:17+	02:44+	04:41-	03:04+	06:17+	06:03+	06:16+	07:26-	08:26+	00:36-	01:42-	02:23+	01:42+	00:13-	
00:45&	01:10&	00:28#	00:55#	00:43&	00:37&	01:36&	01:34@	00:03+	00:55-	00:27#	04:03@	03:23@	02:22&	00:32-	01:50&	00:10-	00:17-	00:35&	00:30&	00:02-	

Class	Navn	Klasse										Tid									
<b>12</b>	<b>Kjetil Solbakken</b>	<b>66</b>										<b>1:16:19</b>									
01:31+	04:01+	06:56+	12:04+	13:41+	16:18+	18:32+	19:17+	21:09+	25:32+	28:22+	33:28+	38:07+	43:46+	51:31+	68:47+	70:06+	72:02+	74:31+	76:04+	76:19+	
01:31+	02:30+	02:55+	05:08+	01:37+	02:37+	02:14+	00:45+	01:52-	04:23-	02:50+	05:06+	04:39+	05:39+	07:45-	17:16+	01:19+	01:56-	02:29+	01:33+	00:15+	
00:17#	00:56&	00:51&	01:28&	00:31&	00:16#	00:12+	00:02+	00:49-	01:13-	00:13+	02:52@	01:59&	01:45&	00:13-	10:40@	00:33&	00:03-	00:41&	00:21&	00:00=	
<b>13</b>	<b>Eivind Moi</b>	<b>116</b>										<b>1:17:24</b>									
06:23+	10:22+	13:25+	17:42+	19:51+	23:29+	26:44+	27:41+	30:15+	34:30+	38:49+	41:31+	46:09+	52:27+	62:09+	70:35+	71:34+	73:19+	75:52+	77:05+	77:24+	
06:23+	03:59+	03:03+	04:17+	02:09+	03:38+	03:15+	00:57+	02:34-	04:15-	04:19+	02:42+	04:38+	06:18+	09:42+	08:26+	00:59+	01:45-	02:33+	01:13+	00:19+	
05:09@	02:25@	00:59&	00:37#	01:03&	01:17&	01:13&	00:14&	00:07-	01:21-	01:42&	00:28#	01:58&	02:24&	01:44#	01:50&	00:13&	00:14-	00:45&	00:01+	00:04&	
<b>14</b>	<b>Jakob Ravnås</b>	<b>200</b>										<b>1:18:55</b>									
01:34+	03:24+	05:53+	09:07+	10:33+	13:05+	15:37+	16:26+	20:37+	25:13+	28:14+	31:18+	36:16+	44:20+	53:26+	69:20+	70:07+	72:16+	77:35+	78:42+	78:55+	
01:34+	01:50+	02:29+	03:14-	01:26+	02:32+	02:32+	00:49+	04:11+	04:36-	03:01+	03:04+	04:58+	08:04+	09:06+	15:54+	00:47+	02:09+	05:19+	01:07-	00:13-	
00:20+&	00:16#	00:25#	00:26-	00:20+&	00:11+	00:30#	00:06#	01:30&	01:00-	00:24#	00:50+&	02:18&	04:10@	01:08#	09:18@	00:01+	00:10+	03:31@	00:05-	00:02-	
<b>15</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>1:19:58</b>									
02:01+	04:18+	07:05+	29:24+	30:27+	33:03+	36:20+	37:11+	39:12+	43:11+	46:17+	49:25+	54:35+	60:06+	66:36+	73:05+	73:52+	75:37+	78:01+	79:44+	79:58+	
02:01+	02:17+	02:47+	22:19+	01:03-	02:36+	03:17+	00:51+	02:01-	03:59-	03:06+	03:08+	05:10+	05:31+	06:30-	06:29-	00:47+	01:45-	02:24+	01:43+	00:14-	
00:47&	00:43&	00:43&	18:39@	00:03-	00:15#	01:15&	00:08#	00:40-	01:37-	00:29#	00:54&	02:30&	01:37&	01:28-	00:07-	00:01+	00:14-	00:36&	00:31&	00:01-	
<b>16</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>1:20:32</b>									
01:53+	10:12+	13:24+	19:21+	20:41+	23:42+	26:16+	27:05+	29:02+	33:16+	36:41+	39:50+	44:31+	54:03+	64:56+	72:38+	73:23+	75:14+	79:17+	80:19+	80:32+	
01:53+	08:19+	03:12+	05:57+	01:20+	03:01+	02:34+	00:49+	01:57-	04:14-	03:25+	03:09+	04:41+	09:32+	10:53+	07:42+	00:45-	01:51-	04:03+	01:02-	00:13-	
00:39&	06:45@	01:08&	02:17&	00:14#	00:40&	00:32&	00:06#	00:44-	01:22-	00:48&	00:55&	02:01&	05:38@	02:55&	01:06#	00:01-	00:08-	02:15@	00:10-	00:02-	
<b>17</b>	<b>Odd Marius Hygen</b>	<b>116</b>										<b>1:26:39</b>									
02:38+	06:26+	09:11+	19:22+	21:10+	25:23+	28:36+	29:37+	32:16+	38:19+	42:10+	51:33+	56:02+	61:21+	70:44+	78:29+	79:33+	81:45+	84:55+	86:18+	86:39+	
02:38+	03:48+	02:45+	10:11+	01:48+	04:13+	03:13+	01:01+	02:39-	06:03+	03:51+	09:23+	04:29+	05:19+	09:23+	07:45+	01:04+	02:12+	03:10+	01:23+	00:21+	
01:24@	02:14@	00:41&	06:31@	00:42&	01:52&	01:11&	00:18&	00:02-	00:27+	01:14&	07:09@	01:49&	01:25&	01:25#	01:09#	00:18&	00:13#	01:22&	00:11#	00:06&	
<b>18</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>1:29:15</b>									
01:37+	11:47+	14:41+	22:44+	24:31+	27:42+	30:44+	31:41+	34:03+	38:05+	41:18+	46:04+	50:12+	60:48+	69:39+	80:44+	81:33+	83:46+	86:57+	89:00+	89:15+	
01:37+	10:10+	02:54+	08:03+	01:47+	03:11+	03:02+	00:57+	02:22-	04:02-	03:13+	04:46+	04:08+	10:36+	08:51+	11:05+	00:49+	02:13+	03:11+	02:03+	00:15+	
00:23&	08:36@	00:50&	04:23@	00:41&	00:50&	01:00&	00:14&	00:19-	01:34-	00:36#	02:32@	01:28&	06:42@	00:53#	04:29&	00:03+	00:14#	01:23&	00:51&	00:00=	
<b>19</b>	<b>Lars Primstad</b>	<b>62</b>										<b>1:30:54</b>									
04:20+	06:03+	09:58+	27:42+	34:45+	36:52+	39:49+	40:36+	42:52+	48:24+	51:38+	54:22+	60:00+	63:55+	69:14+	78:20+	78:41+	88:16+	89:50+	90:43+	90:54+	
04:20+	01:43+	03:55+	17:44+	07:03+	02:07-	02:57+	00:47+	02:16-	05:32-	03:14+	02:44+	05:38+	03:55+	05:19-	09:06+	00:21-	09:35+	01:34-	00:53+	00:11-	
03:06@	00:09+	01:51&	14:04@	05:57@	00:14-	00:55&	00:04+	00:25-	00:04-	00:37#	00:30#	02:58@	00:01+	02:39-	02:30&	00:25-	07:36@	00:14-	00:19-	00:04-	
<b>20</b>	<b>André Sirevåg</b>	<b>116</b>										<b>1:33:16</b>									
01:47+	05:18+	08:39+	21:21+	23:47+	27:33+	30:41+	31:26+	34:14+	38:22+	42:45+	50:22+	62:53+	69:03+	77:03+	85:06+	85:40+	87:50+	90:36+	93:00+	93:16+	
01:47+	03:31+	03:21+	12:42+	02:26+	03:46+	03:08+	00:45+	02:48+	04:08-	04:23+	07:37+	12:31+	06:10+	08:00+	08:03+	00:34-	02:10+	02:46+	02:24+	00:16+	
00:33&	01:57@	01:17&	09:02@	01:20@	01:25&	01:06&	00:02+	00:07+	01:28-	01:46&	05:23@	09:51@	02:16&	00:02+	01:27#	00:12-	00:11+	00:58&	01:12&	00:01+	
<b>21</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>1:42:50</b>									
02:13+	18:05+	20:17+	24:18+	25:49+	29:55+	32:54+	33:58+	36:56+	41:06+	44:24+	53:12+	56:59+	64:31+	80:25+	96:42+	97:20+	98:56+	101:00+	102:33+	102:50+	
02:13+	15:52+	02:12+	04:01+	01:31+	04:06+	02:59+	01:04+	02:58+	04:10-	03:18+	08:48+	03:47+	07:32+	15:54+	16:17+	00:38-	01:36-	02:04+	01:33+	00:17+	
00:59&	14:18@	00:08+	00:21+	00:25&	01:45&	00:57&	00:21&	00:17#	01:26-	00:41&	06:34@	01:07&	03:38&	07:56&	09:41@	00:08-	00:23-	00:16#	00:21&	00:02#	
<b>22</b>	<b>Arne Vagle</b>	<b>200</b>										<b>1:43:15</b>									
01:40+	04:05+	07:22+	12:06+	14:17+	16:42+	20:11+	21:18+	25:37+	30:11+	34:12+	37:34+	65:51+	76:30+	83:00+	92:38+	93:34+	96:09+	101:15+	102:59+	103:15+	
01:40+	02:25+	03:17+	04:44+	02:11+	02:25+	03:29+	01:07+	04:19+	04:34-	04:01+	03:22+	28:17+	10:39+	06:30-	09:38+	00:56+	02:35+	05:06+	01:44+	00:16+	
00:26&	00:51&	01:13&	01:04&	01:05&	00:04+	01:27&	00:24&	01:38&	01:02-	01:24&	01:08&	25:37@	06:45@	01:28-	03:02&	00:10#	00:36&	03:18@	00:32&	00:01+	
<b>23</b>	<b>Peter Chapman</b>	<b>117</b>										<b>1:44:09</b>									
02:12+	07:30+	09:53+	32:46+	34:15+	36:43+	40:40+	41:18+	43:30+	56:48+	66:59+	69:23+	73:19+	77:18+	84:03+	94:59+	97:54+	100:03+	102:38+	103:55+	104:09+	
02:12+	05:18+	02:23+	22:53+	01:29+	02:28+	03:57+	00:38-	02:12-	13:18+	10:11+	02:24+	03:56+	03:59+	06:45-	10:56+	02:55+	02:09+	02:35+	01:17+	00:14-	
00:58&	03:44@	00:19#	19:13@	00:23&	00:07+	01:55&	00:05-	00:29-	07:42@	07:34@	00:10+	01:16&	00:05+	01:13-	04:20&	02:09@	00:10+	00:47&	00:05+	00:01-	
<b>24</b>	<b>Martin Simpson</b>	<b>167</b>										<b>1:51:06</b>									
03:14+	09:37+	12:51+	18:18+	27:37+	32:40+	36:39+	37:29+	40:38+	46:13+	49:46+	55:06+	60:10+	75:57+	91:21+	101:30+	102:37+	104:52+	108:15+	110:51+	111:06+	
03:14+	06:23+	03:14+	05:27+	09:19+	05:03+	03:59+	00:50+	03:09+	05:35-	03:33+	05:20+	05:04+	15:47+	10:09+	01:07+	02:15+	03:23+	02:36+	00:15+		
02:00@	04:49@	01:10&	01:47&	08:13@	02:42@	01:57&	00:07#	00:28#	00:01-	00:56&	03:06@	02:24&	11:53@	07:26&	03:33&	00:21&	00:16#	01:35&	01:24@	00:00=	
<b>25</b>	<b>Ove Stapnes</b>	<b>76</b>										<b>1:58:20</b>									
07:54+	16:19+	18:49+	31:59+	33:53+	37:42+	40:45+	42:33+	46:50+	52:42+	55:56+	60:40+	64:26+	83:04+	97:56+	112:26+	113:04+	114:59+	116:53+	118:05+	118:20+	
07:54+	08:25+	02:30+	13:10+	01:54+	03:49+	03:03+	01:48+	04:17+	05:52+	03:14+	04:44+	03:46+	18:38+	14:52+	00:38-	01:55-	01:54+	01:12=	00:15=		
06:40@	06:51@	00:26#	09:30@	00:48&	01:28&	01:01&	01:05@	01:36&	00:16+	00:37#	02:30@	01:06&	14:44@	06:54&	07:54@	00:08-	00:04-	00:06+	00:00=	00:00=	
<b>Beste strekktid for klassen</b>																					
01:14	01:30	02:04	02:53	00:50	02:01	02:02	00:38	01:52	03:28	02:26	02:14	02:40	03:54	05:19	06:09	00:21	01:22	01:34	00:51	00:11	

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

## Herrer 50 - 54 år

<b>1</b>	<b>Lars Helgeland</b>	<b>23</b>																		<b>52:05</b>	
01:31=	01:54=	03:55=	06:27=	10:54=	15:39=	20:17=	23:00=	23:40=	25:55=	28:37=	30:47=	32:19=	37:12=	38:55=	42:49=	45:51=	48:31=	49:33=	50:41=	51:53=	52:05=
01:31=	00:23=	02:01=	02:32=	04:27=	04:45=	04:38=	02:43=	00:40=	02:15=	02:42=	02:10=	01:32=	04:53=	01:43=	03:54=	03:02=	02:40=	01:02=	01:08=	01:12=	00:12=
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=
<b>2</b>	<b>Tore Svendsen</b>	<b>27</b>																		<b>54:12</b>	
01:11=	01:40=	04:19+	06:57+	10:08=	15:04=	21:50+	25:40+	26:24+	28:33+	31:21+	34:16+	35:42+	40:22+	42:21+	44:37+	48:54+	51:13+	52:06+	52:57+	54:02+	54:12+
01:11=	00:29+	02:39+	02:38+	03:11=	04:56+	06:46+	03:50+	00:44+	02:09=	02:48+	02:55+	01:26=	04:40=	01:59+	02:16=	04:17+	02:19=	00:53=	00:51=	01:05=	00:10=
00:20=	00:06&	00:38&	00:06+	01:16=	00:11+	02:08&	01:07&	00:04#	00:06=	00:06+	00:45&	00:06=	00:13=	00:16#	01:38=	01:15&	00:21=	00:09=	00:17=	00:07=	00:02=
<b>3</b>	<b>Jan Sigurd Eike</b>	<b>79</b>																		<b>1:00:03</b>	
01:28=	01:56+	04:31+	10:51+	19:51+	24:09+	27:43+	30:42+	31:53+	34:46+	37:43+	40:07+	42:18+	47:32+	48:44+	51:17+	53:41+	56:24+	57:27+	58:51+	59:52+	60:03+
01:28=	00:28+	02:35+	06:20+	09:00+	04:18=	03:34=	02:59+	01:11+	02:53+	02:57+	02:24+	02:11+	05:14+	01:12=	02:33=	02:24=	02:43+	01:03+	01:24+	01:01=	00:11=
00:03=	00:05#	00:34&	03:48@	04:33@	00:27=	01:04=	00:16+	00:31&	00:38&	00:15+	00:14#	00:39&	00:21+	00:31=	01:21=	00:38=	00:03+	00:01+	00:16#	00:11=	00:01=
<b>4</b>	<b>Kjell Seland</b>	<b>236</b>																		<b>1:00:44</b>	
01:29=	01:59+	04:39+	08:50+	12:28+	20:06+	24:06+	28:13+	29:00+	31:19+	34:07+	37:15+	38:49+	44:23+	45:48+	48:57+	53:14+	57:31+	58:38+	59:29+	60:31+	60:44+
01:29=	00:30+	02:40+	04:11+	03:38=	07:38+	04:00=	04:07+	00:47+	02:19+	02:48+	03:08+	01:34+	05:34+	01:25=	03:09=	04:17+	04:17+	01:07+	00:51=	01:02=	00:13+
00:02=	00:07&	00:39&	01:39&	00:49=	02:53&	00:38=	01:24&	00:07#	00:04+	00:06+	00:58&	00:02+	00:41#	00:18=	00:45=	01:15&	01:37&	00:05+	00:17=	00:10=	00:01+
<b>5</b>	<b>Håvard Håland</b>	<b>66</b>																		<b>1:05:24</b>	
01:30=	02:12+	07:03+	10:30+	14:20+	18:53+	22:29+	26:00+	26:53+	30:42+	37:58+	41:53+	43:33+	49:10+	50:56+	54:12+	57:42+	61:09+	62:38+	63:40+	65:10+	65:24+
01:30=	00:42+	04:51+	03:27+	03:50=	04:33=	03:36=	03:31+	00:53+	03:49+	07:16+	03:55+	01:40+	05:37+	01:46+	03:16=	03:30+	03:27+	01:29+	01:02=	01:30+	00:14+
00:01=	00:19&	02:50@	00:55&	00:37=	00:12=	01:02=	00:48&	00:13&	01:34&	04:34@	01:45&	00:08+	00:44#	00:03+	00:38=	00:28#	00:47&	00:27&	00:06=	00:18#	00:02#
<b>6</b>	<b>Geir Haugvaldstad</b>	<b>116</b>																		<b>1:05:32</b>	
01:47+	02:15+	04:26+	06:53+	16:56+	21:03+	24:30+	28:04+	31:40+	33:51+	36:23+	38:58+	40:29+	46:31+	47:51+	53:52+	57:06+	62:05+	62:40+	63:41+	65:20+	65:32+
01:47+	00:28+	02:11+	02:27=	10:03+	04:07=	03:27=	03:34+	03:36+	02:11=	02:32=	02:35+	01:31=	06:02+	01:20=	06:01+	03:14+	04:59+	00:35=	01:01=	01:39+	00:12=
00:16#	00:05#	00:10+	00:05=	05:36@	00:38=	01:11=	00:51&	02:56@	00:04=	00:10=	00:25#	00:01=	01:09#	00:23=	02:07&	00:12+	02:19&	00:27=	00:07=	00:27&	00:00=
<b>7</b>	<b>Arne Øvstebø</b>	<b>71</b>																		<b>1:07:48</b>	
01:28=	02:03+	04:23+	08:01+	12:00+	16:27+	20:21+	23:31+	24:27+	27:26+	30:45+	34:40+	36:08+	41:36+	43:02+	51:30+	54:24+	64:06+	65:10+	66:22+	67:35+	67:48+
01:28=	00:35+	02:20+	03:38+	03:59=	04:27=	03:54=	03:10+	00:56+	02:59+	03:19+	03:55+	01:28=	05:28+	01:26=	08:28+	02:54=	09:42+	01:04+	01:12+	01:13+	00:13+
00:03=	00:12&	00:19#	01:06&	00:28=	00:18=	00:44=	00:27#	00:16&	00:44&	00:37#	01:45&	00:04=	00:35#	00:17=	04:34@	00:08=	07:02@	00:02+	00:04+	00:01+	00:01+
<b>8</b>	<b>Geir Rune Seldal</b>	<b>192</b>																		<b>1:09:36</b>	
01:42+	02:21+	09:14+	13:39+	20:02+	25:37+	29:26+	32:59+	33:45+	37:45+	41:17+	44:24+	46:46+	53:21+	55:01+	58:41+	62:01+	65:42+	66:51+	68:09+	69:20+	69:36+
01:42+	00:39+	06:53+	04:25+	06:23+	05:35+	03:49=	03:33+	00:46+	04:00+	03:32+	03:07+	02:22+	06:35+	01:40=	03:40=	03:20+	03:41+	01:09+	01:18+	01:11=	00:16+
00:11#	00:16&	04:52@	01:53&	01:56&	00:50#	00:49=	00:50&	00:06#	01:45&	00:50&	00:57&	00:50&	01:42&	00:03=	00:14=	00:18+	01:01&	00:07#	00:10#	00:01=	00:04&
<b>9</b>	<b>Trygve Michaelsen</b>	<b>117</b>																		<b>1:09:43</b>	
01:24=	02:03+	10:25+	15:15+	19:03+	23:40+	31:02+	34:41+	35:28+	37:29+	41:34+	48:17+	49:43+	55:35+	57:10+	60:23+	62:52+	66:41+	67:38+	68:35+	69:30+	69:43+
01:24=	00:39+	08:22+	04:50+	03:48=	04:37=	07:22+	03:39+	00:47+	02:01=	04:05+	06:43+	01:26=	05:52+	01:35=	03:13=	02:29=	03:49+	00:57=	00:57=	00:55=	00:13+
00:07=	00:16&	06:21@	02:18&	00:39=	00:08=	02:44&	00:56&	00:07#	00:14=	01:23&	04:33@	00:06=	00:59#	00:08=	00:41=	00:33=	01:09&	00:05=	00:11=	00:17=	00:01+
<b>10</b>	<b>Pål Bårdsen</b>	<b>90</b>																		<b>1:11:12</b>	
01:53+	02:30+	06:48+	10:00+	16:05+	23:58+	27:54+	32:00+	34:43+	37:29+	41:20+	44:49+	46:51+	54:48+	56:31+	59:46+	62:56+	66:05+	67:28+	68:46+	70:44+	71:12+
01:53+	00:37+	04:18+	03:12+	06:05+	07:53+	03:56=	04:06+	02:43+	03:51+	03:29+	03:29+	02:02+	07:57+	01:43=	03:15=	03:10+	03:09+	01:23+	01:18+	01:58+	00:28+
00:22#	00:14&	02:17@	00:40&	01:38&	03:08&	00:42=	01:23&	02:03@	00:31#	01:09&	01:19&	00:30&	03:04&	00:00=	00:39=	00:08+	00:29#	00:21&	00:10#	00:46&	00:16@
<b>11</b>	<b>Tor Sverre Skåra</b>	<b>266</b>																		<b>1:14:49</b>	
01:50+	02:22+	10:41+	15:04+	23:06+	28:51+	33:09+	36:45+	37:25+	40:36+	43:42+	46:35+	49:47+	58:07+	59:29+	63:08+	66:46+	70:54+	72:28+	73:22+	74:33+	74:49+
01:50+	00:32+	08:19+	04:23+	08:02+	05:45+	04:18=	03:36+	00:40=	03:11+	03:06+	02:53+	03:12+	08:20+	01:22=	03:39=	03:38+	04:08+	01:34+	00:54=	01:11=	00:16+
00:19#	00:09&	06:18@	01:51&	03:35&	01:00#	00:20=	00:53&	00:00=	00:56&	00:24#	00:43&	01:40@	03:27&	00:21=	00:15=	00:36#	01:28&	00:32&	00:14=	00:01=	00:04&
<b>12</b>	<b>Øistein Haaland</b>	<b>116</b>																		<b>1:14:54</b>	
01:38+	02:18+	05:22+	15:02+	20:58+	26:05+	30:04+	33:38+	34:49+	38:07+	42:08+	45:03+	48:12+	54:04+	55:39+	58:55+	62:05+	70:53+	72:10+	73:13+	74:36+	74:54+
01:38+	00:40+	03:04+	09:40+	05:56+	05:07+	03:59=	03:34+	01:11+	03:18+	04:01+	02:55+	03:09+	05:52+	01:35=	03:16=	03:10+	08:48+	01:17+	01:03=	01:23+	00:18+
00:07+	00:17&	01:03&	07:08@	01:29&	00:22+	00:39=	00:51&	00:31&	01:03&	01:19&	00:45&	01:37@	00:59#	00:08=	00:38=	00:08+	06:08@	00:15#	00:05=	00:11#	00:06&
<b>13</b>	<b>Roger Nyseth</b>	<b>92</b>																		<b>1:15:16</b>	
01:48+	02:23+	05:06+	09:36+	15:45+	22:17+	27:32+	31:42+	33:18+	36:47+	40:51+	44:45+	47:14+	54:54+	56:49+	60:39+	65:04+	69:40+	71:28+	73:05+	74:56+	75:16+
01:48+	00:35+	02:43+	04:30+	06:09+	06:32+	05:15+	04:10+	01:36+	03:29+	04:04+	03:54+	02:29+	07:40+	01:55+	03:50=	04:25+	04:36+	01:48+	01:37+	01:51+	00:20+
00:17#	00:12&	00:42&	01:58&	01:42&	01:47&	00:37#	01:27&	00:56@	01:14&	01:22&	01:44&	00:57&	02:47&	00:12#	00:04=	01:23&	01:56&	00:46&	00:29&	00:39&	00:08&
<b>14</b>	<b>Frank Hansen</b>	<b>29</b>																		<b>1:15:34</b>	
02:13+	02:47+	04:51+	08:05+	20:00+	24:32+	28:12+	31:26+	32:26+	35:11+	38:39+	42:19+	44:03+	49:30+	50:55+	59:22+	62:19+	71:53+	73:04+	74:14+	75:18+	75:34+
02:13+	00:34+	02:04+	03:14+	11:55+	04:32=	03:40=	03:14+	01:00+	02:45+	03:28+	03:40+	01:44+	05:27+	01:25=	08:27+	02:57=	09:34+	01:11+	01:10+	01:04=	00:16+
00:42&	00:11&	00:03+	00:42&	07:28@	00:13=	00:58=	00:31#	00:20&	00:30#	00:46&	01:30&	00:12#	00:34#	00:18=	04:33@	00:05=	06:54@	00:09#	00:02+	00:08=	00:04&

Class	Navn	Klasse	Tid																		
<b>15</b>	<b>Sigbjørn Gløppen</b>	<b>144</b>	<b>1:18:40</b>																		
02:08+	02:43+	06:30+	11:30+	16:51+	22:41+	28:56+	36:04+	36:49+	38:59+	42:48+	50:47+	52:49+	59:38+	61:24+	65:09+	70:16+	73:35+	76:06+	76:55+	78:23+	78:40+
02:08+	00:35+	03:47+	05:00+	05:21+	05:50+	06:15+	07:08+	00:45+	02:10-	03:49+	07:59+	02:02+	06:49+	01:46+	03:45-	05:07+	03:19+	02:31+	00:49-	01:28+	00:17+
00:37&	00:12&	01:46&	02:28&	00:54#	01:05#	01:37&	04:25@	00:05#	00:05-	01:07&	05:49@	00:30&	01:56&	00:03+	00:09-	02:05&	00:39#	01:29@	00:19-	00:16#	00:05&
<b>16</b>	<b>Anders Glenne</b>	<b>7</b>	<b>1:20:22</b>																		
01:39+	02:19+	10:17+	14:14+	20:12+	25:36+	30:09+	33:11+	34:14+	44:12+	50:04+	53:04+	54:55+	62:08+	64:56+	68:54+	72:25+	76:28+	77:35+	78:48+	80:06+	80:22+
01:39+	00:40+	07:58+	03:57+	05:58+	05:24+	04:33-	03:02+	01:03+	09:58+	05:52+	03:00+	01:51+	07:13+	02:48+	03:58+	03:31+	04:03+	01:07+	01:13+	01:18+	00:16+
00:08+	00:17&	05:57@	01:25&	01:31&	00:39#	00:05-	00:19#	00:23&	07:43@	03:10@	00:50&	00:19#	02:20&	01:05&	00:04+	00:29#	01:23&	00:05+	00:05+	00:06+	00:04&
<b>17</b>	<b>Magnar Møller</b>	<b>62</b>	<b>1:20:47</b>																		
01:43+	02:17+	04:32+	13:20+	24:08+	29:19+	39:07+	42:43+	43:34+	46:04+	49:28+	53:09+	54:56+	62:50+	64:23+	70:42+	73:42+	77:06+	78:12+	79:17+	80:30+	80:47+
01:43+	00:34+	02:15+	08:48+	10:48+	05:11+	09:48+	03:36+	00:51+	02:30+	03:24+	03:41+	01:47+	07:54+	01:33-	06:19+	03:00-	03:24+	01:06+	01:05-	01:13+	00:17+
00:12#	00:11&	00:14#	06:16@	06:21@	00:26+	05:10@	00:53&	00:11&	00:15#	00:42&	01:31&	00:15#	03:01&	00:10-	02:25&	00:02-	00:44&	00:04+	00:03-	00:01+	00:05&
<b>18</b>	<b>Harald Taksdal</b>	<b>236</b>	<b>1:25:19</b>																		
02:26+	03:07+	07:09+	11:23+	28:02+	33:38+	38:58+	44:21+	45:27+	47:49+	51:14+	54:44+	57:06+	65:33+	67:44+	71:31+	75:56+	79:36+	81:19+	82:54+	84:55+	85:19+
02:26+	00:41&	04:02+	04:14+	16:39+	05:36+	05:20+	05:23+	01:06+	02:22+	03:25+	03:30+	02:22+	08:27+	02:11+	03:47-	04:25+	03:40+	01:43+	01:35+	02:01+	00:24+
00:55&	00:18&	02:01&	01:42&	12:12@	00:51#	00:42#	02:40&	00:26&	00:07+	00:43&	01:20&	00:50&	03:34&	00:28&	00:07-	01:23&	01:00&	00:41&	00:27&	00:49&	00:12&
<b>19</b>	<b>Ole J. Bakkevoll</b>	<b>17</b>	<b>1:35:11</b>																		
01:51+	02:33+	05:35+	08:59+	14:49+	21:38+	31:37+	37:05+	37:54+	40:44+	48:48+	57:20+	59:33+	66:57+	73:40+	80:51+	86:10+	90:14+	91:39+	93:19+	94:58+	95:11+
01:51+	00:42+	03:02+	03:24+	05:50+	06:49+	09:59+	05:28+	00:49+	02:50+	08:04+	08:32+	02:13+	07:24+	06:43+	07:11+	05:19+	04:04+	01:25+	01:40+	01:39+	00:13+
00:20#	00:19&	01:01&	00:52&	01:23&	02:04&	05:21@	02:45@	00:09#	00:35&	05:22@	06:22@	00:41&	02:31&	05:00@	03:17&	02:17&	01:24&	00:23&	00:32&	00:27&	00:01+
<b>20</b>	<b>Steinar Torjusen</b>	<b>167</b>	<b>2:02:57</b>																		
02:07+	02:41+	13:56+	19:08+	32:53+	38:53+	47:41+	62:06+	63:17+	77:39+	82:31+	86:45+	89:03+	95:09+	96:43+	102:59+	110:31+	117:14+	119:45+	120:27+	122:36+	122:57+
02:07+	00:34+	11:15+	05:12+	13:45+	06:00+	08:48+	14:25+	01:11+	14:22+	04:52+	04:14+	02:18+	06:06+	01:34-	06:16+	07:32+	06:43+	02:31+	00:42-	02:09+	00:21+
00:36&	00:11&	09:14@	02:40@	09:18@	01:15&	04:10&	11:42@	00:31&	12:07@	02:10&	02:04&	00:46&	01:13#	00:09-	02:22&	04:30@	04:03@	01:29@	00:26-	00:57&	00:09&
<b>Beste strekktid for klassen</b>																					
01:11	00:23	02:01	02:27	03:11	04:07	03:27	02:43	00:40	02:01	02:32	02:10	01:26	04:40	01:12	02:16	02:24	02:19	00:35	00:42	00:55	00:10

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

## Herrer 55 - 59 år

<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>56:27</b>																		
01:16=	01:45=	03:41=	13:05=	17:21=	24:03=	27:11=	29:56=	30:43=	32:40=	35:42=	38:21=	40:00=	44:59=	46:20=	48:59=	51:37=	53:47=	54:34=	55:19=	56:16=	56:27=
01:16=	00:29=	01:56=	09:24=	04:16=	06:42=	03:08=	02:45=	00:47=	01:57=	03:02=	02:39=	01:39=	04:59=	01:21=	02:39=	02:38=	02:10=	00:47=	00:45=	00:57=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Per Ingar Hadland</b>	<b>7</b>	<b>59:09</b>																		
02:36+	03:02+	06:25+	09:06-	12:58-	17:39-	21:08-	30:25+	31:02+	33:07+	36:16+	38:40+	40:09+	46:33+	48:09+	50:59+	53:23+	55:46+	56:38+	57:47+	58:57+	59:09+
02:36+	00:26-	03:23+	02:41-	03:52-	04:41-	03:29+	09:17+	00:37-	02:05+	03:09+	02:24-	01:29-	06:24+	01:36+	02:50+	02:24-	02:23+	00:52+	01:09+	01:10+	00:12+
01:20@	00:03-	01:27&	06:43-	00:24-	02:01-	00:21#	06:32@	00:10-	00:08+	00:07+	00:15-	00:10-	01:25&	00:15#	00:11+	00:14-	00:13#	00:05#	00:24&	00:13#	00:01+
<b>3</b>	<b>Lars Bergersen</b>	<b>116</b>	<b>1:05:21</b>																		
01:29+	01:56+	07:23+	10:42-	16:26-	22:18-	27:45+	31:16+	31:56+	34:24+	38:06+	40:59+	43:18+	49:46+	51:33+	55:40+	58:35+	61:18+	62:32+	63:36+	65:05+	65:21+
01:29+	00:27-	05:27+	03:19-	05:44+	05:52-	05:27+	03:31+	00:40-	02:28+	03:42+	02:53+	02:19+	06:28+	01:47+	04:07+	02:55+	02:43+	01:14+	01:04+	01:29+	00:16+
00:13#	00:02-	03:31@	06:05-	01:28&	00:50-	02:19&	00:46&	00:07-	00:31&	00:40#	00:14+	00:40&	01:29&	00:26&	01:28&	00:17#	00:33&	00:27&	00:19&	00:32&	00:05&
<b>4</b>	<b>Dag Helliksen</b>	<b>80</b>	<b>1:05:45</b>																		
02:35+	03:06+	07:00+	10:50-	15:56-	21:12-	24:46-	27:59-	29:05-	31:27-	34:40-	38:07-	39:54-	46:19+	49:43+	52:48+	56:31+	60:24+	61:32+	63:57+	65:31+	65:45+
02:35+	00:31+	03:54+	03:50-	05:06+	05:16-	03:34+	03:13+	01:06+	02:22+	03:13+	03:27+	01:47+	06:25+	03:24+	03:05+	03:43+	03:53+	01:08+	02:25+	01:34+	00:14+
01:19@	00:02+	01:58@	05:34-	01:26-	00:26#	00:28#	00:19&	00:25#	00:11+	00:48&	00:08+	00:08+	01:26&	02:03@	00:26#	01:05&	01:43&	00:21&	01:40@	00:37&	00:03&
<b>5</b>	<b>Arne Magne Sondresen</b>	<b>92</b>	<b>1:08:38</b>																		
01:30+	02:04+	10:47+	14:18+	21:20+	25:11+	28:44+	31:37+	32:25+	34:45+	40:12+	42:56+	47:54+	54:07+	55:15+	58:10+	61:38+	64:16+	65:45+	66:55+	68:23+	68:38+
01:30+	00:34+	08:43+	03:31-	07:02+	03:51+	04:33+	02:53+	00:48+	02:20+	05:27+	02:44+	04:58+	06:13+	01:08-	02:55+	03:28+	01:29+	03:28+	01:29+	01:28+	00:15+
00:14#	00:05#	06:47@	05:53-	02:46&	02:51-	00:25#	00:08+	00:01+	00:23#	02:25&	00:05+	03:19@	01:14#	00:13-	00:16#	00:50&	00:28#	00:42&	00:25&	00:31&	00:04&
<b>6</b>	<b>Ivar Bergset</b>	<b>35</b>	<b>1:09:06</b>																		
01:47+	02:13+	05:23+	10:29-	15:47-	21:30-	26:04-	29:24-	30:33-	32:58+	36:33+	39:46+	42:07+	47:58+	49:43+	53:09+	58:35+	63:26+	65:26+	66:41+	68:48+	69:06+
01:47+	00:26-	03:10+	05:06-	05:18+	05:43-	04:34+	03:20+	01:09+	02:25+	03:35+	03:13+	02:21+	05:51+	01:45+	03:26+	05:26+	04:51+	02:00+	01:15+	02:07+	00:18+
00:31&	00:03-	01:14&	04:18-	01:02#	00:59-	01:26&	00:35#	00:22&	00:28#	00:33#	00:34#	00:42&	00:52#	00:24&	00:47&	02:48@	02:41@	01:13@	00:30&	01:10@	00:07&
<b>7</b>	<b>Bjørn H. Engseth</b>	<b>27</b>	<b>1:16:51</b>																		
01:57+	02:42+	12:12+	15:15+	24:53+	29:49+	33:21+	36:34+	37:30+	43:56+	47:25+	50:45+	52:30+	59:09+	61:08+	65:31+	68:57+	72:30+	73:45+	74:57+	76:32+	76:51+
01:57+	00:45+	09:30+	03:03-	09:38+	04:56-	03:32+	03:13+	00:56+	06:26+	03:29+	03:20+	01:45+	06:39+	01:59+	04:23+	03:26+	03:33+	01:15+	01:12+	01:35+	00:19+
00:41&	00:16&	07:34@	06:21-	05:22@	01:46-	00:24#	00:28#	00:09#	04:29@	00:27#	00:41&	00:06+	01:40&	00:38&	01:44&	00:48&	01:23&	00:28&	00:27&	00:38&	00:08&

Class	Navn	Klasse										Tid										
<b>8</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>1:17:10</b>										
01:48+	02:20+	04:34+	16:57+	22:55+	28:29+	33:12+	37:20+	38:24+	41:17+	45:26+	49:08+	51:39+	58:28+	60:11+	65:04+	68:14+	71:50+	74:00+	75:27+	76:55+	77:10+	
01:48+	00:32+	02:14+	12:23+	05:58+	05:34-	04:43+	04:08+	01:04+	02:53+	04:09+	03:42+	02:31+	06:49+	01:43+	04:53+	03:10+	03:36+	02:10+	01:27+	01:28+	00:15+	
00:32&	00:03#	00:18#	02:59&	01:42&	01:08-	01:35&	01:23&	00:17&	00:56&	01:07&	01:03&	00:52&	01:50&	00:22&	02:14&	00:32#	01:26&	01:23@	00:42&	00:31&	00:04&	
<b>9</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>1:17:35</b>										
01:25+	02:17+	04:31+	11:38-	18:10+	22:08-	26:58-	37:58+	38:53+	42:54+	49:13+	52:19+	54:14+	60:30+	62:03+	66:53+	70:26+	73:42+	74:45+	75:44+	77:18+	77:35+	
01:25+	00:52+	02:14+	07:07-	06:32+	03:58-	04:50+	11:00+	00:55+	04:01+	06:19+	03:06+	01:55+	06:16+	01:33+	04:50+	03:33+	03:16+	01:03+	00:59+	01:34+	00:17+	
00:09#	00:23&	00:18#	02:17-	02:16&	02:44-	01:42&	08:15@	00:08#	02:04@	03:17@	00:27#	00:16#	01:17&	00:12#	02:11&	00:55&	01:06&	00:16&	00:14&	00:37&	00:06&	
<b>10</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>1:18:07</b>										
01:56+	02:38+	05:27+	10:35-	22:25+	29:24+	34:00+	38:22+	39:19+	42:12+	46:22+	50:00+	52:30+	60:03+	62:12+	65:55+	69:09+	72:51+	74:55+	76:22+	77:50+	78:07+	
01:56+	00:42+	02:49+	05:08-	11:50+	06:59+	04:36+	04:22+	00:57+	02:53+	04:10+	03:38+	02:30+	07:33+	02:09+	03:43+	03:14+	03:42+	02:04+	01:27+	01:28+	00:17+	
00:40&	00:13&	00:53&	04:16-	07:34@	00:17+	01:28&	01:37&	00:10#	00:56&	01:08&	00:59&	00:51&	02:34&	00:48&	01:04&	00:36#	01:32&	01:17@	00:42&	00:31&	00:06&	
<b>11</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>1:19:10</b>										
02:00+	03:40+	06:15+	18:48+	24:50+	30:31+	35:04+	39:22+	40:23+	43:18+	47:27+	51:10+	53:27+	60:33+	62:10+	67:05+	70:10+	73:55+	76:02+	77:23+	78:51+	79:10+	
02:00+	01:40+	02:35+	12:33+	06:02+	05:41-	04:33+	04:18+	01:01+	02:55+	04:09+	03:43+	02:17+	07:06+	01:37+	04:55+	03:05+	03:45+	02:07+	01:21+	01:28+	00:19+	
00:44&	01:11@	00:39&	03:09&	01:46&	01:01-	01:25&	01:33&	00:14&	00:58&	01:07&	01:04&	00:38&	02:07&	00:16#	02:16&	00:27#	01:35&	01:20@	00:36&	00:31&	00:08&	
<b>12</b>	<b>Kjetil Heradstveit</b>	<b>12</b>										<b>1:22:31</b>										
01:32+	02:05+	06:17+	09:48-	16:35-	22:34-	32:43+	39:02+	39:56+	42:34+	47:52+	51:15+	53:02+	58:37+	60:46+	67:34+	71:33+	77:26+	80:16+	80:57+	82:16+	82:31+	
01:32+	00:33+	04:12+	03:31-	06:47+	05:59-	10:09+	06:19+	00:54+	02:38+	05:18+	03:23+	01:47+	05:35+	02:09+	06:48+	03:59+	05:53+	02:50+	00:41-	01:19+	00:15+	
00:16#	00:04#	02:16@	02:31&	00:43-	07:01@	03:34@	00:07#	00:41&	02:16&	00:44&	00:08+	00:08+	04:42&	00:36#	00:48&	04:09@	01:21&	03:43@	02:03@	00:04-	00:22&	00:04&
<b>13</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>1:26:37</b>										
02:26+	04:02+	13:43+	17:39+	24:46+	31:48+	37:51+	42:47+	43:55+	46:39+	50:41+	55:06+	57:49+	67:30+	70:16+	74:43+	77:53+	82:08+	83:37+	85:09+	86:21+	86:37+	
02:26+	01:36+	09:41+	03:56-	07:07+	07:02+	06:03+	04:56+	01:08+	02:44+	04:02+	04:25+	02:43+	09:41+	02:46+	04:27+	03:10+	04:15+	01:29+	01:32+	01:12+	00:16+	
01:10&	01:07@	07:45@	05:28-	02:51&	00:20+	02:55&	02:11&	00:21&	00:47&	01:00&	01:46&	01:04&	04:42&	01:25@	01:48&	00:32#	02:05&	00:42&	00:47@	00:15&	00:05&	
<b>14</b>	<b>Kjell Ove Aksland</b>	<b>27</b>										<b>1:30:35</b>										
02:06+	02:46+	06:32+	10:23-	27:44+	35:49+	41:00+	45:07+	46:08+	49:01+	52:34+	60:57+	63:36+	71:31+	73:12+	77:35+	81:28+	85:48+	86:59+	88:22+	90:19+	90:35+	
02:06+	00:40+	03:46+	03:51-	17:21+	08:05+	05:11+	04:07+	01:01+	02:53+	03:33+	08:23+	02:39+	07:55+	01:41+	04:23+	03:53+	04:20+	01:11+	01:23+	01:57+	00:16+	
00:50&	00:11&	01:50&	05:33-	13:05@	01:23#	02:03&	01:22&	00:14&	00:56&	00:31#	05:44@	01:00&	02:56&	00:20#	01:44&	01:15&	02:10&	00:24&	00:38&	01:00@	00:05&	
<b>15</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>1:31:45</b>										
01:40+	02:27+	06:31+	14:49+	25:32+	30:24+	34:24+	38:53+	39:57+	43:24+	46:30+	52:28+	55:32+	72:27+	74:26+	77:59+	81:38+	87:21+	88:33+	89:20+	91:26+	91:45+	
01:40+	00:47+	04:04+	08:18-	10:43+	04:52-	04:00+	04:29+	01:04+	03:27+	03:06+	05:58+	03:04+	16:55+	01:59+	03:33+	03:39+	05:43+	01:12+	00:47+	02:06+	00:19+	
00:24&	00:18&	02:08@	01:06-	06:27@	01:50-	00:52&	01:44&	00:17&	01:30&	00:04+	03:19@	01:25&	11:56@	00:38&	00:54&	01:01&	03:33@	00:25&	00:02+	01:09@	00:08&	
<b>16</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>1:37:17</b>										
01:56+	02:44+	13:36+	17:23+	39:12+	45:13+	50:05+	55:09+	56:02+	60:09+	64:26+	68:34+	70:28+	77:26+	79:34+	83:43+	88:02+	93:16+	94:31+	95:42+	97:02+	97:17+	
01:56+	00:48+	10:52+	03:47-	21:49+	06:01-	04:52+	05:04+	00:53+	04:07+	04:17+	04:08+	01:54+	06:58+	02:08+	04:09+	04:19+	05:14+	01:15+	01:11+	01:20+	00:15+	
00:40&	00:19&	08:56@	05:37-	17:33@	00:41-	01:44&	02:19&	00:06#	02:10@	01:15&	01:29&	00:15#	01:59&	00:47&	01:30&	01:41&	03:04@	00:28&	00:26&	00:23&	00:04&	
<b>17</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>1:41:37</b>										
01:40+	02:27+	06:05+	09:50-	17:14-	22:24-	27:16+	47:58+	48:50+	50:52+	56:07+	64:16+	66:15+	73:44+	75:23+	78:46+	82:58+	94:32+	98:51+	99:41+	101:18+	101:37+	
01:40+	00:47+	03:38+	03:45-	07:24+	05:10-	04:52+	20:42+	00:52+	02:02+	05:15+	08:09+	01:59+	07:29+	01:39+	03:23+	04:12+	11:34+	04:19+	00:50+	01:37+	00:19+	
00:24&	00:18&	01:42&	05:39-	03:08&	01:32-	01:44&	17:57@	00:05#	00:05+	02:13&	05:30@	00:20#	02:30&	00:18#	00:44&	01:34&	09:24@	03:32@	00:05#	00:40&	00:08&	
<b>18</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>1:44:05</b>										
02:34+	03:27+	07:09+	11:20-	34:01+	40:04+	46:29+	51:31+	52:59+	56:56+	64:26+	69:07+	72:10+	79:51+	81:49+	88:31+	95:02+	100:02+	101:20+	102:26+	103:44+	104:05+	
02:34+	00:53+	03:42+	04:11-	22:41+	06:03-	06:25+	05:02+	01:28+	03:57+	07:30+	04:41+	03:03+	07:41+	01:58+	06:42+	06:31+	05:00+	01:18+	01:06+	01:18+	00:21+	
01:18@	00:24&	01:46&	05:13-	18:25@	00:39-	03:17@	02:17&	00:41&	02:00@	04:28@	02:02&	01:24&	02:42&	00:37&	04:03@	03:53@	02:50@	00:31&	00:21&	00:21&	00:10&	
<b>19</b>	<b>Tor-Arne Kongsgård</b>	<b>116</b>										<b>1:48:32</b>										
02:22+	03:06+	11:53+	15:55+	25:53+	34:46+	41:27+	51:24+	52:46+	57:34+	62:55+	71:08+	73:38+	84:47+	87:07+	93:00+	98:08+	103:12+	104:59+	106:25+	108:17+	108:32+	
02:22+	00:44+	08:47+	04:02-	09:58+	08:53+	06:41+	09:57+	01:22+	04:48+	05:21+	08:13+	02:30+	11:09+	02:20+	05:53+	05:08+	05:04+	01:47+	01:26+	01:52+	00:15+	
01:06&	00:15&	06:51@	05:42@	02:11&	03:33@	07:12@	02:19&	00:35&	02:51@	02:19&	05:34@	00:51&	06:10@	00:59&	03:14@	02:30&	02:54@	01:00@	00:41&	00:55&	00:04&	
<b>20</b>	<b>Øyvind Rudolf Lea</b>	<b>116</b>										<b>2:17:55</b>										
02:14+	10:28+	13:28+	15:47+	22:48+	47:39+	53:49+	73:25+	79:13+	80:21+	93:14+	97:07+	101:54+	104:23+	112:09+	115:30+	120:21+	125:36+	132:27+	134:57+	135:48+	137:30+	137:55+
02:14+	08:14+	03:00+	02:19-	07:01+	24:51+	06:10+	19:36+	05:48+	01:08-	12:53+	03:53+	04:47+	02:29-	07:46+	03:21+	04:51+	05:15+	06:51+	02:30+	00:51-	01:42+	00:25+
00:58&	07:45@	01:04&	07:05-	02:45&	18:09@	03:02&	16:51@	05:01@	00:49-	09:51@	01:14&	03:08@	02:30-	06:25@	00:42&	02:13&	03:05@	06:04@	01:45@	00:06-	01:31@	00:25+
<b>Beste strekktid for klassen</b>																						
01:16	00:26	01:56	02:19	03:52	03:51	03:08	02:45	00:37	01:08	03:02	02:24	01:29	02:29	01:08	02:39	02:24	02:10	00:47	00:41	00:51	00:11	

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

## Herrer 60 - 64 år

Class	Navn	Klasse										Tid					
<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>42:10</b>					
01:23=	01:49=	03:46=	05:45=	11:13=	15:25=	17:53=	20:03=	22:27=	27:40=	32:22=	34:43=	36:16=	40:13=	41:00=	41:57=	42:10=	
01:23=	00:26=	01:57=	01:59=	05:28=	04:12=	02:28=	02:10=	02:24=	05:13=	04:42=	02:21=	01:33=	03:57=	00:47=	00:57=	00:13=	
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=	
<b>2</b>	<b>Øivind A. Dahl-Stamnes</b>	<b>116</b>										<b>48:59</b>					
01:41+	02:07+	04:17+	06:20+	13:37+	17:02+	20:08+	23:53+	26:44+	30:11+	34:52+	38:35+	41:15+	46:48+	47:39+	48:45+	48:59+	
01:41+	00:26=	02:10+	02:03+	07:17+	03:25-	03:06+	03:45+	02:51+	03:27-	04:41-	03:43+	02:40+	05:33+	00:51+	01:06+	00:14+	
00:18#	00:00=	00:13#	00:04+	01:49&	00:47-	00:38&	01:35&	00:27#	01:46-	00:01-	01:22&	01:07&	01:36&	00:04+	00:09#	00:01+	
<b>3</b>	<b>Lars Stangeland</b>	<b>96</b>										<b>51:07</b>					
01:20-	01:45-	06:53+	09:44+	16:27+	20:17+	23:12+	25:47+	30:32+	36:04+	40:54+	43:21+	45:02+	49:03+	49:51+	50:53+	51:07+	
01:20-	00:25-	05:08+	02:51+	06:43+	03:50-	02:55+	02:35+	04:45+	05:32+	04:50+	02:27+	01:41+	04:01+	00:48+	01:02+	00:14+	
00:03-	00:01-	03:11@	00:52&	01:15#	00:22-	00:27#	00:25#	02:21&	00:19+	00:08+	00:06+	00:08+	00:04+	00:01+	00:05+	00:01+	
<b>4</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>51:56</b>					
01:38+	02:23+	04:57+	07:27+	13:54+	17:51+	22:17+	24:59+	27:48+	32:15+	38:21+	41:14+	43:54+	49:15+	50:12+	51:39+	51:56+	
01:38+	00:45+	02:34+	02:30+	06:27+	03:57-	04:26+	02:42+	02:49+	04:27-	06:06+	02:53+	02:40+	05:21+	00:57+	01:27+	00:17+	
00:15#	00:19&	00:37&	00:31&	00:59#	00:15-	01:58&	00:32#	00:25#	00:46-	01:24&	00:32#	01:07&	01:24&	00:10#	00:30&	00:04&	
<b>5</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>55:26</b>					
01:41+	02:09+	05:08+	07:42+	15:28+	20:05+	23:48+	28:08+	31:19+	35:39+	41:57+	45:17+	47:18+	52:38+	53:38+	55:08+	55:26+	
01:41+	00:28+	02:59+	02:34+	07:46+	04:37+	03:43+	04:20+	03:11+	04:20-	06:18+	03:20+	02:01+	05:20+	01:00+	01:30+	00:18+	
00:18#	00:02+	01:02&	00:35&	02:18&	00:25+	01:15&	02:10&	00:47&	00:53-	01:36&	00:59&	00:28&	01:23&	00:13&	00:33&	00:05&	
<b>6</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>55:54</b>					
01:41+	02:20+	07:08+	10:21+	17:48+	22:51+	26:51+	29:42+	32:18+	36:12+	41:43+	44:43+	47:05+	52:46+	53:45+	55:37+	55:54+	
01:41+	00:39+	04:48+	03:13+	07:27+	05:03+	04:00+	02:51+	02:36+	03:54-	05:31+	03:00+	02:22+	05:41+	00:59+	01:52+	00:17+	
00:18#	00:13&	02:51@	01:14&	01:59&	00:51#	01:32&	00:41&	00:12+	01:19-	00:49#	00:39&	00:49&	01:44&	00:12&	00:55&	00:04&	
<b>7</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>57:25</b>					
01:46+	02:21+	05:05+	07:43+	16:18+	20:36+	24:40+	28:03+	31:00+	35:44+	41:48+	44:42+	47:21+	53:42+	55:00+	57:10+	57:25+	
01:46+	00:35+	02:44+	02:38+	08:35+	04:18+	04:04+	03:23+	02:57+	04:44-	06:04+	02:54+	02:39+	06:21+	01:18+	02:10+	00:15+	
00:23&	00:09&	00:47&	00:39&	03:07&	00:06+	01:36&	01:13&	00:33#	00:29-	01:22&	00:33#	01:06&	02:24&	00:31&	01:13@	00:02#	
<b>8</b>	<b>Hans Erik Terjesen</b>	<b>116</b>										<b>58:29</b>					
01:27+	02:03+	05:01+	07:34+	14:37+	19:54+	23:33+	27:58+	30:54+	37:04+	43:14+	45:56+	48:29+	54:35+	55:24+	58:13+	58:29+	
01:27+	00:36+	02:58+	02:33+	07:03+	05:17+	03:39+	04:25+	02:56+	06:10+	06:10+	02:42+	02:33+	06:06+	00:49+	02:49+	00:16+	
00:04+	00:10&	01:01&	00:34&	01:35&	01:05&	01:11&	02:15@	00:32#	00:57#	01:28&	00:21#	01:00&	02:09&	00:02+	01:52@	00:03#	
<b>9</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>1:00:00</b>					
01:50+	02:33+	05:41+	08:27+	16:22+	20:41+	24:35+	28:53+	32:53+	37:53+	45:29+	48:45+	51:00+	57:17+	58:16+	59:45+	60:00+	
01:50+	00:43+	03:08+	02:46+	07:55+	04:19+	03:54+	04:18+	04:00+	05:00-	07:36+	03:16+	02:15+	06:17+	00:59+	01:29+	00:15+	
00:27&	00:17&	01:11&	00:47&	02:27&	00:07+	01:26&	02:08&	01:36&	00:13-	02:54&	00:55&	00:42&	02:20&	00:12&	00:32&	00:02#	
<b>10</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>1:07:06</b>					
01:30+	02:05+	13:52+	16:23+	22:55+	26:56+	30:44+	34:56+	38:35+	45:58+	52:16+	55:27+	57:36+	64:24+	65:21+	66:49+	67:06+	
01:30+	00:35+	11:47+	02:31+	06:32+	04:01-	03:48+	04:12+	03:39+	07:23+	06:18+	03:11+	02:09+	06:48+	00:57+	01:28+	00:17+	
00:07+	00:09&	09:50@	00:32&	01:04#	00:11-	01:20&	02:02&	01:15&	02:10&	01:36&	00:50&	00:36&	02:51&	00:10#	00:31&	00:04&	
<b>11</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>1:07:34</b>					
02:22+	03:04+	13:52+	16:23+	22:38+	27:51+	31:12+	34:28+	38:10+	43:52+	49:35+	52:31+	54:54+	64:27+	65:45+	67:11+	67:34+	
02:22+	00:42+	10:48+	02:31+	06:15+	05:13+	03:21+	03:16+	03:42+	05:42+	05:43+	02:56+	02:23+	09:33+	01:18+	01:26+	00:23+	
00:59&	00:16&	08:51@	00:32&	00:47#	01:01#	00:53&	01:06&	01:18&	00:29+	01:01#	00:35#	00:50&	05:36@	00:31&	00:29&	00:10&	
<b>12</b>	<b>Arne M. Handeland</b>	<b>92</b>										<b>1:08:16</b>					
01:25+	02:09+	13:49+	16:28+	24:54+	29:23+	35:01+	40:47+	43:44+	47:25+	53:04+	56:11+	59:32+	65:34+	66:33+	68:02+	68:16+	
01:25+	00:44+	11:40+	02:39+	08:26+	04:29+	05:38+	05:46+	02:57+	03:41-	05:39+	03:07+	03:21+	06:02+	00:59+	01:29+	00:14+	
00:02+	00:18&	09:43@	00:40&	02:58&	00:17+	03:10@	03:36@	00:33#	01:32-	00:57#	00:46&	01:48@	02:05&	00:12&	00:32&	00:01+	
<b>13</b>	<b>Tore Prestvold</b>	<b>212</b>										<b>1:08:24</b>					
01:59+	02:31+	05:29+	08:50+	16:42+	22:22+	27:14+	31:03+	34:41+	40:06+	47:22+	51:16+	53:56+	65:34+	66:52+	68:12+	68:24+	
01:59+	00:32+	02:58+	03:21+	07:52+	05:40+	04:52+	03:49+	03:38+	05:25+	07:16+	03:54+	02:40+	11:38+	01:18+	01:20+	00:12-	
00:36&	00:06#	01:01&	01:22&	02:24&	01:28&	02:24&	01:39&	01:14&	00:12+	02:34&	01:33&	01:07&	07:41@	00:31&	00:23&	00:01-	
<b>14</b>	<b>Magne Tunheim</b>	<b>144</b>										<b>1:08:53</b>					
01:56+	02:26+	07:54+	11:39+	19:46+	25:02+	28:19+	32:42+	36:32+	41:57+	49:47+	56:26+	58:50+	65:58+	66:43+	68:37+	68:53+	
01:56+	00:30+	05:28+	03:45+	08:07+	05:16+	03:17+	04:23+	03:50+	05:25+	07:50+	06:39+	02:24+	07:08+	00:45-	01:54+	00:16+	
00:33&	00:04#	03:31@	01:46&	02:39&	01:04&	00:49&	02:13@	01:26&	00:12+	03:08&	04:18@	00:51&	03:11&	00:02-	00:57&	00:03#	
<b>15</b>	<b>Svein Berge</b>	<b>126</b>										<b>1:08:57</b>					
01:38+	02:16+	04:32+	07:00+	15:29+	22:13+	26:02+	29:45+	32:43+	38:21+	44:17+	47:56+	50:08+	65:18+	66:14+	68:24+	68:57+	
01:38+	00:38+	02:16+	02:28+	08:29+	06:44+	03:49+	03:43+	02:58+	05:38+	05:56+	03:39+	02:12+	15:10+	00:56+	02:10+	00:33+	
00:15#	00:12&	00:19#	00:29#	03:01&	02:32&	01:21&	01:33&	00:34#	00:25+	01:14&	01:18&	00:39&	11:13@	00:09#	01:13@	00:20@	

Class	Navn	Klasse										Tid					
<b>16</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>1:12:03</b>					
01:48+	02:24+	06:28+	09:05+	16:23+	20:26+	23:55+	26:41+	30:21+	35:15+	44:55+	48:47+	52:20+	69:21+	70:27+	71:46+	72:03+	
01:48+	00:36+	04:04+	02:37+	07:18+	04:03-	03:29+	02:46+	03:40+	04:54-	09:40+	03:52+	03:33+	17:01+	01:06+	01:19+	00:17+	
00:25&	00:10&	02:07@	00:38&	01:50&	00:09-	01:01&	00:36&	01:16&	00:19-	04:58@	01:31&	02:00@	13:04@	00:19&	00:22&	00:04&	
<b>17</b>	<b>Jan Hetland</b>	<b>29</b>										<b>1:16:28</b>					
01:37+	02:08+	12:02+	14:07+	20:35+	26:43+	29:45+	35:04+	42:03+	47:08+	53:09+	56:39+	58:49+	74:14+	75:05+	76:16+	76:28+	
01:37+	00:31+	09:54+	02:05+	06:28+	06:08+	03:02+	05:19+	06:59+	05:05-	06:01+	03:30+	02:10+	15:25+	00:51+	01:11+	00:12-	
00:14#	00:05#	07:57@	00:06+	01:00#	01:56&	00:34#	03:09@	04:35@	00:08-	01:19&	01:09&	00:37&	11:28@	00:04+	00:14#	00:01-	
<b>18</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>1:16:53</b>					
01:39+	02:16+	05:06+	08:02+	20:54+	25:25+	29:46+	33:04+	42:46+	48:07+	55:10+	59:58+	66:35+	73:30+	75:04+	76:34+	76:53+	
01:39+	00:37+	02:50+	02:56+	12:52+	04:31+	04:21+	03:18+	09:42+	05:21+	07:03+	04:48+	06:37+	06:55+	01:34+	01:30+	00:19+	
00:16#	00:11&	00:53&	00:57&	07:24@	00:19+	01:53&	01:08&	07:18@	00:08+	02:21&	02:27@	05:04@	02:58&	00:47&	00:33&	00:06&	
<b>19</b>	<b>Terje Langeland</b>	<b>98</b>										<b>1:17:40</b>					
01:39+	02:24+	08:16+	12:24+	21:37+	26:40+	30:48+	36:10+	40:06+	48:44+	57:58+	62:21+	66:45+	74:02+	75:30+	77:22+	77:40+	
01:39+	00:45+	05:52+	04:08+	09:13+	05:03+	04:08+	05:22+	03:56+	08:38+	09:14+	04:23+	04:24+	07:17+	01:28+	01:52+	00:18+	
00:16#	00:19&	03:55@	02:09@	03:45&	00:51#	01:40&	03:12@	01:32&	03:25&	04:32&	02:02&	02:51@	03:20&	00:41&	00:55&	00:05&	
<b>20</b>	<b>Svein Ims</b>	<b>65</b>										<b>1:21:19</b>					
01:58+	02:42+	05:44+	08:37+	17:07+	22:21+	31:08+	34:43+	38:14+	44:19+	54:05+	58:04+	61:47+	78:32+	79:42+	80:59+	81:19+	
01:58+	00:44+	03:02+	02:53+	08:30+	05:14+	08:47+	03:35+	03:31+	06:05+	09:46+	03:59+	03:43+	16:45+	01:10+	01:17+	00:20+	
00:35&	00:18&	01:05&	00:54&	03:02&	01:02#	06:19@	01:25&	01:07&	00:52#	05:04@	01:38&	02:10@	12:48@	00:23&	00:20&	00:07&	
<b>21</b>	<b>Terje Stokkeland</b>	<b>69</b>										<b>1:22:13</b>					
01:38+	02:26+	12:49+	17:27+	30:46+	37:02+	40:46+	45:45+	48:57+	56:06+	63:55+	68:10+	71:36+	79:11+	80:26+	81:56+	82:13+	
01:38+	00:48+	10:23+	04:38+	13:19+	06:16+	03:44+	04:59+	03:12+	07:09+	07:49+	04:15+	03:26+	07:35+	01:15+	01:30+	00:17+	
00:15#	00:22&	08:26@	02:39@	07:51@	02:04&	01:16&	02:49@	00:48&	01:56&	03:07&	01:54&	01:53@	03:38&	00:28&	00:33&	00:04&	
<b>22</b>	<b>Jan Arendal</b>	<b>116</b>										<b>1:23:48</b>					
02:09+	03:02+	06:38+	10:16+	18:17+	22:53+	27:12+	33:12+	37:50+	55:48+	64:17+	68:48+	71:59+	78:54+	80:49+	83:22+	83:48+	
02:09+	00:53+	03:36+	03:38+	08:01+	04:36+	04:19+	06:00+	04:38+	17:58+	08:29+	04:31+	03:11+	06:55+	01:55+	02:33+	00:26+	
00:46&	00:27@	01:39&	01:39&	02:33&	00:24+	01:51&	03:50@	02:14&	12:45@	03:47&	02:10&	01:38@	02:58&	01:08@	01:36@	00:13&	
<b>23</b>	<b>Denis Castelet</b>	<b>42</b>										<b>1:24:51</b>					
03:42+	08:48+	11:53+	14:55+	23:39+	29:56+	37:05+	41:04+	45:00+	54:02+	63:06+	71:05+	74:01+	81:21+	82:46+	84:36+	84:51+	
03:42+	05:06+	03:05+	03:02+	08:44+	06:17+	07:09+	03:59+	03:56+	09:02+	09:04+	07:59+	02:56+	07:20+	01:25+	01:50+	00:15+	
02:19@	04:40@	01:08&	01:03&	03:16&	02:05&	04:41@	01:49&	01:32&	03:49&	04:22&	05:38@	01:23&	03:23&	00:38&	00:53&	00:02#	
<b>24</b>	<b>Inge Johan Øverland</b>	<b>93</b>										<b>1:27:44</b>					
02:25+	03:10+	11:29+	19:48+	27:46+	33:57+	38:30+	42:19+	49:50+	56:38+	65:58+	70:18+	74:40+	84:11+	85:37+	87:22+	87:44+	
02:25+	00:45+	08:19+	08:19+	07:58+	06:11+	04:33+	03:49+	07:31+	06:48+	09:20+	04:20+	04:22+	09:31+	01:26+	01:45+	00:22+	
01:02&	00:19&	06:22@	06:20@	02:30&	01:59&	02:05&	01:39&	05:07@	01:35&	04:38&	01:59&	02:49@	05:34@	00:39&	00:48&	00:09&	
<b>25</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>1:39:22</b>					
02:20+	03:18+	10:34+	14:31+	33:29+	39:45+	43:36+	50:06+	55:47+	62:55+	73:08+	80:46+	84:05+	96:02+	97:28+	99:03+	99:22+	
02:20+	00:58+	07:16+	03:57+	18:58+	06:16+	03:51+	06:30+	05:41+	07:08+	10:13+	07:38+	03:19+	11:57+	01:26+	01:35+	00:19+	
00:57&	00:32@	05:19@	01:58&	13:30@	02:04&	01:23&	04:20@	03:17@	01:55&	05:31@	05:17@	01:46@	08:00@	00:39&	00:38&	00:06&	
<b>26</b>	<b>Egil Røyneberg</b>	<b>93</b>										<b>1:57:57</b>					
02:40+	03:39+	28:33+	34:01+	47:07+	53:00+	61:39+	66:56+	74:28+	82:33+	91:51+	96:39+	100:09+	113:49+	115:24+	117:33+	117:57+	
02:40+	00:59+	24:54+	05:28+	13:06+	05:53+	08:39+	05:17+	07:32+	08:05+	09:18+	04:48+	03:30+	13:40+	01:35+	02:09+	00:24+	
01:17&	00:33@	22:57@	03:29@	07:38@	01:41&	06:11@	03:07@	05:08@	02:52&	04:36&	02:27@	01:57@	09:43@	00:48@	01:12@	00:11&	
<b>27</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>2:16:44</b>					
02:02+	02:43+	17:25+	21:48+	33:19+	39:57+	57:25+	62:27+	85:16+	93:00+	103:00+	106:54+	111:04+	132:01+	134:15+	136:22+	136:44+	
02:02+	00:41+	14:42+	04:23+	11:31+	06:38+	17:28+	05:02+	22:49+	07:44+	10:00+	03:54+	04:10+	20:57+	02:14+	02:07+	00:22+	
00:39&	00:15&	12:45@	02:24@	06:03@	02:26&	15:00@	02:52@	20:25@	02:31&	05:18@	01:33&	02:37@	17:00@	01:27@	01:10@	00:09&	
<b>Beste strekktid for klassen</b>																	
01:20	00:25	01:57	01:59	05:28	03:25	02:28	02:10	02:24	03:27	04:41	02:21	01:33	03:57	00:45	00:57	00:12	

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

## Herrer 65 - 69 år

<b>1</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>43:28</b>					
01:13=	01:43=	03:53=	06:01=	11:31=	14:53=	17:16=	19:30=	22:03=	25:16=	30:04=	33:24=	35:51=	41:09=	42:07=	43:13=	43:28=	
01:13=	00:30=	02:10=	02:08=	05:30=	03:22=	02:23=	02:14=	02:33=	03:13=	04:48=	03:20=	02:27=	05:18=	00:58=	01:06=	00:15=	
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=	

Class	Navn	Klasse										Tid					
<b>2</b>	<b>Harry Breiland</b>	<b>66</b>										<b>45:01</b>					
01:28+	02:03+	05:33+	07:41+	14:08+	17:11+	19:45+	22:37+	24:59+	29:01+	33:48+	36:10+	38:30+	42:32+	43:25+	44:48+	45:01+	
01:28+	00:35+	03:30+	02:08=	06:27+	03:03-	02:34+	02:52+	02:22-	04:02+	04:47-	02:22-	02:20-	04:02-	00:53-	01:23+	00:13-	
00:15#	00:05#	01:20&	00:00=	00:57#	00:19-	00:11+	00:38&	00:11-	00:49&	00:01-	00:58-	00:07-	01:16-	00:05-	00:17&	00:02-	
<b>3</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>57:08</b>					
01:42+	02:17+	04:48+	07:36+	13:29+	17:45+	22:06+	24:44+	27:50+	32:27+	38:30+	46:03+	49:22+	54:29+	55:34+	56:53+	57:08+	
01:42+	00:35+	02:31+	02:48+	05:53+	04:16+	04:21+	02:38+	03:06+	04:37+	06:03+	07:33+	03:19+	05:07-	01:05+	01:19+	00:15=	
00:29&	00:05#	00:21#	00:40&	00:23+	00:54&	01:58&	00:24#	00:33#	01:24&	01:15&	04:13@	00:52&	00:11-	00:07#	00:13#	00:00=	
<b>4</b>	<b>Arne Østensen</b>	<b>90</b>										<b>58:48</b>					
01:20+	02:04+	04:22+	06:44+	14:35+	19:19+	23:22+	26:32+	29:33+	35:32+	40:32+	46:42+	49:38+	55:20+	56:09+	58:31+	58:48+	
01:20+	00:44+	02:18+	02:22+	07:51+	04:44+	04:03+	03:10+	03:01+	05:59+	05:00+	06:10+	02:56+	05:42+	00:49-	02:22+	00:17+	
00:07+	00:14&	00:08+	00:14#	02:21&	01:22&	01:40&	00:56&	00:28#	02:46&	00:12+	02:50&	00:29#	00:24+	00:09-	01:16@	00:02#	
<b>5</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>59:10</b>					
01:40+	02:17+	05:51+	08:08+	14:10+	19:38+	22:28+	24:47+	28:10+	35:44+	41:13+	43:54+	46:42+	56:41+	57:43+	58:55+	59:10+	
01:40+	00:37+	03:34+	02:17+	06:02+	05:28+	02:50+	02:19+	03:23+	07:34+	05:29+	02:41-	02:48+	09:59+	01:02+	01:12+	00:15=	
00:27&	00:07#	01:24&	00:09+	00:32+	02:06&	00:27#	00:05+	00:50&	04:21@	00:41#	00:39-	00:21#	04:41&	00:04+	00:06+	00:00=	
<b>6</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>1:00:05</b>					
02:57+	03:32+	14:21+	16:59+	23:11+	24:19+	28:39+	32:44+	35:29+	38:30+	42:39+	48:18+	51:13+	53:29+	57:36+	58:28+	59:50+	60:05+
02:57+	00:35+	10:49+	02:38+	06:12+	01:08-	04:20+	04:05+	02:45+	03:01-	04:09-	05:39+	02:55+	02:16-	04:07+	00:52-	01:22+	00:15+
01:44@	00:05#	08:39@	00:30#	00:42#	02:14-	01:57&	01:51&	00:12+	00:12-	00:39-	02:19&	00:28#	03:02-	03:09@	00:14-	01:07@	00:15+
<b>7</b>	<b>Sverre Vatland</b>	<b>93</b>										<b>1:03:15</b>					
01:45+	02:20+	05:16+	08:26+	18:41+	24:06+	27:21+	30:31+	33:56+	39:24+	45:15+	48:11+	50:35+	60:45+	61:51+	63:01+	63:15+	
01:45+	00:35+	02:56+	03:10+	10:15+	05:25+	03:15+	03:10+	03:25+	05:28+	05:51+	02:56-	02:24-	10:10+	01:06+	01:10+	00:14-	
00:32&	00:05#	00:46&	01:02&	04:45&	02:03&	00:52&	00:56&	00:52&	02:15&	01:03#	00:24-	00:03-	04:52&	00:08#	00:04+	00:01-	
<b>8</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>1:05:24</b>					
01:55+	02:36+	08:26+	11:14+	20:20+	25:02+	28:39+	31:38+	35:15+	40:14+	47:26+	50:57+	53:37+	62:50+	63:50+	65:09+	65:24+	
01:55+	00:41+	05:50+	02:48+	09:06+	04:42+	03:37+	02:59+	03:37+	04:59+	07:12+	03:31+	02:40+	09:13+	01:00+	01:19+	00:15=	
00:42&	00:11&	03:40@	00:40&	03:36&	01:20&	01:14&	00:45&	01:04&	01:46&	02:24&	00:11+	00:13+	03:55&	00:02+	00:13#	00:00=	
<b>9</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>1:06:33</b>					
01:38+	02:29+	07:18+	14:44+	21:25+	26:10+	29:44+	32:38+	36:23+	41:09+	48:25+	51:49+	54:32+	64:00+	65:01+	66:15+	66:33+	
01:38+	00:51+	04:49+	07:26+	06:41+	04:45+	03:34+	02:54+	03:45+	04:46+	07:16+	03:24+	02:43+	09:28+	01:01+	01:14+	00:18+	
00:25&	00:21&	02:39@	05:18@	01:11#	01:23&	01:11&	00:40&	01:12&	01:33&	02:28&	00:04+	00:16#	04:10&	00:03+	00:08#	00:03#	
<b>10</b>	<b>Ove Gundersen</b>	<b>100</b>										<b>1:08:17</b>					
01:36+	02:17+	05:37+	09:56+	17:39+	23:42+	27:56+	31:12+	37:48+	44:51+	50:21+	53:05+	55:42+	65:38+	66:48+	68:02+	68:17+	
01:36+	00:41+	03:20+	04:19+	07:43+	06:03+	04:14+	03:16+	06:36+	07:03+	05:30+	02:44-	02:37+	09:56+	01:10+	01:14+	00:15=	
00:23&	00:11&	01:10&	02:11@	02:13&	02:41&	01:51&	01:02&	04:03@	03:50@	00:42#	00:36-	00:10+	04:38&	00:12#	00:08#	00:00=	
<b>11</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>1:13:48</b>					
01:53+	02:31+	08:19+	11:04+	23:24+	28:18+	32:58+	36:10+	39:37+	44:11+	50:14+	53:43+	55:57+	71:20+	72:15+	73:28+	73:48+	
01:53+	00:38+	05:48+	02:45+	12:20+	04:54+	04:40+	03:12+	03:27+	04:34+	06:03+	03:29+	02:14-	15:23+	00:55-	01:13+	00:20+	
00:40&	00:08&	03:38@	00:37&	06:50@	01:32&	02:17&	00:58&	00:54&	01:21&	01:15&	00:09+	00:13-	10:05@	00:03-	00:07#	00:05&	
<b>12</b>	<b>Svein Ove Horpestad</b>	<b>62</b>										<b>1:14:35</b>					
01:47+	02:27+	08:49+	12:24+	18:36+	22:53+	26:18+	28:57+	35:57+	41:06+	47:04+	50:48+	52:56+	71:55+	72:45+	74:16+	74:35+	
01:47+	00:40+	06:22+	03:35+	06:12+	04:17+	03:25+	02:39+	07:00+	05:09+	05:58+	03:44+	02:08-	18:59+	00:50-	01:31+	00:19+	
00:34&	00:10&	04:12@	01:27&	00:42#	00:55&	01:02&	00:25#	04:27@	01:56&	01:10#	00:24#	00:19-	13:41@	00:08-	00:25&	00:04&	
<b>13</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>1:14:44</b>					
04:26+	04:58+	14:49+	22:04+	29:50+	34:41+	37:59+	41:13+	45:00+	50:39+	59:37+	63:16+	66:17+	72:06+	73:07+	74:22+	74:44+	
04:26+	00:32+	09:51+	07:15+	07:46+	04:51+	03:18+	03:14+	03:47+	05:39+	08:58+	03:39+	03:01+	05:49+	01:01+	01:15+	00:22+	
03:13@	00:02+	07:41@	05:07@	02:16&	01:29&	00:55&	01:00&	01:14&	02:26&	04:10&	00:19+	00:34#	00:31+	00:03+	00:09#	00:07&	
<b>14</b>	<b>Ole Auklend</b>	<b>106</b>										<b>1:22:16</b>					
02:13+	02:57+	12:38+	15:54+	23:46+	28:18+	32:01+	37:12+	42:32+	48:23+	56:32+	60:50+	63:46+	75:56+	77:15+	81:46+	82:16+	
02:13+	00:44+	09:41+	03:16+	07:52+	04:32+	03:43+	05:11+	05:20+	05:51+	08:09+	04:18+	02:56+	12:10+	01:19+	04:31+	00:30+	
01:00&	00:14&	07:31@	01:08&	02:22&	01:10&	01:20&	02:57@	02:47@	02:38&	03:21&	00:58&	00:29#	06:52@	00:21&	03:25@	00:15&	
<b>15</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>1:26:36</b>					
02:50+	03:39+	07:05+	10:34+	21:46+	31:32+	37:50+	41:45+	45:50+	51:46+	61:08+	66:55+	69:48+	82:37+	84:14+	86:10+	86:36+	
02:50+	00:49+	03:26+	03:29+	11:12+	09:46+	06:18+	03:55+	04:05+	05:56+	09:22+	05:47+	02:53+	12:49+	01:37+	01:56+	00:26+	
01:37@	00:19&	01:16&	01:21&	05:42@	06:24@	03:55@	01:41&	01:32&	02:43&	04:34&	02:27&	00:26#	07:31@	00:39&	00:50&	00:11&	
<b>Beste strekktid for klassen</b>																	
01:13	00:30	02:10	02:08	05:30	01:08	02:23	02:14	02:22	03:01	04:09	02:22	02:08	02:16	00:49	00:52	00:13	

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

## Herrer 70 - 74 år

<b>1</b>	<b>Odd Garpestad</b>	<b>29</b>	<b>54:30</b>													
01:41=	02:33=	07:26=	11:04=	17:05=	21:34=	24:54=	27:31=	30:08=	33:25=	38:18=	43:05=	46:53=	51:32=	52:33=	54:17=	54:30=
01:41=	00:52=	04:53=	03:38=	06:01=	04:29=	03:20=	02:37=	02:37=	03:17=	04:53=	04:47=	03:48=	04:39=	01:01=	01:44=	00:13=
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=
<b>2</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>56:21</b>													
01:40-	02:12-	04:39-	07:10-	13:10-	17:17-	20:39-	24:08-	27:12-	31:50-	39:17+	44:23+	46:44-	53:46+	54:41+	56:05+	56:21+
01:40-	00:32-	02:27-	02:31-	06:00-	04:07-	03:22+	03:29+	03:04+	04:38+	07:27+	05:06+	02:21-	07:02+	00:55-	01:24-	00:16+
00:01-	00:20-	02:26-	01:07-	00:01-	00:22-	00:02+	00:52&	00:27#	01:21&	02:34&	00:19+	01:27-	02:23&	00:06-	00:20-	00:03#
<b>3</b>	<b>Finn Morten Årstad</b>	<b>115</b>	<b>59:11</b>													
04:11+	05:37+	08:00+	10:34-	16:49-	22:11+	26:42+	29:53+	33:08+	37:17+	43:59+	49:26+	51:26+	56:35+	57:41+	58:55+	59:11+
04:11+	01:26+	02:23-	02:34-	06:15+	05:22+	04:31+	03:11+	03:15+	04:09+	06:42+	05:27+	02:00-	05:09+	01:06+	01:14-	00:16+
02:30@	00:34&	02:30-	01:04-	00:14+	00:53#	01:11&	00:34#	00:38#	00:52&	01:49&	00:40#	01:48-	00:30#	00:05+	00:30-	00:03#
<b>4</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>1:00:15</b>													
01:46+	02:22-	05:09-	07:54-	15:44-	19:53-	24:11-	27:23-	30:37+	35:33+	41:56+	46:13+	48:49+	54:48+	57:52+	59:59+	60:15+
01:46+	00:36-	02:47-	02:45-	07:50+	04:09-	04:18+	03:12+	03:14+	04:56+	06:23+	04:17-	02:36-	05:59+	03:04+	02:07+	00:16+
00:05+	00:16-	02:06-	00:53-	01:49&	00:20-	00:58&	00:35#	00:37#	01:39&	01:30&	00:30-	01:12-	01:20&	02:03@	00:23#	00:03#
<b>5</b>	<b>Arvid Thorsen</b>	<b>5</b>	<b>1:00:25</b>													
01:42+	02:14-	04:32-	07:25-	13:21-	17:30-	22:51-	25:18-	28:23-	32:26-	39:43+	47:41+	49:25+	57:46+	58:48+	60:10+	60:25+
01:42+	00:32-	02:18-	02:53-	05:56-	04:09-	05:21+	02:27-	03:05+	04:03+	07:17+	07:58+	01:44-	08:21+	01:02+	01:22-	00:15+
00:01+	00:20-	02:35-	00:45-	00:05-	00:20-	02:01&	00:10-	00:28#	00:46#	02:24&	03:11&	02:04-	03:42&	00:01+	00:22-	00:02#
<b>6</b>	<b>Hilmar Røthing</b>	<b>128</b>	<b>1:00:44</b>													
01:37-	02:11-	04:11-	08:01-	15:50-	19:51-	23:34-	27:23-	30:31+	40:35+	46:00+	48:37+	50:38+	58:02+	59:05+	60:31+	60:44+
01:37-	00:34-	02:00-	03:50+	07:49+	04:01-	03:43+	03:49+	03:08+	10:04+	05:25+	02:37-	02:01-	07:24+	01:03+	01:26-	00:13=
00:04-	00:18-	02:53-	00:12+	01:48&	00:28-	00:23#	01:12&	00:31#	06:47@	00:32#	02:10-	01:47-	02:45&	00:02+	00:18-	00:00=
<b>7</b>	<b>Olav Dag Borgersen</b>	<b>154</b>	<b>1:01:28</b>													
01:56+	02:36+	05:36-	08:28-	14:37-	18:34-	23:58-	26:20-	29:32-	33:32+	40:40+	48:40+	50:30+	58:45+	59:47+	61:12+	61:28+
01:56+	00:40-	03:00-	02:52-	06:09+	03:57-	05:24+	02:22-	03:12+	04:00+	07:08+	08:00+	01:50-	08:15+	01:02+	01:25-	00:16+
00:15#	00:12-	01:53-	00:46-	00:08+	00:32-	02:04&	00:15-	00:35#	00:43#	02:15&	03:13&	01:58-	03:36&	00:01+	00:19-	00:03#
<b>8</b>	<b>Øyvind Egeskog</b>	<b>5</b>	<b>1:04:29</b>													
01:53+	02:34+	07:27+	10:14-	19:18+	23:53+	27:35+	30:38+	34:14+	39:13+	46:28+	49:54+	52:36+	61:56+	62:50+	64:14+	64:29+
01:53+	00:41-	04:53=	02:47-	09:04+	04:35+	03:42+	03:03+	03:36+	04:59+	07:15+	03:26-	02:42-	09:20+	00:54-	01:24-	00:15+
00:12#	00:11-	00:00=	00:51-	03:03&	00:06+	00:22#	00:26#	00:59&	01:42&	02:22&	01:21-	01:06-	04:41@	00:07-	00:20-	00:02#
<b>9</b>	<b>Steinar Undheim</b>	<b>54</b>	<b>1:12:38</b>													
03:30+	04:06+	11:45+	14:54+	25:39+	30:17+	35:01+	37:23+	40:39+	44:37+	51:46+	60:00+	63:55+	69:42+	71:00+	72:21+	72:38+
03:30+	00:36-	07:39+	03:09-	10:45+	04:38+	04:44+	02:22-	03:16+	03:58+	07:09+	08:14+	03:55+	05:47+	01:18+	01:21-	00:17+
01:49@	00:16-	02:46&	00:29-	04:44&	00:09+	01:24&	00:15-	00:39#	00:41#	02:16&	03:27&	00:07+	01:08#	00:17&	00:23-	00:04&
<b>10</b>	<b>Ingjald Egeland</b>	<b>7</b>	<b>1:20:49</b>													
01:52+	02:38+	09:26+	13:03+	24:03+	30:52+	34:00+	39:10+	46:18+	51:19+	57:22+	60:52+	63:05+	77:25+	79:11+	80:29+	80:49+
01:52+	00:46-	06:48+	03:37-	11:00+	06:49+	03:08-	05:10+	07:08+	05:01+	06:03+	03:30-	02:13-	14:20+	01:46+	01:18-	00:20+
00:11#	00:06-	01:55&	00:01-	04:59&	02:20&	00:12-	02:33&	04:31@	01:44&	01:10#	01:17-	01:35-	09:41@	00:45&	00:26-	00:07&
<b>11</b>	<b>Jan H. Sagen</b>	<b>92</b>	<b>1:25:37</b>													
03:26+	04:10+	08:13+	12:09+	22:41+	31:37+	36:46+	41:31+	46:20+	55:00+	64:19+	70:17+	73:27+	81:18+	83:10+	85:15+	85:37+
03:26+	00:44-	04:03-	03:56+	10:32+	08:56+	05:09+	04:45+	04:49+	08:40+	09:19+	05:58+	03:10-	07:51+	01:52+	02:05+	00:22+
01:45@	00:08-	00:50-	00:18+	04:31&	04:27&	01:49&	02:08&	02:12&	05:23@	04:26&	01:11#	00:38-	03:12&	00:51&	00:21#	00:09&
<b>12</b>	<b>Mangor Eikeland</b>	<b>92</b>	<b>1:27:00</b>													
02:37+	03:37+	07:36+	11:55+	21:16+	28:39+	34:26+	39:46+	44:38+	52:10+	62:44+	68:23+	73:08+	82:25+	84:05+	86:27+	87:00+
02:37+	01:00+	03:59-	04:19+	09:21+	07:23+	05:47+	05:20+	04:52+	07:32+	10:34+	05:39+	04:45+	09:17+	01:40+	02:22+	00:33+
00:56&	00:08#	00:54-	00:41#	03:20&	02:54&	02:27&	02:43@	02:15&	04:15@	05:41@	00:52#	00:57#	04:38&	00:39&	00:38&	00:20@
<b>13</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>	<b>1:27:33</b>													
02:32+	03:23+	08:34+	13:06+	25:09+	34:26+	40:29+	45:01+	49:13+	55:29+	64:48+	70:58+	74:47+	83:35+	85:10+	87:10+	87:33+
02:32+	00:51-	05:11+	04:32+	12:03+	09:17+	06:03+	04:32+	04:12+	06:16+	09:19+	06:10+	03:49+	08:48+	01:35+	02:00+	00:23+
00:51&	00:01-	00:18+	00:54#	06:02@	04:48@	02:43&	01:55&	01:35&	02:59&	04:26&	01:23&	00:01+	04:09&	00:34&	00:16#	00:10&
<b>14</b>	<b>Odd Aarreberg</b>	<b>5</b>	<b>1:34:31</b>													
02:25+	03:10+	06:25-	09:31-	19:42+	31:19+	36:14+	45:05+	48:53+	62:01+	71:45+	76:21+	81:05+	88:08+	92:03+	94:10+	94:31+
02:25+	00:45-	03:15-	03:06-	10:11+	11:37+	04:55+	08:51+	03:48+	13:08+	09:44+	04:36-	04:44+	07:03+	03:55+	02:07+	00:21+
00:44&	00:07-	01:38-	00:32-	04:10&	07:08@	01:35&	06:14@	01:11&	09:51@	04:51&	00:11-	00:56#	02:24&	02:54@	00:23#	00:08&

Class	Navn	Klasse										Tid					
<b>15</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>1:42:06</b>					
02:08+	02:47+	12:36+	45:05+	53:03+	57:59+	61:39+	66:15+	70:03+	76:17+	84:07+	90:18+	93:13+	98:53+	100:07+	101:46+	102:06+	
02:08+	00:39-	09:49+	32:29+	07:58+	04:56+	03:40+	04:36+	03:48+	06:14+	07:50+	06:11+	02:55-	05:40+	01:14+	01:39-	00:20+	
00:27&	00:13-	04:56@	28:51@	01:57&	00:27#	00:20#	01:59&	01:11&	02:57&	02:57&	01:24&	00:53-	01:01#	00:13#	00:05-	00:07&	
<b>16</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>1:43:40</b>					
02:28+	03:16+	14:31+	19:21+	29:36+	38:18+	43:03+	50:47+	57:06+	64:41+	75:28+	81:59+	86:25+	96:39+	98:40+	102:59+	103:40+	
02:28+	00:48-	11:15+	04:50+	10:15+	08:42+	04:45+	07:44+	06:19+	07:35+	10:47+	06:31+	04:26+	10:14+	02:01+	04:19+	00:41+	
00:47&	00:04-	06:22@	01:12&	04:14&	04:13&	01:25&	05:07@	03:42@	04:18@	05:54@	01:44&	00:38#	05:35@	01:00&	02:35@	00:28@	
<b>17</b>	<b>Rolv Nærland</b>	<b>63</b>										<b>2:05:56</b>					
01:55+	06:17+	22:22+	28:57+	39:08+	44:01+	49:06+	52:01+	60:52+	77:06+	86:35+	92:44+	95:57+	120:32+	122:55+	125:36+	125:56+	
01:55+	04:22+	16:05+	06:35+	10:11+	04:53+	05:05+	02:55+	08:51+	16:14+	09:29+	06:09+	03:13-	24:35+	02:23+	02:41+	00:20+	
00:14#	03:30@	11:12@	02:57&	04:10&	00:24+	01:45&	00:18#	06:14@	12:57@	04:36&	01:22&	00:35-	19:56@	01:22@	00:57&	00:07&	
<b>18</b>	<b>Svein Eliassen</b>	<b>116</b>										<b>2:07:47</b>					
02:36+	15:50+	27:07+	31:13+	47:16+	53:44+	62:45+	67:49+	73:19+	83:31+	95:00+	109:42+	112:53+	123:02+	125:08+	127:18+	127:47+	
02:36+	13:14+	11:17+	04:06+	16:03+	06:28+	09:01+	05:04+	05:30+	10:12+	11:29+	14:42+	03:11-	10:09+	02:06+	02:10+	00:29+	
00:55&	12:22@	06:24@	00:28#	01:02@	01:59&	05:41@	02:27&	02:53@	06:55@	06:36@	09:55@	00:37-	05:30@	01:05@	00:26#	00:16@	
<b>Beste strekktid for klassen</b>																	
01:37	00:32	02:00	02:31	05:56	03:57	03:08	02:22	02:37	03:17	04:53	02:37	01:44	04:39	00:54	01:14	00:13	

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

## Herrer 75 - 79 år

<b>1</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>57:22</b>					
02:00=	02:43=	03:45=	06:00=	08:07=	12:45=	15:44=	19:05=	25:00=	27:28=	34:49=	39:28=	47:36=	51:08=	54:21=	55:46=	57:05=	57:22=
02:00=	00:43=	01:02=	02:15=	02:07=	04:38=	02:59=	03:21=	05:55=	02:07=	07:21=	04:39=	08:08=	03:32=	03:13=	01:25=	01:19=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Harald I. Serigstad</b>	<b>68</b>										<b>1:13:12</b>					
02:35+	03:54+	05:06+	07:55+	09:41+	14:50+	19:03+	22:19+	31:30+	35:18+	39:40+	48:26+	61:37+	67:28+	69:49+	71:22+	72:55+	73:12+
02:35+	01:19+	01:12+	02:49+	01:46-	05:09+	04:13+	03:16-	09:11+	03:48+	04:22-	08:46+	13:11+	05:51+	02:21-	01:33+	01:33+	00:17=
00:35&	00:36&	00:10#	00:34&	00:21-	00:31#	01:14&	00:05-	03:16&	01:20&	02:59-	04:07&	05:03&	02:19&	00:52-	00:08+	00:14#	00:00=
<b>3</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:23:04</b>					
03:54+	04:42+	06:10+	09:44+	12:46+	19:45+	23:06+	26:16+	42:38+	46:01+	50:57+	57:33+	71:01+	76:12+	79:19+	80:54+	82:42+	83:04+
03:54+	00:48+	01:28+	03:34+	03:02+	06:59+	03:21+	03:10-	16:22+	03:23+	04:56-	06:36+	13:28+	05:11+	03:07-	01:35+	01:48+	00:22+
01:54&	00:05#	00:26&	01:19&	00:55&	02:21&	00:22#	00:11-	10:27@	00:55&	02:25-	01:57&	05:20&	01:39&	00:06-	00:10#	00:29&	00:05&
<b>4</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>1:39:27</b>					
02:22+	03:07+	04:15+	07:20+	12:12+	20:56+	24:55+	29:31+	38:01+	41:03+	54:37+	62:37+	85:49+	93:05+	95:33+	97:04+	99:05+	99:27+
02:22+	00:45+	01:08+	03:05+	04:52+	08:44+	03:59+	04:36+	08:30+	03:02+	13:34+	08:00+	23:12+	07:16+	02:28-	01:31+	02:01+	00:22+
00:22#	00:02+	00:06+	00:50&	02:45@	04:06&	01:00&	01:15&	02:35&	00:34#	06:13&	03:21&	15:04@	03:44@	00:45-	00:06+	00:42&	00:05&
<b>5</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>1:45:10</b>					
02:19+	03:12+	04:35+	14:23+	17:18+	24:53+	30:05+	34:04+	49:41+	62:04+	67:40+	75:52+	88:21+	94:22+	98:13+	100:20+	104:42+	105:10+
02:19+	00:53+	01:23+	09:48+	02:55+	07:35+	05:12+	03:59+	15:37+	12:23+	05:36-	08:12+	12:29+	06:01+	03:51+	02:07+	04:22+	00:28+
00:19#	00:10#	00:21&	07:33@	00:48&	02:57&	02:13&	00:38#	09:42@	09:55@	01:45-	03:33&	04:21&	02:29&	00:38#	00:42&	03:03@	00:11&
<b>6</b>	<b>Arne Karlsen</b>	<b>105</b>										<b>1:50:16</b>					
02:54+	03:48+	05:31+	09:24+	12:01+	25:16+	30:40+	36:24+	48:31+	52:16+	59:16+	69:02+	92:11+	99:37+	103:13+	107:13+	109:45+	110:16+
02:54+	00:54+	01:43+	03:53+	02:37+	13:15+	05:24+	05:44+	12:07+	03:45+	07:00-	09:46+	23:09+	07:26+	03:36+	04:00+	02:32+	00:31+
00:54&	00:11&	00:41&	01:38&	00:30#	08:37@	02:25&	02:23&	06:12@	01:17&	00:21-	05:07@	15:01@	03:54@	00:23#	02:35@	01:13&	00:14&
<b>7</b>	<b>Sverre Gilje</b>	<b>18</b>										<b>1:53:34</b>					
02:52+	03:55+	05:56+	14:58+	16:40+	27:52+	31:58+	37:37+	54:16+	58:11+	68:33+	76:45+	99:57+	107:11+	109:39+	111:11+	113:11+	113:34+
02:52+	01:03+	02:01+	09:02+	01:42-	11:12+	04:06+	05:39+	16:39+	03:55+	10:22+	08:12+	23:12+	07:14+	02:28-	01:32+	02:00+	00:23+
00:52&	00:20&	00:59&	06:47@	00:25-	06:34@	01:07&	02:18&	10:44@	01:27&	03:01&	03:33&	15:04@	03:42@	00:45-	00:07+	00:41&	00:06&
<b>Beste strekktid for klassen</b>																	
02:00	00:43	01:02	02:15	01:42	04:38	02:59	03:10	05:55	02:28	04:22	04:39	08:08	03:32	02:21	01:25	01:19	00:17

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

## Herrer 80 år og eldre

Class	Navn	Klasse	Tid													
<b>1</b>	<b>Sigurd Krosli</b>	<b>31</b>	<b>1:21:18</b>													
02:25=	06:12=	14:10=	17:35=	23:19=	30:54=	33:50=	42:36=	47:37=	52:25=	55:36=	57:48=	75:55=	78:54=	80:55=	81:18=	
02:25=	03:47=	07:58=	03:25=	05:44=	07:35=	02:56=	08:46=	05:01=	04:48=	03:11=	02:12=	18:07=	02:59=	02:01=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Peter Frafjord</b>	<b>116</b>	<b>1:33:31</b>													
01:45=	05:42=	13:36=	18:24+	28:44+	35:44+	39:36+	51:20+	56:27+	63:07+	65:53+	69:07+	82:55+	88:45+	90:08+	93:07+	93:31+
01:45=	03:57+	07:54=	04:48+	10:20+	07:00=	03:52+	11:44+	05:07+	06:40+	02:46=	03:14+	13:48=	05:50+	01:23=	02:59+	00:24+
00:40=	00:10+	00:04=	01:23&	04:36&	00:35=	00:56&	02:58&	00:06+	01:52&	00:25=	01:02&	04:19=	02:51&	00:38=	02:36@	00:24+
<b>Beste strekktid for klassen</b>																
01:45	03:47	07:54	03:25	05:44	07:00	02:56	08:46	05:01	04:48	02:46	02:12	13:48	02:59	01:23	00:23	

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

## Herrer A

<b>1</b>	<b>Bjarthe Westerheim</b>	<b>194</b>	<b>42:46</b>																			
00:57=	01:12=	02:15=	04:59=	07:10=	08:42=	09:14=	09:55=	14:10=	18:03=	18:49=	20:07=	22:08=	23:47=	25:15=	29:25=	31:51=	35:54=	38:48=	40:48=	41:46=	42:35=	42:46=
00:57=	00:15=	01:03=	02:44=	02:11=	01:32=	00:32=	00:41=	04:15=	03:53=	00:46=	01:18=	02:01=	01:39=	01:28=	04:10=	02:26=	04:03=	02:54=	02:00=	00:58=	00:49=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Fredrik Omdal</b>	<b>74</b>	<b>50:01</b>																			
01:32+	01:52+	03:16+	06:02+	08:28+	10:07+	10:50+	11:34+	17:47+	22:36+	23:36+	25:07+	26:59+	28:55+	30:39+	35:10+	37:18+	41:32+	44:24+	47:55+	48:57+	49:50+	50:01+
01:32+	00:20+	01:24+	02:46+	02:26+	01:39+	00:43+	00:44+	06:13+	04:49+	01:00+	01:31+	01:52=	01:56+	01:44+	04:31+	02:08=	04:14+	02:52=	03:31+	01:02+	00:53+	00:11=
00:35&	00:05&	00:21&	00:02+	00:15#	00:07+	00:11&	00:03+	01:58&	00:56#	00:14&	00:13#	00:09=	00:17#	00:16#	00:21+	00:18=	00:11+	00:02=	01:31&	00:04+	00:04+	00:00=
<b>3</b>	<b>Erik Lima</b>	<b>115</b>	<b>53:59</b>																			
01:29+	01:46+	03:57+	07:12+	09:55+	11:46+	12:26+	13:19+	19:55+	25:05+	26:01+	27:38+	29:33+	31:48+	33:38+	38:18+	40:57+	46:20+	49:31+	51:42+	52:55+	53:48+	53:59+
01:29+	00:17+	02:11+	03:15+	02:43+	01:51+	00:40+	00:53+	06:36+	05:10+	00:56+	01:37+	01:55=	02:15+	01:50+	04:40+	02:39+	05:23+	03:11+	02:11+	01:13+	00:53+	00:11=
00:32&	00:02#	01:08@	00:31#	00:32#	00:19#	00:08#	00:12&	02:21&	01:17&	00:10#	00:19#	00:06=	00:36&	00:22#	00:30#	00:13+	01:20&	00:17+	00:11+	00:15&	00:04+	00:00=
<b>4</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>	<b>58:23</b>																			
01:02+	01:20+	02:59+	08:19+	10:54+	12:38+	13:19+	14:05+	24:55+	29:25+	30:17+	31:40+	33:36+	35:39+	37:30+	41:57+	44:44+	50:21+	54:09+	56:20+	57:26+	58:12+	58:23+
01:02+	00:18+	01:39+	05:20+	02:35+	01:44+	00:41+	00:46+	10:50+	04:30+	00:52+	01:23+	01:56=	02:03+	01:51+	04:27+	02:47+	05:37+	03:48+	02:11+	01:06+	00:46=	00:11=
00:05+	00:03#	00:36&	02:36&	00:24#	00:12#	00:09&	00:05#	06:35@	00:37#	00:06#	00:05+	00:05=	00:24#	00:23&	00:17+	00:21#	01:34&	00:54&	00:11+	00:08#	00:03=	00:00=
<b>5</b>	<b>Torbjørn Brandsæter</b>	<b>115</b>	<b>59:49</b>																			
01:07+	01:55+	06:16+	08:57+	11:57+	13:36+	14:10+	15:10+	23:18+	28:01+	29:09+	30:35+	32:41+	34:28+	36:08+	40:38+	42:59+	47:17+	50:08+	56:42+	58:41+	59:39+	59:49+
01:07+	00:48+	04:21+	02:41=	03:00+	01:39+	00:34+	01:00+	08:08+	04:43+	01:08+	01:26+	02:06+	01:47+	01:40+	04:30+	02:21=	04:18+	02:51=	06:34+	01:59+	00:58+	00:10=
00:10#	00:33@	03:18@	00:03=	00:49&	00:07+	00:02+	00:19&	03:53&	00:50#	00:22&	00:08#	00:05+	00:08#	00:12#	00:20+	00:05=	00:15+	00:03=	04:34@	01:01@	00:09#	00:01=
<b>6</b>	<b>Kristian Haarr</b>	<b>27</b>	<b>1:03:55</b>																			
02:05+	02:24+	04:47+	09:01+	11:50+	13:55+	14:36+	15:38+	23:16+	29:10+	30:35+	32:33+	34:38+	37:53+	39:54+	45:09+	48:20+	53:41+	57:05+	61:39+	62:46+	63:40+	63:55+
02:05+	00:19+	02:23+	04:14+	02:49+	02:05+	00:41+	01:02+	07:38+	05:54+	01:25+	01:58+	02:05+	03:15+	02:01+	05:15+	03:11+	05:21+	03:24+	04:34+	01:07+	00:54+	00:15+
01:08@	00:04&	01:20@	01:30&	00:38&	00:33&	00:09&	00:21&	03:23&	02:01&	00:39&	00:40&	00:04+	01:36&	00:33&	01:05&	00:45&	01:18&	00:30#	02:34@	00:09#	00:05#	00:04&
<b>7</b>	<b>Martin Blystad</b>	<b>115</b>	<b>1:17:35</b>																			
01:43+	02:03+	04:06+	08:43+	11:52+	14:18+	15:11+	21:08+	28:24+	35:39+	37:14+	39:03+	42:25+	47:19+	50:13+	56:45+	59:18+	65:37+	70:31+	73:18+	76:00+	77:21+	77:35+
01:43+	00:20+	02:03+	04:37+	03:09+	02:26+	00:53+	05:57+	07:16+	07:15+	01:35+	01:49+	03:22+	04:54+	02:54+	06:32+	02:33+	06:19+	04:54+	02:47+	02:42+	01:21+	00:14+
00:46&	00:05&	01:00&	01:53&	00:58&	00:54&	00:21&	05:16@	03:01&	03:22&	00:49@	00:31&	01:21&	03:15@	01:26&	02:22&	00:07+	02:16&	02:00&	00:47&	01:44@	00:32&	00:03&
<b>8</b>	<b>Joar Fuglestad</b>	<b>116</b>	<b>1:19:08</b>																			
02:00+	02:25+	11:44+	13:56+	16:43+	18:41+	19:29+	20:41+	27:28+	33:20+	34:35+	38:53+	44:13+	47:25+	49:20+	54:59+	58:35+	66:25+	74:45+	76:55+	78:04+	78:59+	79:08+
02:00+	00:25+	09:19+	02:12=	02:47+	01:58+	00:48+	01:12+	06:47+	05:52+	01:15+	04:18+	05:20+	03:12+	01:55+	05:39+	03:36+	07:50+	08:20+	02:10+	01:09+	00:55+	00:09=
01:03@	00:10&	08:16@	00:32=	00:36&	00:26&	00:16&	00:31&	02:32&	01:59&	00:29&	03:00@	03:19@	01:33&	00:27&	01:29&	01:10&	03:47&	05:26@	00:10+	00:11#	00:06#	00:02=
<b>Beste strekktid for klassen</b>																						
00:57	00:15	01:03	02:12	02:11	01:32	00:32	00:41	04:15	03:53	00:46	01:18	01:52	01:39	01:28	04:10	02:08	04:03	02:51	02:00	00:58	00:46	00:09

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

## Herrer B

<b>1</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>47:40</b>																			
01:16=	01:35=	02:53=	05:23=	07:44=	09:24=	10:03=	11:16=	16:36=	21:06=	21:59=	23:20=	25:07=	27:11=	28:45=	33:04=	35:13=	39:57=	43:29=	45:16=	46:26=	47:29=	47:40=
01:16=	00:19=	01:18=	02:30=	02:21=	01:40=	00:39=	01:13=	05:20=	04:30=	00:53=	01:21=	01:47=	02:04=	01:34=	04:19=	02:09=	04:44=	03:32=	01:47=	01:10=	01:03=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=



Class	Navn	Klasse	Tid																
<b>1</b>	<b>Otte Omdal</b>	<b>65</b>	<b>47:33</b>																
01:25=	02:31=	04:28=	06:56=	11:17=	13:50=	14:25=	16:21=	22:06=	24:11=	24:47=	26:35=	28:20=	29:28=	33:31=	40:29=	43:45=	45:54=	47:24=	47:33=
01:25=	01:06=	01:57=	02:28=	04:21=	02:33=	00:35=	01:56=	05:45=	02:05=	00:36=	01:48=	01:45=	01:08=	04:03=	06:58=	03:16=	02:09=	01:30=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>49:51</b>																
01:24-	02:25-	04:12-	06:17-	10:55-	12:01-	12:42-	14:08-	19:52-	22:39-	23:18-	25:16-	26:39-	27:36-	31:16-	42:27+	45:58+	48:04+	49:39+	49:51+
01:24-	01:01-	01:47-	02:05-	04:38+	01:06-	00:41+	01:26-	05:44-	02:47+	00:39+	01:58+	01:23-	00:57-	03:40-	11:11+	03:31+	02:06-	01:35+	00:12+
00:01-	00:05-	00:10-	00:23-	00:17+	01:27-	00:06#	00:30-	00:01-	00:42&	00:03+	00:10+	00:22-	00:11-	00:23-	04:13&	00:15+	00:03-	00:05+	00:03&
<b>3</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>52:59</b>																
01:40+	02:36+	04:27-	07:13+	13:25+	14:48+	15:23+	17:01+	23:13+	25:26+	26:07+	28:38+	30:35+	31:31+	36:16+	45:08+	49:35+	51:05+	52:47+	52:59+
01:40+	00:56-	01:51-	02:46+	06:12+	01:23-	00:35=	01:38-	06:12+	02:13+	00:41+	02:31+	01:57+	00:56-	04:45+	08:52+	04:27+	01:30-	01:42+	00:12+
00:15#	00:10-	00:06-	00:18#	01:51&	01:10-	00:00=	00:18-	00:27+	00:08+	00:05#	00:43&	00:12#	00:12-	00:42#	01:54&	01:11&	00:39-	00:12#	00:03&
<b>4</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>56:14</b>																
02:03+	02:54+	05:05+	07:11+	12:25+	13:35-	14:15-	16:05-	22:25+	24:59+	25:45+	27:51+	30:31+	31:55+	36:19+	47:37+	52:58+	54:23+	56:00+	56:14+
02:03+	00:51-	02:11+	02:06-	05:14+	01:10-	00:40+	01:50-	06:20+	02:34+	00:46+	02:06+	02:40+	01:24+	04:24+	11:18+	05:21+	01:25-	01:37+	00:14+
00:38&	00:15-	00:14#	00:22-	00:53#	01:23-	00:05#	00:06-	00:35#	00:29#	00:10&	00:18#	00:55&	00:16#	00:21+	04:20&	02:05&	00:44-	00:07+	00:05&
<b>5</b>	<b>Jan Einar Øvremo</b>	<b>50</b>	<b>56:20</b>																
01:59+	02:42+	06:52+	08:49+	14:57+	16:12+	16:59+	18:44+	25:35+	28:00+	28:45+	30:58+	32:34+	33:44+	38:06+	47:05+	53:11+	54:35+	56:09+	56:20+
01:59+	00:43-	04:10+	01:57-	06:08+	01:15-	00:47+	01:45-	06:51+	02:25+	00:45+	02:13+	01:36-	01:10+	04:22+	08:59+	06:06+	01:24-	01:34+	00:11+
00:34&	00:23-	02:13@	00:31-	01:47&	01:18-	00:12&	00:11-	01:06#	00:20#	00:09#	00:25#	00:09-	00:02+	00:19+	02:01&	02:50&	00:45-	00:04+	00:02#
<b>6</b>	<b>Geir Frøylog</b>	<b>29</b>	<b>57:07</b>																
01:33+	02:41+	04:41+	10:36+	15:35+	16:46+	17:35+	19:12+	25:28+	28:07+	28:55+	31:27+	33:15+	34:27+	38:14+	48:34+	53:01+	54:48+	56:52+	57:07+
01:33+	01:08+	02:00+	05:55+	04:59+	01:11-	00:49+	01:37-	06:16+	02:39+	00:48+	02:32+	01:48+	01:12+	03:47-	10:20+	04:27+	01:47-	02:04+	00:15+
00:08+	00:02+	00:03+	03:27@	00:38#	01:22-	00:14&	00:19-	00:31+	00:34&	00:12&	00:44&	00:03+	00:04+	00:16-	03:22&	01:11&	00:22-	00:34&	00:06&
<b>7</b>	<b>Pål H. Gjerden</b>	<b>116</b>	<b>1:04:44</b>																
01:33+	02:44+	05:05+	09:02+	19:13+	20:51+	21:42+	23:45+	31:57+	34:31+	35:31+	38:34+	40:39+	41:47+	46:51+	55:02+	60:28+	62:58+	64:31+	64:44+
01:33+	01:11+	02:21+	03:57+	10:11+	01:38-	00:51+	02:03+	08:12+	02:34+	01:00+	03:03+	02:05+	01:08=	05:04+	08:11+	05:26+	02:30+	01:33+	00:13+
00:08+	00:05+	00:24#	01:29&	05:50@	00:55-	00:16&	00:07+	02:27&	00:29#	00:24&	01:15&	00:20#	00:00=	01:01&	01:13#	02:10&	00:21#	00:03+	00:04&
<b>8</b>	<b>Sverre Espedal-Selvåg</b>	<b>116</b>	<b>1:06:51</b>																
01:50+	03:01+	05:23+	07:39+	14:22+	15:55+	16:46+	19:33+	27:36+	30:38+	31:33+	34:42+	37:29+	38:52+	44:46+	54:48+	60:51+	63:44+	66:30+	66:51+
01:50+	01:11+	02:22+	02:16-	06:43+	01:33-	00:51+	02:47+	08:03+	03:02+	00:55+	03:09+	02:47+	01:23+	05:54+	10:02+	06:03+	02:53+	02:46+	00:21+
00:25&	00:05+	00:25#	00:12-	02:22&	01:00-	00:16&	00:51&	02:18&	00:57&	00:19&	01:21&	01:02&	00:15#	01:51&	03:04&	02:47&	00:44&	01:16&	00:12@
<b>9</b>	<b>Øystein Huglen</b>	<b>27</b>	<b>1:08:10</b>																
02:06+	03:21+	08:51+	12:30+	20:13+	21:31+	22:22+	25:00+	35:35+	39:46+	40:33+	42:56+	44:37+	46:03+	50:51+	58:59+	63:47+	65:52+	67:55+	68:10+
02:06+	01:15+	05:30+	03:39+	07:43+	01:18-	00:51+	02:38+	10:35+	04:11+	00:47+	02:23+	01:41-	01:26+	04:48+	08:08+	04:48+	02:05-	02:03+	00:15+
00:41&	00:09#	03:33@	01:11&	03:22&	01:15-	00:16&	00:42&	04:50&	02:06@	00:11&	00:35&	00:04-	00:18&	00:45#	01:10#	01:32&	00:04-	00:33&	00:06&
<b>10</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>	<b>1:08:52</b>																
01:48+	03:40+	07:06+	10:11+	17:27+	19:26+	20:27+	23:07+	30:07+	33:16+	34:19+	38:37+	40:54+	43:42+	49:38+	59:30+	64:43+	66:39+	68:37+	68:52+
01:48+	01:52+	03:26+	03:05+	07:16+	01:59-	01:01+	02:40+	07:00+	03:09+	01:03+	04:18+	02:17+	02:48+	05:56+	09:52+	05:13+	01:56-	01:58+	00:15+
00:23&	00:46&	01:29&	00:37#	02:55&	00:34-	00:26&	00:44&	01:15#	01:04&	00:27&	02:30@	00:32&	01:40@	01:53&	02:54&	01:57&	00:13-	00:28&	00:06&
<b>11</b>	<b>Hans Bø</b>	<b>66</b>	<b>1:09:11</b>																
03:37+	04:54+	09:02+	11:53+	17:38+	19:10+	20:02+	22:10+	31:58+	34:53+	35:42+	38:18+	40:31+	42:59+	48:27+	57:36+	63:54+	66:31+	68:55+	69:11+
03:37+	01:17+	04:08+	02:51+	05:45+	01:32-	00:52+	02:08+	09:48+	02:55+	00:49+	02:36+	02:13+	02:28+	05:28+	09:09+	06:18+	02:37+	02:24+	00:16+
02:12@	00:11#	02:11@	00:23#	01:24&	01:01-	00:17&	00:12#	04:03&	00:50&	00:13&	00:48&	00:28&	01:20@	01:25&	02:11&	03:02&	00:28#	00:54&	00:07&
<b>12</b>	<b>Ivar Knutsen</b>	<b>116</b>	<b>1:10:25</b>																
02:01+	03:54+	08:25+	10:58+	18:26+	21:00+	21:48+	24:13+	33:08+	36:30+	37:30+	40:24+	42:48+	44:20+	49:56+	59:26+	65:22+	68:00+	70:08+	70:25+
02:01+	01:53+	04:31+	02:33+	07:28+	02:34+	00:48+	02:25+	08:55+	03:22+	01:00+	02:54+	02:24+	01:32+	05:36+	09:30+	05:56+	02:38+	02:08+	00:17+
00:36&	00:47&	02:34@	00:05+	03:07&	00:01+	00:13&	00:29#	03:10&	01:17&	00:24&	01:06&	00:39&	00:24&	01:33&	02:32&	02:40&	00:29#	00:38&	00:08&
<b>13</b>	<b>Sturle Omdal</b>	<b>116</b>	<b>1:14:19</b>																
02:29+	03:29+	07:51+	09:58+	16:06+	17:21+	18:05+	20:05+	26:51+	29:05+	29:53+	32:13+	34:11+	35:39+	40:26+	65:14+	70:33+	72:28+	74:08+	74:19+
02:29+	01:00-	04:22+	02:07+	06:08+	01:15-	00:44+	02:00+	06:46+	02:14+	00:48+	02:20+	01:58+	01:28+	04:47+	24:48+	05:19+	01:55-	01:40+	00:11+
01:04&	00:06-	02:25@	00:21-	01:47&	01:18-	00:09&	00:04+	01:01#	00:09+	00:12&	00:32&	00:13#	00:20&	00:44#	17:50@	02:03&	00:14-	00:10#	00:02#
<b>14</b>	<b>Erling Mauland</b>	<b>83</b>	<b>1:15:37</b>																
01:52+	02:49+	06:43+	12:19+	18:09+	19:49+	20:27+	22:06+	36:31+	39:02+	39:47+	42:09+	44:06+	45:50+	50:18+	58:20+	71:05+	73:37+	75:24+	75:37+
01:52+	00:57-	03:54+	05:36+	05:50+	01:40-	00:38+	01:39-	14:25+	02:31+	00:45+	02:22+	01:57+	01:44+	04:28+	08:02+	12:45+	02:32+	01:47+	00:13+
00:27&	00:09-	01:57&	03:08@	01:29&	00:53-	00:03+	00:17-	08:40@	00:26#	00:09#	00:34&	00:12#	00:36&	00:25#	01:04#	09:29@	00:23#	00:17#	00:04&
<b>15</b>	<b>Knut Feldmann</b>	<b>93</b>	<b>1:17:09</b>																
01:59+	03:07+	12:30+	15:02+	24:17+	26:01+	26:54+	29:03+	38:49+	42:39+	43:29+	46:20+	48:32+	49:42+	55:27+	65:27+	72:33+	74:45+	76:51+	77:09+
01:59+	01:08+	09:23+	02:32+	09:15+	01:44-	00:53+	02:09+	09:46+	03:50+	00:50+	02:51+	02:12+	01:10+	05:45+	10:00+	07:06+	02:12+	02:06+	00:18+
00:34&	00:02+	07:26@	00:04+	04:54@	00:49-	00:18&	00:13#	04:01&	01:45&	00:14&	01:03&	00:27&	00:02+	01:42&	03:02&	03:50@	00:03+	00:36&	00:09&

Class	Navn	Klasse																Tid			
<b>16</b>	<b>Otto Alsnes</b>	<b>50</b>																<b>1:20:09</b>			
		01:50+	02:59+	11:11+	14:15+	23:34+	26:32+	27:22+	29:35+	36:07+	38:58+	39:57+	42:59+	45:03+	46:48+	51:17+	70:01+	75:18+	77:42+	79:54+	80:09+
		01:50+	01:09+	08:12+	03:04+	09:19+	02:58+	00:50+	02:13+	06:32+	02:51+	00:59+	03:02+	02:04+	01:45+	04:29+	18:44+	05:17+	02:24+	02:12+	00:15+
		00:25&	00:03+	06:15@	00:36#	04:58@	00:25#	00:15&	00:17#	00:47#	00:46&	00:23&	01:14&	00:19#	00:37&	00:26#	11:46@	02:01&	00:15#	00:42&	00:06&
<b>17</b>	<b>Tor Brekken</b>	<b>97</b>																<b>1:21:55</b>			
		02:47+	08:47+	10:59+	13:01+	20:56+	22:36+	23:26+	25:53+	32:46+	36:38+	37:32+	41:02+	43:44+	44:59+	51:21+	71:32+	76:34+	78:57+	81:40+	81:55+
		02:47+	06:00+	02:12+	02:02-	07:55+	01:40-	00:50+	02:27+	06:53+	03:52+	00:54+	03:30+	02:42+	01:15+	06:22+	20:11+	05:02+	02:23+	02:43+	00:15+
		01:22&	04:54@	00:15#	00:26-	03:34&	00:53-	00:15&	00:31&	01:08#	01:47&	00:18&	01:42&	00:57&	00:07#	02:19&	13:13@	01:46&	00:14#	01:13&	00:06&
<b>Beste strekktid for klassen</b>		01:24	00:43	01:47	01:57	04:21	01:06	00:35	01:26	05:44	02:05	00:36	01:48	01:23	00:56	03:40	06:58	03:16	01:24	01:30	00:09

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

## Herrer Ny

<b>1</b>	<b>Håvard Jektnes</b>	<b>111</b>																<b>49:57</b>				
		03:01=	03:41=	08:16=	12:27=	14:35=	16:43=	18:16=	21:22=	25:03=	35:35=	38:21=	49:23=	49:57=								
		03:01=	00:40=	04:35=	04:11=	02:08=	02:08=	01:33=	03:06=	03:41=	10:32=	02:46=	11:02=	00:34=								
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
<b>2</b>	<b>Frank Gulbrandsen</b>	<b>105</b>																<b>1:22:24</b>				
		06:06+	07:35+	13:13+	20:14+	23:56+	29:25+	32:21+	37:00+	44:17+	62:26+	67:07+	81:04+	82:24+								
		06:06+	01:29+	05:38+	07:01+	03:42+	05:29+	02:56+	04:39+	07:17+	18:09+	04:41+	13:57+	01:20+								
		03:05@	00:49@	01:03#	02:50&	01:34&	03:21@	01:23&	01:33&	03:36&	07:37&	01:55&	02:55&	00:46@								
<b>Beste strekktid for klassen</b>		03:01	00:40	04:35	04:11	02:08	02:08	01:33	03:06	03:41	10:32	02:46	11:02	00:34								

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

## Herrer Trim

<b>1</b>	<b>Asgeir Nærland</b>	<b>88</b>																<b>38:31</b>				
		01:07=	03:06=	07:20=	09:25=	13:43=	17:34=	20:47=	25:31=	27:38=	30:08=	31:49=	33:34=	35:49=	36:30=	37:56=	38:31=					
		01:07=	01:59=	04:14=	02:05=	04:18=	03:51=	03:13=	04:44=	02:07=	02:30=	01:41=	01:45=	02:15=	00:41=	01:26=	00:35=					
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Andreas Terjesen</b>	<b>213</b>																<b>44:25</b>				
		00:57-	02:54-	07:37+	10:02+	16:24+	20:19+	22:37+	28:09+	32:56+	35:25+	36:37+	37:55+	41:42+	42:45+	44:09+	44:25+					
		00:57-	01:57-	04:43+	02:25+	06:22+	03:55+	02:18-	05:32+	04:47+	02:29-	01:12-	01:18-	03:47+	01:03+	01:24-	00:16-					
		00:10-	00:02-	00:29#	00:20#	02:04&	00:04+	00:55-	00:48#	02:40@	00:01-	00:29-	00:27-	01:32&	00:22&	00:02-	00:19-					
<b>3</b>	<b>Martin Svensen</b>	<b>284</b>																<b>45:57</b>				
		00:58-	03:01-	07:02-	09:07-	12:34-	16:14-	18:43-	23:31-	28:26+	31:07+	32:25+	34:18+	43:24+	44:25+	45:47+	45:57+					
		00:58-	02:03+	04:01-	02:05=	03:27-	03:40-	02:29-	04:48+	04:55+	02:41+	01:18-	01:53+	09:06+	01:01+	01:22-	00:10-					
		00:09-	00:04+	00:13-	00:00=	00:51-	00:11-	00:44-	00:04+	02:48@	00:11+	00:23-	00:08+	06:51@	00:20&	00:04-	00:25-					
<b>4</b>	<b>Leif Jarle Skåra</b>	<b>29</b>																<b>49:36</b>				
		01:12+	03:48+	09:38+	11:53+	17:05+	22:18+	24:47+	30:57+	33:24+	36:25+	38:27+	41:42+	46:51+	47:40+	49:20+	49:36+					
		01:12+	02:36+	05:50+	02:15+	05:12+	05:13+	02:29-	06:10+	02:27+	03:01+	02:02+	03:15+	05:09+	00:49+	01:40+	00:16-					
		00:05+	00:37&	01:36&	00:10+	00:54#	01:22&	00:44-	01:26&	00:20#	00:31#	00:21#	01:30&	02:54@	00:08#	00:14#	00:19-					
<b>5</b>	<b>Oddgeir Nevland</b>	<b>51</b>																<b>51:47</b>				
		01:47+	04:08+	09:41+	13:12+	19:33+	23:18+	25:29+	32:40+	36:34+	41:31+	43:09+	45:04+	48:27+	49:54+	51:32+	51:47+					
		01:47+	02:21+	05:33+	03:31+	06:21+	03:45-	02:11-	07:11+	03:54+	04:57+	01:38-	01:55+	03:23+	01:27+	01:38+	00:15-					
		00:40&	00:22#	01:19&	01:26&	02:03&	00:06-	01:02-	02:27&	01:47&	02:27&	00:03-	00:10+	01:08&	00:46@	00:12#	00:20-					
<b>6</b>	<b>Jørgen Johnsen</b>	<b>167</b>																<b>51:50</b>				
		02:17+	05:49+	10:19+	12:43+	17:04+	21:48+	25:50+	31:47+	35:17+	39:57+	41:21+	43:56+	49:38+	50:22+	51:37+	51:50+					
		02:17+	03:32+	04:30+	02:24+	04:21+	04:44+	04:02+	05:57+	03:30+	04:40+	01:24-	02:35+	05:42+	00:44+	01:15-	00:13-					
		01:10@	01:33&	00:16+	00:19#	00:03+	00:53#	00:49&	01:13&	01:23&	02:10&	00:17-	00:50&	03:27@	00:03+	00:11-	00:22-					
<b>7</b>	<b>Einar Tønnesen</b>	<b>29</b>																<b>56:05</b>				
		01:31+	04:43+	11:31+	15:12+	20:47+	26:38+	29:24+	37:15+	40:25+	44:05+	46:52+	49:11+	52:20+	53:50+	55:45+	56:05+					
		01:31+	03:12+	06:48+	03:41+	05:35+	05:51+	02:46-	07:51+	03:10+	03:40+	02:47+	02:19+	03:09+	01:30+	01:55+	00:20-					
		00:24&	01:13&	02:34&	01:36&	01:17&	02:00&	00:27-	03:07&	01:03&	01:10&	01:06&	00:34&	00:54&	00:49@	00:29&	00:15-					

Class	Navn	Klasse										Tid			
<b>8</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>57:48</b>			
02:10+	05:24+	11:15+	14:24+	21:48+	26:17+	30:00+	36:48+	40:10+	44:28+	46:16+	49:03+	54:29+	55:25+	57:35+	57:48+
02:10+	03:14+	05:51+	03:09+	07:24+	04:29+	03:43+	06:48+	03:22+	04:18+	01:48+	02:47+	05:26+	00:56+	02:10+	00:13-
01:03&	01:15&	01:37&	01:04&	03:06&	00:38#	00:30#	02:04&	01:15&	01:48&	00:07+	01:02&	03:11@	00:15&	00:44&	00:22-
<b>9</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>										<b>58:13</b>			
01:43+	04:26+	09:59+	14:39+	20:10+	24:56+	29:36+	36:01+	38:59+	45:14+	47:04+	49:57+	55:17+	56:29+	57:57+	58:13+
01:43+	02:43+	05:33+	04:40+	05:31+	04:46+	04:40+	06:25+	02:58+	06:15+	01:50+	02:53+	05:20+	01:12+	01:28+	00:16-
00:36&	00:44&	01:19&	02:35@	01:13&	00:55#	01:27&	01:41&	00:51&	03:45@	00:09+	01:08&	03:05@	00:31&	00:02+	00:19-
<b>10</b>	<b>Rolf Folgerø</b>	<b>248</b>										<b>58:27</b>			
01:22+	04:11+	11:18+	14:12+	18:28+	24:02+	26:38+	32:46+	37:38+	42:03+	43:42+	45:44+	54:53+	56:11+	58:06+	58:27+
01:22+	02:49+	07:07+	02:54+	04:16-	05:34+	02:36-	06:08+	04:52+	04:25+	01:39-	02:02+	09:09+	01:18+	01:55+	00:21-
00:15#	00:50&	02:53&	00:49&	00:02-	01:43&	00:37-	01:24&	02:45@	01:55&	00:02-	00:17#	06:54@	00:37&	00:29&	00:14-
<b>11</b>	<b>Cato Bjerkeli</b>	<b>237</b>										<b>59:20</b>			
01:23+	08:58+	15:21+	18:15+	23:46+	28:45+	31:55+	39:52+	44:40+	48:34+	50:20+	52:53+	55:51+	57:19+	58:59+	59:20+
01:23+	07:35+	06:23+	02:54+	05:31+	04:59+	03:10-	07:57+	04:48+	03:54+	01:46+	02:33+	02:58+	01:28+	01:40+	00:21-
00:16#	05:36@	02:09&	00:49&	01:13&	01:08&	00:03-	03:13&	02:41@	01:24&	00:05+	00:48&	00:43&	00:47@	00:14#	00:14-
<b>12</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>59:29</b>			
01:10+	04:17+	09:59+	12:38+	21:33+	25:48+	31:30+	36:47+	43:21+	46:32+	47:35+	49:27+	56:53+	58:02+	59:19+	59:29+
01:10+	03:07+	05:42+	02:39+	08:55+	04:15+	05:42+	05:17+	06:34+	03:11+	01:03-	01:52+	07:26+	01:09+	01:17-	00:10-
00:03+	01:08&	01:28&	00:34&	04:37@	00:24#	02:29&	00:33#	04:27@	00:41&	00:38-	00:07+	05:11@	00:28&	00:09-	00:25-
<b>13</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>59:59</b>			
01:27+	05:00+	11:20+	14:11+	21:38+	26:02+	29:51+	36:47+	39:54+	44:18+	45:58+	48:38+	56:21+	57:13+	59:38+	59:59+
01:27+	03:33+	06:20+	02:51+	07:27+	04:24+	03:49+	06:56+	03:07+	04:24+	01:40-	02:40+	07:43+	00:52+	02:25+	00:21-
00:20&	01:34&	02:06&	00:46&	03:09&	00:33#	00:36#	02:12&	01:00&	01:54&	00:01-	00:55&	05:28@	00:11&	00:59&	00:14-
<b>14</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>1:00:41</b>			
02:01+	04:27+	09:31+	12:46+	20:00+	24:36+	27:22+	35:16+	41:02+	45:04+	46:33+	49:25+	54:19+	59:28+	60:26+	60:41+
02:01+	02:26+	05:04+	03:15+	07:14+	04:36+	02:46-	07:54+	05:46+	04:02+	01:29-	02:52+	04:54+	05:09+	00:58-	00:15-
00:54&	00:27#	00:50#	01:10&	02:56&	00:45#	00:27-	03:10&	03:39@	01:32&	00:12-	01:07&	02:39@	04:28@	00:28-	00:20-
<b>15</b>	<b>Jon Jakobsen</b>	<b>116</b>										<b>1:01:23</b>			
02:06+	04:53+	10:00+	13:25+	19:03+	26:42+	29:58+	39:54+	44:56+	49:24+	51:32+	54:06+	58:50+	59:56+	61:07+	61:23+
02:06+	02:47+	05:07+	03:25+	05:38+	07:39+	03:16+	09:56+	05:02+	04:28+	02:08+	02:34+	04:44+	01:06+	01:11-	00:16-
00:59&	00:48&	00:53#	01:20&	01:20&	03:48&	00:03+	05:12@	02:55@	01:58&	00:27&	00:49&	02:29@	00:25&	00:15-	00:19-
<b>16</b>	<b>Antal Jansen</b>	<b>115</b>										<b>1:01:28</b>			
01:07=	03:23+	07:38+	10:30+	16:31+	28:27+	32:58+	39:02+	48:44+	52:04+	53:30+	55:33+	59:23+	60:04+	61:15+	61:28+
01:07=	02:16+	04:15+	02:52+	06:01+	11:56+	04:31+	06:04+	09:42+	03:20+	01:26-	02:03+	03:50+	00:41=	01:11-	00:13-
00:00=	00:17#	00:01+	00:47&	01:43&	08:05@	01:18&	01:20&	07:35@	00:50&	00:15-	00:18#	01:35&	00:00=	00:15-	00:22-
<b>17</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>1:01:39</b>			
03:23+	07:06+	12:18+	16:49+	23:06+	28:11+	30:45+	37:06+	40:43+	44:16+	45:39+	47:41+	57:09+	58:29+	61:23+	61:39+
03:23+	03:43+	05:12+	04:31+	06:17+	05:05+	02:34-	06:21+	03:37+	03:33+	01:23-	02:02+	09:28+	01:20+	02:54+	00:16-
02:16@	01:44&	00:58#	02:26@	01:59&	01:14&	00:39-	01:37&	01:30&	01:03&	00:18-	00:17#	07:13@	00:39&	01:28@	00:19-
<b>18</b>	<b>Andreas Kristiansen</b>	<b>167</b>										<b>1:02:07</b>			
03:38+	06:18+	12:18+	16:12+	22:07+	28:46+	31:41+	39:20+	42:37+	46:17+	49:00+	51:27+	55:25+	57:24+	61:46+	62:07+
03:38+	02:40+	06:00+	03:54+	05:55+	06:39+	02:55-	07:39+	03:17+	03:40+	02:43+	02:27+	03:58+	01:59+	04:22+	00:21-
02:31@	00:41&	01:46&	01:49&	01:37&	02:48&	00:18-	02:55&	01:10&	01:10&	01:02&	00:42&	01:43&	01:18@	02:56@	00:14-
<b>19</b>	<b>Arne Hope</b>	<b>43</b>										<b>1:02:34</b>			
01:38+	04:59+	11:30+	14:32+	20:28+	26:16+	29:26+	37:35+	42:10+	47:07+	50:29+	53:24+	59:06+	60:24+	62:11+	62:34+
01:38+	03:21+	06:31+	03:02+	05:56+	05:48+	03:10-	08:09+	04:35+	04:57+	03:22+	02:55+	05:42+	01:18+	01:47+	00:23-
00:31&	01:22&	02:17&	00:57&	01:38&	01:57&	00:03-	03:25&	02:28@	02:27&	01:41&	01:10&	03:27@	00:37&	00:21#	00:12-
<b>20</b>	<b>Lasse Hellevik</b>	<b>168</b>										<b>1:04:07</b>			
01:30+	04:05+	16:24+	19:16+	24:29+	30:48+	34:23+	43:41+	48:51+	54:15+	55:25+	57:06+	60:25+	61:35+	63:48+	64:07+
01:30+	02:35+	12:19+	02:52+	05:13+	06:19+	03:35+	09:18+	05:10+	05:24+	01:10-	01:41-	03:19+	01:10+	02:13+	00:19-
00:23&	00:36&	08:05@	00:47&	00:55#	02:28&	00:22#	04:34&	03:03@	02:54@	00:31-	00:04-	01:04&	00:29&	00:47&	00:16-
<b>21</b>	<b>Reidar Haver</b>	<b>4</b>										<b>1:04:29</b>			
01:25+	04:33+	10:35+	16:46+	24:09+	29:25+	37:24+	44:02+	47:10+	51:17+	52:57+	55:33+	61:37+	62:32+	64:15+	64:29+
01:25+	03:08+	06:02+	06:11+	07:23+	05:16+	07:59+	06:38+	03:08+	04:07+	01:40-	02:36+	06:04+	00:55+	01:43+	00:14-
00:18&	01:09&	01:48&	04:06@	03:05&	01:25&	04:46@	01:54&	01:01&	01:37&	00:01-	00:51&	03:49@	00:14&	00:17#	00:21-
<b>22</b>	<b>Per Aspøy</b>	<b>117</b>										<b>1:04:30</b>			
01:24+	04:07+	09:02+	12:07+	17:48+	24:25+	29:05+	39:09+	42:45+	47:08+	49:15+	51:29+	61:01+	62:11+	64:00+	64:30+
01:24+	02:43+	04:55+	03:05+	05:41+	06:37+	04:40+	10:04+	03:36+	04:23+	02:07+	02:14+	09:32+	01:10+	01:49+	00:30-
00:17&	00:44&	00:41#	01:00&	01:23&	02:46&	01:27&	05:20@	01:29&	01:53&	00:26&	00:29&	07:17@	00:29&	00:23&	00:05-

Class	Navn	Klasse										Tid				
<b>23</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>										<b>1:05:10</b>				
01:47+	05:02+	11:19+	15:00+	21:02+	27:00+	30:01+	40:09+	45:49+	50:12+	51:51+	55:32+	62:06+	62:57+	64:54+	65:10+	
01:47+	03:15+	06:17+	03:41+	06:02+	05:58+	03:01-	10:08+	05:40+	04:23+	01:39-	03:41+	06:34+	00:51+	01:57+	00:16-	
00:40&	01:16&	02:03&	01:36&	01:44&	02:07&	00:12-	05:24@	03:33@	01:53&	00:02-	01:56@	04:19@	00:10#	00:31&	00:19-	
<b>24</b>	<b>Stig Ballestad</b>	<b>37</b>										<b>1:05:48</b>				
01:33+	04:55+	11:20+	17:30+	22:31+	26:47+	29:41+	43:55+	46:15+	53:28+	55:17+	57:44+	62:46+	64:01+	65:32+	65:48+	
01:33+	03:22+	06:25+	06:10+	05:01+	04:16+	02:54-	14:14+	02:20+	07:13+	01:49+	02:27+	05:02+	01:15+	01:31+	00:16-	
00:26&	01:23&	02:11&	04:05@	00:43#	00:25#	00:19-	09:30@	00:13#	04:43@	00:08+	00:42&	02:47@	00:34&	00:05+	00:19-	
<b>25</b>	<b>Ragnar Rossavik</b>	<b>109</b>										<b>1:06:34</b>				
01:09+	03:39+	08:33+	10:45+	24:32+	28:45+	31:16+	37:21+	43:50+	46:43+	49:13+	51:20+	63:10+	64:36+	66:19+	66:34+	
01:09+	02:30+	04:54+	02:12+	13:47+	04:13+	02:31-	06:05+	06:29+	02:53+	02:30+	02:07+	11:50+	01:26+	01:43+	00:15-	
00:02+	00:31&	00:40#	00:07+	09:29@	00:22+	00:42-	01:21&	04:22@	00:23#	00:49&	00:22#	09:35@	00:45@	00:17#	00:20-	
<b>26</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>1:06:55</b>				
03:58+	07:01+	11:52+	15:18+	24:40+	29:56+	32:47+	43:09+	48:49+	53:24+	55:03+	58:35+	64:08+	64:58+	66:36+	66:55+	
03:58+	03:03+	04:51+	03:26+	09:22+	05:16+	02:51-	10:22+	05:40+	04:35+	01:39-	03:32+	05:33+	00:50+	01:38+	00:19-	
02:51@	01:04&	00:37#	01:21&	05:04@	01:25&	00:22-	05:38@	03:33@	02:05&	00:02-	01:47@	03:18@	00:09#	00:12#	00:16-	
<b>27</b>	<b>Nikola Lazarevic</b>	<b>116</b>										<b>1:07:01</b>				
01:37+	05:09+	14:02+	17:27+	24:18+	31:58+	34:19+	44:06+	50:25+	54:32+	56:26+	59:08+	63:21+	64:50+	66:37+	67:01+	
01:37+	03:32+	08:53+	03:25+	06:51+	07:40+	02:21-	09:47+	06:19+	04:07+	01:54+	02:42+	04:13+	01:29+	01:47+	00:24-	
00:30&	01:33&	04:39@	01:20&	02:33&	03:49&	00:52-	05:03@	04:12@	01:37&	00:13#	00:57&	01:58&	00:48@	00:21#	00:11-	
<b>28</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>										<b>1:08:22</b>				
02:04+	05:45+	13:12+	16:49+	23:47+	30:17+	34:11+	42:25+	46:30+	51:55+	55:15+	58:20+	64:01+	65:23+	67:47+	68:22+	
02:04+	03:41+	07:27+	03:37+	06:58+	06:30+	03:54+	08:14+	04:05+	05:25+	03:20+	03:05+	05:41+	01:22+	02:24+	00:35=	
00:57&	01:42&	03:13&	01:32&	02:40&	02:39&	00:41#	03:30&	01:58&	02:55@	01:39&	01:20&	03:26@	00:41&	00:58&	00:00=	
<b>29</b>	<b>Falk Weihs</b>	<b>115</b>										<b>1:08:28</b>				
02:11+	04:58+	10:25+	13:22+	23:10+	28:35+	32:18+	42:27+	49:14+	54:35+	56:26+	59:56+	64:10+	65:32+	68:12+	68:28+	
02:11+	02:47+	05:27+	02:57+	09:48+	05:25+	03:43+	10:09+	06:47+	05:21+	01:51+	03:30+	04:14+	01:22+	02:40+	00:16-	
01:04&	00:48&	01:13&	00:52&	05:30@	01:34&	00:30#	05:25@	04:40@	02:51@	00:10+	01:45&	01:59&	00:41&	01:14&	00:19-	
<b>30</b>	<b>Robin Chalmers</b>	<b>165</b>										<b>1:08:39</b>				
02:21+	05:54+	11:22+	17:23+	22:09+	26:43+	29:54+	39:31+	48:12+	53:18+	54:51+	57:22+	65:06+	66:31+	68:24+	68:39+	
02:21+	03:33+	05:28+	06:01+	04:46+	04:34+	03:11-	09:37+	08:41+	05:06+	01:33-	02:31+	07:44+	01:25+	01:53+	00:15-	
01:14@	01:34&	01:14&	03:56@	00:28#	00:43#	00:02-	04:53@	06:34@	02:36@	00:08-	00:46&	05:29@	00:44@	00:27&	00:20-	
<b>31</b>	<b>Bruce Chalmers</b>	<b>165</b>										<b>1:09:35</b>				
02:55+	05:56+	11:00+	13:44+	19:13+	26:36+	28:54+	35:24+	50:49+	54:02+	55:31+	57:26+	66:08+	67:29+	69:18+	69:35+	
02:55+	03:01+	05:04+	02:44+	05:29+	07:23+	02:18-	06:30+	15:25+	03:13+	01:29-	01:55+	08:42+	01:21+	01:49+	00:17-	
01:48@	01:02&	00:50#	00:39&	01:11&	03:32&	00:55-	01:46&	13:18@	00:43&	00:12-	00:10+	06:27@	00:40&	00:23&	00:18-	
<b>32</b>	<b>Jan Knudsen</b>	<b>92</b>										<b>1:09:38</b>				
01:34+	05:01+	10:08+	13:32+	20:37+	26:33+	36:23+	47:11+	51:43+	58:20+	60:05+	62:24+	65:54+	67:36+	69:20+	69:38+	
01:34+	03:27+	05:07+	03:24+	07:05+	05:56+	09:50+	10:48+	04:32+	06:37+	01:45+	02:19+	03:30+	01:42+	01:44+	00:18-	
00:27&	01:28&	00:53#	01:19&	02:47&	02:05&	06:37@	06:04@	02:25@	04:07@	00:04+	00:34&	01:15&	01:01@	00:18#	00:17-	
<b>33</b>	<b>Steinar Amundsen</b>	<b>115</b>										<b>1:09:40</b>				
01:25+	04:31+	12:08+	15:10+	20:43+	26:53+	29:28+	35:37+	42:09+	46:00+	48:19+	55:00+	62:46+	66:54+	69:20+	69:40+	
01:25+	03:06+	07:37+	03:02+	05:33+	06:10+	02:35-	06:09+	06:32+	03:51+	02:19+	06:41+	07:46+	04:08+	02:26+	00:20-	
00:18&	01:07&	03:23&	00:57&	01:15&	02:19&	00:38-	01:25&	04:25@	01:21&	00:38&	04:56@	05:31@	03:27@	01:00&	00:15-	
<b>34</b>	<b>Nils Egil Lie</b>	<b>91</b>										<b>1:10:56</b>				
03:42+	06:59+	13:24+	16:25+	27:53+	33:36+	37:34+	44:16+	48:43+	52:52+	55:02+	57:21+	68:10+	69:19+	70:37+	70:56+	
03:42+	03:17+	06:25+	03:01+	11:28+	05:43+	03:58+	06:42+	04:27+	04:09+	02:10+	02:19+	10:49+	01:09+	01:18-	00:19-	
02:35@	01:18&	02:11&	00:56&	07:10@	01:52&	00:45#	01:58&	02:20@	01:39&	00:29&	00:34&	08:34@	00:28&	00:08-	00:16-	
<b>35</b>	<b>Rune Sunde</b>	<b>232</b>										<b>1:11:05</b>				
02:23+	05:33+	12:31+	16:13+	26:37+	31:55+	34:31+	42:57+	52:51+	57:29+	59:08+	61:28+	64:36+	69:23+	70:43+	71:05+	
02:23+	03:10+	06:58+	03:42+	10:24+	05:18+	02:36-	08:26+	09:54+	04:38+	01:39-	02:20+	03:08+	04:47+	01:20-	00:22-	
01:16@	01:11&	02:44&	01:37&	06:06@	01:27&	00:37-	03:42&	07:47@	02:08&	00:02-	00:35&	00:53&	04:06@	00:06-	00:13-	
<b>36</b>	<b>Paul Richard Carr</b>	<b>136</b>										<b>1:11:36</b>				
01:56+	07:14+	13:38+	16:33+	24:29+	30:33+	35:09+	42:07+	49:56+	54:58+	57:17+	60:25+	68:08+	69:20+	71:15+	71:36+	
01:56+	05:18+	06:24+	02:55+	07:56+	06:04+	04:36+	06:58+	07:49+	05:02+	02:19+	03:08+	07:43+	01:12+	01:55+	00:21-	
00:49&	03:19@	02:10&	00:50&	03:38&	02:13&	01:23&	02:14&	05:42@	02:32@	00:38&	01:23&	05:28@	00:31&	00:29&	00:14-	
<b>37</b>	<b>Trond Karlsen</b>	<b>29</b>										<b>1:11:36</b>				
01:39+	05:49+	18:20+	21:12+	32:20+	38:02+	40:50+	50:49+	55:34+	59:21+	62:11+	64:23+	68:28+	69:44+	71:21+	71:36+	
01:39+	04:10+	12:31+	02:52+	11:08+	05:42+	02:48-	09:59+	04:45+	03:47+	02:50+	02:12+	04:05+	01:16+	01:37+	00:15-	
00:32&	02:11@	08:17@	00:47&	06:50@	01:51&	00:25-	05:15@	02:38@	01:17&	01:09&	00:27&	01:50&	00:35&	00:11#	00:20-	

Class	Navn	Klasse										Tid			
<b>38</b>	<b>Einar Hinna</b>	<b>7</b>										<b>1:11:53</b>			
02:27+	06:08+	12:45+	17:05+	23:05+	32:02+	36:32+	45:27+	50:03+	53:48+	56:18+	59:37+	66:04+	67:25+	71:17+	71:53+
02:27+	03:41+	06:37+	04:20+	06:00+	08:57+	04:30+	08:55+	04:36+	03:45+	02:30+	03:19+	06:27+	01:21+	03:52+	00:36+
01:20@	01:42&	02:23&	02:15@	01:42&	05:06@	01:17&	04:11&	02:29@	01:15&	00:49&	01:34&	04:12@	00:40&	02:26@	00:01+
<b>39</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>1:12:20</b>			
03:26+	05:15+	09:25+	11:27+	22:01+	28:50+	31:02+	36:38+	49:09+	57:07+	58:24+	60:12+	67:17+	70:49+	72:08+	72:20+
03:26+	01:49-	04:10-	02:02-	10:34+	06:49+	02:12-	05:36+	12:31+	07:58+	01:17-	01:48+	07:05+	03:32+	01:19-	00:12-
02:19@	00:10-	00:04-	00:03-	06:16@	02:58&	01:01-	00:52#	10:24@	05:28@	00:24-	00:03+	04:50@	02:51@	00:07-	00:23-
<b>40</b>	<b>Eirik Dalane</b>	<b>200</b>										<b>1:12:26</b>			
01:36+	04:34+	10:31+	14:28+	21:14+	30:32+	33:30+	39:40+	51:45+	54:46+	56:45+	59:45+	68:30+	69:56+	72:05+	72:26+
01:36+	02:58+	05:57+	03:57+	06:46+	09:18+	02:58-	06:10+	12:05+	03:01+	01:59+	03:00+	08:45+	01:26+	02:09+	00:21-
00:29&	00:59&	01:43&	01:52&	02:28&	05:27@	00:15-	01:26&	09:58@	00:31#	00:18#	01:15&	06:30@	00:45@	00:43&	00:14-
<b>41</b>	<b>Tor Livar Flugsrud</b>	<b>98</b>										<b>1:14:40</b>			
01:41+	06:01+	14:04+	17:24+	24:15+	31:28+	34:32+	45:23+	49:05+	54:07+	56:22+	60:07+	68:51+	70:20+	74:13+	74:40+
01:41+	04:20+	08:03+	03:20+	06:51+	07:13+	03:04-	10:51+	03:42+	05:02+	02:15+	03:45+	08:44+	01:29+	03:53+	00:27-
00:34&	02:21@	03:49&	01:15&	02:33&	03:22&	00:09-	06:07@	01:35&	02:32@	00:34&	02:00@	06:29@	00:48@	02:27@	00:08-
<b>42</b>	<b>Sverre Uhlving</b>	<b>105</b>										<b>1:15:51</b>			
01:51+	06:20+	13:12+	17:33+	23:34+	32:41+	36:28+	50:09+	54:15+	59:34+	61:30+	65:27+	72:32+	73:43+	75:31+	75:51+
01:51+	04:29+	06:52+	04:21+	06:01+	09:07+	03:47+	13:41+	04:06+	05:19+	01:56+	03:57+	07:05+	01:11+	01:48+	00:20-
00:44&	02:30@	02:38&	02:16@	01:43&	05:16@	00:34#	08:57@	01:59&	02:49@	00:15#	02:12@	04:50@	00:30&	00:22&	00:15-
<b>43</b>	<b>Igor Muzdeka</b>	<b>74</b>										<b>1:20:19</b>			
03:23+	06:53+	13:51+	17:37+	24:15+	31:05+	35:16+	45:39+	53:48+	59:50+	62:41+	66:31+	76:50+	78:25+	80:03+	80:19+
03:23+	03:30+	06:58+	03:46+	06:38+	06:50+	04:11+	10:23+	08:09+	06:02+	02:51+	03:50+	10:19+	01:35+	01:38+	00:16-
02:16@	01:31&	02:44&	01:41&	02:20&	02:59&	00:58&	05:39@	06:02@	03:32@	01:10&	02:05@	08:04@	00:54@	00:12#	00:19-
<b>44</b>	<b>Vidar Gabrielsen</b>	<b>111</b>										<b>1:20:51</b>			
01:24+	04:33+	10:26+	15:15+	24:48+	36:05+	39:55+	50:51+	58:13+	61:52+	64:59+	67:33+	76:02+	78:35+	80:34+	80:51+
01:24+	03:09+	05:53+	04:49+	09:33+	11:17+	03:50+	10:56+	07:22+	03:39+	03:07+	02:34+	08:29+	02:33+	01:59+	00:17-
00:17&	01:10&	01:39&	02:44@	05:15@	07:26@	00:37#	06:12@	05:15@	01:09&	01:26&	00:49&	06:14@	01:52@	00:33&	00:18-
<b>45</b>	<b>Ommund Bakkevoid</b>	<b>68</b>										<b>1:21:50</b>			
01:58+	05:41+	13:52+	17:53+	26:19+	36:06+	40:07+	49:26+	58:55+	64:00+	66:00+	69:05+	77:35+	78:58+	81:25+	81:50+
01:58+	03:43+	08:11+	04:01+	08:26+	09:47+	04:01+	09:19+	09:29+	05:05+	02:00+	03:05+	08:30+	01:23+	02:27+	00:25-
00:51&	01:44&	03:57&	01:56&	04:08&	05:56@	00:48#	04:35&	07:22@	02:35@	00:19#	01:20&	06:15@	00:42@	01:01&	00:10-
<b>46</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>1:23:50</b>			
04:25+	08:11+	14:29+	24:36+	30:02+	41:15+	44:18+	53:12+	59:36+	66:56+	68:44+	71:18+	75:43+	81:55+	83:32+	83:50+
04:25+	03:46+	06:18+	10:07+	05:26+	11:13+	03:03-	08:54+	06:24+	07:20+	01:48+	02:34+	04:25+	06:12+	01:37+	00:18-
03:18@	01:47&	02:04&	08:02@	01:08&	07:22@	00:10-	04:10&	04:17@	04:50@	00:07+	00:49&	02:10&	05:31@	00:11#	00:17-
<b>47</b>	<b>Steinar Aase</b>	<b>268</b>										<b>1:27:15</b>			
06:15+	11:26+	18:26+	21:47+	31:13+	41:59+	45:49+	58:59+	64:22+	71:07+	73:36+	77:11+	81:45+	83:41+	86:55+	87:15+
06:15+	05:11+	07:00+	03:21+	09:26+	10:46+	03:50+	13:10+	05:23+	06:45+	02:29+	03:35+	04:34+	01:56+	03:14+	00:20-
05:08@	03:12@	02:46&	01:16&	05:08@	06:55@	00:37#	08:26@	03:16@	04:15@	00:48&	01:50@	02:19@	01:15@	01:48@	00:15-
<b>48</b>	<b>Arild Olsen</b>	<b>4</b>										<b>1:27:43</b>			
04:02+	07:32+	14:01+	17:21+	24:58+	30:34+	38:37+	48:57+	53:13+	58:44+	61:06+	77:08+	83:40+	85:36+	87:20+	87:43+
04:02+	03:30+	06:29+	03:20+	07:37+	05:36+	08:03+	10:20+	04:16+	05:31+	02:22+	16:02+	06:32+	01:56+	01:44+	00:23-
02:55@	01:31&	02:15&	01:15&	03:19&	01:45&	04:50@	05:36@	02:09@	03:01@	00:41&	14:17@	04:17@	01:15@	00:18#	00:12-
<b>49</b>	<b>Tor Arne Olsen</b>	<b>50</b>										<b>1:29:02</b>			
01:25+	04:33+	10:51+	13:51+	20:50+	26:27+	29:38+	36:35+	40:23+	44:31+	46:14+	69:57+	86:36+	87:23+	88:47+	89:02+
01:25+	03:08+	06:18+	03:00+	06:59+	05:37+	03:11-	06:57+	03:48+	04:08+	01:43+	23:43+	16:39+	00:47+	01:24-	00:15-
00:18&	01:09&	02:04&	00:55&	02:41&	01:46&	00:02-	02:13&	01:41&	01:38&	00:02+	21:58@	14:24@	00:06#	00:02-	00:20-
<b>50</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>1:33:38</b>			
02:15+	06:53+	14:06+	17:39+	26:07+	35:04+	38:28+	54:08+	61:02+	75:41+	78:08+	83:28+	88:19+	90:46+	93:14+	93:38+
02:15+	04:38+	07:13+	03:33+	08:28+	08:57+	03:24+	15:40+	06:54+	14:39+	02:27+	05:20+	04:51+	02:27+	02:28+	00:24-
01:08@	02:39@	02:59&	01:28&	04:10&	05:06@	00:11+	10:56@	04:47@	12:09@	00:46&	03:35@	02:36@	01:46@	01:02&	00:11-
<b>51</b>	<b>Finn Stangeland</b>	<b>93</b>										<b>1:34:03</b>			
02:04+	07:14+	14:59+	21:36+	30:08+	44:31+	50:02+	64:06+	68:55+	76:06+	79:13+	82:01+	90:15+	91:41+	93:39+	94:03+
02:04+	05:10+	07:45+	06:37+	08:32+	14:23+	05:31+	14:04+	04:49+	07:11+	03:07+	02:48+	08:14+	01:26+	01:58+	00:24-
00:57&	03:11@	03:31&	04:32@	04:14&	10:32@	02:18&	09:20@	02:42@	04:41@	01:26&	01:03&	05:59@	00:45@	00:32&	00:11-
<b>52</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>1:35:28</b>			
01:47+	12:55+	19:01+	21:50+	27:55+	32:50+	35:25+	42:56+	57:11+	71:21+	75:24+	78:13+	92:33+	93:47+	95:06+	95:28+
01:47+	11:08+	06:06+	02:49+	06:05+	04:55+	02:35-	07:31+	14:15+	14:10+	04:03+	02:49+	14:20+	01:14+	01:19-	00:22-
00:40&	09:09@	01:52&	00:44&	01:47&	01:04&	00:38-	02:47&	12:08@	11:40@	02:22@	01:04&	12:05@	00:33&	00:07-	00:13-

Class	Navn	Klasse														Tid
<b>53</b>	<b>Jon Grepstad</b>	<b>111</b>														<b>1:37:31</b>
06:29+	11:14+	20:42+	25:29+	32:56+	41:58+	46:19+	61:55+	67:32+	74:25+	77:53+	82:37+	92:30+	94:21+	97:03+	97:31+	
06:29+	04:45+	09:28+	04:47+	07:27+	09:02+	04:21+	15:36+	05:37+	06:53+	03:28+	04:44+	09:53+	01:51+	02:42+	00:28-	
05:22@	02:46@	05:14@	02:42@	03:09&	05:11@	01:08&	10:52@	03:30@	04:23@	01:47@	02:59@	07:38@	01:10@	01:16&	00:07-	
<b>54</b>	<b>Svein Inge Sævereid</b>	<b>126</b>														<b>1:41:36</b>
02:04+	06:28+	14:41+	21:52+	32:07+	41:05+	53:42+	66:27+	70:23+	78:49+	81:23+	85:23+	96:11+	98:00+	101:04+	101:36+	
02:04+	04:24+	08:13+	07:11+	10:15+	08:58+	12:37+	12:45+	03:56+	08:26+	02:34+	04:00+	10:48+	01:49+	03:04+	00:32-	
00:57&	02:25@	03:59&	05:06@	05:57@	05:07@	09:24@	08:01@	01:49&	05:56@	00:53&	02:15@	08:33@	01:08@	01:38@	00:03-	
<b>55</b>	<b>Arthur Christiansen</b>	<b>93</b>														<b>1:51:11</b>
02:56+	08:34+	20:38+	27:10+	37:59+	49:08+	53:56+	72:11+	77:05+	85:55+	89:26+	98:58+	104:37+	106:58+	110:24+	111:11+	
02:56+	05:38+	12:04+	06:32+	10:49+	11:09+	04:48+	18:15+	04:54+	08:50+	03:31+	09:32+	05:39+	02:21+	03:26+	00:47+	
01:49@	03:39@	07:50@	04:27@	06:31@	07:18@	01:35&	13:31@	02:47@	06:20@	01:50@	07:47@	03:24@	01:40@	02:00@	00:12&	
<b>56</b>	<b>Bjørn Olav Frøytlog Bjørnsen</b>	<b>235</b>														<b>1:54:16</b>
03:15+	09:30+	19:14+	23:41+	32:57+	42:25+	45:59+	68:37+	75:42+	93:31+	95:55+	98:31+	103:41+	105:09+	113:42+	114:16+	
03:15+	06:15+	09:44+	04:27+	09:16+	09:28+	03:34+	22:38+	07:05+	17:49+	02:24+	02:36+	05:10+	01:28+	08:33+	00:34-	
02:08@	04:16@	05:30@	02:22@	04:58@	05:37@	00:21#	17:54@	04:58@	15:19@	00:43&	00:51&	02:55@	00:47@	07:07@	00:01-	
<b>Beste strekktid for klassen</b>																
00:57	01:49	04:01	02:02	03:27	03:40	02:11	04:44	02:07	02:29	01:03	01:18	02:15	00:41	00:58	00:10	

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