

Damer 16 - 39 år

1	Silje Sundal	71	41:23											
02:22=	05:59=	09:52=	11:48=	14:31=	18:15=	18:58=	21:22=	23:34=	28:45=	30:49=	33:26=	35:08=	40:07=	41:23=
02:22=	03:37=	03:53=	01:56=	02:43=	03:44=	00:43=	02:24=	02:12=	05:11=	02:04=	02:37=	01:42=	04:59=	01:16=
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=

2	Anne Marie Gausel	105	46:40											
03:17+	06:57+	11:07+	13:17+	15:50+	18:27+	19:37+	22:52+	25:30+	31:55+	34:04+	36:44+	39:29+	45:32+	46:40+
03:17+	03:40+	04:10+	02:10+	02:33-	02:37-	01:10+	03:15+	02:38+	06:25+	02:09+	02:40+	02:45+	06:03+	01:08-
00:55&	00:03+	00:17+	00:14#	00:10-	01:07-	00:27&	00:51&	00:26#	01:14#	00:05+	00:03+	01:03&	01:04#	00:08-

3	Kari Borgen	62	47:55											
03:09+	07:25+	11:55+	15:40+	18:01+	20:16+	21:28+	24:16+	27:12+	32:54+	34:57+	39:32+	41:43+	46:43+	47:55+
03:09+	04:16+	04:30+	03:45+	02:21-	02:15-	01:12+	02:48+	02:56+	05:42+	02:03-	04:35+	02:11+	05:00+	01:12-
00:47&	00:39#	00:17+	00:14#	00:22-	01:29-	00:29&	00:24#	00:44&	00:31+	00:01-	01:58&	00:29&	00:01+	00:04-

4	Anne M. Enne Haug	117	48:44											
02:21-	06:42+	11:22+	14:57+	17:15+	19:12+	20:20+	23:10+	25:31+	32:11+	34:42+	37:16+	42:20+	47:51+	48:44+
02:21-	04:21+	04:40+	03:35+	02:18-	01:57-	01:08+	02:50+	02:21+	06:40+	02:31+	02:34-	05:04+	05:31+	00:53-
00:01-	00:44#	00:47#	01:39&	00:25-	01:47-	00:25&	00:26#	00:09+	01:29&	00:27#	00:03-	03:22@	00:32#	00:23-

5	Heidi Martby	88	58:26											
02:23+	06:51+	12:12+	15:23+	19:04+	22:01+	23:36+	27:04+	31:10+	40:31+	44:17+	48:50+	51:41+	57:24+	58:26+
02:23+	04:28+	05:21+	03:11+	03:41+	02:57-	01:35+	03:28+	04:06+	09:21+	03:46+	04:33+	02:51+	05:43+	01:02-
00:01+	00:51#	01:28&	01:15&	00:58&	00:47-	00:52@	01:04&	01:54&	04:10&	01:42&	01:56&	01:09&	00:44#	00:14-

6	Agnes Selma Haker	115	59:43											
04:26+	08:00+	12:27+	14:24+	17:22+	20:06+	29:11+	32:13+	35:20+	41:30+	43:59+	49:24+	52:18+	58:04+	59:43+
04:26+	03:34-	04:27+	01:57+	02:58+	02:44-	09:05+	03:02+	03:07+	06:10+	02:29+	05:25+	02:54+	05:46+	01:39+
02:04&	00:03-	00:34#	00:01+	00:15+	01:00-	08:22@	00:38&	00:55&	00:59#	00:25#	02:48@	01:12&	00:47#	00:23&

7	Kine Strømstad	109	1:00:50											
02:52+	09:35+	15:37+	18:44+	23:26+	26:28+	29:15+	33:52+	38:06+	44:40+	47:29+	50:55+	53:19+	59:12+	60:50+
02:52+	06:43+	06:02+	03:07+	04:42+	03:02-	02:47+	04:37+	04:14+	06:34+	02:49+	03:26+	02:24+	05:53+	01:38+
00:30#	03:06&	02:09&	01:11&	01:59&	00:42-	02:04@	02:13&	02:02&	01:23&	00:45&	00:49&	00:42&	00:54#	00:22&

8	Wibeke Lende	74	1:08:34											
02:35+	06:03+	20:50+	23:03+	25:51+	28:43+	29:35+	33:56+	37:01+	43:36+	48:22+	56:56+	59:32+	66:36+	68:34+
02:35+	03:28-	14:47+	02:13+	02:48+	02:52-	00:52+	04:21+	03:05+	06:35+	04:46+	08:34+	02:36+	07:04+	01:58+
00:13+	00:09-	10:54@	00:17#	00:05+	00:52-	00:09#	01:57&	00:53&	01:24&	02:42@	05:57@	00:54&	02:05&	00:42&

9	Ingunn Bergheim Landsnes	74	1:10:11											
03:41+	07:53+	16:10+	19:44+	24:46+	29:37+	30:41+	34:51+	38:08+	44:42+	49:11+	58:02+	60:54+	68:20+	70:11+
03:41+	04:12+	08:17+	03:34+	05:02+	04:51+	01:04+	04:10+	03:17+	06:34+	04:29+	08:51+	02:52+	07:26+	01:51+
01:19&	00:35#	04:24@	01:38&	02:19&	01:07&	00:21&	01:46&	01:05&	01:23&	02:25@	06:14@	01:10&	02:27&	00:35&

10	Nithya Mohan	136	1:54:55											
08:07+	19:48+	30:09+	34:51+	41:00+	45:30+	49:41+	57:19+	69:17+	82:52+	87:52+	96:49+	102:03+	111:27+	114:55+
08:07+	11:41+	10:21+	04:42+	06:09+	04:30+	04:11+	07:38+	11:58+	13:35+	05:00+	08:57+	05:14+	09:24+	03:28+
05:45@	08:04@	06:28@	02:46@	03:26@	00:46#	03:28@	05:14@	09:46@	08:24@	02:56@	06:20@	03:32@	04:25&	02:12@

Beste strekketid for klassen

02:21 03:28 03:53 01:56 02:18 01:57 00:43 02:24 02:12 05:11 02:03 02:34 01:42 04:59 00:53

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

Damer 40 - 49 år

1	Mariann Sveinsvoll	94	53:46											
02:41=	07:30=	12:02=	15:07=	18:19=	24:11=	25:18=	28:01=	30:56=	37:53=	39:55=	43:21=	46:26=	52:14=	53:46=
02:41=	04:49=	04:32=	03:05=	03:12=	05:52=	01:07=	02:43=	02:55=	06:57=	02:02=	03:26=	03:05=	05:48=	01:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Margrethe Roalsø	93	56:38												
02:32-	06:07-	10:53-	13:10-	16:44-	20:01-	23:20-	24:10-	30:35-	33:10-	40:26+	43:06-	46:00-	49:20-	55:14+	56:38+
02:32-	03:35-	04:46+	02:17-	03:34+	03:17-	03:19+	00:50-	06:25+	02:35-	07:16+	02:40-	02:54-	03:20-	05:54+	01:24+
00:09-	01:14-	00:14+	00:48-	00:22#	02:35-	02:12@	01:53-	03:30@	04:22-	05:14@	00:46-	00:11-	02:28-	04:22@	01:24+

Class	Navn	Klasse										Tid				
3	Hilde Frøylog Karlsen	235										1:01:42				
	03:38+	08:08+	14:14+	16:31+	20:09+	23:05-	25:21+	30:10+	33:32+	42:07+	44:42+	49:21+	52:51+	59:51+	61:42+	
	03:38+	04:30-	06:06+	02:17-	03:38+	02:56-	02:16+	04:49+	03:22+	08:35+	02:35+	04:39+	03:30+	07:00+	01:51+	
	00:57&	00:19-	01:34&	00:48-	00:26#	02:56-	01:09@	02:06&	00:27#	01:38#	00:33&	01:13&	00:25#	01:12#	00:19#	
4	Nina Svensen	2										1:05:04				
	02:56+	07:08-	14:21+	18:56+	21:45+	24:12+	26:37+	30:53+	34:05+	43:29+	48:01+	52:12+	57:48+	63:36+	65:04+	
	02:56+	04:12-	07:13+	04:35+	02:49-	02:27-	02:25+	04:16+	03:12+	09:24+	04:32+	04:11+	05:36+	05:48=	01:28-	
	00:15+	00:37-	02:41&	01:30&	00:23-	03:25-	01:18@	01:33&	00:17+	02:27&	02:30@	00:45#	02:31&	00:00=	00:04-	
5	Linda Mari Vestvik	62										1:06:43				
	01:58-	06:57-	18:18+	19:51+	23:07+	27:35+	28:54+	33:34+	35:58+	47:24+	50:36+	56:40+	59:51+	65:29+	66:43+	
	01:58-	04:59+	11:21+	01:33-	03:16+	04:28-	01:19+	04:40+	02:24-	11:26+	03:12+	06:04+	03:11+	05:38-	01:14-	
	00:43-	00:10+	06:49@	01:32-	00:04+	01:24-	00:12#	01:57&	00:31-	04:29&	01:10&	02:38&	00:06+	00:10-	00:18-	
6	Tove Irene Asheim	116										1:13:02				
	05:20+	10:32+	17:28+	20:53+	24:49+	28:26+	34:08+	38:12+	41:39+	51:16+	54:24+	58:42+	63:59+	71:10+	73:02+	
	05:20+	05:12+	06:56+	03:25+	03:56+	03:37-	05:42+	04:04+	03:27+	09:37+	03:08+	04:18+	05:17+	07:11+	01:52+	
	02:39&	00:23+	02:24&	00:20#	00:44#	02:15-	04:35@	01:21&	00:32#	02:40&	01:06&	00:52&	02:12&	01:23#	00:20#	
7	Randi Roth	68										1:18:07				
	04:22+	11:05+	17:16+	20:54+	25:03+	28:10+	30:00+	35:03+	40:23+	50:46+	54:41+	59:05+	64:58+	76:03+	78:07+	
	04:22+	06:43+	06:11+	03:38+	04:09+	03:07-	01:50+	05:03+	05:20+	10:23+	03:55+	04:24+	05:53+	11:05+	02:04+	
	01:41&	01:54&	01:39&	00:33#	00:57&	02:45-	00:43&	02:20&	02:25&	03:26&	01:53&	00:58&	02:48&	05:17&	00:32&	
Beste strekktid for klassen																
	01:58	03:35	04:32	01:33	02:49	02:27	01:07	00:50	02:24	02:35	02:02	02:40	02:54	03:20	01:14	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
Damer 50 - 59 år																
1	Ingrid Eik	88										45:15				
	02:19=	04:35=	08:14=	14:40=	15:59=	17:35=	20:08=	24:03=	25:20=	30:51=	35:08=	37:46=	39:28=	42:16=	44:15=	45:15=
	02:19=	02:16=	03:39=	06:26=	01:19=	01:36=	02:33=	03:55=	01:17=	05:31=	04:17=	02:38=	01:42=	02:48=	01:59=	01:00=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingunn Voilås	29										51:19				
	03:58+	06:41+	09:38+	17:19+	18:49+	20:44+	23:24+	27:55+	29:06+	33:30+	38:51+	41:09+	44:38+	47:12+	49:49+	51:19+
	03:58+	02:43+	02:57-	07:41+	01:30+	01:55+	02:40+	04:31+	01:11-	04:24-	05:21+	02:18-	03:29+	02:34-	02:37+	01:30+
	01:39&	00:27#	00:42-	01:15#	00:11#	00:19#	00:07+	00:36#	00:06-	01:07-	01:04#	00:20-	01:47@	00:14-	00:38&	00:30&
3	Marit Karin Nygård	92										54:08				
	02:38+	05:01+	08:04-	15:47+	17:19+	19:26+	22:42+	27:00+	28:33+	33:48+	37:58+	40:59+	44:39+	49:51+	52:45+	54:08+
	02:38+	02:23+	03:03-	07:43+	01:32+	02:07+	03:16+	04:18+	01:33+	05:15-	04:10-	03:01+	03:40+	05:12+	02:54+	01:23+
	00:19#	00:07+	00:36-	01:17#	00:13#	00:31&	00:43&	00:23+	00:16#	00:16-	00:07-	00:23#	01:58@	02:24&	00:55&	00:23&
4	Helene Espedal-Selvåg	116										56:51				
	03:40+	06:55+	09:32+	16:37+	17:43+	19:26+	21:49+	25:05+	28:06+	34:01+	37:56+	41:54+	43:27+	52:57+	55:28+	56:51+
	03:40+	03:15+	02:37-	07:05+	01:06-	01:43+	02:23-	03:16-	03:01+	05:55+	03:55-	03:58+	01:33-	09:30+	02:31+	01:23+
	01:21&	00:59&	01:02-	00:39#	00:13-	00:07+	00:10-	00:39-	01:44@	00:24+	00:22-	01:20&	00:09-	06:42@	00:32&	00:23&
5	Anne-Siv Gjertsen	27										58:38				
	02:54+	05:47+	09:24+	24:21+	25:12+	27:21+	30:26+	36:09+	37:30+	43:16+	47:47+	50:00+	52:06+	54:34+	57:09+	58:38+
	02:54+	02:53+	03:37-	14:57+	00:51-	02:09+	03:05+	05:43+	01:21+	05:46+	04:31+	02:13-	02:06+	02:28-	02:35+	01:29+
	00:35&	00:37&	00:02-	08:31@	00:28-	00:33&	00:32#	01:48&	00:04+	00:15+	00:14+	00:25-	00:24#	00:20-	00:36&	00:29&
6	Ane Kristine Rostrup	92										1:01:51				
	02:21+	12:50+	15:33+	25:14+	26:37+	29:13+	32:16+	36:03+	37:31+	44:32+	48:11+	50:36+	52:27+	57:33+	60:12+	61:51+
	02:21+	10:29+	02:43-	09:41+	01:23+	02:36+	03:03+	03:47-	01:28+	07:01+	03:39-	02:25-	01:51+	05:06+	02:39+	01:39+
	00:02+	08:13@	00:56-	03:15&	00:04+	01:00&	00:30#	00:08-	00:11#	01:30&	00:38-	00:13-	00:09+	02:18&	00:40&	00:39&
7	Kristin Skadsem	18										1:07:41				
	03:05+	06:06+	09:48+	21:41+	23:09+	25:15+	28:21+	44:11+	45:31+	51:24+	55:58+	58:32+	60:43+	63:14+	66:12+	67:41+
	03:05+	03:01+	03:42+	11:53+	01:28+	02:06+	03:06+	15:50+	01:20+	05:53+	04:34+	02:34-	02:11+	02:31-	02:58+	01:29+
	00:46&	00:45&	00:03+	05:27&	00:09#	00:30&	00:33#	11:55@	00:03+	00:22+	00:17+	00:04-	00:29&	00:17-	00:59&	00:29&
8	Målfrid Bjerkeli	237										1:11:06				
	04:27+	08:05+	12:52+	23:22+	26:30+	29:43+	33:37+	42:11+	43:11+	49:10+	54:34+	59:46+	61:51+	66:23+	69:52+	71:06+
	04:27+	03:38+	04:47+	10:30+	03:08+	03:13+	03:54+	08:34+	01:00-	05:59+	05:24+	05:12+	02:05+	04:32+	03:29+	01:14+
	02:08&	01:22&	01:08&	04:04&	01:49@	01:37@	01:21&	04:39@	00:17-	00:28+	01:07&	02:34&	00:23#	01:44&	01:30&	00:14#

Class	Navn	Klasse														Tid			
9	Rowena Naile	42														1:15:13			
03:33+	05:46+	12:26+	37:54+	40:48+	43:25+	46:22+	51:02+	52:30+	57:54+	62:29+	66:41+	68:29+	70:46+	73:29+	75:13+				
03:33+	02:13-	06:40+	25:28+	02:54+	02:37+	02:57+	04:40+	01:28+	05:24-	04:35+	04:12+	01:48+	02:17-	02:43+	01:44+				
01:14&	00:03-	03:01&	19:02@	01:35@	01:01&	00:24#	00:45#	00:11#	00:07-	00:18+	01:34&	00:06+	00:31-	00:44&	00:44&				
10	Brit Vivian Meling	116														1:35:27			
04:00+	07:05+	12:25+	28:13+	30:45+	32:57+	37:35+	46:03+	47:34+	61:05+	78:20+	82:37+	85:04+	88:25+	93:41+	95:27+				
04:00+	03:05+	05:20+	15:48+	02:32+	02:12+	04:38+	08:28+	01:31+	13:31+	17:15+	04:17+	02:27+	03:21+	05:16+	01:46+				
01:41&	00:49&	01:41&	09:22@	01:13&	00:36&	02:05&	04:33@	00:14#	08:00@	12:58@	01:39&	00:45&	00:33#	03:17@	00:46&				
Beste strekktid for klassen																			
02:19	02:13	02:37	06:26	00:51	01:36	02:23	03:16	01:00	04:24	03:39	02:13	01:33	02:17	01:59	01:00				

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

Damer 60 - 64 år

1	Eli Frafjord	94														56:58			
03:19=	05:57=	09:17=	18:22=	20:36=	23:11=	26:23=	30:43=	32:46=	38:06=	42:21=	44:59=	47:28=	53:07=	55:29=	56:58=				
03:19=	02:38=	03:20=	09:05=	02:14=	02:35=	03:12=	04:20=	02:03=	05:20=	04:15=	02:38=	02:29=	05:39=	02:22=	01:29=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Hanna S. Lomeland	47														1:00:17			
04:22+	08:19+	11:48+	22:18+	24:04+	26:49+	29:57+	34:26+	36:33+	41:46+	46:54+	49:41+	52:51+	55:50+	58:36+	60:17+				
04:22+	03:57+	03:29+	10:30+	01:46-	02:45+	03:08-	04:29+	02:07+	05:13-	05:08+	02:47+	03:10+	02:59-	02:46+	01:41+				
01:03&	01:19&	00:09+	01:25#	00:28-	00:10+	00:04-	00:09+	00:04+	00:07-	00:53#	00:09+	00:41&	02:40-	00:24#	00:12#				
3	Kari Blixhavn	228														1:14:58			
04:19+	07:53+	12:24+	25:44+	28:15+	32:28+	37:40+	43:22+	45:17+	51:43+	56:56+	60:47+	65:20+	69:50+	73:09+	74:58+				
04:19+	03:34+	04:31+	13:20+	02:31+	04:13+	05:12+	05:42+	01:55-	06:26+	05:13+	03:51+	04:33+	04:30-	03:19+	01:49+				
01:00&	00:56&	01:11&	04:15&	00:17#	01:38&	02:00&	01:22&	00:08-	01:06#	00:58#	01:13&	02:04&	01:09-	00:57&	00:20#				
4	Wenche Anda Haarr	92														1:24:59			
04:02+	07:43+	12:31+	24:57+	26:59+	29:16+	36:38+	44:05+	45:39+	57:04+	67:23+	70:40+	73:53+	79:20+	82:42+	84:59+				
04:02+	03:41+	04:48+	12:26+	02:02-	02:17-	07:22+	07:27+	01:34-	11:25+	10:19+	03:17+	03:13+	05:27-	03:22+	02:17+				
00:43#	01:03&	01:28&	03:21&	00:12-	00:18-	04:10@	03:07&	00:29-	06:05@	06:04@	00:39#	00:44&	00:12-	01:00&	00:48&				
Beste strekktid for klassen																			
03:19	02:38	03:20	09:05	01:46	02:17	03:08	04:20	01:34	05:13	04:15	02:38	02:29	02:59	02:22	01:29				

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54														1:11:33			
04:19=	07:27=	11:54=	21:28=	23:15=	25:27=	29:16=	35:16=	37:13=	42:30=	47:43=	51:15=	53:43=	66:12=	69:46=	71:33=				
04:19=	03:08=	04:27=	09:34=	01:47=	02:12=	03:49=	06:00=	01:57=	05:17=	05:13=	03:32=	02:28=	12:29=	03:34=	01:47=				
00:00=	00:00=	00:00=	00:00=	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	Margaret Malmin	105														1:46:04			
05:10+	16:47+	22:11+	35:56+	38:21+	42:37+	47:28+	56:04+	59:06+	69:31+	79:48+	83:31+	87:45+	97:46+	103:09+	106:04+				
05:10+	11:37+	05:24+	13:45+	02:25+	04:16+	04:51+	08:36+	03:02+	10:25+	10:17+	03:43+	04:14+	10:01-	05:23+	02:55+				
00:51#	08:29@	00:57#	04:11&	00:38&	02:04&	01:02&	02:36&	01:05&	05:08&	05:04&	00:11+	01:46&	02:28-	01:49&	01:08&				
3	Aslaug Lura	94														1:48:02			
04:00-	08:04+	13:36+	29:33+	32:21+	35:11+	41:41+	50:46+	52:22+	60:25+	68:13+	75:35+	80:49+	87:59+	105:14+	108:02+				
04:00-	04:04+	05:32+	15:57+	02:48+	02:50+	06:30+	09:05+	01:36-	08:03+	07:48+	07:22+	05:14+	07:10-	17:15+	02:48+				
00:19-	00:56&	01:05#	06:23&	01:01&	00:38&	02:41&	03:05&	00:21-	02:46&	02:35&	03:50@	02:46@	05:19-	13:41@	01:01&				
Beste strekktid for klassen																			
04:00	03:08	04:27	09:34	01:47	02:12	03:49	06:00	01:36	05:17	05:13	03:32	02:28	07:10	03:34	01:47				

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

Damer 70 - 74 år

Class	Navn	Klasse	Tid												
1	Gry V. Thengs	68	52:28												
02:46=	05:43=	10:14=	18:45=	20:09=	22:25=	25:39=	30:17=	31:39=	37:07=	41:18=	43:46=	45:58=	48:32=	51:04=	52:28=
02:46=	02:57=	04:31=	08:31=	01:24=	02:16=	03:14=	04:38=	01:22=	05:28=	04:11=	02:28=	02:12=	02:34=	02:32=	01:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Haldis Glendrange	68	57:57												
03:37+	06:38+	10:25+	21:05+	22:50+	25:19+	29:25+	35:06+	36:32+	42:26+	46:34+	48:56+	51:30+	53:48+	56:22+	57:57+
03:37+	03:01+	03:47-	10:40+	01:45+	02:29+	04:06+	05:41+	01:26+	05:54+	04:08-	02:22-	02:34+	02:18-	02:34+	01:35+
00:51&	00:04+	00:44-	02:09&	00:21#	00:13+	00:52&	01:03#	00:04+	00:26+	00:03-	00:06-	00:22#	00:16-	00:02+	00:11#

3	Helga Klausen	62	1:00:52												
03:54+	07:30+	11:43+	22:53+	25:00+	27:07+	30:29+	35:36+	37:39+	42:57+	47:53+	51:18+	53:42+	56:38+	59:18+	60:52+
03:54+	03:36+	04:13-	11:10+	02:07+	02:07-	03:22+	05:07+	02:03+	05:18-	04:56+	03:25+	02:24+	02:56+	02:40+	01:34+
01:08&	00:39#	00:18-	02:39&	00:43&	00:09-	00:08+	00:29#	00:41&	00:10-	00:45#	00:57&	00:12+	00:22#	00:08+	00:10#

4	Turid Nystrøm	68	1:08:57												
03:06+	06:48+	13:11+	24:13+	26:31+	28:41+	32:33+	38:02+	40:15+	47:15+	52:25+	55:40+	58:18+	63:42+	67:10+	68:57+
03:06+	03:42+	06:23+	11:02+	02:18+	02:10-	03:52+	05:29+	02:13+	07:00+	05:10+	03:15+	02:38+	05:24+	03:28+	01:47+
00:20#	00:45&	01:52&	02:31&	00:54&	00:06-	00:38#	00:51#	00:51&	01:32&	00:59#	00:47&	00:26#	02:50@	00:56&	00:23&

5	Helga Aaslid	54	1:10:41												
04:31+	07:05+	11:03+	20:36+	22:21+	24:37+	28:29+	34:11+	36:13+	41:41+	46:51+	50:25+	52:51+	65:19+	68:56+	70:41+
04:31+	02:34-	03:58-	09:33+	01:45+	02:16=	03:52+	05:42+	02:02+	05:28=	05:10+	03:34+	02:26+	12:28+	03:37+	01:45+
01:45&	00:23-	00:33-	01:02#	00:21#	00:00=	00:38#	01:04#	00:40&	00:00=	00:59#	01:06&	00:14#	09:54@	01:05&	00:21#

Beste strekktid for klassen															
02:46	02:34	03:47	08:31	01:24	02:07	03:14	04:38	01:22	05:18	04:08	02:22	02:12	02:18	02:32	01:24

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	59:14												
03:44=	07:17=	10:38=	21:08=	22:40=	25:12=	28:46=	33:32=	35:36=	41:02=	45:49=	49:25=	51:56=	54:47=	57:39=	59:14=
03:44=	03:33=	03:21=	10:30=	01:32=	02:32=	03:34=	04:46=	02:04=	05:26=	04:47=	03:36=	02:31=	02:51=	02:52=	01:35=
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=

2	Berit Ebbell Olsen	68	1:21:29												
04:55+	08:41+	13:47+	29:33+	32:03+	37:56+	43:45+	48:54+	51:16+	58:12+	63:49+	67:13+	70:34+	76:06+	79:40+	81:29+
04:55+	03:46+	05:06+	15:46+	02:30+	05:53+	05:49+	05:09+	02:22+	06:56+	05:37+	03:24-	03:21+	05:32+	03:34+	01:49+
01:11&	00:13+	01:45&	05:16&	00:58&	03:21@	02:15&	00:23+	00:18#	01:30&	00:50#	00:12-	00:50&	02:41&	00:42#	00:14#

Beste strekktid for klassen															
03:44	03:33	03:21	10:30	01:32	02:32	03:34	04:46	02:04	05:26	04:47	03:24	02:31	02:51	02:52	01:35

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

Damer A

1	Janne Tjørhom Aasheim	93	40:32														
00:38=	04:36=	05:36=	09:46=	10:47=	17:16=	18:56=	20:09=	24:35=	27:20=	28:19=	31:59=	34:22=	34:57=	36:36=	37:55=	39:28=	40:32=
00:38=	03:58=	01:00=	04:10=	01:01=	06:29=	01:40=	01:13=	04:26=	02:45=	00:59=	03:40=	02:23=	00:35=	01:39=	01:19=	01:33=	01:04=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Aud Hognestad Taksdal	92	41:35														
00:35-	04:26-	05:35-	09:47+	10:58+	17:36+	19:02+	20:09=	24:11-	26:53-	28:06-	30:55-	34:30+	35:06+	36:44+	38:04+	40:45+	41:35+
00:35-	03:51-	01:09+	04:12+	01:11+	06:38+	01:26-	01:07-	04:02-	02:42-	01:13+	02:49-	03:35+	00:36+	01:38-	01:20+	02:41+	00:50-
00:03-	00:07-	00:09#	00:02+	00:10#	00:09+	00:14-	00:06-	00:24-	00:03-	00:14#	00:51-	01:12&	00:01+	00:01-	00:01+	01:08&	00:14-

3	Inger Tone Nygård	29	46:13														
00:41+	04:43+	06:02+	11:13+	12:33+	20:28+	22:01+	23:21+	28:10+	30:59+	32:01+	35:21+	38:26+	39:09+	40:59+	42:27+	45:17+	46:13+
00:41+	04:02+	01:19+	05:11+	01:20+	07:55+	01:33-	01:20+	04:49+	02:49+	01:02+	03:20-	03:05+	00:43+	01:50+	01:28+	02:50+	00:56-
00:03+	00:04+	00:19&	01:01#	00:19&	01:26#	00:07-	00:07+	00:23+	00:04+	00:03+	00:20-	00:42&	00:08#	00:11#	00:09#	01:17&	00:08-

4	Maira Andersone	93	1:03:16														
00:44+	06:18+	07:47+	13:46+	15:26+	25:51+	28:28+	30:30+	37:11+	41:15+	42:39+	47:03+	53:46+	54:39+	57:05+	59:17+	61:47+	63:16+
00:44+	05:34+	01:29+	05:59+	01:40+	10:25+	02:37+	02:02+	06:41+	04:04+	01:24+	04:24+	06:43+	00:53+	02:26+	02:12+	02:30+	01:29+
00:06#	01:36&	00:29&	01:49&	00:39&	03:56&	00:57&	00:49&	02:15&	01:19&	00:25&	00:44#	04:20@	00:18&	00:47&	00:53&	00:57&	00:25&

Beste strekktid for klassen

00:35 03:51 01:00 04:10 01:01 06:29 01:26 01:07 04:02 02:42 00:59 02:49 02:23 00:35 01:38 01:19 01:33 00:50

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

Damer B

1	Hilde Nordbø	93	53:32														
00:56=	05:53=	07:41=	12:22=	13:42=	22:47=	24:27=	26:08=	31:40=	35:18=	36:34=	40:10=	45:31=	46:28=	48:25=	50:20=	52:31=	53:32=
00:56=	04:57=	01:48=	04:41=	01:20=	09:05=	01:40=	01:41=	05:32=	03:38=	01:16=	03:36=	05:21=	00:57=	01:57=	01:55=	02:11=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jorunn Johannesen	116	54:06														
00:47-	05:49-	07:30-	12:22=	13:49+	22:33-	24:22-	27:10+	32:22+	36:01+	37:07+	41:01+	45:13-	46:04-	48:10-	50:19-	52:37+	54:06+
00:47-	05:02+	01:41-	04:52+	01:27+	08:44-	01:49+	02:48+	05:12-	03:39+	01:06-	03:54+	04:12-	00:51-	02:06+	02:09+	02:18+	01:29+
00:09-	00:05+	00:07-	00:11+	00:07+	00:21-	00:09+	01:07&	00:20-	00:01+	00:10-	00:18+	01:09-	00:06-	00:09+	00:14#	00:07+	00:28&
3	Lise Isachsen	165	55:00														
00:43-	05:08-	06:38-	11:27-	13:01-	20:27-	22:46-	24:43-	31:54+	37:24+	38:18+	42:14+	45:33+	46:45+	49:01+	51:06+	53:51+	55:00+
00:43-	04:25-	01:30-	04:49+	01:34+	07:26-	02:19+	01:57+	07:11+	05:30+	00:54-	03:56+	03:19-	01:12+	02:16+	02:05+	02:45+	01:09+
00:13-	00:32-	00:18-	00:08+	00:14#	01:39-	00:39&	00:16#	01:39&	01:52&	00:22-	00:20+	02:02-	00:15&	00:19#	00:10+	00:34&	00:08#
4	Helen Lomeland	105	55:02														
00:46-	05:47-	07:12-	15:13+	16:21+	23:51+	25:35+	27:15+	34:36+	38:01+	39:21+	43:03+	46:56+	47:47+	49:44+	51:44+	53:57+	55:02+
00:46-	05:01+	01:25-	08:01+	01:08-	07:30-	01:44+	01:40-	07:21+	03:25-	01:20+	03:42+	03:53-	00:51-	01:57=	02:00+	02:13+	01:05+
00:10-	00:04+	00:23-	03:20&	00:12-	01:35-	00:04+	00:01-	01:49&	00:13-	00:04+	00:06+	01:28-	00:06-	00:00=	00:05+	00:02+	00:04+
5	Ann Karin Tjørhom	93	55:03														
00:48-	06:12+	07:43+	13:04+	14:30+	23:56+	25:50+	27:22+	33:19+	37:52+	39:06+	43:01+	46:44+	47:38+	49:40+	51:36+	53:56+	55:03+
00:48-	05:24+	01:31-	05:21+	01:32+	01:26+	01:54+	01:32-	05:57+	04:33+	01:14-	03:55+	03:43-	00:54-	02:02+	01:56+	02:20+	01:07+
00:08-	00:27+	00:17-	00:40#	00:06+	00:21+	00:14#	00:09-	00:25+	00:55&	00:02-	00:19+	01:38-	00:03-	00:05+	00:01+	00:09+	00:06+
6	Vibeke Lamark	46	55:57														
00:49-	05:26-	07:14-	13:13+	14:49+	25:51+	27:57+	29:30+	35:02+	38:41+	41:45+	44:58+	48:08+	48:55+	50:59+	52:51+	54:52+	55:57+
00:49-	04:37-	01:48=	05:59+	01:36+	11:02+	02:06+	01:33-	05:32=	03:39+	03:04+	03:13-	03:10-	00:47-	02:04+	01:52-	02:01-	01:05+
00:07-	00:20-	00:00=	01:18&	00:16#	01:57#	00:26&	00:08-	00:00=	00:01+	01:48@	00:23-	02:11-	00:10-	00:07+	00:03-	00:10-	00:04+
7	Anne Garsrud	90	1:01:53														
00:44-	05:59+	07:29-	15:09+	16:41+	27:02+	29:06+	30:58+	36:55+	40:11+	42:57+	47:45+	51:36+	52:23+	54:52+	57:44+	60:23+	61:53+
00:44-	05:15+	01:30-	07:40+	01:32+	10:21+	02:04+	01:52+	05:57+	03:16-	02:46+	04:48+	03:51-	00:47-	02:29+	02:52+	02:39+	01:30+
00:12-	00:18+	00:18-	02:59&	00:12#	01:16#	00:24#	00:11#	00:25+	00:22-	01:30@	01:12&	01:30-	00:10-	00:32&	00:57&	00:28#	00:29&
8	Keth Berggraf	116	1:05:41														
01:00+	08:09+	10:19+	17:29+	19:17+	30:55+	33:20+	35:17+	41:42+	45:32+	46:43+	52:27+	56:38+	57:42+	60:08+	62:07+	64:25+	65:41+
01:00+	07:09+	02:10+	07:10+	01:48+	11:38+	02:25+	01:57+	06:25+	03:50+	01:11-	05:44+	04:11-	01:04+	02:26+	01:59+	02:18+	01:16+
00:04+	02:12&	00:22#	02:29&	00:28&	02:33&	00:45&	00:16#	00:53#	00:12+	00:05-	02:08&	01:10-	00:07#	00:29#	00:04+	00:07+	00:15#
9	Ragnhild Auglænd	19	1:06:07														
01:26+	06:42+	08:42+	14:40+	16:22+	27:28+	29:26+	31:11+	39:00+	43:04+	44:35+	48:55+	52:26+	53:22+	55:46+	59:04+	64:50+	66:07+
01:26+	05:16+	02:00+	05:58+	01:42+	11:06+	01:58+	01:45+	07:49+	04:04+	01:31+	04:20+	03:31-	00:56-	02:24+	03:18+	05:46+	01:17+
00:30&	00:19+	00:12#	01:17&	00:22&	02:01#	00:18#	00:04+	02:17&	00:26#	00:15#	00:44#	01:50-	00:01-	00:27#	01:23&	03:35@	00:16&
10	Anita Glenne Kallhovd	29	1:10:48														
00:52-	06:18+	07:56+	14:04+	15:44+	26:41+	29:52+	31:57+	40:22+	44:19+	47:05+	55:44+	60:20+	61:16+	64:23+	66:30+	69:27+	70:48+
00:52-	05:26+	01:38-	06:08+	01:40+	10:57+	03:11+	02:05+	08:25+	03:57+	02:46+	08:39+	04:36-	00:56-	03:07+	02:07+	02:57+	01:21+
00:04-	00:29+	00:10-	01:27&	00:20#	01:52#	01:31&	00:24#	02:53&	00:19+	01:30@	05:03@	00:45-	00:01-	01:10&	00:12#	00:46&	00:20&
11	May Elinor Meling	125	1:10:54														
02:48+	10:17+	12:13+	18:01+	19:55+	34:40+	37:33+	39:18+	45:35+	49:21+	50:44+	55:36+	59:01+	60:20+	62:48+	66:10+	69:35+	70:54+
02:48+	07:29+	01:56+	05:48+	01:54+	14:45+	02:53+	01:45+	06:17+	03:46+	01:23+	03:46+	03:25-	01:19+	02:28+	03:22+	03:25+	01:19+
01:52@	02:32&	00:08+	01:07#	00:34&	05:40&	01:13&	00:04+	00:45#	00:08+	00:07+	01:16&	01:56-	00:22&	00:31&	01:27&	01:14&	00:18&
12	Elisabeth Christie Ørke	117	1:11:32														
00:46-	09:59+	11:42+	24:49+	26:10+	34:42+	36:47+	38:26+	44:57+	52:26+	53:40+	58:03+	61:19+	62:23+	64:35+	67:10+	70:12+	71:32+
00:46-	09:13+	01:43-	13:07+	01:21+	08:32-	02:05+	01:39-	06:31+	07:29+	01:14-	04:23+	03:16-	01:04+	02:12+	02:35+	03:02+	01:20+
00:10-	04:16&	00:05-	08:26@	00:01+	00:33-	00:25#	00:02-	00:59#	03:51@	00:02-	00:47#	02:05-	00:07#	00:15#	00:40&	00:51&	00:19&
13	Brit Nilsen	88	1:11:44														
00:58+	07:03+	09:09+	15:36+	17:23+	26:51+	29:31+	31:32+	37:57+	42:12+	43:42+	48:17+	58:09+	59:01+	61:45+	64:46+	70:10+	71:44+
00:58+	06:05+	02:06+	06:27+	01:47+	09:28+	02:40+	02:01+	06:25+	04:15+	01:30+	04:35+	09:52+	00:52-	02:44+	03:01+	05:24+	01:34+
00:02+	01:08#	00:18#	01:46&	00:27&	00:23+	01:00&	00:20#	00:53#	00:37#	00:14#	00:59&	04:31&	00:05-	00:47&	01:06&	03:13@	00:33&

Class	Navn	Klasse	Tid														
14	Trude Katrine Hermanrud	117	1:14:33														
00:47-	07:51+	09:44+	17:59+	19:35+	30:42+	33:24+	35:26+	42:41+	47:07+	52:06+	57:00+	63:30+	64:41+	67:34+	69:57+	73:00+	74:33+
00:47-	07:04+	01:53+	08:15+	01:36+	11:07+	02:42+	02:02+	07:15+	04:26+	04:59+	04:54+	06:30+	01:11+	02:53+	02:23+	03:03+	01:33+
00:09-	02:07&	00:05+	03:34&	00:16#	02:02#	01:02&	00:21#	01:43&	00:48#	03:43@	01:18&	01:09#	00:14#	00:56&	00:28#	00:52&	00:32&
Beste strekktid for klassen																	
00:43	04:25	01:25	04:41	01:08	07:26	01:40	01:32	05:12	03:16	00:54	03:13	03:10	00:47	01:57	01:52	02:01	01:01
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Damer Trim																	
1	Hilde Hetland	29	45:54														
02:52=	04:38=	06:52=	10:36=	13:01=	16:06=	26:17=	33:21=	36:06=	38:06=	44:30=	45:54=						
02:52=	01:46=	02:14=	03:44=	02:25=	03:05=	10:11=	07:04=	02:45=	02:00=	06:24=	01:24=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Lise Nessa Di Lorenzo	168	49:20														
03:15+	05:41+	07:44+	12:50+	15:46+	21:09+	30:58+	34:12+	37:16+	40:11+	48:01+	49:20+						
03:15+	02:26+	02:03-	05:06+	02:56+	05:23+	09:49-	03:14-	03:04+	02:55+	07:50+	01:19-						
00:23#	00:40&	00:11-	01:22&	00:31#	02:18&	00:22-	03:50-	00:19#	00:55&	01:26#	00:05-						
3	Synnøve Hognestad	115	50:14														
04:50+	08:18+	10:24+	15:30+	23:31+	26:11+	29:09+	33:01-	37:45+	41:04+	48:38+	50:14+						
04:50+	03:28+	02:06-	05:06+	08:01+	02:40-	02:58-	03:52-	04:44+	03:19+	07:34+	01:36+						
01:58&	01:42&	00:08-	01:22&	05:36@	00:25-	07:13-	03:12-	01:59&	01:19&	01:10#	00:12#						
4	Marie-Elizabeth Reinseth	27	53:32														
05:32+	09:09+	11:21+	18:05+	21:39+	24:15+	27:30+	31:13-	36:41+	44:20+	52:13+	53:32+						
05:32+	03:37+	02:12-	06:44+	03:34+	02:36-	03:15-	03:43-	05:28+	07:39+	07:53+	01:19-						
02:40&	01:51@	00:02-	03:00&	01:09&	00:29-	06:56-	03:21-	02:43&	05:39@	01:29#	00:05-						
5	Randi Bugge	46	53:58														
03:49+	06:49+	10:54+	18:33+	22:06+	25:41+	28:32+	33:19-	39:21+	43:12+	51:47+	53:58+						
03:49+	03:00+	04:05+	07:39+	03:33+	03:35+	02:51-	04:47-	06:02+	03:51+	08:35+	02:11+						
00:57&	01:14&	01:51&	03:55@	01:08&	00:30#	07:20-	02:17-	03:17@	01:51&	02:11&	00:47&						
6	Astrid Espe	80	55:27														
05:22+	10:06+	12:14+	19:01+	25:47+	30:28+	33:15+	36:32+	41:23+	44:37+	53:42+	55:27+						
05:22+	04:44+	02:08-	06:47+	06:46+	04:41+	02:47-	03:17-	04:51+	03:14+	09:05+	01:45+						
02:30&	02:58@	00:06-	03:03&	04:21@	01:36&	07:24-	03:47-	02:06&	01:14&	02:41&	00:21#						
7	Kirsti Strand Salvesen	256	56:27														
05:22+	09:43+	12:50+	19:31+	23:16+	26:56+	30:45+	35:42+	41:08+	45:06+	54:23+	56:27+						
05:22+	04:21+	03:07+	06:41+	03:45+	03:40+	03:49-	04:57-	05:26+	03:58+	09:17+	02:04+						
02:30&	02:35@	00:53&	02:57&	01:20&	00:35#	06:22-	02:07-	02:41&	01:58&	02:53&	00:40&						
8	Ingrid Marie Torgersen	253	1:00:26														
05:20+	09:09+	12:00+	21:05+	25:19+	28:44+	32:36+	37:11+	43:07+	46:59+	57:53+	60:26+						
05:20+	03:49+	02:51+	09:05+	04:14+	03:25+	03:52-	04:35-	05:56+	03:52+	10:54+	02:33+						
02:28&	02:03@	00:37&	05:21@	01:49&	00:20#	06:19-	02:29-	03:11@	01:52&	04:30&	01:09&						
9	Marianne Gjesdal Lyngås	253	1:00:27														
05:16+	09:12+	11:56+	21:01+	25:15+	28:40+	32:34+	37:07+	43:10+	47:03+	57:50+	60:27+						
05:16+	03:56+	02:44+	09:05+	04:14+	03:25+	03:54-	04:33-	06:03+	03:53+	10:47+	02:37+						
02:24&	02:10&	00:30#	05:21@	01:49&	00:20#	06:17-	02:31-	03:18@	01:53&	04:23&	01:13&						
10	Hanne Berg Nilsen	105	1:00:55														
03:45+	06:43+	11:13+	16:07+	27:03+	30:24+	34:28+	43:24+	48:05+	51:29+	59:09+	60:55+						
03:45+	02:58+	04:30+	04:54+	10:56+	03:21+	04:04-	08:56+	04:41+	03:24+	07:40+	01:46+						
00:53&	01:12&	02:16@	01:10&	08:31@	00:16+	06:07-	01:52&	01:56&	01:24&	01:16#	00:22&						
11	Berit Omholt	117	1:00:55														
03:46+	06:44+	11:08+	16:13+	27:00+	30:25+	34:28+	43:24+	47:53+	51:30+	59:10+	60:55+						
03:46+	02:58+	04:24+	05:05+	10:47+	03:25+	04:03-	08:56+	04:29+	03:37+	07:40+	01:45+						
00:54&	01:12&	02:10&	01:21&	08:22@	00:20#	06:08-	01:52&	01:44&	01:37&	01:16#	00:21#						
12	Marysa Castelet-Vogt	42	1:02:03														
04:56+	08:34+	11:06+	17:17+	19:58+	23:27+	26:50+	32:38-	37:18+	51:29+	59:55+	62:03+						
04:56+	03:38+	02:32+	06:11+	02:41+	03:29+	03:23-	05:48-	04:40+	14:11+	08:26+	02:08+						
02:04&	01:52@	00:18#	02:27&	00:16#	00:24#	06:48-	01:16-	01:55&	12:11@	02:02&	00:44&						

Class	Navn	Klasse	Tid								
13	Jenny Thorset	109	1:02:06								
06:11+	10:34+	13:31+	21:03+	24:56+	28:41+	32:59+	39:43+	45:24+	49:31+	59:26+	62:06+
06:11+	04:23+	02:57+	07:32+	03:53+	03:45+	05:41+	06:44-	05:41+	04:07+	09:55+	02:40+
03:19@	02:37@	00:43&	03:48@	01:28&	00:40#	05:53-	00:20-	02:56@	02:07@	03:31&	01:16&
14	Ruth Grødem	105	1:02:10								
04:31+	08:00+	10:56+	18:51+	24:55+	29:18+	32:57+	40:27+	46:43+	50:33+	60:11+	62:10+
04:31+	03:29+	02:56+	07:55+	06:04+	04:23+	03:39-	07:30+	06:16+	03:50+	09:38+	01:59+
01:39&	01:43&	00:42&	04:11@	03:39@	01:18&	06:32-	00:26+	03:31@	01:50&	03:14&	00:35&
15	Eli Våge	117	1:02:38								
06:10+	10:46+	14:00+	21:33+	25:03+	28:55+	33:12+	39:52+	45:38+	49:51+	59:55+	62:38+
06:10+	04:36+	03:14+	07:33+	03:30+	03:52+	04:17-	06:40-	05:46+	04:13+	10:04+	02:43+
03:18@	02:50@	01:00&	03:49@	01:05&	00:47&	05:54-	00:24-	03:01@	02:13@	03:40&	01:19&
16	Margot Asheim	105	1:02:51								
04:12+	06:54+	08:57+	27:06+	29:49+	32:17+	35:09+	42:17+	46:05+	50:29+	61:07+	62:51+
04:12+	02:42+	02:03-	18:09+	02:43+	02:28-	02:52-	07:08+	03:48+	04:24+	10:38+	01:44+
01:20&	00:56&	00:11-	14:25@	00:18#	00:37-	07:19-	00:04+	01:03&	02:24@	04:14&	00:20#
17	Brit Svihus	92	1:03:08								
05:42+	09:03+	12:00+	19:53+	25:58+	30:15+	33:59+	41:30+	47:47+	51:36+	61:08+	63:08+
05:42+	03:21+	02:57+	07:53+	06:05+	04:17+	03:44-	07:31+	06:17+	03:49+	09:32+	02:00+
02:50&	01:35&	00:43&	04:09@	03:40@	01:12&	06:27-	00:27+	03:32@	01:49&	03:08&	00:36&
18	Anna Berthelsen	117	1:03:12								
05:01+	08:52+	11:56+	18:57+	21:58+	24:21+	27:16+	31:22-	37:37+	40:42+	61:08+	63:12+
05:01+	03:51+	03:04+	07:01+	03:01+	02:23-	02:55-	04:06-	06:15+	03:05+	20:26+	02:04+
02:09&	02:05@	00:50&	03:17&	00:36#	00:42-	07:16-	02:58-	03:30@	01:05&	14:02@	00:40&
19	Dagfrid Nagel-Alne	47	1:07:19								
03:40+	06:18+	08:47+	15:26+	18:50+	21:08+	24:06-	46:34+	51:36+	54:55+	65:19+	67:19+
03:40+	02:38+	02:29+	06:39+	03:24+	02:18-	02:58-	22:28+	05:02+	03:19+	10:24+	02:00+
00:48&	00:52&	00:15#	02:55&	00:59&	00:47-	07:13-	15:24@	02:17&	01:19&	04:00&	00:36&
20	Aashild Lone	105	1:07:43								
04:05+	08:24+	11:24+	25:56+	29:21+	32:37+	37:38+	44:09+	51:06+	55:22+	65:30+	67:43+
04:05+	04:19+	03:00+	14:32+	03:25+	03:16+	05:01-	06:31-	06:57+	04:16+	10:08+	02:13+
01:13&	02:33@	00:46&	10:48@	01:00&	00:11+	05:10-	00:33-	04:12@	02:16@	03:44&	00:49&
21	Åse J. Kro	128	1:08:18								
14:46+	19:24+	23:24+	33:06+	36:36+	40:13+	43:04+	47:50+	53:32+	57:31+	66:09+	68:18+
14:46+	04:38+	04:00+	09:42+	03:30+	03:37+	02:51-	04:46-	05:42+	03:59+	08:38+	02:09+
11:54@	02:52@	01:46&	05:58@	01:05&	00:32#	07:20-	02:18-	02:57@	01:59&	02:14&	00:45&
22	Helle Eugenia Frøylog Bjørnsen	235	1:08:44								
04:12+	08:35+	11:50+	28:23+	32:13+	34:51+	38:09+	44:11+	50:07+	54:24+	65:44+	68:44+
04:12+	04:23+	03:15+	16:33+	03:50+	02:38-	03:18-	06:02-	05:56+	04:17+	11:20+	03:00+
01:20&	02:37@	01:01&	12:49@	01:25&	00:27-	06:53-	01:02-	03:11@	02:17@	04:56&	01:36@
23	Aase Sveinsvoll	94	1:09:35								
05:55+	10:16+	14:42+	24:08+	29:17+	33:52+	38:56+	44:25+	51:03+	55:21+	66:19+	69:35+
05:55+	04:21+	04:26+	09:26+	05:09+	04:35+	05:04-	05:29-	06:38+	04:18+	10:58+	03:16+
03:03@	02:35@	02:12&	05:42@	02:44@	01:30&	05:07-	01:35-	03:53@	02:18@	04:34&	01:52@
24	May Kristin Haaland	47	1:14:10								
07:07+	12:54+	16:25+	25:54+	30:04+	37:42+	42:30+	49:51+	57:07+	61:04+	71:24+	74:10+
07:07+	05:47+	03:31+	09:29+	04:10+	07:38+	04:48-	07:21+	07:16+	03:57+	10:20+	02:46+
04:15@	04:01@	01:17&	05:45@	01:45&	04:33@	05:23-	00:17+	04:31@	01:57&	03:56&	01:22&
25	Oddveig Øgaard Schjelderup	117	1:15:06								
08:14+	13:24+	17:17+	26:52+	31:24+	38:40+	43:11+	50:42+	57:06+	61:18+	72:10+	75:06+
08:14+	05:10+	03:53+	09:35+	04:32+	07:16+	04:31-	07:31+	06:24+	04:12+	10:52+	02:56+
05:22@	03:24@	01:39&	05:51@	02:07&	04:11@	05:40-	00:27+	03:39@	02:12@	04:28&	01:32@
26	Grethe Wathne	109	1:15:08								
08:24+	13:26+	17:19+	26:53+	31:19+	38:40+	43:11+	50:42+	56:53+	61:19+	72:11+	75:08+
08:24+	05:02+	03:53+	09:34+	04:26+	07:21+	04:31-	07:31+	06:11+	04:26+	10:52+	02:57+
05:32@	03:16@	01:39&	05:50@	02:01&	04:16@	05:40-	00:27+	03:26@	02:26@	04:28&	01:33@
27	Gro Mariero Totland	59	1:16:49								
06:25+	14:04+	18:02+	29:25+	33:44+	39:35+	44:28+	50:37+	56:46+	61:16+	73:51+	76:49+
06:25+	07:39+	03:58+	11:23+	04:19+	05:51+	04:53-	06:09-	06:09+	04:30+	12:35+	02:58+
03:33@	05:53@	01:44&	07:39@	01:54&	02:46&	05:18-	00:55-	03:24@	02:30@	06:11&	01:34@

Class	Navn	Klasse	Tid								
28	Lene Haver Schmidt	88	1:17:10								
06:11+	12:27+	17:02+	25:05+	29:25+	33:38+	37:08+	46:28+	54:25+	59:23+	74:16+	77:10+
06:11+	06:16+	04:35+	08:03+	04:20+	03:30-	09:20+	07:57+	04:58+	14:53+	02:54+	
03:19@	04:30@	02:21@	04:19@	01:55&	01:08&	06:41-	02:16&	05:12@	02:58@	08:29@	01:30@
29	Anita Edgren	88	1:17:19								
06:24+	12:36+	17:08+	25:14+	29:21+	33:46+	37:13+	46:36+	54:33+	59:30+	74:24+	77:19+
06:24+	06:12+	04:32+	08:06+	04:07+	04:25+	03:27-	09:23+	07:57+	04:57+	14:54+	02:55+
03:32@	04:26@	02:18@	04:22@	01:42&	01:20&	06:44-	02:19&	05:12@	02:57@	08:30@	01:31@
30	Marita Navjord Nicolaysen	71	1:22:47								
05:22+	09:34+	11:50+	38:59+	49:10+	53:13+	56:22+	62:21+	68:29+	72:06+	80:36+	82:47+
05:22+	04:12+	02:16+	27:09+	10:11+	04:03+	03:09-	05:59-	06:08+	03:37+	08:30+	02:11+
02:30&	02:26@	00:02+	23:25@	07:46@	00:58&	07:02-	01:05-	03:23@	01:37&	02:06&	00:47&

Beste strekketid for klassen

02:52 01:46 02:03 03:44 02:25 02:18 02:47 03:14 02:45 02:00 06:24 01:19

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

Herrer 16 - 39 år

1	Joakim B. Enne Haug	71	49:18																		
03:00=	07:10=	08:18=	12:51=	14:07=	19:04=	21:03=	23:58=	25:33=	27:50=	29:59=	33:39=	34:26=	36:11=	39:30=	40:57=	42:41=	44:29=	45:33=	47:58=	49:18=	
03:00=	04:10=	01:08=	04:33=	01:16=	04:57=	01:59=	02:55=	01:35=	02:17=	02:09=	03:40=	00:47=	01:45=	03:19=	01:27=	01:44=	01:48=	01:04=	02:25=	01:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Vegard Karlsen	50	50:27																		
03:18+	07:32+	08:27+	15:57+	17:12+	21:35+	23:22+	26:03+	27:30+	30:00+	32:13+	35:36+	36:22+	37:59+	41:27+	42:54+	44:39+	45:59+	46:59+	49:11+	50:27+	
03:18+	04:14+	00:55-	07:30+	01:15-	04:23-	01:47-	02:41-	01:27-	02:30+	02:13+	03:23-	00:46-	01:37-	03:28+	01:27=	01:45+	01:20-	01:00-	02:12-	01:16-	
00:18#	00:04+	00:13-	02:57&	00:01-	00:34-	00:12-	00:14-	00:08-	00:13+	00:04+	00:17-	00:01-	00:08-	00:09+	00:00=	00:01+	00:28-	00:04-	00:13-	00:04-	
3	Martin Alexander Hanssen	98	52:29																		
03:32+	07:46+	08:50+	16:42+	18:17+	22:21+	24:52+	27:41+	29:24+	32:18+	34:15+	37:33+	38:16+	40:03+	43:06+	44:52+	46:58+	48:17+	49:08+	51:19+	52:29+	
03:32+	04:14+	01:04-	07:52+	01:35+	04:04-	02:31+	02:49-	01:43+	02:54+	01:57-	03:18-	00:43-	01:47+	03:03-	01:46+	02:06+	01:19-	00:51-	02:11-	01:10-	
00:32#	00:04+	00:04-	03:19&	00:19#	00:53-	00:32&	00:06-	00:08+	00:37&	00:12-	00:22-	00:04-	00:02+	00:16-	00:19#	00:22#	00:29-	00:13-	00:14-	00:10-	
4	Jørgen Strømstad	50	53:53																		
03:14+	07:44+	09:01+	14:36+	15:55+	20:17+	22:33+	25:43+	27:24+	30:14+	32:45+	37:05+	37:58+	40:00+	43:46+	45:12+	46:52+	49:01+	49:59+	52:24+	53:53+	
03:14+	04:30+	01:17+	05:35+	01:19+	04:22-	02:16+	03:10+	01:41+	02:50+	02:31+	04:20+	00:53+	02:02+	03:46+	01:26-	01:40-	02:09+	00:58-	02:25=	01:29+	
00:14+	00:20+	00:09#	01:02#	00:03+	00:35-	00:17#	00:15+	00:06+	00:33#	00:22#	00:40#	00:06#	00:17#	00:27#	00:01-	00:04-	00:21#	00:06-	00:00=	00:09#	
5	Kjetil Hodne	167	55:36																		
02:47-	07:04-	08:14-	13:03+	14:18+	19:19+	22:01+	25:03+	26:45+	29:35+	31:55+	37:15+	38:08+	41:37+	45:26+	47:13+	48:57+	50:52+	51:57+	53:53+	55:36+	
02:47-	04:17+	01:10+	04:49+	01:15-	05:01+	02:42+	03:02+	01:42+	02:50+	02:20+	05:20+	00:53+	03:29+	03:49+	01:47+	01:44+	01:55+	01:05+	01:56-	01:43+	
00:13-	00:07+	00:02+	00:16+	00:01-	00:04+	00:43&	00:07+	00:07+	00:33#	00:11+	01:40&	00:06#	01:44&	00:30#	00:20#	00:00=	00:07+	00:01+	00:29-	00:23&	
6	Svein Kyllingstad	71	58:57																		
04:08+	08:03+	09:27+	14:31+	16:00+	21:03+	23:54+	27:30+	29:08+	31:54+	34:29+	37:51+	41:24+	43:48+	47:37+	49:09+	51:10+	53:19+	54:19+	56:57+	58:57+	
04:08+	03:55-	01:24+	05:04+	01:29+	05:03+	02:51+	03:36+	01:38+	02:46+	02:35+	03:22-	03:33+	02:24+	03:49+	01:32+	02:01+	02:09+	01:00-	02:38+	02:00+	
01:08&	00:15-	00:16#	00:31#	00:13#	00:06+	00:52&	00:41#	00:03+	00:29#	00:26#	00:18-	02:46@	00:39&	00:30#	00:05+	00:17#	00:21#	00:04-	00:13+	00:40&	
7	Magne Habbestad	111	59:42																		
02:40-	05:54-	07:21-	08:20-	13:42-	15:08-	20:00-	22:28-	25:35+	27:16-	30:16+	32:30-	36:20+	37:25+	40:39+	48:47+	50:22+	52:23+	54:01+	55:08+	58:05+	59:42+
02:40-	03:14-	01:27+	00:59-	05:22+	01:26-	04:52+	02:28-	03:07+	01:41-	03:00+	02:14-	03:50+	01:05-	03:14-	08:08+	01:35-	02:01+	01:38+	01:07-	02:57+	01:37+
00:20-	00:56-	00:19&	03:34-	04:06@	03:31-	02:53@	00:27-	01:32&	00:36-	00:51&	01:26-	03:03@	00:40-	00:05-	06:41@	00:09-	00:13#	00:34&	01:18-	01:37@	01:37+
8	Rune Dahl Fitjar	90	1:07:17																		
03:26+	08:52+	10:11+	18:02+	19:40+	25:28+	28:53+	32:39+	34:44+	38:12+	41:15+	46:18+	47:23+	49:30+	53:58+	56:16+	58:52+	61:01+	62:37+	65:19+	67:17+	
03:26+	05:26+	01:19+	07:51+	01:38+	05:48+	03:25+	03:46+	02:05+	03:28+	03:03+	05:03+	01:05+	02:07+	04:28+	02:18+	02:36+	02:09+	01:36+	02:42+	01:58+	
00:26#	01:16&	00:11#	03:18&	00:22&	00:51#	01:26&	00:51&	00:30&	01:11&	00:54&	01:23&	00:18&	00:22#	01:09&	00:51&	00:52&	00:21#	00:32&	00:17#	00:38&	
9	Jonas Nesland Vevatne	116	1:12:00																		
03:07+	08:42+	10:19+	19:25+	22:10+	29:03+	32:20+	36:48+	38:52+	42:11+	45:19+	49:36+	50:40+	53:01+	58:46+	60:50+	63:09+	65:24+	66:54+	69:57+	72:00+	
03:07+	05:35+	01:37+	09:06+	02:45+	06:53+	03:17+	04:28+	02:04+	03:19+	03:08+	04:17+	01:04+	02:21+	05:45+	02:04+	02:19+	02:15+	01:30+	03:03+	02:03+	
00:07+	01:25&	00:29&	04:33&	01:29@	01:56&	01:18&	01:33&	00:29&	01:02&	00:59&	00:37#	00:17&	00:36&	02:26&	00:37&	00:35&	00:27#	00:26&	00:38&	00:43&	
10	Trond Evensen	116	1:20:43																		
02:44-	08:22+	12:12+	23:12+	24:28+	31:10+	39:43+	43:19+	45:27+	48:17+	51:22+	55:03+	56:06+	59:03+	68:31+	69:55+	73:48+	75:18+	76:49+	79:26+	80:43+	
02:44-	05:38+	03:50+	11:00+	01:16=	06:42+	08:33+	03:36+	02:08+	02:50+	03:05+	03:41+	01:03+	02:57+	09:28+	01:24-	03:53+	01:30-	01:31+	02:37+	01:17-	
00:16-	01:28&	02:42@	06:27@	00:00=	01:45&	06:34@	00:41#	00:33&	00:33#	00:56&	00:01+	00:16&	01:12&	06:09@	00:03-	02:09@	00:18-	00:27&	00:12+	00:03-	

Class	Navn	Klasse	Tid
11	Alexander Khorunzhiy	136	1:20:54
04:37+	12:59+	13:59+	21:43+
04:37+	08:22+	01:00-	07:44+
01:37&	04:12@	00:08-	03:11&
05:19+	10:50+	12:25+	19:21+
05:19+	05:31+	01:35+	06:56+
02:19&	01:21&	00:27&	02:23&
12	Per-Olof Wallerstedt	136	1:21:34
03:44+	08:26+	10:57+	17:16+
03:44+	04:42+	02:31+	06:19+
00:44#	00:32#	01:23@	01:46&
13	Richard Galle	66	1:39:21
03:44+	08:26+	10:57+	17:16+
03:44+	04:42+	02:31+	06:19+
00:44#	00:32#	01:23@	01:46&

Beste strekketid for klassen

02:40 03:14 00:55 00:59 01:15 01:26 01:47 02:28 01:27 01:41 01:57 02:14 00:43 01:05 03:03 01:24 01:35 01:19 00:51 01:07 01:10

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

Herrer 40 - 49 år

1	Bård Skogsholm	40	44:12
01:01=	05:15=	06:35=	11:11=
01:01=	04:14=	01:20=	04:36=
00:00=	00:00=	00:00=	00:00=
2	Øystein Fuglestad	46	52:01
00:44-	05:06-	06:29-	11:45+
00:44-	04:22+	01:23+	05:16+
00:17-	00:08+	00:03+	00:40#
3	Peter Chapman	117	52:34
02:53+	07:28+	08:41+	13:34+
02:53+	04:35+	01:13-	04:53+
01:52@	00:21+	00:07-	00:17+
4	Arngrim Utskarpen	117	55:04
00:59-	05:28+	06:42+	14:21+
00:59-	04:29+	01:14-	07:39+
00:02-	00:15+	00:06-	03:03&
5	Per Ivar Hovstad	116	58:36
00:55-	06:14+	07:55+	13:01+
00:55-	05:19+	01:41+	05:06+
00:06-	01:05&	00:21&	00:30#
6	Arne Hetlelid	98	58:38
00:46-	05:19+	07:31+	13:05+
00:46-	04:33+	02:12+	05:34+
00:15-	00:19+	00:52&	00:58#
7	Jørgen Nilsen	53	58:46
00:45-	07:06+	09:09+	14:28+
00:45-	06:21+	02:03+	05:19+
00:16-	02:07&	00:43&	00:43#
8	Lars Primstad	62	59:35
00:49-	11:15+	12:46+	19:43+
00:49-	10:26+	01:31+	06:57+
00:12-	06:12@	00:11#	02:21&
9	Håvard Svihus	267	1:03:43
00:49-	07:10+	08:35+	14:00+
00:49-	06:21+	01:25+	05:25+
00:12-	02:07&	00:05+	00:49#
10	Hans Einar Thorset	109	1:06:04
01:08+	05:57+	07:15+	12:28+
01:08+	04:49+	01:18-	05:13+
00:07#	00:35#	00:02-	00:37#

Class	Navn	Klasse										Tid							
9	Sigbjørn Gloppen	144										1:10:58							
02:57+	07:54+	12:20+	16:40+	22:41+	31:30+	37:46+	40:33+	42:55+	43:53+	48:09+	52:58+	55:34+	60:10+	62:45+	64:43+	67:44+	69:24+	70:58+	
02:57+	04:57+	04:26+	04:20+	06:01+	08:49+	06:16+	02:47+	02:22+	00:58+	04:16+	04:49+	02:36+	04:36+	02:35+	01:58+	03:01+	01:40+	01:34+	
01:03&	01:54&	01:56&	01:11&	03:29@	03:11&	01:08#	01:11&	00:54&	00:12&	01:34&	02:28@	00:48&	00:39#	00:53&	00:14#	01:23&	00:47&	00:26&	
10	Geir Rune Seldal	192										1:10:58							
02:09+	07:23+	10:46+	15:03+	24:43+	31:17+	36:36+	39:01+	41:01+	42:03+	48:57+	52:56+	55:10+	60:32+	63:03+	65:50+	68:29+	69:51+	70:58+	
02:09+	05:14+	03:23+	04:17+	09:40+	06:34+	05:19+	02:25+	02:00+	01:02+	06:54+	03:59+	02:14+	05:22+	02:31+	02:47+	02:39+	01:22+	01:07-	
00:15#	02:11&	00:53&	01:08&	07:08@	00:56#	00:11+	00:49&	00:32&	00:16&	04:12@	01:38&	00:26#	01:25&	00:49&	01:03&	01:01&	00:29&	00:01-	
11	Roger Nyseth	92										1:13:29							
02:49+	07:15+	11:06+	15:33+	18:24+	28:54+	34:28+	37:06+	39:29+	40:51+	48:42+	53:10+	55:35+	61:53+	64:49+	67:21+	69:57+	71:33+	73:29+	
02:49+	04:26+	03:51+	04:27+	02:51+	10:30+	05:34+	02:38+	02:23+	01:22+	07:51+	04:28+	02:25+	06:18+	02:56+	02:32+	02:36+	01:36+	01:56+	
00:55&	01:23&	01:21&	01:18&	00:19#	04:52&	00:26+	01:02&	00:55&	00:36&	05:09@	02:07&	00:37&	02:21&	01:14&	00:48&	00:58&	00:43&	00:48&	
12	Sveinung Rosenvinge	116										1:14:46							
03:01+	12:05+	17:25+	22:17+	25:09+	33:52+	39:04+	41:48+	44:02+	45:02+	50:41+	55:10+	57:53+	64:12+	66:49+	69:15+	71:40+	73:12+	74:46+	
03:01+	09:04+	05:20+	04:52+	02:52+	08:43+	05:12+	02:44+	02:14+	01:00+	05:39+	04:29+	02:43+	06:19+	02:37+	02:26+	02:25+	01:32+	01:34+	
01:07&	06:01@	02:50@	01:43&	00:20#	03:05&	00:04+	01:08&	00:46&	00:14&	02:57@	02:08&	00:55&	02:22&	00:55&	00:42&	00:47&	00:39&	00:26&	
13	Steinar Torjusen	167										1:21:16							
02:31+	06:56+	10:45+	14:13+	16:33+	30:02+	34:26+	36:39+	38:44+	39:38+	45:29+	58:50+	61:28+	67:23+	69:42+	72:50+	75:58+	80:03+	81:16+	
02:31+	04:25+	03:49+	03:28+	02:20-	13:29+	04:24-	02:13+	02:05+	00:54+	05:51+	13:21+	02:38+	05:55+	02:19+	03:08+	03:08+	04:05+	01:13+	
00:37&	01:22&	01:19&	00:19#	00:12-	07:51@	00:44-	00:37&	00:37&	00:08#	03:09@	11:00@	00:50&	01:58&	00:37&	01:24&	01:30&	03:12@	00:05+	
14	Anders Glenne	7										1:55:24							
04:56+	13:49+	19:39+	25:42+	31:36+	44:42+	68:36+	72:03+	74:54+	76:24+	83:10+	88:35+	92:41+	99:45+	103:01+	106:26+	109:47+	112:09+	115:24+	
04:56+	08:53+	05:50+	06:03+	05:54+	13:06+	23:54+	03:27+	02:51+	01:30+	06:46+	05:25+	04:06+	07:04+	03:16+	03:25+	03:21+	02:22+	03:15+	
03:02@	05:50@	03:20@	02:54&	03:22@	07:28@	18:46@	01:51@	01:23&	00:44&	04:04@	03:04@	02:18@	03:07&	01:34&	01:41&	01:43@	01:29@	02:07@	
Beste strekktid for klassen																			
01:54	03:03	02:30	03:09	01:54	05:38	04:07	01:36	01:28	00:46	02:42	02:21	01:33	03:57	01:42	01:38	01:38	00:53	00:58	

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

Herrer 55 - 59 år

1	Per Ingar Hadland	7										49:54							
01:50=	05:22=	08:07=	11:37=	13:47=	19:59=	26:31=	28:21=	29:54=	30:39=	33:58=	36:46=	38:49=	42:46=	44:27=	46:19=	47:51=	48:59=	49:54=	
01:50=	03:32=	02:45=	03:30=	02:10=	06:12=	06:32=	01:50=	01:33=	00:45=	03:19=	02:48=	02:03=	03:57=	01:41=	01:52=	01:32=	01:08=	00:55=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Arnfinn Rømuld	116										50:48							
01:44-	09:21+	12:22+	15:40+	17:36+	23:37+	27:29+	29:29+	31:00+	31:51+	34:31+	37:31+	39:18+	42:56+	44:46+	47:11+	48:40+	49:56+	50:48+	
01:44-	07:37+	03:01+	03:18-	01:56-	06:01-	03:52-	02:00+	01:31-	00:51+	02:40-	03:00+	01:47-	03:38-	01:50+	02:25+	01:29-	01:16+	00:52-	
00:06-	04:05@	00:16+	00:12-	00:14-	00:11-	02:40-	00:10+	00:02-	00:06#	00:39-	00:12+	00:16-	00:19-	00:09+	00:33&	00:03-	00:08#	00:03-	
3	Ole Petter Haukaas	109										52:33							
01:43-	05:44+	08:38+	11:57+	14:14+	19:57-	25:21-	27:16-	28:45-	29:53-	32:52-	39:11+	41:17+	45:25+	47:17+	49:01+	50:43+	51:42+	52:33+	
01:43-	04:01+	02:54+	03:19-	02:17+	05:43-	05:24-	01:55+	01:29-	01:08+	02:59-	06:19+	02:06+	04:08+	01:52+	01:44-	01:42+	00:59-	00:51-	
00:07-	00:29#	00:09+	00:11-	00:07+	00:29-	01:08-	00:05+	00:04-	00:23&	00:20-	03:31@	00:03+	00:11+	00:11#	00:08-	00:10#	00:09-	00:04-	
4	Arne Magne Søndresen	92										1:02:16							
01:58+	05:43+	08:52+	11:55+	13:51+	20:17+	25:34-	27:38-	29:15-	30:03-	32:54-	38:07+	40:12+	52:49+	55:14+	56:49+	59:40+	61:05+	62:16+	
01:58+	03:45+	03:09+	03:03-	01:56-	06:26+	05:17-	02:04+	01:37+	00:48+	02:51-	05:13+	02:05+	12:37+	02:25+	01:35-	02:51+	01:25+	01:11+	
00:08+	00:13+	00:24#	00:27-	00:14-	00:14+	01:15-	00:14#	00:04+	00:03+	00:28-	02:25&	00:02+	08:40@	00:44&	00:17-	01:19&	00:17#	00:16&	
5	Bjørn H. Engseth	27										1:02:51							
02:27+	06:26+	09:30+	13:17+	15:49+	24:01+	30:02+	32:24+	34:12+	35:26+	40:00+	43:40+	46:31+	53:13+	55:35+	57:27+	59:52+	61:40+	62:51+	
02:27+	03:59+	03:04+	03:47+	02:32+	08:12+	06:01-	02:22+	01:48+	01:14+	04:34+	03:40+	02:51+	06:42+	02:22+	01:52-	02:25+	01:48+	01:11+	
00:37&	00:27#	00:19#	00:17+	00:22#	02:00&	00:31-	00:32&	00:15#	00:29&	01:15&	00:52&	00:48&	02:45&	00:41&	00:00=	00:53&	00:40&	00:16&	
6	Svein Sivertsen	115										1:12:15							
02:30+	07:07+	11:54+	19:24+	22:03+	29:35+	36:33+	38:59+	41:19+	42:23+	48:06+	52:00+	54:00+	61:03+	63:41+	66:34+	69:05+	70:30+	72:15+	
02:30+	04:37+	04:47+	07:30+	02:39+	07:32+	06:58+	02:26+	02:20+	01:04+	05:43+	03:54+	02:00-	07:03+	02:38+	02:53+	02:31+	01:25+	01:45+	
00:40&	01:05&	02:02&	04:00@	00:29#	01:20#	00:26+	00:36&	00:47&	00:19&	02:24&	01:06&	00:03-	03:06&	00:57&	01:01&	00:59&	00:17#	00:50&	
7	John C. Sinnes	93										1:12:32							
03:09+	08:01+	11:47+	16:05+	18:55+	28:02+	37:48+	40:30+	42:42+	43:40+	50:01+	53:47+	55:53+	61:08+	64:27+	67:07+	69:19+	71:06+	72:32+	
03:09+	04:52+	03:46+	04:18+	02:50+	09:07+	09:46+	02:42+	02:12+	00:58+	06:21+	03:46+	02:06+	05:15+	03:19+	02:40+	02:12+	01:47+	01:26+	
01:19&	01:20&	01:01&	00:48#	00:40&	02:55&	03:14&	00:52&	00:39&	00:13&	03:02&	00:58&	00:03+	01:18&	01:38&	00:48&	00:40&	00:39&	00:31&	

Class	Navn	Klasse	Tid															
8	Svein Magne Gloppen	93	1:15:24															
03:57+	09:01+	12:55+	22:23+	25:51+	33:52+	39:53+	43:14+	45:38+	46:36+	50:43+	54:41+	57:28+	62:53+	66:22+	69:33+	71:50+	73:50+	75:24+
03:57+	05:04+	03:54+	09:28+	03:28+	08:01+	06:01-	03:21+	02:24+	00:58+	04:07+	03:58+	02:47+	05:25+	03:29+	03:11+	02:17+	02:00+	01:34+
02:07@	01:32&	01:09&	05:58@	01:18&	01:49&	00:31-	01:31&	00:51&	00:13&	00:48#	01:10&	00:44&	01:28&	01:48@	01:19&	00:45&	00:52&	00:39&
9	Lars Salvesen	50	1:16:14															
02:35+	07:16+	10:45+	15:10+	18:21+	25:28+	31:14+	39:10+	41:14+	42:03+	46:47+	51:20+	54:49+	59:44+	65:36+	67:54+	72:51+	74:47+	76:14+
02:35+	04:41+	03:29+	04:25+	03:11+	07:07+	05:46-	07:56+	02:04+	00:49+	04:44+	04:33+	03:29+	04:55+	05:52+	02:18+	04:57+	01:56+	01:27+
00:45&	01:09&	00:44&	00:55&	01:01&	00:55#	00:46-	06:06@	00:31&	00:04+	01:25&	01:45&	01:26&	00:58#	04:11@	00:26#	03:25@	00:48&	00:32&
10	John Lage Bergan	116	1:45:46															
07:42+	12:24+	15:57+	19:57+	22:06+	30:22+	46:17+	49:42+	52:01+	53:03+	67:20+	75:27+	77:55+	83:33+	86:31+	95:04+	97:36+	104:33+	105:46+
07:42+	04:42+	03:33+	04:00+	02:09-	08:16+	15:55+	03:25+	02:19+	01:02+	14:17+	08:07+	02:28+	05:38+	02:58+	08:33+	02:32+	06:57+	01:13+
05:52@	01:10&	00:48&	00:30#	00:01-	02:04&	09:23@	01:35&	00:46&	00:17&	10:58@	05:19@	00:26#	01:41&	01:17&	06:41@	01:00&	05:49@	00:18&
11	Sverre Magnar Nordal	116	1:47:29															
03:34+	08:28+	12:19+	23:49+	27:51+	36:46+	65:38+	68:23+	71:17+	72:20+	77:19+	86:27+	88:51+	95:11+	98:01+	100:26+	103:55+	105:46+	107:29+
03:34+	04:54+	03:51+	11:30+	04:02+	08:55+	28:52+	02:45+	02:54+	01:03+	04:59+	09:08+	02:24+	06:20+	02:50+	02:25+	03:29+	01:51+	01:43+
01:44&	01:22&	01:06&	08:00@	01:52&	02:43&	22:20@	00:55&	01:21&	00:18&	01:40&	06:20@	00:21#	02:23&	01:09&	00:33&	01:57@	00:43&	00:48&
Beste strekktid for klassen																		
01:43	03:32	02:45	03:03	01:56	05:43	03:52	01:50	01:29	00:45	02:40	02:48	01:47	03:38	01:41	01:35	01:29	00:59	00:51
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
Herrer 60 - 64 år																		
1	Lars Stangeland	96	47:03															
02:26=	05:16=	07:43=	12:23=	14:37=	17:16=	19:29=	21:50=	25:24=	31:08=	32:24=	34:55=	36:38=	38:00=	45:37=	47:03=			
02:26=	02:50=	02:27=	04:40=	02:14=	02:39=	02:13=	02:21=	03:34=	05:44=	01:16=	02:31=	01:43=	01:22=	07:37=	01:26=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Torbjørn Evensen	108	49:17															
02:28+	04:22+	07:10-	11:09-	14:11-	17:48+	20:28+	23:20+	27:52+	33:49+	35:09+	38:15+	40:30+	41:54+	48:02+	49:17+			
02:28+	01:54-	02:48+	03:59-	03:02+	03:37+	02:40+	02:52+	04:32+	05:57+	01:20+	03:06+	02:15+	01:24+	06:08-	01:15-			
00:02+	00:56-	00:21#	00:41-	00:48&	00:58&	00:27#	00:31#	00:58&	00:13+	00:04+	00:35#	00:32&	00:02+	01:29-	00:11-			
3	Jan Hetland	29	51:42															
01:54-	04:25-	08:38+	11:32-	18:30+	22:51+	25:02+	29:39+	34:01+	39:15+	40:24+	42:43+	44:12+	45:44+	50:50+	51:42+			
01:54-	02:31-	04:13+	02:54-	06:58+	04:21+	02:11-	04:37+	04:22+	05:14-	01:09-	02:19-	01:29-	01:32+	05:06-	00:52-			
00:32-	00:19-	01:46&	01:46-	04:44@	01:42&	00:02-	02:16&	00:48#	00:30-	00:07-	00:12-	00:14-	00:10#	02:31-	00:34-			
4	Sveinung Tveit	236	51:59															
02:13-	04:27-	07:47+	10:24-	13:43-	17:04-	19:39+	25:10+	29:26+	36:53+	38:42+	41:46+	43:27+	45:03+	50:57+	51:59+			
02:13-	02:14-	03:20+	02:37-	03:19+	03:21+	02:35+	05:31+	04:16+	07:27+	01:49+	03:04+	01:41-	01:36+	05:54-	01:02-			
00:13-	00:36-	00:53&	02:03-	01:05&	00:42&	00:22#	03:10@	00:42#	01:43&	00:33&	00:33#	00:02-	00:14#	01:43-	00:24-			
5	Bjørn Vidar Gunvaldsen	27	53:20															
02:22-	04:57-	08:30+	11:14-	14:40+	18:45+	21:27+	25:41+	30:45+	37:06+	38:20+	40:55+	42:55+	44:36+	52:07+	53:20+			
02:22-	02:35-	03:33+	02:44-	03:26+	04:05+	02:42+	04:14+	05:04+	06:21+	01:14-	02:35+	02:00+	01:41+	07:31-	01:13-			
00:04-	00:15-	01:06&	01:56-	01:12&	01:26&	00:29#	01:53&	01:30&	00:37#	00:02-	00:04+	00:17#	00:19#	00:06-	00:13-			
6	Bjørn Sivertsen	99	55:07															
02:43+	05:21+	08:55+	11:21-	15:05+	21:12+	24:00+	27:00+	32:21+	38:36+	40:06+	42:50+	44:49+	46:26+	53:33+	55:07+			
02:43+	02:38-	03:34+	02:26-	03:44+	06:07+	02:48+	03:00+	05:21+	06:15+	01:30+	02:44+	01:59+	01:37+	07:07-	01:34+			
00:17#	00:12-	01:07&	02:14-	01:30&	03:28@	00:35&	00:39&	01:47&	00:31+	00:14#	00:13+	00:16#	00:15#	00:30-	00:08+			
7	Tor Harald Lunde	47	55:17															
02:49+	04:50-	08:26+	11:13-	14:21-	18:44+	21:51+	26:10+	30:34+	39:24+	40:52+	43:45+	45:40+	47:24+	54:00+	55:17+			
02:49+	02:01-	03:36+	02:47-	03:08+	04:23+	03:07+	04:19+	04:24+	08:50+	01:28+	02:53+	01:55+	01:44+	06:36-	01:17-			
00:23#	00:49-	01:09&	01:53-	00:54&	01:44&	00:54&	01:58&	00:50#	03:06&	00:12#	00:22#	00:12#	00:22&	01:01-	00:09-			
8	Tore R. Tvedt	90	57:52															
05:06+	07:50+	11:32+	14:19+	17:46+	21:00+	24:07+	28:38+	33:35+	41:33+	42:59+	47:00+	48:46+	50:03+	56:02+	57:52+			
05:06+	02:44-	03:42+	02:47-	03:27+	03:14+	03:07+	04:31+	04:57+	07:58+	01:26+	04:01+	01:46+	01:17-	05:59-	01:50+			
02:40@	00:06-	01:15&	01:53-	01:13&	00:35#	00:54&	02:10&	01:23&	02:14&	00:10#	01:30&	00:03+	00:05-	01:38-	00:24&			
9	Arne M. Handeland	92	58:38															
01:57-	03:47-	07:42-	11:25-	14:28-	17:47+	20:48+	25:27+	30:47+	38:19+	40:04+	42:36+	44:13+	45:38+	57:25+	58:38+			
01:57-	01:50-	03:55+	03:43-	03:03+	03:19+	03:01+	04:39+	05:20+	07:32+	01:45+	02:32+	01:37-	01:25+	11:47+	01:13-			
00:29-	01:00-	01:28&	00:57-	00:49&	00:40&	00:48&	02:18&	01:46&	01:48&	00:29&	00:01+	00:06-	00:03+	04:10&	00:13-			

Class	Navn	Klasse										Tid			
10	Eivind L. Rake	92										59:42			
03:03+	05:04-	08:29+	11:45-	17:38+	21:22+	24:16+	27:56+	34:13+	42:43+	44:32+	47:24+	49:25+	50:56+	58:01+	59:42+
03:03+	02:01-	03:32+	03:16-	05:53+	03:44+	02:54+	03:40+	06:17+	08:30+	01:49+	02:52+	02:01+	01:31+	07:05-	01:41+
00:37&	00:49-	00:58&	01:24-	03:39@	01:05&	00:41&	01:19&	02:43&	02:46&	00:33&	00:21#	00:18#	00:09#	00:32-	00:15#
11	Tom Hetland	5										1:00:30			
03:27+	06:26+	09:58+	12:41+	16:44+	21:31+	24:35+	27:42+	32:30+	39:31+	41:03+	44:42+	47:12+	51:46+	59:10+	60:30+
03:27+	02:59+	03:32+	02:43-	04:03+	04:47+	03:04+	03:07+	04:48+	07:01+	01:32+	03:39+	02:30+	04:34+	07:24-	01:20-
01:01&	00:09+	01:05&	01:57-	01:49&	02:08&	00:51&	00:46&	01:14&	01:17#	00:16#	01:08&	00:47&	03:12@	00:13-	00:06-
12	Odd Arild Werness	88										1:01:09			
02:53+	04:54-	08:47+	12:06-	16:02+	20:26+	23:40+	27:45+	32:48+	41:02+	42:57+	47:00+	49:15+	51:13+	59:23+	61:09+
02:53+	02:01-	03:53+	03:19-	03:56+	04:24+	03:14+	04:05+	05:03+	08:14+	01:55+	04:03+	02:15+	01:58+	08:10+	01:46+
00:27#	00:49-	01:26&	01:21-	01:42&	01:45&	01:01&	01:44&	01:29&	02:30&	00:39&	01:32&	00:32&	00:36&	00:33+	00:20#
13	Svein Ims	65										1:04:56			
02:47+	13:53+	16:53+	19:22+	22:50+	27:22+	29:57+	33:50+	39:13+	46:41+	48:37+	51:58+	54:56+	56:45+	63:29+	64:56+
02:47+	11:06+	03:00+	02:29-	03:28+	04:32+	02:35+	03:53+	05:23+	07:28+	01:56+	03:21+	02:58+	01:49+	06:44-	01:27+
00:21#	08:16@	00:33#	02:11-	01:14&	01:53&	00:22#	01:32&	01:49&	01:44&	00:40&	00:50&	01:15&	00:27&	00:53-	00:01+
14	Denis Castelet	42										1:06:46			
03:35+	05:48+	09:51+	17:32+	22:12+	26:33+	29:34+	34:16+	40:28+	48:24+	50:28+	53:45+	56:02+	57:55+	65:28+	66:46+
03:35+	02:13-	04:03+	07:41+	04:40+	04:21+	03:01+	04:42+	06:12+	07:56+	02:04+	03:17+	02:17+	01:53+	07:33-	01:18-
01:09&	00:37-	01:36&	03:01&	02:26@	01:42&	00:48&	02:21&	02:38&	02:12&	00:48&	00:46&	00:34&	00:31&	00:04-	00:08-
15	Inge Johan Øverland	93										1:11:27			
02:30+	05:08-	08:21+	14:41+	18:52+	23:51+	29:29+	35:02+	41:50+	49:17+	51:07+	55:02+	57:06+	59:44+	69:33+	71:27+
02:30+	02:38-	03:13+	06:20+	04:11+	04:59+	05:38+	05:33+	06:48+	07:27+	01:50+	03:55+	02:04+	02:38+	09:49+	01:54+
00:04+	00:12-	00:46&	01:40&	01:57&	02:20&	03:25@	03:12@	03:14&	01:43&	00:34&	01:24&	00:21#	01:16&	02:12&	00:28&
16	Terje Stokkeland	69										1:11:42			
02:18-	15:17+	20:00+	22:41+	25:58+	30:02+	32:51+	35:58+	43:08+	49:55+	51:18+	55:32+	57:04+	59:00+	70:22+	71:42+
02:18-	12:59+	04:43+	02:41-	03:17+	04:04+	02:49+	03:07+	07:10+	06:47+	01:23+	04:14+	01:32-	01:56+	11:22+	01:20-
00:08-	10:09@	02:16&	01:59-	01:03&	01:25&	00:36&	00:46&	03:36@	01:03#	00:07+	01:43&	00:11-	00:34&	03:45&	00:06-
17	Jan Arendal	116										1:14:51			
03:08+	06:16+	10:26+	13:50+	18:30+	23:55+	27:15+	40:46+	47:17+	54:52+	56:54+	60:49+	63:10+	65:31+	73:16+	74:51+
03:08+	03:08+	04:10+	03:24-	04:40+	05:25+	03:20+	13:31+	06:31+	07:35+	02:02+	03:55+	02:21+	02:21+	07:45+	01:35+
00:42&	00:18#	01:43&	01:16-	02:26@	02:46@	01:07&	11:10@	02:57&	01:51&	00:46&	01:24&	00:38&	00:59&	00:08+	00:09#
18	Egil Røyneberg	93										1:27:17			
03:34+	06:04+	10:17+	19:15+	23:33+	32:18+	36:27+	40:12+	46:39+	60:18+	63:18+	71:47+	74:56+	77:00+	85:06+	87:17+
03:34+	02:30-	04:13+	08:58+	04:18+	08:45+	04:09+	03:45+	06:27+	13:39+	03:00+	08:29+	03:09+	02:04+	08:06+	02:11+
01:08&	00:20-	01:46&	04:18&	02:04&	06:06@	01:56&	01:24&	02:53&	07:55@	01:44@	05:58@	01:26&	00:42&	00:29+	00:45&
19	Rolf Kleppe	63										1:33:46			
03:40+	06:38+	10:27+	14:18+	19:00+	25:20+	29:33+	38:21+	43:58+	68:00+	70:27+	78:25+	80:46+	82:17+	91:54+	93:46+
03:40+	02:58+	03:49+	03:51-	04:42+	06:20+	04:13+	08:48+	05:37+	24:02+	02:27+	07:58+	02:21+	01:31+	09:37+	01:52+
01:14&	00:08+	01:22&	00:49-	02:28@	03:41@	02:00&	06:27@	02:03&	18:18@	01:11&	05:27@	00:38&	00:09#	02:00&	00:26&
Beste strekktid for klassen															
01:54	01:50	02:27	02:26	02:14	02:39	02:11	02:21	03:34	05:14	01:09	02:19	01:29	01:17	05:06	00:52

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

Herrer 65 - 69 år

1	Harry Breiland	66										38:40			
01:50=	04:02=	06:27=	08:19=	10:42=	13:37=	15:32=	17:58=	21:47=	27:27=	28:34=	30:38=	31:55=	33:03=	37:38=	38:40=
01:50=	02:12=	02:25=	01:52=	02:23=	02:55=	01:55=	02:26=	03:49=	05:40=	01:07=	02:04=	01:17=	01:08=	04:35=	01:02=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjell Svihus	154										45:16			
02:18+	04:07+	07:18+	09:45+	12:41+	15:45+	18:14+	22:30+	26:49+	32:17+	33:29+	35:46+	37:14+	38:44+	44:02+	45:16+
02:18+	01:49-	03:11+	02:27+	02:56+	03:04+	02:29+	04:16+	04:19+	05:28-	01:12+	02:17+	01:28+	01:30+	05:18+	01:14+
00:28&	00:23-	00:46&	00:35&	00:33#	00:09+	00:34&	01:50&	00:30#	00:12-	00:05+	00:13#	00:11#	00:22&	00:43#	00:12#
3	Asgeir Bell	117										47:56			
01:51+	03:50-	06:25-	09:06+	11:32+	17:39+	19:35+	25:19+	28:53+	35:45+	36:57+	39:25+	40:57+	42:01+	46:55+	47:56+
01:51+	01:59-	02:35+	02:41+	02:26+	06:07+	01:56+	05:44+	03:34-	06:52+	01:12+	02:28+	01:32+	01:04-	04:54+	01:01-
00:01+	00:13-	00:10+	00:49&	00:03+	03:12@	00:01+	03:18@	00:15-	01:12#	00:05+	00:24#	00:15#	00:04-	00:19+	00:01-

Class	Navn	Klasse												Tid	
4	Ragnvald Frøyland	128												49:57	
02:15+	04:23+	08:19+	11:01+	13:45+	17:10+	19:47+	25:03+	29:36+	36:19+	37:46+	40:14+	41:58+	43:21+	48:57+	49:57+
02:15+	02:08-	03:56+	02:42+	02:44+	03:25+	02:24+	05:16+	04:33+	06:43+	01:27+	02:28+	01:44+	01:23+	05:36+	01:00-
00:25#	00:04-	01:31&	00:50&	00:21#	00:30#	00:42&	02:50@	00:44#	01:03#	00:20&	00:24#	00:27&	00:15#	01:01#	00:02-
5	Arne Østensen	90												53:23	
02:04+	09:55+	12:48+	15:12+	17:45+	22:21+	25:45+	28:39+	33:23+	39:51+	41:18+	43:57+	45:29+	46:49+	52:22+	53:23+
02:04+	07:51+	02:53+	02:24+	02:33+	04:36+	03:24+	02:54+	04:44+	06:28+	01:27+	02:39+	01:32+	01:20+	05:33+	01:01-
00:14#	05:39@	00:28#	00:32&	00:10+	01:41&	01:29&	00:28#	00:55#	00:48#	00:20&	00:35&	00:15#	00:12#	00:58#	00:01-
6	Ove Gundersen	100												53:30	
02:33+	04:36+	08:12+	10:28+	13:53+	20:17+	24:22+	27:26+	31:15+	38:53+	40:18+	43:52+	45:19+	46:49+	52:15+	53:30+
02:33+	02:03-	03:36+	02:16+	03:25+	06:24+	04:05+	03:04+	03:49=	07:38+	01:25+	03:34+	01:27+	01:30+	05:26+	01:15+
00:43&	00:09-	01:11&	00:24#	01:02&	03:29@	02:10@	00:38&	00:00=	01:58&	00:18&	01:30&	00:10#	00:22&	00:51#	00:13#
7	Olav Habbestad	116												54:33	
02:07+	03:34-	06:22-	08:39+	16:51+	21:56+	24:11+	27:47+	32:39+	38:26+	41:13+	44:37+	46:53+	48:07+	53:21+	54:33+
02:07+	01:27-	02:48+	02:17+	08:12+	05:05+	02:15+	03:36+	04:52+	05:47+	02:47+	03:24+	02:16+	01:14+	05:14+	01:12+
00:17#	00:45-	00:23#	00:25#	05:49@	02:10&	00:20#	01:10&	01:03&	00:07+	01:40@	01:20&	00:59&	00:06+	00:39#	00:10#
8	Paul A. Paulsen	117												57:52	
06:45+	08:43+	12:06+	14:51+	18:00+	21:52+	25:20+	28:30+	34:03+	40:54+	43:02+	46:31+	48:21+	50:02+	56:18+	57:52+
06:45+	01:58-	03:23+	02:45+	03:09+	03:52+	03:28+	03:10+	05:33+	06:51+	02:08+	03:29+	01:50+	01:41+	06:16+	01:34+
04:55@	00:14-	00:58&	00:53&	00:46&	00:57&	01:33&	00:44&	01:44&	01:11#	01:01&	01:25&	00:33&	00:33&	01:41&	00:32&
9	Per Marthon Mæland	5												58:23	
02:50+	06:11+	09:35+	14:12+	18:26+	21:54+	24:31+	31:24+	35:36+	42:51+	45:43+	48:26+	50:09+	51:30+	57:18+	58:23+
02:50+	03:21+	03:24+	04:37+	04:14+	03:28+	02:37+	06:53+	04:12+	07:15+	02:52+	02:43+	01:43+	01:21+	05:48+	01:05+
01:00&	01:09&	00:59&	02:45@	01:51&	00:33#	00:42&	04:27@	00:23#	01:35&	01:45@	00:39&	00:26&	00:13#	01:13&	00:03+
10	Kjell Ingar Olsen	50												1:00:42	
02:44+	12:14+	15:54+	18:51+	22:45+	27:37+	30:35+	33:34+	38:38+	45:23+	46:55+	49:42+	51:29+	52:52+	59:09+	60:42+
02:44+	09:30+	03:40+	02:57+	03:54+	04:52+	02:58+	02:59+	05:04+	06:45+	01:32+	02:47+	01:47+	01:23+	06:17+	01:33+
00:54&	07:18@	01:15&	01:05&	01:31&	01:57&	01:03&	00:33#	01:15&	01:05#	00:25&	00:43&	00:30&	00:15#	01:42&	00:31&
11	Sverre Vatland	93												1:02:03	
03:01+	05:11+	08:36+	12:45+	16:03+	21:44+	24:20+	27:44+	32:53+	39:26+	40:50+	50:05+	52:03+	53:32+	60:39+	62:03+
03:01+	02:10-	03:25+	04:09+	03:18+	05:41+	02:36+	03:24+	05:09+	06:33+	01:24+	09:15+	01:58+	01:29+	07:07+	01:24+
01:11&	00:02-	01:00&	02:17@	00:55&	02:46&	00:41&	00:58&	01:20&	00:53#	00:17&	07:11@	00:41&	00:21&	02:32&	00:22&
12	Knut Jonas Espedal	53												1:03:08	
02:50+	05:10+	08:59+	11:59+	15:43+	20:03+	24:04+	29:26+	35:53+	44:12+	46:37+	50:07+	52:01+	53:38+	61:32+	63:08+
02:50+	02:20+	03:49+	03:00+	03:44+	04:20+	04:01+	05:22+	06:27+	08:19+	02:25+	03:30+	01:54+	01:37+	07:54+	01:36+
01:00&	00:08+	01:24&	01:08&	01:21&	01:25&	02:06@	02:56@	02:38&	02:39&	01:18@	01:26&	00:37&	00:29&	03:19&	00:34&
13	Svein Ove Horpestad	62												1:05:09	
02:28+	04:35+	08:37+	15:21+	19:01+	25:13+	33:04+	35:46+	40:04+	47:44+	50:50+	53:55+	56:16+	57:32+	63:31+	65:09+
02:28+	02:07-	04:02+	06:44+	03:40+	06:12+	07:51+	02:42+	04:18+	07:40+	03:06+	03:05+	02:21+	01:16+	05:59+	01:38+
00:38&	00:05-	01:37&	04:52@	01:17&	03:17@	05:56@	00:16#	00:29#	02:00&	01:59@	01:01&	01:04&	00:08#	01:24&	00:36&
14	Terje Gautestad	7												1:07:28	
03:28+	05:21+	11:08+	14:03+	19:01+	23:47+	26:59+	30:19+	35:49+	45:57+	47:54+	52:02+	55:22+	57:36+	66:02+	67:28+
03:28+	01:53-	05:47+	02:55+	04:58+	04:46+	03:12+	03:20+	05:30+	10:08+	01:57+	04:08+	03:20+	02:14+	08:26+	01:26+
01:38&	00:19-	03:22@	01:03&	02:35@	01:51&	01:17&	00:54&	01:41&	04:28&	00:50&	02:04&	02:03@	01:06&	03:51&	00:24&
Beste strekktid for klassen															
01:50	01:27	02:25	01:52	02:23	02:55	01:55	02:26	03:34	05:28	01:07	02:04	01:17	01:04	04:35	01:00

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

Herrer 70 - 74 år

1	Finn Morten Årstad	115												48:21	
02:06=	04:01=	07:47=	10:21=	13:15=	20:54=	23:07=	25:56=	29:43=	35:26=	36:43=	39:11=	40:56=	42:08=	47:27=	48:21=
02:06=	01:55=	03:46=	02:34=	02:54=	07:39=	02:13=	02:49=	03:47=	05:43=	01:17=	02:28=	01:45=	01:12=	05:19=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arvid Thorsen	5												48:23	
02:37+	07:16+	10:15+	12:43+	15:37+	18:45-	21:12-	25:37-	29:55+	35:19-	36:29-	38:47-	40:15-	41:33-	47:03-	48:23+
02:37+	04:39+	02:59-	02:28-	02:54=	03:08-	02:27+	04:25+	04:18+	05:24-	01:10-	02:18-	01:28-	01:18+	05:30+	01:20+
00:31#	02:44@	00:47-	00:06-	00:00=	04:31-	00:14#	01:36&	00:31#	00:19-	00:07-	00:10-	00:17-	00:06+	00:11+	00:26&

Class	Navn	Klasse										Tid				
3	Hilmar Røthing	128										49:29				
	01:59-	03:29-	07:00-	10:08-	13:01-	16:04-	18:18-	21:12-	26:02-	35:40+	37:29+	40:23+	42:06+	43:12+	48:30+	49:29+
	01:59-	01:30-	03:31-	03:08+	02:53-	03:03-	02:14+	02:54+	04:50+	09:38+	01:49+	02:54+	01:43-	01:06-	05:18-	00:59+
	00:07-	00:25-	00:15-	00:34#	00:01-	04:36-	00:01+	00:05+	01:03&	03:55&	00:32&	00:26#	00:02-	00:06-	00:01-	00:05+
4	Odd Garpestad	29										51:12				
	02:53+	04:51+	08:38+	11:41+	14:32+	18:16-	20:50-	25:58+	30:38+	37:19+	38:43+	41:18+	42:48+	44:14+	50:04+	51:12+
	02:53+	01:58+	03:47+	03:03+	02:51-	03:44-	02:34+	05:08+	04:40+	06:41+	01:24+	02:35+	01:30-	01:26+	05:50+	01:08+
	00:47&	00:03+	00:01+	00:29#	00:03-	03:55-	00:21#	02:19&	00:53#	00:58#	00:07+	00:07+	00:15-	00:14#	00:31+	00:14&
5	Svein Glendrange	68										53:51				
	02:43+	04:22+	07:09-	09:36-	12:29-	15:55-	18:47-	21:36-	32:20+	38:18+	39:43+	42:26+	44:04+	45:28+	52:36+	53:51+
	02:43+	01:39-	02:47-	02:27-	02:53-	03:26-	02:52+	02:49-	10:44+	05:58+	01:25+	02:43+	01:38-	01:24+	07:08+	01:15+
	00:37&	00:16-	00:59-	00:07-	00:01-	04:13-	00:39&	00:00=	06:57@	00:15+	00:08#	00:15#	00:07-	00:12#	01:49&	00:21&
6	Øyvind Egeskog	5										55:58				
	03:22+	06:33+	09:44+	12:21+	15:56+	21:59+	25:01+	28:13+	33:19+	40:07+	41:38+	45:01+	46:51+	48:24+	54:37+	55:58+
	03:22+	03:11+	03:11-	02:37+	03:35+	06:03-	03:02+	03:12+	05:06+	06:48+	01:31+	03:23+	01:50+	01:33+	06:13+	01:21+
	01:16&	01:16&	00:35-	00:03+	00:41#	01:36-	00:49&	00:23#	01:19&	01:05#	00:14#	00:55&	00:05+	00:21&	00:54#	00:27&
7	Geir Husdal	93										56:29				
	03:56+	05:56+	09:34+	12:57+	16:06+	20:01-	22:43-	26:14+	32:38+	39:40+	41:06+	44:12+	46:26+	48:04+	55:10+	56:29+
	03:56+	02:00+	03:38-	03:23+	03:09+	03:55-	02:42+	03:31+	06:24+	07:02+	01:26+	03:06+	02:14+	01:38+	07:06+	01:19+
	01:50&	00:05+	00:08-	00:49&	00:15+	03:44-	00:29#	00:42#	02:37&	01:19#	00:09#	00:38&	00:29&	00:26&	01:47&	00:25&
8	Hermann Skogsholm	53										56:39				
	02:30+	09:25+	12:23+	14:50+	18:11+	23:00+	26:09+	30:22+	35:28+	41:46+	43:11+	46:19+	47:58+	49:30+	55:17+	56:39+
	02:30+	06:55+	02:58-	02:27-	03:21+	04:49-	03:09+	04:13+	05:06+	06:18+	01:25+	03:08+	01:39-	01:32+	05:47+	01:22+
	00:24#	05:00@	00:48-	00:07-	00:27#	02:50-	00:56&	01:24&	01:19&	00:35#	00:08#	00:40&	00:06-	00:20&	00:28+	00:28&
9	Tormod Aaslid	54										56:47				
	02:25+	07:27+	13:24+	16:05+	20:40+	24:33+	27:42+	30:30+	35:10+	42:06+	43:45+	46:34+	48:09+	49:32+	55:28+	56:47+
	02:25+	05:02+	05:57+	02:41+	04:35+	03:53-	03:09+	02:48-	04:40+	06:56+	01:39+	02:49+	01:35-	01:23+	05:56+	01:19+
	00:19#	03:07@	02:11&	00:07+	01:41&	03:46-	00:56&	00:01-	00:53#	01:13#	00:22&	00:21#	00:10-	00:11#	00:37#	00:25&
10	Arne Tveita	109										1:06:16				
	04:32+	07:36+	11:57+	15:15+	20:14+	25:20+	28:33+	33:47+	39:14+	47:06+	48:32+	52:18+	54:02+	56:03+	65:07+	66:16+
	04:32+	03:04+	04:21+	03:18+	04:59+	05:06-	03:13+	05:14+	05:27+	07:52+	01:26+	03:46+	01:44-	02:01+	09:04+	01:09+
	02:26@	01:09&	00:35#	00:44&	02:05&	02:33-	01:00&	02:25&	01:40&	02:09&	00:09#	01:18&	00:01-	00:49&	03:45&	00:15&
11	Ingjald Egeland	7										1:16:46				
	03:25+	05:20+	09:15+	11:42+	15:03+	20:08-	23:18+	35:11+	42:33+	54:26+	56:07+	63:26+	67:34+	69:19+	75:23+	76:46+
	03:25+	01:55=	03:55+	02:27-	03:21+	05:05-	03:10+	11:53+	07:22+	11:53+	01:41+	07:19+	04:08+	01:45+	06:04+	01:23+
	01:19&	00:00=	00:09+	00:07-	00:27#	02:34-	00:57&	09:04@	03:35&	06:10@	00:24&	04:51@	02:23@	00:33&	00:45#	00:29&
12	Svein Eliassen	116										1:20:02				
	03:48+	07:18+	12:49+	17:32+	23:26+	32:15+	36:18+	40:24+	47:44+	59:04+	61:00+	65:59+	68:33+	70:53+	78:24+	80:02+
	03:48+	03:30+	05:31+	04:43+	05:54+	08:49+	04:03+	04:06+	07:20+	11:20+	01:56+	04:59+	02:34+	02:20+	07:31+	01:38+
	01:42&	01:35&	01:45&	02:09&	03:00@	01:10#	01:50&	01:17&	03:33&	05:37&	00:39&	02:31@	00:49&	01:08&	02:12&	00:44&
13	Jan H. Sagen	92										1:23:51				
	03:38+	06:13+	12:01+	15:35+	32:53+	38:18+	41:26+	45:32+	51:54+	60:38+	63:07+	67:16+	70:25+	73:11+	82:11+	83:51+
	03:38+	02:35+	05:48+	03:34+	17:18+	05:25-	03:08+	04:06+	06:22+	08:44+	02:29+	04:09+	03:09+	02:46+	09:00+	01:40+
	01:32&	00:40&	02:02&	01:00&	14:24@	02:14-	00:55&	01:17&	02:35&	03:01&	01:12&	01:41&	01:24&	01:34@	03:41&	00:46&
14	Albert Moe	54										1:26:27				
	03:36+	06:04+	12:13+	15:54+	27:46+	34:00+	37:52+	43:48+	50:30+	62:07+	64:44+	69:56+	72:34+	74:37+	83:57+	86:27+
	03:36+	02:28+	06:09+	03:41+	11:52+	06:14-	03:52+	05:56+	06:42+	11:37+	02:37+	05:12+	02:38+	02:03+	09:20+	02:30+
	01:30&	00:33&	02:23&	01:07&	08:58@	01:25-	01:39&	03:07@	02:55&	05:54@	01:20@	02:44@	00:53&	00:51&	04:01&	01:36@
15	Lars Ernst Ravndal	125										1:27:33				
	05:27+	13:07+	17:51+	21:48+	28:18+	33:36+	38:08+	49:19+	58:20+	66:19+	69:31+	73:51+	76:27+	78:02+	85:36+	87:33+
	05:27+	07:40+	04:44+	03:57+	06:30+	05:18-	04:32+	11:11+	09:01+	07:59+	03:12+	04:20+	02:36+	01:35+	07:34+	01:57+
	03:21@	05:45@	00:58&	01:23&	03:36@	02:21-	02:19@	08:22@	05:14@	02:16&	01:55@	01:52&	00:51&	00:23&	02:15&	01:03@
16	Mangor Eikeland	92										1:36:17				
	05:05+	13:31+	22:59+	27:37+	33:49+	40:22+	44:19+	49:07+	56:58+	67:46+	71:08+	76:57+	80:14+	82:44+	93:10+	96:17+
	05:05+	08:26+	09:28+	04:38+	06:12+	06:33-	03:57+	04:48+	07:51+	10:48+	03:22+	05:49+	03:17+	02:30+	10:26+	03:07+
	02:59@	06:31@	05:42@	02:04&	03:18@	01:06-	01:44&	01:59&	04:04@	05:05&	02:05@	03:21@	01:32&	01:18@	05:07&	02:13@
Beste strekktid for klassen																
	01:59	01:30	02:47	02:27	02:51	03:03	02:13	02:48	03:47	05:24	01:10	02:18	01:28	01:06	05:18	00:54

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

Herrer 75 - 79 år

1	Knut Skjæveland	93	45:00												
03:08=	05:41=	08:17=	16:18=	17:46=	19:28=	22:05=	26:29=	27:31=	31:19=	34:47=	36:55=	38:47=	41:03=	43:33=	45:00=
03:08=	02:33=	02:36=	08:01=	01:28=	01:42=	02:37=	04:24=	01:02=	03:48=	03:28=	02:08=	01:52=	02:16=	02:30=	01:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Terje Braut	92	55:40												
02:43-	05:35-	08:32+	16:42+	18:13+	21:09+	24:26+	28:34+	30:08+	35:35+	39:58+	42:40+	45:46+	51:28+	54:13+	55:40+
02:43-	02:52+	02:57+	08:10+	01:31+	02:56+	03:17+	04:08-	01:34+	05:27+	04:23+	02:42+	03:06+	05:42+	02:45+	01:27=
00:25-	00:19#	00:21#	00:09+	00:03+	01:14&	00:40&	00:16-	00:32&	01:39&	00:55&	00:34&	01:14&	03:26@	00:15#	00:00=

3	Harald I. Serigstad	68	1:02:40												
03:04-	06:45+	13:58+	23:47+	25:24+	27:40+	30:52+	35:11+	36:47+	42:00+	46:49+	49:37+	52:53+	58:12+	61:07+	62:40+
03:04-	03:41+	07:13+	09:49+	01:37+	02:16+	03:12+	04:19-	01:36+	05:13+	04:49+	02:48+	03:16+	05:19+	02:55+	01:33+
00:04-	01:08&	04:37@	01:48#	00:09#	00:34&	00:35#	00:05-	00:34&	01:25&	01:21&	00:40&	01:24&	03:03@	00:25#	00:06+

4	Harald Vatne	67	1:03:46												
03:54+	06:42+	10:03+	20:11+	21:47+	24:07+	27:37+	33:30+	35:15+	41:01+	45:41+	48:46+	51:47+	54:47+	61:55+	63:46+
03:54+	02:48+	03:21+	10:08+	01:36+	02:20+	03:30+	05:53+	01:45+	05:46+	04:40+	03:05+	03:01+	03:00+	07:08+	01:51+
00:46#	00:15+	00:45&	02:07&	00:08+	00:38&	00:53&	01:29&	00:43&	01:58&	01:12&	00:57&	01:09&	00:44&	04:38@	00:24&

5	Magne Jakobsen	63	1:04:52												
03:25+	06:18+	09:43+	20:19+	22:14+	24:40+	28:30+	37:53+	39:52+	47:09+	51:55+	54:28+	57:26+	61:00+	63:19+	64:52+
03:25+	02:53+	03:25+	10:36+	01:55+	02:26+	03:50+	09:23+	01:59+	07:17+	04:46+	02:33+	02:58+	03:34+	02:19-	01:33+
00:17+	00:20#	00:49&	02:35&	00:27&	00:44&	01:13&	04:59@	00:57&	03:29&	01:18&	00:25#	01:06&	01:18&	00:11-	00:06+

6	Alf Gyland	92	1:06:32												
03:15+	06:11+	09:17+	20:43+	22:07+	23:45+	27:24+	34:00+	35:28+	40:03+	53:46+	56:12+	58:16+	62:04+	64:59+	66:32+
03:15+	02:56+	03:06+	11:26+	01:24-	01:38-	03:39+	06:36+	01:28+	04:35+	13:43+	02:26+	02:04+	03:48+	02:55+	01:33+
00:07+	00:23#	00:30#	03:25&	00:04-	00:04-	01:02&	02:12&	00:26&	00:47#	10:15@	00:18#	00:12#	01:32&	00:25#	00:06+

7	Kjell Maudal	63	1:07:01												
04:40+	08:23+	11:46+	22:32+	24:16+	26:35+	30:34+	39:44+	41:53+	49:10+	54:00+	56:33+	59:34+	62:40+	65:22+	67:01+
04:40+	03:43+	03:23+	10:46+	01:44+	02:19+	03:59+	09:10+	02:09+	07:17+	04:50+	02:33+	03:01+	03:06+	02:42+	01:39+
01:32&	01:10&	00:47&	02:45&	00:16#	00:37&	01:22&	04:46@	01:07@	03:29&	01:22&	00:25#	01:09&	00:50&	00:12+	00:12#

8	Bjarne Edland	92	1:26:45												
03:31+	06:15+	13:33+	24:12+	25:27+	27:36+	38:09+	58:09+	62:48+	67:39+	72:15+	74:59+	77:25+	83:04+	85:26+	86:45+
03:31+	02:44+	07:18+	10:39+	01:15-	02:09+	10:33+	20:00+	04:39+	04:51+	04:36+	02:44+	02:26+	05:39+	02:22-	01:19-
00:23#	00:11+	04:42@	02:38&	00:13-	00:27&	07:56@	15:36@	03:37@	01:03&	01:08&	00:36&	00:34&	03:23@	00:08-	00:08-

9	Øystein Nilsen	57	1:35:09												
03:41+	08:27+	15:51+	30:02+	32:14+	35:25+	39:58+	47:25+	49:31+	59:45+	68:07+	71:51+	77:19+	86:31+	92:42+	95:09+
03:41+	04:46+	07:24+	14:11+	02:12+	03:11+	04:33+	07:27+	02:06+	10:14+	08:22+	03:44+	05:28+	09:12+	06:11+	02:27+
00:33#	02:13&	04:48@	06:10&	00:44&	01:29&	01:56&	03:03&	01:04@	06:26@	04:54@	01:36&	03:36@	06:56@	03:41@	01:00&

10	Jan Bekkeheien	92	1:38:56												
05:24+	08:15+	11:29+	27:06+	28:48+	34:58+	38:49+	65:27+	67:09+	74:30+	79:18+	81:53+	84:07+	86:55+	96:33+	98:56+
05:24+	02:51+	03:14+	15:37+	01:42+	06:10+	03:51+	26:38+	01:42+	07:21+	04:48+	02:35+	02:14+	02:48+	09:38+	02:23+
02:16&	00:18#	00:38#	07:36&	00:14#	04:28@	01:14&	22:14@	00:40&	03:33&	01:20&	00:27#	00:22#	00:32#	07:08@	00:56&

Beste strekktid for klassen															
02:43	02:33	02:36	08:01	01:15	01:38	02:37	04:08	01:02	03:48	03:28	02:08	01:52	02:16	02:19	01:19

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29	52:21												
03:04=	05:37=	13:45=	16:43=	23:21=	25:44=	28:37=	30:36=	34:44=	38:23=	39:55=	45:18=	47:28=	48:46=	50:25=	52:21=
03:04=	02:33=	08:08=	02:58=	06:38=	02:23=	02:53=	01:59=	04:08=	03:39=	01:32=	05:23=	02:10=	01:18=	01:39=	01:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen															
03:04	02:33	08:08	02:58	06:38	02:23	02:53	01:59	04:08	03:39	01:32	05:23	02:10	01:18	01:39	01:56

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

Herrer A

1	Fredrik Omdal	74	43:29																		
01:33=	04:41=	06:51=	08:38=	12:31=	14:54=	20:11=	22:21=	23:07=	24:45=	25:49=	28:18=	30:26=	32:07=	34:15=	36:06=	37:53=	39:11=	39:51=	41:38=	42:31=	43:29=
01:33=	03:08=	02:10=	01:47=	03:53=	02:23=	05:17=	02:10=	00:46=	01:38=	01:04=	02:29=	02:08=	01:41=	02:08=	01:51=	01:47=	01:18=	00:40=	01:47=	00:53=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Fredrik Sandal	88	43:51																		
01:31-	03:48-	06:15-	07:57-	11:56-	14:08-	19:41-	21:20-	22:00-	23:21-	24:24-	27:11-	29:30-	30:22-	33:00-	35:25-	37:20-	38:48-	39:30-	41:36-	42:37+	43:51+
01:31-	02:17-	02:27+	01:42-	03:59+	02:12-	05:33+	01:39-	00:40-	01:21-	01:03-	02:47+	02:19+	00:52-	02:38+	02:25+	01:55+	01:28+	00:42+	02:06+	01:01+	01:14+
00:02-	00:51-	00:17#	00:05-	00:06+	00:11-	00:16+	00:31-	00:06-	00:17-	00:01-	00:18#	00:11+	00:49-	00:30#	00:34&	00:08+	00:10#	00:02+	00:19#	00:08#	00:16&
3	Magnus Landstad	66	44:47																		
01:40+	04:00-	06:14-	08:08-	12:11-	14:23-	20:33+	22:04-	22:47-	24:05-	25:11-	28:07-	30:17-	31:04-	33:46-	35:55-	37:40-	39:11=	40:05+	42:29+	43:29+	44:47+
01:40+	02:20-	02:14+	01:54+	04:03+	02:12-	06:10+	01:31-	00:43-	01:18-	01:06+	02:56+	02:10+	00:47-	02:42+	02:09+	01:45-	01:31+	00:54+	02:24+	01:00+	01:18+
00:07+	00:48-	00:04+	00:07+	00:10+	00:11-	00:53#	00:39-	00:03-	00:20-	00:02+	00:27#	00:02+	00:54-	00:34&	00:18#	00:02-	00:13#	00:14&	00:37&	00:07#	00:20&
4	Kenneth Mydland	29	49:39																		
01:35+	04:13-	06:40-	08:18-	12:23-	14:39-	20:45+	23:09+	23:53+	25:16+	26:26+	30:45+	33:29+	34:24+	36:54+	39:18+	41:34+	43:50+	44:39+	47:18+	48:24+	49:39+
01:35+	02:38-	02:27+	01:38-	04:05+	02:16-	06:06+	02:24+	00:44-	01:23-	01:10+	04:19+	02:44+	00:55-	02:30+	02:24+	02:16+	02:16+	00:49+	02:39+	01:06+	01:15+
00:02+	00:30-	00:17#	00:09-	00:12+	00:07-	00:49#	00:14#	00:02-	00:15-	00:06+	01:50&	00:36&	00:46-	00:22#	00:33&	00:29&	00:58&	00:09#	00:52&	00:13#	00:17&
5	Aart Joakim in't Veld	93	51:55																		
01:39+	04:36-	07:04+	08:51+	13:42+	15:54+	25:03+	27:46+	28:28+	30:15+	31:31+	34:33+	36:52+	37:42+	40:15+	42:31+	44:38+	45:59+	46:53+	49:42+	50:44+	51:55+
01:39+	02:57-	02:28+	01:47=	04:51+	02:12-	09:09+	02:43+	00:42-	01:47+	01:16+	03:02+	02:19+	00:50-	02:33+	02:16+	02:07+	01:21+	00:54+	02:49+	01:02+	01:11+
00:06+	00:11-	00:18#	00:00=	00:58#	00:11-	03:52&	00:33&	00:04-	00:09+	00:12#	00:33#	00:11+	00:51-	00:25#	00:25#	00:20#	00:03+	00:14&	01:02&	00:09#	00:13#
6	Erik Lima	115	52:22																		
01:51+	05:11+	08:04+	09:50+	13:58+	16:34+	25:51+	27:52+	28:40+	30:24+	31:30+	35:15+	37:44+	38:34+	41:22+	43:30+	45:41+	47:01+	47:42+	50:22+	51:19+	52:22+
01:51+	03:20+	02:53+	01:46-	04:08+	02:36+	09:17+	02:01-	00:48+	01:44+	01:06+	03:45+	02:29+	00:50-	02:48+	02:08+	02:11+	01:20+	00:41+	02:40+	00:57+	01:03+
00:18#	00:12+	00:43&	00:01-	00:15+	00:13+	04:00&	00:09-	00:02+	00:06+	00:02+	01:16&	00:21#	00:51-	00:40&	00:17#	00:24#	00:02+	00:01+	00:53&	00:04+	00:05+
7	Joar Fuglestad	116	1:11:21																		
01:57+	05:00+	10:14+	12:13+	16:54+	19:33+	31:03+	32:57+	37:38+	40:35+	41:44+	45:13+	49:45+	50:53+	56:34+	59:19+	61:24+	65:28+	66:18+	68:39+	70:24+	71:21+
01:57+	03:03-	05:14+	01:59+	04:41+	02:39+	11:30+	01:54-	04:41+	02:57+	01:09+	03:29+	04:32+	01:08-	05:41+	02:45+	02:05+	04:04+	00:50+	02:21+	01:45+	00:57-
00:24&	00:05-	03:04@	00:12#	00:48#	00:16#	06:13@	00:16-	03:55@	01:19&	00:05+	01:00&	02:24@	00:33@	03:33@	00:54&	00:18#	02:46@	00:10#	00:34&	00:52&	00:01-
8	Martin Blystad	115	1:16:49																		
02:00+	04:59+	08:02+	10:23+	16:10+	25:00+	33:54+	36:02+	37:01+	39:02+	40:31+	44:34+	47:28+	48:35+	54:42+	63:06+	66:15+	68:27+	69:27+	73:50+	75:11+	76:49+
02:00+	02:59-	03:03+	02:21+	05:47+	08:50+	08:54+	02:08-	00:59+	02:01+	01:29+	04:03+	02:54+	01:07-	06:07+	08:24+	03:09+	02:12+	01:00+	04:23+	01:21+	01:38+
00:27&	00:09-	00:53&	00:34&	01:54&	06:27@	03:37&	00:02-	00:13&	00:23#	00:25&	01:34&	00:46&	00:34-	03:59@	06:33@	01:22&	00:54&	00:20&	02:36@	00:28&	00:40&

Beste strekktid for klassen

01:31 02:17 02:10 01:38 03:53 02:12 05:17 01:31 00:40 01:18 01:03 02:29 02:08 00:47 02:08 01:51 01:45 01:18 00:40 01:47 00:53 00:57

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

Herrer B

1	Stein Arne Olsen	68	46:54																		
01:45=	04:17=	06:39=	08:37=	12:33=	14:49=	21:07=	22:59=	23:37=	25:16=	26:28=	29:22=	31:51=	32:45=	35:06=	37:43=	39:45=	41:30=	42:22=	44:33=	45:29=	46:54=
01:45=	02:32=	02:22=	01:58=	03:56=	02:16=	06:18=	01:52=	00:38=	01:39=	01:12=	02:54=	02:29=	00:54=	02:21=	02:37=	02:02=	01:45=	00:52=	02:11=	00:56=	01:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Oddvar Taksdal	194	47:36																		
01:45=	04:13-	06:57+	08:43+	13:07+	15:39+	21:47+	23:39+	24:30+	26:01+	27:19+	30:17+	32:51+	33:43+	36:09+	38:32+	40:37+	42:12+	42:57+	45:14+	46:22+	47:36+
01:45=	02:28-	02:44+	01:46-	04:24+	02:32+	06:08-	01:52=	00:51+	01:31-	01:18+	02:58+	02:34+	00:52-	02:26+	02:23-	02:05+	01:35-	00:45-	02:17+	01:08+	01:14-
00:00=	00:04-	00:22#	00:12-	00:28#	00:16#	00:10-	00:00=	00:13&	00:08-	00:06+	00:04+	00:05+	00:02-	00:05+	00:14-	00:03+	00:10-	00:07-	00:06+	00:12#	00:11-
3	Odd Fuglestad	250	47:45																		
01:48+	04:17=	06:45+	08:40+	13:04+	15:43+	21:58+	23:44+	24:31+	26:01+	27:13+	30:39+	32:54+	33:44+	36:20+	38:50+	40:54+	42:16+	43:07+	45:33+	46:33+	47:45+
01:48+	02:29-	02:28+	01:55-	04:24+	02:39+	06:15-	01:46-	00:47+	01:30-	01:12=	03:26+	02:15-	00:50-	02:36+	02:30-	02:04+	01:22-	00:51-	02:26+	01:00+	01:12-
00:03+	00:03-	00:06+	00:03-	00:28#	00:23#	00:03-	00:06-	00:09#	00:09-	00:00=	00:32#	00:14-	00:04-	00:15#	00:07-	00:02+	00:23-	00:01-	00:15#	00:04+	00:13-
4	Njål F. Vadla	194	49:36																		
01:24-	04:08-	06:42+	08:38+	12:41+	15:14+	22:20+	24:28+	25:12+	26:51+	28:07+	31:26+	34:02+	35:02+	37:41+	40:16+	42:27+	43:55+	44:47+	47:11+	48:22+	49:36+
01:24-	02:44+	02:34+	01:56-	04:03+	02:33+	07:06+	02:08+	00:44+	01:39=	01:16+	03:19+	02:36+	01:00+	02:39+	02:35-	02:11+	01:28-	00:52=	02:24+	01:11+	01:14-
00:21-	00:12+	00:12+	00:02-	00:07+	00:17#	00:48#	00:16#	00:06#	00:00=	00:04+	00:25#	00:07+	00:06#	00:18#	00:02-	00:09+	00:17-	00:00=	00:13+	00:15&	00:11-

Class	Navn	Klasse										Tid									
5	Terje Michaelsen	47										49:53									
01:31-	04:12-	06:30-	08:20-	12:37+	14:49=	21:11+	23:41+	24:20+	26:08+	27:21+	30:21+	33:27+	34:13+	36:37+	39:05+	41:13+	42:33+	43:42+	47:59+	48:49+	49:53+
01:31-	02:41+	02:18-	01:50-	04:17+	02:12-	06:22+	02:30+	00:39+	01:48+	01:13+	03:00+	03:06+	00:46-	02:24+	02:28-	02:08+	01:20-	01:09+	04:17+	00:50-	01:04-
00:14-	00:09+	00:04-	00:08-	00:21+	00:04-	00:04+	00:38&	00:01+	00:09+	00:01+	00:06+	00:37#	00:08-	00:03+	00:09-	00:06+	00:25-	00:17&	02:06&	00:06-	00:21-
6	Joar Eilevstjønn	67										52:32									
02:03+	06:12+	08:43+	10:35+	15:10+	18:17+	25:37+	27:37+	28:33+	30:10+	31:29+	35:45+	37:55+	38:56+	41:18+	43:09+	45:01+	46:22+	47:10+	50:11+	51:12+	52:32+
02:03+	04:09+	02:31+	01:52-	04:35+	03:07+	07:20+	02:00+	00:56+	01:37-	01:19+	04:16+	02:10-	01:01+	02:22+	01:51-	01:52-	01:21-	00:48-	03:01+	01:01+	01:20-
00:18#	01:37&	00:09+	00:06-	00:39#	00:51&	01:02#	00:08+	00:18&	00:02-	00:07+	01:22&	00:19-	00:07#	00:01+	00:46-	00:10-	00:24-	00:04-	00:50&	00:05+	00:05-
7	Bjørn Serck-Hanssen	91										54:08									
01:49+	05:41+	08:27+	10:29+	15:03+	17:48+	24:34+	26:33+	27:19+	29:06+	30:25+	34:02+	36:35+	37:45+	40:40+	44:08+	46:18+	47:53+	48:46+	51:26+	52:38+	54:08+
01:49+	03:52+	02:46+	02:02+	04:34+	02:45+	06:46+	01:59+	00:46+	01:47+	01:19+	03:37+	02:33+	01:10+	02:55+	03:28+	02:10+	01:35-	00:53+	02:40+	01:12+	01:30+
00:04+	01:20&	00:24#	00:04+	00:38#	00:29#	00:28+	00:07+	00:08#	00:08+	00:07+	00:43#	00:04+	00:16&	00:34#	00:51&	00:08+	00:10-	00:01+	00:29#	00:16&	00:05+
8	Svein Erik Kvame	116										55:37									
01:52+	05:06+	08:02+	10:04+	14:35+	17:28+	24:54+	27:04+	28:11+	30:01+	31:35+	35:22+	38:08+	39:07+	42:14+	45:06+	47:45+	49:15+	50:14+	53:04+	54:11+	55:37+
01:52+	03:14+	02:56+	02:02+	04:31+	02:53+	07:26+	02:10+	01:07+	01:50+	01:34+	03:47+	02:46+	00:59+	03:07+	02:52+	02:39+	01:30-	00:59+	02:50+	01:07+	01:26+
00:07+	00:42&	00:34#	00:04+	00:35#	00:37&	01:08#	00:18#	00:29&	00:11#	00:22&	00:53&	00:17#	00:05+	00:46&	00:15+	00:37&	00:15-	00:07#	00:39&	00:11#	00:01+
9	Per Olav Haarr	62										59:40									
02:13+	05:05+	11:50+	14:03+	18:35+	21:33+	29:45+	31:48+	32:40+	34:21+	35:49+	40:16+	43:03+	45:03+	48:16+	50:31+	52:34+	54:08+	54:55+	57:19+	58:27+	59:40+
02:13+	02:52+	06:45+	02:13+	04:32+	02:58+	08:12+	02:03+	00:52+	01:41+	01:28+	04:27+	02:47+	02:00+	03:13+	02:15-	02:03+	01:34-	00:47-	02:24+	01:08+	01:13-
00:28&	00:20#	04:23@	00:15#	00:36#	00:42&	01:54&	00:11+	00:14&	00:02+	00:16#	01:33&	00:18#	01:06@	00:52&	00:22-	00:01+	00:11-	00:05-	00:13+	00:12#	00:12-
10	Gunnar Petterson	29										1:00:18									
01:59+	04:50+	07:39+	10:03+	14:33+	17:19+	26:06+	28:19+	29:31+	31:13+	32:57+	37:18+	40:17+	41:34+	45:08+	48:05+	50:49+	52:43+	53:47+	57:32+	58:40+	60:18+
01:59+	02:51+	02:49+	02:24+	04:30+	02:46+	08:47+	02:13+	01:12+	01:42+	01:44+	04:21+	02:59+	01:17+	03:34+	02:57+	02:44+	01:54+	01:04+	03:45+	01:08+	01:38+
00:14#	00:19#	00:27#	00:26#	00:34#	00:30#	02:29&	00:21#	00:34&	00:03+	00:32&	01:27&	00:30#	00:23&	01:13&	00:20#	00:42&	00:09+	00:12#	01:34&	00:12#	00:13#
11	Inge Løland	114										1:03:28									
02:07+	05:11+	08:19+	10:27+	15:06+	18:17+	26:43+	28:56+	29:51+	31:41+	33:14+	36:58+	40:38+	42:53+	46:10+	49:29+	52:10+	54:17+	55:27+	59:58+	61:21+	63:28+
02:07+	03:04+	03:08+	02:08+	04:39+	03:11+	08:26+	02:13+	00:55+	01:50+	01:33+	03:44+	03:40+	02:15+	03:17+	03:19+	02:41+	02:07+	01:10+	04:31+	01:23+	02:07+
00:22#	00:32#	00:46&	00:10+	00:43#	00:55&	02:08&	00:21#	00:17&	00:11#	00:21&	00:50&	01:11&	01:21@	00:56&	00:42&	00:39&	00:22#	00:18&	02:20@	00:27&	00:42&
12	Leif Kjetil Hinna Gausel	116										1:06:29									
02:24+	05:30+	08:44+	10:52+	16:07+	19:22+	29:22+	31:43+	32:44+	34:48+	36:24+	40:42+	43:32+	44:28+	47:52+	54:28+	56:52+	58:46+	59:46+	63:46+	64:56+	66:29+
02:24+	03:06+	03:14+	02:08+	05:15+	03:15+	10:00+	02:21+	01:01+	02:04+	01:36+	04:18+	02:50+	00:56+	03:24+	06:36+	02:24+	01:54+	01:00+	04:00+	01:10+	01:33+
00:39&	00:34#	00:52&	00:10+	01:19&	00:59&	03:42&	00:29&	00:23&	00:25&	00:24&	01:24&	00:21#	00:02+	01:03&	03:59@	00:22#	00:09+	00:08#	01:49&	00:14#	00:08+
13	Geir Sand	105										1:09:18									
01:50+	10:08+	12:55+	15:12+	21:25+	30:03+	37:49+	40:44+	42:04+	43:50+	45:11+	49:20+	52:14+	53:09+	56:20+	58:42+	60:54+	62:36+	63:43+	66:44+	67:51+	69:18+
01:50+	08:18+	02:47+	02:17+	06:13+	08:38+	07:46+	02:55+	01:20+	01:46+	01:21+	04:09+	02:54+	00:55+	03:11+	02:22-	02:12+	01:42-	01:07+	03:01+	01:07+	01:27+
00:05+	05:46@	00:25#	00:19#	02:17&	06:22@	01:28#	01:03&	00:42@	00:07+	00:09#	01:15&	00:25#	00:01+	00:50&	00:15-	00:10+	00:03-	00:15&	00:50&	00:11#	00:02+
14	Rune Christiansen	93										1:12:08									
02:33+	06:05+	09:29+	12:05+	18:09+	21:52+	33:33+	35:53+	37:33+	39:36+	41:23+	45:59+	49:44+	51:15+	56:29+	60:25+	63:17+	65:08+	66:06+	69:15+	70:29+	72:08+
02:33+	03:32+	03:24+	02:36+	06:04+	03:43+	11:41+	02:20+	01:40+	02:03+	01:47+	04:36+	03:45+	01:31+	05:14+	03:56+	02:52+	01:51+	00:58+	03:09+	01:14+	01:39+
00:48&	01:00&	01:02&	00:38&	02:08&	01:27&	05:23&	00:28#	01:02@	00:24#	00:35&	01:42&	01:16&	00:37&	02:53@	01:19&	00:50&	00:06+	00:06#	00:58&	00:18&	00:14#
15	Espen Fyhn Nilsen	116										1:19:22									
02:48+	06:36+	10:24+	13:04+	19:43+	23:30+	35:18+	38:01+	39:11+	42:25+	44:39+	50:18+	55:17+	56:52+	60:44+	64:37+	67:43+	69:44+	71:13+	75:16+	77:05+	79:22+
02:48+	03:48+	03:48+	02:40+	06:39+	03:47+	11:48+	02:43+	01:10+	03:14+	02:14+	05:39+	04:59+	01:35+	03:52+	03:53+	03:06+	02:01+	01:29+	04:03+	01:49+	02:17+
01:03&	01:16&	01:26&	00:42&	01:31&	01:31&	05:30&	00:51&	00:32&	01:35&	02:45&	02:30@	00:41&	01:31&	01:16&	01:04&	00:16#	00:37&	01:52&	00:53&	00:52&	

Beste strekktid for klassen

01:24 02:28 02:18 01:46 03:56 02:12 06:08 01:46 00:38 01:30 01:12 02:54 02:10 00:46 02:21 01:51 01:52 01:20 00:45 02:11 00:50 01:04

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

Herrer C

1	Kjetil Wirak	114										41:53									
02:21=	05:45=	06:56=	10:43=	11:48=	15:22=	17:15=	20:16=	21:33=	23:44=	25:21=	28:06=	28:54=	30:38=	33:33=	34:40=	36:07=	37:35=	38:32=	40:30=	41:53=	
02:21=	03:24=	01:11=	03:47=	01:05=	03:34=	01:53=	03:01=	01:17=	02:11=	01:37=	02:45=	00:48=	01:44=	02:55=	01:07=	01:27=	01:28=	00:57=	01:58=	01:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Harald Klippenberg	59										48:47									
02:29+	07:57+	09:00+	13:40+	14:55+	18:46+	20:33+	23:17+	25:29+	27:50+	29:48+	33:49+	34:43+	36:26+	39:23+	41:00+	42:40+	44:25+	45:36+	47:30+	48:47+	
02:29+	05:28+	01:03-	04:40+	01:15+	03:51+	01:47-	02:44-	02:12+	02:21+	01:58+	04:01+	00:54+	01:43-	02:57+	01:37+	01:40+	01:45+	01:11+	01:54-	01:17-	
00:08+	02:04&	00:08-	00:53#	00:10#	00:17+	00:06-	00:17-	00:55&	00:10+	00:21#	01:16&	00:06#	00:01-	00:02+	00:30&	00:13#	00:17#	00:14#	00:04-	00:06-	

Class	Navn	Klasse										Tid									
3	Otte Omdal	65										51:02									
02:23+	06:26+	07:30+	14:52+	15:54+	19:32+	21:47+	24:32+	26:01+	28:29+	30:24+	33:55+	34:47+	36:35+	41:26+	43:03+	44:44+	46:20+	47:19+	49:42+	51:02+	
02:23+	04:03+	01:04-	07:22+	01:02-	03:38+	02:15+	02:45-	01:29+	02:28+	01:55+	03:31+	00:52+	01:48+	04:51+	01:37+	01:41+	01:36+	00:59+	02:23+	01:20-	
00:02+	00:39#	00:07-	03:35&	00:03-	00:04+	00:22#	00:16-	00:12#	00:17#	00:18#	00:46&	00:04+	00:04+	01:56&	00:30&	00:14#	00:08+	00:02+	00:25#	00:03-	
4	Nils John Vestøl	83										53:50									
02:57+	06:25+	07:29+	11:52+	12:45+	17:14+	18:48+	21:28+	22:56+	25:14+	27:18+	31:09+	32:36+	36:43+	44:53+	46:04+	47:39+	49:42+	50:36+	52:34+	53:50+	
02:57+	03:28+	01:04-	04:23+	00:53-	04:29+	01:34-	02:40-	01:28+	02:18+	02:04+	03:51+	01:27+	04:07+	08:10+	01:11+	01:35+	02:03+	00:54-	01:58=	01:16-	
00:36&	00:04+	00:07-	00:36#	00:12-	00:55&	00:19-	00:21-	00:11#	00:07+	00:27&	01:06&	00:39&	02:23@	05:15@	00:04+	00:08+	00:35&	00:03-	00:00=	00:07-	
5	Paul Terje Haarr	62										54:15									
02:58+	08:35+	10:01+	15:31+	16:51+	22:22+	24:52+	28:08+	29:33+	32:02+	34:47+	38:10+	38:59+	40:32+	43:46+	45:30+	47:15+	48:49+	50:12+	52:44+	54:15+	
02:58+	05:37+	01:26+	05:30+	01:20+	05:31+	02:30+	03:16+	01:25+	02:29+	02:45+	03:23+	00:49+	01:33-	03:14+	01:44+	01:45+	01:34+	01:23+	02:32+	01:31+	
00:37&	02:13&	00:15#	00:15#	01:15#	01:57&	00:37&	00:15+	00:08#	00:18#	01:08&	00:38#	00:01+	00:11-	00:19#	00:37&	00:18#	00:06+	00:26&	00:34&	00:08+	
6	Rune Karstensen	37										55:03									
03:06+	09:08+	10:29+	15:19+	16:36+	22:34+	24:49+	27:45+	29:38+	32:10+	34:27+	38:25+	40:59+	42:50+	46:00+	47:34+	49:19+	50:44+	51:47+	53:36+	55:03+	
03:06+	06:02+	01:21+	04:50+	01:17+	05:58+	02:15+	02:56-	01:53+	02:32+	02:17+	03:58+	02:34+	01:51+	03:10+	01:34+	01:45+	01:25-	01:03+	01:49-	01:27+	
00:45&	02:38&	00:10#	01:03&	00:12#	02:24&	00:22#	00:05-	00:36&	00:21#	00:40&	01:13&	01:46@	00:07+	00:15+	00:27&	00:18#	00:03-	00:06#	00:09-	00:04+	
7	Jan Einar Øvremo	50										1:00:30									
03:09+	07:47+	09:16+	17:05+	18:12+	24:17+	26:58+	31:20+	32:50+	35:33+	37:36+	42:50+	43:50+	45:38+	49:00+	50:45+	53:01+	54:53+	56:03+	58:45+	60:30+	
03:09+	04:38+	01:29+	07:49+	01:07+	06:05+	02:41+	04:22+	01:30+	02:43+	02:03+	05:14+	01:00+	01:48+	03:22+	01:45+	02:16+	01:52+	01:10+	02:42+	01:45+	
00:48&	01:14&	00:18&	04:02@	00:02+	02:31&	00:48&	01:21&	00:13#	00:32#	00:26&	02:29&	00:12#	00:04+	00:27#	00:38&	00:49&	00:24&	00:13#	00:44&	00:22&	
8	Geir Bjaanes	116										1:00:41									
02:27+	15:22+	16:34+	23:17+	24:40+	29:18+	31:42+	34:55+	36:25+	38:53+	41:14+	45:03+	45:55+	47:50+	51:11+	52:44+	54:27+	56:06+	57:08+	59:13+	60:41+	
02:27+	12:55+	01:12+	06:43+	01:23+	04:38+	02:24+	03:13+	01:30+	02:28+	02:21+	03:49+	00:52+	01:55+	03:21+	01:33+	01:43+	01:39+	01:02+	02:05+	01:28+	
00:06+	09:31@	00:01+	02:56&	00:18&	01:04&	00:31&	00:12+	00:13#	00:17#	00:44&	01:04&	00:04+	00:11#	00:26&	00:16#	00:11#	00:05+	00:07+	00:05+	00:05+	
9	Knut Feldmann	93										1:01:47									
03:25+	07:53+	09:12+	15:01+	16:26+	21:47+	26:27+	29:45+	31:44+	34:36+	37:17+	43:22+	44:20+	46:27+	50:05+	51:53+	53:58+	55:51+	57:08+	60:01+	61:47+	
03:25+	04:28+	01:19+	05:49+	01:25+	05:21+	04:40+	03:18+	01:59+	02:52+	02:41+	06:05+	00:58+	02:07+	03:38+	01:48+	02:05+	01:53+	01:17+	02:53+	01:46+	
01:04&	01:04&	00:08#	02:02&	00:20&	01:47&	02:47@	00:17+	00:42&	00:41&	01:04&	03:20@	00:10#	00:23#	00:43#	00:41&	00:38&	00:25&	00:20&	00:55&	00:23&	
10	Pål H. Gjerden	116										1:02:24									
02:59+	07:17+	08:25+	15:15+	16:43+	21:03+	23:59+	28:35+	30:25+	33:38+	35:52+	41:34+	42:56+	45:18+	51:11+	52:49+	54:42+	56:49+	58:09+	60:54+	62:24+	
02:59+	04:18+	01:08-	06:50+	01:28+	04:20+	02:56+	04:36+	01:50+	03:13+	02:14+	05:42+	01:22+	02:22+	05:53+	01:38+	01:53+	02:07+	01:20+	02:45+	01:30+	
00:38&	00:54&	00:03-	03:03&	00:23&	00:46#	01:03&	01:35&	00:33&	01:02&	00:37&	02:57@	00:34&	00:38&	02:58@	00:31&	00:26&	00:39&	00:23&	00:47&	00:07+	
11	Sveinung Svebestad	46										1:02:28									
02:34+	09:25+	10:36+	17:32+	22:12+	25:19+	29:39+	31:06+	34:03+	36:38+	43:09+	44:13+	46:04+	49:49+	51:53+	53:44+	56:24+	57:32+	60:43+	62:28+		
02:34+	06:51+	01:11=	05:21+	01:35+	04:40+	03:07+	04:20+	01:27+	02:57+	02:35+	06:31+	01:04+	01:51+	03:45+	02:04+	01:51+	02:40+	01:08+	03:11+	01:45+	
00:13+	03:27@	00:00=	01:34&	00:30&	01:06&	01:14&	01:19&	00:10#	00:46&	00:58&	03:46@	00:16&	00:07+	00:50&	00:57&	00:24&	01:12&	00:11#	01:13&	00:22&	
12	Øystein Dahle	92										1:03:21									
02:56+	07:19+	08:56+	14:18+	15:37+	21:19+	26:45+	29:53+	31:40+	34:42+	37:30+	44:19+	45:44+	47:46+	51:55+	53:45+	55:46+	57:39+	58:43+	61:37+	63:21+	
02:56+	04:23+	01:37+	05:22+	01:19+	05:42+	05:26+	03:08+	01:47+	03:02+	02:48+	06:49+	01:25+	02:02+	04:09+	01:50+	02:01+	01:53+	01:04+	02:54+	01:44+	
00:35#	00:59&	00:26&	01:35&	00:14#	02:08&	03:33@	00:07+	00:30&	00:51&	01:11&	04:04@	00:37&	00:18#	01:14&	00:43&	00:34&	00:25&	00:07#	00:56&	00:21&	
13	Sverre Espedal-Selvåg	116										1:05:54									
04:20+	11:18+	12:50+	18:32+	20:04+	25:23+	28:44+	32:06+	34:12+	37:17+	40:20+	45:27+	46:39+	48:57+	52:49+	54:46+	57:03+	59:12+	60:34+	64:05+	65:54+	
04:20+	06:58+	01:32+	05:42+	01:32+	05:19+	03:21+	03:22+	02:06+	03:05+	03:03+	05:07+	01:12+	02:18+	03:52+	01:57+	02:17+	02:09+	01:22+	03:31+	01:49+	
01:59&	03:34@	00:21&	01:55&	00:27&	01:45&	01:28&	00:21#	00:49&	00:54&	01:26&	02:22&	00:24&	00:34&	00:57&	00:50&	00:50&	00:41&	00:25&	01:33&	00:26&	
14	Otto Alsnes	50										1:06:10									
03:45+	12:40+	13:58+	19:34+	21:04+	27:30+	29:56+	32:45+	34:28+	37:13+	39:51+	45:52+	49:54+	51:50+	55:50+	57:22+	58:59+	60:56+	62:03+	64:14+	66:10+	
03:45+	08:55+	01:18+	05:36+	01:30+	06:26+	02:26+	02:49-	01:43+	02:45+	02:38+	06:01+	04:02+	01:56+	04:00+	01:32+	01:37+	01:57+	01:07+	02:11+	01:56+	
01:24&	05:31@	00:07+	01:49&	00:25&	02:52&	00:33&	00:12-	00:26&	00:34&	01:01&	03:16@	03:14@	00:12#	01:05&	00:25&	00:10#	00:29&	00:10#	00:13#	00:33&	
15	Arne Kristian Espedal	68										1:12:46									
02:30+	09:52+	11:00+	18:04+	19:10+	25:46+	28:06+	41:57+	43:21+	45:39+	48:14+	55:45+	56:40+	58:21+	61:19+	63:03+	64:48+	67:44+	68:58+	71:25+	72:46+	
02:30+	07:22+	01:08-	07:04+	01:06+	06:36+	02:20+	13:51+	01:24+	02:18+	02:35+	07:31+	00:55+	01:41-	02:58+	01:44+	01:45+	02:56+	01:14+	02:27+	01:21-	
00:09+	03:58@	00:03-	03:17&	00:01+	03:02&	00:27#	10:50@	00:07+	00:07+	00:58&	04:46@	00:07#	00:03-	00:03+	00:37&	00:18#	01:28&	00:17&	00:29#	00:02-	
16	Ove Oaland	116										1:13:23									
04:50+	09:31+	10:47+	19:19+	21:08+	29:32+	32:09+	36:39+	38:33+	41:40+	44:59+	49:38+	51:11+	54:36+	62:10+	64:02+	66:01+	68:01+	69:18+	71:41+	73:23+	
04:50+	04:41+	01:16+	08:32+	01:49+	08:24+	02:37+	04:30+	01:54+	03:07+	03:19+	04:39+	01:33+	03:25+	07:34+	01:52+	01:59+	02:00+	01:17+	02:23+	01:42+	
02:29@	01:17&	00:05+	04:45@	00:44&	04:50@	00:44&	01:29&	00:37&	00:56&	01:42@	01:54&	00:45&	01:41&	04:39@	00:45&	00:32&	00:32&	00:20&	00:25#	00:19#	
Beste strekktid for klassen																					
02:21	03:24	01:03	03:47	00:53	03:34	01:34	02:40	01:17	02:11	01:37	02:45	00:48	01:33	02:55	01:07	01:27	01:25	00:54	01:49	01:16	

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

Herrer Trim

1	Leif Jarle Skåra	29	39:56												
02:43=	05:04=	06:54=	09:38=	14:10=	16:23=	19:07=	20:46=	24:13=	27:28=	28:30=	34:05=	35:54=	37:11=	38:38=	39:56=
02:43=	02:21=	01:50=	02:44=	04:32=	02:13=	02:44=	01:39=	03:27=	03:15=	01:02=	05:35=	01:49=	01:17=	01:27=	01:18=
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=
2	Alexander Slobodinski	115	41:02												
02:53+	05:08+	06:50-	09:31-	17:43+	19:32+	21:27+	23:13+	26:47+	30:16+	31:27+	35:25+	36:57+	38:12+	39:28+	41:02+
02:53+	02:15-	01:42-	02:41-	08:12+	01:49-	01:55-	01:46+	03:34+	03:29+	01:11+	03:58-	01:32-	01:15-	01:16-	01:34+
00:10+	00:06-	00:08-	00:03-	03:40&	00:24-	00:49-	00:07+	00:07+	00:14+	00:09#	01:37-	00:17-	00:02-	00:11-	00:16#
3	Øyvind Nagel-Alne	74	45:53												
03:03+	05:54+	08:28+	11:40+	17:37+	19:59+	22:38+	24:35+	28:27+	31:49+	33:04+	38:13+	41:26+	42:48+	44:42+	45:53+
03:03+	02:51+	02:34+	03:12+	05:57+	02:22+	02:39-	01:57+	03:52+	03:22+	01:15+	05:09-	03:13+	01:22+	01:54+	01:11-
00:20#	00:30#	00:44&	00:28#	01:25&	00:09+	00:05-	00:18#	00:25#	00:07+	00:13#	00:26-	01:24&	00:05+	00:27&	00:07-
4	Martin Svensen	284	46:07												
01:49-	03:25-	04:49-	06:57-	15:11+	16:59+	24:48+	29:46+	32:35+	36:26+	37:26+	41:01+	42:33+	44:11+	45:21+	46:07+
01:49-	01:36-	01:24-	02:08-	08:14+	01:48-	07:49+	04:58+	02:49-	03:51+	01:00-	03:35-	01:32-	01:38+	01:10-	00:46-
00:54-	00:45-	00:26-	00:36-	03:42&	00:25-	05:05@	03:19@	00:38-	00:36#	00:02-	02:00-	00:17-	00:21&	00:17-	00:32-
5	Oddgeir Nevland	51	47:43												
02:54+	05:57+	09:30+	12:18+	17:38+	21:23+	23:25+	26:47+	30:46+	34:05+	35:34+	40:44+	42:58+	44:20+	46:07+	47:43+
02:54+	03:03+	03:33+	02:48+	05:20+	03:45+	02:02-	03:22+	03:59+	03:19+	01:29+	05:10-	02:14+	01:22+	01:47+	01:36+
00:11+	00:42&	01:43&	00:04+	00:48#	01:32&	00:42-	01:43@	00:32#	00:04+	00:27&	00:25-	00:25#	00:05+	00:20#	00:18#
6	Einar Tønnesen	29	48:19												
02:56+	06:04+	08:08+	11:57+	16:37+	19:24+	21:42+	23:57+	28:52+	33:12+	34:39+	41:23+	43:33+	45:20+	46:47+	48:19+
02:56+	03:08+	02:04+	03:49+	04:40+	02:47+	02:18-	02:15+	04:55+	04:20+	01:27+	06:44+	02:10+	01:47+	01:27=	01:32+
00:13+	00:47&	00:14#	01:05&	00:08+	00:34&	00:26-	00:36&	01:28&	01:05&	00:25&	01:09#	00:21#	00:30&	00:00=	00:14#
7	Ingvar Haabeth	92	48:52												
02:48+	05:43+	07:55+	15:25+	21:32+	23:40+	25:43+	27:20+	31:23+	34:33+	35:41+	41:54+	44:15+	45:47+	47:22+	48:52+
02:48+	02:55+	02:12+	07:30+	06:07+	02:08-	02:03-	01:37-	04:03+	03:10-	01:08+	06:13+	02:21+	01:32+	01:35+	01:30+
00:05+	00:34#	00:22#	04:46@	01:35&	00:05-	00:41-	00:02-	00:36#	00:05-	00:06+	00:38#	00:32&	00:15#	00:08+	00:12#
8	Ivar Aalbu	29	51:04												
02:56+	05:37+	07:44+	14:11+	20:39+	23:12+	25:34+	28:00+	32:46+	37:08+	38:20+	43:54+	45:52+	47:36+	49:14+	51:04+
02:56+	02:41+	02:07+	06:27+	06:28+	02:33+	02:22-	02:26+	04:46+	04:22+	01:12+	05:34-	01:58+	01:44+	01:38+	01:50+
00:13+	00:20#	00:17#	03:43@	01:56&	00:20#	00:22-	00:47&	01:19&	01:07&	00:10#	00:01-	00:09+	00:27&	00:11#	00:32&
9	John Thorsnæs	51	51:48												
04:11+	07:17+	09:31+	12:42+	18:15+	21:25+	24:31+	26:50+	31:09+	35:38+	37:03+	45:05+	47:11+	48:41+	50:16+	51:48+
04:11+	03:06+	02:14+	03:11+	05:33+	03:10+	03:06+	02:19+	04:19+	04:29+	01:25+	08:02+	02:06+	01:30+	01:35+	01:32+
01:28&	00:45&	00:24#	00:27#	01:01#	00:57&	00:22#	00:40&	00:52&	01:14&	00:23&	02:27&	00:17#	00:13#	00:08+	00:14#
10	Hans Klausen	62	54:49												
03:03+	05:34+	07:24+	10:06+	19:25+	21:36+	27:39+	29:51+	34:00+	40:45+	41:44+	47:51+	50:00+	51:49+	53:12+	54:49+
03:03+	02:31+	01:50=	02:42-	09:19+	02:11-	06:03+	02:12+	04:09+	06:45+	00:59-	06:07+	02:09+	01:49+	01:23-	01:37+
00:20#	00:10+	00:00=	00:02-	04:47@	00:02-	03:19@	00:33&	00:42#	03:30@	00:03-	00:32+	00:20#	00:32&	00:04-	00:19#
11	Thorstein Gunnarsson	144	55:16												
04:18+	07:34+	10:04+	13:57+	19:48+	22:49+	26:29+	28:52+	34:29+	39:27+	40:50+	48:22+	50:44+	52:17+	53:53+	55:16+
04:18+	03:16+	02:30+	03:53+	05:51+	03:01+	03:40+	02:23+	05:37+	04:58+	01:23+	07:32+	02:22+	01:33+	01:36+	01:23+
01:35&	00:55&	00:40&	01:09&	01:19&	00:48&	00:56&	00:44&	02:10&	01:43&	00:21&	01:57&	00:33&	00:16#	00:09#	00:05+
12	Morten Moss	109	58:22												
03:07+	05:11+	06:47-	10:43+	17:44+	28:59+	31:25+	32:58+	35:48+	44:19+	45:23+	51:31+	53:24+	55:12+	57:11+	58:22+
03:07+	02:04-	01:36-	03:56+	07:01+	11:15+	02:26-	01:33-	02:50-	08:31+	01:04+	06:08+	01:53+	01:48+	01:59+	01:11-
00:24#	00:17-	00:14-	01:12&	02:29&	09:02@	00:18-	00:06-	00:37-	05:16@	00:02+	00:33+	00:04+	00:31&	00:32&	00:07-
13	Frode Lund	18	58:37												
03:42+	07:02+	09:39+	13:17+	22:12+	25:03+	28:07+	30:24+	36:00+	40:53+	42:51+	50:14+	52:41+	54:27+	56:42+	58:37+
03:42+	03:20+	02:37+	03:38+	08:55+	02:51+	03:04+	02:17+	05:36+	04:53+	01:58+	07:23+	02:27+	01:46+	02:15+	01:55+
00:59&	00:59&	00:47&	00:54&	04:23&	00:38&	00:20#	00:38&	02:09&	01:38&	00:56&	01:48&	00:38&	00:29&	00:48&	00:37&
14	Trond Karlsen	29	1:01:01												
02:57+	05:41+	10:29+	13:43+	26:37+	31:14+	34:10+	36:01+	41:43+	46:34+	47:58+	54:14+	55:57+	57:41+	59:17+	61:01+
02:57+	02:44+	04:48+	03:14+	12:54+	04:37+	02:56+	01:51+	05:42+	04:51+	01:24+	06:16+	01:43-	01:44+	01:36+	01:44+
00:14+	00:23#	02:58@	00:30#	08:22@	02:24@	00:12+	00:12#	02:15&	01:36&	00:22&	00:41#	00:06-	00:27&	00:09#	00:26&

Class	Navn	Klasse														Tid
15	Tor Livar Flugsrud	98														1:01:57
04:46+	08:16+	11:15+	15:45+	24:20+	28:21+	31:13+	33:56+	39:10+	43:19+	45:23+	52:55+	55:37+	57:30+	59:40+	61:57+	
04:46+	03:30+	02:59+	04:30+	08:35+	04:01+	02:52+	02:43+	05:14+	04:09+	02:04+	07:32+	02:42+	01:53+	02:10+	02:17+	
02:03&	01:09&	01:09&	01:46&	04:03&	01:48&	00:08+	01:04&	01:47&	00:54&	01:02&	01:57&	00:53&	00:36&	00:43&	00:59&	
16	Harald Berg	50														1:03:44
03:30+	06:57+	11:30+	15:36+	22:58+	25:51+	32:56+	35:38+	40:39+	45:49+	47:45+	55:18+	57:48+	59:33+	61:33+	63:44+	
03:30+	03:27+	04:33+	04:06+	07:22+	02:53+	07:05+	02:42+	05:01+	05:10+	01:56+	07:33+	02:30+	01:45+	02:00+	02:11+	
00:47&	01:06&	02:43@	01:22&	02:50&	00:40&	04:21@	01:03&	01:34&	01:55&	00:54&	01:58&	00:41&	00:28&	00:33&	00:53&	
17	Per Kolbein Tonstad	66														1:03:48
04:11+	07:30+	10:03+	14:16+	24:06+	27:40+	30:55+	34:11+	40:36+	45:48+	47:40+	54:34+	57:51+	59:40+	61:48+	63:48+	
04:11+	03:19+	02:33+	04:13+	09:50+	03:34+	03:15+	03:16+	06:25+	05:12+	01:52+	06:54+	03:17+	01:49+	02:08+	02:00+	
01:28&	00:58&	00:43&	01:29&	05:18@	01:21&	00:31#	01:37&	02:58&	01:57&	00:50&	01:19#	01:28&	00:32&	00:41&	00:42&	
18	Pål Dannevig	74														1:07:08
16:50+	19:17+	21:11+	24:45+	32:03+	34:31+	36:52+	39:51+	43:29+	53:28+	55:27+	60:44+	63:00+	64:10+	65:46+	67:08+	
16:50+	02:27+	01:54+	03:34+	07:18+	02:28+	02:21-	02:59+	03:38+	09:59+	01:59+	05:17-	02:16+	01:10-	01:36+	01:22+	
14:07@	00:06+	00:04+	00:50&	02:46&	00:15#	00:23-	01:20&	00:11+	06:44@	00:57&	00:18-	00:27#	00:07-	00:09#	00:04+	
19	Cato Eike	79														1:11:02
03:40+	07:41+	10:38+	15:09+	22:18+	26:11+	30:23+	33:05+	47:02+	51:57+	54:58+	61:35+	64:37+	66:19+	68:51+	71:02+	
03:40+	04:01+	02:57+	04:31+	07:09+	03:53+	04:12+	02:42+	13:57+	04:55+	03:01+	06:37+	03:02+	01:42+	02:32+	02:11+	
00:57&	01:40&	01:07&	01:47&	02:37&	01:40&	01:28&	01:03&	10:30@	01:40&	01:59@	01:02#	01:13&	00:25&	01:05&	00:53&	
20	Steinar Amundsen	115														1:14:10
04:49+	07:35+	10:00+	15:25+	33:06+	42:33+	45:07+	47:40+	52:40+	57:24+	58:53+	65:38+	67:52+	70:14+	72:24+	74:10+	
04:49+	02:46+	02:25+	05:25+	17:41+	09:27+	02:34-	02:33+	05:00+	04:44+	01:29+	06:45+	02:14+	02:22+	02:10+	01:46+	
02:06&	00:25#	00:35&	02:41&	13:09@	07:14@	00:10-	00:54&	01:33&	01:29&	00:27&	01:10#	00:25#	01:05&	00:43&	00:28&	
21	Eilif Gudmund Slemmen	50														1:17:21
02:37-	05:52+	08:01+	11:15+	33:59+	37:05+	46:18+	49:04+	53:27+	58:31+	60:08+	66:11+	69:22+	70:53+	75:13+	77:21+	
02:37-	03:15+	02:09+	03:14+	22:44+	03:06+	09:13+	02:46+	04:23+	05:04+	01:37+	06:03+	03:11+	01:31+	04:20+	02:08+	
00:06-	00:54&	00:19#	00:30#	18:12@	00:53&	06:29@	01:07&	00:56&	01:49&	00:35&	00:28+	01:22&	00:14#	02:53@	00:50&	
22	Per Bakken	5														1:19:20
05:23+	09:41+	14:57+	19:54+	32:47+	37:10+	41:57+	45:31+	52:18+	59:29+	63:01+	69:51+	72:05+	73:47+	76:25+	79:20+	
05:23+	04:18+	05:16+	04:57+	12:53+	04:23+	04:47+	03:34+	06:47+	07:11+	03:32+	06:50+	02:14+	01:42+	02:38+	02:55+	
02:40&	01:57&	03:26@	02:13&	08:21@	02:10&	02:03&	01:55@	03:20&	03:56@	02:30@	01:15#	00:25#	00:25&	01:11&	01:37@	
23	Steinar Aase	268														1:23:45
05:49+	11:22+	14:27+	18:36+	37:25+	40:53+	45:08+	48:29+	55:12+	62:20+	64:29+	73:22+	75:50+	77:57+	81:15+	83:45+	
05:49+	05:33+	03:05+	04:09+	18:49+	03:28+	04:15+	03:21+	06:43+	07:08+	02:09+	08:53+	02:28+	02:07+	03:18+	02:30+	
03:06@	03:12@	01:15&	01:25&	14:17@	01:15&	01:31&	01:42@	03:16&	03:53@	01:07@	03:18&	00:39&	00:50&	01:51@	01:12&	
24	Tom Leveraas	188														1:28:11
06:35+	09:34+	11:55+	15:52+	23:44+	41:29+	44:15+	46:25+	51:12+	55:16+	56:59+	79:23+	82:34+	84:23+	86:36+	88:11+	
06:35+	02:59+	02:21+	03:57+	07:52+	17:45+	02:46+	02:10+	04:47+	04:04+	01:43+	22:24+	03:11+	01:49+	02:13+	01:35+	
03:52@	00:38&	00:31&	01:13&	03:20&	15:32@	00:02+	00:31&	01:20&	00:49&	00:41&	16:49@	01:22&	00:32&	00:46&	00:17#	
25	Audun Sjøen	111														1:32:20
05:07+	09:00+	11:43+	16:12+	43:43+	50:32+	54:08+	57:29+	64:08+	69:36+	71:33+	80:36+	83:34+	86:45+	89:48+	92:20+	
05:07+	03:53+	02:43+	04:29+	27:31+	06:49+	03:36+	03:21+	06:39+	05:28+	01:57+	09:03+	02:58+	03:11+	03:03+	02:32+	
02:24&	01:32&	00:53&	01:45&	22:59@	04:36@	00:52&	01:42@	03:12&	02:13&	00:55&	03:28&	01:09&	01:54@	01:36@	01:14&	
Beste strekktid for klassen																
01:49	01:36	01:24	02:08	04:32	01:48	01:55	01:33	02:49	03:10	00:59	03:35	01:32	01:10	01:10	00:46	

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