

Plass Navn

Klasse

Tid

Damer 16 - 39 år

Plass	Navn	Klasse	Tid
1	Marjo Liikanen	67	34:35
00:47=	02:20=	04:10=	07:07=
00:47=	01:33=	01:50=	02:57=
00:00=	00:00=	00:00=	00:00=
2	Janne Tjørhom Aasheim	93	41:00
01:25+	03:02+	04:31+	08:03+
01:25+	01:37+	01:29-	03:32+
00:38&	00:04+	00:21-	00:35#
3	Ann Mari Midttun	134	46:52
01:13+	03:52+	05:35+	09:54+
01:13+	02:39+	01:43-	04:19+
00:26&	01:06&	00:07-	01:22&
4	Maira Andersone	93	54:18
02:31+	05:26+	07:03+	11:04+
02:31+	02:55+	01:37-	04:01+
01:44@	01:22&	00:13-	01:04&
5	Anne Marie Gausel	105	58:00
01:58+	04:19+	06:24+	12:11+
01:58+	02:21+	02:05+	05:47+
01:11@	00:48&	00:15#	02:50&
6	Wibeke Lende	74	1:02:07
01:49+	04:58+	07:20+	11:17+
01:49+	03:09+	02:22+	03:57+
01:02@	01:36@	00:32&	01:00&
7	Kari Borgen	62	1:06:26
01:54+	05:39+	07:38+	16:55+
01:54+	03:45+	01:59+	09:17+
01:07@	02:12@	00:09+	06:20@
8	Tine Frantzen	92	1:08:34
01:30+	04:31+	08:16+	13:52+
01:30+	03:01+	03:45+	05:36+
00:43&	01:28&	01:55@	02:39&
9	Siv Hilde Berg	105	1:34:35
02:45+	06:06+	16:07+	30:43+
02:45+	03:21+	10:01+	14:36+
01:58@	01:48@	08:11@	11:39@
10	Nithya Mohan	136	2:12:02
13:08+	17:25+	27:14+	37:12+
13:08+	04:17+	09:49+	09:58+
12:21@	02:44@	07:59@	07:01@

Beste strekketid for klassen

00:47 01:33 01:29 02:57 01:11 00:59 05:05 01:11 01:23 01:17 00:36 01:22 00:51 02:19 01:09 00:37 03:18 01:04 00:50 01:17 00:43 00:52 00:31 00:13

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

Damer 40 - 49 år

Plass	Navn	Klasse	Tid
1	Aud Hognestad Taksdal	92	33:44
00:51=	02:24=	03:45=	06:46=
00:51=	01:33=	01:21=	03:01=
00:00=	00:00=	00:00=	00:00=
2	Hilde Nordbø	93	45:00
01:18+	03:27+	05:06+	09:00+
01:18+	02:09+	01:39+	03:54+
00:27&	00:36&	00:18#	00:53&

Class	Navn	Klasse										Tid											
3	Ann-Cathrin Urdal	118										45:41											
00:59+	03:04+	04:43+	08:15+	09:40+	10:54+	16:54+	18:28+	21:42+	23:37+	24:23+	25:57+	27:07+	30:53+	32:39+	33:29+	37:56+	39:34+	40:54+	42:36+	43:26+	44:34+	45:23+	45:41+
00:59+	02:05+	01:39+	03:32+	01:25+	01:14+	06:00+	01:34+	03:14+	01:55+	00:46+	01:34+	01:10+	03:46+	01:46+	00:50+	04:27+	01:38+	01:20+	01:42+	00:50+	01:08+	00:49+	00:18+
00:08#	00:32&	00:18#	00:31#	00:16#	00:18&	00:39#	00:53@	01:44@	00:32&	00:04+	00:26&	00:18&	01:11&	00:36&	00:10#	01:08&	00:27&	00:29&	00:29&	00:08#	00:22&	00:16&	00:02#
4	Hege N. Andersen	62										46:18											
00:59+	03:12+	05:04+	08:36+	10:21+	12:49+	18:50+	19:46+	21:54+	24:04+	25:59+	27:45+	28:49+	32:20+	33:41+	34:40+	38:48+	40:48+	41:58+	43:33+	44:20+	45:24+	46:02+	46:18+
00:59+	02:13+	01:52+	03:32+	01:45+	02:28+	06:01+	00:56+	02:08+	02:10+	01:55+	01:46+	01:04+	03:31+	01:21+	00:59+	04:08+	02:00+	01:10+	01:35+	00:47+	01:04+	00:38+	00:16=
00:08#	00:40&	00:31&	00:31#	00:36&	01:32@	00:40#	00:15&	00:38&	00:47&	01:13@	00:38&	00:12#	00:56&	00:11#	00:19&	00:49#	00:49&	00:19&	00:22&	00:05#	00:18&	00:05#	00:00=
5	Vibeke Lamark	46										48:17											
01:04+	03:07+	05:13+	10:23+	11:52+	13:17+	19:45+	20:42+	24:54+	26:20+	27:13+	28:28+	29:34+	32:45+	34:18+	35:05+	39:59+	41:30+	42:42+	44:39+	45:31+	47:11+	48:01+	48:17+
01:04+	02:03+	02:06+	05:10+	01:29+	01:25+	06:28+	00:57+	04:12+	01:26+	00:53+	01:15+	01:06+	03:11+	01:33+	00:47+	04:54+	01:31+	01:12+	01:57+	00:52+	01:40+	00:50+	00:16=
00:13&	00:30&	00:45&	02:09&	00:20&	00:29&	01:07#	00:16&	02:42@	00:03+	00:11&	00:07#	00:14&	00:36#	00:23&	00:07#	01:35&	00:20&	00:21&	00:44&	00:10#	00:54@	00:17&	00:00=
6	Brit Nilsen	88										53:05											
01:31+	03:50+	06:05+	09:56+	11:45+	13:27+	20:28+	21:37+	27:11+	28:52+	30:05+	31:47+	33:06+	36:50+	38:31+	39:32+	44:28+	46:27+	47:45+	49:31+	50:27+	51:53+	52:46+	53:05+
01:31+	02:19+	02:15+	03:51+	01:49+	01:42+	07:01+	01:09+	05:34+	01:41+	01:13+	01:42+	01:19+	03:44+	01:41+	01:01+	04:56+	01:59+	01:18+	01:46+	00:56+	01:26+	00:53+	00:19+
00:40&	00:46&	00:54&	00:50&	00:40&	00:46&	01:40&	00:28&	04:04@	00:18#	00:31&	00:34&	00:27&	01:09&	00:31&	00:21&	01:37&	00:48&	00:27&	00:33&	00:14&	00:40&	00:20&	00:03#
7	Anita Glenne Kallhovd	29										56:23											
01:04+	03:27+	06:23+	12:03+	13:57+	15:24+	22:31+	24:56+	28:35+	30:35+	31:30+	33:49+	35:17+	39:05+	40:44+	41:52+	46:25+	48:53+	50:17+	52:14+	53:33+	55:19+	56:09+	56:23+
01:04+	02:23+	02:56+	05:40+	01:54+	01:27+	07:07+	02:25+	03:39+	02:00+	00:55+	02:19+	01:28+	03:48+	01:39+	01:08+	04:33+	02:28+	01:24+	01:57+	01:19+	01:46+	00:50+	00:14=
00:13&	00:50&	01:35@	02:39&	00:45&	00:31&	01:46&	01:44@	02:09@	00:37&	00:13&	01:11@	00:36&	01:13&	00:29&	00:28&	01:14&	01:17@	00:33&	00:44&	00:37&	01:00@	00:17&	00:02=
8	Lise Isachsen	165										57:30											
02:07+	06:44+	08:28+	16:48+	18:11+	19:18+	25:54+	30:19+	32:30+	34:11+	35:30+	37:00+	38:00+	41:37+	43:06+	46:17+	50:15+	51:42+	52:48+	54:23+	55:06+	56:28+	57:12+	57:30+
02:07+	04:37+	01:44+	08:20+	01:23+	01:07+	06:36+	04:25+	02:11+	01:41+	01:19+	01:30+	01:00+	03:37+	01:29+	03:11+	03:58+	01:27+	01:06+	01:35+	00:43+	01:22+	00:44+	00:18+
01:16@	03:04@	00:23&	05:19@	00:14#	00:11#	01:15#	03:44@	00:41&	00:18#	00:37&	00:22&	00:08#	01:02&	00:19&	02:31@	00:39#	00:16#	00:15&	00:22&	00:01+	00:36&	00:11&	00:02#
9	Margrethe Roalsø	93										57:36											
02:26+	04:45+	06:41+	13:13+	15:08+	16:36+	24:58+	26:07+	28:36+	30:51+	31:50+	33:39+	34:53+	38:25+	39:56+	41:24+	46:26+	48:35+	50:56+	53:07+	54:08+	55:26+	57:19+	57:36+
02:26+	02:19+	01:56+	06:32+	01:55+	01:28+	08:22+	01:09+	02:29+	02:15+	00:59+	01:49+	01:14+	03:32+	01:37+	01:28+	05:02+	02:09+	02:21+	02:11+	01:01+	01:18+	01:53+	00:17+
01:35@	00:46&	00:35&	03:31@	00:46&	00:32&	03:01&	00:28&	00:59&	00:52&	00:17&	00:41&	00:22&	00:57&	00:21&	00:48@	01:43&	00:58&	01:30@	00:58&	00:19&	00:32&	01:20@	00:01+
10	Grethe Anda Fuglestad	116										58:10											
01:09+	04:19+	06:31+	10:55+	12:37+	13:57+	24:54+	26:20+	28:30+	30:30+	31:24+	33:11+	34:20+	40:48+	42:28+	43:49+	48:35+	50:32+	52:11+	54:09+	55:32+	56:57+	57:53+	58:10+
01:09+	03:10+	02:12+	04:24+	01:42+	01:20+	10:57+	01:26+	02:10+	02:00+	00:54+	01:47+	01:09+	06:28+	01:40+	01:21+	04:46+	01:57+	01:39+	01:58+	01:23+	01:25+	00:56+	00:17+
00:18&	01:37@	00:51&	01:23&	00:33&	00:24&	05:36@	00:45@	00:40&	00:37&	00:12&	00:39&	00:17&	03:53@	00:30&	00:41@	01:27&	00:46&	00:48&	00:45&	00:41&	00:39&	00:23&	00:01+
11	Keth Berggraf	116										59:05											
01:35+	04:08+	06:14+	13:50+	15:23+	16:48+	24:43+	27:17+	29:42+	31:33+	32:59+	34:55+	36:16+	40:49+	42:26+	44:28+	49:11+	51:48+	53:07+	55:01+	56:22+	58:02+	58:49+	59:05+
01:35+	02:33+	02:06+	07:36+	01:33+	01:25+	07:55+	02:34+	02:25+	01:51+	01:26+	01:56+	01:21+	04:33+	01:37+	02:02+	04:43+	02:37+	01:19+	01:54+	01:21+	01:40+	00:47+	00:16=
00:44&	01:00&	00:45&	04:35@	00:24&	00:29&	02:34&	01:53@	00:55&	00:28&	00:44@	00:48&	00:29&	01:58&	00:27&	01:22@	01:24&	01:26@	00:28&	00:41&	00:39&	00:54@	00:14&	00:00=
12	Grethe Thu Skadberg	128										1:22:12											
03:21+	06:30+	09:20+	18:15+	20:18+	22:04+	31:19+	35:43+	42:11+	44:59+	46:54+	48:07+	50:32+	52:04+	56:51+	59:03+	62:18+	68:37+	70:48+	74:38+	77:31+	78:49+	80:15+	81:51+
03:21+	03:09+	02:50+	08:55+	02:03+	01:46+	09:15+	04:24+	06:28+	02:48+	01:55+	01:13+	02:25+	01:32-	04:47+	02:12+	03:15-	06:19+	02:11+	03:50+	02:53+	01:18+	01:26+	01:36+
02:30@	01:36@	01:29@	05:54@	00:54&	00:50&	03:54&	03:43@	04:58@	01:25@	01:13@	00:05+	01:33@	01:03-	03:37@	01:32@	00:04-	05:08@	01:20@	02:37@	02:11@	00:32&	00:53@	01:20@
00:51	01:33	01:21	03:01	01:09	00:56	05:21	00:41	01:30	01:23	00:42	01:08	00:52	01:32	01:10	00:40	03:15	01:11	00:46	01:13	00:42	00:46	00:33	00:14

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

Damer 50 - 59 år

1	Inger Tone Nygård	29										33:14											
01:27=	02:16=	06:17=	11:15=	13:30=	15:01=	16:34=	17:35=	18:26=	21:23=	22:21=	25:27=	26:46=	27:32=	28:37=	30:25=	31:07=	32:25=	33:00=	33:14=	01:19=	00:46=	01:05=	01:48=
01:27=	00:49=	04:01=	04:58=	02:15=	01:31=	01:33=	01:01=	00:51=	02:57=	00:58=	03:06=	01:19=	00:46=	01:05=	01:48=	00:42=	01:18=	00:35=	00:14=	00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Eik	88										44:09											
01:59+	03:37+	07:53+	14:53+	18:23+	20:12+	22:16+	23:35+	24:58+	28:53+	30:26+	34:23+	35:59+	37:01+	38:12+	40:05+	41:37+	43:04+	43:50+	44:09+	01:38+	04:16+	07:00+	03:30+
01:59+	01:38+	04:16+	07:00+	03:30+	01:49+	02:04+	01:19+	01:23+	03:55+	01:33+	03:57+	01:36+	01:02+	01:11+	01:53+	01:32+	01:27+	00:46+	00:19+	00:32&	00:49&	00:15+	02:02&
00:32&	00:49&	00:15+	02:02&	01:15&	00:18#	00:31&	00:18&	00:32&	00:58&	00:35&	00:51&	00:17#	00:16&	00:06+	00:05+	00:50@	00:09#	00:11&	00:05&				
3	Ingunn Voilås	29										44:42											
01:53+	03:04+	06:53+	15:15+	16:54+	19:11+	21:37+	22:44+	23:59+	28:30+	29:58+	34:25+	36:04+	37:09+	38:32+	40:25+	41:30+	43:26+	44:23+	44:42+	01:11+	03:49-	08:22+	01:39-
01:53+	01:11+	03:49-	08:22+	01:39-	02:17+	02:26+	01:07+	01:15+	04:31+	01:28+	04:27+	01:39+	01:05+	01:23+	01:53+	01:05+	01:56+	00:57+	00:19+	00:26&	00:22&	00:36-	00:46&
00:26&	00:22&	00:12-	03:24&	00:36-	00:46&	00:53&	00:06+	00:24&	01:34&	00:30&	01:21&	00:20&	00:19&	00:18&	00:05+	00:23&	00:38&	00:22&	00:05&				

Class	Navn	Klasse	Tid																	
4	Elisabeth Christie Ørke	117	46:44																	
02:09+	03:31+	14:05+	20:01+	21:41+	23:36+	25:28+	26:24+	27:56+	31:21+	32:47+	36:20+	37:35+	39:08+	40:41+	42:13+	43:35+	45:04+	46:29+	46:44+	
02:09+	01:22+	10:34+	05:56+	01:40-	01:55+	01:52+	00:56-	01:32+	03:25+	01:26+	03:33+	01:15-	01:33+	01:33+	01:32-	01:22+	01:29+	01:25+	00:15+	
00:42&	00:33&	06:33@	00:58#	00:35-	00:24&	00:19#	00:05-	00:41&	00:28#	00:28&	00:27#	00:04-	00:47@	00:28&	00:16-	00:40&	00:11#	00:50@	00:01+	
5	Trude Katrine Hermanrud	117	47:46																	
01:51+	03:04+	08:24+	16:13+	17:55+	20:09+	22:15+	23:29+	25:05+	29:18+	30:52+	35:12+	36:46+	38:28+	40:11+	42:16+	43:21+	45:13+	47:28+	47:46+	
01:51+	01:13+	05:20+	07:49+	01:42-	02:14+	02:06+	01:14+	01:36+	04:13+	01:34+	04:20+	01:34+	01:42+	01:43+	02:05+	01:05+	01:52+	02:15+	00:18+	
00:24&	00:24&	01:19&	02:51&	00:33-	00:43&	00:33&	00:13#	00:45&	01:16&	00:36&	01:14&	00:15#	00:56@	00:38&	00:17#	00:23&	00:34&	01:40@	00:04&	
6	Kari Smådal Turøy	115	49:55																	
02:00+	03:55+	09:20+	17:25+	18:28+	22:55+	25:37+	27:52+	29:11+	33:21+	34:50+	38:42+	40:23+	41:32+	43:16+	45:29+	46:52+	48:26+	49:38+	49:55+	
02:00+	01:55+	05:25+	08:05+	01:03-	04:27+	02:42+	02:15+	01:19+	04:10+	01:29+	03:52+	01:41+	01:09+	01:44+	02:13+	01:23+	01:34+	01:12+	00:17+	
00:33&	01:06@	01:24&	03:07&	01:12-	02:56@	01:09&	01:14@	00:28&	01:13&	00:31&	00:46#	00:22&	00:23&	00:39&	00:25#	00:41&	00:16#	00:37@	00:03#	
7	Ann Karin Tjørhom	93	50:05																	
03:45+	05:03+	11:37+	18:13+	23:00+	25:23+	28:23+	29:40+	31:11+	34:50+	36:19+	39:57+	41:20+	42:28+	43:55+	45:59+	46:48+	48:12+	49:45+	50:05+	
03:45+	01:18+	06:34+	06:36+	04:47+	02:23+	03:00+	01:17+	01:31+	03:39+	01:29+	03:38+	01:23+	01:08+	01:27+	02:04+	00:49+	01:24+	01:33+	00:20+	
02:18@	00:29&	02:33&	01:38&	02:32@	00:52&	01:27&	00:16&	00:40&	00:42#	00:31&	00:32#	00:04+	00:22&	00:22&	00:16#	00:07#	00:06+	00:58@	00:06&	
8	Liv Sissel Obrestad	54	52:44																	
02:47+	04:28+	10:48+	19:27+	20:35+	23:21+	25:51+	28:36+	29:53+	34:21+	35:50+	40:56+	42:43+	44:01+	45:40+	47:41+	49:04+	50:49+	52:22+	52:44+	
02:47+	01:41+	06:20+	08:39+	01:08-	02:46+	02:30+	02:45+	01:17+	04:28+	01:29+	05:06+	01:47+	01:18+	01:39+	02:01+	01:23+	01:45+	01:33+	00:22+	
01:20&	00:52@	02:19&	03:41&	01:07-	01:15&	00:57&	01:44@	00:26&	01:31&	00:31&	02:00&	00:28&	00:32&	00:34&	00:13#	00:41&	00:27&	00:58@	00:08&	
9	Gunn J. Grefstad	2	57:56																	
03:01+	04:32+	09:40+	17:50+	21:29+	27:03+	30:22+	31:54+	34:25+	39:05+	40:42+	46:08+	47:46+	49:28+	50:56+	53:18+	54:41+	56:17+	57:19+	57:56+	
03:01+	01:31+	05:08+	08:10+	03:39+	05:34+	03:19+	01:32+	02:31+	04:40+	01:37+	05:26+	01:38+	01:42+	01:28+	02:22+	01:23+	01:36+	01:02+	00:37+	
01:34@	00:42&	01:07&	03:12&	01:24&	04:03@	01:46@	00:31&	01:40@	01:43&	00:39&	02:20&	00:19#	00:56@	00:23&	00:34&	00:41&	00:18#	00:27&	00:23@	
10	Andrea Tapken	54	1:00:38																	
02:54+	05:19+	10:42+	21:15+	22:42+	27:23+	31:01+	33:51+	36:07+	41:15+	43:15+	48:11+	49:59+	51:28+	53:00+	55:28+	56:54+	58:41+	60:14+	60:38+	
02:54+	02:25+	05:23+	10:33+	01:27-	04:41+	03:38+	02:50+	02:16+	05:08+	02:00+	04:56+	01:48+	01:29+	01:32+	02:28+	01:26+	01:47+	01:33+	00:24+	
01:27&	01:36@	01:22&	05:35@	00:48-	03:10@	02:05@	01:49@	01:25@	02:11&	01:02@	01:50&	00:29&	00:43&	00:27&	00:40&	00:44@	00:29&	00:58@	00:10&	
11	Kristin Skadsem	18	1:00:41																	
02:19+	04:12+	09:44+	22:45+	24:11+	26:38+	29:41+	31:03+	32:32+	38:49+	41:48+	46:31+	48:12+	49:33+	51:05+	53:16+	56:21+	57:26+	59:14+	60:21+	60:41+
02:19+	01:53+	05:32+	13:01+	01:26-	02:27+	03:03+	01:22+	01:29+	06:17+	02:59+	04:43+	01:41+	01:21+	01:32+	02:11+	03:05+	01:05-	01:48+	01:07+	00:20+
00:52&	01:04@	01:31&	08:03@	00:49-	00:56&	01:30&	00:21&	00:38&	03:20@	02:01@	01:37&	00:22&	00:35&	00:27&	00:23#	02:23@	00:13-	01:13@	00:53@	00:20+
12	Målfrid Bjerkeli	237	1:03:25																	
02:29+	03:58+	09:36+	21:26+	23:19+	26:08+	29:05+	31:39+	33:22+	39:11+	41:22+	45:52+	47:37+	50:03+	51:39+	59:02+	59:54+	61:41+	63:02+	63:25+	
02:29+	01:29+	05:38+	11:50+	01:53-	02:49+	02:57+	02:34+	01:43+	05:49+	02:11+	04:30+	01:45+	02:26+	01:36+	07:23+	00:52+	01:47+	01:21+	00:23+	
01:02&	00:40&	01:37&	06:52@	00:22-	01:18&	01:24&	01:33@	00:52@	02:52&	01:13@	01:24&	00:26&	01:40@	00:31&	05:35@	00:10#	00:29&	00:46@	00:09&	
13	Brit Vivian Meling	116	1:31:12																	
03:19+	07:29+	17:30+	27:42+	29:27+	33:30+	46:19+	49:55+	52:01+	58:11+	60:05+	67:57+	70:06+	71:46+	76:27+	84:24+	86:51+	89:04+	90:50+	91:12+	
03:19+	04:10+	10:01+	10:12+	01:45-	04:03+	12:49+	03:36+	02:06+	06:10+	01:54+	07:52+	02:09+	01:40+	04:41+	07:57+	02:27+	02:13+	01:46+	00:22+	
01:52@	03:21@	06:00@	05:14@	00:30-	02:32@	11:16@	02:35@	01:15@	03:13@	00:56&	04:46@	00:50&	00:54@	03:36@	06:09@	01:45@	00:55&	01:11@	00:08&	
14	Marie-Elizabeth Reinseth	27	1:38:29																	
01:55+	07:40+	18:37+	26:45+	28:23+	34:29+	48:55+	52:38+	54:24+	63:53+	69:42+	77:04+	79:02+	81:21+	88:16+	92:18+	94:04+	97:02+	98:08+	98:29+	
01:55+	05:45+	10:57+	08:08+	01:38-	06:06+	14:26+	03:43+	01:46+	09:29+	05:49+	07:22+	01:58+	02:19+	06:55+	04:02+	01:46+	02:58+	01:06+	00:21+	
00:28&	04:56@	06:56@	03:10&	00:37-	04:35@	12:53@	02:42@	00:55@	06:32@	04:51@	04:16@	00:39&	01:33@	05:50@	02:14@	01:04@	01:40@	00:31&	00:07&	
Beste strekktid for klassen																				
01:27	00:49	03:49	04:58	01:03	01:31	01:33	00:56	00:51	02:57	00:58	03:06	01:15	00:46	01:05	01:32	00:42	01:05	00:35	00:14	

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

Damer 60 - 64 år

1	Eli Frafjord	94	59:23																
02:11=	03:37=	15:27=	23:29=	24:46=	27:24=	29:53=	33:37=	36:07=	40:23=	42:20=	47:10=	49:17=	50:29=	52:32=	55:00=	56:15=	57:49=	59:06=	59:23=
02:11=	01:26=	11:50=	08:02=	01:17=	02:38=	02:29=	03:44=	02:30=	04:16=	01:57=	04:50=	02:07=	01:12=	02:03=	02:28=	01:15=	01:34=	01:17=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit K. Gramstad	113	1:04:21																
03:26+	05:16+	10:28-	22:28-	23:49-	29:02+	38:48+	40:07+	41:35+	46:11+	47:42+	52:02+	53:43+	55:43+	57:23+	59:24+	61:08+	62:41+	64:04+	64:21+
03:26+	01:50+	05:12-	12:00+	01:21+	05:13+	09:46+	01:19-	01:28-	04:36+	01:31-	04:20-	01:41-	02:00+	01:40-	02:01-	01:44+	01:33-	01:23+	00:17=
01:15&	00:24&	06:38-	03:58&	00:04+	02:35&	07:17@	02:25-	01:02-	00:20+	00:26-	00:30-	00:26-	00:48&	00:23-	00:27-	00:29&	00:01-	00:06+	00:00=

Class	Navn	Klasse										Tid									
3	Wenche Anda Haarr	92										1:05:37									
		04:21+	06:05+	11:20-	23:16-	24:43-	29:43+	36:37+	38:59+	41:33+	47:34+	48:48+	53:29+	55:08+	56:52+	58:41+	60:20+	61:33+	63:29+	65:07+	65:37+
		04:21+	01:44+	05:15-	11:56+	01:27+	05:00+	06:54+	02:22-	02:34+	06:01+	01:14-	04:41-	01:39-	01:44+	01:49-	01:39-	01:13-	01:56+	01:38+	00:30+
		02:10&	00:18#	06:35-	03:54&	00:10#	02:22&	04:25@	01:22-	00:04+	01:45&	00:43-	00:09-	00:28-	00:32&	00:14-	00:49-	00:02-	00:22#	00:21&	00:13&
4	Åse Berg	105										1:18:51									
		02:37+	04:40+	14:09-	25:21+	29:48+	33:38+	38:40+	42:13+	44:16+	49:37+	53:36+	58:36+	60:27+	63:26+	65:47+	69:05+	73:16+	76:09+	78:22+	78:51+
		02:37+	02:03+	09:29-	11:12+	04:27+	03:50+	05:02+	03:33-	02:03-	05:21+	03:59+	05:00+	01:51-	02:59+	02:21+	03:18+	04:11+	02:53+	02:13+	00:29+
		00:26#	00:37&	02:21-	03:10&	03:10@	01:12&	02:33@	00:11-	00:27-	01:05&	02:02@	00:10+	00:16-	01:47@	00:18#	00:50&	02:56@	01:19&	00:56&	00:12&
5	Unni Relling	92										1:20:35									
		02:47+	04:39+	22:18+	32:45+	34:27+	38:29+	42:16+	45:06+	49:07+	55:14+	58:21+	64:11+	66:10+	67:45+	69:27+	71:58+	73:41+	78:17+	80:10+	80:35+
		02:47+	01:52+	17:39+	10:27+	01:42+	04:02+	03:47+	02:50-	04:01+	06:07+	03:07+	05:50+	01:59-	01:35+	01:42-	02:31+	01:43+	04:36+	01:53+	00:25+
		00:36&	00:26&	05:49&	02:25&	00:25&	01:24&	01:18&	00:54-	01:31&	01:51&	01:10&	01:00#	00:08-	00:23&	00:21-	00:03+	00:28&	03:02@	00:36&	00:08&
Beste strekketid for klassen		02:11	01:26	05:12	08:02	01:17	02:38	02:29	01:19	01:28	04:16	01:14	04:20	01:39	01:12	01:40	01:39	01:13	01:33	01:17	00:17

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

Damer 65 - 69 år

1	Ingrid W. Hestness	117										45:14									
		01:39=	02:42=	07:25=	16:02=	17:08=	21:40=	23:34=	24:44=	26:31=	29:59=	31:27=	35:27=	36:47=	38:32=	39:45=	41:41=	42:37=	44:21=	44:58=	45:14=
		01:39=	01:03=	04:43=	08:37=	01:06=	04:32=	01:54=	01:10=	01:47=	03:28=	01:28=	04:00=	01:20=	01:45=	01:13=	01:56=	00:56=	01:44=	00:37=	00:16=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kirsten Carlsen	93										1:02:24									
		02:22+	04:28+	16:57+	28:33+	29:44+	32:41+	35:56+	37:09+	38:58+	44:05+	45:38+	50:25+	52:12+	53:41+	55:25+	57:47+	59:04+	60:44+	62:04+	62:24+
		02:22+	02:06+	12:29+	11:36+	01:11+	02:57-	03:15+	01:13+	01:49+	05:07+	01:33+	04:47+	01:47+	01:29-	01:44+	02:22+	01:17+	01:40-	01:20+	00:20+
		00:43&	01:03&	07:46@	02:59&	00:05+	01:35-	01:21&	00:03+	00:02+	01:39&	00:05+	00:47#	00:27&	00:16-	00:31&	00:26#	00:21&	00:04-	00:43@	00:04#
3	Margaret Malmin	105										1:23:20									
		03:18+	05:56+	13:40+	30:15+	34:19+	37:49+	44:08+	46:00+	47:54+	55:03+	57:54+	64:07+	66:33+	68:49+	71:12+	75:14+	77:11+	80:03+	82:50+	83:20+
		03:18+	02:38+	07:44+	16:35+	04:04+	03:30-	06:19+	01:52+	01:54+	07:09+	02:51+	06:13+	02:26+	02:16+	04:02+	01:57+	02:52+	02:47+	00:30+	
		01:39&	01:35@	03:01&	07:58&	02:58@	01:02-	04:25@	00:42&	00:07+	03:41@	01:23&	02:13&	01:06&	00:31&	01:10&	02:06@	01:01@	01:08&	02:10@	00:14&
4	Aslaug Lura	94										1:33:16									
		03:21+	05:17+	11:59+	27:01+	29:10+	45:05+	49:24+	52:12+	54:17+	60:41+	64:55+	70:38+	73:34+	75:13+	81:57+	85:08+	87:01+	89:57+	92:52+	93:16+
		03:21+	01:56+	06:42+	15:02+	02:09+	15:55+	04:19+	02:48+	02:05+	06:24+	04:14+	05:43+	02:56+	01:39-	06:44+	03:11+	01:53+	02:56+	02:55+	00:24+
		01:42@	00:53&	01:59&	06:25&	01:03&	11:23@	02:25@	01:38@	00:18#	02:56&	02:46@	01:43&	01:36@	00:06-	05:31@	01:15&	00:57@	01:12&	02:18@	00:08&
Beste strekketid for klassen		01:39	01:03	04:43	08:37	01:06	02:57	01:54	01:10	01:47	03:28	01:28	04:00	01:20	01:29	01:13	01:56	00:56	01:40	00:37	00:16

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

Damer 70 - 74 år

1	Hedvig Anda	116										49:18									
		02:31=	03:47=	08:14=	16:21=	17:31=	20:16=	22:53=	24:46=	26:32=	31:16=	32:44=	36:55=	38:34=	40:47=	42:17=	44:17=	46:00=	47:39=	49:01=	49:18=
		02:31=	01:16=	04:27=	08:07=	01:10=	02:45=	02:37=	01:53=	01:46=	04:44=	01:28=	04:11=	01:39=	02:13=	01:30=	02:00=	01:43=	01:39=	01:22=	00:17=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Turid Nystrøm	68										52:39									
		02:06-	03:39-	08:16+	18:54+	20:05+	22:17+	25:31+	28:18+	30:14+	34:42+	36:34+	40:53+	42:33+	44:01+	45:25+	47:46+	49:05+	50:21+	52:21+	52:39+
		02:06-	01:33+	04:37+	10:38+	01:11+	02:12-	03:14+	02:47+	01:56+	04:28-	01:52+	04:19+	01:40+	01:28-	01:24-	02:21+	01:19-	01:16-	02:00+	00:18+
		00:25-	00:17#	00:10+	02:31&	00:01+	00:33-	00:37#	00:10+	00:54&	00:10+	00:16-	00:24&	00:08+	00:01+	00:45-	00:06-	00:21#	00:24-	00:23-	00:38&
3	Haldis Glendrange	68										57:41									
		02:36+	04:22+	09:34+	18:10+	19:29+	22:46+	27:56+	29:58+	32:00+	36:36+	38:30+	44:19+	46:33+	48:33+	50:06+	52:42+	53:55+	55:26+	57:24+	57:41+
		02:36+	01:46+	05:12+	08:36+	01:19+	03:17+	05:10+	02:02+	02:02+	04:36-	01:54+	05:49+	02:14+	02:00-	01:33+	02:36+	01:13-	01:31-	01:58+	00:17=
		00:05+	00:30&	00:45#	00:29+	00:09#	00:32#	02:33&	00:09+	00:16#	00:08-	00:26&	01:38&	00:35&	00:13-	00:03+	00:36&	00:30-	00:08-	00:36&	00:00=
4	Helga Aaslid	54										1:02:00									
		02:29-	04:36+	10:46+	19:48+	22:12+	25:53+	32:49+	38:41+	40:09+	45:19+	46:47+	51:15+	52:36+	53:58+	55:29+	57:31+	59:03+	60:38+	61:41+	62:00+
		02:29-	02:07+	06:10+	09:02+	02:24+	03:41+	06:56+	05:52+	01:28-	05:10+	01:28+	04:28+	01:21-	01:22-	01:31+	02:02+	01:32-	01:35-	01:03-	00:19+
		00:02-	00:51&	01:43&	00:55#	01:14@	00:56&	04:19@	03:59@	00:18-	00:26+	00:00=	00:17+	00:18-	00:51-	00:01+	00:02+	00:11-	00:04-	00:19-	00:02#

Class	Navn	Klasse	Tid																
5	Helga Klausen	62	1:04:47																
02:25-	04:01+	16:35+	26:25+	29:45+	32:09+	34:56+	36:53+	38:27+	43:47+	44:55+	50:32+	52:53+	54:35+	56:38+	59:42+	60:58+	63:08+	64:28+	64:47+
02:25-	01:36+	12:34+	09:50+	03:20+	02:24-	02:47+	01:57+	01:34-	05:20+	01:08-	05:37+	02:21+	01:42-	02:03+	03:04+	01:16-	02:10+	01:20-	00:19+
00:06-	00:20&	08:07@	01:43#	02:10@	00:21-	00:10+	00:04+	00:12-	00:36#	00:20-	01:26&	00:42&	00:31-	00:33&	01:04&	00:27-	00:31&	00:02-	00:02#
6	Ragnhild Christiansen	93	1:10:33																
03:26+	05:33+	11:41+	22:32+	24:01+	27:50+	34:28+	36:56+	39:11+	45:55+	48:28+	54:22+	56:29+	58:44+	61:07+	64:30+	66:14+	68:44+	70:05+	70:33+
03:26+	02:07+	06:08+	10:51+	01:29+	03:49+	06:38+	02:28+	02:15+	06:44+	02:33+	05:54+	02:07+	02:15+	02:23+	03:23+	01:44+	02:30+	01:21-	00:28+
00:55&	00:51&	01:41&	02:44&	00:19&	01:04&	04:01@	00:35&	00:29&	02:00&	01:05&	01:43&	00:28&	00:02+	00:53&	01:23&	00:01+	00:51&	00:01-	00:11&
Beste strekktid for klassen																			
02:06	01:16	04:27	08:07	01:10	02:12	02:37	01:53	01:28	04:28	01:08	04:11	01:21	01:22	01:24	02:00	01:13	01:16	01:03	00:17

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	56:57																
02:21=	04:42=	09:40=	25:37=	26:58=	30:11=	32:37=	34:28=	35:40=	40:05=	41:39=	46:16=	47:53=	49:17=	50:35=	52:20=	53:54=	55:31=	56:38=	56:57=
02:21=	02:21=	04:58=	15:57=	01:21=	03:13=	02:26=	01:51=	01:12=	04:25=	01:34=	04:37=	01:37=	01:24=	01:18=	01:45=	01:34=	01:37=	01:07=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	1:22:50																
02:57+	04:54+	13:12+	24:36-	26:20-	30:36+	35:01+	39:27+	41:52+	49:00+	53:15+	58:22+	62:07+	67:57+	70:45+	74:31+	77:21+	79:22+	82:17+	82:50+
02:57+	01:57-	08:18+	11:24-	01:44+	04:16+	04:25+	04:26+	02:25+	07:08+	04:15+	05:07+	03:45+	05:50+	02:48+	03:46+	02:50+	02:01+	02:55+	00:33+
00:36&	00:24-	03:20&	04:33-	00:23&	01:03&	01:59&	02:35@	01:13@	02:43&	02:41@	00:30#	02:08@	04:26@	01:30@	02:01@	01:16&	00:24#	01:48@	00:14&
3	Gørild Espedal	113	1:35:40																
05:06+	08:36+	26:49+	37:36+	39:15+	43:02+	52:07+	56:00+	58:13+	65:42+	68:58+	75:56+	78:12+	80:05+	82:46+	86:52+	90:43+	93:25+	95:16+	95:40+
05:06+	03:30+	18:13+	10:47-	01:39+	03:47+	09:05+	03:53+	02:13+	07:29+	03:16+	06:58+	02:16+	01:53+	02:41+	04:06+	03:51+	02:42+	01:51+	00:24+
02:45@	01:09&	13:15@	05:10-	00:18#	00:34#	06:39@	02:02@	01:01&	03:04&	01:42@	02:21&	00:39&	00:29&	01:23@	02:21@	02:17@	01:05&	00:44&	00:05&
Beste strekktid for klassen																			
02:21	01:57	04:58	10:47	01:21	03:13	02:26	01:51	01:12	04:25	01:34	04:37	01:37	01:24	01:18	01:45	01:34	01:37	01:07	00:19

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

Damer Ny

1	Suma Jorige	80	30:24																
02:02=	03:57=	07:28=	10:19=	11:43=	13:05=	17:44=	20:15=	25:22=	28:28=	30:03=	30:24=								
02:02=	01:55=	03:31=	02:51=	01:24=	01:22=	04:39=	02:31=	05:07=	03:06=	01:35=	00:21=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Linda Mickiewicz	114	31:49																
02:03+	04:02+	07:20-	11:46+	13:07+	14:29+	20:04+	21:59+	26:55+	30:16+	31:29+	31:49+								
02:03+	01:59+	03:18-	04:26+	01:21-	01:22=	05:35+	01:55-	04:56-	03:21+	01:13-	00:20-								
00:01+	00:04+	00:13-	01:35&	00:03-	00:00=	00:56#	00:36-	00:11-	00:15+	00:22-	00:01-								
Beste strekktid for klassen																			
02:02	01:55	03:18	02:51	01:21	01:22	04:39	01:55	04:56	03:06	01:13	00:20								

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

Damer Trim

1	Astrid Espe	80	36:57																
01:47=	05:39=	07:57=	11:07=	12:46=	15:50=	17:38=	22:38=	24:18=	26:58=	29:32=	33:14=	35:07=	36:35=	36:57=					
01:47=	03:52=	02:18=	03:10=	01:39=	03:04=	01:48=	05:00=	01:40=	02:40=	02:34=	03:42=	01:53=	01:28=	00:22=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Elin Norveel	105	38:39																
01:37-	05:45+	08:01+	10:37-	12:14-	14:48-	17:28-	20:08-	21:38-	26:17-	28:38-	32:38-	36:17+	38:15+	38:39+					
01:37-	04:08+	02:16-	02:36-	01:37-	02:34-	02:40+	02:40-	01:30-	04:39+	02:21-	04:00+	03:39+	01:58+	00:24+					
00:10-	00:16+	00:02-	00:34-	00:02-	00:30-	00:52&	02:20-	00:10-	01:59&	00:13-	00:18+	01:46&	00:30&	00:02+					

Class	Navn	Klasse										Tid				
3	Janeth Kleppe	128										40:26				
	02:43+	06:21+	08:37+	12:39+	14:23+	19:46+	21:13+	24:44+	25:50+	30:36+	32:59+	36:38+	38:27+	40:10+	40:26+	
	02:43+	03:38-	02:16-	04:02+	01:44+	05:23+	01:27-	03:31-	01:06-	04:46+	02:23-	03:39-	01:49-	01:43+	00:16-	
	00:56&	00:14-	00:02-	00:52&	00:05+	02:19&	00:21-	01:29-	00:34-	02:06&	00:11-	00:03-	00:04-	00:15#	00:06-	
4	Dagfrid Nagel-Alne	47										43:50				
	04:10+	08:21+	11:35+	15:04+	17:06+	20:16+	22:46+	26:35+	27:47+	30:42+	33:30+	36:59+	40:53+	43:32+	43:50+	
	04:10+	04:11+	03:14+	03:29+	02:02+	03:10+	02:30+	03:49-	01:12-	02:55+	02:48+	03:29-	03:54+	02:39+	00:18-	
	02:23@	00:19+	00:56&	00:19#	00:23#	00:06+	00:42&	01:11-	00:28-	00:15+	00:14+	00:13-	02:01@	01:11&	00:04-	
5	Reidun Solli Skjørestad	47										46:25				
	01:45-	11:48+	14:20+	17:52+	19:24+	23:38+	25:44+	29:46+	31:39+	35:24+	37:49+	42:09+	44:02+	45:57+	46:25+	
	01:45-	10:03+	02:32+	03:32+	01:32-	04:14+	02:06+	04:02-	01:53+	03:45+	02:25-	04:20+	01:53=	01:55+	00:28+	
	00:02-	06:11@	00:14#	00:22#	00:07-	01:10&	00:18#	00:58-	00:13#	01:05&	00:09-	00:38#	00:00=	00:27&	00:06&	
6	Sigrun Serigstad	128										49:24				
	01:23-	05:47+	08:04+	12:19+	23:27+	28:34+	30:27+	33:47+	35:08+	40:21+	42:26+	45:33+	47:39+	49:09+	49:24+	
	01:23-	04:24+	02:17-	04:15+	11:08+	05:07+	01:53+	03:20-	01:21-	05:13+	02:05-	03:07-	02:06+	01:30+	00:15-	
	00:24-	00:32#	00:01-	01:05&	09:29@	02:03&	00:05+	01:40-	00:19-	02:33&	00:29-	00:35-	00:13#	00:02+	00:07-	
7	Marianne Johnsen	5										52:38				
	10:05+	13:56+	17:29+	24:50+	27:21+	30:41+	32:40+	38:07+	39:56+	42:52+	45:14+	48:50+	50:35+	52:19+	52:38+	
	10:05+	03:51-	03:33+	07:21+	02:31+	03:20+	01:59+	05:27+	01:49+	02:56+	02:22-	03:36-	01:45-	01:44+	00:19-	
	08:18@	00:01-	01:15&	04:11@	00:52&	00:16+	00:11#	00:27+	00:09+	00:16#	00:12-	00:06-	00:08-	00:16#	00:03-	
8	Solveig Mæland	128										52:47				
	02:28+	09:46+	13:37+	18:07+	19:54+	24:13+	27:33+	32:43+	34:47+	39:35+	42:33+	47:24+	49:32+	52:24+	52:47+	
	02:28+	07:18+	03:51+	04:30+	01:47+	04:19+	03:20+	05:10+	02:04+	04:48+	02:58+	04:51+	02:08+	02:52+	00:23+	
	00:41&	03:26&	01:33&	01:20&	00:08+	01:15&	01:32&	00:10+	00:24#	02:08&	00:24#	01:09&	00:15#	01:24&	00:01+	
9	Grethe Wathne	109										54:05				
	01:56+	06:18+	09:18+	18:25+	20:07+	23:18+	25:33+	33:21+	35:48+	41:01+	43:50+	48:04+	52:12+	53:39+	54:05+	
	01:56+	04:22+	03:00+	09:07+	01:42+	03:11+	02:15+	07:48+	02:27+	05:13+	02:49+	04:14+	04:08+	01:27-	00:26+	
	00:09+	00:30#	00:42&	05:57@	00:03+	00:07+	00:27#	02:48&	00:47&	02:33&	00:15+	00:32#	02:15@	00:01-	00:04#	
10	Margot Asheim	105										54:45				
	03:22+	09:09+	11:50+	17:10+	18:13+	21:21+	23:21+	39:54+	41:40+	45:12+	47:29+	51:02+	52:52+	54:27+	54:45+	
	03:22+	05:47+	02:41+	05:20+	01:03-	03:08+	02:00+	16:33+	01:46+	03:32+	02:17-	03:33-	01:50-	01:35+	00:18-	
	01:35&	01:55&	00:23#	02:10&	00:36-	00:04+	00:12#	11:33@	00:06+	00:52&	00:17-	00:09-	00:03-	00:07+	00:04-	
11	Eli Våge	117										59:11				
	02:39+	09:37+	13:52+	18:56+	21:04+	25:09+	27:40+	34:58+	38:08+	42:15+	45:40+	50:29+	56:52+	58:49+	59:11+	
	02:39+	06:58+	04:15+	05:04+	02:08+	04:05+	02:31+	07:18+	03:10+	04:07+	03:25+	04:49+	06:23+	01:57+	00:22=	
	00:52&	03:06&	01:57&	01:54&	00:29&	01:01&	00:43&	02:18&	01:30&	01:27&	00:51&	01:07&	04:30@	00:29&	00:00=	
12	Synnøve Langvik	93										1:04:53				
	01:55+	10:08+	12:44+	16:33+	18:45+	37:57+	41:31+	43:09+	47:20+	48:53+	53:51+	56:22+	60:31+	62:34+	64:29+	64:53+
	01:55+	08:13+	02:36+	03:49+	02:12+	19:12+	03:34+	01:38-	04:11+	01:33-	04:58+	02:31-	04:09+	02:03+	01:55+	00:24+
	00:08+	04:21@	00:18#	00:33&	00:33&	16:08@	01:46&	03:22-	02:31@	01:07-	02:24&	01:11-	02:16@	00:35&	01:33@	00:24+
13	May Kristin Haaland	47										1:10:44				
	02:34+	08:34+	12:06+	16:59+	21:31+	30:15+	32:52+	37:22+	39:49+	46:15+	56:06+	61:55+	68:43+	70:23+	70:44+	
	02:34+	06:00+	03:32+	04:53+	04:32+	08:44+	02:37+	04:30-	02:27+	06:26+	09:51+	05:49+	06:48+	01:40+	00:21-	
	00:47&	02:08&	01:14&	01:43&	02:53@	05:40@	00:49&	00:30-	00:47&	03:46@	07:17@	02:07&	04:55@	00:12#	00:01-	
14	Torhild Stokka Stølsvik	92										1:10:55				
	02:38+	08:47+	12:27+	16:39+	21:38+	30:39+	32:58+	37:14+	40:00+	46:28+	56:46+	62:15+	68:50+	70:34+	70:55+	
	02:38+	06:09+	03:40+	04:12+	04:59+	09:01+	02:19+	04:16-	02:46+	06:28+	10:18+	05:29+	06:35+	01:44+	00:21-	
	00:51&	02:17&	01:22&	01:02&	03:20@	05:57@	00:31&	00:44-	01:06&	03:48@	07:44@	01:47&	04:42@	00:16#	00:01-	
15	Marianne Gjesdal Lyngås	253										1:15:20				
	02:39+	31:16+	34:57+	40:39+	43:15+	47:14+	49:49+	54:14+	56:18+	61:16+	64:04+	69:24+	72:39+	74:49+	75:20+	
	02:39+	28:37+	03:41+	05:42+	02:36+	03:59+	02:35+	04:25-	02:04+	04:58+	02:48+	05:20+	03:15+	02:10+	00:31+	
	00:52&	24:45@	01:23&	02:32&	00:57&	00:55&	00:47&	00:35-	00:24#	02:18&	00:14+	01:38&	01:22&	00:42&	00:09&	
16	Irene Mæland Torgersen	253										1:15:20				
	02:42+	31:20+	35:01+	40:45+	43:20+	47:17+	49:53+	54:18+	56:22+	61:19+	64:08+	69:28+	72:46+	75:03+	75:20+	
	02:42+	28:38+	03:41+	05:44+	02:35+	03:57+	02:36+	04:25-	02:04+	04:57+	02:49+	05:20+	03:18+	02:17+	00:17-	
	00:55&	24:46@	01:23&	02:34&	00:56&	00:53&	00:48&	00:35-	00:24#	02:17&	00:15+	01:38&	01:25&	00:49&	00:05-	
Beste strekketid for klassen																
	01:23	03:38	02:16	02:36	01:03	02:34	01:27	01:38	01:06	01:33	02:05	02:31	01:45	01:27	00:15	

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

Herrer 16 - 39 år

1	Ola Magnus Laugaland	194	35:50																			
02:54=	06:05=	06:41=	07:46=	08:43=	09:10=	09:48=	10:38=	12:07=	12:50=	15:39=	20:05=	21:02=	21:27=	24:54=	27:24=	28:29=	29:39=	30:48=	33:15=	35:15=	35:37=	35:50=
02:54=	03:11=	00:36=	01:05=	00:57=	00:27=	00:38=	00:50=	01:29=	00:43=	02:49=	04:26=	00:57=	00:25=	03:27=	02:30=	01:05=	01:10=	01:09=	02:27=	02:00=	00:22=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Fredrik Omdal	74	40:19																			
03:04+	07:06+	07:49+	08:58+	09:52+	10:21+	10:59+	12:35+	14:10+	14:53+	18:01+	23:08+	24:06+	24:36+	28:19+	31:13+	32:39+	33:54+	35:09+	37:33+	39:41+	40:05+	40:19+
03:04+	04:02+	00:43+	01:09+	00:54-	00:29+	00:38=	01:36+	01:35+	00:43=	03:08+	05:07+	00:58+	00:30+	03:43+	02:54+	01:26+	01:15+	01:15+	02:24-	02:08+	00:24+	00:14+
00:10+	00:51&	00:07#	00:04+	00:03-	00:02+	00:00=	00:46&	00:06+	00:00=	00:19#	00:41#	00:01+	00:05#	00:16+	00:24#	00:21&	00:05+	00:06+	00:03-	00:08+	00:02+	00:01+
3	Erik Lima	115	44:46																			
03:55+	08:00+	08:39+	09:58+	11:14+	11:54+	12:44+	13:40+	15:48+	16:42+	20:02+	25:39+	26:48+	27:20+	31:27+	34:21+	35:34+	37:08+	38:54+	41:35+	43:58+	44:31+	44:46+
03:55+	04:05+	00:39+	01:19+	01:16+	00:40+	00:50+	00:56+	02:08+	00:54+	03:20+	05:37+	01:09+	00:32+	04:07+	02:54+	01:13+	01:34+	01:46+	02:41+	02:23+	00:33+	00:15+
01:01&	00:54&	00:03+	00:14#	00:19&	00:13&	00:12&	00:06#	00:39&	00:11&	00:31#	01:11&	00:12#	00:07&	00:40#	00:24#	00:08#	00:24&	00:37&	00:14+	00:23#	00:11&	00:02#
4	Kenneth Mydland	29	46:13																			
04:20+	09:21+	10:00+	11:24+	12:32+	13:08+	13:50+	14:45+	16:28+	17:19+	20:35+	26:38+	27:55+	28:26+	32:47+	35:48+	37:08+	38:40+	39:53+	42:37+	44:57+	45:56+	46:13+
04:20+	05:01+	00:39+	01:24+	01:08+	00:36+	00:42+	00:55+	01:43+	00:51+	03:16+	06:03+	01:17+	00:31+	04:21+	03:01+	01:20+	01:32+	01:53+	02:44+	02:20+	00:59+	00:17+
01:26&	01:50&	00:03+	00:19&	00:11#	00:09&	00:04#	00:05#	00:14#	00:08#	00:27#	01:37&	00:20&	00:06#	00:54&	00:31#	00:15#	00:22&	00:04+	00:17#	00:20#	00:37@	00:04&
5	Morten Bjerga Sundli	93	47:36																			
03:38+	09:13+	10:07+	11:28+	12:47+	13:29+	14:20+	15:39+	17:38+	18:34+	22:17+	28:08+	29:17+	30:04+	34:18+	37:17+	38:26+	39:47+	41:02+	43:53+	46:27+	47:21+	47:36+
03:38+	05:35+	00:54+	01:21+	01:19+	00:42+	00:51+	01:19+	01:59+	00:56+	03:43+	05:51+	01:09+	00:47+	04:14+	02:59+	01:09+	01:21+	01:15+	02:51+	02:34+	00:54+	00:15+
00:44&	02:24&	00:18&	00:16#	00:22&	00:15&	00:13&	00:29&	00:30&	00:13&	00:54&	01:25&	00:12#	00:22&	00:47#	00:29#	00:04+	00:11#	00:06+	00:24#	00:34&	00:32@	00:02#
6	Torbjørn Brandsæter	115	48:35																			
03:40+	09:19+	11:33+	12:58+	14:14+	14:50+	15:52+	16:49+	18:39+	19:29+	22:47+	29:16+	30:17+	30:46+	35:25+	38:44+	40:09+	41:45+	43:08+	45:33+	47:57+	48:23+	48:35+
03:40+	05:39+	02:14+	01:25+	01:16+	00:36+	01:02+	00:57+	01:50+	00:50+	03:18+	06:29+	01:01+	00:29+	04:39+	03:19+	01:25+	01:36+	01:23+	02:25-	02:24+	00:26+	00:12-
00:46&	02:28&	01:38@	00:20&	00:19&	00:09&	00:24&	00:07#	00:21#	00:07#	00:29#	02:03&	00:04+	00:04#	01:12&	00:49&	00:20&	00:26&	00:14#	00:02-	00:24#	00:04#	00:01-
7	Cato Eike	79	54:47																			
03:45+	09:13+	10:10+	11:43+	13:29+	14:30+	15:25+	16:31+	18:39+	20:06+	24:27+	31:07+	32:27+	33:50+	38:43+	42:58+	44:21+	46:15+	48:01+	51:29+	54:04+	54:35+	54:47+
03:45+	05:28+	00:57+	01:33+	01:46+	01:01+	00:55+	01:06+	02:08+	01:27+	04:21+	06:40+	01:20+	01:23+	04:53+	04:15+	01:23+	01:54+	01:46+	03:28+	02:35+	00:31+	00:12-
00:51&	02:17&	00:21&	00:28&	00:49&	00:34@	00:17&	00:16&	00:39&	00:44@	01:32&	02:14&	00:23&	00:58@	01:26&	01:45&	00:18&	00:44&	00:37&	01:01&	00:35&	00:09&	00:01-
8	Martin Blystad	115	56:44																			
03:50+	09:13+	12:39+	14:16+	17:16+	18:02+	19:03+	20:10+	22:16+	23:11+	27:00+	33:40+	35:15+	35:49+	40:31+	43:38+	45:12+	46:58+	48:55+	52:45+	55:51+	56:30+	56:44+
03:50+	05:23+	03:26+	01:37+	03:00+	00:46+	01:01+	01:07+	02:06+	00:55+	03:49+	06:40+	01:35+	00:34+	04:42+	03:07+	01:34+	01:46+	01:57+	03:50+	03:06+	00:39+	00:14+
00:56&	02:12&	02:50@	00:32&	02:03@	00:19&	00:23&	00:17&	00:37&	00:12&	01:00&	02:14&	00:38&	00:09&	01:15&	00:37#	00:29&	00:36&	00:48&	01:23&	01:06&	00:17&	00:01+
9	Sturla Stokkeland	194	57:42																			
04:29+	09:24+	10:08+	13:31+	15:13+	16:02+	17:28+	18:54+	21:33+	22:38+	27:09+	33:54+	35:11+	36:34+	41:42+	45:30+	47:21+	49:13+	50:36+	53:43+	56:50+	57:26+	57:42+
04:29+	04:55+	00:44+	03:23+	01:42+	00:49+	01:26+	01:26+	02:39+	01:05+	04:31+	06:45+	01:17+	01:23+	05:08+	03:48+	01:51+	01:52+	01:23+	03:07+	03:07+	00:36+	00:16+
01:35&	01:44&	00:08#	02:18@	00:45&	00:22&	00:48@	00:36&	01:10&	00:22&	01:42&	02:19&	00:20&	00:58@	01:41&	01:18&	00:46&	00:42&	00:14#	00:40&	01:07&	00:14&	00:03#
10	Magne Habbestad	111	59:28																			
03:43+	09:40+	10:21+	12:07+	13:24+	14:31+	15:37+	16:48+	19:24+	20:26+	24:38+	33:17+	34:57+	36:15+	41:03+	45:34+	47:21+	49:23+	50:46+	54:26+	57:27+	59:12+	59:28+
03:43+	05:57+	00:41+	01:46+	01:17+	01:07+	01:06+	01:11+	02:36+	01:02+	04:12+	08:39+	01:40+	01:18+	04:48+	04:31+	01:47+	02:02+	01:23+	03:40+	03:01+	01:45+	00:16+
00:49&	02:46&	00:05#	00:41&	00:20&	00:40@	00:28&	00:21&	01:07&	00:19&	01:23&	04:13&	00:43&	00:53@	01:21&	02:01&	00:42&	00:52&	00:14#	01:13&	01:01&	01:23@	00:03#
11	Rune Svihus	62	1:03:14																			
03:26+	14:17+	14:58+	17:58+	19:16+	21:18+	22:42+	24:28+	26:48+	27:41+	32:06+	38:53+	40:29+	42:24+	47:15+	50:53+	52:28+	54:15+	56:13+	59:01+	62:18+	62:54+	63:14+
03:26+	10:51+	00:41+	03:00+	01:18+	02:02+	01:24+	01:46+	02:20+	00:53+	04:25+	06:47+	01:36+	01:55+	04:51+	03:38+	01:35+	01:47+	01:58+	02:48+	03:17+	00:36+	00:20+
00:32#	07:40@	00:05#	01:55@	00:21&	01:35@	00:46@	00:56@	00:51&	00:10#	01:36&	02:21&	00:39&	01:30@	01:24&	01:08&	00:30&	00:37&	00:49&	00:21#	01:17&	00:14&	00:07&
12	Asgeir Nærland	88	1:05:32																			
03:36+	09:08+	10:52+	12:45+	14:35+	15:29+	17:00+	19:26+	22:09+	23:21+	27:08+	36:58+	39:01+	40:05+	46:09+	52:20+	54:24+	57:03+	58:42+	61:34+	64:33+	65:18+	65:32+
03:36+	05:32+	01:44+	01:53+	01:50+	00:54+	01:31+	02:26+	02:43+	01:12+	03:47+	09:50+	02:03+	01:04+	06:04+	06:11+	02:04+	02:39+	01:39+	02:52+	02:59+	00:45+	00:14+
00:42#	02:21&	01:08@	00:48&	00:53&	00:27&	00:53@	01:36@	01:14&	00:29&	00:58&	05:24@	01:06@	00:39@	02:37&	03:41@	00:59&	01:29@	00:30&	00:25#	00:59&	00:23@	00:01+
13	Aksel Voldsund	114	1:11:35																			
05:21+	11:39+	12:32+	14:12+	15:57+	17:13+	18:43+	20:16+	23:06+	24:05+	28:20+	38:28+	40:25+	41:25+	50:31+	54:58+	56:28+	59:07+	62:33+	65:30+	70:36+	71:21+	71:35+
05:21+	06:18+	00:53+	01:40+	01:45+	01:16+	01:30+	01:33+	02:50+	00:59+	04:15+	10:08+	01:57+	01:00+	09:06+	04:27+	01:30+	02:39+	03:26+	02:57+	05:06+	00:45+	00:14+
02:27&	03:07&	00:17&	00:35&	00:48&	00:49@	00:52@	00:43&	01:21&	00:16&	01:26&	05:42@	01:00@	00:35@	05:39@	01:57&	00:25&	01:29@	02:17@	00:30#	03:06@	00:23@	00:01+
14	Stig Erlend Ollestad	51	1:14:16																			
07:39+	14:46+	15:52+	17:38+	19:35+	20:40+	22:05+	25:36+	28:18+	29:17+	34:28+	43:38+	45:21+	47:02+	57:07+	60:45+	62:54+	64:46+	67:00+	70:08+	73:22+	74:04+	74:16+
07:39+	07:07+	01:06+	01:46+	01:57+	01:05+	01:25+	03:31+	02:42+	00:59+	05:11+	09:10+	01:43+	01:41+	10:05+	03:38+	02:09+	01:52+	02:14+	03:08+	03:14+	00:42+	00:12-
04:45@	03:56@	00:30&	00:41&	01:00@	00:38@	00:47@	02:41@	01:13&	00:16&	02:22&	04:44@	00:46&	01:16@	06:38@	01:08&	01:04&	00:42&	01:05&	00:41&	01:14&	00:20&	00:01-

Class	Navn	Klasse										Tid											
15	Rune Hatle	65										1:14:32											
04:18+	09:38+	13:19+	20:56+	26:33+	27:36+	29:04+	30:41+	33:13+	34:14+	38:46+	47:50+	49:23+	50:07+	55:58+	60:19+	61:48+	64:11+	66:01+	70:13+	73:30+	74:16+	74:32+	
04:18+	05:20+	03:41+	07:37+	05:37+	01:03+	01:28+	01:37+	02:32+	01:01+	04:32+	09:04+	01:33+	00:44+	05:51+	04:21+	01:29+	02:23+	01:50+	04:12+	03:17+	00:46+	00:16+	
01:24&	02:09&	03:05@	06:32@	04:40@	00:36@	00:50@	00:47&	01:03&	00:18&	01:43&	04:38@	00:36&	00:19&	02:24&	01:51&	00:24&	01:13@	00:41&	01:45&	01:17&	00:24@	00:03#	
16	Bjørnar A. Alvær Sandsmark	68										1:15:22											
04:23+	12:32+	13:26+	15:20+	17:10+	17:55+	18:46+	19:51+	23:10+	24:06+	37:55+	45:02+	46:41+	48:16+	55:38+	61:01+	62:54+	65:11+	67:53+	71:00+	74:22+	75:09+	75:22+	
04:23+	08:09+	00:54+	01:54+	01:50+	00:45+	00:51+	01:05+	03:19+	00:56+	13:49+	07:07+	01:39+	01:35+	07:22+	05:23+	01:53+	02:17+	02:42+	03:07+	03:22+	00:47+	00:13=	
01:29&	04:58@	00:18&	00:49&	00:53&	00:18&	00:13&	00:15&	01:50@	00:13&	11:00@	02:41&	00:42&	01:10@	03:55@	02:53@	00:48&	01:07&	01:33@	00:40&	01:22&	00:25@	00:00=	
17	Frithjof Vassbø	109										1:16:59											
04:18+	16:11+	17:09+	24:52+	26:57+	28:53+	30:19+	32:38+	35:04+	35:52+	39:51+	47:22+	50:06+	51:25+	58:08+	62:19+	63:58+	66:52+	69:16+	72:06+	76:03+	76:43+	76:59+	
04:18+	11:53+	00:58+	07:43+	02:05+	01:56+	01:26+	02:19+	02:26+	00:48+	03:59+	07:31+	02:44+	01:19+	06:43+	04:11+	01:39+	02:54+	02:24+	02:50+	03:57+	00:40+	00:16+	
01:24&	08:42@	00:22&	06:38@	01:08@	01:29@	00:48@	01:29@	00:57&	00:05#	01:10&	03:05&	01:47@	00:54@	03:16&	01:41&	00:34&	01:44@	01:15@	00:23#	01:57&	00:18&	00:03#	
18	Bruno Pierfelice	51										1:24:16											
04:04+	12:43+	14:09+	16:31+	18:57+	19:47+	21:50+	23:30+	26:34+	27:49+	34:51+	48:41+	51:07+	52:10+	62:08+	65:59+	67:16+	70:32+	72:30+	79:35+	83:12+	84:02+	84:16+	
04:04+	08:39+	01:26+	02:22+	02:26+	00:50+	02:03+	01:40+	03:04+	01:15+	07:02+	13:50+	02:26+	01:03+	09:58+	03:51+	01:17+	03:16+	01:58+	07:05+	03:37+	00:50+	00:14+	
01:10&	05:28@	00:50@	01:17@	01:29@	00:23&	01:25@	00:50&	01:35@	00:32&	04:13@	09:24@	01:29@	00:38@	06:31@	01:21&	00:12#	02:06@	00:49&	04:38@	01:37&	00:28@	00:01+	
19	Alexander Khorunzhiy	136										1:24:27											
06:57+	15:58+	17:05+	21:13+	25:41+	26:40+	28:45+	30:07+	33:10+	34:10+	39:11+	49:33+	51:16+	52:49+	55:04+	64:04+	69:58+	71:38+	73:47+	75:29+	78:52+	83:14+	84:10+	84:27+
06:57+	09:01+	01:07+	04:08+	04:28+	00:59+	02:05+	01:22+	03:03+	01:00+	05:01+	10:22+	01:43+	01:33+	02:15-	09:00+	05:54+	01:40+	02:09+	01:42-	03:23+	04:22+	00:56+	00:17+
04:03@	05:50@	00:31&	03:03&	03:31@	00:32@	01:27@	00:32&	01:34@	00:17&	02:12&	05:56@	00:46&	01:08@	01:12-	06:30@	04:49@	00:30&	01:00&	00:45-	01:23&	04:00@	00:43@	00:17+
20	Per-Olof Wallerstedt	136										1:40:11											
04:04+	12:01+	13:10+	15:15+	20:11+	21:04+	23:08+	24:40+	27:16+	28:11+	33:23+	42:37+	44:36+	45:25+	75:00+	80:35+	82:32+	86:14+	88:51+	93:44+	98:50+	99:55+	100:11+	
04:04+	07:57+	01:09+	02:05+	04:56+	00:53+	02:04+	01:32+	02:36+	00:55+	05:12+	09:14+	01:59+	00:49+	29:35+	05:35+	01:57+	03:42+	02:37+	04:53+	05:06+	01:05+	00:16+	
01:10&	04:46@	00:33&	01:00&	03:59@	00:26&	01:26@	00:42&	01:07&	00:12&	02:23&	04:48@	01:02@	00:24&	26:08@	03:05@	00:52&	02:32@	01:28@	02:26&	03:06@	00:43@	00:03#	
Beste strekktid for klassen																							
02:54	03:11	00:36	01:05	00:54	00:27	00:38	00:50	01:29	00:43	02:49	04:26	00:57	00:25	02:15	02:30	01:05	01:10	01:09	01:42	02:00	00:22	00:12	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
Herrer 40 - 49 år																							
1	Tor Gunnar Askland	116										43:31											
01:05=	02:35=	05:18=	06:22=	07:41=	08:37=	12:39=	13:17=	16:35=	18:31=	19:37=	21:25=	22:12=	24:21=	30:41=	31:57=	32:40=	35:05=	39:47=	40:19=	42:46=	43:16=	43:31=	
01:05=	01:30=	02:43=	01:04=	01:19=	00:56=	04:02=	00:38=	03:18=	01:56=	01:06=	01:48=	00:47=	02:09=	06:20=	01:16=	00:43=	02:25=	04:42=	00:32=	02:27=	00:30=	00:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Tom Furland	62										43:36											
01:10+	02:22-	05:21+	06:29+	07:50+	09:04+	13:18+	14:22+	16:36+	18:02-	19:05-	21:17-	22:30+	25:21+	32:21+	33:35+	34:45+	38:02+	39:38-	40:10-	42:42-	43:17+	43:36+	
01:10+	01:12-	02:59+	01:08+	01:21+	01:14+	04:14+	01:04+	02:14-	01:26-	01:03-	02:12+	01:13+	02:51+	07:00+	01:14-	01:10+	03:17+	01:36-	00:32=	02:32+	00:35+	00:19+	
00:05+	00:18-	00:16+	00:04+	00:02+	00:18&	00:12+	00:26&	01:04-	00:30-	00:03-	00:24#	00:26&	00:42&	00:40#	00:02-	00:27&	00:52&	03:06-	00:00=	00:05+	00:05#	00:04&	
3	Geir Sand	105										46:35											
01:15+	02:45+	05:52+	07:20+	09:09+	10:43+	15:49+	17:07+	19:32+	21:32+	22:39+	25:03+	26:06+	28:43+	35:37+	37:01+	37:47+	40:54+	42:13+	43:00+	45:34+	46:21+	46:35+	
01:15+	01:30=	03:07+	01:28+	01:49+	01:34+	05:06+	01:18+	02:25-	02:00+	01:07+	02:24+	01:03+	02:37+	06:54+	01:24+	00:46+	03:07+	01:19-	00:47+	02:34+	00:47+	00:14-	
00:10#	00:00=	00:24#	00:24&	00:30&	00:38&	01:04&	00:40@	00:53-	00:04+	00:01+	00:36&	00:16&	00:28#	00:34+	00:08#	00:03+	00:42&	03:23-	00:15&	00:07+	00:17&	00:01-	
4	Tallak Langmyr	283										50:45											
01:25+	02:45+	05:57+	07:25+	08:59+	10:28+	15:05+	16:05+	18:24+	20:13+	23:13+	26:12+	27:17+	30:40+	39:04+	40:38+	41:18+	44:04+	45:36+	46:26+	49:39+	50:23+	50:45+	
01:25+	01:20-	03:12+	01:28+	01:34+	01:29+	04:37+	01:00+	02:19-	01:49-	03:00+	02:59+	01:05+	03:23+	08:24+	01:34+	00:40-	02:46+	01:32-	00:50+	03:13+	00:44+	00:22+	
00:20&	00:10-	00:29#	00:24&	00:15#	00:33&	00:35#	00:22&	00:59-	00:07-	01:54@	01:11&	00:18&	01:14&	02:04&	00:18#	00:03-	00:21#	03:10-	00:18&	00:46&	00:14&	00:07&	
5	Per Inge Espedal	116										52:27											
01:15+	02:46+	05:36+	07:08+	09:33+	11:02+	18:10+	19:04+	21:08+	22:34+	24:28+	26:38+	27:41+	31:01+	39:26+	41:17+	42:15+	45:52+	47:22+	48:18+	51:24+	52:08+	52:27+	
01:15+	01:31+	02:50+	01:32+	02:25+	01:29+	07:08+	00:54+	02:04-	01:26-	01:54+	02:10+	01:03+	03:20+	08:25+	01:51+	00:58+	03:37+	01:30-	00:56+	03:06+	00:44+	00:19+	
00:10#	00:01+	00:07+	00:28&	01:06&	00:33&	03:06&	00:16&	01:14-	00:30-	00:48&	00:22#	00:16&	01:11&	02:05&	00:35&	00:15&	01:12&	03:12-	00:24&	00:39&	00:14&	00:04&	
6	Rune Christiansen	93										54:00											
01:17+	03:02+	07:51+	10:07+	12:05+	14:01+	19:22+	20:40+	23:02+	25:08+	26:25+	28:54+	30:06+	33:18+	42:22+	44:00+	44:39+	47:50+	49:16+	49:57+	53:03+	53:46+	54:00+	
01:17+	01:45+	04:49+	02:16+	01:58+	01:56+	05:21+	01:18+	02:22-	02:06+	01:17+	02:29+	01:12+	03:12+	09:04+	01:38+	00:39-	03:11+	01:26-	00:41+	03:06+	00:43+	00:14-	
00:12#	00:15#	02:06&	01:12@	00:39&	01:00@	01:19&	00:40@	00:56-	00:10+	00:11#	00:41&	00:25&	01:03&	02:44&	00:22&	00:04-	00:46&	03:16-	00:09&	00:39&	00:13&	00:01-	
7	Øystein Fuglestad	46										59:23											
01:28+	04:02+	09:16+	10:49+	13:31+	15:01+	21:27+	22:46+	25:23+	27:32+	29:33+	32:28+	33:47+	37:54+	47:17+	48:57+	49:41+	52:35+	53:59+	54:38+	58:13+	59:10+	59:23+	
01:28+	02:34+	05:14+	01:33+	02:42+	01:30+	06:26+	01:19+	02:37-	02:09+	02:01+	02:55+	01:19+	04:07+	09:23+	01:40+	00:44+	02:54+	01:24-	00:39+	03:35+	00:57+	00:13-	
00:23&	01:04&	02:31&	00:29&	01:23@	00:34&	02:24&	00:41@	00:41-	00:13#	00:55&	01:07&	00:32&	01:58&	03:03&	00:24&	00:01+	00:29#	03:18-	00:07#	01:08&	00:27&	00:02-	

Class	Navn	Klasse	Tid																			
8	Ådne Hausberg	7	59:39																			
03:13+	04:54+	09:43+	11:34+	13:55+	15:50+	21:56+	23:20+	26:14+	28:03+	29:17+	31:54+	33:14+	36:23+	46:32+	48:23+	49:09+	52:28+	54:54+	55:41+	58:42+	59:22+	59:39+
03:13+	01:41+	04:49+	01:51+	02:21+	01:55+	06:06+	01:24+	02:54-	01:49-	01:14+	02:37+	01:20+	03:09+	10:09+	01:51+	00:46+	03:19+	02:26-	00:47+	03:01+	00:40+	00:17+
02:08@	00:11#	02:06&	00:47&	01:02&	00:59@	02:04&	00:46@	00:24-	00:07-	00:08#	00:49&	00:33&	01:00&	03:49&	00:35&	00:03+	00:54&	02:16-	00:15&	00:34#	00:10&	00:02#
9	Arne Hetlelid	98	1:01:48																			
01:32+	03:26+	08:02+	10:20+	12:36+	14:28+	20:53+	23:18+	26:24+	29:37+	31:11+	33:53+	35:02+	38:33+	49:20+	51:19+	52:09+	55:14+	56:45+	57:29+	60:53+	61:32+	61:48+
01:32+	01:54+	04:36+	02:18+	02:16+	01:52+	06:25+	02:25+	03:06-	03:13+	01:34+	02:42+	01:09+	03:31+	10:47+	01:59+	00:50+	03:05+	01:31-	00:44+	03:24+	00:39+	00:16+
00:27&	00:24&	01:53&	01:14@	00:57&	00:56&	02:23&	01:47@	00:12-	01:17&	00:28&	00:54&	00:22&	01:22&	04:27&	00:43&	00:07#	00:40&	03:11-	00:12&	00:57&	00:09&	00:01+
10	Hans Einar Thorset	109	1:01:52																			
01:41+	03:53+	08:13+	10:22+	12:34+	14:15+	20:48+	22:06+	25:58+	28:11+	29:44+	32:23+	33:44+	37:33+	47:50+	50:12+	51:04+	54:30+	56:10+	57:02+	60:40+	61:33+	61:52+
01:41+	02:12+	04:20+	02:09+	02:12+	01:41+	06:33+	01:18+	03:52+	02:13+	01:33+	02:39+	01:21+	03:49+	10:17+	02:22+	00:52+	03:26+	01:40-	00:52+	03:38+	00:53+	00:19+
00:36&	00:42&	01:37&	01:05@	00:53&	00:45&	02:31&	00:40@	00:34#	00:17#	00:27&	00:51&	00:34&	01:40&	03:57&	01:06&	00:09#	01:01&	03:02-	00:20&	01:11&	00:23&	00:04&
11	Ingvar Heien	47	1:02:08																			
01:29+	03:18+	08:21+	10:01+	12:23+	14:33+	21:09+	22:25+	25:53+	28:26+	30:41+	33:05+	34:52+	38:57+	47:33+	49:26+	50:23+	54:26+	56:13+	57:06+	60:29+	61:47+	62:08+
01:29+	01:49+	05:03+	01:40+	02:22+	02:10+	06:36+	01:16+	03:28+	02:33+	02:15+	02:24+	01:47+	04:05+	08:36+	01:53+	00:57+	04:03+	01:47-	00:53+	03:23+	01:18+	00:21+
00:24&	00:19#	02:20&	00:36&	01:03&	01:14@	02:34&	00:38&	00:10+	00:37&	01:09@	00:36&	01:00@	01:56&	02:16&	00:37&	00:14&	01:38&	02:55-	00:21&	00:56&	00:48@	00:06&
12	Peter Chapman	117	1:06:11																			
02:08+	07:43+	13:21+	14:42+	18:24+	19:55+	26:10+	27:02+	29:40+	31:38+	32:54+	35:28+	36:25+	40:16+	50:19+	51:44+	53:07+	60:08+	61:29+	62:20+	65:15+	65:56+	66:11+
02:08+	05:35+	05:38+	01:21+	03:42+	01:31+	06:15+	00:52+	02:38-	01:58+	01:16+	02:34+	00:57+	03:51+	10:03+	01:25+	01:23+	07:01+	01:21-	00:51+	02:55+	00:41+	00:15-
01:03&	04:05@	02:55@	00:17&	02:23@	00:35&	02:13&	00:14&	00:40-	00:02+	00:10#	00:46&	00:10#	01:42&	03:43&	00:09#	00:40&	04:36@	03:21-	00:19&	00:28#	00:11&	00:00-
13	Raymond B. Pettersen	105	1:06:23																			
01:40+	03:47+	08:28+	09:52+	12:36+	14:28+	21:04+	22:53+	27:57+	30:35+	32:21+	35:30+	36:50+	40:34+	52:05+	54:04+	55:41+	59:04+	60:43+	61:30+	65:18+	66:05+	66:23+
01:40+	02:07+	04:41+	01:24+	02:44+	01:52+	06:36+	01:49+	05:04+	02:38+	01:46+	03:09+	01:20+	03:44+	11:31+	01:59+	01:37+	03:23+	01:39-	00:47+	03:48+	00:47+	00:18+
00:35&	00:37&	01:58&	00:20&	01:25@	00:56&	02:34&	01:11@	01:46&	00:42&	00:40&	01:21&	00:33&	05:11&	00:43&	00:54@	00:58&	03:03-	00:15&	01:21&	00:17&	00:03#	
14	Terje Michaelsen	47	1:06:56																			
02:48+	11:53+	21:03+	28:20+	30:40+	35:30+	50:11+	55:45+	66:56+														
02:48+	09:05+	09:10+	07:17+	02:20+	04:50+	14:41+	05:34+	11:11+														
01:43@	07:35@	06:27@	06:13@	01:01&	03:54@	10:39@	04:56@	07:53@														
15	Stein Arve Finnestad	136	1:07:38																			
01:46+	04:09+	08:48+	10:27+	12:29+	15:22+	24:43+	25:58+	29:40+	31:58+	33:29+	36:06+	37:10+	40:52+	52:42+	55:11+	56:07+	59:37+	61:27+	62:43+	66:29+	67:18+	67:38+
01:46+	02:23+	04:39+	01:39+	02:02+	02:53+	09:21+	01:15+	03:42+	02:18+	01:31+	02:37+	01:04+	03:42+	11:50+	02:29+	00:56+	03:30+	01:50-	01:16+	03:46+	00:49+	00:20+
00:41&	00:53&	01:56&	00:35&	00:43&	01:57@	05:19@	00:37&	00:24#	00:22#	00:25&	00:49&	00:17&	01:33&	05:30&	01:13&	00:13&	01:05&	02:52-	00:44@	01:19&	00:19&	00:05&
16	Stian Knudsen	144	1:29:49																			
02:03+	06:16+	12:26+	14:52+	18:29+	20:43+	29:57+	31:26+	35:49+	38:57+	40:53+	44:33+	46:00+	50:22+	65:20+	73:39+	74:29+	79:06+	81:21+	82:16+	87:46+	89:31+	89:49+
02:03+	04:13+	06:10+	02:26+	03:37+	02:14+	09:14+	01:29+	04:23+	03:08+	01:56+	03:40+	01:27+	04:22+	14:58+	08:19+	00:50+	04:37+	02:15-	00:55+	05:30+	01:45+	00:18+
00:58&	02:43@	03:27@	01:22@	02:18@	01:18@	05:12@	00:51@	01:05&	01:12&	00:50&	01:52@	00:40&	02:13@	08:38@	07:03@	00:07#	02:12&	02:27-	00:23&	03:03@	01:15@	00:03#
Beste strekketid for klassen																						
01:05	01:12	02:43	01:04	01:19	00:56	04:02	00:38	02:04	01:26	01:03	01:48	00:47	02:09	06:20	01:14	00:39	02:25	01:19	00:32	02:27	00:30	00:13

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

Herrer 50 - 54 år

1	Lars Drage	230	34:29																			
01:51=	04:33=	05:32=	06:22=	07:11=	08:32=	09:14=	10:58=	12:42=	13:35=	15:13=	17:12=	18:25=	20:13=	26:04=	27:14=	28:15=	30:45=	31:34=	32:12=	33:24=	34:14=	34:29=
01:51=	02:42=	00:59=	00:50=	00:49=	01:21=	00:42=	01:44=	01:44=	00:53=	01:38=	01:59=	01:13=	01:48=	05:51=	01:10=	01:01=	02:30=	00:49=	00:38=	01:12=	00:50=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Einar Øvremo	50	39:12																			
02:13+	05:05+	06:27+	07:26+	08:32+	09:48+	10:24+	12:39+	14:41+	15:34+	17:33+	20:02+	21:05+	23:38+	30:04+	31:18+	32:37+	35:34+	36:20+	37:02+	38:18+	39:00+	39:12+
02:13+	02:52+	01:22+	00:59+	01:06+	01:16-	00:36-	02:15+	02:02+	00:53+	01:59+	02:29+	01:03-	02:33+	06:26+	01:14+	01:19+	02:57+	00:46-	00:42+	01:16+	00:42-	00:12-
00:22#	00:10+	00:23&	00:09#	00:17&	00:05-	00:06-	00:31&	00:18#	00:00=	00:21#	00:30&	00:10-	00:45&	00:35+	00:04+	00:18&	00:27#	00:03-	00:04#	00:04+	00:08-	00:03-
3	Trond Nilsen Lamark	114	42:41																			
02:41+	05:34+	06:43+	07:42+	08:46+	09:55+	10:34+	14:04+	16:10+	17:07+	19:15+	22:20+	23:35+	25:53+	32:42+	34:11+	35:39+	38:38+	39:19+	40:09+	41:36+	42:24+	42:41+
02:41+	02:53+	01:09+	00:59+	01:04+	01:09-	00:39-	03:30+	02:06+	00:57+	02:08+	03:05+	01:15+	02:18+	06:49+	01:29+	01:28+	02:59+	00:41-	00:50+	01:27+	00:48-	00:17+
00:50&	00:11+	00:10#	00:09#	00:15&	00:12-	00:03-	01:46@	00:22#	00:04+	00:30&	01:06&	00:02+	00:30&	00:58#	00:19&	00:27&	00:29#	00:08-	00:12&	00:15#	00:02-	00:02#
4	Bjørn Serck-Hanssen	91	44:11																			
02:44+	05:47+	06:54+	07:54+	09:01+	10:27+	11:29+	13:40+	16:01+	17:03+	19:05+	22:19+	23:30+	26:25+	33:47+	35:14+	36:49+	39:37+	40:26+	41:19+	43:06+	43:54+	44:11+
02:44+	03:03+	01:07+	01:00+	01:07+	01:26+	01:02+	02:11+	02:21+	01:02+	02:02+	03:14+	01:11-	02:55+	07:22+	01:27+	01:35+	02:48+	00:49+	00:53+	01:47+	00:48-	00:17+
00:53&	00:21#	00:08#	00:10#	00:18&	00:05+	00:20&	00:27&	00:37&	00:09#	00:24#	01:15&	00:02-	01:07&	01:31&	00:17#	00:34&	00:18#	00:00=	00:15&	00:35&	00:02-	00:02#

Class	Navn	Klasse										Tid											
5	Øystein Huglen	27										46:40											
03:02+	06:22+	07:53+	08:55+	10:02+	11:40+	12:16+	14:33+	16:46+	17:44+	19:49+	22:19+	23:29+	26:23+	34:01+	35:44+	37:27+	41:15+	42:11+	43:18+	44:59+	46:25+	46:40+	
03:02+	03:20+	01:31+	01:02+	01:07+	01:38+	00:36-	02:17+	02:13+	00:58+	02:05+	02:30+	01:10-	02:54+	07:38+	01:43+	01:43+	03:48+	00:56+	01:07+	01:41+	01:26+	00:15=	
01:11&	00:38#	00:32&	00:12#	00:18&	00:17#	00:06-	00:33&	00:29&	00:05+	00:27&	00:31&	00:03-	01:06&	01:47&	00:33&	00:42&	01:18&	00:07#	00:29&	00:29&	00:36&	00:00=	
6	Jan Sigurd Eike	79										46:46											
02:46+	06:42+	08:14+	09:19+	10:36+	12:20+	12:52+	15:16+	17:42+	18:50+	20:52+	23:38+	24:59+	27:28+	34:54+	36:26+	37:21+	40:31+	42:40+	43:50+	45:51+	46:31+	46:46+	
02:46+	03:56+	01:32+	01:05+	01:17+	01:44+	00:32-	02:24+	02:26+	01:08+	02:02+	02:46+	01:21+	02:29+	07:26+	01:32+	00:55-	03:10+	02:09+	01:10+	02:01+	00:40-	00:15=	
00:55&	01:14&	00:33&	00:15&	00:28&	00:23&	00:10-	00:40&	00:42&	00:15&	00:24#	00:47&	00:08#	00:41&	01:35&	00:22&	00:06-	00:40&	01:20@	00:32&	00:49&	00:10-	00:00=	
7	Tore Svendsen	27										48:29											
02:36+	05:27+	07:34+	08:30+	09:41+	11:06+	11:54+	14:16+	17:21+	18:29+	21:22+	25:50+	27:08+	29:42+	36:36+	38:01+	38:43+	42:49+	43:33+	44:34+	47:27+	48:11+	48:29+	
02:36+	02:51+	02:07+	00:56+	01:11+	01:25+	00:48+	02:22+	03:05+	01:08+	02:53+	04:28+	01:18+	02:34+	06:54+	01:25+	00:42-	04:06+	00:44-	01:01+	02:53+	00:44-	00:18+	
00:45&	00:09+	01:08@	00:06#	00:22&	00:04+	00:06#	00:38&	01:21&	00:15&	01:15&	02:29@	00:05+	00:46&	01:03#	00:15#	00:19-	01:36&	00:05-	00:23&	01:41@	00:06-	00:03#	
8	Inge Løland	114										49:19											
02:39+	07:57+	09:32+	11:43+	13:01+	14:18+	14:52+	17:06+	19:26+	20:29+	22:36+	26:47+	28:03+	30:41+	38:09+	39:46+	42:25+	45:08+	45:50+	46:39+	47:59+	49:00+	49:19+	
02:39+	05:18+	01:35+	02:11+	01:18+	01:17-	00:34-	02:14+	02:20+	01:03+	02:07+	04:11+	01:16+	02:38+	07:28+	01:37+	02:39+	02:43+	00:42-	00:49+	01:20+	01:01+	00:19+	
00:48&	02:36&	00:36&	01:21@	00:29&	00:04-	00:08-	00:30&	00:36&	00:10#	00:29&	02:12@	00:03+	00:50&	01:37&	00:27&	01:38@	00:13+	00:07-	00:11&	00:08#	00:11#	00:04&	
9	Tor Sverre Skåra	266										53:17											
03:05+	07:08+	08:46+	10:03+	11:20+	13:19+	14:06+	17:09+	20:43+	21:59+	24:34+	27:36+	28:55+	32:06+	41:37+	43:20+	44:38+	47:56+	48:39+	49:43+	51:44+	53:02+	53:17+	
03:05+	04:03+	01:38+	01:17+	01:17+	01:59+	00:47+	03:03+	03:34+	01:16+	02:35+	03:02+	01:19+	03:11+	09:31+	01:43+	01:18+	03:18+	00:43-	01:04+	02:01+	01:18+	00:15=	
01:14&	01:21&	00:39&	00:27&	00:28&	00:38&	00:05#	01:19&	01:50@	00:23&	00:57&	01:03&	00:06+	01:23&	03:40&	00:33&	00:17&	00:48&	00:06-	00:26&	00:49&	00:28&	00:00=	
10	Frank Hansen	29										55:25											
03:26+	07:56+	09:42+	11:03+	12:16+	18:12+	18:53+	21:23+	23:53+	24:50+	28:08+	32:39+	34:00+	36:33+	43:36+	45:00+	45:41+	49:42+	50:30+	51:31+	54:25+	55:10+	55:25+	
03:26+	04:30+	01:46+	01:21+	01:13+	05:56+	00:41-	02:30+	02:30+	00:57+	03:18+	04:31+	01:21+	02:33+	07:03+	01:24+	00:41-	04:01+	00:48-	01:01+	02:54+	00:45-	00:15=	
01:35&	01:48&	00:47&	00:31&	00:24&	04:35@	00:01-	00:46&	00:04+	01:40@	02:32@	00:08#	00:45&	01:12#	00:14#	00:20-	01:31&	00:01-	00:23&	01:42@	00:05-	00:00=		
11	Anders Glenne	7										55:39											
03:19+	07:57+	09:37+	10:52+	12:27+	14:47+	15:20+	18:03+	20:49+	22:16+	24:28+	30:04+	31:01+	34:06+	42:33+	44:51+	47:17+	50:37+	51:35+	52:52+	54:31+	55:22+	55:39+	
03:19+	04:38+	01:40+	01:15+	01:35+	02:20+	00:33-	02:43+	02:46+	01:27+	02:12+	05:36+	00:57-	03:05+	08:27+	02:18+	02:26+	03:20+	00:58+	01:17+	01:39+	00:51+	00:17+	
01:28&	01:56&	00:41&	00:25&	00:46&	00:59&	00:09-	00:59&	01:02&	00:34&	00:34&	03:37@	00:16-	01:17&	02:36&	01:08&	01:25@	00:50&	00:09#	00:39@	00:27&	00:01+	00:02#	
12	Pål H. Gjerden	116										55:40											
02:35+	08:13+	09:38+	10:46+	11:52+	13:27+	14:16+	17:29+	19:50+	20:56+	23:19+	28:33+	29:23+	32:56+	42:05+	43:58+	45:02+	49:36+	50:46+	51:54+	54:12+	55:20+	55:40+	
02:35+	05:38+	01:25+	01:08+	01:06+	01:35+	00:49+	03:13+	02:21+	01:06+	02:23+	05:14+	00:50-	03:33+	09:09+	01:53+	01:04+	04:34+	01:10+	01:08+	02:18+	01:08+	00:20+	
00:44&	02:56@	00:26&	00:18&	00:17&	00:14#	00:07#	01:29&	00:37&	00:13#	00:45&	03:15@	00:23-	01:45&	03:18&	00:43&	00:03+	02:04&	00:21&	00:30&	01:06&	00:18&	00:05&	
13	Trygve Michaelsen	117										57:13											
02:31+	06:12+	07:26+	08:41+	12:55+	14:51+	15:36+	19:03+	21:48+	22:57+	25:44+	28:30+	29:49+	32:48+	42:00+	43:50+	44:34+	49:02+	49:56+	50:49+	55:18+	56:58+	57:13+	
02:31+	03:41+	01:14+	01:15+	04:14+	01:56+	00:45+	03:27+	02:45+	01:09+	02:47+	02:46+	01:19+	02:59+	09:12+	01:50+	00:44-	04:28+	00:54+	00:53+	04:29+	01:40+	00:15=	
00:40&	00:59&	00:15&	00:25&	03:25@	00:35&	00:03+	01:43&	01:01&	00:16&	01:09&	00:47&	00:06+	01:11&	03:21&	00:40&	00:17-	01:58&	00:05#	00:15&	03:17@	00:50&	00:00=	
14	Øivind Berggraf	116										1:00:46											
03:11+	06:56+	08:12+	09:20+	10:36+	12:31+	14:20+	19:39+	21:44+	22:48+	25:10+	30:18+	30:52+	33:48+	42:43+	44:26+	45:16+	49:31+	50:38+	51:44+	55:54+	57:52+	59:47+	60:46+
03:11+	03:45+	01:16+	01:08+	01:16+	01:55+	01:49+	05:19+	02:05+	01:04+	02:22+	05:08+	00:34-	02:56+	08:55+	01:43+	00:50-	04:15+	01:07+	01:06+	04:10+	01:58+	01:55+	00:59+
01:20&	01:03&	00:17&	00:18&	00:27&	00:34&	01:07@	03:35@	00:21#	00:11#	00:44&	03:09@	00:39-	01:08&	03:04&	00:33&	00:11-	01:45&	00:18&	00:28&	02:58@	01:08@	01:40@	00:59+
15	Knut Feldmann	93										1:04:38											
02:52+	08:08+	09:38+	10:47+	12:10+	13:50+	14:37+	17:25+	26:43+	27:43+	32:30+	36:39+	41:40+	42:56+	46:36+	54:54+	56:26+	57:32+	60:37+	61:26+	62:10+	63:31+	64:22+	64:38+
02:52+	05:16+	01:30+	01:09+	01:23+	01:40+	00:47+	02:48+	09:18+	01:00+	04:47+	04:09+	05:01+	01:16-	03:40-	08:18+	01:32+	01:06-	03:05+	00:49+	00:44-	01:21+	00:51+	00:16+
01:01&	02:34&	00:31&	00:19&	00:34&	00:19#	00:05#	01:04&	07:34@	00:07#	03:09@	02:10@	03:48@	00:32-	02:11-	07:08@	00:31&	01:24-	02:16@	00:11&	00:28-	00:31&	00:36@	00:16+
16	Magnar Møller	62										1:07:03											
03:21+	08:09+	09:32+	11:06+	12:46+	14:10+	14:55+	17:57+	23:43+	25:04+	30:37+	34:30+	36:58+	40:42+	52:46+	54:51+	57:20+	60:56+	61:55+	62:57+	64:40+	66:43+	67:03+	
03:21+	04:48+	01:23+	01:34+	01:40+	01:24+	00:45+	03:02+	05:46+	01:21+	05:33+	03:53+	02:28+	03:44+	12:04+	02:05+	02:29+	03:36+	00:59+	01:02+	01:43+	02:03+	00:20+	
01:30&	02:06&	00:23&	00:44&	00:51@	00:03+	00:03+	01:18&	04:02@	00:28&	03:55@	01:54&	01:15@	01:56@	06:13@	00:55&	01:28@	01:06&	00:10#	00:24&	00:31&	01:13@	00:05&	
17	Ove Njå	90										1:28:06											
03:54+	13:31+	16:13+	17:48+	20:19+	23:20+	25:26+	33:36+	37:00+	38:17+	43:08+	47:23+	50:05+	55:02+	69:40+	72:29+	73:55+	80:20+	81:29+	83:17+	85:36+	87:43+	88:06+	
03:54+	09:37+	02:42+	01:35+	02:31+	03:01+	02:06+	08:10+	03:24+	01:17+	04:51+	04:15+	02:42+	04:57+	14:38+	02:49+	01:26+	06:25+	01:09+	01:48+	02:19+	02:07+	00:23+	
02:03@	06:55@	01:43@	00:45&	01:42@	01:40@	01:24@	06:26@	01:40&	00:24&	03:13@	02:16@	01:29@	03:09@	08:47@	01:39@	00:25&	03:55@	00:20&	01:10@	01:07&	01:17@	00:08&	
Beste strekktid for klassen																							
01:51	02:42	00:59	00:50	00:49	01:09	00:32	01:44	01:44	00:53	01:38	01:59	00:34	01:16	03:40	01:10	00:41	01:06	00:41	00:38	00:44	00:40	00:12	

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

Herrer 55 - 59 år

Class	Navn	Klasse	Tid																			
1	Njål F. Vadla	194	35:08																			
01:49=	05:20=	06:14=	07:08=	08:06=	09:07=	09:40=	11:38=	13:54=	14:53=	16:48=	19:23=	20:00=	22:02=	27:34=	28:36=	29:13=	31:47=	32:19=	33:04=	34:14=	34:52=	35:08=
01:49=	03:31=	00:54=	00:54=	00:58=	01:01=	00:33=	01:58=	02:16=	00:59=	01:55=	02:35=	00:37=	02:02=	05:32=	01:02=	00:37=	02:34=	00:32=	00:45=	01:10=	00:38=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjetil Wirak	114	35:20																			
02:08+	05:06-	06:10+	07:10+	08:14+	09:10+	09:42+	11:30-	13:18-	14:04-	15:46-	18:20-	19:13-	21:29-	27:52+	28:53+	29:25+	31:45-	32:22+	33:08+	34:17+	35:07+	35:20+
02:08+	02:58-	01:04+	01:00+	01:04+	00:56-	00:32-	01:48-	01:48-	00:46-	01:42-	02:34-	00:53+	02:16+	06:23+	01:01-	00:32-	02:20-	00:37+	00:46+	01:09-	00:50+	00:13-
00:19#	00:33-	00:10#	00:06#	00:06#	00:05-	00:01-	00:10-	00:28-	00:13-	00:13-	00:01-	00:16#	00:14#	00:51#	00:01-	00:05-	00:14-	00:05#	00:01+	00:01-	00:12#	00:03-
3	Otte Omdal	65	43:10																			
02:28+	05:31+	06:57+	08:08+	09:06+	10:20+	13:15+	15:58+	18:13+	19:10+	21:10+	24:00+	25:11+	27:17+	33:13+	34:43+	35:27+	38:36+	39:24+	40:15+	42:14+	42:56+	43:10+
02:28+	03:03-	01:26+	01:11+	00:58=	01:14+	02:55+	02:43+	02:15-	00:57-	02:00+	02:50+	01:11+	02:06+	05:56+	01:30+	00:44+	03:09+	00:48+	00:51+	01:59+	00:42+	00:14-
00:39#	00:28-	00:32#	00:17#	00:00=	00:13#	02:22#	00:45#	00:01-	00:02-	00:05+	00:15+	00:34#	00:04+	00:24+	00:28#	00:07#	00:35#	00:16#	00:06#	00:49#	00:04#	00:02-
4	Sveinung Svebestad	46	48:43																			
03:04+	06:25+	08:27+	09:36+	10:51+	12:07+	12:43+	15:08+	17:27+	18:37+	21:18+	24:11+	25:28+	28:06+	36:41+	38:24+	40:13+	43:49+	44:53+	45:57+	47:24+	48:26+	48:43+
03:04+	03:21-	02:02+	01:09+	01:15+	01:16+	00:36+	02:25+	02:19+	01:10+	02:41+	02:53+	01:17+	02:38+	08:35+	01:43+	01:49+	03:36+	01:04+	01:04+	01:27+	01:02+	00:17+
01:15#	00:10-	01:08@	00:15#	00:17#	00:15#	00:03+	00:27#	00:03+	00:11#	00:46#	00:18#	00:40#	00:36#	03:03#	00:41#	01:12@	01:02#	00:32#	00:19#	00:17#	00:24#	00:01+
5	Ole Petter Haukaas	109	49:09																			
02:38+	06:34+	08:29+	09:38+	10:51+	12:08+	13:01+	15:28+	18:25+	19:39+	22:32+	25:03+	26:34+	29:13+	37:20+	39:11+	39:50+	44:31+	45:10+	46:00+	47:30+	48:56+	49:09+
02:38+	03:56+	01:55+	01:09+	01:13+	01:17+	00:53+	02:27+	02:57+	01:14+	02:53+	02:31-	01:31+	02:39+	08:07+	01:51+	00:39+	04:41+	00:39+	00:50+	01:30+	01:26+	00:13-
00:49#	00:25#	01:01@	00:15#	00:15#	00:17#	00:20#	00:29#	00:41#	00:15#	00:58#	00:04-	00:54@	00:37#	02:35#	00:49#	00:02+	02:07#	00:07#	00:05#	00:20#	00:48@	00:03-
6	Morten Johannessen	7	51:15																			
02:48+	07:47+	09:09+	10:13+	12:01+	13:19+	14:06+	16:35+	19:25+	20:30+	22:30+	26:28+	27:43+	30:40+	38:31+	41:41+	42:15+	46:06+	47:10+	48:21+	49:42+	50:59+	51:15+
02:48+	04:59+	01:22+	01:04+	01:48+	01:18+	00:47+	02:29+	02:50+	01:05+	02:00+	03:58+	01:15+	02:57+	07:51+	03:10+	00:34-	03:51+	01:04+	01:11+	01:21+	01:17+	00:16=
00:59#	01:28#	00:28#	00:10#	00:17#	00:14#	00:31#	00:34#	00:06#	00:05+	01:23#	00:38@	00:55#	02:19#	02:08@	00:03-	01:17#	00:32#	00:26#	00:11#	00:39@	00:00=	
7	Arnfinn Rømuld	116	54:48																			
03:14+	08:51+	10:16+	11:23+	12:44+	14:06+	14:43+	17:23+	19:57+	20:54+	23:05+	25:58+	27:05+	29:46+	38:18+	42:43+	44:36+	48:22+	49:34+	50:24+	53:30+	54:36+	54:48+
03:14+	05:37+	01:25+	01:07+	01:21+	01:22+	00:37+	02:40+	02:34+	00:57-	02:11+	02:53+	01:07+	02:41+	08:32+	04:25+	01:53+	03:46+	01:12+	00:50+	03:06+	01:06+	00:12-
01:25#	02:06#	00:31#	00:13#	00:23#	00:21#	00:04#	00:42#	00:18#	00:02-	00:16#	00:18#	00:30#	00:39#	03:00#	03:23@	01:16@	01:12#	00:40@	00:05#	01:56@	00:28#	00:04-
8	Per Ingar Hadland	7	56:03																			
03:14+	07:18+	09:20+	10:46+	12:05+	13:54+	14:58+	17:56+	20:38+	21:51+	24:36+	27:56+	29:15+	32:05+	40:47+	42:59+	45:37+	50:30+	51:33+	52:42+	54:37+	55:41+	56:03+
03:14+	04:04+	02:02+	01:26+	01:19+	01:49+	01:04+	02:58+	02:42+	01:13+	02:45+	03:20+	01:19+	02:50+	08:42+	02:12+	02:38+	04:53+	01:03+	01:09+	01:55+	01:04+	00:22+
01:25#	00:33#	01:08@	00:32#	00:21#	00:48#	00:31#	01:00#	00:26#	00:14#	00:50#	00:45#	00:42@	00:48#	03:10#	01:10@	02:01@	02:19#	00:31#	00:24#	00:45#	00:26#	00:06#
9	Dag Helliksen	80	58:24																			
02:35+	07:23+	08:45+	09:53+	11:03+	15:41+	16:38+	19:55+	23:04+	24:13+	26:41+	29:21+	31:16+	34:11+	43:01+	45:54+	46:45+	51:09+	52:18+	53:51+	56:27+	58:07+	58:24+
02:35+	04:48+	01:22+	01:08+	01:10+	04:38+	00:57+	03:17+	03:09+	01:09+	02:28+	02:40+	01:55+	02:55+	08:50+	02:53+	00:51+	04:24+	01:09+	01:33+	02:36+	01:40+	00:17+
00:46#	01:17#	00:28#	00:14#	00:12#	03:37@	00:24#	01:19#	00:53#	00:10#	00:33#	00:05+	01:18@	00:53#	03:18#	01:51@	00:14#	01:50#	00:37@	00:48@	01:26@	01:02@	00:01+
10	Ivar Knutsen	116	58:51																			
03:48+	09:39+	11:35+	12:41+	14:48+	16:41+	17:43+	20:48+	23:19+	24:26+	27:32+	30:54+	32:16+	35:23+	43:23+	45:23+	46:49+	51:36+	53:57+	55:24+	57:34+	58:32+	58:51+
03:48+	05:51+	01:56+	01:06+	02:07+	01:53+	01:02+	03:05+	02:31+	01:07+	03:06+	03:22+	01:22+	03:07+	08:00+	02:00+	01:26+	04:47+	02:21+	01:27+	02:10+	00:58+	00:19+
01:59@	02:20#	01:02@	00:12#	01:09@	00:52#	00:29#	01:07#	00:15#	00:08#	01:11#	00:47#	00:45@	01:05#	02:28#	00:58#	00:49@	02:13#	01:49@	00:42#	01:00#	00:20#	00:03#
11	Bjørn H. Engseth	27	59:33																			
03:21+	07:50+	09:32+	10:55+	12:31+	14:43+	15:35+	19:59+	23:09+	24:19+	27:04+	31:09+	32:45+	36:44+	45:54+	48:17+	49:20+	52:56+	54:16+	55:34+	57:47+	59:15+	59:33+
03:21+	04:29+	01:42+	01:23+	01:36+	02:12+	00:52+	04:24+	03:10+	01:10+	02:45+	04:05+	01:36+	03:59+	09:10+	02:23+	01:03+	03:36+	01:20+	01:18+	02:13+	01:28+	00:18+
01:32#	00:58#	00:48#	00:29#	00:38#	01:11@	00:19#	02:26@	00:54#	00:11#	00:50#	01:30#	00:59@	01:57#	03:38#	01:21@	00:26#	01:02#	00:48@	00:33#	01:03#	00:50@	00:02#
12	Kjell Ove Aksland	27	1:03:23																			
03:34+	08:05+	09:37+	10:55+	12:30+	14:41+	15:26+	18:41+	21:47+	22:57+	27:07+	31:46+	32:51+	36:51+	46:18+	48:13+	49:07+	53:49+	55:54+	58:16+	62:02+	63:07+	63:23+
03:34+	04:31+	01:32+	01:18+	01:35+	02:11+	00:45+	03:15+	03:06+	01:10+	04:10+	04:39+	01:05+	04:00+	09:27+	01:55+	00:54+	04:42+	02:05+	02:22+	03:46+	01:05+	00:16=
01:45#	01:00#	00:38#	00:37#	01:10@	00:12#	01:17#	00:50#	00:11#	02:15@	02:04#	00:28#	00:58#	01:58#	03:55#	00:53#	00:17#	02:08#	01:33@	01:37@	02:36@	00:27#	00:00=
13	Kjell R. Nordmark	7	1:11:30																			
03:44+	14:48+	17:04+	18:32+	19:50+	21:29+	22:13+	25:12+	28:02+	29:58+	34:06+	37:08+	38:22+	42:24+	52:27+	54:13+	55:18+	59:46+	61:02+	62:43+	64:40+	71:11+	71:30+
03:44+	11:04+	02:16+	01:28+	01:18+	01:39+	00:44+	02:59+	02:50+	01:56+	04:08+	03:02+	01:14+	04:02+	10:03+	01:46+	01:05+	04:28+	01:16+	01:41+	01:57+	06:31+	00:19+
01:55@	07:33@	01:22@	00:34#	00:20#	00:38#	00:11#	01:01#	00:34#	00:57#	02:13@	00:27#	00:37#	02:00#	04:31#	00:44#	00:28#	01:54#	00:44@	00:56@	00:47#	05:53@	00:03#
14	Stein Sigbjørnsen	27	1:16:29																			
03:16+	09:55+	11:49+	13:24+	15:18+	17:42+	18:39+	26:10+	30:08+	31:35+	35:22+	39:57+	42:20+	46:43+	61:15+	63:38+	64:41+	69:03+	70:47+	72:18+	74:43+	76:07+	76:29+
03:16+	06:39+	01:54+	01:35+	01:54+	02:24+	00:57+	07:31+	03:58+	01:27+	03:47+	04:35+	02:23+	04:23+	14:32+	02:23+	01:03+	04:22+	01:44+	01:31+	02:25+	01:24+	00:22+
01:27#	03:08#	01:00@	00:41#	00:56#	01:23@	00:24#	05:33@	01:42#	00:28#	01:52#	02:00#	01:46@	02:21@	09:00@	01:21@	00:26#	01:48#	01:12@	00:46@	01:15@	00:46@	00:06#
15	Ingvar Haabeth	92	1:18:54																			
03:17+	09:59+	12:37+	14:06+	15:33+	18:13+	19:10+	23:49+	28:26+	29:58+	33:31+	39:13+	40										

Class	Navn	Klasse	Tid																			
16	Gunnar Graabak	3	1:24:26																			
03:36+	10:19+	12:11+	13:30+	15:41+	18:00+	19:41+	24:37+	27:37+	28:44+	34:12+	37:48+	39:18+	56:46+	68:43+	70:49+	72:27+	76:25+	78:09+	79:32+	82:09+	83:55+	84:26+
03:36+	06:43+	01:52+	01:19+	02:11+	02:19+	01:41+	04:56+	03:00+	01:07+	05:28+	03:36+	01:30+	17:28+	11:57+	02:06+	01:38+	03:58+	01:44+	01:23+	02:37+	01:46+	00:31+
01:47&	03:12&	00:58@	00:25&	01:13@	01:18@	01:08@	02:58@	00:44&	00:08#	03:33@	01:01&	00:53@	15:26@	06:25@	01:04@	01:01@	01:24&	01:12@	00:38&	01:27@	01:08@	00:15&
17	Sverre Magnar Nordal	116	1:42:01																			
08:13+	13:37+	16:00+	22:27+	41:47+	43:56+	45:19+	49:04+	52:36+	53:56+	56:55+	60:46+	62:59+	70:30+	82:12+	85:07+	86:30+	94:22+	96:04+	97:36+	100:16+	101:40+	102:01+
08:13+	05:24+	02:23+	06:27+	19:20+	02:09+	01:23+	03:45+	03:32+	01:20+	02:59+	03:51+	02:13+	07:31+	11:42+	02:55+	01:23+	07:52+	01:42+	01:32+	02:40+	01:24+	00:21+
06:24@	01:53&	01:29@	05:33@	18:22@	01:08@	00:50@	01:47&	01:16&	00:21&	01:04&	01:16&	01:36@	05:29@	06:10@	01:53@	00:46@	05:18@	01:10@	00:47@	01:30@	00:46@	00:05&
Beste strekketid for klassen																						
01:49	02:58	00:54	00:58	00:56	00:32	01:48	01:48	00:46	01:42	02:31	00:37	02:02	05:32	01:01	00:32	02:20	00:32	00:45	01:09	00:38	00:12	

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

Herrer 60 - 64 år

1	Arvid Mydland	29	35:15																				
00:40=	02:42=	03:18=	05:03=	07:01=	11:59=	13:16=	14:14=	15:40=	18:58=	19:38=	20:44=	21:39=	24:22=	25:34=	26:25=	27:08=	29:52=	31:45=	33:02=	33:38=	34:32=	35:01=	35:15=
00:40=	02:02=	00:36=	01:45=	01:58=	04:58=	01:17=	00:58=	01:26=	03:18=	00:40=	01:06=	00:55=	02:43=	01:12=	00:51=	00:43=	02:44=	01:53=	01:17=	00:36=	00:54=	00:29=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Paul Terje Haarr	62	37:05																				
00:47+	02:54+	03:27+	04:17-	06:00-	13:25+	14:33+	15:37+	18:43+	19:26+	20:41+	21:45+	24:43+	26:02+	26:59+	27:46+	30:58+	33:03+	34:29+	35:14+	36:13+	36:51+	37:05+	
00:47+	02:07+	00:33-	00:50-	01:43-	07:25+	01:08-	01:04+	03:06+	00:43-	01:15+	01:04-	02:58+	01:19-	00:57-	00:47-	03:12+	02:05-	01:26-	00:45-	00:59+	00:38-	00:14-	
00:07#	00:05+	00:03-	00:55-	00:15-	02:27&	00:09-	00:06#	01:40@	02:35-	00:35&	00:02-	02:03@	01:24-	00:15-	00:04-	02:29@	00:39-	00:27-	00:32-	00:23&	00:16-	00:15-	
3	Arne Kristian Espedal	68	38:01																				
00:40=	02:42=	03:14-	04:03-	08:49+	15:37+	16:28+	17:30+	19:40+	20:24+	21:35+	22:28+	25:37+	27:00+	27:57+	28:47+	31:42+	33:29+	34:56+	35:57+	37:00+	37:43+	38:01+	
00:40=	02:02=	00:32-	00:49-	04:46+	06:48+	00:51-	01:08+	00:44-	00:44-	01:11+	00:53-	03:09+	01:23-	00:57+	00:50-	02:55+	01:47-	01:27-	01:01-	01:03+	00:43-	00:18-	
00:00=	00:00=	00:04-	00:56-	02:48@	01:50&	00:26-	00:04+	00:44&	00:34-	00:31&	00:13-	02:14@	01:20-	00:15-	00:01-	02:12@	00:57-	00:26-	00:16-	00:27&	00:11-	00:11-	
4	Bjørn Alsaker	115	40:18																				
00:42+	02:37-	03:09-	04:10-	05:47-	12:57+	15:18+	16:26+	17:26+	20:16+	21:08+	23:28+	24:24+	26:59+	28:14+	29:10+	30:05+	33:19+	35:23+	37:18+	37:58+	39:20+	40:02+	40:18+
00:42+	01:55-	00:32-	01:01-	01:37-	07:10+	02:21+	01:08+	01:00-	02:50-	00:52+	02:20+	00:56+	02:35-	01:15+	00:56+	00:55+	03:14+	02:04+	01:55+	00:40+	01:22+	00:42+	00:16+
00:02+	00:07-	00:04-	00:44-	00:21-	02:12&	01:04&	00:10#	00:26-	00:28-	00:12&	01:14@	00:01+	00:08-	00:03+	00:05+	00:12&	00:30#	00:11+	00:38&	00:04#	00:28&	00:13&	00:02#
5	Tor Geir Espedal	115	43:46																				
01:07+	04:40+	05:15+	06:11+	08:03+	15:04+	16:08+	17:28+	20:38+	21:33+	23:03+	24:20+	27:30+	29:10+	30:06+	31:02+	34:52+	37:37+	39:41+	41:15+	42:42+	43:28+	43:46+	
01:07+	03:33+	00:35-	00:56-	01:52-	07:01+	01:04-	01:20+	03:10+	00:55-	01:30+	01:17+	03:10+	01:40-	00:56-	00:56+	03:50+	02:45+	02:04+	01:34+	01:27+	00:46-	00:18-	
00:27&	01:31&	00:01-	00:49-	00:06-	02:03&	00:13-	00:22&	01:44@	02:23-	00:50@	00:11#	02:15@	01:03-	00:16-	00:05+	03:07@	00:01+	00:11+	00:17#	00:51@	00:08-	00:11-	
6	Eivind L. Rake	92	49:43																				
00:56+	03:55+	04:37+	05:30+	09:15+	16:47+	20:28+	21:57+	25:09+	26:11+	28:08+	29:33+	33:26+	35:13+	36:39+	37:44+	42:06+	44:39+	46:08+	46:56+	48:29+	49:25+	49:43+	
00:56+	02:59+	00:42+	00:53-	03:45+	07:32+	03:41+	01:29+	03:12+	01:02-	01:57+	01:25+	03:53+	01:47-	01:26+	01:05+	04:22+	02:33-	01:29-	00:48-	01:33+	00:56+	00:18-	
00:16&	00:57&	00:06#	00:52-	01:47&	02:34&	02:24@	00:31&	01:46@	02:16-	01:17@	00:19&	02:58@	00:56-	00:14#	00:14&	03:39@	00:11-	00:24-	00:29-	00:57@	00:02+	00:11-	
7	Bjarne Gimre	88	53:25																				
01:01+	03:55+	04:38+	05:36+	08:21+	17:15+	18:18+	24:54+	27:40+	28:55+	30:42+	32:05+	36:03+	37:48+	39:05+	40:16+	44:07+	46:56+	48:18+	49:51+	51:47+	53:02+	53:25+	
01:01+	02:54+	00:43+	00:58-	02:45+	08:54+	01:03-	06:36+	02:46+	01:15-	01:47+	01:23+	03:58+	01:45-	01:17+	01:11+	03:51+	02:49+	01:22-	01:33+	01:56+	01:15+	00:23-	
00:21&	00:52&	00:07#	00:47-	00:47&	03:56&	00:14-	05:38@	01:20&	02:03-	01:07@	00:17&	03:03@	00:58-	00:05+	00:20&	03:08@	00:05+	00:31-	00:16#	01:20@	00:21&	00:06-	
8	Jan Hetland	29	54:03																				
00:57+	03:48+	04:33+	05:32+	08:01+	19:37+	20:57+	22:00+	25:14+	26:17+	29:23+	30:31+	34:30+	36:01+	41:20+	42:19+	46:13+	48:24+	50:16+	51:17+	52:55+	53:45+	54:03+	
00:57+	02:51+	00:45+	00:59-	02:29+	11:36+	01:20+	01:03+	03:14+	01:03-	03:06+	01:08+	03:59+	01:31-	05:19+	00:59+	03:54+	02:11-	01:52-	01:01-	01:38+	00:50-	00:18-	
00:17&	00:49&	00:09#	00:46-	00:31&	06:38@	00:03+	00:05+	01:48@	02:15-	02:26@	00:02+	03:04@	01:12-	04:07@	00:08#	03:11@	00:33-	00:01-	00:16-	01:02@	00:04-	00:11-	
9	Bjørn Sivertsen	99	54:22																				
01:07+	04:50+	05:32+	06:45+	09:06+	21:43+	22:52+	24:37+	27:44+	29:01+	31:22+	32:40+	36:37+	38:13+	39:32+	40:39+	44:48+	47:26+	49:42+	50:39+	52:16+	54:07+	54:22+	
01:07+	03:43+	00:42+	01:13-	02:21+	12:37+	01:09-	01:45+	03:07+	01:17-	02:21+	01:18+	03:57+	01:36-	01:19+	01:07+	04:09+	02:38-	02:16+	00:57+	01:37+	01:51+	00:15-	
00:27&	01:41&	00:06#	00:32-	00:23#	07:39@	00:08-	00:47&	01:41@	02:01-	01:41@	00:12#	03:02@	01:07-	00:07+	00:16&	03:26@	00:06-	00:23#	00:20-	01:01@	00:57@	00:14-	
10	Ove Oaland	116	54:33																				
02:05+	05:46+	06:32+	07:36+	17:01+	26:41+	28:03+	29:30+	32:45+	33:41+	35:12+	36:22+	39:52+	41:47+	42:56+	43:59+	47:22+	49:26+	51:31+	52:21+	53:31+	54:18+	54:33+	
02:05+	03:41+	00:46+	01:04-	09:25+	09:40+	01:22+	01:27+	03:15+	00:56-	01:31+	01:10+	03:30+	01:55-	01:09-	01:03+	03:23+	02:04-	02:05+	00:50-	01:10+	00:47-	00:15-	
01:25@	01:39&	00:10&	00:41-	07:27@	04:42&	00:05+	00:29&	01:49@	02:22-	00:51@	00:04+	02:35@	00:48-	00:03-	00:12#	02:40@	00:40-	00:12#	00:27-	00:34&	00:07-	00:14-	
11	Tom Hetland	5	59:16																				
00:57+	05:01+	05:52+	07:07+	14:56+	23:39+	24:41+	26:12+	33:01+	34:09+	36:35+	37:49+	41:30+	42:58+	44:18+	45:36+	49:44+	51:56+	55:11+	55:59+	57:15+	59:02+	59:16+	
00:57+	04:04+	00:51+	01:15-	07:49+	08:43+	01:02-	01:31+	06:49+	01:08-	02:26+	01:14+	03:41+	01:28-	01:20+	01:18+	04:08+	02:12-	03:15+	00:48-	01:16+	01:47+	00:14-	
00:17&	02:02&	00:15&	00:30-	05:51@	03:45&	00:15-	00:33&	05:23@	02:10-	01:46@	00:08#	02:46@	01:15-	00:08#	00:27&	03:25@	00:32-	01:22&	00:29-	00:40@	00:53&	00:15-	

Class	Navn	Klasse										Tid											
12	Arne M. Handeland	92										1:00:19											
00:59+	04:26+	05:42+	07:30+	13:53+	25:20+	27:01+	28:10+	31:16+	32:14+	35:26+	36:37+	40:17+	41:56+	47:05+	48:02+	52:04+	54:28+	56:15+	57:06+	59:08+	60:03+	60:19+	
00:59+	03:27+	01:16+	01:48+	06:23+	11:27+	01:41+	01:09+	03:06+	00:58-	03:12+	01:11+	03:40+	01:39-	05:09+	00:57+	04:02+	02:24-	01:47-	00:51-	02:02+	00:55+	00:16-	
00:19&	01:25&	00:40@	00:03+	04:25@	06:29@	00:24&	00:11#	01:40@	02:20-	02:32@	00:05+	02:45@	01:04-	03:57@	00:06#	03:19@	00:20-	00:06-	00:26-	01:26@	00:01+	00:13-	
13	Odd Arild Werness	88										1:01:52											
01:10+	04:32+	05:32+	06:55+	09:35+	20:50+	22:20+	24:31+	29:35+	31:01+	32:54+	34:31+	39:09+	41:45+	43:14+	44:49+	50:10+	53:46+	56:26+	58:05+	60:07+	61:25+	61:52+	
01:10+	03:22+	01:00+	01:23-	02:40+	11:15+	01:30+	02:11+	05:04+	01:26-	01:53+	01:37+	04:38+	02:36-	01:29+	01:35+	05:21+	03:36+	02:40+	01:39+	02:02+	01:18+	00:27-	
00:30&	01:20&	00:24&	00:22-	00:42&	06:17@	00:13#	01:13@	03:38@	01:52-	01:13@	00:31&	03:43@	00:07-	00:17#	00:44&	04:38@	00:52&	00:47&	00:22&	01:26@	00:24&	00:02-	
14	Svein Ims	65										1:08:02											
00:59+	05:04+	05:48+	08:45+	11:22+	22:22+	24:25+	26:02+	35:21+	36:39+	39:49+	41:17+	45:44+	47:32+	49:30+	50:48+	54:56+	60:57+	63:13+	65:02+	66:24+	67:42+	68:02+	
00:59+	04:05+	00:44+	02:57+	02:37+	11:00+	02:03+	01:37+	09:19+	01:18-	03:10+	01:28+	04:27+	01:48-	01:58+	01:18+	04:08+	06:01+	02:16+	01:49+	01:22+	01:18+	00:20-	
00:19&	02:03@	00:08#	01:12&	00:39&	06:02@	00:46&	00:39&	07:53@	02:00-	02:30@	00:22&	03:32@	00:55-	00:46&	00:27&	03:25@	03:17@	00:23#	00:32&	00:46@	00:24&	00:09-	
15	Rolf Kleppe	63										1:08:07											
01:24+	07:04+	09:50+	11:21+	14:36+	26:15+	28:25+	30:12+	36:32+	37:46+	39:44+	41:43+	46:02+	47:47+	49:11+	50:22+	54:40+	57:53+	63:59+	65:05+	66:55+	67:50+	68:07+	
01:24+	05:40+	02:46+	01:31-	03:15+	11:39+	02:10+	01:47+	06:20+	01:14-	01:58+	01:59+	04:19+	01:45-	01:24+	01:11+	04:18+	03:13+	06:06+	01:06-	01:50+	00:55+	00:17-	
00:44@	03:38@	02:10@	00:14-	01:17&	06:41@	00:53&	00:49&	04:54@	02:04-	01:18@	00:53&	03:24@	00:58-	00:12#	00:20&	03:35@	00:29#	04:13@	00:11-	01:14@	00:01+	00:12-	
16	Terje Stokkeland	69										1:09:13											
01:01+	04:25+	05:08+	06:20+	27:30+	36:25+	37:27+	39:23+	44:41+	45:41+	47:22+	49:06+	52:40+	54:17+	55:35+	56:39+	60:16+	62:47+	64:43+	66:16+	67:53+	68:56+	69:13+	
01:01+	03:24+	00:43+	01:12-	21:10+	08:55+	01:02-	01:56+	05:18+	01:00-	01:41+	01:44+	03:34+	01:37-	01:18+	01:04+	03:37+	02:31-	01:56+	01:33+	01:37+	01:03+	00:17-	
00:21&	01:22&	00:07#	00:33-	19:12@	03:57&	00:15-	00:58&	03:52@	02:18-	01:01@	00:38&	02:39@	01:06-	00:06+	00:13&	02:54@	00:13-	00:03+	00:16#	01:01@	00:09#	00:12-	
Beste strekktid for klassen																							
00:40	01:55	00:32	00:49	01:37	04:58	00:51	00:58	01:00	00:43	00:40	00:53	00:55	01:19	00:56	00:47	00:43	01:47	01:22	00:45	00:36	00:38	00:14	00:14
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
Herrer 65 - 69 år																							
1	Harry Breiland	66										34:55											
00:47=	03:10=	03:52=	04:51=	06:56=	12:30=	13:21=	14:31=	16:48=	17:31=	18:41=	19:36=	22:35=	23:56=	24:55=	25:44=	28:45=	30:33=	32:01=	33:02=	34:05=	34:41=	34:55=	
00:47=	02:23=	00:42=	00:59=	02:05=	05:34=	00:51=	01:10=	02:17=	00:43=	01:10=	00:55=	02:59=	01:21=	00:59=	00:49=	03:01=	01:48=	01:28=	01:01=	01:03=	00:36=	00:14=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Asgeir Bell	117										42:24											
00:41-	02:38-	03:19-	04:10-	06:53-	17:03+	17:57+	18:47+	21:09+	21:58+	23:35+	24:28+	28:02+	30:41+	31:34+	32:39+	35:37+	37:47+	39:39+	40:22+	41:30+	42:06+	42:24+	
00:41-	01:57-	00:41-	00:51-	02:43+	10:10+	00:54+	00:50-	02:22+	00:49+	01:37+	00:53-	03:34+	02:39+	00:53-	01:05+	02:58-	02:10+	01:52+	00:43-	01:08+	00:36=	00:18+	
00:06-	00:26-	00:01-	00:08-	00:38&	04:36&	00:03+	00:20-	00:05+	00:06#	00:27&	00:02-	00:35#	01:18&	00:06-	00:16&	00:03-	00:22#	00:24&	00:18-	00:05+	00:00=	00:04&	
3	Otto Alsnes	50										44:27											
00:59+	03:37+	04:13+	05:15+	07:11+	15:07+	17:10+	18:17+	23:08+	23:55+	25:23+	26:28+	30:14+	31:57+	33:04+	34:11+	37:34+	39:47+	41:33+	42:17+	43:31+	44:08+	44:27+	
00:59+	02:38+	00:36-	01:02+	01:56-	07:56+	02:03+	01:07-	04:51+	00:47+	01:28+	01:05+	03:46+	01:43+	01:07+	01:07+	03:23+	02:13+	01:46+	00:44-	01:14+	00:37+	00:19+	
00:12&	00:15#	00:06-	00:03+	00:09-	02:22&	01:12@	00:03-	02:34@	00:04+	00:18&	00:10#	00:47&	00:22&	00:08#	00:18&	00:22#	00:25#	00:18#	00:17-	00:11#	00:01+	00:05&	
4	Kjell Svihus	154										45:01											
01:00+	03:56+	05:26+	06:23+	08:56+	17:08+	18:02+	19:25+	23:09+	23:59+	25:31+	26:40+	29:54+	31:27+	32:49+	34:02+	37:27+	39:56+	41:33+	42:22+	43:30+	44:44+	45:01+	
01:00+	02:56+	01:30+	00:57-	02:33+	08:12+	00:54+	01:23+	03:44+	00:50+	01:32+	01:09+	03:14+	01:33+	01:22+	01:13+	03:25+	02:29+	01:37+	00:49-	01:08+	01:14+	00:17+	
00:13&	00:33#	00:48@	00:02-	00:28#	02:38&	00:03+	00:13#	01:27&	00:07#	00:22&	00:14&	00:15+	00:12#	00:23&	00:24&	00:24#	00:41&	00:09#	00:12-	00:05+	00:38@	00:03#	
5	Jan Inge Lunde	88										50:05											
01:12+	04:05+	06:33+	08:00+	10:53+	20:12+	21:10+	23:08+	26:35+	27:48+	29:38+	30:57+	34:59+	36:40+	37:57+	39:09+	42:57+	45:32+	46:57+	47:42+	48:59+	49:47+	50:05+	
01:12+	02:53+	02:28+	01:27+	02:53+	09:19+	00:58+	01:58+	03:27+	01:13+	01:50+	01:19+	04:02+	01:41+	01:17+	01:12+	03:48+	02:35+	01:25-	00:45-	01:17+	00:48+	00:18+	
00:25&	00:30#	01:46@	00:48&	03:45&	00:07#	00:48&	01:10&	00:30&	00:40&	00:24&	01:03&	00:15+	00:20#	00:18&	00:23&	00:47&	00:47&	00:03-	00:16-	00:14#	00:12&	00:04&	
6	Ragnvald Frøyland	128										51:53											
01:10+	03:43+	04:38+	05:48+	08:01+	21:03+	23:19+	24:32+	28:32+	29:30+	31:13+	32:22+	35:53+	37:24+	38:44+	39:56+	44:03+	47:12+	48:52+	49:32+	50:56+	51:37+	51:53+	
01:10+	02:33+	00:55+	01:10+	02:13+	13:02+	04:00+	01:33+	04:00+	00:58+	01:43+	01:09+	03:31+	01:31+	01:40+	01:12+	04:07+	03:09+	01:50+	00:40-	01:24+	00:41+	00:16+	
00:23&	00:10+	00:13&	00:11#	00:08+	07:28@	01:25@	00:03+	01:43&	00:15&	00:33&	00:14&	00:32#	00:10#	00:21&	00:23&	01:06&	01:21&	00:12#	00:21-	00:21&	00:05#	00:02#	
7	Per Marthon Mæland	5										52:22											
01:13+	05:00+	05:42+	06:40+	09:04+	18:09+	19:21+	21:41+	27:17+	28:13+	30:05+	31:21+	35:18+	37:01+	38:37+	40:32+	44:31+	47:13+	48:40+	49:28+	50:53+	52:03+	52:22+	
01:13+	03:47+	00:42=	00:58-	02:24+	09:05+	01:12+	02:20+	05:36+	00:56+	01:52+	01:16+	03:57+	01:43+	01:36+	01:55+	03:59+	02:42+	01:27-	00:48-	01:25+	01:10+	00:19+	
00:26&	01:24&	00:00=	00:01-	00:19#	03:31&	00:21&	01:10&	03:19@	00:13&	00:42&	00:21&	00:58&	00:22&	00:37&	01:06@	00:58&	00:54&	00:01-	00:13-	00:22&	00:34&	00:05&	
8	Sverre Vatland	93										56:13											
01:46+	04:36+	05:18+	06:18+	08:50+	16:55+	20:28+	21:50+	26:00+	27:10+	28:52+	30:19+	34:46+	36:40+	38:23+	39:38+	43:59+	49:22+	51:14+	53:15+	55:07+	55:54+	56:13+	
01:46+	02:50+	00:42=	01:00+	02:32+	08:05+	03:33+	01:22+	04:10+	01:10+	01:42+	01:27+	04:27+	01:54+	01:43+	01:15+	04:21+	05:23+	01:52+	02:01+	01:52+	00:47+	00:19+	
00:59@	00:27#	00:00=	00:01+	00:27#	02:31&	02:42@	00:12#	01:53&	00:27&	00:32&	00:32&	01:28&	00:33&	00:44&	00:26&	01:20&	03:35@	00:24&	01:00&	00:49&	00:11&	00:05&	

Class	Navn	Klasse	Tid
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9	Ole Auklend	106	59:25																			
00:55+	04:07+	04:48+	05:57+	14:11+	24:15+	25:10+	26:55+	30:32+	31:57+	33:46+	35:07+	39:27+	41:24+	42:47+	44:14+	48:52+	51:47+	55:36+	56:39+	58:05+	59:04+	59:25+
00:55+	03:12+	00:41-	01:09+	08:14+	10:04+	00:55+	01:45+	03:37+	01:25+	01:49+	01:21+	04:20+	01:57+	01:23+	01:27+	04:38+	02:55+	03:49+	01:03+	01:26+	00:59+	00:21+
00:08#	00:49&	00:01-	00:10#	06:09@	04:30&	00:04+	00:35&	01:20&	00:42&	00:39&	00:26&	01:21&	00:36&	00:24&	00:38&	01:37&	01:07&	02:21@	00:02+	00:23&	00:23&	00:07&

10	Terje Helland	88	1:00:22																			
01:38+	08:17+	08:43+	10:15+	13:32+	23:54+	25:11+	26:44+	30:12+	31:18+	33:12+	34:29+	40:59+	42:44+	45:52+	47:24+	50:58+	53:25+	55:36+	57:31+	59:05+	60:05+	60:22+
01:38+	06:39+	00:26-	01:32+	03:17+	10:22+	01:17+	01:33+	03:28+	01:06+	01:54+	01:17+	06:30+	01:45+	03:08+	01:32+	03:34+	02:27+	02:11+	01:55+	01:34+	01:00+	00:17+
00:51@	04:16@	00:16-	00:33&	01:12&	04:48&	00:26&	00:23&	01:11&	00:23&	00:44&	00:22&	03:31@	00:24&	02:09@	00:43&	00:33#	00:39&	00:43&	00:54&	00:31&	00:24&	00:03#

11	Arne Østensen	90	1:00:34																			
00:45-	03:37+	04:11+	05:08+	11:59+	29:08+	31:44+	33:11+	37:08+	38:02+	39:50+	40:54+	44:30+	45:59+	47:05+	48:12+	51:48+	54:06+	56:12+	57:12+	58:41+	60:13+	60:34+
00:45-	02:52+	00:34-	00:57-	06:51+	17:09+	02:36+	01:27+	03:57+	00:54+	01:48+	01:04+	03:36+	01:29+	01:06+	01:07+	03:36+	02:18+	02:06+	01:00-	01:29+	01:32+	00:21+
00:02-	00:29#	00:08-	00:02-	04:46@	11:35@	01:45@	00:17#	01:40&	00:11&	00:38&	00:09#	00:37#	00:08+	00:07#	00:18&	00:35#	00:30&	00:38&	00:01-	00:26&	00:56@	00:07&

12	Jostein Tunheim	116	1:03:45																			
00:53+	04:45+	06:14+	07:18+	12:30+	20:26+	21:32+	23:06+	39:46+	41:02+	42:44+	44:01+	47:42+	49:08+	50:24+	51:23+	55:00+	57:24+	59:11+	61:01+	62:28+	63:22+	63:45+
00:53+	03:52+	01:29+	01:04+	05:12+	07:56+	01:06+	01:34+	16:40+	01:16+	01:42+	01:17+	03:41+	01:26+	01:16+	00:59+	03:37+	02:24+	01:47+	01:50+	01:27+	00:54+	00:23+
00:06#	01:29&	00:47@	00:05+	03:07@	02:22&	00:15&	00:24&	14:23@	00:33&	00:32&	00:22&	00:42#	00:05+	00:17&	00:10#	00:36#	00:36&	00:19#	00:49&	00:24&	00:18&	00:09&

13	Knut Jonas Espedal	53	1:08:48																			
01:20+	05:32+	06:22+	08:46+	11:32+	24:06+	25:27+	27:14+	35:04+	36:40+	38:52+	40:32+	45:56+	48:19+	49:58+	51:34+	57:35+	61:40+	63:57+	65:34+	67:13+	68:22+	68:48+
01:20+	04:12+	00:50+	02:24+	02:46+	12:34+	01:21+	01:47+	07:50+	01:36+	02:12+	01:40+	05:24+	02:23+	01:39+	01:36+	06:01+	04:05+	02:17+	01:37+	01:39+	01:09+	00:26+
00:33&	01:49&	00:08#	01:25@	00:41&	07:00@	00:30&	00:37&	05:33@	00:53@	01:02&	00:45&	02:25&	01:02&	00:40&	00:47&	03:00&	02:17@	00:49&	00:36&	00:36&	00:33&	00:12&

14	Kjell Ivar Skjørestad	92	1:12:01																			
00:55+	04:00+	04:48+	05:51+	12:01+	23:44+	25:05+	26:39+	33:31+	34:52+	36:43+	37:49+	51:13+	53:03+	55:37+	57:11+	61:30+	64:20+	66:27+	67:28+	68:42+	71:41+	72:01+
00:55+	03:05+	00:48+	01:03+	06:10+	11:43+	01:21+	01:34+	06:52+	01:21+	01:51+	01:06+	13:24+	01:50+	02:34+	01:34+	04:19+	02:50+	02:07+	01:01+	01:14+	02:59+	00:20+
00:08#	00:42&	00:06#	00:04+	04:05@	06:09@	00:30&	00:24&	04:35@	00:38&	00:41&	00:11#	10:25@	00:29&	01:35@	00:45&	01:18&	01:02&	00:39&	00:00=	00:11#	02:23@	00:06&

15	Olav Habbestad	116	1:17:01																			
00:59+	03:31+	04:10+	11:38+	17:58+	33:14+	34:20+	35:56+	40:14+	41:23+	43:15+	44:26+	59:58+	61:21+	62:33+	64:10+	67:32+	70:13+	72:56+	74:37+	76:00+	76:45+	77:01+
00:59+	02:32+	00:39-	07:28+	06:20+	15:16+	01:06+	01:36+	04:18+	01:09+	01:52+	01:11+	15:32+	01:23+	01:12+	01:37+	03:22+	02:41+	02:43+	01:41+	01:23+	00:45+	00:16+
00:12&	00:09+	00:03-	06:29@	04:15@	09:42@	00:15&	00:26&	02:01&	00:26&	00:42&	00:16&	12:33@	00:02+	00:13#	00:48&	00:21#	00:53&	01:15&	00:40&	00:20&	00:09#	00:02#

Beste strekktid for klassen
 00:41 01:57 00:26 00:51 01:56 05:34 00:51 00:50 02:17 00:43 01:10 00:53 02:59 01:21 00:53 00:49 02:58 01:48 01:25 00:40 01:03 00:36 00:14

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

Herrer 70 - 74 år

1	Svein Glendrange	68	45:38																			
01:12=	04:13=	04:53=	06:10=	09:18=	18:01=	19:12=	20:38=	23:53=	24:47=	26:19=	27:33=	31:07=	32:54=	34:08=	35:14=	38:36=	40:43=	42:27=	43:15=	44:31=	45:20=	45:38=
01:12=	03:01=	00:40=	01:17=	03:08=	08:43=	01:11=	01:26=	03:15=	00:54=	01:32=	01:14=	03:34=	01:47=	01:14=	01:06=	03:22=	02:07=	01:44=	00:48=	01:16=	00:49=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Øyvind Egeskog	5	48:18																			
00:55-	04:18+	04:57+	06:09-	09:03-	18:11+	19:08-	21:05+	24:29+	25:52+	27:36+	28:48+	32:59+	34:32+	35:53+	37:05+	40:43+	43:18+	44:47+	45:33+	46:47+	48:02+	48:18+
00:55-	03:23+	00:39-	01:12-	02:54-	09:08+	00:57-	01:57+	03:24+	01:23+	01:44+	01:12-	04:11+	01:33-	01:21+	01:12+	03:38+	02:35+	01:29-	00:46-	01:14-	01:15+	00:16-
00:17-	00:22#	00:01-	00:05-	00:14-	00:25+	00:14-	00:31&	00:09+	00:29&	00:12#	00:02-	00:37#	00:14-	00:07+	00:06+	00:16+	00:28#	00:15-	00:02-	00:02-	00:26&	00:02-

3	Finn Morten Årstad	115	49:00																			
01:07-	03:51-	04:30-	05:32-	12:54+	20:12+	21:13+	22:39+	25:28+	26:25+	27:53+	29:03+	32:29+	33:57+	35:17+	36:18+	40:06+	42:38+	44:22+	45:56+	47:28+	48:42+	49:00+
01:07-	02:44-	00:39-	01:02-	07:22+	07:18-	01:01-	01:26=	02:49-	00:57+	01:28-	01:10-	03:26-	01:28-	01:20+	01:01-	03:48+	02:32+	01:44=	01:34+	01:32+	01:14+	00:18=
00:05-	00:17-	00:01-	00:15-	04:14@	01:25-	00:10-	00:00=	00:26-	00:03+	00:04-	00:04-	00:08-	00:19-	00:06+	00:05-	00:26#	00:25#	00:00=	00:46&	00:16#	00:25&	00:00=

4	Hilmar Røthing	128	50:25																			
00:45-	04:09-	05:04+	11:14+	13:27+	21:31+	22:31+	23:42+	27:34+	28:27+	29:57+	31:09+	34:56+	37:10+	38:16+	39:25+	43:00+	46:14+	47:48+	48:26+	49:40+	50:08+	50:25+
00:45-	03:24+	00:55+	06:10+	02:13-	08:04+	01:00-	01:11-	03:52+	00:53+	01:30-	01:12-	03:47+	02:14+	01:06-	01:09+	03:35+	03:14+	01:34-	00:38-	01:14-	00:28-	00:17-
00:27-	00:23#	00:15&	04:53@	00:55-	00:39-	00:11-	00:15-	00:37#	00:01-	00:02-	00:02-	00:13+	00:27&	00:08-	00:03+	00:13+	01:07&	00:10-	00:10-	00:02-	00:21-	00:01-

5	Ingjald Egeland	7	53:18																			
00:55-	04:36+	05:15+	06:21+	08:35-	19:24+	20:20+	22:51+	28:16+	29:11+	31:05+	32:28+	36:13+	37:56+	39:28+	41:27+	45:24+	48:01+	49:39+	50:27+	51:44+	53:00+	53:18+
00:55-	03:41+	00:39-	01:06-	02:14-	10:49+	00:56-	02:31+	05:25+	00:55+	01:54+	01:23+	03:45+	01:43-	01:32+	01:59+	03:57+	02:37+	01:38-	00:48=	01:17+	01:16+	00:18=
00:17-	00:40#	00:01-	00:11-	00:54-	02:06#	00:15-	01:05&	02:10&	00:01+	00:22#	00:09#	00:11+	00:04-	00:18#	00:53&	00:35#	00:30#	00:06-	00:00=	00:01+	00:27&	00:00=

6	Kjell Langvik	93	57:56																			
01:01-	04:42+	05:31+	07:01+	10:59+	24:01+	24:56+	26:23+	29:27+	30:24+	31:46+	33:08+	37:00+	39:00+	40:18+	41:30+	48:30+	51:20+	53:30+	55:10+	56:31+	57:38+	57:56+
01:01-	03:41+	00:49+	01:30+	03:58+	13:02+	00:55-	01:27+	03:04-	00:57+	01:22-	01:22+	03:52+	02:00+	01:18+	01:12+	07:00+	02:50+	02:10+	01:40+	01:21+	01:07+	00:18=
00:11-	00:40#	00:09#	00:13#	00:50&	04:19&	00:16-	00:01+	00:11-	00:03+	00:10-	00:08#	00:18+	00:13#	00:04+	00:06+	03:38@	00:43&	00:26#	00:52@	00:05+	00:18&	00:00=

Class	Navn	Klasse	Tid																			
7	Geir Husdal	93	59:11																			
00:58-	04:31+	05:33+	06:47+	10:14+	26:42+	27:56+	29:29+	32:34+	33:41+	35:28+	36:39+	40:55+	42:41+	43:52+	45:59+	50:22+	53:13+	55:03+	56:16+	57:47+	58:54+	59:11+
00:58-	03:33+	01:02+	01:14-	03:27+	16:28+	01:14+	01:33+	03:05-	01:07+	01:47+	01:11-	04:16+	01:46-	01:11-	02:07+	04:23+	02:51+	01:50+	01:13+	01:31+	01:07+	00:17-
00:14-	00:32#	00:22&	00:03-	00:19#	07:45&	00:03+	00:07+	00:10-	00:13#	00:15#	00:03-	00:42#	00:01-	00:03-	01:01&	01:01&	00:44&	00:06+	00:25&	00:15#	00:18&	00:01-
8	Norvald Skretting	43	1:02:17																			
01:06-	04:42+	05:32+	06:45+	09:38+	22:57+	24:20+	27:04+	32:22+	33:32+	35:44+	37:28+	42:08+	43:59+	46:09+	47:43+	51:54+	54:41+	58:10+	59:23+	60:48+	61:56+	62:17+
01:06-	03:36+	00:50+	01:13-	02:53-	13:19+	01:23+	02:44+	05:18+	01:10+	02:12+	01:44+	04:40+	01:51+	02:10+	01:34+	04:11+	02:47+	03:29+	01:13+	01:25+	01:08+	00:21+
00:06-	00:35#	00:10#	00:04-	00:15-	04:36&	00:12#	01:18&	02:03&	00:16&	00:40&	00:30&	01:06&	00:04+	00:56&	00:28&	00:49#	00:40&	01:45@	00:25&	00:09#	00:19&	00:03#
9	Lars Ernst Ravndal	125	1:09:23																			
01:20+	05:52+	06:41+	08:00+	13:37+	26:33+	28:06+	30:51+	35:38+	37:11+	39:40+	42:32+	47:26+	49:29+	51:45+	53:22+	58:18+	61:24+	63:30+	64:40+	67:58+	69:01+	69:23+
01:20+	04:32+	00:49+	01:19+	05:37+	12:56+	01:33+	02:45+	04:47+	01:33+	02:29+	02:52+	04:54+	02:03+	02:16+	01:37+	04:56+	03:06+	02:06+	01:10+	03:18+	01:03+	00:22+
00:08#	01:31&	00:09#	00:02+	02:29&	04:13&	00:22&	01:19&	01:32&	00:39&	00:57&	01:38@	01:20&	00:16#	01:02&	00:31&	01:34&	00:59&	00:22#	00:22&	02:02@	00:14&	00:04#
10	Jan H. Sagen	92	1:11:43																			
01:56+	06:40+	07:24+	08:50+	13:12+	24:54+	26:26+	28:58+	33:50+	35:22+	37:49+	39:37+	44:57+	47:13+	49:02+	51:07+	57:57+	61:30+	64:26+	65:52+	67:55+	71:14+	71:43+
01:56+	04:44+	00:44+	01:26+	04:22+	11:42+	01:32+	02:32+	04:52+	01:32+	02:27+	01:48+	05:20+	02:16+	01:49+	02:05+	06:50+	03:33+	02:56+	01:26+	02:03+	03:19+	00:29+
00:44&	01:43&	00:04#	00:09#	01:14&	02:59&	00:21&	01:06&	01:37&	00:38&	00:55&	00:34&	01:46&	00:29&	00:35&	00:59&	03:28@	01:26&	01:12&	00:38&	00:47&	02:30@	00:11&
11	Mangor Eikeland	92	1:29:09																			
01:46+	07:40+	08:39+	10:29+	15:01+	27:24+	28:34+	31:03+	36:49+	38:44+	41:58+	43:50+	60:23+	63:16+	66:24+	68:52+	75:22+	79:19+	82:28+	84:14+	86:44+	88:36+	89:09+
01:46+	05:54+	00:59+	01:50+	04:32+	12:23+	01:10-	02:29+	05:46+	01:55+	03:14+	01:52+	16:33+	02:53+	03:08+	02:28+	06:30+	03:57+	03:09+	01:46+	02:30+	01:52+	00:33+
00:34&	02:53&	00:19&	00:33&	01:24&	03:40&	00:01-	01:03&	02:31&	01:01@	01:42@	00:38&	12:59@	01:06&	01:54@	01:22@	03:08&	01:50&	01:25&	00:58@	01:14&	01:03@	00:15&
Beste strekktid for klassen																						
00:45	02:44	00:39	01:02	02:13	07:18	00:55	01:11	02:49	00:53	01:22	01:10	03:26	01:28	01:06	01:01	03:22	02:07	01:29	00:38	01:14	00:28	00:16

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

Herrer 75 - 79 år

1	Terje Braut	92	57:50																	
02:18=	03:39=	08:53=	17:53=	19:56=	28:47=	33:13=	35:49=	37:03=	41:27=	43:04=	47:31=	49:06=	50:11=	51:34=	53:29=	54:59=	56:28=	57:30=	57:50=	
02:18=	01:21=	05:14=	09:00=	02:03=	08:51=	04:26=	02:36=	01:14=	04:24=	01:37=	04:27=	01:35=	01:05=	01:23=	01:55=	01:30=	01:29=	01:02=	00:20=	
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=	
2	Kjell Maudal	63	1:11:35																	
03:12+	04:45+	12:06+	22:47+	26:54+	29:38+	37:51+	41:27+	46:12+	50:57+	52:37+	58:40+	60:41+	62:38+	64:11+	66:53+	68:03+	69:35+	71:14+	71:35+	
03:12+	01:33+	07:21+	10:41+	04:07+	02:44-	08:13+	03:36+	04:45+	04:45+	01:40+	06:03+	02:01+	01:57+	01:33+	02:42+	01:10-	01:32+	01:39+	00:21+	
00:54&	00:12#	02:07&	01:41#	02:04@	06:07-	03:47&	01:00&	03:31@	00:21+	00:03+	01:36&	00:26&	00:52&	00:10#	00:47&	00:20-	00:03+	00:37&	00:01+	
3	Harald I. Serigstad	68	1:18:18																	
02:32+	04:12+	10:48+	22:31+	23:59+	27:40-	35:07+	42:46+	46:49+	52:40+	54:39+	60:47+	63:21+	66:43+	68:38+	71:26+	73:16+	74:12+	76:55+	77:56+	78:18+
02:32+	01:40+	06:36+	11:43+	01:28-	03:41-	07:27+	07:39+	04:03+	05:51+	01:59+	06:08+	02:34+	03:22+	01:55+	02:48+	01:50+	00:56-	02:43+	01:01+	00:22+
00:14#	00:19#	01:22&	02:43&	00:35-	05:10-	03:01&	05:03@	02:49@	01:27&	00:22#	01:41&	00:59&	02:17@	00:32&	00:53&	00:20#	00:33-	01:41@	00:41@	00:22+
4	Alf Gyland	92	1:19:44																	
02:28+	19:09+	23:54+	40:11+	45:05+	48:00+	51:52+	53:36+	56:20+	60:51+	62:35+	67:02+	69:10+	71:29+	73:05+	75:22+	76:43+	78:22+	79:22+	79:44+	
02:28+	16:41+	04:45-	16:17+	04:54+	02:55-	03:52-	01:44-	02:44+	04:31+	01:44+	04:27=	02:08+	02:19+	01:36+	02:17+	01:21-	01:39+	01:00-	00:22+	
00:10+	15:20@	00:29-	07:17&	02:51@	05:56-	00:34-	00:52-	01:30@	00:07+	00:07+	00:00=	00:33&	01:14@	00:13#	00:22#	00:09-	00:10#	00:02-	00:02#	
Beste strekktid for klassen																				
02:18	01:21	04:45	09:00	01:28	02:44	03:52	01:44	01:14	04:24	01:37	04:27	01:35	01:05	01:23	01:55	01:10	00:56	01:00	00:20	

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29	46:57															
01:55=	03:35=	07:30=	09:43=	13:18=	15:11=	16:36=	19:19=	21:38=	23:42=	28:58=	31:17=	34:05=	36:22=	39:38=	42:11=	43:52=	46:37=	46:57=
01:55=	01:40=	03:55=	02:13=	03:35=	01:53=	01:25=	02:43=	02:19=	02:04=	05:16=	02:19=	02:48=	02:17=	03:16=	02:33=	01:41=	02:45=	00:20=
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=
Beste strekktid for klassen																		
01:55	01:40	03:55	02:13	03:35	01:53	01:25	02:43	02:19	02:04	05:16	02:19	02:48	02:17	03:16	02:33	01:41	02:45	00:20

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

Herrer Ny

1 Oddbjørn Nevestveit 80 24:56

01:35= 02:48= 05:19= 07:38= 08:59= 10:40= 14:13= 16:17= 20:35= 23:15= 24:38= 24:56=
 01:35= 01:13= 02:31= 02:19= 01:21= 01:41= 03:33= 02:04= 04:18= 02:40= 01:23= 00:18=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekketid for klassen

01:35 01:13 02:31 02:19 01:21 01:41 03:33 02:04 04:18 02:40 01:23 00:18

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

Herrer Trim

1 Martin Svensen 284 28:28

01:02= 02:27= 05:54= 07:36= 09:40= 10:49= 11:53= 13:29= 14:50= 15:24= 16:50= 19:10= 20:30= 22:31= 23:50= 26:27= 28:16= 28:28=
 01:02= 01:25= 03:27= 01:42= 02:04= 01:09= 01:04= 01:36= 01:21= 00:34= 01:26= 02:20= 01:20= 02:01= 01:19= 02:37= 01:49= 00:12=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Thomas Schanke Eikum 62 36:56

01:05+ 02:36+ 07:17+ 09:35+ 14:02+ 14:55+ 16:13+ 18:15+ 20:02+ 21:08+ 23:29+ 25:24+ 27:38+ 30:40+ 32:15+ 33:42+ 36:38+ 36:56+
 01:05+ 01:31+ 04:41+ 02:18+ 04:27+ 00:53- 01:18+ 02:02+ 01:47+ 01:06+ 02:21+ 01:55- 02:14+ 03:02+ 01:35+ 01:27- 02:56+ 00:18+
 00:03+ 00:06+ 01:14& 00:36& 02:23@ 00:16- 00:14# 00:26& 00:26& 00:32& 00:55& 00:25- 00:54& 01:01& 00:16# 01:10- 01:07& 00:06&

3 Ragnar Rossavik 109 38:54

01:05+ 02:52+ 07:08+ 09:14+ 15:33+ 16:42+ 17:59+ 21:17+ 23:27+ 24:12+ 26:25+ 27:41+ 29:47+ 32:45+ 34:27+ 36:01+ 38:36+ 38:54+
 01:05+ 01:47+ 04:16+ 02:06+ 06:19+ 01:09= 01:17+ 03:18+ 02:10+ 00:45+ 02:13+ 01:16- 02:06+ 02:58+ 01:42+ 01:34- 02:35+ 00:18+
 00:03+ 00:22& 00:49# 00:24# 04:15@ 00:00= 00:13# 01:42@ 00:49& 00:11& 00:47& 01:04- 00:46& 00:57& 00:23& 01:03- 00:46& 00:06&

4 Jon Kåre Olsen 92 41:32

01:05+ 02:46+ 05:45- 07:48+ 12:17+ 14:06+ 15:12+ 16:52+ 25:01+ 27:10+ 29:48+ 31:17+ 33:23+ 35:39+ 37:54+ 39:44+ 41:17+ 41:32+
 01:05+ 01:41+ 02:59- 02:03+ 04:29+ 01:49+ 01:06+ 01:40+ 08:09+ 02:09+ 02:38+ 01:29- 02:06+ 02:16+ 02:15+ 01:50- 01:33- 00:15+
 00:03+ 00:16# 00:28- 00:21# 02:25@ 00:40& 00:02+ 00:04+ 06:48@ 01:35@ 01:12& 00:51- 00:46& 00:15# 00:56& 00:47- 00:16- 00:03#

5 Steinar Hansen 27 41:55

01:32+ 03:24+ 12:36+ 14:24+ 17:52+ 19:38+ 21:05+ 23:13+ 25:11+ 25:56+ 29:00+ 30:25+ 32:57+ 35:39+ 38:12+ 39:28+ 41:39+ 41:55+
 01:32+ 01:52+ 09:12+ 01:48+ 03:28+ 01:46+ 01:27+ 02:08+ 01:58+ 00:45+ 03:04+ 01:25- 02:32+ 02:42+ 02:33+ 01:16- 02:11+ 00:16+
 00:30& 00:27& 05:45@ 00:06+ 01:24& 00:37& 00:23& 00:32& 00:37& 00:11& 01:38@ 00:55- 01:12& 00:41& 01:14& 01:21- 00:22# 00:04&

6 Steinar Amundsen 115 50:19

01:33+ 03:32+ 08:34+ 16:59+ 20:32+ 22:15+ 23:54+ 26:51+ 29:05+ 30:27+ 33:59+ 36:00+ 38:27+ 42:00+ 44:08+ 46:23+ 50:00+ 50:19+
 01:33+ 01:59+ 05:02+ 08:25+ 03:33+ 01:43+ 01:39+ 02:57+ 02:14+ 01:22+ 03:32+ 02:01- 02:27+ 03:33+ 02:08+ 02:15- 03:37+ 00:19+
 00:31& 00:34& 01:35& 06:43@ 01:29& 00:34& 00:35& 01:21& 00:53& 00:48@ 02:06@ 00:19- 01:07& 01:32& 00:49& 00:22- 01:48& 00:07&

7 Audun Sjøen 111 55:14

01:33+ 03:57+ 09:46+ 12:58+ 17:17+ 20:42+ 22:58+ 27:00+ 29:48+ 31:08+ 34:12+ 36:13+ 39:20+ 43:56+ 46:04+ 48:03+ 54:53+ 55:14+
 01:33+ 02:24+ 05:49+ 03:12+ 04:19+ 03:25+ 02:16+ 04:02+ 02:48+ 01:20+ 03:04+ 02:01- 03:07+ 04:36+ 02:08+ 01:59- 06:50+ 00:21+
 00:31& 00:59& 02:22& 01:30& 02:15@ 02:16@ 01:12@ 02:26@ 01:27@ 00:46@ 01:38@ 00:19- 01:47@ 02:35@ 00:49& 00:38- 05:01@ 00:09&

8 Cato Bjerkeli 237 56:34

01:33+ 03:22+ 08:09+ 10:20+ 21:00+ 24:16+ 25:46+ 28:57+ 31:21+ 33:44+ 36:21+ 37:51+ 41:38+ 44:45+ 47:26+ 54:24+ 56:14+ 56:34+
 01:33+ 01:49+ 04:47+ 02:11+ 10:40+ 03:16+ 01:30+ 03:11+ 02:24+ 02:23+ 02:37+ 01:30- 03:47+ 03:07+ 02:41+ 06:58+ 01:50+ 00:20+
 00:31& 00:24& 01:20& 00:29& 08:36@ 02:07@ 00:26& 01:35& 01:03& 01:49@ 01:11& 00:50- 02:27@ 01:06& 01:22@ 04:21@ 00:01+ 00:08&

9 Øyvind Nagel-Alne 74 1:02:11

13:06+ 15:01+ 21:21+ 24:01+ 27:22+ 29:09+ 30:45+ 33:54+ 36:00+ 38:27+ 41:39+ 44:11+ 46:58+ 49:58+ 52:17+ 55:31+ 61:52+ 62:11+
 13:06+ 01:55+ 06:20+ 02:40+ 03:21+ 01:47+ 01:36+ 03:09+ 02:06+ 02:27+ 03:12+ 02:32+ 02:47+ 03:00+ 02:19+ 03:14+ 06:21+ 00:19+
 12:04@ 00:30& 02:53& 00:58& 01:17& 00:38& 00:32& 01:33& 00:45& 01:53@ 01:46@ 00:12+ 01:27@ 00:59& 01:00& 00:37# 04:32@ 00:07&

10 Arild Svihus 92 1:10:40

01:46+ 03:59+ 11:47+ 17:13+ 24:00+ 27:18+ 29:31+ 34:24+ 38:28+ 39:58+ 46:57+ 49:00+ 53:30+ 57:53+ 60:41+ 67:26+ 70:25+ 70:40+
 01:46+ 02:13+ 07:48+ 05:26+ 06:47+ 03:18+ 02:13+ 04:53+ 04:04+ 01:30+ 06:59+ 02:03- 04:30+ 04:23+ 02:48+ 06:45+ 02:59+ 00:15+
 00:44& 00:48& 04:21@ 03:44@ 04:43@ 02:09@ 01:09@ 03:17@ 02:43@ 00:56@ 05:33@ 00:17- 03:10@ 02:22@ 01:29@ 04:08@ 01:10& 00:03#

11 Sverre Uhlving 105 1:12:49

02:03+ 07:04+ 12:14+ 21:03+ 26:02+ 29:02+ 31:30+ 36:24+ 40:33+ 44:02+ 50:06+ 53:38+ 57:08+ 61:05+ 65:03+ 67:49+ 72:27+ 72:49+
 02:03+ 05:01+ 05:10+ 08:49+ 04:59+ 03:00+ 02:28+ 04:54+ 04:09+ 03:29+ 06:04+ 03:32+ 03:30+ 03:57+ 03:58+ 02:46+ 04:38+ 00:22+
 01:01& 03:36@ 01:43& 07:07@ 02:55@ 01:51@ 01:24@ 03:18@ 02:48@ 02:55@ 04:38@ 01:12& 02:10@ 01:56& 02:39@ 00:09+ 02:49@ 00:10&

Class	Navn	Klasse												Tid											
12	Pål Dannevig	74												1:13:43											
01:38+	09:19+	34:38+	39:00+	42:55+	44:24+	46:03+	48:52+	51:07+	53:48+	56:36+	58:33+	64:31+	66:56+	69:53+	71:28+	73:26+	73:43+								
01:38+	07:41+	25:19+	04:22+	03:55+	01:29+	01:39+	02:49+	02:15+	02:41+	02:48+	01:57-	05:58+	02:25+	02:57+	01:35-	01:58+	00:17+								
00:36&	06:16@	21:52@	02:40@	01:51&	00:20&	00:35&	01:13&	00:54&	02:07@	01:22&	00:23-	04:38@	00:24#	01:38@	01:02-	00:09+	00:05&								
13	Jon Grepstad	111												1:13:48											
03:09+	06:11+	15:56+	20:29+	26:52+	30:18+	33:14+	37:03+	41:03+	42:59+	47:38+	50:51+	55:28+	60:11+	66:40+	69:18+	73:22+	73:48+								
03:09+	03:02+	09:45+	04:33+	06:23+	03:26+	02:56+	03:49+	04:00+	01:56+	04:39+	03:13+	04:37+	04:43+	06:29+	02:38+	04:04+	00:26+								
02:07@	01:37@	06:18@	02:51@	04:19@	02:17@	01:52@	02:13@	02:39@	01:22@	03:13@	00:53&	03:17@	02:42@	05:10@	00:01+	02:15@	00:14@								
14	Igor Muzdeka	74												1:16:48											
08:22+	11:56+	17:23+	22:42+	29:27+	31:05+	34:36+	38:14+	42:00+	44:01+	50:56+	52:58+	56:36+	61:49+	67:11+	72:41+	76:32+	76:48+								
08:22+	03:34+	05:27+	05:19+	06:45+	01:38+	03:31+	03:38+	03:46+	02:01+	06:55+	02:02-	03:38+	05:13+	05:22+	05:30+	03:51+	00:16+								
07:20@	02:09@	02:00&	03:37@	04:41@	00:29&	02:27@	02:02@	02:25@	01:27@	05:29@	00:18-	02:18@	03:12@	04:03@	02:53@	02:02@	00:04&								
15	Steinar Aase	268												1:18:57											
05:02+	08:09+	13:46+	18:51+	23:03+	25:54+	28:07+	36:25+	39:13+	42:01+	49:27+	52:43+	55:25+	60:41+	65:54+	68:05+	78:35+	78:57+								
05:02+	03:07+	05:37+	05:05+	04:12+	02:51+	02:13+	08:18+	02:48+	02:48+	07:26+	03:16+	02:42+	05:16+	05:13+	02:11-	10:30+	00:22+								
04:00@	01:42@	02:10&	03:23@	02:08@	01:42@	01:09@	06:42@	01:27@	02:14@	06:00@	00:56&	01:22@	03:15@	03:54@	00:26-	08:41@	00:10&								
16	Tom Leveraas	188												1:24:27											
02:44+	05:32+	11:40+	15:57+	26:56+	28:04+	30:51+	34:07+	39:52+	40:33+	44:32+	49:41+	53:06+	56:29+	58:39+	82:13+	84:09+	84:27+								
02:44+	02:48+	06:08+	04:17+	10:59+	01:08-	02:47+	03:16+	05:45+	00:41+	03:59+	05:09+	03:25+	03:23+	02:10+	23:34+	01:56+	00:18+								
01:42@	01:23&	02:41&	02:35@	08:55@	00:01-	01:43@	01:40@	04:24@	00:07#	02:33@	02:49@	02:05@	01:22&	00:51&	20:57@	00:07+	00:06&								
17	Arthur Christiansen	93												1:25:47											
02:58+	06:52+	14:40+	19:55+	28:19+	32:14+	35:44+	40:20+	45:04+	46:41+	53:34+	57:13+	63:06+	69:52+	74:13+	78:54+	84:53+	85:47+								
02:58+	03:54+	07:48+	05:15+	08:24+	03:55+	03:30+	04:36+	04:44+	01:37+	06:53+	03:39+	05:53+	06:46+	04:21+	04:41+	05:59+	00:54+								
01:56@	02:29@	04:21@	03:33@	06:20@	02:46@	02:26@	03:00@	03:23@	01:03@	05:27@	01:19&	04:33@	04:45@	03:02@	02:04&	04:10@	00:42@								
Beste strekktid for klassen																									
01:02	01:25	02:59	01:42	02:04	00:53	01:04	01:36	01:21	00:34	01:26	01:16	01:20	02:01	01:19	01:16	01:33	00:12								

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